

CHILD, ADOLESCENT, AND DISORDERS.

Quest 1, LIST AND DESCRIBE FIVE CHILD/ADOLESCENT CONCERNS AND STRESSORS:

As a child is born, grows into a toddler and then into adolescence stage. It is at this stage that he/her begins to experience several changes from the journey of childhood to maturity. It is also a very critical stage in which may experience diverging problems of adolescence which may be characterized by different changes in their bodies, unhealthy behaviors, and feeling of frustration. In this stage, concerns about adolescent behavior manifest themselves making it difficult for parents to understand or connect with their children. This stage also exposes them to conflicting and confusing physical, social, and emotional changes. The physical changes cause anxiety, curiosity, and self-esteem in them. The social factors began to make them seek independence, they want to be free from being ordered about.

Here are five common concerns of adolescents.

- i. Physical changes in the hormone levels include the development of the breast, change in body structure, pimples, body odor, and menstrual period (in girls). Then, change of voice (deep) and appearance, facial bears, and muscle (in boys).
- ii. Behavioral changes: because they are curious about what is happening to them. Both the boys and girls intend to question their parents' orders, a show of obstinacy and stubbornness, the boys may enter into fighting and violence and the developed interest in dressing and hairstyles.

- iii. Social problems in the adolescence; socially, they begin to get attracted to the opposite sex, they want to go out with their peers, discuss new date etc.
- iv. Psychological problems; because of the new changes sometime, they are moody, loss appetite, anxiousness, feeling of inferiority complex etc.
- v. Emotional changes/problems: they always have emotional changes from being happy or angry, vulnerable to crying, excited and mad.

Stress in Adolescence:

An adolescent child may experience stress when the situation around him/her seems uncondusive, dangerous, injurious or painful, of which they do not have the capacity to manage them. The situation could be high expectations in school or work at home. Stress may be good or bad. Stress may be good in small measure when it propped the child to excitement to learn a new thing, on the other hand, it becomes harmful when it is excess.

Question 2 DISCUSS THE DSM-5 CRITERIA FOR SEPARATION ANXIETY DISORDER

Separation anxiety is a feeling of distress and pain as a result of being separated from parents, loved ones or worrying, or inability to carry out responsibility and live normal life due to the separation.

Separation anxiety can be experienced in any stage of life but when this situation becomes persistent, it Is classified/evaluated by mental health specialist as separation anxiety disorder.

It is normal for children between 18 months and 3 years of age to experience Separation anxiety but when the situation becomes persistent separation anxiety may be classified as separation anxiety disorder if it meets the DSM-5 criteria.

For an adult or child to be diagnosed with separation anxiety disorder, they must meet the DSM-5's criterium, which indicates that 3 or more of the following symptoms must be present for the upward of last more than 4 weeks for children and 6 months or more for adults. The DSM-5's list of symptoms includes:

- i. Recurrent excessive distress when separated from home or from certain individuals.
- ii. persistent excessive worry about losing these individuals or about them being harmed.
- iii. Regular worry about experiencing an unfortunate event (such as getting lost or ill) that causes separation from their attachment figures.
- iv. Persistent reluctance or refusal to go anywhere or do anything out of fear of separation.
- v. Persistent reluctance or refusal to sleep away from home or from the attachment figures.

Those experiencing separation anxiety disorder often complaints of nightmares, they show physical symptoms, such as headaches or nausea, when they are being separated from attachment figures or anticipating this separation.

Question 6. CAUSES OF CONDUCT DISORDER

Conduct disorder is a kind of antisocial behavior in children that is against a set values and norms of a given society. Their actions always violate other peoples' rights. They have no regard to other peoples' feelings; they are carefree and careless about what they do.

Symptoms of Conduct Disorder

In the early stage of their lives they may start showing signs or symptoms of which DSM-5 diagnose criteria include aggression; hitting other children, damaging things, stealing and biting others etc. when they get to adolescents age they become more reckless; they engage into fight, violent/bullying others, vandalize things, run away from home.

