

# Young People's Mental Health and Wellbeing Survey Report January 2019



# Contents

Contents.....	2	Young people with a disability.....	24
Contents cont.....	3	Family support.....	25
Introduction.....	4	Sleep.....	26
About us.....	5	Screen time.....	27
National context.....	6	Wellbeing.....	28
Local and regional context.....	8	Wellbeing.....	29
Background.....	9	Wellbeing and age.....	30
Background and objectives.....	10	Wellbeing comparators.....	31
Project governance.....	11	Wellbeing and ethnicity.....	32
Survey development.....	12	Wellbeing and screen use.....	33
Safeguarding.....	14	Wellbeing and sleep time.....	34
Encouraging participation.....	15	Issues Experienced.....	35
Project delivery.....	16	Issues experienced in the last month.....	36
Analysis.....	17	Respondents ‘Other’ issues.....	37
Data analysis.....	18	Issues ranking and none experienced.....	38
Demographics and lifestyle.....	19	Wellbeing and issues experienced.....	39
In borough and response numbers by sc.....	20	Issues and age.....	41
Age and gender.....	21	Issues and gender.....	42
Ethnic background.....	22		
Sexual orientation.....	23		

# Contents cont.

Issues and ethnicity.....	43	Schools.....	62
Issues and sexual orientation.....	45	Schools and wellbeing.....	63
Issues and family.....	46	Support.....	64
Help and Support.....	47	Support - well and very well.....	65
Support access preferences.....	48	What schools could do.....	66
Finding help.....	49	Key Findings.....	67
Needing and accessing support.....	50	Wellbeing.....	68
Accessing support.....	51	Issues - General.....	79
Reasons for not accessing support.....	52	Issues - Wellbeing impact.....	70
Helpfulness of support.....	53	Issues - Gender.....	71
Why support was helpful.....	54	Issues - Ethnicity.....	72
Why support was unhelpful.....	55	Issues - LGB.....	73
Rating school support.....	56	Issues - Family.....	74
How schools can improve access.....	57	Support.....	75
What respondents want to help them.....	58	Recommendations.....	76
Other comments.....	60	Recommendations.....	77
		Thank You.....	78
		Thank you.....	79
		Appendices.....	80

# Introduction



**Healthwatch Sutton** is the people's champion for health and social care in Sutton. We're part of a England-wide network of local Healthwatch organisations. We give people a powerful voice - making sure their views and experiences are heard by those who run, plan and regulate health and social care services.

Healthwatch has two parts: the nationally-focused Healthwatch England and 152 community-focused local Healthwatch. Together we form the Healthwatch network, working closely to ensure people's views are represented nationally and locally.

## What do we do?

At Healthwatch Sutton, we collect the views and experiences of people who live or work in Sutton and use them to improve the health and wellbeing of people locally. This could be by influencing the delivery and design of local services or by influencing aspects of people's lives that impact on their health. Often we analyse the views and experiences of people in order to produce reports with recommendations. We also sit on a variety of influential local committees and groups to ensure that local people have a say in decisions.



# National context

There has been increasing concern nationally about the mental health and wellbeing of young people in the UK. A wide variety of studies have shown an increasing need for support for young people to improve their emotional wellbeing.

In 2016, the NHS published the 5 Year Forward View for mental health and a subsequent document called 'Implementing the 5 Year Forward View for mental health'. This promised:

*By 2020/21, there will be a significant expansion in access to high-quality mental health care for children and young people. At least 70,000 additional children and young people each year will receive evidence-based treatment - representing an increase in access to NHS-funded community services to meet the needs of at least 35% of those with diagnosable mental health conditions.*

In 2018, The Department of Health & Social Care and the Department for Education held a public consultation on 'Transforming children and young people's mental health provision: a green paper'.

In the governments response to the consultation published in July 2018, the government sets out 3 core proposals:

1. To incentivise and support all schools and colleges to identify and train a Designated Senior Lead for mental health.
2. To fund new Mental Health Support Teams, which will be supervised by NHS children and young people's mental health staff.
3. To pilot a four week waiting time for access to specialist NHS children and young people's mental health services.

# National context

In March 2018, the Care Quality Commission published a report 'Are we listening? Review of children and young people's mental health services' that included the following recommendations:

- Government, employers and schools must make sure that everyone who works, volunteers or cares for children and young people is trained in mental health awareness.
- We recommend that Ofsted and other schools inspectorates recognise and assess schools' role in supporting children and young people's mental health.
- Sustainability and transformation partnerships and integrated care systems must collaborate beyond the boundaries of health and social care to oversee joined-up improvement with education, police, probation and the third sector.
- Commissioners, providers and staff must draw on evidence and good practice to drive local improvement.

National consultation has now started to gather people's views about the NHS 10 year plan. As part of this consultation they are asking 'How can we tackle the increase in children's mental health issues?'. The plan confirms:

*Under this Long Term Plan, the NHS is making a new commitment that funding for children and young people's mental health services will grow faster than both overall NHS funding and total mental health spending. This means that children and young people's mental health services will for the first time grow as a proportion of all mental health services, which will themselves also be growing faster than the NHS overall*

# Local and regional context

In November 2017, South West London Health and Care Partnership published a draft refreshed strategy document called 'One Year On'.

Within this paper, the strategy maintains that, for Sutton, *'too many people, especially young people, are suffering with mental health problems'*. To address this, the document states that, *'over the next 3 years, the Sutton Local Transformation Board will focus on 'more specialist mental health care especially for young people'*

*The South West London Health and Care Partnership has therefore made a joint commitment to champion children and young peoples' mental health and well-being as a shared health promotion and prevention priority. This is because:*

*Across South West London we know that:*

- ***Sutton has a larger than average number of children who self-harm compared to other London boroughs. The rate of admission for self-harm in Sutton has been increasing year on year and at a faster rate than most adjacent boroughs.***

Sutton's Health and Care Plan is starting to identify the year one actions that individual organisations will take to improve our care for children and young people with mental health needs.

In December 2018, the London Boroughs of Sutton, Wandsworth and Merton were successfully in their bid for £1.8m additional funding to deliver the Trailblazer initiative to some schools and colleges in each Borough.



# Background

Healthwatch Sutton has been running a simple survey system called ‘What matters to you?’ since 2015. Responses collected are used to establish the key areas of concern for local people. The analysis of this data is taken at intervals to the Healthwatch Sutton Board meeting as part of its ‘Priorities’ paper. This is used to develop a work plan of projects and activities.

Mental Health was chosen as the fourth highest priority by local people. All the higher priority areas have now been covered by previous specific Healthwatch Sutton projects.

Mental health is a particularly broad area of health encompassing a wide variety of issues and conditions. In order to attempt to narrow down the options for this project, a mental health engagement event was held. Approximately 50 people took part. They worked in groups to establish key areas that Healthwatch could investigate. A short report collating the discussions was produced.

No specific key themes emerged from this engagement. Further meetings were held with the following individuals/groups to narrow down the options.

- Sutton Mental Health Foundation
- Sutton 1 in 4 Network
- Commissioning Advisory Group (CAG)
- Joint Commissioning Manager - Mental Health and Learning Disabilities (SCCG/LBS)

# Background & objectives

These groups/individuals made a variety of suggestions. Young people's mental health was put forward by all as a potential project focus. This fitted with our previous work around 'Body Image'.

In June 2017, Healthwatch Sutton attended the Children & Young People's Forum (hosted by Sutton Community Action Sutton) and the CAMHS Partnership Board to discuss the project and to ask for people to sign up to be a member of the Project Steering Group.

The Project Steering Group met to set out the objectives of the project. These were:

1. To define a set of questions that will give qualitative and quantitative data that can be used to gain insight into the mental health and wellbeing of local children and young people.
2. To find a suitable/practical method of collection of responses to these questions.
3. To effectively promote these questions to a large number of young people through local organisations (including schools) and networks
4. To collect a body of evidence, comprised of the views and experiences of local young people, that will stand up to scrutiny.
5. To analyse response data and audit data to identify themes and/or areas for improvement/areas of good practice.
6. To produce a report with a series of recommendations.
7. To follow up on the completion of actions developed in response to the recommendations

# Project governance

All Healthwatch Sutton priorities that are used to develop the work programme are agreed by the Board of Directors (Trustees) . This project has been signed off by the Board as part of that process. Updates are given to the Board on a bi-monthly basis at Board meetings.

A Project Brief document was created to outline the project, set out the objectives and proposed activity, and approximate timescales for delivery.

Key stakeholders from local organisations were invited to form a Steering Group for the project. Members of the group came from a variety of organisations including schools, the local authority, NHS organisations, and the voluntary and community sector. A meeting was held to discuss the proposed project. At this meeting the design and delivery of the project were discussed and agreed. It was also agreed that the group would be consulted at key points in the project with an agreement that the final report would be signed off by the group. The group also agreed that young people would be involved in the design of the survey.

# Survey development

Healthwatch Sutton researched existing surveys that had been used by other local Healthwatch organisations. The following surveys and reports were analysed to measure their compatibility with this project.

## 1. Healthwatch Suffolk

Developed an on-line survey that was delivered in schools using their IT equipment. Approximately 6800 responses were collected. The survey used the Short Warwick Edinburgh Mental Well-being scale.

## 2. Healthwatch Richmond and Healthwatch Kingston

These Healthwatch organisations have carried out a survey completed by about 1600 young people. Some of the questions in this survey looked at views of respondent about their 'age group' and a variety of specific questions around accessing support services.

## 3. Healthwatch Bexley

Healthwatch Bexley carried out 2 surveys for different age groups

## 4. Healthwatch Northamptonshire

This Healthwatch asked 527 people 9 questions about their mental health and wellbeing.

## 5. Healthwatch Wokingham Borough

Healthwatch Wokingham had responses from nearly 1000 local young people to their survey.

The Healthwatch Sutton survey used an amalgamation of the first 2 surveys above as a starting point. Detailed consultation and feedback was given by the Steering Group and others to further develop the questions and answers. The consultation process has led to the development of a unique survey.

The Young Commissioners supported by the Volunteers Centre Sutton then tested the survey and gave further feedback.

# Survey development

There were four themes in the survey each consisting of a number of questions:

- Emotional wellbeing (questions 1-4)
- Finding help (questions 5-18)
- Your life (questions 19-20)
- About you (questions 21-30)

Within the Emotional Wellbeing section of the survey, a list of issues that could affect young people was developed so that respondents could identify the issues that have affected them within the last month. Within this list were some issues that were considered to be of greater concern than others. A proposal was put forward to remove these issues, however, feedback from young people strongly recommended that they should be kept in order to ensure that the results were a true reflection of the full range of issues that could be experienced by young people.

The Warwick-Edinburgh scale enabled us to calculate a wellbeing score for each respondent. This score could then be used to compare individuals with different demographic or lifestyle responses to see if significant differences existed. It was envisaged that these results would enable decision-makers locally to target support to those most likely to be in need.

The full survey can be found in Appendix B



# Safeguarding

It was agreed that responses would be anonymous to encourage students to be more open about their wellbeing. Demographic information about age, gender, disability, ethnicity, sexual orientation, caring responsibilities and whether you were cared for (i.e. foster care) were all included.

In light of this it would be very difficult to identify any individuals who may need support. To address this each participant was given a card detailing national and local support services that they could access.

## National Support Services



**Childline** - free confidential support, 24 hours a day for anyone under 19, online or on the phone: 0800 1111 [www.childline.org.uk/](http://www.childline.org.uk/)

**The Mix** - confidential information & support for young people under 25 on a wide range of issues via online, social and a free confidential helpline: 0808 808 4994 [www.themix.org.uk/](http://www.themix.org.uk/)

**Papyrus** - help and advice around suicide prevention for young people and anyone worried about a young person. Tel: 0800 068 4141. [www.papyrus-uk.org/](http://www.papyrus-uk.org/)

**B-eat** - working to beat eating disorders. Youth Helpline: 0808 801 0711 [www.b-eat.co.uk/](http://www.b-eat.co.uk/)

**Mermaids** - emotional support for transgender and gender diverse young people, their families and professionals working with them. Helpline: 0344 334 0550 <http://www.mermaidsuk.org.uk/>

**Centrepoint** - support for ages 16-25 who are homeless, sofa surfing or at risk. Helpline: 0808 800 0661 <https://centrepoint.org.uk/>

**Samaritans** - free confidential support, 24 hours a day, call free from any phone, any time. Tel: 116 123

**Young Minds** - information for young people, parents and professionals around the wellbeing and mental health of children and young people. [www.youngminds.org.uk/](http://www.youngminds.org.uk/)

**HeadMeds** - information for young people about mental health medication. <http://www.headmeds.org.uk/>

## Sutton Support Services



**Off the Record Sutton** - free counselling for Sutton young people aged 11-25 & support for parents of young people who self-harm. Tel: 020 8680 8899 or register online at [www.talkofftherecordonline.org](http://www.talkofftherecordonline.org) for online counselling and workshops.

**Switch** - young person's drug and alcohol service for people under 19. Support and information to help young people make healthier choices around their drug and alcohol use. Tel: 020 8773 1881 [www.inspirepartnership.org.uk](http://www.inspirepartnership.org.uk)

**Getting it on** - information for 13-19 year olds in Sutton on sexual and mental health issues, drugs & alcohol and relationship problems. [www.gettingiton.org.uk/](http://www.gettingiton.org.uk/)

**Jigsaw4U** - support for children and families in Sutton around loss and bereavement; parenting; missing children. Tel: 020 8687 1384 [www.jigsaw4u.org.uk/](http://www.jigsaw4u.org.uk/)

**Sutton Young Carers Service** - support for young people aged 8-25 with caring responsibilities at home. Tel: 020 8296 5611 [www.suttoncarerscentre.org/young-carers-services](http://www.suttoncarerscentre.org/young-carers-services)

**Sutton Uplift** - community based mental health and wellbeing service for adults aged 18+ in Sutton. Tel: 0800 032 1411 [www.suttonuplift.co.uk/](http://www.suttonuplift.co.uk/)

**Rape Crisis South London** - counselling for women aged 13 and above, who live and/or work in any of the South London boroughs. <http://www.rasasc.org.uk>

# Encouraging participation

At the Project Steering Group meeting it was proposed that schools would be the best way to collect survey responses though this could be complemented by a general on-line survey.

Healthwatch Sutton attended a Secondary Head Teachers meeting in December 2017 to promote the project to schools. At the meeting schools were asked if they would be interested in participating and if so completed a sign up form with contact details for the most appropriate contact at their school.

The following offer was put forward to encourage schools to take part.

1. Participating schools that were able to collect responses from over 50% of their students would receive a report analysing the data for their school only. They would also receive all the free-text data so that they can use this to develop plans to support the wellbeing of their students.
2. Schools could choose to add up to 2 additional questions to the survey of their choosing.
3. Schools could collect responses either electronically or on paper.
4. Each participating student would receive a card detailing national and local support services that can be accessed by their students.

The response to the project at this stage was mixed. Some schools expressed concerns about some of the categories that could be chosen by students, other advised that they were carrying out their own survey or they had other priorities that would make it difficult to find the resources to take part.

# Project delivery

Following the Secondary Heads meeting, each school was contacted. As contact was often through head teachers, in many cases it took some time to receive a response. Contact was made by email and telephone between January and July 2018. In total 9 schools agreed to take part.

These were:

- Carshalton College - Mixed education (mostly 16-18)
- Carshalton High School for Girls - Girls only (11-18)
- Greenshaw High School - Mixed education (11-18)
- John Fisher School - Boys only (11-18)
- Limes College - Education for excluded students - Mixed education (11-16)
- Nonsuch High School for Girls - Girls only (11-18)
- STARS - Education for students with complex medical needs
- Sutton Grammar School - Boys only (11-18)
- Wallington High School for Girls - Girls only (11-18)

A further 5 secondary schools decided not to take part and 2 others did not respond to contact.

Collection and delivery continued through out this period with schools starting and finishing the surveys at different times.

The offer to add up to 2 additional questions was not taken up by any schools. All schools asked for paper copies and declined the offer to use an online version.

# Analysis

# Data analysis

As all responses were completed on paper, to manage the entry of the data, additional staff were employed by Healthwatch Sutton during July and August to complete data entry and to carry out quality assurance processes.

To maximise the potential benefit from this large and detailed source of data, external organisations were approached to carry out the analysis.

The Child Outcome Research Consortium (CORC) were commissioned to carry out this work and additional analysis was carried out by the Public Health Intelligence team at Sutton Council.

The CORC report gave the following statement concerning small numbers and student anonymity

*To ensure student anonymity, when fewer than 3 respondents fall into a particular range, the exact number is not shown. Where this is the case for (the) data, it is clearly indicated in this report. We would encourage you to consider the level of risk to participant/school confidentiality before sharing this information with anyone who does not already have access to the original data. For guidance, see for example the Anonymisation Standard for Publishing Health and Social Care Data, available from the NHS Digital website (<https://digital.nhs.uk/home>).*

Particular caution should be taken with smaller response numbers. It should also be note that total response numbers for The Limes College and the STARS service are 15 and 25 respectively. Due to the nature of the service provided by both of these organisation and the students that they educate, the students may face particular challenges that those in mainstream education may not and this could be reflected in the school comparisons.



# Demographics, Sleep & Screen Time

# In borough & responses numbers by school

- In total 5146 students completed the survey.
- Each participating school or college completed the following number of surveys:

School or College	School Type	No.
Carshalton College	Mixed education	380
Carshalton High School for Girls	Girls only	650
Greenshaw High School	Mixed education	985
John Fisher School	Boys only	575
Limes College	Education for excluded students. Mixed education	15
Nonsuch High School for Girls	Girls only	1060
STARS	Education for students with complex medical needs	25
Sutton Grammar School	Boys only	549
Wallington High School for Girls	Girls only	907

- 52% of respondents lived within the London Borough of Sutton

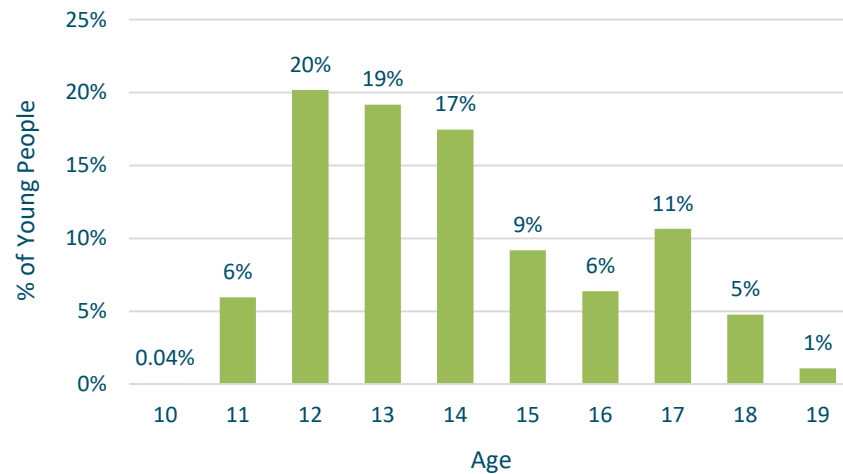
Living within the borough of Sutton	Total	%
Yes	2664	52%
No	1950	38%
Don't know	352	7%
No answer	180	3%

NOTE: We asked 'Are you looked after (for example foster care)?'. 17% of students answered 'yes' to this question. Schools advised that respondents misunderstood this question. As such this has not been used as part of the analysis.

# Age and gender

60% of respondents were female and 34% male (due to the higher number of responses from girls-only schools).

Ages ranged from 10 to 19 years old. The most frequent age year was 12 (20%).



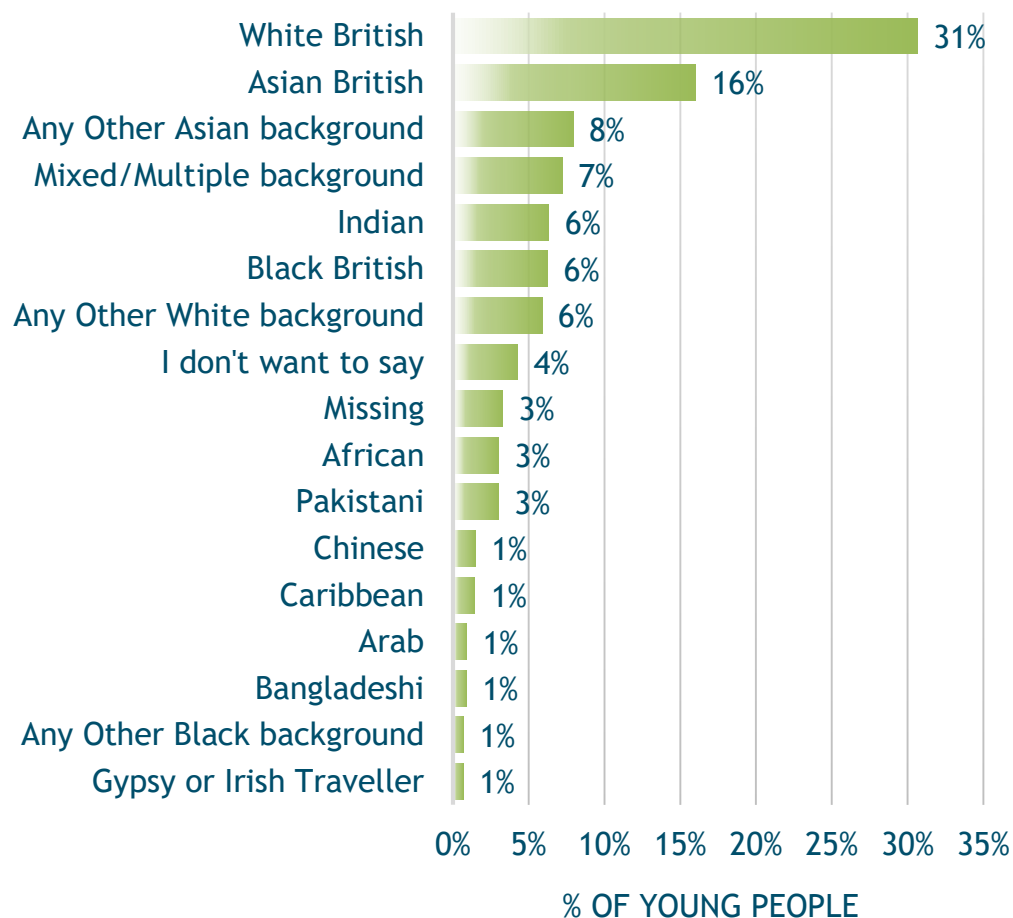
## Age in your sample:

Mean of Age	14.01
Standard Deviation	2.02
Minimum Age	10
Maximum Age	19

## Gender in your sample:

Gender	Total	%
Female	3070	60%
Male	1724	34%
Missing	145	3%
I don't want to say	139	3%
Other	41	1%
Transgender	27	1%

# Ethnic background



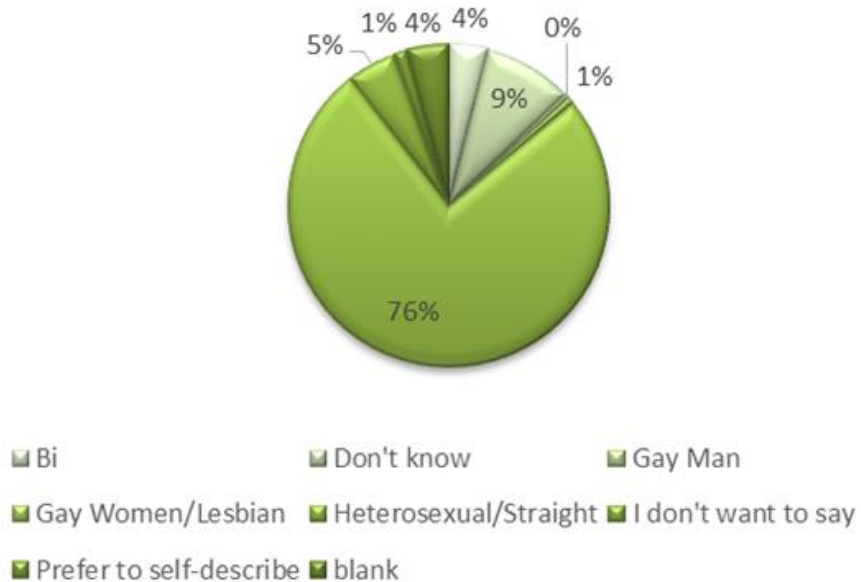
The chart on the left shows the frequencies for all ethnic backgrounds of the young people who took part of the survey.

