

Modern Views on Various Aspects of the Psychological Health of Adolescents

Lyudmila Sergeevna Yermukhanova*, Rysty Kaztyganovna Nazarbayeva, Gulnar Dostanovna Sultanova, Gulmira Namazovna Izimbergenova, Saule Tazhedinovna Tazhbenova, Malika Maksatovna Knissarina and Perizat Zhaksibayevna Aitmaganbet

West Kazakhstan Marat Ospanov State Medical University, Maresyeva St., 68 – 030019 Kazakhstan

Abstract: *Objectives:* The purpose of this article is to study and generalize, detect main tendencies in modern views on various aspects of the psychological health of adolescents in recent publications (taken into account the publication on multiple problems of adolescents' health over the past decade: 2009-2019).

Method: The literature search was conducted using Medline, TRIP Database and Cochrane Library to identify relevant medical studies over the past 10 years (2009-2019). The keywords search and title search and advanced search were applied in order to determine the articles and other forms of surveys on the general topic of adolescents' psychological health. The articles were filtered for the TOP-30 concerning chronological principle and their actuality, novelty, citation level and deepness of the researchable aspect.

Results: Multiple publications that focus on the psychological health of adolescents were detected. They concentrate on the principal factors that force pathological psychical behaviour among adolescents. E.g., the impact of family members' health and life-limiting conditions, unemployment and precarious employment, the negative impact of alcohol and the Internet, cognitive-behavioral therapy programs, the internalization of symptoms in depressive or anxious states, Internet-based therapy, responses to antidepressants, the Youth Version Short (EQ-i: YV-S) have been described. The chosen medical studies have been systemized in the form of a table and some of them were discussed more closely due to their importance and novelty.

Conclusions: The study generalizes the most modern and innovatory views on aspects of the psychological health of adolescents in international publications taking into account synchronic and diachronic notions. The study may be used for close browsing of the current state of investigations in this scientific area as well as for further investigations in the forms of surveys and clinical experiments take notice of already detected and undetected yet problems.

Keywords: Adolescents, psychological health, depression, suicide, quality of life, mental health.

INTRODUCTION

The social determinants of the health, well-being and development of the younger generation are essential as they affect the ability to achieve adequate health due to health risks and can limit the ability of adolescents to receive education and professional fulfilment and lead to social exclusion and worsening of the quality of life and psychological health [1-3]. Mental health care and improving the quality of life of adolescents and young people is one of the most important state tasks that influence the development of the demographic and socioeconomic situation in the country.

The right of children and adolescents to information, including that supporting the maintenance of their physical and mental health, is enshrined in the Convention on the Rights of the Child. In accordance with international standards in the field of human rights, the state acts as a guarantor of the rights of children and adolescents to life.

With regard to international commitments in the field of population policy adopted in accordance with the Program of Action of the International Conference on Population and Development, the Millennium Development Goals, and the UN Convention and international agreements, joined by Kazakhstan, a regulatory and legal framework has been developed and is being developed in the country to address the issues of strengthening mental health.

The purpose of this article is to study modern views on various aspects of the psychological health of adolescents in international publications taken the publication issued during the past decade (2009-2019).

MATERIAL AND METHODS

The literature search was conducted using Medline, TRIP Database and Cochrane Library sources to identify relevant medical studies over the past 10 years.

The stages of literature study involved the following stages:

- formulating the research questions and objectives (the psychological health of

*Address correspondence to this author at the West Kazakhstan Marat Ospanov State Medical University, Maresyeva St., 68 – 030019, Kazakhstan; Tel: +87022330465; Fax: +87022330465; E-mail: lyudmilayermukhanova@gmail.com

- adolescents and the spectrum of keywords: adolescents; psychological health; depression; suicide; quality of life, mental health);
- searching the extant literature using consistently the online platforms of Medline, TRIP Database and Cochrane Library;
 - screening for inclusion;
 - assessing the quality of primary studies;
 - extracting data on the psychological health of adolescents (defining problems, statistical data, methods of solutions and all the information regarding the general problem of adolescents' psychics);
 - analyzing and systemizing the extracted data.

