

How depression warps your sense of time

By Carolyn Gregoire, [Huffington Post](#)

Time may fly when you're having fun, but it can feel as though it's screeching to a halt when you're depressed.

People with depression actually perceive time as going by more slowly than people who are not depressed, according to a review of studies published in the *Journal of Affective Disorders* in January.

To investigate the link between depression and time perception, German researchers analyzed data from 16 previous studies on more than 800 depressed and non-depressed people. Most of the studies assessed time perception by asking participants to gauge the length of time that they had engaged in different activities, such as watching a short film or pressing a button. The analysis revealed that people with depression reported a slower subjective experience of time – they often felt as though time was slowly dragging by.

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