

Fullföljda studier

- en konkretisering av att motverka skillnader i livsvillkor och hälsa



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GÖTEBORGS
UNIVERSITET

Ung i Västra Götaland – om livsvillkor, stress och hälsa

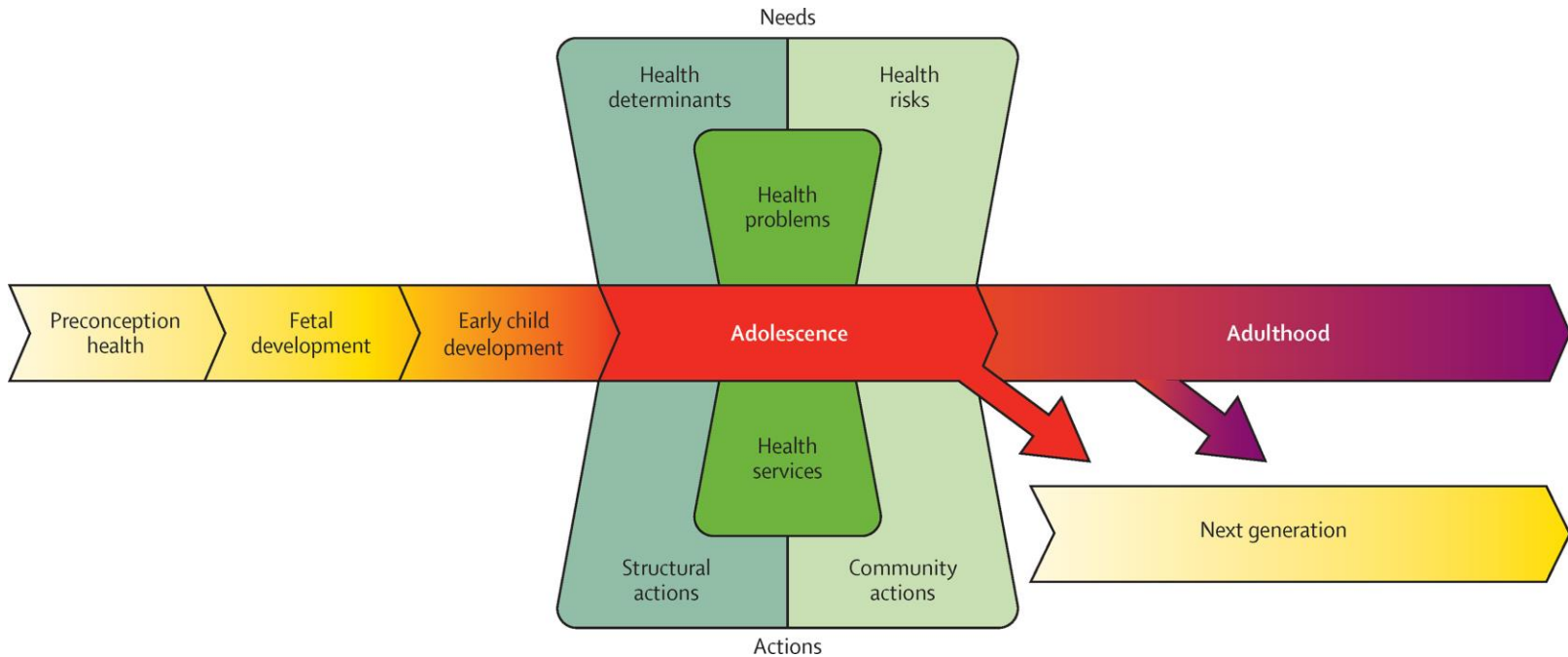
★STARS★

SStudy of Adolescence Resilience and Stress

Sahlgrenska Akademin vid Göteborgs
Universitet

Stöd från Västra Götalandregionen och
Vetenskapsrådet

Ungdomsåren en grund för framtidshälsa



A triple dividend of benefits

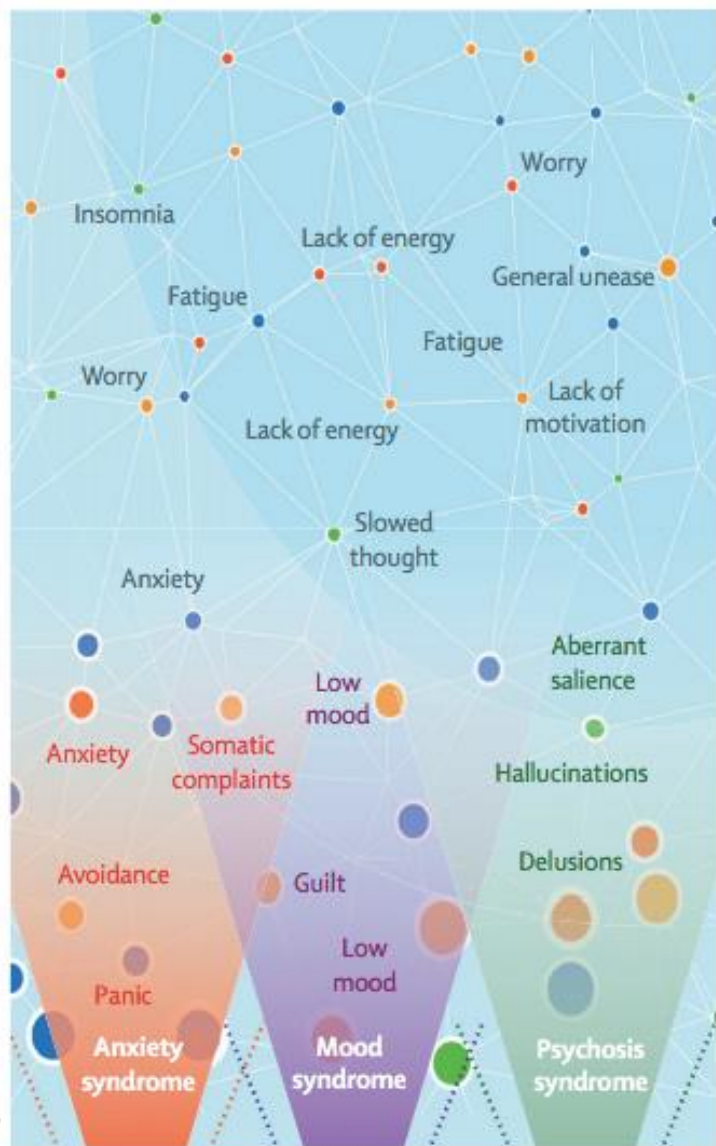
Essential capabilities
during adolescence

Future adult-health
trajectories

Next generation
of children

Increasing symptom specificity and severity

From diffuse, non-specific symptoms causing intermittent mental distress to clear syndromes causing increasingly severe functional impairment



Mental wellbeing
No distress

Stage of non-specific mental distress
Need more awareness and understanding to promote self-help

Early treatment
Better management and prevention for improvement of overall mental health and reduction of symptoms

State of specific mental syndrome
Progressive treatment aligned to evidence related to specific disorders