About **31%** of young people in the sample described themselves as White British. **62%** were of other ethnicities. The remaining **7%** either didn't want to say or didn't answer the question.

The second most prevalent ethnicity was Asian British, with **16%** of young people describing themselves as such.

The least represented ethnic backgrounds were Gypsy or Irish Traveller, and Any Other Black Background.

Mental health survey responses by sexual orientation

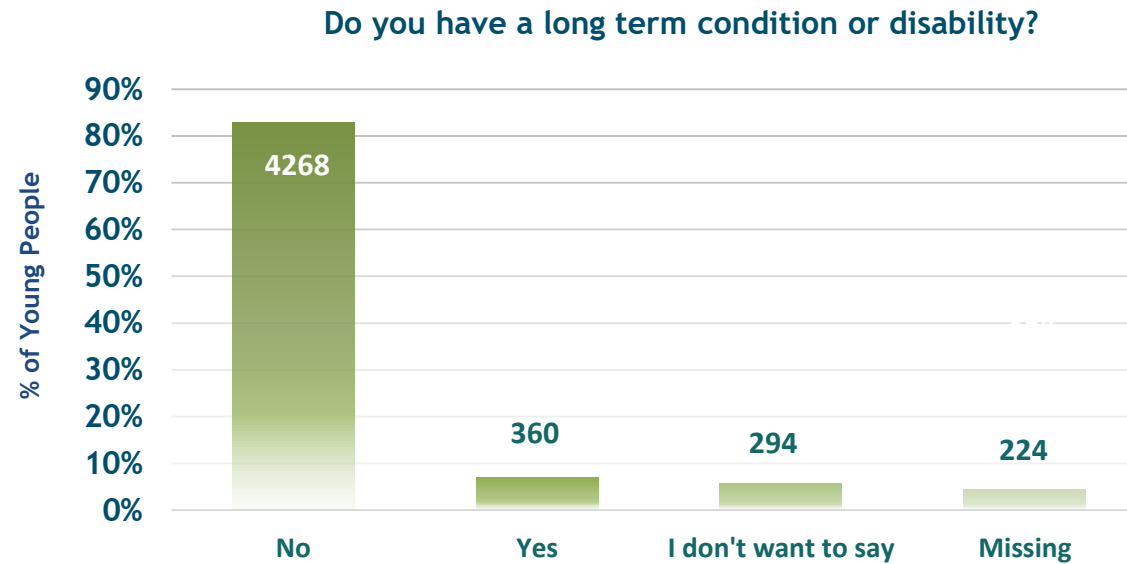


About **75%** of young people in the sample identified as Heterosexual/Straight. The least represented sexual orientation was Gay Man, with only 23 young people (0.4%) identifying themselves as such.

Sexual Orientation	Total	%
Heterosexual/Straight	3885	76%
Don't know	460	9%
I don't want to say	255	5%
Missing	215	4%
Bi	202	4%
Prefer to self-describe	69	1%
Gay Woman/Lesbian	37	1%
Gay Man	23	0.4%

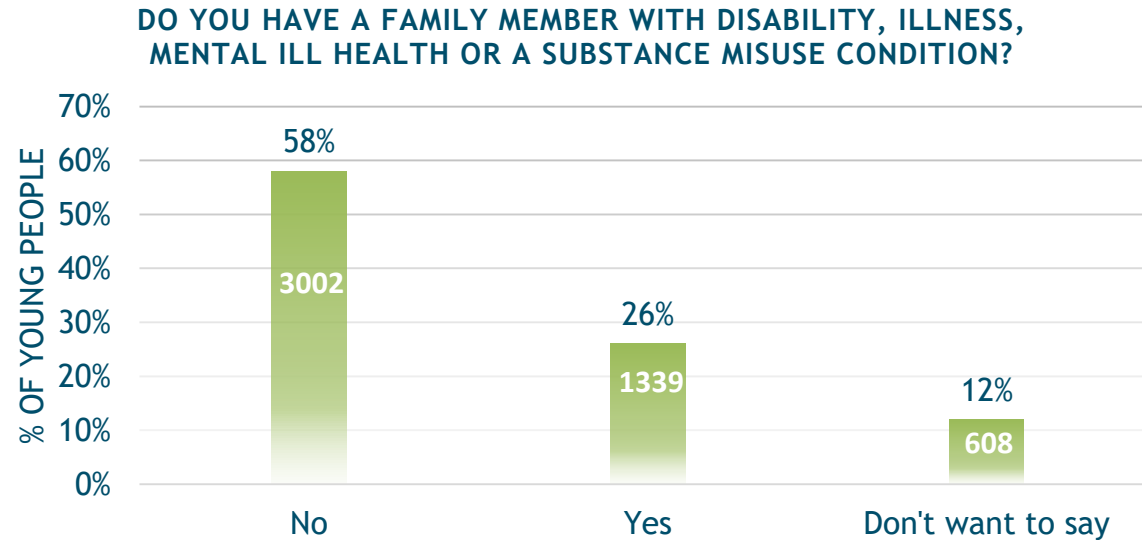


# Young people with a disability



- Of those respondents who answered 'yes' or 'no', 8% stated that they did have a long term condition or disability with remaining 92% stating they did not.

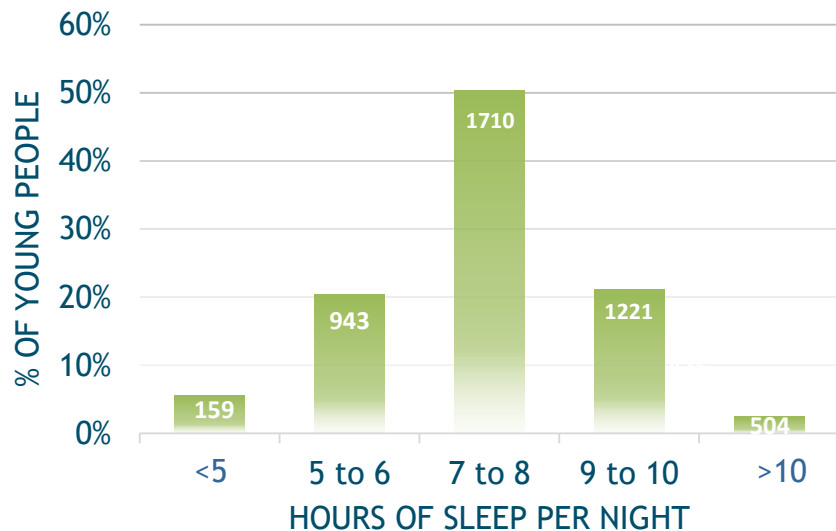
# Family support



About **26%** (1339) of young people said they had a family member with disability, illness, mental ill health or a substance misuse condition.

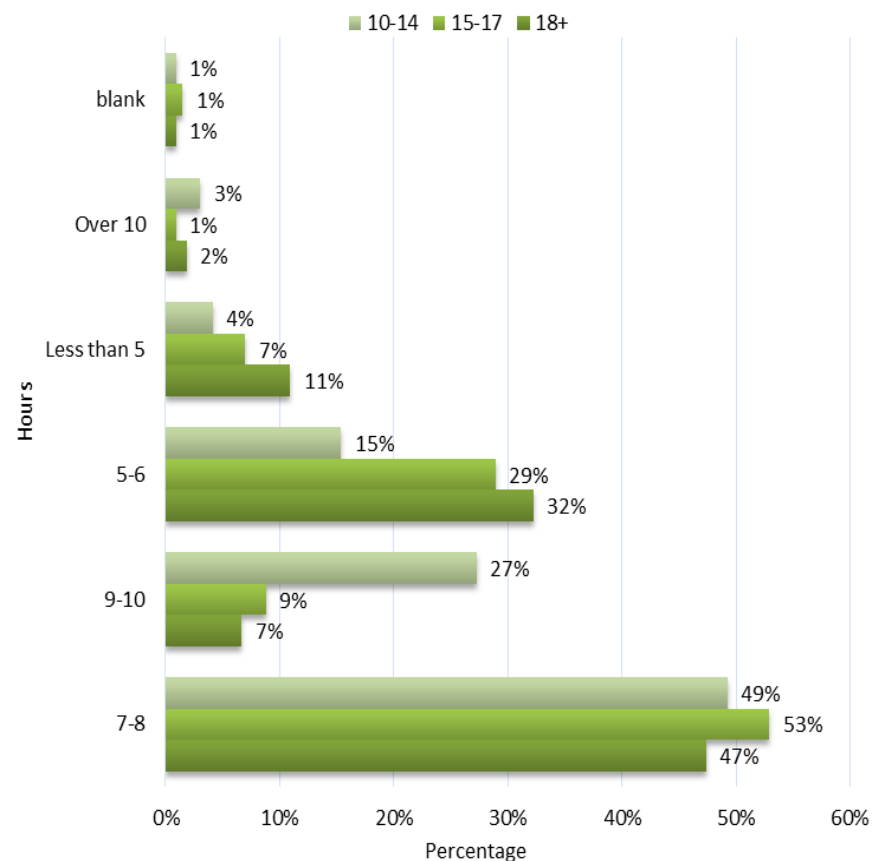
When they were asked 'If yes in what way do you feel you help them?' the most common answers were 'keep them company', 'looking after siblings', 'housework', 'giving medication'.

On average how many hours of sleep do you get a night?

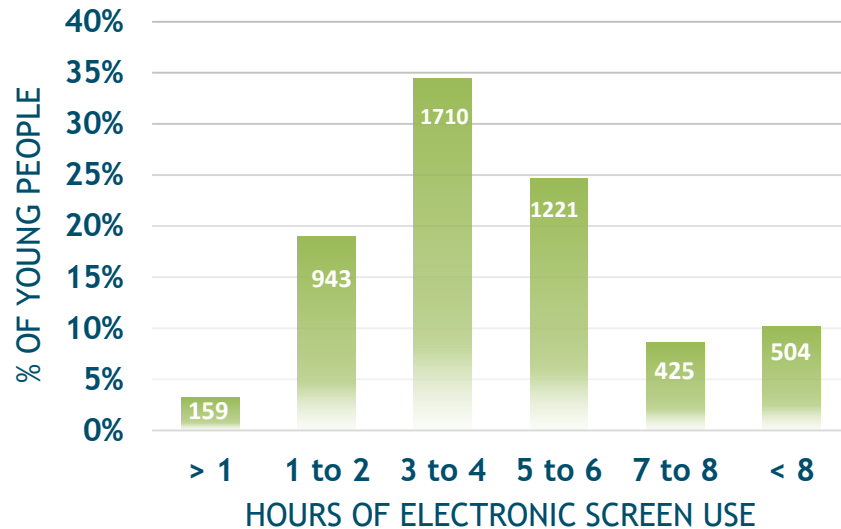


- **50%** of young people said to sleep on average **7 to 8 hours** a night.
- Average hours of sleep per night varies slightly by age group.
- A greater proportion of 10-14 year olds sleep 9-10 hours each night compared with other age groups. On average, a larger proportion of older respondents sleep 5-6 hours a night

Average hours of sleep per night by age group

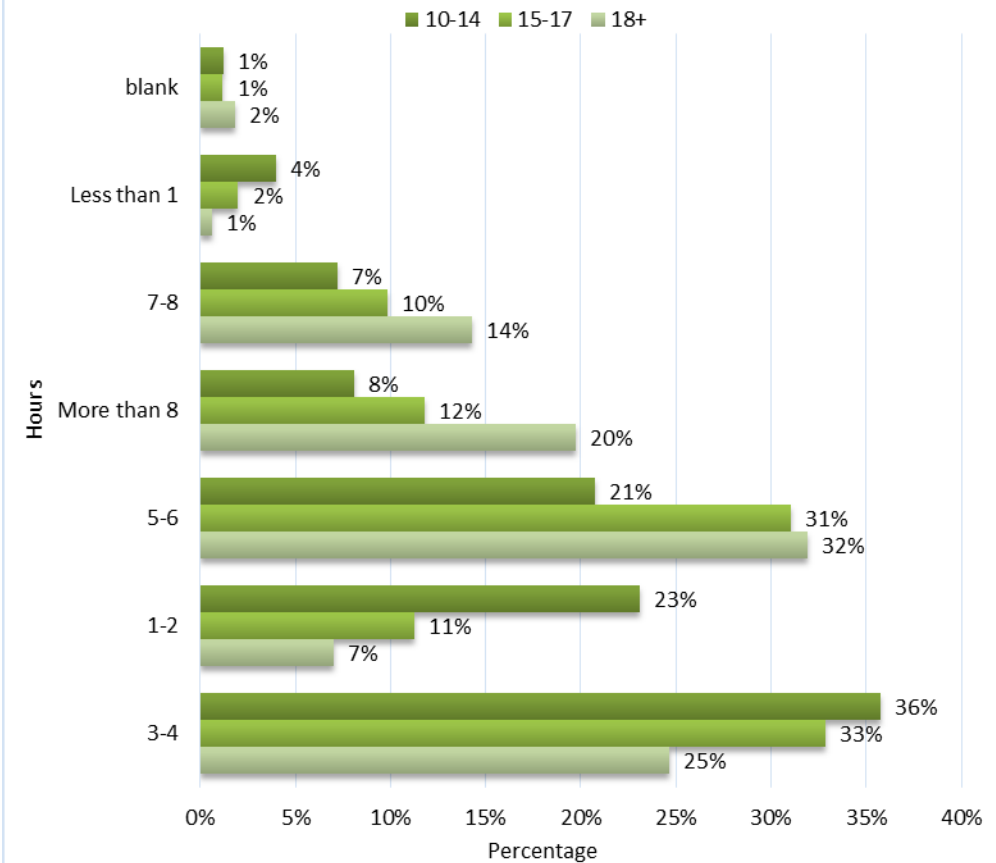


On average how many hours do you spend viewing an electronic screen every day?



- 34% of young people who took part in the survey spend 3 to 4 hours a day viewing an electronic screen (e.g. TVs, DVDs, computers, smartphones, tablets)
- On average, a greater proportion of older respondents view a digital screen for 5-6 hours a day.

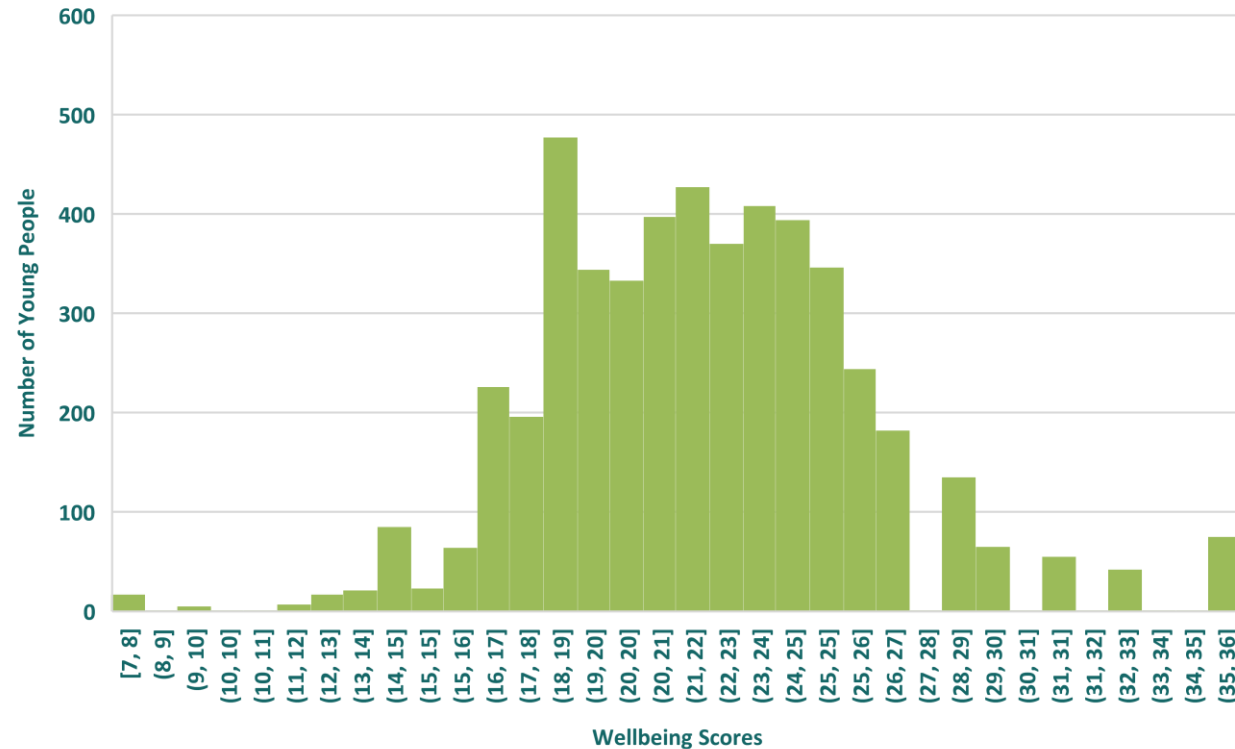
Average hours spent daily viewing an electronic screen



# Wellbeing

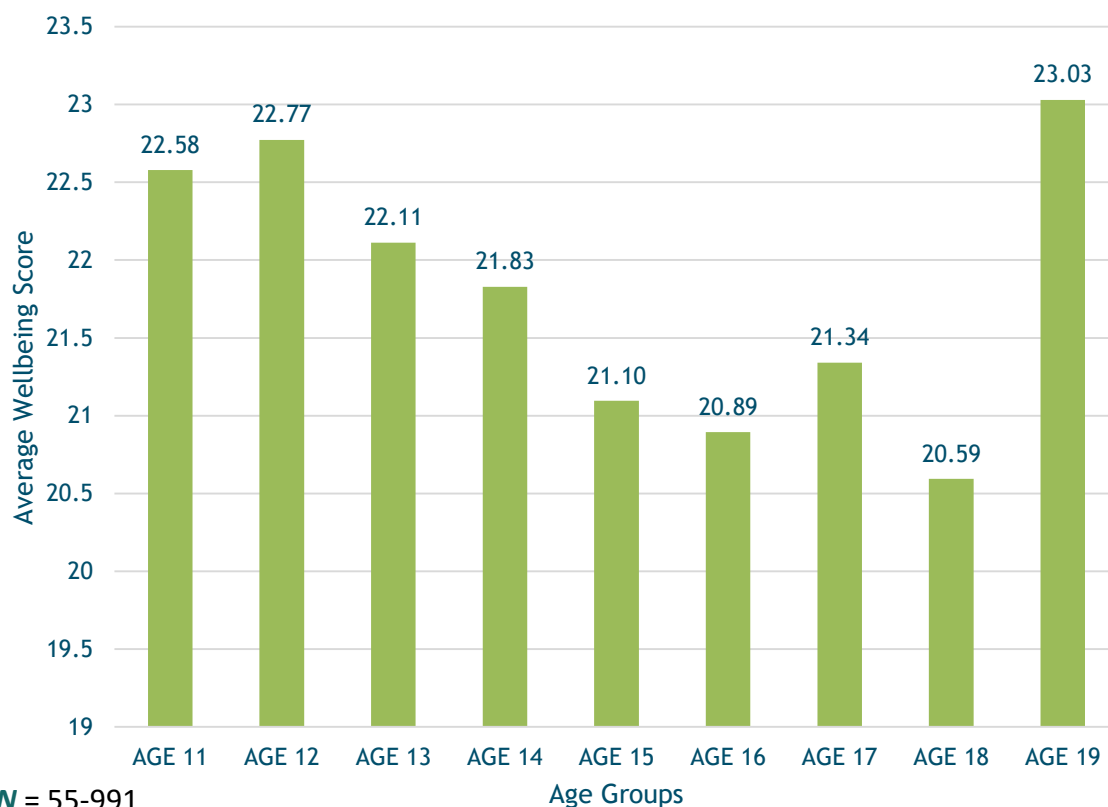
# Wellbeing

- The Short Warwick-Edinburgh Mental Wellbeing (SWEMWBS) Scale was developed to enable the monitoring of mental wellbeing in the general population and the evaluation of projects, programmes and policies which aim to improve mental wellbeing.
- For the purpose of this survey the SWEMWBS used included a 7 item scale with 5 response categories, which were summed up to provide a single score ranging from 7-35. The questions can be seen in the full survey in Appendix B.
- The average score was 21.89.



