

Perth and Kinross Council

# Scottish Government Health and Wellbeing Census 2021/22

Overall Results

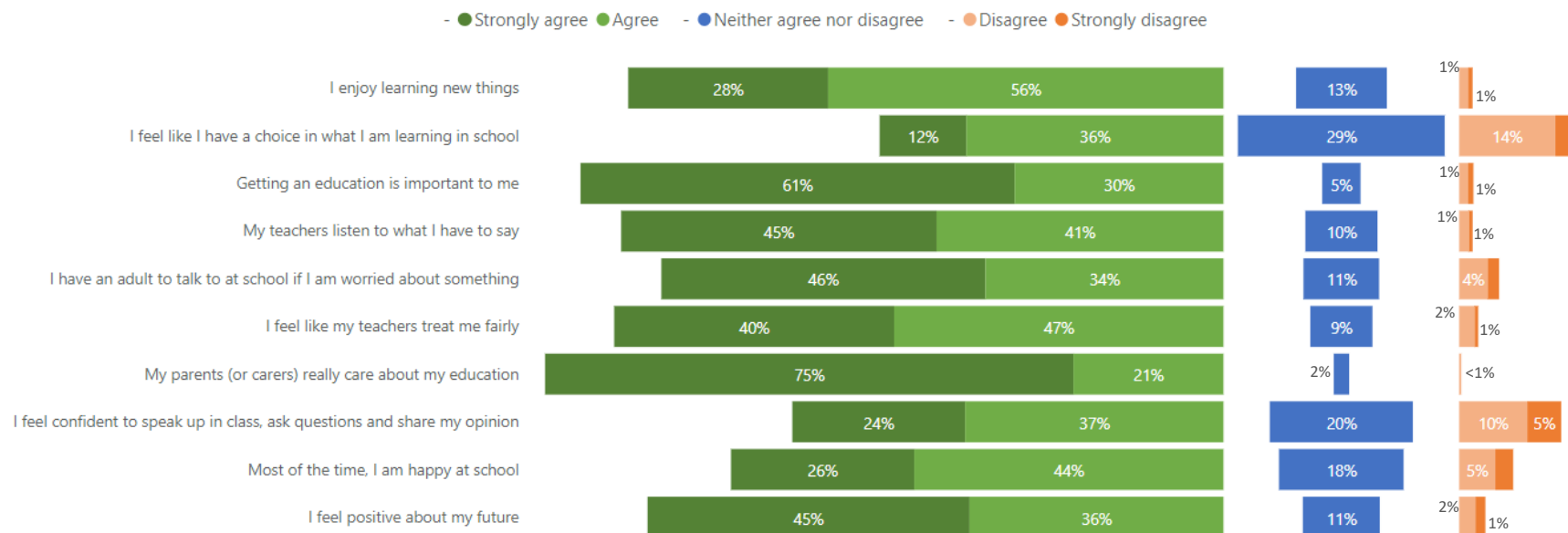
Note: Some response options, such as “Prefer not to say” have been removed from analysis, for simplicity. Therefore, figures may differ slightly from those reported elsewhere, which may have also used different rules for including or excluding responses.

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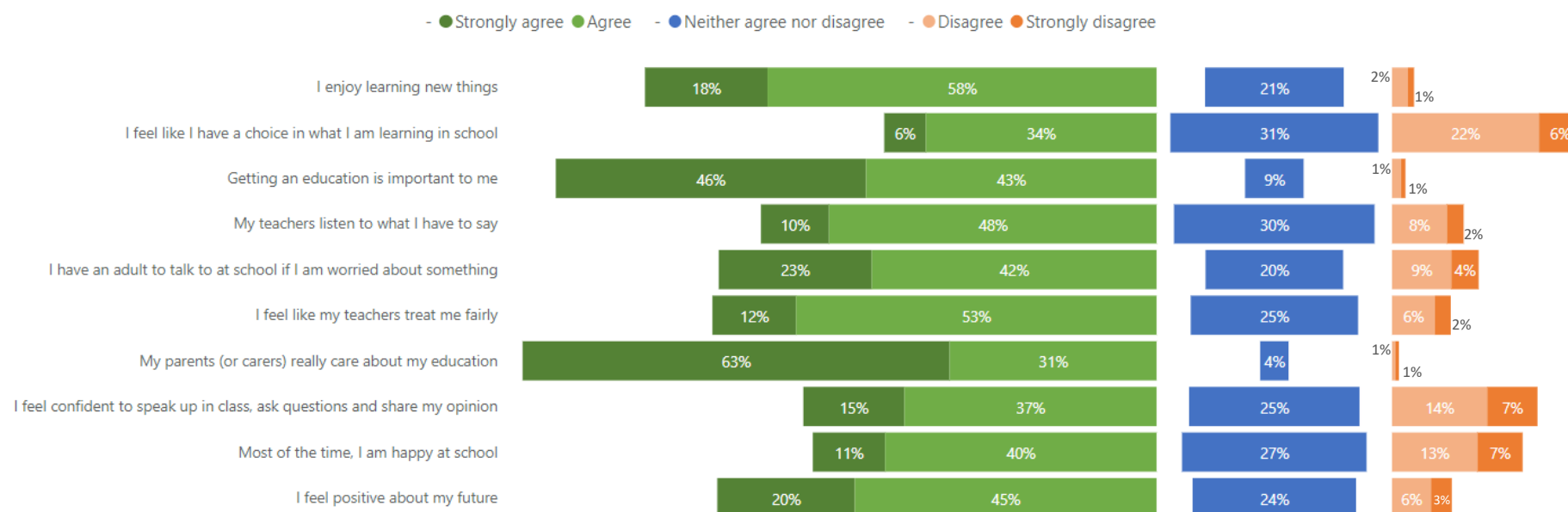
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# Attitudes to School and Learning

## Primary (3281 responses)

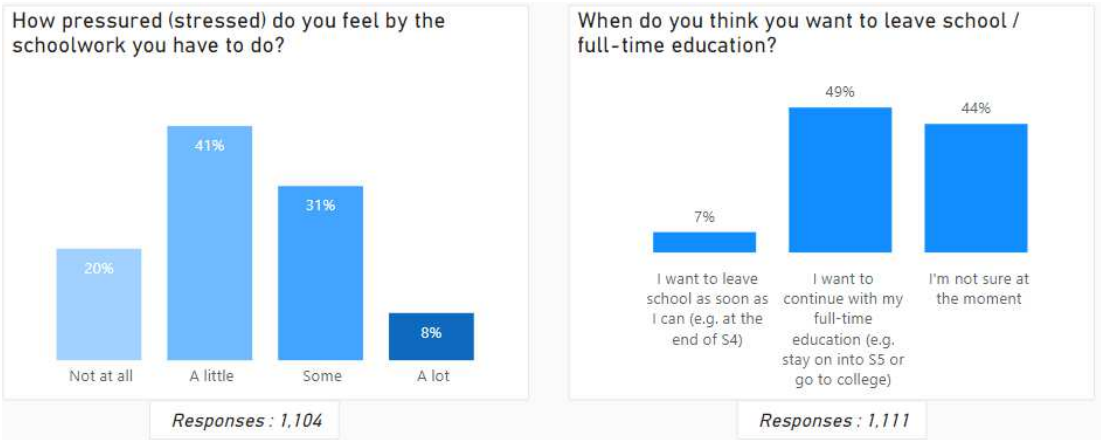


## Secondary (4303 responses)



# Pressures and Aspirations

## Primary (P7 Only)

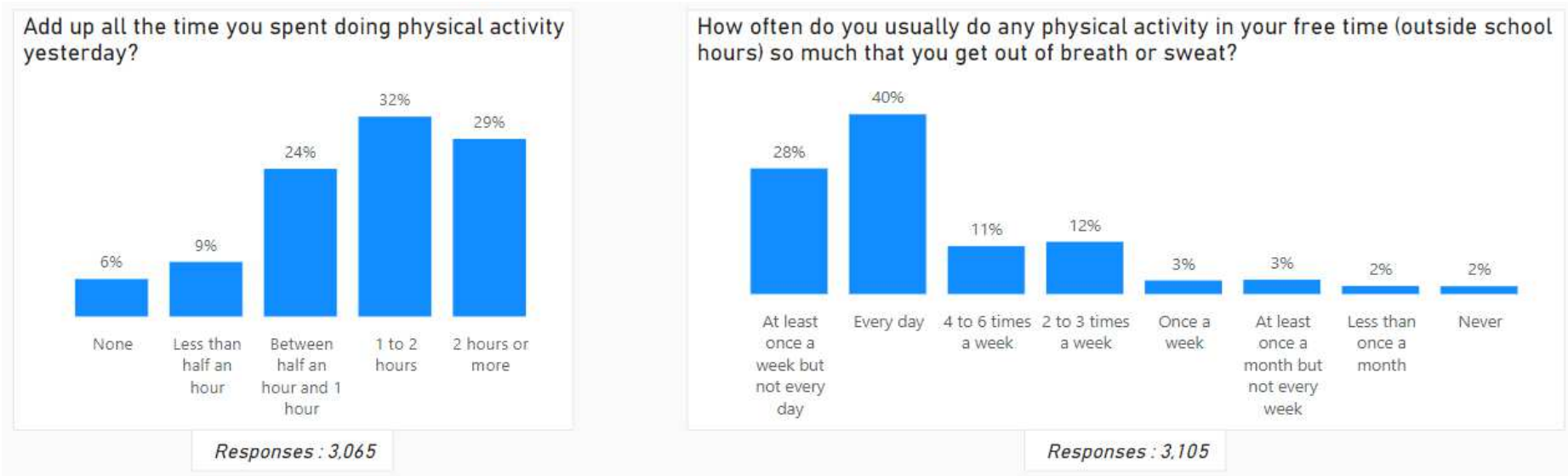


## Secondary (S1-S4 only)

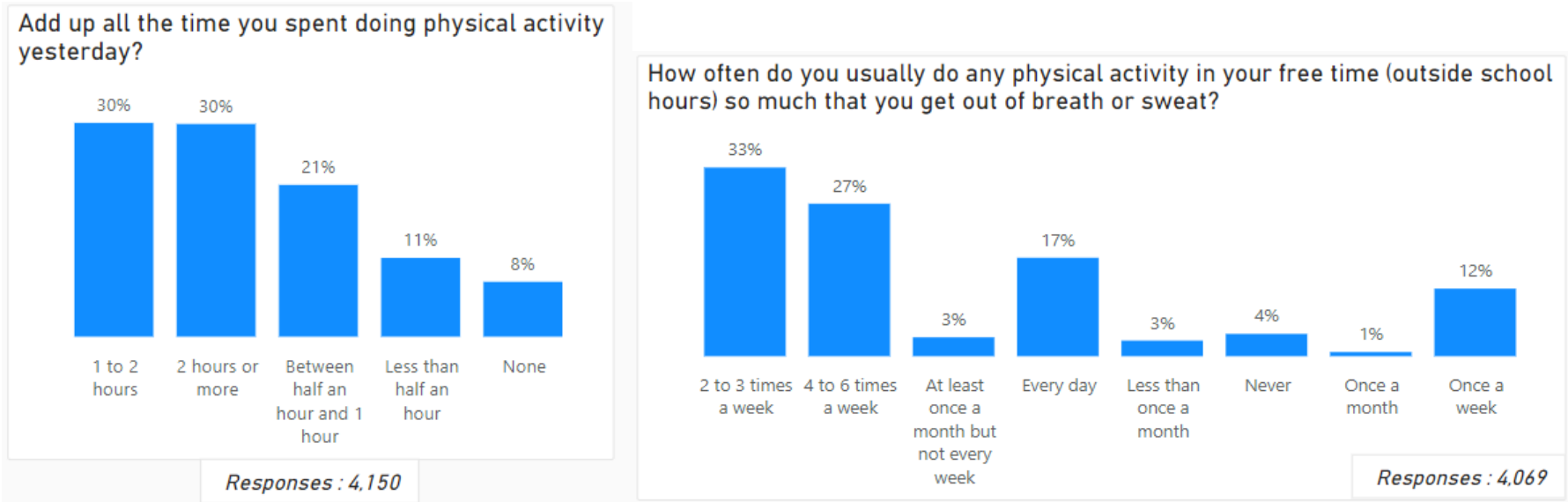


# Physical Exercise / Sedentary Behaviour

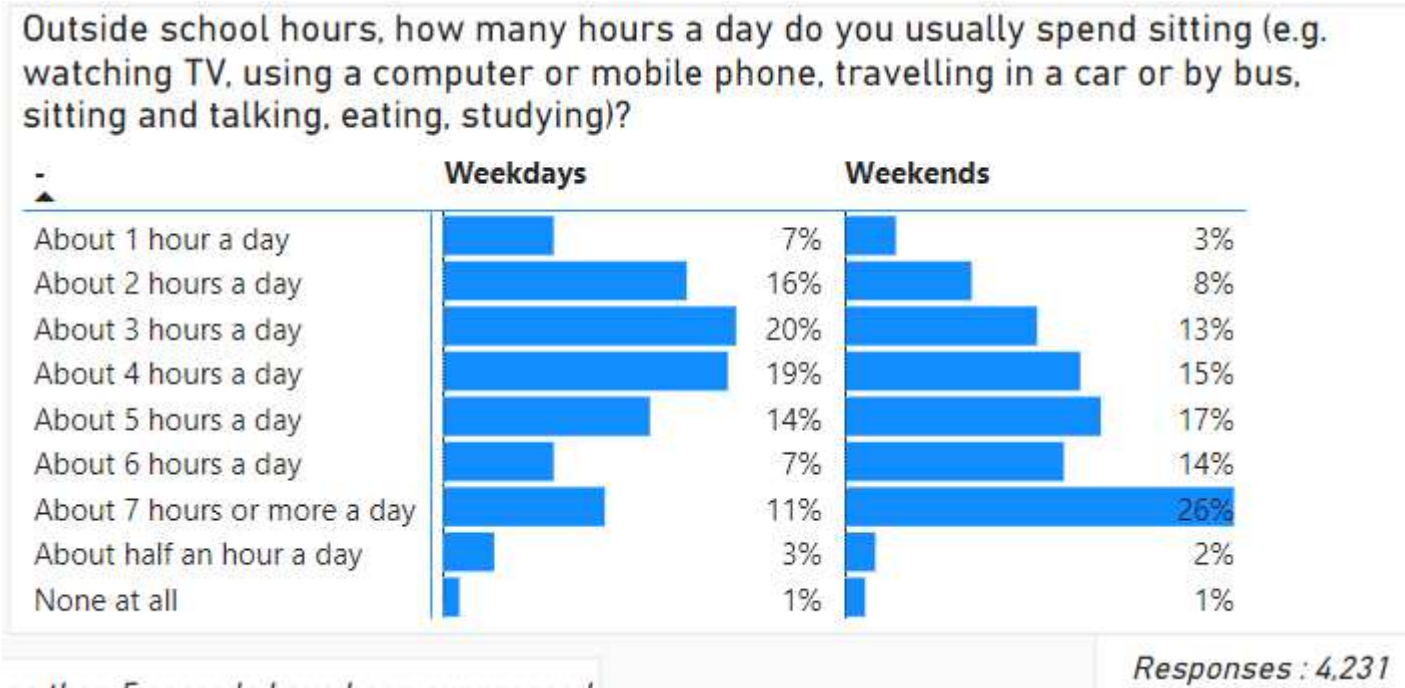
## Primary



## Secondary



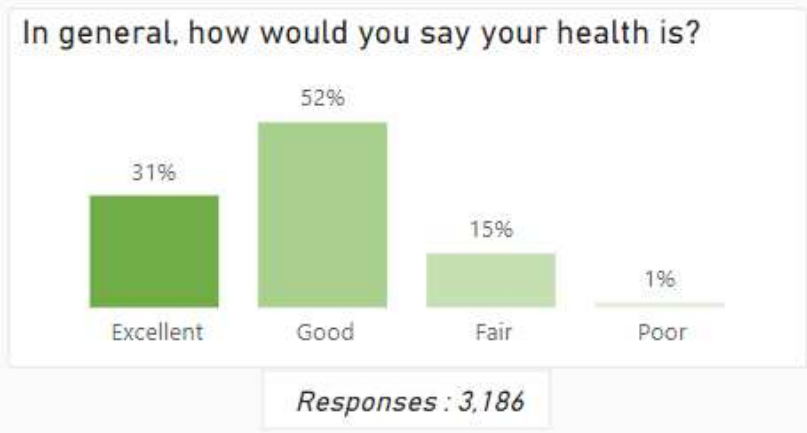
Secondary (Continued)



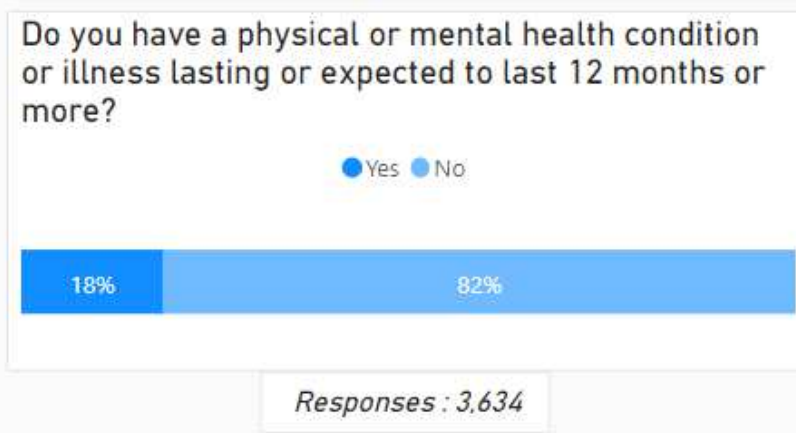
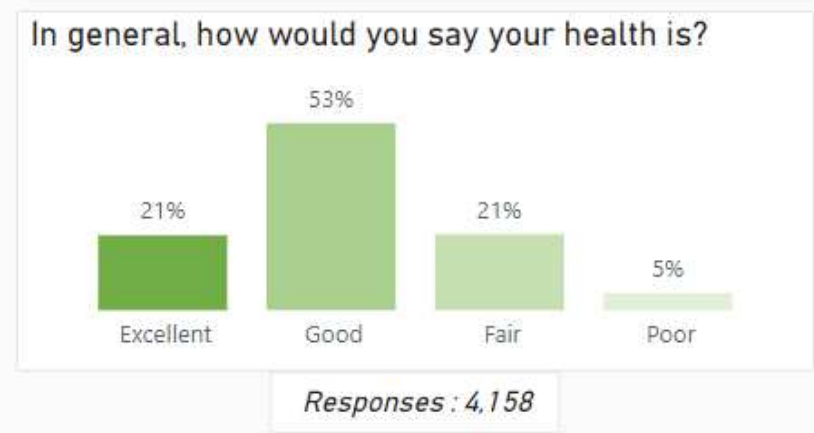
# General Health and Wellbeing

## General Health

### Primary



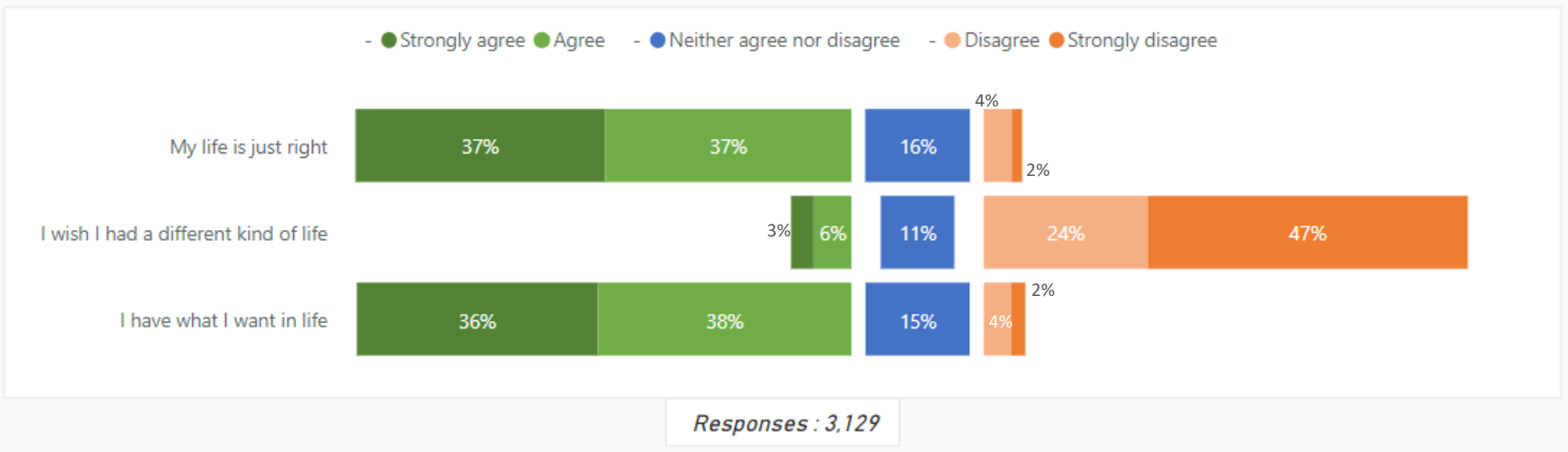
### Secondary



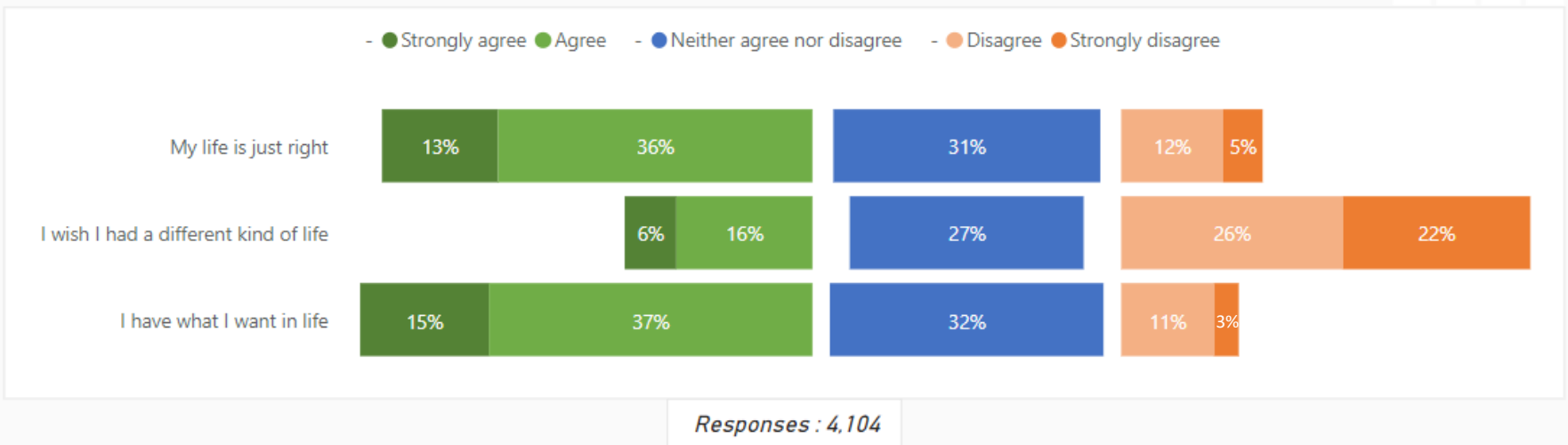
# General Health and Wellbeing (cont.)

