

EARLY



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Evaluating, identifying and reducing determinants of mental health conditions in youth

A research project with a consortium of 19 academic and stakeholder institutions from 14 countries to address youth mental health issues in Europe and beyond

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Background

- One in four persons will experience a mental health condition during their lifetime, with 50% of these conditions emerging before the age of 14 and 75% by the age of 24.^{1,2}
- Mental health services have proven to be ineffective in providing healthcare during this critical age period.³
- Interventions that tackle both exposures and MHCs through a caring and proxy caring approach are lacking.
- A better understanding of youth mental health is needed with evidence-based interventions.

Objectives

Our overarching objective to improve youth mental health and contribute to reduction of mental health conditions will be achieved by

- establishing a digital warehouse on youth- and culture-sensitive measures and of national legislation and policies,
- providing broad consistent knowledge and data on exposure and associated factors from 12 countries,
- building a common data model to support monitoring of youth exposures and youth mental health, and
- designing a multicomponent interventions strategy and programme and investigating the effectiveness and efficiency of multicomponent interventions on youth as a whole and on vulnerable groups.

Mixed methods approach

- Systematic Reviews on mental health exposures and outcomes
- Focus group discussions in 5 countries
- Cross-sectional study in 12 countries
- Intervention study in 5 countries

Outlook

- Cross-sectional data collection to be started from June 2025
- Intervention implementation planned from March 2026
- Project duration until November 2027



*The EARLY consortium

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Consortium Members:

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 Society of Psychiatrist, Narcologists, Psychotherapists and Clinical Psychologists, Moldova	 Technical University of Munich, Germany	 Tel Aviv University, Israel	 University of Applied Sciences Emden/Leer	 University of Augsburg, Germany
 University of Cagliari, Italy	 University of Medicine and Pharmacy of Craiova, Romania	 University of Medicine, Tirana, Albania	 World Organization of National Colleges, Academies, and Academic Associations of General Practitioners/Family Physicians, Slovenia	

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