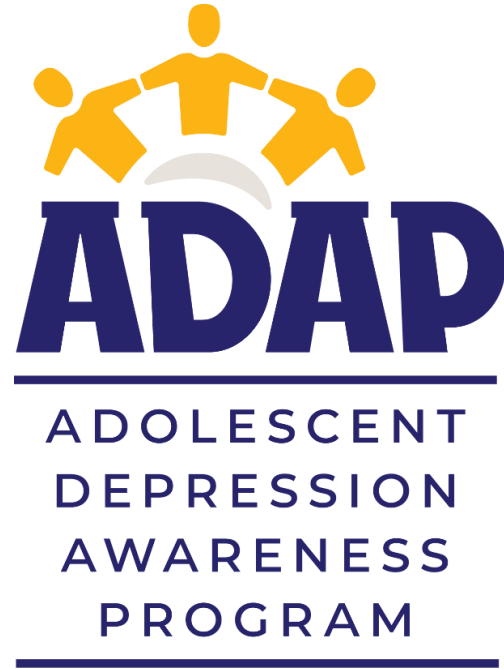




Adolescent Depression

Karen L. Swartz, MD

Myra S. Meyer Professor in Mood Disorders
Johns Hopkins University School of Medicine

October 14, 2026



Diagnosis &
Prevalence

Treatment

Suicide

Risk Factors

ADAP

Disclosures

- In compliance with the ACGME Standards for Commercial Support of CME, as the speaker I do not have any relevant financial relationships to disclose in relation to this presentation.



Diagnosis &
Prevalence

Treatment

Suicide

Risk Factors

ADAP

Educational Objectives

- Review the prevalence, diagnosis, and treatment of adolescent depression
- Discuss the risk factors for suicide among adolescents
- Describe the development of and review the results of the Adolescent Depression Awareness Program



Diagnosis &
Prevalence

Treatment

Suicide

Risk Factors

ADAP

Symptoms of Major Depression

MOOD CHANGES

Depressed
Irritable mood
Feeling nothing

**Decreased interest
or pleasure in
activities
(anhedonia)**

PHYSICAL CHANGES

Change in appetite
Change in weight
**Sleeping more or
less than usual**
**Feeling restless or
slowed down**
**Fatigue or loss of
energy**
**Decreased
concentration**

SELF-ATTITUDE CHANGES

**Changes in
confidence**

**Feelings of guilt or
worthlessness**

SEVERE SYMPTOMS

Recurrent thoughts of death or suicide
Hallucinations and delusions (possible, but rare)



Diagnosis &
Prevalence

Treatment

Suicide

Risk Factors

ADAP

Depressive Symptoms Common in Adolescents

Irritable mood

Anhedonia
(enjoying nothing)

Anxiety symptoms
(separation, social,
panic attacks)

Sense of hopelessness

Physical complaints

Social isolation
and dropping out
of usual activities

Substance abuse





Diagnosis &
Prevalence

Treatment

Suicide

Risk Factors

ADAP

What percent of young adults describe their adolescence as a time of severe emotional upheaval?

20%

30%

40%

60%

100%



Diagnosis &
Prevalence

Treatment

Suicide

Risk Factors

ADAP

What percent of young adults describe their adolescence as a time of severe emotional upheaval?

20%

30%

40%

60%

100%



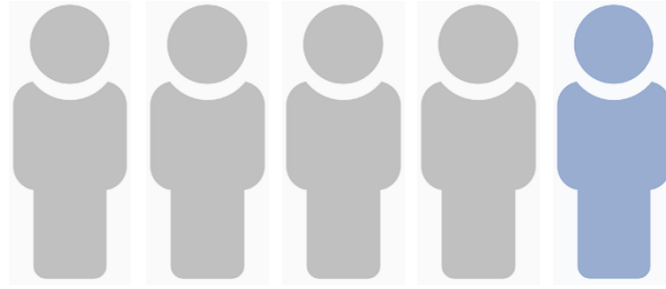
Diagnosis & Prevalence

Treatment

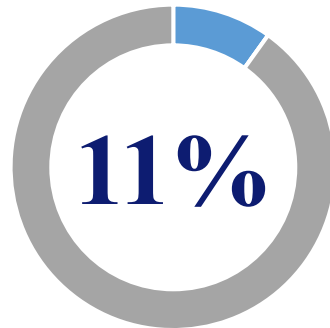
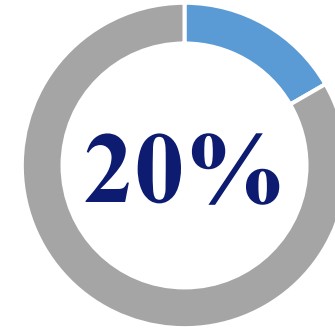
Suicide

Risk Factors

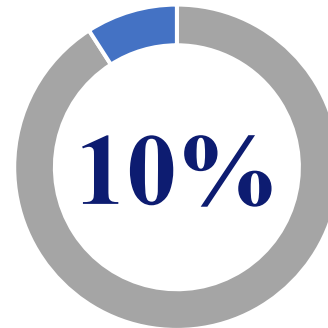
ADAP



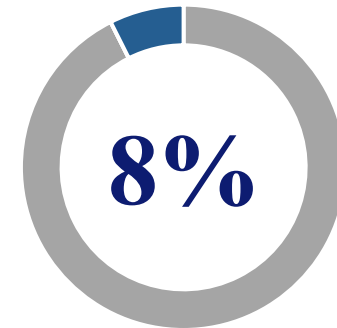
1 in 5 children ages 13-18 have or will have a serious mental illness



Youth with a mood disorder



Youth with a behavior or conduct disorder



Youth with an anxiety disorder



Diagnosis & Prevalence

Treatment

Suicide

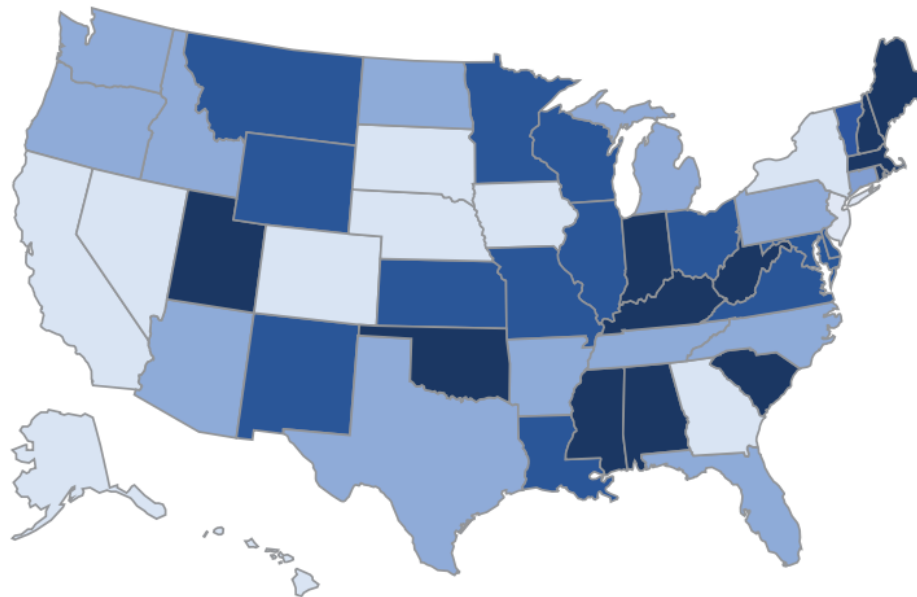
Risk Factors

ADAP

Prevalence of Mental Health Disorders and Mental Health Care in US Youth in 2016

Figure. Prevalence of Mental Health Disorders and Mental Health Care Use Among US Youth

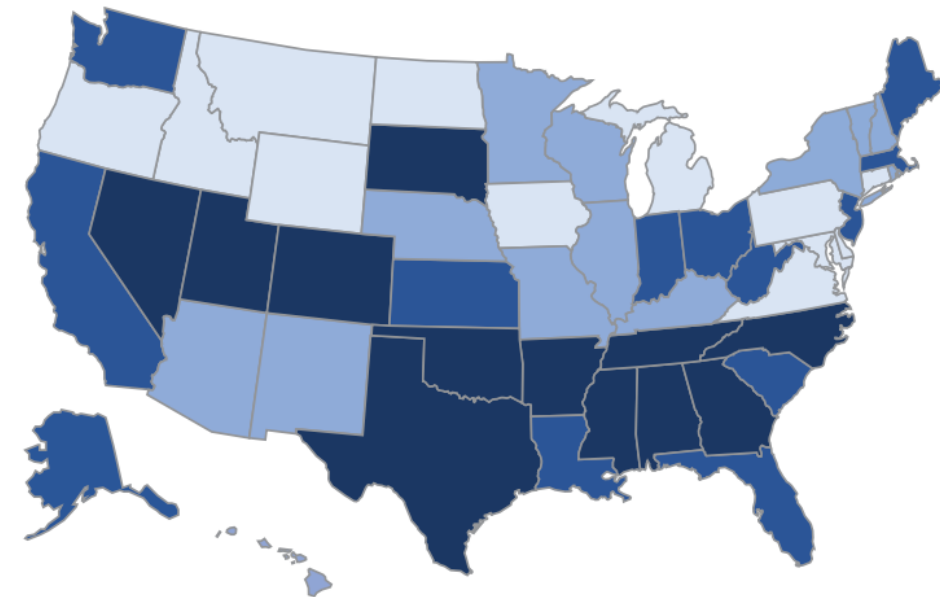
A Prevalence of mental health disorders in children



Prevalence quartiles, %

7.6-15.2 15.3-17.7 17.8-19.9 20.0-27.2

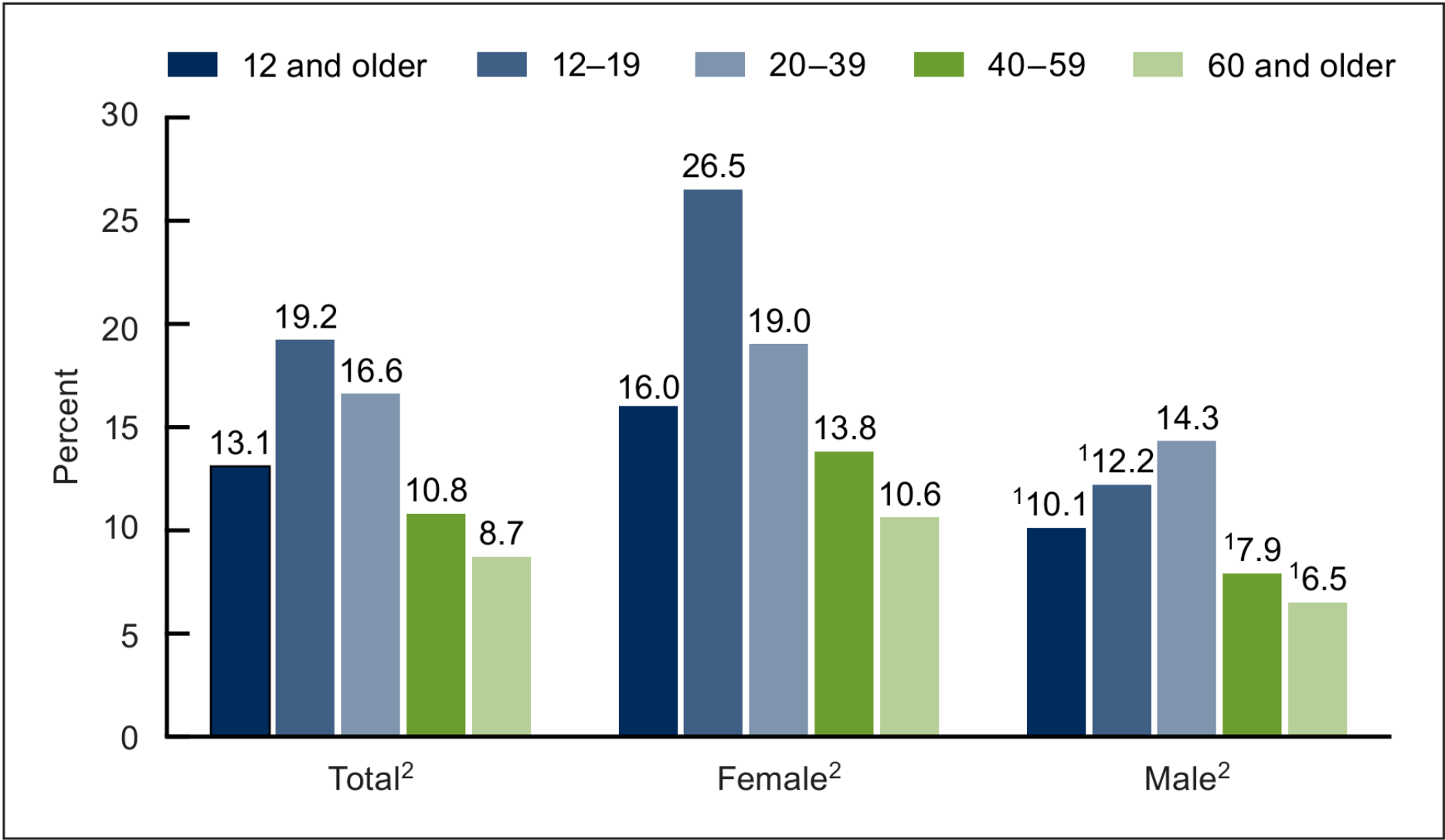
B Prevalence of not receiving care in children with mental health disorders



Prevalence quartiles, %

29.5-41.3 41.4-46.6 46.7-53.1 53.2-72.2

Figure 1. Depression prevalence in people age 12 and older, by sex and age group: United States, August 2021–August 2023



¹Significantly different from females in the same age group.

²Significant decreasing linear trend.

NOTE: Depression is defined as a score greater than or equal to 10 on the Patient Health Questionnaire.

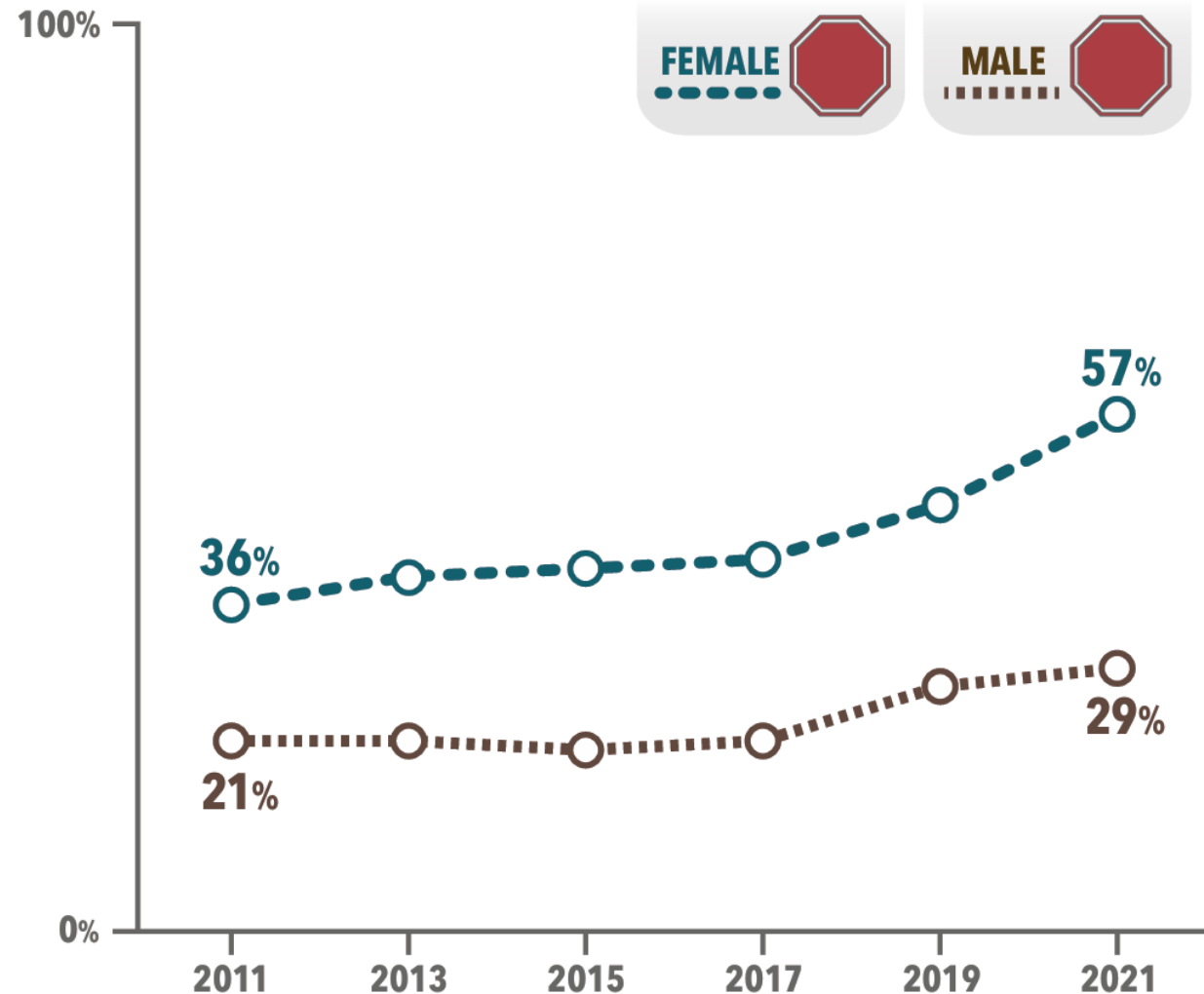
SOURCE: National Center for Health Statistics, National Health and Nutrition Examination Survey, August 2021–August 2023.

Trends in the Percentage of High School Students Who

Experienced **Persistent Feelings of Sadness or Hopelessness** during the Past Year, United States, YRBS, 2011-2021

10-Year Trend Description by Sex

The percentage of female and male students who experienced persistent feelings of sadness or hopelessness increased from 2011 to 2021.





Diagnosis &
Prevalence

Treatment

Suicide

Risk Factors

ADAP

Treatment of Major Depression

Medication

Individual
psychotherapy

Education

Support

Family
involvement;
family therapy

Control of
behaviors
(Substance use, eating
disorders, cutting)

Other treatments
(ECT, TMS, ketamine)



Diagnosis &
Prevalence

Treatment

Suicide

Risk Factors

ADAP

AN UNQUIET MIND

“ No pill can help me deal with the problem of not wanting to take the pills; likewise, no amount of psychotherapy alone can prevent my manias and depressions. I need both. ”

