

Public Health Research

## **EARLY: Evaluating, Identifying and Reducing determinants for Mental Health Conditions in Youth**

We cordially invite you to participate in the EARLY Study on Mental Health of Young People.

EARLY is a European study on mental health in 13 countries: Albania, Belgium, Israel, Italy, Germany, Moldova, Poland, Portugal, Romania, Serbia, Slovenia, Spain and Switzerland. Adolescents and young adults aged 15 – 24 years can participate in the study.

Aim of the study: EARLY wants to learn more about the mental health and psychological stress of adolescents and young adults as well as possible risk and protective factors. The study is interested in your life prospects and your mental health. For this purpose, we have created an online questionnaire for you.

EARLY will provide information for future mental health and wellbeing activities and interventions. The results will be shared with policymakers and mental and public health professionals.

Procedure and duration of the study: Participation in the study consists of completing an online questionnaire. We ask you to register with your email address to participate. We need your email address to send you a personalized link to the study. This will be deleted after the data collection has been completed or if you decide not to participate in the study or no longer participate in it. The questionnaire lasts about 45 – 60 minutes. You can fill out the questionnaire online at any time, take a break and come back later or stop. All data will be treated confidentially. There is no medical benefit for the test subjects.

There are no risks associated with participation. However, answering some of the questions in the questionnaire can also cause uneasy feelings. You can find a list of helplines on our Swiss EARLY website [www.zhaw.ch/early/en](http://www.zhaw.ch/early/en).

If you are interested in participating in a study and you are between 15 and 24 years old, you can register via this QR code.

To participate in the EARLY study: [Link](#)



When you register, you will receive the EARLY study information, which you should read carefully. It contains more information about the study, data protection and your rights. Your participation is voluntary. We ask you to confirm your consent to participate in the study before filling out the questionnaire.

As a thank you, we are organizing a Mental Health Day in 2026, to which all adolescents and young adults are invited. The day offers the opportunity to deal with the topic of mental health through various activities, lectures and discussions and to learn more about the study results.

If you have any questions about the study or participation, please contact us by e-mail or phone:

- Prof. Dr. med. Julia Dratva
- [early.gesundheit@zhaw.ch](mailto:early.gesundheit@zhaw.ch)

Thank you for your interest! We hope you join EARLY.

# EARLY

## Contact

ZHAW School of Health Sciences  
Institute of Public Health  
Prof. Dr. Julia Dratva  
Katharina-Sulzer-Platz 9  
8400 Winterthur

[julia.dratva@zhaw.ch](mailto:julia.dratva@zhaw.ch)  
[www.zhaw.ch/early/en](http://www.zhaw.ch/early/en)