

## Mayo Clinic Minute

### How to tell if your teen is moody versus depressed

Video	Audio
	After the terrible twos, the teenage years are the time kids tend to give their parents the most trouble.
	“All teens can go through periods where they’re down or they’re cranky, [or] they’re irritable [or] they’re just mean.”
	A moody teen has brief bursts of teen angst, usually focused only toward mom and dad.
Paul Croarkin, D.O. Psychiatry Mayo Clinic	But a depressed teen, says Mayo Clinic child psychiatrist Dr. Paul Croarkin, has mood changes that are consistent.
	“Any disruption in sleep is important to think about – changes in how they eat, be it more or less; weight changes; tearfulness; a focus on just kind of negative, hopeless themes.”
	These may be signs that your teen needs to be evaluated for depression.
	“Start with a primary care provider, a family practice doctor, a pediatrician or a mental health provider.”
	Sometimes lifestyle changes like strict sleeping schedules, monitoring screen usage, eating a healthy diet and regular exercise may help.
	“For moderate or severe symptoms, teenagers will benefit from things like psychotherapy or the judicious use of medications.”
	And any talk of suicide should be taken seriously.
	For the Mayo Clinic News Network, I’m Ian Roth.