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Iechyd Cyhoeddus
Cymru
Public Health
Wales

Exploring common and unique variables associated with adolescent mental health and mental wellbeing in a nationally representative survey of 11-16 years olds in Wales

Ymchwilio i newidynnau cyffredin ac unigryw sy'n gysylltiedig ag iechyd meddwl a llesiant meddwl y glasoed mewn arolwg cenedlaethol gynrychioliadol o bobl ifanc 11-16 oed yng Nghymru

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Adolescent Mental Health in Wales / Iechyd Meddwl y Glasoed yng Nghymru

- A critical issue demanding immediate attention

- 30,000 young people (aged 11-16) affected – nearly 1 in 4

- Without support, risks include:
 - Poor academic outcomes
 - Social isolation & self-harm

- Mater critigol sy'n gofyn am sylw ar unwaith

- 30,000 o bobl ifanc (11-16 oed) wedi'u heffeithio – bron i 1 o bob 4

- Heb gymorth, mae risgiau'n cynnwys:
 - Canlyniadau academaidd gwael
 - Ynysu cymdeithasol a hunan-niweidio

Research question / Cwestiwn ymchwil

Which overlapping factors affect both mental health and mental wellbeing in adolescents, and how can they inform integrated support?

Pa ffactorau gorgyffyrddol sy'n effeithio ar iechyd meddwl a lles meddwl yn y glasoed, a sut gallan nhw lywio cymorth integredig?

School Health Research Network

2019 and 2021 surveys

Biennial survey of all 11- to 16-year-olds in mainstream schools

Each child can be surveyed up to two times

Electronic, closed-response and self-completed

~230,000 records spanning 2019 and 2021

~150 variables from various topic areas

Rhwydwaith Ymchwil Iechyd

Ysgolion Arolygon 2019 a 2021

Arolwg bob dwy flynedd o'r holl blant 11 i 16 oed mewn ysgolion prif ffrwd

Gellir arolygu pob plentyn hyd at ddwywaith

Electronig, ymateb caeedig a hunan-gwblhau

~ 230,000 o gofnodion yn rhychwantu 2019 a 2021

~ 150 o newidynnau o wahanol feysydd pwnc

School Health Research Network 2019 and 2021 surveys

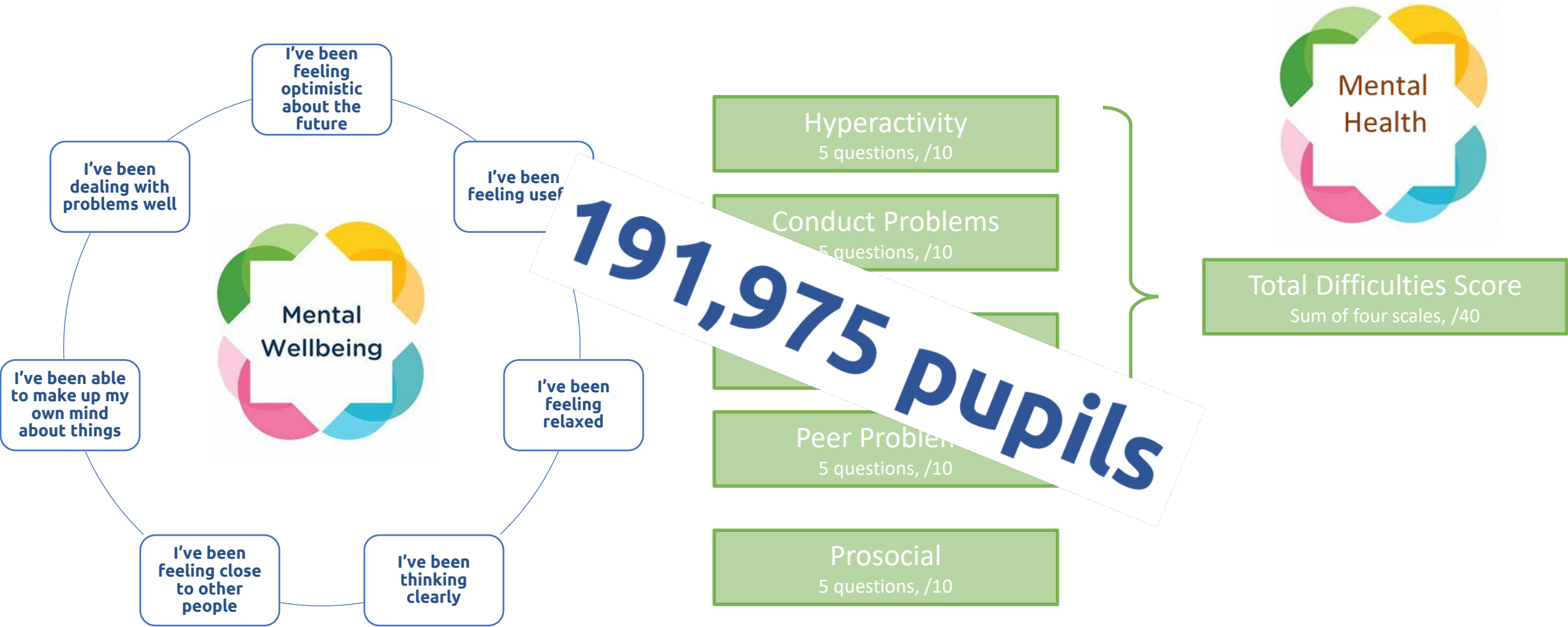
Rhwydwaith Ymchwil Iechyd Ysgolion Arolygon 2019 a 2021



