

## RESULTS OF THE SURVEY ON YOUTH DEPRESSION IN SPAIN

To start with, it's important to say that the majority of people who answered the survey were women (64,28%). The biggest group of interviewees were under 15 years old, with 21 people. Other respondents were between 15 and 18 (32 p.), and the minority were from 19 to 22 years old (3 p.).

### 1. sex

● Woman	36
● Man	20
● Non-binary	0
● Prefer not to say	0



### 2. Age

● Under 15	21
● 15-16	16
● 17-18	16
● 19-20	2
● over 20	1



Referring to the question about how many hours they spend on social media, most people, specifically 21, answered that they were between 1-2 hours on social media, and just 11 people less than one hour a day. On the other hand, 16 people are between 2-3 hours and 8 people are more than 3 hours, which is a serious problem given the fact that this could lead to phone addiction.

### 3. How many hours a day are you on social media

● less than 1 hour	11
● 1-2 hours	21
● 2-3 hours	16
● more than 3 hours	8



Looking at the answer of the educational level, more than a half of the students (38) responded that they are in the average of the class. Other 14 answered they are in the top and 4 people considered they are in the bottom of the class. This gives us an idea of how some people underestimate themselves to the point where they lose all concentration.

### 4. If you compare yourself to the others in the class concerning educational level. How would you rate your own level?

● in the bottom of the class	4
● average	38
● in the top	14



When it comes to interest in daily activities, we see that most of the answers (29) are "several days", and 9 and 6 students answered "more than half of the days" and "nearly every day" respectively. Only 12 students pressed "not at all". These alarming numbers mean that those students could have initial symptoms of depression.

### 5. Over the past 2 weeks, how have you been bothered by the following? Little interest or pleasure in doing daily things?

● Not at all	12
● several days	29
● More than half the days	9
● Nearly every day	6



In the question about feeling down or sad, the majority of students (20) answered "not at all", whilst 19 said "several days", 9 "more than a half" and 8 "nearly every

day”. Therefore, we can assume that these last students are the same people as in the other questions.

6. Over the past 2 weeks, how often have you been bothered by the following? Feeling tired or having little energy?

● Not at all	17
● several days	14
● More than half the days	11
● Nearly every day	14



Feeling tired or having little energy may cause malaise, sadness or even depression. In this aspect, 17 students answered they don't feel tiredness at all. Then, 14 for each said “several days” and “nearly every day”, and 11 answered “more than half of the days”.

7. For the past 2 weeks, how often have you been bothered by the following? Feeling down or sad?

● Not at all	20
● several days	19
● More than half the days	9
● Nearly every day	8



The majority of students answered that they have trouble several days falling or staying asleep, or sleeping too much. 10 teenagers said “nearly every day” and 8 “more than half of the days”. Nevertheless, 14 students responded that they don't have any trouble at all.

8. For the past 2 weeks, how often have you been bothered by the following? Trouble falling or staying asleep, or sleeping too much?

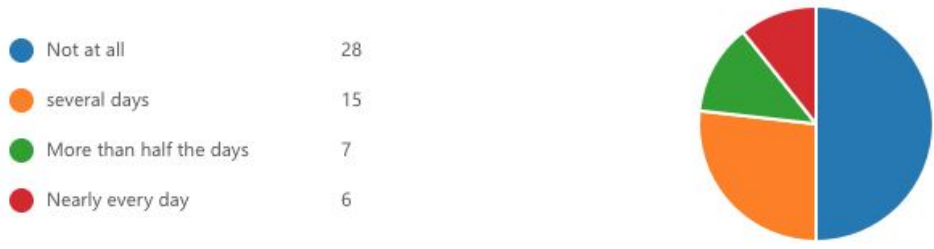
● Not at all	14
● several days	24
● More than half the days	8
● Nearly every day	10



With regard to the question about problems with lack of appetite or overeating, the majority of the students (28) said "not at all". Another 15 students said "several

days". Just 7 answered "more than half of the days" and 6 of them responded "nearly every day". Loss of appetite can be an early sign of depression or a warning of a depression relapse. On the other hand, some people can't stop eating when they are depressed.

