

The D-TECKT checklist: Searching for Clues

Emotional Health Committee, Maryland Chapter American Academy of Pediatrics

Is the problem intrinsic to the child or adolescent?

Does the problem appear to stem from biomedical or neurodevelopmental issues?

- Congenital syndromes or problems/ fetal alcohol syndrome
- Perinatal complications
- CNS insult, tumors, seizures
- Endocrine disorder
- Chronic illness
- Side effects of medical treatment
- Obstructive sleep apnea/ sleep problems
- Lead poisoning or other environmental toxins
- Vision problems
- Auditory problems
- Neurodevelopmental concerns or delays (mental retardation, cerebral palsy, pervasive developmental disorder, autism)
- ADHD, attention problems
- Executive function problems
- Learning disabilities and problems
- Diet/ caffeine
- Allergies
- Other _____

Notes _____

Does the problem involve challenges relating to a normal stage of development?

- Attachment-separation issues in a young child
- Autonomy: defiant behavior, tantrums in toddler, resistance to eating, sleeping, toilet training
- Magical thinking, fear of injury: nightmares and phobias in preschoolers
- Self-esteem issues (peers, school, sports) in school-age child
- Identity and independence issues in adolescent
- Other _____

Notes _____

Does the problem involve temperament traits of the child?

- Negative initial reactions to new situations
- Trouble with transitions
- Over-reaction to sensory stimulation (sounds, smells, textures, clothing, crowds, foods)
- Intense personality / Over-reaction to situations
- Rigid
- Moody
- Easily distracted
- Overactive
- Other _____

Notes _____

Is the problem related to psychopathology in the child or adolescent?

Depression

- Sad
- Withdrawn
- Irritable
- Sleep disturbances
- Appetite or eating disturbances
- Poor school performance
- Suicidal ideation

Anxiety

- Nervous or tense, worried, easily upset
- Preoccupied with recurrent thoughts or rituals
- Phobias/ fears
- Separation anxiety
- Recurrent somatic complaints
- Sleep disturbances

Oppositional behavior

- Openly defiant toward adults in authority
- Problems with aggression

Signs of substance abuse

- Erratic behavior
- Changes in clothing style or music preferences
- Changes in peers
- Declining school performance
- Other _____

Notes _____

Is the problem extrinsic to the child or adolescent?

Does the child's behavior appear to be related to situational factors (recent changes in the child's environment)?

- Birth of a new sibling
- Parental separation or divorce
- Change in parental job status
- Family illness or death
- Recent move
- Change in day-care or school setting
- Abuse/ bullying
- Teacher mismatch

- Other _____

Notes _____

Does the child's behavior seem to be associated with ineffective discipline by the parents?

- Difficulty setting limits
- Difficulty remaining consistent
- Overindulgence
- Over controlling or punitive style of discipline
- Passivity
- Disorganization
- Complaints that child never listens
- Escalating attempts at punishment
- Lack of knowledge and skills of effective discipline techniques
- Marital discord making effective discipline difficult
- Other _____

Notes _____

Is the child's behavior related to parent-child communication problems?

- Parental complaints of frequent verbal conflicts with child
- Parents and child overly critical of each other
- Limited positive time together
- Parent or child appears angry or disengaged
- Same conflicts occur repeatedly
- Family has difficulty engaging in constructive problem solving
- Other _____

Notes _____

Is the child's behavior related to problems in family dynamics?

- Major conflicts between parents _____
- One parent overly involved in child's problem _____
- One parent more peripherally involved in child's problem _____
- Frequent conflicts between parents and siblings _____
- Frequent conflicts between siblings _____
- Extended family involved (grandparents) _____
- "Second Family"/ Child looking outside of family (to peers or media) to get needs met _____
- Other _____

Notes _____

Is the child's behavior related to parental psychopathology?

Depression

- Postpartum
- Sadness
- Feelings of hopelessness
- Isolation
- Sleep or appetite changes

Anxiety

- Nervous or tense, worried, easily upset
- Excessive fears of harm to child
- Preoccupation with recurrent thoughts or fears
- Recurrent somatic complaints
- Sleep disturbances

- Substance abuse _____
- Domestic violence _____
- Child abuse _____
- Other _____

Notes _____
