

Pediatric Emotional Problems in a Time of Stress

6/2/23

Daniel S. Pine, M.D.



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ACKNOWLEDGEMENTS

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OBJECTIVES

1. Describe data on relations between pediatric & adult mental health problems.
2. Identify major risk factors for persistent problems in youth.
3. Identify approaches that might reduce risk for persistence in youth with emotional problems.

Outline

- *Outcome of Disorders*
- *Stress & Recent Increase in Disorders*
 - *Risk & Reduction of Persistence*

Outline

- *Outcome of Disorders*

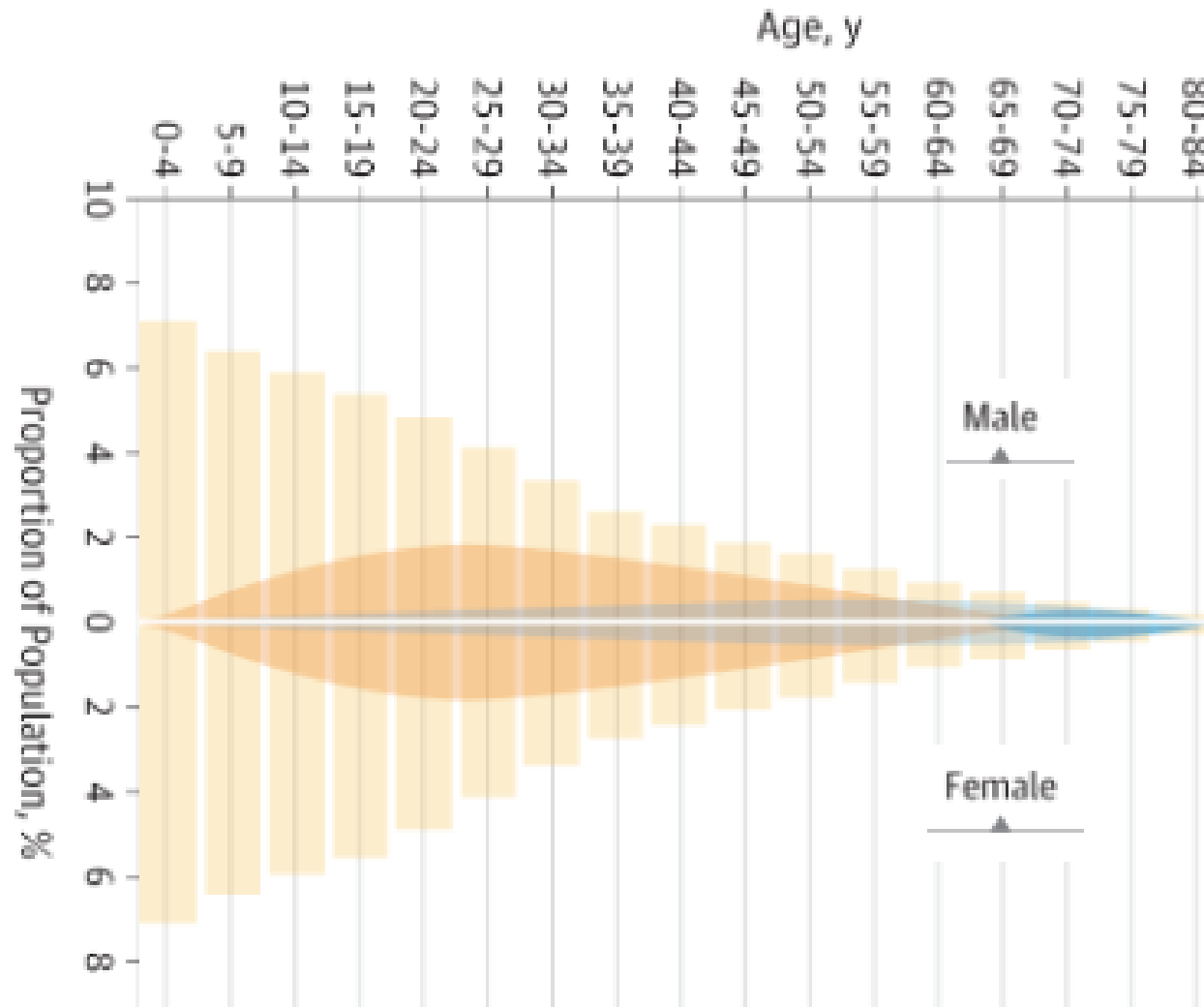
- *Stress & Recent Increase in Disorders*

