

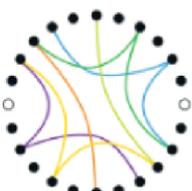


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SURVEY REPORT

SECTION GUIDE



STOWARZYSZENIE
MŁODYCH
ARTYSTÓW

C:E:T
Platform
LIETUVA



TOR VERGATA
UNIVERSITÀ DEGLI STUDI DI ROMA



STOWARZYSZENIE NA OBSZĘĆ PROFILAKTYKI SPOŁECZNEJ

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PROJECT DESCRIPTION

The STRONGERYOU(th) project responds to the growing mental health challenges faced by young people across Europe. Studies show that nearly half of EU youth have recently experienced emotional or psychological difficulties, yet most do not receive professional support due to stigma, shame, or lack of access.

As part of the project, we conducted a survey among young people to better understand the factors affecting their mental health and overall well-being. A total of 300 young people took part in the survey: 50 from each partner. The goal was to examine the current state of youth mental and physical health, as well as explore possible correlations between mental health and factors such as habits, creativity, social media use, and physical activity.

The STRONGERYOU(th) project aims to raise mental health awareness, reduce stigma, and equip young people with key social and emotional skills. By empowering youth workers with practical tools, we promote mental health as a strength, not a weakness.

The project supports social inclusion, especially for young people with fewer opportunities, and improves the quality of youth work in partner countries. Through creative and supportive methods, it helps young people build resilience, confidence, and cope better with the challenges of growing up.

RESULTS

DEMOGRAPHICS

The survey respondents represent a diverse group, primarily young adults. The predominant age group is 18-21 years, closely followed by those aged 21-26 years and 27-30 years (Fig.1). In terms of gender, the majority of participants identify as female (Fig.2). The occupational landscape of the respondents is largely characterized by students, with a smaller representation from other professions such as those employed, data analysts, and medical professionals.

Geographically, the respondents are overwhelmingly Italian, with most participants originating from various regions within Italy. This demographic profile suggests the findings are most reflective of young, educated Italian individuals, with a notable female majority.

Qual è la tua fascia di età?
53 risposte

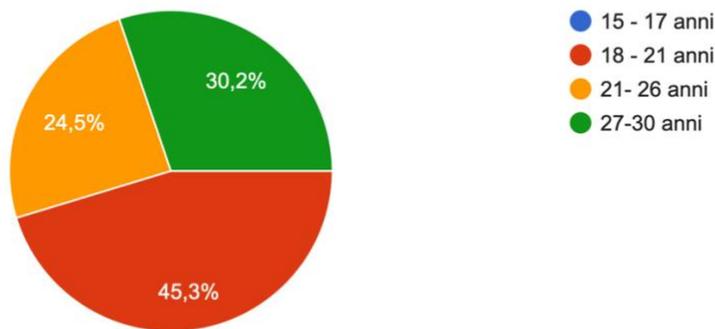


Fig.1

Indica il tuo genere

53 risposte

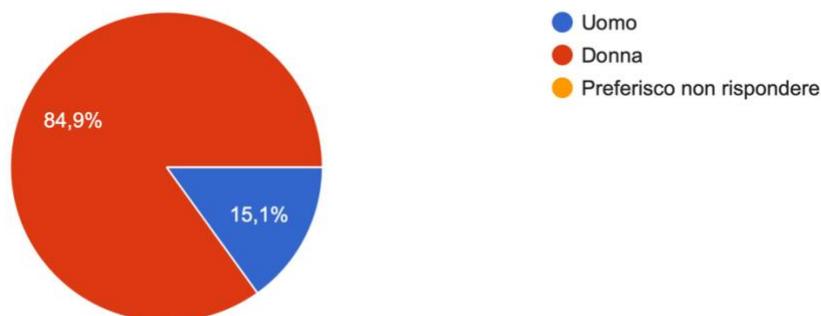


Fig.2

A third of young respondents said they felt they had fewer opportunities, with 9.4% answering “yes” and 22.6% “maybe”. For them, the main obstacles encountered are economic, linked to health problems and, secondarily, geographical and social (Fig.3).

