青少年成長 與健康



青少年成長與健康

是否太遲了~?

My parents were so dumb when I was 17 and so smart when I was 21. I can't believe how much they learned in four years paraphrase of original statement by mark Twain

馬克吐溫說, 我17歲的時候覺得我父母很笨, 但我21歲的時候他們變很聰明, 我沒法相信他們怎麼在四年間學這麼多。

Nature 先天



Unique: 獨一無二. 詩篇139:13 我受造奇妙可畏**外向, 內向**

順服vs獨立思考 25/75% 急性vs慢性

Enneagram 天生氣質和九型人格

教養-是藝術, 也可樂在其中, 重新年輕一次

- *訴說自己年輕時的故事
- *成長中的喜怒哀樂
- *工具箱多一點工具
- *捉重點Character building, respect
- ***提醒:我們在養育為人的妻子,先生,爸爸,媽媽,CEO,校長,牧師…
- *選戰場,家事能力/責任

Nurture 後天



暴風雨時期



變變變

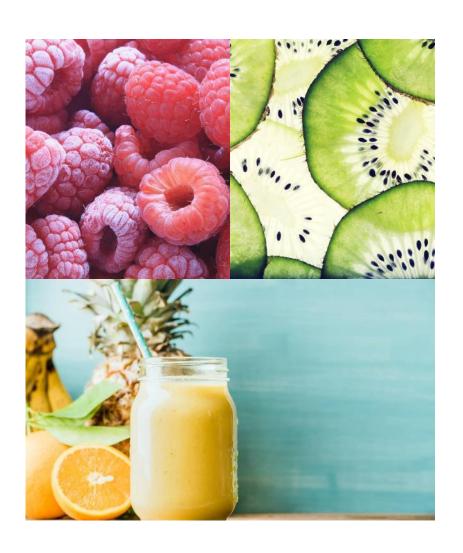
施工中!

身體,性徵的改變,荷爾蒙

情緒:非常的衝動,自我中心,感情用事,在一個點過不去

認知:複雜的思考,抽象,接受新的思維,邏輯性解決問題

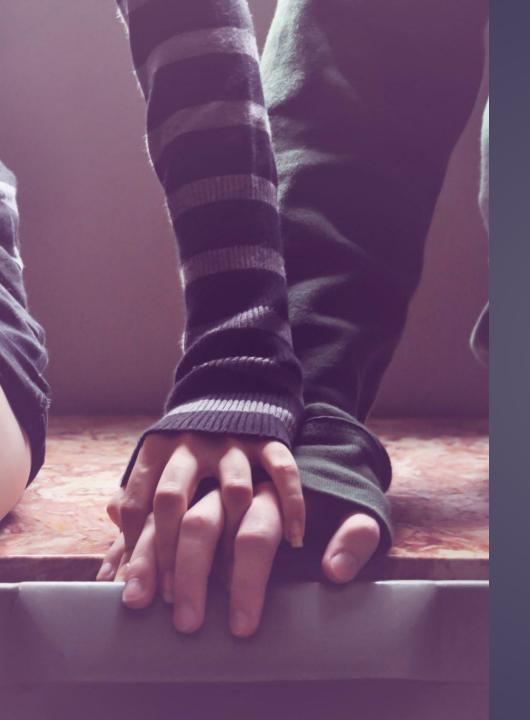
人際關係:父母我要獨立,朋友,異性朋友



想問

- 1 如何和青少年聊天
- 2 房間很亂怎麼辦
- 3 成績不理想
- 4 回嘴,挑戰權威,不講理
- 5 毒品, 酒, 煙, 太多時間玩電動, social media
- 6 交男女朋友
- 7同性戀, 雙性戀
- 8 沒朋友, 沒有人了解我
- 9 我的小孩是否正常要看心理醫生呢還是精神科醫生?





青少年心理與精神疾病

正常 VS 不正常

► 正常與不正常的定義有可能因時代,文化,家庭與個人理念,宗教背景等等而改變

正常 vs. 不正常

- 和同年龄孩子比较
- 和过去表现作比较
- 问题持续**的**时间
- 问题出现**的頻率**
- 障碍或困扰的程度

非正常與病態 abnormal vs pathological

- ▶ 病態的定義:
- ► 美國精神科協會出版的DSM -Diagnostic and statistical manual of mental disorders (精神診斷與統計手冊)
- ► 世界健康協會出版的 ICD- International classification of diseases (國際疾病分類)

DSM所採用的診斷觀念

- ▶ 基於流行病學的研究與統計
- ► 精神病領域的專家們組成的小組定時的更新與重新定義。現在用的是第五版,
- ▶ 目前至少有幾乎300種不同的精神疾病
- ► 每種精神疾病有獨特的症狀,症狀必須是要持續性的,影響到個人的功能(人際,家庭,婚姻,學業,工作等等方面的嚴重影響)

