

# ADOLESCENTS FACING THE WORLD, FROM DISCOMFORT TO DISTRESS



**An Ipsos survey for *Notre avenir à tous***

November 2021

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**GAME CHANGERS**



# DATA SHEET



## SAMPLE

National representative sample of **1,000 young people aged 11 to 15**, based on the quota method



## FIELD DATE

From **15 to 22** October 2021.



## METHOD

Sample surveyed by Internet via the Ipsos Access Panel Online.

Quota method: gender, age, occupation of the reference person in the household, region, urban area

**Survey conducted for Our Common Future**



*This report has been prepared in accordance with the international standard ISO 20252 "Market, social and opinion research". It was reviewed by Amandine LAMA, Client Director (Public Affairs at Ipsos in France).*

# THE LEVEL OF ANXIETY AND DEPRESSION IN ADOLESCENTS AS MEASURED BY CLINICAL TESTS



## THE GAD-7 TEST: A SCREENING SCALE TO ASSESS THE PREVALENCE OF GENERALIZED ANXIETY DISORDER

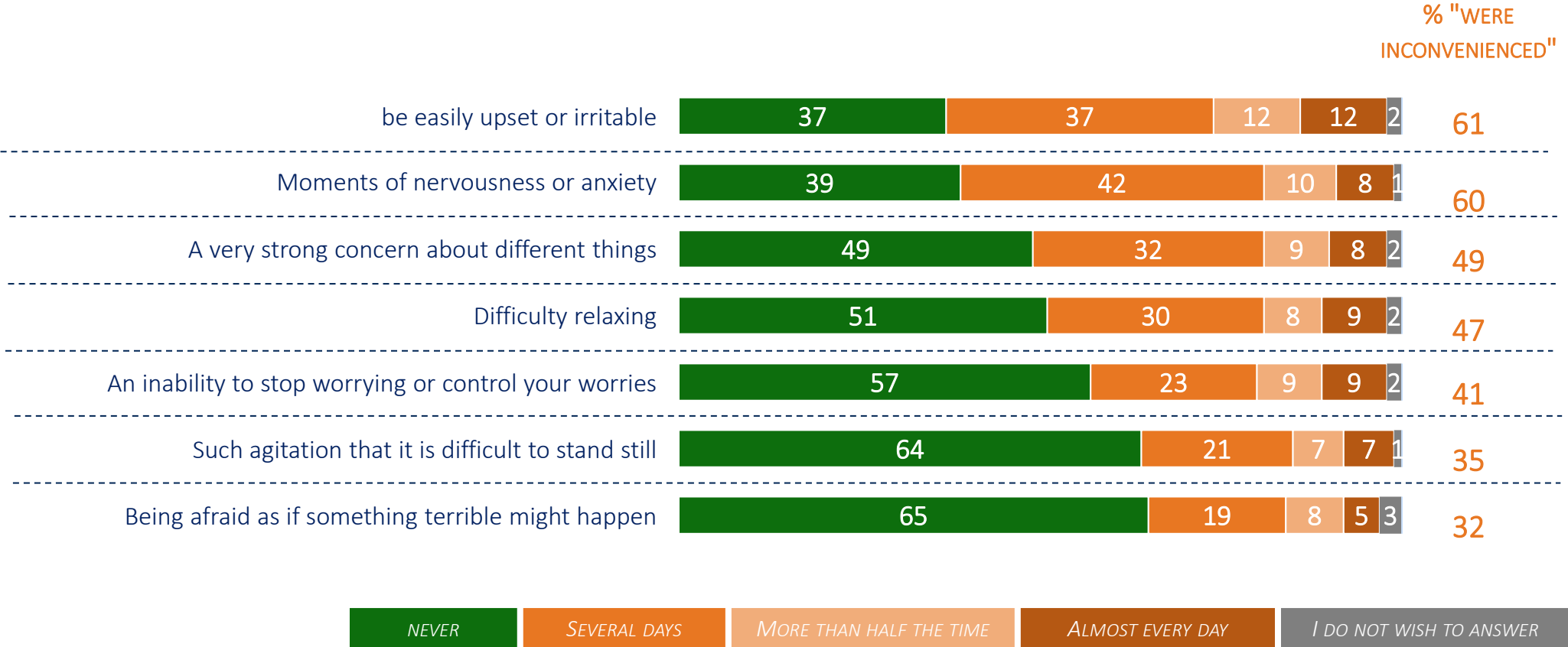
*The prevalence of generalized anxiety disorder is assessed using the Generalized Anxiety Disorder-7 (GAD-7) questionnaire.*

*It is a 7-item instrument used to measure or assess the severity of generalized anxiety disorder (GAD).*

*The GAD-7 score is calculated by assigning scores of 0, 1, 2, and 3 to the response categories of "not at all," "several days," "more than half of the days," and "almost every day," and then summing the scores for the seven questions. Scores of 5, 10 and 15 represent cut-off points for mild, moderate and severe anxiety, respectively. A total score strictly above 7 should raise the suspicion of a generalized anxiety disorder.*

# ADOLESCENTS' LEVEL OF ANXIETY (GAD-7): A MAJORITY OF ADOLESCENTS SAY THEY HAVE FELT NERVOUS OR ANXIOUS IN THE PAST 2 WEEKS. MANY SAY THEY FEEL WORRIED.

