

Strengthening the psychosocial health of young people in Austria: *Gender specific challenges and promising approaches*

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1) Gender specific challenges: What does health mean for girls and young LGBTIQ+ people?

Sylvia Gaiswinkler

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Gender specific challenges: What does health mean for girls and young LGBTIQ+ people?

Sylvia Gaiswinkler



Women's Health Report

- Information on the **health situation of girls and women**
- Topics that are hardly or not at all covered in common health reports

Methodology

- Literature research
- Secondary data analysis (ATHIS, EU-SILC, HBSC, HLS-EU, diagnosis and service documentation of Austrian hospitals, cause of death statistics)
- Supported by an expert group



First Austrian LGBTIQ+ Health Report

- Information on the **health situation of LGBTIQ+ people**
- Health status, Experiences of discrimination, Health care, Health-promoting factors

Methodology

- Literature research
- Survey (N=1.047)
- Supported by an expert group

Why do we need a focus on women/ girls health?

- ~ 51 percent of the population are women, but still:
- **Challenging data** on women-specific or health-related issues for girls and women – including (mental) health impacts due to: multiple stresses, negative body and self-images, experiences of violence
- Recognisable: **historically androcentric** view in the healthcare system

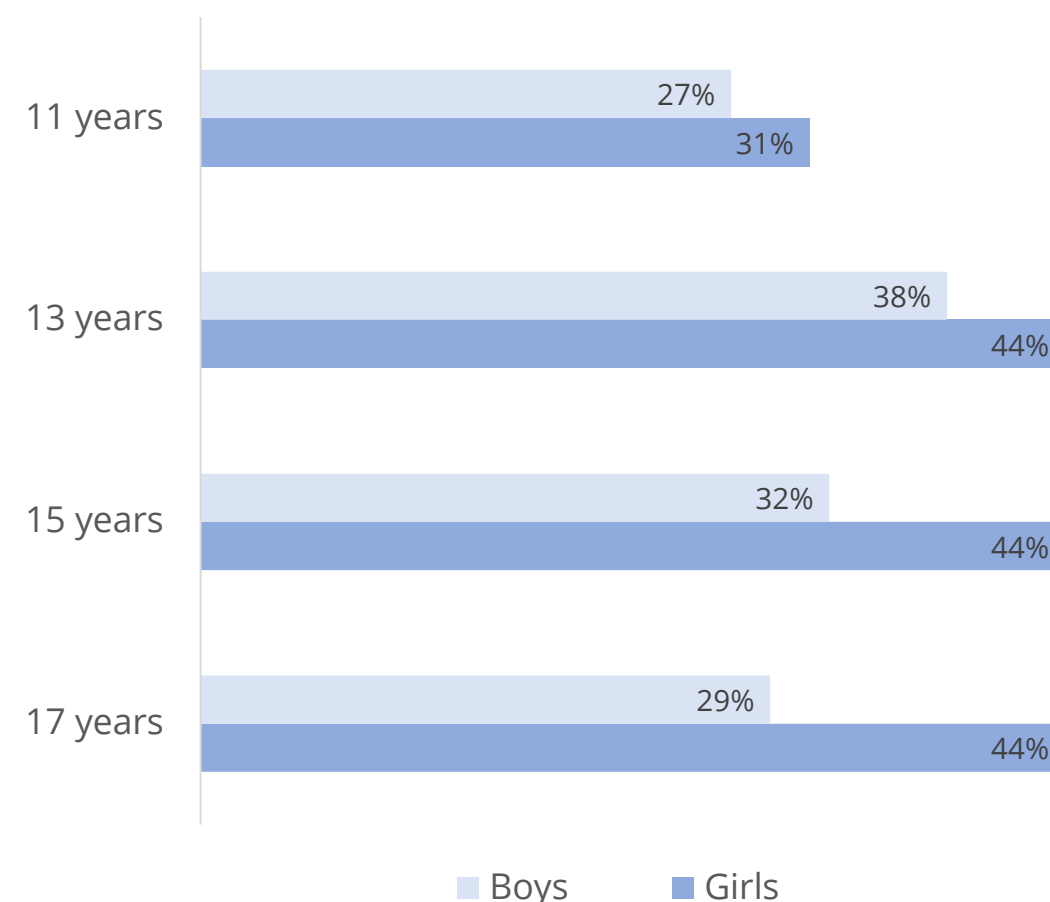
Why a LGBTIQ+ Health Report?

- ~ 3-5 percent of the population do not assign themselves to a binary and heterosexual norm
- LGBTIQ+ health report provides initial **information on the health situation** of LGBTIQ+ people and challenging situations due to
 - **Experiences of discrimination**
 - minority stress
 - **Transition processes**
 - No comprehensively trained healthcare staff

What does this mean for young peoples mental health?

Body, Self-image and self-esteem

Girls who feel too obese even though they have a normal or underweight BMI



Although more boys are overweight or obese according to BMI, significantly more girls feel overweight

The questioning of **self-esteem** is **increasingly linked to looks**

Body self-image is a

- **multidimensional** psychological construct that includes an evaluative dimension that focuses on the **rating of one's body** parts, shape, weight, and/or appearance
- **Dissatisfaction with one's own body** has **increased** in Western countries in recent years, especially among women
- **Discrepancy** between an ideal body image versus individual body perception leads to psychological pressure
 - a **poor body image** increases the feeling of being pressured by society's ideals of beauty
 - Women with a positive body image can generally **reflect critically** on existing ideals of physical appearance; this reflection acts as a **protective factor** against their own negative valuation

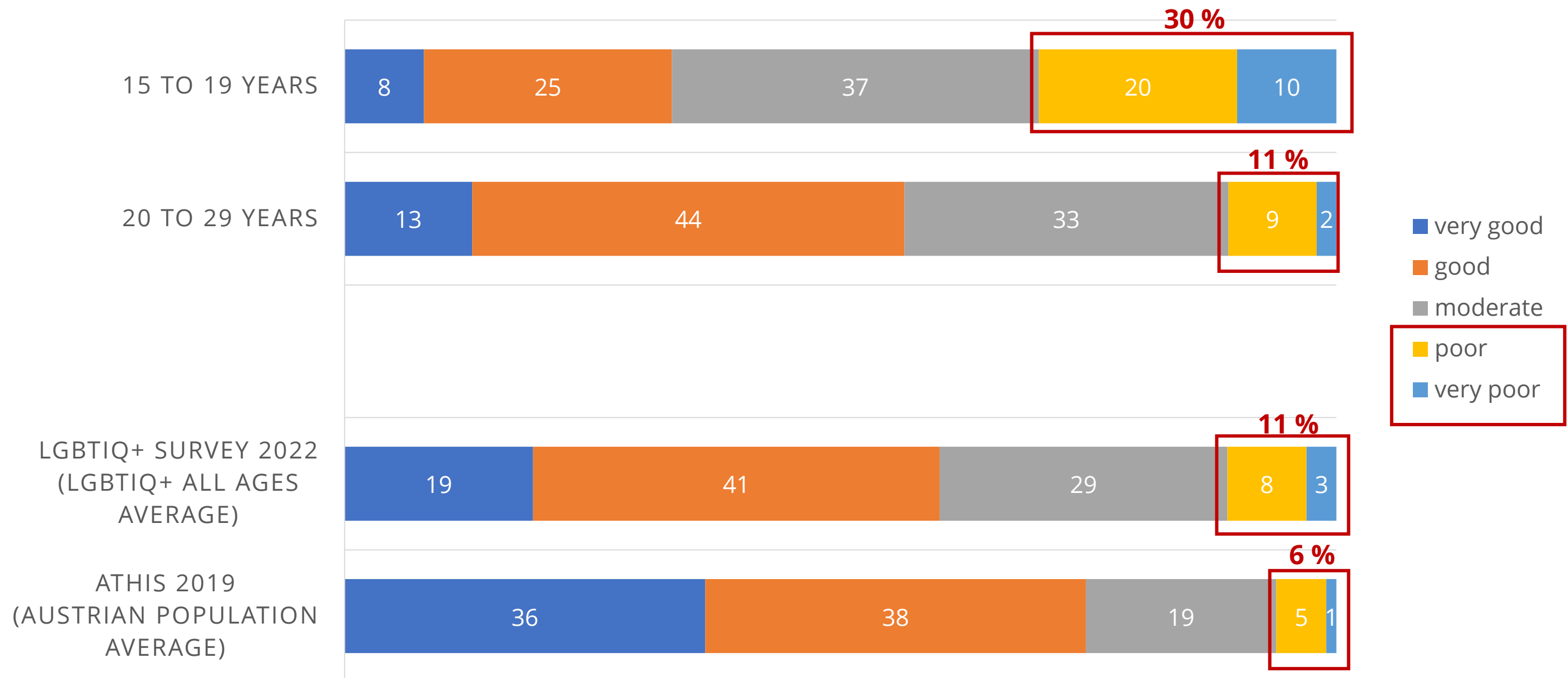
Source:

¹ HBSC Studie 2021/22

² Felder-Puig, Rosemarie; Teufl, Lukas; Winkler, Roman: Gewichtsstatus und Körperselbstbild von österreichischen Jugendlichen. HBSC Factsheet 02 aus Erhebung 2021/22. Wien: BMSGPK, 2023.

Health Status of young LGBTIQ+ people in Austria

HOW WOULD YOU DESCRIBE YOUR PERSONAL HEALTH STATUS?

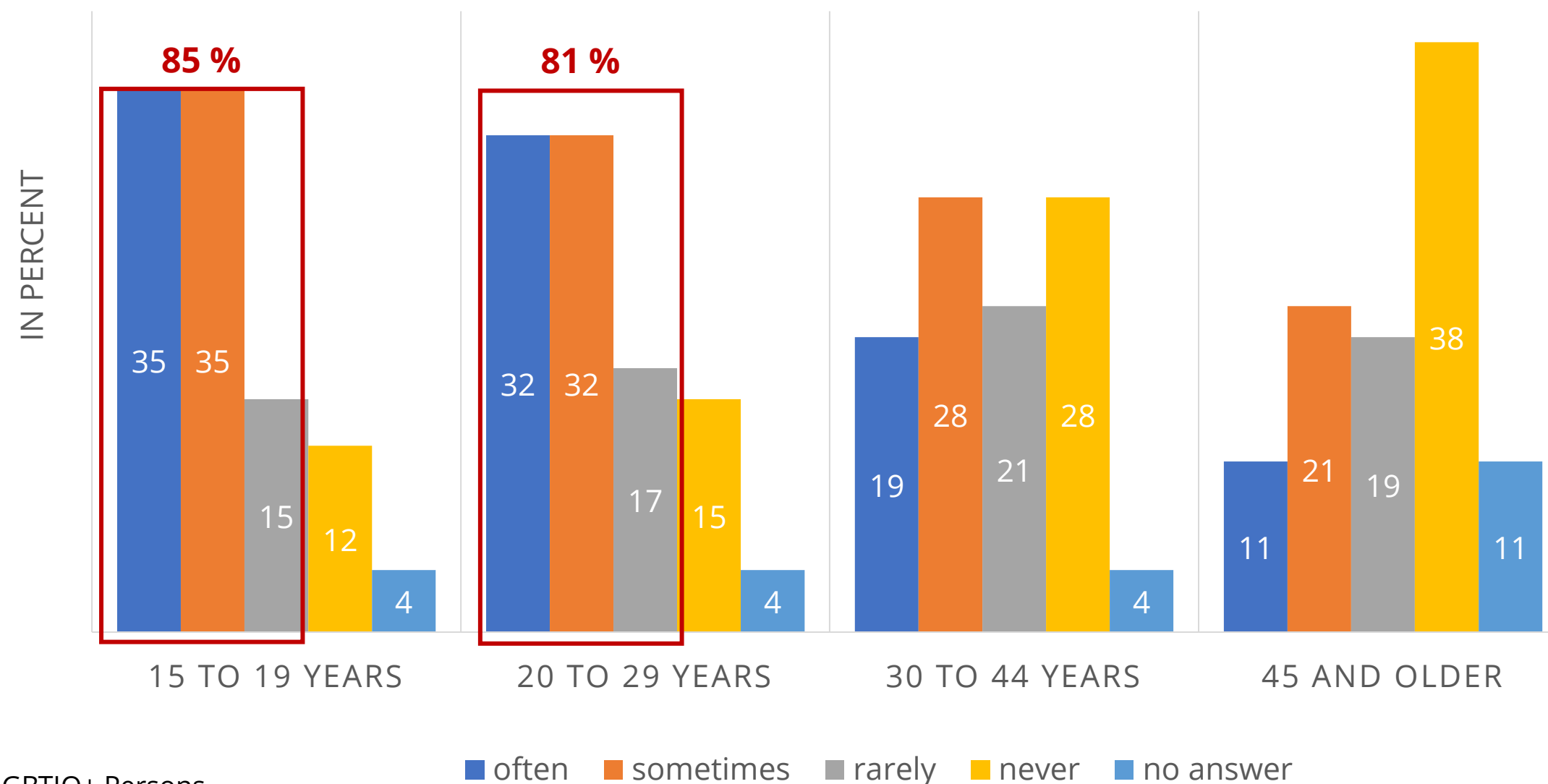


N=1.047 LGBTIQ+ Persons
 15 to 19: n=130
 20 to 29: n=408

Source: Gaiswinkler, Sylvia; Pfabigan, Johanna; Pentz, Richard; Teufl, Lukas; Winkler, Roman (2023): LGBTIQ+-Gesundheitsbericht 2022. Bundesministerium für Soziales, Gesundheit, Pflege und Konsumentenschutz (BMSGPK), Wien

Experience of discrimination of young LGBTIQ+ People in Austria

HAVE YOU FELT DISCRIMINATED IN ANY AREA IN THE LAST TWO YEARS?

