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Adolescent & Young Adult Mood Disorders & Suicide

- Main diagnoses in persons who die by suicide Critical Period of adolescence/young aduithood · Mood disorders and suicide behavior emerge · Frontal systems regulating emotions and impulses and of cognitive flexibility and decision-making maturing
- ajor preventable cause of early mortality Elucidate neurodevelopment and realign traject Ма
- n and suicide ne



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		MANIA	DEPRESSION
	EMOTIONS	euphoric, irritable, pursue pleasure	down, decreased pleasure (anhedonic)
1st Messurable	SLEEP ENERGY ACTIVITY	little sleep high energy egitation	more or impaired sleep low energy feeling slowed, pained
	ATTENTION	distractible	poor concentration
	SELF ESTEEM	grandiose	low self esteem
	BEHAVIOR	Increased risky behavior	decreased withdrawn
	THOUGHTS	feet	Impelsed flexibility











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Smartphone EMA Reduce burden and incre

- e data ci tion compl g, middle, end, and 6-month follow-up
- on installable on participants' own phone; pr
- vity, social and other daily rhythms thoughts and behaviors factors

- nd type

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