



**FIG 15-9** Adolescents use being alone as a method of coping with stress. Health care professionals need to assess whether this indicates clinical depression. (©2011

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#### **Box 15-4**

### **Areas of Stress in Adolescence**

- Body image
- Sexuality conflicts
- Academic pressures
- Competitive pressures
- Relationships with parents
- Relationships with siblings
- Relationships with peers
- Finances
- Decisions about present and future roles
- Career planning