



“Hvordan står det EGENTLIG til?”

Psykisk helse i Befolkningen

Helseundersøkelsen i Trøndelag

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Førsteamanuensis
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www.ntnu.no/ansatte/vegar.rangul

Kontinuerlige bevegelser gjennom livet



Folkehelsetrender som trenger folkehelsepolitikk

Psykisk helse trender i Norge



Open access Original research

BMJ Open Divergent decennial trends in mental health according to age reveal poorer mental health for young people: repeated cross-sectional population-based surveys from the HUNT Study, Norway

Steinar Krokstad^{1,2}, Daniel Albert Weiss,³ Morten Austheim Krokstad,^{4,5} Vegar Rangu,^{1,4} Kirsti Kvaloy,^{1,2} Jo Magne Ingul,² Ottar Bjerkeset,^{4,5} Jean Twenge,⁶ Erik R Sund^{1,4}

Krokstad S, Weiss DA, et al. Divergent trends in mental health according to age revealed in repeated cross-sectional surveys from the HUNT Study, Norway. *BMJ Open* 2021;15:e027154. doi:10.1136/bmjopen-2021-027154

ABSTRACT
Objectives Public health trends are formed by political, economic, historical and cultural factors in society. The aim of this paper was to describe overall changes in mental health among adolescents and adults in a Norwegian population over the three last decades and discuss some potential explanations for these changes.
Design Repeated population-based health surveys to monitor decennial changes.

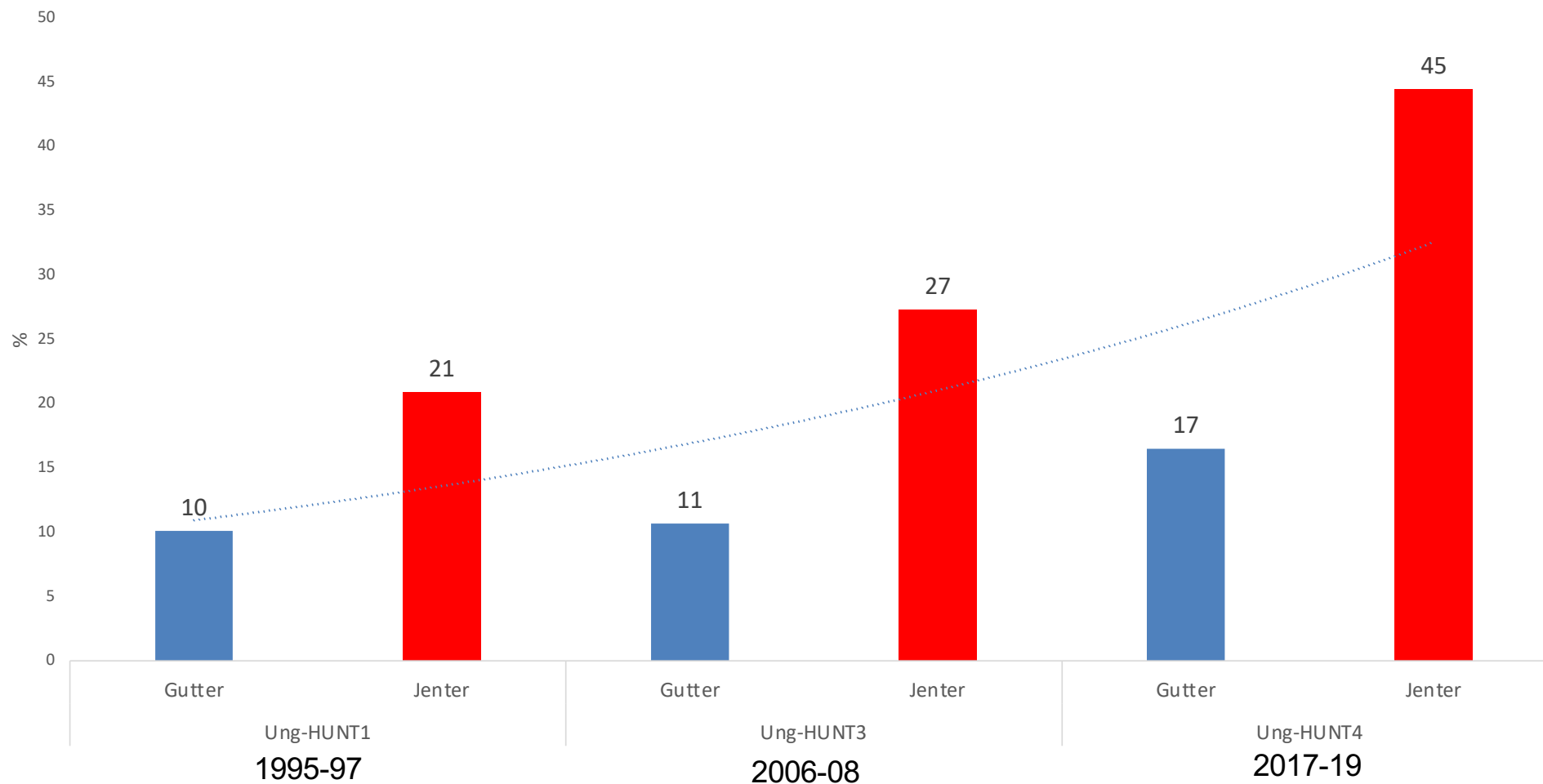
Data from three cross-sectional surveys in 1995–2008 and 2017–2019 in the population-based HUNT Study in Norway were used. The general population in a Norwegian county was surveyed among participants aged 13–79 years, ranging from 13 to 79 years.

STRENGTHS AND LIMITATIONS OF THIS STUDY

- ⇒ The HUNT Study is a large general county population health survey repeated every decade since the 1980s in Norway, suitable for following trends in public health.
- ⇒ The total population of 13+ years are invited to complete the survey.
- ⇒ Identical screening tools for measuring anxiety and depression symptoms have been used in all three surveys covered by this article; Hopkins Symptom Checklist-5 for adolescents and Hospital and Depression Scale for adults.
- ⇒ Data covered approximately 78% of the adolescent population and 84%–79% of the adult population.

