

Predictive Analysis of Youth Risk Behavior and Suicidal Ideation Post-COVID

Students: Andre Derilus, Deborah Ojumu, Jordyn Fleming, Mariah Hubbard, Nathaniel Blackmon IV, Kesjiah Wilcher

Faculty Advisors: Austin Brown, Sweta Sneha

This project outlines the examination of mental and emotional health among adolescents and youth, emphasizing the critical role of mental well-being in their overall development. Survey data reveal significant effects of mental health conditions, such as depression and anxiety, on young people's life quality, influencing their social interactions, behavior, academic interest, and decision-making processes. The COVID-19 pandemic has further intensified these issues, significantly impacting young people's health. Research, including systematic reviews and cross-sectional surveys, has started to assess the psychological toll of COVID-19 on children and adolescents, showing shifts in lifestyle and health behavior risks as they move towards adulthood. The analysis also highlights the influence of behaviors like decreases in physical activity and healthy eating on their mental health. To tackle these issues, a broad range of solutions and collaborative efforts are necessary, aiming to foster environments that promote healthy growth and empower young people to make well-informed health decisions.