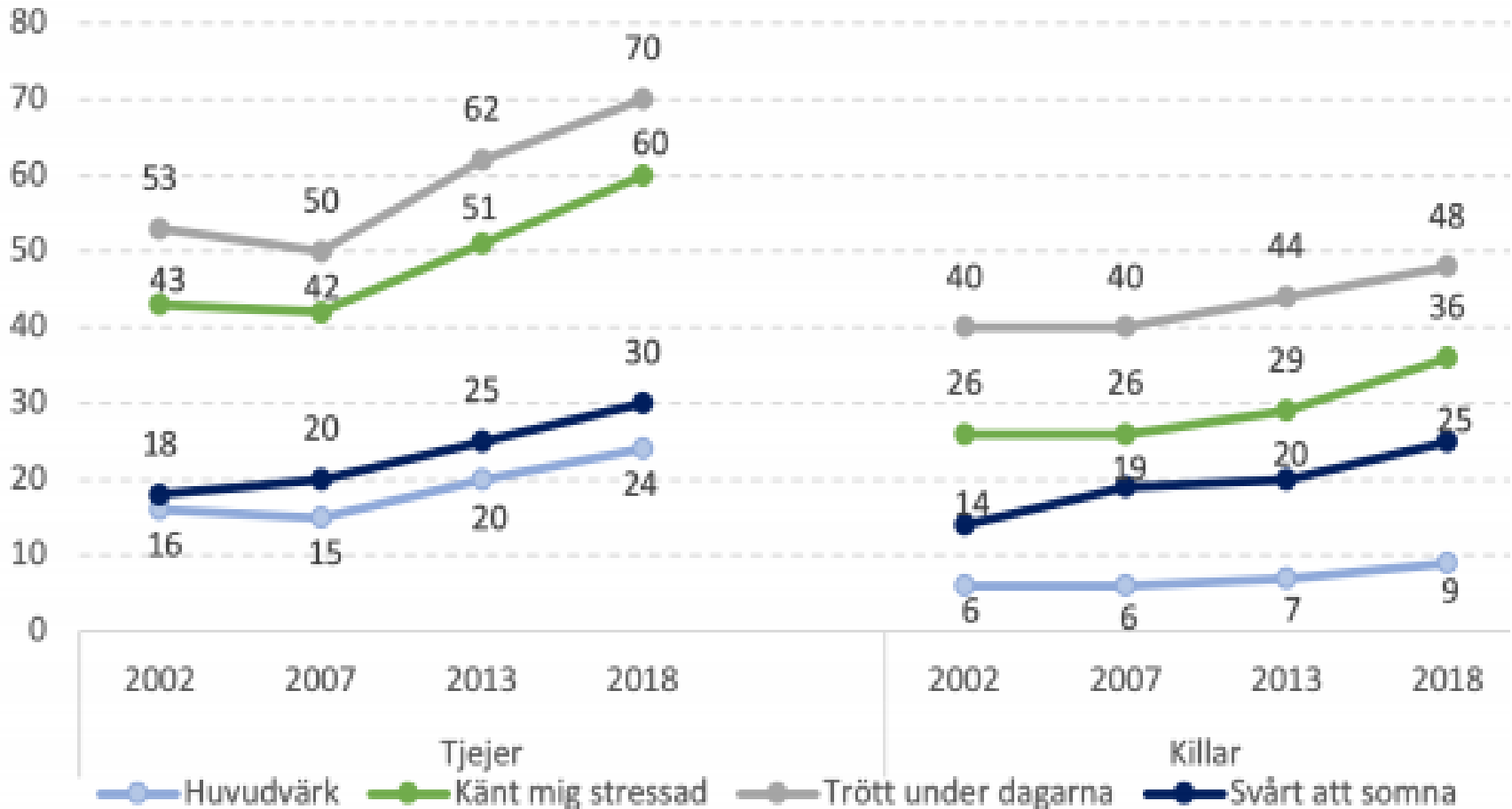
- Stage 0 Asymptomatic**
 - Public mental health promotion and illness prevention
 - No individual treatment or intervention
- Stage 1a Non-specific mental distress**
 - Self-help and support from informal networks
 - Interventions raising population mental health literacy
 - Identification of stressful or noxious environmental exposures
 - Exploration of environmental modification or development of coping strategies
- Stage 1b Subsyndromal or subthreshold symptom profile**
 - Advice and transdiagnostic psychosocial support from PHC
 - Identification of high-risk individuals and monitoring
- Stage 2 Full defined syndrome**
 - First episode treatment in primary care
 - Specialist care available for primary health services through properly resourced collaborative models
 - Effective referral through stepped care for complex or unresponsive cases
- Stage 3 Recurrence, persistence**
 - Specialist mental health service in collaboration with PHC
 - Ongoing community and multisectoral support
- Stage 4 Treatment resistance**
 - Specialist mental health service in collaboration with PHC
 - Rehabilitation and ongoing community support

Figure 5: A staging approach to the classification and treatment of mental disorders
PHC=primary health care. Adapted from McGorry et al⁷³ and McGorry and van Os.⁷⁴

The Lancet Commission on mental health, Oct 2018



Andelen som varje dag eller flera gånger i veckan upplever besvären huvudvärk, känt mig stressad, trött under dagarna eller haft svårt att somna, efter kön, 16–29 år



