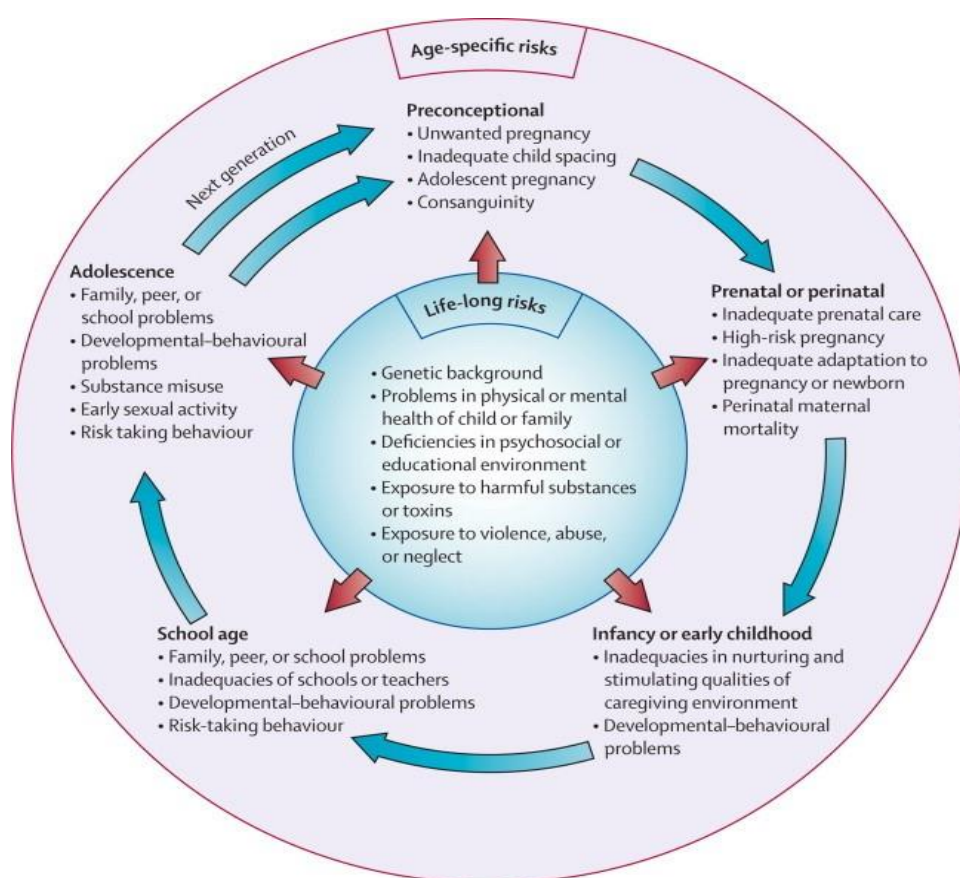


## Introduction

Mental illness is a national and worldwide concern, especially in adolescents. Childhood events and interactions affect mental health in various ways and can sprinkle into adulthood. Treatment varies across many factors and more research is needed. Individuals with untreated or suppressed mental illnesses have a much higher chance of committing suicide (Primananda et al., 2019).



Child and adolescent mental health worldwide: evidence for action

## Purpose

The purpose of this literature review is to assess how mental health is affected during adolescence, and what therapies and interventions aid in lessening mental health issues.

## Background & Significance

“The prevention in treatment for many adolescent problems ...has become a major focus of contemporary medicine. Such problems have a considerable psychological and emotional cost for youth, accompanied by an equally substantial resource and financial burden on society” (Vella et al., 2017).

“By 2020, mental health issues, including depression, are predicted to be among of leading causes of morbidity and mortality among adolescents” (Boers et al., 2019).

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In knowing these issues, nurses can acknowledge mental health as a leading cause of suicide and can be utilized as a support system for their adolescent clients.

## Literature Review methods

- 15 articles total
- Jama Pediatrics
- ETSU database
- Nursing and Allied Health Database
- Health and Medical Collection
- Key words: mental health, adolescents, poverty, abuse, children, depression, anxiety, body image, suicide, and exercise

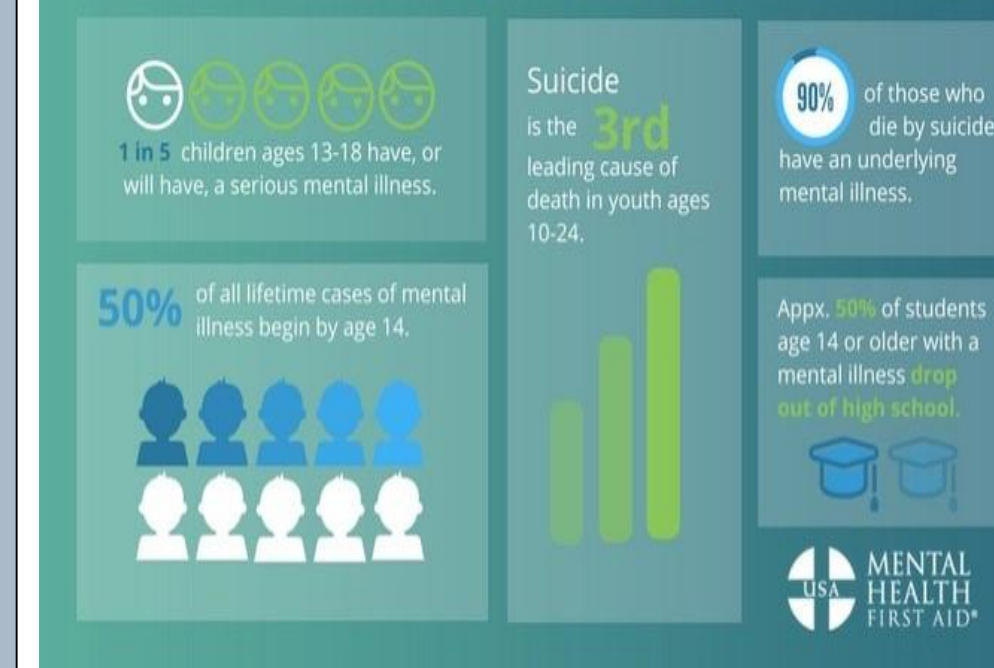
## Finding

- Importance of physical activities
- Need for knowledge and education about mental health
- Benefits of one on one/ group therapy
- Relationship between risk and protective factors
- Secrecy vs. Disclosure decision

## Conclusion

In conclusion, there are many factors that affect adolescents, leading to mental health disparities. Several studies have been done to show various ways to help children dealing with mental health issues. Overall, we can see that physical activity in adolescents is the overarching theme of helping children reach a better quality of life. Nurses need to implement more programs to spread the knowledge of adolescent mental health illnesses, as well as promote a better understanding of how to help these individuals.

## YOUTH MENTAL HEALTH BY THE NUMBERS



Youth mental health by the numbers

## Implications

- Physical activity
- Education
- Safe and supportive resources
- Therapy sessions
- Early intervention
- Mental health programs
- Coping mechanisms
- Heightened awareness of emotional abuse
- Combating stigma

## Contact Information and Citations



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