

Multiple Factors Leading to Anxiety and Depression in Adolescents

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Abstract: Depression is a prevalent mental health issue that has a significant impact on teenagers across the globe. This paper reviews the current literature on adolescent depression and its relationship with family factors. In addition, this paper tries to analyze the associations between depression and family intimacy, parenting style, attachment patterns, and adaptability. The findings from the studies suggest that family factors play a critical role in adolescent depression. Adolescents who lack emotional closeness with their families, are subjected to harmful parenting practices, exhibit insecure attachment patterns, and struggle to adapt to changes are more likely to experience depression. While the existing literature provides valuable insights into the relationship between family factors and adolescent depression, much remains to be explored. Future research could further investigate how family factors impact adolescent mental health and the potential for interventions to improve family relationships to prevent or alleviate depression in this population. Additionally, future studies could examine the impact of cultural and socioeconomic factors on the relationship between family factors and adolescent depression. Exploring this subject in more depth could pave the way for evidence-based approaches that have the potential to impact the lives of adolescents and their families positively.

Keywords: psychological disorder, anxiety, depression, adolescents

1. Introduction

People of different ages, genders, and backgrounds can be affected by depression, which is a common mental health condition [1]. However, it is particularly prevalent among teenagers, with approximately one in five experiencing depression disorder during adolescence [2].

Teenage depression is a severe mental health concern that can significantly impact a young person's quality of life, academic performance, and social relationships. Studies have shown that adolescents who suffer from depression are at a greater risk of encountering adverse outcomes, including suicidal tendencies and academic difficulties [1]. The experience of depression can be particularly challenging for teenagers as they are still developing emotionally, socially, and cognitively [2].

Adolescence is a time of significant change and transition, with many teenagers experiencing increased stress, anxiety, and pressure to succeed academically and socially. The experience of depression in adolescence can be identified through various symptoms, including sadness, loss of interest, fatigue, sleep difficulties, problematic concentrating, and the presence of self-harm or

suicidal thoughts. These symptoms can profoundly impact teenagers' lives, making it difficult for them to function effectively in their daily lives and form meaningful relationships with others. Despite the prevalence of teenage depression, many young people do not receive adequate treatment [2].

This paper will explore the relationship between family, school, and social network influences on teenage depression. Specifically, it will examine the impact of family functioning, parental rearing styles, attachment patterns, school-related stress, and internet use on the development and management of adolescent depression. Furthermore, this paper will discuss various interventions, including physical activities and group format interventions, to support young people struggling with depression. By providing a comprehensive understanding of these factors and interventions, the goal is to contribute to ongoing and future studies to promote mental health and well-being among adolescents.

2. Family Relationship

Depression among adolescents is a critical public health issue, with several factors linked to its occurrence in this demographic. One crucial factor is the family environment, and this paper will explore the correlation between teenage depression and factors related to the family.

2.1. Family Functioning

Family functioning refers to a family's ability to meet its members' physical and emotional needs, communicate effectively, and work together to solve problems [3]. To explore the link between how well a family works together and the presence of depression among adolescents, researchers conducted a study on 791 participants aged between 12-18 years [3]. The study utilized the Family Assessment Device (FAD) to assess family functioning. The results revealed a significant association between low-income family functioning and depressive symptoms in adolescents. In particular, adolescents from low-income families had a higher likelihood of experiencing depressive symptoms compared to those with healthy family functioning, according to the study's findings. Therefore, implementing family interventions that aim to improve family functioning may be a beneficial approach to managing depression symptoms among adolescents.

2.2. Parenting Styles

Adolescent depression is a complex mental health issue, and parenting styles play a significant role. One study explored that parental rearing styles, particularly maternal care, showed a notable connection between how adolescents perceive themselves positively and negatively and their experience of symptoms related to depression [4]. By performing a study among adolescents to explore the relationship between parental rearing styles, self-acceptance, and adolescent depression was found [4]. The study's results suggest that improving parental rearing styles, especially maternal care, may help manage teenage depression [4].

Similarly, another research team examined the relationship between attachment patterns and parenting styles and their influence on the development of depression in adolescents [5]. The results indicate that attachment insecurity and overprotection were significant predictors of depressive symptoms in adolescents [5]. Moreover, they also found that the attachment style of adolescents was significantly associated with their parent's parenting style [5].

These findings suggest that improving parenting styles and promoting secure attachment may be beneficial in managing adolescent depression and highlight the importance of addressing family and parenting factors in managing teenage depression. Improving parental rearing styles, promoting secure attachment, and addressing attachment insecurity and overprotection, can help prevent and manage depressive symptoms in adolescents.