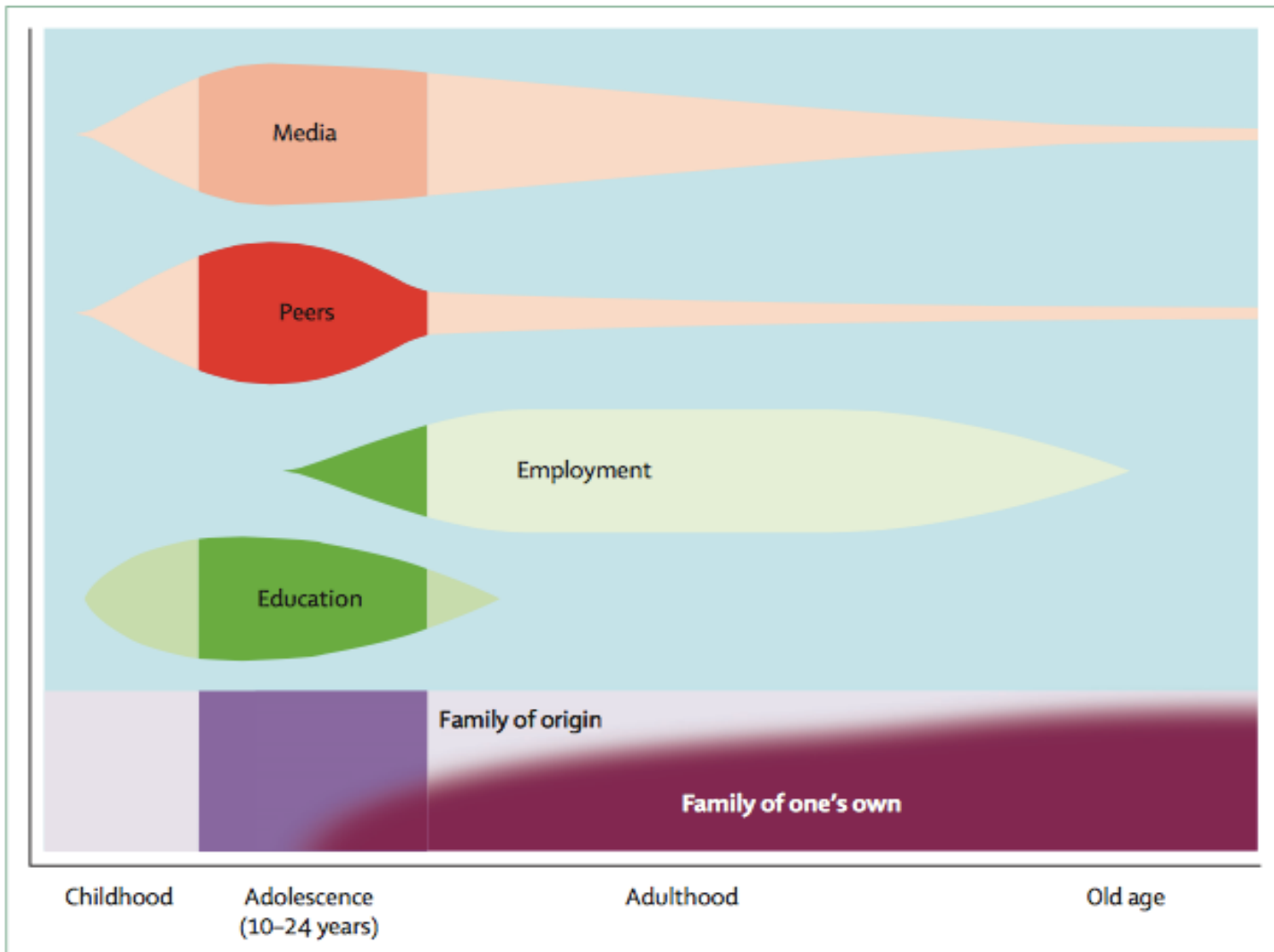


Figure 2: Changing proximal social determinants of health across the life course

During adolescence, social determinants from outside the family become greater, with major influences of peers, media, education, and the beginning of workplace influences. Community and structural determinants remain consistently influential, as shown by the background shading.



Objective: explore multilevel mechanisms related to stress in the short- and long term perspective

