



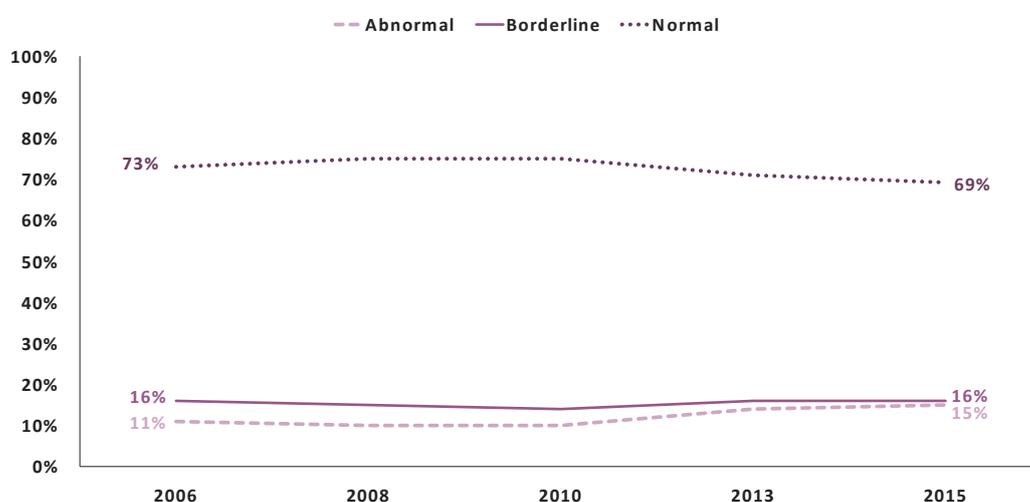
SCOTTISH SCHOOLS ADOLESCENT LIFESTYLE AND SUBSTANCE USE SURVEY (SALSUS) 2015: Mental Wellbeing summary report

KEY LONG TERM TRENDS

Overall Total Difficulties Score

Around two thirds (69%) of all pupils had a normal SDQ score, while 16% had a borderline score and a further 15% had an abnormal score. There has been a slight decline in the percentage of pupils with a normal score between 2010 and 2015.

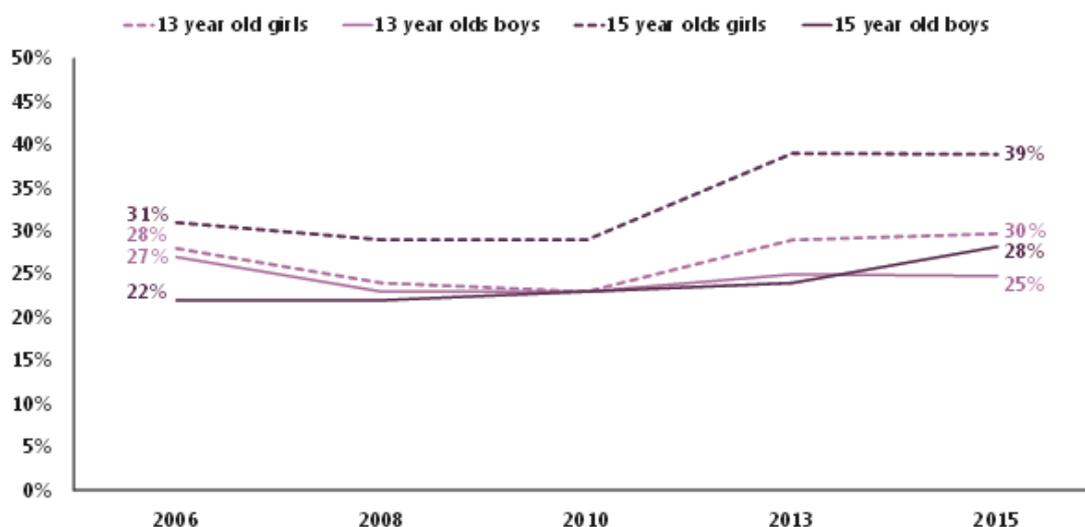
Trends in overall SDQ score (2006-2015)



Total Difficulties Scores by Age and Sex

There is a considerable gap between 15 year old girls and all other demographic groups. This gap increased between 2010 and 2013 but there was no further increase between 2013 and 2015. The only change between 2013 and 2015 was a slight increase in the proportion of 15 year old boys with a borderline or abnormal score.

Trends in overall SDQ scores by sex and age 2006 – 2015 (% borderline or abnormal score) (2006-2015)



SALSUS 2015: Mental health and wellbeing trends summary

SDQ Emotional Problems

Among 15 year olds, **girls were more likely than boys** to have a **borderline or abnormal** emotional problems score.