Se sì, quali ostacoli/difficoltà affronti? Scegli la risposta pertinente.

16 risposte



Fig.3

MENTAL HEALTH

The general mental health status among respondents indicates a varied landscape. A significant portion of participants describe their mental health as good or very good, suggesting a generally positive self-perception of well-being. However, a notable percentage also report their mental health as fair or poor, highlighting areas of concern. Social life and physical health also emerge as important contributors. In detail, the majority of respondents (77.4%) report frequent mood swings ranging from very often to sometimes. This emotional instability is partly confirmed by the difficulty in managing their emotions for 64.2% of respondents (Fig.4).

2. Ti sembra di avere difficoltà a controllare le tue emozioni?

53 risposte

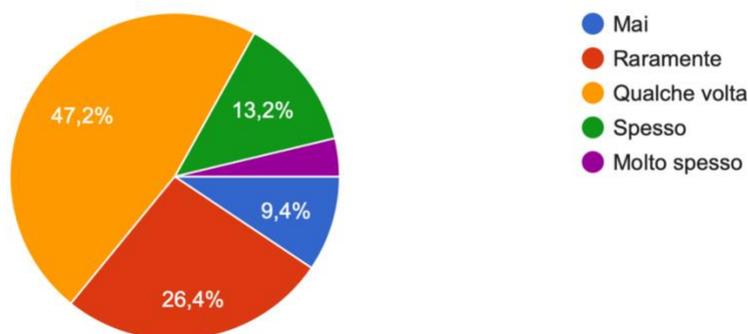


Fig.4

Despite this, one third of respondents (33.9%) have never or almost never felt an inner emptiness, while 37.7% say they feel it sometimes. However, 39.6% of respondents say they have difficulty maintaining long-term relationships and 32.1% say they are not sure whether or not they have difficulty. Furthermore, the vast majority of respondents experience intense stress and anxiety for no reason (75.5%) in Fig. 5.

5. Con quale frequenza provi ansia o nervosismo intensi senza un motivo chiaro?

53 risposte

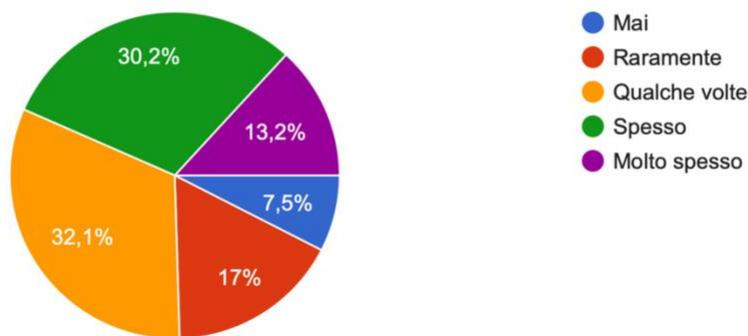


Fig.5

Nevertheless, the impulsive decisions that respondents regret remain stable between two extremes, with 41.5% rarely making them and 47.2% sometimes making them. Figures 6 and 7 show that just over half of respondents never or almost never feel rejected by others, but 60.3% say they have difficulty accepting themselves.

