IACAPAPAP Textbook of Child and Adolescent Mental Health

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
IACAPAP Textbook of Child and Adolescent Mental Health

Editor
Joseph M Rey MD, PhD, FRANZCP

Editorial Advisory Board
Thomas M Achenbach PhD
Daniel Fung MD
Olayinka Omigbodun MBBS, MPH, FMCPsych, FWACP
Luis A Rohde MD
Chiara Servili MD, MPH
Garry Walter MD, PhD, FRANZCP

Associate Editors
Ana Figueroa MD
Jing Liu MD
Sarah Mares MD, FRANZCP
Louise Newman MD, PhD, FRANZCP
Cesar Soutullo MD, PhD
Garry Walter MD, PhD, FRANZCP
Florian Daniel Zepf MD
# TABLE OF CONTENTS

## Section A. INTRODUCTION

A.1 Ethics and international child and adolescent psychiatry  
*Adrian Sondheimer & Joseph M Rey*

A.2 Normal development: infancy, childhood and adolescence  
*Nancy G Guerra, Ariel A Williamson & Beatriz Lucas-Molina*

A.3 Clinical models for child and adolescent behavioral, emotional and social problems  
*Thomas M Achenbach & David M Ndetei*

A.4 The clinical assessment of infants, preschoolers and their families  
*Sarah Mares & Ana Soledade Graeff-Martins*

A.5 The clinical examination of children, adolescents and their families  
*Thomas Lempp, Daleen de Lange, Daniel Radeloff & Christian Bachmann*

A.6 Evidence-based practice in child and adolescent mental health  
*John D Hamilton & Füsun Çuhadaroğlu-Çetin*

A.7 Principles in using psychotropic medication in children and adolescents  
*Benedetto Vitiello*

## Section B. PERINATAL AND EARLY CHILDHOOD RISK AND PROTECTIVE FACTORS AND DISORDERS

**Associate Editors: Sarah Mares & Louise Newman**

B.1 Early maltreatment and exposure to violence  
*Susan M K Tan, Norazlin Kamal Nor, Loh Sit Fong, Suzaily Wahab, Sheila Marimuthu & Chan Lai Fong*

B.2 Failure to thrive or weight faltering in a primary health care setting  
*Astrid Berg*
Section C. DEVELOPMENTAL DISORDERS

Associate Editor: Jing Liu

C.1 Intellectual disability
   Xiaoyan Ke & Jing Liu

C.2 Autism spectrum disorders
   Joaquín Fuentes, Muideen Bakare, Kerim Munir, Patricia Aguayo, Naoufel Gaddour, Özgür Öner & Marcos Mercadante

C.3 School underachievement and specific learning difficulties
   Sonali Nag & Margaret J Snowling

C.4 Enuresis
   Alexander von Gontard

C.5 Encopresis
   Alexander von Gontard

Section D. EXTERNALIZING DISORDERS

Associate Editor: Florian Daniel Zepf

D.1 Attention deficit hyperactivity disorder
   Tais S Moriyama, Aline J M Cho, Rachel E Verin, Joaquín Fuentes & Guilherme V Polanczyk

D.2 Oppositional defiant disorder
   Katie Quy & Argyris Stringaris

D.3 Conduct disorder
   Stephen Scott

Section E. MOOD DISORDERS

Associate Editor: Garry Walter

E.1 Depression
   Joseph M Rey, Tolulope T Bella-Awusah & Jing Liu

E.2 Bipolar disorder
   Rasim Somer Diler & Boris Birmaher

E.3 Disruptive mood dysregulation disorder
   Florian D Zepf & Martin Holtman

E.4 Suicide and self-harming behavior
   Thomas Jans, Yesim Taneli & Andreas Warnke
Section F. ANXIETY DISORDERS

Associate Editors: Ana Figueroa & Cesar Soutullo

F.1 Anxiety disorders in children and adolescents: nature, development, treatment and prevention
Ronald M Rapee

F.2 Separation anxiety
Ana Figueroa, Cesar Soutullo, Yoshuhiro Ono & Kazuhiro Saito

F.3 Obsessive compulsive disorder
Pedro Gomes de Alvarenga, Rosana Savio Mastrorosa & Maria Conceição do Rosário

