



D-Pressed (Depression)



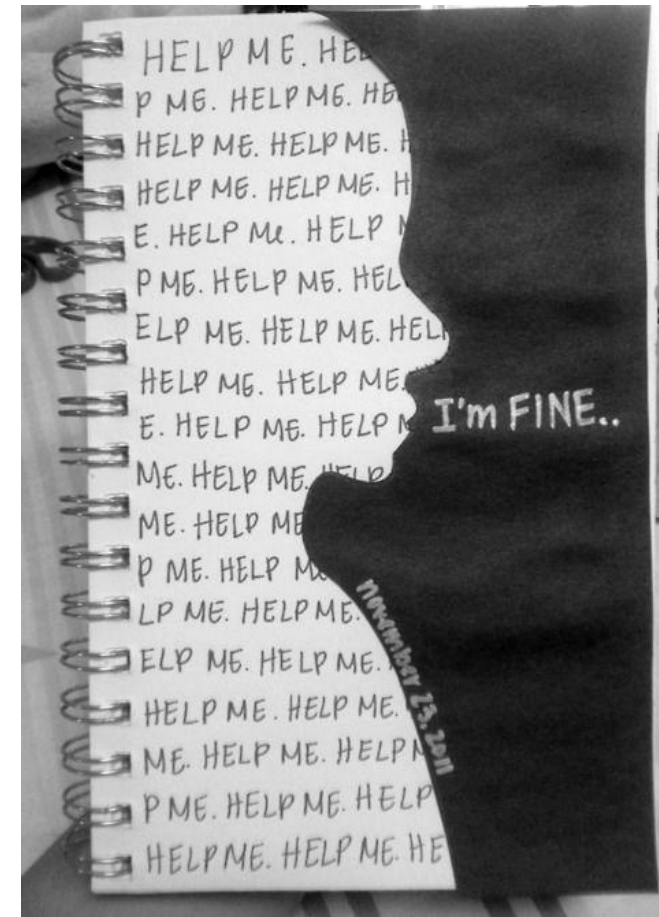
SYNOPSIS

An inner self struggling to be free and destroys all negative vibes surrounding herself.

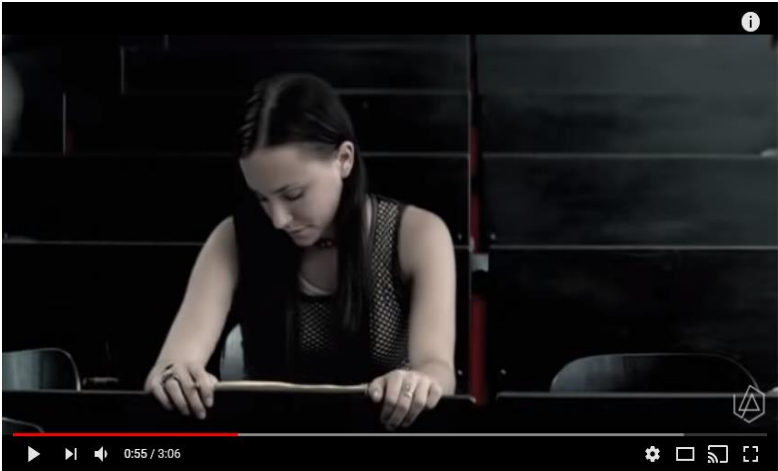


OBJECTIVE

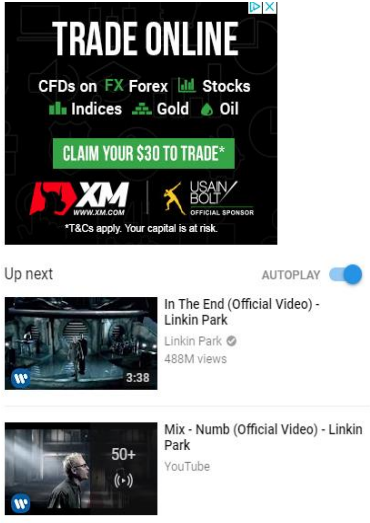
To entertain and educate on how a person fight their own depression.



INSPIRATION TO DO THIS PROJECT



Numb (Official Video) - Linkin Park

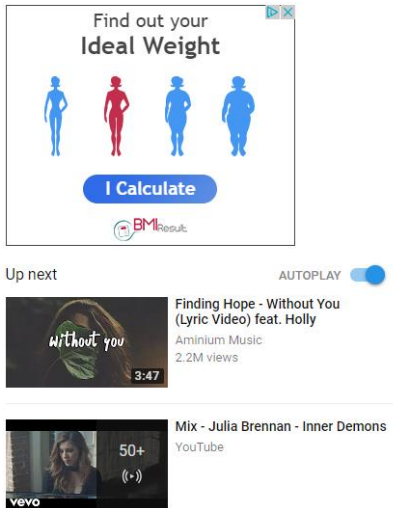


Numb by
Linkin Park

Inner Demons by
Julia Brennan



Julia Brennan - Inner Demons



RESEARCH

[Mental Health Disorders/Substance Use](#)

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[Anxiety Disorders](#)

[Autism Spectrum Disorder](#)

[Bipolar Disorders](#)

Depression

[Seasonal Affective Disorder](#)

[Eating Disorders](#)

[Obsessive-Compulsive Disorder \(OCD\)](#)

[Postpartum Depression](#)

[Posttraumatic Stress Disorder \(PTSD\)](#)

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What Is Depression?

Depression (major depressive disorder) is a common and serious medical illness that negatively affects how you feel, the way you think and how you act. Fortunately, it is also treatable. Depression causes feelings of sadness and/or a loss of interest in activities once enjoyed. It can lead to a variety of emotional and physical problems and can decrease a person's ability to function at work and at home.

