



# Jóvenes

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- Los datos
- Reflexiones
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# Indice

- **Introducción**
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# Indice

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## Articles



CrossMark

# Global prevalence and burden of depressive and anxiety disorders in 204 countries and territories in 2020 due to the COVID-19 pandemic

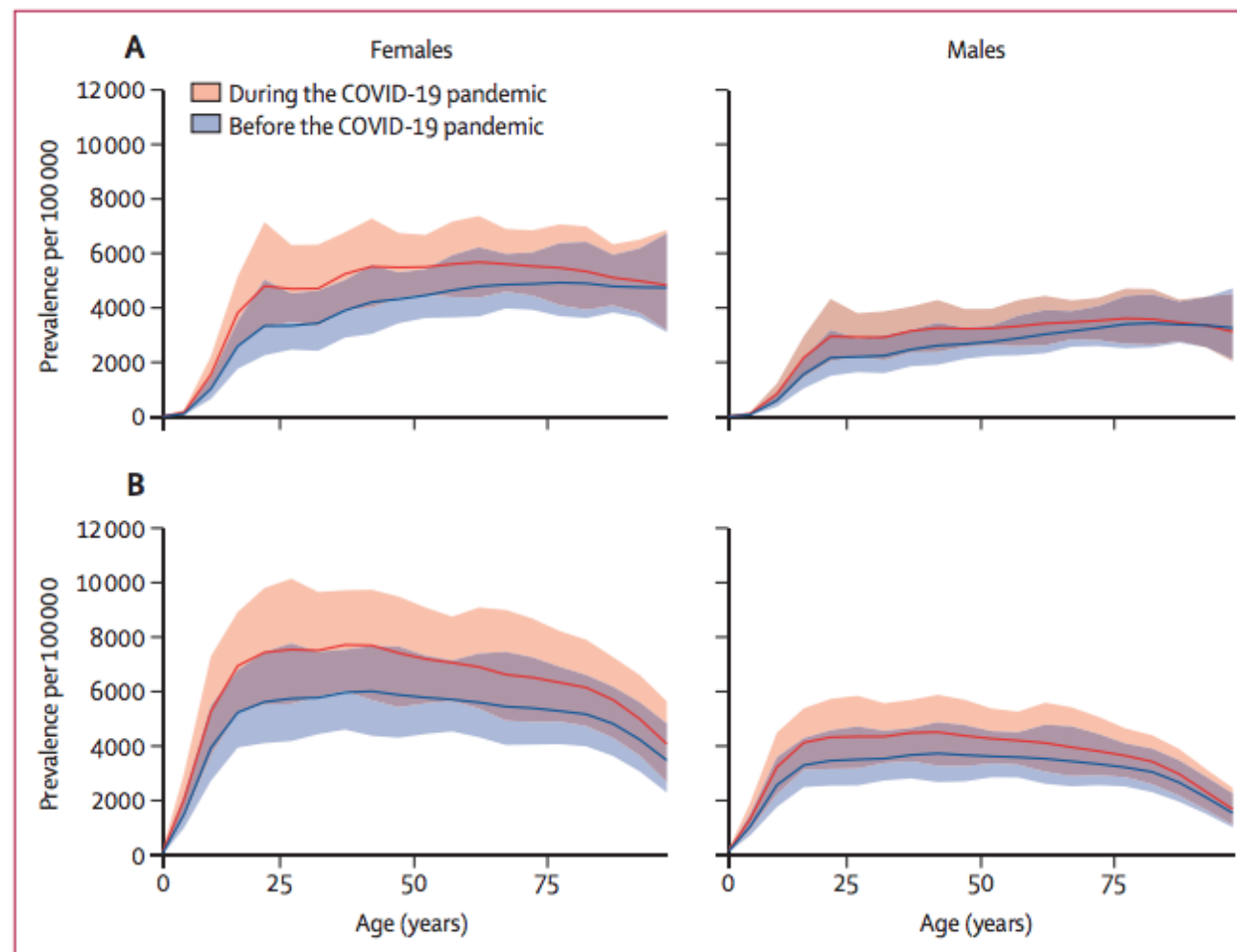


COVID-19 Mental Disorders Collaborators\*

### Summary

*Lancet* 2021; 398: 1700-12

**Background** Before 2020, mental disorders were leading causes of the global health-related burden, with depressive



**Figure 1:** Global prevalence of major depressive disorder (A) and anxiety disorders (B) before and after adjustment for (ie, during) the COVID-19 pandemic, 2020, by age and sex



# Neurological and psychiatric risk trajectories after SARS-CoV-2 infection: an analysis of 2-year retrospective cohort studies including 1 284 437 patients



Maxime Taquet, Rebecca Sillett, Lena Zhu, Jacob Mendel, Isabella Camplisson, Quentin Dercon, Paul J Harrison



## Summary

**Background** COVID-19 is associated with increased risks of neurological and psychiatric sequelae in the weeks and months thereafter. How long these risks remain, whether they affect children and adults similarly, and whether SARS-CoV-2 variants differ in their risk profiles remains unclear.

*Lancet Psychiatry* 2022;  
9: 815-27

Published Online  
August 17, 2022

**Methods** In this analysis of 2-year retrospective cohort studies, we extracted data from the TriNetX electronic health records network, an international network of de-identified data from health-care records of approximately 89 million patients collected from hospital, primary care, and specialist providers (mostly from the USA, but also from Australia, the UK, Spain, Bulgaria, India, Malaysia, and Taiwan). A cohort of patients of any age with COVID-19 diagnosed between Jan 20, 2020, and April 13, 2022, was identified and propensity-score matched (1:1) to a contemporaneous cohort of patients with any other respiratory infection. Matching was done on the basis of demographic factors, risk factors for COVID-19 and severe COVID-19 illness, and vaccination status. Analyses were stratified by age group (age <18 years [children], 18–64 years [adults], and ≥65 years [older adults]) and date of diagnosis. We assessed the risks of 14 neurological and psychiatric diagnoses after SARS-CoV-2 infection and compared these risks with the matched comparator cohort.



	Hazard ratio (95% CI)	p value	Risk horizon (days)	Time to equal incidence (days)
Anxiety disorder	1.13 (1.11–1.15)	<0.0001	58	417
Cognitive deficit	1.36 (1.33–1.39)	<0.0001	NR	NR
Dementia	1.33 (1.26–1.41)	<0.0001	NR	NR
Encephalitis	0.96 (0.85–1.08)	0.50	..	..
Epilepsy or seizures	1.14 (1.09–1.19)	<0.0001	NR	NR
Guillain-Barré syndrome	1.12 (0.97–1.30)	0.12	..	..
Insomnia	1.13 (1.10–1.16)	<0.0001	90	NR
Intracranial haemorrhage	1.09 (1.01–1.18)	0.020	506	658
Ischaemic stroke	1.11 (1.06–1.17)	<0.0001	66	712
Mood disorder	1.08 (1.06–1.11)	<0.0001	43	457
Myoneural junction or muscle disease	1.89 (1.76–2.04)	<0.0001	497	NR
Nerve, nerve root, and plexus disorder	0.89 (0.87–0.91)	<0.0001	..	..
Parkinsonism	1.04 (0.92–1.17)	0.58	..	..
Psychotic disorder	1.27 (1.18–1.37)	<0.0001	NR	NR
Any first outcome	1.13 (1.11–1.15)	<0.0001	48	469

The risk horizon is the time at which the time-varying hazard ratio returns to 1 (ie, the baseline risk in the comparison cohort). The time to equal incidence is the time at which the cumulative incidences of the two cohorts become equal. The risk horizon and time to equal incidence are only included for outcomes with a significantly increased hazard ratio at 6 months; for outcomes that did not reach the risk horizon or time to equal incidence within the follow-up period (up to 730 days), they are shown as not reached (NR).

**Table 2: Risk of neurological and psychiatric sequelae at 6 months, risk horizon, and time to equal incidence for each diagnosis after COVID-19 versus after other respiratory infections, in the propensity-score matched population**



# Temporal trends in eating disorder and self-harm incidence rates among adolescents and young adults in the UK in the 2 years since onset of the COVID-19 pandemic: a population-based study



Alex M Trafford, Matthew J Carr, Darren M Ashcroft, Carolyn A Chew-Graham, Emma Cockcroft, Lukasz Cybulski, Emma Garavini, Shruti Garg, Thomas Kabir, Nav Kapur, Rachel K Temple, Roger T Webb, Pearl L H Mok



## Summary

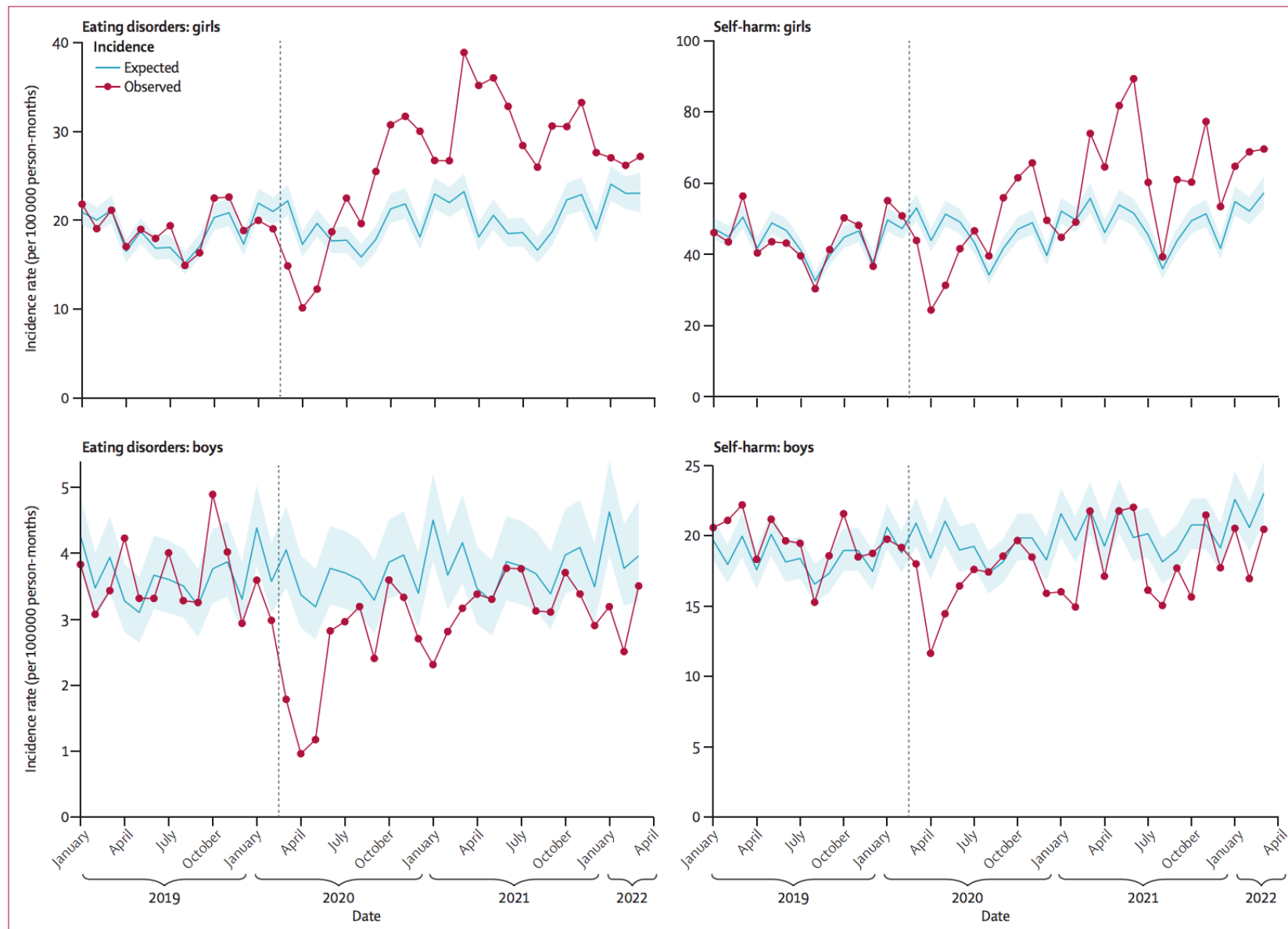
**Background** Self-harm and eating disorders share multiple risk factors, with onset typically during adolescence or early adulthood. We aimed to examine the incidence rates of these psychopathologies among young people in the UK in the 2 years following onset of the COVID-19 pandemic.