Section G. SUBSTANCE USE DISORDERS

G.1 Alcohol misuse
Joseph M Rey

G.2 Cannabis use and misuse
Alan J Budney & Catherine Stanger

G.3 Other substance use
Wai-Him Cheung, Anna Kit-sum Lam & Se-Fong Hung

Section H. OTHER DISORDERS

H.1 Eating disorders
Jane Morris

H.2 Tic disorders
Hannah Metzger, Sina Wanderer & Veit Roessner

H.3 Children with atypical gender development
Louise Newman

H.4 Borderline personality disorder
Lionel Cailhol, Ludovic Gicquel & Jean-Philippe Raynaud

H.5 Schizophrenia and other psychotic disorders of early onset
Jean Starling & Isabelle Feijo

H.6 Problematic internet use
Jane Pei-Chen Chang & Chung-Chieh Hung
Section I. PSYCHIATRY AND PEDIATRICS

I.1 Somatoform disorders
Olivia Fiertag, Sharon Taylor, Amina Tareen & Elena Garralda

I.2 Epilepsy and related psychiatric conditions
Eduardo Barragán Pérez

Section J. MISCELLANEOUS, LEGAL AND ADMINISTRATIVE

J.1 Child and adolescent psychiatric emergencies
Carlo G Carandang, Clare Gray, Heizer Marval-Ospino & Shannon MacPhee

J.2 Traditional and alternative medicine treatments in child and adolescent mental health
Nerissa L Soh & Garry Walter

J.3 Forensic child and adolescent psychiatry
Erica van der Sloot & Robert Vermieren

J.4 The mental health of children facing collective adversity: poverty, homelessness, war and displacement
Laura Pacione, Toby Measham, Rachel Kronick, Francesca Meloni, Alexandra Ricard-Guay, Cécile Rousseau & Monica Ruiz-Casares

J.5 Organizing and delivering services for child and adolescent mental health
Chiara Servili

J.6 Child and adolescent mental health policy
Gordon Harper

J.7 The United Nations’ Convention on the Rights of the Child and implications for clinical practice, policy and research
Myron Belfer & Suzan Song
CONTRIBUTORS

Thomas M Achenbach PhD
Professor of Psychiatry and Psychology, University of Vermont, Burlington, Vermont, USA

Patricia Aguayo MD
Child Study Center, Yale University School of Medicine, New Haven, USA

Christian Bachmann MD
Department of Child and Adolescent Psychiatry, Charité - Universitätsmedizin Berlin, Germany

Eduardo Barragán Pérez MD, MSc
Pediatric neurologist, Hospital Infantil de México, Federico Gómez, México & Professor of Pediatric Neurology, Universidad Nacional Autónoma de México, México

Muideen Owolabi Bakare MBBS, FMCPsych, MNIM
Consultant Psychiatrist & Head, Child and Adolescent Unit, Federal Neuro-Psychiatric Hospital, Upper Chime, New Haven & Adjunct Lecturer, College of Medicine, Enugu State University of Science and Technology, Enugu, Enugu State, Nigeria

Myron L Belfer MD, MPA
Professor of Psychiatry, Harvard Medical School and Children’s Hospital Boston, MA, USA

Tolulope T Bella-Awusah MBBS(IB), FWACP
Department of Psychiatry, College of Medicine, University of Ibadan & University College Hospital, Ibadan, Nigeria

Astrid Berg MB ChB, FCPSych (SA), M Phil (Child & Adolescent Psychiatry)
Red Cross War Memorial Children’s Hospital & University of Cape Town, Cape Town, South Africa

Boris Birmaher MD
Director, Child & Adolescent Anxiety Program & Co-director, Child and Adolescent Bipolar Services, Western Psychiatric Institute and Clinic, UPMC; Endowed Chair in Early Onset Bipolar Disease & Professor of Psychiatry, University of Pittsburgh School of Medicine, Pittsburgh, PA, USA

Alan J Budney PhD
Professor, Department of Psychiatry, Geisel School of Medicine at Dartmouth Medical School, Lebanon, NH, USA

Lionel Cailhol MD, PhD
Consultant Psychiatrist, Psychiatric Emergency Service, General Hospital Center, Montauban & Clinical Investigation Center, Toulouse, France

