

# Mental health indicators: a new ScotPHO profile

Liz Richardson

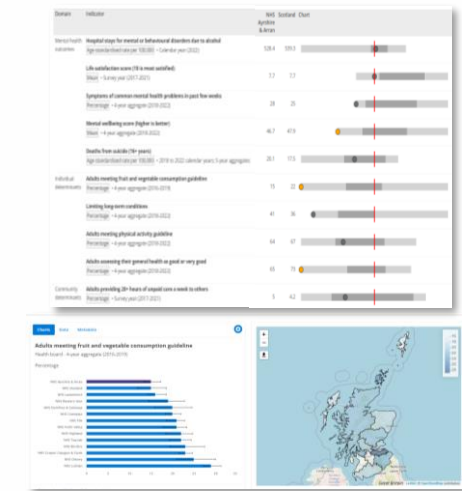
Public Health Information Network for Scotland (PHINS)

29 October 2024

# Development of the mental health indicator sets

Table 3.2a. Trends over time in mental health outcomes, annual change<sup>48</sup>

Construct	Indicator	Units for Relative change measure	Relative change (OR)	95% CI		Annual % change in OR	Time period	P-value	Odds ratio
				Lower	Upper				
Mental well-being	Happiness (P7 pupils)	OR	1.025	1.020	1.030	2	1998-2010	<0.01	
	Happiness (S2 pupils)	OR	1.030	1.020	1.040	3	1998-2010	<0.01	
	Happiness (S4 pupils)	OR	1.018	1.010	1.027	2	1998-2010	<0.01	
	Pro-social (4 to 12 years)	OR	1.030	1.000	1.060	3	2003-2011	<0.05	
	Pro-social (S2 pupils)	OR	1.043	1.028	1.060	4	2006-2010	<0.01	
Mental health problems	Pro-social (S4 pupils)	OR	1.022	1.007	1.037	3	2006-2010	<0.01	
	Common mental health problems (16 to 19 years)	OR	1.022	0.979	1.067	2	1998-2011	0.32	
	Emotional & behavioural problems (4 to 12 years)	OR	0.970	0.950	0.990	-3	2003-2011	0.01	
	Emotional & behavioural problems (S2 pupils)	OR	0.967	0.951	0.983	-3	2006-2010	<0.01	
	Emotional & behavioural problems (S4 pupils)	OR	1.020	1.010	1.040	2	2006-2010	0.01	
Mental health problems	Emotional symptoms (4 to 12 years)	OR	0.980	0.960	1.000	-2	2003-2011	0.1	
	Emotional symptoms (S2 pupils)	OR	1.000	0.980	1.020	0	2006-2010	0.92	
	Emotional symptoms (S4 pupils)	OR	0.960	1.040	1.080	6	2006-2010	<0.01	
	Conduct problems (4 to 12 years)	OR	0.980	0.960	1.000	-2	2003-2011	0.03	
	Conduct problems (S2 pupils)	OR	0.920	0.910	0.940	-8	2006-2010	<0.01	
	Conduct problems (S4 pupils)	OR	0.940	0.930	0.960	-6	2006-2010	<0.01	
	Hyperactivity/inattention (4 to 12 years)	OR	1.010	0.990	1.030	1	2003-2011	0.44	
	Hyperactivity/inattention (S2 pupils)	OR	0.960	0.950	0.980	-4	2006-2010	<0.01	
	Hyperactivity/inattention (S4 pupils)	OR	0.990	0.980	1.010	-1	2008-2010	0.28	
	Alcohol dependency (16 to 19 years)	OR	1.030	0.970	1.090	3	1998-2011	0.29	



Published as ScotPHO profiles (local and national):  
**Adults**



2003  
SG established NHS Health Scotland.

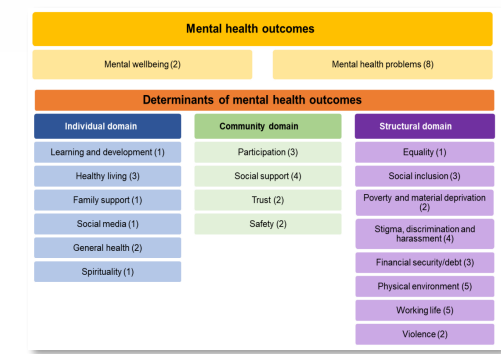
2007  
**Adults**  
Mental health indicator sets published

