The MetroWest Adolescent Health Survey (MWAHS) is conducted by Education Development Center, Inc. with funding from the MetroWest Health Foundation. The MWAHS is an anonymous survey of youth in 25 communities. One of the largest student surveys in the nation, its goal is to inform local policies and programs. In 2018, 41,545 students took surveys, representing 90% of students in the region.

### Many youth feel so stressed, anxious, or worried that it impacts their daily functioning.

- **Felt tired or had little energy**: 23% in middle school, 37% in high school.
- **Had trouble sleeping or slept too much**: 21% in middle school, 28% in high school.
- **Had trouble concentrating in school**: 21% in middle school, 26% in high school.
- **Had a poor appetite or ate too much**: 15% in middle school, 24% in high school.

### Top sources of stress:

<table>
<thead>
<tr>
<th></th>
<th>Middle School</th>
<th>High School</th>
</tr>
</thead>
<tbody>
<tr>
<td>School issues</td>
<td>50%</td>
<td>66%</td>
</tr>
<tr>
<td>Social issues</td>
<td>25%</td>
<td>33%</td>
</tr>
<tr>
<td>Appearance issues</td>
<td>23%</td>
<td>30%</td>
</tr>
<tr>
<td>Family issues</td>
<td>19%</td>
<td>26%</td>
</tr>
<tr>
<td>Physical/emotional health</td>
<td>17%</td>
<td>29%</td>
</tr>
<tr>
<td>Safety issues</td>
<td>5%</td>
<td>5%</td>
</tr>
</tbody>
</table>

### High school youth who report high levels of stress are:

- 2.3 times **less** likely to get 8+ hours of sleep on a school night.
- 3.3 times **more** likely to report depressive symptoms.
- 1.5 times **more** likely to drink alcohol.
- 1.4 times **more** likely to use marijuana.

### Trends in Stress by Sex (2006-2018)

- **High school females**
- **High school males**
- **Middle school females**
- **Middle school males**

### Reports of stress are higher among females than males.

- Middle School: 12% (2%) females, 27% (48%) males.
- High School: 23% (48%) females, 48% (71%) males.

### 20% of middle school youth and 36% of high school youth report their life was “very” stressful in the past 30 days.

- *Reports of stress are based on reports of life being “very” stressful during the past 30 days.
- † Youth reports of feeling so stressed, anxious, or worried that symptom occurred “often” or “very often” during the past two weeks.
- ‡ Reports of stress are higher among females than males.
- § Youth reporting life was “very” stressful (past 30 days) compared to youth reporting life was “not at all”, “a little”, or “somewhat” stressful. Depressive symptoms refer to the past 12 months; Alcohol and marijuana use refer to the past 30 days.