

Youth19 Mental Health Trends



Werry Workforce Whāraurau, Sector Leaders' eMeeting, 4 Dec 2020

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On behalf of the Youth19 investigators: Terry (Theresa) Fleming, Terryann Clark, Sue Crengle, Roshini Peiris-John, John Fenaughty

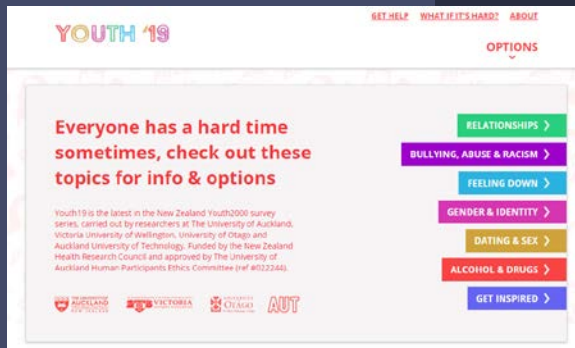
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The Youth2000 series

- Two decades of research
- 36,000 high school students
- Random sampling of schools & students
- Comprehensive survey, validated measures, English or te reo Māori, optional voiceover
- International peer review



The Youth2000 Survey Series

1. Representative Secondary School Student Surveys

2001	9,699 school students
2007	9,107 school students
2012	8,500 school students
2019	7,721 school students REGIONAL

2. School Climate Surveys

2007	School Climate
2012/13	School Climate
2019	School health services & school management surveys

3. Alternative Education, Teen Parent Unit & Non-Enrolled Surveys

2000	268 Alternative Education students
2006	220 Teen Parent Unit students
2009	335 Alternative Education students
2019	173 adolescents in Alternative Education or not in education, employment or training (91 AE, 82 NEETS)

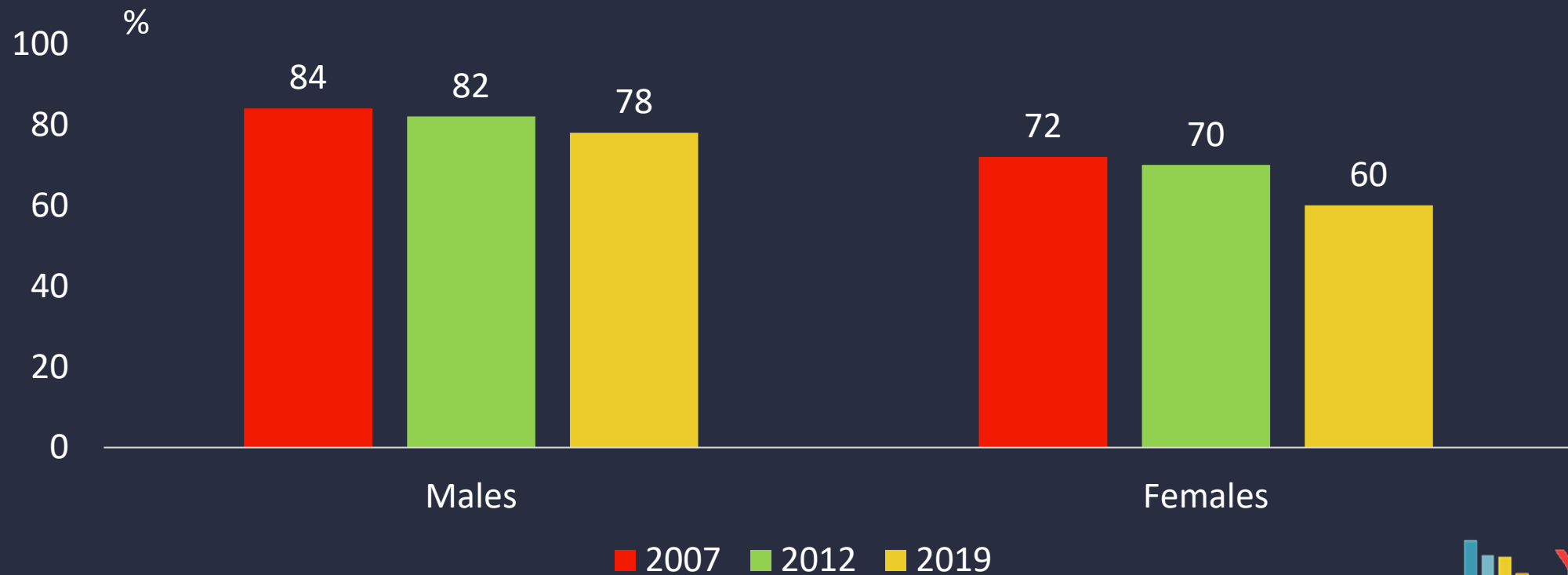
Youth19

- Regional sample
- Today's data:
 - randomly sampled high school & kura students
 - at school on day of survey
- Data is pre-COVID
- AE (n = 91) & NEETS (n = 82) data to come
- Further, in-depth analyses to come, including for gender diverse participants

Wellbeing (WHO-5): Trends

5 items: cheerful & in good spirits; calm & relaxed; active & vigorous; fresh & rested; life full of interest

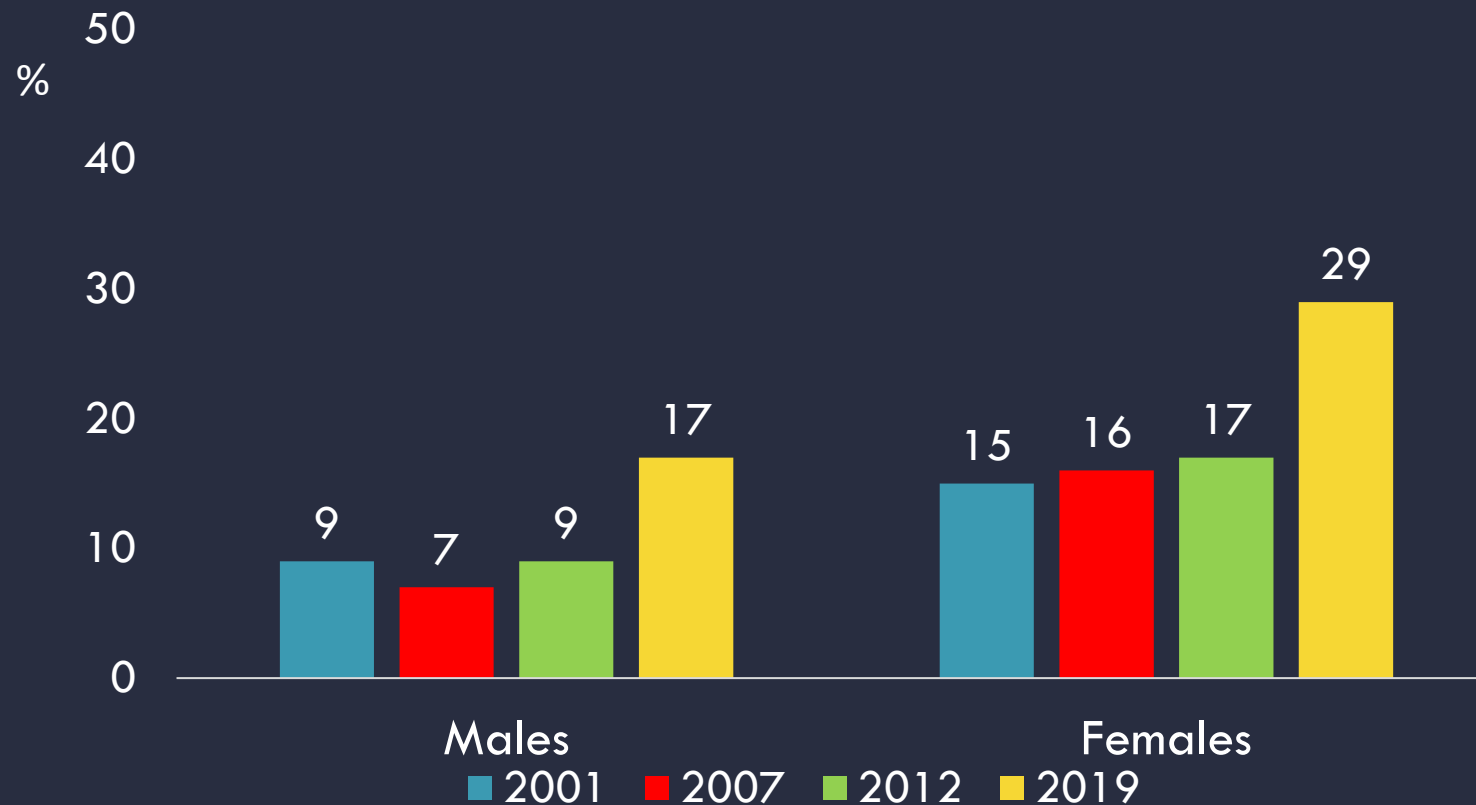
Decline since 2012, particularly among females



