

Macro Roundup Article

Headline: [Why Are Young Liberals So Depressed?](#)

Article Link: <https://www.slowboring.com/p/why-are-young-liberals-so-depressed>

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Tweet: [.@mattyglesias](#) notes that young liberals' depression rates have increased compared to younger conservatives' and suggests that this may be caused by a progressive tendency to "catastrophize" political issues.

Summary: A 2021 paper by Catherine Gimbrone, Lisa Bates, Seth Prins, and Katherine Keyes titled "The politics of depression: Diverging trends in internalizing symptoms among US adolescents by political beliefs." The CDC survey doesn't ask teens about their political beliefs, but Gimbrone et. al. find not only divergence by gender, but divergence by political ideology. Breaking things down by gender and ideology, they find that liberal girls have the highest increase in depressive affect and conservative boys have the least. But liberal boys are more depressed than conservative girls, suggesting an important independent role for political ideology. Mentally processing ambiguous events with a negative spin is just what depression is. And while the finding that liberals are disproportionately likely to do it is interesting and important, it's not sound practice to celebrate that or tell them that they are right to do it. Progressive institutional leaders have specifically taught young progressives that catastrophizing is a good way to get what they want. Leaning into the language of "harm" creates and reinforces feelings of harm, and while using that language may give a person some short-term power in progressive spaces, it's pretty bad for most people's long-term ability to regulate their emotions, to manage inevitable adversity, and to navigate a complicated world.

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