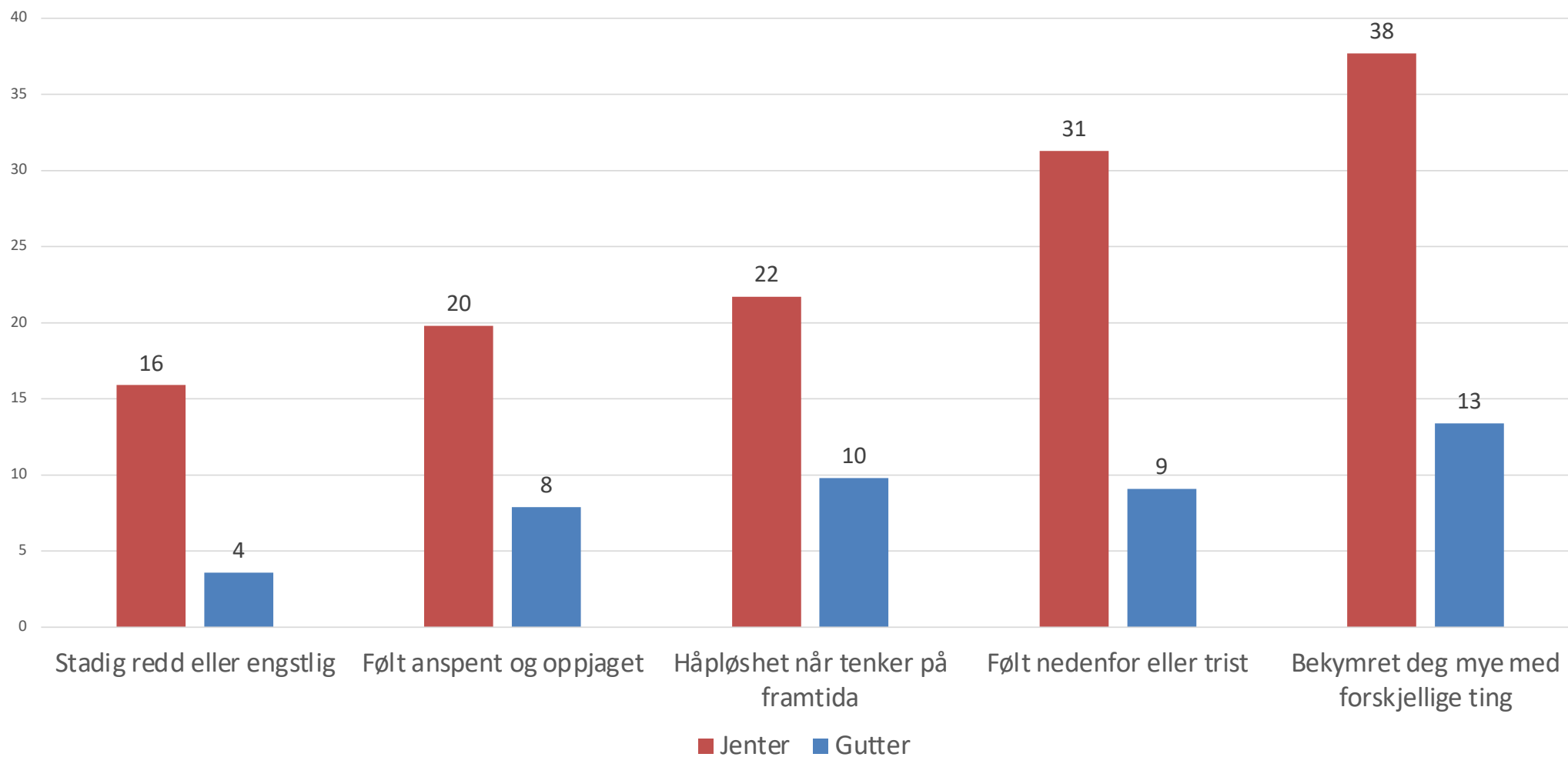


Økning i psykisk stress blant ungdom (SCL-5)

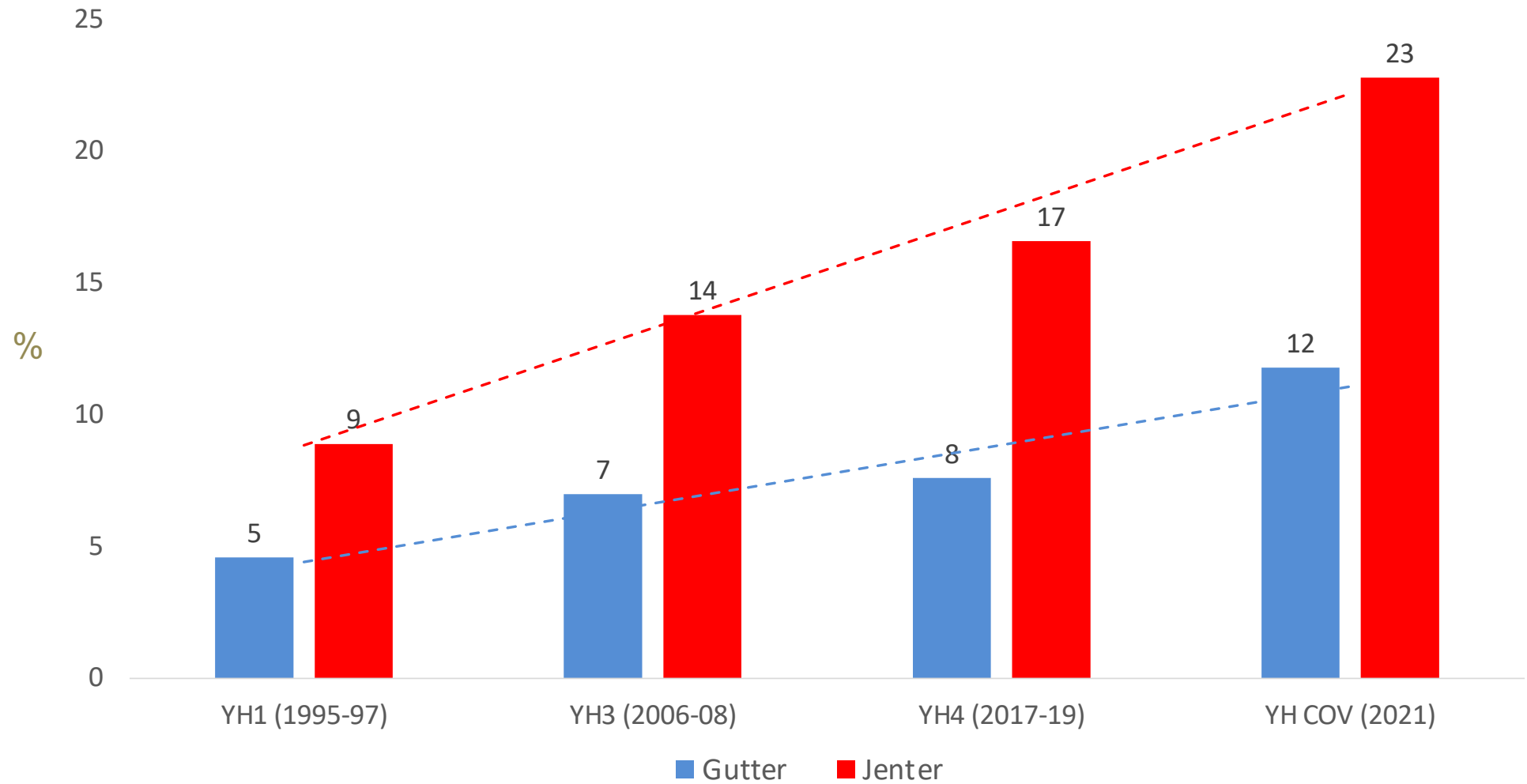


Hva handler dette om? (Ung-HUNT4)

Ganske og veldig plaget av å være:



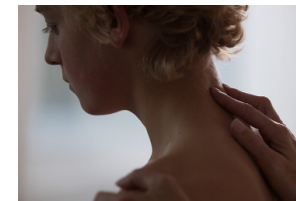
Ensomhet (Svært ofte/ofte)