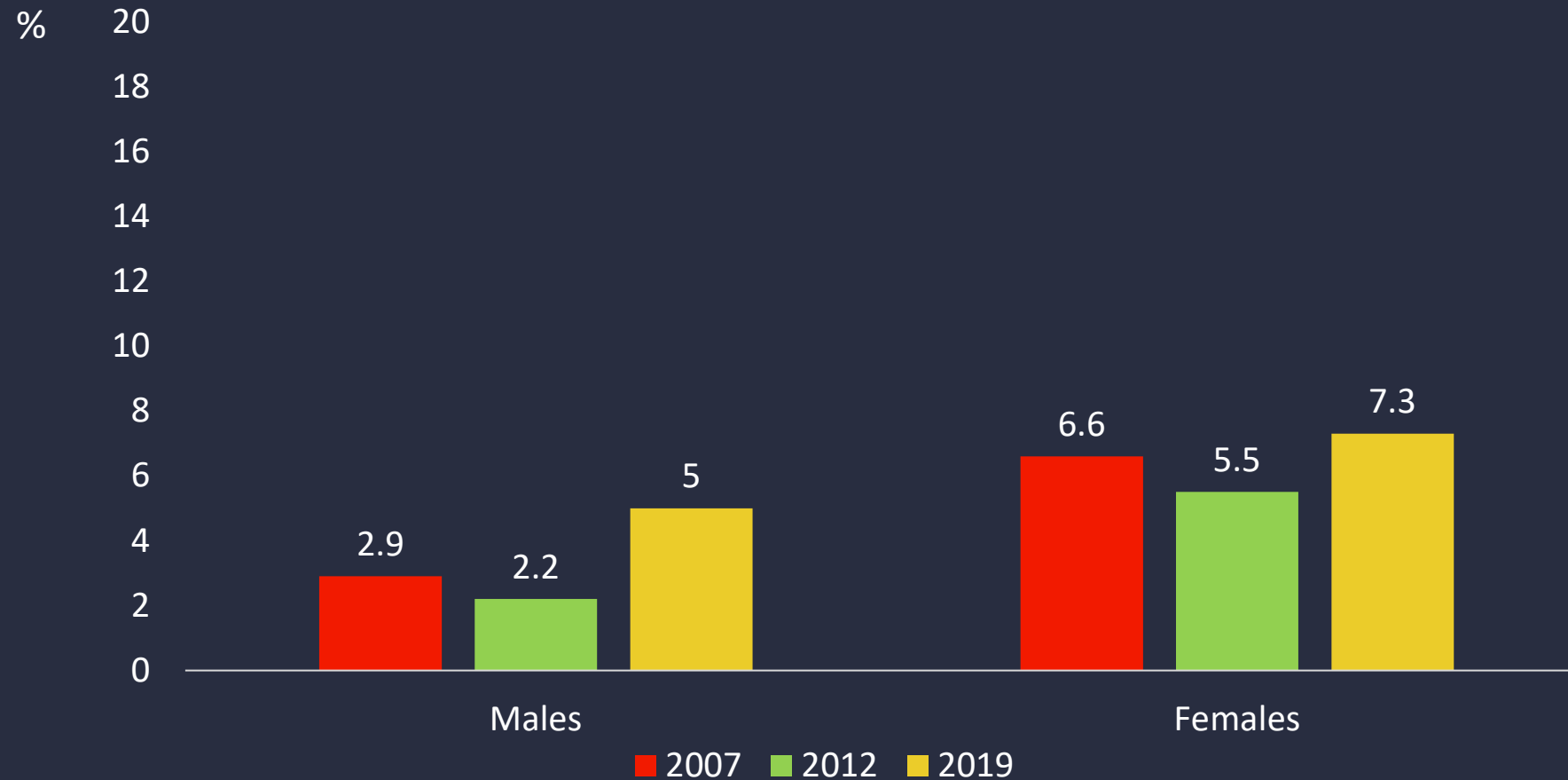
Symptoms of depression (RAD5-SF): Trends

10 items: happy; lonely; feel like hiding; sad; feel like hurting myself; no good; bad; mad; bored; nothing helps

Sharp increases since 2012

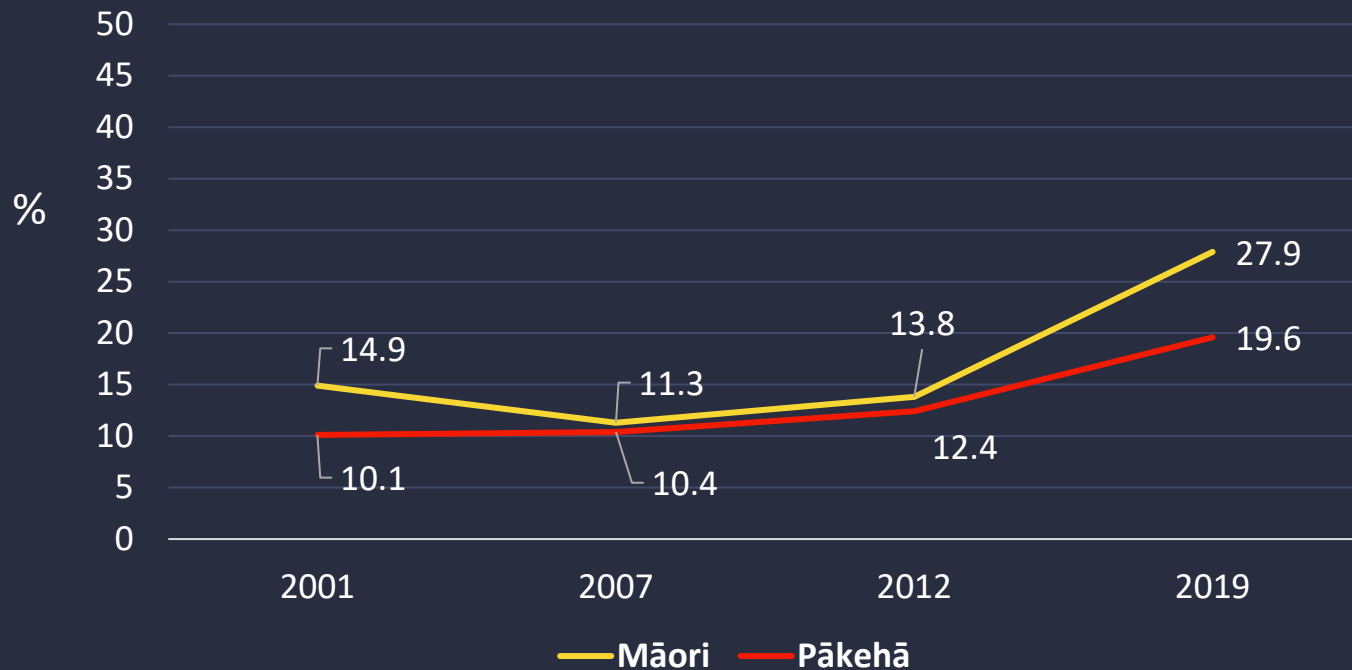


Suicide attempts (past 12 months): Trends

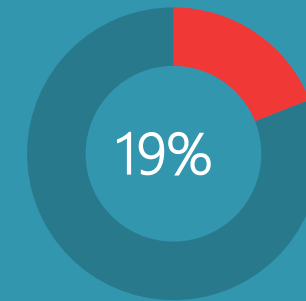


Rangatahi Māori – Symptoms of depression

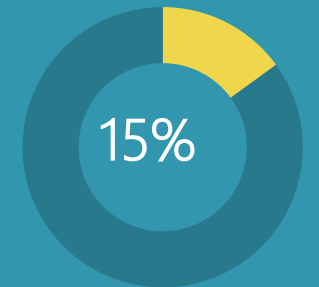
Significant ethnic disparity for rangatahi Māori
Gap is widening, particularly for females



