

SIGNIFICANCE

- Mental Health is a large component of one's overall health.
- Depression is the leading cause of illness and disability among adolescents.
- Suicide is the second leading cause of adolescent death.
- Prevalence of depression in adolescents has increased over the years despite there being many different methods of treatment.

Background

- **Selective Serotonin Reuptake Inhibitors (SSRI)**: blocks reuptake of serotonin in the body, increases levels of serotonin in the brain
- **Selective Norepinephrine Reuptake Inhibitors (SNRI)**: blocks reuptake of norepinephrine in the body, increases levels of norepinephrine in the brain
- **Cognitive Behavioral Therapy (CBT)**: short term, goal oriented psychotherapy that takes a practical approach to problem solving. The goal is to change patterns of thinking or behavior that are behind the negative self thoughts

PURPOSE

- Determine the efficacy of pharmacological and non-pharmacological treatments for adolescent depression.
- Determine the most effective method of treatment for adolescent depression.

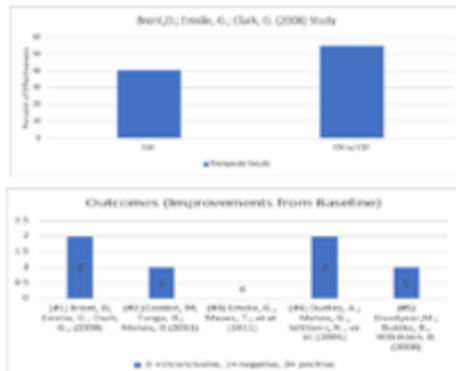
In the treatment of adolescent clients (ages 12-24) diagnosed with depression, is the use of SSRI/SNRI's more effective in the long term management of symptoms, compared to the use of non-pharmacological methods?

Will not
I suffer in Silence

NEARLY 15% OF YOUTH AGES 12-17 WITH MENTAL ILLNESS DON'T RECEIVE MENTAL HEALTH SERVICES IN THE NEXT YEAR



FINDINGS



DISCUSSION

- Two out of five trials results determined that CBT in adjunct to pharmacological treatment were more effective than pharmacological treatment alone.
- Most studies had adolescent participants ages 12-18.
- More studies are needed to determine significant results.
- Studies were performed in various areas; United States, England, New Zealand, and Australia

References: Brent, D., Emslie, G., Clarke, G., Wagner, D., K., Asarnow, R. J., Keller, M., Zelazny, J. (2008). Switching to Another SSRI or to Venlafaxine with or Without Cognitive Behavioral Therapy for Adolescents with SSRI-Resistant Depression. The TOREDIA Randomized Controlled Trial, (8)-901-913. doi:10.1001/jama.299.8.901