Carlo G Carandang MD, ABPN (Dip), FAPA
Psychiatrist, Halifax, Nova Scotia, Canada

Jane Pei-Chen Chang MD, MSc
Institute of Clinical Medical Science, China Medical University and Department of Psychiatry, China Medical University Hospital, Taichung, Taiwan

Wai-him Cheung MBBS, MRCpsych (UK), FHKAM (Psychiatry), FHKCPsych
Associate Consultant, Kwai Chung Hospital, Hong Kong

Aline J M Cho
Department of Psychiatry, University of São Paulo, Brazil & National Institute of Developmental Psychiatry for Children and Adolescents, Brazil

Füsun Çuhadaroğlu-Cetin MD
Professor of Child and Adolescent Psychiatry, Hacettepe University Medical School, Ankara, Turkey

Daleen de Lange MD
Okonguarri Psychotherapeutic Centre, Namibia

Rasim Somer Diler MD
Medical Director, Inpatient Child and Adolescent Bipolar Services, Western Psychiatric Institute and Clinic, University of Pittsburgh Medical Center, Pittsburgh, USA

Isabelle Feijo FRANZCP
Psychiatrist, Walker Unit, Concord Centre for Mental Health, Sydney, Australia & Specialist in Child and Adolescent Psychiatry and Psychotherapy, Swiss Medical Association
Olivia Fiertag  MBChB, MRCPsych
Specialty Trainee in Child and Adolescent Psychiatry, Barnet, Enfield and Haringey Mental Health NHS Trust & Honorary Lecturer at Imperial College, Academic Unit of Child and Adolescent Psychiatry, St Mary’s Hospital, London, UK

Ana Figueroa  MD
Director, Child & Adolescent Psychiatry Unit, Hospital Perpetuo Socorro, Las Palmas, Gran Canaria, Spain

Chan Lai Fong  MD(UKM), MMed Psych (UKM)
Psychiatrist, Department of Psychiatry, Universiti Kebangsaan Malaysia Medical Center, Kuala Lumpur, Malaysia

Loh Sit Fong  B Econ (Kobe), M Clin Psych (UKM)
Psychologist, Department of Psychiatry, Universiti Kebangsaan Malaysia Medical Center, Kuala Lumpur, Malaysia

Joaquin Fuentes  MD
Child and Adolescent Psychiatry Unit, Policlinica Gipuzkoa, Gautena Autism Society, San Sebastian, Spain

Daniel Fung  MD
Chairman Medical Board; Senior Consultant and Chief, Child and Adolescent Psychiatry; Adjunct Associate Professor, Institute of Mental Health, Duke-NUS Graduate Medical School, and Division of Psychology NTU, Institute of Mental Health, Singapore

Naoufel Gaddour  MD
Child and Adolescence Psychiatry Unit, University of Monastir, Monastir, Tunisia

Elena Garralda  MD, MPhil, FRCPsych, FRCPCH
Professor of Child and Adolescent Psychiatry, Imperial College London, and Honorary Consultant in Child and Adolescent Psychiatry with CNWL Foundation NHS Trust, London, UK

Ludovic Gicquel  MD, PhD
Consultant Child Psychiatrist, Child Psychiatry, Henri Laborit Hospital Center, Poitiers & Professor of Child Psychiatry, University of Poitiers, France

Pedro Gomes de Alvarenga  MD
Psychiatrist, Department and Institute of Psychiatry, University of São Paulo Medical School, São Paulo, Brazil

Ana Soledade Graeff-Martins  MD, DSc
Child and Adolescent Psychiatrist; Postdoctoral Research Fellow, Department of Psychiatry, Universidade de São Paulo, São Paulo, Brazil

Clare Gray  MD FRCPC
Division Chief, Community Based Psychiatry Services, Children's Hospital of Eastern Ontario & Associate Professor, Department of Psychiatry, University of Ottawa, Canada

Nancy G Guerra  EdD
Associate Dean for Research, College of Arts and Sciences, University of Delaware, Newark, DE, USA

John Hamilton  MD, MSc
Senior Physician, The Permanente Medical Group, Inc., Sacramento, California, USA

Gordon Harper  MD
Harvard Medical School, Massachusetts Department of Mental Health, Boston, MA, USA

Martin Holtmann  MD
Professor of Child and Adolescent Psychiatry, Psychosomatics and Psychotherapy, University of Bochum, Germany