2009  
**Children**  
Mental health indicator sets published

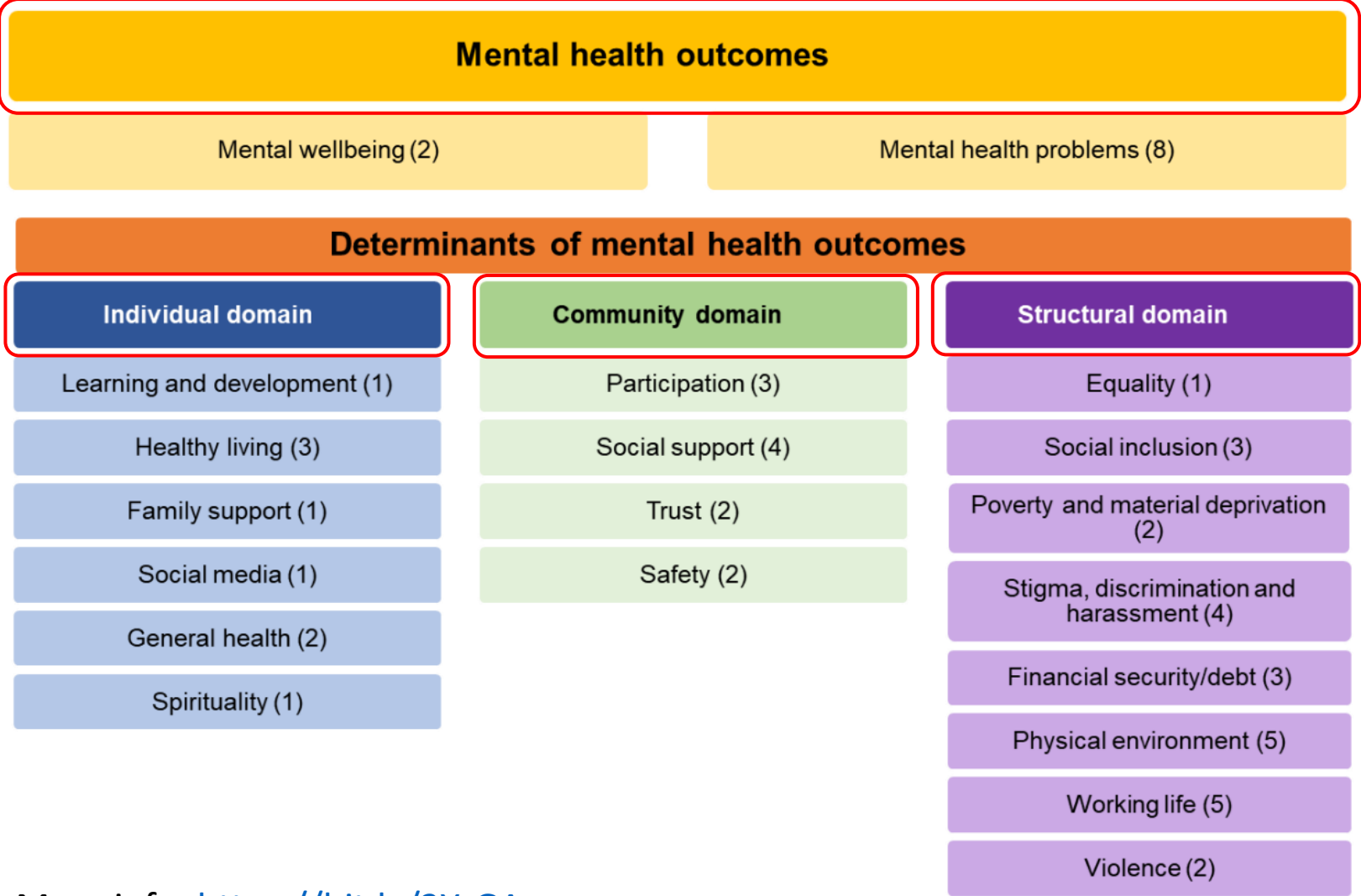
2022  
Review and refresh the indicator sets

Commissioned to develop mental health indicator set:

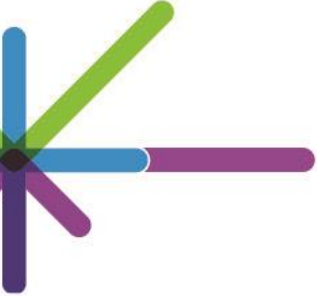
- Baseline assessment
- Monitoring change
- Informing prioritisation



# Adult mental health indicator set: overarching framework



More info: <https://bit.ly/3YcGAee>



# Welcome to the ScotPHO Profiles

Explore over 250 indicators of public health.

[About us](#)[About indicators/updates](#)

## Health and Wellbeing

View indicators relating to **Behaviours, Crime, Economy, Life expectancy and Mortality, ill health and injury.**

## Care and Wellbeing Portfolio

View indicators relating to **Population health, Inequalities and Wider determinants** (part of the Scottish Government's Care and Wellbeing Portfolio).

