Coping through crisis: COVID-19 pandemic experiences and adolescent mental health and well-being in the WHO European Region

Impact of the COVID-19 pandemic on young people’s health and well-being from the findings of the HBSC survey round 2021/2022

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Key findings

- COVID-19 pandemic mitigation measures, such as social distancing, school closures and isolation, have affected the mental health and well-being of children and adolescents. The HBSC survey provides insights into these effects in 22 countries.
- Most adolescents did not report a negative impact on their mental health and well-being; many reported that the pandemic had had neutral or even positive impacts.
- Girls reported higher levels of negative impacts on their mental health and well-being than boys, as did 15-year-olds compared to 11-year-olds.
- Between 17% and 38% reported that the pandemic had had a negative impact on their mental health and well-being.
- Negative impacts of the COVID-19 pandemic restriction measures on adolescents' mental health and well-being varied widely across 22 WHO European Region countries and regions.
- Adolescents who reported negative impacts on school performance and relationships with family and peers more often rated their mental health and well-being negatively.

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