

to 30+ years and major depressive episodes are common, meaning that Liona would not be able to live a normal functioning life without proper prognosis and treatment. Liona is very likely to have Double Depression because it has a strong family link and the onset can be prior to the age of 20.

The higher rate of disorders between the age group of 15 and 24 can be linked to the stress placed upon teens by society. Teens are expected to achieve more, work harder, and be very socially active. It is important according to the media to have many friends and be well accepted by many people by looking and acting a certain way. Teens strive to fulfill the many expectations placed on them, and if they cannot do so, they become depressed and lose a sense of self worth. Family issues such as divorce and abuse contribute to feelings of depression and the lack of worth or meaning. MDD can be treated through psychoanalytic or behavior therapy using medication, relaxation techniques, or psychotherapy such as T-CBT or T-NEFT.

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