ARTICLE SHEDS LIGHT ON NIECE’S STRUGGLE
To the Editor:

The article “Gender Differences in Adolescent Depression” (McGuinness, Dyer, & Wade, 2012) was a great read and provided me with advice that I can use in more than one way. Depression in adolescent girls is almost twice that of boys during their teen years. This article explained two models, one of which was the cognitive vulnerability-stress model, which proposed that girls are more apt to interpret an event in a negative way because they are more likely to be vulnerable. The interpersonal stress model of depression demonstrated that girls are more concerned about social evaluations and rely on their close friends to help define them.

My family has been dealing with my sister’s drug-related issues for several years; she lost custody to her three children when they were all very young. Recently, my 15-year-old niece moved into our home, and it’s been anything but easy. She sees a counselor weekly for depression and it’s a hard concept to understand when my parents provide her with so much love and care. I always ask myself, “How come my nephews aren’t experiencing the same depressive emotions that my niece is?” This article provided me with answers to this question and gave me a better understanding of why depression occurs more often in teen girls.

This article also provides nursing implications to the reader, which I plan on using at a professional and personal level. I am a fourth-year nursing student and entering my psychiatric-mental health nursing unit. I am aware that depression is a common theme in psychiatric clients, and I will do anything I can to help. Simply encouraging activities people enjoy can make all the difference—it just takes time and patience. I’m glad I can take away information from this article that will help both my profession and my family.

REFERENCE

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