

# SEMINAIRE DE MAÎTRISE ORIENTATIONS PSYCHOLOGIE COGNITIVE ET PSYCHOLOGIE DU DEVELOPPEMENT

**JEUDI 30 NOVEMBRE 2017  
10H15 – 11H45 / SALLE MS 130**

«The puzzle of adolescent depression: from laboratory to clinic  
and back again»

**Shirley Reynolds**  
University of Reading

«Although adolescent depression is common and has long-term adverse effects the treatments we offer are hard to access and only moderately effective (Goodyer et al., 2017). Many depressed young people do not access effective treatment and when they do they often do not engage in treatment. There is a need to develop and improve prevention, early intervention and treatment of depression when it develops in young people.

I will present recent clinical research on adolescent depression conducted at the University of Reading. Our research is based on the assumption that adolescence is a distinct period of social, emotional, cognitive and neural development. Young people who are vulnerable to depression often lack core self-regulation and executive functioning skills and have significant deficits in reward processing. Irritability, anhedonia, low motivation, low self-efficacy and hopelessness present significant barriers to getting treatment and engaging in treatment. Thus our research and the treatments we offer should address the specific needs of this population and the specific characteristics of depression amongst this group.

I will describe our current research program in schools and our clinic, identify key gaps in our knowledge, and present an overview of the research we plan to carry out in future.»



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