

Title : Symptom Count and Severity of Depression, Anxiety, and Body Dysmorphia Among Adolescents

Researched By : Jyotsna Raghavendra Rao Irvington High School, rao.jyotsna1912@gmail.com

Abstract : Adolescence is an important period to observe the development of many mental health issues such as depression, anxiety, and body dysmorphia. Many factors can contribute to these mental health issues like reduced sleep quality, increased time watching television, and isolation which are some of the things that decrease mental health. Many adolescents face symptoms of anxiety, depression, and body dysmorphia whether or not they are diagnosed which can affect their daily lives in negative ways causing distress. Many adolescents face symptoms of depression and anxiety together and their severities are also positively associated causing an overlap of symptoms like sleep quality.

Introduction

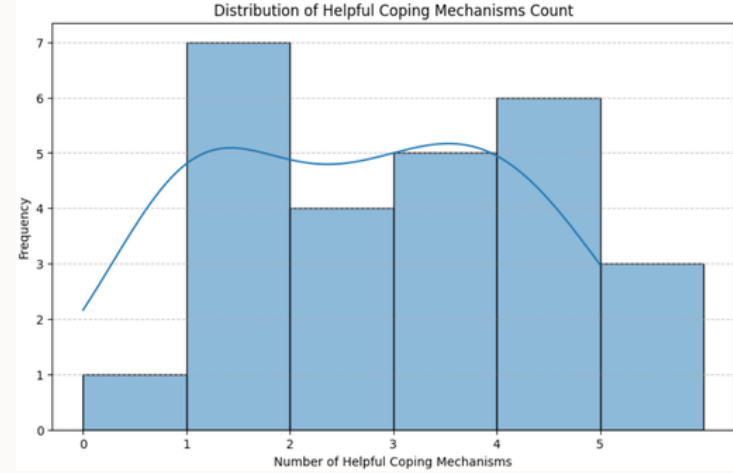
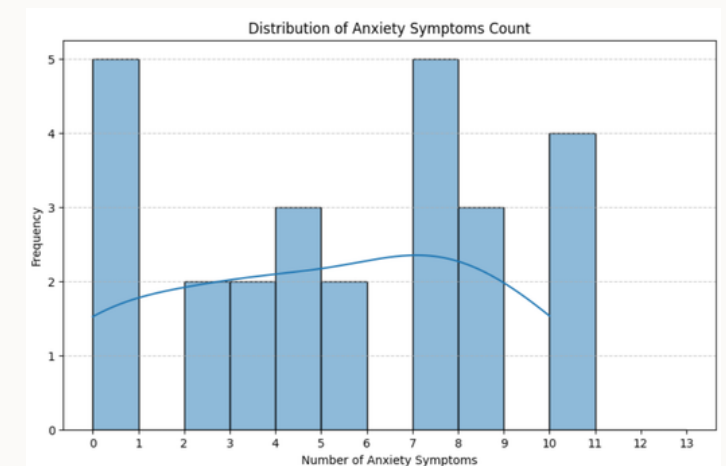
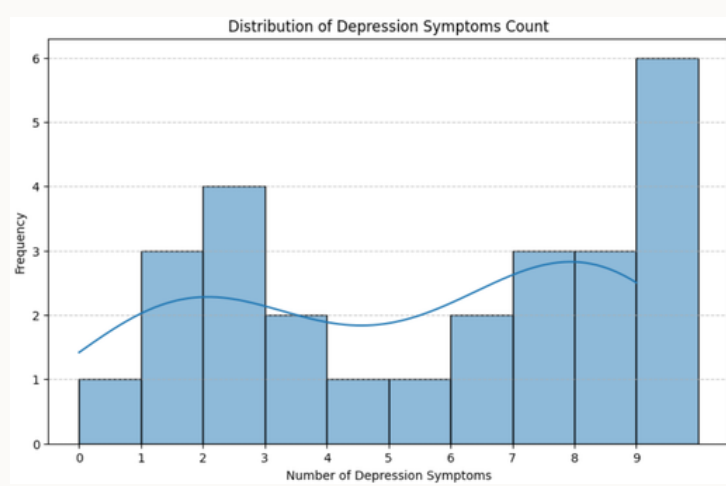
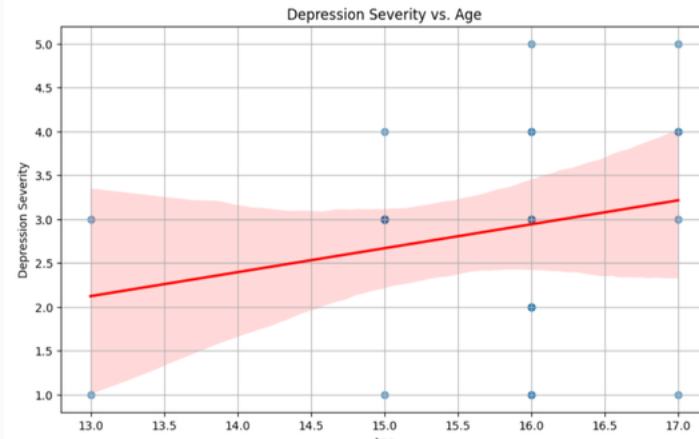
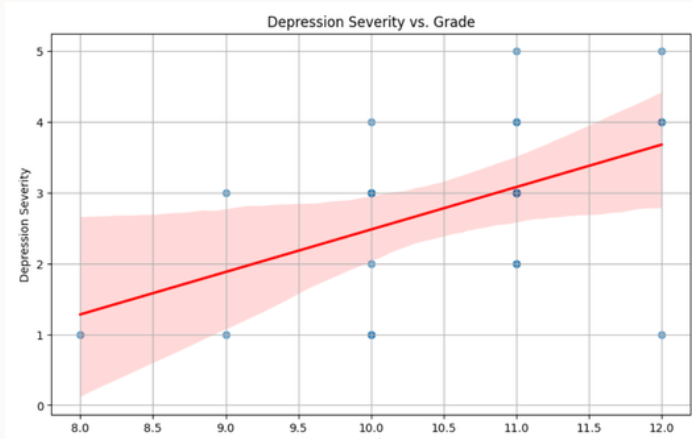
This research collected data from middle and high school students to see **how many students experience symptoms of various mental illnesses** specifically focusing on **depression, anxiety, and body dysmorphia**, and also how many symptoms they experience. Many **adolescents** may be **undiagnosed** or show only mild symptoms, and the amount of adolescents affected by mental health issues might be **underrepresented**.

