



Years 2021  
Date Generated 19/04/2022

STUDENT RESILIENCE SURVEY

# Mental Health Report

Generic College

# responses

Year Levels

	3	4	5	6	7	8	9	10	11	12	
<b>Female</b>	79	78	76	58	107	119	96	101	85	72	<b>871</b>
<b>Male</b>	82	88	82	67	98	90	107	90	59	85	<b>848</b>
	<b>161</b>	<b>166</b>	<b>158</b>	<b>125</b>	<b>205</b>	<b>209</b>	<b>203</b>	<b>191</b>	<b>144</b>	<b>157</b>	<b>1719</b>

The comparison dataset from Australian Schools (Dec 2021) has 66,310 responses.

[helpdesk@resilientyouth.org](mailto:helpdesk@resilientyouth.org)

# Welcome to your Mental Health Report

Since 2013, Resilient Youth Australia has been surveying the mental health of our young people using validated international gold standard scales, resulting in peer reviewed publications<sup>1</sup>.

To date we have surveyed the mental health of more than 410,000 young Australians aged 7 -19 years of age, plus an increasing number of students in New Zealand, the United Kingdom, and Southeast Asia.

This report presents all your student mental health data in one place. It includes five (5) gold standard measures of mental health, each reported by year level and gender. For each of these measures we report the 'construct view', and where multiple items make up the construct, we also report each of these items separately in your interactive [portal](#).

The five measures reported in this Mental Health Report are:

- Anxiety
- Depression
- Hope
- Life Satisfaction
- Coping

In addition, the UniSA team have developed a 'Positive Learner's Mindset Report' that combines data from both the Anxiety and Coping scales. To access this report in PDF or interactive format, please visit your [portal](#). For a detailed description of the concept 'Positive Learners Mindset' and how it applies to the classroom setting, please download at [resiliencyouth.org/free-resources-teachers](https://resiliencyouth.org/free-resources-teachers).

We are here to support you with any aspect of your school's Mental Health Report—please don't hesitate to phone +61 476 282 927 or email us at [helpdesk@resiliencyouth.org](mailto:helpdesk@resiliencyouth.org).

We trust that this data provides a clearer understanding of your student's mental health and that this knowledge will lead you to develop positive strategies to assist your students.



Dr Andrew Wicking  
Founding Director  
Resilient Youth Australia  
Adjunct Research Associate  
UniSA Justice & Society



Professor Kurt Lushington  
Professor in Psychology  
UniSA Justice & Society



Professor Jill Dorrian  
Dean of Research  
UniSA Justice & Society

The Student Resilience Survey does **NOT** identify individual students; diagnose individual students; assess success or failure; compare individual students, classrooms, or schools. All data is anonymous, non-identified and aggregated.

# Overall Life Satisfaction

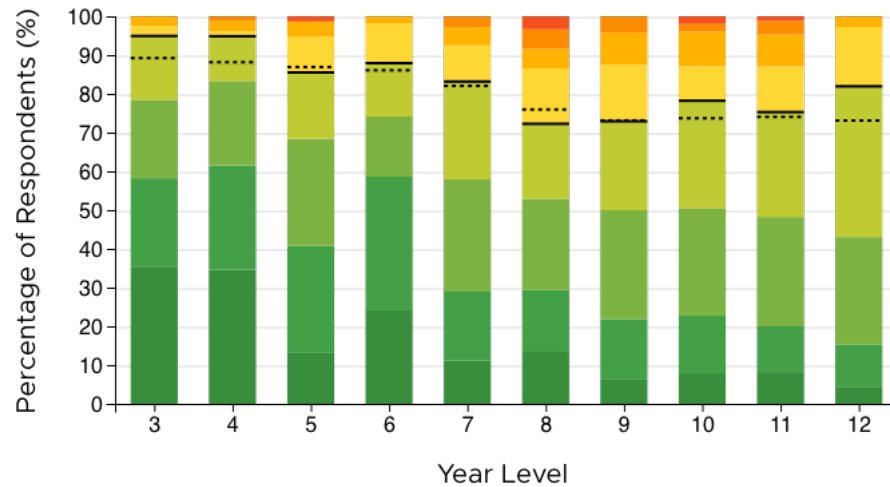
Cantril Self Anchoring Scale (Cantril Ladder)

This graph shows the reported levels of overall life satisfaction among your students.

