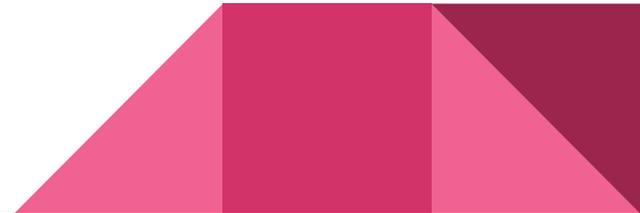


Delving Deeper into Adolescent Anxiety & Depression

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Purpose

This interactive presentation is focused on developing a deeper understanding of depression and anxiety affecting adolescents.



What is Anxiety and Depression?

Anxiety disorders differ from normal feelings of nervousness or anxiousness, and involve excessive fear or anxiety. Anxiety refers to anticipation of a future concern and is more associated with muscle tension and avoidance behavior. Anxiety disorders can cause people into try to avoid situations that trigger or worsen their symptoms. Job performance, school work, and personal relationships can be affected.

Depression negatively affects how you feel, the way you think, and how you act. Depression causes feelings of sadness and/or a loss of interest in activities once enjoyed. It can lead to a variety of emotional and physical problems and can decrease a person's ability to function at work, school, and at home.



Discussion Question

As parents, what does anxiety and depression look like in your teens?

What are the signs that their behavior is more than just “normal adolescence”?



Statistics

15-20% of children and adolescents experience an anxiety disorder (Kessler et al., 2012; Merikangas et al., 2010) - Most common mental illness

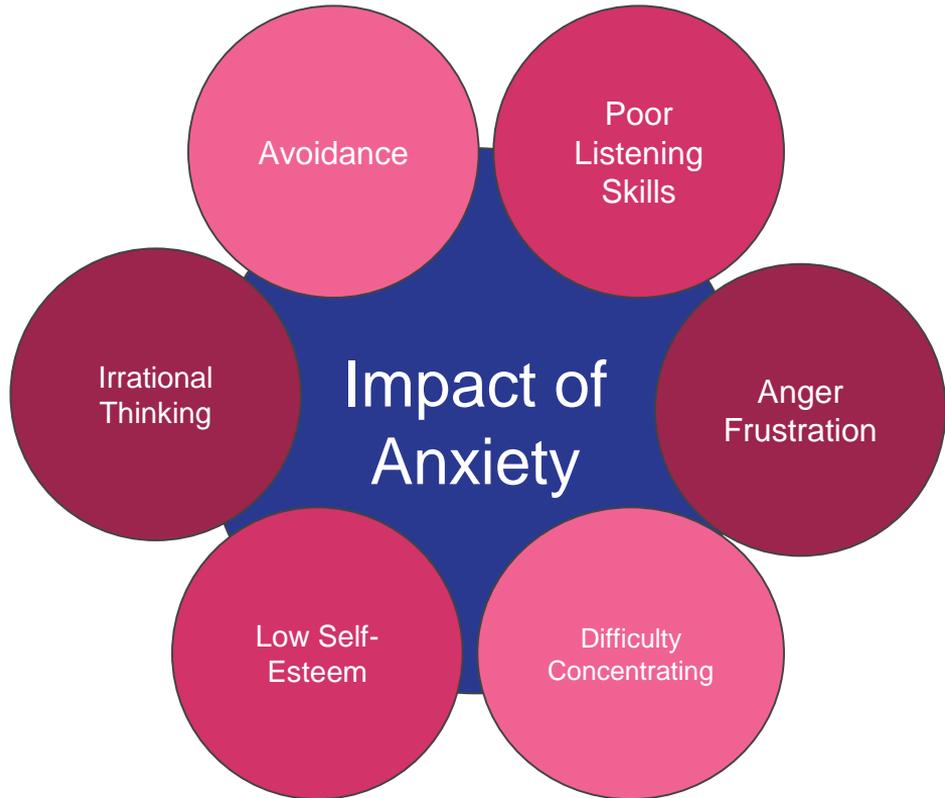
Females: 2x more likely to develop an anxiety disorder (Beesdo et al., 2009)

11% of adolescents will experience depression (Avenevoli, Swendsen, He, Burstein, & Merikangas, 2015)

