Depression in Teen - Teen Depression ( http://www.depression-guide.com/teen-depression.htm)

It's not unusual for young people to experience "the blues" or feel "down in the dumps" occasionally. Adolescence is always an unsettling time, with the many physical, emotional, psychological and social changes that accompany this stage of life.

Statistics of Teen Depression:

Approximately 4 out of 100 teenagers get seriously depressed each year. Sure, everybody feels sad or blue now and then.

Depression affects 4% of teenagers, and can influence people across the socioeconomic spectrum. However, girls suffer depression at twice the rate of boys. Why does this happen? More Importantly, what can be done to stop depression before it reaches fatal proportions?

Symptoms and Sign of Teen depression:

It is difficult to understand, when teenagers suffer from depression. As they grow, they try to find who they are and what they believe in. Such changes in behavior are normal . However, problems arise when an adolescent feels helpless and hopeless much of the time. If a teen faces any of the following signs of depression for more than 2-3 weeks, he or she may be depressed.

Change in school performance.

Eating habits change; Low appetite or eat a lot more.

Persistent unhappiness.

Low self esteem and guilt.

Social isolation, poor communication.

Excessive guilt and/or anxiety.

Destructive and/or defiant behavior.

Inability to concentrate.

Belief that life is not worth living.

Change in sleeping pattern.

Irritable or angered easily.

Physical aches and pains.

Has lost a lot of energy, complains of feeling tired all the time.

Talk about death or suicide - this should always be taken seriously.

Causes of Teenage and Adolescent Depression:

The precise causes of depression are not known. Extensive research on adults with depression generally points to both biological and psychosocial factors. Some of them are:

Teen Depression Family and genetic factors - It is still under research whether the relationship between parent and teen depression derives from genetic factors, or whether depressed parents create an environment that increases the chances of depression in their children.

Teen Depression Gender Differences - One reason for depression in adolescent girls may be that they are more socially oriented, more dependent on positive social relationships, and more vulnerable to losses of social relationships than are boys.

Teen Depression Biological Factors - Some of the core symptoms of depression, such as changes in appetite and sleep patterns, are related to the functions of the hypothalamus. The functioning of hypothalamus is well associated with depressionin adults. However, far less research has been done in this area among teens and adolescents.

Teen Depression Cognitive Factors - A person with negative mind set is one who readily assumes personal blame for negative events. The mind set in question is known as a pessimistic "attribution bias". Individuals with this mind set react more passively, helplessly and ineffectively to negative events than those without a pessimistic mind set.

In addition to those found in adult depression, causes of teen and adolescent depression, or apparent triggers, include additional and often unique situations. Some of them could be: social rejection, family turmoil, or failing exams.

Treatment of Teen Depression: It is extremely important that depressed teens receive prompt, professional treatment. Depression is serious and, if left untreated, can worsen to the point of becoming life-threatening. If depressed teens refuse treatment, it may be necessary for family members or other concerned adults to seek professional advice.

Some of the most common and effective ways to treat depression in teenagers are:

Teen Depression Treatment – Psychotherapy. Psychotherapy provides teens an opportunity to explore events and feelings that are painful or troubling to them. Psychotherapy also teaches them coping skills.

Teen Depression Treatment - Cognitive-behavioral therapy. Cognitive behavior therapy combines two very effective kinds of psychotherapy - cognitive therapy and behavior therapy. Cognitive-behavioral therapy helps teens change negative patterns of thinking and behaving.

Teen Depression Treatment - Interpersonal therapy. Interpersonal Psychotherapy (IPT) is one of the short term therapies that have been proven to be effective for the treatment of teen depression. Interpersonal therapy focuses on how to develop healthier relationships at home and at school. To learn more click Treatment for Teen Depression.

Teen Depression Treatment – Medication. Medication relieves some symptoms of depression and is often prescribed along with therapy. There are different types of antidepressant medication are available. Recent research indicates that young people with depressive disorders may respond more favorably to SSRIs than to tricyclic antidepressants. A Doctor may give you medicine to help you feel less afraid and tense. But it may take a few weeks for the medicine to work. Find more on teen depression medication.

Teen Depression Treatment - Self Help. Lifestyle improvements always have a positive impact, however can take more effort to actually do as the depression becomes more severe. Depression Self Help plays an important role in curing depression. It moves hand in hand with other depression treatments.