



Children and young people's mental health indicators

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 0131 314 5300

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Version history

| Version | Date | Summary of changes |
|---------|---------------|---|
| V1.0 | 22 March 2022 | First published |
| V1.1 | 16 Sept 2022 | Amendment to indicator mean mental wellbeing (8-11 yrs) |

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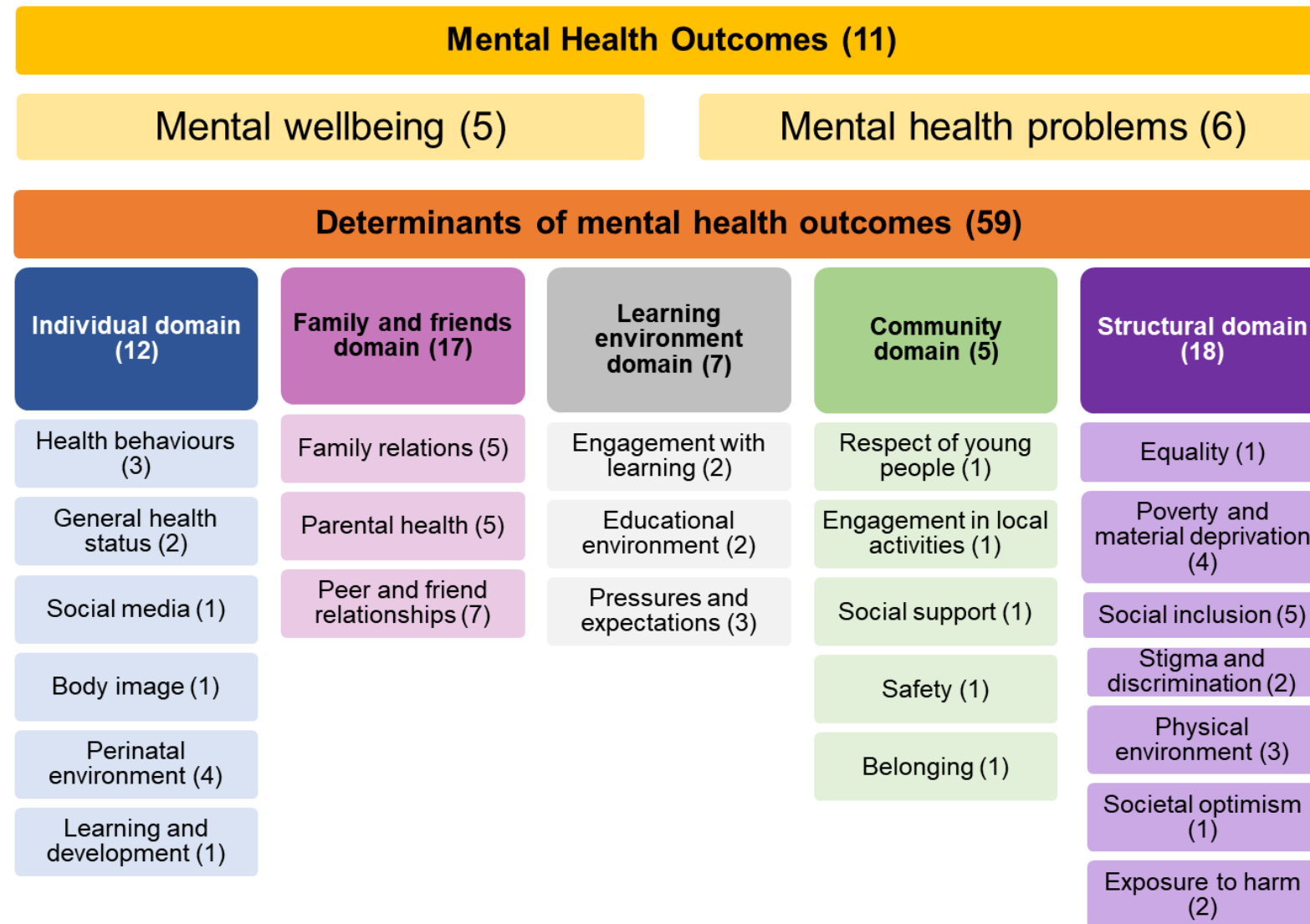
Terminology