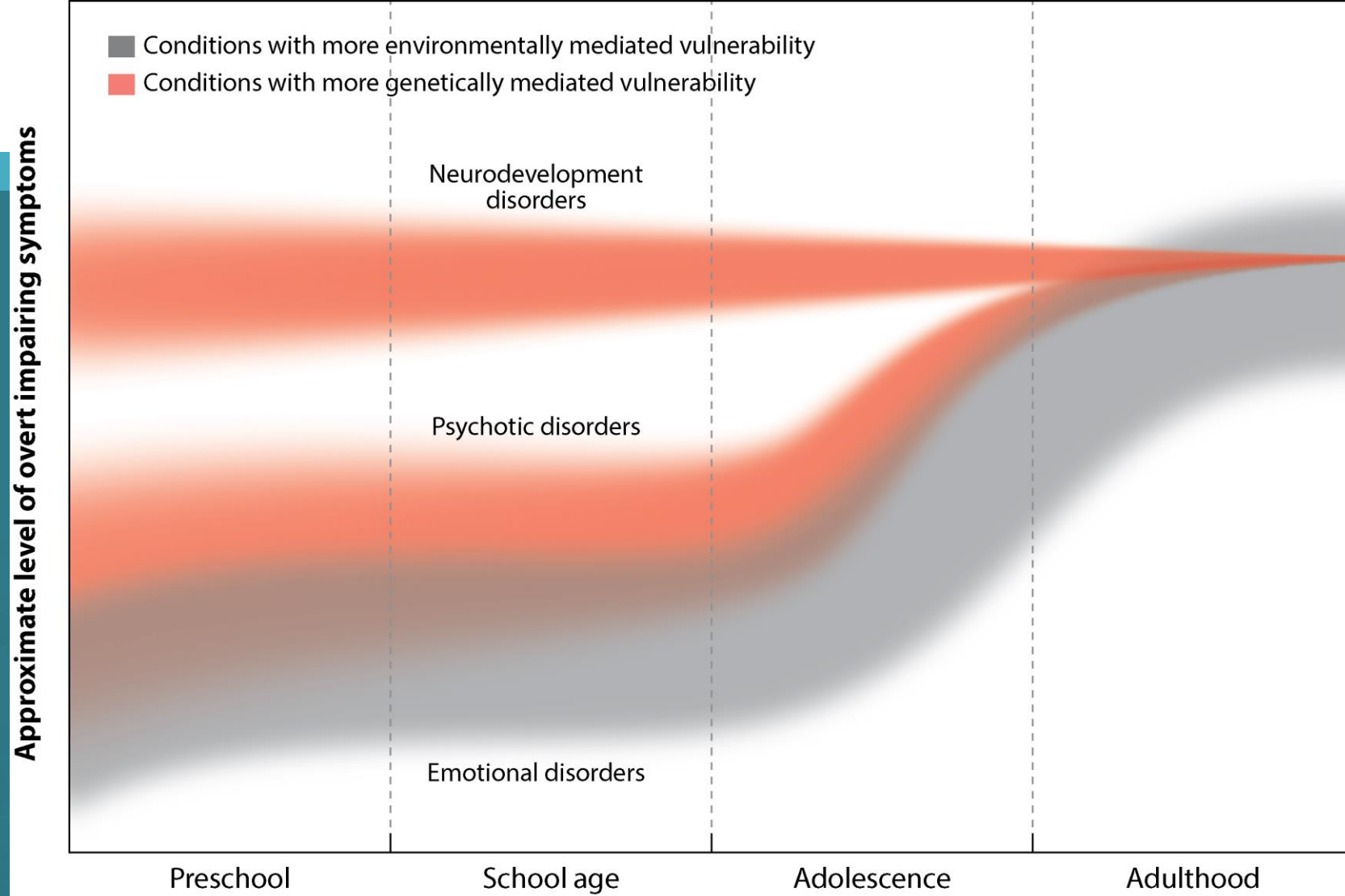
- *Risk & Reduction of Persistence*

Psychiatry's Opportunity to Prevent the Rising Burden of Age-Related Disease

Terrie E. Moffitt, PhD

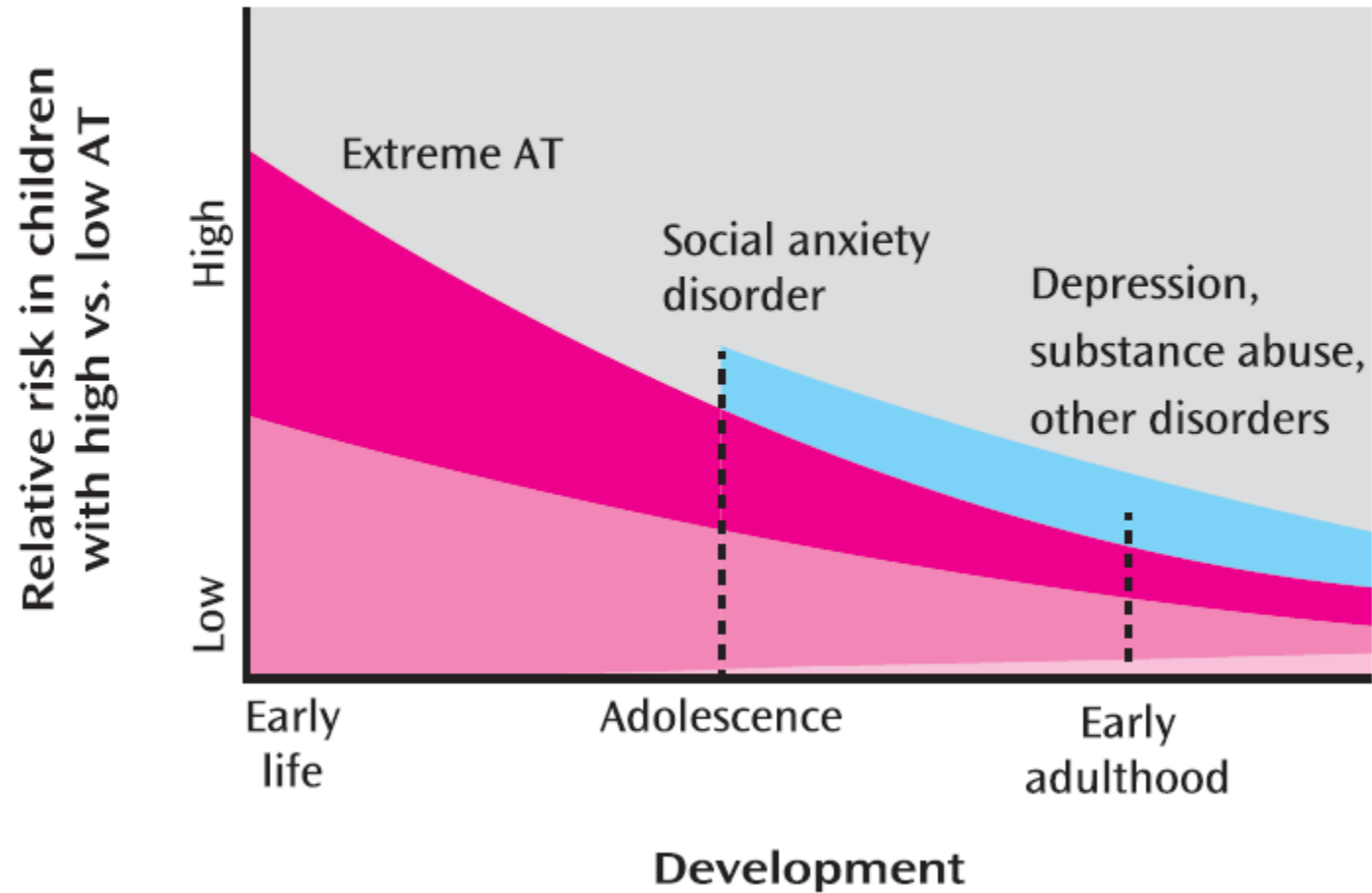
Avshalom Caspi, PhD





AR Pine DS, Fox NA. 2015.
 Annu. Rev. Psychol. 66:459–85

Children with extreme AT are at risk for psychopathology across the lifespan



	Disorder as Adults?		
Disorder as Adolescents?	No	Yes	
No	390	36	426
Yes	191	62	253
	581	98	679

Pine et al. 1998, 2001, 2002

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Pine et al. 1998, 2001, 2002

Bottom Line

- Disorders are very common in childhood
- Most remit
- Those that persist account for most adult problems

