



# Short Note on Clinical Signs, Treatment, and Symptoms of Anxiety and Depression

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## INTRODUCTION

Depression is a type of psychiatric condition that can make feel sad, irritable, or hopeless. It may have an impact on ones sleep, desire to eat, or interpersonal relationships. Depression can also make lose interest in hobbies or activities users used to enjoy. In severe cases, depression can lead to suicidal ideation. Depression is usually given a diagnosis when signs last for two weeks or more. Only a healthcare provider should evaluate, diagnose, and treat it. Despite the fact that depression is a serious health issue, it is generally treatable. Many children have fears and worries, and they may occasionally feel sad and hopeless. Powerful fears can appear at various stages of development.

## DESCRIPTION

Toddlers, for instance, are frequently distressed about being separated from their parents, even if they are safe and well cared for. Even though fears are common in children, continual or extreme forms of fear and sadness may be the result of depression or anxiety. Normalizing disorders are because the signs primarily involve thoughts and feelings. Anxiety is two of the major mental health disorders in children. Nervousness affects approximately 7% of children aged 3 to 17, while depression affects approximately 3%. Depression and anxiety are more prevalent in older children and teenagers aged 12-17. In the United States, an estimated 3.2 million adolescents aged 12-17 experienced at least one major depressive episode. This figure represented 13.3% of the 12-17-year-old population in the United States. Anxiety disorders affect an estimated 31.9% of adolescents. Depression and anxiety in children can be caused by a variety of considerations, such as the use of alcohol or drugs, environment (including family problems), Ancestral history (others in the family have depression), Illness

of the body, Events in life that are stressful. When a child does not outgrow the normal fears and worries of a young child, or when the fears and worries become so numerous that those who interfere with school, home, or play activities, the child may be given a diagnosis with an anxiety disorder. Among the various types of anxiety disorders are: Being terrified when separated from one's parents (separation anxiety), Fear of a specific object or situation, such as dogs, insects, or going to the doctor (phobias), Fear of going to school as well as other places in which there are individuals (social anxiety). School related behavioral issues, alterations in eating and sleeping habits, Sadness or a sense of hopelessness, A lack of enthusiasm for enjoyable activities, Low energy levels or general exhaustion, Changes in mood, such as mood swings. The first step toward treatment is to consult with a health professional, such as ones child's primary care physician or a mental health specialist, regarding obtaining an evaluation, Other circumstances, such as trauma, may cause some of the signs and symptoms of anxiety or depression in children. Specific symptoms, such as difficulty concentrating, may indicate attention-deficit/hyperactivity disease (ADHD), it is critical to obtain a thorough evaluation in order to gain the best diagnosis and treatment. A consultation with a health professional can help determine whether medicine should be included in the treatment regimen [1-4].

## CONCLUSION

A mental health expert can create a therapeutic plan that is tailored to the child and family's needs. Child therapy, family therapy, or a combination of the two is considered behavior therapy. The treatment regimen can include the school. Involving parents in treatment is critical for very young children's. Treatments may also include a variety of techniques for helping children feel less stressed and healthier, such as healthy meals, physical exercise, adequate sleep, predictable routines, and

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psychological benefits.

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## CONFLICT OF INTEREST

The author's declared that they have no conflict of interest.

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