



National Institute
of **Public Health**

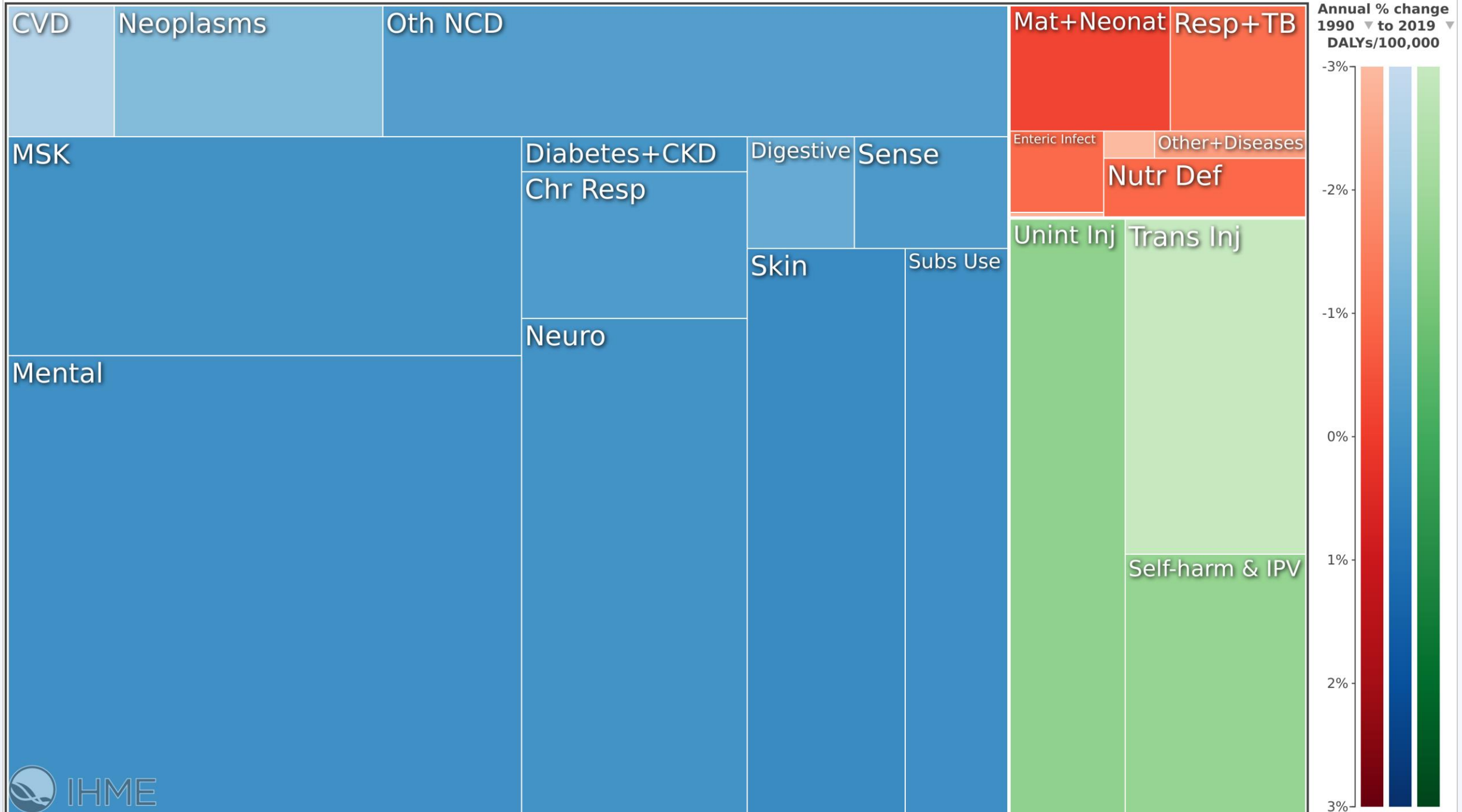
Youth mental health during the COVID-19 pandemic

Matej Vinko, MD, public health specialist

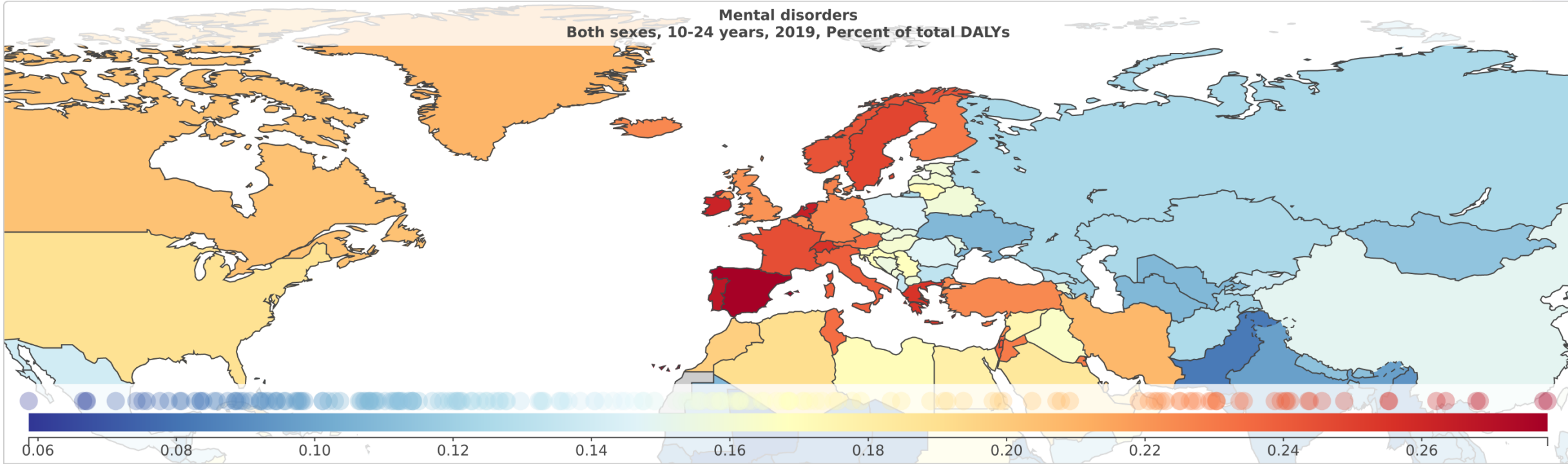
National Institute of Public Health of Slovenia

