

Unit 6 School age Fears in school age ? Examples Parents of infants and children with depression often report noticing the following behavior changes in the child:

- o Crying more often or more easily
- o Increased sensitivity to criticism or other negative experiences
- o More irritable mood than usual or compared to others their age and gender, leading to vocal or physical outbursts, defiant, destructive, angry or other acting out behaviors
- o Eating patterns, sleeping patterns, or significant increase or decrease in weight change, or the child fails to achieve appropriate gain weight for their age
- o Unexplained physical complaints (for examples, headaches or abdominal pain)
- o Social withdrawal, in that the youth spends more time alone, away from friends and family
- o Developing more "clinginess" and more dependent on certain relationships (This is not as common as social withdrawal.)
- o Overly pessimistic, hopeless, helpless, excessively guilty or feeling worthless
- o Expressing thoughts about hurting him or herself or engaging in self-injury (like cutting or burning him or herself), reckless or other potentially harmful behavior
- o Young children may act younger than their age or than they had before (regress).

SLIDESHOW Learn to Spot Depression: Symptoms, Warning Signs, Medication See Slideshow

Diagnosis of depression ? Extract depression from other mental health conditions as:

- ? attention deficit hyperactivity disorder (ADHD), autism-spectrum disorders, bipolar disorder, posttraumatic stress disorder (PTSD), obsessive compulsive disorder (OCD), and anxiety disorders,

Screen for signs and symptoms of:

- ? manic depression (bipolar disorder), a history of trauma, and other mental health symptoms.
- ? Rule out medical problems, or it can be a side effect of various medications, exposure to drugs of abuse or other toxins.
- ? routine laboratory tests during the initial assessment to rule out other causes of symptoms.
- ? Diagnostic evaluation as: X-ray, scan, or other imaging study.
- ? Series of questions from a standardized questionnaire or self-test to help determine the risk of depression and suicide.

What should parents do if they suspect that their child is depressed?

- ? Seeking professional medical, mental treatment for the depressed child.
- ? Promote good mental health by
- ? Encouraging him or her to have a healthy lifestyle, including
- ? healthy diet, including adequate water intake
- ? Enough sleep,
- ? Regular exercise
- ? Remain socially active
- ? Engage in healthy stress-management activities.

What is the treatment for depression in children?

- ? Alleviating any medical condition that causes or worsens depression. As treat thyroid deficiency hormone with levothyroxine (Synthroid).
- ? Supportive therapy:
- ? like lifestyle and behavioral changes, psychotherapy, complementary treatments,
- ? If symptoms are severe medical Rx with supportive for six months to a year to prevent a recurrence of symptoms.
- ? Psychotherapy ("talk therapy")
- ? o Feeling sad or blue and/or irritable or seeming that way as observed by others (for examples, tearfulness or otherwise looking persistently sad, or angry)
- o Significant appetite changes, with or without significant weight loss, failing to gain weight appropriately or gaining excessive weight
- o Change in sleep pattern: trouble sleeping or sleeping too much
- o Physical agitation or retardation (for example, restlessness or feeling slowed down)
- o Fatigue or low energy/loss of energy
- o Difficulty concentrating
- o lack of interest in daily activities
- o loss of energy,
- o Feeling worthless, excessively guilty, or tend to self-blame
- o Thoughts of death or suicide

Children with depression may also experience the classic symptoms but may exhibit other symptoms as well, including

- o impaired performance of schoolwork,
- o persistent boredom,
- o quickness to anger,
- o frequent physical complaints, like headaches and stomachaches,
- o More risk-taking behaviors and/or showing less

