Letter to the Editor

Depression in Adolescent Students, Tabriz, Iran, 2007

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Introduction

Adolescents can have mental, emotional and behavioral problems, that are real painful, and costly. Mental disorders are sources of stress for adolescents and their families, schools and communities. Studies show that 9 of every 100 adolescents may have major depression. It can cause by biology environment or combination of two. For example, biological factors generics, chemical imbalances in body, environmental factors including exposure to violence, extreme stress and loss of an important person. So, it seems necessary to investigate in this area subjects.

Method & Materials

This descriptive study was concerned to examine depression in adolescent students and effects of related factors in schools of Tabriz, Iran. Data was gathered by the center of epidemiological studies depression scale for children from 903 adolescent students, including 455 boys and 448 girls who were selected by multi-stage cluster sampling. Data were analyzed by spss/pc.

Center for Epidemiological Studies Depression Scale for Children (CES-DC)

DURING THE PAST WEEK   Not At All A Little Some A Lot

1. I was bothered by things that usually don't bother me. _____ _____ _____ _____

2. I did not feel like eating, I wasn't very hungry. _____ _____ _____ _____

3. I wasn't able to feel happy, even when my family or _____ _____ _____ _____ friends tried to help me feel better.

4. I felt like I was just as good as other kids. _____ _____ _____ _____

5. I felt like I couldn't pay attention to what I was doing. _____ _____ _____ _____

DURING THE PAST WEEK   Not At All A Little Some A Lot

6. I felt down and unhappy. _____ _____ _____ _____

7. I felt like I was too tired to do things. _____ _____ _____ _____

8. I felt like something good was going to happen. _____ _____ _____ _____

9. I felt like things I did before didn't work out right. _____ _____ _____ _____

10. I felt scared. _____ _____ _____ _____

DURING THE PAST WEEK   Not At All A Little Some A Lot

11. I didn't sleep as well as I usually sleep. _____ _____ _____ _____

12. I was happy. _____ _____ _____ _____

13. I was more quiet than usual. _____ _____ _____ _____

14. I felt lonely, like I didn't have any friends. _____ _____ _____ _____

15. I felt like kids I know were not friendly or that they didn't want to be with me. _____ _____ _____ _____

DURING THE PAST WEEK   Not At All A Little Some A Lot

16. I had a good time. _____ _____ _____ _____

17. I felt like crying. _____ _____ _____ _____

18. I felt sad. _____ _____ _____ _____

19. I felt people didn't like me. _____ _____ _____ _____

20. It was hard to get started doing things. _____ _____ _____ _____

Results

The results showed that depression is a common event among adolescents. It was more in girls. There was correlation between depression and some factors such as: increased age, school and family problems, life events and self- concept of adolescents (p<0.001) (Figure1-4) (Table 1-3)

Discussion & Conclusion

Depression is the most common mental disorders and a serious health problem in the world. It causes social, educational and biological problems in adolescents. Physiological changes during adolescence cause mental distress and make them more prone to depression. So, early diagnosis and treatment is very important.

It is important to pay attention: Caring for every adolescent mental health; Increase public awareness about the importance of protecting and nurturing the mental health of adolescent; Foster recognition that many adolescent have mental health problems that are real, painful and sometimes severs; Make time to listen, make time to talk.

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Table1: depression & school problems

	n.	%	Min.	SD.	Sta.ests
Willing to go to school					
No	220	24/4	27/8	10/9	f.13/8, p<0.001
Yes	683	75/6	23/4	10/9	
Doing home work					
No	387	42/9	28/4	10/6	f.48/3, p<0.001
Yes	516	57/1	21/4	10/4	
School failure					
No	673	74/5	24/1	10/4	f.1/96, p=0.158
Yes	230	25/5	25/3	11/2	
Re examination					
No	419	46/4	22/7	11/1	f.9/9, p<0.001
Yes	484	53/6	25/9	10/6	
Absent or Discontinue					
A	375	41/5	25/5	11/4	f.2/2, p=0.058
D	24	2/7	25/4	7/9	
No A&D	504	55/8	23/6	10/7	

Table 2: Demographic characteristics

Category	Options	Frequency		Depression		Sta.test
		N	%	min	SD	
Satisfaction of self	At all	82	9.1	33.1707	11.8393	F=49.459 P < 0.001
	Little	141	15.6	30.8936	10.8382	
	Moderate	428	47.4	23.7173	9.4131	
	Much	228	24.8	18.6339	9.5481	
Events in pass 6 months	Pleasure	276	30.6	20.2101	9.9668	F=24.776 P < 0.001
	Sad	229	25.4	29.502	11.0579	
	Both or ?	25	2.7	28.1667	11.5658	
	Not	373	14.3	24.3941	10.5381	
Relaxation methods	Exercise	76	8.4	21.3289	9.7630	F=2.035 P < 0.059
	Walking	128	14.2	24.5313	11.1263	
	Study	44	4.9	24.1364	11.4152	
	Pray	353	39.1	24.2805	11.4166	
	Friends	161	17.8	26.3789	10.5983	
	Extra	141	15.6	24.9312	10.8732	

