

Survey analysis on youth depression

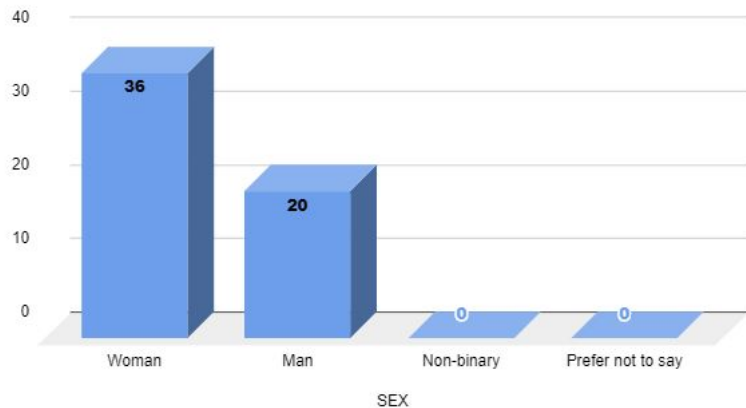


SPAIN

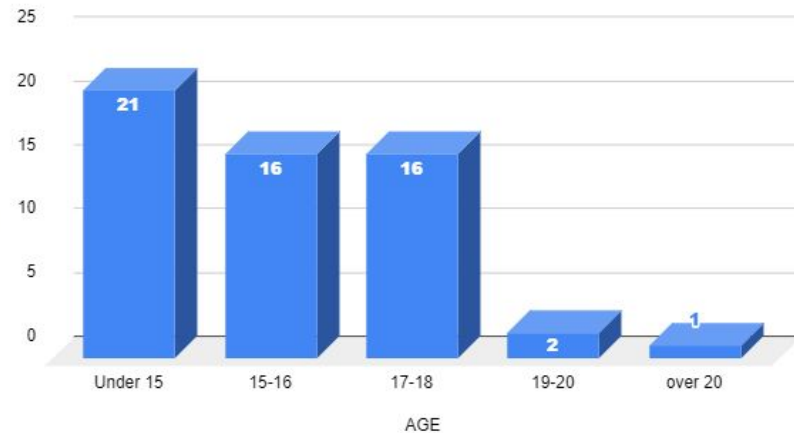


“Depression is a common and serious medical illness that negatively affects how you feel, the way you think and how you act. Fortunately, it is also treatable.”

INTERVIEWEES' SEX



INTERVIEWEES' AGE



Conclusions from Spain



Based on the survey numbers we can see between **3 and 5 people suffer depression** and some more with mild symptoms.

Depression causes feelings of **sadness** and/or a **loss of interest** in activities you once enjoyed (36 and 44 interviewees felt respectively like this several days or nearly every day). This is evidently related with **difficulties when sleeping** (insomnia or too much sleep) because from the previous interviewees 42 of them had this symptoms as well as **feeling bad** about themselves (38), which may lead into concentration troubles (34).

Other drawbacks is the **alimentation problems** (poor appetite or overeating) about 28 people said it was common and 26 experienced **guilty** not feeling self confident (35).

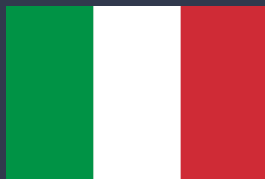
Finally, there were 23 respondents which **thought life isn't worth it** and it is connected with acting wearily and slowly (22).

Conclusions from Greece



According to the survey numbers ages of 15-16 and 17-18 appear to be depressed, sexes require 33 women, 37 men, 1 non-binary and 2 prefer not to say. Social Media also causes depression as people start to spend more time on it, as 28 people spend 1-2 hours and 23 spend 2-3 hours. Depression aside from sadness causes trouble sleeping or even sleeping too much (in which 23 interviewed answered several days and the other 9 said more than half days). Another sign of depression is bothered by little interest or pleasure in doing daily things (34 interviewed answered several days and 16 more than half days).

Most depressed people's educational levels according to the survey numbers are 47 which are average, others are 22 in which are in the top of their class and lastly 4 that are at the bottom of the class.



Results of the survey on youth depression: Italy

**TOTAL
RESPONDENTS: 45**

SEX			AGE		
FEMALE	38	84,4%	15-16	18	40%
MALE	7	15,6%	17-18	25	55,6%
			19-20	2	4,4%

As we already know, spending too much time on social media can cause damages and addiction, so we asked our respondents to answer to the question about how many hours they spend on social media, and results showed that most of them surf on the internet for more than 2 hours per day. Another important topic we questioned about was how students compared themselves with the others in the class concerning the educational level: most of the respondents replied that they are at an average educational level if they compared themselves to others in their class. Probably, this means that many students don't recognize their skills and consider themselves inferior to others. If we read the questions, we immediately understand that even simple actions or attitudes that we often don't notice, can be symptoms of depression. However, in addition to the most common one, such as sadness, there are many other symptoms like having trouble sleeping or eating, watching too much television or not feeling good with oneself.

