

---

WHAT DO YOU KNOW ABOUT DEPRESSION IN TEENS?  
**ANSWER SHEET**

---

1 DEPRESSION IS BEST DESCRIBED AS:

- a. Sadness that comes after a rejection or disappointment
- b. An illness involving chemicals in the brain**
- c. A response to stress that occurs in people who don't have good coping skills
- d. A condition that can be prevented by working hard

2 WHICH OF THE FOLLOWING ARE LIKELY SYMPTOMS OF DEPRESSION?

- a. Missing school, sleeping most of the day, withdrawing from friends
- b. Having an unusual amount of energy, working at breakneck speed, feeling like you can do anything
- c. Losing your temper, feeling anxious or stressed out, having stomachaches
- d. Both (a) and (c)**

3 HOW LONG DO THE SYMPTOMS NEED TO LAST WITHOUT A BREAK BEFORE SOMEONE CAN BE DIAGNOSED WITH DEPRESSION?

- a. 1 week
- b. 2 weeks**
- c. 2 months
- d. 6 months

4 WHICH ONE OF THE FOLLOWING STATEMENTS IS TRUE?

- a. Changing your attitude usually makes depression go away
- b. It's usually pretty easy to spot someone who is depressed
- c. Sometimes depression doesn't have any obvious cause**
- d. People who do well in school and have lots of friends don't get depressed

5 WHICH OF THE FOLLOWING ARE PROVEN TREATMENT(S) FOR DEPRESSION IN TEENS?

- a. Positive thinking
  - b. Psychotherapy (talk therapy)
  - c. Medication (antidepressants)
  - d. Both (b) and (c)**
-