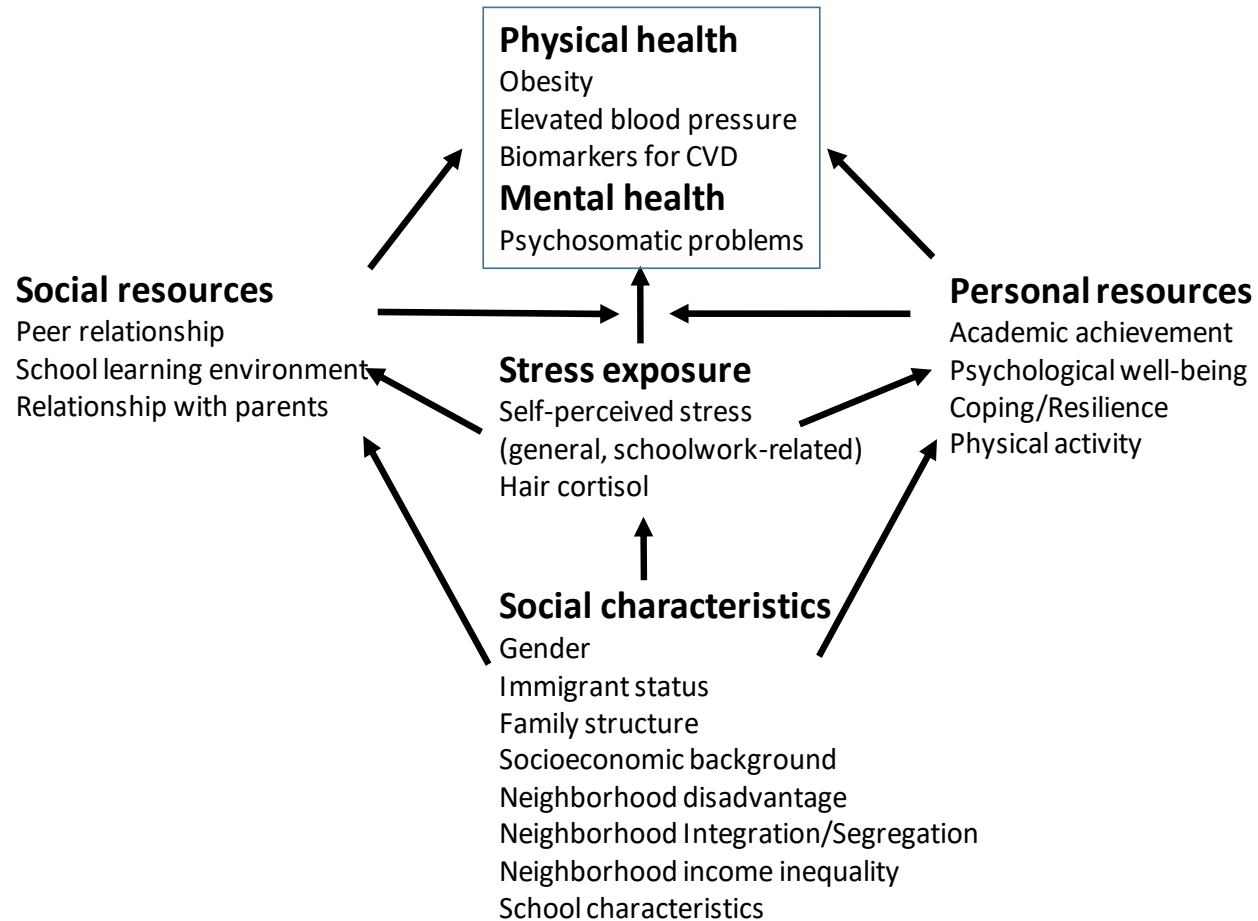
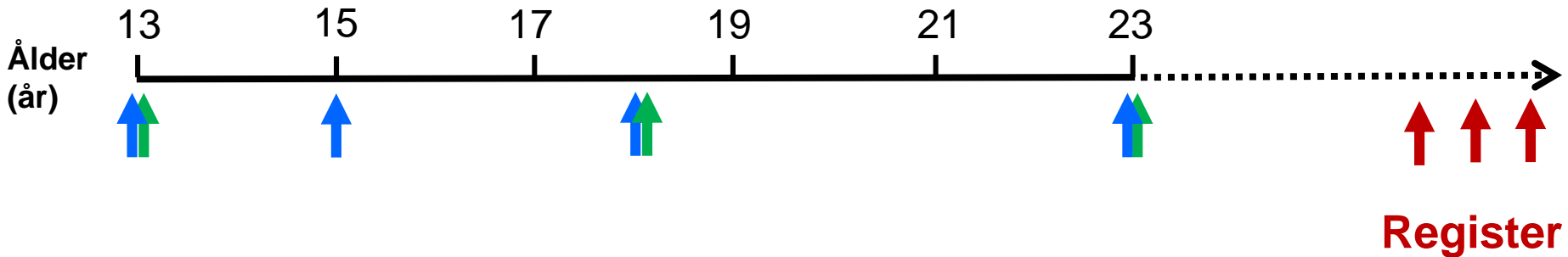


Figure 1. Pearlin's stress process model.



