



The Impact of the Economic Crisis in Mental Development of Children and Adolescents (the case of Greece)

MANOLIS DAFERMOS

UNIVERSITY OF CRETE

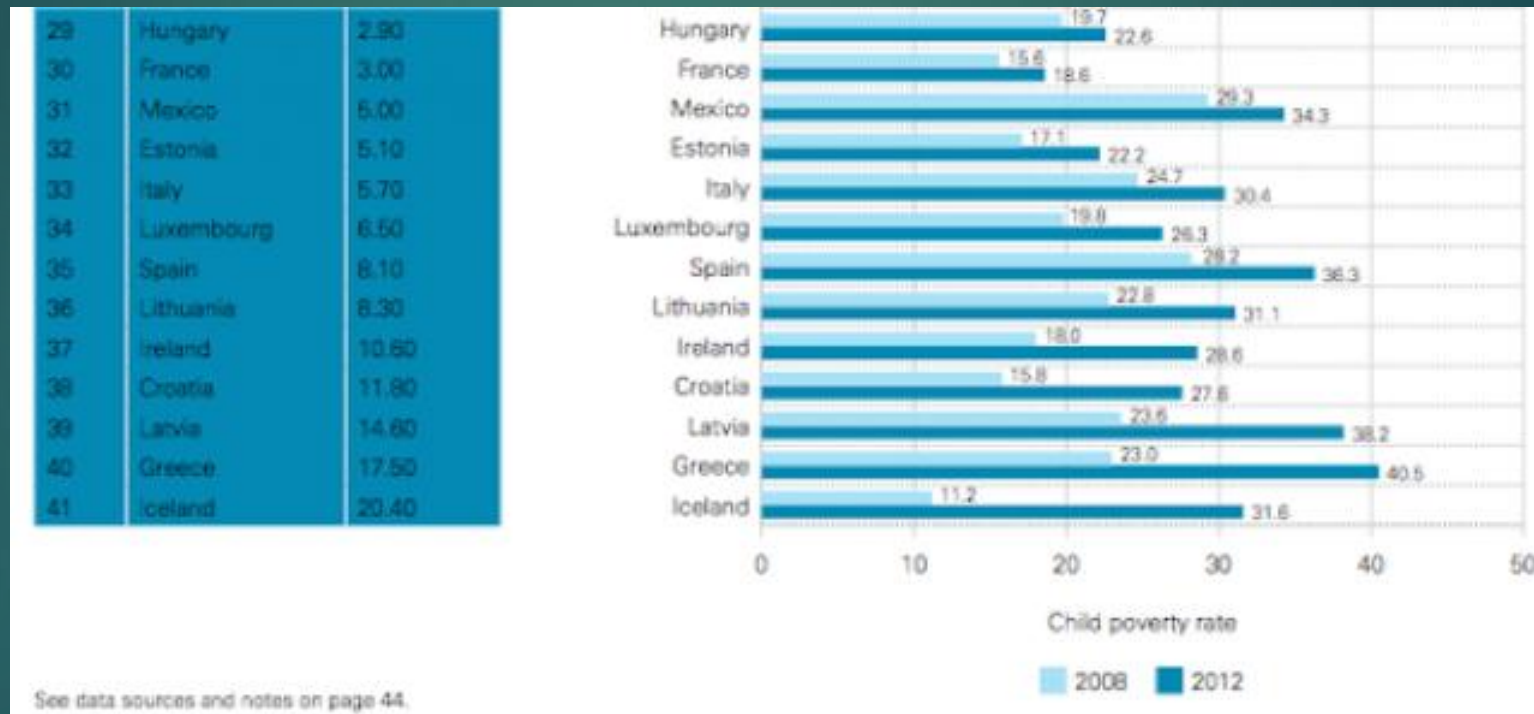
Financial, Economic, Social crisis in Greece

- ▶ Financial crisis sovereign debt, economic crisis
- ▶ Greece is under the rule of the Troika (IMF, European Commission, European Central Bank)
- ▶ aggressive austerity programmes in the form of higher taxes and/or lower spending on public services (Education, Health)
- ▶ Since 2009, salaries in the public sector have been cut up to over 50 percent, wages in the private sector have been reduced by 40 percent, and pensions have been cut up to 45 percent
- ▶ Unemployment, Reduced income, Deterioration in access to and quality of services , Reduced consumption, Social exclusion
- ▶ Complex crises that have taken hold in Greece
- ▶ “humanitarian crisis” (Dalakoglou, 2013), “healthconomic crisis” (Williams & Maruthappu, 2013)
- ▶ “a failed experiment on the people” (McKee, Karanikolos, Belcher, & Stuckler, 2012, p. 346),
- ▶ Social crises as natural experiments (Elder, 1974).

