



Understanding Of An Teen Depression

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ABSTRACT:

Adolescence (10-19 years) is a unique and formative time. Multiple physical, emotional and social changes, including exposure to poverty, abuse, or violence, can make adolescents vulnerable to mental health problems. Promoting psychological well-being and protecting adolescents from adverse experiences and risk factors that may impact their potential to thrive are critical for their well-being during adolescence and for their physical and mental health in adulthood. So, knowing about the signs and symptoms, diagnostic methods treatments plans are making more important

KEY WORDS: Depression, Frustration, Emotional Changes, Insomnia

INTRODUCTION

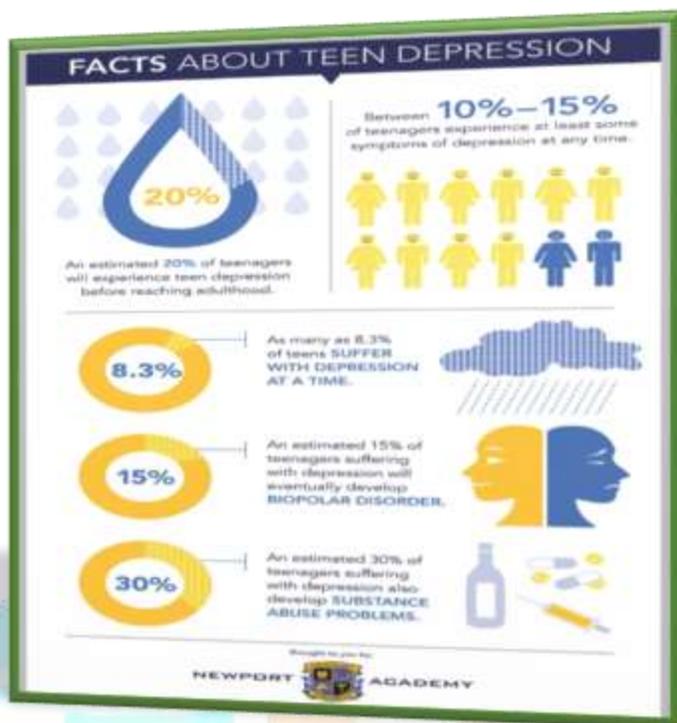
Teen depression is a serious mental health problem that causes a persistent feeling of sadness and loss of interest in activities. It affects how your teenager thinks, feels and behaves, and it can cause emotional, functional and physical problems. Although depression can occur at any time in life, symptoms may be different between teens and adults.

- ✚ peer pressure
- ✚ sports
- ✚ changing hormone levels
- ✚ developing bodies

Depression is associated with high levels of stress, anxiety, and in the worst possible scenarios, suicide. It can also affect a teen's:

- ✚ personal life
- ✚ school life
- ✚ work life
- ✚ social life
- ✚ family life

This can lead to social isolation and other problems. Depression isn't a condition people can "snap out of," or simply "cheer up" from. It's a real medical condition that can affect a person's life in every manner if it's not treated properly.



HOW TO SPOT DEPRESSION IN YOUR CHILD

1. Estimates from a study published in American Family Physician state that up to 15 percent of children and adolescents have some symptoms of depression.
2. The symptoms of depression can often be difficult for parents to spot. Sometimes, depression is confused with the typical feelings of puberty and teenage adjustment.
3. However, depression is more than boredom or disinterest in school. According to the American Academy of Child and Adolescent Psychiatry (AACAP), some signs of adolescent depression include:

EMOTIONAL CHANGES

Be alert for emotional changes, such as:

- Feelings of sadness, which can include crying spells for no apparent reason
- Frustration or feelings of anger, even over small matters
- Feeling hopeless or empty
- Irritable or annoyed mood
- Loss of interest or pleasure in usual activities
- Loss of interest in, or conflict with, family and friends
- Low self-esteem
- Feelings of worthlessness or guilt
- Fixation on past failures or exaggerated self-blame or self-criticism
- Extreme sensitivity to rejection or failure, and the need for excessive reassurance
- Trouble thinking, concentrating, making decisions and remembering things
- Ongoing sense that life and the future are grim and bleak
- Frequent thoughts of death, dying or suicide

BEHAVIOURAL CHANGES

Watch for changes in behavior, such as:

- Tiredness and loss of energy
- Insomnia or sleeping too much
- Changes in appetite — decreased appetite and weight loss, or increased cravings for food and weight gain
- Use of alcohol or drugs
- Agitation or restlessness — for example, pacing, hand-wringing or an inability to sit still
- Slowed thinking, speaking or body movements
- Frequent complaints of unexplained body aches and headaches, which may include frequent visits to the school nurse
- Social isolation
- Poor school performance or frequent absences from school
- Less attention to personal hygiene or appearance
- Angry outbursts, disruptive or risky behavior, or other acting-out behaviors
- Self-harm — for example, cutting, burning, or excessive piercing or tattooing
- Making a suicide plan or a suicide attempt

RISK FACTORS OF TEEN DEPRESSION



WHAT CAUSES ADOLESCENT DEPRESSION? There's no single known cause of adolescent depression. According to the Mayo Clinic, multiple factors could lead to depression, including:

DIFFERENCES IN THE BRAIN: Research has shown that the brains of adolescents are structurally different than the brains of adults. Teens with depression can also have hormone differences and different levels of neurotransmitters. Neurotransmitters are key chemicals in the brain that affect how brain cells communicate with one another and play an important role in regulating moods and behavior.

HORMONES: Changes in the body's balance of hormones may be involved in causing or triggering depression.

TRAUMATIC EARLY LIFE EVENTS: Most children don't have well-developed coping mechanisms. A traumatic event can leave a lasting impression. Loss of a parent or physical, emotional, or sexual abuse can leave lasting effects on a child's brain that could contribute to depression.

INHERITED TRAITS: Research shows that depression has a biological component. It can be passed down from parents to their children. Children who have one or more close relatives with depression, especially a parent, are more likely to have depression themselves.

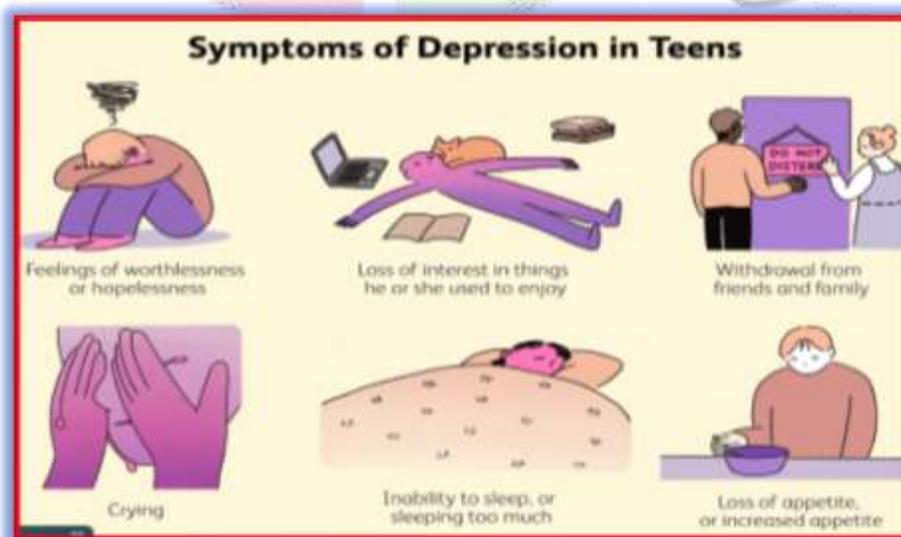
LEARNED PATTERNS OF NEGATIVE THINKING: Teens regularly exposed to pessimistic thinking, especially from their parents, and who learn to feel helpless instead of how to overcome challenges, can also develop depression.

DIAGNOSIS OF TEEN DEPRESSION

For proper treatment, it's recommended that a psychiatrist or psychologist perform a psychological evaluation, asking your child a series of questions about their moods, behaviors, and thoughts. Your teenager must meet the criteria spelled out in the Diagnostic and Statistical Manual of Mental Disorders (DSM) to be diagnosed with major depressive disorder, and they must have two or more major depressive episodes for at least two weeks. Their episodes must involve at least five of the following symptoms:

- ❖ agitation or psychomotor retardation noticed by others
- ❖ a depressed mood most of the day
- ❖ a diminished ability to think or concentrate
- ❖ a diminished interest in most or all activities
- ❖ fatigue
- ❖ feelings of worthlessness or excessive guilt
- ❖ insomnia or excessive sleeping
- ❖ recurring thoughts of death
- ❖ significant unintentional weight loss or gain

Mental health professional may also question you about your child's behavior and mood. A physical examination may also be used to help rule out other causes of their feelings. Some medical conditions can also contribute to depression.