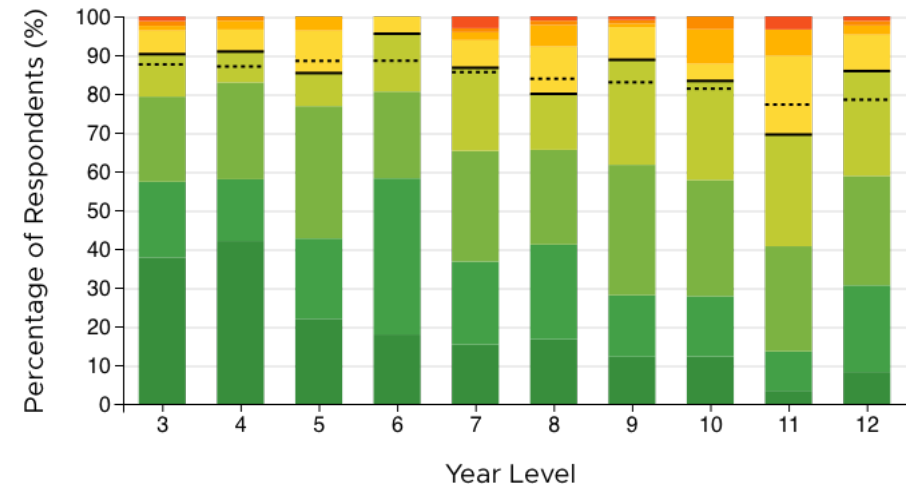
Categories 8 (best) 7 6 5 4 3 2 1 (worst)

..... Norm Comparison  
Australian Schools (Dec 2021)

Female



Male



1 (worst)	.	.	1%	.	.	3%	.	2%	1%	.
2	.	1%	.	.	3%	5%	4%	2%	4%	.
3	3%	3%	4%	2%	5%	5%	8%	9%	8%	3%
4	3%	1%	9%	10%	9%	14%	15%	9%	12%	15%
5	16%	12%	17%	14%	25%	19%	23%	28%	27%	39%
6	20%	22%	28%	16%	29%	24%	28%	28%	28%	28%
7	23%	27%	28%	34%	18%	16%	16%	15%	12%	11%
8 (best)	35%	35%	13%	24%	11%	13%	6%	8%	8%	4%
TOTAL #	79	78	76	58	107	119	96	101	85	72

1 (worst)	1%	.	.	.	3%	1%	1%	.	3%	1%
2	1%	1%	.	.	1%	1%	1%	3%	.	1%
3	1%	2%	4%	.	2%	6%	1%	9%	7%	2%
4	6%	6%	11%	4%	7%	12%	8%	4%	20%	9%
5	11%	8%	9%	15%	21%	14%	27%	26%	29%	27%
6	22%	25%	34%	22%	29%	24%	34%	30%	27%	28%
7	20%	16%	21%	40%	21%	24%	16%	16%	10%	22%
8 (best)	38%	42%	22%	18%	15%	17%	12%	12%	3%	8%
TOTAL #	82	88	82	67	98	90	107	90	59	85

To generate similar graphs or find more information about this data, please visit your interactive portal: [Overall Life Satisfaction \(Cantril\)](#).

The survey items comprising this construct can be found in the Appendix.

# Hope

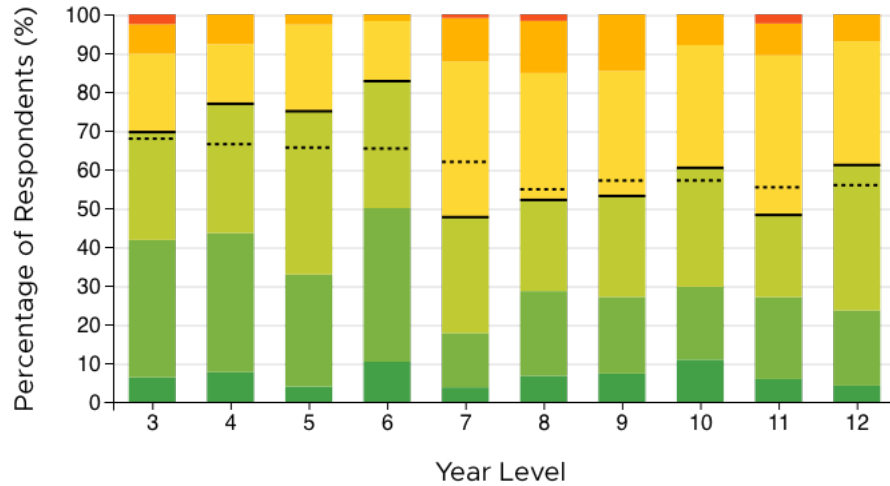
## Children's Hope Scale (CHS)

This graph shows the varying degrees of hope reported among your students.