*Lancet Child Adolesc Health* 2023

Published Online

June 20, 2023

<https://doi.org/10.1016/>



**Figure 1:** Temporal trends of observed and expected incidence rates of eating disorders and self-harm in the UK from Jan 1, 2019, to March 31, 2022, by sex. Vertical grey dashed line denotes March 1, 2020.



	Expected number of cases (95% CI)	Observed number of cases	Percentage difference (95% CI) in observed versus expected number of cases
<b>Sex</b>			
Female	6139 (5654 to 6664)	8169	33.1% (22.6 to 44.5)
Male	1215 (1033 to 1429)	938	-22.8% (-34.4 to -9.2)
<b>Age group (years), by sex</b>			
Female			
10-12	470 (353 to 626)	494	5.1% (-21.1 to 39.9)
13-16	2713 (2395 to 3073)	3862	42.4% (25.7 to 61.3)
17-19	1525 (1309 to 1776)	2013	32.0% (13.3 to 53.8)
20-24	1579 (1368 to 1823)	1800	14.0% (-1.3 to 31.6)
Male			
10-12	204 (136 to 307)	146	-28.4% (-52.4 to 7.4)
13-16	450 (339 to 597)	380	-15.6% (-36.3 to 12.1)
17-19	256 (182 to 359)	187	-27.0% (-47.9 to 2.7)
20-24	319 (237 to 430)	225	-29.5% (-47.7 to -5.1)
<b>IMD quintile, by sex</b>			
Female			
1 (least deprived)	1166 (978 to 1391)	1777	52.4% (27.7 to 81.7)
2	1113 (925 to 1339)	1563	40.4% (16.7 to 69.0)
3	1289 (1080 to 1539)	1740	35.0% (13.1 to 61.1)
4	1369 (1168 to 1604)	1617	18.1% (0.8 to 38.4)
5 (most deprived)	1205 (1027 to 1414)	1472	22.2% (4.1 to 43.3)
Male			
1 (least deprived)	178 (115 to 275)	186	4.5% (-32.4 to 61.7)
2	203 (135 to 304)	162	-20.2% (-46.7 to 20.0)
3	235 (162 to 341)	194	-17.4% (-43.1 to 19.8)
4	264 (189 to 369)	185	-29.9% (-49.9 to -2.1)
5 (most deprived)	340 (254 to 455)	211	-37.9% (-53.6 to -16.9)

IMD quintiles were obtained at the general practice level (appendix p 12). IMD=index of multiple deprivation.

**Table 2: Difference between expected and observed number of first diagnoses of eating disorders in the UK from March 1, 2020, to March 31, 2022, by sex, age, and IMD quintile**



	Expected number of cases (95% CI)	Observed number of cases	Percentage difference in observed versus expected number of cases (95% CI)
<b>Sex</b>			
Female	14 181 (13 179 to 15 258)	16 817	18.6% (10.2 to 27.6)
Male	6414 (5889 to 6986)	5678	-11.5% (-18.7 to -3.6)
<b>Age group (years), by sex</b>			
<b>Female</b>			
10-12	1344 (1024 to 1765)	1670	24.3% (-5.4 to 63.1)
13-16	6631 (5787 to 7598)	9174	38.4% (20.7 to 58.5)
17-19	3405 (3040 to 3814)	3157	-7.3% (-17.2 to 3.8)
20-24	3254 (2893 to 3659)	2816	-13.5% (-23.0 to -2.7)
<b>Male</b>			
10-12	448 (305 to 660)	403	-10.0% (-38.9 to 32.1)
13-16	2041 (1752 to 2379)	1859	-8.9% (-21.9 to 6.1)
17-19	1724 (1513 to 1965)	1441	-16.4% (-26.7 to -4.8)
20-24	2383 (2125 to 2672)	1975	-17.1% (-26.1 to -7.1)
<b>IMD quintile, by sex</b>			
<b>Female</b>			
1 (least deprived)	2122 (1853 to 2431)	2774	30.7% (14.1 to 49.7)
2	2184 (1932 to 2468)	2684	22.9% (8.8 to 38.9)
3	2884 (2533 to 3283)	3564	23.6% (8.6 to 40.7)
4	3448 (3079 to 3862)	3858	11.9% (-0.1 to 25.3)
5 (most deprived)	3564 (3219 to 3946)	3937	10.5% (-0.2 to 22.3)
<b>Male</b>			
1 (least deprived)	905 (747 to 1097)	804	-11.2% (-26.7 to 7.6)
2	1038 (861 to 1252)	947	-8.8% (-24.4 to 10.0)
3	1234 (1045 to 1458)	1191	-3.5% (-18.3 to 14.0)
4	1521 (1321 to 1750)	1305	-14.2% (-25.4 to -1.2)
5 (most deprived)	1757 (1536 to 2010)	1431	-18.6% (-28.8 to -6.8)

IMD quintiles were obtained at the general practice level (appendix p 12). IMD=index of multiple deprivation.

**Table 3: Difference between expected and observed number of first self-harm episodes in the UK from March 1, 2020, to March 31, 2022, by sex, age, and IMD quintile**



Review



## Mental health in Europe during the COVID-19 pandemic: a systematic review



*Nafiso Ahmed, Phoebe Barnett, Anna Greenburgh, Tamara Pemovska, Theodora Stefanidou, Natasha Lyons, Sarah Ikhtabi, Shivangi Talwar, Emma R Francis, Samantha M Harris, Prisha Shah, Karen Machin, Stephen Jeffreys, Lizzie Mitchell, Chris Lynch, Una Foye, Merle Schlief, Rebecca Appleton, Katherine R K Saunders, Helen Baldwin, Sophie M Allan, Luke Sheridan-Rains, Omayya Kharboutly, Ariana Kular, Peter Goldblatt, Robert Stewart, James B Kirkbride, Brynmor Lloyd-Evans, Sonia Johnson*

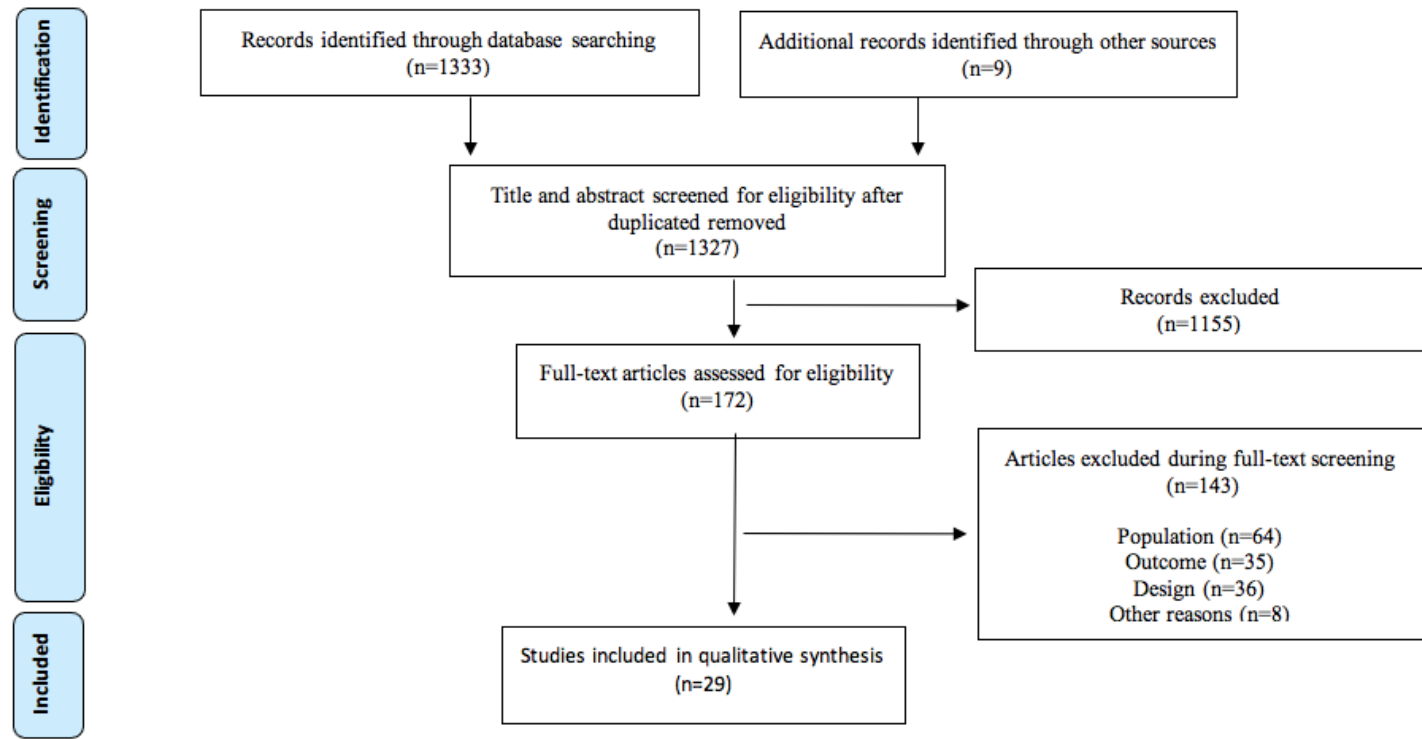
**The COVID-19 pandemic caused immediate and far-reaching disruption to society, the economy, and health-care services. We synthesised evidence on the effect of the pandemic on mental health and mental health care in high-income European countries. We included 177 longitudinal and repeated cross-sectional studies comparing prevalence or incidence of mental health problems, mental health symptom severity in people with pre-existing mental health conditions, or mental health service use before versus during the pandemic, or between different timepoints of the**

*Lancet Psychiatry* 2023;  
10: 537–56

Published Online  
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[https://doi.org/10.1016/  
S2216-5141\(23\)00112-X](https://doi.org/10.1016/S2216-5141(23)00112-X)



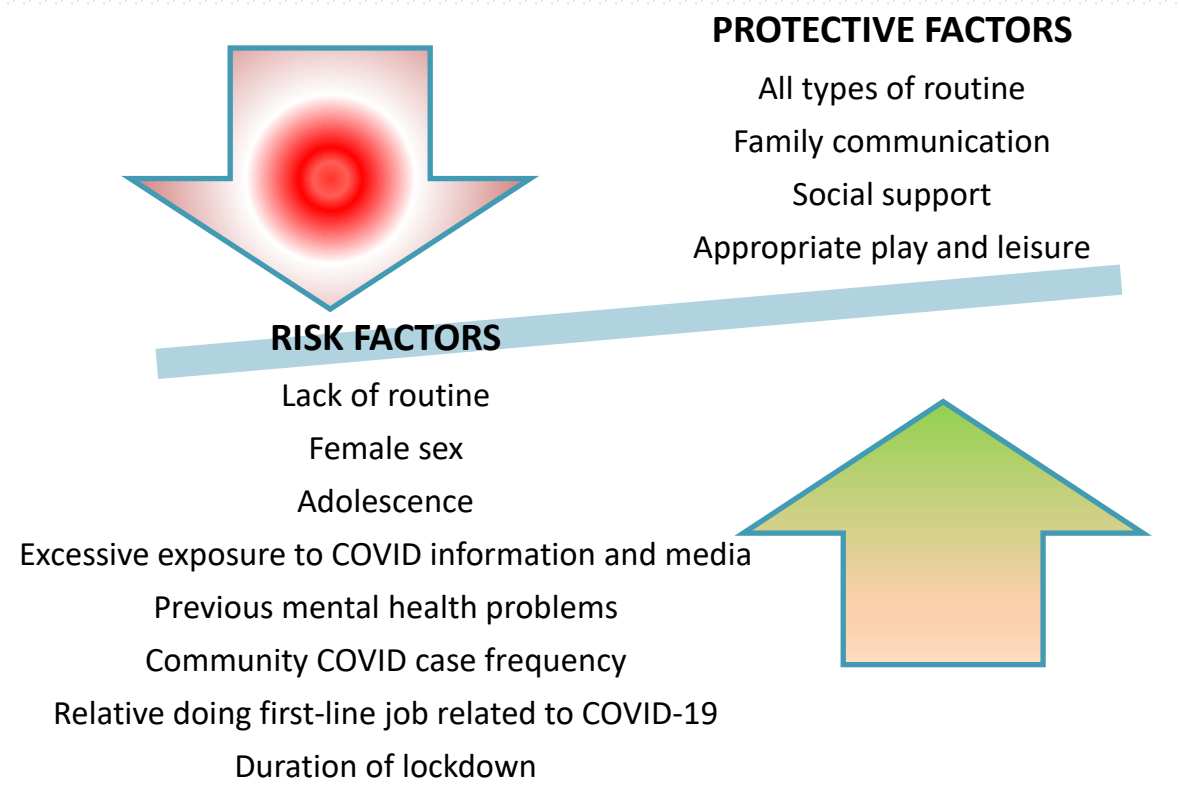
# The Impact of Lockdown on Child and Adolescent Mental Health: Systematic Review



