3.17; 95% CI 1.31 to 7.64; P=0.01) in female adolescents taking HCs.

Four studies (7.7%, 4/52) reported the association of using HCs with depression, mood changes and the initiation of the first use of antidepressant in young adolescents, with the highest odd ratio reported in teens aged 12–14 years (OR 3.46, 95%CI 3.04-3.94). Qualitative analysis further demonstrated the association of HCs use with the increased risk for early onset breast cancer in young females.

Conclusion This is the first comprehensive systematic and metaanalysis review demonstrating the association of HCs use with significant adverse effects in adolescent girls. With the increasing adolescent exposure to HCs, further robust studies are warranted to determine the long-term safety profile specific to this population and inform current practice guidelines, especially with the rise in mental health illnesses in adolescents.4

REFERENCE