



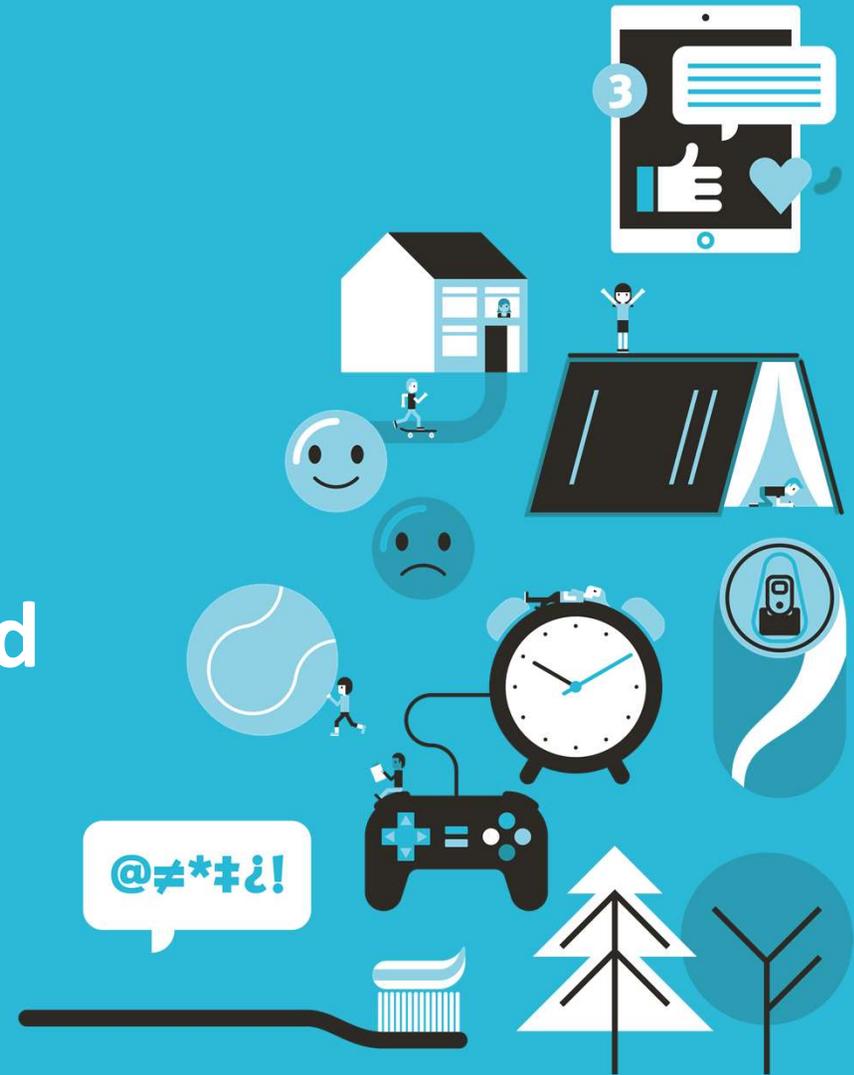
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Launch of the HBSC Scotland 2022 National Report

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Health Behaviour in School-aged Children (HBSC)

Overview of findings from the HBSC 2022 survey in Scotland

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HBSC Scotland

- The HBSC study is a WHO Collaborative Cross-National Survey conducted every four years in member countries
- The survey collects self-reported data on the health and wellbeing of adolescents and the social context they grow up in
- Administered in schools to a nationally representative sample of 11, 13 and 15-year-olds anonymously in a classroom setting
- National surveys conducted in Scotland since 1990
- Follows common international protocol and core (mandatory) questionnaire
- Additional optional packages and national items

- **The 2022 HBSC data collection took place March – June 2022**
- **137 schools from 28 Local Authorities took part**
- **Total sample = 4388 (P7=1478, S2=1704, S4=1206)**



