

Collaborative Outcomes Study on Health and Functioning During Infection Times (COH-FIT): Global and Risk-Group Stratified Course of Well-Being and Mental Health During the COVID-19 Pandemic in Adolescents

Marco Solmi^{1,2,3,4,5,#}, MD, PhD , Trevor Thompson^{6,#}, PhD , Samuele Cortese^{4,#}, MD, PhD , Andrés Estradé^{3,7,#}, MSc, Agorastos Agorastos⁸, PhD , Joaquim Radua^{3,9,10}, MD, PhD , Elena Dragioti^{11,12}, PhD , Davy Vancampfort¹³, PhD , Lau Caspar Thygesen¹⁴, PhD, Harald Aschauer¹⁵, MD , Monika Schlögelhofer¹⁵, MA, Elena Aschauer¹⁵, MD, MSc , Andres Andres Schneeberger¹⁶, MD, Christian G. Huber^{17,18}, MD, Gregor Hasler¹⁹, MD , Philippe Conus²⁰, MD , Kim Q. Do Cuénod²⁰, PhD, Roland von Känel²¹, MD, Gonzalo Arrondo^{10,22}, PhD , Paolo Fusar-Poli^{3,23,24}, MD, PhD, Philip Gorwood^{25,26}, MD, PhD , Pierre-Michel Llorca²⁷, MD, PhD , Marie-Odile Krebs^{26,28}, MD, PhD , Elisabetta Scanferla²⁵, PhD , Taishiro Kishimoto²⁹, MD, PhD , Golam Rabbani³⁰, FCPS , Karolina Skonieczna-Zydecka³¹, PhD, Paolo Brambilla^{32,33}, MD, PhD , Angela Favaro³⁴, MD, PhD , Akihiro Takamiya²⁹, MD, PhD , Leonardo Zoccante³⁵, MD , Marco Colizzi³⁶, MD, PhD , Julie Bourgin³⁷, MD, PhD , Karol Kamiński³⁸, MD, PhD, Maryam Moghadasin³⁹, PhD , Soraya Seedat⁴⁰, PhD , Evan Matthews⁴¹, PhD , John Wells⁴¹, PhD , Emilia Vassilopoulou⁴², PhD , Ary Gadelha⁴³, PhD , Kuan-Pin Su^{44,45}, MD, PhD , Jun Soo Kwon⁴⁶, MD, PhD, Minah Kim⁴⁷, MD, PhD , Tae Young Lee⁴⁸, MD, PhD , Oleg Papsuev⁴⁹, MD, PhD , Denisa Manková⁵⁰, PhD, Andrea Boscutti⁵¹, MD , Cristiano Gerunda, Electronics and Telecommunications Engineer³⁴ , Diego Saccon⁵², MD , Elena Righi⁵³, PhD , Francesco Monaco⁵⁴, MD , Giovanni Croatto⁵⁵, MD , Guido Cereda³², MD , Jacopo Demurtas⁵³, PhD , Natascia Brondino²⁴, MD, PhD , Nicola Veronese⁵⁶, MD , Paolo Enrico³², MD , Pierluigi Politi²⁴, MD, PhD , Valentina Ciappolino^{57,58}, MD , Andrea Pfennig⁵⁹, MD, MSc , Andreas Bechdolf⁵, PhD , Andreas Meyer-Lindenberg⁶⁰, MD , Kai G. Kahl⁶¹, MD, Katharina Domschke⁶², PhD , Michael Bauer⁵⁹, MD, PhD , Nikolaos Koutsouleris⁶³, MD , Sibylle Winter⁵, MD , Stefan Borgwardt⁶⁴, MD , Istvan Bitter⁶⁵, MD, Judit Balazs^{66,67}, DSc , Pál Czobor⁶⁵, PhD, Zsolt Unoka⁶⁵, PhD , Dimitris Mavridis¹², PhD , Konstantinos Tsimakis³, PhD , Vasilios P. Bozikas⁸, MD, PhD, Chavit Tunvirachaisakul⁶⁸, MD, PhD , Michael Maes⁶⁸, MD, PhD , Teerayuth Rungrunirundorn⁶⁸, MSc , Thitiporn Supasitthumrong⁶⁸, MD, FRCPsych , Ariful Haque³⁰, MBBS, MPH , Andre R. Brunoni⁶⁹, MD, PhD, MBA, Carlos Gustavo Costardi⁴³, MD, Felipe Barreto Schuch^{70,71,72}, PhD, Guilherme Polanczyk⁶⁹, MD, PhD , Jhoanne Merlyn Luiz⁷³, PhD, Lais Fonseca⁴³, PhD , Luana V. Aparicio⁶⁹, MD, Samira S. Valvassori⁷³, PhD, Merete Nordentoft⁷⁴, DMSc, Per Vendsborg⁷⁵, DSc , Sofie Have Hoffmann¹⁴, MSc, Jihed Sehli⁷⁶, MD , Norman Sartorius⁷⁷, MD, PhD, FRCPsych 

Sabina Heuss⁷⁸, PhD , Daniel Guinart^{79,80}, MD , Jane Hamilton⁸¹, PhD , John Kane⁸², MD , Jose Rubio⁸², MD , Michael Sand⁸³, PhD , Ai Koyanagi⁸⁴, MD , Aleix Solanes⁹, PhD , Alvaro Andreu-Bernabeu⁸⁵, MD , Antonia San José Cáceres⁸⁵, PhD, Celso Arango⁸⁵, MD , Covadonga M. Díaz-Caneja⁸⁵, MD, PhD, Diego Hidalgo-Mazzei⁹, MD, PhD , Eduard Vieta⁹, MD, PhD , Javier Gonzalez-Peñas⁸⁵, PhD, Lydia Fortea⁹, MSc , Mara Parellada⁸⁵, MD, PhD, Miquel A. Fullana⁹, PhD, Norma Verdolini^{9,86}, PhD , Eva Andrlíková⁵⁰, PhD, Karolina Janků⁵⁰, PhD, Mark J. Millan⁸⁷, PhD, Mihaela Honciuc²⁷, MD , Anna Moniuszko-Malinowska³⁸, MD, PhD , Igor Łoniewski^{31,88}, MD, PhD, Jerzy Samochowiec³¹, MD, PhD , Łukasz Kiszkiel⁸⁹, PhD, Maria Marlicz³¹, MD , Paweł Sowa³⁸, PhD, Wojciech Marlicz^{31,90}, MD, PhD, FACG, FRCPE , Georgina Spies⁴⁰, PhD , Brendon Stubbs³, PhD , Joseph Firth⁹¹, PhD, Sarah Sullivan⁹², PhD , Asli Enez Darcin⁹³, MD, Hatice Aksu⁹⁴, MD , Nesrin Dilbaz⁹⁵, MD , Onur Noyan⁹⁵, MD , Momoko Kitazawa²⁹, MA , Shunya Kurokawa²⁹, MD, PhD , Yuki Tazawa²⁹, PhD , Alejandro Anselmi⁷, PhD , Cecilia Cracco⁷, PhD , Ana Inés Machado⁷, PhD, Natalia Estrade⁷, MSc , Diego De Leo⁹⁶, DSc , Jackie Curtis⁹⁷, MBBS Hons , Michael Berk⁹⁸, PhD , Andre F. Carvalho⁹⁸, MD, PhD, Philip Ward⁹⁹, PhD , Scott Teasdale⁹⁹, PhD , Simon Rosenbaum⁹⁹, PhD , Wolfgang Marx⁹⁸, PhD , Adrian Vasile Horodnic¹⁰⁰, PhD, Liviu Oprea¹⁰⁰, PhD , Ovidiu Alexinschi¹⁰¹, PhD , Petru Ifteni¹⁰², MD, PhD , Serban Turliuc¹⁰⁰, MD, PhD , Tudor Ciuhodaru¹⁰³, MD, PhD , Alexandra Bolos¹⁰⁰, MD, PhD , Valentin Matei¹⁰⁴, MD, PhD , Dorien H. Nieman¹⁰⁵, PhD, Iris Sommer¹⁰⁶, MD, PhD , Jim van Os¹⁰⁷, PhD , Therese van Amelsvoort¹⁰⁸, MD, PhD , Ching-Fang Sun^{45,109}, MD , Ta-wei Guu^{45,65,110}, PhD , Can Jiao¹¹¹, PhD , JiETING Zhang¹¹¹, PhD , Jialin Fan¹¹¹, PhD , Liye Zou¹¹¹, PhD , Xin Yu¹¹², MD , Xinli Chi¹¹¹, PhD, Philippe de Timary^{113,114}, MD, PhD , Ruud van Winkel¹³, PhD , Bernardo Ng¹¹⁵, MD , Edilberto Pena¹¹⁵, MSc, Ramon Arellano¹¹⁵, MHA , Raquel Roman¹¹⁵, MD, MSc , Thelma Sanchez¹¹⁵, MSc , Larisa Movina⁴⁹, PhD, Pedro Morgado^{116,117}, MD, PhD , Sofia Brissos¹¹⁸, MD , Oleg Aizberg¹¹⁹, MD, PhD , Anna Mosina¹²⁰, MD , Damir Krinitski¹²¹, MD , James Mugisha¹²², PhD , Dena Sadeghi-Bahmani^{18,123}, PhD , Farshad Sheybani¹²⁴, PhD , Masoud Sadeghi¹²⁵, PhD , Samira Hadi³⁹, PhD, Serge Brand^{17,18,125,126,127}, PhD , Antonia Errazuriz¹²⁸, PhD , Nicolas Crossley¹²⁸, PhD , Dragana Ignjatovic Ristic¹²⁹, PhD, Carlos López-Jaramillo¹³⁰, MD, PhD, Dimitris Efthymiou¹³¹, MSc , Praveenlal Kuttichira¹³², MD , Roy Abraham Kallivayalil¹³³, MD, Afzal Javed¹³⁴, FRCPsych , Muhammad Iqbal Afridi¹³⁵, FRCP , Bawo James¹³⁶, MD , Omonefe Joy Seb-Akahomen¹³⁷, MBBS, FMCPsychiatry, Jess Fiedorowicz^{1,2}, MD, PhD , Jeff Daskalakis¹³⁸, MD, PhD, FRCP , Lakshmi N. Yatham¹³⁹, MBBS, Lin Yang¹⁴⁰, PhD , Tarek Okasha¹⁴¹, MD, PhD , Aïcha Dahdouh¹⁴², MD, PhD, Jari Tiihonen^{10,143}, MD, PhD , Jae Il Shin¹⁴⁴, MD, PhD, Jinhee Lee¹⁴⁵, MD, PhD , Ahmed Mhalla¹⁴⁶, MD , Lotfi Gaha¹⁴⁶, MD, PhD, Takoua Brahim¹⁴⁶, MD , Kuanysh Altynbekov¹⁴⁷, PhD , Nikolay Negay¹⁴⁷, PhD , Saltanat Nurmagambetova¹⁴⁷, PhD , Yasser Abu Jamei¹⁴⁸, MD, MSc , Mark Weiser¹⁴⁹, MD , Christoph U. Correll^{5,79,82,*}, MD

*Drs. Solmi, Thompson, Cortese, and Estradé are joint first authors of this work.

Objective: To identify the COVID-19 pandemic impact on well-being/mental health, coping strategies, and risk factors in adolescents worldwide.

Method: This study was based on an anonymous online multi-national/multi-language survey in the general population (representative/weighted non-representative samples, 14-17 years of age), measuring change in well-being (World Health Organization–Five Well-Being Index [WHO-5]/range = 0-100) and psychopathology (validated composite P-score/range = 0-100), WHO-5 <50 and <29, pre- vs during COVID-19 pandemic (April 26, 2020-

June 26, 2022). Coping strategies and 9 *a priori*-defined individual/cumulative risk factors were measured. A χ^2 , penalized cubic splines, linear regression, and correlation analyses were conducted.

Results: Analyzing 8,115 of 8,762 initiated surveys (representative = 75.1%), the pre-pandemic WHO-5 and P-score remained stable during the study (excluding relevant recall bias/drift), but worsened during the pandemic by 5.55 ± 17.13 (SD) and 6.74 ± 16.06 points, respectively (effect size $d = 0.27$ and $d = 0.28$). The proportion of adolescents with WHO-5 scores suggesting depression screening (<50) and major depression (<29) increased from 9% to 17% and 2% to 6%. WHO-5 worsened (descending magnitude, with cumulative effect) in adolescents with a mental or physical disorder, female gender, and with school closure. Results were similar for the P-score, with the exception of school closure (not significant) and living in a low-income country, as well as not living in a large city (significant). Changes were significantly but minimally related to COVID-19 deaths/restrictions, returning to near-pre-pandemic values after >2 years. The 3 most subjectively effective coping strategies were Internet use, exercise/walking, and social contacts.

Conclusion: Overall, well-being/mental health worsened (small effect sizes) during the early stages of the COVID-19 pandemic, especially in vulnerable subpopulations. Identified at-risk groups, association with pandemic-related measures, and coping strategies can inform individual behaviors and global public health strategies.

Plain language summary: The impact of COVID-19 and related restrictions on the mental health of children and adolescents remains unclear. This study conducted an anonymous online survey with over 8,100 adolescents aged 14 to 17 years worldwide. Results showed a significant decline in wellbeing, with depression rates increasing from 9% to 17% returning to near-pre-pandemic values after about 2 years. Adolescents with preexisting mental health conditions, female youth, and those affected by school closures were particularly vulnerable. Effective coping strategies included internet use, exercise, and social contacts, highlighting areas for public health focus to support youth during pandemics.

Study preregistration information: Physical and mental health impact of COVID-19 on children, adolescents, and their families: The Collaborative Outcomes study on Health and Functioning during Infection Times - Children and Adolescents (COH-FIT-C&A); <https://doi.org/10.1016/j.jad.2021.09.090>

Diversity & Inclusion Statement: We worked to ensure sex and gender balance in the recruitment of human participants. We worked to ensure race, ethnic, and/or other types of diversity in the recruitment of human participants. We worked to ensure that the study questionnaires were prepared in an inclusive way. The author list of this paper includes contributors from the location and/or community where the research was conducted who participated in the data collection, design, analysis, and/or interpretation of the work. We actively worked to promote inclusion of historically underrepresented racial and/or ethnic groups in science in our author group. We actively worked to promote sex and gender balance in our author group. One or more of the authors of this paper self-identifies as a member of one or more historically underrepresented racial and/or ethnic groups in science.

