

MOST COMMON MENTAL DISORDERS AFFECTED IN ADOLESCENTS DURING THE COVID-19 PANDE- MIC

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Resumo: Introduction: Since the mic, many consequences have origin of the COVID-19 pande- been constantly faced by the

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population. The threat related to the numbers of contamination, accentuated by catastrophic reports of serious illness or death, added to the scenes shown in the media of hastily built cemeteries and crowded hospitals can have a direct effect on the mental health of the population, generating fear and insecurity. Adolescents, when infected with the coronavirus, have the same clinical symptoms as adults. In this context, when it comes to worsening health, mental health problems and domestic violence were the main predisposing factors that caused damage to well-being, societal characteristics that should influence the individual and collective health of adolescents. Therefore, knowing the relevance of this theme, this study aimed to identify in the literature the characteristics of mental disorders that affect adolescents during the

pandemic. Methodology: This is a descriptive, exploratory, integrative literature review, carried out from a bibliographic survey in the following databases: Latin American and Caribbean Literature on Health Sciences (LILACS) and Scientific Electronic Online Library (SCIELO). Results and Discussions: Clinically, adolescents are proposed to develop the same symptoms of mental disorders as adults during the period of isolation. The context of the economic crisis, social isolation and the weakening of health services are related as the main factors that contributed to the development of mental illnesses such as depression, anxiety, self-mutilation and panic syndromes. Final considerations: Therefore, it became evident that the main disorders that affect young people and adolescents during the period of isolation, resulting



from the COVID-19 pandemic, are anxiety and depression. In addition, the main causes that trigger such problems are isolation measures and family problems.

Keywords: Mental health; Coronavirus; Adolescence.

INTRODUCTION

Since the origin of the COVID-19 pandemic, many consequences have been constantly faced by the population. The World Health Organization, in order to control the spread of the virus, followed some preventive measures such as social distancing, personal hygiene with gel alcohol, adherence to the use of masks and confinement. During these periods of isolation, health was mainly impacted by the involvement and/or worsening of mental health conditionalities

(GOMES et al., 2021; LIMA, 2020).

The threat related to the numbers of contamination, accentuated by catastrophic reports of serious illness or death, added to the scenes shown in the media of hastily built cemeteries and crowded hospitals can have a direct effect on the mental health of the population, generating fear and insecurity. Given this scenario, among the main groups of vulnerability, adolescents who developed and mitigated major consequences caused by the pandemic stand out (CARNEIRO et al., 2022, POLANCZYK, 2022).

In view of this, the impacts caused by the pandemic can be subdivided into four waves. The first wave stands out for the immediate burden on health systems in all countries, which needed, in the short term, to re-double their structures to meet



the demand of patients who needed care. The second wave is directly associated with the decrease in resources in the health area for the care of people with other clinical conditions (POLANCZYK, 2022; MARQUES et al., 2021).

The third is characterized by the impact of the interruption in the health care of several chronic diseases, since the resources were destined to face the Covid-19. And the fourth wave includes the increase in mental disorders and psychological trauma caused directly by the infection or by its secondary consequences (POLANCZYK, 2022).

Adolescents, when infected with the coronavirus, have the same clinical symptoms as adults. In this context, when it comes to worsening health, mental health problems and domestic violence were the main predispo-

sing factors that caused damage to well-being, societal characteristics that should influence the individual and collective health of adolescents and their families who cohabit during social distancing. even when this pessimism is intensified by the parents themselves. Parental stress and anxiety, alcohol abuse, violence, fear of infection, financial losses, unemployment, housing or food insecurity are also stressors for children and adolescents (POLANCZYK, 2022; NASCIMENTO et al. al., 2020).

Social isolation measures facilitate the occurrence of family conflicts, physical inactivity, lack of physical activity, interruption of contact with friends and recreational activities. In addition, the pandemic led to the closure of schools and the adoption of distance learning through digital platforms, causing a lot of



suffering to young people during the adaptation process.

Therefore, knowing the relevance of this theme, this study aimed to identify in the literature, the characteristics of mental disorders that affect adolescents during the pandemic.

METHODOLOGY

This is a descriptive, exploratory, integrative literature review, carried out in order to gather information from previously published studies on the subject. The present review was based on the methodology proposed by Mendes; Silveira and Galvão, (2008), following the steps of: choice of topic and research question, delimitation of inclusion and exclusion criteria, extraction and limitation of information from selected studies, analysis of studies included in the

review, analysis and interpretation of results and presentation of the review or synthesis of knowledge.

