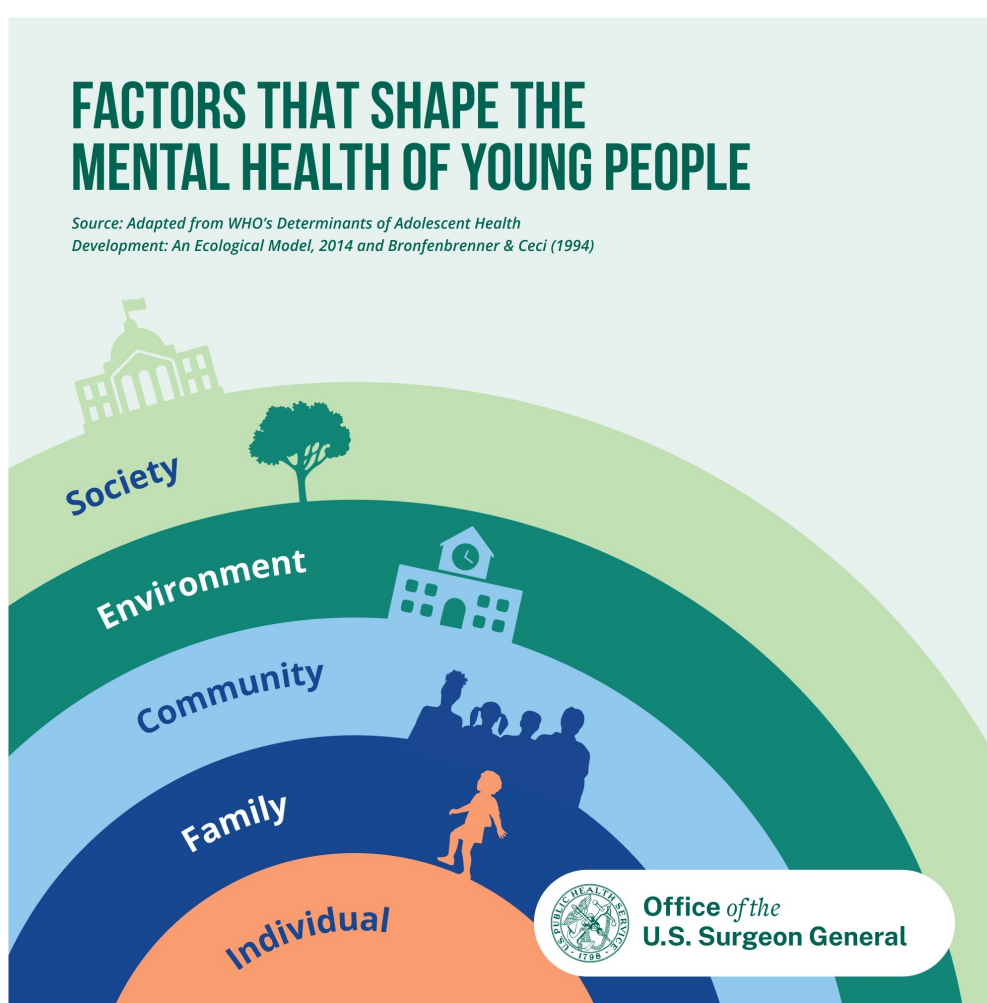


Introduction & Background

- Depression is an illness that can affect anyone, regardless of age.
- Depression can be caused by many different factors such as, exposure to violence, negative peer interactions, parental disapproval, imbalances in chemicals in the brain, etc.
- A pediatric patient is anyone ages 0 to 18 years of age.
- Many pediatric patients are misdiagnosed and belittled when reaching out for help.



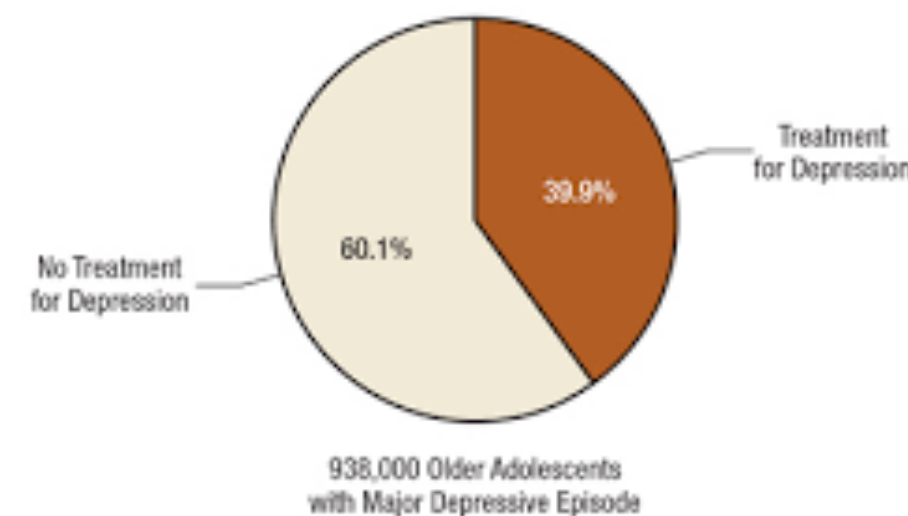
Protecting youth mental health - hhs.gov. (n.d.). Retrieved March 28, 2022, from <https://www.hhs.gov/sites/default/files/surgeon-general-youth-mental-health-advisory.pdf>

Purpose

The purpose of my research was to examine the association between pediatric depression and sleep issues, exposure to violence, peer relationships, and parental criticism.

Literature Review and Methods

- I selected five research articles that were retrieved from online database, CINAHL which was accessed through ETSU library database.
- Key search words included:
 - Pediatrics, depression, abuse, fatigue, children, and relationships.
- Article types:
 - My articles were peer-reviewed academic journals.
- My exclusion criteria were:
 - all chosen articles were published in 2020 or 2021 and were peer-reviewed.



Source: SAMHSA, Center for Behavioral Health Statistics and Quality, National Surveys on Drug Use and Health (NSDUHs), 2010 to 2011 (revised October 2013), and 2012.

Findings

- The more parental criticism a child receives, increases the risk that the child develops major depressive disorder (Nelemans et al., 2020).
- The CLMP model indicated that depressive symptoms increased the risk for subsequent peer rejection consistently (Yang et al., 2020).
- When exposed to abuse, neglect, peer victimization, and peer fighting, the pediatric population has been reported to have significantly greater depressive symptoms (Benton et al., 2020)
- Pediatric patients receiving parent-child interactive therapy with a focus on emotional development were found to experience a significant reduction in insomnia, daytime fatigue, and total sleeping problems (Hoyniak et al., 2020).

Conclusions & Nursing Implications

There is a strong correlation between pediatric depression, sleep issues, exposure to violence, peer relationships, and parental criticism. The studies proved that the more parental criticism a child received, the more depressive symptoms, and sleeping issues they faced. The data also proved that in adolescence the influence of peers is strong and peer relationships have heavy influence on the depressive symptoms shown by adolescence. When children are exposed to a 'web of violence' they are also more inclined to experience depression and many children try to internalize their mental health issues to please their parents. There needs to be more general education about pediatric depression and mandatory screenings added to the EHR. Nurses should also spark conversations between patients and or parents to assess the risk of depression in the pediatric patients rather than just have a questionnaire filled out.

References

