



# Adolescents' mental health from a dual factor perspective

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# The dual factor model

**High mental  
well-being**



**Low mental  
well-being**

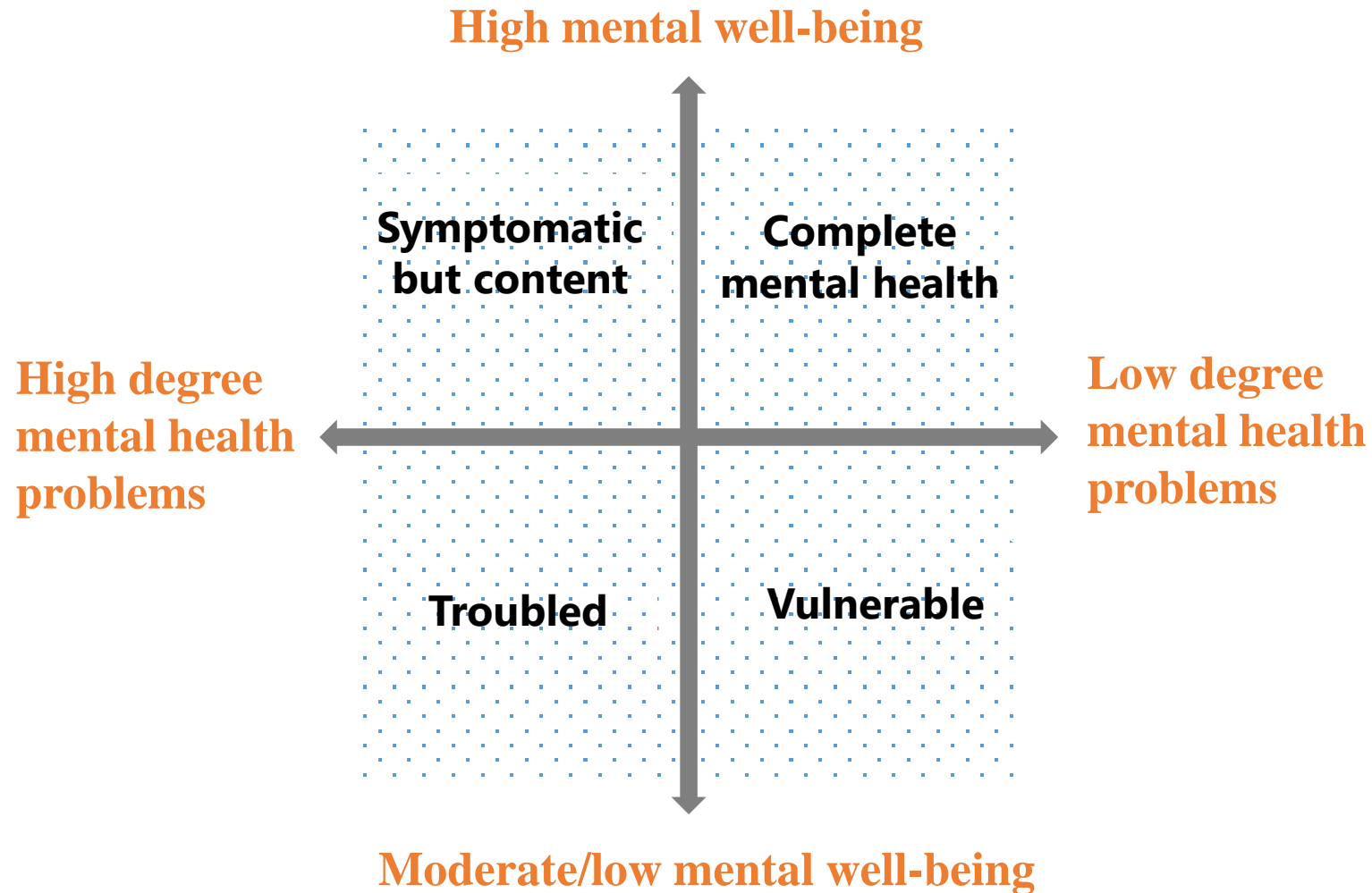
**High degree of  
mental health  
problems**



**Low degree of  
mental health  
problems**



# The dual factor model



Iasiello M, van Agteren J, Cochrane EM. Mental Health and/or Mental Illness: A Scoping Review of the Evidence and Implications of the Dual-Continua Model of Mental Health. Evidence Base. 2020;2020(1):1–45

Keyes CLM. Mental illness and/or mental health? Investigating axioms of the complete state model of health. Journal of Consulting and Clinical Psychology. 2005;73(3):539–48





## Aim

- To assess mental health status according to the dual factor model.
- To explore associations between mental health status and school-related factors, stress, resilience and background factors.



