

2011 SURVEY RESULTS REPORT

MENTAL HEALTH

and Related Behaviors



Figure 1 ■ Trends in mental health indicators, Grades 9–12, New Mexico, 2003–2011

HIGHLIGHTS



Rates for four of the five mental health indicators improved among high school students from 2003 to 2011.

Seriously considered suicide decreased from **20.7%** to **16.7%**.

Made a suicide plan decreased from **15.9%** to **13.4%**.

Suicide attempt decreased from **14.5%** to **8.6%**.

Injured in a suicide attempt decreased from **7.5%** to **3.0%**.

The change in the rate of persistent sadness or hopelessness from 2003 (**31.9%**) to 2011 (**29.1%**) was not statistically significant.

In 2011, among NM high school students (grades 9–12):

29.1% experienced persistent feelings of sadness or hopelessness (9 students in a class of 30).

37.3% of girls experienced persistent feelings of sadness or hopelessness (11 of 30 girls).

21.2% of boys experienced persistent feelings of sadness or hopelessness (6 of 30 boys).

16.7% seriously considered suicide (5 students in a class of 30).

13.4% made a suicide plan (4 students in a class of 30).

8.6% attempted suicide (3 students in a class of 30).

12.3% of girls attempted suicide (4 of 30 girls).

5.0% of boys attempted suicide (2 of 30 boys).

3.0% made a suicide attempt that had to be treated by a doctor or a nurse (1 student in a class of 30).

In 2011, among NM middle school students (grades 6–8):

19.8% ever seriously thought about killing her or himself (6 students in a class of 30).

25.2% of girls ever thought about killing herself (8 of 30 girls).

14.9% of boys ever thought about killing himself (4 of 30 boys).

11.3% ever made a plan about how to kill her or himself (3 students in a class of 30).

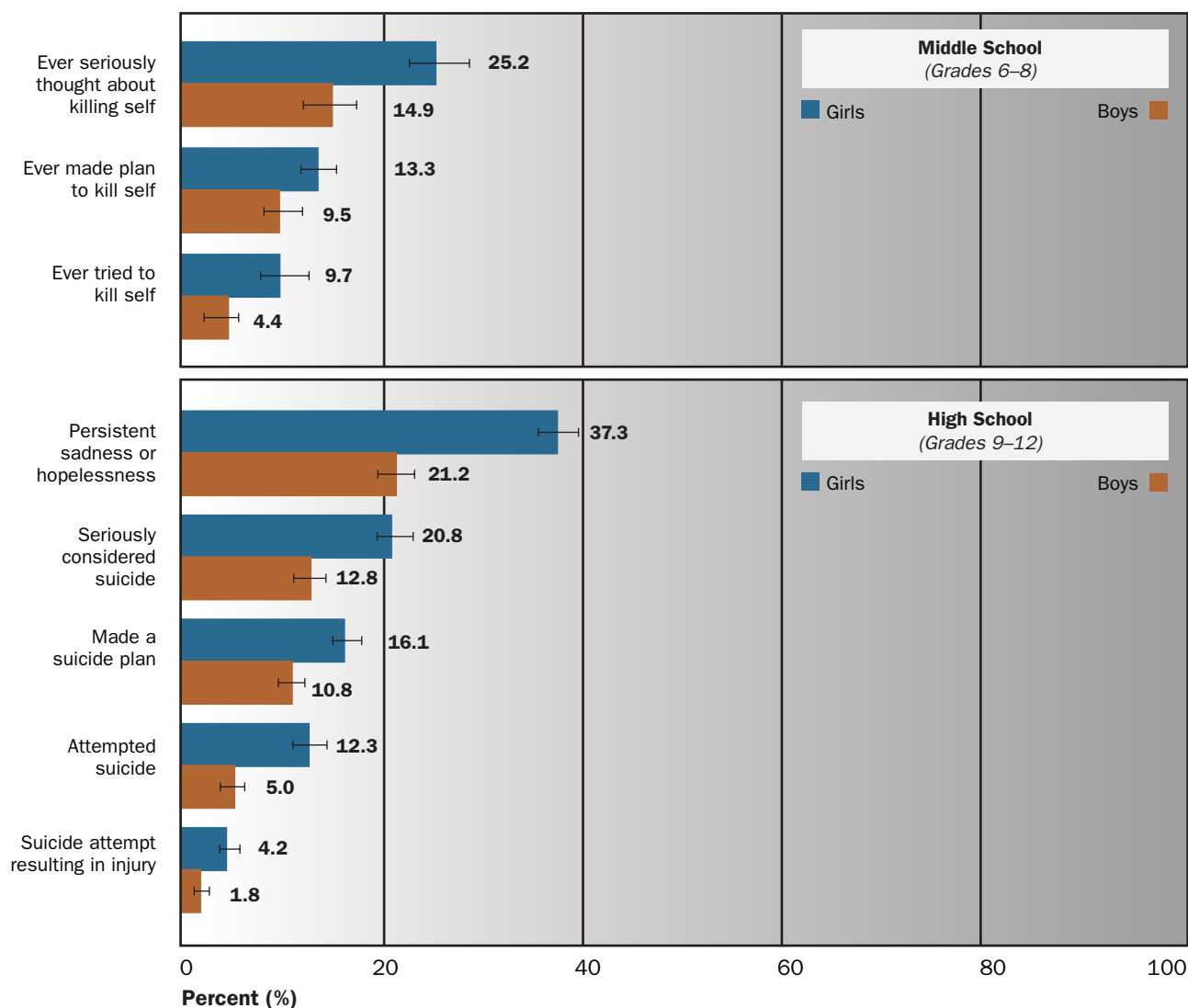
7.0% ever tried to kill her or himself (2 students in a class of 30).

9.7% of girls ever tried to kill herself (3 of 30 girls).

4.4% of boys ever tried to kill himself (1 of 30 boys).