As a guideline for this study, the following question was defined: What are the main psychological disorders developed by adolescents during social isolation?

To carry out the study, a bibliographic survey was carried out in the scientific databases: Latin American and Caribbean Literature on Health Sciences (LILACS) and Scientific Electronic Online Library (SCIELO), through the application of the Health Sciences Descriptors (DeCS): “COVID-19”; “Pandemics”; “Quarantine” and “Adolescent Health”, through the boolean operator AND.

For the selection of articles, the following inclusion criteria were defined: free stu-



dies, available in full, complete and original, in Portuguese and published in the last 3 years. As exclusion criteria were defined: studies that did not respond to the proposed objective, outside the time frame, theses, monographs and dissertations.

RESULTS AND DISCUSSIONS

From the accomplishment of the searches, with the application of the eligibility criteria, inclusion and exclusion criteria and reading in full of the articles, 9 studies were selected to compose the final sample. These were organized in Table 1, divided into title, author, year and objectives.

Table 1. Studies selected for the sample.

Nº	TITLE	AUTHOR/YEAR	GOALS
1	Mental Health in Young Adults: The Impact of the COVID-19 Pandemic.	CARNEIRO et al., 2022	To understand the health status of a young adult population attending university and how the COVID-19 pandemic had an impact on different dimensions of daily life, namely on well-being and mental health.
2	Depression in the lives of young people and adolescents during the pandemic.	FREITAS TELES, 2021	To highlight the rates of young people affected by depression during the pandemic.



3	Emotions manifested by school adolescents in the COVID-19 pandemic.	GOMES et al., 2021	Identify the emotions expressed by school adolescents in the face of social distancing resulting from the COVID 19 Pandemic and discuss the strategies adopted to manage their emotions.
4	Covid-19 pandemic: indicators of the impact on the mental health of adolescents.	BINOTTO et al., 2021	To analyze the levels of anxiety, stress and depression of adolescents in the context of the COVID-19 pandemic and to correlate levels of anxiety, stress and depression with adolescents' perception of the impacts of the pandemic on their lives.
5	COVID-19 in the lives of Brazilian children and adolescents: few symptoms and many impacts.	MIRANDA & MORAIS, 2021	Identify the impacts of covid-19 on the mental health of children and adolescents
6	Prevalence and impacts of the COVID-19 pandemic on adolescents living in the northern channel of the state of Pará.	MARQUES et al., 2021	To know the prevalence and impacts of the COVID-19 pandemic on adolescents in the northern channel region of the State of Pará.
7	Mental health in the Covid-19 pandemic: practical multidisciplinary considerations on cognition, emotion and behavior.	MALLOY-DINIZ et al., 2020	Discuss approaches from psychiatry, psychology and related sciences in managing issues related to behavior change, nutrition and physical activity habits, work and vulnerable age groups.



8	Adolescent health in times of COVID-19.	OLIVEIRA et al., 2020	Identify the impact or effects of the COVID-19 pandemic on adolescent health.
9	Self-mutilation in adolescents and young adults in the Covid-19 pandemic: report of three cases.	NASCIMENTO et al., 2020	Expose the report of three cases of self-mutilation that occurred during the pandemic by SARS-Cov-2 and propose a discussion on the reasons that govern such deviation of behavior.

Source: Authors, 2022

With the analysis of the literature, the main mental disorders that were developed during the period of isolation in adolescents were evidenced in the studies. As well as its main causes.

The period of adolescence, in the biological and psychosocial perspective, proves to be a phase of development and physical and mental changes. From a psychological perspective, adolescence is marked by a constant movement of emotions, doubts and uncertainties. The conditions imposed by the COVID-19 pandemic, as it is an event of great

global impact, accompanied by uncertainty and fear regarding the clinical complications, duration and consequences of the period of social distance, was responsible for generating great concerns for the population.

Studies in the period of the COVID-19 pandemic with children and adolescents investigating aspects of mental health are still recent, which still does not make it possible to investigate these long-term mental health consequences, however, it is noted that the new routine and the adoption of safety protocols were



responsible for negative outcomes in psychosocial aspects in different age groups.

When investigating the main reasons for the increase in the prevalence of mental disorders observed in this period, a relationship with environmental factors in which the adolescent is inserted, as well as interpersonal relationships, is identified.

