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# **Common Psychological Problems in Children**

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# Definition of Psychological Disorders

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- As patterns of abnormal behavior, emotions, or thoughts that significantly interfere with an individual's adaptation to important life demands and often cause distress in the individual or in others.



# Spectrum of Presentation of symptoms/chief complaints

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## a) Cognitive functions

- Academic difficulties
- Attention and concentration difficulties
- Poor memory
- Perceptual motor problems



# Cntd.

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b) Behavior problems

c) Bedwetting

d) Multiple somatic complaints

e) Stress and anxiety complaints

f) Sleep difficulties

g) Family and psychosocial, interpersonal problems

h) Psychotic symptoms/ unusual/ abnormal behaviours



# Classification System

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- International Statistical Classification of Diseases (ICD-10)
- Diagnostic and Statistical Manual of Mental Disorders (DSM-IV)



# Disorders usually first diagnosed in Infancy, Childhood and Adolescence

## ICD-10

- F90-F98 Behavioral and emotional disorders with onset usually occurring in childhood and adolescence
- Hyperkinetic disorders
  - Conduct disorders
  - Tic disorders
  - Mixed disorders of conduct and emotions
  - Disorders of social functioning
  - Other behavioral and emotional disorders

## DSM-IV

- Mental Retardation
- Learning Disorders
- Motor Skill Disorders
- Communication Disorders
- Pervasive Developmental Disorders
- Attention Deficit and Disruptive behavior disorders
- Feeding and Eating Disorders
- Tic Disorders
- Elimination Disorders



# Cntd.

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## ICD-10

F-70-79

Mental retardation

F80-89

Disorders of Psychological  
development

F50-59

Behavioral syndromes associated  
with physiological disturbances  
and physical factors

## DSM-IV

Separate category

Sleep disorders

Eating disorders



# Autism

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Autism Spectrum Disorders (ASD) is an umbrella term used to cover a range of difficulties in three main areas of development:

- Communication Skills
- Social Interaction
- Restricted, stereotyped and repetitive interest and activities