MENTAL HEALTH AND DEMOGRAPHIC FACTORS

Figure 2 ■ Mental Health Indicators by Gender, Grades 6–8 and 9–12, 2011



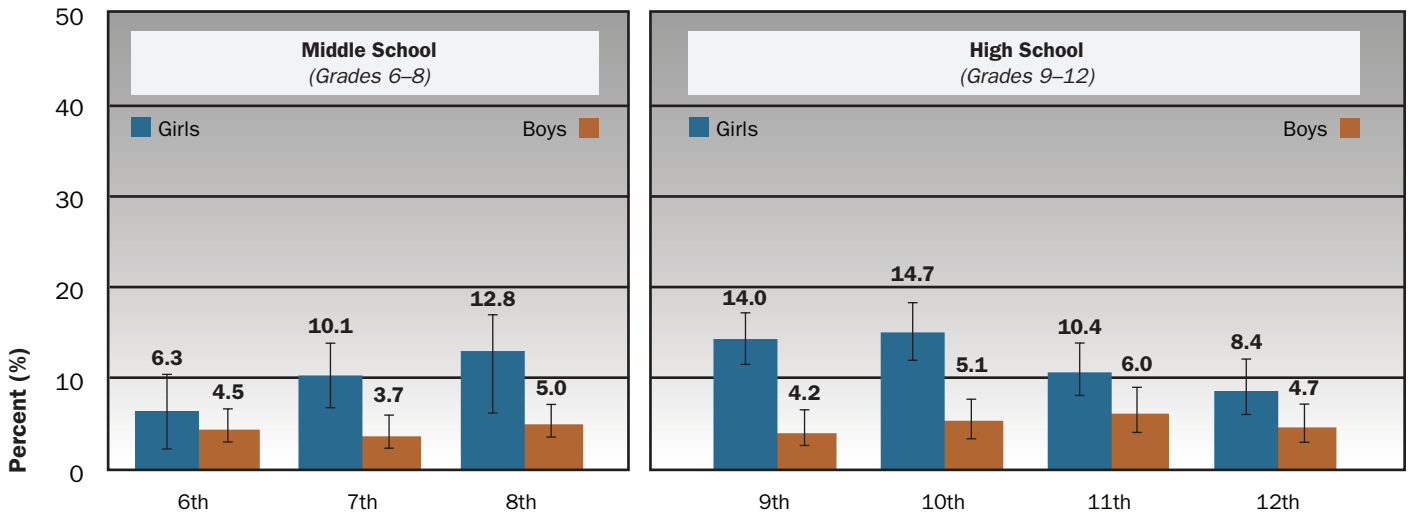
Girls had higher rates than boys for almost all mental health indicators.

Among middle school students, girls had a higher prevalence than boys for “Ever seriously thought about killing self” and “Ever tried to kill self.” The difference between boys and girls for “Ever made a plan to kill self” was not statistically significant.

Among high school students, girls had a higher prevalence than boys for all five mental health indicators. 


MENTAL HEALTH AND DEMOGRAPHIC FACTORS (cont.)

Figure 3 ■ Suicide Attempts* by Gender and Grade Level, Grades 6–8 and 9–12, 2011



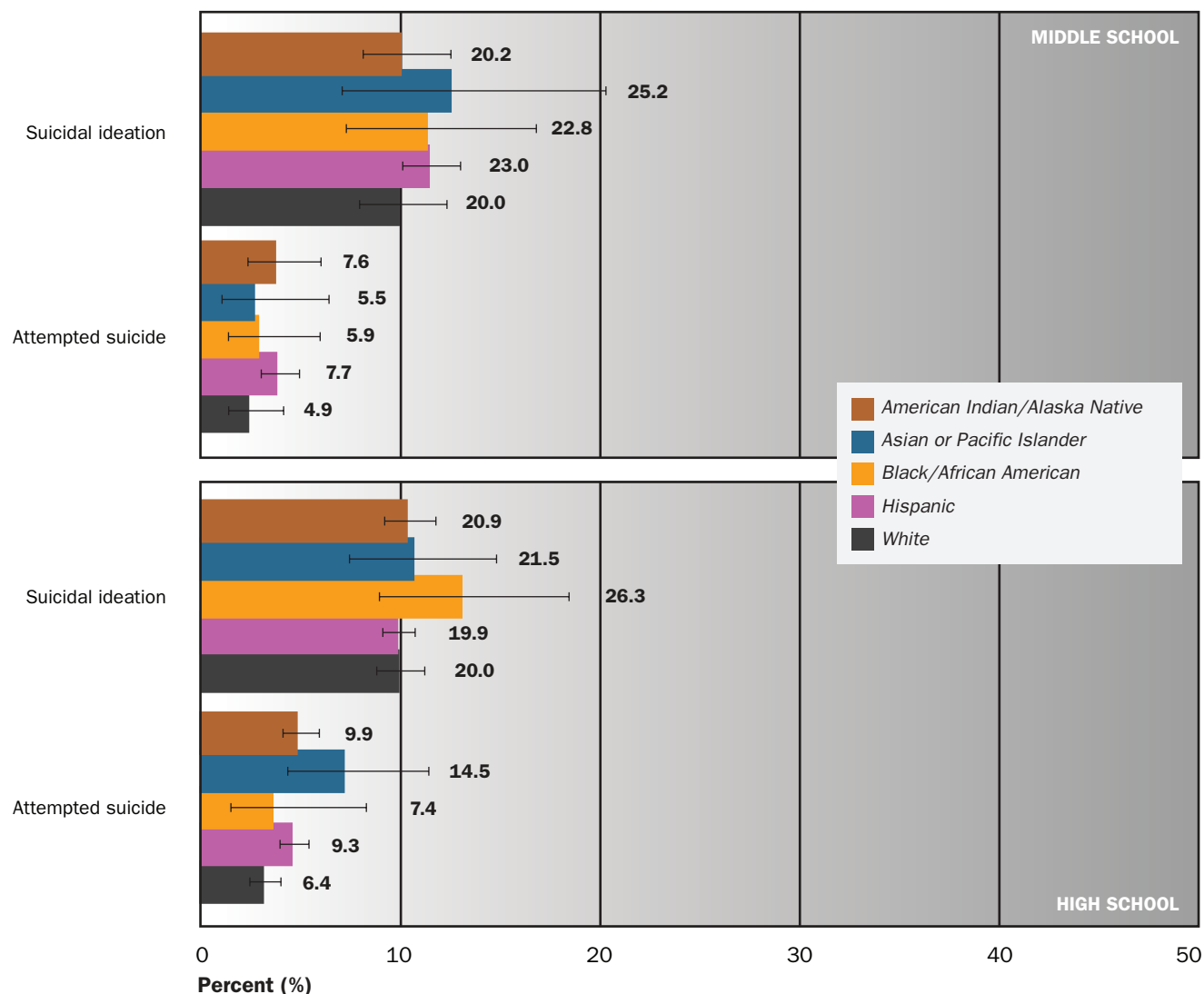
* Middle school: Ever tried to kill self.
 High school: Attempted suicide in the past 12 months.



