

Peer review –

Chakravorty, T. What are the social, psychological and physical health challenges facing adolescents in the UK? The Physician vol 6; issue 2: epub 15.09.2020

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Review:

The article is extremely relevant as there is an increase in the prevalence of adverse health outcomes in young people due to increase in accidents, self-harm and suicide, ill health due to effects of pollution, poverty and social adversity and mental health problems. This article demonstrates holistic approach to understanding the factors which affect young people's health. It is also heartening to see this written by a medical student, showing great perspicacity at an early stage of their career.

The writing style is clear and shows a step wise approach. Data has been quoted appropriately although further data would be also welcome. For instance that 75% of all mental health problems begin by age 18, and also extent of abuse of all kinds suffered by young people (physical, sexual, emotional).

The conclusion is consistent with the focus of the article, calling for greater involvement of young people in formulating interventions.

Conflict of Interest None