

Online Youth MHFA: Full references for statistics in course

This document serves as a one-stop reference list for all updated statistics cited in the Online Youth MHFA course. We provide this as an easy guide for instructors to refer to for the latest statistics. It will be revised in line with updates to slide decks as key reports are released.

Please note that the latest versions of the slides and info sheet contain updated statistics on the burden of disease associated with mental ill health, life satisfaction in 15-year-old students, and facts about suicide, psychosis, bipolar disorder, self-harm, and bulimia nervosa.

Session 1

Activity 5: Mental health quiz

- Mental ill health is the second-largest cause of burden of disease in England (1)
Note. The latest available data is specific to England and suggests that musculoskeletal disorders are the top-ranked cause of burden of disease in the country.
- The total cost of mental ill health in England is estimated at £105 billion each year (2)
- Women between the ages of 16 and 24 are almost three times as likely (26%) to experience a common mental health issue as males of the same age (9%) (3)
- In a 2018 OECD survey of 15-year-olds, the UK ranked 29th for life satisfaction, out of a total of 30 OECD countries (4)
- About 10% of young people aged 8–15 experience a low sense of wellbeing (5)
- Note: This report also states that older age groups have poorer wellbeing than younger age groups.
- About 13% (12.8%) of young people aged 5–19 meet clinical criteria for a mental health disorder (6)
- Half of mental ill health starts by age 15 and 75% develops by age 18 (7,8)
- About 20% of young people with mental ill health wait more than six months to receive care from a specialist (9)
- Only one in eight children who have been sexually abused come to the attention of statutory agencies (10)

- Black people are up to 3 times more likely than White British people to access mental health treatment for a first episode of psychosis through the police or criminal justice system (11)
- In an average classroom, ten children will have witnessed their parents separate, eight will have experienced severe physical violence, sexual abuse or neglect, one will have experienced the death of a parent, and seven will have been bullied (12)
- Up to 25% of teenagers have experienced physical violence in their intimate partner relationships (13-16)
- Mental health issues are more likely to affect young people who identify as LGBT+ than those who do not (17-21)

Activity 6: Risk factors for poor mental health

- Girls are more likely to experience cyberbullying than boys (17,22,23)
- 21.2% of young people aged 11-19 report being cyberbullied in the past year (17)
- Cyberbullying-related contacts to ChildLine up by 12% (24)

Session 2

Activity 10: What is depression?

- In 2017, 0.3% of 5-10 year old children met clinical criteria for depression, as did 2.7% of 11-16 year olds and 4.8% of 17-19 year olds (25)
- Major depression is more common in females than in males (25)
- Symptoms of depression are more common and severe in young people who identify as LGBT+ than in those who do not (18,21,26)
- Up to 90% of children and young people recover from depression within the first year (27)
- Often co-occurs with other mental health issues (28,29)

Activity 11: What is anxiety?

- 7.2% of 5-19 year olds experience an anxiety condition (25)
- In 2017, 3.9% of 5-10 year old children had an anxiety disorder, as did 7.5% of 11-16 year olds and 13.1% of 17-19 year olds (25)
- Adolescents who identify as LGBT+ are at increased risk of anxiety disorders (30,31)

Session 3

Activity 13: About suicide

- In 2018 there were 6,154 suicides in Great Britain. This means more than 16 people per day took their life. It is estimated that 10–25 times that number attempted suicide (32,33)

Note: These statistics refer specifically to Great Britain. The figures were calculated using data from supplementary tables released as part of the ONS's 'Suicides in the UK: 2018 registrations' report and adding together the 2018 suicide figures from England, Scotland, and Wales. This was done to ensure that suicide statistics remained consistent and comparable across MHFA England's entire product portfolio.