Chung-Chieh Hung  MD
Department of Psychiatry, China Medical University Hospital, Taichung, Taiwan

Se-Fong Hung  MBBS, FRCPsych (UK), FHKAM (Psychiatry), FHKCPsych
Consultant, Child and Adolescent Psychiatry & Honorary Clinical Professor, Department of Psychiatry, The Chinese University of Hong Kong, Hong Kong

Thomas Jans  PhD
Clinical Psychologist, Department of Child and Adolescent Psychiatry, Psychosomatics and Psychotherapy, Wuerzburg University Hospital, Germany

Xiaoyan Ke  MD
Professor & Director, Child Mental Health Research Center, Nanjing Brain Hospital, Nanjing Medical University, Nanjing, JiangSu, China

Anna Kit-sum Lam  MBBS, MRCPsych (UK), FHKAM (Psychiatry), FHKCPsych
Honorary Clinical Assistant Professor, Department of Psychiatry, Li Ka Shing Faculty of Medicine, The University of Hong Kong, Hong Kong

Rachel Kronick  MD
Resident in Psychiatry, Équipe de recherche et d’intervention transculturelles, Division of Social and Transcultural Psychiatry, McGill University, Montreal, Quebec, Canada

Thomas Lempp  MD
Department of Child and Adolescent Psychiatry, Goethe-University of Frankfurt, Germany
Jing Liu MD
Professor & Director, Clinical Department for Children and Adolescents, Mental Health Institute & the Sixth Hospital, Peking University, Beijing, China

Beatriz Lucas-Molina PhD
La Rioja University, Spain

Shannon MacPhee MD, FRCPC
Assistant Professor, Dalhousie University, Department Emergency Medicine & Chief, Emergency Medicine, IWK Health Centre, Halifax, Nova Scotia, Canada

Sarah Mares BMBS, FRANZCP, Cert Child Psych, MMH (Infant)
Consultant Infant, Child and Family Psychiatrist, Senior Staff Specialist, Redbank House, Western Sydney LAHN, Sydney & Senior Research Fellow, Menzies School of Health Research, Darwin, Australia

Sheila Marimuthu MBBS(Cal), MMed Paeds(Malaya)
Paediatrician, Department of Paediatrics, Hospital Kuala Lumpur, Malaysia

Heizer Marval
Halifax, Nova Scotia, Canada

Toby Measham MD, MSc
Assistant Professor, Équipe de recherche et d’intervention transculturelles, Division of Social and Transcultural Psychiatry, McGill University, Montreal, Quebec, Canada

Francesca Meloni MA
PhD Candidate, Psychiatry, Équipe de recherche et d’intervention transculturelles, Division of Social and Transcultural Psychiatry, McGill University School of Social Work, Montreal, Quebec, Canada

Marcos Mercadante MD
Child and Adolescent Psychiatry Unit, Department of Psychiatry, University of Sao Paulo Medical School, Sao Paulo, Brazil (deceased)

Hannah Metzger MSc
Clinical Child Psychologist, Department of Child and Adolescent Psychiatry/Psychotherapy, Technische Universität Dresden, Germany

Jane Morris MA, MB, BChir (Cantab), MRCPsych
Consultant Psychiatrist, Eden Unit, Royal Cornhill Hospital, Aberdeen, Scotland, UK

Tais S Moriyama MSc
Department of Psychiatry, University of São Paulo, Brazil & National Institute of Developmental Psychiatry for Children and Adolescents, Brazil

Kerim M Munir MD, MPH, DSc
Developmental Medicine Center, The Children's Hospital, Boston, MA, USA

Sonali Nag MPhil (Clinical Psych), PhD
Newton International Fellow at the University of York, UK. and honorary head of the Early Childhood and Primary Education departments at The Promise Foundation, India

David M Ndetei MD
Professor of Psychiatry, University of Nairobi, Nairobi, Kenya

Louise Newman AM, BA (Hons), MB BS (Hons), PhD, FRANZCP
Professor, Centre for Developmental Psychiatry and Psychology, Monash Medical Centre, Clayton, Victoria, Australia

Norazlin Kamal Nor MRCPCH(Lon), MBBS(Lon), BSc(Lon)
Paediatrician, Department of Paediatrics, Universiti Kebangsaan Malaysia Medical Center, Kuala Lumpur, Malaysia