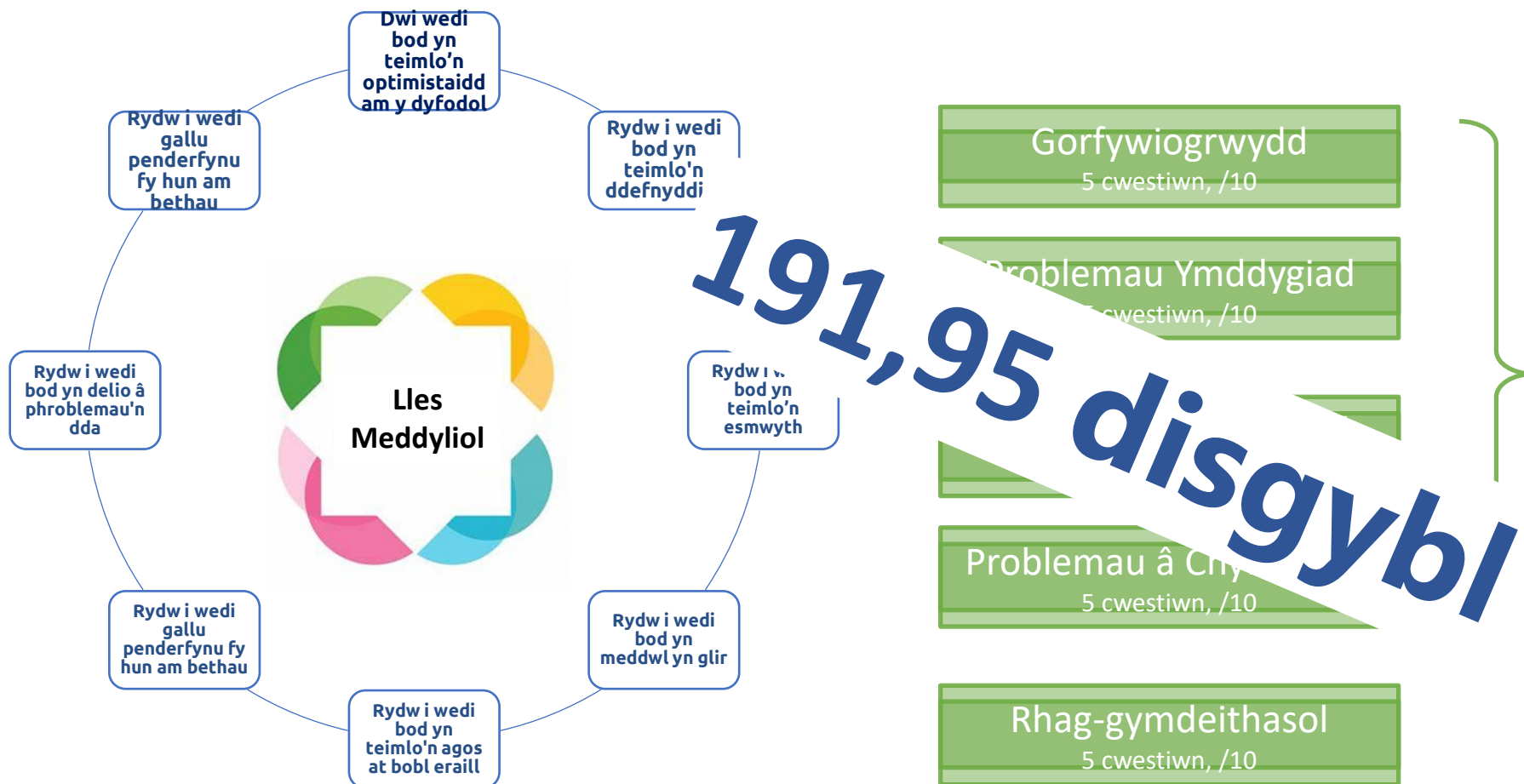
DEMOGRAPHIC	BEHAVIOURAL	SOCIAL
<i>Person</i>	<i>Consumption</i>	<i>Deprivation</i>
Age	Smoking	Family affluence score
Sex	Vaping	
Ethnicity	Alcohol use	<i>Family circumstances</i>
<i>Place</i>	Energy drinks	Who student lives with
School ID		
Year assessed		<i>Family support</i>
		Practical support
	<i>Physical activity</i>	Emotional support
	Weekdays active	
	Hours sedentary/day	
	<i>Sleep</i>	<i>Relationships</i>
	Sleeping difficulty	Support from friends
	School-night bedtime	Being bullied
		Bullying others
	<i>Self-perception</i>	<i>School</i>
	Body image	Teachers care
		Schoolwork pressure
		School support

