

- Ideologic conflicts

A brief psychological screening is necessary during a routine health visit. Screening for depression or suicidal risk should be done with adolescents who note declining school grades, chronic melancholy, family dysfunction, alcohol or other drug use, gay, lesbian, or bisexual orientation, a history of abuse, or previous suicide attempts. Immediate referral for an acute intervention with a psychiatrist or other mental health professional is indicated for any suicidal patient.

## **School and Learning Problems**

In 2011, 7% of American youth between the ages of 16 and 24 years old dropped out before completing high school ([Davis and Bauman, 2013](#)). Among in-school adolescents, a low grade point average has been associated with higher levels of emotional distress; cigarette, alcohol, and marijuana use; and earlier onset of sexual activity. School problems and dropping out of school can be markers for difficulties, such as learning disabilities, language barriers, family problems, lack of supportive relationships at school, and employment needs. In contemporary American society, education is critical to economic self-sufficiency. Adolescents who drop out of high school can expect to earn approximately \$400,000 less over a lifetime than those who graduate ([Center for Labor Market Studies, 2011](#)).

Questions about recent grades, school absences, suspensions, and any history of repeating a grade in school can be used to screen for school-related problems. Specific management plans for youth who note school problems should be coordinated with school personnel and with the adolescent's parents or caregivers if possible.

## **Hypertension**

As adolescents experience sexual maturation, along with increases in height and weight, blood pressure increases from the onset of adolescence and continues to rise until the end of pubertal growth. This trend is especially apparent among males. Approximately 1% of adolescents have sustained hypertension, which is defined as a blood pressure greater than the 95th percentile of standards. The