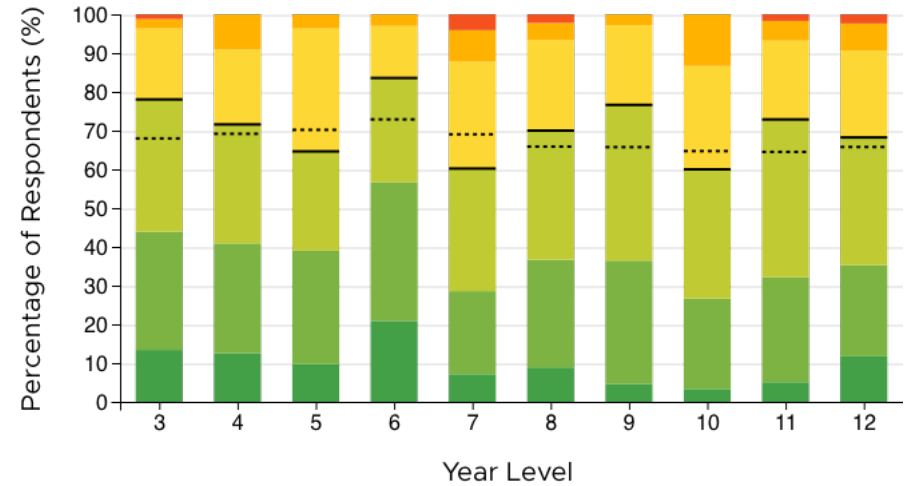
Categories **All** **Most** **Lots** **Some** **Little** **None**

..... **Norm Comparison**  
Australian Schools (Dec 2021)

### Female



### Male



	3	4	5	6	7	8	9	10	11	12
<b>None</b>	3%	.	.	.	1%	2%	.	.	2%	.
<b>Little</b>	8%	8%	3%	2%	11%	13%	15%	8%	8%	7%
<b>Some</b>	20%	15%	22%	16%	40%	33%	32%	32%	41%	32%
<b>Lots</b>	28%	33%	42%	33%	30%	24%	26%	31%	21%	38%
<b>Most</b>	35%	36%	29%	40%	14%	22%	20%	19%	21%	19%
<b>All</b>	6%	8%	4%	10%	4%	7%	7%	11%	6%	4%
<b>TOTAL #</b>	79	78	76	58	107	119	96	101	85	72

	3	4	5	6	7	8	9	10	11	12
<b>None</b>	1%	.	.	.	4%	2%	.	.	2%	2%
<b>Little</b>	2%	9%	4%	3%	8%	4%	3%	13%	5%	7%
<b>Some</b>	18%	19%	32%	13%	28%	23%	21%	27%	20%	22%
<b>Lots</b>	34%	31%	26%	27%	32%	33%	40%	33%	41%	33%
<b>Most</b>	30%	28%	29%	36%	21%	28%	32%	23%	27%	24%
<b>All</b>	13%	13%	10%	21%	7%	9%	5%	3%	5%	12%
<b>TOTAL #</b>	82	88	82	67	98	90	107	90	59	85

To generate similar graphs or find more information about this data, please visit your interactive portal: [Hope \(CHS\)](#).

The survey items comprising this construct can be found in the Appendix.