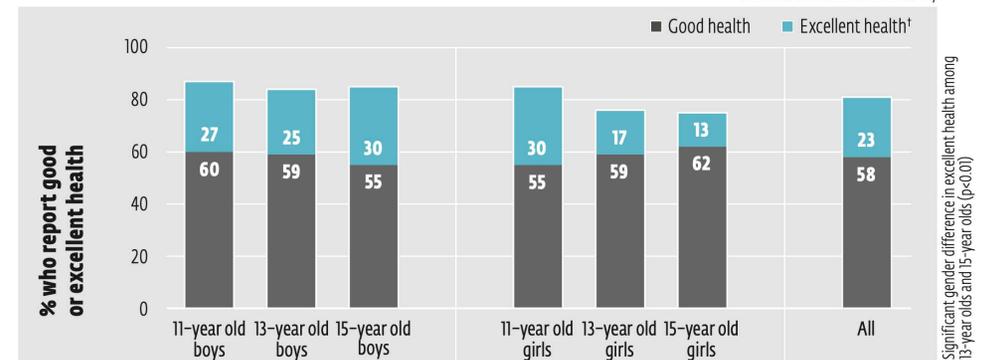
General Health & wellbeing

- The majority of boys and girls (80%) report HIGH life satisfaction
 - 23% report excellent health and 58% report good health
 - Boys report better self-rated health at ages 13 and 15
 - The proportion of boys reporting excellent health has increased since 2018 (from 22% to 27%)
-
- 16% of adolescents reported having a long-term illness, disability or medical condition that has been diagnosed by a doctor
 - 57% of these take medication for their condition
 - 29% said their condition affects their school attendance and participation

Figure 2.1

REPORT GOOD OR EXCELLENT HEALTH

Source: HBSC Scotland 2022 Survey





Multiple health complaints

- Half (49%) of young people experienced multiple health complaints every week
- Higher prevalence among girls than boys e.g. 73% girls vs 41% boys at age 15
- The most common health complaints were:
 - feeling nervous
 - sleep difficulties
 - feeling irritable
- Health complaints are at their highest level since 1994 and the gender gap is increasing

Figure 2.3
HEALTH COMPLAINTS

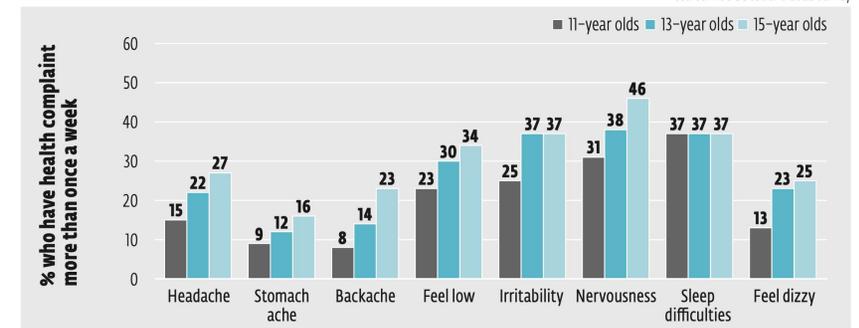
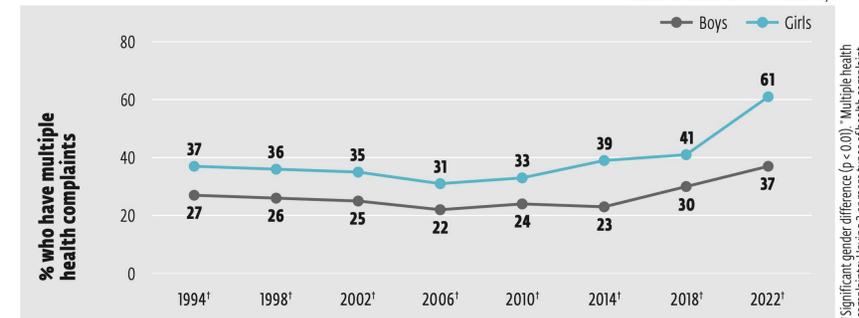


Figure 2.5
MULTIPLE HEALTH COMPLAINTS 1994–2022^a



^aSignificant gender difference (p < 0.01). ¹Multiple health complaints: Having 2 or more types of health complaint, each more than once a week.



Sleep

- Average sleep duration on schooldays = 7.9 hours
- Average sleep duration on weekends = 9.2 hours
- 37% reported sleep difficulties more than once a week
- Sleep difficulties have been increasing since 2014