2 to 5 cases per 10,000 children



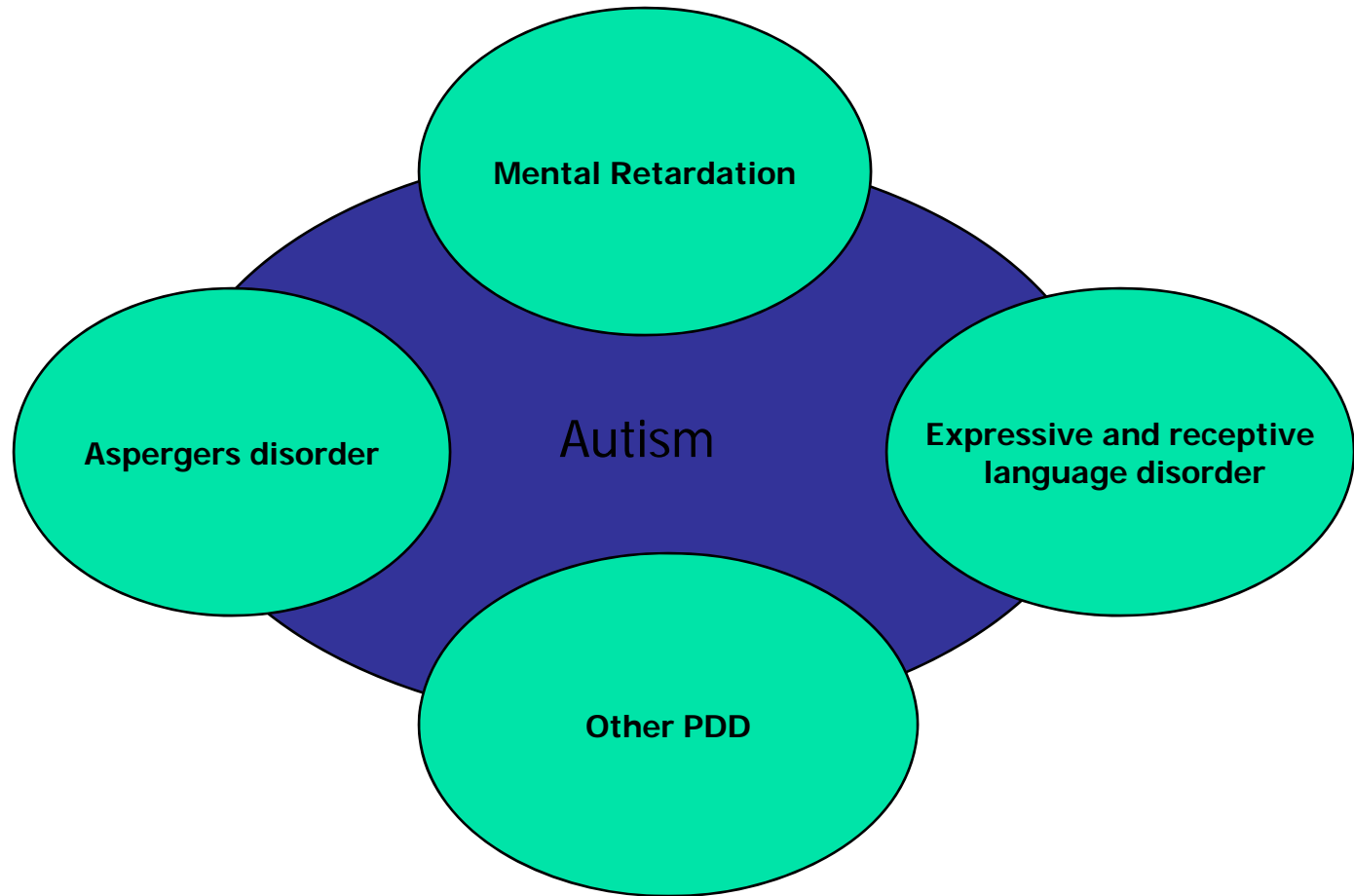


# Characteristic of Autistic child

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- Autistic aloneness
- Communication problems
- Ritualistic and compulsive phenomena
- Dominant interest in non living objects
- Retardation of speech
- Exhibition of rhythmical movements
- Afraid of loud noises

# Differential Diagnosis and Comorbidity





# Management

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- Appropriate referral to Clinical Psychologist, for assessment and diagnosis
- Multimodal approach:
  - Team effort
  - Clinical Psychologist
  - Special Educator
  - Occupational therapist
  - Speech therapist
  - Psychiatrist
  - Special School Placement



# Attention Deficit Hyperactivity Disorder

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- 3-5% in school age children

## Neurodevelopmental disorder

A persistent pattern of inattention and or hyperactivity-impulsivity that is more frequent or severe than is typically observed in individuals at a comparable level of age and development. Symptoms must be present before age 7 and interfere with functioning in at least two settings



# Clinical features of ADHD

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## Domain

## Features

Cognition

Short attention span  
Distractibility  
Low self esteem  
Learning difficulties and poor school performance

Affect

Lack of impulse control  
Excitability  
Low frustration tolerance

Behavior

High rate of activity



Cntd.

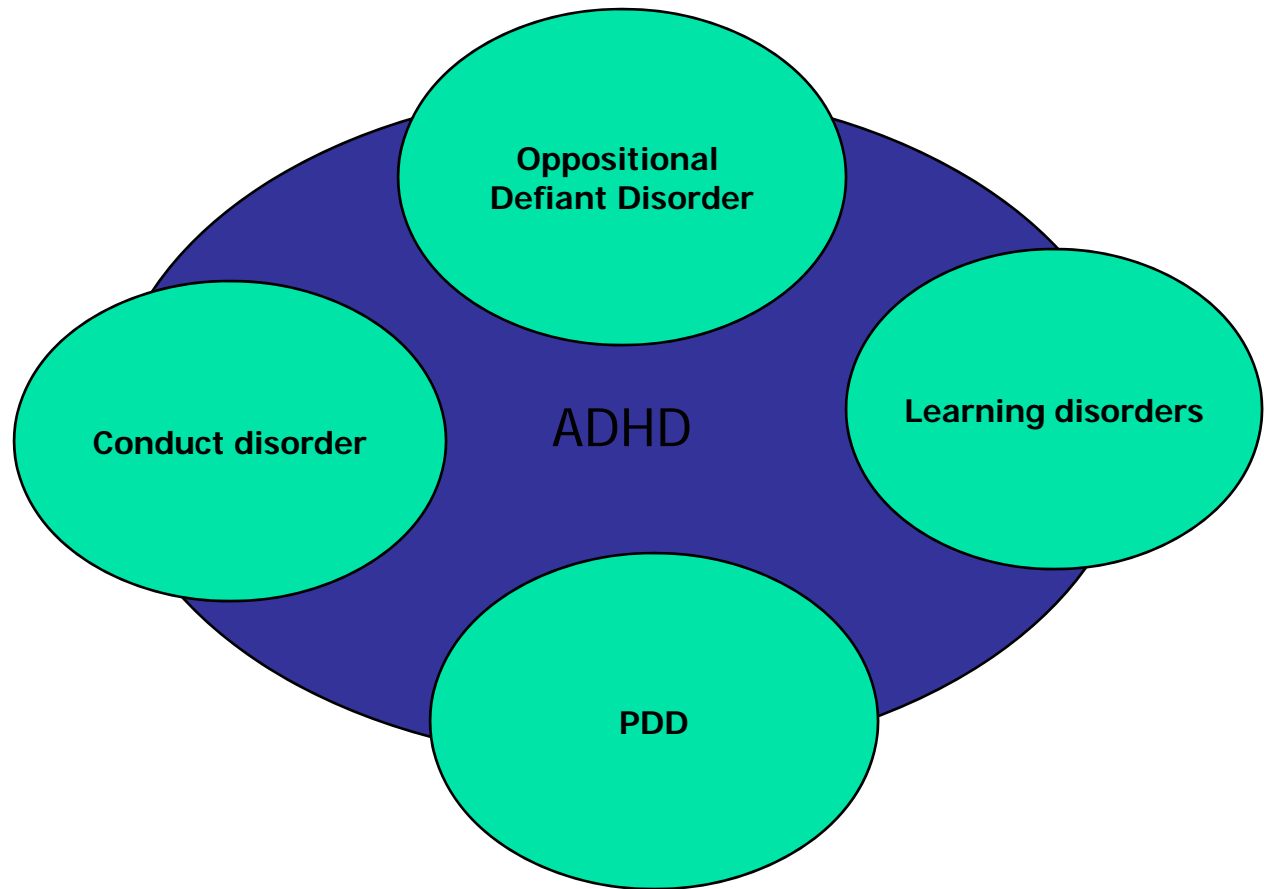
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High level of risk taking behaviors

