

Young people's mental health in the wake of the COVID-19 pandemic

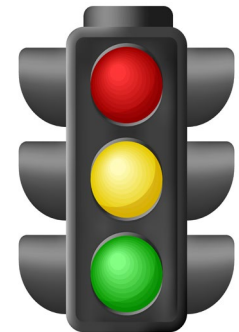
Anne Mari Steigen, Norway



Covid-19 in Norway



- Covid-19 measures in Norway included societal lockdowns, border controls, quarantine regulations, and restrictions on how many people could gather.
- Traffic light model for schools
- From March 2020 to February 2022:
- Primary School students in Oslo at least 5 months on red level – digital teaching
- Lower secondary school students at least 7 months
- Upper secondary school students at least 9 months
- Geographical differences



Mental health



- So far, there is little evidence of a lasting deterioration in the population's mental health after the pandemic.
- Some groups may have been more affected by the pandemic than others.
- We know too little about the long-term consequences of the pandemic, particularly for vulnerable groups.

- Ungdata study in Norway – annually cross-sectional data collection
- Over 150 000 adolescents (13-19) participated in data collection in 2023 and 2024
- The results show that most young people report having a good life, with favourable living conditions and good quality of life.



Increasing bullying trends

Increased dissatisfaction with school

Self-reported mental health problems have stabilized

Screen use – social media. A treath or a potential for mental health?