Key words: COVID-19; pandemic; survey; WHO-5; p-factor; well-being

J Am Acad Child Adolesc Psychiatry 2025;64(4):499-519.



Since the beginning of the COVID-19 pandemic, many studies have measured the impact of the pandemic and related restrictions on the mental health of children and adolescents.¹ Meta-analytic evidence shows overall a slight deterioration in some measures of psychopathology from the pre-pandemic to intra-pandemic times.² However, findings have been mixed, likely owing to high cross-study heterogeneity, without clear patterns across psychopathology measures.

Many studies of the COVID-19 impact on children and adolescents have multiple limitations: namely, focusing on the assessment of isolated domains of psychopathology, with an emphasis on internalizing behaviors; reliance on small samples, reflecting the practical challenges of recruiting larger samples during the pandemic; or restricting data collection to 1 country/location/language or population subgroup. Moreover, studies have considered only a single time point with a cross-sectional design, or did not account for variation in the death rate, the severity of the COVID-19 pandemic in specific geographic areas, and restriction measures over time. High cross-study heterogeneity, regarding design, setting, assessment tools, timing of baseline and follow-up assessment, and time between baseline and follow-up assessments,

limits the generalizability of findings of individual studies, posing methodological barriers to evidence synthesis efforts. Finally, studies have focused on psychopathology only, neglecting coping strategies.

The Collaborative Outcomes study on Health and Functioning during Infection Times (COH-FIT, www.coh-fit.com) is an international survey study conducted in 30 languages in representative/weighted non-representative samples, in adults, adolescents, and children.^{3,4} COH-FIT has been measuring well-being and the psychopathology factor (P-score), a validated composite mental health measure,⁵ in the general population across all continents since April 26, 2020, including a retrospectively recalled pre-pandemic assessment of comprehensive multidimensional factors relevant to well-being and mental health. Here, we report globally in adolescents findings of the 2 co-primary outcomes, well-being and the P-score, hypothesizing reduced well-being and increased psychopathology globally, with increased impairment in vulnerable subgroups and a relationship to death rates and stringency measures over time, and with cumulative effects across multiple risk factors. We also assessed subjectively the most effective coping strategies for dealing with the impact of the pandemic.

METHOD

COH-FIT has been approved by local authors' institutional ethics committees, as per protocol.^{3,4}

Outcomes

The 2 co-primary outcomes were the pre- vs intra-pandemic change in well-being (World Health Organization–Five Well-Being Index [WHO-5]⁶) and the composite psychopathology “P-score,” a validated 5-dimensional measure composed of anxiety, depressive, post-traumatic, psychotic, and psychophysiologic (stress, sleep problems, and concentration problems) symptoms.⁵ As in adults, in COH-FIT-Adolescents, anxiety items were extracted from the Generalized Anxiety Disorder 7 questionnaire (GAD-7)⁷; depression, sleep, and concentration items from the 9-item Patient Health Questionnaire (PHQ-9)⁸; post-traumatic items from the Post-Traumatic Stress Disorder (PTSD) Checklist for *DSM-5* (PCL-5)⁹; stress items from the WHO-5 Well-Being Index⁶; and psychotic items from the 16-item Prodromal Questionnaire (PQ-16).¹⁰ Obsessive-compulsive and manic symptoms did not meet our threshold for external validation in adults, and so were not included in the P-score (for either adults or adolescents).⁵ Participants were asked to answer each item in relation to the period “during the last 2 weeks” and “during the last 2 weeks of your regular life” before the pandemic. Symptoms were rated on a visual analogue scale of 0 to 100 for both outcomes, with higher values indicating better well-being (WHO-5) and poorer mental health (P-score). We also computed the proportion of subjects with WHO-5 <50 (indication for testing for depression), and <29 (indicative of major depression),⁶ before and during the pandemic.

We further asked participants to rate how important (“very,” “somewhat,” “not”) the following coping strategies were: exercise, Internet use, direct social contact, hobby, information about the COVID-19 pandemic, media, social media, work, studying/learning, pet, physical intimacy, prescribed medications, religion/meditation/spirituality, gaming, substance use, or other strategies. The list of coping strategies was identified *a priori* based on authors' clinical experience, diverse cultural backgrounds, and a targeted review of the literature.^{11–13}

We tested for the presence of recall bias for retrospectively recalled pre-pandemic ratings over the time of data collection, performing polynomial regression analyses to assess linear or quadratic relationships.

At-Risk Groups

We previously identified *a priori* 12 literature-based risk factors for poor well-being/mental health in adults: namely

present/past COVID-19 infection, age ≤30 years, female gender, employment, health care worker employment, mental disorder diagnosis, physical disorder diagnosis, first-generation immigrant status, large city location, low-income country location, obesity, and having lost someone because of COVID-19^{14,15} (Table S1, available online). For adolescents, we used 9 risk factors, excluding 4 adult risk factors and including an additional one of school closures. We excluded age considering adolescents as 1 homogeneous age group, employment status, and being a health care worker, as minors typically do not work in developed countries, and being obese, as growth charts and not body mass index thresholds better describe overweight/underweight status in minors. In country-income analyses, we retained only data from those countries in which at least 100 analyzable surveys were available.

COVID-19 Deaths and Restrictions

Time-/region-specific COVID-19 daily deaths were extracted from the Johns Hopkins University repository (<https://coronavirus.jhu.edu/data>). We also included the Oxford COVID-19 Stringency Index (<https://www.bsg.ox.ac.uk/research/covid-19-government-response-tracker>), which provides a daily rating for different countries indicating the severity of government-imposed restrictions (0–100) at the time of survey completion based on 9 comprehensive metrics, for example, school closures and facial coverings) (<https://covidtracker.bsg.ox.ac.uk/>). All reporting followed a Consensus-Based Checklist for Reporting of Survey Studies (CROSS)¹⁶ (eChecklist).

Translations and P-Score Validation

COH-FIT translations have been validated in adults.⁵ The P-score in COH-FIT-Adolescents followed the same structure and was based on the same items as the validated P-score in adults. Because validated questionnaires in adults have not been validated in minors, any concurrent validation would not have been informative, because of the lack of validity of the external validator. Hence, we performed only internal psychometric validation of P-score in adolescents.

For internal validation, we performed confirmatory factor analysis (CFA) testing the fit of a model with the same second-order P-score and first-order depression, anxiety, post-traumatic, psychotic, and psycho-physiologic domains validated in adults.⁵ In addition, we assessed the fit of 3 plausible alternative candidate models: (1) a unidimensional model; (2) a correlated 5-factor model; and (3) a bifactor model¹⁷ with all factors uncorrelated. Criteria for adequate model fit were a comparative fit index (CFI) >0.95, root mean square error of approximation (RMSEA) <.06, and standardized root mean square

residual (SRMR) $<.08$.¹⁸ We also computed the Bayesian Information Criterion (BIC), which is suitable for the direct comparison of non-nested models (eg, bifactor vs correlated factors), where lower BIC is indicative of better fit. Mean-adjusted maximum likelihood was used to estimate parameters with robust standard errors and Satorra–Bentler-scaled test statistics to account for any non-normality.¹⁹ Sampling weights were applied to all CFA analyses. Overall and individual internal domain reliabilities were estimated with the coefficient omega.²⁰

Equivalence of P-score measurement across different survey languages and countries, as well as across genders, was tested in a hierarchical manner,²¹ assessing model fit after applying increasingly restrictive equality constraints across groups. Specifically, we modeled identical factor structures across groups (configural invariance), equal factor loadings (metric invariance), and equal item intercepts (scalar invariance), which is generally considered sufficient for valid measurement of latent means for any subsequent hypothesis testing.¹⁷ To maximize the reliability of estimates, we excluded any subgroups with $N < 200$ (eg, non-binary gender or countries with minimal survey administration). Using Chen's 2007²² guidelines, a change in the following fit indices was used as indicative of nonvariance: CFI less than -0.01 and either RMSEA >0.015 or SRMR >0.03 (loadings)/SRMR >0.01 (intercepts). We did not use the χ^2 test to assess invariance, given that this is excessively sensitive to negligible changes in fit for large sample sizes.²²

All analyses were conducted in R ²³ using the *MICE*²⁴, *ggplot2*²⁵, *MVN*²⁶, *psych*²⁷ and *lavaan*²⁸ packages.

Data Analysis

COH-FIT-Adolescents items were identical to COH-FIT-Adult items.⁵ Missing item data were imputed using multivariate chained equations, with predictive mean matching²⁹ for continuous and logistic regression for categorical values as described in Supplement 1, available online. Outliers were identified using a high threshold of $|z| = 5.0$, winsoring them to the next highest non-outlying value. Non-representative samples were weighted for gender according to representative distribution in each country.

To examine changes in outcomes across pre- vs intra-pandemic time periods, we performed mixed-effects linear regression with country as a random effect. We allowed regression slopes for time to vary across countries, given that the impact of time across different nations is likely varied. The McNemar χ^2 test was also used to compare change in the proportion of WHO-5 <50 and <29 scores during pre- vs intra-pandemic time periods. Finally, we examined whether the presence of multiple concomitant risk factors was associated with worse outcomes by regression analyses

on WHO-5/P-score using a cumulative risk score (0-9). This risk score was derived by summing the number of at-risk groups to which each participant belonged as identified *a priori*.

Descriptive trends in the well-being and P-score changes over time were explored with cubic regression splines. This approach fits a series of smoothed local piecewise regression analyses across different time intervals,³⁰ and may be particularly sensitive to revealing sudden temporal changes that might occur with COVID-related events such as policy changes. These analyses were performed in the whole sample using 10 equally spaced spline intervals, together with COVID-19 deaths and restrictions. This analytic approach was applied to provide descriptive data on possible trends with no inferential analyses conducted.

We conducted a correlation analysis among co-primary outcomes. We conducted correlation and smoothed regression analyses to measure the association of outcomes with COVID-19 deaths, stringency, and time since the start of the pandemic. STATA³¹ was used for regression analyses for cumulative risk factors and correlation analyses, and R for all other analyses.

Sample Weights

Although the majority of the sample was obtained through representative sampling via survey organizations, around 25% of the data were acquired through non-probabilistic sampling. On average, this non-probabilistic subsample had a higher female-to-male respondent ratio (Table 1). Post-stratification adjustment weights were used to provide a representative distribution of gender within each country based on national population statistics. In the adult COHFIT survey population, we also weighted for age, education, and employment status (data under review). Here, we weighted only for gender, because employment and education classifications are not relevant to an adolescent sample, and because the age band used to define adolescents (14-17 years) is already narrow, and population figures frequently report age statistics using age bands that extend beyond the adolescent age range (commonly 15-19 years).

RESULTS

Survey Sample

Surveys were administered between April 27, 2020, and June 11, 2022, yielding 8,762 surveys. Excluding 642 participants completing $<50\%$ of items and 5 respondents without obtainable Stringency Index information, data from 8,115 adolescents (representative = 75.1%, age = 15.6

TABLE 1 Basic Participant Characteristics for Overall, Representative, and Non-Representative Samples

Variable	Overall		Representative		Nonprobability	
	Frequency	Percent	Frequency	Percent	Frequency	Percent
Representativeness of sample						
Nonprobability	2,019	24.9	0	0.0	2,019	100.0
Representative	6,096	75.1	6,096	100.0	0	0.0
Age, y						
14	1,669	20.6	1,332	21.9	337	16.7
15	2,196	27.1	1,689	27.7	507	25.1
16	1,977	24.4	1,404	23.0	573	28.4
17	2,273	28.0	1,671	27.4	602	29.8
Gender						
Male	4,066	50.1	3,215	52.7	851	42.1
Female	4,006	49.4	2,852	46.8	1,154	57.2
Non-binary	32	0.4	24	0.4	8	0.4
Transgender or intersex	11	0.1	5	0.1	6	0.3
Ethnicity						
White	5,782	71.3	5,121	84.0	661	32.7
African/African descent	420	5.2	128	2.1	292	14.5
Hispanic	375	4.6	323	5.3	52	2.6
Asian	1,002	12.3	117	1.9	885	43.8
Mixed	465	5.7	370	6.1	95	4.7
Other	71	0.9	37	0.6	34	1.7
Country economy						
High income	5,907	72.8	5,207	85.4	700	34.7
Middle income	1,478	18.2	889	14.6	589	29.2
Low income	730	9.0	0	0.0	730	36.2
Stringency						
0-24	726	8.9	456	7.5	270	13.4
25-49	1,932	23.8	1,591	26.1	341	16.9
50-74	3,803	46.9	2,944	48.3	859	42.5
75-100	1,654	20.4	1,105	18.1	549	27.2
Migrant status						
No	6,902	85.1	5,327	87.4	1,575	78.0
Yes	521	6.4	481	7.9	40	2.0
Not reported	692	8.5	288	4.7	404	20.0
SES						
0-24	399	4.9	168	2.8	231	11.4
25-49	1,012	12.5	615	10.1	397	19.7
50-74	4,643	57.2	3,576	58.7	1,067	52.8
75-100	2,061	25.4	1,737	28.5	324	16.0
Urbanicity						
Village/rural	1,545	19.0	1,145	18.8	400	19.8
Small city/town (10,000-100,000 population)	2,391	29.5	1,813	29.7	578	28.6
Medium city/town (100,000-500,000 population)	1,798	22.2	1,318	21.6	480	23.8
Large city/town (> 500,000 population)	2,381	29.3	1,820	29.9	561	27.8
COVID-19—related loss						
No	7,431	91.6	5,540	90.9	1,891	93.7
Yes	669	8.2	556	9.1	113	5.6
Not reported	15	0.2	0	0.0	15	0.7

(continued)

TABLE 1 Continued

Variable	Overall		Representative		Nonprobability	
	Frequency	Percent	Frequency	Percent	Frequency	Percent
Month of data collection						
Apr 2020	130	1.6	2	0.0	128	6.3
Jun 2020	493	6.1	285	4.7	208	10.3
Aug 2020	432	5.3	5	0.1	427	21.1
Oct 2020	2,463	30.4	1,884	30.9	579	28.7
Dec 2020	431	5.3	365	6.0	66	3.3
Feb 2021	330	4.1	272	4.5	58	2.9
Apr 2021	519	6.4	428	7.0	91	4.5
Jun 2021	394	4.9	263	4.3	131	6.5
Aug 2021	434	5.3	284	4.7	150	7.4
Oct 2021	95	1.2	1	0.0	94	4.7
Dec 2021	39	0.5	0	0.0	39	1.9
Feb 2022	522	6.4	510	8.4	12	0.6
Apr 2022	1,648	20.3	1,612	26.4	36	1.8
Jun 2022	185	2.3	185	3.0	0	0.0

years (range = 14-17 years), female individuals = 49.4%, male individuals = 50.1%, non-binary = 0.4%, transgender/intersex = 0.1%) suitable for regression analyses were analyzed.