7. Con quale frequenza ti senti rifiutato dagli altri?

53 risposte

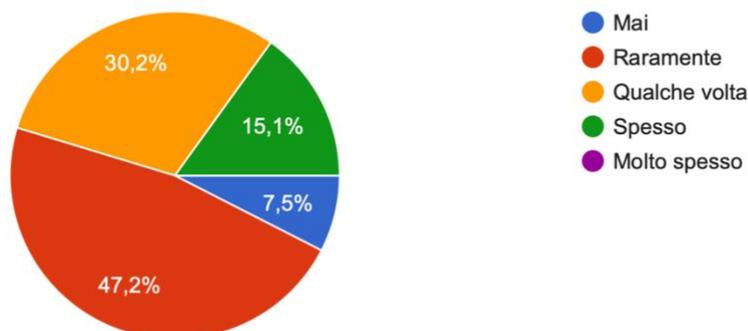


Fig.6

8. Ti sembra di avere difficoltà ad accettarti?

53 risposte

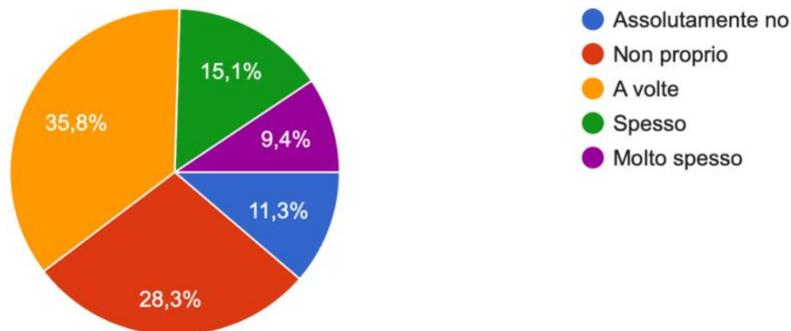


Fig.7

In line with these findings, only 22.7% of respondents reported having fairly high or very high self-esteem (Fig.8). Almost half of respondents (49%) frequently experience extreme emotions in a short period of time (e.g., from euphoria to despair). Furthermore, it is quite significant that 81.2% say they do not feel understood by others on a regular basis (Fig. 9).

9. Come valuteresti la tua autostima?

53 risposte

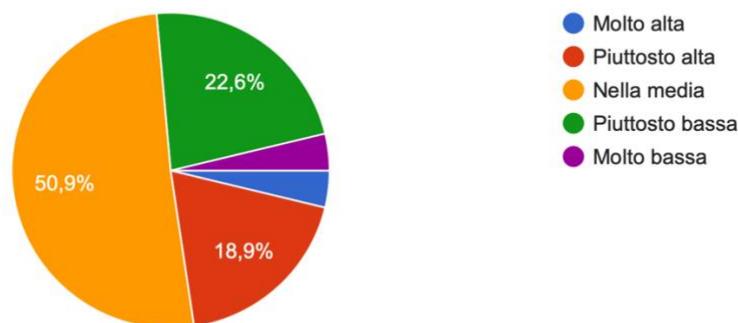


Fig.8

11. Con quale frequenza ti sembra che gli altri non ti capiscano?

53 risposte

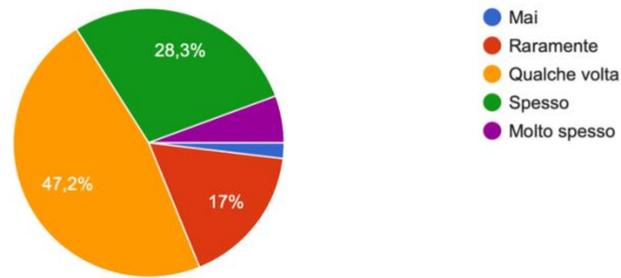


Fig.9

With regard to self-harm or thoughts of self-harm, the majority say they have never been involved in such behaviour or thoughts (67,9%), but it is significant that 13.3% think about doing it and 5.7% actually do it. The majority of respondents say they feel lonely rarely (32.1%) and occasionally (35.8%). At the same time, 75.4% say they frequently find it difficult to trust others (Fig.10).

14. Di solito, incontri difficoltà nel fidarti degli altri?

53 risposte

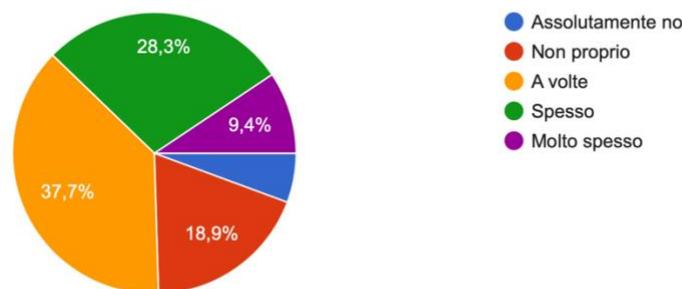


Fig.10

Half (54.7%) also say they have difficulty falling asleep or waking up at night feeling anxious, with a frequency ranging from very often (7.5%) to sometimes (30.2%). Motivation to complete daily tasks is only lacking sometimes for 45.3% of respondents. It is also positive that 30.2% feel they have no control

over their lives only sometimes and 37.8% rarely or never. In line with this trend, 67.9% always or almost always have someone they can count on in difficult Times (Fig.11).

