

Annotated Bibliography

Ryan, N. D. (2003). Child and adolescent depression: Short-term treatment effectiveness and long-term opportunities. *International Journal of Methods In Psychiatric Research*, 12(1), 44-53.

This article talks about the psychotherapeutic and pharmacotherapeutic treatments for adolescent major depressive disorder (MDD). The treatments are described and analyzed as short-term treatments. The author then takes a look at the long-term effects of MDD for children and adolescents and long-term treatment options. This is a helpful look into the effectiveness of what we already know and how it can be improved to make long-term changes.

Shirk, S. R., Kaplinski, H., & Gudmundsen, G. (2009). School-Based Cognitive-Behavioral Therapy for Adolescent Depression: A Benchmarking Study. *Journal of Emotional and Behavioral Disorders*, 17(2), 106-117.

The authors of this article evaluated the effects of cognitive-behavioral therapy (CBT) on adolescents of all gender, age and ethnic groups suffering from depression. Throughout the article, the authors walk through the entire process of the study, and at the end, they lay out the results. In the end, the authors found that CBT was a successful treatment for adolescents. This study is an insightful look into what high-school students react to.

Spence, S. H., Sheffield, J. K., & Donovan, C. L. (2005). Long-Term Outcome of a School Based, Universal Approach to Prevention of Depression in Adolescents. *Journal of Consulting and Clinical Psychology*, 73(1), 160-167. doi:10.1037/0022-006X.73.1.160

This study focuses more on a school-based approach to the prevention of depression. The authors compare results through a four-year period to determine the longevity of the treatment effectiveness. The result is that the positive short-term effects do not last. For those who are interested in preventing these mental illnesses, it is important to make sure treatments are life-long.

Stice, E., Rohde, P., Seeley, J. R., & Gau, J. M. (2008). Brief Cognitive-Behavioral Depression Prevention Program for High-Risk Adolescents Outperforms Two Alternative Interventions: A Randomized Efficacy Trial. *Journal of Consulting and Clinical Psychology*, 76(4), 595-606. doi:10.1037/a0012645

The authors describe different treatment options for adolescent depression that they have separated the test subjects into. The study follows the effectiveness of these treatments and follows them through a six-month period. In the end, this study showed that cognitive-behavioral treatment had a positive effect for adolescents. This study is a helpful look into the comparison of different treatment and preventative options for adolescents that are at-risk.

Jacobs, R. H., Becker-Weidman, E. G., Reinecke, M. A., Jordan, N., Silva, S. G., Rohde, P., &

March, J. S. (2010). Treating Depression and Oppositional Behavior in Adolescents.

Journal of Clinical Child and Adolescent Psychology, 39(4), 559-567.

doi:10.1080/15374416.2010.486318

The authors of this article took a look at different studies to find a treatment that would help in the decrease of depression and opposition. The authors go over different treatment methods and their results. The result of this examination is that cognitive-behavioral therapy (CBT) is a positive treatment for adolescents with a *primary* diagnosis of depression. Knowing these successful treatment options, it could be possible to further prevent adolescent depression.