# A cross section a study on Gotland



The Life and Health of Youth  
Survey 2021

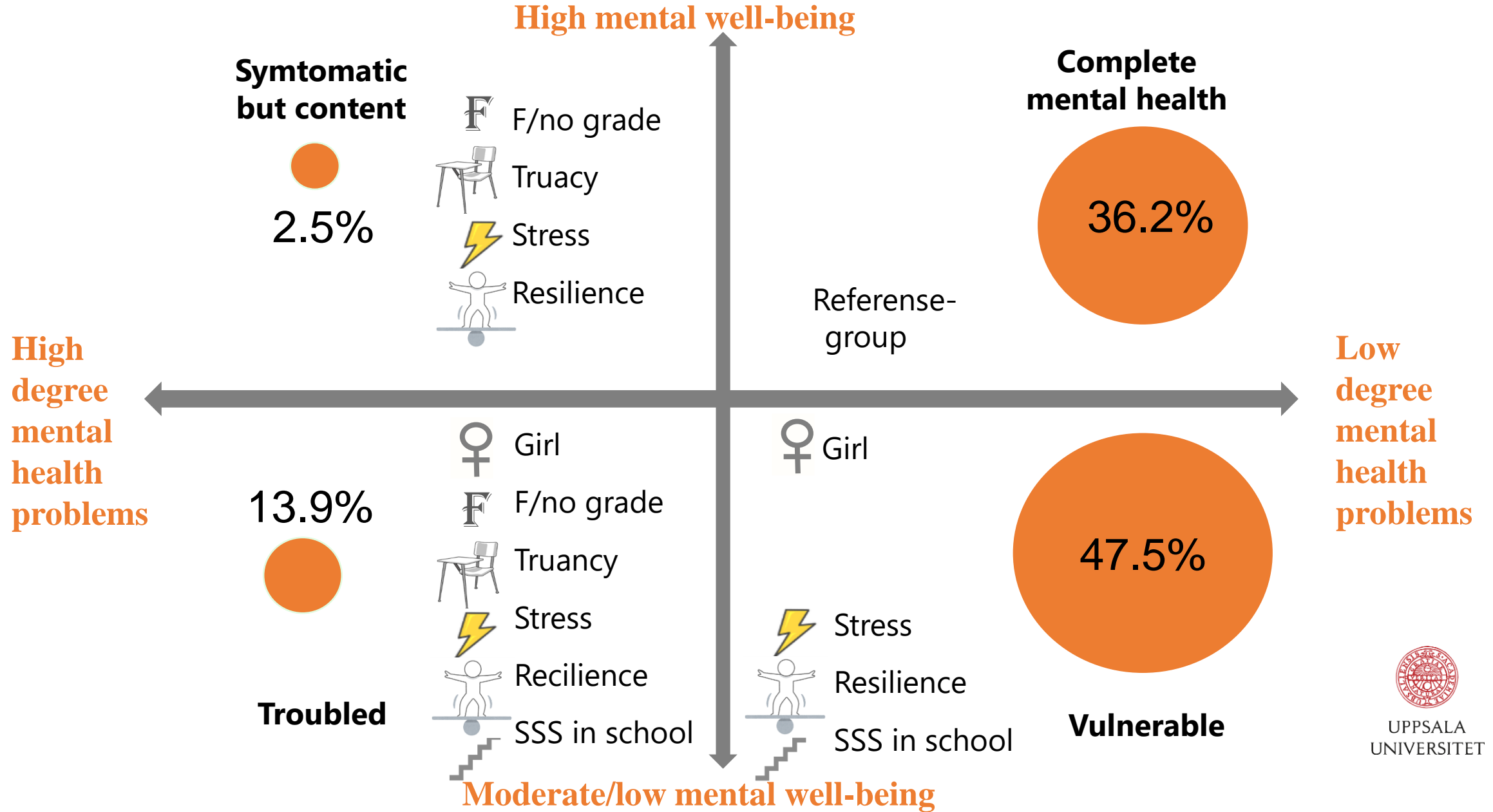
All lower and upper  
secondary schools

Response rate 62%

2184 participants



# Results



# Conclusions

- ⇒ The Dual-factor model provides important information about adolescents' mental health status that would not emerge in traditional measurements focusing merely on the presence or absence of symptoms of mental health problems.
- ⇒ Recognising and strengthening adolescents' mental well-being is important to improve their overall mental health.
- ⇒ Interventions focusing on stress, resilience, gender norms and social status could be of value to a significant proportion of adolescents.



# Thank you!

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