



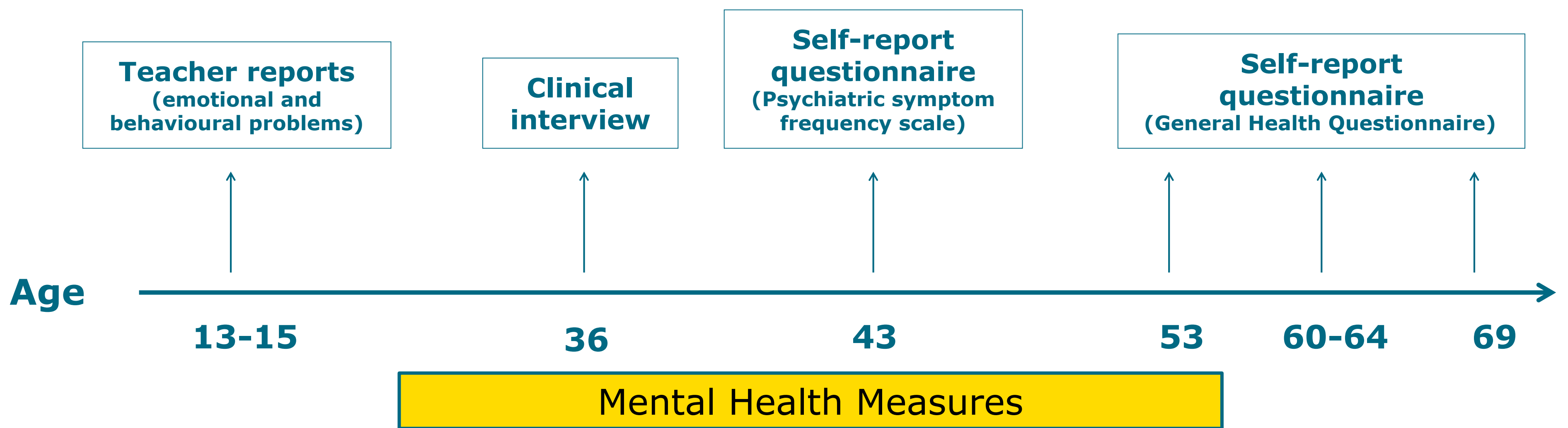
Mental Health Across the Life Course

The NSHD was **one of the first cohort studies in the world to include measures of mental health in childhood**, and is unique in having measures of depression and anxiety spanning nearly sixty years

This data has enabled researchers to study lifetime patterns of mental health – of which little was previously known

Lifetime anxiety and depressive symptom profiles (ages 13-53 years)	Percentage
No symptoms	44.8%
Symptoms in adolescence only	5.8%
Symptoms in adolescence and adulthood	35.3%
Symptoms in adulthood only	14.1%

Colman et al., (2010)



Measures of mental health taken at ages 13 and 15 are currently being used to show how childhood mental health may be linked to physical health at older ages

Preliminary findings show that those with severe symptoms of anxiety and depression in adolescence have a lower chance of being alive at age 68 compared to those with milder symptoms



The NSHD data and research from other British birth cohorts has helped to provide evidence for policy makers to show why funding for childhood mental health services is so important