



WARAAQDA XAQQIQA

Murugada Weeyn ee Caruurta iyo Dhalinyarada

Major Depression in Children and Adolescents (Somali)

Midaan waa mid ka mid ah waraaqaha xaqqiqa ee maskaxda, qiirada, iyo dabecadda fawdada ah ee ku soo bixi karo caruurta iyo dhalinyarada. Xarunta Adeega Caafimaadka Maskaxda wuxuu u mahad naqayaa Macadka Qaranka ee Caafimaadka Maskaxda. Macadka Qaranka ee Caafimaadka, tabarruca diyaarinta waraaqahaan xaqqiqa. Su aal kasta ama faalo kasta ee ku saabsan waxa ku qoran waa in loo jeediyaa CMHS Nidaamka War-Bixinta Adeega Qaranka ee Caafimaadka Maskaxda (KEN) –fiiri akhbaarta hoose.

Waa Maxay Murugadu?

Murugada weeyn waa mid ka mid ah fawdada maskax, qiiradada, iyo dabecadda oo ku dhici karo caruurta waqtiga caruurnimada iyo dhalinyaranimada. Murugada noocaan waxeey khuseysaa dhalinyarada dabecadooda, fikradooda, dareenkooda, iyo jirkooda. Muruga weeyn ee caruurta iyo dhalinyarada waa dhab; qayaali ma aha. Murugo waxeey keeni kartaa inaad skuulka ku fashilmatid, istacmaalka qamriga iyo muqaadiraad kale, xataa isdilid.

Waa Maxay Calaamadaha Murugada?

Dhalinyarada qabta murugada waxeey qabaan dhibaato sida eey ula qabsan lahaayeen shaqooyinka maalin kasta iyo mas uuliyadeeda, waxeey qabaan dhibaato sideey ula dhaqmi lahaayeen dadka kale, iyo kalsoonida oo ku yaraato.

Calaamadaha murugada badi waxaa ka mid ah:

- ¥ tiiraanyo aan baxeeyn;
- ¥ rajo la aan;
- ¥ ahmiyad beelid shaqooyinki caadiga ahaa;
- ¥ habkaada cunidda ama jifka oo is bedelo;
- ¥ iskuulka aad ka baaqatid ama aad ku fashishid;
- ¥ xanuun badan aan ku fiicnaaneeyn xanaanada; iyo
- ¥ ka fikirid dhimasho ama is dilid.

Caruurta yar-yar qaarkood oo qabo jahwareer cudurkaan waxeey iska dhigi karaan ineey xanuunsan yihiin, rajci, ku dhegid waalidkood oo ee diidaan skuulka, ama ka wal-walaan in waalidkood uu dhimanayo. Caruurta ka weeyn ama dhalinyarada qabto murugadaan weey af buuraan, dhibaato ku galaan skuulka, istacmaalaan qamro ama muqaadiraad kale, ama joojiyaan ineey ilaaliyaan aragtidooda. Waxeey diidi karaan wax kasta, sal fudnaan, cabasho badan, dagaal badan, ama dareen in qof walba uuna fahmeeyn. Dhalinyarada qabto murogo weeyn waxeey aqoonsan karaan ineey murugonayaan inta eeyna waalidkood dareemin dhibaataada. Taasi waa u run caruurtaada.

Heerkee Beey Caadi Tahay Murugada?

Baariitankii ugu dambeeyey wuxuu sheegayaa, in waqti kasta, ilaa mid 33dii cunugba inuu murugo qabo. Tirada dhalinyarada murugada qabo waxeey ku dhowdahay midda dadka waaweeyn, oo waxeey gaarsiiisnaa kartaa 8dii qofba mid.²

Hadaad qabtid taariikh reer qabo murugo, qaas ahaan waalid eey murugo ku dhacday da hore, waxeey badineysaa fursadda eey caruurta ama dhalinyarada ku qaadayaan murugada. Marka uu qof yar oo khibrad u leh murugo weeyn, wuxuu halis u yahay in uu qaado murugo kale 5ta sano oo soo socoto. Qofkaan yar wuxuu halis ugu jiraa dhibaatooyin kale ee maskaxda.

Waraaqdaan ee xaqqiqa, Dhibaatooyinka Caafimaadka Maskaxda ee caruurta iyo dhalinyarada waxeey ka hadleesaa aqoonsashada noocyada qiirada, dabecadda, iyo fawdada maskaxda. Waxaa ka mid ah niyad jab, digtoonii la aanta / fawdada firfircoonida, iyo fawdada cunitaanka, iyo kuwwa kale. Nidaam-darrada caafimaadaka maskaxda waxeey taabataa dhalinyarada shantiiba mid waqti kasta.

Arbushaada Qiirada dhabta ah ee caruurta iyo dhalinyarada waxeey ka hadleesaa fawdada kore marka eey si xun u carqaladeeyaan shaqooyinkooda guriga maalin kasta, skuulka, ama jaaliyadda. Arbushaada qiirada dhabta ah waxeey taabataa dhalinyarada 10 kiiba mid waqti kasta.¹

U.S. Department of Health and Human Services

Substance Abuse and Mental Health Services Administration . Center for Mental Health Services
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CARING FOR EVERY CHILD'S MENTAL HEALTH. Communities Together Campaign. For more information contact :
CMHS National Mental Health Services Knowledge Exchange Network. P.O. Box 42490. Washington, DC 20015
Toll-free 1.800.789.2647. TTY 301.443.9006. www.mentalhealth.org. CMHS Electronic Bulletin Board 1.800.790.2647.