Data Screening

Missing data were $\leq 1\%$ for all items except immigration status (9%), helping others (5%), and receiving a positive COVID test result (57%). Participant characteristics are detailed in Table 1. Patterns of missingness were explored across all included variables with the Anderson–Darling rank test.²⁶ This was significant (median $T = 18.64$, median $p < .001$), suggesting that data were not “missing completely at random” but could be considered “missing at random” (ie, if missingness is contingent on the observed data), which means that imputation is supported (Supplement 1, available online). For the CFA, assessment of multivariate normality with the Mardia coefficient showed significant skew ($z = 17398.01$, $p < .001$) and kurtosis ($z = 273.81$, $p < .001$), so scaled CFA test statistics¹⁹ and robust standard errors were used in parameter estimation to account for non-normality.

Recall Bias Analysis

A longer interval between the start of the pandemic and the completion of the survey was linearly associated with higher pre-pandemic well-being ratings ($\beta = 0.077$, $p < .001$) (Figure S1, available online). A quadratic association with P-scores was also observed ($\beta = -0.02$, $p < .001$), with

Figure S2 (available online) suggesting a general decrease in ratings across time but with a transient increase in January 2022. Variation in pre-pandemic scores across time nevertheless appeared to be minimal, suggesting little substantive recall bias/drift. Regression slopes estimating before vs during the pandemic are shown in Figure S3, available online.

P-Score Factor Structure

The second-order, bifactor, and correlated factors model all met established thresholds for model fit (Table S2, available online), and item-factor loadings were high, suggesting good convergent validity (Figure S4, available online). The unidimensional model did not demonstrate adequate fit (Table S2, available online) and is not considered further. A comparison of BIC values across the 3 adequately fitting models found that BIC was lowest (indicating a better fit) for the correlated factor model, and this model was therefore selected for further measurement invariance tests. Factor correlations for this model were high ($r = 0.60$ - 0.84), suggesting a strong degree of commonality across subdomains.

P-Score Reliability, Measurement Invariance, and Association With WHO-5

Reliability assessed with coefficient omega was high, both for an overall composite P-score ($\omega = 0.96$) and for the five subdomains ($\omega = 0.83$ - 0.93). Measurement invariance results in Table S3 (available online) indicate that the

correlated factor model exhibits no meaningful decrement in model fit using Chen's criteria when factor structure, loadings, and intercepts were constrained to be equal across different countries, survey languages, and gender groups. Correlations of P-scores with the WHO-5 (Table S4, available online) showed significant associations for both the overall ($r = -0.49$) and domain scores ($r = -0.24$ to -0.53).

Change in Well-Being

Weighted mixed-effects regression analyses indicated an overall decrease (worsening) in WHO-5 well-being during the pandemic of 8.37 (95% CI = 6.50-10.23) points ($t[16.79] = 8.83, p < .001$) from a pre-pandemic baseline of 75.78 (a standardized mean difference [SMD] of 0.40). The random-effects intercept term showed that there was considerable variation in the magnitude of well-being changes across countries (SD = 5.01) (Figure S3a, available online). Follow-up individual country-wide comparisons (Table 2) indicated significant worsening in all assessed countries except Canada, Russia, the United States, and Taiwan. The proportion of individuals scoring WHO-5 <50 increased from 9% before the pandemic to 17% during the pandemic (McNemar $\chi^2 = 153.24, N = 8,115, p < .001$), with the proportion scoring WHO-5 <29 increasing from 2% before the pandemic to 6% during the pandemic (McNemar $\chi^2 = 153.24, N = 8,115, p < .001$).

Changes in P-Score

The P-score increased (ie, worsened) by 10.33 (95% CI = 8.05, 12.61) points ($t[17.46] = 8.88, p < .001$) from the pre-pandemic baseline of 31.54 (SMD = 0.42), with notable variation in the size of P-score change (SD = 6.05) across countries (Figure S3b, available online). Individual country-wide comparisons (Table 2) indicated significant worsening of psychopathology in the majority of countries except in Canada and the United States. In addition, P-scores increased in 45% by $\geq 20\%$, 39% by $\geq 30\%$, 34% by $\geq 40\%$, and 30% by $\geq 50\%$.

Correlations of P-score total and domain scores with well-being can also be seen in Table S4 (available online).

Change Trajectories in Well-Being, P-Score, COVID-19 Deaths, and Restrictions

Figure 1 shows regression splines fitted to WHO-5 scores ($F_{8,3,8106} = 14.74, p < .001$) and P-scores ($F_{8,9,8106} = 14.16, p < .001$) across time, along with stringency and death data rescaled to a similar metric to each outcome to facilitate visual comparison. Both outcomes appeared to worsen in the beginning stage of the survey collection

period early in the pandemic, returning to near-pre-pandemic levels over time, as evident from the shape of the cubic spline model (Figure 1). There was a significant, albeit very small, association between WHO-5 change and COVID pandemic-related deaths ($r = -0.05, p < .001$, and Stringency Index $r = -0.09, p < .001$). P-score changes were significantly correlated, albeit with modest effect, with the Stringency Index ($r = 0.04, p = .001$) but not with COVID pandemic-related deaths ($r = -0.01, p = .299$).

Risk Factors and Well-Being

The following risk factors were significantly associated with larger WHO-5 intra-pandemic worsening in adolescents: having a mental disorder, having a physical disorder, being female, and having school closures (Figure 2, Table S5, available online). Associations were non-significant for country income, immigrant status, COVID-19-related loss, COVID-19 infection, or urbanicity. The presence of more concomitant risk factors was associated with larger WHO-5 worsening ($B = -0.79, SE = 0.18, p < .001$). Results from representative samples only are shown in Table S6, available online.

Risk Factors and P-Score

The following risk factors were significantly associated with larger P-score worsening before vs during the pandemic in adolescents: having a mental disorder, having a physical disorder, being female, living in a low-income country, and not living in a large city (Figure 2, Table S5, available online). Associations were non-significant for school closure, immigrant status, COVID-19-related loss, or COVID-19 infection. A greater number of concomitant risk factors was associated with larger P-score worsening ($B = 1.198, SE = 0.161, p < .001$). Results from representative samples only are provided in Table S6, available online.

Coping Strategies

The coping strategies most frequently rated as "very important" were as follows: Internet use = 57.0%, exercise/walking = 51.4%, direct social contacts = 50.4%, followed by social media use/remote interactions = 49.8%, media use = 47.2%, having a hobby = 45.4%, gaming = 38.8%, receiving COVID-19 pandemic information = 38.8%, spending time with a pet = 38.3%, studying/learning = 37.3%, work = 24.5%, prescribed medications = 23.9%, physical intimacy = 21.8%, religion/meditation/spirituality = 21.2%, other strategies = 14.5%, and substance use = 9.6% (Figure 3, Table S7, available online).

TABLE 2 Changes in Well-Being and Psychopathology Across Countries With More Than 100 Respondents, in Descending Order of Magnitude

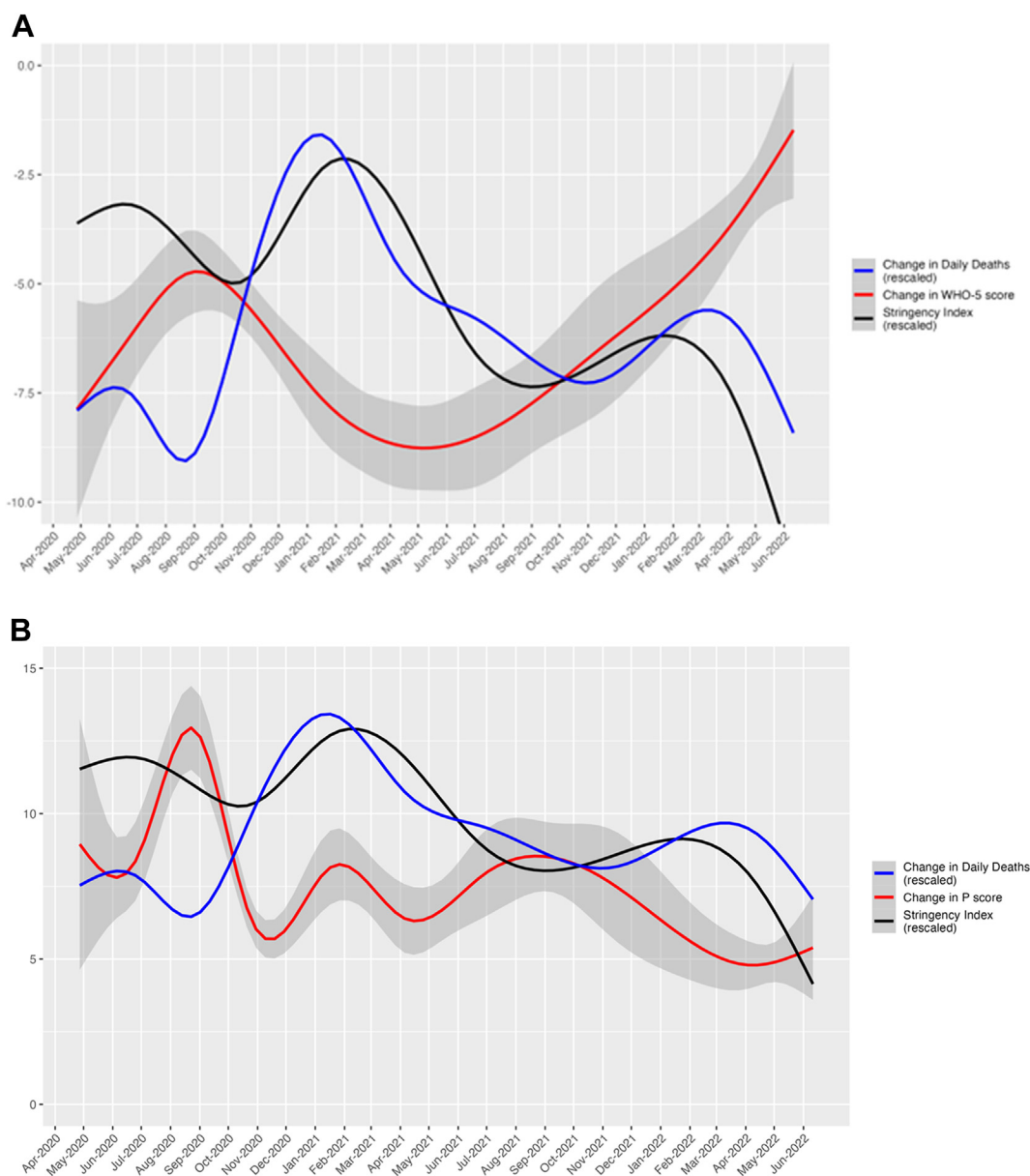
Country	N	Before pandemic		During pandemic		Weighted change	
		Mean	SD	Mean	SD	Mean	p
WHO-5							
Uruguay	286	69.44	17.85	57.83	21.64	10.91	<.001
Uganda	320	57.47	18.08	48.32	17.27	9.13	<.001
Thailand	155	75.22	19.14	66.16	22.45	8.54	<.001
Germany	813	76.51	18.83	68.48	22.77	7.97	<.001
Czech Republic	112	66.67	19.82	57.74	24.59	7.81	0.009
Switzerland	133	69.67	19.18	61.56	21.77	7.64	0.003
Poland	182	78.54	16.86	71.17	20.48	7.36	<.001
Greece	283	75.91	20.86	68.69	22.51	7.21	<.001
Austria	562	75.92	18.84	69.14	23.25	6.77	<.001
France	263	80.77	17.26	74.93	20.75	5.96	<.001
Brazil	632	78.37	18.57	72.70	21.20	5.70	<.001
United Kingdom	467	76.24	19.11	70.55	22.19	5.63	<.001
Italy	625	79.02	16.38	74.20	19.18	4.83	<.001
Spain	1,358	79.99	16.39	75.43	18.62	4.60	<.001
Bangladesh	410	69.19	20.88	65.15	19.49	4.05	0.005
Canada	225	75.45	17.35	73.06	19.88	2.40	0.174
Russia	257	83.33	15.79	82.22	16.32	1.11	0.433
United States	511	77.82	18.45	77.11	18.56	0.75	0.515
Taiwan	340	72.85	22.09	72.48	22.20	0.02	0.993
P-score							
Uruguay	286	30.61	18.64	48.98	22.45	-17.53	<.001
Bangladesh	410	36.41	21.03	50.44	22.88	-14.88	<.001
Thailand	155	23.84	19.60	36.30	22.50	-12.43	<.001
Switzerland	133	27.37	18.58	39.46	24.50	-11.80	<.001
Czech Republic	112	32.65	20.01	44.55	22.79	-10.09	<.001
Austria	562	26.86	20.18	35.04	23.27	-8.08	<.001
Uganda	320	32.87	20.14	40.45	19.40	-7.56	<.001
Taiwan	340	17.87	17.65	25.54	20.89	-7.47	<.001
Greece	283	33.27	22.49	40.48	22.61	-7.21	<.001
Poland	182	31.66	20.94	38.77	23.78	-7.11	0.003
Germany	813	26.44	20.89	32.83	23.35	-6.24	<.001
Italy	625	31.67	22.60	37.73	24.66	-6.08	<.001
France	263	23.31	22.81	28.76	24.56	-5.62	0.007
Brazil	632	43.65	22.20	48.67	23.56	-5.06	<.001
United Kingdom	467	25.43	21.96	30.25	24.42	-4.83	0.002
Russia	257	21.37	20.03	26.09	22.04	-4.72	0.011
Spain	1,358	31.91	23.63	35.32	24.46	-3.49	<.001
Canada	225	33.39	23.26	36.76	25.54	-3.37	0.144
United States	511	50.58	28.53	52.59	28.85	-2.10	0.242

Note: WHO-5 = World Health Organization–Five Well-Being Index.