Outline

- *Outcome of Disorders*
- ***Stress & Recent Increase in Disorders***
- *Risk & Reduction of Persistence*

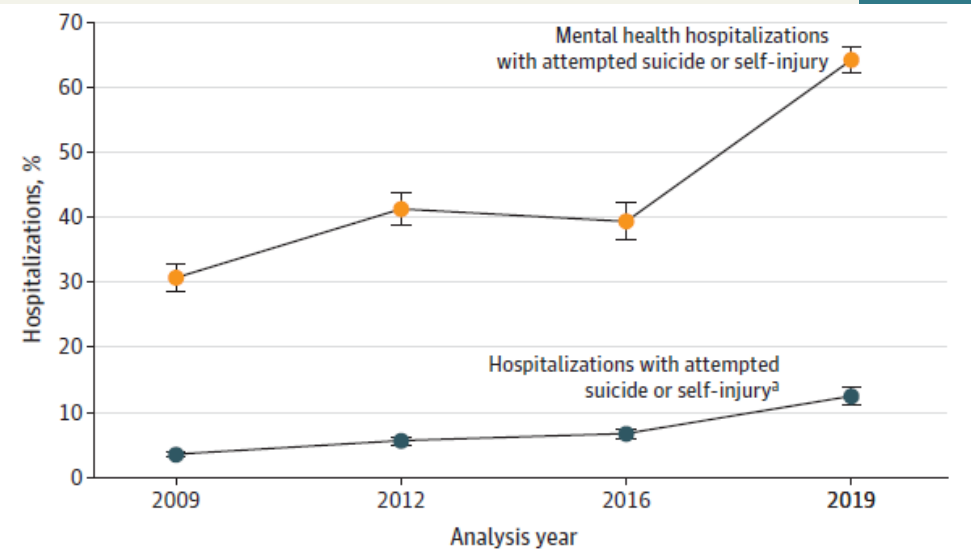
Rate of Problems is Increasing

JAMA | Original Investigation

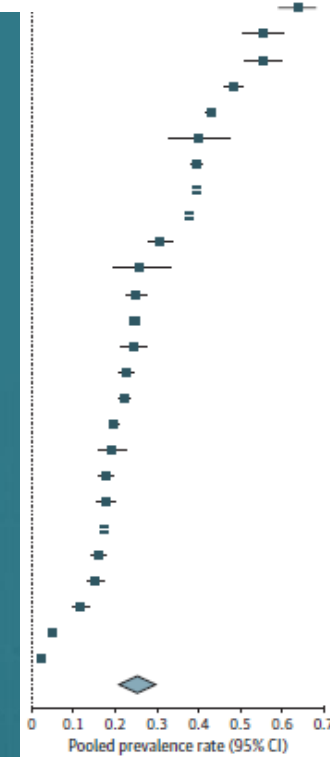
Pediatric Mental Health Hospitalizations at Acute Care Hospitals in the US, 2009-2019

Mary Arakelyan, MPH; Seneca Freyleue, MS; Divya Avula, MPH; Jennifer L. McLaren, MD; A. James O'Malley, PhD; JoAnna K. Leyenaar, MD, PhD, MPH

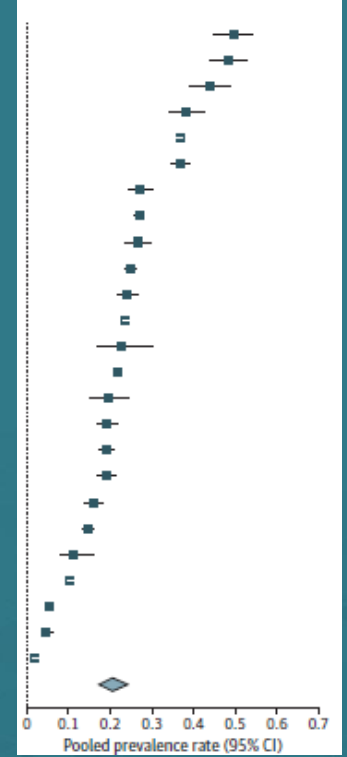
JAMA. 2023;329(12):1000-1011. doi:10.1001/jama.2023.1992



Clinically Significant Depressive Symptoms



Clinically Significant Anxiety Symptoms



JAMA Pediatrics | Original Investigation

Global Prevalence of Depressive and Anxiety Symptoms in Children and Adolescents During COVID-19: A Meta-analysis

Nicole Racine, PhD, RPsych; Brae Anne McArthur, PhD, RPsych; Jessica E. Cooke, MSc; Rachel Eirich, BA; Jenney Zhu, BA; Sheri Madigan, PhD, RPsych

Role of Diversity

- **Significant Underserved Populations Exist**
- **Not enough & Right Kind of Services Available**
- **Unique Stressors**
- **Need for Better Cultural Awareness**

What Predicts Persistence?