Indicator – specific measure capturing relevant information about the prevalence or scale of a specific health outcome or determinant

Construct – categories of related indicators on a common theme

Domain – overarching layer of influence within which constructs and indicators sit (individual, family and friends, learning environment, community, structural)

Figure showing the framework used to organise children and young people's mental health indicators



Mental health outcomes

| Construct | Indicator | Measure | Data source |
|------------------------|---------------------------------------|--|------------------------------------|
| Mental wellbeing | Mean mental wellbeing (12 years+) | Mean score for S2-S6 pupils on the (14 item) Warwick-Edinburgh Mental Well-being Scale (WEMWBS) | Health and Wellbeing Census |
| Mental wellbeing | Mean mental wellbeing (8-11 years) | Assessment of mental wellbeing for children aged 8-11 years | No suitable data source identified |
| Mental wellbeing | Mean mental wellbeing (under 8 years) | Assessment of mental wellbeing for children aged under 8 years | No suitable data source identified |
| Mental wellbeing | Pro-social behaviour | Percentage of S2-S6 pupils with a 'close to average' score on the pro-social scale of the Strengths and Difficulties Questionnaire (SDQ) | Health and Wellbeing Census |
| Mental wellbeing | Life satisfaction | Percentage of P5-S6 pupils who strongly agree or agree that their life is just right | Health and Wellbeing Census |
| Mental health problems | Emotional symptoms | Percentage of S2-S6 pupils with a 'slightly raised', 'high' or 'very high' score on the emotional symptoms scale of the Strengths and Difficulties Questionnaire (SDQ) | Health and Wellbeing Census |
| Mental health problems | Conduct problems | Percentage of S2-S6 pupils with a 'slightly raised', 'high' or 'very high' score on the conduct problems scale of the Strengths and Difficulties Questionnaire (SDQ) | Health and Wellbeing Census |

| Construct | Indicator | Measure | Data source |
|------------------------|--------------------------------|--|------------------------------------|
| Mental health problems | Hyperactivity/inattention | Percentage of S2-S6 pupils with a 'slightly raised', 'high' or 'very high' score on the hyperactivity/inattention scale of the Strengths and Difficulties Questionnaire (SDQ) | Health and Wellbeing Census |
| Mental health problems | SDQ total difficulties | Percentage of S2-S6 pupils with a 'slightly raised', 'high' or 'very high' total difficulties score on the Strengths and Difficulties Questionnaire (SDQ) | Health and Wellbeing Census |
| Mental health problems | Non-fatal deliberate self-harm | Incidence rate of intentional self-harm (self-poisoning or self-injury irrespective of the apparent purpose of the act, excludes self-harm through substance misuse, accidental self-harm and self-harm related to eating disorders) in the past year in children and young people aged 17 years and under | No suitable data source identified |
| Mental health problems | Eating disorders | Assessment of the prevalence of eating disorders in children and young people aged 17 years and under | No suitable data source identified |