RESULTS

While conducting the study we have inspected hundreds of relevant literature sources suitable to the interesting theme. Although special attention has been put on the studies proposed new directions to the common problem or detecting new sides of the problem of psychological health of adolescents worldwide. That's why we have chosen so-called TOP-30 studies and we'd like to present the review of them here in the form of a Table as well as discuss some of them closely in the Discussion part. We have taken the chronological principle as fundamental while constructing the followed table (Table 1).

DISCUSSION

In this part, we'd like to discuss more fundamentally a few of the mentioned studies that seem to be the most prosperous studies within the niche of investigation on the adolescent's psychical health.

H. Peyre *et al.* [27] conducted a nationally representative study to establish the difference in risk factors for suicide attempts in children and adolescents based on their mental health. The question was addressed whether children who first attempted suicide during childhood (under the age of 13 years) differ from adolescents who first attempted suicide during adolescence (13 through 17). Contributing factors for first suicide attempts were identified: adulthood alcoholism, mental disorders, psychotrauma, mental disorders of parents, family poverty.

According to the results of this study, suicide attempts during childhood (n=104) were more strongly

associated with childhood ill-treatment, while suicide attempts during adolescence (n=415) – with prolonged depressive episodes. Compared with first suicide attempts during adolescence, first suicide attempts during childhood were associated with an increased risk for several suicide attempts (61.3% vs. 32.6%), several mental disorders (mania, hypomania, and panic disorder), as well as lower social functioning during adulthood (all P values <.05).

Thus, according to the results of this study, suicide attempts in children and adolescents significantly differ in contributing factors and the state of mental health. The prevention of childhood ill-treatment, early intervention and the provision of care for mental disorders may be beneficial in reducing not only the suffering of children and adolescents but also the burden of suicide [27].

The systematic review "Life Transitions of Adolescents and Young Adults with Life-Limiting Conditions" by B. Johnston, D. Jindal-Snape and J. Pringle presents an evaluation and classification of evidence related to life transitions of adolescents and young people with life-limiting conditions. Eighteen studies were included in this review, rated from medium to high quality, with two main criteria: "illness transition" and "developmental transition." They were evaluated on the basis of an understanding of how the living conditions of adolescents and young people were provided. It was established that these parallel transitions are related to adolescents and young people with life limitations, creating difficulties for them. In addition, it was also found that the transition has an impact on family members, having physical, mental, and emotional implications [18].

M. Vancea and M. Utzet [26] analyzed the impact of unemployment and precarious employment on the health of young people. In accordance with social causality, higher socio-economic positions, improved working conditions are beneficial to health in general. In this study, the authors tried to generalize the results that test this hypothesis in the case of young people. A preliminary study of all the academic articles published in the period 2006-2016 in Europe was conducted. The literature was searched in PubMed / Medline, Science Direct, Web of Science and Scopus. The overwhelming majority of the studies (44) found support for the hypothesis of social causality. The most common health consequences are mental health disorders, health risk behaviour, poor quality of life and injuries. There is evidence that young people are particularly

Table 1: An Overview of the World's Publications (2009-2019) on the Topic of Adolescents' Health

