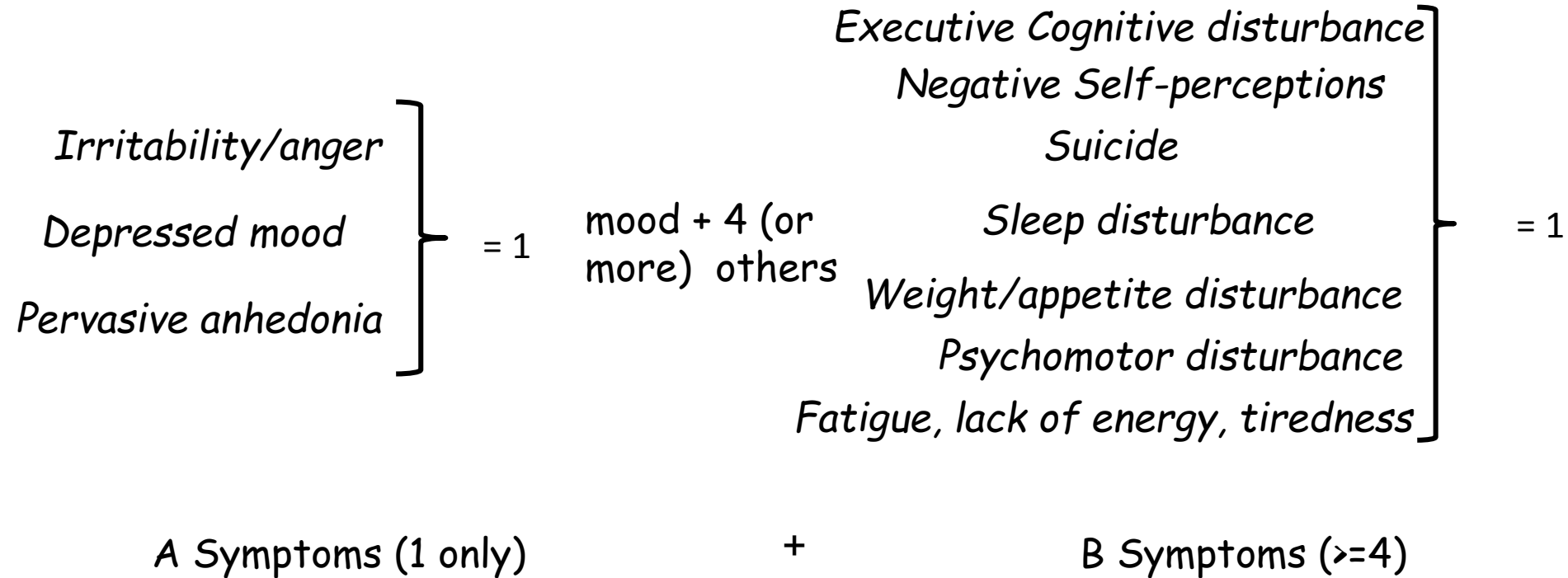# Adolescence and Clinical Depressions

Professor Ian M Goodyer

Department of Psychiatry
University of Cambridge

Descriptive Psychopathology
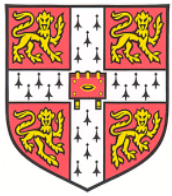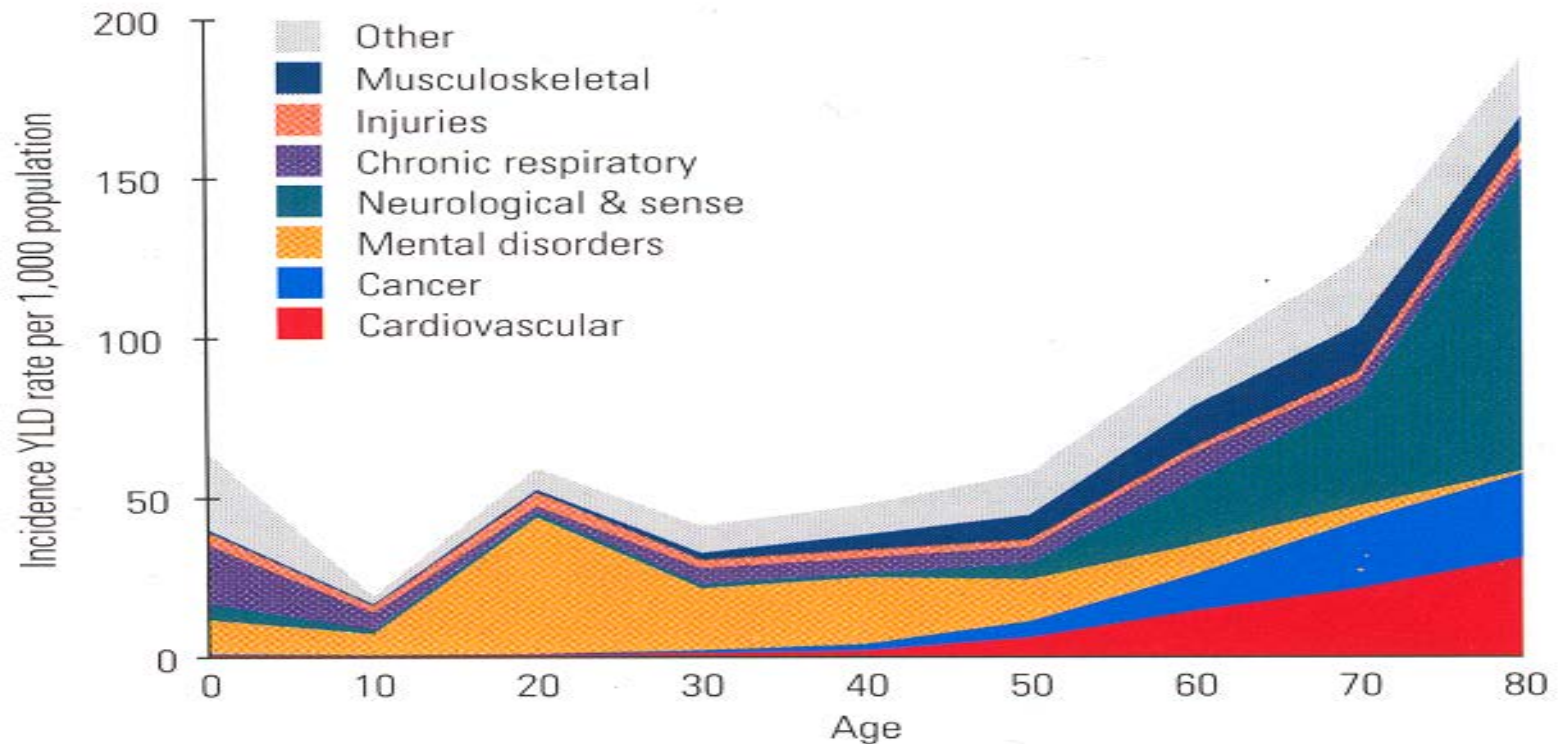# Unipolar Major Depression

Irritability/anger

Depressed mood

Pervasive anhedonia

= 1

mood + 4 (or more) others

Executive Cognitive disturbance

Negative Self-perceptions

Suicide

Sleep disturbance

Weight/appetite disturbance

Psychomotor disturbance

Fatigue, lack of energy, tiredness

= 1

A Symptoms (1 only)   +   B Symptoms (>=4)

Developmental Epidemiology of disease

Figure 6 Incident YLD Rates per 1,000 Population by Age and Broad Disease Grouping, Victoria 1996

Common mental illnesses are emergent between 10 and 30 years.
Endophenotypes likely to be formed by the first two decades of life.
In contrast activation processes may occur proximal to illness emergence

The Depressions:
A Public Health Priority

Major Depression in the UK

- There are ~7.4 million 10-19 year olds in the UK : 12% of the population.

- ~300,000 will have been clinically depressed before their 21st birthday.

- ~60,000 (20%) will receive a mental health assessment : treatment data not collected.

- ~50% spontaneous recovery with no sequelae.

- ~132,720 (42%) will be depressed at least twice before their 21st birthday.

Financial Burden of Depressions to the UK

- Productivity losses 23 times higher than costs to NHS.

- Sickness costs ('absenteeism') ~ £8.4bn annually.

- £15.1bn in reduced productivity at work ('presenteeism').

- Productivity losses to schools not known.