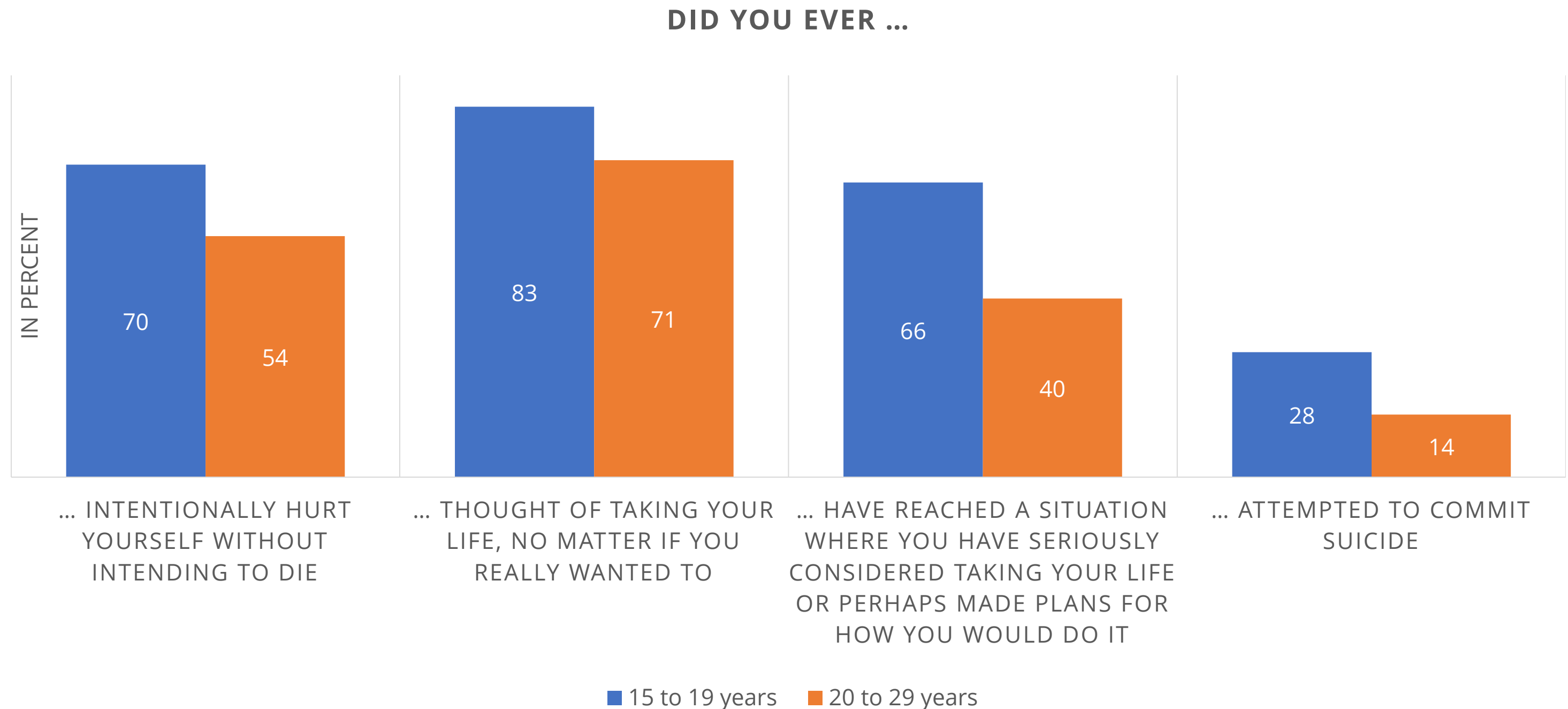


- 89 PERCENT OF LGBTIQ+ PEOPLE HAVE ALREADY EXPERIENCED DISCRIMINATION (ALL AGES AVERAGE)
- 54 PERCENT HAVE EXPERIENCED DISCRIMINATION IN THE HEALTHCARE SECTOR (ALL AGES AVERAGE)

N=1.047 LGBTIQ+ Persons
15 to 19: n=130
20 to 29: n=408
30 to 44: n=338
45 and older: n=171

Source: Gaiswinkler, Sylvia; Pfabigan, Johanna; Pentz, Richard; Teufl, Lukas; Winkler, Roman (2023): LGBTIQ+-Gesundheitsbericht 2022. Bundesministerium für Soziales, Gesundheit, Pflege und Konsumentenschutz (BMSGPK), Wien

Self-harming and suicidal behavior of young LGBTIQ+ people in Austria



N=1.047 LGBTIQ+ Persons
15 to 19: n=130
20 to 29: 408

Source: Gaiswinkler, Sylvia; Pfabigan, Johanna; Pentz, Richard; Teufl, Lukas; Winkler, Roman (2023): LGBTIQ+-Gesundheitsbericht 2022. Bundesministerium für Soziales, Gesundheit, Pflege und Konsumentenschutz (BMSGPK), Wien

Sexual and gender diversity in healthcare

Welcoming diversity

 Bundesministerium
Soziales, Gesundheit, Pflege
und Konsumentenschutz

Vielfalt willkommen heißen

Sexuelle und geschlechtliche Vielfalt
in der Gesundheitsversorgung



Coming out!

 Bundesministerium
Soziales, Gesundheit, Pflege
und Konsumentenschutz

Coming out!



E-Learning-Tool for awareness-raising of healthcare professionals

Modul 1: Sexuelle und
geschlechtliche Vielfalt in der
Gesundheitsversorgung @ GÖG

KURS STARTEN

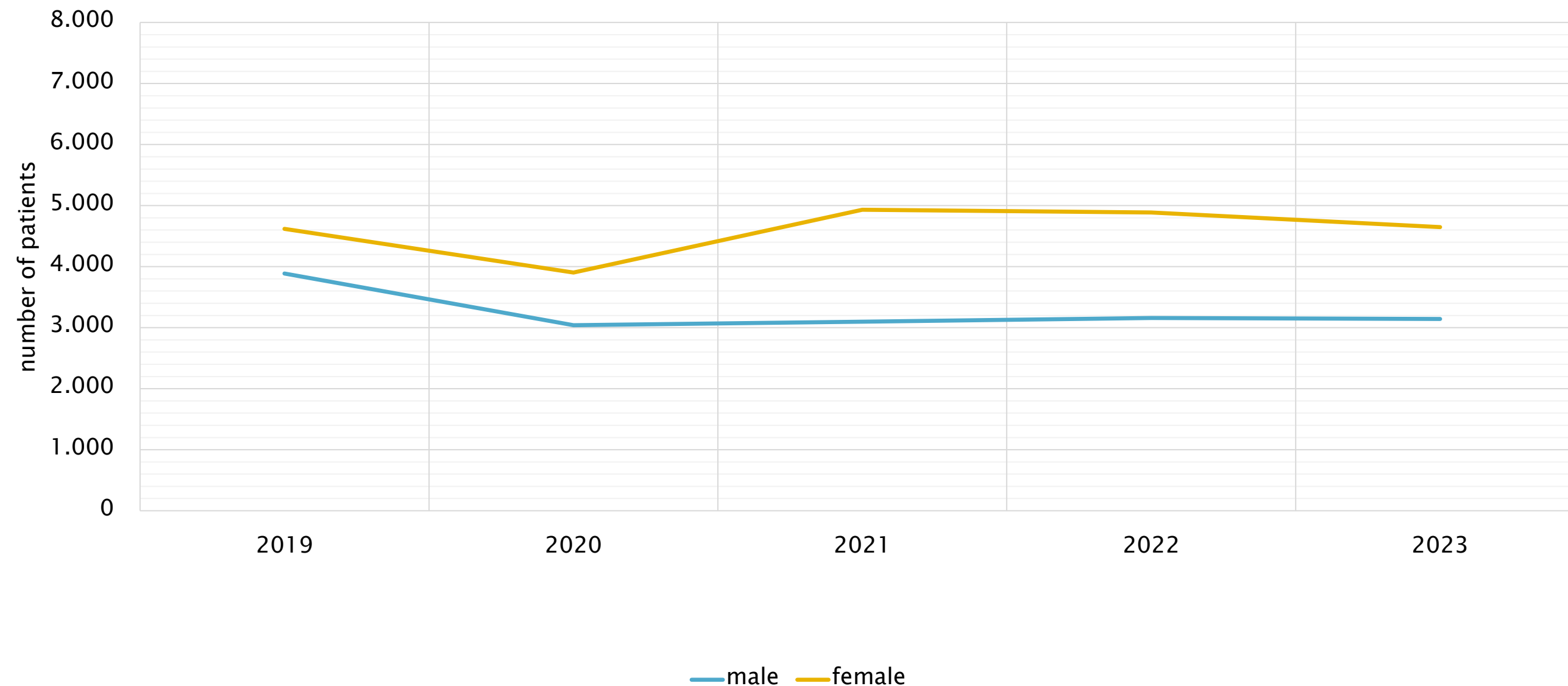


Gender differences in the mental health of young people.

