

Proposed list of Adolescent Mental Health Indicators for population level measurement

Proposed indicator	Definition	Numerator	Denominator
Prevalence of adolescent mental health conditions			
1	Depression among adolescents	Percentage of adolescents reporting symptoms of depression at a clinical threshold †	Number of adolescents age 10-19 reporting symptoms of depression at a clinical threshold †
2	Anxiety among adolescents	Percentage of adolescents reporting symptoms of anxiety at a clinical threshold †	Number of adolescents age 10-19 reporting symptoms of anxiety at a clinical threshold †
3	Depression and/or anxiety among adolescents	Percentage of adolescents reporting symptoms of depression and/or anxiety at a clinical threshold †	Number of adolescents age 10-19 reporting symptoms of depression and/or anxiety at a clinical threshold †
Functional limitations due to anxiety or depression			
4	Functional limitations among adolescents with depression and/or anxiety	Percentage of adolescents reporting symptoms of depression and/or anxiety reporting functional limitations in daily activities or relationships (school/work, family, peers)	Number of adolescents age 10-19 reporting symptoms of depression and/or anxiety reporting functional limitations in daily activities or relationships
Suicidal thoughts and behaviors			
5	Suicidal thoughts reported by adolescents	Percentage of adolescents reporting suicidal thoughts in the last 2 weeks	Number of adolescents age 10-19 reporting suicidal thoughts in the last 2 weeks
6	Suicide attempt reported by adolescents	Percentage of adolescents reporting a suicide attempt in the last 12 months	Number of adolescents age 10-19 reporting a suicide attempt in the last 12 months
Mental health care and connectedness			
7	Care seeking among adolescents with symptoms of depression and/or anxiety	Percentage of adolescents reporting symptoms of depression and/or anxiety reporting contact with health professional or counsellor for mental health care	Number of adolescents reporting symptoms of depression and/or anxiety reporting contact with health professional or counsellor for mental health care
8	Unmet need for mental health care among adolescents with symptoms of depression and/or anxiety	Percentage of adolescents reporting symptoms of depression and/or anxiety, having no contact with health professionals or counsellors for mental health care	Number of adolescents reporting depression and/or anxiety, reporting having no contact with health professional or counsellor for mental health care
9	Adolescents with someone to talk to when they have a worry or problem	Percentage of adolescents reporting they talk to someone, either most or all of the time, when they have a problem or worry having to do with difficult feelings and experiences	Number of adolescents reporting they talk to someone, either most or all of the time, when they have a problem or worry having to do with difficult feelings and experiences
10	Adolescents' with a positive connection with their parent or guardian	Percentage of adolescents who report that their parents/ guardians understand their problems or worries most or all of the time	Number of adolescents who report that, in the past 30 days, their parents or guardians understood their problems or worries most or all of the time

† Indicators were developed to assess and monitor overall burden of a major depressive episode or anxiety disorder based on a level of symptoms consistent with clinical diagnosis according to the Diagnostic and Statistical Manual of Mental Disorders DSM-5 and ICD-11.

*Data to be reported separately by sex and age group (10-14 and 15-19)

Note: MMAP tool has a modular approach. Sub-module 1 is the core module. Sub-modules 2, 3, 4 can be added as complementary submodules. It is recommended that sub-module 3 on Suicidal thoughts and behaviors is added only if there is a referral protocol in place.

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More information: <https://data.unicef.org/topic/child-health/mental-health/mmap/>