CAUSES OF CONDUCT DISORDER

In some quarters, experts are of the opinion or believes that a combination of biological, genetic, environmental, psychological, and social factors contributes to the cause of Causes Conduct Disorder and others attributes it to;

- i. **Having experienced abuse, parental rejection or neglect;** when a child suspects that however hard he worked his/her parents never recognized their efforts or the parents will even beat them up for not being so perfect in carrying out the task
- ii. **Being diagnosed with other psychiatric disorders:** if a child had suffered trauma, it may result to conduct disorder.
- iii. Biological parents diagnosed with ADHD, alcohol use disorder, depression, bipolar disorder, or schizophrenia; when a parent of a child is an alcoholic there is tendencies that that child will lack parental-care this may lead the child to become aggressive

- iv. **Poor nutrition:** poor nutrition may lead to mood changes that may cause anxiety which may later results to conduct disorder
- v. **Living in poverty:** living poverty can cause frustration and discouragement in an adolescent child especially if their peer group are better off and they want to be like them. This may lead to misbehaviors, aggressive, abusive or abuse of substance.

Question 13, EXPLAIN CHILD ABUSE AND ITS NEGATIVE IMPACT

Child abuse, maltreatment, mal handling happens to children by parents, guardian, older adult or peer group under the age of 18 years. Child Abuse maltreatment i.e. handling a child in a manner more than necessary always (beating a child in every little provocation, starving, overburdening with difficult task-chores, sending them away from the house), sexually abused etc. Maltreating a child by bullying, ridiculing him/her by their peer in the school or neighborhood.

The word child abuse takes different dimensions which involves; physical, emotional, commercial exploitation, social, psychological harm. And it can have a permanent devastating negative effect on the child; it hampers overall development of the child, it may cause mental unstableness in the child's reasoning when he becomes adult;

Cause of Child Abuse:

- i. Poverty, orphan, divorce, lack of education, unwanted pregnancy,rape

NEGATIVE IMPACT OF CHILD ABUSE

- i. Health problem: constant beating of a child could lead to serious health challenge or permanent deformity.
- ii. Educational; the trauma of abuse may affect the child's ability to learn
- iii. Relationship: the child finds it difficult to stable relationship when he grows
- iv. Mental health problem that may lead to substance abuse.
- v. Aggressiveness: an adult abused as a child may become irritable
- vi. Social problem: an adult who suffered abuse as a child may pose as a threat socially.

Question 25, ALZHEIMER'S DISEASE

Alzheimer's disease is said to be 'a progressive disease' that destroys memory and other important mental functions. In the sense that when it attacks the brain cells, the cells degenerate and dies. Alzheimer's disease comes as a result of an abnormal build-up of proteins (Amyloid and Tau) in and around brain cells. Amyloid protein deposits form plaques round the brain cells and Tau's deposits forms tangles within the brain cells.

Symptoms of Alzheimer's Disease

There are three stage of Alzheimer's disease

- i. Early state of the disease results in.**
 - a. Easily forgetful of recent conversations or events

- b. Cannot remember names of places or items.
- c. Always curious and persistently asking questions.
- d. Unwilling to do anything.
- e. Difficult to make decisions.

ii. Middle stage manifest in.

- a. Find it difficult to remember peoples' names including the close relatives.
- b. Confusion, not remembering where they are, they wander about, forgetting the place they went to.
- c. They also have problems of speech.
- d. They hallucinate, seeing or hearing voices that are non-existent.

iii. The last and critical stage.

- a. It may generate to them having difficulty in eating/swallowing food.
- b. Passing urine or defecating on themselves
- c. It becomes harder for them to move around without helping hands.

The cause of the disease is unknown, but expert are of the opinion that it could begin many years before the symptoms manifest when the brain cells are affected which causes decrease in chemical messengers called neurotransmitters that sends messages between brain cells.

Key factors that increases the chances of developing the disease are;

Aging, genetic, down's syndrome, head injuries, cardiovascular disease.

Other lifestyle factors can increase the risk of developing Alzheimer's disease such as;

High cholesterol, diabetes, smoking, high blood pressure, loneliness etc.

