

# DISORDERS COMMONLY DIAGNOSED IN CHILDREN AND ADOLESCENTS

	<b>Asperger's Disorder</b>	<b>Attention-Deficit Hyperactivity Disorder (ADHD)</b>	<b>Autism</b>
<b>Symptoms</b>	<ul style="list-style-type: none"> <li>• Extreme difficulty in social interactions.</li> <li>• Repetitive and restricted patterns of behavior, interests, and activities such as movements with hands, fingers, or whole-body.</li> <li>• No delay in the development of language.</li> </ul>	<ul style="list-style-type: none"> <li>• Inattention, impulsive, and hyperactivity are three types of behaviors and indicators.</li> <li>• Becoming easily distracted, rarely following instructions, and losing and forgetting things are signs of inattention.</li> <li>• Fidgeting, squirming, blurting out answers, and having difficulty waiting in line for a turn are signs of impulsiveness and hyperactivity.</li> </ul>	<ul style="list-style-type: none"> <li>• Delay or total lack in the development of social interaction and communication skills. May repeat words or phrases they have heard or misuse pronouns and invent new words.</li> <li>• Continual use of nonverbal behaviors, such as eye-to-eye gaze, facial expressions, and body postures and gestures.</li> <li>• Little or no interest in making friends or social play.</li> </ul>
<b>Evidenced -based Treatment</b>	<ul style="list-style-type: none"> <li>• Depending on the severity of the child's symptoms and behaviors, combinations of treatment methods that involve individual and family therapy and medication are often used. There is little evidence to show that any one treatment is better than another.</li> </ul>	<ul style="list-style-type: none"> <li>• See Behavioral Therapy (BT) on Page 5.</li> <li>• A combination of medication, specifically stimulants, and behavioral therapy has been found to be the most effective treatment choice.</li> <li>• <i>Stimulants:</i> A class of medications, Ritalin, Adderal, Dexedrine, and Cylert are all stimulants that greatly reduce the child's hyperactivity and improve their ability to focus, work, and learn.</li> </ul>	<ul style="list-style-type: none"> <li>• Treatment program that involve parents, builds on the child's interests, offers a predictable schedule, teaches tasks as a series of simple steps, actively engages the child's attention in highly structured activities, and provides regular reinforcement of behavior, appear to produce the greatest gains.</li> <li>• No medication can yet correct the brain structures or impaired nerve connections that seems to underlie autism. However, some medications have been found to be effective in reducing the child's behaviors that make it hard to function.</li> <li>• Very intensive behavioral therapy has been found to be helpful in decreasing negative behaviors; and for some children, returning them to more normal function.</li> </ul>

	<b>Bipolar Disorder</b>	<b>Conduct Disorder</b>	<b>Dysthymia</b>
<b>Symptoms</b>	<ul style="list-style-type: none"> <li>• Extreme mood swings from high to low. The high state is called mania or hypomania in which the child's speech is rapid, behavior is impulsive or reckless, irritability, and racing thought process.</li> <li>• The low state is called depression in which the child has difficulty concentrating, sleeping, changes in appetite, decreased energy, and a feeling of hopelessness.</li> </ul>	<ul style="list-style-type: none"> <li>• Frequent Temper Tantrums, aggressive towards people and/or animals, violate the rights of others by stealing or engaging in vandalism.</li> </ul>	<ul style="list-style-type: none"> <li>• A milder, more chronic form of depression. Only the lows are experienced and rarely the highs. Usually one does not attach pleasure to things that should make them happy.</li> </ul>
<b>Evidenced -based Treatment</b>	<ul style="list-style-type: none"> <li>• Treatments have not yet been well tested for use in children and adolescents.</li> </ul> <p style="text-align: center;"><b>Psychotherapy and Psychoeducation</b></p> <ul style="list-style-type: none"> <li>• Involves talking between the child and therapist to bring about change in the child's behavior in managing the condition.</li> <li>• Educating the child and family on warning signs of mania and managing the episodes.</li> </ul> <p style="text-align: center;"><b>Medication</b></p> <ul style="list-style-type: none"> <li>• Lithium has been found to be effective in treating manic and depressive symptoms.</li> <li>• Depakote and Tegretol have been found to be effective for young adults and may be useful for children.</li> <li>• Other medications may have a role in the treatment for children and adolescents.</li> </ul>	<ul style="list-style-type: none"> <li>• Considered one of the most difficult diagnoses to treat, so there is not one medication or therapy of choice.</li> <li>• Often a child with conduct disorder has another diagnosis, for example ADHD, so the therapist would begin treatment with a medication and/or therapy that is effective in reducing ADHD symptoms.</li> <li>• When ADHD is not present, Ritalin or Lithium may still be used to reduce the child's negative behavior.</li> <li>• Behavioral Therapy (Page 5), depending on the age of the child, can be effective.</li> <li>• Parent training and videotape modeling parent training have also been found to be effective in helping parents in managing their child's behavior.</li> </ul>	<ul style="list-style-type: none"> <li>• See Cognitive Behavioral Therapy (CBT) on Page 3.</li> <li>• See Selective Serotonin Reuptake Inhibitors (SSRIs) on Page 3.</li> </ul>