18. Hai qualcuno a cui puoi rivolgerti nei momenti difficili?

53 risposte

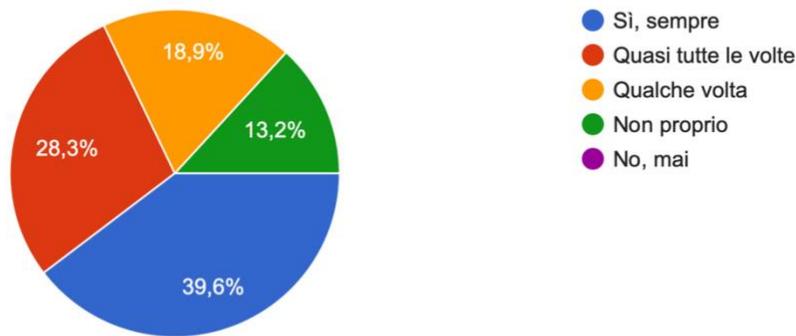


Fig.11

It is also indicative that almost half of respondents consider their mental health to be average (47.2%) and more than a third (37.7%) consider it to be “fairly good”. Furthermore, respondents seem to recognise the importance of specialist psychological support, with 41.5% stating that they have seen a psychologist several times or regularly, while 45.3% have considered it but have not yet taken the step (Fig.12).

20. Hai mai considerato di chiedere aiuto a un professionista (psicologo, terapeuta)?

53 risposte

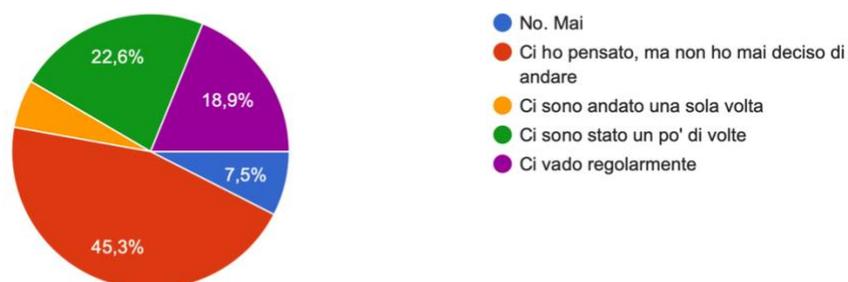


Fig.12

PHYSICAL HEALTH

Respondents' physical health practices show varied engagement levels. The physical health habits of respondents show varying levels of commitment. With regard to eating habits, most respondents eat dried fruit and vegetables very often (58.5%), but two-thirds of respondents often (30.2%) and sometimes (35.8%) eat highly processed foods. In terms of physical activity, a significant proportion of participants report exercising several times a week, indicating a proactive approach to fitness for many (45.3%). However, there is also a sizeable group who exercise rarely or not at all (32.1%). Sleep patterns reveal that most respondents sleep between 6 and 7 hours per night on average (71.7%), which is slightly out of line with general recommendations. Almost all respondents consider their physical health to be good, with 40.6% rating it as excellent or good and 58.5% as average (Fig.13).

