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STATE OF IOWA DEPARTMENT OF

Health <sup>AND</sup> Human

SERVICES

# Youth Mental Health, 2016-2021 Iowa Youth Survey

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Iowa Youth Health Assessment Program

November 29, 2022



# Objectives

By the end of this session, you will be able to

- Describe quantitative changes in youth mental health indicators from 2016 to 2021
- Identify population subgroups requiring mental health prevention and intervention services
- Access public health surveillance data on Iowa youth mental health and related topics using the Iowa Youth Survey

# Iowa Youth Survey

- Biennial
- Census survey (all Iowa school districts invited)
- Voluntary for districts and students
- 6<sup>th</sup>, 8<sup>th</sup>, 11<sup>th</sup> grade students (public & private)
- Passive parental consent
- Electronic, classroom administration
- Data not weighted, only represents students who responded
- Multi-level data reporting
- Conducted September thru November 2021
- N=46,091 (2021)

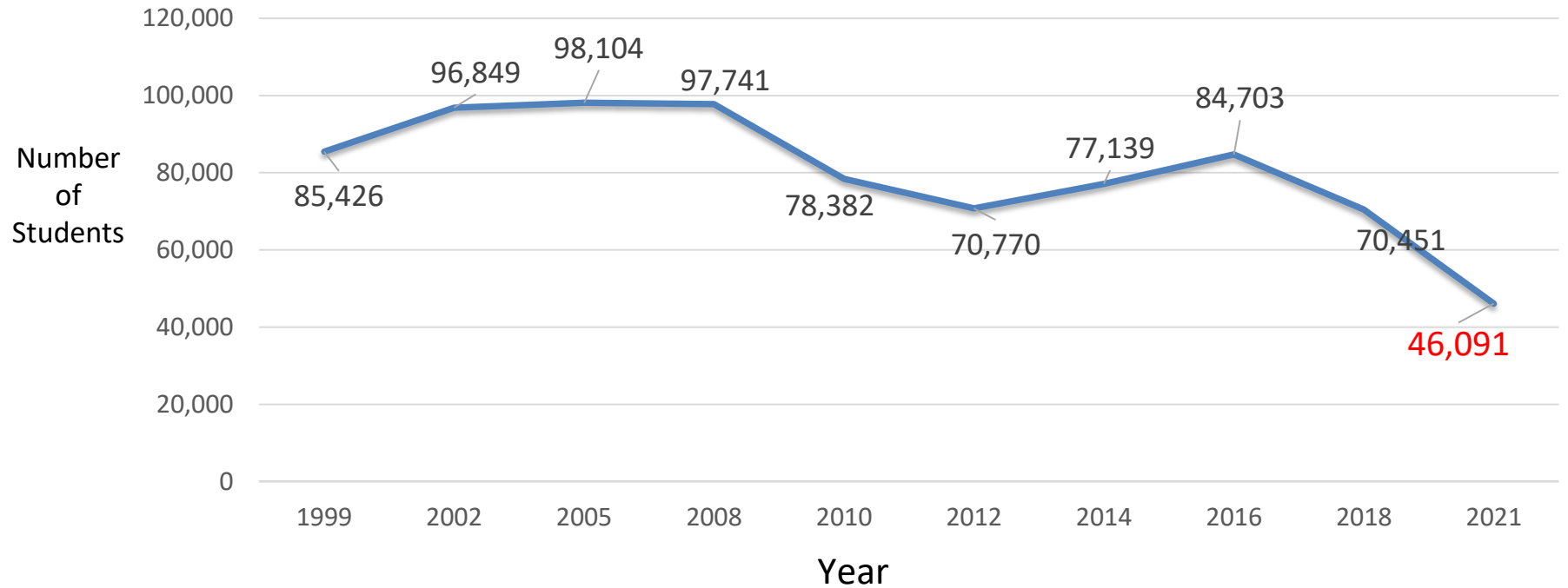
# 2021 Iowa Youth Survey Participation Total Student Numbers

Table PP1: Participation by School Type and Grade

	6 <sup>th</sup> Grade	8 <sup>th</sup> Grade	11 <sup>th</sup> Grade	All Grades
Public School	15,321	16,872	13,288	45,481
Private School	192	176	242	610
<b>Total</b>	15,513	17,048	13,530	46,091

