

INTERNATIONAL ASSOCIATION FOR CHILD AND ADOLESCENT PSYCHIATRY AND ALLIED PROFESSIONS • ASSOCIATION INTERNATIONALE DE PSYCHIATRIE DE L'ENFANT, DE L'ADOLESCENT, ET DES PROFESSIONS ASSOCIEES • ASOCIACIÓN INTERNACIONAL DE PSIQUIATRÍA DEL NIÑO Y EL ADOLESCENTE Y PROFESIONES AFINES • 国际儿童青少年精神医学及相关学科协会 • ASSOCIAÇÃO INTERNACIONAL DE PSIQUIATRIA DA INFÂNCIA E ADOLESCÊNCIA E PROFISSÕES AFINS •

IACAPAP Textbook of Child and Adolescent Mental Health

2015 EDITION
with chapters in French, Portuguese and
Russian,
self-assessment questions &
PowerPoint presentations for teaching

Editor

Joseph M. Rey



Knowledge is the enemy of disease... Applying what we know already will have a bigger impact on health and disease than any drug or technology likely to be introduced in the next decade.

(Pang et al *The Lancet*, January 28, 2006).

Mental illnesses are different to most other illnesses. The overwhelming burden of mental illnesses falls upon the young.

([Healthcare Information for All 2015](#)).

Supporting the mental health of children and adolescents should be seen as a strategic investment that creates many long term benefits for individuals, societies and health systems.

(WHO, 2005).

IACAPAP Textbook of Child and Adolescent Mental Health

2015 Edition



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IACAPAP Textbook of Child and Adolescent Mental Health

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This publication seeks to describe the best treatments and practices based on the scientific evidence available at the time of writing as evaluated by the authors and may change as a result of new research. Readers need to apply this knowledge to patients in accordance with the guidelines and laws of their country of practice. Some medications may not be available in some countries and readers should consult the specific drug information since not all the unwanted effects of medications are mentioned.

Organizations, publications and websites are cited or linked to illustrate issues or as a source of further information. This does not mean that authors, the editor or IACAPAP endorse their content or recommendations, which should be critically assessed by the reader. Websites may also change or cease to exist.

Unless stated otherwise, the case vignettes are fictional and seek to highlight specific issues, although they are based on the authors' clinical experience.

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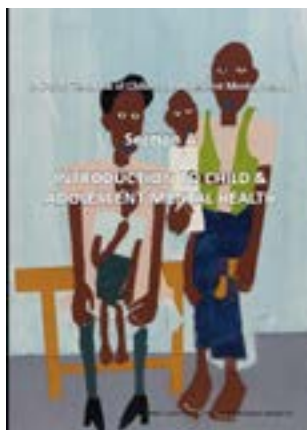
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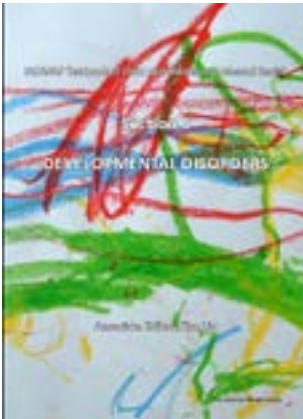
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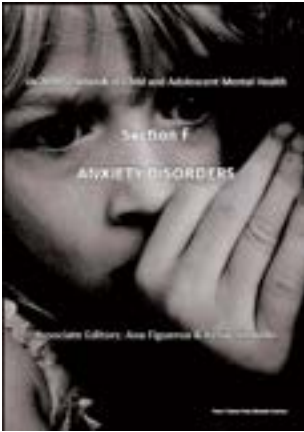
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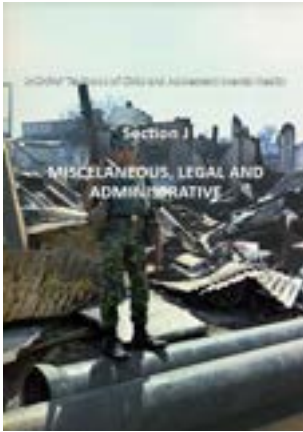
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FOREWORD

A Child and Adolescent Mental Health Guide in Every PALM

An electronic textbook on child and adolescent mental health (CAMH) that is free of charge and downloadable is now available on the website of the International Association for Child and Adolescent Psychiatry and Allied Professions (IACAPAP). It is based on best clinical practice, reflects the latest research, will be updated regularly and strives to be culturally sensitive. This feat clearly reveals the commitment of IACAPAP to make knowledge about CAMH widely available, whilst advocating for access to quality CAMH care globally.

