

Pandemic Causes a Surge of Depression and Anxiety

Research shows that depression and anxiety in youth doubled from pre-pandemic levels. As many as one in four adolescents are experienced elevated levels of depression, while one in five adolescents are experiencing elevated levels of anxiety.

The study showed that the impact only worsened as the months went on. The study's author thought children would be more resilient and adaptable to the changes of the pandemic as time went on.

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The study credits adolescent struggles to constant social isolation, missed milestones, financial problems, and school disruptions.

Youth mental health had already been declining prior to the pandemic. More than 1 in 3 high school students reported having persistent feelings of sadness or hopelessness in 2019, a 40% increase from 2009, according to the US Centers for Disease Control and Prevention.

Youth depression and anxiety doubled during the pandemic, new analysis finds

Anxiety and depression were already extremely high for young people, and the pandemic has made a difficult developmental time even harder.