

## Ref: 0009 Analysis

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

### Causes of teenage depression

Most of can recall, at least dimly, the turbulence of teenage-hood and can relate to our teenager if they're feeling sad and a bit lost. As this Mumsnetter illustrates:

"She's had a haircut she can't manage, she's fallen out with a friend, she got a particularly bad flurry of red-haired glasses-wearing 'jokes' from the boys on the bus and she just feels dowdy and ugly. Last night she was completely cheered up by a cuddle from her little brother, macaroni cheese for supper and The Life of Brian. So it doesn't go very deep. But don't you wish you could help them through it!"

We're all, whatever our age, more at risk of experiencing depression when things in life go awry: the [Mumsnet Talk boards](#) are eloquent testimony to this. But certain circumstances increase the likelihood of teenage depression, including:

- Parents constantly arguing
- Witnessing domestic violence
- Feeling rejected or left out within the family
- Parents separating, divorcing or dying
- Anyone close to them dying
- Changing school or moving house
- Problems with school work or exam pressure
- Friendship problems
- Physical illness in themselves or a family member
- Poverty or homelessness

#### Related links

- [Warning signs of running away](#)
- [Peer pressure](#)
- [Troubled teens](#)
- [Teenage mental health issues](#)

While the last article I researched, "Teen Depression", did cover the age range that my target audience did fall in, I felt that I needed one more source to be able to accurately compare and contrast information between the two to verify the information I have gathered about depression in my age group.

That I already had some information I once again scanned the webpage to see if it made links between education and depression. Even if this does support claims and information made in the other sites, I needed to confirm that it related to my task, ultimately I only care about depression as a result of education. As soon as I saw in noted that not only exams, but school work as well can cause depression I could finally start looking at information to look for contractions.

Mental health experts say you should be alert to the following signals in teenage behaviour:

- Shunning social contact and not enjoying the things they used to
- Losing their appetite
- Finding it hard to concentrate
- Complaining of stomach aches
- Feeling exhausted and having difficulty sleeping or sleeping too much
- Low self-esteem and lack of self-confidence
- Gaining or losing a significant amount of weight
- Refusing to go to school or college, or playing truant
- Tearfulness and extreme moodiness
- Defiant, violent or disruptive behaviour at home or school
- Self-harm or drinking / taking drugs to excess

As I haven't done any research on what to do if someone is depressed (as I have stated that all this research in stress and depression was for the problem section of my analysis, I know I cannot solve that problem with my project, I aim for a target audience that will allow me to avoid this), this left the next best information to be effects of depression, as this may be counterproductive to a student's willingness to pick a subject.

While the aims of the two articles are different (due to the major difference in target audience, it is very clear that they are not only saying mostly the same information, but actually support each other if read side to side. This information also gives to additional information that could be used for the reason mentioned above. Things like "*Low self-esteem and lack of self-confidence*" are very important pieces of information that would affect my target audience not picking science as a subject- even though education was not even mentioned.

Other than the causes and symptoms of teenage depression, as this site was designed to help mothers I just could get any other useful information from it. This is fine, as the main reason I went to this site was verify the information I had currently gathered. As it all seemed to check out, I decided that this was enough valid information to talk about the problem in depth.