

The National Drug Council Student Drug Use Survey (CISDUS) of 2018

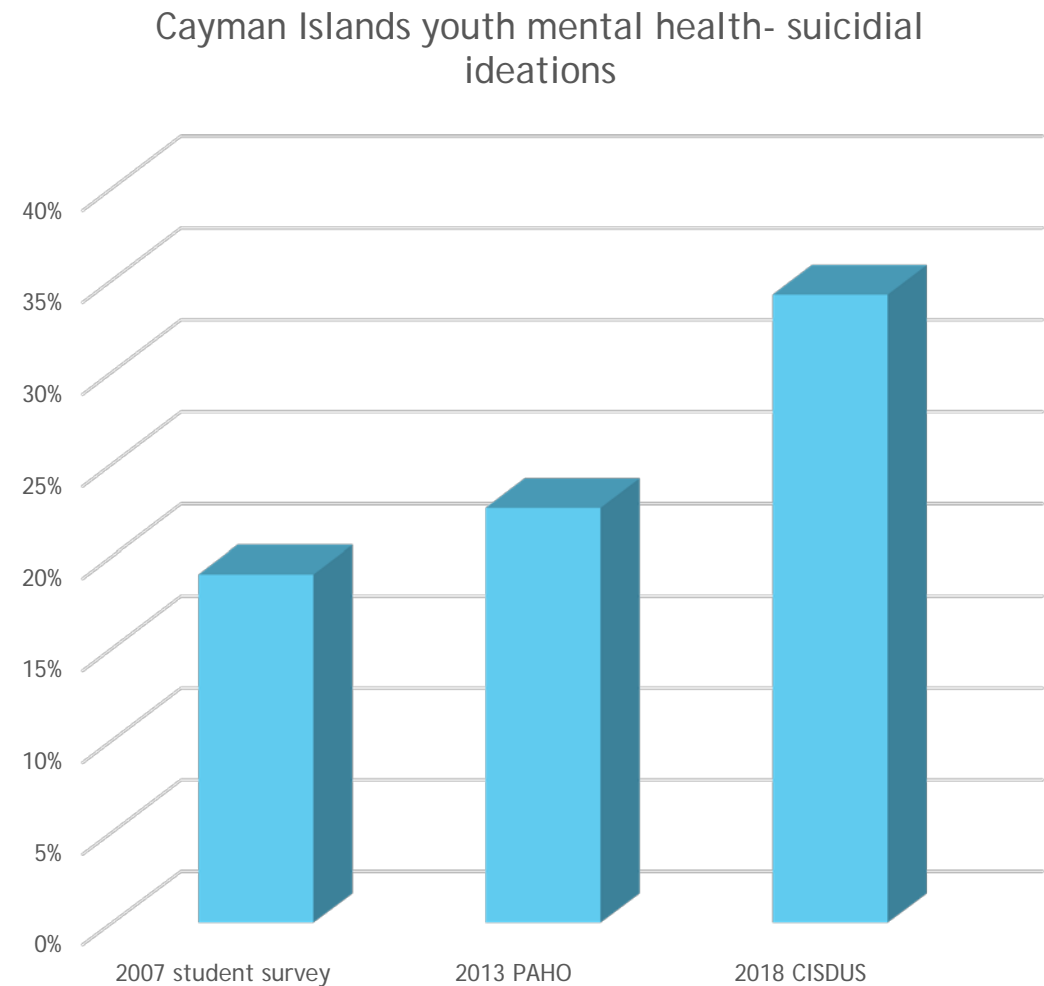
Mental health data

Background

- ▶ Bi-annual student survey done by NDC
- ▶ Self-administered paper-based surveys are utilized in classroom settings for all students in Grand Cayman and Cayman Brac for grades 6/7 to freshman UCCI level students
 - ▶ Trained facilitators are in each classroom to answer any queries raised and collect surveys for return to NDC staff
- ▶ Total of 2067 eligible student were enrolled in schools during the period in which the survey was administered
- ▶ Age group: ages 12/13 to 16/17 (Grades 9-12)
- ▶ Demographic: George Town, Bodden Town, East End, North Side, West Bay, and Cayman Brac
- ▶ The 2018 survey included an expanded mental health component
- ▶ The mental health section of the questionnaire was completed by- 1775 students

Why do we talk about mental health?

- ▶ Globally, approximately one in every ten children and adolescents are affected by mental health issues
- ▶ Locally, the data in the 2007 Student Survey indicated that 19% of the student reportedly considered of attempting suicide
- ▶ In 2013 (PAHO), 22.6% of the student reported experiencing suicidal ideation
- ▶ CISDUS 2018 indicated that 34.2% of the student reported seriously considered attempting suicide (n=664) and 13% reportedly have attempted suicide but only 5% reported to have received treatment (n=90)
- ▶ Suicide remain the top two cause of death in the youth population



Outline of mental health survey

- ▶ Parent/family mental health
- ▶ Diagnosed with mental health difficulties
- ▶ Understanding of mental health and emotional health
- ▶ Feelings about self
- ▶ Suicidal ideation and suicide attempts
- ▶ Self-harm
- ▶ Help seeking behaviours
- ▶ Bullying
- ▶ Violence-related behaviours
- ▶ Abuse
- ▶ Binge drinking/drug use

How these factors
influence the risk factors

Diagnosis and Mental Health

Meaning of Mental Health/Health Education

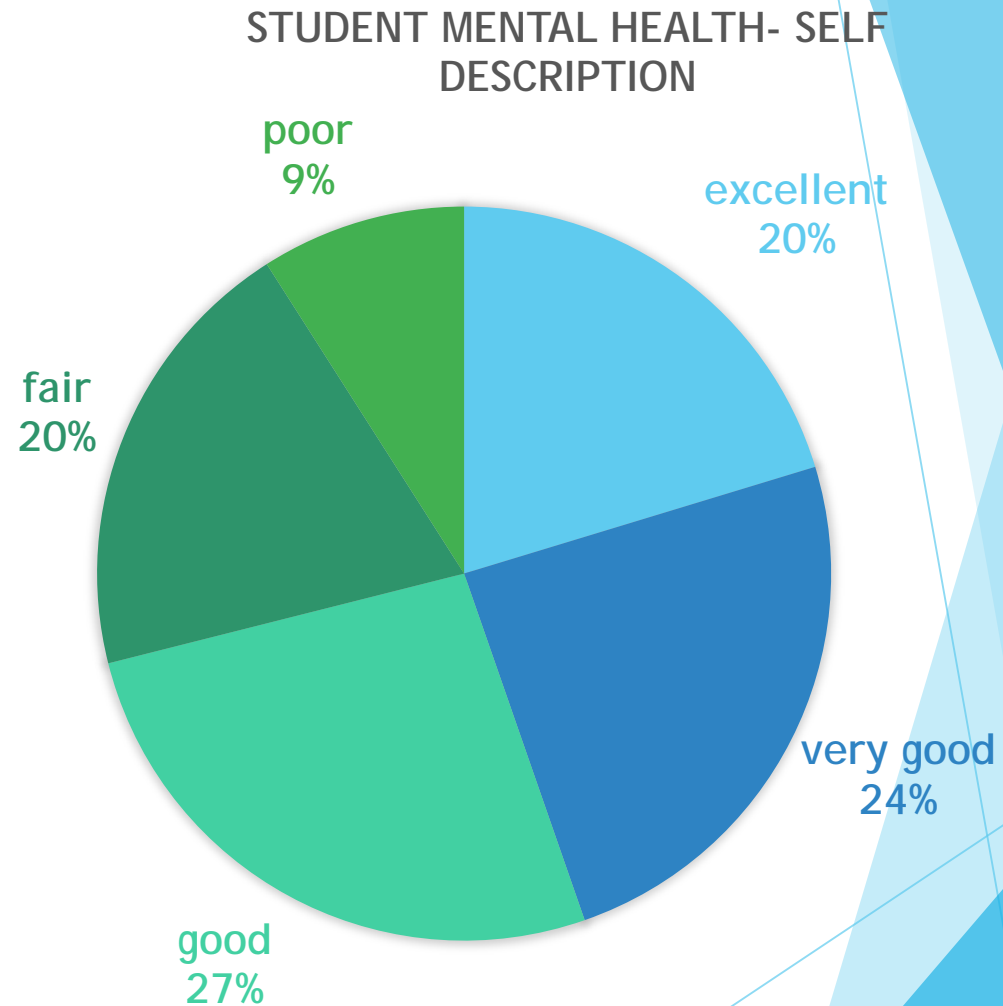
- ▶ Most students (92%) said they understood what was meant by mental health
- ▶ Over half of the students said they were taught about mental health in school
- ▶ When asked if they had seen a doctor, nurse, or counsellor about mental or emotional health, over quarter (28%) indicated that they had
 - ▶ 29% boys versus 28% girls

