Methods

For this body of research, I chose to explore this research further by educating the general public about it visually. In one case study, 60 healthy individuals were tested and 40 depressed individuals were tested through a pattern electroretinogram. The participants were shown different contrasted squares. Conscious vision was not tested, as this is an objective test. I used this research to explore my own by visually showing the results of these tests to help people better understand depression from the standpoint of a non-depressed person. By combining graphic design with this research, I was able to visually show the differences in color perception and bring awareness to the issue. With this pamphlet, the non-depressed will be able to visually see a part of depression. By showing these differences side by side, one with less contrast and one with more contrast, healthy people will be able to see the potential difference a depressed individual sees. In addition to a pamphlet, a small poster on this research will highlight the visual research with the scientific research to help people understand depression.

Abstract

The body of this research looks at the relationship between a persons’ mental state and how color is perceived. It uses graphic design to bring awareness to the issue of mental health by visually comparing these differences through the use of a pamphlet and handout. By measuring the color perception between those who are clinically depressed and those of a healthy mental state, this gives an objective way to help diagnose depression. This objectivity can also help create awareness and give better understanding of depression to the general population. This can be done through well known phrases used to describe sadness, such as, “feeling gray,” and understand their scientific meaning, the relationship between perception of color and mood. Understanding the objective meaning behind these phrases helps bridge the gap of understanding and awareness.

Intro

This research was conducted to understand more about the relation between the state of mind and color perception. This is an important relationship to understand not only because it brings a potential new way to diagnose depression, but also because it brings more awareness and understanding to the issue of depression.

Conclusion

From these results of the study (image 1) I have made visual results to communicate to people the study in a visual way. (Image 2 and 3) These two images can give an idea of the possible differences found between depressed and healthy people.

Results

Through this study, it was found there is a significant difference in the depressed individuals and the healthy individuals. Depressed participants as a whole, scored significantly lower than their counterpart regardless of whether or not the participant was taking medication. The hypothesis on this is because dopamine levels are directly connected to the retina and dopaminergic systems.

In turn, lower levels of dopamine equals lower contrast. This research resulted in using gray surrounded by color to show the visual differences that depressed people see in the world. The focus of the pamphlet is gray surrounded by color to visually show this research to help educate.

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