

CHILDHOOD AND ADOLESCENCE

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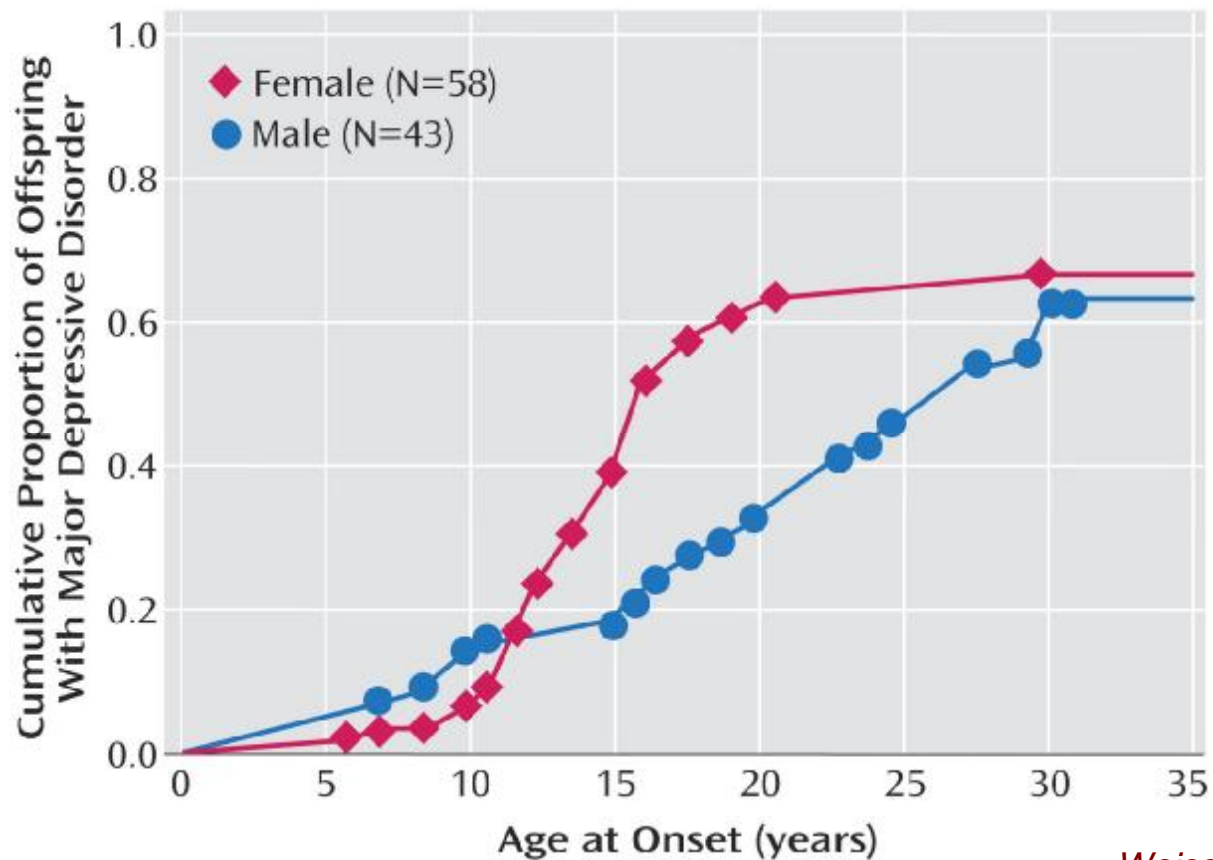
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What do we all wish we knew about childhood depression?

- I What do we mean when we say: "my child has depression"?
- I What causes it?
- I How is it manifested in the brain and body?
- I How do we treat it effectively?

When does childhood depression occur?



Weissman et al., 2006

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What is pre-pubertal Depression?

- | Relatively rare
- | Very little known
- | Hallmark is lack of energy, interest, enjoyment
- | More research needed

What are the symptoms of adolescent depression?

Well-recognized

- | Sadness, hopelessness, crying
- | Poor self-esteem or guilt
- | Lack of enthusiasm, motivation, energy
- | Poor concentration

What are the symptoms of adolescent depression?