Salazar de Pablo et al 2021

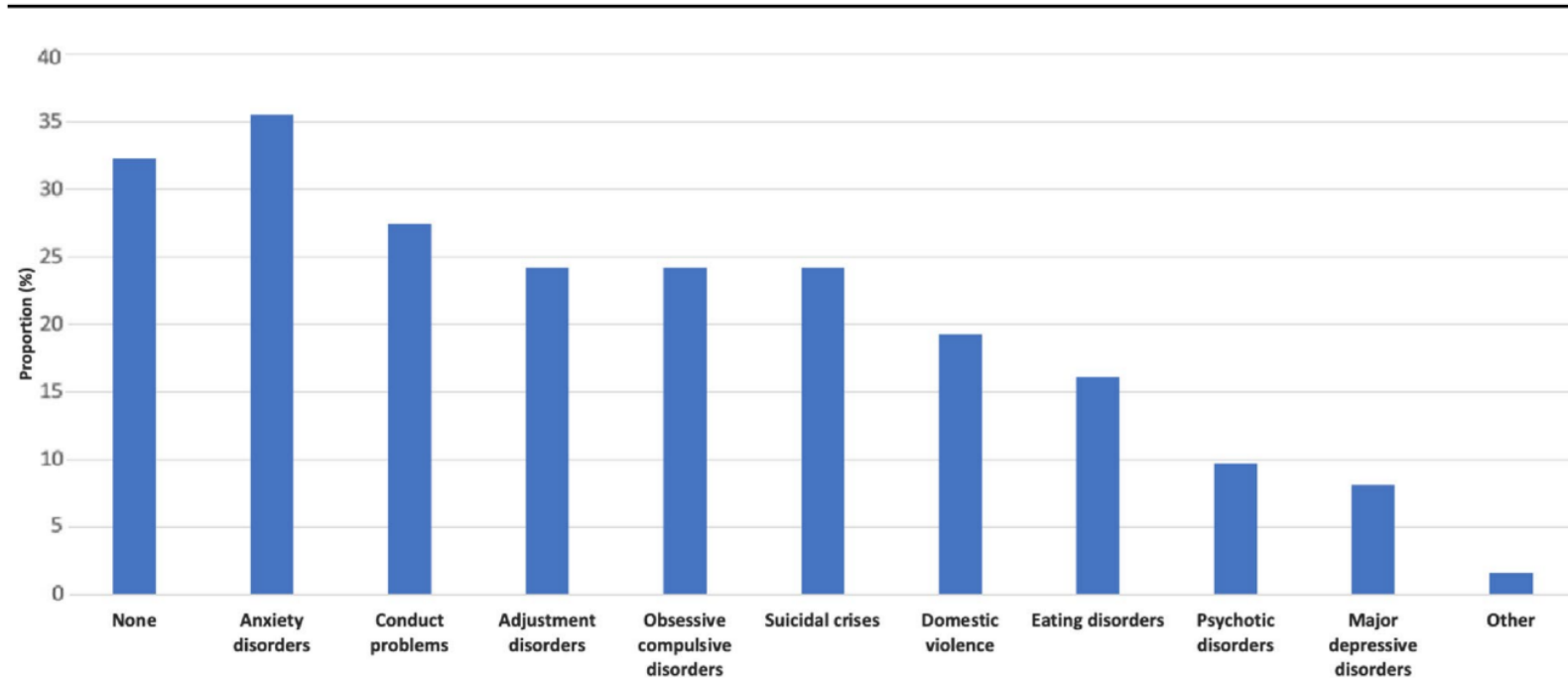


## Risk factors and Protective factors for Anxiety and Depressive symptoms in Children and Adolescents





## European Child & Adolescent Psychiatry



**Fig. 1** Disorders reported by heads of child and adolescent services as showing an increase in the amount of cases (Compared with before the pandemic, is there a percentage increase in the amount of cases you and your team are seeing for the below disorders?  $n=59$ )



Revista de psiquiatría y salud mental (Barcelona) 14 (2021) 113–116



## Revista de Psiquiatría y Salud Mental

[www.elsevier.es/saludmental](http://www.elsevier.es/saludmental)



SPECIAL ARTICLE

## Calling for the integration of children's mental health and protection into COVID-19 responses



Mireia Solerdelcoll<sup>a,b,\*</sup>, Celso Arango<sup>c</sup>, Gisela Sugranyes<sup>b,d</sup>



Position Paper

## How mental health care should change as a consequence of the COVID-19 pandemic



*Carmen Moreno, Til Wykes, Silvana Galderisi, Merete Nordentoft, Nicolas Crossley, Nev Jones, Mary Cannon, Christoph U Correll, Louise Byrne, Sarah Carr, Eric Y H Chen, Philip Gorwood, Sonia Johnson, Hilikka Kärkkäinen, John H Krystal, Jimmy Lee, Jeffrey Lieberman, Carlos López-Jaramillo, Miia Männikkö, Michael R Phillips, Hiroyuki Uchida, Eduard Vieta, Antonio Vita, Celso Arango*

Moreno C et al Lancet Psychiatry 2020; 7: 813-24



## The categories most impacted by the COVID-19 pandemic

- The **consequences on Mental Health of the pandemic affect all ages**, from **younger generations** (disruption of schooling), to **adults** (unemployment, poverty, debt) and **elderly people** (isolation), but particularly concerning are the impacts **on specific categories**:

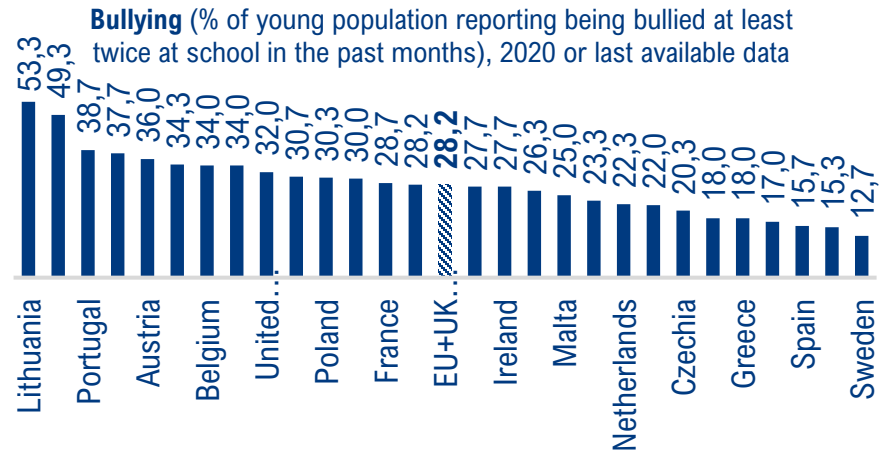
### CHILDREN AND ADOLESCENTS

- Mental Health problems among children and adolescents are increasingly observed during the outbreak of COVID-19, **leading to significant healthcare concerns**.
- Anxiety (**28%**), depression (**23%**), loneliness (**5%**), stress (**5%**) and fear (**5%**) were the **most common mental health issues** reported.
- Age, gender, psychological quality, and negative coping strategies were identified as **risk factors for the development** of mental health problems.
- **Social and family support**, along with a positive coping style, was associated with **better outcomes**.



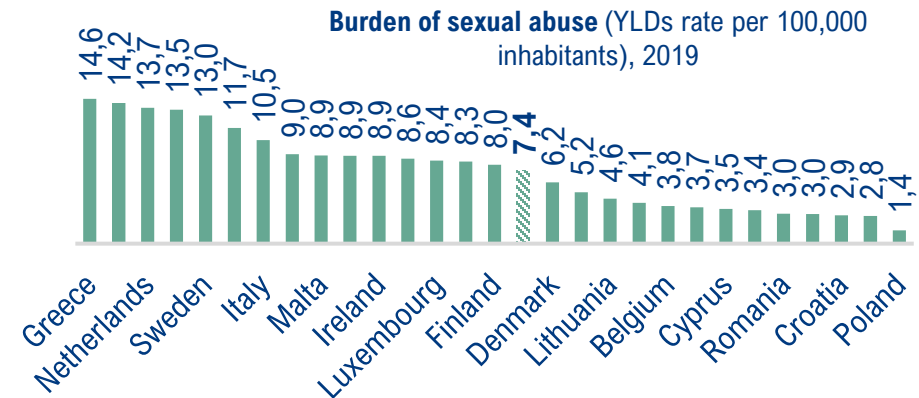
# Bullying and sexual abuse

## BULLYING



- **Bullying** affects thousands of children and adolescents in the European Union and represents a major **risk factor for Mental Health disorders**. Verbal and relational bullying are the most common types of bullying. However, the prevalence is dependent on age, culture, and country. On average, **28.2%** of young people reported having **experienced bullying on a monthly basis**.
- Cyber bullying incidence is increasing. In the European Union, among the 9–16-year-old population, **80%** reported to be a victim of cyber-bullying. Females are more likely to report being cyberbullied.

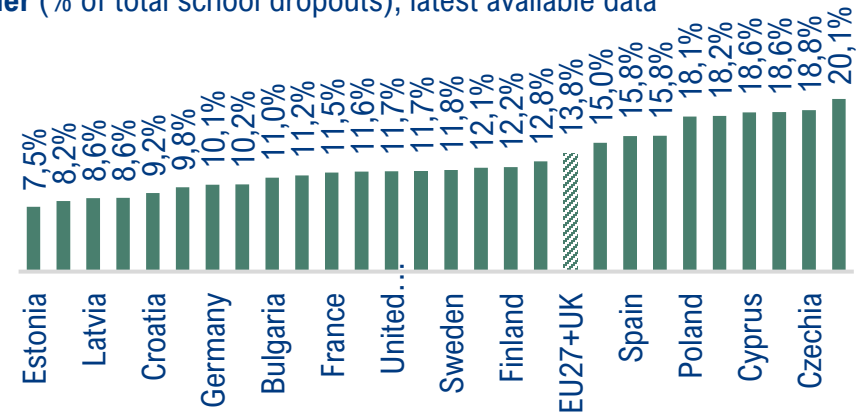
## SEXUAL ABUSE



- **Sexual abuse victims** at risk of developing a mental disorder. On average, in the EU+UK, the **burden of sexual abuse** in terms of its Mental Health consequences amounts to **7.4 Years Lived with Disability (YLDs)** each 100,000 inhabitants.
- In 2020, **22 million** individuals reported child sexual abuse in the EU; social media and Internet combined with the COVID-19 pandemic led to a surge in cases. The Countries with the highest incidence are France, Latvia, Luxembourg, and the Netherlands.
- The results of different Countries may be **biased by lack of available data** and heavy **mis- and under-reporting**.

