

Child Mental Health Analysis

Insights from the official National Survey of Children's Health

Identifying key factors affecting children's mental health—from bullying and sleep to social connections—to inform better clinical care and public policy.

ANALYSIS REPORT

Source: CAHMI/DRC v2



[Your Name/Organization]

January 02, 2026

Introduction & Dataset Overview

NSCH 2022–2023

Official Data Source

The **National Survey of Children’s Health (NSCH)** is a comprehensive annual survey directed by the Health Resources and Services Administration’s Maternal and Child Health Bureau.

🕒 Data collected: 2022–2023 • Version: CAHMI DRC v2

Research Motivation

To systematically identify and quantify the environmental, social, and biological factors affecting children's mental health, enabling:

- ✓ Earlier identification of at-risk children
- ✓ Evidence-based intervention strategies
- ✓ Informed public health policy decisions

TOTAL SAMPLE ANALYZED

46,433

Children across the United States



OUTCOME VARIABLES

Mental Health Indicators



Depression



Anxiety



ADHD

PREDICTOR VARIABLES

Key Factors Analyzed



Bullying Exposure



Sleep Patterns



Screen Time



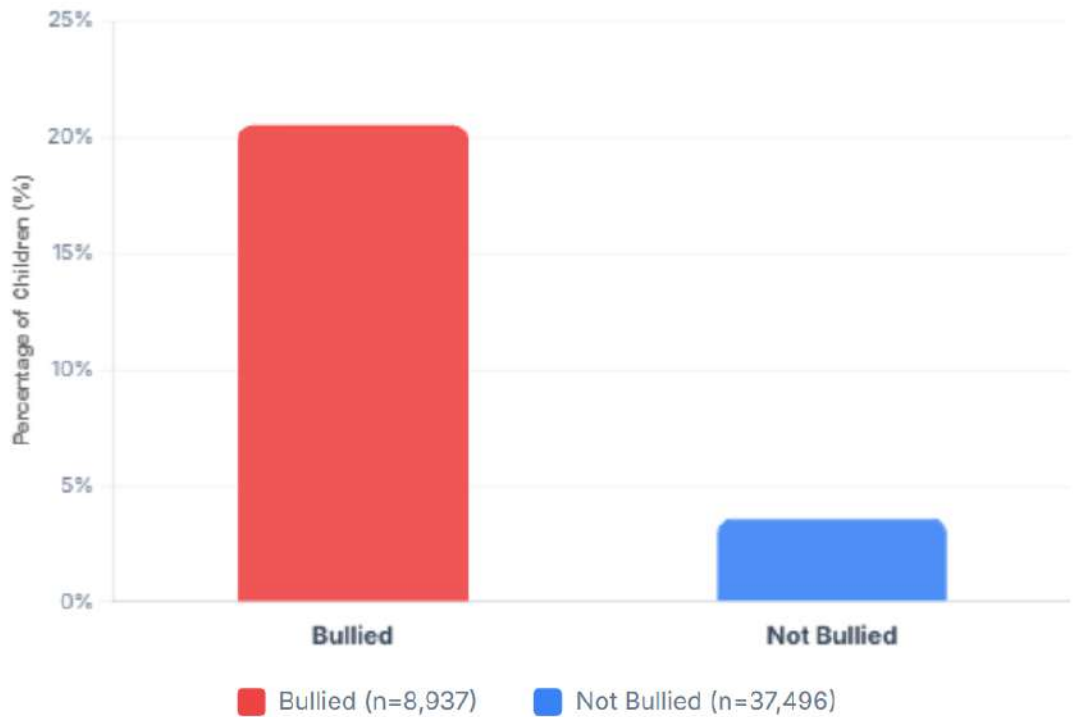
Social Connections

Key Findings: Bullying Impact

Depression & Anxiety Correlation

Prevalence of Depression

Comparing children who experienced bullying vs. those who did not



ANXIETY RISK FACTOR

4x Higher Risk

Children exposed to bullying are 4 times more likely to diagnose with anxiety compared to their peers.

Depression Rates

Bullied Children	20.5%
Not Bullied	3.6%

STATISTICAL EVIDENCE
Strong correlation confirmed via Chi-square test
p-value < 0.001

Social Isolation & Sleep Quality

Social Impact

Sleep Correlations

Difficulty Making Friends

DEPRESSION RISK MULTIPLIER

8.46x

 Higher Likelihood

Children who struggle to make friends face a dramatically increased risk of depression compared to socially connected peers.

WITH DIFFICULTY

19.39%

 Depressed

WITHOUT DIFFICULTY

2.77%

 Depressed

Sleep Quality Correlation

Sleep Quality Distribution

By Mental Health Status

OR: 1.68

● Poor Sleep ● Good Sleep

Children with Depression

Children w/o Depression

0% 20% 40% 60% 80% 100%

ⓘ Poor sleep increases depression odds by **1.68 times**

Conclusions & Implications

 Summary & Actions



STRONGEST PREDICTOR

Bullying is the most critical factor observed, significantly increasing risks for both depression (20.5%) and anxiety (4x risk).



SOCIAL ISOLATION

Difficulty making friends creates a massive gap in mental health outcomes, raising depression risk by **8.46 times**.



SLEEP & HEALTH

Sleep quality is bi-directionally linked to depression. Poor sleep increases odds by **1.68x**, necessitating routine screening.

Policy & School Interventions

- ✓ **Prioritize Anti-Bullying:** Implement evidence-based prevention programs and ensure safe school climates.
- ✓ **Social Skills Development:** Create structured opportunities for peer interaction and relationship building in curricula.
- ✓ **Comprehensive Support:** Establish cross-sector systems linking schools, families, and mental health services.

Clinical Practice Implications

- ✓ **Routine Screening:** Integrate sleep quality and social connection assessments into pediatric check-ups.
- ✓ **Early Intervention:** Identify at-risk children (e.g., those with sleep issues) before clinical depression develops.
- ✓ **Holistic Monitoring:** Evaluate environmental factors like screen time and parent mental health as part of care.