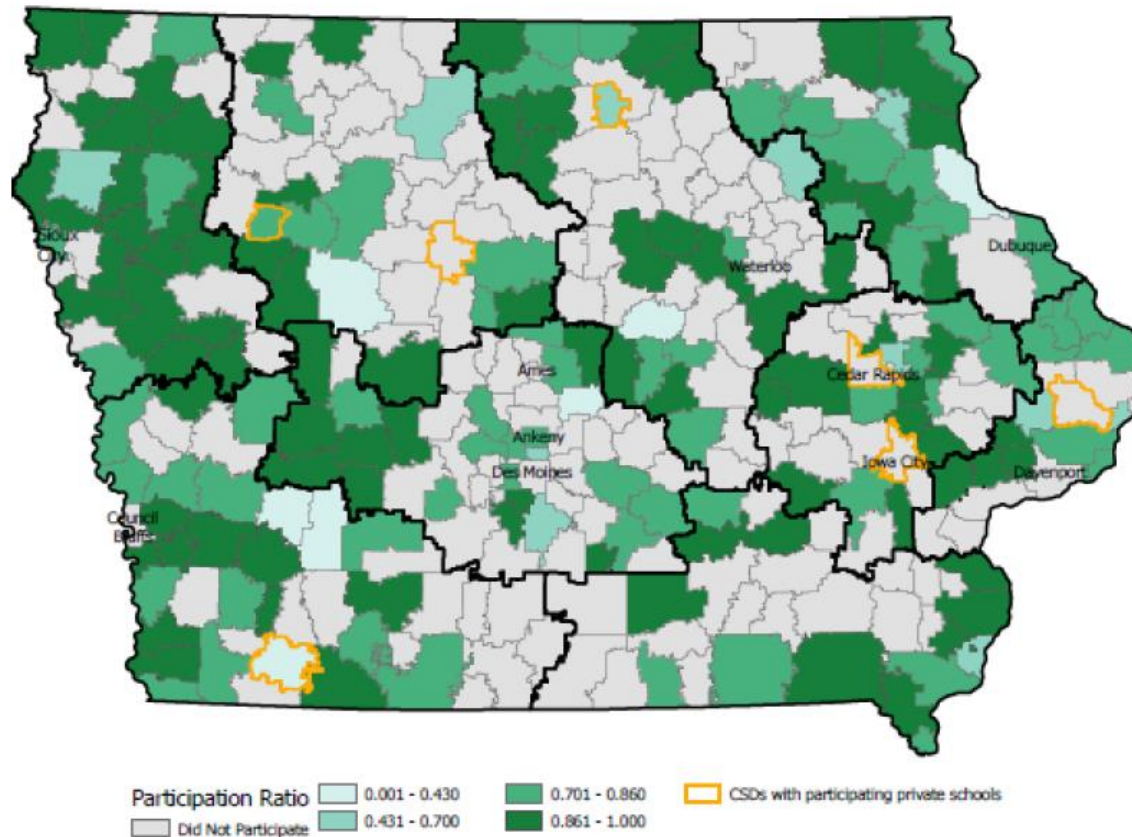
# Iowa Youth Survey Participation Trend

## Statewide Student Numbers



## Profile of Participating Students

The geographical distribution of participating CSDs and students is shown in Figure 1. Green shading indicates participation. Darker shades of green depict school districts where a higher proportion of 6<sup>th</sup>, 8<sup>th</sup>, and 11<sup>th</sup> grade students participated. School districts that did not participate in the 2021 IYS are shaded gray. In addition, CSDs are outlined in yellow if a private school located within the boundaries of that CSD administered the 2021 IYS to its students.

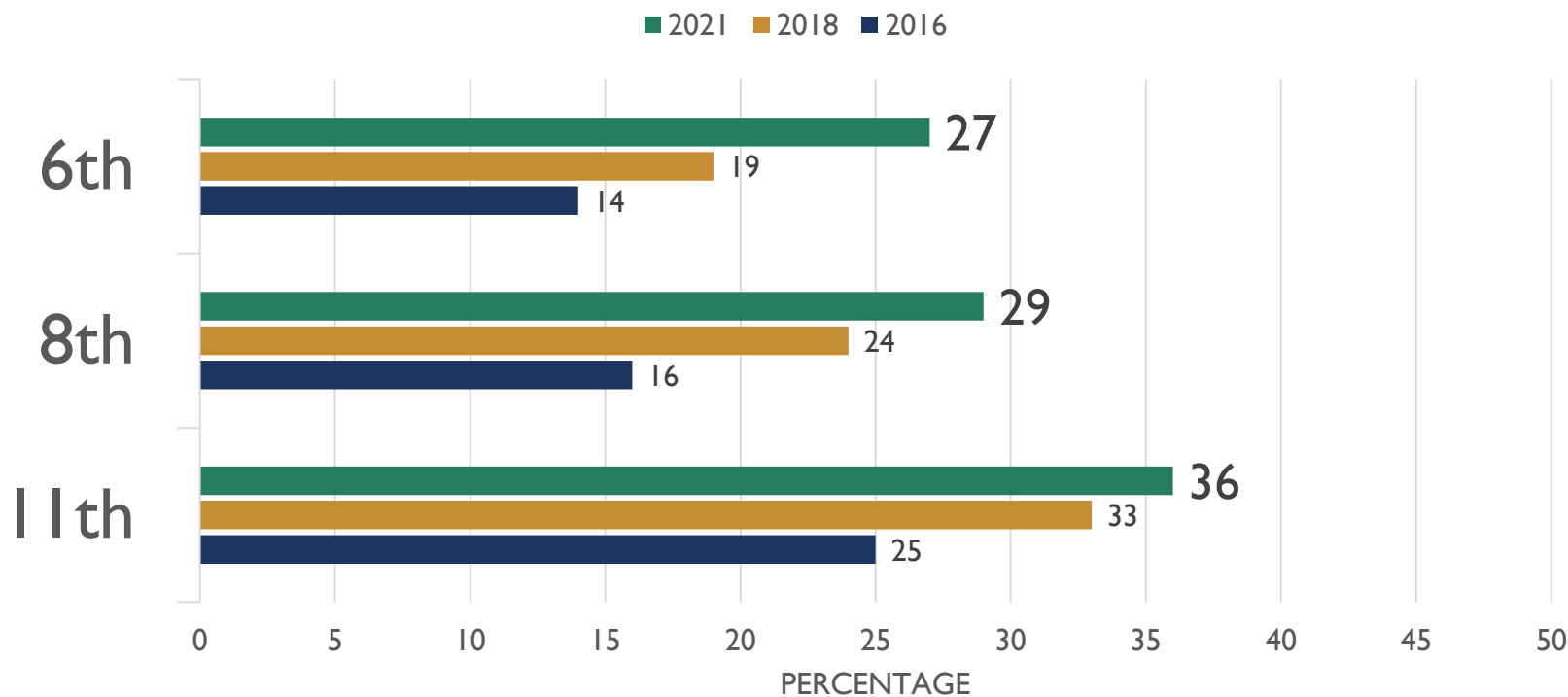


*Figure 1. Iowa school districts and geographical distribution of students in the 2021 IYS data*

# Persistent sadness or hopelessness

In the past 12 months, did you ever feel so sad or hopeless almost every day for 2 weeks or more in a row that you stopped doing some usual activities?

