



**HIGHER EDUCATION CONSULTANTS ASSOCIATION
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Depression and Anxiety Among Teens

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FAST FACTS ABOUT ANXIETY AND DEPRESSION IN TEENS AND COLLEGE STUDENTS

- An estimated 31.9% of adolescents had any anxiety disorder, with over 8% reporting severe impairment.
- 13.3% of the U.S. population aged 12 to 17 report having a major depressive episode, with over 70% reporting severe impairment.
- More young women than men are affected; twice as many young women are diagnosed with a depressive episode. The gender ratio with respect to anxiety ratio is less but still exists, 38% of young women and 26% of young men.
- Depression and Anxiety are “traveling companions;” they go together (are comorbid) over 50% of the time. Social Anxiety disorder is the most common type of anxiety to be co occur with depression. It is the rule, not the exception, that depression is comorbid with another mental health problem.
- A survey by the American Psychological Association found that 90% of today’s teens reported at least one physical or emotional symptoms that they felt was stress-related (APA Stress in America, 2018).

- Today's teens are self aware about mental health. According to a Pew Foundation study, 70% of listed depression and anxiety as a major problem for their age group. (Pew Research Center, February, 2019) This generation is also very open to receiving treatment.
 - Still, only 50% of teens affected receive treatment.
 - 50% of the parents who brought their children for treatment were themselves depressed. (Evans,et al, 2005)
 - Risk factors for depression and anxiety are family history, negative outlook, high levels of stress, family conflict, and a tendency to ruminate. Most teens who are depressed report a stressful life event within the previous year; those with anxiety often report early stress that made them feel that they did not have control.
 - Lack of perceived self-efficacy is associated with both depression and anxiety.
 - Sleep disruption can trigger depression and raises levels of anxiety.
 - College counseling centers are understaffed, unable to meet the needs of the number of students with mental health problems.
 - Students report chronic stress related to academic performance and the college admissions process.
 - As professionals, family members and citizens, we can all help to prevent anxiety and depression in our adolescents.
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PERFECTIONISM

Adapted from www.mtholyoke.edu/counseling

Perfectionism is associated with high personal performance standards ... that doesn't sound too bad. In fact, at a places where expectations run high, perfectionism can be related to academic success, organization, and the motivation to do well. **Adaptive perfectionists** have a healthy perspective – they can accept minor flaws and mistakes while still viewing themselves and their work as successful. Their high performance standards are accompanied by low self-criticism. **Maladaptive perfectionists** have high standards *and* are highly self-critical. They consistently perceive themselves as not meeting their own standards. Maladaptive perfectionists tend to be:

- **Overly concerned with mistakes** (for example, focused on one critical remark on a paper that has earned a good grade and contains many pieces of positive feedback)
- **Doubtful about the quality of their work**, even when others judge it to be successful (convinced that the professor must be grading them easily, or that they managed to fool their instructor this time)
- **Often excessively concerned with others' expectations and evaluations** (fear others will reject them or be disapproving/critical if they are not perfect)
- **Concerned with precision, order, and organization** (completed assignments never feel finished) (Frost et al., 1990)

Where to begin:

- Accept your **humanity**. You have strengths and limitations, just like everyone else in the world. Make a list of the things you do well, and view your limitations as areas for growth or things you are working on.
- Recognize that **perfect does not exist**. You will make mistakes - they are critical to growth and change. You cannot alter the past, no matter how much you think about it. Learn from your mistakes, and move on.
- **Maintain perspective**. What are your intentions, your values, and your goals? What is the big picture of your life, and what is the relevance of this one paper/homework/person to that vision? Learn to prioritize in your work and relationships, so that you can put more effort into the things that matter most.
- **What would you say to a friend?** Have you ever really listened to that critical voice in your head? Ouch. Would you ever say those things to a friend? Catch yourself in the act of self-deprecation and criticism. Imagine what you would say to a friend in a similar situation, and practice using the same language when you talk to yourself.

