

Gefördert vom:



Svenja Wielath

Arbeitsstelle für europäische Jugendpolitik

Junge Menschen und psychische Gesundheit.

Grundlagen, Entwicklungen und jugendpolitische Ansätze

Aufwachsen in Krisenzeiten. 18. Oktober 2023

Deutsches Jugendinstitut e. V.

Nockherstraße 2
D-81541 München

Postfach 90 03 52
D-81503 München

Telefon +49 89 62306-0

Fax +49 89 62306-162

www.dji.de

Perspektive

Psychische Gesundheit

Was die Krisen mit jungen Menschen machen

Stand: 21.11.2022 12:33 Uhr

Corona, Klimawandel, Krieg - die Krisen hinterlassen ihre Spuren bei jungen Menschen. Viele klagen laut einer Studie über eine hohe psychische Belastung und ein Gefühl von Unsicherheit. Auch Schulden sind ein Thema.

05.10.2021

Isolation, Bildung;
mentale Gesundheit
"Spitze des Eisbergs"

THEMES / 10 OCTOBER

CRISIS AI

Depression, s
adolescents. F
much to take.

Junge Menschen häufig wegen psychischer Erkrankungen im Krankenhaus

Psychische Erkrank
für die stationäre F
psychisch Kranker

Psychische Gesundheit von Kindern und Jugendlichen: Die Hilfesysteme sind überlastet

Konzeption

“Mental health is a state of well-being in which an individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and is able to make a contribution to his or her community.”

(WHO 2019, Mental Health Fact Sheet)

Gesundheit (health):

Selbststeuerung und Anpassung, kann auf physiologischer, emotionaler, kognitiver sowie verhaltensbezogener Ebene bewertet werden

Wohlbefinden (well-being)

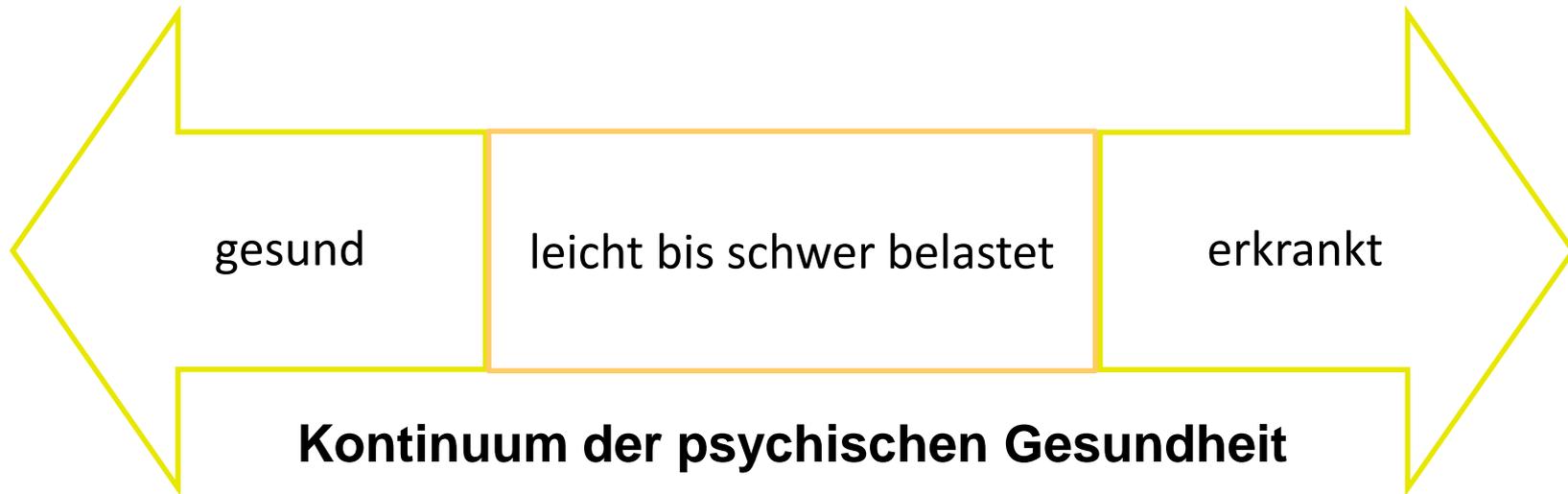
Fokus auf erfahrenen Aspekten, psychologisches Konstrukt des subjektiven Wohlbefindens (Heinen et. al 2022)

Konzeption

“Mental disorders represent disturbances to a person’s mental health that are often characterized by some combination of troubled thoughts, emotions, behaviour and relationships with others. Examples of mental disorders include depression, anxiety disorder, conduct disorder, bipolar disorder and psychosis.”