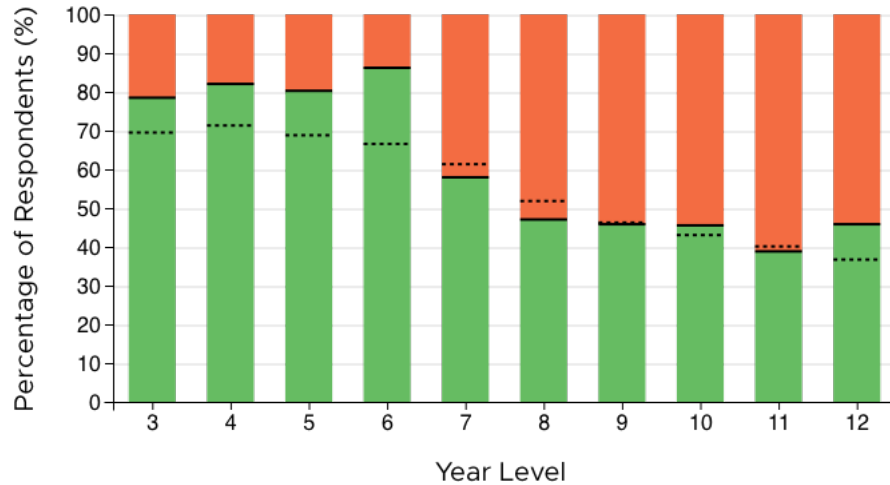
# Anxiety

## Generalized Anxiety Disorder (GAD-2)

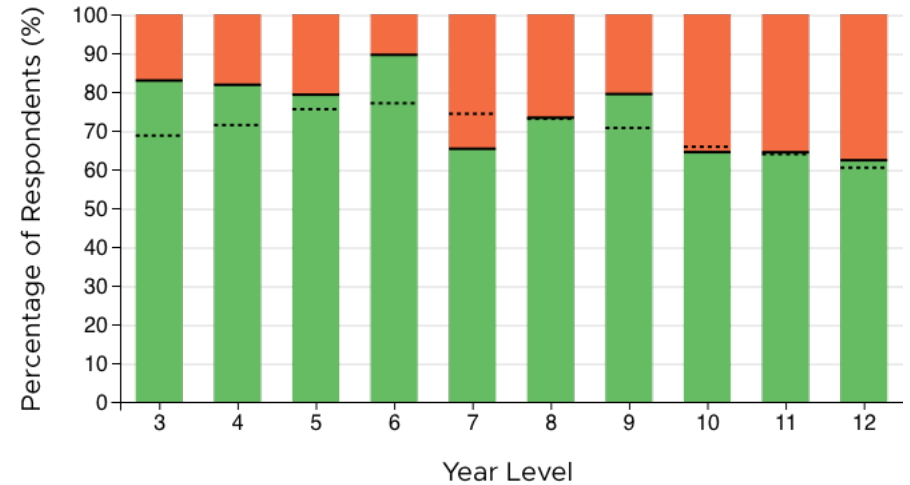
This graph shows the percentage of your students who report symptoms of anxiety.

**Categories** Not Anxious Anxious  
 ..... **Norm Comparison**  
 Australian Schools (Dec 2021)

### Female



### Male



Anxious	22%	18%	20%	14%	42%	53%	54%	54%	61%	54%
Not Anxious	78%	82%	80%	86%	58%	47%	46%	46%	39%	46%
TOTAL #	79	78	76	58	107	119	96	101	85	72

Anxious	17%	18%	21%	10%	35%	27%	21%	36%	36%	38%
Not Anxious	83%	82%	79%	90%	65%	73%	79%	64%	64%	62%
TOTAL #	82	88	82	67	98	90	107	90	59	85

To generate similar graphs or find more information about this data, please visit your interactive portal: [Anxiety \(GAD-2\)](#).

The survey items comprising this construct can be found in the Appendix.

# Depression

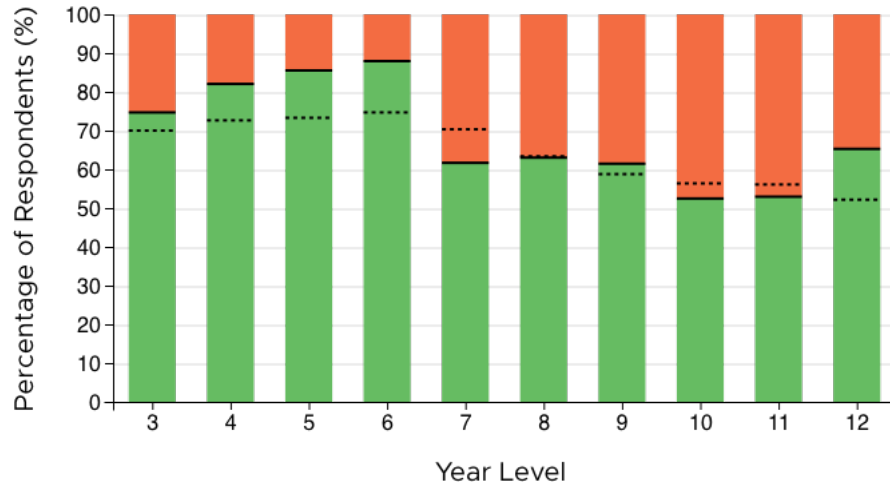
Patient Health Questionnaire (PHQ-2)

This graph shows the percentage of your students who report symptoms of depression.

