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## Depression in adolescent students, Tabriz, Iran

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**Introduction:** Depression is the most common mental disorders and a serious health problem in the world. It causes social, educational and biological problems in adolescents. Physiological changes during adolescence cause mental distress and make them more prone to depression. So, early diagnosis and treatment is very important.

**Aim:** Aim of this study was to examine depression in adolescent students and effects of related factors in schools of Tabriz, Iran.

**Materials & Method:** Data was gathered through the center of epidemiological studies depression scale for children from 903 adolescent students, including 455 boys and 448 girls who were selected by multi-stage cluster sampling. Data were analyzed by SPSS software/PC.

**Results:** The results showed that depression is a common event among adolescents. It was more in girls. There was correlation between depression and some factors such as: increased age, school and family problems, life events and self-concept of adolescents ( $p < 0.05$ ).

**Conclusion:** It is necessary that parents, primary healthcare centers and healthcare teams should pay more attention to risk factors of depression in adolescents.

## Biography

Mahin Yazdani Zonouz is a Registered Nurse of Faculty of Nursing & Midwifery at Medical Sciences University of Tabriz. She has completed her MS in Mental Health & Psychiatric Nursing of Medical Sciences. She has presented four articles in international conference. She has more than 25 years of experiences as a Nursing Instructor in Clinical Nursing Education.

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