Short Warwick Edinburgh Mental Well-Being Scale (SWEMWBS) © NHS Health Scotland, University of Warwick and University of Edinburgh, 2008, all rights reserved

Wellbeing Scores (SWEMBS) by age



The chart on the left shows the average wellbeing score for each of the age groups in the sample. Not shown is the mean score of those aged 10, as there were fewer than 3 young people in this group.

There were significant differences in the scores of wellbeing between the age groups.

A modest negative correlation was also found between age and wellbeing.

Full statistical analysis can be found in Appendix A.

Short Warwick Edinburgh Mental Well-Being Scale (SWEMWBS) © NHS Health Scotland, University of Warwick and University of Edinburgh, 2008, all rights reserved

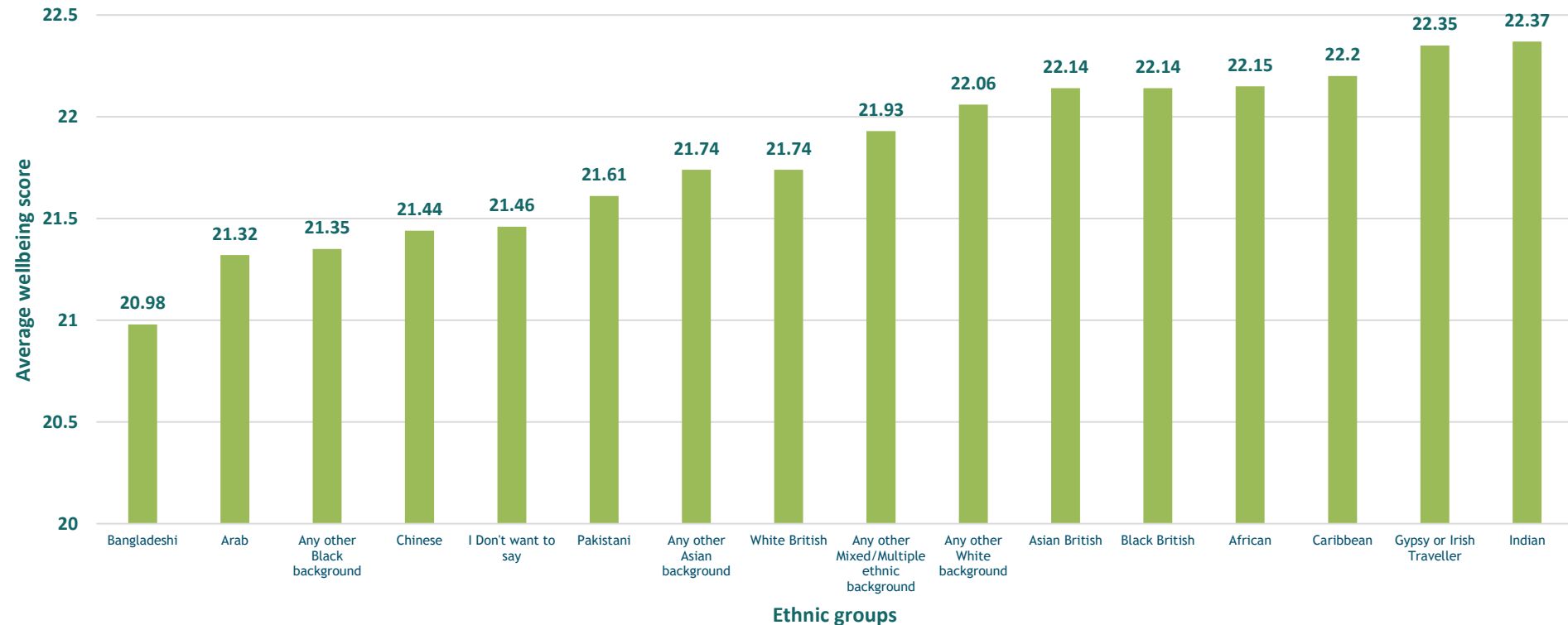


We compared the **Wellbeing scores** of young people in the sample and found that:

- Young people with No Disability scored **significantly higher** than those who had a Disability.
- Young people who did not have a family member with disability, illness, mental ill health or a substance misuse condition scored **significantly higher** than those who had.
- Young people who identified as Male scored **significantly higher** than those who identified as Female.

Short Warwick Edinburgh Mental Well-Being Scale (SWEMWBS) © NHS Health Scotland, University of Warwick and University of Edinburgh, 2008, all rights reserved

# Wellbeing and ethnicity



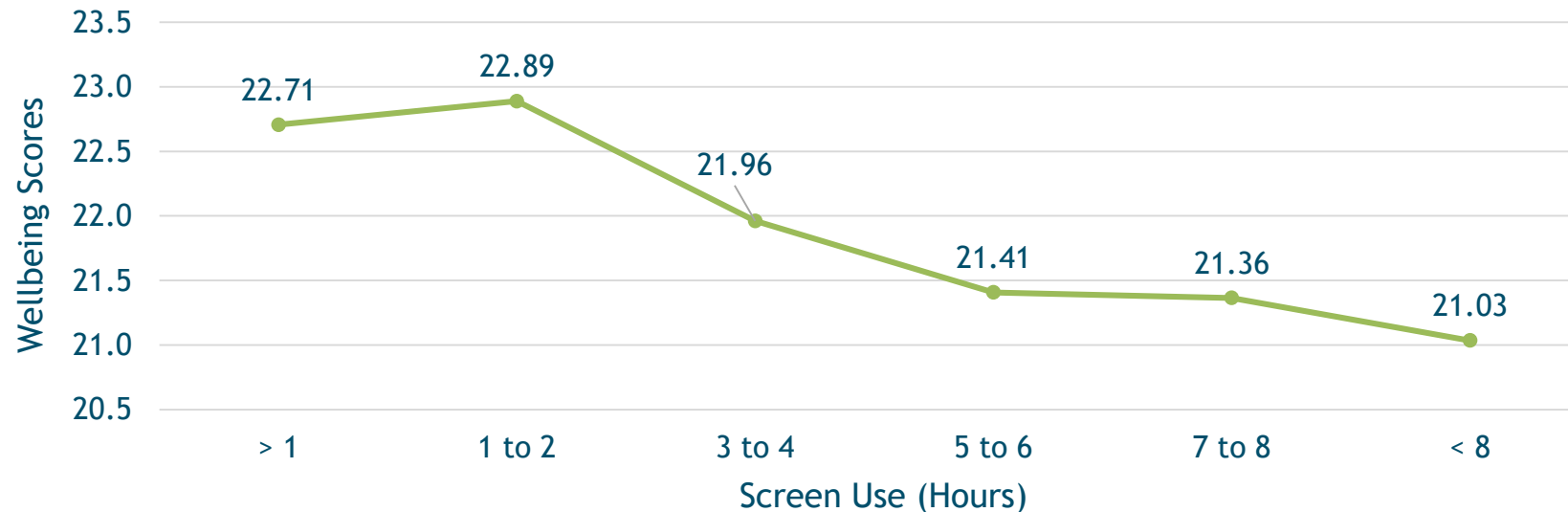
The chart above plots the means (averages) of positive wellbeing scores for the different ethnic groups.

**No significant differences** were found between the average scores of wellbeing.

Short Warwick Edinburgh Mental Well-Being Scale (SWEMWBS) © NHS Health Scotland, University of Warwick and University of Edinburgh, 2008, all rights reserved

# Wellbeing and screen use

The wellbeing scores between groups of young people reporting different number hours of screen use were compared. Significant differences between the average scores of wellbeing were found.

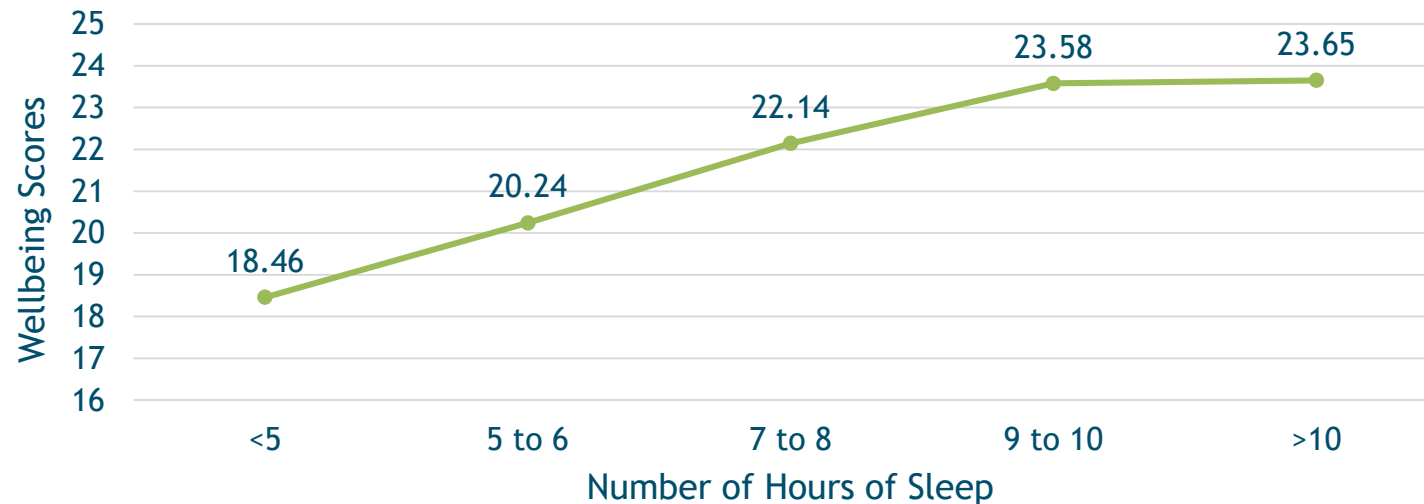


The chart above plots the means (averages) of wellbeing scores for the different groups of screen time. Young people who use their screens more, score **lower** in wellbeing. Caution is required when interpreting these results, as they do not imply causation - other factors can contribute. (Test results in Appendix A)

Short Warwick Edinburgh Mental Well-Being Scale (SWEMWBS) © NHS Health Scotland, University of Warwick and University of Edinburgh, 2008, all rights reserved

# Wellbeing and sleep time

Similarly, the wellbeing scores between groups of young people reporting different number hours of sleep were compared. Significant differences between the average scores of wellbeing were found.

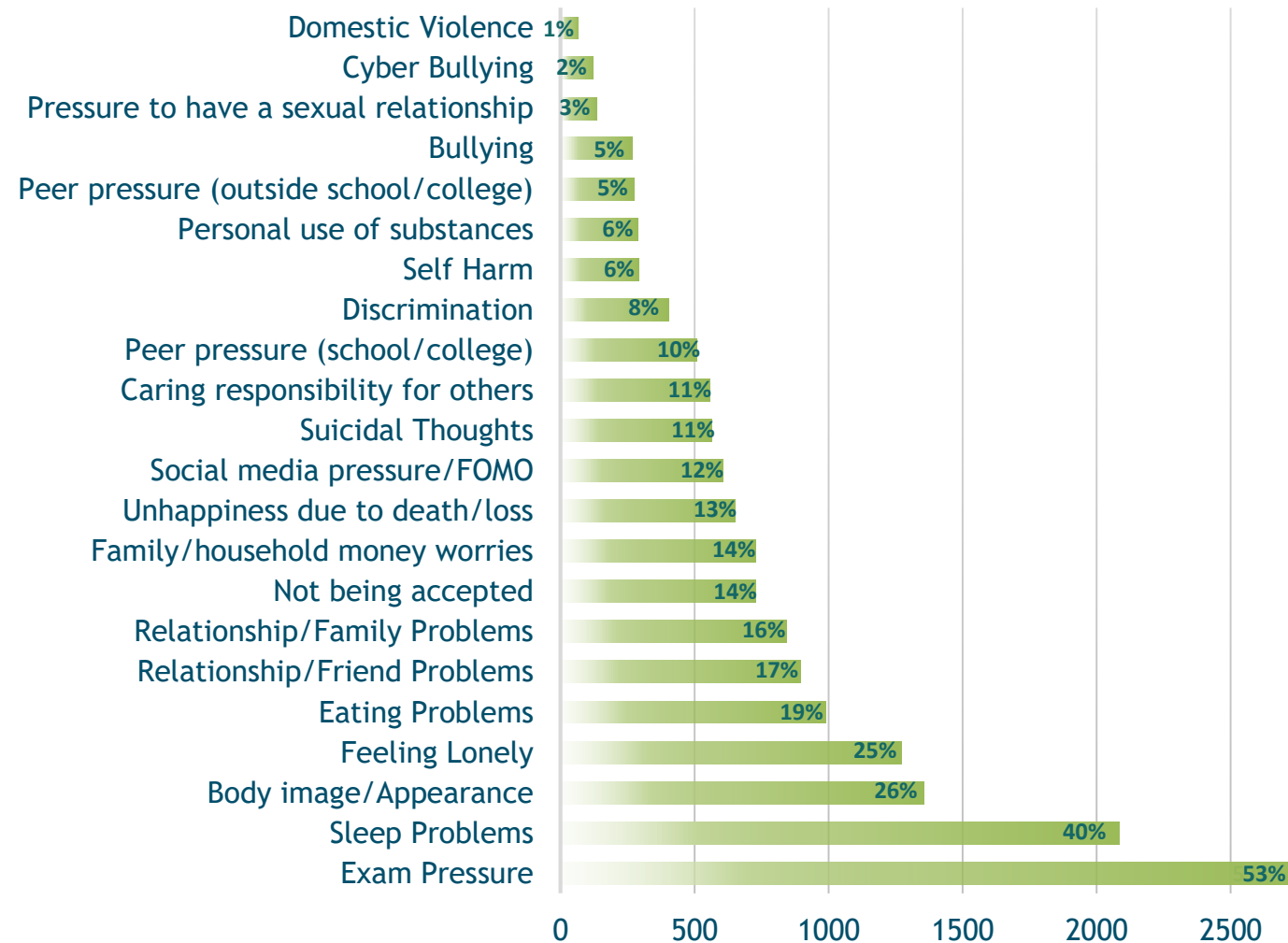


The chart above plots the means (averages) of positive wellbeing scores for the five different groups of sleep time. Young people who sleep more also score **higher** in wellbeing, albeit there are no significant differences between those who sleep 9 to 10 hours and those who sleep more than 10. (Test results in Appendix A)

Short Warwick Edinburgh Mental Well-Being Scale (SWEMWBS) © NHS Health Scotland, University of Warwick and University of Edinburgh, 2008, all rights reserved

# Issues Experienced

# Issues experienced in the last month



53% of the young people surveyed experienced **Exam Pressure** in the last month, making this the most common issue experienced, with **2752** young people reporting it. Responses were collected between January and July.

This was followed by **Sleep Problems**, experienced by **40%** of young people.

The least common issue experienced was **Domestic Violence**, with 66 young people (1%) having experienced it in the last month.

The chart on the left shows the number of young people reporting each issue.

# Respondents 'Other' issues (297 comments)

Unhappiness not to death or loss but illness of someone so potential death (my mum)

Discrimination to others in family due to religion

Fear in being judged on sexual orientation

Fear of losing friends because my mum doesn't like them

Crying for no reason, not being patient, being angry

I wake up in weird places occasionally because I sleep walk in the house

I watch too much anime, and play too much Fortnite.

Pressure to drink to feel 'normal'

Starving myself, hating myself (for reasons other than appearance or body image)

Homework pressure (large amounts)

I sometimes have suicidal thoughts but I dismiss it because I am not going to give up

Using iPad/ iPhone till late midnight and sleeping late

Very ill Granddad



# Issues ranking and none experienced

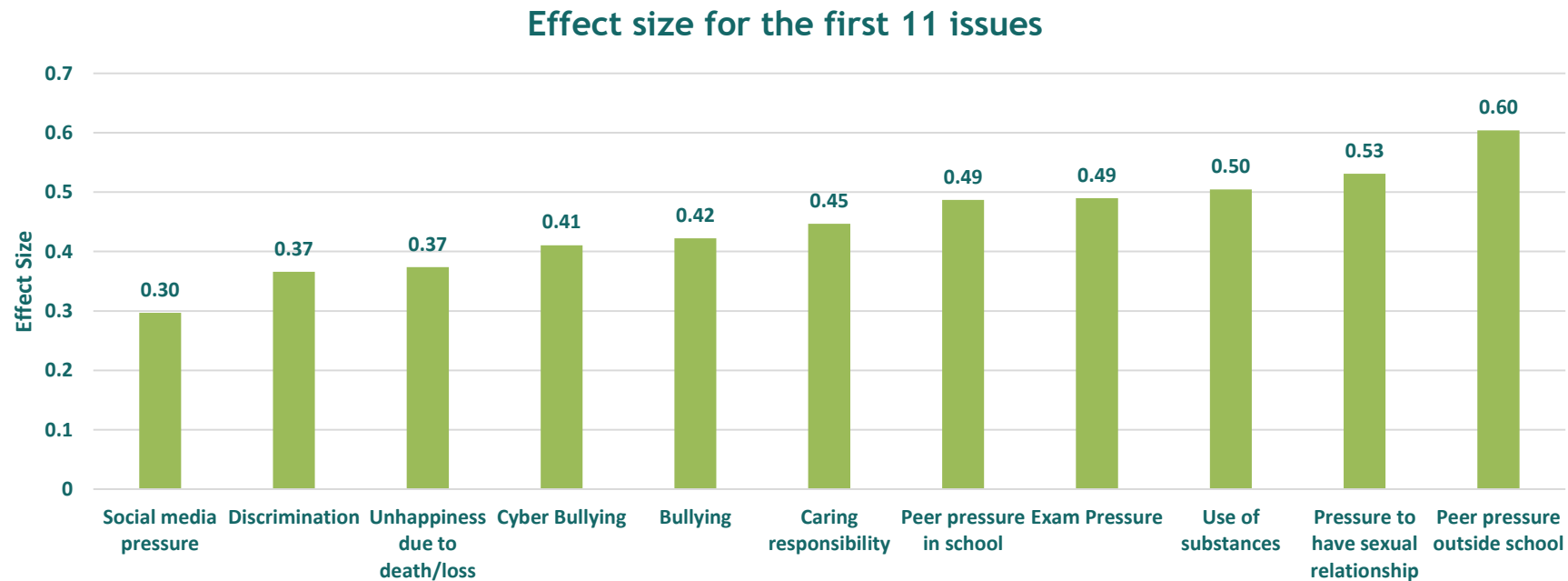
From the list of potential issues that young people could experience, respondents could choose the response 'I have not experienced any issues that I feel have affected my mental health'. By choosing this answer, some young people reported **not** experiencing any issues. The table below shows the number of young people (comparing between Males, Females, and LGB (Lesbian, Gay and Bisexual) Young People) who selected this response in relation to the those that chose other responses. About **24%** of all young people did not experience any issues in the past month.

Not experienced issues	All sample	LGB	Males	Females
Total	1246	32	554	625
%	24%	10%	32%	20%
N	5146	331	1724	3070

# Wellbeing and issues experienced

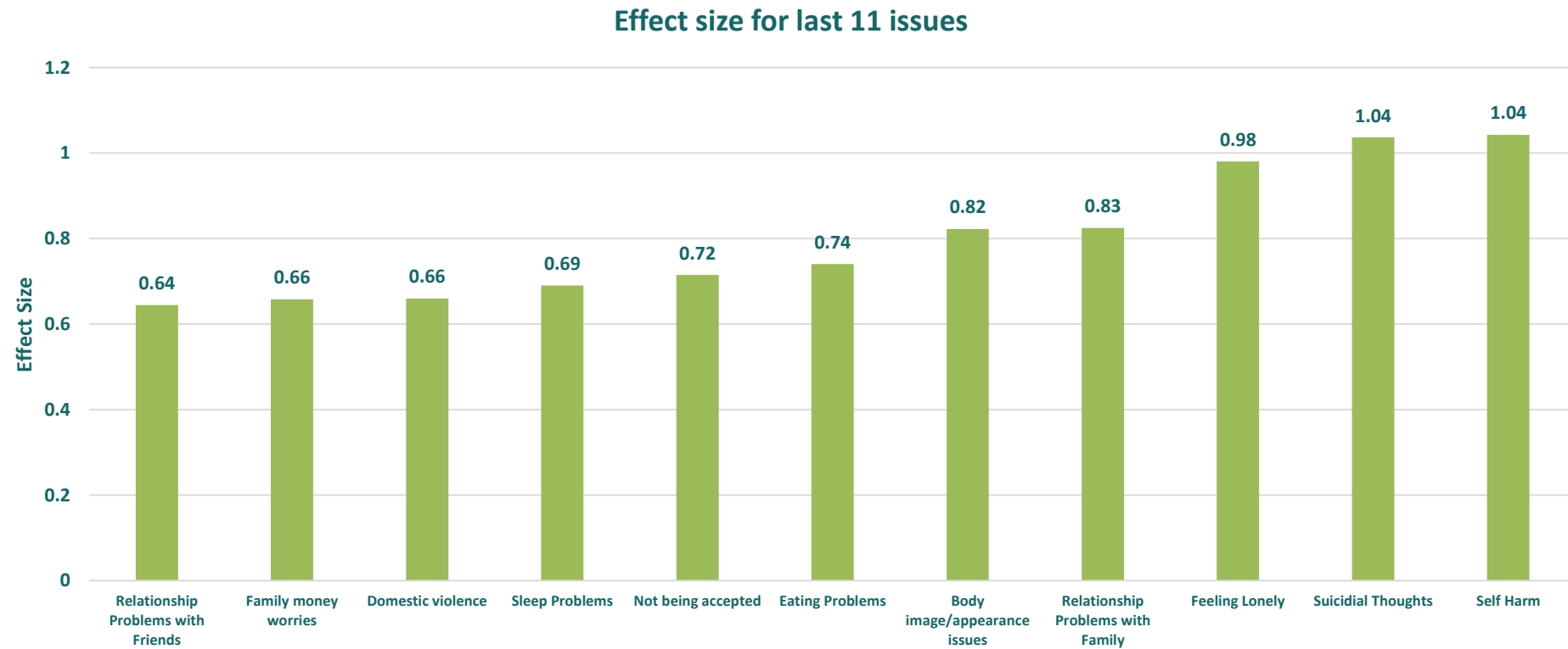
There were significant differences in the mean (average) scores of positive wellbeing between young people experiencing issues and young people who did not, for **all the issues experienced**, with the latter scoring significantly higher on positive wellbeing. (See Appendix A for test results and sample sizes)