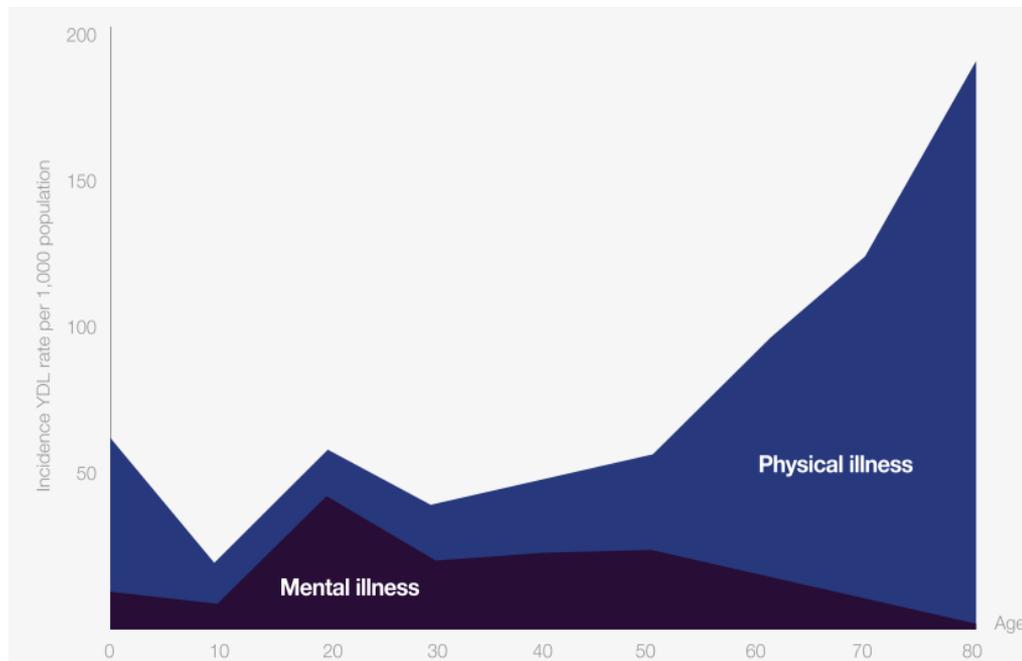
(WHO 2019, Mental Health Fact Sheet)

Konzeption



Junge Menschen und psychische Gesundheit

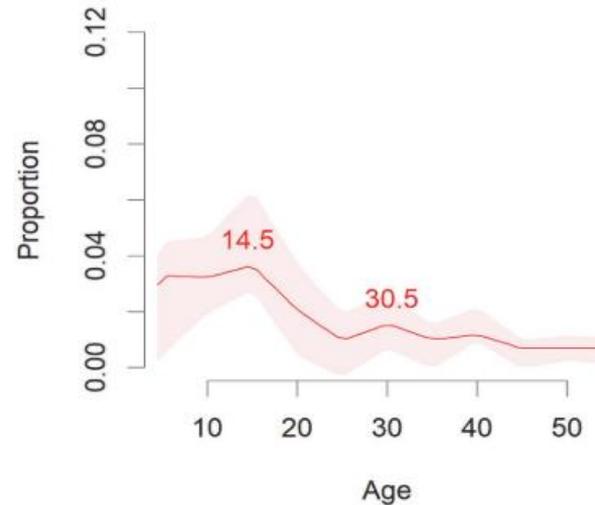
Grundlagen



- Bevölkerungsgruppe mit höchstem Risiko der Entstehung und Inzidenz psychischer Belastungen/ Erkrankungen

