

Adolescence Childhood Experiences Leading to Depression

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ABSTRACT

This research explores the causes of depression in adolescents. Depression has been shown to impact teens in different ways and has been shown to be consistent in these topics, such as living environment, mental health conditions, and gender. This illness has been known to be the leading cause of mental health and suicide. Depression starts in teenage years where they are the most vulnerable. This research is meant to explore the causes of depression in teens based on where an individual environment takes place, a health condition that may have led to depression, and gender. This prediction is that the females will have more of an impact with this study than the males. The results will be utilized to develop educational groups to help address this critical issue.

PURPOSE

The purpose of this study is to see what the best approach is for youth to seek medical attention along with their own comfortability. Youth don't always recognize or know the symptoms for mental illness. This population is very vulnerable, and the topic of mental health could be triggering.

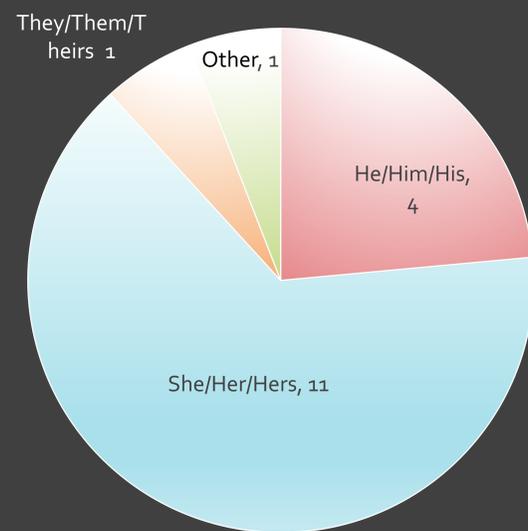
This study was further researched through children's mentoring connection to see how adults view the situation with the youth, and their ideas on educating the youth on mental illness.

DESCRIPTION

The survey was taken to learn more effective and recognizable ways to help adolescents seek medical attention.

The participants in this study were chosen because they work closely with this age group or are a parent or guardian of the children.

17 participates



| | | |
|--|--------|---|
| Small group therapy/education sessions in person | 31.25% | 5 |
| Online education program (via zoom) | 43.75% | 7 |
| One on one therapy/education | 25.00% | 4 |
| Non beneficial | 0.00% | 0 |

OUTCOMES

- After data was collected from the survey the results showed that a program that focuses on mental health would be beneficial.
- Online education was voted most popular
- On a Scale 1-10 the weighted average was 7.76
- Anxiety and depression were the most voted under mental health.

How likely or often does your students, your child, or grandchildren mention their feelings and emotions on how they are feeling?

| | | |
|----------------------|--------|---|
| Few times a week | 31.25% | 5 |
| Once a week | 56.25% | 9 |
| Everyday of the week | 12.50% | 2 |

CONCLUSIONS

Data has shown depression and anxiety are the most common mental health illnesses. This survey also concluded that the participants who took the survey thought a mental health program would be beneficial for the youth at Children's Mentoring Connection. As for the the adolescence comfortability data showed that online education program such as zoom would be the most beneficial. The overall study of this research concluded youth depression and anxiety can be caused in many ways. Adding an extra support system for the youth could educate and direct youth to a healthy path to success.

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