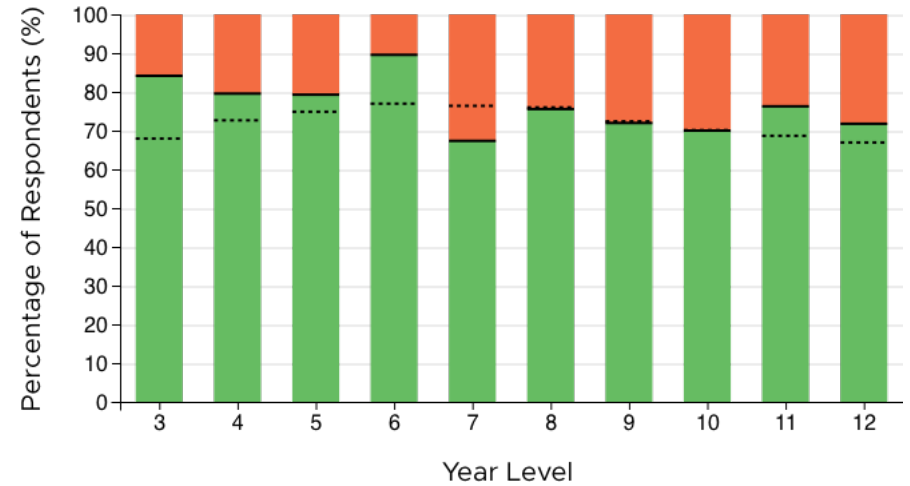
**Categories** Not Depressed Depressed

..... **Norm Comparison**  
Australian Schools (Dec 2021)

**Female**



**Male**



<b>Depressed</b>	25%	18%	14%	12%	38%	37%	39%	48%	47%	35%
<b>Not Depressed</b>	75%	82%	86%	88%	62%	63%	61%	52%	53%	65%
<b>TOTAL #</b>	79	78	76	58	107	119	96	101	85	72

<b>Depressed</b>	16%	20%	21%	10%	33%	24%	28%	30%	24%	28%
<b>Not Depressed</b>	84%	80%	79%	90%	67%	76%	72%	70%	76%	72%
<b>TOTAL #</b>	82	88	82	67	98	90	107	90	59	85

To generate similar graphs or find more information about this data, please visit your interactive portal: [Depression \(PHQ-2\)](#).

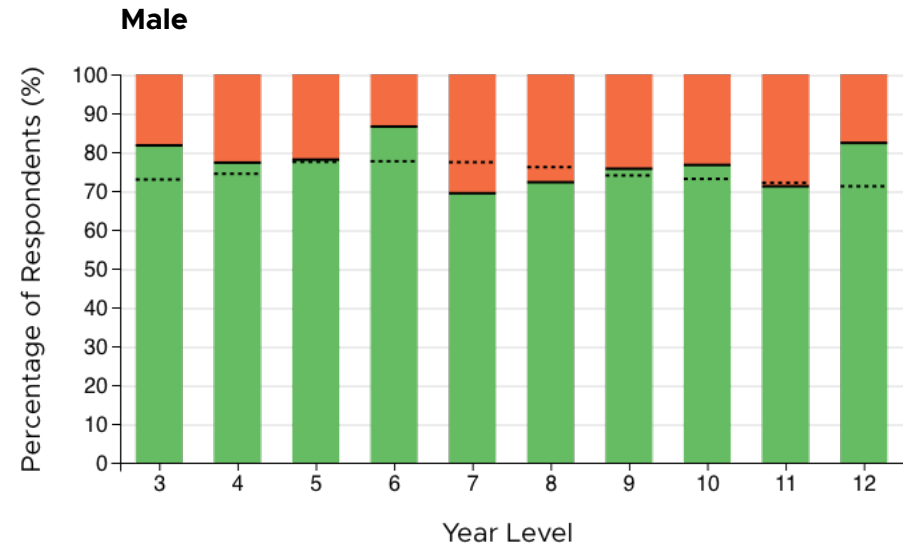
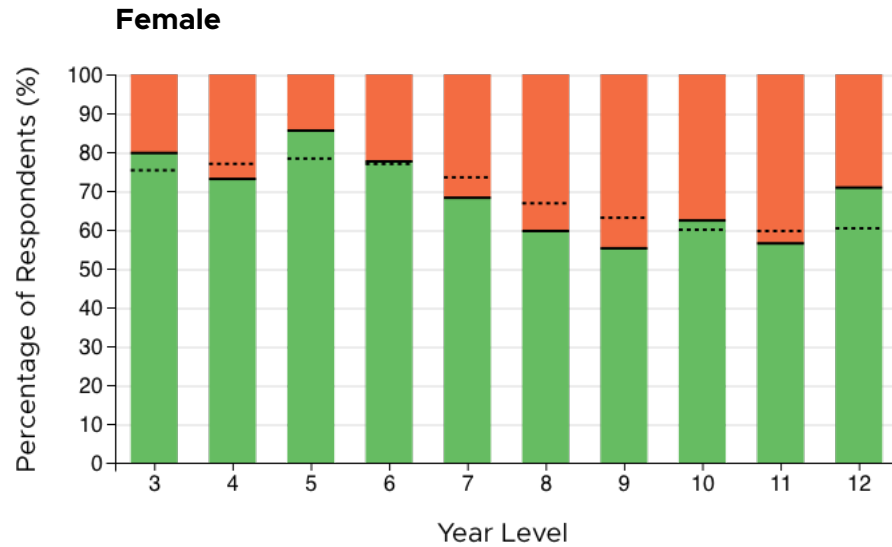
The survey items comprising this construct can be found in the Appendix.

