

ADOLESCENT AND ADULT ANXIETY/ DEPRESSION INDICATORS

Regional Meeting: Saguenay

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Symptoms of Major Depression and Anxiety:

Adolescents with depression may display some of the following signs:

- ▶ being angry or irritable a lot of the time
- ▶ temper tantrums and shortness of temper
- ▶ negative attitude a lot of the time
- ▶ overreaction to criticism, irritability
- ▶ excessive worry about physical health
- ▶ unexplained aches and pains, such as headaches or stomach pain
- ▶ difficulty thinking and making decisions
- ▶ problems with sleeping or sleeping too much
- ▶ changes in eating habits that lead to weight gain or loss or not making expected weight gains
- ▶ low self-esteem
- ▶ feelings of guilt and hopelessness
- ▶ constant tiredness or lack of energy
- ▶ feeling that nothing is worth the effort
- ▶ social withdrawal, such as lack of interest in friends and not wanting to go out
- ▶ Thinking about death or feeling suicidal

Symptoms of Major Depression and Anxiety:

Adolescents with depression may display some of the following signs:

- ▶ loss of interest or enjoyment in his/her usual activities: quitting favourite activities
- ▶ poor concentration with school work or other things
- ▶ missed school, poor school performance and/or a sudden decline in grades
- ▶ being sad or tearful
- ▶ anxious worrying and intrusive upsetting thoughts
- ▶ feeling guilty and to blame for things going wrong
- ▶ increasing drug and alcohol use
- ▶ not taking care of how he/she looks or of hygiene
- ▶ pains
- ▶ carelessness about physical safety
- ▶ behaviour problems and delinquency
- ▶ having thoughts about being better off dead or that life is not worth living

OTHER GENERALISED ANXIETY DISORDER SYMPTOMS

- ▶ Racing heart
- ▶ Sweating
- ▶ Stomach discomfort
- ▶ Irritability/ snapping at people for no reason
- ▶ Being easily upset
- ▶ Sleep difficulties
- ▶ Limited concentration
- ▶ Muscle pains
- ▶ Easily fatigued
- ▶ One worry leads to other worries ('chaining')

Source: Anxiety Canada

OTHER GENERALISED ANXIETY DISORDER SYMPTOMS

- ▶ Intolerance of uncertainty
- ▶ Distraction
- ▶ Refusal to delegate
- ▶ Inability to make decisions
- ▶ Avoidance/ procrastination
- ▶ Reassurance seeking
- ▶ Compulsive checking