

Abstract

The present study was a cross-section study, which aims to investigate the actual clinical and diagnostic profile of a child and adolescent psychiatric outpatient clinic in Hong Kong. 855 consecutive new cases were referred to the child and adolescent psychiatric outpatient clinic that is attached to Alice Ho Miu Ling Nethersole Hospital (AHNH) within a 12-month period. All of them were included as subjects and their case report was reviewed. Of the 855 new cases included in the present study, the most frequently occurring disorders were Autism Spectrum Disorder (ASD) (39.6%), followed by Attention Deficit/Hyperactivity Disorder (ADHD) (31.7%), communication and learning related disorder (4.1%), Anxiety (2.2%), and Depression (2.1%). Significant gender and age difference were observed, which is consisted with other epidemiological studies. However, there may be an over-representation of ASD and ADHD patients and under-representation of patients with anxiety and depressive disorder in the present clinic population. The findings reported here suggested that there is a gap between the general population and clinic population, therefore various mental health policies are needed to improve the health care services in Hong Kong.