

# MENTAL HEALTH

## Among Henry County Ohio Youth



BY Krista Westrick Payne, PhD

Mental health is an important part of overall health and well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make healthy choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood.

- Centers for Disease Control & Prevention (CDC)

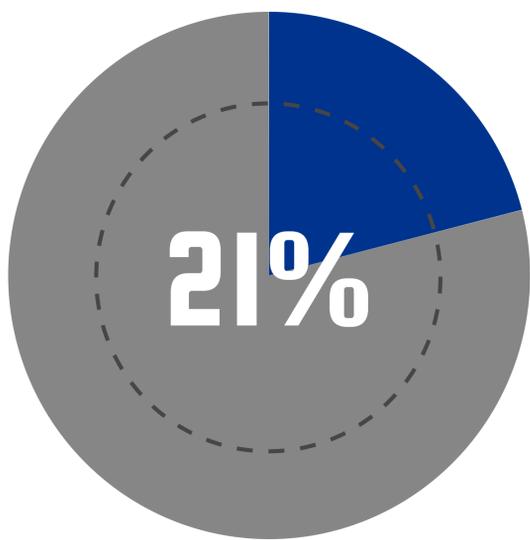
### DATA

#### The Henry County Community Health Status Assessment Adolescent Survey, 2019

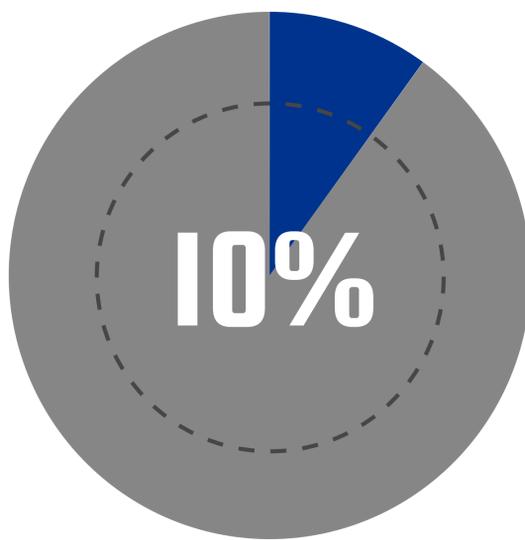
Youth in grades 6 through 12 were surveyed from the four public school districts in Henry County; Holgate, Liberty Center, Napoleon, and Patrick Henry. Students were randomly selected and surveyed at their school. The resulting data had responses from 390 Henry County youth. Data were weighted to be representative of middle and high school students in Henry County.

### Depression

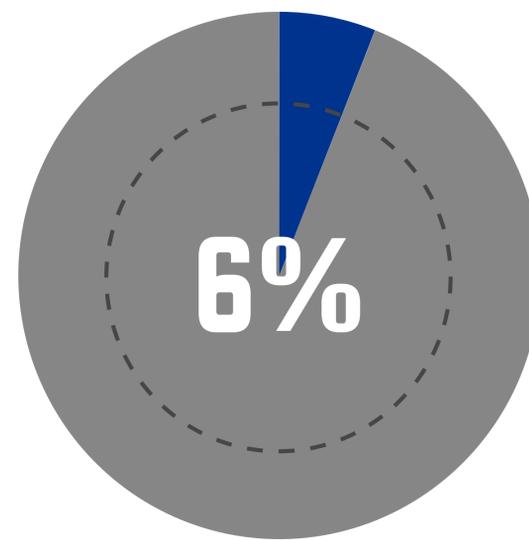
Depressed youth (students in grades 6-12) are those who report feeling so sad or hopeless almost every day for two weeks or more in a row that they stopped doing some usual activities.