Interpersonal  
Adjustment

Problematic relationship with parents, teachers  
and peers

# ADHD common co morbid Diagnosis





# Management of ADHD

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- Assessment and diagnosis by Clinical Psychologist
- Psychiatrist must see the child to rule out medical issues and consider medication
- Give family guidance: Train parents in behavior corrections
- Changes in school, involve teachers in the management
- Regular emotional support by the counselor
- Behavior therapy





# Elimination disorders

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- Elimination disorders



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graph TD; A[Elimination disorders] --> B[Encopresis]; A --> C[Enuresis];
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Encopresis

Enuresis

At age 5 is 7% for males and 3% for females,  
at age 10 years, the prevalence is 3% for  
males and 2% for females



# Difference

## Encopresis

### Definition

Repeated passage of feces into inappropriate places, whether involuntary or intentional

### Frequency

At least one such event a month for at least 3 months

### Chronological Age

At least 4 years, or equivalent to developmental level

## Enuresis

Repeated voiding of urine into bed or clothes, whether involuntary or intentional

Twice a week for at least 3 consecutive months or presence of clinically significant distress

At least 5 years or equivalent to developmental level



# Cntd.

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Not exclusively due to effect of substance or any general medical condition	Not exclusively due to effect of substance or any general medical condition
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# Causes

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- Related to medical problems/ due to medical reasons
- Strict discipline
- Family history
- Family stressors



# Management of Elimination disorders

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- Referring to Medical doctor for ruling out medical causes and then to a Clinical Psychologist, if no medical reasons found out
- Psycho educating parents
- Creating facilitative family environment
- Rehearsal
- Reward systems



# Sleep disorders

## Nonorganic Sleep Disorders

### Dyssomnias

Primary Insomnia

Primary Hypersomnia

Disorders of sleep-wake  
schedule

Disturbance in the amount,  
quality and timing of sleep

### Parasomnias

Sleepwalking

Sleep terrors

Nightmares

Abnormal episodic events  
occurring during sleep



# Difference

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## Sleep/Night Terrors

Recurrent episodes of abrupt awakening from sleep, with intense fear and signs of autonomic arousal

Relative unresponsiveness of efforts of others to soothe the person

No detailed dream or fragmentary, single images are recalled

Causes clinically significant distress or impairment

Not due to effect of a substance or medical condition

## Sleepwalking

Repeated episodes of rising from bed during sleep and walking about, with a blank staring face and unresponsive

On awakening, no recall

On awakening, no impairment in mental activity or behavior

Causes clinically significant distress or impairment

Not due to effect of a substance or medical condition



# Causes

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Constitutional or Biological reasons

Psychosocial or interactional reasons





# Management of Sleep Disorders

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- Appropriate referral to medical doctors, for ruling out medical reasons and further treatment
- Referral to Clinical Psychologist
- Structured Approach
- Unique sleep management programme



