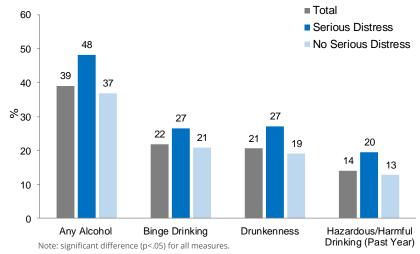
OSDUHS Data Brief

Drug Use Among Ontario High School Students with Psychological Distress



About one-in-five high school students (grades 9-12) in Ontario meet the criteria for serious psychological distress (symptoms of anxiety and depression), as measured by the *Kessler Psychological Distress Scale* (K6). This percentage represents about 150,000 high school students in the province.

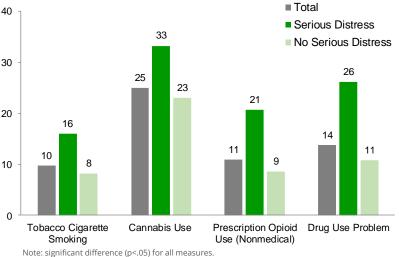
Percentage of high school students reporting past month alcohol use measures according to psychological distress, 2017 OSDUHS



Compared with students who did not report serious psychological distress, those students who reported experiencing serious distress were significantly more likely to report any alcohol use, risky alcohol use, and symptoms of hazardous/ harmful drinking.

Compared with students who did not 30 - report serious psychological distress, those students who reported experiencing serious distress were significantly more likely to report drug use and symptoms of a drug use problem. 10 -

Percentage of high school students reporting past year drug use measures according to psychological distress, 2017 OSDUHS



The Centre for Addiction and Mental Health's (CAMH) *Ontario Student Drug Use and Health Survey* (OSDUHS) is a health survey of Ontario students in grades 7-12. The OSDUHS has been conducted in Ontario schools every two years since 1977, making it Canada's longest ongoing student survey and one of the longest in the world. The 2017 OSDUHS surveyed 11,435 students in 764 classes in 214 schools in 52 boards. For more information on survey methods and definitions, please see the OSDUHS drug use report and the mental health and well-being report available at <u>www.camh.ca/osduhs</u>.