Individual determinants of mental health outcomes

| Construct | Indicator | Measure | Data source |
|-----------------------|---|--|---|
| Health behaviours | Physical activity | Percentage of P5-S6 pupils reporting doing 1 hour or more of physical activity yesterday | Health and Wellbeing Census |
| Health behaviours | Sleep duration | Mean number of hours sleep that P5-S6 pupils report usually achieving on school days (calculated from school-night bedtime and school-day wake time) | Health and Wellbeing Census |
| Health behaviours | Sleep quality | Mean score for P7, S2 and S4 pupils on the Adolescent Sleep Wake Scale | Health Behaviour in School-aged Children study (HBSC) |
| General health status | Self-reported general health | Percentage of P5-S6 pupils who perceive their health in general to be good or excellent | Health and Wellbeing Census |
| General health status | Limiting long-standing physical condition | Percentage of P7, S2 and S4 pupils reporting an illness, disability or medical condition that affects their attendance or participation in school. | Health Behaviour in School-aged Children study (HBSC) |
| Social media | Problematic social media usage | Mean score for S1-S3 and S5-S6 pupils on the social media disorder scale | Health and Wellbeing Census |
| Body image | Body image satisfaction | Percentage of P7-S6 pupils who strongly agree or agree that they are happy with their body and the way they look | Health and Wellbeing Census |
| Perinatal environment | Maternal smoking in pregnancy | Percentage of mothers identified as a current smoker at pregnancy booking | PHS Births and Maternity |

| Construct | Indicator | Measure | Data source |
|--------------------------|--|---|------------------------------------|
| Perinatal environment | Maternal alcohol use in pregnancy | Percentage of mothers identified as drinking alcohol at harmful levels during pregnancy | No suitable data source identified |
| Perinatal environment | Maternal drug use in pregnancy | Rate per 1,000 pregnancies of mothers identified at booking as using illicit drugs | PHS Open Data (SMR02) |
| Perinatal environment | Maternal exposure to gender-based violence | Assessment of maternal exposure to gender-based violence during pregnancy | No suitable data source identified |
| Learning and development | Opportunities for spontaneous play | Assessment of the amount of time that children spend in freely chosen outdoor play | No suitable data source identified |

Family and friends determinants of mental health outcomes

| Construct | Indicator | Measure | Data source |
|------------------|-------------------------------|---|---|
| Family relations | Parent-infant relationship | Assessment of parental sensitivity during infancy | No suitable data source identified |
| Family relations | Communication with parents | Percentage of P5-S6 pupils reporting that it is easy to speak to either their mother (or female carer) or father (or male carer) about things that really bother them | Health and Wellbeing Census |
| Family relations | Parental conflict | Assessment of young people's exposure to parental conflict | No suitable data source identified |
| Family relations | Enjoy living with family | Percentage of P5-S6 pupils that report always or often enjoying being with the people they live with | Health and Wellbeing Census |
| Family relations | Parent imprisonment | Children and young people who had a father or mother in prison per 1,000 aged 17 years and under in the past year | No suitable data source identified |
| Parental health | Parental problematic drug use | Rate of child protection cases where parental drug misuse (with or without alcohol misuse) has been identified per 10,000 aged 17 years and under in the past year | Scottish Government Children's Social Work Statistics |
| Parental health | Parental alcohol use | Percentage of parents of children aged 15 years or under that report consuming alcohol at hazardous or harmful levels | Scottish Health Survey |

| Construct | Indicator | Measure | Data source |
|-------------------------------|--|--|------------------------------------|
| Parental health | Parental common mental health problems | Percentage of children and young people aged 15 years and under who have a parent who scores 4 or more on the General Health Questionnaire-12 (GHQ-12) (a score of 4 or more indicates a possible mental health problem over the past few weeks) | Scottish Health Survey |
| Parental health | Negative experience of caring responsibilities | Assessment of whether older children and young people with significant caring responsibilities perceive their caring experience as negative | No suitable data source identified |
| Parental health | Positive experience of caring responsibilities | Assessment of whether older children and young people with significant caring responsibilities perceive their caring experience as positive | No suitable data source identified |
| Peer and friend relationships | Peer support | Percentage of P5-S6 pupils who strongly agree or agree that their friends treat them well | Health and Wellbeing Census |
| Peer and friend relationships | Loneliness | Percentage of P5-S5 pupils who report hardly ever or never feeling lonely | Health and Wellbeing Census |
| Peer and friend relationships | Peer relationship problems | Percentage of S2 to S6 pupils with a 'slightly raised', 'high' or 'very high' score on the peer relationship problems scale of the Strengths and Difficulties Questionnaire (SDQ) | Health and Wellbeing Census |
| Peer and friend relationships | Healthy romantic relationships | Percentage of S4-S6 pupils currently in a romantic relationship where their partner often makes them feel safe and respected | Health and Wellbeing Census |

