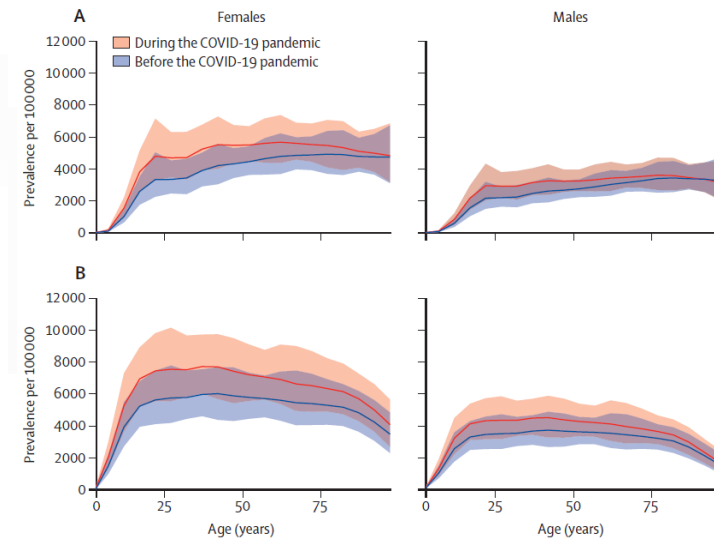


# Consequences for the mental health of children and adolescents

Paul Plener

# Anxiety and depression on the rise

- System. review (n=48 pre-post studies)
- Increase in anxiety disorders and depression (f>m)
- Steepest increase in young age
- +53,2 million cases:depression
- + 76,2 million cases: anxiety disorders
- Meta-Analysis (minors): n=29 studies
- Pooled prevalence:
  - depression: 25.2%(95%CI, 21.2%-29.7%)
  - anxiety symptoms: 20.5% (95%CI, 17.2%-24.4%)
- Higher rates: girls
- Higher rates: studies collected later in the pandemic



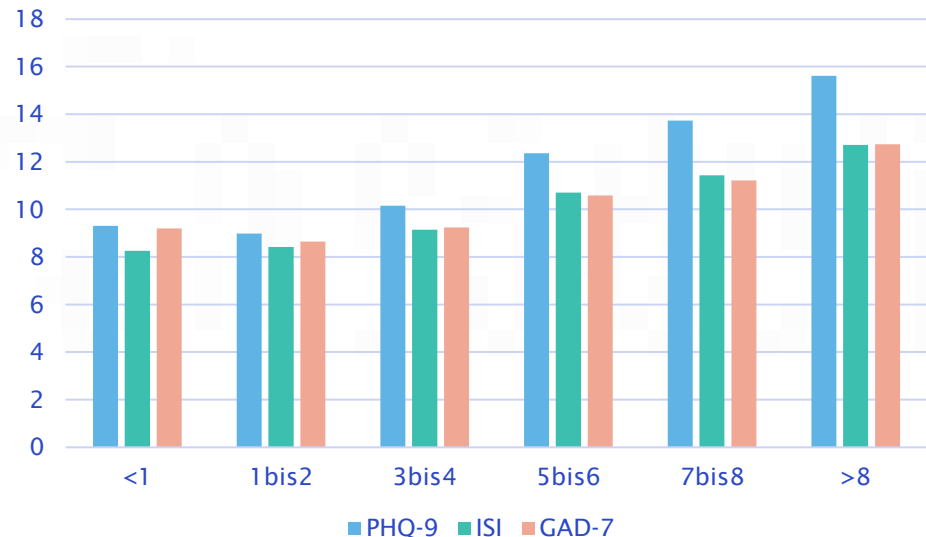
WHO: Global Burden of Disease Study 2020:

Depression: + 27,6%  
Anxiety Disorders: + 25,6%

# Situation of adolescents in Austria

- Online study (n=3052, February 2021: 14-20-year olds, maege: 16,47)
- Depressive symptoms: 55%
- Anxiety symptoms: 47%
- Symptoms of sleeping disorder: 23%
- Symptoms of eating disorder: 60%
- Suicidal ideation: 37% (9% daily)
- Increase in Smartphone use

