

2013 Ohio Youth Risk Behavior Survey



Mental Health

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For adolescents, poor mental health can contribute to problems at home, in school and with peers and can result in risky behavior, including drug and alcohol use.¹ Suicide is the third leading cause of death among youth ages 15-19 years.² Though suicidal behavior seems to be on the decline among Ohio high school students, over one fourth of students reported feeling so sad and hopeless that they stop doing normal activities for two weeks during the past year, a symptom of depression.

Healthy People 2020's 10-year health objectives include topic relevant to the YRBS topics, aimed at improving the health of adolescents in the United States.³ One objective that addresses Mental Health and Mental Disorders (MHMD) in adolescents specifically is presented below:

MHMD-2: Reduce suicide attempts by adolescents to 1.7 per 100 populations.

- In 2013, 1.4 % of Ohio high school students reported a suicide attempt that resulted in medical treatment.

Recent trends (2003-2013) in Ohio adolescent mental health indicate:

- Prevalence rates for students reporting feeling so sad and hopeless for two weeks that they stop doing normal activities decreased.
- Prevalence rates for students reporting suicide attempts decreased.
- Prevalence rates have remained steady for students reporting self-harm without wanting to die, such as cutting.

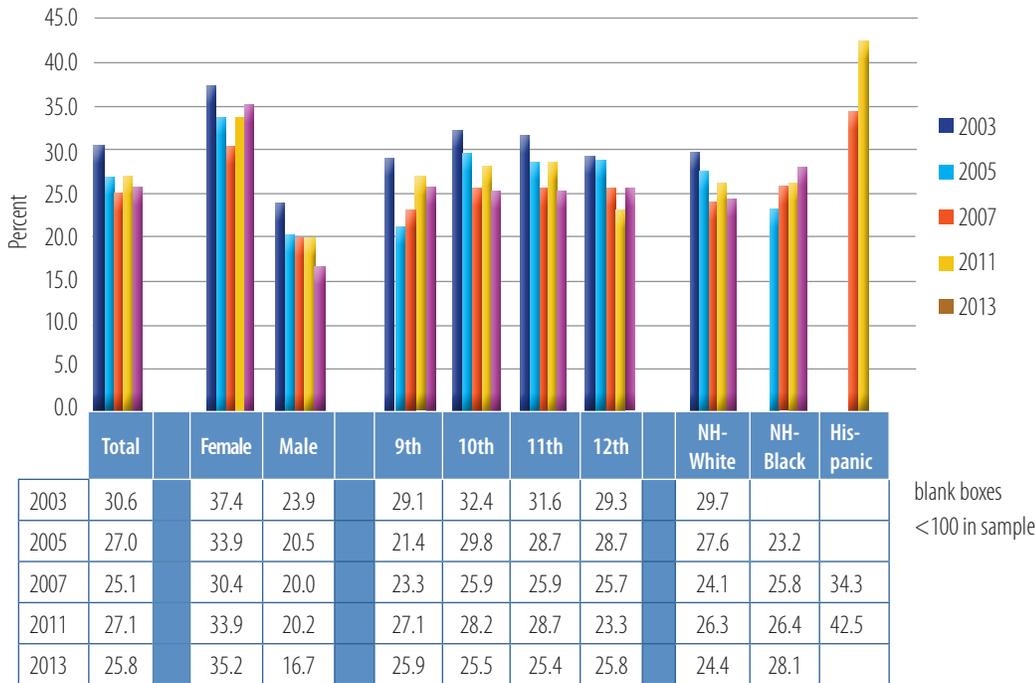
The charts on the following pages represent the past ten years of YRBS data.^{abc}

^a2009 data are not included in tables because the limited response rate did not produce a weighted sample.

^bTrend data based on trend analysis using logistic regression model controlling for sex, race/ethnicity, and grade, $p < 0.05$.

^cComparisons among groups in 2013 data were not tested for significance, but determined by comparing confidence intervals.