Waa Maxay Caawinaada uu Heli Karo Qof Yar oo Murugo qabo?

Ayadoo noocyo kala duwan ee daawooyinka ka hortago murugada eey wax u tarayaan xanaanada dadka waaweeyn, daawooyinkaas waxa laga yaabaa iney waxba u tarin xanaaneeynta caruurta iyo dhalinyarada. Baaritaano kale ayaa loo baahan yahay in la ogaado hadii daawooyinka ka hortagayo murugada eey wax tarayaan caawinaada dadka yar-yar. Baarayaashaan waxeey ka walsan yihiin dhibaataada dambe ee ka imaan karo daawooyinka.

Dhawaanahaan guulo qaarkood ayaa laga gaaray daawo la dhaho fluoxetine (Prozac). Daawada fluoxetine waxeey u egtahay in eey dhibaato badan leheeyn sida dawooyiinka kale ee ka hortago murugada.

Macadka Qaranka ee Caafimaadka Maskaxda wuxuu ahmiyad siiyay ficilka daawooyinka ee shaqsiyeed, daawooyinka maskaxda reerka, iyo koox ahaan. Nooc khaas ah ee daawooyinka maskaxda, xanaaneeynta habka dabeecadda, waxeey khaas ahaan caawintaa caruurta iyo dhalinyarada qabo murugada.

Ilmaha ama dhalinyarada u baahan xanaaneeyn ama shaqooyin asaga iyo reerkiisa waxeey u baahan yihiin qorshe ku dhisan dhibaataada muddada calaamadaha. Caadi ahaan, qorshahaan waxaa lala sameeyaa reerka, bixiyaha shaqooyinka, iyo isku duwaha shaqooyinka, oo loo yaqaano maamulaha qaddiyadda. Markasta eey suurrowdo, cunuga ama dhalinyarada waxeey ka qeeyb galayaan go aanka.

Isku darka tageerada kala duwan iyo shaqooyinkaas ee qorshaha xanaaneeynta ee cunug khaas ah iyo reeriisa waxaa la dhahaa "nidaam xanaaneeyn". Nidaamka xanaaneeynta waxaa loo sawiray in uu hormariyo cunuga awoodiisa shaqada ee dhinac kasta ee nololaha -- guriga, skuulka, iyo jaaliyadda.

Marka Nidaam Xanaaneeyn, ururada gudaha waxeey ula shaqeeyaan koox ahaan reeraha iyo shariigada in eey u qabtaan shaqooyin kala duwan caruurta iyo dhalinyarada qaba qiirad dhab ah. Kooxaha waxeey isku dayayaan iney wax ka qabtaan baahida qaaska ah ee cunuga yar iyo reerkiisa uguna qabtaan gurigiisa ama meel ku dhaw. Shaqooyinka waa iney ilaaliyaan ixtiraamka dhaqanka iyo jinsiyadda dadka eey wax u qabanaayaan. (Hadaad u baahan tahay akhbaar badan ee nidaamka xanaanada, wac 1-800-789-2647.)

Maxeey Waalidku Sameeyn Karaan?

Hadii waalidka ama qof weeyn ee ka mid ah cunuga ama noloshiisa uu dareemo dhibaato murugada, waa ineeey:

- ¥ Si taxadarsan u qoraan dabeecadiisa wal-walka eey ka qabaan. La qoro inta inta eey dabeecadaan socotay, marka eey dhacdo, iyo sida xun eey u arkaan.
- ¥ Ballan u dhigtaan shaqaale caafimaadka maskaxda ama cunuga takhtarkiisa si loo qiimeeyo oo loo aqoonsado.
- ¥ Ka raadsadaan akhbaar sax ah maktabka buugaga, teleefonada caawinaada deg-degga, ama kheeyraad kale.
- ¥ Weeydiyaan su aalo ku saabsan xanaaneeynta iyo shaqooyinka.
- ¥ La hadalaan reeraha kale ee jaaliyadda.
- ¥ Soo helaan ururada isku xira reeraha.

Waa muhiim dadka aan ku qanacsaneeyn xanaanada caafimaadka maskaxda eey helayaan in eey kala hadlaan wal-walkooda bixiyaha, weeydiyaan akhbaarta oo ka raadsadaan caawinaad kheeyraad kale.

Akhbaaro Muhiim Ah ee Caafimaadka Maskaxda Caruurta iyo Dhalinyarada:

- ¥ Cunug kasta caafimaadka maskaxdiisa waa muhiim.
- ¥ Caruur badan ayaa qabo dhibaatooyin caafimaadka maskaxda.
- ¥ Dhibaatooyinkaas waa dhab waana xanuun badan yihiin weeyna ka sii dari karaan.
- ¥ Dhibaatooyinka caafimaadka maskaxda waa la garan karaa oo la xanaaneeyn karaa.
- ¥ Isla shaqeeynta waalidka iyo jaaliyadda weey caawini kartaa.
- ¥ Akhbaarta waa la heli karaa faafin bilaasha ah, tixraac, iyo ogeysiis kheeyraadka gudaha iyo qaranka iyo ururada wac 1-800-789-2647; TTY 301-443-9006; ama 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.