

Resource List

Statistics About Childhood Mental Health

<https://www.cdc.gov/healthyyouth/data/yrbs/index.htm>

<https://www.cdc.gov/childrensmentalhealth/data.html>

Social contagion

Prinstein M.J. Moderators of Peer Contagion: A Longitudinal Examination of Depression Socialization Between Adolescents and Their Best Friends. *J. Clin. Child Adolesc. Psychol.* 2007;36:159–170.

Rose A.J. Co-Rumination in the Friendships of Girls and Boys. *Child Dev.* 2002;73:1830–1843. doi: 10.1111/1467-8624.00509.

Schwartz-Mette R.A., Rose A.J. Co-rumination mediates contagion of internalizing symptoms within youths' friendships. *Dev. Psychol.* 2012;48:1355–1365.

Bastin M., Mezulis A.H., Ahles J., Raes F., Bijttebier P. Moderating Effects of Brooding and Co-Rumination on the Relationship Between Stress and Depressive Symptoms in Early Adolescence: A Multi-Wave Study. *J. Abnorm. Child Psychol.* 2014;43:607–618.

ACEs

Swedo EA, Aslam MV, Dahlberg LL, et al. Prevalence of Adverse Childhood Experiences Among U.S. Adults — Behavioral Risk Factor Surveillance System, 2011–2020. *MMWR Morb Mortal Wkly Rep* 2023;72:707–715.

Anderson KN, Swedo EA, Trinh E, et al. Adverse childhood experiences during the COVID-19 pandemic and associations with poor mental health and suicidal behaviors among high school students – Adolescent Behaviors and Experiences Survey, United States, January – June 2021. *MMWR Morb Mortal Wkly Rep* 2022;71:1301-1305.

Foegen WH. Adverse childhood experiences: A public health perspective. *Am J Prev Med.* 1998;14:354–355. Jones CM, Merrick MT, Houry DE. Identifying and Preventing Adverse Childhood Experiences: Implications for Clinical Practice. *JAMA.* 2020;323(1):25–26. doi:10.1001/jama.2019.18499

Felitti VJ, Anda RF, Nordenberg D, Williamson DF, Spitz AM, Edwards V, Koss MP, Marks JS. Relationship of childhood abuse and household dysfunction to many of the leading causes of death in adults: the adverse childhood experiences (ACE) study. *Am J Prev Med.* 1998;14:245–258.

Antidepressant Medication in Children

The Pharmaceutical Journal, PJ, September 2021, Vol 307,

[https://pharmaceutical-journal.com/article/news/num-](https://pharmaceutical-journal.com/article/news/number-of-young-children-prescribed-antidepressants-has-risen-by-41-since-2015)

[ber-of-young-children-prescribed-antidepressants-has-risen-by-41-since-2015](https://pharmaceutical-journal.com/article/news/number-of-young-children-prescribed-antidepressants-has-risen-by-41-since-2015)

Effects of Social Isolation and Loneliness

“Social isolation and its impact on child and adolescent development: a systematic review” *Revista Paulista de Pediatr*, 2022; 40. Isabelle Lina de Laia Almeida, Jaqueline Ferraz Rego, a Amanda Carvalho Girardi Teixeira, and Marília Rodrigues Moreira a

Amy Novotney, “The Risks of Social isolation,” *Monitor on Psychology* 50:5 (May 2013): 32, [apa.org/monitor/2019/05/ce-corner-isolation](https://www.apa.org/monitor/2019/05/ce-corner-isolation)

Alfred W. McCoy, *A Question of Torture: CIA Interrogation, from the Cold War to the War on Terror*, (Metropolitan Books/Henry Holt, 2006), 33

Learned Helplessness

Seligman MEP, Maier SF. Failure to escape traumatic shock. *Journal of Experimental Psychology*. 1967;74:1–9.
Allaya Cooks-Cambell “What is Learned Helplessness, and How Do You ‘Unlearn’ It?” *BetterUp.com*, Nov. 3, 2021

Learned Helplessness and Covid

<https://reba.global/resource/addressing-learned-helplessness-in-the-workplace.html>

Beato A.F., Da Costa L.P., Nogueira R. “Everything is gonna be alright with me”: the role of self-compassion, affect, and coping in negative emotional symptoms during coronavirus quarantine. *Int. J. Environ. Res. Public Health*. 2021;18(4)

Williams S.N., Armitage C.J., Tampe T., Dienes K.A. Public perceptions of non-adherence to pandemic protection measures by self and others: a study of COVID-19 in the United Kingdom. *PLOS ONE*. 2021;16(10)
Spitzer M. Open schools! Weighing the effects of viruses and lockdowns on children. *Trends Neurosci. Educ*. 2021;22

Screening Tool Accuracy in Pediatrics

Michelle Roseman, et al., “Accuracy of Depression Screening Tools to Detect Major Depression in Children and Adolescents: A Systematic Review” *Can J Psychiatry* 2016 Dec; 61(12): 746-757
Cognitive Distortion Theory

Weems, C.F., Berman, S.L., Silverman, W.K., & Saavedra, L.M. (2001). Cognitive errors in youth with anxiety disorders: The linkages between negative cognitive errors and anxious symptoms. *Cognitive Therapy and Research*, 25, 559–575.

Burns, D. D. (1980). *Feeling good: The new mood therapy*. New York, NY: Signet.

Kindness and Its Effects

Parenting With a Kind Mind: Exploring Kindness as a Potentiator for Enhanced Brain Health, MT Johnson, JM Fratantoni, K Tate, AS Moran - *Frontiers in Psychology*, 2022

Rowland L, Curry OS. (2019) A range of kindness activities boost happiness. *J Soc Psychol*. doi: 10.1080/00224545.2018.1469461.

<https://www.ssmhealth.com/blogs/ssm-health-matters/november-2022/the-sciencebehindkindness#:~:text=Being%20kind%20boosts%20serotonin%20and,killer%2C%20also%20can%20be%20released>