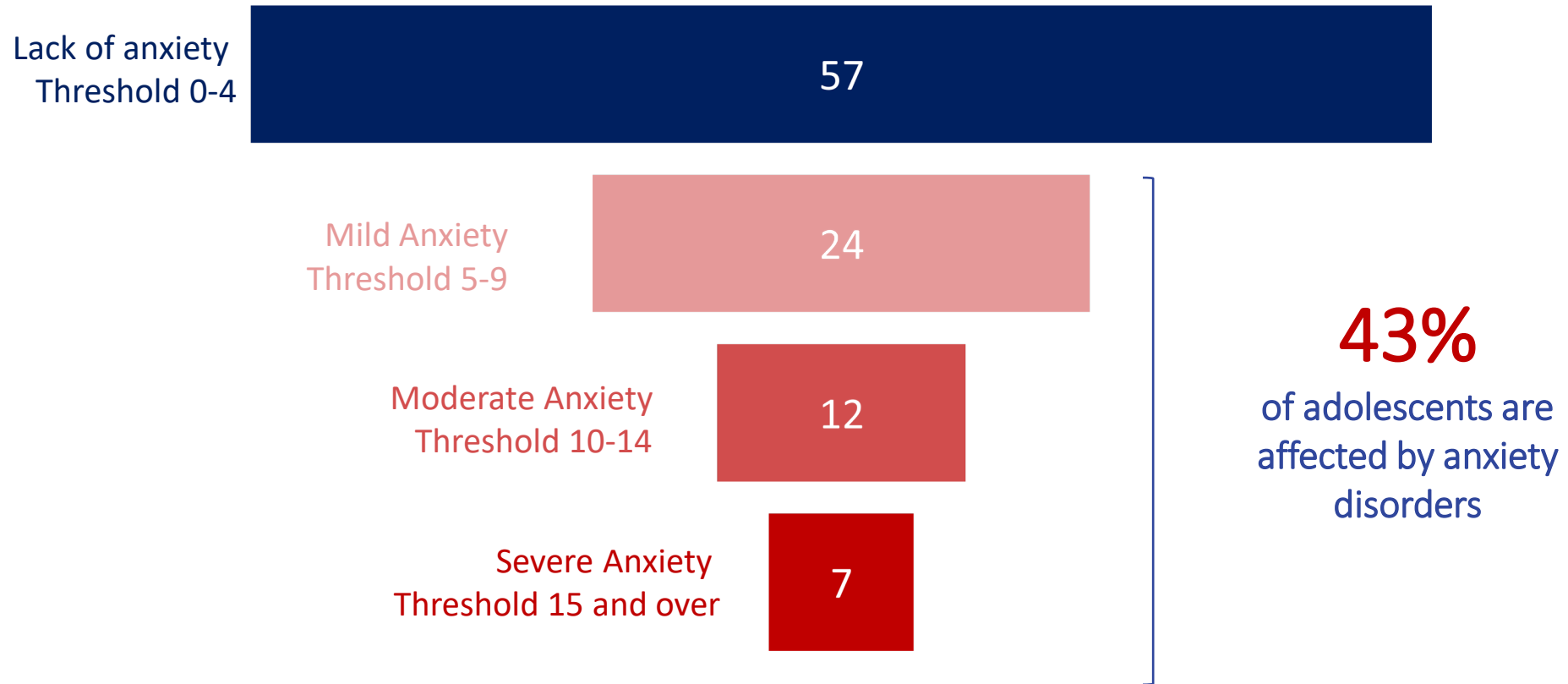
Question: "During the past two weeks, have you been bothered by the following problems?"



Base: Entire sample

# MORE THAN 4 OUT OF 10 ADOLESCENTS ARE AFFECTED BY ANXIETY DISORDERS, EITHER MILD OR SEVERE.

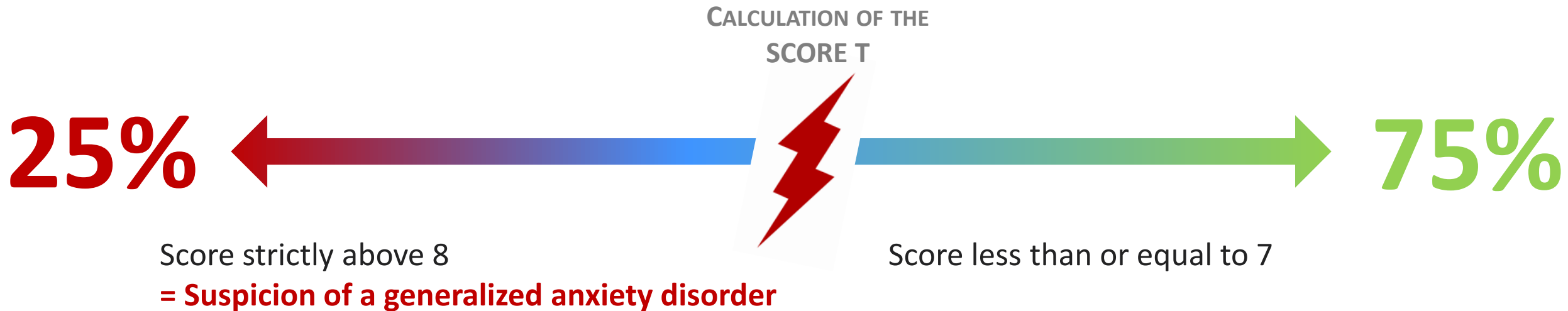
Question: "During the past two weeks, have you been bothered by the following problems?"



Base: Entire sample

# 1 IN 4 TEENAGERS HAS A GENERALIZED ANXIETY DISORDER.

Question: "During the past two weeks, have you been bothered by the following problems?"



Base: Entire sample

## GENERALIZED ANXIETY DISORDER: THE PHENOMENON VARIES LITTLE ACCORDING TO GENDER, AGE, PARENTS' SOCIO-PROFESSIONAL CATEGORY OR THE CATEGORY OF AGGLOMERATION.

AS A % OF	SET	DEPENDING ON GENDER...		ACCORDING TO THE AGE OF THE CHILD			ACCORDING TO THE PARENTS' CSP		ACCORDING TO ...	
		BOY	GIRL	11-12 YEARS OLD	13-14 YEARS OLD	15 YEARS OLD	PARENTS WITH A HIGH SOCIAL STATUS	PARENTS CSP -	RURAL	LARGE CITIES*.
Suspicion of generalized anxiety disorder	25	24	27	29	23	23	24	26	24	25
Being easily upset or irritable	61	54	68	64	60	57	60	62	66	59
Moments of nervousness or anxiety	60	55	64	62	60	53	60	59	63	59
A very strong concern about different things	49	45	54	53	50	40	49	49	54	50
Difficulty relaxing	47	42	52	51	45	45	47	47	51	47
An inability to stop worrying or control your worries	41	36	47	48	37	34	40	42	42	42
Such agitation that it is difficult to stand still	35	37	32	41	31	30	33	38	35	37
Being afraid as if something terrible might happen	32	31	34	38	30	26	32	33	34	32



Base: Entire sample

\* AGGLOMERATIONS OF 100,000 INHABITANTS AND MORE (EXCLUDING PARIS)



# NOTRE AVENIR À TOUS AND IPSOS HAVE TAKEN INSPIRATION FROM THE PHQ9 TEST DESIGNED TO ASSESS THE PRESENCE AND SEVERITY OF DEPRESSION TO CREATE A TEST ADAPTED TO THE YOUNGEST