Figure 2.10
SLEEP DIFFICULTIES

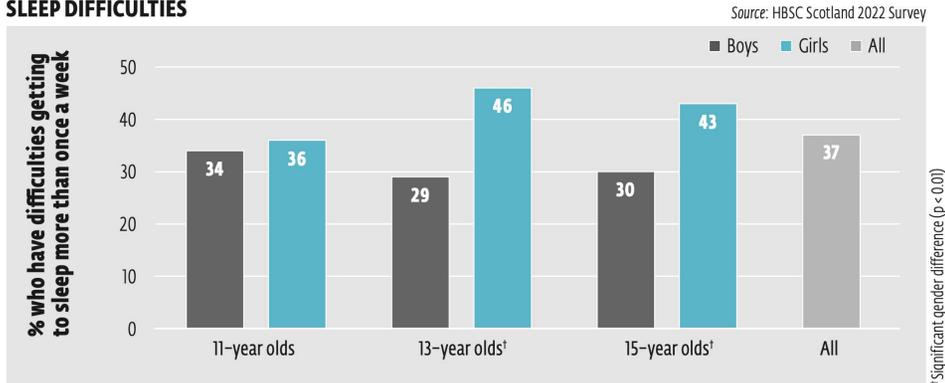
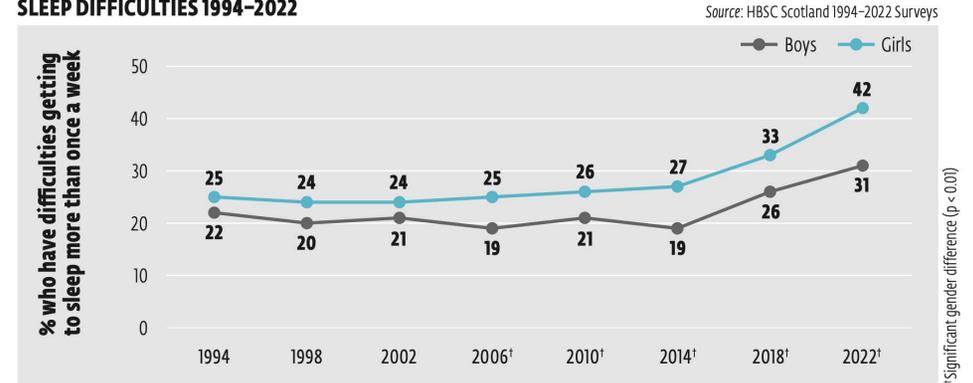


Figure 2.11
SLEEP DIFFICULTIES 1994-2022





Happiness

- 27% young people feel very happy with their lives.
- Happiness decreases markedly with age.
- Happiness is at the lowest level since 1994.

Figure 3.3
FEEL VERY HAPPY

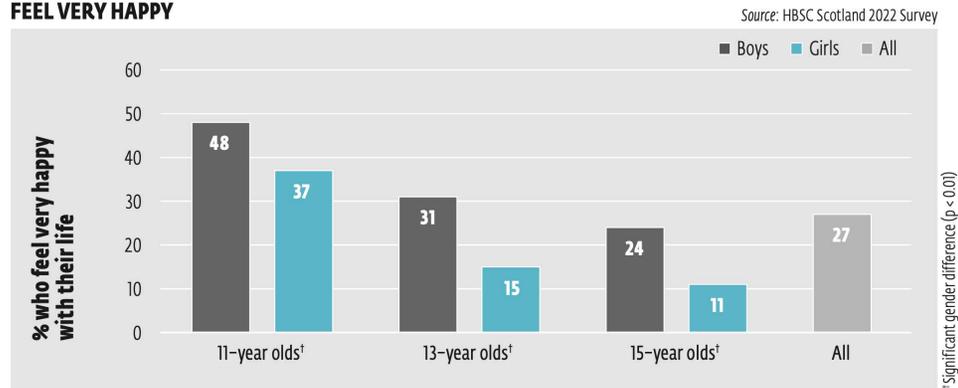
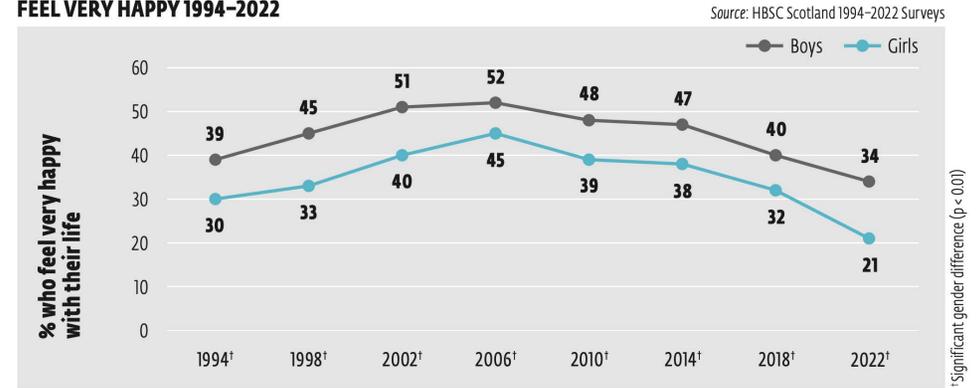


Figure 3.4
FEEL VERY HAPPY 1994-2022





Feeling confident

- 42% of young people report feeling confident *always* or *often*.
- This is the lowest level since 1994.
- Levels of confidence much lower among girls, especially S2 & S4.