DISCUSSION

To our knowledge, this is the first multi-language study to assess changes in well-being and overall psychopathology, as well as coping strategies, from before to during the COVID-19 pandemic in a transcontinental, predominantly

representative sample of adolescents. We found that during the COVID-19 pandemic, well-being and mental health of adolescents worsened, albeit with a small effect size, yet heterogeneously across one or multiple risk factor subgroups and countries. COVID-19–related deaths and restriction

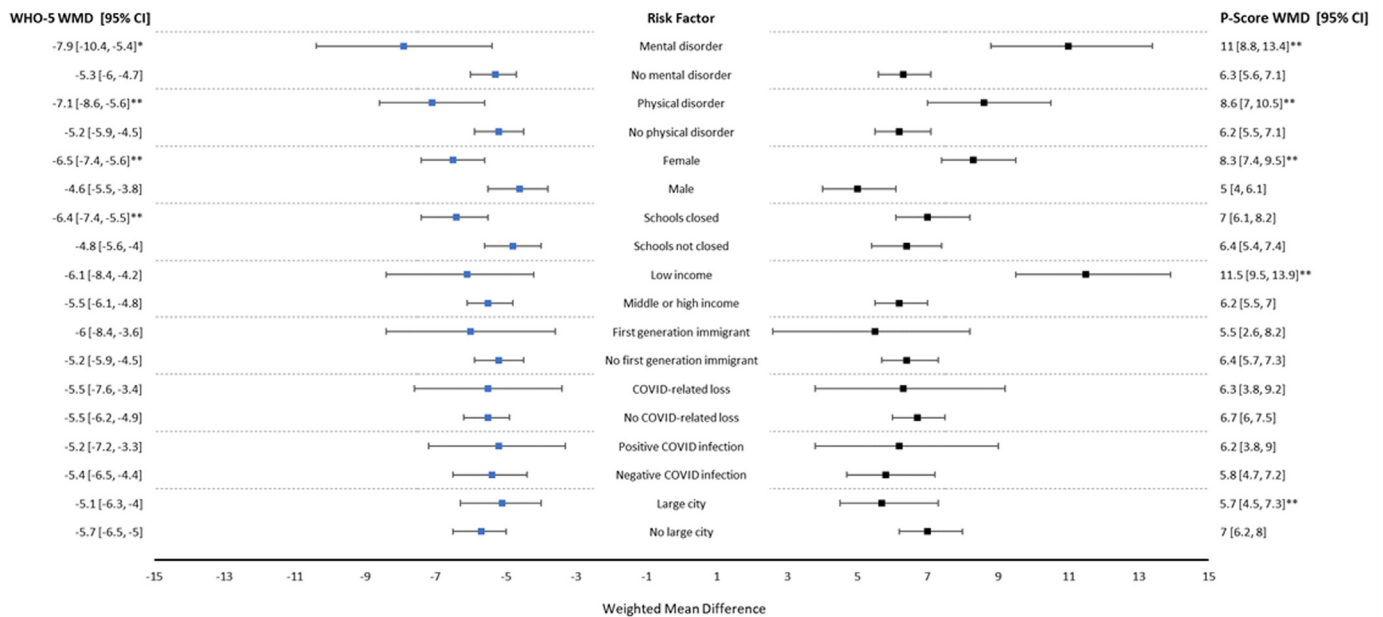
FIGURE 1 Trajectory of Change in Outcomes of WHO-5 Well-Being Score (A) and Composite Psychopathology P-Score (B), Stringency, and Daily Death Rate

Note: Stringency and daily death rate rescaled to same metric as outcomes to facilitate comparison. WHO-5 = World Health Organization–Five Well-Being Index.

stringency association with well-being and psychopathology were statistically significant but negligible. The 3 most subjectively important coping strategies were Internet use, exercise/walking, and direct social contacts. Notably, well-being and composite psychopathology returned to near-pre-pandemic values after more than 2 years of the pandemic.

COH-FIT overcomes many limitations of previous studies on this topic, according to recent meta-analytic

evidence based on 51 studies.² First, previous studies were mostly (94%) based on convenience samples. Notably, early in the pandemic, Pierce *et al.* warned against the bias introduced by the exclusive use of convenience samples in mental health surveys. By contrast, COH-FIT relied mainly (75%) on representative sampling. Second, previous studies focused mainly on the assessment of isolated domains of psychopathology, with an emphasis on internalizing behaviors, whereas COH-FIT successfully assessed well-being

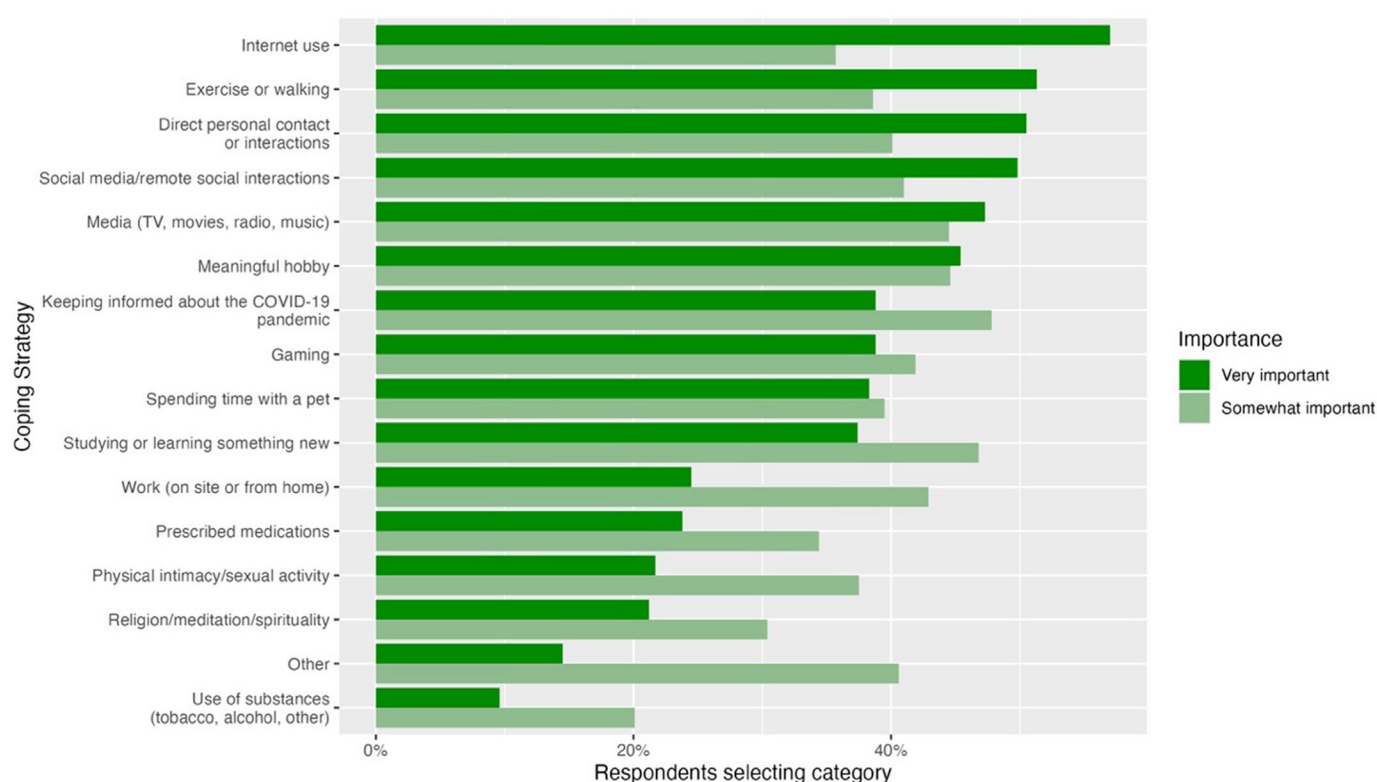
FIGURE 2 Forest Plot of Changes in Well-Being and Psychopathology Across Risk Factors in Adolescents During vs Before COVID-19 Pandemic

Note: Although non-overlapping confidence lines (each corresponding to the group's standard error [SE]) are commonly used as a rough proxy for indicating significant differences across 2 groups, the precise 95% confidence interval relating to a comparison between 2 groups is actually $\sqrt{2} \times SE$, rather than $2 \times SE$ (as suggested by the 2 drawn lines), being just under 30% smaller (eg, [https://www.jvascsurg.org/article/S0741-5214\(02\)00030-7/pdf](https://www.jvascsurg.org/article/S0741-5214(02)00030-7/pdf)). Visually reducing the SE lines by about 30% would give a better indicator of whether the difference between 2 groups has reached statistical significance.

* $p < 0.05$, Significant difference with vs without risk factor; ** $p < 0.001$, significant difference with vs without risk factor.

as well as a composite index of general psychopathology. Third, previous studies were based mainly on one or a few countries. COH-FIT, being a multicontinental study, provides a unique overview of changes in well-being and psychopathology worldwide. Notably, we found an overall worsening of well-being and psychopathology across many countries, consistent with other data in adolescents and adults³²; this was not the case for selected countries. Adolescents' well-being did not appear to worsen in Canada, Russia, the United States, or Taiwan, and no significant changes in general psychopathology were reported in Canada and the United States. Although it is possible that measures and policies applied in these countries were particularly effective in containing the impact of the pandemic in adolescents' well-being and mental health, it is also possible that other reasons were responsible for our not detecting significant changes in these countries, such as time of data collection or other unmeasured factors. Fourth, previous studies generally focused on psychopathology, whereas an important aim of COH-FIT was to also explore coping strategies, which is crucial to inform individual and mental health professional behaviors and public health policies on directly actionable measures, such as facilitating

Internet access, exercise/walking, and direct social contacts. The findings on physical exercise resonate with a large-scale umbrella review showing benefits of physical activity on psychosocial outcomes in youth.³³ Our findings underscore that, with cautions to restrict virus spread, (outdoor) exercise, safe direct social contact and Internet access should be facilitated, including for those adolescents unlikely to be able afford it. Fifth, previous evidence generally failed to account for variation in local death rates, severity of the COVID-19 pandemic, and governmental restrictions. We found that psychopathology and well-being were correlated with the Stringency Index, and well-being was also correlated with COVID-19-related deaths. However, these correlations were small, and we were likely limited by the small number of deaths in adolescents. Sixth, previous surveys investigated relatively small samples, or were set in one country, with sample sizes ranging, for instance, in studies reporting on anxiety symptoms from 184 to 11,774 (one country only). Overcoming the logistic challenges of initiating research studies and recruiting samples during the pandemic, our large sample size ($N = 8,115$) collected as early as April 26, 2020, allowed us not only to detect average pre- to intra-pandemic group level changes, starting

FIGURE 3 Most Important Coping Strategies in Adolescents During COVID-19 Pandemic

in the earliest pandemic times, but also to assess the impact on specific adolescent subgroups. Indeed, although the worsening, at the group level, in well-being and psychopathology is consistent with previous findings in youth, and although the small effect size would suggest that these changes were overall of limited clinical/public health importance, well-being and psychopathology worsened more substantially in specific subgroups. Having a mental health disorder, having a physical disorder, and female gender increased the negative impact of the pandemic both regarding well-being and psychopathology, consistent with effects in adults, and suggesting that these populations should be considered when allocating resources and initiatives to protect mental health and well-being by clinicians and governmental policies.^{34,35} The timing and extent of school closures during the pandemic has been discussed controversially.³⁶ Our results suggest that school closures affect mainly well-being, but that effect may not be a strong risk factor for worsening of psychopathology. By contrast, not living in a big city was associated with worsening in psychopathology. Although worse housing conditions with less access to green areas, higher cost of living, and increasing job/financial insecurities might be expected to worsen psychopathology in adults, adolescents may

particularly value living in big cities in terms of peer support and social connectedness. Importantly, having multiple risk factors increased the pandemic's impact on well-being and mental health, suggesting that clinical care as well as public health prevention, promotion, and interventions should prioritize individuals with specific and, especially, multiple risk factors, aiming to provide targeted assistance and to reduce risk factors globally.

Although the duration of the studied effects of the pandemic on mental health in youth has been limited to a few months (eg, less than 1 year for studies of anxiety symptoms), our continuous data collection for more than 2 years allowed us to explore and assess temporal trends. Overall, our findings point to a return to near-pre-pandemic values after more than 2 years. As our findings are based on repeated cross-sectional rather than longitudinal data, they should be considered exploratory. Nevertheless, the pattern of change that we observed is consistent with longitudinal data from a large-scale meta-analysis pooling studies in adults and youth and showing a U-shaped relationship between time in the COVID-19 pandemic and anxiety/depressive symptom severity.³² Overall, these data provide reassurance regarding the mental health impact of the pandemic, at least in the medium term and at the

general population level. Nevertheless, efforts are needed to identify less resilient/fortunate/resourceful subgroups and helping them to recover from the impact of the pandemic also.

Results from this study should be interpreted considering its limitations, including the cross-sectional design at the individual level, paired with retrospective recall to allow for calculation of pre- to intra-pandemic status. However, we did not detect a relevant drift in the retrospective recall of the pre-pandemic WHO-5 or P-factor during the study period. Moreover, accounting for severity of COVID-19 infections was not possible because we did not collect information on need for hospitalization for COVID-19, intensive care unit, intubation, or other proxy measures of severity. Also, country-level data were limited by small sample sizes that may have reduced the power to find significant differences between responses regarding pre-and intra-pandemic times in some isolated countries. With regard to the structure of the P-scale, although the correlated factors model had the most favorable fit indices, such indices can be biased by model features such as complexity, sample size, and other factors, and second-order and bifactor models should not be rejected. Nevertheless, all of these models commonly support the existence of 5 distinct but highly related dimensions (albeit with different inferences on how they are related), which supports the computation of either an overall P-score dimension or 5 separate subdomains. This P-score, however, did not measure externalizing symptoms. Finally, we did not conduct analyses on specific risk factors within each country, as dedicated reports will be focusing on them.

Despite these limitations, the COH-FIT study provides unique data to inform individuals, clinicians, and public health/intervention policies aimed at preventing/decreasing the impact of this and possible future pandemics on the well-being and mental health of adolescents.