*The PHQ-9 is the module assessing the presence and severity of depression within the Patient Health Questionnaire (PHQ), which is a screening test for certain mental disorders.*

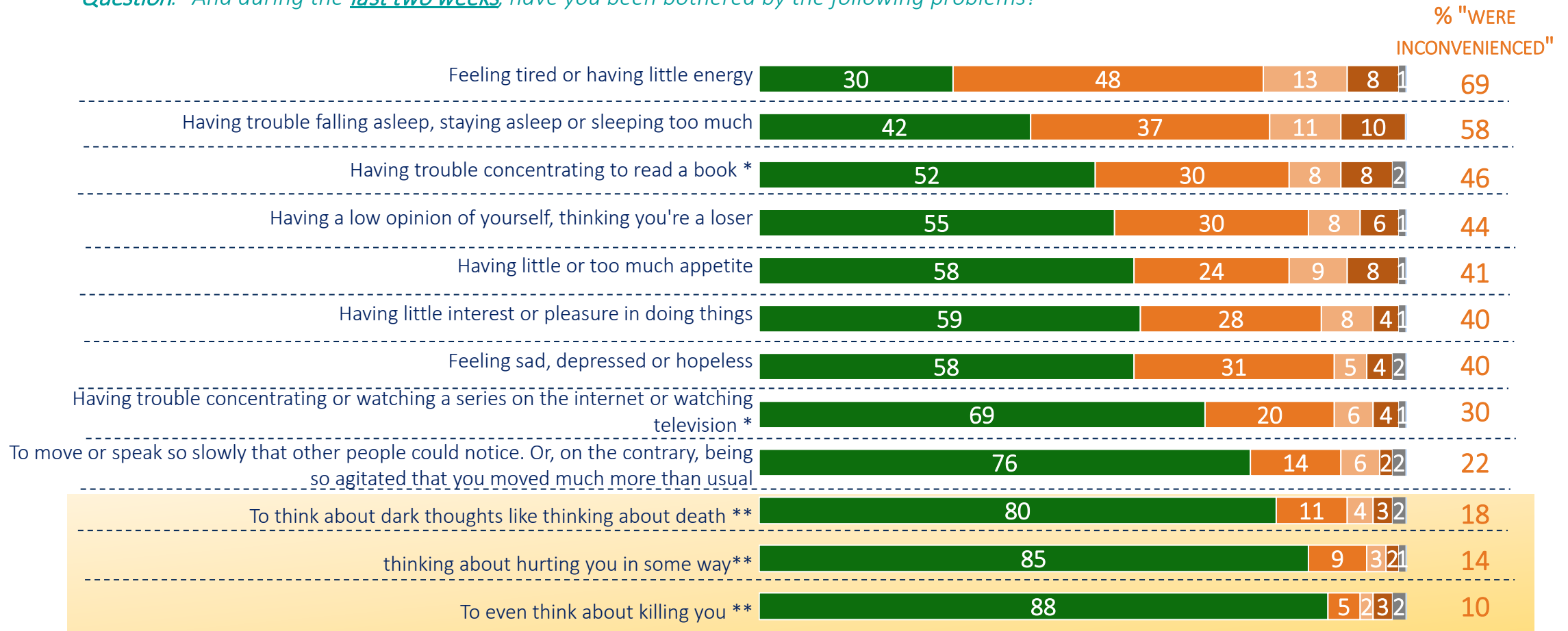
*It evaluates, in 9 questions, 9 diagnostic criteria of clinical depression, also called major or characteristic depression.*

*Each item is rated on a severity scale ranging from 0 to 3 where the respondent is asked to rate how often each symptom has occurred in the past two weeks (0-not at all; 1-some days; 2-more than half the days or 3-almost every day), producing a total score ranging from 0 to 27. The respondent is also asked to what extent the identified problems have interfered with work, home or social life, however, responses to this item are not scored or included in the total score.*

*For adolescents, we have chosen to detail some of the items (hence a list of 12 items instead of 9). To return to the 9 criteria, we considered the average of the answers for these items.*

# IN THE PAST TWO WEEKS, NEARLY 1 IN 5 YOUTHS SAY THEY HAVE HAD DARK THOUGHTS AND THOUGHTS OF DEATH, 1 IN 10 HAVE THOUGHT ABOUT KILLING THEMSELVES.

Question: "And during the last two weeks have you been bothered by the following problems?"



