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Jianing You is an Associate Professor at Center for Studies of Psychological Application and School of Psychology, South China Normal University. She received her Ph.D. from Department of Psychology, The Chinese University of Hong Kong. Her research interests lie in adolescent non-suicidal self-injury, emotional disorders, and personality disorders. She has published several articles in international peer-reviewed journals. Apart from doing research, Dr. You is also enthusiastic about serving the community. She has delivered many lectures and held numerous workshops for adolescents, teachers, and parents in order to promote adolescents’ psychological well-being.
- Adolescent Non-suicidal Self-injury
- Emotional Disorders
- Personality Disorders


Emotional/Behavioral disorder (EBD)
Emotional Disturbance?

- The IDEA defined emotional disturbance as:

  “a condition exhibiting one or more of the following characteristics over a long period of time and to a marked degree”
✓ An inability to learn which cannot be explained by intellectual, sensory, or health factors

✓ An inability to build or maintain satisfactory interpersonal relationships with peers and teachers

✓ Inappropriate types of behavior or feelings under normal circumstances

✓ A general pervasive mood of unhappiness or depression

✓ A tendency to develop physical symptoms or fears associated with personal or school problems
Causes?

- **Biological Factors:**
  - Abnormal brain development or brain injury
  - Genetics
  - Person’s behavioral style or way of responding to situations

- **Environmental Factors:**
  - Relationship with parents during early years
  - School
  - Gang membership, drug and alcohol use, deviant behavior
Characteristics

Externalizing:
- Uncontrolled, acting out style
- Behaviors described as aggressive, arguing, impulsive, coercive, and noncompliant
- Hyperactivity

Internalizing:
- Overcontrolled, inhibited style
- Behaviors described as withdrawn, lonely, depressed, and anxious
Other:

- Attention deficit
- Poor social skills
- Skill deficit
- Performance deficit
- Academic deficit
- Learning problems
- Distorted thinking
- Immaturity
Statistics as per IDEA
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