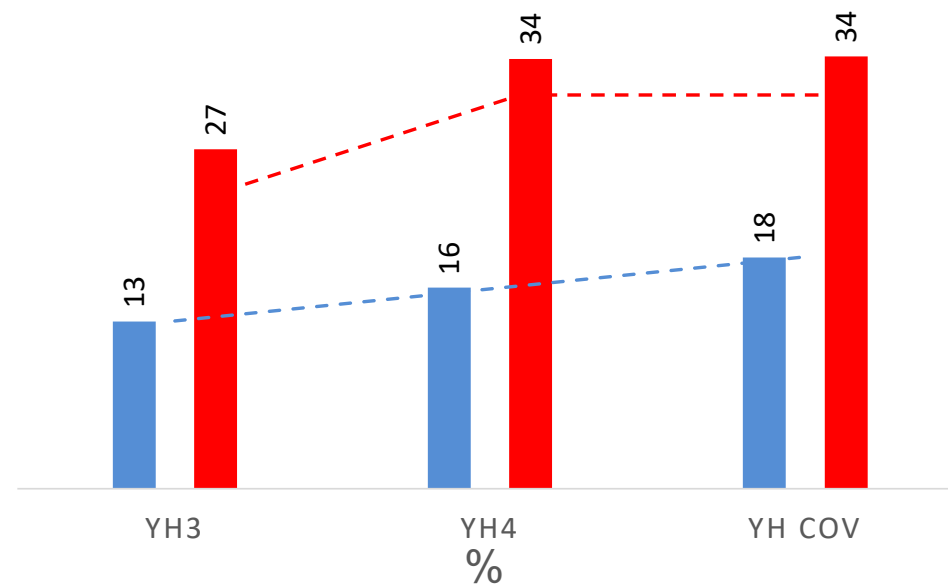
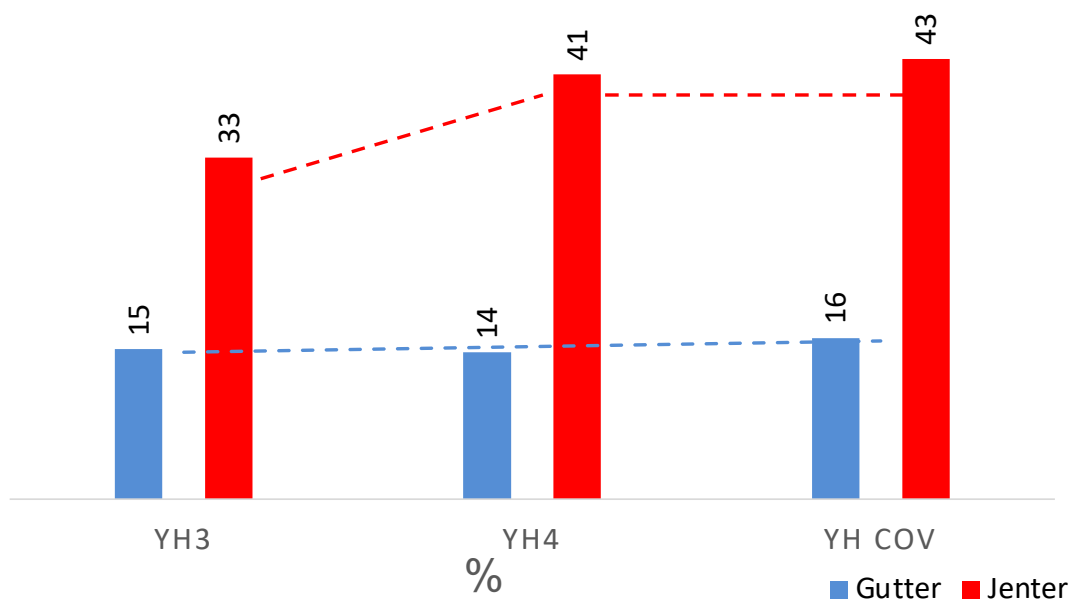
(Psykosomatiske) Smerter (ukentlig og flere ganger i uken)