21%  
of Henry County youth are depressed



10%  
of Henry County youth have seriously considered suicide in the last 12 months

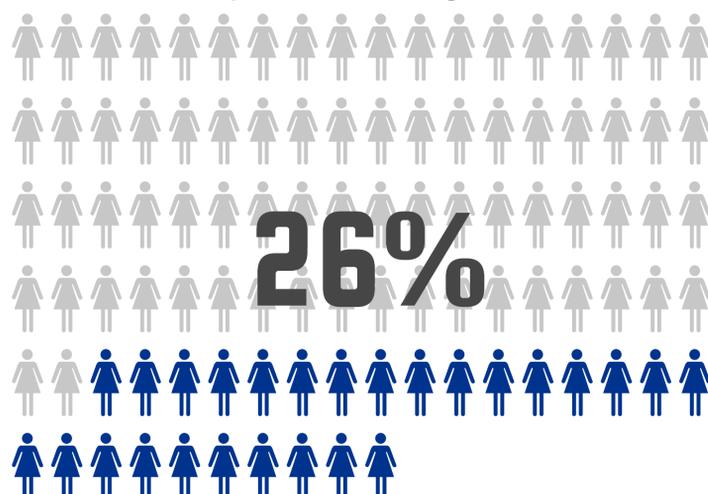


6%  
of Henry County youth have attempted suicide in the last 12 months

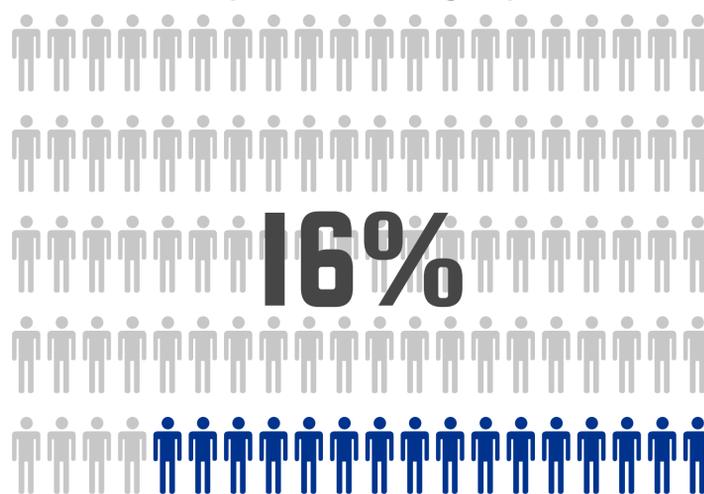
### Gender Differences in Depression

**\* Girls are significantly more depressed than boys.**

Depression Among Girls



Depression Among Boys

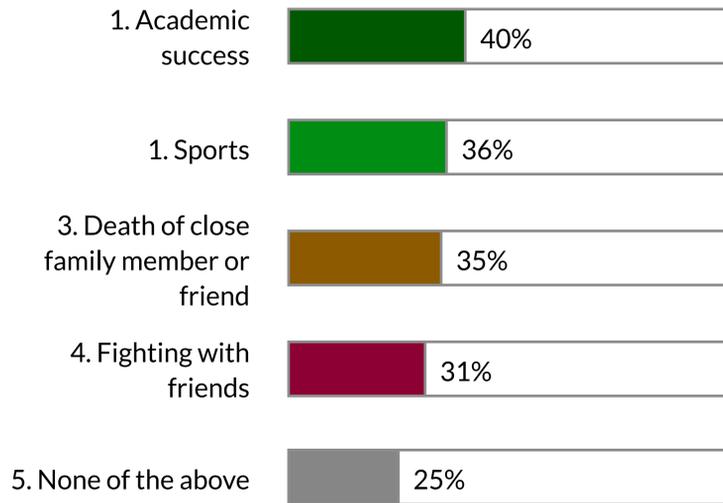


# STRESSORS

Youth were asked to identify causes of anxiety, stress, or depression in their lives. They were given a list of 23 causes to choose from (including *other* and *none of the above*) and told to check all that applied.

## Youth Who Are NOT Depressed

The Top Five Reported Causes of Anxiety, Stress, & Depression Among Non-Depressed Youth



