Part 1: 2013 Ontario Student Drug Use and Health Survey (OSDUUHS)
Mental Health and Well-Being Results

Monday November 10th, 2014
1:00 – 2:30 PM EST
Your Co-Hosts

- Provides system support, capacity building, content expertise and access to information and research for Ontario health promotion and public health audiences related to:
  - Mental health promotion
  - Substance misuse

- Consults with CAMH colleagues from across the organization (clinical, research, etc.)

- Aims to make Ontario’s mental health and addictions system more evidence-informed.

- Promotes the use of evidence in decision-making, develops targeted knowledge translation products and tools, and supports interactive exchanges.
10,272 students in Grades 7-12 participated in CAMH’s 2013 Ontario Student Drug Use & Health Survey (OSDUHS). Highlights from the Mental Health and Well-Being report include:

1 in 4 did NOT know who to talk to about a MENTAL HEALTH PROBLEM. Females were twice as likely as males to report an unmet need for mental health support.

1 in 4 experienced PSYCHOLOGICAL DISTRESS. Females were about twice as likely as males.

1 in 8 seriously CONTEMPLATED SUICIDE in the past year. Females were more likely than males to do so.

1 in 5 visited a MENTAL HEALTH CARE PROFESSIONAL at least once in the past year. Females were more likely than males to do so.

1 in 15 reported having 1 or 4 of the following COEXISTING PROBLEMS: psychological distress, emotional behavior problems, hazardous/harmful drinking, or drug use problem.

A MAJORITY of Ontario students:

- Rated both their physical and mental health as excellent or very good;
- Got along well with their parents; and
- Reported a positive school climate.

Since 2007, reports of suicide attempts and any gambling has remained stable.

For more information visit: www.enet.ca

10,272 students in Grades 7-12 participated in CAMH’s 2013 Ontario Student Drug Use & Health Survey (OSDUHS). Here are some highlights from the Mental Health and Well-Being and Drug Use reports that address the school setting:

Attitudes about School:
9 in 10 FEEL CLOSE to people at school and FEEL THEY ARE PART of their school.
1 in 4 spend LESS THAN ONE HOUR on homework per week.

School Safety:
1 in 6 are worried about being HARMED, threatened or robbed at school.
1 in 10 were THREATENED or INJURED with a weapon at school at least once in the past year.

Drugs at School:
1 in 4 believe drug use is a BIG PROBLEM at their school.
1 in 5 have been offered, sold, or given a DRUG AT SCHOOL in the past year.

Bullying at School:
1 in 4 were BULLIED at school and the most common form of bullying is verbal.
1 in 6 BULLIED OTHER STUDENTS at school.

Some improving trends...
1 in 10 were involved in a physical fight on school property – a significant decline since 1999.
Bullying at school has declined during the past decade.
Almost half of students like school very much or quite a lot – an increase since 1999.

For more information visit: www.enet.ca
Agenda

1. Background of the OSDUHS

2. Mental Health and Wellbeing Report Highlights
   - Mental Health & Well-being Findings
   - Physical Health Findings
   - School Climate Findings

3. Panel Discussion

4. Q&A
What is the OSDUHS?

• Repeated, cross-sectional, anonymous survey of students in grades 7-12 in Ontario’s publicly funded schools

• Monitors drug use, mental health, physical health, bullying, gambling and other risk behaviours

• Conducted every two years since 1977, making it the longest ongoing student survey in Canada and one of the longest in the world
Overview of OSDUHS Topics

• Demographics
• School and Home Life
• Drug Use & Related Harm Indicators
• Drug Perceptions, Context
• Mental Health Indicators
• Physical Health Indicators
• Antisocial Behaviours
• Violence at School
• Bullying at School, Cyberbullying
• Gambling Activities & Problems
• Video Gaming & Problems
2013 Survey Design

Survey Sample
- Region-by-school level stratified sample
- 2-stage cluster selection (school, class)
- Public and Catholic schools randomly selected according to enrolment size (PPS) using the Ministry of Education’s enrolment database
- Oversampled schools in Northern Ontario and 7 public health regions
- Classes randomly selected
- Survey sample representative of just under one million Ontario students in publicly funded schools