Grundlagen

- 75 % aller psychischen Erkrankungen beginnen vor dem 25. Lebensjahr, ca. 50% um das 14. Lebensjahr
- Hohe Relevanz der ohnehin prägenden Entwicklungsphase Jugend (mit besonderer Anfälligkeit für sozial benachteiligte junge Menschen)
- Störung in Entwicklungsphase Jugend kann langanhaltende Folgen für gesamte weitere Lebensführungen haben

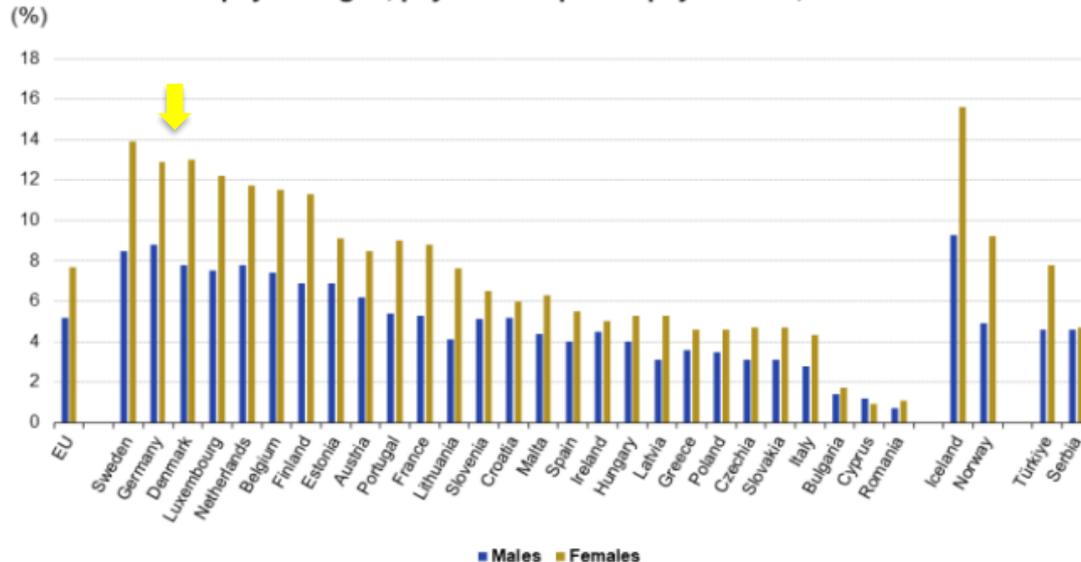


Junge Menschen und psychische Belastungen

Junge Menschen und psychische Belastungen

Präpandemisch

Share of the population aged 15 years and over reporting that they had consulted a psychologist, psychotherapist or psychiatrist, 2019 (%)



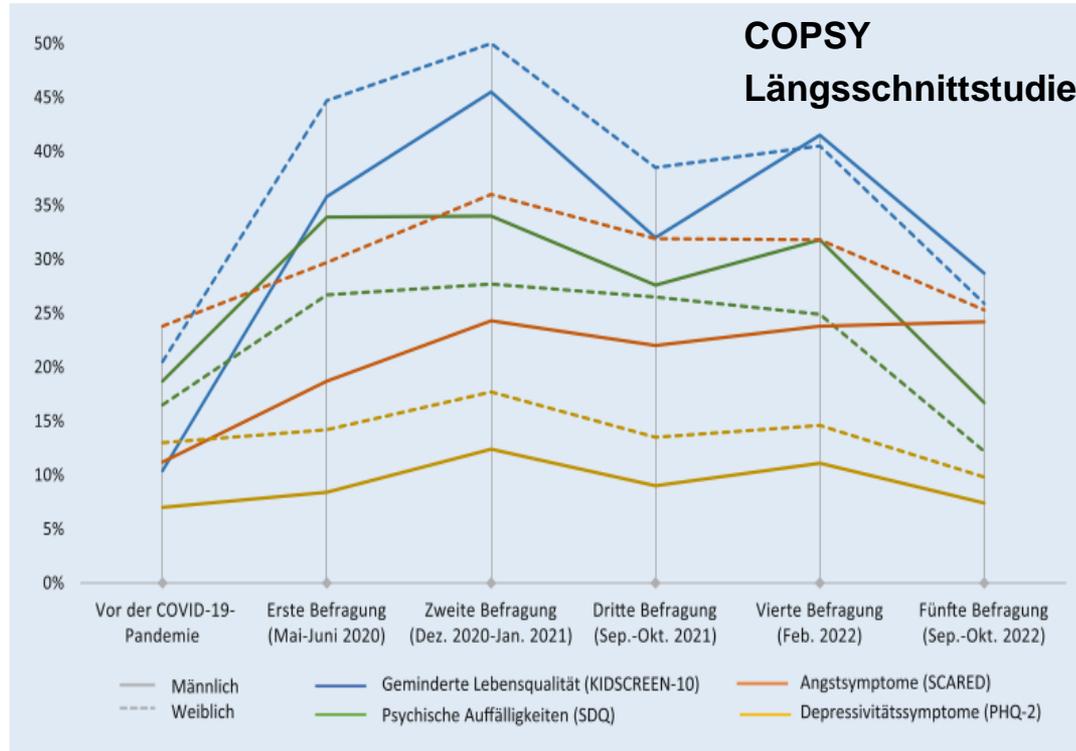
Note: ranked on the share of the total population (both sexes) reporting that they had consulted a psychologist, psychotherapist or psychiatrist.