- Effects of depression on education outputs not known.
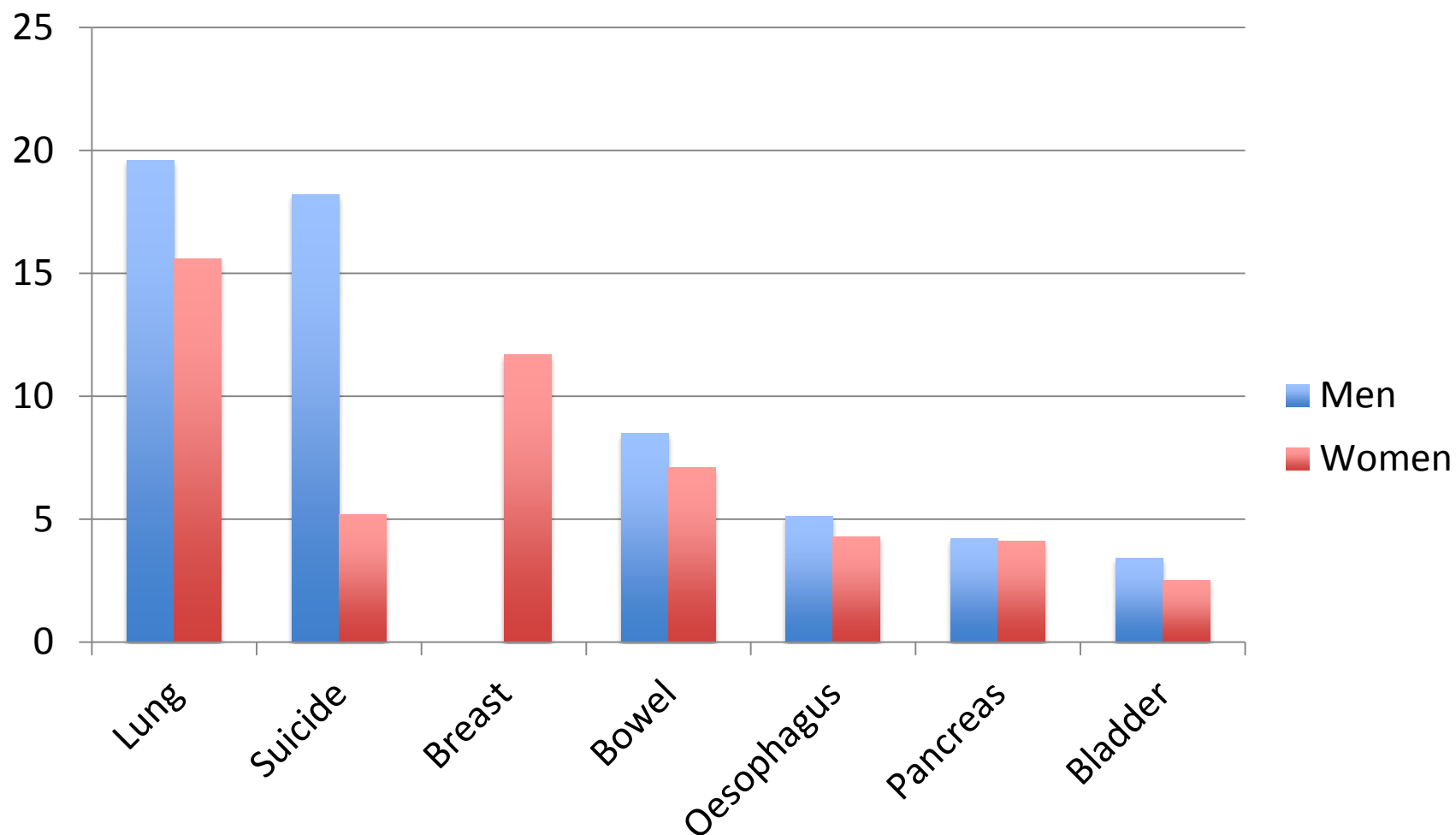
Population Facts of Suicide

- In 2012, 5,981 suicides in people aged 15 and over.

- UK : 11.6 deaths per 100,000 (M = 18.2 ; F = 5.2).

- The highest suicide rate M= 40 to 44, at 25.9 deaths per 100,000 population.

