

Nursing interventions in prevention of teenagers' depression

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Abstract <p>Depression is a common mental illness, which will have a negative impact on people's feelings, ways of thinking and behavior. There are about 322 million people of different ages in the world suffering from depression, accounting for more than 4% of the global population, especially in adolescence. The other main factors in this study are the impact of depression on teenagers and how to carry out nursing intervention for them.</p> <p>This study aimed to find methods to prevent teenage depression. The purposes of this study were to supply nurses with up-to-date methods for preventing teenage depression. Research question was: How can nurses prevent teenage depression?</p> <p>The study was implemented as a literature review, the data for the literature review were collected using two databases: Cinahl and Medline.</p> <p>Overall, eight articles were chosen to be reviewed. Content analysis was applied in the analysis of the data.</p> <p>The results were divided into three categories: support, counselling and cooperation. Nurses play the role of educating the public to recognize teenager depression, providing clinical examination for teenagers; providing one-to-one or group counseling in a timely manner; in special circumstances, for example, providing special guidance for pregnant teenagers; and cooperating with other social organizations such as the media to help teenagers.</p>		
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1. INTRODUCTION

Depression is a common mental illness, which will have a negative impact on people's feelings, ways of thinking and behavior (APA,2017). There are about 322 million people of different ages in the world suffering from depression, accounting for more than 4% of the global population, especially in adolescence (WHO,2017).The other main factors in this study are the impact of depression on teenagers and how to carry out nursing intervention. At present, there are deficiencies in the diagnosis and treatment of depression, which may lead to the neglect of the adverse symptoms of teenagers, such as: physical symptoms, sleep disorders, low appetite, fatigue and weakness; emotional problems, lethargy, apathy, often accompanied by a sense of self accusation and guilt, and even truancy, leaving home and so on. (Sathyanarayana Rao, 2008.)

However, teenagers are the hope of building the country, which brings some severe challenges to nurse. Nurses should improve their own quality, master the appropriate methods, make a reasonable nursing plan, intervene and nurse teenagers with depression, encourage them to actively cooperate and return to normal life as soon as possible. (Unützer,2012.) This study aimed to find methods to prevent teenage depression. The purpose of this study is to supply nurses with up-to-date methods for preventing teenage depression.

2.REVIEW OF THE LITERATURE

In the world, there are 322 million people of different ages suffering from depression, accounting for more than 4% of the total number of people in the world, but the population with the highest incidence of depression is teenager (WHO,2017).

In the past year, 3.1 million 12 to 17-year-olds in the United States have experienced at least one major depression episode, 20% of teenaged girls experience severe depressive episodes, 6.8% of teenaged boys experienced severe depression, 71% of teenagers who have experienced severe depressive episodes in the past year have severe mental disorders 60% of teenagers with depression do not receive any treatment (Verywellmind,2019).

2.1 Differences related to gender depression

However, there are gender differences in the development of depression, especially in the adolescence of female teenagers than that of male teenagers. Teenaged girls tend to report more negative life events than boys, usually related to their relationships with their parents and peers, and to experience higher levels of distress related to them.(Hamilton,2014).Therefore, the adverse effects of depression of female teenagers are more than that of male teenagers. Similarly, compared with male teenagers, female teenagers suffering from depression can lead to a series of health problems, such as obesity (Skinner,2014), eating disorders (Privitera,2013), etc. In addition, depression of female teenagers is more likely to lead to bad behavior. Teenage is a critical period, they have experienced mood swings or depressive episodes, the number of teenagers suffering from depression is increasing year by year. Teenagers not only change in some parts of the body, such as the increase of hormones, but also need to face the enormous pressure of society and school, such as social relations and homework. Therefore, adolescence is the most critical period for the development of depression and other mental diseases (Mills,2013) (Van,2016).If not treated in time, depression will be very harmful, so do not wait, hoping that the worrying symptoms will disappear.