Figure 3.5
OFTEN OR ALWAYS FEEL CONFIDENT

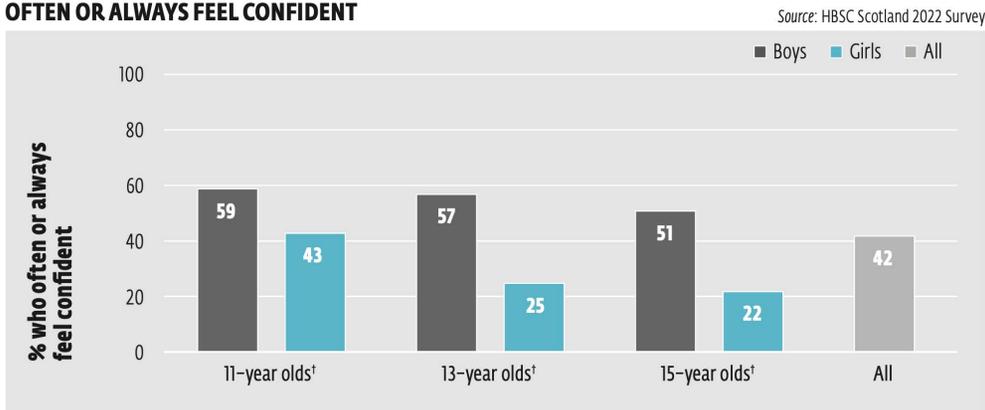
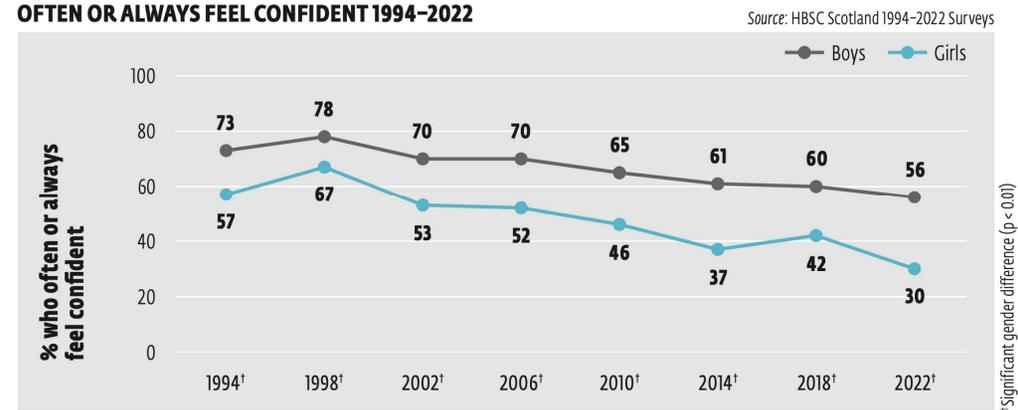


Figure 3.6
OFTEN OR ALWAYS FEEL CONFIDENT 1994-2022





Mental health & wellbeing

- 30% girls and 15% boys say they *often* or *always* feel left out. Prevalence of feeling left out has doubled for girls since 2018.
- 1 in 5 (19%) feel lonely all or most of the time. Levels are highest among girls in S2 (26%) and S4 (31%).
- 21% report low mood and 14% are classified as at risk of depression.
- A third of 13 & 15 year olds (32%) report moderate or severe anxiety, with higher levels among girls than boys.





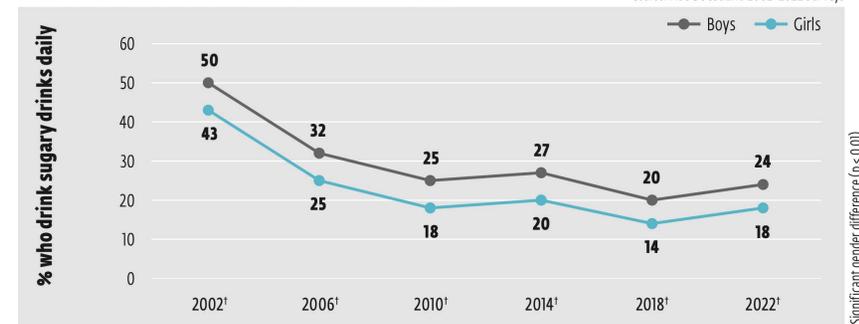
Eating behaviours

- Daily fruit consumption is at its highest level in 20 years.
- Daily vegetable consumption is at its highest for boys.
- 44% eat fruit and 40% eat vegetables every day.
- There has been a slight increase in consumption of sweets & chocolate, chips and sugary drinks since 2018 but levels still lower than in 2002.
- 28% drink fruit juice or smoothies daily
- 9% drink energy drinks daily
- 36% eat a meal with their family every day

