

Psychiatric Illness in Teens

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### **Introduction**

Adolescence is an important period in the life of an individual. This is a crossroads where several elements are becoming clear. It is also a significant period of adjustment for parents and the youth.

### **What is adolescence?**

The word comes from the Latin word *adolescere* meaning grow. Dr. Gingras explains the different phases of adolescence, including: The search for identity and self-assertion. She also reported that girls arrive earlier in this period of adolescence than do boys. The difficulties outlined: “difficulty in establishing its own identity (as well as being the other) accession to independence, its place in the group and how to access?” Cons by Dr. Gingras reminds us that this is the period of adolescence that cognitive development takes place, the capacity for abstract thought and the time of the big questions. It is also during this period that moral development is nesting, the sense of justice is very present in adolescents. He expects to be respected in determining its values as it is also committed to do to others.

### **Adolescence is a stage of adaptation**

Adolescence is not a problem, but an adjustment phase. The individual must adapt to different life stages, as a baby, child, teen, young adult, an adult, a person of mature age and an old man. Each phase has its own set of requirements; it is now to identify what might seem a

risky behavior of adolescent mental balance. We are no longer talking about a crisis but in different phases, sometimes containing more or less difficult. Signs that might question us:

- The fact of not being able to make friends is an indicator of risk of social maladjustment if this relationship appears to be sustainable
- 30 To 75% of youth attend clinic would, in the eyes of their parents, have problems with friends

It remains important that the youth succeed through this time, not because it wears the parents, but because it is a turning point in the development and acquisition of skills of the individual, all of which are necessary to his adult life.

### **The teen suicide**

Suicide is second on the list of causes of death among adolescents. It is among 15-19 year old male that is the highest suicide rate, or 29.2% in boys and 3.5 to 5/100 000 for girls (Williams, 2007).

### **Characteristics of youth at risk of suicide**

- Cognitive inability to anticipate the future consequences
- Magical Thinking
- Primitive grandiosity
- Existential choice
- Importance of the concept of death
- To assess patterns of gesture

**Risk factors for mental disorder**

The following risk factors are monitored to determine if a teenager could have a mental disorder:

- Family history
- Personal history
- Lethality of the means used
- Weapons available
- Male
- Precipitating factor (rejection, humiliation, or family problem with peers)
- Previous attempts
- Alcohol and drugs
- Problem of gender identity, pregnancy
- Concept of death, fantasies
- Perception of lethality
- Decrease of hope
- Anger perfectionism
- Chronic stress
- Social isolation

Obviously the clinical history of the person is a factor. All these aforementioned elements are clues to watch, they are not automatically evidence that your son or daughter concocts a mental illness, they are only clues that attract our observation more carefully and if necessary make us see (Evans & Andrews, 2005).

### **Conclusions**

Adolescence is not a disease, it is one of many phases of development of the Human Being. This period is somewhat disturbing and if we try to listen to us they certainly learn as much on them than on us.

### References

Evans, D. L., & Andrews, L. W. (2005). *If your adolescent has depression or bipolar disorder: an essential resource for parents*. New York, N.Y.: Oxford University Press.

Williams, M. E. (2007). *Mental illness*. Detroit: Greenhaven Press.