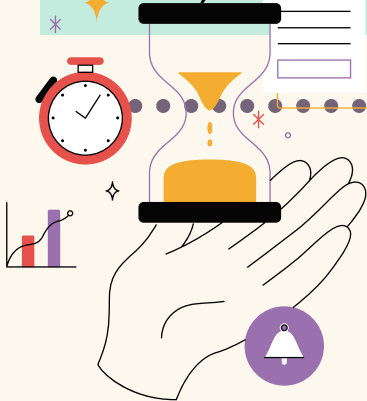


Anxiety Prevalence in Children and Adolescents aged 12-18

This poster outlines the methodology used to investigate the prevalence of anxiety disorders among adolescents aged 12–18 years through a secondary literature review. The research aimed to explore how common anxiety disorders are, identify factors associated with their development and examine their impact on adolescent mental health. A systematic approach was used to ensure the evidence collected was relevant, reliable and suitable for answering the research question (Booth et al, 2021).



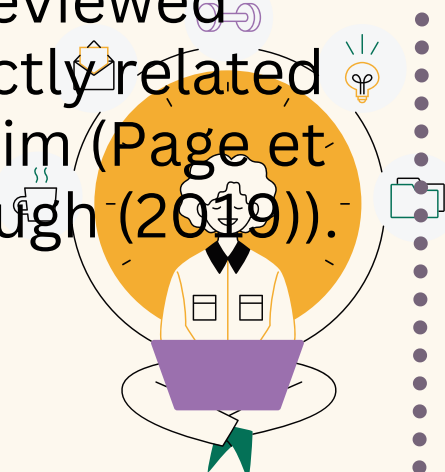
Inclusion Criteria

- Peer-reviewed studies
- English language
- Adolescents aged 12–18
- Published mainly within the last 10 years
- Full-text articles
- Anxiety-focused research

Exclusion Criteria

- Adults only
- Non-English papers
- Opinion articles
- Conference abstracts
- Duplicate studies
- Irrelevant topics

A structured search strategy was developed using keywords linked to adolescent anxiety, prevalence and mental health. Boolean operators (AND, OR) were used to combine search terms and improve the accuracy of the results. Searches focused on recent peer-reviewed studies that directly related to the research aim (Page et al, 2021; Greenlaugh (2019)).



Electronic databases including PubMed, PsycINFO, Scopus, Google Scholar and ScienceDirect were searched systematically. Titles and abstracts were screened before full-text articles were assessed using the inclusion and exclusion criteria. Relevant studies were recorded in a source tracking table before the final articles were selected for thematic analysis(Braun and Clarke, 2021).

As this study was based on published literature, no participants were recruited, and ethical approval was not required. Ethical standards were maintained by accurately reporting previous research, avoiding plagiarism through correct Harvard referencing and selecting credible peer-reviewed sources. Research integrity and transparency were maintained throughout the review process (Nowell et al, 2017).



- Braun and Clarke (2021)
- Booth et al. (2021)
- Page et al. (2021)
- Nowell et al. (2017)
- Greenhalgh (2019)

Author and year	Title	Type of study	Method and sample	Strengths and Limitations	Main findings	Keywords /Codes	Notes
Racine et al (2021)	Global prevalence of depressive and anxiety symptoms in children and adolescents during COVID-19: A meta-analysis	Systematic Review & Meta-analysis	Meta-analysis of 29 studies involving 80,879 children and adolescents	Large international sample; high-level evidence; robust statistical analysis Most studies were conducted during COVID-19	Around 20.5% of children and adolescents experienced clinically elevated anxiety symptoms. Rates were higher among females and increased as the pandemic progressed.	Anxiety, Adolescents, Prevalence, COVID-19, Gender Prevalence; Gender; Pandemic; Mental Health	Strong evidence supporting the increasing prevalence of adolescent anxiety.
Sacco et al (2024)	A systematic review and meta-analysis on the prevalence of mental disorders among	Systematic Review & Meta-analysis	17 studies involving 50,605 participants from European countries	High-quality prevalence estimates using diagnostic studies; recent evidence Variations in diagnostic tools	Anxiety disorders were among the most common mental health disorders, with a pooled prevalence of 7.9% across Europe.	Prevalence, Adolescents, Anxiety Disorders, Europe Prevalence; Epidemiology; Mental Health	Provides strong European prevalence data that complements international findings