Agneta Tinnfält is a registered nurse, specialized in public health. She has previously worked as a nurse at a children’s ward at Örebro University Hospital, and as a school nurse in public school. After teacher’s exam she started the assisting-nurse program for adults at high school level in Nora. In 2001 she began her work as a junior lecturer at the School of Health and Medical Sciences at Örebro University. She has completed her master’s degree in nursing sciences and a Ph Lic in Caring Sciences with focus on Public Health. The research is focused on adolescents’ perspectives on mental health issues.

Mental health is a major child public health issue. According to the UN Convention on the Rights on the Child adolescents’ perspectives are important in matters concerning them. This thesis illuminates adolescents’ perspectives on mental health and on mental health promoting initiatives. The thesis also deepens the knowledge about disclosure and support for adolescents at risk of abuse and neglect. Relationships with parents, friends, and other adults are most important to adolescents’ mental health, according to them. They look for trustworthy adults to confide in when the family situation is problematic. In addition, gender and age, adolescents’ perspectives and participation, and society’s support, including the implementation of the UN Convention on the Rights of the Child, have an impact on adolescents’ mental health; for adolescents in general and for adolescents at risk of abuse and neglect. The findings have implications for adults: to learn more about adolescents and puberty, and about the home situation for children and adolescents at risk of abuse and neglect; to listen to suggestions from children and adolescents; to include friends in support to adolescents at risk of abuse and neglect; and to include girls and boys in all matters concerning them.