## Adult Mental Health

View indicators relating to **Mental health outcomes, and Individual, Community and Structural determinants** for adults. Forthcoming in 2025: indicators for children and young people.

## Tobacco Control

View indicators relating to **Adult prevalence, Smoking during and post pregnancy, Smoking attributable deaths and diseases and Smoking cessation and services.**

## Alcohol

View indicators relating to **Community safety, Environment, Health, Prevalence and Services.**

## Drugs

View indicators relating to **Community safety, Environment, Health, Prevalence and Services.**

## Children and Young People

View indicators relating to the **Active, Healthy, Achieving, Safe and Nurtured** domains.

## Population

View **population estimates** for different age groups.

## All Indicators

View **all indicators** in this tool from across every profile.

# Case study: Health board X

Domain	Indicator	Health board X	Scotland	Chart
Mental health outcomes	Life satisfaction score (10 is most satisfied) Mean • Survey year (2017-2021)	7.6	7.7	
	Hospital stays for mental or behavioural disorders due to alcohol Age-standardised rate per 100,000 • Calendar year (2022)	615.8	539.3	
	Symptoms of common mental health problems in past few weeks Percentage • 4-year aggregate (2018-2022)	27	25	
	Mental wellbeing score (higher is better) Mean • 4-year aggregate (2018-2022)	47.5	47.9	
Individual determinants	Deaths from suicide (16+ years) Age-standardised rate per 100,000 • 2018 to 2022 calendar years; 5-year aggregates	18.2	17.5	
	Adults meeting fruit and vegetable consumption guideline Percentage • 4-year aggregate (2016-2019)	16	22	
	Limiting long-term conditions Percentage • 4-year aggregate (2018-2022)	38	36	
	Adults meeting physical activity guideline Percentage • 4-year aggregate (2018-2022)	63	67	
	Adults assessing their general health as good or very good Percentage • 4-year aggregate (2018-2022)	72	73	
	Community determinants	Adults providing 20+ hours of unpaid care a week to others Percentage • Survey year (2017-2021)	5.6	4.2
Adults feeling lonely in past week Percentage • 2022 survey year		18.1	23	
Adults agreeing they can influence local decisions Percentage • 2022 survey year		17.6	17.8	
Adults feeling they belong to their local neighbourhood Percentage • 2022 survey year		86.2	82.5	
Adults trusting most people in their neighbourhood Percentage • 2022 survey year		82	82.3	
Adults volunteering in past year Percentage • 2022 survey year		16.9	21.6	
Adults experiencing discrimination in past year Percentage • 2022 survey year		8	7.2	
Adults experiencing harassment in past year Percentage • 2022 survey year		7.3	5	
Households managing well financially Percentage • 2022 survey year		43.6	50.3	
Adults rating neighbourhood as a very good place to live Percentage • 2022 survey year		48.2	57.4	
Structural determinants	Adults experiencing noisy neighbours in past year Percentage • 2022 survey year	9.9	10.4	
	Adults regularly using or passing through local open space Percentage • 2019 survey year	26.6	36	

## Latest snapshot (relative to Scotland)

### Negatives:

- ↑ mental and behavioural disorders due to alcohol
- ↑ unpaid caring
- ↓ fruit and veg consumption
- ↓ volunteering
- ↓ open space use

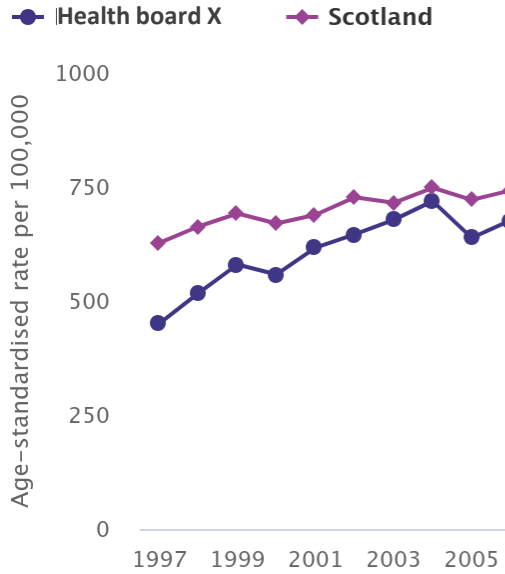
### Positives:

- ↑ neighbourhood belonging
- ↓ loneliness

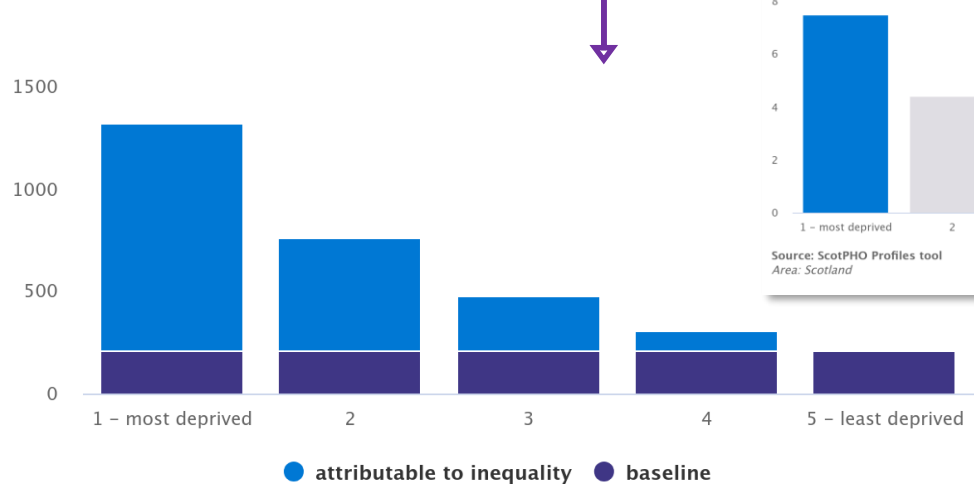


# Hospital stays for mental or behavioural disorders due to alcohol

1997 to 2022



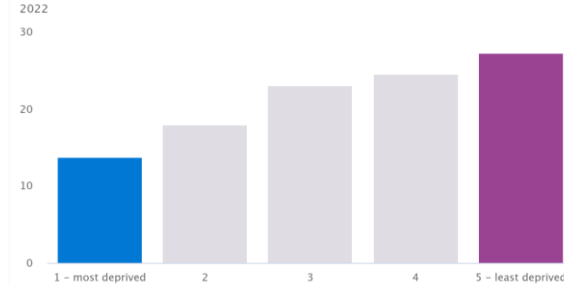
Attributable to inequality; 2021



Source: ScotPHO Profiles tool  
Area: Scotland

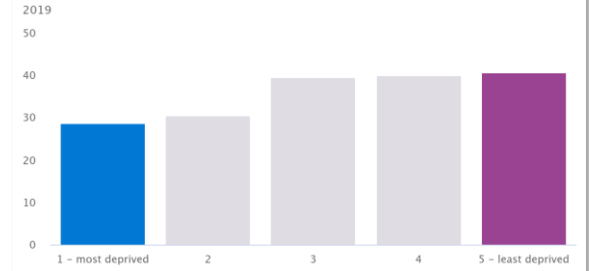
# Individual indicators

Adults volunteering in past year by SIMD quintile - snapshot



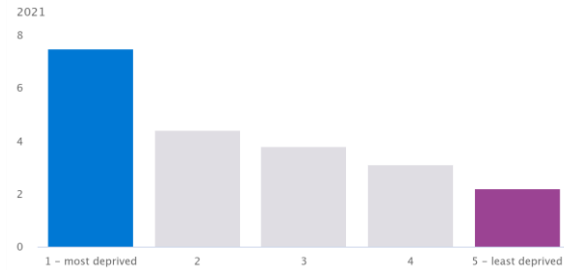
Source: ScotPHO Profiles tool  
Area: Scotland

Adults regularly using or passing through local open space by SIMD quintile - snapshot



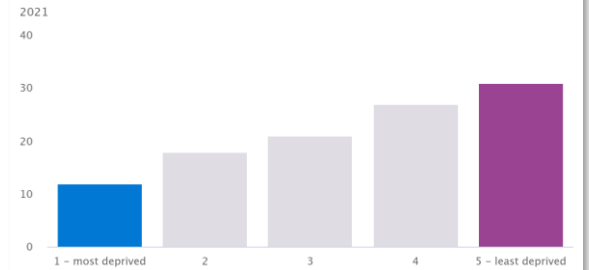
Source: ScotPHO Profiles tool  
Area: Scotland

Adults providing 20+ hours of unpaid care a week to others by SIMD quintile - snapshot



Source: ScotPHO Profiles tool  
Area: Scotland

Adults meeting fruit and vegetable consumption guideline by SIMD quintile - snapshot



Source: ScotPHO Profiles tool  
Area: Scotland



# And finally...

- Data limitations
- Use with other sources of data and knowledge
- Not everything that matters can be measured
- Children and young people's mental health indicators coming next year