- **Presentation (e.g., severity, comorbidity)**
- **Adverse Events; Uncontrolled Stress; Underserved**
- **Confront Circumstances that are Stressful**

Early childhood behavioral inhibition, adult psychopathology and the buffering effects of adolescent social networks: a twenty-year prospective study

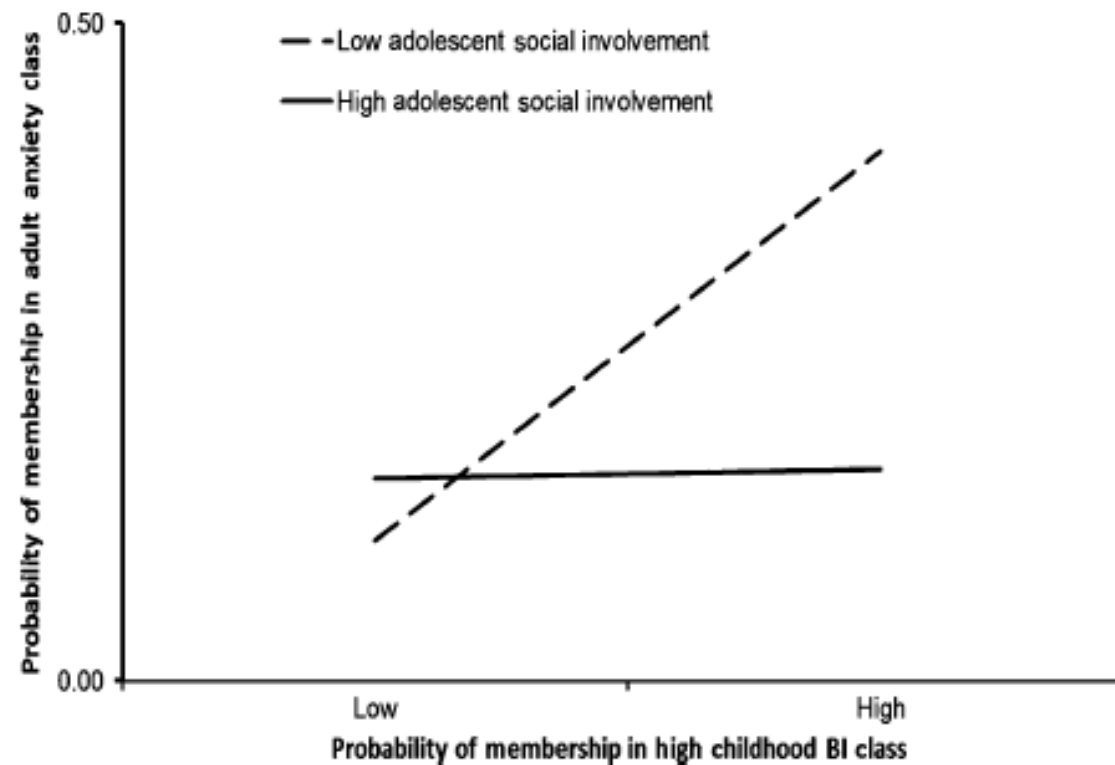
Tahl I. Frenkel,¹ Nathan A. Fox,¹ Daniel S. Pine,² Olga L. Walker,¹ Kathryn A. Degnan,¹ and Andrea Chronis-Tuscano³

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PSYCHOLOGY AND PSYCHIATRY

ACAMH THE ASSOCIATION FOR
CHILD AND ADOLESCENT
MENTAL HEALTH

Journal of Child Psychology and Psychiatry 56:10 (2015), pp 1065–1073

doi:10.1111/jcpp.12390



Outline

- *Outcome of Disorders*
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When Do You Worry?

