

Alerta joven, ¿por qué están más deprimidos los jóvenes?

Consecuencias y Prevención

Mayo 2025

Celso Arango

IPSM

Servicio de Psiquiatría del Niño y el Adolescente
Hospital General Universitario Gregorio Marañón
UCM, CIBERSAM

ESTUDIO PUBLICADO ESTE MIÉRCOLES

La salud mental de los jóvenes españoles sigue cayendo en picado, según un estudio de la OMS

Según datos del Estudio HBSC, realizado por el Ministerio de Sanidad en colaboración con la OMS, el malestar psicosomático ha aumentado casi 11 puntos en adolescentes



(istock)

Por El Confidencial

14/05/2025 - 13:06

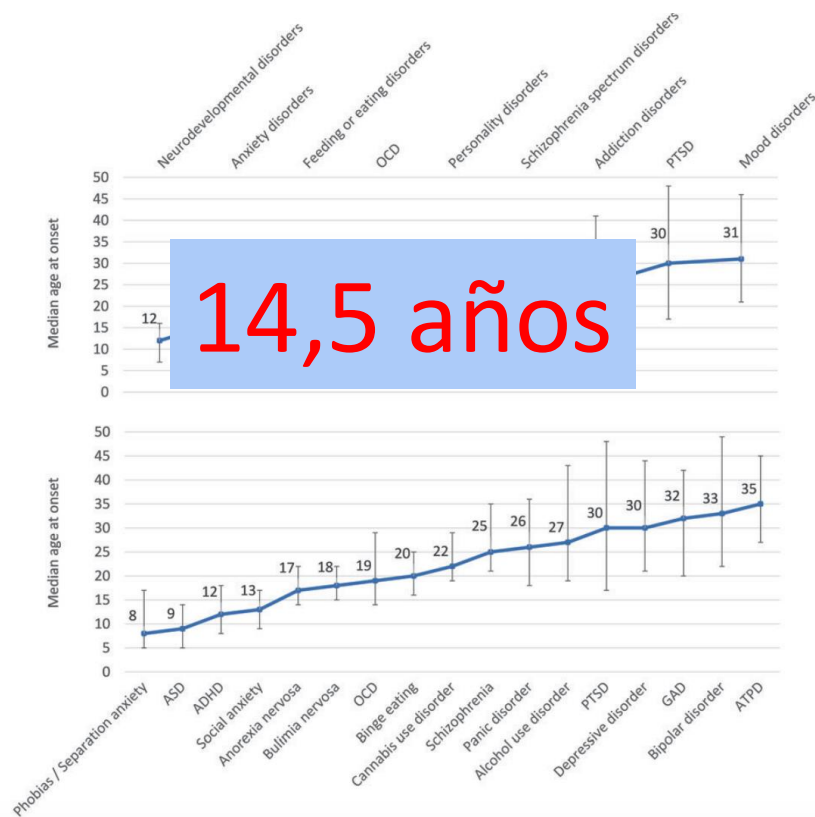


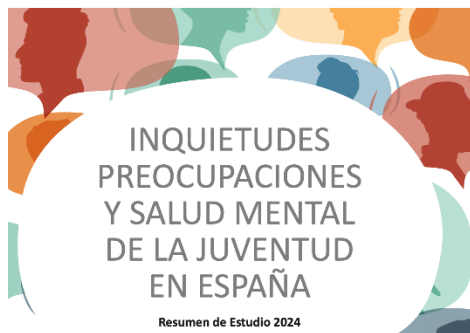
El **Ministerio de Sanidad** ha publicado la edición 2.022 del Estudio HBSC (Health Behaviour in School-aged Children), estudio auspiciado por la **Organización Mundial de la Salud (OMS)**, realizado en colaboración con la **Universidad de Sevilla**. Esta investigación, con una muestra representativa de 33 630 adolescentes escolarizados de 11 a 18 años, ofrece una



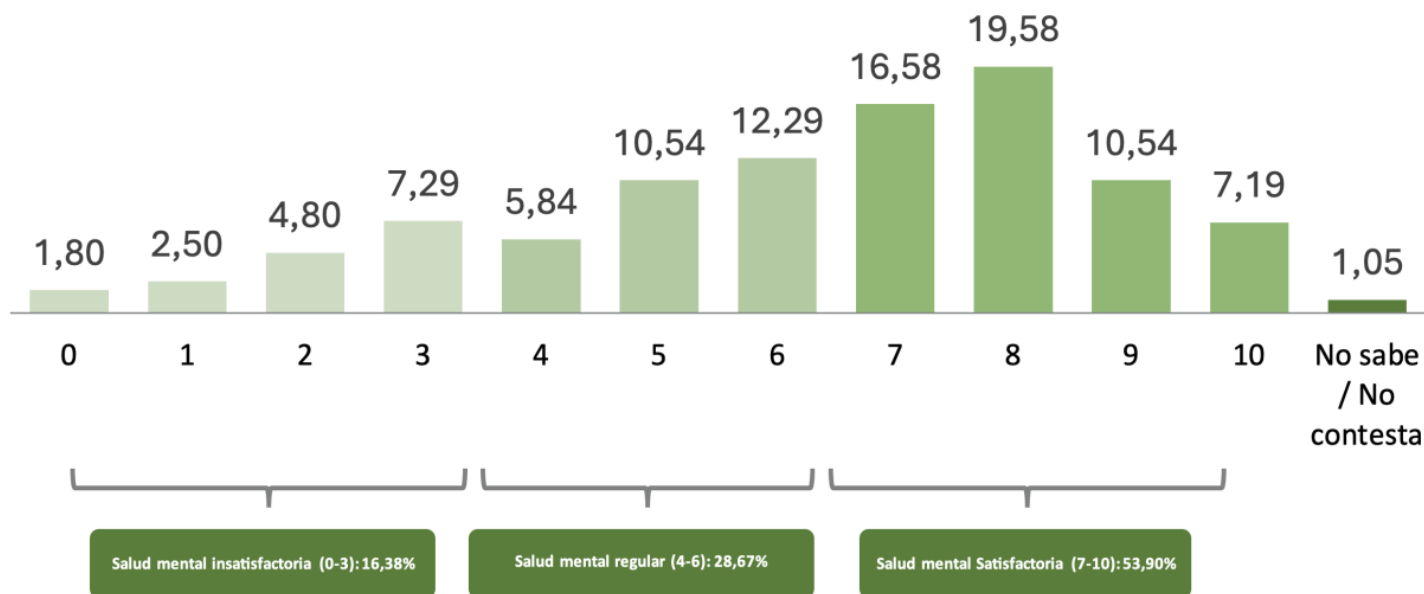
Age at onset of mental disorders worldwide: large-scale meta-analysis of 192 epidemiological studies

Marco Solmi^{1,2,3} · Joaquim Radua^{3,4,5} · Miriam Olivola³ · Enrico Croce⁶ · Livia Soardo⁷ · Gonzalo Salazar de Pablo^{3,8,9} · Jae Il Shin¹⁰ · James B. Kirkbride¹¹ · Peter Jones^{12,13} · Jae Han Kim¹⁴ · Jong Yeob Kim¹⁴ · André F. Carvalho¹⁵ · Mary V. Seeman¹⁶ · Christoph U. Correll^{17,18,19,20} · Paolo Fusar-Poli^{3,7,21,22}





3.1.1. Autovaloración del estado general de salud mental



Fuente: Elaboración propia; Base Total Muestra (2.002 personas)

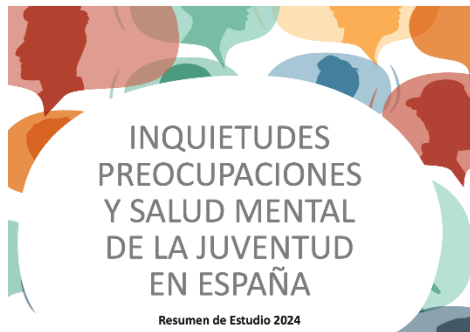
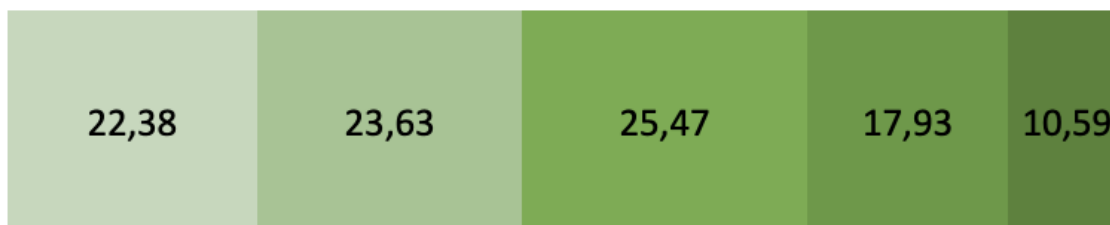


Gráfico Nº 8. Índice de sintomatología de depresión

■ Mínima (0-4) ■ Leve (5-9) ■ Moderada (10-14) ■ Moderada a Grave (15-19) ■ Grave (20-27)