SDQ Conduct Problems

Between 2013 and 2015 the proportion of **boys scoring borderline or abnormal scores** on the conduct problems SDQ scale increased.

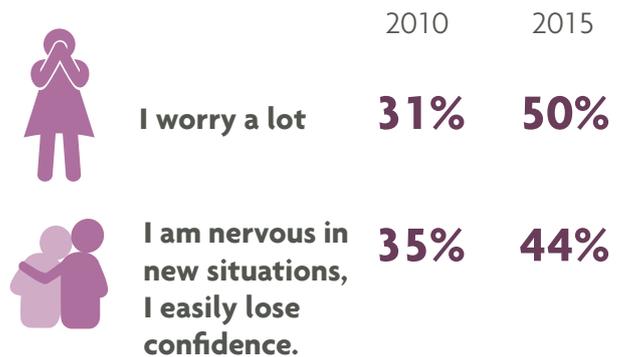


In the **same period** there was an **increase** in the proportion of boys who said they **'fight alot'**.

Increase in emotional problems in girls

The proportion of 15 year old girls with a **borderline or abnormal emotional problems score** has **increased considerably since 2010**.

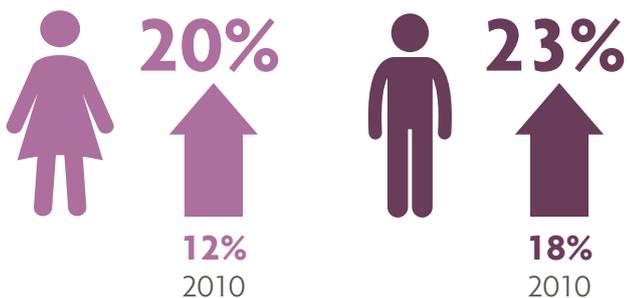
Individual items on the **emotion scale** have also **increased for girls**.



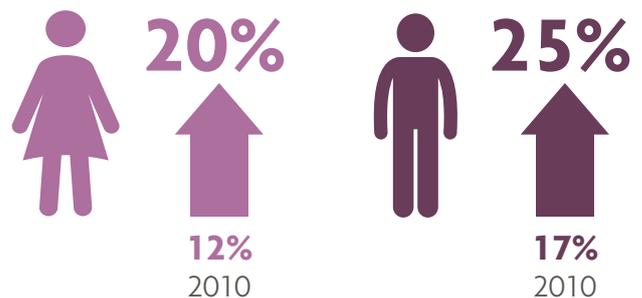
SDQ Peer Problems

There was an **increase** in the proportion of pupils **scoring borderline or abnormal scores** on the peer problems SDQ scale among **every subgroup between 2010 and 2015**.