For most of the middle grades of high school and middle schools, girls had a much higher rate than boys for suicide attempts. There was little difference between boys and girls for suicide attempts among sixth graders, but as grade levels progressed through the 10th grade, the girls rate first increased and then remained at a higher rate than the boys rate, while the rate for boys remained relatively static. After 10th grade, the rate for girls came down, and in the 12th grade there was not a statistically significant difference by gender. Other mental health measures showed much the same pattern. 

MENTAL HEALTH AND DEMOGRAPHIC FACTORS (cont.)

Figure 4 ■ Suicide Attempt and Suicidal Ideation by Race/Ethnicity, Grades 6–8 and 9–12, 2011

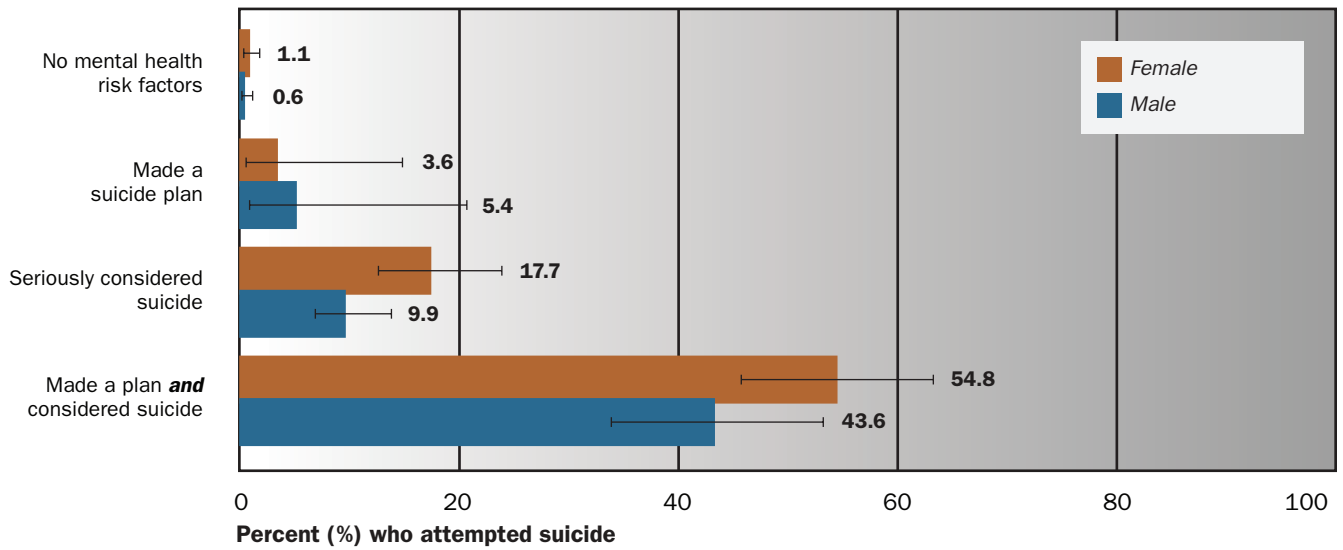


Among middle school students there were no statistically significant differences by race/ethnicity for suicide attempts or suicidal ideation.

Among high school students, the suicide attempt rate was higher among American Indian (9.9%) and Asian or Pacific Islander (14.5%) students than among White students (6.4%).

SUICIDE ATTEMPTS AND MENTAL HEALTH RISK FACTORS

Figure 5 ■ Suicide Attempts by Mental Health Risk Factors, Male and Female, Grades 6–8, 2011




HOW TO READ THIS CHART

Among females...

- 1.1% of those with no mental health risk factors attempted suicide.
- 3.6% of those who ever made a suicide plan but had no other mental health risk factors actually attempted suicide.
- 17.7% of those who ever seriously considered suicide but had no other mental health risk factors attempted suicide.
- 54.8% of those who ever made a suicide plan and seriously considered suicide attempted suicide.

SUICIDE ATTEMPTS AND MENTAL HEALTH RISK FACTORS (cont.)

