

Index

A

- Adolescence, 73, 75
- Adolescent, 73, 95
 - amid the COVID-19 pandemic, 107
 - psychosocial impacts of
 - COVID-19, 107–108
- Adolescent-friendly-specific ward services, 74
- Adolescent health
 - adolescent demographics, 76–79
 - anorexia nervosa, 18
 - BDI scores, 19, 20
 - behavioral psychotherapy, 18
 - bipolar affective disorder, 17
 - clinics/transition clinics, 74
 - demographic survey, 75
 - depression, 17–19
 - depressive illness, 17
 - eating disorders, 17–19, 21
 - good health and social well-being, 74
 - health-care needs, 75
 - health needs, conditions and causes, 79–88
 - health risk behaviors, 84, 86
 - health status, 73
 - issues, 74
 - literature search, 76
 - measuring depression, 19
 - method, 18
 - policy dimension-based actions, 74
 - policy dimensions in Saudi Arabia, 75
 - public health concerns, 73
 - risky behavior and health impacts, 84
 - sociocultural perspective, 21, 22
 - socioeconomic perspective, 21
 - thin body cult, Arabia, 22
 - Vision 2030, 75
- Adolescent health policy, 90
 - case studies
 - from KSA, 103–104
 - from Lebanon, 103
 - from Palestine, 101–102
 - from Sudan, 101
 - and SDGs in the MENA region, 96–100
 - stakeholder involvement and their contributions, 100–101
- Adolescent health problems, 89
- Adolescent health-related indicators (AHRID), 109
- Adolescent mental health
 - behavioral mental illnesses, 4
 - brain development and growth, 4
 - challenges, 9
 - community studies, 8
 - COVID-19 pandemic, 10
 - depression, 8
 - developments, 10
 - eating disorders, 7
 - emotional dimension, 4
 - environmental exposures and influences, 3
 - environmental influences, 3, 4
 - food choices/physical activity patterns, 5
 - health outcomes, 3
 - health services and infrastructure, 6
 - human brain development and growth, 3
 - intervention, 7
 - learning, 8
 - medical care and services, 5
 - MENA, 5
 - mental illness, 4, 7
 - multifactorial influences, 5
 - neural plasticity, 3

- Adolescent mental health (*cont.*)
- neuroimaging studies, 3
 - non-communicable diseases, 12
 - parenting/school achievements, 11
 - policy, 9
 - policy agendas, 9
 - political conflict, 9
 - prevention methods, 8
 - programs, 9
 - recommendations, 8
 - risk of transmission, 10
 - sexual and reproductive health, 12
 - social wellness, 5
 - sociocultural beliefs, 8
 - spectrum, 4
 - stems, 4
 - transport injuries, 10
 - unemployment rates, 9
 - vocational activities, 4
 - youth-friendly healthcare, 9
- Age structural transitions, 76
- Anxiety, 4, 12, 51, 52
- Anxiety disorders, 103
- Arabian Gulf
- adolescent health of Saudi Arabia (*see* Adolescent health)
- Arab youth
- decision-making process, 63
 - unemployment rates, 62
- Arab Youth Survey, 8
- Attention-deficit/hyperactivity disorder (ADHD), 103
- Attitudes, 49
- Awareness, 79, 82, 84, 88
- B**
- Beck Depression Inventory version 2 (BDI-II), 18
- Biological theory, 41
- Bulimic Investigatory Test Edinburgh (BITE), 25
- C**
- Childhood parenting programs, 89
- Children, 95
- Chronic diseases, 41
- Community, 35
- Composite International Diagnostic Interview (CIDI), 8, 43
- Convention on the Rights of the Child, 95
- COVID-19
- in fragile Palestinian community, 102
 - outbreaks, 90
 - pandemic, 94–95, 106, 107
 - psychosocial health implications on adolescents, 107
 - psychosocial impacts on adolescents, 107–108
- Culturing awareness, 89, 90
- D**
- Decision-making, 61, 63, 70
- Depression, 4, 12, 18, 19, 28, 51, 52
- adolescents, 31
 - adulthood, 32, 43
 - anxiety, 42
 - chronic debilitating disease, 43
 - clinical, 31
 - community study, 42
 - high-risk behaviors, 42
 - implications, 42
 - incidences, 31
 - mental illnesses, 31
 - Middle East and North Africa (MENA) region, 32
 - physical exercises, 42
 - prevalence, 36–38, 43
 - prevalence rate, 35, 38
 - prevention strategies, 43
 - psychosocial impairments, 43
 - research methodology, 33
 - risk factors
 - age, 39
 - family history, 41
 - gender, 39
 - political climate, 41, 42
 - psychosocial context, 40, 41
 - risky behaviors, 42
 - self-administered questionnaires, 43
 - social risk factors, 43
- Diagnostic and Statistical Manual of Mental Disorders-5 (DSM-5), 35
- Disability-adjusted life years (DALYs), 10, 79, 81
- Discrimination, 50
- E**
- Eating Attitudes Test (EAT), 24, 27
- Eating disorder inventory (EDI), 24
- Eating disorders, 19, 21