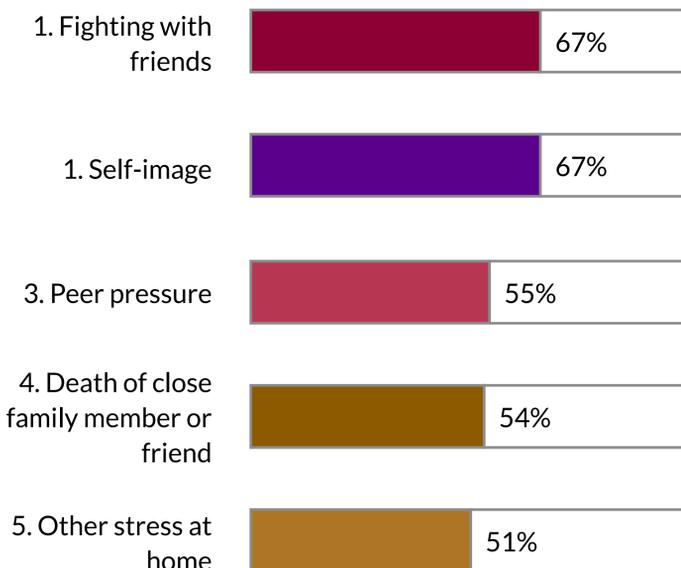
- Among youth who did not report being depressed, the most frequently checked causes of anxiety, stress, or depression were associated with school: *academic success* (40%) and *sports* (36%).
- The third most frequently checked cause was *death of a close family member* (35%) followed by *fighting with friends* (31%).
- Rounding out the top five among youth who are not depressed is *none of the above* (25%).

**Among non-depressed youth, academic success (40%) and sports (36%) were the biggest stressors.**



## Youth Who Are Depressed

The Top Five Reported Causes of Anxiety, Stress, & Depression Among Depressed Youth

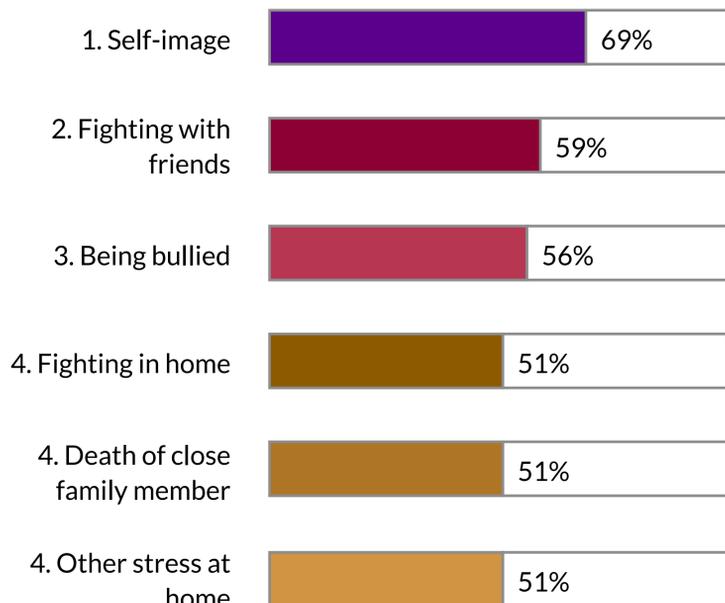


- Among **depressed** youth, the two most frequently checked causes of their anxiety, stress, or depression were *fighting with friends* & *self-image* (67%).
- The second most frequently checked cause was *peer pressure* (55%), followed by *death of a close family member* (54%), and *other stress at home* (51%).
- One-quarter (26%) selected *other* indicating their stressor was not on the list of options provided.



## Among Youth Who Have Contemplated Suicide

The Top Five Reported Sources of Anxiety, Stress, & Depression among Youth Who Seriously Considered Attempting Suicide in the Past Year



- Among youth who had **contemplated suicide**, the most frequently checked cause of their anxiety, stress, or depression was *self-image* (69%), followed by *fighting with friends* (59%) and *being bullied* (56%).
- Rounding out the top stressors are those related to family and home including *fighting in home* (51%), *death of a close family member* (51%), and *other stress at home* (51%).
- One-third (33%) selected *other* indicating their stressor was not on the list of options provided.