2.2 Influencing factors of depression

In teenage, depression may be caused by a lack of neurotransmitters like serotonin, which helps you feel happy. The combination of traumatic events (such as divorce, death of relatives, friendship problems, family relocation, etc.) may also cause depression of some teenagers, which may be the tendency of families to depression. Some potential risk factors include brain chemistry: imbalances in certain neurotransmitters and hormones may play a role in the way the brain works, which can affect mood and mood, increasing the risk of depression. Family history: children with family members also have depression and other emotional disorders, and they also have a higher risk of depression symptoms. Stress or trauma: sudden changes, such as moving or divorce, or traumatic events, such as abuse or assault, can also lead to feelings of depression. Environmental factors: stressful, chaotic, or unstable family environments can also make children more prone to depression. Rejection and bullying in schools can also be a contributing factor. Some studies have indicated an association between health-related behaviors and depressive emotions in teenagers. According to a past study (Tajik,2017), teenagers who have unhealthy eating diets, for example: often eat fast food, do not eat meals on time and so on. These are also more prone to developing depressive emotions.

2.3 The harm of depression

Teenagers with depression may not realize that they are depressed. Because critical thinking is part of depression, some teenagers may mistakenly think that they are losers and bad students. Because of depression can affect behavior, it can be mistaken for a bad attitude. Others may think that the person did not try or make any effort. For example, a negative or upset mood can cause someone to show more discussion, unhappiness or anger. This can make people seem difficult to get along with or cause others to keep distance. Lack of motivation, energy and concentration, the idea that

teenagers don't want to go to school. Some teenagers with depression have other problems. These exacerbate feelings of worthlessness or inner pain. For example, teenager who eat on their own, suffer from eating disorders or experience extreme emotional changes may suffer from unrecognized depression. (Kidshealth,2016)

Teenage depression will not only lead to bad mood, serious mental disorder, mental malaise, but also lead to anorexia, even suicidal thoughts. If they are not treated in time, they will grow up with them. (Finning, 2018, McMahon, 2017.) However, for teenagers with depression tend to feel low self-esteem, hopeless in life, insecure, unwilling to communicate with others (Gijzenl,2018), addicted to the Internet world, and more likely to rely on medication (Chang ,2015). According to previous studies, they showed that depression in teenagers can also lead to obesity. (Piko,2014). The negative effects of depressive emotions on teenagers, their families, and society are something that should not be overlooked (Derdikman-Eiron,2011). In addition, teenagers with depression don't like to go to places with more people like fitness clubs to exercise and do various sports (Bai,2018). However, the study also showed that through good health education, the possibility of suffering from teenager depression would be reduced (Aki, 2015).

2.4 The care possibility of depression

Depression is quite common among teenagers, with one in 30 people suffering from it. The Centers for Disease Control and Prevention (CDC) reported that 3.2% of children aged 3 to 17 were diagnosed with depression. Fortunately, depression can be treated successfully. With careful monitoring and support, children with depression have a good chance to overcome this situation.(Hamilton, 2014). The purpose of this article is to provide nurses with the latest methods to prevent and care for teenagers suffering from depression, reduce the occurrence of bad behavior, improve the mental quality of teenagers, such as emotional quality, will quality, mental health level, etc. (Wang,2017).

3. AIM, PURPOSE AND RESEARCH QUESTION

This study aimed to find methods to prevent teenage depression. The purposes of this study were to supply nurses with up-to-date methods for preventing teenage depression.

Research questions: How can nurses prevent teenage depression?

4. METHODOLOGY (Literature review)

4.1 Literature review

Literature review method is a method to get information by investigating literature according to certain research purposes or topics, so as to understand and master the research problems comprehensively and correctly. Literature review method is widely used in various disciplines, and its functions are as follows:

Be able to understand the history and current situation of relevant issues and help determine research topics: it can form a general impression of the research object, which is helpful for observation and interview; comparative data of practical data can be obtained; help to understand the whole picture of things. (Rowley, 2004.)

Through this method, we can understand the causes and current situation of adolescent depression and study the nursing interventions to prevent adolescent depression more deeply. To investigate the mental feelings of adolescents with depression, understand their inner needs, and provide further help for nursing staff, existing literature provides up-to-date knowledge.

4.2 Literature search

After the research question was identified, the literature was reviewed by two researchers according to search terms and restrictions to minimize errors. Articles were first chosen

based on the title and abstract to exclude irrelevant result, and then based on the reading of full text to further determine which articles contained the criteria. (Refer to appendix 1).

Figure 1 shows the inclusion criteria for this literature review. This is to find the latest, highly relevant research data. Results that do not meet the inclusion criteria were automatically excluded.