HODEPINE/MIGRENE

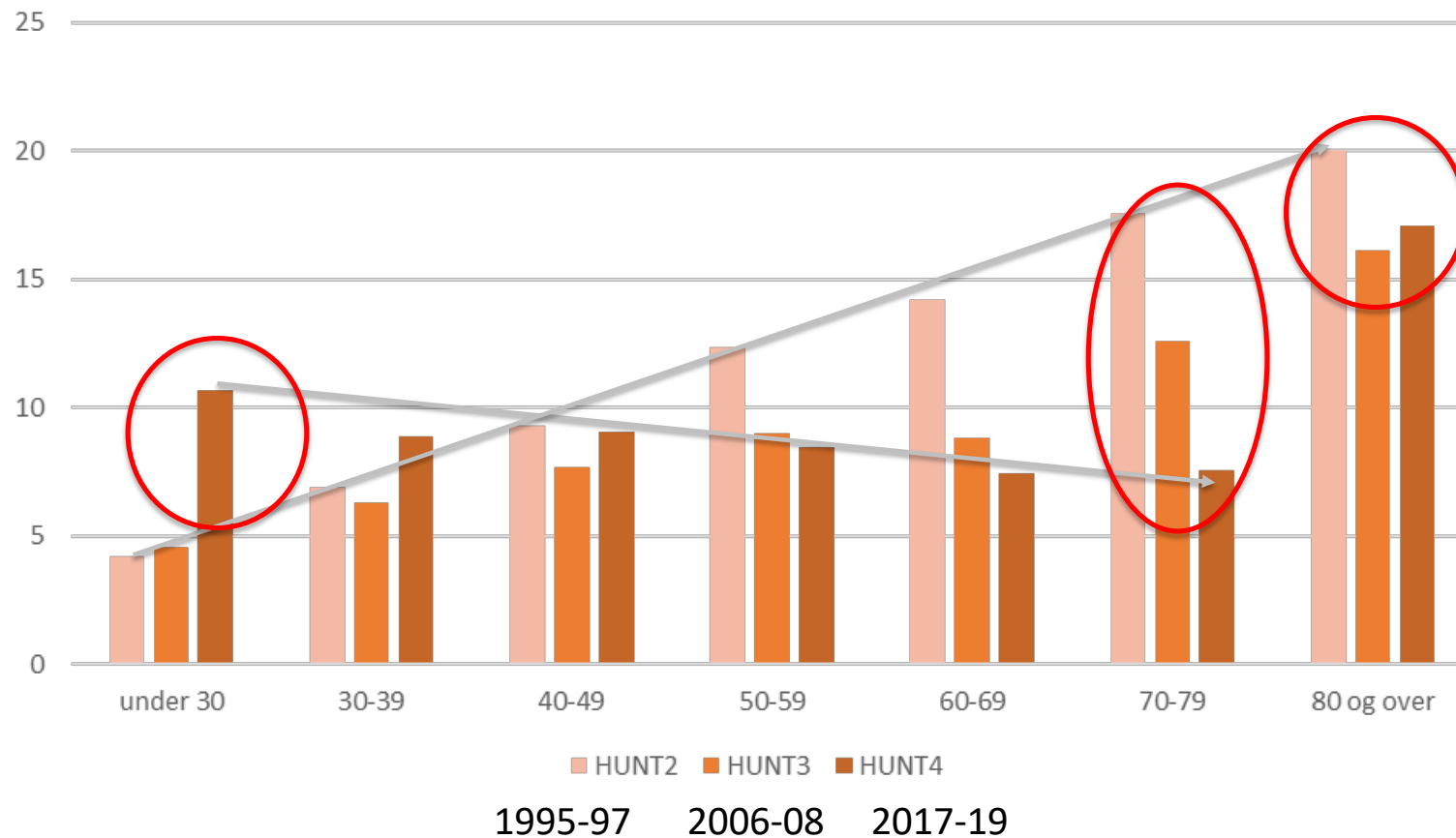


NAKKE/SKULDER

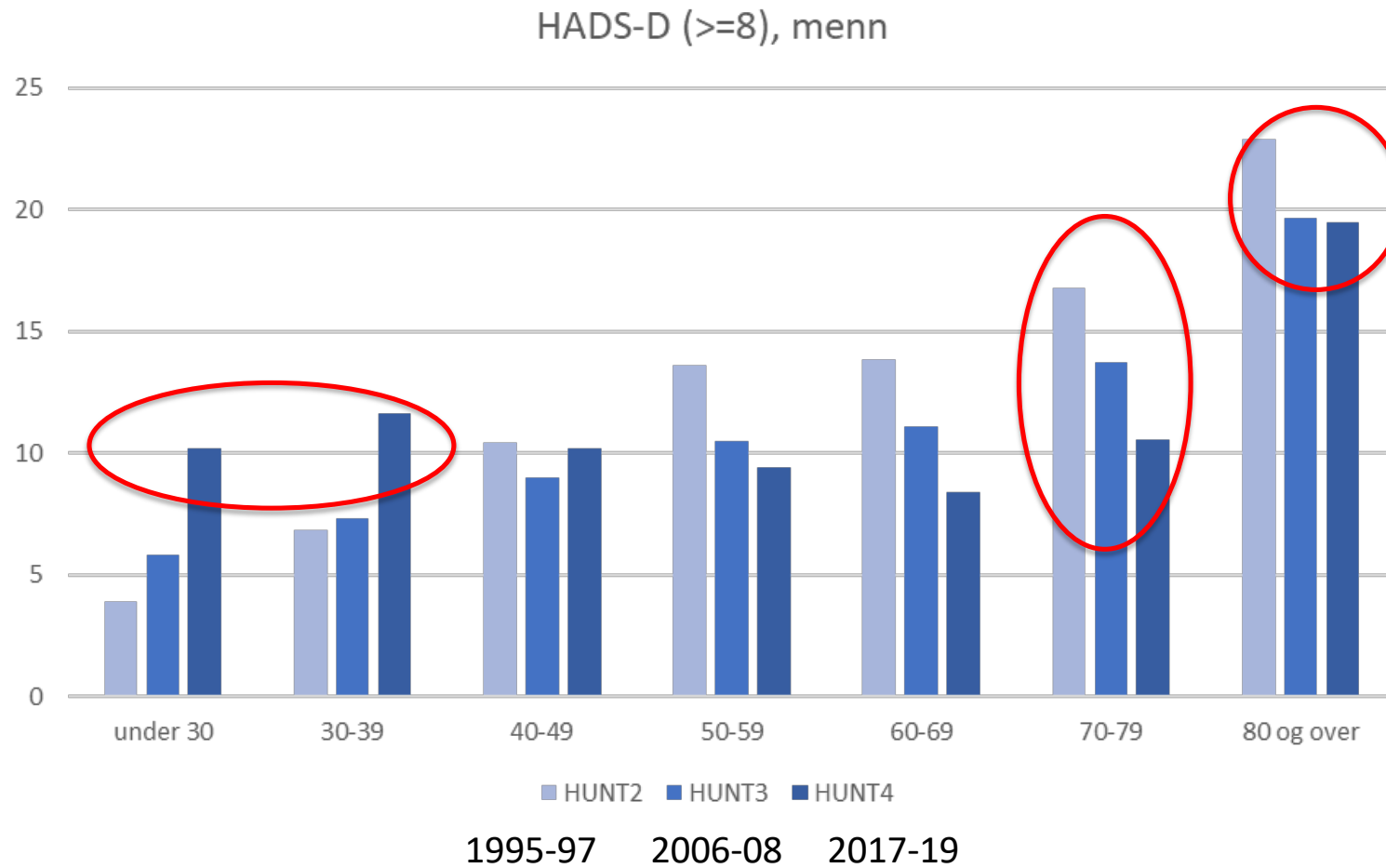


Depresjonssymptomer, kvinner

HADS-D (≥ 8), kvinner

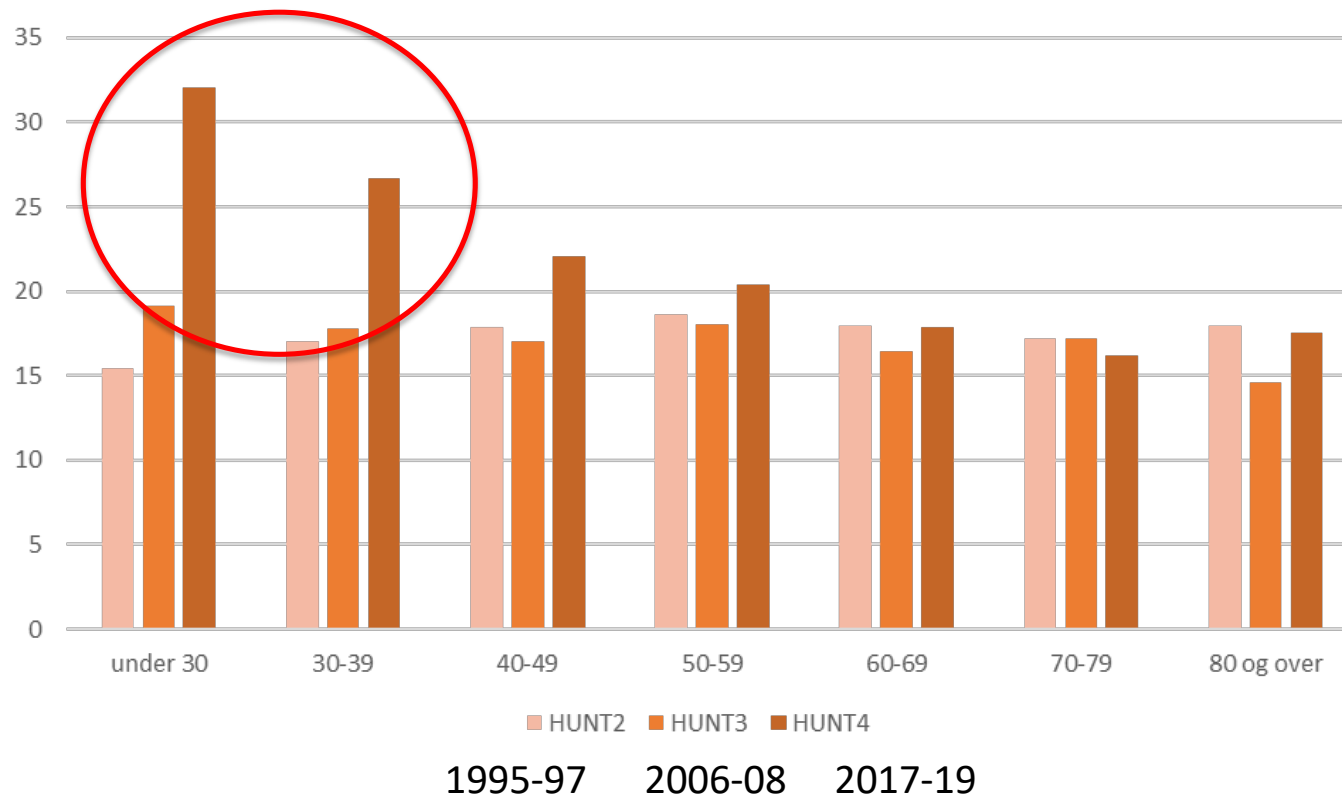


Depresjonssymptomer, menn

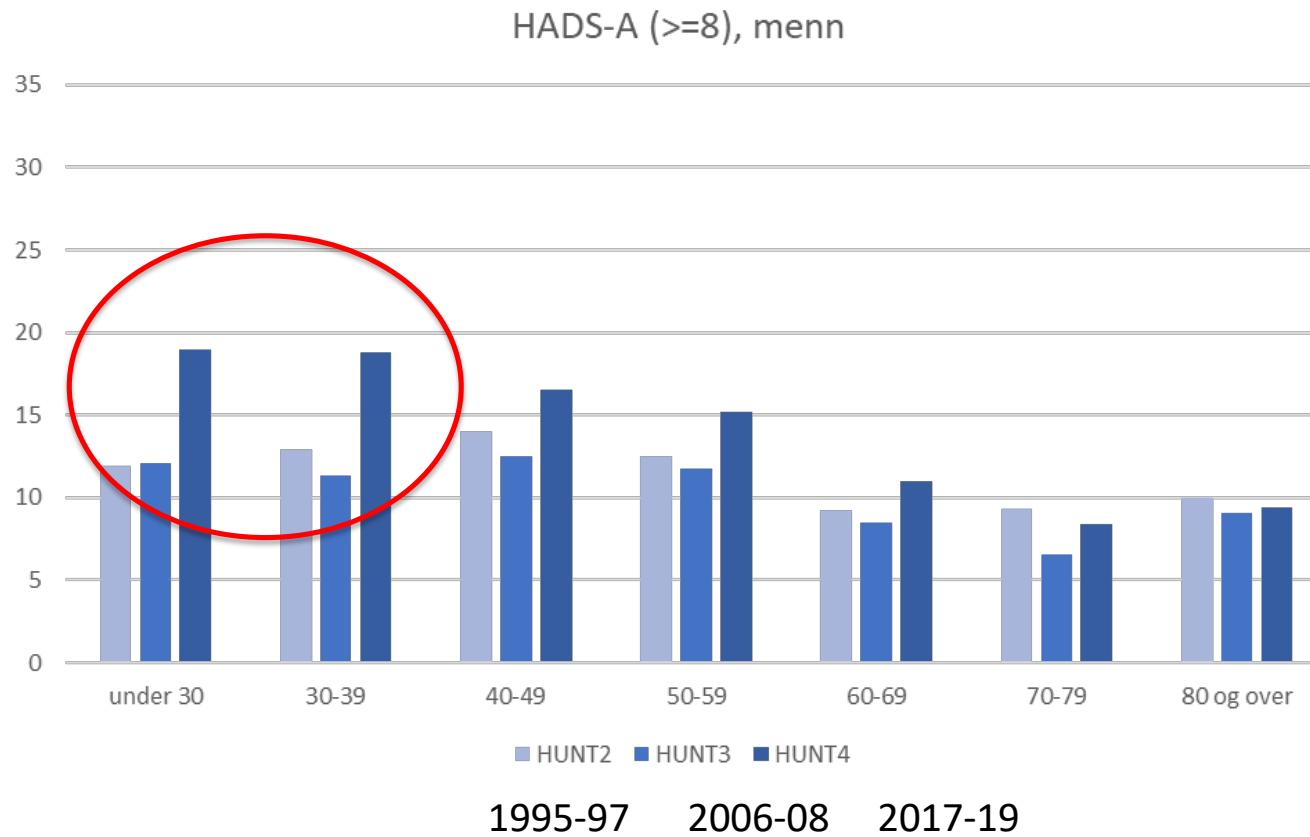


Angstsymptomer, kvinner

HADS-A (≥ 8), kvinner

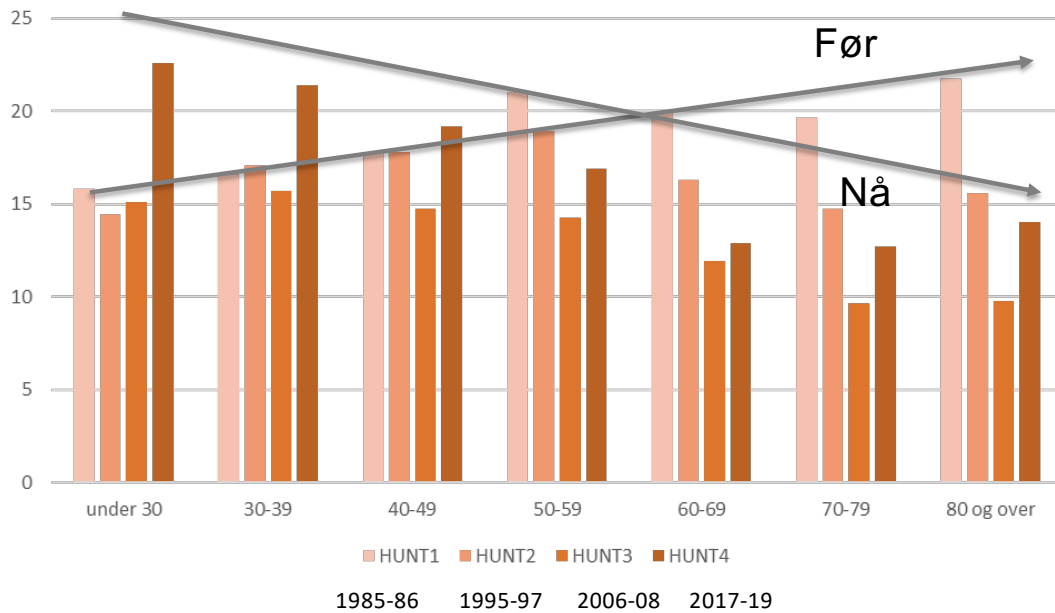


Angstsymptomer, menn

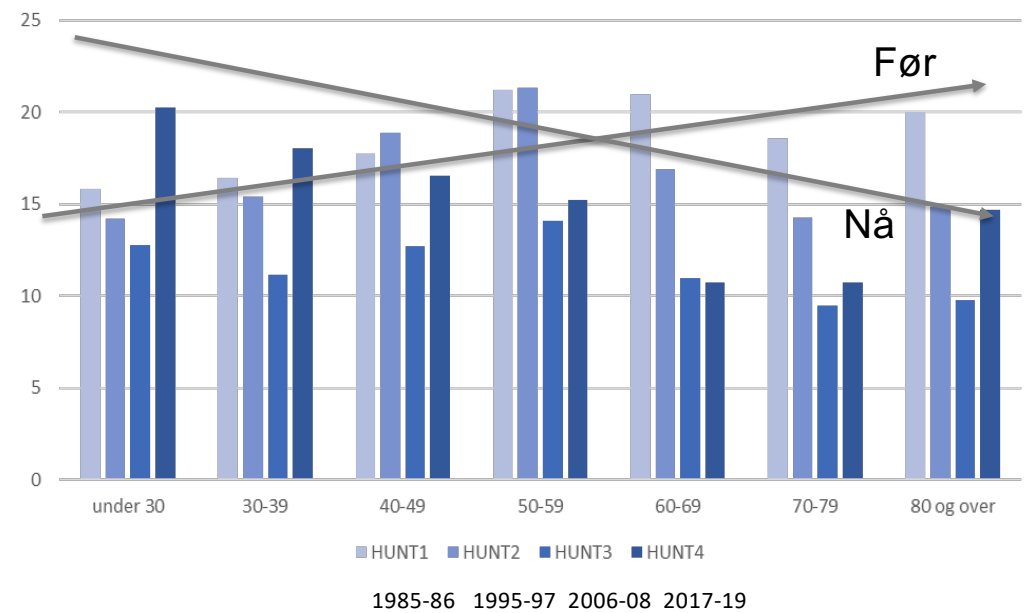


Dårlig livskvalitet

Lav livskvalitet, kvinner




Lav livskvalitet, menn



Hvordan kom vi hit?

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ABSTRACT

Objectives Public health trends are formed by political, economic, historical and cultural factors in society. The aim of this paper was to describe overall changes in mental health among adolescents and adults in a Norwegian population over the three last decades and discuss some potential explanations for these changes.