Financial, Economic, Social crisis in Greece

- ▶ 35.5 percent of the Greek population (3.8 million people) were living in social exclusion (2016 Eurostat)
- ▶ in 2011 about 20,000 people were homeless and more than 20,000 people in the two largest cities of Greece (Athens and Thessaloniki) received food and medical care by non-governmental organisations (Eurostat, 2015 · Karanikolos et al., 2013; Kondilis et al., 2013).
- ▶ Youth unemployment 59,2% (2013)
- ▶ the NEET (youth aged 15 to 24 not in education, employment or training) rate rising dramatically (In the EU, 7.5 million, 12,9 %, Greece, 17,4%),
- ▶ child poverty in Greece 40,5 % (UNISEF)
- ▶

Child Poverty (UNISEF)



Meta-analysis, Identity Research:

- ▶ 29 (twenty-nine) scientific studies
- ▶ the 24 (twenty-four) of them were quantitatively oriented, 4 (four) of them followed a qualitative methodology, while 1 (a) study had mixed research orientation (quantitative and qualitative data).
- ▶ Eurostat, UNISEF,



**TABLE 1:
THEMATIC RELEVANCE: BABY MORTALITY & BIRTH RATE REDUCTION**

PROJECT TITLE	TITLE OF ORGANISATIONS	METHODOLOGICAL APPROACH	MAIN FINDINGS	WEB LINK
«Mortality and the economic crisis in Greece»	National School of Public Health, Medical School (University of Athens), Department of Political Science (University of Crete)	Quantitative data review	Indicative levels of infant and maternal mortality rates	http://dx.doi.org/10.1016/S0140-6736(14)60250-6
«Recent Economic Crisis and Fertility in Greece»	Demographic & Social Analysis Department University of Thessaly, Statistical Department (Athens University of Economics and	Quantitative data review	Indicative reduction of fertility levels	https://paa.confex.com/paa/2016/mediafile/ExtendedAbstract/Paper3393/PAA_PAPER%202015.pdf

Table 2:

THEMATIC RELEVANCE: THE IMPACT OF POVERTY AND STRESS ON THE ARCHITECTURAL DEVELOPMENT OF THE BRAIN

PROJECT TITLE	TITLE OF ORGANISATIONS	METHODOLOGICAL APPROACH	MAIN FINDINGS	WEB LINK
«Metabolic consequences of stress during childhood and adolescence»	Pediatrics Hospital «Aghia Sophia», Medical School, University of Athens (UOA)	Bibliographical review	Adverse effects of stress on the development of tonsils, the hippocampal region and the limbic system - impact on mental development and the morphology of children and adolescents (no relevant research was detected for the data of Greek society)	http://dx.doi.org/10.1016/j.metabol.2011.10.005
«Effects of prenatal and early life malnutrition: Evidence from the Greek famine»	Representatives of the Economic Universities from Germany and America	Quantitative research using statistical methods of analysis	Adverse effects of child poverty on later educational and professional career (the research concerns the post-war period 1941-1942 in Greece)	http://dx.doi.org/10.1016/j.jhealeco.2011.03.001

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- ▶ An increase of 19%, between the years 2008 and 2010, in the number of infants with low birth weight (Kentikelenis, Karanikolos, Reeves, McKee & Stuckler, 2014), the quality of food, clothing/footwear and housing, as well as the access to the national health system and education, which the unemployed or casual working parents may provide their children with, seem to deteriorate daily (Dalma et al., 2015; Kentikelenis et al., 2014; Koulouris, Moniarou-Papaconstantinou & Manessi, 2013).

