

# MAJOR DEPRESSIVE DISORDER



IF YOU OR SOMEONE YOU KNOW NEEDS IMMEDIATE HELP, CALL 911 OR THE NATIONAL SUICIDE PREVENTION LIFELINE AT 1-800-273-TALK (8255).

## DIAGNOSIS & SYMPTOMS

5 or more of 9 symptoms (including at least one of depressed mood and loss of interest or pleasure) in the same 2 week period; each of these symptoms represents a change from previous functioning

- Depressed mood (or irritable in children or adolescents)
- Loss of interest or pleasure
- Change in weight or appetite
- Insomnia or hypersomnia
- Psychomotor agitation
- Loss of energy or fatigue
- Worthlessness or guilt
- Impaired concentration or indecisiveness
- Thoughts of death or suicidal ideation/attempt



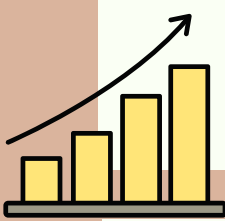
## EPIDEMIOLOGY

### Prevalence:

- 1 in 5 children in the United States suffer from depression
- Major depressive episodes were higher among adolescent females (23.0%) compared to males (8.8%).

### Male vs. Female:

Significant gender difference in depression begins to emerge around age 13 as females' rates of depression begin to increase while males' rates remain fairly constant



## ETIOLOGY

### Genetics:

- The dopamine receptor gene DRD4 has been shown to be more highly expressed in individuals with current MDD
- Parental depression, primarily maternal depression have been associated with a child's risk for developing depression

### Environmental Factors:

- Low parental support
- Poverty
- Harmful environment
- Stressful life event

## SCHOOL-BASED TREATMENT

### Tier 1

- SEL Curriculum
- Mental Health Literacy & Psycho-education
- Suicide Prevention
- Trauma-informed Practices

### Tier 2

- Check & Connect Program
- Group-based Counseling (TF-CBT, COPE)



### Tier 3

- Individual & Intensive Counseling
- 504s and IEPs
- Referral to Outside Providers / Community-based efforts



## RESOURCES



Depression and Bipolar Support Alliance

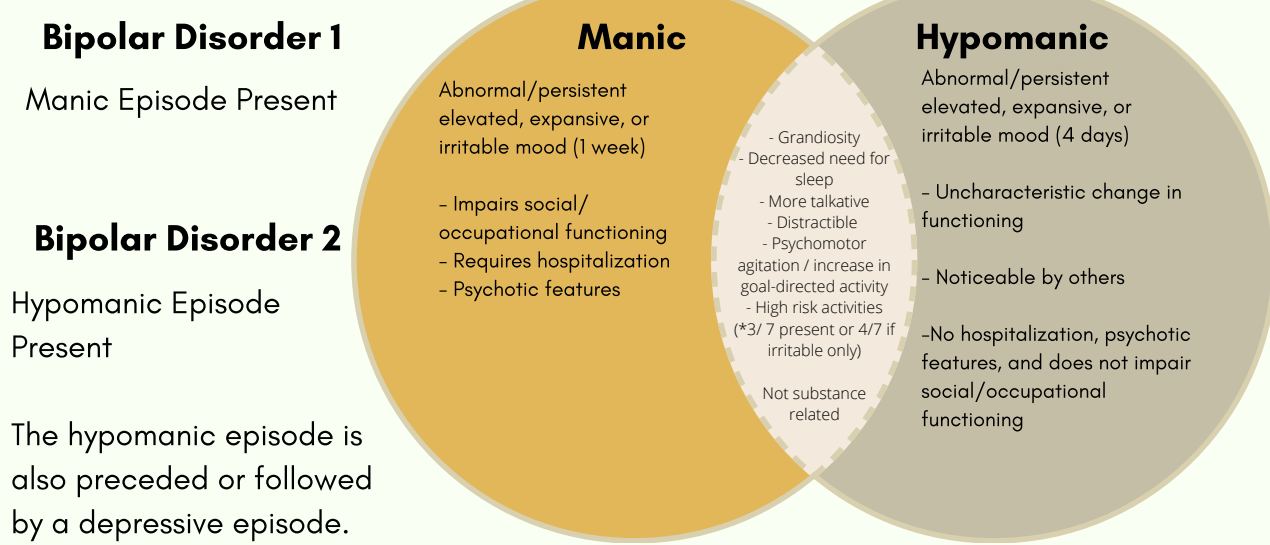


# BIPOLAR DISORDER



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## DIAGNOSIS & SYMPTOMS



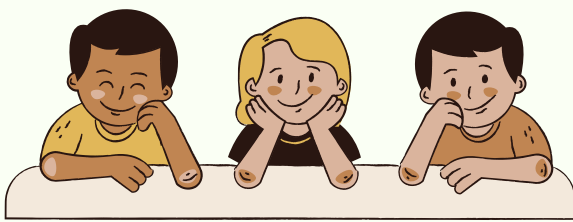
## EPIDEMIOLOGY

### Prevalence:

- 1.8% of children and adolescents
- 2.8% of adults

### Distribution:

- Roughly equal amongst sex and race
- Most typically diagnosed between ages 15-24 or 45-54



## ETIOLOGY

### Genetics:

- Highly heritable but not absolute
- Risk increases as genetic relatedness increases

### Physiology:

- Associated with abnormalities in brain regions
- association with emotion regulation

### Environmental Factors:

- Stressful life events
  - childhood trauma
  - death of a loved one
  - financial instability

## SCHOOL-BASED TREATMENT



### Tier 1

- Universal Screening
- SEL Curriculum
  - PATHS
- Psycho-education

### Tier 2

- Group CBT
  - Emotion Regulation
  - Grounding techniques
- Check In Check Out

### Tier 3

- Individual & Intensive Counseling
- 504s and IEPs
- Referral to Outside Providers
  - medication



## RESOURCES

Scan to learn more about NAMI's resources for Bipolar Depression.