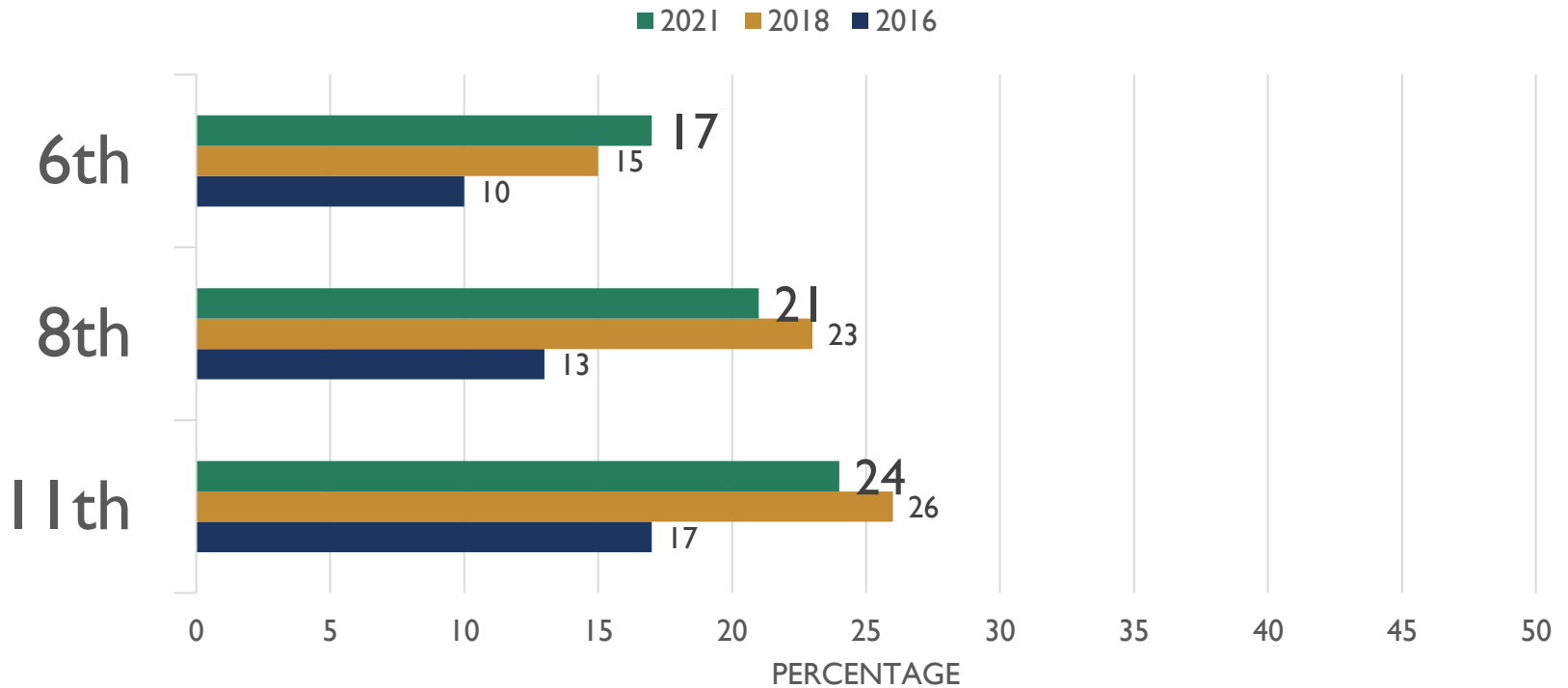
Iowa Youth Survey--2016, 2018, 2021



# Suicidal ideation

In the past 12 months, have you thought about killing yourself?

Iowa Youth Survey--2016, 2018, 2021

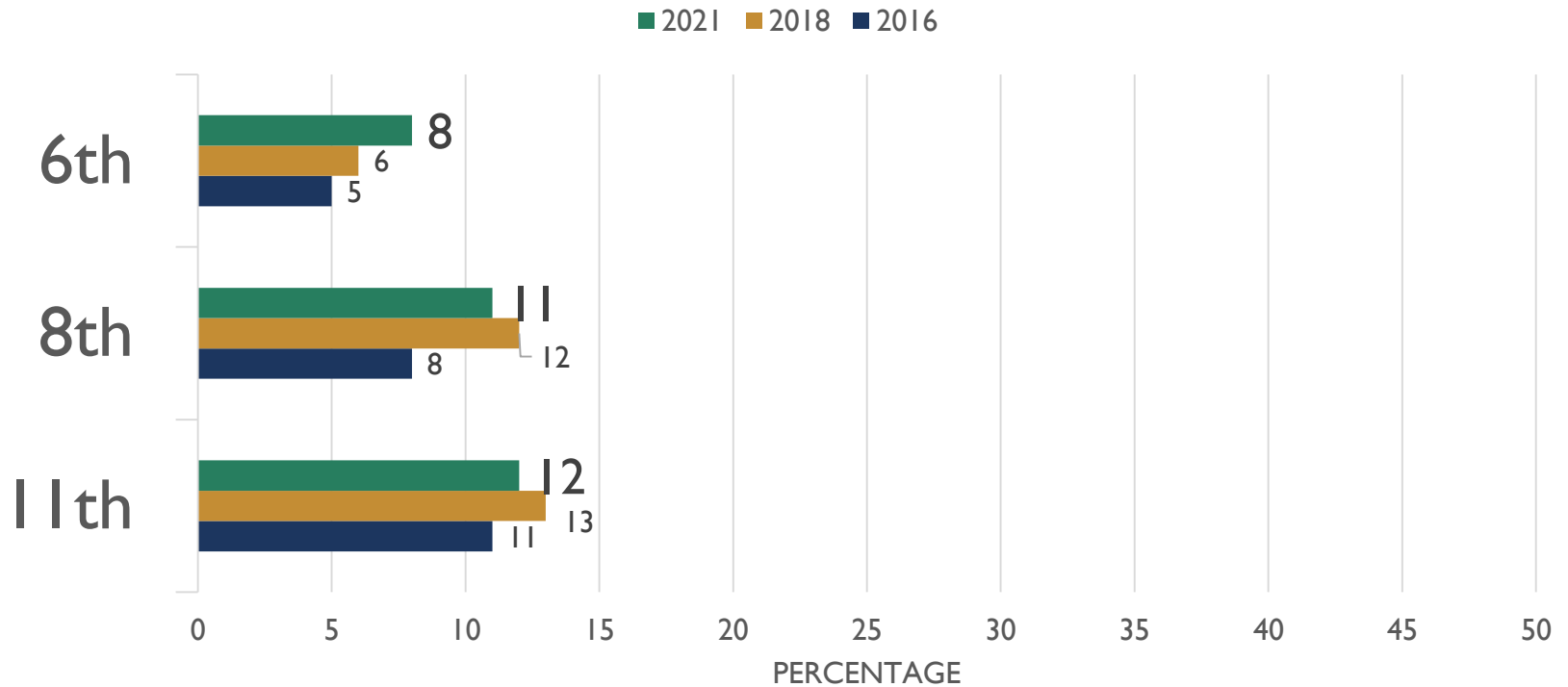




# Plans for suicide

In the past 12 months, have you made a plan about how you would kill yourself?