Olayinka Omigbodun MBBS, MPH, FMCPsych, FWACP
Professor of Psychiatry, College of Medicine, University of Ibadan & Consultant in Child and Adolescent Psychiatry, University College Hospital, Ibadan, Nigeria

Özgür Öner MD
Department of Child and Adolescent Psychiatry, Dr Sami Ulus Children's Hospital, Telsizle, Ankara, Turkey

Yoshiro Ono MD, PhD
Director, Wakayama Prefecture Mental Health & Welfare Center, Wakayama, Japan

Laura Pacione MD, MSc
Resident in Psychiatry, Équipe de recherche et d’intervention transculturelles; Division of Social and Transcultural Psychiatry, McGill University, Montreal, Quebec, Canada

Guilherme V Polanczyk PhD
Assistant Professor of Child and Adolescent Psychiatry, Department of Psychiatry, University of São Paulo, Brazil & National Institute of Developmental Psychiatry for Children and Adolescents, Brazil

Katie Quy MSc
Institute of Education, Thomas Coram Research Unit, London, UK

Daniel Radeloff MD
Department of Child and Adolescent Psychiatry, Goethe-University of Frankfurt, Germany
Ronald M Rapee PhD
Professor, Centre for Emotional Health, Department of Psychology, Macquarie University, Sydney, Australia

Jean-Philippe Raynaud MD
Consultant Child Psychiatrist, Child Psychiatry, University Hospital Center, Toulouse & Professor of Child Psychiatry, Paul Sabatier University, Toulouse, France

Joseph M Rey MD, PhD, FRANZCP
Professor of Psychiatry, Notre Dame School of Medicine Sydney & Honorary Professor, Discipline of Psychiatry, Sydney Medical School, University of Sydney, Australia

Alexandra Ricard-Guay MA
PhD Candidate, Social Work, Équipe de recherche et d’intervention transculturelles, Division of Social and Transcultural Psychiatry, McGill University School of Social Work, Montreal, Quebec, Canada

Veit Roessner MD
Professor of Child and Adolescent Psychiatry, Department of Child and Adolescent Psychiatry/Psychotherapy, Technische Universität Dresden, Germany

Luis A Rohde MD
Professor of Child Psychiatry, Federal University of Rio Grande do Sul, Porto Alegre, Brazil

Maria Conceição do Rosario MD, PhD
Child and Adolescent Psychiatrist; Associate Professor at the Child and Adolescent Psychiatry Unit (UPIA), Department of Psychiatry, Federal University of São Paulo, São Paulo, Brazil

Cécile Rousseau MD, MSc
Professor, Équipe de recherche et d’intervention transculturelles, Division of Social and Transcultural Psychiatry, McGill University, Montreal, Quebec, Canada

Monica Ruiz-Casares BLL, MA, MSc, PhD
Assistant Professor, Équipe de recherche et d’intervention transculturelles, Division of Social and Transcultural Psychiatry; McGill University, Montreal, Quebec, Canada

Kazuhiro Saito MD
Director, Department of Child Psychiatry, Kohnodai Hospital, National Center for Global Health and Medicine, Japan

Rosana Savio Mastrorosa BA
Clinical Psychologist, Child and Adolescent Psychiatry Unit (UPIA), Department of Psychiatry, Federal University of São Paulo, São Paulo, Brazil

Stephen Scott BSc, FRCP, FRCPsych
Professor of Child Health and Behaviour; Head, National Specialist Conduct Problems Clinic; Head, National Specialist Adoption and Fostering Clinic & Director of Research, National Academy for Parenting Practitioners, London, UK

Chiara Servili MD, MPH
Consultant in Child and Adolescent Mental Health, Department of Mental Health and Substance Abuse, World Health Organization, Geneva, Switzerland

Margaret J Snowling FMed Sci, FBA
Professor, Department of Psychology, University of York, Helington, York, UK

Nerissa L Soh B Med Sc, M Nutr Diet, PhD, APD
Research Officer to the Chair of Child and Adolescent Psychiatry, Child and Adolescent Mental Health Services, Northern Sydney Local Health District, NSW, Australia