	<b>Generalized Anxiety Disorder</b>	<b>Major Depression</b>	<b>Obsessive-Compulsive Disorder (OCD)</b>
<b>Symptoms</b>	<ul style="list-style-type: none"> <li>• Constant worrying about normal everyday activities.</li> <li>• Always expecting the worse even though there is no reason to think this way.</li> <li>• Complains of physical problems like headache, nausea, tiredness, or muscle ache.</li> </ul>	<ul style="list-style-type: none"> <li>• Feelings of hopelessness, helplessness, worthlessness, inability to concentrate, irritability, change in appetite, change in sleep pattern and loss of energy are signs.</li> </ul>	<ul style="list-style-type: none"> <li>• Repeated, unwanted obsessive thoughts, for example, children may demand that things be done a certain way or that questions be answered over and over again.</li> <li>• Compulsive behaviors that seem impossible to stop like constantly washing their hands, touching, counting, or checking things.</li> </ul>
<b>Evidenced -based Treatment</b>	<p><b>Cognitive Behavioral Therapy (CBT)</b></p> <ul style="list-style-type: none"> <li>• Teaches the child to control both their behavior and thoughts in situations that cause anxiety.</li> <li>• Works best for older children and adolescents because it requires that the child talk about their thoughts and feelings.</li> </ul>	<p><b>Interpersonal Therapy</b></p> <ul style="list-style-type: none"> <li>• A short-form of psychotherapy that involves the child self-evaluating their own interaction with others.</li> <li>• Emphasis is placed on the child's current social development by focusing on any self-imposed isolation.</li> <li>• CBT and Selective Serotonin Reuptake Inhibitors (SSRIs) have also been found to be effective.</li> </ul>	<p><b>Selective Serotonin Reuptake Inhibitors (SSRIs)</b></p> <ul style="list-style-type: none"> <li>• A category of several medications, Prozac, Zoloft, Paxil, and Luvox are SSRIs.</li> <li>• Zoloft, Paxil, and Luvox are the only SSRIs that have been approved for the Food and Drug Administration (FDA) for use in children.</li> <li>• Cognitive Behavioral Therapy is being tested.</li> </ul>

	<b>Oppositional Defiant Disorder (ODD)</b>	<b>Panic Disorder</b>	<b>Post Traumatic Stress Disorder</b>
<b>Symptoms</b>	<ul style="list-style-type: none"> <li>• Extreme levels of argumentativeness , disobedience, stubbornness, negativity, and aggravation of others are signs. ODD is often a precursor to conduct disorder.</li> </ul>	<ul style="list-style-type: none"> <li>• Repeated occurrences of intense fear that happen often without warning.</li> <li>• Physical signs of a panic attack include chest pain, heart palpation's, shortness of breath, dizziness, and stomach pain.</li> </ul>	<ul style="list-style-type: none"> <li>• After experiencing a traumatic event such as child abuse, rape, or natural disasters, recurring nightmares, flashbacks, emotional numbness, depression, anger, irritability, and being easily startled are indicators.</li> </ul>
<b>Evidenced -based Treatment</b>	<ul style="list-style-type: none"> <li>• See Behavioral Therapy (BT) on Page 5.</li> <li>• Certain forms of group therapy that use behavioral therapy techniques have shown benefits.</li> </ul>	<ul style="list-style-type: none"> <li>• See Cognitive Behavioral Therapy (CBT) on Page 3.</li> </ul>	<ul style="list-style-type: none"> <li>• See Cognitive Behavioral Therapy (CBT) on Page 3.</li> </ul>

	<b>Separation Anxiety Disorder</b>	<b>Social Phobia</b>	<b>Specific Phobia</b>
<b>Symptoms</b>	<ul style="list-style-type: none"> <li>• Extreme distress when away from parents at school, bedtime, or if they have to go away overnight.</li> <li>• Physical signs are stomachaches, diarrhea, dizziness, and rapid heartbeat. Also, recurring nightmares that something bad is happening to the family is another indicator.</li> </ul>	<ul style="list-style-type: none"> <li>• Extreme fear of embarrassment or humiliation in social situations that leads to the avoidance of pleasurable activities.</li> <li>• Crying, tantrums, freezing, or clinging are associated behaviors.</li> </ul>	<ul style="list-style-type: none"> <li>• Extreme fear of something that has little or no actual dangers that leads to avoidance of objects or situations.</li> <li>• Crying, tantrums, freezing, or clinging are associated behaviors.</li> </ul>
<b>Evidenced -based Treatment</b>	<ul style="list-style-type: none"> <li>• See Cognitive Behavioral Therapy (CBT) on Page 3.</li> <li>• See Selective Serotonin Reuptake Inhibitors (SSRIs) on Page 3.</li> </ul>	<ul style="list-style-type: none"> <li>• See Cognitive Behavioral Therapy (CBT) on Page 3.</li> </ul>	<p><b>Behavioral Therapy (BT)</b></p> <ul style="list-style-type: none"> <li>• Focuses on figuring out ways for the child to change his or her behavior by using a goal-oriented system, often with small rewards.</li> <li>• Positive and negative reinforcement is usually an important part of the therapy.</li> <li>• A reward system may be set up that includes mild punishments, such as the loss of certain privileges to help motivate the child to change his or her behavior.</li> </ul>