



ORIGINAL ARTICLE

Prevalence of neurodevelopmental, behavioural and learning disorders in paediatric primary care^{☆,☆☆}



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KEYWORDS

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Developmental disabilities;
Behaviour disorders/problems

Abstract

Objectives: To determine the prevalence of psychiatric disorders in primary care paediatrics in Atlantic Galicia.

Methods: An observational, descriptive, cross-sectional prevalence study was carried out in 9 outpatient clinics in A Coruña and Pontevedra with a population of 8,293 children between September and November 2015. A total of 1,286 randomly selected patients from 0 to 14 years of age were included. From the medical history was registered: age, sex, psychiatric diagnosis established by DSM-IV-TR criteria in its five axes, professionals who participated in the diagnosis and treatment of the process and what type of treatment was received. Authorisation was obtained from the Research Ethics Committee of Galicia number 2015/427.

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^{☆☆} Previous presentations: this study was presented as an oral communication at the 67th Congress of the Sociedad Galega de Pediatría, November 12, 2016, Santiago de Compostela, Spain. It was also presented as an oral communication at the 65th Congress of the Asociación Española de Pediatría, June 1–3, 2017, Santiago de Compostela, Spain, and awarded the prize to the best oral communication of the AEPap.

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PALABRAS CLAVE

Atención Primaria;
Salud mental;
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Infancia;
Adolescencia;
Trastornos del
desarrollo;
Trastornos de
conducta

Results: 148 of 1,286 patients presented psychiatric pathology (11.5% IC 95% 9.73–13.29), 68% male. Between 0 and 5 years, the prevalence was 4.5%; between 6 y and 10 y, 18.5% and between 11 y and 14 y, 22%. Symptoms lasted a median of 25 months. The most frequent pathologies in 1286 patients were ADHD (5.36%), language disorders (3.42%), learning disorders (3.26%), anxiety-depressive disorders (2.4%) and behaviour disorders (1.87%). Of the 148 cases, 47% had comorbidity with another mental disorder. Most of them required attention by multiple social, health and educational professionals; 33% received psychopharmacological treatment.

Conclusions: The prevalence of psychiatric disorders in paediatric primary care is frequent, chronic and complex, increases with age and requires many health, educational and social resources.

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Prevalencia de trastornos del neurodesarrollo, comportamiento y aprendizaje en Atención Primaria

Resumen

Objetivos: Conocer la prevalencia de patología psiquiátrica en atención primaria en la Galicia atlántica.

Métodos: Se realizó un estudio observacional, descriptivo, transversal de prevalencia, en 9 consultas de A Coruña y Pontevedra, con una población de 8.293 niños, entre septiembre y noviembre del 2015. Se incluyó a 1.286 pacientes entre 0 y 14 años que acudieron a las consultas en unos días aleatoriamente seleccionados. Se registraron los siguientes datos de la historia clínica: edad, sexo, diagnóstico psiquiátrico establecido por criterios DSM-IV-TR en sus 5 ejes. Se determinó qué profesionales intervinieron en el diagnóstico y tratamiento del proceso y qué tipo de tratamiento recibían. Se obtuvo la autorización del Comité de Ética de Investigación de Galicia número 2015/427.

Resultados: Ciento cuarenta y ocho de los 1.286 pacientes presentaban patología psiquiátrica (11,5%, IC del 95%, 9,73-13,29), 68% varones. Entre los 0 y 5 años la prevalencia fue del 4,5%; entre los 6 y 10 del 18,5% y entre los 11 y 14, del 22%. El tiempo de duración de los síntomas tenía una mediana de 25 meses. Las patologías más frecuentes en los 1.286 pacientes fueron TDAH (5,36%), trastornos del lenguaje (3,42%), trastornos del aprendizaje (3,26%) trastornos ansioso-depresivos (2,4%) y trastornos de la conducta (1,87%). De los 148 casos, el 47% presentaba comorbilidad con otro trastorno mental; la mayoría precisó atención por múltiples profesionales del ámbito social, sanitario y educativo; un 33% recibía tratamiento psicofarmacológico.

Conclusiones: La prevalencia de patología psiquiátrica en pediatría de atención primaria es frecuente, crónica y compleja, aumenta con la edad y precisa muchos recursos sanitarios, educativos y sociales.

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Objectives

It is estimated that 20% of children worldwide have mental disorders, and that these constitute the main cause of disability in young people.¹⁻⁴

Most mental disorders in adults have onset during childhood or adolescence.⁵ There is evidence that early detection of these disorders allows early intervention, which could lead to better outcomes.⁶⁻⁸ For this reason, in 2009 the American Academic of Pediatrics published guidelines that recommended that clinicians working in primary care (PC) and other professionals involved in child health monitor the development of children during routine checkups and perform age-appropriate screening tests.⁹

The most recent data on the prevalence of mental disorders in child and adolescent psychiatric disorders (CAPDs) come from large survey-based studies that use questionnaires based on DSM-IV criteria to collect data from school-aged children and their families. For instance, a study conducted in 2015 in Australia in children aged 4–17 years found an overall prevalence of 13.9% (16.3% in male and 11.5% in female participants), with attention-deficit hyperactivity disorder (ADHD) being the most common disorder (prevalence, 7.4%), followed by anxiety disorders (6.9%), depressive disorders (2.8%) and conduct disorder (2.1%), and psychiatric comorbidities in 30% of affected children.¹⁰

Some of the large meta-analyses in the literature have calculated a prevalence of 12% applying DSM criteria and

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