

Frequently Asked Questions

Not Just the Teenage Blues: Adolescent Depression and Suicidality



1. What are the signs of depression?

Signs of depression include feeling “down” or agitated, decreased concentration, insomnia (initial or terminal), change in energy level, feeling fatigued, change in appetite and weight, feeling suicidal, poor self-esteem, and anhedonia.

2. What are the co-morbid conditions?

- Anxiety disorder
- Conduct disorder
- Family dysfunction
- Attention deficit hyperactivity disorder
- Learning disorder
- Neurologic conditions

For an in-depth article on adolescent depression and suicidality, please go to page 90.

As presented at McGill University

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3. What are the genetic risk factors?

- Current or past parental depression.
- History of depression in previous generations.
- Family stress as a mediator of genetic factors.

4. What are the biological factors?

Biological factors associated with pediatric depression include positive response to fluoxetine, reduced levels of 5-hydroxytryptamine reduced suppression of the dexamethasone suppression test, and magnetic resonance imaging and electroencephalogram findings.