THEMATIC RELEVANCE:MENTAL HEALTH

PROJECT TITLE	TITLE OF ORGANISATIONS	METHODOLOGICAL APPROACH	MAIN FINDINGS	WEB LINK
«The state of child and adolescent psychiatry in Greece during the international financial crisis: A brief report»	Medical University (UOA), Pediatric Psychiatry Department	Bibliographical review and empirical data report	Prevalence of depression, anxiety disorders, behavioural disturbances,addictive and self-destructive behaviour in the teenage population (ages from16 to 18 years old)	http://dx.doi.org/10.1007/s00787-013-0377-y
«Depression in late adolescence: a cross-sectional study in senior high schools in Greece»	Medical School, University of Ioannina & Pediatric Psychiatry (UOA), Psychology Department (Panteion University) Faculty of Social Sciences (Hellenic Open University)	Joint research using statistical methods of analysis (5.614 teenagers, of which 2.427 invited for clinical psychiatric interview (CIS-R).	Connecting the prevalence of depression and the anxiety disturbances in the teenage population (ages from 16 to 18 years old) with family liquidity	http://dx.doi.org/10.1186/s12888-015-0584-9
«Self-esteem of Greek adolescents: Changes in a decade of socio-economic hardship»	Psychiatric Department, Medical School (UOA) Psychiatry Clinic of Aiginiteio Hospital	Comparative statistical analysis with the collection of 713 questionnaires in 2002 and 1916 questionnaires in 2010 by teenager students aged 15-18	Reduction in self- assessment of adolescents (ages 15 to 18) through the socio-economic recession	https://www.researchgate.net/profile/Vasilis-Stavropoulos2/publication/275719657 Self- esteem of Greek Adolescents Changes

<p>«Adolescents' Self-reported Running Away from Home and Suicide Attempts During a Period of Economic Recession in Greece»</p>	<p>University Mental Health Research Institute (UMHRI)</p>	<p>Quantitative research with the participation of 23.279 teenagers (aged 15-19 years) on the completion of a questionnaire</p>	<p>Positive variation in self-destruction behaviour and flee tendency, which cannot be linked directly to the emergence of economic crisis</p>	<p>http://dx.doi.org/10.1007/s10566-014-9260-3</p>
<p>«Rate of suicide and suicide attempts and their relationship to unemployment in Thessaloniki Greece (2000-2012)»</p>	<p>Medical School, Aristotle University of Thessaloniki (AUTH) & University Clinics of N.Greece</p>	<p>Quantitative data review (Hellenic Statistical Authority & Emergency Department, Hospital of N. Greece) for the years 2000-2012</p>	<p>Suicidality raise -correlation with the labour status of unemployment for both sexes in the county of Thessaloniki, Macedonia and northern Greece</p>	<p>http://dx.doi.org/10.1016/j.jad.2014.11.047</p>
<p>«What has happened to suicides during the Greek economic crisis? Findings</p>	<p>Medical School, University of Thessaly in cooperation with official health and welfare</p>	<p>Review and comparative analysis of quantitative data, during the years 2003-2012 (in</p>	<p>The percentage of suicides increased by 35% overall ,between the years 2010 and 2012, especially for people aged 20-58 years</p>	<p>http://dx.doi.org/10.1136/</p>

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- ▶ **"Poverty is the worst form of violence."** (Mahatma Gandhi)

THEMATIC RELEVANCE:FAMILY SYSTEM

PROJECT TITLE	TITLE OF ORGANISATIONS	METHODOLOGICAL APPROACH	MAIN FINDINGS	WEB LINK
«The state of child and adolescent psychiatry in Greece during the international financial crisis: A brief report»	Medical University (UOA), Pediatric Psychiatry Department	Bibliographical review and empirical data report	Rise of domestic conflicts of unemployment and depressive symptoms of parents with the mental health of children	http://dx.doi.org/10.1007/s00787-013-0377-y
«The Repercussions of the Economic Recession in Greece on Adolescents and their Families»	UNICEF Innocenti Research Centre & University Mental Health Research Institute (UMHRI)	Quantitative research involving 3,600 and 4,900 students (aged 11-15 years old) on the completion of a questionnaire, during the years 2006, 2010 & 2014	Tension and conflicts within the family. 1 to 5 teenagers declares that his/her parents are unemployed, while many say that they were forced to move in order to save money	https://www.unicef-irc.org/publications/pdf/07_greek_layout.pdf
«Greek financial crisis and child mental health»	Medical University (UOA), Pediatric Psychiatry Department	Bibliographical review and empirical data report	The number of families who visit the clinics of hospitals and are subjected to inter-hospital treatment,has seen a	http://dx.doi.org/10.1016/S0140-6736(15)61402-7