Adrian Sondheimer MD, FAACAP
Division of Child and Adolescent Psychiatry, SUNY at Buffalo School of Medicine, Buffalo, NY, USA

Suzan Song MD, MPH
Post-doctoral Fellow, Department of Psychiatry and Behavioral Sciences, Stanford University Medical Center, Palo Alto, California, USA

Cesar Soutullo MD, PhD
Director, Child & Adolescent Psychiatry Unit, Department of Psychiatry & Medical Psychology, University of Navarra Clinic, Pamplona, Spain

Catherine Stanger PhD
Associate Professor, Department of Psychiatry, Geisel School of Medicine at Dartmouth, Lebanon, NH, USA

Jean Starling FRANZCP, MPH
Child and Adolescent Psychiatrist, Director, Walker Unit, Concord Centre for Mental Health, Sydney, & Senior Clinical Lecturer, Discipline of Psychiatry, Sydney Medical School, University of Sydney, Sydney, Australia

Argyris Stringaris MD, PhD, MRCPsych
Senior Lecturer, King’s College London, Institute of Psychiatry, UK & Consultant Child and Adolescent Psychiatrist, Mood Disorder Clinic, Maudsley Hospital, London, UK

Susan MK Tan MD (UKM), DCH (London), MMed Psych (UKM), Adv M Ch Ado Psych (UKM), AM
Child & Adolescent Psychiatrist, Department of Psychiatry, Universiti Kebangsaan Malaysia Medical Center, Kuala Lumpur, Malaysia
Yesim Taneli MD, PhD, MSc
Assistant Professor of Child and Adolescent Psychiatry, Department of Child and Adolescent Psychiatry, Uludag University School of Medicine, Bursa, Turkey

Amina Tareen MBBS, MRCPsych
Consultant Child and Adolescent Psychiatrist, Barnet, Enfield and Haringey Mental Health NHS Trust & Honorary Teaching Fellow, Imperial College, London, UK

Sharon Taylor BSc, MBBS, MRCP, MRCPsych, CASLAT, PGDip
Consultant Child and Adolescent Psychiatrist; Honorary Lecturer at Imperial College Academic Unit of Child and Adolescent Psychiatry, St Mary’s Hospital, London; Vertical Module Tutor at University College London Medical School, London, UK

Erica van der Sloot LLM Criminal Law, MSc Criminology Researcher, Curium- Leiden University Medical Center, Academic Workplace Forensic Care for Youth, Netherlands

Rachel E Verin MIPH
Department of Psychiatry, University of São Paulo, Brazil & National Institute of Developmental Psychiatry for Children and Adolescents, Brazil

Robert Vermeiren
Professor of Child and Adolescent Psychiatry, Curium- Leiden University Medical Center, Academic Workplace Forensic Care for Youth & Professor of Forensic Adolescent Psychiatry, VU University Medical Center, Amsterdam, Netherlands

Benedetto Vitiello MD
Chief, Child & Adolescent Treatment & Preventive Intervention Research Branch, National Institute of Mental Health, Bethesda, MD & Professor (adjunct) of Psychiatry, Johns Hopkins University, Baltimore, Maryland, USA

Alexander von Gontard MD
Department of Child and Adolescent Psychiatry, Saarland University Hospital, Homburg, Germany

Suzaily Wahab MD(UKM), MMed Psych (UKM)
Psychiatrist, Department of Psychiatry, Universiti Kebangsaan Malaysia Medical Center, Kuala Lumpur, Malaysia

Garry Walter MD, PhD, FRANZCP
Professor of Child and Adolescent Psychiatry, Discipline of Psychiatry, University of Sydney, & Clinical Director, Child and Adolescent Mental Health Services, Northern Sydney and Central Coast Health Districts, NSW, Australia

Sina Wanderer Dipl-Psych
Department of Child and Adolescent Psychiatry/ Psychotherapy, Technische Universität Dresden, Germany

Andreas Warnke MD, MA
Professor of Child and Adolescent Psychiatry & Director of the Department of Child and Adolescent Psychiatry, Psychosomatics and Psychotherapy, Wuerzburg University Hospital, Germany