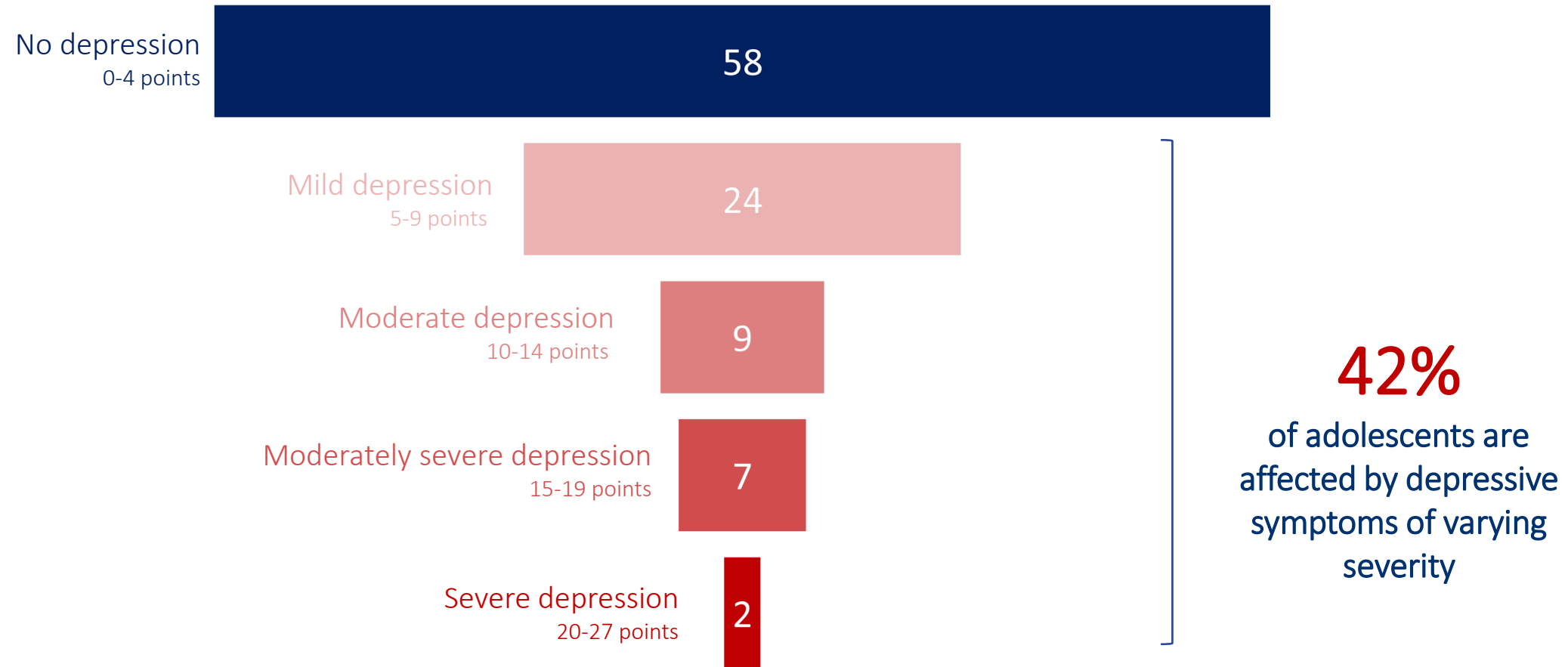
 Base: Entire sample

\* Items corresponding to "Difficulty concentrating on things such as reading the newspaper or watching television on the PHQ9 questionnaire

\*\* Items corresponding to "You thought you would be better off dead or thought about hurting yourself in some way"

# MORE THAN 4 OUT OF 10 TEENAGERS ARE AFFECTED BY DEPRESSIVE SYMPTOMS, AND NEARLY 1 OUT OF 10 SUFFER FROM SEVERE DEPRESSION.

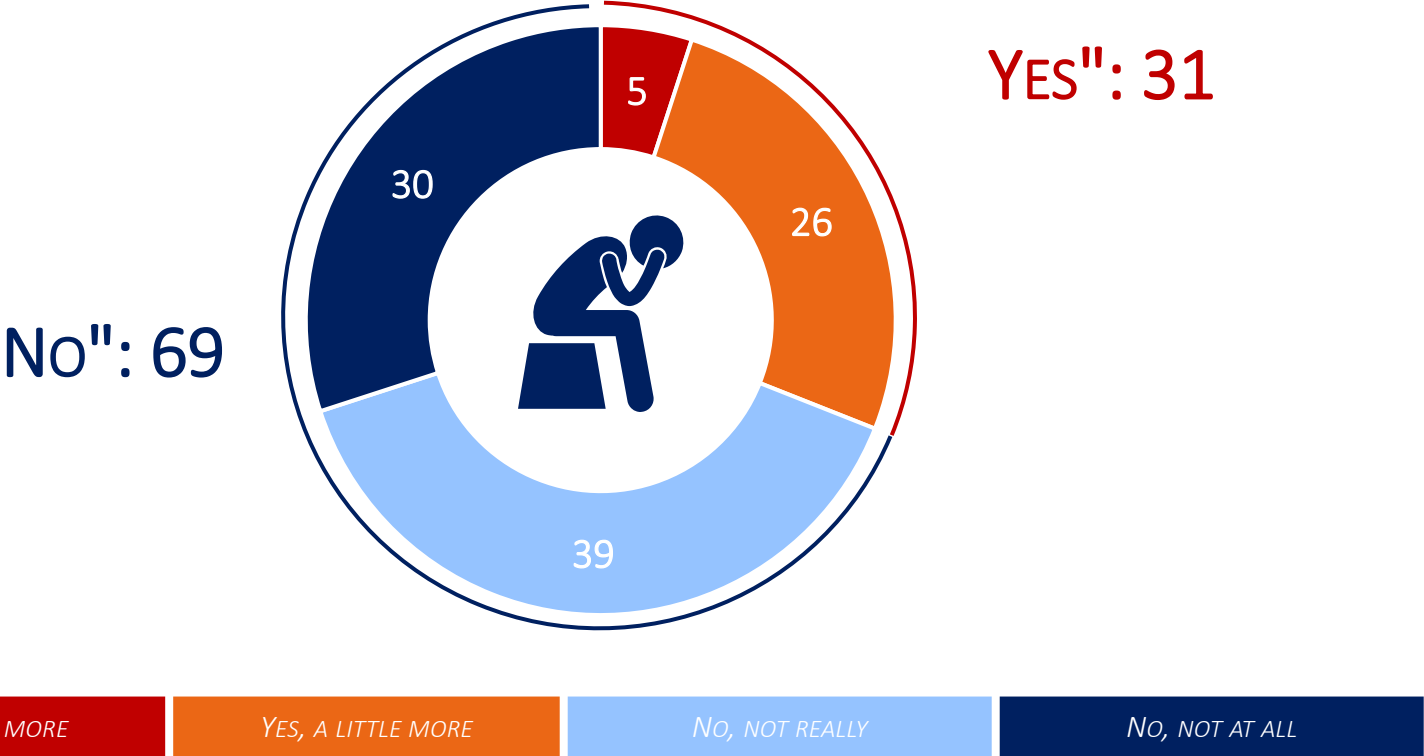
Question: "And during the last two weeks, have you been bothered by the following problems?"



Base: Entire sample

# LESS THAN 1 IN 3 ADOLESCENTS AFFECTED BY THESE PROBLEMS SAY THAT THEY HAVE CONSEQUENCES FOR THEIR SCHOOLING OR THEIR RELATIONSHIPS WITH OTHERS.