DEPRESSION

Risk factors



Treatment

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over 900 million people of different ages suffer from depression



Prevention

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sleep min 6 h



healthy diet



sport



positive thoughts



creative



communication

Symptoms



sadness



anxiety, tingling



no energy



alcohol abuse



loss of appetite



thoughts of death



constipation



no concentration



anger



reduced libido



isolation



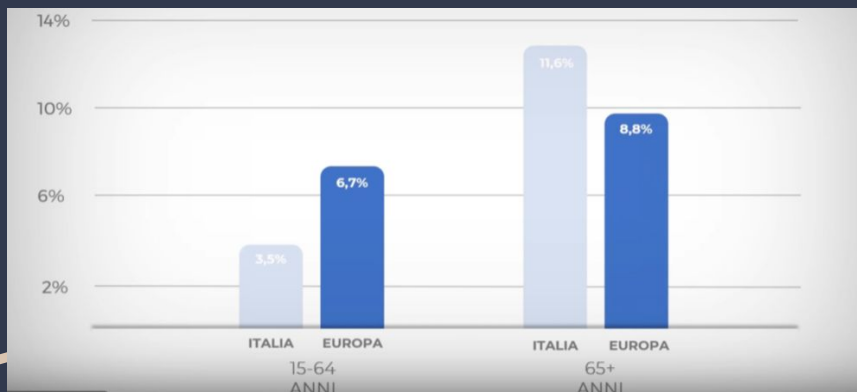
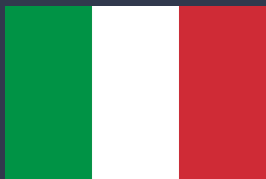
loss of pleasure and interest

Many people struggle with stress on a daily basis, but simply changing a few of your daily habits can improve your overall mood. On the other side, some people feel like that nearly every day, thus it could mean that these people may have initial symptoms of anxiety. We asked our respondents if they were or not into daily things, and the answers showed that 6 out of 11 felt like they were actually pissed off by the habitat they built around themselves.

When we have no motivation and no energy, and sometimes the reason is unknown. These feelings can cause sadness, that could burst into depression since when our activity level decreases, we may become less motivated and more lethargic. What has left us dumbfounded is that, according to our question about how people are feeling during these days, responders answered that they have been feeling tired for several days. In so doing, we did another question.

In the question about feeling down or sad 16 students answered that they felt it on several days and 15 respondents answered not at all. Interesting is that in this question also 3 of the respondents answered that they felt like that nearly every day.

Conclusions from Italy



Depression, especially youth one, is often underestimated, even if it is a real disease, we should pay attention and try to help people who have some behaviors related to it.

In the question about hurting yourself or thoughts that life is not worth 33 out of 45 teenagers answered that they didn't have such thoughts.

It is also worrying that 9 had so terrible thoughts for several days and 3 more than half the days in the last two weeks. If a person has this kind of thoughts, you should consult a psychologist or other specialist very soon who will help them to address any problems that arise.

To a question about feeling guilty or bad conscious 31 out of 45 of students answered that they did not have such feelings, 10 teenagers answered that they had this sensation only for several days but 4 more than half the days. Guilt can be a terrible burden to bear and you might even avoid others in an attempt to hide your guilt, or act irrationally because of how you feel.

