



# Psychiatry

Psychological and Behavioral  
Changes of Adolescence



- ✓ Notes
- ✓ Important
- ✓ Extra



EDITING FILE

# ➤ Objectives:

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1. Know the adolescence definition.
2. Know the physical changes in adolescence.
3. Know the behavioral changes in adolescence.
4. Know the emotional changes in adolescence.
5. Know the cognitive changes in adolescence.
6. Know the social changes in adolescence.

# What is Adolescence?

- Adolescence is a period of global & pervasive changes and not a matter of developmental crisis.
  - Most of adolescents pass through it smoothly.
  - Averagely, it expands between 12 & 20 year of age.
  - The period of adolescence lasts till the individual becomes a young man or woman.
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- Some people think that adolescence is a crisis and all kind of inappropriate behaviors must happen during this period and all teens are a potential danger but this period's a total normal time of any human life in which we experience many unstable changes that can affect us in many ways (Transitional period from childhood to adulthood). When it becomes hard on the family then it is considered abnormal.
  - Adolescence needs a mutual understanding between parents and the adolescent.
  - Psychological changes of adolescence occurs before physical changes by 2-1 year.



## WHO definition of Adolescence:

- *The World Health Organization (WHO)* defines adolescents as those people between **10 and 19** years of age.
- The great majority of adolescents are, therefore, included in the age-based definition of “child”, adopted by the *Convention on the Rights of the Child*, as a person under the age of 18 years.
- Other overlapping terms used in this report are **youth** (defined by *the United Nations* as **15–24 years**) and **young people (10–24 years)**, a term used by *WHO* and others to combine adolescents and youth.

## Context of Adolescent development:

(Those are the factors that can affect adolescence either in good way or bad way)



- **Family has the upper hand in influencing the adolescent** and it is the main factor. Any defect in the role of parents will create a gap that can be filled by wrong factors and bad influence (Media most common).
- Understanding those factors can help you to deal better with your adolescent.

## Adolescence can be associated with:

Adolescents can show inappropriate behavior sometimes and **that's normal**.

Some are as following:

(These signs **resemble the drug abuse warning signs**)

- Withdrawal.
- Moodiness.
- increased family conflict.
- Argumentativeness.
- over-reactivity to criticism.
- sloppiness in appearance.
- spending time isolating in room.
- poor attitude.
- Disrespect.
- loss of interest in family activities.

# Physical Development

(Physical development affects directly on behavioral and psychological development)

## Puberty

التغيرات النفسية تبدأ أولاً و بعد ظهور التغيرات الجسدية هذه التغيرات النفسية ممكن تتغير تبعاً لها.

## Primary sexual characters

يحدث هناك عدم اتساق في شكل الجسد مما يزعج المراهق كثيراً .

## Secondary sexual characters

ظهور علامات البلوغ الثانوية -كبروز الثدي أو ظهور الشعر في مناطق معينة- قد يكون مزعج و محرج للعديد من المراهقين فيحاول إخفائها لكن بعض المراهقين بالعكس يحب أن يبرز هذه العلامات لأنه تعني له التخلص من مرحلة الطفولة.

## Increased hormonal release

It causes physical and mood changes.

## Fast & disproportional growth

نموه سريع جدا, يبدأ خشمه يكبر ويطلع حب الشباب, طبعاً فيه ناس ما يتأقلمون.