DEMOGRAFFIG	YMDDYGIADOL	CYMDEITHASOL
<i>Person</i>	<i>Yn defnyddio</i>	<i>Amddifadedd</i>
Oedran	Ysmygu	Sgôr cyfoeth teuluol
Rhyw	Fêpio	
Ethnigrwydd	Alcohol	<i>Amgylchiadau teuluol</i>
<i>Lle</i>	Diodydd egni	Â phwy mae'r myfyriwr yn byw
ID Ysgol		
Blwyddyn asesu		<i>Cefnogaeth deuluol</i>
		Cefnogaeth ymarferol
	<i>Gweithgarwch corfforol</i>	Cefnogaeth emosiynol
	Diwrnodau gwaith actif	
	Oriau'n eisteddog/dydd	
	<i>Cwsg</i>	<i>Perthnasoedd</i>
	Anhawster cysgu	Cefnogaeth gan ffrindiau
	Amser gwely noson ysgol	Cael eu bwlio
		Bwlio eraill
	<i>Hunan-ddelwedd</i>	<i>Ysgol</i>
	Delwedd y corff	Gofal athrawon
		Pwysau gwaith ysgol
		Cefnogaeth gan yr ysgol

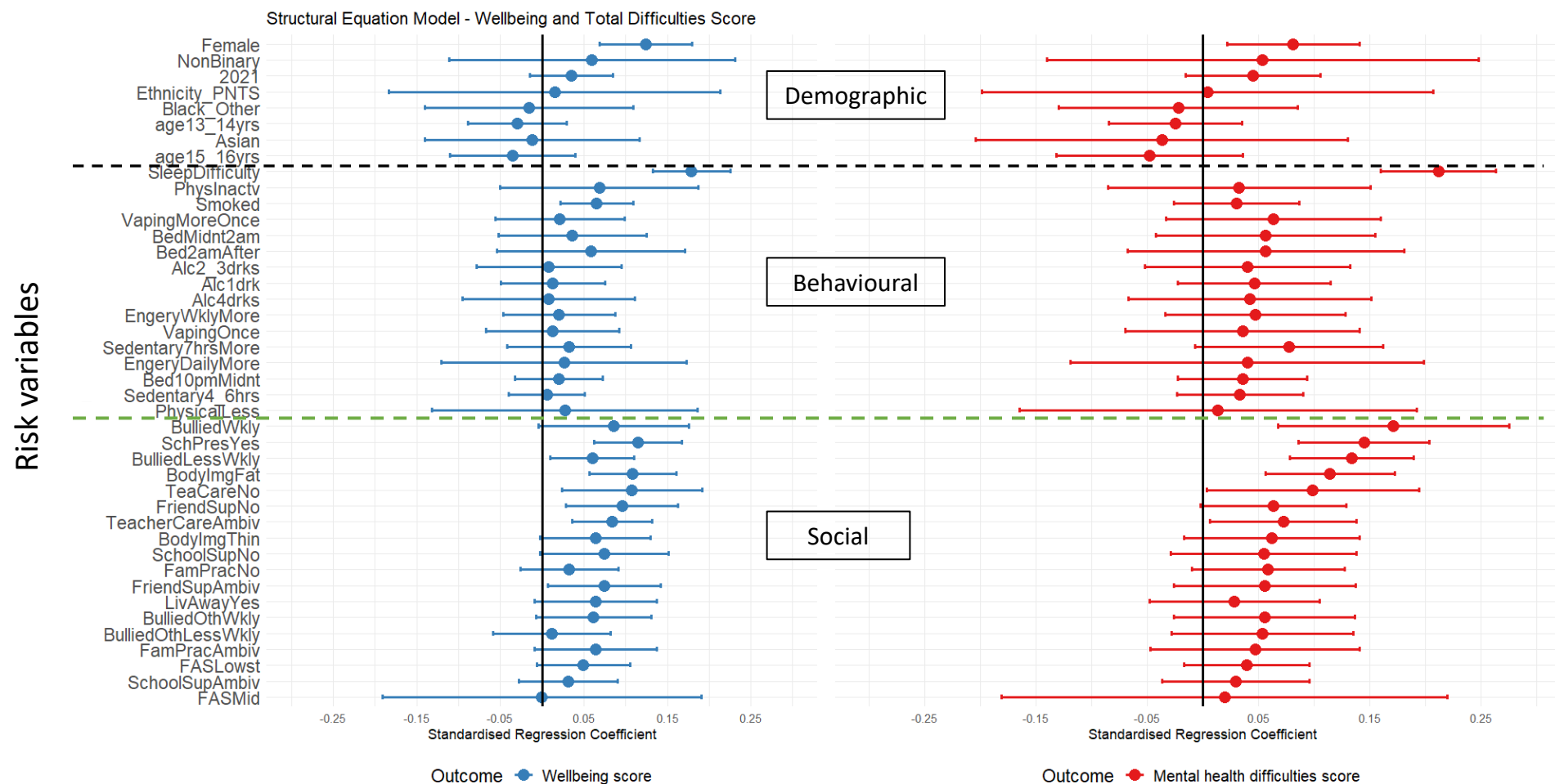
Outcomes used in the study



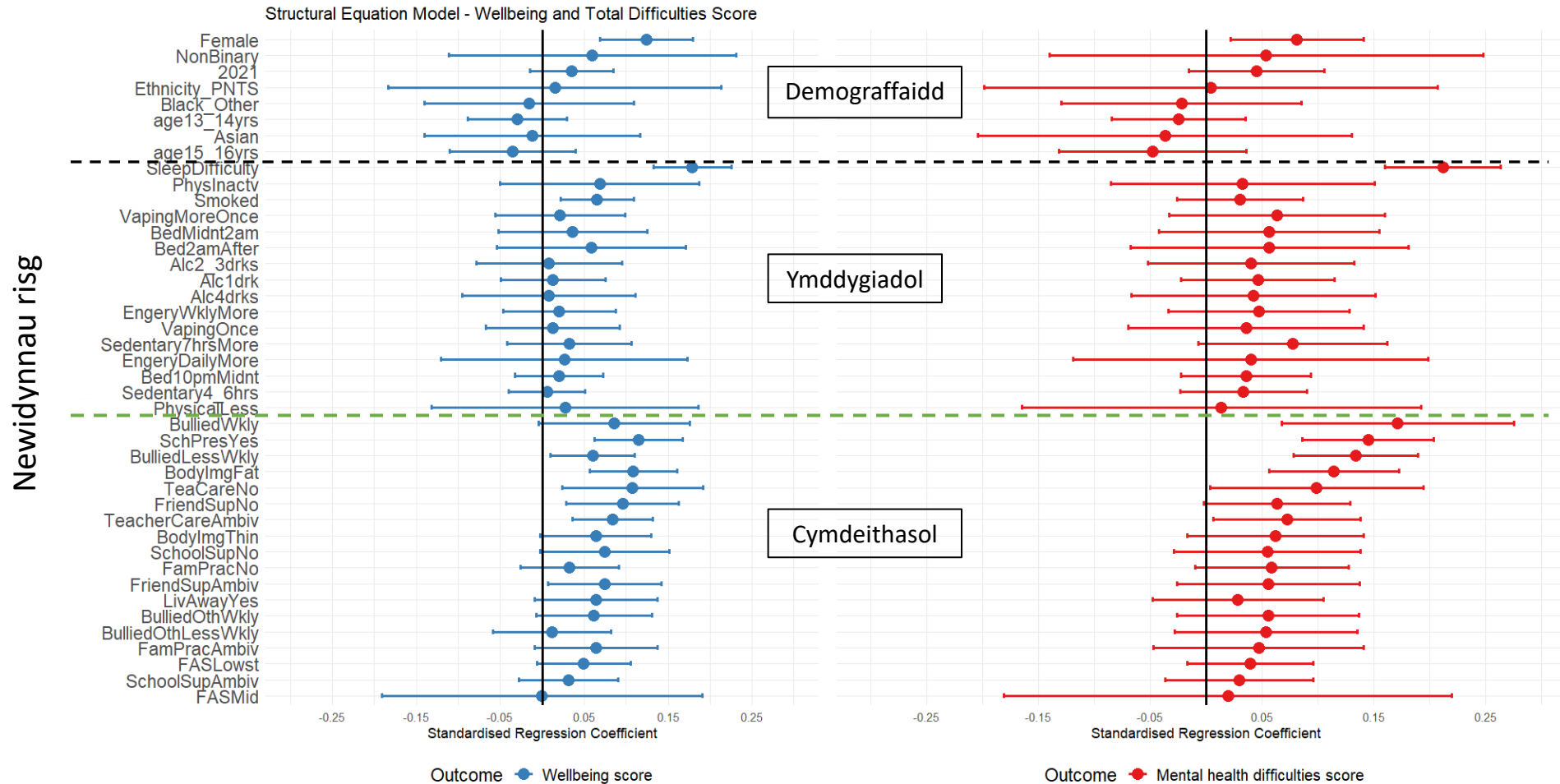
Deilliannau a ddefnyddiwyd yn yr astudiaeth