Figure 4.12

DAILY CONSUMPTION OF SUGARY DRINKS 2002–2022

Source: HBSC Scotland 2002–2022 Surveys



[†] Significant gender difference ($p < 0.01$)



Physical activity and leisure time

- Less than a quarter (23%) do 60+ minutes of MVPA daily, but levels have increased for boys since 2018 (19% to 28%).
- 61% take part in vigorous physical activity 3+ times a week in their free time (more boys than girls).
- 71% take part in organised leisure activities every week
 - Team sports 43%
 - Individual sports 37%
 - Artistic activities 32%
 - Youth organisation 15%
 - Club activities 10%
 - Religious activities 9%



Electronic media use



- Overall **screen time** was high, with a daily average of:
 - 3.0 hours gaming
 - 2.8 hours on social media
 - 2.4 hours watching TV
 - 1.2 hours browsing the internet
- 35% reported **“intense” online contact** with close friends (almost all the time throughout the day)
- 14% reported **problematic social media use**, with higher levels among girls (20% vs 8% boys).
- 13% reported **problematic gaming**, with higher levels among boys (18% vs 7% girls)

Figure 5.5
SCREEN TIME – GAMING

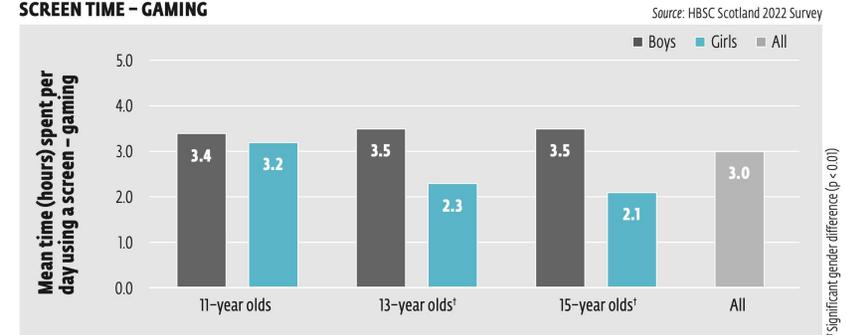
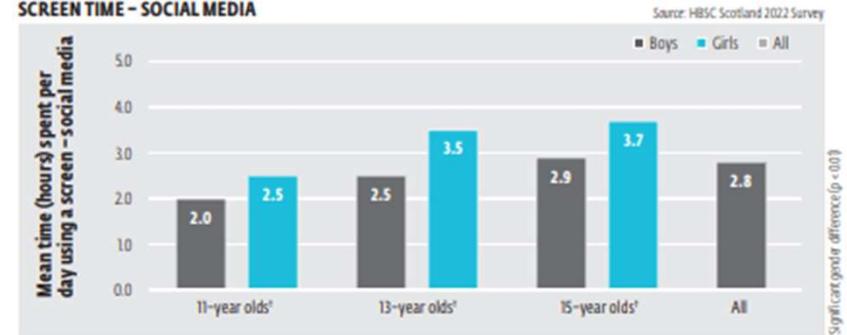


Figure 5.6
SCREEN TIME – SOCIAL MEDIA





Substance use

- Lifetime cigarette smoking and drunkenness are at their lowest levels in 32 years.
- Vaping has now overtaken cigarette smoking; **18%** have ever used an e-cigarette while **9%** have ever smoked cigarettes.
- Since 2018, current vaping has increased among 15-year-olds
 - Girls: 6% to 30%
 - Boys: 8% to 20%