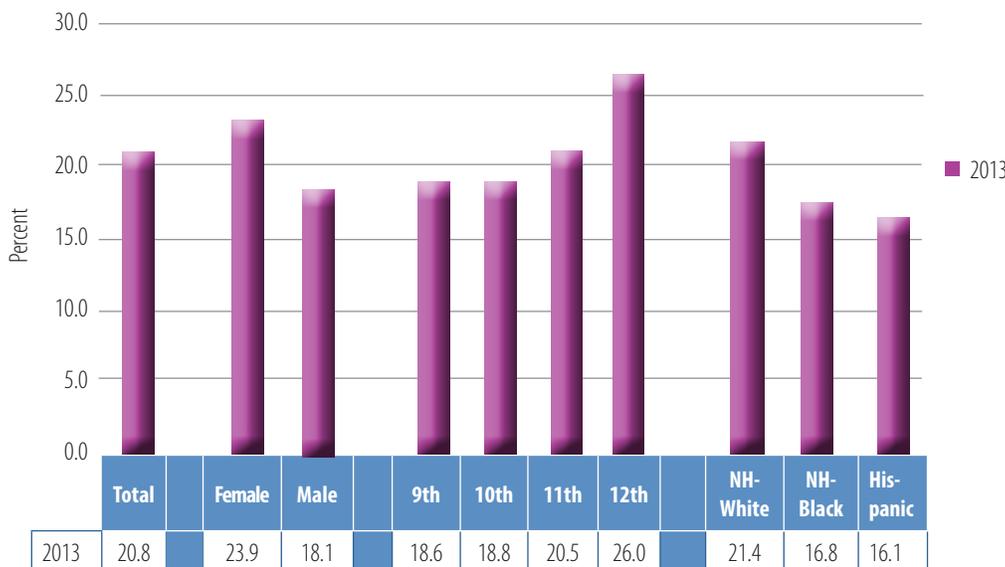
Percentage of students who felt so sad or hopeless almost everyday for two weeks or more in a row that they stopped doing some usual activities during the past 12 months, Ohio 2003-2013



“During the past 12 months, did you ever feel so sad or hopeless almost every day for two weeks or more in a row that you stopped doing some usual activities?”

- From 2003 to 2013, the percentage of students who stopped doing normal activities due to feeling sad **decreased significantly**.
- When compared to male students, female students were 2.1 times more likely to stop doing usual activities.
- There were no differences on race or grade level.

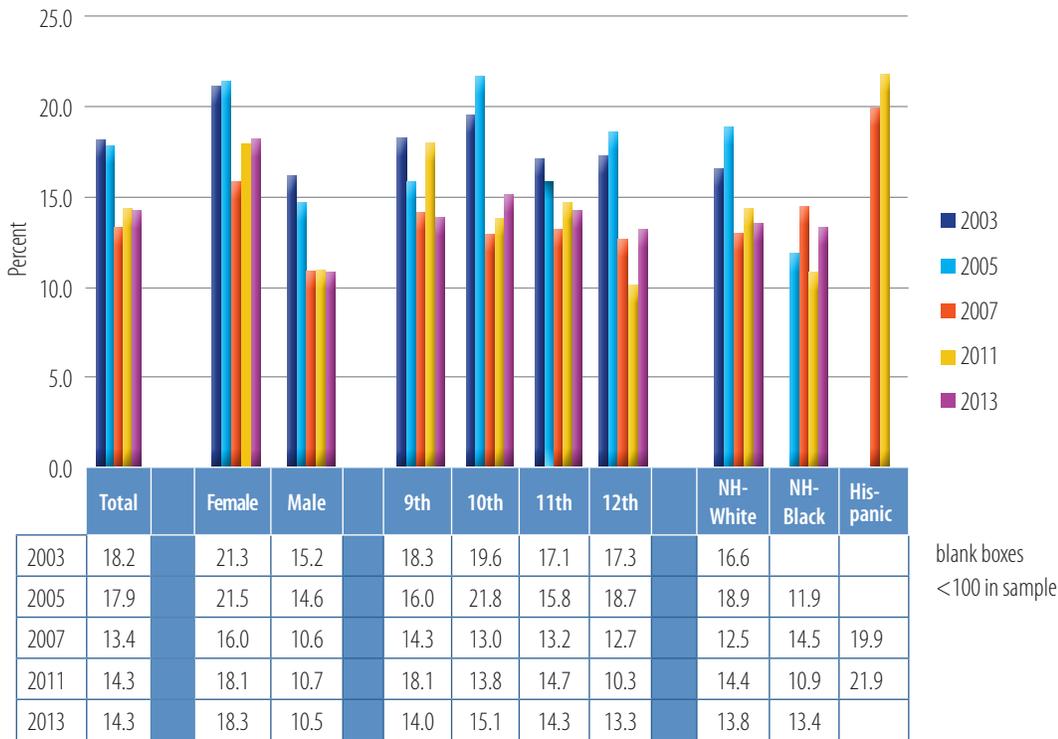
Percentage of students who most of the time or always get the kind of help they need when they feel sad, empty, hopeless, angry or anxious, Ohio 2013



