With the growth of positive psychology and preventive medicine, self-care is an emerging topic, promulgated as a means of avoiding the adverse effects of stress and promoting professional functioning and well-being.

Our study concludes by highlighting the important role that the complex relationships between fear, stress, and anxiety can play in the development of depression symptoms and how they can be taken into account in programs aimed at preventing and alleviating this disorder.

According to the Young Minds Matter study, mental health disorders such as anxiety and depression are experienced by approximately one in seven or 560,000 young people in Australia. These disorders can often have a significant impact on children’s learning and development and on family life.