main increases among girls

Figure 7.2

EVER SMOKED CIGARETTES: 15-YEAR OLDS 1990-2022

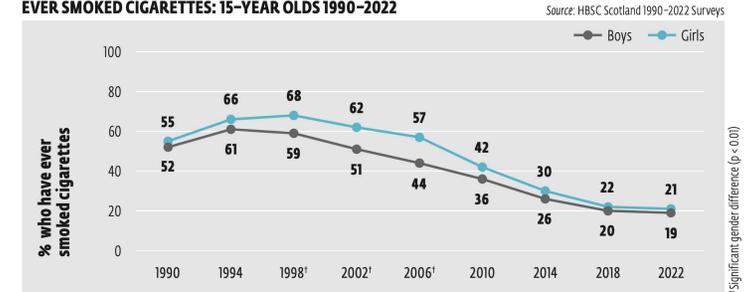


Figure 7.1

EVER SMOKED CIGARETTES

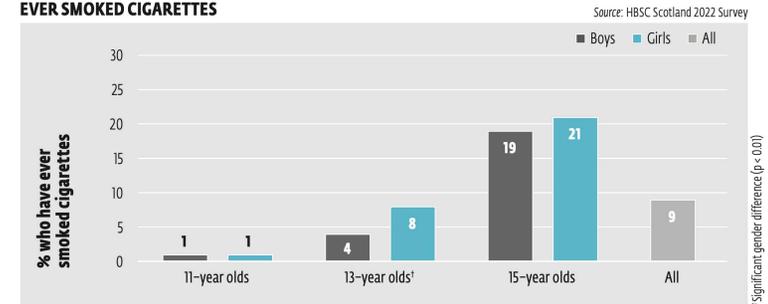
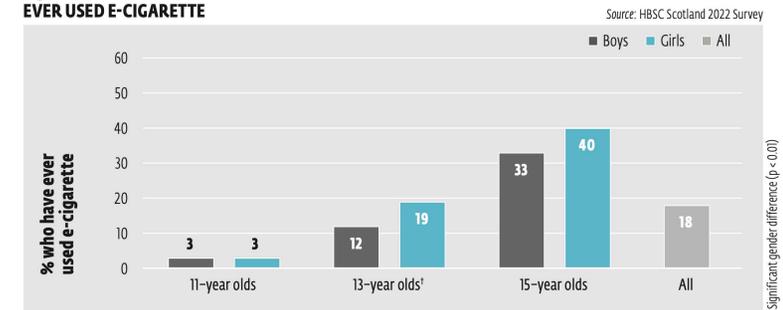


Figure 7.5

EVER USED E-CIGARETTE





Family and peer relationships

- Young people **find it easier to talk to their mothers** about things that bother them, but ease of **communication with fathers has increased** since 1990 for both boys and girls.
- 56% report high levels of support from their family and 50% report high levels of support from friends.
- **Social support has decreased** in recent years, particularly for girls.
- **61% had a trusted adult** they could 'always' talk to about personal things, but 9% said they never had an adult in their life they could trust and talk to.

Figure 10.8
COMMUNICATION WITH MOTHER 1990-2022

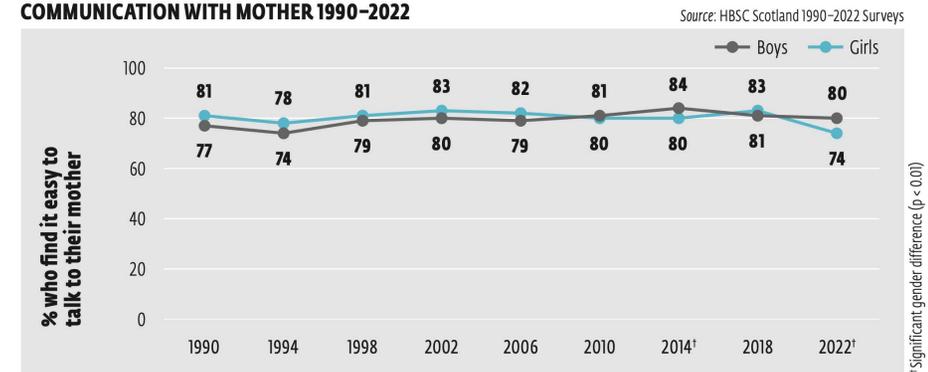
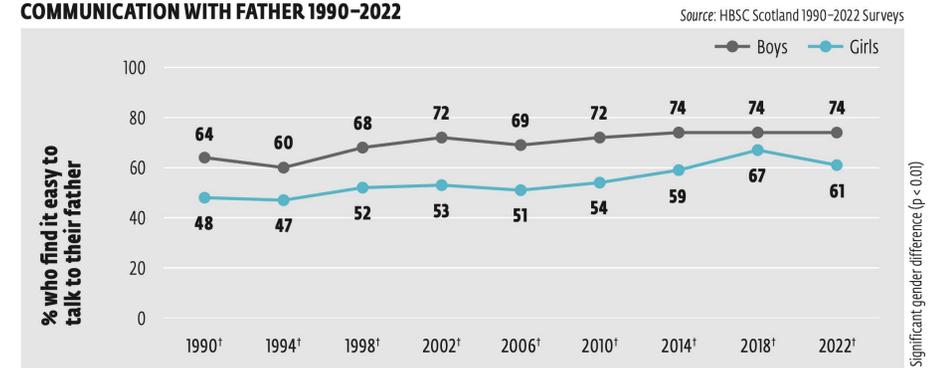
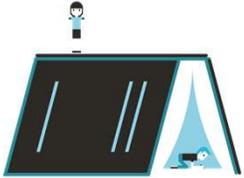