“When you feel sad, empty, hopeless, angry, or anxious, how often do you get the kind of help you need?”

- There were no differences by race, gender or grade level for students who get the help they need.

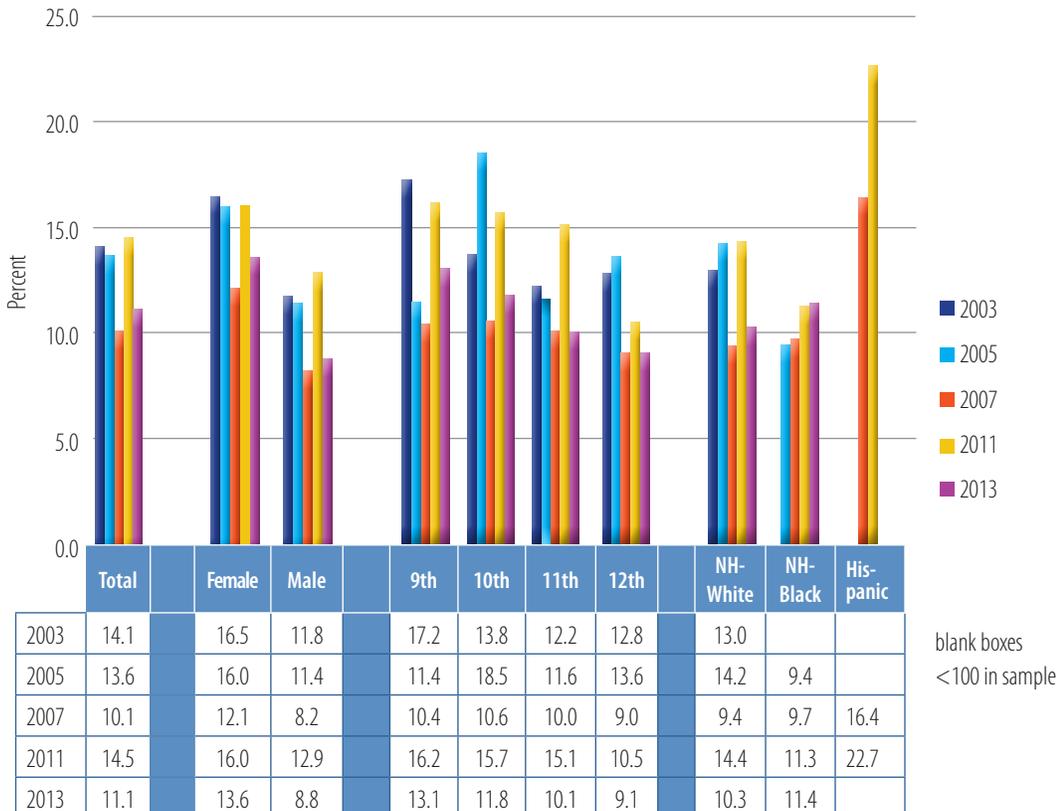
Percentage of students who seriously considered attempting suicide during the past 12 months, Ohio 2003-2013



“During the past 12 months, did you ever seriously consider attempting suicide?”

- From 2003 to 2013, there was a **significant decrease** in the percentage of students who seriously considered suicide.
- When compared to male students, female students were 1.7 times more likely to seriously consider suicide.
- There were no differences by race or grade level.

