

Why are ¼ of Teenage Girls depressed? New study shows shocking discovery.

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Almost one in four teenage girls suffer from depression a new study shows, in what experts have described as an “alarming” discovery.

Researchers from the University College London Institute of Education and the University in Liverpool, found that 24% (a quarter) of 14 year olds girls and 9% of boys of the same age are depressed.

They also asked parents if they knew the full extent of depression of teenage girls after finding a gap between self-reported symptoms and estimation of parents.

We interviewed a mother, who is also a teacher at Wales High School on her opinion on depression and why she thinks that it is so common in teenage girls and this is what she told us... “I think that it is a lot to do with the representation of the ideal women portrayed by the media and magazines as being extremely slim and that makeup is needed to be accepted by society. This gives girls a low self-esteem and a negative body image. I believe, to help combat this, the focus should be more on the realistic woman and have more average women becoming the face of the BBC.”