	Authors	Country, Year of issue	Article Title	Summary
1.	M. Mujoomda, K. Cimon, E. Nkansah	Canada, 2009	Dialectical Behavior Therapy in adolescents for suicide prevention: Systematic review of clinical-effectiveness	This is a bibliographic record of a published health technology assessment from a member of INAHTA. To review the evidence on the clinical effectiveness of dialectical behaviour therapy (DBT) compared to treatment as usual (TAU) for preventing suicide in adolescents. Dialectical behaviour therapy (DBT) may be effective in treating suicidality in adolescents with or suspected of having bipolar disorder [4].
2.	D. Grinspun	Canada, 2009	Assessment and Care of Adults at Risk for Suicidal Ideation and Behaviour	The presented practice guideline is a comprehensive document providing the resources necessary for the support of the evidence-based nursing practice. Best practice guidelines are systematically developed statements to assist practitioners' and clients' decisions about appropriate health care. These guidelines aim to assist nurses working in diverse practice settings provide evidence-based care to adults at risk for suicidal ideation and behaviours. Within the scope of this guideline, adults at risk may include any adult who may exhibit risk factors, with or without expressed suicidal intent. The guidelines have huge practical appliance and theoretical meaning in the dwelling on the general problem of adolescents' psychical healthcare and step-by-step treatment [5].
3.	S.P. Spiridonov	Russia, 2010	Indicators of the quality of life and methodology of their formation	Objective, subjective and integral indicators of the quality of life of the population are considered. It is proposed to consider objective and subjective indicators as equivalent. The emphasis is placed on the fact that the final result of the study of the quality of life should be an assessment of the current situation in all spheres of the life of an individual and society as a whole [6].
4.	D.L. Lang, L.F. Salazar, R.A. Crosby, R.J. DiClemente, L.K. Brown, G.R. Donenberg	USA, 2010	Neighbourhood environment, sexual risk behaviours and acquisition of sexually transmitted infections among adolescents diagnosed with psychological disorders	The obtained results of conducted questionnaire indicated that relative to adolescents living in low-risk neighbourhood environments, those living in high-risk environments were significantly more likely to have an STI and to report having casual partners. The importance of expanding public health research to include assessment of neighbourhood context as a determinant of sexual risk-taking is emphasized [7].
5.	M. Yu. Surmach	Belarus, 2011	Quality of life associated with health as a subject of study of medicine sociology	The historical and modern approaches to studying the quality of life connected with health are considered. Their interrelation in a complex of social sciences is tracked. The conception of quality of life in medicine and health services is revealed. The basic methodological principles to study the quality of life connected with health in the sociology of medicine are singled out. Among the problems involved in the study, there is also a problem of interrelation between psychical health of adolescents and social context of their being [8].
6.	B.L. Jones, J. Parker-Raley, A. Barczyk	USA, 2011	Adolescent cancer survivors: identity paradox and the need to belong	Findings revealed that adolescent survivors might experience an identity paradox when making the transition to "survivor," which can contribute to their sense of isolation and risk of health-detracting behaviours. Health promotion, prevention, and supportive programs need to be developed for health care professionals to address the isolation and identity transition needs of adolescent cancer survivors [9].
7.	D. V. Turchaninov, O.B. Anfinogenova, M.S. Skomorin	Russia, 2012	Integrated assessment of health and quality of life adolescent in Kemerovo city and influence factors	The article proposes a comprehensive assessment of the health status and quality of life associated with the health of adolescents in a large industrial city (Kemerovo). The author provides an idea to include the study of indicators of quality of life in the methodology of an integrated study of the health status of adolescents in the work of adolescent outpatient doctors [10].

(Table 1). Continued.

	Authors	Country, Year of issue	Article Title	Summary
8.	L.A. Regush, E.V. Alekseeva, A.V. Orlova, Yu.S. Pezhemskaya	Russia, 2012	Psychological problems of adolescents	The authors concentrate on how adolescents and youth themselves perceive their problems, while other researchers focus on describing the difficulties that they experience. adults in the education and training of students of these ages. Such The approach opens up wide opportunities for comparative cross-cultural and socio-psychological research [11].
9.	D. Ruiz-Aranda, R. Castillo, J.M. Salguero, R. Cabello, P. Fernández-Berrocal, N. Balluerka	Spain, 2012	Short- and midterm effects of emotional intelligence training on adolescent mental health	These results suggest that emotional intelligence (EI) educational programs created to develop skills in perceiving, facilitating, understanding, and managing emotions can be effective at promoting mental health in adolescents [12].
10.	O. Puig, R. Calvo, M. Rosa, E. de la Serna, S. Lera-Miguel, V. Sánchez-Gistau and J. Castro-Fornieles	Spain, 2013	Verbal Memory and IQ Predict Adaptive Behavior in Children and Adolescents with High-Functioning Autism Spectrum Disorders	Verbal memory and IQ emerged as the main independent predictors for VABS adaptive scores. The results of the research highlight the strong impact of IQ and verbal memory on adaptive behaviour in high functioning autism spectrum disorders patients [13].
11.	J. Elia	USA, 2013	Bipolar Disorder in Children and Adolescents	The article concentrates in bipolar disorder. This psychological issue characterized by alternating periods of mania, depression, and normal mood, each lasting for weeks to months at a time. The author dwells on treatment that is a combination of mood stabilizers (e.g., lithium, certain anticonvulsants, and antipsychotic drugs), psychotherapy, and antidepressants [14].
12.	K. Ikeda, K. Nakamura	Japan, 2014	Association between mobile phone use and depressed mood in Japanese adolescents: a cross-sectional study.	The authors make a conclusion that increased duration of mobile phone use (actual for this and present period of time,) is associated with unfavourable psychological mood, in particular, a depressed mood. Decreasing mobile phone use may help maintain appropriate mental health in very long-duration users [15].
13.	N. Newhouse	United Kingdom, 2014	Treating antenatal depression could prevent offspring adult depression	This is the first study to test the effects of antenatal depression and postnatal depression on offspring depression at age 18 years. Although the study does not test the mechanisms of the transmission of depression from mother to adolescent, the findings provide evidence that the antenatal depression and postnatal depression pathways differ in their effects. Crucially, the pathway of maternal antenatal depression does not wholly operate through antenatal depression continuing into the postnatal period [16].
14.	J. Rosenbaum Asarnow, M. Rozenman	USA, 2015	Integrating depression treatment within primary care improves outcomes in adolescents	The authors develop a concept of integration of behavioural health into primary care settings that have the potential to improve outcomes for adolescents and young adults [17].
15.	B. Johnston, D. Jindal-Snape, J. Pringle	Scotland, 2016	Life transitions of adolescents and young adults with life-limiting conditions	Two major life transitions were identified as pertinent: 'illness transition' and 'developmental transition'. These concurrent transitions were found to be relevant to adolescents and young adults with life-limiting conditions, generating complex needs. Furthermore, the illness transition was found to also impact significant others, namely family members, having physical, mental and emotional health implications and requiring them to make adaptations [18].
16.	H. Gupta, S. Pettigrew, T. Lam, R.J. Tait	Australia, 2016	A Systematic Review of the Impact of Exposure to Internet-Based Alcohol-Related Content on Young People's Alcohol Use Behaviours	Exposure to alcohol-related content on the Internet might predispose young people to patterns of alcohol use by promoting alcohol as a natural and vital part of life. However, the research exploring the influence of this novel form of advertising on young people's alcohol use is emergent and comprised primarily of cross-sectional studies [19].