# Responsiveness to the needs of individuals with Mental Health disorders in schools

Share of school dropouts of students with a Mental Health disorder (% of total school dropouts), latest available data\*\*



(\*\*) Data estimated and updated using OECD, "Fit Mind, Fit job: from evidence to practice in mental health and work", 2015

For children and adolescents with mental health needs, **school closures** during the pandemic meant a **loss of daily routines**, which represent important coping mechanisms. In a survey conducted in the UK\*, which included young participants with a mental illness history, **83%** said **the pandemic had made their conditions worse**.

Source: The European House – Ambrosetti on WHO «Mental Health Atlas 2020», OECD, Eurostat and other sources, 2022

(\*) Survey conducted in 2021 by YoungMinds on 2,111 participants.



## Responsiveness to the needs of individuals with Mental Health disorders in society

- The responsiveness to Mental Health needs in society has been assessed also by looking at the **existence of national strategies and programmes** focusing on mental health promotion and prevention. According to the last WHO Mental Health Atlas data, a mapping of the existent functioning programmes\* has been conducted along **different dimensions**, including suicide prevention, anti-stigma campaigns, etc.

**Presence of programs for Mental Health promotion and prevention in society, 2020 or latest available data**

	AT	BE	BG	HR	CY	CZ	DK	EE	FI	FR	DE	GR	HU	IE	IT***	LV	LT	LU	MT	NL	PL	PT	RO	SK	SI	SP	SE	UK	
<b>Suicide prevention</b>	Present	Present	Present	Present	N.A.	Present	Present	Absent	Present	Present	Present	Absent	Present	Present	Absent	Present	Present	Present	N.A.	N.A.	Absent	Present	Absent	Present	Present	Absent	Present	Present	Present
<b>Mental Health Awareness/ Anti-stigma</b>	Present	Present	Present	Present	N.A.	Present	Present	Present	Present	Present	Present	Absent	Present	Present	Present	Present	Present	Absent	N.A.	N.A.	Present	Present	Present	Absent	Present	Present	Present	Present	Present
<b>Parental/ maternal mental health promotion</b>	Absent	Present	Present	Present	N.A.	Present	Absent	Absent	Present	Present	Present	Absent	Present	Absent	Absent	Present	Present	Absent	N.A.	N.A.	Present	Present	Absent	Absent	Present	Absent	Present	Present	Present
<b>Disaster preparedness **</b>	Absent	Absent	Absent	Absent	N.A.	Absent	Present	Absent	Absent	Absent	Present	Absent	Absent	Absent	Absent	Absent	Absent	Absent	N.A.	N.A.	Absent	Present	Absent	Absent	Absent	Absent	Absent	Absent	Absent

(\*) The analysis takes into consideration only programs with dedicated financial & human resources; a defined plan of implementation and documented evidence of progress and/or impact.

(\*\*) Plans and actions to safeguard mental health and tackle the psychosocial aspects after natural or human disasters (e.g., tsunami, war, ...).

(\*\*\*) In June 2022, to fill the regulatory gap, Italy passed a motion committing the Government to adopt a national suicide prevention plan.

Source: The European House – Ambrosetti on WHO «Mental Health Atlas 2020», 2022



## Responsiveness to the needs of individuals with Mental Health disorders in schools

- The last WHO Mental Health Atlas maps the **existent national strategies and programs** focusing on mental health promotion and prevention for children and adolescents. According to these data, among EU27+UK, **68%** of the Countries have implemented **at least one program** dedicated to these categories.
- The importance of adopting a **whole-school approach** – integrated with the other facilities and social services – lies in the possibility of mobilizing the various resources of its community, including the active engagement and voices of students, staff, parents and professionals, towards a **collaborative effort** to promote the mental health and well-being of all members of the community.

**Presence of programs\* for Mental Health promotion and prevention for children and adolescents and schools, 2020 or latest available data**

	AT	BE	BG	HR	CY	CZ	DK	EE	FI	FR	DE	GR	HU	IE	IT	LV	LT	LU	MT	NL	PL	PT	RO	SK	SI	SP	SE	UK	
<b>Early Child Development</b>	Present	Absent	Present	Absent	N.A.	Absent	Present	Absent	Present	Present	Present	Absent	Present	Present	Absent	Present	Present	Absent	N.A.	N.A.	Present	Present	Absent	Present	Absent	Absent	Absent	Present	Present
<b>School based programs</b>	Absent	Absent	Absent	Present	N.A.	Present	Present	Absent	Present	Present	Present	Absent	Present	Present	Present	Present	Present	Absent	N.A.	N.A.	Present	Present	Absent	Present	Absent	Absent	Absent	Absent	Present
<b>Scope</b>				National	N.A.	National	National		National	National	District		National	National	Regional	National	National		N.A.	N.A.	National	National		National					National

Present
  Absent

(\* ) The analysis takes into consideration only programmes with dedicated financial & human resources; a defined plan of implementation and documented evidence of progress and/or impact.

Source: The European House – Ambrosetti on WHO «Mental Health Atlas 2020», 2022



## Results of the “Headway - Mental Health Index 2.0” across European Countries (%), 2022



Category	Sub-category	(AT)	(BE)	(BG)	(HR)	(CY)	(CZ)	(DK)	(EE)	(FI)	(FR)	(DE)	(GR)	(HU)	(IR)	(IT)	(LV)	(LT)	(LU)	(MT)	(NL)	(PO)	(PT)	(RO)	(SK)	(SI)	(ES)	(SE)	(UK)
0-29%	State of Mental Health	44%	51%	45%	56%	80%	50%	41%	57%	47%	45%	39%	69%	49%	46%	62%	39%	22%	47%	74%	37%	65%	59%	66%	62%	60%	55%	54%	39%
30-49%	Needs in healthcare	56%	48%	24%	48%	66%	31%	85%	41%	81%	69%	62%	41%	19%	72%	62%	22%	53%	35%	25%	86%	31%	56%	10%	24%	64%	42%	100%	69%
50-75%	Needs in workplaces, schools and society	72%	68%	40%	57%	26%	46%	87%	41%	88%	100%	98%	10%	66%	74%	61%	60%	70%	72%	34%	68%	58%	59%	31%	18%	71%	54%	76%	68%
76-100%	Environmental determinants	70%	65%	37%	64%	52%	59%	71%	79%	97%	45%	67%	24%	54%	71%	50%	55%	73%	65%	61%	63%	58%	70%	38%	74%	68%	50%	74%	39%

The “Headway - Mental Health Index” can be a useful tool for the **monitoring and planning for healthcare, welfare, education and environmental policies** in Mental Health across European Countries, in order to **improve critical areas and leverage on good practices**

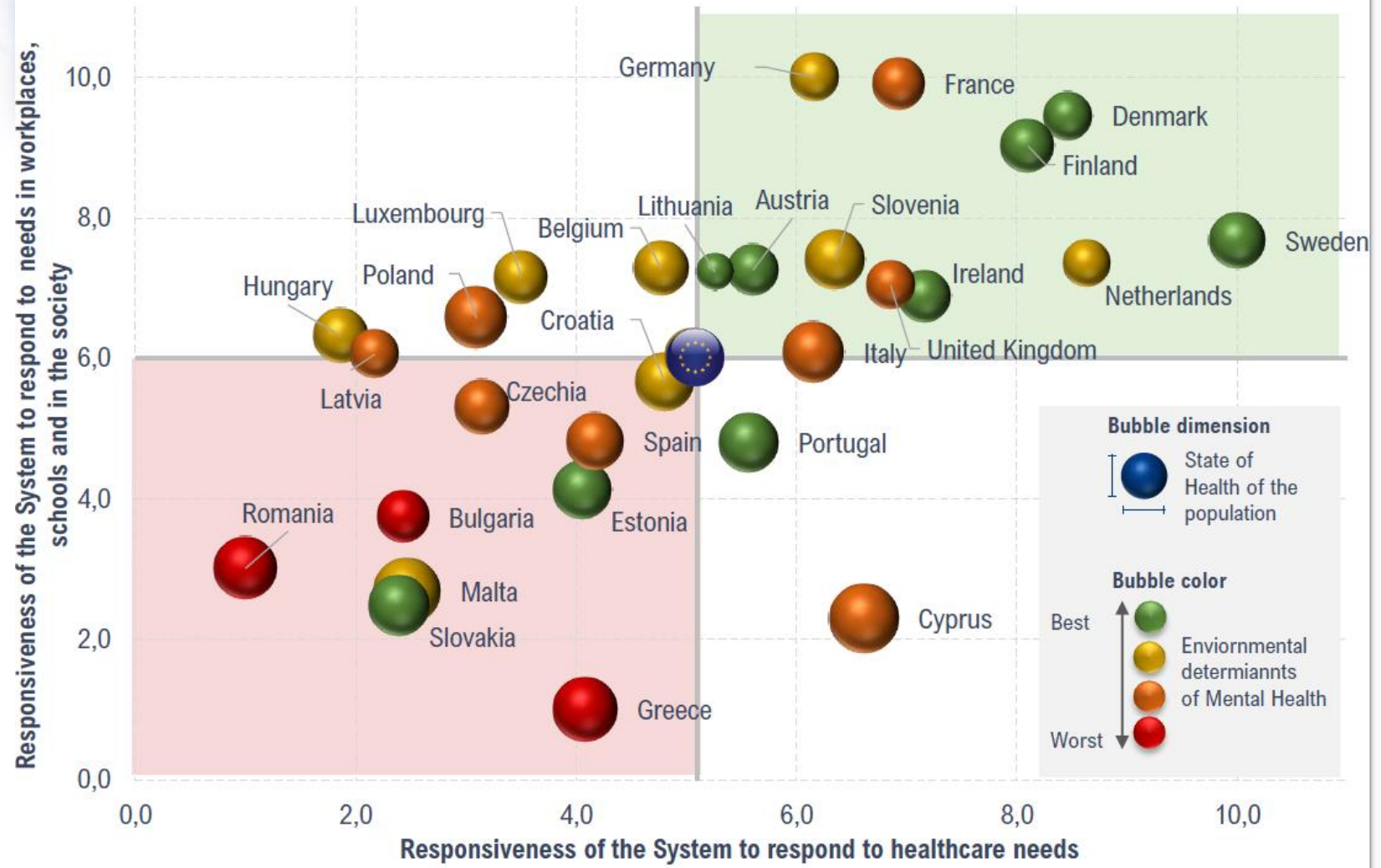


Source: The European House – Ambrosetti on «Headway - Mental Health Index», 2022





### “Headway – Mental Health Index” matrix (score min=1; max=10), 2022





# Indice

- Introducción
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Present





All this triggered a backlash from many (male) doctors and onlookers, who cited all sorts of reasons to dissuade women from riding bikes. In general, they argued, bicycling was an excessively taxing activity, unsuitable for women. It would lead to not only bicycle face, but also **exhaustion, insomnia, heart palpitations, headaches, and depression.**

### The hidden dangers of cycling

by A. Shadwell, M.D.

The cycling season will be coming on soon, and there is every reason to suppose that more people than ever will take advantage of it—women especially. The first blush of fashion has already passed away from the bicycle, and with it the principal attraction for very smart folks, but that is more than counter-balanced by the wider popularity of an established practice. The correct instincts of English (and I believe American) women having relegated all unfeminine costumes to the limbo of bad style, and resolutely vindicated the supremacy of the skirt,<sup>1</sup> there is no longer anything for nice scruples to boggle at. Riding has acquired an irreproachable title to respectability. The matron in her most desperate mood would scarcely venture to snort at it now; she could not do so without making herself ridiculous—a thing inconceivable. To do her justice, she does not attempt it. She may shake her head at some of the uses to which the British maid puts her machine—as at everything else that misguided young person does—but speaking in a general way, instead of condemning, she is much more likely to get astride of one herself, if only to show how it should be done. Her conversion has been gradual, but is pretty complete. In short, the bicycle has established itself as a family institution, like sea-bathing in summer and pantomimes in winter. Nothing need prevent any one from enjoying it save want of means, and it is safe to say that an increasing number of people will manage to find the means with the assistance of a market rendered pliant by competition.