Depression symptoms can vary from mild to severe and can include:

- Feeling sad or having a depressed mood
- Loss of interest or pleasure in activities once enjoyed
- Changes in appetite — weight loss or gain unrelated to dieting
- Trouble sleeping or sleeping too much
- Loss of energy or increased fatigue
- Increase in purposeless physical activity (e.g., hand-wringing or pacing) or slowed movements and speech (actions observable by others)
- Feeling worthless or guilty
- Difficulty thinking, concentrating or making decisions
- Thoughts of death or suicide

Symptoms must last at least two weeks for a diagnosis of depression.

Also, medical conditions (e.g., thyroid problems, a brain tumor or vitamin deficiency) can mimic symptoms of depression so it is important to rule out general medical causes.

Expert Q & A: Depression

Find answers to your questions about depression written by leading psychiatrists.

[View More >](#)

Patient Stories: Depression

Read patient stories about depression and learn how to share your story at psychiatry.org.

[View More >](#)

Seasonal Affective Disorder

Learn about Seasonal Affective Disorder,

Depression: 40% of Malaysians will suffer from mental health issues in their lifetime

“Though the National Health and Morbidity survey says only 1.8% of the Malaysian population are depressed, we think there is a flaw and believe that at least 40% of Malaysians suffer from mental health issues.

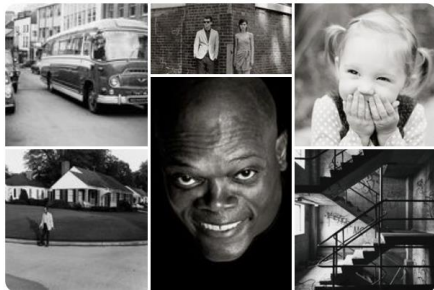
“The difference is Asians do not talk about their problems. Unlike Caucasians, Asians do not have the words for emotions and that is a huge barrier,” he said adding that many people who walk among us are at least facing mild depression.

“They consider having an emotional problem to be a weakness, so instead they attribute it to a physical problem and highlight things like their inability to sleep, back pain, headache and constant fatigue.

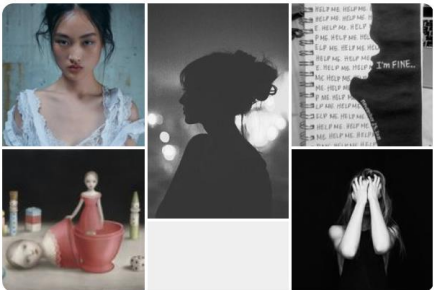
He added that the National Institute of Health had found that depression to be a most disabling disease as it is not tangible and people find it hard to empathise.



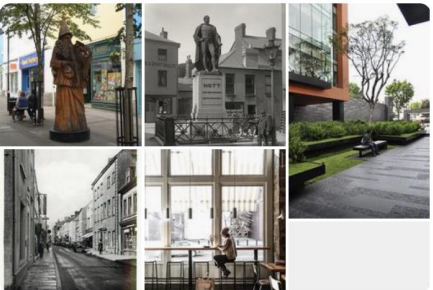
MOODBOARD



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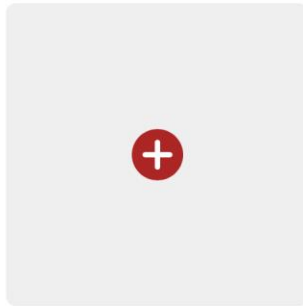


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Photography stuffs

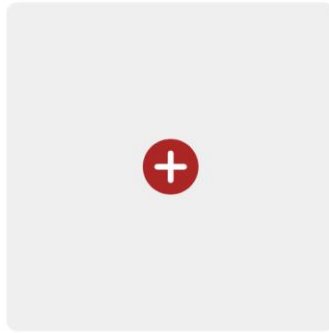
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LOCATION SHOOTING



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Q Ideas you might love

Landscape architecture

Landscape design

Wales my home

Coffee shop

Home decor



One main character in
this music video.



PROTOTYPE







SCHEDULE

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amir_haziqq@yahoo.com

2018

Activity	Resource	Status	20	21	22	23	26	27	28	01	02	05	06	07	08	09	12	13
Pre Production	Date	Remarks																
Meeting with Susan and Brett	25 January	Done																
Meeting with Matt and seniors	30 January	Done																
First meeting for idea planning	02 February	Done																
Received Matt's approval for music video	06 February	Done																
Discussing abstract ideas with Matt	09 February	Done																
Discussing progress report with Matt	13 February	Done																
Received Matt's approval for pitch presentation	16 February	Done																
Presenting ideas through pitch presentation	20 February	Done																
Producing reflective essay	21 February	Pending																
Pre Production's portfolio submission	23 February	Deadline																
Production	Date	Remarks																
Learning stage: Adobe Premiere Pro	21 February	Ongoing																
Request permission to use camera equipment	02 March	Pending																
Shooting video inside campus	06-09 March	Pending																
Request permission to use camera equipment	23 March	Pending																
Shooting video in Carmarthen town	26-30 March	Pending																
Testing software Adobe Premiere Pro	02 April	Ongoing																
Re-check video to re-shoot for any hiccups	05 April	Pending																
Discuss progress project on video with Matt and Brett	06&10 April	Pending																
Received approval before editing video	13 April	Deadline																
Post Production	Date	Remarks																

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project: D-pressed music video
client: UWTSD
date: 11 MAY 2018
projectnumber: 001

☒ Finished
☐ Pending
☐ Ongoing
☐ Deadline

2:39 AM
23/2/2018



RISKS AND ISSUES

Not familiar
with few
places.

Lack of knowledge
in editing.

Time constraints.

Resource
constraints.



THANK YOU!