Kay Redfield Jamison



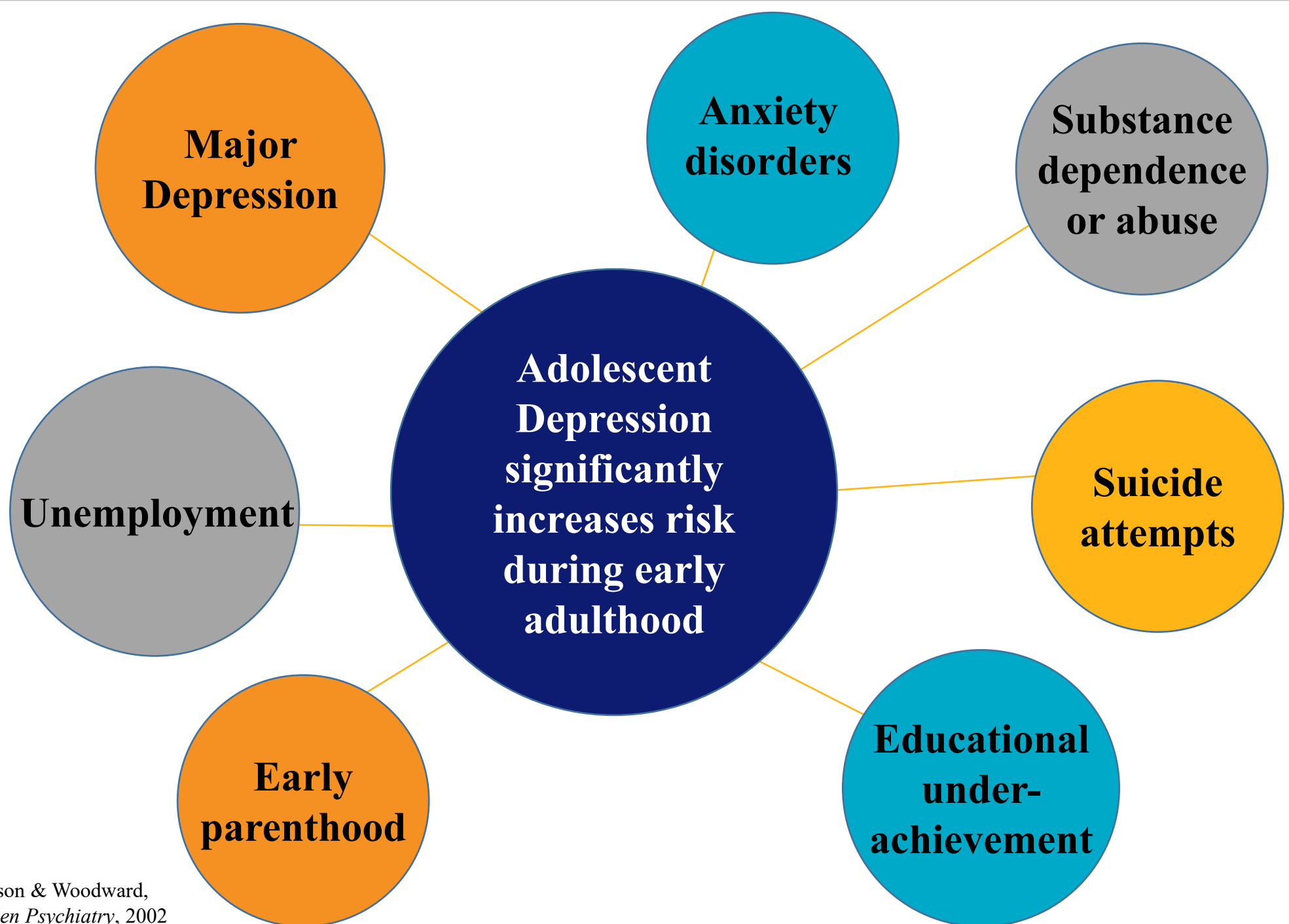
Diagnosis &
Prevalence

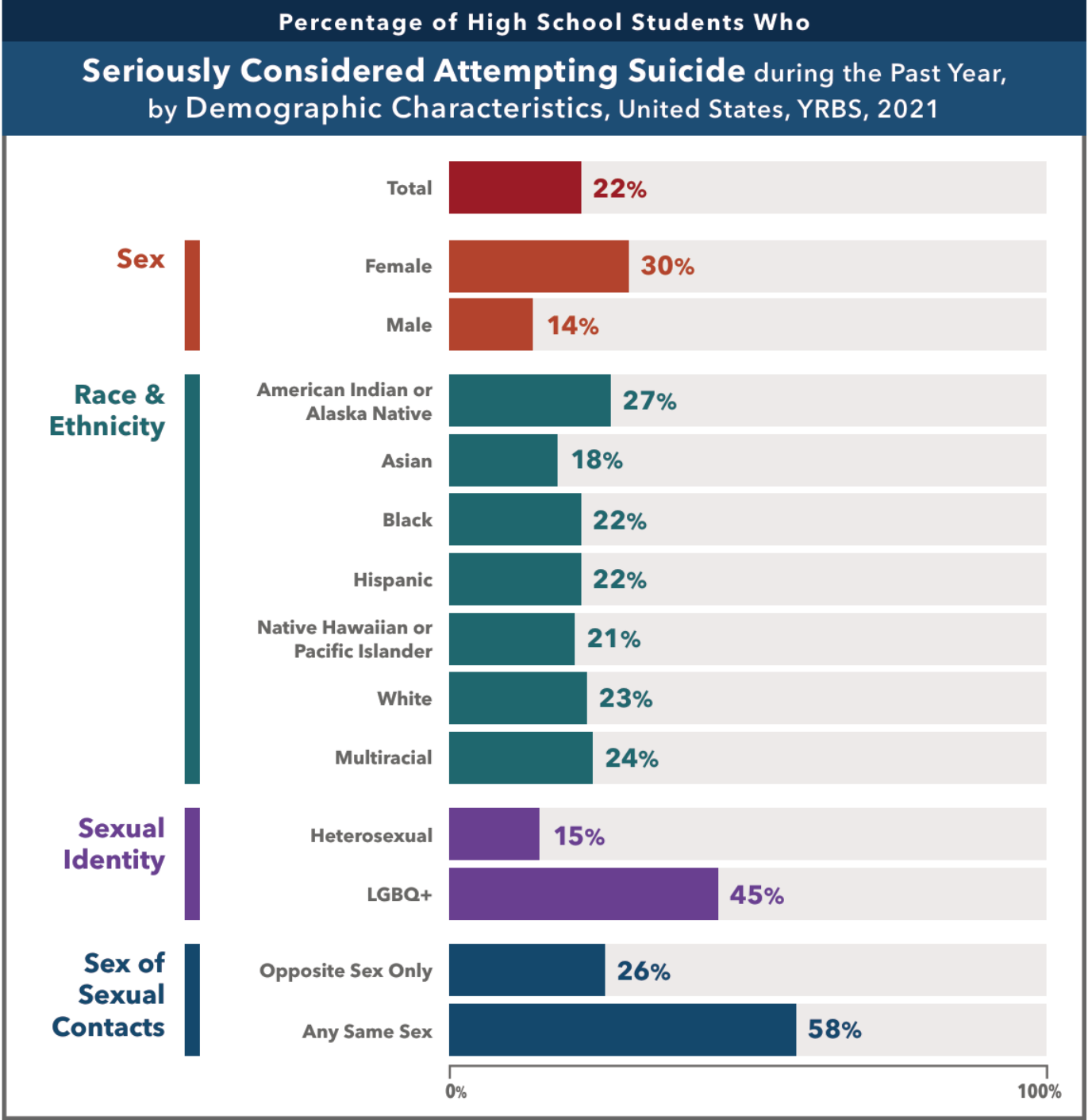
Treatment

Suicide

Risk Factors

ADAP





Suicide rates for females and males by age group in the US (2002-2020)

Figure 2. Suicide rate for females, by age group: United States, 2002–2022

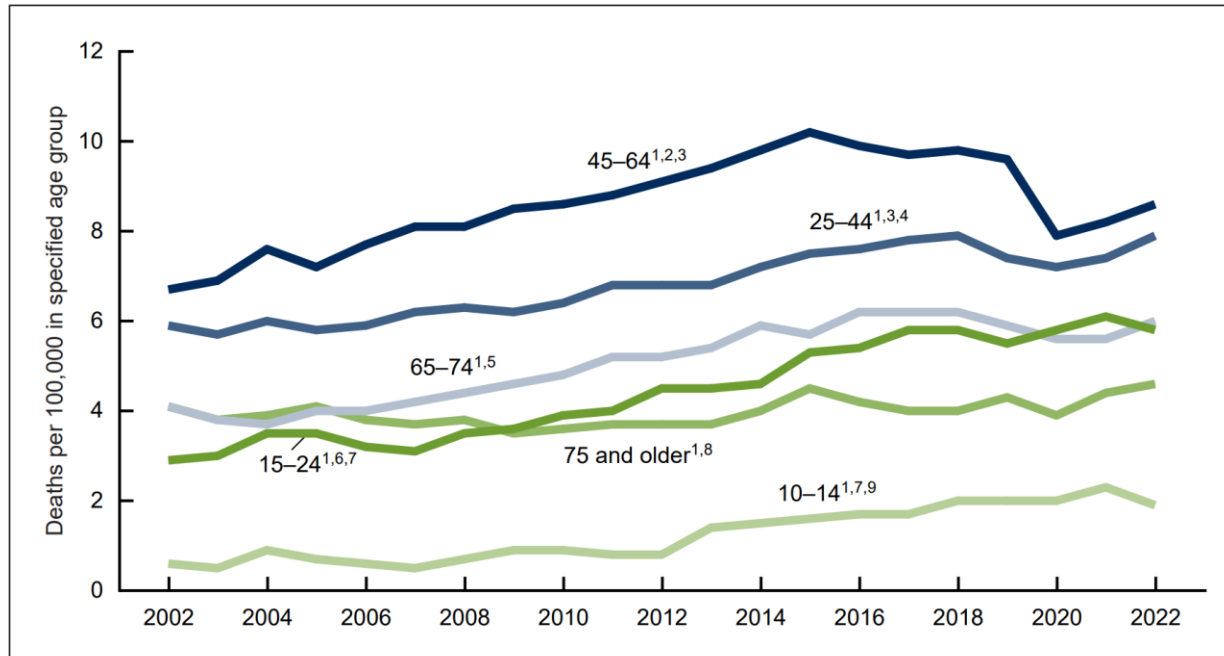
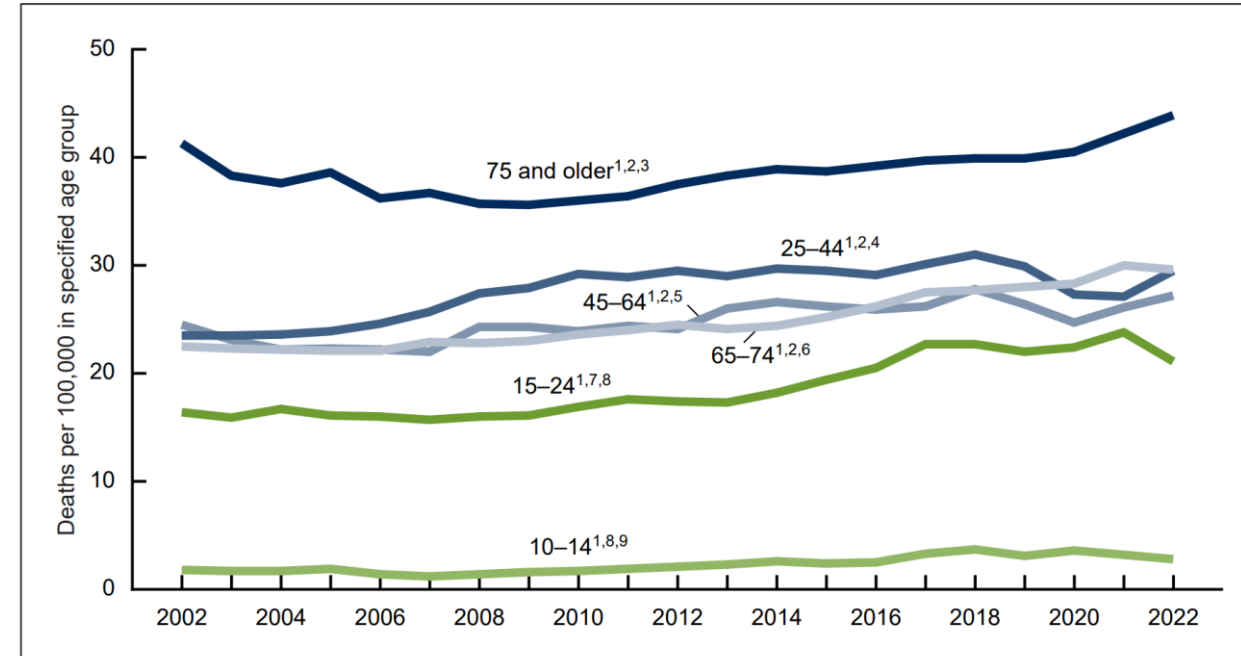


Figure 3. Suicide rate for males, by age group: United States, 2002–2022



Age-adjusted suicide rates for females and males by means of suicide in the US (2002-2022)

Figure 4. Age-adjusted female suicide rate, by means of suicide: United States, 2002–2022

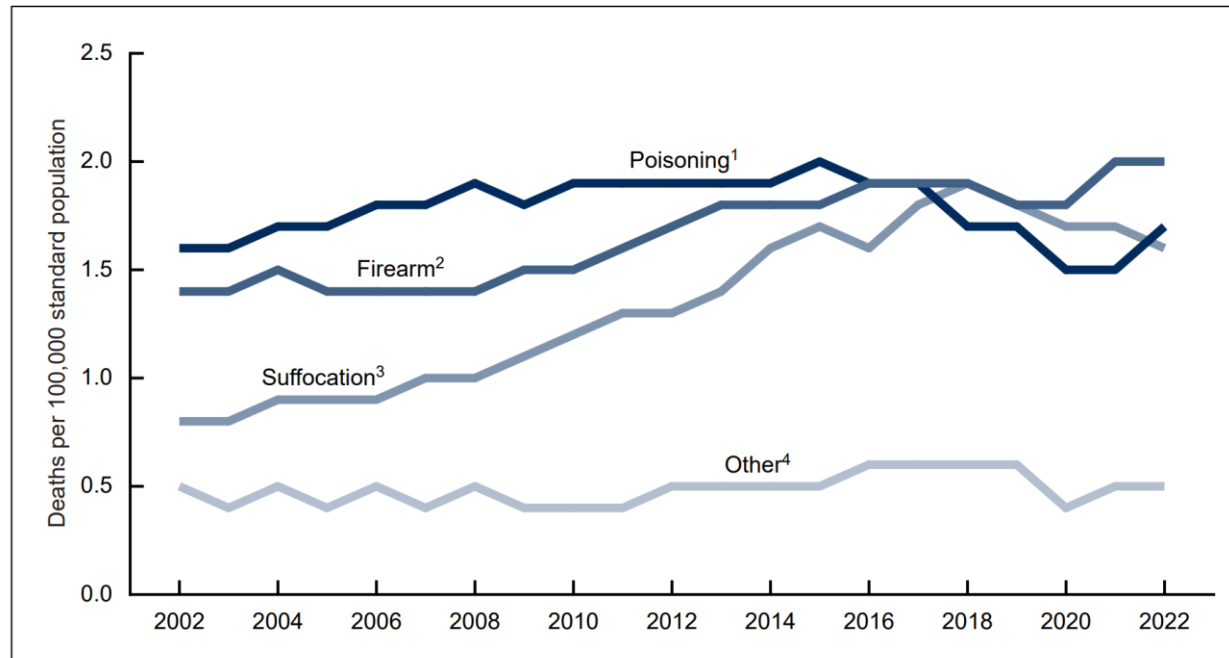
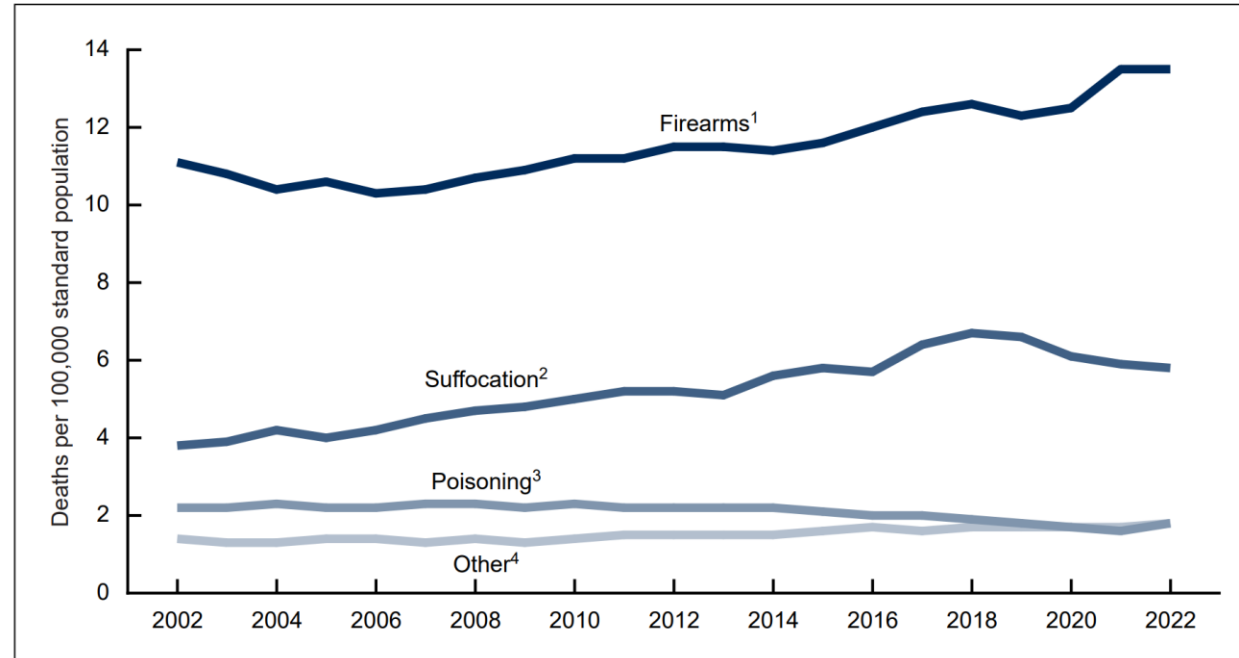
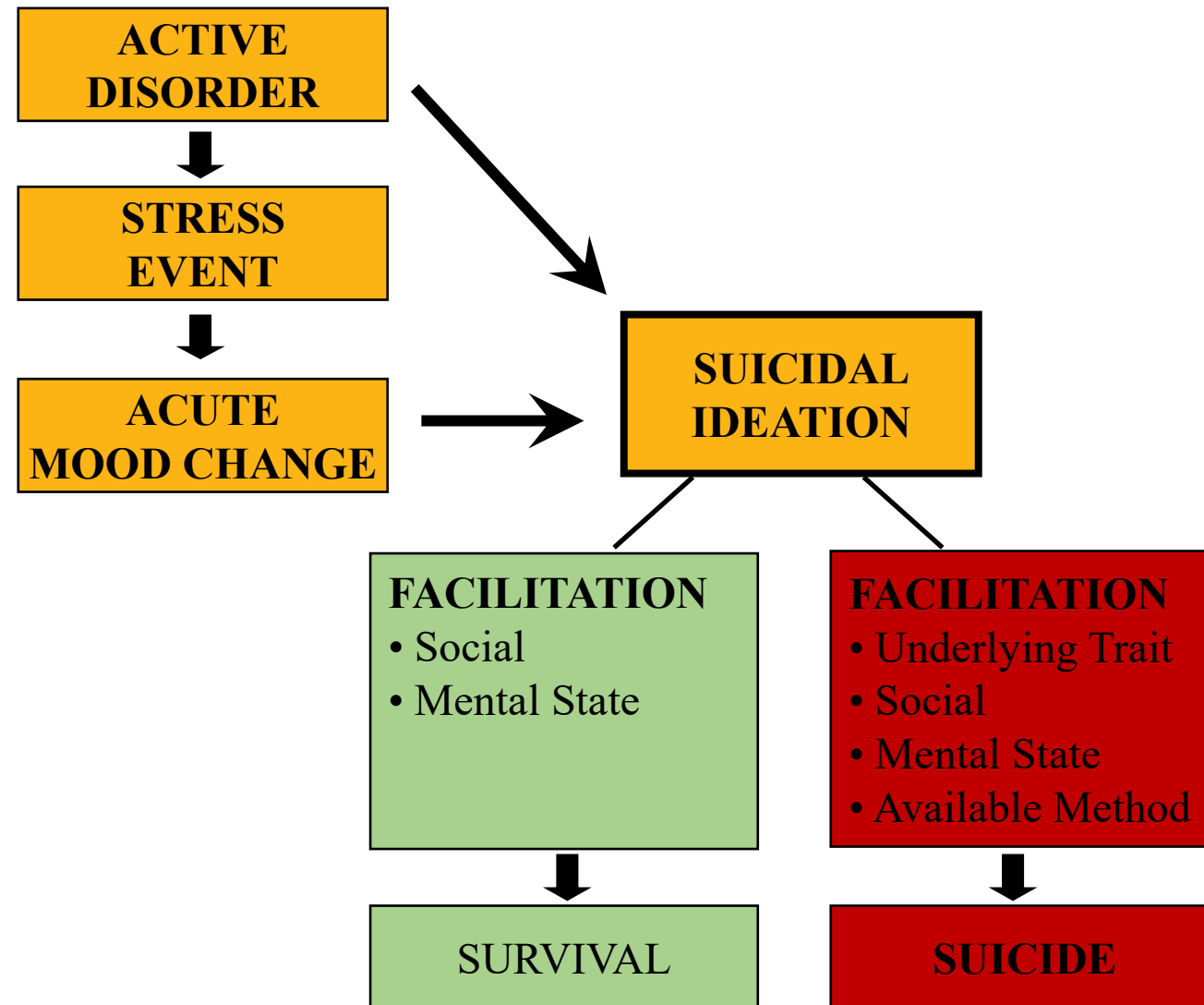


Figure 5. Age-adjusted male suicide rate, by means of suicide: United States, 2002–2022



Shaffer's Model of Suicide Prevention





Diagnosis &
Prevalence

Treatment

Suicide

Risk Factors

ADAP

NETFLIX'S 13 REASONS WHY

Campo & Bridge, *J Am Acad Child Adolesc Psychiatry*, 2018; D'Agati, et al. *J Med Humanit*, 2019



Diagnosis &
Prevalence

Treatment

Suicide

Risk Factors

ADAP

Association between the release of *13 Reasons Why* and suicide rates in 10-17 year olds in the US





