



Chapter 3 Children and Mental Health

Normal Development

- Theories of Development
- Social and Language Development
- Temperament
- Developmental Psychopathology

Overview of Risk Factors and Prevention

- Risk Factors
- Prevention

Overview of Mental Disorders in Children

- General Categories of Mental Disorders of Children
- Assessment and Diagnosis
- Evaluation Process
- Treatment Strategies

Attention-Deficit/Hyperactivity Disorder

- Treatment

Depression and Suicide in Children and Adolescents

- Conditions Associated With

Depression and Suicide in Children and Adolescents

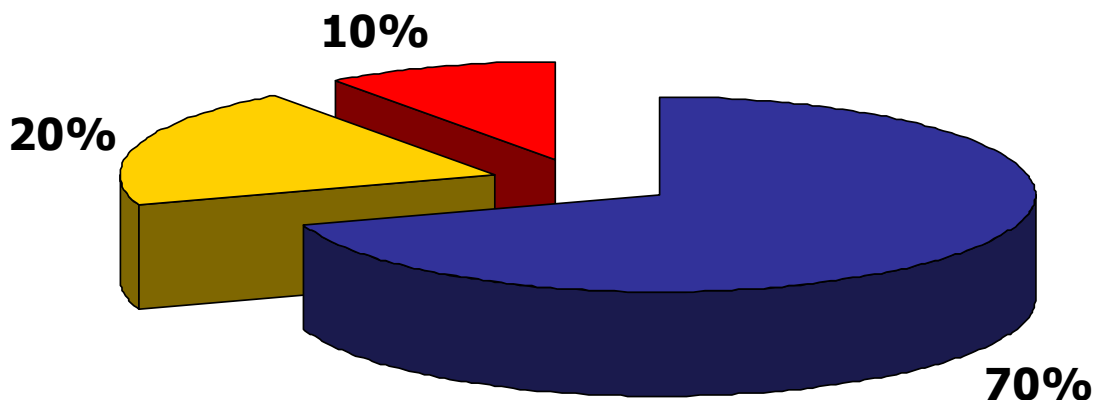
In children and adolescents, the most frequently diagnosed mood disorders are major depressive disorder, dysthymic disorder, and bipolar disorder. Because mood disorders such as depression substantially increase the risk of suicide, suicidal behavior is a matter of serious concern for clinicians who deal with the mental health problems of children and adolescents. The incidence of suicide attempts reaches a peak during the midadolescent years, and mortality from suicide, which increases steadily through the teens, is the third leading cause of death at that age (CDC, 1999; Hoyert et al., 1999). Although suicide cannot be defined as a mental disorder, the various risk factors—especially the presence of mood disorders—that predispose young people to such behavior are given special emphasis in this section, as is a discussion of the effectiveness of various forms of treatment. The evidence is strong that over 90 percent of children and adolescents who commit suicide have a mental disorder, as explained later in this section.

Major depressive disorder is a serious condition characterized by one or more major depressive episodes. In children and adolescents, an episode lasts on average from 7 to 9 months (Birmaher et al., 1996a, 1996b) and has many clinical features similar to those in adults. Depressed children are sad, they lose interest in activities that used to please them, and they criticize themselves and feel that others criticize them. They feel unloved, pessimistic, or even hopeless about the future; they think that life is not worth living, and thoughts of suicide may be present. Depressed children and adolescents are often irritable, and their irritability may lead to aggressive behavior. They are indecisive, have problems concentrating, and may lack energy or motivation; they may neglect their appearance and hygiene; and their normal sleep patterns are disturbed (DSM-IV).



Level of mental illness in teens who committed suicide

- Major depression
- Other mental illness
- No identified illness



Source: Surgeon General of the United States, 1999