CRedit authorship contribution statement

Marco Solmi: Writing – review & editing, Writing – original draft, Validation, Supervision, Project administration, Methodology, Funding acquisition, Data curation, Conceptualization. **Trevor Thompson:** Conceptualization, Supervision, Writing – original draft, Writing – review & editing. **Samuele Cortese:** Conceptualization, Supervision, Writing – original draft, Writing – review & editing. **Andrés Estradé:** Conceptualization, Supervision, Writing – original draft, Writing – review & editing. **Agorastos Agorastos:** Conceptualization, Supervision, Writing – original draft, Writing – review & editing. **Joaquim Radua:** Conceptualization, Supervision, Writing – original draft,

Writing – review & editing. **Elena Dragioti:** Conceptualization, Supervision, Writing – original draft, Writing – review & editing. **Davy Vancampfort:** Conceptualization, Supervision, Writing – original draft, Writing – review & editing. **Lau Caspar Thygesen:** Conceptualization, Supervision, Writing – original draft, Writing – review & editing, Funding acquisition. **Harald Aschauer:** Conceptualization, Supervision, Writing – original draft, Writing – review & editing, Funding acquisition. **Monika Schlögelhofer:** Conceptualization, Supervision, Writing – original draft, Writing – review & editing, Funding acquisition. **Elena Aschauer:** Conceptualization, Supervision, Writing – original draft, Writing – review & editing, Funding acquisition. **Andres Andres Schneeberger:** Conceptualization, Supervision, Writing – original draft, Writing – review & editing, Funding acquisition. **Christian G. Huber:** Conceptualization, Supervision, Writing – original draft, Writing – review & editing, Funding acquisition. **Gregor Hasler:** Conceptualization, Supervision, Writing – original draft, Writing – review & editing, Funding acquisition. **Philippe Conus:** Conceptualization, Supervision, Writing – original draft, Writing – review & editing, Funding acquisition. **Kim Q. Do Cuénod:** Conceptualization, Supervision, Writing – original draft, Writing – review & editing. **Roland von Känel:** Conceptualization, Supervision, Writing – original draft, Writing – review & editing, Funding acquisition. **Gonzalo Arrondo:** Conceptualization, Supervision, Writing – original draft, Writing – review & editing, Funding acquisition. **Paolo Fusar-Poli:** Conceptualization, Supervision, Writing – original draft, Writing – review & editing, Funding acquisition. **Philip Gorwood:** Conceptualization, Supervision, Writing – original draft, Writing – review & editing, Funding acquisition. **Pierre-Michel Llorca:** Conceptualization, Supervision, Writing – original draft, Writing – review & editing, Funding acquisition. **Marie-Odile Krebs:** Conceptualization, Supervision, Writing – original draft, Writing – review & editing, Funding acquisition. **Elisabetta Scanferla:** Conceptualization, Supervision, Writing – original draft, Writing – review & editing. **Taishiro Kishimoto:** Conceptualization, Supervision, Writing – original draft, Writing – review & editing, Funding acquisition. **Golam Rabbani:** Conceptualization, Supervision, Writing – original draft, Writing – review & editing, Funding acquisition. **Karolina Skonieczna-Zydecka:** Conceptualization, Supervision, Writing – original draft, Writing – review & editing, Funding acquisition. **Paolo Brambilla:** Conceptualization, Supervision, Writing – original draft, Writing – review & editing, Funding acquisition. **Angela Favaro:** Conceptualization, Supervision, Writing – original draft, Writing – review & editing, Funding acquisition. **Akihiro Takamiya:**

Conceptualization, Supervision, Writing – original draft, Writing – review & editing, Funding acquisition. **Leonardo Zoccante:** Conceptualization, Supervision, Writing – original draft, Writing – review & editing, Funding acquisition. **Marco Colizzi:** Conceptualization, Supervision, Writing – original draft, Writing – review & editing, Funding acquisition. **Julie Bourgin:** Conceptualization, Supervision, Writing – original draft, Writing – review & editing, Funding acquisition. **Karol Kamiński:** Conceptualization, Supervision, Writing – original draft, Writing – review & editing, Funding acquisition. **Maryam Moghadasin:** Conceptualization, Supervision, Writing – original draft, Writing – review & editing, Funding acquisition. **Soraya Seedat:** Conceptualization, Supervision, Writing – original draft, Writing – review & editing, Funding acquisition. **Evan Matthews:** Conceptualization, Supervision, Writing – original draft, Writing – review & editing, Funding acquisition. **John Wells:** Conceptualization, Supervision, Writing – original draft, Writing – review & editing. **Emilia Vassilopoulou:** Conceptualization, Supervision, Writing – original draft, Writing – review & editing, Funding acquisition. **Ary Gadelha:** Conceptualization, Supervision, Writing – original draft, Writing – review & editing, Funding acquisition. **Kuan-Pin Su:** Conceptualization, Supervision, Writing – original draft, Writing – review & editing, Funding acquisition. **Jun Soo Kwon:** Conceptualization, Supervision, Writing – original draft, Writing – review & editing, Funding acquisition. **Minah Kim:** Conceptualization, Supervision, Writing – original draft, Writing – review & editing, Funding acquisition. **Tae Young Lee:** Conceptualization, Supervision, Writing – original draft, Writing – review & editing, Funding acquisition. **Oleg Papsuev:** Conceptualization, Supervision, Writing – original draft, Writing – review & editing, Funding acquisition. **Denisa Manková:** Conceptualization, Supervision, Writing – original draft, Writing – review & editing, Funding acquisition. **Andrea Boscutti:** Conceptualization, Supervision, Writing – original draft, Writing – review & editing. **Cristiano Gerunda:** Conceptualization, Supervision, Writing – original draft, Writing – review & editing. **Diego Saccon:** Conceptualization, Supervision, Writing – original draft, Writing – review & editing. **Elena Righi:** Conceptualization, Supervision, Writing – original draft, Writing – review & editing. **Francesco Monaco:** Conceptualization, Supervision, Writing – original draft, Writing – review & editing. **Giovanni Croatto:** Conceptualization, Supervision, Writing – original draft, Writing – review & editing. **Jacopo Demurtas:** Conceptualization, Supervision, Writing – original draft, Writing – review & editing. **Natascia Brondino:** Conceptualization, Supervision, Writing – original draft, Writing – review & editing.

Nicola Veronese: Conceptualization, Supervision, Writing – original draft, Writing – review & editing. **Paolo Enrico:** Conceptualization, Supervision, Writing – original draft, Writing – review & editing. **Pierluigi Politi:** Conceptualization, Supervision, Writing – original draft, Writing – review & editing. **Valentina Ciappolino:** Conceptualization, Supervision, Writing – original draft, Writing – review & editing. **Andreas Bechdolf:** Conceptualization, Supervision, Writing – original draft, Writing – review & editing. **Andreas Meyer-Lindenberg:** Conceptualization, Supervision, Writing – original draft, Writing – review & editing. **Kai G. Kahl:** Conceptualization, Supervision, Writing – original draft, Writing – review & editing. **Katharina Domschke:** Conceptualization, Supervision, Writing – original draft, Writing – review & editing. **Michael Bauer:** Conceptualization, Supervision, Writing – original draft, Writing – review & editing. **Nikolaos Koutsouleris:** Conceptualization, Supervision, Writing – original draft, Writing – review & editing. **Sibylle Winter:** Conceptualization, Supervision, Writing – original draft, Writing – review & editing. **Stefan Borgwardt:** Conceptualization, Supervision, Writing – original draft, Writing – review & editing. **Istvan Bitter:** Conceptualization, Supervision, Writing – original draft, Writing – review & editing. **Judit Balazs:** Conceptualization, Supervision, Writing – original draft, Writing – review & editing. **Dimitris Mavridis:** Conceptualization, Supervision, Writing – original draft, Writing – review & editing. **Konstantinos Tsamakis:** Conceptualization, Supervision, Writing – original draft, Writing – review & editing. **Vasilis P. Bozikas:** Conceptualization, Supervision, Writing – original draft, Writing – review & editing. **Chavit Tunvirachaisakul:** Conceptualization, Supervision, Writing – original draft, Writing – review & editing. **Michael Maes:** Conceptualization, Supervision, Writing – original draft, Writing – review & editing. **Teerayuth Rungnirundorn:** Conceptualization, Supervision, Writing – original draft, Writing – review & editing. **Thitiporn Supasitthumrong:** Conceptualization, Supervision, Writing – original draft, Writing – review & editing. **Ariful Haque:** Conceptualization, Supervision, Writing – original draft, Writing – review & editing. **Andre R. Brunoni:** Conceptualization, Supervision, Writing – original draft, Writing – review & editing. **Carlos Gustavo Costardi:** Conceptualization, Supervision, Writing – original draft, Writing – review & editing. **Felipe Barreto Schuch:** Conceptualization, Supervision, Writing – original draft, Writing – review & editing. **Guilherme Polanczyk:** Conceptualization, Supervision, Writing – original draft, Writing – review & editing. **Jhoanne Merlyn Luiz:** Conceptualization, Supervision,

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editing, Conceptualization, Supervision, Writing – original draft, Writing – review & editing. **Simon Rosenbaum:** Conceptualization, Supervision, Writing – original draft, Writing – review & editing. **Wolfgang Marx:** Conceptualization, Supervision, Writing – original draft, Writing – review & editing. **Adrian Vasile Horodnic:** Conceptualization, Supervision, Writing – original draft, Writing – review & editing. **Ovidiu Alexinschi:** Conceptualization, Supervision, Writing – original draft, Writing – review & editing. **Petru Ifteni:** Conceptualization, Supervision, Writing – original draft, Writing – review & editing. **Serban Turliuc:** Conceptualization, Supervision, Writing – original draft, Writing – review & editing. **Tudor Ciuhodaru:** Conceptualization, Supervision, Writing – original draft, Writing – review & editing. **Valentin Matei:** Conceptualization, Supervision, Writing – original draft, Writing – review & editing. **Dorien H. Nieman:** Conceptualization, Supervision, Writing – original draft, Writing – review & editing. **Iris Sommer:** Conceptualization, Supervision, Writing – original draft, Writing – review & editing. **Jim van Os:** Conceptualization, Supervision, Writing – original draft, Writing – review & editing. **Therese van Amelsvoort:** Conceptualization, Supervision, Writing – original draft, Writing – review & editing. **Ching-Fang Sun:** Conceptualization, Supervision, Writing – original draft, Writing – review & editing. **Ta-wei Guu:** Conceptualization, Supervision, Writing – original draft, Writing – review & editing. **Can Jiao:** Conceptualization, Supervision, Writing – original draft, Writing – review & editing. **Jieting Zhang:** Conceptualization, Supervision, Writing – original draft, Writing – review & editing. **Jialin Fan:** Conceptualization, Supervision, Writing – original draft, Writing – review & editing. **Liye Zou:** Conceptualization, Supervision, Writing – original draft, Writing – review & editing. **Xin Yu:** Conceptualization, Supervision, Writing – original draft, Writing – review & editing. **Xinli Chi:** Conceptualization, Supervision, Writing – original draft, Writing – review & editing. **Philippe de Timary:** Conceptualization, Supervision, Writing – original draft, Writing – review & editing. **Ruud van Winkel:** Conceptualization, Supervision, Writing – original draft, Writing – review & editing. **Bernardo Ng:** Conceptualization, Supervision, Writing – original draft, Writing – review & editing, Funding acquisition. **Edilberto Pena:** Conceptualization, Supervision, Writing – original draft, Writing – review & editing. **Ramon Arellano:** Conceptualization, Supervision, Writing – original draft, Writing – review & editing. **Raquel Roman:** Conceptualization, Supervision, Writing – original draft, Writing – review & editing. **Thelma Sanchez:**

Conceptualization, Supervision, Writing – original draft, Writing – review & editing. **Larisa Movina:** Conceptualization, Supervision, Writing – original draft, Writing – review & editing. **Pedro Morgado:** Conceptualization, Supervision, Writing – original draft, Writing – review & editing. **Sofia Brissos:** Conceptualization, Supervision, Writing – original draft, Writing – review & editing. **Oleg Aizberg:** Conceptualization, Supervision, Writing – original draft, Writing – review & editing. **Anna Mosina:** Conceptualization, Supervision, Writing – original draft, Writing – review & editing. **Damir Krinitski:** Conceptualization, Supervision, Writing – original draft, Writing – review & editing. **James Mugisha:** Conceptualization, Supervision, Writing – original draft, Writing – review & editing. **Dena Sadeghi-Bahmani:** Conceptualization, Supervision, Writing – original draft, Writing – review & editing. **Farshad Sheybani:** Conceptualization, Supervision, Writing – original draft, Writing – review & editing. **Masoud Sadeghi:** Conceptualization, Supervision, Writing – original draft, Writing – review & editing, Conceptualization, Supervision, Writing – original draft, Writing – review & editing. **Samira Hadi:** Conceptualization, Supervision, Writing – original draft, Writing – review & editing, Conceptualization, Supervision, Writing – original draft, Writing – review & editing. **Serge Brand:** Conceptualization, Supervision, Writing – original draft, Writing – review & editing. **Antonia Errazuriz:** Conceptualization, Supervision, Writing – original draft, Writing – review & editing. **Nicolas Crossley:** Conceptualization, Supervision, Writing – original draft, Writing – review & editing, Conceptualization, Supervision, Writing – original draft, Writing – review & editing. **Dragana Ignjatovic Ristic:** Conceptualization, Supervision, Writing – original draft, Writing – review & editing. **Carlos López-Jaramillo:** Conceptualization, Supervision, Writing – original draft, Writing – review & editing. **Dimitris Efthymiou:** Conceptualization, Supervision, Writing – original draft, Writing – review & editing. **Roy Abraham Kallivayalil:** Conceptualization, Supervision, Writing – original draft, Writing – review & editing, Funding acquisition, Conceptualization, Supervision, Writing – original draft, Writing – review & editing. **Afzal Javed:** Conceptualization, Supervision, Writing – original draft, Writing – review & editing, Conceptualization, Supervision, Writing – original draft, Writing – review & editing. **Muhammad Iqbal Afridi:** Conceptualization, Supervision, Writing – original draft, Writing – review & editing. **Omonefe Joy Seb-Akahomen:** Conceptualization, Supervision, Writing – original draft, Writing – review & editing. **Jeff Daskalakis:**

Conceptualization, Supervision, Writing – original draft, Writing – review & editing, Conceptualization, Supervision, Writing – original draft, Writing – review & editing. **Lin Yang:** Conceptualization, Supervision, Writing – original draft, Writing – review & editing, Conceptualization, Supervision, Writing – original draft, Writing – review & editing. **Jari Tiihonen:** Conceptualization, Supervision, Writing – original draft, Writing – review & editing. **Jae Il Shin:** Conceptualization, Supervision, Writing – original draft, Writing – review & editing, Funding acquisition. **Jinhee Lee:** Conceptualization, Supervision, Writing – original draft, Writing – review & editing, Conceptualization, Supervision, Writing – original draft, Writing – review & editing. **Lotfi Gaha:** Conceptualization, Supervision, Writing – original draft, Writing – review & editing. **Takoua Brahim:** Conceptualization, Supervision, Writing – original draft, Writing – review & editing, Conceptualization, Supervision, Writing – original draft, Writing – review & editing. **Nikolay Negay:** Conceptualization, Supervision, Writing – original draft, Writing – review & editing. **Saltanat Nurmagambetova:** Conceptualization, Supervision, Writing – original draft, Writing – review & editing. **Yasser Abu Jamei:** Conceptualization, Supervision, Writing – original draft, Writing – review & editing, Conceptualization, Supervision, Writing – original draft, Writing – review & editing.

