



Competent Engaged in Mental Health Therapy

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ABOUT THE STUDY

Mental disorders are various. Global scientific collaboration has provided clinical explanations and diagnostic guidelines and developed classifications for mental and behavioral disorders (such as ICD10 (1992)), but of ongoing "scientific progress and experience". The new edition of ICD11 is scheduled to come into effect in January 2022. Currently, the final version of ICD10 has been in use since 1992. People with mental disorder do not lose decision-making power just because they have a mental disorder. Perfect cognitive function is not always a prerequisite for decision making capacity (DMC). Moreover, cognitive function is not always sufficient to have a complete DMC. Values, preferences and emotions play an important role in the decision-making process. Modern theorists place greater emphasis on values and emotions than on cognitive function when considering their DMC.

Subsets of adolescents with mental disorder retain the ability to fully participate in shared clinical decisions as part of psychiatric treatment, thereby facilitating an effective treatment process. A single-center cohort cross-sectional survey was conducted. A sample of 50 participants recruited from a pediatric and adolescent psychiatric outpatient facility at a tertiary hospital in Thessaloniki, Greece's second largest city. An intelligence test and a self-reporting scale for depression combined with a clinical assessment of participants' practical wisdom. Psychiatric disorders are defined and diagnosed using the currently amended ICD10 (1992) (International Classification of

Diseases), with a new edition of ICD11 scheduled for entry into force in January 2022. Currently, the latest edition of ICD10 has been in use since 1992.

About 20% of adolescents have mental health problems, most commonly depression and anxiety. Mental health problems increased between adolescents and young adults in Europe between 1950 and 1990 and the cause is largely unknown. The literature on the prevalence of psychiatric disorders in children and adolescents in the general population has increased significantly in recent years. Most mental disorders begin in childhood, adolescence, and early adulthood. The diagnosis rate has improved significantly. Adolescent mental health problems are an ever-increasing public health problem. Mental disorder (and substance use) is a major cause of disability in adolescents around the world.

The largest percentage of diagnoses (44.9%) is associated with mood disorders (F30-F39). In this category, mood swings predominate towards either depression or euphoria. Mood changes are usually accompanied by changes in overall activity levels, and changes in daily life (sleep, concentration, pessimism) can also motivate our research group to seek help. Recent evidence shows a link between urbanization and mental disorders. The high prevalence of mood disorders in adolescence can be partially explained by the urbanization model developed in Greece in recent decades. In addition, Greece has implemented austerity measures in recent years, which is changing the social situation.

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