Taking Action:

Identify and challenge some of your most common cognitive distortions:

| Maladaptive Characteristic. | Example of thoughts | Rational Thought or | |
|---|--------------------------------------|---|--|
| Change Tech. Concerns about mistake | I'll never get that fellowship now." | "One mistake is not likely To make the difference" | |
| Doubts about quality of work | | | |
| Concern with others' expectations/evaluations | | | |
| Focus on order, neatness, organization | | | |

Get Perspective! Things I value most:

My academic and personal goals:

Assess and Match Are your goals and values reflected in the **way you spend your time**? If not, what are some things you can change to bring this into balance?

Remember... Challenging perfectionistic thoughts and beliefs takes time. You did not develop these tendencies overnight. Be patient with yourself and the process.

<https://www.mtholyoke.edu/sites/default/files/counseling/docs/perfectionism.pdf>

RESOURCE MATERIALS

DEPRESSION

Books

David. D. Burns. *Feeling Good: The New Mood Therapy*. New York: Harper Books, 1992

Dennis Greenberger and Christine Padesky. *Mind Over Mood: Change How You Feel by Changing the Way You Think*. New York: Guilford, 2015

Online Resources

QPR Institute Suicide Prevention Training

Suicide Prevention <http://www.qprtraining.com/setup.php>

Enter the organizational code: HECA (there is a link to this on the HECA website)

The JED Foundation's the primary mission is suicide prevention and is an excellent resource for all college mental health issues. <https://www.jedfoundation.org/depression/#card=1>

National Institute of Mental Health. "Depression Basics."
<https://www.nimh.nih.gov/health/publications/depression/index.shtml>

National Institute of Mental Health Facts sheets and brochures on depression, anxiety and other conditions, in English and Spanish.
<https://www.nimh.nih.gov/health/publications/index.shtml>

ANXIETY

Books

Gillian Butler, *Overcoming Social Anxiety and Shyness*, 2nd. Edition, New York: Constable Robinson, 2016.

David Clark and Aaron Beck. *The Anxiety and Worry Workbook: The Cognitive Behavioral Solution*. NY: Guilford Press, 2011.

Edna Foa and Linda Andrews. *If Your Adolescent Has an Anxiety Disorder: An Essential Resource for Parents* (Adolescent Mental Health Initiative) New York: Oxford University Press, 2006.

Dr. Ben Bernstein
Test Success (Calm, Confident, Focused)
Crush your Anxiety- tips for students and parents. FamiliusLLC
www.familius.com

Online Resources

Social Anxiety Support Forum (<https://www.socialanxietysupport.com/>) offers a number of informative articles discussing social anxiety diagnoses and the different treatment options available. It also hosts a forum where community members can connect with one another for mutual support and to discuss their experiences with social anxiety and its treatment.

The Andrew Kukes Foundation for Social Anxiety (AKFSA; <https://akfsa.org>) has compiled a library of videos about social anxiety and treatment options on YouTube (<https://www.youtube.com/user/AKFSAFoundation/videos>) and has developed a diagnostic questionnaire specifically targeted toward adolescents who may suffer from social anxiety (https://akfsa.org/wp-content/uploads/2012/08/Exam_Sufferers_Adolescents.pdf).

The Anxiety and Depression Association of America has developed an online support group, *Anxiety and Depression Support* (<https://healthunlocked.com/anxiety-depression-support/about>), which aims to serve “a safe space for those affected by anxiety and depression to talk to others who truly understand.” *Anxiety and Depression Support* also publishes a free monthly e-newsletter.