*"THE UNCONSCIOUS EFFORT TO MAINTAIN ONE'S BALANCE TENDS TO PRODUCE A WEARIED AND EXHAUSTED 'BICYCLE FACE'"*



# Next impacts in the aftermath of COVID-19

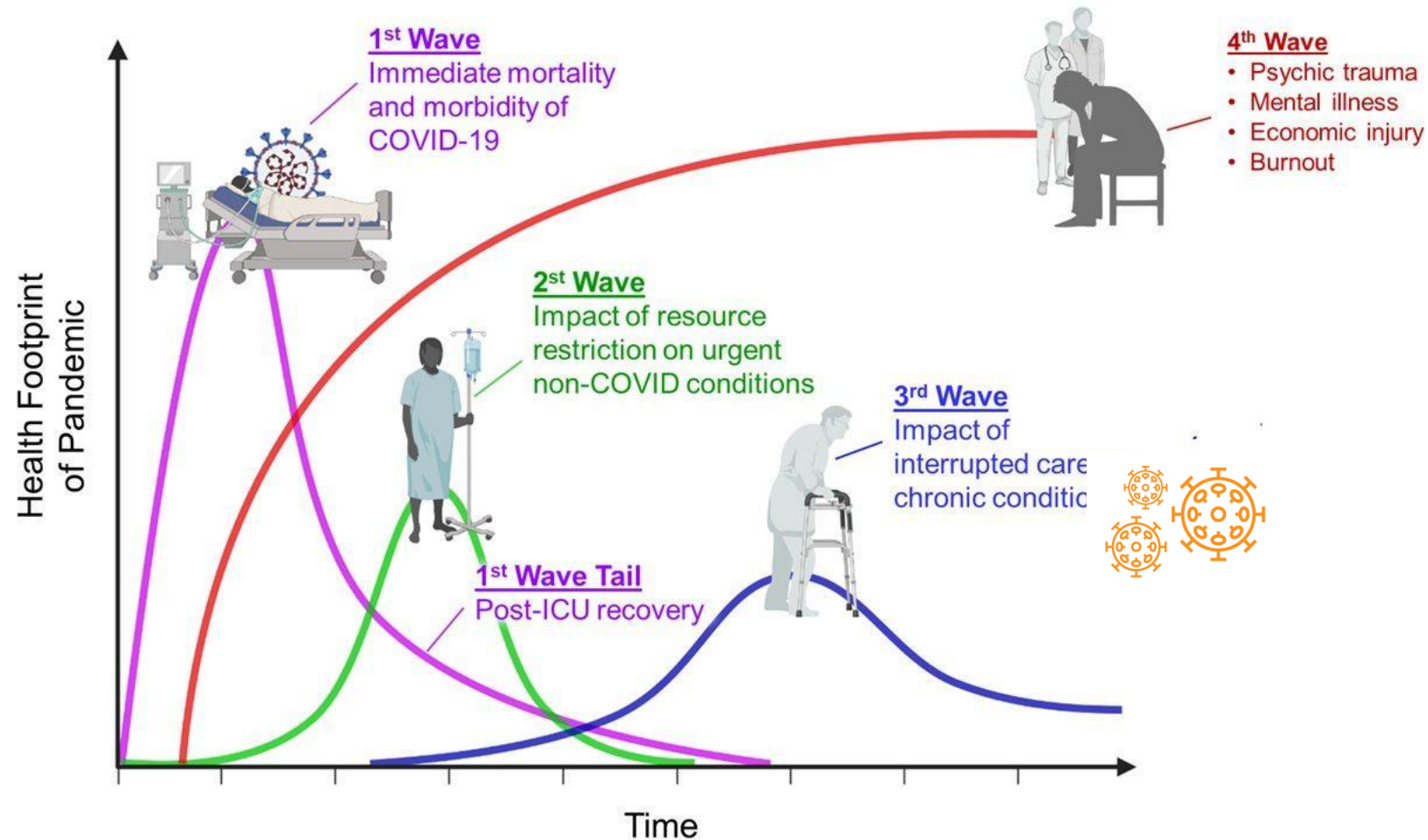
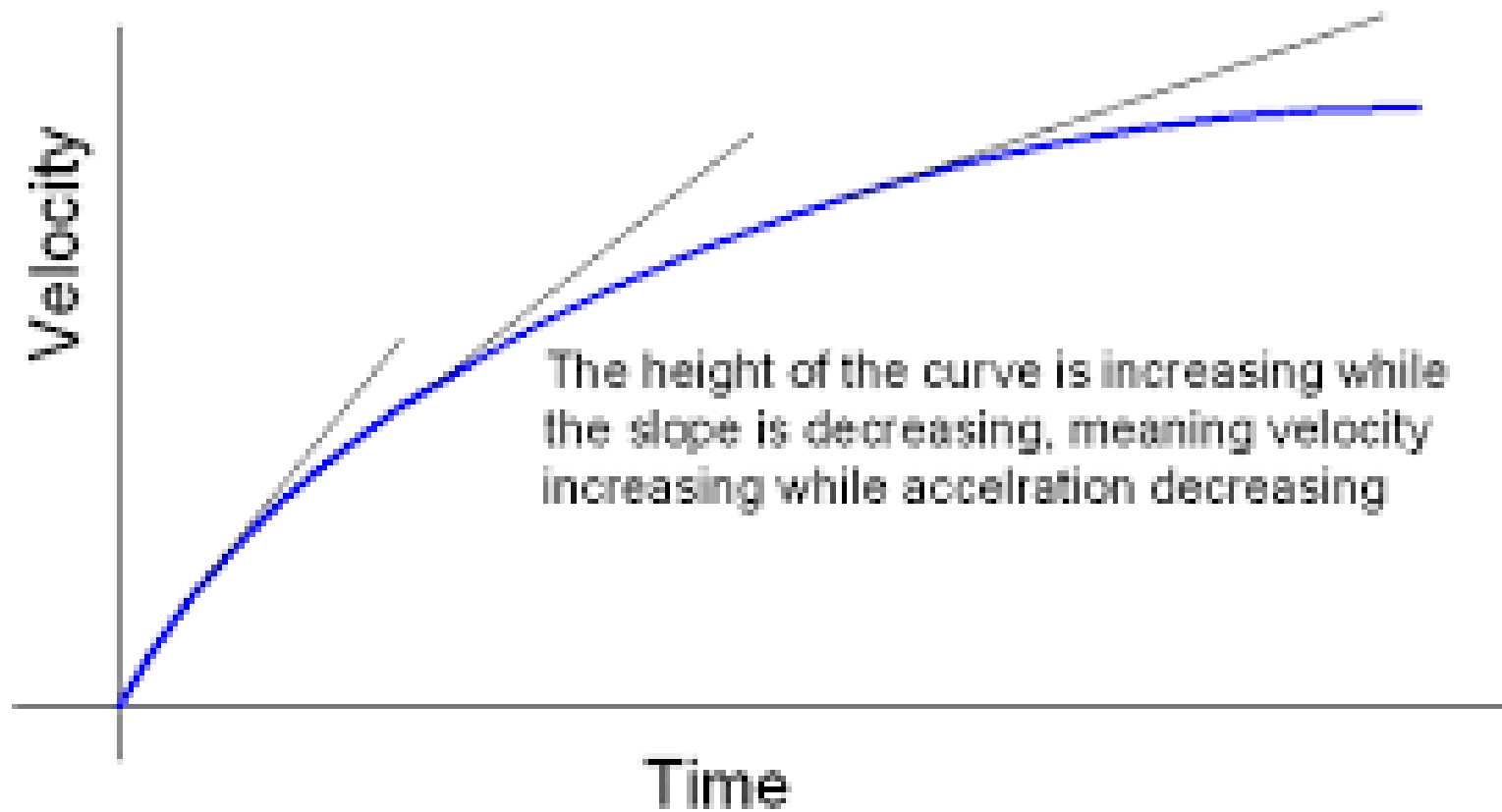


Figure 1. Expected COVID-19 burden of disease over time (credited to Tseng, Victor [@VectorSting]), Emory University 2020







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**LA MODA DE LA AUTOLESIÓN**

# Alerta por el aumento progresivo de adolescentes que se cortan

- 
- La poca resistencia a la frustración y la falta de habilidades para canalizar el malestar, entre las causas
- 

**RAQUEL QUELART**  
**BARCELONA**

17/07/2017 23:05 | Actualizado a 18/07/2017 19:01



secciones

# Los Angeles Times

EEUU

## Alcanzan máximo histórico los índices de suicidio de adolescentes y adultos jóvenes en EE.UU

POR MELISSA HEALY | STAFF WRITER

JUN. 21, 2019 5:08 AM PT



En 2017 el ritmo al que los jóvenes estadounidenses se quitaron la vida alcanzó una marca histórica, impulsada por un fuerte aumento en los suicidios de adolescentes mayores, según una nueva investigación.

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### NOTAS RECIENTES

¿Qué tan beneficiosos son los chapuzones en agua fría?

Jun. 24, 2023

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EEUU abre procesos a compañías e individuos chinos por tráfico de precursores de fentanilo

Jun. 24, 2023

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**SERIE DE NETFLIX**

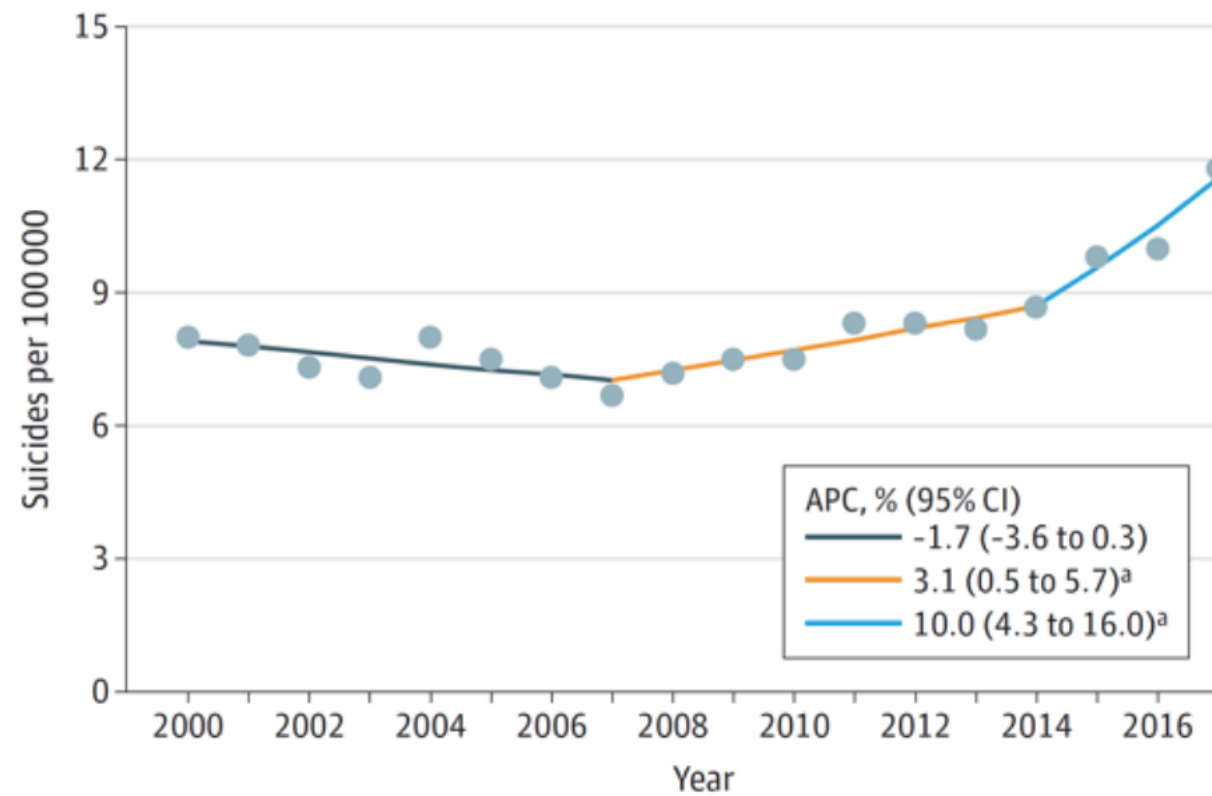
# Los suicidios entre adolescentes tras el estreno de 'Por 13 razones' subieron un 29%