Fuente: Elaboración propia; Base Total Muestra (2.002 personas)

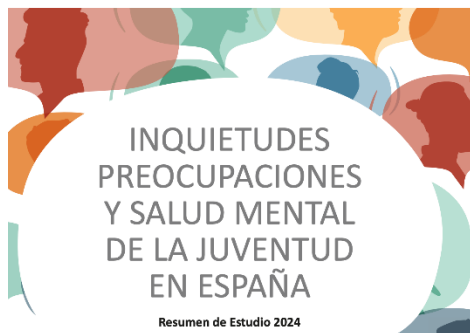
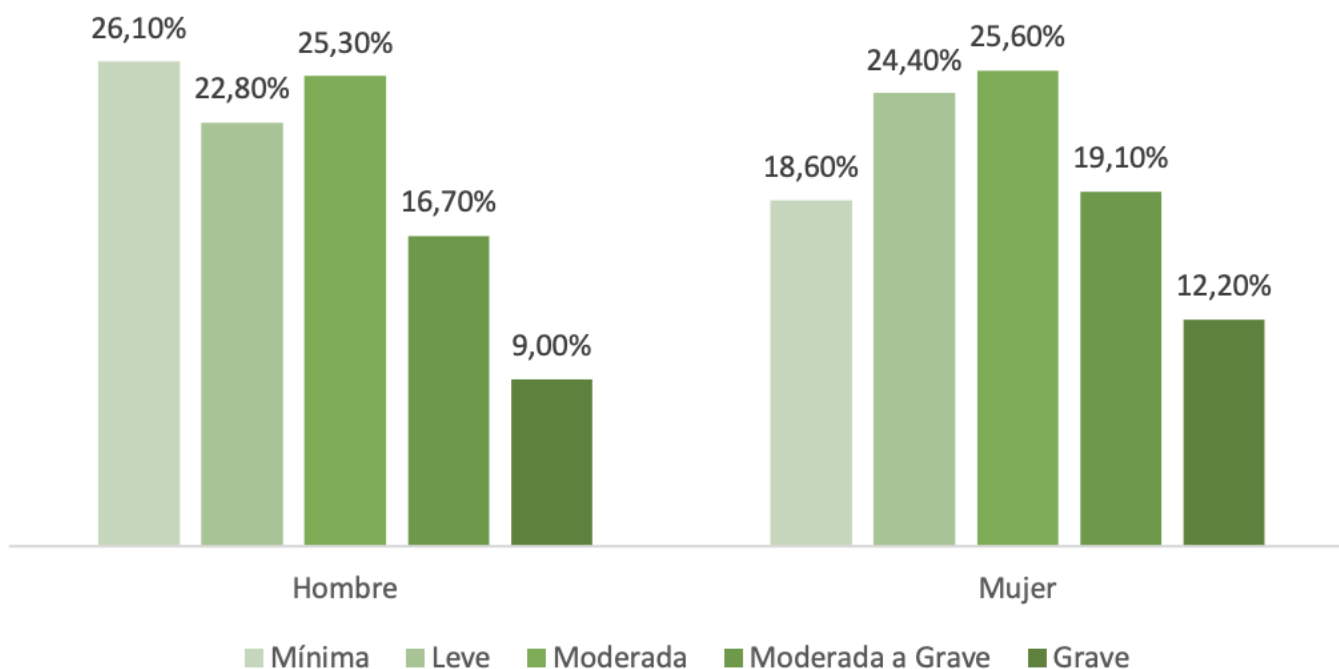


Gráfico Nº 9. Índice de sintomatología de depresión según género



Fuente: Elaboración propia; Base Total Muestra (2.002 personas)

Cross-cohort change in parent-reported emotional problem trajectories across childhood and adolescence in the UK



Jessica M Armitage, Alex S F Kwong, Foteini Tseliou, Ruth Sellers, Rachel Blakey, Rebecca Anthony, Frances Rice, Anita Thapar, Stephan Collishaw



Summary

Background Over the past three decades, the prevalence of adolescent emotional problems (ie, anxiety and depression) has risen. Although the onset and developmental course of emotional symptoms shows high variability, no study has directly tested secular differences across development. Our aim was to investigate whether and how developmental trajectories of emotional problems have changed across generations.

Lancet Psychiatry 2023;
10: 509–17

Published Online

May 24, 2023

[https://doi.org/10.1016/S2215-0366\(23\)00175-X](https://doi.org/10.1016/S2215-0366(23)00175-X)

Findings Data were available for 19418 participants (7012 from ALSPAC and 12406 from the MCS), of whom 9678 (49·8%) were female and 9740 (50·2%) were male, and 17572 (90·5%) had White mothers. Individuals born between 2000 and 2002 had higher emotional problem scores from around 9 years (intercept statistic β 1·75, 95% CI 1·71–1·79) than did individuals born in 1991–92 (1·55, 1·51–1·59). The later cohort had an earlier onset of problems than the earlier cohort, and sustained higher average trajectories from around 11 years, with female adolescents showing the steepest trajectories of emotional problems. Differences between cohorts peaked overall at age 14 years.

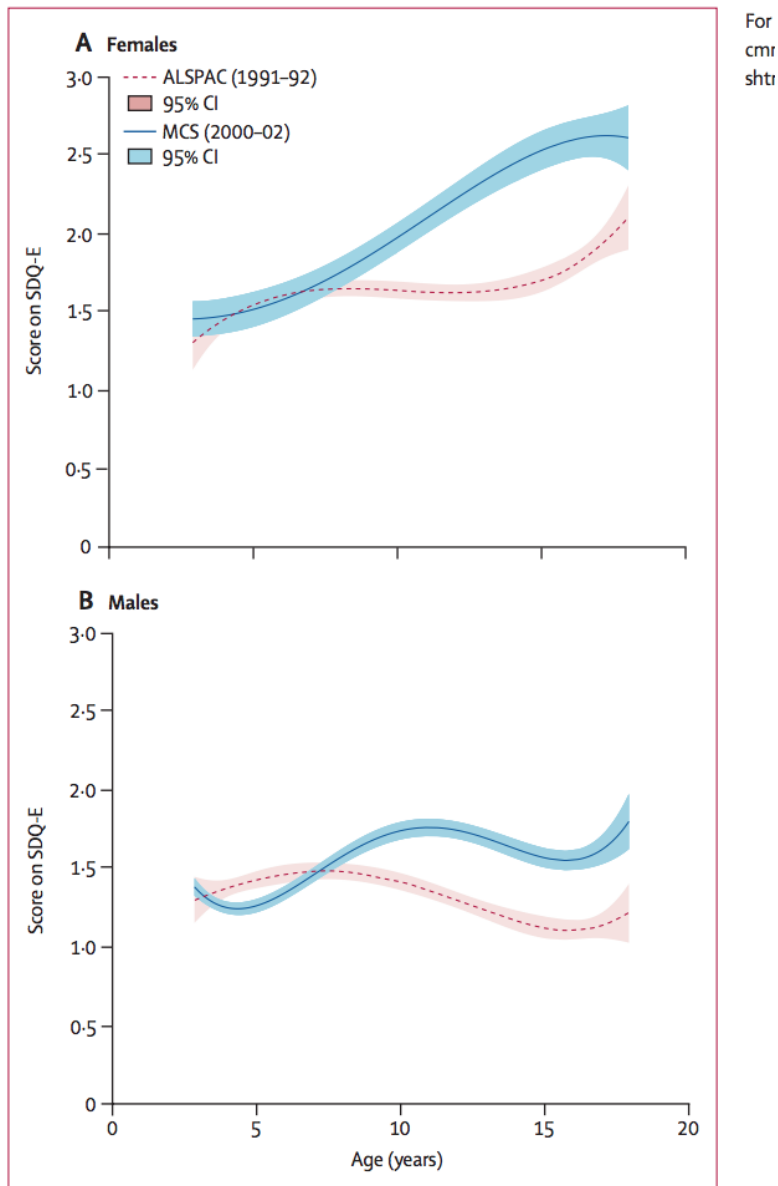


Figure 2: Cross-cohort comparison of average population trajectories in the ALSPAC and MCS cohorts by age for females (A) and males (B)
 ALSPAC=Avon Longitudinal Study of Parents and Children. MCS=Millennium Cohort Study. SDQ-E=Strengths and Difficulties Questionnaire emotional symptoms subscale.

