



St Leonard's College
An education for life.

Parents are invited to attend a seminar and discussion on

Preventing Depression in Children and Adolescents

For parents of all year levels

**Monday 20 July
7.00pm – 8.30pm
TCW Theatre
St Leonard's College
163 South Road, Brighton East**

Dr Michael Gordon is a highly regarded child and adolescent psychiatrist with extensive experience working with families and schools. He is a consultant psychiatrist and Head of Unit at Monash University. Michael will present some essential things parents can do to prevent their child developing depression. In this age of rising rates of depression this is vital information for every parent.

Please register your interest in attending this seminar at www.stleonards.vic.edu.au/events

For further information or any queries with regards to this workshop, please contact Dr Deb Trengove at the College on 9909 9382.

For booking enquiries contact events@stleonards.vic.edu.au

Eight steps toward preventing depression in your daughter and son



20th July 2015

Words for depression

sad, saddened, unhappy, gloomy, glum, melancholy, miserable, sorrowful, dejected, disconsolate, downhearted, downcast, cast down, down, crestfallen, woebegone, despondent, dispirited, low, low in spirits, low-spirited, heavy-hearted, morose, dismal, desolate, weighed down, oppressed.

What flags possible depression?

Symptoms that might flag depression...



- Withdrawn into their room, withdrawal from friends
- Prolonged sadness, cranky, moody, increase in anger
- Loss of appetite, loss of weight, increase in appetite (comfort eating)
- Hard to concentrate
- Drop off in school marks
- Poor self-esteem
- Guilty thoughts
- Suicidal thoughts, self-harm
- Can't see things getting better in the future

Mood Symptoms

Irritability, lowered mood, loss of pleasure, withdrawal.

Biological Symptoms

Sleep disturbance, weight change, appetite change.

Psychological Symptoms

Worthlessness, guilt, lethargy, suicidal ideas, plans, attempts

Depressive Symptoms

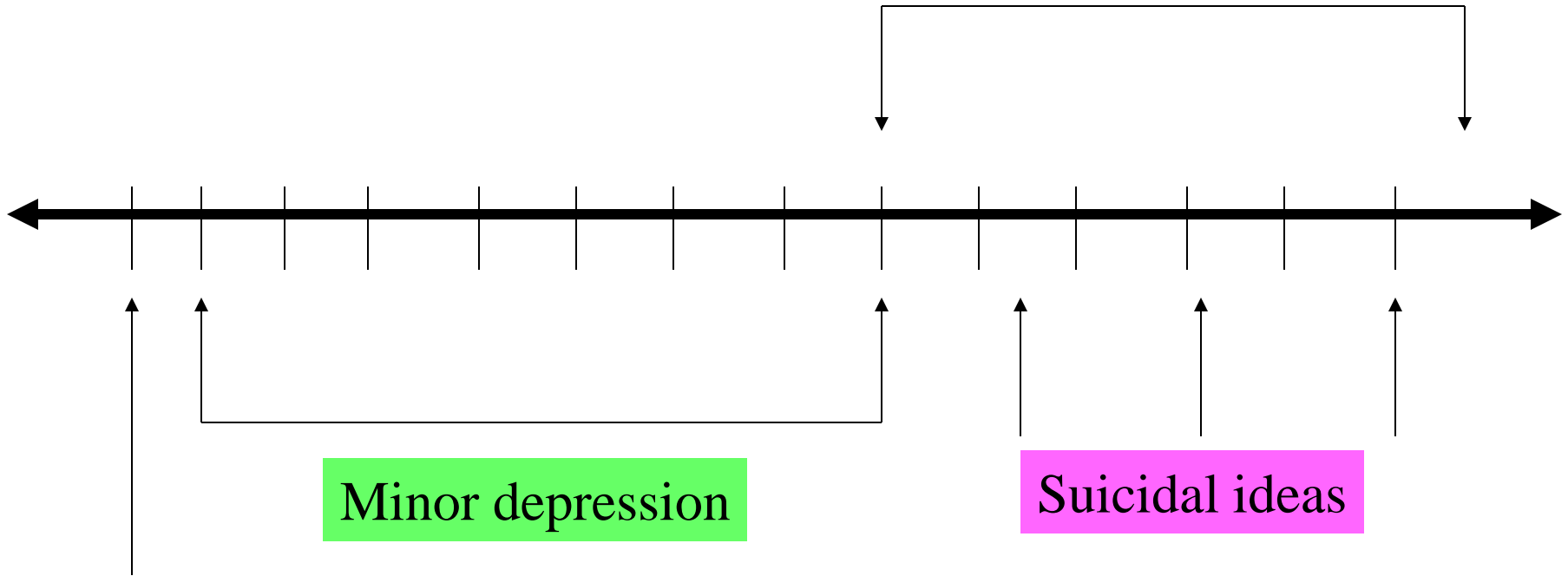
Depression exists on a continuum



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Depressive Spectrum

Major depression



Minor depression

Suicidal ideas

No depression

How common is depression?

Depression - epidemiology

Major depressive disorder is

- < 1% pre-schoolers
- 2% primary school children (Male/Female =1:1)
- 5 to 9% adolescents (M/F=1:2)
- 10 to 20% adults (M/F=1:2)