- 
- Psiquiatras y educadores criticaron la romantización del suicidio y advirtieron de sus posibles efectos



**Figure 1. Trends in Suicide Death Rates at Ages 15-19 Years**

**A** Males and females





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CRISIS DE SALUD MENTAL

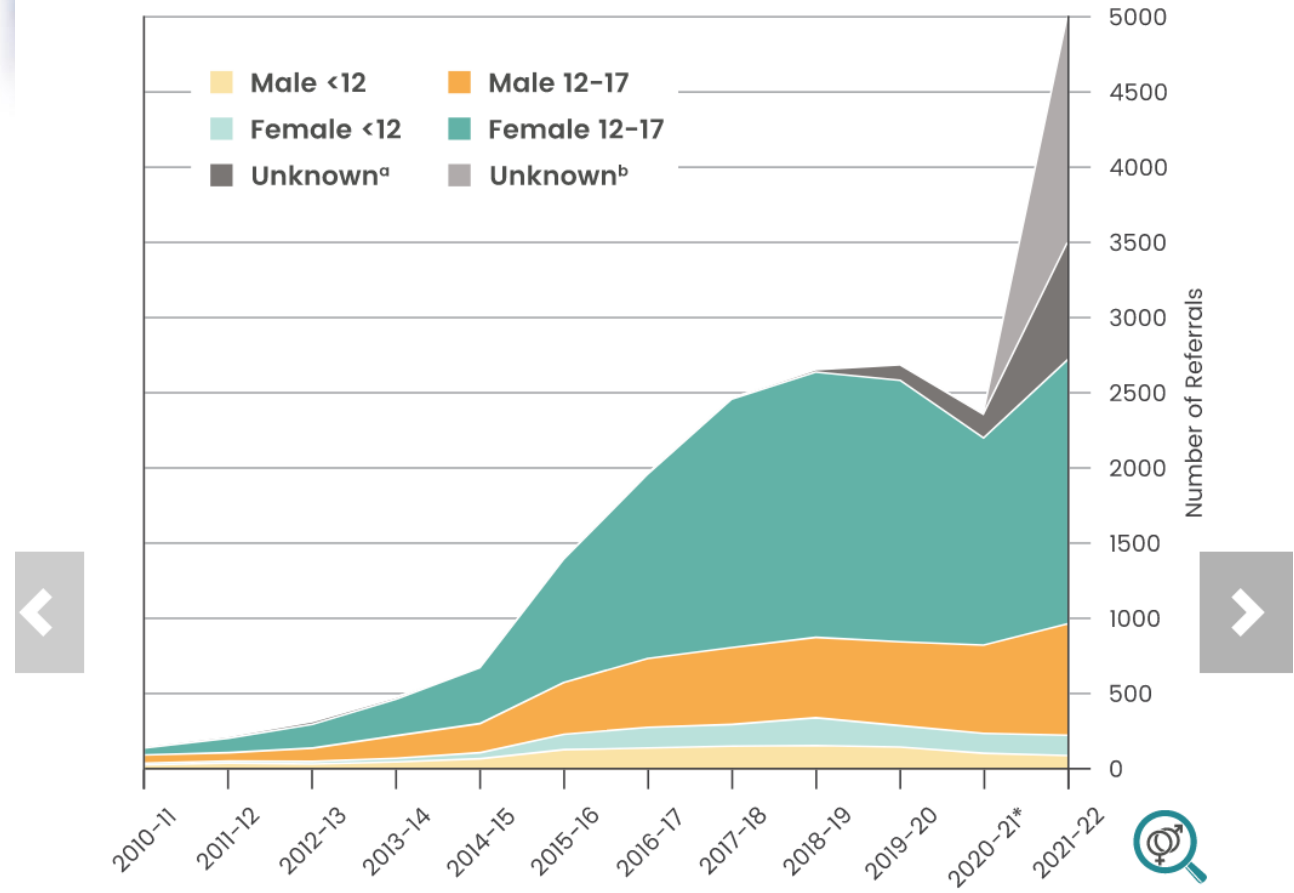
## Uno de cada tres adolescentes catalanes ha tenido pensamientos suicidas

- 
- El 26,8% afirma que se ha producido lesiones de forma voluntaria
  - Salut y Educació crean un guía para el abordaje del suicidio y las autolesiones en los centros educativos
- 

14/12/2022 16:01 | Actualizado a 14/12/2022  
19:52



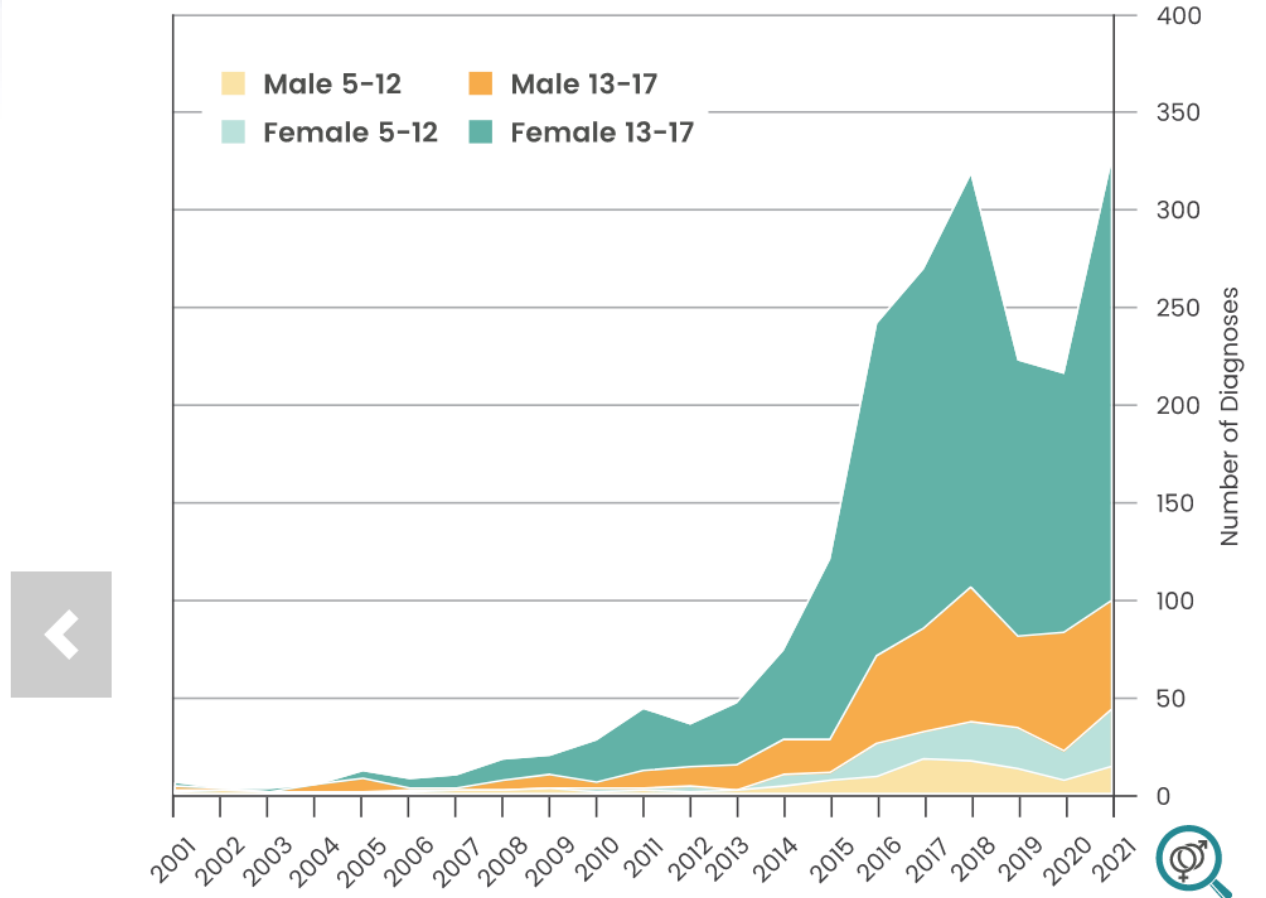
## Child and Adolescent Referrals for Gender Dysphoria United Kingdom (GIDS)



\*Referral activity to GIDS/Tavistock was sharply limited in 2020-2021 due to COVID-19.  
<sup>a</sup>Beginning in 2018-19, increasing numbers of referrals are not reported by sex.  
<sup>b</sup>Beainnina Julv 2021 referrals made directly to GIDS are reported separately from those



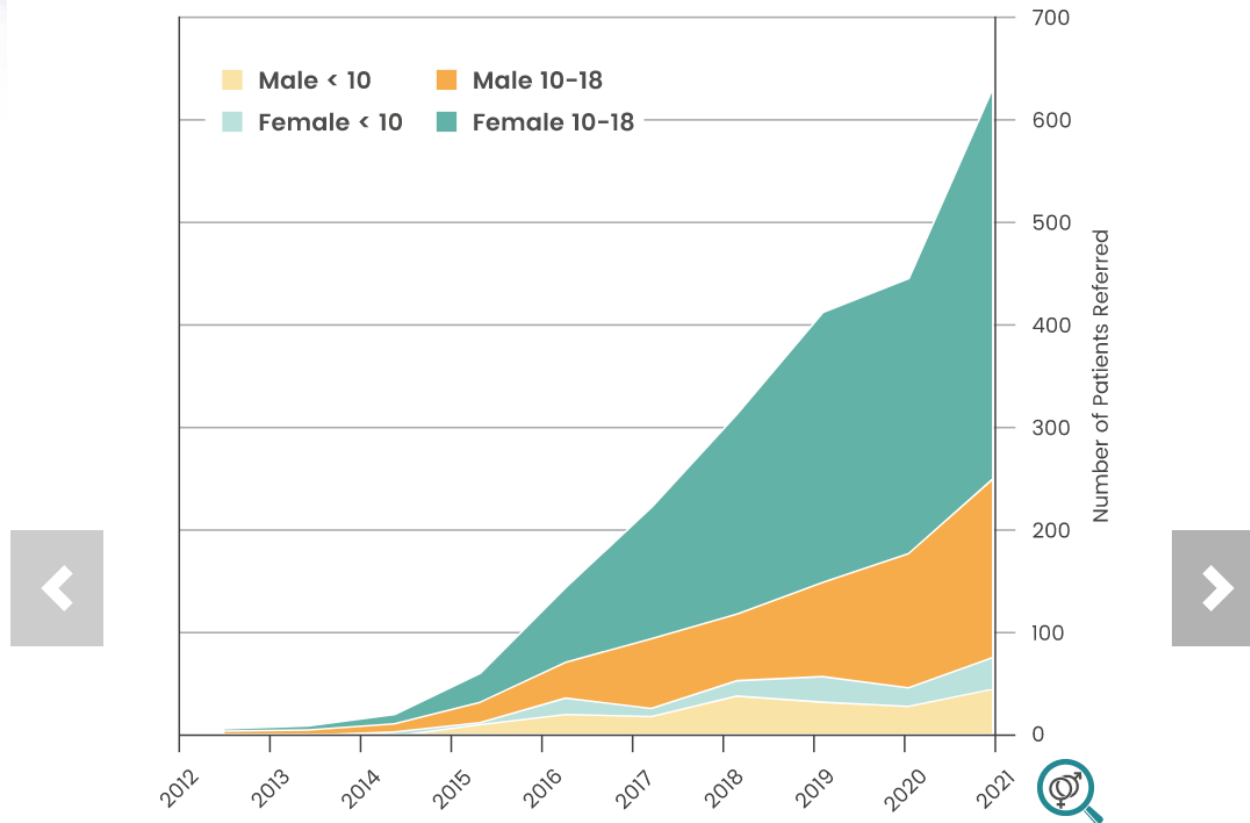
## Child and Adolescent Diagnoses of Gender Dysphoria in Sweden



Incidence data for 2001-2018 from the Swedish National Board of Health and Welfare<sup>a</sup> were applied to population counts by age/sex/year from Statistics Sweden<sup>b</sup> to produce estimated GD diagnosis counts. Incidence data for 2019-2021 were drawn from an update of "God vård av barn och ungdomar med könsdysfori, 2015" (Socialstyrelsen).



