



Co-funded by
the European Union



STRONGER YOU(TH)

SURVEY REPORT



STOWARZYSZENIE
MŁODYCH
ARTYSTÓW

C:E:T
Platform
LIETUVA



TOR VERGATA
UNIVERSITÀ DEGLI STUDI DI ROMA



STOWARZYSZENIE NA ODSZEC 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.

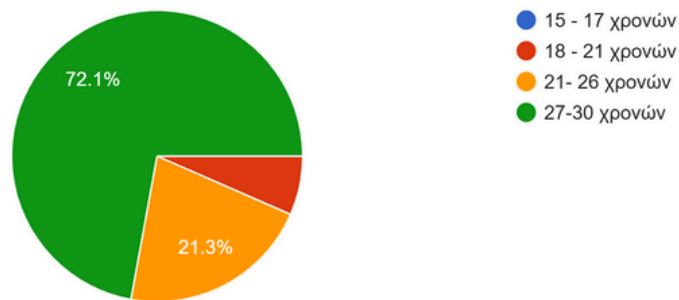
The STRONGERYOU(th) project aims to raise mental health awareness, reduce stigma, and equip young people with key social and emotional skills. By empowering youth workers with practical tools, we promote mental health as a strength, not a weakness.

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:

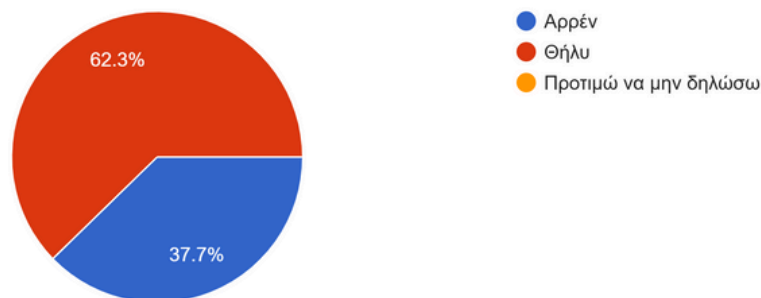
DEMOGRAPHICS

Ηλικία
61 responses



1. Most of the respondents are between 27-30 years old (72,1%).

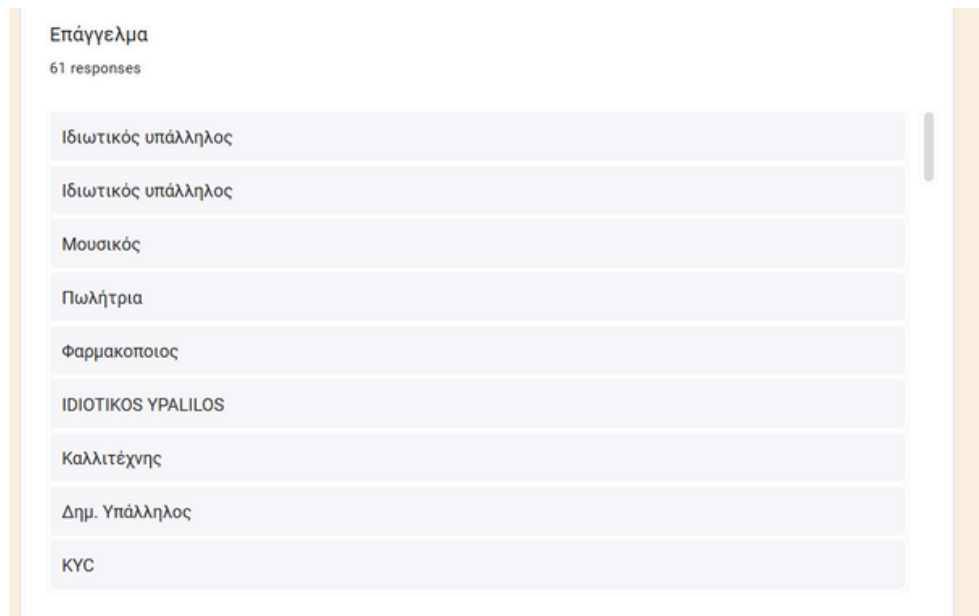
Φύλο
61 responses



2. Most of the respondents are female (62.3%).

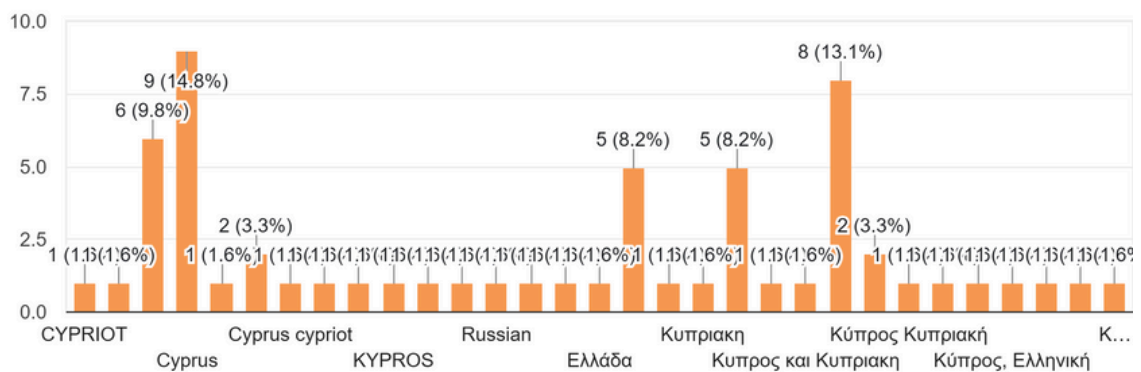
RESULTS:

DEMOGRAPHICS



3. Most of the respondents are working in the private sector..

Χώρα και εθνικότητα
61 responses



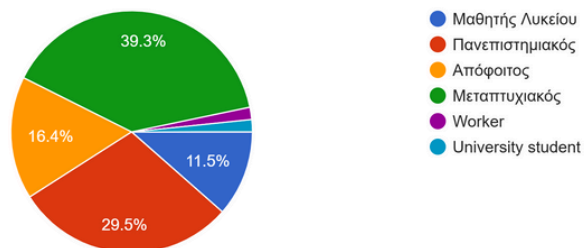
4. Most of the respondents are from Cyprus and they are Cypriots.

ypus

RESULTS:

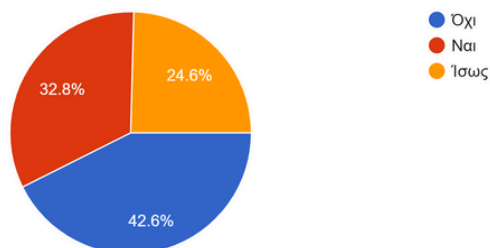
DEMOGRAPHICS

Εκπαιδευτικό υπόβαθρο
61 responses



5. Most of the respondents are have a Master Degree, approximately the 40%. The rest are University graduates (29.5%), school graduates (16,4%), and university students (11.5%).

Θεωρείς τον εαυτό σου νέο άτομο με λιγότερες ευκαιρίες;
61 responses

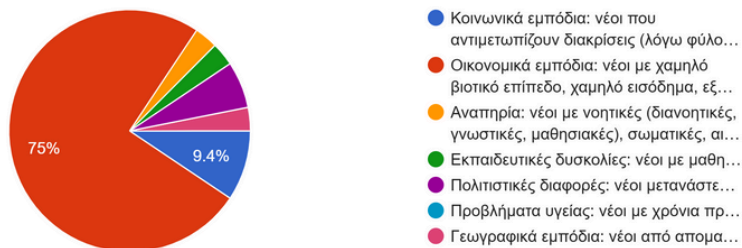


6. Most of the respondents believe that they aren't people with fewer opportunities.

RESULTS:

DEMOGRAPHICS

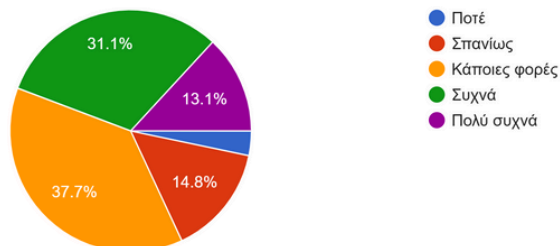
Αν ναι, ποια εμπόδια/δυσκολίες αντιμετωπίζετε; Επιλέξτε τη σχετική απάντηση.
32 responses



7. The people with the fewer opportunities stated that they have financial problems.

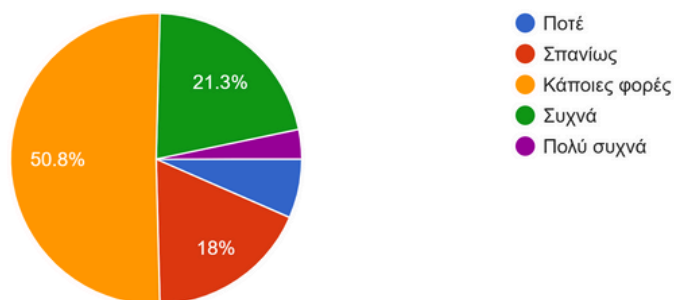
MENTAL HEALTH

1. Πόσο συχνά έχετε βιώσει ξαφνικές εναλλαγές της διάθεσης τον τελευταίο μήνα;
61 responses



1. Most of the respondents - 37,7% responded that they SOMETIMES experience sudden mood swings in the last month.

2. Δυσκολεύεστε να ελέγξετε τα συναισθήματά σας;
61 responses

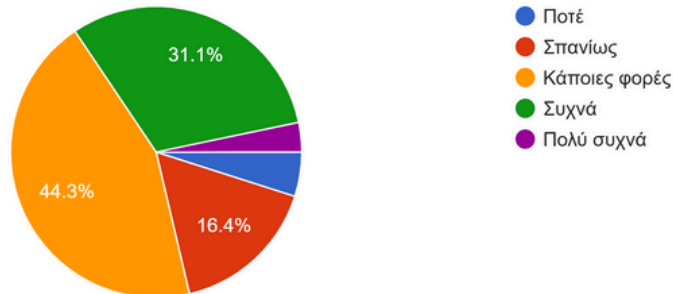


2. Most of the respondents, 50,8%, stated that they sometimes having difficulties in controlling their emotions.

MENTAL HEALTH

3. Πόσο συχνά νιώθετε ένα εσωτερικό κενό;

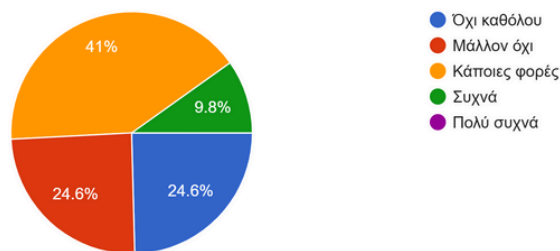
61 responses



3. Most of the respondents, 44.3%, stated that sometimes they feel an inner emptiness

4. Δυσκολεύεστε να διατηρήσετε μακροχρόνιες σχέσεις με τους άλλους;

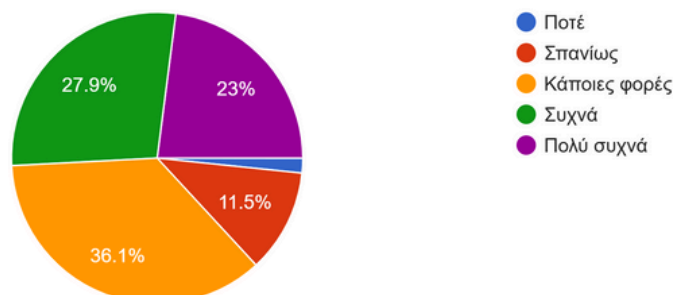
61 responses



4. Most of the respondents stated that Sometimes, they face difficulties in maintaining long-term relationships with others.