18st October 2021

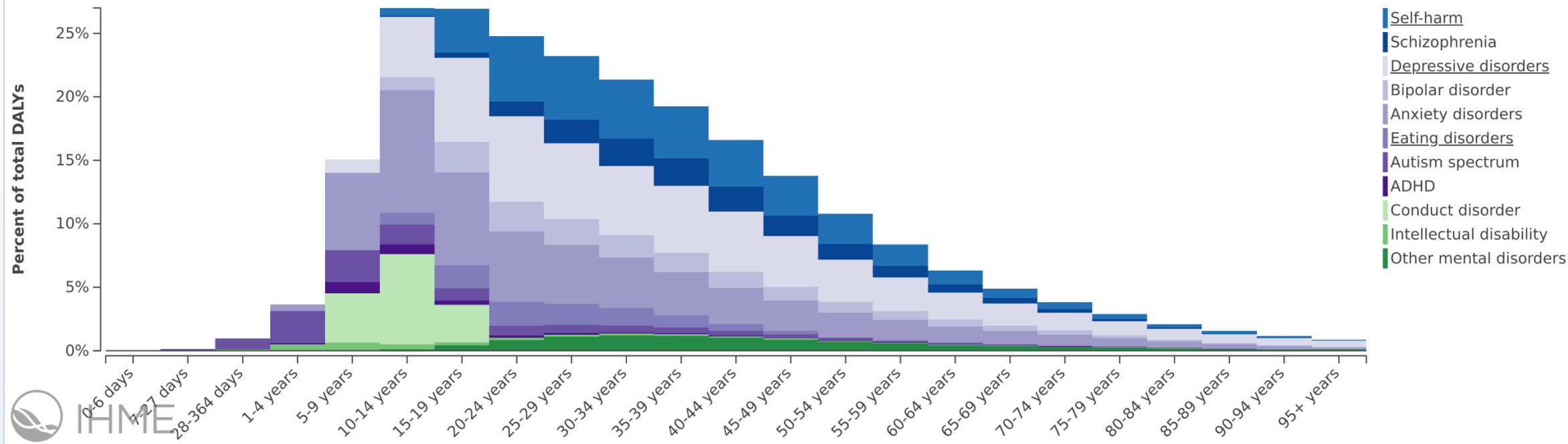
European Union
Both sexes, 10-24 years, 2019, DALYs



