

소아·청소년 우울증의 진단 및 치료

Depressive Disorders in Children and Adolescents

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Abstract

Child and adolescent major depressive disorder(MDD) and dysthymic disorder(DD) are common, chronic, familial, and recurrent conditions that usually persist into adulthood. These are not only accompanied by several comorbid disorders(i.e., anxiety disorders and conduct disorders), but also increased risk for suicide, substance abuse, delinquency, school failure, and behavioral problems. Additionally, children and adolescents with MDD and/or DD frequently have poor family, academic, and interpersonal functioning. Thus the importance of early identification, comprehensive diagnosis, and proper treatment of the disorders has been emphasized. The treatment of MDD may be divided into three phases : acute, maintenance, and continuation. In acute phase, psychosocial treatment may be the first - line option for most depressive youth ; however, pharmacotherapy should be considered for a high - risk group. Currently, SSRIs antidepressants are efficacious for the treatment of adolescents with MDD, and have a relatively less side effects. Most clinicians favor the SSRIs as first - line medications for the depressive youth. Because of the high rate of relapse and recurrence of depression, all patients need continuation treatment for at least 6 to 12 months and some patients may require maintenance therapy from 1 year to life - long. All clinicians who are involved with the treatment of depressive youth should foster the effective therapeutic alliance and educate the patient and family about the disorder and its treatment to maintain proper treatment. Finally further research is needed on the several facets of child and adolescent depressive disorders.

Keywords : Child; Adolescent; Depression

가

(sadness)

(unhappiness)

가

(depressive mood)

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1. DSM - IV(APA, 1994)	(2)	
1. , . , 가 ,		가 .
2. , , .		
3. , 가 (가,		(1).
4.). (, 가 (depres-		
5. , . sive mood) , .		
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7. , . (irritable mood) .		
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(The Union of European		
Pedopsychiatrists, 1971),	(NIMH,	
1975, USA)		가 .
(1).	가	가
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(major depressive disorder ; MDD)		가 .
1980	(psychomotor retardation)	
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(; dysthymic disorder, DD)		
(
; bipolar disorder)		가 .

(; DD) 0.6~1.7%,
1.6~8.0% .
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)가 (40~70%)
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. 40~70% 가
, 20~50% 2 . 가
. (DD) ()
(MDD) 2%, 30~80%), (10~80%), (20~30%)
4~8% , .

60~70% , (1, 3). 5 70% . (double depression ; MDD + DD)' 20~40%가 5 , 가 , 가 4 , 가 (70%), (13%), (15%) (3. 7). DSM - IV ICD - 10 가 , (depressive conduct disorder)' 가 , 가 , 가 (placebo) 가 (8). 50% 가 3 가 가 , 가 가 . , 가 " (loss)" 가 , 60~70%가 (negative cognitive style) " - (cognitive - diathesis model)" 가 가 2:1 . 7~9 . 90% 1.5 2 6~10% . , 2 40%, 5 70%가 .

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 , (interpersonal
 5) psychotherapy ; ITP), (cognitive - be-
 (1) havioral therapy ; CBT), , 가 ,
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[illegible]

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