

INPLASY

Covid-19 and its permanent effect on the mental health of adolescence and young adults: A systematic review protocol

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ADMINISTRATIVE INFORMATION

Support - None.

Review Stage at time of this submission - Formal screening of search results.

Conflicts of interest - None declared.

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Amendments - This protocol was registered with the International Platform of Registered Systematic Review and Meta-Analysis Protocols (INPLASY) on 17 October 2024 and was last updated on 17 October 2024.

INTRODUCTION

Review question / Objective What evidence exists to show that COVID-19 increased mental illnesses and risky behavior among young adults and adolescents?

The objective of this review is to identify evidence to show that Covid-19 has increased mental illnesses and risky behaviors among adolescents and young adults. Another objective of this review is to spotlight the growing and under-addressed mental health crisis affecting our youth today, while providing helpful insight and interventions to reduce the negative effects from Covid-19, via analysis.

Rationale Coronavirus disease (Covid-19), is an infectious disease caused by the SARS-CoV-2 virus (WHO, 2019). The Covid-19 pandemic placed a strain on the entire world's economic system while forcing millions of people into an isolated

psychological downfall. This systematic review intends to draw awareness to the mental health crisis that has grown during the pandemic. This review will utilize the PICO framework to examine the population of young adults and adolescents and determine if the pandemic has caused an increase in mental health illnesses, poor school performance, increased risk behavior, and suicide rates amongst young adults and adolescents in the U.S. This systematic review aims to explore and investigate the permanent or even long-lasting effects the pandemic has had on young adults and adolescents, as they continue to develop and transition into adulthood. The primary objective is to spotlight the growing and under-addressed mental health crisis affecting our youth today, while providing helpful insight and interventions to reduce the negative effects from Covid-19, via analysis.

Condition being studied Mental illness in relation to Covid-19.

METHODS

Search strategy The ventral search concept will be based on the PICO Framework, identifying the population/problem, Intervention, and Outcome. Using the Nested Knowledge systematic review software, we searched PubMed and other external sources for articles containing specific keywords (ex. young adults, adolescents, mental illness, risky behavior, and suicide) in various combinations. (adolescents AND young adults AND risky behaviors AND covid-19); (adolescents AND young adults AND risky behaviors AND increased mental illness AND covid-19).

Participant or population Young adults (college students) and adolescents.

Intervention Interventions consisting of mental health services in universities and grade schools.

Comparator Not applicable.

Study designs to be included Systematic Reviews, Cross-Sectional Studies, Cohort Studies.

Eligibility criteria

U.S. publications
 Covid-19
 Young Adults/College students
 Adolescents
 Exclusions:
 Unrelated
 Wrong Country
 Wrong population
 Media.

Information sources

Prevention Program. AM J Public Health
 Pediatrics
 European Child and Adolescent Psychiatry
 World views Evidence Based Nursing
 JAMA Network Open
 PubMed.

Main outcome(s) To spotlight the growing and under-addressed mental health crisis affecting our youth today, while providing helpful insight and interventions to reduce the negative effects from Covid-19, via analysis.

Additional outcome(s) Decreased academic performance; Increase in suicide rates and mental illnesses; Increase in risky behaviors.

Data management Nested Knowledge systematic review software will be used to process and manage the data.

Quality assessment / Risk of bias analysis We used Two Pass Screening, where all records are first rapidly screened using only title and abstract. Records may be advanced from title/abstract screening to more intensive full-text screening, where final inclusion is determined.

A Critical Appraisal system (also called a tool) comprised of a series of questions that are answered for each included study, based on JBI version; 2020 system.

Furthermore, we turned on the Blinding adjudication button to minimize bias. Blinding adjudication reduces bias by preventing the reviewer's identity from factoring into the adjudicated decision.

Strategy of data synthesis Synthesis will be based on the Nested Knowledge software.

Data analysis will follow the tags created and organized into themes.

We expect to gather relevant information from our objectives from the themes.

Subgroup analysis College students will be analyzed as a subgroup.

Sensitivity analysis We will verify other causes of increased mental illnesses among young adults and adolescents besides Covid-19.

Language restriction English.

Country(ies) involved United States.

Other relevant information Include additional research on interventions and other forms of support for college students and adolescents to alleviate symptoms caused by Covid-19.

Keywords adolescents; young adults; covid-19.

Contributions of each author

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