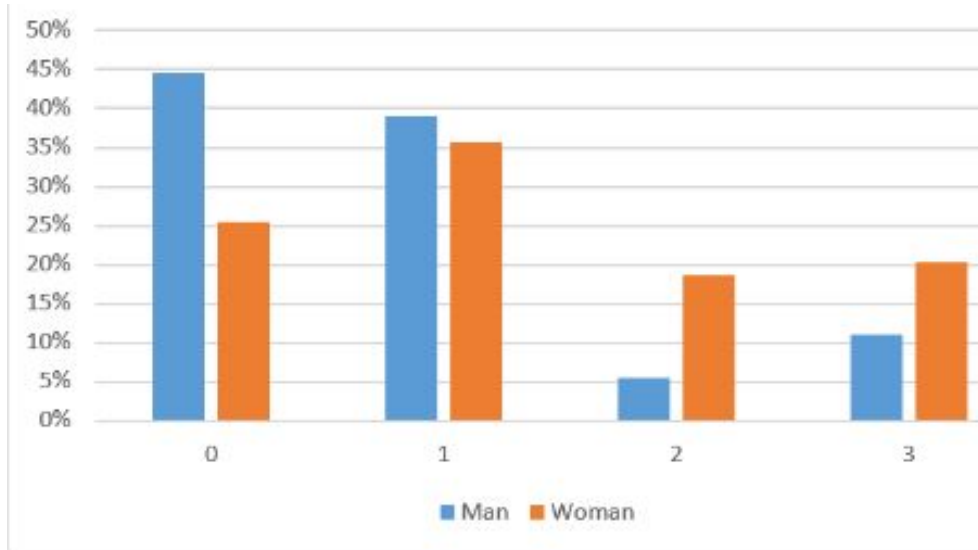
By the way in Italy, the rate of youth depression luckily is not extremely high, it equates to approximately 5%.

Denmark

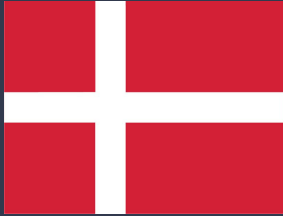
- who is more depressed?



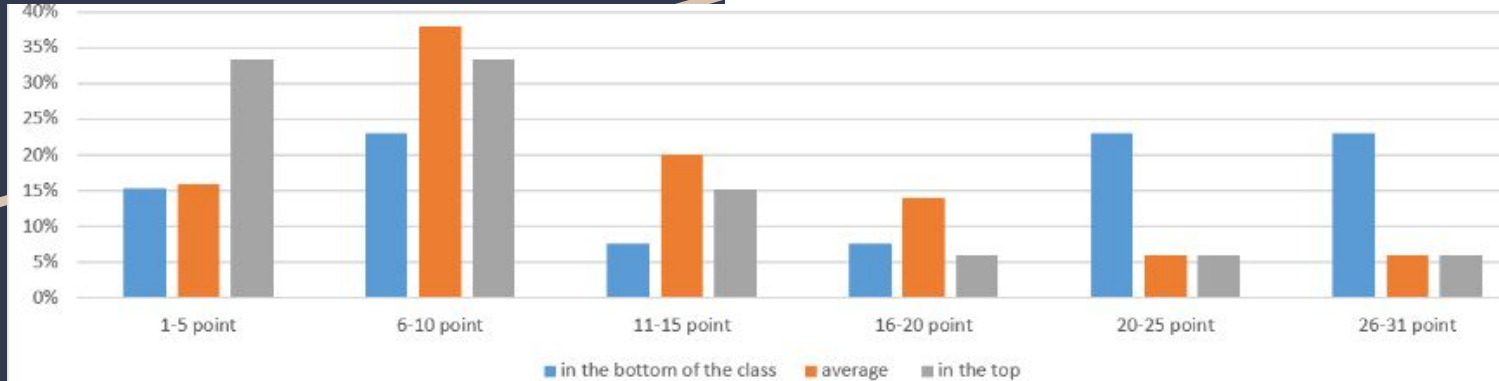
- The higher point value you have, the more depressed the person is.
- In Denmark it is mostly women who are depressed, with a higher score.
- There are mostly men in the lower categories, which mean they are less depressed.



Denmark – educational level



- The diagram shows the link between being depressed, and your education level compared to the others in your class. A high score, means that you are more depressed.
- The ones who feel most depressed, also feel like they are in the bottom of the class.
- The ones who feels the least depressed, feel like they are in the top of the class.
- The grades and the pressure in school have an effect on students mental health.



Denmark – social medias



- This shows the link between being depressed and how much time you spend on social media.
- People who spend more than 3 hours on social media is generally more depressed with 36,84%, than people who use less time on social media.
- People who use less than 1 hour is less depressed with 2,11%.
- Of women who use more than 3 hours a day on social media 27% are depressed, on the contrary women who use less than 1 hour a day only 2% are depressed.

Antal af For the past 2 weeks, how often have you been bothered by the following? Feeling down or sad?		Kolonnemærkater <input type="checkbox"/>			
Rækkemærkater		<input checked="" type="checkbox"/> more than 3 hours	<input type="checkbox"/> less than 1 hour	<input type="checkbox"/> 2-3 hours	<input type="checkbox"/> 1-2 hours
Man		9,47%	0,00%	11,58%	16,84%
Woman		27,37%	2,11%	24,21%	8,42%
Hovedtotal		36,84%	2,11%	35,79%	25,26%

Conclusions from Poland



Based on survey results we can confidently say that 4 to 8 respondents suffer from depression. What's more few more people have got the first symptoms of this disease.

