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## Adolescent Depression. Definition, Causes, Treatments.

By Gary Elliott

GRIN Verlag Gmbh Jul 2014, 2014. Taschenbuch. Book Condition: Neu. 211x149x7 mm. Neuware - Seminar paper from the year 2010 in the subject Psychology - Diagnostics, Atlantic International University, language: English, abstract: As adults, when we think back to our childhood, many of us remember this period in our lives as a happy time, free from the stresses and worries that accompany adulthood. The reality of the matter is that many children do experience stress and anxiety, similar to that of adults and this can, and often does result in children and adolescents in particular, experiencing mild to severe depression. According to Gerali (2009), depression is one of the most common issues that adolescents deal with and it affects teenagers regardless of their race, ethnicity, gender or socioeconomic status. It is quite normal for peoples mood to change during the course of a day, and many experience mood changes from hour to hour, but when those moods become completely overwhelming and all consuming or fluctuate wildly, they may be indicative of some kind of mood disorder (McIntosh & Livingston, 2008). A depressed child will show characteristics similar to those of adults but there tends to be more self-blame, self-criticism and...



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