Genetics - Heritability

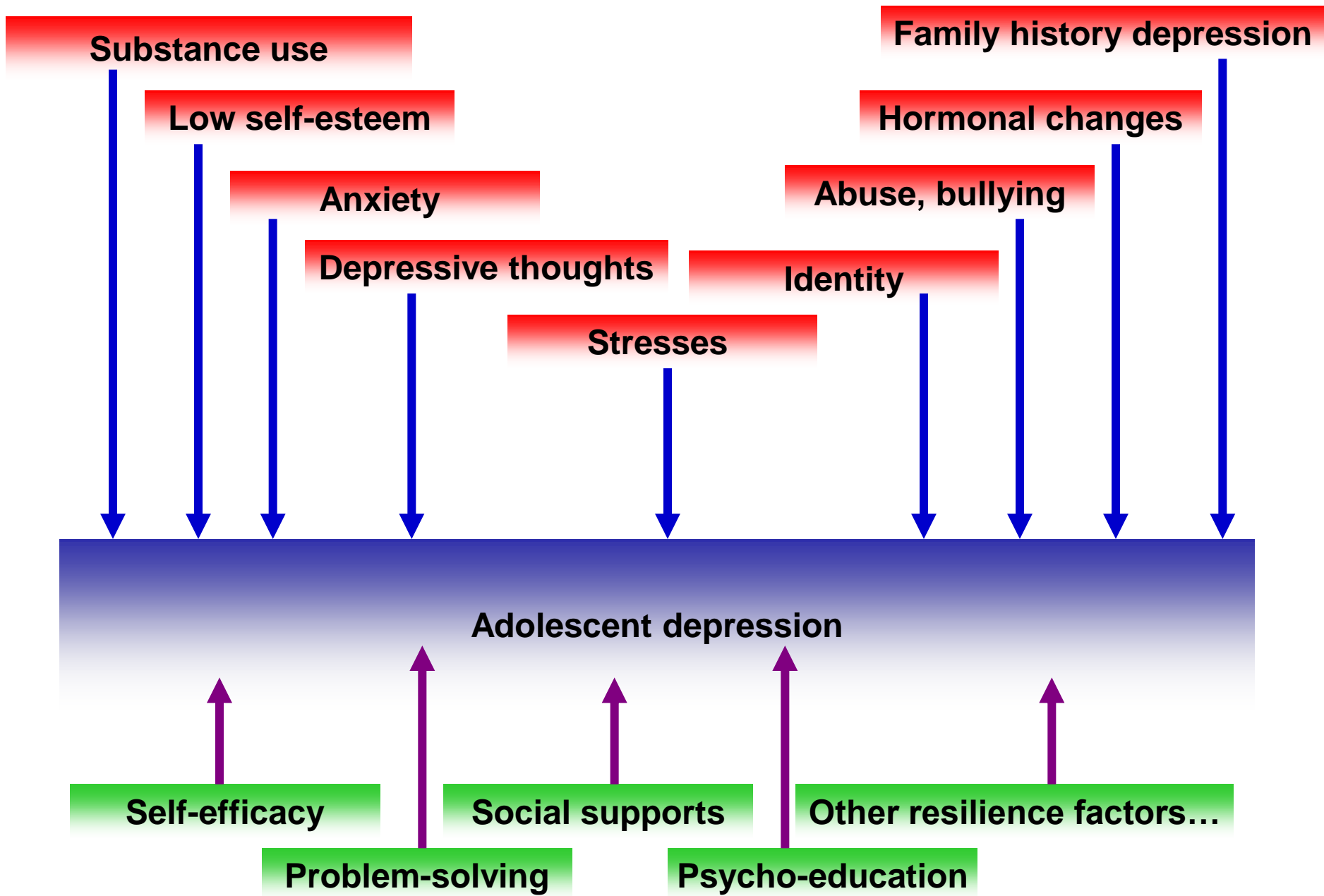
- **Major Depressive Disorder 40%**

Genetics - Heritability

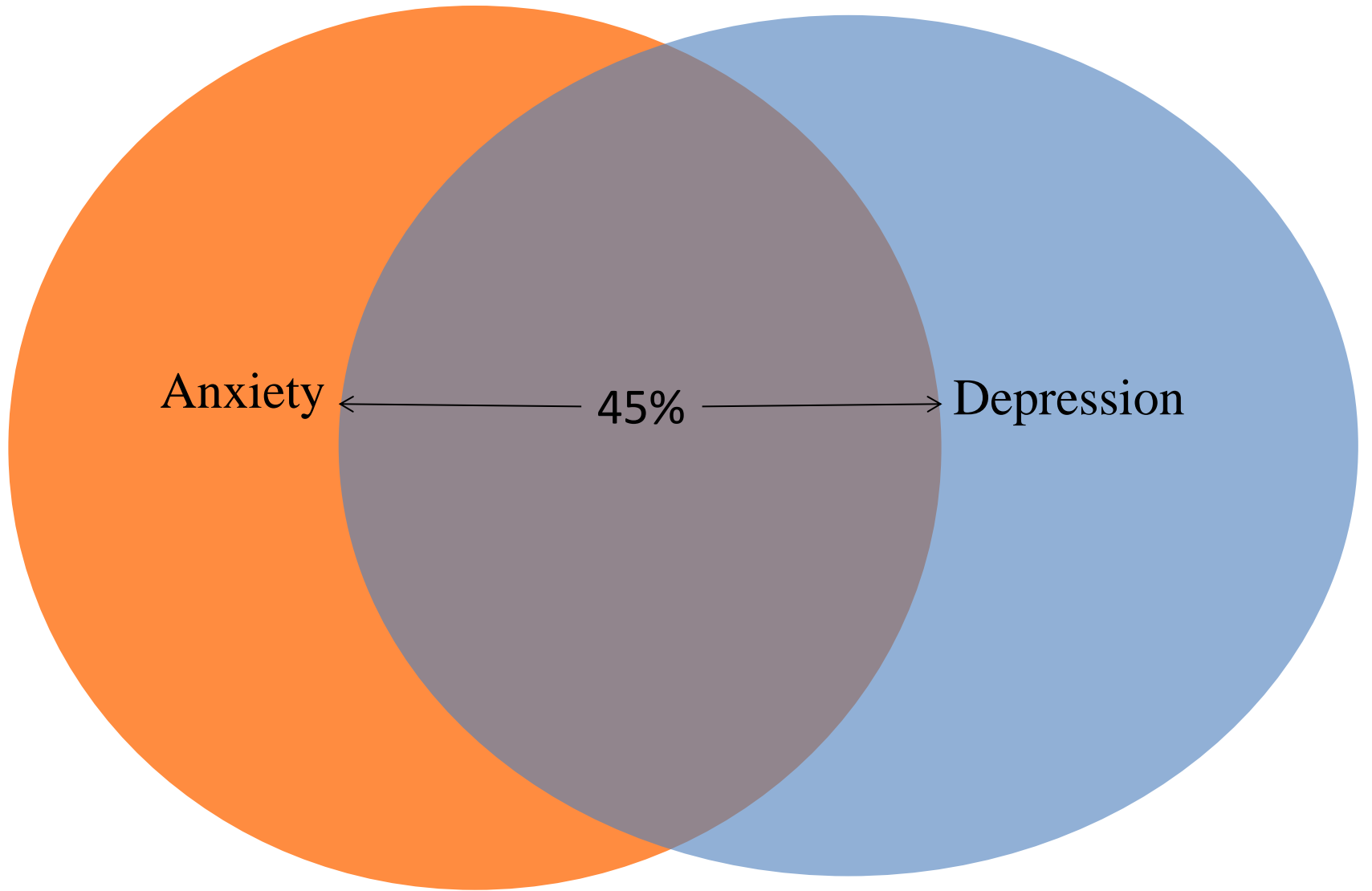
- **Major Depressive Disorder 40%**
- Panic Disorder 40 - 50%
- Alcohol Dependence 50 – 60%
- Anorexia Nervosa 55%
- Bulimia Nervosa 60%
- Obsessive Compulsive Disorder 60 – 70%
- Bipolar Affective Disorder 60-85%
- Schizophrenia 70-85%
- Autism 90%

Major depressive disorder

- Runs an episodic course, often arising in adolescence.
- Lasts 8 months clinically and 1 to 2 months non-clinical adolescents.
- Major depression remits (i.e. it goes away) in 80 to 90%, BUT in half it comes back later in adolescence or adult life.



Anxiety and depression...



Words for anxiety

worry, concern, apprehension,
apprehensiveness, consternation, uneasiness,
unease, fearfulness, fear, disquiet, disquietude,
perturbation, fretfulness, agitation, angst,
nervousness, nerves, edginess, tension,
tenseness, stress, misgiving, trepidation,
foreboding, suspense,...

Symptoms that flag anxiety...



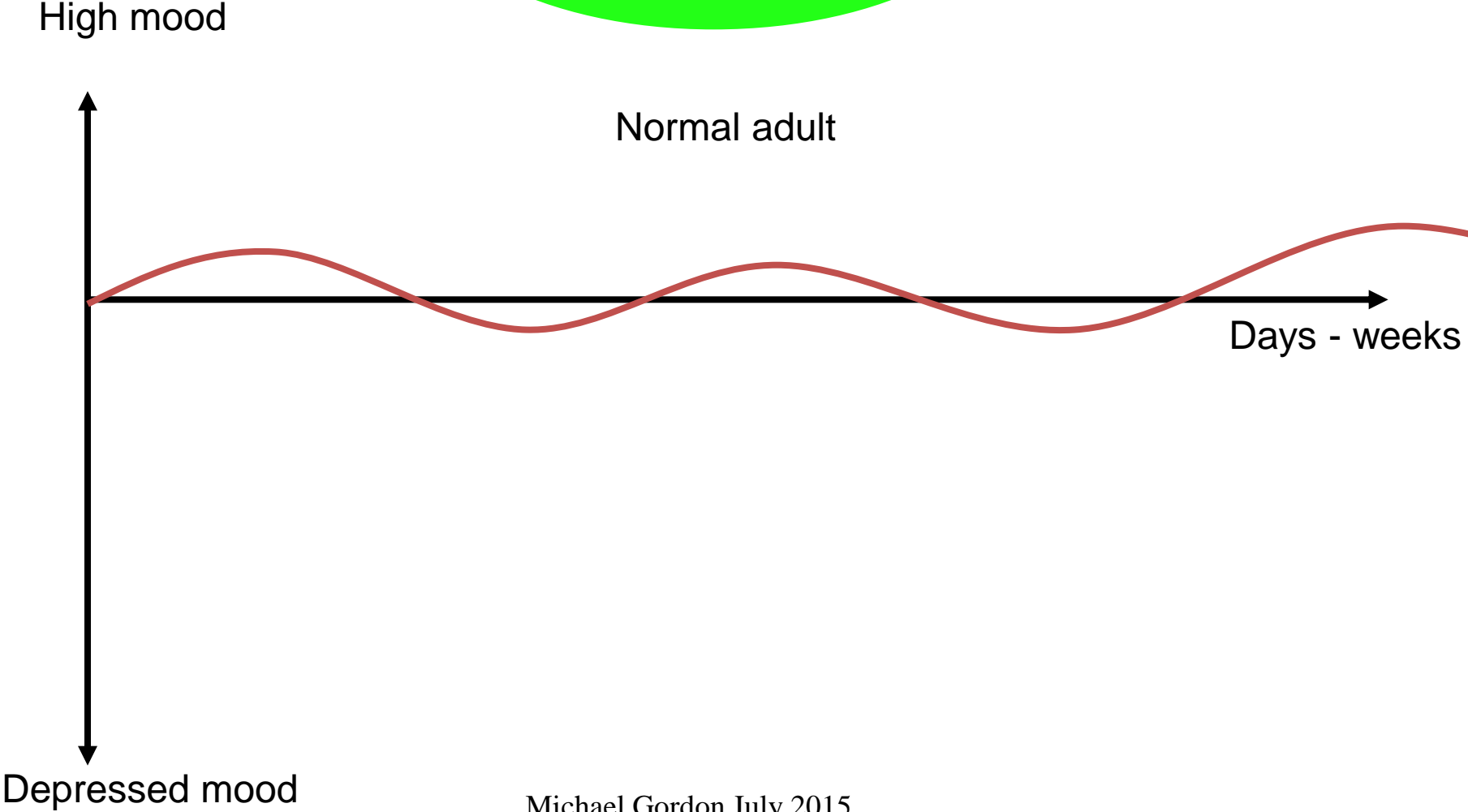
- Frequent school absences,
- Not attending school, frequently physically sick/unwell, in sick bay
- Drop off in school performance,
- Won't present in front of the class,
- Capable but avoids presenting work,
- Excessively worried, excessive need for reassurance, unrealistic worries,
- Lots of physical symptoms (headache, tummy aches),
- Checking, washing, counting, touching.

What is normal?



