Introduction
Depression is rising in society. Yet, we do not know which age groups have the greatest risk for depression. Older youth going through puberty might have more peer pressure trying to fit in compared to younger youth. A comparison between personal and clinical evaluation of depression, using the Beck Depression Inventory (BDI), 21 questions showed significant depression severity differences in a sample of 60 mentally healthy adults, 60-87 years old. BDI Interview showed depression mean score of 9.67 compared to 3.77 on BDI Self-Report. Patients are more likely to personally think he/she has depression when compared to doctor evaluation.

On the BDI, severe depression ranges from 29-63 and 15-16 on the Center for Epidemiologic Studies-Depression (CES-D). Adults over 65 have a prevalence of major depression of 4.6% to 9.3%, but in patients over 85 years old the prevalence increases to 27%. Compared to the younger age group, adults in their 80’s are more likely to have depression.

The CES-D was given in five different countries: Zambia, Zimbabwe, Malawi, Kenya, and Tanzania to youth ranging from 13-28 years old. Compared to all the five countries, Tanzania had the highest depression mean score of 11.76 among youth 14-28 years old. In Zimbabwe, ages 19-28 years old have a depression mean score of 9.73. In Malawi, ages 13-19 years old have a depression mean score of 9.95. Kenya has a depression mean score of 8.61 in ages 15-25 years old. Zambia had the lowest depression mean score of 7.89 among youth 13-17 years old.

In a sample of 236 youth, ages 12-18 have at least one year of spinal cord injury. A depression mean score of 6.92 was shown in disabled population of youth ages 12-17 and it rapidly increased to a mean of 10.62 by the time they turned 18 years old. Based on the summary of these data, depression was observed more highly among older youth compared to younger youth.

The present study will answer the question, how does depression symptoms in younger youth compare to older youth? Using a CES-D and BDI avg of 8 total participants who are younger than 12 years old (younger group) and 44 participants who are older than or equal to 12 years old (older group) I will compare their mean depression response scores. My hypothesis is test out that older youth will have a higher mean depression score range of 12-18, compared to younger youth. I will test my hypothesis using T-test mean comparisons to examine the difference between younger and older youth.

Methods and Materials
Hypothesis
Using the average mean of Zambia, Zimbabwe, and Malawi which consisted of older youth concluded the depression mean of 8.65 in CES-D older youth. The average mean of older youth in the sample of 236 with SCI concluded depression mean of 8.62 in BDI.

Methods
• Samples is collected from the 80 participants from Guaynese orphan
• Younger youth are defined as 0-11 years old (N = 23)
• Older youth is defined by 12-18 years old (N = 65)

Measures
BDI - 21 ITEMS
0= I do not feel sad
1= I feel sad
2= I am sad all the time and I can’t snap out of it
3= I am so sad or unhappy that I can’t stand it

CES-D - 20 ITEMS
0= Rarely or None of the time (less than 1 day)
1= Some of the time (1-2 day)
2= Moderately Much of the time (3-4 day)
3= Most or Almost All the time (5-7 days)

Analysis
• Independent sample t-tests were performed to compare older versus younger youth mean scores.

Results

• Our results show that older youth have higher depression (Mean = 1.54 SD = .52) compared to the younger youth on CES-D (Mean = 1.05 SD = .38). The p-value is .04, (equal variance not assumed), which was not what we expected. Our result show a statistically significant difference between the older and younger youth.

• Our results show that older youth have high depression score (Mean= 1.37 SD= .62) on the BDI but youth under 13 years old were not given the BDI.

• Our results show an average mean of 1.46 among older youth in CES-D and BDI combined.

• Our literature review result shows that as the youth get older, depression score increases across five different countries (Zambia Mean= 7.89, to Tanzania Mean = 11.76).

• Our literature review result show a steady increase in depression among youth with Spinal cord injury. See Table 2.

Conclusion
My hypothesis was supported in the study findings. I observed a similar pattern in the literature.

Youth with Spinal cord injury have a similar disability to our population of orphans. The youth with spinal cord injury have the exact age as my older youth and by the age of 18 they had a 2.3 higher depression mean score compared to their depression score at 16-17 years old.

Similarly, older youth among the five different countries showed a 3.87 higher mean score in Tanzania (Ages 14-28) compared to Zambia (Ages 13-17).

Our T-Test finding showed an increase in depression among older youth compared to younger youth.

Further research may compare the study with similar sample scores to understand the difference in depression among the younger youth and the older youth.

References

Table 1. Mean comparisons of youth ages 12 to 28 from five different countries

<table>
<thead>
<tr>
<th>Country</th>
<th>Age</th>
<th>Mean</th>
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<tbody>
<tr>
<td>Zambia</td>
<td>13-17</td>
<td>7.89</td>
</tr>
<tr>
<td>Zimbabwe</td>
<td>13-19</td>
<td>8.73</td>
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<td>Malawi</td>
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<td>Kenya</td>
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<tr>
<td>Tanzania</td>
<td>14-28</td>
<td>11.76</td>
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</table>

Table 2. Rapid increase in depression between age 12-18

<table>
<thead>
<tr>
<th>Ages</th>
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<th>Mean</th>
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<tbody>
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<td>5.86</td>
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<tr>
<td>16-17</td>
<td>78</td>
<td>8.32</td>
</tr>
<tr>
<td>18</td>
<td>55</td>
<td>10.62</td>
</tr>
</tbody>
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Figures I. Depression results for older and younger youth on CES-D and BDI measures

References

The Risk of Depression in Youth compared to Older Youth
Kira Chen & Ellen-ge Denton, PsyD
College of Staten Island, City University of New York
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