Mental disorders
Both sexes, 10-24 years, 2019, Percent of total DALYs



European Union, Both sexes, 2019



European Union, Both sexes, 10-24 years

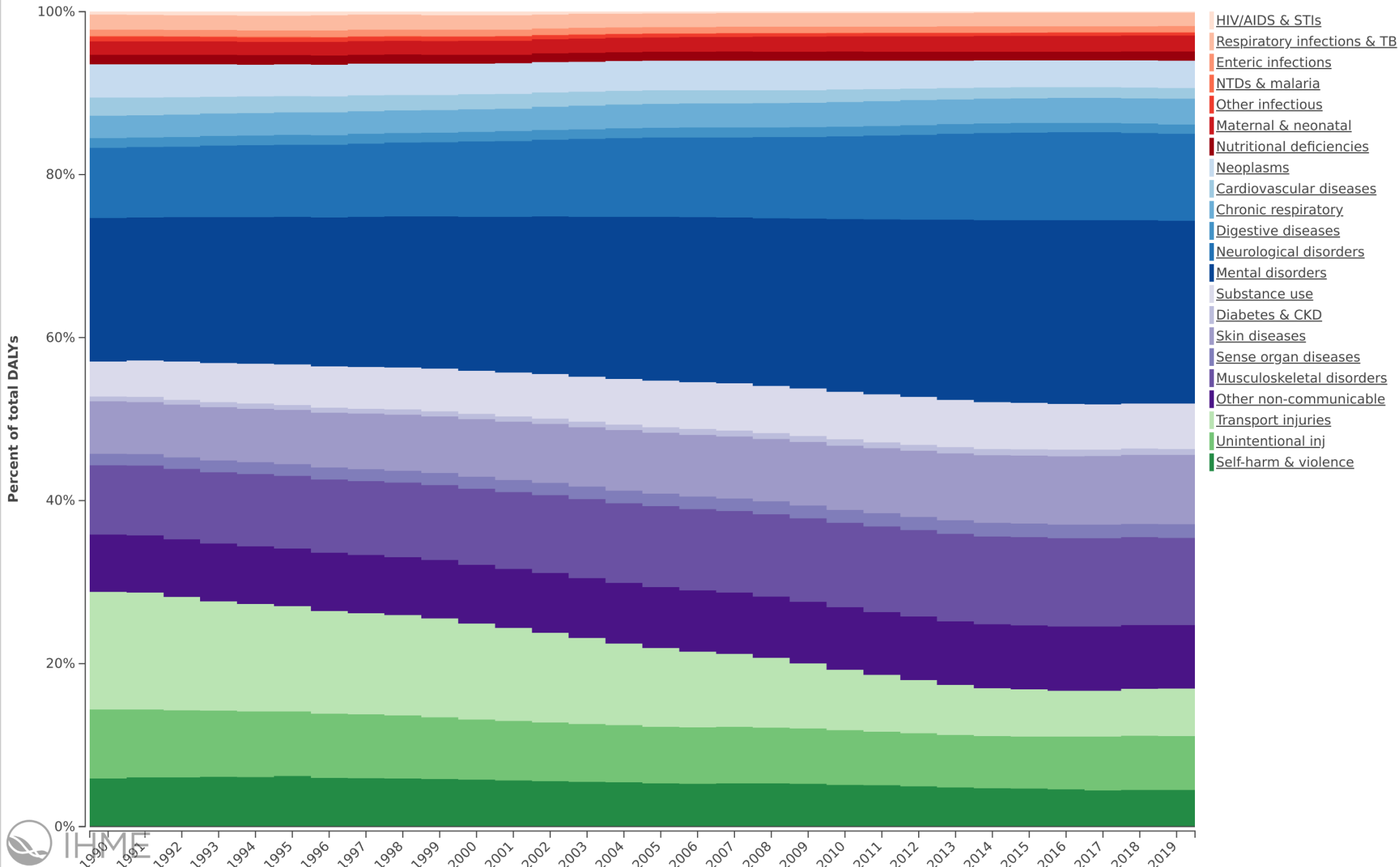
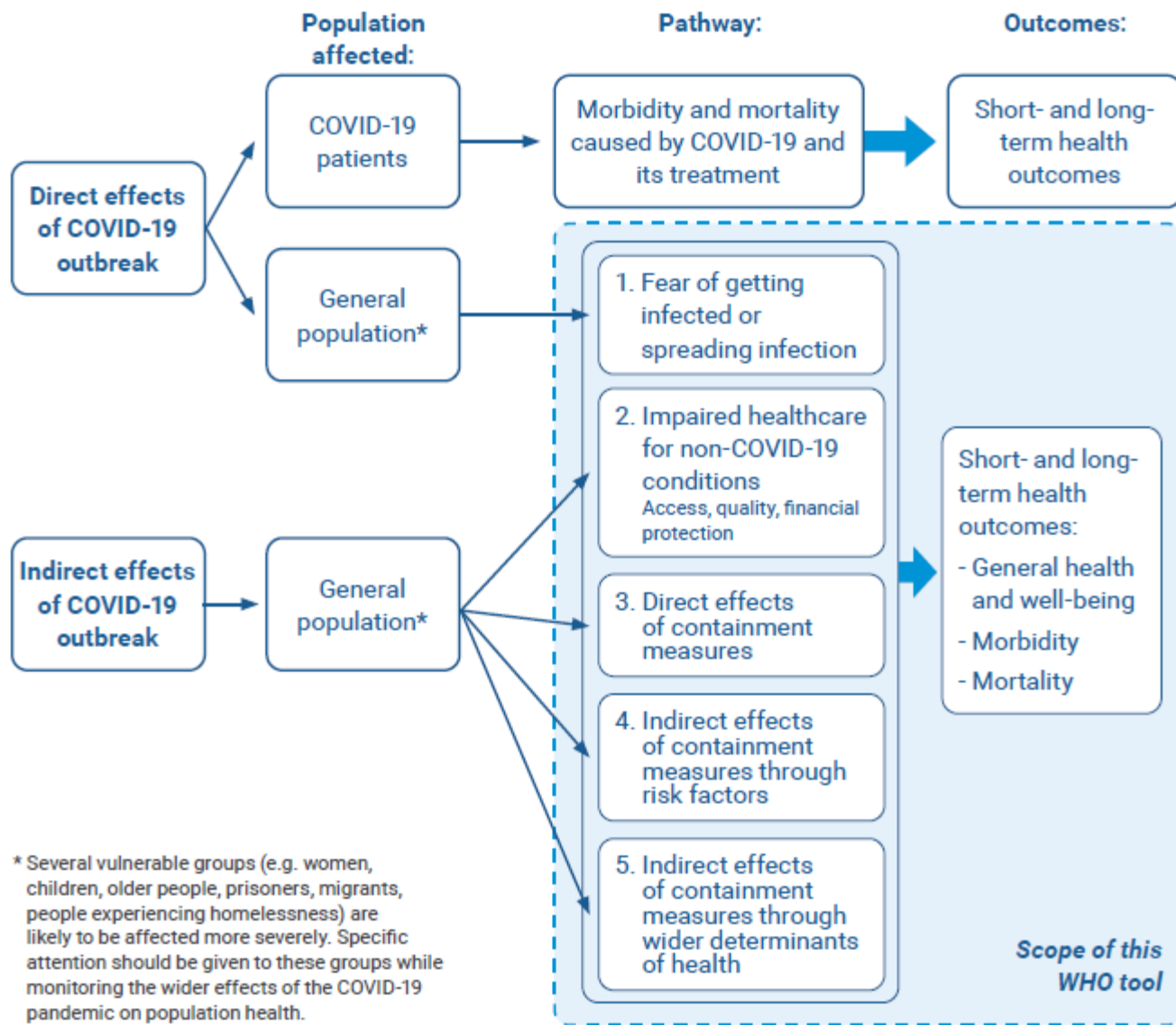


Fig. 1. Conceptual framework of the main pathways for the wider effects of the COVID-19 pandemic



Daily new confirmed COVID-19 cases per million people

Shown is the rolling 7-day average. The number of confirmed cases is lower than the number of actual cases; the main reason for that is limited testing.