Armitage et al Lancet Psychiatry 2023

Various explanations have been suggested for the worsening of youth emotional symptoms, including changes in young people's lifestyles, body image, use of digital technology, family life, school life and academic pressure, social relationships, and broader cultural and social factors, such as increasing societal inequalities,^{4,5,24–27} but to date there is scarce evidence linking changes in purported explanatory factors and secular change in emotional problems.²⁶ A priority for

Antidepressant Dispensing to US Adolescents and Young Adults: 2016–2022

Kao-Ping Chua, MD, PhD,^a Anna Volerman, MD,^b Jason Zhang, BS,^c Joanna Hua, BS,^b Rena M. Conti, PhD^d

BACKGROUND: Mental health worsened in adolescents and young adults after the coronavirus disease 2019 (COVID-19) outbreak in March 2020, but whether antidepressant dispensing to this population changed is unknown.

abstract

PEDIATRICS Volume 153, number 3, March 2024:e2023064245

ARTICLE

Downloaded from <http://publications.aap.org/pediatrics/article-pdf/153/3/e2023064245/1601075/peds.2023-064245.pdf>
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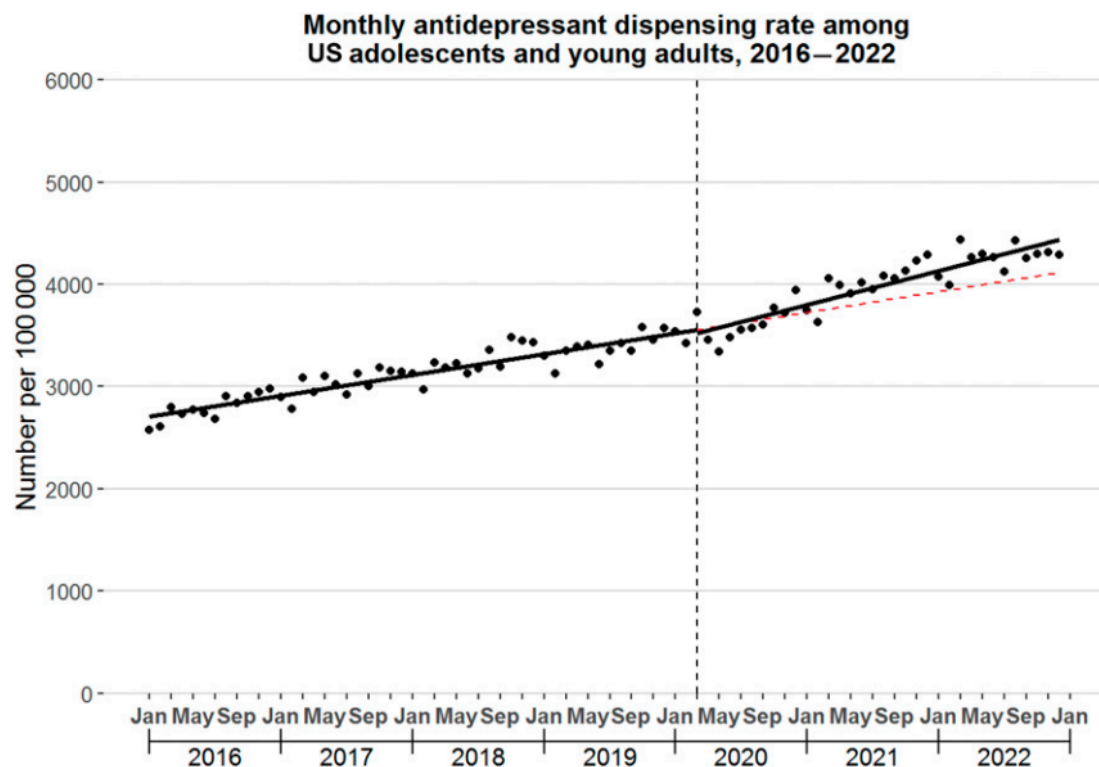


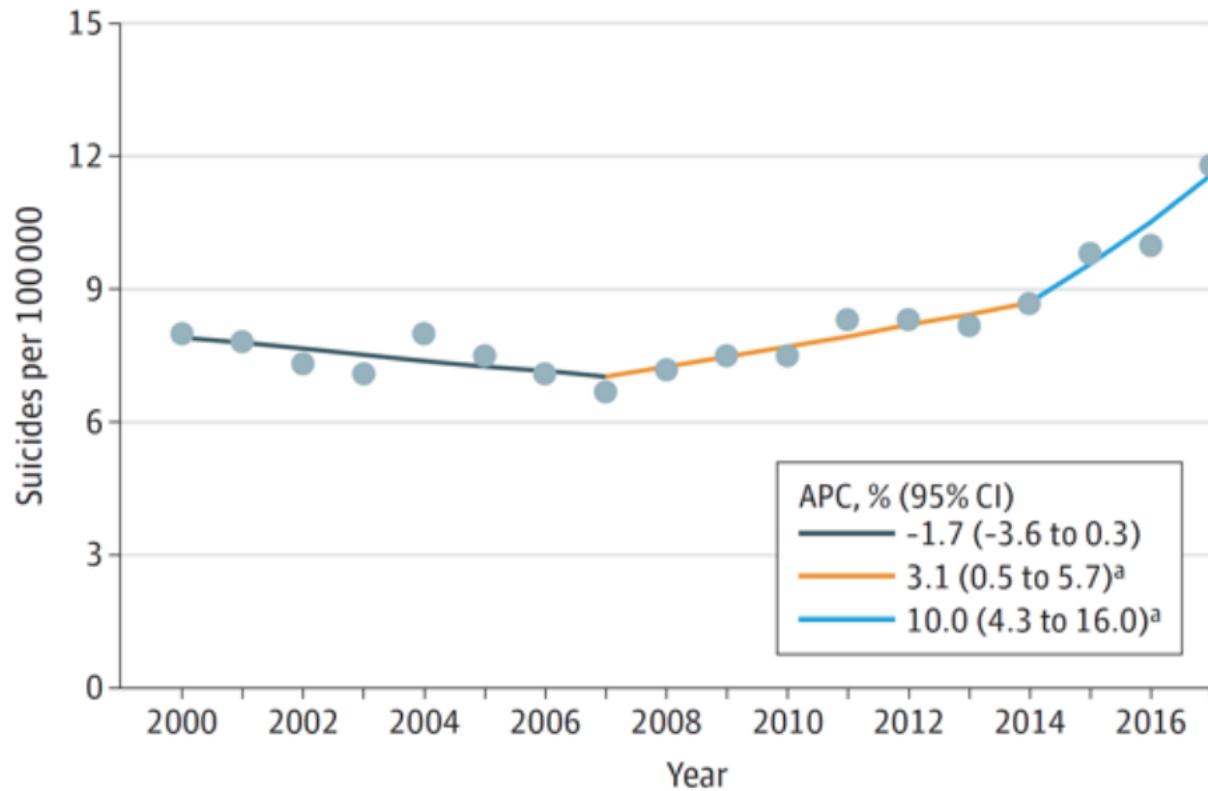
FIGURE 1

Monthly antidepressant dispensing rate among US adolescents and young adults aged 12 to 25 years, 2016 to 2022. The vertical line represents March

ES-NPDEP-0069

Figure 1. Trends in Suicide Death Rates at Ages 15-19 Years

A Males and females



LA MODA DE LA AUTOLESIÓN

Alerta por el aumento progresivo de adolescentes que se cortan

-
- La poca resistencia a la frustración y la falta de habilidades para canalizar el malestar, entre las causas
-

RAQUEL QUELART
BARCELONA

17/07/2017 23:05 | Actualizado a 18/07/2017 19:01

EEUU

Alcanzan máximo histórico los índices de suicidio de adolescentes y adultos jóvenes en EE.UU

POR MELISSA HEALY | STAFF WRITER

JUN. 21, 2019 5:08 AM PT



En 2017 el ritmo al que los jóvenes estadounidenses se quitaron la vida alcanzó una marca histórica, impulsada por un fuerte aumento en los suicidios de adolescentes mayores, según una nueva investigación.