5. Πόσο συχνά νιώθετε έντονο άγχος ή νευρικότητα χωρίς ξεκάθαρο λόγο;

61 responses

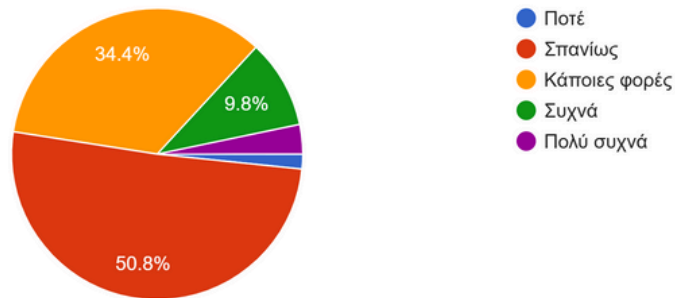


5. Most of the respondents, 36.1%, stated that sometimes they feel intense anxiety or nervousness for no clear reason.

MENTAL HEALTH

6. Παίρνετε ποτέ παρορμητικές αποφάσεις για τις οποίες μετανιώνετε αργότερα;

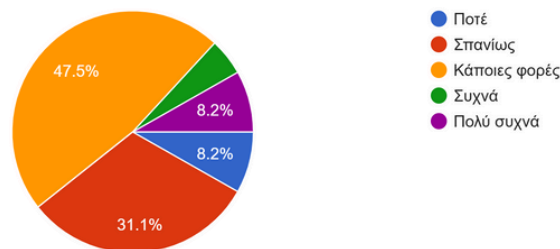
61 responses



6. Most of the respondents, 50,8% stated that RARELY they make impulsive decisions that they regret later.

7. Νιώθετε συχνά απόρριψη από τους άλλους;

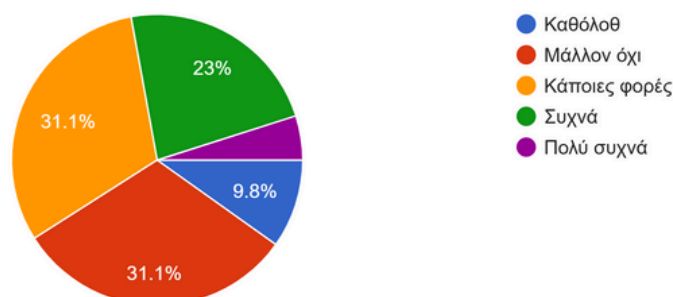
61 responses



7. Most of the respondents stated that sometimes they feel rejected by others.

8. Παλεύεστε με την αποδοχή του εαυτού σας;

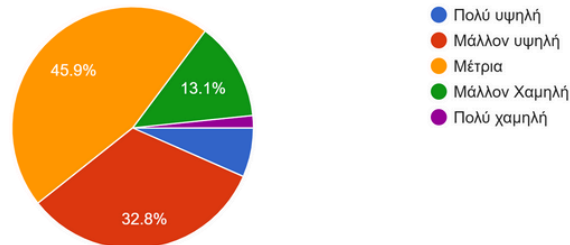
61 responses



8. Most of the respondents stated that sometimes they struggle with self-acceptance.

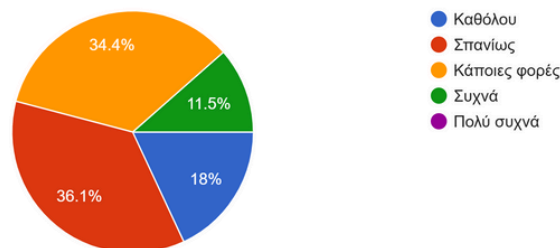
MENTAL HEALTH

9. Πώς θα βαθμολογούσατε την αυτοεκτίμησή σας;
61 responses



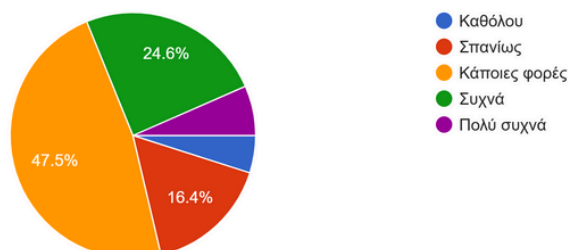
9. Most of the respondents, stated that they feel AVERAGE when it comes to rate their self-esteem.

10. Βιώνετε ακραία συναισθήματα σε σύντομο χρονικό διάστημα (π.χ. από την ευφορία στην απόγνωση);
61 responses



10. Most of the respondents stated that rarely they experience extreme emotions in a short period of time (e.g. from euphoria to despair).

