



TITLE: ADOLESCENT MENTAL HEALTH DURING COVID 19 CONFINEMENT

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ABSTRACT (upto 300 words)

INTRODUCTION

The Covid-19 pandemic led many countries to introduce measures such as social distancing, restriction of social gatherings, closure of educational institutions, self-isolation, etc. in adolescent age, a vulnerable group which led to reduced academic performance. In addition to teaching-related changes and loss of social connectedness, lifestyle behavior has even negatively impacted the adolescent mental wellbeing and caused further psychological distress.

Therefore, there became a pressing need to assess and monitor the unprecedented mental health burden on the adolescents, alleviate the negative impacts, and provide the necessary support to them. There is a paucity of research that has addressed the mental health status of this age group especially in India during this pandemic.

OBJECTIVES

A study was therefore taken up to assess the prevalence of psychological distress in terms of depression, anxiety, and stress among them during the period of the Covid-19 pandemic, determine the associated lifestyle behaviors, and evaluate the coping strategies adopted to tackle the situation.

METHODS

A google form was created using a semi-structured questionnaire comprising 3 sections and sent to the eligible study participants through e-mail after obtaining their informed consent. Out of 728 students approached, 604 provided all relevant information by filling up the questionnaire.

RESULTS

More than half (54.5%) of the subjects were overweight or obese and more than one-fourth (27.9%) were not engaged in any kind of exercise/yoga. More than one-quarter of the were spending screen time for ≥ 12 h per day. Among the three types of psychological distress, the mean score of stress was the highest (6.9 ± 5.26), followed by depression (6.3 ± 5.52) and anxiety (5.2 ± 4.56). The most commonly reported coping strategies were acceptance, self-distraction, planning, active coping, positive reframing, emotional support, and instrumental support.

Keywords: Avoidant coping, Covid-19, DASS-21, Emotion-focused coping, Psychological distress

BIOGRAPHY (upto 200 words)

Prof Dr Jayanti Mishra is the Head of the Department of Physiology at KIMS, KIIT University, Odisha, India. She is MD in Physiology and trained in neurophysiology. She is a WHO FELLOW. Her areas of research interest are Electroneurophysiology, Sleep Physiology, Adolescent Mental Health and Neurodevelopmental disorders. She has many publications to her credit in National and International journals. She is a life member of the Indian academy of Neurosciences.



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