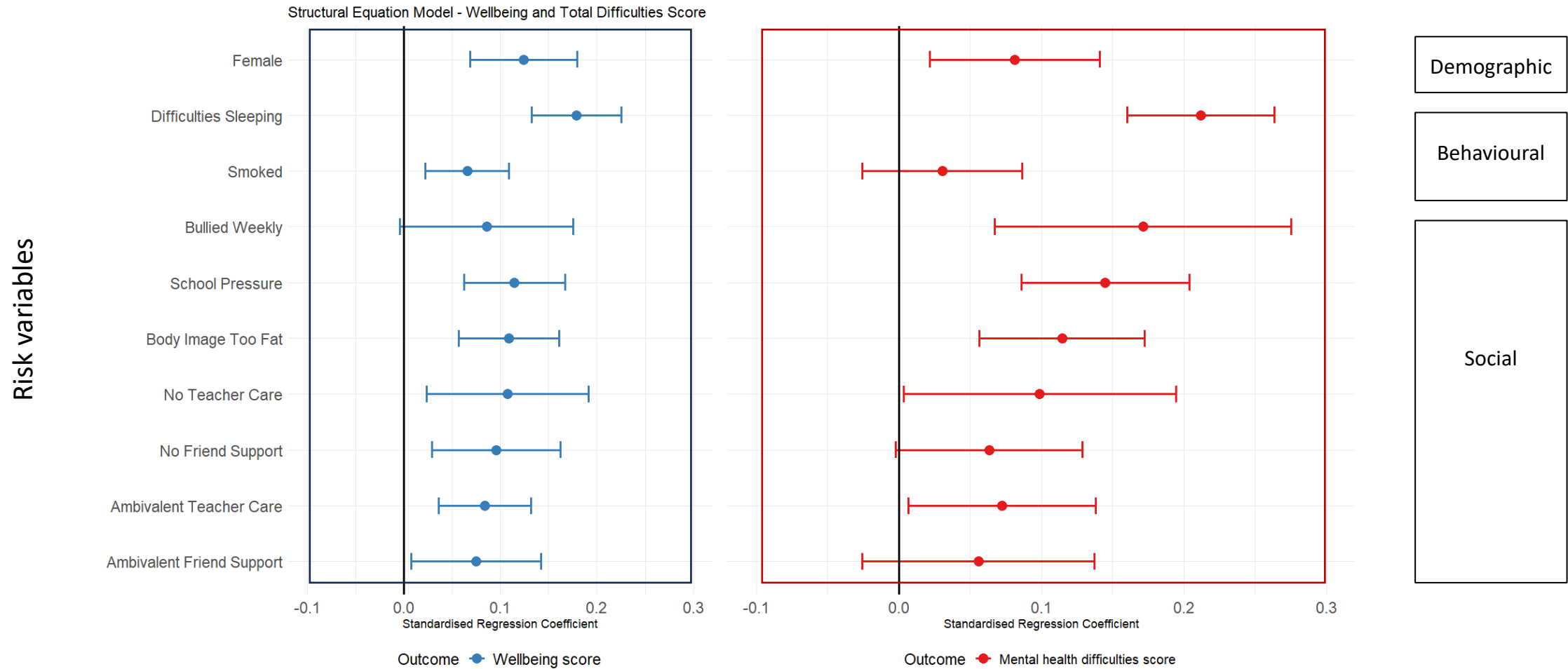
Association between risk factors and mental health and mental wellbeing



