

The Second Australian Child and Adolescent Survey of Mental Health and Wellbeing

Authors

David Lawrence

Sarah Johnson

Jennifer Hafekost

Katrina Boterhoven de Haan

Michael Sawyer

John Ainley

Stephen R. Zubrick

First national child and adolescent mental health survey

- Conducted in 1997/98
- 4,500 4-17 year olds
- Parent content: DISC, CBCL, Child Health Questionnaire, use of services, demographics
- Young people 13+ completed a youth self-report: CBCL, Youth risk behaviours, Child Health Questionnaire, Use of Services
- Response rate 70%

Key results from first survey

12-month prevalence of mental health problems and disorders	
Total prevalence (CBCL)	14.1%
DISC Disorders	
Depressive disorder	3.0%
Conduct disorder	3.0%
ADHD	11.2%

Use of services

- 25% of children with emotional or behavioural problems had used one or more services in past 6 months
- Among children and adolescents with the most severe problems, only 50% had received professional help
- 3% of children with mental disorders had attended a CAMHS

Young Minds Matter

Second Australian Child and
Adolescent Survey of Mental Health
and Wellbeing

Aims

1. How many children and adolescents in Australia have mental health problems and disorders?
2. What is the nature of these mental health problems and disorders?
3. What is the degree of functional impairment or disability associated with these problems and disorders?

Aims (cont)

4. What are the services used by children and adolescents with mental health problems and disorders?
5. What is the role of the education sector in providing services for children and adolescents with mental health problems and disorders?

Survey sample

- Face to face interview with parents/carers of 5,500 children aged 4-17 years
- Youth self-report for 11+ years completed on tablet computer
- Oversample of 800 16-17 year olds
- Request for linkage to MBS, PBS and NAPLAN data (5 years prior + 2 years prospective)

Content – Parent/Carer interview

- Mental disorders assessed using the Diagnostic Interview Schedule for Children (DISC)
 - Retained
 - Major Depressive Disorder
 - ADHD
 - Conduct disorder
 - Addition of
 - Social phobia
 - Separation anxiety
 - Obsessive-compulsive disorder
 - Generalised anxiety disorder

Content – Parent/Carer interview

- Emotional and behavioural problems assessed using the Strengths and Difficulties Questionnaire (SDQ)
- DISC Oppositional Problem Behaviours
- Impact on functioning (Severity)
- Service use
- Demographics, Education, Family information

Content – Youth self-report

- SDQ & K10+
- DISC Major depressive disorder
- Impact on functioning
- DISC Eating disorders module replaced with ALSPAC problem eating behaviours questions

Content – Youth self-report

- CHU-9D
- Service use
- Youth risk behaviours
- Bullying
- Internet and electronic gaming
- Family Information, self esteem, protective factors

Exclusions

- The 1% most remote SA1 areas in Australia were excluded from the sampling frame
- Sample not designed to produce estimates for individual jurisdictions
- No oversampling of small population groups

Survey participation rates

- Parent willing to participate: 55%
- Young person willing to participate: 89%
- Parent/young person consents to access to Medicare/PBS and NAPLAN information: > 80%

