

Background

- Approximately 49.5% of adolescents have experienced some type of mental health disorder.
- Adolescents who have mental disorders are more likely to develop chronic physical illnesses and experience emotional changes.

Research Question

Does physical and emotional illnesses correlate with mental health?

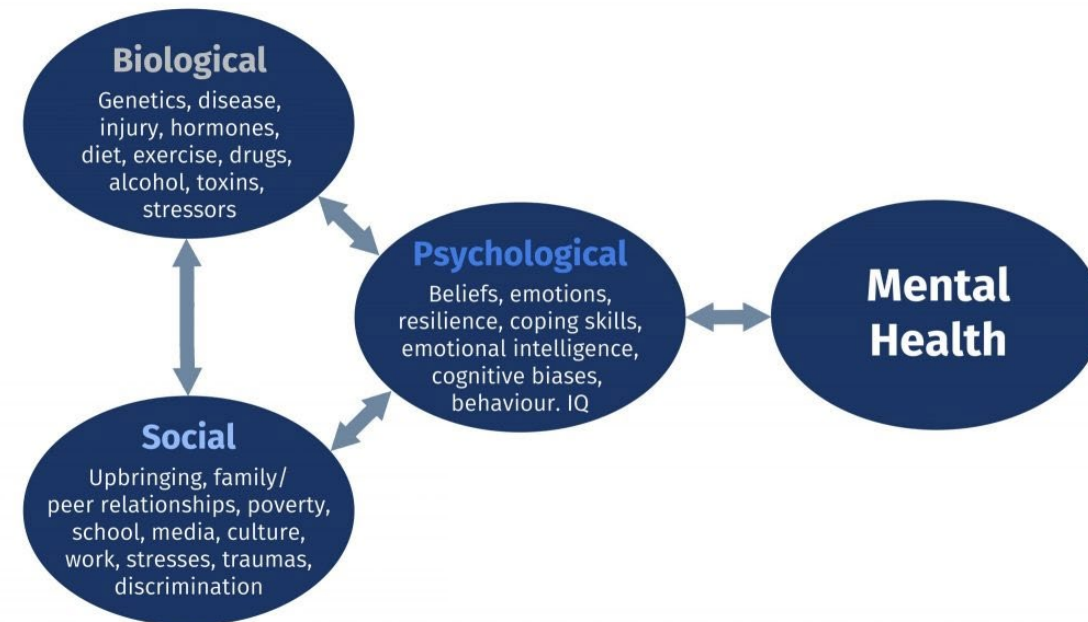
Methods

Found scholarly sources relevant to mental health, physical and emotional illnesses.

Findings

- Mental illness can have an adverse effect on social, cognitive, and energy levels, which might hinder the adoption of healthy behaviors.

Figure 1. The Biopsychosocial Model of Mental Health

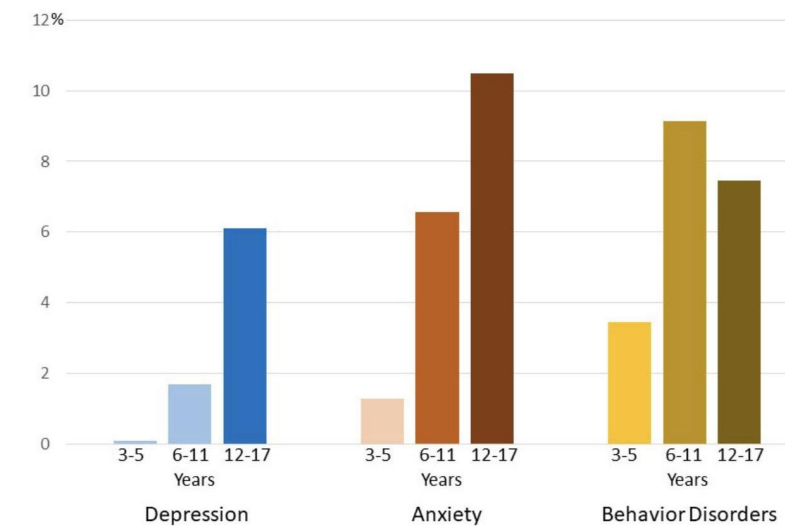


Biological, psychological, and social are the three main factors of mental health. While biological factors stem from genetics, drugs, and exercise, psychological and social from emotions that you either feel from past traumas or from family.



- For example, depression and schizophrenia both affect how responsive the body is to insulin, which makes them risk factors for Type 2 Diabetes.
- Individuals with mental illnesses can develop a variety of physical symptoms as a result of their condition and/or their treatment.

Figure 2. Percentage of Disorders by Age



References & Acknowledgements

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Reflections



- Early College High School
- 11th Grade
- Favorite TSAP moment: when we learned about each TSAP family.
- Advice for a new Ambassador: build some type of connection with your mentor/ near-peer mentor

Mentorship

- Senior Mentor: Helen Liu
- Near Peer-Mentor: Aniya Akinjobi
- Favorite advice from mentors: "Don't be afraid to go for what you want." ~ Helen