FOR PARENTS

Books

Amy Alamar and Kristine Schlichting. *The Parenting Project: Build Extraordinary Relationships With Your Kids Through Daily Conversation*. Beverly MA: Fair Winds Press, 2018

Jean Twenge. *iGen: Why Today's Super-Connected Kids Are Growing Up Less Rebellious, More Tolerant, Less Happy--and Completely Unprepared for Adulthood--and What That Means for the Rest of Us*. New York: Atria, 2017

Online Resources

American Academy of Pediatrics. "How to Make a Family Media Plan." [Healthychildren.org
https://www.healthychildren.org/English/family-life/Media/Pages/How-to-Make-a-Family-Media-Use-Plan.aspx](https://www.healthychildren.org/English/family-life/Media/Pages/How-to-Make-a-Family-Media-Use-Plan.aspx)

American Academy of Pediatrics. "Contribution: Building Competence, Confidence, Connection & Character." American Academy of Pediatrics.
<https://www.healthychildren.org/English/family-life/Community/Pages/Contribution-Building-Competence-Confidence-Connection-Character.aspx>

Office of Adolescent Health, Health Human Services. "Talking With Teens About Alcohol." Health Human Services.gov.
<https://www.hhs.gov/ash/oah/resources-and-training/for-families/alcohol/index.html>

Planned Parenthood. "For Parents." <https://www.plannedparenthood.org/learn/parents>

SUBSTANCE MISUSE

Childmind Institute. "Co-Occurring Substance Abuse and Mental Health Disorders." Childmind.org.
<https://childmind.org/guide/parents-guide-to-co-occurring-substance-use-and-mental-health-disorders/>

The NIDA Blog Team. "The Real Cost of Vaping." Drugabuse.gov.
<https://teens.drugabuse.gov/blog/post/real-cost-vaping>. October 29, 2018

The NIDA Blog Team. "Snuff It, Chew It, Hookah pipe it. Tobacco by any other name is still tobacco and it causes cancer."
<https://teens.drugabuse.gov/blog/post/tobacco-by-any-other-name-is-still-tobacco>

APPS

To stay up to date on apps, check out <https://psyberguide.org/about-psyberguide/> A list created by a non- profit that has an excellent scientific advisory board. The guide includes rating on credibility, user experience and transparency regarding privacy.

Buddify: “No need to find time for a formal meditation session every day, we will show you how to bring mindfulness to all parts of your life—challenges including anxiety, stress, sleep pain and difficult emotions.”

Calm: Ranked by Apple as one of the best apps of 2018. “Learn the life-saving skills of meditation, sleep stories, breathing and master classes.”

Headspace: One of the most popular apps. “Relax with guided meditations and mindfulness techniques to bring come wellness and balanced to your life in just a few minutes a day”

The Mood Meter: According to its developers at Yale Center for Emotional Intelligence. “The Mood Meter can be used to check in regularly on your feelings, expand your emotional vocabulary and discover the nuances and your feelings.”

Online Videos

Children’s Mercy Hospital. “Progressive Muscle Relaxation.”
<https://www.youtube.com/watch?v=ihO02wUzgkc&t=26s>

Jon Kabat-Zinn. “Benefits of meditation.” <https://www.youtube.com/watch?v=wjXXvtGEZQQ>

PERFECTIONISM

Books

Brown, Brene. *The Gift of Imperfection: Let Go of Who You Think You're Supposed to be and Embrace Who You Are*. Hazelden: Center City, MN, 2010.

Germer, Christopher, *The Mindful Guide to Self- Compassion: Freeing Yourself from Destructive Thoughts and Emotions*. New York: Guilford Press, 2009.

Ann Marie Dobosz. *The Perfectionism Workbook for Teens: Activities to Help You Reduce Anxiety and Get Things Done*. Oakland CA: Instant Help, New Harbinger, 2016.

Kristen Neff. *Self-Compassion: The Proven Power of Being Kind to Yourself*. New York: William Morrow, 2015.

Online Resources

American Academy of Pediatrics. "The Problem with Perfectionism."

<https://www.healthychildren.org/English/ages-stages/young-adult/Pages/The-Problem-with-Perfectionism.aspx>

Kornfield, Jack. *The Tyranny of Perfectionism*

<https://jackkornfield.com/tyranny-of-perfection/>, accessed May 1, 2019.