

# ΔΙΑΛΕΞΗ

Το Τμήμα Ψυχολογίας, Το Κέντρο Εφαρμοσμένης Νευροεπιστήμης και το Εργαστήριο Κλινικής Ψυχολογίας και Ψυχοφυσιολογίας σας προσκαλούν σε διάλεξη με

## ΘΕΜΑ

### **Actions to Prevent Emotional Problems in Adolescents. PROCARE+**

Ομιλητής:  
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**Πέμπτη, 16 Φεβρουαρίου 2023  
Ώρα: 12:00 – 13:00**

***Η παρουσίαση θα γίνει στα Αγγλικά στην Αίθουσα Α010, Κτήριο Κοινωνικών Δραστηριοτήτων***

#### **Περίληψη**

Did you know that emotional problems, such as anxiety or depression, are one of the health problems that most affect young people?

It is estimated that in the world, 400 million young people are at risk or have emotional problems. This is a serious public health problem.

PROCARE+ is the first transdiagnostic initiative of selective prevention, which has proven its effectiveness in adolescents at risk of developing emotional difficulties.

It consists of 8 on-line or face-to-face sessions in which adolescents are taught a series of emotional management tools. In addition, personalized sessions are included to address risk factors such as: bullying, poor healthy lifestyle habits, poor child-parent communication or stressful situations. Always attending to the individual characteristics of each adolescent and social minorities.

In PROCARE+ we have achieved to REDUCE emotional distress (49%) and the risk of developing a future emotional problems (58%). And to INCREASE the quality of life (10%), resilience (61%), the capacity to manage intense emotions (15%) and emotional regulation (18%).