This e-book is a joint venture between child and adolescent psychiatrists and allied professionals in better-resourced parts of the world and the awfully few CAMH professionals in resource-poor regions working together. This arrangement fulfils another of IACAPAP's objectives of facilitating partnerships between developed and developing countries for the purpose of education and training, encouraging learning and growth on both sides and helping to reduce the disparity in accessibility of CAMH resources.

On the 6th of December 2010, the IACAPAP Bureau received a proposal from Professor Joseph Rey for the creation of an electronic book for CAMH to be launched at the Paris Congress in July 2012. We were thrilled about the leap forward this project could mean for CAMH worldwide. At the same time, it seemed a nearly impossible task. Now we can look back with amazement. We are fully aware that this innovation was primarily achieved with the sacrifice, doggedness, brilliance and sometimes sharpness of Professor Rey, the Editor. Seemingly impossible tasks need unusual interventions to bring them to fruition.

We were also conscious of the urgent need to have this project completed because a majority of the health professionals in the areas of the world where more than 80% of children and adolescents live have had no formal CAMH training. This book is an excellent starting point to ensure that no health professional who has to care for children is left without CAMH information. I have witnessed, first-hand, the difficulty of obtaining CAMH textbooks in developing countries due to high costs of purchase and difficulties with shipping. I have also experienced the pressure involved in having to loan a CAMH textbook for just a few days or having to make photocopies of portions of books in order to obtain needed information for patient care, research and training. This e-book will bring tremendous relief to CAMH professionals caught in this kind of web. Estimates suggest that there are now almost 6 billion mobile phone subscribers, a figure that would include a majority of the world's population. Most of the growth in the subscriber base has come from the developing world. This e-book enables IACAPAP to put current information on best practices for CAMH into the palm of every health professional.

Finally, with a comprehensive textbook for CAMH in the palm of every CAMH professional around the world, children, adolescents and their families can have better CAMH care. Change has definitely come to the world of CAMH through access to IACAPAP's new e-textbook of Child and Adolescent Mental Health; a truly welcome change!

Olayinka Omigbodun



PREFACE TO THE 2015 EDITION

Three years have elapsed since the publication of the eTextbook. During this period the eBook has gone a long way to achieving the objective of placing a “comprehensive textbook for CAMH [child and adolescent mental health] in the palm of every CAMH professional around the world”—in the words of Olayinka Omigbodun. The fact that many people from all corners of the globe access the textbook every day supports this assumption. The eBook is now being used to teach child and adolescent mental health from Addis Ababa to Vilnius and from the *Universidade Federal do Tocantins* in Brazil to Yale University in the US. The eBook has recently been evaluated as an example of global health projects operating outside academia: “This form of online knowledge-sharing appears to offer huge advantages to the health/public health sector, especially when conducted in the open, at a time when there is a huge global shortfall of healthcare workers and a need for cost-effective, high quality training” (Coughlan & Perryman, 2015).

Many barriers remain, the main one in low income countries being inadequate Internet access. “If the goals of the draft declaration and action plan of the African Higher Education Summit [Dakar, 10-12 March 2015] are to be achieved, there should be less focus on building traditional universities and more on expanding high-speed broadband internet that will enable global cutting-edge knowledge to be delivered to students cost-effectively” (Abeles, 2015).