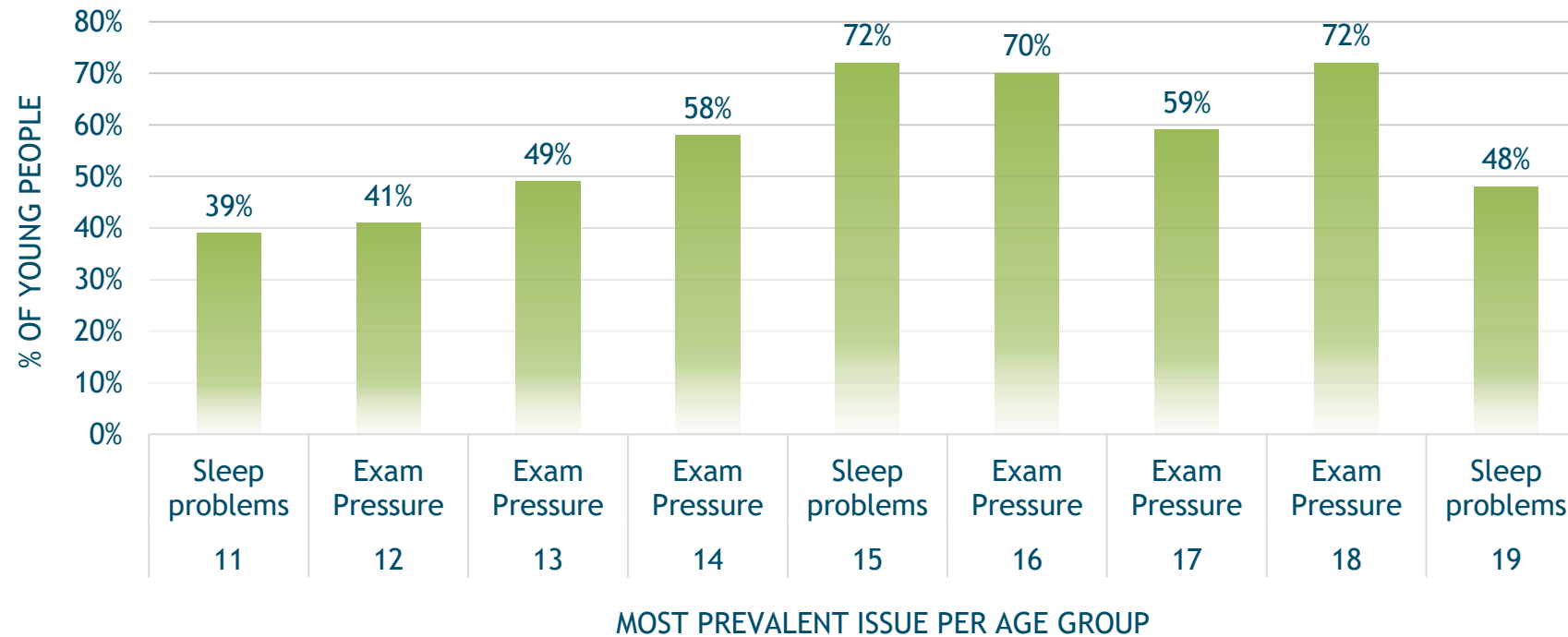
The chart below shows the effect size for each issue (first 11 issues, ascending order of effect size). See next page for the other 11 issues (larger effect sizes).



# Wellbeing and issues experienced

The chart below shows the effect size for each of the remaining 11 issues, which have the largest effect sizes. Self-harm (no. 13), Suicidal Thoughts (no. 14), and Feeling Lonely (no. 19) have the largest effect sizes.





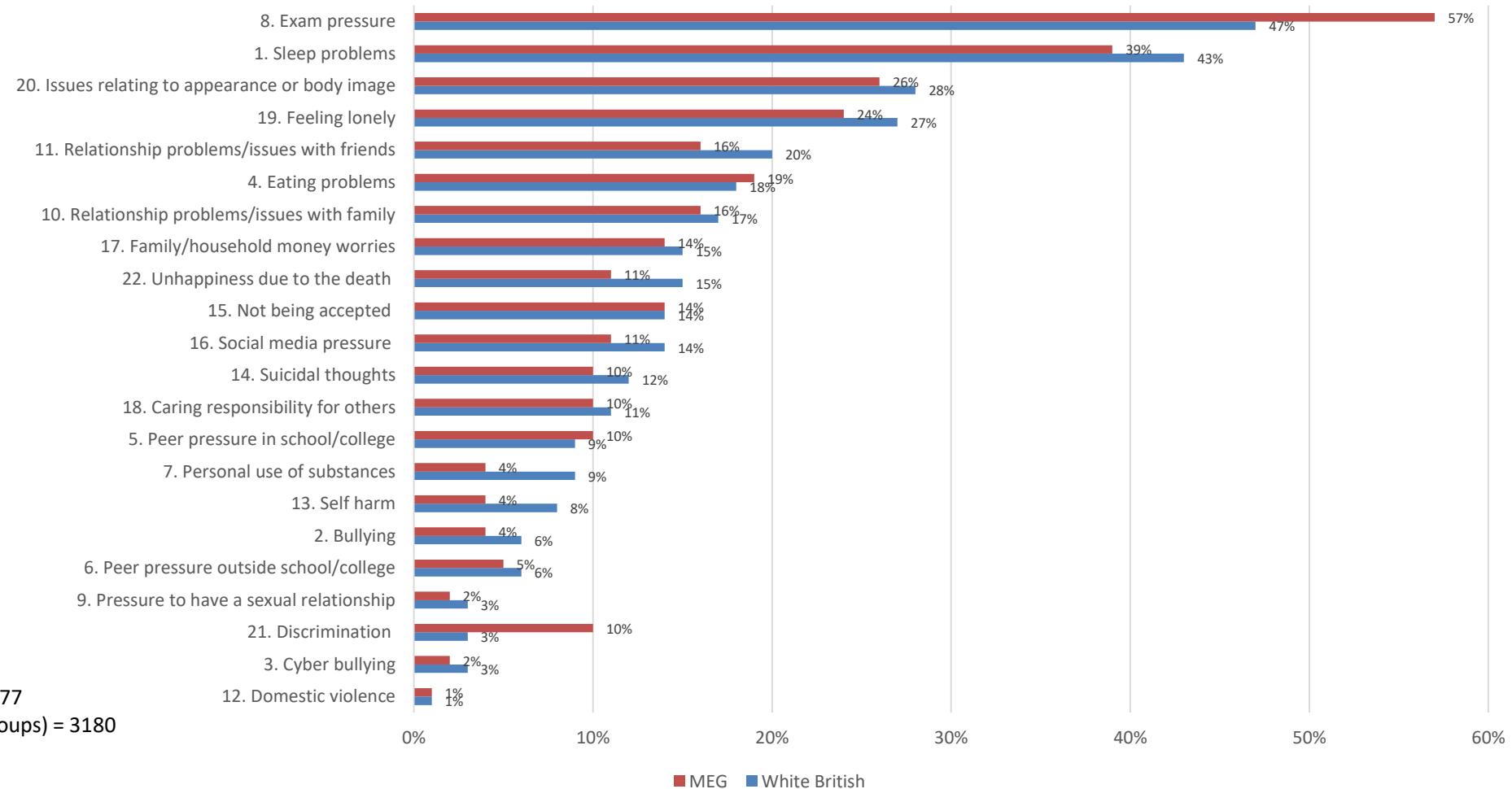
The chart above shows the most prevalent issue experienced by young people for different age groups. Sleep Problems is the most experienced issue for young people aged 11, 15 and 19. For young people aged 11 and 19, Exam Pressure is the second most experienced issue, however, young people aged 15 reported Bullying as the second most experienced issue. Tables for all issues per age group are available in **Appendix A**.

## Gender - see table in Appendix A

- Proportionally, males reported more of the following problems: **Bullying, Personal Use of Substances, Pressure to Have a Sexual Relationship, Domestic Violence, and Discrimination.**
- Both genders report similarly in terms of **Cyber Bullying (2%), Peer Pressure Outside School/College (5%).**
- Females report more of all the other issues, although this difference is not significant for **Peer Pressure Inside School/College** (significant differences highlighted in bold in the table in Appendix A)
- The most reported issue for both genders was **Exam Pressure.**
- The second most reported issue for Females was **Sleep Problems (43%),** followed by **Issues Related to Appearance or Body Image (34%).**
- The most reported issue for Males after **Exam Pressure (38%)** was **Sleep Problems (35%).**

# Issues and ethnicity

Prevalence of Issues in White British and Minority Ethnic Groups



N (White British) = 1577

N (Minority Ethnic Groups) = 3180

## Comparing White British Young People and Young People from Minority Ethnic Groups (MEG)

The **MEG** group included all the other ethnic categories (excluding those who did not want to say).

- White British Young People proportionally report higher levels of the following issues: Cyber bullying; Pressure to have a sexual relationship; Peer pressure outside school/college; Bullying; Self harm; Personal use of substances; Caring responsibility for others; Suicidal thoughts; Social media pressure; Unhappiness due to the death; Family/household money worries; Relationship problems/issues with family; Relationship problems/issues with friends; Feeling lonely; Issues relating to appearance or body image; and Sleep problems.
- Young People from Minority Ethnic Groups report **more** of the following issues: Discrimination (10%); Peer Pressure in School/College (10%); Eating Problems (19%); and Exam Pressure (57%)

*Full table in Appendix A*



# Issues and sexual orientation

## Sexual Orientation - *see table in Appendix A*

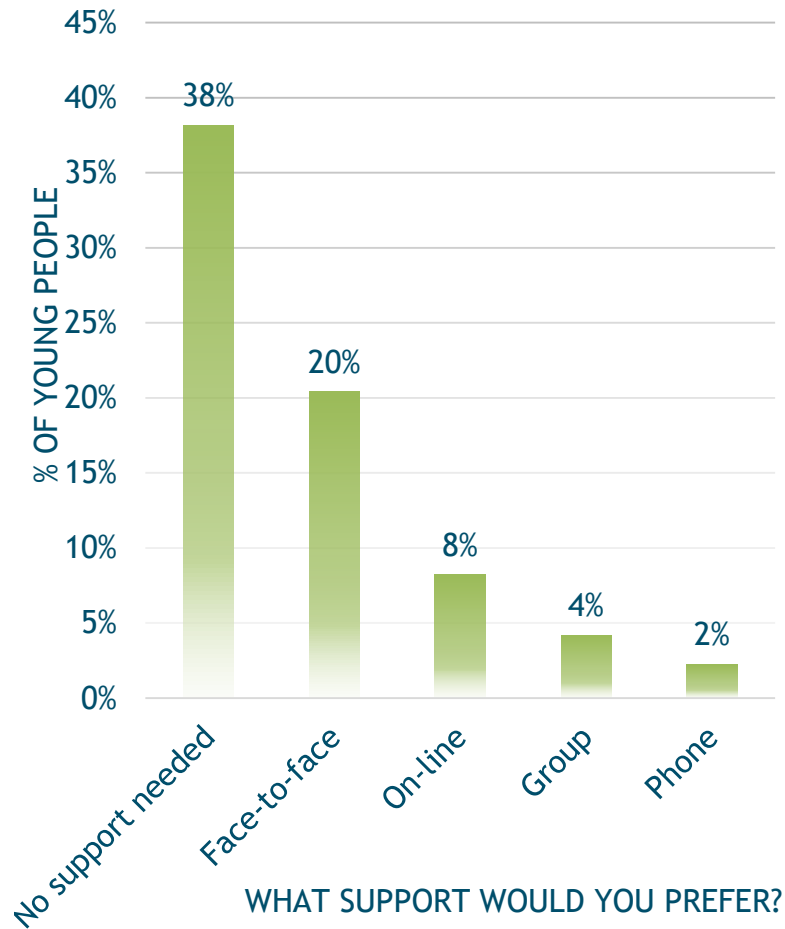
- Proportionally, **more** LGB (Lesbian, Gay and Bisexual) young people report issues when compared to heterosexual young people. These differences are statistically significant for all issues.
- The most reported issue for LGB young people is **Sleep Problems** (63% reporting having experienced this in the last month).
- This is followed closely by **Exam Pressure** (62%), then **Eating Problems** (41%) and **Suicidal Thoughts** (37%).
- The biggest differences between LGB young people and heterosexual young people are:
  - Feeling Lonely (**55%** of LGB young people experienced this compared to **22%** of heterosexual young people),
  - Suicidal Thoughts (**37%** of LGB people compared to **9%** of heterosexual young people).
  - Issues relating to Appearance or Body Image (**50%** of LGB people compared to **25%** of their heterosexual counterparts).
- The least reported issue for LGB young people is **Domestic Violence** (4% reported this issue).

## Family disability, mental ill health, substance misuse - *see table in Appendix A*

- Proportionally, **more** young people with family problems report issues when compared to young people who don't have family problems. These differences are statistically significant for all issues except for Exam Pressure (no differences between the two groups)
- After Exam Pressure, the most reported issue for young people with family problems is **Sleep Problems** (52% reporting having experienced this in the last month).
- This is followed by **Issues relating to Appearance or Body Image** (35%), then **Feeling Lonely** (32%), **Eating Problems** (26%) and **Relationship Problems/Issues with Family** (26%)
- The biggest differences between young people with family problems and those without are:
  - Sleep Problems (**52%** compared to 34%),
  - Relationship issues with Family (**26%** compared to 12%)
- The least reported issue young people with family problems is **Domestic Violence** (2% reported this issue).

# Help and Support

# Support access preferences



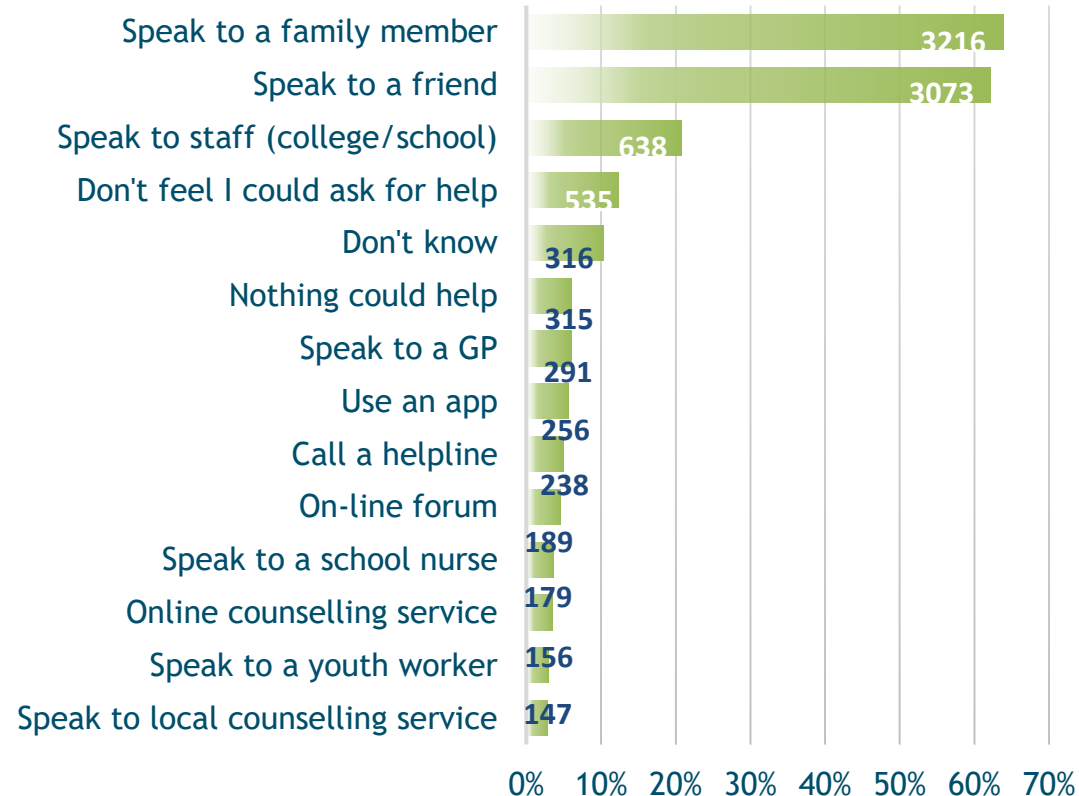
The chart on the left shows the percentages of young people's preferences accessing support.

- **38%** of young people said they did not need support.

For those that wanted support, 20% would prefer it to be **face-to-face**.

When asked about what support is already available to them, young people mention several helplines such as Child Line, NSPCC, Samaritans, CEOP, as well as accessing CAMHS, Off the Record, Sutton Young Carers; college counselling, ELSA counselling; family and friend support, as well as significant others; pastoral/religious help; teachers and school staff, amongst others.

## IF YOU NEEDED HELP, WHAT WOULD YOU DO?



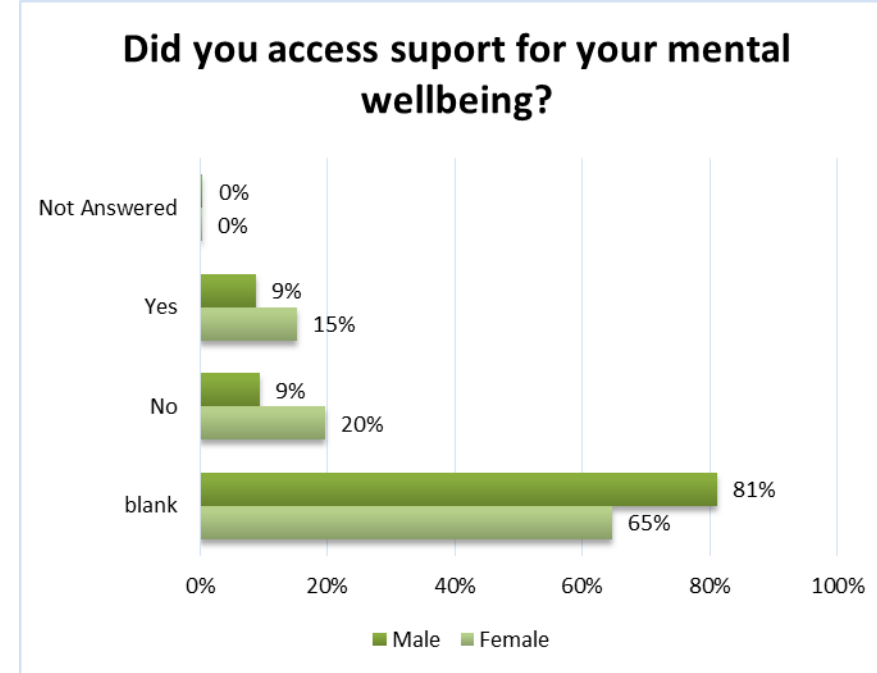
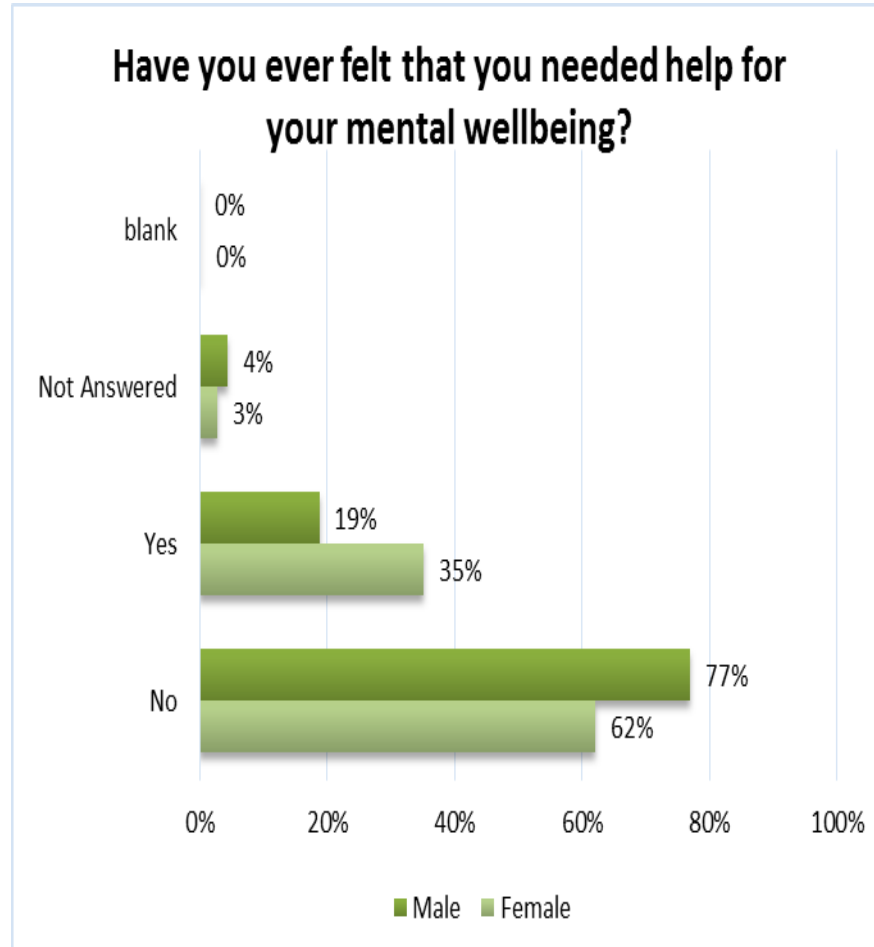
The chart on the left shows the percentages of what young people would do if they needed help because they were feeling unhappy or worried.

Most young people would **speak to a family member** (64%) or **speak to a friend** (62%).

The least preferred actions are **speak to a local counselling service** (2.8%) or **speak to a youth worker** (3%).

Worth noting that 12% (638 young people) said they **do not feel they could ask for help**.

# Needing and accessing support



- About 30% of young people (1493) have felt they needed support for their mental wellbeing.
- 54% (807) of those did not access support.
- Only 20% (468) of females and 9% (153) of males have accessed support for their mental wellbeing. The most common type of support that was accessed was CAMHS and counselling.

# Accessing support (603 Comments)

Asked school nurse and head of year to book an appointment for me

By talking to my mum who phoned the school

Friend told their parent I overdosed, parents told my parents, told school, school safeguarding team

Told CAMHS, took me to A&E.

