Teenage Depression Facts - An Overview

According to the Center for Behavioral Health Statistics and Quality, 2015:

- In 2015, 13.7 percent of adolescents aged 12-17 had at least one Major Depression episode.
- 8.2 percent of adolescents aged 12-17 had a Major Depressive Disorder with severe impairment.

The American College of Preventative Medicine in 2011 reported that:

- 10-15 percent of adolescents in the U.S. suffer from depression at any one time. About 5% have MDD.
- The lifetime prevalence of MDD among adolescents may be as high as 20 percent.
- In primary care, the rate of depression may be as high as 28 percent because these teens have a higher rate of health care visits.
- Most depressed teens will have one episode, but 20-40 percent will have more than one episode within two years and 70 percent will have more than one episode before adulthood.
- Mental health problems often begin in adolescence with up to half of all cases beginning by age 14.

The Centers for Disease Control in its 2015 “Suicide Facts at a Glance” data sheet, provided the following information regarding youth ages 12-17:

- 17 percent seriously considered attempting suicide in the previous 12 months.
- 13.6 percent made a plan about how they would attempt suicide in the previous 12 months.
- 8 percent attempted a suicide one or more times in the previous 12 months.
- 2.7 percent made a suicide attempt that resulted in an injury, poisoning, or overdose that required medical attention.

Colorado

- In 2015, Colorado teen suicide remained the first leading cause of death in children and adolescents 10-14 and the second leading cause of death in adolescents and young adults between the ages of 15-21, according to the American Foundation for Suicide Prevention in its 2015 report.
- According to the 2015 Colorado Healthy Kids survey, 29.5 percent of Colorado high school students indicated feeling sad or hopeless almost every day for two consecutive weeks or more in the past 12 months.
- 17.4% had seriously considered suicide and 7.8% reported making one or more suicide attempts in the previous 12 months.
- Students identifying as gay, lesbian, or bisexual reported feelings of sadness and hopelessness at 61.3 percent, while 46.3 percent reported considering suicide and 25.4 percent reported attempting suicide.
- The suicide rate for girls reached a forty year high in 2015 and doubled between 2007 and 2015.
- There was a 31% increase in the suicide rate for boys for the same time period.
Teenage Depression in Health Care Settings

According to the American College of Preventative Medicine (2011), there are many good reasons to institute depression screening for teen in primary care. Among them are the following:

- Nearly seven in ten adolescents (12-17 years of age) report at least one primary care visit during the previous year.
- Those with emotional and behavioral problems tend to be more frequent visitors to primary care.
- Nearly one in every four pediatric visits (24 percent) involves behavioral, emotional, or developmental problems.
- An estimated 45 percent of teen suicide victims visited their primary care physician in the month prior to their death and 77 percent had contact with their primary care clinicians in the previous year.
- Three out of four cases of adolescent depression are mild to moderate in severity and respond to early intervention long as it is identified early and treated or linked to specialized care.
- Education and support seem to be sufficient treatment for many adolescents with uncomplicated or brief depression or with mild psychosocial impairment.