Title: **Anxiety and Depression in Children and Young People with Life Limiting   
 Conditions**   
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My presentation at the World Mental Health Day event described the systematic review and meta-analysis that I have recently completed, assessing the prevalence and/or incidence of anxiety and depression in children and young people (aged 5-25 years) with a range of life-limiting conditions (LLCs). Mental health problems among children and young people are a growing public health concern worldwide. Living with a LLC can introduce multiple challenges into the lives of children and young people, which may make them vulnerable to mental health problems. Therefore, this review aimed to assess the extent of this problem in order to guide further research and clinical guidelines.

A robust systematic review was conducted, which identified 38 studies assessing the prevalence of anxiety or depression in a range of LLCs. Meta-analyses of the included studies revealed a high pooled prevalence of both anxiety, 18.7%, and depression; 14.1%. Analyses were also conducted to identify factors associated with anxiety and depression prevalence, finding the use of screening questionnaires to be significantly associated with higher anxiety prevalence, whilst older age and female sex were significantly associated with higher depression prevalence.

The findings from this review show that there is a high prevalence of anxiety and depression among children and young people with LLCs. However, very few of the included studies assessed children and young people with neurological diseases, a group which makes up a significant proportion of the population of children and young people with LLCs. In addition, no studies measured incidence, which is crucial in understanding the epidemiology of mental health problems within this patient group. Finally, although diagnostic interviews, older age and female sex were identified as significant in anxiety and depression prevalence, it is important to gain a full understanding of the factors which have previously been found to be associated with anxiety and depression prevalence. Therefore, the next steps of my PhD are as follows:

* Systematic review of factors associated with anxiety and depression in children and young people with LLCs
* Secondary data analysis of large UK dataset to analyse prevalence, incidence and associated factors of anxiety and depression in children and young people with LLCs