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Elever från åk 7



- **Enkät:**

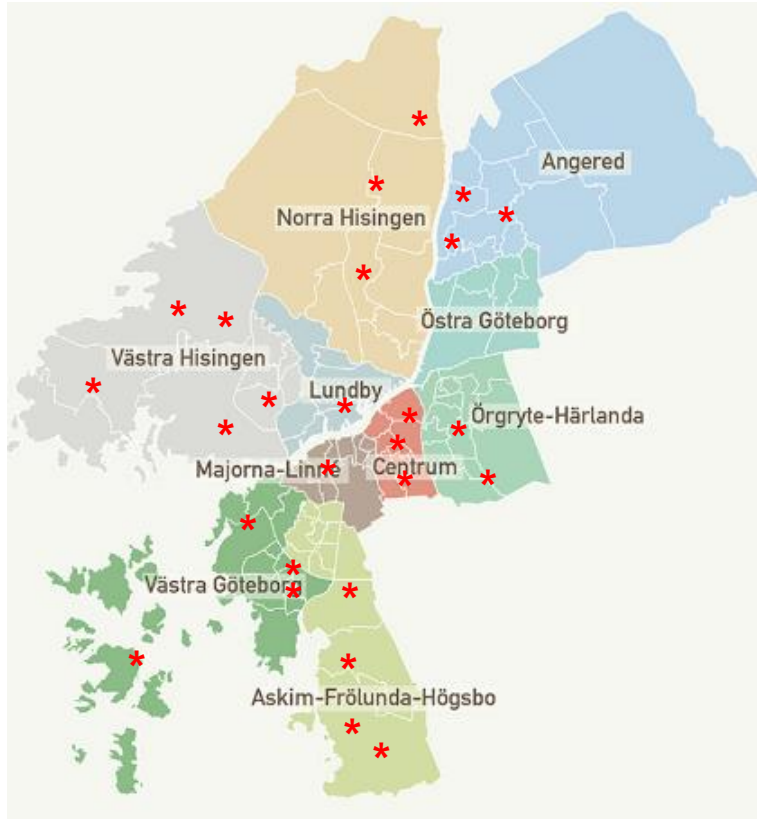
Hälsobeteende, familjehistoria, psykisk hälsa, stress, copingstrategier, skola och inläring,

- **Fysiska undersökningar:**

BMI, blodtryck, blodkärl, blodprov, hårkortisol, fysisk aktivitet och stillasittande



