

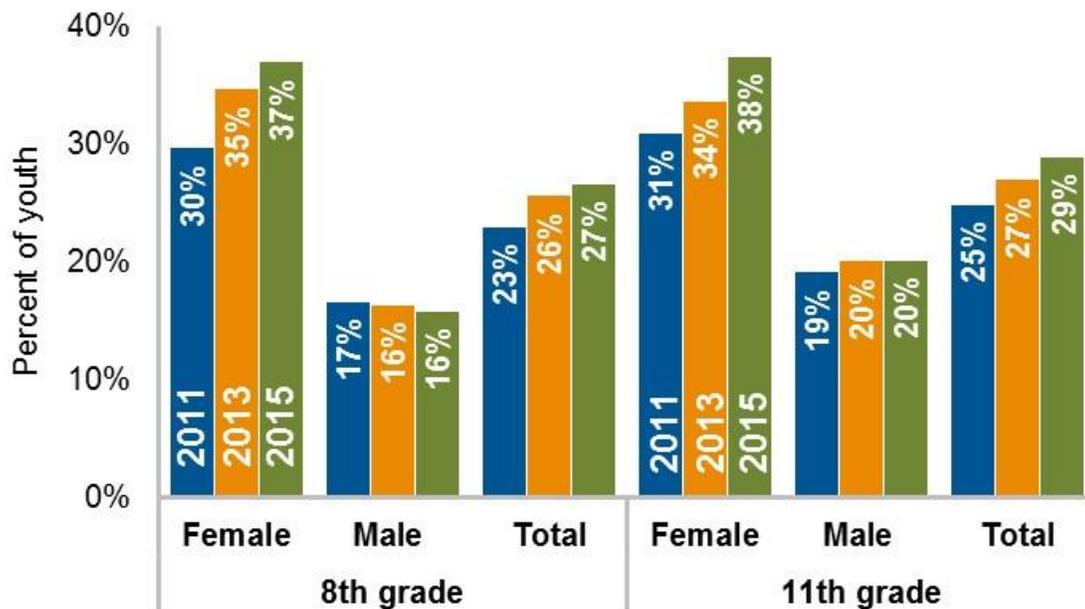
Quality of Life

Adolescent mental health

For adolescents, psychological distress during the past year is a risk factor for suicidal thoughts and behaviors, and diminishes overall wellness, development, and school achievement.

FIGURE 1

Youth reporting depressed mood for 2 weeks of last year by grade and sex, Oregon, 2011, 2013 & 2015



Source: Oregon Healthy Teens

One in five 8th graders and nearly one in three 11th graders reported a depressed mood for two weeks out of the past year in 2015. Report of depressed mood is more prevalent among girls than boys (Figure 1). From 2011 to 2015 the proportion of 8th and 11th grade girls reporting depressed mood has increased slightly.

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?”

For More Information Contact: Elizabeth Thorne, elizabeth.k.thorne@state.or.us

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[Oregon State Health Profile](#)

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