Accepted November 15, 2024.

¹University of Ottawa and The Ottawa Hospital, Ottawa, Canada; ²Ottawa Hospital Research Institute (OHRI), Ottawa, Canada; ³King's College London, London, United Kingdom; ⁴University of Southampton, Southampton, United Kingdom; ⁵Charité Universitätsmedizin Berlin, Berlin, Germany; ⁶University of Greenwich, London, United Kingdom; ⁷Universidad Católica del Uruguay, Montevideo, Uruguay; ⁸Aristotle University of Thessaloniki, Thessaloniki, Greece; ⁹University of Barcelona, Barcelona, Spain; ¹⁰Karolinska Institutet in Stockholm, Sweden; ¹¹Linköping University, Linköping, Sweden; ¹²University of Ioannina, Ioannina, Greece; ¹³Katholieke Universiteit Leuven (KU Leuven), Leuven, Belgium; ¹⁴University of Southern Denmark, Denmark; ¹⁵BioPsyC - Biopsychosocial Corporation, Vienna, Austria; ¹⁶University of California San Diego, California, United States; ¹⁷University of Basel, Basel, Switzerland; ¹⁸Universitäre Psychiatrische Kliniken Basel (UPK), Basel, Switzerland; ¹⁹University of Fribourg, Fribourg, Switzerland; ²⁰University of Lausanne, Lausanne, Switzerland; ²¹University of Zurich, Zurich, Switzerland; ²²University of Navarra in Pamplona, Spain; ²³South London and Maudsley NHS Foundation Trust, London, United Kingdom; ²⁴University of Pavia, Pavia, Italy; ²⁵Université Paris Cité, Paris, France; ²⁶Institute de Psychiatrie et Neurosciences de Paris, Paris, France; ²⁷Université Clermont Auvergne, Clermont-Ferrand, France; ²⁸Université de Paris, Paris, France; ²⁹Keio University in Tokyo, Tokyo, Japan; ³⁰National Foundation of Mental Health of Bangladesh, Bangladesh; ³¹Pomeranian Medical University in Szczecin, Szczecin, Poland; ³²University of Milan, Milan, Italy; ³³Fondazione IRCCS Ca' Granda Ospedale Maggiore Policlinico, Milan, Italy; ³⁴University of Padua, Padua, Italy; ³⁵UOC Infanzia, Adolescenza, Famiglia e Consultori, Verona, Italy; ³⁶University of Udine, Italy; ³⁷GHNE, France; ³⁸Medical University of Białystok, Białystok, Poland; ³⁹Kharazmi University, Tehran, Iran; ⁴⁰Stellenbosch University, South Africa; ⁴¹South East Technological University in Waterford, Ireland; ⁴²University of Nicosia, Nicosia, Cyprus; ⁴³Universidade Federal de São Paulo, São Paulo, Brazil; ⁴⁴An-Nan Hospital in Tainan, Taiwan; ⁴⁵China Medical University Hospital in Taichung, Taiwan; ⁴⁶Seoul National University College of Medicine, Seoul, Republic of Korea; ⁴⁷Seoul National University Hospital, Seoul, Republic of Korea;

⁴⁸Pusan National University Yangsan Hospital, Yangsan, Republic of Korea; ⁴⁹Moscow Research Institute of Psychiatry, Moscow, Russia; ⁵⁰National Institute of Mental Health in Klecany, Czech Republic; ⁵¹UTHealth in Houston, United States; ⁵²AULSS4 Veneto Orientale, Italy; ⁵³University of Modena and Reggio Emilia in Modena, Italy; ⁵⁴ASL Salerno and the European Biomedical Research Institute of Salerno (EBRIS) in Salerno, Italy; ⁵⁵University of Padova, Padova, Italy; ⁵⁶University of Palermo, Palermo, Italy; ⁵⁷Azienda Ospedaliero-Universitaria Ss; ⁵⁸Antonio e Biagio e Cesare Arrigo, Alessandria, Italy; ⁵⁹Technische Universität Dresden, Dresden, Germany; ⁶⁰Heidelberg University, Germany; ⁶¹Hannover Medical School, Germany; ⁶²University of Freiburg, Freiburg, Germany; ⁶³Ludwig-Maximilians-University of Munich, Munich, Germany; ⁶⁴University of Lübeck, Lübeck, Germany; ⁶⁵Semmelweis University, Budapest, Hungary; ⁶⁶Eotvos Lorand University, Budapest, Hungary; ⁶⁷Bjorknes University College, Oslo, Norway; ⁶⁸Chulalongkorn University, Thailand; ⁶⁹Universidade de São Paulo, São Paulo, Brazil; ⁷⁰Universidade Federal de Santa Maria, Santa Maria, RS, Brazil; ⁷¹Universidad Autónoma de Chile, Providencia, Chile; ⁷²Federal University of Rio de Janeiro, Rio de Janeiro, Brazil; ⁷³Universidade do Extremo Sul Catarinense, Criciúma, SC, Brazil; ⁷⁴University of Copenhagen, Copenhagen, Denmark; ⁷⁵Psykiastrifonden, Copenhagen, Denmark; ⁷⁶Le Jolimont Psychiatry and Psychotherapy, Fribourg, Switzerland; ⁷⁷Association for the Improvement of Mental Health Programmes (AMH), Switzerland; ⁷⁸FHNW University of Applied Sciences and Arts Northwestern Switzerland, Switzerland; ⁷⁹Donald and Barbara Zucker School of Medicine at Hofstra/Northwell, New York, USA; ⁸⁰Universitat Autònoma de Barcelona, Barcelona, Spain; ⁸¹University of Texas Health Science Center, Houston, United States; ⁸²Zucker Hillside Hospital, Northwell Health, and the Feinstein Institutes for Medical Research, New York; ⁸³S2 Consulting LLC; ⁸⁴Parc Sanitari Sant Joan de Déu, Barcelona, Spain; ⁸⁵Hospital General Universitario Gregorio Marañón, Madrid, Spain; ⁸⁶Mental Health Center of Perugia, Italy; ⁸⁷Glasgow University, Glasgow, United Kingdom; ⁸⁸Sanprobi Sp. z o.o. Sp. k, Poland; ⁸⁹University of Białystok, Białystok, Poland; ⁹⁰Centre for Digestive Diseases Endoklinika, Szczecin, Poland; ⁹¹University of Manchester, United Kingdom; ⁹²University of Bristol, Bristol, United Kingdom; ⁹³Istanbul Topkapı University, Istanbul, Turkey; ⁹⁴Adnan Menderes University Department of Child and Adolescent Psychiatry, Aydın, Turkey; ⁹⁵Uskudar University, Istanbul, Turkey; ⁹⁶Griffith University, South East Queensland, Australia; ⁹⁷Mindgardens Neuroscience Network, Sydney, Australia; ⁹⁸Deakin University, Victoria, Australia; ⁹⁹UNSW Sydney, Sydney, Australia; ¹⁰⁰University of Medicine and Pharmacy Grigore T. Popa, Iasi, Romania; ¹⁰¹Institute of Psychiatry "Socola", Iasi, Romania; ¹⁰²Transilvania University of Brasov, Brasov, Romania; ¹⁰³Emergency Hospital "Nicolae Oblu", Iasi, Romania; ¹⁰⁴University of Medicine and Pharmacy "Carol Davila" Bucharest, Bucharest, Romania; ¹⁰⁵Amsterdam University Medical Centers, Amsterdam, Netherlands; ¹⁰⁶University Medical Center Groningen, Groningen, Netherlands; ¹⁰⁷Utrecht University Medical Centre, Utrecht, Netherlands; ¹⁰⁸Maastricht University, Maastricht, Netherlands; ¹⁰⁹Carilion Clinic Virginia Tech Carilion School of Medicine, Roanoke, VA, USA; ¹¹⁰China Medical University Beigang Hospital, Taiwan; ¹¹¹Shenzhen University, Shenzhen, China; ¹¹²Peking University Institute of Mental Health, Peking, China; ¹¹³UCLouvain, Brussels, Belgium; ¹¹⁴Cliniques Universitaires Saint-Luc, Brussels, Belgium; ¹¹⁵Asociación Psiquiátrica Mexicana, Mexico; ¹¹⁶University of Minho, Braga/Guimarães, Portugal; ¹¹⁷CVS/3B's - PT Government Associate Laboratory, Braga/Guimarães, Portugal; ¹¹⁸Lisbon's Psychiatric Hospital Centre, Portugal; ¹¹⁹Belarusian Medical Academy of Postgraduate Education, Belarus; ¹²⁰Clenia AG, Switzerland; ¹²¹Integrated Psychiatry Winterthur (IPW), Switzerland; ¹²²Kyambogo University, Kampala, Uganda; ¹²³Stanford University, California, USA; ¹²⁴Mashhad University of Medical Sciences, Mashhad, Iran; ¹²⁵Kerman-shah University of Medical Sciences, Kermanshah, Iran; ¹²⁶Psychiatric Clinics of the University of Basel, Basel Switzerland; ¹²⁷Tehran University of Medical Sciences, Tehran, Iran; ¹²⁸Pontificia Universidad Católica de Chile, Santiago, Chile; ¹²⁹University of Kragujevac, Kragujevac, Serbia; ¹³⁰University of Antioquia, Medellín, Colombia; ¹³¹Nous Therapy Center, Thessaloniki, Greece; ¹³²Jubilee Mission Medical College & Research Institute, Thrissur, India; ¹³³Pushpagiri Institute of Medical Sciences, Thiruvalla, Kerala, India; ¹³⁴Pakistan Psychiatric Research Centre-Fountain House, Lahore, Pakistan; ¹³⁵Faculty of Psychiatry, College of Physicians and Surgeons, Jinnah Postgraduate Medical Centre, and Jinnah Sindh Medical University in Karachi, Pakistan; ¹³⁶Tees Esk & Wear Valleys NHS Foundation Trust, UK; ¹³⁷Irrua Specialist Teaching Hospital, Edo State, Nigeria; ¹³⁸UC San Diego, California, USA; ¹³⁹University of British Columbia, Vancouver, Canada; ¹⁴⁰Alberta Health Services and the University of Calgary, Calgary, Canada; ¹⁴¹Ain Shams University, Cairo, Egypt; ¹⁴²Ora University, Oran, Algeria; ¹⁴³University of Eastern Finland, Kuopio, Finland; ¹⁴⁴Yonsei University College of Medicine, Seoul, Republic of Korea; ¹⁴⁵Wonju College of Medicine, Wonju, Republic of Korea; ¹⁴⁶University of Monastir, Monastir, Tunisia; ¹⁴⁷Republican Scientific and Practical Center of Mental Health, Almaty, Kazakhstan; ¹⁴⁸Gaza Community Mental Health Programme, Gaza, Palestine; ¹⁴⁹Sheba Medical Center, Israel

Christoph U. Correll has received support from the Department of Child and Adolescent Psychiatry, Psychosomatics and Psychotherapy, Charité Universitätsmedizin, Berlin, Germany. Samuele Cortese, NIHR Research Professor (NIHR303122) is funded by the NIHR for this research project. The views expressed in this publication are those of the author(s) and not necessarily those of the NIHR, NHS or the UK Department of Health and Social Care. Samuele Cortese is also supported by NIHR grants NIHR203684, NIHR203035, NIHR130077, NIHR128472, RP-PG-0618-20003 and by grant 101095568-HORIZONHLTH- 2022-DISEASE-07-03 from the European Research Executive Agency. Lau Caspar Thygesen has received support from Trygfonden (ID-no.: 151903). Harald Aschauer, Elena Aschauer, and Monika Schlögelhofer have received support from the Biopsychosocial Corporation, Vienna, Austria www.biopsyc.at. Harald Aschauer, Elena Aschauer, and Monika Schlögelhofer have also received support from Medizinisch-Wissenschaftlicher Fonds des Bürgermeisters der Bundeshauptstadt Wien; Project number: COVID021; (Scientific Funds of the Mayor of Vienna), Austria. Andres R. Schneeberger, Christian G. Huber, Gregor Hasler, Philippe Conus, and Roland von Känel have received support from the Psychiatric Services Grisons, Department of Adult Psychiatry; Universitäre Psychiatrische Kliniken Basel (UPK), University of Basel; University of Fribourg, Fribourg Network of Mental Health (RFSM); University of Lausanne, Department of Psychiatry; University Hospital Zurich, Department of Consultation-Liaison Psychiatry and Psychosomatic Medicine. Andres R. Schneeberger, Christian G. Huber, Gregor Hasler, Philippe Conus, Roland von Känel, and Undine E. Lang have contributed funding from non-restricted personal grants for ethics committee approval, translation to Romansch, acquisition of a Swiss representative sample, and acquisition of participants via a letter campaign. Gonzalo Arrondo has received support from the Department of Health Planning, Evaluation and Knowledge Management, Government of Navarra, Spain (Ref. 0011-3638-2020-000010). Marco Solmi has received support from the 2021 Tamarack Ottawa Race. Paolo Fusar-Poli has received support from ECNP Prevention of mental disorders and mental health promotion TWG. Philip Gorwood, Marie Odile Krebs, and Pierre Michel Llorca have received support from Fondation FondaMental: specific grant to support Mental Health during pandemic. Taishiro Kishimoto has received support from Japan Science and Technology Agency (JST), CREST, Grant Number JPMJCR19F4. Mohammad Golam Rabbani has received support from the National Foundation of Mental Health of Bangladesh. Karolina Skonieczna-Zydecka has received support from the Program of the Ministry of Science and Health Education under the name of "Regional Initiative of Excellence" in 2019-2022 project number 002/RID/2018/19 amount of financing 12,000,000 PLN. Paolo Brambilla has received support from Ministry of Health (Ricerca Corrente), UOC Psichiatria, Fondazione IRCCS Ca' Granda Ospedale Maggiore Policlinico, Milano. Marco Solmi and Angela Favaro have received support from the University of Padua, Neuroscience Department, Italy. Akihiro Takamiya has received support from grants for International Activities in Medicine and the Life Sciences, Keio University Medical Science Fund (grant number: 99-096-0001). Leonardo Zocante and Marco Colizzi has received support from Veneto Autism Spectrum Disorder Regional Centre at the Integrated University Hospital of Verona, Italy. Marie Odile Krebs, J. Bourgin, Philip Gorwood, and Pierre Michel Llorca has received support from Institut de psychiatrie (CNRS 3557). Karol Kamiński, Łukasz Kiszkiel, Paweł Sowa has received support from Internal Funds of Medical University in Białystok and Internal statutory grants of Medical University of Białystok. Maryam Moghadasin has received support from the University of Kharazmi, Tehran, Iran. Maryam Moghadasin has expensed from her annual research credit (Grant) equal to 213180000 Rial, received from Kharazmi University, Iran, Tehran. (ID-no.:36694). Soraya Seedat has received support from Stellenbosch University Special VR (RIPS) fund for Covid-19 research and innovation projects. Evan Matthews is supported by Waterford Institute of Technology, Research Connexions award. Total award €3,960 (2,460 allocated to COHFIT dissemination). Emilia Vassilopoulou and Dimitris Efthymiou has received support from Personal funds. Ary Gadelha has received support from PROESQ - Programa de Esquizofrenia da Universidade Federal de São Paulo (UNIFESP). Kuan-Pin Su has received support from the following grants: MOST 109-2320-B-038-057-MY3, 109-2320-B-039-066, and 110-2321-B-006-004 from the Ministry of Science and Technology, Taiwan; and ANHRF109-31 from An Nan Hospital, China Medical University, Tainan, Taiwan. Jun Soo Kwon, Minah Kim, and Tae Young Lee: This research was supported by the Brain Research Program, and Basic Science Research Program through the National Research Foundation of Korea (NRF) funded by the Ministry of Science, ICT & Future Planning (Grant no. 2017M3C7A1029610; 2019R1A2B5B03100844; 2021R1A2C1006718). Oleg Papsuev is supported by Future Comes Today Charitable Foundation, Moscow, Russia. Denisa Mankova has received support from MH CZ – DRO (NUDZ, 00023752). Marie Odile Krebs and J. Bourgin has received support from RHU PsyCARE (ANR -18-RHUS-0014) - National Agency for Research. Jari Tiihonen is supported by Karolinska Institutet, Stockholm. Liye Zou is supported by Start-up Research