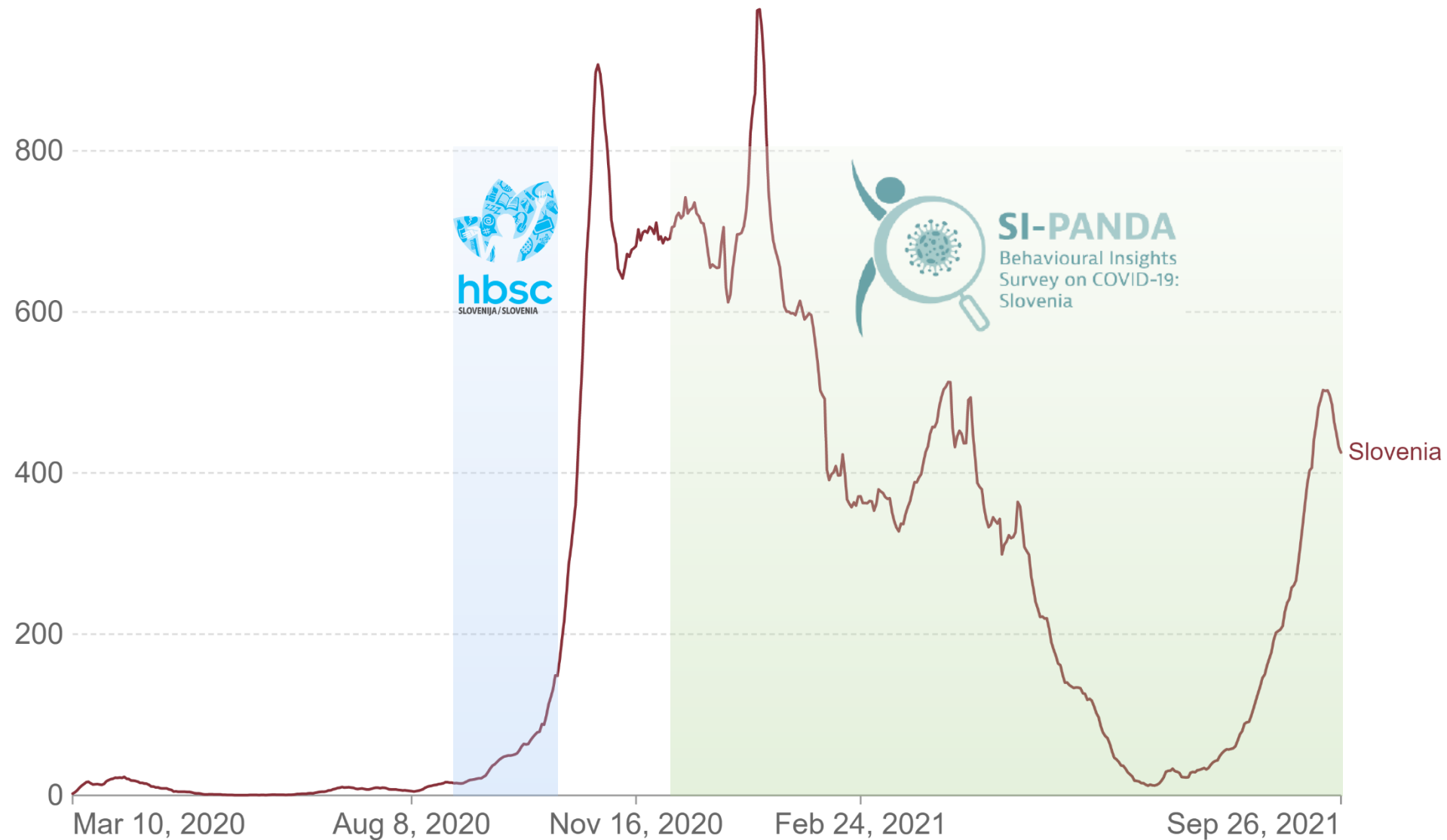
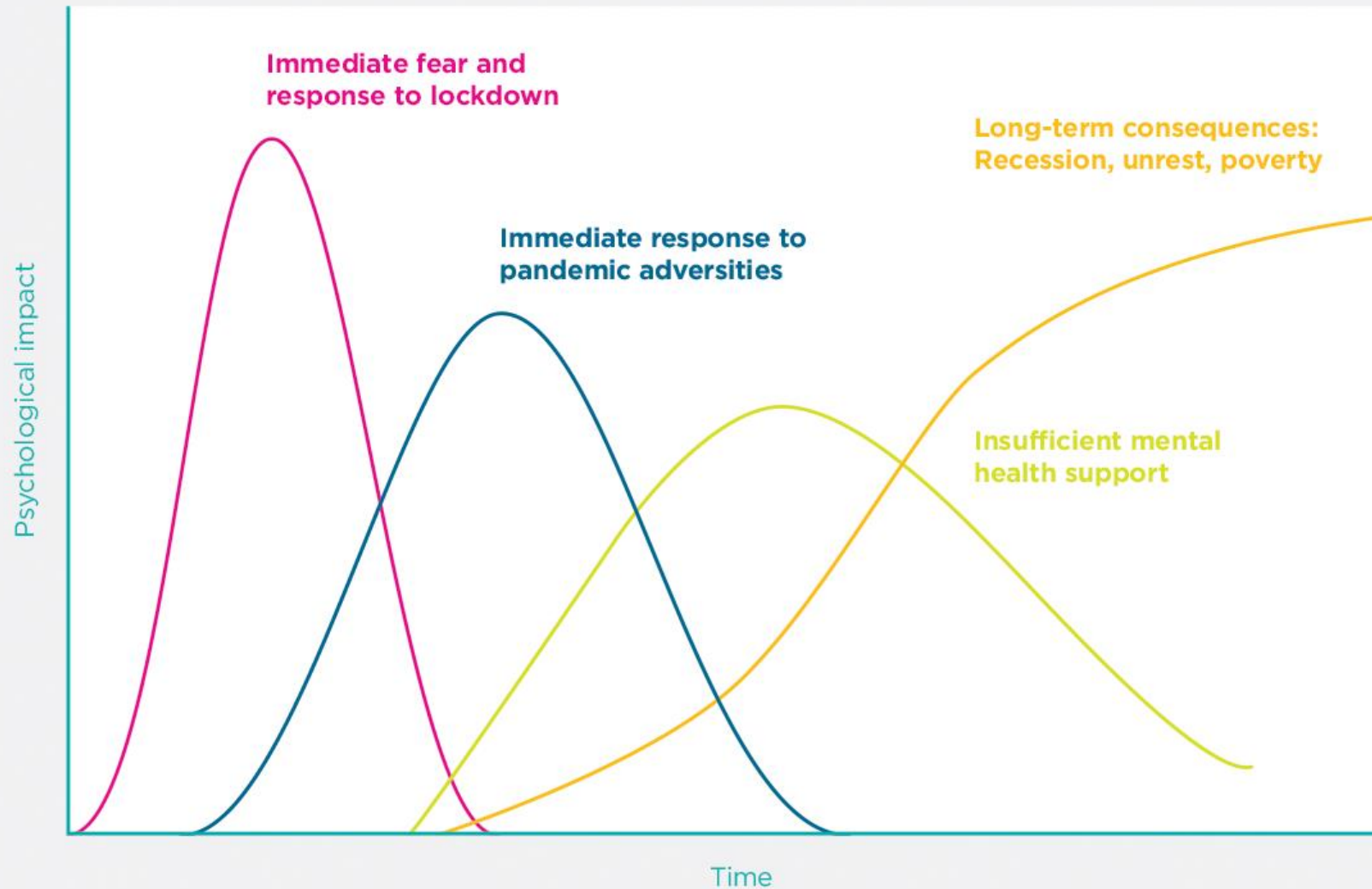


Figure 5.1: Time horizons of key mental health effects of the pandemic



Source: Helliwell, John F., Richard Layard, Jeffrey Sachs, and Jan-Emmanuel De Neve, eds. 2021. World Happiness Report 2021. New York: Sustainable Development Solutions Network.