In view of this, the measure adopted in the educational field due to the rapid spread of the virus that had a great impact on the lives of adolescents was the adaptation of face-to-face classes to a remote format. This adaptation proved to be a factor that contributed to the increase in anxiety and depression symptoms. These findings seem to have negative outcomes both in terms of mental health and socialization and education, considering that the school environment allows

for a greater exchange of knowledge, intellectual and friendly maturity among students, thus contributing to social interaction.

. In addition, the school environment allows for greater interaction with the teacher, thus, strengthening this bond contributes to better absorption of knowledge. There is still a certain difficulty regarding the use of electronic devices (computers, cell phones, among others) and the absorption of didactic content, considering that the home environment can often compromise academic performance (CARNEIRO et al., 2022; MALLOY- DINIZ et al., 2020).

The long time in the home environment, most often accompanied by family members, has compromised the mental health of adolescents. The findings of the study by (MIRANDA & MORAIS, 2020; OLIVEIRA et



al., 2020) indicate that excessive time at home impairs the individual's relationship with parents/guardians. Thus, it is observed that in the pandemic period, family disagreements have been one of the main predisposing factors for mental imbalance.

The incidence of mental disorders in adolescents may be even higher depending on sociodemographic characteristics. When comparing by sex, it is noted that females have higher rates of anxiety and symptoms of depression when compared to males. The findings corroborate the results presented by Costa et al., 2019, where they show that psychological problems such as depression, bipolarity and anxiety are more frequently observed in this population. According to the World Health Organization (WHO), 42% of women suffer from anxiety disorder and men

29% (WHO, 2018). It is believed that the higher prevalence of mental disorders in females is associated with the multiple roles imposed on women, including at younger ages.

On the other hand, changing behaviors, such as unhealthy eating habits and increased physical inactivity and sedentary behavior, left young people in a state of vulnerability to the increased prevalence of mental disorders. It is already well defined that the regular practice of physical activity is an important ally for the maintenance of mental health. They show that physical exercise can have a positive impact on depression and anxiety, reducing stress levels, contributing to better mood, sleep and memory (reference) and that individuals who have a healthy diet have higher levels of mental health.



When comparing studies carried out with the adult population, it is noted that, clinically, adolescents are likely to develop the same symptoms of mental disorders as adults during the period of isolation. When analyzing the causes, these results can be justified by the social responsibilities attributed to this stage of life being partially similar to the adult stage. The context of the economic crisis, social isolation and the weakening of health services are related as the main factors that contributed to the development of psychological diseases (OLIVEIRA et al., 2020).

The results of the study by Nascimento et al. (2020) point out that the number of non-suicidal self-harms increased during the peak of virus transmissions. It is important to emphasize that this indication of disorder was

mainly affected in adolescents who already had a previous mental illness. In comparison to the results of studies (Freitas Teles, 2021); (Polanczyk; Salum & Rohde, 2022) carried out in the pandemic period with adolescents, there is evidence of an increase in symptoms of generalized anxiety in this population. Thus, it is believed that even already exposed to this condition, such manifestations are also a reflection of social isolation, as well as the fear and uncertainties generated by the pandemic.

As a limitation, this study only included articles published in Brazil for the review, which limits the interpretation of results to the context of Brazilian adolescents aged between 12 and 17 years, not seeking to investigate the damage to the mental health of populations from another age group. age. However,



considering the specificity of the methodological procedures, it is believed that this study presented valuable information that sought to comprehensively investigate the main mental disorders and their respective causes. Thus, the results of the analysis of the studies indicate that the pandemic situation can be considered a determinant that affects different dimensions of adolescents' lives.

Finally, the COVID-19 pandemic has been shown to be an event that has contributed to worse rates of mental health in adolescents. As it is a relatively recent topic, the importance of further investigations regarding these variables at this stage of life is highlighted, as a way to better develop strategies and interventions so that these losses are negligible.

FINAL CONSIDERATIONS

In the trajectory of the analysis of this study, it was evidenced that the main disorders that affect young people and adolescents during the period of isolation, resulting from the COVID-19 pandemic, were anxiety and depression. In addition, the main causes that trigger such problems are social isolation measures and family problems. To this end, as a coping measure for the problem, it proposes public health policy strategies aimed at assisting adolescents during this period of vulnerability, as well as health education and the adoption of habits that contribute to the improvement of mental health as the practice regular physical activity and healthy eating.

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