

New approaches for the management of common psychiatric problems in children

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Depression is one of the significant psychiatric problems in children which can result in serious consequences encompassing a wide range of child domains of functioning such as peer and family relations as well as school functioning. Attention deficit hyperactivity disorder (ADHD) is also a common psychiatric problem in childhood. autism is a developmental disabling disorder marked by significant impairments in social relatedness, communication and behavior.

Evidence based protocols for the management of these disorders including proper screening and assessment would save much time and predict better outcome. Treatment programs should aim at alleviating symptoms, reducing comorbid conditions, promoting normal social and emotional development and school performance, and relieving family distress. Therefore, different approaches are required for comprehensible treatment including different types of psychotherapy, behavioral therapy, family therapy and counseling, in addition to pharmaco-therapeutic approach. The awareness of recent advances in different therapeutic approaches is essential for tailoring effective treatments of childhood depression, ADHD and autistic disorder.