GP referral to CAMHS, Self-referral to Off The Record as suggested by CAMHS

Drop in session

I phoned my youth worker and she came to my school

I spoke to one of the teachers I could confide in

Heard about it through school then contacted them myself

I went to counselling sessions with Jump Start every week

Mum told the school about my sadness and the school gave me a mentor.

Googled the telephone number, found out about drop in from the GP

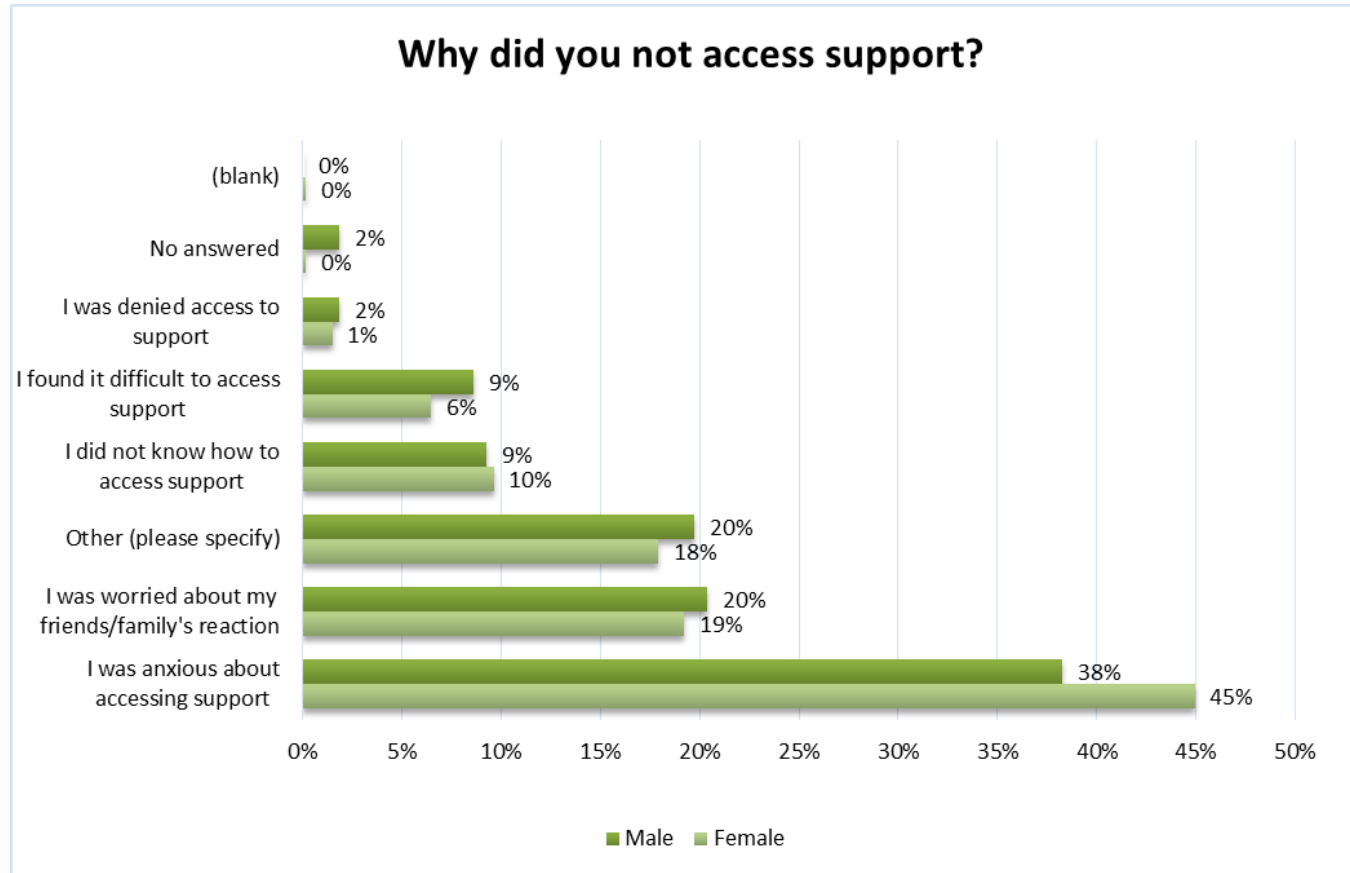
The school entitled me to visit someone in school to support me daily

I watched videos online

I first told my form tutor who thought that Student Support would help me more and have a solution



# Reasons for not accessing support

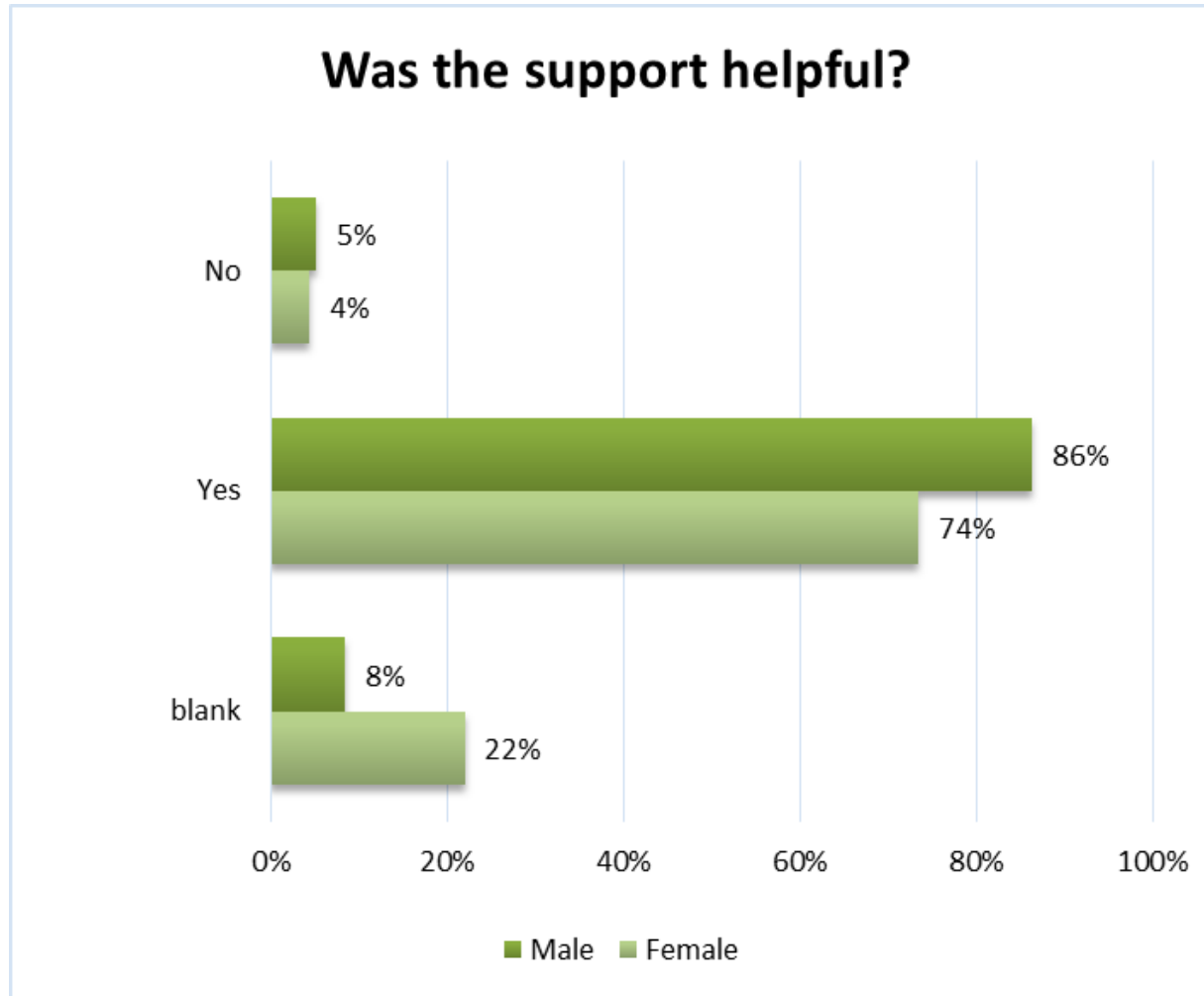


For all respondents the percentages were the following; because they were anxious about accessing support (43%), worried about friends/family reaction (20%) or found it difficult to access support (5%).

Those that did not access support:

- About 31% identified as White British
- About 75% were Female
- About 70% identified as Heterosexual /Straight
- Were 14 years old (on average)
- Had an average Wellbeing score of 18.9
- Scored significantly lower than those who have accessed support

# Helpfulness of support



- About 80% found the support helpful.

## Open-text responses:

When asked about what support young people accessed, they mentioned CAMHS, school counsellors, friends/family, therapy/CBT/counselling, GP appointments and referrals, online services, social services.

Young people also mention that they accessed support by first talking to their families/school staff in order to be directed. Some mention GP referrals to CAMHS services too. Family, school and GPs seemed to be the pathways in order for young people to access support.

# Why support was helpful

Face-to-face is much more effective in my opinion. Don't feel scared to share thoughts like you may be with friends/ family

As I was unable to speak to any family members, they are trained to help people in bad situations

Because they didn't judge and gave me genuine advice

As it allowed me to not bottle up my thoughts

As they told me I was a normal teenager and that there was nothing wrong with me

It was really good to speak to a counsellor. She was very helpful trying to get me to self-help so that I could cope alone

Because I can talk about what triggers me harming myself without a lot of other people knowing or judging

I felt that somebody was there for me and that I'm not completely alone, it also gave me faith and hope for the future

It has taught me more about social communication and what to do in certain situations

They talk to me about how I feel and help me control my emotions and find distractions e.g. listening to music instead of self-harm

Medication helped and I'm getting over my eating disorder

I was able to get things off my chest that I had pent up for years, which helped me a lot

Talking to the district nurse about my problems helped me to open up about how I was feeling to my family

# Why support was unhelpful

I hated therapy. I don't like telling people things in person, it makes me embarrassed. I felt like I couldn't tell her everything I wanted to

12 weeks unfortunately wasn't enough and you can't access more on NHS

Because it was useless. I got nothing out of it

School teachers, those who didn't pass on information, gave me helpful advice. Those who passed on info made everything serious, loads of people know and are involved and it's all more stressful now. Counsellor was passive and I got nothing out of it and I really tried to give it a go. I didn't tend to talk to my friends much about such stuff because it's useless, they're a bit immature and quite inexperienced.

Because they told me to go and see a therapist and this scared me because it made me think the problem was real. I managed to sort it out by myself/with my family without going to the therapist in the end

Couldn't change anything. Made me more sad

Disregarded my eating problems, didn't let me talk as much as I wanted to, didn't advise me on how to feel better

Gave me lots of leaflets that were unapplicable to my age group and diagnosed a medicine that did not work

It came too late

They lied, they understand little, they cannot do much

I couldn't tell them stuff because they would not keep it confidential

My parents had to be informed which made things difficult at home

Because the lady treated me like I was 2 years old and she took me out of fun lessons and I didn't know what she was talking about

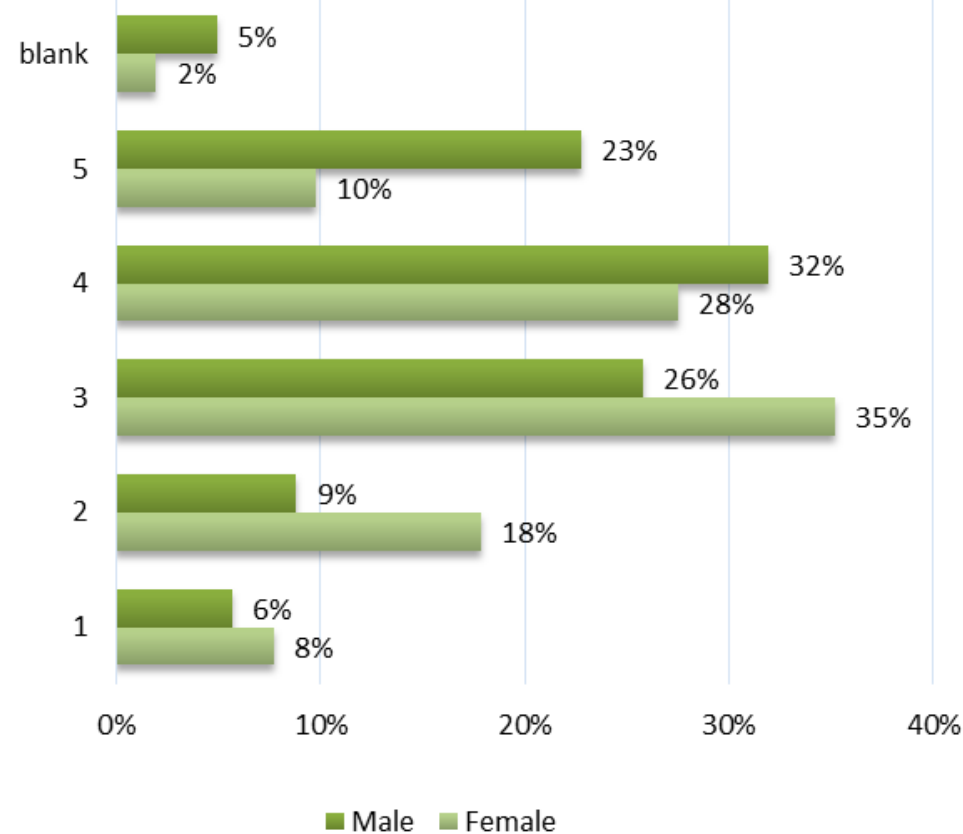
There was a limit of 6 sessions so spent most of it discussing what was going on rather than finding long term solutions.

# Rating school support

Students were asked to rate how well they felt their school/college supports them to have good emotional wellbeing on a scale of 1-5 (1-Not at all, 5- Very well).

- 45% said their college/school supports them **well or very well**.
- 8% said their school/college **does not support them at all**.
- 35% of females rated their school/college 3 out of 5 for its support for good emotional wellbeing. The majority of males (32%) rated their school/college 4 out of 5.

How well you feel your school/college supports you to have good emotional wellbeing? (1- Not at all, 5 - Very Well)



# How schools can improve access

*What could your school/college do to improve access to services that support emotional wellbeing?*

- **39%** felt schools could increase opportunities for discussion about emotional and mental health
- **28%** said their school provides good access.
- **19%** said they would like an increase of in-school/college counselling
- **15%** suggested more external speakers.

# What respondents want to help them

A resting area that is completely separate to the school area so it doesn't feel like a working area

Box for people to write what problems they are having and then regular discussions about them

A break from school to just relax for a bit or go on trips that are educational but do not make you stressed

A buddy so we could talk about the problem

A chance to chat with others with the same problem without being judged by others

External people to talk to who are not associated with me the school-unbiased support

Confidential service accessible during class time (like an out of lessons pass)

A counsellor that I feel comfortable with. At the moment I don't know who she/he is

Good friend to help me and make me feel like nothing wrong

Punch bag

Peer mentor who was my real friend

A speaker to come in and help us deal with problems

An online forum to anonymously discuss problems

Group so you can talk about your worries (without families finding out unless necessary)

A silent room where you can talk to an adult, you trust in and not just a random person moreover they should not be able to tell what you say in the meetings with anyone other than you

A person who has experienced the same problems and you can solve with them

A website that has other people who have also gone through the same things as you to give advice on how they deal with things

Counselling that I was able to access without having to talk to head of year and parents



# What respondents want to help them

I would like to have a person assigned to me and have weekly session with me. I think that everyone in the school should get assigned a person to help them and have weekly meetings. They can cancel if they want to

I would like someone to talk to without worrying they will say everything to my parents. Just give me advice

Have one-to-one discussions with every student so that those with those problems with their emotional wellbeing, they would not have to volunteer and feel self-conscious. They also too may not know that they have problems

Forced counselling sessions as I don't have the confidence to go on my own

To be able to talk to my parents (on the phone) in a private room if I was at school

More external speakers

Free cake, therapy dogs, therapy cats, not having to do homework

I would like a group, without teachers, so we can talk freely and make our own decisions on what to do without the teachers having to know

I would like to speak to someone who won't spread my problems around the school

Friends and family to talk to who would understand and help

Mental Health Days

Nothing because I brush it off and get on with the rest of my day as I usually would, I say to myself that bullies are only saying it because they are nothing but selfish and nasty and if there is anything I could do to help a friend then I would

People who have also experienced it to come to classes like once a month to share their experience and how they overcome it. I would know that I was not alone

Someone that could genuinely be interested in your worries rather than do it because it's their job - not to provide empty comforting words but give genuine help in that context



# Other comments

I cut myself and have attempted suicide before but I managed to stop myself

I feel sad constantly. I feel insecure. I feel that I'm not good enough

All of the 'support' I've gotten has only made me feel alienated. I appreciate these poor attempts at helping, but they aren't and it has become irritating and petty

Although it took a while to get support, I am glad I did as I am a much happier person now

Don't feel comfortable about talking to people

Experiencing exam stress most of the time. But it can be controlled

I am slowly getting better. Relapse is an important part of recovery

I am generally a very optimistic, happy person and am mostly in a good mood all the time

I am too scared to talk to people about it because I am worried about what they think. I have only told very close friends about how I feel

I am in a state of mind where nothing matters as we are all lost in the fabric of time and space and we will all be forgotten when the sun explodes in 4.5 billion years

I don't speak out about my problems, I try to starve myself because I hate the way my body looks

I am always extremely horny I think I need help

Can laugh when I cry. I'm thinking about my life. I don't like myself

I don't feel happy with my body image when I look in the mirror, and I feel like it's so cliché to be sad over something like this

I don't feel normal like other people

I am doing great and have no health issues or well being

I experience panic attacks and when I have them in class/ assembly I don't know what to do. I find them scary and disorientating and feel unsupported at school because of this

I feel awkward to talk about my mental health and well-being because last time I did they laughed

I have found that 'help' is not really very helpful. I am scared rejection. It is now second nature for me to hide my feelings. Nobody suspects anything about my mental health condition. I find it hard to tell people because it might worry them

I'm slowly getting over self-harm, but it has been very upsetting and generally quite difficult. It has been hard to cover it up and when people ask. I either have to lie to them or force myself to tell them

I feel that I have good health and well-being due to a caring environment

I hate being treated like a nutcase and I wish I could just be normal, and I wish my mum would be better at accepting the way I am

It doesn't help that my mum struggles with her mental health

The way my school deals with bullying isn't great at all. In fact in some ways, it makes it worse

I'm good :) Thanks for asking :) I'm physically, emotionally & mentally fit!

I'm very open with my parents and they talk to me. At one point one of my best friends felt suicidal and that made me feel really low. I think that however, things are gradually improving for me as well. I was feeling suicidal a long time ago

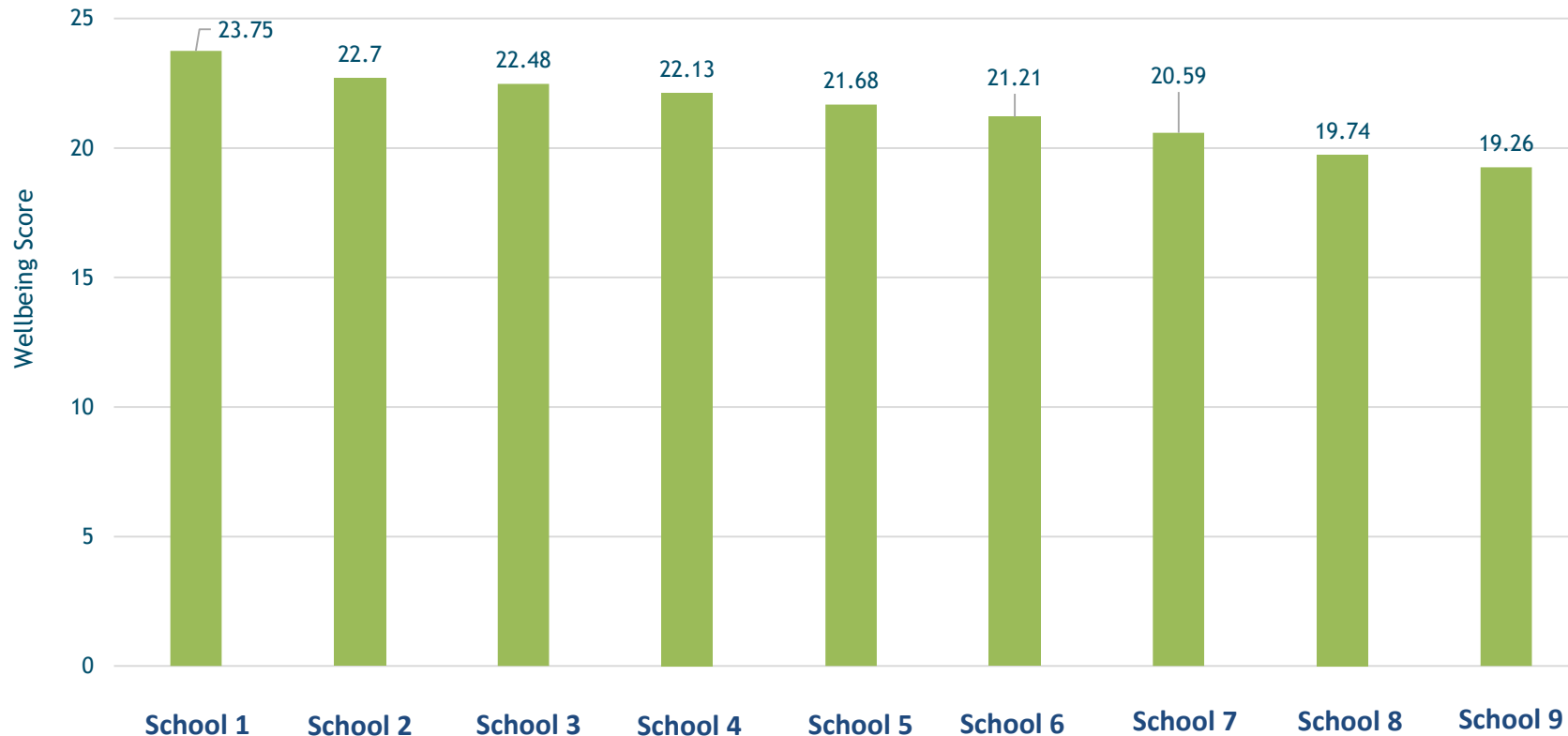
I'm quite overweight (not yet obese) but it really affects my mental wellbeing and makes me feel alone

I feel mostly upset when my parents fight over silly things. It doesn't happen all the time but it's not rare for them to not fight at least once a week

I feel that counselling should be offered more discreetly. The person should be able to choose when to go instead of having 'time slots' in lessons, as these can be embarrassing and draw the attention of class mates

# Schools

# Schools and wellbeing



The chart above shows the **Wellbeing** scores for all the schools (anonymised).

