

# Depression in Teens: A Overview

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**Abstract:** Depression is a mental illness which is very common nowadays and it can be treated and overcome it with proper care. depression is most common among the youth as changes in their hormones bodies and chemicals changes in the brain which leads to a disorder like depression most common symptoms of depression are suicidal thoughts which is very hazardous thought depression can be cured like any other disease with proper medications depression can be avoided by having a healthy lifestyle claiming your thoughts and having a positive thinking and healthy lifestyle means having a balanced meal exercising regularly and sharing your thoughts to loved ones practicing what makes you happy and depression can be avoided by adequate amount of sleep and rest.

**Keywords:** Depression, teens, adolescent, anxiety, psychotic

## 1. Introduction

This article is thoroughly about the new age disease in adolescent and teen agers .in this world of technology and 21th century this kind of disease's are growing on a large scale due to lifestyle changes and many more . This article is about the causes of depression its symptoms and how it diagnosed and its treatment as well as its prevention. Depression can be caused by various reasons and has various types. But it's curable and can easily be cured by some taking some majors and consulting a good psychiatrist and taking proper medications and care. The most difficult phase of depression is that how to identify it that the changes in behavior are due to none other than Depression itself. The new generation deals with it the most due to changing lifestyle how the world is growing in a different way everyone is getting far from each other due to technology and stuff practicing physical and mental exercise like yoga meditation proper diet is proved beneficial and expressing all the feelings is very vital to give the brain peace. The second most common cause of suicide in world is due to depression it affects most the age group of teens (13 years to 29 years) from studies of world health organization from 2017. World health organization has been working on such harmful psychological diseases and trying testing out new methods to prevent it and spread awareness about it and how to overcome such psychological diseases.

## 2. Overview and Causes

Adolescent is a very important period in developing

Knowledge and skill, learning how to manage emotions and acquiring attributes and abilities for adulthood depression in adolescent is a common health disease with a prevalence of 4-5% mid to late adolescence. It is a biggest risk factor for suicide and can also lead to social and educational as impairments. Consequently identifying as well as treating this disorder is crucial symptom in teens may manifest themselves in different than adults this may because teens face more social educational and the changes that occur in developing period such as peer pressure as well as changing hormone levels in the growing bodies. Depression may be similar with high level of stress and anxiety .they may feel pressure due to personal life school life, social life ,work life family life depression isn't a condition where people can easily snap out and simply to cheer up. Depression is a mental and emotional disorder which is medically called as adult depression. Depression in teenagers causes due to chemical changes in the brain as well as peer pressure, hormonal changes , and due to developing bodies teenagers face social and developmental changes teenagers go through stress ,anxiety, and pressure like studies in school and college life work pressure in working life and also due to personal life and family life. Depression is not a condition it is serious medical illness which has to be treated under proper medical conditions .As per world health organization research in 2020 56 million Indians suffer from depression and another 40 million of Indians suffer from anxiety.

## 3. Symptoms

Compression of symptoms of depression in adolescent is a challenging task due to its heterogeneous presentation and diverse cause's depression has potentially risk factors such as addiction to alcohol, cannabis, and other illicit drugs. Alcohol is known for having neurotoxic effects during this sensitive developmental period. Cannabis and other drugs has effects on serotonin and other neurotransmitter causing depression .being overweight can make feel negative and low in confidence Depressed people lead to have unhealthy lifestyle which leads to being overweight. depression can be caused by some stressful event such as maltreatment , family discord , bullying by peers poverty and physical illness .genetic factors can also play a vital role in these conditions girls are more likely to be depressed than boys due to more and maternal changes in body

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and due to more sex steroid receptors are more in girls as compared to boys. Some changes in behavior can be spotted by parents in their teens which are other than just adolescent behavior. The child remaining always sad, irritable, tearful, major changes in sleeping and eating habits, talking or thinking about suicide, and some most common behavior of depression are harming self, finding worthless, always having suicidal thoughts, burning or cutting, and hurting constantly. Some of the signs of depression which parents should observe and treat it rightly. The effect of depression in the brain causes the release of neurotransmitters, which are key chemicals in the brain which control the behavior and regulate mood. Other reasons may be traumatic early life events like death of parent or physical or emotional abuse.

#### 4. Diagnosis

Adults facing depression show changes in behavior. How an individual reacts to certain things, depressed teens don't act normal. They always react in a certain different way. They are mostly irritable and confused, and there is always something on their mind. Most common diagnosis and treatment are screening and keeping the patient under observation. A doctor and some physical examination are conducted to check overall health or any underlying disease. The patient has to report about mood, behaviors, habits, and another method is blood test which includes hormonal test which helps to identify the cause of depression and is easy to be treated. It is also detected by sleep cycle.

#### 5. Treatment

The treatment depends on the type of depression the individual is facing. The various types of depression are major depression, chronic depression, clinical depression, bipolar disorder, seasonal affective disorder. The physician may prescribe medications such as antidepressants, anti-anxiety, antipsychotic medications, and many other therapies include psychotherapy in which the therapist speaks to the patient and tries to remove negative thoughts from the patient's brain. Which is done in several sessions. Another therapy is light therapy. In this therapy, exposure to doses of white light can help regulate your mood and can help improve symptoms of depression. Many other activities are suggested such as doing regular exercises for 30

minutes to 1 hour practicing yoga and meditation sessions. Taking care of yourself like your thoughts. Many therapists may also start regular supplements of multi-vitamins which help prevent deficiency of vitamins and help to regulate mood and feel better. Regular exercising and supplements help to a healthy body. A healthy body means a healthy brain. Many therapists suggest to leave the unhealthy habits such as alcohol and smoking. The supplement includes vitamin B12, B6, vitamin D, and Omega fatty acids, essential oils, and 5-Hydroxytryptophan.

#### 6. Prevention

Depression can be prevented by exercising healthy habits like having a healthy meal which contains all the nutrients and having a good amount of sleep, working out regularly, practicing yoga and meditation, starting your day with some good amount of sunlight and water, having fresh air, keeping positive thoughts, sharing thoughts, and how you feel to your loved ones, spending time with nature, indulging into activities you enjoy, taking care of mental as well as physical health, never let your thoughts overpower you, managing stress of work or studies with time management and schedule.

#### 7. Conclusion

This paper presented an overview of depression in teens.

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