Week 12 Response

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**Response 1**

The discussion post helped a lot in understanding the potential effect of anti-depressants in reducing depression among adolescents. As mentioned in the discussion post, anti-depressants can only be considered effective when they are combined with psychotherapy especially CBT. I also agree that SSRIs were well known in treating depression among children and adolescents yet it was linked in increasing suicidal ideation. After the ban on SSRIs, it has been observed that suicide attempts among children have been decreased significantly. However, many studies have shown that SSRIs are not directly linked with suicidal attempts among children (Hammad & Racoosin, 2006). Thus, it is recommended to use a low dosage of SSRIs combined with CBT to effectively treat children suffering from depression.

**Response 2**

The discussion post helped a lot in understanding the issue of the mental health of children. According to the CDC, almost 50% of all Americans have been diagnosed with some kind of mental illness once in their life which is alarming ("Data and Publications - Mental Health - CDC", 2019). I would like to add that many children are there that are left undiagnosed due to which the issue of mental illnesses is increasing tremendously. In the discussion, it is also mentioned that doctors feel hesitant while using anti-depressants for treating depression in children. I also agree that many anti-depressant drugs are linked to suicidal ideation yet it is necessary to manage the dosage of drugs to treat children effectively.

**Response 3**

The discussion post facilitates a lot in understanding the STAR\*D study. As mentioned in the discussion post, initially, SSRI was considered effective in treating depression. However, as the results of the study revealed that anti-depressants are not as effective in treating depression as people used to think. Also, anti-depressants have several side effects as well. I think that doctors should use combination of low dose anti-depressant drugs to treat patients suffering from depression. Also, if a patient still does not respond to the treatment, then CBT is the best option that has no side effect (Vos & Andrews, 2005).

**Response 4**

The discussion post helped a lot in understanding the results of the STAR\*D study. A per the CDC reports, 50% of the Americans have been diagnosed with mental illness once in their life ("Data and Publications - Mental Health - CDC", 2019). The STAR\*D study facilitates in determining the effectiveness of the anti-depressants while treating patients with depression. It has been observed that in most cases, anti-depressants are not effective and also it has several side effects. Thus, if a patient is not responding to the anti-depressant drugs, CBT is an appropriate method to treat patients having depression.

**References**

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