Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Period \_\_\_\_

Senior High Health

What Do You Know about Depression in Teens?

Circle 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)