

Title: Exploring Symptomatic Expressions of Depression in Adolescents

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Abstract

Depression in adolescents presents different symptomatic expressions unlike adults and children. This study focuses on Manifestation of depression in adolescents and its distinct features. Emphasizing Social, biological, and psychological factors, and how it is manifested in adolescents like social withdrawal, Emotional dysregulation, uncontrollable behaviors, and academic decline.

Adolescents who undergo depression phase exhibits varied symptomatic expressions driven by peer group influence, family dynamics, academic pressure etc. An appropriate diagnosis followed by proper intervention and treatment planning which caters the needs of this age group helps in addressing this condition and its symptoms. A deeper understanding of depression in adolescents would help in developing a targeted approach to address the issues faced by this vulnerable group. Early identification and implementation of appropriate interventions are very much required for addressing and alleviating difficulties faced by adolescents due to depression and thereby promoting their mental well-being.

Biography

Praveen Prabhakar has completed Msc Applied Psychology (Industrial Psychology) and currently pursuing MA Clinical Psychology. He is currently working as Senior Manager and branch head of The Federal Bank Ltd situated in Kerala, India. He has attended several workshops and volunteered in NGOs.

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