- adjustment difficulties, 27
 - anorexia, 28
 - anorexia nervosa, 22, 23
 - assessments, 24
 - associations, 24
 - body image issues, 23
 - clinical interviews, 23
 - demographic variables, 24
 - ethnic minority, 26
 - Gulf region, 27
 - immigrant communities, 26
 - in-depth clinical interview, 24
 - mindfulness-based stress reduction, 28
 - parental education, 25
 - participants, 25
 - physical and psychological environment, 26
 - physical factors, 23
 - psychopathology, 23, 27
 - regional demography, 27
 - statistics, 24
 - thinness-conscious culture, 23
 - traditional cultural orientations, 26
 - visual media, 25
 - Western cultural orientations, 26
 - Westernization, 25, 26
- F**
- Family system theory, 41
- G**
- Gender differences, 39
 - Global Accelerated Action for the Health of Adolescents (AA-HA), 95, 101
 - Government interventions, 79
 - Gross domestic product (GDP), 6
- H**
- Health-care providers, 87
 - Health-care services, 74
 - Health concerns, 73, 76, 79, 82, 83, 87
 - Health interventions, 90
 - Health Onion Model, 5
 - Health policies
 - See also* Adolescent health policies
 - Health-related fields, 33
 - Higher education approach, 62
- I**
- Intensive Care Units (ICU), 107
 - Inter-Agency Technical Task Team on Young People (IATTTYP), 96
 - Internally displaced people (IDP), 11, 110
 - International Association for Adolescent Health, 71
 - International Classification of Diseases, Tenth Revision (ICD-10), 35
 - Intervention strategies, 74
- J**
- Job-market demands, 62
 - Jordanian Ministry of Education, 53
- K**
- Kingdom of Saudi Arabia (KSA), 97, 100, 103–105
- L**
- Long-term strategic policy plans, 65
- M**
- MENA Youth policy
 - and Arab region, 63
 - data extraction and search process, 64
 - inclusion and exclusion criteria, 64–65
 - national strategy, 70
 - process of making youth policy, 63
 - Mental health, 73, 74, 79, 83, 86, 87
 - conditions, 87
 - problems, 83
 - Mental illness stigma
 - adolescent illness and disability, 47
 - anxiety, 47, 51, 52
 - Arab mental health practitioners, 54
 - attitudes, 55
 - challenges, 48, 54
 - community, 48
 - cultures, 47
 - depression, 47, 51, 52
 - education, 54
 - emotions, 55
 - family and socio-cultural context, 54
 - help-seeking, 52, 53
 - Internet-based depression prevention, 55

- Mental illness stigma (*cont.*)
 interventions, 54
 mental disorders, 54
 mental health, 51
 mental health problems, 47
 negative beliefs, 52
 New Zealand, 55
 physical and mental health outcomes, 49
 process, 49, 50
 public, 50
 public health approach, 48
 resources, 49
 self-stigma, 50, 51
 social and community influences, 48
 social determinants, 48, 49
 social media, 55
 societal and cultural stigma, 47
 socio-demographic groups, 47
 treatment program, 55
 Youthline, 56
 youth respondents, 51
- Middle East and North Africa (MENA) region,
 32, 61, 62
 adolescent health policies and
 SDGs, 96–100
 health stakeholders, 98
 National Health Strategies, 98
 public health policy and intervention
 recommendations, 110–111
- Millennium Development Goals (MDGs),
 96, 97, 104
- Ministry of Health (MoH), 102
- N**
- National Commission for Lebanese Women
 (NCLW), 101
- National strategy for Youth, 70
 Palestine, 65, 66
 Tunisian government, 69
- National youth-friendly public policies
 public authorities, 70
- Non-profit organizations (NGOs), 100–102,
 105, 110
- O**
- Obesity, 79, 83, 85, 87
- Organisation for Economic Co-operation
 and Development (OECD),
 100, 108
- P**
- Palestinian Medical Relief Society
 (PMRS), 102
- Policy dimension-based actions, 74
- Political participation, 62, 67, 68, 70
- Political systems, 49
- Prejudice, 50
- Psychiatric diagnosis, 35
- Psychological illnesses, 41
- Public health concerns, 73, 79, 83, 87
- Public stigma, 50
- R**
- Regional public health systems, 96
- Reproductive, Maternal, Neonatal, Child, and
 Adolescent Health (RMNCAH)
 policies, 101
- Respiratory Syncytial Virus (RSV), 107
- S**
- School health programs, 74
- Self-esteem, 39
- Self-stigma, 50, 51
- Severe acute respiratory syndrome-associated
 Coronavirus (SARS-CoV-2), 107
- Sexual and reproductive health (SRH), 9,
 65–68, 96–102, 105, 110
- Sexual and reproductive health and rights
 (SRHR), 66, 69, 101
- Social and cultural transformations, 40
- Social norms, 49
- Social policies, 49
- Socio-cultural beliefs, 52
- Stereotypes, 49
- Stresses, 51
- Structured Clinical Interview for DSM
 Disorders (SCID), 8, 43
- Sustainable development goals (SDGs), 68,
 95–99, 105, 109
- T**
- Transition from school, 73, 76
- U**
- United Nations Economic and Social
 Commission for Western Asia
 (UNESCWA), 98, 109

- United Nations Fund for Population Activities (UNFPA), 96, 100, 102
 - United Nations High Commissioner for Refugee (UNHCR), 100
 - United Nations International Children's Emergency Fund (UNICEF), 100, 102, 104, 108
 - UN Population Division (UNPD), 97
- W**
- World Health Organization (WHO), 48
- Y**
- Young people, 95
 - Youth bulge, 62, 66
 - Youth development, 63, 67, 70, 71
 - Youth-friendly healthcare, 65
 - Youth-friendly health centers, 66
 - Youth-friendly health services, 66
 - Youth-friendly legal framework, 70
 - Youth-friendly public policies, 70, 71
 - in Egypt, 67–68
 - in Lebanon, 66–67
 - in Palestine, 65–66
 - in Tunisia, 69
 - Youth Mental Health Project, 9
 - Youth participation, 62–65, 67
 - Youth policies, 62
 - living conditions and equal opportunities, 63
 - Youth Policy Strategy, 67