Hard to recognize

- | Withdrawal from friends & activities
- | Irritability and rebellious behavior
- | "Normal" adolescent withdrawal
- | Experimentation with drugs and alcohol
- | Problems with eating
- | Sleep cycle reversal
- | Depressed children can "fall through the cracks"
- | Frequent physical complaints
- | Thoughts of death or suicide
- | Drug or alcohol abuse

What other disorders co-occur?

- | Anxiety disorders
- | Attention Deficit Hyperactivity Disorder
- | Opposition Defiant Disorder or Conduct Disorder
- | Substance Abuse disorders
- | Childhood Bipolar Disorder
- | Autism Spectrum Disorder
(including PDD and Asperger's)

What causes childhood depression?

- I Genetics
- I Environment
 - Trauma
 - Abuse
 - Stress

Caspi et al., 2003

What causes childhood depression?

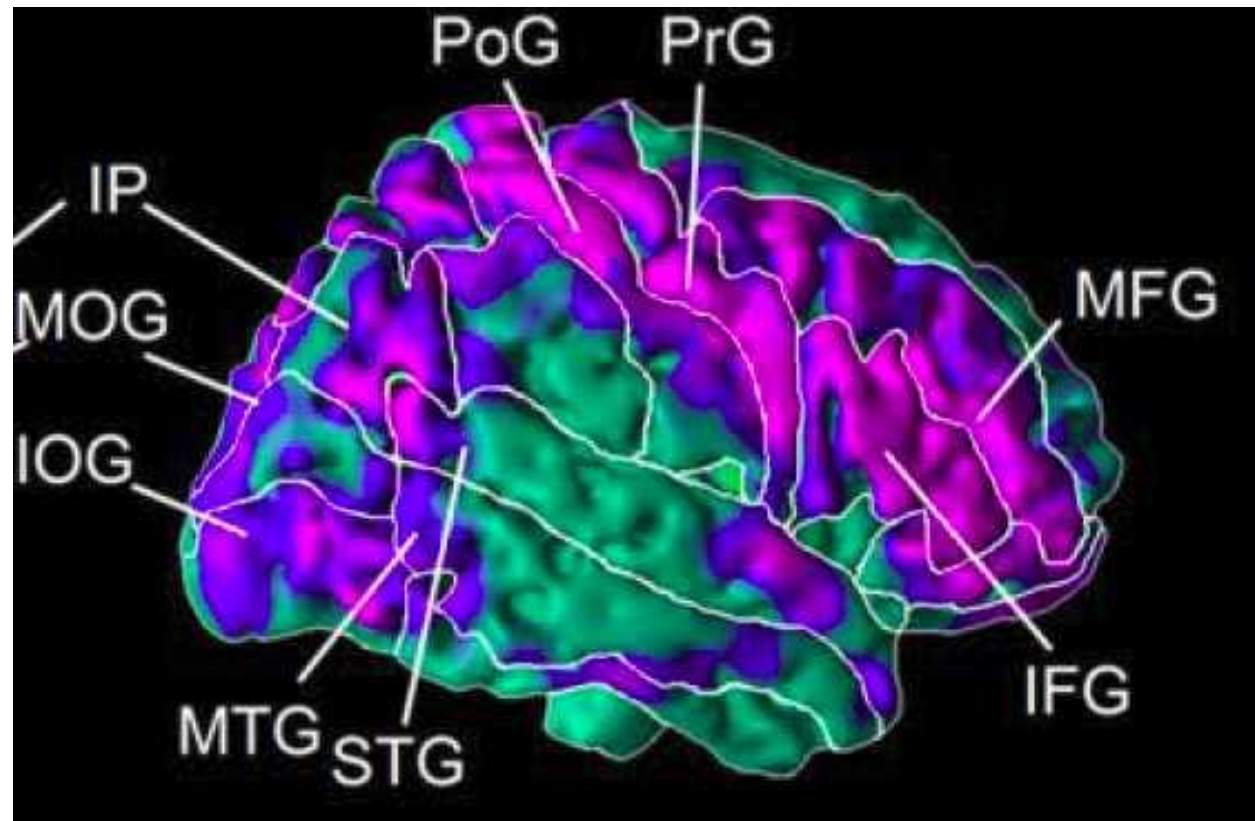
I Gene – Environment interaction



Caspi et al., 2003

What causes childhood depression?

