

## Stages of Psychosocial Development in Adolescence and Young Adulthood<sup>1</sup>

Stage of Development	Highlights of each stage	Consequences of developmental delay & potential additional challenges for those with serious mental health conditions
<b>Cognitive Development</b>	<ul style="list-style-type: none"> <li>• Increased capacities for                             <ul style="list-style-type: none"> <li>• Thinking abstractly</li> <li>• Thinking hypothetically (if X, then Y)</li> <li>• Having insight or self-awareness</li> <li>• Simultaneous consideration of multiple ideas</li> <li>• Future planning</li> <li>• Calibrating risks and rewards</li> <li>• Regulating undue peer influence on judgment</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Delays can impede abilities to:                             <ul style="list-style-type: none"> <li>○ develop &amp; execute plans</li> <li>○ weigh pros and cons of actions</li> <li>○ make changes based on self-awareness</li> <li>○ regulate peer influence on judgment</li> </ul> </li> <li>• Additional challenges; High rates of co-occurring learning disabilities and developmental disorders, which challenge cognitive development &amp; learning</li> </ul>
<b>Social Development</b>	<ul style="list-style-type: none"> <li>• Friendships become more complex, involving mutuality, intimacy and loyalty</li> <li>• Increased perspective taking</li> <li>• Influence of peer relationships peak, then decline into adulthood</li> <li>• Social context shifts from lots of daily contact with many classmates to smaller social networks and work social settings</li> </ul>	<ul style="list-style-type: none"> <li>• Delays can impede abilities to:                             <ul style="list-style-type: none"> <li>○ Participate in the increasingly complex peer relationships</li> <li>○ Put themselves in others' shoes</li> <li>○ Think hypothetically about social actions (i.e. plan and anticipate consequences)</li> <li>○ Negotiate the nuances of workplace social rules</li> </ul> </li> <li>• Combination of social immaturity and symptoms can inhibit quality and quantity of relationships across settings (e.g. school, work, family)</li> <li>• Social repercussions can produce emotional pain</li> </ul>
<b>Moral Development</b>	<ul style="list-style-type: none"> <li>• Increased ownership of own set of rights &amp; wrongs</li> <li>• More able to understand “mitigating circumstances” of moral rules</li> <li>• More empathic responses/use of Golden Rule</li> <li>• Ability to see and act on rationale for sacrifice for the greater good</li> </ul>	<ul style="list-style-type: none"> <li>• Delays in understanding and acting on the nuances of peers' social rules and society's moral standards may contribute to:                             <ul style="list-style-type: none"> <li>○ Compromised success in school or work</li> <li>○ Increased criminal behavior</li> <li>○ Reduced quality and quantity of friendships</li> </ul> </li> </ul>
<b>Social-Sexual Development</b>	<ul style="list-style-type: none"> <li>• Provides new forms of emotional intimacy</li> <li>• Skills to negotiate sexual relationships typically on par with social development</li> <li>• Sexual behavior can impact roles in peer groups</li> <li>• Sexual orientation and gender identity resolves</li> </ul>	<ul style="list-style-type: none"> <li>• Delays can impede abilities to:                             <ul style="list-style-type: none"> <li>○ Have healthy sexual relationships</li> <li>○ Practice safe sex</li> </ul> </li> <li>• Sexual abuse histories can additionally impede abilities to form healthy sexual relationships</li> <li>• Individuals who have alternative gender identities or sexual orientation are at greater risk of physical abuse, homelessness, and suicide</li> </ul>
<b>Identity Formation</b>	<ul style="list-style-type: none"> <li>• Seeking answers the question... Who am I?</li> <li>• Is a prerequisite for feeling unique while feeling connected to others</li> <li>• Produces boundary pushing</li> <li>• Some experimentation needed to try out aspects of identify</li> <li>• Rejection of authority facilitates ownership of identity choices</li> </ul>	<ul style="list-style-type: none"> <li>• Delays can contribute to:                             <ul style="list-style-type: none"> <li>○ Prolonged experimentation and rejection of authority beyond typical ages</li> <li>○ Difficulty making role choices; occupation, friend, spouse</li> <li>○ Undue influence of others on self evaluation (not sufficiently distinct from others)</li> </ul> </li> <li>• Self-image is often poor</li> </ul>

<sup>1</sup> Davis, M., Sabella, K., Smith, L. M., & Costa, A. (2011) *Becoming an Adult: Challenges for Those with Mental Health Conditions*. Transitions RTC. Brief 3. Worcester, MA: UMMS, Dept. of Psychiatry, CMHSR, Transitions RTC.

*Excerpt from original document Tool Kit Appendix submitted by Utah HTI.*