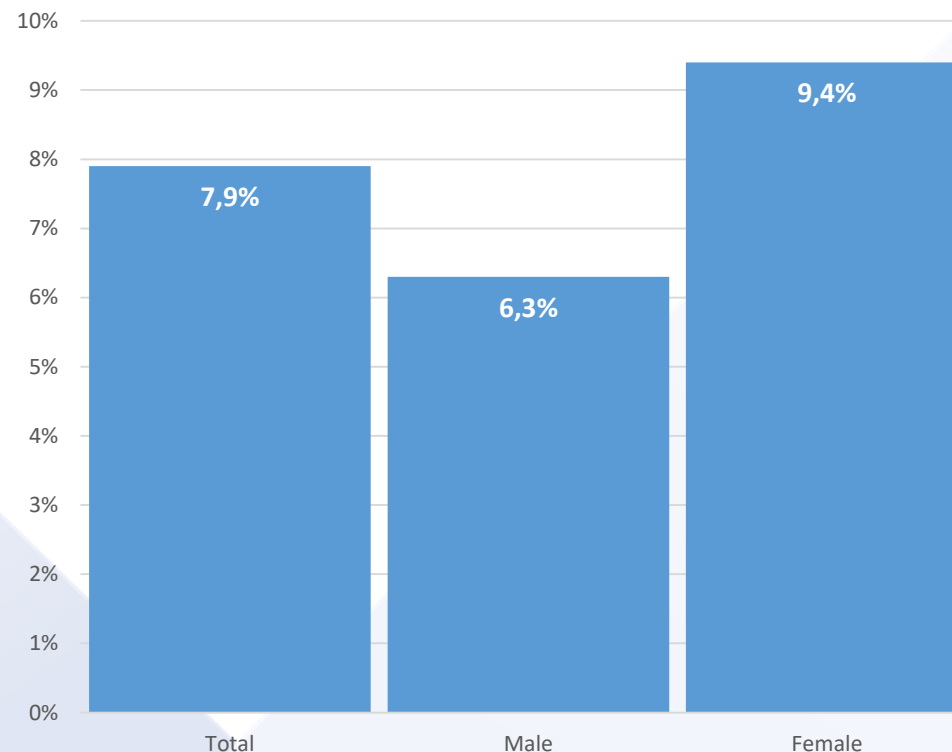


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	Access to electronic devices - never, rarely or occasionally.		Access to online school work platforms – never, rarely or occasionally.		Online communication with friends – never, rarely or occasionally.	
	%	p	%	p	%	p
Total	10,2		10,1		10,8	
Gender						
Male	14,6	<0,0001	15,0	<0,0001	16,4	<0,0001
Female	5,9		5,3		5,4	
School grade						
Primary school (senior)	12,1	<0,0001	12,0	<0,0001	13,6	<0,0001
High school (senior)	7,3		7,1		6,5	
Cohesion region						
Eastern Slovenia	10,5	0,3910	10,3	0,5190	11,0	0,5582
Western Slovenia	9,6		9,6		10,3	
Self-reported family affluence						
Above average	10,1	0,7558	10,4	0,2851	11,2	0,4479
Average	9,9		9,0		9,8	
Below average	12,0		12,8		12,2	
Family type						
Traditional	9,0	0,0004	9,1	0,0085	9,8	0,0145
Other	14,0		12,8		13,4	
Parental employment						
Both parents employed	9,4	0,4875	9,6	0,8740	10,3	0,6650
At least one parent unemployed	10,6		9,3		11,0	

	Signs of internet gaming disorder	
	%	p
Total	9,2	
Gender		
Male	12,0	<0,0001
Female	4,3	
School grade		
Primary school (senior)	10,3	0,0225
High school (senior)	7,1	
Cohesion region		
Eastern Slovenia	8,9	0,5569
Western Slovenia	9,7	
Self-reported family affluence		
Above average	9,5	0,5956
Average	8,4	
Below average	11,3	
Family type		
Traditional	8,1	0,0446
Other	11,4	
Parental employment		
Both parents employed	8,3	0,0496
At least one parent unemployed	12,2	

Problematic social media use



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	Substantial risk of clinically significant problems		Risk of depression		Suicidal ideation in last 12 months	
	%	p	%	p	%	p
Total	9,9		18,8		13,0	
Gender						
Male	6,8	<0,0001	12,3	<0,0001	9,4	<0,0001
Female	12,8		25,1		16,5	
School grade						
Primary school (senior)	8,9	0,0221	17,4	0,0017	12,4	0,2137
High school (senior)	11,4		21,0		14,0	
Cohesion region						
Eastern Slovenia	9,7	0,9521	17,6	0,0274	13,8	0,1301
Western Slovenia	9,8		19,9		11,9	
Self-reported family affluence						
Above average	6,7	<0,0001	14,8	<0,0001	10,3	<0,0001
Average	13,4		23,7		14,2	
Below average	27,0		37,7		39,7	
Family type						
Traditional	8,2	<0,0001	17,0	<0,0001	10,4	<0,0001
Other	13,7		25,5		22,5	
Parental employment						
Both parents employed	8,4	0,0404	17,6	0,0104	11,4	0,0006
At least one parent unemployed	11,6		22,6		17,7	



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	Deprivation and worsening of the household economic security		Post-traumatic growth	
	%	p	%	P
Total	45,5		14,4	
Gender				
Male	39,2	<0,0001	15,2	0,2211
Female	51,7		13,6	
School grade				
Primary school (senior)	40,6	<0,0001	15,8	0,0066
High school (senior)	53,2		12,2	
Cohesion region				
Eastern Slovenia	45,3	0,8354	14,0	0,6173
Western Slovenia	45,6		14,6	
Self-reported family affluence				
Above average	39,2	<0,0001	16,8	<0,0001
Average	53,3		10,5	
Below average	75,5		10,2	
Family type				
Traditional	44,1	<0,0001	14,4	0,8720
Other	55,6		14,7	
Parental employment				
Both parents employed	44,5	0,0003	14,5	0,5464
At least one parent unemployed	54,5		13,3	





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Behavioural Insights Survey on COVID-19: Slovenia