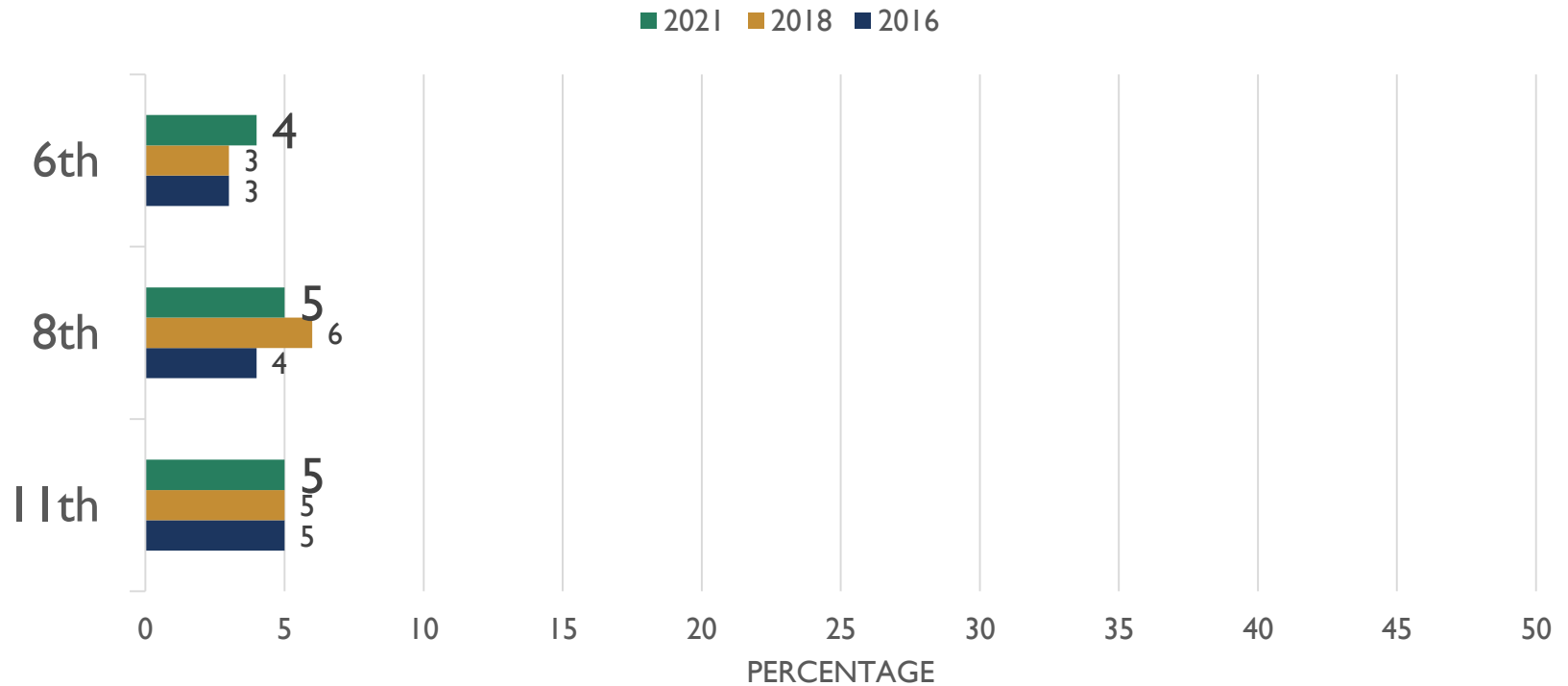
Iowa Youth Survey--2016, 2018, 2021



# Attempted suicide

In the past 12 months, have you tried to kill yourself?

