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Eco-behavior Analysis of Child and Adolescents Mental Health Problems

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ABSTRACT This paper uses the framework of Bronfenbrenner's bio-ecological systems theory to conceptualize mental health problems and issues in children and adolescents. It draws five representative case vignettes from the routine clinical practice, records of interviews with key informants, direct and participant observation available with the author-clinician. Five layers of the analysis are covered with illustrative themes from their content analysis. This paper argues against symptom-based disease classification, and biology-based brain-disease models. Instead, it recommends person-in-environment framework as a needed paradigm for routine use in understanding, diagnosis, and remediation of contemporary child and adolescent mental health problems.