HOW MUCH MORE TIME?

This book is not just a container of information — it is a body. The heart was the script; the book is its anatomy.

Please observe the following:

1. Information in this record is introspective refer inquiries to graphic communication design department, or attending designer.

2. The medical record is an experimental document. Please handle with the best of care.

3. Records may not be removed from the design premises·

Medical Record Number

VOLUME

(I) II III IV V

OF

(1) 2 3 4 5

FOR EMOTIONAL UNDERSTANDING ONLY

How much more time?

Designer & Editor
Zeina Saleem

Printed in CSM Publications

2025

At *250-300* grams, this book weighs as much as a human heart.
It contains above *80* pages—one for each average resting heartbeat per minute in a person living with depression.
The paper is *90-100gsm*: thin and delicate, like the epicardium, the heart’s protective layer.
The binding thread matches the cardiac vein’s thickness *1-2mm* and is dyed the deep red-purple of deoxygenated blood.
These choices aren’t decorative. They’re anatomical.
Every material decision in this book mirrors something inside us.

But at its core, this book is built from time.

It does not describe depression metaphorically, but physically.
The timing of each exposure corresponds to empirical findings from peer-reviewed psychological studies — real experiments conducted with groups of healthy individuals and individuals diagnosed with depression or anxiety.

.

These studies show how time is experienced differently in mental illness. These durations are burned into each image, turning invisible emotional labor into a visible, tactile, and measurable form.

The typography echoes this too. For an emotion getting intense, the type descends lower on each page according to the intensity of different emotions — mirroring the emotional weight within the body.

.

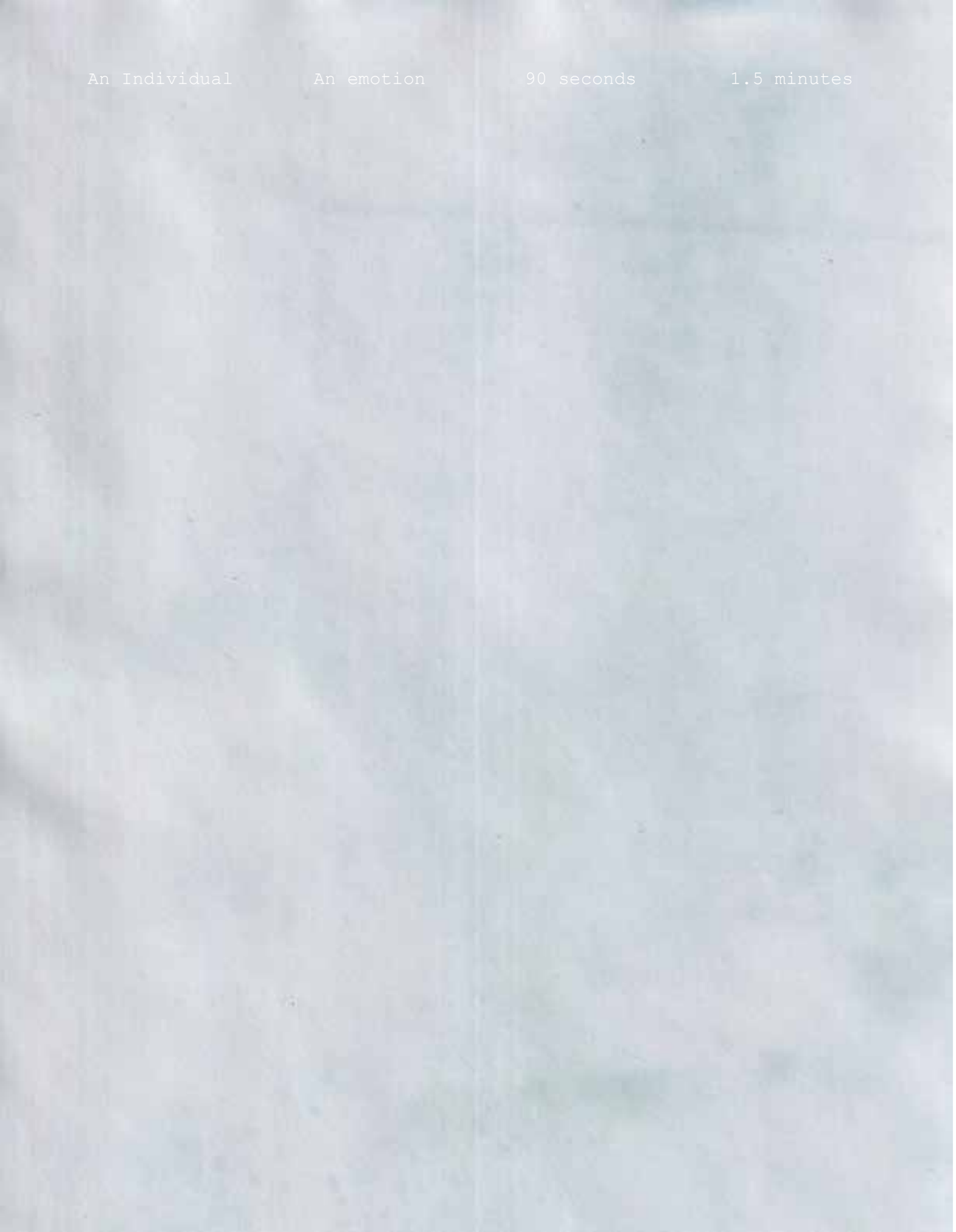
It asks:
What does emotional impact looks like when it’s not communicated verbally but revealed through time ?

