



# Depression and Youths

## *Kinark Child & Family Services*

April 2008

Toronto

Edmonton

Calgary

Montreal

Philadelphia

New York

# Methodology

## Interviewing

- ▶ Leger Marketing conducted this survey online. The study was in field between April 14 and April 20, 2008. The survey was conducted with respondents across Canada.

## Respondent Qualification

- ▶ In total, 500 respondents participated; 300 Canadians 18+ (parents of children 12 to 17) and 200 youths 12 to 17.
- ▶ The margin of error for a sample of this size is +/-4.4%, 19 times out of 20.

## Quality Control

- ▶ Leger Marketing's experience and expertise in public opinion and market research extend to the quality and standards of every research project. Detailed verification and validation procedures at each stage of the process ensure data accuracy.

## Summary of Findings

- ▶ Seven out of ten parents are concerned about the future emotional well-being of their children.
- ▶ Many parents believe that problems with school and/or teachers, body image, problems with themselves as parents and bullying cause their children to feel depressed, stressed and/or anxious.
- ▶ One out of four 12 to 17 year olds said they often experience feelings of depression, stress and/or anxiety. One third sometimes feel this way.
- ▶ About half of youths said that problems with school (grades) cause these feelings of stress/anxiety or depression.
  - ▶ Body image, fear of disappointing parents, and problems with parents were each mentioned by about one third of youths.
- ▶ Over one third of 12 to 17 year olds go to mom most often to talk about problems or concerns.
  - ▶ One in four go to their friends, one in ten go to dad.
  - ▶ One per cent said that their primary confidant is a professional (teacher/guidance counsellor/therapist/etc.)

# Summary of Findings

Toronto

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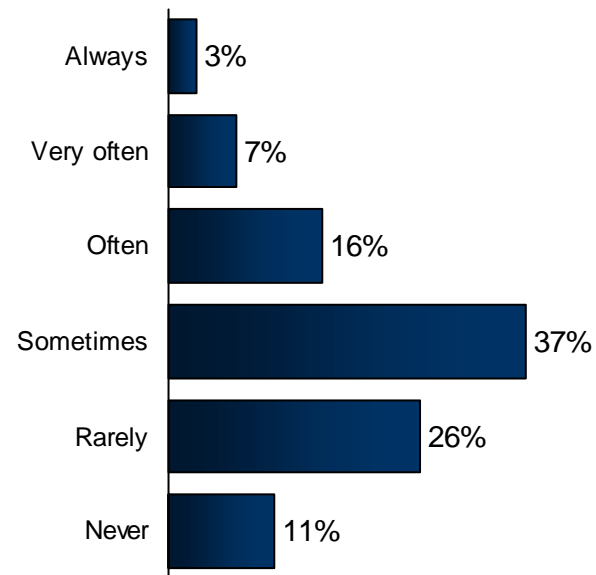
Montreal

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# One in four youths often experience feelings of depression, stress and/or anxiety

Frequency of youth experiencing feelings of depression, stress and/or anxiety

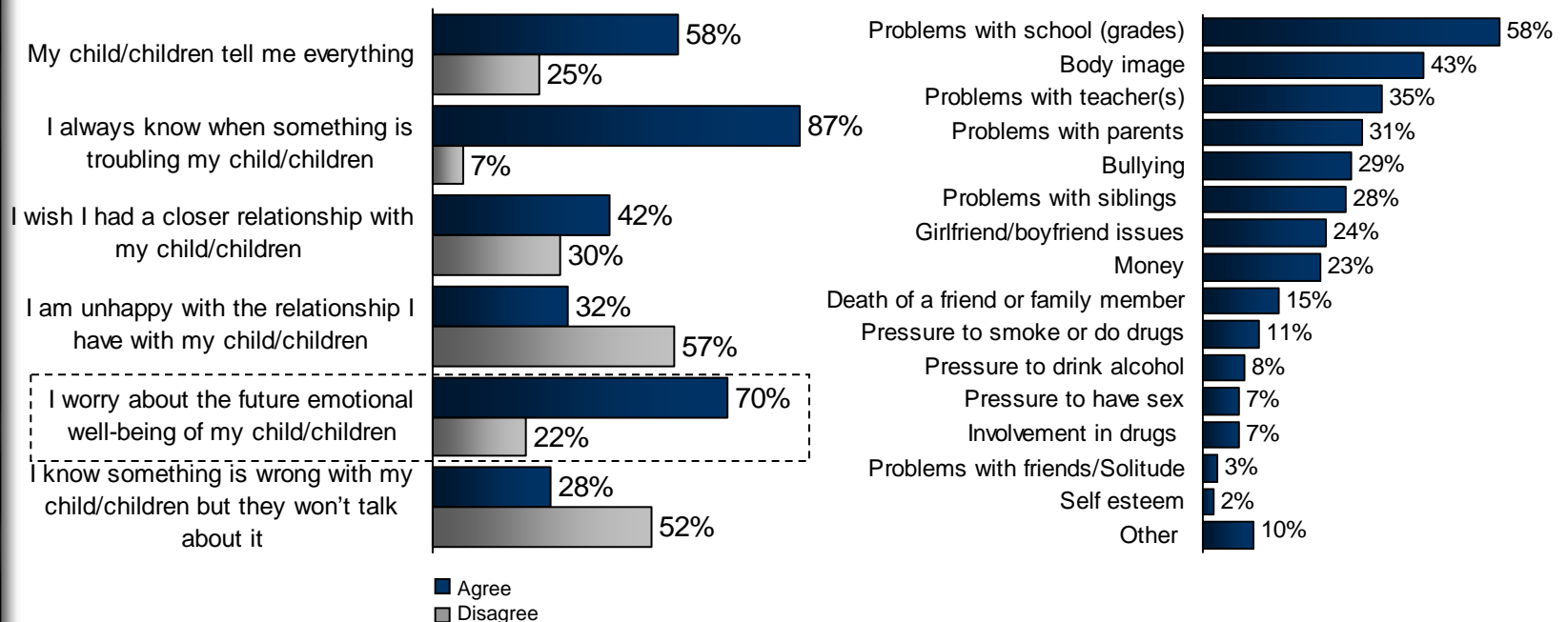


Q1. How often you do experience feelings of depression, stress and/or anxiety? Youths: n=200.