Data from the Austrian Mental Health Surveillance

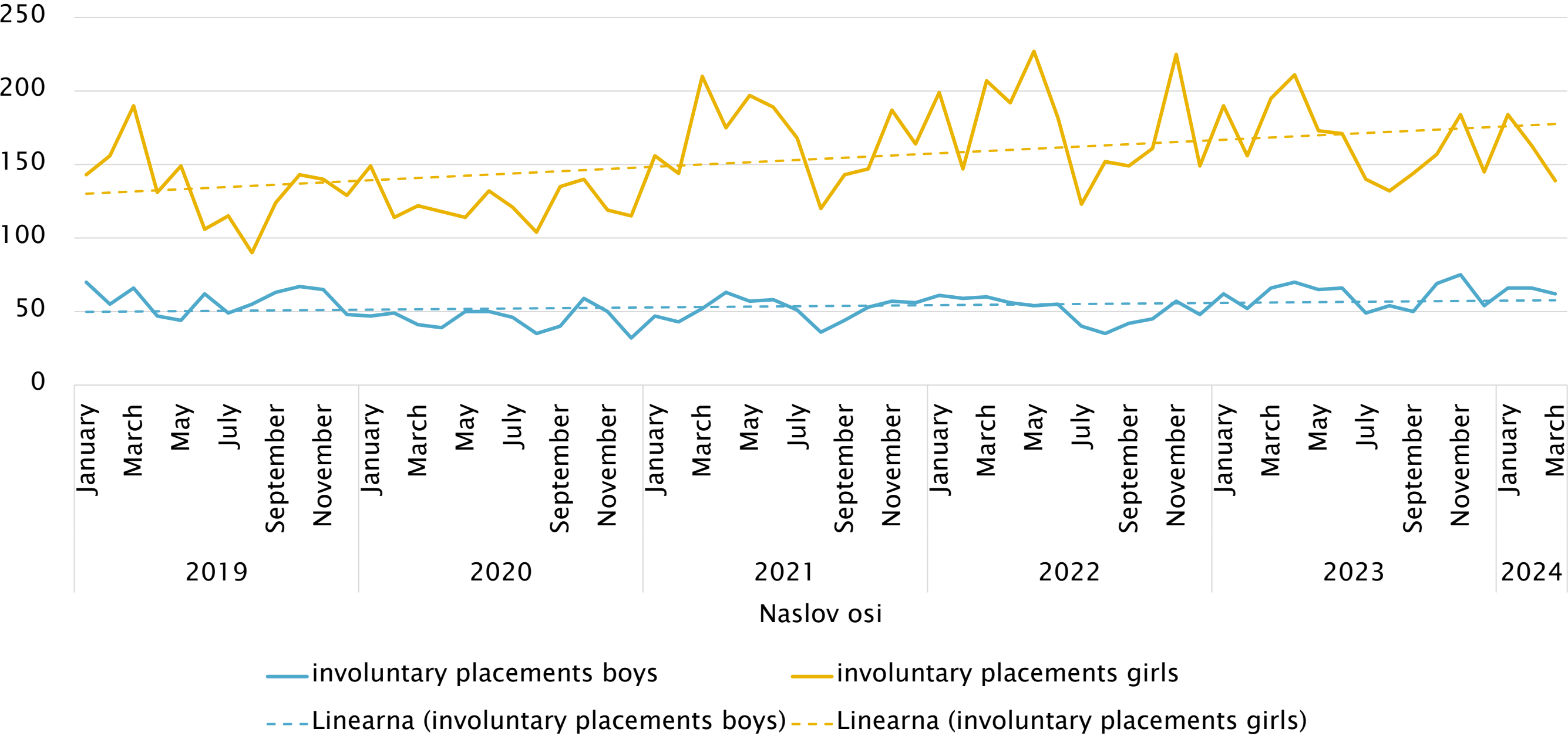
Sophie Sagerschnig and Michaela Pichler

Patients up to 19 years in inpatient care for mental or behavioral disorders



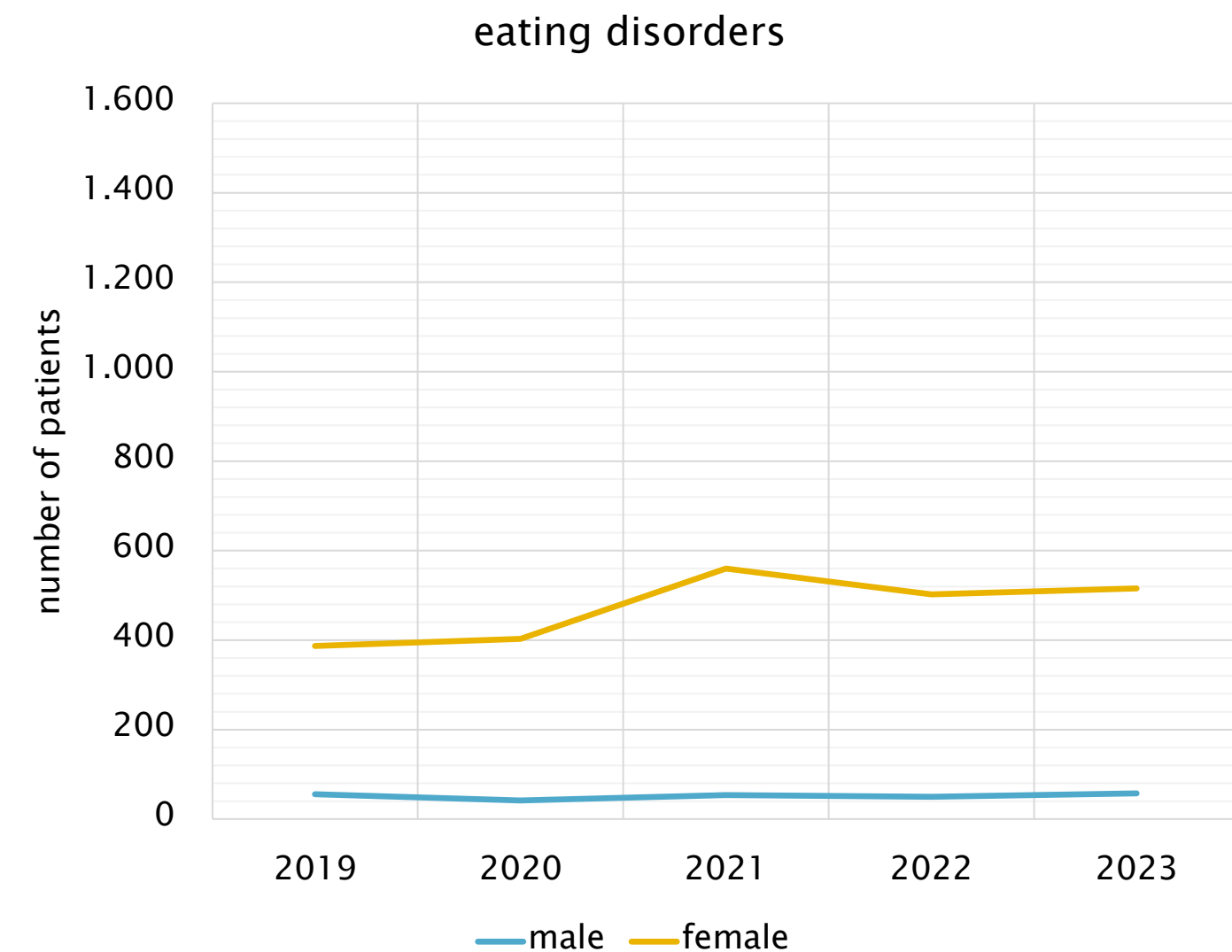
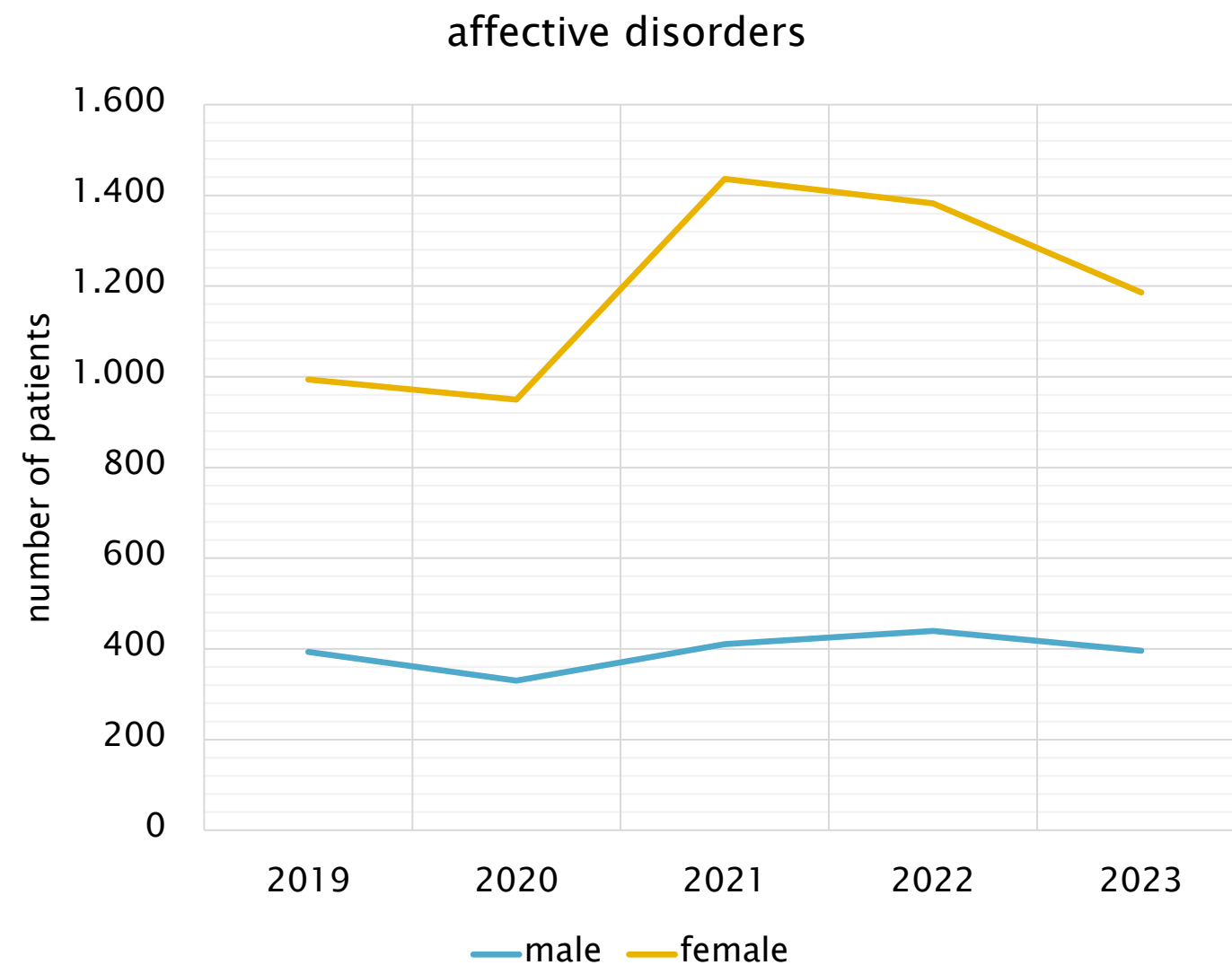
Source: BMSGPK – Diagnosis and service documentation of the Austrian hospitals (2023 unvalidated data, only hospitals financed by federal states)