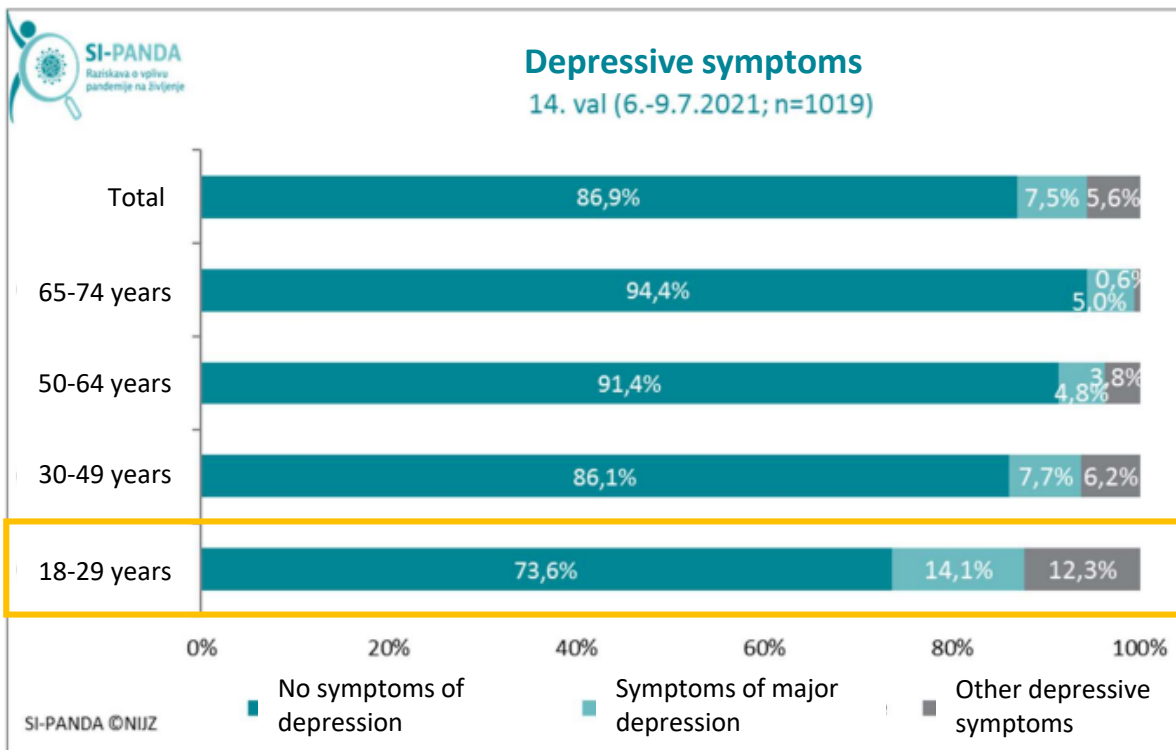


Figure: Symptoms of major depression (PHQ-9) by age groups.