| Construct | Indicator | Measure | Data source |
|-------------------------------|-----------------------------|--|---|
| Peer and friend relationships | Acceptance by classmates | Percentage of P7, S2 and S4 pupils who strongly agree or agree that other pupils accept them as they are | Health Behaviour in School-aged Children study (HBSC) |
| Peer and friend relationships | Bullying victimisation | Percentage of P5-S3 pupils who report having not been bullied at school in the past year | Health and Wellbeing Census |
| Peer and friend relationships | Cyberbullying victimisation | Percentage of P7-S3 pupils who report having never been cyber bullied | Health and Wellbeing Census |

Learning environment determinants of mental health outcomes

| Construct | Indicator | Measure | Data source |
|----------------------------|------------------------------|--|---|
| Engagement with learning | School attendance | Percentage school attendance by primary and secondary pupils in the past year | Scottish Government School Statistics |
| Engagement with learning | Liking school | Percentage of P7, S2 and S4 pupils who like school a lot or a bit at present | Health Behaviour in School-aged Children study (HBSC) |
| Educational environment | Relationship with teachers | Percentage of P5-S6 pupils who strongly agree or agree that their teachers treat them fairly | Health Behaviour in School-aged Children study (HBSC) |
| Educational environment | Choice and options at school | Percentage of P5-S6 pupils who strongly agree or agree that they have choices in what they learn at school | Health and Wellbeing Census |
| Pressures and expectations | Pressure of school work | Percentage of P7-S6 pupils who report a lot of schoolwork pressure | Health and Wellbeing Census |
| Pressures and expectations | Pressure to succeed in life | Assessment of whether children and young people feel pressure to succeed in life | No suitable data source identified |
| Pressures and expectations | View of the future | Percentage of P5-S6 pupils who strongly agree or agree that they feel positive about their future | Health and Wellbeing Census |

Community determinants of mental health outcomes

| Construct | Indicator | Measure | Data source |
|--------------------------------|---|---|--|
| Respect of young people | Adults take views into account | Perception of P5-S6 pupils who agree that adults are good at taking their views into account | Health and Wellbeing Census ⁱ |
| Engagement in local activities | Participation in clubs, groups or organisations | Percentage of S1-S6 pupils who participate in one or more club or activity in the past year | Health and Wellbeing Census |
| Social support | Trusted adult | Percentage of P5-S6 pupils who report always having an adult they can trust and talk to about any personal problems | Health and Wellbeing Census |
| Safety | Neighbourhood safety | Percentage of P5-S6 pupils who report always feeling safe in the area they live in | Health and Wellbeing Census |
| Belonging | Sense of belonging to community | Assessment of whether children and young people feel like they belong to a community | No suitable data source identified |

ⁱ This is also an indicator in the Scottish Government National Performance Framework

<https://nationalperformance.gov.scot/measuring-progress/national-indicator-performance>

Structural determinants of mental health outcomes

| Construct | Indicator | Measure | Data source |
|----------------------------------|--|---|--|
| Equality | Relative poverty | Percentage of 'dependent children' living in relative poverty (before housing costs). Relative poverty is defined as living in households whose equivalised income is below 60% of UK median income in the same year. | Scottish Government Poverty and income inequality statistics |
| Poverty and material deprivation | Absolute poverty | Percentage of 'dependent children' living in absolute poverty (before housing costs). Absolute poverty is defined as living in households whose equivalised income is below 60% of the (inflation adjusted) Great Britain median income in 2010/11. | Scottish Government Poverty and income inequality statistics |
| Poverty and material deprivation | Combined material deprivation and low income | Percentage of 'dependent children' in combined material deprivation and low income after housing costs (below 70% of UK median income). | Scottish Government Poverty and income inequality statistics ⁱⁱ |
| Poverty and material deprivation | Persistent poverty | Percentage of 'dependent children' living in persistent poverty (before housing costs). Persistent poverty is defined as living in households which have spent three or more years out of any four-year period in relative poverty. | Scottish Government Poverty and income inequality statistics |

