

عنوان مقاله:

(Psychological Review Over Children and Adolescents Suffering from Major Depression Disorder (MDD

محل انتشار:

دومین کنگره بین المللی علوم، مهندسی و فن آوری های نو (سال: 1403)

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خلاصه مقاله:

MDD, a common form of mental disorder in young people, can be particularly challenging to diagnose and treat accurately. The symptoms of MDD in children and adolescents are often different from those seen in adults, which can lead to misdiagnosis and inadequate treatment. The severity of symptoms is a crucial factor in determining the appropriate course of treatment, which may involve a combination of therapies, medication, or talk therapy. Extensive research has been conducted to test the effectiveness of these treatments in the younger population, while the potential risks of side effects and the development or worsening of suicidal thoughts and behaviors have also been studied. Combining antidepressant medication with counseling is widely considered the most effective treatment for depression. One commonly studied combination is cognitive behavioral therapy paired with fluoxetine. It is recommended to continue treatment for six to twelve months after symptoms have improved, and then slowly decrease medication use. Though many young people may recover from their initial period of depression, there is still a risk of developing MDD later in adulthood. Failing to address depression in children and teenagers can lead to harmful behaviors such as drug misuse, poor performance in school, and even suicidal thoughts and actions in later years.

کلمات کلیدی:

Depression, MDD, Children, Adolescent, Psychotherapy

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