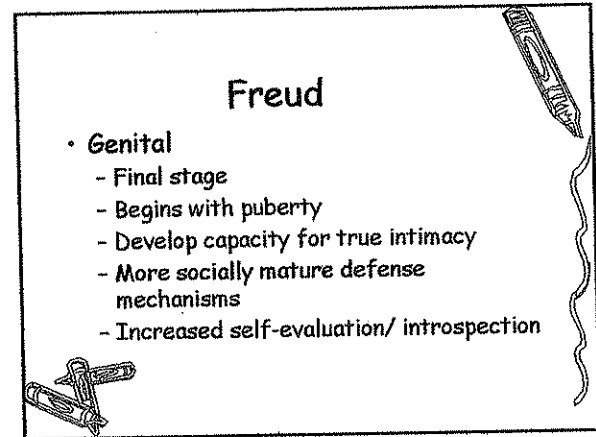
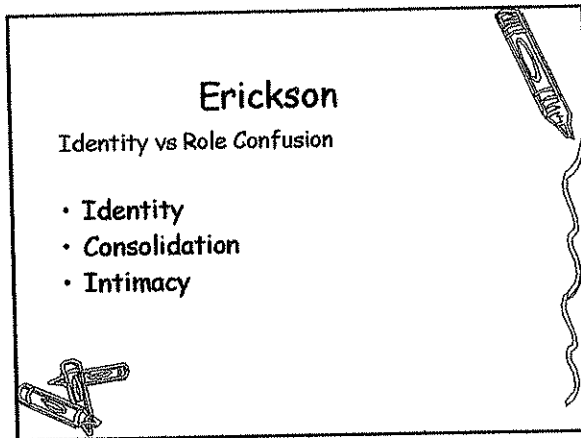


Adolescence
Arden D. Dingle, MD



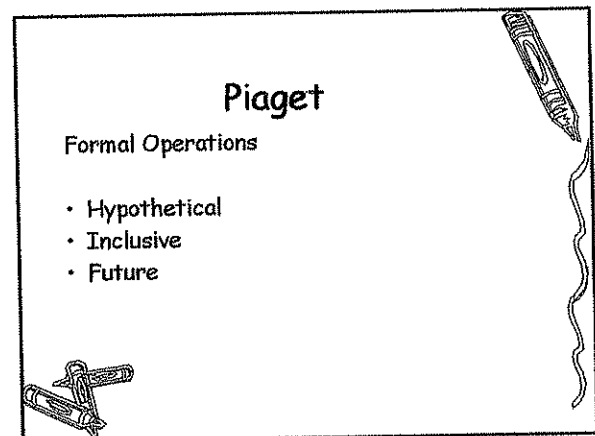
Freud

- Genital
 - Final stage
 - Begins with puberty
 - Develop capacity for true intimacy
 - More socially mature defense mechanisms
 - Increased self-evaluation/ introspection