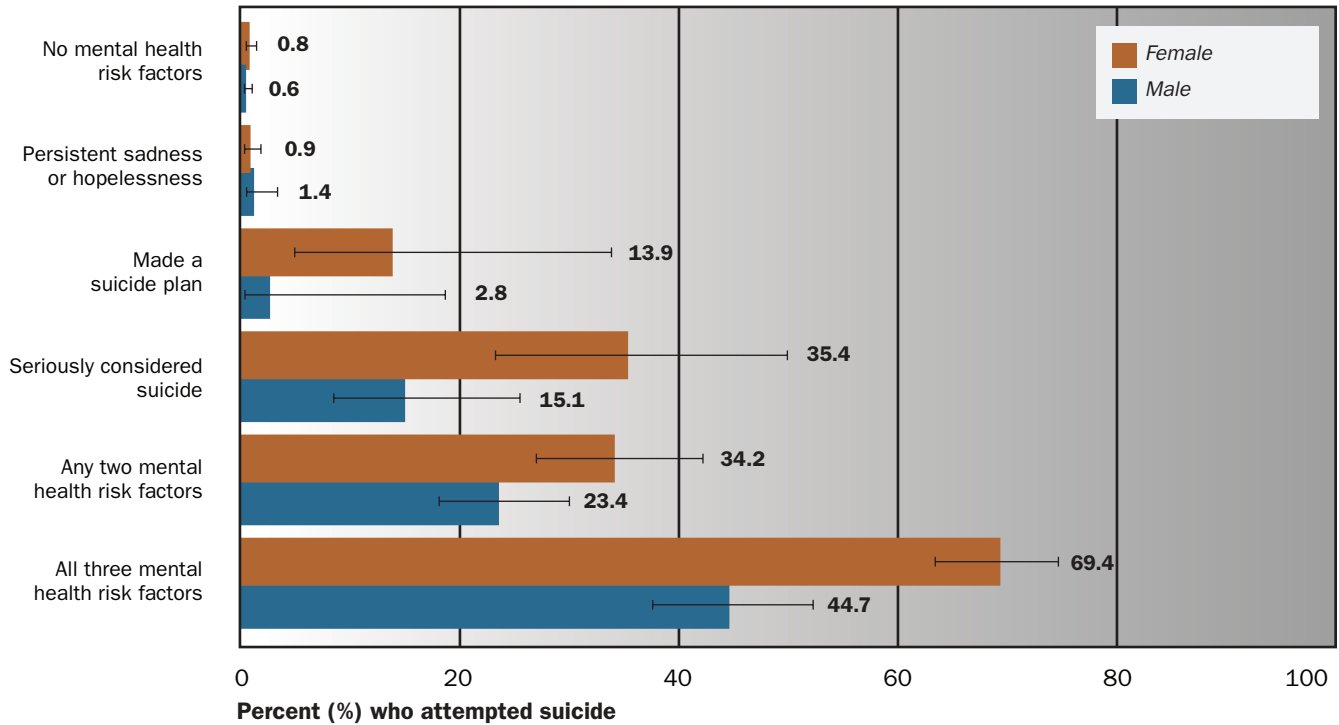
Mental health risk factors, such as persistent feelings of sadness or hopelessness, making suicide plans, and seriously considering suicide, were each highly associated with suicide attempts. When these risk factors were combined, the strength of these associations increased considerably. Among female and male students, the prevalence of suicide attempts increased as the number of mental health risk factors increased.

Among middle school students, **1.1%** of girls with no mental health risk factors and **0.6%** of boys with no mental risk factors ever attempted to kill themselves. Among girls with a single risk factor, **3.6%** of those who made a suicide plan and **17.7%** of those who seriously considered suicide actually attempted suicide. Among girls with both risk factors, **54.8%** attempted suicide. Among boys with a single risk factor, **5.4%** of those who made a suicide plan and **9.9%** of those who seriously considered suicide actually attempted suicide. Among boys with both risk factors, **43.6%** attempted suicide. Persistent feelings of sadness and hopelessness were not assessed in the middle school YRRS. 



SUICIDE ATTEMPTS AND MENTAL HEALTH RISK FACTORS (cont.)

Figure 6 ■ Suicide Attempts by Mental Health Risk Factors, Male and Female, Grades 9–12, 2011




HOW TO READ THIS CHART

Among females...

- 0.8% of those with no mental health risk factors attempted suicide.
- 0.9% of those who experienced persistent sadness or hopelessness but had no other mental health risk factors attempted suicide.
- 13.9% of those who made a suicide plan but had no other mental health risk factors attempted suicide.
- 35.4% of those who ever seriously considered suicide but had no other mental health risk factors attempted suicide.
- 34.2% of those who had two mental health risk factors attempted suicide.
- 69.4% of those who had all three mental health risk factors attempted suicide.

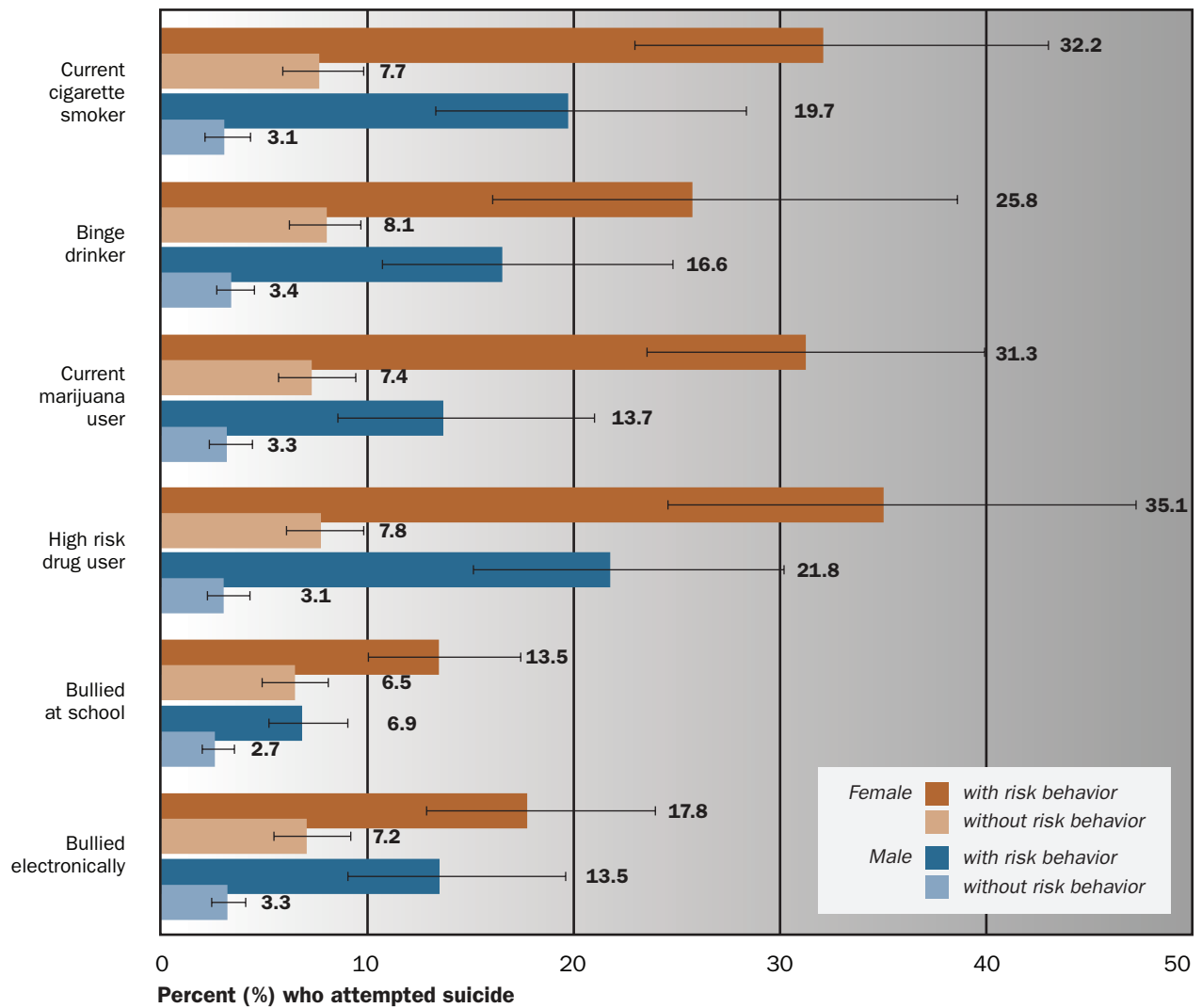
SUICIDE ATTEMPTS AND MENTAL HEALTH RISK FACTORS (cont.)