The book invites you to see the emotional labor that often goes unnoticed. It invites the readers to hold that time in their own hands.

This project is both the end of my exploration and the start of a new visual language—one that lets others see and feel what is often left unspoken.

Using cyanotype printing — a process dependent on UV light and exposure duration — this book translates physiological data into visual form.

The prints were exposed at a temperature approximate to *38.8°C*, the internal heat of both the human heart and the UV light that rendered its cyanotype images.



It takes 90 seconds for an individual to recognise an emotion before being shaped into thoughts.

If you continue to engage with the same emotion after 90 seconds, you get stuck in an ‘emotional loop’ where the emotions keep getting intense.

An Individual An emotion 270 seconds 4.5 minutes

An Individual An emotion 360 seconds 6 minutes

An Individual An emotion 450 seconds 7.5 minutes

An Individual An emotion 540 seconds 9 minutes

An Individual An emotion 630 seconds 10.5 minutes

An Individual An emotion 720 seconds 12 minutes

In this loop, the same thoughts are repeated, often intensifying the emotional experience.

An Individual An emotion 900 seconds 15 minutes

The longer an individual remains stuck in this cycle, the stronger and more consuming the emotion can become.
This process is commonly associated with rumination, which is particularly prevalent in conditions like depression and anxiety.

Cognitive Activities

Rumination
Emotional Latency
Overthinking

Healthy individual Rumination Span 300 seconds 5 minutes

Depressed individual Rumination Span 300 seconds 5 minutes

Healthy individual Rumination Span 300 seconds 5 minutes

Depressed individual Rumination Span 600 seconds 10 minutes

Healthy individual Rumination Span 300 seconds 5 minutes

Depressed individual Rumination Span 900 seconds 15 minutes

Healthy individual Rumination Span 300 seconds 5 minutes

Depressed individual Rumination Span 1200 seconds 20 minutes

Healthy individual Emotional latency 900 seconds 15 minutes

Depressed individual Emotional latency 900 seconds 15 minutes

Healthy individual	Emotional latency	900 seconds	15 minutes
Depressed individual	Emotional latency	1200 seconds	20 minutes

Healthy individual	Emotional latency	900 seconds	15 minutes
Depressed individual	Emotional latency	1800 seconds	30 minutes

Healthy individual	Emotional latency	900 seconds	15 minutes
Depressed individual	Emotional latency	2400 seconds	40 minutes

Healthy individual Emotional latency 900 seconds 15 minutes

Depressed individual Emotional latency 3000 seconds 50 minutes

Healthy individual	Emotional latency	900 seconds	15 minutes
Depressed individual	Emotional latency	3600 seconds	60 minutes

Healthy individual Overthinking 900 seconds 15 minutes

Depressed individual Overthinking 900 seconds 15 minutes

Healthy individual	Overthinking	900 seconds	15 minutes

Depressed individual	Overthinking	1800 seconds	30 minutes

Healthy individual	Overthinking	900 seconds	15 minutes

Depressed individual	Overthinking	3600 seconds	60 minutes

Healthy individual	Overthinking	900 seconds	15 minutes

Depressed individual	Overthinking	7200 seconds	120 minutes

Behaviours

Sleep Latency
WASO
Productivity
Socialising
Passive Activities

Healthy individual	Sleep latency	1200 seconds	20 minutes

Depressed individual	Sleep latency	1200 seconds	20 minutes

Healthy individual	Sleep latency	1200 seconds	20 minutes
Depressed individual	Sleep latency	2700 seconds	45 minutes

