

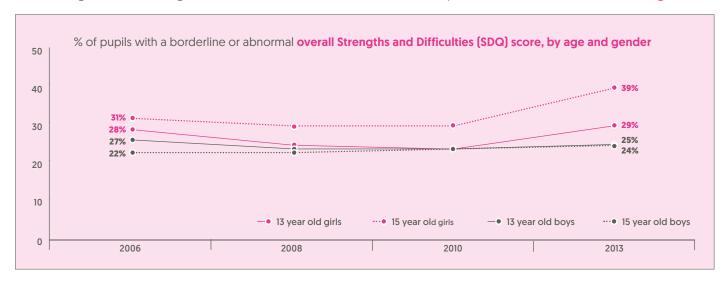


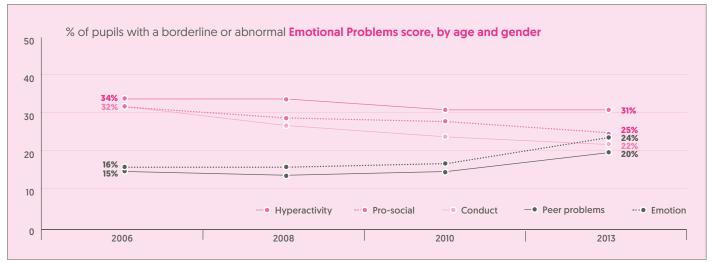
SCOTTISH SCHOOLS ADOLESCENT LIFESTYLE AND SUBSTANCE USE SURVEY

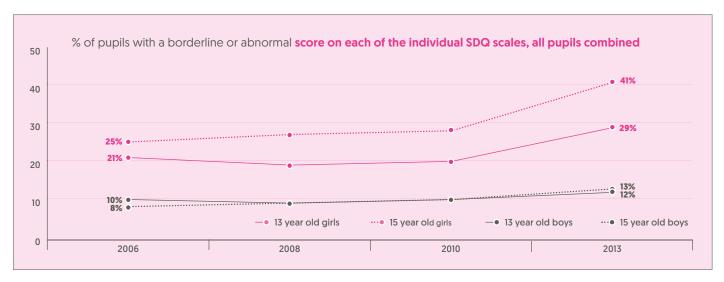
MENTAL HEALTH AND WELLBEING AMONG ADOLESCENTS INFORMATION SHEET

SALSUS is a continuation of a long established series of national surveys about **smoking**, **drinking and druguse** among Scottish teenagers.

The survey also contains a **wealth of information** about young people in Scotland beyond substance use. Here, we explore **mental health and wellbeing**.









Key drivers of mental health and wellbeing

Throughout this information sheet low mental health and wellbeing is defined as having a borderline or abnormal SDQ score. In each figure, only the percentage of each subgroup (e.g. those with no close friends) that have low mental health and wellbeing are shown.

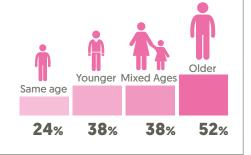
Number of friends

63% of pupils with no close friends had low mental health and wellbeing,



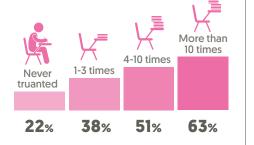
Age of friends

Pupils whose **friends** were mostly older than them were most likely to have low mental health and wellbeing.



Truanting

Pupils who **truanted** more frequently were more likely to have low mental health and wellbeing.



Exclusion from school

48% of pupils who had been **excluded from school** had low mental health and wellbeing,

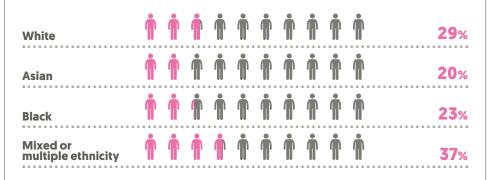
compared with 27% who had never been excluded.



Equalities and mental health and wellbeing

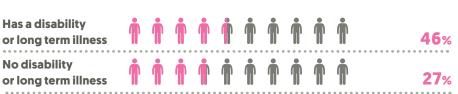
Ethnicity

Pupils with a mixed or multiple **ethnicity** were most likely to have low mental health and wellbeing.



Disability or long term illness

Pupils with a **disability or long term illness** were more likely to have low mental health and wellbeing than those who did not.



lic-Health/SALSUS. For more information on SALSUS please contact salsus@gov.scot. This information sheet was published on the 17th March 2016.

Deprivation

Less affluent pupils were more likely to have low mental health and wellbeing.



dataset, which contains data from SALSUS and its predecessors [1990-2013]. Data are weighted by local authority, year group, sex, school denomination, school sector, and area type [i.e. urban/rural] using the Scottish Government's pupil census data, independent schools data and urban/rural classification. The full results and technical details are available here isdscotland.org/Health-Topics/Pub-