Male

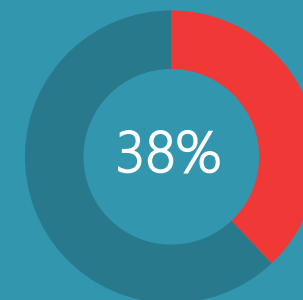


Māori

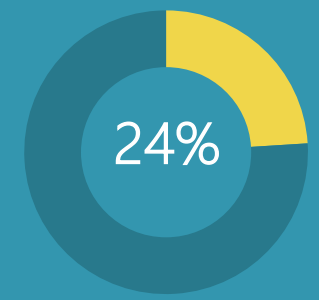


Pākehā

Female



Māori



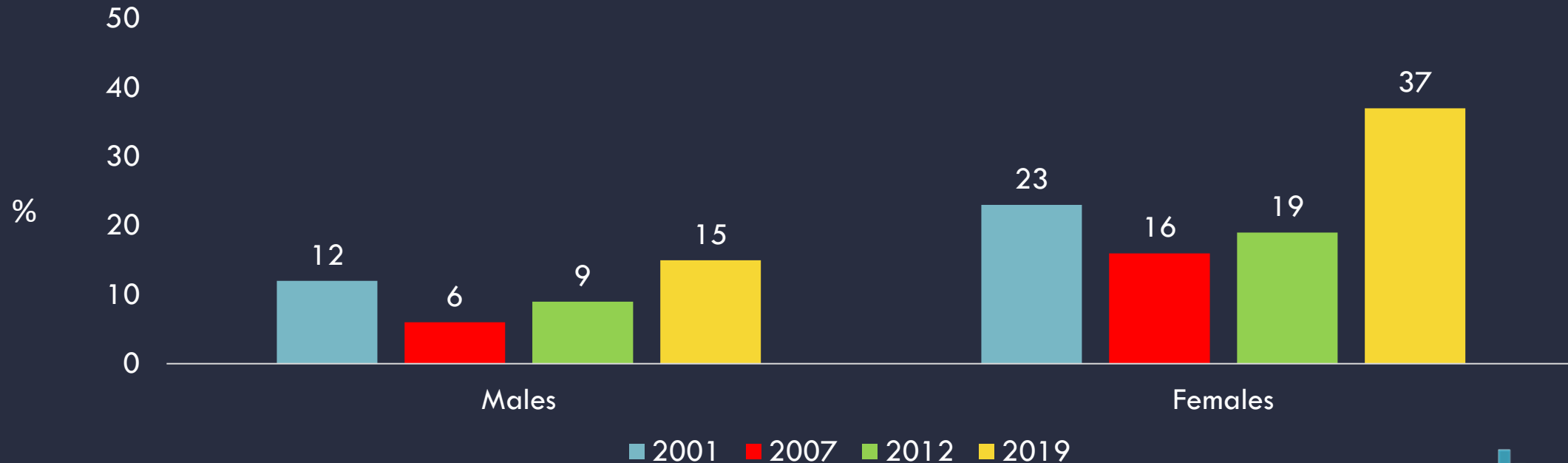
Pākehā

Pacific youth – Symptoms of depression

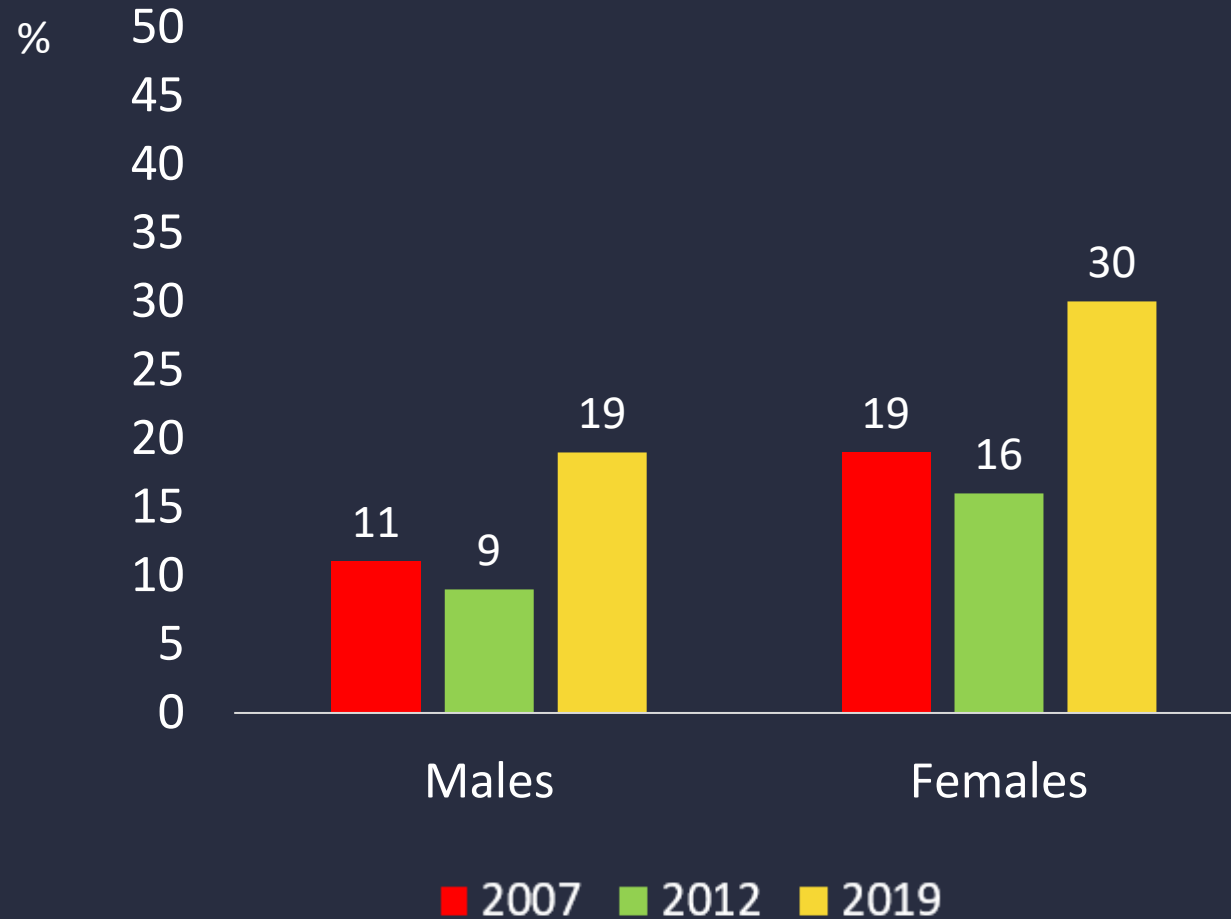
Sharp increase, especially for females

Higher proportions among middle & higher deprivation neighbourhoods

Significant ethnic disparity for females (Pacific females 37%, Palagi females 24%)



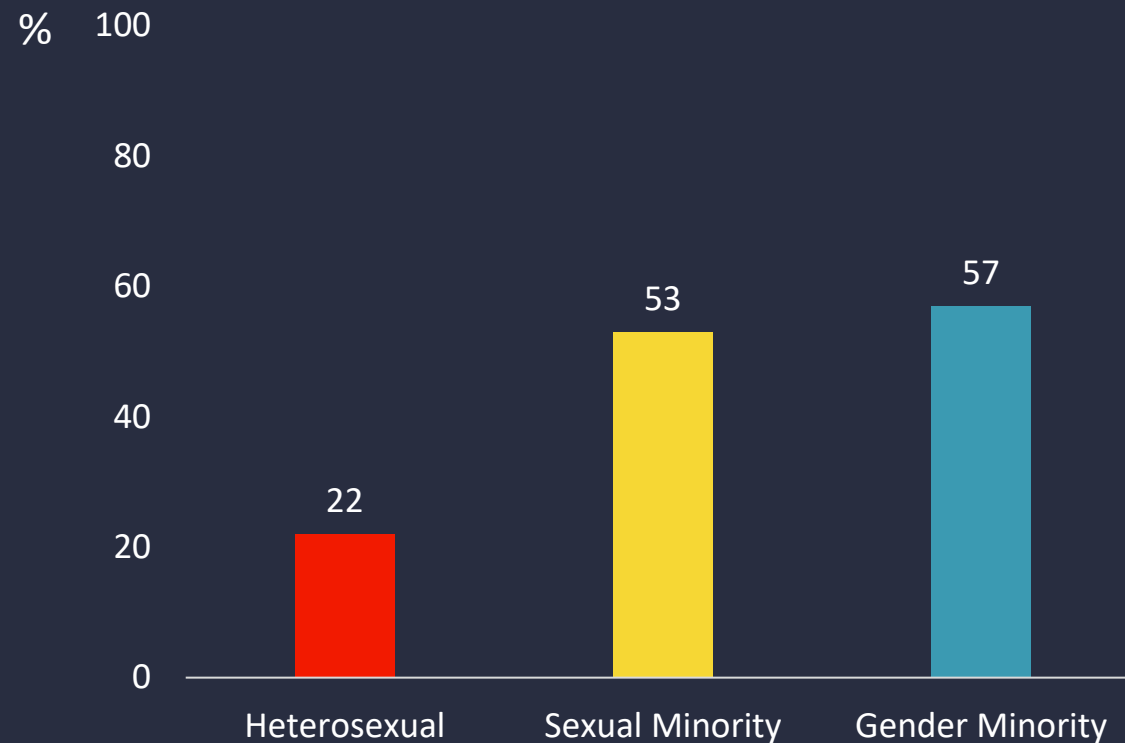
Asian youth – Symptoms of depression



Rainbow young people – Symptoms of depression

Same/both-sex attracted: 9.4% (n = 706; N = 7,497) Transgender/Non-binary: 1.0% (n = 78; N = 7,668)

High & increasing symptoms of depression (+ ~8% since 2012)



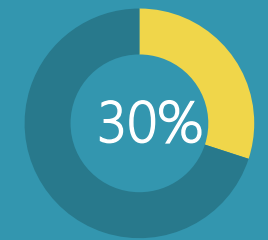
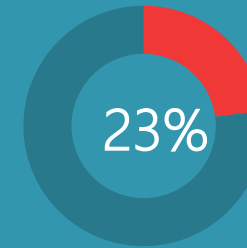
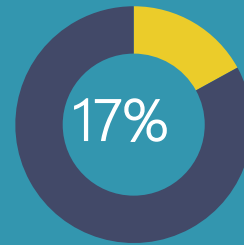
Mental health by deprivation

Deprivation (NZDEP) → **Low**

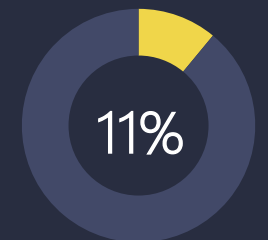
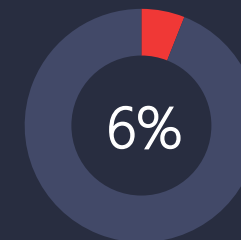
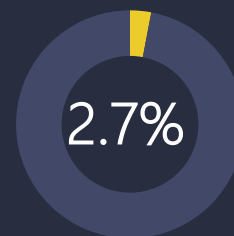
Medium

