



Depression in children in the pandemic period



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Children and adolescents may be more susceptible to mental disorders due to COVID-19 pandemic than adults





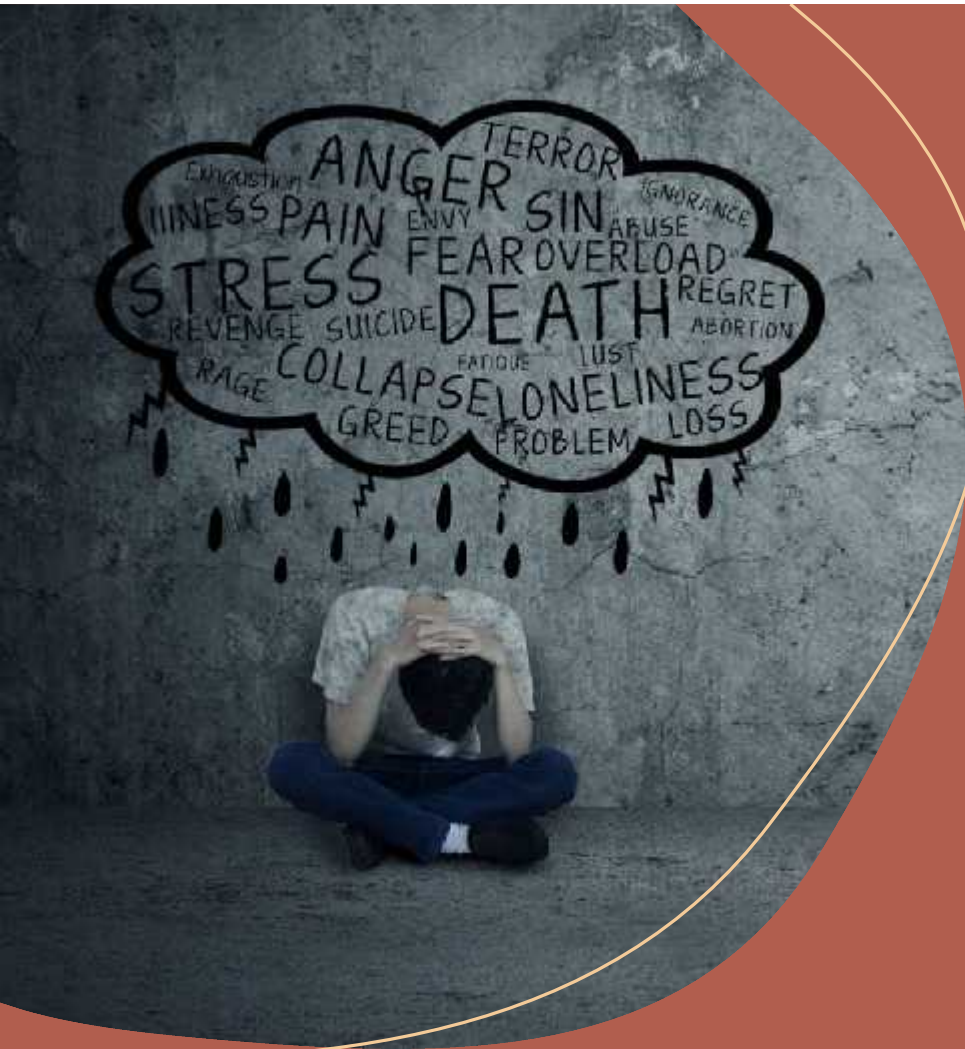
Feeling worthless
and hopeless,
suicidal ideation and
insomnia
in children and
adolescents has
increased after
lockdown.



- Feelings of worthlessness cause children to feel frustrated and inadequate. Such a feeling is often a common symptom of depression

- During pandemic daily routines and the environment around us have changed and, one of the effects of that is insomnia and decreased sleep quality





- Thinking and committing suicide during the pandemic period have been raised



The prevalence of depression and anxiety in children and adolescents might decline a bit after lockdown but is still at a high level. Parents should pay more attention to modifiable factors of psychological well-being in children and adolescents

- Keep your child active and Set new goals

Encourage children to do activities that make them feel successful, entertained and socially connected every day, and set new plans





- Having an accurate and correct life and behavior pattern

In many cases, the causes of insomnia in children are the wrong behavioral patterns of parents such as, watching TV late, and using cell phones in bed, which is better to get rid of



- Correct your child's perspective

As parents of children, avoid making the corona and its aftermath look catastrophic and help them look at it realistically and know that the coronavirus will not last forever

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