Grant of Shenzhen University (20200807163056003) and Start-Up Research Grant (Peacock Plan: 20191105534C). COH-FIT PIs and collaborators have applied/are actively applying for several national and international grants to cover expenses related to the coordination of the study, website, nationally representative samples, advertisement of the study, and future dissemination of study findings.

COH-FIT has been approved by local authors' institutional ethics committees.

Consent has been provided for descriptions of specific patient information. Documentation of patient consent is not included with the manuscript, because consent is collected online and is in the actual database.

This work has been prospectively registered: <https://doi.org/10.1016/j.jad.2021.09.090>.

Data Sharing: Data will be made available upon request from the corresponding author, with a pre-planned protocol.

Dr. Thompson served as the statistical expert for this research.

All authors thank all respondents who took the survey so far, funding agencies, and all professional and scientific national and international associations supporting or endorsing the COH-FIT project. The authors would also like to acknowledge the contributions made by Friedrich Leisch and Björn Gerdle, in memoriam, to the success of this project.

Disclosure: Marco Solmi has received honoraria/served as a consultant/participated to advisory board for Angelini, Lundbeck, and Otsuka. Trevor Thompson has reported no biomedical financial interests or potential conflicts of interest. Samuele Cortese has declared reimbursement for travel and accommodation expenses from the Association for Child and Adolescent Central Health (ACAMH) in relation to lectures delivered for ACAMH, the Canadian AADHD Alliance Resource, the British Association of Psychopharmacology, Healthcare Convention and CCM Group team for educational activity on ADHD, and has received honoraria from Medice. Andrés Estradé has reported no biomedical financial interests or potential conflicts of interest. Agorastos Agorastos has received honoraria as speaker and travel support, all unrelated to this work: Janssen-Cilag, Bausch Health, ELPEN, and Lundbeck. Joaquim Radua has reported no biomedical financial interests or potential conflicts of interest. Elena Dragioti has reported no biomedical financial interests or potential conflicts of interest. Davy Vancampfort has reported no biomedical financial interests or potential conflicts of interest. Lau Caspar Thygesen has reported no biomedical financial interests or potential conflicts of interest. Harald Aschauer has reported no biomedical financial interests or potential conflicts of interest. Monika Schlögelhofer has received fees from VeraSci for her role as rater and local language expert which is both unrelated to this work. Elena Aschauer has reported no biomedical financial interests or potential conflicts of interest. Andres Schneeberger has reported no biomedical financial interests or potential conflicts of interest. Christian G. Huber has reported no biomedical financial interests or potential conflicts of interest. Gregor Hasler has reported no biomedical financial interests or potential conflicts of interest. Philippe Conus has reported no biomedical financial interests or potential conflicts of interest. Kim Q. Do Cuénod has reported no biomedical financial interests or potential conflicts of interest. Roland von Känel has received honoraria from Vifor unrelated to this work. Gonzalo Arrondo is supported by a grant from the Department of Health Planning, Evaluation and Knowledge Management, Government of Navarra, Spain (Ref. 0011-3638-2020-000010); the Ramón y Cajal grant RYC2020-030744-I funded by MCIN/AEI/10.13039/501100011033 and by "ESF Investing in your future"; and the 2022-2023 Institute for Culture and Society (ICS) challenge on "Youth, relationships and psychological well-being" of the University of Navarra. Paolo Fusar-Poli has received grant fees from Lundbeck and honoraria from Lundbeck, Menarini and Angelini, outside the current work. Philip Gorwood has received during the last 5 years fees for presentations at congresses or participation in scientific boards from Alcediag-Alcen, Angelini, GSK, Janssen, Lundbeck, Otsuka, SAGE, and Servier. Pierre-Michel Llorca has been a consultant and/or advisor to or have received honoraria from: Abbvie, Allergan, Gedeon Richter, Janssen/J&J, Lundbeck, Merck, Otsuka, Recordati, Sanofi, Takeda, and Teva. He has provided expert testimony for Janssen. Marie-Odile Krebs has received punctual support for training activities, conferences, or scientific dissemination from Janssen, Eisai, and Otsuka-Lundbeck. Elisabetta Scanferla has reported no biomedical financial interests or potential conflicts of interest. Taishiro Kishimoto has received consultant fees from Sumitomo Pharma, Novartis, and Otsuka and speaker's honoraria from Banyu, Eli Lilly, Sumitomo Pharma, Janssen, MSD, Novartis, Otsuka, and Pfizer. He has received grant support from Takeda, Sumitomo Pharma, and Otsuka. Golam Rabbani has reported no biomedical financial interests or potential conflicts of interest. Karolina Skonieczna-Zydecka has reported no biomedical financial interests or potential

conflicts of interest. Paolo Brambilla has participated to advisory board for Lundbeck. Angela Favaro has reported no biomedical financial interests or potential conflicts of interest. Akihiro Takamiya has reported no biomedical financial interests or potential conflicts of interest. Leonardo Zocante has reported no biomedical financial interests or potential conflicts of interest. Marco Colizzi has been a consultant/advisor to GW Pharma Limited, GW Pharma Italy SRL, and F. Hoffmann-La Roche Limited, outside of this work. Julie Bourgin has received punctual support for conferences or scientific dissemination from Janssen, Eisai, and Otsuka-Lundbeck. Karol Kamiński has reported no biomedical financial interests or potential conflicts of interest. Maryam Moghadasin has expensed from her annual research credit (Grant) received from Kharazmi University, Iran, Tehran. Soraya Seedat has reported no biomedical financial interests or potential conflicts of interest. Evan Matthews has reported no biomedical financial interests or potential conflicts of interest. John Wells has reported no biomedical financial interests or potential conflicts of interest. Emilia Vassilopoulou has reported no biomedical financial interests or potential conflicts of interest. Ary Gadelha has been a consultant and/or advisor to or has received honoraria from Ache, Daiichi-Sankyo, Torrent, Cristália, and Janssen, all unrelated to this work. Kuan-Pin Su has reported no biomedical financial interests or potential conflicts of interest. Jun Soo Kwon has reported no biomedical financial interests or potential conflicts of interest. Minah Kim has reported no biomedical financial interests or potential conflicts of interest. Tae Young Lee has reported no biomedical financial interests or potential conflicts of interest. Oleg Papsuev has received honoraria from Lilly, Lundbeck, and Servier unrelated to his work. Denisa Manková has reported no biomedical financial interests or potential conflicts of interest. Andrea Boscutti has reported no biomedical financial interests or potential conflicts of interest. Cristiano Gerunda has reported no biomedical financial interests or potential conflicts of interest. Diego Saccon has reported no biomedical financial interests or potential conflicts of interest. Elena Righi has reported no biomedical financial interests or potential conflicts of interest. Francesco Monaco has reported no biomedical financial interests or potential conflicts of interest. Giovanni Croatto has reported no biomedical financial interests or potential conflicts of interest. Guido Cereda has reported no biomedical financial interests or potential conflicts of interest. Jacopo Demurtas has reported no biomedical financial interests or potential conflicts of interest. Natascia Brondino has reported no biomedical financial interests or potential conflicts of interest. Nicola Veronese has reported personal fees from Mylan, IBSA, and Fidia, outside of the submitted work Paolo Enrico has reported no biomedical financial interests or potential conflicts of interest. Pierluigi Politi has reported no biomedical financial interests or potential conflicts of interest. Valentina Ciappolino has reported no biomedical financial interests or potential conflicts of interest. Andrea Pfennig has reported no biomedical financial interests or potential conflicts of interest. Andreas Bechdorf has reported no biomedical financial interests or potential conflicts of interest. Andreas Meyer-Lindenberg has received consultant fees from: Boehringer Ingelheim, Elsevier, Brainsway, Lundbeck Int. Neuroscience Foundation, Lundbeck A/S, The Wolfson Foundation, Bloomfield Holding Ltd, Shanghai Research Center for Brain Science, Thieme Verlag, Sage Therapeutics, v Behring Röntgen Stiftung, Fondation FondaMental, Janssen-Cilag GmbH, MedinCell, Brain Mind Institute, Agence Nationale de la Recherche, CISSN (Catania Internat. Summer School of Neuroscience), Daimler und Benz Stiftung, American Association for the Advancement of Science, Servier International, and Techspert.io. Additionally, he has received speaker fees from: Italian Society of Biological Psychiatry, Merz-Stiftung, Forum Werkstatt Karlsruhe, Lundbeck SAS France, BAG Psychiatrie Oberbayern, Klinik für Psychiatrie und Psychotherapie Ingolstadt, med Update GmbH, Society of Biological Psychiatry, Siemens Healthineers, Biotest AG, International Society of Psychiatric Genetics. Kai G. Kahl has reported no biomedical financial interests or potential conflicts of interest. Katharina Domschke is a member of the Janssen Steering Committee Neurosciences. Michael Bauer has reported no biomedical financial interests or potential conflicts of interest. Nikolaos Koutsouleris has reported no biomedical financial interests or potential conflicts of interest. Sibylle Winter has reported no biomedical financial interests or potential conflicts of interest. Stefan Borgwardt has reported no biomedical financial interests or potential conflicts of interest. Istvan Bitter has received in the past 5 years honoraria or consultation fees outside of this work from Angelini, Eli Lilly, Gedeon Richter, Hikma Pharmaceuticals, Janssen/Janssen Cilag, Medichem Pharmaceuticals by Unilab, and Sun Pharma. Judit Balazs has reported no biomedical financial interests or potential conflicts of interest. Pál Czobor has reported no biomedical financial interests or potential conflicts of interest. Zsolt Unoka has reported no biomedical financial interests or potential conflicts of interest. Dimitri Mavridis has reported no biomedical financial interests or potential conflicts of interest. Konstantinos Tsamakidis has reported no biomedical financial interests or potential conflicts of interest. Vasilios P. Bozikas has received honoraria as consultant or speaker, all unrelated to this work, from Angelini, Astra Zeneca, Eli Lilly, Elpen, Galenica, Janssen Cilag, Mylan, Lundbeck, and Vianex. Chavir