9. For the past 2 weeks, how often have you been bothered by the following: Poor appetite or overeating?



Touching on the question about feeling bad about yourself or that you are a failure only 5 people answered "nearly every day" and 13 students said "more than half of the days". However, most of them (20 and 18) answered "several days" and "not at all" respectively.

It's no surprise that depression is on the rise all around the modern world, particularly among the younger generations. And one of the most commonly cited causes for depression can be traced back to feeling like a failure: the lack of accomplishment, the lack of personal meaning, the lack of a reason to wake up every morning.

10. For the past 2 weeks, how often have you been bothered by the following: Feeling bad about yourself — or that you are a failure or have let yourself or your family down?



When it comes to concentrating, most of the students we asked (22) answered they don't have problems concentrating at all, whereas 15 and 11 students answered "several days" and "nearly every day" respectively, and just the 14% of them (8) put "more than half of the days".

11. For the past 2 weeks, how often have you been bothered by the following: Trouble concentrating on things, such as reading the newspaper or watching television?

● Not at all	22
● several days	15
● More than half the days	8
● Nearly every day	11



In response to a question about speaking or moving slowly so that someone notices, 34 students out of 56 said that they had no problem with it. Nevertheless, 14 put "several days" and 4 for each option said "more than half of the days" and "nearly every day". This could mean a lack of self confidence.

12. For the past 2 weeks, how often have you been bothered by the following: Moving or speaking so slowly that other people could have noticed? Or fidgety or restless?

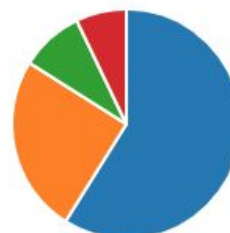
● Not at all	34
● several days	14
● More than half the days	4
● Nearly every day	4



Talking about the question of hurting yourself or thoughts that life is not worth most respondents (33) answered that they don't have those types of thoughts. On the other hand, it's concerning the fact that many as 19 students have to deal with those thoughts at least once a week, and 4 said that nearly every day. Things like this could lead to even suicide, and depression is bad enough without suicide. When the darkness calls you, answer back, tell the darkness that you have a reason to live.

13. For the past 2 weeks, how often have you been bothered by the following: Thoughts that life is not worth living, or thoughts of hurting yourself in some way?

● Not at all	33
● several days	14
● More than half the days	5
● Nearly every day	4



In the aspect about feeling guilty or bad-conscious, while 30 of the students said "not at all" other 16 answered "several days", and just 7 and 3 responded "more than half of the days" and "nearly every day" respectively.

Guilt or guilty conscience is one of the most common negative or sad emotions that people experience almost every day. A guilty conscience can push a person to become very cruel and do horrible things as a result. Horrible things like killing, committing suicide, etc. Yet, just like any other emotions, there's not a clear definition for a "guilty conscience". So to better understand what it is, one has to explore the concept of right and wrong within society.

14. For the past 2 weeks, how often have you been bothered by the following: Feeling guilty or bad conscious?



And finally, referring to the question about feeling less self confidence, we can see similar answers with 21 students who put "not at all" and 22 who put "several days", as well as 7 of them answered "more than half of the days" and 6 said "nearly every day".

15. For the past 2 weeks, how often have you been bothered by the following: Feeling less selfconfidence



To sum up, based on the survey numbers we can see between 3 and 5 people with depression and some more with mild symptoms.

Depression is a common and serious medical illness that negatively affects how you feel, the way you think and how you act. Fortunately, it is also treatable. Depression causes feelings of sadness and/or a loss of interest in activities you once enjoyed. It can lead to a variety of emotional and physical problems and can decrease your ability to function at work and at home. However, with proper diagnosis and

treatment, the vast majority of people with depression will overcome it. If you are experiencing symptoms of depression, a first step is to see your family physician or psychiatrist. Talk about your concerns and request a thorough evaluation. This is a start to addressing your mental health needs. On the other hand, if you know someone passing through this experience, do not hesitate to talk to them and be supportive because no sooner do they notice your affection than they will start to feel valued, which indicates the start of their recovery.