

## Differences Between Adult and Teen Depression

The Centers for Disease Control and Prevention cite suicide as the third leading cause of death for youth between the ages of 10 and 24. Depression or another psychological disorder often plays a role in suicide attempts. Teenage depression is not medically different from adult depression, however the signs of depression in youth may appear a little different than they do in adults based on the social and developmental challenges teenagers face. The risk of suicide can be increased if a depressed teenager abuses alcohol or drugs.

Signs and Symptoms of Major Depressive Disorder	Signs of Depression Frequently Seen in Youth
Depressed mood most of the day	Irritable or cranky mood; preoccupation with song lyrics that suggest life is meaningless
Decreased interest/enjoyment in once-favorite activities	Loss of interest in sports, video games, and activities with friends
Significant weight loss/gain	Failure to gain weight as normally expected; anorexia or bulimia; frequent complaints of physical illness (e.g., headache, stomach ache)
Insomnia or hypersomnia (excessive daytime sleepiness)	Excessive late-night TV; refusal to wake for school in the morning
Psychomotor agitation (unintentional and purposeless motions caused by mental tension and anxiety like pacing around a room, wringing one's hands, etc.) or psychomotor retardation (slowing-down of thought and a reduction of physical movements like difficulty showering or dressing, struggling to make a shopping list, etc.)	Talk of running away from home or efforts to do so
Fatigue or loss of energy	Persistent boredom
Low self-esteem; feelings of guilt	Oppositional and/or negative behavior
Decreased ability to concentrate; indecisive	Poor performance in school; frequent absences
Recurrent suicidal ideation or behavior	Recurrent suicidal ideation or behavior (writing about death; giving away favorite toys or belongings)
<b>Shain (2007)</b>	