Diagnosis &
Prevalence

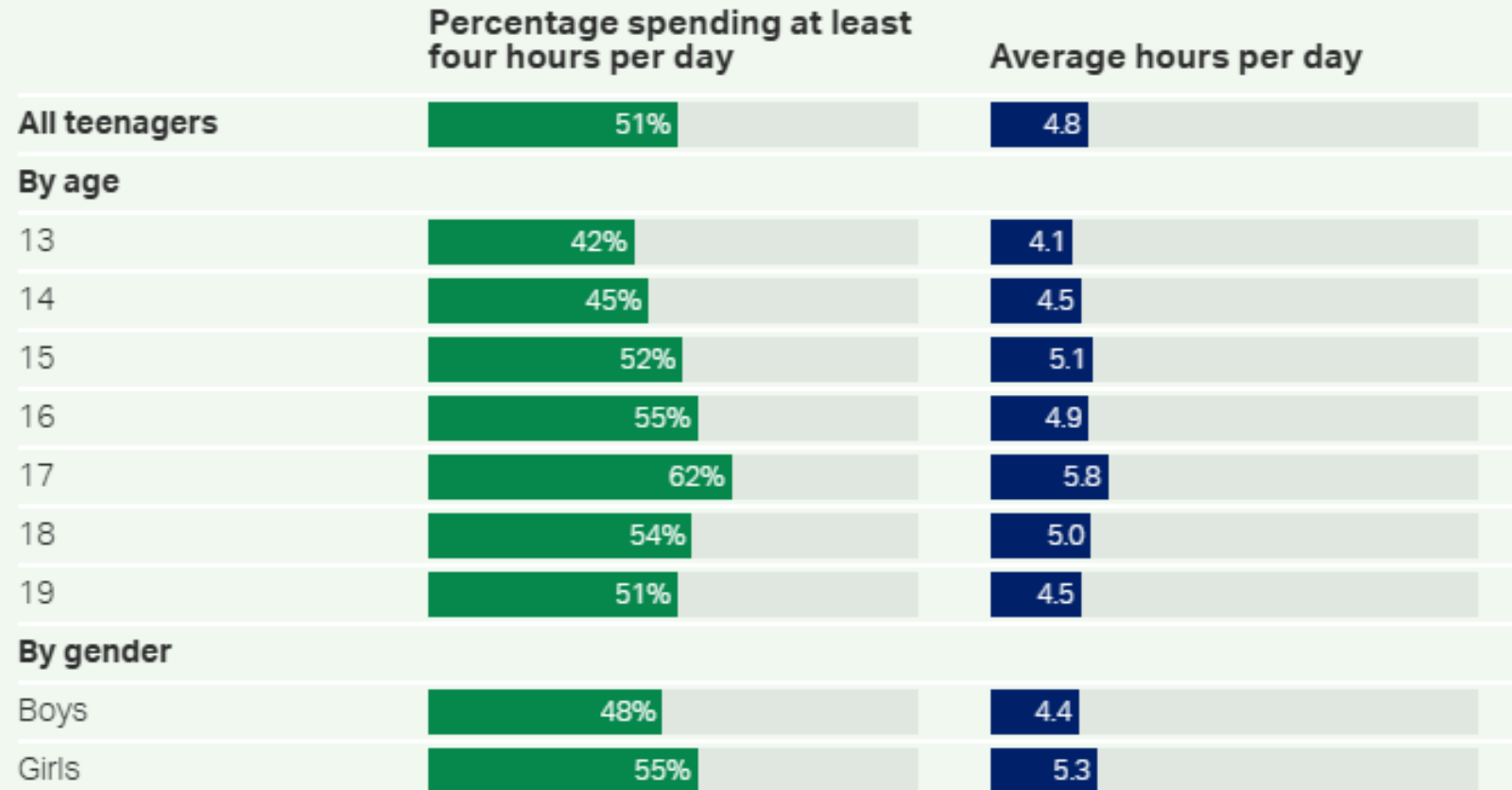
Treatment

Suicide

Risk Factors

ADAP

Time on Social Media for US Teens



June 26-July 17, 2023

Based on responses from 1,567 U.S. adolescents

GALLUP FAMILIAL AND ADOLESCENT HEALTH SURVEY • [Get the data](#) • [Download image](#)

GALLUP®



Diagnosis &
Prevalence

Treatment

Suicide

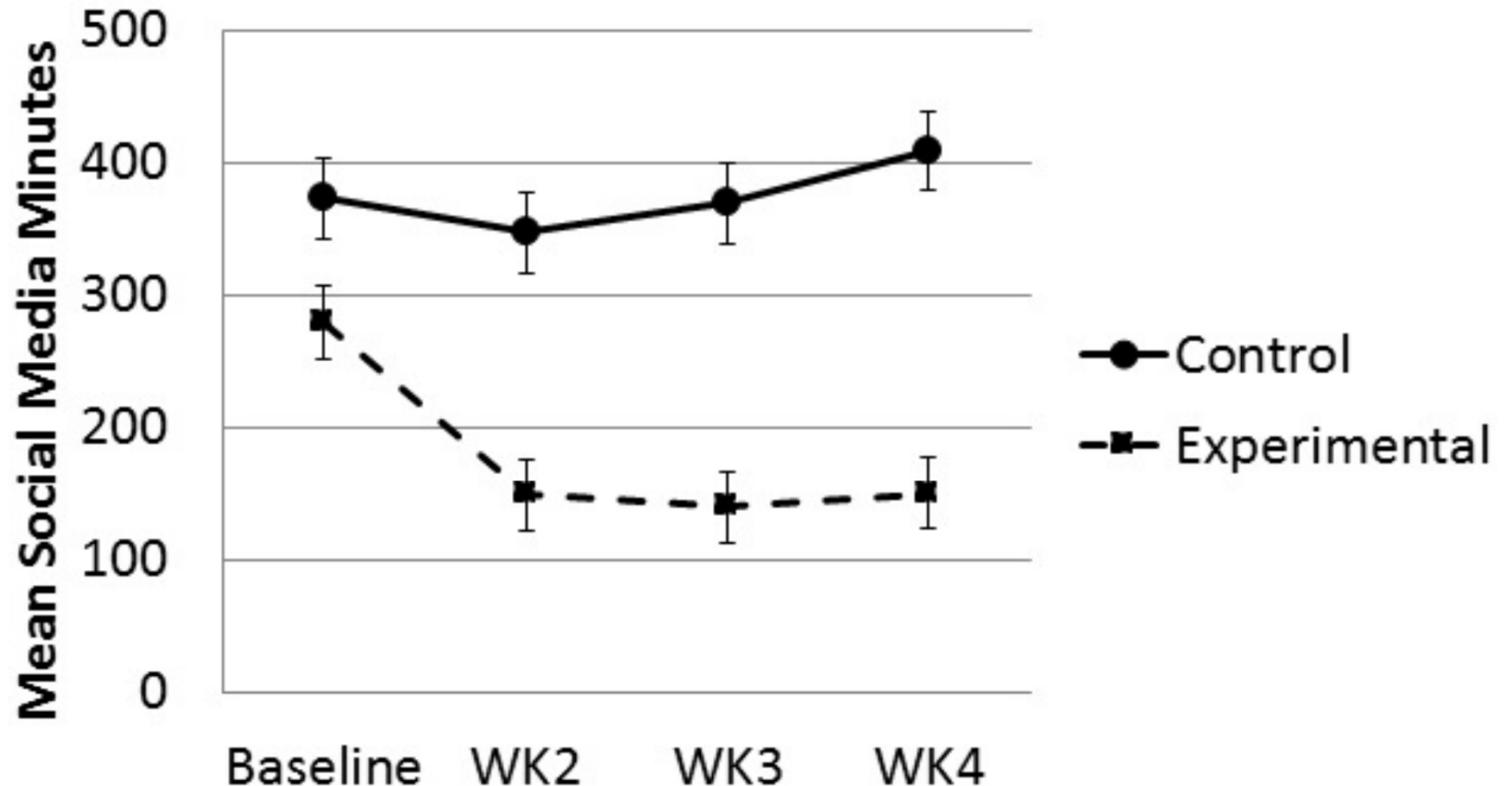
Risk Factors

ADAP

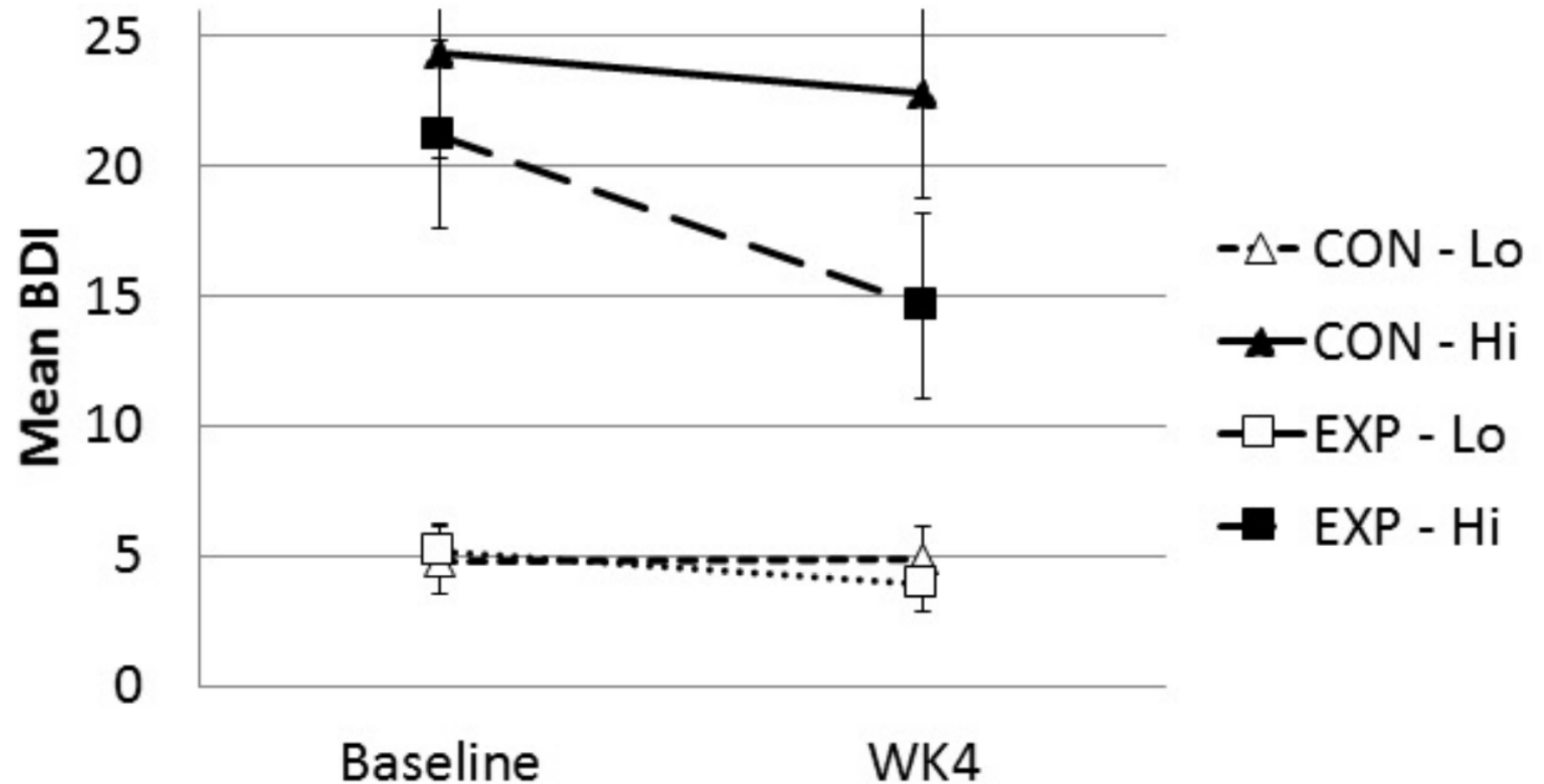
Limiting Social Media Decreases Loneliness and Depression

- 143 University of Pennsylvania undergraduates
 - 108 women and 35 men
 - Required to have Facebook, Instagram, and Snapchat accounts before enrolling
- Randomized to 2 conditions for 3 weeks
 - Limit Facebook, Instagram, and Snapchat use to 10 minutes per platform per day
 - Social media use as usual

Total Weekly Social Media Use Over Time by Condition



Depressive Symptoms by Condition and Baseline BDI





Diagnosis &
Prevalence

Treatment

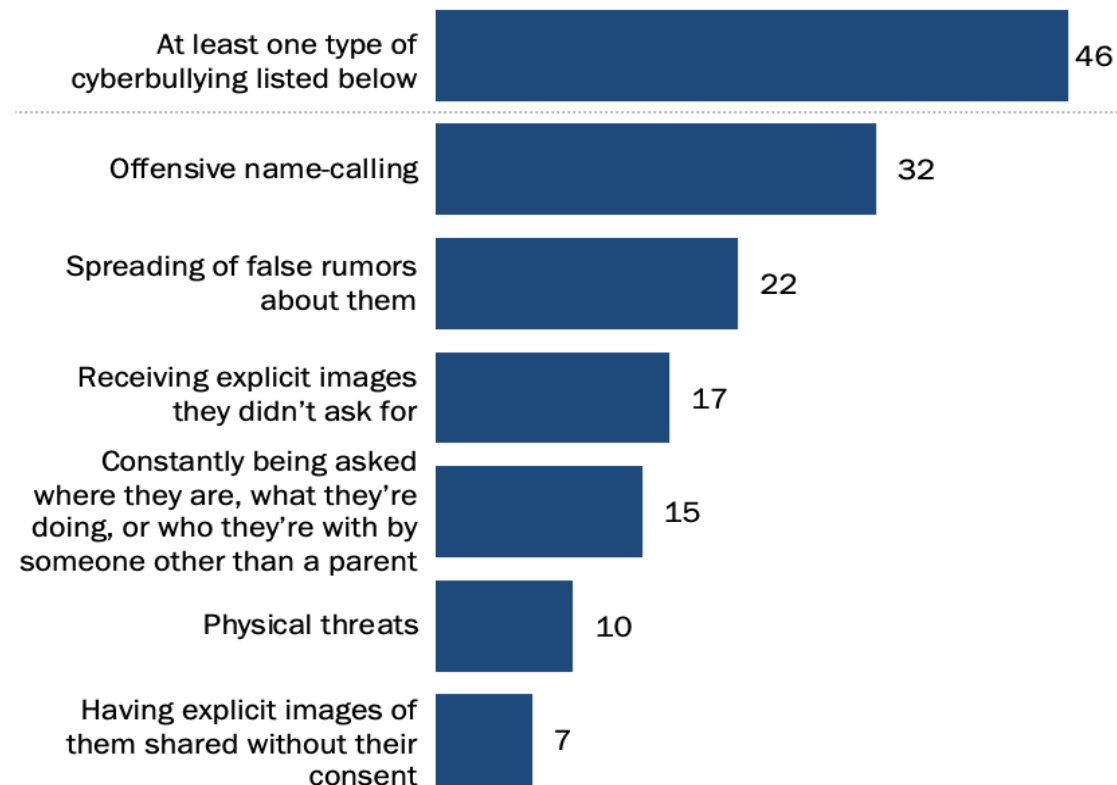
Suicide

Risk Factors

ADAP

Nearly half of teens have ever experienced cyberbullying, with offensive name-calling being the type most commonly reported

% of U.S. teens who say they have ever experienced ___ when online or on their cellphone



Note: Teens are those ages 13 to 17. Those who did not give an answer are not shown.

Source: Survey conducted April 14-May 4, 2022.

"Teens and Cyberbullying 2022"

PEW RESEARCH CENTER

Bullying and Cyberbullying and associated mental health problems in children and adolescents

- Meta-analysis of 42 studies with 266,888 participants from 2010 to 2021
- Two sub-groups analyses
 - Traditional bullying (TB) and Cyberbullying (CB)
 - TB only, CB only, and Both
- Estimated odds ratios for:
 - Depression
 - Self-harm
 - Suicide attempts
 - Suicidal ideation

Estimated Odds Ratios of Main Psychological Problems in Studies comparing Traditional Bullying and Cyberbullying

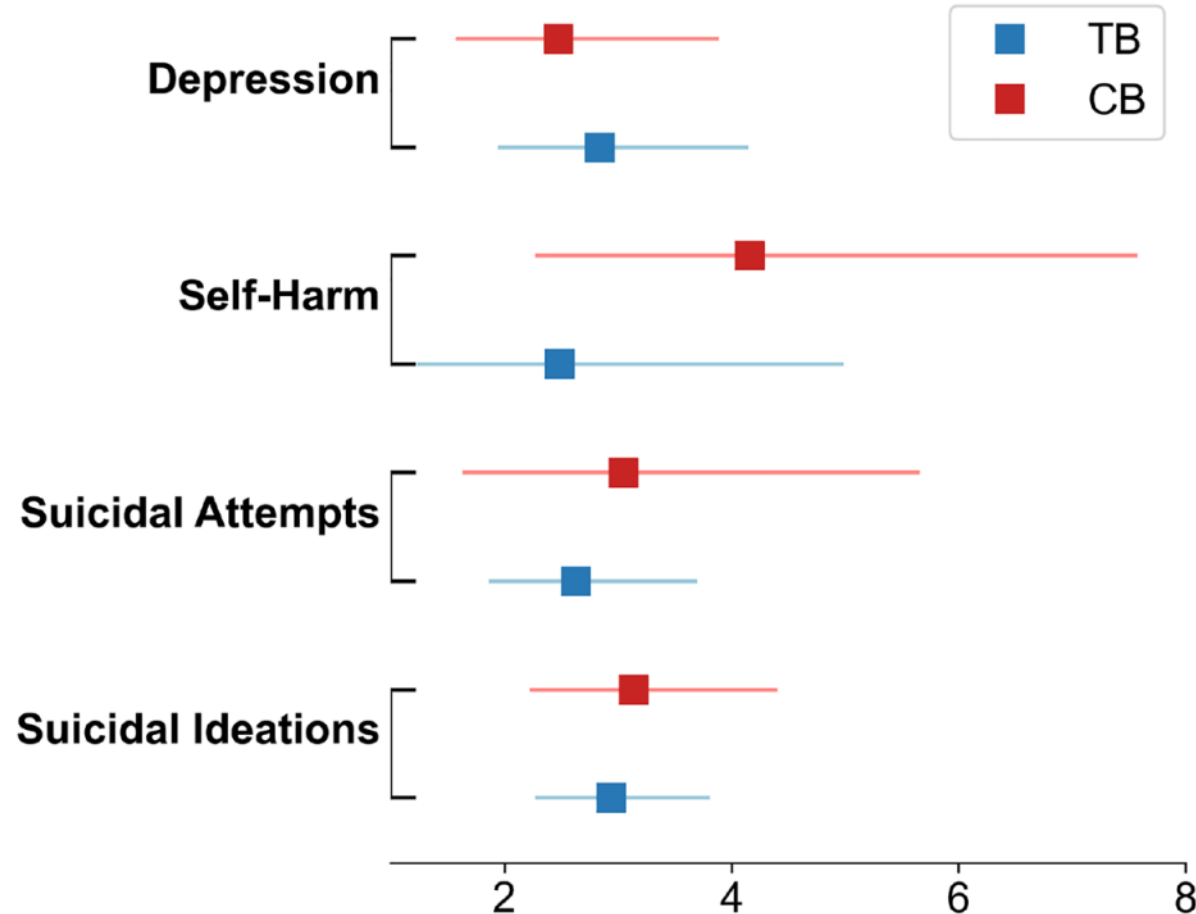
Diagnosis &
Prevalence

Treatment

Suicide

Risk Factors

ADAP



Estimated Odds Ratios of Main Psychological Problems in Studies of Traditional Bullying, Cyberbullying, and Both