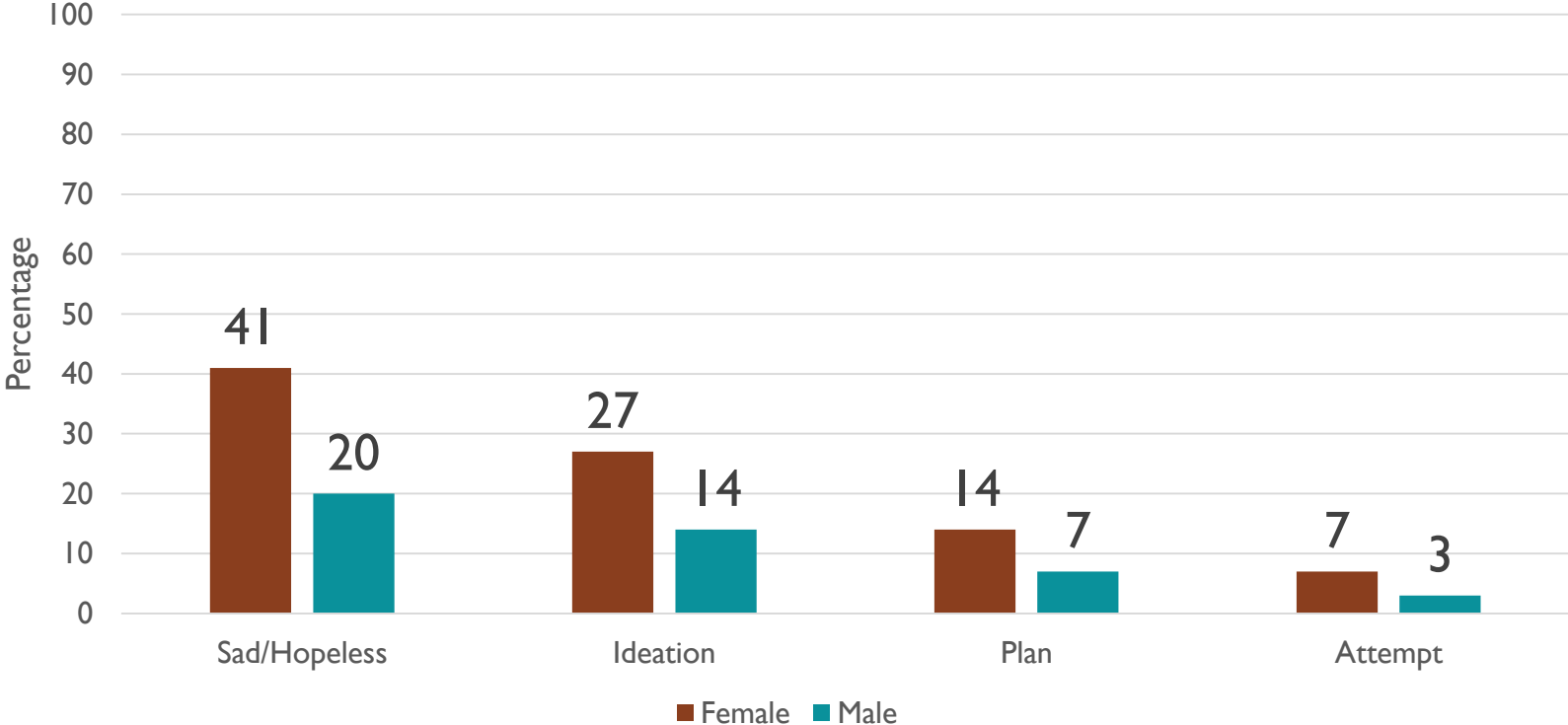
Iowa Youth Survey--2016, 2018, 2021



# Mental health measures by sex

6<sup>th</sup>, 8<sup>th</sup>, 11<sup>th</sup> grade survey respondents

Iowa Youth Survey--2021



# Sexual Identity/Orientation

Which of the following best describes you?

Straight (or heterosexual)

Gay or lesbian

Bisexual

Another identity

Not sure

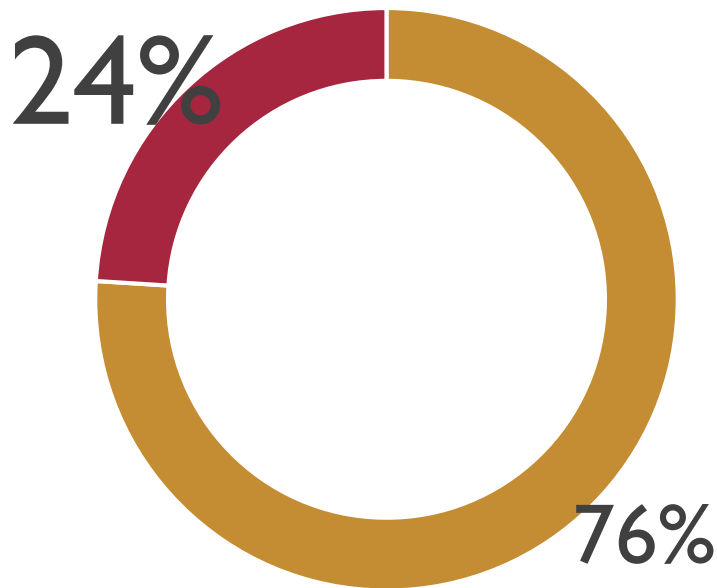
Iowa Youth Survey, 2021

	<b>6<sup>th</sup></b>	<b>8<sup>th</sup></b>	<b>11<sup>th</sup></b>
Straight	67%	80%	82%
Lesbian, Gay, Bisexual, Another	13%	14%	15%
Unsure	17%	6%	3%
Didn't answer	3%	1%	<1%

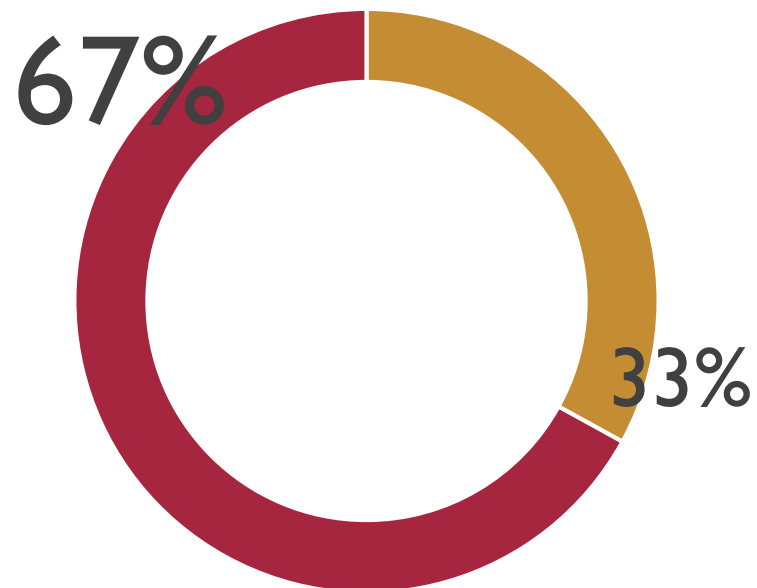
# Persistent sadness or hopelessness

In the past 12 months, did you ever feel so sad or hopeless almost every day for 2 weeks or more in a row that you stopped doing some usual activities?