- Inability to overcome periods of disturbance
- Prolonged & Persistent
- Impairment

Prevention

- **Universal/Primary** (e.g., seat belts; growth-mindset; school start times)
- **Selective/Secondary** (e.g., screen & treat anxiety symptoms)
- **Indicated/Tertiary** (e.g., screen & treat MDD)

Effect of General Practitioner Training in a Collaborative Child Mental Health Care Program on Children's Mental Health Outcomes in a Low-Resource Setting

A Cluster Randomized Trial

JAMA Psychiatry. 2023;80(1):22-30. doi:10.1001/jamapsychiatry.2022.3989
 Published online November 30, 2022.

Vandad Sharifi, MD; Zahra Shahrivar, MD; Hadi Zarafshan, PhD; Sheida Beiky Ashezary, BA; Fariba Arabgol, MD; Mojgan Khademi, MD; Morteza Jafarinia, MD; Ahmad Hajebi, MD; Farid Abolhassani, MD; Soheila Emami, MD; Ali Beiki Ashkezari, BA; Elizabeth A. Stuart, PhD; Ramin Mojtabai, MD; Lawrence Wissow, MD

Figure 1. Study Flow Diagram

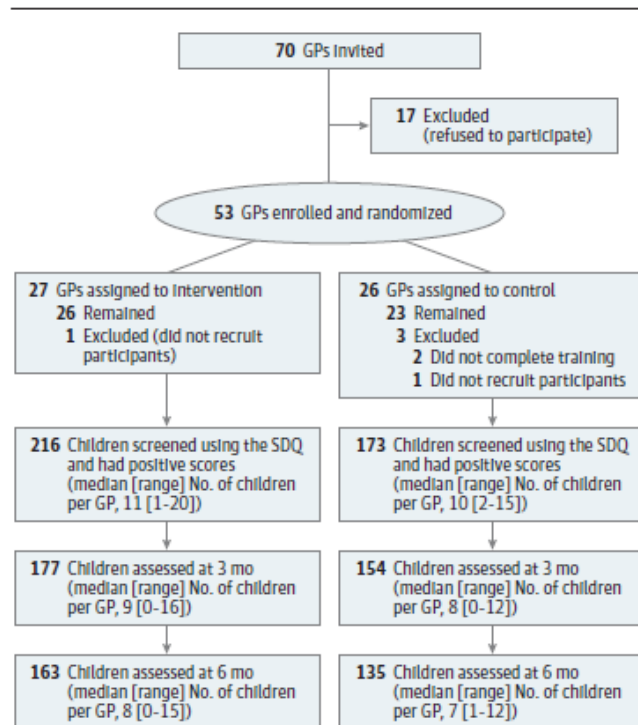
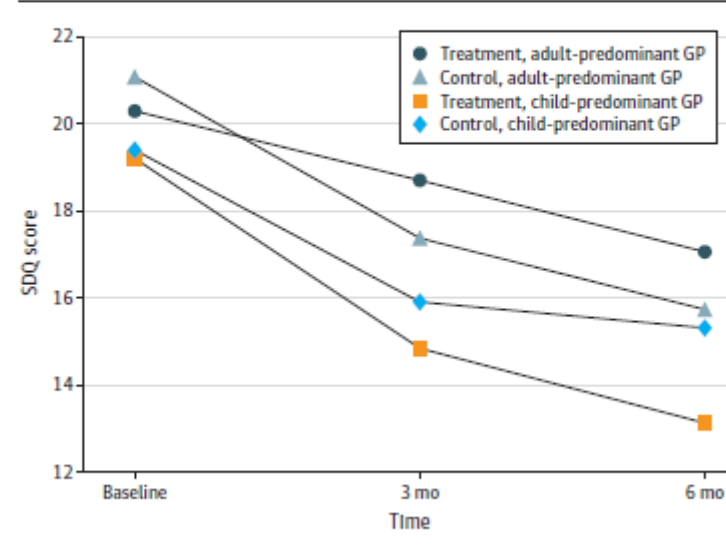


Figure 2. Adjusted Strengths and Difficulties (SDQ) Total Problems Score by Intervention Group, Time, and General Practitioner (GP) Practice Type



Physical Activity Interventions to Alleviate Depressive Symptoms in Children and Adolescents