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Adult mood fluctuations

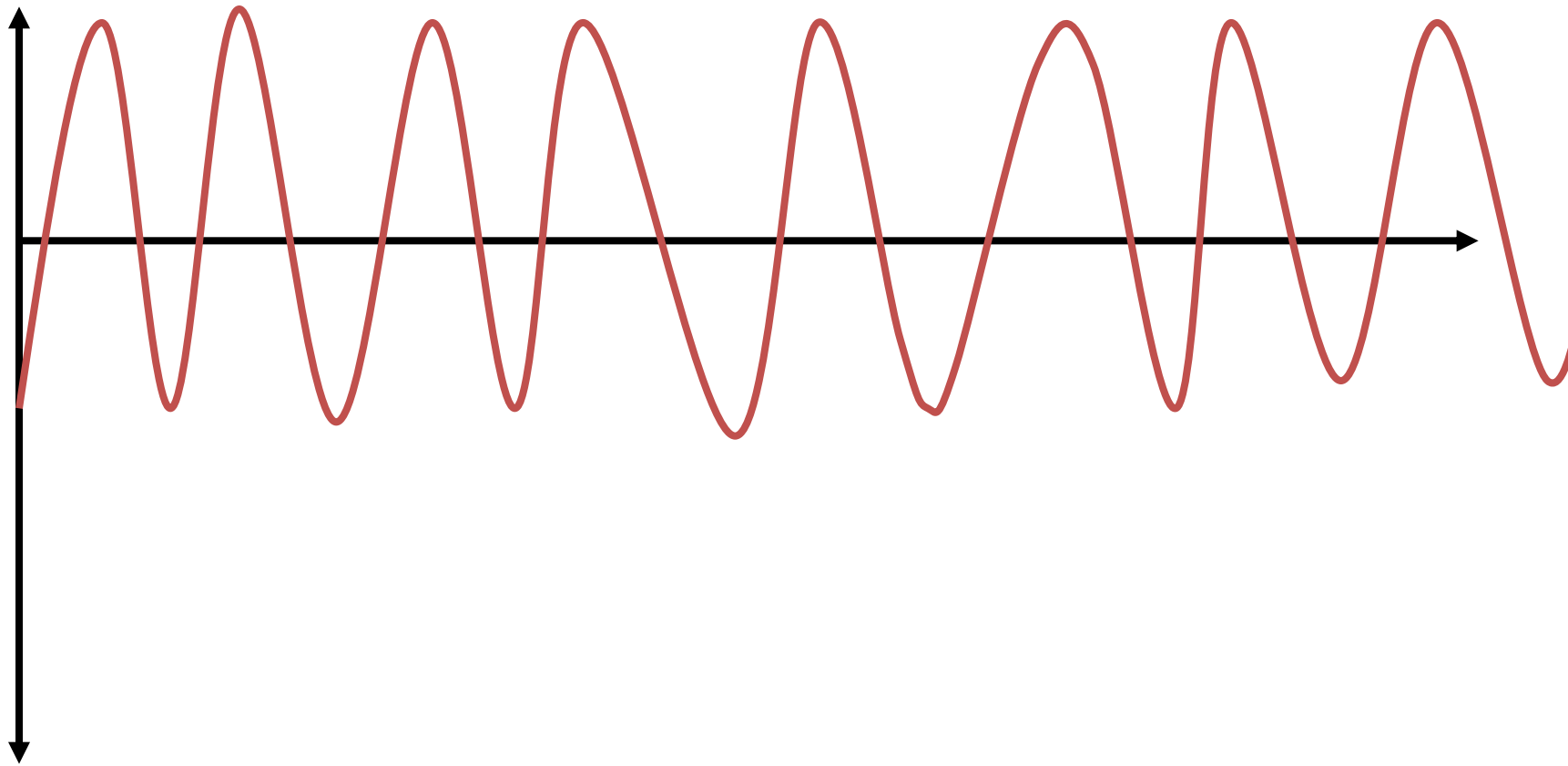


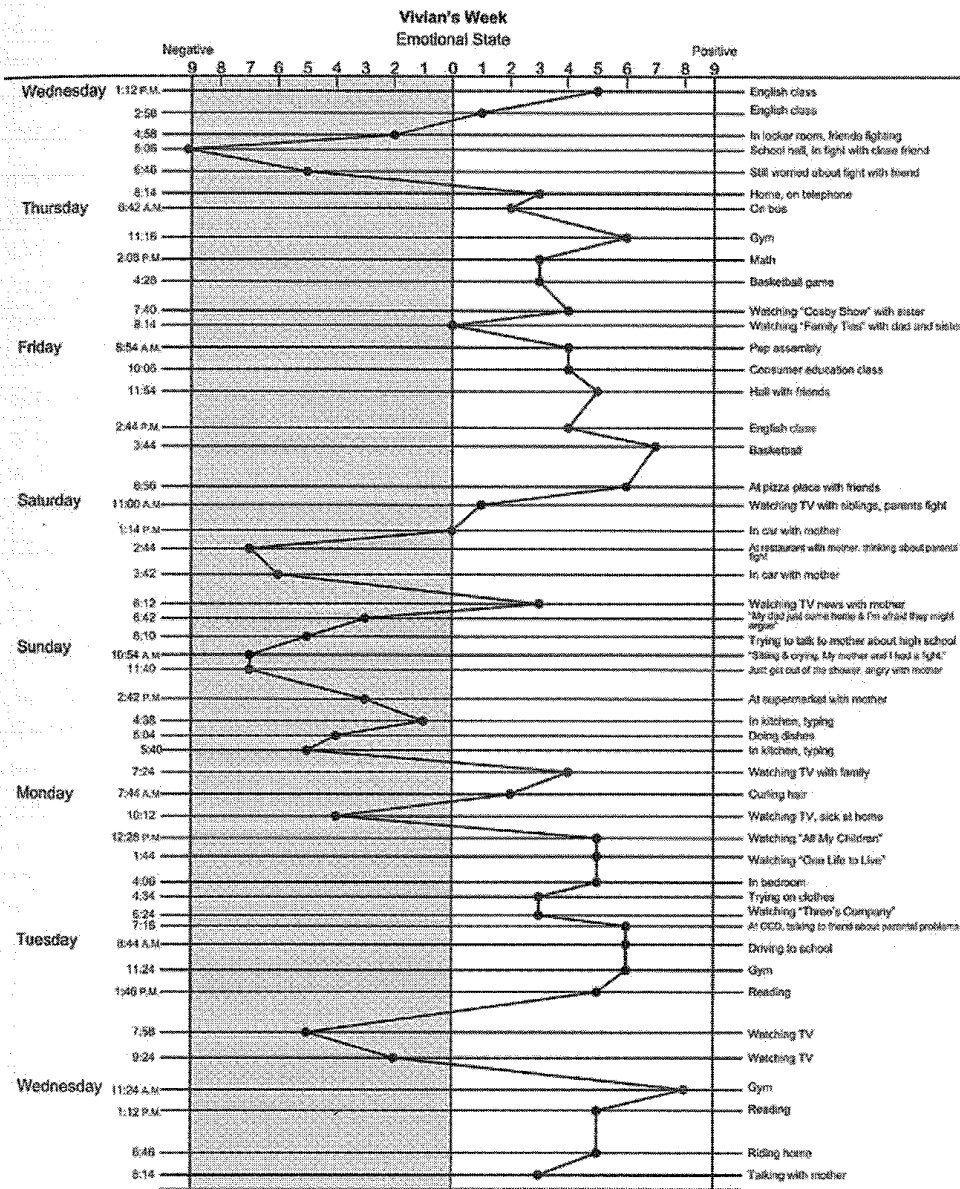
Mood fluctuations



Normal adolescent Mood fluctuations

Normal adolescent



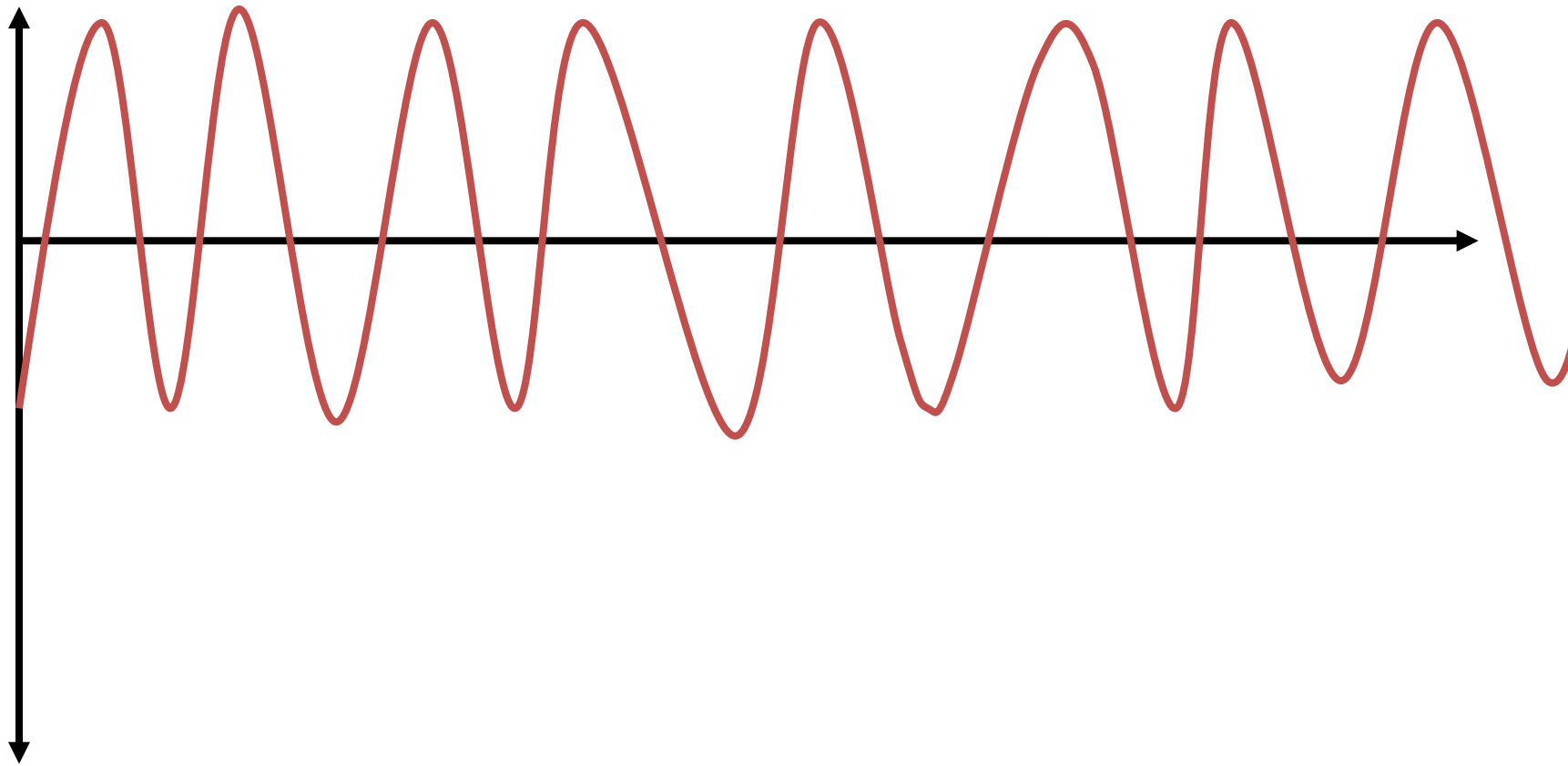


Source: Adolescent emotional development and the emergence of depressive disorders (p.11)
 Nicholas B. Allen, Lisa B. Sheeber ed. Cambridge University Press, 2008

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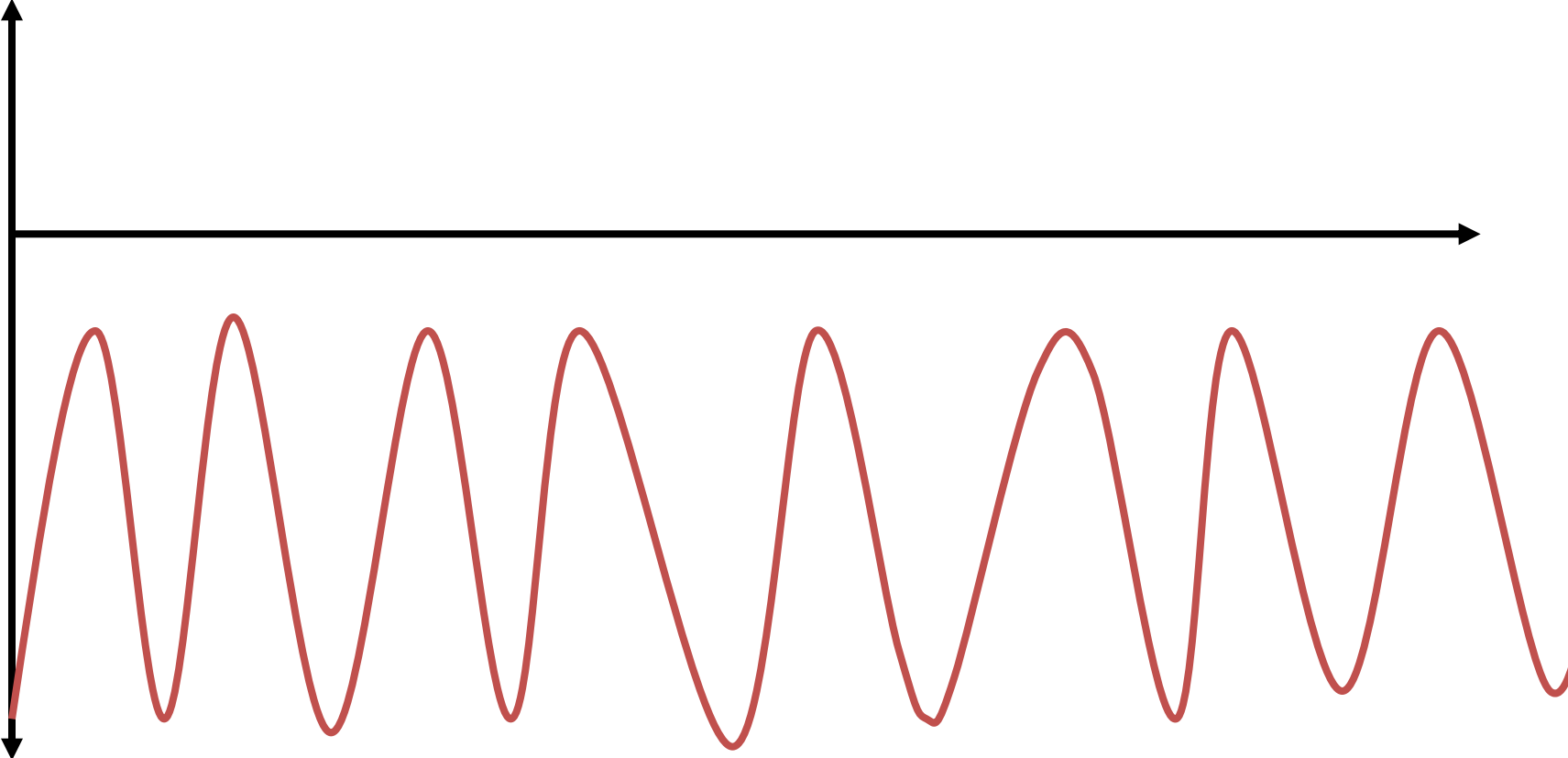
Normal adolescent Mood fluctuations