Design Repeated population-based health surveys to monitor decennial changes.

Setting Data from three cross-sectional surveys in 1995–1997, 2006–2008 and 2017–2019 in the population-based HUNT Study in Norway were used.

Participants The general population in a Norwegian county covering participants aged 13–79 years, ranging from 48 000 to 62 000 000 in each survey.

Main outcome measures Prevalence estimates of subjective anxiety and depression symptoms stratified by age and gender were assessed using the Hopkins Symptom Checklist-5 for adolescents and the Hospital Anxiety and Depression Scale for adults.

Results Adolescents' and young adults' mental distress increased sharply, especially between 2006–2008 and 2017–2019. However, depressive symptoms instead declined among adults aged 60 and over and anxiety symptoms remained largely unchanged in these groups.

Conclusions Our trend data from the HUNT Study in Norway indicate poorer mental health among adolescents and young adults that we suggest are related to relevant changes in young people's living conditions and behaviour, including the increased influence of screen-based media.

INTRODUCTION

Mental health problems are among the leading causes of disease burden worldwide.^{1,2} Further, mental health issues are primary drivers of disability worldwide, causing over 40 million years of disability in 20–29 year-olds.³ Depression alone accounts for more disability-adjusted life years than

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- ⇒ Changes in sociocultural and behavioural attitudes towards depression, anxiety and mental health in general in recent years may have made it easier for participants to report mental health concerns in questionnaires that may have introduced some reporting bias.

all other mental disorders together⁴ and is projected to become the leading cause of disability in high-income countries by 2030.⁵ Thus, the public health burden of mood disorders is substantial, with negative effects including functional problems, reduced quality of life, disability, low-work productivity, increased mortality and increased healthcare utilisation.

In Norway, estimates of years lived with disability in 2016 display anxiety and depression ranked as number four and seven on the list of the most contributing diseases in the Global Burden of Disease statistics.⁶ Mental disorders are highly prevalent in disability

Dataene fra HUNT-studien i Norge indikerer en sterk økning i angst- og depresjonssymptomer blant ungdom og unge voksne, og motsatt trend blant eldre.

Denne trenden er sannsynligvis relatert til betydelige forstyrrelser i levekårene til unge mennesker i samfunnet og atferdsendringer hos ungdom og unge voksne, som vi antyder er sannsynligvis drevet av store sosiopolitiske trender, som veksten av nyliberal politikk, globalisering og en ekspanderende teknologisk industri.

Vi må adressere de underliggende trendene og årsakene til utviklingen blant unge

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Vi tror **sosiale medier** er en årsak til den økende forekomsten av psykiske lidelser blant unge

NRK Nyheter Sport Kultur Humor Distrikt Mer

Steinar Q Sø

Depresjon og angst blant unge i Norge har doblet seg de siste ti årene

Forskere peker på tre årsaker til at utviklingen går feil veg.



MANGE SLITER: All statistikk og all forskning viser at det drar i feil retning hos de unge når man snakker om mental helse.
 FOTO: COLOURBOX

Julie Haugen Egge
Journalist

Elvind Aabakken
Journalist

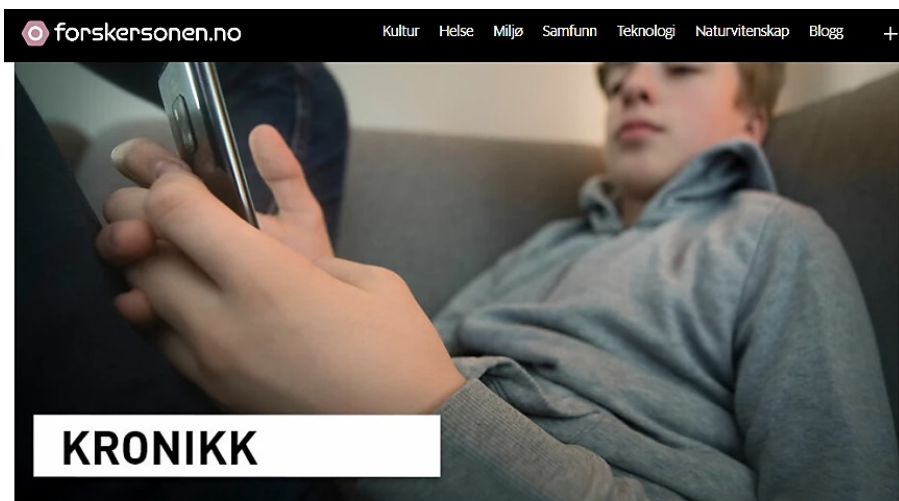
Vi rapporterer fra Steinkjer

Publisert 13. juni kl. 06:02
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https://www.nrk.no/trondelag/hunt_-44-prosent-av-tenaringsjenter-i-norge-plages-av-stress_-angst-og-tunge-tanker-1.15993034?fbclid=IwAR25Nas_TIW90K0EPePTdxXP9p4m7G_ArGGR35ym9okGiYQioZjvxt52pQ

<https://pubmed.ncbi.nlm.nih.gov/35584877/>


Imidlertid, tviler forsker som bruker individuelle data på dette. Men kan folkehelse-trender drevet av «årsaker til forekomst» besvares med data på individnivå når alle er eksponert?



Mange bekymrer seg over ungdoms bruk av sosiale medier. Husk bare at pocketbøker hadde samme dårlige rykte på 1800-tallet, for ikke å snakke om TV-en på 1960-tallet. (Illustrasjonsfoto: Torbjørn Tandberg / Samfoto / NTB)

Bruken av sosiale media er neppe grunnen til at flere unge får angst og depresjon

KRONIKK: Hva sier forskningen om ungdoms bruk av sosiale medier?

 **Silje Steinsbekk**
PROFESSOR, INSTITUTT FOR PSYKOLOGI, NTNU

 **Lars Wichstrøm**
PROFESSOR, INSTITUTT FOR PSYKOLOGI, NTNU

Tirsdag 12. juli 2022 - 04:30



De unge møter i dag en helt annen verden enn før. Men hvis vi ser på endringer i ungdommers daglige atferd siden 2010, er det i aller størst grad bruken av digitale og sosiale medier som utpeker seg, skriver innsenderne (Illustrasjon: Shutterstock/NTB)

Bruken av sosiale medier kan ha stor betydning for at flere unge får angst og depresjon

DEBATT: Den psykiske helsen til unge har forverret seg dramatisk de siste ti årene