NOTAS RECIENTES

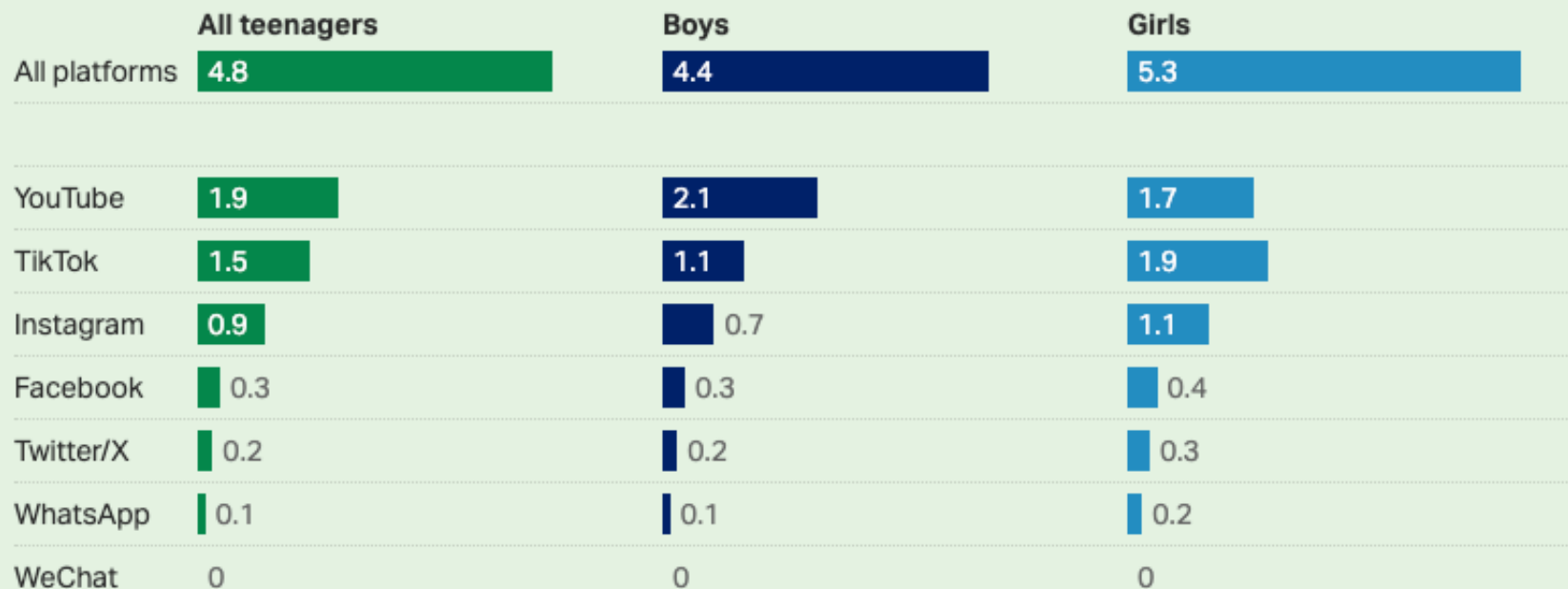
¿Qué tan beneficiosos son los chapuzones en agua fría?

Jun. 24, 2023

EEUU abre procesos a compañías e individuos chinos por tráfico de precursores de fentanilo

Jun. 24, 2023

Hours Per Day Spent on Social Media Platforms, Among U.S. Teens



June 26-July 17, 2023

Based on responses from 1,567 U.S. adolescents

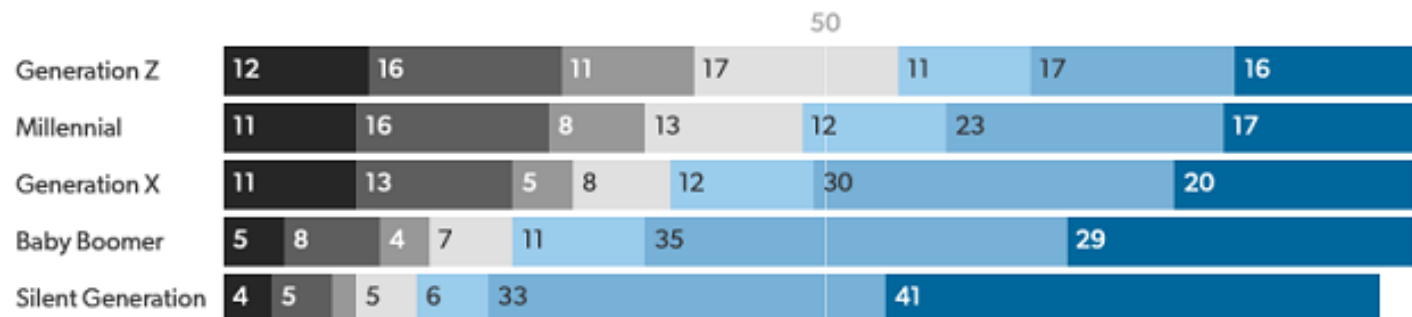
GALLUP FAMILIAL AND ADOLESCENT HEALTH SURVEY • Get the data • Download image

GALLUP

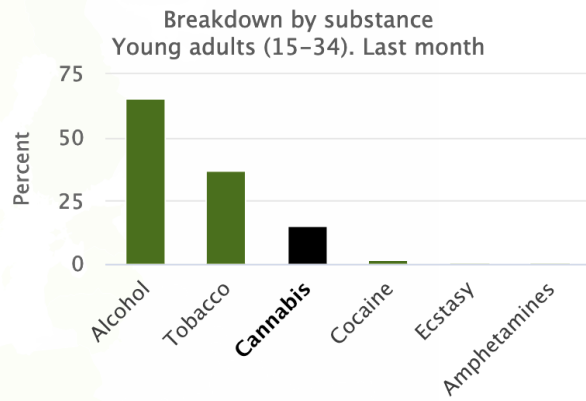
Gen Z Reports More Frequent Feelings of Childhood Loneliness

Percentage of each generation who say that growing up they felt lonely . . .

Every Day A Couple Times a Week Once a Week Once or Twice a Month A Few Times a Year Seldom Never