## General wellbeing (life satisfaction)

### Primary



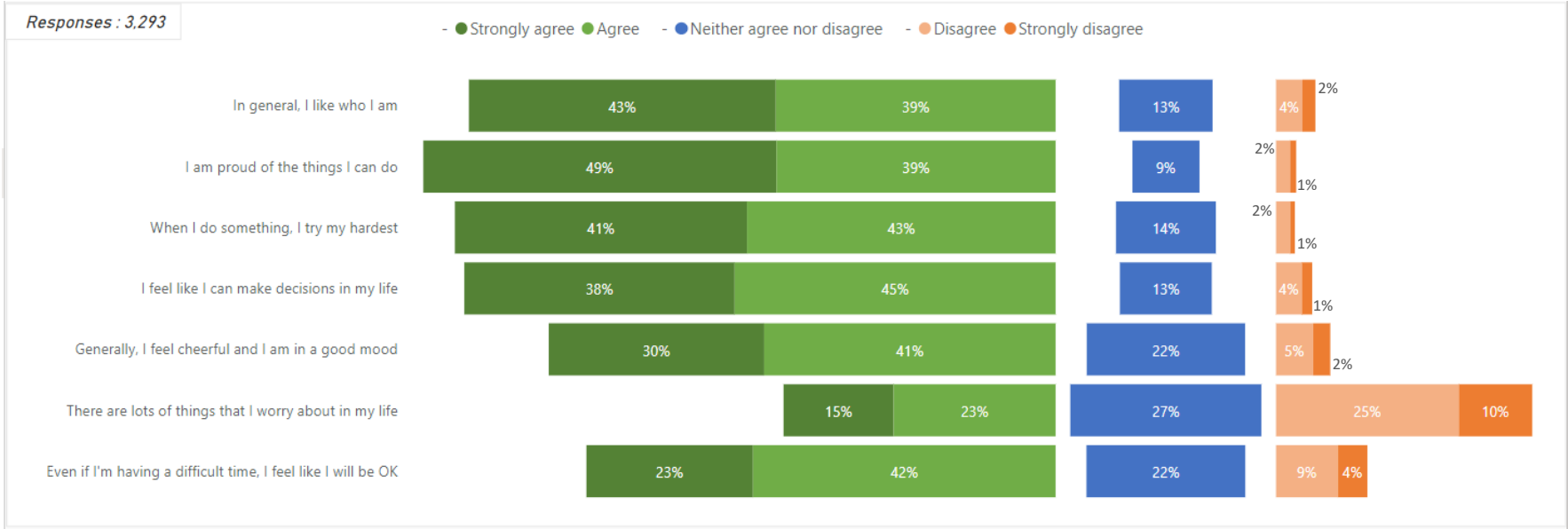
### Secondary



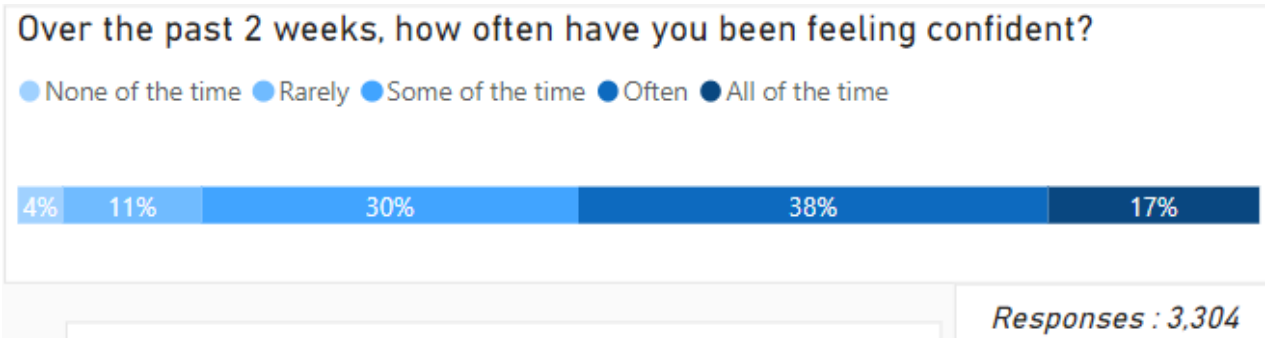


# Mental Health and Wellbeing

## Primary - WEMWBS / Stirling Wellbeing Scale for younger children

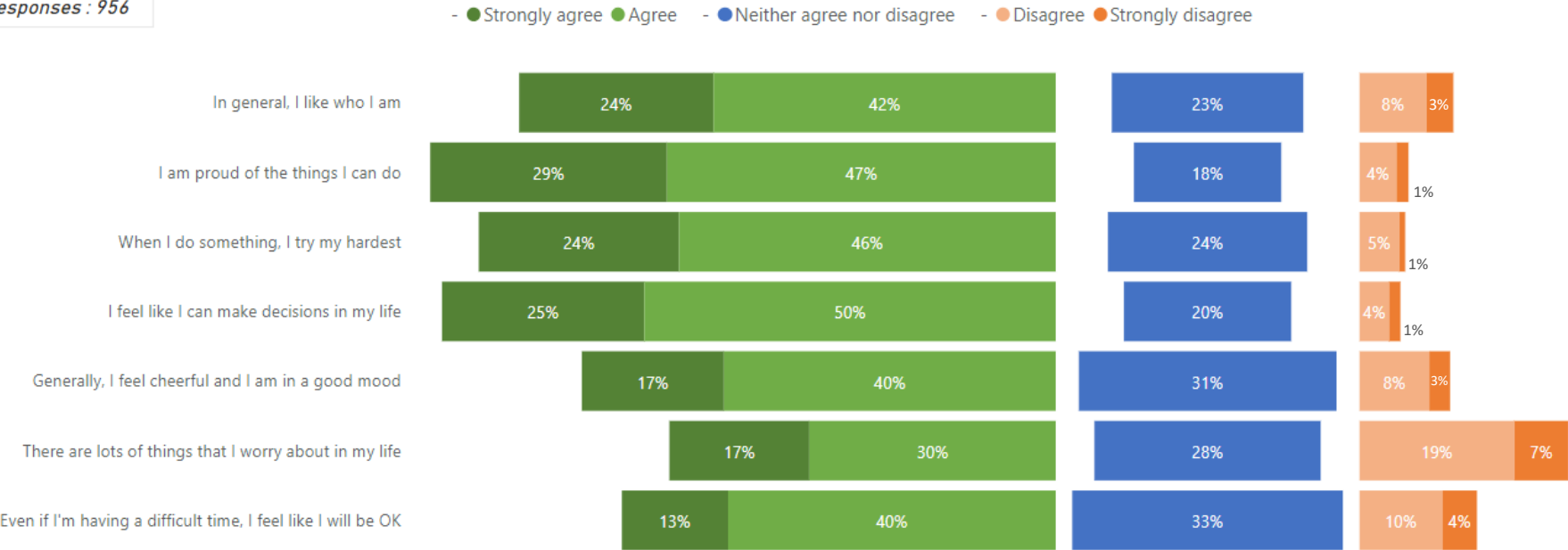


## Confidence-Primary

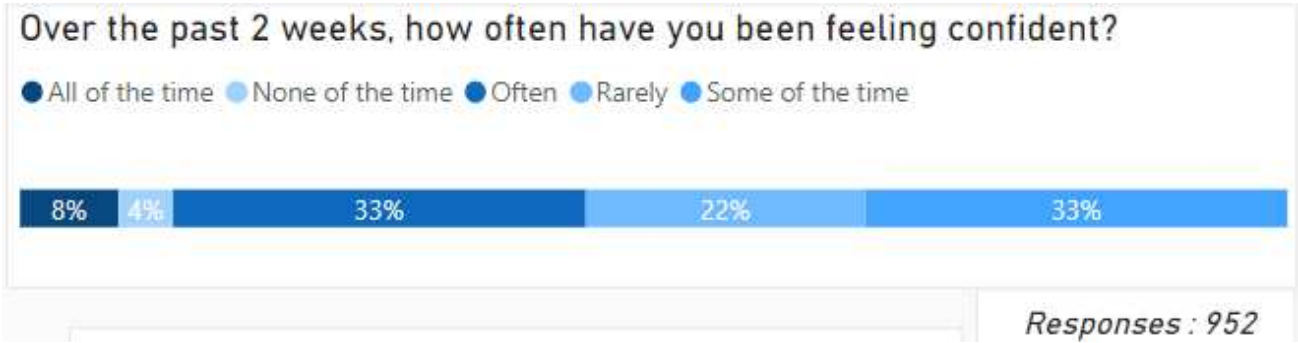


Secondary (S1 Only)

Responses : 956

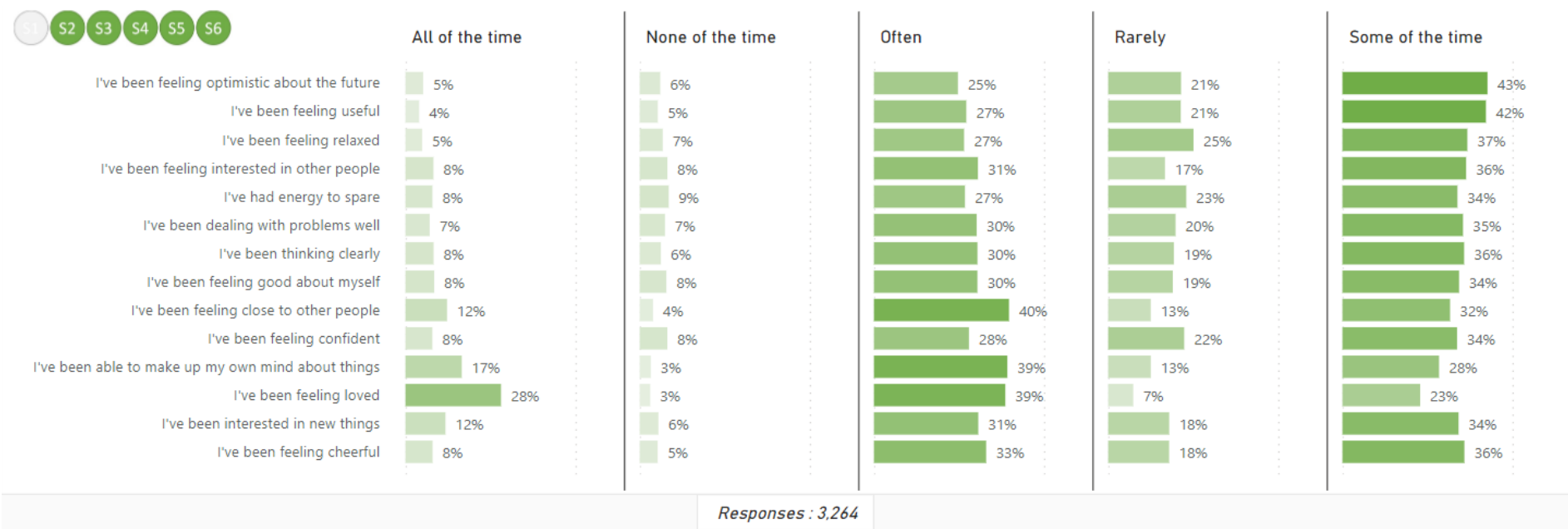


Confidence - Secondary (S1 Only)



# Mental Health and Wellbeing (cont.)

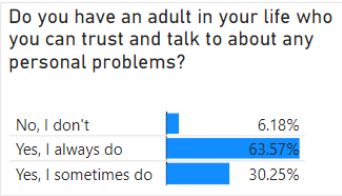
## Secondary (S2-26) - Warwick-Edinburgh Mental Wellbeing Scale (WEMWBS)



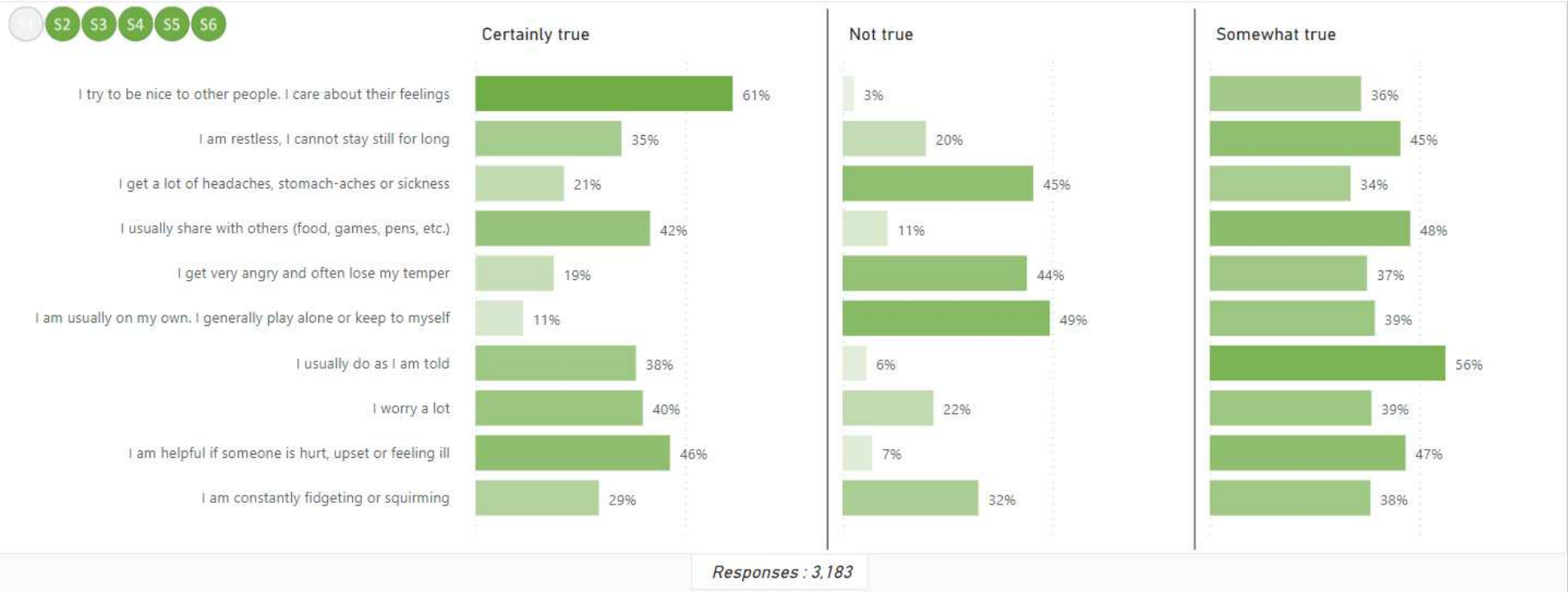
Average WEMWBS Score		Valid Responses					
45		Category	S2	S3	S4	S5	S6
		14-42 : Low	34%	33%	48%	40%	38%
		43-59 : Middle	59%	60%	48%	55%	60%
		60-70 : High	7%	6%	3%	5%	2%
		Total	38%	56%	5%		
		3216					

# Mental Health and Wellbeing (cont.)

## Resilience

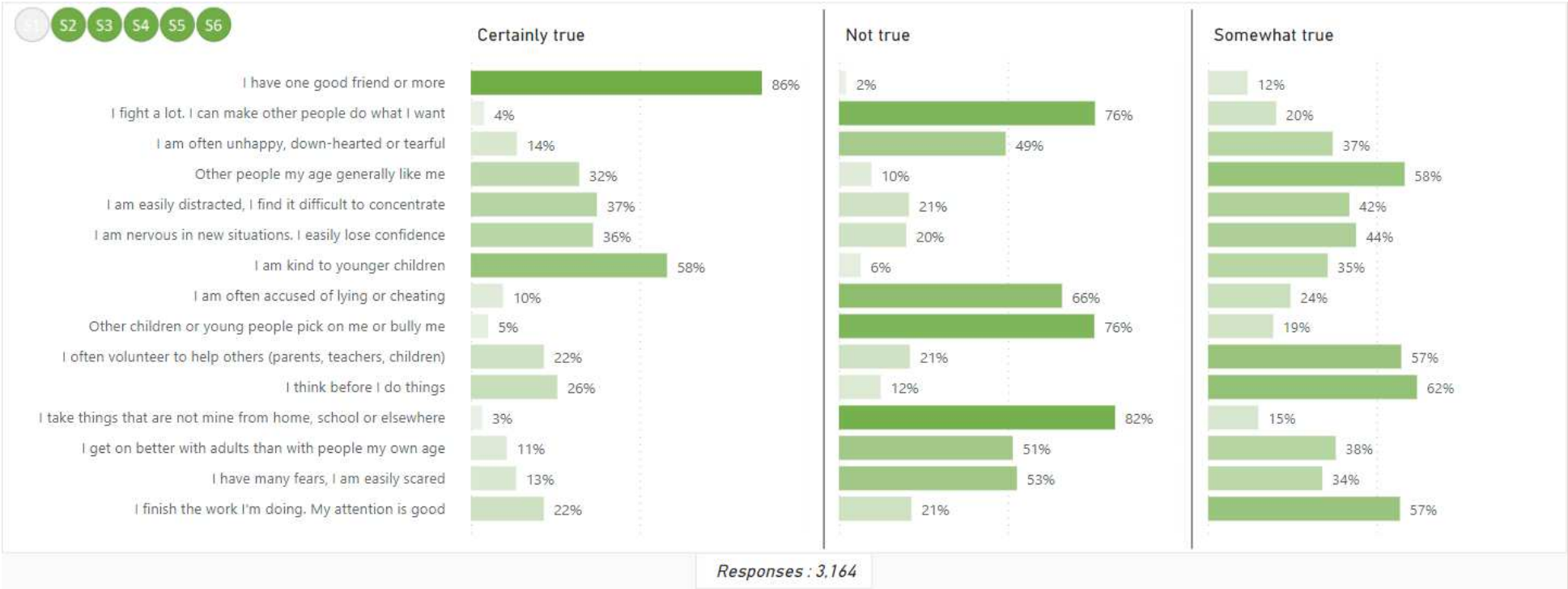


## Secondary - Strengths and Difficulties Questionnaire



# Mental Health and Wellbeing (cont.)

## Secondary - Strengths and Difficulties Questionnaire (SDQ)



## Strengths and Difficulties Questionnaire (SDQ) Interpretation

SDQ consists of 25 items that refer to different emotions or behaviours. These cover five different scales: Emotional problems scale, Conduct problems scale, Hyperactivity scale, Peer problems scale, and Prosocial scale.

