

# Depression in Children

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- There is no conflict of interest pertaining to this presentation, materials, and/or content

## Symptoms DSM 5

- Depressed mood most days nearly all day
- Diminished interest or pleasure in most activities
- Difficulties eat and sleeping/ somatic issues
- Agitation or irritability
- Feelings of worthlessness/helplessness/excessive guilt/social withdrawal/sensitive to rejection
- Difficulty with concentration
- Recurrent thoughts of death
- Persistence over time and interferes with functioning

# Prevalence

- Estimates 2-3% of younger children and 8% of adolescents are diagnosed. Some estimate are higher.
- Boys and girls show relatively equal prevalence until puberty. More girls present than boys (2:1) in adolescence
- Roughly half of the children who have had a depressive episode have another episode within 5 years.
- Depressive disorders are co-occur with anxiety, conduct problems, and substance misuse

# Mood Disorders of Childhood (2013, APA)

- Persistent Depressive Disorder
- Major Depressive Disorder
- Disruptive Mood Dysregulation Disorder
- Bipolar Disorder
- Mixed anxiety/depressive disorder

# Etiology

- Bio-Psycho-social model
- Family History
- History of school and/social failures
- Family conflict/ history of abuse
- Case

# Interventions

- CBT-
  - Collaborative relationship
  - Collaborative empiricism-Diaries, thought records, in office task, homework
  - Develop joint formulation
  - Target negative thoughts, negative biases
  - Automatic thoughts and core beliefs
  - Activity logs

# Modular Interventions-(Weisz & Chorpita, 2009)

- Individualize to child
- EBT program for different problems
- Addresses Co-occurring problems
- Use as one issues becomes resolved
- There is a parent-child program



# References

Diagnostic and Statistical Manual of Mental Disorders, (2013), American Psychiatric Association Publishing, Washington DC

Chorpita & Weisz, (2009) MATCH-ADTC: Modular approaches to therapy for children with anxiety, depression, trauma, or conduct disorder. PracticeWise, LLC, Satellite Beach, Fl.

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