

## Ref: 0008 Analysis

Source: "Teen Depression", 16/05/2016

### Why is it on the Increase?

Childhood and teen depression is a reality. This is one of the most alarming facts to come from all the research; depression is affecting younger and younger people - adolescents and teenagers. (1) Here we look at why, and what we can do about it.

Twenty years ago depression in children was almost unknown. Now the fastest rate of increase in depression is among young people. Again, this backs up the fact that most depression is not caused by chemical imbalances, whether in adolescents, teenagers or adults.

What we are seeing are changes in society where basic needs (see later in the [Depression Learning Path](#)) for companionship, healthy goals, responsibility, connection to others and meaning are not automatically met. Children, adolescents and teens are fed a constant diet of images showing how we are meant to look, sound and be, and told that this is important in life. Meaning is attached to what they have, or look like, rather than what they do, or achieve.

Regardless of our own affluence, we see what those at the 'top' have and are told we should have it too, without thought for the tools or strategies to go about achieving it. During childhood, teenage years and particularly adolescence, pressure to conform with peers can be almost intolerably strong. If children feel different, inadequate or deprived in some way, then depression may result, depending on how they deal with it.

After gaining very little information with *The Guardian's* article about depression, I decided to continue my research and try to gain some information about depression closer to my target audience. From the introductory paragraph it does seem a lot more relevant than the last article, although the link between stress and education has not been made yet.

While the next two paragraphs are giving good information about childhood and teen depression, as this is not the main project, I'll have to avoid gaining information that can be seen as irrelevant or excessive. It is acting upon this reasoning that I stopped reading the paragraphs and began to scan the article for mention of education or school.

### Causes of Teenage, Childhood and Adolescent Depression

In addition to those found in adult depression, causes of teen and childhood depression, or apparent triggers, include additional and often unique situations.

- Social rejection
- Family turmoil
- Failing exams

While the triggers or causes of teenage depression may not appear such major events to many adults, it is the sufferer's perception that is so important.

How important these triggers are to the sufferer is all too evident in the statistics below.

After disregarding all the information I finally came across as the link that showed that childhood depression was linked education. While it was only a couple of words this link now allows me to use this article not only as a source of information relevant towards my intended age group, but also gives me to confirmation to go back and analysis information I have already found as a method of checking validity by looking for contradictions in the article when compared with the others that I have researched on stress and depression.

## Symptoms of Teenage Depression

As well as showing many of the same symptoms of adult depression, some symptoms of teenage depression are:

- A downward trend in performance at school or college.
- Change in personal hygiene and appearance.
- Destructive and/or defiant behavior.
- Hallucinations or unusual beliefs.
- Appetite or weight has changed considerably (has lost or gained a substantial amount of weight)
- May appear restless, agitated (pacing, wringing hands) or has slowed down (e.g., spends hours staring in front, finds it hard to move)
- Has lost a lot of energy, complains of feeling tired all the time.
- Complaints of feeling guilty or worthless ('everything is my fault', 'I am bad')
- Belief that life is not worth living.

As I only started to read each paragraph properly after confirming that education was a factor in childhood and teen depression, did I realised that I missed out an education related fact. In the symptoms section, the first thing it mentions was a negative effect on academic performance. Not only that, while I did have some information on stress, I was lacking information in terms of what depression is and its symptoms, this article addresses that problem.

In terms of validity, it is a bit awkward to use my main method of checking for contradictions due the focus of this article being depression- not stress. While the information itself once again seems to come from mostly doctors and professionals, I feel that I will have to research one more article like this to attempt to get something compare this article with for validity.