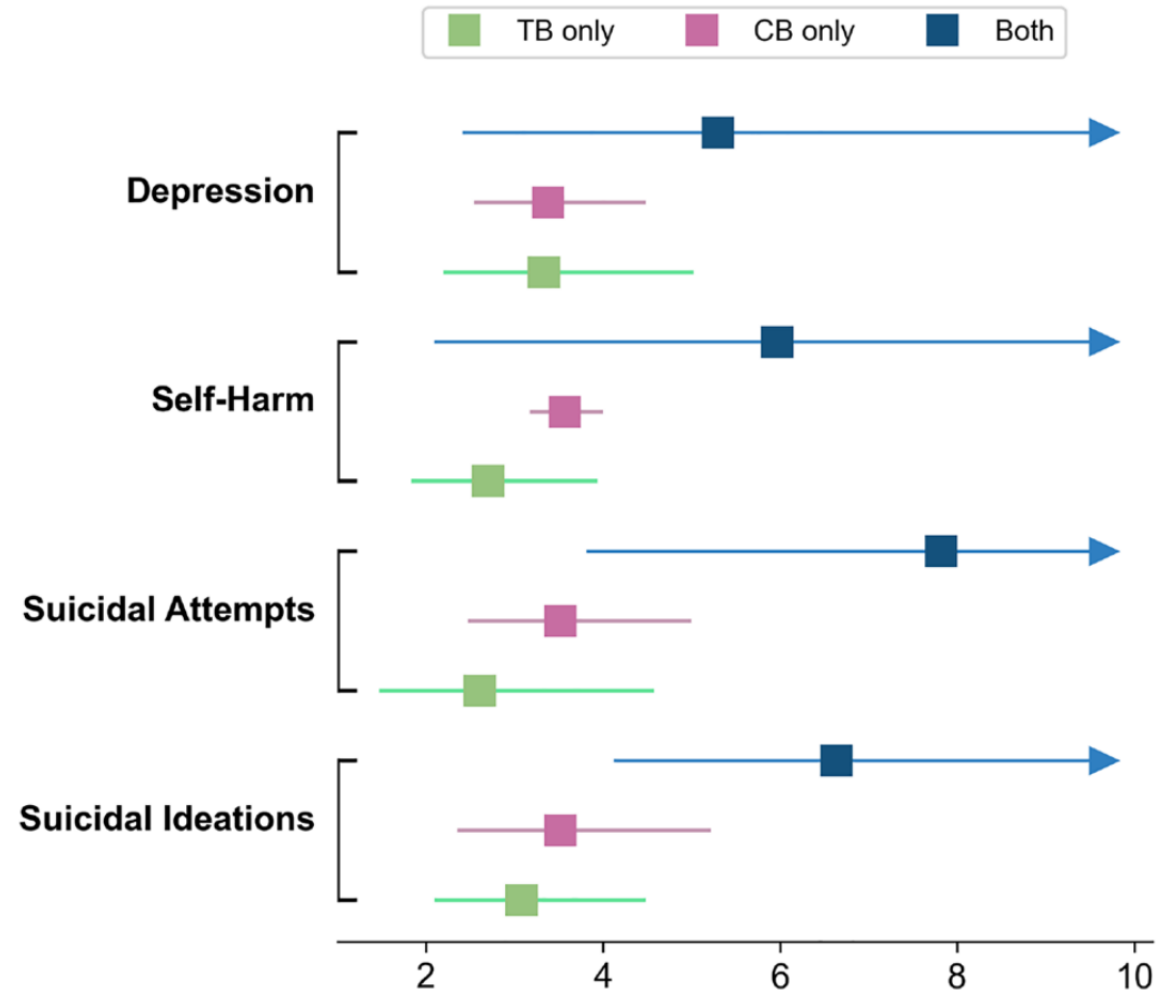
Diagnosis &
Prevalence

Treatment

Suicide

Risk Factors

ADAP





Diagnosis &
Prevalence

Treatment

Suicide

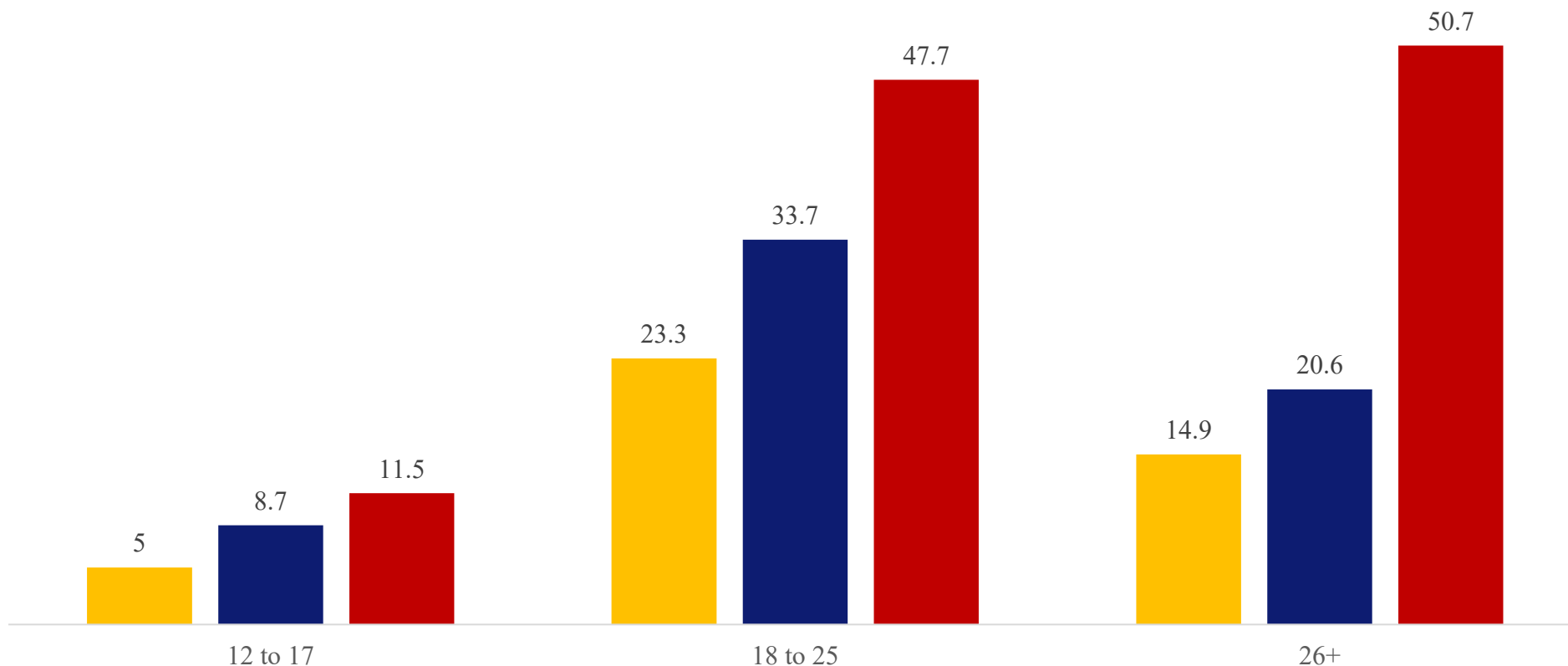
Risk Factors

ADAP

SAMHSA's National Survey on Drug Use and Health 2025

Percent Reporting Cannabis Use by Age Group

■ Past Month ■ Past Year ■ Lifetime



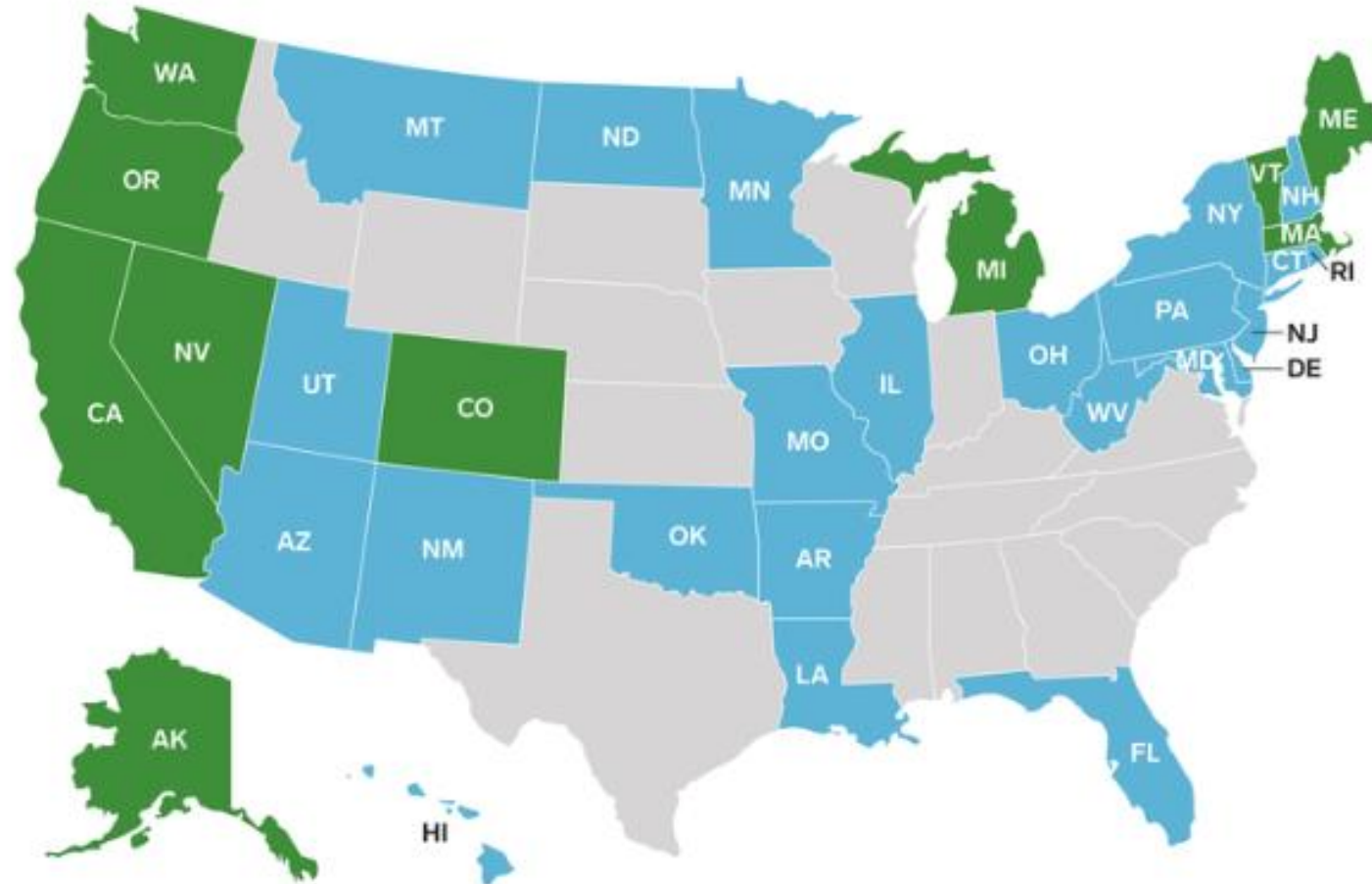
Center for Behavioral Health Statistics and Quality. 2026. *Results from the 2025 National Survey on Drug Use and Health: Detailed tables.* <https://www.samhsa.gov/data/data-we-collect/nsduh-national-survey-drug-use-and-health/national-releases>

GREENRX Dispensary in Madison, WI



States where marijuana is legal

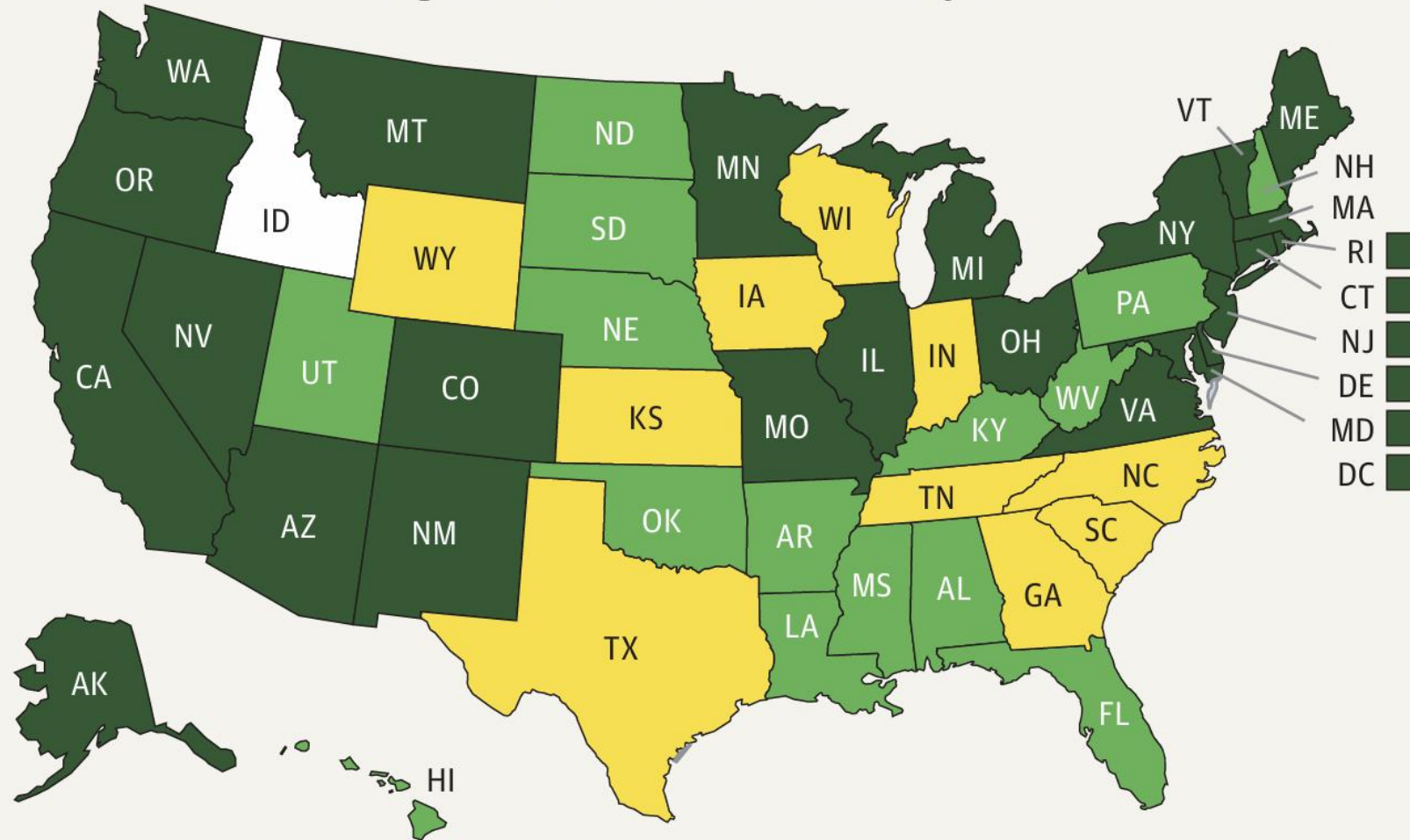
■ Legalized recreational and medical marijuana ■ Legalized medical marijuana



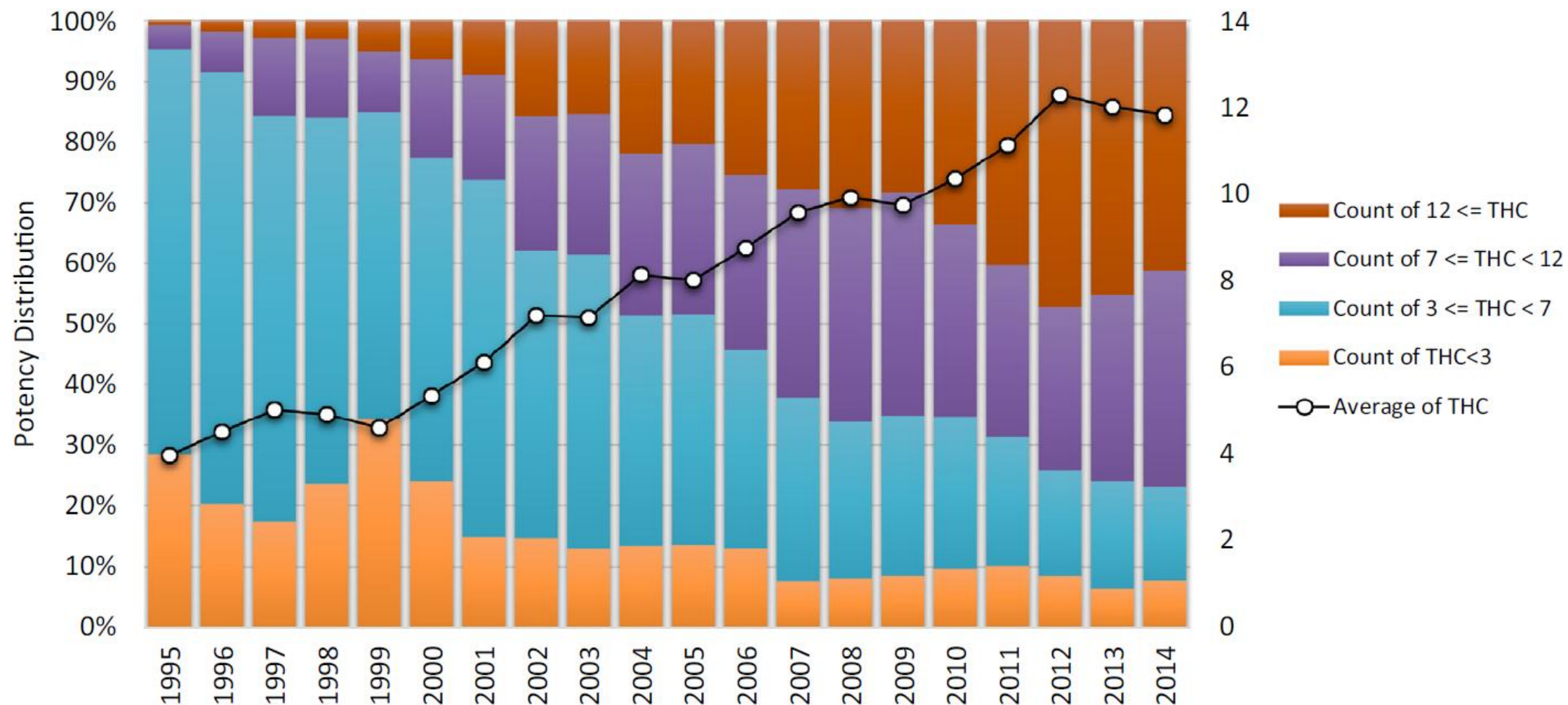
Insider Inc.

Skye Gould/Business Insider

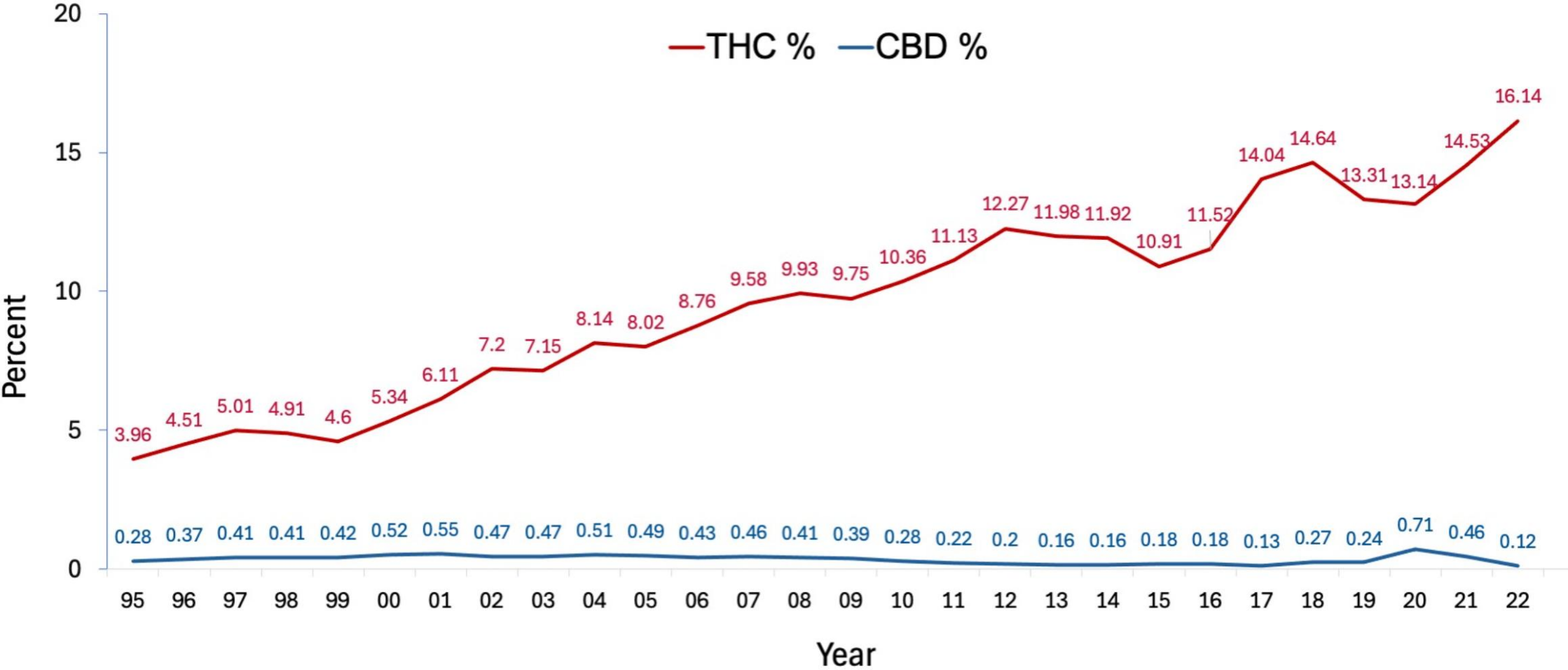
Legal status of cannabis in the US by state



THC potency distribution of cannabis samples from DEA specimens and average THC potency by year, 1995–2014



Percentage of THC and CBD in Cannabis Samples Seized by the DEA, 1995-2022



SOURCE: U Miss, Potency Monitoring Project



Diagnosis &
Prevalence

Treatment

Suicide

Risk Factors

ADAP

**“But gummies don’t
count, right?”**

Cannabis product potency comparison

Product	Potency metric	Typical potency/dose	Onset & Duration	Notes
Flower	%THC by dry wt.	~ 10-30% THC commonly; some higher	O: minutes D: 2-4 hrs	Increased potency over time
Gummies/ Edibles	mg THC per piece/pkg	Usually 2.5-10 mg/serving	O: 30-120 min D: 4-8+ hrs	Slower and longer lasting; higher risk of accidental OD
Concentrates	% THC	Often 50-90% THC	O: minutes if inhaled D: variable	Very high THC density; can deliver high doses quickly
Vapes	% THC in oil/distillate	Often 60-95% THC	O: minutes D: 1-3 hrs	Fast delivery with very high THC exposure potential