STARS-kartan



DE FYRA DELREGIONERNA/KOMMUNALFÖRBUNDEN
OCH KOMMUNERNA I VÄSTRA GÖTALAND

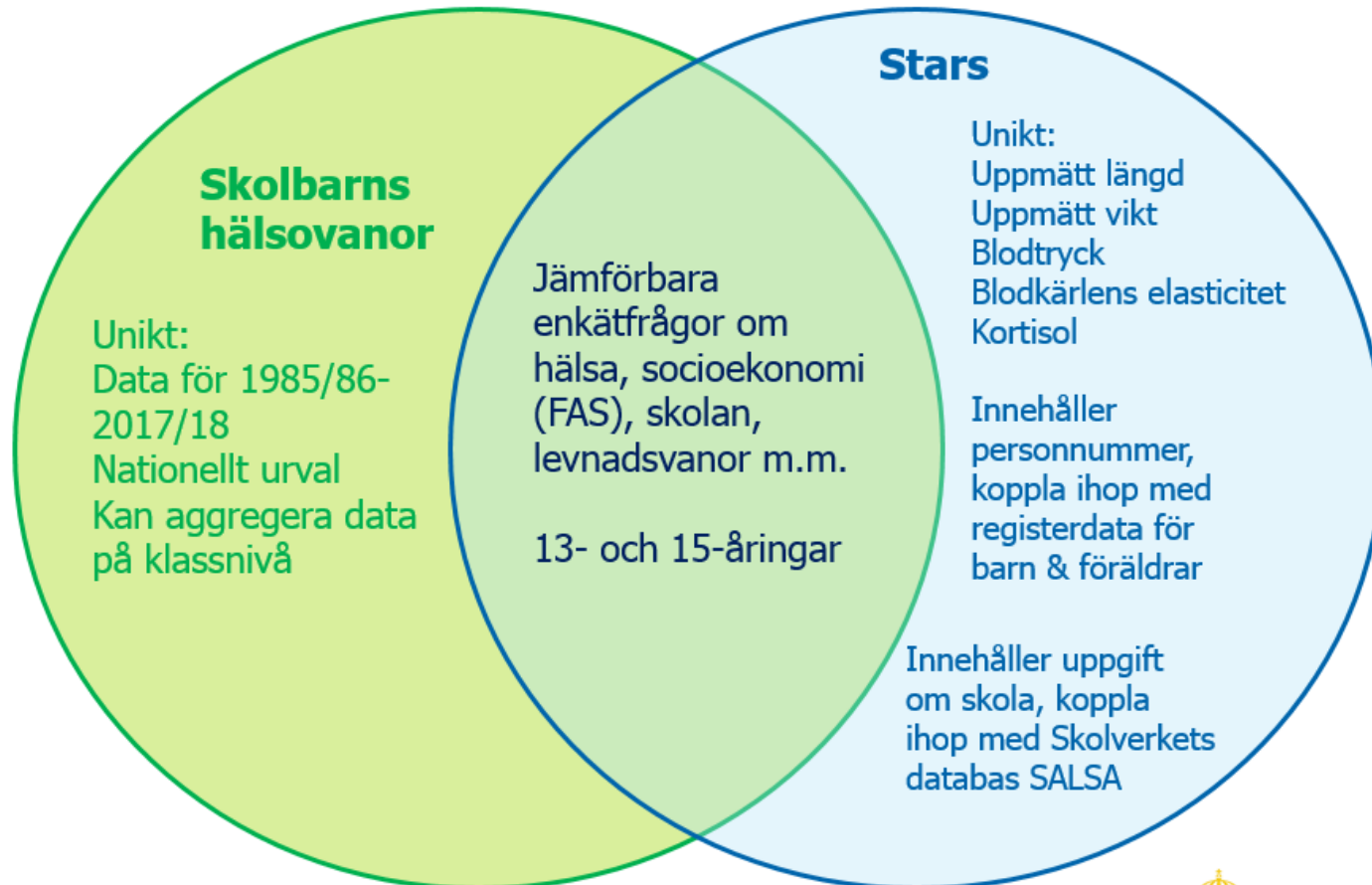


- 2287 elever
- 54 skolor
- 16 kommuner



Relevans

- Den globala ökningen i tonårshälsorisker för psykisk ohälsa och hjärtkärlsjukdom i vuxen ålder kräver en bred samordning mellan olika aktörer
- Genom att långsiktigt investera i forskning om unga människor kommer vi att ha en bättre möjlighet att förstå mekanismer och därmed att minska förekomsten av ohälsa och stress innan det påverkar människors livskvalitet, med hänsyn tagen till kön och etnicitet