Among high school students, the association of suicide attempts and mental health risk factors varied by gender more than it did among middle school students. Fewer than **1%** of either boys or girls with no mental health risk factors attempted suicide. Among those with a single risk factor, those who experienced persistent feelings of sadness or hopelessness, **0.9%** of females and **1.4%** of males attempted suicide. Among those who made a suicide plan as a single risk factor, **13.9%** of girls and **2.8%** of boys attempted suicide. Among those who seriously considered suicide, more than twice as many girls (**35.4%**) as boys (**15.1%**) attempted suicide. Among those with any two mental health risk factors, **34.2%** of girls and **23.4%** of boys attempted suicide. Among those with all three risk factors, **69.4%** of girls and **44.7%** of boys attempted suicide. 



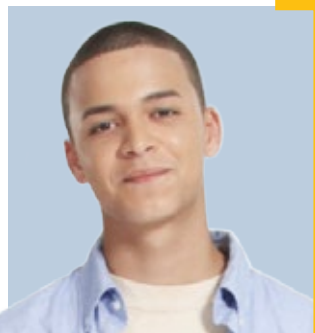
SUICIDE ATTEMPTS AND MENTAL HEALTH RISK FACTORS (cont.)


Figure 7 ■ Suicide Attempts by Selected Risk Behaviors, Male and Female, Grades 6–8, 2011



HOW TO READ THIS CHART

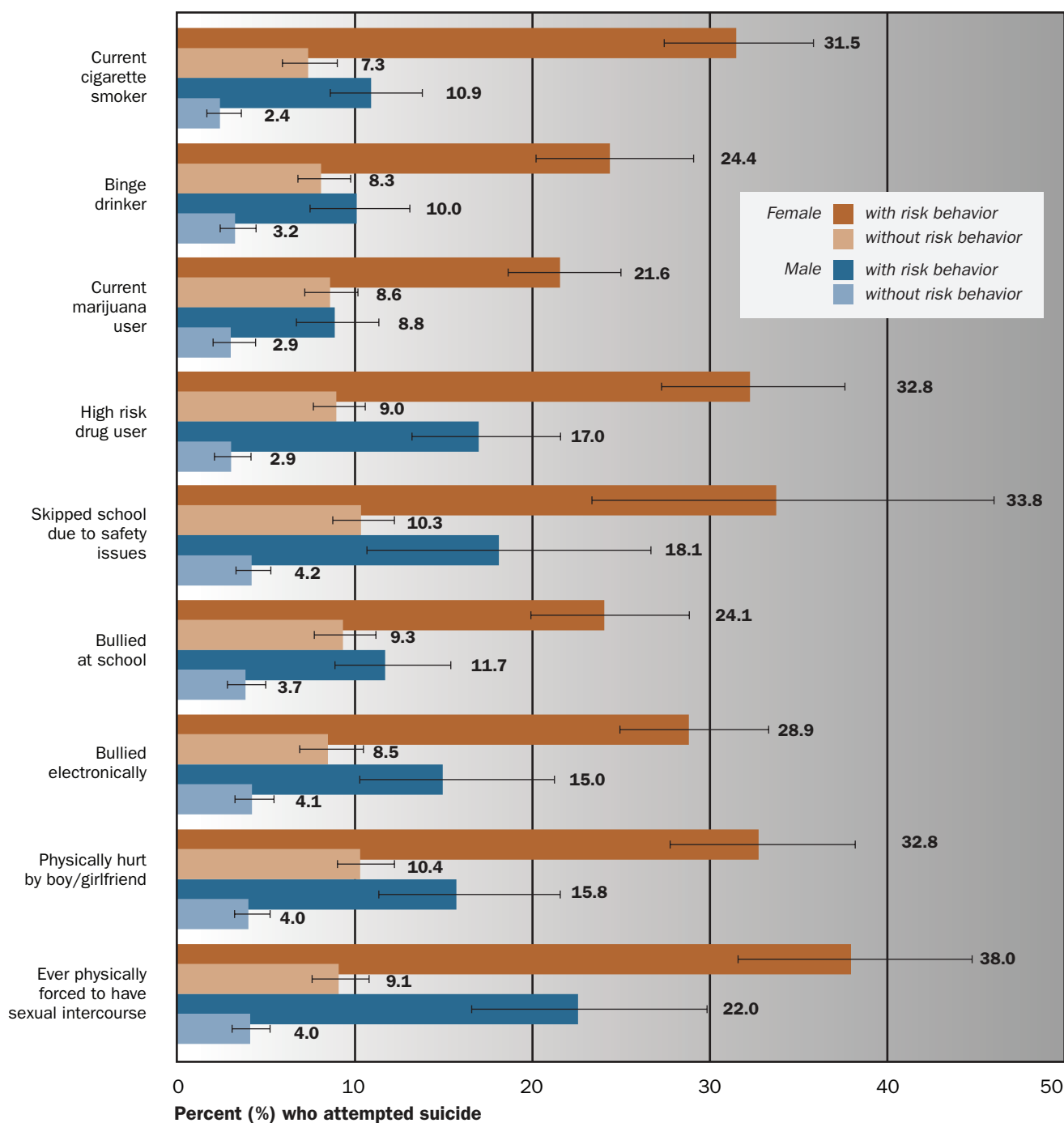
- Among female current cigarette smokers, **32.2%** ever attempted suicide.
- Among females who were not current cigarette smokers, **7.7%** ever attempted suicide.
- Among male current cigarette smokers, **19.7%** ever attempted suicide.
- Among males who were not current cigarette smokers, **3.1%** ever attempted suicide.