Percentage of students who made a plan about how they would attempt suicide, Ohio 2003-2013

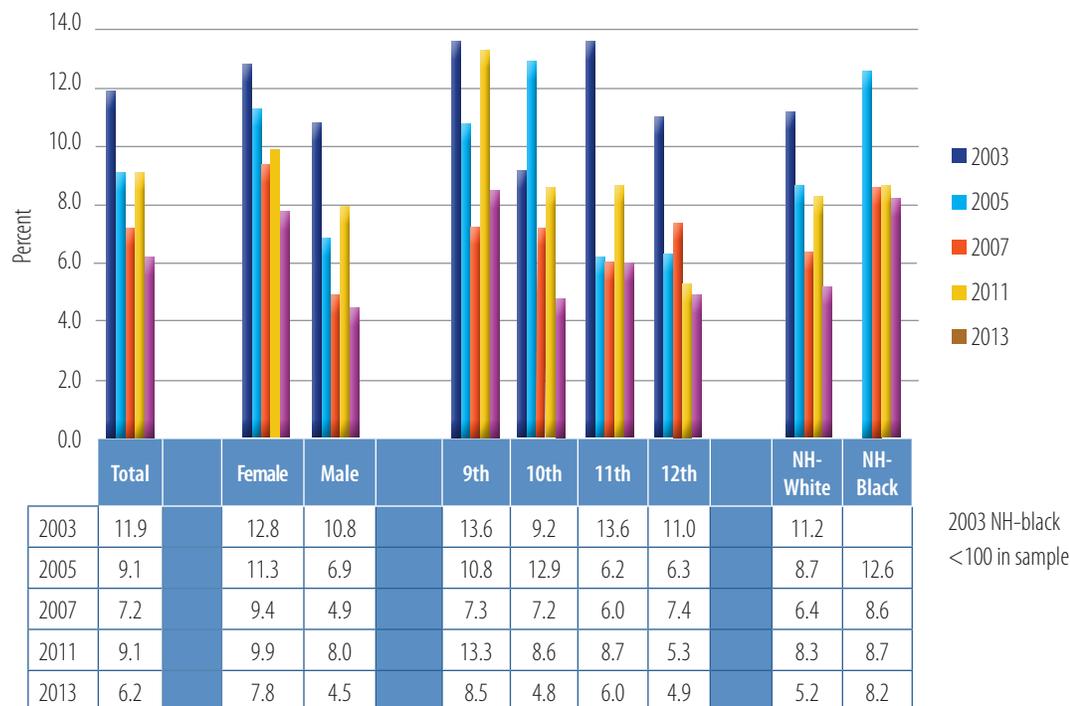


“During the past 12 months, did you make a plan about how you would attempt suicide?”

- From 2003 to 2013, there was **no significant change** in percentage of students who made a suicide plan.
- There were no differences by gender, race or grade level.

Percentage of students who actually attempted suicide one or more times during the past 12 months, Ohio 2003-2013

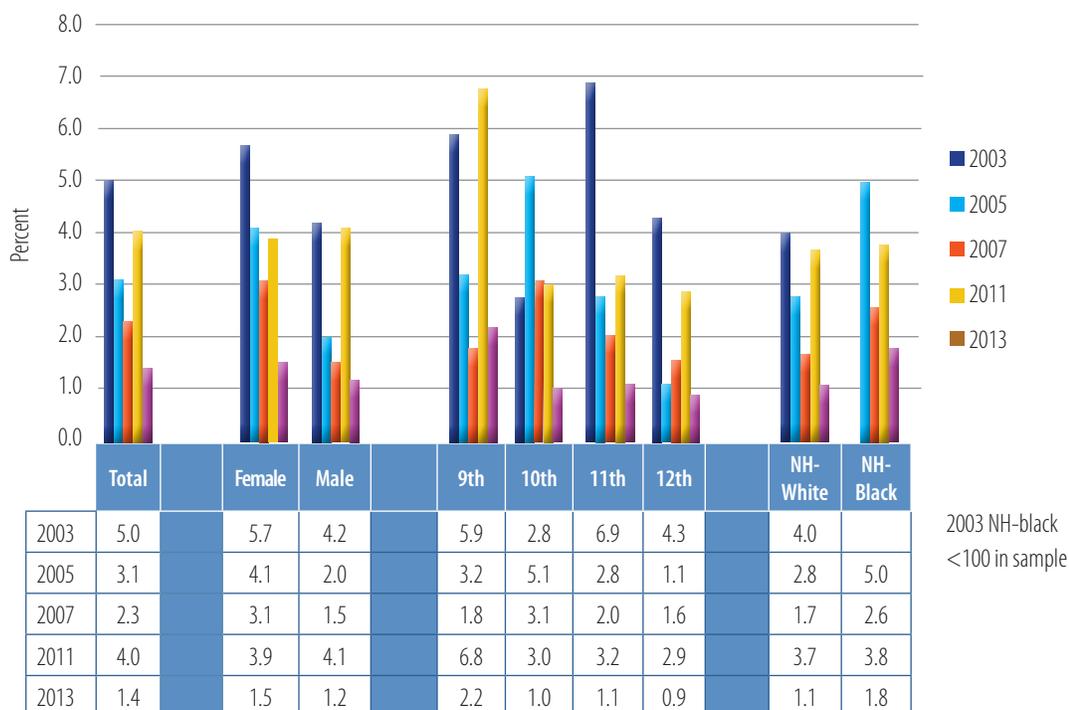
“During the past 12 months, how many times did you actually attempt suicide?”



