4. Frequency of anxiety/depression
More young people in 2006 reported often feeling anxious or depressed (p < .001).

Specific research questions
- Have adolescent emotional problems become more common in the UK?
- Do trends vary by gender, family type or income?
- Do trends vary according to problem severity?
- Do trends vary by type of symptom?

Results
1. Trends in emotional problem scores by gender, family type, and poverty
There was a significant increase in teenagers' total emotional problem scores between 1986 and 2006 (p < .001; overall ES = .27). As shown, these trends affected boys and girls, and children from different family groups similarly.

3. Trends in individual symptoms
There were significant increases in rates of self-reported irritability, general worry, sleep disturbance, fatigue and panic (all p < .005), and parent-reported depressed mood, irritability, general worry, and sleep disturbance (all p < .025).

Main findings
- Today's adolescents experience considerably elevated rates of internalising problems.
- Similar trends were found for boys and girls and for young people from different socio-demographic backgrounds.
- Cohort differences became more marked with increasing severity of emotional problems.
- The largest increases have occurred in rates of worry, irritability, fatigue, and sleep disturbance.
- Young people also reported more frequent feelings of anxiety or depression.

Future directions
- The YouthTrends study includes comparable data on adolescent family life, peers, substance use, school experiences and attitudes. Next we will test whether changes in these factors account for trends in mental health.