Section B

Factors Associated with Depression and Suicidality among Adolescents and Young Adults
Neurodevelopmental Changes from Ages 10–24 Years

- Reduction in excitatory pathways and increase in inhibitory pathways
- Neuromaturation is from posterior lobes to frontal cortex
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- **Oxytocin**—a hypothalamic neuropeptide:
  - Stimulates lactation and uterine contractility
  - Facilitates mother-child bonding
  - May be hormonal basis for gender differences in affiliational needs
Gay, Lesbian, Bisexual, and Transgendered (GLBT) Youth

- GLBT youth are at special risk
  - Perhaps as much as 30% of all youth suicide among GLBT youth
  - 20-40% of all GLBT youth have attempted suicide
  - GLBT youth are more likely to:
    - Abuse substances
    - Have mental health problems
Depression and Sleep Disorders

- Sleep disturbances
  - Exacerbate depression and impulsivity
  - Decrease ability to modify emotional responses
  - Compromise ability to concurrently regulate both thoughts and feelings
Sleep Pattern during Adolescence

- Nocturnal sleep declines during weekdays; catch-up sleep on weekends
- 40% decline in delta sleep during adolescence