(Table 1). Continued.

	Authors	Country, Year of issue	Article Title	Summary
17.	K.D. Martinsen, S.P. Neumer, S. Holen, T. Waaktaar, A.M. Sund, P.C. Kendall	Norway, USA 2016	Self-reported quality of life and self-esteem in sad and anxious school children	Quality of life and self-esteem are important functional domains and may provide additional valuable information. Internalizing symptoms explained more of the variance in quality of life than in self-esteem. Symptoms of depression explained more of the variance than anxious symptoms. Female gender was associated with higher levels of internalizing symptoms, but there was no gender difference in the quality of life and self-esteem [20].
18.	K. Takagaki, Y. Okamoto, R. Jinnin, A. Mori, Y. Nishiyama, T. Yamamura, S. Yokoyama, S. Shiota, Y. Okamoto, Y. Miyake, A. Ogata, Y. Kunisato, H. Shimoda, N. Kawakami, T.A. Furukawa, S. Yamawaki	Japan, 2016	Behavioural activation for late adolescents with subthreshold depression: a randomized controlled trial	The authors concluded that intervention conducted in short sessions, focusing on increasing access to positively reinforcing activities had a large and significant effect despite being short and simple and that this low-intensity cognitive behavioural therapy program could be conducted in many different types of institutions. It is suggested that the long-term effects of the treatment program should be targeted for investigation in future studies [21].
19.	S. Bröning, P.M. Sack, M. Thomsen, R. Thomasius	Germany, 2016	Children with Multiple Risk Factor Exposition Benefit from the German "Strengthening Families Program"	Accent on "Strengthening Families Program" testing, the importance of complex interaction of factors like satisfaction with family functioning, school attachment and peer relationship quality, quality of life for providing adolescents prevention from depression and treating already existing issues [22].
20.	I. Esnaola, J. Freeman, M. Sarasa, A. Fernández-Zabala, I. Axpe	Spain, 2016	Validity Evidence based on Internal Structure of Scores of the Emotional Quotient-Inventory: Youth Version Short (EQ-i: YV-S) in a Spanish Sample	The study concentrates on analyzing the reliability and validity evidence of scores on the Spanish version of EQ-i: YV-S (Emotional Quotient Inventory: Youth Version (Short) in Spanish adolescents. 508 male and female participants took part in the questionnaire. Special software was attracted [23].
21.	L. M. Williams, C. Debattista, A.M. Duchemin, A.F. Schatzberg, C.B. Nemeroff	USA, 2016	Childhood trauma predicts antidepressant response in adults with major depression: data from the randomized international study to predict optimized treatment for depression	The authors indicate few reliable predictors which depressed individuals respond to antidepressants. The major goal of the study was to evaluate the role of early-life trauma in predicting acute response outcomes to antidepressants in a large sample of well-characterized patients with major depressive disorder. Specific types of early-life trauma, particularly physical, emotional and sexual abuse, especially when occurring at ≤ 7 years of age are presented as important moderators of subsequent response to antidepressant therapy for the major depressive disorder [24].
22.	J.P. Klein, T. Berger, J. Schröder, C. Späth, B. Meyer, F. Caspar, W. Lutz, A. Arndt, W. Greiner, V. Gräfe, M. Hautzinger, K. Fuhr, M. Rose, S. Nolte, B. Löwe, G. Anderssoni, E. Vettorazzi, S. Moritz, F. Hohagen	Germany, 2016	Effects of a Psychological Internet Intervention in the Treatment of Mild to Moderate Depressive Symptoms: Results of the EVIDENT Study, a Randomized Controlled Trial	Mild to moderate depressive symptoms are common but often remain unrecognized and treated inadequately. The authors hypothesized that an Internet intervention in addition to usual care is superior to care as usual alone (CAU) in the treatment of mild to moderate depressive symptoms in adults [25].