*Question: "Did this problem(s) make it more difficult for you to go to school or to relate to others?"*



Base: Those who have been bothered by at least one problem in the last two weeks (87% of the sample)

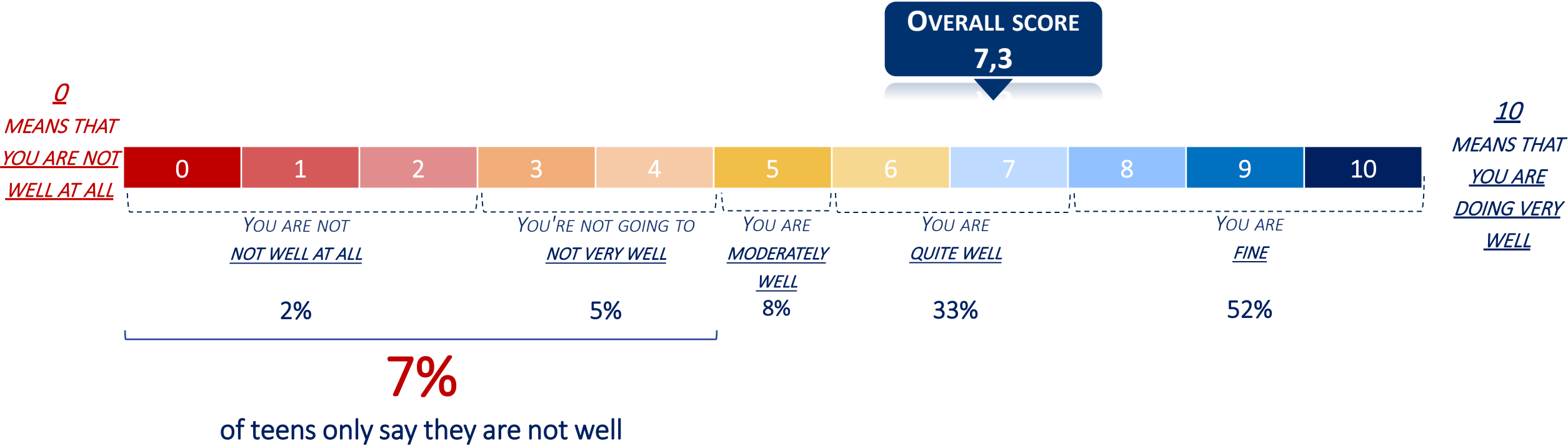
# AN UNDER-REPORTED LEVEL OF DISCOMFORT?

# 2

# HOWEVER, ADOLESCENTS REPORT A FAIRLY GOOD LEVEL OF WELL-BEING WITH AN AVERAGE SCORE OF 7.3/10: DO THEY UNDERESTIMATE THE IMPACT OF THE PROBLEMS THEY ENCOUNTER?

*Question: "If you were to rate your general state of well-being (in your body and in your mind), what overall score would you give?"  
0 means you are not well at all and 10 means you are very well*

## TEENAGERS AS A WHOLE

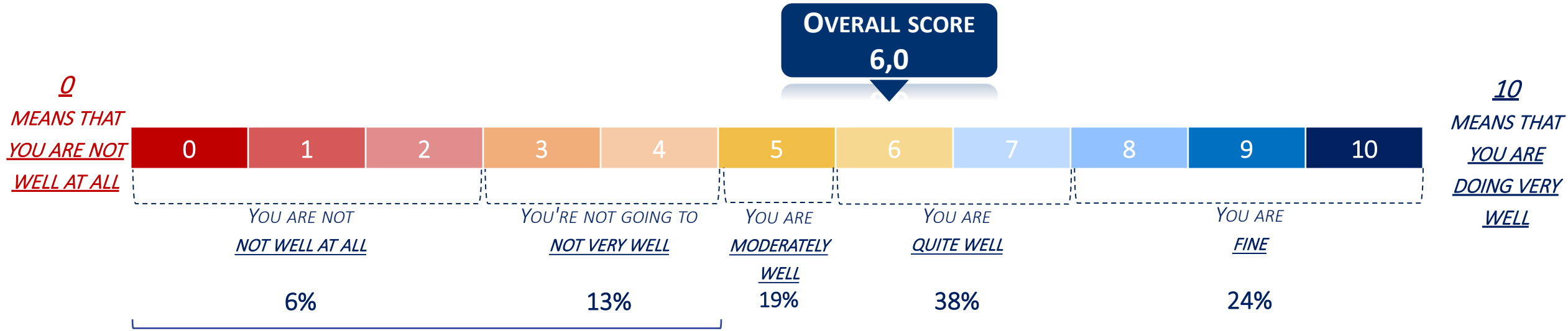


Base: Entire sample

THE POSSIBILITY OF AN UNDER-ASSESSMENT OF THEIR WELL-BEING IS ALL THE MORE STRONG A HYPOTHESIS SINCE ONLY 1 IN 5 YOUTH REQUIRING A PSYCHIATRIC EVALUATION FOR ANXIETY DISORDERS (GAD-7) GAVE THEMSELVES A WELL-BEING SCORE EQUAL TO OR LESS THAN 4/10.

*Question: "If you were to rate your general state of well-being (in your body and in your mind), what overall score would you give?"  
0 means you are not well at all and 10 means you are very well*

**ADOLESCENTS WITH ANXIETY LEVELS REQUIRING PSYCHIATRIC EVALUATION**



Only **19%** of adolescents requiring clinical psychiatric evaluation based on their GAD-7 anxiety test responses report that they are not well



Base: Adolescents requiring clinical psychiatric assessment based on their GAD-7 responses (25% of sample)

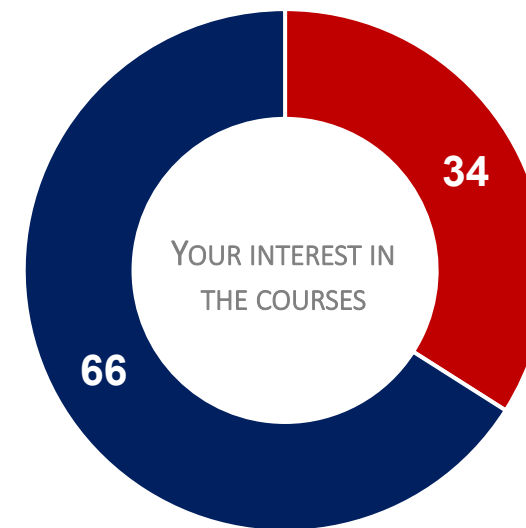
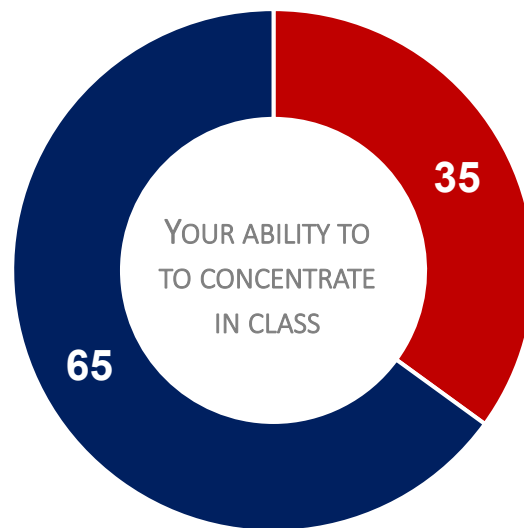
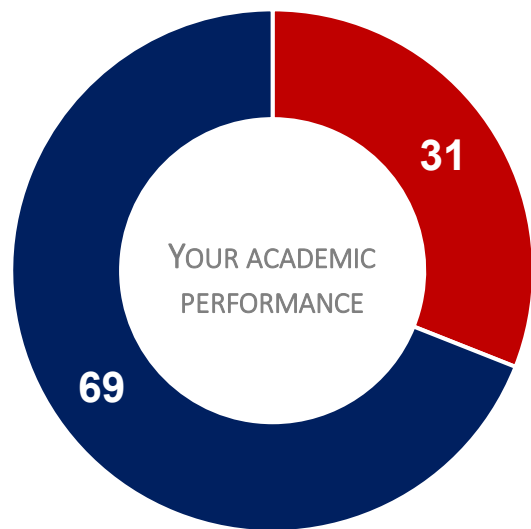
# THE SCHOOL: CAUSES AND CONSEQUENCES OF UNHAPPINESS

