

Mental Health and Wellbeing in Schools (Sep 2023)

During the academic year 2022-23, BiB: Age of Wonder surveyed more than 5000 young people in years 8-10 at 15 secondary schools across Bradford. Below is a summary of statistics from headline measures of mental health and wellbeing aiming to highlight current trends in the Bradford district. While we report more than 5000 respondents in total, not all respondents will have completed all questions. The total responses per measure are reported as “n” in the figures below. This is based on pre-released data for 22-23.

- A significant proportion of Bradford teenagers report clinical threshold levels of anxiety, depression, and eating disorders, with many also reporting self-harm
- Bradford compares similarly or poorly to other cities’ young people across the country
- Older, Non-Asian/Asian British, girls on free school meals most likely to report problems

	Age of Wonder (N = 5077)
Sex, n (%)	
Female	2718 (53.5)
Male	2358 (46.4)
Unknown	1 (<0.1)
Academic Year, n (%)	
Year 8	1600 (31.5)
Year 9	1837 (36.2)
Year 10	1640 (32.3)
Ethnicity, n (%)	
Arab	14 (0.3)
Asian/Asian British	3533 (69.6)
Black	140 (2.8)
Mixed	232 (4.6)
White	965 (19.0)
Other	140 (2.8)
Unknown	53 (1.0)
FSM, n (%)	
No	3532 (69.7)
Yes	1452 (28.6)
Unknown	93 (1.8)
SEND status, n (%)	
E (EHC plan)	59 (1.2)
K (support)	634 (12.5)
N (none)	3511 (69.2)
Unknown	873 (7.2)

The Age of Wonder survey included clinical measures of Depression, Anxiety, and Eating Disorders. Where a “clinical” outcome is given, this is not a diagnosis, rather, a score at the level we would expect to see in a clinical population. The graphs (right) show the percentage of participants that meet the clinical threshold, compared to the most recent age-matched survey available that used the same measures. We also asked about self-harm.

Anxiety

Answers to questions about anxiety symptoms that are categorised at 3 levels

■ Clinical ■ Borderline ■ Normal



Depression

Answers to questions about depression symptoms that are categorised at 3 levels

■ Clinical ■ Borderline ■ Normal



Eating Disorder

Answers to questions on eating disorder symptoms that are categorised at 2 levels

■ possible disorder ■ normal



Self-harm

In the past year, have you hurt yourself on purpose in any way?

■ Yes ■ No

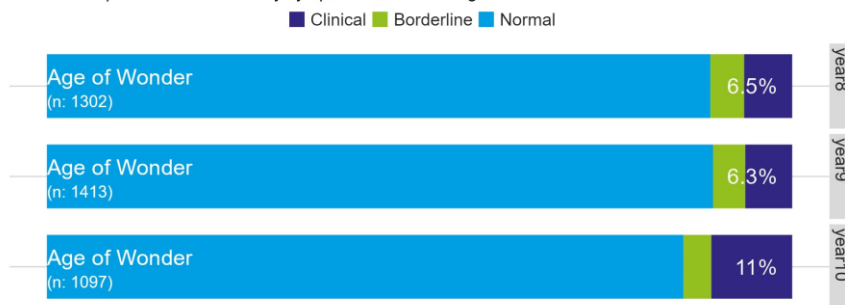


Across these 4 areas, Bradford's teenagers track at, or slightly above, levels reported nationally. Eating disorders and self-harm appear to be areas of concern in particular, with nearly 1-in-5 Bradford teenagers reporting a problem. Nevertheless, please note the OxWell survey data was collected at the height of the pandemic. We would expect levels of anxiety and depression to have dropped since then so, in real terms, it's likely there is a greater prevalence of anxiety and depression among Bradford teenagers.

To highlight at risk groups, we compare years, genders, ethnicities, and free school meal statuses. To ensure groups were large enough to permit meaningful comparisons, we combined all non-Asian and non-White ethnicities into a single "Other" category. While only anxiety is shown below, similar trends were found on the other mental health outcomes.

Anxiety

Answers to questions about anxiety symptoms that are categorised at 3 levels



Levels of anxiety increased with year group (left):

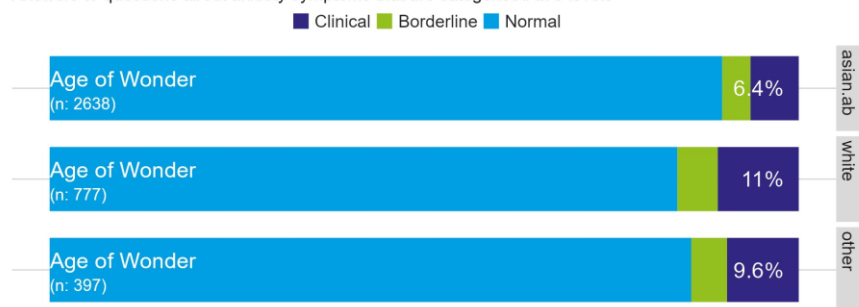
Year 10 (11%) was nearly twice as likely to meet clinical thresholds than years 8 and 9 (~6.4%).

Ethnic differences (right):

Non-Asian ethnicities (i.e., Other or White) had 1.5-2 times the proportion of respondents with anxiety than those that were Asian.

Anxiety

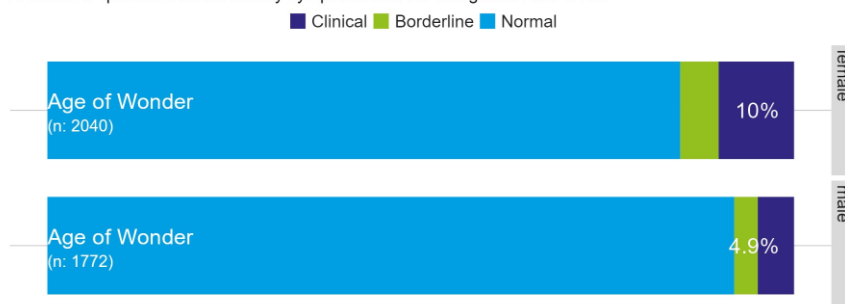
Answers to questions about anxiety symptoms that are categorised at 3 levels



Source: BIB Age of Wonder 2022-23

Anxiety

Answers to questions about anxiety symptoms that are categorised at 3 levels



Gender differences (left):

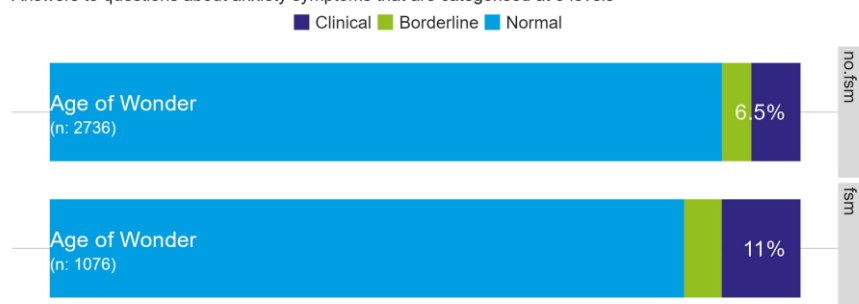
Twice the proportion of girls (10%) met the clinical threshold for anxiety as boys (5%). This is commonly reported throughout studies internationally.

Deprivation differences (right):

The prevalence of anxiety was nearly twice as high for those on free school meals (11%) compared to those who were not (6.5%).

Anxiety

Answers to questions about anxiety symptoms that are categorised at 3 levels



Source: BIB Age of Wonder 2022-23