



Increasing Treatment for Adolescent Depression

Hannah Singleton, Alli Potter, Brandi Stamper

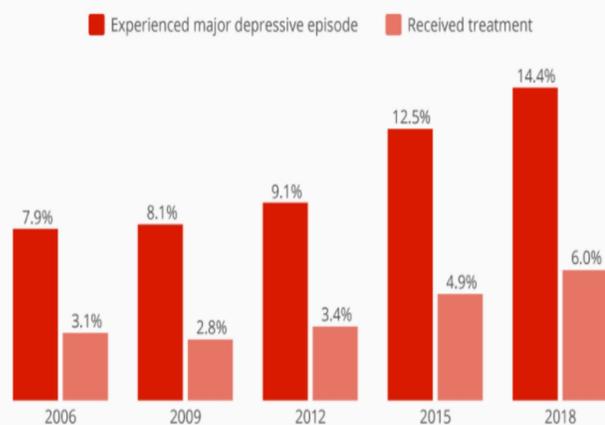


Introduction & Purpose

- Research question revolved around adolescent mental health, and improvement in access to care and the effectiveness of treatment.
- It is important to initiate screening and treatment for adolescents because these conditions may follow them into adulthood, which can then impact their health, behaviors, and decision-making skills.
- Many barriers can prevent adolescents from seeking and/or accessing mental health treatment. These barriers include wait time, issues with providers, understanding of mental health disorders, stigma, and socioeconomic reasons.
- By addressing these barriers access and effectiveness of mental health treatment can be improved.

More Teenagers Are Experiencing Depression

Share of U.S. teenagers (12-17 y/o) experiencing depressive episodes/receiving treatment



Buchholz, K., & Richter, F. (2019, November 21). Infographic: More U.S. Teenagers Are Experiencing Depression. Statista Infographics. <https://www.statista.com/chart/20052/share-of-us-teenagers-experiencing-depressive-episodes-and-receiving-treatment/>.

Background & Significance

- Need for better screening and treatment options for adolescents with mental health problems, like depression (Harder et al., 2019).
- Identify at risk groups in population and see if certain populations do not have access to mental health services (Reardon et al., 2017).
- Primary care providers see approximately 75% of adolescents; however, mental health conditions are missed 84% of the time (Davis, 2019).
- Over half of adults with Major Depressive Disorder (MDD) identified that their depression began before the age of 18, displaying an increased need for early identification and treatment (Davis, 2019).
- Adolescents are at a higher risk for depression and suicide, but they have some of the lowest outcomes for mental health treatment. (LeCloux, M. et al.)
- Families with unemployed parents, low-income statuses, or blended families are at a higher risk of mental health issues and they tend to use more mental health services. (Islam, I. et al.)

Literature Review and Methods

Databases used to research included CINHALL, PubMed, Nursing and Allied Health Database, PsychInfo. Specific keywords used in research were "Evidence-based practice," "depression," "adolescents," "mental health." Excluded children, adult depression/mental health. Research was done on increasing treatment for adolescents aged 12-17.

Findings

- § Modern-day therapy, medicine, utilizing online therapy, and telehealth, etc., is a way to help reach families and adolescents who are unable to have access to healthcare (Boyd et al., 2018). Individualizing treatment and acknowledging the adolescent's perspective, beliefs, and feelings on their mental health and depression is key to attaining effective treatment (Midgley et al., 2017).
- § Primary care practices should adopt mental health screening tools to identify adolescents who might be at risk for various mental disorders and treatment can be initiated (Harder et al., 2019). Integrating universal screenings in primary care appointments can help detect mental health issues earlier and provide information and referrals for the family.
- § Encouraging parental involvement and increasing mental health counselors in schools, can increase knowledge about adolescent depression (Singh et al., 2019).
- § Free and low-cost community-based resources to decrease barriers related to cost (Reardon, T. et al., 2017).

Conclusions & Implications

Findings indicate that efforts have been made to increase screenings, treatment modalities, and interventions for adolescents. However, further implementation in the health care setting is needed. Increasing treatment and screening helps decrease the prevalence of adolescent depression and anxiety. With these combined efforts, treatment for adolescent mental health will be more accessible and efficacious.

Past Year Treatment Received Among Adolescents with Major Depressive Episode (2016)
Data Courtesy of SAMHSA

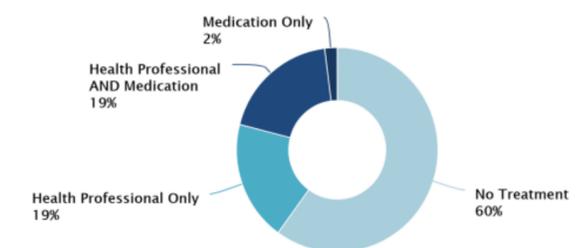


FIGURE 1. Treatment rates for adolescents with major depressive episodes from SAMHSA.

Davis, M. C. (2019). Adolescent depression screening in primary care practice (Order No. 13864970). Available from ProQuest One Academic. (2217854392). <https://search-proquest-com.iris.etsu.edu/dissertations-theses/adolescent-depression-screening-primary-care/docview/2217854392/se-2?accountid=10771>

References