Adolescent cannabis vaping in the US between 2021 and 2023

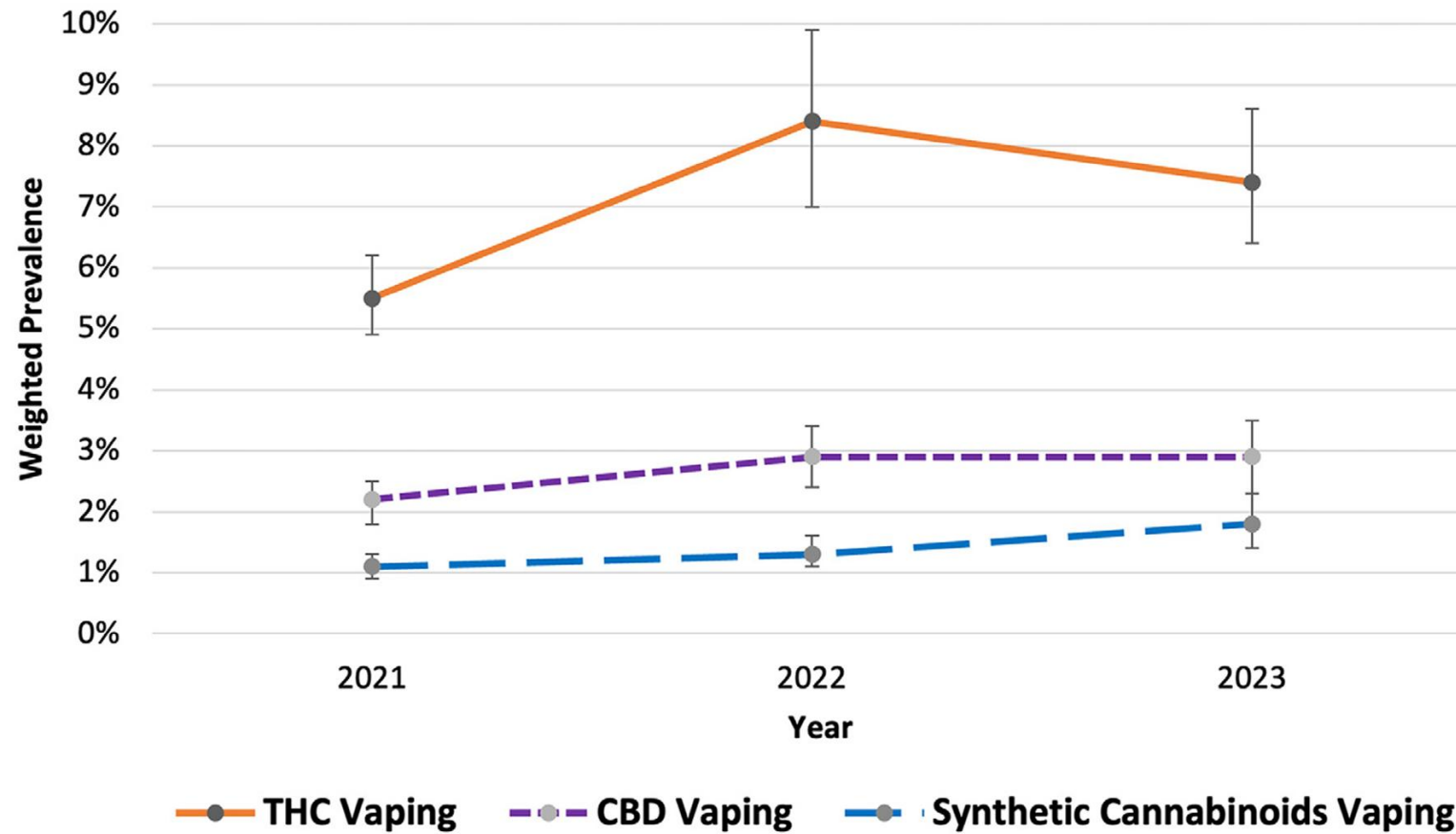
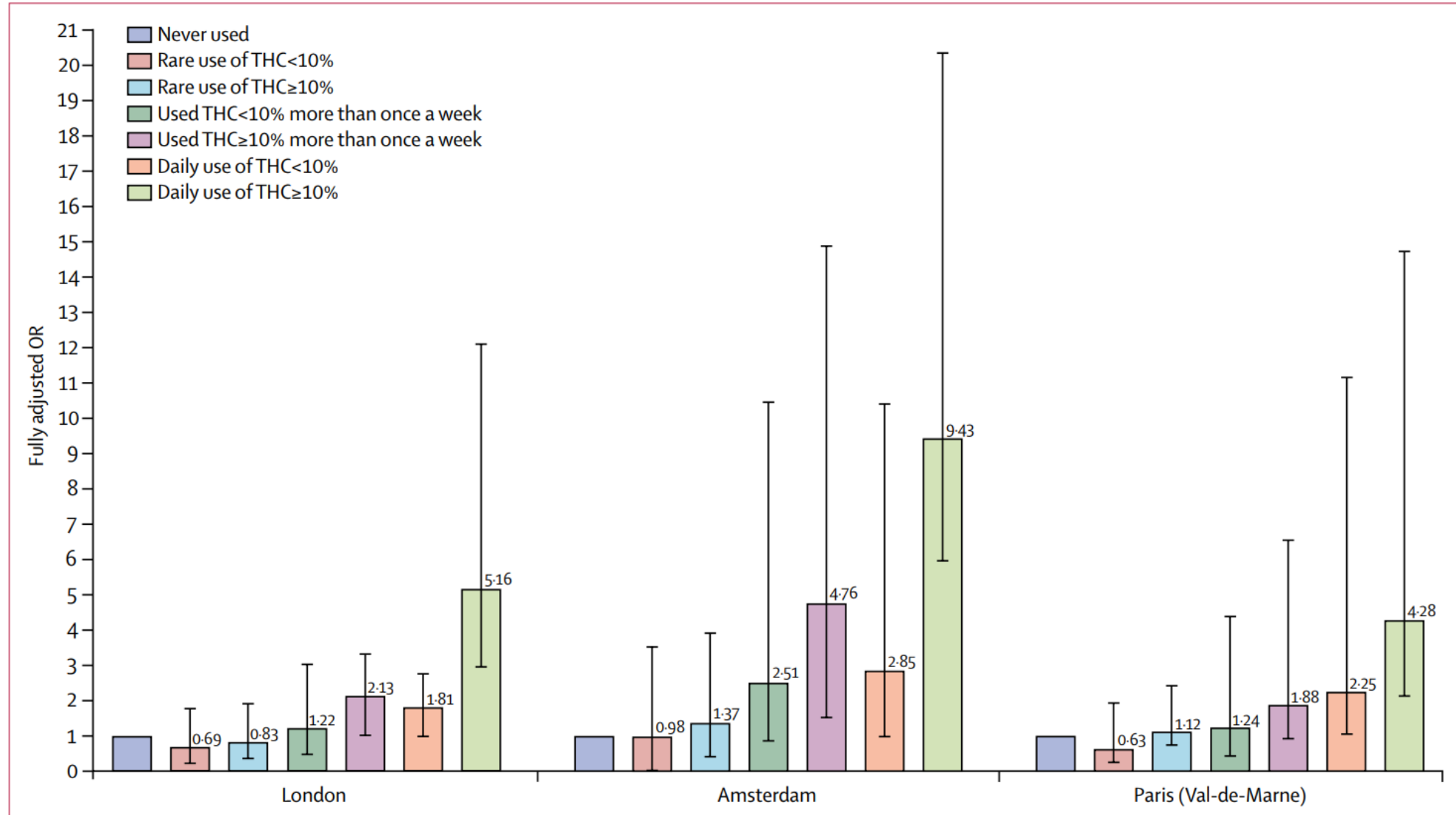


Figure 1. Yearly trends in past-month adolescent cannabis vaping in the U.S. between 2021 and 2023, by product type.
Note: Weighted $n=78,902,889-79,607,930$.

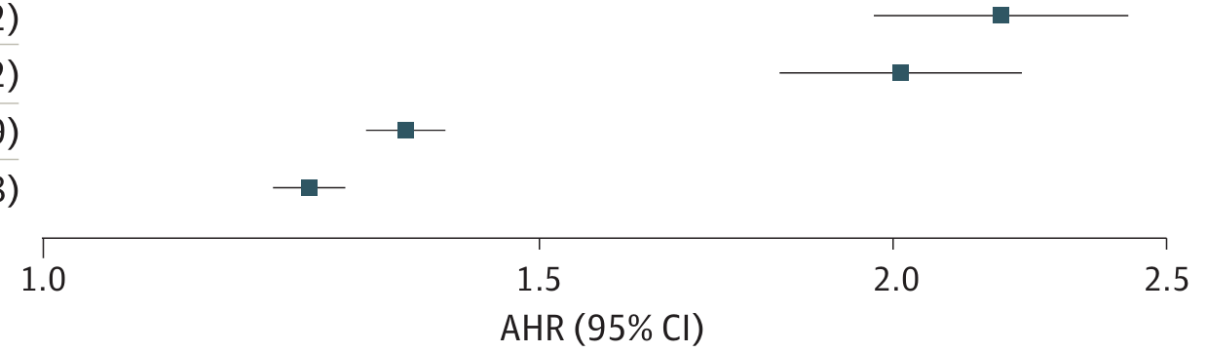
Adjusted ORs of psychotic disorders for the combined measure of frequency plus type of cannabis use



Incident Psychiatric Disorders in those with Cannabis Use Disorder

Figure. Forest Plot of Associations of Self-Reported Past-Year Cannabis Use Among 463 396 Adolescents Aged 13 to 17 Years and Incident Psychiatric Disorders Up to Age 26 Years

Outcome	Diagnoses, No.	AHR (95% CI)
Psychotic disorder	4105	2.19 (1.97-2.42)
Bipolar disorder	4061	2.01 (1.82-2.22)
Depressive disorder	62 137	1.34 (1.30-1.39)
Anxiety disorder	73 096	1.24 (1.21-1.28)



**The Surgeon General's
Call To Action
To Prevent Suicide
1999**



**Department of Health and Human Services
U.S. Public Health Service**



Diagnosis &
Prevalence

Treatment

Suicide

Risk Factors

ADAP

What is the goal of depression education?

Destigmatize
the illness: Depression

Stigmatize
the behavior: Suicide



Diagnosis &
Prevalence

Treatment

Suicide

Risk Factors

ADAP

Rationale for Depression Education

- Most teenagers do not get appropriately assessed or treated in a timely fashion
- Depression education can lead to a change in attitude, which may result in a change in behavior, notably health-seeking behavior



ADAP Program

ADAP Results

ADAP Training

New Programs

Conclusions

Program Mission

To develop a school-based curriculum to educate high school students, teachers, and parents about teenage depression nationwide



ADAP's First 20 Years

ADAP Program



1999-2001

Develop the program
Pilot the program in local schools

ADAP Results



2001-2006

Finalize the curriculum
Pilot the training

ADAP Training



2006-2009

Finalize the training
Expand to other states

New Programs



2009-2019

Expand nationally with school-based
educators as the instructors

Conclusions



ADAP Program

ADAP Results

ADAP Training

New Programs

Conclusions

SYMPTOMS
of Depression

SUICIDE
is the most serious
symptom of
Depression

NO ONE
is to blame

**DEPRESSION
LITERACY**

MESSAGE
of
hopefulness

PROCESS
of medical thinking
comparing
Depression to other
medical illnesses

DEPRESSION
is a treatable
medical illness



ADAP Program

ADAP Results

ADAP Training

New Programs

Conclusions

ADAP Student Curriculum

- Multiple Teaching Modalities
 - Lecture and discussion
 - Videos (*Day for Night* & *Psychiatry 101*)
 - Video Assignments
 - Homework
 - Group interactive activities
- Teaching the process of medical thinking, comparing other medical conditions to depression
- Multiple options for diverse student populations



Depression: a feeling or an illness?

depression

a feeling of sadness

Day
1

Depression

a medical illness with
specific symptoms



**Day
1**

Cough = Symptom

Illnesses:

Flu, COVID, Bronchitis, Emphysema, Hypochondria, Choking, Congestive Heart Failure, Meningitis, Pneumonia, Cancer, Allergies

Step 1: Ask Questions

Do you smoke?

**How long have you
been smoking?**

**Are you coughing
up anything?**

Step 2: Exam

**Temperature, blood
pressure, pulse, heart
rate**

**What does the patient
look like? (sweating,
pale, tired)**

**Listen to lungs with
stethoscope**

Step 3: Tests

Blood tests

Sputum sample

Chest x-ray



ADAP

**Day
1**

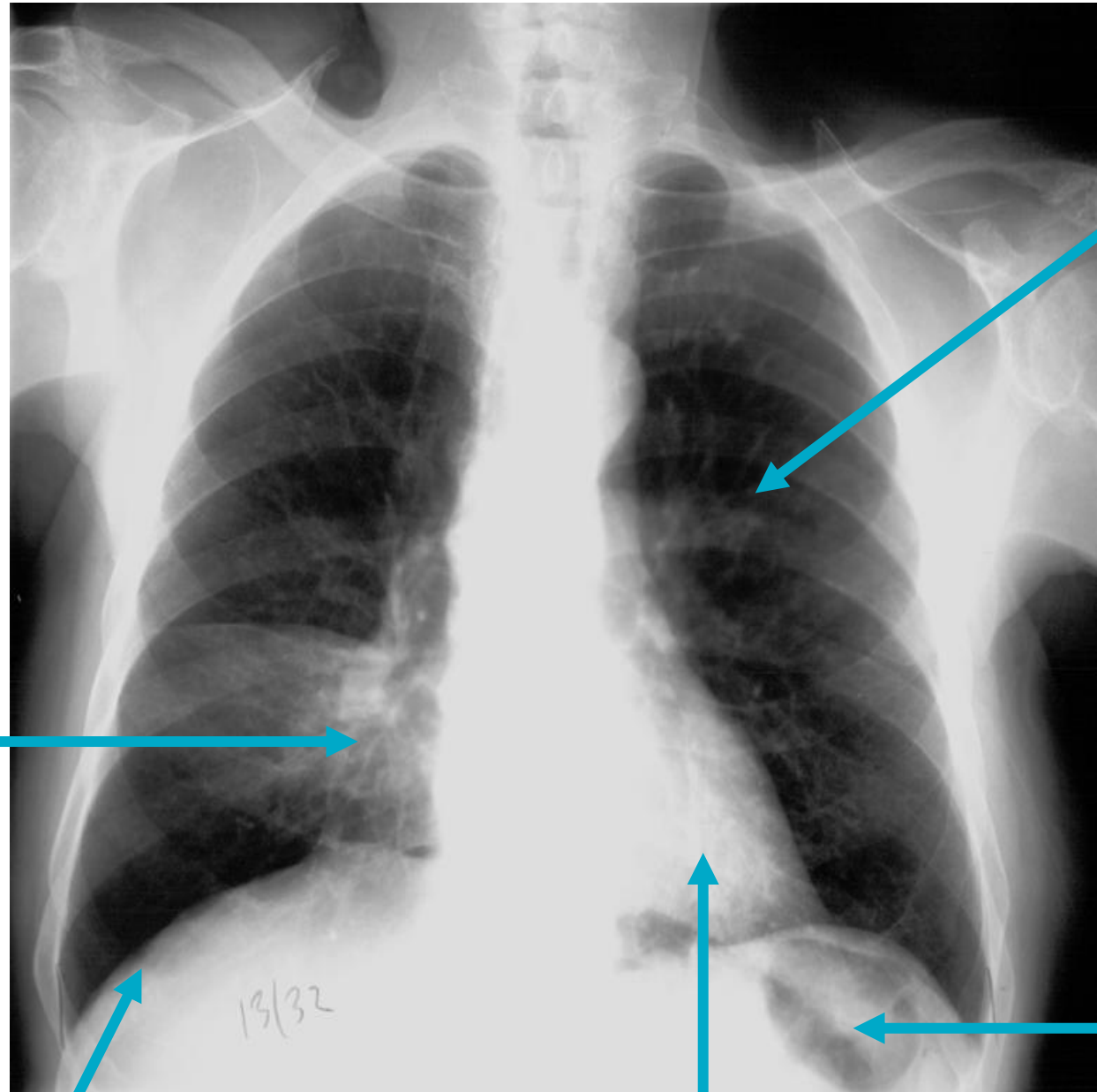
**Patchy area =
Where you
hear crackling
sounds**

Diaphragm

Heart

Lungs

Stomach





Day
1

SYMPTOMS OF PNEUMONIA

Cough

Fever

Change in appetite or weight

Fatigue or loss of energy

Coughing up green phlegm

Changes in lung sounds when listening with
a stethoscope

Test results: Patchy area on chest X-ray



Day
1

SYMPTOMS OF DEPRESSION

Sad, low, or irritable mood or feeling nothing

Decreased interest or pleasure in activities

Change in appetite or weight

Sleeping more or less than usual

Feeling restless or slowed down

Fatigue or loss of energy

Decreased concentration

Feelings of guilt or worthlessness

Recurrent thoughts of death or suicide



Day
1

Making the Diagnosis of Major Depression

Major
Depression =
“D”epression

Five or more
symptoms
for two or
more weeks

The symptoms cause
clinically significant distress
or impairment in
functioning:

Socially

Academically

Emotionally

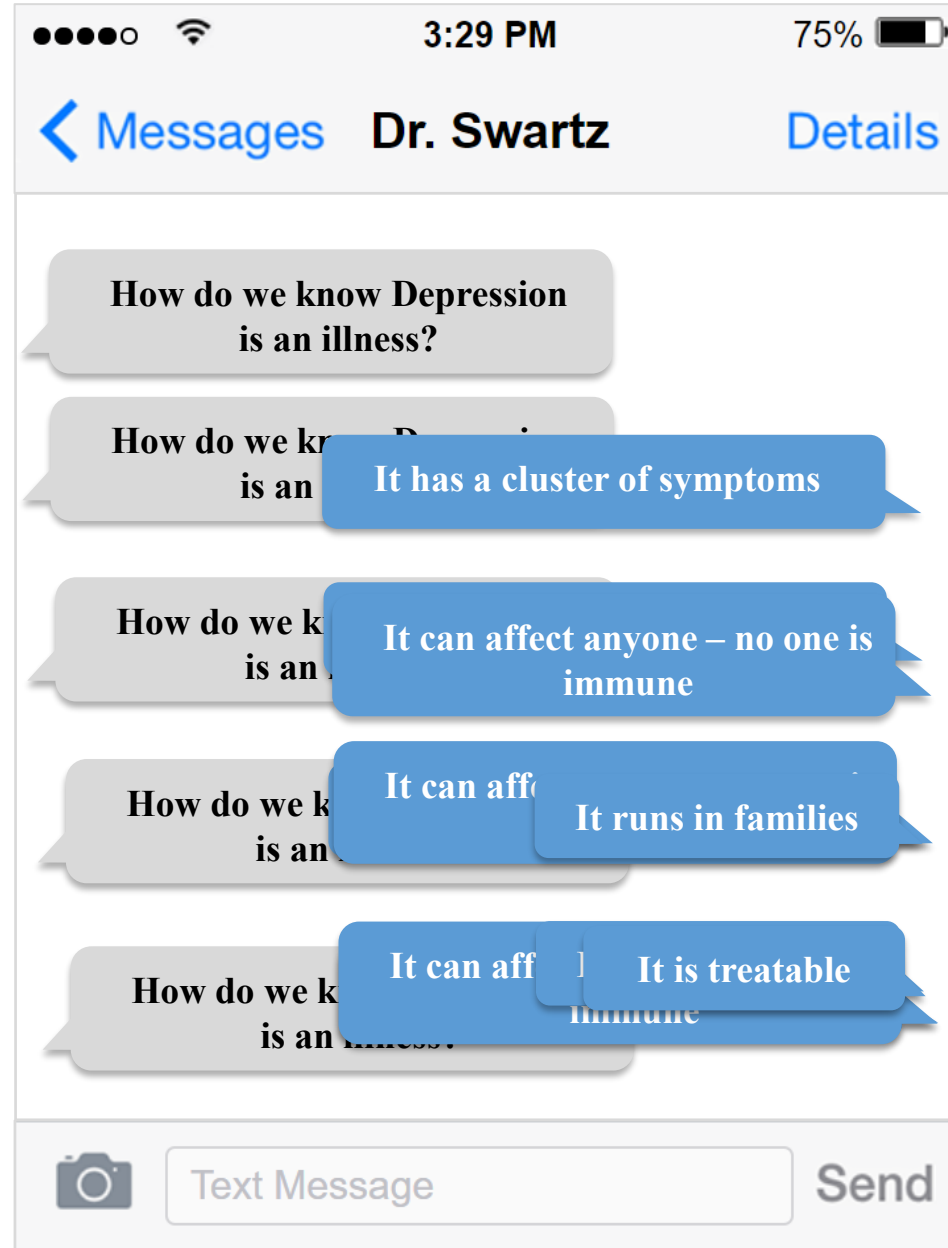


Day
1

**Do you think being
diagnosed with
Depression feels the
same as being diagnosed
with Pneumonia?**



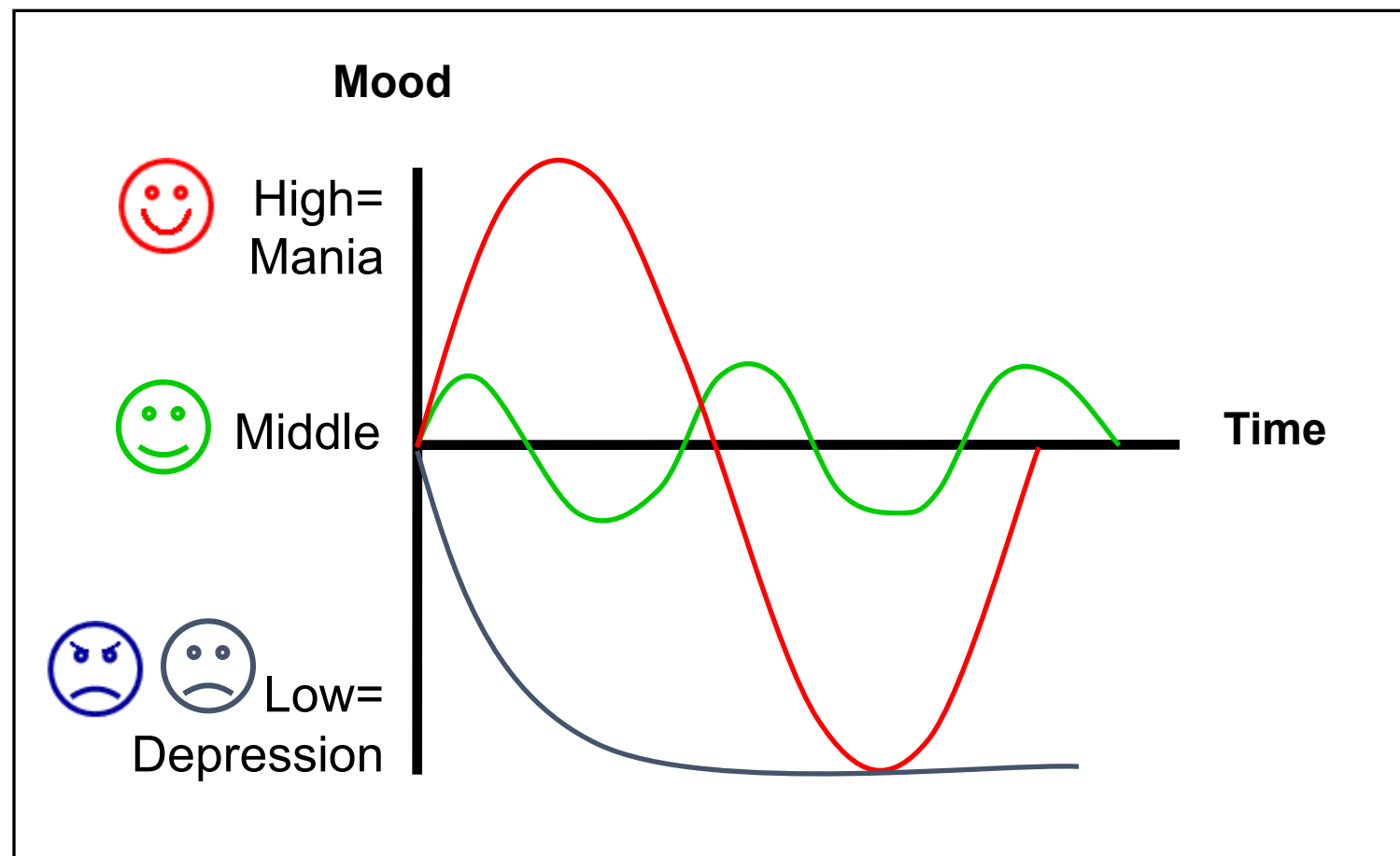
Day
2





Day
3

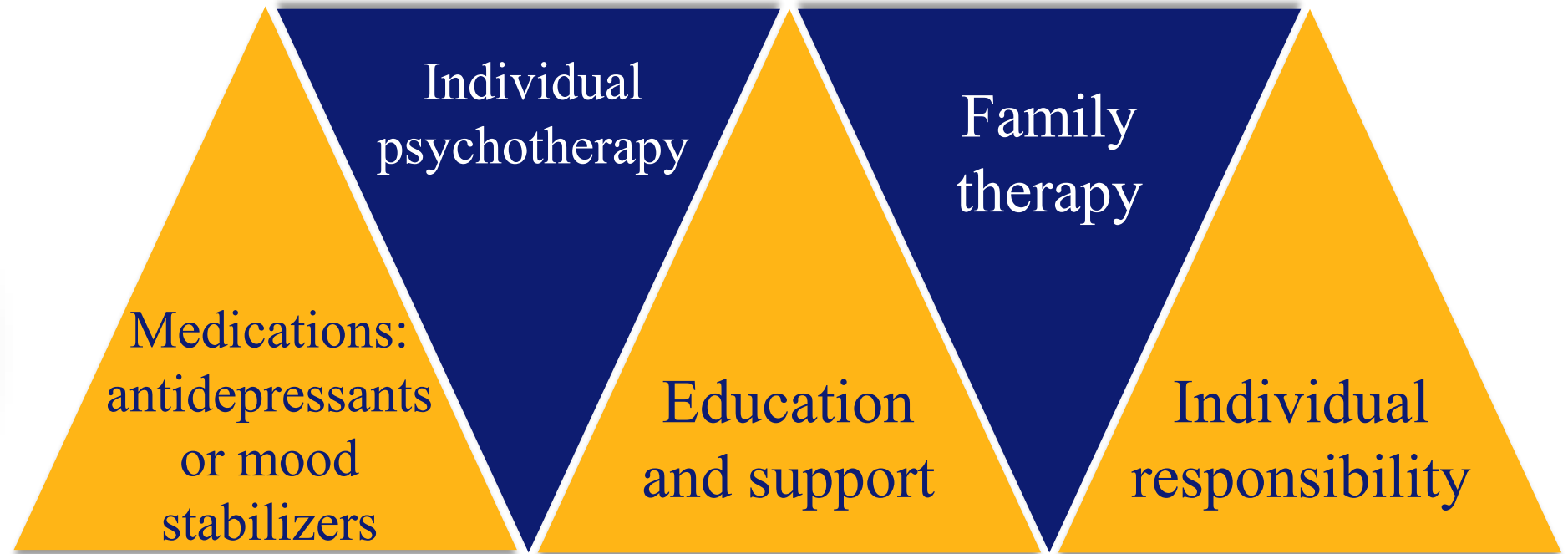
Mood Graph I: 3 Mood States





Treatment of Mood Disorders

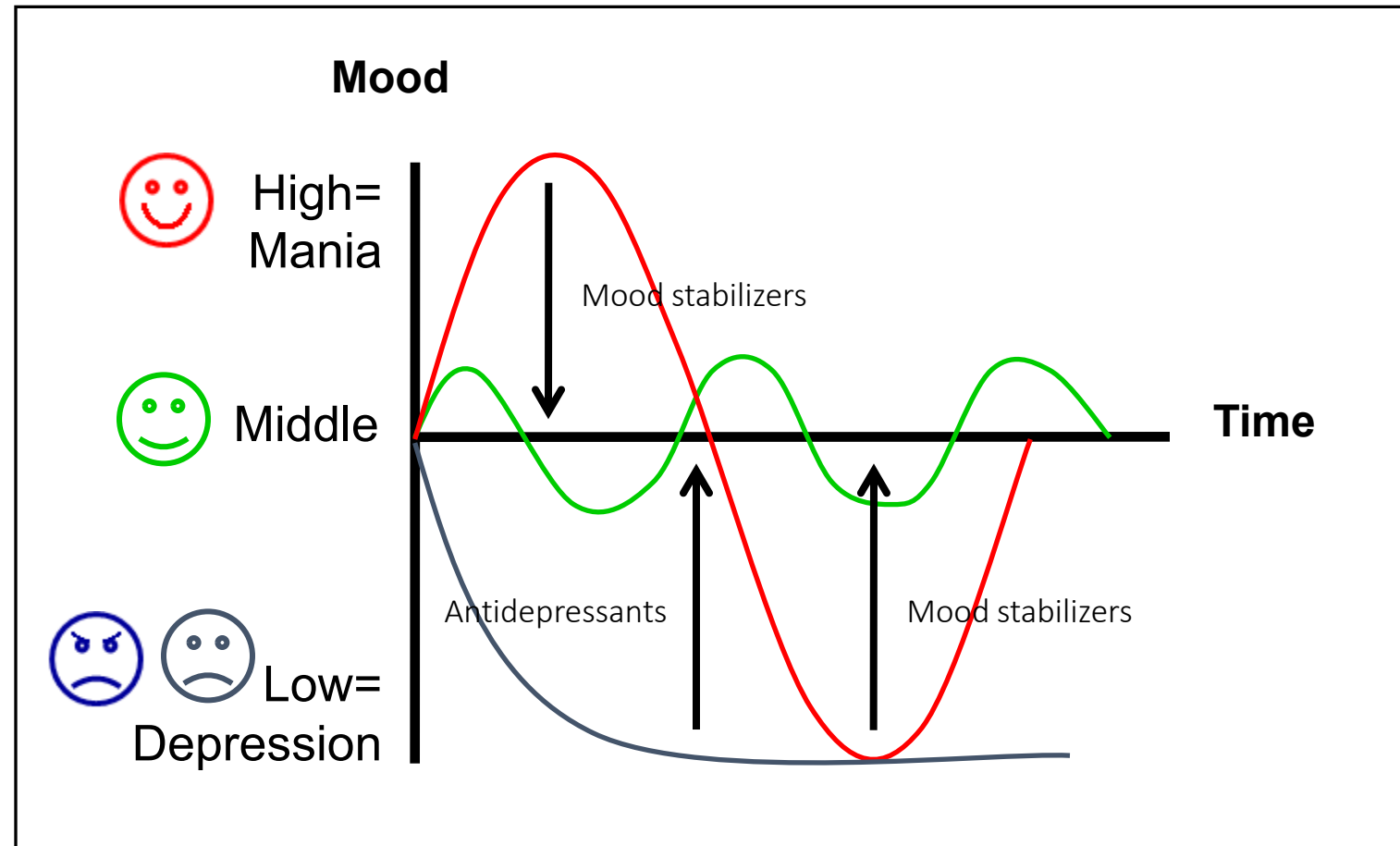
Day
3





Day
3

Mood Graph II: Effects of Treatment





Day
3





Day
3

**Tell an adult about
your concerns**

What to do



Day
3

The school Who to Contact counseling team

A - I

Ms. Rodriguez

J - R

Mr. Smith

S - Z

Ms. Jackson



ADAP Program

ADAP Results

ADAP Training

New Programs

Conclusions

ADAP Depression Knowledge Questionnaire (ADKQ) v.1

- 20-item questionnaire
 - 13 individual “yes-no” questions
 - Number of symptoms of depression identified (asked to list 5)
 - Number of symptoms of mania identified (asked to list 2)



ADAP Program

ADAP Results

ADAP Training

New Programs

Conclusions

ADKQ: Knowledge Examples

- Depression can be controlled through willpower (Y or N)
- A person with depression always feels sad (Y or N)
- Depression runs in some families (Y or N)
- Someone who has major stress always develops depression (Y or N)



ADAP Program

ADAP Results

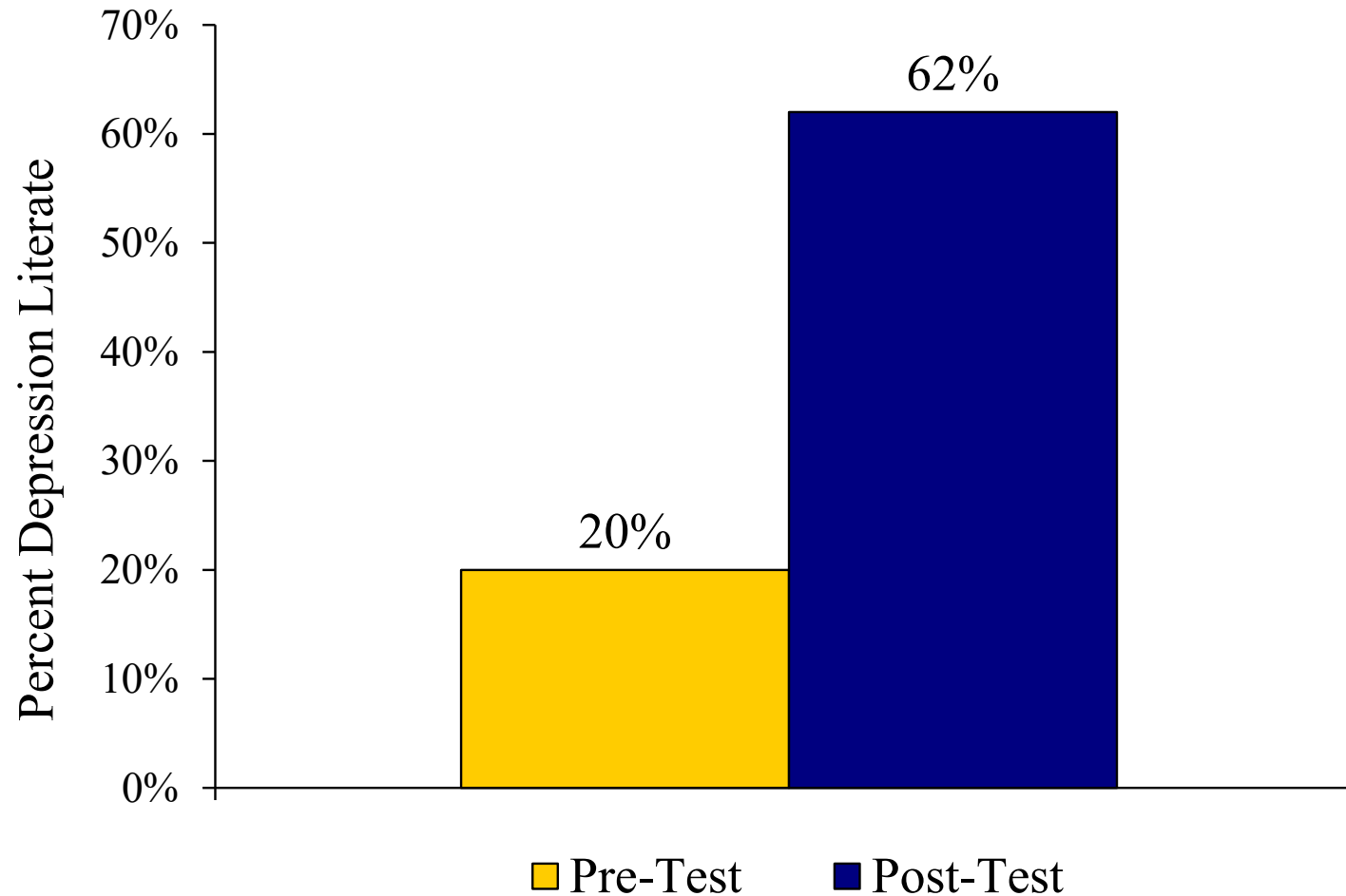
ADAP Training

New Programs

Conclusions

ADAP Student Pre-tests vs. Post-test

Percent of students with Total Score ≥ 80 % Correct on the ADKQ





Training Initiative Results: Students Pre-test vs. Post-test

Percent of students Scoring $\geq 80\%$ Correct on the ADKQ by Type of Instructor

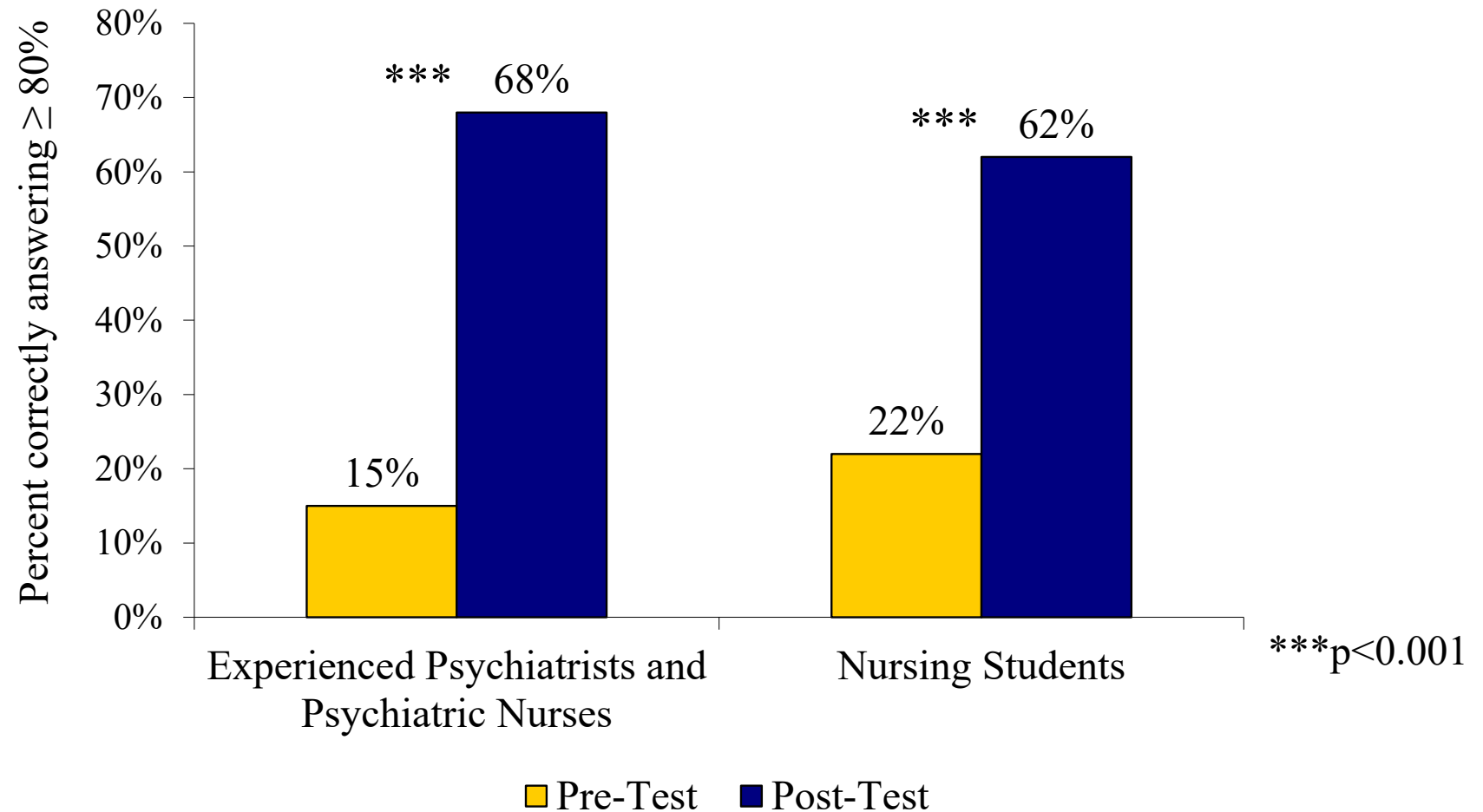
ADAP Program

ADAP Results

ADAP Training

New Programs

Conclusions





ADAP Program

ADAP Results

ADAP Training

New Programs

Conclusions

School Personnel as ADAP Instructors

- School personnel as the ADAP instructors
 - Health teachers, school counselors, psychologists
- One-day, in-person training with supplemental training materials
- Comparison of School-based personnel to experienced ADAP team as instructors
 - 20 School-based instructors at 16 schools (n = 1866)
 - 9 ADAP team members at 6 schools (n = 1317)
- Sustainability and cost-effectiveness



ADAP Program

ADAP Results

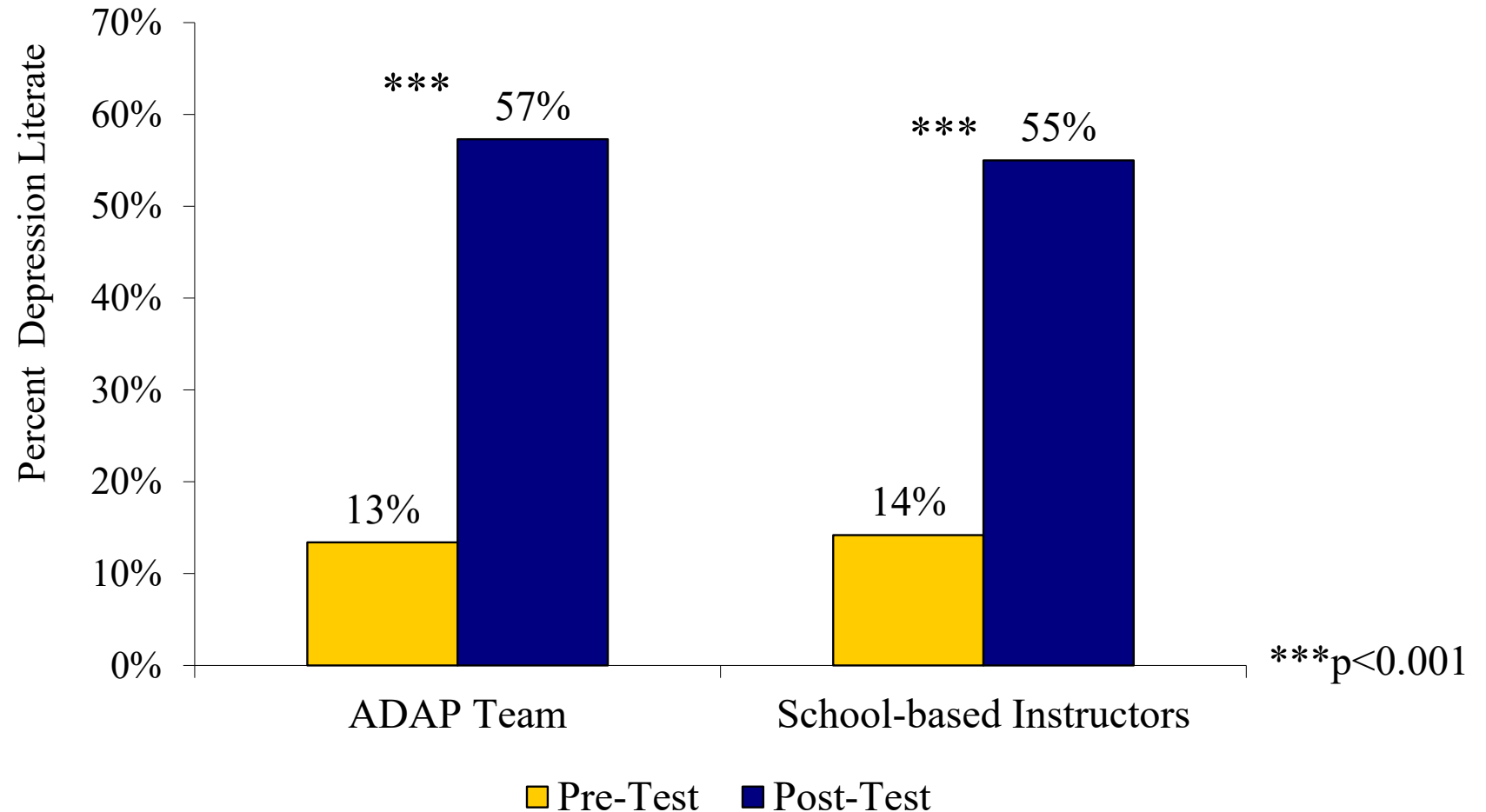
ADAP Training

New Programs

Conclusions

ADAP Instructors vs. School-based Instructors

Percent of students Scoring $\geq 80\%$ Correct on the ADKQ by Type of Instructor





