

# TOP 10 ONLINE INFLUENCERS

## Making a difference in the world of DEPRESSION

For half a million people, December through February is the peak time for a specific type of depression: seasonal affective disorder (SAD). Today, those suffering from SAD and other forms of depression can find support, information and resources online. Coinciding with Seasonal Depression Awareness Month, Sharecare Now, powered by WCG has identified the most prominent online influencers affecting the lives of millions of Americans who suffer from depression. Find out more about depression, symptoms, treatment and caregiving at <http://www.sharecare.com/topic/depression>.

**DEPRESSION: A GROWING PROBLEM IN AMERICA**

AN ESTIMATED **1 IN 10** U.S. ADULTS REPORT **DEPRESSION**

Select content provided by:



#1 Julie de Azevedo Hanks, MSW, LCSW, BCD, Julie Hanks

<http://www.juliehanks.com/blog/>

Licensed psychotherapist **Julie Hanks**, LCSW has over 20 years in the mental health field, providing outpatient psychotherapy services to children, adolescents, adults, couples and families with complex mental health and relationship problems. She provides answers to visitor questions on PsychCentral.com, hosts the "You and Yours" podcast, and blogs on her own site.

[@julie\\_hanks](#) [juliedeazevedohanks](#) [You and Yours](#) [JuliedeAzevedoHanks](#)

### Who Tends to be Most Depressed?

#2 Natasha Tracy, Breaking Bipolar



<http://natashatracy.com>

**Natasha Tracy** writes the award-winning Breaking Bipolar blog on HealthyPlace.com, and also hosts the Bipolar Burble blog. Natasha has been diagnosed with ultra rapid cycling bipolar disorder type 2, and writes primarily about mental health, bipolar disorder, depression and treatment-resistant depression.

[@natasha\\_tracy](#) [natasha.tracy.writer](#) [healthyplaceblogs](#)



#3 Therese J. Borchard, World of Psychology

<http://blog.beliefnet.com/beyondblue/>

**Therese J. Borchard** is Associate Editor at Psych Central, contributing regularly to the World of Psychology blog. She also writes the daily blog "Beyond Blue" on Beliefnet.com, and is the author of *Beyond Blue: Surviving Depression & Anxiety* and *Making the Most of Bad Genes and The Pocket Therapist*.

[@thereseborchard](#)

**AGE**  
45-65

#4 Chato B. Stewart, Mental Health Humor



<http://blogs.psychcentral.com/humor/>

**Chato Stewart** is a mental health advocate, board-certified Recovery Peer Specialist and artist behind the cartoons seen on the Mental Health Humor blog—drawn from his personal experience of living with bipolar disorder. His mission is to use humor as a positive tool to cope with the debilitating effects of mental illness.

[@chatobstewart](#) [chato.b.stewart](#) [chatobstewart](#)

**WOMEN**  
70%

**MEN**  
30%



#5 Nancy Schimelpfening, About.com - Depression

<http://depression.about.com/>

**Nancy Schimelpfening** has been the About Guide to Depression since 1998, and has earned a master's degree in community health education. She has a lifetime of experience with depression, experiencing firsthand how devastating this illness can be and how the correct medical intervention can turn mere existence into living.

[@about\\_depress](#)

**HAVING LESS THAN A HIGH SCHOOL EDUCATION**

#6 Daniel J. Tomasulo, PhD, TEP, MFA, Psychology Today



<http://www.psychologytoday.com/>

**Daniel J. Tomasulo** is a licensed psychologist specializing in group psychotherapy and psychodrama, blogger for *Psychology Today* and provides answers to visitor questions on PsychCentral.com. His latest book, *Confessions of a Former Child: A Therapist's Memoir*, is the 2009 Written Art Award winner in creative non-fiction.

**DIVORCED**



#7 Marcia Purse, About.com - Bipolar Disorder

<http://bipolar.about.com/>

**Marcia Purse** serves as the Bipolar Disorder Guide for About.com—Bipolar Disorder, having worked on the website since it started in 1998. Marcia was diagnosed with bipolar disorder more than 10 years ago, and knows firsthand the difficulties of living with the illness and finding the right treatment.

[@bipolar\\_disord](#) [About.com Bipolar Disorder](#)

**WITHOUT WORK**

#8 Rick Nauert, PhD, Psych Central



<http://psychcentral.com/>

**Rick Nauert** is the Senior News Editor at PsychCentral.com, and has more than 25 years experience in clinical, administrative and academic healthcare. Dr. Nauert earned his doctoral degree from The University of Texas at Austin in health care informatics, health administration, health education and health policy.

**NO HEALTH INSURANCE**



#9 Jack Smith, Coping With Depression One Man's War on Depression

<http://www.healthyplace.com/> | [www.onemanswar.blogspot.com](http://www.onemanswar.blogspot.com)

**Jack Smith** has been recognized as one of the top health bloggers, authoring the "Coping with Depression" blog on HealthyPlace.com, and also hosting the "One Man's War on Depression" blog. He was diagnosed with major depressive disorder about seven years ago, and writes as a way to cope, relate and connect with others struggling with depression.

**15% OF AMERICANS SUFFER FROM WINTER ONSET SAD**

#10 Michael Friedman, L.M.S.W., The Huffington Post



<http://www.huffingtonpost.com/michael-friedman-lmsw>

**Michael Friedman** has worked in the field of mental health for over 40 years, having served on numerous advocacy and public advisory groups including the Geriatric Mental Health Alliance (which he founded in 2004), and the Veterans Mental Health Coalition of NYC (which he co-founded in 2009). He currently teaches at the School of Social Work and the School of Public Health at Columbia University.

[@mbfriedman395](#)

**32**  
AVERAGE AGE OF ONSET OF DEPRESSION

## STATES WITH THE HIGHEST RATES OF DEPRESSION:



### Methodology/How is influence measured?

Authors included in the "SharecareNow 10—Depression" have demonstrated influence within depression conversations online. Influence is calculated through a proprietary algorithm based on more than 40 individual metrics, including disease-area relevance and online syndication, presence and reach. All metrics are based on content produced over the past year (from the list's publish date) across multiple online channels, including Twitter, blogs, forums, mainstream news and video.