

Improving education for GPs regarding Adolescent Mental Health

Youth suicide rates in Ireland are above the European average, and research has highlighted that there has been a notable increase in anxiety and depression among young people in Ireland over the past 10 years. There is great concern that the social control measures introduced during the Covid-19 pandemic are likely to have ongoing mental health impacts on our adolescent population. Many GPs do not feel equipped to confidently deal with adolescents presenting with mental health issues. This study by Dr Dónal Wallace aims to address the knowledge gaps of GPs in the area of Adolescent Mental Health, by developing a research informed teaching tool which will provide a valuable foundation of knowledge for GPs in this important area.

The impact of the TCD MED Research Award

This funding will allow us to hire two youth and two parent advisors for the duration of the study. These youth and parent advisors will guide the project and help to ensure its relevance to patients and their carers. This research study will improve the education that GPs in

Ireland receive on the management of Adolescent Mental Health presentations, increasing GPs' confidence and skills to effectively manage this patient group at primary care level. Adolescents with mental health concerns and their parents will directly benefit from this improved training.

"This project aims to directly influence the policy around GP training on Adolescent Mental Health through the ICGP. The study has the potential to change training provided to Irish GPs throughout the country."

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