25. Come valuteresti la tua salute fisica generale?

53 risposte

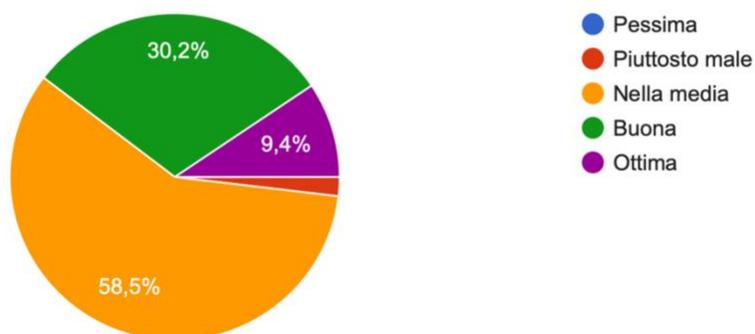


Fig.13

IMPACT OF CREATIVITY ON MENTAL HEALTH

The survey results highlight a strong consensus among respondents regarding the positive influence of creative activities on mental health. The 56,6% are pretty familiar with the term upcycling. An overwhelming majority of participants believe that engaging in creative pursuits can significantly benefit mental well-being (67,9%, Fig.14). This perception is largely matched by behavior, as a substantial number of respondents report regularly participating in such creative activities (69,8%) or want to try (18,9%). This suggests that creative engagement is not only valued for its potential mental health benefits but is also a practiced part of life for many individuals in the surveyed group. The findings underscore the importance of creative expression as a potential tool for fostering and maintaining positive mental health within this demographic.

28. Quale valore attribuisce al riuso creativo?

53 risposte

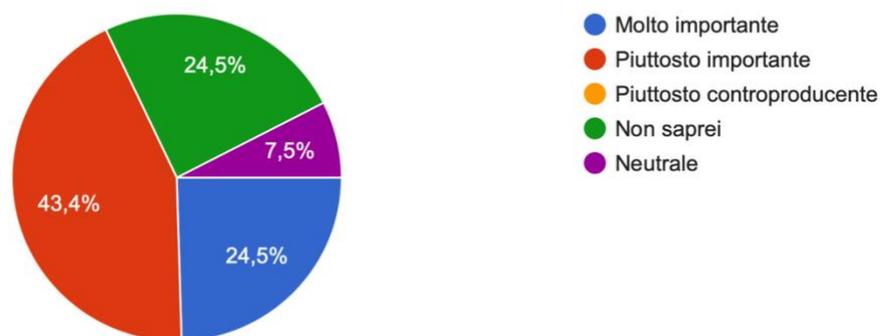


Fig.14

IMPACT OF HABITS ON MENTAL HEALTH

The survey data reveals a strong acknowledgment among respondents of the significant role daily habits play in shaping their emotional state. A vast majority of participants indicated that they believe their daily routines have a substantial influence on their mental well-being. This widespread recognition underscores a high level of awareness regarding the connection between lifestyle habits and emotional health. It suggests that interventions or strategies aimed at promoting positive daily habits could be well-received and potentially effective in supporting the mental health of this young adult population. The consistency in this belief across the respondent group points to a shared understanding of how foundational, everyday behaviors contribute to overall emotional equilibrium. More specifically, 77.3% say that listening to music helps them balance their emotions and stress (Fig.15). However, 81.2% listen to it only occasionally or a few hours a day. In addition, more than a third (39.6%) play an instrument in their free time and often attend musical events (35.9%).

29. Ascoltare musica ti aiuta a gestire lo stress e le emozioni?

53 risposte

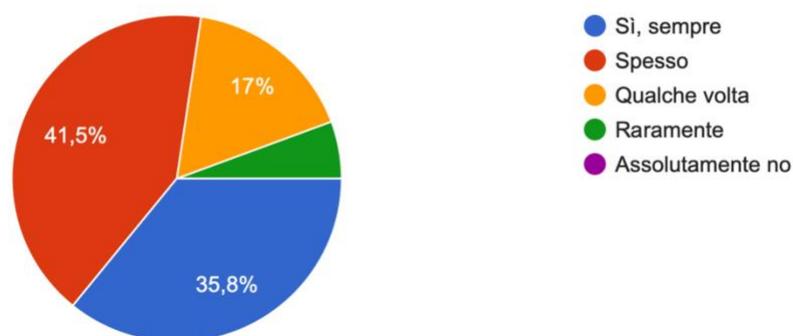


Fig.15

In terms of the type of physical activity practised, respondents are divided between a high percentage of individual sports (39.6%) and recreational

activities (30.2%), but there is also 22.6% who do not practise any activity. The motivation behind these activities is mainly to improve health and physical fitness (Fig.16). In fact, 79.2% of respondents believe that physical activity affects their physical and mental well-being (Fig.17).