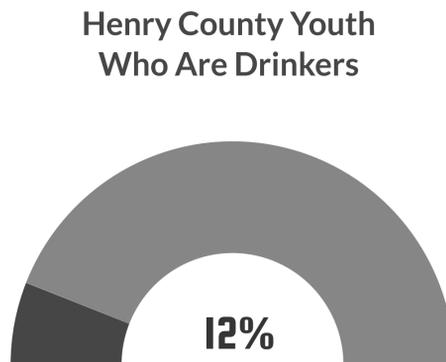
**? If 7% of non-depressed youth, 26% of depressed youth, and 33% of those who have contemplated suicide selected "other" ... that is a strong indication we are NOT asking the right kinds of questions.**

# CORRELATES of DEPRESSION

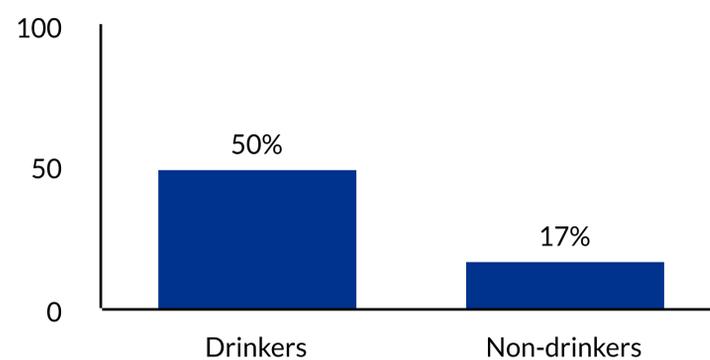
## Unhealthy Coping Mechanisms

### Drinking

- Slightly more than one-in-ten (12%) Henry county youth reported being a drinker (had one or more drinks in the past month).
- 15% of girls reported having had one or more drinks in the past month versus 10% of boys.
- The rates of **depression** among drinkers is nearly three times that of non-drinkers, 50% versus 17% ( $p < .05$ ).

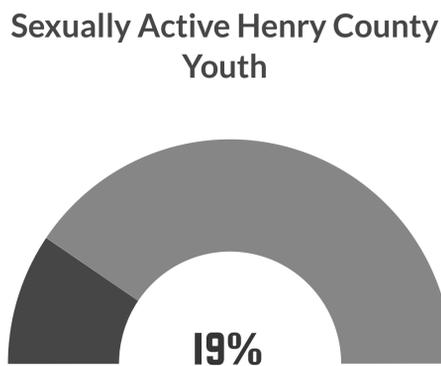


Percentage Depressed by Drinking Status

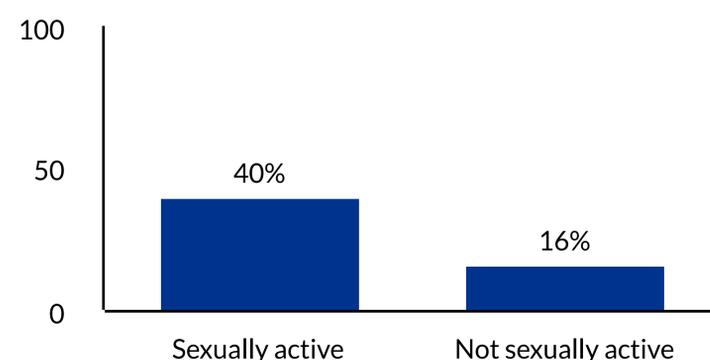


### Sexual Activity (Oral and/or Intercourse)

- Among Henry County youth, 19% report ever participating in oral sex and/or sexual intercourse.
- Similar shares of girls and boys are sexually active. Among boys 18% reported ever having oral sex or sexual intercourse, whereas 20% of girls reported having done so.
- The rates of **depression** among sexually active youth was twice as large as the share who were not sexually active, 40% versus 16% ( $p < .05$ ).