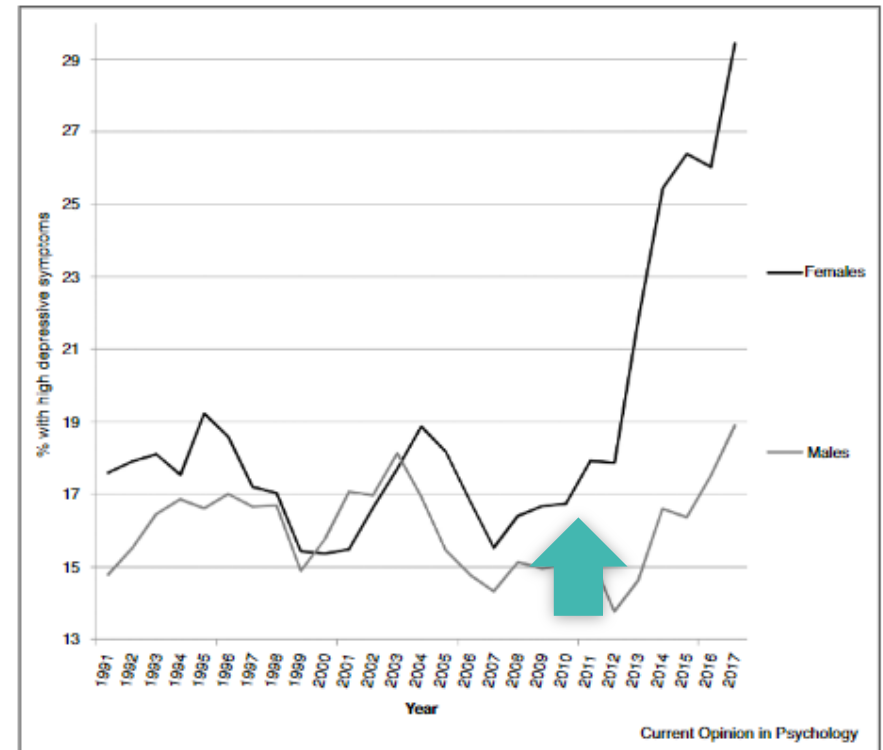
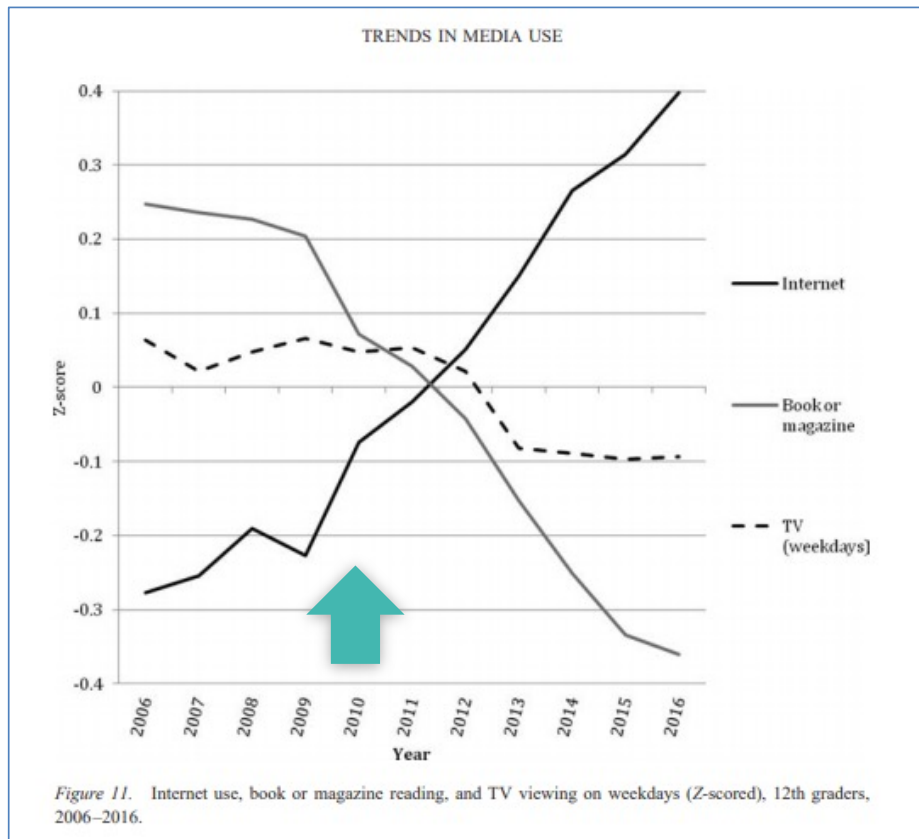
 **Steinar Krokstad**
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SYKEPLEIE, NTNU

 **Daniel Albert Weiss**
FØRSTEAMAUENSIS, FAKULTET FOR
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 **Morten Austheim Krokstad**
STIPENDIAT, FAKULTET FOR SYKEPLEIE OG
HELSEVITENSKAP, NORD UNIVERSITET.

Fredag 29. juli 2022 - 04:30

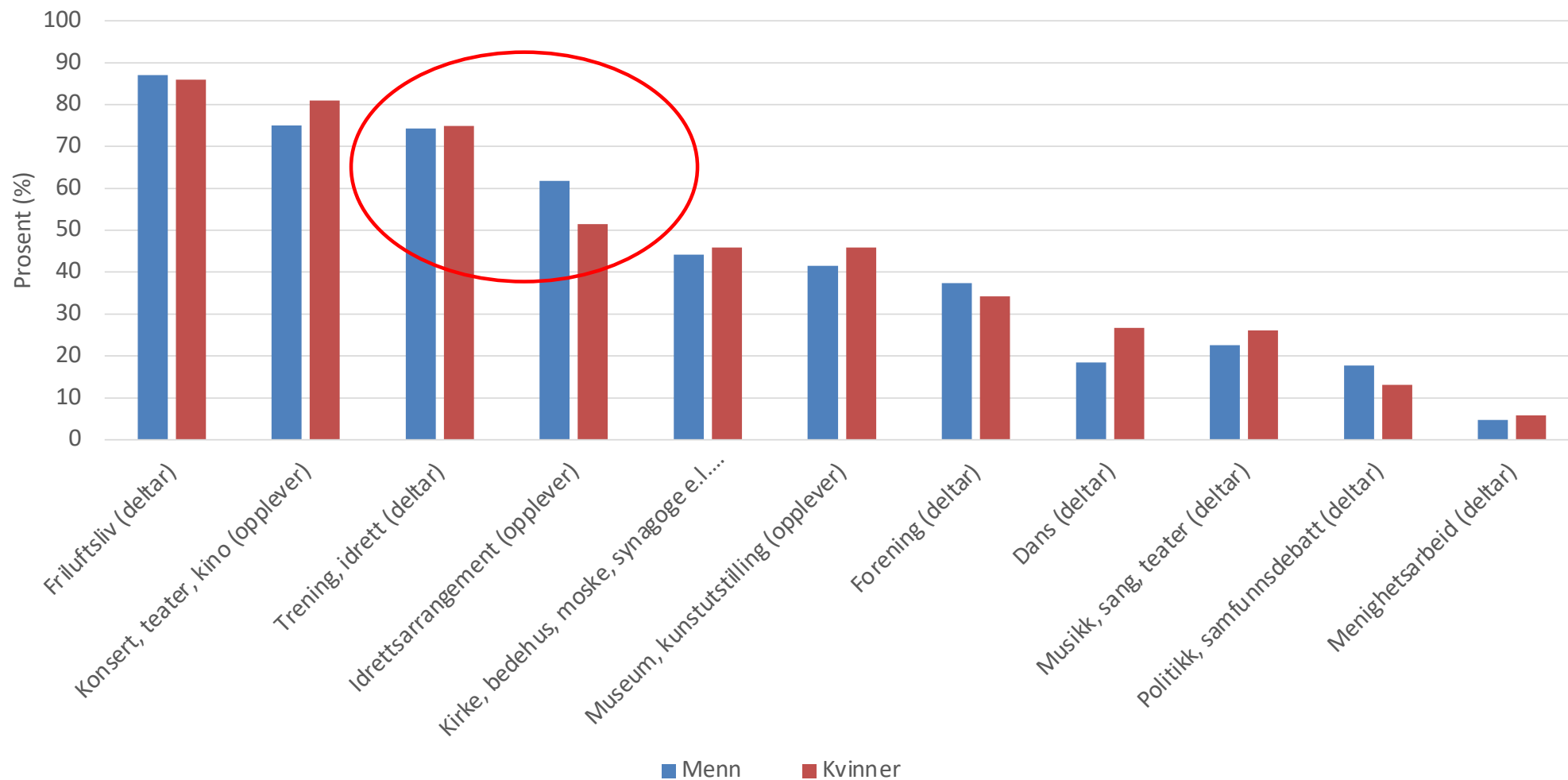
Store atferdsendringer blant unge mennesker etter 2010, sammenfaller med økende forekomst av depresjon i USA



