



MODULE 4

DEPRESSION

IN CHILDREN AND ADOLESCENTS

A pervasive mood of **unhappiness, hopelessness, or apathy** that is **persistent** and **impairs** daily life functioning.

SIGNS MAY INCLUDE

- Irritability
- Low motivation
- Lethargy
- Sleep disturbances
- Changes in appetite
- Difficulty concentrating
- Social isolation
- Diminished interest in activities
- Somatic complaints
- Self-injurious behavior

The prevalence of depression in children and adolescents is approximately **3.2%**

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WITH HIGHER ESTIMATES AMONG YOUTH WITH INTELLECTUAL AND DEVELOPMENTAL DISABILITIES.
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CLASSROOM SUPPORTS

RELATIONSHIPS

Give the student unconditional compassion, empathy, and patience

BUILD MOMENTUM

Assign quick and easy tasks before assigning tasks that require more effort

POSITIVE REINFORCEMENT

Praise and encourage the student's effort and personal strengths

ACTIVITY AND INVOLVEMENT

Increase physical movement throughout the day; engage the student in preferred activities

References

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