# 3



# ABOUT 1 IN 3 TEENS REPORT THAT THEIR CURRENT STATE OF MIND IS AFFECTING THEIR ABILITY TO CONCENTRATE, THEIR INTEREST IN SCHOOL AND THEIR GRADES.

*Question: "And do you think the way you feel right now is negatively affecting ...?"*

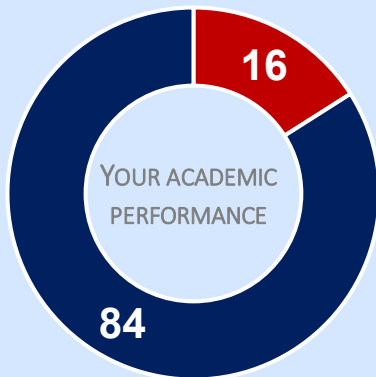


Base: Entire sample

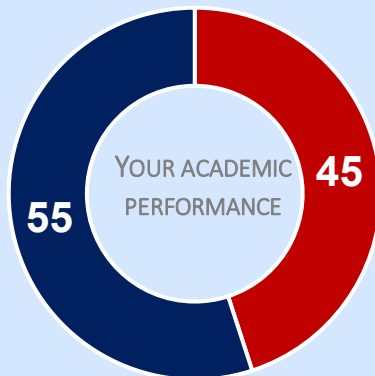
IN FACT, MANY STUDENTS WITH EVEN MILD ANXIETY AND DEPRESSION ADMIT THAT THE WAY THEY FEEL IMPACTS THEIR ACADEMIC PERFORMANCE.

*Question: "And do you think the way you feel right now is negatively affecting ...?"*