## Child and Adolescent Referrals of Gender Dysphoria Spain (Catalonia, Valencia)

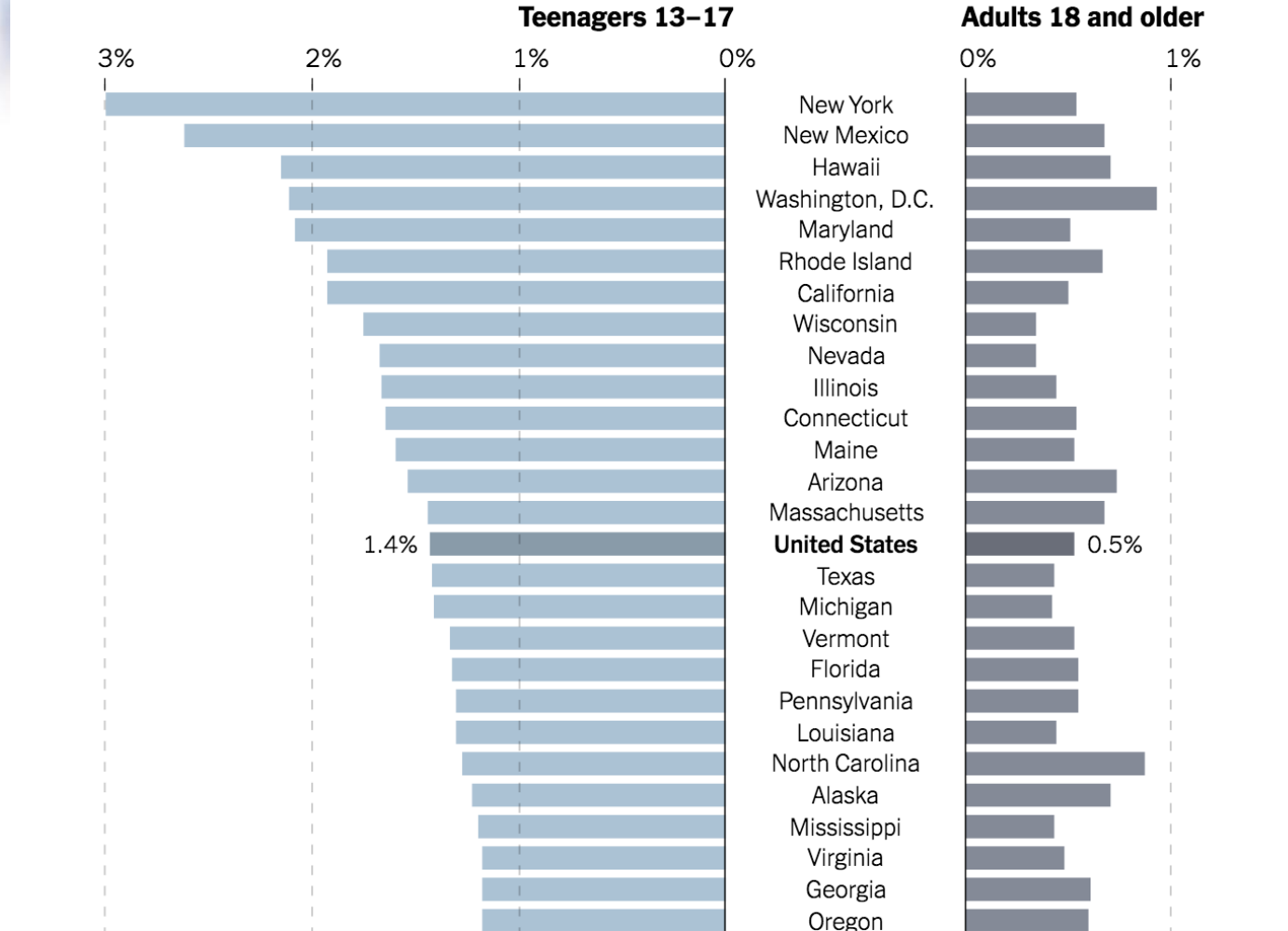


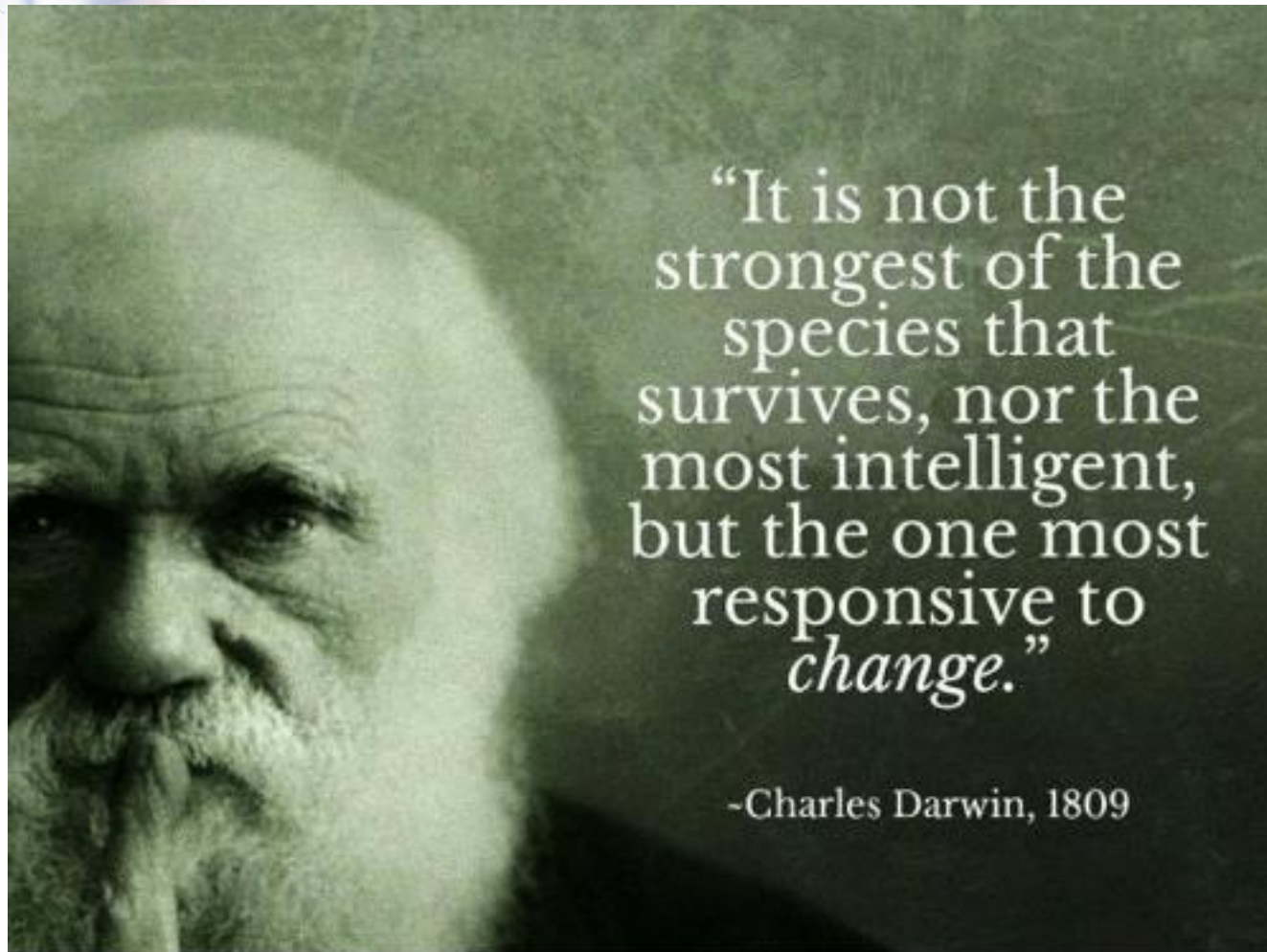
**Sources:** 1. For the "Servei Trànsit", the official system of Gender Dysphoria clinics within Catalonia: Feministes de Catalunya (2022); "De hombres adultos a niñas adolescentes: cambios, tendencias e interrogantes sobre la poblacion atendida por el Servei Trànsit en Catalunya, 2012-2021." 2. For Valencia: Expósito-Campos et al. (2023) "Evolution and trends in referrals to a specialist gender identity unit in Spain over 10 years (2012-2021)" The Journal of Sexual Medicine, <https://doi.org/10.1093/jsxmed/qdac034>.



## Transgender Estimates by State

An estimated 1.6 million teenagers and adults in the United States are transgender.





“It is not the strongest of the species that survives, nor the most intelligent, but the one most responsive to *change.*”

-Charles Darwin, 1809

# Cross-cohort change in parent-reported emotional problem trajectories across childhood and adolescence in the UK



Jessica M Armitage, Alex S F Kwong, Foteini Tseliou, Ruth Sellers, Rachel Blakey, Rebecca Anthony, Frances Rice, Anita Thapar, Stephan Collishaw



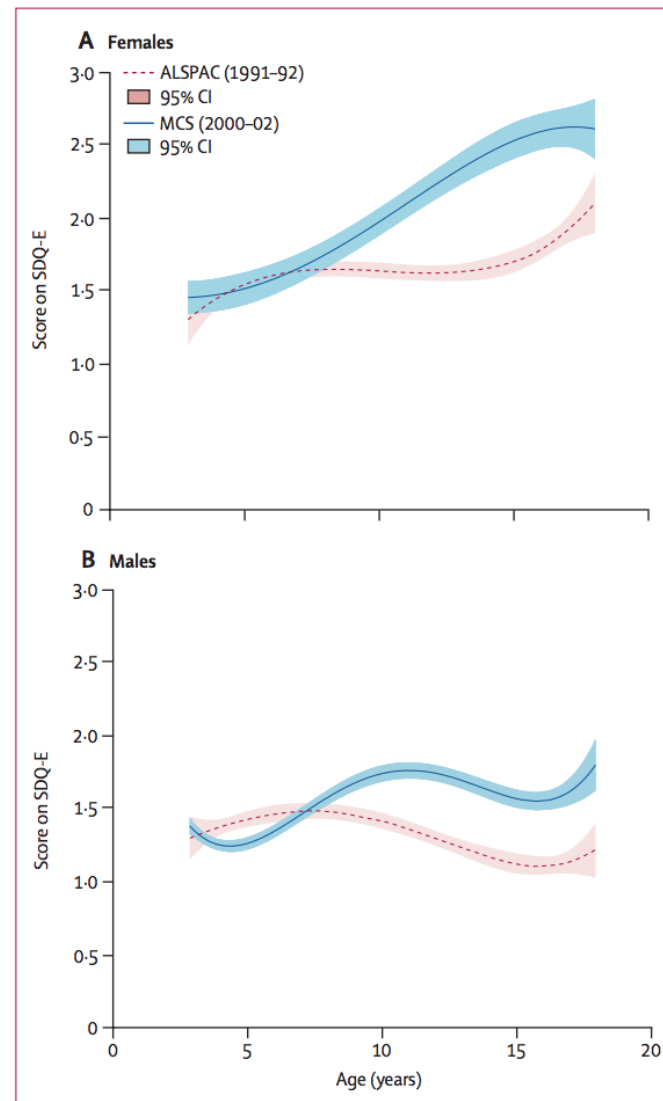
## Summary

**Background** Over the past three decades, the prevalence of adolescent emotional problems (ie, anxiety and depression) has risen. Although the onset and developmental course of emotional symptoms shows high variability, no study has directly tested secular differences across development. Our aim was to investigate whether and how developmental trajectories of emotional problems have changed across generations.