NOTE: Participating schools have a wide variety of students with different needs and backgrounds all of which could have an impact on this scoring and does not necessarily reflect poor support.

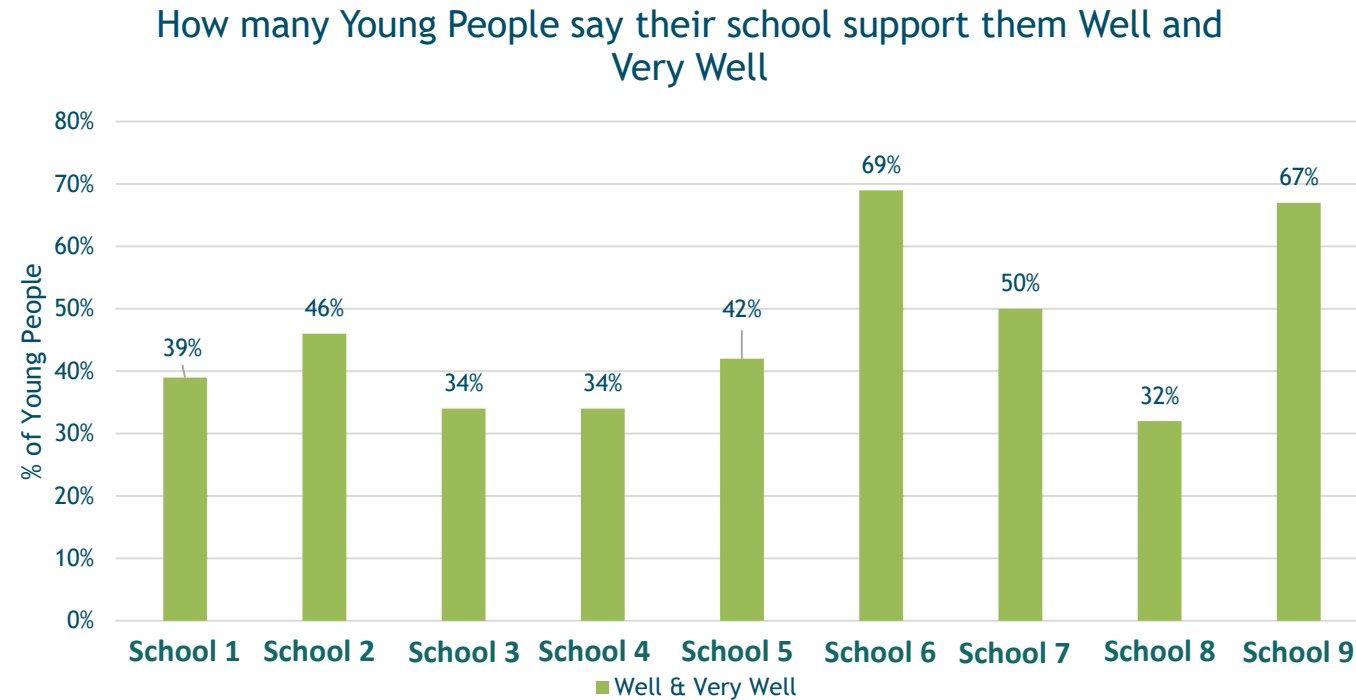
Please rate how well you feel your school/college supports you to have good emotional wellbeing (Scale 1-5, 1 Not at all, 5 Very well)

	School 1	School 2	School 3	School 4	School 5	School 6	School 7	School 8	School 9
Not at all (1)	8%	7%	8%	8%	7%	5%	6%	0%	0%
A bit (2)	21%	12%	19%	15%	10%	8%	7%	<3	0%
Somewhat (3)	31%	32%	36%	38%	29%	17%	26%	44%	33%
Well (4)	29%	31%	27%	25%	27%	37%	25%	16%	40%
Very Well (5)	10%	15%	7%	9%	15%	32%	25%	16%	<3

The table above shows the absolute and relative frequencies of young people who reported how their schools/colleges (anonymised) supported them to have good emotional wellbeing.

NOTE: Participating schools have a wide variety of students with different needs and backgrounds all of which could have an impact on this scoring and does not necessarily reflect poor support.

# Support – well and very well



The chart above shows the percentages of young people who reported how their schools/colleges (anonymised) supported them well and very well to have good emotional wellbeing.

NOTE: Participating schools have a wide variety of students with different needs and backgrounds all of which could have an impact on this scoring and does not necessarily reflect poor support.

# What schools could do

The table below shows the percentages of young people reporting what they think their school or college (anonymised) could do to improve access to services that support emotional wellbeing.

	School 1	School 2	School 3	School 4	School 5	School 6	School 7	School 8	School 9
Increase opportunities for discussion about emotional and mental health	45%	39%	41%	44%	33%	33%	25%	32%	27%
Increase in in-school/college counselling	23%	13%	31%	23%	11%	15%	14%	24%	20%
More external speakers	21%	10%	17%	15%	14%	11%	13%	12%	<3
Nothing. My school provides good access	25%	33%	18%	17%	30%	51%	38%	0%	27%

# Key Findings



# Wellbeing

- Young people who identified as female score significantly lower wellbeing than those who identified as male.
- The wellbeing of young people significantly declines the more hours they spend viewing a screen a day (more than 1-2 hours).
- Wellbeing scores decline by age from 12 - 18 years old (with a slight rise at 17).
- The wellbeing of young people improves significantly the more hours of sleep they have (this was not significant for those sleeping 10 hours or more) .
- Young people with a disability have significantly lower wellbeing than those that do not have a disability
- Young people with someone in the family with a disability, illness, mental ill health or substance misuse, have significantly lower wellbeing than those without one or more of these family issues.

# Issues - General

- 11% (more than 1 in 10) had suicidal thoughts during the last month
- 6% (more than 1 in 20) had experienced self harm in the last month
- 40% (2 in 5) advised that they had experienced sleep problems in the last month
- 26% (1 in 4) had experienced issues relating to appearance or body image
- 25% (1 in 4) of young people state that they have felt lonely in the last month
- 53% (more than 1 in 2) of respondents had experienced exam pressure.
- 14% (1 in 7) advised that they had experienced family/household money worries in the last month
- 13% (1 in 8) stated they had been unhappy due to the death of someone close to them
- 2% (1 in 50) advised that they had experienced cyber bullying

# Issues - Wellbeing impact

The following issues experienced in the last month have the most significant impact on a young person's wellbeing score (in order from most impact):

- Self harm
- Suicidal thoughts
- Feeling lonely
- Relationship problems with family
- Body image/appearance issues

The following issues experienced in the last month have the least significant impact on a young person's wellbeing (in order from least impact):

- Social media pressure
- Discrimination
- Unhappiness due to death/loss
- Cyber bullying
- Bullying

Males reported more:

- Bullying
- Personal Use of Substances
- Pressure to have a sexual relationship
- Domestic Violence
- Discrimination

Females report significantly more for all the other issues with the exception of Peer Pressure Inside School (not a significant difference).

Differences can be seen in the following table:

Issue	Male	Female
Exam pressure	38%	63%
Relationship problems/ issues with friends	11%	21%
Feeling lonely	14%	31%
Issues relating to appearance or body image	14%	34%
Eating problems	13%	22%

The following ethnicities showed the highest wellbeing scores (in order from the highest):

- Indian
- Gypsy or Irish Traveller
- Caribbean
- African
- Black British

The following ethnicities showed the lowest wellbeing scores (in order from the lowest):

- Bangladeshi
- Arab
- Any other Black background
- Chinese
- Pakistani

Comparing Minority ethnic groups and White British people:

- Minority ethnic groups reported significantly more Exam Pressure compared with White people (57% - 47%)
- Minority ethnic groups reported significantly more Discrimination compared with White people (10% - 3%)
- Minority ethnic groups reported more Eating Problems and Peer Pressure in School/College
- White British respondents reported more for all the remaining issues including Personal Use of Substances, Self Harm, Bullying, Unhappiness Due to Death & Relationship Problems with Friends.

# Issues - Lesbian, Gay, Bisexual

LGB (Lesbian, Gay and Bisexual) people and heterosexual people comparison

- LGB young people are four times more likely to have suicidal thought (37% of LGB people compared to 9% of heterosexual people).
- LGB young people are twice as likely to experience issues relating to body image or appearance (50% of LGB people compared to 25% of heterosexual people).
- LGB young people are more than twice as likely to experience loneliness (55% of LGB people compared to 22% of heterosexual people).

People with family member who may need support and those without comparison:

- Young people with someone in the family with a disability, illness, mental ill health or substance misuse are more likely to have sleep problems (52% compared to 34%).
- Young people with someone in the family with a disability, illness, mental ill health or substance misuse are more likely to have relationship issues with their family (26% compared to 12%).

# Support

- Young people would prefer to access support that is face-to-face, followed by online, group and then phone.
- If young people needed help most would speak to family member (64%), followed by speaking to a friend (62%). The next most popular choice is to speak to school/college staff (21%).
- 30% of people said that they had felt that they needed support for their mental wellbeing (19% male, 35% female), however over half (54%) of those did **not** access support.
- For those that needed support but didn't access support, 43% stated they were anxious about accessing support, 20% were worried about their friend/family's reaction and 5% found it difficult to access support.
- Those that needed support but did not access it scored significantly lower on the wellbeing score (18.9).
- 80% of those who accessed support found it helpful
- 45% of young people rated the support provided by their school as 4 or 5 (scale 1-5), however, 8% rated the support as 1. Females rated support less highly than males.
- The percentage of young people that rated their schools support as 4 or 5 varied considerably from school to school (highest percentage 69%, lowest 32%).
- When asked what schools could do to improve access to services, 39% wanted schools to increase opportunities for discussion about emotional and mental health, 19% said they would like an increase in school/college counselling and 15% suggested more external speakers (28% stated their school provides good support).



# Recommendations

# Recommendations

## Following consultation with key stakeholders, the following recommendations have been developed:

- 1 The findings from this report should be used to inform the emerging plans for delivery of the Trailblazer funding allocated to Sutton (Borough) and to support additional emotional support for young people in Sutton
- 2 All secondary schools, from across the Borough, meet up to discuss the findings and actions that can be taken to support young people.
- 3 Use these report findings and undertake further analysis of the data to inform the CAMHS recommissioning specification and process.
- 4 Investigate the potential for a young people's mental health Commissioning Director position, jointly funded by Sutton Council and Sutton CCG (similar to the adult mental health position already in place).
- 5 Use these findings to influence the commissioning intentions of Sutton Council and Sutton CCG
- 6 Develop a Children and Young People's Plan for Sutton.
- 7 Investigate the potential for the Young Commissioners to carry out more in depth analysis into issues concerning access and stigma.
- 8 Share the report with the LSCB Case Review subgroup to look at reasons behind suicides.
- 9 As most young people would speak to their friends or family if there was something affecting their emotional wellbeing, investigate ways to inform and support friends and family so that they can offer effective help.

Thank You

# Thank you

We would like to thank the following people and organisations for making this project possible:

- The 5000+ students who took the time to complete our survey.
- The 9 schools that agreed to take part and all the staff who supported the logistics of delivering the project in their school.
- The Project Steering Group members who helped create the questionnaire and gave advice on the best way to deliver the project.
- The Young Commissioners who piloted the survey and gave useful feedback.
- Child Outcomes Research Consortium for carrying out the statistical analysis of the data.
- The London Borough of Sutton Public Health Team for carrying out further statistical analysis of the data.
- Everyone else who has supported the project and the production of this report.

# Appendices

# Appendices Contents

<b>Appendix A - CORC Analysis Appendix.....</b>	<b>82</b>
About CORC.....	83
SWEMWBS - England norms (2011).....	84
Issues compared: ethnicity.....	85
Issues compared: gender.....	86
Issues compared: sexual orientation.....	87
Issues compared: family.....	88
Wellbeing and age.....	89
Wellbeing and screen use - ANOVA....	90
Wellbeing and sleep time - ANOVA.....	91
Wellbeing comparators (t-test)....	92
Differences in Wellbeing scores (1)....	93
Differences in Wellbeing scores (2)....	94
Wellbeing scores across schools (1)....	95

Issues that affect you the most (1 <sup>st</sup> ).....	96
Issues that affect you the most (2 <sup>nd</sup> )..	97
Issues that affect you the most (3 <sup>rd</sup> )...	98
Issues by age - Age 11.....	99
Issues by age - Age 12.....	100
Issues by age - Age 13.....	101
Issues by age - Age 14.....	102
Issues by age - Age 15.....	103
Issues by age - Age 16.....	104
Issues by age - Age 17.....	105
Issues by age - Age 18.....	106
Issues by age - Age 19.....	107
<b>Appendix B - Survey.....</b>	<b>108</b>
Survey.....	109

# Appendix A

## CORC Analysis

### Appendix

# About CORC

The Child Outcomes Research Consortium (CORC) is the UK's leading membership organisation that collects and uses evidence to improve children and young people's mental health and wellbeing.

Founded in 2002 by a group of mental health professionals determined to understand the impact of their work, today our members include mental health service providers, schools, professional bodies and research institutions from across Europe and beyond.

We analyse and interpret data relating to mental health and wellbeing outcomes of more than 400,000 children and young people in the UK, representing the largest data set of this kind worldwide.

The latest news and resources can be found on the CORC website:  
[www.corc.uk.net](http://www.corc.uk.net)

1st Floor Jordan House,  
47 Brunswick Place, London, N1 6EB  
020 7443 2225  
[CORC@annafreud.org](mailto:CORC@annafreud.org)



# SWEMWBS – England norms (2011)

## SWEMWBS Population Norms in Health Survey for England data (2011 )

<https://digital.nhs.uk/data-and-information/publications/statistical/health-survey-for-england>

N (Valid)	7196		Skewness	0.177		Minimum	7
Mean	23.61		SE Skewness	0.029		Maximum	35
SE Mean	0.046		Kurtosis	1.451		Percentile 25	21.54
Median	23.21		SE Kurtosis	0.058		Percentile 50	23.21
SD	3.90					Percentile 75	26.02

Short Warwick Edinburgh Mental Well-Being Scale (SWEMWBS) © NHS Health Scotland, University of Warwick and University of Edinburgh, 2008, all rights reserved

# Issues compared: ethnicity

Issues	White British	%	MEG	%
1. Sleep problems	678	43%	1247	39%
2. Bullying	98	6%	138	4%
3. Cyber bullying	45	3%	60	2%
4. Eating problems	291	18%	611	19%
5. Peer pressure in school/college	144	9%	315	10%
6. Peer pressure outside school/college	90	6%	156	5%
7. Personal use of substances	143	9%	122	4%
8. Exam pressure	749	47%	1818	57%
9. Pressure to have a sexual relationship	53	3%	64	2%
10. Relationship problems/issues with family	274	17%	499	16%
11. Relationship problems/issues with friends	321	20%	513	16%
12. Domestic violence	19	1%	39	1%
13. Self harm	124	8%	139	4%
14. Suicidal thoughts	185	12%	329	10%
15. Not being accepted	221	14%	447	14%
16. Social media pressure	219	14%	346	11%
17. Family/household money worries	237	15%	434	14%
18. Caring responsibility for others	179	11%	332	10%
19. Feeling lonely	424	27%	763	24%
20. Issues relating to appearance or body image	442	28%	831	26%
21. Discrimination	52	3%	306	10%
22. Unhappiness due to the death	229	15%	362	11%

**White:** White British ; **MEG:** all other ethnic categories excluding those who did not say

# Issues compared: gender

Issues	Male		Female		$\chi^2$	df	p
1. Sleep problems	600	35%	1331	43%	33.21	1	< .0001
2. Bullying	108	6%	128	4%	9.91	1	.0016
3. Cyber bullying	41	2%	62	2%	0.52	1	.4727
4. Eating problems (e.g. eating too little, making yourself sick, over-eating)	226	13%	687	22%	60.92	1	< .0001
5. Peer pressure in school/college	161	9%	293	10%	0.03	1	.856
6. Peer pressure outside school/college	87	5%	154	5%	0.00	1	.9635
7. Personal use of substances (i.e. alcohol, drugs or other substances)	110	6%	149	5%	4.74	1	.0294
8. Exam pressure	651	38%	1938	63%	284.96	1	< .0001
9. Pressure to have a sexual relationship	53	3%	61	2%	5.16	1	.0231
10. Relationship problems/issues with family	197	11%	575	19%	43.04	1	< .0001
11. Relationship problems/issues with friends	191	11%	643	21%	74.09	1	< .0001
12. Domestic violence	32	2%	23	1%	10.97	1	.0009
13. Self harm	65	4%	189	6%	12.06	1	.0005
14. Suicidal thoughts	135	8%	372	12%	21.00	1	< .0001
15. Not being accepted or being excluded by those around you (including SM)	173	10%	494	16%	33.31	1	< .0001
16. Social media pressure (including fear of missing out)	131	8%	429	14%	42.88	1	< .0001
17. Family/household money worries	169	10%	505	16%	38.82	1	< .0001
18. Caring responsibility for others	139	8%	375	12%	19.46	1	< .0001
19. Feeling lonely	247	14%	937	31%	154.81	1	< .0001
20. Issues relating to appearance or body image	236	14%	1035	34%	111.34	1	< .0001
21. Discrimination (e.g. race, ethnicity, religion, disability, financial/social status, etc.)	150	9%	197	6%	8.24	1	.0041
22. Unhappiness due to the death or loss of someone close to you	177	10%	423	14%	12.12	1	.0005
	N	1724		3070			

# Issues compared: sexual orientation

Issues	Heterosexual/Straight		LGB*		$\chi^2$	df	p
	N	%	N	%			
1. Sleep problems	1516	39%	207	63%	68.83	1	< .0001
2. Bullying	173	4%	24	7%	4.75	1	.0293
3. Cyber bullying	70	2%	19	6%	21.03	1	< .0001
4. Eating problems (e.g. eating too little, making yourself sick, over-eating)	675	17%	136	41%	108.88	1	< .0001
5. Peer pressure in school/college	358	9%	44	13%	5.42	1	.0199
6. Peer pressure outside school/college	192	5%	35	11%	17.90	1	< .0001
7. Personal use of substances (i.e. alcohol, drugs or other substances)	200	5%	52	16%	58.68	1	< .0001
8. Exam pressure	2105	54%	205	62%	7.09	1	.0078
9. Pressure to have a sexual relationship	93	2%	21	6%	16.62	1	< .0001
10. Relationship problems/issues with family	597	15%	115	35%	80.21	1	< .0001
11. Relationship problems/issues with friends	617	16%	107	32%	56.84	1	< .0001
12. Domestic violence	38	1%	13	4%	19.80	1	< .0001
13. Self harm	175	5%	60	18%	104.97	1	< .0001
14. Suicidal thoughts	332	9%	123	37%	256.44	1	< .0001
15. Not being accepted or being excluded by those around you (including SM)	500	13%	83	25%	37.12	1	< .0001
16. Social media pressure (including fear of missing out)	425	11%	80	24%	49.39	1	< .0001
17. Family/household money worries	537	14%	78	24%	22.46	1	< .0001
18. Caring responsibility for others	378	10%	69	21%	100.82	1	< .0001
19. Feeling lonely	840	22%	183	55%	186.28	1	< .0001
20. Issues relating to appearance or body image	975	25%	165	50%	93.47	1	< .0001
21. Discrimination (e.g. race, ethnicity, religion, financial/social status, etc.)	287	7%	43	13%	12.51	1	.0004
22. Unhappiness due to the death or loss of someone close to you	485	12%	60	18%	8.14	1	.0043
	N	3885	331				

\* Considered LGB: gay man, gay woman/lesbian, bi, and self-described

# Issues compared: family

Issues	Family issues		No issues		$\chi^2$	df	p
1. Sleep problems	691	52%	1032	34%	114.10	1	<.0001
2. Bullying	93	7%	103	3%	25.72	1	<.0001
3. Cyber bullying	42	3%	53	2%	7.50	1	<.0062
4. Eating problems (e.g. eating too little, making yourself sick, over-eating)	351	26%	455	15%	74.14	1	<.0001
5. Peer pressure in school/college	158	12%	247	8%	13.55	1	.0002
6. Peer pressure outside school/college	105	8%	114	4%	30.78	1	<.0001
7. Personal use of substances (i.e. alcohol, drugs or other substances)	130	10%	117	4%	57.20	1	<.0001
8. Exam pressure	733	55%	1594	53%	0.94	1	.3318
9. Pressure to have a sexual relationship	44	3%	60	2%	6.02	1	.0141
10. Relationship problems/issues with family	346	26%	346	12%	140.53	1	<.0001
11. Relationship problems/issues with friends	320	24%	403	13%	72.43	1	<.0001
12. Domestic violence	28	2%	25	1%	11.14	1	.0008
13. Self harm	118	9%	120	4%	40.51	1	<.0001
14. Suicidal thoughts	215	16%	239	8%	63.94	1	<.0001
15. Not being accepted or being excluded by those around you (including SM)	233	17%	357	12%	23.46	1	<.0001
16. Social media pressure (including fear of missing out)	200	15%	315	10%	17.06	1	<.0001
17. Family/household money worries	300	22%	314	10%	107.82	1	<.0001
18. Caring responsibility for others	226	17%	218	7%	92.22	1	<.0001
19. Feeling lonely	422	32%	632	21%	54.57	1	<.0001
20. Issues relating to appearance or body image	464	35%	678	23%	68.94	1	<.0001
21. Discrimination (e.g. race, ethnicity, religion, disability, financial/social status, etc.)	128	10%	185	6%	15.47	1	<.0001
22. Unhappiness due to the death or loss of someone close to you	242	18%	273	9%	70.55	1	<.0001
	N	1339		3002			

	AGE 10	AGE 11	AGE 12	AGE 13	AGE 14	AGE 15	AGE 16	AGE 17	AGE 18	AGE 19
N		294	991	950	876	463	320	532	240	55
Mean	Fewer	22.58	22.77	22.11	21.83	21.10	20.89	21.34	20.59	23.03
Median		23.21	22.35	21.54	21.54	20.73	20.73	20.73	19.98	22.35
Standard Deviation	Than	4.01	3.91	4.02	4.14	4.23	4.02	4.06	3.49	5.75
Range		28	28	28	28	28	28	25.49	21.67	28
Minimum	2 YP	7	7	7	7	7	7	9.51	13.33	7
Maximum		35	35	35	35	35	35	35	35	35

The table above shows the descriptive statistics of positive wellbeing scores by age groups

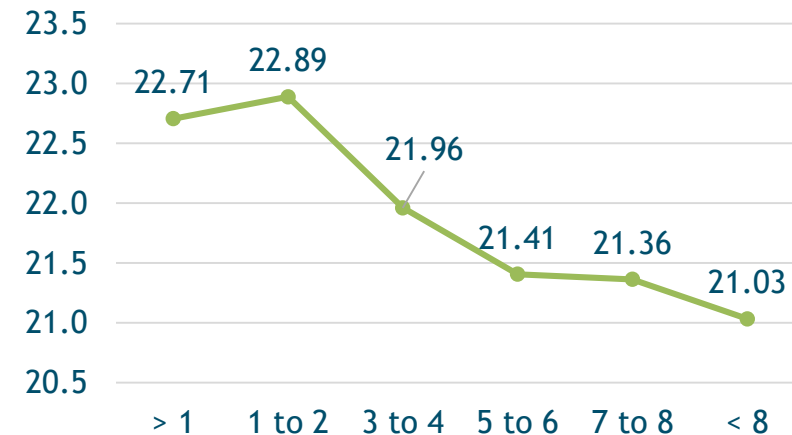
Short Warwick Edinburgh Mental Well-Being Scale (SWEMWBS) © NHS Health Scotland, University of Warwick and University of Edinburgh, 2008, all rights reserved

# Wellbeing and screen use - ANOVA

A one-way ANOVA was conducted to compare the effect of screen use on positive wellbeing. The table below shows the means, standard deviations (SD), standard errors (SE) and Confidence Intervals (CI) for the ANOVA test.

