

Abstract

Many mental health disorders begin during childhood, making it essential for identifying and addressing early. There is a major discussion about what impact the COVID-19 pandemic has had on adolescent mental health. It is important to gather data and determine if the pandemic has had a negative impact on adolescent mental health. Studies have shown changes in mental health before and after the pandemic. There has been an increase in symptoms of depression, anxiety, and a decrease in life satisfaction since the pandemic for adolescents, and parents have seen their children suffering from the pandemic. However, when looking at pre-COVID-19 and post-COVID-19 data, there are not many quantitative studies. Quantitative data can help show objective results that provide stronger support to address the issue. The purpose of this study was to assess whether COVID-19 has contributed to an increased number of adolescents who come into the hospital and are admitted or transferred to another facility for mental health issues. The study compared January 2019 - May 2019 and January 2022 - May 2022 data using the number of adolescents who were admitted or transferred out to another facility for treatment. This study found that there was a significant difference in the years 2019 and 2022 showing an increase of school aged children and adolescents seen in 2022 and the average age of children and adolescents seen for mental health related complaints was higher in 2019 than 2022. Future studies should sample data from different children's hospitals around the United States that may have more diverse demographics to give the findings better external application of results regarding differences in race, ethnicity, age, genders, etc., regarding mental health related issues among children and adolescents.

Key Words: COVID-19, Mental Health, Children and Adolescents