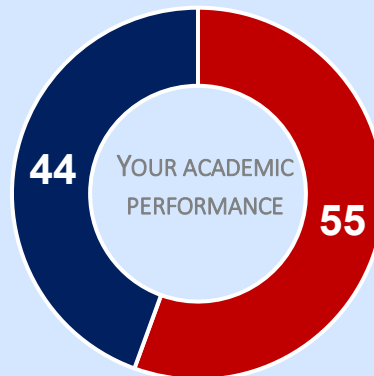
LACK OF ANXIETY



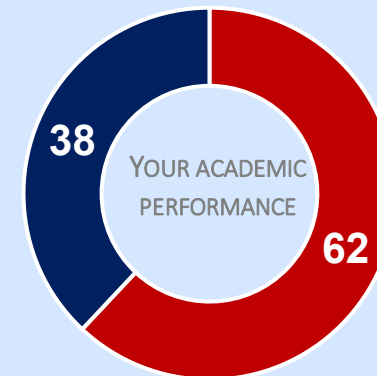
MILD ANXIETY



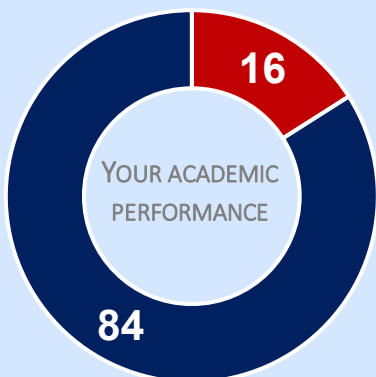
MODERATE ANXIETY



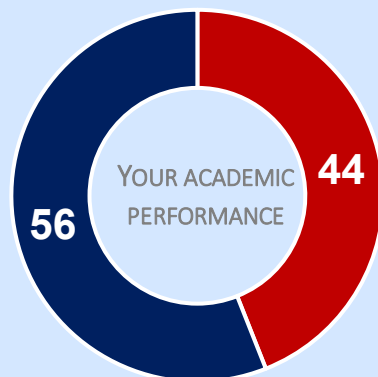
SEVERE ANXIETY



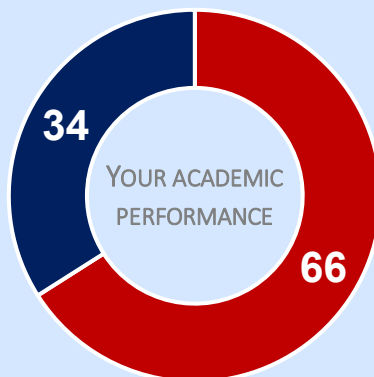
ABSENCE OF DEPRESSION



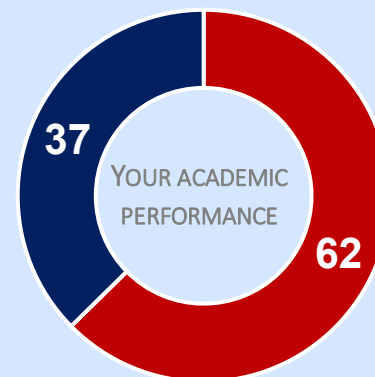
MILD DEPRESSION



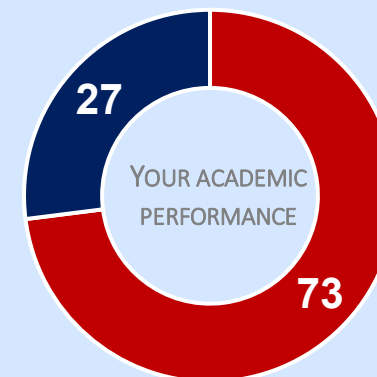
MODERATE DEPRESSION



MODERATELY SEVERE DEPRESSION

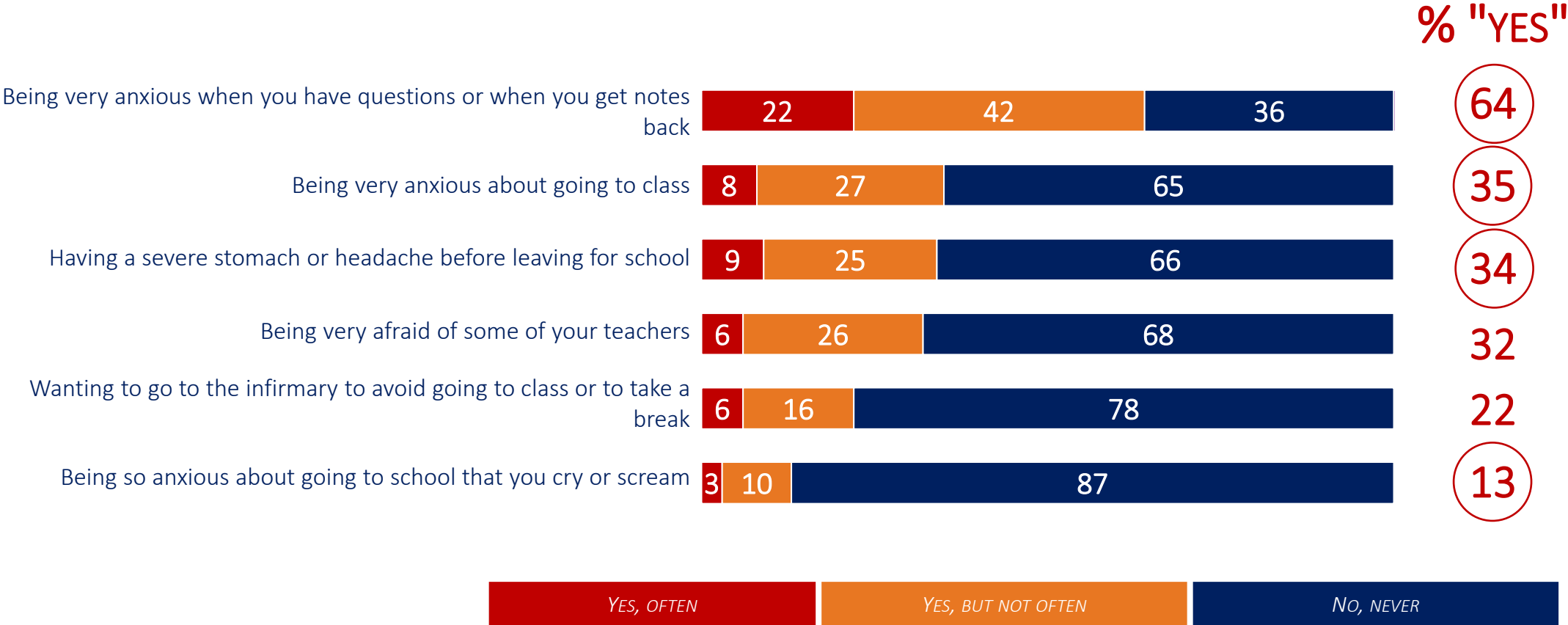


SEVERE DEPRESSION



# EVEN BEFORE GOING TO SCHOOL, MANY CHILDREN REPORT EXPERIENCING MOMENTS OF ANXIETY AND FEAR.

*Question: "Do you ever feel the following problems before going to class?"*



# THE PRESENCE OF EVEN A SLIGHT LEVEL OF ANXIETY OR DEPRESSION MAKES IT COMMON TO FEEL ANXIOUS ABOUT THE TEST AND THE GRADES