High

Depressive symptoms
(RADS-SF)

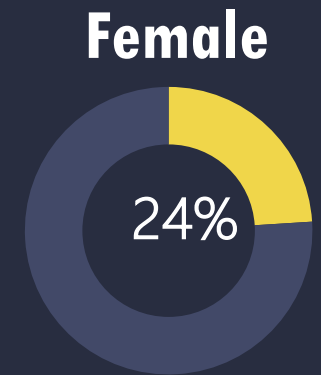
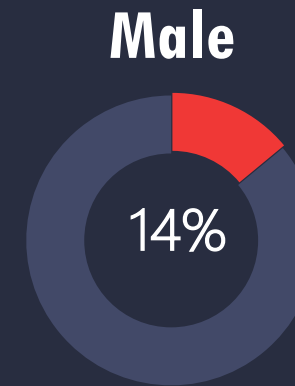


Suicide attempt
in last 12 months



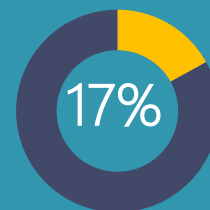
Difficulty getting emotional help

Unable to get help when wanted



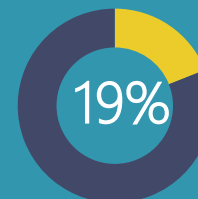
Deprivation (NZDEP)

Low

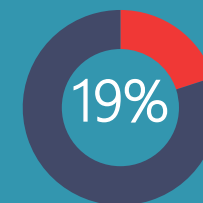


Urban

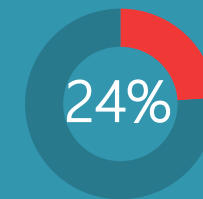
Urban Rural



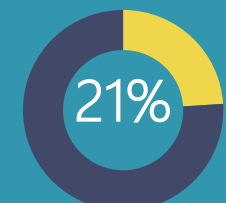
Medium



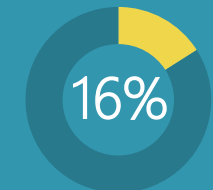
Towns



High



Rural



Digital help opt in

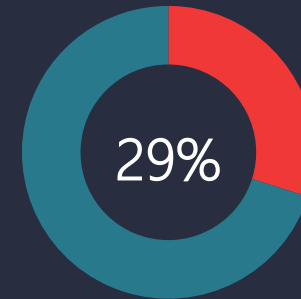
With symptoms of depression

Without symptoms: 20% males 22% females

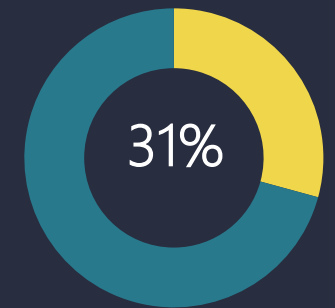
Total



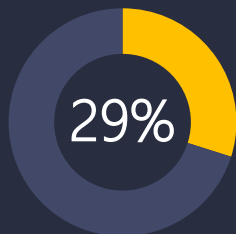
Males



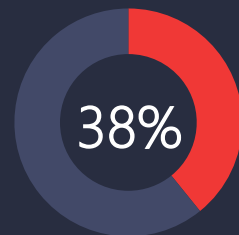
Females



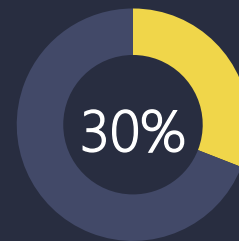
Māori



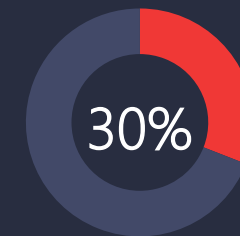
Pacific



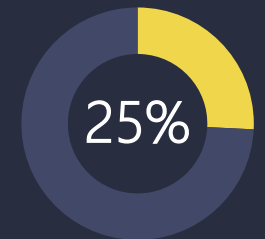
Asian



Pākehā & Euro



Others



What are the biggest problems? Mental health & pressure, social media & tech, bleak futures, risky choices



Not feeling like they belong and depression

Māori female, decile 6, age 15

Expectations. The expectation to be the best at all times. It just seems that no adult takes into consideration that all of this pressure effects kids greatly

Pākehā female, decile 7 age 15

I feel like adults don't understand that young people aren't grumpy and upset because of our phone but that a lot is going on in the world with climate change and pollution etc... How could we not be upset?

Asian male, decile 2, age 15

The economy that's been screwed over by past generations who won't be there to see how bad it's getting and hasn't provided us with the knowledge to fix the messed up world they've left us with.

Māori female, decile 6, age 13

Save Our
Future!

Update
School

What should be
changed to better
support young people
in New Zealand?

In 2019, researchers surveyed 7700 year
9-13 students in 52 Auckland, Northland
and Waikato schools. This is the latest
survey in the Youth2000 series.

www.youth19.ac.nz

Listen.
To. Us.

Connection
and Fun

Support Us

SUPPORT US

Better access and support for people who have mental health and identity issues, whether they are very serious or not as serious.

Māori female, decile 10, age 17

Free counselling.

Māori female, decile 3, age 16

Many young people, I believe aren't aware of these services that are here to help and support them in any way possible.

Asian female, decile 9, age 17

More help available for people and making it easier accessed for people.

Pākehā female, decile 9, age 16

WHY increasing reports of mental distress?



Aspects affecting early development (2000–05)

Gradual changes in parental stress & parenting behaviours
e.g. monitoring, financial pressures, political polarisation, 'snowflake' hypothesis

Equity & racism impacts



Contemporary aspects (2012–present)

Social media, internet access, smart phones – 'i-gen' hypothesis

Decline in exercise & risk taking

Increasing perfectionism, emphasis on exceptionalism, individualism, school pressure?

Increases in focus on mental health problems? Rumination?



Aspects affecting future

Impact of job insecurities, housing affordability, climate crisis & political polarisation

'Doomer' hypothesis + 24/7 access to info + individual responsibility?

Multi-level level responses

- **Big picture:** prevention and promotion of good mental health – equity, inclusion, income, futures to look forward to
- **Help now:** professional and everyday supports
- **Specifics:** Young people want support:
 - including mental health specialists & others
 - include reaching out to them, NOT relying help seeking
 - include support with connecting with others

**Given
increasing
youth
mental
health
need...**

- Tinkering with current systems is not enough
- We should:
 - Utilize the phenomenal energy of communities
 - Seriously increase the workforce, including the number of psych trainees
 - Advocate on determinants

Available now

Reports

- Intro & Methods
- Mental Health
- Substance Use
- Health Services Access
- Sexual & Reproductive Health
- *Negotiating Multiple Identities – coming soon*

Youth19 Briefs

- Vaping
- Period Poverty
- Youth Voices
- *Negotiating Multiple Identities – set of 5, coming soon*



Still to come

- Ethnicity- specific reports
- Rainbow specific report
- Drilling down into the mental health data

Thank you

Students & whānau
Participating schools
Advisors
Funders
Research teams &
colleagues



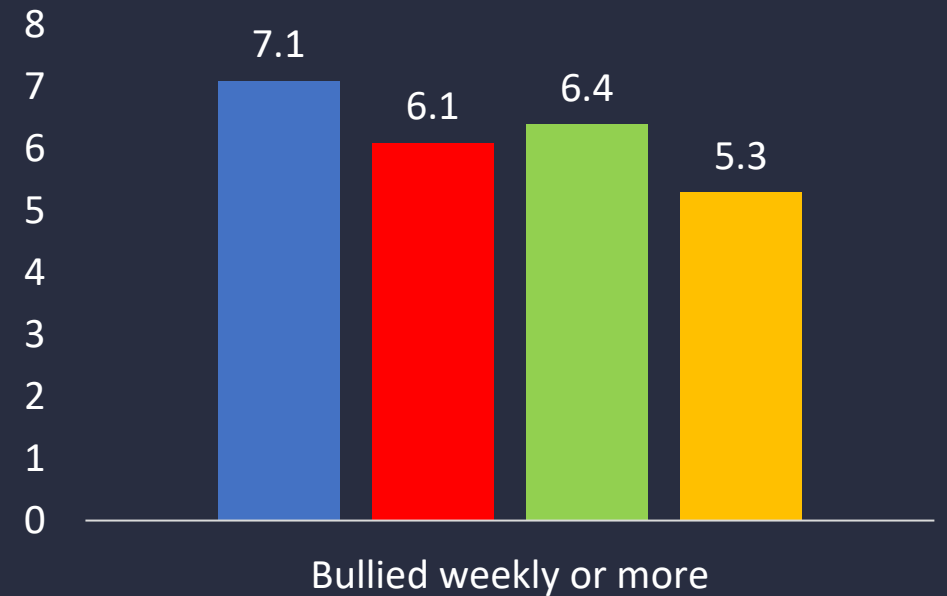
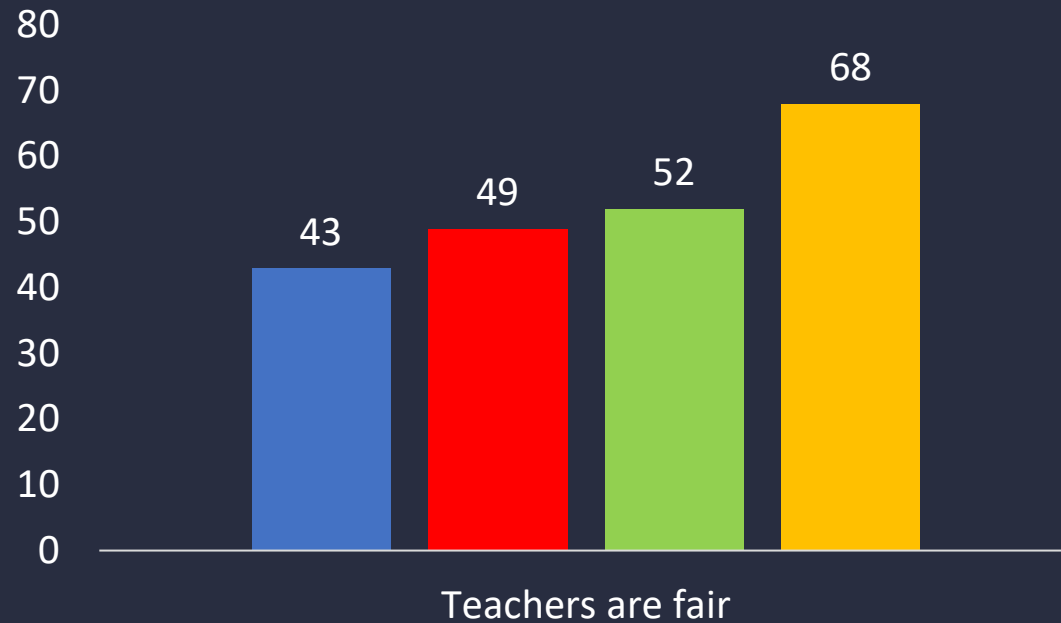
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Additional slides

