# Article information:

Insomnia disorder in adolescence: Diagnosis, impact, and treatment - PubMed
<https://nvnvhttps-pubmed-ncbi-nlm-nih--gov--p.vpn.bzmc.edu.cn/28974427/>

# Article summary:

1. Insomnia disorder is very common in adolescents, particularly in older adolescents and girls.

2. Insomnia disorder is associated with depression and other psychiatric disorders, and is an independent risk factor for suicidality and substance use in adolescents.

3. Cognitive behavioral treatments have proven efficacy for adolescent insomnia, and online methods offer promising cost-effective options.

# Article rating:

May be slightly imbalanced: The article presents the information in a generally reliable way, but there are minor points of consideration that could be explored further or claims that are not fully backed by appropriate evidence. Some perspectives may also be omitted, and you are encouraged to use the research topics section to explore the topic further.

# Article analysis:

The article provides a comprehensive overview of the diagnosis, impact, and treatment of insomnia disorder in adolescence. The authors provide evidence to support their claims that insomnia disorder is prevalent among adolescents, particularly older adolescents and girls, as well as its association with depression and other psychiatric disorders. They also discuss the potential benefits of cognitive behavioral treatments for adolescent insomnia, as well as the potential of online methods to provide cost-effective solutions.

The article appears to be reliable overall; however, there are some potential biases that should be noted. For example, the authors do not explore any counterarguments or alternative perspectives on the issue of adolescent insomnia disorder or its treatment. Additionally, they do not discuss any possible risks associated with cognitive behavioral treatments or online methods for treating adolescent insomnia disorder. Furthermore, while the authors cite several studies to support their claims about the prevalence of adolescent insomnia disorder and its associated risks, they do not provide any evidence to support their claims about the efficacy of cognitive behavioral treatments or online methods for treating it. Finally, while the authors note that more research is needed to better understand why female preponderance for insomnia emerges after puberty, they do not provide any further discussion on this topic or suggest any possible explanations for it.

# Topics for further research:

* Adolescent insomnia disorder risk factors
* Cognitive behavioral treatments for adolescent insomnia
* Online methods for treating adolescent insomnia
* Risks associated with cognitive behavioral treatments
* Female preponderance for adolescent insomnia
* Explanations for female preponderance for adolescent insomnia

# Report location:

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