11. Πόσο συχνά νιώθετε ότι οι άλλοι δεν σας καταλαβαίνουν;
61 responses

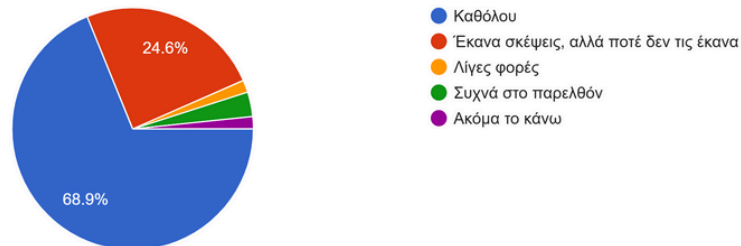


11. Most of the respondents, stated that sometimes, they feel that others do not understand them.

MENTAL HEALTH

12. Έχετε αυτοτραυματιστεί ποτέ ή είχατε σκέψεις να το κάνετε;

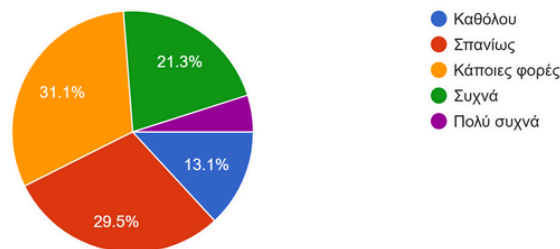
61 responses



12. Most of the respondents stated that they never have bad thoughts for harming themselves.

13. Πόσο συχνά νιώθετε μοναξιά;

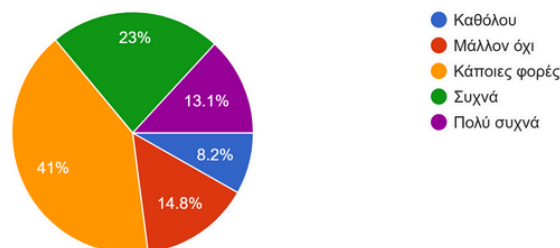
61 responses



13. Most of the respondents stated that sometimes they feel lonely.

14. Δυσκολεύεστε να εμπιστευτείτε άλλους ανθρώπους;

61 responses

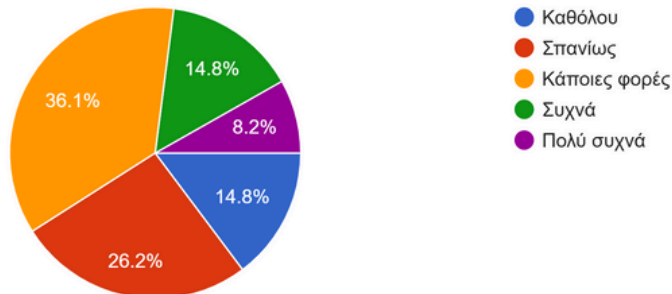


14. Most of the respondents stated that sometimes they have difficulty in trusting other people.

MENTAL HEALTH

15. Πόσο συχνά δυσκολεύεστε να αποκοιμηθείτε ή ξυπνάτε το βράδυ νιώθοντας άγχος;

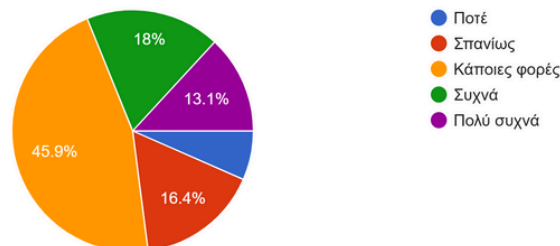
61 responses



15. Most of the respondents stated that sometimes they have difficulty falling asleep or that they wake up at night feeling anxious.

16. Νιώθετε συχνά χωρίς κίνητρο να ολοκληρώσετε καθημερινές εργασίες;

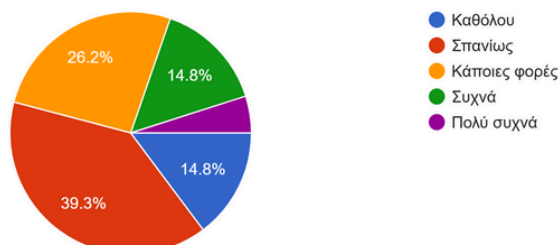
61 responses



16. Most of the respondents stated that sometimes they feel unmotivated to complete daily tasks.

17. Πόσο συχνά νιώθετε ότι δεν έχετε κανέναν έλεγχο στη ζωή σας;

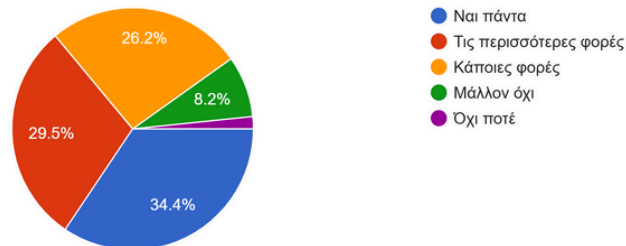
61 responses



17. Most of the respondents stated that rarely they feel like they have no control over their life.

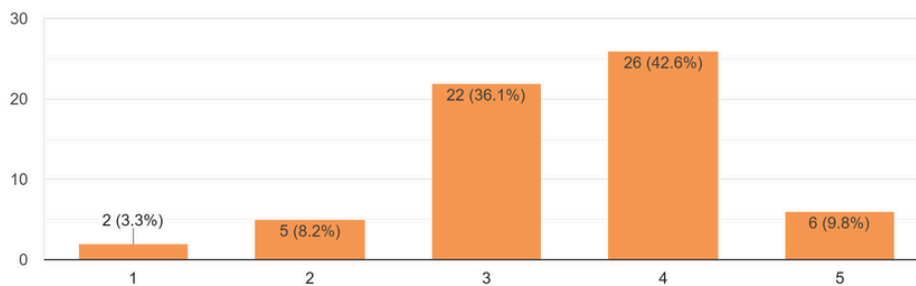
MENTAL HEALTH

18. Έχετε κάποιον στον οποίο μπορείτε να απευθυνθείτε σε δύσκολες στιγμές;
61 responses



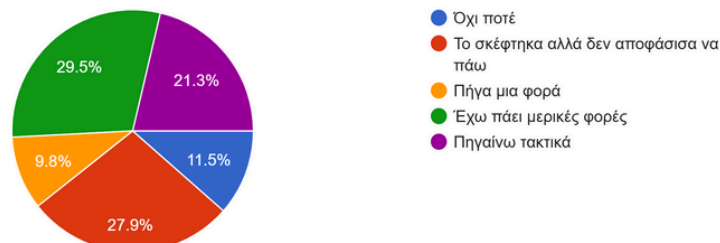
18. Most of the respondents stated that most of the times they have someone they can turn to in difficult times.

