

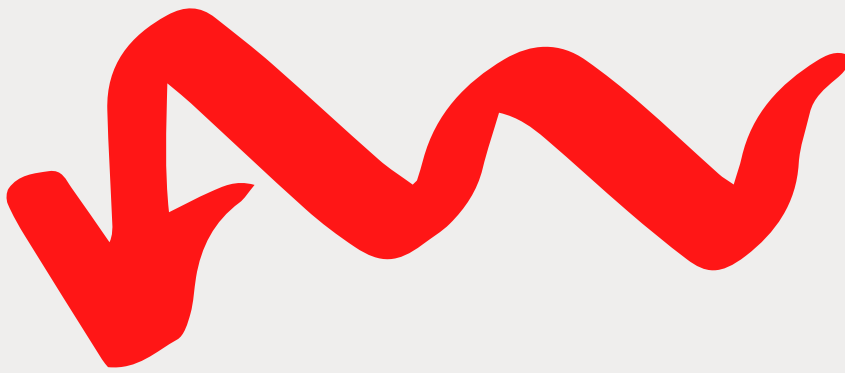
The role of

# Adolescent Mental Distress

in young  
adults'  
wellbeing



Young people may experience mental distress symptoms during their exam periods, particularly during high-stakes tests, such as GCSEs and A-Levels



For those young people who **went on to university**, we found that they were more likely to have experienced **heightened mental distress** symptoms during adolescence



*University*



*University*

We also found that young people who went on to **universities normally requiring higher A-Level grades** experienced even **greater mental distress** symptoms



It appears that high-stakes testing may be driving mental distress symptoms during adolescence

