

Depression in teen years tied to depression in early adulthood

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Depression symptoms during adolescence are associated with higher levels of depression symptoms and perceived stress in early adulthood, according to a study [published](#) online Aug. 8 in *JAMA Network Open*.

Lamprini Psychogiou, Ph.D., from the University of Exeter in the United Kingdom, and colleagues examined whether [depression symptoms](#) during early and middle childhood and adolescence and persistent depression symptoms are associated with impaired young adult outcomes. The analysis included 2,120 infant participants in the Québec Longitudinal Study of Child Development (born from Oct. 1, 1997, to July 31, 1998).

The researchers found that depression symptoms during adolescence (13 to 17 years) were associated with higher levels of depression symptoms at 20 years (β , 1.08 unadjusted and Bonferroni adjusted). Depression symptoms in adolescence were only associated with perceived [stress](#) at 21 years (β , 3.63 unadjusted and Bonferroni adjusted).

Both [middle-childhood](#) (β , -1.58 unadjusted and Bonferroni adjusted) and adolescent (β , -1.97 unadjusted and Bonferroni adjusted) depression symptoms were associated with lower levels of social support. No associations were seen for binge drinking; not being in [education](#), employment, or training; or experiencing online harassment.

"The findings of this study underscore the importance of screening children and adolescents for depression, which may reduce depression symptoms and compromised psychosocial functioning in young adulthood," the authors write.

More information: Lamprini Psychogiou et al, Childhood and Adolescent Depression Symptoms and Young Adult Mental Health and Psychosocial Outcomes, *JAMA Network Open* (2024). [DOI: 10.1001/jamanetworkopen.2024.25987](https://doi.org/10.1001/jamanetworkopen.2024.25987)

Natan J. Vega Potler, Depressive Symptoms Across Childhood and Adolescence and Adult Psychosocial Outcomes, *JAMA Network Open* (2024). [DOI: 10.1001/jamanetworkopen.2024.25954](https://doi.org/10.1001/jamanetworkopen.2024.25954)

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