■ No ■ Yes



Straight



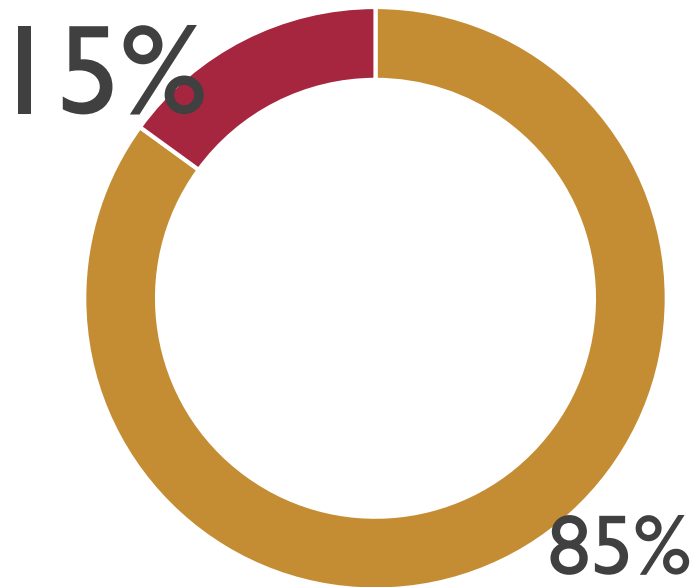
Lesbian, Gay, Bisexual, Another

Iowa Youth Survey, 2021

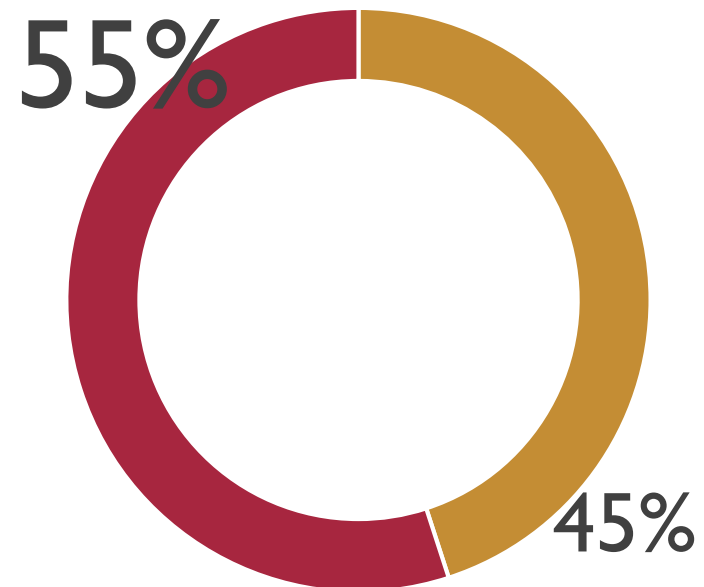
# Suicidal ideation

In the past 12 months, have you thought about killing yourself?

■ No ■ Yes



Straight



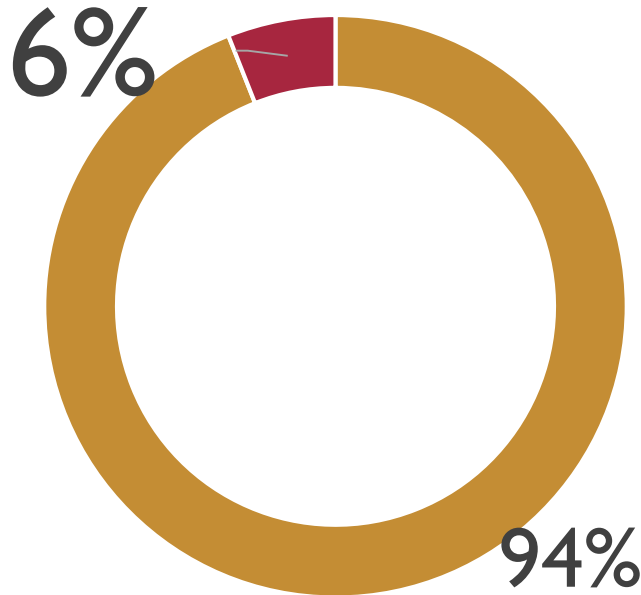
Lesbian, Gay, Bisexual, Another

Iowa Youth Survey, 2021

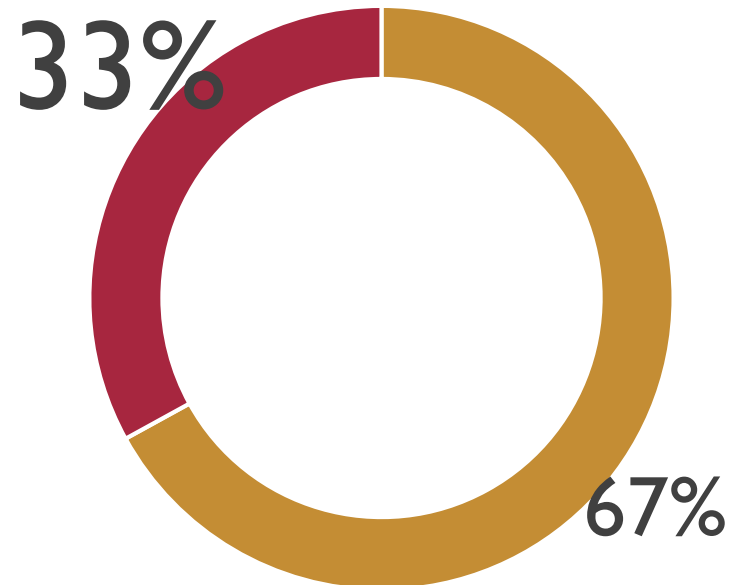
# Plans for suicide among full sample

In the past 12 months, have you made a plan about how you would kill yourself?