Two scales are available for interpretation; The original 3-band scale and a revised 4-band scale. Both are presented for completeness (applied to the same data)

### Original 3-Band Scale

Total difficulties	S2	S3	S4	S5	S6	Total
00-15 : Normal	59%	58%	53%	63%	67%	<b>59%</b>
16-19 : Borderline	17%	20%	21%	17%	19%	<b>19%</b>
20-40 : Abnormal	23%	22%	25%	21%	14%	<b>22%</b>

### Revised 4-Band Scale

Total difficulties	S2	S3	S4	S5	S6	Total
00-14 : Close to average	54%	53%	47%	57%	60%	<b>53%</b>
15-17 : Slightly raised	15%	15%	16%	15%	19%	<b>16%</b>
18-19 : High	8%	10%	11%	7%	7%	<b>9%</b>
20-40 : Very high	23%	22%	25%	21%	14%	<b>22%</b>

Valid Responses

3116

## Strengths and Difficulties Questionnaire (SDQ) Interpretation

Prosocial scale	S2	S3	S4	S5	S6	Total
06-10: Normal	74%	71%	71%	76%	83%	<b>74%</b>
05: Borderline	12%	14%	15%	13%	9%	<b>13%</b>
00-04: Abnormal	13%	15%	14%	12%	8%	<b>13%</b>

Emotional Problems	S2	S3	S4	S5	S6	Total
00-05: Normal	68%	68%	63%	65%	64%	<b>66%</b>
06: Borderline	10%	10%	10%	11%	13%	<b>10%</b>
07-10: Abnormal	22%	22%	27%	24%	24%	<b>24%</b>

Conduct problems	S2	S3	S4	S5	S6	Total
00-03: Normal	72%	73%	72%	80%	86%	<b>75%</b>
04: Borderline	10%	10%	11%	7%	7%	<b>10%</b>
05-10: Abnormal	18%	17%	17%	13%	7%	<b>16%</b>

Hyperactivity	S2	S3	S4	S5	S6	Total
00-05: Normal	56%	54%	51%	57%	60%	<b>55%</b>
06: Borderline	11%	14%	13%	14%	14%	<b>13%</b>
07-10: Abnormal	33%	32%	36%	29%	26%	<b>32%</b>

Peer problems	S2	S3	S4	S5	S6	Total
00-03: Normal	73%	76%	73%	77%	78%	<b>75%</b>
04-05: Borderline	21%	18%	20%	16%	17%	<b>19%</b>
06-10: Abnormal	6%	6%	7%	7%	6%	<b>6%</b>

Prosocial scale	S2	S3	S4	S5	S6	Total
07-10: Close to average	59%	56%	54%	62%	70%	<b>59%</b>
06: Slightly lowered	16%	15%	16%	14%	14%	<b>15%</b>
05: Low	12%	14%	15%	13%	9%	<b>13%</b>
00-04: Very low	13%	15%	14%	12%	8%	<b>13%</b>

Emotional Problems	S2	S3	S4	S5	S6	Total
00-04: Close to average	55%	55%	48%	52%	53%	<b>53%</b>
05: Slightly raised	13%	13%	15%	13%	11%	<b>13%</b>
06: High	10%	10%	10%	11%	13%	<b>10%</b>
07-10: Very high	22%	22%	27%	24%	24%	<b>24%</b>

Conduct problems	S2	S3	S4	S5	S6	Total
00-03: Close to average	72%	73%	72%	80%	86%	<b>75%</b>
04: Slightly raised	10%	10%	11%	7%	7%	<b>10%</b>
05: High	10%	8%	9%	7%	6%	<b>8%</b>
06-10: Very high	9%	9%	8%	6%	1%	<b>7%</b>

Hyperactivity	S2	S3	S4	S5	S6	Total
00-05: Close to average	56%	54%	51%	57%	60%	<b>55%</b>
06: Slightly raised	11%	14%	13%	14%	14%	<b>13%</b>
07: High	11%	12%	11%	9%	9%	<b>11%</b>
08-10: Very high	22%	20%	24%	19%	16%	<b>21%</b>

Peer problems	S2	S3	S4	S5	S6	Total
00-02: Close to average	57%	62%	55%	58%	62%	<b>59%</b>
03: Slightly raised	16%	14%	18%	18%	15%	<b>16%</b>
04: High	13%	11%	12%	11%	12%	<b>12%</b>
05-10: Very high	14%	14%	15%	13%	11%	<b>14%</b>

Valid Responses

3138

Valid Responses

3139

Valid Responses

3142

Valid Responses

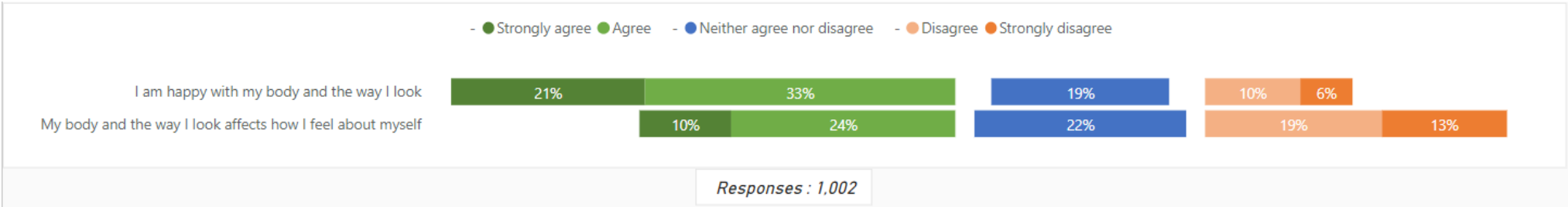
3128

Valid Responses

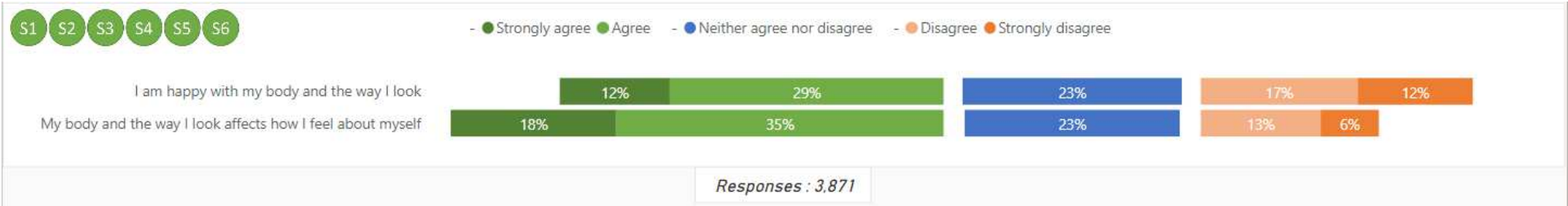
3142

# Self-Perception - Body Image

## Primary (P7 Only)



## Secondary



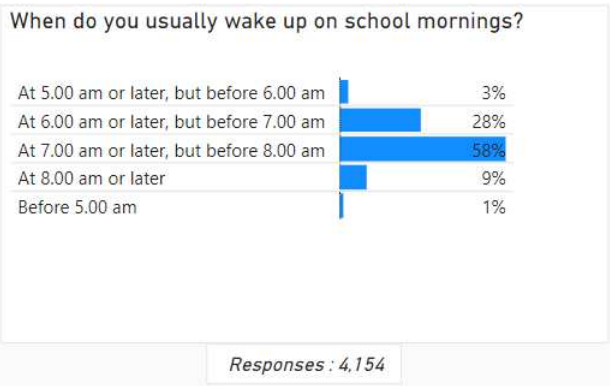


# Sleep Behaviours

## Primary



## Secondary



# Eating Behaviours

## Primary

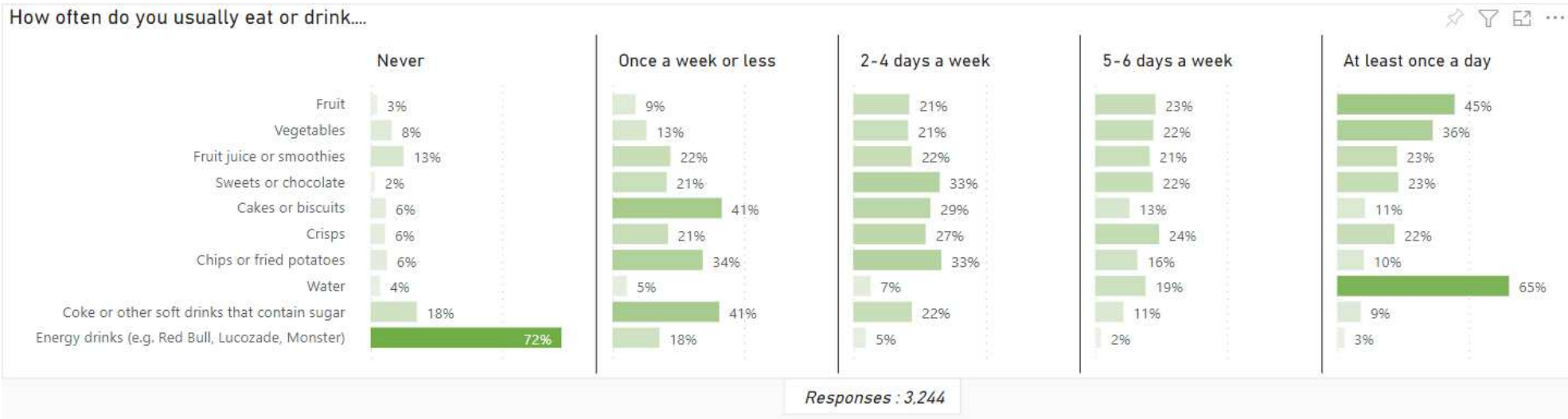


## Secondary

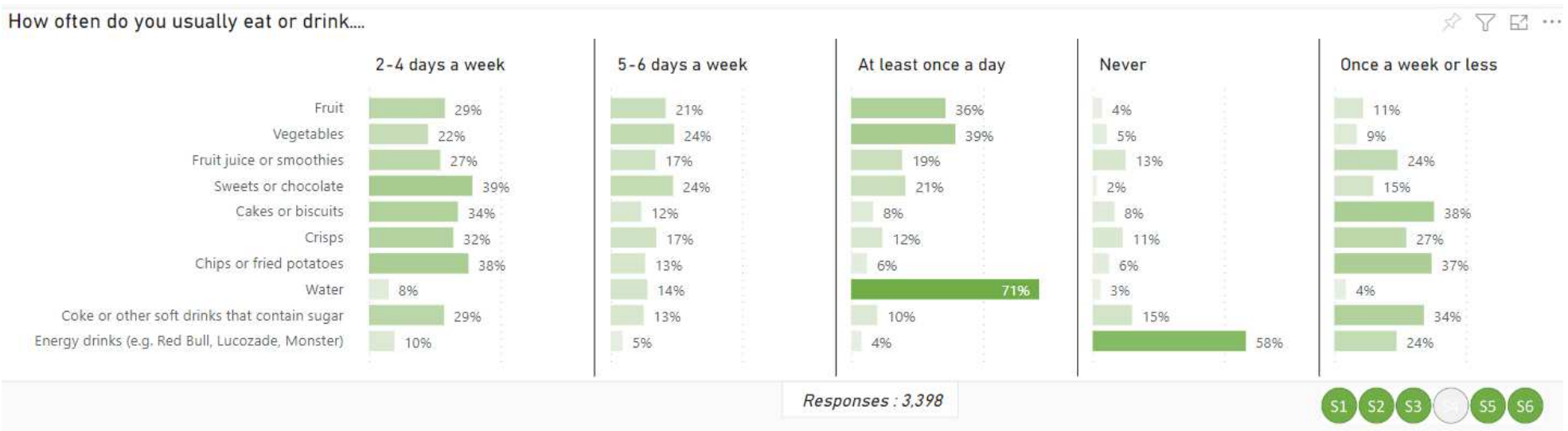


# Eating Behaviours (cont.)

## Primary

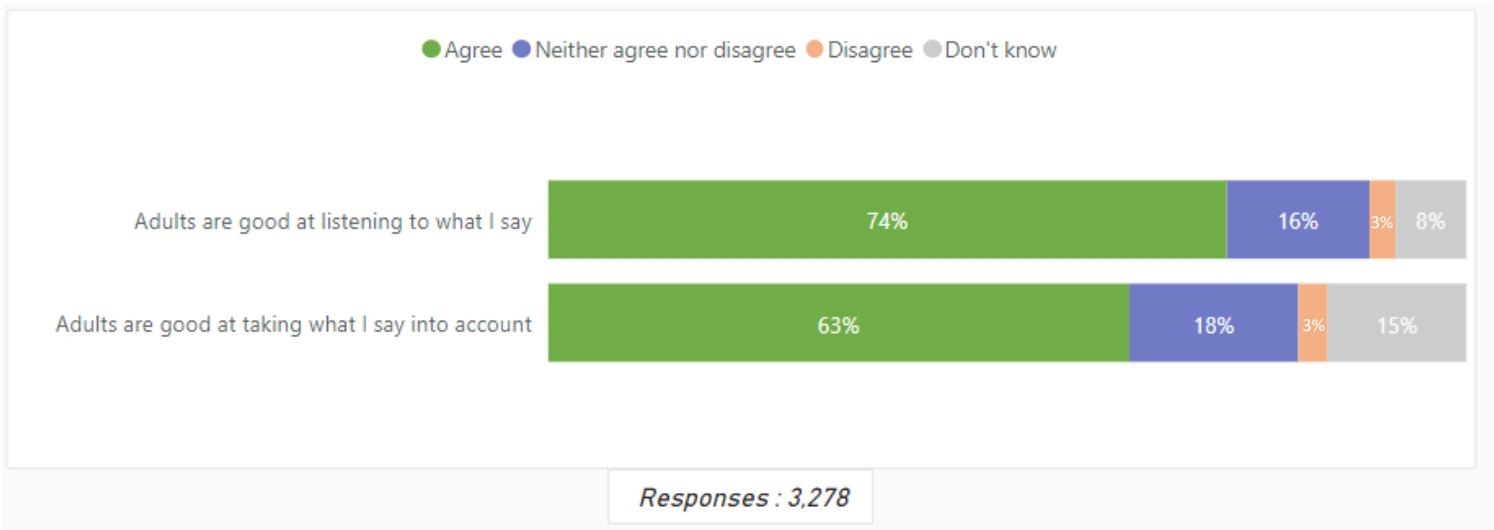


## Secondary

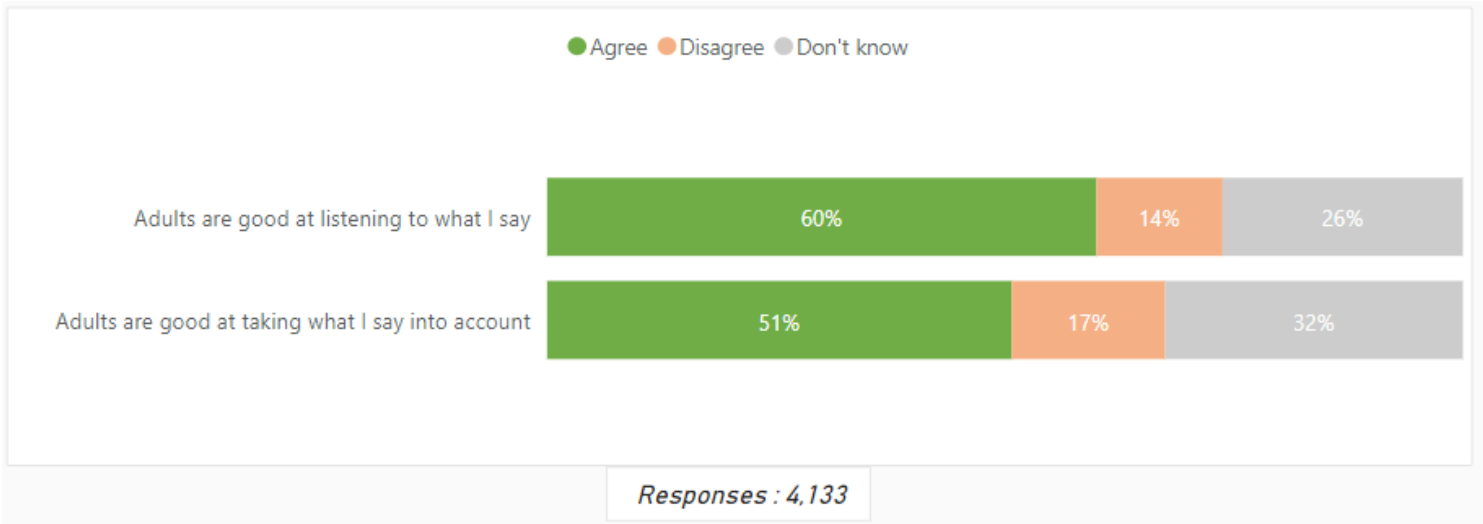


# Involvement in Decision-Making

## Primary

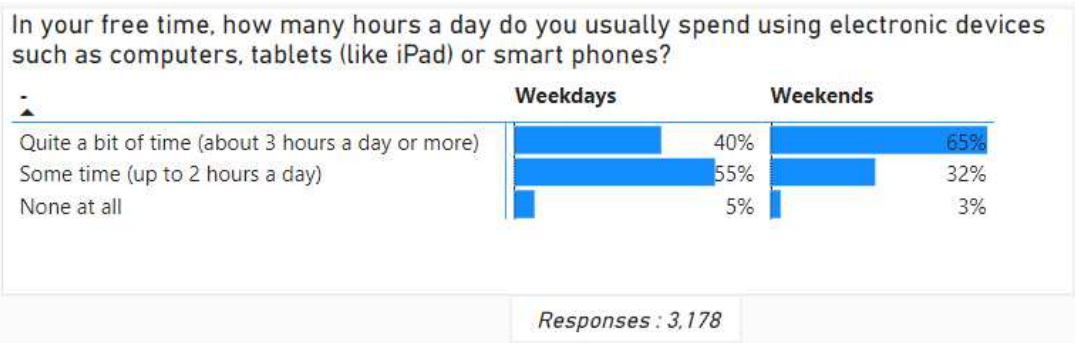
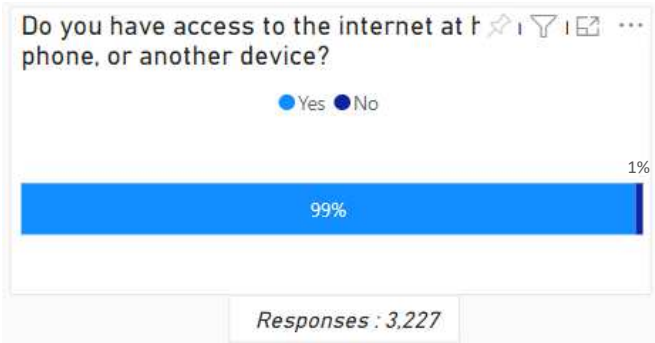


