**Results of a survey on youth depression in Poland**

At the beginning it is worth noting that the majority of respondents are women (76%). The bigest grup of respondents were between 15-16 year old (65%). Other respondents were between 17-18 (29%) year old and 15 year old (6%).

To the question about how many hours they spend on social media, almost half of the youths answered that they spend over 3 hours a day on them. Spending so much time on the Internet or social media can often lead to phone addiction in young people. Moreover another big grup of respondents answered that they spend 2 -3 hours a day which is also high numer. Only 4 out of 51 respondents said that they spend less than an hour a day on social networks. Based on those results we can say that more and more young people can not imagine a day without their phone.

Most of the respondents replied that they are at an average educational level based on their class. This may mean that many people underestimate their abilities, consider themselves inferior to others or have problems with concentration.

There is not a big problem among young people when it comes to interest in daily activities. Mostly people answered that they felt little interest in a daily things sometimes, but 4 of the respondents answered that they feel like that nearly every day. Moreover it can means that those people may have initial symptoms of depression.

Feeling tired or having little energy may cause of teenage malaise, sadness and even depression. Constant fatigue or lack of energy can often be a reason for isolation from people or the whole world. Often people who feel tired do not feel the need to perform even basic activities such as eating or getting out of bed, what makes a big problem.

In the question about feeling down or sad teenagers mostly answered that they felt it on several days. Fascinating thing is that in this question also 4 of the respondents answered that they felt like that neatrly every day. In addition it could mean that they are the same people as in the other questions.

Mostly teenagers answered that more than half days during 2 weeks they had problems with falling or staying asleep and sleeping to much. 11 out of 51 youths said that they didn’t have such problems. Problems with falling asleep is very dangerous becouse without sleep we are irritable and we have problems with concentrating. Sleep problems can be a common cause of depression.

In the question about problems with lack of appetite or with high appetite, over 50% of respondents indicated that at least once in the last 2 weeks they had a problem with it. 13% of the youths answered that they are struggeling with this problem nearly every day. Low appetite can cause sudden and excessive weight loss or lead to anorexia, the effects of which can cause other serious diseases. Overeating is also serious problem what can lead to obesity, heart disease or cholesterol problems.

Mostly respondents answered that never or several times during the last 2 weeks they felt bad about yourself. However 16% of the respondents feel awful with yourself nearly every day, what may be the reason for their depression. It can be caused by teenagers not accepting themselves.

73% of respondents to a question about a problem with concentration replied that they do not have them or have happened only a few times. 14 of 51 young people from the survery are struggeling with a problem of the concentration. Several of them feel this problem almost every day, which can often cause difficulties in carrying out daily activities or learning.

In response to a question about speaking or moving so slowly that someone would have noticed it 34 people out of 51 participating in the survey said that they had no problem with it. It is surprising that 2 respondents think that they have this problem almost every day.

In the question about hurting yourself or thoughts that life is not worth mostly teenages answered that they didn’t have such thoughts. It is worrying that as many as 41% of respondents indicated that they had such thoughts at least once in the last two weeks. Two teenagers pointed out that they are struggling with these thoughts almost every day. Thoughts of harming yourself or not worth living often lead to self-harm or suicide. If a person already has such thoughts, you should consult a psychologist or other specialist as soon as possible who will help tchem get rid of depression or another problems he/she faced.

In answer to a question about feeling quilt or bad consious 84% of respondents answered that they did not have such feelings or that they only had them for a several days, whot mea nit is not a big problem.

In the question about feeling less selfconfidence teenagers mostly answered that they had that problem several times or not at all. 18% of the youths who participated in the survery answered that they were struggeling with this problem almost every day.

Based on the survey, it can be seen that the respondents include 4 people with depression and several teenagers with depression symptoms. I believe that depression is a serious disease, so those teenagers who suffered from depression should go to some specjalist who will help tchem get rid of the problem. The most important question in the whole survery to identify if someone has depression was a question about the thought that life is not worth it. Thanks to this we can see that 21 of the respondents thought about hurting yourselfs, which is a serious problem which should not be underestimated.