19. Πώς θα βαθμολογούσατε τη συνολική ψυχική σας υγεία σε μια κλίμακα από το 1 έως το 5;
(1=πολύ κακή, 2=μάλλον κακή, 3=μέτρια, 4=μάλλον καλή, 5=πολύ καλή)
61 responses



19. Most of the respondents rated rather good their overall mental health on a scale from 1 to 5. (1=very bad, 2=rather bad, 3=average, 4=rather good, 5=very good)

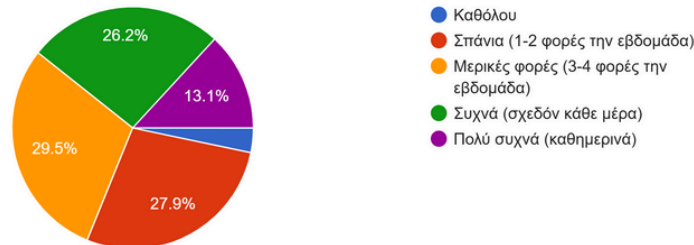
20. Σκεφτήκατε ποτέ να ζητήσετε βοήθεια από έναν επαγγελματία (ψυχολόγο, θεραπευτή);
61 responses



20. Most of the respondents stated that they sometimes visited a mental health professional.

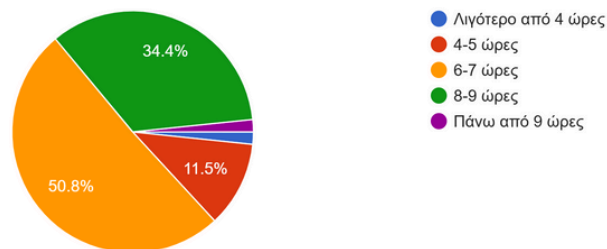
PHYSICAL HEALTH

21. Πόσο συχνά τρώτε φρέσκα φρούτα και λαχανικά;
61 responses



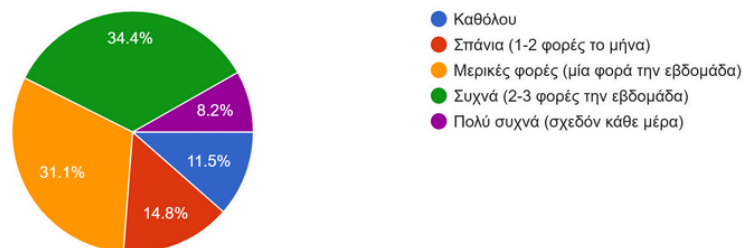
21. Most of the respondents stated that they eat vegetables and fruits sometimes (3-4 times a week).

22. Πόσες ώρες κοιμάστε συνήθως τη νύχτα;
61 responses



22. Most of the respondents sleep at least 6-7 hours at night.

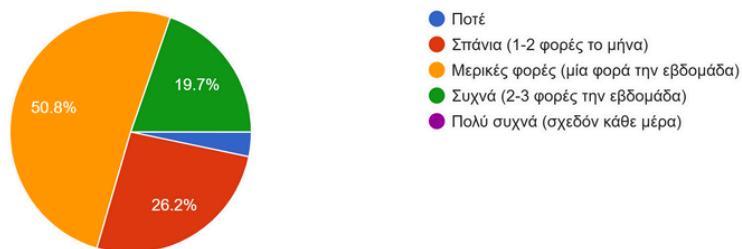
23. Πόσο συχνά ασχολείστε με σωματική δραστηριότητα (π.χ. περπάτημα, τρέξιμο, προπονήσεις στο γυμναστήριο, αθλήματα);
61 responses



23. Most of the respondents stated that they often (2-3 times a week) engage in physical activity (e.g., walking, running, gym workouts, sports).

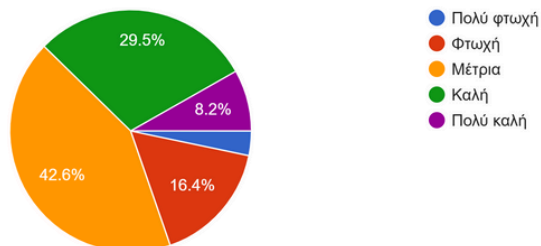
PHYSICAL HEALTH

24. Πόσο συχνά καταναλώνετε εξαιρετικά επεξεργασμένο ή γρήγορο φαγητό;
61 responses



24. Most of the respondents stated that SOMETIMES -once a week, they consume fast food.

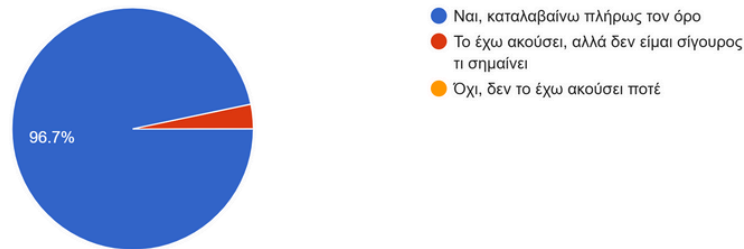
25. Πώς θα βαθμολογούσατε τη συνολική σωματική σας υγεία;
61 responses



