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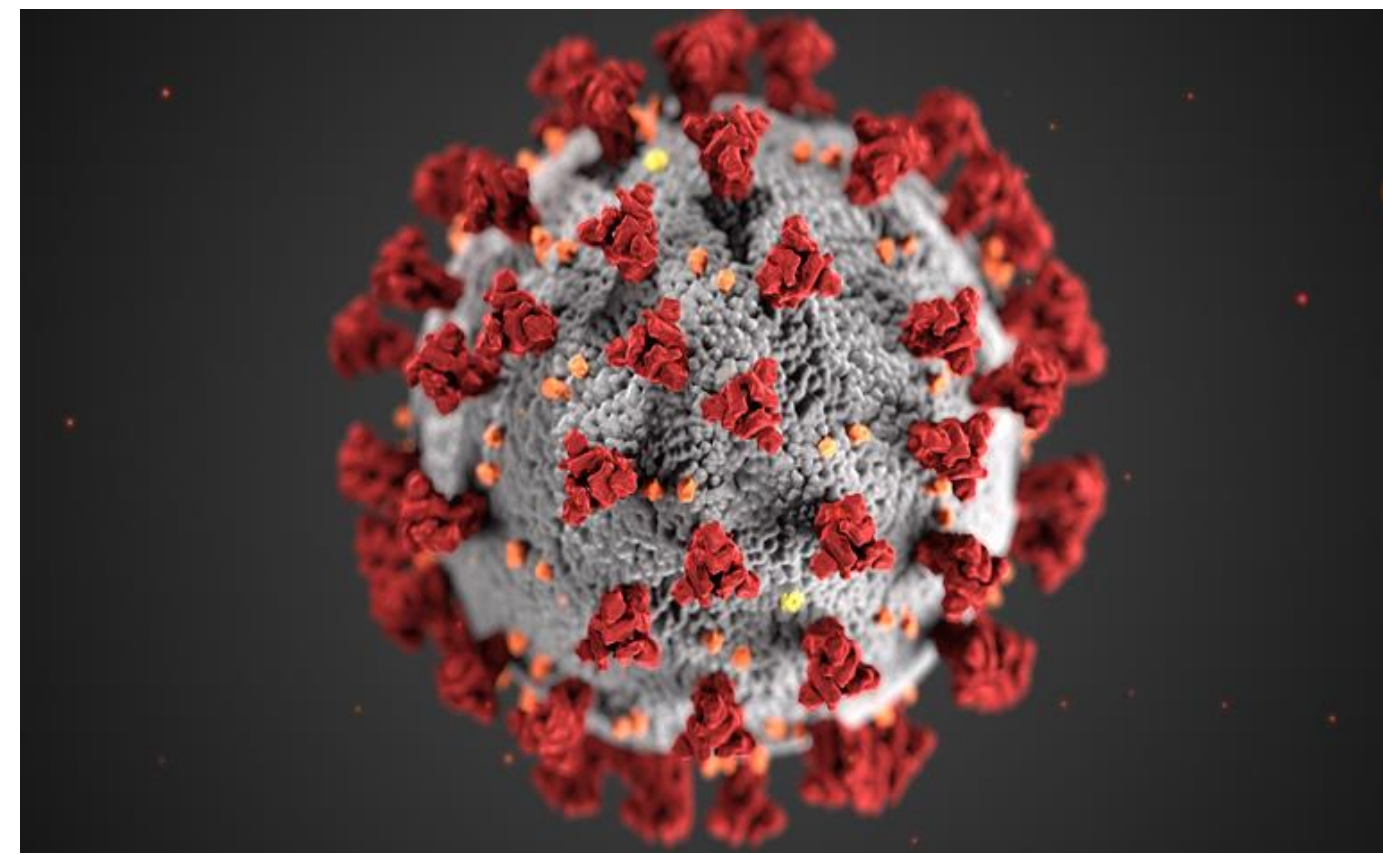
COVID-19 Effects on Adolescent Anxiety

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Purpose:

Identify effects of the Covid-19 pandemic on adolescents mental health with a focus on anxiety



Background:

- The virus was first detected in late 2019 in Wuhan, China (CDC Centers for Disease Control and Prevention, 2023).
- Currently, over 15 million children have tested positive for Covid-19 and over 17,000 adolescents have died from Covid-19 (American Academy of Pediatrics, 2023).
- Adolescents are a unique population that have been affected from Covid-19 in various ways including school closures which means lack of available resources, increased media use due to being home, and decreased socialization.

Literature Results:

- **Chen, et al. (2020)** – Cross-sectional study examining adolescents by giving them a Depression Self-Rating Scale and a Screen for Child Anxiety Related disorders. Results showed female adolescents had a more increased risk of depression and anxiety, and older children showed to be more depressed than younger children.
- **Duan, et al. (2020)** - Questionnaires were given to participants online using the Spence Child Anxiety Scale, Child Depression Inventory and Coping style Scale. This study showed 22% of the participants showed to be suffering from depression symptoms, and there was increased levels of anxiety particularly from female participants living in urban areas with emotional focused coping.
- **Hawes, et al. (2022)** – Participants were assessed between 2014 to 2019 using the Children's Depression Inventory and Screen for Child Anxiety Related Symptoms and were reassessed in 2020. Results showed increased social anxiety and generalized anxiety symptoms. Females showed increased depression symptoms.
- **Smirni, et al. (2020)** – In this study participants were recruited by email and were asked to do a Self-Rating Scale and the Italian Emotion Awareness Questionnaire online. Results showed there was increased anxiety in the participants and highest anxiety symptom experienced with difficulty breathing.

Conclusions:

The Covid-19 pandemic has had devastating effects on all populations, but the adolescent population is particularly vulnerable. With the rise in mental health disorders in younger people it is important to identify the increases in anxiety and depressive symptoms due to the pandemic, so we can move forward with preventative measures. This can include acknowledging the changes the pandemic has caused and allowing a safe space to vent about these difficulties (Kang et. al., 2020). Also, maintaining a healthy routine and keeping a schedule (Kang et. al., 2020). Other supportive services may be necessary such as seeing a counselor, or seeking out other types of counsel.

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