■ No ■ Yes



Straight



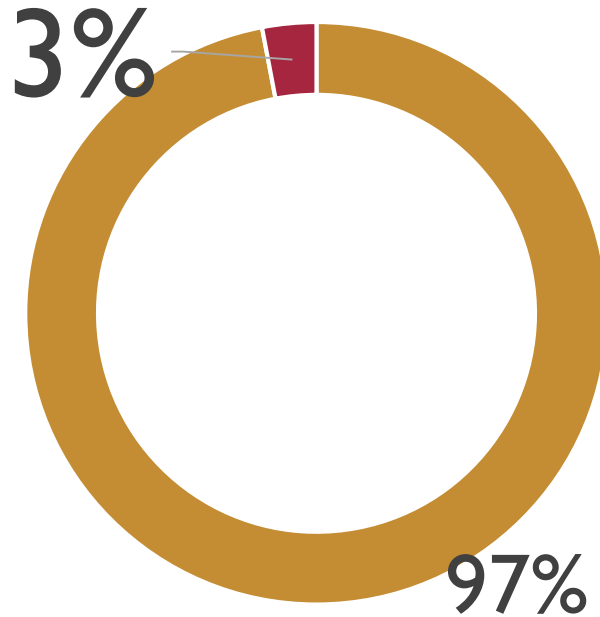
Lesbian, Gay, Bisexual, Another

Iowa Youth Survey, 2021

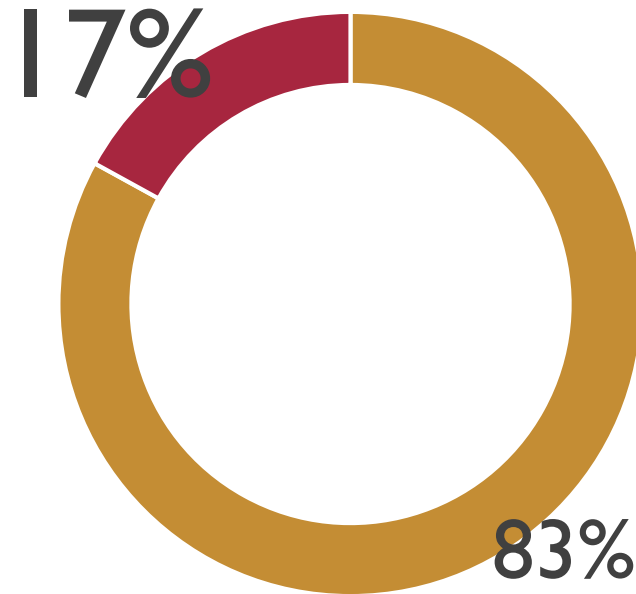
# Attempted suicide among full sample

In the past 12 months, have you tried to kill yourself?

■ No ■ Yes



Straight



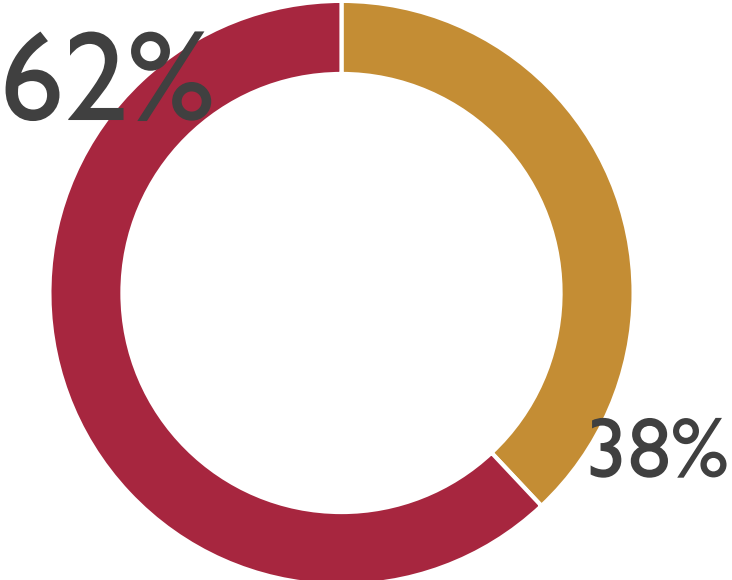
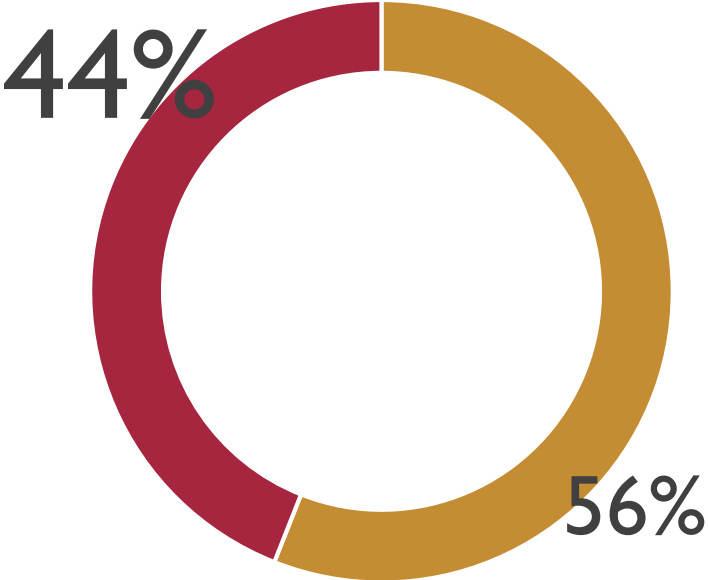
Lesbian, Gay, Bisexual, Another

