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**

	Academic Year 2025-2026	Academic Year 2024-2025	Academic Year 2023-2024	Academic Year 2022-2023
Fredericton	**40.5**	**46.6**	**43.0**	**51.5**
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**

	Academic Year 2025-2026	Academic Year 2024-2025	Academic Year 2023-2024	Academic Year 2022-2023
School districts				
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				

	Academic Year 2025-2026	Academic Year 2024-2025	Academic Year 2023-2024	Academic Year 2022-2023
Indigenous	**52.3**	**58.2**	**56.3**	**62.5**
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