ADAP Program

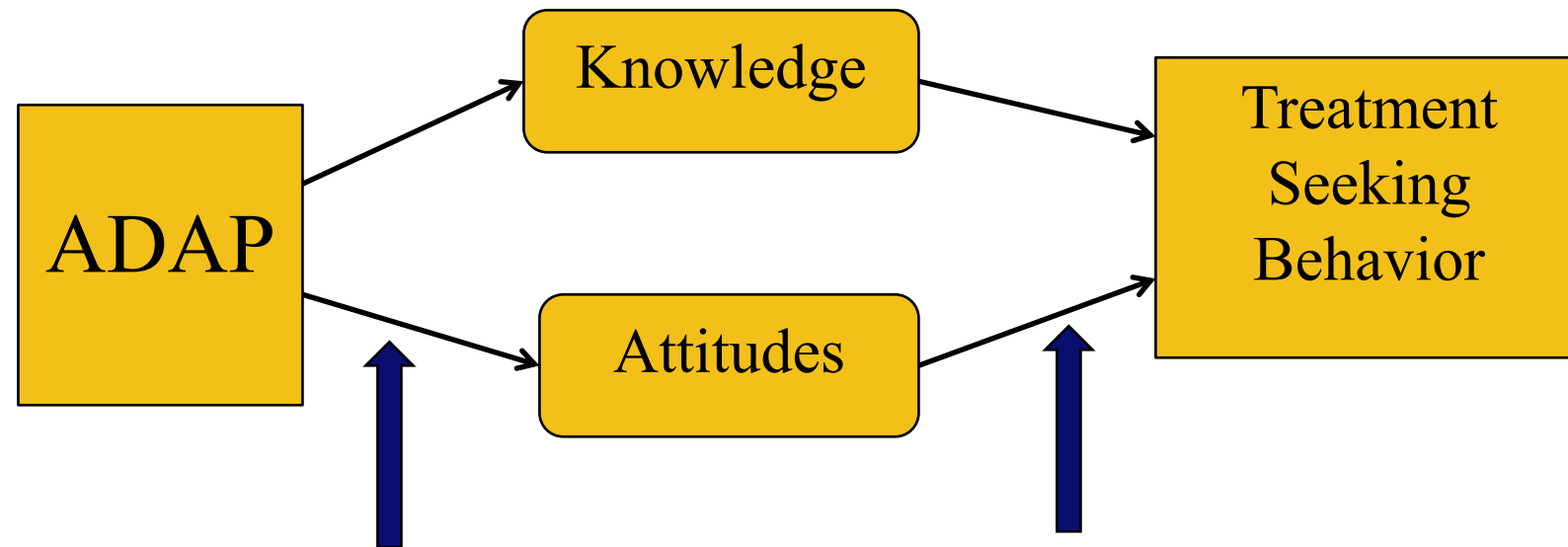
ADAP Results

ADAP Training

New Programs

Conclusions

Evaluation of ADAP Student Intervention Effectiveness



Hypothesis 1: ADAP increases Depression literacy

Hypothesis 1.1: Depression literacy is sustained 4 months post intervention

Hypothesis 2: Treatment seeking is higher after the ADAP intervention

Dr. Holly Wilcox, PI
R01MH095855-01A1



ADAP Program

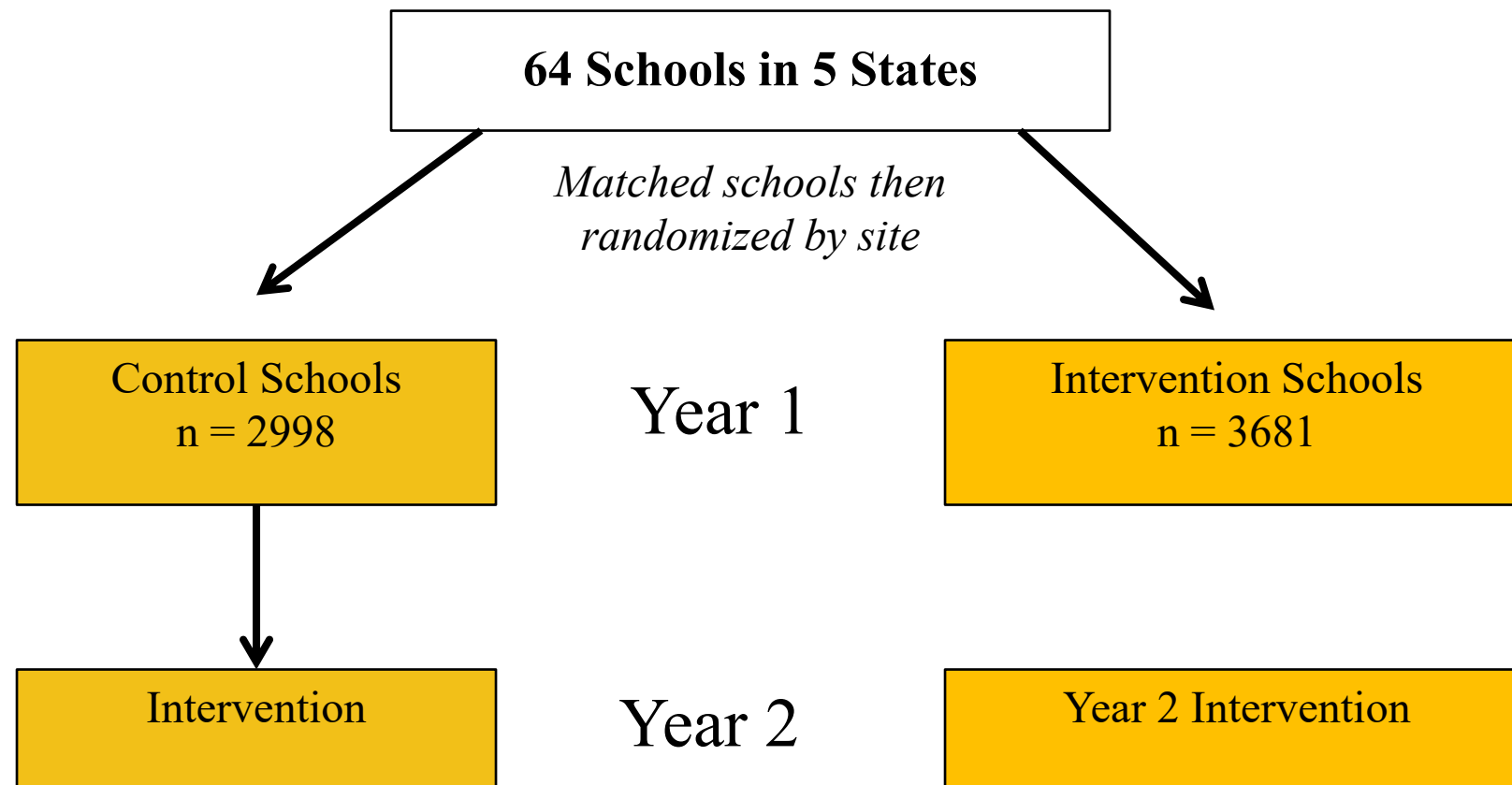
ADAP Results

ADAP Training

New Programs

Conclusions

Effectiveness Trial of the ADAP Intervention





ADAP Program

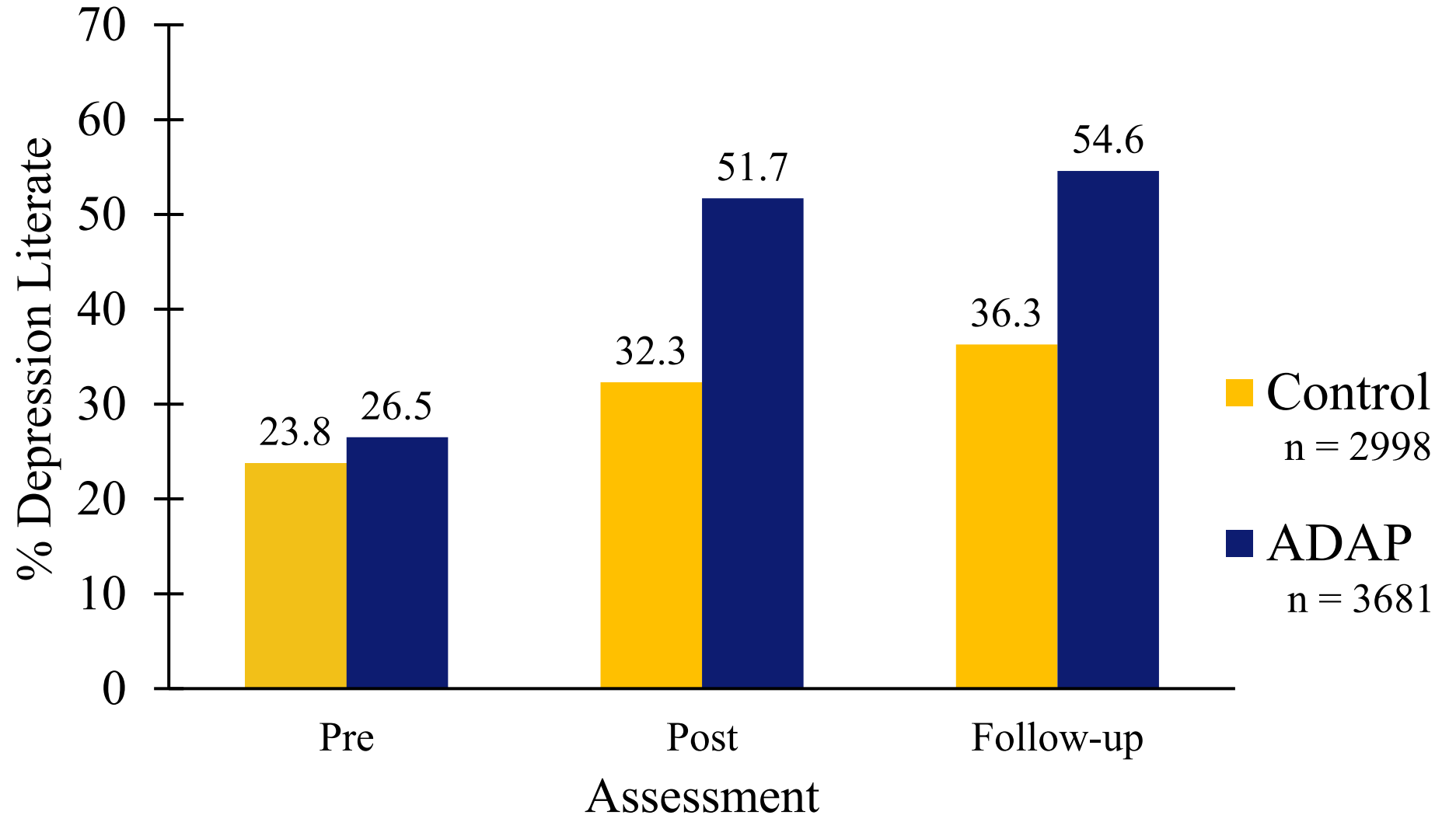
ADAP Results

ADAP Training

New Programs

Conclusions

ADAP RCT Results





ADAP Program

ADAP Results

ADAP Training

New Programs

Conclusions

Follow-up Study of Teachers Participating in the ADAP RCT

- 65 teachers participating in the ADAP RCT
- Completed ADKQ at baseline and follow-up
- Teacher depression literacy was significantly associated with student depression literacy at post-assessment
- **Students approached 46% of teachers with concerns about themselves or others**



ADAP Program

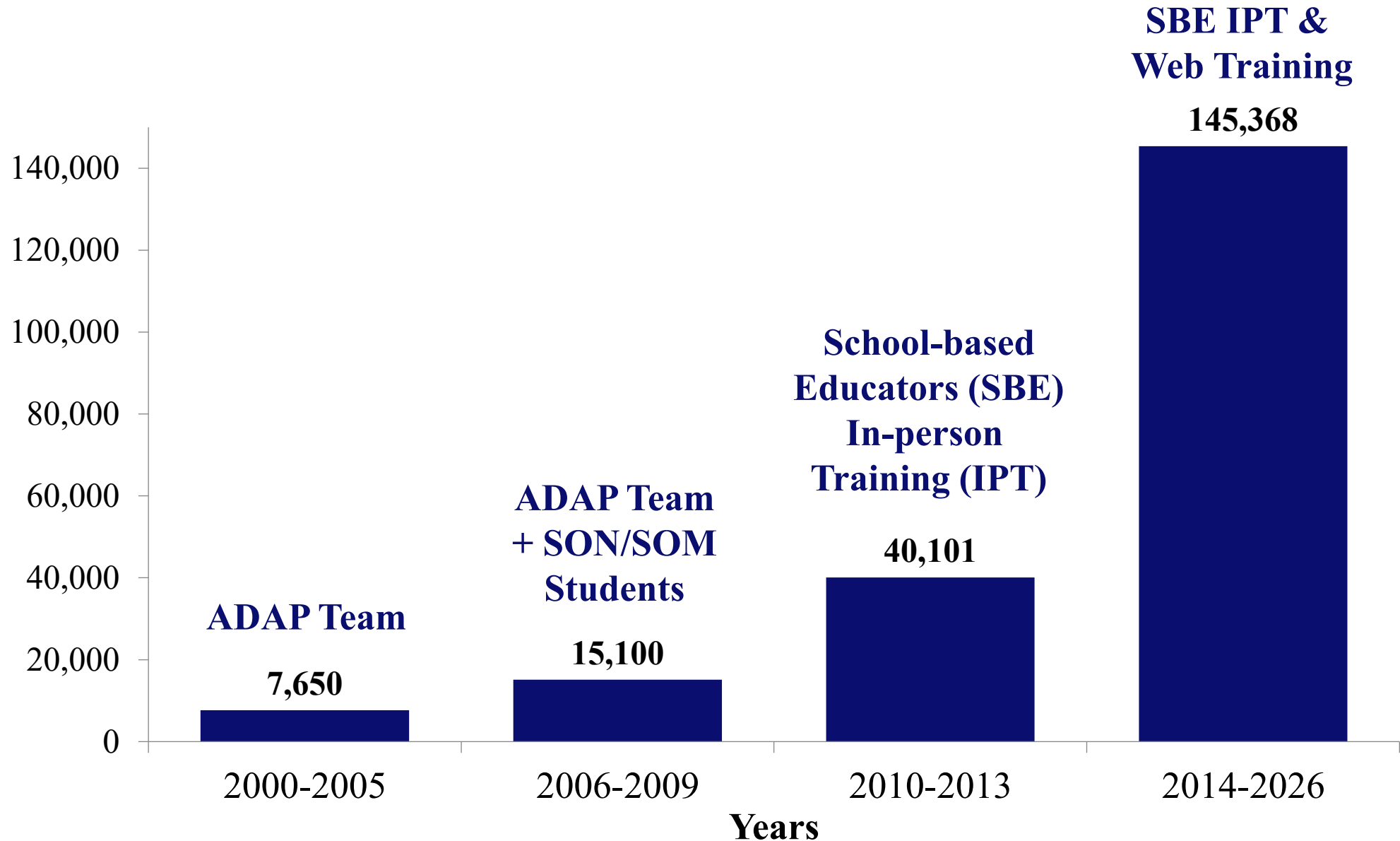
ADAP Results

ADAP Training

New Programs

Conclusions

Cumulative number of students taught ADAP



www.ADAPeducation.org



Reducing the stigma, one classroom at a time.

ADAP for Parents & Students

[Our Mission](#)

[Program History](#)

[Impact](#)

[Curriculum](#)

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Depression awareness education that works

The Adolescent Depression Awareness Program (ADAP) is on a mission to educate school-based professionals, high school students, and parents about the illness of depression.

[Start teaching today](#)





ADAP Program

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Dashboard



Account



Dashboard



Courses



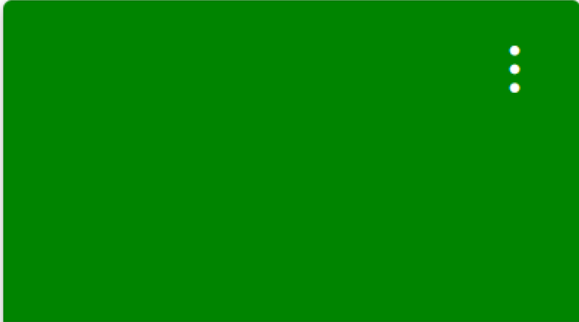
Groups



Calendar

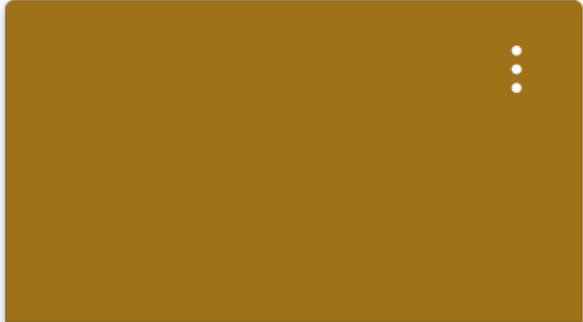


Inbox



ADAP training

ADAP



Teaching Materials

Teaching





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ADAP > Pages > 3.2 (Medical Overview: Development)

Home

Modules

Grades

3.2 (Medical Overview: Development)





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Teaching materials

[Home](#)[Assignments](#)[Files](#)

[Teaching](#) > [Files](#)

0 items selected

▼ [Teaching Materials](#)

[▶ \[ADAP 2-Day Format\]\(#\)](#)

[▶ \[ADAP 2-Day Format UP\]\(#\)](#)

[▶ \[ADAP 3-Day Format\]\(#\)](#)

[▶ \[ADAP 3-Day Format UP\]\(#\)](#)

[▶ \[ADAP Handouts\]\(#\)](#)

[▶ \[Videos\]\(#\)](#)

Name ▲	Date Created
ADAP 2-Day Format	Nov 18, 2019
ADAP 2-Day Format UPDATED	Dec 2, 2020
ADAP 3-Day Format	Nov 18, 2019
ADAP 3-Day Format UPDATED	Dec 2, 2020
ADAP Handouts	Nov 18, 2019
Videos	Nov 19, 2019