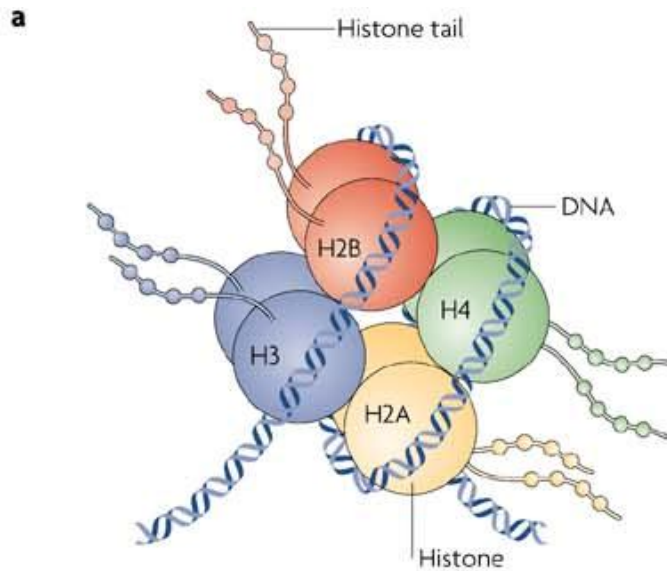
I Inherited risk (genetics)



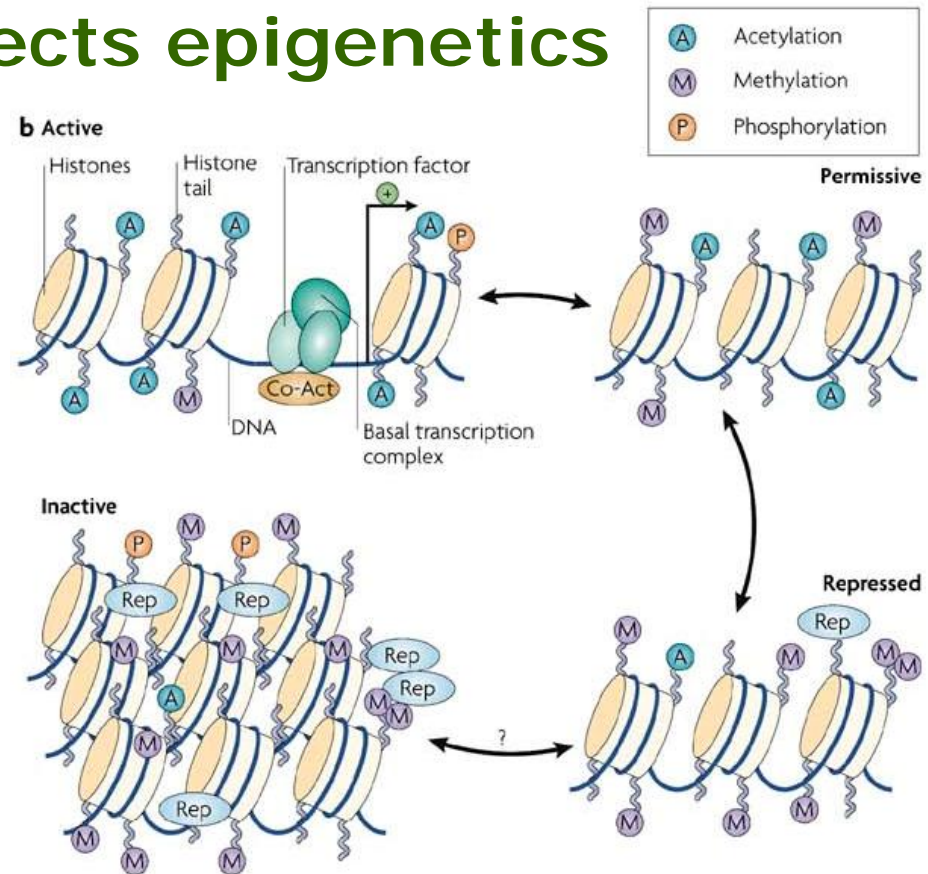
Peterson et al., 2010

What causes childhood depression?