Normal adolescent



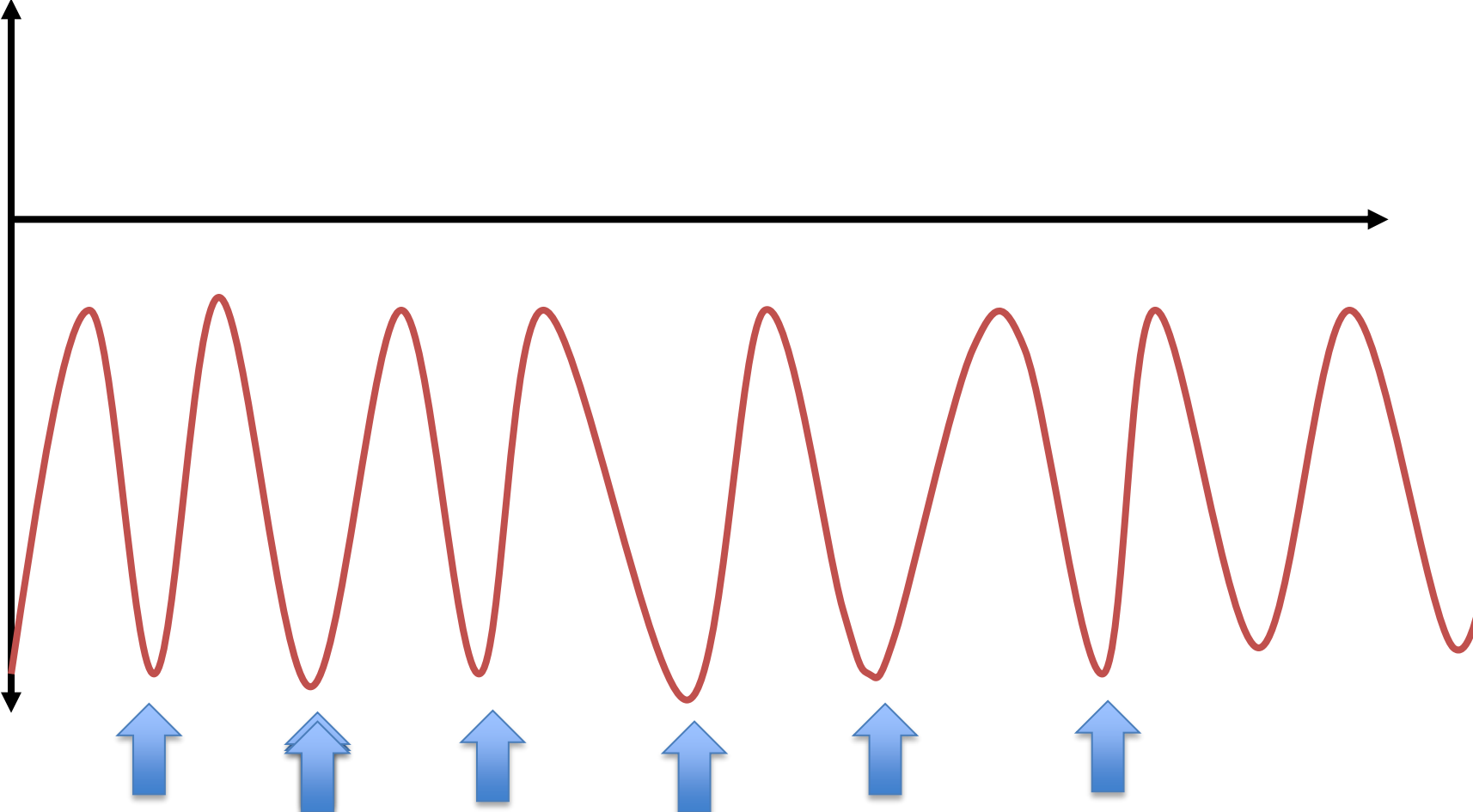
Depressed adolescent
mood regulation

Depressed adolescent



Depressed adolescent
mood regulation

Depressed adolescent



Why are teenagers stressed (and what gets them depressed)?

Why are teenagers stressed (and what gets them depressed)?

1. Psychosocial challenges/tasks
2. Adolescent thinking
3. Adolescent risk-taking
4. Adolescent coping styles
5. Non-verbal communication

Biological changes in adolescence

- Testosterone (male hormone), oestrogen & progesterone (female hormones)
- Negotiate sexual/intimacy relationships

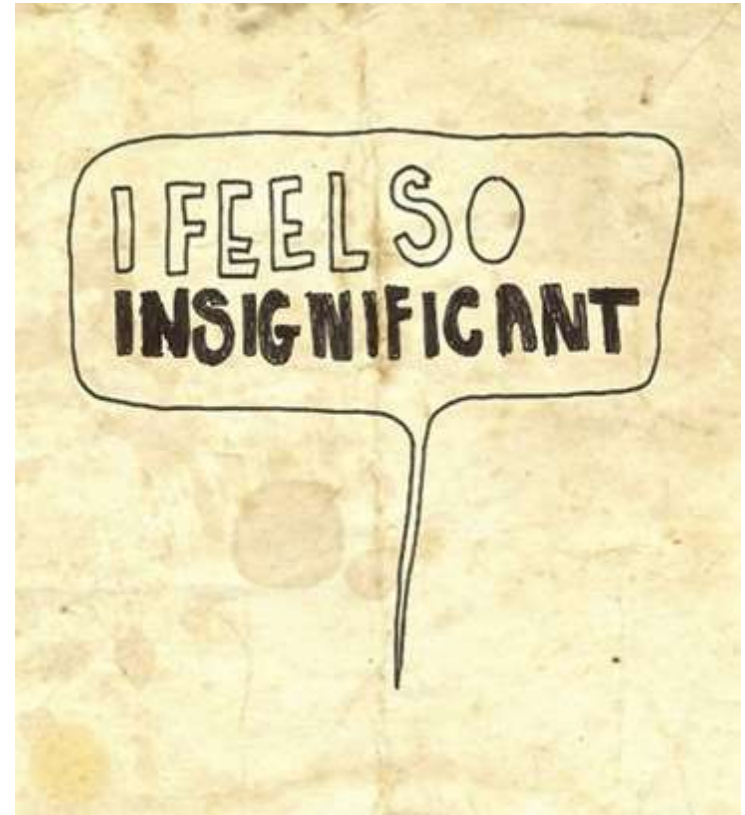
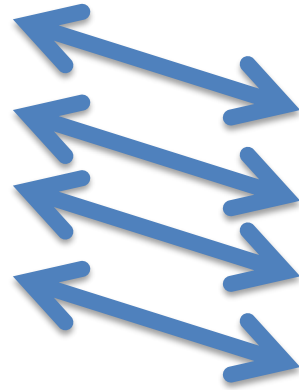
Adolescent challenges

- Separation from parents
- Finding their identity
 - Who am I?
 - What is happening to my body?
- Adolescent thinking
 - Seeking immediate rewards
 - Problems dealing with failure, disappointments
 - Risk-taking behaviours

Adolescent thinking

- I'm at the center of the universe.
- I'm the most important person in the room.
- It's all about me, me, me. Did I mention it is about me?

- I am not important.
- Everyone else is doing well, and I am not.
- I am the least important person.
- *Even* my father is more successful than me.
- I will not achieve anything in this life.



Risk taking behaviour

“the bigger the risk... the more the fun...”



<https://www.flickr.com/photos/geishaboy500/2911898326/in/photolist->

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Adolescent brain

In adolescence:

- Increased accidents
- Increased experimentation
- Increased risk-taking
- Increased novelty-seeking

Risk taking

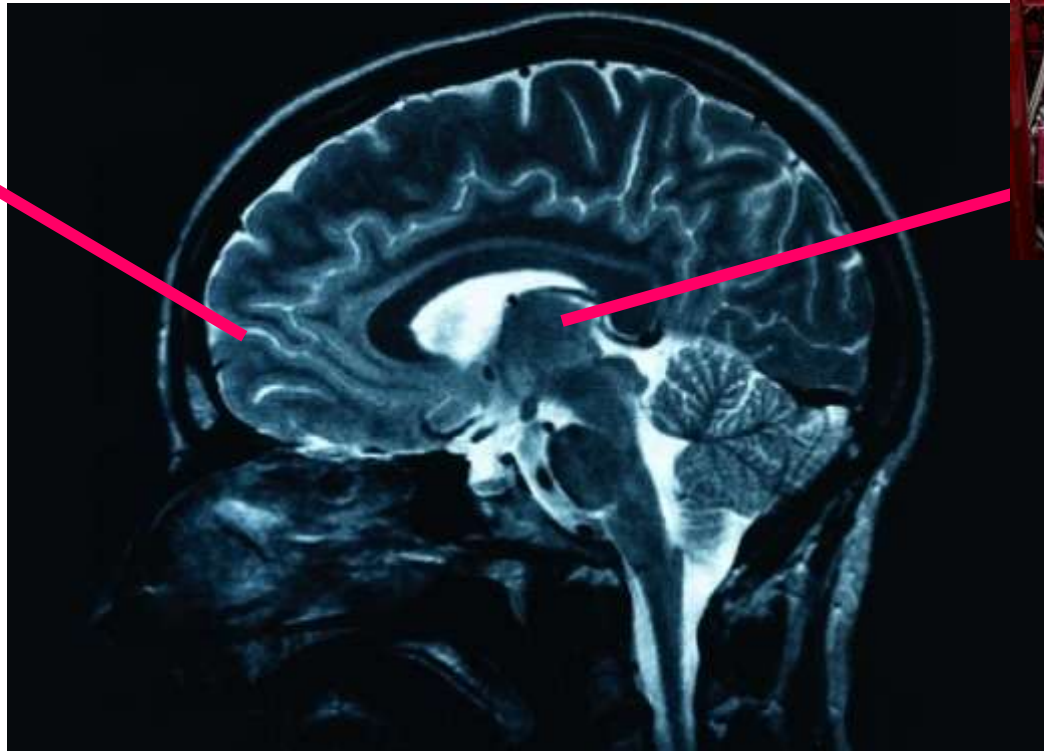
- e.g. unprotected sex and unplanned pregnancies, sexting, self-harm, smoking cigarettes, use of illicit drugs & alcohol, riding in car with a intoxicated driver, shoplifting.
- Evaluation of risks vs reward differs from adults.
- Increased in the presence of peers, i.e. the adolescent will take more risks in the presence of peers than alone (e.g. drinking, driving).

