“Paul’s Case”

Signs of Depression

- Feelings of sadness, which can include crying spells for no apparent reason
- Frustration or feelings of anger, even over small matters
- Feeling hopeless or empty
- Irritable or annoyed mood
- Loss of interest or pleasure in usual activities
- Loss of interest in, or conflict with, family and friends
- Low self-esteem

--- from the Mayo Clinic

Signs of anxiety (Generalized Anxiety Disorder)

- Inability to control feelings of worry and stress
- Restlessness or edginess
- Fatigue
- Difficulty concentrating

--- from Newport Academy

Signs of Attention Deficit-Hyperactivity Disorder in teenagers (ADHD)

Symptoms of inattention may include:

- Being easily distracted
- Being forgetful
- Having difficulty staying focused on completing a given task
- Having trouble learning something new
- Being easily bored

Symptoms of hyperactivity may include:

- Constantly moving or talking
- Touching everything in sight
- Struggling to sit still

--- from CRC Health

Information Sheet

- Feelings of worthlessness or guilt
- Fixation on past failures or exaggerated self-blame or self-criticism
- Extreme sensitivity to rejection or failure, and the need for excessive reassurance
- Trouble thinking, concentrating, making decisions and remembering things
- Ongoing sense that life and the future are grim and bleak
- Frequent thoughts of death, dying or suicide

--- from Newport Academy
Definition of Gender Nonconformity:

When behavior, appearance or lifestyle do not conform to widely held views on what it is to be a “normal” [typical] male or female. “Gender nonconformity is gender expression that differs from societal expectations for feminine or masculine appearance and behavior.”

-- Michelle Johns, Medical Xpress, 2018

Signs of Autism in teenagers

- Mistaking social cues or body language.
- Misinterpretation of conversations.
- Finding it easier to form friendships online.
- Poor eye contact.
- Expressing that they ‘don’t fit in’
- Difficulty empathizing and understanding other people’s perspectives
- Unusual responses to sensory experiences (including lights, sounds and textures)

--from Priority Children’s Services; CRC Health

Signs of Narcissistic Personality Disorder

- Having an exaggerated sense of self-importance
- Expecting to be recognized as superior even without achievements that warrant it
- Exaggerating your achievements and talents
- Being preoccupied with fantasies about success, power, brilliance, beauty or the perfect mate
- Believing that you are superior and can only be understood by or associate with equally special people
- Requiring constant admiration

-- from the Mayo Clinic