

TABLE 1**Risk Factors for Depression in Children and Adolescents**

Biologic	Psychological	Environmental
Being overweight ²	Body dissatisfaction and early dieting ^{2,14,15} ; sweetened beverage consumption ¹⁶	Academic difficulties ⁸
Chronic illness (e.g., lupus, diabetes mellitus, asthma) ²⁻⁵	Dysfunctional emotional regulation ¹⁷	Being victimized or bullied or witnessing violence ^{2,8,25,26} ; physical, sexual, or emotional abuse or neglect ^{17,28}
Early puberty (girls) ⁸	Internet gaming disorder or video game addiction ^{18,19}	Exposure to natural disasters ^{29,30}
Family history of depression ⁷	Less attachment to parents and peers, or problems with peers ^{8-8,17}	Few opportunities for physical activity and sports ³¹ ; low physical activity ³² ; greater than two hours per day of leisure-time screen use ³³
Female sex ^{8,9}	Low self-esteem and lack of self-kindness ^{20,21}	Foreign born or perceived discrimination ^{8,11}
High-functioning autism ^{10,11}	Negative thinking and recall styles ^{22,23}	Loss of a loved one ⁸
LGBTQ identified ¹²	Other mental health and behavior problems, including previous depression and cannabis or tobacco use ^{8-8,10,13}	Low socioeconomic status ^{7,8,11,34}
Polymorphisms in the serotonin, dopamine, or monoamine oxidase genes ²¹	Problematic use of social media (e.g., Facebook) ²⁴	Parental rejection or low parental involvement ^{8,8,12}
	Worried about school grades or standardized testing ⁸	Poor family functioning or caretaker depression ^{8,8,12}

LGBTQ = lesbian, gay, bisexual, transgender, queer/questioning.

Information from references 2-34.

Releasing Children From Depression

Tamar E. Chansky, Ph.D.



Releasing Children From Depression:

Unveiling the Energy of Verbal Art: An Emotional Sojourn through **Releasing Children From Depression**

In some sort of inundated with screens and the cacophony of fast connection, the profound energy and psychological resonance of verbal art usually fade into obscurity, eclipsed by the constant barrage of noise and distractions. Yet, set within the lyrical pages of **Releasing Children From Depression**, a fascinating function of fictional beauty that pulses with fresh feelings, lies an remarkable trip waiting to be embarked upon. Published by a virtuoso wordsmith, this exciting opus instructions visitors on an emotional odyssey, softly revealing the latent possible and profound influence stuck within the intricate internet of language. Within the heart-wrenching expanse of the evocative analysis, we shall embark upon an introspective exploration of the book is central subjects, dissect their interesting publishing design, and immerse ourselves in the indelible effect it leaves upon the depths of readers souls.

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