Risk vs reward imbalance

In the adolescent brain the wiring is such that:

- The social risk center (the bit that says - *just do it, its cool!*) matures faster than the brake (the bit that says *do I really want to do that?*).

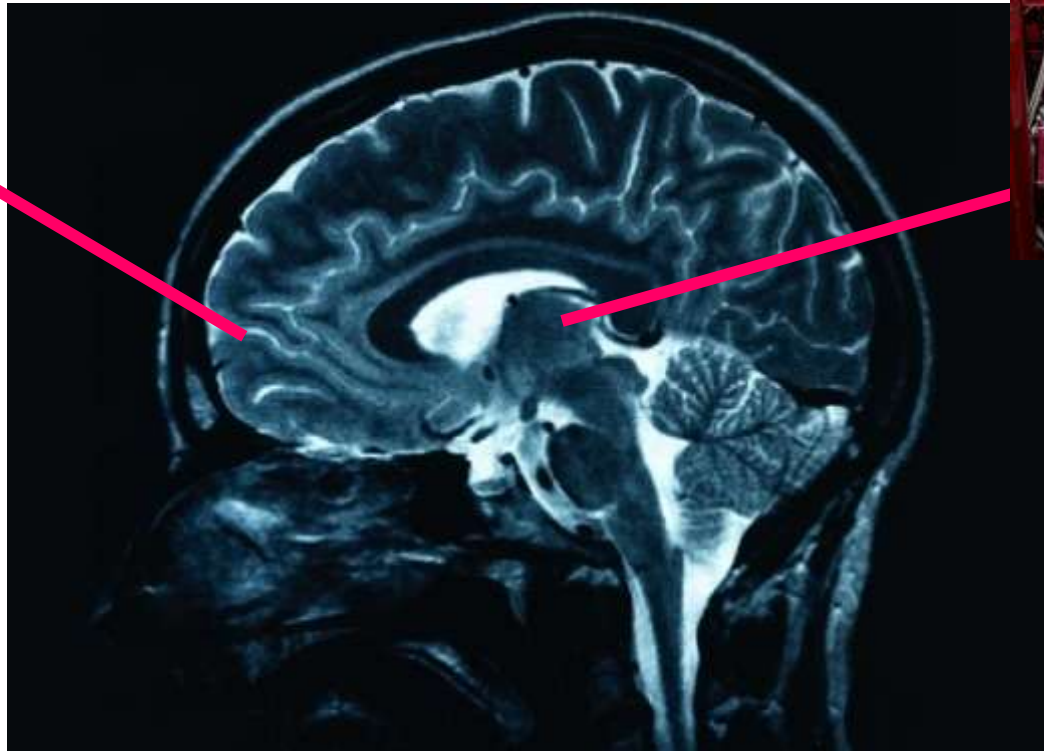
Risk vs reward imbalance



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Risk vs reward imbalance

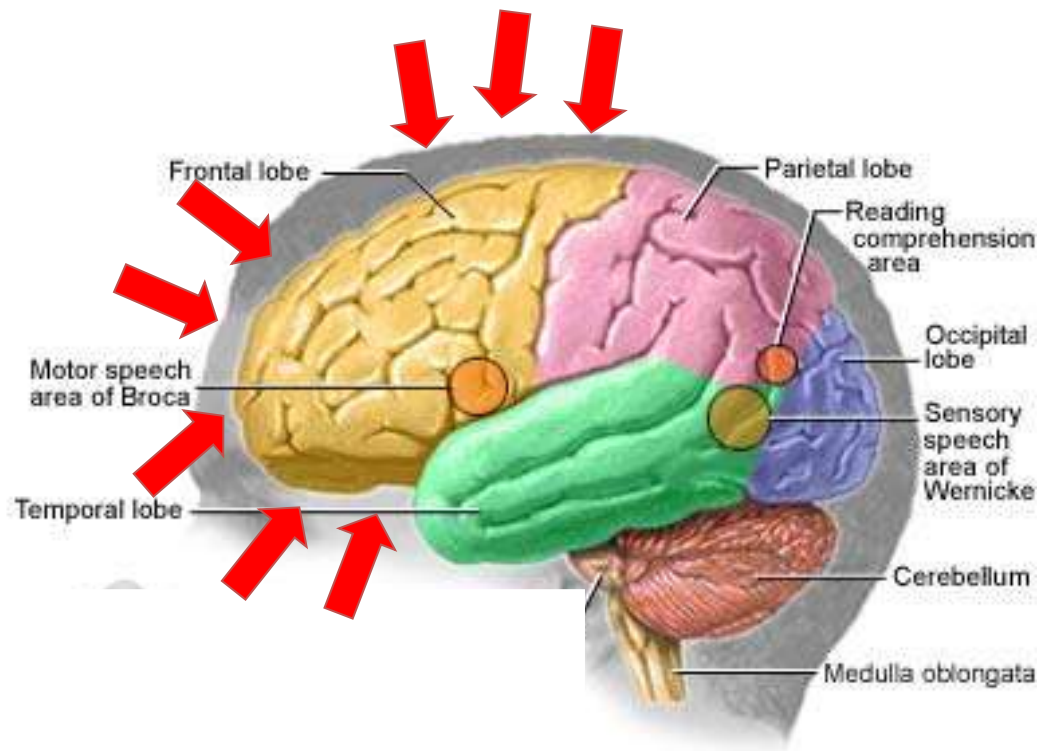


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Adolescent brain

- Frontal lobe is still under construction in adolescence
- Frontal lobe is very vulnerable to stress (i.e. it shuts down when stressed)
- Differential maturation (i.e. different parts of the brain develop at different rates)

