

## STUDENT WELLNESS AND EDUCATION SURVEY

# **Grades 6-12: Factors Related to Mental Health Outcomes**







Zone 6
Bathurst and
Acadian
Peninsula Area



**Province** New Brunswick

Average score of community belonging (scale from 5-25) Number   2023-2024	18.1	18.2	18.
High level of school connectedness %   2024-2025	89.6	88.8	86.
Trouble going to sleep, most or all of the time %   2023-2024	63.3	62.0	60.
Victim of bullying at school %   2024-2025	44.6	43.7	47.
Lonely, most or all of the time %   2023-2024	20.7	22.0	23.4
ental health outcomes			
	50.4	48.1	38.
Perceived mental health, very good or excellent %   2024-2025	50.4 71.4	48.1 69.6	38. 69.
Perceived mental health, very good or excellent %   2024-2025  High and moderate levels of resilience %   2023-2024			
Perceived mental health, very good or excellent %   2024-2025  High and moderate levels of resilience %   2023-2024  High level of mental fitness %   2024-2025  Symptoms of anxiety or depression %   2024-2025	71.4	69.6	69.



## **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 <a href="New Brunswick Student Wellness">New Brunswick Student Wellness</a> and <a href="Education Survey">Education Survey</a> page.

#### Caption

n/a = Not applicable / not available

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



P Below-average performance