34. Cosa ti motiva maggiormente a praticare sport?

53 risposte

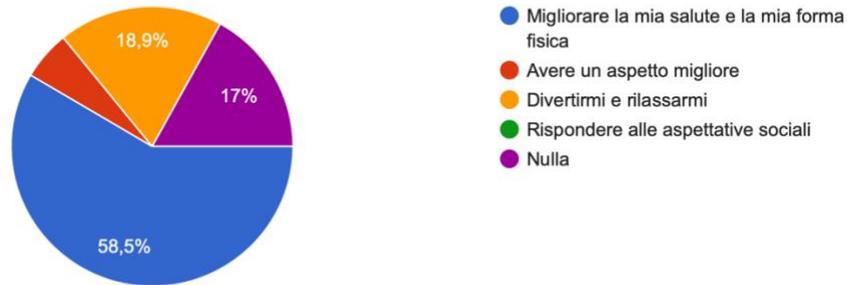


Fig.16

35. Pensi che l'attività fisica influisca sul tuo benessere mentale?

53 risposte

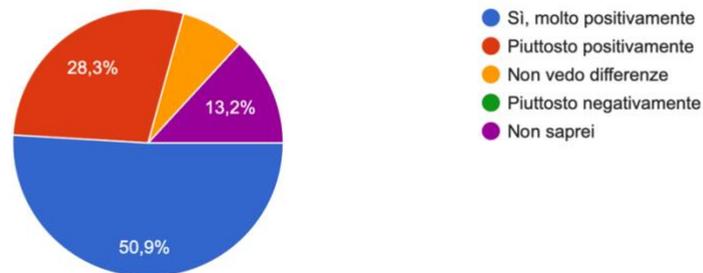
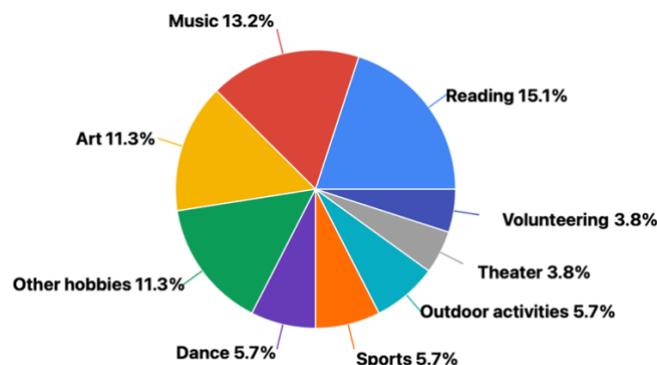


Fig.17

Below is a summary of the 30 responses provided regarding hobbies.



IMPACT OF SOCIAL MEDIA ON MENTAL HEALTH

The survey data indicates varied patterns of social media usage among respondents and diverse perceptions of its impact on their mental well-being. A significant portion of participants report spending several hours on social media daily, with some indicating usage exceeding three hours (Fig. 18). Mainly they use Instagram and TikTok (81,1% and 54,7%). They only partially use them to stay informed and follow the content of the profiles they follow, while the majority say they use them in their free time without a specific purpose and to stay in touch with their friends (Fig.19).

37. Quanto usi i social media in un giorno?

53 risposte

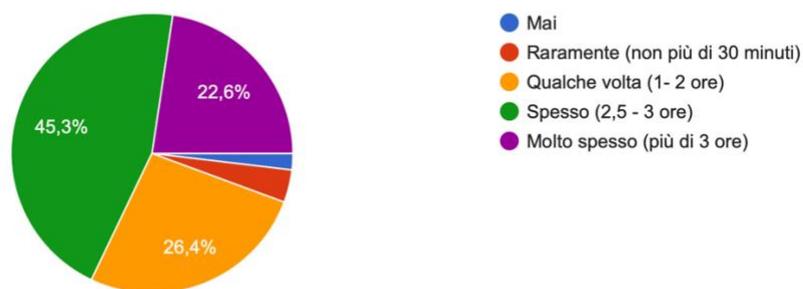


Fig.18

39. Con quale scopo? Per ciascuna opzione indica un valore da 1 a 4 (1= "concordo", 2="concordo in parte", 3="è difficile dirlo", 4="non sono d'accordo")