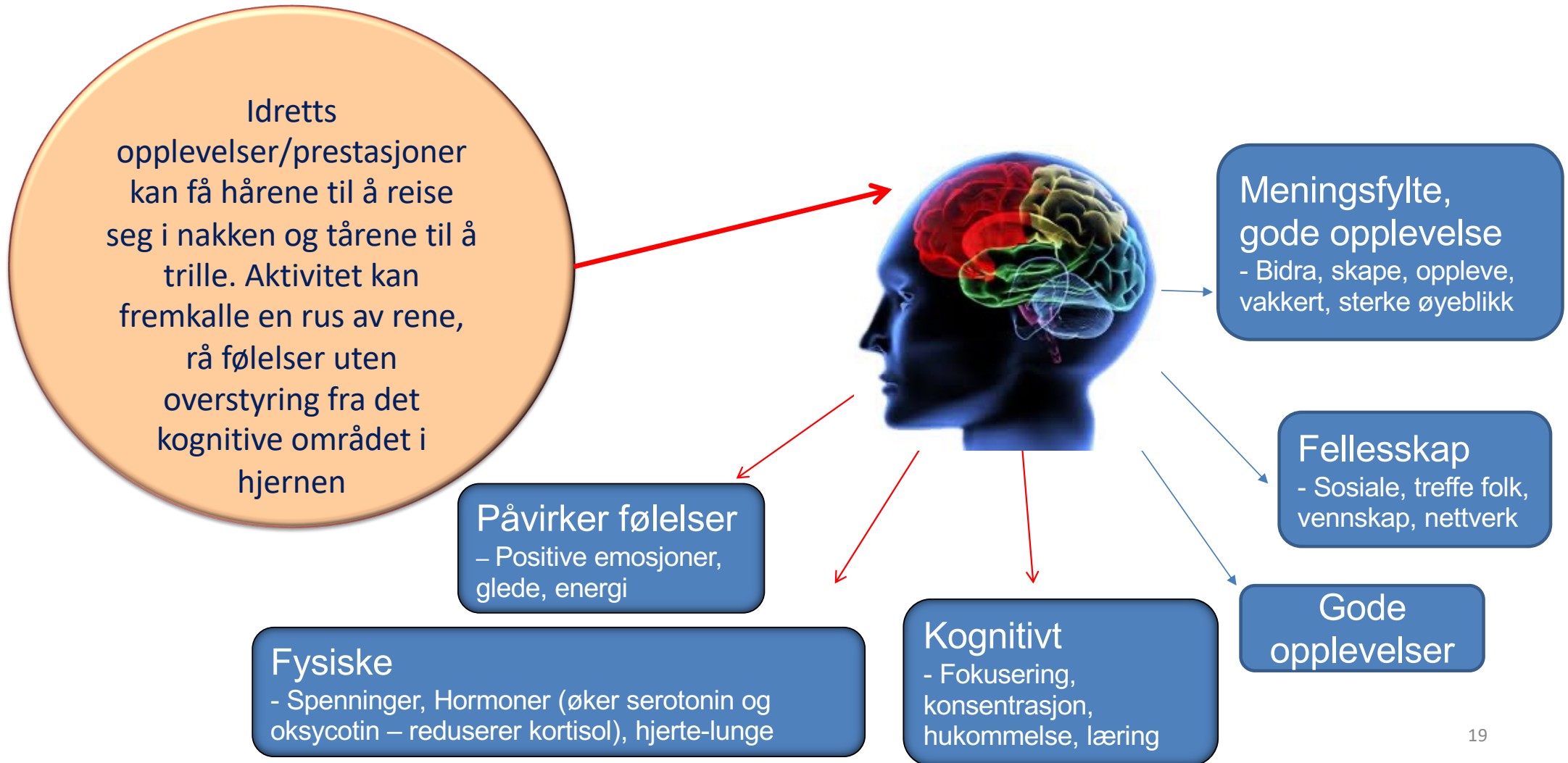
10th, and 12th graders high in depressive symptoms, by sex, Monitoring the Future, 1991–2017.

Samfunnsdeltagelse: Andelen som har vært på eller drevet med minst én aktivitet siste 6 måneder

HUNT4 n=160.000



Idrett/aktivitet påvirker mer enn bare det fysiske





Regjeringa.no

Tema ▾ Dokument ▾ Aktuelt ▾ Departement ▾

Du er her: [Forsida](#) • [Aktuelt ▾](#) • [Nyheiter](#) •
Regjeringa set i gang ny folkehelsekampanje for psykisk helse

Revidert nasjonalbudsjett

Regjeringa set i gang ny folkehelsekampanje for psykisk helse

Nyheit | Dato: 12.05.2022

Regjeringa vil styrke den psykiske folkehelsa. Derfor blir «ABC for god psykisk helse - ein folkehelsekampanje» sett i gang. Målet er å auke befolkninga si kompetanse om psykisk helse, fremme god psykisk helse og førebygge psykiske lidingar.

– Vi veit at det å gjere noko aktivt, gjere noko saman med andre og gjere noko meningsfylt har ei stor innverknad på menneske sin livskvalitet, også for dei som strever med psykiske plager. Samtidig kan desse aktivitetane verke beskyttande for å utvikle psykiske plager, og derfor ønsker vi no å bre ut folkehelsekampanjen ABC for god psykisk helse, seier helse- og omsorgsminister Ingvild Kjerkol.

Pilot i Trøndelag



Hodebra.

+ abc

Hodebra.

+ abc

A

GJØR NOE AKTIVT

ACT

Hvis du holder deg aktiv, vil du føle deg gladere. Det blir også lettere å håndtere hverdagens utfordringer. Det er viktig å ha en plan for dagen og uka, med gjøremål du liker. Å være i aktivitet er Hodebra!

B

GJØR NOE SAMMEN

BELONG

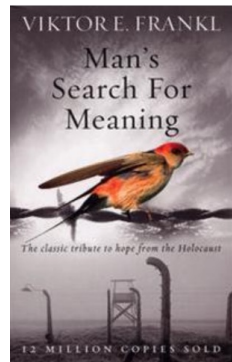
Når du er med på sosiale aktiviteter og bygger gode relasjoner til andre, så gir det en følelse av å høre til. Å være en del av fellesskapet gir støtte i hverdagen. Å engasjere seg sosialt er Hodebra!

C

GJØR NOE MENINGSFYLT

COMMIT

Å jobbe for en god sak gir noe å brenne for og være stolt av. Å hjelpe andre gir takknemlighet og livsglede. Å gjøre noe meningsfylt er Hodebra!



abcmamentalsunnhet.no/



Fylkesmannen i Trøndelag
Trööndelagen fylhkenålma



Senter for
helsefremmende forskning



Trøndelag Forskning og Utvikling
Trøndelag R & D Institute



Trøndelag fylkeskommune
Trööndelagen fylhkentjielte



Tannhelsetjenestens
kompetansesenter
Midt-Norge



Trøndelag fylkeskommune
Eldrerådet



Nord-Trøndelag
legeforening
DEN NORSKE LEGEFORENING



Trøndelag fylkeskommune
Integreringsrådet



Trøndelag fylkeskommune
Rådet for likestilling av mennesker
med nedsatt funksjonsevne

6

