

Title: Treatment of Adolescents with Depression: Diagnosis and Treatment

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Abstract: Adolescent depression is a common disorder of the teenager. Patients will often experience feelings of sadness, hopelessness, irritability, loss of interest in normal activities, feelings of guilt, and sometimes feelings of wanting to die or inflict bodily harm. Many successful treatments are available.

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**Someone told me that
depression
medications can be
dangerous. Is this
true?**

Some studies have shown a small increase in suicidal thinking in a small number of teenagers taking anti-depressants. Doctors agree that this small risk is not a reason to not try the medication. The benefit of taking the medication outweighs this very small risk. It is important, however, to be aware of possible feelings, especially when starting the medication.



Crisis Info

Sometimes, feelings of hopelessness can be overwhelming. If you are in danger of harming yourself or others, please call the **National Suicide Prevention Hotline at:**

**1-800-SUICIDE
(1-800-784-2433)**



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Primary Care Clerkship
Patient Education Tool



**Depression In
the Teenager**

QuickTime™ and a
decompressor
are needed to see this picture.

*Helpful
information
for you or a
loved one*



Understanding Depression

What is adolescent depression?

Adolescent depression is a very common illness that occurs in the teenage years. It can involve persistent sadness, feelings of low self-esteem, irritability, loss of interest in enjoyable activities, feelings of guilt, sleeping too much, and sometimes feelings of wanting to die.

What causes it?

Depression can be a temporary disorder in response to stress, changes in hormones, or traumatic events such as the death of a loved one. Often, there is no cause. Depression commonly runs in

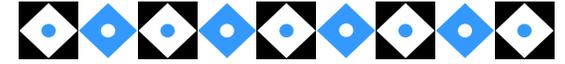


Treatment for Depression

What can be done for depression?

There are many treatments for depression. The most common treatment is a medication known as an anti-depressant. There are many different options when it comes to anti-depressants, but many find they help improve their moods and symptoms. Other treatments include therapy with a psychologist. Studies have found that the combination of an anti-depressant with therapy achieves the best results.

QuickTime™ and a decompressor are needed to see this picture.



Getting Help

Who should I talk to?

Every doctor is very familiar with the symptoms of depression, and would be more than happy to help you out. Also, trusted friends, family members, or school counselors can be an excellent source of support and information.

Are medications expensive or permanent?

Often, medications for depression are temporary (less than a year). Many of the approved medications for teenagers are very inexpensive (as low as \$4/month).