## Health status

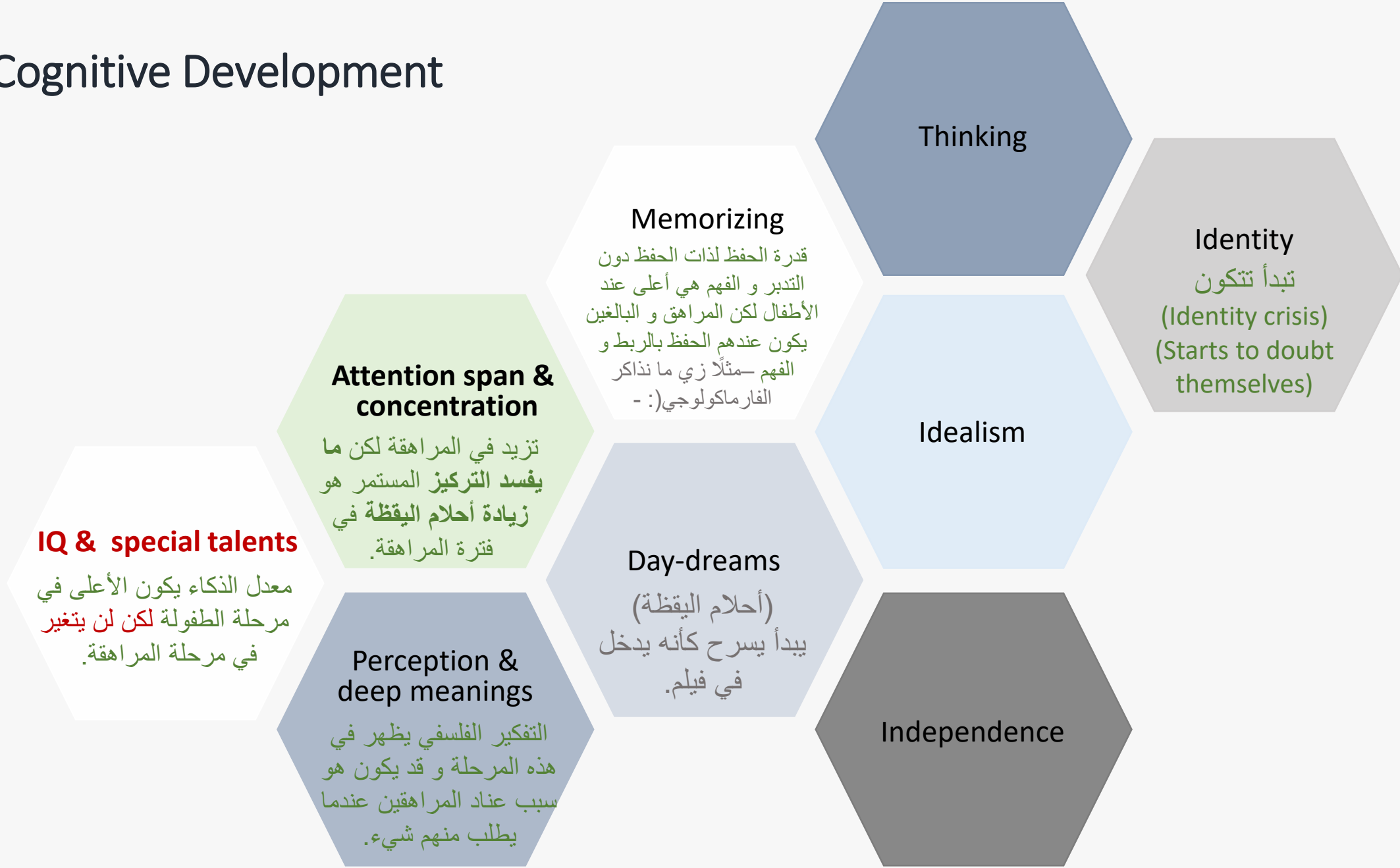
المراهق يشعر بالتعب الشديد لذا تجده غالباً ما ينام بعمق و ذلك بسبب مرور جسده بتغيرات كثيرة في وقت واحد فيستهلك طاقة عالية و أيضاً يحتاج للنوم الطويل حتى يفرز هرمون النمو.

## Psychological consequences of physical changes:

- Embarrassment (Specially girls)
- Sensitivity to criticism (Specially boys) (الأولاد غالبًا ما يطلقون على بعض ألقاب جارحة بداعي المزاح و ممكن تخلي الولد يركز أكثر على تغيرات جسده فتزيد المشكلة سوء)
- social isolation
- Sadness (حزن المراهق لا يعني اكتئاب بل هو نتيجة للتغيرات التي يمر بها)
- irritability (يعصب بسرعة)



# Cognitive Development





# Piaget's Four stages of Cognitive Development (Prof. Fatima said this is EXTRA and it is not in your objectives)

Stage	Description	Age Range
Sensorimotor	An infant progresses from reflexive, instinctual action at birth to the beginning of symbolic thought (يبدأ يفكر). The infant constructs an understanding of the world by coordinating sensory experiences with physical actions. (يبدأ يحاول يكتشف الأشياء اللي تصير حوله, يعني مثلا الطفل الصغير جدا, اذا كان معك لعبة وخببتها ورى ظهرك هل بي فهم ؟ لا بيتوقع انها اختفت).	Birth to 2 years
Preoperational	The child begins to represent the world with words and images reflect increased symbolic thinking and go beyond the connection of sensory information and physical action. (يبدأ يتكلم ويفهم)	2 to 7 years
Concrete operational	The child can now reason logically about <b>concrete</b> events and classify objects into different sets.	7 to 11 years
Formal operational	The adolescent reasons in more <b>abstract</b> and logical ways. Thought is more idealistic.	11 to 15 years

Difference between Concrete and Abstract:

- Concrete : المعنى الحرفي للكلمة
  - Abstract : الشخص بي فهم ما وراء الكلمة و المعاني وليس المعنى الحرفي
- ممكن تطبقون المثل ( اللي بيته من قزاز ما يرمي الناس من طوب) على هذي الكلمتين وكيف الاطفال والمراهقين يفهمون المثل.

