Table 1

High-risk groups for depression (adapted from Thapar et al[16])

- Parent or sibling with depression
- Exposure to chronic adversity (e.g. bullying or history of abuse)
- Family discord (parental divorce/separation)
- Disruptive behaviour, decline in academic performance
- Learning problems
- Deliberate self-harm, suicide attempt
- Alcohol or substance misuse
- Living in institutional settings (looked after children)
- Recent migrant
- Multiple physical symptoms (recurrent abdominal pain, headaches)
- Chronic physical health problems, especially neurological or rheumatoid problems