

## **Teenage Depression, By Brooke Mosman**

### **Why it is relevant**

Everyday we are hearing about how so many people are depressed and the numbers seem to be growing. Depression is one of the greatest issues in our country especially among adolescents. About 9.8% of the United States population has a depressive disorder. Everyone will be affected by depression at least once in their lifetime, including 5% of teens that are suffering from major depression at any one time. Along with the teens that are suffering from major depression, 23% of children and teens are depressed.

### **My Question**

What are the causes of teenage depression and what are healthy ways to treat it?

### **Analysis**

In my research I found very interesting statistics about depression in adults but mostly in teenagers. I was surprising to see how many teenagers are depressed today and what some of the causes of this depression is. In addition to finding causes of depression I also found symptoms to look for in diagnosing depression as well as some healthy, recommended treatments for the disorder.

### **What I learned:**

#### **Depression symptoms:**

- ◆ Physical symptoms include chronic tiredness, changes in appetite and sleep patterns, and increased aches and pains.
- ◆ Emotional symptoms include sadness, anger, irritability, crying, feeling unloved and sorry for oneself, and loss of humor.
- ◆ Cognitive symptoms include difficulty concentrating and making decisions, a preoccupation with death, and a tendency to blame oneself when things go wrong.
- ◆ Behavioral symptoms included withdrawal from contact with friends and family members and a loss of interest in school achievement

#### **Causes of depression:**

- ◆ Short term depression can be caused by loss or extreme trauma. Ex: fatal car crash or death of a parent.
- ◆ Chronic or life-long depression can be caused by trauma in childhood. Ex: emotional, physical, or sexual abuse; yelling or threats of abuse; neglect; maternal separation; divorce; violence in family; family addiction.
- ◆ Depression is caused by genetics. Children and teens are at risk for depression if their family members have a history of depression or emotional disorders.

#### **Treatments:**

- ◆ Premature therapy for at risk children and teens.
- ◆ Group or individual therapy when depression is diagnosed.
- ◆ Medication called antidepressants.
- ◆ A combination of therapy and antidepressants. (Most recommended)

#### **Conclusion**

Through my research of teenage depression I learned many educational rich information. My new understandings of the subject of depression are that so many people in our country are affected by this emotional disorder. I was not aware that at least once in a lifetime a person would experience an episode of depression. I now have an insight into the many diverse causes of both short term and long term depression. I now know that depression is a much more complicated issue than I first was lead to believe.

#### **References**

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