- From 2005 to 2013, there was a **significant decrease** in the percentage of students who actually attempted suicide during the past year.
- There were no differences by gender, race or grade level in students who had attempted suicide.

Percentage of students who made a suicide attempt during the past 12 months that resulted in an injury, poisoning, or overdose that had to be treated by a doctor or nurse, Ohio 2003-2013

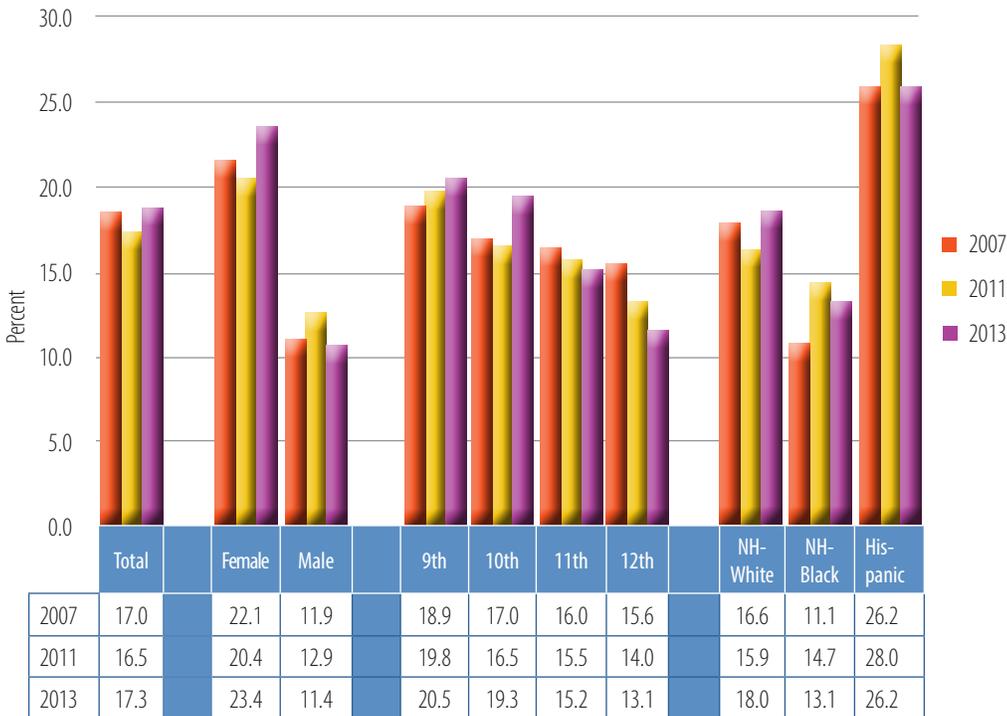
“If you attempted suicide during the past 12 months, did any attempt result in an injury, poisoning or overdoses that had to be treated by a doctor or nurse?”



- From 2003 to 2013, there was a **significant decrease** in students who had to be medically treated following a suicide attempt.
- There were no differences by race, gender or grade level for students who had to be medically treated following an overdose.