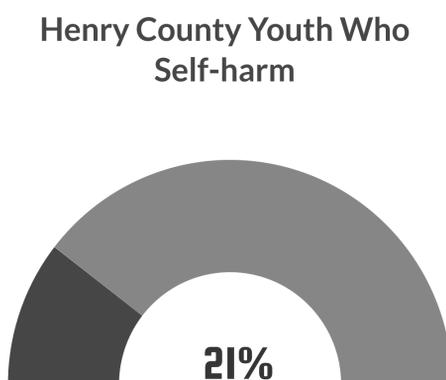


Percentage Depressed by Sexual Activity

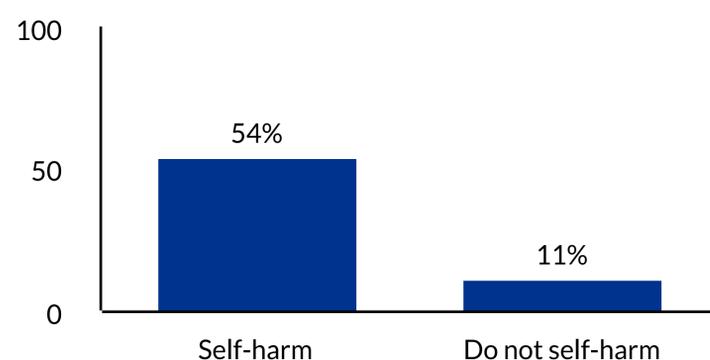


### Self-harm

- Life-time prevalence of self-harm (e.g. purposely hurting oneself by cutting, scratching, burning, hitting, or biting) was reported by one-in-five Henry County youth (21%).
- Prevalence of self-harm was higher among girls (28%) than boys (15%).
- The rates of **depression** among those who self-harmed was nearly five times higher than those who did not, 54% versus 11% ( $p < .05$ ).

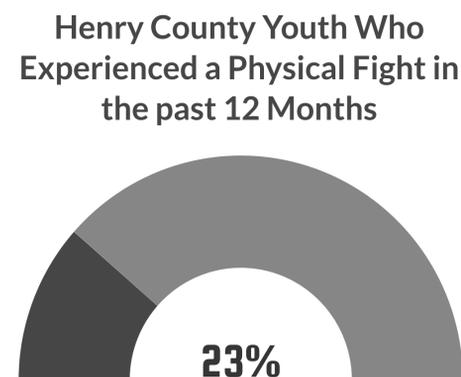


Percentage Depressed by Self-harm

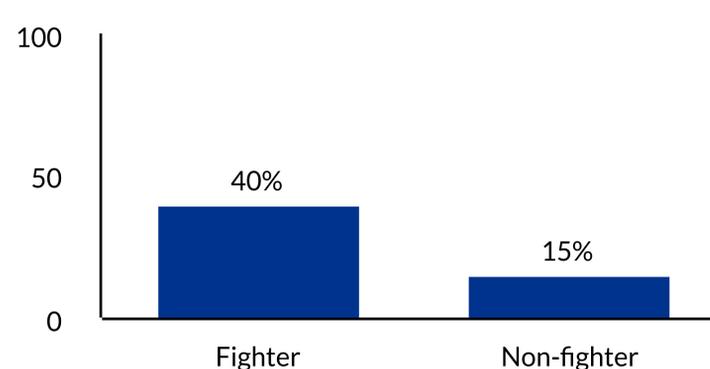


### Fighting

- Students were asked how many physical fights they had been involved in the past twelve months. Nearly one-quarter (23%) had been involved in at least one fight in the past year.
- Fighting was much more common among boys (30%) compared to girls (17%).
- **Depression** was more common among fighters (40%) compared to non-fighters (15%) ( $p < .05$ ).

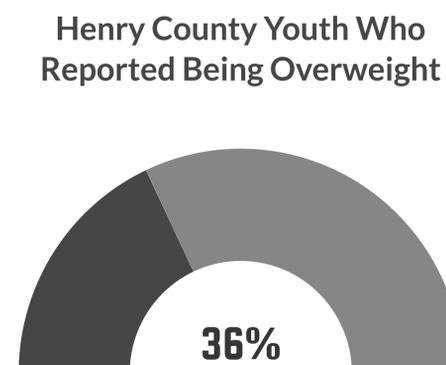


Percentage Depressed by Fighter Status

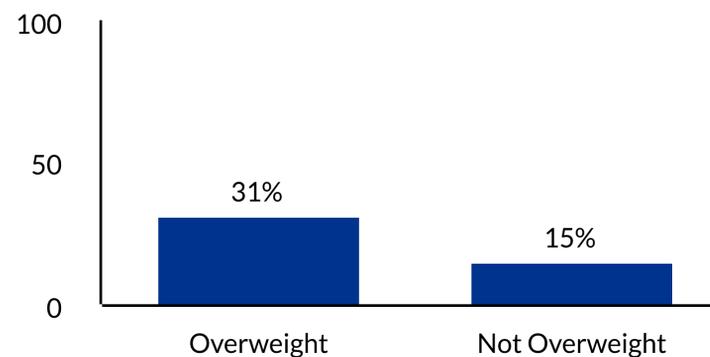


### Weight

- Over one-third of Henry County youth reported being overweight (36%).
- Similar shares of girls and boys reported being overweight--35% among boys and 37% among girls.
- The rates of **depression** among those who were overweight was significantly larger than the share among those who were not overweight, 31% versus 15%.