Patients up to 19 years in inpatient care: Involuntary placements in psychiatry

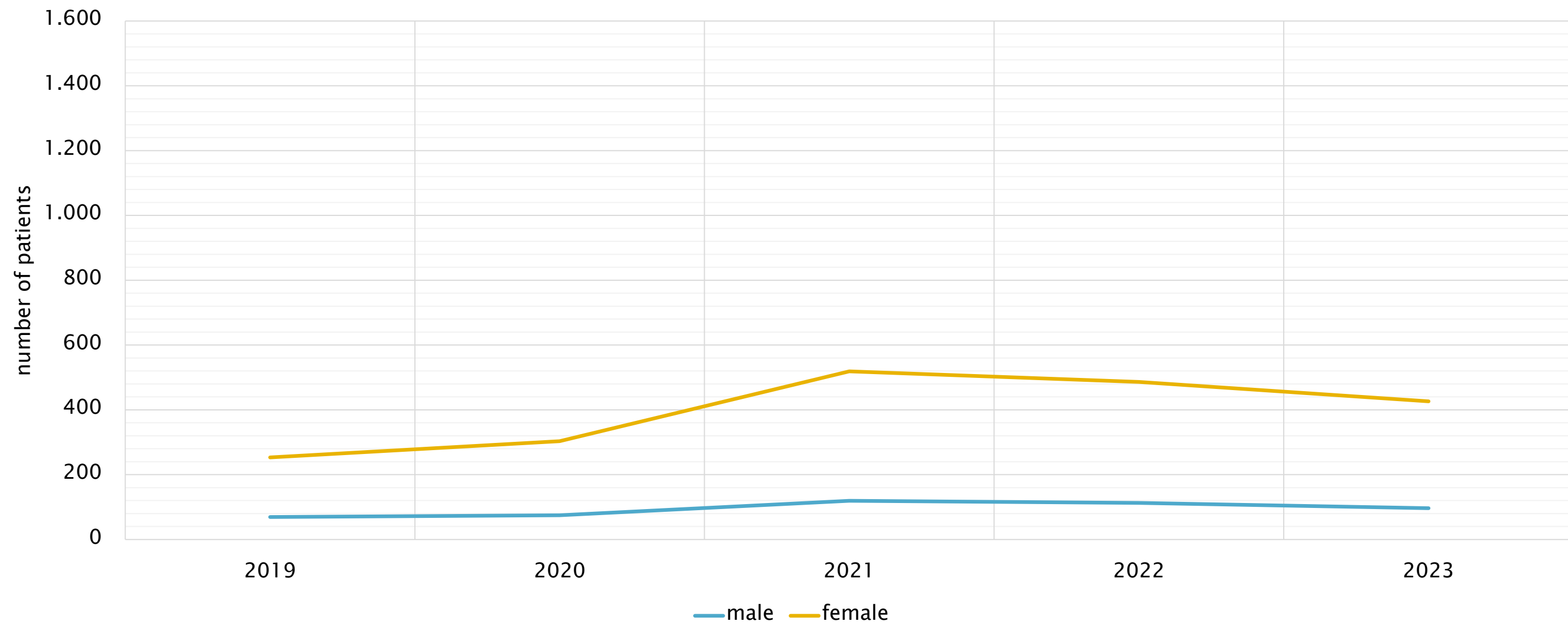


Source: data from Vertretungsnetz-Patientenanwaltschaft and Ifs

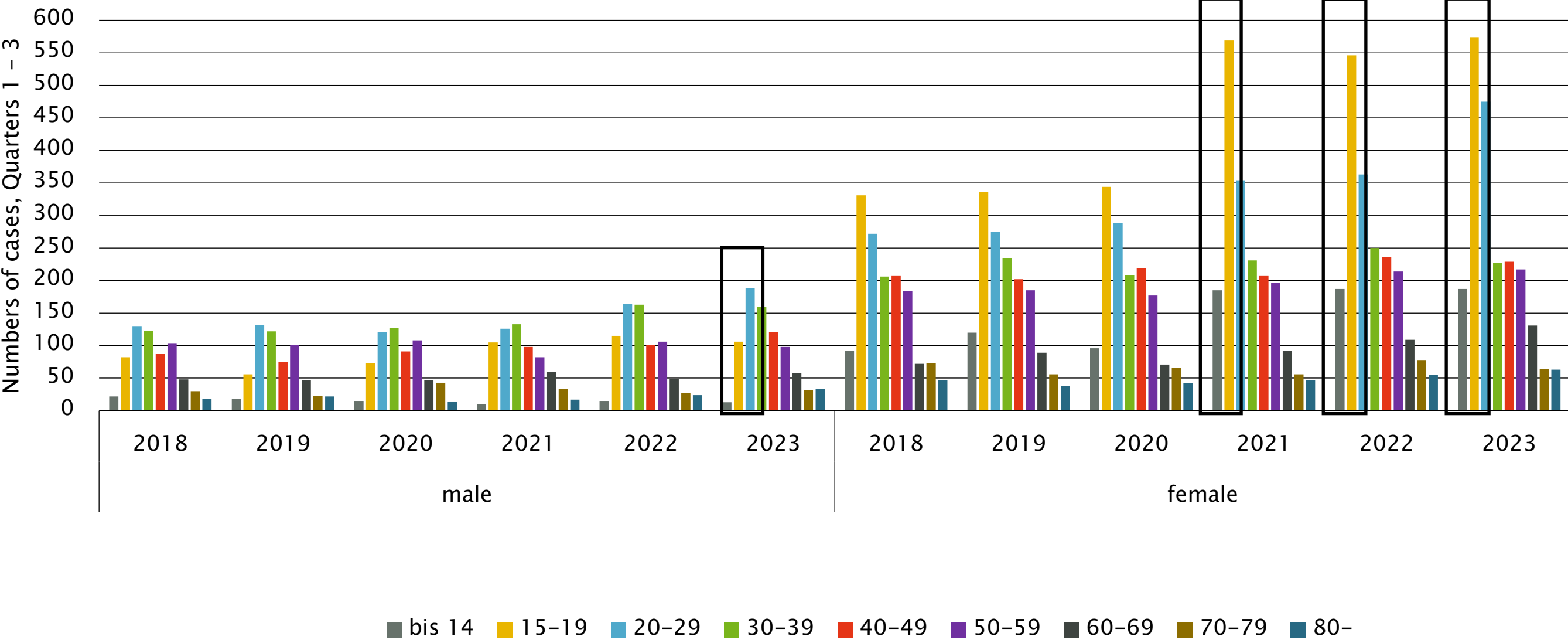
Patients up to 19 years in inpatient care: discharge diagnoses



Patients up to 19 years in inpatient care: secondary diagnoses of attempted suicide or deliberate self-harm