PHQ-9: cut-off: 11  
 ISI: cut-off: 15  
 GAD-7: cut-off 11

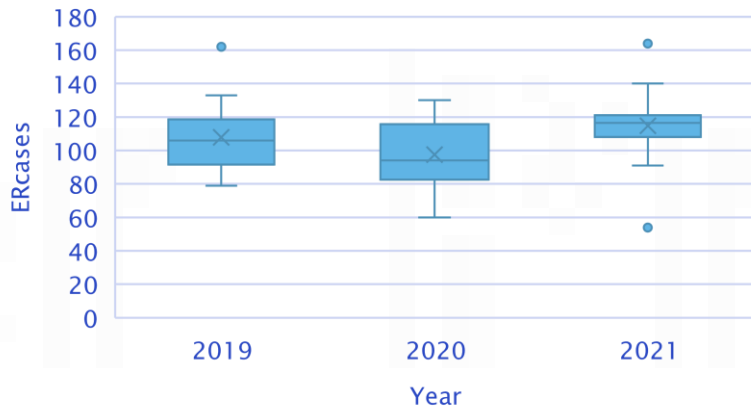
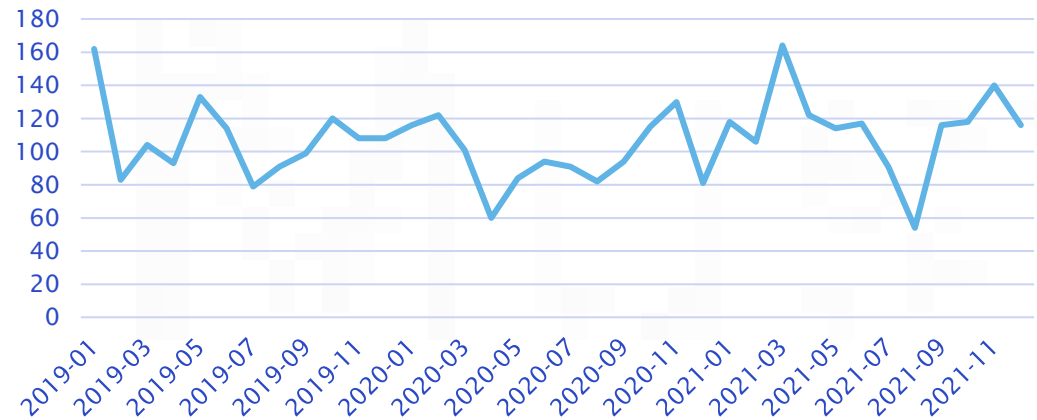


# Apprentices: Austria

- N=1442 apprentices (f: 53,5%), online assessment: March-May 2021
- Depressive (symptoms): 48%
- Anxiety disorder (symptoms): 35%
- Sleeping disorder (symptoms): 27%
- Eating disorder (symptoms): 51%
- Highest scores:
  - Female or non-binary
  - Migration background
  - unemployment

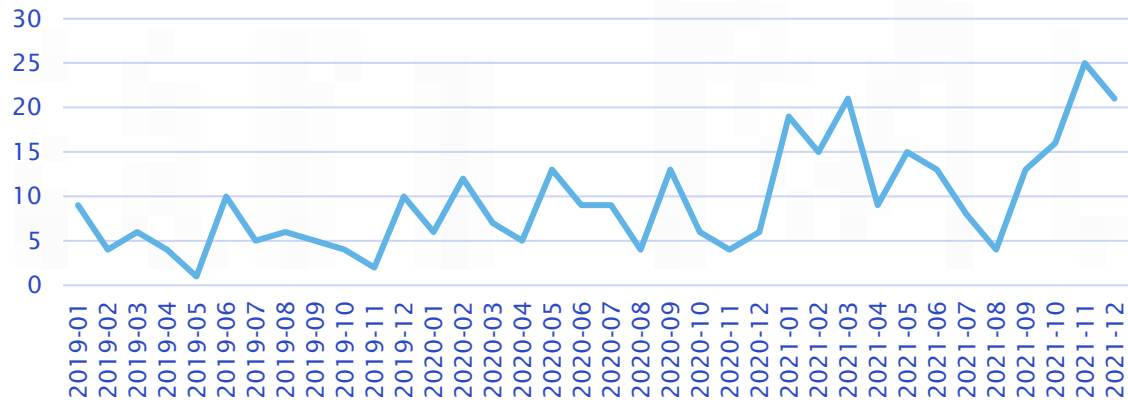
	Depression— PHQ-9 Cut-Off 10/11	Anxiety— GAD-7 Cut-Off 10/11	Disordered Eating—EAT-8 Cut-Off 2/3	Sleep— ISI7 Cut-Off 15
<i>Work situation</i>				
As before	44.8%	34.2%	49.7%	24.7%
Home office	50.5%	34.9%	51.3%	27.2%
Furlough	56.8%	35.1%	59.5%	33.8%
Lost job	80.8%	65.4%	53.8%	57.7%
Mixed *	55.4%	40.2%	48.9%	33.7%