23.	M. Vancea, M. Utzet	Spain, 2017	How unemployment and precarious employment affect the health of young people: A scoping study on social determinants	There is evidence that young people are especially vulnerable to health problems when unemployed or working in precarious conditions. Active labour market and training programmes, inclusive social security measures, improved working conditions and targeted health programmes are important for addressing this vulnerability [26].
24.	H. Peyre, N. Hoertel, C. Stordeur, G. Lebeau, C. Blanco, K. McMahon, R. Basmaci, C. Lemogne, F. Limosin, R. Delorme	France, USA, 2017	Contributing Factors and Mental Health Outcomes of First Suicide Attempt During Childhood and Adolescence: Results from a Nationally Representative Study	Suicide attempts in children and adolescents substantially differ in contributing factors and adult mental health outcomes. Preventing childhood maltreatment and early intervention for psychiatric disorders may have broad benefits to reduce not only the suffering of these children and adolescents but also the burden of suicide [27].

(Table 1). Continued.

	Authors	Country, Year of issue	Article Title	Summary
25.	R.D. Romeo	USA, 2017	The impact of stress on the structure of the adolescent brain: Implications for adolescent mental health	Given the fundamental structure-function relationship in the nervous system, it is important to understand how these normative and stress-induced structural alterations during adolescence influence psychological function. The purpose of the study is to describe the impact of stress on the structure of brain regions that continue to show structural maturation during adolescence and are highly sensitive to the effects of chronic stress exposure (esp., amygdala, hippocampal formation, and prefrontal cortex, particularly from a morphological perspective) [28].
26.	S. Kim, S.R. Colwell, A. Kata H. Michael B. Katholiki K. Georgiades	Canada, 2018	Cyberbullying Victimization and Adolescent Mental Health: Evidence of Differential Effects by Sex and Mental Health Problem Type	This study examines the association between cyberbullying and adolescent mental health problems and the extent to which this association differs by sex and mental health problem type. Cyberbullying was more strongly associated with emotional problems for females and with behavioural problems for males [29].
27.	G. Signorini, S.P. Singh, V.B. Marsanic <i>et al.</i>	Italy, United Kingdom, Croatia, Netherlands, Ireland, France, Germany, Belgium, Italy, 2018	The interface between child/adolescent and adult mental health services: results from a European 28-country survey	This is the first survey of Child and Adolescent Mental Health (CAMHS) transitional policies and cares carried out at a European level. Policymaking on transitional care clearly needs special attention and further elaboration. The Milestone Study on transition should provide much-needed data on transition processes and outcomes that could form the basis for improving policy and practice in transitional care [30].
28.	S. Sterling, A. H. Kline-Simon, A. Jones, L. Hartman, K. Saba, C. Weisner, S. Parthasarathy	USA, 2019	Constance Weisner and Sujaya Parthasarathy. Health Care Use Over 3 Years after Adolescent SBIRT	Providing screening, brief intervention, and referral to treatment (SBIRT) in pediatric primary care it is possible to improve health care use and health, mental health, and substance use outcomes [31].
29.	E.M. Rodríguez, L.E. Gulbas, J. George-Jones, A. Leija, D. Burrows, C. Neavel	USA, 2019	Interdisciplinary Perspectives on an Integrated Behavioral Health Model of Psychiatry in Pediatric Primary Care: A Community-Based Participatory Research Study	The obtained results highlight the complexities of implementing collaborative psychiatry consultation in pediatric primary care and suggest the importance of supporting primary care providers and patients within this context [32].
30.	K. Rozzell, D. Ye. Moon P. Klimek	USA, 2019	Prevalence of Eating Disorders Among US Children Aged 9 to 10 Years. Data From the Adolescent Brain Cognitive Development (ABCD) Study	Eating disorders (EDs) are associated with significant morbidity and mortality. The prevalence of early-onset EDs has increased in the past several decades, with younger children more likely than adolescents to experience psychiatric comorbidity [33].

