

## ADOLESCENTS' MENTAL HEALTH EVALUATION IN UKRAINE USING ADAPTED SEYLE PROTOCOL

V. Rozanov<sup>1</sup>, O.V. Rozanova<sup>1</sup>, A.V. Rakhimkulova<sup>1</sup>, A.A. Reytarova<sup>2</sup>

<sup>1</sup>Clinical Psychology, Odessa National Mechnikov University, <sup>2</sup>Human Ecological Health, Odessa, Ukraine

**Introduction:** Modern situation in Ukraine is characterized by rapid growth of socio-economic inequality.

**Objectives:** To evaluate mental health, psychosocial problems and suicidality in adolescents aged 14-17 years with regards to socio-economic factors of the families.

**Aims:** To evaluate role of socio-economic inequality as a factor impairing adolescents' mental health.

**Methods:** Components of SEYLE protocol were adapted to local regulations and were used to measure wide range of psychosocial factors characterizing adolescents' mental health. 250 children aged 14-17 representing different types of schools (from elite gymnasiums to municipal boarding-schools) were questioned.

**Results:** It was found that main psychosocial problems of adolescents were in the domains of sleep disturbances, internet addiction, unhealthy life styles including smoking, alcohol and risky behaviours. Both negative and positive characteristics have a tendency to clustering. Suicidal thoughts are admitted by 30% of children with a slight prevalence in girls. One of the strong predictors of negative life styles and mental health problems is the answer to the question if a child have ever seen a parent being drunk. There was a marked association between mental health problems and socio-economic status of the family. Poorer economic status of the family was associated with higher level of depression, feeling of stress, loneliness, psychosomatic symptoms and suicidal thoughts in adolescents.

**Conclusions:** Socio-economic status of the families, parents life styles, internet abuse and fatigue play an important role in adolescents suicidality. Children are very susceptible to the stress in parents caused by socio-economic circumstances.