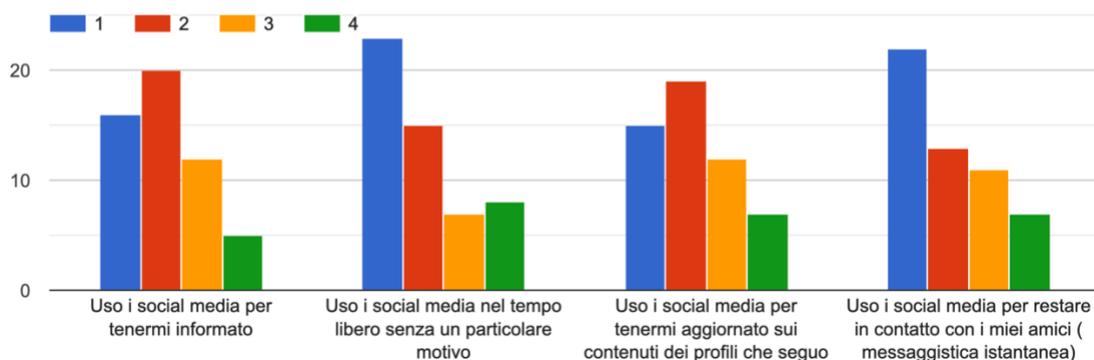


Fig.19

A significant percentage of participants say they follow specific pages or profiles dedicated to mental well-being or providing information on mental health topics (66%), followed by humour (60.4%) and travel (50.9%). This suggests that while social media can be a source of stress for some, others actively use it as a resource for mental health support and information. Other topics they consider important to follow on social media can be summarised in the following categories: **News & Current Events:** 24.5%; **Health & Wellness:** 22.6%; **Politics:** 17.0%; **Science:** 13.2%; **Entertainment & Humour:** 11.3%; **Social Issues:** 11.3%; **Culture & Arts:** 9.4%; **Sports:** 5.7%; **Technology:** 3.8%; **Personal Growth:** 3.8%; **Other topics:** 9.4%

In terms of awareness of the time spent on social media, 28.3% say they try to reduce their weekly usage every day. On the other hand, 30.2% report that they are unable to control their usage time. Mirroring this, the same percentage say they do not check at all because they are not interested in being aware of their usage (Fig.20). When asked to define the impact of social media on their mental health, only two respondents (3.8%) say that it has no effect. The others are split between a modest effect (69.8%) and a strong impact (26.4%, Fig.21).

43. Verifichi quanto tempo trascorri sui social media ogni settimana?

53 risposte

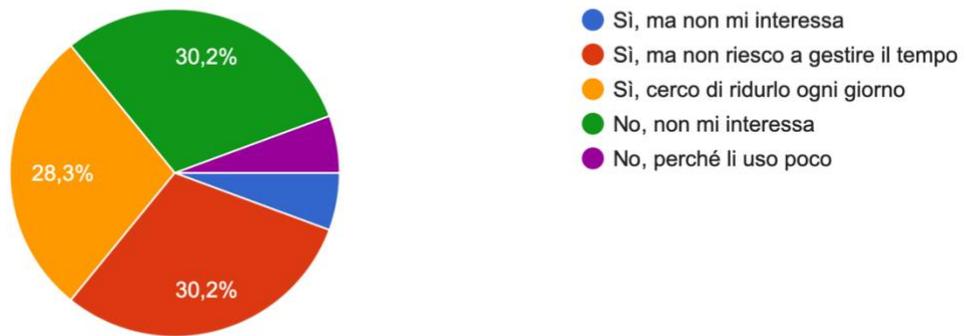


Fig.20

44. In che misura pensi che i contenuti che vedi sui social media abbiano un impatto sulla tua salute mentale? (1=per niente, 2=un po', 3=moderatamente, 4=molto, 5=estremamente)