The eBook has been enriched during these three years by updating four of the original chapters and by adding 11 new chapters. The text is in English and this is a big plus given the large audience that can be reached—many medical professionals speak or read English well enough even if it is not their mother tongue. However, language remains a barrier for many professionals who do not read English, particularly in low income countries where it is most needed. Aware of this, several individuals have taken on the task of translating the Textbook into other languages. Thanks to their effort the 2015 edition includes many chapters in French, Portuguese and some in Russian. More are to follow in these and other languages. For example, versions in Spanish and Japanese are also in progress; they will be published gradually as they are ready. This is particularly heartening since all this work is being done without funding from the IACAPAP. In this line, the support of the Dutch SOFT Tulip Foundation (for the version in Russian), the French Society of Child and Adolescent Psychiatry and Allied Disciplines (SFPEADA, for the version in French), as well as the generosity and dedication of the respective language editors (David Cohen, Flávio Dias Silva, Olga Dolenko, Priscille Gérardin, Dmytro Martsenkovskiy), the team of translators they have assembled, and Nicolas Bodeau’s contribution are much appreciated.

The 2015 edition includes additional features for students and teachers for a growing number of chapters: self-directed exercises, self-assessment questions, and PowerPoint presentations. The last are incorporated to assist teachers who do not have enough time to prepare them themselves or for those who need an off-the-shelf presentation for teaching in settings where there are few trained professionals in this field. The ideas and work of Julie Chilton and Henrikje Klasen in preparing extra resources and PowerPoint presentations for the eBook as well as Bruno Falissard’s support are valued very much. These resources will complement other training initiatives of IACAPAP and the WHO such as a Massive Open Online Course (MOOC) being prepared by IACAPAP, the WHO Mental Health Gap Action Programme (mhGAP), and iCAMH (supported by IACAPAP and the WHO).

Joseph M Rey

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PREFACE

One of IACAPAP's commitments is to ensure that child and adolescent mental health workers everywhere in the world have access to the best up-to-date information to treat their patients. Thus IACAPAP provides regular world congresses, a parallel book series, educational courses in disadvantaged regions, the Donald F Cohen fellowship program, and the Helmut Renschmidt research seminars. This book is a further contribution in this undertaking.

IACAPAP's electronic book brings together available technologies and resources to make learning more accessible, more efficient and more fun. For example, readers of the chapter on normal development can click and watch no less than the famous developmental psychologist, Jean Piaget, explain and illustrate his theories of cognitive development. While reading the chapter on other substances of abuse, view a clip from *Samson and Delilah*, an Australian feature film which graphically depicts the deleterious effects of petrol sniffing in an aboriginal teenager. Learn how to identify and rate the early manifestations of autism by watching a series of video clips, or listen to lectures by the best experts, or view video clips that can be used to educate parents and patients. The most recent and authoritative practice guidelines, free-to-use rating scales and questionnaires and the full text of hundreds of key publications are only a click away from your screen (text in blue signals a hyperlink). In our case, we are privileged to have not only a variety of media forms but also highly instructive text, but what you have on your screens today is only the beginning, a beta version, a skeleton: much flesh is to be added yet.

What comes next? Apart from updating the book every year, specialized chapters dealing with specific issues will be added to make the textbook increasingly more comprehensive. This may include, for example, chapters dealing with specific treatments, both psychological and pharmacological, and chapters about illnesses and problems not yet covered in this edition such as HIV/AIDS and PTSD.

How can you contribute to this project? You can provide feedback about specific chapters: what is useful and what is not; which aspects are not well described; important gaps and issues not discussed; errors; and information about specific needs or problems in your country or culture that should be mentioned. All these comments will be sent to contributors who will be asked to take them on board for the new editions. You may also suggest topics for chapters as well as the names of experts who could write them. Regrettably, the book is only available in English and, so far, the included resources in other languages are very few. So please alert the editor about resources in languages other than English.

Much remains to be done, but IACAPAP is committed to continue supporting this project to which so many people have selflessly contributed. I thank the IACAPAP Executive for their support and foresight, particularly the president, Professor Olayinka Omigbodun. Many busy experts from the five continents have contributed chapters and responded creatively to the demands made on them, for which I am grateful. I also thank the Editorial Advisory Board and the Associate Editors—who helped with some of the sections—for their advice and suggestions. Of these, Professors Garry Walter and Florian Daniel Zepf deserve special mention. Dr Jenny Bergen and Helen Rey assisted with the more unrewarding tasks of proof reading and in many other practical ways. Finally, Josephine Pajor-Markus helped with design and layout and Sherri Corrie made it easy to deal with website issues.

Joseph M Rey



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