Screen Use	N	Mean	SD	SE	CI Lower Bound	CI Upper Bound
<1	154	22.71	5.06	0.41	21.90	23.51
1 to 2	905	22.89	4.14	0.14	22.62	23.16
3 to 4	1648	21.96	3.73	0.09	21.78	22.14
5 to 6	1186	21.41	3.93	0.11	21.18	21.63
7 to 8	410	21.36	4.11	0.20	20.97	21.76
>8	492	21.03	4.78	0.22	20.61	21.46
Total	4795	21.88	4.10	0.06	21.76	21.99

Positive Wellbeing Scores for Screen Use (in hours) Groups



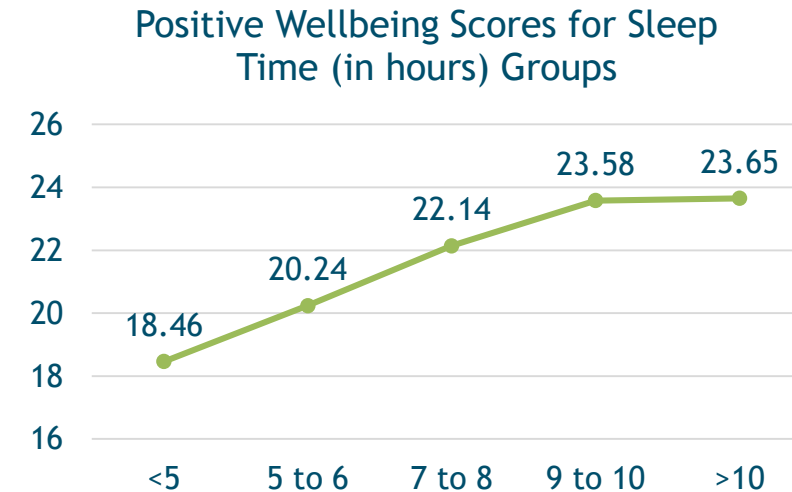
There was a significant effect of screen time on positive wellbeing for the six groups,  $F(5, 4789) = 21.45$ ,  $p < .0001$ . The chart above plots the means of positive wellbeing scores for the six different groups of screen time.

Short Warwick Edinburgh Mental Well-Being Scale (SWEMWBS) © NHS Health Scotland, University of Warwick and University of Edinburgh, 2008, all rights reserved

# Wellbeing and sleep time - ANOVA

A one-way ANOVA was conducted to compare the effect of sleep time on positive wellbeing. The table below shows the means, standard deviations (SD), standard errors (SE) and Confidence Intervals (CI) for the ANOVA test.

Screen Use	N	Mean	SD	SE	CI Lower Bound	CI Upper Bound
<5	262	18.46	4.48	0.28	17.92	19.01
5 to 6	993	20.24	3.72	0.12	20.01	20.47
7 to 8	2419	22.14	3.81	0.08	21.99	22.29
9 to 10	1007	23.58	3.85	0.12	23.34	23.82
>10	116	23.65	4.78	0.44	22.78	24.53
Total	4797	21.89	4.10	0.06	21.77	22.00



There was a significant effect of sleep time on positive wellbeing for the five groups,  $F(4, 4782) = 153.74$ ,  $p < .0001$ . The chart above plots the means of positive wellbeing scores for the five different groups of screen time.

Short Warwick Edinburgh Mental Well-Being Scale (SWEMWBS) © NHS Health Scotland, University of Warwick and University of Edinburgh, 2008, all rights reserved



# Wellbeing comparators (t-tests)

Independent sample t-tests were conducted to ascertain differences in the scores of positive wellbeing between young people who have a long term condition/disability and those who do not. Young people with no disability scored **significantly higher** ( $M = 22.10$ ,  $SD = 3.99$ ) than those who had ( $M = 20.67$ ,  $SD = 4.54$ ),  $t(4476) = 3.297$ ,  $p < .0001$ .

We compared those who had a family member with a disability, illness, mental ill health or substance misuses condition, and those who did not. Those with no did not have family member issues scored **significantly higher** on positive wellbeing ( $M = 22.35$ ,  $SD = 4.10$ ) than those who had ( $M = 21.20$ ,  $SD = 3.99$ ),  $t(4202) = -8.432$ ,  $p < .0001$ .

Statistically significant differences were found in the mean scores of positive wellbeing between young people who identified as Male ( $M = 23.13$ ,  $SD = 4.14$ ) and Young People who identified as female ( $M = 21.24$ ,  $SD = 3.85$ ), with the former **scoring significantly higher**,  $t(4630) = 15.531$ ,  $p < .0001$ .

Short Warwick Edinburgh Mental Well-Being Scale (SWEMWBS) © NHS Health Scotland, University of Warwick and University of Edinburgh, 2008, all rights reserved

# Differences in Wellbeing scores (1)

		N	M	SD	t	df	p	Lower CI	Upper CI	Hedges' g	Cohen's d
1. Sleep problems	Experienced	2019	20.30	3.67	-24.30	4588.31	<.0001	-2.90	-2.47	0.69	0.70
	Have not Experienced	2936	22.98	4.03							
2. Bullying	Experienced	252	20.25	3.90	.6.528	4953.00	<.0001	-2.24	-1.21	0.42	0.43
	Have not Experienced	4703	21.97	4.10							
3. Cyber bullying	Experienced	113	20.24	4.64	-4.32	4953.00	<.0001	-2.45	-0.92	0.41	0.39
	Have not Experienced	4842	21.93	4.08							
4. Eating problems	Experienced	960	19.53	3.84	-20.60	4953.00	<.0001	-3.20	-2.64	0.74	0.75
	Have not Experienced	3995	22.45	3.97							
5. Peer pressure inside	Experienced	483	20.10	3.87	-10.16	4953.00	<.0001	-2.36	-1.60	0.49	0.50
	Have not Experienced	4472	22.08	4.08							
6. Peer pressure outside	Experienced	264	19.56	4.27	-9.55	4953.00	<.0001	-2.96	-1.95	0.60	0.59
	Have not Experienced	4691	22.02	4.06							
7. Use of substances	Experienced	278	19.95	4.43	-8.17	4953.00	<.0001	-2.55	-1.56	0.50	0.48
	Have not Experienced	4677	22.00	4.06							
8. Exam pressure	Experienced	2667	20.99	3.65	-16.96	4480.09	<.0001	-2.18	-1.73	0.49	0.49
	Have not Experienced	2288	22.94	4.35							
9. Pressure to have a sexual relationship	Experienced	123	19.77	5.03	-4.75	126.09	<.0001	-3.08	-1.27	0.53	0.48
	Have not Experienced	4832	21.94	4.07							
10. Relationship problems (family)	Experienced	814	19.18	3.56	-23.25	1250.18	<.0001	-3.51	-2.97	0.83	0.86
	Have not Experienced	4141	22.42	3.99							
11. Relationship problems (friends)	Experienced	868	19.77	3.80	-17.91	1314.78	<.0001	-2.85	-2.29	0.64	0.66
	Have not Experienced	4087	22.34	4.03							

# Differences in Wellbeing scores (2)

		N	M	SD	t	df	p	Lower CI	Upper CI	Hedges' g	Cohen's d																																																																																																																																																								
12. Domestic violence	Experienced	62	19.22	5.63	-3.77	61.81	<.0001	-4.14	-1.27	0.66	0.55																																																																																																																																																								
	Have not Experienced	4893	21.92	4.07								13. Self harm	Experienced	281	17.96	3.95	-17.14	315.37	<.0001	-4.64	-3.68	1.04	1.05	Have not Experienced	4674	22.12	3.99	14. Suicidal thoughts	Experienced	547	18.29	3.66	-24.21	721.31	<.0001	-4.38	-3.72	1.04	1.07	Have not Experienced	4408	22.33	3.93	15. Not being accepted	Experienced	700	19.44	3.78	-18.33	978.13	<.0001	-3.15	-2.54	0.72	0.73	Have not Experienced	4255	22.29	4.02	16. Social media pressure	Experienced	590	19.66	4.00	-14.43	759.92	<.0001	-2.88	-2.19	0.30	0.16	Have not Experienced	4365	22.19	4.03	17. Family/household money worries	Experienced	705	19.63	3.93	-16.18	4953.00	<.0001	-2.95	-2.31	0.66	0.66	Have not Experienced	4250	22.26	4.01	18. Caring responsibility for others	Experienced	537	20.27	3.96	-9.78	4953.00	<.0001	-2.18	-1.45	0.45	0.45	Have not Experienced	4418	22.08	4.08	19. Feeling lonely	Experienced	1237	19.11	3.43	-31.82	2378.40	<.0001	-3.93	-3.48	0.98	1.01	Have not Experienced	3718	22.81	3.89	20. Issues appearance/body image	Experienced	1318	19.56	3.58	-26.81	2559.48	<.0001	-3.41	-2.94	0.82	0.84	Have not Experienced	3637	22.73	3.96	21. Discrimination	Experienced	391	20.51	4.29	-6.94	4953.00	<.0001	-1.94	-1.05	0.37	0.36	Have not Experienced	4564	22.00	4.07	22. Unhappiness due to the death/loss	Experienced	630	20.56	4.22	-8.76	4953.00	<.0001
13. Self harm	Experienced	281	17.96	3.95	-17.14	315.37	<.0001	-4.64	-3.68	1.04	1.05																																																																																																																																																								
	Have not Experienced	4674	22.12	3.99								14. Suicidal thoughts	Experienced	547	18.29	3.66	-24.21	721.31	<.0001	-4.38	-3.72	1.04	1.07	Have not Experienced	4408	22.33	3.93	15. Not being accepted	Experienced	700	19.44	3.78	-18.33	978.13	<.0001	-3.15	-2.54	0.72	0.73	Have not Experienced	4255	22.29	4.02	16. Social media pressure	Experienced	590	19.66	4.00	-14.43	759.92	<.0001	-2.88	-2.19	0.30	0.16	Have not Experienced	4365	22.19	4.03	17. Family/household money worries	Experienced	705	19.63	3.93	-16.18	4953.00	<.0001	-2.95	-2.31	0.66	0.66	Have not Experienced	4250	22.26	4.01	18. Caring responsibility for others	Experienced	537	20.27	3.96	-9.78	4953.00	<.0001	-2.18	-1.45	0.45	0.45	Have not Experienced	4418	22.08	4.08	19. Feeling lonely	Experienced	1237	19.11	3.43	-31.82	2378.40	<.0001	-3.93	-3.48	0.98	1.01	Have not Experienced	3718	22.81	3.89	20. Issues appearance/body image	Experienced	1318	19.56	3.58	-26.81	2559.48	<.0001	-3.41	-2.94	0.82	0.84	Have not Experienced	3637	22.73	3.96	21. Discrimination	Experienced	391	20.51	4.29	-6.94	4953.00	<.0001	-1.94	-1.05	0.37	0.36	Have not Experienced	4564	22.00	4.07	22. Unhappiness due to the death/loss	Experienced	630	20.56	4.22	-8.76	4953.00	<.0001	-1.86	-1.18	0.37	0.37	Have not Experienced	4325	22.08	4.05								
14. Suicidal thoughts	Experienced	547	18.29	3.66	-24.21	721.31	<.0001	-4.38	-3.72	1.04	1.07																																																																																																																																																								
	Have not Experienced	4408	22.33	3.93								15. Not being accepted	Experienced	700	19.44	3.78	-18.33	978.13	<.0001	-3.15	-2.54	0.72	0.73	Have not Experienced	4255	22.29	4.02	16. Social media pressure	Experienced	590	19.66	4.00	-14.43	759.92	<.0001	-2.88	-2.19	0.30	0.16	Have not Experienced	4365	22.19	4.03	17. Family/household money worries	Experienced	705	19.63	3.93	-16.18	4953.00	<.0001	-2.95	-2.31	0.66	0.66	Have not Experienced	4250	22.26	4.01	18. Caring responsibility for others	Experienced	537	20.27	3.96	-9.78	4953.00	<.0001	-2.18	-1.45	0.45	0.45	Have not Experienced	4418	22.08	4.08	19. Feeling lonely	Experienced	1237	19.11	3.43	-31.82	2378.40	<.0001	-3.93	-3.48	0.98	1.01	Have not Experienced	3718	22.81	3.89	20. Issues appearance/body image	Experienced	1318	19.56	3.58	-26.81	2559.48	<.0001	-3.41	-2.94	0.82	0.84	Have not Experienced	3637	22.73	3.96	21. Discrimination	Experienced	391	20.51	4.29	-6.94	4953.00	<.0001	-1.94	-1.05	0.37	0.36	Have not Experienced	4564	22.00	4.07	22. Unhappiness due to the death/loss	Experienced	630	20.56	4.22	-8.76	4953.00	<.0001	-1.86	-1.18	0.37	0.37	Have not Experienced	4325	22.08	4.05																								
15. Not being accepted	Experienced	700	19.44	3.78	-18.33	978.13	<.0001	-3.15	-2.54	0.72	0.73																																																																																																																																																								
	Have not Experienced	4255	22.29	4.02								16. Social media pressure	Experienced	590	19.66	4.00	-14.43	759.92	<.0001	-2.88	-2.19	0.30	0.16	Have not Experienced	4365	22.19	4.03	17. Family/household money worries	Experienced	705	19.63	3.93	-16.18	4953.00	<.0001	-2.95	-2.31	0.66	0.66	Have not Experienced	4250	22.26	4.01	18. Caring responsibility for others	Experienced	537	20.27	3.96	-9.78	4953.00	<.0001	-2.18	-1.45	0.45	0.45	Have not Experienced	4418	22.08	4.08	19. Feeling lonely	Experienced	1237	19.11	3.43	-31.82	2378.40	<.0001	-3.93	-3.48	0.98	1.01	Have not Experienced	3718	22.81	3.89	20. Issues appearance/body image	Experienced	1318	19.56	3.58	-26.81	2559.48	<.0001	-3.41	-2.94	0.82	0.84	Have not Experienced	3637	22.73	3.96	21. Discrimination	Experienced	391	20.51	4.29	-6.94	4953.00	<.0001	-1.94	-1.05	0.37	0.36	Have not Experienced	4564	22.00	4.07	22. Unhappiness due to the death/loss	Experienced	630	20.56	4.22	-8.76	4953.00	<.0001	-1.86	-1.18	0.37	0.37	Have not Experienced	4325	22.08	4.05																																								
16. Social media pressure	Experienced	590	19.66	4.00	-14.43	759.92	<.0001	-2.88	-2.19	0.30	0.16																																																																																																																																																								
	Have not Experienced	4365	22.19	4.03								17. Family/household money worries	Experienced	705	19.63	3.93	-16.18	4953.00	<.0001	-2.95	-2.31	0.66	0.66	Have not Experienced	4250	22.26	4.01	18. Caring responsibility for others	Experienced	537	20.27	3.96	-9.78	4953.00	<.0001	-2.18	-1.45	0.45	0.45	Have not Experienced	4418	22.08	4.08	19. Feeling lonely	Experienced	1237	19.11	3.43	-31.82	2378.40	<.0001	-3.93	-3.48	0.98	1.01	Have not Experienced	3718	22.81	3.89	20. Issues appearance/body image	Experienced	1318	19.56	3.58	-26.81	2559.48	<.0001	-3.41	-2.94	0.82	0.84	Have not Experienced	3637	22.73	3.96	21. Discrimination	Experienced	391	20.51	4.29	-6.94	4953.00	<.0001	-1.94	-1.05	0.37	0.36	Have not Experienced	4564	22.00	4.07	22. Unhappiness due to the death/loss	Experienced	630	20.56	4.22	-8.76	4953.00	<.0001	-1.86	-1.18	0.37	0.37	Have not Experienced	4325	22.08	4.05																																																								
17. Family/household money worries	Experienced	705	19.63	3.93	-16.18	4953.00	<.0001	-2.95	-2.31	0.66	0.66																																																																																																																																																								
	Have not Experienced	4250	22.26	4.01								18. Caring responsibility for others	Experienced	537	20.27	3.96	-9.78	4953.00	<.0001	-2.18	-1.45	0.45	0.45	Have not Experienced	4418	22.08	4.08	19. Feeling lonely	Experienced	1237	19.11	3.43	-31.82	2378.40	<.0001	-3.93	-3.48	0.98	1.01	Have not Experienced	3718	22.81	3.89	20. Issues appearance/body image	Experienced	1318	19.56	3.58	-26.81	2559.48	<.0001	-3.41	-2.94	0.82	0.84	Have not Experienced	3637	22.73	3.96	21. Discrimination	Experienced	391	20.51	4.29	-6.94	4953.00	<.0001	-1.94	-1.05	0.37	0.36	Have not Experienced	4564	22.00	4.07	22. Unhappiness due to the death/loss	Experienced	630	20.56	4.22	-8.76	4953.00	<.0001	-1.86	-1.18	0.37	0.37	Have not Experienced	4325	22.08	4.05																																																																								
18. Caring responsibility for others	Experienced	537	20.27	3.96	-9.78	4953.00	<.0001	-2.18	-1.45	0.45	0.45																																																																																																																																																								
	Have not Experienced	4418	22.08	4.08								19. Feeling lonely	Experienced	1237	19.11	3.43	-31.82	2378.40	<.0001	-3.93	-3.48	0.98	1.01	Have not Experienced	3718	22.81	3.89	20. Issues appearance/body image	Experienced	1318	19.56	3.58	-26.81	2559.48	<.0001	-3.41	-2.94	0.82	0.84	Have not Experienced	3637	22.73	3.96	21. Discrimination	Experienced	391	20.51	4.29	-6.94	4953.00	<.0001	-1.94	-1.05	0.37	0.36	Have not Experienced	4564	22.00	4.07	22. Unhappiness due to the death/loss	Experienced	630	20.56	4.22	-8.76	4953.00	<.0001	-1.86	-1.18	0.37	0.37	Have not Experienced	4325	22.08	4.05																																																																																								
19. Feeling lonely	Experienced	1237	19.11	3.43	-31.82	2378.40	<.0001	-3.93	-3.48	0.98	1.01																																																																																																																																																								
	Have not Experienced	3718	22.81	3.89								20. Issues appearance/body image	Experienced	1318	19.56	3.58	-26.81	2559.48	<.0001	-3.41	-2.94	0.82	0.84	Have not Experienced	3637	22.73	3.96	21. Discrimination	Experienced	391	20.51	4.29	-6.94	4953.00	<.0001	-1.94	-1.05	0.37	0.36	Have not Experienced	4564	22.00	4.07	22. Unhappiness due to the death/loss	Experienced	630	20.56	4.22	-8.76	4953.00	<.0001	-1.86	-1.18	0.37	0.37	Have not Experienced	4325	22.08	4.05																																																																																																								
20. Issues appearance/body image	Experienced	1318	19.56	3.58	-26.81	2559.48	<.0001	-3.41	-2.94	0.82	0.84																																																																																																																																																								
	Have not Experienced	3637	22.73	3.96								21. Discrimination	Experienced	391	20.51	4.29	-6.94	4953.00	<.0001	-1.94	-1.05	0.37	0.36	Have not Experienced	4564	22.00	4.07	22. Unhappiness due to the death/loss	Experienced	630	20.56	4.22	-8.76	4953.00	<.0001	-1.86	-1.18	0.37	0.37	Have not Experienced	4325	22.08	4.05																																																																																																																								
21. Discrimination	Experienced	391	20.51	4.29	-6.94	4953.00	<.0001	-1.94	-1.05	0.37	0.36																																																																																																																																																								
	Have not Experienced	4564	22.00	4.07								22. Unhappiness due to the death/loss	Experienced	630	20.56	4.22	-8.76	4953.00	<.0001	-1.86	-1.18	0.37	0.37	Have not Experienced	4325	22.08	4.05																																																																																																																																								
22. Unhappiness due to the death/loss	Experienced	630	20.56	4.22	-8.76	4953.00	<.0001	-1.86	-1.18	0.37	0.37																																																																																																																																																								
	Have not Experienced	4325	22.08	4.05																																																																																																																																																															

# Wellbeing scores across schools (1)

School	Mean	SD	SE	CI Lower	CI Upper
School 1	23.75	3.93	0.17	23.42	24.08
School 2	22.70	3.99	0.17	22.36	23.04
School 3	22.48	4.66	0.24	22.00	22.96
School 4	22.13	4.21	0.14	21.86	22.40
School 5	21.68	3.84	0.12	21.45	21.91
School 6	21.21	3.95	0.16	20.90	21.52
School 7	20.59	3.73	0.13	20.34	20.83
School 8	19.74	4.61	1.23	17.08	22.40
School 9	19.26	3.24	0.67	17.86	20.66

A one-way ANOVA was conducted to ascertain if there were significant differences between the positive wellbeing scores (SWEMWBS) across the nine schools. There were significant differences in the average positive wellbeing scores across schools,  $F(8, 4946) = 34.63$ ,  $p < .0001$ . The table above shows the means, standard deviations, standard errors and confidence intervals.

