Jessica couldn’t figure out what why she was so unhappy in high school, then college hit and she struggled for her life. No one had ever mentioned the depression that had haunted her family for generations.

by John Da-

Well if you can read this, please call Time Magazine Production at 212-522-3059. This is dummy type and should not print in the magazine in any way, shape or form.

Sergius Catilina, homo patricii generis, magna vi et animi et corporis, sed ingenio malo pravoque, praetorius, qui iam a. u. c. 689 caedem consulari facere eaque facta rerum potiri constituerat, casu autem rem perticere prohibitus erat, ascitis ad consilium rei publicae olim indeputatae hominibus omnibus generis perditissis atque audacissimis, quos inopia, cupiditas, scelera stimulabant, consulatum in annum 691 p. u. c. est, dementer operam consules, ne quid res publica detrimenti caperet, effectumque est, ut Catilina spe consulatus, quem in proximum annum petebat, excideret, designarentque D. Silanus et L. Murena. Quae cum ita essent, L. Catilina, qui iam ante per Italicam ad homines seditosos, maxime veteres L. Sullae milites, congregandos puntios miserat, ad C. Manlium, qui Faesulas, in urbem Etruriae munitam, numerum armatorum coegerat, proficisci constituit et bellum patriae interfece convocatique nocte, quae inter VIII et VII Id. Novembres erat, sociis in domum M. Porci Laecae consilium, quod ceperat, apertum. Qua in congregatione nocturna duo equites Romani Ciceronem recept, quibus maxime Ciceronis consulis diligentia restituit ad quem Catilinae eisque sociorum consilia a Fulvia, muliere nobili, quae rem habebat cum Q. Curio, qui pariter cepit conspirationis illius, defecetabatur. Cum autem ista mala consilia contra salutem rei publicae a consilii a curiae inicia apertius iam agitarentur, senatus consultum factum est, darent operam consules, ne quid res publica detrimenti caperet, effectumque est, ut Catilina spe consulatus, quem in proximum annum petebat, excideret, designarentque D. Silanus et L. Murena. Quae cum ita essent, L. Catilina, qui iam ante per Italicam ad homines seditosos, maxime veteres L. Sullae milites, congregandos puntios miserat, ad C. Manlium, qui Faesulas, in urbem Etruriae munitam, numerum armatorum coegerat, proficisci constituit et bellum patriae interfece convocatique nocte, quae inter VIII et VII Id. 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Jessica with her parents, John and Ruth Smith, in her living room during the interview with Time Magazine. “Jessica has a will of her own,” said Ruth. “It’s hard to predict what she’ll do next, so we have to always be on the lookout.”
**MENTAL ILLNESSES IN GENES**

**Schizophrenia**

Schizophrenia is a term given to a group of mental disorders. The symptoms may differ but all schizophrenia patients have one thing in common: They are out of touch with reality, at least some of the time, to a serious degree. It strikes young people between 15 and 30.

**Bipolar Disorder**

Bipolar disorder, also known as manic depressive illness, is a common illness characterized by recurrent episodes of mania and major depression. An affected person’s mood can swing from excessive highs (mania) to profound hopelessness (depression), usually with periods of normal mood in between. Most people with the illness experience their first mood episode in their 20’s but it can start later in life. Recognition of the illness, in particular the manic episodes, can often be difficult and it can often be mistaken for depression.

Researchers believe that they may have identified a significant number of gene regions that are linked to the diseases of schizophrenia, bipolar disorder (manic depression) and possibly autism and obsessive-compulsive disorder.

If later research supports these findings, it could lead to exciting new breakthroughs. Genetic tests will be able to diagnose people before they exhibit symptoms, and new drugs, tailored to the individual, could effectively treat if not prevent these diseases from occurring.

Schizophrenia, characterized by hallucinations, delusions and other thought disturbances that greatly interfere with a person’s ability to function in society, often seems to appear out of nowhere. But doctors have long suspected schizophrenia is genetic: Family history studies show while about 1 percent of the general population has schizophrenia, a person’s risk jumps to 13 percent if a parent suffers from the illness. That rises to 50 percent when an identical twin is stricken, according to the National Alliance for the Mentally Ill.

Bipolar disorder, with its severe mood swings, may also have a tendency to run in families. Children of parents with bipolar disorder have a 10 percent risk, compared with the 1 percent of the rest of the population, according to Dr. Paul Keck, professor of psychiatry at the University of Cincinnati College of Medicine.

And then there is depression. Can DNA pull you into the depths?

“Once you get away from schizophrenia and bipolar disorder, then the findings become spare, because not a lot of effort has been put into these areas,” said Gottesman. But there is strong reason to believe that even depression and anxiety disorders are in part genetic, research supports these findings, it could lead to exciting new breakthroughs. Genetic tests will be able to diagnose people before they exhibit symptoms, and new drugs, tailored to the individual, could effectively treat if not prevent these diseases from occurring.

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Studies of family histories show a depressed person’s first-degree relatives — the mother, father, siblings and children — display a three- to five-fold risk of depression compared to that of the general population, said Dr. Myrna Weissman, a Columbia Uni-
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