



Depression in Childhood and Adolescence

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Letter

Depression in childhood and adolescence is a significant public health concern. It is characterized by persistent sadness, loss of interest in activities, and changes in eating and sleeping patterns. Early onset of depression is associated with a higher risk of chronicity and recurrence. The etiology of childhood depression is multifactorial, involving genetic, environmental, and psychological factors. Research has shown that children with depression often have a family history of mental health issues and may experience stressful life events. Early identification and intervention are crucial for improving outcomes. Treatment options include psychotherapy, such as cognitive-behavioral therapy (CBT), and medication. Supportive environments and family involvement are also essential for recovery. Continued research is needed to better understand the mechanisms of childhood depression and to develop more effective, targeted interventions.

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