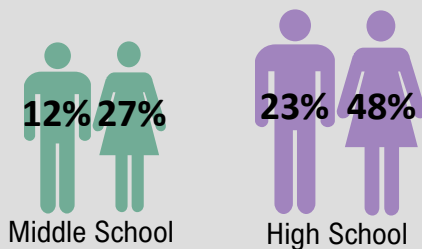


Adolescent Stress* in the MetroWest Region

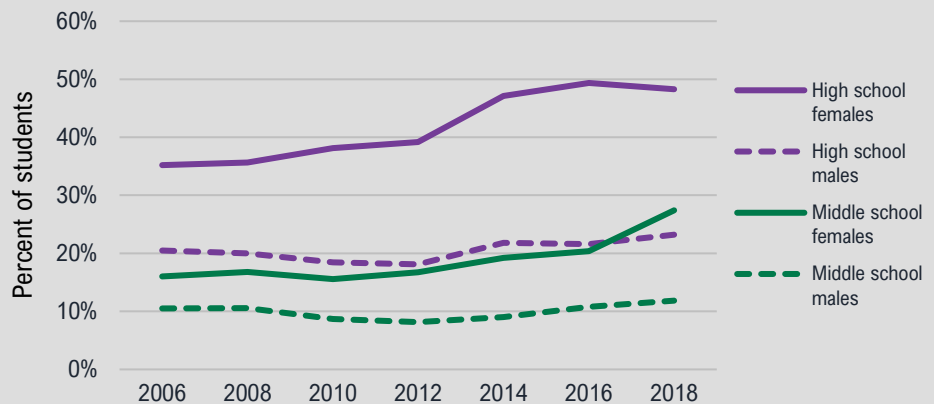
Highlights from the 2018 MetroWest Adolescent Health Survey (Grades 7-12)

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

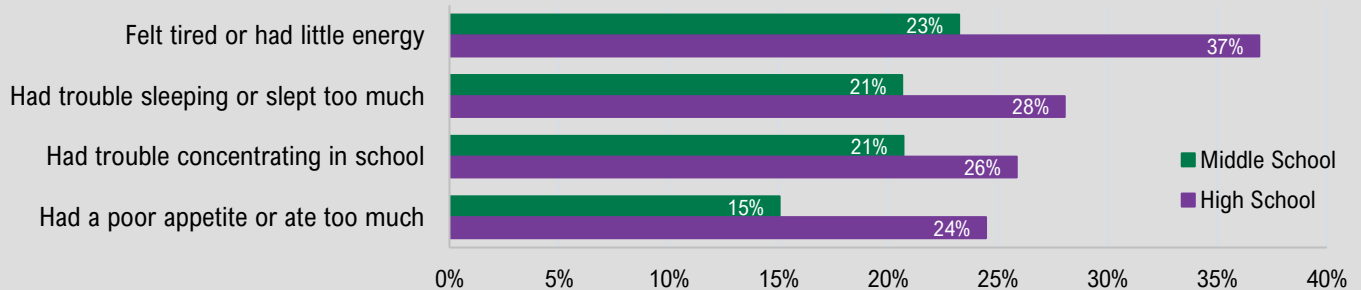
Reports of stress are higher among females than males.



Trends in Stress by Sex (2006-2018)



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



Top sources of stress:

	Middle School	High School
School issues	50%	66%
Social issues	25%	33%
Appearance issues	23%	30%
Family issues	19%	26%
Physical/emotional health	17%	29%
Safety issues	5%	5%

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

* 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

‡ 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.