vulnerable to health problems when unemployed or working in harsh conditions. Active labour market and training programs, inclusive social security measures, improved working conditions and targeted health programs are important for solving this problem. M. Vancea and M. Utzet suggest that further research should be directed towards improving the causal model, including a gender perspective [26].

H. Gupta *et al.* (2016) believe that one of the significant causes of alcohol abuse among young

people is the active use of the Internet. To clarify this hypothesis, a systematic review was conducted on the relationship between alcohol exposure, and the use of the Internet among young people. Search queries were made for electronic databases and reference lists to identify the relevant articles published up to December 2015, meeting the inclusion criteria, evaluated for quality using the forms and guidelines of Kmetia. A total of fifteen relevant studies were identified, which reported significant links between the impact of the

Internet-based content on drinking intentions and positive attitudes to alcohol among young people, with different influences found at different stages of alcohol use [19].

K. Takagaki *et al.* [21] conducted a randomized controlled study to investigate the effectiveness of the behavioural activation program. It is believed that the main behavioural characteristic of sub-threshold depression, which is observed in adolescents, is a low level of praise and reward for others. Adolescents aged 18-19 years with sub-threshold depression were randomly assigned to the experimental ($n = 62$) and control groups ($n = 56$). The main result of the study was the assessment of the "Beca Inventory-II" depression. The results showed that adolescent students in the experimental group demonstrated a significant improvement in their symptoms of depression, compared with the control group. Students in the experimental group also showed significant improvements in self-esteem and behavioural characteristics. It was concluded that this intervention had a large and significant influence. Even short and simple, low-intensity cognitive-behavioural therapy programs can be conducted in different types of institutions. It is assumed that the long-term effects of the treatment program should be directed to research in future studies [21].

Anxiety and depressive symptoms are usually common in childhood, but problems in the need for intervention cannot be identified. Quality of life and self-esteem are important functional domains and can provide additional valuable information. K.D. Martinsen *et al.* [20] conducted a basic randomized controlled study based on multivariate analyses to examine the relationship between internalizing symptoms, quality of life and self-esteem in three at-risk symptom groups. Schoolchildren ($n=915$) aged 9-13 years, who considered themselves more anxious and depressed than their peers, conducted self-reports of anxiety (Multidimensional Anxiety Scale for children (MASC-C), depression (The Short Mood and Feelings Questionnaire; SMFQ), quality of life (Kinder Lebensqualität Fragebogen; KINDL) and self-esteem (Beck self-concept inventory for youth (BSCI-Y). In 52.1% of the cases, the examined children were at risk with an increased level of symptoms, either anxiety or depression. Depression was observed in 15.4%, and anxiety – in only 10.2%, all together – 26.6%. One-way ANOVA analysis showed significant average differences between symptom groups for self-reported quality of life and self-esteem. Regression analysis of

predicting the quality of life and self-esteem showed that in the depression group, symptoms were associated with lower self-reported evaluation. The authors concluded that internalizing symptoms were related to lower self-reported quality of life and self-esteem in children in the at-risk groups reporting depressive or depressive and anxious symptoms [20].