SOS CHILDREN'S
VILLAGES
GREECE

Abandoned Children Are Unseen Victims Of Greek Crisis

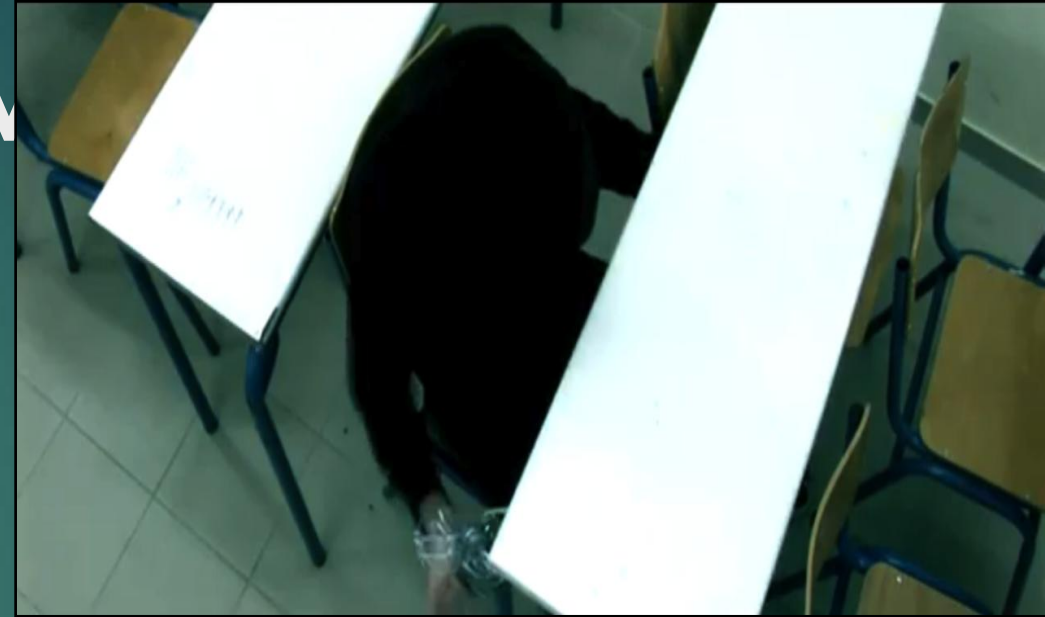
<https://www.youtube.com/watch?v=nvftQMs39pl>

https://www.youtube.com/watch?v=H9H3uB_pznM



Alienated, repetitive activities in School

- ▶ Students should mechanically receive, memorize and reproduce. *The **endless and repetitive activities take away their voices**, ability to communicate with each other, creative potential and perhaps subjectivity.*
- ▶ Young people's lives have been occupied by pointless and **meaningless routines** imposed by teachers and schools (the official pedagogues).
- ▶ The **formalization** and **homogenization** the **relationships** between students and their teachers and between students.
- ▶ *The set of relationships that creates the ZPD of young people have been destroyed*





- ▶ Youth talk about their lives as being taken over by **hopelessness, fear, insecurity**, and a sense that the values and institutions that comprised Greek society are **no longer means of support for them**. They see their social world tumbling down in front of their eyes

“Dreams under occupation”

- ▶ “I have no future plans. There is no future. I cannot think of the future, there is no present, how could there be a future?”
- ▶ "We do not have the rights to lead our lives". "We need to take the control of our lives in our hands“.
- ▶ Their dreams, future, prospects, aspirations, motivations, and aims have been occupied.

“Let us dream our future” students of school

Αφήστε μας να ονειρευτούμε
το μέλλον μας...

Οι μαθητές του σχολείου

A “lost generation” (Malkoutzis, 2011) or a “sacrificed generation” (Castelani, 2012).

Agamemnon’s sacrifice of his daughter Iphigenia.





- ▶ The young generation sacrificed: social, economic and political implications of the financial crisis
- ▶ “.....the young generation in Europe is disproportionately hit by unemployment, underemployment, poverty and exclusion. This is nothing less than a **tragedy in the making** (Resolution 1885, **Council of Europe**, 2012).

Discussion and perspective' s for future research

- ▶ the official research data seemed to place particular **emphasis on the clinical** (prevalence of depression, anxiety disorders, disturbances of behaviour, self-destruction behaviour / suicidality and addictive behaviour) and **measurable (infant and maternal mortality rates / infertility, evaluation** of the family, educational, social, political and interpersonal framework of integration, evaluation of health and eating habits in the form of self-reporting, impact of the economic crisis on the overall development and well-being of children, adolescents and young people in Greece. An Economic crisis can disrupt or to cause damage to the course of human development.



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- ▶ A crisis shock can produce heterogenous impact on children who differ in their stage of development
 - ▶ The researchers might not have the **necessary theoretical and methodological tools** for understanding the complexity of the impacts of a crisis to human development
 - ▶ crises mainly by looking for **broad, long-term, or indirect impacts.**
 - ▶ The effects of crisis on human biology?
 - ▶ *A discrepancy between the scientific research in the field of social sciences and the historic challenges, which not only Greece, but also the whole modern Europe*