

Mental health of children and youth in Poland

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Background:

The mental well-being of children and adolescents stands as a pivotal marker of their overall condition. In the Polish context, the typical challenges of adolescence have been exacerbated by additional factors such as the COVID-19 pandemic-induced transition to remote learning and the conflict in Ukraine. Over recent years, statistics concerning the mental state of young individuals in Poland have increasingly portrayed alarming trends.

Aim:

The objective of this presentation is to delineate the mental health status of children and adolescents, encompassing both negative and positive influences.

Methods:

This analysis draws upon available studies and reports pertaining to the mental health of children and adolescents in Poland and across Europe. Data from the past six years were scrutinized in this review.

Results:

The literature review has yielded concrete indicators of the mental health status of children and adolescents, alongside more nuanced, subjective markers. Additionally, this presentation will delve into factors that bolster mental well-being as well as those that undermine it. Such insights lay the groundwork for understanding and deliberating upon the concerning decline in adolescent health within Poland.

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