Quality of Life

Teen psychological distress

Psychological distress during the past year is a risk factor for suicidal thoughts and behaviors, and diminishes a young person’s overall wellness, development, and school achievement.

One in four youths reported a depressed mood for two weeks out of the past year in 2013. Report of depressed mood is more prevalent among girls relative to boys. There appears to be a slight increase in the proportion of both 8th and 11th grade girls reporting depressed mood in the past year compared to 2011. Another year of data is necessary to indicate a trend, but these data will be closely monitored.
Additional Resources: Oregon Youth Suicide Prevention Program

About the Data: Data source is the Oregon Healthy Teens Survey (OHT). OHT is a pencil and paper or online survey conducted every two years among Oregon 8th and 11th graders within schools. Data include responses of “yes” to the question: “During the past 12 months did you ever feel so sad or hopeless almost every day for two weeks or more in a row that you stopped doing some usual activities?”

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