



Lecture 1:

Psychological Behavioral Changes In Puberty



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- **Important**
- **Additional information**
- **Male doctor's notes**
- **Female doctor's notes**

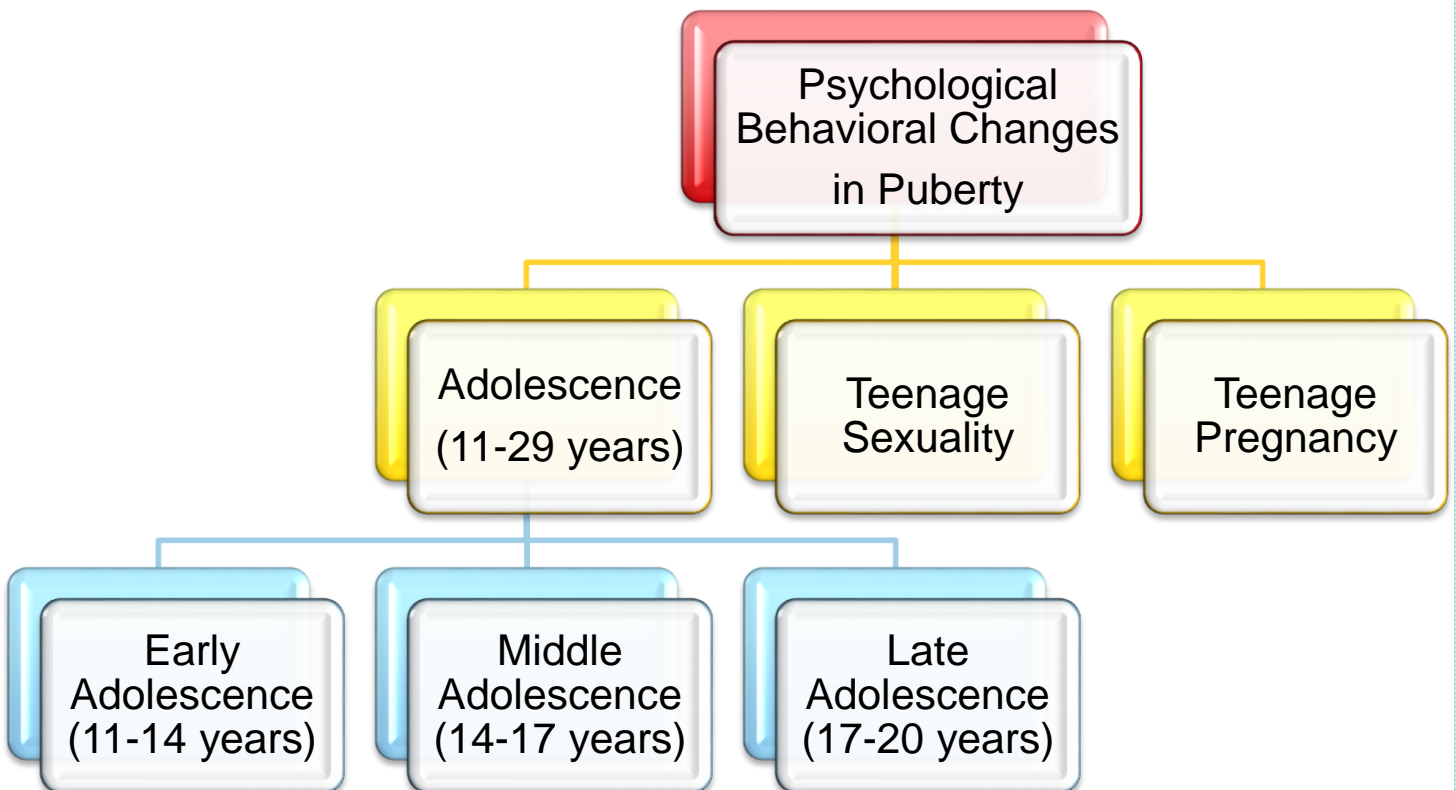


Objectives:

Not Given!



Mind Map





Adolescence (11-20 Years)

A. Early adolescence (11-14 years of age) → Intermediate school:

- 1) Puberty occurs in early adolescence and is marked by:
 - The development of primary and **secondary sex characteristics** * and increased skeletal growth (**mainly physical changes**).
 - **First menstruation** (menarche) in girls, which on average occurs at 11-12 years of age.
 - **First ejaculation** in boys, which on average occurs at 13-14 years of age.
 - **Cognitive maturation** and **formation of the personality**.
 - **Sex drives**, which are expressed through **physical activity** and **masturbation** (daily masturbation is normal **and it's the stimulation or manipulation of one's own genitals, especially to orgasm; sexual self-gratification**).
- 2) Early adolescents show strong sensitivity to the opinions of peers but are generally obedient (**willing to obey**) and unlikely to seriously challenge parental authority.
- 3) Alterations in expected patterns of development (e.g. acne, obesity, late breast development) may lead to psychological problems.

