

## Press release

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### Basic information

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Department of: Public Health

Main supervisor: Carsten Obel

Title of dissertation: Adolescents and mental health in a life course approach - a cohort and register study

Date for defence: 4 June 2021 at (time of day): 13.00-15.00 Place: Samfundsmedicinsk Auditorium 1262-101, Bartholins Allé 4, 8000 Aarhus C and online via Zoom:  
<https://aarhusuniversity.zoom.us/j/63693228237>

Press release (Danish)

Unge og mental sundhed i et livsforløbsperspektiv

Ungdommen er en nøglefase i livsforløbet og en unik periode i den menneskelige udvikling. Mentale helbredsproblemer blandt unge er en betydelig folkesundhedsmæssig udfordring, som et nyt ph.d.-projekt fra Aarhus Universitet, Health er med til at sætte fokus på.

Baseret på en national ungdomskohorte etableret i forbindelse med projektet har betydningen af forskellige faktorer for unges mentale sundhed været i fokus, herunder forældres arbejdsmarkedstilknytning, forældres mentale diagnoser og de unges selvoplevet stress. Projektet belyser vigtigheden af, hvordan marginalisering fra arbejdsmarkedet kan have negative mentale helbredseffekter på tværs af generationer, betydningen af forældres mentale sundhed, samt at selvoplevet stress er en hyppigt forekommende tilstand blandt mange unge, og at denne oplevelse kan være en potentiel vigtig faktor i forhold til senere mentale diagnoser. I alt er der inkluderet 13.100 unge 9.-klasses elever, bredt repræsenteret fra alle skoletyper over hele landet, som har svaret på et omfattende spørgeskema, og som via registre er koblet til deres 25.911 forældre. Projektet er gennemført af Louise Lindholdt, der forsvare det d. 04/06 2021.

Forsvaret af ph.d.-projektet er offentligt og finder sted den 4/6 kl. 13.00 i Samfundsmedicinsk Auditorium, Bygning 1262, Aarhus Universitet, Bartholins Allé 4, 8000 Aarhus C og online via Zoom: <https://aarhusuniversity.zoom.us/j/63693228237>. Titlen på projektet er "Unge og mental sundhed i et livsforløbsperspektiv". Yderligere oplysninger: Ph.d.-studerende Louise Lindholdt, e-mail: [louise.lindholdt@ph.au.dk](mailto:louise.lindholdt@ph.au.dk), tlf. +45 23730778.

Bedømmelsesudvalg:

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Press release (English)

Adolescents and mental health in a life course approach

Adolescence is considered a key phase in the life course, as it is a unique period in human development. Mental health problems among adolescents are one of the greatest public health challenges, which is brought into focus in a new PhD project from Health, Aarhus University.

Based on a national youth cohort, established in connection with the project, the importance of various factors for adolescents' mental health, including parents' labour market attachment, parents' mental disorders and adolescents' perceived stress, has been investigated.

The project sheds light on the importance of how marginalisation from the labour market can have negative effects across generations, the importance of parents' mental health, and that perceived stress is a common condition among many adolescents, which further can be of importance for suggesting later mental disorders.

A total of 13,100 adolescents attending the graduating year of compulsory school were included. All adolescents answered a comprehensive questionnaire, while a link to their 25,911 parents was established through registers, which allowed studying effects of factors across generations.

The project was carried out by Louise Lindholdt, who is defending her dissertation on 4/6 2021.

The defence is public and takes place on 4 June 2021 at 1 p.m. in Building 1262, room 101, Aarhus University, Bartholins Allé 4, 8000 Aarhus C and online via Zoom:

<https://aarhusuniversity.zoom.us/j/63693228237>. The title of the project is "Adolescents and mental health in a life course approach - a cohort and register study". For more information, please contact PhD student Louise Lindholdt, email: [louise.lindholdt@ph.au.dk](mailto:louise.lindholdt@ph.au.dk), Phone +45 2373 0778.

Assessment committee:

Professor Vivi Schlünssen, MD, PhD, Department of Public Health, Research Unit for Environment, Work and Health, Aarhus University

Professor Ute Bültmann, PhD, Faculty of Medical Sciences, University of Groningen, The Netherlands

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