Prevalence of mental disorders

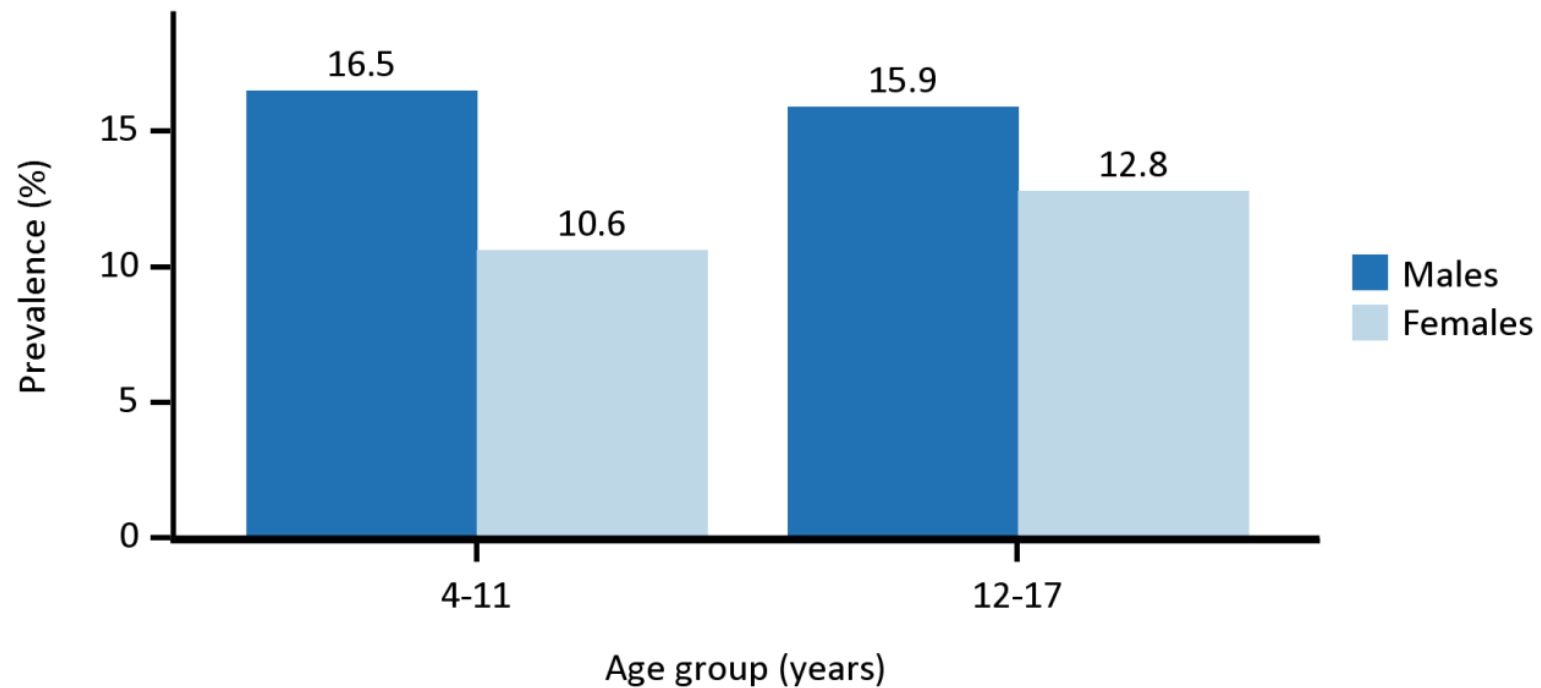
Parent or carer report

12-month prevalence of mental disorders

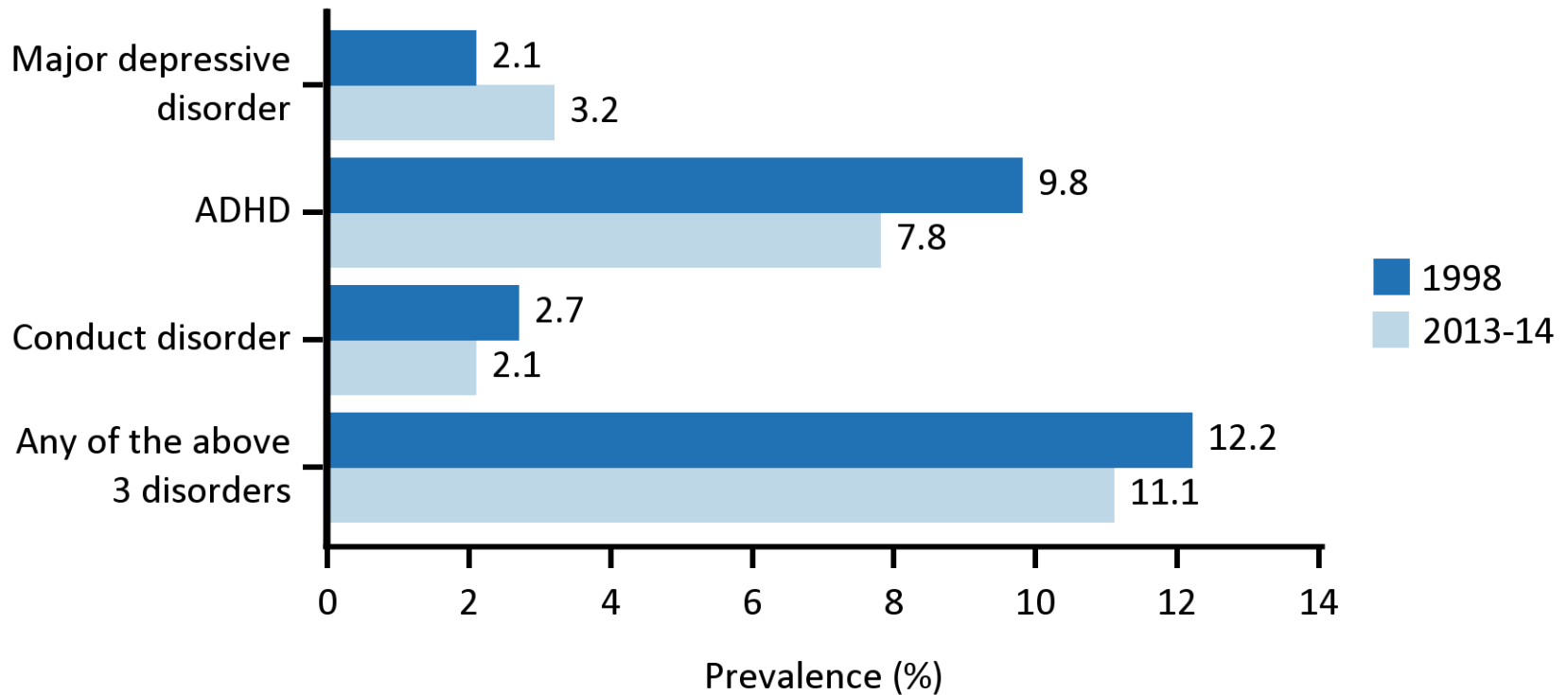
Disorder	Males (%)	Females (%)	Persons (%)
Anxiety disorders	7.0	6.8	6.9
Major depressive disorder	2.5	3.1	2.8
ADHD	10.4	4.3	7.4
Conduct disorder	2.5	1.6	2.1
Any mental disorder	16.3	11.5	13.9