Source: Eurostat (online data code: hlth_ehis_am6e)

- Global leidet 1 von 7 jungen Menschen an einer psychischen Störung
- Steigerung von 16% zwischen 2005 - 2015

Junge Menschen und psychische Belastungen

Pandemisch



Junge Menschen und psychische Belastungen

(Post-)Pandemisch

COPSY Längsschnittstudie

Ergebnisse

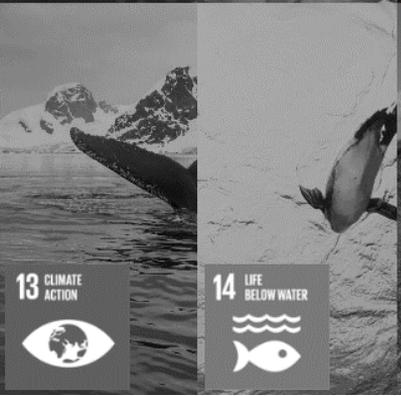
- Vermehrtes Empfinden von Sorgen, Ängsten und eine generelle Steigerung der psychischen Belastung, besonders von sozial benachteiligte Kinder und Jugendliche
- Erheblicher Anteil der Kinder und Jugendlichen hatte zwei Jahre nach Ausbruch der Pandemie immer noch psychische Probleme (28,5%) oder gehörte zur Risikogruppe (14,0%)

Internationale Studien

- Zeigen hohen Anteil junger Menschen, die präpandemisch keine psychischen Auffälligkeiten aufwiesen mit hohen Belastungen (insbesondere von Angststörungs- und Depressionssymptomatik)

Jugendpolitische Ansätze





Mental health and SDGs: facts and figures



Promote mental health and well-being: between 2005 and 2015, the prevalence of mental health disorders increased by approximately 16%, and it can be expected to rise further in the face of increased exposure to adverse risks (such as conflict and migration), as well as the ageing of populations in many countries (3). The prevalence of mental disorders in the WHO European Region was 110 million in 2015, equivalent to 12% of the entire population at any one time (3,7). Inclusion of substance use disorders increases that number by 27 million (to 15%), while inclusion of neurological disorders such as dementia, epilepsy and headache disorders increases the total by more than 300 million (to 50%).

- The most common mental disorders in the Region are depression and anxiety, with prevalences of 5.1% (44.3 million) and 4.3% (37.3 million), respectively, in 2015 (7,8). Rates of depression and anxiety disorders are 50% higher in women than in men (7,9).
- People with mental disorders die 20 years younger than the general population (10,11). The great majority of these deaths are not cause specific (in particular suicide) but rather from other comorbidities associated with their mental conditions, notably noncommunicable diseases (NCDs) that have not been appropriately identified and managed.



EU Youth Strategy

The EU developed an EU Youth Strategy and wants young people to engage and become an active citizen involved in democracy and society. We want young people to tell us what is important to them by taking part in the EU Youth Dialogue.

