

# DEPRESSION: CLINICAL SYMPTOMS



## Prevalence



### Adults

### Adolescents

- 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%).

- 5 million adolescents ages 12–17 have had at least one major depressive episode (20.1% of population).
- Higher prevalence among adolescent females (29.2%) compared to males (11.5%).

*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



## Symptoms of Depression

Depressed or sad mood most of the day

Significant weight loss or weight gain

Thoughts of death and/or suicidal behavior

Loss of interest or pleasure in activities



*Symptoms must be present most of the day, more days than not, for at least 2 weeks.*

Feelings of worthlessness, guilt, hopelessness

Fatigue or low energy

Difficulty focusing, thinking, making decisions

Insomnia or hypersomnia

## 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.

### Symptoms can present differently by age:

**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, GI symptoms

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

## NOTES

