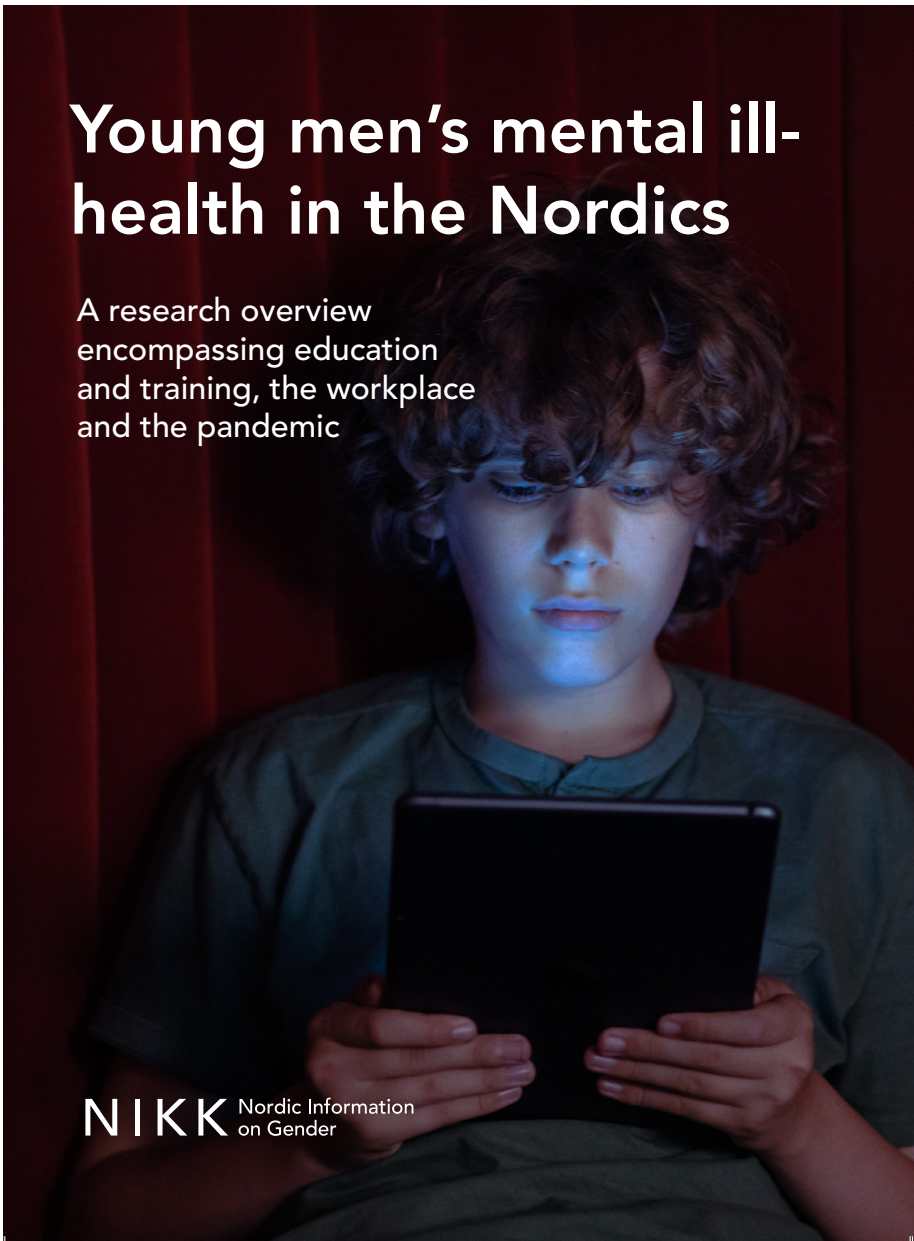


Young men's mental ill- health in the Nordics

A research overview
encompassing education
and training, the workplace
and the pandemic

NIKK Nordic Information
on Gender



Report on the mental health of young men in the Nordic countries

Mental ill-health is a significant social and public health problem in the Nordic countries. Multiple studies also show that mental health problems have increased in the Nordic countries in recent years, particularly among young people. Studies show that there are also gender differences when it comes to mental ill-health and that gender, sexuality and masculinity norms play an important role in how young men manage and experience their mental health.

A research overview from NIKK, focuses in particular on knowledge about young men's mental health in relation to current conditions and challenges in education and training and the workplace in the Nordic countries. The study also highlights knowledge about the impacts of the pandemic on young men's mental health, where increased unemployment, distance teaching and isolation have risked reinforcing negative spirals in mental well-being.

Read and download the full report here:



The report is also available in Swedish at nikk.no