Approximately 560,000 4-17 year-olds have a mental disorder

12-month prevalence of mental disorders (cont)



Comparison between 1998 and 2013-14 (6-17 year olds)



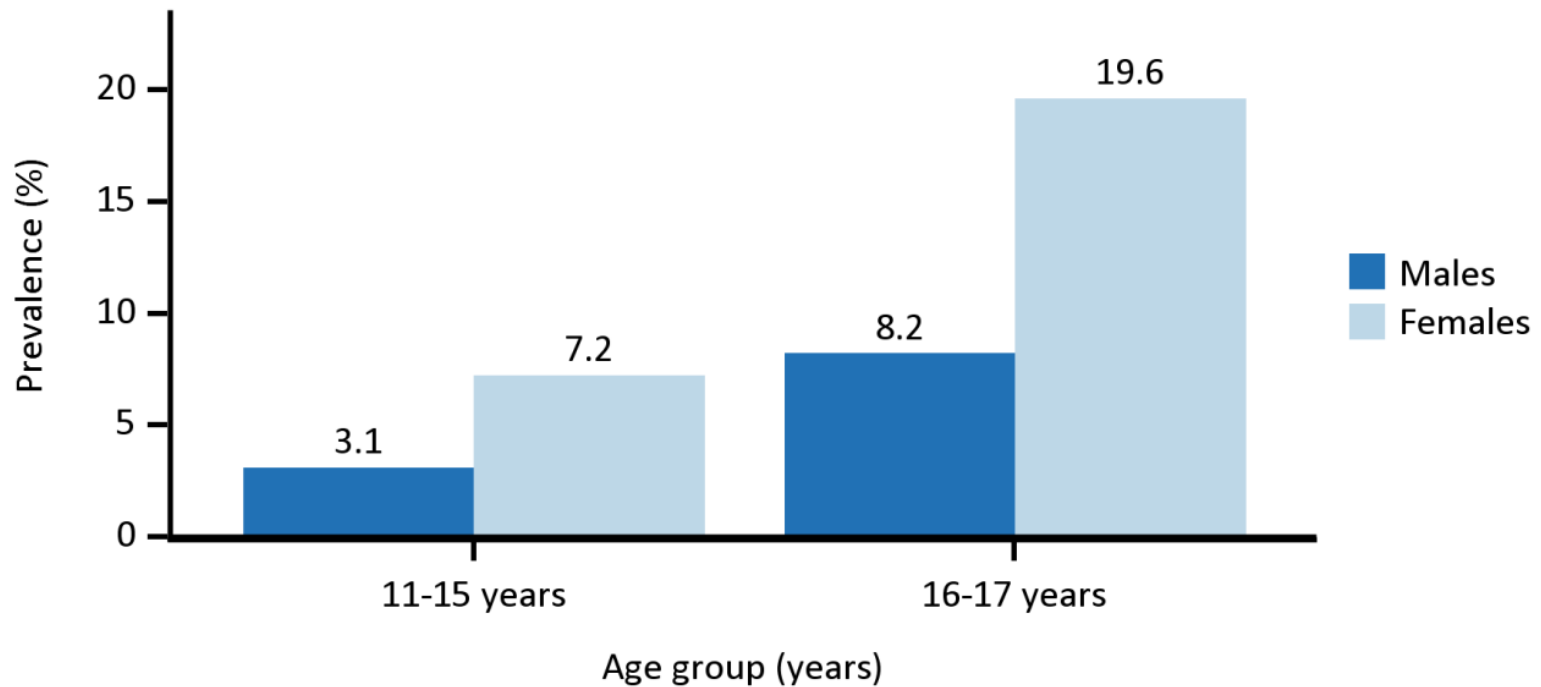
What adolescents told us about their mental health

