

Psychiatric Problems Emerging in Teens: The Situation for the Design of Future Interventions

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ABSTRACT

High levels of psychopathological endure in adolescent population have been display in the last few years all over the western world. A specific attention to here issue is needed to design an efficacious precaution and put forth adequate therapeutic strategies. Both the family and the medical management. system should be involved since they represent critical nodes of the net of care which can support adolescents in their development. Psychopathological problems of the teenagers are growing in Italy and in westernized world. Many authors have wondered why there is an exponential increase in the diagnosis of many psychiatric disorders in adolescent population. It seems that a competitive society as the contemporary one represents a heavily stressful environment for adolescents' expansion. Nevertheless, give blame to social cues does not represent a way out from a social issues which needs proper analysis, an in depth understanding and effective interventions The family is in crisis in the management of problems of adolescents and sometimes it is the bearer of psychopathology through physical or psychological abuse, neglect and parenting inability. The attachment and parenting dynamics, in particular, have been recently sustained as possible common risk factors for any mental disorder in general and for eating disorders and obesity in particular . Depressive disorders and other psychiatric disorders in parents can influence adaptation issues or the adolescents' psychopathology . The specific lack in parenting skills is linked to disorders of somatization , eating disorders and borderline personality . On the other hand it has been ascertained that conflicts and intrafamily stress predispose to disorders such as substance abuse in adolescents On the other hand, as a remark for

potential fields of intervention, Johnson etc have pointed out that adequate parenting behaviours are influential on the resilience of the children, allowing better stress management and a better emotional, affective and relational adjustment in adulthood, regardless of psychiatric disturbances in parents. Finally, a particular emphasis must be given to the need for proper training of family doctors and pediatricists for diagnose and treat neuropsychiatric problems in adolescence, to the management of relational intrafamily problems, and for offering support for parenting .In fact, early and appropriate medical interventions are necessary and may be

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