Percentage Depressed by Weight Status



# CORRELATES of DEPRESSION

## Other Correlates

### Living Arrangements

- The majority of Henry county youth were living with both of their parents (62%).
- Those who were not living with both parents had significantly higher rates of **depression**, 26% versus 17% ( $p < .05$ ).

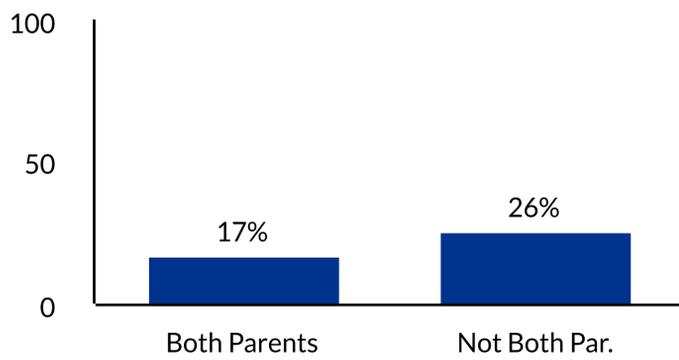
### Being Bullied

- Over one-third (37%) of Henry county youth reported being bullied.
- The rate of **depression** among bullied youth was over four times that of non-bullied youth—40% versus 9% ( $p < .05$ ).

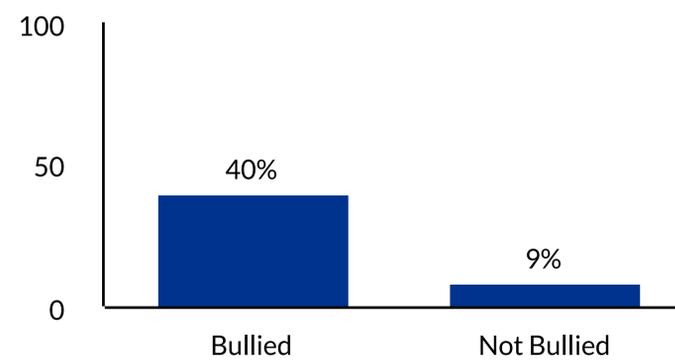
### Sexual Orientation

- The rate of **depression** among sexual minority youth is three-times higher than those who identify as heterosexual—52% versus 17% ( $p < .05$ ).

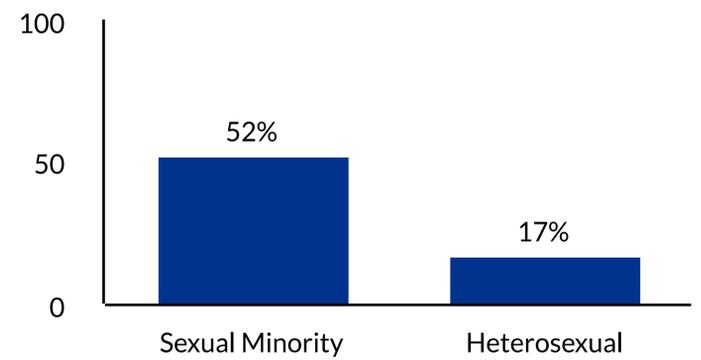
Percentage Depressed by Parental Living Arrangements