25. Most of the respondents rated with AVERAGE their overall physical health.

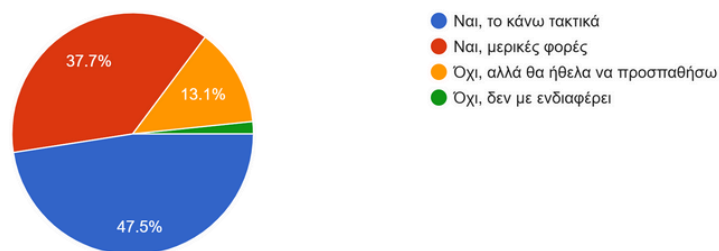
IMPACT OF CREATIVITY ON MENTAL HEALTH

26. Ξέρετε τι είναι η ανακύκλωση;
61 responses



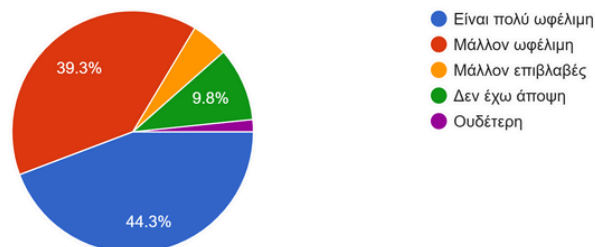
26. Most of the respondents do know what is recycling.

27. Έχετε δοκιμάσει ποτέ την ανακύκλωση, π.χ. ρούχων, επίπλων ή άλλων αντικειμένων;
61 responses



27. Most of the respondents have tried upcycling, e.g., by repurposing clothes, furniture, or other items.

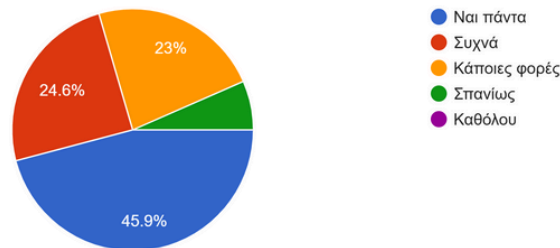
28. Πώς αξιολογείτε τις περιβαλλοντικές επιπτώσεις της ανακύκλωσης;
61 responses



28. Most of the respondents assessed the environmental impact of upcycling as very beneficial.

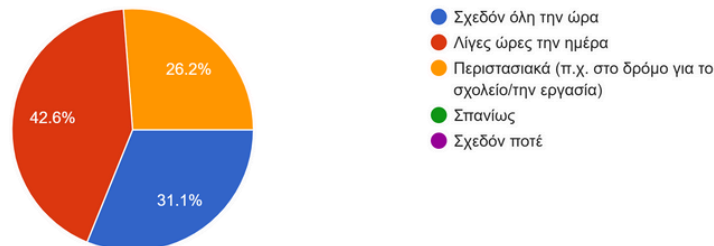
IMPACT OF HABITS ON MENTAL HEALTH

29. Το να ακούς μουσική σε βοηθά να αντιμετωπίσεις το άγχος και τα συναισθήματα;
61 responses



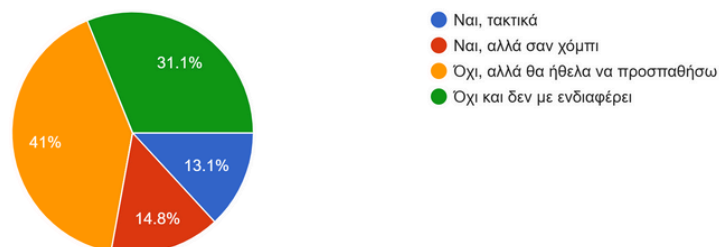
29. Most of the respondents stated that listening to music always help them to cope with stress and emotions.

30. Πόσο συχνά ακούτε μουσική κατά τη διάρκεια της ημέρας;
61 responses



30. Most of the respondents stated that they listen to music a few hours within the day.

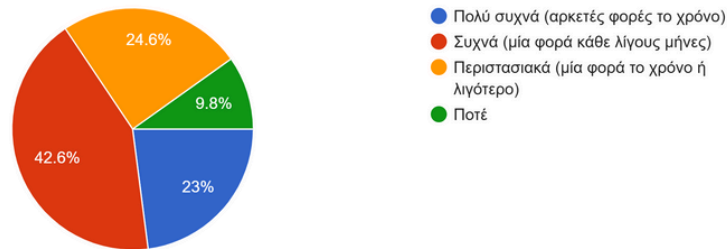
31. Παίζεις κάποιο μουσικό όργανο ή τραγουδάς;
61 responses



31. Most of the respondents stated that they do not sing or play an instrument but they would like to try.

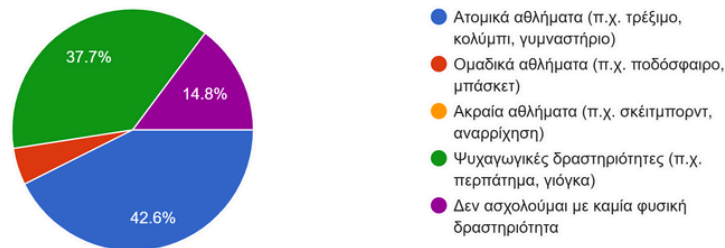
IMPACT OF HABITS ON MENTAL HEALTH

32. Πόσο συχνά παρακολουθείτε μουσικές εκδηλώσεις (συναυλίες, φεστιβάλ, jam sessions κ.λπ.);
61 responses



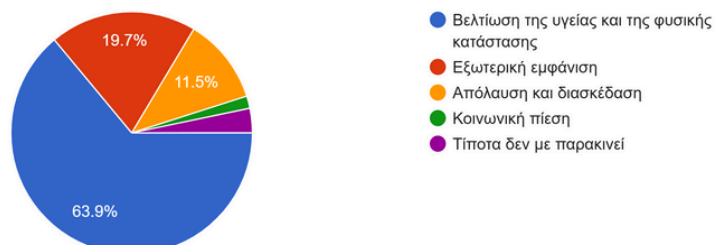
32. Most of the respondents responded that they often (once every few months) attend music events (concerts, festivals, jam sessions, etc.).