*Lancet Psychiatry* 2023;  
10: 509–17

Published Online  
May 24, 2023  
[https://doi.org/10.1016/  
S2215-0366\(23\)00175-X](https://doi.org/10.1016/S2215-0366(23)00175-X)

**Findings** Data were available for 19418 participants (7012 from ALSPAC and 12406 from the MCS), of whom 9678 (49·8%) were female and 9740 (50·2%) were male, and 17572 (90·5%) had White mothers. Individuals born between 2000 and 2002 had higher emotional problem scores from around 9 years (intercept statistic  $\beta$  1·75, 95% CI 1·71–1·79) than did individuals born in 1991–92 (1·55, 1·51–1·59). The later cohort had an earlier onset of problems than the earlier cohort, and sustained higher average trajectories from around 11 years, with female adolescents showing the steepest trajectories of emotional problems. Differences between cohorts peaked overall at age 14 years.



For  
cmr  
shtr

**Figure 2: Cross-cohort comparison of average population trajectories in the ALSPAC and MCS cohorts by age for females (A) and males (B)**  
ALSPAC=Avon Longitudinal Study of Parents and Children. MCS=Millennium Cohort Study. SDQ-E=Strengths and Difficulties Questionnaire emotional symptoms subscale.

Armitage et al Lancet Psychiatry 2023



Various explanations have been suggested for the worsening of youth emotional symptoms, including changes in young people's lifestyles, body image, use of digital technology, family life, school life and academic pressure, social relationships, and broader cultural and social factors, such as increasing societal inequalities,<sup>4,5,24–27</sup> but to date there is scarce evidence linking changes in purported explanatory factors and secular change in emotional problems.<sup>26</sup> A priority for



[Home](#) / [News](#) / WHO highlights urgent need to transform mental health and mental health care



## WHO highlights urgent need to transform mental health and mental health care

Report urges mental health decision makers and advocates to step up commitment and action to change attitudes, actions and approaches to mental health, its determinants and mental health care.



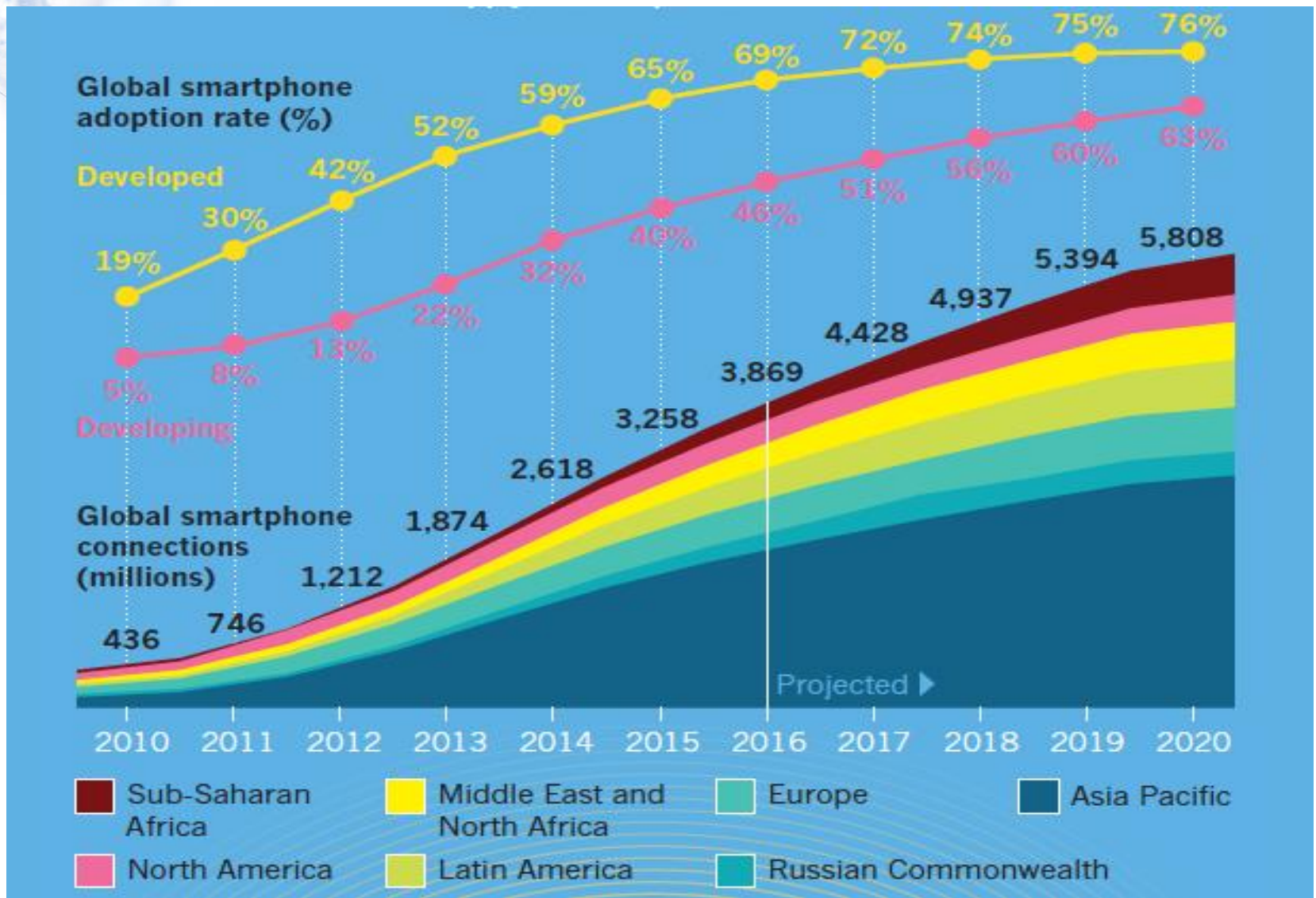


**“21st Century kids are being taught by 20th century adults using 19th century calendar and school curriculum.”**

**-Tom Hierck  
Educational Consultant and Author**









# Digital health technologies





## Digital health technologies



Telemedicine



Health IT, personal health records



Wireless medical devices



Mobile medical apps



Medical device data systems



Wearables



Digital therapeutics



Data collection tools



Mental Illness Prevention



nature

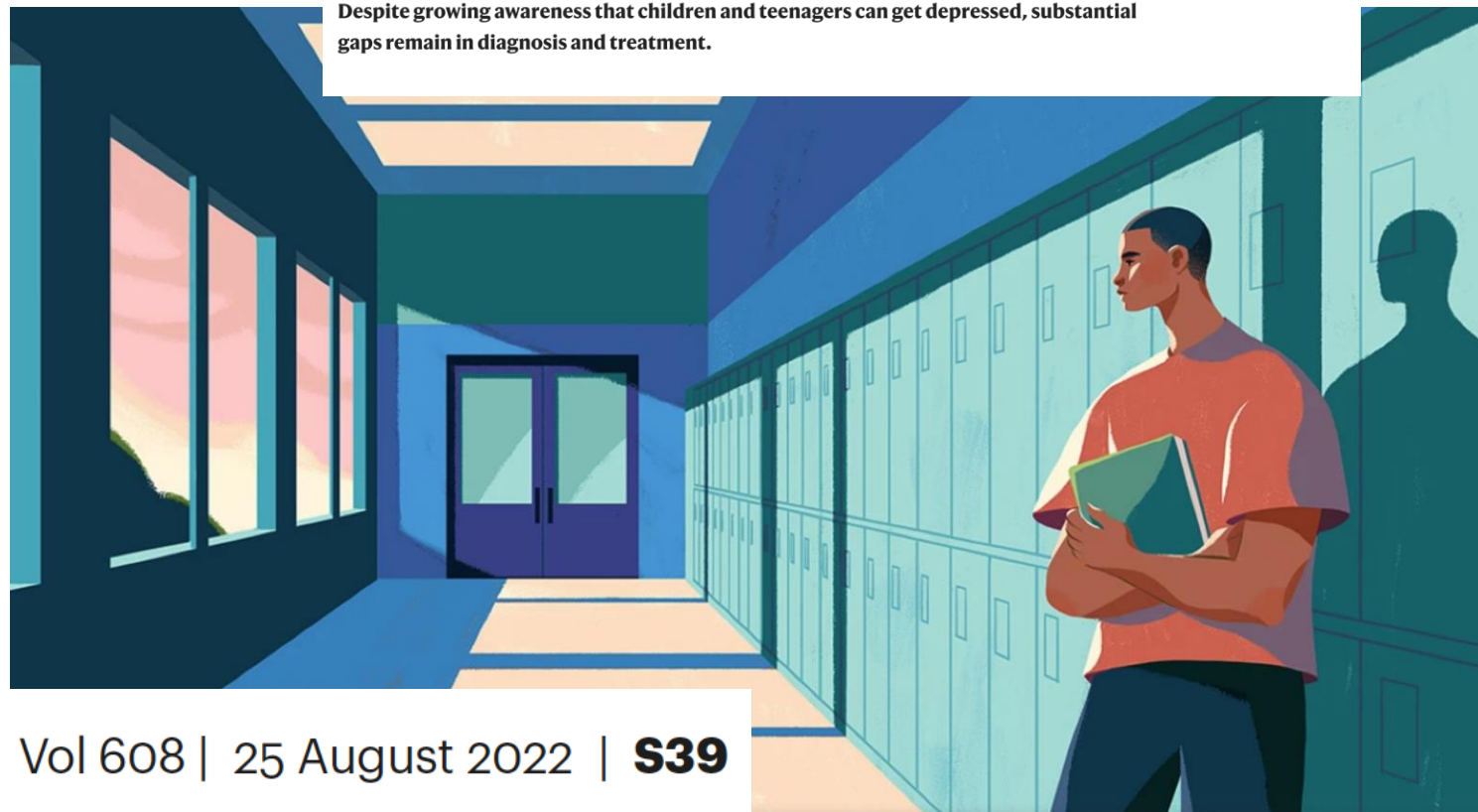
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OUTLOOK | 24 August 2022

## Tackling the mental-health crisis in young people

Despite growing awareness that children and teenagers can get depressed, substantial gaps remain in diagnosis and treatment.



Nature | Vol 608 | 25 August 2022 | **S39**

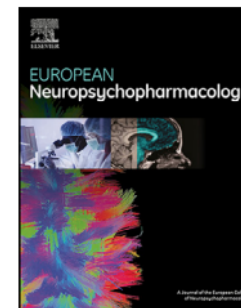


European Neuropsychopharmacology 65 (2022) 30-32



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## Primary prevention in psychiatry is not science fiction



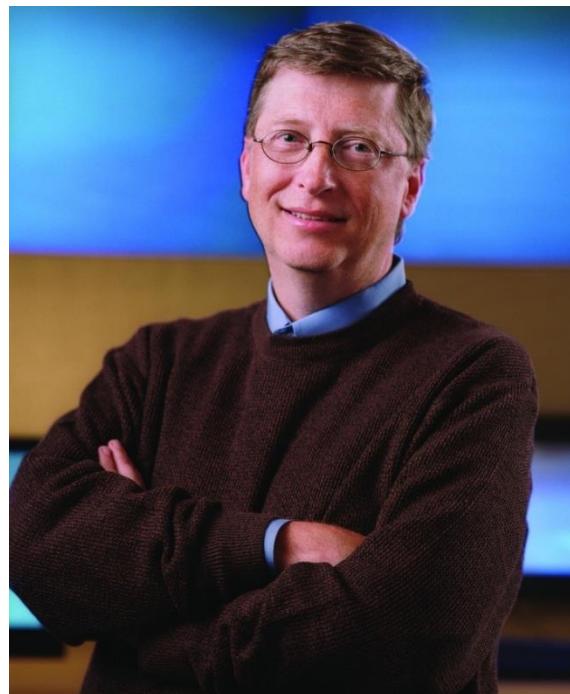
Celso Arango<sup>a,\*</sup>, Paolo Fusar-Poli<sup>b,c,d</sup>

<sup>a</sup> Department of Psychiatry, University of Turin, Italy; <sup>b</sup> Department of Psychiatry, University of Oxford, UK; <sup>c</sup> Department of Psychiatry, University of Cambridge, UK; <sup>d</sup> Department of Psychiatry, University of Manchester, UK



# Indice

- Introducción
- Los datos
- Reflexiones
- Conclusiones



*“We always overestimate the change that will occur in the next two years and underestimate the change that will occur in the next ten.”*

*--Bill Gates Jr.*



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