# Issues that affect you the most (1<sup>st</sup>)

Issues	Total	%
8. Exam pressure	1112	21.6%
1. Sleep problems	539	10.5%
20. Issues relating to appearance or body image	265	5.1%
19. Feeling lonely	192	3.7%
22. Unhappiness due to the death or loss of someone close to you	175	3.4%
10. Relationship problems/issues with family	174	3.4%
4. Eating problems (e.g. eating too little, making yourself sick, over-eating)	158	3.1%
11. Relationship problems/issues with friends	135	2.6%
17. Family/household money worries	121	2.3%
14. Suicidal thoughts	119	2.3%
15. Not being accepted or being excluded by those around you (including social media)	85	1.6%
24. Other	81	1.6%
23. I have not experienced any issues that have effected my mental health	66	1.3%
2. Bullying	63	1.2%
21. Discrimination (e.g. race, ethnicity, religion, disability, financial/social status, etc.)	53	1.0%
13. Self harm	52	1.0%
18. Caring responsibility for others	46	0.9%
5. Peer pressure in school/college	36	0.7%
7. Personal use of substances (i.e. alcohol, drugs or other substances)	32	0.6%
16. Social media pressure (including fear of missing out)	22	0.4%
3. Cyber bullying	17	0.3%
9. Pressure to have a sexual relationship	13	0.3%
12. Domestic violence	10	0.2%
6. Peer pressure outside school/college	10	0.2%

# Issues that affect you the most (2<sup>nd</sup>)

Issues	Total	%
8. Exam pressure	525	10.2%
1. Sleep problems	418	8.1%
20. Issues relating to appearance or body image	284	5.5%
19. Feeling lonely	239	4.6%
4. Eating problems (e.g. eating too little, making yourself sick, over-eating)	176	3.4%
10. Relationship problems/issues with family	138	2.7%
11. Relationship problems/issues with friends	138	2.7%
17. Family/household money worries	136	2.6%
15. Not being accepted or being excluded by those around you (including social media)	121	2.3%
14. Suicidal thoughts	112	2.2%
22. Unhappiness due to the death or loss of someone close to you	100	1.9%
5. Peer pressure in school/college	73	1.4%
16. Social media pressure (including fear of missing out)	69	1.3%
18. Caring responsibility for others	63	1.2%
13. Self harm	54	1.0%
21. Discrimination (e.g. race, ethnicity, religion, disability, financial/social status, etc.)	48	0.9%
2. Bullying	46	0.9%
24. Other	35	0.7%
23. I have not experienced any issues that have effected my mental health	30	0.6%
7. Personal use of substances (i.e. alcohol, drugs or other substances)	28	0.5%
6. Peer pressure outside school/college	27	0.5%
9. Pressure to have a sexual relationship	17	0.3%
12. Domestic violence	15	0.3%
3. Cyber bullying	14	0.3%

# Issues that affect you the most (3<sup>rd</sup>)

Issues	Total	%
1. Sleep problems	309	6.0%
8. Exam pressure	295	5.7%
20. Issues relating to appearance or body image	278	5.4%
19. Feeling lonely	222	4.3%
4. Eating problems (e.g. eating too little, making yourself sick, over-eating)	138	2.7%
10. Relationship problems/issues with family	124	2.4%
11. Relationship problems/issues with friends	121	2.3%
15. Not being accepted or being excluded by those around you (including social media)	101	2.0%
22. Unhappiness due to the death or loss of someone close to you	91	1.8%
14. Suicidal thoughts	88	1.7%
17. Family/household money worries	81	1.6%
16. Social media pressure (including fear of missing out)	72	1.4%
21. Discrimination (e.g. race, ethnicity, religion, disability, financial/social status, etc.)	57	1.1%
5. Peer pressure in school/college	55	1.1%
18. Caring responsibility for others	54	1.0%
7. Personal use of substances (i.e. alcohol, drugs or other substances)	34	0.7%
24. Other	33	0.6%
23. I have not experienced any issues that have effected my mental health	32	0.6%
2. Bullying	28	0.5%
13. Self harm	26	0.5%
9. Pressure to have a sexual relationship	19	0.4%
3. Cyber bullying	16	0.3%
6. Peer pressure outside school/college	14	0.3%
12. Domestic violence	11	0.2%

# Issues by age – Age 11

Issues reported by YP at age 11	N	%
1. Sleep problems	120	39%
8. Exam pressure	118	38%
19. Feeling lonely	67	22%
4. Eating problems (e.g. eating too little, making yourself sick, over-eating)	65	21%
11. Relationship problems/issues with friends	52	17%
20. Issues relating to appearance or body image	50	16%
5. Peer pressure in school/college	42	14%
15. Not being accepted or being excluded by those around you (including social media)	42	14%
10. Relationship problems/issues with family	34	11%
22. Unhappiness due to the death or loss of someone close to you	32	10%
17. Family/household money worries	29	9%
18. Caring responsibility for others	27	9%
2. Bullying	25	8%
16. Social media pressure (including fear of missing out)	20	7%
14. Suicidal thoughts	18	6%
6. Peer pressure outside school/college	16	5%
21. Discrimination (e.g. race, ethnicity, religion, disability, financial/social status, etc.)	14	5%
13. Self harm	9	3%
3. Cyber bullying	5	2%
9. Pressure to have a sexual relationship		
7. Personal use of substances (i.e. alcohol, drugs or other substances)	Fewer	than 3
12. Domestic violence		
Total YP	307	100%



# Issues by age – Age 12

Issues reported by YP at age 12	N	%
8. Exam pressure	430	41%
1. Sleep problems	347	33%
19. Feeling lonely	187	18%
20. Issues relating to appearance or body image	185	18%
11. Relationship problems/issues with friends	176	17%
4. Eating problems (e.g. eating too little, making yourself sick, over-eating)	175	17%
15. Not being accepted or being excluded by those around you (including social media)	148	14%
22. Unhappiness due to the death or loss of someone close to you	141	14%
5. Peer pressure in school/college	117	11%
10. Relationship problems/issues with family	110	11%
17. Family/household money worries	107	10%
16. Social media pressure (including fear of missing out)	103	10%
14. Suicidal thoughts	101	10%
18. Caring responsibility for others	91	9%
21. Discrimination (e.g. race, ethnicity, religion, disability, financial/social status, etc.)	85	8%
2. Bullying	81	8%
13. Self harm	62	6%
6. Peer pressure outside school/college	47	5%
3. Cyber bullying	34	3%
12. Domestic violence	15	1%
9. Pressure to have a sexual relationship	14	1%
7. Personal use of substances (i.e. alcohol, drugs or other substances)	6	1%
Total YP	1038	100%

# Issues by age – Age 13

Issues reported by YP at age 13	N	%
8. Exam pressure	479	49%
1. Sleep problems	379	38%
20. Issues relating to appearance or body image	255	26%
19. Feeling lonely	226	23%
11. Relationship problems/issues with friends	202	20%
4. Eating problems (e.g. eating too little, making yourself sick, over-eating)	166	17%
10. Relationship problems/issues with family	154	16%
15. Not being accepted or being excluded by those around you (including social media)	147	15%
17. Family/household money worries	130	13%
22. Unhappiness due to the death or loss of someone close to you	128	13%
18. Caring responsibility for others	121	12%
14. Suicidal thoughts	118	12%
16. Social media pressure (including fear of missing out)	113	11%
5. Peer pressure in school/college	105	11%
21. Discrimination (e.g. race, ethnicity, religion, disability, financial/social status, etc.)	90	9%
2. Bullying	65	7%
13. Self harm	64	6%
6. Peer pressure outside school/college	46	5%
3. Cyber bullying	30	3%
7. Personal use of substances (i.e. alcohol, drugs or other substances)	26	3%
9. Pressure to have a sexual relationship	18	2%
12. Domestic violence	13	1%
Total YP	986	100%

# Issues by age – Age 14

Issues reported by YP at age 14	N	%
8. Exam pressure	519	58%
1. Sleep problems	380	42%
20. Issues relating to appearance or body image	292	33%
19. Feeling lonely	252	28%
10. Relationship problems/issues with family	177	20%
4. Eating problems (e.g. eating too little, making yourself sick, over-eating)	172	19%
11. Relationship problems/issues with friends	172	19%
17. Family/household money worries	159	18%
15. Not being accepted or being excluded by those around you (including social media)	153	17%
14. Suicidal thoughts	139	15%
18. Caring responsibility for others	129	14%
22. Unhappiness due to the death or loss of someone close to you	127	14%
16. Social media pressure (including fear of missing out)	120	13%
5. Peer pressure in school/college	101	11%
21. Discrimination (e.g. race, ethnicity, religion, disability, financial/social status, etc.)	86	10%
13. Self harm	71	8%
6. Peer pressure outside school/college	61	7%
7. Personal use of substances (i.e. alcohol, drugs or other substances)	43	5%
2. Bullying	36	4%
9. Pressure to have a sexual relationship	28	3%
3. Cyber bullying	18	2%
12. Domestic violence	15	2%
Total YP	898	100%

# Issues by age – Age 15

Issues reported by YP at age 15	N	%
1. Sleep problems	339	72%
2. Bullying	226	48%
3. Cyber bullying	155	33%
4. Eating problems (e.g. eating too little, making yourself sick, over-eating)	130	27%
5. Peer pressure in school/college	92	19%
6. Peer pressure outside school/college	78	16%
7. Personal use of substances (i.e. alcohol, drugs or other substances)	77	16%
8. Exam pressure	77	16%
9. Pressure to have a sexual relationship	74	16%
10. Relationship problems/issues with family	66	14%
11. Relationship problems/issues with friends	51	11%
12. Domestic violence	48	10%
13. Self harm	45	10%
14. Suicidal thoughts	41	9%
15. Not being accepted or being excluded by those around you (including social media)	36	8%
16. Social media pressure (including fear of missing out)	30	6%
17. Family/household money worries	30	6%
18. Caring responsibility for others	26	5%
19. Feeling lonely	18	4%
20. Issues relating to appearance or body image	15	3%
21. Discrimination (e.g. race, ethnicity, religion, disability, financial/social status, etc.)	7	1%
22. Unhappiness due to the death or loss of someone close to you	5	1%
Total YP	473	100%

# Issues by age – Age 16

Issues reported by YP at age 16	N	%
8. Exam pressure	231	70%
1. Sleep problems	128	39%
20. Issues relating to appearance or body image	108	33%
19. Feeling lonely	94	29%
4. Eating problems (e.g. eating too little, making yourself sick, over-eating)	66	20%
10. Relationship problems/issues with family	66	20%
11. Relationship problems/issues with friends	52	16%
16. Social media pressure (including fear of missing out)	46	14%
17. Family/household money worries	42	13%
7. Personal use of substances (i.e. alcohol, drugs or other substances)	38	12%
15. Not being accepted or being excluded by those around you (including social media)	35	11%
22. Unhappiness due to the death or loss of someone close to you	33	10%
18. Caring responsibility for others	24	7%
14. Suicidal thoughts	23	7%
5. Peer pressure in school/college	19	6%
6. Peer pressure outside school/college	18	5%
21. Discrimination (e.g. race, ethnicity, religion, disability, financial/social status, etc.)	18	5%
9. Pressure to have a sexual relationship	11	3%
13. Self harm	11	3%
2. Bullying	6	2%
12. Domestic violence	Fewer	than 3
3. Cyber bullying	Fewer	than 3
Total YP	328	100%

# Issues by age – Age 17

Issues reported by YP at age 17	N	%
8. Exam pressure	326	59%
1. Sleep problems	250	46%
20. Issues relating to appearance or body image	183	33%
19. Feeling lonely	168	31%
4. Eating problems (e.g. eating too little, making yourself sick, over-eating)	133	24%
10. Relationship problems/issues with family	120	22%
17. Family/household money worries	100	18%
11. Relationship problems/issues with friends	82	15%
7. Personal use of substances (i.e. alcohol, drugs or other substances)	77	14%
22. Unhappiness due to the death or loss of someone close to you	73	13%
16. Social media pressure (including fear of missing out)	71	13%
18. Caring responsibility for others	64	12%
15. Not being accepted or being excluded by those around you (including social media)	62	11%
14. Suicidal thoughts	61	11%
21. Discrimination (e.g. race, ethnicity, religion, disability, financial/social status, etc.)	33	6%
6. Peer pressure outside school/college	27	5%
5. Peer pressure in school/college	26	5%
9. Pressure to have a sexual relationship	21	4%
13. Self harm	21	4%
2. Bullying	11	2%
3. Cyber bullying	8	1%
12. Domestic violence	6	1%
Total YP	548	100%

# Issues by age – Age 18

Issues reported by YP at age 18	N	%
8. Exam pressure	176	72%
1. Sleep problems	133	54%
19. Feeling lonely	85	35%
20. Issues relating to appearance or body image	76	31%
4. Eating problems (e.g. eating too little, making yourself sick, over-eating)	63	26%
17. Family/household money worries	48	20%
10. Relationship problems/issues with family	45	18%
11. Relationship problems/issues with friends	36	15%
22. Unhappiness due to the death or loss of someone close to you	36	15%
7. Personal use of substances (i.e. alcohol, drugs or other substances)	34	14%
16. Social media pressure (including fear of missing out)	32	13%
15. Not being accepted or being excluded by those around you (including social media)	29	12%
18. Caring responsibility for others	27	11%
14. Suicidal thoughts	20	8%
5. Peer pressure in school/college	16	7%
21. Discrimination (e.g. race, ethnicity, religion, disability, financial/social status, etc.)	16	7%
2. Bullying	8	3%
13. Self harm	7	3%
3. Cyber bullying	6	2%
6. Peer pressure outside school/college	6	2%
9. Pressure to have a sexual relationship	3	1%
12. Domestic violence	Fewer	than 3
Total YP	245	100%

# Issues by age – Age 19

Issues reported by YP at age 19	N	%
1. Sleep problems	27	48%
8. Exam pressure	24	43%
10. Relationship problems/issues with family	17	30%
19. Feeling lonely	15	27%
4. Eating problems (e.g. eating too little, making yourself sick, over-eating)	14	25%
17. Family/household money worries	14	25%
20. Issues relating to appearance or body image	12	21%
14. Suicidal thoughts	10	18%
7. Personal use of substances (i.e. alcohol, drugs or other substances)	9	16%
11. Relationship problems/issues with friends	8	14%
22. Unhappiness due to the death or loss of someone close to you	8	14%
18. Caring responsibility for others	5	9%
3. Cyber bullying	4	7%
5. Peer pressure in school/college	4	7%
6. Peer pressure outside school/college	4	7%
13. Self harm	4	7%
21. Discrimination (e.g. race, ethnicity, religion, disability, financial/social status, etc.)	4	7%
15. Not being accepted or being excluded by those around you (including social media)	3	5%
16. Social media pressure (including fear of missing out)	3	5%
2. Bullying	Fewer	than 3
9. Pressure to have a sexual relationship	Fewer	than 3
12. Domestic violence	Fewer	than 3
Total YP	56	100%



# Appendix B

## Survey

## Young People's Wellbeing Survey

The purpose of this survey is to allow local services to better understand the emotional and mental health needs of young people. By completing this survey your voice will have an impact on the future services for young people.

This work is being led by Healthwatch Sutton. You can find out more about us at

[www.healthwatchsutton.org.uk](http://www.healthwatchsutton.org.uk)

- This survey is confidential and anonymous. We do not collect any personal information (e.g. names, address etc.).
- Question 2 lists issues that you may be experiencing in life that are likely to be having a negative impact on your mental health. Be aware that it is not unusual to be experiencing none or few of the issues listed.
- The information you give will only be used for the purpose of this project.
- Comments you make may be used in our report (though any comments that could make it possible for someone to identify you will not be used).

You will find a card outlining advice and support services relating to mental health accompanying this survey. If you need support, please speak to a teacher, family member or other appropriate person. Alternatively please contact the most relevant service shown on the card.

### Your emotional wellbeing

1. Below are some statements about your feelings and thoughts. Please tick the box that best describes your experience over the last two weeks?

	None of the time	Rarely	Some of the time	Often	All of the time
I've been feeling optimistic about the future					
I've been feeling useful					
I've been feeling relaxed					
I've been dealing with problems well					
I've been thinking clearly					
I've been feeling close to people					
I've been able to make up my own mind about things					

1

2. Have you experienced any of the following in the last month? (Tick all that apply)

- 1 Sleep problems
- 2 Bullying
- 3 Cyber bullying
- 4 Eating problems (e.g. eating too little, making yourself sick, over-eating)
- 5 Peer pressure in school/college
- 6 Peer pressure outside school/college
- 7 Personal use of substances (i.e. alcohol, drugs or other substances)
- 8 Exam pressure
- 9 Pressure to have a sexual relationship
- 10 Relationship problems/issues with family
- 11 Relationship problems/issues with friends
- 12 Domestic violence
- 13 Self harm
- 14 Suicidal thoughts
- 15 Not being accepted or being excluded by those around you (including social media)
- 16 Social media pressure (including fear of missing out)
- 17 Family/household money worries
- 18 Caring responsibility for others
- 19 Feeling lonely
- 20 Issues relating to appearance or body image
- 21 Discrimination (e.g. race, ethnicity, religion, disability, financial/social status, etc.)
- 22 Unhappiness due to the death or loss of someone close to you
- 23 I have not experienced any issues that I feel have affected my mental health (Go to Question 5)
- 24 Other (please specify)

2

3. From the responses to Question 2, rank the top issues in order of those that affect you the most? (Enter the corresponding numbers below. Leave 2<sup>nd</sup>/3<sup>rd</sup> blank if you have selected 1 or 2 responses)

1<sup>st</sup> (enter number 1-24)

2<sup>nd</sup> (enter number 1-24)

3<sup>rd</sup> (enter number 1-24)

4. Thinking about the issue you have selected as number one above, how would you prefer to access support?

- On-line
- Face-to-face
- Group
- Phone
- No support needed
- Other (please specify)

### Finding help

5. If you needed help because you were feeling unhappy or worried, what would you do? (Tick all that apply)

- Speak to a family member
- Speak to a friend
- Online counselling service
- Speak to a GP
- Speak to a member of staff at school/college
- Speak to a youth worker
- Speak to a local counselling service
- Speak to a school nurse
- Call a helpline
- On-line forum
- Use an app
- Nothing could help
- Don't feel I could ask for help
- Don't know
- Other

6. What support is already available to you?  
(Please list all support you are aware of)

7. Have you ever felt that you need support for your mental wellbeing?

- Yes (Go to question 8)  
 No (Go to question 14)

8. Did you access support?

- Yes (Go to question 10)  
 No (Go to question 9)

9. Why did you not access support?

- I did not know how to access support (Go to question 14)  
 I was anxious about accessing support (Go to question 14)  
 I found it difficult to access support (Go to question 14)  
 I was denied access to support (Go to question 14)  
 I was worried about my friends'/family's reaction (Go to question 14)  
 Other (please specify) (Go to question 14)

10. What support did you access?

3

11. How did you access the support?

12. Was the support helpful?

- Yes  
 No

13. Why was this support helpful/unhelpful?

14. Please rate how well you feel your school/college supports you to have good emotional wellbeing? (1- Not at all, 5 - Very Well)

- 1  
 2  
 3  
 4  
 5

15. Why do you think this?

16. What could your school/college do to improve access to services that support emotional wellbeing?

- Increase opportunities for discussion about emotional and mental health  
 Increase in in-school/college counselling  
 More external speakers  
 Nothing. My school provides good access  
 Other (please specify)

17. If you were having problems with your emotional wellbeing what would you like to be available to help you?

18. Any other comments about your mental health and wellbeing?

Your life

19. On average how many hours do you spend viewing an electronic screen every day? (TVs, DVDs, computer, smart phone, tablet etc.)

- Less than 1  
 1-2  
 3-4  
 5-6  
 7-8  
 More than 8

20. On average, how many hours of sleep do you get a night?

- Less than 5  
 5-6  
 7-8  
 9-10  
 Over 10

About you

21. Which school/college do you attend?

22. How old are you?

23. What is your gender?

- Male  
 Female  
 Transgender  
 Other  
 I don't want to say

4

24. Do you have a family member with a disability, illness, mental ill health or substance misuse condition?

- Yes
- No
- I don't want to say

25. If yes, in what way do you feel you help them, if any (e.g. help with washing/dressing, looking after siblings, giving medication, housework, keeping company)?

26. What is your ethnic group?

- Arab
- Gypsy or Irish Traveller
- White British
- Any other White background
- Asian British
- Indian
- Pakistani
- Bangladeshi
- Chinese
- Any other Asian background
- Black British
- Caribbean
- African
- Any other Black background
- Any other Mixed/Multiple ethnic background
- I don't want to say

5

27. Do you have a long term condition or disability?

- Yes
- No
- I don't want to say

28. What is your sexual orientation?

- Heterosexual/Straight
- Gay Women/Lesbian
- Gay Man
- Bi
- Prefer to self-describe
- Don't know
- I don't want to say

29. Are you looked after (for example, foster care)?

- Yes
- No
- I don't want to say

30. Do you live within the London Borough of Sutton? (anywhere shown on the map below)



- Yes
- No
- Don't know

Thank you for taking the time to complete this survey. Healthwatch Sutton will share our final report with your school/college and you will be able to find it on our website. If you would like to receive regular updates about this project and all of our work, you can sign up to be a member at [www.healthwatchsutton.org.uk/membership-form](http://www.healthwatchsutton.org.uk/membership-form)

6



Healthwatch Sutton  
Granfers Community Centre  
73 - 79 Oakhill Road  
Sutton  
SM1 3AA

[www.healthwatchesutton.org.uk](http://www.healthwatchesutton.org.uk)  
t: 020 8641 9540  
e: [info@healthwatchesutton.org.uk](mailto:info@healthwatchesutton.org.uk)  
tw: @HW\_Sutton  
fb: [facebook.com/healthwatchesutton](https://facebook.com/healthwatchesutton)