## Secondary

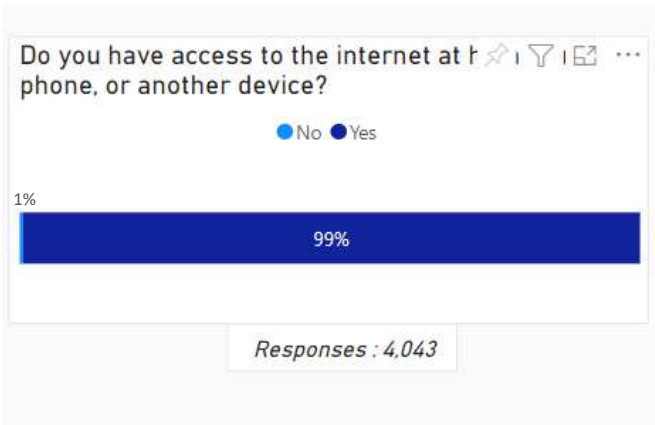


# Social Media and Online Behaviours

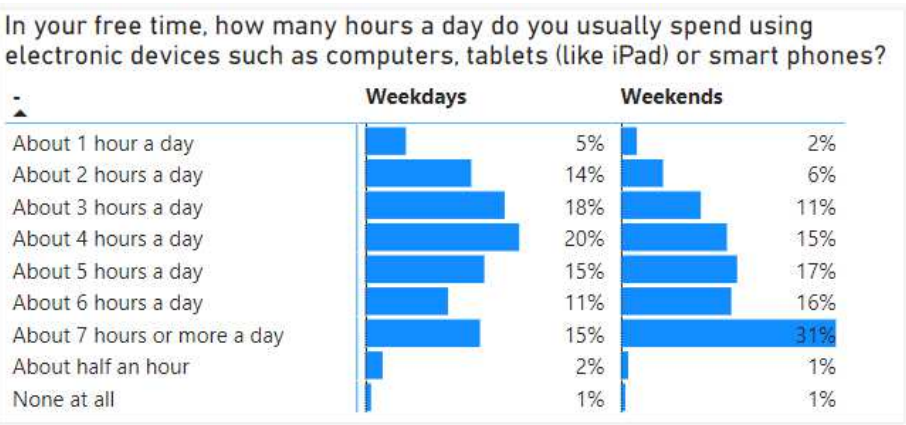
## Primary



## Secondary

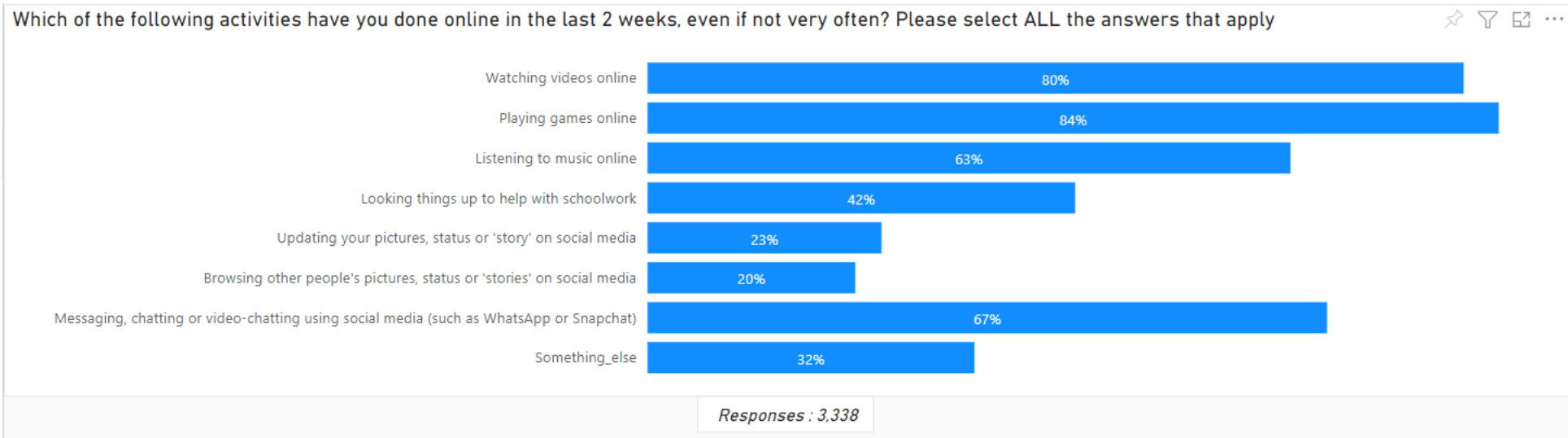


Responses : 4,034

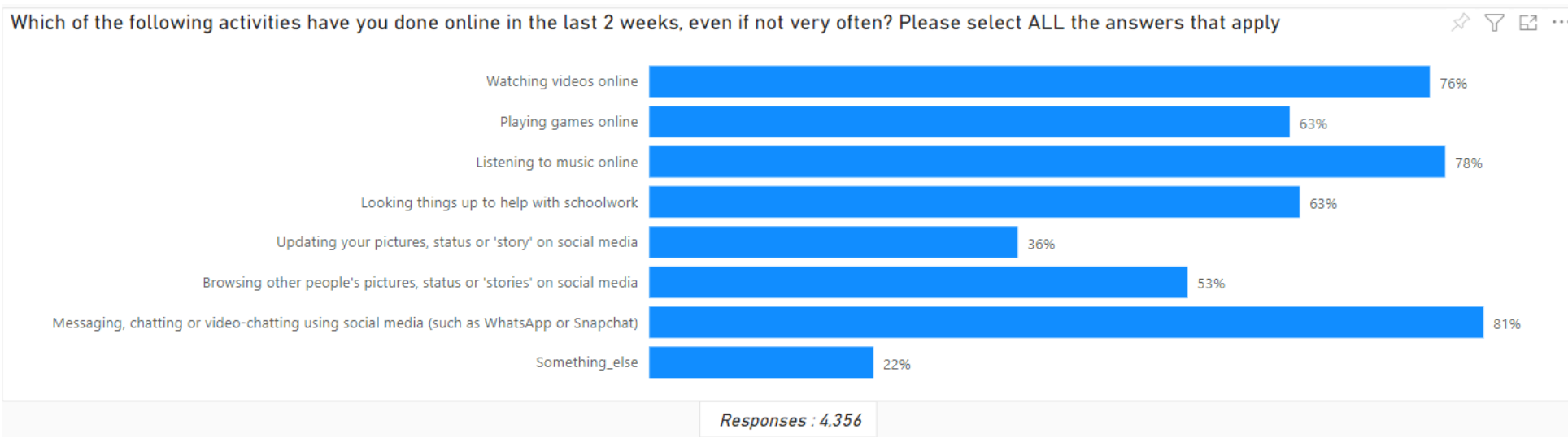


# Social Media and Online Behaviours (cont.)

## Primary

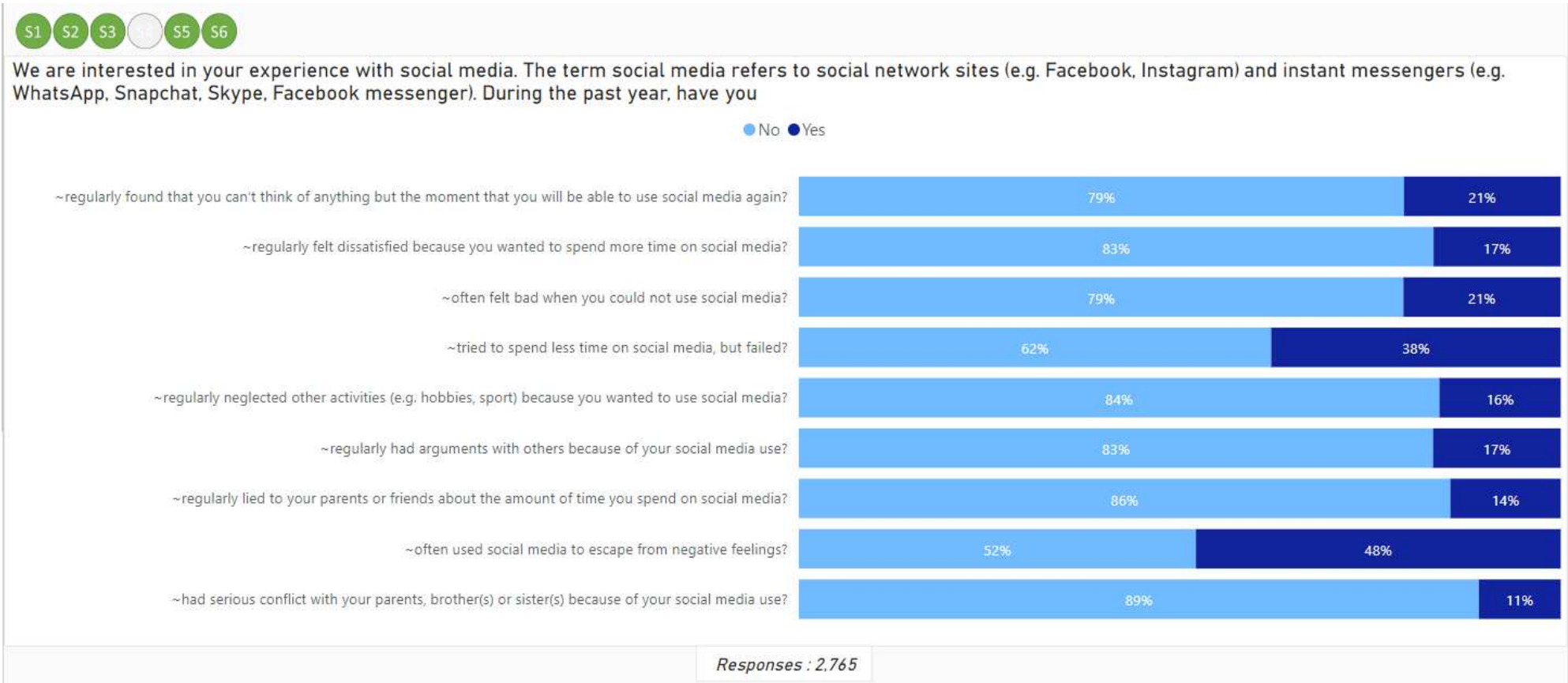


## Secondary



# Social Media and Online Behaviours (cont.)

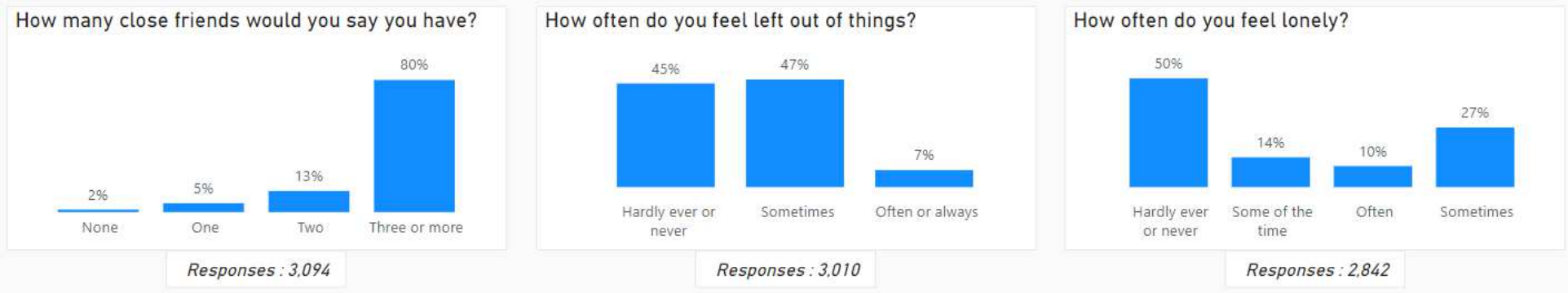
## Secondary



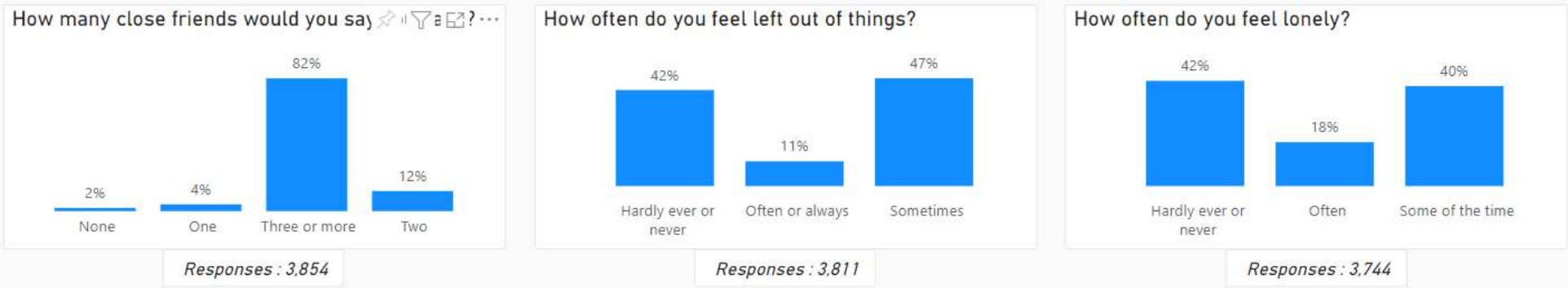


# Peer Relations

## Primary



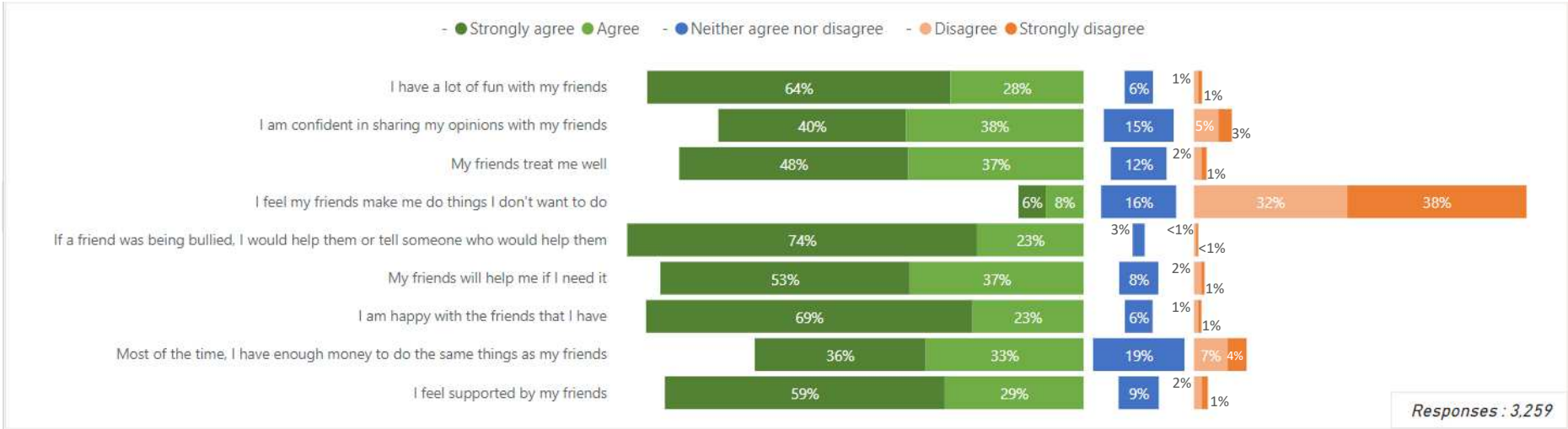
## Secondary



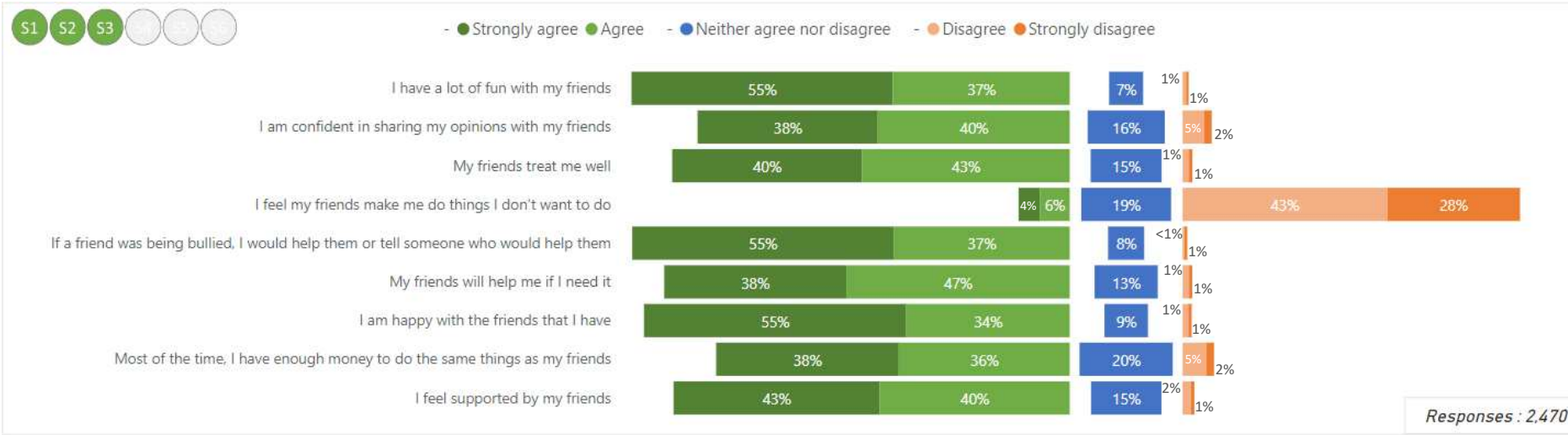


Peer Relations (cont.)

Primary (P5-P7)

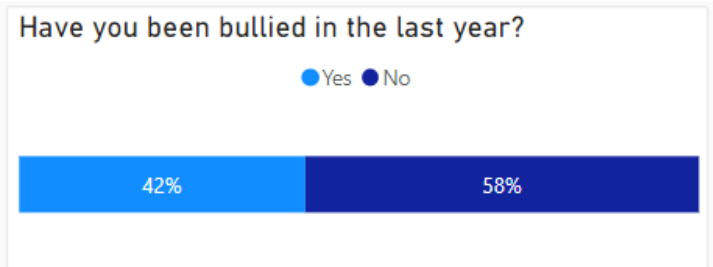


Secondary (S1-S3)



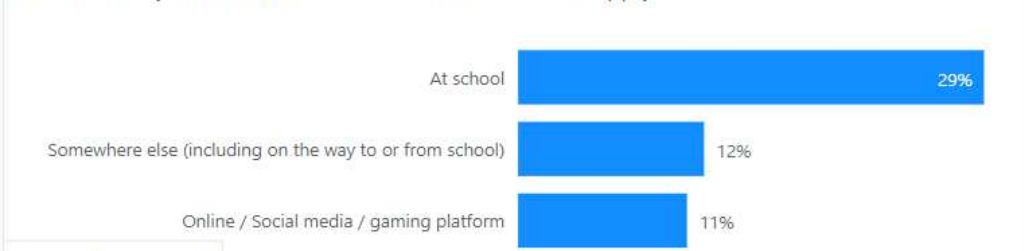
# Bullying

## Primary



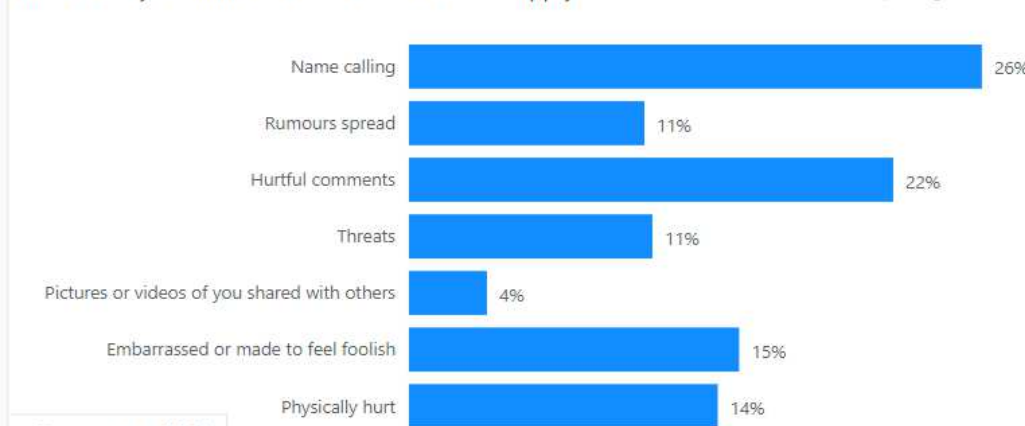
Responses : 2,841

Where have you been bullied? Please tick ALL that apply



Responses : 3,338

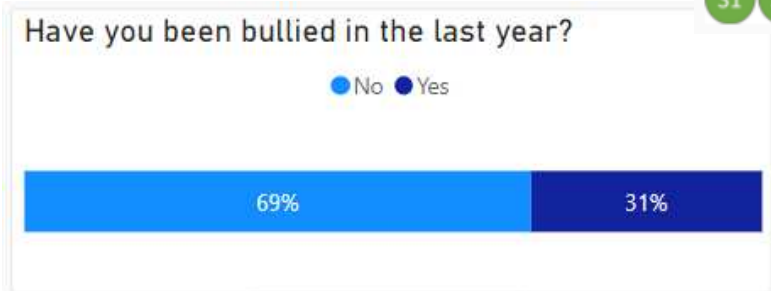
How were you bullied? Please tick ALL that apply



Responses : 3,338

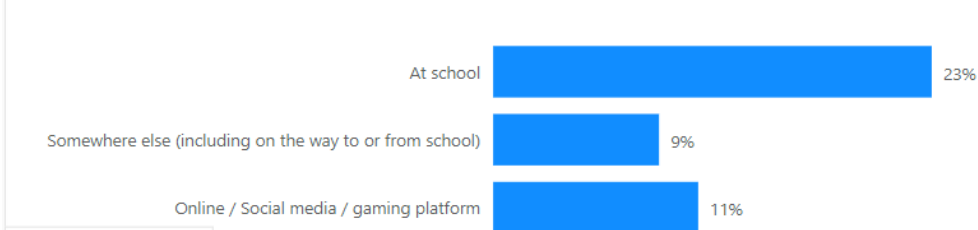
## Secondary (S1-S3)