# Disengaged Coping Strategies

Coping Strategies Inventory [disengagement subscale] (CSI-4)

This graph shows the reported percentage of your students who are disengaged from problem-solving.

**Categories** Engaged Disengaged  
 ..... **Norm Comparison**  
 Australian Schools (Dec 2021)



Disengaged	20%	27%	14%	22%	32%	40%	45%	38%	44%	29%
Engaged	80%	73%	86%	78%	68%	60%	55%	62%	56%	71%
TOTAL #	79	78	76	58	107	119	96	101	85	72

Disengaged	18%	23%	22%	13%	31%	28%	24%	23%	29%	18%
Engaged	82%	77%	78%	87%	69%	72%	76%	77%	71%	82%
TOTAL #	82	88	82	67	98	90	107	90	59	85

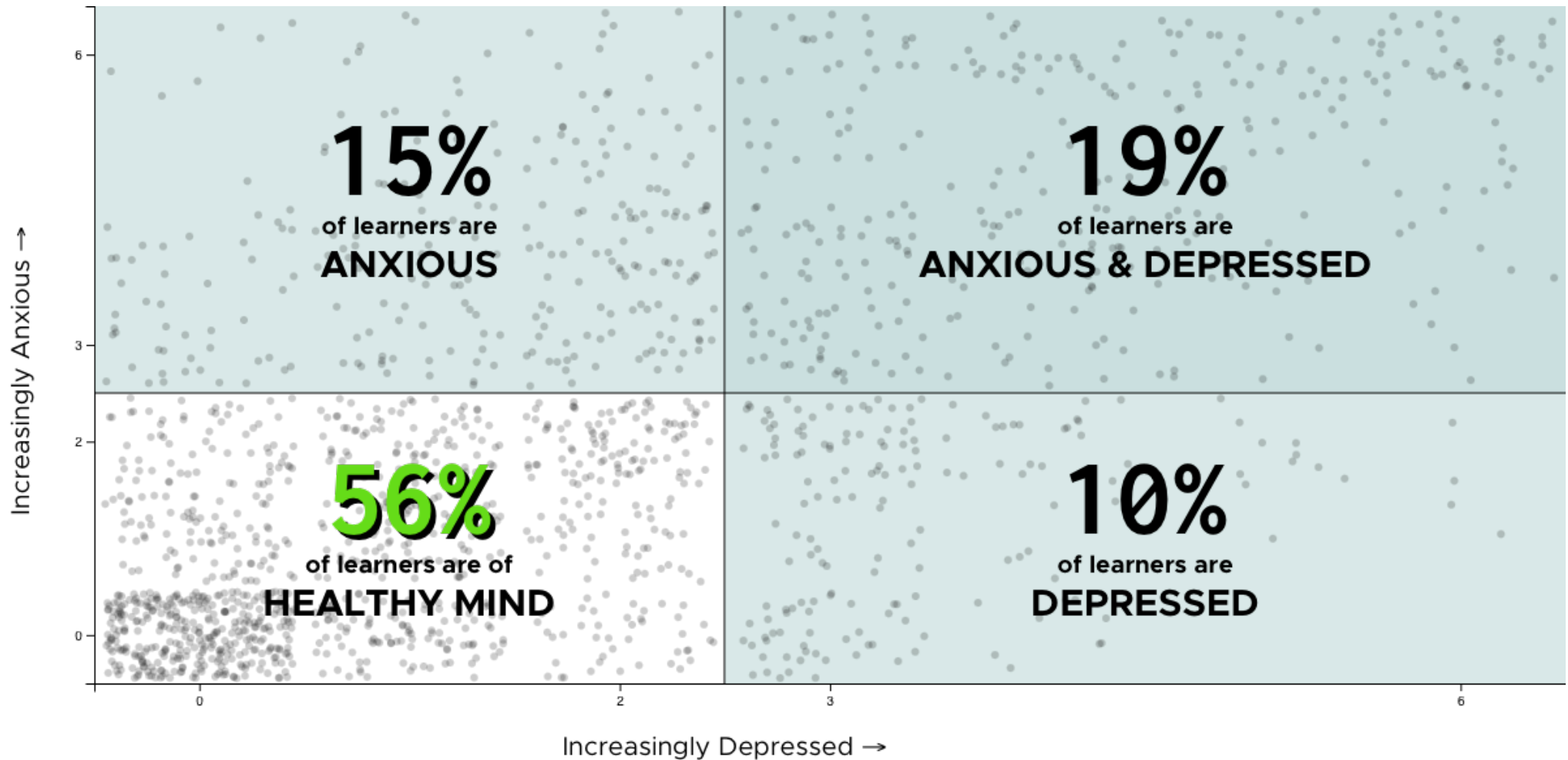
To generate similar graphs or find more information about this data, please visit your interactive portal: [Disengaged Coping Strategies \(CSI-4\)](#).  
 The survey items comprising this construct can be found in the Appendix.