## Social Development

Social relationship during adolescence

Relationship with parents

(أغلب المشاكل سببها الشعور بالاستقلالية)

Relationship with peers

أيضًا تمر بمراحل مختلفة. الحاجة إليها حاجة فطرية و على الأهل استيعاب هذا.

### Quote (مهمة)

*“The conflict between the **need to belong to a group** and the **need to be seen as unique and individual** is the dominant struggle of adolescence “*

Jeanne Elium

- المراهق يريد أن يكون جزء من كل شيء لكن في نفس الوقت يريد أن يتميز و يكون محور الاهتمام و أنه الأهم في هذه العلاقة.

# Emotional Development (This development is affected by both social and cognitive development)

## Extreme & inconsistent

ممکن أن المراهق يكره نفسه بسبب  
تضارب مشاعره, غالباً بسبب الهرمونات

## Impulsivity & recklessness

تزيد خطورتها لما يكون هنالك عدة  
مراهقين مع بعض.

## Anger & easily provocation

## Looking for self-assertion

إثبات النفس

## Authority resistance

زي قوانين البيت دايم يحاول  
يكسرها

## Critical comments

المراهق سيلقي تعليقات سلبية و جارحة  
على الآخرين لكن تجده حساس تجاهها!

## Love & romance

قد تكون مرحلة حساسة و خطيرة لأن من  
الممكن أن تتعرض للاستغلال (خصوصاً  
استغلال المراهقات من قبل بالغين)



### Relationship with parents undergo 3 stages:

- During early adolescence (misunderstanding and many problems and fights between the adolescent and his/her parents) (Feeling of independency).
- During middle adolescence (Unsteady relationship) (علاقة متذبذبة يعني المراهق يبدأ يشعر بأن نصائح أهله صحيحة لحد ما لكن كرامته لا تسمح له بالتنازل فتجد علاقته جيدة أحياناً و أحياناً لا)
- Late adolescence (Realizing that his/her parents were helping and the relationship grows better).

### Relationships related to love and romance:

#### تمر بمراحل و هي:

- في بداية المراهقة تجد رفض للجنس الآخر و النفور منه (مثل الأخت الي تتضايق من كل أفعال أخوها و العكس)
- في منتصف المراهقة يصبح هناك تقبل و استمتاع في الحديث عن الجنس الآخر (مثلاً أن تمدح أحد الفتيات أخ صديقة لها) (الإناث يتحدثون بصراحة لكن الذكور لا يحبون إظهار الاستمتاع في هذا)
- في نهاية المراهقة يصبح هنالك اهتمام واقعي و تبدأ مشاعر الغرام و الحب بين الجنسين لأجل المستقبل لكن تكون هذه المشاعر مخفية و لا يتم اطلاع أحد عليها لكن تظهر بسبب تصرفات الاهتمام (مشاعر أكثر نضج).

## NASCAR Metaphor:

(مجرد اسم لسيارات سباق للتشبيه)

هذه تلخيص لكل النقاط التي ذكرت في جزئية التغيرات  
بروف فاطمة قالت إنها إضافة لا غير.



**Big engine:**  
Maturing bodies ,  
independence striving

**Faulty Brake System:**  
Immature inhibitory  
mechanisms in PFC  
(pre frontal cortex)

**Poor driver:**  
Immature PFC (Pre  
frontal cortex) and  
judgment

**High Octane Fuel:**  
Hormones

شرح الكلام اللي فوق:  
تخيلوا أن المراهقين هذول زي سيارات السباق اللي في فيلم كارز , أول شي هم في طور نمو وأجسامهم جالسو تكبر كأنهم  
أشخاص بالغين ولكن عقولهم أصغر شوي , حلو ؟ طيب تذكرون السيارات هذي كيف كانت متهورة , المراهقين نفس  
الطريقة وطبقوا الكلام اللي فوق عليهم.

## Skills needed preadolescence:

(مهارات مهمة لجعل فترة المراهقة من أفضل المراحل في حياة الأسرة)

**Preparation:**  
Values, Self-discipline, Taking responsibility

التربية على القيم مهمة جدًا لخلق رقابة ذاتية للطفل مستقبلاً.  
يجب تعويد الطفل على تحمل المسؤولية منذ الصغر حتى لا ينصدم بالواقع مستقبلاً.

