



NTAWW QHIA TSEEB

Me Nyuam Me thiab Me Nyuam Hluas Kev Nyuab Siab Puas Tsujaj Major Depression in Children and Adolescents (Hmong)

Daim no yog ib tsab ntawv qhia tseeb txog kev puas hlwb, nyuaj siab nyuaj ntsws thiab puas laj lim plab plaw uas muaj tshwm sim ntawm cov me nyuam me thiab cov me nyuam hluas. Lub chaw Center for Mental Health Services zoo siab ua tsaug rau National Institute of Mental Health, uas yog ib ceg ntawm National Institutes of Health vim nkawd txoj kev pab nyiaj txiag los tsim daim ntawv qhia tseeb no. Muaj lus nug thiab lus txhawb nqa txog daim ntawv qhia tseeb no hais mus rau CMHS National Mental Health Services Knowledge Exchange Network (KEN)-saib chaw nug moo hauv qab.

Nyuab siab puas tsujaj (Depression) yog dab tsi?

Kev nyuab siab puas tsujaj yog ib hom kev nyuaj siab nyuaj ntsws thiab puas laj lim plab plaw uas tshwm sim thaum tseem me thiab thaum yuav nto me nyuam hluas. Hom kev nyuab siab no ua puas rau tus me nyuam hluas tus laj lim plab plaw, txoj kev xav thiab lub cev. Kev nyuab siab puas tsujaj ntawm me nyuam me thiab ntawm cov me nyuam hluas mas tseem ceeb heev; tshaj kev ntshaus (the blues) . Nyuab siab heev yuav ua rau kawm ntawv tsis tau, haus dej haus cawv los yog siv lwm yam tshuaj thiab kuj rov tua tau tus kheej.

Tej tshwm sim qhia tias yog kev nyuab siab puas tsujaj yog dab tsi?

Me nyuam hluas uas muaj kev nyuab siab puas tsujaj heev muaj tsos ua ub no nyuab thiab ua dej num nyuab, tsis haum nrog lwm tus, thiab tsis muaj kev txaus siab rau nws tus kheej. Tej yam tshwm sim qhia tias yog kev nyuab siab puas tsujaj heev yog:

- ☹ ntshaus tas li tsis kaj siab li;
- ☹ tsis muaj kev vam;
- ☹ tsis xav ua tej yam uas ib txwm nyiam ua;
- ☹ cwj pwm kev noj thiab kev pw hloov;
- ☹ tsis mus kawm ntawv los yog kawm tsis tau ntawv zoo;
- ☹ tej mob tsis ploj li txawm coj mus kho; thiab
- ☹ xav txog kev tuag thiab kev tua tus kheej.

Tej cov me nyuam me uas muaj kev nyuab siab tej zaum kuj ua txuj mob, nquag heev, lo rawv leej niam leej txiv thiab tsis kam mus kawm ntawv los yog txhawj tsum nws niam nws txiv tuag. Cov me nyuam hluas uas nyuab siab heev pom ntsoos, tsis xav nrog tsev neeg ua ub no, ua kom raug plaub hauv tsev kawm ntawv, siv dej caw los yog tshuaj, tsis quav ntsej tias nws zoo li cas lawm. Lawv kuj xav qhov phem tas li thiab kuj nquag heev, chim taus los yog ntseeg tias tsis muaj leej twg to taub nws. Me nyuam hluas feem ntau paub lawv tus kheej tias lawv muaj kev nyuab siab ua ntej lawv niam thiab txiv xav tias muaj teeb meem. Tej zaum kuj ib yam rau cov me nyuam me.

Nyuab siab puas tsujaj muaj ntau npaum cas?