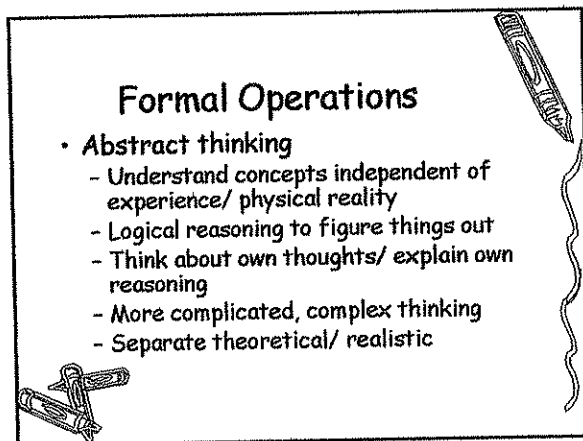
Erickson
Identity vs Role Confusion

- Identity
- Consolidation
- Intimacy



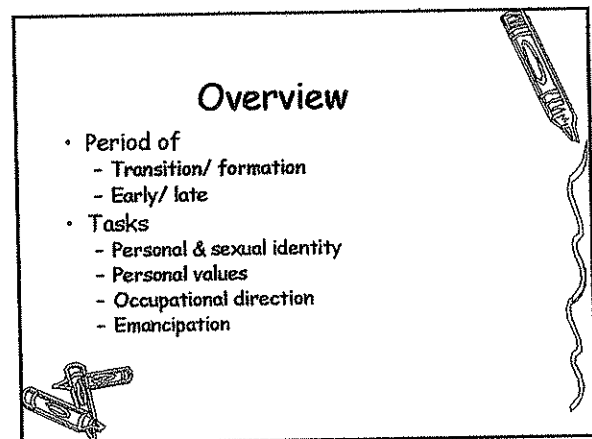
Piaget
Formal Operations

- Hypothetical
- Inclusive
- Future



Formal Operations

- Abstract thinking
 - Understand concepts independent of experience/ physical reality
 - Logical reasoning to figure things out
 - Think about own thoughts/ explain own reasoning
 - More complicated, complex thinking
 - Separate theoretical/ realistic



Overview

- Period of
 - Transition/ formation
 - Early/ late
- Tasks
 - Personal & sexual identity
 - Personal values
 - Occupational direction
 - Emancipation

General

- 8th - 12th grade
- More integrated identity
- Improved cognition & communication
- Increased independence & self-reliance
- Remains interested in adult attention

Physical

- Puberty
 - girls earlier than boys; average 2 years
- Increased concern about appearance
- Eating
- Sleeping
- Brain Development

Emotional

- Better ability to identify, discuss, & deal with emotions of self & others
- More balanced/ integrated views
- Humor
- Appears less interested in adults
- Characteristic fears
 - future; failing; peers; identity

Social

- Broader view of environment
- Most activities with peers
- Very concerned with peers
- Emphasis on fitting in
- Development of romantic/sexual interests & relationships

Cognitive



- Emergence of hypothetical thinking
 - problem solve multiple combinations
 - future planning/ increased creativity
- Sense of continuity
 - past experiences & current motivations
- Greater tolerance of ambiguity
 - construct individual standards & morals

Memory

- Better memory
- More thinking in concepts
- Better organization
- More planning in terms of memory/ retrieval



Executive Functioning

- Articulate various approaches to problem
- Generate ideas for problem solving
- Application of multiple cognitive strategies
- Flexible; use approaches not experienced with
- Self-regulation; monitor performance
- Confidence; Awareness of fit




Language/Communication

- More complex
- Empathy
- Wider perspective





Coping Strategies

- Intellectualization
- Humor
- Anticipation/ planning



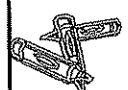

Play

- Remains important activity
- Less fantasy play
- Organized & ritualized initially then mirrors adult activities
- Games & Sports, hobbies/ collecting, social activities



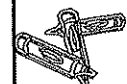

Fantasy

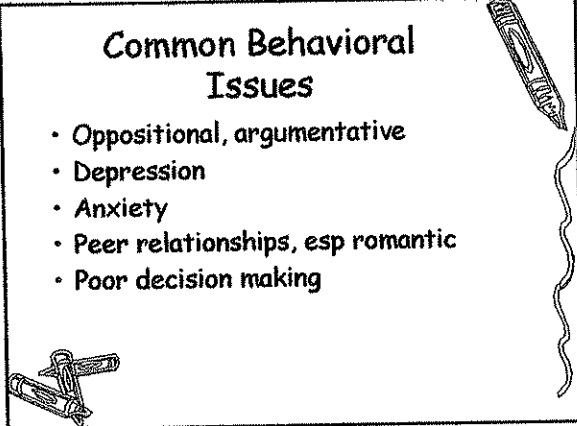
- Internal
- Private
- More realistic and social
- More future oriented
- Same functions as preschool play



Medical Illness

- Better understanding of body/ disease/ treatment; multiple causes; interaction with environment
- Able to be responsible for care
- Significant issues about fitting in, being different
- Potential interference with development - independence, identity, future





Common Behavioral Issues

- Oppositional, argumentative
- Depression
- Anxiety
- Peer relationships, esp romantic
- Poor decision making