



Significant and Preventive Psychological Interventions of Children

Paul Ronksley*

Department of Psychiatry, University of Valencia, Av. de Blasco Ibanez, Valencia, Spain

ABOUT THE STUDY

According to reports, 21% to 23% of children live with a parent who has a mental disorder. Multiple studies have looked into the increased risk of mental health problems in these Children of Parents with Mental Illness (COPMI), with estimates ranging from 32% to 70% developing a serious mental illness and up to 70% having some internalising or externalising symptoms. Some researchers have looked into the factors that influence the transmission of mental illnesses from parents to children. The transmission of depression from mothers to children was proposed as having four general explanations: heritability, innate neuroregulatory dysfunction, exposure to maternal negative affect, cognitions, and behaviours, and increased family stress.

Regardless of the genetic component, a number of psychosocial risk factors have been connected to this heightened susceptibility; for example, higher rates of parental conflict, divorce, and financial distress are some of the stresses that can have a significant effect on these kids and teenagers. Additionally, study has been done on parenting in these households, which is defined as the collection of values, routines, and expectations that parents have for and place on their kids. In this regard, it has been noted that these families may exhibit a more strict or, conversely, a more lenient parenting style, and that there may be challenges in the interactions between parents and children (less sensitivity, more antagonism), which may have an impact on attachment.

Children are more likely to experience mental health issues if their parents are good parents, families are stigmatised more, and loneliness is more widely perceived. Additionally, it is believed that the ability to classify people and groups into "good" and "bad" categories begins to develop around the age of 5, and

that actions and attitudes that may indicate stigma associated with mental illness first appear between the ages of 7-8. Before the development of such attitudes, the mental health should be freely and explicitly discussed, as doing so would increase resilience. A lot of kids take on more duties than is reasonable for them at their age, which creates a situation where the roles are reversed and causes a lot of stress for the kids.

Lack of knowledge regarding their parent's condition frequently leads to false assumptions and major anxieties, such as feeling responsible for their parents' suffering, thinking they would have the same symptoms, or even becoming frightened by the idea that their parents might pass away. Therefore, it has been emphasised that it is crucial to give these kids information about what is occurring to their parents in a straightforward and age-appropriate manner. By doing so, they will be better able to comprehend their parents' struggles, lessen their guilt and shame, and develop resilience. As a result, a significant psychological component is present in the majority of psychological interventions aimed at fostering resilience in these kids.

Lack of information about a parent's illness frequently causes erroneous assumptions and severe anxiety, such as feeling responsible for their parents' suffering, believing they will experience the same symptoms, or even being afraid that their parents would die. Therefore, it has been emphasised that it is essential to inform these youngsters in a direct and age-appropriate manner about what is happening to their parents. They will be more able to understand their parents' hardships, feel less guilty and ashamed, and become more resilient as a result of doing this. As a result, the majority of psychological therapies aiming at promoting resilience in young children contain a sizable psychological component.

Correspondence to: Paul Ronksley, Department of Psychiatry, University of Valencia, Av. de Blasco Ibanez, Valencia, Spain, E-mail: ronpaulsley@protonmail.com

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