

YOUNG PEOPLE'S MENTAL HEALTH AND WELLBEING IN SCOTLAND

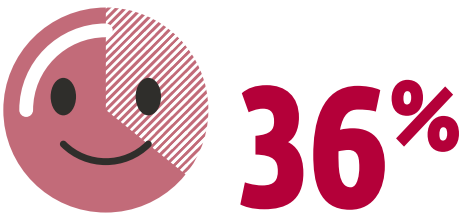
HEALTH BEHAVIOUR IN SCHOOL-AGED CHILDREN 2018 SURVEY



Mental health is a key part of overall health and wellbeing. Good mental health is not only the absence of mental health difficulties but also includes positive feelings such as happiness and being able to cope with everyday life.

Why do you think younger adolescents are more likely to report feeling very happy and higher life satisfaction than older adolescents?

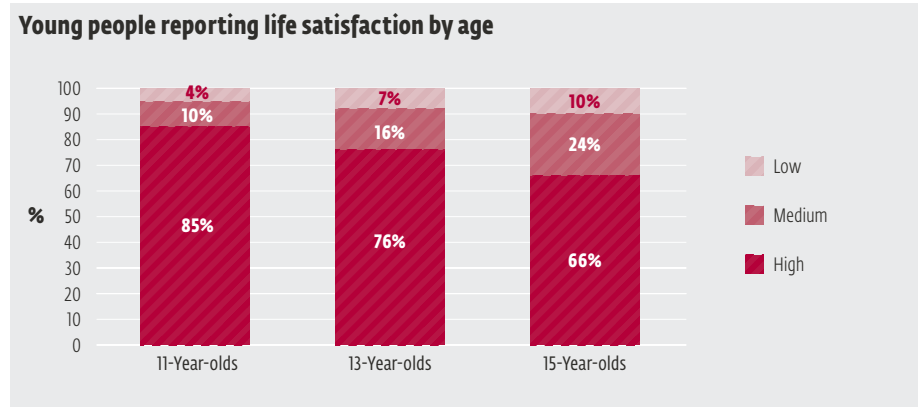
Happiness and life satisfaction



of young people say they are **very happy** with their life and this varies with age.



Young people were asked to rate their life on a scale of 0 to 10, with 0 being the worst possible life and 10 the best possible life. Overall, three-quarters of young people report **high life satisfaction** (7 or above). Life satisfaction decreases as young people get older.



Feeling confident

About half of young people say they **feel confident often or always**

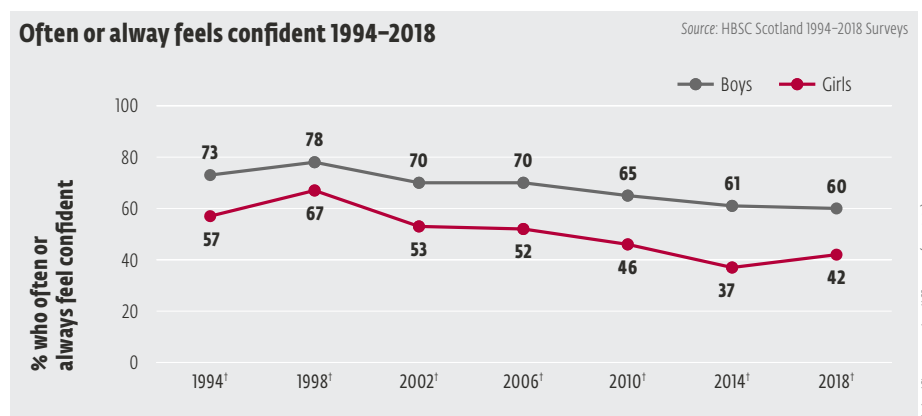
Boys are more likely to report feeling confident than girls.



Overall, **levels of confidence** among girls and boys in Scotland have been **decreasing** over the past 24 years.

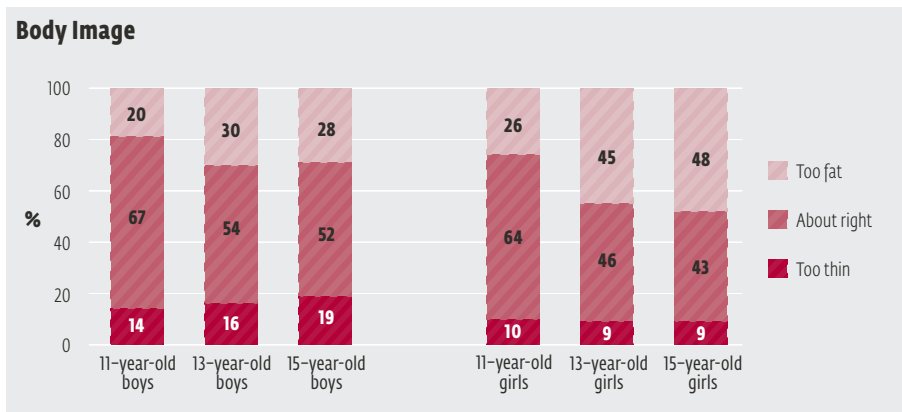
Why do you think girls feel less confident than boys?

Why do you think levels of confidence among young people have been going down in recent years?



Body image

More than half (**54%**) of young people say their body is about the right size, but this decreases with age. **Girls are more likely than boys to think they are too fat;** whereas boys are more likely than girls to think they are **too thin**.



People come in all shapes and sizes. How can we help young people feel better about themselves?

Low mood

Young people were asked about how they had been feeling over the last two weeks



37%

of young people are classified as having **low mood**-this increases with age **22%** (11-year-olds), **37%** (13-year-olds), **51%** (15-year-olds). **Girls are more likely than boys to report low mood.**

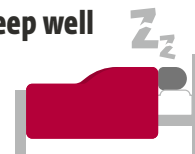
What influences our mood?

There are many things that influence a person's mood—including genetics, life experiences, poverty, relationships and lifestyle habits. Our research shows that young people are **more likely to report feeling in a good mood** if they:

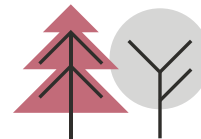
What things help you feel positive?

Which comes first? Is someone who is in good mood more likely to exercise or does exercise lead to being in a good mood? It's likely to be a bit of both.

Sleep well



Spend time in greenspace (e.g. parks & gardens)



Exercise regularly



Feel supported by their family, friends and teachers

About the Health Behaviour in School-Aged Children (HBSC) survey

HBSC is a school-based survey that is run every four years in Scotland. It asks young people aged 11-, 13- and 15-years old questions about their health and health behaviours. In 2018, 5,286 young people from 208 schools took part in the survey.

The study has been running since 1990 in Scotland and is also run internationally. We are therefore able to compare the experiences of young people today with young people over the past 30 years and to other young people in different countries. For more information, visit: gla.ac.uk/hbscscotland

This is the fourth in a series of "At a Glance" research briefings to summarise findings from the 2018 HBSC Scotland survey. It was written by Judith Mabelis, Dorothy Currie, Malachi Willis and Jo Inchley. The HBSC Scotland team is based at the Universities of Glasgow and St Andrews.

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