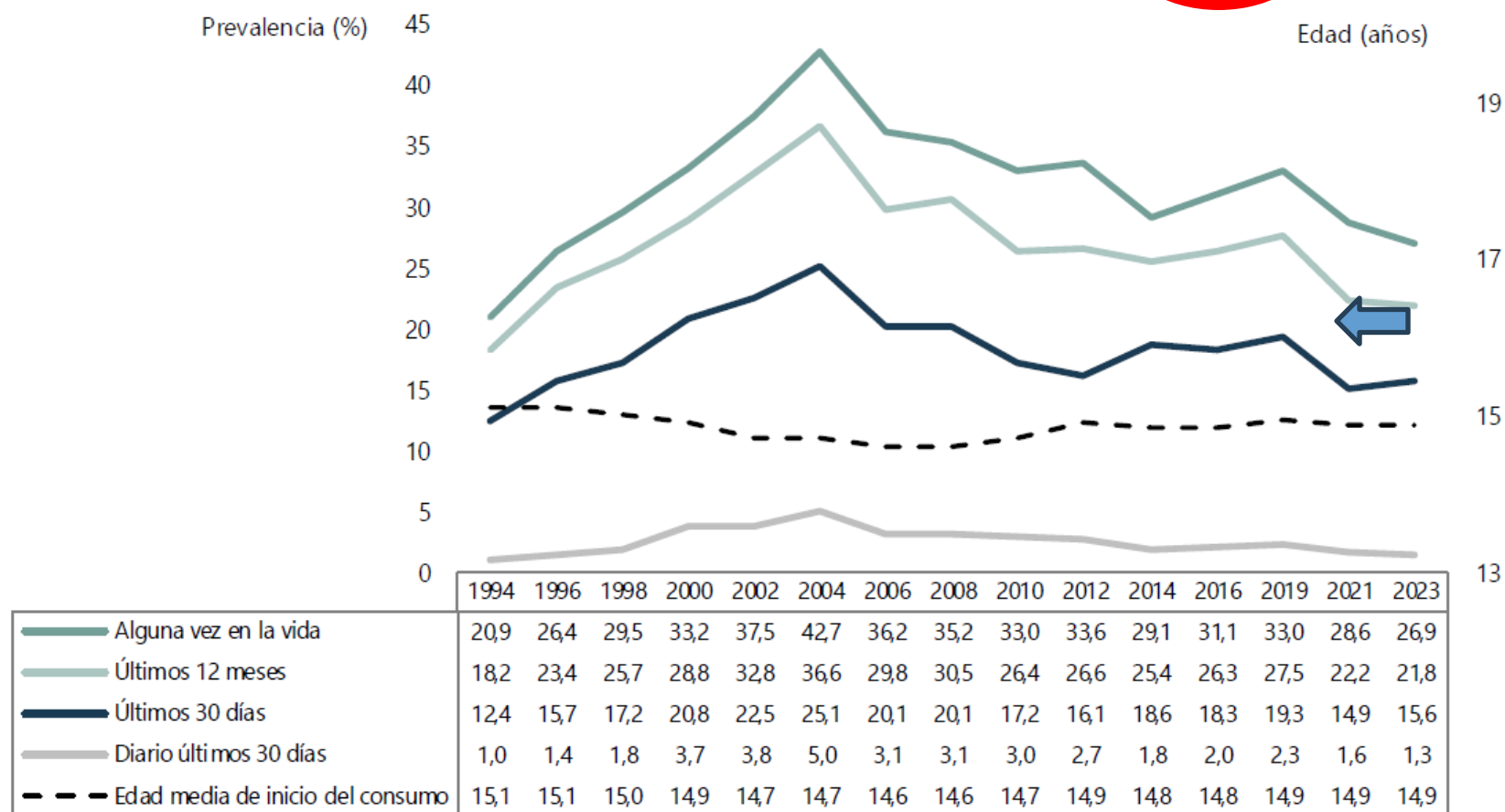


Spain: prevalence of cannabis use



www.emcdda.europa.eu/publications/european-drug-report/2023/

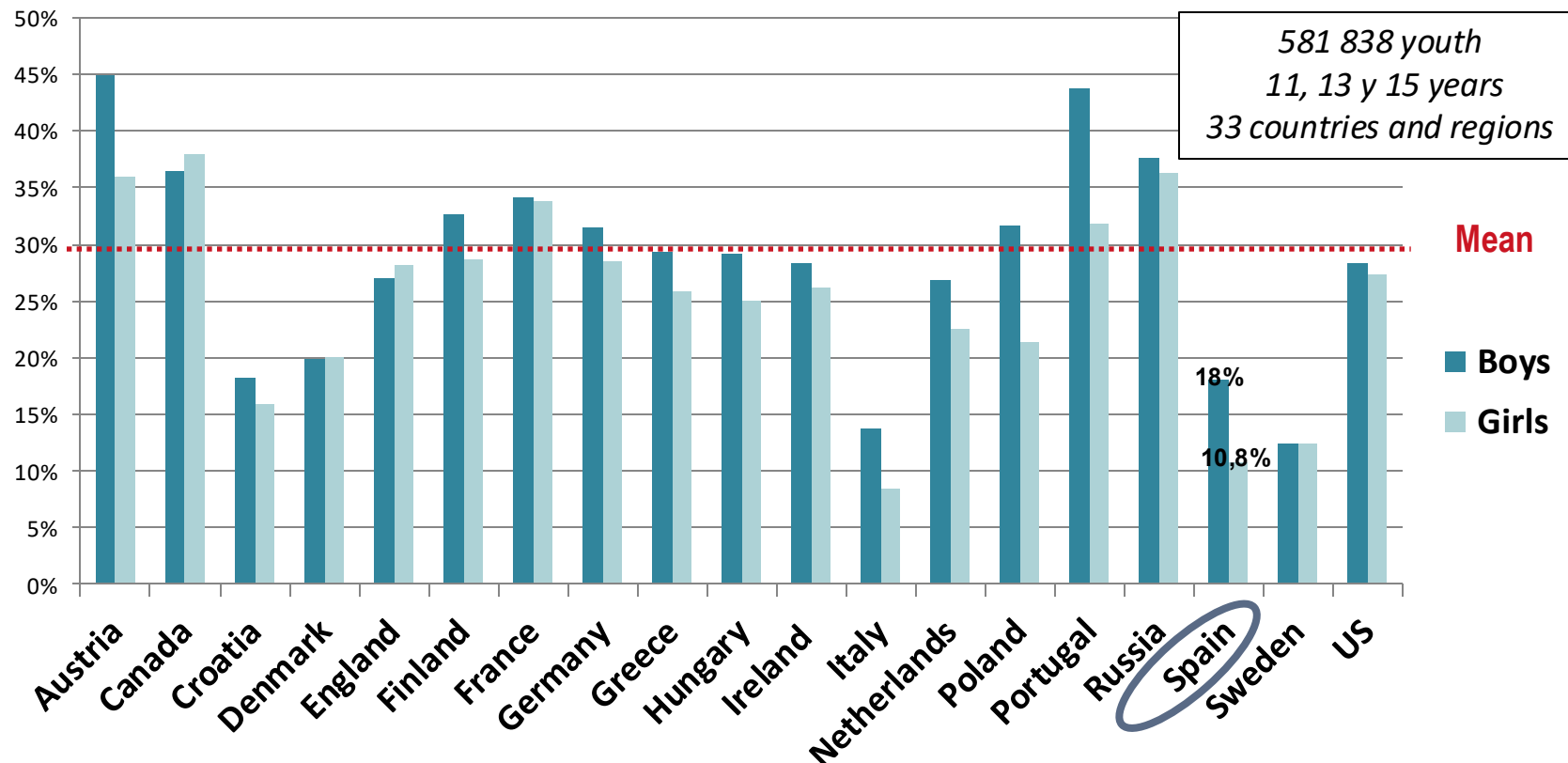
Figura nº 15. Prevalencia de consumo de cannabis entre los estudiantes de Enseñanzas Secundarias de 14 a 18 años (%) y edad media de inicio del consumo (años). España, 1994-2023.



FUENTE: OEDA. Encuesta sobre Uso de Drogas en Enseñanzas Secundarias en España (ESTUDES).

Prevalencia

Haber recibido acoso escolar en los dos últimos meses)



Chester et al.,

European Journal of Public Health, Vol. 25, Supplement 2, 2015, 61–64

Prevalencia: 15-50%

Meta-análisis en adolescentes (N=80 estudios): 36% (Modecki et al., 2014)

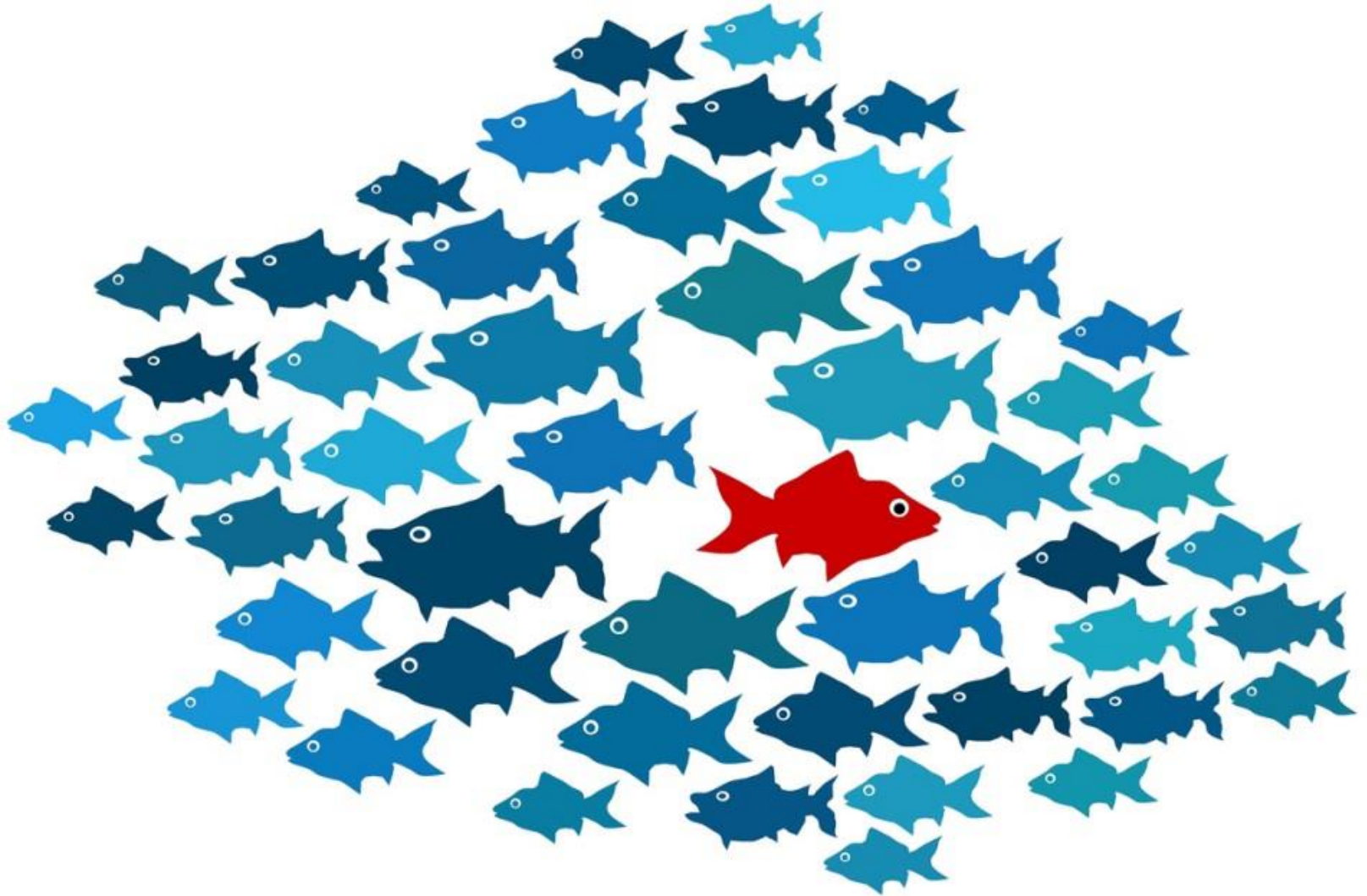
11.3% cuando se define como “al menos dos veces en últimos meses” (Chester et al., 2015), CAM 6% aprox.