2.3. Family Intimacy

Family-related factors play a crucial role in understanding and managing adolescent depression. Additionally, Family intimacy has been recognized as a significant factor in preventing the early sign of depression in adolescents based on a study that targeted the correlation between family intimacy, adaptability, and adolescent depression [6].

One study found that family intimacy was negatively correlated with teenage depression, indicating that a supportive and intimate family environment may reduce depression in adolescents [6]. This finding suggests that interventions promoting family intimacy may be beneficial in managing adolescent depression. Therefore, it is vital to understand the complex relationship between family intimacy and adolescent depression to develop effective interventions and treatment strategies for this vulnerable population.

Family relationships have a significant impact on adolescent mental health, particularly concerning depression. Negative family interactions, such as conflict, criticism, and inattention, have Elevated the likelihood of teenage depression. On the other hand, positive family relationships, characterized by warmth, support, and communication, have been linked to lower rates of depression in adolescents. Families must cultivate healthy and supportive relationships with their adolescent children To improve their emotional well-being and mental state.

3. School Influences

The school environment significantly influences adolescents' mental health. Schools are a place for learning and socialization, developing relationships, and forming identity. While school can be a source of positive experiences, it can also be a source of stress and adversity.

Stressors such as academic pressures, bullying, social isolation, and conflict with teachers and peers are contributed to the emergence or progression of mental health conditions, specifically depression, and anxiety.

3.1. School Bullying

School bullying is a prevalent issue linked to numerous adverse outcomes, including depression and anxiety, among adolescents. One study followed a group of people to see what happened to them and determine the correlation between school-related factors and adolescent mental health problems [7]. Data was collected from Australian students aged 10-14 using self-reported questionnaires [7]. Researchers found that school factors, such as bullying victimization, low school connectedness, and academic stress, were significant predictors of depression and anxiety among early adolescents with pre-existing depressive symptoms [7]. In addition, they also revealed that bullying victimization was a strong predictor of depression and anxiety, while academic stress was strongly associated with depression only.

Researchers utilized a methodical examination and statistical synthesis method to combine and analyze data from 174 observational studies, and they found that bullying victimization has various adverse psychological well-being consequences [8]. Moreover, the study found that the unfavorable experience of bullying on psychological well-being was more prominent in chronic and severe bullying cases [8]. These studies prove the significant correlation between bullying and negative psychological consequences in children and teenagers. Highlights explicitly the importance of developing effective interventions to prevent and address bullying victimization to promote positive mental health outcomes in this vulnerable population.

3.2. Academic Pressure

Academic pressure is a common experience among adolescents; In contrast, some levels of academic pressure can motivate students to perform well, and excessive pressure may cause detrimental effects such as depression and anxiety. This can lead to poor academic performance, social withdrawal, and suicidal ideation. Therefore, understanding the correlation between academic pressure and adolescents' psychological well-being is essential to develop effective interventions and preventive measures.

How a person views significantly influences the connection between stress related to education-related endeavors and depression. To fully understand the content, the researchers use a moderated mediation model to investigate the role of school burnout and the concept of self-worth [9]. Based on the findings, school-related pressure positively correlated with depression in Chinese adolescents, which means when educational pressure increases, depression, on the other hand, grows as well [9]. Furthermore, academic exhaustion mediated the connection between educational pressure and depression, and self-esteem moderated how school-related pressure influences depression indirectly through academic fatigue. This suggests that school burnout and self-esteem may be essential factors when studying how academic anxiety and depression relate to teenagers. Similar research discovered that academic pressure significantly threatened depression and anxiety among Chinese adolescents [10]. Academic pressure was one of the influencing factors of teenage depression signs. The study's results revealed a specific association between increased school-related stress and increased depression indicators in the participants [10]. These results support the literature consistently demonstrating a link between academic anxiety and adolescent depression.

In conclusion, school-related factors such as academic pressure and bullying can significantly impact adolescent mental health, leading to depression and anxiety. Addressing academic pressure may be crucial in preventing and treating depression among adolescents. It is essential to create a supportive and healthy educational environment for adolescents to reduce their stress and promote their mental well-being. Various studies have shown that academic stress and high expectations can increase the risk of depression among adolescents. Parents, teachers, and school administrators must recognize the importance of addressing these factors and providing support and resources to help prevent and manage adolescent mental health issues.

4. Internet Usage Impact

Over the past few years, the increased internet and Teenager's social networking habits have become a matter of concern.