S1 S2 S3 S4 S5 S6



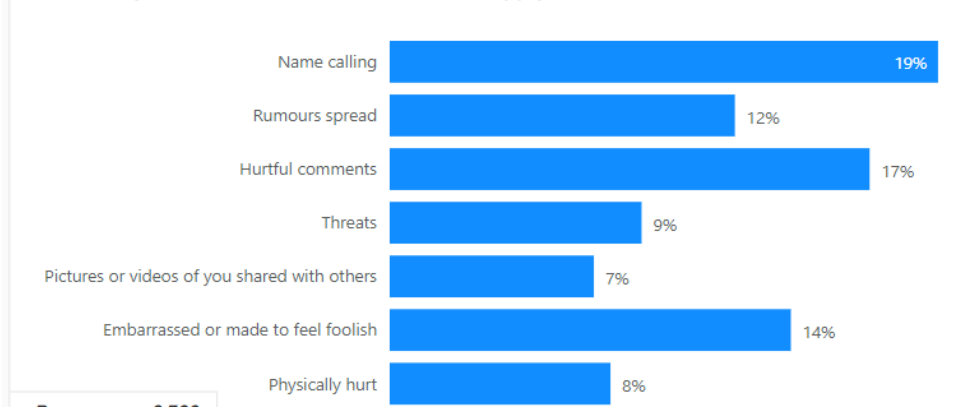
Responses : 2,193

Where have you been bullied? Please tick ALL that apply



Responses : 2,723

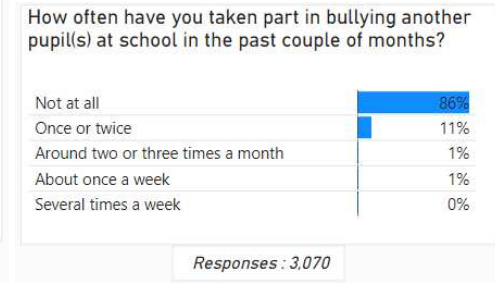
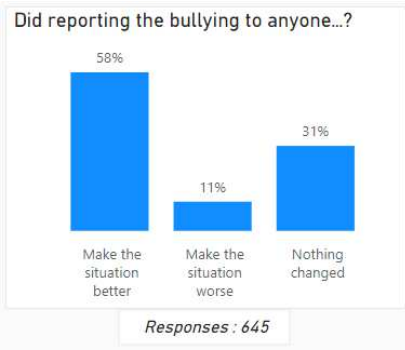
How were you bullied? Please tick ALL that apply



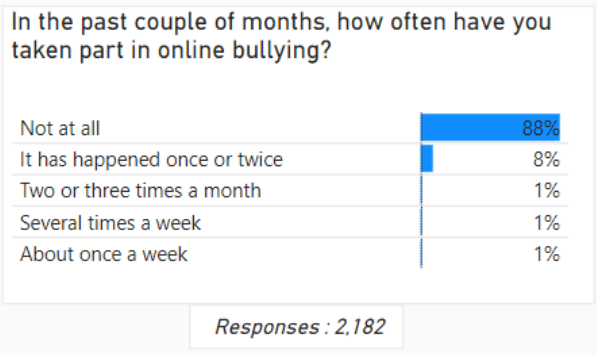
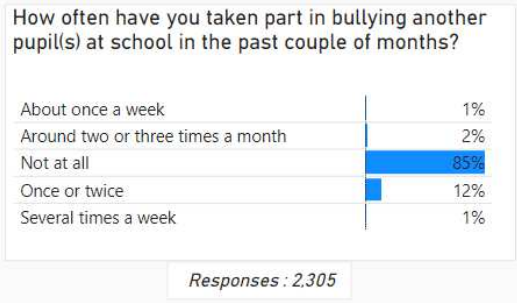
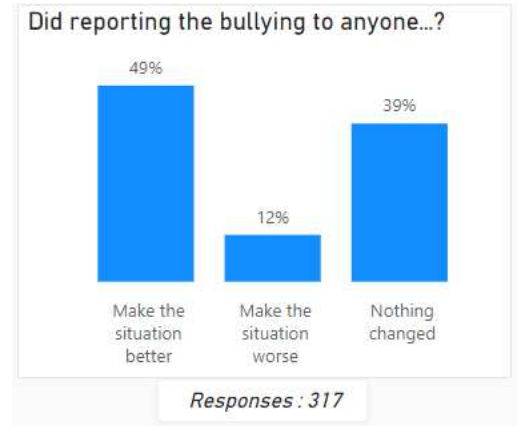
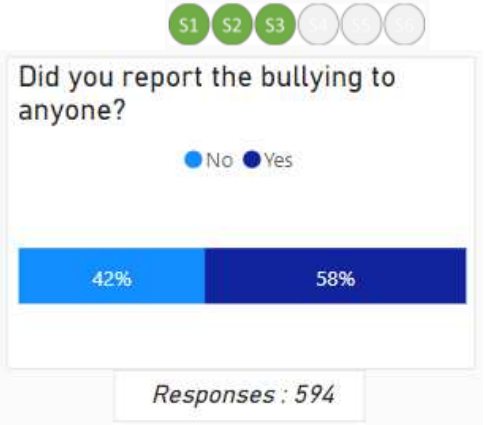
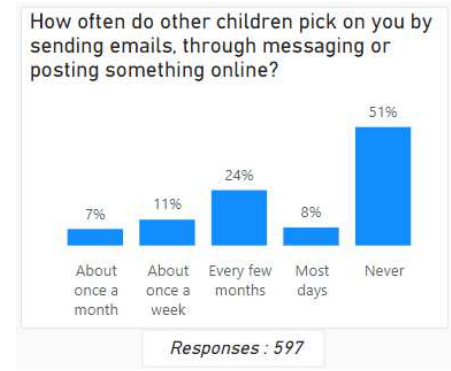
Responses : 2,723

# Bullying (cont.)

## Primary



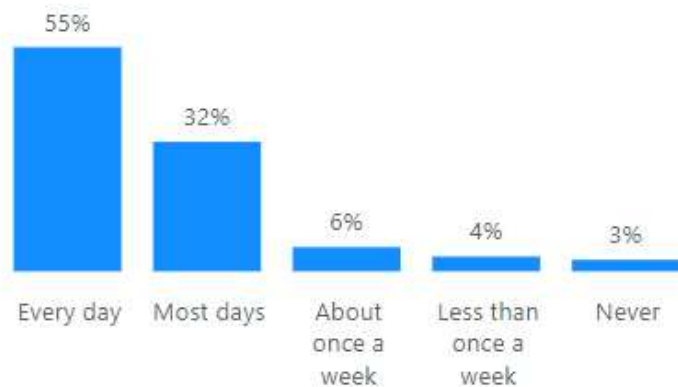
## Secondary



## Family / Caring

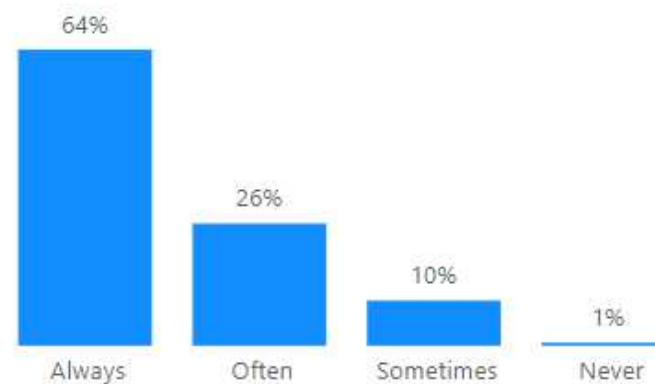
### Primary

How often do you and the people you live with usually have meals together?



Responses : 3,151

How often do you enjoy being with the people you live with?



Responses : 3,135

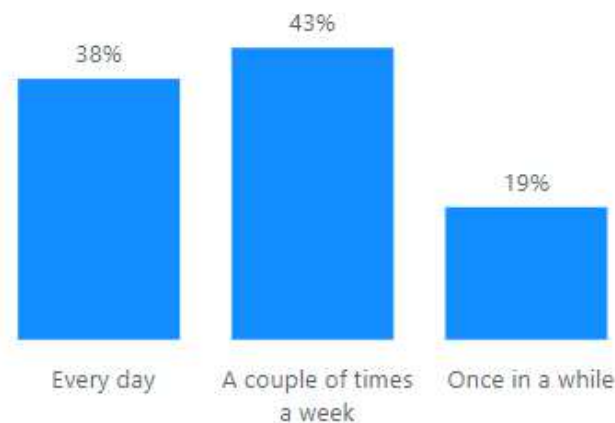
Do you care for, or look after, someone? For example, because they have a disability, an illness, a drug or alcohol problem, a mental health problem, or problems related to ...

● Yes ● No



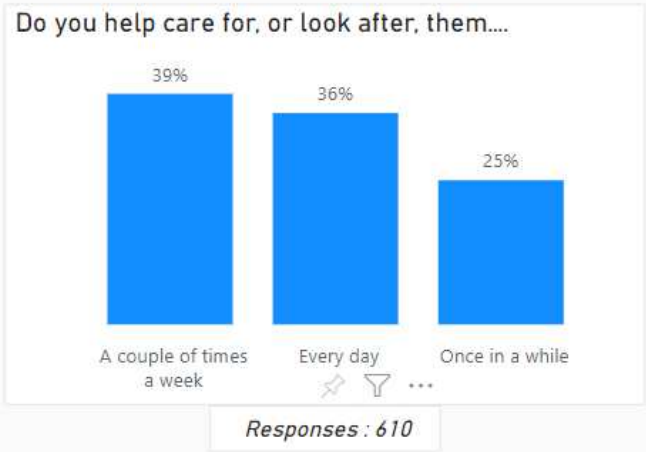
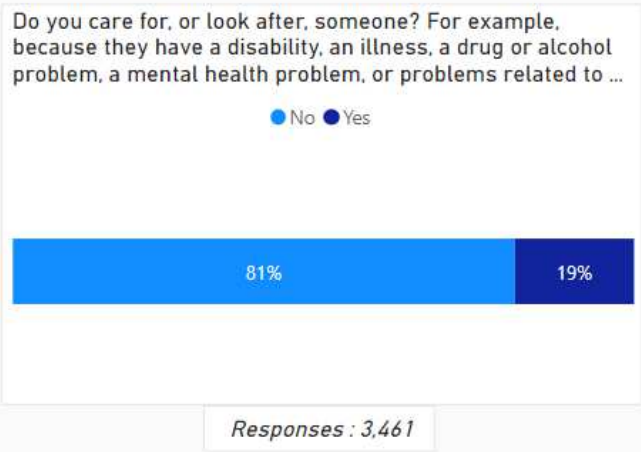
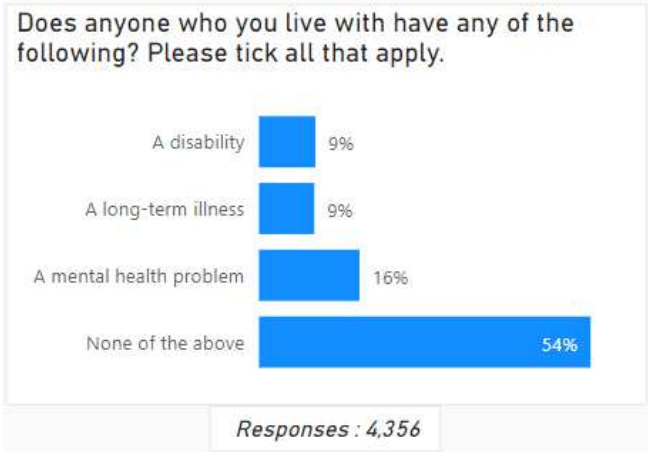
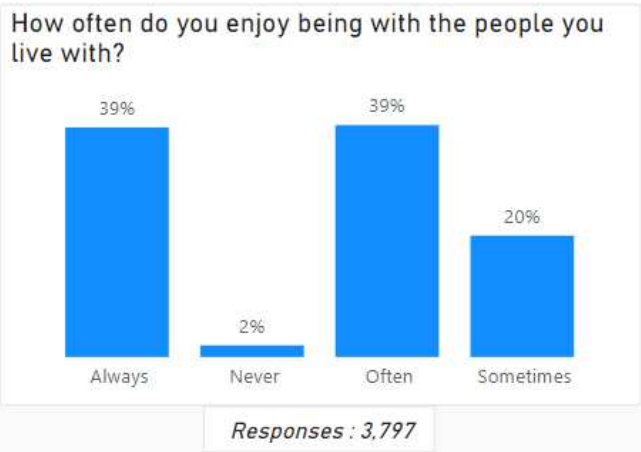
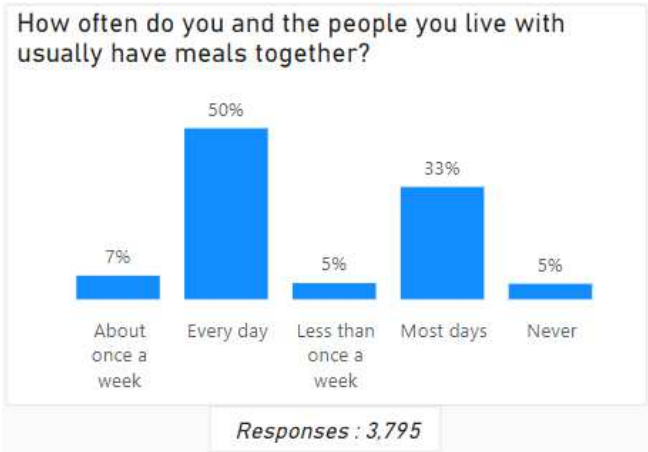
Responses : 981

Do you help care for, or look after, them....



Responses : 331

Secondary



# Family Relationships

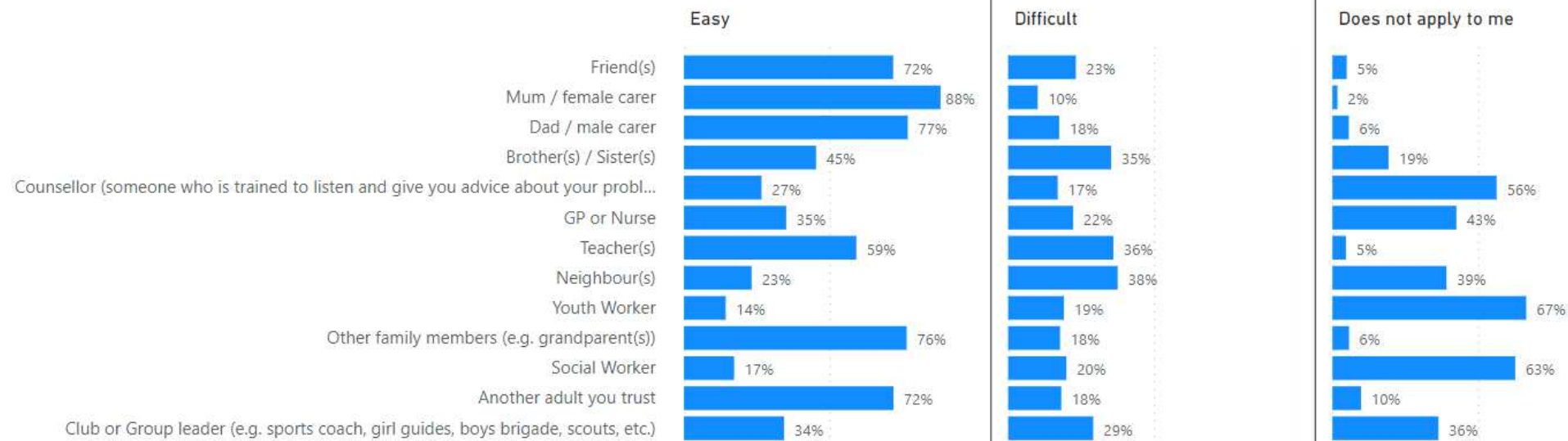
## Primary

Do you have an adult in your life who you can trust and talk to about any personal problems?

Responses : 3,077



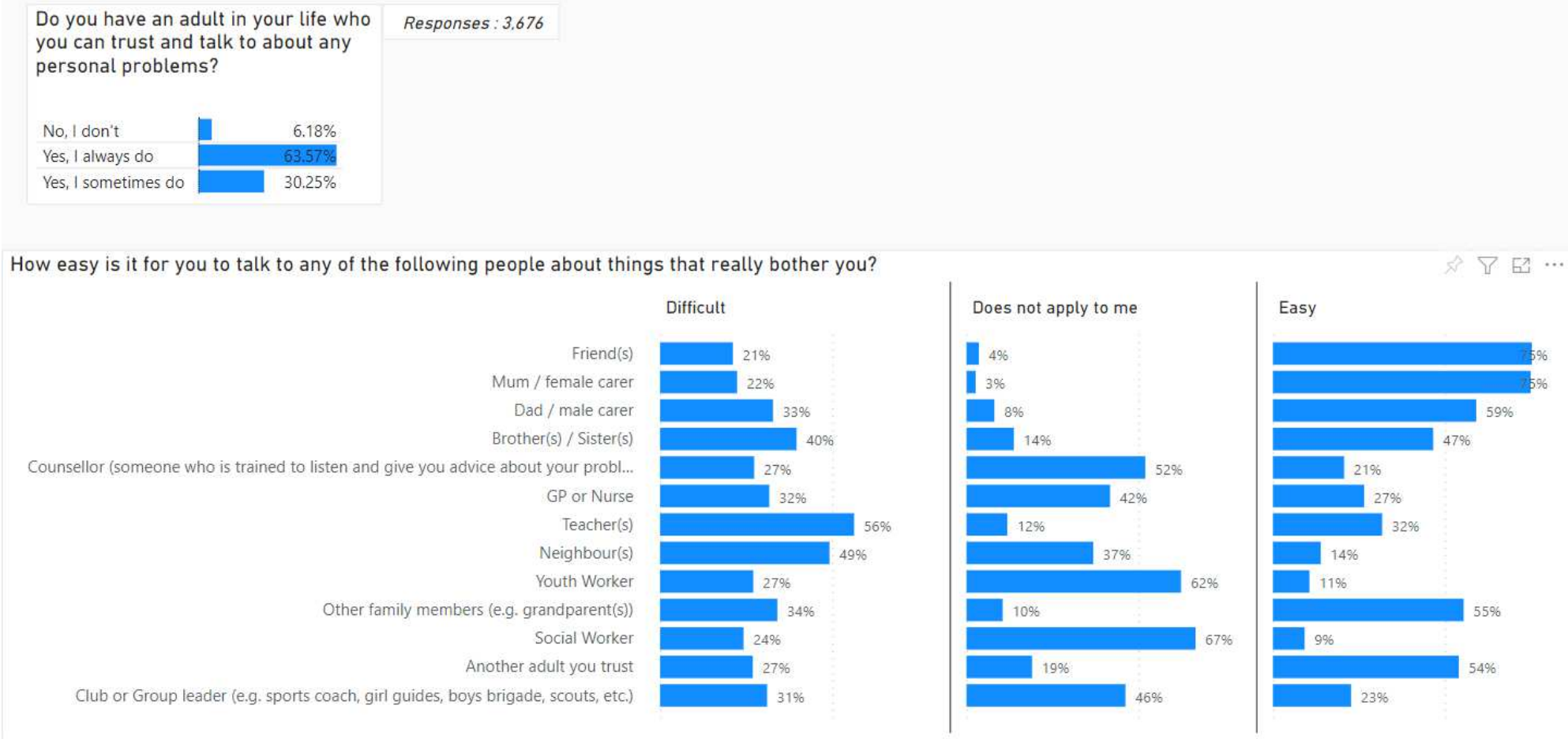
How easy is it for you to talk to any of the following people about things that really bother you?



