

Module :Introduction to research

Assesment 2 :Viva voce

(BMHP5005)

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Research topic
Research aim
Research
objectives
for Risks factors on
depression in
adolescents

- *Research topic:* The research topic is the risk factors on depression in adolescents. It intends to define and analyse the depression disorder in adolescents by looking at which are the triggers and the consequences.
- *Research aim:* To explore the risk factors in adolescence in the United Kingdom
- *Research objectives:*
 1. To define depression
 2. To identify the risk factors for depression in adolescents
 3. To assess how the adolescents are affected by depression
 4. To evaluate the benefits of the research for health and social care practice

Methodology

- The method of data collection for this research is secondary data research from articles published in peer-reviewed journals
- This method is relevant for the selected topic as it requires a complex of analysis by looking at different authors and results of previous studies.
- Keywords used: Adolescents, Depression, Mental health, Risk factors, Prevention
- Inclusion criteria: date of publication 2012-2022, articles based on UK studies
- Exclusion criteria: books
- Databases used: PubMed, Springer Journals, ProQuest Central.

Author(s), title, year of publication	Aim of study	Methods, sample size, characteristics	Summary of main findings
Grist R., Croker A., Denne M., Stallard P. (2018) “Technology Delivered Interventions for Depression and Anxiety in Children and Adolescents: A Systematic Review and Meta-analysis”	To emphasis the period of adolescents and its challenges and characteristic disorders	Comprehensive data research conducted on clinical and experimental published studies	Depression can affect the adolescent in different ways, from social and educational impairments to life threatening actions such as increased smoking, substance abuse, obesity.
Hawrilenko M., Masyn K. E., Cerutti J., Dunn E. C. (2021) “Individual Differences in the Stability and Change of Childhood Depression: A Growth Mixture Model With Structured Residuals”	To capture the patterns of depression of childhood and adolescents	The study focused on a large age range sample from 8 to 13 years old, but also with following symptoms for more than 3 years	Depression can be categorised in bipolar disorders and depressive disorders. The depressive disorder can happen only on single occasions, recurrent or it can be chronical
Young K. S., Sandman C., Craske M. G. (2019) “Positive and Negative Emotion Regulation in Adolescence: Links to Anxiety and Depression”	To understand the role of disrupted emotion regulation in adolescent depression	It is based on behavioural and psychophysiological studies	In adolescence depressive disorders are very often unrecognised, despite the fact that the disorder is very common.

Secondary data research- key findings

- **What is depression?**
- Depression is a disorder that refers to the changes and disturbances of the individual mood and emotions that impact the psychic , but can also be defined as the sum of symptoms and clinical features with associated impairment (Hawrilenko, M. *et al.*, 2021).



Secondary data research- key findings

- **What are the risk factors for depression in adolescents?**
- For adolescents the recorded factors that can lead to depression are in correlation to the changes from puberty, brain development and cognitive maturation
- The factors that can lead to depression are psychological stress, inherited risk from a family with history of depression, sex hormones, psychological adversity, developmental factors (Young et al, 2019).

Secondary data research- key findings

- How adolescents are affected by depression?
- Depression assumes that the individual loses interest for daily activities, can be often sad, can have problems with sleeping, can lose appetite and have reduced levels of energy. The depressive disorder can have different symptoms and can develop pathways in various ways.
- With depression there is an increased risk for self harm and suicidal behaviour. Suicide has become one of the leading causes for death in adolescents (Grist et al., 2018).

Discussions

- The research benefits for health and social care practice
- The collected information is providing a systematic approach of the selected topic
- It ensures a clear understanding of depression
- It evaluates the risk factors for depression in adolescents as there can be various aspects to be taken into account
- It looks at symptoms and highlights the gravity of the disorder and its impact

Conclusion

- This research has achieved its objectives by looking at different definitions of depression and by critically evaluating the risk factors of depression in adolescents.
- It can be concluded that because of the targeted group adolescents are high risk, it should be taken in consideration a more considerable approach towards diagnosis and treatments.
- The recommendations for the health and social care systems are in connection with the medical service provision towards preventing and treating depression in adolescents.

References

- Grist, R. et al. (2018) 'Technology Delivered Interventions for Depression and Anxiety in Children and Adolescents: A Systematic Review and Meta-analysis', Clinical child and family psychology review, 22(2)
- Hawrilenko, M. et al. (2021) 'Individual Differences in the Stability and Change of Childhood Depression: A Growth Mixture Model With Structured Residuals', Child development, 92(4)
- Young et al. (2019) "Positive and Negative Emotion Regulation in Adolescence: Links to Anxiety and Depression", Brain sciences, 9(4)