Major Depressive Disorder

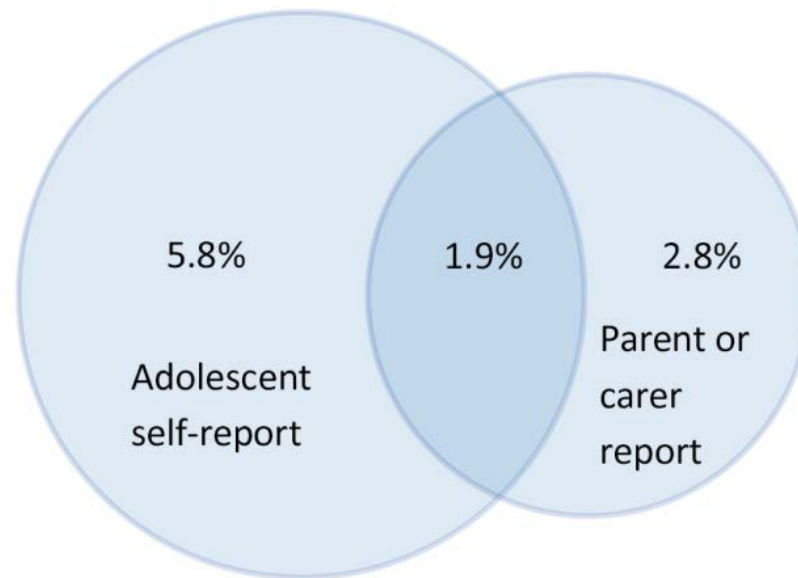
Self-harm

Suicidal ideation

12-month prevalence of major depressive disorder (11-17 year olds)



12-month prevalence of major depressive disorder (11-17 year olds)

