WELCOME to the

Supporting Our Students

ECHO

Session will start in less than 15 minutes
Depression

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ECHO presentation
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Conflict of Interest Disclosure Statement

No Conflicts of Interest
Depression, Anxiety, Behavior Disorders, by Age

- Depression
  - 3-5 Years: 0%
  - 6-11 Years: 10%
  - 12-17 Years: 6%

- Anxiety
  - 3-5 Years: 0%
  - 6-11 Years: 10%
  - 12-17 Years: 12%

- Behavior Disorders
  - 3-5 Years: 0%
  - 6-11 Years: 8%
  - 12-17 Years: 10%
• Incidence of Depressive Episode in High Schoolers (in 12 months prior to survey) = 31%

• Females twice as likely as males

• The prevalence of depression in adolescents and young adults has increased in recent years. In the context of little change in mental health treatments, trends in prevalence translate into a growing number of young people with untreated depression. The findings call for renewed efforts to expand service capacity to best meet the mental health care needs of this age group.

• National Trends in the Prevalence and Treatment of Depression in Adolescents and Young Adults
• Ramin Mojtabai, Mark Olfson and Beth Han
• Pediatrics December 2016, 138 (6) e20161878; DOI: https://doi.org/10.1542/peds.2016-1878
Major Depressive Disorder

Persistent Depressive Disorder

Adjustment Disorder with Depressed Mood

Other
• Prior studies revealed that sociodemographic factors such as older age, parents’ occupational status, marginalization [3], female gender [4], lower education levels of parents and living conditions with parents [5] were important risk factors for depression among adolescents. In addition, psychosocial risk factors for depression are family disputes, low socioeconomic status, and undesirable academic performance [6].

HOW MIGHT DEPRESSION PRESENT IN AN ADOLESCENT?

- Sad
- Irritable/grouchy
- Angry
- Not eating/Eating too much
- Somatic complaints
- Oppositional
- Withdrawn

What Can Trauma Look Like?

- PTSD
- Depression
- Sexualized Behaviors
- Phobias
- New-onset ADHD
- Enuresis
- Somatization
- Attachment problems
- Conduct problems
- Sleep problems
- Dissociation
- Eating problems
- Substance abuse
- Risk taking

Dartmouth-Hitchcock
HOW MIGHT DEPRESSION LOOK IN AN ADOLESCENT?

1. Quiet
2. Isolating
3. Not doing work
4. Not participating in activities
5. Daydreaming
6. Sleeping
HOW MIGHT DEPRESSION LOOK IN AN ADOLESCENT?

- Losing temper
- Quick to get frustrated
- Disrespectful
- Clowning around
- Substance Use
- Technology dependence
HOW MIGHT DEPRESSION LOOK IN AN ADOLESCENT?

- Anxious/worrying
- Missing school
- Frequent visits to the nurse/physical complaints
- Lack of motivation
- Change in friendship
- Disinterested
HOW MIGHT DEPRESSION LOOK IN AN ADOLESCENT?

(5)

ANYTHING
TREATMENT

• THERAPY
  • Cognitive Behavioral Therapy
  • Dialectical Behavioral Therapy
  • Interpersonal Therapy

• MEDICATIONS
Resources

- [https://www.helpguide.org/articles/depression/teenagers-guide-to-depression.htm](https://www.helpguide.org/articles/depression/teenagers-guide-to-depression.htm)
- [https://www.edweek.org/ew/articles/2019/03/14/schools-grapple-with-student-depression-as-data.html](https://www.edweek.org/ew/articles/2019/03/14/schools-grapple-with-student-depression-as-data.html)
- [https://www.psychologytoday.com/us/blog/call/201803/helping-depressed-teens-school-peer-program-works](https://www.psychologytoday.com/us/blog/call/201803/helping-depressed-teens-school-peer-program-works)