



WELCOME TO OUR Monthly Newsletter

Youth Mental Health and Wellbeing: Latest Data

The latest Headspace National Youth Mental Health Survey (2020) indicates a decline in the ability of young people, particularly 12-14 year olds and 22-25 year olds, to cope with life from 2018 to 2020. Specifically, the proportion of 12-14 year olds who feel they cope well decreased from 72% in 2018 to 63% in 2020, and for 22-25 year olds, it decreased from 54% to 47% over the same period.

The study reveals that in June 2020, one in three Australian young people reported high or very high levels of psychological distress, which is comparable to the distress rate seen in 2018. This high level of distress indicates a concerning trend in the mental health of young individuals.

This is particularly evident in the decline in the ability of young people, especially those aged 22-25, to carry out daily activities and cope with stress. Given the observed decline in wellbeing indicators among specific age groups, there is a practical implication for the development and implementation of targeted interventions to support the mental health and wellbeing of young people.

In this newsletter you will find:

↓ Pitstop Presents, Pitstop Insights and more. Keep Reading!



Nikiesha Rodrigues

Senior Medical Receptionist

What do you enjoy most about your job?

I love helping patients feel at ease during their visits and making sure everyone at the practice feels supported. It's important to me that everyone leaves with a positive experience

What are some plans you have for 2024?

In 2024, my main focus is on university, but professionally, I'm aiming to better my communication and problem-solving skills. Furthermore, I'm also eager to travel more this year and seek more opportunities in my personal life!

Why do you enjoy working at Pitstop Health?

One of the things I love most about working here is the incredible sense of community and support. Everyone is considerate of my commitments as a university student, which adds to the overall positive atmosphere. The respect and camaraderie among the team creates a work environment that feels great.

Pitstop Insights: K-10 screening for mental health issues in adolescents

What is K-10?

- The Kessler Psychological Distress Scale (K10) is a simple measure of psychological distress. The K10 scale involves 10 questions about emotional states each with a five-level response scale. The measure can be used as a brief screen to identify levels of distress.
- The maximum score is 50 indicating severe distress, the minimum score is 10 indicating no distress.

Is K-10 a reliable measure for adolescent mental health?

- A latest study (Blake, 2024) showed moderate concurrent validity of K-10 with the Strengths and Difficulties Questionnaire (SDQ) emotional symptoms subscale, indicating its effectiveness in measuring psychological distress in adolescents.

What is a reliable cut-off score to seek further support?

- The study determined that a **K10 cut-off score of 21** was optimal for discriminating between adolescents with and without major depressive disorder (MDD) in the total sample, with a sensitivity of 0.87 and 1 - specificity of 0.19.
- However, the positive predictive values (PPVs) were low, ranging from 0.14 to 0.46, suggesting caution in using a single screening value to avoid false positives.

Female adolescents aged 15-17 years reported the highest levels of psychological distress, emphasizing the need for targeted interventions in this demographic group.



Meet Our Team



Dr Patrik Ho
Child, Adolescent and Adult
Psychiatrist

Waiting Period: 3 months



Dr Jack Hsu
Child and Adolescent
Psychiatrist

Waiting Period: 3 months



Dr Ji Won Seo
Child and Adolescent
Psychiatry Advanced Trainee

Good availability



Alex Catt
Registered Psychologist

Good availability



An Yang
Counsellor / Play Therapist

Good availability



Bonnie Kang
Senior Speech Pathologist

Good availability



Nicole Ho
Clinical Psychologist

Good availability



Shawn Wang
Clinical and Organisational
Psychology Registrar

Good availability

Referral Process

Medical Objects is our preferred referral method.

Alternatively, send the referral to reception@pitstophealth.com.au



reception@pitstophealth.com.au



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