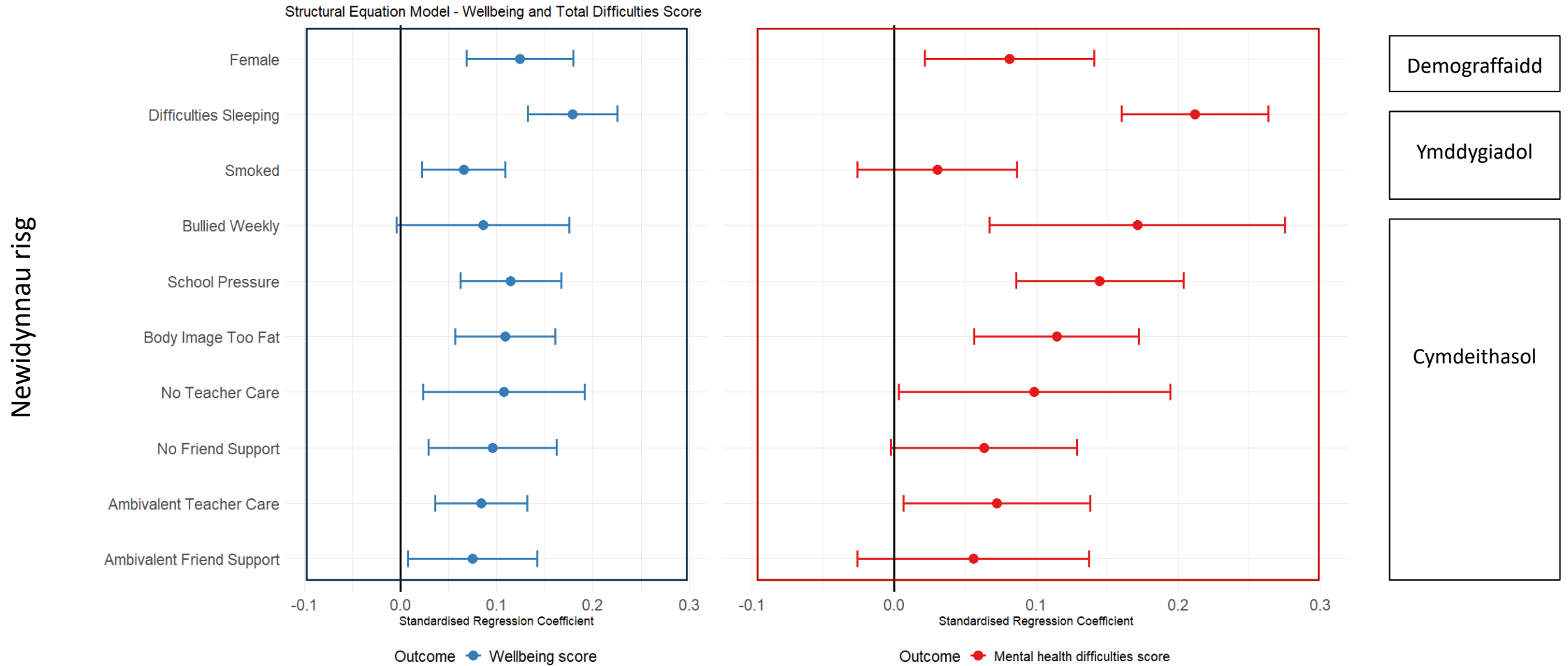
Cysylltiad rhwng ffactorau risg ac iechyd meddwl a lles meddyliol