EU Youth Strategy

The EU developed an EU Youth Strategy and wants young people to engage and become an active citizen involved in democracy and society. We want young people to tell us what is important to them by taking part in the EU Youth Dialogue.

#5 Mental Health & Wellbeing

Achieve better mental wellbeing and end stigmatisation of mental health issues, thus promoting social inclusion of all young people.

Goals:

- Encourage the development of self-awareness and less competitive mindsets by fostering appreciation for individual skills and strengths.
- Safeguard the rights to work and to study of people with mental health issues both during and after illness to ensure their ability to pursue their own ambitions.
- Develop an inclusive intersectional approach to mental health provision for all, especially marginalised groups.
- Provide all professionals working with young people as well as family and friends with quality mental health first aid training.
- Provide inclusive, respectful and well-funded treatment by incorporating high quality mental health provision across all medical institutions.
- Focus on prevention measures that ensure young people are equipped with the knowledge and the skills required for better mental wellbeing.
- Fight stigma about mental health issues by developing awareness programmes.



Quellen

- Barkmann, Claus; Schulte-Markwort, Michael (2003): Prävalenz psychischer Auffälligkeit bei Kindern und Jugendlichen in Deutschland - ein systematischer Literaturüberblick. Bundes Psychotherapeuten Kammer (2023): Klimakrise und psychische Gesundheit. Informationen und politischer Handlungsbedarf. Online verfügbar unter https://api.bptk.de/uploads/B_Pt_K_Standpunkt_Klimakrise_und_psychische_Gesundheit_5fe04373cc.pdf, zuletzt geprüft am 17.10.2023.
- DGKJP (2021): Fakten für Familien zur Zeit der Coronavirus-Pandemie.
- Europäische Kommission (2005): Grünbuch. Die psychische Gesundheit der Bevölkerung verbessern – Entwicklung einer Strategie für die Förderung der psychischen Gesundheit in der Europäischen Union. Online verfügbar unter <https://eur-lex.europa.eu/legal-content/DE/TXT/PDF/?uri=CELEX:52005DC0484&qid=1614858512243&from=EN>, zuletzt geprüft am 17.10.2023.
- European Youth Portal (2023): Health and Well-Being | European Youth Portal. Online verfügbar unter https://youth.europa.eu/strategy/health-wellbeing_en, zuletzt aktualisiert am 17.10.2023, zuletzt geprüft am 17.10.2023.
- Heinen, Andreas; Robin, Samuel; Vögele, Claus; Willems, Helmut (2022): Wohlbefinden und Gesundheit im Jugendalter. Theoretische Perspektiven, empirische Befunde und Praxisansätze. Wiesbaden: Springer VS Springer Fachmedien Wiesbaden GmbH.
- Hickman, Caroline; Marks, Elizabeth; Pihkala, Panu; Clayton, Susan; Lewandowski, R. Eric; Mayall, Elouise E. et al. (2021): Climate anxiety in children and young people and their beliefs about government responses to climate change: a global survey. In: *The Lancet. Planetary health* 5 (12), e863-e873. DOI: 10.1016/S2542-5196(21)00278-3.
- Kaman, Anne; Erhart, Michael; Devine, Janine; Reiß, Franziska; Napp, Ann-Kathrin; Simon, Anja M. et al. (2023): Zwei Jahre Pandemie: Die psychische Gesundheit und Lebensqualität von Kindern und Jugendlichen – Ergebnisse der COPSYS-Längsschnittstudie. In: *Deutsches Ärzteblatt* (120), S. 269–270. DOI: 10.3238/arztebl.m2023.0001.
- Kato, Noriko; Yanagawa, Toshihiko; Fujiwara, Takeo; Morawska, Alina (2015): Prevalence of Children's Mental Health Problems and the Effectiveness of Population-Level Family Interventions. In: *Journal of epidemiology* 25 (8), S. 507–516. DOI: 10.2188/jea.JE20140198.
