THE NATURE OF YOUTH MENTAL HEALTH ISSUES

OECD Expert Meeting
MENTAL HEALTH, DISABILITY AND WORK

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THE CONCEPT OF DEVELOPMENTAL PSYCHOPATHOLOGY

- Risk factors und protective factors generate VULNERABILITY or / and PROTECTION
- Development has to be divided into physical, emotional, cognitive, behavioural and social integration aspects
- Problems of development may cause psychopathology
- Psychopathology may cause problems of development

www.oecd.org/els/disability
RISK FACTORS

- BIOLOGICAL
- PSYCHOSOCIAL
- SOCIO-CULTURAL
- LIFE EVENTS AND SITUATION GENERATED

- Genetic factors
- Constitutional factors
  - sex
  - temperament (activity, day rhythm, approach & retreat, adaptivity, sensoric irritability, reaction intensity, mood, distractivity, attention span)
- Somatic factors (eg birth problems and others affections of the central nervous system)
RISK FACTORS

PSYCHOSOCIAL
- Individual factors
- Family generated factors
- School generated factors
- Peer generated factors

SOCIO-CULTURAL
- Ecological factors (e.g., town - country differences)
- Poverty
- Migration
- Media

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RISK FACTORS

- LIFE EVENTS AND SITUATION GENERATED
  - School situated (bad examination results, bullying...)
  - Family situated (conflict with parents, parent separation...)
  - War, Migration
  - Media

PROTECTIVE FACTORS & RESILIENCE

- PERSONAL RESOURCES
- FAMILY RESOURCES
- EXTRA-FAMILY SOCIAL RESOURCES
PROTECTIVE FACTORS & RESILIENCE

PERSONAL RESOURCES
- Female sex (childhood)
- First birth
- Positive temperament
- Positive self-esteem
- Good cognitive status (intelligence above average)
- Positive social behaviour with social attractivity

FAMILY RESOURCES
- Stable relation / bonding to a caregiving person
- Open educational climate with good support
- Intrafamilial cohesion
- Models of positive coping

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PROTECTIVE FACTORS & RESILIENCE

- EXTRA-FAMILY SOCIAL RESOURCES
  - Social support
  - Positive peer & friendship experiences
  - Positive school experiences

THE MULTIAXIAL CLASSIFICATION SYSTEM IN CHILD AND ADOLESCENT PSYCHIATRY (MAS - CAP)

- AXIS 1 : psychiatric disorder
- AXIS 2 : developmental problems (e.g., legasthenia, dyslexia, motor development problems, speech development problems)
- AXIS 3 : cognitive status / intelligence
- AXIS 4 : somatic diseases
- AXIS 5 : actual psychosocial burden / stress factors
- AXIS 6 : actual level of psychosocial functioning

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EPIDEMIOLOGICAL CHALLENGES IN CAP

ANXIETY DISORDERS
DISORDERS OF SOCIAL BEHAVIOUR
SELF HARM BEHAVIOUR
DISORDERS WITH HIGH IMPULSIVE BEHAVIOUR
DISORDERS WITH DEPRESSION SYMPTOMS
PERSONALITY DEVELOPMENT DISORDERS

WHERE WE SHOULD GIVE ATTENTION

LACK OF EARLY SECURE BONDING
LACK OF EMOTIONAL SAFETY FOR CHILDREN THROUGH EDUCATIONAL INSECURITY BY PARENTS AND OTHERS
UNCOPED EARLY FEARS
LOW COPING MECHANISMS FOR DISAPPOINTMENT AND FAILURE
LOW SELF ESTEEM

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WHAT WE NEED FOR YOUNG PEOPLE WITH MENTAL PROBLEMS

- BETTER SCHOOL SUPPORTING SYSTEMS FOR MENTALLY AFFECTED CHILDREN AND YOUTH
- SUFFICIENTLY LOW THRESHOLD INTERDISCIPLINARY HELP INSTITUTIONS
- HIGH PERSONAL CONTINUITY IN HELP STRATEGIES
- WELL LINKED SYSTEMS FOR CHILD/ ADOLESCENT AND PARENT/ FAMILY SUPPORT

THANK YOU FOR YOUR ATTENTION!