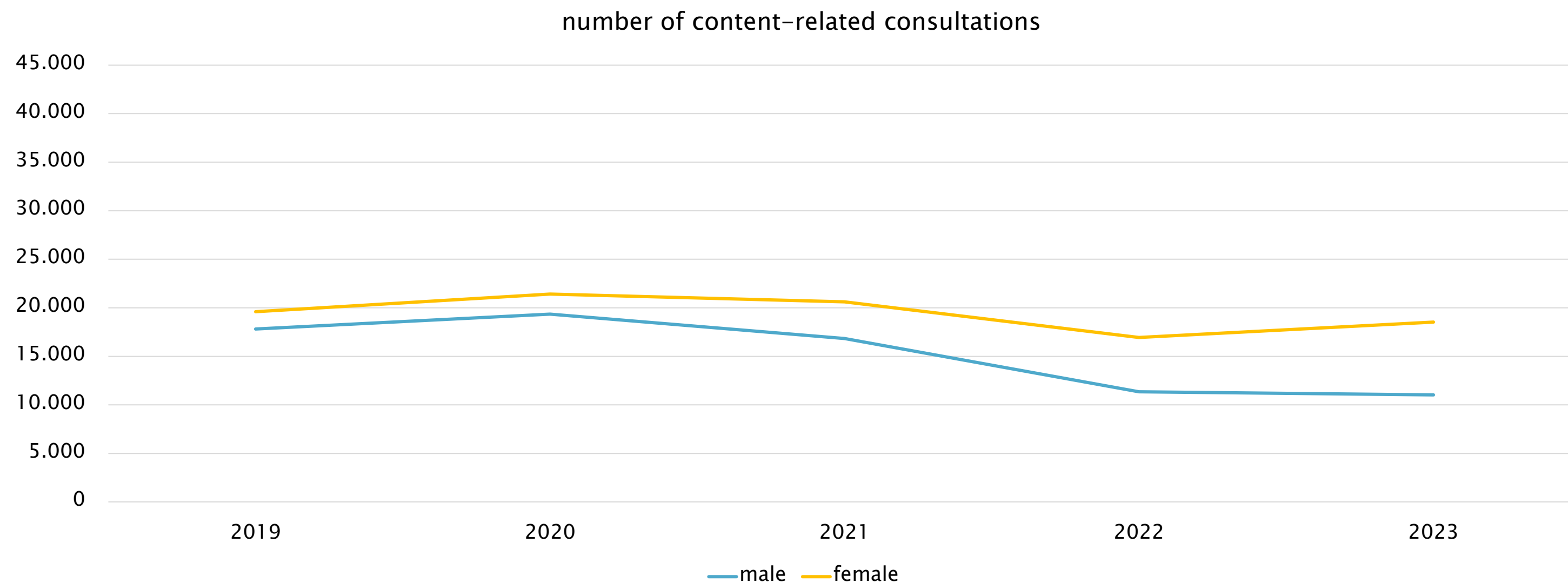


Data from the Austrian Poisoning Information Center: intentional self-poisoning



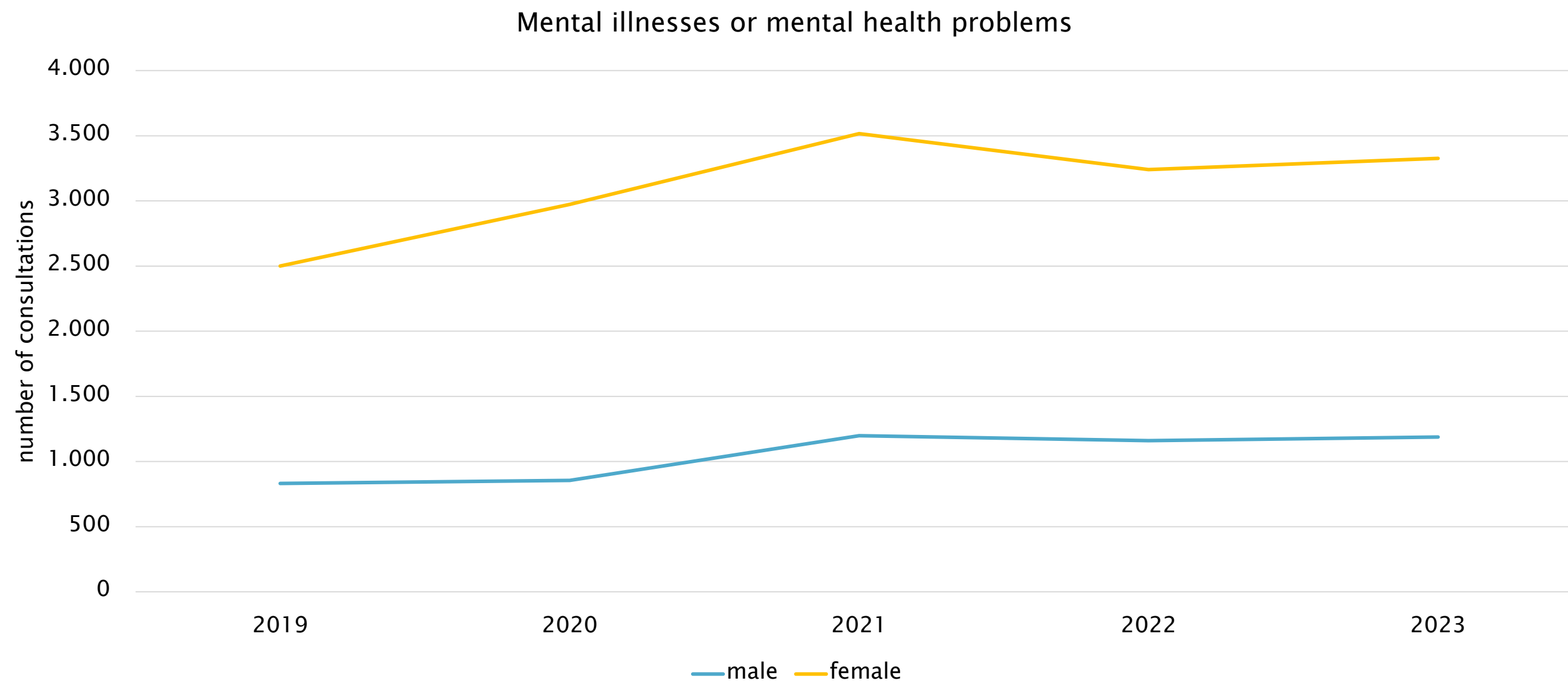
Source: data from the Austrian Poisoning Information Center