Procedures
- Active parental consent/student assent procedure used
- Administered by trained field staff from the Institute for Social Research (ISR) in the classrooms during regular school hours
- French questionnaires used in French language schools
- Students completed paper-pencil questionnaires anonymously in their classrooms from November 2012 to June 2013
- Average completion time was 30 minutes
2013 OSDUHS Participation

- 42 public and Catholic school boards
- 198 schools
- 671 classes
- 10,272 students in grades 7–12
- 5,211 students in grades 7, 9, and 11 (this sub-sample is used for long-term trend analyses)
- 63% of eligible students participated (note that this rate is quite acceptable for an active-consent procedure)
2013 OSDUHS Mental Health and Well-Being Report: Highlights
MENTAL HEALTH & WELL-BEING FINDINGS
INTERNALIZING INDICATORS
Self-Rated Mental Health, 2013 OSDUHS (Grades 7–12, n=5,478)

- Excellent: 26.6%
- Very Good: 36.1%
- Good: 22.0%
- Fair: 10.9%
- Poor: 4.4%

Note: error bars represent 95% confidence intervals
Psychological Distress

• **Over one quarter** (26%) of students report a moderate to high level of psychological distress during the past month.

• Females (35.5%) are twice as likely as males (17.2%) to report psychological distress.

• Survey results showed significant increases with grade (13.4% - 31.7%).
Suicidal Ideation and Suicide Attempt

• **One in eight (13.4%)** students in grades 7-12 report that they had seriously contemplated suicide in the past year.

• 3.5% of students report attempting suicide in the past year.

• Females are twice as likely as males to report suicidal ideation and a suicide attempt in the past year.

• No significant differences by grade or region.
EXTERNALIZING INDICATORS
Percentage Reporting Engaging in Antisocial Behaviours at Least Once in the Past Year, 2013 OSDUHS (Grades 7–12, n=5,478)

Notes: (1) error bars represent 95% confidence intervals; (2) street racing asked of grades 9-12 only
Percentage Reporting Violent Behaviours, 1991–2013 OSDUHS (Grades 7, 9, 11 only)

Note: weapon carrying not asked about in 1991
GAMBLING & VIDEO GAMING
Gambling

• **Over one third** (34.9%) of students report at least one gambling activity during the past year.

• Card games are the most prevalent gambling activity, followed closely by sports pools.

• Males (44.1%) are significantly more likely than females (24.8%) to report any gambling.

• Gambling was shown to significantly increase with grade, peaking at 44.5% in 12th grade.
Video Gaming

- **One in ten** (10.3%) students are classified as having a video gaming problem.

- Males (16.5%) are about four times as likely as females (3.5%) to exhibit a video gaming problem.

- One fifth (20.7%) of students play video games daily or almost daily.

- 6.4% play video games for more than five hours a day.
COEXISTING PROBLEMS
Count of Coexisting Problems, 2013
OSDUHS (Grades 9–12, n=3,264)

Note: (1) error bars represent 95% confidence intervals
ACCESS TO MENTAL HEALTH SERVICES
Mental Health Care Visit

• One fifth (21.9%) of students report visiting a professional about a mental health issue at least once in the past year.

• Females (26.3%) are significantly more likely than males (17.9%) to report a mental health care visit.

• No significant differences by grade or region.
Sought Counselling Over the Phone or Internet

- 3% of students report using a telephone helpline, a website or both to seek counselling.

- Females (4.2%) are more likely than males (1.8%) to seek counselling either over the phone, the Internet, or both.

- No significant differences by grade or region.
Prescribed Medication to Treat Anxiety or Depression

• 5.5% of students in grades 9-12 report being prescribed medication to treat anxiety, depression, or both conditions in the past year

• Females (7.9%) are twice as likely as males (3.4%) to report being prescribed medication to treat anxiety, depression, or both

• There is significant grade variation - the highest likelihood is among 11th and 12th graders
Unmet Need for Mental Health Support

• **Over one quarter** (27.9%) of students report that they wanted to talk to someone about a mental health problem in the past year, but did not know where to turn.

• Females (37.5%) are more likely than males (19%) to report an unmet need for mental health support.