<p>Inclusion criteria:</p> <p>Full text access for JAMK students</p> <p>Peer reviewed</p> <p>Adolescent 13-18 years</p> <p>Answers the research question</p>

The data for the literature review were collected using two databases:

Cinahl and Medline. The search terms used are depression, prevention, and nurse. The search terms were selected and applied to get more results in each database. According to the search results and inclusion criteria, a total of 8 articles were selected for review.

Duplicates were excluded from the last number of articles. Table 1 shows the data search. A table of all articles reviewed can be found in the appendix 1.

Table 1. Data search (duplicates excluded).

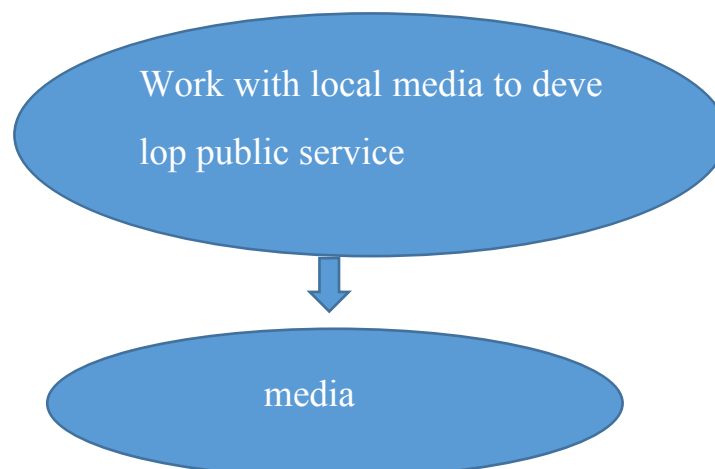
Database	Search terms	Results	Chosen based on the title and	Relevant studies

			abstract	
CINAHL	depression AND prevention AND nurse	19	9	7
MEDLINE	depression AND prevention AND nurse	7	1	1

4.3 Data analysis

Data analysis is used to provide descriptive knowledge and understanding of the phenomena studied. Content analysis is a reliable, transparent, and comprehensive nursing research method. It can improve the strictness of data analysis, make the comparison of different research results possible and produce practical results. For these reasons content analysis was chosen for this study. (Assarroudi,2018.)

First of all, according to the research question, the data was carefully read through to find answers to the research questions and to classify the found contents. Finally, each classification was coded by the researchers, see Figure 2 for example of the coding.



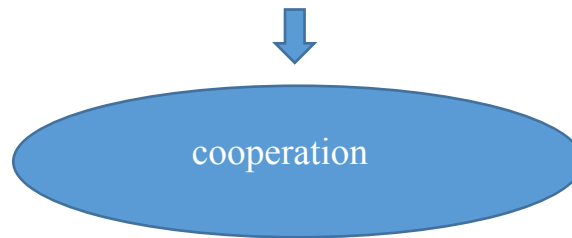


Figure 2. Example of data analysis process.

5. Results

The results were divided into three main categories: support, counselling and cooperation. Figure 3 shows the main categories and their subcategories.