Diagnosis and Mental Health

- ▶ Nearly 10% (n=173/1775) students indicated that they have been diagnosed with a mental illness
 - ▶ 8% (n=68/830) boys and 11% girls (n=101/910)
- ▶ 5.9% of students indicated that a parent or parents suffered from a mental illness
 - ▶ 5% of boys and 7% of girls

Mental and emotional health

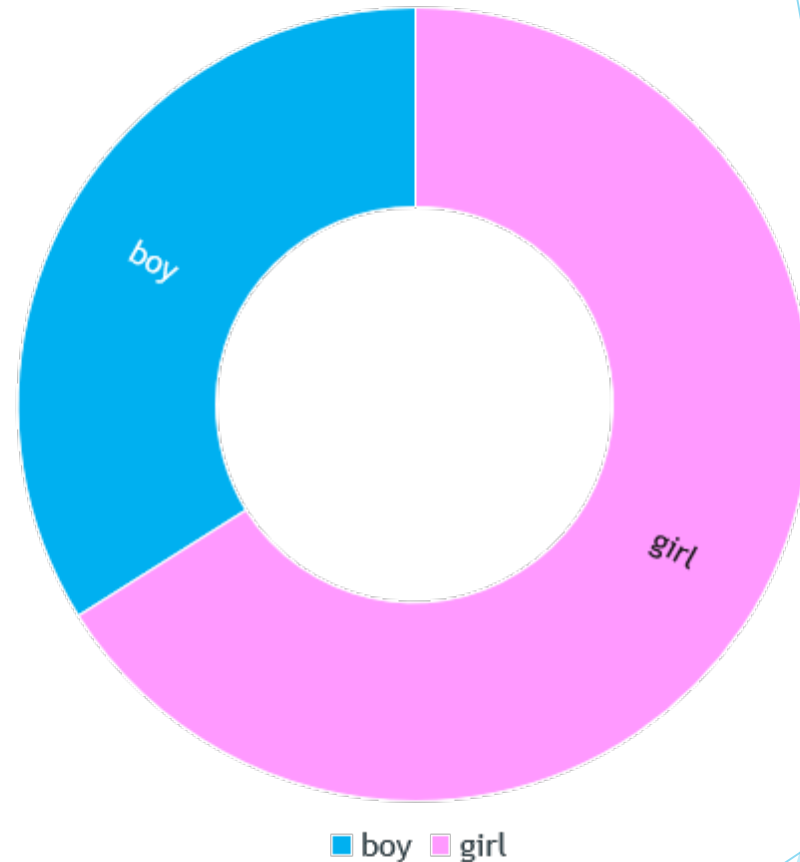
- ▶ Fig 1- illustrates how students described their mental health
- ▶ Boys were more likely to express that their mental health was "excellent" or "fair"
 - ▶ twice as many boys (29%) compared to girls (16%) said "excellent"
- ▶ Additionally, twice as many girls (27%) said it was "fair" compared to boys (12%)



Feelings about Self

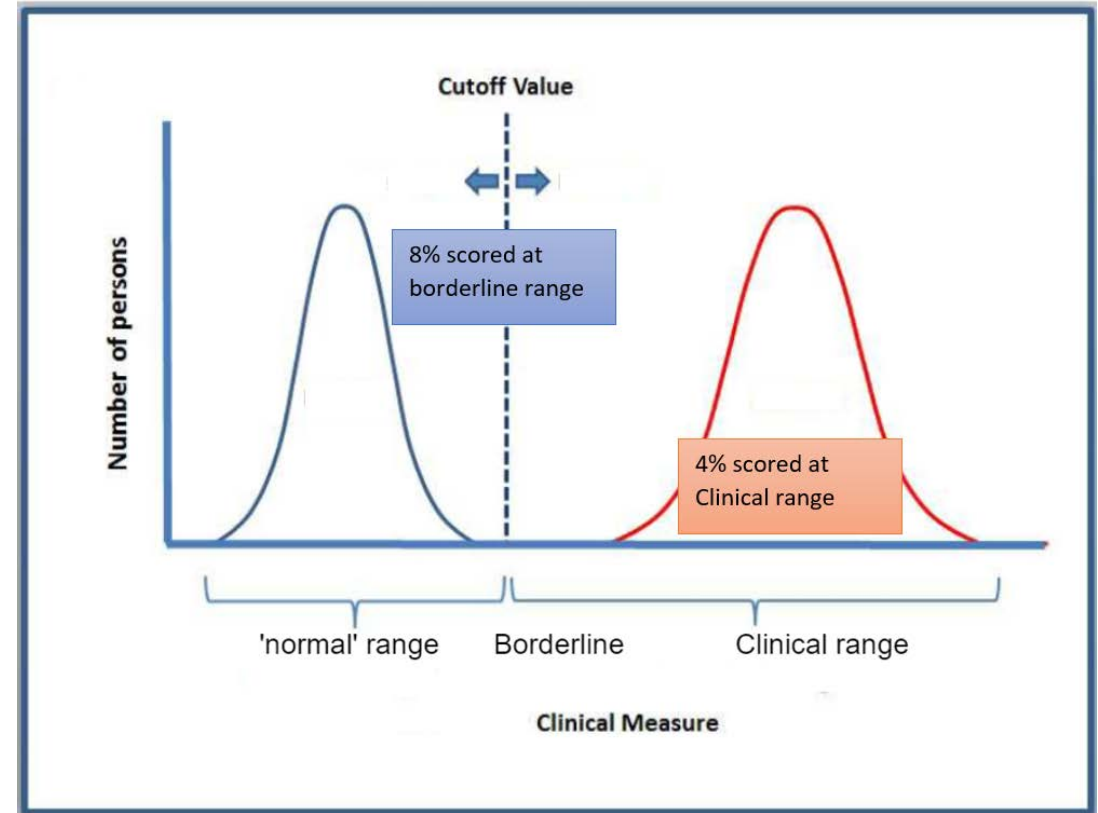
- ▶ Overall more than 75% of students were satisfied with themselves while 23% were not
- ▶ Eight of every ten boys (84%) said they were satisfied with themselves, this compares to 70% of girls
- ▶ Twice as many girls were not satisfied with themselves compared to boys (30% versus 16%), $p < 0.01$

