

PRACE ORYGINALNE

Zdrowie psychiczne i zachowania ryzykowne 15-latków – badania mokatowskie

Mental health and risk behaviours among 15-years old students – the Mokotów study

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Abstract – Introduction. The aim of the study was to examine prevalence of mental health problems, drug abuse and other risk behaviours among adolescents.

Methods. The questionnaire was administrated to 15-years old students (n=1493) in a random sample of middle schools classes from three Warsaw districts: Mokotów, Ursynów and Wilanów.

Results. About 17–19% of students are at risk, because of depressive symptoms and other emotional problems. In the past year 40% of students performed at least one delinquent behaviour and half of adolescents were involved in violence (physical or psychological) against others. About 30% adolescents used legal or illegal psychoactive substances, including marijuana, alcohol or tobacco. Drug abuse was strongly connected with other risk behaviours (violence, delinquency). Everyday smoking was associated with symptoms of poor mental health.

Conclusions. The relationship between symptoms of poor mental health and drug abuse are complex and they require further research.

Key words: mental health, prevalence of risk behaviours, adolescents

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