# Emergency contacts in CAP

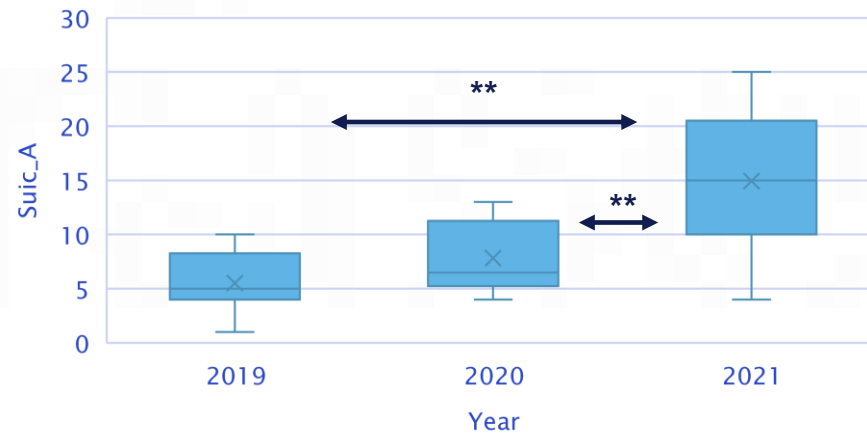


year	contacts
2019	1294
2020	1170
2021	1376

# Suicide attempts at CAP AKH



year	SA	%
2019	66	5,1
2020	94	8
2021	179	13



# Summary: pandemic strains

## Individual:

Anxiety, Depression

Loneliness

Stress/ PTSS

Suicidality

Loss of daily structure

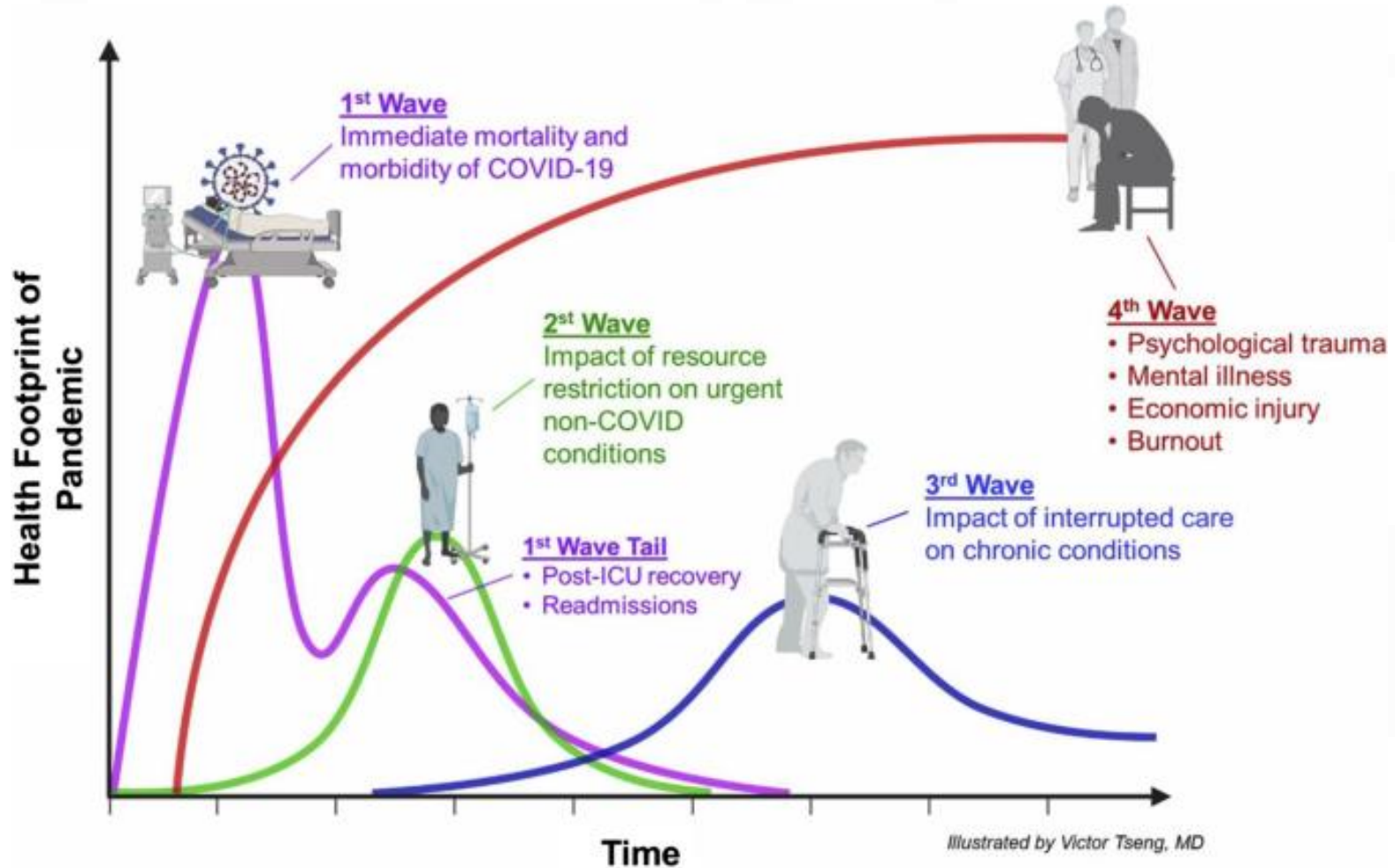
## Society:

Closures of schools and kindergardens

Restrictions of activities (sport, hobbies,...)

Financial strains, unemployment

# 4 waves....





# Thank you for your attention

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