Table 3: Family problems

| Category	Options	Frequency		Depression		Sta.test
		N	%	min	SD	
Economic status	Low	90	10	25.9333	11.7844	F=2.011 P < 0.113
	Moderate	732	81	24.5369	10.9533	
	High	63	7	21.5714	10.9878	
	?	18	2	24.9444	10.8328	
Parents	Both	833	92.2	24.0014	11.3576	F=16.637 P < 0.001
	One	70	8.8	30.1061	10.5613	
Family problems	Yes	182	20.2	30.8242	10.5951	F=24.214 P < 0.001
	No	721	79.8	22.8947	10.6035	
Family relationship	Good	589	65.2	22.5173	10.4695	F=24.214 P < 0.001
	Moderate	259	28.7	27.1660	10.8677	
	Bad	26	2.9	35.2692	10.7613	
	?	29	3.2	30.5862	12.2606	
Satisfaction of parents	Father	49	5.4	30.2245	10.4488	F=18.486 P < 0.001
	Mother	141	15.6	26.8865	11.3598	
	Both	631	70	22.6149	10.2923	
	No	59	6.5	31.5593	12.1375	
	?	23	2.5	30.3913	12.2353	
Chronic disease in family	Yes	161	17.8	29.0186	11.0224	F=17.829 P < 0.001
	No	742	82.2	23.4272	10.7504	
Depression H.in family	Yes	126	14	31.0317	11.8341	F=32.492 P < 0.001
	No	761	84.2	23.2392	10.4793	
	?	16	1.8	31.7500	11.1923	
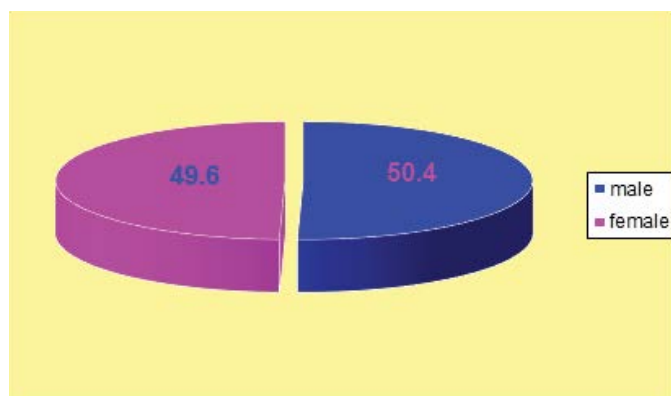
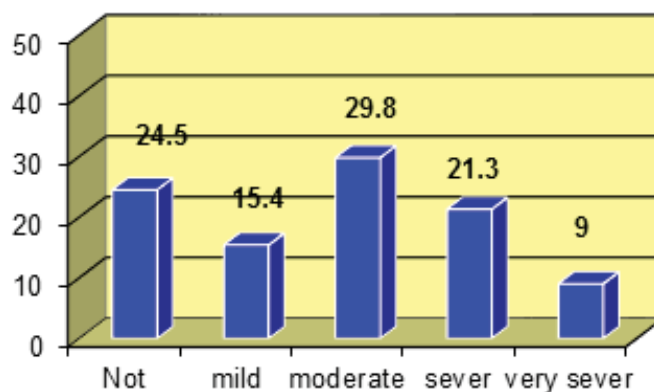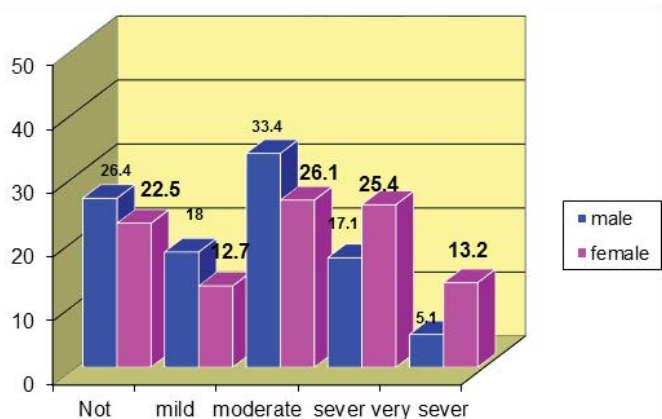**Figure 1:** Sex frequency.

Figure 2: level of depression.

Figure 3: level of depression & sex..

Figure 4: level of depression & age.