

Teen depression focus of study

■ Sponsored by the National Institute of Mental Health, the study will include research from University professors

By Jack Clifford
Oregon Daily Emerald

University psychologists are teaming up with 10 other research institutions across the country to help identify the most effective way to treat depression in children and adolescents.

The National Institute of Mental Health has poured \$15 million into the project, which will involve a total of 432 adolescents between the ages of 12 and 17, including 48 local teens. The research effort is aimed at comparing the effectiveness of various treatments against major depressive disorder or MDD.

The form of depression affects about one in 20 children and adolescents, University clinical psychologist and the study's co-director Anne Simons said. She said that this particular study, called the Treatment of Adolescent De-

pression Study, is important because more is known about depression in adults than in teens and early intervention may help future depressions.

Just getting teens to participate in the study can help, Simons said.

"One thing about depression is that it is very isolating," she said. "So, seeking treatment forces [a person] to interact with other people."

The study is designed to compare four treatments for MDD. The anti-depressant Prozac will be given to a portion of the subjects, while cognitive behavior therapy — which teaches participants skills about how thoughts and behaviors influence their moods — will be used with other participants.

The third form of treatment is a combination of Prozac and the behavioral methods, and the fourth group will be given a placebo pill.

"We want to find out which of

TADS information

Involves 432 adolescents between the ages of 12 and 17, including 48 local teens.

Major depressive disorder affects about one in 20 children.

SOURCE: TADS

the treatments produce the most immediate and long-lasting benefits," said Kathy Hadjiyannakis, a University graduate student who will coordinate the study, in a press release.

The treatment is free to participants and Simons has been contacting local child and adolescent agencies to seek candidates for the study.

"It's a \$15 million project so the [NIMH] obviously thinks that adolescent depression is an important issue to study," Simons said. "That's nice for me because I do, too."

For more information about participating in the project, teens and parents can call the TADS office at 346-4987.

Smoker ban

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tion before it gets worse.

"I'd be happy if the bars go smoke-free; it's a lot healthier and safer," Braden said, referring to the numerous times she's been burned by a drunk customer's cigarette who are "too drunk to hold them properly."

Not all bar staff are in favor of the idea. Jim Rice, of Prime Time Sports Bar in Springfield, said that bar owners "don't want City Council to dictate how to run a business to business owners."

Though Rice would not be immediately effected if the ordinances come into effect, he believes "pressure would be put on Springfield City Council."

Roxanne McAnally, a Florence resident and spokeswoman for Tobacco Free Lane County, brought up the concern that cigarettes are one of the most stolen items in stores, something that vendor-assisted sales could cut down on.

"We're very excited; this is a big step, yet it's such a simple one," McAnally said, referring to the steady push of communities be-

coming smoke-free. "I think the big tobacco propaganda is what complicates things."

After the public expressed its concerns, the City Councilors' opinions proved consistent enough that the votes on both issues were unanimous. After the public hearing, at a date to be determined, the City Council has the option of moving to a final vote at its next meeting, or requesting further research.

"We've seldom dealt with something where the right thing to do is so obvious," Ward 2 City Councilor Betty Taylor said.

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