Tunvirachaisakul has reported no biomedical financial interests or potential conflicts of interest. Michael Maes has reported no biomedical financial interests or potential conflicts of interest. Teerayuth Rungrunrondorn has reported no biomedical financial interests or potential conflicts of interest. Thitiporn Supasitthumrong has reported no biomedical financial interests or potential conflicts of interest. Ariful Haque has reported no biomedical financial interests or potential conflicts of interest. Andre R. Brunoni has reported no biomedical financial interests or potential conflicts of interest. Carlos Gustavo Costardi has been a consultant and/or advisor to or has received honoraria from Aché and Cristália, which is not related to this work. Felipe Barreto Schuch is partly supported by CAPES [grant #001]; has written one book for commercial publication; led a study funded by FITXR; is on the Editorial Board of *Jornal Brasileiro de Psiquiatria*, *Mental Health and Physical Activity*, and *The Brazilian Journal of Psychiatry*; has received an honorarium from a co-edited academic book on exercise and mental illness; and has received funds for writing two guides on mental health during the pandemic times from UpJohn. Guilherme Polanczyk has reported no biomedical financial interests or potential conflicts of interest. Jhoanne Merlyn Luiz has reported no biomedical financial interests or potential conflicts of interest. Laís Fonseca has reported no biomedical financial interests or potential conflicts of interest. Luana V. Aparicio has reported no biomedical financial interests or potential conflicts of interest. Samira S. Valvassori has reported no biomedical financial interests or potential conflicts of interest. Merete Nordentoft has reported no biomedical financial interests or potential conflicts of interest. Per Vendsborg has reported no biomedical financial interests or potential conflicts of interest. Sofie Have Hoffmann has reported no biomedical financial interests or potential conflicts of interest. Jihed Sehli has reported no biomedical financial interests or potential conflicts of interest. Norman Sartorius has reported no biomedical financial interests or potential conflicts of interest. Sabina Heuss has reported no biomedical financial interests or potential conflicts of interest. Daniel Guinart has been a consultant for and/or has received speaker honoraria from Otsuka America Pharmaceuticals and Janssen Pharmaceuticals. Jane Hamilton has reported no biomedical financial interests or potential conflicts of interest. John Kane has been a consultant, and/or advisor for, or has received honoraria from Alkermes, Allergan, LB Pharmaceuticals, H. Lundbeck, Intracellular Therapies, Janssen Pharmaceuticals, Johnson and Johnson, Merck, Minerva, Neurocrine, Newron, Otsuka, Pierre Fabre, Reviva, Roche, Sumitomo Pharma, Sunovion, Takeda, Teva, and UpToDate and is a shareholder in LB Pharmaceuticals and Vanguard Research Group. Jose Rubio has received honoraria or speaker fees from TEVA and Lundbeck; royalties from UpToDate; and research support from Alkermes. Michael Sand has reported no biomedical financial interests or potential conflicts of interest. Ai Koyanagi has reported no biomedical financial interests or potential conflicts of interest. Aleix Solanes has reported no biomedical financial interests or potential conflicts of interest. Alvaro Andreu-Bernabeu has reported no biomedical financial interests or potential conflicts of interest. Antonia San José Cáceres has been a consultant for Roche and is currently involved in clinical trials conducted by Servier. Celso Arango has been a consultant to or has received honoraria or grants from Acadia, Angelini, Boehringer, Gedeon Richter, Janssen Cilag, Lundbeck, Minerva, Otsuka, Roche, Sage, Servier, Shire, Schering Plough, Sumitomo Pharma, Sunovion, and Takeda. Covadonga M. Diaz-Caneja has received grant support from the Spanish Ministry of Science and Innovation (PI17/00481, PI20/00721, JR19/00024) and has received honoraria from Angelini and Exeltis. Eduard Vieta has received grants and served as consultant, advisor, or CME speaker unrelated to the present work for the following entities: AB-Biotics, Abbott, Allergan, Angelini, Sumitomo Pharma, Ferrer, Gedeon Richter, Janssen, Lundbeck, Otsuka, Sage, Sanofi-Aventis, Sunovion, and Takeda. Javier Gonzalez-Peñas has reported no biomedical financial interests or potential conflicts of interest. Lydia Fortea has reported no biomedical financial interests or potential conflicts of interest. Mara Parellada has been a consultant to or has received honoraria or grants from Janssen Cilag, Exeltis, Lundbeck, Roche, Sage, Servier, and Servier. Miquel A. Fullana has reported no biomedical financial interests or potential conflicts of interest. Norma Verdolini has reported no biomedical financial interests or potential conflicts of interest. Eva Andrlíková has reported no biomedical financial interests or potential conflicts of interest. Karolina Jankú has reported no biomedical financial interests or potential conflicts of interest. Mark J. Millan has reported no biomedical financial interests or potential conflicts of interest. Mihaela Honciuc has reported no biomedical financial interests or potential conflicts of interest. Anna Moniuszko-Malinowska has reported no biomedical financial interests or potential conflicts of interest. Igor Koniewski is co-founder and shareholder of probiotic company (Sanprobi). Jerzy Samochowiec has reported no biomedical financial interests or potential conflicts of interest. Łukasz Kiszkiel has reported no biomedical financial interests or potential conflicts of interest. Maria Marlicz has reported no biomedical financial interests or potential conflicts of interest. Paweł Sowa has reported no biomedical financial interests or potential conflicts of interest. Wojciech Marlicz is probiotic company (Sanprobi) co-founder and

shareholder; speaker fees in last 5 years from Alfasigma; European Lifestyle Medicine Organization (ELMO) - country representative for Poland. Georgina Spies has reported no biomedical financial interests or potential conflicts of interest. Brendon Stubbs has reported no biomedical financial interests or potential conflicts of interest. Joseph Firth is supported by a University of Manchester Presidential Fellowship (P123958) and a UK Research and Innovation Future Leaders Fellowship (MR/T021780/1) and has received honoraria / consultancy fees from Atheneum, Informa, Gillian Kenny Associates, Big Health, Wood For Trees, Nutritional Medicine Institute, Angelini, ParachuteBH, Richmond Foundation, and Nirakara, independent of this work Sarah Sullivan has reported no biomedical financial interests or potential conflicts of interest. Asli Enez Darcin has reported no biomedical financial interests or potential conflicts of interest. Hatice Aksu has reported no biomedical financial interests or potential conflicts of interest. Nesrin Dilbaz has reported no biomedical financial interests or potential conflicts of interest. Onur Noyan has reported no biomedical financial interests or potential conflicts of interest. Momoko Kitazawa has reported no biomedical financial interests or potential conflicts of interest. Shunya Kurokaw has received speaker's honoraria from Sumitomo Pharma, Meiji-Seika Pharma, and Mochida Pharmaceutical Yuki Tazawa has reported no biomedical financial interests or potential conflicts of interest. Alejandro Anselmi has reported no biomedical financial interests or potential conflicts of interest. Cecilia Cracco has reported no biomedical financial interests or potential conflicts of interest. Ana Inés Machado has reported no biomedical financial interests or potential conflicts of interest. Natalia Estrade has reported no biomedical financial interests or potential conflicts of interest. Diego De Leo has reported no biomedical financial interests or potential conflicts of interest. Jackie Curtis has reported no biomedical financial interests or potential conflicts of interest. Michael Berk is supported by a NHMRC Senior Principal Research Fellowship (1059660 and 1156072); has received Grant/Research Support from the NIH, Cooperative Research Centre, Simons Autism Foundation, Cancer Council of Victoria, Stanley Medical Research Foundation, Medical Benefits Fund, National Health and Medical Research Council, Medical Research Futures Fund, Beyond Blue, Rotary Health, A2 milk company, Meat and Livestock Board, Woolworths, Avant, and the Harry Windsor Foundation; has been a speaker for Abbot, Astra Zeneca, Janssen and Janssen, Lundbeck, and Merck; and has served as a consultant to Allergan, Astra Zeneca, Biadvantex, Bionomics, Collaborative Medicinal Development, Janssen and Janssen, Lundbeck Merck, Pfizer, and Servier — all unrelated to this work. Andre F. Carvalho has reported no biomedical financial interests or potential conflicts of interest. Philip Ward has reported no biomedical financial interests or potential conflicts of interest. Scott Teasdale has reported contracts to Nutrition Research Australia. Nutrition Research Australia conducts independent research funded by government and industry bodies including Nestlé, Nutrition Australia, Cereal Partners Worldwide, Cobram Estate, and Meat and Livestock Australia. Simon Rosenbaum has reported no biomedical financial interests or potential conflicts of interest. Wolfgang Marx has reported no biomedical financial interests or potential conflicts of interest. Adrian Vasile Horodnic has reported no biomedical financial interests or potential conflicts of interest. Liviu Oprea has reported no biomedical financial interests or potential conflicts of interest. Ovidiu Alexinschi has reported no biomedical financial interests or potential conflicts of interest. Petru Ifteni has reported no biomedical financial interests or potential conflicts of interest. Serban Turluc has reported no biomedical financial interests or potential conflicts of interest. Tudor Cuihodaru has reported no biomedical financial interests or potential conflicts of interest. Alexandra Bolos has reported no biomedical financial interests or potential conflicts of interest. Valentin Matei has reported no biomedical financial interests or potential conflicts of interest. Dorien H. Nie-man has reported no biomedical financial interests or potential conflicts of interest. Iris Sommer has reported no biomedical financial interests or potential conflicts of interest. Jim van Os has reported no biomedical financial interests or potential conflicts of interest. Therese van Amelsvoort has reported no biomedical financial interests or potential conflicts of interest. Ching-Fang Sun has reported no biomedical financial interests or potential conflicts of interest. Ta-wei Guu has reported no biomedical financial interests or potential conflicts of interest. Can Jiao has reported no biomedical financial interests or potential conflicts of interest. Jieting Zhang has reported no biomedical financial interests or potential conflicts of interest. Jialin Fan has reported no biomedical financial interests or potential conflicts of interest. Liye Zou has reported no biomedical financial interests or potential conflicts of interest. Xin Yu has reported no biomedical financial interests or potential conflicts of interest. Xinli Chi has reported no biomedical financial interests or potential conflicts of interest. Philippe de Timary has reported no biomedical financial interests or potential conflicts of interest. Ruud van Winkel has reported no biomedical financial interests or potential conflicts of interest. Bernardo Ng has reported no biomedical financial interests or potential conflicts of interest. Edilberto Pena has reported no biomedical financial interests or potential conflicts of

interest. Ramon Arellano has reported no biomedical financial interests or potential conflicts of interest. Raquel Roman has reported no biomedical financial interests or potential conflicts of interest. Thelma Sanchez has reported no biomedical financial interests or potential conflicts of interest. Larisa Movina has reported no biomedical financial interests or potential conflicts of interest. Pedro Morgado has received in the past 3 years grants, CME-related honoraria, or consulting fees from Angelini, AstraZeneca, Bial Foundation, Biogen, DGS-Portugal, FCT, Janssen-Cilag, Gulbenkian Foundation, Lundbeck, Springer Healthcare, Tecnimede, and 2CA-Braga. Sofia Brissos was Medical Affairs Manager for Janssen Portugal from 2010–2013 and has received honoraria for lectures and advisory boards for Janssen, Lundbeck, Otsuka, Jaba Recordati, and Angelini. She has also had travel expenses supported by Janssen, Lundbeck, Otsuka, Jaba Recordati, and Angelini. Oleg Aizberg has reported no biomedical financial interests or potential conflicts of interest. Anna Mosina has reported no biomedical financial interests or potential conflicts of interest. Damir Krinitski has reported no biomedical financial interests or potential conflicts of interest. James Mugisha has reported no biomedical financial interests or potential conflicts of interest. Dena Sadeghi-Bahmani has reported no biomedical financial interests or potential conflicts of interest. Farshad Sheybani has reported no biomedical financial interests or potential conflicts of interest. Masoud Sadeghi has reported no biomedical financial interests or potential conflicts of interest. Samira Hadi has reported no biomedical financial interests or potential conflicts of interest. Serge Brand has reported no biomedical financial interests or potential conflicts of interest. Antonia Errazuriz has reported no biomedical financial interests or potential conflicts of interest. Nicolas Crossley has received personal fees from Janssen, outside the submitted work. Dragana Ignjatovic Ristic has reported no biomedical financial interests or potential conflicts of interest. Carlos López-Jaramillo has reported no biomedical financial interests or potential conflicts of interest. Dimitris Efthymiou has reported no biomedical financial interests or potential conflicts of interest. Praveenall Kuttichira has reported no biomedical financial interests or potential conflicts of interest. Roy Abraham Kallivayalil has reported no biomedical financial interests or potential conflicts of interest. Afzal Javed has reported no biomedical financial interests or potential conflicts of interest. Muhammad Iqbal Afridi has reported no biomedical financial interests or potential conflicts of interest. Bawo James has reported no biomedical financial interests or potential conflicts of interest. Omonefe Joy Seb-Akahomen has reported no biomedical financial interests or potential conflicts of interest. Jess Fiedorowicz has reported no biomedical financial interests or potential conflicts of interest. Jeff Daskalakis has reported no biomedical financial interests or potential conflicts of interest. Lakshmi N. Yatham has received honoraria or research grants from Abbvie, Allergan, CANMAT, DSP, Intracellular therapies, Lundbeck, Merck, Otsuka, and Sanofi. Lakshmi N. Yatham has reported no biomedical financial interests or potential conflicts of interest. Lin Yang has reported no biomedical financial interests or potential conflicts of interest. Tarek Okasha has reported no biomedical financial interests or potential conflicts of interest. Aïcha Dahdouh has reported no biomedical financial interests or potential conflicts of interest. Jari Tiihonen has participated in research projects funded by grants from Eli Lilly and Janssen-Cilag to his employing institution; has been a consultant to HLS Therapeutics, Orion, and WebMed Global; and has received honoraria from Eli Lilly, Evidera, Janssen, Lundbeck, Mediutiset, Otsuka, Sidera, and Sunovion. Jae Il Shin has reported no biomedical financial interests or potential conflicts of interest. Jinhee Lee has reported no biomedical financial interests or potential conflicts of interest. Ahmed Mhalla has reported no biomedical financial interests or potential conflicts of interest. Lotfi Gaha has reported no biomedical financial interests or potential conflicts of interest. Takoua Brahimi has reported no biomedical financial interests or potential conflicts of interest. Kuanysh Altynbekov has reported no biomedical financial interests or potential conflicts of interest. Nikolay Negay has reported no biomedical financial interests or potential conflicts of interest. Saltanat Nurmagambetova has received consultant/speaker's fees from Janssen Yasser Abu Jamei has reported no biomedical financial interests or potential conflicts of interest. Mark Weiser has reported no biomedical financial interests or potential conflicts of interest. Christoph U. Correll has been a consultant and/or advisor to or has received honoraria from: AbbVie, Acadia, Alkermes, Allergan, Angelini, Aristo, Boehringer-Ingelheim, Cardio Diagnostics, Cerevel, CNX Therapeutics, Compass Pathways, Darnitsa, Gedeon Richter, Hikma, Holmusk, IntraCellular Therapies, Janssen/J&J, Karuna, LB Pharma, Lundbeck, MedAvante-ProPhase, MedInCell, Merck, Mindpax, Mitsubishi Tanabe Pharma, Mylan, Neurocrine, Newron, Noven, Novo Nordisk, Otsuka, Pharmabrain, PPD Biotech, Recordati, Relmada, Reviva, Rovi, Seqirus, SK Life Science, Sunovion, Sun Pharma, Supernus, Takeda, Teva, and Viatrix. He has provided expert testimony for Janssen and Otsuka. He has served on a Data Safety Monitoring Board for Compass, Lundbeck, Relmada, Reviva, Rovi, Supernus, and Teva. He has received grant support from Janssen and Takeda. He has received royalties

from UpToDate and is also a stock option holder of Cardio Diagnostics, Mindpax, LB Pharma and Quantic.

*Correspondence to Christoph U. Correll, MD, Department of Child and Adolescent Psychiatry, Psychosomatic Medicine and Psychotherapy, Charité University Medical Center, Campus Virchow, Augustenburger Platz 1, D-13353, Berlin, Germany; e-mail: christoph.correll@charite.de

#Drs. Solmi, Thompson, Cortese, and Estradé are joint first authors of this work.

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<https://doi.org/10.1016/j.jaac.2024.07.932>

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