

SEPTINTOJI TARPTAUTINĖ KONFERENCIJA

THE 7th INTERNATIONAL CONFERENCE

2026 m. liepos mėn. 7-10 d., Vilniaus universitetas, LIETUVA

7th-10th of July, 2026, Vilnius University, LITHUANIA

**EVOLIUCINĖ MEDICINA:
ŽMOGAUS RAIDOS PERSPEKTYVOS IR SVEIKATA
BESIKEIČIANČIOJE APLINKOJE**

**EVOLUTIONARY MEDICINE:
PERSPECTIVES ON HUMAN DEVELOPMENT AND HEALTH
CONSEQUENCES IN A CHANGING ENVIRONMENT**

Rengėjas:

Vilniaus universiteto Medicinos ir sveikatos mokslų
Doktorantūros mokykla, VU Medicinos fakultetas

Organized by

the Doctoral School of Medicine and Health sciences
at Vilnius University, VU Faculty of Medicine

INTERNATIONAL SCIENTIFIC COMMITTEE

Karolis AŽUKAITIS (Vilnius University, Lithuania)
Noël CAMERON (Loughborough University, UK)
Janet CARTON (University College Dublin, Ireland)
Dalius JATUŽIS (Vilnius University, Lithuania)
Maria KACZMAREK (Adam Mickiewicz University, Poland)
Sylvia KIRCHENGAST (University of Vienna, Austria)
Lawrence M. SCHELL (University at Albany, S.U.N.Y, USA)
Wojciech ŚLUSARCZYK (Nicolaus Copernicus University in Torun, Poland)
Janina TUTKUVIENĖ (Vilnius University, Lithuania)
Aistis ŽALNORA (Vilnius University, Lithuania)

LOCAL ORGANIZING COMMITTEE

(Faculty of Medicine, Vilnius University)

Chair:

Janina TUTKUVIENĖ

Conference booklet coordinator:

Rūta MORKŪNIENĖ

Conference Secretary:

Eglė Marija JAKIMAVIČIENĖ

Members:

Justina ALČAUSKAITĖ
Arūnas BARKUS
Elvin Francišek BOGDZEVIČ
Ramunė ČEPULIENĖ
Airida DOSINAITĖ
Rasa JANULIONIENĖ
Kristupas KURMINAS
Rūta MORKŪNIENĖ
Laura NEDZINSKIENĖ
Juozapas RYLIŠKIS
Evita ŠERIKOVAITĖ
Mindaugas SMETANINAS
Eglė STUKAITĖ-RUIBIENĖ
Sofija ŠESTAK
Renata ŠIMKŪNAITĖ-RIZGELIENĖ
Rūta VOSYLIŪTĖ
Violeta ŽALGEVIČIENĖ

HOW PREPARED IS THE SCHOOL COMMUNITY TO PROMOTE CHILDREN'S MENTAL HEALTH?

Monika MAKUTIENE¹, Natalija ISTOMINA², Rimantas STUKAS¹

¹Department of Public Health, Institute of Health Sciences, Faculty of Medicine, Vilnius University, Vilnius, Lithuania

²Department of Midwifery and Nursing, Institute of Health Sciences, Faculty of Medicine, Vilnius University, Vilnius, Lithuania

Contact e-mail: monika.makutiene@mf.stud.vu.lt

Background and Aim: Children's mental health is an important public health and educational issue, and schools play a key role in promoting well-being and preventing mental health difficulties. Effective support depends on the preparedness of the whole school community. This study aimed to assess the school community's readiness to promote children's mental health.

Materials and Methods: A cross-sectional anonymous online survey was conducted. The study included 144 school-based professionals and 250 parents from 85 schools across 31 Lithuanian municipalities. Data were analysed using descriptive statistics and qualitative content analysis.

Results: The average mental health literacy score was 111.11 (SD±10.96) among parents and 109.83 (SD±10.49) among school professionals. School professionals identified in-person theoretical and practical training (31.3%) and mental health literacy courses (27.1%) as the most beneficial. Parents identified independent information search (23.6%; n=59), school-organised training (22.8%; n=57), and information provided by public health specialists (22.8%; n=57) as the most useful learning forms. Parents reported school as the best source of information (52.0%; n=130), followed by online sources (34.0%; n=85). School professionals emphasised the need for practical competencies (27.1%; n=39), skills for working with children with behavioural, emotional, and special educational needs (23.6%; n=34), and better understanding of mental health disorders (16.7%; n=24). Most school community members (51.4%; n=74) and parents (40.8%; n=102) stated that cooperation between teachers and parents occurs only occasionally.

Conclusions: The findings suggest insufficient school community preparedness for children's mental health promotion and the need for practical training and stronger collaboration.

Keywords: children's mental health, mental health literacy, school community