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## Depression in children and adolescents

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Child and adolescent major depressive disorder and dysthymic disorder are common, familial, chronic and recurrent that usually continues through adult life if left untreated. These disorders more often not appear earlier in life and accompanied by co morbid psychiatric conditions like suicide, behavioral problems and substance abuse; frequently associated with poor psychosocial functioning, academic performance and familial interaction. Hence increased need for early identification and treatment. Two major treatment modalities psychotherapy and medications have been found to be beneficial for treatment of acute stage of depressive disorder. Based on the current literature and clinical experience psychotherapy may be the first line of treatment, however antidepressant medications must be considered for those who have co morbid conditions like, psychosis, severe depression and those who did not respond to adequate trial of psychotherapy. Further research is needed to establish the etiological factors and efficacy of different treatment combinations, treatment resistant depression and other categories of depression (like dysthymia, bipolar depression) etc.

### Biography

Muhammad S. Tahir is an American qualified General (Adult) and Child and Adolescent Psychiatrist. He was working as an Assistant Professor of Psychiatry at New York Presbyterian Hospital, The University Hospital of Columbia and Cornell New York, USA. He had his Adult Psychiatry Residency training at Columbia University New York affiliated Creedmoor Psychiatric Center and his Child & Adolescent Psychiatry Fellowship at Weill Cornell University Hospital, New York. He has also worked as an Assistant Unit Chief and Leading Multidisciplinary Treatment Team at New York Presbyterian Hospital Westchester Division. He is an expert in using all available treatment modalities, ranging from but not limited to use of psychotropic medications, individual psychotherapy, cognitive behavior therapy approach, family therapy, couple's therapy, using playgroup approach for young children, school consultation, community lectures, leading parents guidance groups and social skills group for children. He has published papers "*Preventive intervention in schizophrenia; Hopes and challenges*" and "*Is this medications induced psychosis or medications uncovered psychiatric illness (Psychosis)*". He has also participated in research study divorce related trauma in children of divorcing parents. He is currently Practicing Psychiatry and is Head of Department of Psychiatry and Medical Director at Westminster Clinic in Dubai Healthcare City, UAE. He is also consulting patients at The City Hospital.

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