Iowa Youth Survey, 2021



# Plans for suicide among students reporting ideation

■ No ■ Yes



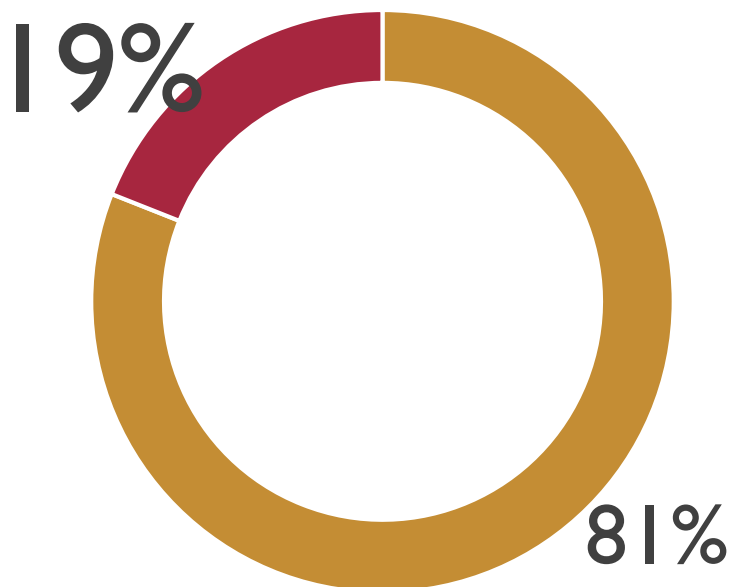
Straight Reporting Ideation

LGB-A Reporting Ideation

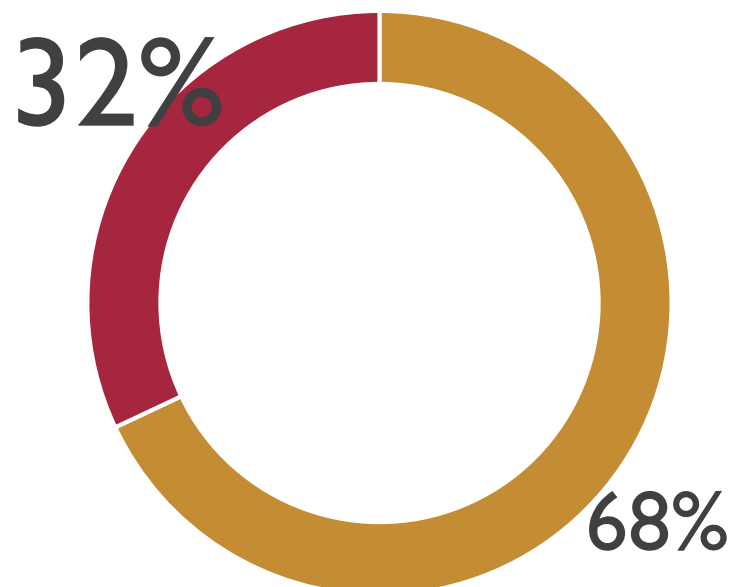
Iowa Youth Survey, 2021

# Attempted suicide among students reporting ideation

■ No ■ Yes



Straight Reporting Ideation

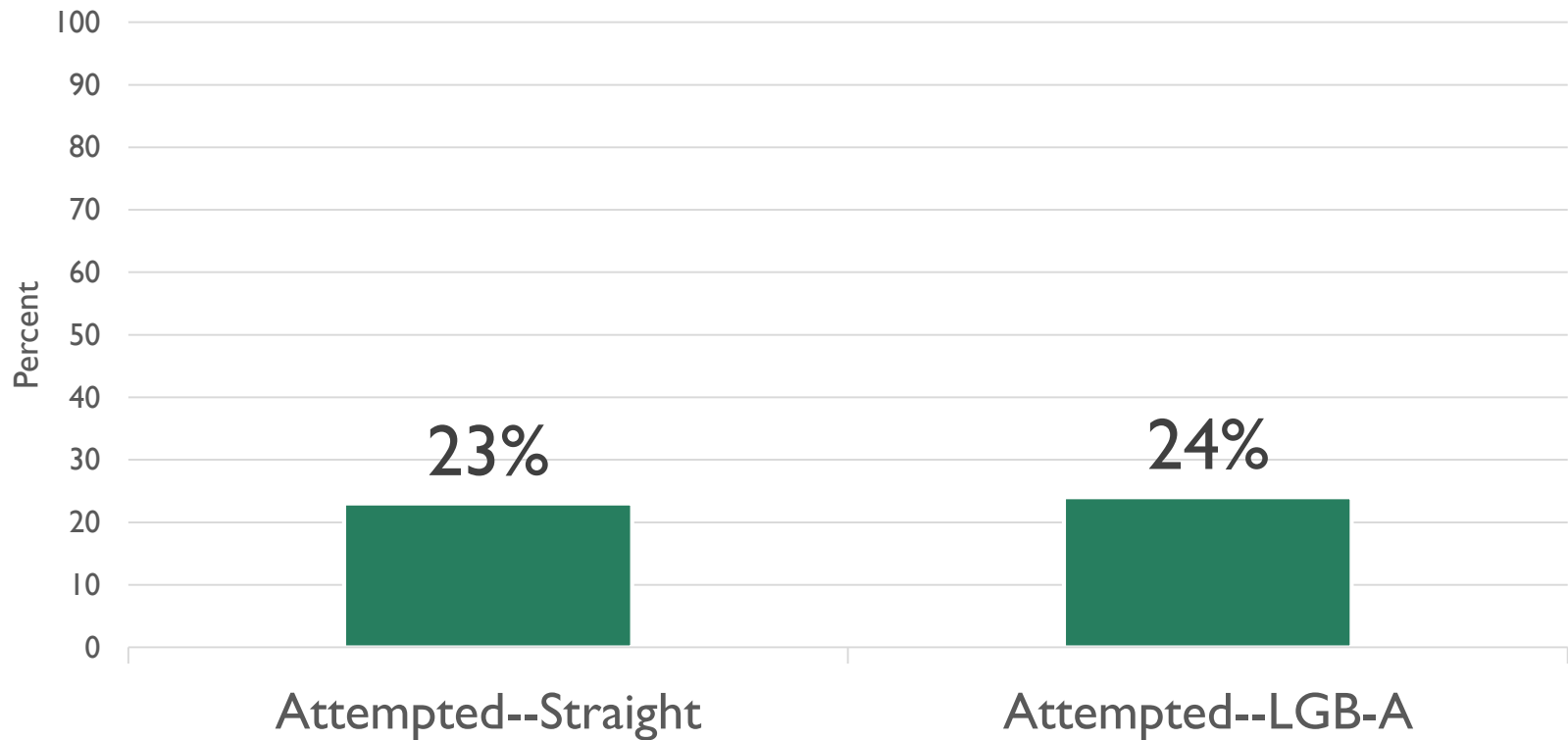


LGB-A Reporting Ideation

Iowa Youth Survey, 2021

# Required medical treatment after attempt among those who attempted suicide

Iowa Youth Survey—2021



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# Sources

Endres, K., Park, K., Heiden, E.O., & Losch, M.E. (2022). *2021 Iowa Youth Survey Special Topics Report: Mental Health Findings*. Cedar Falls, IA: Center for Social and Behavioral Research, University of Northern Iowa.

Endres, Kyle, Ki Park, Mary E. Losch, Justine Radunzel & Erin O. Heiden. (2022). *2021 Iowa Youth Survey State Report*. Cedar Falls, IA: Center for Social and Behavioral Research, University of Northern Iowa.

# Further resources

<https://iowayouthsurvey.idph.state.ia.us/>

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