

The prevention of depression in children and adolescents: a review

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Prevention of Depression in Children and Adolescents Introduction Before going to analyze an article related to prevention of depression in children and adolescents, let us get a better understanding of what depression actually is. Depressive is a feeling or emotional disorder caused due to problematic and troublesome situations. Depressive disorders are becoming common in young generation. Depression also refers to the mental illness caused by continuous or excessive depressed moods. Depression is not a physical disease, which only needs some medical treatment. Rather it is a psychological problem, which needs a psychological treatment along with the use of medicines in some cases.

In this paper, we will summarize an article related to prevention of depression in children in order to know the importance of cognitive behavioral intervention to prevent depression in children and adolescents. The name of the article is, ' Depression in Children and Adolescents: Linking Risk Research and Prevention' and the author of the article is Judy Garber.

Journal Summary

The article was about risk factors that lead to depression in children and the preventive measures, which can be taken to deal with depression. The author discussed some of the critical risk factors associated with depression. Some of those risk factors included sub clinical depressive symptoms, negative cognitions problems in self-regulation and coping, anxiety, neurobiological deregulation, stressful life events, and interpersonal dysfunction (Garber, 2006).

The author also discussed some of the most common factors that cause depression in children. Some of the most common reasons of depression

discussed in the article included physical abuse, sexual abuse, educational; weaknesses, chronic illness, peer pressure, low confidence, and disturbing events of life. The author discussed these factors in some detail and suggested the use of cognitive behavioral techniques to prevent depression in children and adolescents.

The whole research proved to be very relevant to the healthcare issue being discussed in this paper. The research provided us with a good knowledge of different risk factors associated with depression in children and adolescents. Moreover, it also made us aware of the techniques, which we can use to cope with depression in an effective manner.

The researcher used existing depression-prevention studies to know the efficacy of different prevention programs. Along with the use of those studies, the author also made use of observation technique and interviews not only to determine the reasons of depression in children but also to come up with an effective technique to prevent depression. The impact of the research was very positive in a sense that it highlighted some hidden risk factors associated with depression along with some effective preventive measures.

I believe that this research can be used to deal with the issue of depression associated with children and adolescents. It made us aware of such cognitive behavioral techniques, which can be very effective in dealing with depression. Such therapies can help depressed children differentiate between feelings and thoughts, build up the level of confidence, and enhance the ability to cope with stressful situations.

Conclusion

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Summing it up, depression is one of the most critical health problems. There exist many causes of depression in children and adolescents. Emotional and mental disorders caused due to depression adversely affect an individual's well-being and daily life activities. Cognitive behavioral techniques include such therapies, which really help children come out of depression and live a happy life.

References

Garber, J. (2006). Depression in Children and Adolescents: Linking Risk Research and Prevention. *American Journal of Preventive Medicine*, 31(6), 104-125.