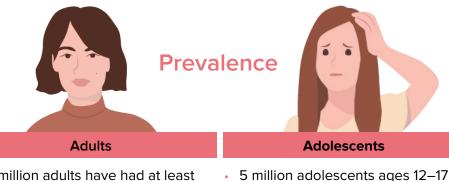
# DEPRESSION: CLINICAL SYMPTOMS





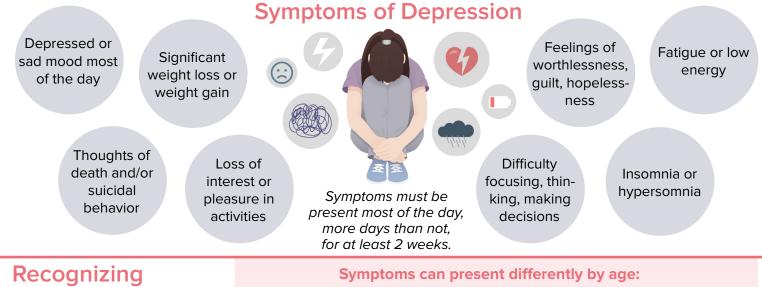
- 21 million adults have had at least one major depressive episode (8.3% of population).
- Higher prevalence among adult females (10.3%) compared to males (6.2%)
- Highest prevalence among individuals ages 18–25 (18.6%).

*Prevalence is higher among individuals who report multiple racial identities and/or are members of the LGBTQIA+ community.* 

## **Contributing Factors**

- Genetics
- Biochemical factors
- Illness
- Aging
- Stress
- Adverse childhood experiences
- · Difficult life events
- Pregnancy and postpartum
- Certain medications





have had at least one major

Higher prevalence among

adolescent females (29.2%)

compared to males (11.5%).

depressive episode

(20.1% of population).

### Recognizing Depression

There can be stigma surrounding a mental health diagnosis. Clients may not openly share their feelings. Ask about symptoms and be prepared with resources.

### NOTES

Children: may refuse to go to school, have tantrums, pretend to be sick, not want to leave parents

Teenagers: may have low self-esteem, act out, abuse substances Middle aged adults: may have decreased libido, difficulty sleeping, Gl symptoms

#### Older adults:

may report lack of emotions, memory issues; higher risk of illness and medications that may contribute

