

Anxiety and Depression-Related Problems Associated with Adolescents

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Abstract: Adolescence, a transitional phase from childhood to adulthood, is marked by several critical changes in the human body, whether emotional, physical, psychological, or social. This sensitive phase, which primarily lasts from 10-19 years of age, lays the trajectory for overall development and health among adults. Neurobiological, environmental, genetic aspects, lifestyle, and behavioral factors, such as eating disorders, substance abuse, social media, physical inactivity, sex-related differences, *etc.*, can lead to disease onset, with anxiety and depression being the prominent ones. Besides, the adolescent brain is structurally different from the adult brain, with varying levels of hormones and neurotransmitters, making it more vulnerable to changes. Prevention, prompt diagnosis, and treatment are vital to improving adolescent mental health. Preventive interventions and mental well-being awareness are paramount to alleviating health loss. This chapter will mainly focus on the molecular basis of the adolescent brain, causes and symptoms of anxiety and depression, neuropsychiatric overview, appropriate measures for prevention, timely diagnosis, intervention, and treatment, and the role of society in shaping the adolescent brain.

Keywords: Adolescent lifestyle, Anxiety, Depression, Neuropsychiatry, Mental health.

1. INTRODUCTION

As humans transition from childhood to adulthood, they undergo a unique phase in life known as the adolescent stage or puberty, which begins at 10 years and lasts up to 19 years of age. However, puberty's physical, psychological, and cultural expression could start early and end later depending on environmental,

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