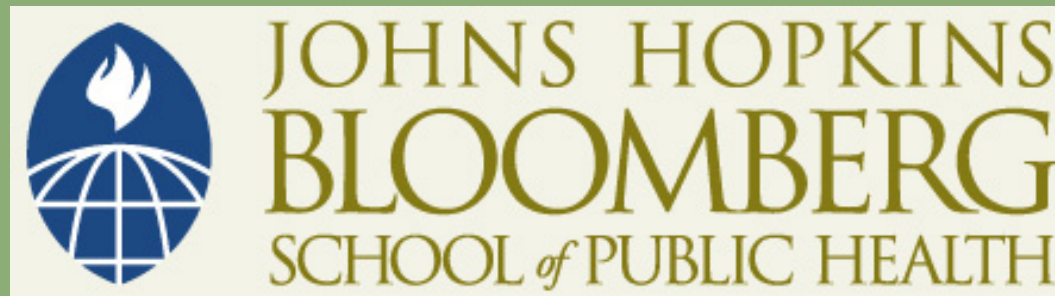


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JOHNS HOPKINS
BLOOMBERG
SCHOOL *of* PUBLIC HEALTH

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

Neurodevelopmental Changes from Ages 10–24 Years

- Reduction in excitatory pathways and increase in inhibitory pathways
- Neuromaturation is from posterior lobes to frontal cortex
- **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