# Anxiety and Depression

GAD-2 and PHQ-2

Year Levels 3-12 Genders Female, Male

This scatterplot represents each student with a single dot. The position of each dot indicates each student's reported symptoms of either anxiety, depression, or both anxiety and depression, or the absence of these symptoms, suggesting a healthy mind.



To generate similar graphs or find more information about this data, please visit your interactive portal: [Anxiety and Depression \(PHQ-4\)](#).

The survey items comprising this construct can be found in the Appendix.

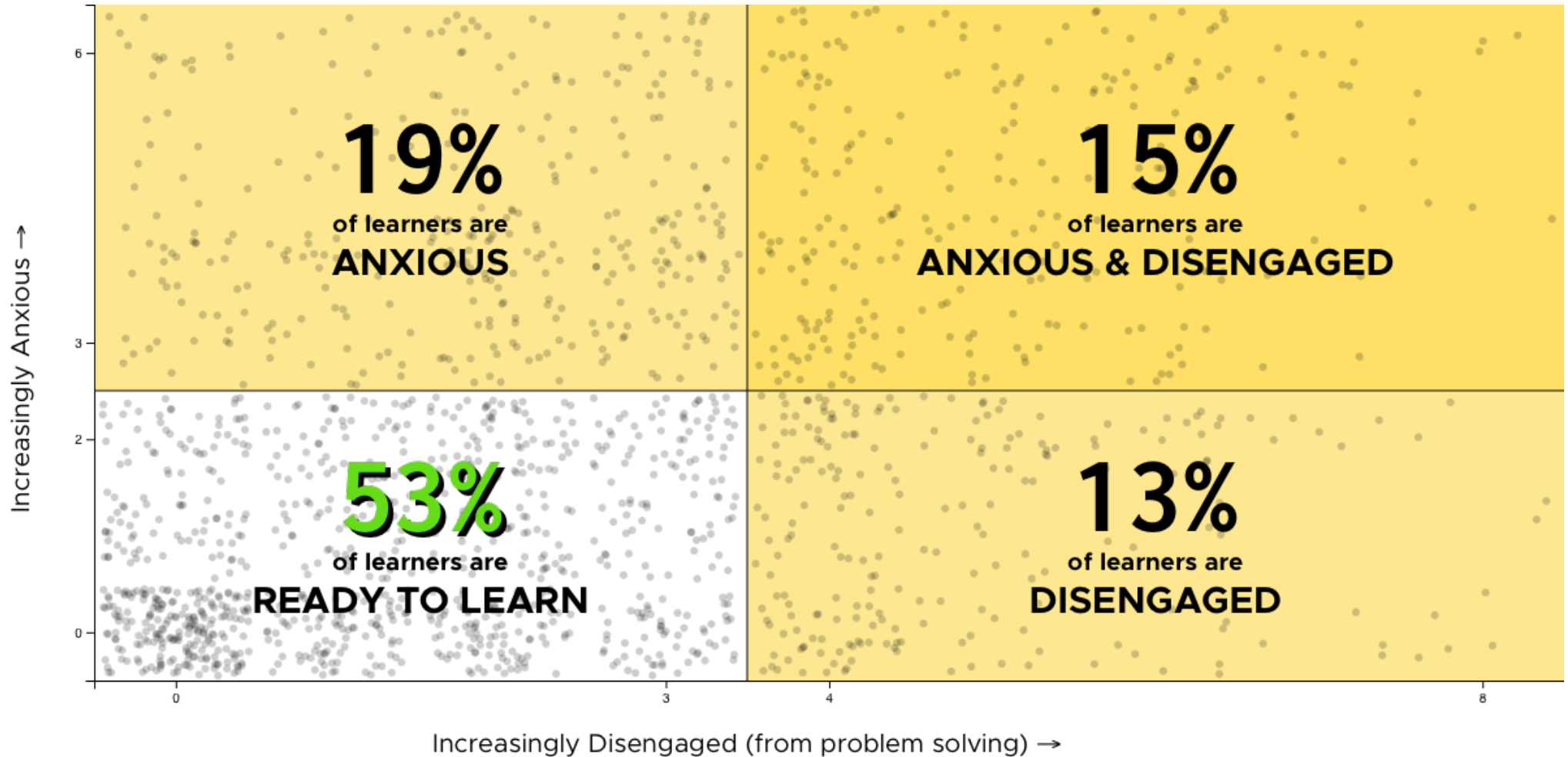


# The Positive Learners Mindset

Mindset: GAD-2 and CSI-4

Year Levels 3-12 Genders Female, Male

This scatterplot represents each student with a single dot. The position of each dot indicates each students reported symptoms of either anxiety, disengagement from problem-solving, or both anxiety and disengagement from problem-solving, or the absence these symptoms, suggesting a readiness to learn.



To generate similar graphs or find more information about this data, please visit your interactive portal: [The Positive Learners Mindset \(Mindset\)](#). The survey items comprising this construct can be found in the Appendix.

# Appendix: Mental Health Constructs

The Resilience Survey incorporates the following six scientifically validated, reliable and internationally accepted mental health instruments. This means you can rely on the results as an accurate measure of the mental health of your young people. This data also provides a sound basis for planning and implementing targeted initiatives.