Ariel A Williamson MA
University of Delaware, Newark, DE, USA

Florian D Zepf MD
Juniorprofessor for Translational Neuroscience in Psychiatry and Neurology, Clinic for Child and Adolescent Psychiatry, Psychosomatics and Psychotherapy, RWTH Aachen University, Aachen, Germany
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
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 Remschmidt 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*
MEMBER ORGANIZATIONS

Full members

• American Academy of Child and Adolescent Psychiatry (AACAP)
• Associação Brasileira de Neurologia e Psiquiatria Infantil e Profissões Afins (ABENPI)
• Asociación Argentina de Psiquiatría Infantil y Profesiones Afines (AAAPI)
• Asociación Argentina de Psiquiatría y Psicología de la Infancia y la Adolescencia (ASAPPIA)
• Asociación de Psiquiatría y Psicopatológica de la Infancia y la Adolescencia, Uruguay (APPIA)
• Asociación Española de Psiquiatría del Niño y del Adolescente (AEPNYA)
• Asociación Mexicana de Psiquiatría Infantil (AMI)
• Association for Child and Adolescent Mental Health, United Kingdom (ACAMH)
• Association for Child and Adolescent Psychiatry and Allied Professions of Serbia (DEAPS)
• Australian Infant, Child, Adolescent and Family Mental Health Association (AICAFMH)
• Bulgarian Association For Child & Adolescent Mental Health (BACAMH)
• Canadian Academy of Child and Adolescent Psychiatry (CACP)
• Child Mental Health Association of Egypt
• Chilean Society of Child and Adolescent Psychiatry and Neurology (SOPNIA)
• Chinese Association for Child Mental Health (CACMH)
• Chinese Society of Child and Adolescent Psychiatry (CSCAP)
• Croatian Society of Child and Adolescent Psychiatry (CROSIPAP)
• Czech Association of Child and Adolescent Psychiatry
• Danish Association for Child Psychiatry, Clinical Child Psychology and Allied Professions (DOPS)
• Deutsche Gesellschaft für Kinder- und Jugendpsychiatrie, Psychosomatik und Psychotherapie
• Dutch Association of Psychiatry – Department of Child and Adolescent Psychiatry
• Estonian Child and Adolescent Psychiatry Section of the Estonian Psychiatric Association
• Faculty of Child and Adolescent Psychiatry of the Royal Australian and New Zealand College of Psychiatrists (RANZCP)
• Finnish Society for Child and Adolescent Psychiatry
• Flemish Association of Child and Adolescent Psychiatry
• Hellenic Society of Child and Adolescent Psychiatry (HSCAP)
• Hungarian Association for Paediatric Neurology and Child and Adolescent Psychiatry
• Icelandic Association for Child and Adolescent Psychiatry
• Indian Association for Child and Adolescent Mental Health
• Iranian Academy of Child and Adolescent Psychiatry (IACAP)
• Iraqi Association for Child Mental Health (IACMH)
• Israeli Society of Child and Adolescent Psychiatry
• Japanese Society of Child and Adolescent Psychiatry
• Korean Academy of Child and Adolescent Psychiatry (KACAP)
• Latvian Association for Child and Adolescent Psychiatry (LACAP)
• Lithuanian Society of Child and Adolescent Psychiatry
• Norwegian Association for Child and Adolescent Psychiatric Institutions
• österreichische Gesellschaft für Kinder- und Jugendpsychiatrie
• Polish Psychiatric Association - Scientific Section for Child and Adolescent Psychiatry
• Romanian Society of Neurology and Psychiatry for Children and Adolescents (SNPCAR)
• Russian Association for Child Psychiatrists and Psychologists (ACPP)
• Section of Child Psychiatry of the Scientific Society of Neurologists, Psychiatrists and Narkologists of Ukraine
• Slovenian Association for Child and Adolescent Psychiatry
• Sociedad Española de Psiquiatría y Psicoterapia del Niño y del Adolescente (SEPYPNA)
• Sociedad Mexicana de Paidopsiquiatría y Profesiones Afines AC
• Sociedad Uruguaya de Psiquiatría de la Infancia y de la Adolescencia (SUPA)
• Società Italiana di Neuropsichiatria dell’Infanzia e dell’Adolescenza (SINPIA)
• Société Belge Francophone de Psychiatrie de l’Enfant et de l’Adolescent et des Disciplines Associées
• Société Française de Psychiatrie de l’Enfant et de l’Adolescent & Disciplines Associées (SFPEADA)
• South African Association for Child and Adolescent Psychiatry and Allied Professions (SAAACAP)
• Swedish Association for Child and Adolescent Psychiatry
• Swiss Society for Child and Adolescent Psychiatry and Psychotherapy (SSCAP)
• Taiwanese Society of Child and Adolescent Psychiatry (TSCAP)
• Turkish Association of Child and Adolescent Mental Health