In both middle school and high school, those who engaged in alcohol, tobacco, or drug use or who were victimized by violence or who felt themselves unsafe at or on the way to or from school had a higher prevalence of suicide attempts than other students. This was true for both boys and girls. 

SUICIDE ATTEMPTS AND MENTAL HEALTH RISK FACTORS (cont.)

Figure 8 ■ Suicide Attempts by Selected Risk Behaviors, Male and Female, Grades 9–12, 2011

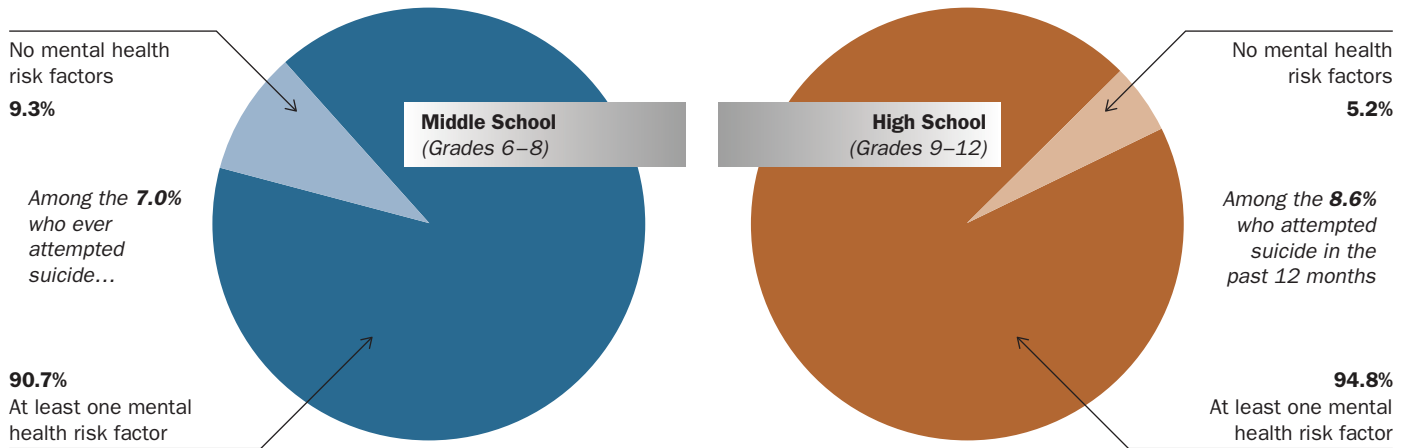


HOW TO READ THIS CHART

- Among female current cigarette smokers, **31.5%** attempted suicide.
- Among females who were not current cigarette smokers, **7.3%** ever attempted suicide.
- Among male current cigarette smokers, **10.9%** ever attempted suicide.
- Among males who were not current cigarette smokers, **2.4%** ever attempted suicide.

SUICIDE ATTEMPTS AND MENTAL HEALTH RISK FACTORS (cont.)


Figure 9 ■ Mental Health Risk Factors Among Those Who Attempted Suicide, Grades 6–8 and Grades 9–12, 2011



Suicidal ideation and feelings of sadness and hopelessness are risk factors for suicide attempts.

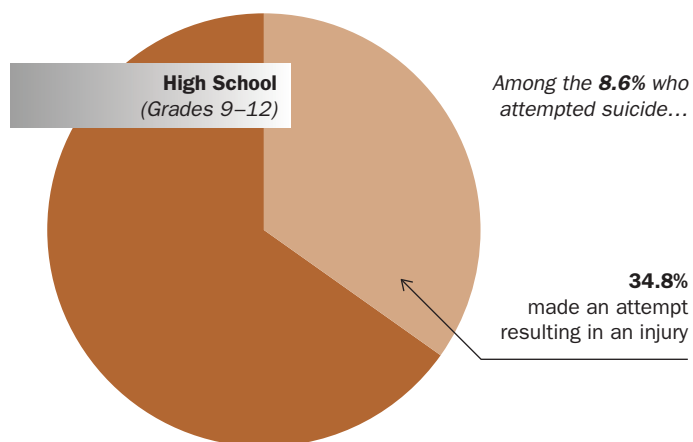
Among middle school students, **90.7%** of students who attempted suicide had a history of at least one of two kinds of suicidal ideation (ever seriously thought about killing self and/or ever made a plan to kill self), while only **9.3%** of those who made a suicide attempt had no history of suicidal ideation.


Among high school students, **94.8%** of those who attempted suicide in the past 12 months had a history of persistent feelings of sadness or hopelessness, seriously considering suicide, and/or making a plan to attempt suicide. Only **5.2%** had no history of any of these risk factors.

