# Article information:

Frequency and types of emotional dysregulation in referrals to child and adolescent mental health services - Ellehauge - 2023 - Acta Psychiatrica Scandinavica - Wiley Online Library  
<https://onlinelibrary.wiley.com/doi/full/10.1111/acps.13544>

# Article summary:

1. Emotional dysregulation (ED) is a common issue among children and adolescents referred to mental health services, with 62.3% of referrals showing signs of ED.

2. ED was more frequently identified as the primary issue in rejected referrals compared to accepted referrals, suggesting a potential unmet need for managing these behaviors in primary and secondary mental health services.

3. Different types of ED were associated with specific psychiatric diagnoses, indicating that identifying and addressing ED may help in early identification of risk for psychopathology.

# Article rating:

Appears moderately imbalanced: The article provides some useful information, but is missing several important points or pieces of evidence that would be required to present the discussed topics in a balanced and reliable way. You are encouraged to seek a more balanced perspective on the presented issues by exploring the provided research topics and looking at different information sources.

# Article analysis:

The article titled "Frequency and types of emotional dysregulation in referrals to child and adolescent mental health services" provides an overview of the frequency and types of emotional dysregulation (ED) among children and adolescents referred to a mental health center in Copenhagen, Denmark. While the study addresses an important topic, there are several potential biases and limitations that need to be considered.

One potential bias is the retrospective nature of the study. The authors relied on a chart review of referrals, which may not have captured all relevant information or accurately reflect the presence and severity of ED. The data collected for clinical purposes may not have been comprehensive or consistent across cases, leading to potential inaccuracies in the assessment of ED.

Additionally, the study only examined referrals accepted by one department of the Child and Adolescent Mental Health Center (CAMHC). This raises concerns about the generalizability of the findings to other populations or settings. It is unclear whether referrals to this department are representative of all referrals in Denmark or other countries.

The article also lacks a discussion of potential confounding factors that could influence the presence and types of ED observed. Factors such as socioeconomic status, family dynamics, trauma history, and comorbid psychiatric conditions could all impact emotional regulation difficulties but are not explored in this study. Without considering these factors, it is difficult to draw definitive conclusions about the relationship between ED and subsequent diagnoses.

Furthermore, while the study highlights associations between sex and age with different types of ED, it does not provide a comprehensive analysis of these relationships. The article mentions that boys were more often described with externalizing behavior while girls were more often described with depressed mood and self-harm. However, it does not explore potential reasons for these differences or consider other factors that may contribute to variations in ED presentation among different demographic groups.

The article also makes claims about ED being a transdiagnostic factor independent of specific psychiatric disorders without providing sufficient evidence to support this assertion. While the study found a high frequency of ED among referrals, it does not establish a causal relationship between ED and subsequent diagnoses. The authors suggest that an ED-centered approach to assessment and treatment could be more effective, but this claim is not adequately supported by the data presented.

Overall, while the article provides some valuable insights into the frequency and types of ED among children and adolescents referred to mental health services, it has several limitations and potential biases that need to be considered. Further research is needed to better understand the relationship between ED and psychiatric disorders, as well as the factors that contribute to variations in ED presentation among different populations.

# Topics for further research:

* Factors influencing emotional dysregulation in children and adolescents
* Relationship between emotional dysregulation and socioeconomic status
* Impact of family dynamics on emotional regulation difficulties
* Role of trauma history in the development of emotional dysregulation
* Comorbidity of psychiatric conditions and emotional dysregulation
* Gender differences in emotional dysregulation presentation among children and adolescents

# Report location:

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