I Environment affects epigenetics



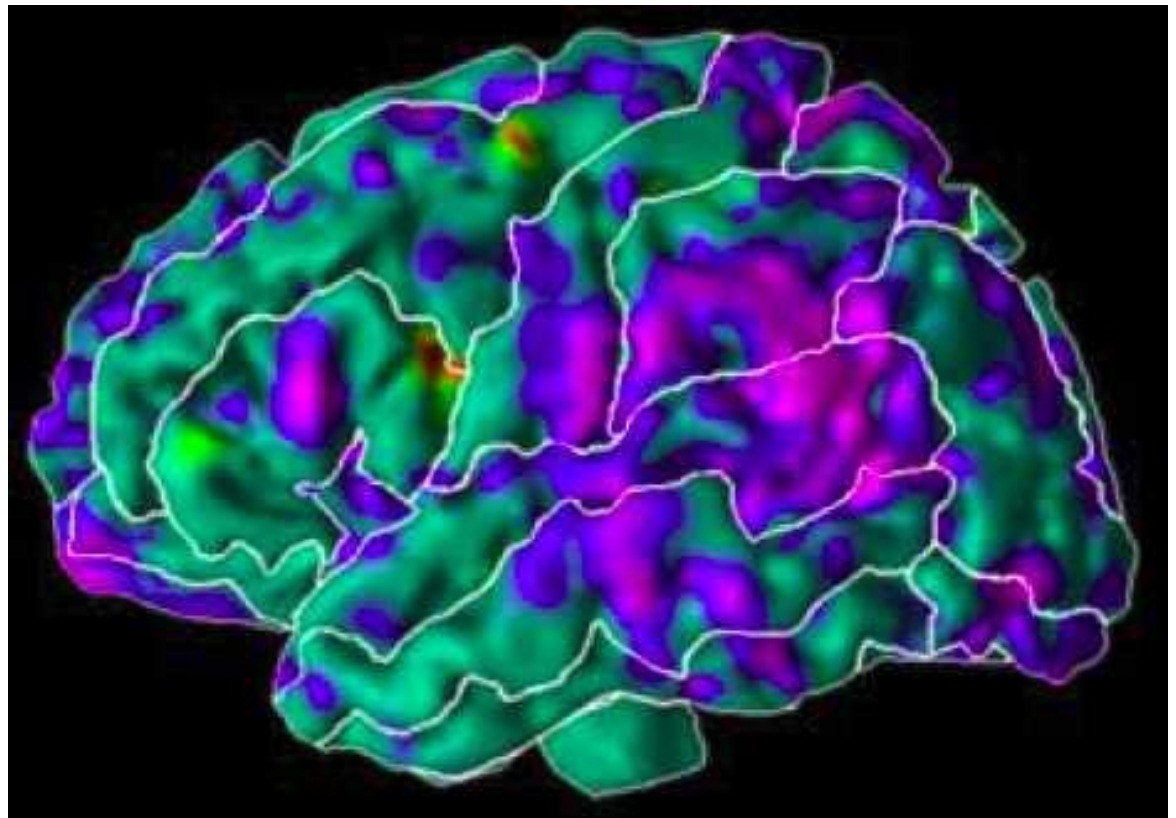
Tsankova et al., 2007



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How is depression manifested in the brain?

- I Difficulties with social & emotional attention



Peterson et al., 2010

How can we prevent or treat depression?

- I Family interventions**
- I Individual psychotherapy**
- I Medication**
- I Combined treatment is best**

The Path Ahead

- I Preventive treatments based on early identification of risk and brain-based biomarkers
- I Personalized, targeted treatments based on carefully conducted clinical trials

It's a long road, but we know where we're going and how to get there...