ADAP Program

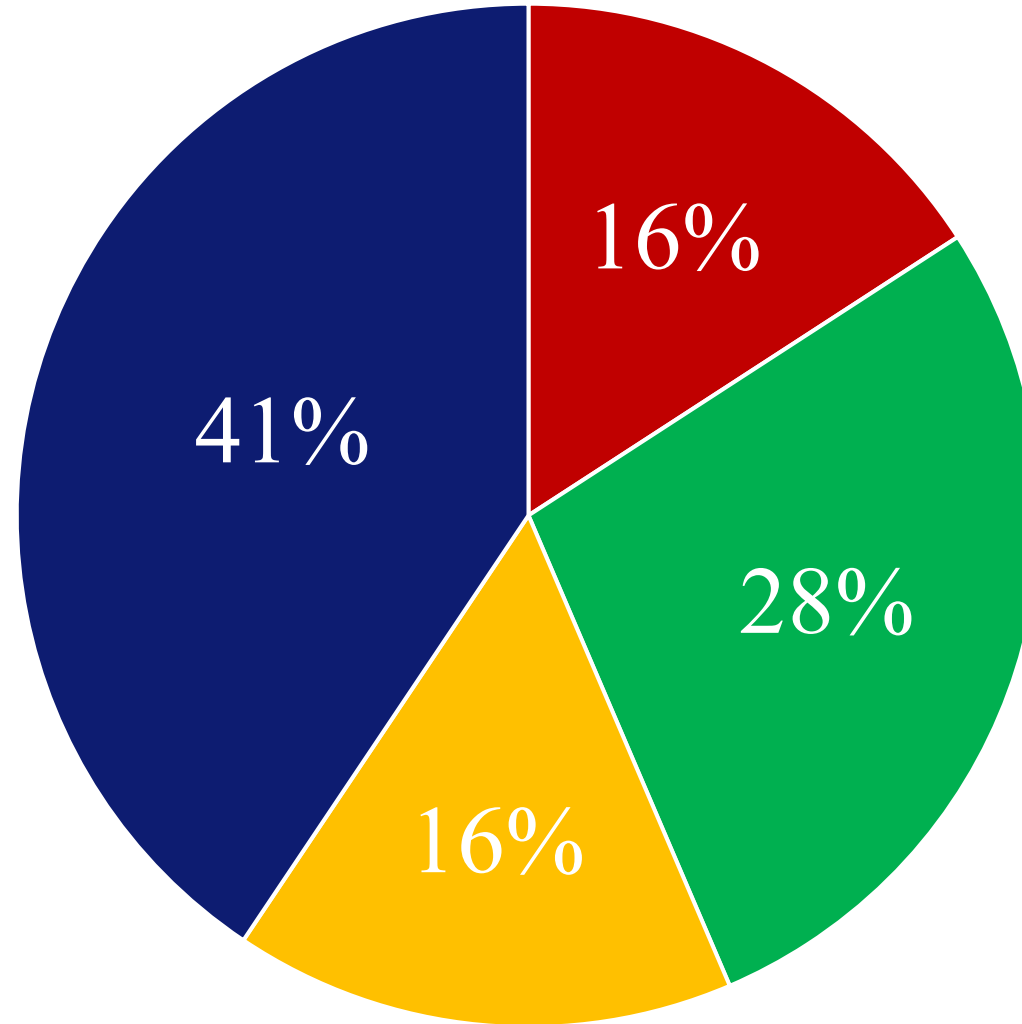
ADAP Results

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Anxiety Onset Often Predates Depression Onset



275 cases of juvenile-onset anxiety disorders in a New Zealand birth cohort of 1037

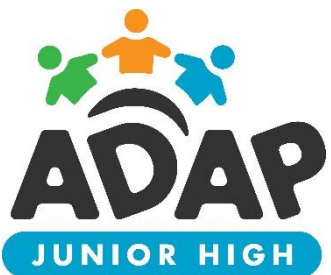
■ MDD before Anxiety

■ No MDD

■ Anxiety concurrent with MDD

■ Anxiety before MDD

Moffitt et al., *Arch Gen Psychiatry*, 2007



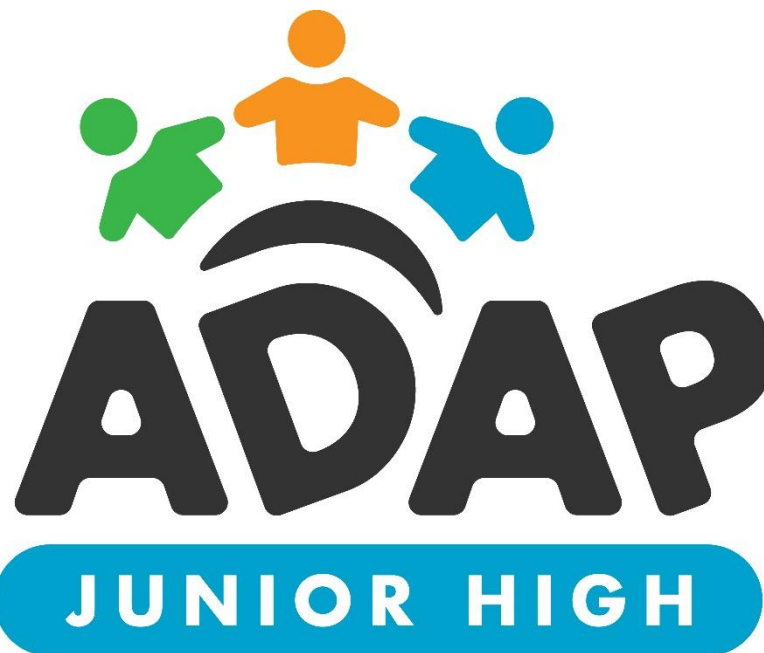
ADAP Program

ADAP Results

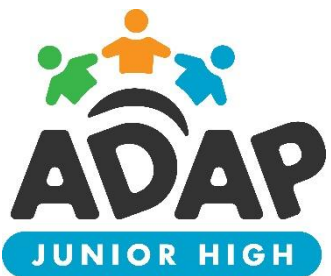
ADAP Training

ADAP Jr. High

Conclusions



ANXIETY &
DEPRESSION
AWARENESS
PROGRAM



Scoping Review: Universal, School-based Mental Health Literacy Programs for Middle School Students

ADAP's Story

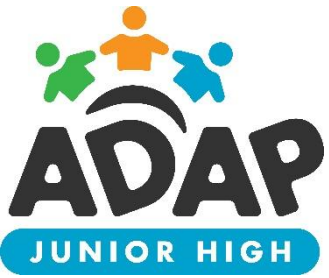
ADAP Program

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Scoping Review: Mental Health Literacy Programs for Middle School Students

ADAP's Story

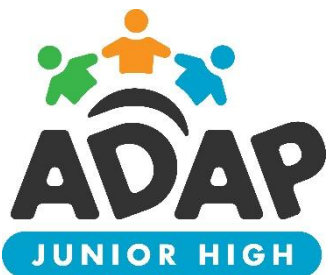
ADAP Program

ADAP Results

ADAP Jr. High

Conclusions

- Systematic literature review for universal, school-based mental health literacy programs
 - Targeting middle school students (10-14 yo)
 - Content teaching identification of mental health disorders at a minimum
 - Programs which have been implemented with measured outcomes
- 4,902 titles & abstracts screened
- 346 studies for full-text review
- 31 papers describing 24 programs met criteria
- Wide variation in nearly all aspects, mixed outcomes



ADAP for Middle School Students: Curriculum Development Team

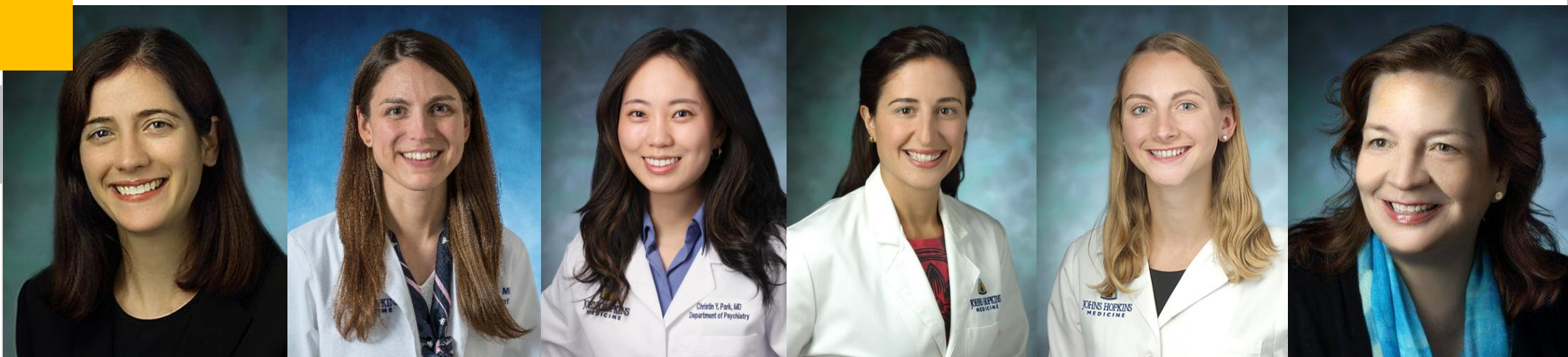
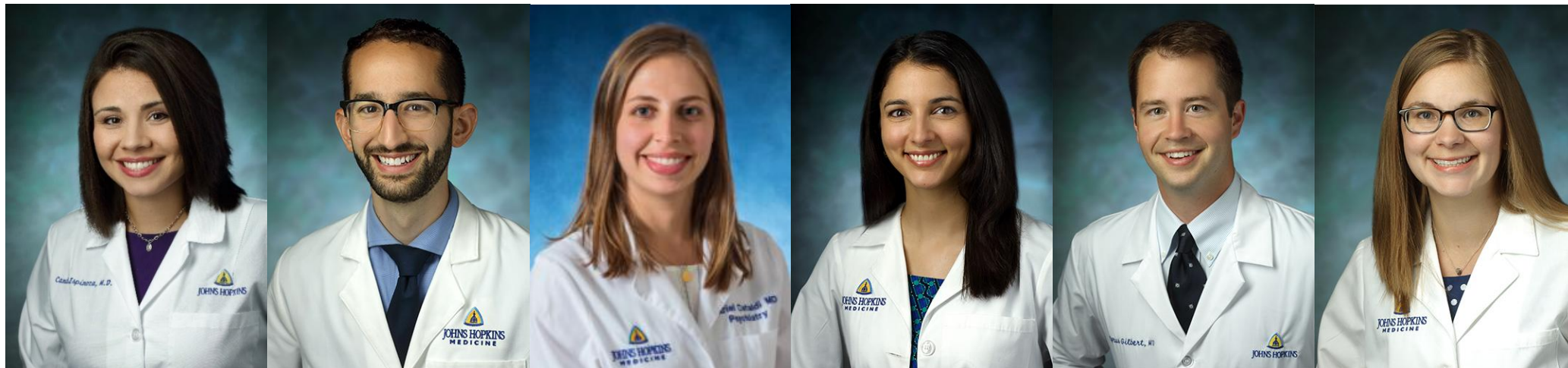
ADAP Program

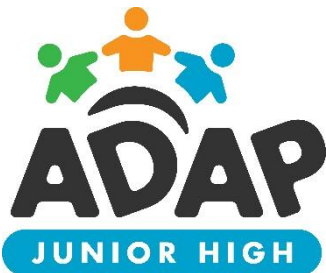
ADAP Results

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ADAP Jr. — MIDDLE SCHOOL "A-a"

1. Universal / In Schools / School-based staff / Psychoeducation (not tx) 10-14 y/o
2. Early in middle school (presume ADAP in HS) → Transition ↑ anxiety → ~11/12 y/o target age
• Logical thought / appear more confident than they are...
• Helpful (N/A) anxiety vs. unhelpful / under distress
• How long (short) for helpful writing (~1 mo.) [Lately]

Parent Educ // Teacher/Coach Trainings — Online // Student Sessions
45 min.

Students

Modules — clear order
— extras

15+ min + Active Learning
guided discussion
lecture

MOVING / PHYSICAL
Identify feelings
→ physical activity

KIDS

Intro / discussion / ACTIVITY / closing
commonly asked questions / tricky responses visib.

Teacher Input

— length of class / presentation
— Plan for activity

? Required Parent Video (10 min.)
• Validating children

How to manage self-disclosure
Can you manage to talk c SIBS / emergency

What happens if you talk to an adult
Visible / Visible

Name / Identity
3 Fear + An
helpful / no
? do some
role
Break Anx.
A when one is
S & Best # wishes

"Build a face"
Mr. Potato Head

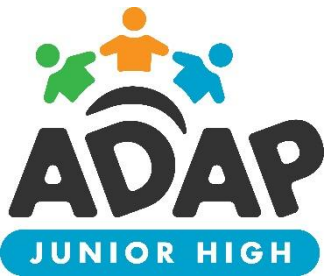
Emotion
from
pictures

2) kids draw some
Name / Identity
3 Fear + An
helpful / no
? do some
role
Break Anx.
A when one is
S & Best # wishes

What is stress
example
Tall / short

How to talk to Adults
↳ who
↳ How to talk c them

Role plays



ADAP Program

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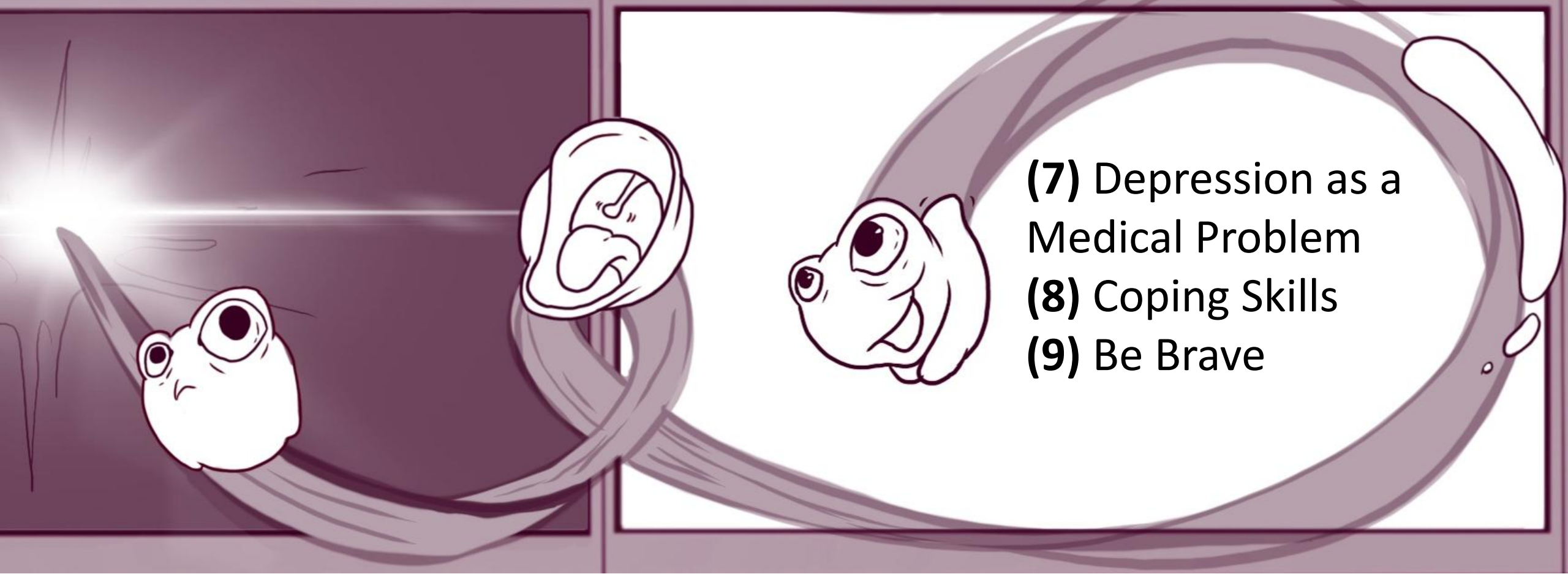
Conclusions

ADAP Junior High

- Focus on anxiety, depression, and skills building including how to seek help from trusted adults
- 9 different 15-minute modules
- Animated videos (not students sharing personal experiences)
- Activities included in each module
- Model of school-based counselors or health teachers educating the students
- Flexible schedules: modules could be grouped

Program Content: 9 Modules

(1) Emotions (2) Stress (3) Fear & Anxiety (4) Helpful & Unhelpful Anxiety
(5) Talk to An Adult (6) Anxiety as a Medical Problem

A cartoon illustration of a worm-like character with a large, prominent ear and a lightbulb-shaped head. The character is shown in two panels. In the left panel, the character is looking up with a surprised expression. In the right panel, the character is looking down with a thoughtful expression, and a large, glowing lightbulb is shown above its head. The background is a dark, textured surface.

(7) Depression as a Medical Problem
(8) Coping Skills
(9) Be Brave

Helpful & Unhelpful Anxiety Video





ADAP's Story

ADAP Program

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ADAP Italia

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**Giorno
1**

Tosse = Sintomo

Malattia:

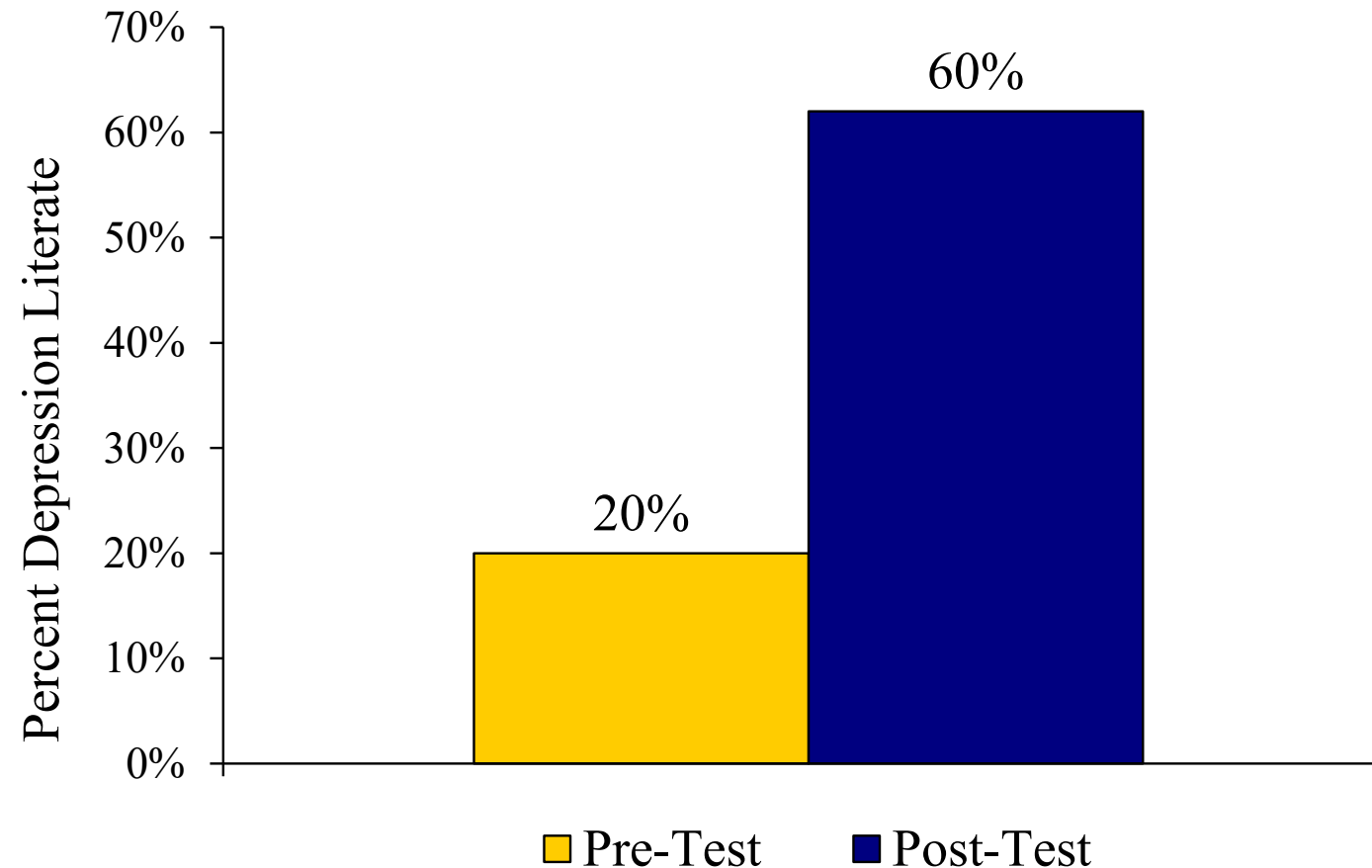
Influenza, COVID, Bronchite, Enfisema, Insufficienza cardiaca,
Meningite, Polmonite, Cancro, Asma

1 Fare Domande	2 Esame fisico	3 Esami
Fumi? Da quanto fumi? E' una tosse secca?	Temperatura, pressione, frequenza cardiaca Che aspetto ha il paziente? (Sudato, pallido, stanco) Auscultazione con stetoscopio	Esami di sangue Campione di espettorato Radiografia dei polmoni



ADAP Student Pre-tests vs. Post-test

Percent of students with Total Score ≥ 80 % Correct on the ADKQ





Diagnosis &
Prevalence

Treatment

Suicide

Risk Factors

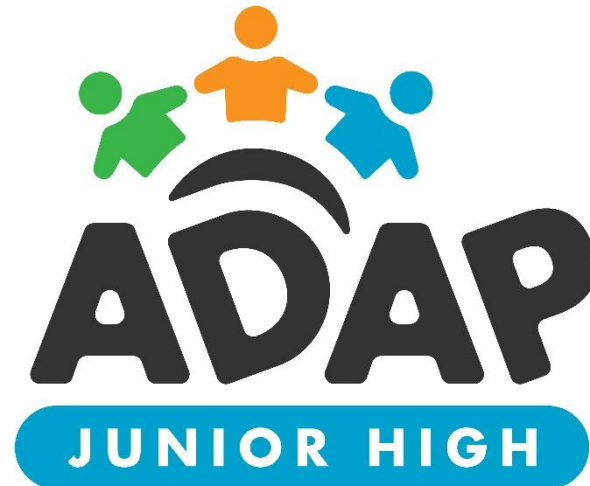
ADAP

Conclusions

- Major depression is a prevalent condition among adolescents
- Treatment of depression should be comprehensive and include psychotherapy
- Suicide is a leading cause of death among adolescents
- Risk factors associated with depression include social media/cyberbullying and cannabis use
- School-based education programs have the potential to increase knowledge and awareness and encourage students to seek treatment



ADOLESCENT
DEPRESSION
AWARENESS
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ANXIETY &
DEPRESSION
AWARENESS
PROGRAM
