

'Beyond the Numbers: Understanding Adolescent Mental Health in Indonesia'

By: Associate Professor Holly Erskine, Dr Joemer Maravilla and Dr Amirah Ellyza Wahdi

Friday, 31 July 2026

02:00pm to 4:00pm (Jakarta time)

Indonesian graduates and scholars of Australian tertiary institutions who are interested in attending this event, please RSVP by Wednesday, 29 July, via this link: <http://oz.link/rsvpGL31JUL>

**Due to the limited availability of places, early registration is recommended. A link to this event will be shared with you after registration.*

Lecture overview

Adolescence is a time of rapid growth and change, but for many young people in Indonesia, it is also a period marked by silent mental health challenges. Drawing on findings from the Indonesia-National Adolescent Mental Health Survey (I-NAMHS), this panel explores the realities behind the data and their implications for young people, families and communities.

Conducted across 34 provinces and involving more than 5,700 households, I-NAMHS is the first nationally representative study to assess the mental health of Indonesian adolescents aged 10-17.

The survey found that 5.5% of adolescents met the criteria for a mental disorder in the previous year, while nearly 35% experienced psychological symptoms that caused significant distress but did not meet the threshold for a clinical diagnosis. Anxiety was the most prevalent disorder, followed by depression, conduct disorders, post-traumatic stress disorder (PTSD) and attention-deficit/hyperactivity disorder (ADHD). Despite the scale of these challenges, the vast majority of affected adolescents had not received any form of mental health support.

Bringing together researchers, practitioners and youth advocates, this lecture will unpack the survey's key findings, examine the barriers to accessing mental health care, and discuss what is needed to strengthen support systems for adolescents across Indonesia.

Associate Professor Holly Erskine leads the Child and Adolescent Psychiatric Epidemiology and Services (CAPES) research stream at the Queensland Centre for Mental Health Research. She also serves as an Adjunct Associate Professor at The University of Queensland and an affiliate Assistant Professor with the Institute for Health Metrics and Evaluation (IHME). A/Prof. Erskine's research has significantly advanced global understanding of child and adolescent mental health through her contributions to the Global Burden of Disease Study, including the recognition of bullying victimisation as a risk factor for depression and anxiety.



★ **Associate Professor Holly Erskine**
Head Child and Adolescent Psychiatric
Epidemiology and Services (CAPES)
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Associate Professor, School of Public
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Dr Joemer Maravilla is a Research Fellow at the Queensland Centre for Mental Health Research and The University of Queensland, specialising in adolescent health epidemiology and program evaluation. His research focuses on understanding the social determinants of adolescent health and identifying mental health risks among vulnerable populations, including young mothers, through pragmatic, data-driven approaches. Dr Maravilla also has extensive experience in monitoring and evaluating health and social programs across Southeast Asia, with a particular focus on low-resource settings.



★ / **Dr Joemer Maravilla**
*Research Fellow, Child and Adolescent
Psychiatric Epidemiology and Services
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Dr Amirah Ellyza Wahdi is a public health researcher and lecturer at Universitas Gadjah Mada and is currently pursuing a PhD at The University of Queensland. Her research focuses on adolescent mental health, reproductive health and gender equity. Dr Wahdi also serves as the Program Manager for the Indonesia-National Adolescent Mental Health Survey (I-NAMHS), contributing to advancing evidence-based adolescent mental health research in Indonesia.



★ / **Dr Amirah Ellyza Wahdi**
*PhD Student
The University of Queensland*