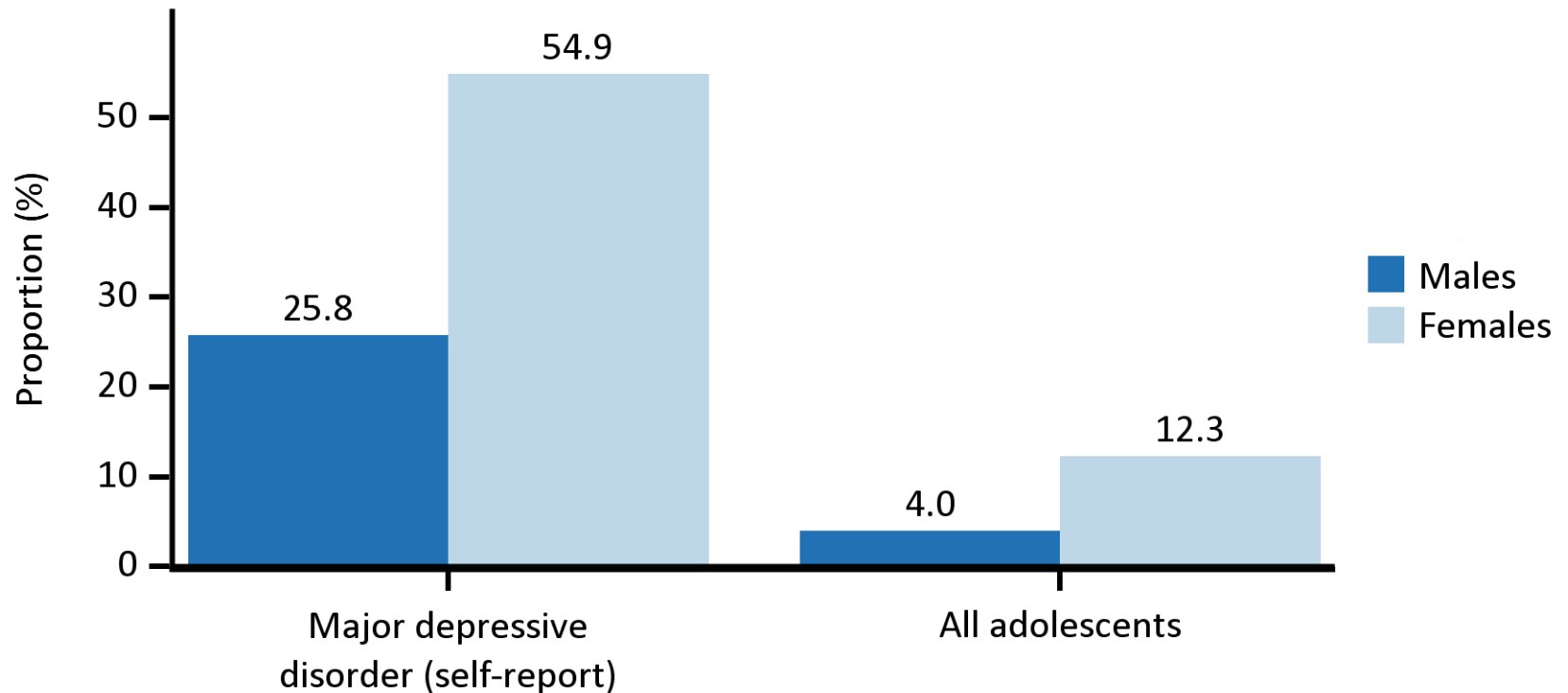


Self-harming among all 12-17 year olds

Age/Gender	Self-harm ever (%)	Self-harm 4 or more times (%)	Self-harm in previous 12 months (%)	Received medical treatment (%)
Persons 12-17 years	10.9	5.9	8.0	0.8
Males 12-15 years	5.7	1.9	3.0	np
Males 16-17 years	9.1	4.5	6.2	np
Females 12-15 years	11.1	6.0	9.8	1.1
Females 16-17 years	22.8	14.9	16.8	1.8