# Behaviour problems

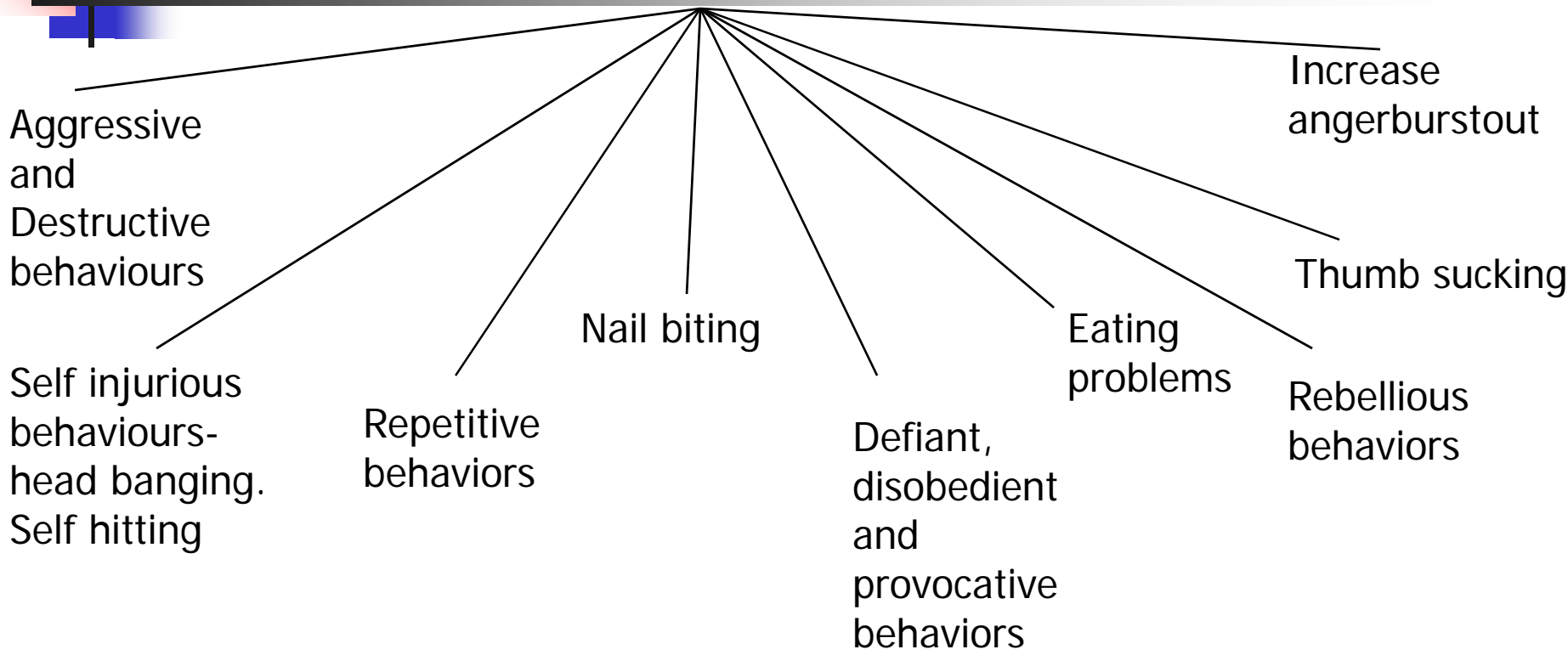
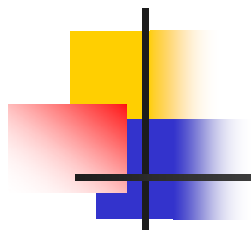
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Behavior problems in children are outcome of three factors

- Genetic predisposition
- Child rearing practices
- Social and school environment

Can occur in children of all age level

# Spectrum of Behaviors problems





# Thumbsucking

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Sucking is a normal phenomenon in early infancy

Thumb sucking can start as early as 15 weeks of growth in the uterus or within months of being born. Most thumb suckers stop gradually by the time they are 5 years old



# Causes

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Boredom

Anxiety

Family history



# Management

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- Distraction
- Looking for the causes of anxiety
- Dealing with boredom
- Intraoral devices



# Nailbiting

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Common stress relieving habit

Boredom

Occurs both in children and in adults

Negative effects

Bitten fingertips are very sensitive to pain

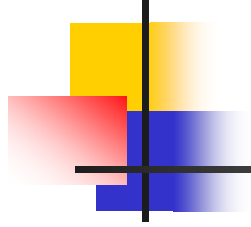


# Management

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- Distraction techniques
- Behavioral techniques
- Stress management techniques





Thank You