A Systematic Review and Meta-analysis

Francesco Recchia, MSc; Joshua D. K. Bernal, BSc; Daniel Y. Fong, PhD; Stephen H. S. Wong, PhD; Pak-Kwong Chung, DPE; Derwin K. C. Chan, PhD; Catherine M. Capio, PhD; Clare C. W. Yu, PhD; Sam W. S. Wong, DPT; Cindy H. P. Sit, PhD; Ya-Jun Chen, PhD; Walter R. Thompson, PhD; Parco M. Siu, PhD

Figure. Forest Plot of the Distribution of Effect Sizes After Physical Activity Intervention

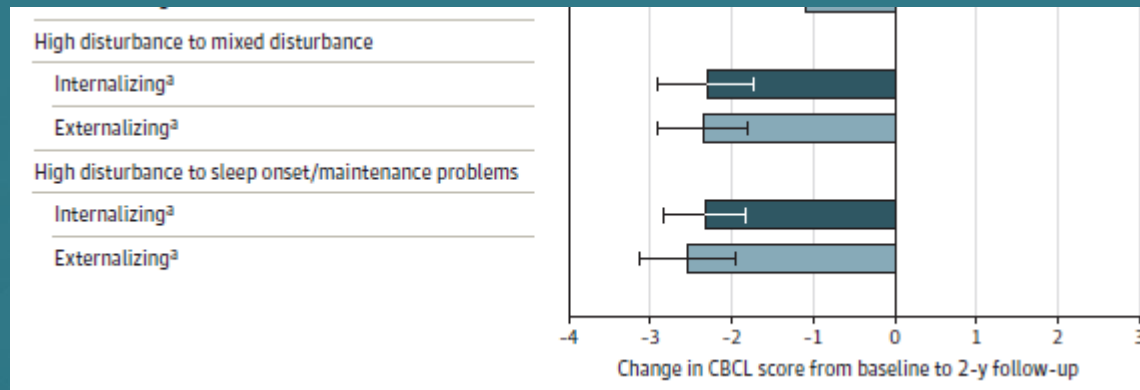
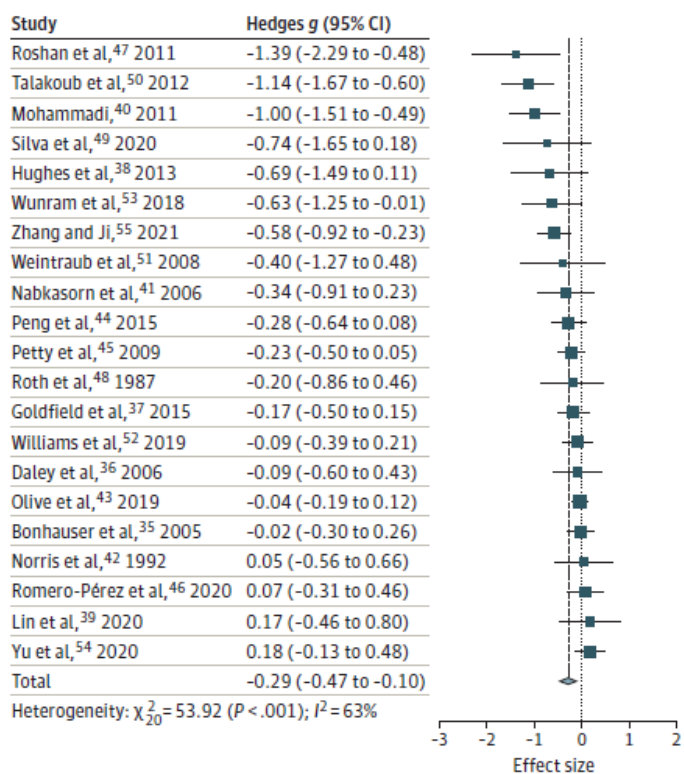


Figure 3. Longitudinal Associations Between Change in Sleep Profiles and Changes in Internalizing and Externalizing Symptoms

Associations of Changes in Sleep and Emotional and Behavioral Problems From Late Childhood to Early Adolescence

Rebecca Cooper, MPO; Maria A. Di Biase, PhD; Bei Bei, PhD; Jon Quach, PhD; Vanessa Cropley, PhD

JAMA Psychiatry. doi:10.1001/jamapsychiatry.2023.0379
Published online April 5, 2023.

What is a Clinician to Do?

- Get as Many Kids into Treatment As you Can
- Work with Primary Care Providers when you Cannot
- Distribute Information to Public
- Encourage things with Strong Evidence Base

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