Responses : 3,137



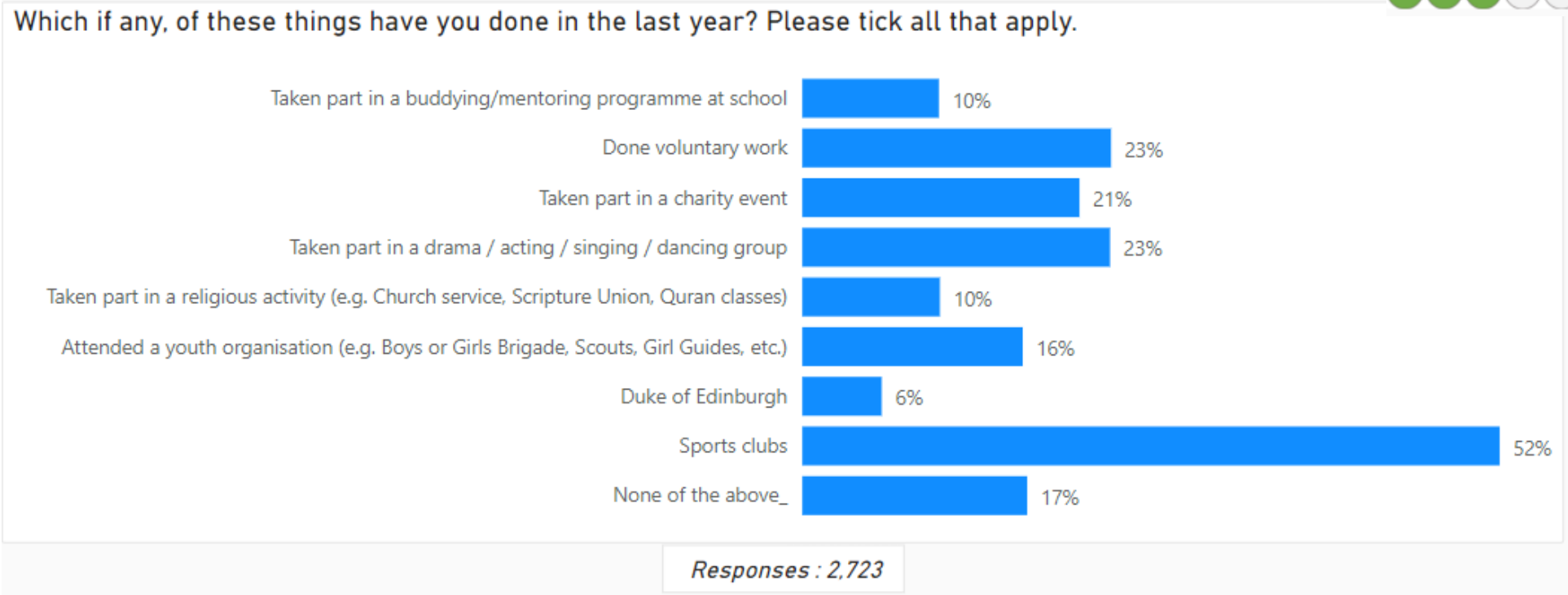
Secondary



# Positive Activities

Secondary

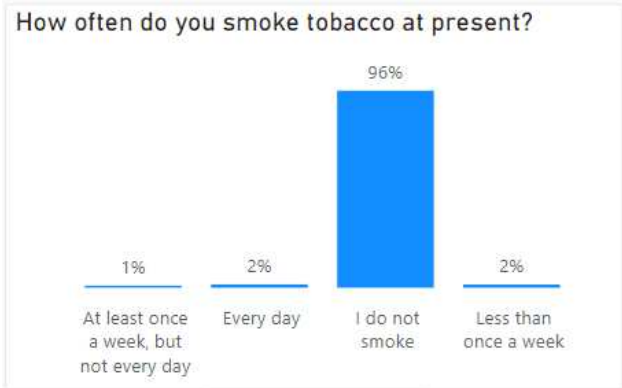
S1 S2 S3 S4 S5 S6



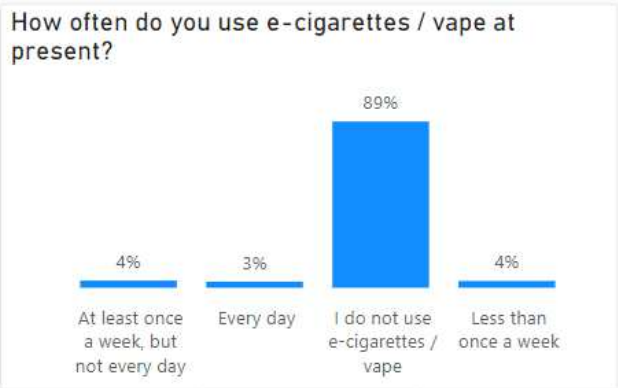


Smoking/ Alcohol / Gambling (see also S4 Substance Use Survey at end)

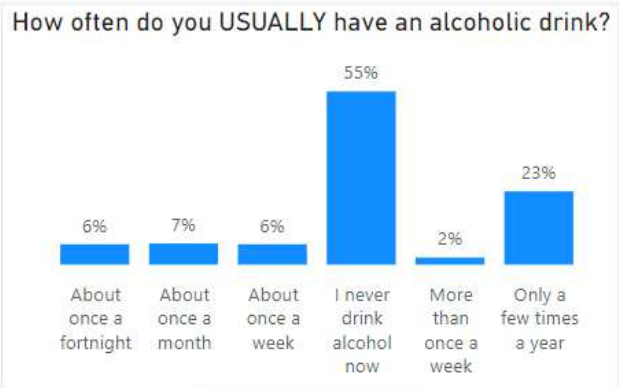
Secondary



Responses : 1,440

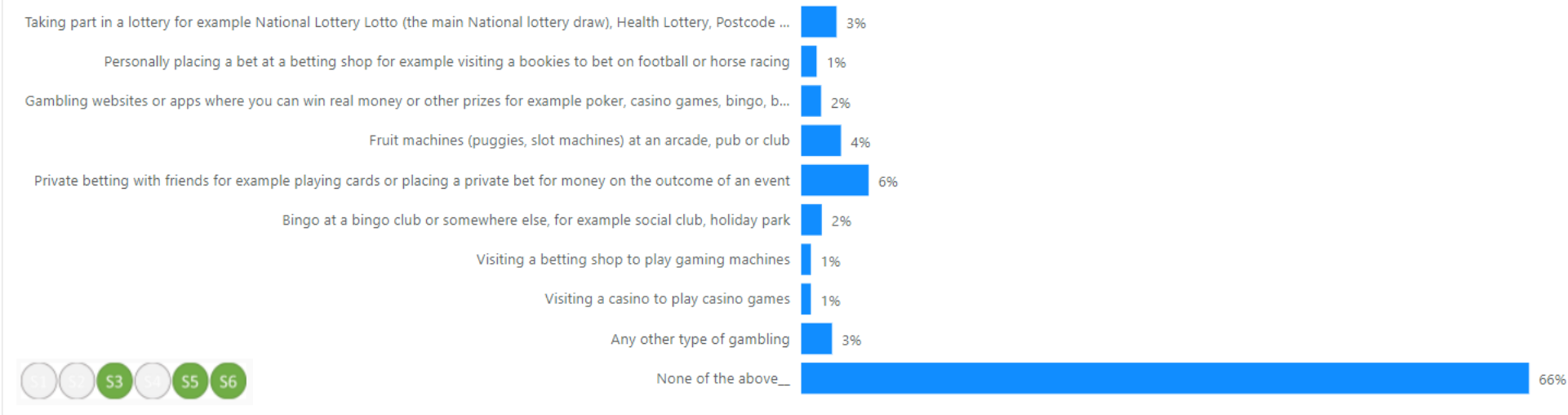


Responses : 1,402



Responses : 1,476

Have you spent any of YOUR money on any of the following in the last month? We want to know about games you played yourself. Please select all of the activities you have taken part in.



Responses : 1,728

# Sexual Health

Secondary



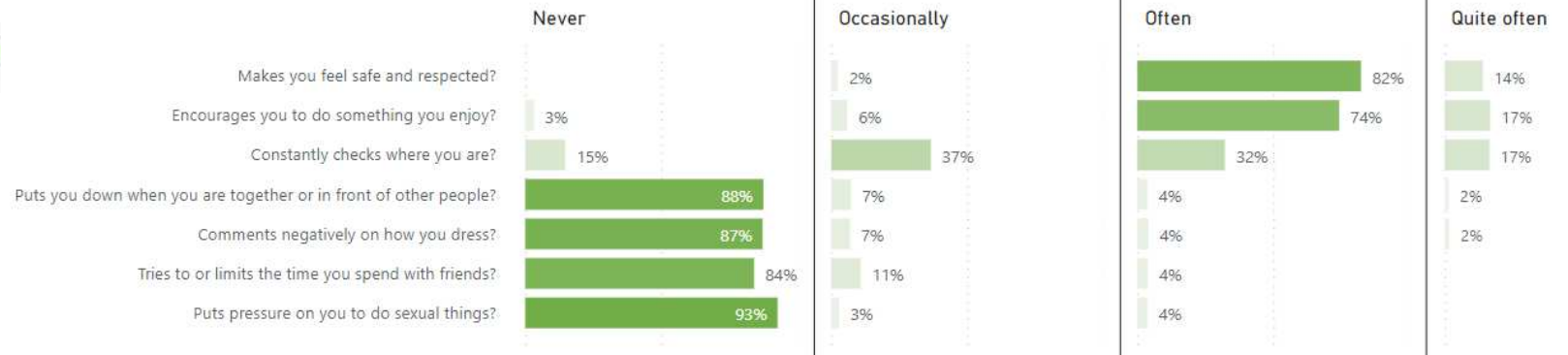
Do you currently have a boyfriend/girlfriend?

☐ No ☒ Yes



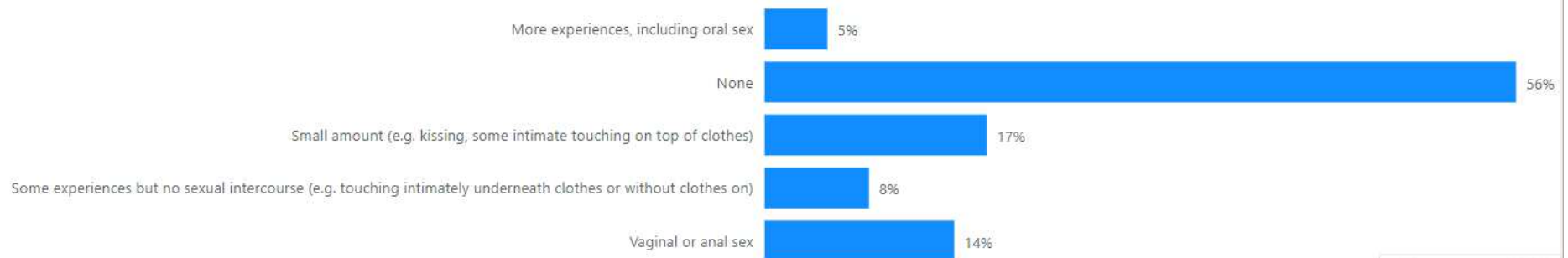
Responses : 1,390

Does your current boyfriend/girlfriend do any of the following things?



Responses : 325

People have varying degrees of sexual experience. How much, if any, sexual experience have you had?



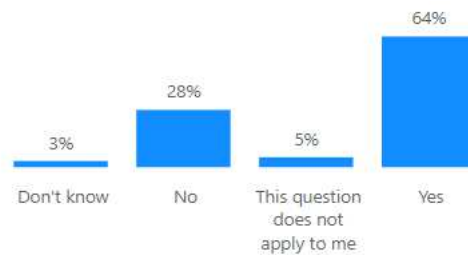
Responses : 1,186

The most recent time you had vaginal or anal sex (penetrative sex), did you or the other person use a condom?



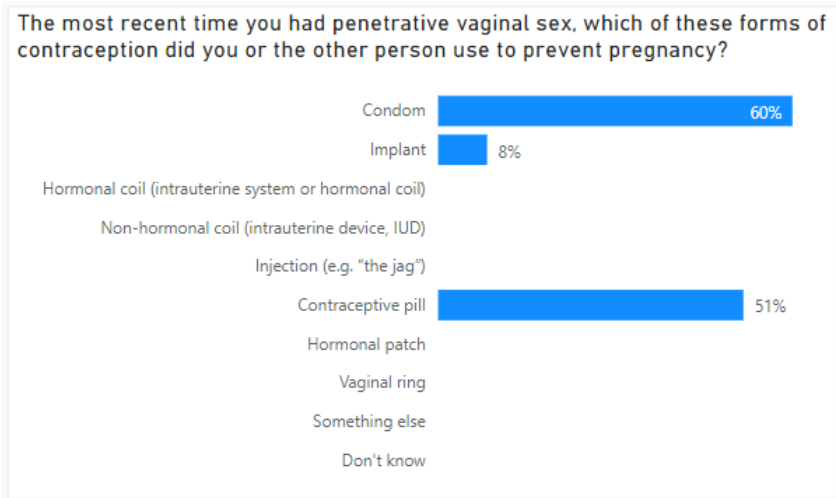
Responses : 163

The most recent time you had penetrative vaginal sex, did you or the other person use anything to prevent pregnancy?

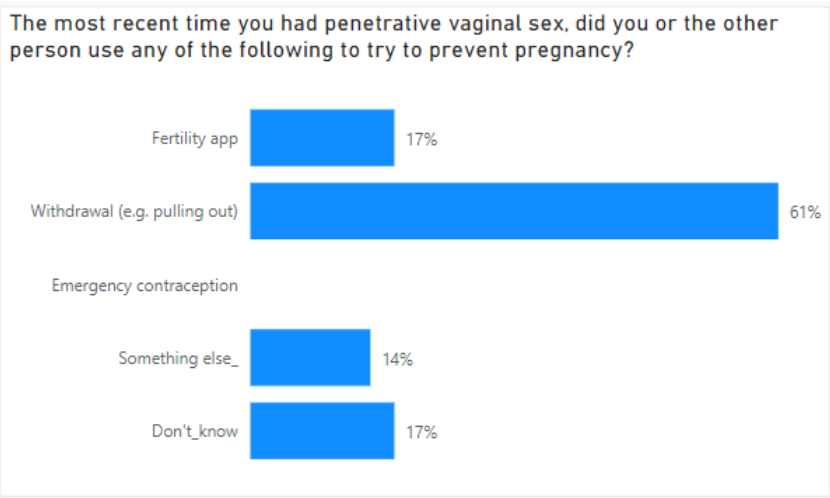


Responses : 164

Cont.



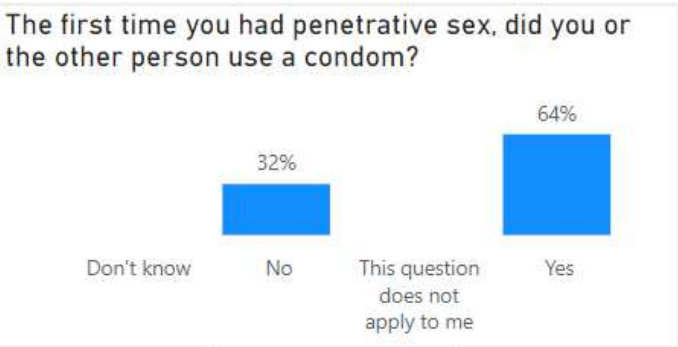
Responses : 109



Responses : 36



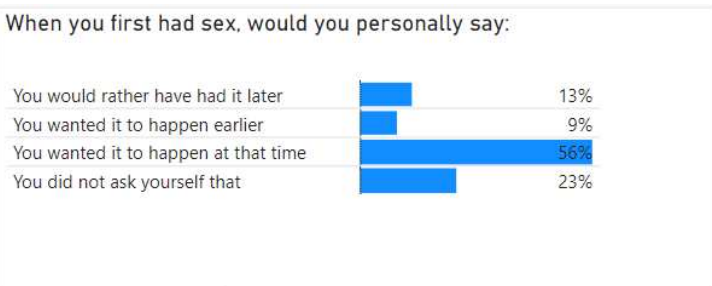
Responses : 165



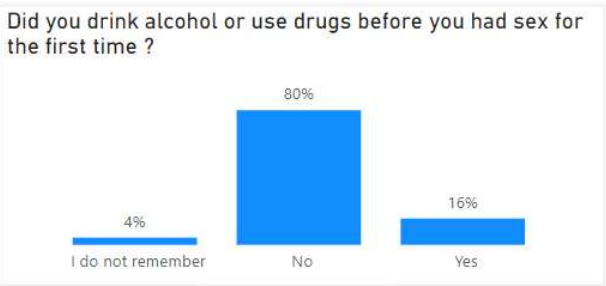
Responses : 145



Responses : 196

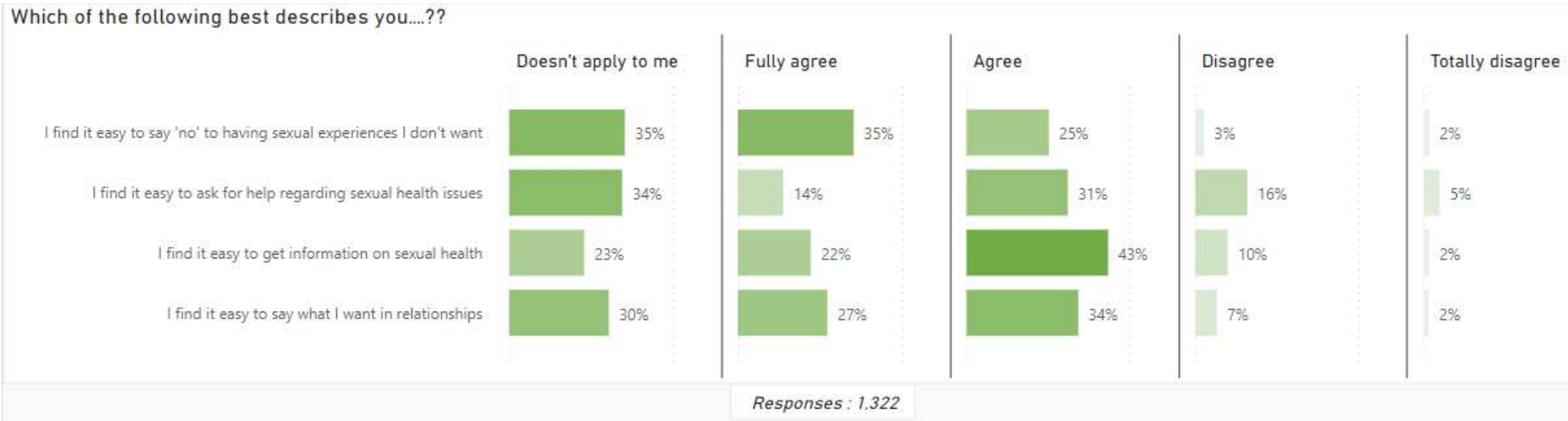


Responses : 192



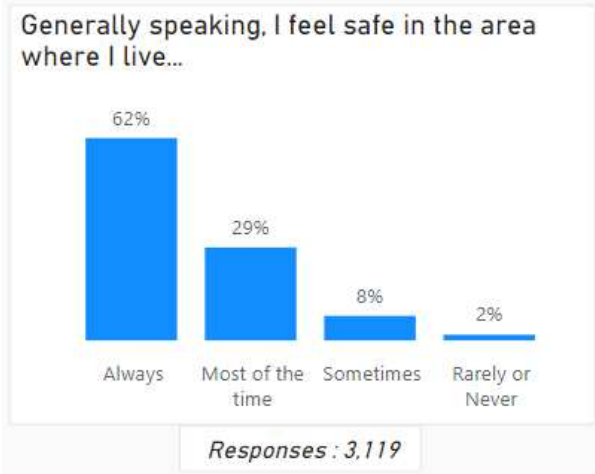
Responses : 211

Cont..