Affiliated organizations

• Asociación Mexicana para la Práctica, Investigación y Enseñanza del Psicoanálisis, AC (AMPIEP)
• Association for Child Psychoanalysis, USA
• KCHAMHA, Kosovo
• Romanian Association for Child and Adolescent Psychiatry and Allied Professions (RACAPAP)
• Section of Child and Adolescent Psychiatry - Slovak Psychiatric Society
President
Olayinka Omigbodun MBBS, MPH, FMCPsych, FWACP
Professor of Psychiatry, College of Medicine, University of Ibadan & Consultant in Child and Adolescent Psychiatry, University College Hospital.
Ibadan, 200010, Nigeria
yomigbodun@comui.edu.ng
fouryinkas@yahoo.co.uk

Secretary General
Daniel Fung MD
Chairman Medical Board, Institute of Mental Health. Adjunct Associate Professor Duke-NUS Graduate Medical School and Division of Psychology NTU. Chief, Department of Child and Adolescent Psychiatry, Institute of Mental Health Singapore.
Singapore
daniel_fung@imh.com.sg

Treasurer
Gordon Harper MD
Associate Professor of Psychiatry, Harvard Medical School. Medical Director Child/Adolescent Services Massachusetts Dept. of Mental Health.
128 Crafts Road, Chestnut Hill, MA 02467, USA
gordon_harper@hms.harvard.edu

Past President
Per-Anders Rydelius MD, PhD
Professor of Child and Adolescent Psychiatry
Astrid Lindgren Children’s Hospital
SE-171 76 Stockholm, Sweden
per-anders.rydelius@ki.se

Honorary Presidents
E. James Anthony MD (USA)
E.janthony@aacap.org
Myron L. Belfer MD, MPA (USA)
Myron_Belfer@hms.harvard.edu
Colette Chiland MD, PhD (France)
cchiland@orange.fr
Helmut Remschmidt, MD, PhD (Germany)
remschm@med.uni-marburg.de

Vice Presidents
Suzanne Dean PhD (Australia)
suz.dean@bigpond.net.au
John Fayyad MD (Lebanon)
jfayyad@inco.com.lb
Joaquin Fuentes MD (Spain)
fuentes.j@telefonica.net
Jean-Philippe Raynaud MD (France)
raynaud.jph@chu-toulouse.fr
Luis A. Rohde MD, MSc, DSc (Brazil)
Lrohde@terra.com.br
Andreas Warnke MD (Germany)
warnke@kjp.uni-wuerzburg.de

Assistants
Sigita Lesinskiene MD, PhD (Lithuania)
sigita.lesinskiene@vrc.vu.lt
Yoshiro Ono MD, PhD (Japan)
onoyoshiro@jtw.zaq.ne.jp
Chris Wilkes BSc, MB, ChB, M.Phil (Canada)
Chris.Wilkes@albertahealthservices.ca

Counsellors
Füsun Çuhadaroğlu Çetin MD (Turkey)
fusunc@hacettepe.edu.tr
Michael Rutter, MD, FRS, FRCPsych, FBA, FACMedSci (United Kingdom)
camilla.azis@kcl.ac.uk
Yi Zheng MD (People’s Republic of China)
yizheng@ccmu.edu.cn

Monograph Editors
Elena Garralda MD (UK)
e.garralda@imperial.ac.uk
Jean-Philippe Raynaud MD (France)
raynaud.jph@chu-toulouse.fr

Donald F. Cohen Fellowship Program
Andrés Martín MD, MPH (USA)
andres.martin@yale.edu
Joaquin Fuentes MD (Spain)
fuentes.j@telefonica.net

Bulletin Editor
Joseph M. Rey MD, PhD (Australia)
jmrey@bigpond.net.au

Archivist
Kari Schleimer MD, PhD (Sweden)
kari.schleimer@comhem.se