13 year olds



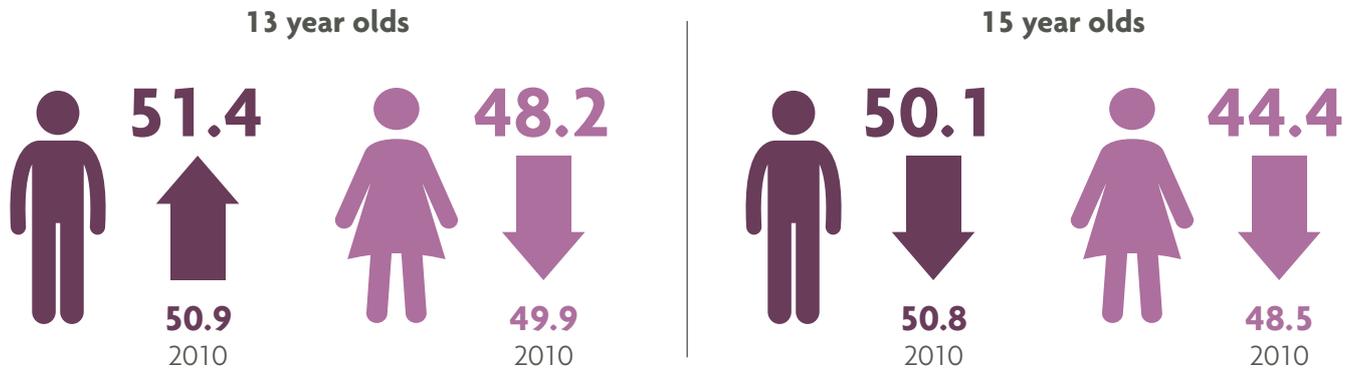
15 year olds



SALSUS 2015: Mental health and wellbeing trends summary

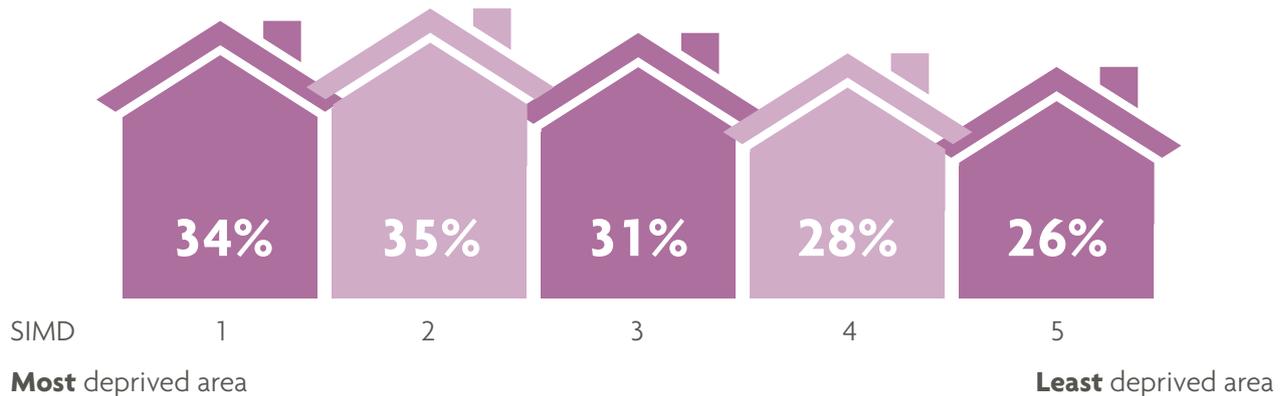
WEMWBS Scale

WEMWBS scores are a **derived mean score**. A **lower mean score** indicates **lower mental wellbeing**. Since **2010**, **girls scores have decreased**, particularly among **15 year olds**.



Mental Health and Areas of Deprivation

Pupils who live in the **least deprived areas** were **less likely** than those who live in the **most deprived areas** to have a **borderline or abnormal SDQ score**.



Caring Responsibilities

Pupils who had **caring responsibilities at home** had **poorer mental wellbeing** (a lower WEMWBS mean score) than those who did not.

46.2 among pupils with **caring responsibilities**.

48.7 among pupils who **do not have caring responsibilities**.

Talking to Mum

Pupils who were **likely to talk to their mother** about **their worries** were **less likely** to have a **borderline or abnormal SDQ score**.

25% of those likely to talk to mother

52% of those not likely to talk to mother

SALSUS 2015: Technical details

SURVEY BACKGROUND

The Scottish Schools Adolescent Lifestyle and Substance Use Survey (SALSUS) is a continuation of a long established series of national surveys on smoking, drinking and drug use. These were carried out jointly in Scotland and England between 1982 and 2000, to provide a national picture of young peoples' smoking (from 1982), drinking (from 1990), and drug use (from 1998) behaviours within the context of other lifestyle, health and social factors. Since 2002, Scotland has developed its own, more tailored, survey known as SALSUS.

SALSUS measures progress towards Scottish Government targets for smoking and drug use, and is used to inform the Scottish Government priority of addressing harmful drinking among young people.

This report presents the findings from the mental wellbeing questions of the 2015 wave of the Scottish Schools Adolescent Lifestyle and Substance Use Survey, therefore there is no reference to substance use.

METHODOLOGY

SALSUS is a self-completion survey administered by teachers in a mixed ability class, under exam conditions. In the past the survey has been completed on paper, but for the first time, in the 2015 wave, half of the sample completed the survey online.

A random nationally representative sample of S2 and S4 pupils in school was selected with classes as the primary sampling unit. All local authority and independent schools in Scotland were eligible for inclusion in the sample, with the exception of special schools.

Fieldwork was completed between September 2015 and January 2016. The overall response rate was 53%.

Data was weighted by local authority, age, sex, school sector (state/independent), school denomination and by urban/rural classification.

FURTHER INFORMATION

More information on survey methodology can be found in the technical report available at: <http://www.gov.scot/Publications/2016/10/9287>

The full 2015 SALSUS Mental Wellbeing report is available at: <http://www.gov.scot/stats/bulletins/01276>

CONTACT DETAILS

For further information and queries, please get in touch at salsus@gov.scot