**Resilience**

(المرونة و أتقبل بعض النقص في المراهق)

**Understanding**

**Respect**

**Friendship/Love expression**

مهم جدًا إظهار الحب للمراهق من قبل الأهل حتى لا يحصل عليه من طرق خاطئة

**Social Skills**



- Remember your own teen vulnerabilities—it will enhance your empathy.
- Normal adolescent development is usually messy—so you’ll hear about messy behaviors and see them too—even when they are healthy!
- A comprehensive teen, parent, and social system review is the only way to evaluate many of the problems you are consulted about (e.g. drugs, depression, etc).
- Most morbidity and mortality among adolescents has psychosocial/behavioral components, so focusing just on “medical issues” is not an option.
- Because teens are vulnerable, fascinating and challenging, they can be among your most rewarding patients when you connect with them in a genuine way!

# In Summary (Don't Skip this!!)

①

Assess the big picture of a teen's life

②

Appreciate that diversity includes many domains

Find something in the teen to appreciate  
حاول تلاقي شي تمدحهم فيه

③

Be curious

④

⑤

Remember your own vulnerable teen moments

⑥

Be authentic, humble and sincere



**1-A 17 years old girl was referred to Emergency because of an attempt of suicide. After talking to her, she stated that her parents are divorced and one of her friends advised her to take some drugs to let go of her depression. According to factors influencing adolescents development, what could be true?**

- A) Media can have the upper hand of influence
- B) Family support defect can lead to bad peer influence
- C) Lacking of values and absence of one of parents can confuse a teen when comes to judging.
- D) Her attempt of suicide is due to withdrawal symptoms

**2-Which of the following is false regarding cognitive development?**

- A) Memorizing is the best during childhood
- B) Concentration is interrupted by day-dreams in adolescence
- C) IQ level increases with adolescence
- D) Breaking laws in adolescence can be due to deep interpretation of orders

**3-Which of the following is important to avoid bad peer influence?**

- A) Showing love and support from family
- B) Isolation of teen from contacting different people
- C) Controlling the content of social media
- D) Punishment if a teen showed bad behavior

**4-A 10 years old boy starts to show unusual anger when his parents ask him to do something. According to this brief history, what could be the cause behind his sudden change of mood?**

- A) Early onset of puberty
- B) Such behavior is normal to occur prior to physical changes of puberty
- C) Peer influence and lack of family attention
- D) Drug abuse

**5-The best definition of Adolescence is:**

- A) Low levels of androgens can be detected during this period
- B) Transitional period from childhood to adulthood characterized by many unstable changes
- C) It a crisis and family must seek a psychiatrist
- D) It expands between 16 and 30 year of age

**6-Which of the following can cause embarrassment to an adolescent?**

- A) Low body weight
- B) Axillary hair
- C) Mood swings
- D) Love thoughts

**Answer key:**

1:B&C    2:C    3:A  
4:B    5:B    6:B

## WHO definition of Adolescence

The World Health Organization (WHO) defines adolescents as those people between **10 and 19** years of age.

## Context of Adolescent development

Family

Peers and friends

School

Media

## Physical Development

Puberty

Primary sexual characteristics

Secondary sexual characteristics

Increased hormonal release

Fast & disproportional growth

Health status

## Psychological consequences of physical changes

Embarrassment

sensitivity to criticism

social isolation

Sadness

irritability

## Cognitive Development

**IQ & special talents**  
**IQ :(doesn't change a lot)**

Attention span & concentration

Memorizing

Day-dreams

## Emotional Development

Extreme & inconsistent

Impulsivity & recklessness

Looking for self-assertion

Authority resistance

## Skills needed preadolescence

**Preparation:**  
Values, Self-discipline, Taking responsibility

Understanding

Friendship/Love expression



“Everyone thinks of changing the world, but no one thinks of changing himself”

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## Team Leaders:

**Mohammed Habib & Aseel Badukhon**

تم بفضل من الله ♥

نسأل الله أن يكون هذا العمل علم ينتفع به و أن يجعله في ميزان حسناتنا.

آخر محاضرة لمادة الطب النفسي لمرحلة العلوم الأساسية قبل بلوغ السنوات الإكلينيكية التي نرجو فيها التوفيق و التيسير"

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## ➤ Reference:

Doctors' notes and slides



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Y o u r f e e d b a c k ?