

IN COLLABORATION MHAC

# ANXIETY AND DEPRESSION IN TEENS

A TOOLKIT TO IDENTIFY AND EFFECTIVELY SOLVE THESE MENTAL HEALTH ISSUES

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## Introduction To The Report:

The 7 Page Report Thus Compiled After The Webinar On Anxiety And Depression By Mental Health Awareness Club On The 25th Of April, 2021, Contains Everything Covered In The Seminar In An Ordered, Chronological Fashion. The Order Is Thus -

**Define** The Problem,

**Stats** To Better Understand The Problem,

**Identify** The Symptoms And

**Severity** Of The Problem.

After The Orderly Understanding The Problem At Hand, We Offer Treatment And Self Management Tips, To Curb The Problem At Hand.

Do Read The Entire Report And Be Better Advised About Your And Your Loved Ones' Mental Health.

Without Further Delay, Let's Get Started! Happy Reading.

## Getting The Stats Right!

- According to the National Institute of Health, nearly 1 in 3 of all adolescents aged 13 to 18 years tend to experience an anxiety disorder.
- Half of all mental health conditions start by 14 years of age but most cases are undetected and untreated.
- Globally, depression is one of the leading causes of illness and disability among adolescents.
- About 20 percent of all teens experience depression before they reach adulthood.
- Only 30 percent of depressed teens are being treated for it.
- Female teens develop depression twice as often than males.
- 20 to 50 percent of teens suffering from depression have a family history of depression or mental illness.

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- **All anxiety disorder subtypes were more frequent in girls than boys:**
    - Social phobia: 11.2% females, 7.0% males
    - Specific phobia: 22.1% females, 16.7% males
    - Panic disorder: 2.6% females, 2.0% males
    - PTSD: 8.0% females, 2.3% males
    - Separation anxiety: 9.0% females, 6.3% males
  - **National Institute of Mental Health reports that:**
    - 9% of teens have some type of anxiety disorder.
    - 8.3% of those with an anxiety disorder (severe impairment as a result)
    - 38% of female teens have an anxiety disorder.
    - 26.1% of male teens have an anxiety disorder.

## #Let'sGetMythBusting:

### Myths About Depression:

- **Myth 1:** "Depression is not an illness."
- **Myth 2:** "Antidepressants can cure depression completely."
- **Myth 3:** "Depression is restricted to women."

### Myths About Anxiety:

- **Myth 1:** "People with anxiety are frail, they just can't handle their shit."
- **Myth 2:** "Anxiety is all in your head."
- **Myth 3:** "People with anxiety should just avoid the situations which make them anxious."
- **Myth 4:** "Anxiety is 'Chemical Locha' in your brain."
- **Myth 5:** "These disorders happen to kids from broken homes."
- **Myth 6:** "Chill! Have a drink and you'll be fine."

**Believing in any of these myths is nothing less harmful than the disease itself. Let's all try and be more empathizing towards people going through the tumultuous emotional drama in their heads. Lets lend a helping hand, not a laughing or myth mongering mouth.**

## Difference Between Sadness And Depression:

**Sadness is not constant**, whereas **depression is so far beyond sadness**. Depression is an illness, a persistent medical condition that is a result of distorted thinking, i.e. not realistic thinking about certain events, like job loss,

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sickness or death. It is very important to know that depression transpires due to sadness.

## Difference Between Anxiety And Nervousness:

**Nervousness can be controlled**, even if you're someone who is more prone to nervous feelings. While nervousness is a common symptom of anxiety disorders, they're not the same thing. **Anxiety disorders are psychiatric disorders** that develop from a number of complex factors, including genetics, brain chemistry, and life events.

## Major Depressive Disorder:

**Define:** Depression is a mental disorder that has an overpowering effect on many parts of a person's life. It can occur in people of any gender or age and alters behaviors and attitudes.

**Stats:** In 2015, around 16.1 million people aged 18 years or above in the U.S. had experienced at least one major depressive episode in the last year, accounting for 6.7 percent of all adults in the country.

### **Identify:**

1. Feelings of discouragement
2. Sadness
3. Hopelessness
4. A lack of motivation
5. A loss of interest in activities that the individual once found enjoyable

**Severity:** In severe cases, the person may think about or attempt suicide. They may no longer feel like spending time with family or friends and might stop pursuing their hobbies or feel unable to attend work or school.

If these feelings of doubt last longer than 2 weeks, a healthcare professional may diagnose the person with major depressive disorder (MDD).

**Depression can leave a person struggling to get through their day.**

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## Generalized Anxiety Disorder:

**Define:** Generalized anxiety disorder (GAD) is an anxiety disorder characterized by excessive, uncontrollable and often irrational worry about events or activities. It is categorized as severe, if the ongoing anxiety interferes with daily activities.

**Stats:** Anxiety disorders are the most common mental health disorders of childhood and adolescence.

### Identify:

1. The presence of excessive anxiety and worry about a variety of topics, events, or activities. Worry occurs more often than not for at least six months and is clearly excessive.
2. The worry is experienced as very challenging to control. The worry in both adults and children may easily shift from one topic to another.

**Severity:** The anxiety and worry are accompanied by at least three of the following physical or cognitive symptoms (In children, only one of these symptoms is necessary for a diagnosis of GAD):

1. Edginess or restlessness
2. Tiring easily; more fatigued than usual
3. Impaired concentration or feeling as though the mind goes blank
4. Irritability (which may or may not be observable to others)
5. Increased muscle aches or soreness
6. Difficulty sleeping (due to trouble falling asleep or staying asleep, restlessness at night, or unsatisfying sleep)

## Panic Attack:

### Identify:

1. Palpitations, pounding heart, or accelerated heart rate
2. Sweating
3. Trembling or shaking
4. Sensations of shortness of breath or smothering
5. Feelings of choking
6. Chest pain or discomfort
7. Nausea or abdominal distress
8. Feeling dizzy, unsteady, light-headed, or faint
9. Chills or heat sensations

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10. Paresthesia
  11. Derealization or depersonalization
  12. Fear of losing control
  13. Fear of dying

**Causes:**

1. Surrounding Temperament and Environment
2. Experiences And Imaginations Of The Mind
3. Expectations Bestowed Upon By The Society

**Gender-related Prevalence:** Panic attacks are more common in females than in males.

## **Let's Talk Treatment:**

Talk therapy and Medication after being diagnosed and advised by a psychiatrist. We recommend you consult a psychiatrist if you experience any of the above mentioned ailments.

## **Self Management Tips:**

1. Social support
2. Creativity
3. Physical activity
4. Nutrition
5. Relaxation
6. Sleep

**Again We'd Recommend You Consult A Specialist If You Experience Any One Or All Of The Hence Mentioned Symptoms. Thank You For Reading Through! Don't Forget To Share It Around.**

- Team GirlUp Bangalore

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