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

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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

<table>
<thead>
<tr>
<th>12-month prevalence of mental health problems and disorders</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Total prevalence (CBCL)</td>
<td>14.1%</td>
</tr>
<tr>
<td><strong>DISC Disorders</strong></td>
<td></td>
</tr>
<tr>
<td>Depressive disorder</td>
<td>3.0%</td>
</tr>
<tr>
<td>Conduct disorder</td>
<td>3.0%</td>
</tr>
<tr>
<td>ADHD</td>
<td>11.2%</td>
</tr>
</tbody>
</table>
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

<table>
<thead>
<tr>
<th>Disorder</th>
<th>Males (%)</th>
<th>Females (%)</th>
<th>Persons (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Anxiety disorders</td>
<td>7.0</td>
<td>6.8</td>
<td>6.9</td>
</tr>
<tr>
<td>Major depressive disorder</td>
<td>2.5</td>
<td>3.1</td>
<td>2.8</td>
</tr>
<tr>
<td>ADHD</td>
<td>10.4</td>
<td>4.3</td>
<td>7.4</td>
</tr>
<tr>
<td>Conduct disorder</td>
<td>2.5</td>
<td>1.6</td>
<td>2.1</td>
</tr>
<tr>
<td>Any mental disorder</td>
<td>16.3</td>
<td>11.5</td>
<td>13.9</td>
</tr>
</tbody>
</table>

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)

- **Major depressive disorder**
  - 1998: 2.1%
  - 2013-14: 3.2%

- **ADHD**
  - 1998: 7.8%
  - 2013-14: 9.8%

- **Conduct disorder**
  - 1998: 2.7%
  - 2013-14: 12.2%

- **Any of the above 3 disorders**
  - 1998: 11.1%
  - 2013-14: 12.2%
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)

- Adolescent self-report: 5.8%
- Parent or carer report: 2.8%
- Both: 1.9%
### Self-harming among all 12-17 year olds

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

Approximately 137,000 young people had self-harmed in the past 12 months
Self-harming among 12-17 year olds with major depressive disorder

- **Major depressive disorder (self-report)**
  - Males: 25.8%
  - Females: 54.9%

- **All adolescents**
  - Males: 4.0%
  - Females: 12.3%
Suicidal ideation, suicide plans and suicide attempts among all 12-17 year olds

<table>
<thead>
<tr>
<th>Age/Gender</th>
<th>Suicidal ideation in previous 12 months (%)</th>
<th>Suicide plan in previous 12 months (%)</th>
<th>Suicide attempt ever (%)</th>
<th>Suicide attempt in previous 12 months (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Persons 12-17 years</td>
<td>7.5</td>
<td>5.2</td>
<td>3.2</td>
<td>2.4</td>
</tr>
<tr>
<td>Males 12-15 years</td>
<td>3.4</td>
<td>2.0</td>
<td>0.9</td>
<td>0.8</td>
</tr>
<tr>
<td>Males 16-17 years</td>
<td>6.8</td>
<td>4.9</td>
<td>3.9</td>
<td>2.9</td>
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<tr>
<td>Females 12-15 years</td>
<td>8.1</td>
<td>5.9</td>
<td>3.3</td>
<td>2.7</td>
</tr>
<tr>
<td>Females 16-17 years</td>
<td>15.4</td>
<td>10.6</td>
<td>6.7</td>
<td>4.7</td>
</tr>
</tbody>
</table>
Suicide attempts among 12-17 year olds with major depressive disorder

![Bar chart showing suicide attempts among 12-17 year olds with major depressive disorder. The chart compares males and females. For those with major depressive disorder (self-report), 13.8% of males and 22.1% of females attempted suicide. For all adolescents, 1.5% of males and 3.4% of females attempted suicide.]
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

<table>
<thead>
<tr>
<th>Health service provider</th>
<th>4-11 years (%)</th>
<th>12-17 years (%)</th>
<th>4-17 years (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>General practitioner</td>
<td>29.8</td>
<td>41.6</td>
<td>35.0</td>
</tr>
<tr>
<td>Paediatrician</td>
<td>22.5</td>
<td>19.2</td>
<td>21.0</td>
</tr>
<tr>
<td>Psychologist</td>
<td>19.8</td>
<td>29.1</td>
<td>23.9</td>
</tr>
<tr>
<td>Counsellor or family therapist</td>
<td>14.1</td>
<td>29.0</td>
<td>20.7</td>
</tr>
<tr>
<td>Occupational therapist</td>
<td>10.9</td>
<td>4.2</td>
<td>7.9</td>
</tr>
<tr>
<td>Social worker</td>
<td>6.2</td>
<td>13.4</td>
<td>9.3</td>
</tr>
<tr>
<td>Psychiatrist</td>
<td>4.9</td>
<td>10.0</td>
<td>7.1</td>
</tr>
<tr>
<td>Nurse</td>
<td>0.9</td>
<td>4.5</td>
<td>2.5</td>
</tr>
</tbody>
</table>
### 12-month school service use by 4-17 year olds with mental disorders

<table>
<thead>
<tr>
<th>Type of service</th>
<th>4-11 years (%)</th>
<th>12-17 years (%)</th>
<th>4-17 years (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Individual counselling</td>
<td>20.3</td>
<td>38.8</td>
<td><strong>28.4</strong></td>
</tr>
<tr>
<td>School nurse</td>
<td>13.9</td>
<td>21.1</td>
<td><strong>17.1</strong></td>
</tr>
<tr>
<td>Special class/school</td>
<td>13.1</td>
<td>13.2</td>
<td><strong>13.1</strong></td>
</tr>
<tr>
<td>Group counselling/support program</td>
<td>6.5</td>
<td>12.6</td>
<td><strong>9.2</strong></td>
</tr>
</tbody>
</table>
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
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“Young Mind Matters”