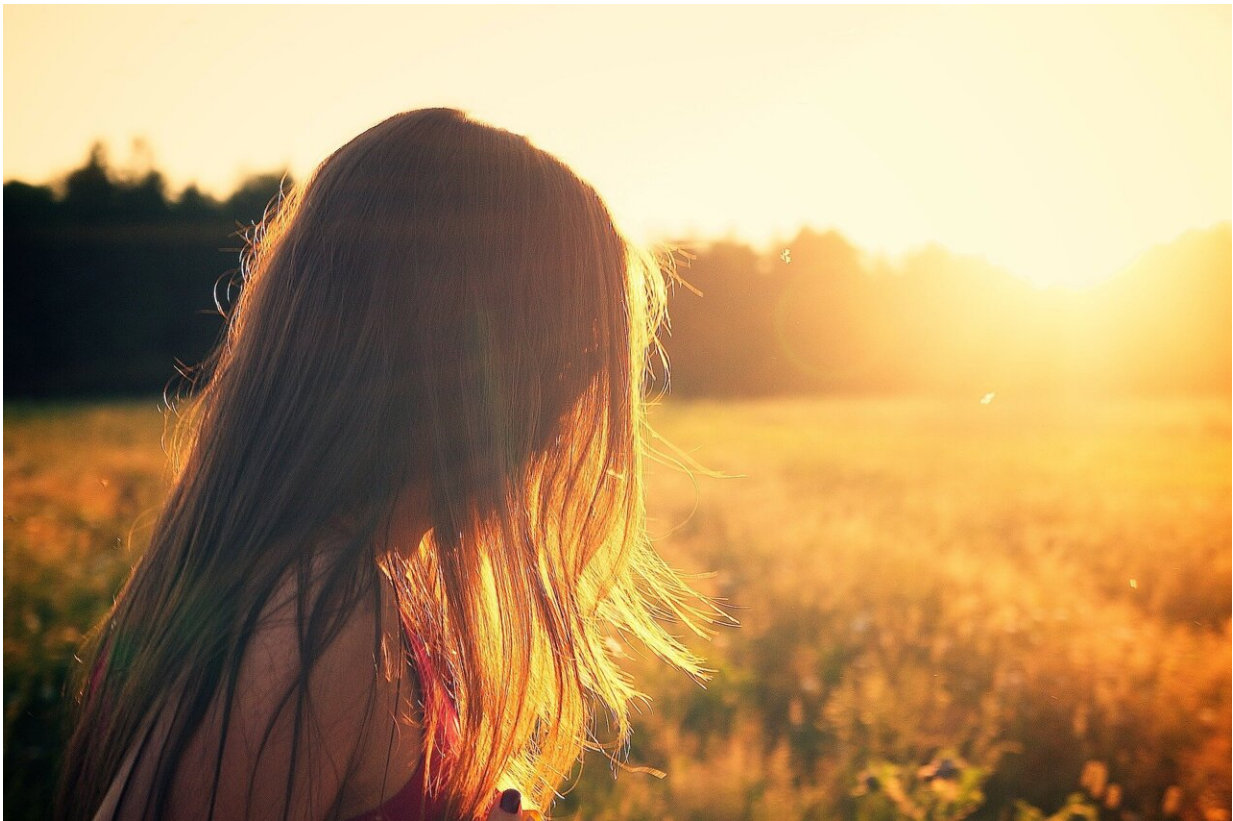


# Have girls struggled more than boys during the COVID-19 pandemic?

August 4 2021

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In a survey-based study of 523 teens in Iceland, girls reported a greater negative impact of the COVID-19 pandemic on well-being and behavior than boys, and they reported a high level of depressive symptoms.

In the *JCPP Advances* study, higher depressive symptoms were linked with increased [passive social media use](#) and decreased connecting with [family members](#) by telephone or social media among girls, and decreased sleeping and increased online gaming among boys.

Contributors to poor mental health included concerns about others contracting COVID-19, changes in daily and school routines, and not seeing friends in person.

"The findings suggest that [healthcare providers](#), teachers, and other professionals need to especially monitor depressive symptoms and well-being of girls during COVID-19 and in its aftermath," said lead author Thorhildur Halldorsdottir, Ph.D., clinical psychologist and assistant professor in the Department of Psychology at Reykjavik University.

**More information:** Thorhildur Halldorsdottir et al, Adolescent well-being amid the COVID-19 pandemic: Are girls struggling more than boys?, *JCPP Advances* (2021). [DOI: 10.1002/jcv2.12027](https://doi.org/10.1002/jcv2.12027)

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