• There are no significant differences by grade or region.
PHYSICAL HEALTH FINDINGS
Physician Health Care Visit

• **Over one quarter** (27.4%) of students reported that they did not visit a physician, even for a check-up, in the past year.

• Males (30.8%) are significantly more likely than females (23.7%) to not visit a doctor.

• No significant grade or regional differences.
Self-Rated Physical Health, 2013 OSDUHS (Grades 7–12, n=10,272)

- Excellent: 25.4%
- Very Good: 40.3%
- Good: 27.3%
- Fair: 6.1%
- Poor: 0.9%

Note: error bars represent 95% confidence intervals.
Physical Inactivity

- Females (8.3%) are significantly more likely than males (6.3%) to be inactive
- Inactivity significantly increases with grade, peaking in 12th grade
- Toronto students are significantly more likely to be inactive than students in the other three regions
- **Half** (51.0%) of all students do not engage in physical activity in a PE class
- **Only one fifth** (21.8%) of students reported meeting the 60-minute daily activity recommendation
Overweight or Obese

• 1 quarter (25.1%) of students are classified as either overweight or obese

• Males (28.9%) are significantly more likely than females (21%)

• Students in grade 10 or 11 are more likely than students in grade 7 and 8

• Students in the North are most likely (31.9%)

• Students in Toronto are least likely (21.6%)
SCHOOL CLIMATE FINDINGS
School Climate

- I feel close to people at this school: 88%
- I feel like I am part of this school: 87%
- I feel safe in my school: 96%

Q. How much do you like school?
A. “Very much” or “Quite a lot”
Violence on School Property

• **One in ten** students (10.9%) report physically fighting on school property at least once in the past year.

• Current statistic is significantly lower than estimate from 2001 (16.9%).

• Males (17.5%) are four times as likely as females (3.9%) to report fighting at school.

• Reports significantly decrease with grade.
Percentage Reporting Having Been Threatened or Injured with a Weapon at School at Least Once in the Past Year (n=5,478)

- Total: 5.8%
- Males: 7.7%
- Females: 3.7%
Bullying at School

• **One quarter** (25%) of students reported being bullied at school in any way since September.

• Females (28.1%) are significantly more likely than males (22.2%) to report being bullied at school.

• Students in grades 7 and 8 are most likely to be bullied and 12th graders are least likely.

• There has been a significant linear decline in bullying victimization at school since 2003 - significant among males, but *not* among females.
Cyberbullying

- **About one fifth** (19.0%) of students report being bullied over the Internet at least once in the past year.

- Females (22.5%) are significantly more likely than males (15.8%) to report being cyberbullied.

- There are significant grade differences: 8th and 9th graders are most likely to report being cyberbullied (24%).
Panel Discussion

Dr. Ed Adlaf
Senior Research Scientist & OSDUHS Study Director, Social and Epidemiological Research Department, CAMH

Gloria Chaim
Deputy Clinical Director, Child, Youth & Family Program, CAMH

Dr. Ken Allison
Senior Scientist, Health Promotion, Chronic Disease and Injury Prevention, Public Health Ontario

Dr. Hayley Hamilton
Research Scientist, Social and Epidemiological Research Department, CAMH

Angela Boak
Research Coordinator & Analyst, Social and Epidemiological Research Department, CAMH

Dr. Robert Mann
Senior Scientist, Social and Epidemiological Research Department, CAMH
What is some good news in the data?
What are some areas of concern?
What are some of the most significant public health impacts?
Why ask about mental health and physical health?
What is the overall influence of the OSDUHS results?
What are some next steps?
OSDUHS Webpage

www.camh.ca/research/osduhs.aspx

- Detailed & highlights reports on mental health and well-being
- Detailed & highlights reports on drug use
- OSDUHS pamphlets & infographics *New*
- FAQs about the survey
- Current questionnaires (English & French)
- Plus, see our eBulletin page for factsheets
Questions/Comments?

Please type your questions in the chat box
Part 2 – OSDUHS: Evidence to Action
Monday December 1st
11:00 am – 12:30 pm EST

P.S. Please don’t forget to fill out the evaluation!