TEEN DEPRESSION TREATMENT: Just as depression has no single cause, there's no single treatment to help everyone who has depression. Often, finding the right treatment is a trial-and-error process. It can take time to determine which treatment works best.

- 1. Medication:** Numerous classes of medications are designed to alleviate the symptoms of depression. Some of the more common types of depression medications include:

➤ **Selective Serotonin Reuptake Inhibitors (SSRIs): Antidepressants.**

SSRIs work on the neurotransmitter serotonin.

Current SSRIs approved by the U.S. Food and Drug Administration (FDA) include:

- citalopram (Celexa)
- escitalopram (Lexapro)
- fluoxetine (Prozac)
- fluvoxamine (Luvox)
- paroxetine (Paxil, Pexeva)
- sertraline (Zoloft)

➤ **Selective Serotonin and Norepinephrine Reuptake Inhibitors (SNRIs)**

Selective serotonin and norepinephrine reuptake inhibitors (SNRIs) prevent the reabsorption of the neurotransmitter's serotonin and norepinephrine, which help regulate mood. The most common SNRIs are duloxetine (Cymbalta) and venlafaxine (Effexor).

➤ **Tricyclic Antidepressants (TCAs)**

Like SSRIs and SNRIs, tricyclic antidepressants (TCAs) block the reuptake of certain neurotransmitters. Unlike the others, TCAs work on serotonin, norepinephrine, and dopamine.

TCAs aren't prescribed for people with an enlarged prostate, glaucoma, or heart disease, as this can create serious problems.

Commonly prescribed TCAs include:

- amitriptyline
- amoxapine
- clomipramine (Anafranil), which is used for obsessive-compulsive disorder
- desipramine (Norpramin)
- doxepin (Sinequan)
- imipramine (Tofranil)
- nortriptyline (Pamelor)
- protriptyline (Vivactil)
- trimipramine (Surmontil)

➤ **Monoamine Oxidase Inhibitors (MAOIs)**

Monoamine oxidase inhibitors (MAOIs) were the first class of antidepressants on the market and are now the least prescribed. This is because of the complications, restrictions, and side effects they may cause. MAOIs block serotonin, dopamine, and norepinephrine, but also affect other chemicals in the body.

Common MAOIs include:

- isocarboxazid (Marplan)
- phenelzine (Nardil)
- tranylcypromine (Parnate)
- selegiline (Emsam)

2. Psychotherapy

It's recommended to see a qualified mental health professional before or at the same time as starting medication therapy. Many different types of therapy are available:

- Talk therapy
 - Cognitive-behavioral therapy
 - Psychodynamic therapy
 - Problem-solving therapy
3. **Exercise:** Research shows that regular exercise stimulates the production of “feel good” chemicals in the brain that elevate mood. Enroll child in a sport they're interested in or come up with games to encourage physical activity.
 4. **Sleep:** Sleep is important to your teen's mood. Make sure they get enough sleep each night and follow a regular bedtime routine.
 5. **Balanced Diet:** It takes the body extra energy to process foods high in fat and sugar. These foods can make you feel sluggish. Pack school lunches for your child that are full of a variety of nutritious foods.
 6. **Avoid Excess Caffeine:** Caffeine can momentarily boost mood. However, regular use can your teen to “crash,” feeling tired or down.
 7. **Abstain from Alcohol:** Drinking, especially for teens, can create more problems. People with depression should avoid alcohol.



COMPLICATIONS:

Untreated depression can result in emotional, behavioral and health problems that affect every area of your teenager's life. Complications related to teen depression may include, for example:

- Alcohol and drug misuse
- Academic problems
- Family conflicts and relationship difficulties
- Involvement with the juvenile justice system
- Suicide attempts or suicide

PREVENTION:

There's no sure way to prevent depression. However, these strategies may help. Encourage your teenager to:

- ◆ Take steps to control stress, increase resilience and boost self-esteem to help handle issues when they arise.
- ◆ Reach out for friendship and social support, especially in times of crisis.
- ◆ Get treatment at the earliest sign of a problem to help prevent depression from worsening.
- ◆ Maintain ongoing treatment, if recommended, even after symptoms let up, to help prevent a relapse of depression symptoms.

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