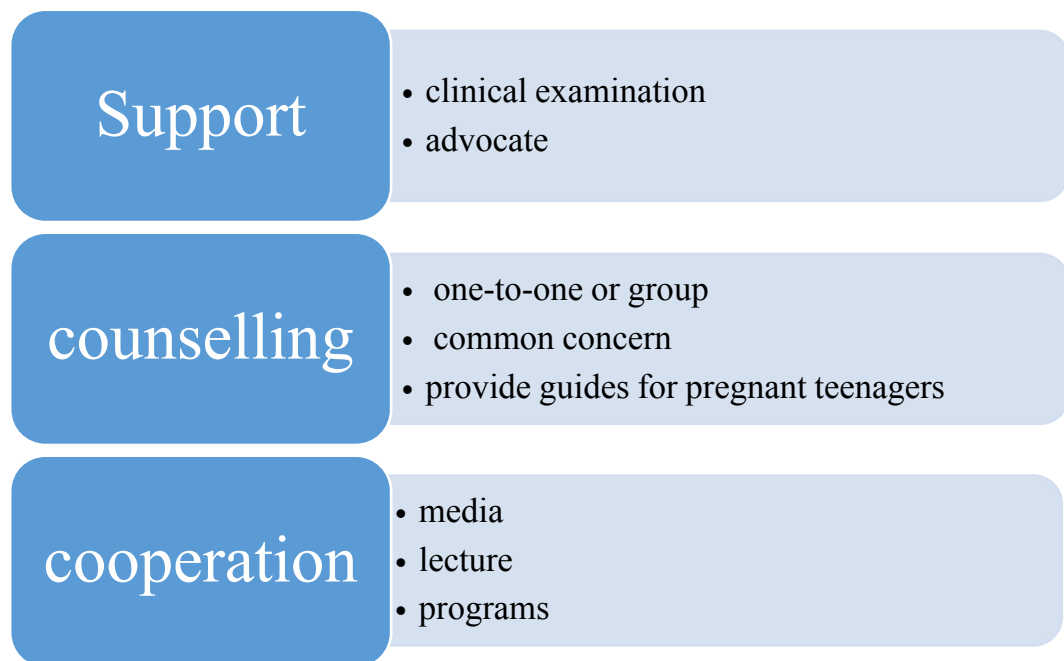


Figure 3. Main categories and subcategories.

5.1 Support

Clinical examination

Nurses should identify the adolescents with suicide depression in time, intervene the symptoms and signs of depression and suicide ideation, and help them improve their health.(Leiker,2004).

School nurses should identify and intervene the adolescents who are experiencing mental health crisis as soon as they need. In addition, school nurses contribute to the implementation of treatment plans in school settings and provide follow-up and ongoing support to family and adolescent care providers. (Leiker, 2004.)

Pregnant adolescents with clinically depressive symptoms or persistent depressive symptoms are recommended to mental health providers. Monitor response to treatment and share information with mental health providers as appropriate.(Logsdon,2004.)

There is evidence that the prevalence of depression in adolescence is increasing, and nurses are asking adolescent patients about depression screening directly. If patients report five or more depressive symptoms, nurses screen suicidal thoughts and initiate a care plan. (Weeks,2005.)

In the initial depression screening process, nurses are the best choice because they are team members who have the first important contact with the patient. Screening tools can help nurses identify patients with depressive symptoms and increase staff cooperation by giving specific patient responses to nurses and providing objective data to the primary care provider, which is helpful for initial and continuous symptom recognition of nurses. (Weeks, 2005.)

Since the risk of suicide has caused the label changes of antidepressants in Food and Drug Administration, it is imperative to monitor the adolescent patients closely. Nurses need to pay attention to the behaviors that may indicate that the symptoms

worsen or that they are about to commit suicide. (Holcomb, 2006.)

Advocate

Nurses are the ideal candidates to educate the public to correctly identify the teenagers with depression. Community, school, is a good place to educate others. The duty of nurses is to let the public know what can help adolescents prevent depression, what can help adolescents identify and intervene early, how to help adolescents with depression and how to get along with them correctly. (Leiker, 2004.)

Nurses can contribute by advocating for increased services in their employment environment, voluntary provision of time, expertise, and support for school and community projects. By working together to meet the mental health needs of children in the community. (Leiker, 2004.)

In order to implement the school-based cognitive behavioral therapy project, nurses need to be trained in cognitive behavioral therapy. Nurses with cognitive behavioral therapy knowledge and experience, as long as they are diligent and careful, can provide effective treatment and become part of the school curriculum. (Vuthiarpa, 2012.)

5.2 Counselling

One-to-one or group

Nurses provide one-to-one or group counseling to adolescents with depression to address specific issues and concerns. Nurses are educated professionals who provide crisis counseling to groups or individuals in schools. (Leiker, 2004.)

Common concern

A similar self-confidence training method is the "common concern" method, which is widely used in Sweden. "Common concern" is a counseling-based method designed specifically for the situation of a group of victimized students. In this peer-led strategy, victims feel obliged to share their experiences, a practice that encourages perpetrators to acknowledge the victim's pain and take steps to change their behavior. (Robinson, 2006.)

Provide guides for pregnant teens

It is equally important that pregnant adolescents expect more social support during the postpartum period. Provide instructional guides to help pregnant adolescents (Logsdon, 2004), and nurses should use these personal counseling and development guides for pregnant adolescent education programs (Robinson, 2006).

