WHAT DO YOU KNOW ABOUT DEPRESSION IN TEENS? PRE-QUIZ

Put an X next to the ONE best answer to each of the questions.

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)