Feeling about self-
gender difference in dissatisfaction



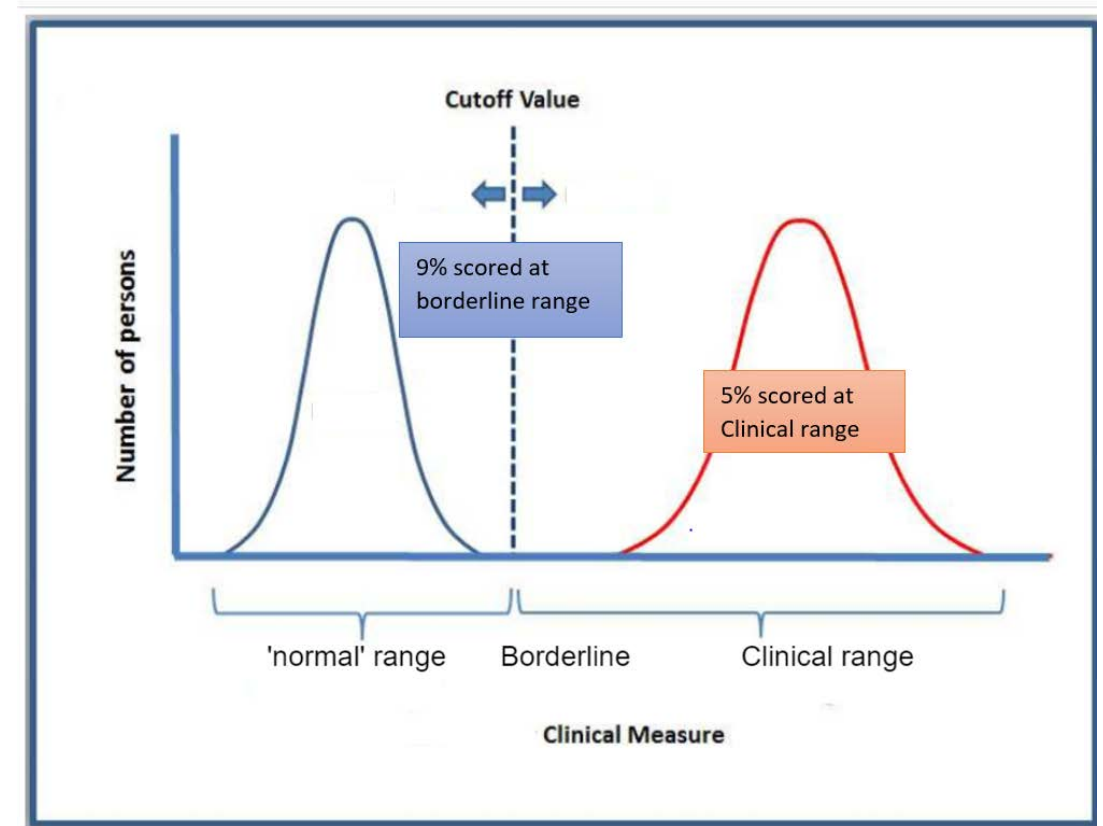
Mental health- Depression

- ▶ 8% of the t-scores were borderline clinical threshold
- ▶ 4% above clinical threshold for depression disorder
 - ▶ Girls were significantly more likely to have scores on borderline and clinical threshold compared to boys
- ▶ grade 10 (7%), grade 11 (6%), grade 12 (6%), and grade 9 (4%) scored higher on depression scale



Mental health- Anxiety

- ▶ 9% of the t-scores were borderline clinical threshold with:
- ▶ 5% above clinical threshold for total anxiety
 - ▶ Girls were significantly more likely to have scores on borderline and clinical threshold
- ▶ Four grades had higher proportions: grade 10 (8%), grade 11 (7%), grade 12 (6%), and grade 8 (5%)



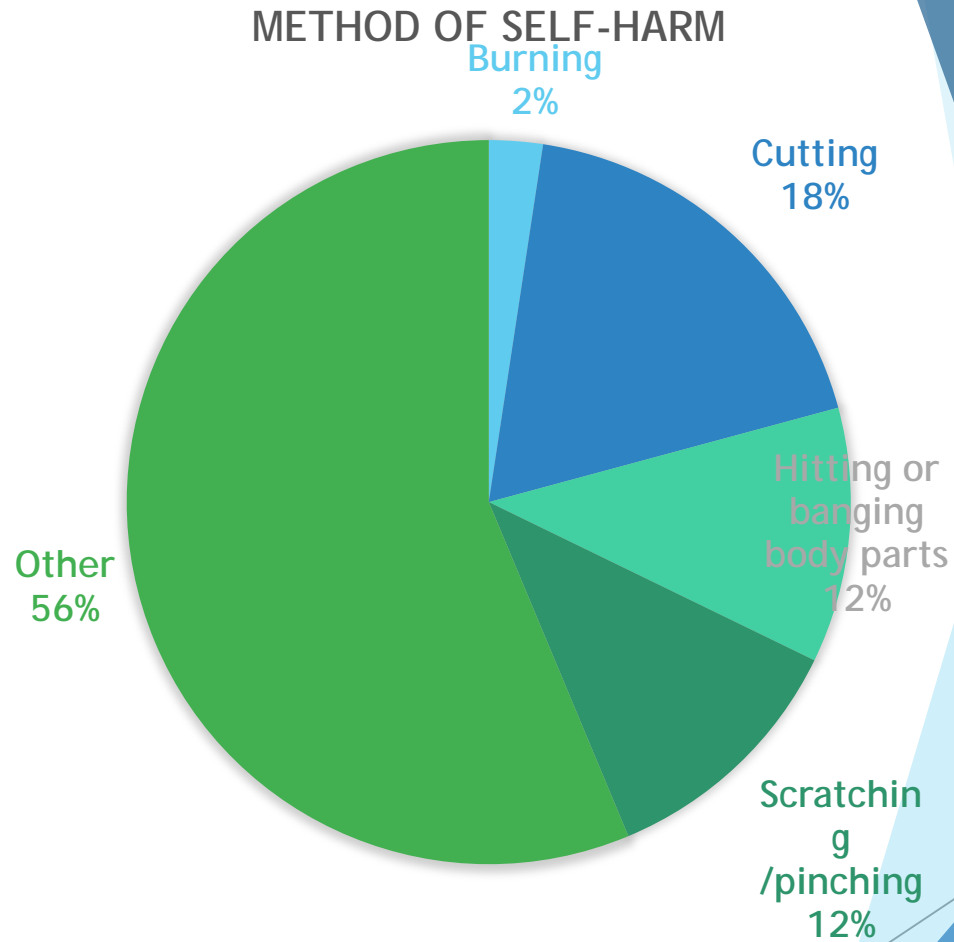
Self-harming Behaviour

28% (n=>500) of students reported that they have engaged in self-harming behaviours such as:

cutting (18%),
hitting or banging body parts (11%),
scratching /pinching (12%),
burning (2%)

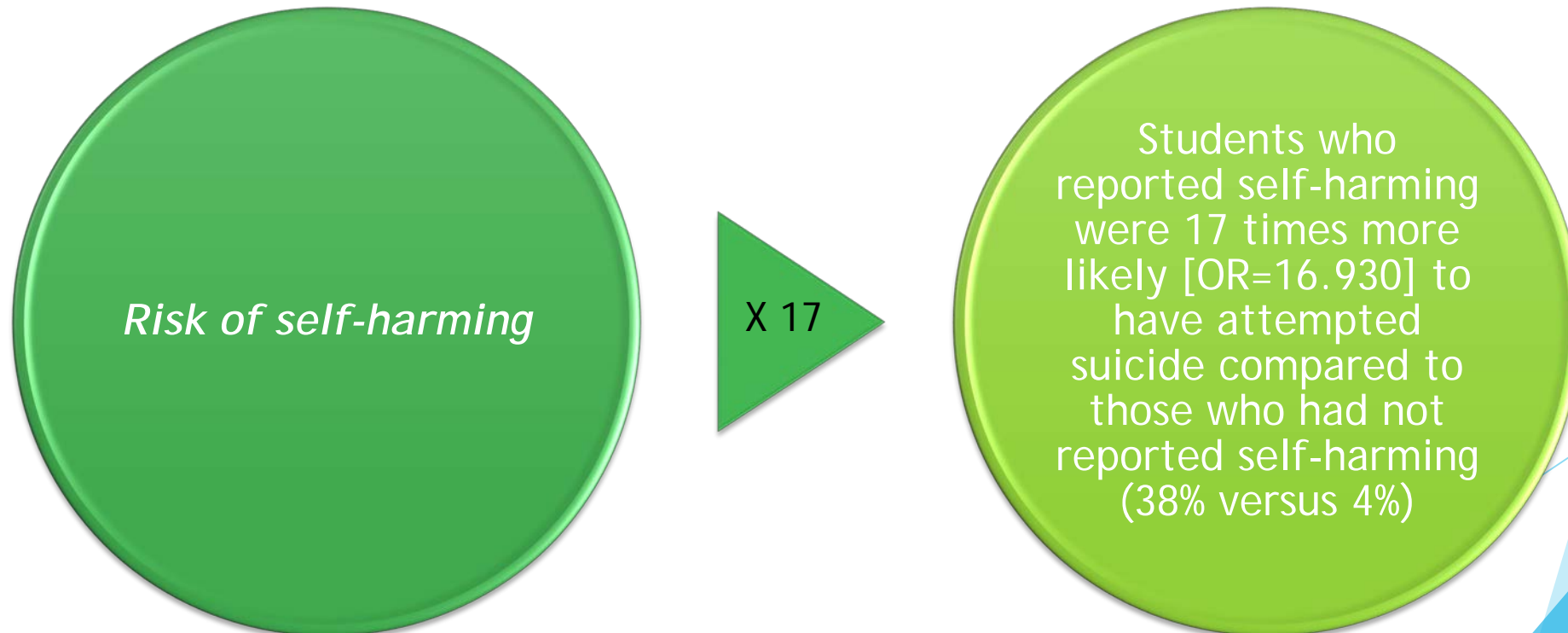
girls (41%) were significantly more likely to report this compared to boys (14%)

