Trends in Mental and Behavioral Health Risks in Adolescents: 1999-2021

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A recent study published in *Pediatrics* examined trends in mental and behavioral health risks among U.S. adolescents from 1999 to 2021. The researchers identified distinct patterns of risk behaviors and mental health symptoms over this period. Notably, the largest group, termed "Low Everything," comprised 48% of adolescents and saw a significant increase in prevalence during the study period. Conversely, the smallest group, labeled "High Internalizing," included 9% of adolescents and was characterized by elevated internalizing symptoms such as depression and anxiety.

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