

Depression Disorder in Children Now-a-Days

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EDITORIAL

Most children experience unhappy, lonely, or depressed days. However, if your child is depressed or helpless on a regular basis and it is affecting relationships, they may be suffering from childhood depression, a severe mental health disorder that necessitates psychiatric evaluation and care. One out of every five young adults was struggling with mental health issues at any given time. The good news is that through psychotherapy and medicine, health care providers can successfully identify, cure, and control mental health conditions, particularly childhood depression.

The following are signs and symptoms of depression in children:

- Rage or irritability
- Sadness and hopelessness are constant companions
- Withdrawal from social situations
- Being more receptive to criticism
- Appetite changes, either increased or reduced
- Sleep disturbances (sleeplessness or excessive sleep)
- Crying or vocal outbursts
- Concentration issues
- Low energy and fatigue
- Feelings of inadequacy or shame
- Thinking or attention problems
- Suicide or death thoughts

No, it's not true. Not every child experiences all of the signs and symptoms of childhood depression. In reality, at various periods and in different environments, children exhibit different signs of childhood depression.

In formal contexts, certain children will be able to cope relatively well. However, most children with depression will experience a significant difference in their social habits, a lack of interest in learning, low academic achievement, or a change in appearance. It's also possible that children would start abusing narcotics or alcohol.

While suicide attempts by children under the age of 12 are rare, some young children do attempt suicide impulsively when frustrated or angry. Girls are more likely than boys to commit suicide, according to studies. Boys, on the other hand, are more likely to commit suicide and succeed. Suicide is more likely in children who have a family history of crime, substance dependence, or physical or sexual abuse. Those who also had signs of childhood depression are also at risk.

Depression is most likely in children who have a family history of depression. Children with depressed parents are more likely to have their first episode of depression than children whose parents are not depressed.

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