Depression and Suicidality among Adolescents

Robert Wm. Blum, MD, MPH, PhD
Johns Hopkins University
Overview

- Trends and factors associated with depression and suicidality
- Protective factors
- Conceptual framework
Section A

Trends in Suicidality
Suicide among Adolescents: 2001

- Third-leading cause of death
- Age-adjusted rates
  - 10–14 years olds: 1.3
  - 15–24 years olds: 9.9
- Suicide completion ratio
  - 5:1 male (15–19 year olds)
  - 7:1 male (20–24 year olds)
- Suicide attempt ratio
  - 3:1 female
Suicide Attempts

- 1 in 200 results in death
- 70 in 200 result in injury
- 4% of U.S. adolescents attempted suicide in the past year
- 13% of U.S. adolescents seriously considered suicide in the past year
Since 1950

■ Suicide rates among youth have increased 300%
■ Young people today report experiencing more stress than psychiatric patients in 1950
Changes with Age and Maturation

- Clinical depression
  - At age 10: 1%
  - At age 20: 8%

- Depression prevalence
  - Before puberty: equal for males and females
  - At age 15: the ratio is 2 to 1 females to males

- Pre-pubertal status has more to do with depression in adolescence than age or puberty
Decline in Youth Suicide Completions: Factors

- Suicide is the third-leading cause of death
- Psychopharmacology
- Psychotherapy
In the United States, there is a greater social acceptability of suicide than ever before.

It is higher among college students than any other group.

Source: Davis and Smith, 2003.
### Percent of College Students Seriously Considering Suicide

<table>
<thead>
<tr>
<th>Year</th>
<th>Percentage</th>
</tr>
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<tbody>
<tr>
<td>Freshman</td>
<td>14%</td>
</tr>
<tr>
<td>Sophomores</td>
<td>12%</td>
</tr>
<tr>
<td>Juniors</td>
<td>10%</td>
</tr>
<tr>
<td>Seniors</td>
<td>6%</td>
</tr>
</tbody>
</table>

Source: National College YRBS, 1995