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Third of teens cite stress from studies

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Almost a third of teenagers seeking help from the Child and Adolescent Mental Health Rajanagarindra Institute were found to suffer from problems caused by the demands of study.

Thipawan Buranasin, a child and adolescent psychiatrist at the institute, said 15-30% of the teenagers attend the Smart Teen Clinic because of study-related issues.

Dr Thipawan did not say how many teenagers attend the institute.

About 5% lack concentration and learning skills they need, Dr Thipawan said.

She also urged parents to give their children moral support and help them cope with stress.

Dr Thipawan said 15-20% of the teens also suffer from depression and this number increases by 3% every year.

Parents can help their children by spending more time with them, offering encouragement and showing teens that there is a way out, Dr Thipawan said.

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