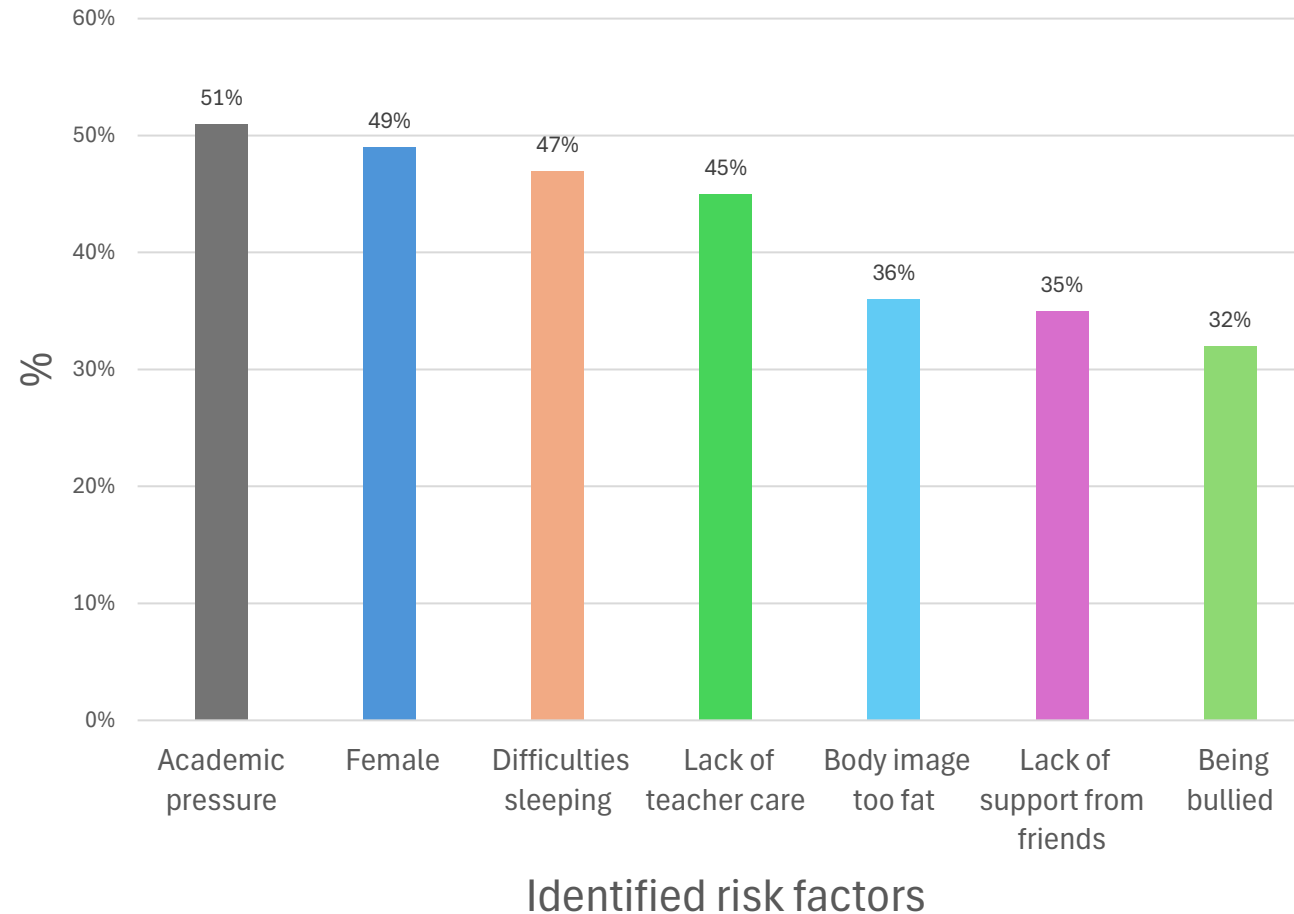
Association between risk factors and mental health and mental wellbeing



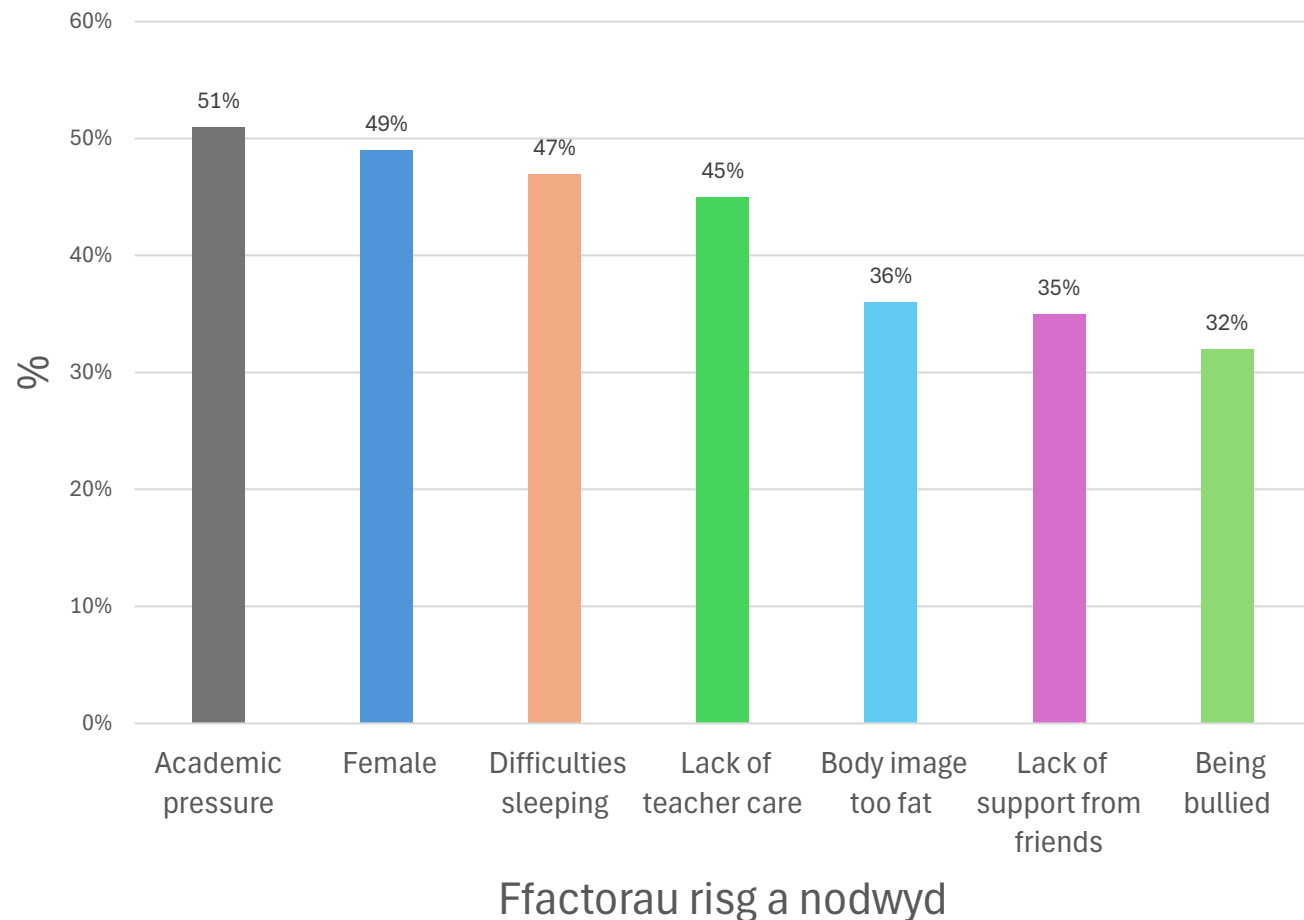
Cysylltiad rhwng ffactorau risg ac iechyd meddwl a lles meddyliol



