

The 2015 OSDUHS Mental Health and Well-Being Report

KEY POINTS

The Ontario Student Drug Use and Health Survey (OSDUHS) is the longest ongoing school survey of adolescents in Canada. The study has been conducted every two years since 1977, surveying thousands of grade 7 to 12 students each round. In 2015, a total of 10,426 grade 7 to 12 students from 43 school boards, 220 schools, and 750 classes participated in the OSDUHS. The following summary report outlines provincial data trends in the areas of home life, school life, physical health, and mental health.

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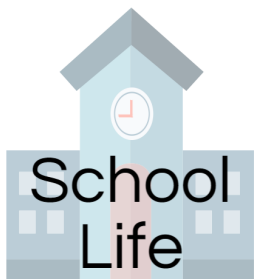


20% of Ontario students report living with a single parent or no parent (birth, adoptive, or step).

86% of students visit social media sites daily. One-in-six spend five or more hours on social media every day.

44% of secondary school students have a part-time job.

63% of students spend three or more hours per day in front of a screen in their free time. This is a significant increase from 2009 (57%).



Half of students report liking school to some degree. 32% like school very much, while 18% do not like school very much or at all.

24% of students spend less than one hour per week doing homework outside of school.

15% of students report being suspended or expelled from school at least once in their lifetime.

12% of students express worry about being harmed or threatened at school.



26% of students are classified as overweight or obese. In the South East and Champlain LHIN region, 32% of grade 9 to 12 students are classified as overweight or obese.

Only 41% of students are getting eight or more hours of sleep on school nights.

About 5% (or 43,800 students) always or often go to bed or school hungry.

Only 22% of students met the recommended daily physical activity guideline during the past seven days.



21% of students visited a mental health care professional for a mental health matter at least once during the past year. This is significantly higher than in 1999 when only 12% of students had visited a mental health care professional that year.

28% of students report that in the past year, there was a time they wanted to talk to someone about a mental health problem, but didn't know where to turn. This is about 280,400 students in Ontario.

12% of students had serious thoughts about suicide in the past year, and 3% reported a suicide attempt.

34% of students indicate a moderate-to-serious level of psychological distress (symptoms of anxiety and depression). 14% indicate a serious level of psychological distress.

[For more information, see the full OSDUHS Mental Health and Well-Being Report.](#)