Table 2-1. Tanner Stages of Sexual Development

Stage	Characteristics
1	Genitalia and associated structures are the same as in childhood; nipples, (papillae) are slightly elevated in girls
2	Scant, straight pubic hair, testes enlarge, scrotum develops texture; slight elevation of breast tissue in girls
3	Pubic hair increases over the pubis and becomes curly, penis increases in length and testes enlarge
4	Penis increases in width, glans develops, scrotal skin darkens; areola rises above the rest of the breast in girls
5	Male and female genitalia are like adult; pubic hair now is also on thighs, areola is no longer elevated above the breast in girls

B. Middle adolescence (14-17 years of age) → High school:

1) Characteristics:

- There is great interest in **gender roles**, **body image**, and **popularity**.
- Heterosexual crushes (love for an unattainable person such as a rock star) are common.
- **Homosexual experiences** may occur. Although parents may become alarmed, such practicing is part of normal development.
- Efforts to **develop an identity** by adopting current teen fashion in clothing and music and preference for spending time with peers over family is normal, but may lead to conflict with parents.

2) Risk-taking behavior:

- Readiness to challenge parental rules and feelings of **omnipotence** (**power**) may result in **risk-taking behavior** (e.g. failure to use condoms, driving too fast, and smoking).
- Education with respect to obvious short term benefits rather than references to long term consequences of behavior are more likely to **decrease teenager's unwanted behavior**.
- For example, **to discourage smoking**, telling teenagers that their teeth will stay white will be more helpful than telling them that they will avoid lung cancer in 30 years.

C. Late adolescence (17-20 years of age) → University:

1) Development:

- Older adolescents develop **morals**, **ethics**, **self-control** and a realistic appraisal (**the act of judging the value or importance of something**) of their own abilities; they become concerned with humanitarian issues and world problems.
- Some adolescents, but not all, develop the ability for abstract reasoning (Piaget's stage of formal operations).

- 2) In the effort to form one's own identity, an **identity crisis** commonly develops.
 - If the identity crisis is not handled effectively, the adolescent may suffer from **role confusion** ضياع الهوية in which he doesn't know where he belongs in the world.
 - With role confusion, the adolescent may display behavioral abnormalities with **criminality** or an **interest in cults** (religion or worship).



Teenage Sexuality and Pregnancy

D. Teenage sexuality:

- 1) In the US, **first sexual intercourse** occurs on average at 16 years of age; by 19 years of age, 80% of men and 70% of women have had sexual intercourse.
- 2) About 65% of teenagers **do not use contraceptives** for reasons which include the conviction that they will not get pregnant, lack of access to contraceptives, and lack of education about which methods are most effective
- 3) Physicians may counsel minors (persons under 18 years of age) and provide them with contraceptives without parental knowledge or consent (**agreement**).

E. Teenage pregnancy:

- 1) Teenage pregnancy is a social problem in the US. Although the **birth rate and abortion rate** in American teenagers **are currently decreasing**, teenagers give birth to over 500,000 infants (12,000 of these infants are born to mothers under 15 years of age) and have about 400,000 abortions annually.

- 2) **Abortion is legal in the US.** However, in about half of the states, minors must obtain parental consent for abortion.
- 3) Factors predisposing adolescent girls to pregnancy include **depression, poor school achievement, and having divorced parents.**



Notes

- **Adolescent psychological development is a component of more than one domain:**

- | | |
|-------------------------------------|------------|
| 1- Physical development (hormonal). | 2- Mental. |
| 3- Cognitive. | 4- Social. |
| 5- Identity. | 6- Moral. |

- **Areas in the brain controlling adolescent behavior:**

1. Limbic system (emotions which is the most dominant controller).
2. Prefrontal cortex (executive functions e.g. planning, reasoning, judgment).
 - High arousal situation & in-appear position i.e. in front of many people → the limbic system will be the upper hand in controlling adolescent behavior.

- **Sensitive period:**

- Sensitivity of a substance of abuse is very high among teenagers e.g. 1 nicotine cigarette may cause abuse due to high dopamine (which is the most rewarding NT arousal and addiction).
- **Most of teenager behaviors are not considered pathological unless proven with evidence.**
- **Most morbidity and mortality in adolescents has psychosocial and behavioral components.**
- **When we assess the adolescent development, we should have the full picture to appreciate the diversity in many domains.**



Questions

- 1) Identity crisis is usually formed in And if the adolescent doesn't reach it he may suffer from...?
- A. Early adolescence, skepticism.
 - B. Middle adolescence, role confusion.
 - C. Late adolescence, skepticism.
 - D. Late adolescence, role confusion.
- 2) In which adolescence period the adolescent becomes highly emotional especially under peer pressure?
- A. 8-11 years of age.
 - B. 11-14 years of age.
 - C. 14-17 years of age.
 - D. 17-20 years of age.
- 3) Which area in the brain has a role in controlling adolescent behavior?
- A. Superior Temporal Gyrus.
 - B. Temporal lobe.
 - C. Prefrontal cortex.
 - D. Parietal lobe.

Key Answer

1	D
2	C
3	C

Psychiatry team leaders

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For any questions, suggestions or problems, please
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Good Luck!