There was no statistically significant difference between boys and girls for the association between these risk factors and suicide attempts among either high school or middle school students. 

SUICIDE ATTEMPTS AND MENTAL HEALTH RISK FACTORS (cont.)

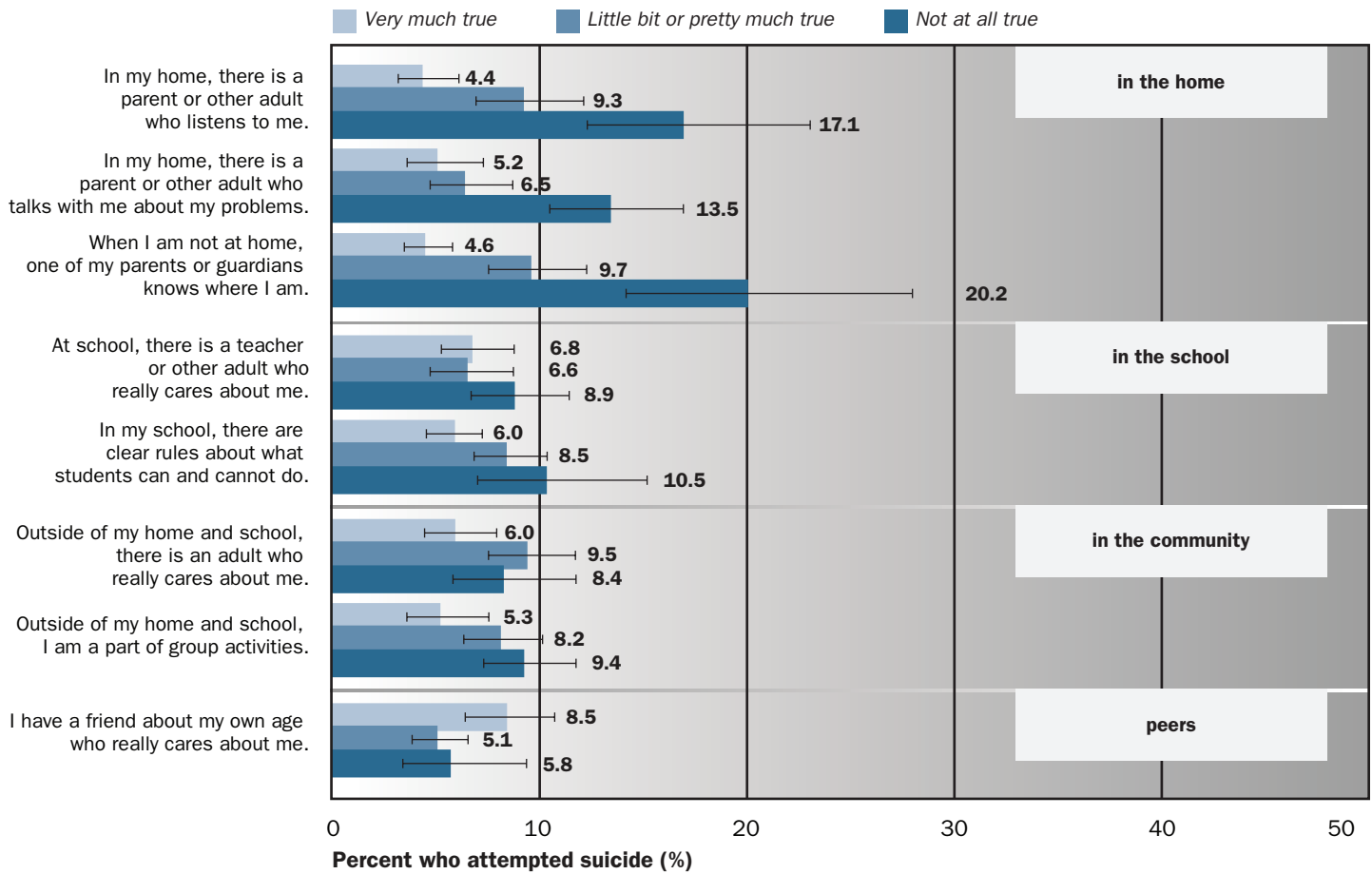
Figure 10 ■ Suicide Attempts Resulting in Injury, Grades 9–12, 2011



Of the high school students who attempted suicide in the past 12 months, about one third (**34.8%**) made an attempt serious enough that it had to be treated by a doctor or nurse. This rate was similar for girls (**33.9%**) and boys (**34.8%**). There were no statistically significant differences by race/ethnicity. 

SUICIDE ATTEMPTS AND RESILIENCY FACTORS

Figure 11 ■ Suicide Attempts by Resiliency (Protective) Factors, Grades 6–8, 2011




HOW TO READ THIS CHART

Students were asked how true it was that “In my home, there is a parent or some other adult who listens to me when I have something to say.” Among those who responded...

