

Students in grades 6 to 12 who reported having felt nervous, anxious or on edge or having been unable to stop or control worrying almost every day for 2 weeks or more in a row that they stopped doing some usual activities in the last 12 months (symptoms o

Unit : %

	Academic Year 2025-2026	Academic Year 2024-2025	Academic Year 2023-2024	Academic Year 2022-2023
Province				
New Brunswick	41.4	45.0	44.1	50.1
Health zones				
Zone 1 - Moncton and South-East Area	39.3	42.3	42.4	47.4
Zone 2 - Fundy Shore and Saint John Area	43.1	47.1	46.1	52.7
Zone 3 - Fredericton and River Valley Area	43.2	48.3	45.8	52.6
Zone 4 - Madawaska and North-West Area	S	41.0	41.3	45.7
Zone 5 - Restigouche Area	41.2	45.9	45.1	50.1
Zone 6 - Bathurst and Acadian Peninsula Area	37.5	40.6	41.0	46.9
Zone 7 - Miramichi Area	45.3	48.2	43.7	52.4
Communities				
Bathurst, Beresford, Petit-Rocher Area	38.3	45.1	42.7	51.3
Bouctouche, Richibucto, Saint-Antoine Area	41.0	44.4	42.8	47.9
Campbellton, Atholville, Tide Head Area	41.2	43.3	44.2	48.8
Caraquet, Paquetville, Bertrand Area	37.3	36.7	38.3	44.7
Dalhousie, Balmoral, Belledune Area	41.2	49.6	46.6	52.0
Dieppe and Memramcook	32.0	34.1	34.0	38.1
Douglas, Saint Marys, Doaktown Area	45.6	53.4	49.4	50.8
Edmundston, Rivière-Verte, Lac Baker Area	S	40.2	41.9	46.3
Florenceville-Bristol, Woodstock, Wakefield Area	43.3	45.3	44.1	49.1
Fredericton	40.5	46.6	43.0	51.5

	Academic Year 2025-2026	Academic Year 2024-2025	Academic Year 2023-2024	Academic Year 2022-2023
Grand Bay-Westfield, Westfield, Greenwich Area	n/a	n/a	n/a	n/a
Grand Falls, Saint-Léonard, Drummond Area	43.4	44.7	41.2	46.9
Hillsborough, Riverside-Albert, Alma Area	52.0	60.5	48.9	55.2
Kedgwick, Saint-Quentin and Grimmer	S	35.2	39.0	39.6
Minto, Chipman, Cambridge-Narrows Area	51.0	55.5	53.5	53.5
Miramichi, Rogersville, Blackville Area	45.5	48.8	43.3	52.1
Moncton	39.5	41.6	42.7	48.4
Nackawic, McAdam, Canterbury Area	47.4	50.2	50.0	54.5
Neguac, Alnwick, Esgenoopetitj Area	42.9	43.1	46.8	55.4
New Maryland, Kingsclear, Lincoln Area	35.8	43.2	40.1	46.1
Oromocto, Gagetown, Fredericton Junction Area	49.1	52.3	51.8	56.6
Perth-Andover, Plaster Rock, Tobique Area	50.4	54.2	56.2	64.3
Quispamsis, Rothesay, Hampton Area	40.8	44.6	44.0	49.9
Riverview and Coverdale	41.7	45.7	45.8	52.7
Sackville, Dorchester, Port Elgin Area	43.1	49.6	48.5	51.9
Saint John, Simonds and Musquash	43.4	47.8	46.5	53.6
Salisbury and Petitcodiac	47.5	50.0	48.0	51.1
Shediac, Beaubassin East and Cap-Pelé	35.5	40.4	41.4	44.7
Shippagan, Lamèque, Inkerman Area	37.3	36.2	37.4	41.9
St. George, Grand Manan, Blacks Harbour Area	49.4	48.4	46.3	52.4
St. Stephen, Saint Andrews, Campobello Island Area	47.1	50.0	47.2	54.7
Sussex, Norton, Sussex Corner Area	41.6	48.0	49.4	54.8
Tracadie and Saint-Isidore	36.1	37.6	41.8	43.6

School districts

	Academic Year 2025-2026	Academic Year 2024-2025	Academic Year 2023-2024	Academic Year 2022-2023
Anglophone East School District	43.9	46.2	45.9	51.7
Anglophone North School District	46.8	52.0	48.2	55.1
Anglophone South School District	43.4	47.6	46.6	53.1
Anglophone West School District	44.6	48.7	46.9	53.2
Anglophone sector	44.3	48.1	46.7	53.0
District scolaire francophone Nord-Est	36.4	38.0	38.8	45.0
District scolaire francophone Nord-Ouest	S	39.1	39.4	43.7
District scolaire francophone Sud	31.5	35.1	35.8	40.6
Francophone sector	33.9	36.8	37.3	42.5
Grades				
Grades 6 to 8	36.2	39.9	38.9	43.6
Grades 9 to 12	44.9	48.7	47.7	54.5
Gender				
Female	50.9	54.1	54.7	60.8
Male	29.9	33.9	31.5	36.6
Non-binary	65.8	73.4	70.2	80.3
Sex at birth				
Female	52.2	55.5	56.2	62.9
Male	29.6	33.7	31.1	36.5
2SLGBTQIA+ status				
2SLGBTQIA+	69.0	71.0	71.2	72.5
Indigenous identity				
Indigenous	52.3	58.2	56.3	62.5

	Academic Year 2025-2026	Academic Year 2024-2025	Academic Year 2023-2024	Academic Year 2022-2023
Immigrant				
Immigrants	36.3	40.0	38.6	44.2
Disability or special need				
Disability or special need	58.0	59.1	57.8	n/a
Racialized groups				
Racialized groups	38.1	41.0	39.9	n/a
Socioeconomic status				
High socioeconomic status	35.8	n/a	n/a	n/a
Low socioeconomic status	48.5	n/a	n/a	n/a

About

This indicator is the percentage of students in grades 6 to 12 who reported having felt nervous, anxious or on edge or having been unable to stop or control worrying almost every day for 2 weeks or more in a row that they stopped doing some usual activities in the last 12 months (symptoms of anxiety).

Source

Student Wellness and Education Survey, Grades 6-12

Calculations

This indicator is calculated by dividing the number of respondents who answered "yes" by the number of respondents who answered "yes or no" to the question: During the last 12 months, did you ever feel nervous, anxious or on edge or you were unable to stop or control worrying almost every day for two weeks or more in a row that you stopped doing some usual activities?

Notes

Due to a low school participation rate in some areas of the province for the 2025-2026 edition of this survey, survey results are not available for District scolaire francophone Nord-Ouest (school district), Madawaska and North-West Area (health zone), Kedgwick, Saint-Quentin and Grimmer (community), and Edmundston, Rivière-Verte, Lac Baker Area (community). Users are advised to exercise caution if comparing data from the community of Grand Bay-Westfield, Westfield, Greenwich Area to other New Brunswick communities. The data for the community of Grand Bay-Westfield, Westfield, Greenwich Area is based on students in grades 6 to 8, while data from the other communities are based on students in grades 6 to 12. Survey results are assigned to communities based on the location of the school. The community of Grand Bay-Westfield, Westfield, Greenwich Area does not have any schools with grades 9 to 12.

Unit	Interpretation	NBHC code
%	Lower is better	SH_ANX01_1

Caption

n/a = Not applicable / not available

S = Data suppressed due to confidentiality requirements and/or small sample size