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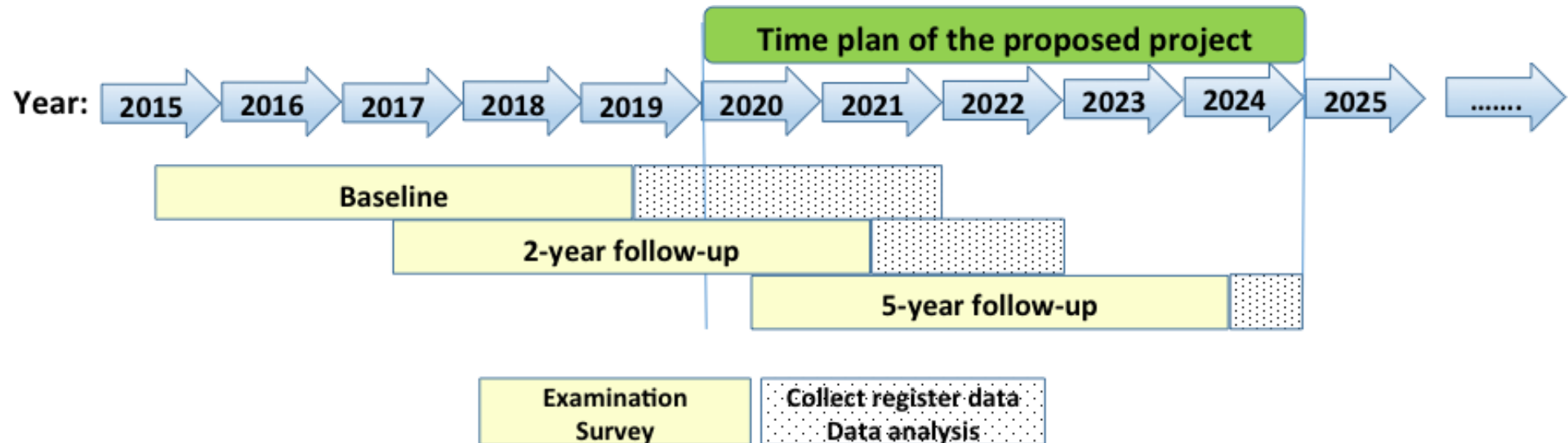
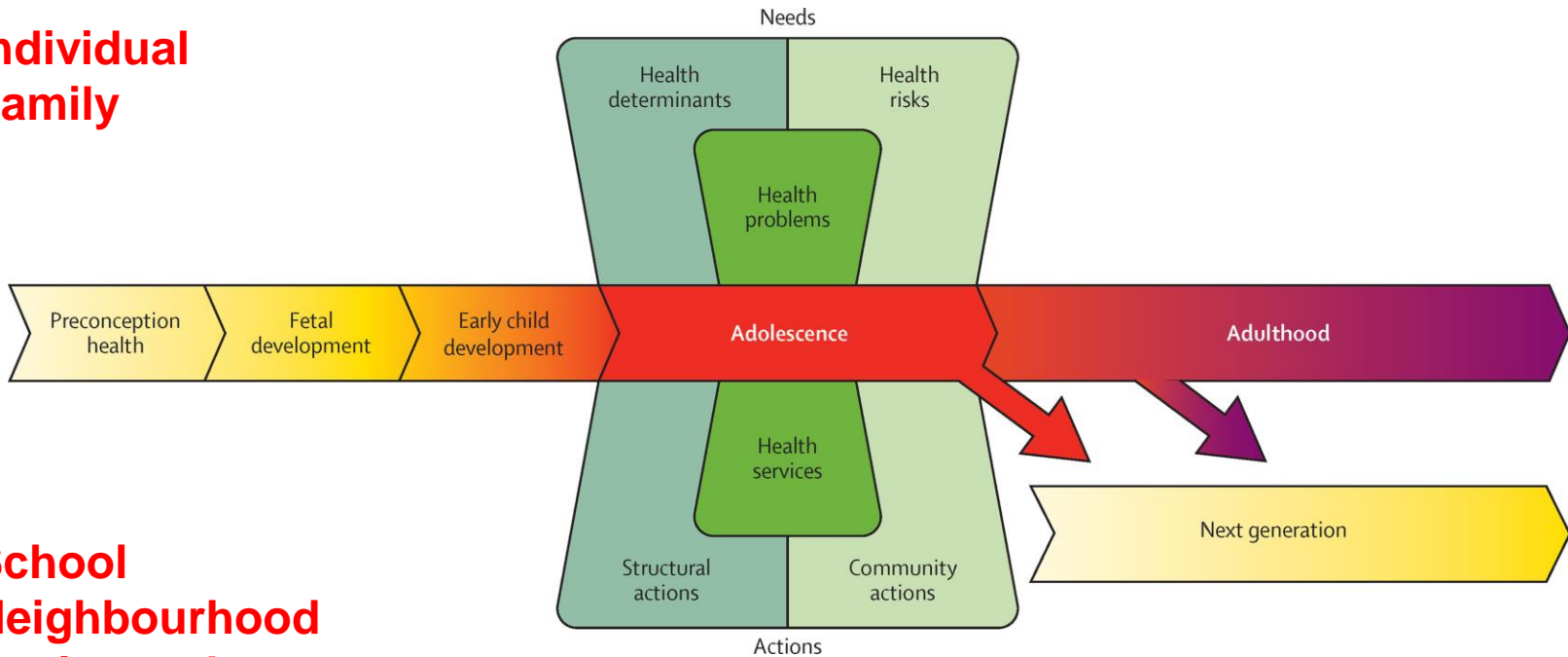


Figure 3. Time plan of the proposed project.

Theory of change

...output – outcome - impact

**Individual
Family**



**School
Neighbourhood
Society at large**

A triple dividend of benefits

Essential capabilities during adolescence

Future adult-health trajectories

Next generation of children