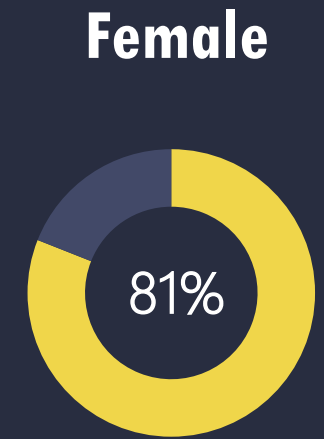
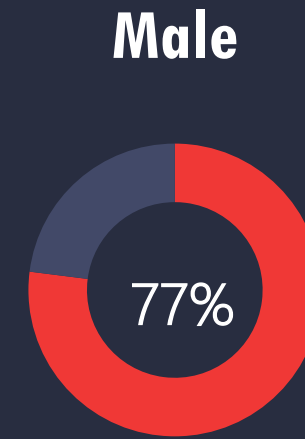
School: Trends



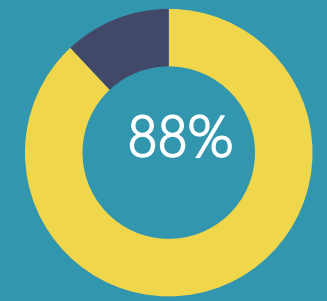
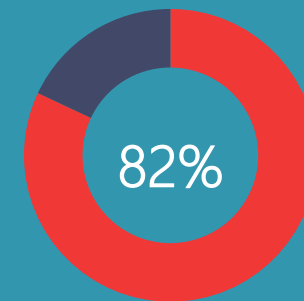
■ 2001 ■ 2007 ■ 2012 ■ 2019

School

Teachers/tutors care
about student



Feels part of school

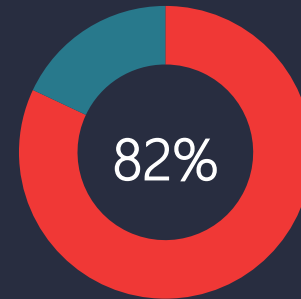


School

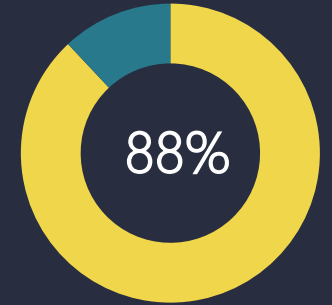
Student feels part of school



Males

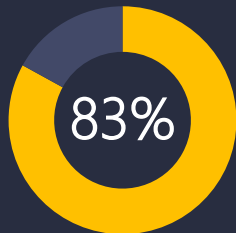


Females



Few differences by age

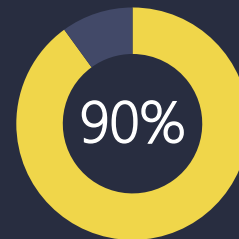
Māori



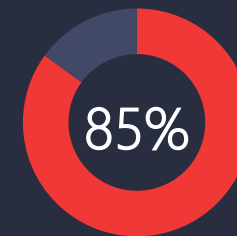
Pacific



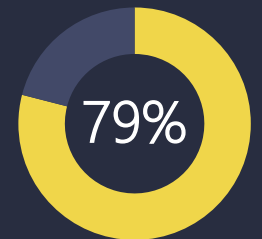
Asian



Pākehā & Other



Others



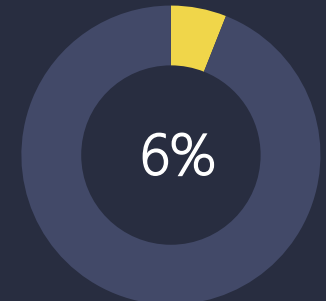
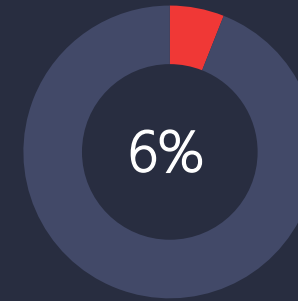
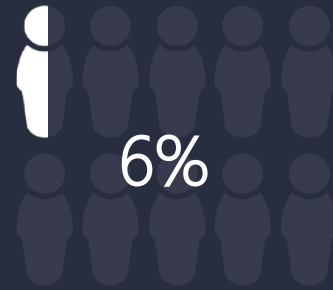
School

Total

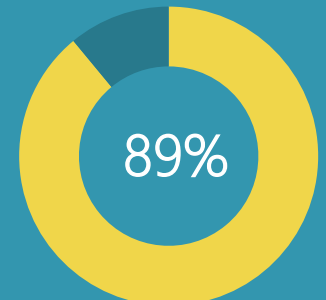
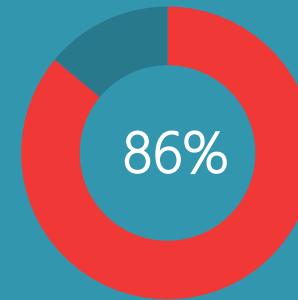
Male

Female

Bullied at school
(weekly or more)



Feels safe at school
(most or all the time)



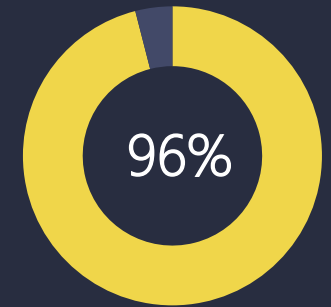
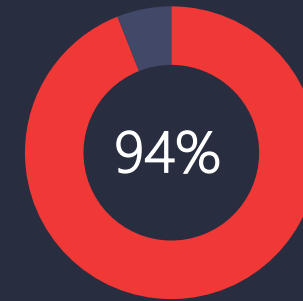
School

Total

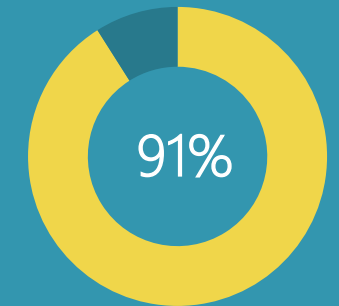
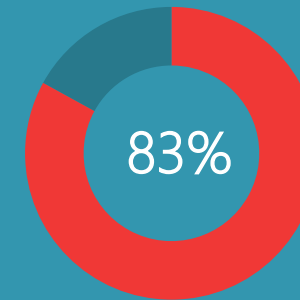
Male

