

Editorial on Mental Disorders in Children

Moug Al-Bakri*

National Institute of Public Health, University of Southern Denmark, Copenhagen, Denmark

Editorial

It might be difficult for parents to recognise mental illness in their children. Accordingly, numerous kids who might profit from treatment can't get it. Learn how to spot the indications of mental illness in children and what you can do to help them.

Arriving at formative and enthusiastic achievements, just as obtaining great social abilities and how to oversee when difficulties emerge, are exceptionally significant parts of emotional wellness in youth. Children who are mentally healthy have a higher quality of life and are better able to thrive at home, at school and in their communities. Mental illnesses in children are defined as significant changes in how children learn, act, or handle their emotions, which create discomfort and make it difficult for them to get through the day. Many youngsters have anxieties and worries from time to time and they may act out in disruptive ways. A mental condition may be diagnosed if the symptoms are severe and persistent and they interfere with school, home, or play activities.

Mental illnesses in children are defined as significant changes in how children learn, act, or handle their emotions, which create discomfort and make it difficult for them to get through the day. The Diagnostic and Statistical Manual, Fifth Edition (DSM-5) of the American Psychiatric Association is used by healthcare practitioners to identify mental health issues in children.

Common types of children's mental illnesses

Children's mental illnesses are fairly prevalent and can be quite serious. At whatever year, around one-fourth of kids and teens will experience the ill

effects of a dysfunctional behavior and 33% will experience the ill effects of it eventually in their life. Anxiety disorders, such as generalised anxiety disorder or separation anxiety disorder, are the most frequent types of mental illnesses. Behavior disorders such as Attention Deficit Hyperactivity Disorder (ADHD), mood disorders such as depression and substance-use disorders such as alcohol use disorders are all frequent kinds of mental diseases in children. These conditions are rather frequent, according to statistics. Approximately 8% to 10% of school-aged youngsters suffer with ADHD. Depression affects roughly 2% of children and 4% to 7% of adolescents during adolescence, with up to 20% of adolescents suffering from depression by the time they reach adulthood. Addictions, eating disorders, bipolar illness and early onset schizophrenia are more common in teenagers than in younger children.

Developmental impairments, such as autism spectrum disorders, can have a substantial lasting impact on the kid and his or her family, notwithstanding their rarity. Autism Spectrum Disorder (ASD) is a developmental disease marked by delays in speech, social interaction and behaviour development. Autism spectrum disorders affect one out of every 59 children, according to statistics, a 15% rise from 2016 to 2018.

Treatment challenges for children with mental illnesses

Because normal childhood development is a process that involves change, it might be difficult to comprehend mental health issues in children. Furthermore, the symptoms of a condition may vary depending on a child's age and youngsters may not be able to express how they feel or why they are acting in a particular manner.

How to cite this article: Al-Bakri, Moug. "Editorial on Mental Disorders in Children." *J Ment Disord Treat* 7 (2021): 179.

***Address for Correspondence:** Moug Al-Bakri, National Institute of Public Health, University of Southern Denmark, Copenhagen, Denmark, E-mail: Moug.al.bakri@regionh.dk

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Received 07 October 2021; **Accepted** 12 October 2021; **Published** 17 October 2021