Prevalence of identified risk factors for mental health and mental wellbeing



Cyffredinolrwydd ffactorau risg a nodwyd ar gyfer iechyd meddwl a lles meddyliol



Public health implications / Goblygiadau iechyd cyhoeddus

- Identified **modifiable** variables could have an effect of reducing MH difficulties and improving WB

- Identified explanatory variables are consistent across schools

- Reinforces the Welsh whole-school strategy through its call for consistent, school-wide interventions

- Gallai newidynnau **addasadwy** a nodwyd gael effaith o ran leihau anawsterau IM a gwella lles

- Mae newidynnau esboniadol a nodwyd yn gyson ar draws ysgolion

- Atgyfnerthu strategaeth ysgol gyfan Cymru drwy ei galwad am ymyriadau cyson, ar draws ysgolion cyfan

Public health implications / Goblygiadau iechyd cyhoeddus

- Project to be taken further within the **SAIL databank** as part of the wider Children and Young People's Mental Health research in PHW

- Further explore the role of **sleeping difficulties** in the relationship between mental health and mental wellbeing

- Examine the impact of **screen time and social media use** on mental health and mental wellbeing

- Prosiect i'w gymryd ymhellach o fewn **cronfa ddata SAIL** fel rhan o ymchwil ehangach ar Iechyd Meddwl Plant a Phobl Ifanc ICC

- Archwilio ymhellach rôl **anawsterau cysgu** yn y berthynas rhwng iechyd meddwl a lles meddyliol

- Archwilio effaith **amser sgrîn a'r defnydd o gyfryngau cymdeithasol** ar iechyd meddwl a lles meddyliol

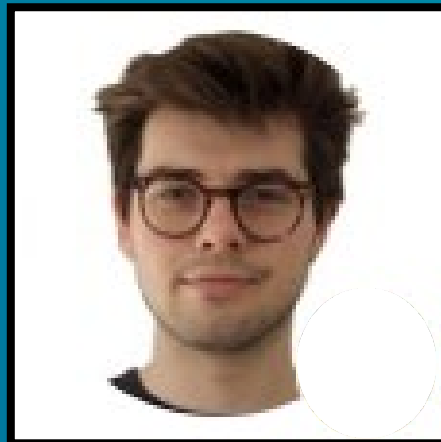
Thank you

Thanks to the wider Research & Evaluation
team in Public Health Wales

And to all the pupils who took part in SHRN



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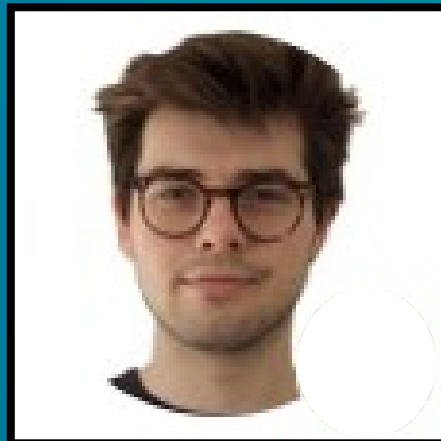
Diolch

Diolch i'r tîm Ymchwil a Gwerthuso ehangach
yn Iechyd Cyhoeddus Cymru

Ac i'r holl ddisgyblion a gymerodd ran yn SHRN



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