Holiday Rorschach Test

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By Psychiatric Times Editors [1]

In light of seemingly happy shoppers and holiday images all around us, what comes to mind when you see this image?

Image: Wikimedia Commons

In light of seemingly happy shoppers and holiday images all around us, what comes to mind when you see this image? Let us know in the comments section, below.

About depression during the holidays:

- suicide rates are reported to be lower during Thanksgiving and Christmas and higher during the spring and summer months\(^1\)
- a common myth is that more suicides occur during these holidays when, in fact, the winter holidays represent a low point in suicide rates\(^2\)
- one theory is that because of family togetherness, people are less inclined to act on impulse during the holidays than at other times of the year
- college-aged adults are particularly vulnerable during summer and spring\(^3\)

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Hermann Rorschach was a Swiss Freudian psychiatrist and psychoanalyst. Dr Rorschach is, of course, remembered for having developed the Rorschach inkblot test in order to gain insight of psychotherapy patients.

References:
2. Van Orden KA, Witte TK, James LM, et al. Suicidal ideation in college students varies across


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