Ciberbullying

- Acoso a través de internet, sobre todo RRSS
 - Subtipos (según el medio empleado, según la conducta de acoso)
- Aproximadamente 5-10% de los niños y adolescentes son víctimas de ciberbullying
- Suele darse en niños y adolescentes que son víctimas de bullying tradicional.
 - Un estudio reciente identificó que solo 1% de los chicos que eran víctimas de bullying eran víctimas solo a través de internet (Wolke et al., ECAP 2017)



Factores de riesgo



School bullying in children and adolescents with neurodevelopmental and psychiatric conditions: a systematic review and meta-analysis



Renzo Abregú-Crespo, Alexandra Garriz-Luis, Miriam Ayora, Nuria Martín-Martínez, Vito Cavone, Miguel Ángel Carrasco, David Fraguas, Javier Martín-Babarro, Celso Arango, Covadonga M Díaz-Caneja

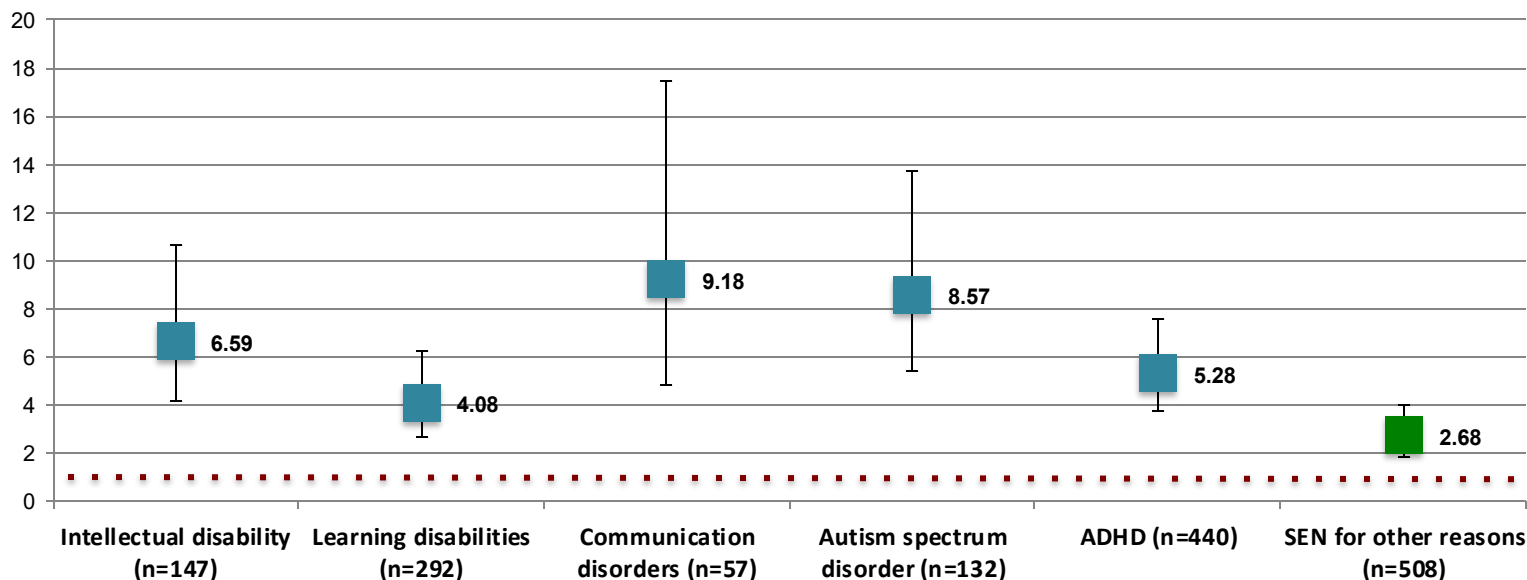
Summary

Background Bullying is a common form of violence among children and adolescents. Young people with neurodevelopmental or psychiatric conditions might have an increased risk of bullying victimisation and perpetration. We aimed to assess the odds of bullying involvement and its association with mental health measures in these populations.

Lancet Child Adolesc Health 2023

Published Online
December 15, 2023
[https://doi.org/10.1016/S2352-4642\(23\)00289-4](https://doi.org/10.1016/S2352-4642(23)00289-4)

Victimización por acoso escolar en estudiantes con necesidades educativas especiales en relación al resto de estudiantes (OR, 95% CI)



Reference:
controls from the
same schools
matched by sex
and course
(n=1,576)

Todos los alumnos con necesidades educativas especiales debidas a un trastorno del neurodesarrollo (n=1,608)
OR 5.67, 95% [4.19, 7.68]

Salud mental en las escuelas

80% de los trastornos de salud mental se desarrollan antes de los **18 años**



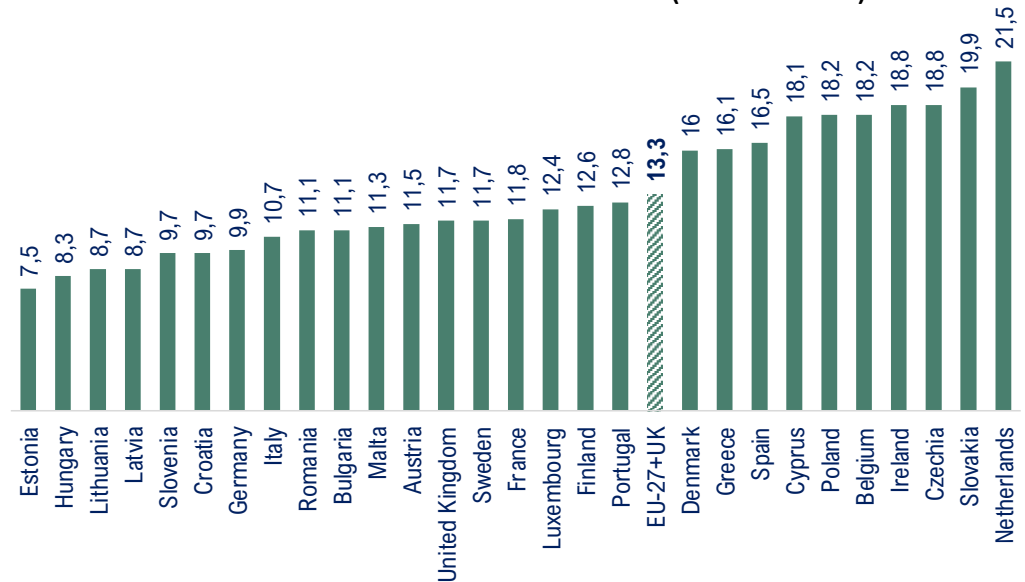
Alrededor del **20%** de los niños en la UE experimentan problemas de salud mental, principalmente **ansiedad y depresión**.



15 de los 28 países analizados han desarrollado programas escolares para promover la salud mental



Proporción de abandonos escolares de estudiantes con trastorno de salud mental (% del total)



Original Investigation

Cyberbullying Victimization and Mental Health in Adolescents and the Moderating Role of Family Dinners

Frank J. Elgar, PhD; Anthony Napoletano, BA; Grace Saul, BA; Melanie A. Dirks, PhD; Wendy Craig, PhD; V. Paul Poteat, PhD; Melissa Holt, PhD; Brian W. Koenig, MS

IMPORTANCE This study presents evidence that cyberbullying victimization relates to internalizing, externalizing, and substance use problems in adolescents and that the frequency of family dinners attenuate these associations.

OBJECTIVES To examine the unique association between cyberbullying victimization and adolescent mental health (after controlling differences in involvement in traditional, face-to-face bullying) and to explore the potential moderating role of family contact in this association.

← Editorial page 991

+ Supplemental content at
jamapediatrics.com

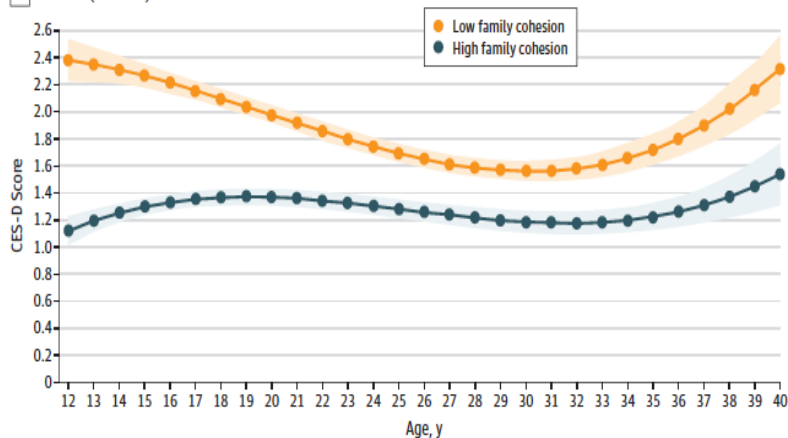
JAMA Pediatrics | Original Investigation

Association of Positive Family Relationships With Mental Health Trajectories From Adolescence To Midlife

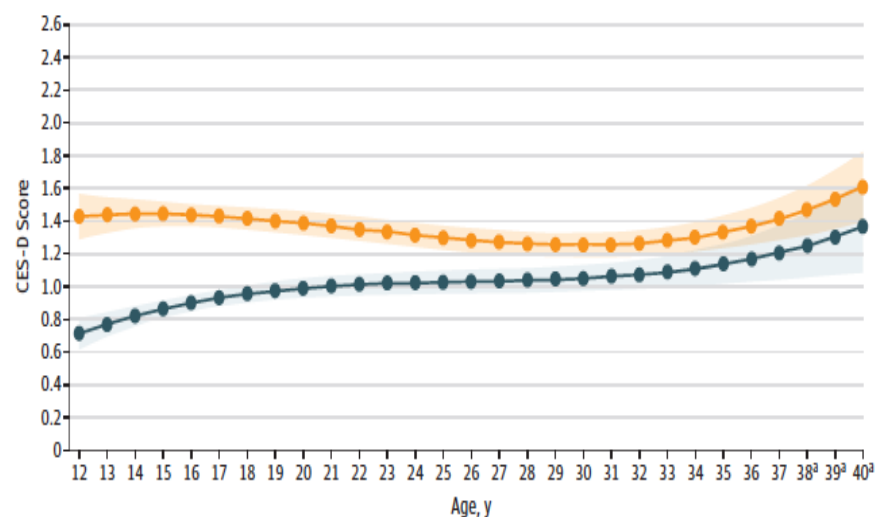
Ping Chen, PhD; Kathleen Mullan Harris, PhD

