

CHARACTERISTICS OF MENTAL AND BEHAVIORAL DISORDERS IN ADOLESCENTS OF REPUBLIC OF BELARUS

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The state of mental health of adolescents is a serious medical, psychological and social problem of modern society. According to the global statistics, every seventh teenager aged 10–19 years in the world (14%) suffers from mental disorders; but these problems remain largely unrecognized. Emotional disorders and behavioral disorders are most common among adolescent children. [1]

Keywords: psychological disorders, adolescents.

Adolescence is a critical period for the development of social and emotional skills that are important for mental well-being. Growing up, a child faces many problems, the most common of which is teenage stress. It is stress that becomes a common cause of the development of mental disorders and behavioral disorders in adolescents.

The most common are emotional disorders and, in particular, anxiety disorders, which are more common in late adolescence. According to WHO, anxiety disorders are observed in 8.2% of adolescents (3.6% - 10-14 years old; 4.6% - 15-19 years old). Depression is diagnosed in 1.1% of adolescents aged 10–14 years and in 2.8% of adolescents aged 15–19 years [1]. Anxiety and depressive disorders can cause serious declines in school attendance and performance. Social withdrawal can exacerbate isolation and feelings of loneliness. Depression can lead to suicide

According to a study by the Ministry of Health of the Republic of Belarus with the support of UNICEF for 2018-2019, out of 3,600 adolescents aged 14 to 19 years (46% boys, 54% girls), 18.2% of adolescents had mild and severe depressive symptoms, from of which 3.2% had severe depression. Depressive symptoms were 1.6 times more common in girls than in boys. According to the survey, 26.1% of adolescents surveyed responded that they were having thoughts of suicide. Of these, 18.5% (174 people) reported that they had attempted suicide in the past [2]. The main causes of suicidal thoughts are associated with feelings of loneliness, conflicts with parents, lack of meaning in life, and troubles with school.

In recent years, neuropsychological disorders without damage to the central nervous system have been detected in 30–56% of healthy schoolchildren. [3] This is primarily due to high psycho-emotional and intellectual stress with limited adaptive and compensatory capabilities of the child's body.

Possible ways to solve problems of mental health of adolescents are advisory assistance in centers on organizational and methodological issues of providing psychiatric care to the adolescent population, timely diagnosis and tactics for managing minor patients with mental disorders and deviant forms of behavior.

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