



Carta al Editor

Innovative Perspectives on the Multidimensional Assessment of Emotional and Behavioral Problems in Adolescents

Perspectivas innovadoras sobre la evaluación multidimensional de problemas emocionales y de conducta en adolescentes

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Dear Editor:

I am writing to you with the purpose of addressing a relevant and contemporary topic in the field of mental health: the assessment and management of emotional and behavioral problems (EBPs) in adolescents.¹ This group faces significant challenges that demand more integrative and effective diagnostic and therapeutic strategies.

Recent research has emphasized the importance of adopting a multidimensional approach that integrates the perspectives of adolescents, parents, and teachers to achieve more accurate assessments. Adhikari et al. demonstrated that adolescents tend to report significantly higher levels of EBPs compared to the perceptions of their parents or teachers. This highlights the necessity of incorporating all perspectives to enhance both the diagnostic process and the development of effective interventions.²

Key connections have been identified between mental health and academic performance, as difficulties in this area significantly impact adolescents' future developmental opportunities. Agnafors et al. documented that early-stage mental health problems are associated with lower academic achievement over time, while academic stress directly impairs learning capacity.^{3,4} These findings underscore the importance of implementing targeted interventions within the school environment.

Additionally, studies conducted by Sun et al. explore how the sociocultural environment influences emotional regulation strategies and young people's perceptions of their own challenges, highlighting significant differences in resource-limited settings.⁵

In the Latin American context, migration and transnational families play a crucial role. According to Adhikari et al., the absence of paternal figures due to migration significantly increases the likelihood of emotional disorders, a recurrent phenomenon in communities characterized by high migratory mobility.⁶

Finally, evidence-based interventions implemented in educational settings to promote emotional well-being and alleviate stress have proven effective in reducing stigma and expanding access to psychological support services.⁷

The adoption of multidimensional models for assessing EBPs enables a more accurate understanding of the factors impacting adolescents' emotional well-being, particularly in vulnerable groups. It is essential to consider both family and school environments to address disparities and design effective interventions tailored to the specific needs of this population.



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Conflicto de intereses; No hay conflictos

