

Section: SOCIAL SCIENCES AND HUMANITIES

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Group strategies for coping with anxiety and depression in adolescence

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INTRODUCTION: Adolescence is marked by intense physical, psychological, and social changes, making individuals more vulnerable to psychosocial factors. In this context, factors such as academic pressure, the need for social acceptance, bullying, and low self-esteem can negatively impact mental health, contributing to the development of anxiety and depression. These factors, combined with weaknesses in social and family support, may intensify psychological distress and compromise healthy development during this stage of life. **METHOD:** The present study follows an interpretative qualitative research design, conducted through an interactive group activity conducted with a group of 169 adolescents from 15 to 17 years. Data collection was structured in two phases: (1) The use of an anonymous digital tool (Mentimeter) to generate initial data that served as prompts for the second dynamic; and (2) a facilitated discussion circle with the adolescents, focused on the participants previous reported experiences. **RESULTS:** The qualitative analysis identified adolescence as a stage marked by change, uncertainty, and emotional ambivalence, with anxiety linked to factors such as pressure, mistrust, and loneliness. Group activities provided a supportive environment that promoted active listening and emotional sharing among participants. Additionally, coping strategies such as relaxation techniques and sensory exercises were well accepted and contributed to emotional regulation. **DISCUSSION:** The findings suggest that adolescence is experienced as a complex period marked by emotional vulnerability and interpersonal difficulties, particularly involving mistrust toward adults and feelings of isolation. In this context, group settings emerged as important facilitators of emotional expression and peer support, helping adolescents reinterpret their experiences and reduce psychological distress. Despite methodological limitations, the results reinforce the relevance of integrating psychoeducational strategies into youth-centered environments to promote emotional regulation and coping skills. **CONCLUSION:** These results underscore the importance of incorporating structured psychoeducational practices into educational and vocational programs serving young people.

KEYWORDS: Adolescent; Anxiety; Depression; Psychosocial Intervention.