Methods

The data for this study was collected via an **online survey** of adolescent participants (N = 26). The survey was an anonymized **Google form** that collected adolescent **demographic information, symptoms of depression, body dysmorphia & anxiety, symptom frequency, and severity**. The survey was distributed via **social media**, and additional participants were recruited by **participants sharing the survey**. In addition to social media, the survey was also posted on **SurveyCircle**

Result

The results of the survey showed that the most common symptom of **body dysmorphia** was “**Constantly comparing yourself with others**”. The most common symptom of **depression** was “**Fatigue or Loss of Energy**”. The most common symptoms of **anxiety** were “**Feeling nervous**”, and “**Feeling restless or tense**”. The most common coping mechanism endorsed was “**Talking to friends**”.



Discussion

Most participants didn't experience any symptoms of body dysmorphia, but the participants that did choose **many symptoms** had a **higher level of severity**. Many participants **endorsed seven depression symptoms** and reported **moderate severity** (3/5). Many symptoms of anxiety and high severity were reported indicating that anxiety symptoms are common among adolescents. **Positive coping** mechanisms like **hobby, self care, and eating healthy**, were popular choices. Participants also chose coping mechanisms such as **ranting to ChatGPT, distraction, and binge eating**, which might not be beneficial long term.

Conclusion

Among middle and high school students, symptoms of **depression and anxiety are most common**, with severity increasing as the amount of symptoms faced. **Body dysmorphia** was **less common** among the participants, however those that did experience symptoms also reported higher levels of severity. **Healthy coping mechanisms** such as talking to friends and doing something enjoyable were **effective in improving adolescents' mental Health**.

References

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