Approximately 137,000 young people had self-harmed in the past 12 months

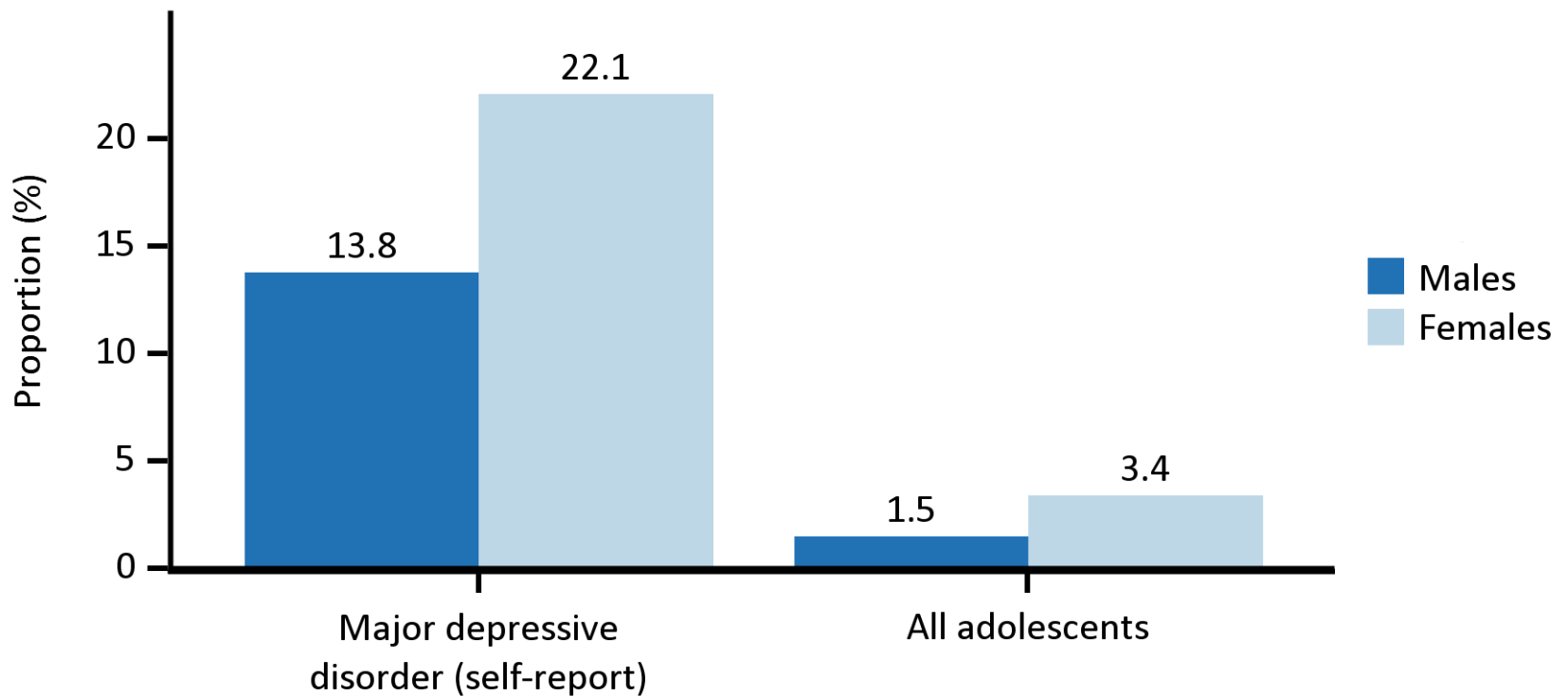
Self-harming among 12-17 year olds with major depressive disorder



Suicidal ideation, suicide plans and suicide attempts among all 12-17 year olds

Age/Gender	Suicidal ideation in previous 12 months (%)	Suicide plan in previous 12 months (%)	Suicide attempt ever (%)	Suicide attempt in previous 12 months (%)
Persons 12-17 years	7.5	5.2	3.2	2.4
Males 12-15 years	3.4	2.0	0.9	0.8
Males 16-17 years	6.8	4.9	3.9	2.9
Females 12-15 years	8.1	5.9	3.3	2.7
Females 16-17 years	15.4	10.6	6.7	4.7

Suicide attempts among 12-17 year olds with major depressive disorder



Suicidal ideation and suicide attempts (cont)

- An estimated **128,000 12-17 year-olds** had seriously considered attempting suicide in the previous 12 months
- An estimated **41,000 12-17 year-olds** reported having attempted suicide in the previous 12 months

Use of services

Defining service use

Services used “for emotional or behavioural problems” in the previous 12 months:

Services used by 4-17 year-olds with mental disorders

- 56.0% had used services for emotional and behavioural problems in the previous 12 months
- 53.0% had used health services
- 40.2% had used school services

12-month health service use by 4-17 year olds with mental disorders

Health service provider	4-11 years (%)	12-17 years (%)	4-17 years (%)
General practitioner	29.8	41.6	35.0
Paediatrician	22.5	19.2	21.0
Psychologist	19.8	29.1	23.9
Counsellor or family therapist	14.1	29.0	20.7
Occupational therapist	10.9	4.2	7.9
Social worker	6.2	13.4	9.3
Psychiatrist	4.9	10.0	7.1
Nurse	0.9	4.5	2.5

12-month school service use by 4-17 year olds with mental disorders

Type of service	4-11 years (%)	12-17 years (%)	4-17 years (%)
Individual counselling	20.3	38.8	28.4
School nurse	13.9	21.1	17.1
Special class/school	13.1	13.2	13.1
Group counselling/support program	6.5	12.6	9.2

Service use summary

- in 1998 – 31.2% of 6-17 year-olds with mental disorders had used services in the previous 6 months
- In 2013/14 – 68.3% had used services in the previous 12 months
- Greatest apparent change in school services: 19.2% in 6 months – 54.0% in 12 months

Thank You

www.health.gov.au
“Young Mind Matters”