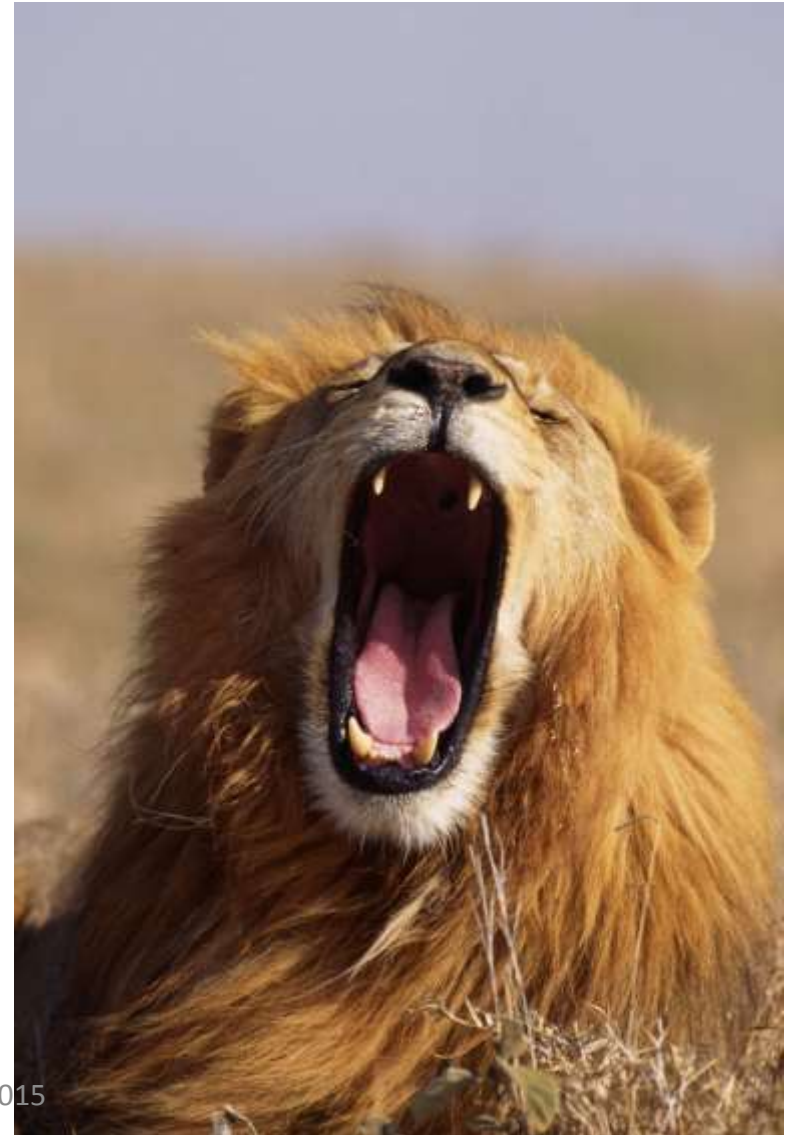


Frontal lobe

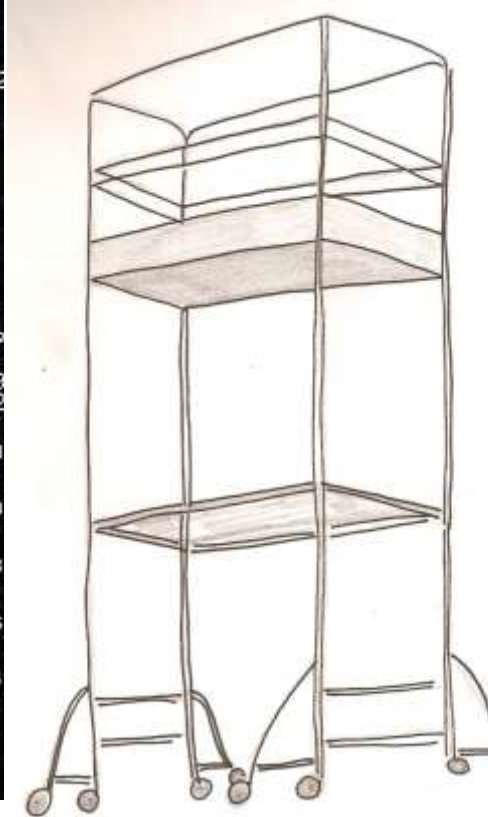
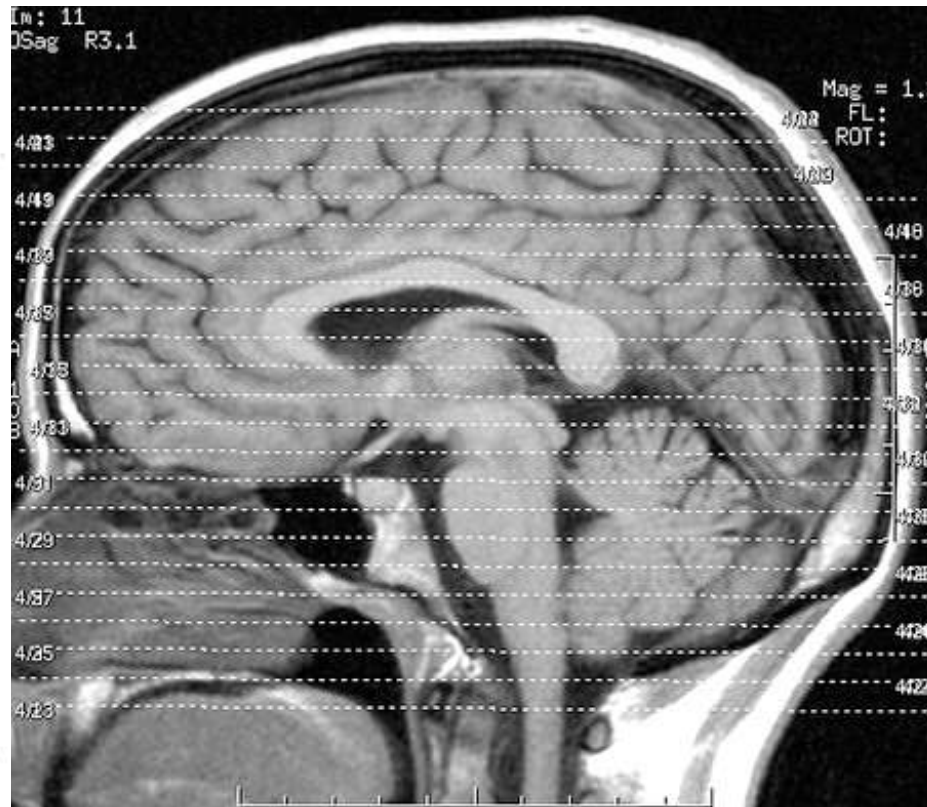
Role of the frontal lobe

- Highly evolved, larger in humans than other animals
- Planning
- Judgement
- Personality
- Problem solving
- The brake
- Concentration
- Prefrontal cortex, seat of personality?

The frontal lobe and the Lions on the Savannas



Parents as the young person's frontal lobes



How do adolescents deal with disappointments?

Ways of dealing with big emotions

Mature/adult way

- Talk to someone
- Ask for advice
- Seek comfort from a responsible adult
- Exercise
- Telephone a friend
- Go out shopping, film, coffee

Immature/child way

- Bullying parents, siblings
- Arguing
- Put others down
- Throw stuff around the room

Ways of dealing with big emotions...2

Mature/adult way

- Review goals or plans
- Decide to do better in the future
- Get perspective (on the situation)
- Concentrate on positives

Immature/child way

- Harm or punish myself
- Dwell on feelings
- Keep feelings locked up inside

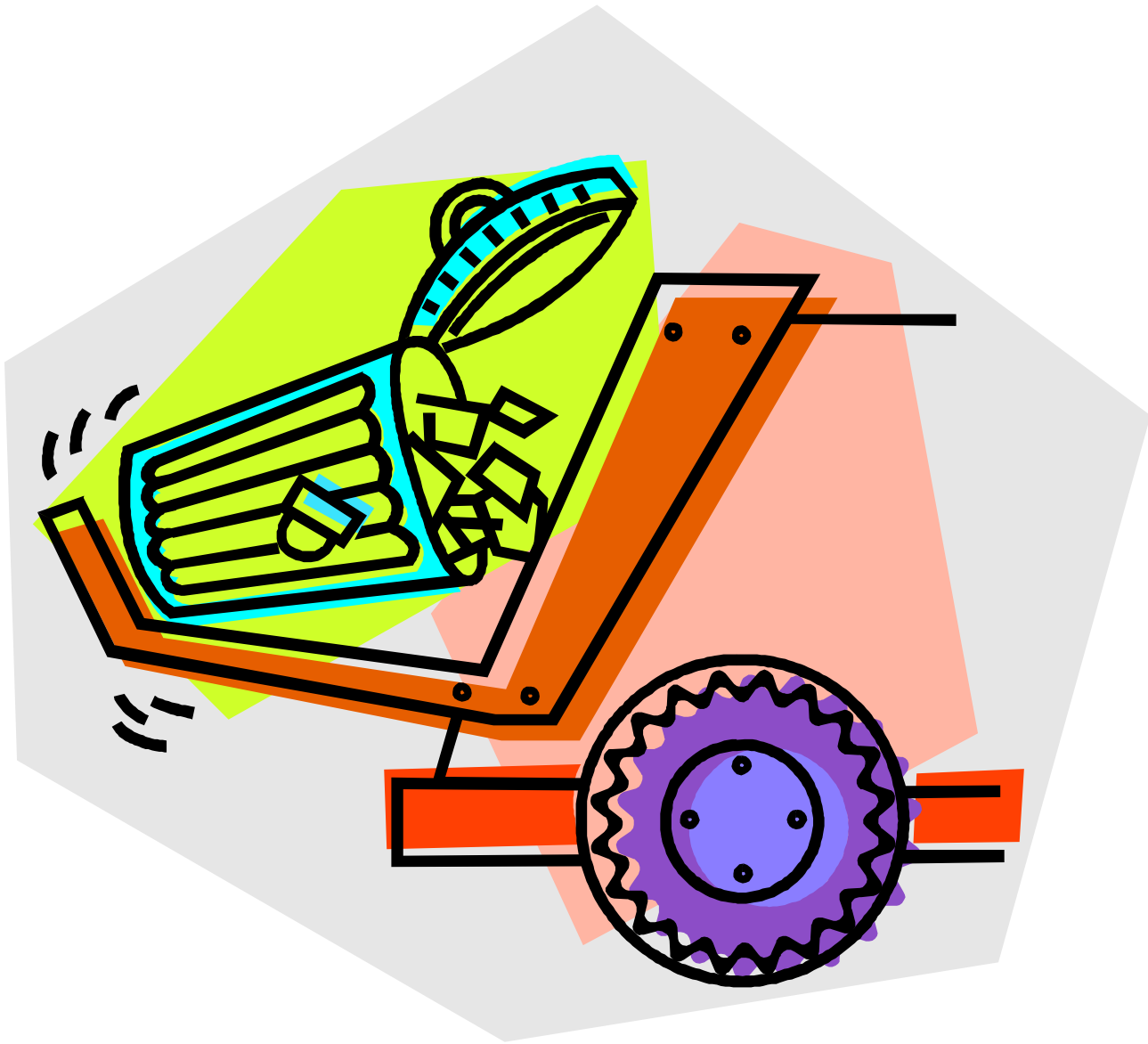
How do children & adolescents communicate?

Non-verbal communication



Non-verbal communication





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What to do?



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Family is a safe place

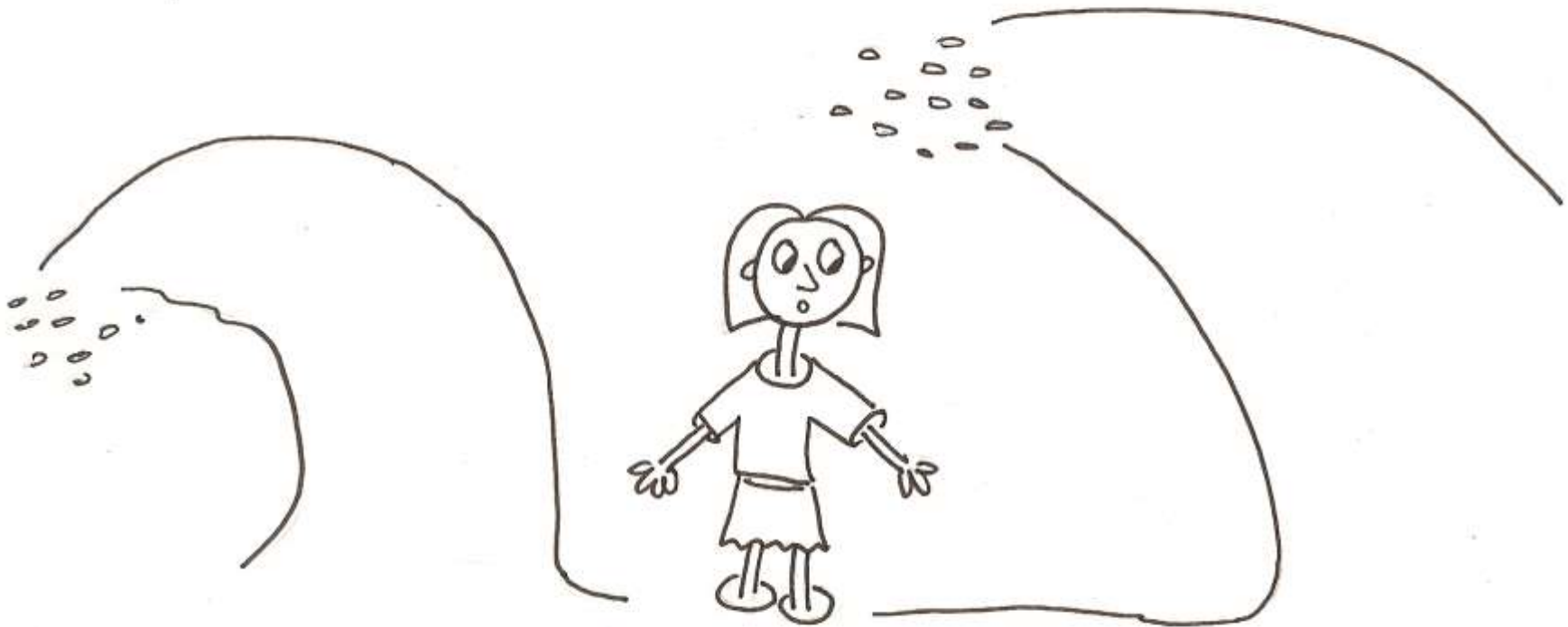


The child is the most anxious person
in the room



https://farm5.staticflickr.com/4044/4257136773_704c0b0dd5_o_d.jpg

Big emotions come as waves



80% of life is turning up

Parents need to work together



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Importance of parents managing their own reactions