Figure 10.7
COMMUNICATION WITH FATHER 1990-2022





School experience

- The proportion of pupils who report liking school *a lot* has decreased since 2018 (from 25% to 16%).
- Half of young people (49%) reported some or a lot of pressure from schoolwork, with highest prevalence among 15-year-olds (69%).
- Schoolwork pressure has been increasing since 2006 and has continued to increase for girls, with a widening gender gap.
- Perceived (high) teacher support has decreased since 2018, from 38% to 28%.
- Perceived (high) support from classmates has also decreased since 2018, from 22% to 17%.

Figure 11.2
LIKE SCHOOL A LOT 1990-2022

Source: HBSC Scotland 1990-2022 Surveys

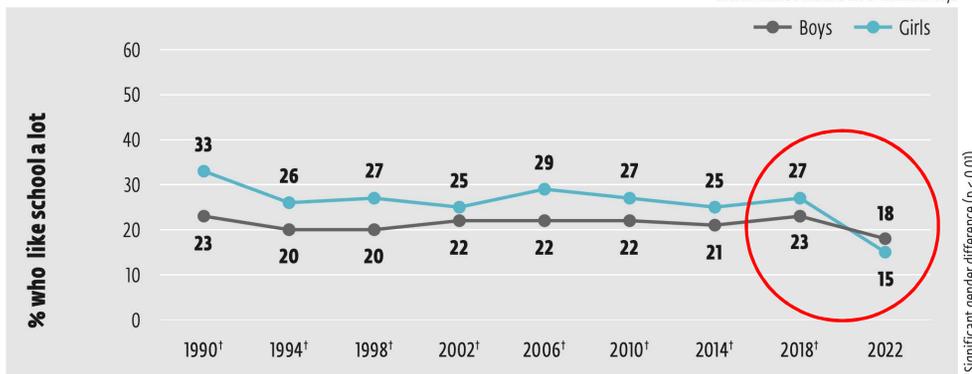
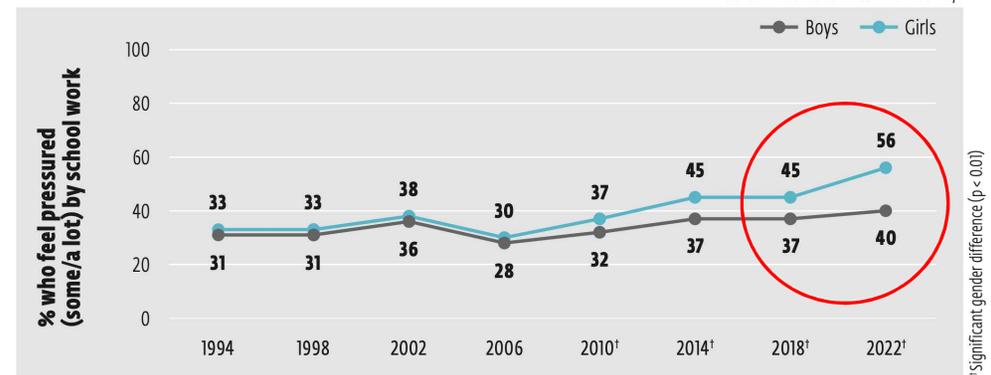
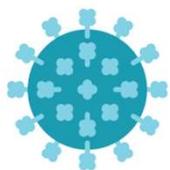