33. Τι είδους σωματική δραστηριότητα ασκείτε πιο συχνά;
61 responses



33. Most of the respondents stated that they practice individual sports (e.g., running, swimming, gym).

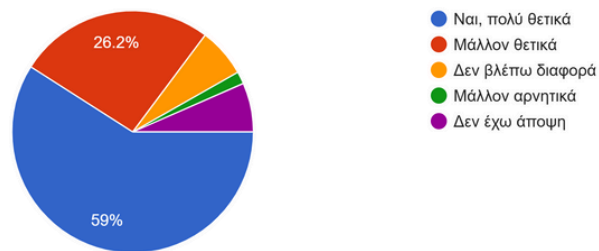
34. Τι σας παρακινεί περισσότερο να ασχοληθείτε με τον αθλητισμό;
61 responses



34. Most of the respondents stated that improving their health and fitness i motivates them the most to engage in sports.

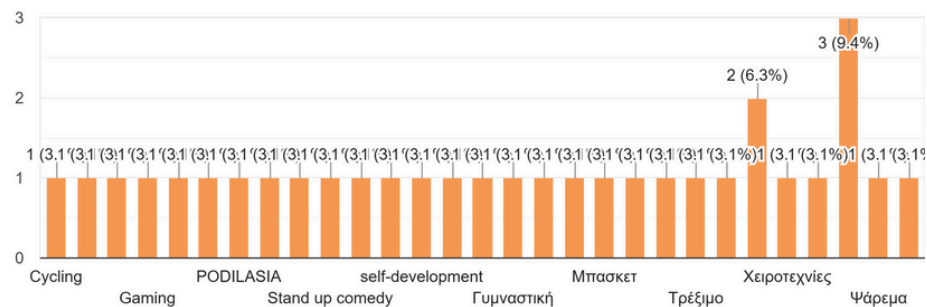
IMPACT OF HABITS ON MENTAL HEALTH

35. Πιστεύετε ότι η σωματική δραστηριότητα επηρεάζει την ψυχική σας ευεξία;
61 responses



35. Most of the respondents believe that physical activity affects very positively the mental well-being.

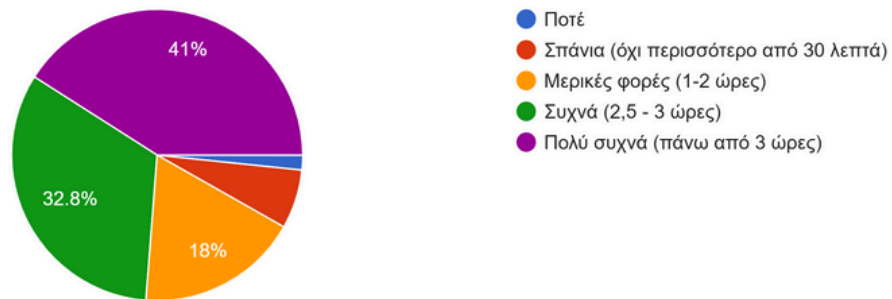
36. Εάν έχετε ένα χόμπι, παρακαλώ ονομάστε ένα.
32 responses



36. Most of the respondents are into sports, like dancing, basketball, cycling etc.

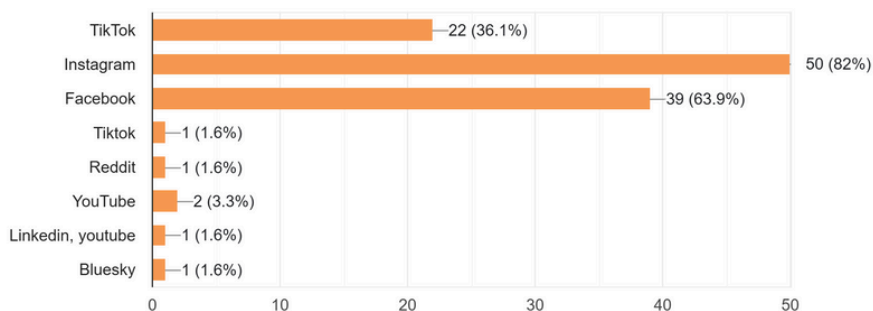
IMPACT OF SOCIAL MEDIA ON MENTAL HEALTH

37. Πόσο χρησιμοποιείτε τα social media σε μια μέρα;
61 responses



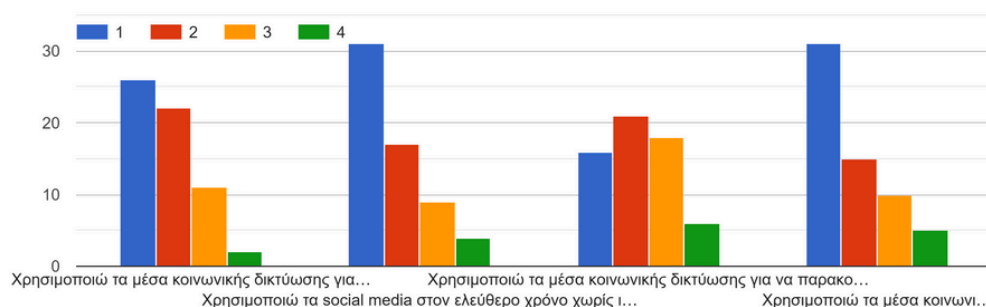
37. Most of the respondents use social media very often (more than 3 hours)

38. Ποια μέσα κοινωνικής δικτύωσης χρησιμοποιείτε περισσότερο; Παρακαλώ, αναφέρετε όχι περισσότερα από τρία.
61 responses