(Vergiftungsinformationszentrale)

Data from the Austrian crisis hotline for children and adolescents (Rat auf Draht)



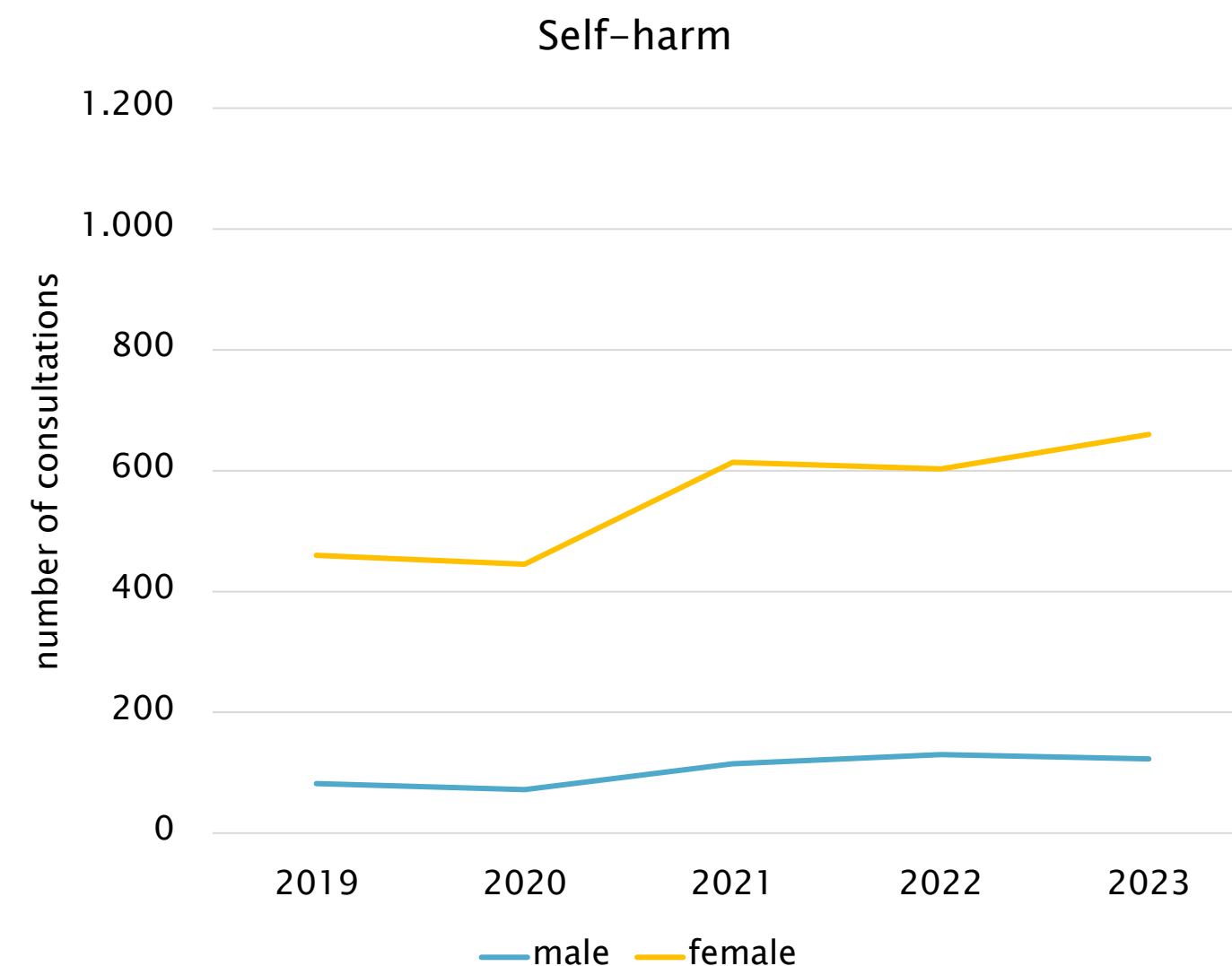
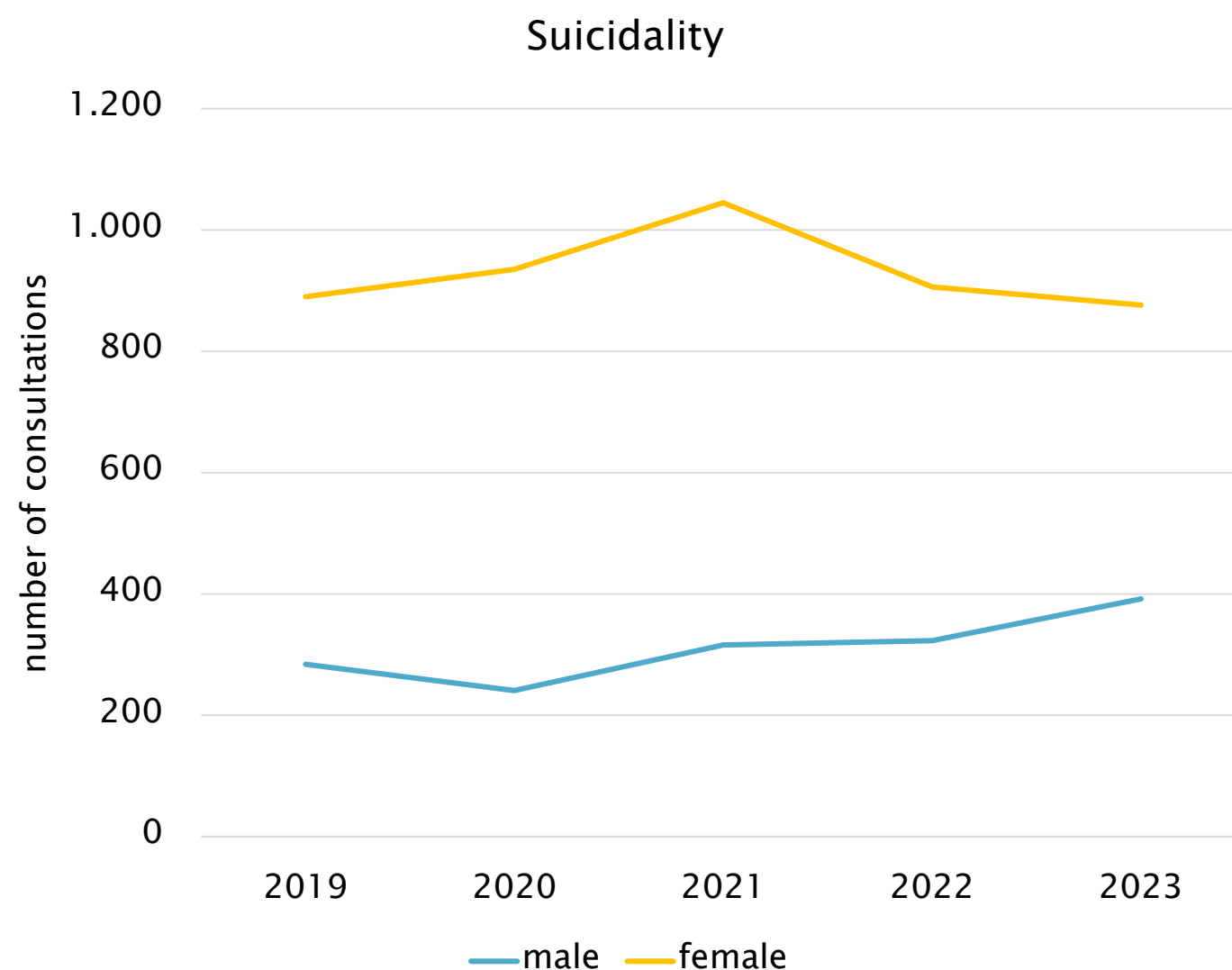
Source: data from Rat auf Draht

