

# Stress Anxiety Depression

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# Goals

- Learn that all Mental Health Disorders are Medical Disorders
- Understand the differences between Stress, Anxiety and Depression
- Learn some skills to you can use with your teens
- Have a better understanding about when to seek professional help

# Adolescence

- Teen years
  - Rapid physical, cognitive and emotional changes
  - Changes in relationships - peers & family
  - Increased demands at School
  - Family Tensions
  - Safety Issues in community

# Stress

- Stress is the body's reaction to a challenge
  - Triggered by outright danger to asking someone out to sports to school work
- Fight Flight
  - Triggered faster in teens than adults
  - Nervous System activation and stress hormone release
    - Symptoms

# Stress

- Stress Response can help teens (all of us) rise to the challenge
- When the Stress Response overreacts or lasts too long it can lead to problems
  - Wear one out, more susceptible to illness, feel depleted, “give up”

# Stress

- Good Stress
  - Help teens to feel energized & motivated
  - Help teens to develop effective coping strategies that contribute to resiliency
  - Resiliency is the ability to handle setbacks that life's vicissitudes throw your way and to grow moving forward
  - Resiliency is the number 1 predictor of success in teens
    - Not marks, IB certificates, AP classes, Athletic Letters, Royal Conservatory Exams, etc

# Stressors

- School, career
- Dating, friendships, family
- Jobs
- Peer pressure, bullies
- Alcohol, Drugs, Sex
- Sexual orientation & gender issues
- Body
- Over scheduling

# Bad Stress

- Increased somatic complaints
  - Head aches, stomach aches, muscle pain, or tiredness
  - Withdrawing
  - Irritability
  - Crying, hopelessness, sleep changes
  - Changes - significant



# Coping with Stress

- Exercise, Sleep, Eating habits
- Peers
- Family
- Mindfulness
- Focus on what can you control
  - eg. best anxiolytic for exams is to study
- Lower unreasonable expectations
- Have down time Scheduled

# Parents

- SW study in Toronto
  - 3 top things kids wanted in parents
- Encourage your teens to talk about stress
- Be available
- Monitor
  - Friends, Internet, Entertainment, Video Games
  - Stress level
- Model appropriate Emotional Responses
- Talk to teachers
- Get professional help

# Anxiety

- Anxiety Disorders are Medical Illnesses
  - Neuropsychiatric Disorder
  - ~8-10% teens
    - ~250 000 teens in Canada
    - ~6 000 teens in Saskatchewan
    - ~ 1 625 in Regina

# Symptoms

- Crying a lot
- Constantly worrying about grades
- Always trying to be perfect / Being afraid to make mistakes
- Not sleeping well / Having nightmares
- Being afraid of the dark
- Worrying about something horrible happening to loved ones
- Feeling like you're going crazy
- Obsessing about dying
- Avoiding friends or social situations
- Being afraid of speaking up and asking questions in class
- Blanking out or freezing up in stressful situations
- Lots of somatic complaints

# Treatment

- Teen Anxiety can be serious
- The earlier it's treated the better
- Medications are needed in moderate to severe cases
- CBT/DBT work well as add on therapies
- Antidepressants **DO NOT** increase suicide rate

# Depression

- Depression is a Medical Illness
  - Neuropsychiatric Disorder
- Marked change in mood and ability to handle daily activities
- Common
  - ~2% children
  - ~8-10% teens
    - ~250 000 teens in Canada
    - ~6 000 teens in Saskatchewan
    - ~ 1 625 in Regina
- 71% have Severe impairment

# Symptoms

- Present for 2 weeks
  - Yes only 2 weeks
  - a marked change from previous functioning
- Depressed or Irritable mood
- Loss of interest and pleasure
- Appetite, Weight, Sleep, Activity,
- Concentration, Energy level, Self worth
- Psychotic Symptoms
  - Most common cause of hallucinations in teens is depression

# Suicide

- Children may have suicidal ideation but do not have suicidal attempts
- Teens attempt and complete suicides
  - Canadian Teen rate 11.5 per 100 000 people
    - ~115 teen suicide deaths in Saskatchewan
    - ~28 teen suicide deaths in Regina
  - 3 top methods in Canada



# Treatment

- Teen Depression is serious
- The earlier it's treated the better
  - 2 weeks of symptoms all that is needed to Dx
- Medications are needed in moderate to severe cases
- CBT/DBT work well as add on therapies
- Antidepressants **DO NOT** increase suicide rate

# Conclusion

- Stress can be good
- Bad Stress can lead to problems
- Parental Involvement is Key to spotting these
- Anxiety and Depression are Medical illnesses
- Treatment is Safe and Effective

# Resources

- Canadian Mental Health Association
  - [cmha.ca](http://cmha.ca)
- Centre for Addiction and Mental Health
  - [camh.ca](http://camh.ca)
- National Institute of Mental Health
  - [nimh.nih.gov](http://nimh.nih.gov)