

## Does the pill cause depression? Why its too soon to be worried

“Does the pill cause depression?” the [news headline asked](#). Prompted by a recent study that described a link between taking birth control pills as a teenager and [depression](#) in adulthood, the news got some doctors hopping mad.

Early research hints that there are reasons to look more closely at hormonal birth control’s side effects. But so far, the link is less than certain.

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Putting too much stock in preliminary evidence may lead to fewer teenagers getting birth control and, in turn, more unwanted pregnancies among teens — a situation that can upend young lives, [pediatrician Cora] Breuner says. Headlines that frighten teens, their families and doctors are “yet another barrier in place for accessing a completely effective way to prevent unplanned pregnancies.”

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“I don’t think the evidence is there right now to say that this is a threat,” adds epidemiologist and public health researcher Sarah McKetta of Columbia University, who has studied birth control use in teens. Still, she sees value in more research on the issue. “Women deserve good medication ... that’s not giving them problems.” If there are risks that come with the pill, then scientists ought to get a handle on them.

**Read full, original post:** [Is taking birth control as a teen linked to depression? It’s complicated](#)