Muaj cov kawm pom tias tsis hais lub sij hawm twg li muaj coob npaum li ib leeg ntawm txhua txhua 33 leej me nyuam ntsib kev nyuab siab puas tsujaj heev. Kev nyuab siab ntawm me nyuam heev npaum li kev nyuab siab ntawm cov laus thiab muaj coob npaum li ib tug me nyuam rau yim tus laus.²

Yog tsev neeg ib txwm muaj kev nyuab siab heev, feem ntau yog cov laus muaj kev nyuab siab thaum nws tseem yau, yuav ua rau nws cov me nyuam muaj kev nyuab siab heev.

Thaum ib tus neeg hluas ntsib kev nyuab siab heev, nws muaj feem yuav rov ntsib kev nyuab siab heev heev li ntawd dua ua ntej 5 lub xyoos tom ntej. Tus neeg no kuj muaj feem yuav ntsib kev puas hlwb.

Hauv daim ntawv qhia tseeb no, teeb meem Kev Nyuaj Siab Nyuaj Ntsws ntawm me nyuam me thiab me nyuam hluas muaj hais txog ntau yam kev nyuaj siab nyuaj ntsws, puas laj lim plab plaw, thiab puas hlwb. Cov kev nyuaj siab nyuab ntsws no muaj kev nyuab siab heev, mloog tsis taus luag hais dab tsi/siab luv, ntshai, ua phem rau ub no thiab kev noj kev haus tsis xws li qub. Nyuaj siab nyuaj ntsws muaj tshwm sim rau ib leeg me nyuam ntawm tsib leeg twg tsis hais lub sij hawm twg li.

Kev Nyuaj Siab Nyuaj Ntsws uas lwj sib ntsuav rau me nyuam me thiab me nyuam hluas yog tej yam li cov hais tas saum no thaum uas cov saum no tsim teeb meem lwj siab kom ua tsis taus ub no hauv tsev, hauv tsev kawm ntawv los yog hauv zej hauv zos. Kev nyuaj siab nyuaj ntsws uas lwj siab ntsuav muaj tshwm sim rau ib leeg ntawm 10 leej tus me nyuam hluas tsis hais lub sij hawm twg li.¹

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Muaj kev pab dab tsi rau tus neeg hluas uas ntsib kev nyuab siab puas tsuaj heev?

Muaj tshuaj pab cov laus kom txhob nyuab siab heev tiam sis cov tshuaj no pab tsis tau cov hluas thiab cov me nyuam me. Neeg tshawb fawb kuj txhawj tsam cov tshuaj ua lwm yam mob rau cov hluas thiab cov me nyuam.

Hom tshuaj hu ua fluoxetine (Prozac) kuj tau ua hauj lwm zoo los. Yam tshuaj no tsis tshua muaj teeb meem tshwm sim. Tiam sis yuav tau xyuam xim zoo thaum muab tshuaj pab.

Ntau lub chaw kho mob siv kev pab ua zog siab (psychotherapy) los pab daws txoj kev nyuab siab ntawm cov me nyuam thiab cov hluas. Lub National Institute of Mental Health siv kev soj ntsuam los xyuas seb txoj kev pab ua zog siab psychotherapy rau cov me nyuam thiab cov laus thiab tej pab twg puas ua hauj lwm zoo. Ib hom kev pab ua zog siab psychotherapy hu ua cognitive-behavioral therapy no pab tau me nyuam thiab me nyuam hluas rau txoj kev nyuab siab.

Tus me nyuam me los yog me nyuam hluas uas yuav tsum tau kho los yog tau kev pab thiab nws tsev neeg yuav tau tuav tswv yim npaj rau thaum mob heev tshaj thiab muaj teeb meem tshwm sim heev tshaj. Zoo dua yog lub tswv yim no sib koom tes los ntawm tsev neeg, neeg kho mob, thiab neeg tswj kev pab tsim tswv yim, hu ua case manager. Thaum twg ua tau, tus me nyuam mob yuav tau pab tshwm tswv yim.

Ntau yam kev pab ua ke yog lub tswv yim zoo muab rau ib tsev neeg thiab hu cov kev pab no hu ua "txoj kev saib xyuas (system of care)". Txoj kev saib xyuas no tsim los ua kom tus me nyuam lub neej zoo taus ntawm ntau qhov chaw hauv nws lub neej-hauv tsev, tom tsev kawm ntawv thiab hauv lub zej lub zos.