53 risposte

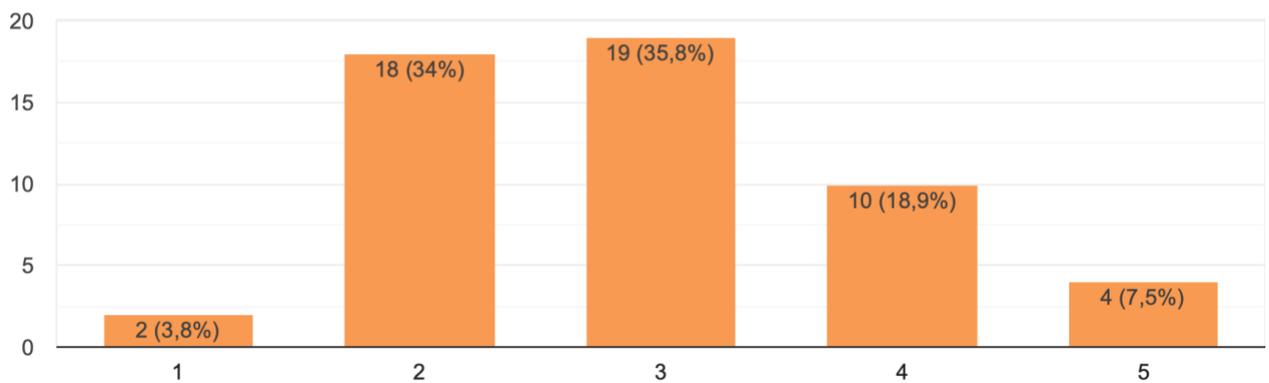


Fig.21

CONCLUSIONS AND NEXT STEPS

The survey on mental well-being and healthy lifestyles among Italian young adults, predominantly students, reveals a multifaceted picture. Demographically, the respondents are largely young females, which should be considered when generalizing findings. A positive trend observed is the high awareness and belief in the beneficial impact of creative activities and healthy daily habits on mental health. Many respondents actively engage in creative pursuits and recognize the strong link between their routines (sleep, diet, morning rituals) and their emotional state. This suggests a receptive audience for initiatives promoting these aspects for mental well-being. Social media presents a double-edged sword. While many use it for extended periods and some find it a source for mental health information, a considerable number report a negative impact on their well-being. This indicates a need for promoting mindful social media use and digital literacy concerning its effects on mental health. The IT STRONGERYOU(th) survey findings reveal several critical areas that warrant attention in developing our pedagogical framework for mental health. The data highlights significant challenges among young italians, particularly emotional regulation difficulties (64.2%), anxiety without clear triggers (75.5%), self-acceptance issues (60.3%), low self-esteem (only 22.7% reporting high levels), and trust difficulties (75.4%). Yet encouragingly, most respondents recognize the importance of professional support, with 41.5% having already sought psychological help. Physical health practices show mixed engagement, though respondents clearly understand the connection between physical activity and mental wellbeing (79.2% acknowledging this relationship). The strong consensus regarding creative activities' positive impact on mental health (67.9%) suggests a promising intervention pathway, as does the widespread recognition of how daily habits influence emotional states. Social media usage patterns indicate both challenges and opportunities, with many using platforms for mental health information (66%) despite concerns about excessive use.



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Based on these insights, our pedagogical framework should focus on five key intervention areas: (1) emotional regulation skill development, addressing the widespread difficulty in managing emotions and anxiety; (2) self-acceptance and self-esteem enhancement programs that counter negative self-perception; (3) creative expression workshops leveraging the recognized benefits of creativity; (4) physical wellbeing initiatives that connect movement to mental health; and (5) digital literacy education promoting healthy social media use while utilizing these platforms as tools for mental health awareness. By integrating these elements into youth work practices across partner countries, we can develop comprehensive approaches that respond directly to the identified needs while building on young people's existing awareness of mental health factors. This framework should emphasize accessible, stigma-free interventions that can be implemented both in structured settings and through peer-support networks, ultimately empowering young people to view mental health as a strength to be cultivated rather than a weakness to be hidden.