Depression is a serious disease that not only takes the joy of life away, but also makes us feel bad about ourselves. Over 30% of respondents answered that they felt bad about themselves more than half the days.

Another important symptom of depression is the problem with falling asleep (25 of the respondents indicated that they struggled with this problem more than half the days)

Finally, there were 21 respondents who thought about hurting themselves or that life is not worth. The most disturbing thing about it is that 2 of them thought about it almost every day

Comparison of the countries (sleep problems)

- In all the countries we see problems with the respondents sleep patterns, which can be a sign of depression.

Greece:

TROUBLE FALLING OR STAYING ASLEEP, OR SLEEPING TOO MUCH		
Not at all	30	41,10%
Several days	23	31,51%
More than half the days	9	12,33%
Nearly every day	11	15,07%

Denmark:

SLEEP PROBLEMS		
Not at all	16	17%
Several days	39	41%
More than half the days	16	17%
Nearly every day	25	26%

Italy:

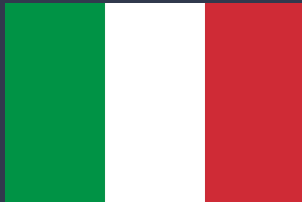
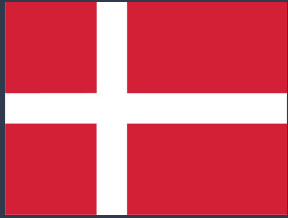
FEELING TIRED OR HAVING A LITTLE ENERGY		
several days	23	51%
not at all	6	13,3%
nearly every day	5	11,1%
more than half of the	11	24,4%

Spain:

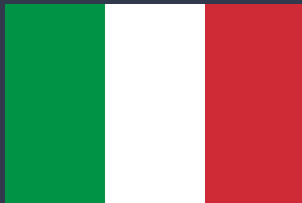
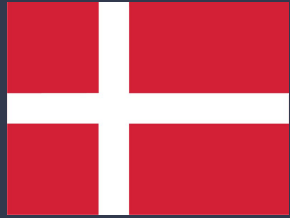
TROUBLE FALLING OR STAYING ASLEEP, OR SLEEPING TOO MUCH		
Not at all	14	25,00%
Several days	24	42,86%
More than half the days	8	14,29%
Nearly every day	10	17,86%

Poland:

SLEEP PROBLEMS		
Not at all	11	22%
Several days	15	29%
More than half the days	19	37%
Nearly every day	6	12%



Comparison of the countries (social media)



- We see a link between depression and the time spend on social medias.

Greece:

HOURS ON SOCIAL MEDIA		
Less than 1 hour	5	23,29%
1-2 hours	28	38,36%
2-3 hours	17	23,29%
More than 3 hours	23	31,51%

Italy:

HOW MANY HOURS A DAY ARE YOU ON SOCIAL MEDIA?		
MORE THAN 3 HOU	23	51,1%
2-3 HOURS	9	20%
1-2 HOURS	13	28,8%

Poland:

HOURS ON SOCIAL MEDIA		
Less than 1h	4	8%
1-2h	6	12%
2-3h	17	33%
more than 3h	24	47%

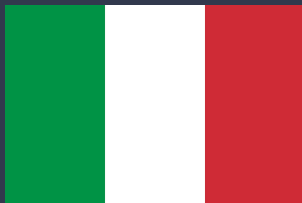
Denmark:

HOURS ON SOCIAL MEDIA		
Less than 1h	2	2%
1-2h	24	25%
2-3h	35	36%
more than 3h	35	36%

Spain:

HOURS ON SOCIAL MEDIA		
Less than 1 hour	11	19, 64%
1-2 hours	21	37, 50%
2-3 hours	16	28, 57%
More than 3 hours	8	14, 29%

Comparison of the countries (educational level)



- We see a link between being depressed, and what you think your educational level is.

Greece:

Denmark:

EDUCATIONAL LEVEL COMPARED TO THEIR CLASSMATES

In the bottom	13	14%
Average	50	52%
In the top	33	34%

Italy:

Spain:

average	34	75,5%
in the top	11	24,4%

EDUCATIONAL LEVEL COMPARED TO THEIR CLASSMATES

Bottom of the class	4	7,14%
Average	38	67,86%
In the top	14	25,00%

Poland:

SLEEP PROBLEMS

Not at all	11	22%
Several days	15	29%
More than half the days	19	37%
Nearly every day	6	12%

Thank you!

- Group Members:

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