Healthy individual	WASO	900 seconds	15 minutes

Depressed individual	WASO	900 seconds	15 minutes

Healthy individual	WASO	900 seconds	15 minutes
Depressed individual	WASO	1800 seconds	30 minutes

Healthy individual	WASO	900 seconds	15 minutes
Depressed individual	WASO	3600 seconds	60 minutes

Healthy individual	Productivity	3600 seconds	60 minutes

Depressed individual	Productivity	3600 seconds	60 minutes

Healthy individual	Productivity	3600 seconds	120 minutes

Depressed individual	Productivity	3600 seconds	60 minutes

Healthy individual	Productivity	12600 seconds	210 minutes
Depressed individual	Productivity	3600 seconds	60 minutes

Healthy individual	Socialising	7200 seconds	120 minutes	Depressed individual	Socialising	7200 seconds	120 minutes

Healthy individual	Socialising	14400 seconds	240 minutes

Depressed individual	Socialising	7200 seconds	120 minutes

Healthy individual	Passive activities	9000 seconds	150 minutes

Depressed individual	Passive activities	9000 seconds	150 minutes

Healthy individual	Passive activities	9000 seconds	150 minutes
Depressed individual	Passive activities	18000 seconds	300 minutes

Endnotes

90 second rule of Emotions

1. Bolte Taylor, J. (2008) My Stroke of Insight. New York: Viking Press.

Cognitive Activities

1. McEvoy, P.M., Watson, H., Watkins, E.R. and Nathan, P. (2013) 'Rumination and worry in major depressive disorder and generalized anxiety disorder: A comparative meta-cognitive analysis', Behaviour Research and Therapy, 51(7), pp.404–411. Available at: https://pubmed.ncbi.nlm.nih.gov/23312434/ (Accessed: 8 May 2025).

2. Moberly, N.J. and Watkins, E.R. (2008) 'Ruminative self-focus and negative affect: An experience sampling study', Behaviour Research and Therapy, 46(9), pp.1034–1039. Available at: https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2682175/ (Accessed: 8 May 2025).

Behaviours

1. Hori, H., Koga, N., Hidese, S., Nagashima, A., Kim, Y., Higuchi, T. and Kunugi, H. (2016) '24-h activity rhythm and sleep in depressed outpatients', Journal of Psychiatric Research, 77, pp.27–34. Available at: https://doi.org/10.1016/j.jpsychires.2016.02.022 (Accessed: 8 May 2025).

2. Yanos, P.T. and Robilotta, S.A. (2011) 'An examination of time-use among adults diagnosed with severe mental illnesses using daily interviews', Psychiatric Rehabilitation Journal, 34(3), pp.243–247. Available at: https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3045534/ (Accessed: 8 May 2025).

Acknowledgements

This book began in silence,
in the quiet weight of things not easily said.

It was inspired by my sisters Arena and Zoya, whose presence has been both a mirror and a map through the landscape of mental health. Our bond has been shaped not in spite of these shared experiences, but through them — and it is to them I dedicate this work.

I want to express my heartfelt thanks to Matthew Chrislip, Abbie Vickress, Michela Zoppi, and Juliana Monsalve Carrillo — thank you for listening with care, challenging with kindness, and offering the kind of feedback that gave this project its shape and strength. Your guidance made room for vulnerability and clarity to coexist.

To those who helped bring this book to life through print and process — thank you. Every technical detail, every step in production, helped translate something intangible into something others can now hold.

HOW MUCH MORE TIME?

This book is not a scientific instrument, and yet it works like one. It doesn't explain depression — it lets you inhabit its timeline.

Circle last year of attendance

2008	2016	2024
2009	2017	2025
2010	2018	2026
2011	2019	2027
2012	2020	2028
2013	2021	2029
2014	2022	2030
2015	2023	2031

	Patient Notes

Medical Record Number _ _ _ _ - _ _ _ - _ _ _