**Impacts of the global Pandemic On Teen's Mental Health**

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**Introduction**

Since the early days of AIDS, flu pandemic, cholera, black death, and other pandemics, their aftermaths have significantly impacted the population well-being in general. These pandemics start at the moment in time and follow a distinct pattern, including the crisis of individuals until they drift to a closure. In the closure of these pandemics, the affected population is grappled with increased mortality and other economic and emotional burdens. Following this pattern, the Covid 19 pandemic is not an exemption. It was first discovered in Wuhan, China, on December 31, 2019, and remains a global pandemic today (Octavius et al.,2020). Its impacts on human health have been typical of other global pandemics causing an increasing impact on death rates, economic disruptions, and mental and social well-being of individuals.

With the experience of the Covid 19 pandemic, and the containment measures put in place by the public health in collaboration with the government, most people's lives have been disrupted, and very few individuals live the lives they lived pre-pandemic. This has significantly impacted individuals' psychological and social well-being directly or indirectly (Meherali et al.,2021). In other instances, social distancing has reduced social contact, especially in teens who are more vulnerable and susceptible to developing negative mental impairments. The reason is that the teens are very sensitive to social and psychological transformation (Octavius et al.,2020). Young adults interact too much with friends than they do with families. As a result, any measure that may cause separation from the peer relationship, such as isolation, can substantially impact the teen's mental well-being, causing mental disorders. In addition, condensed access to psychological health support services during the pandemic increases the chance of individuals engaging in activities that may induce long-term and intermediate effects resulting in substance abuse and other effects on youth's mental health (de Miranda et al.,2020; Cohen et al., 2021).

The study of mental health status has become a critical consideration in the current context. Despite these comprehensive investigations, very little research connects how the pandemic disruptions affect the Teen's mental health status and how these mental health conditions can be modified to address the global problem. This gap warrants further research to assess whether there might be other factors rather than the pandemic disruptions that may cause adverse effects on the psychological well-being of young adults. The rationale for the research is to assess possible pandemic-related factors that may lead to teens' mental health disorders. This research will help to breach the gap by creating a clear correlation between pandemic-related factors and the adverse mental health problems and create insights into modification strategies to culminate the problem. This research examines the relationship between adverse mental health in teens and pandemic-related disruptions and how the impact, if any, can be reduced.

**References**

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