“The shame and stigma of mental illness is still so strong that most kids, especially boys, cannot bear to admit to themselves or to their loving, concerned parents how troubled they really are.”

– Garbarino and Bedard (2001, p. 21)

iGen teens display “an optimism and self-confidence online that covers a deep vulnerability, even depression, in real life.”

– Twenge (2017, p. 102)
Outline of Mental Health Topics

- Distinction between **clinical practice** (diagnosis and treatment) and **survey/questionnaire research** (briefer measures; see Appendix F of linked document)
- 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.)
- Internet resources:
  - **National Institute of Mental Health**
  - **American Academy of Child & Adolescent Psychiatry**
  - **National Association of Anorexia Nervosa and Associated Disorders**
  - **Adolescents and Mental Health** (**video**)
Diagnostic and Statistical Manual, now in version 5 (DSM 5)

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

- Criteria for several common disorders
  - **Depression**
    - Demographic differences (see especially Figure 4)
    - Adult/adolescent differences (see especially Slide 5)
  - **Anxiety**
    - Adult/adolescent differences
  - **ADHD**
    - Statistics
  - **Substance Abuse** (pp. 32-34, 39, 43 of linked document);
    - Alcohol Use Disorder (one type of SUD); “NIDA’s use of the term addiction corresponds roughly to the DSM definition of substance use disorder” (link)
  - **Anorexia Nervosa and Bulimia**
    - Statistics
National Studies that Obtained Full Clinical Diagnoses

• **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)

• CDC: **12-month prevalence** of specific disorders, 8-15 year-olds
Further Examination of Adolescent Suicidal Behavior

- Statistics from the National Comorbidity Survey on suicidal behaviors (see Figure 1)
- New York Times article (2017) on Teen Suicide Prevention, including the surprisingly high prevalence of sudden, impulsive suicide attempts
  - Example of track runner who dropped out of a race and immediately ran off to attempt suicide

- Gender and Suicide
  - Females attempt suicide more frequently than males do (see bottom chart on this page)
  - Males complete suicide more frequently than females do (US, UK)
  - Reasons for gender difference (see Slide 3 on this slideshow)
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)
Use of Media in Reaching Out to Teens

“Overcoming an Eating Disorder With Instagram”

Interesting Use of Social Media

NIMH Depression Pamphlet for Teens