

ABC OF ADOLESCENCE

Edited by

RUSSELL VINER

Consultant in adolescent medicine at University College London Hospitals NHS Foundation Trust and Great Ormond Street Hospital NHS Trust



© 2005 by Blackwell Publishing Ltd BMJ Books is an imprint of the BMJ Publishing Group Limited, used under licence

Blackwell Publishing, Inc., 350 Main Street, Malden, Massachusetts 02148-5020, USA Blackwell Publishing Ltd, 9600 Garsington Road, Oxford OX4 2DQ, UK Blackwell Publishing Asia Pty Ltd, 550 Swanston Street, Carlton, Victoria 3053, Australia

The right of the Author to be identified as the Author of this Work has been asserted in accordance with the Copyright, Designs and Patents Act 1988.

All rights reserved. No part of this publication may be reproduced, stored in a retrieval system, or transmitted, in any form or by any means, electronic, mechanical, photocopying, recording or otherwise, except as permitted by the UK Copyright, Designs and Patents Act 1988, without the prior permission of the publisher.

First published 2005

Library of Congress Cataloging-in-Publication Data

ABC of adolescence/edited by Russell Viner.

p. ; cm.

Includes bibliographical references and index.

ISBN-13: 978-0-7279-1574-0 ISBN-10: 0-7279-1574-6

1. Adolescent medicine. 2. Adolescence.

[DNLM: 1. Adolescent medicine. WS 460 A134 2005] I. Viner, Russell.

RJ550.A23 2005 616'.00835—dc22

2005012252

ISBN-13: 978 0 7279 1574 0 ISBN-10: 07279 1574 6

A catalogue record for this title is available from the British Library

Set by BMJ Electronic Production Printed and bound in Spain by GraphyCems, Navarra

Commissioning Editor: Eleanor Lines Senior Technical Editor: Julia Thompson Development Editors: Sally Carter, Nick Morgan

Production Controller: Debbie Wyer

For further information on Blackwell Publishing, visit our website: http://www.blackwellpublishing.com

The publisher's policy is to use permanent paper from mills that operate a sustainable forestry policy, and which has been manufactured from pulp processed using acid-free and elementary chlorine-free practices. Furthermore, the publisher ensures that the text paper and cover board used have met acceptable environmental accreditation standards.

Contents

	Contributors	iv
	Preface	v
1	Adolescent development Deborah Christie, Russell Viner	1
2	Consent, competence, and confidentiality Vic Larcher	5
3	Epidemiology of health and illness Russell Viner, Robert Booy	9
4	Adolescents in primary care Ann McPherson	13
5	Chronic illness and disability Michele Yeo, Susan Sawyer	16
6	Health promotion Russell Viner, Aidan Macfarlane	19
7	Sexual health, contraception, and teenage pregnancy John Tripp, Russell Viner	22
8	Substance misuse: alcohol, tobacco, inhalants, and other drugs Yvonne Bonomo, Jenny Proimos	26
9	Common mental health problems Pierre-André Michaud, Eric Fombonne	30
10	Suicide and deliberate self harm in young people Keith Hawton, Anthony James	34
11	Eating disorders and weight problems Dasha Nicholls, Russell Viner	38
12	Fatigue and somatic symptoms Russell Viner, Deborah Christie	42
	Index	47

Contributors

Yvonne Bonomo

Senior lecturer, paediatrics department, University of Melbourne, Parkville, Australia

Robert Booy

Epidemiologist and professor of child health, Barts and the London School of Medicine and Dentistry Medical School

Deborah Christie

Consultant clinical psychologist, Middlesex Adolescence Unit, University College London Hospitals NHS Foundation Trust, London

Eric Fombonne

Canada Research Chair in child psychiatry, Professor of Psychiatry, McGill University, and Director of the Department of Psychiatry at the Montreal Children's Hospital

Keith Hawton

Professor of psychiatry and director of the Centre for Suicide Research, University of Oxford, and consultant psychiatrist, Oxfordshire Mental Healthcare Trust, Warneford Hospital, Oxford

Anthony James

Consultant in adolescent psychiatry, Highfield Adolescent Unit, Oxfordshire Mental Healthcare Trust, Warneford Hospital, Oxford

Vic Larcher

Consultant paediatrician, Barts and the London NHS Trust

Aidan Macfarlane

Independent international consultant in the strategic planning of child and adolescent health services, Oxford, UK

Ann McPherson

Department of Primary Care, University of Oxford

Pierre-André Michaud

Medical director of the multidisciplinary adolescent unit, Centre Hospitalier Universitaire Vaudois, Lausanne, Switzerland

Dasha Nicholls

Consultant child and adolescent psychiatrist, Feeding and Eating Disorders Service, Great Ormond Street Hospital, London

Jenny Proimos

Consultant in adolescent medicine, Centre for Adolescent Health, Royal Children's Hospital, Melbourne, Australia

Susan Sawyer

Professor and director, Centre for Adolescent Health, Royal Children's Hospital, Melbourne, Australia

John Tripp

Consultant paediatrician and senior lecturer in child health, Peninsula Medical School, Universities of Exeter and Plymouth

Russell Viner

Consultant in adolescent medicine, University College London Hospitals NHS Foundation Trust and Great Ormond Street Hospital NHS Trust

Michele Yeo

Adolescent physician, Centre for Adolescent Health, Royal Children's Hospital, Melbourne, Australia