- Kessler, Ronald C.; Berglund, Patricia; Demler, Olga; Jin, Robert; Merikangas, Kathleen R.; Walters, Ellen E. (2005): Lifetime prevalence and age-of-onset distributions of DSM-IV disorders in the National Comorbidity Survey Replication. In: *Arch Gen Psychiatry* 62 (6), S. 593–602. DOI: 10.1001/archpsyc.62.6.593.
- McGorry, Patrick D. (2007): The specialist youth mental health model: strengthening the weakest link in the public mental health system. In: *The Medical journal of Australia* 187 (S7), S53-6. DOI: 10.5694/j.1326-5377.2007.tb01338.x.
- Raccanello, Daniela; Rocca, Emmanuela; Vicentini, Giada; Brondino, Margherita (2023): Eighteen Months of COVID-19 Pandemic Through the Lenses of Self or Others: A Meta-Analysis on Children and Adolescents' Mental Health. In: *Child & youth care forum* 52 (4), S. 737–760. DOI: 10.1007/s10566-022-09706-9.
- Ravens-Sieberer, Ulrike; Kaman, Anne; Erhart, Michael; Devine, Janine; Reiß, Franziska (2023): Die COVID-19-Pandemie – Wie hat sie die Kinderpsychologie beeinflusst? In: *Monatsschrift Kinderheilkunde : Organ der Deutschen Gesellschaft für Kinderheilkunde*, S. 1–7. DOI: 10.1007/s00112-023-01775-x.
- Ravens-Sieberer, Ulrike; Kaman, Anne; Erhart, Michael; Devine, Janine; Schlack, Robert; Otto, Christiane (2022): Impact of the COVID-19 pandemic on quality of life and mental health in children and adolescents in Germany. In: *European child & adolescent psychiatry* 31 (6), S. 879–889. DOI: 10.1007/s00787-021-01726-5.
- Robert Koch-Institut (2018): Psychische Auffälligkeiten bei Kindern und Jugendlichen in Deutschland – Querschnittergebnisse aus KiGGS Welle 2 und Trends.
- Silliman Cohen, Rachel I.; Bosk, Emily Adlin (2020): Vulnerable Youth and the COVID-19 Pandemic. In: *Pediatrics* 146 (1). DOI: 10.1542/peds.2020-1306.
- Solmi, Marco; Radua, Joaquim; Olivola, Miriam; Croce, Enrico; Soardo, Livia; Salazar de Pablo, Gonzalo et al. (2022): Age at onset of mental disorders worldwide: large-scale meta-analysis of 192 epidemiological studies. In: *Molecular psychiatry* 27 (1), S. 281–295. DOI: 10.1038/s41380-021-01161-7.
- World Economic Forum (2020): A Global Framework for Youth Mental Health: Investing in Future Mental Capital for Individuals, Communities and Economies. Online verfügbar unter www.weforum.org.
- World Health Organization (2013): Mental Health Action Plan 2013-2020.
- World Health Organization (2018): Fact sheets on sustainable development goals health targets: Mental Health. Online verfügbar unter www.euro.who.int/sdgs.
- World Health Organization (2019a): International statistical classification of diseases and related health problems (11th ed.). Online verfügbar unter <https://icd.who.int/>.
- World Health Organization (2019b): Mental health: Fact sheet.
- World Health Organization (2021a): Comprehensive Mental Health Action Plan 2013-2023.
- World Health Organization (2021b): Mental health of adolescents. Online verfügbar unter <https://www.who.int/news-room/fact-sheets/detail/adolescent-mental-health>.
- Xie, Rongbing; Sen, Bisakha; Foster, E. Michael (2014): Vulnerable Youth and Transitions to Adulthood. In: *New Dir Adult Contin Educ* 2014 (143), S. 29–38. DOI: 10.1002/ace.20102.
- Yung, Alison R.; Cotter, Jack; McGorry, Patrick D. (2020): Youth Mental Health. Approaches to Emerging Mental Ill-Health in Young People. Milton: Taylor & Francis Group. Online verfügbar unter <https://ebookcentral.proquest.com/lib/kxp/detail.action?docID=6407005>.

Vielen Dank für Ihre Aufmerksamkeit.

Svenja Wielath (wielath@dji.de) - Arbeitsstelle europäische Jugendpolitik (aejp@dji.de)