S. Bröning *et al.* [22] presented an evaluation of the German adaptation of the Strengthening Families Program (SFP, Iowa version) in their longitudinal two-year trial. The study involved 292 children with an average age of twelve at baseline and 292 parents. A randomized controlled trial was conducted. Based on the "risk moderation hypothesis", it was suggested that children with an increased exposure risk $R (+)$ would benefit more regardless of the preventive intervention than children with a low exposure risk $R (-)$, and that $R (+)$ under SFP would benefit more than $R (+)$ under the condition of minimal control. A total of 28% of children were qualified with an increased level of risk. The reports confirmed the authors' hypothesis: $R (+)$ reported a total of eleven improvements. Four of them were significantly more distinct than in the other groups (Anxiety-Depressivity, Punitive Parenting of mother, Punitive Parenting of father, Unbalanced family functioning). In three cases, improvement appears only in $R (+)$ under SFP (Satisfaction with family functioning, School Attachment and Peer Relationship Quality, Quality of Life). Parent reports showed a similar trend but were less pronounced [22].

J.P. Klein *et al.* believe that depressive symptoms are common in mild to moderate degrees, but often remain unrecognized and, therefore, treated in an inadequate manner. The authors suggested that an Internet intervention in addition to conventional therapy in the treatment of mild to moderate depressive symptoms in adults is superior to care as usual alone (CAU). To solve this hypothesis, a randomized controlled blind study was conducted. It involved 1,013 participants with mild to moderate depressive symptoms (Patient Health Questionnaire, PHQ-9, score 5-14), who were randomized to CAU or a 12-week intervention on the Internet (Deprexis). The results were evaluated at baseline, 3 months (after evaluation), and 6 months (follow-up). The main measure of the result was the self-evaluated severity of depression (PHQ-9). The main analysis was based on the principle of intention to undergo treatment. The Internet intervention examined in this study showed a positive result in reducing the manifestation of mild to moderate depressive symptoms. The authors proved

that the magnitude of the effect is clinically important and has public health implications [25].

There are few reliable studies that show which depressed individuals respond to antidepressants. Some studies suggest that the history of early trauma in life predicts a poorer response to antidepressant therapy. The main objective of the study by L.M. Williams *et al.* [24] was to evaluate the role of early trauma in predicting the response to antidepressants in a large sample of patients with major depressive disorder (MDD). They analyzed data from the optimized depression treatment (iSPOT-D), a randomized clinical trial with registration from December 2008 to January 2012 in eight academic and nine private medical institutions in five countries. They indicated that the higher rate of early trauma was most evident for experiences of interpersonal violation such as emotional, sexual and physical abuses. Abuses occurring at ≤ 7 years of age-predicted poorer outcomes after 8 weeks of antidepressants. The authors concluded that specific types of early-life trauma, particularly physical, emotional and sexual abuse, especially when occurring at ≤ 7 years of age are important moderators of subsequent response to antidepressant therapy for MDD [24].

I. Esnaola *et al.* [23] analyzed the reliability and validity evidence of scores on the Spanish version of EQ-i: YV-S in Spanish adolescents. The total sample consisted of 508 participants, 241 boys (47.4%) and 267 girls (52.6%), each of whom responded to the questionnaires. Exploratory Factor Analysis and Confirmatory Factor Analysis were used with FACTOR and EQS version 6.1 software to study validity evidence on the basis of an internal structure drawn from the EQ-i evaluation: YV-S, supporting the multidimensionality of the questionnaire. Three models were tested. The hierarchical model was best suited to the data, which hypothesized that four specific factors, namely interpersonal, intrapersonal, stress management, and adaptability, were explained with a factor of the second order, Emotional-Social-Intelligence (ESI). Significant positive correlations were found between general self-concept and EQ-i. ESI showed a significant prediction of the direct power of general self-concept, as demonstrated by structural modelling of the equation [23].

CONCLUSION

Currently, various aspects of the psychological health of adolescents are discussed in worldwide

studies. The 10-year scale dimension of the attainments allows to track tendencies in developing the scientific points of view on actual for specific period of time problem (e.g., wide spreading of the mobile phones, bullying as phenomena of the Internet era, eating problems caused by fast foods from one side and advertising image of perfect body, from another, etc). The conducted review contributed to the field of psychological health of adolescents as it allows to summarise already done and achieved within the niche as well as make the points for further investigations.

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