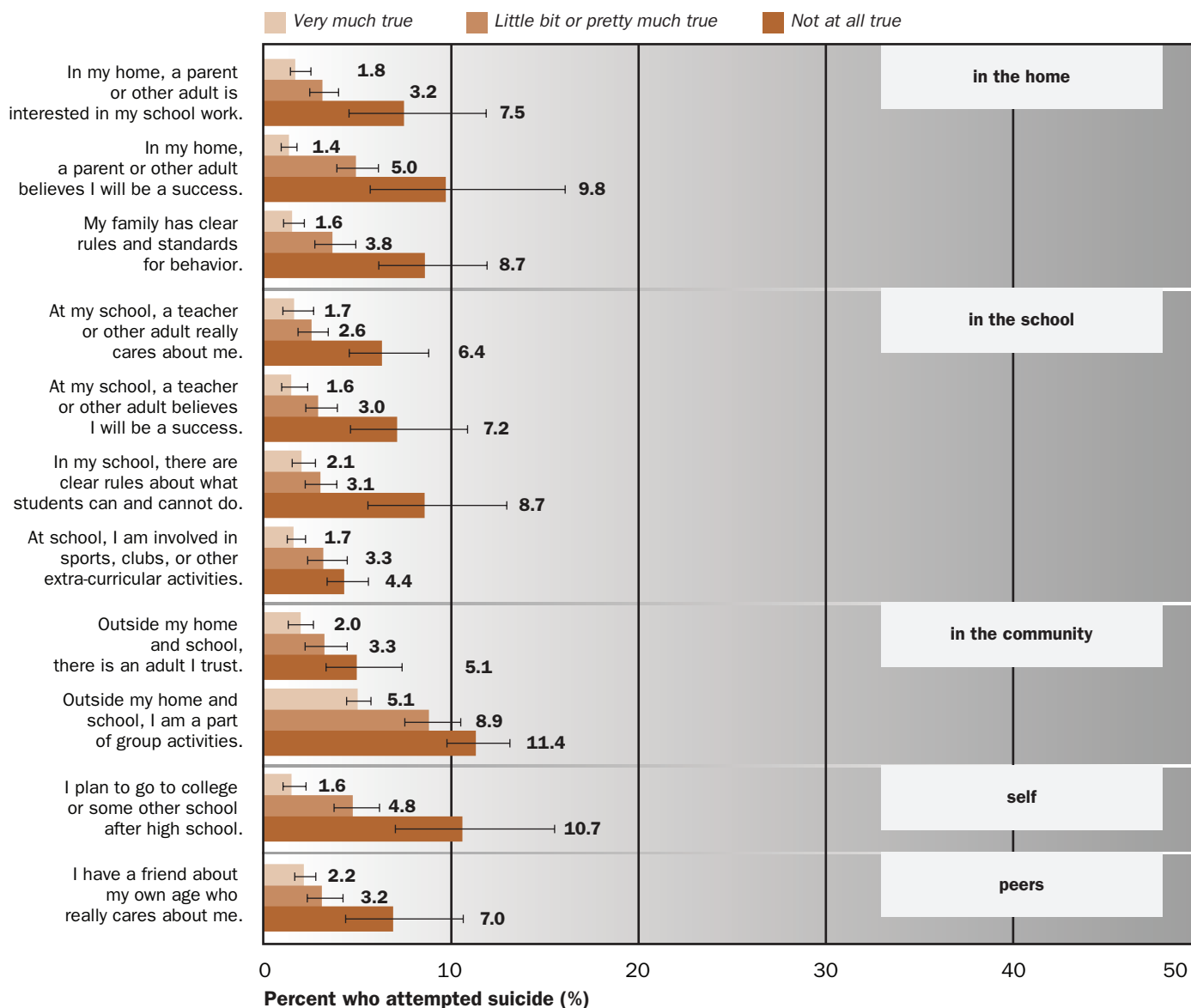
- “Very much true,” 4.4% attempted suicide.
- “A little true” or “Pretty much true,” 9.3% attempted suicide.
- “Not true at all,” 17.1% attempted suicide.



Among high school students, the prevalence of suicide attempts was lower among students who indicated strong relationships with a parent or other adult in the home or with a teacher or other adult in the school; those who perceived clear behavioral boundaries in the home or school; those with close relationships with peers or an adult in the community; those who were involved in group activities outside of school; and those who planned to continue their education after high school. Among middle school students, the prevalence of suicide attempts was lower among those who had strong relationships with a parent or other adult in the home. Suicide attempts among middle school students were not significantly associated with relationships with adults in the school or the community or with peers, perceived behavioral boundaries in the school, or group activities outside of school. 

SUICIDE ATTEMPTS AND RESILIENCY FACTORS (cont.)

Figure 12 ■ Suicide Attempts by Resiliency (Protective) Factors, Grades 9–12, 2011



HOW TO READ THIS CHART

Students were asked how true it was that “In my home, there is a parent or some other adult who is interested in my school work.” Among those who responded...

- “Very much true,” 1.8% attempted suicide.
- “A little true” or “Pretty much true,” 3.2% attempted suicide.
- “Not true at all,” 7.5% attempted suicide.

Definitions

Attempted suicide: answered “yes” to the question “Have you ever tried to kill yourself?” (middle school); answered “1 time” or more to the question “During the past 12 months, how many times did you actually attempt suicide?” (high school).

Binge drinker: consumed at least 5 alcoholic drinks on at least one occasion in the past 30 days.

Bullied at school: ever bullied at school (middle school); bullied at school in the past 12 months (high school).

Bullied electronically: ever bullied electronically (middle school); electronically bullied in the past 12 months (high school). Electronic bullying is bullying through e-mail, chat rooms, instant messaging, websites, or texting.

Current cigarette smoker: smoked cigarettes on at least one of the past 30 days.

Current marijuana user: used marijuana on at least one occasion in the past 30 days.

Ever physically forced to have sexual intercourse: answered “Yes” to the question “Have you ever been physically forced to have sexual intercourse when you did not want to?”

High risk drug user: used cocaine or painkillers to get high on at least one occasion in the past 30 days (middle school); used cocaine, heroin, methamphetamines, or painkillers to get high on at least one occasion in the past 30 days (high school).

Made a suicide plan: made a plan to attempt suicide in the past 12 months (high school); ever made a plan to kill self (middle school).

Mental health risk factors: feelings of persistent sadness or hopelessness, seriously considered suicide, or made a suicide plan.

Persistent feelings of sadness or hopelessness: felt so sad or hopeless for at least two weeks in a row that stopped some usual activities, within the past 12 months.

Physically hit or hurt by boy/girlfriend: answered “Yes” to the question “During the past 12 months, did your boyfriend or girlfriend ever hit, slap, or physically hurt you on purpose?”

Seriously considered suicide: seriously considered attempting suicide in the past 12 months (high school); ever seriously thought about killing self (middle school).

Suicidal ideation: either or both of “Seriously considered suicide” or “Made a suicide plan.”

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For more information about the YRRS, including methodology, comprehensive state level reports, or county level reports, and more, see www.youthrisk.org