Female

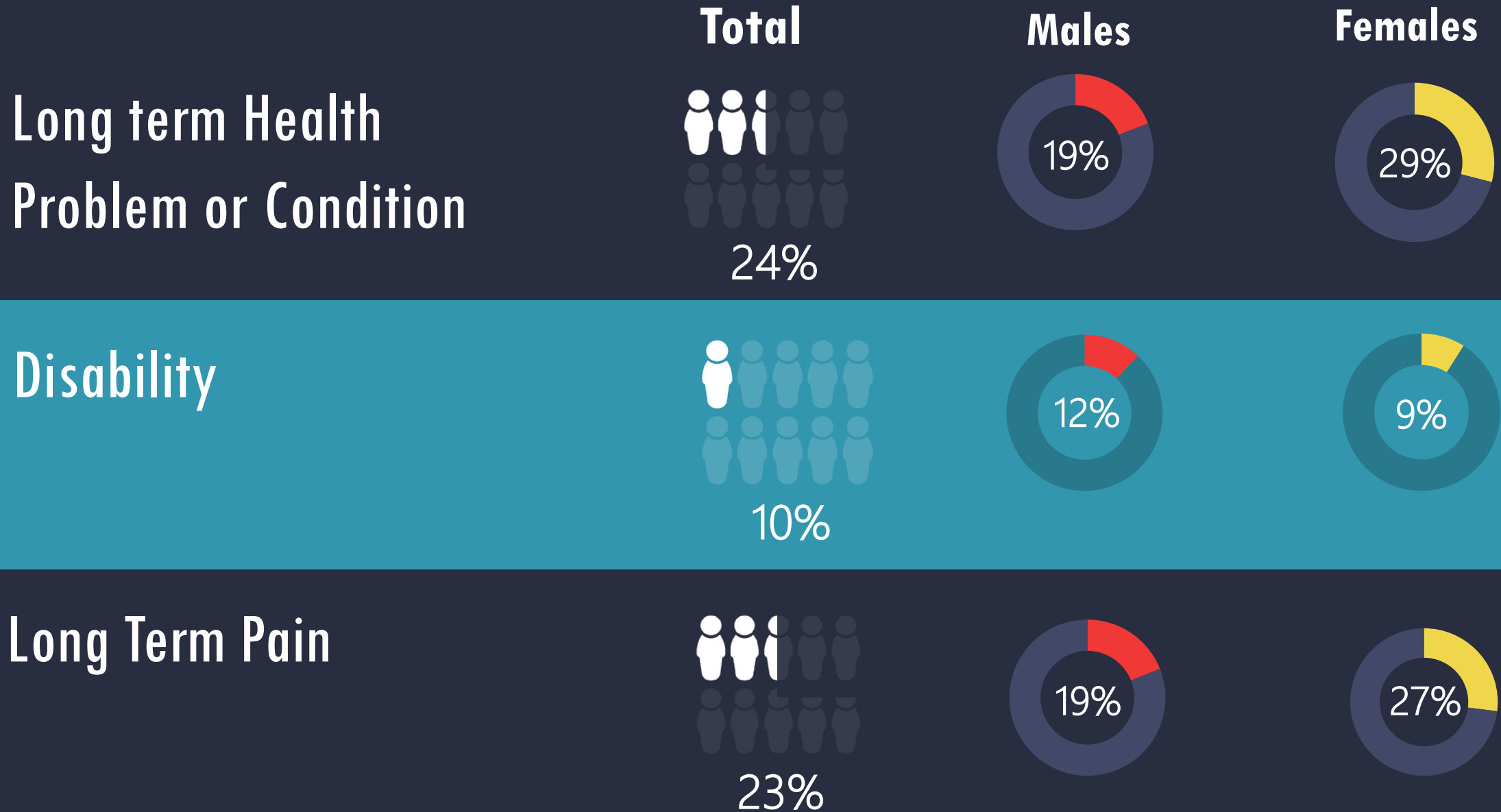
Important to student that they attend school