most common method- cutting



Self-harming Behaviour

Risk factor: Self-harming behaviour



Suicidal Ideation & Suicide Attempts

- ▶ About one in three students (34%) reported that they had **seriously considered attempting suicide** (n=664)
 - ▶ Significantly more **girls (46%)** compared to **boys (22%)**
- ▶ The prevalence of **actual attempted suicide** was 13% overall (n=244)
 - ▶ **girls (18%)** were significantly more likely to report this compared to **boys (7%)**
- ▶ About 5% reported that their **suicide attempt had to be treated** by a doctor or nurse (n=90)
 - ▶ **7% among girls** and **3% among boys**

Help seeking



85% (149/173) of those who said they have been diagnosed said they had sought 'help' for their condition:

counselling services
medication
psychological services

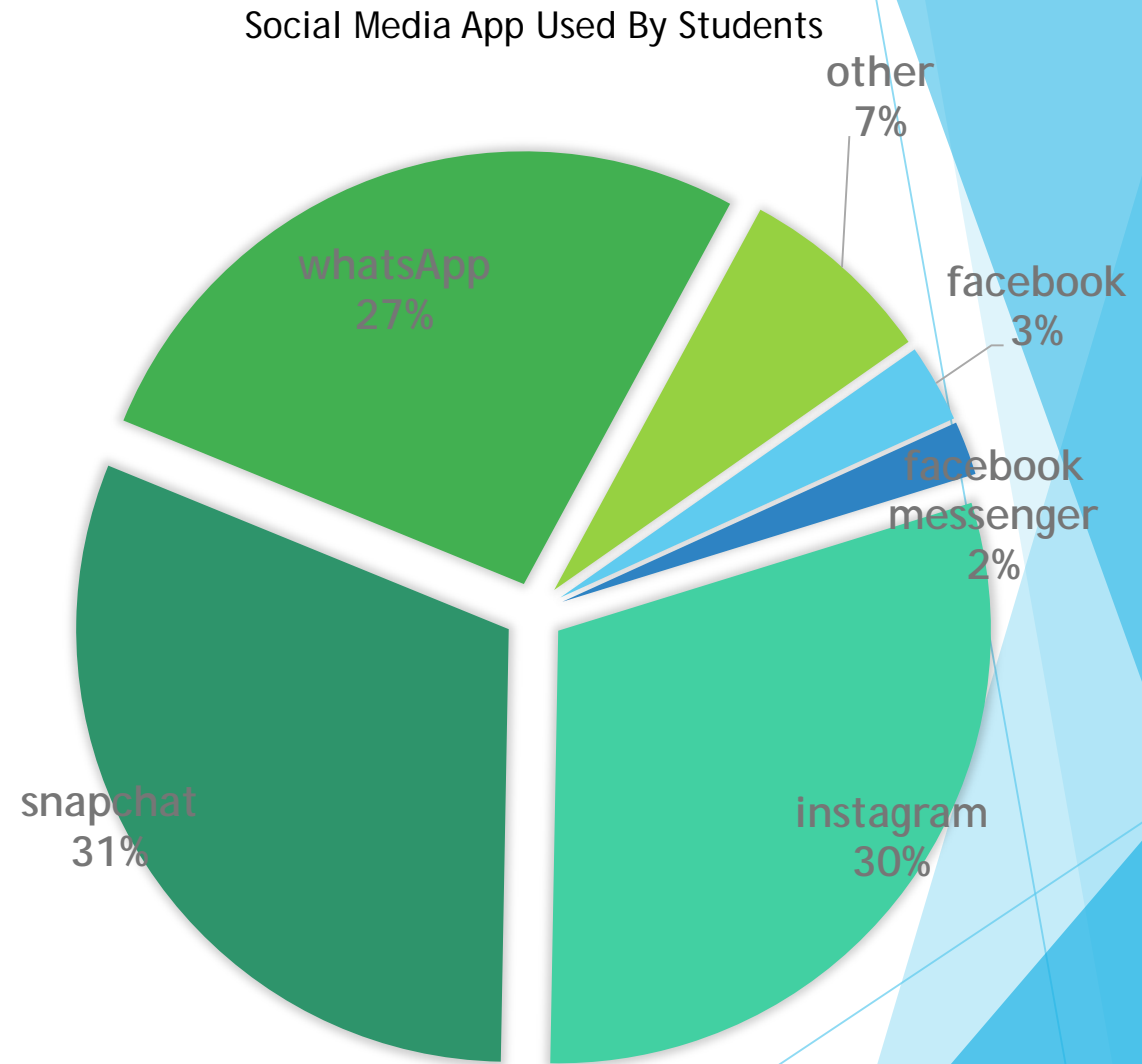


Barriers to not seeking help:

feeling that they did not need it
not knowing if it would help
fear of judgment
and being embarrassed to access support
or help

