Grades 6-12: Factors Related to Mental Health Outcomes



Community
Douglas, Saint Marys, Doaktown Area



Zone 3
Fredericton and River Valley Area



Province
New Brunswick

Key protective and risk factors

Average score of community belonging (scale from 5-25) Number | 2023-2024	**17.9**	**18.0**	**18.1**
High level of school connectedness % | 2023-2024	**81.1**	**84.8**	**86.6**
Trouble going to sleep, most or all of the time % | 2023-2024	**64.9**	**61.8**	**60.9**
Victim of bullying at school % | 2023-2024	**57.1**	**48.9**	**48.2**
Lonely, most or all of the time % | 2023-2024	**24.0**	**24.5**	**23.4**

Mental health outcomes

Perceived mental health, very good or excellent % | 2023-2024	**37.2**	**40.2**	**43.0**
High and moderate levels of resilience % | 2023-2024	**62.5**	**68.7**	**69.5**
High level of mental fitness % | 2023-2024	**19.3**	**22.0**	**24.6**
Symptoms of anxiety or depression % | 2023-2024	**56.0**	**51.3**	**49.5**
Life satisfaction (scale from 0-10) Number | 2023-2024	**7.1**	**7.0**	**7.1**

About this Table

Content and description
This table presents data collected from students in grades 6 to 12 through the New Brunswick Student Wellness and Education Survey (SWES). It contains self-reported information regarding key protective and risk factors and mental health outcomes of New Brunswick students in grades 6 to 12. The questionnaire comprises modules, which means that certain questions are asked every other cycle.

Why it is important
Only when we understand who our students are and what their needs are can we better plan for services and allocate resources to meet their health and educational needs.

Availability of the data
The information in this data table is available for New Brunswick and by the 33 communities created by the NBHC. More information is available on our New Brunswick Student Wellness and Education Survey page.

Caption

n/a = Not applicable / not available

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

Above-average performance

Below-average performance