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Increased Depression and Anxiety Disorders during the COVID-19 Pandemic in Children and Adolescents: A Literature Review

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Depression and **anxiety disorders** are a serious and increasingly commonly diagnosed problem at present. The problem applies not only to adults but also, increasingly often, to children and adolescents as well. The outbreak of the COVID-19 pandemic has further compounded the issue.

There are still relatively few publications that show that quarantine and social isolation have a negative effect on the psychological well-being of children and adolescents. Above all, the situation applies to children and adolescents with pre-existing predispositions and to individuals suffering from mental disorders. The key factor in this situation seems to be putting the needs of young people first so that they can safely return to school. It is also important to provide them with effective treatment strategies and methods with which to deal with this stressful and potentially traumatic situation.

Most of the mental health research during the **COVID-19 pandemic** has been conducted in Asia and Europe, where the disease first spread. This presentation shows overview of the results of the latest Polish and international studies on the increase in depression and anxiety disorders among children and **adolescents** during the COVID-19 pandemic worldwide. It concludes with recommendations regarding mental health support for young people, and further directions for treatment are suggested.

Biography

Psychologist, Certified Specialist in Addiction Psychotherapy, Psychotherapist in the cognitive-behavioral current during the certification process, trainer of relaxation methods, expert witness in the field of psychology and addiction. Graduate of psychology at the Catholic University of Lublin. She has many years of professional experience in working with children, adolescents and adults.

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