Hauv Txoj Kev Saib Xyuas (system of care) , koom haum hauv zej zog ua hauj lwm sib koom tes ua pab ua pawg-nrog rau cov tsev neeg-los muab kev pab ntau hom rau me nyuam thiab me nyuam hluas uas muaj teeb meem nyuaj siab nyuaj ntsws. Pab neeg no sib zog ua hauj lwm kom pab tau ib tug me nyuam zus thiab nws tsev neeg los yog cov nyob ze nws vaj tse. Cov kev pab no yuav tsum haum haiv neeg thiab haum tej kev ntseeg ntawm cov neeg lawv pab. (xav paub ntxiv txog txoj kev saib xyuas, hu xov tooj rau 1.800.789. 2647.)

Niam txiv ua tau li cas?

Yog niam txiv los yog lwm tus neeg laus tseem ceeb hauv tus me nyuam lub neej xav tias tsam muaj teeb meem kev nyuab siab puas tsuaj lawv yuav tsum:

- ¥ Sau tseg txog tus me nyuam tus yeeb yam uas ua rau lawv txhawj. Qhia seb nws coj tus yeeb yam ntawd los ntev li cas, tus yeeb yam ntawd tshwm sim ntau npaum cas thiab puas tsuaj npaum li cas.
- ¥ Teem sij hawm mus ntsib kws kho kev nyuaj siab nyuaj ntsws los yog tus me nyuam tus kws kho mob kom soj ntsuam ntxiv.
- ¥ Nrhiav ntaub ntawv tseeb txog tus mob no hauv chaw library, hauv xov tooj los yog lwm qhov chaw.
- ¥ Nug txog kev kho thiab kev pab
- ¥ Nrog lwm tsev neeg hauv koj zej koj zog tham
- ¥ Nrhiav koom haum pab tsev neeg

Nws tseem ceeb heev rau cov neeg uas tsis txaus siab rau txoj kev kho kev nyuaj siab nyuaj ntsws tham txog lawv tej kev txhawj xeeb nrog cov kho mob, nug kom paub ntxiv thiab nrhiav kev pab lwm qhov los.

Lus tseem ceeb txog me nyuam me thiab me nyuam hluas kev nyuaj siab nyuaj ntsws:

- ¥ Txhua tus me nyuam txoj kev nyuaj siab nyuaj ntsws tseem ceeb.
- ¥ Ntau tus me nyuam muaj kev nyuaj siab nyuaj ntsws.
- ¥ Cov teeb meem no muaj tseeb thiab ua mob heev thiab kuj phem heev.
- ¥ Cov kev nyuaj siab nyuaj ntsws no nrhiav tau thiab kho tau.
- ¥ Cov tsev neeg thiab cov zej zog sib hlub ua hauj lwm ua ke yuav pab.
- ¥ Kom paub ntxiv muaj ntaub ntawv-ntaub ntawv dawb, ntaub ntawv ua pov thawj thiab chaw hauv xeev thiab txawv teb chaws uas muaj nyiaj txiag pab thiab muaj koom haum pab-hu xov tooj rau 1.800.789.2647; TTY 301.443.9006; los yog nrhiav hauv www.mentalhealth.org.

¹Prevalence of serious emotional disturbance in children and adolescents. *Mental Health, United States, 1996*. Center for Mental Health Services. Substance Abuse and Mental Health Services Administration, U.S. Department of Health and Human Services, 1996.

²These estimates provide only a rough gauge of the prevalence rates (number of existing cases in a defined time period) for this order. The National Institute of Mental Health is currently engaged in a nationwide study to determine with greater accuracy the prevalence of mental disorders among children and adolescents. This information is needed to increase understanding of mental health problems and to improve treatments and services that help young people who are affected by these conditions.