精神疾病的大概分類

- Mood disorders 情緒的疾病, 包括 depressive disorders 抑鬱症, bipolar Spectrum disorders雙向情緒障礙(躁鬱症)
- ► Anxiety disorders 焦慮症
- ▶ personality disorders 人格障礙
- ▶ psychotic disorders 精神病,精神分裂
- ► eating disorders厭食症暴食症
- substance-abuse disorders毒品濫用
- ► Dissociative disorder分離障礙, 多重人格
- ▶ psychosomatic disorders 身心障礙
- ▶ attention deficit hyperactive disorder過動症,注意缺陷多動障礙
- ► cognitive disorders, dementia 失憶, 癡呆症
- autism spectrum disorder自閉症

常見兒童與青少年的精神疾病 抑鬱症

- ▶ 感到悲傷或情緒低落。流淚、空虛或絕望。
- ▶ 憤怒,易爆發、煩躁或沮喪
- 對一個人過去喜歡的活動失去興趣或樂趣。
- ▶ 食慾改變。體重減輕或增加。
- ▶ 睡眠過多或不足。
- 缺乏能量或感覺比平時更疲勞。
- ▶ 自殺念頭

常見兒童與青少年的精神疾病抑鬱症

- major depressive disorder 重度抑鬱症:
- 持續至少兩個星期,無法正常上課,運作,日常生活嚴重受到影響

- Persistent depressive disorder 持續性抑鬱症:
- 持續一年,可以運作但受到影響

抑鬱症的病因

- > 多種因素
- ▶ 生理- 健康狀況, 毒品與酒精的影響
- ▶ 遺傳,
- ► 心理- 性格, 適應性, 思想方式, 與人相處的能力, 給自己壓力
- ▶ 環境-

常見兒童與青少年的精神疾病

抑鬱症

- Treatments
- Psychotherapy and medication are the most common treatments for depression. Particularly for children, psychotherapy is normally the first course of treatment. If psychotherapy alone is not effective, or if depressive symptoms are very severe, medication may be prescribed along with psychotherapy.

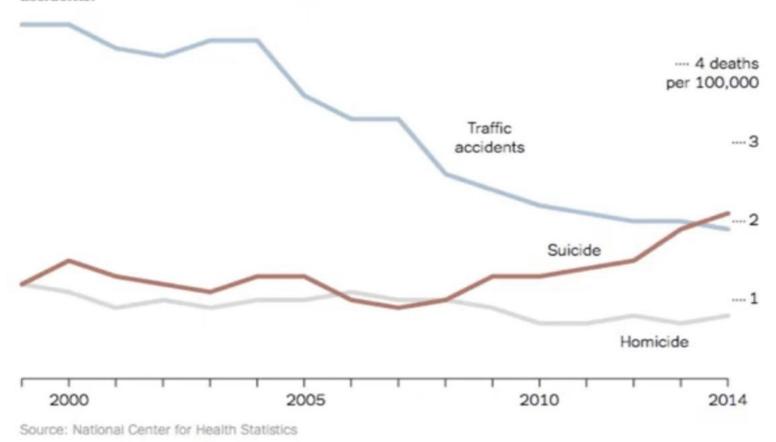
Impact of Suicide

- 1970s research: profound impact on 6 people
- Current research: may impact 135 people, 1/3 with significant life disruption from the event
- Impact of social media and social networks
- People who know a suicide victim are about twice as likely to develop suicidal thoughts- increased with closer relationship and younger age

Adolescent Suicides

By The New York Times

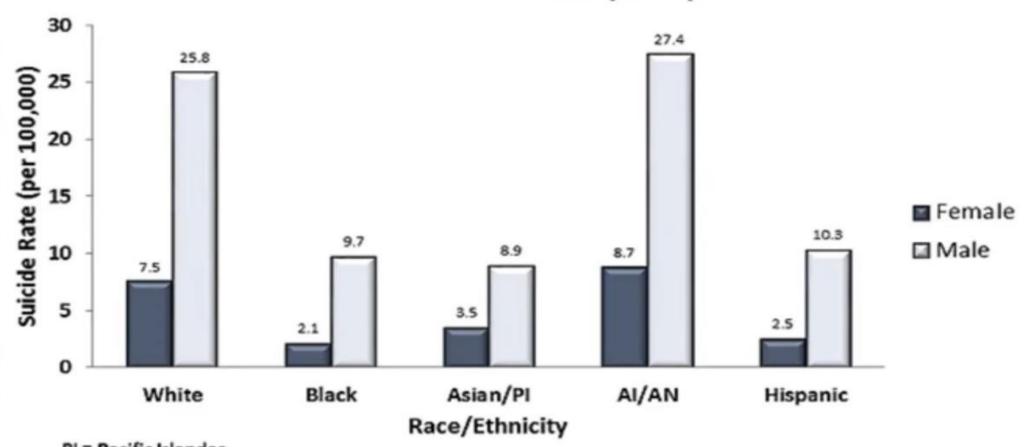
Among children aged 10 to 14, death by suicide is now more common than death from traffic accidents.