Figure 11.4
FEEL PRESSURED BY SCHOOLWORK 1994-2022

Source: HBSC Scotland 1994-2022 Surveys



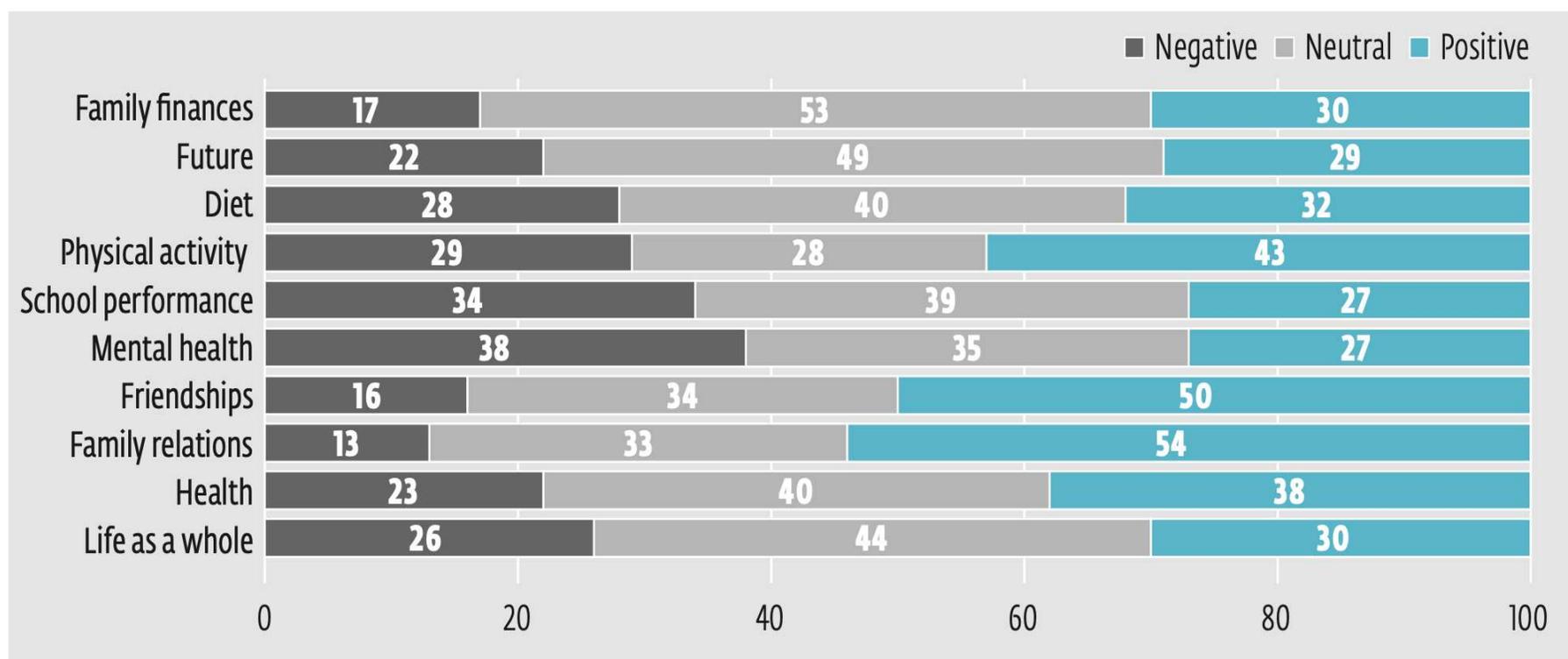


COVID-19 impact

Figure 12.1

IMPACT OF COVID-19 ALL

Source: HBS Scotland 2022 Survey

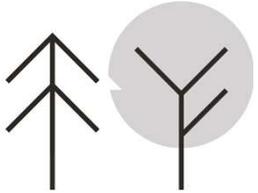




Health inequalities

Young people from **low affluent families** were more likely to report:

- Poorer health
- More frequent health complaints
- Lower levels of happiness and confidence
- Feeling lonely
- Sleep problems
- Lower physical activity and less engagement in leisure activities
- Higher levels of screen time
- Current smoking
- Lower satisfaction with school
- Lower levels of social support from parents, peers and classmates
- Poorer communication with parents
- Not having a trusted adult



Summary

- Some positive improvements, particularly in eating behaviours and physical activity
- The majority of adolescents report high life satisfaction and are engaged in a range of activities outside of school
- Mental health continues to worsen, particularly for girls
- Vaping has increased significantly in last 4 years, potentially reversing the gains made in cigarette smoking
- Perceived social support has decreased since 2018
- Perceptions of school have also declined
- COVID-19 had both positive and negative effects on young people, but there is evidence of longer-lasting impacts
- Health inequalities remain high across the board



Acknowledgements

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