Note: 2018 saw a change in the standard of proof used by coroners in England and Wales around ruling deaths as suicides. In England and Wales, all deaths caused by suicide are certified by a coroner. In July 2018, the standard of proof used by coroners to determine whether a death was caused by suicide was lowered to the 'civil standard' (i.e. balance of probabilities), where previously a 'criminal standard' was applied (i.e. beyond all reasonable doubt). The change does not affect Northern Ireland or Scotland. It is likely that lowering the standard of proof will result in an increased number of deaths recorded as suicide. It is not yet possible to establish whether the higher number of recorded suicide deaths are a result of this change. Further information is available from (32)

- In 2017, 682 people aged 10–29 died by suicide in England and Wales (32)
- 75% of suicides are by males; suicide is the most common cause of death for those aged 10–19 (1,32)
- 43% of people aged under 20 are not in contact with health care, social care, or justice services at any time before their death by suicide (34)
- 26.8% of 16–24 year olds have had thoughts of suicide in their lifetime; 9% have attempted suicide (3)
- 11–32% of young people who identify as LGBT+ have attempted suicide in their lifetime (20,26,35)
- ChildLine counselling about suicidal thoughts and feelings reached the highest ever levels, with 24,549 sessions in 2017/18 (36)

Activity 15: What is psychosis?

- Psychosis usually first emerges in young people between the ages of 15 and 30 (37)

- 6% of the population say they have experienced at least one symptom of psychosis, such as delusions or hallucinations (3)
- Research suggests that 9.8% of children and young people have experienced symptoms of psychosis (38)
- Young people from BAME and migrant backgrounds are more likely to show developmental difficulties associated with psychosis and develop psychotic disorders later in life (39,40)
- 38% of people recover after a first episode of psychosis, and symptoms improve for 58% of people (41)

Note: This research reviewed rates of remission and recovery for people with first episode psychosis in 79 studies from around the world. It found that 58% of patients with first episode psychosis met criteria for remission (i.e. symptom improvement) over an average of 5.5 years, and 38% met criteria for recovery over an average of 7.2 years

- Recovery is more likely if psychotic episodes are treated early (42)
- Average age of onset of schizophrenia is lower in men (37,43-45)
- 10 years after diagnosis of schizophrenia:
 - 25% of people recovered completely
 - 25% improved, with very few relapses
 - 25% improved but needed significant ongoing support
 - 15% had chronic illness with repeated relapses
 - 10% died, usually due to suicide (46)
- Bipolar disorder often starts between adolescence and mid-30s (47,48)

Session 4

Activity 18: What is self-harm?

- About 18% of students aged 12-17 report self-harming at some point in their life (49)
- It's more common in veterans, young people, women, members of LGBT+ community, prisoners, asylum seekers, and those who've been abused (50)
- 25.7% of women and 9.7% of men aged 16-24 report having self-harmed at some point in their life (3)
- 18,778 children and young people were admitted to hospital for self-harm in England and Wales in 2015/16, a 14% rise from 2013/14 (51)
- Self-harming behaviours can begin at any age, but commonly start between ages 13 and 15 (52)

- In 2018/19, ChildLine provided 13,406 counselling sessions about self-harm across the UK (53)
 - People who self-harm are approximately 49 times more likely to die by suicide (54)
- Note: Further information on suicide risk following self-harm can be found in (55,56). Information on suicide risk following self-harm in children and young people can be found in (57,58)

Activity 19: What are eating disorders?

- Up to 725,000 people in the UK have an eating disorder (59)
- 0.4% of 5–19 year olds experience symptoms of an eating disorder (17)
- Hospital episode statistics data shows 2,703 people were admitted to hospital for an eating disorder in 2015/16, an 8% drop from the previous 12 months. 91% were female (60)
- The most common age of hospital admission was 15 years for both females and males (60)
- About 25% of those experiencing symptoms of eating disorders are male (61)
- Young people who identify as LGBT+ are more likely to show symptoms of eating disorders than those who do not identify as LGBT (19,20,62)

Anorexia nervosa

- Those diagnosed with anorexia are at high risk of premature death and suicide (63)
- Anorexia often co-occurs with other mental and physical health issues (64)
- Average age of onset of anorexia is 16 years (65)
- About 50% of anorexia patients fully recover, about 30% improve and about 20% stay chronically ill (64,65)

Bulimia nervosa

- 0.8% of people in the UK meet criteria for bulimia (66)
- More common in females (67–69)
- Most commonly diagnosed in females aged 16–20 (67)
- 45% recover fully, 27% improve, 23% stay chronically ill (70)

Binge eating disorder

- More common than anorexia or bulimia: 3.6% of people in the UK meet criteria for binge eating disorder (66)

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