Suicides in Teens 10-14

- 425 teens ages 10-14 died in 2014
 - 275 boys, 150 girls
 - The rate for girls tripled 2007 c/w 2014
- Contributors
 - Social media increased exposure of teens to shame and humiliation
 - Earlier puberty- average age now is 12 for girls
 - More lethal means available?

Figure 3. Suicide Rates by Race/Ethnicity in the United States (2014)



PI = Pacific Islander AI/AN = American Indian/Alaska Native

Data courtesy of CDC

Risk Factors for Adolescent Suicide

- Mental Illness: MDE, Anxiety, Agitation/Aggression, Impulsivity
- Alcohol and other Substances
- Firearms

Risk Factors for Adolescent Suicide

- Poverty Food and housing insecurity
- Family Stress
- Unsafe Communities
- School problems
- Peer problems/Relationship loss/Abuse/Deaths
- Cyber bullying and Social Media Humiliation

Risk Factors for Adolescent Suicide

Affluence

- High Achievement Expectations
- Low Family Warmth

Suicide Warning Signs

- If your child exhibits any of the following warning signs of suicidal intent, call your child's doctor or therapist immediately:
- Suicide threats. Always take them seriously.
- Suicide hints. These include statements like "It might be better if I were dead," or saying goodbye to people in a way that suggests it may be the final time.
- Obsession with death. If your child starts writing stories, drawing pictures, or simply making frequent jokes or comments on the subject of death, call your child's doctor.
- Extreme withdrawal from loved ones. If a child completely isolates from everyone, this too is a warning sign.
- Giving possessions away. Especially if a child begins giving away the items he or she values most, this is a danger sign.
- Reckless or hostile behavior. Self-destructive or violent behavior is often a symptom of extreme depression.
- Seeking out the means for suicide. This could include hoarding pills or even procuring a weapon.

For Caregivers

- If your child is depressed, here are some things you can do to help:
- Listen. The best way to provide emotional support is to be a good listener. Giving advice is much less important than offering your clear, kind attention. Ask questions and really listen to the answers. Also, simply be available for conversation.
- Ask how you can help. Let your child know you are willing to do what you can to help him or her feel better.
- Avoid criticism and lecturing. Resist the impulse to judge your child or teen, or to
 offer unsolicited advice. Avoid saying things such as, "Just pull yourself together."
- Encourage exercise and proper diet. Give children opportunities for exercise. For
 example (if they are willing), take them swimming or hiking, or play tennis with
 them. Also, prepare nutritious, delicious food and try to keep junk food at home to
 a minimum.
- Do not lose sight of your own needs or those of the rest of your family. It can be exhausting to parent a depressed child. Reach out to friends or a therapist for the support you need. Also, if you have more than one child, don't neglect giving attention to your less troubled children.
- Educate yourself about depression and its symptoms. The more you learn about the illness, the easier it will be to help and understand your child.

988 Suicide & Crisis Lifeline

We can all help prevent suicide. The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals in the United States.



常見兒童與青少年的精神疾病

- Anxiety disorders:
- generalized anxiety disorder廣泛性焦慮症
- ► Panic disorder恐慌症
- ► Social anxiety disorder社交焦慮症
- ► Specific phobia特定恐懼症
- Post traumatic stress disorder創傷後應激障礙
- Obsessive compulsive disorder強迫症

常見兒童與青少年的精神疾病

Anxiety disorders:

焦慮症之早期徵狀

- 对很多事件担心(天气,自己或家人安全)
- 難以放鬆心情
- 對別人的安撫無效
- 找不到病因的種種身體不適、如肚痛、頭量
- 失眠、惡夢
- 心跳过快、呼吸急促

► ADHD Attention deficit hyperactivity disorder 注意缺陷多動障礙

注意力欠缺/過動症的早期徵狀

- 注意力短暫
- 易分心
- 難於安靜地進行活動
- 經常动來动去
- 衝動
- 缺乏耐性

ADHD Attention deficit hyperactivity disorder 注意缺陷多動障礙

- Children with ADHD may have difficulty:
 - Staying organized and completing schoolwork or other tasks.
 - Maintaining good grades, even though they're as intelligent or more so than other kids.
 - Making and keeping friends. This may be due to their unpredictable behavior.
- Socializing with others or participating in group activities.
- Children with ADHD aren't bad or misbehaved.

Attention deficit hyperactivity disorder 注意缺陷多動障礙

- Not all children with attention issues have ADHD. In fact, it's estimated that only 5 to 10 percent of children have ADHD
- The many distractions in life can also create widespread attention problems, such as constant use of digital devices, lack of sleep, stress, and medical conditions like depression
- ADHD can be managed with medication, behavioral intervention, and support from parents, teachers, and other caregivers

常見兒童與青少年的精神疾病

- ► Oppositional defiant disorder對立違抗性障礙
- ► Conduct disorder品行障礙