Percentage of students who did something to purposely hurt themselves without wanting to die, such as cutting or burning themselves on purpose, one or more times during the past 12 months, Ohio 2007-2013

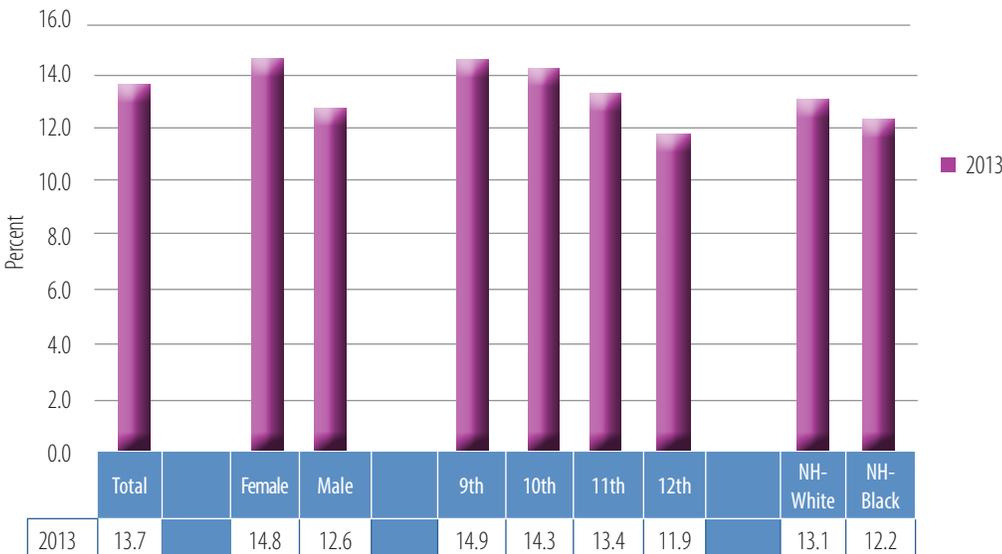
“During the past 12 months, how many times did you do something to purposely hurt yourself without wanting to die, such as cutting or burning yourself on purpose?”



- From 2007 to 2013, there was **no significant change** in the percentage of students who purposely hurt themselves without wanting to die.
- Compared to male students, female students were 2.1 times more likely to purposely hurt themselves without wanting to die.
- There were no differences by grade level or race for students who hurt themselves on purpose without wanting to die.

Percentage of students who have long-term emotional problems or learning disorders, Ohio 2013

“Do you have any long-term emotional problems or learning disabilities?”



- There were no differences by gender, grade level or race for students with long term emotional problems or learning disorders.

Conclusions

Depression in adolescences can have a negative effect on the individual's future, including greater risk of involvement in the criminal justice system, decreased likelihood to complete college and increased likelihood to experience stressful life events.⁴ Depressive disorders put teens at risk for suicide or suicidal thoughts, which increases with the duration of the mental illness.⁴ Students who reported depressive symptoms or suicidal thoughts and attempts have decreased over the past 10 years in Ohio. However, risk of depression is still an issue for Ohio students, as over one-fourth of students report symptoms of depression.

The primary findings for the 2013 Ohio YRBS showed that approximately:

- Three out of 10 students reported feeling so sad and hopeless for two weeks that they stopped doing usual activities.
- One out of 10 students reported attempting suicide one or more times during the past year.
- Two out of 10 students reported purposely hurting themselves without wanting to die, such as cutting or burning themselves, during the past year.

References:

1. Centers for Disease Control and Prevention. (2013, May 16). Mental Health Surveillance among Children, United States, 2005-2011. Retrieved from: http://www.cdc.gov/mmwr/preview/mmwrhtml/su6202a1.htm?s_cid=su6202a1_w
2. Centers for Disease Control and Prevention. (2007). *Web-based Injury Statistics Query and Reporting System (WISQARS)*. National Center for Injury Prevention and Control, Centers for Disease Control and Prevention. Retrieved from: <http://www.cdc.gov/injury/wisqars/index.html>
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4. Zalaquett, C. P., & Sanders, A. E. (2010). *Major depression and dysthymic disorder in adolescents: The critical role of school counselors*. Retrieved from http://counselingoutfitters.com/vistas/vistas10/Article_77.pdf

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