Percentage Depressed by Whether Bullied



Percentage Depressed by Sexual Orientation



# DEALING with DEPRESSION

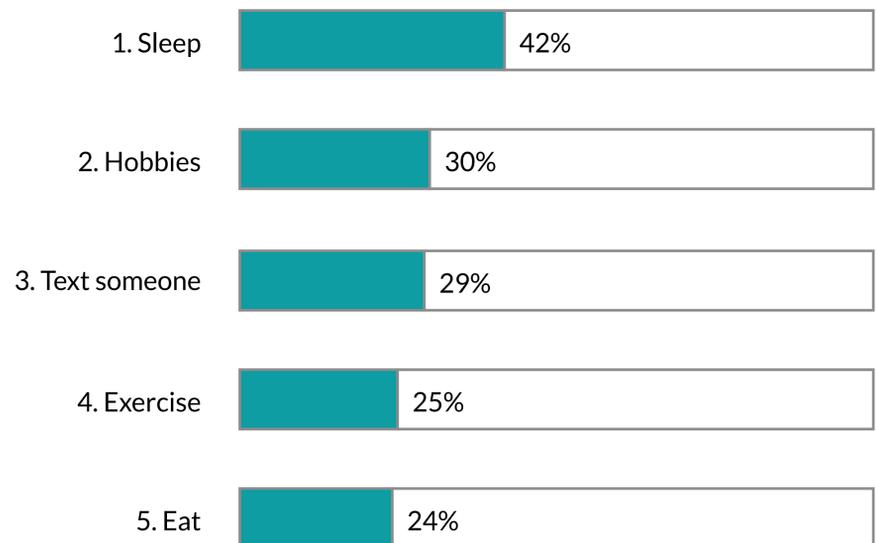
## Activities

Students were shown a list of 11 activities ranging from school clubs, and church youth groups, to working a part-time job. They were asked to circle all of the activities they currently participate in. Of the 11 activities, two had a significant negative effect on depression-- youth participating in school clubs or social organizations or in a sport or intramural program had lower odds of being depressed ( $p < .05$ ).

Students were asked how they deal with anxiety, stress, or depression. They were shown a list of 15 ways of doing so, and were asked to circle all of that applied to them.

- The top five selected were sleep (42%), hobbies (30%), text someone (29%), exercise (25%), and eat (24%).

## The Top Five Reported Ways of Dealing with Anxiety, Stress, & Depression

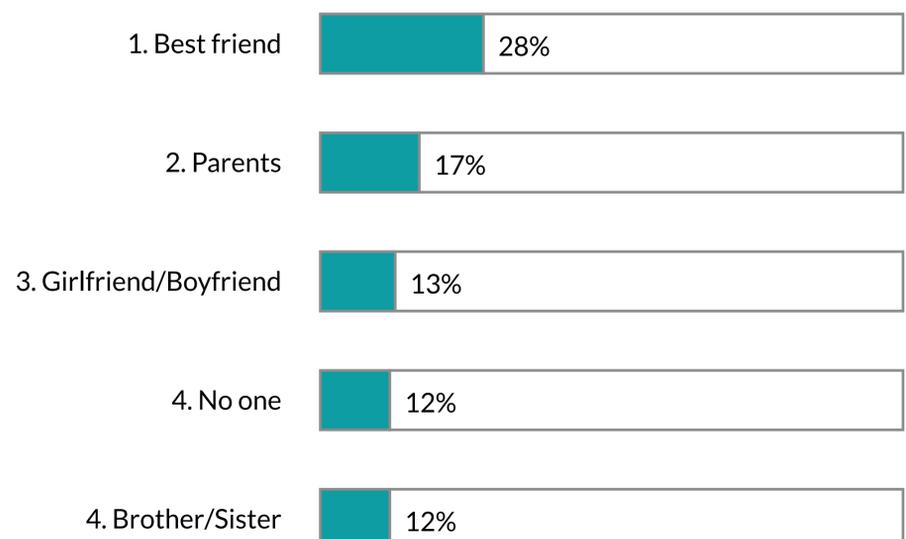


## Who They Turn To

Students were asked with whom they talked to when dealing with personal problems or feelings of depression or suicide. They were shown a list of 16 people, and were asked to circle all that applied.

- About half (51%) responded that they did not have personal problems or feelings of depression or suicide.
- Among those who did respond, the top five selected were best friend (28%), parents (17%), girlfriend/boyfriend (13%), no one (12%), and brother/sister (12%).

## The Top Five Reported People Youth Talk to When Dealing with Personal Problems or Feelings of Depression or Suicide



**12% of youth talk to NO ONE when dealing with personal problems or feelings of depression or suicide**

### Data Source:

Henry County Health Department analysis of Henry County Community Health Status Assessment, 2019