

Zarabi Psychological Health, LLC

Pediatric Depression

Major Depression Diagnosis

- Symptoms must occur every day, for most of the day, for a period of two weeks
- Symptoms must include either depressed mood or diminished interest in activities
- Causes distress and/or interference in daily activities
- Symptoms must mark a change from the child's/adolescent's typical functioning
- Not due to a medical condition (e.g. Hyperthyroidism, Medication side-effect)

Symptoms of Childhood Depression

- Irritability, aggressiveness, less playful
- Disturbed sleep, decreased appetite
- Feelings of worthlessness (I'm stupid, I hate myself)
- Can't make decisions, overwhelmed
- Intrusive thoughts about dying

Symptoms of Adolescent Depression

- Aggressive, belligerent, argumentative
- No initiative, everything is boring
- Stops activities, difficulty focusing
- Unable to sleep/excessive sleeping, lethargy
- Poor self esteem (I'm stupid), suicidal thoughts

Resources:

Freeing Your Child from Negative Thinking: *Powerful, Practical Strategies to Build a Lifetime of Resilience, Flexibility, and Happiness.* Tamar Chansky, Ph.D.

Understanding Myself: *A Kid's Guide to Intense Emotions and Strong Feelings.* Mary C. Lamia, Ph.D.

Help Me, I'm Sad: *Recognizing, Treating, and Preventing, Childhood and Adolescent Depression.* David Fassler, M.D.

Dr. Michael C. Zarabi is a licensed psychologist and certified school psychologist who works with children, adolescents, adults and families.

In addition to chronic illness, he treats conditions such as anxiety/mood disorders, ADHD, and learning disabilities.

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