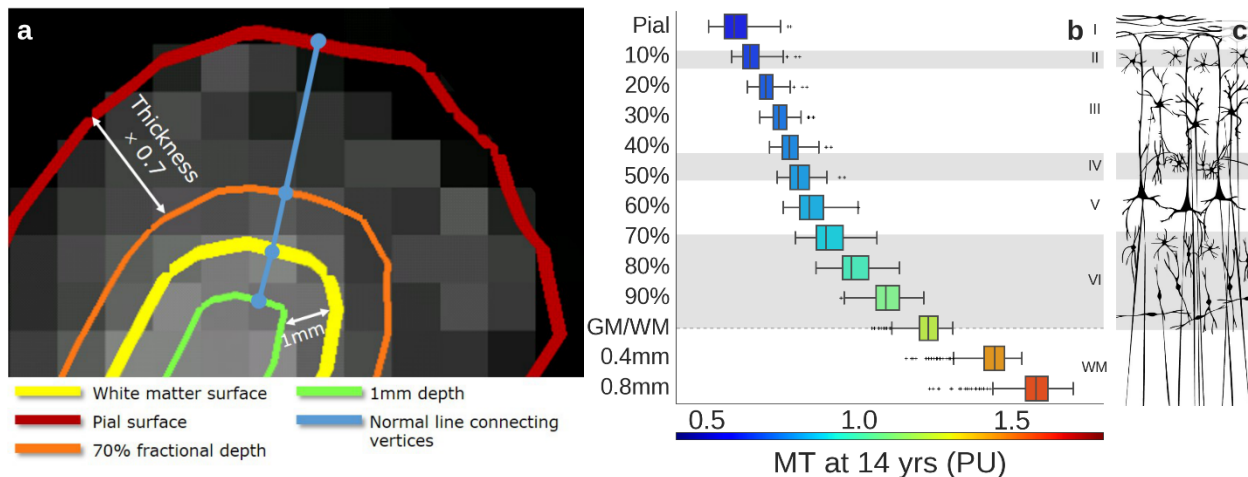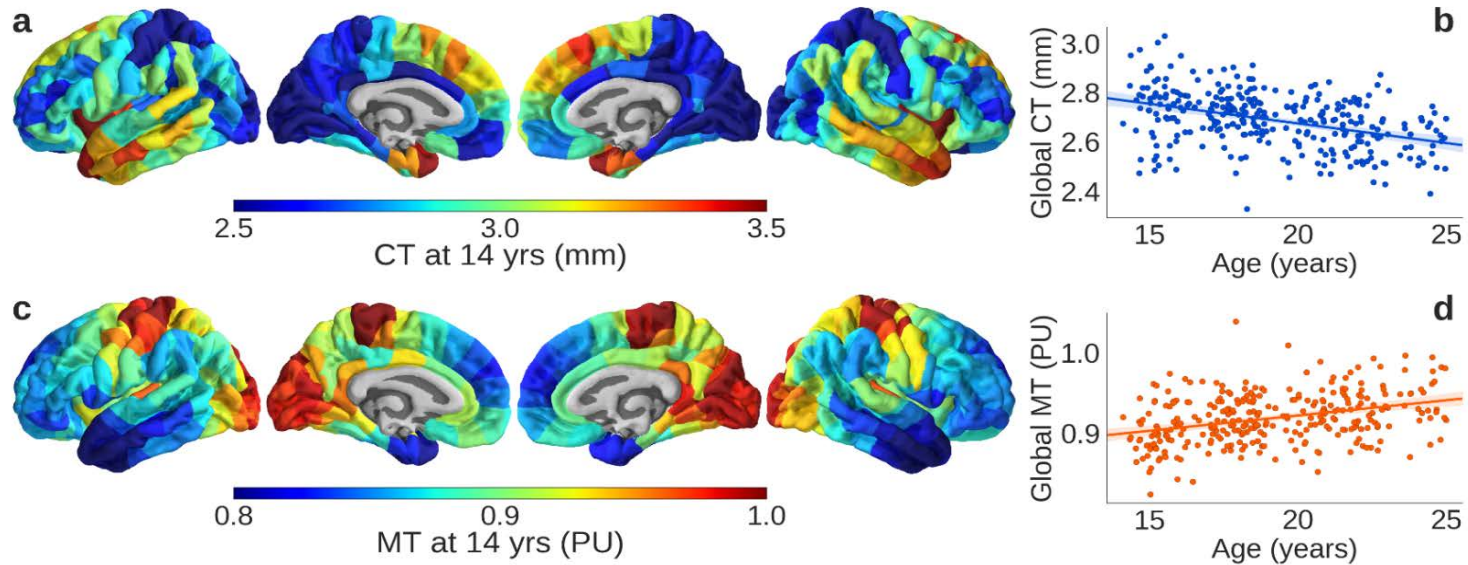- <u>All Cancer deaths 169.9 people per 100,000 (6.5 times greater)</u>.

Suicide and Specific Cancer Mortalities

UK Cancer mortality statistics and ONS Suicide Statistics for 2012

Cortical Pruning, Myelination and Laminar Density

Kirstie Whittaker et al (2016)- PNAS under review

Summary

- Depression is bad for the teenage brain.

- Recurrent mental illness risk.

- Prevention -> right detection.

- What works for whom.