

What Are Youth Worried About?

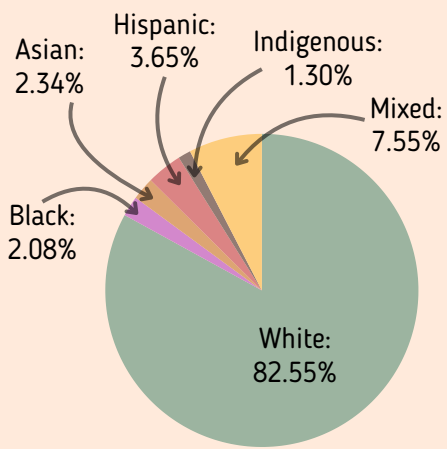
There's growing concern that global issues like climate change and technology use are worsening a "youth wellbeing crisis." But what do young people say they are most worried about?



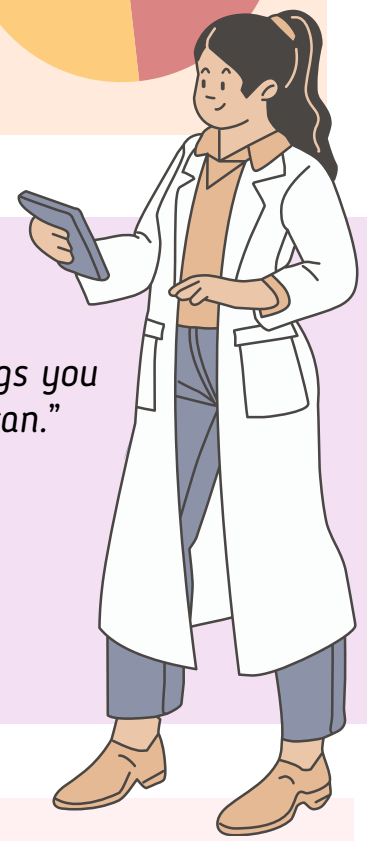
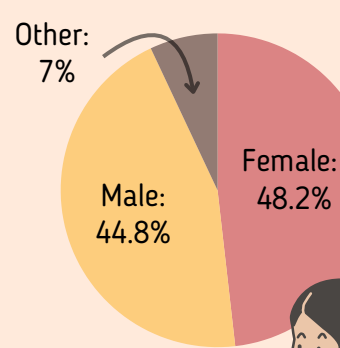
01 Purpose of the Study

Examine the worries that youth themselves believe they are facing and whether they relate to their mental health (depressive symptoms, social anxiety, general worry).

02 Participants of the Study



Study recruited
516
participants aged
13-19



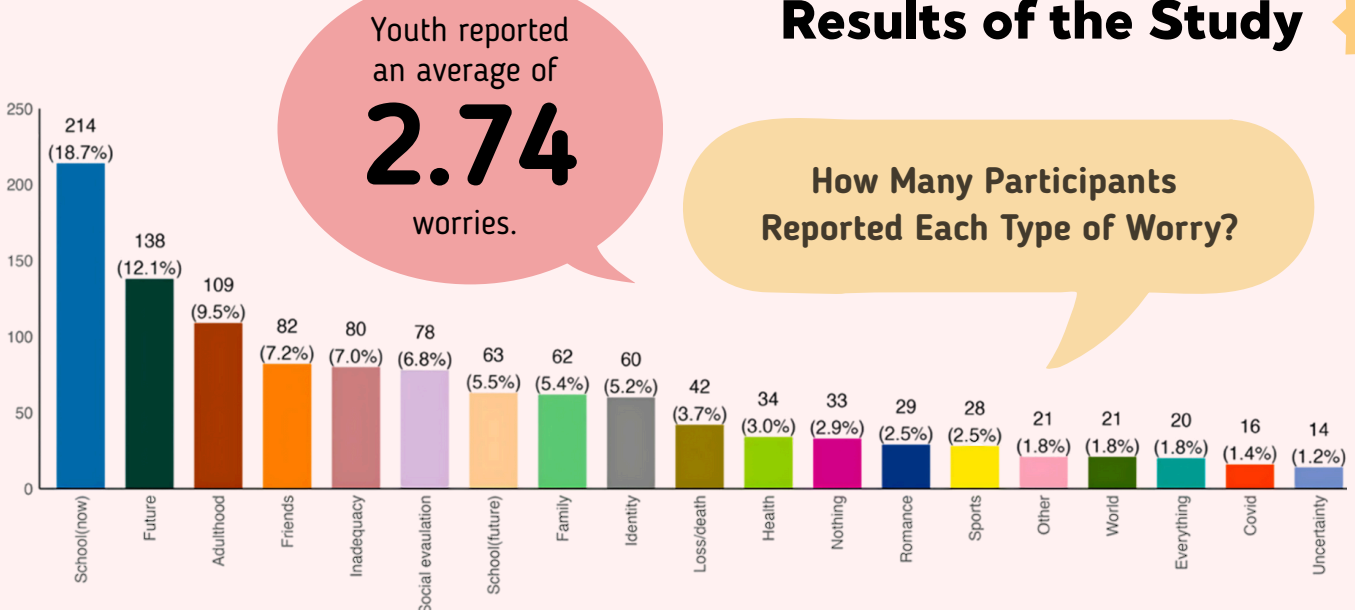
03 Methodology

Participants were asked: "What are some of the things you are worried about? Please give as much detail as you can."

Mental Health Measures:

- Depressive Symptoms
- Social Anxiety
- General Worry

04 Results of the Study



Youth reported an average of
2.74
worries.

How Many Participants Reported Each Type of Worry?

Reporting worries related to **social evaluation**, the **future**, and **everything** were associated with greater odds of **depressive symptoms**.

Reporting worries related to current **school**, the **future**, **social evaluation**, **everything**, and **uncertainty** were associated with greater **general worry**.

Reporting worries related to **friends**, **social evaluation**, and **everything** were associated with greater odds of **social anxiety**.



Few adolescents **directly** mentioned worrying about the state of the **world**, **COVID-19**, or their **own** mental health.

Youth who reported a **greater** number of **worries** had **worse** mental health.



05 Citation

Heffer, T., Borg, M. E., & Willoughby, T. (2025). "What Are Some of the Things You Are Worried About?": An Analysis of Youth's Open-Ended Responses of Current Worries. *Journal of Adolescence*. <https://doi.org/10.1002/jad.12470>.