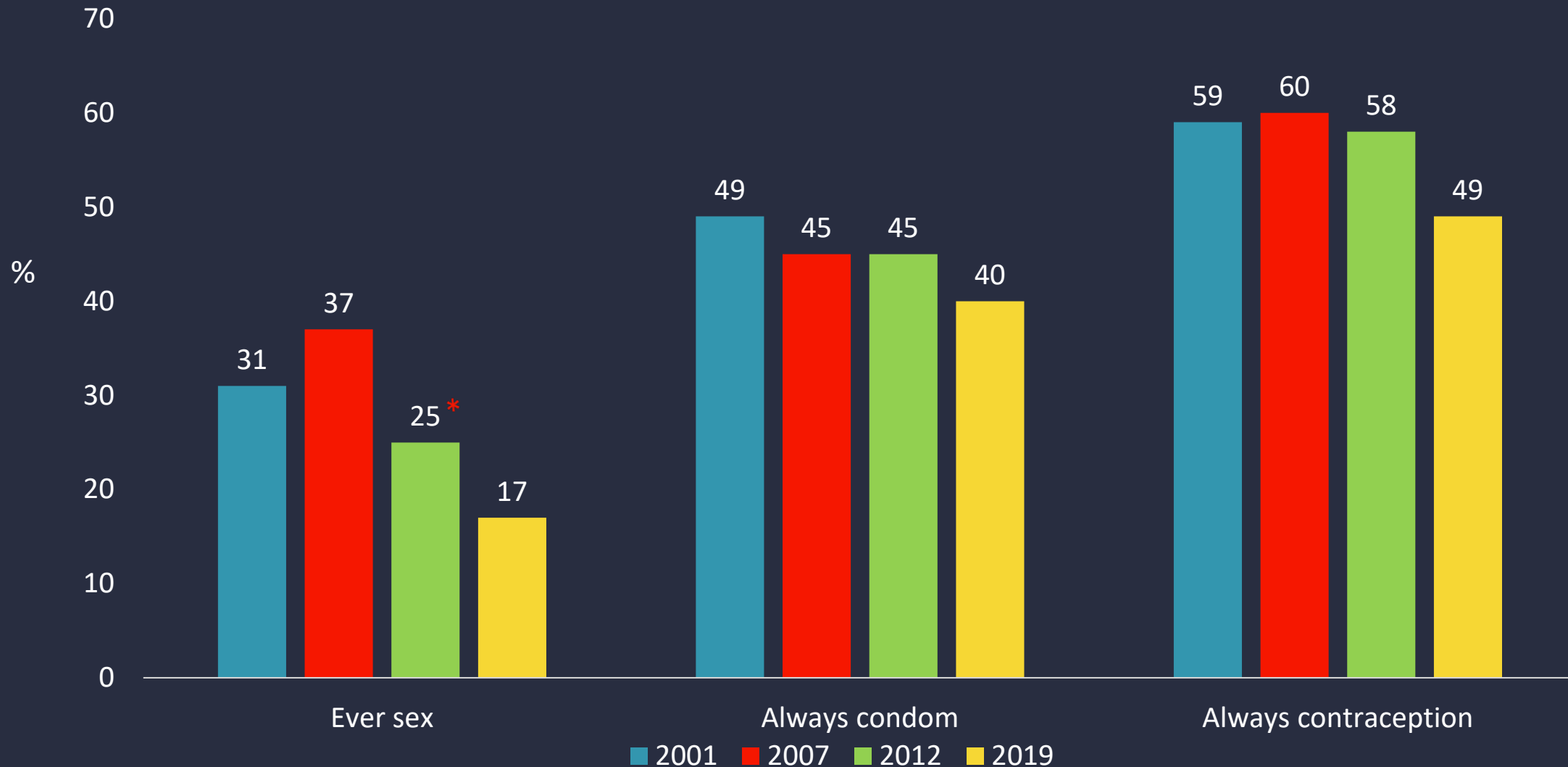
Plans to remain at school until year 13



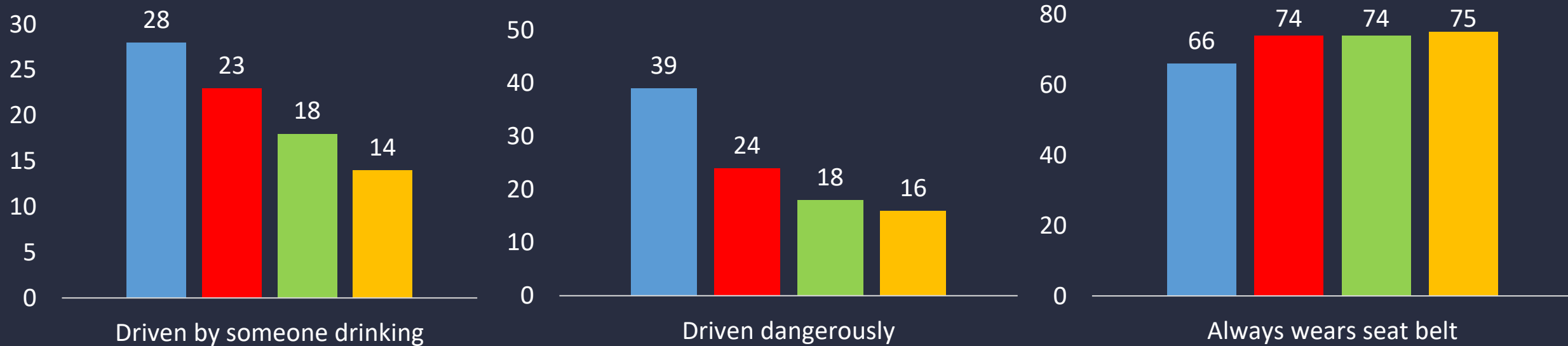
Physical Health



Sexual Health: Trends

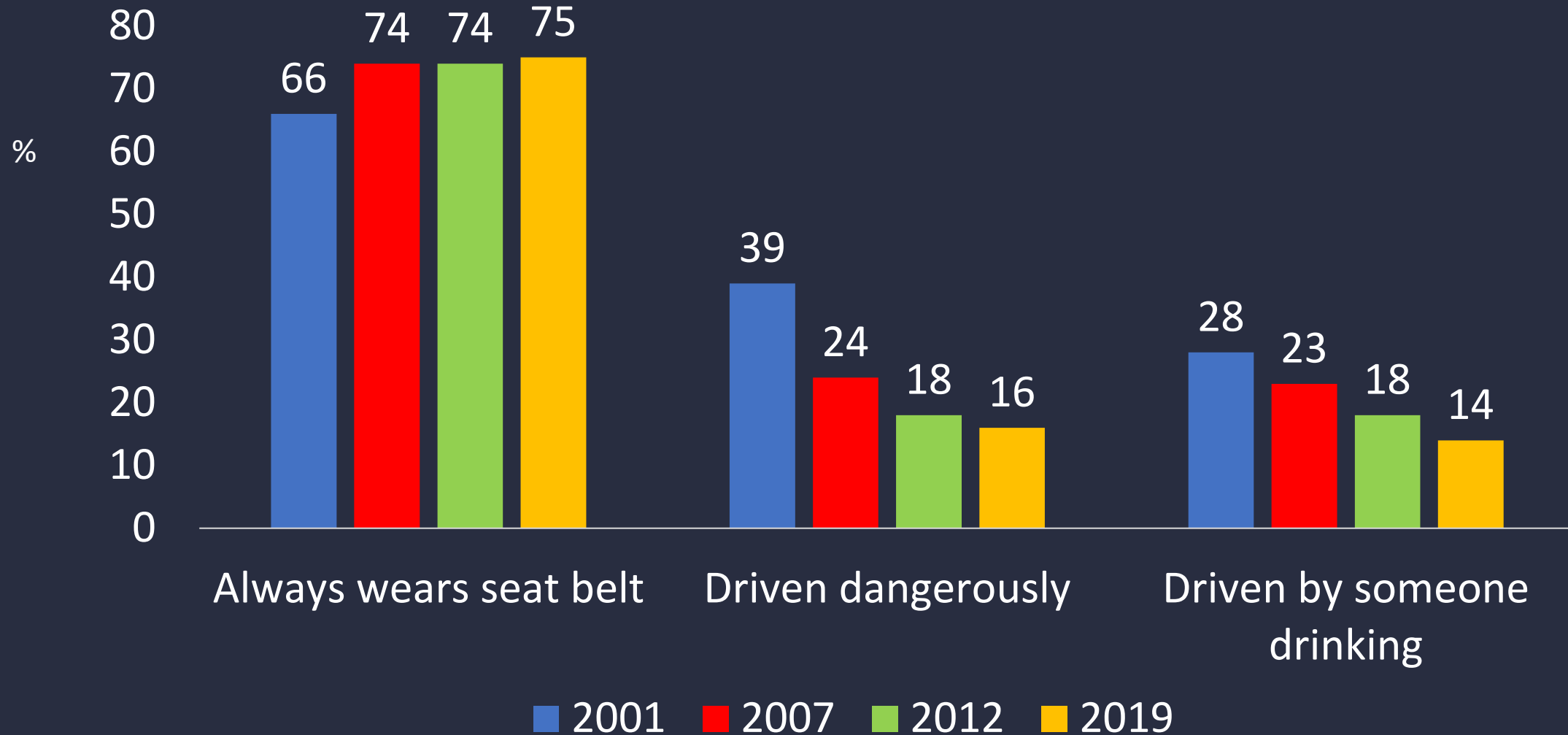


Motor Vehicle: Trends

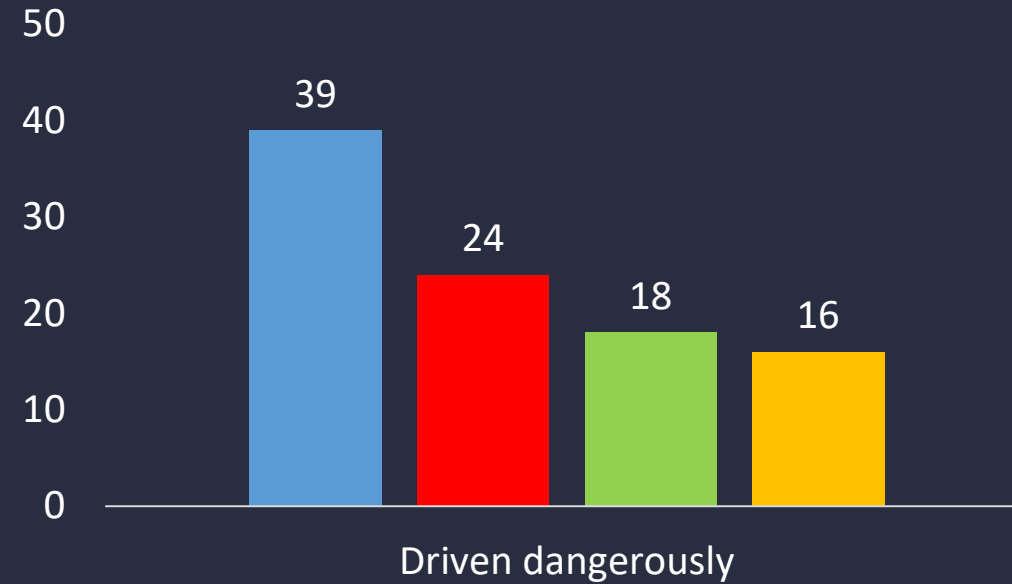
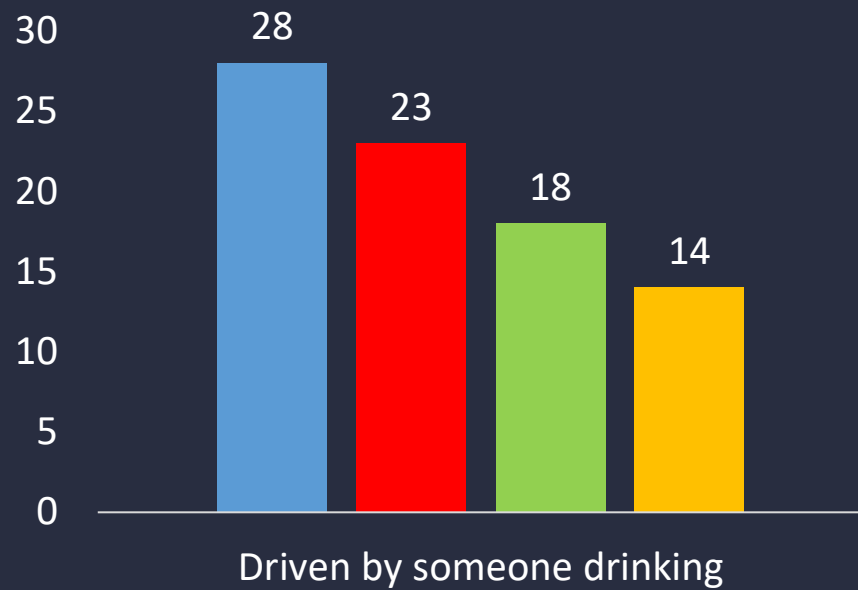


■ 2001 ■ 2007 ■ 2012 ■ 2019

Motor Vehicle Risks: Trends

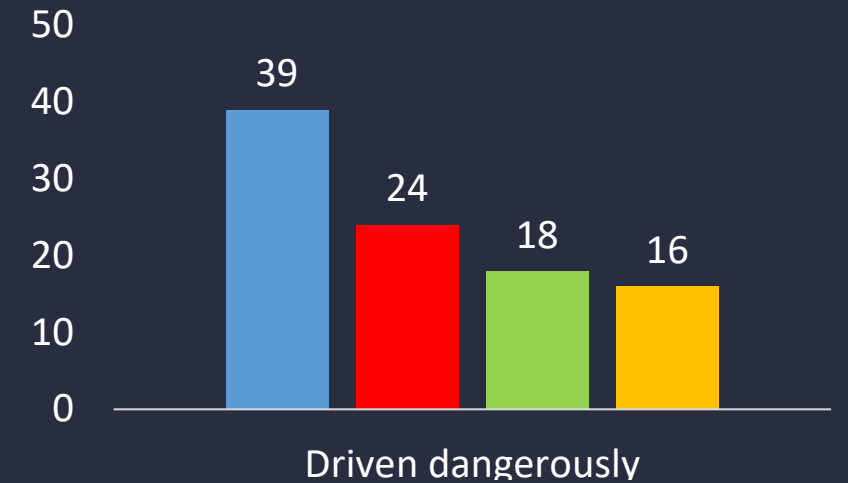
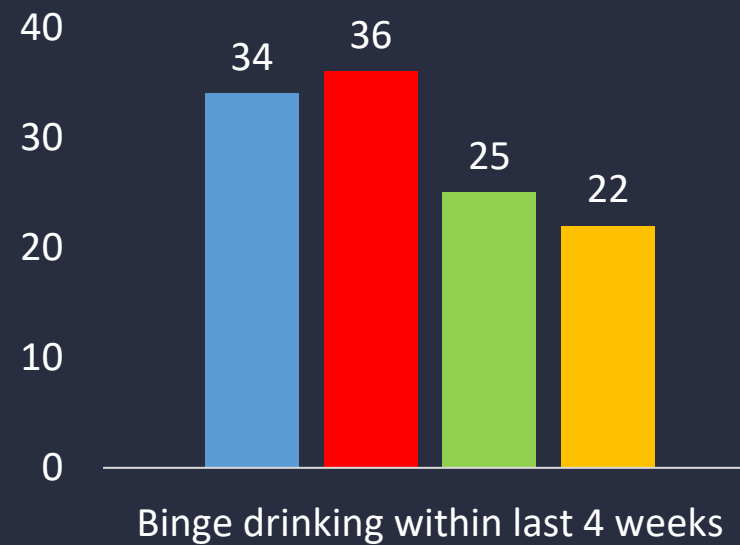
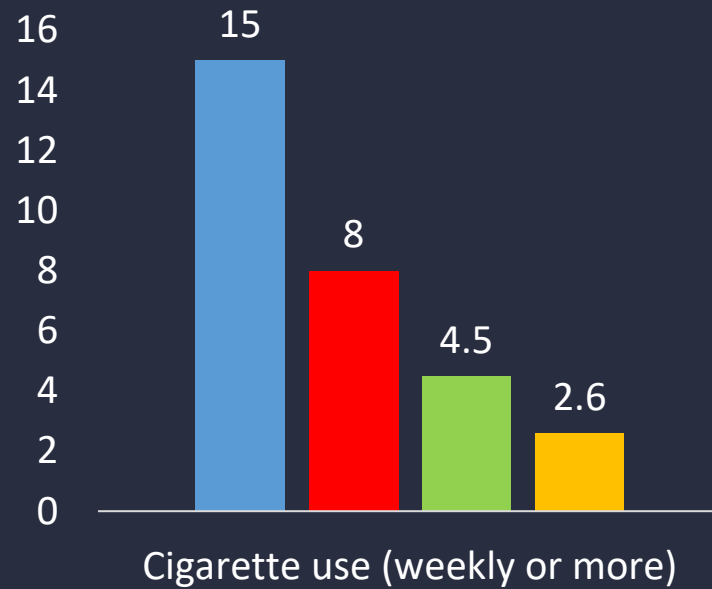


