Lehigh Career & Technical Institute

Teen Depression and Suicide Prevention, Education and Awareness Lesson

Pretest: What Do You Know About Depression in Teens? ANSWER SHEET FOR TEACHERS

Put an “X” next to the ONE best answer to each of the following questions.

1. DEPRESSION IS BEST DESCRIBED AS:
   _____ a. Sadness that comes after a rejection or disappointment
   X   b. An illness involving chemicals in the brain
   _____ c. A response to stress that occurs in people who don’t have good coping skills
   _____ d. A condition that can be prevented by working hard

2. WHICH OF THE FOLLOWING ARE LIKELY SYMPTOMS OF DEPRESSION?
   _____ a. Missing school, sleeping most of the day, withdrawing from friends
   _____ b. Having an unusual amount of energy, working at breakneck speed, feeling like you can do anything
   X   c. Losing your temper, feeling anxious or stressed out, having stomachaches
   _____ d. Both (a) and (c)

3. HOW LONG DO THE SYMPTOMS NEED TO LAST WITHOUT A BREAK BEFORE SOMEONE CAN BE DIAGNOSED WITH DEPRESSION?
   _____ a. 1 week
   X   b. 2 weeks
   _____ c. 2 months
   _____ d. 6 months

4. WHICH ONE OF THE FOLLOWING STATEMENTS IS TRUE?
   _____ a. Changing your attitude usually makes depression go away
   _____ b. It’s usually pretty easy to spot someone who is depressed
   X   c. Sometimes depression doesn’t have any obvious cause
   _____ d. People who do well in school and have lots of friends don’t get depressed

5. WHICH OF THE FOLLOWING ARE PROVEN TREATMENT(S) FOR DEPRESSION IN TEENS?
   _____ a. Positive thinking
   _____ b. Psychotherapy (talk therapy)
   _____ c. Medication (antidepressants)
   X   d. Both (b) and (c)