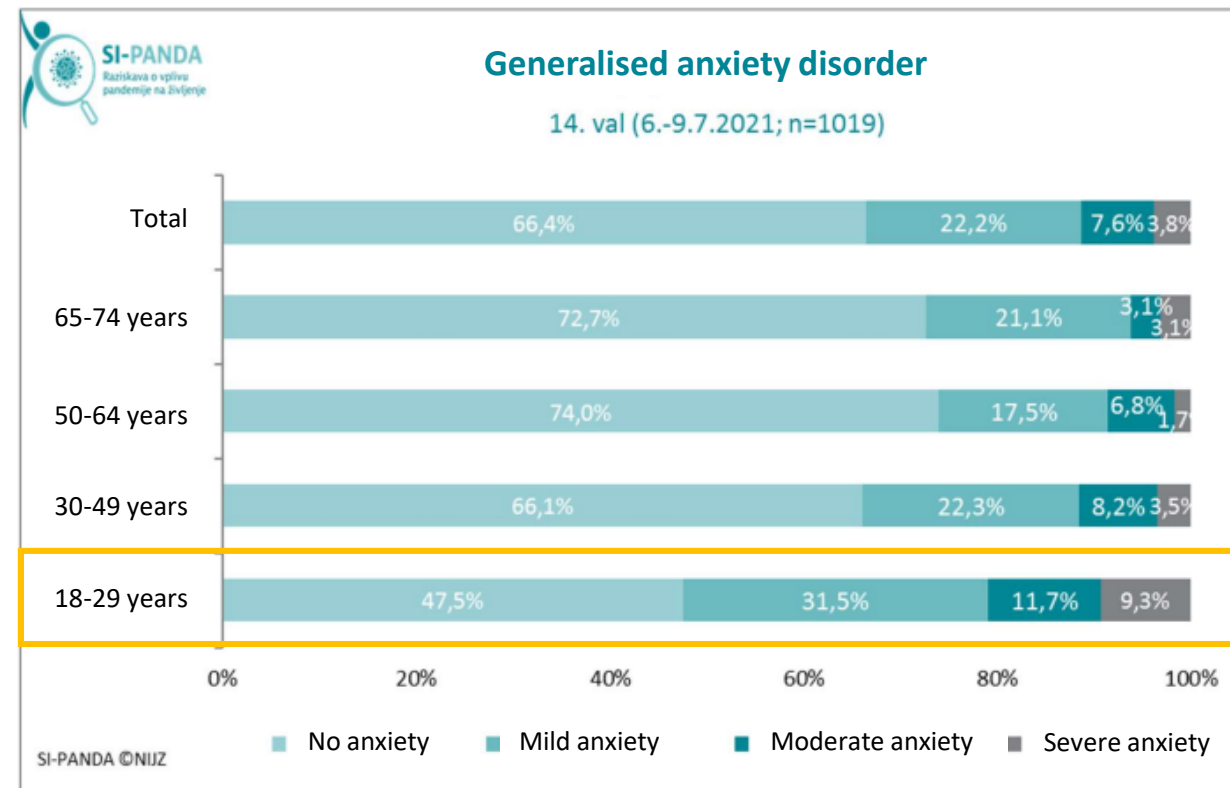
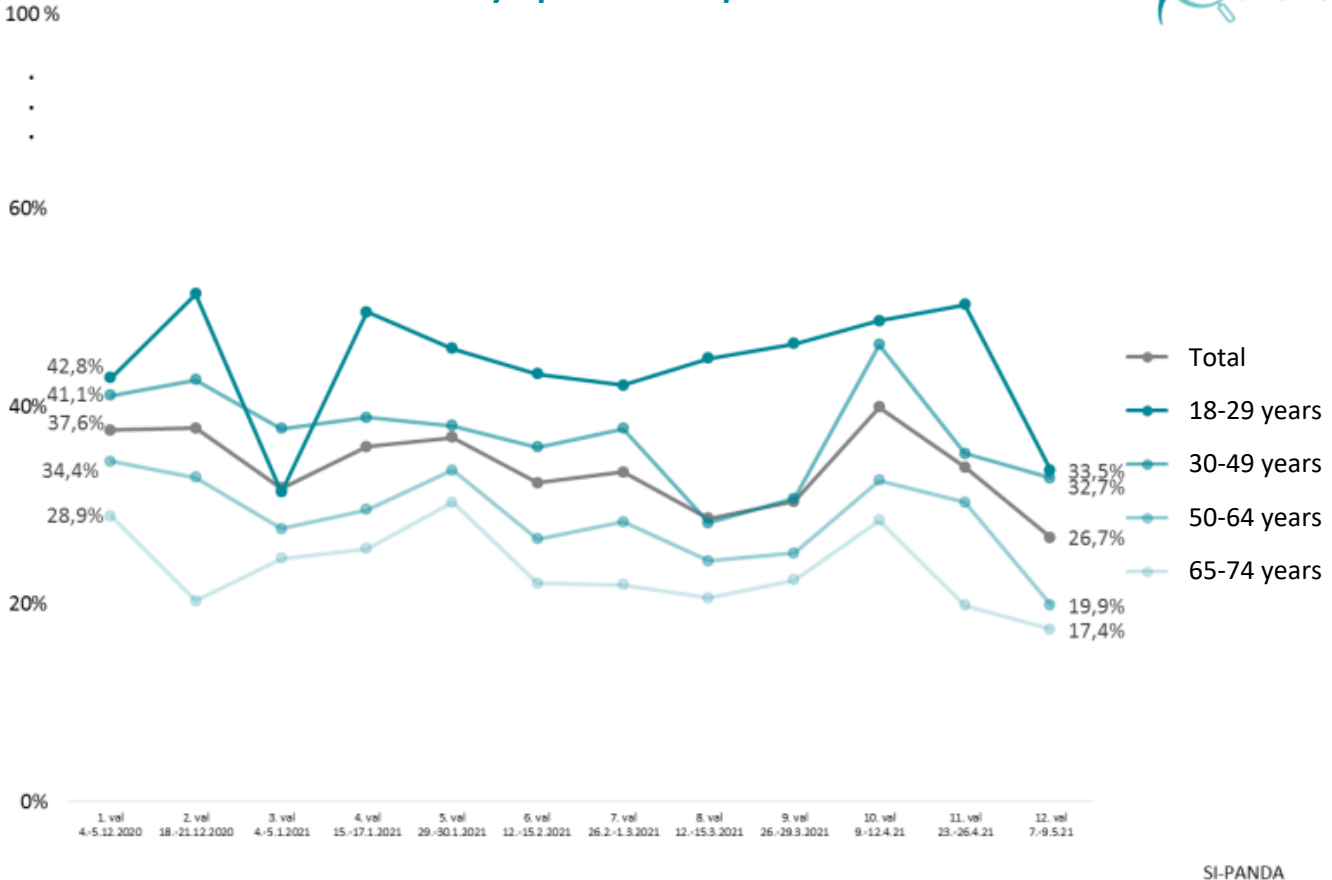