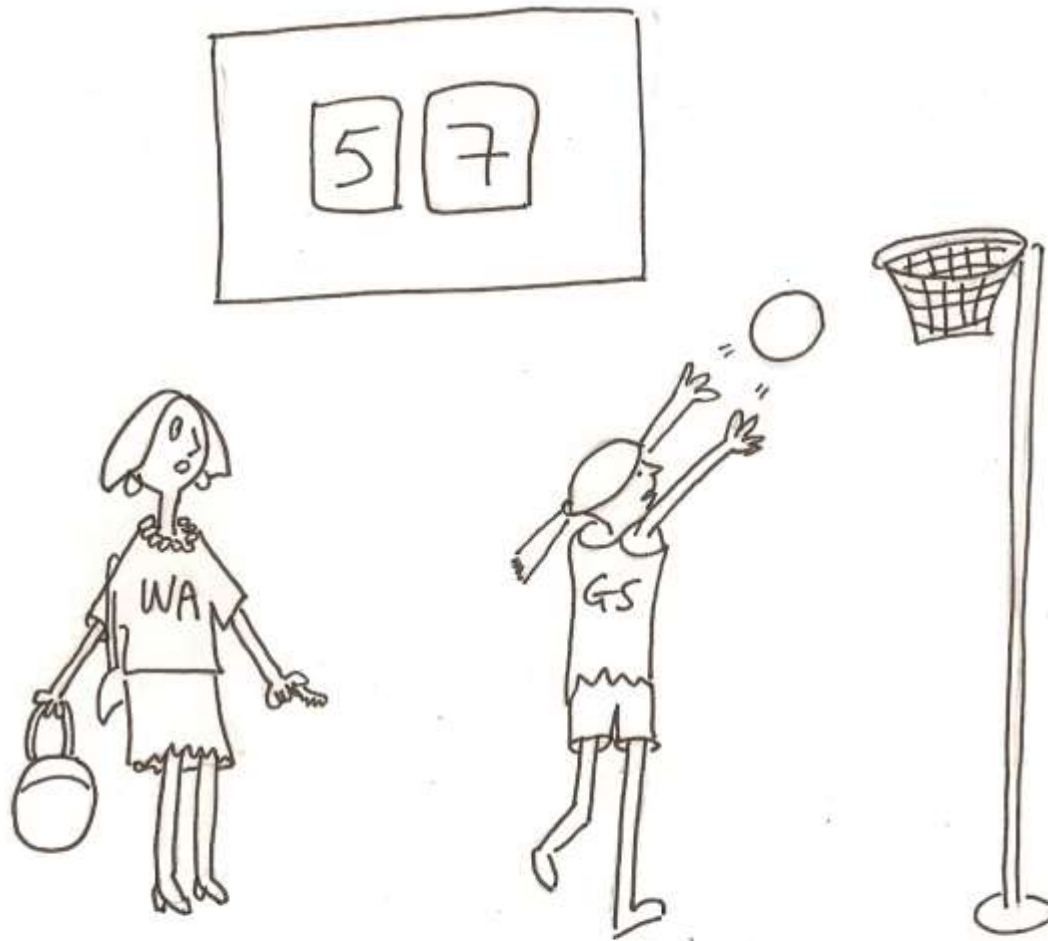
- Children and adolescents are able to put strong feelings into those around them, especially their parents.
- The child often attempts to control the situation.
- Need for the parent to avoid (as much as humanly possible) becoming upset or angry when the young person has an (emotional) tantrum.

Parents are like an (emotional) petrol station...

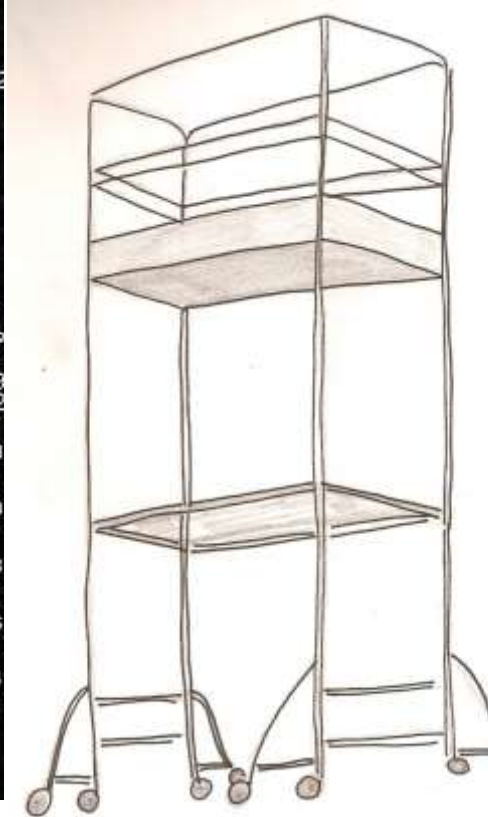
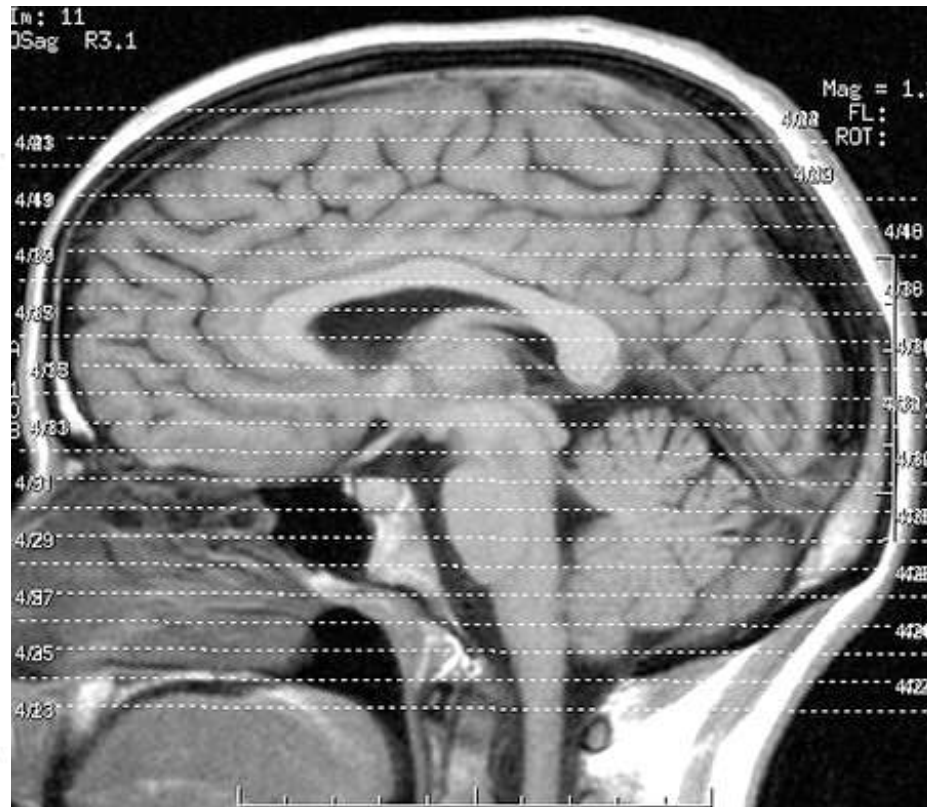


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Netball; if you need...



