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## Contributing factors in paediatric trauma & depression

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**T**rauma and depression are prevalent among some pediatric patients. The author of this work argues that pediatric patients can be significantly impacted emotionally by exposure to acute trauma. The traumatic situation results from multiple factors. Many new-born babies and children are confronted with different types of trauma caused due to factors, such as abuse and family conflict (violence). One of the notable outcomes of trauma and depression during childhood days is the post-traumatic stress disorder (PTSD). Children often (or sometimes) have mood swings; with changing behavioral pattern. Under some circumstances, they may feel sad or irritable for a period of time. After a while, however, they tend to feel better again. In case of depression, sadness among children may continue for more than two weeks. Depression situations may affect sleep pattern, appetite, and relationships with others. Notably, depression symptoms, in severe cases, can lead to thoughts of suicide among children. It is, thus, essential to look into the contributing factors for anxiety, trauma and depression among children. This paper primarily aims to discuss contributing factors in childhood anxiety, depression, and post-traumatic stress disorder. Type of data used is 'secondary' (largely 'qualitative' in nature) and nature of data analysis is 'descriptive'. Analysis of data in this paper indicates that both 'genetic' and 'environmental' factors are important. In most cases, depression is most likely to result from one or more of these factors: (a) genetics and family history; (b) physical illness, or injury; (c) stressful life events in the family; (d) substance use, including smoking, alcohol dependence; and (e) bullying, or exposure to other traumatic experiences. The paper briefly concludes that anxiety and depression among children are reflections of mood disorder. This results in feelings of sadness, which interferes with their relationship patterns (both within and outside the family), including day-to-day activities.

### Biography

Santosh Kumar Mishra He retired (in the capacity of Technical Assistant) on June 30, 2020 from the Population Education Resource Centre (PERC), Department of Lifelong Learning & Extension [DLLE, previously known as Department of Continuing & Adult Education & Extension Work (DCAEEW)], S.N.D.T. Women's University (SNDTWU), Mumbai, India. He underwent training in demography, with award of Government of India Fellowship, during 1986-1987 from the IIPS (Deemed University), located at Mumbai.