38. Most of the respondents use Instagram and Facebook.

39. Για ποιο σκοπό; Σημειώστε μια τιμή από το 1 έως το 4, όπου το 1 αντιστοιχεί στο "Συμφωνώ", το 2 στο "Συμφωνώ μόνο σε κάποιο βαθμό", το 3 σ...Είναι δύσκολο να το πω" και το 4 στο "Διαφωνώ"



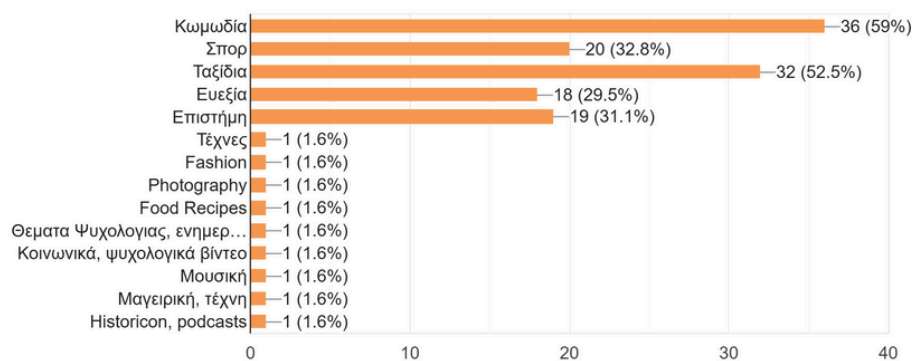
39. Most of the respondents use social media without a special goal and to stay in touch with their friends (instant messaging)

IMPACT OF SOCIAL MEDIA ON MENTAL HEALTH

**40. Are there any other reasons why You use social media?
Please, specify. If NOT - leave it blank.**

**40. In the above question, most of the respondents stated
that they use social media for pleasure.**

41. Τι κάνουν οι αγαπημένοι σας δημιουργοί; Μπορείτε να επιλέξετε περισσότερες από μία επιλογές.
61 responses



41. Most of the respondents chose COMEDY and TRAVELLING in the question “What do your favourite creators do?”

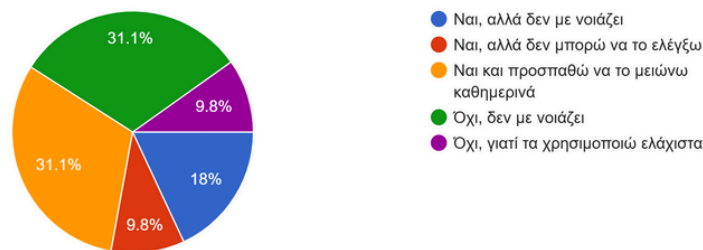
42. Which topics do you consider important and follow on Social Media?

42. Most respondents stated that two of the topics that they consider important and follow on social media are News, Music, Comedy.

IMPACT OF SOCIAL MEDIA ON MENTAL HEALTH

43. Ελέγχετε πόσο χρόνο αφιερώνετε σε κάθε Social Media την εβδομάδα; Μπορείτε να επιλέξετε περισσότερες από μία επιλογές.

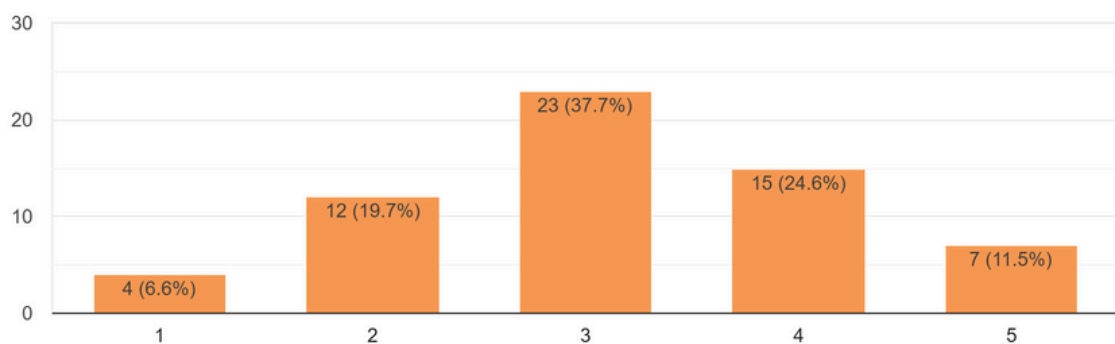
61 responses



43. Most of the respondents stated that they check how much time they spend on each Social Media per week and that they try to reduce it.

44. Σε ποιο βαθμό πιστεύετε ότι το περιεχόμενο που βλέπετε στα μέσα κοινωνικής δικτύωσης επηρεάζει την ψυχική σας υγεία; (1=καθόλου, 2=λίγο, 3=μέτρια, 4=πολύ, 5=εξαιρετικά)

61 responses



44. In the question "To what extent do you think the content you see on social media impacts your mental health? (1=not at all, 2=a little bit, 3=moderately, 4=very much, 5=extremely much)", most of the respondent chose 3-moderately.

CONCLUSIONS AND NEXT STEPS

In general:

- 1) Youth is worried about their mental health.
- 2) They are into sports
- 3) They spend a lot of time in social media
- 4) They do know what is recycling and they do recycling.
- 5) They listen to music and they believe that music helps in their mental health and mood
- 6) They sometimes they feel lonely.
- 7) Most of the times they have people to talk and express their feelings.

The survey on mental well-being and healthy lifestyles among Cypriot young adults, predominantly university graduates, reveals a multifaceted picture. Demographically, most of the respondents are young females 27 to 30 years old. 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, a considerable number is aware that spending too much time in social media is no good and they want to control it.

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 cypriots, particularly emotional regulation difficulties, anxiety without clear triggers, self-acceptance issues, low self-esteem, and trust difficulties. 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. The strong consensus regarding creative activities' positive impact on mental health 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 despite concerns about excessive use.



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