TREATMENT OF ALZHEIMER'S DISEASE

Treatment of the disease can begin with.

- i. for the individual to quit smoking or consuming too much alcohol
- ii. stop eating junk, eat healthy and balanced diet.
- iii. participate in exercises.
- iv. go for regular check-up, especially if it is the family.
- v. eating some herbal plants such as turmeric, ginseng, ginkgo biloba, holy basil, coconut oil, fresh fruit/vegies

RECOMMENDED TREATMENT FOR THOSE SUFFERING FROM ALZHEIMER'S DISEASE INCLUDE

Cholinesterase inhibitors include: Galantamine, rivastigmine, and donepezil, these drugs help to reduce or regulate some cognitive and behavioral symptoms.

- i. Donepezil. Cholinesterase inhibitor. Treats mild, moderate, and severe Alzheimer's

- ii. Rivastigmine. Cholinesterase inhibitor. Treats mild, moderate, and severe Alzheimer's
- iii. Galantamine. Cholinesterase inhibitor. Treats mild to moderate Alzheimer's
- iv. Lecanemab and aducanumab: these drugs are immunotherapies they help to treat early Alzheimer's disease
- v. Memantine, an N-methyl-D-aspartate (NMDA) antagonist, can help to treat moderate to severe Alzheimer's disease. The drug helps to decrease symptoms.

Question 27, THE ELDERLY FACES ISSUES OF DISCRIMINATION WITHIN OUR SOCIETY, WHAT ARE SOME SOURCES OF DISCRIMINATION AGAINST THE ELDERLY

Age discrimination arises when age becomes a yardstick to measure, categorize or separate people in a disadvantageous manner that may lead to harm, injustice and unfairness. Age discrimination against the elderly is widespread in society; in the neighborhood, institutions, government policies and show of negative attitude even within the family circle.

Sources of discrimination against the elderly include.

- i. Community
- ii. Institutional
- iii. Interpersonal
- iv. Internalize

**Question 28, DISCUSS SEVERAL IMPORTANT STEPS YOU WOULD ADVISE
YOUNG PEOPLE TO TAKE TO AVOID MENTAL HEALTH PROBLEMS AS THEY
AGE**

Mental health refers to the overall psychological well-being of an individual, it shows how a person feels/think about him or herself, the level of relationships he maintains, the power of self-control over ones' feelings and the ability to deal with difficulties.

Here are important steps to take to stay mentally healthy:

- i. Create time for socialization: hang out with friends, make new friends, have relaxing moments a way work. Have a family get-together. Allow the body to get natural air. It helps to free stress both physically and mentally and help get good sleep.
- ii. Phone calls and social networks have their own damaging effect in the brain, learn to do without them when necessary.
- iii. Create time for regular exercises, meditations or engage in activities that can have a positive impact on mental and emotional health.
- iv. Avoid loneliness as you would avoid a plague, connect to someone when you are burdened problem, it helps one free the stress.
- v. Do those things that make you happy; dance, acrobat, go sight-seeing, swim to burn off fats, gist and laugh always.
- vi. Think positive always, avoid feeling of anxiety or anger.

- vii. Do not sleep late into the night, it could be brain damaging.
- viii. Eat and live a healthy lifestyle: eat right food that supports strong mental health which include. fatty fish rich in omega-3s, nuts; groundnuts, walnuts, almonds, cashews and peanuts, avocados, beans, greens vegetables; fresh fruits- apples, blueberries, grapes fruits.

Question 29, EXPLAIN THE IMPACT OF STRESS IN LATER LIFE

Stress occurs to be normal physical, mental, and emotional reaction to the situation of life. It comes as a warning sign, especially when the body is being overworked, or emotionally being overstretched. Stress sometimes is perceived as positive or negative. Stress is said to be positive when one gets a new job, gives birth, goes for a trip, moving to new house etc. but it becomes bad when it is life threatening during the loss of a loved one or sick in the hospital.

However, stress in the elderly is a result too many factors that include.

- i. Suffering from chronic disease
- ii. Living in abandonment
- iii. Having financial challenges
- iv. Experiencing mental health impairment