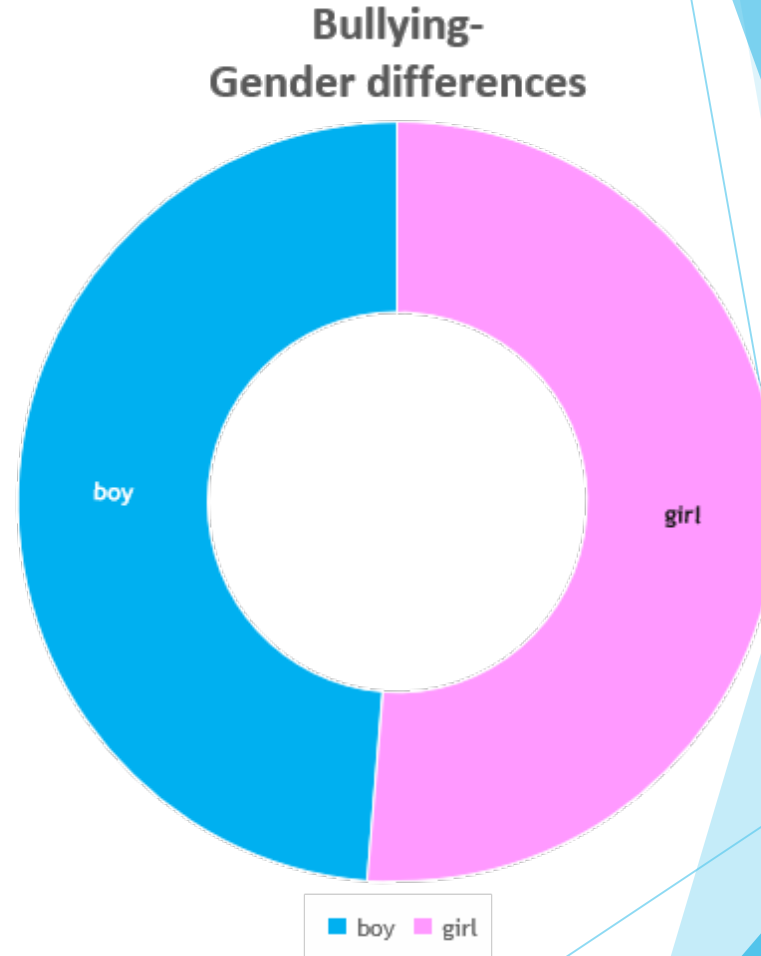
Help Seeking Social Media

- ▶ Four in ten students (47%) said they would use an app to express their feelings in a private and safe way if one was available
 - ▶ Girls indicated a notable higher proportion than boys in response to this question (54% and 38% respectively)
- ▶ 23.5% of students said they have recently expressed feelings on social media
 - ▶ 25% girls and 22% boys
- ▶ For the most part, students were using
 - ▶ Snapchat
 - ▶ Instagram
 - ▶ WhatsApp



Bullying

- ▶ More than half of the students (54%) reported being bullied at some time
 - ▶ Significantly more girls (66%) compared to boys (63%) reported ever having been bullied, $p < 0.001$
- ▶ Significantly more girls (24%) reported having bullied someone at school or in the community when compared to boys (19%), $p < 0.01$

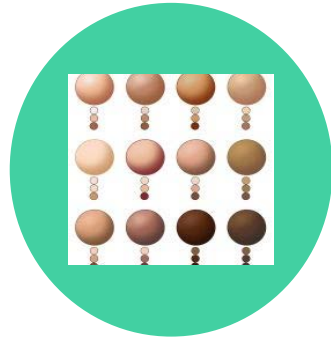


Bullying:

Type of bullying



STUDENTS WERE
MADE FUN OF
BECAUSE OF THEIR
BODY



MADE FUN OF
BECAUSE OF
RACE/SKIN COLOUR



LEFT OUT OF
ACTIVITIES



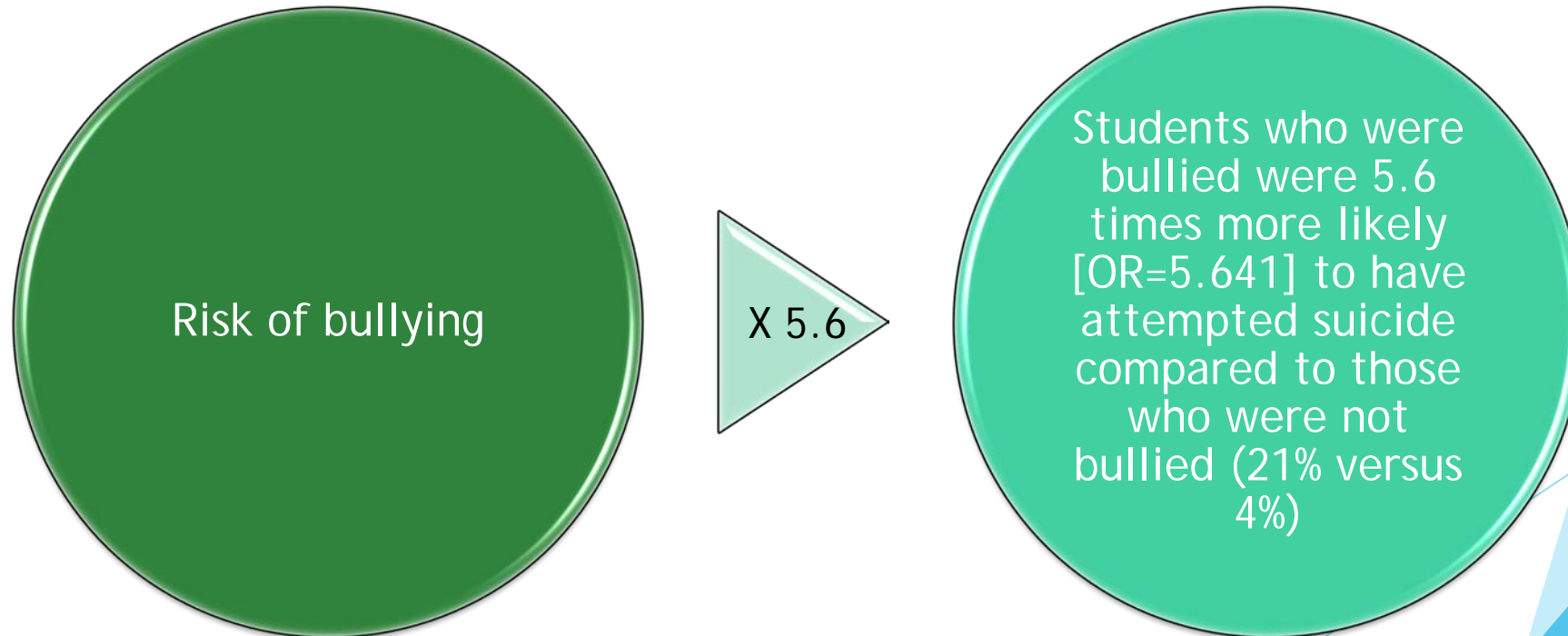
KICKED, PUSHED
OR SHOVED



BULLIED ON SOCIAL
MEDIA

Bullying

Risk factor: Bullying



Violence-related Behaviours:

Weapons in Community or at School

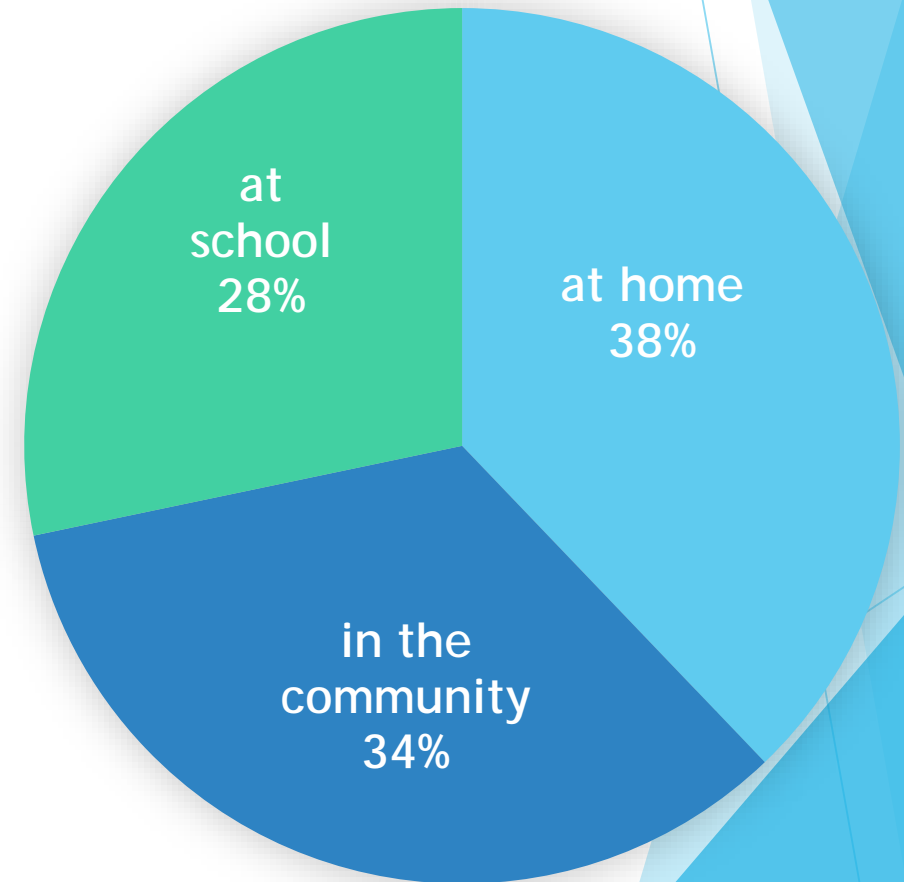
- ▶ 67.2% of students reported that they had carried a weapon in the community or at school (67.2% boys and 65.1% girls)
 - ▶ Higher than average proportions were reported for Cayman Brac (85.7%) and Bodden Town (71.3%)
 - ▶ The highest proportion was reported for Year 9 (82.5%) and Year 10 (75%).
- ▶ With respect to being threatened, 7% or more in all grade levels reported being threatened by weapons (range 7-11%)
 - ▶ Boys (11.5%) were significantly more likely to report being threatened by weapons compared to girls (6.5%), $p < 0.05$
- ▶ Higher than average proportions were noted for North Side (11.1%)

