


Fact Sheet

**Depression:**
- Common cognitive and motivational symptoms experienced by individuals with depression include indecisiveness, inability to concentrate and attend to usual daily activities, and difficulty with initiating or sustaining activity (Cara & McRae, 2005).
- In a study of nearly 7,000 participants aged 54-65, individuals with depression were 4.3 times more likely to experience disability in Activities of Daily Living (ADLs) than non-depressed, healthy participants. Severity of depression commonly associated with level of ADL impairment (Brown & Stoffel, 2011).
- Cognitive and social impairments are commonly linked to difficulties completing higher level Instrumental Activities of Daily Living (IADLs), such as grocery shopping, financial management, medication management, and meal preparation (Brown & Stoffel, 2011).

**Anxiety:**
- Concentration, problem solving, and memory can be significantly affected by episodes of acute anxiety (Cara & McRae, 2005).
- Employment is frequently impacted because of cognitive impairment. Tardiness, inaccuracy in completing work, and distractibility are often encountered by individuals who experience persistent anxiety (Cara & McRae, 2005).
- Anxiety can also lead to difficulties with activities involving social demands, such as utilizing public transportation or shopping in a crowded mall (Brown & Stoffel, 2011).

**PTSD:**
- Diagnosis of PTSD or Major Depressive Disorder among veterans has been associated with increased referrals to financial collection agencies and less money available for clothing and social activities (Elbogen et al, 2012).
- Assessment of World War II Prisoners of War Veterans indicated presence of PTSD negatively affected frontal lobe functions and psychomotor speed. Participants with additional psychiatric co-morbidities, such as depression, exhibited additional difficulty with memory for facial recognition (Hart et al, 2008).
- PTSD was associated with reduced performance on immediate and delayed recall of verbal and visual explicit memory. Across multiple studies, individuals with PTSD score lower than healthy controls on measures of occupational and social functioning (Geuze et al, 2009).

**Assistive Technology ~ Perspectives to consider:**
The Human Activity Assistive Technology (HAAT) model looks at how tools can help a person bridge the gap from where they are with current abilities to the specific goal they want to accomplish. Especially for people who have PTSD, Anxiety, or Depression, the environment is a key factor (Cook & Hussey, 2008).