Figure: Generalised anxiety disorder (GAD-7) symptoms by age groups.

Presence of symptoms of depressive disorder



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Loneliness as a source of stress

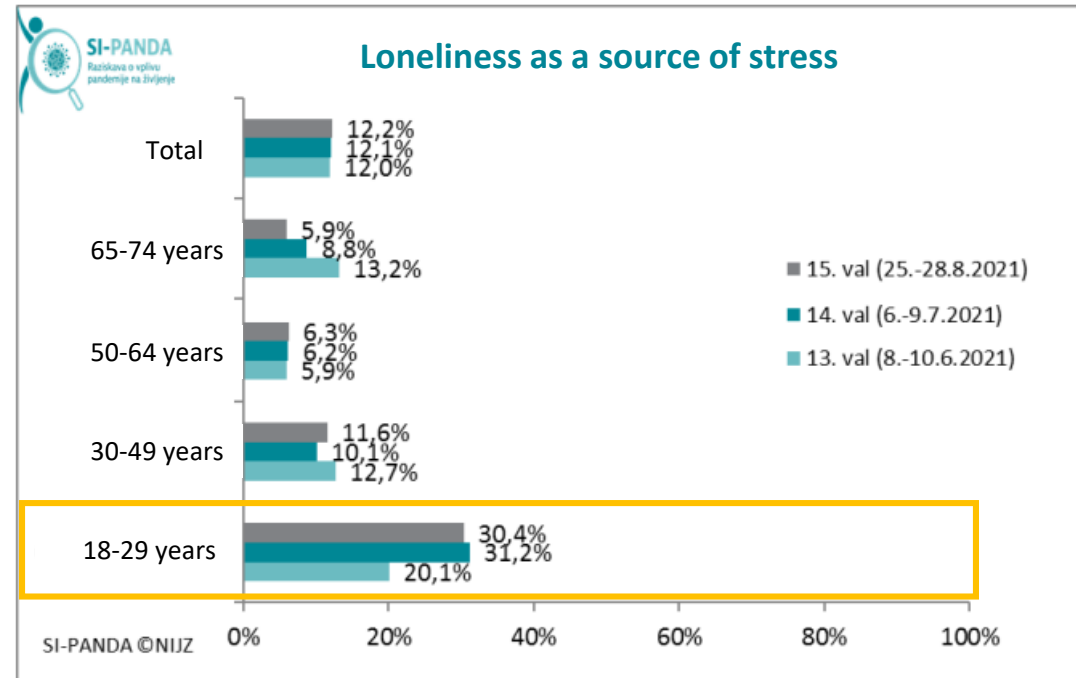
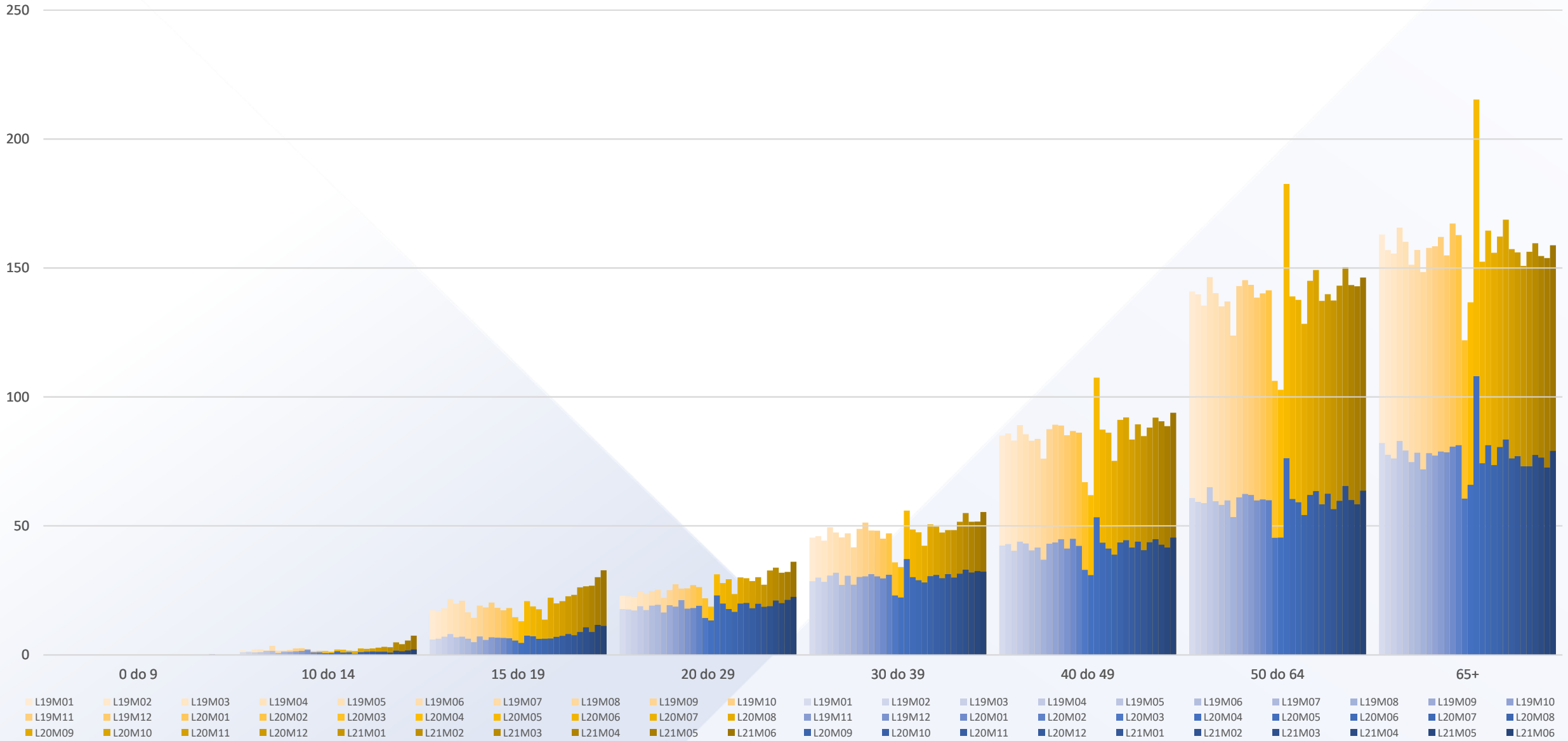


Figure: Loneliness as a source of stress, self-reported by age groups and panel survey waves

Figure: Mental health issues, by age groups and panel survey waves (from December 2020 until May 2021)

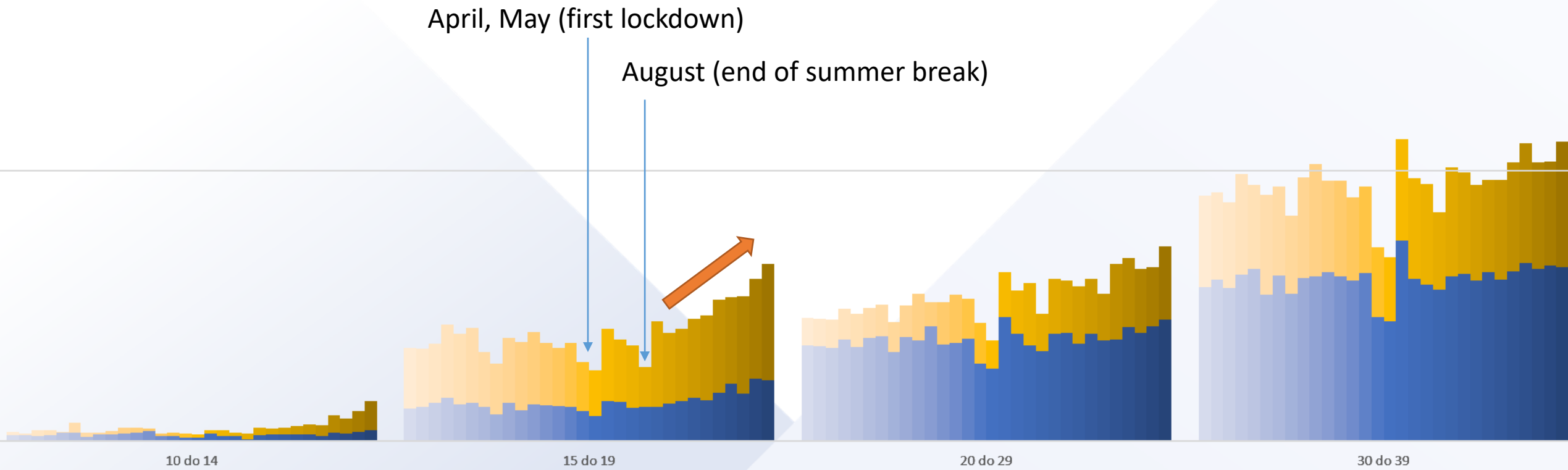
Antidepressant consumption (standardised) by sex and age groups 2019-2021



female

male

Antidepressant consumption (standardised) by sex and age groups 2019-2021





**Mental health care for all:
let's make it a reality**

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