

# Depressive disorders in children and adolescents



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Depressive Disorders in Children and Adolescents The Essay The present paper aims to discuss the depressive disorders disturbing the children and adolescents in one way or the other. The main reason behind selecting this topic includes the continuous rise in the number and percentage of the patients undergoing depression. Though the ailment, above-mentioned, is not confined to one age-group only; rather, the elderly, middle-aged and young people are also suffering from the same problem. However, since children and adolescence are the individuals that seldom experienced such feelings in past, the paper looks for exploring the major causes behind the high increase in depression. Son & Kirchner (2000) have conducted their research on the same topic and have pointed out the causes and consequences of depression upon children, according to which the family background as well as domestic environment certainly invite sadness among the young innocent individuals at large. The authors are of the view that depression is affecting 2 percent of pre-pubertal children and 5 to 8 percent of adolescents in the United States. While discussing the main reasons for increase in the depression level among the individuals belonging to early years, the authors also blame poor performance at school as one of the most prominent causes behind such gloomy mood of children. The authors have also mentioned the symptoms of depressive attitude, which include lack of mixing in family, disinterest in studies, recreational activities, including both indoor and outdoor, and reluctance to join the peers in sports and games. Greenberg (2009) has also conducted his study while focusing upon the symptoms of depressive attitude in children and adolescence. The researcher submits to state that it was misconception that only the adults may experience depression; however the same disorder is frequently

observed by the young ones. Greenberg divides depression into three categories, which include major depressive disorder, dysthymic disorder, and depressive disorder not otherwise specified; among which, nearly 2% of children and 4% to 8% of adolescents suffer from MDD. (2009: 38)

Continuous irritating behavior, observing of loneliness, decrease in diet and appetite, weight loss, lack of interest in all activities that loved in past, thought of death or committing suicide, inappropriate health condition and others include in the most prominent signs of depressive feelings observed by the children. Somehow, the prevalence of major depressive disorder is approximately 1 percent of preschoolers, 2 percent of school-aged children and 5 to 8 percent of adolescents. (Jellinek & Snyder, 1998) Aptly observed in society, prevalence of depression has also relationship with domestic violence and lack of parents' interests in the activities of the children.

Additionally, teaching staff is also responsible for the depressive feelings in adolescents. Depression has captured the US society in its fold in such a devastating manner that suicide has become the fourth leading cause of death among all children and the third leading cause of death among children aged 10 to 19 years. (Greenberg, 2009: 41) The researchers and scholars have grave concerns regarding the unabated rise in suicide among adolescence. They also suggest some measures to be taken for protecting the society from becoming victim of depressive attitude. Care and attention of parents and teachers at home and school respectively, as well as displaying of equality, kindness, affection and compassion towards children help out in saving them from turning depressed. Moreover, sharing of their problems and sense of encouragement also prove supportive for taking them out of the depressed feelings in general. REFERENCES Greenberg, Brett

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