Data from the Austrian crisis hotline for children and adolescents (Rat auf Draht)



Source: data from Rat auf Draht

Data from the Austrian crisis hotline for children and adolescents (Rat auf Draht)



Promoting positive mental health of young people

Irina Vana

The Act-belong-commit campaign

Launched in 2023 by the competence centre for the future of health promotion, funded by the ministry of health Austria

Our Aim: Strengthening mental health of young people together with a broad network of partners.

- Targets young people and their relatives, aiming at their engagement in activities, that foster their own mental health.
- Targets organizations working with young people in order to build a broad ownership through a social franchising concept
- Dissemination of high quality information, materials and offers



Three simple, action- and resource-oriented core messages:

Act: Do something.

Stay mentally, socially, spiritually and physically active by doing things you like.

Belong: Do something with someone.

Develop a strong sense of identity and belonging by keeping up relationships and friendships, engaging in community activities and inviting others to do so.

Commit: Do something meaningful.

Do things that provide meaning and purpose in life, such as taking up challenges, supporting causes and helping others.

All information can be found on the platform:



Positive Effects of the ABC



Effects of the core messages

Reduction of the prevalence of mental burdens and risks:

- positive effect on self-competence and the promotion of happiness (Karpinski et al. 2017)
- reducing loneliness and risks for depression (Donovan et al. 2021; Nurminen 2023)
- promotion of brain development at a young age (Donovan et al. 2021).
- Fostering social cohesion, trust, solidarity (Bettge/Ravens-Sieberer 2003).
- the sense of coherence, social capital and the ability to actively cope with challenges (Donovan et al. 2021). In this way it is positively related to resilience (Karpinski et al. 2017).

Effects of the campaign and the partnership_

- Awareness raising and sensibilization for mental health, promoting general well-being
- Reduction of stigma and mental distress (Meilstrup et al. 2022).
- High commitment of the supporting organizations at local level and in politics due to co-creation (Donovan et al. 2021).
- High reach of the campaign's core messages due to the social franchise concept and easier intersectoral cooperations (Donovan et al. 2021)
- Low threshold access to quality information and material

Gender specific tools and offers

Selbstwert Plus



Institut für Frauen- und Männergesundheit

... Themen wie Selbstwert, seelische Gesundheit, Essprobleme, **Mädchen***/Frau* Sein, Sexualität, Menstruation, Verhütung, ... setzt
Sensibilisierungskampagnen um. Die Zielgruppe sind **Mädchen*** und junge Frauen* mit und ohne ... benachteiligten Familien kommen. Ziel ist es **Mädchen*** und junge Frauen* in ihrem Alltag und den damit ...

Methodensammlung zur Burschenarbeit in der offenen Jugendarbeit

Burschen.Leben.VIELFALT.

Methodensammlung zur Burschenarbeit
in der offenen Jugendarbeit



Institut für Frauen- und Männergesundheit

... Methodensammlung entstand im Rahmen des Projektes **Burschen.Leben.Vielfalt.**, welches von 2017–2019 vom ... Handlungsbedarf gegeben. Um einerseits die im Projekt „**Burschen.Leben.Vielfalt.**“ gewonnenen Erfahrungen und ... für Frauen- und Männergesundheit ... Methodensammlung zur **Burschen**arbeit in der offenen Jugendarbeit ...

body rEVOLution! - Booklet



Verein Amazone

Das Booklet hilft, Sehgewohnheiten zu ändern, gängige Stereotype und Geschlechterrollenbilder sichtbar zu machen und Körpnormen zu hinterfragen. Es geht nicht nur um Gewicht, Haare und Hautfarbe: Im Booklet finden sich viele verschiedene Themen, die ...

Some genderspecific tools and information provided by the ABC-Partnership:
www.wohlfuehl-pool.at

Literatur

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Karpinski, N.; Popal, N.; Pluck, J.; Petermann, F.; Lehmkuhl, G. (2017): [Leisure activities, resilience and mental stress in adolescents]. In: Z Kinder Jugendpsychiatr Psychother 45/1:42-48

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