## Cantril Self Anchoring Scale (Cantril Ladder)

Imagine a ladder with steps numbered 1 at the bottom to 8 at the top. The top represents the best possible life for you and the bottom represents the worst possible life for you. On which step of the ladder do you feel you stand at this time?

## Children's Hope Scale (CHS)

In most situations,

- I think I am doing pretty well.
- I can think of many ways to get things in life that are most important to me.
- I am doing just as well as other kids my age.
- When I have a problem, I can come up with lots of ways to solve it.
- I think the things I have done in the past will help me in the future.
- Even when others want to quit, I know that I can find ways to solve the problem.

## Generalized Anxiety Disorder (GAD-2)

Over the last 2 weeks, how often have you been bothered by the following problems?

- Feeling nervous, anxious, or on edge.
- Not being able to stop or control worrying.

## Patient Health Questionnaire (PHQ-2)

Over the last 2 weeks, how often have you been bothered by the following problems?

- Feeling down, depressed or hopeless.
- Little interest or pleasure in doing things.

## Coping Strategies Inventory [disengagement subscale] (CSI-4)

How often do you do the following when you have a problem?

- I avoid thinking or doing anything about the problem.
- I wish the problem would go away or somehow be over with.
- I criticise myself for what is happening.
- I spend more time alone.

## GAD-2 and PHQ-2

Over the last 2 weeks, how often have you been bothered by the following problems?

- Feeling nervous, anxious, or on edge.
- Not being able to stop or control worrying.
- Feeling down, depressed or hopeless.
- Little interest or pleasure in doing things.

## Mindset: GAD-2 and CSI-4

Anxiety (GAD-2) + Coping (CSI-4).