Social support, provided by close family, friends or partners, has been proven to help adolescents cope with and reduce stress, which has a positive impact on adolescents and her children. In contrast, inadequate social support often leads to other consequences such as depression during pregnancy and poor babies. (Logsdon, 2004.)

5.3 Cooperation

Media

Collaborate with teachers, staff, and community arts departments to develop social skills training programs. For example, young opera actors can perform humorous sketches in which appropriate and inappropriate responses are shown to teenagers in social cues. Adolescents must choose the right response in the social environment. (Ivarsson, 2010.)

Work with local media or advertising and marketing companies to develop public service announcements that will be shown on TV after school and in the evening. The announcement should focus on the importance of providing support to pregnant adolescents. Other announcements should describe the symptoms of depression and where to go for professional help. If appropriate, use local celebrities. (Logsdon,2004.)

S.GRIN is a general social skills training intervention aimed at skills that both promote and hinder social interaction. This intervention needs to be implemented by trained school nurses or other education professionals. It is designed to help students with peer problems learn basic social and cognitive skills, with the goal of improving social relationships, behavior, and self-confidence.(Robinson,2006.)

Lecture

After assessing the situation, appropriate strategies usually include reporting to child protection agencies to take necessary support measures for children and securing appropriate resources. Experts can conduct a lecture based on the common ground of each situation, and then give corresponding suggestions. (Kolar,2007.)

Programs

School nurses, working with communities and schools to develop comprehensive prevention programs, can provide an important first step in identifying depression and reducing suicide (Leiker,2004).

A total of 237 young people in a junior high school in a small community outside Gothenburg, Sweden, completed a questionnaire in class in the presence of school health officials. The content of the questionnaire is the Youth Self Report, Depression Self-Rating Scale and questions about suicidal ideation and attempted suicide. Teachers then collected them and kept them by school doctors and nurses. This is part of the daily school health program in the community, which is helpful to detect adolescent depression in advance and take active preventive measures to avoid unexpected situations.(Ivarsson,2010.)

6. Discussion

6.1 Ethical considerations, validity, and reliability

The intervention measures of the nursing staff to the young people are helpful to insight into the behavior of the young people with depression, to evaluate and manage it, to analyze what causes the young people's depression and to predict what behaviors the young people can do to harm themselves. No matter what the morality and views of the young people are, the nursing staff can use four principles: respect autonomy, non-malice, kindness and justice, to consider the moral dilemma (Price, 2019).

The self-awareness obtained through the intervention of nursing staff has moral value, because it promotes the autonomy of decision-making in the cause of depression. It is further believed that such an effect contains a convincing moral reason, which is not only optional, but also necessary for the treatment of adolescent depression. In the research, the intervention measures for adolescents have far-reaching influence, therefore, nurses have moral ethics in the process of intervention for adolescents with depression. (Biegler,2010.)

Because the study used a literature review approach and used previous studies as raw

materials, an ethical question arose when asking adolescents about depression (Ånström 2014). In this study, nurses wanted to ask the parents about adolescent depression or ask them directly about depression. In this study, authors have consistently implemented the principle of honesty, which is a basic requirement of morality (Price, 2014).

The extent to which a study may be unbiased, credible, and authentic is the definition of effectiveness (Buckingham, 2008). In order to adhere to this principle and avoid prejudice, the author carefully studies the accessible literature and through practice, accurately records the research results. Since authors are students, access to existing literature is limited. The literature for this study came from three countries: The United States, Canada, Thailand. All articles were published in English.

The literature reviewed in this study looked for interventions by nurses in adolescent depression, such as: nurses providing routine clinical examinations for adolescents, advocating social attention to adolescent depression, nurses providing one-on-one or group counselling for adolescents, and nurses cooperate with social media for skills training and more. These interventions were applied to adolescents by caregivers and, through the analysis of clinical examination data, the attention of the society, and the improvement of the teenager situation, which increased the credibility of this study.

Research reliability is the degree to which research methods produce stable and consistent results. (Research Methodology,2019.) The study has two authors, both of whom read all articles and discussed the analysis, which also increases the reliability of the study. This allows for review even during the study. The two authors are beginners of research, which may affect the presentation and reliability of the research results, but the maximum is to achieve research reliability.