Parents as the young person's frontal lobes

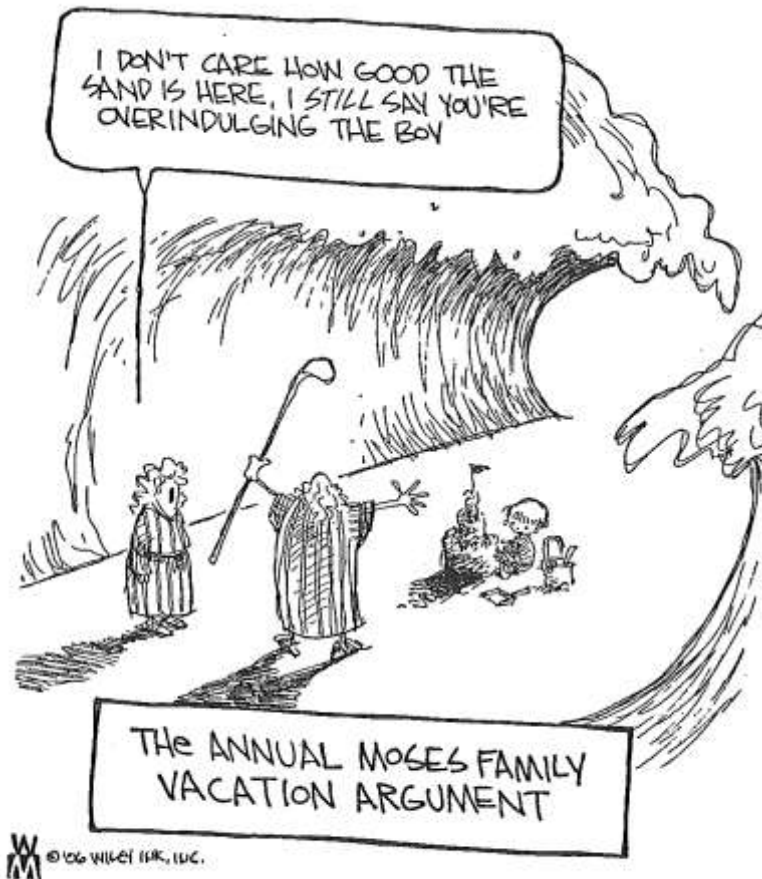


Setting appropriate limits

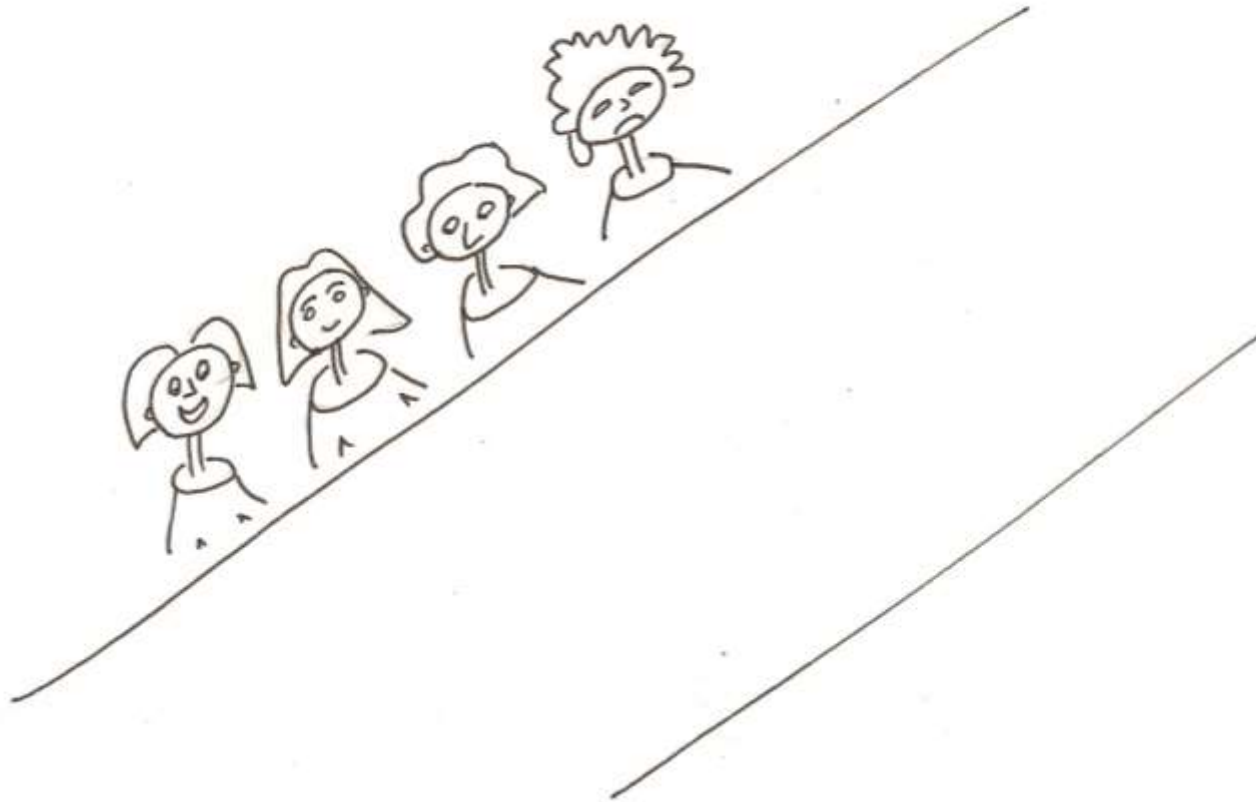
ZITS by Jerry Scott and Jim Borgman



Children need to experience disappointments

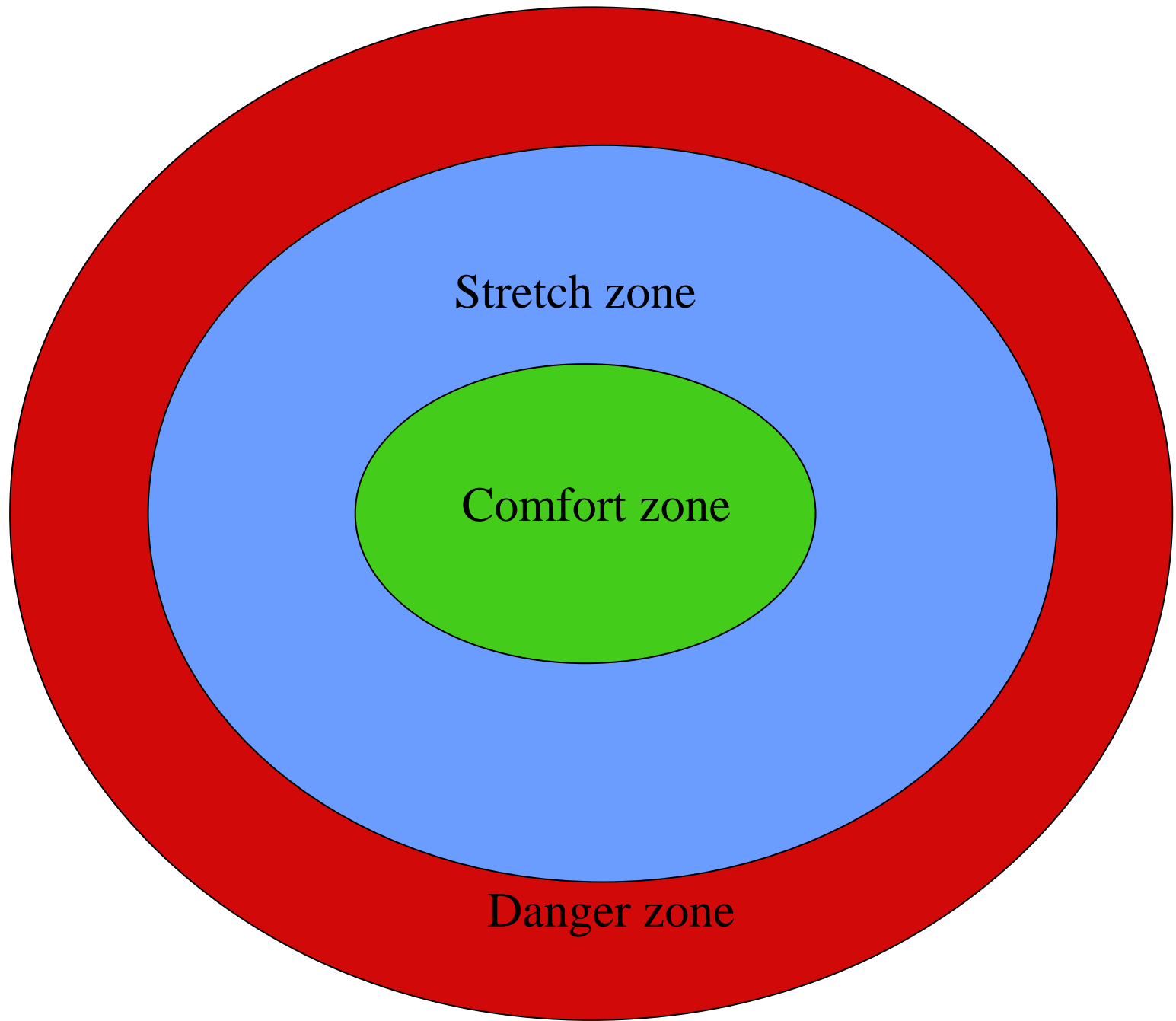


Parents need to model good behaviour



Explain that anxiety is a false alarm





Comfort zone

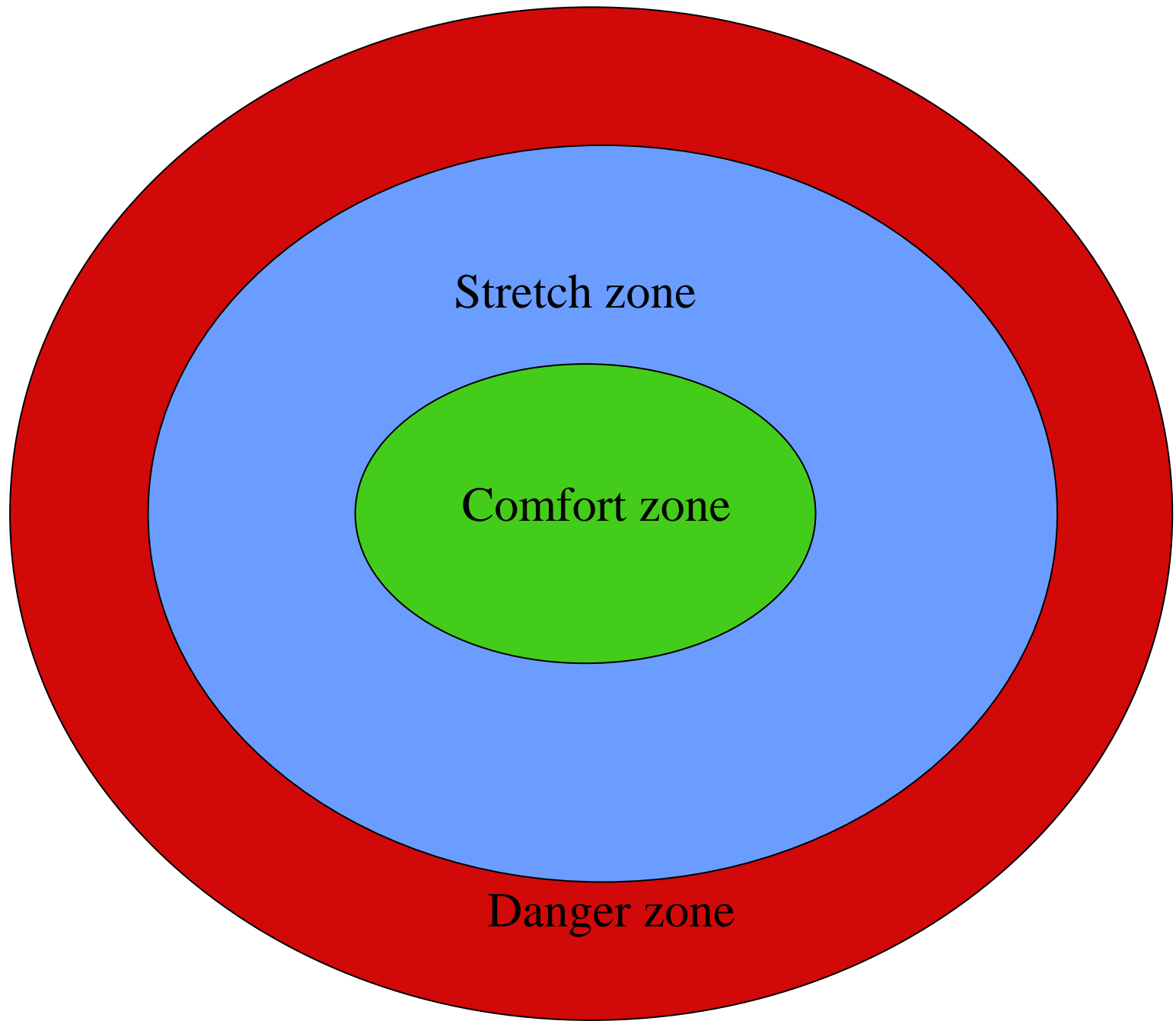


Stretch zone



Danger zone





Menu

- Massage from mum
- Tell mum
- Exercise
- Bath
- Shower
- Read a book
- Tantrum (not a good idea)
- ...



Eight steps toward preventing depression and anxiety in your child

- 1. Mum and dad need to work together.**

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- 7. Take your own pulse and look after yourself.**

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- 7. Take your own pulse and look after yourself.**
- 8. Seek out professional help when you are not winning.**



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