# 7 in 10 parents worry about the future emotional well-being of their children

- ▶ 70 per cent of Canadian parents worry about the future emotional well-being of their children. Among other things, parents believe that problems with school and teachers, body image, bullying and problems with themselves as parents cause their children to experience feelings of depression, stress and/or anxiety.

Factors Parents believe cause feelings of depression, stress/anxiety

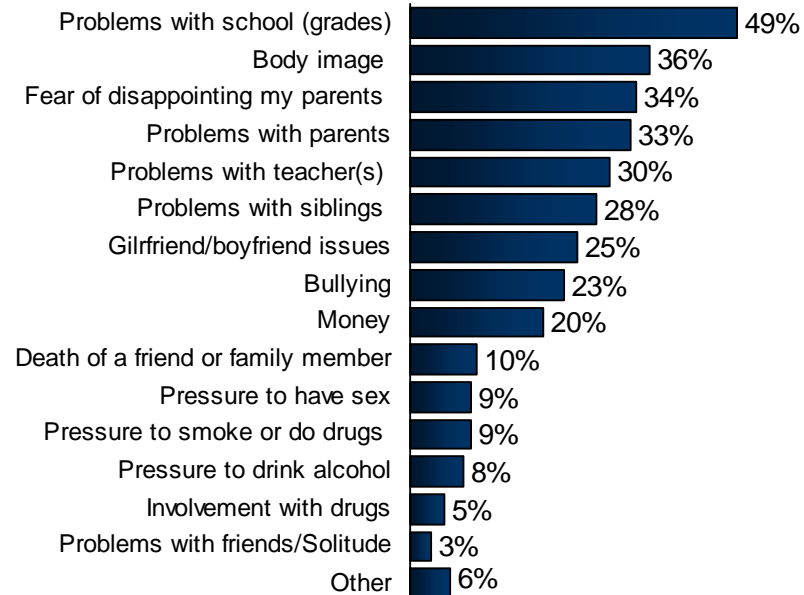


Q4. To what extent do you agree or disagree with the following statements? Parents: n=300.

Q2. What do you think causes these feelings of depression, stress and/or anxiety? Parents: n=300.

## Half of 12 to 17 year olds mentioned problems with school as a cause of depression and anxiety

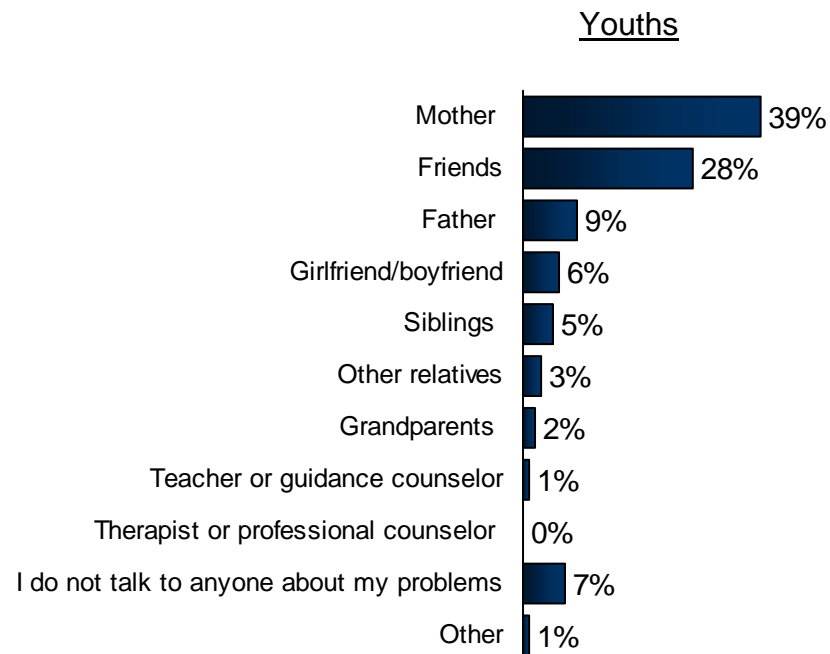
- ▶ The study identified problems with school (49 per cent) and fear of disappointing their parents (34 per cent) as leading causes for depression and anxiety among Canadian youth, but only one per cent are seeking professional help.



Q2. What do you think causes these feelings of depression, stress and/or anxiety? Youths: n=200.

## Children are most likely to go to mom

- ▶ Mom is the primary source of support with 39 per cent of the youths surveyed confiding in her most often, followed by friends at 28 per cent, and only 9 per cent of youths going to their father.



Q5a. Who do your children confide in most often to talk about problems or concerns in their life? Parents: n=300, Youths n=200.

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**For more information about this project, please contact:**

**Tara Kubicki, Project Manager**

**tkubicki@legermarketing.com**

**TEL: 416-815-0330**