Figure 1. Center for Epidemiologic Studies–Depression Scale (CES-D) Growth Curve by Levels of Family Cohesion Across Ages 12 to 40 Years

A Females (n=9233)



B Males (n=8952)



A web-enabled, school-based intervention for bullying prevention (LINKlusive): a cluster randomised trial



Celso Arango,^{a,*} Javier Martín-Babarro,^b Renzo Abregú-Crespo,^{a,c} Miguel Á. Huete-Diego,^a María Alvariño-Piqueras,^b Isabel Serrano-Marugán,^d and Covadonga M. Díaz-Caneja^a



^aDepartment of Child and Adolescent Psychiatry, Institute of Psychiatry and Mental Health, Hospital General Universitario Gregorio Marañón, IISGM, CIBERSAM, ISCIII, School of Medicine, Universidad Complutense, Calle Ibiza, 43, 28009, Madrid, Spain

^bDepartment of Research and Psychology in Education, School of Psychology, Universidad Complutense, Campus de Somosagua, Ctra. de Húmera, s/n, 28223, Pozuelo de Alarcón, Madrid, Spain

^cDepartment of Personality, Assessment, and Psychological Treatments, School of Psychology, Universidad Nacional de Educación a Distancia, C/ Juan del Rosal, 10, 28040, Madrid, Spain

^dConsejería de Educación, Ciencia y Universidades, Comunidad de Madrid, Calle General Díaz Porlier 35, 28001, Madrid, Spain

Summary

Background There is a need for more sustainable interventions and for assessing the effectiveness of school-based universal anti-bullying programmes in vulnerable populations. We assessed the efficacy of a multicomponent, web-enabled, school-based intervention that aims to improve school climate and reduce bullying (LINKlusive) relative to conventional practices (control condition).

eClinicalMedicine

2024;68: 102427

Published Online xxx

[https://doi.org/10.](https://doi.org/10.1016/j.eclinm.2024.102427)

[1016/j.eclinm.2024.](https://doi.org/10.1016/j.eclinm.2024.102427)

[102427](https://doi.org/10.1016/j.eclinm.2024.102427)

www.linklusive.org, www.sociescuela.es, www.sociescuelaformacion.es

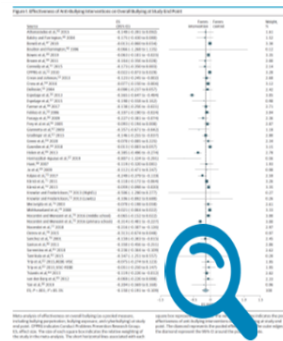


Efectividad de la prevención del acoso escolar sobre la salud mental

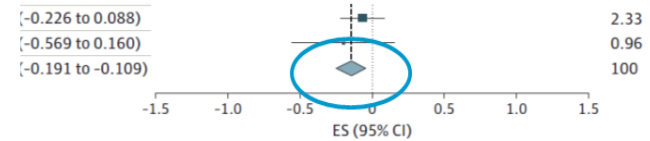
JAMA Pediatrics | Original Investigation

Assessment of School Anti-Bullying Interventions A Meta-analysis of Randomized Clinical Trials

David Fraguas, MD, PhD; Covadonga M. Díaz-Caneja, MD, PhD; Miriam Ayora, MD; Manuel Durán-Cutilla, MD;
Renzo Abregú-Crespo, BS; Iciar Ezquiaga-Bravo, MD; Javier Martín-Babarro, PhD; Celso Arango, MD, PhD

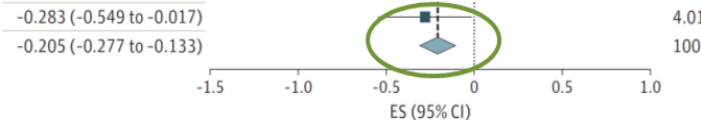
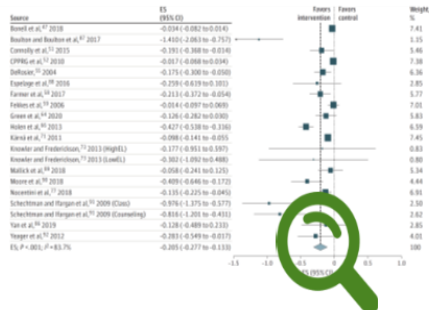


Efectividad sobre acoso escolar tras la intervención



ES, -0.150; 95% CI [-0.191 to -0.109]
PIN 147

Efectividad sobre la salud mental tras la intervención



ES, -0.205; 95%CI, [-0.277 to -0.133]
PIN 107

INTERNATIONAL REVIEW OF PSYCHIATRY
<https://doi.org/10.1080/09540261.2024.2409187>

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RESEARCH ARTICLE

 Check for updates

The Mental Health Clinical Liaison Programme for Schools: developing a new approach in Child and Adolescent Mental Healthcare in Spain

Javier Camacho-Rubio^a, Ángela Ulloa^b, Mara Parellada^a, Laura Pina-Camacho^a,
Covadonga M. Díaz-Caneja^a, Laura Sevilla-Cermeño^a, María Arrieta^a, Begoña Cerón^a, Jorge Vidal^a and
Celso Arango^a

^aDepartment of Child and Adolescent Psychiatry, Institute of Psychiatry and Mental Health, Hospital General Universitario Gregorio Marañón, Instituto de Investigación Sanitaria Gregorio Marañón (II-SGM), CIBERSAM, Instituto de Salud Carlos III, School of Medicine, Universidad Complutense, Madrid, Spain; ^bAlicia Koplowitz Foundation, Madrid, Spain

ABSTRACT

Mental health issues among children and adolescents have increased, especially after the COVID-19 pandemic. Despite awareness, less than half get needed care, leading to long-term consequences. The World Health Organization calls for integrated, preventive community interventions. In this paper, we present The Mental Health Clinical Liaison Programme for Schools in the Community of Madrid, Spain, which features school-based activities delivered by multidisciplinary mental health teams, offering early detection, intervention, and prevention strategies for children and adolescents. We describe the activities implemented, present the evidence supporting them, provide preliminary data, and discuss the scope and challenges of the programme. In 2023–2024, the programme intervened in 53 primary and secondary schools, helping identify in 876 cases, evaluating 356, and referring 122 to other services. It supported interventions for 179 patients already in mental healthcare and 34 reintegrations after psychiatric hospitalization. Anti-stigma workshops have been conducted, involving approximately 1620 students. Ongoing research aims to evaluate the effectiveness and cost-effectiveness of these interventions to ensure continuous improvement in mental health services for young people.

ARTICLE HISTORY

Received 3 July 2024
Accepted 20 September
2024

KEYWORDS

Child and adolescent
mental health; COVID-19
pandemic; prevention;
intervention; school-based
programmes

Fundación
Alicia Koplowitz

ES-NPDEP-0069

El programa...

 Hospital General Universitario
Gregorio Marañón

 Hospital Universitario
del Sureste

 Hospital Universitario
La Paz Hospital Carlos III
Hospital Cantoblanco

2022-2024

13 escuelas

2023-2024

56 escuelas

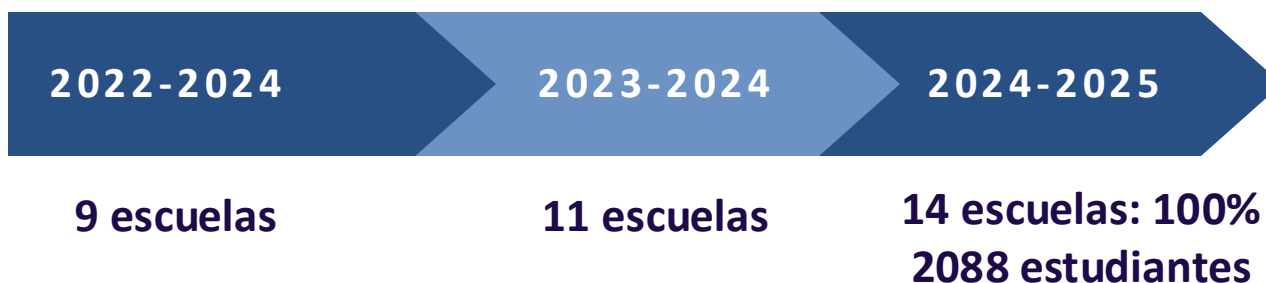
2024-2025

117 escuelas: 86%
65.348 estudiantes



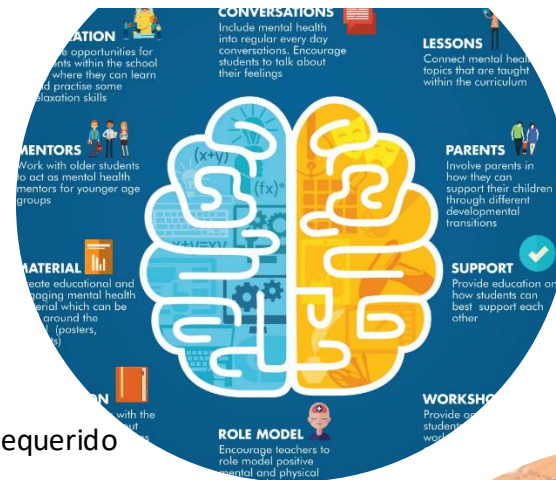
CONSEJERÍA DE EDUCACIÓN 
Comunidad de Madrid