ⁱⁱ This is also an indicator in the Scottish Government National Performance Framework

<https://nationalperformance.gov.scot/measuring-progress/national-indicator-performance>

| Construct | Indicator | Measure | Data source |
|----------------------------------|---|---|--|
| Poverty and material deprivation | Money to do activities with peers | Percentage of P5-S6 pupils who strongly agree or agree that most of the time they have enough money to do the same things as their friends | Health and Wellbeing Census |
| Social inclusion | Primary educational attainment (literacy) | Percentage of P1, P4 and P7 pupils achieving expected Curriculum for Excellence levels in literacy (reading, writing, listening and talking) | Scottish Government Achievement of Curriculum for Excellence Levels |
| Social inclusion | Primary educational attainment (numeracy) | Percentage of P1, P4 and P7 pupils achieving expected Curriculum for Excellence levels in numeracy | Scottish Government Achievement of Curriculum for Excellence Levels |
| Social inclusion | Positive post-school destinations | Percentage of school leavers (from Scottish publicly funded schools) in positive and sustained destinations (further education, higher education, employment, volunteering or training) 9 months after leaving school | Scottish Government Summary statistics for follow-up leaver destinations |
| Social inclusion | School exclusions | Exclusions (temporary and permanent) from local authority schools per 1,000 pupils in the past year | Scottish Government School Exclusion Statistics |
| Social inclusion | Housing security | Number of children per 1,000 in temporary accommodation (local authorities have a statutory duty to offer temporary accommodation as part of the | Scottish Government Homelessness Statistics |

| Construct | Indicator | Measure | Data source |
|---------------------------|--|---|---|
| | | homelessness application process, whilst households await assessment decisions) | |
| Stigma and discrimination | Mental health stigma | Assessment of children and young people's perception of stigma around mental health | No suitable data source identified |
| Stigma and discrimination | Experience of discrimination from adults | Percentage of P7, S2 and S4 pupils reporting that they are very often or often treated unfairly because of their ethnicity, sex or socioeconomic status, by teachers or other adults. | Health Behaviour in School-aged Children study (HBSC) |
| Physical environment | General neighbourhood satisfaction | Percentage of P5-S6 pupils who think that the area in which they live is a good place to live | Health and Wellbeing Census |
| Physical environment | Use of green, blue, or open space | Assessment of the frequency with which children and young people use green, blue or open spaces | No suitable data source identified |
| Physical environment | Housing condition | Proportion of households with children aged 17 years or under with any disrepair to critical elements considered urgent disrepair or extensive disrepair to their dwelling | Scottish House Condition Survey ⁱⁱⁱ |
| Social optimism | Optimism in society's future | Developmental work required: Assessment of children and young people's sense of optimism in the future of | No suitable data source identified |

ⁱⁱⁱ The Scottish House Condition Survey now forms part of the Scottish Household Survey

| Construct | Indicator | Measure | Data source |
|------------------|--------------------------------------|---|--|
| | | society (including anxieties relating to climate change, politics, the power and influence of older generations, employment, and economy) | |
| Exposure to harm | Exposure to household domestic abuse | Percentage of those experiencing physical abuse in last 12 months who both have children living in household and report that children were present (in or around the house or close by) during the most recent incident | Scottish Crime and Justice Survey |
| Exposure to harm | Inter-agency referral | Number of children aged 17 years or under per 1,000 subject to interagency referral discussions (the first stage in formal child protection proceedings where young people may be at risk of harm or abuse) | Scottish Government Social work statistics |