Violence-related Behaviours:

Violence and Aggression/Life-Threatening Event

Witnessed violence and aggression

- ▶ About 60% of student reported that they had witnessed violence and aggression
 - ▶ 61.2% boys and 58.3% girls
- ▶ Most students had witnessed this
 - ▶ at home (38%)
 - ▶ in the community (34%)
 - ▶ at school (28.4%)
- ▶ More than one-third (36%) have been through a life-threatening event
 - ▶ 39% boys and 33% girls



Violence-related Behaviours: *Delinquency*



5% **ARRESTED**



10% SAID THEY
HAD ATTACKED
SOMEONE WITH
INTENTION **OF**
SERIOUS HARM



4% REPORTED
BEING **DRUNK**
AT SCHOOL



10% OF
STUDENTS GOT
SUSPENDED
BECAUSE OF
VIOLENCE



6% OF
STUDENTS
OVERALL
REPORTED
BELONGING TO
A **GANG/CREW**

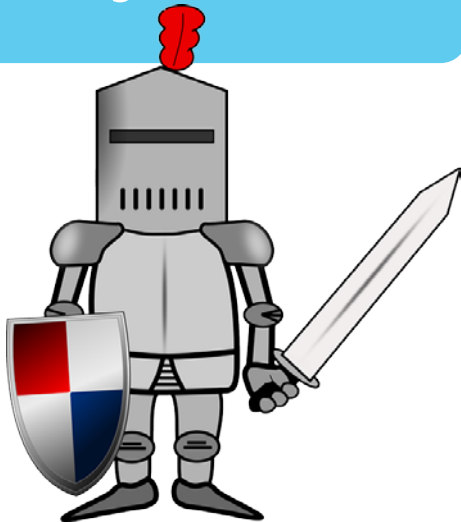
More significant in **boys** than **girls**

Violence-related Behaviours:

Delinquency

Overall, 64% of students had been in a fight.
- most common reason given was:

“to defend myself”



to support a friend



to defend other members of family



Abuse:

Physical abuse

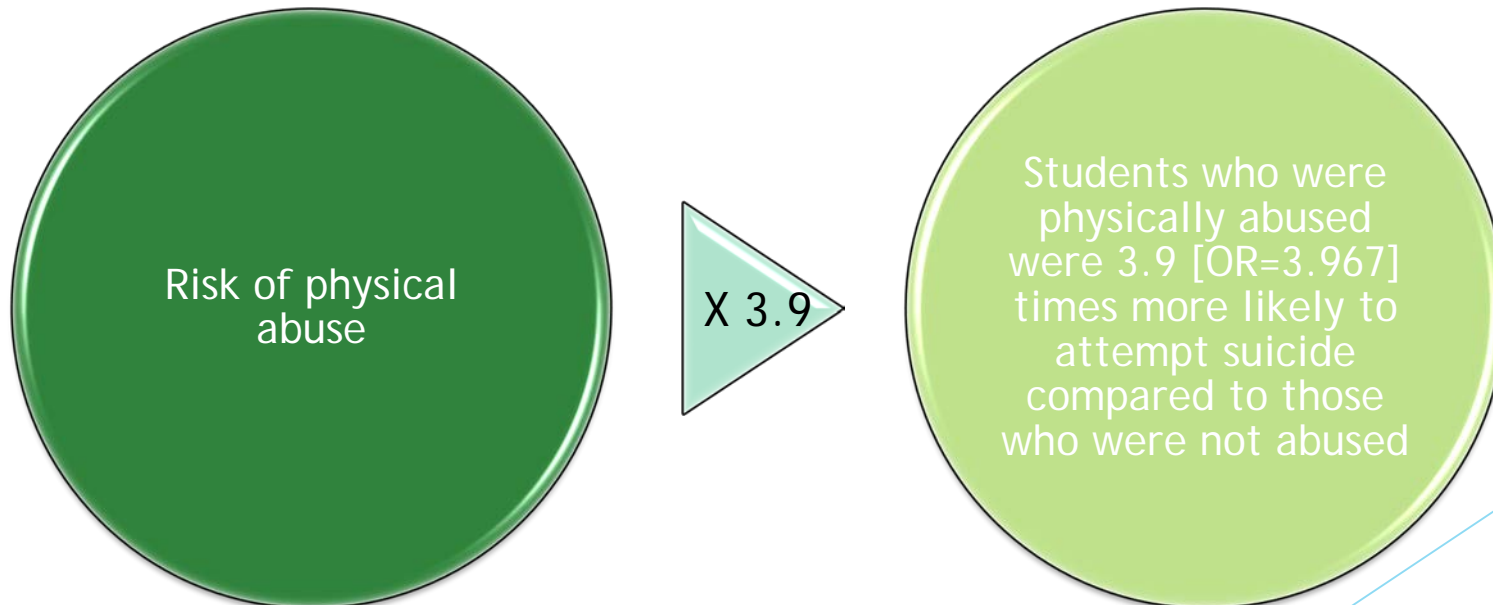
- ▶ **Physical abuse** overall was reported by 17% of students overall (n=312)
 - ▶ **Girls (20%)** were significantly more likely to report this compared to **boys (12%)**

Abuse:

Physical abuse

- ▶ About 30% of students who were physically abused had attempted suicide compared to about 10% of those who had not been physically abused

Risk factor: Physical abuse



Abuse:

Sexual abuse

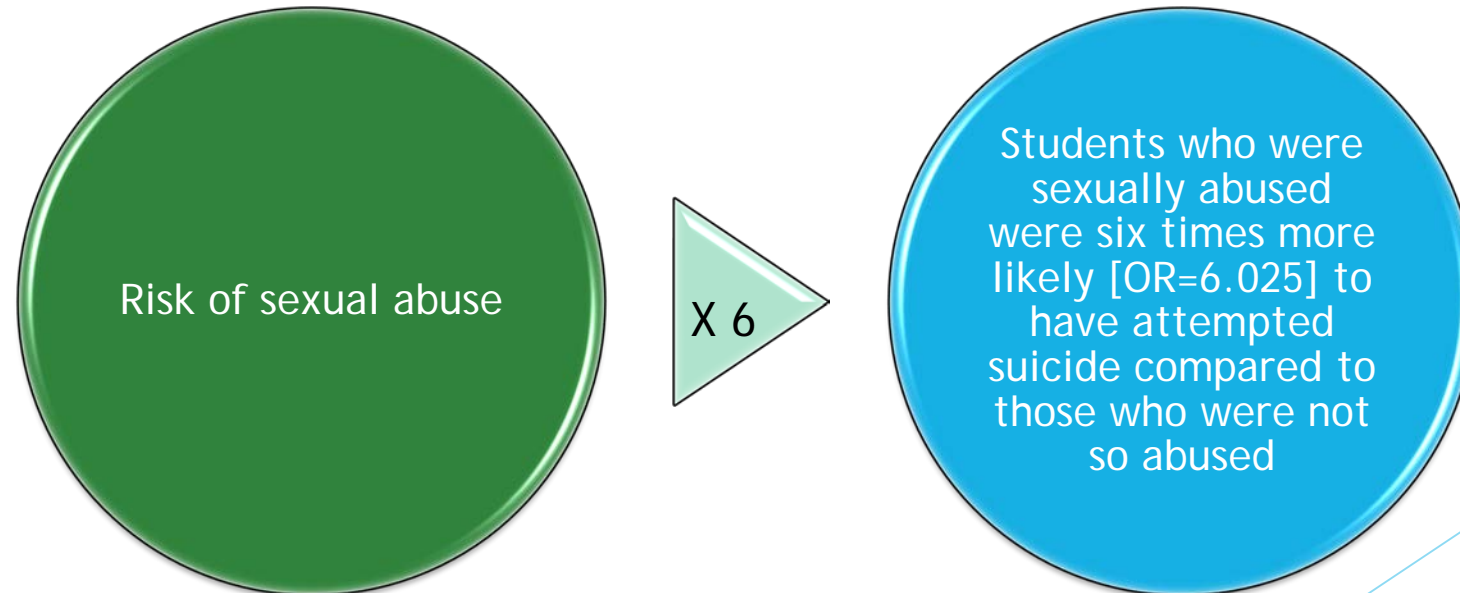
- ▶ In terms of **sexual abuse**, the prevalence was 10% overall (n=185)
 - ▶ **with girls (16%)** significantly more likely to report this compared to **boys (3%)**

Abuse:

Sexual abuse

- ▶ About 40% of students who were sexually abused had attempted suicide compared to about 10% of those who had not been sexually abused

Risk factor: Sexual abuse



Abuse:

“Any abuse”

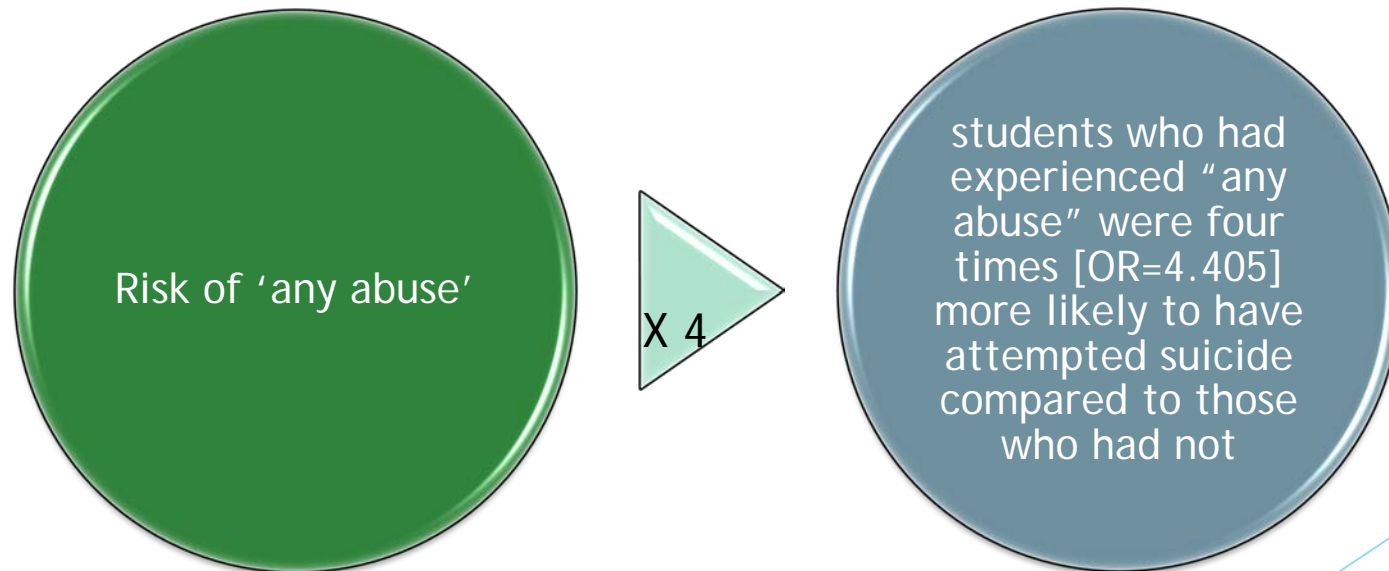
- ▶ A variable was computed for “any abuse”, whether physical or sexual and the prevalence was 22% (n=412)
 - ▶ Twice as many girls (29%) compared to boys (14%) reported either being physically or sexually abused

Abuse:

"Any abuse"

- ▶ About 29% of students who had experienced 'any abuse' had attempted suicide compared to about 8.5% of those who had not been abused

Risk factor: "any abuse"