El programa...en los colegios de educación especial

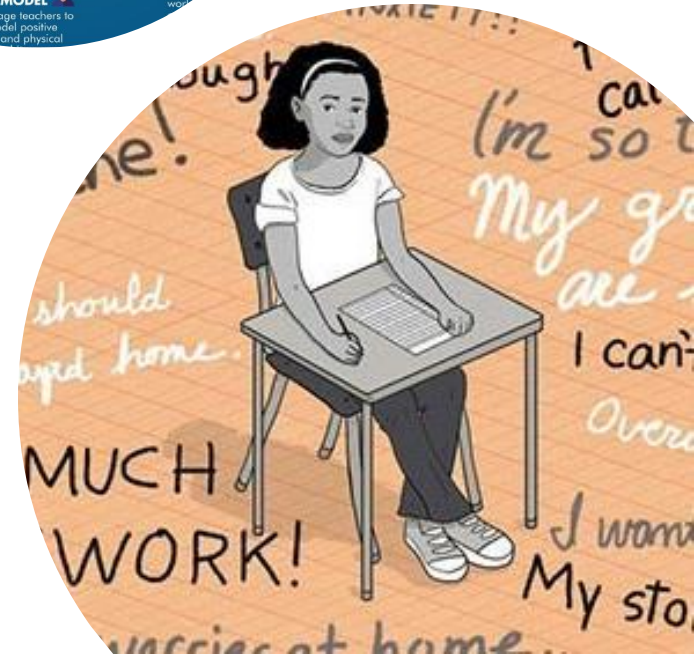


Programa de salud mental para centros educativos de la Comunidad de Madrid.

Subprogramas

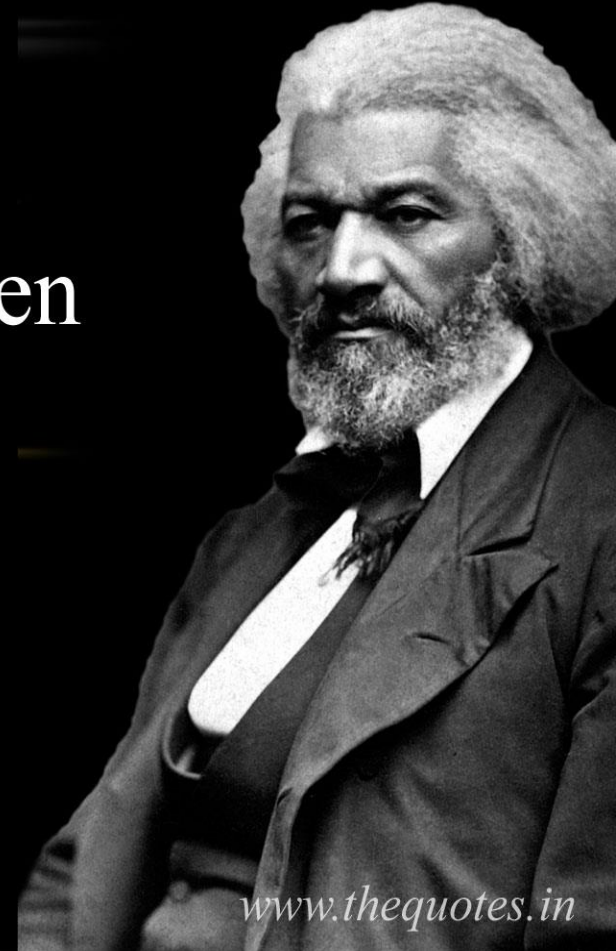


- **Vuelta a la escuela:**
Atención a estudiantes con trastornos mentales graves que ya han requerido tratamiento intensivo en un hospital.
- **Atiende alumnos:**
Atención a estudiantes con un trastorno mental diagnosticado y en seguimiento en su Centro de Salud Mental (o en otros servicios de salud mental infantojuvenil).
- **Identifica:**
Apoyo y formación para docentes y orientadores en la identificación, detección y manejo de signos de alerta de trastornos mentales en sus estudiantes.
- **Evaluación y derivación:**
Evaluación, atención y derivación de estudiantes con signos de alerta de trastornos mentales.
- **Prevención y promoción:**
Prevención y promoción de la salud mental infantil y adolescente en los centros educativos.



It is easier to build strong children
than to repair broken men.

Frederick Douglass

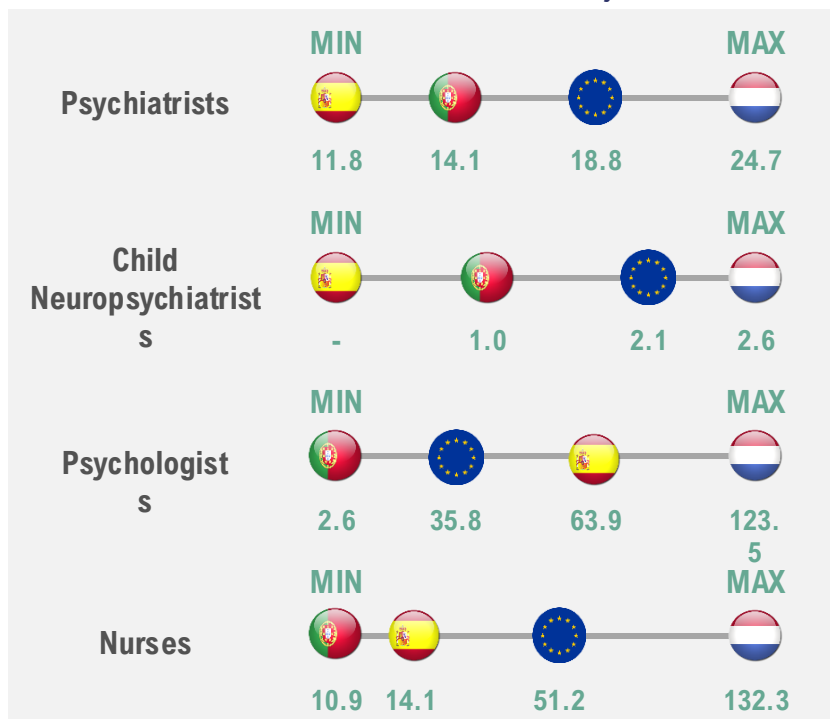


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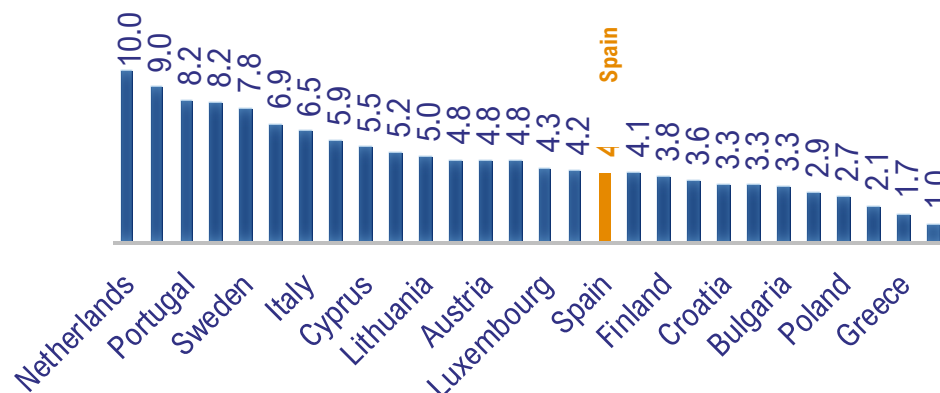
Availability of healthcare professionals and infrastructures

Example of
KPI monitored

Healthcare professionals (rate per 100,000 inhabitants),
2021 or most recent available year*



Quality of care final score (min=1; max=10), 2020



- **Healthcare professional availability varies** significantly across the EU
- The availability of **healthcare infrastructures** is **medium to low**
- **The Quality of care score** considers hospital discharge rates, hospital average LOS, and Mental Health Consultations

(*) Includes both private and public professionals. In case of Italy and Spain, data considers only healthcare professional working in the public sector.
Source: The European House – Ambrosetti on Eurostat, WHO data and various sources, 2022



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ES-NPDEP-0069