

Depression/Affective Dysregulation Symptoms In Adolescent and Young Adult Males

1. Increase in intensity or frequency of anger, angry outbursts/ angry irritability
2. Increased aggressiveness
3. New or increased substance use/abuse: “street” drugs, illicit prescription medications, alcohol
4. Increased risk-taking behaviors, bravado, or “acting out”: basis may be hidden shame and self-criticism
5. Increased impulsiveness or depleted mood
6. Fatigue/body aches and physical symptoms/complaints
7. Increased withdrawal from relationships and problems in friendships
8. Discussion of death, dying, or suicide
9. Concentration, sleep, eating or weight disorders or other physical symptoms
10. Low self-esteem, harsh self-criticism or perfectionism
11. School or academic difficulties; concentration issues
12. Denial of pain, others help, and/or inability to cry
13. Shift in the interest level of sexual encounters
14. Inappropriate silliness or “clowning”
15. Obsessive overworking in school or sports