6.2 Discussion of results

Adolescent depression is a common mental disease in adolescence, which seriously affects the physical and mental health of adolescents. Depression usually occurs after the real or symbolic loss of anything that makes sense to teenagers. Nurses at the front line must be able to understand and recognize the injuries that cause adolescent depression, taking into account the past experience of adolescents and the treatment options that must be taken immediately. (Mellencamp, 1981.)

According to the eight analyzed articles, there are three measures to intervene adolescent depression. Counselling is the most important measure for nurses to intervene adolescent depression, and it can be widely used. First, nurses should accept the methods of identifying depression and how to take measures to intervene adolescent depression. When teenagers ask for help, the nursing staff will actively provide one-to-one counselling, which is helpful for teenagers to actively talk about their inner thoughts, share their own experiences, and take measures to change their behaviors, enhance mutual trust and reduce their fear. Nurses take different measures according to different situations, for example, pregnant teenagers, nurses will gather the strength of family and friends to make treatment plans.

Results can be used in the world, researchers used the same method, according to the diagnostic criteria, can determine the severity and level of adolescent depression in different countries or cultures. (Simon 2002.) Therefore, nurses in different countries can adopt the same method to intervene and treat adolescents and analyze and exchange the treatment status of adolescents. This can not only improve the skill level of nursing staff, but also promote the development of nursing in various countries.

The future demand for this study is to explore whether environmental and genetic

factors have a significant impact on the occurrence of depression in adolescents, such as whether there are other depression patients in adolescents' families, which will affect their physical and mental health development. Therefore, further study is needed.

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Appendices

Appendix 1

Author(s)	Publishing year and country	Title	Research method	Main findings
Vuthiarpa, Sararud; Sethabouppha, Hunsa; Soivong, Pratum; Williams, Reg	2012 Thailand USA	Effectiveness of a School-based Cognitive Behavioral Therapy Program for Thai Adolescents with Depressive Symptoms.	Quasi experimental design	The findings suggest the program may be useful, especially in a school setting, in decreasing depressive symptoms among Thai adolescents.
Weeks SK; Anderson MA; Harmon LS; Michaels TK	2005 USA	Getting inside depression and suicide ideation: one comprehensive screening approach targets patients 4 years and older.	Depression screening	Depression screening in the initial nursing assessment may help improve patient response to treatment. It may also help prevent inpatient suicide. Further, these efforts may improve the quality of life for at-risk children, adolescents, and adults after discharge to the home and community.
Holcomb SS	2006 KS	This just in. Identification and treatment of depression.	early screening	Early screening, treatment, and close follow-up can also reduce hardship on the patient and his or her family, friends, and workplace as well as the healthcare and medical insurance industries.

Leiker T; Level E	Kansas 2004	Caring communities: nurses taking action to address adolescent depression and suicide prevention	multidisciplinary teams	will do much to reduce the numbers of suicidal ideation ,attempts,and suicides in one's community.
Kolar KR; Davey D	2007 USA	Silent victims: children exposed to family violence.	Safety planning	Domestic violence is associated with deleterious effects on individuals, families, and communities. Many children who are exposed to domestic violence respond in ways that negatively affect their health and well-being and may experience any number of longterm harmful consequences
Robinson S	2006 USA	Victimization of obese adolescents.	Peer-led interventions Shared Concern School-based interventions	Negative peer experiences inhibit adolescents from developing a healthy self-image and adult identity. It is therefore imperative that the psychosocial well-being of adolescents be protected from the damaging sequelae of peer victimization
Ivarsson T Gillberg C Arvidsson T Broberg AG	2010 Toronto	The Youth Self-Report (YSR) and the Depression Self-Rating Scale (DSRS) as measures of depression and suicidality among adolescents.	Procedure Subjects Measures	both the more global Internalising dimension of the YSR and the ' Anxious/Depressed ' syndrome scale,
Logsdon MC; Cross R; Williams B; Simpson T	2004 USA	Prediction of postpartum social support and symptoms of depression in pregnant adolescents: a pilot study.	Research design and sample	Studies show that 68% of pregnant adolescent subjects exhibit depressive symptoms,In addition, pregnant adolescents expect that the postpartum social support measured by the postnatal support questionnaire will be different from the social support that is important to her. and nurses play an important role