Adolescence: Window on Depression

- **NEW STRESSORS**
- **RAPID BRAIN DEVELOPMENT**
- **PUBERTY**

Early Family History

Early Trauma

Cognitive Risks

Off-time Puberty

Personality Risks

Adolescence

Relationa l Stress Behaviors Physiology

Powers, Gunlicks, Laurent, Balaban, Bent, & Sayer, 2006; Laurent & Powers, 2006; Gunlicks-Stoessel & Powers, 2008, 2009;

Powers, Pietromonaco, Gunlicks & Sayer, 2006; Laurent & Powers, 2007; Powers, Battle, Dorta, & Welsh, 2010
Stressful Life Events
- Abuse & Neglect
- Parental loss
- Economic strain

Chronic Relationship Stress:
- Low level
- Insidious
- Non-traumatic
- Normative
Coping with Normal Relationship Conflict

- Maintain the relationship
- Care for your partner
- Represent your own point of view
- Protect the self
- Protect the relationship

Grotevant & Cooper, 1985; Smetana & Asquith, 1994; Montemayer, 1983; Steinberg, 1990; Powers & Welsh, 1999
Protecting the Relationship

Girls - Mothers
Conflict - Submission

Young Women - Boyfriends
Anxious Conflict

Attenuated Cortisol Reactivity
Protecting the Self

- Boys - Mothers
  - Disengaged Submission
- Young Men - Girlfriends
  - Holding Back & Withdrawal

Elevated Cortisol Reactivity
- Create an environment to PRACTICE balance

- Tolerate and model balanced conflict

- Be alert for submission or arguing that is fearful of losing the relationship

- Be alert for withdrawal that is fearful of losing the self