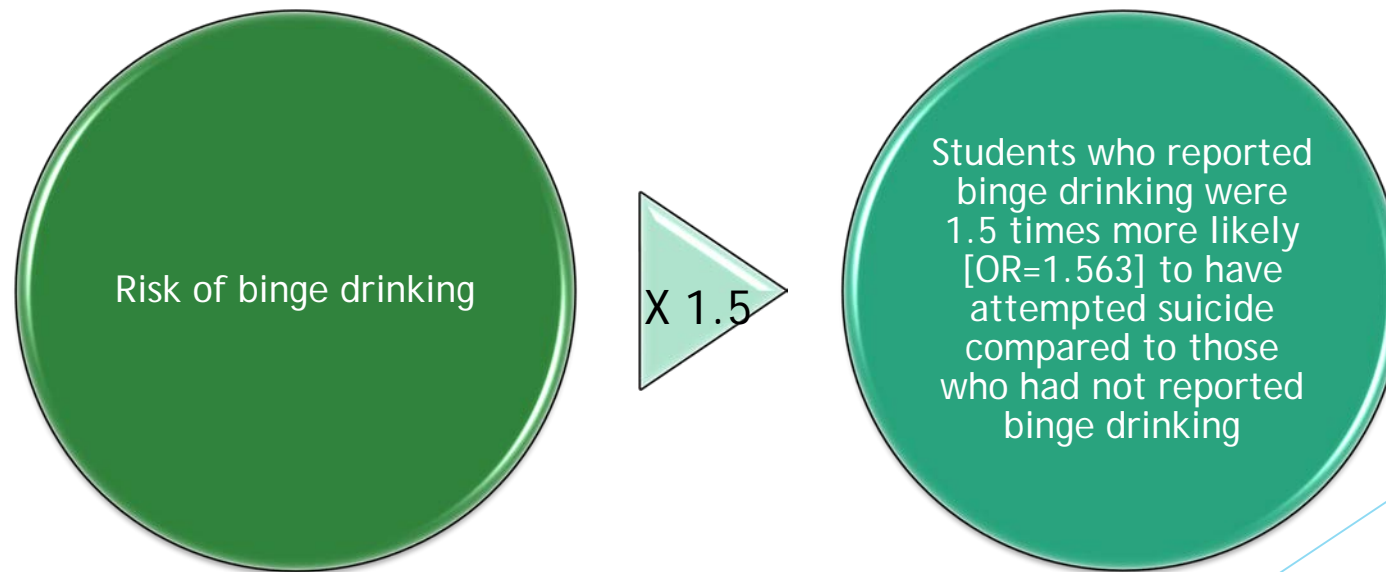


Binge Drinking

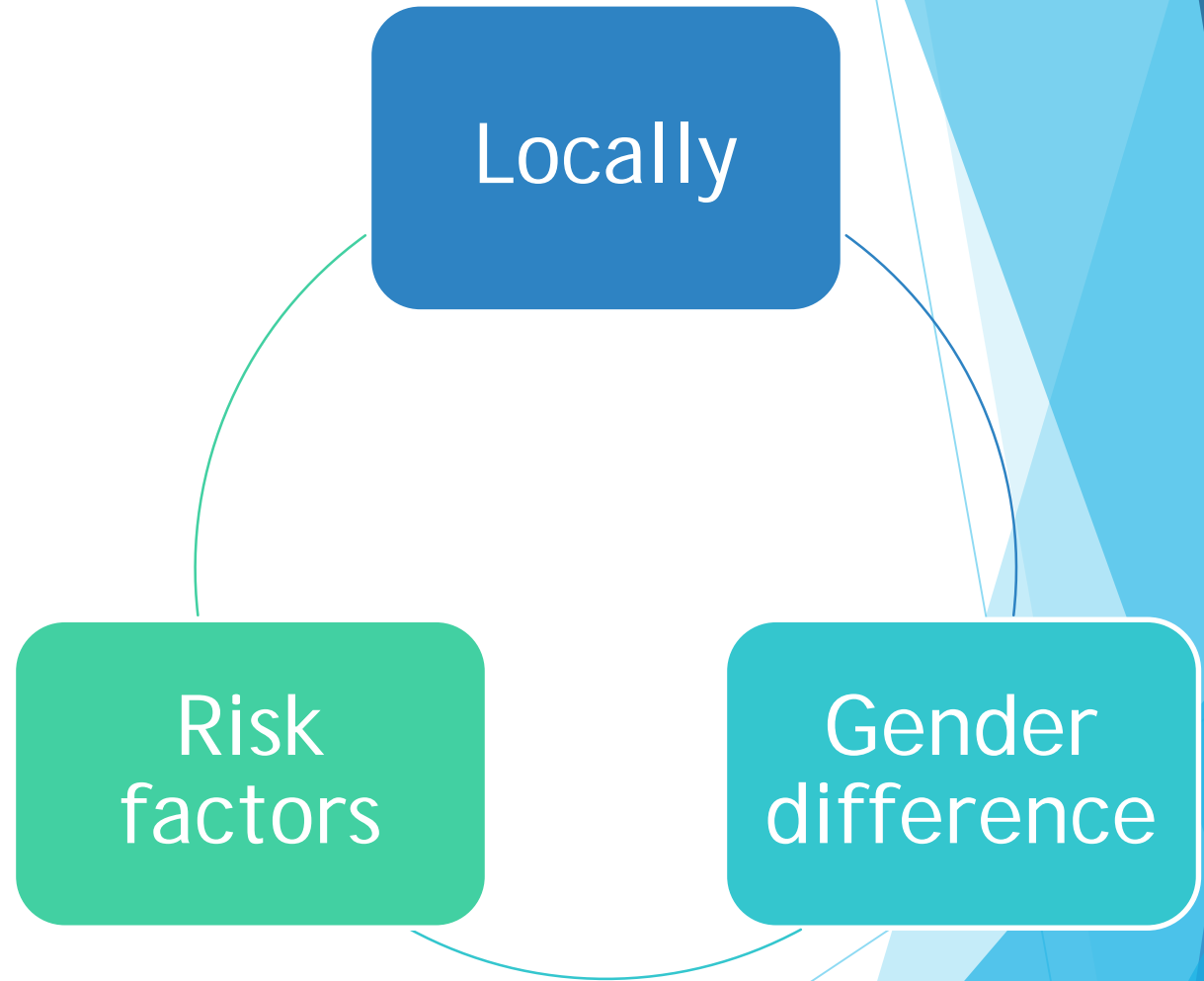
- ▶ The prevalence of binge drinking overall was 20%.

Risk factor: Binge drinking

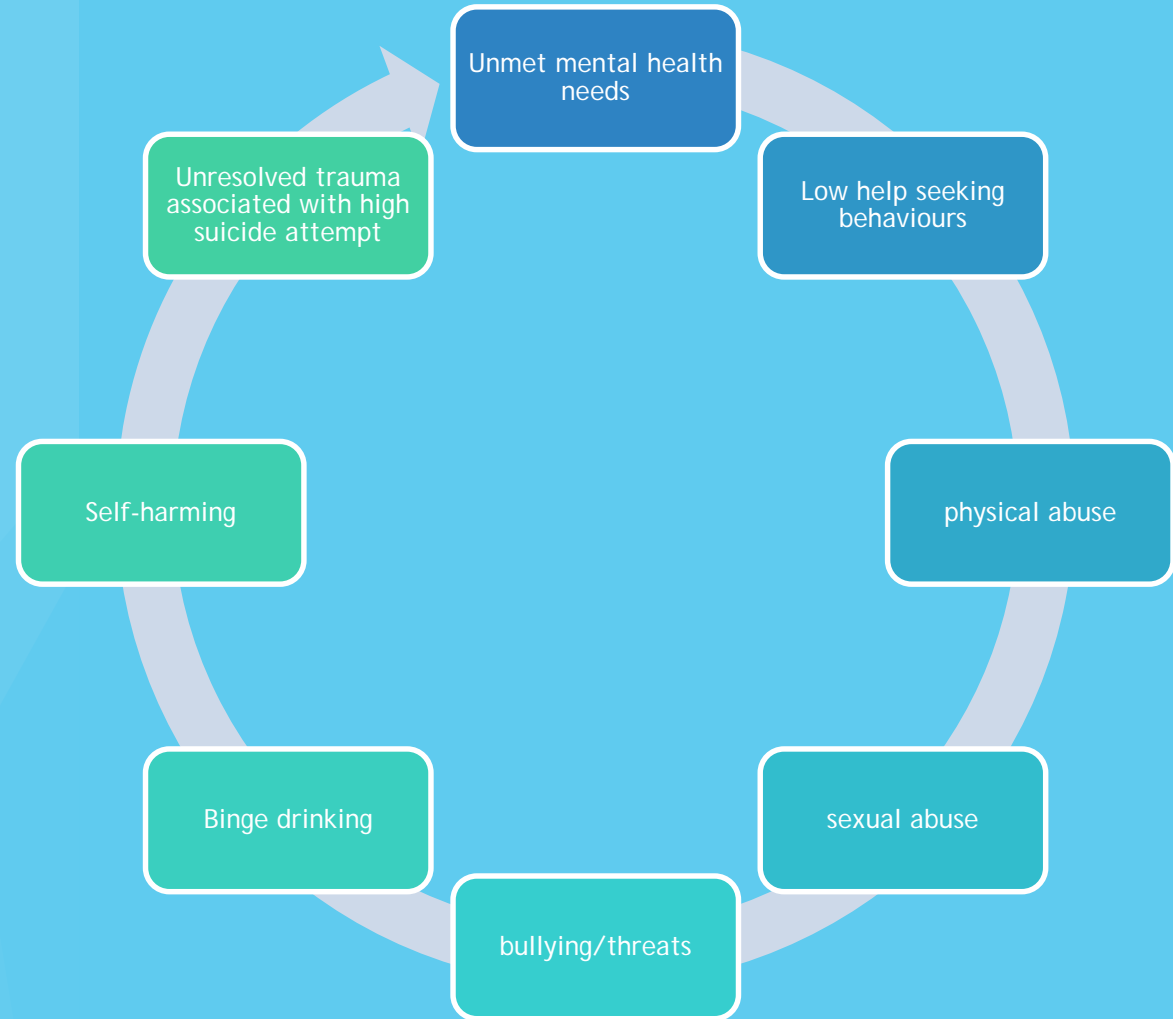
- ▶ About 17% of students who reported binge drinking had attempted suicide compared to about 24% of those who had not been abused



What does
all this
mean?



Risk factors for attempted suicide



The end



THE NEXT TWO SESSIONS WILL FOCUS
ON SOME OF THESE RISK FACTORS.



AT THE END OF TODAY, WE WILL TELL
YOU ABOUT WHAT APF IS PLANNING TO
DO

