

Mental Health and 22q11.2 Deletion Syndrome

- **Mental health** includes our emotional, psychological, and social **well-being**. How we **think, feel, act, handle stress, relate to others**, and **make decisions** would be under this mental health umbrella.
- Mental health conditions (or illnesses) are common in the general population. **Individuals with 22q11.2 deletion syndrome (22q11.2DS) are at a higher risk of some conditions**. Other factors may also increase the risk of having a mental health condition.
- **Most mental health conditions are treatable. Early detection and treatment yield the best possible outcomes.**
- Healthcare providers who typically **provide care** include psychologists, counsellors, family doctors, psychiatrists, and others.
- Individuals with 22q11.2DS who are evaluated at a **22q Clinical Center of Excellence** ([USA](#) or [International](#)) will be more likely to have providers experienced in identifying conditions that are related to the 22q11.2 deletion.
- This Mental Health Series will provide background information about specific conditions and some tips on possible management. Each person is different – **Please consult your healthcare provider about the best approach to assessment and management for you or your loved one with 22q11.2DS.**

Mental Health Conditions Associated with 22q11.2 Deletion Syndrome (22q11.2DS)

Children and Adolescents

Common conditions:

- Attention deficit hyperactive disorder (ADHD), usually the inattentive type
- Autism spectrum disorder
- Anxiety disorders

Adults

Common conditions:

- Anxiety disorders
- Mood disorders, e.g., depression
- Psychotic disorders including schizophrenia

References / Resources

- [Updated clinical practice recommendations for managing children with 22q11.2 deletion syndrome](#) – 2023
- [Updated clinical practice recommendations for managing adults with 22q11.2 deletion syndrome](#) – 2023
- [Cognitive Development And Mental Health](#) – 14 videos from 22q11 Europe - 2022
- [About Mental Health](#) – Center for Disease Control and Prevention, Atlanta, GA, USA
- [Mental Illness](#) – Mayo Clinic, AZ, USA
- [Mental Health 101](#) – Centre for Addiction and Mental Health (CAMH), Toronto, ON, Canada
- [Mental Health](#) – National Health Service, London, UK
- [A Short Guide to... Series](#) (Multiple languages) – Mental Health Europe, Brussels, Belgium
- [About Mental Health](#) – Department of Health and Aged Care, Australian Government, Canberra, ACT, Australia



The mission of the [International 22q11.2 Foundation](#) is to improve the quality of life for individuals affected by chromosome 22q11.2 differences through family and professional partnerships. This information is brought to you by the Foundation for educational purposes only. It is not intended to be taken as medical advice. If you have concerns, please talk to your healthcare provider.