While the internet can offer many benefits, such as access to information and social connections, it also has the potential to impact mental health negatively. Specifically, research has shown a potential link between internet usage and increased rates of depression among adolescents [11]. Twenge et al. [11] suggested that increases in time spent using digital devices, including texting and gaming, were linked to increased severity of depression and a higher risk of suicide among adolescents. They identified a threshold of screen time at which negative consequences became more likely. Additionally, the study discovered that teenagers who used screens for over five hours daily had double the likelihood of exhibiting depressive symptoms compared to those who used screens for an hour or less [11]. Overall, the study suggests that a rise in the amount of time spent on electronic media devices may be an influential element in the increase in depression and suicide-related outcomes among American teenagers in the past few years [11]. These findings highlight the importance of monitoring and regulating adolescents' use of new media and promoting healthy screen time habits.

Another research on the same topic investigates the connection between excessive use of the internet and the likelihood of developing depression among adolescents in China [12]. The findings revealed a causal relationship between excessive internet usage and probable depression among Chinese adolescents [12]. Specifically, the study found that internet addiction predicted possible depression, and potential depression also predicted internet addiction [12]. This bidirectional relationship highlights the importance of considering both internet addiction and depression as risk factors for each other. The implications of this study's findings are significant for preventing and treating internet addiction and probable depression in adolescents [12].

In conclusion, adolescents who engage in increased internet usage have been found to have higher rates of depression. The research presented in the article highlights the possible adverse effect of excessive screen time on mental health outcomes, including suicide-related results and suicide rates [12]. Limiting screen time and promoting healthy online behavior may be essential in reducing the possibility of developing depression and other mental health consequences among this population. More research is required to comprehend the connection between internet usage and depression and to identify effective strategies for mitigating the potentially detrimental effect of excessive screen time on adolescent mental health.

5. Interventions to Help Reduce Anxiety and Depression in Adolescent

Adolescence is crucial when young adults experience significant physical, cognitive, and social changes. Unfortunately, many adolescents struggle with psychological problems, which can have substantial long-term consequences.

To address this issue, interventions to reduce depressive and anxiety symptoms in adolescents have become increasingly important. These interventions aim to give adolescents the tools and support they need to manage their symptoms, improve their overall mental health, and lead healthy and fulfilling lives. The study found that factors related to a person's way of life, including participation in physical activity, sleep duration, and breakfast intake, were a notable correlation with depression indicators among high school students [13]. In particular, students who engaged in regular physical activity, slept for longer durations and ate breakfast regularly were less likely to report depressive symptoms [13]. Regular physical activity, adequate sleep, and breakfast consumption may protect against depression. Additionally, family interventions aimed at supporting students from divorced or separated families may be beneficial in managing depressive symptoms in this population.

Another study expanded this topic to a broader range: the researchers identified 52 randomized controlled trials with 67 interventions that targeted depression among this group [14]. The finding indicates that these interventions had a moderate impact on reducing symptoms of depression [14]. Based on the examination, the researchers found that interventions delivered in a group format, with a more significant number of sessions, and delivered in schools proved to be more efficient in alleviating signs of depression [14]. In addition, in interventions conducted with older adolescents, Females with higher levels of initial depressive symptoms also demonstrated a more significant response to the intervention. The findings from this meta-analysis suggest that depression prevention programs can effectively reduce depression symptoms among children and adolescents [14].

Overall, the previous research provides important insights into the effectiveness of depression prevention programs and the factors that can influence their effectiveness. These findings can inform the development of future interventions to help reduce depression among children and adolescents.

6. Conclusion

In conclusion, anxiety and depression are significant mental well-being challenges that affect many teenagers worldwide. Several factors contribute to depression and anxiety among adolescents,

including low-income family relationships, academic pressure, and excessive internet use. Effective interventions can help reduce depression and anxiety in adolescents. Examples of effective interventions include cognitive-behavioral therapy, family therapy, and school-based prevention programs. These interventions have shown promising results in reducing depressive symptoms and improving the mental health outcomes of adolescents.

Parents, educators, and mental health professionals must recognize these risk factors and take proactive steps to intervene and prevent the onset of depression and anxiety among adolescents. And not overstate the importance of a supportive family environment, a positive school climate, and healthy internet usage. Addressing these factors and implementing effective interventions can promote adolescents' mental health and well-being and improve their long-term outcomes. While significant advances have contributed to anxiety and depression in adolescents, much remains to be explored.

Future research could further investigate the impact of specific risk factors, such as academic pressure and social media use, on the development of these mental health disorders. Additionally, more research is needed to identify effective interventions that can be implemented at a community-wide level to prevent or mitigate the impact of anxiety and depression among adolescents. Future research could also explore the effects of cultural and socioeconomic factors on the emergence of anxiety and depression among teenagers. By considering the unique contexts in which different adolescents live, the future studies can develop more effective and culturally sensitive prevention and intervention programs that can address the specific needs of diverse populations.

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