Motor Vehicle Risks



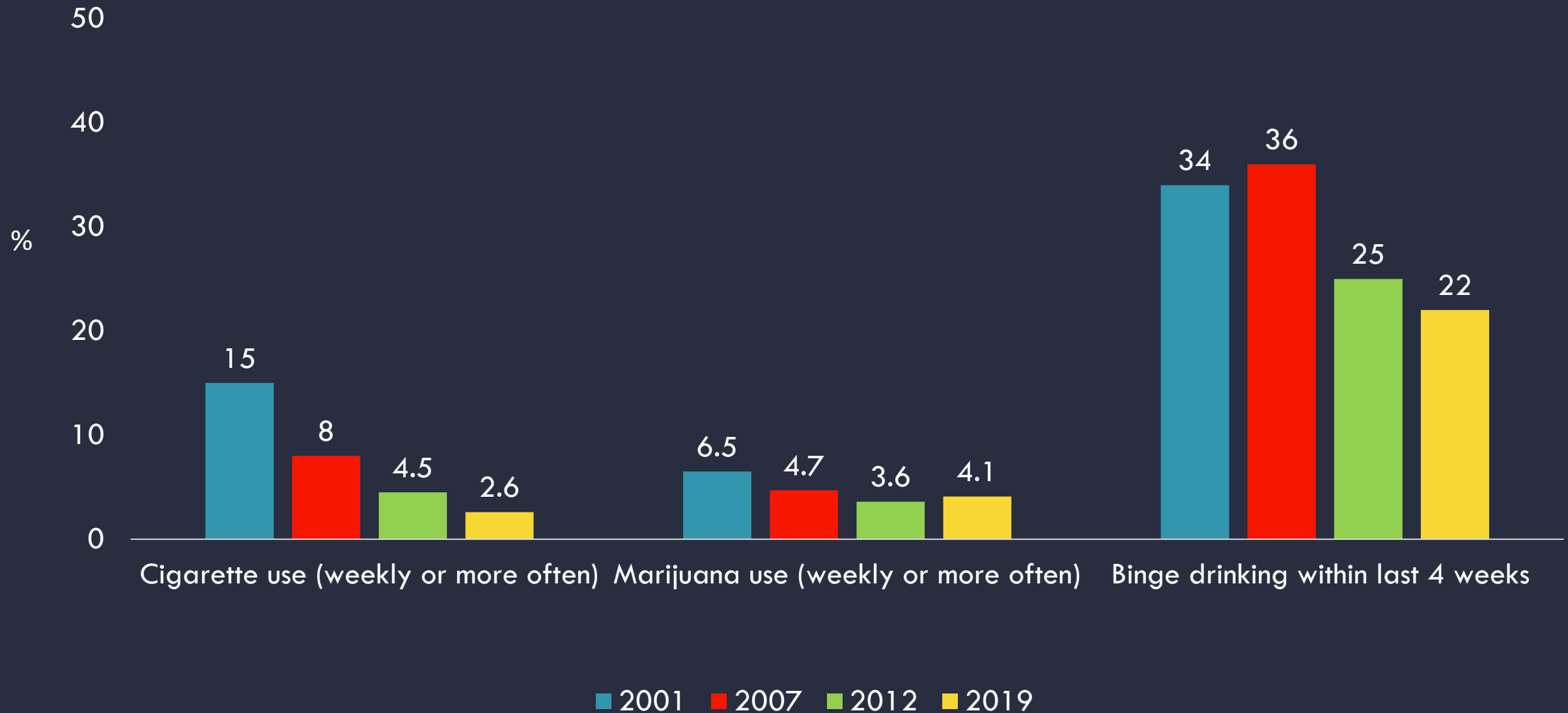
■ 2001 ■ 2007 ■ 2012 ■ 2019

Risky behavior Trends

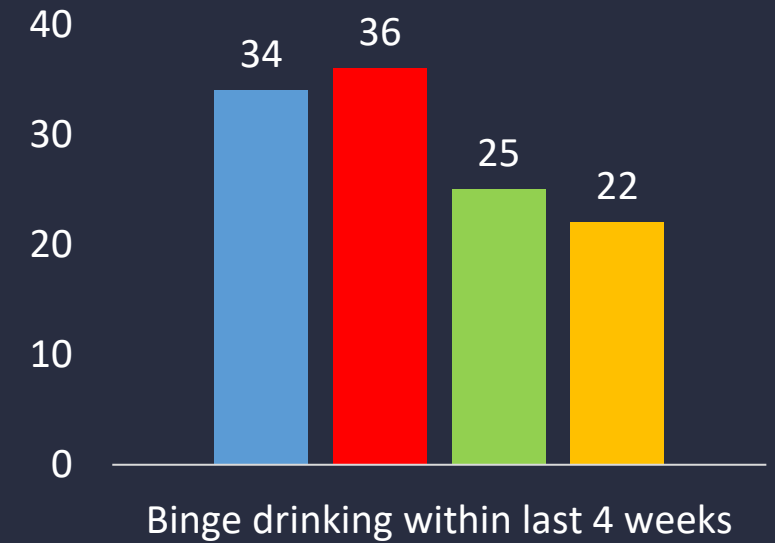
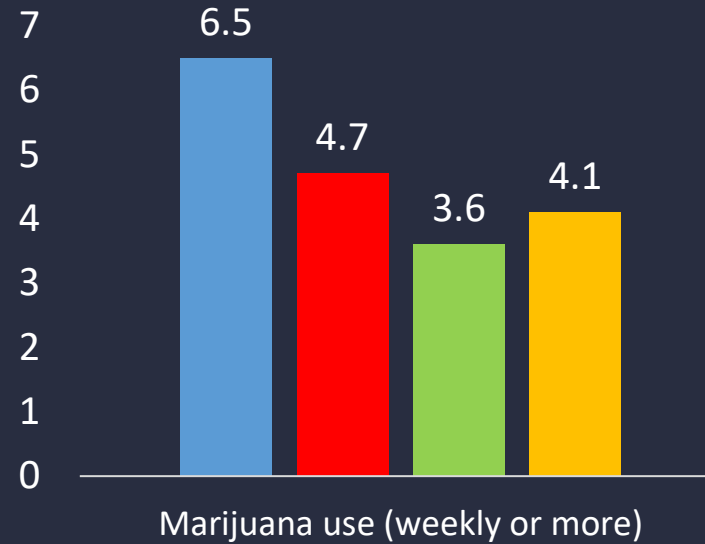
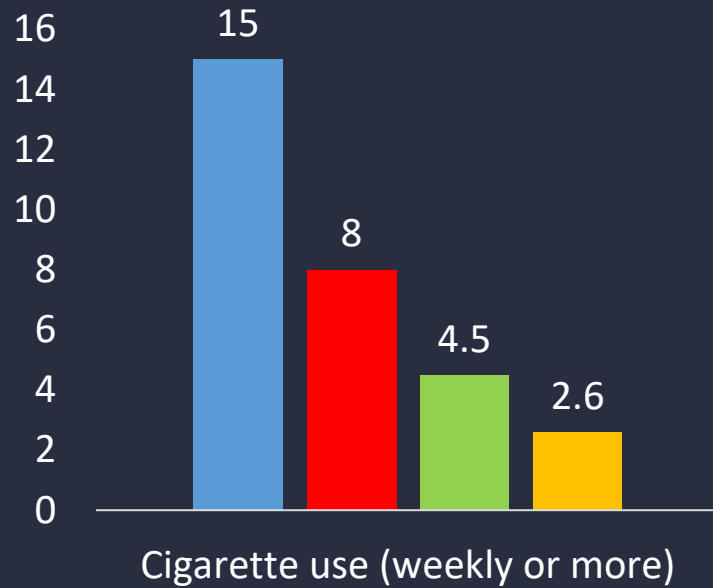


■ 2001 ■ 2007 ■ 2012 ■ 2019

Substance Use: Trends



Substance Use: Trends



■ 2001 ■ 2007 ■ 2012 ■ 2019