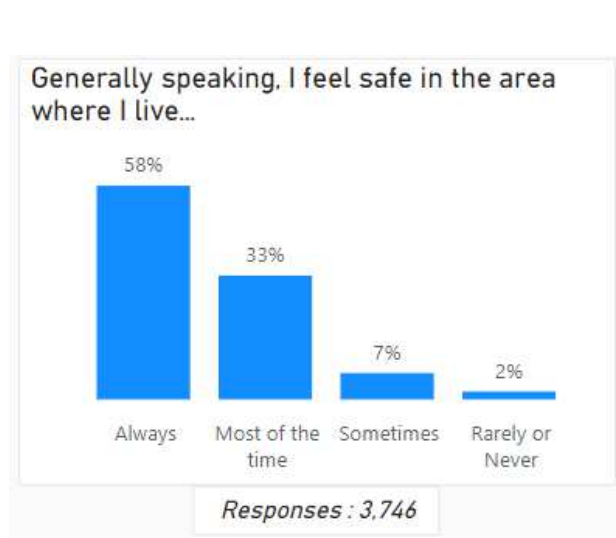


Area factors -where you live

Primary



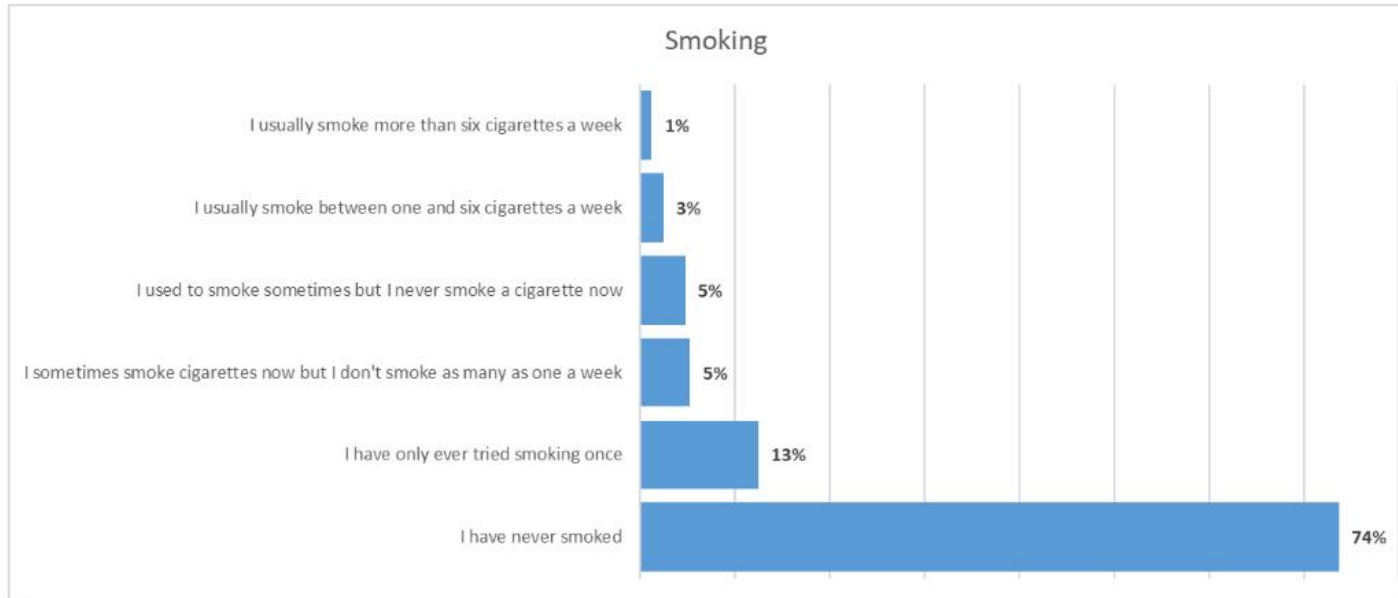
Secondary



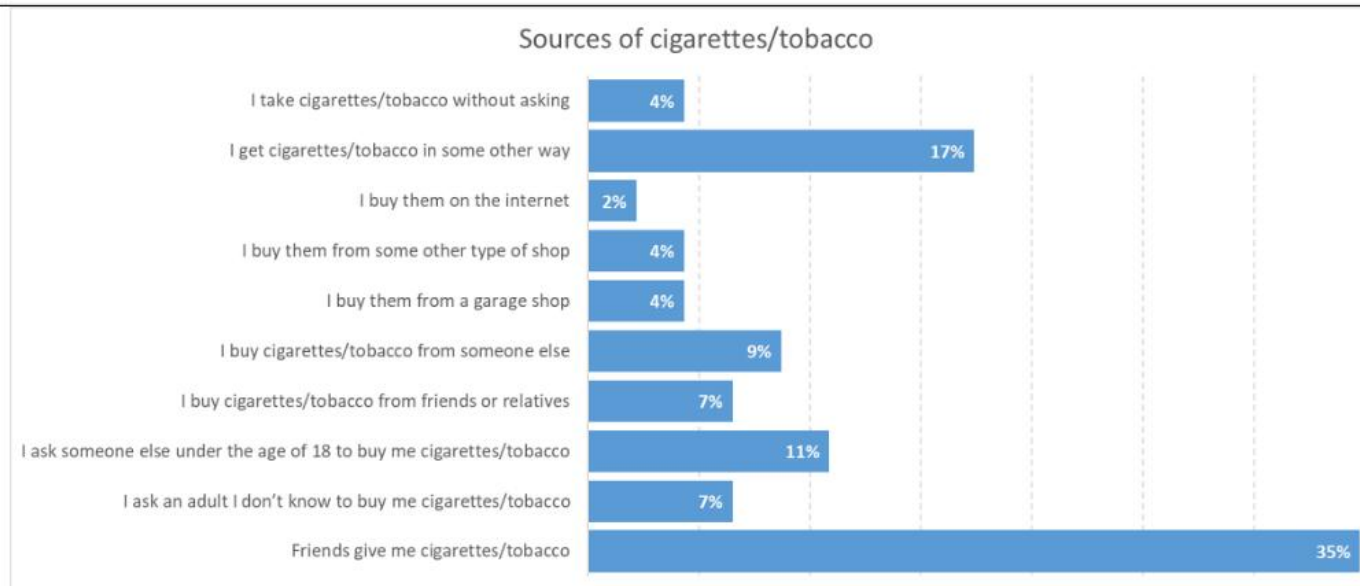
## S4 Substance Use Survey

### Smoking / Vaping

**S4 Total  
Responses**



400

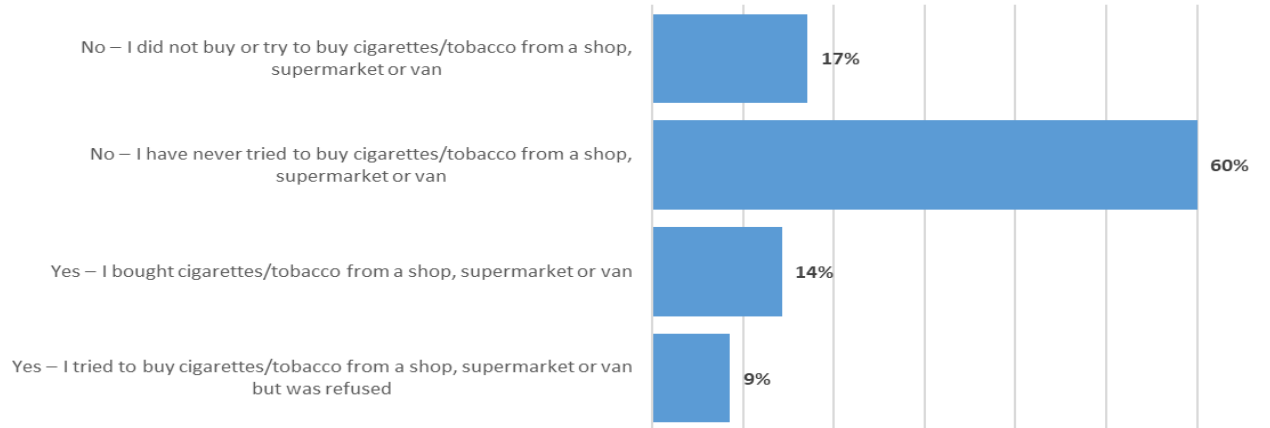


417  
(46 total  
'Yes'  
responses)

## Smoking / Vaping

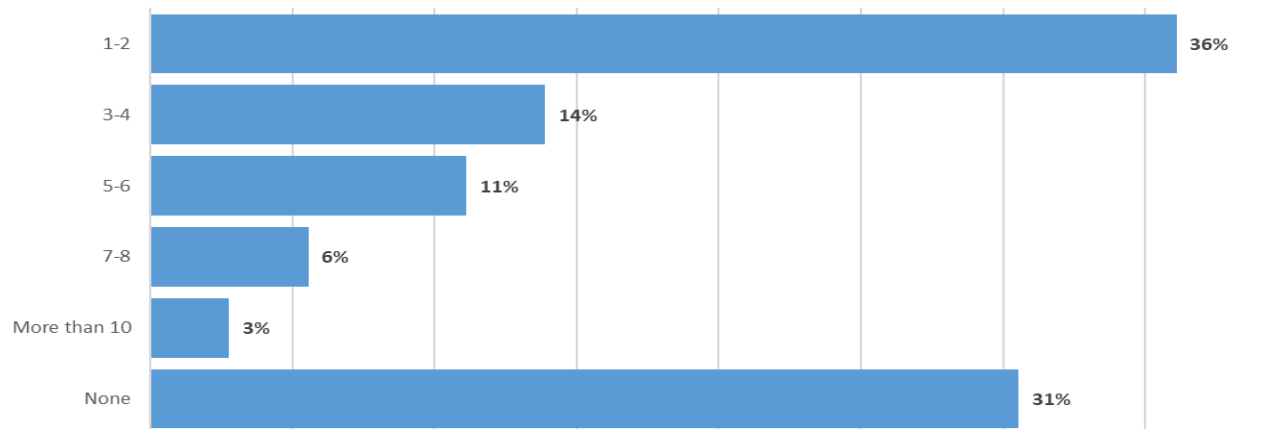
**S4 Total  
Responses**

In the last 4 weeks, have you bought or tried to buy cigarettes/tobacco from any kind of shop, supermarket or van?



35

How many cigarettes (if any) did you smoke on average each day in the last 7 days?

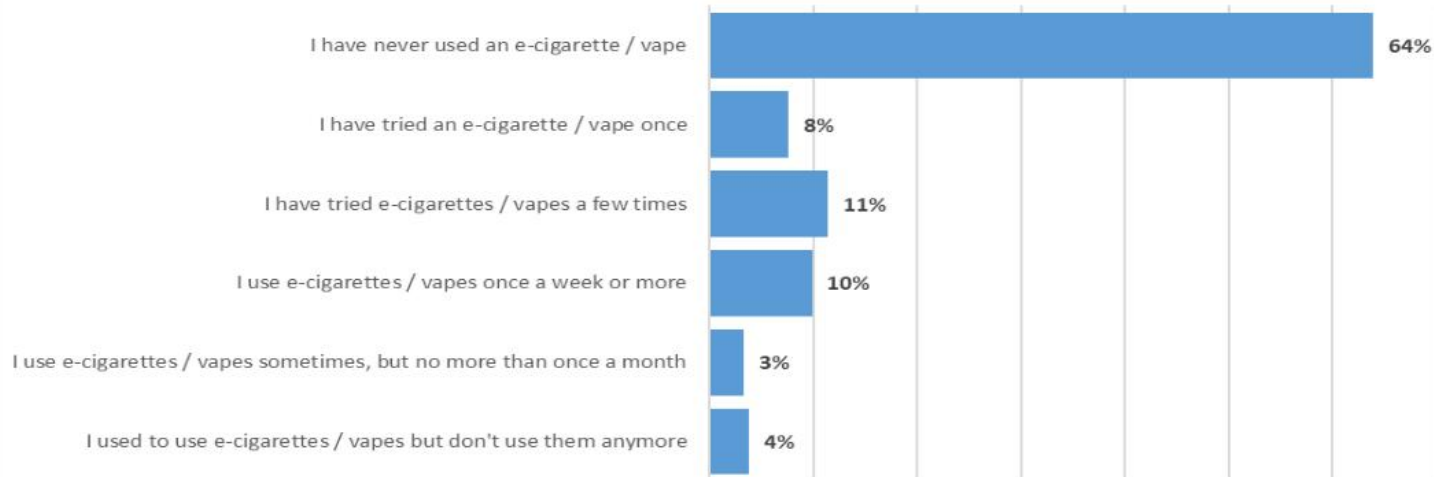


36

## Smoking / Vaping

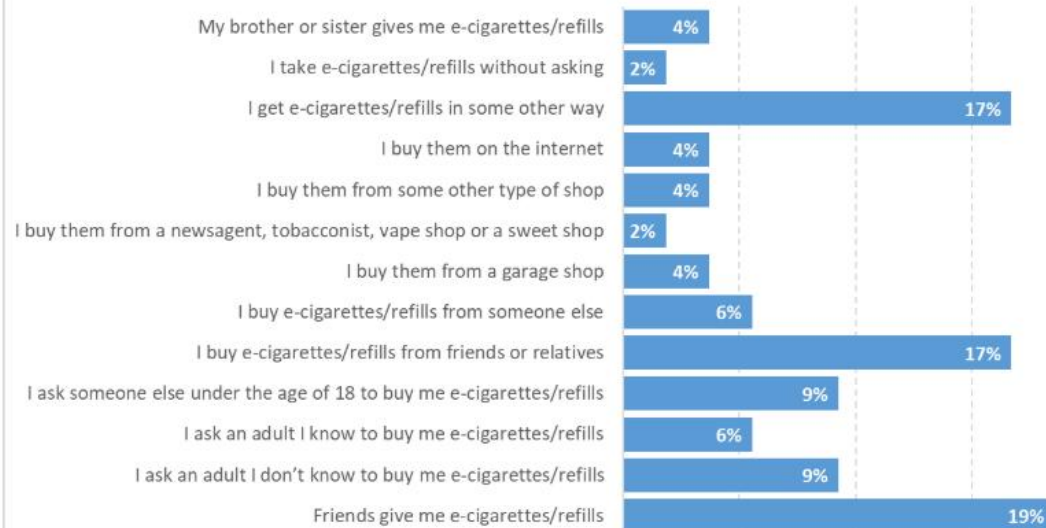
**S4 Total  
Responses**

Now read the following statements carefully and tick the box next to the  
ONE which best describes you.



394

### Sources of ecigarettes/vapes/refills

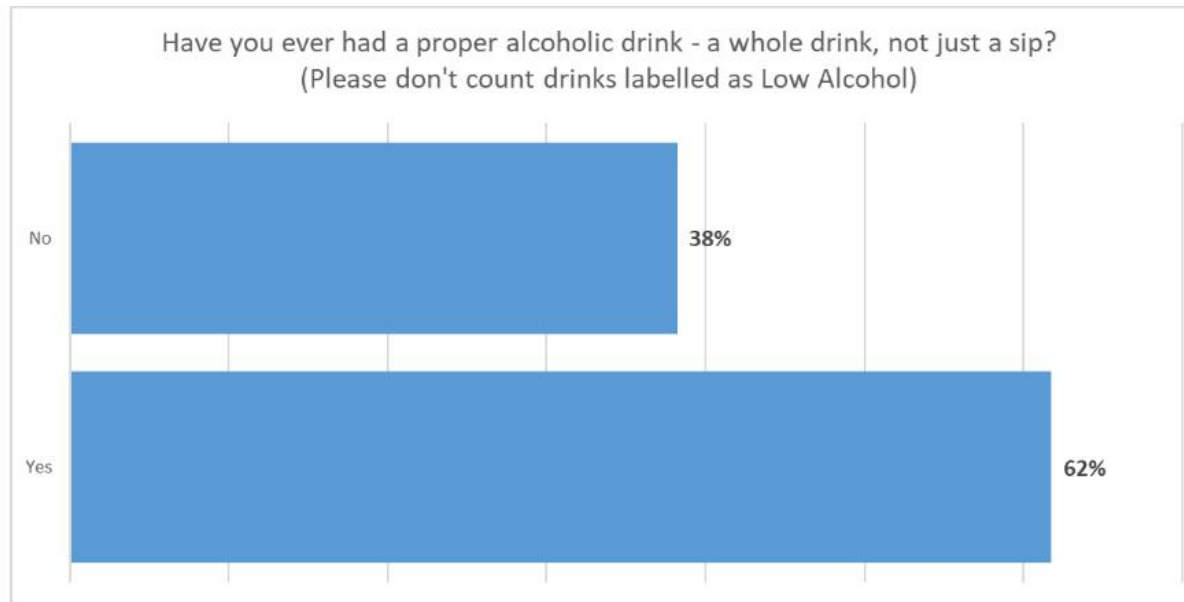


417  
(54 total  
'Yes'  
responses)



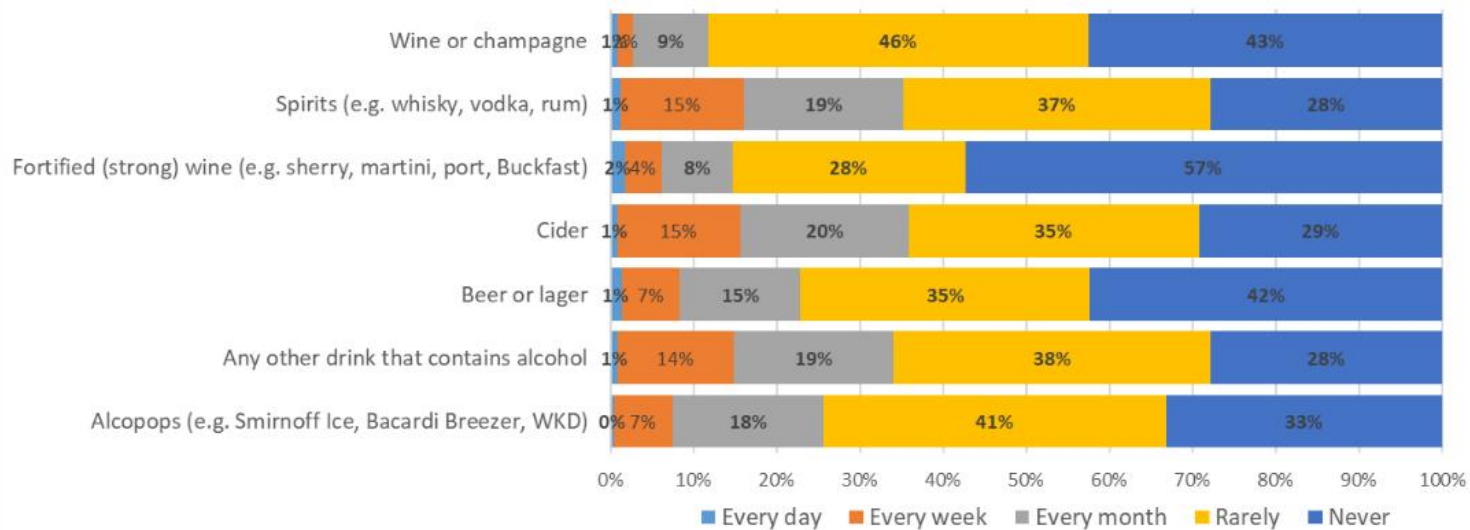
## Alcohol

S4 Total  
Responses



395

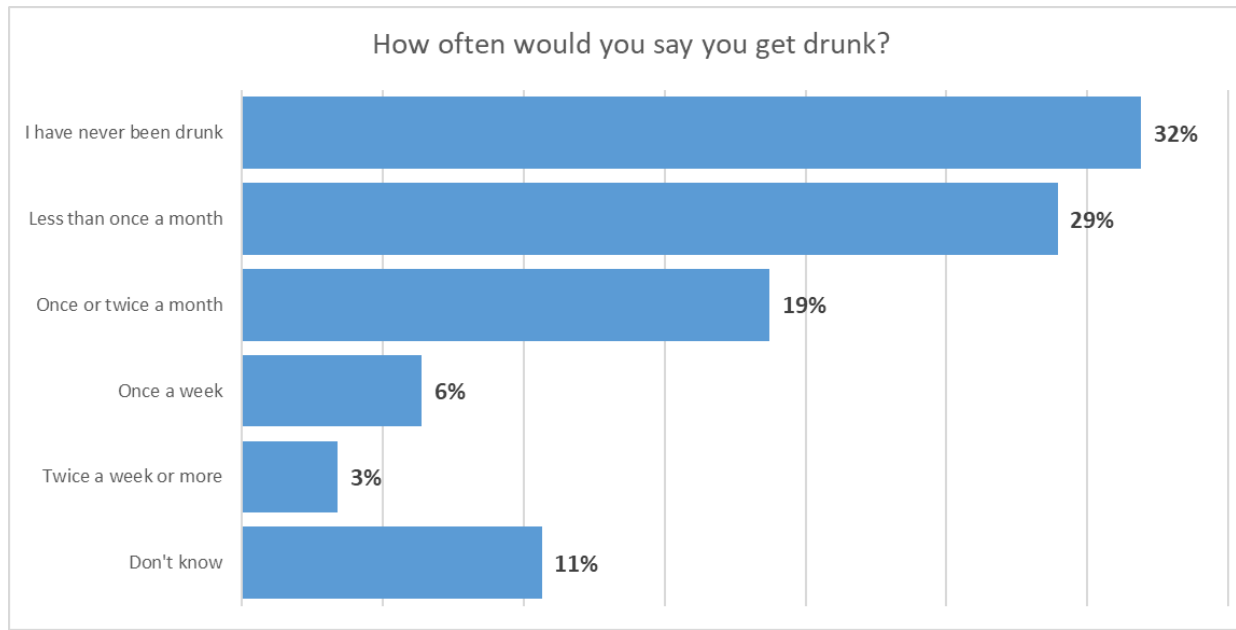
### Frequency of drinking alcohol, by type



