• Distinction between **clinical practice** (diagnosis and treatment) and **survey/questionnaire research** (briefer measures)

• Diagnostic and Statistical Manual of Mental Disorders (**DSM 5**)

• Internalizing vs. externalizing disorders (see slide 6 on **this page**)

• Clinical fields: **Psychiatry** (M.D.), **Clinical Psychology** (Ph. D.), **Marriage and Family Therapy** (MFT; Ph. D.), and others

• Internet resources:
  - [National Institute of Mental Health](#)
  - [American Academy of Child & Adolescent Psychiatry](#)
  - [National Association of Anorexia Nervosa and Associated Disorders](#)
• **Diagnostic and Statistical Manual**, now in version 5 (DSM 5)

  o Establishes rigorous criteria for diagnosing mental disorders, typically requiring to exhibit multiple symptoms for prolonged amounts of time

  o Criteria for several common disorders
    • **Depression** *(demographic differences; adult/adolescent differences)*
    • **Anxiety** *(adult/adolescent differences)*
    • **ADHD** *(statistics)*
    • **Substance Abuse** *(pp. 32-34, 39, 43); Alcohol Use Disorder* *(one type of SUD)*
    • **Anorexia Nervosa and Bulimia** *(statistics)*

  o **National Comorbidity Survey**: Examines prevalence in U.S. (including in adolescents) of different mental disorders, focusing on multiple diagnoses in same person *(comorbidity; e.g., anxiety & depression)*
    • **Suicidal behaviors** *(see Figure 1)*

  o **Other U.S. national studies**
    • CDC: **12-month prevalence** of specific disorders, 8-15 year-olds
Factors Related to Adolescent Depression and Other Difficulties

Revisit Fish & Pasley (2015) from substance-use lecture, to examine mental-health outcomes...

Chango, J. M., Allen, J. P., Szwedo, D., & Schad, M. M. (2014). Early adolescent peer foundations of late adolescent and young adult psychological adjustment. *Journal of Research on Adolescence, 25*, 685-699. (See Figure 1; also p. 689 for definition of “behaviors undermining autonomy and relatedness”)

Lim, C., Rice, E., & Rhoades, H. (2016). Depressive symptoms and their association with adverse environmental factors and substance use in runaway and homeless youths. *Journal of Research on Adolescence, 26*, 403–417. (Studies 15-28 year-olds; see recruitment methods; Table 1 and Figure 1)

*New York Times* article (2017) on Teen Suicide Prevention
Use of Media in Reaching Out to Teens

“Overcoming an Eating Disorder With Instagram”

Interesting Use of Social Media

NIMH Depression Pamphlet for Teens