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Interventions to Teenage Depression

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INTERVENTIONS TO TEENAGE DEPRESSION²

9. What are some interventions that can be used to help combat teenage depression?

There are diverse ways of combating teenage depression. It has been established that the prevention efforts have to focus not only on specific but also non-specific factors. Besides, they should enhance protective factors and utilize a developmental approach. Basically, the prevention programs that utilize ¹ cognitive behavioral or interpersonal methods, together with family-based prevention strategies happen to be the most helpful. In that respect, adolescents have to be taught strong social, as well as, emotional skills (Gladstone, Beardslee & O'Connor, 2011).

Such skills will make the adolescents be able to deal with challenges such as academic stress, changing relationships, and failed romantic relationships, which are some of the major causes of depression among them. Most importantly, the teens have to be sensitized about the need for establishing positive peer relations. This is because they look upon their peers for both approval and status, and once these relationships turn out to be fraught, they may result to depression.

INTERVENTIONS TO TEENAGE DEPRESSION²

Reference

Gladstone, T. R., Beardslee, W. R., & O'Connor, E. E. (2011). The prevention of adolescent depression. *Psychiatric Clinics*, 34(1), 35-52.

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