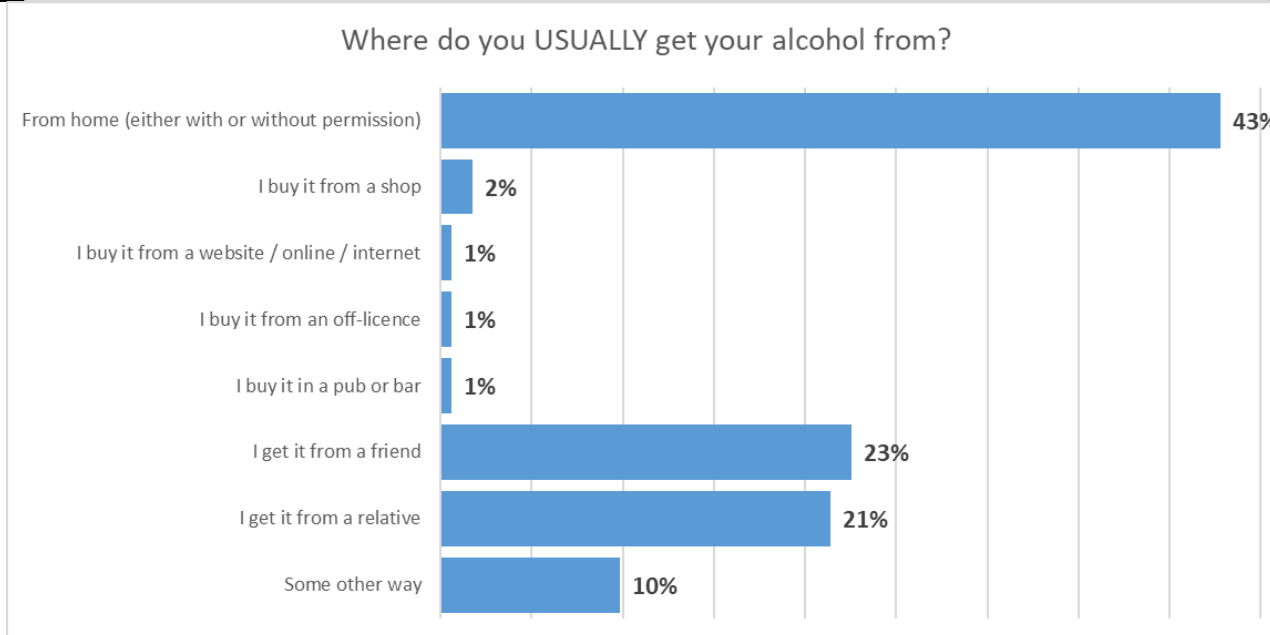
230

## Alcohol

S4 Total  
Responses



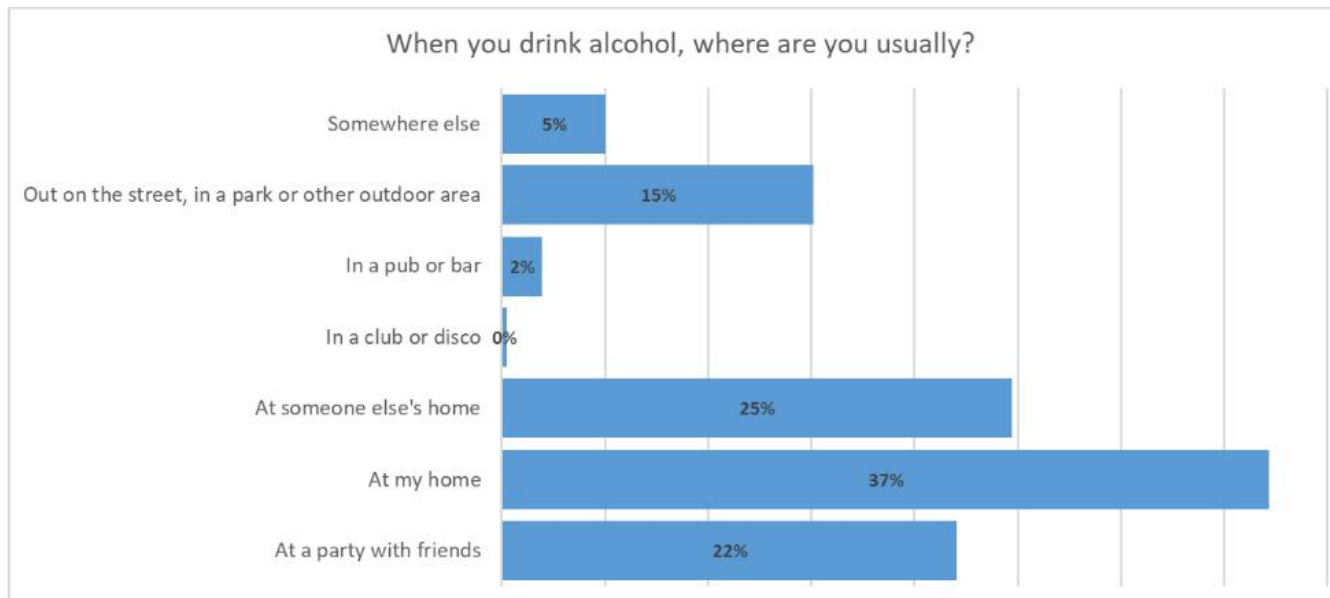
235



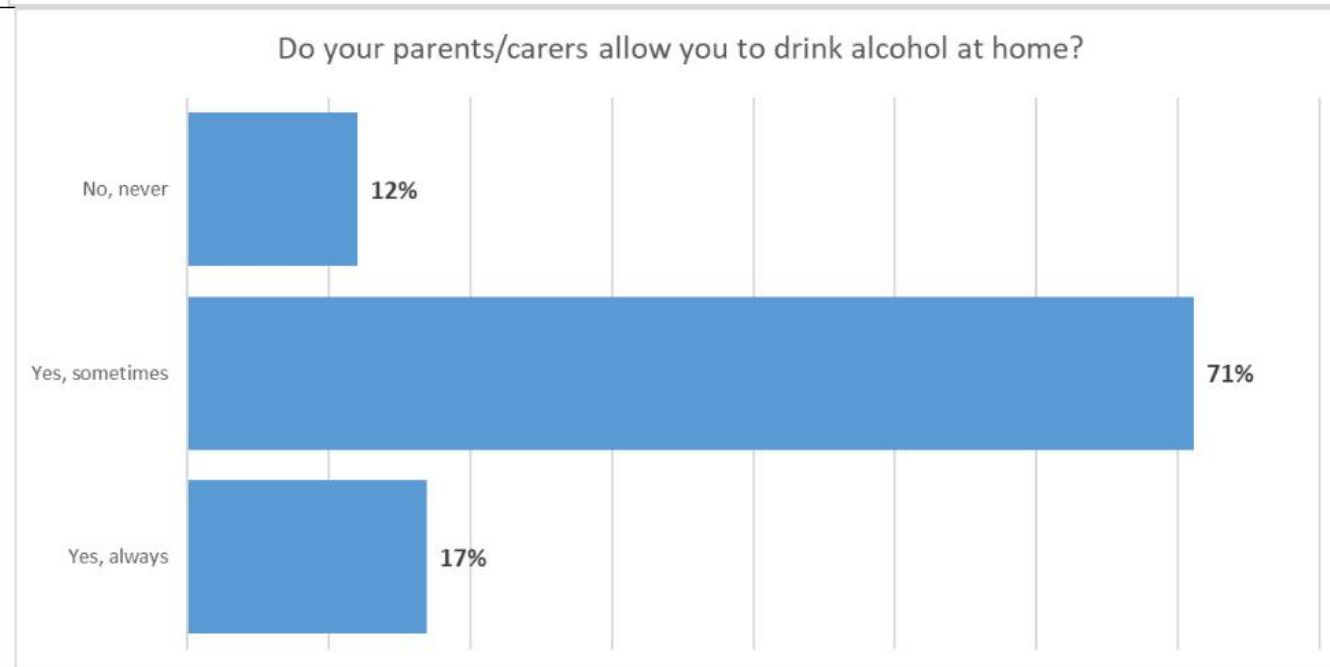
173

## Alcohol

**S4 Total  
Responses**



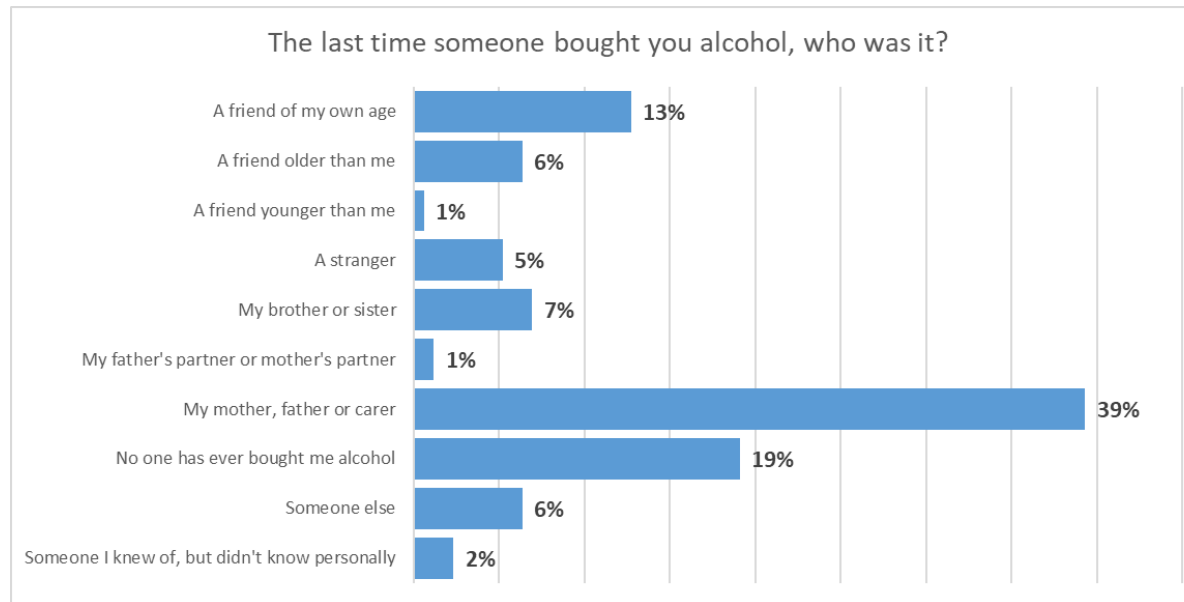
417  
(443 total  
'Yes'  
responses)



225

## Alcohol

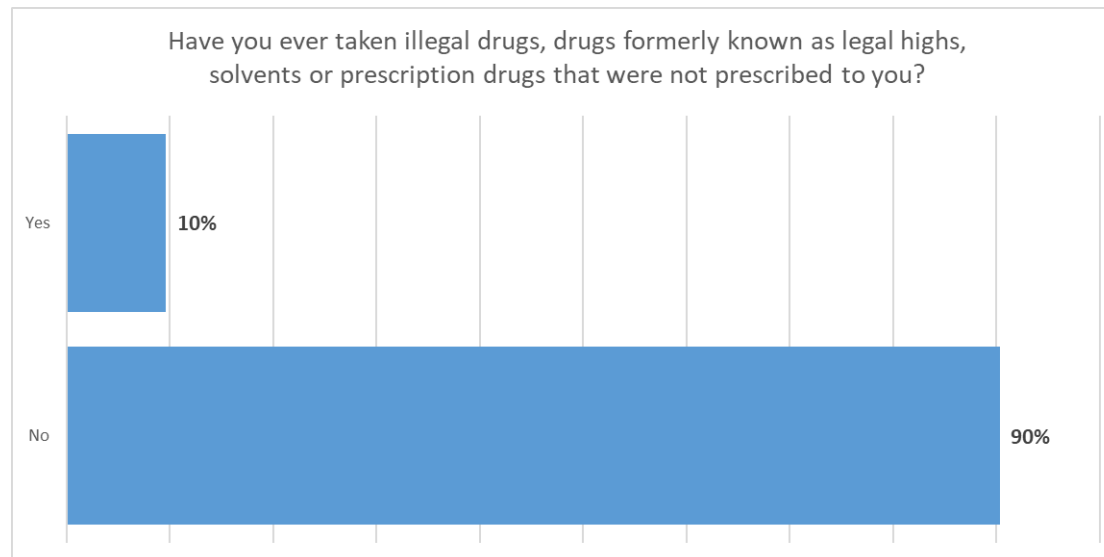
**S4 Total  
Responses**



173

## Drugs

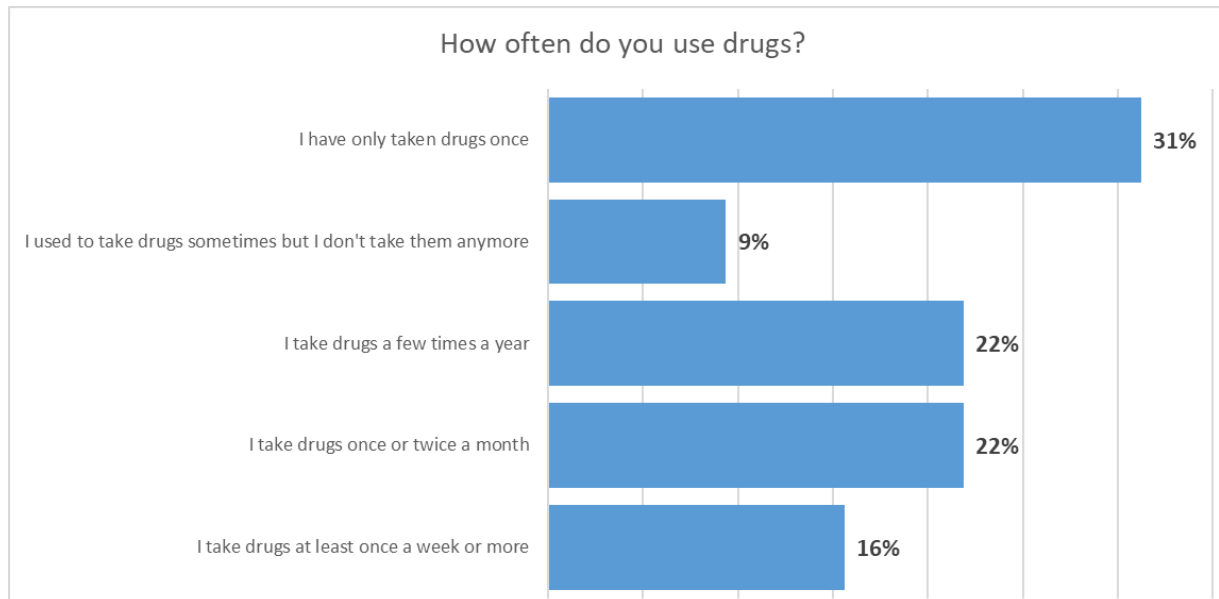
**S4 Total  
Responses**



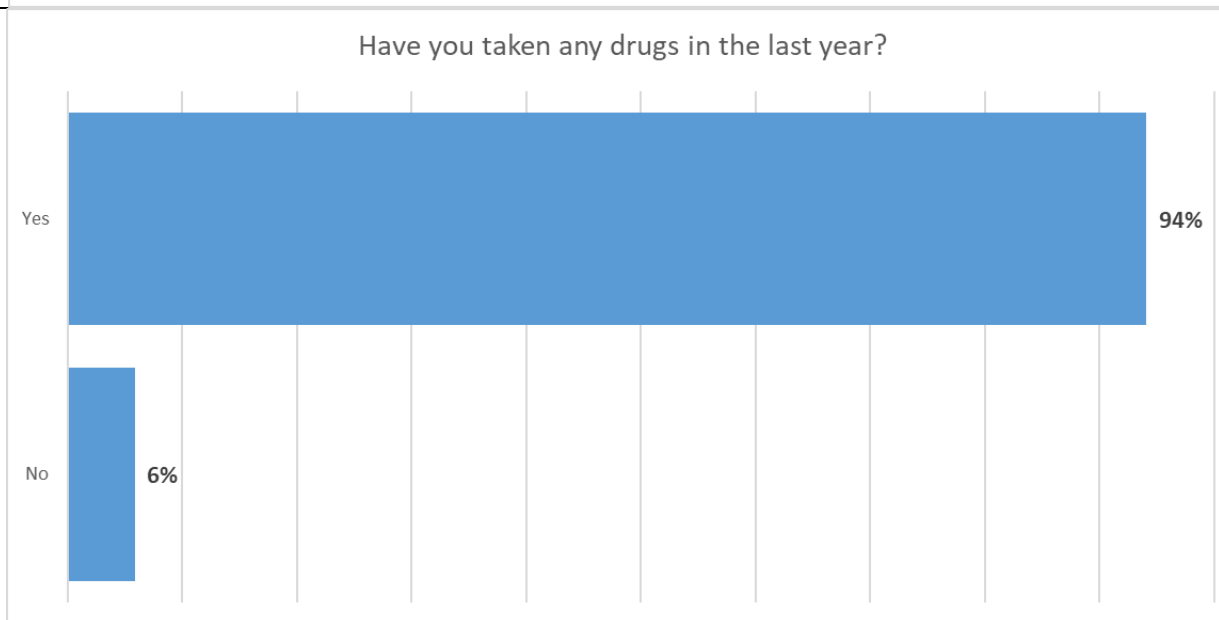
384

## Drugs

S4 Total  
Responses



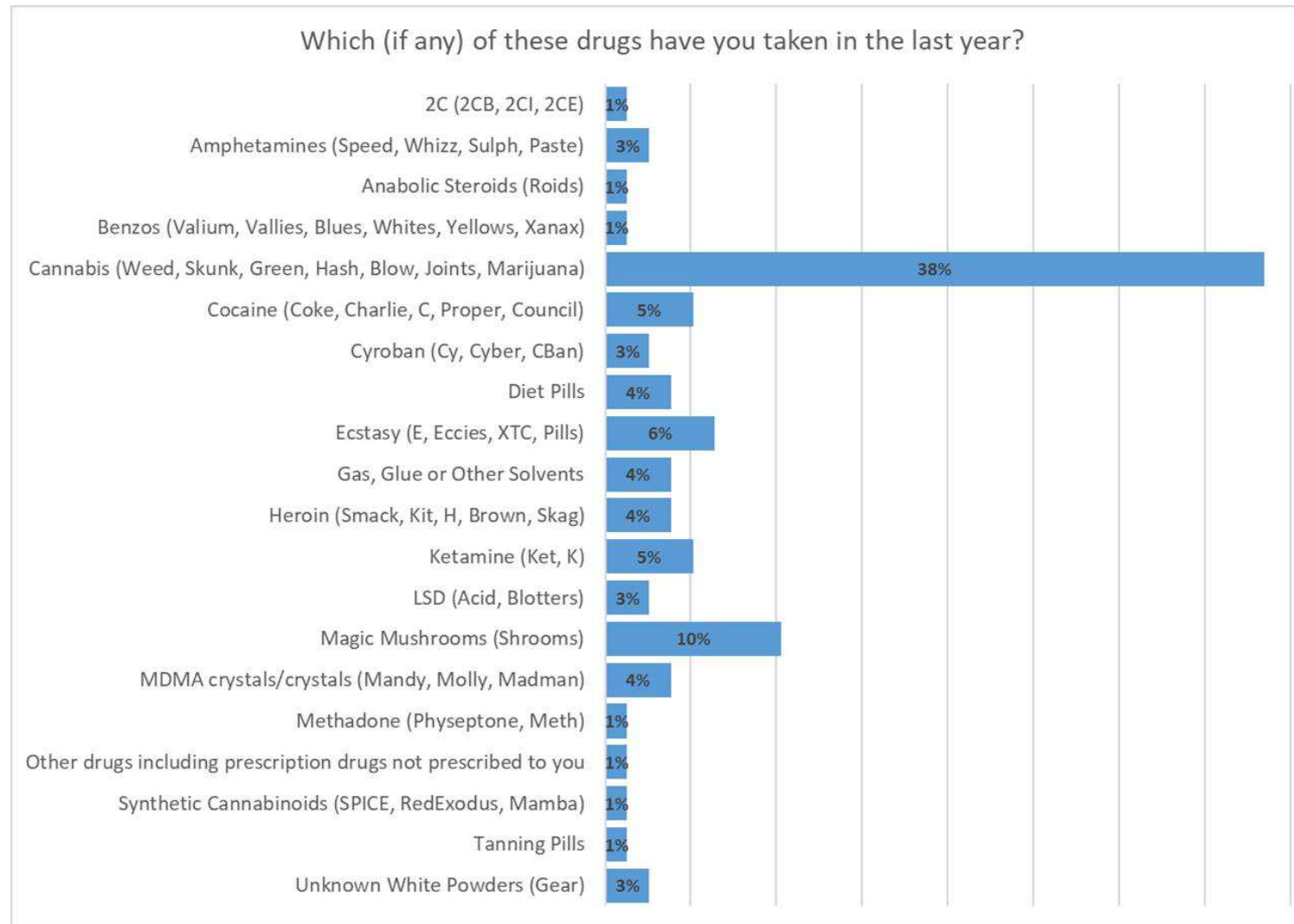
32



34

## Drugs

S4 Total  
Responses



417  
(78 total  
'Yes'  
responses)

Note that Cyroban is not a known substance and is introduced to understand behaviour in responding.