Mental Health: Child and Adolescent

- The public health role in mental health includes raising awareness about prevalence of mental health disorders and relationship to overall health and wellness; use data to inform actions; promote prevention, screening and early treatment of mental health disorders; promote de-stigmatization of mental health disorders; and promote integration of mental health and physical health care.

- In addition to depression and mood disorders, other mental health problems experienced by youth include eating disorders, behavior disorders, autism and pervasive developmental disorders among others.

Key Findings:
- In the 2011 National Survey of Children’s Health, about 34 percent of Washington parents of children ages 0-5 reported one or more concerns about their child’s physical, behavioral, or social development, which is similar to the national rate.
- Nationally in 2011, about 2 percent of parents surveyed reported their child had autism or Asperger’s Disorder. Autism data were not available for Washington State.
- About 7 percent of parents nationally and in Washington State reported their child had Attention-deficit Disorder (ADD) or Attention-deficit Hyperactivity Disorder (ADHD).
- About 3 percent of parents nationally and in Washington State reported their child had a moderate or severe developmental delay.
- In the 2010-2011 National Survey of Children with Special Health Care Needs, about 8 percent of Washington parents of children ages 12-17 reported that their child had a special need including ongoing emotional, behavioral or developmental issues, similar to the national rate of 7 percent.
- In the 2011 National Survey of Children's Health, Washington data show about 9 percent of children live in a house where at least one parent has a mental health status that is fair or poor.
- About 5 percent of Washington state parents surveyed in 2011 reported their child ages 12-17 currently had symptoms of depression, similar to the national rate of 4%.
- Nationally in 2013 about 30 percent of 9th to 12th graders reported experiencing symptoms of depression in the past 12 months, about 17 percent reported having seriously considered suicide, about 14 percent made a plan about how they would attempt suicide and 8 percent reported having made one or more suicide attempts in the past year.
- In 2012, about 26 percent of Washington 8th graders, 31 percent of 10th graders and 30 percent of 12th graders reported experiencing symptoms of depression in the past 12 months. Females in all grades were more likely to report experiencing depressive symptoms than boys. Blacks, Hispanics, Multiracial students and Pacific Islanders were significantly more likely than Whites to report symptoms of depression among Washington 10th graders.
- Between 16-19% of 8th, 10th and 12th Graders in Washington reported seriously considering suicide in the previous year, about 14 percent also reported making a plan about how they would kill themselves, both rates similar to national data. Between 6-8% reported attempting suicide, similar to the national rate of 8%.

Definition: “Mental health in childhood and adolescence is defined by the achievement of expected developmental, cognitive, social, and emotional milestones and by secure attachments, satisfying social relationships, and effective coping skills. Mentally healthy children and adolescents enjoy a positive quality of life; function well at home, in school, and in their communities; and are free of disabling symptoms of psychopathology.” (U.S. Surgeon General Report, 1999).
In Washington, adolescent (Grade 8, 10 and 12) females were more likely than males to report serious contemplation of suicide, suicide planning, and suicide attempts.\textsuperscript{6} Native American adolescents were more likely than their White counterparts to report having seriously contemplated suicide, while Pacific Islanders and Native Americans were more likely than Whites to plan about how to commit suicide. Native American, Black, Pacific Islander and Hispanics were more likely to have attempted suicide than Whites.\textsuperscript{6}

Symbols of Depression by Grade and Sex\textsuperscript{6,a,b}

Percent of Students Reporting Symptoms of Depression in Past Year by Grade and Sex, WA HYS 2012

Suicide Contemplation, Planning and Attempts in the Past Year by Grade\textsuperscript{6,b,c,d,e,f,g,h}
Suicide Contemplation, Planning and Attempts by Sex

Suicide Contemplation, Planning and Attempts by Gender, Grades 8,10,12
WA HYS 2012

Suicide Contemplation, Planning and Attempts by Race and Ethnicity

Suicide Contemplation, Planning and Attempts by Race/Ethnicity, Grades 8, 10 and 12
WA HYS 2012

Data Sources


Endnotes

a. Based on the question: “During the past 12 months, did you ever feel so sad or hopeless almost every day for two weeks or more in a row that you stopped doing some usual activities?”
b. Significance for the Healthy Youth Survey is based on Chi-square testing with significance at p<0.05.
c. Based on the question: “During the past 12 months, did you ever seriously consider attempting suicide?” for 8th to 12th graders.
d. Based on the question: “During the past 12 months, did you make a plan about how you would attempt suicide?”
e. Based on the question: “During the past 12 months, how many times did you actually attempt suicide?” for 8th to 12 graders.
f. Based on the question: “Have you ever seriously thought about killing yourself?” for 6th Graders.
g. Based on the question: “Have you ever tried to kill yourself?” for 6th Graders.
h. There is no analogous question on suicide planning for 6th Graders in the HYS so data cannot be provided for that grade on the topic.

For persons with disabilities, this document is available on request in other formats. To submit a request, please call 1-800-525-0127 (TDD/TTY 1-800-833-6388).