Higher rates in females than males



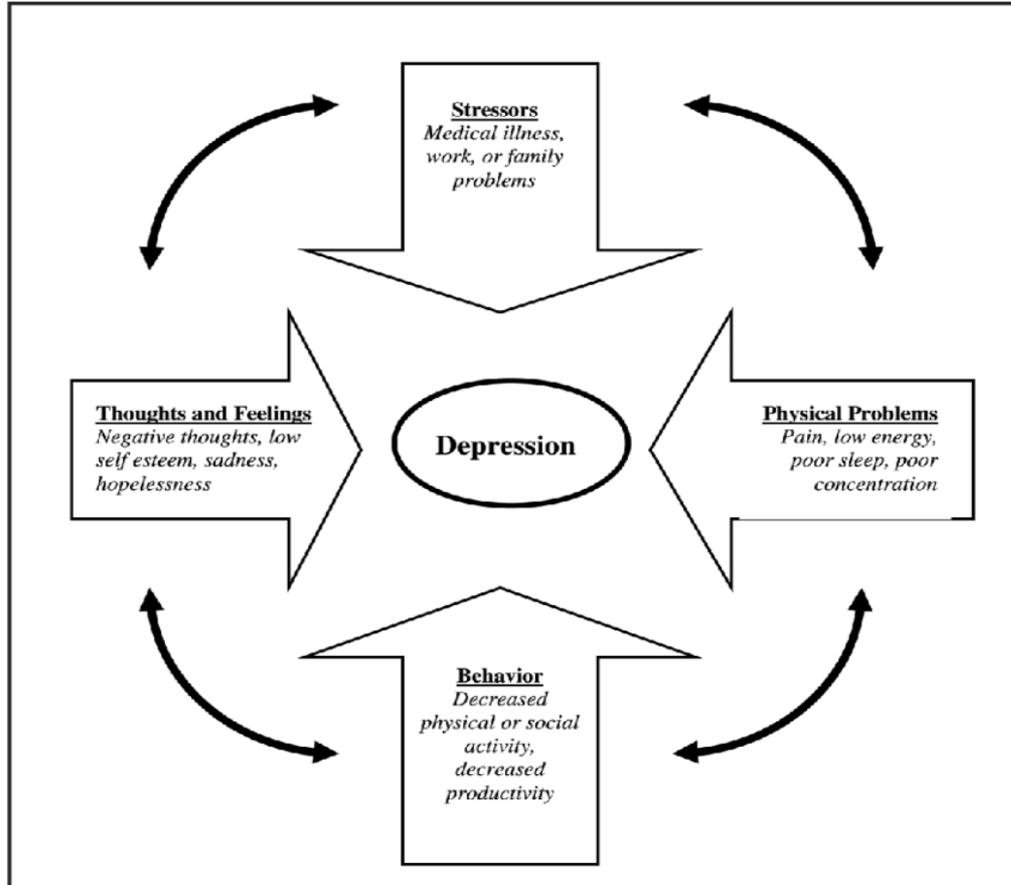
Impact of Anxiety



Decreased academic achievement
(Van Ameringen, 2003)

Difficulty with friendships and family
relationships

Impact of Depression



Smith, Johnson, Seydel & Buckwalter
(2010)

Discussion Groups

What ways do you support?

What ways do you communicate with your adolescent?

Do your techniques to communicate change if their adolescent has anxiety or depression?

How do you take care of yourself?

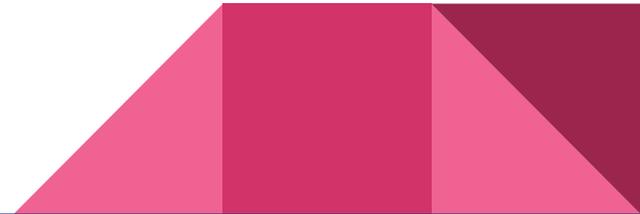
What resources have you found to be helpful for your family?

How do you talk to family and friends about your adolescent mental health?

If you could share something about your experience, what would you share?



Question & Answer



References

American Psychiatric Association (2019) <https://www.psychiatry.org/patients-families/depression/what-is-depression>

Avenevoli, S., Swendsen, J., He, J.P., Burstein, M., & Merikangas, K.R. (2015). Major depression in the national comorbidity survey-adolescent supplement: Prevalence, correlates, and treatment. *Journal of the American Academy of Child and Adolescent Psychiatry*, 54(1), 37-44 e32.

Smith, M., Johnson, K. M., Seydel, L. L., & Buckwalter, K. C. (2010). Depression training for nurses. *Research in Gerontological Nursing*, 3(3), 162-175.

