

PREVENTIVE CARE RECOMMENDATIONS

ADOLESCENT AGES 11-18

SYMPTOMS OF MAJOR DEPRESSION

- Depressed mood (or irritable mood in children and adolescents)
- Markedly diminished interest or pleasure in activities
- Significant weight loss or gain when not dieting, or decrease/increase in appetite (in children consider failure to make expected weight gains)
- Insomnia or hypersomnia
- Psychomotor agitation or retardation observable by others
- Fatigue or loss of energy
- Feelings of worthlessness or excessive or inappropriate guilt
- Diminished ability to think or concentrate, indecisiveness
- Recurrent thoughts of death, recurrent suicidal ideation attempt or plan for suicide

Adapted from: American Psychiatric Association, Committee on Nomenclature. Diagnostic and Statistical manual of Mental Disorders, Fourth Edition.