



Let's talk about young people's mental health: Trends, gender differences and predictors of change over time



Alina Cosma

Lecture & Lecturer Overview

Dr. Alina Cosma is a Assistant Professor in Global Health specializing in adolescent health and well-being and currently serves as an Assistant Professor of Psychology at Trinity College Dublin. She has extensive experience in designing and managing cross-sectional, cross-national school health surveys that focus on child and adolescent health. Her research spans a variety of topics, including time trends and predictors of change in adolescent health and mental health (from both within-country and cross-country perspectives), as well as the social and structural determinants of adolescent well-being. Additionally, she investigates the health and well-being of vulnerable populations, such as sexual minorities and adolescents with immigrant backgrounds, and explores the impact of climate change on young people's mental health. Dr. Cosma is actively involved in the Health Behaviour in School-aged Children (HBSC) network, where she leads the Mental Health and Well-being Focus Group. She has also co-authored several WHO reports on adolescent health and well-being. This lecture aims to provide a critical understanding of why adolescence is such a crucial period for future mental health. It will present current trends in adolescent mental health globally (including in Ireland), examine gender differences, and explore the factors that may help explain the recent increases in adolescent mental health problems. A significant portion of the talk will focus on critically examining the role of social media and technology use in shaping adolescent mental health.



Select Week

1	7	12
2	8	13
3	9	14
4	10	15
5	11	16
6		

Date

20 January 2027