

THE MOST COMMON DISEASES AMONG TEEN AND YOUTH

Depression

Depression is a serious illness which manifests itself in sadness, loss of interest and pleasure, feelings of guilt, low self-esteem, sleep and appetite disorders and feeling of fatigue.



Phobias

A phobia is a disorder that is characterised by persistent fear of certain situations, phenomena or objects, linked to the avoidance of the causes that cause it and make it difficult to function in society.



Eating disorders

Eating disorders such as anorexia (fear of gaining weight) or bulimia (compulsive eating and then returning the meal).



Anxiety disorder

A mental disorder that can take various forms, e.g. obsessive-compulsive disorder or anxiety neurosis, manifesting itself as a continuous feeling of unjustified fear.