*Question: "Do you ever feel the following problems before going to class?"*

LACK OF ANXIETY



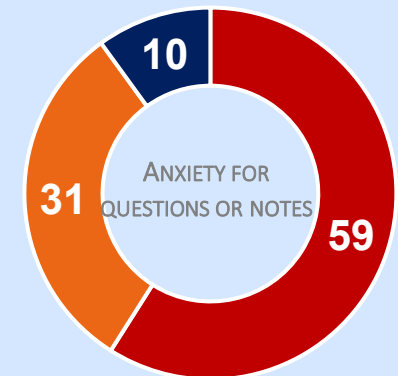
MILD ANXIETY



MODERATE ANXIETY



SEVERE ANXIETY



ABSENCE OF DEPRESSION



MILD DEPRESSION



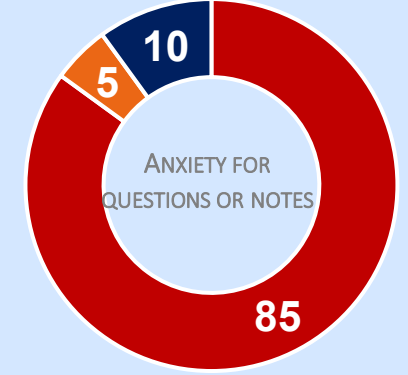
MODERATE DEPRESSION



MODERATELY SEVERE DEPRESSION

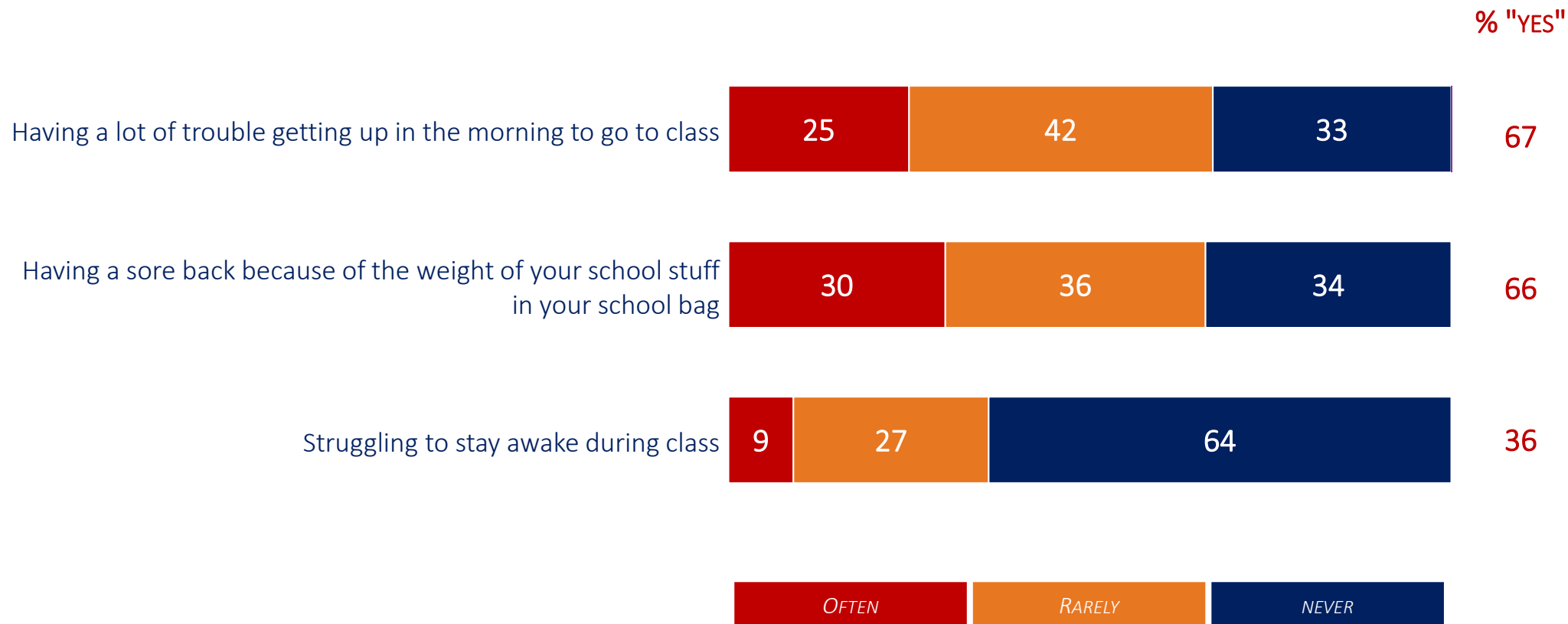


SEVERE DEPRESSION



# 1 IN 4 TEENAGERS ADMIT THAT THEY OFTEN HAVE A LOT OF TROUBLE GETTING UP IN THE MORNING TO GO TO SCHOOL AND ALMOST A THIRD HAVE BACK PAIN BECAUSE OF THE WEIGHT OF THEIR SCHOOL BAG.

*Question: "Are you experiencing the following problems?"*



Base: Entire sample

# WHO WILL TALK ABOUT IT?

# 4

# ADOLESCENTS REPORT HAVING GOOD RELATIONSHIPS WITH THOSE AROUND THEM, WHETHER IT BE THEIR TEACHERS, PEERS OR PARENTS. THIS IS ALSO TRUE FOR THOSE WHO ARE ANXIOUS



Adolescents with anxiety requiring clinical assessment

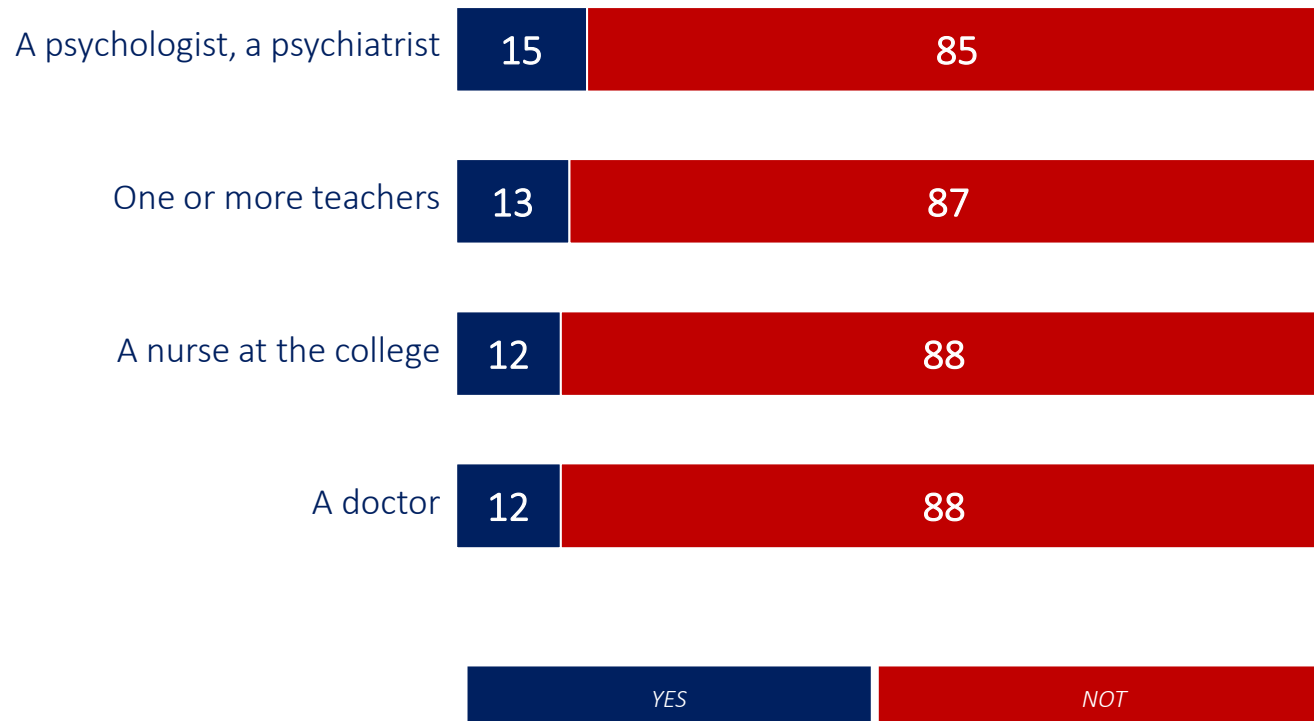
Question: "Right now, are your relationships good or bad...?"



Base: Entire sample

# ADOLESCENTS WHO REPORT PSYCHOLOGICAL PROBLEMS SAY LITTLE ABOUT THEM: LESS THAN 1 IN 3 HAVE TALKED TO A TEACHER OR HEALTH PROFESSIONAL ABOUT THEIR PROBLEMS.

*Question: "And since you've been experiencing these problems, have you gone to the following people to talk about them?"*



**71%** have not told anyone

**29%** saw at least one person

Of which 25% saw a health professional  
Of which 19% saw at least one person at the college (teacher or nurse)



Base: To those who have experienced at least one problem mentioned in the PH9 questionnaire (87% of the sample)

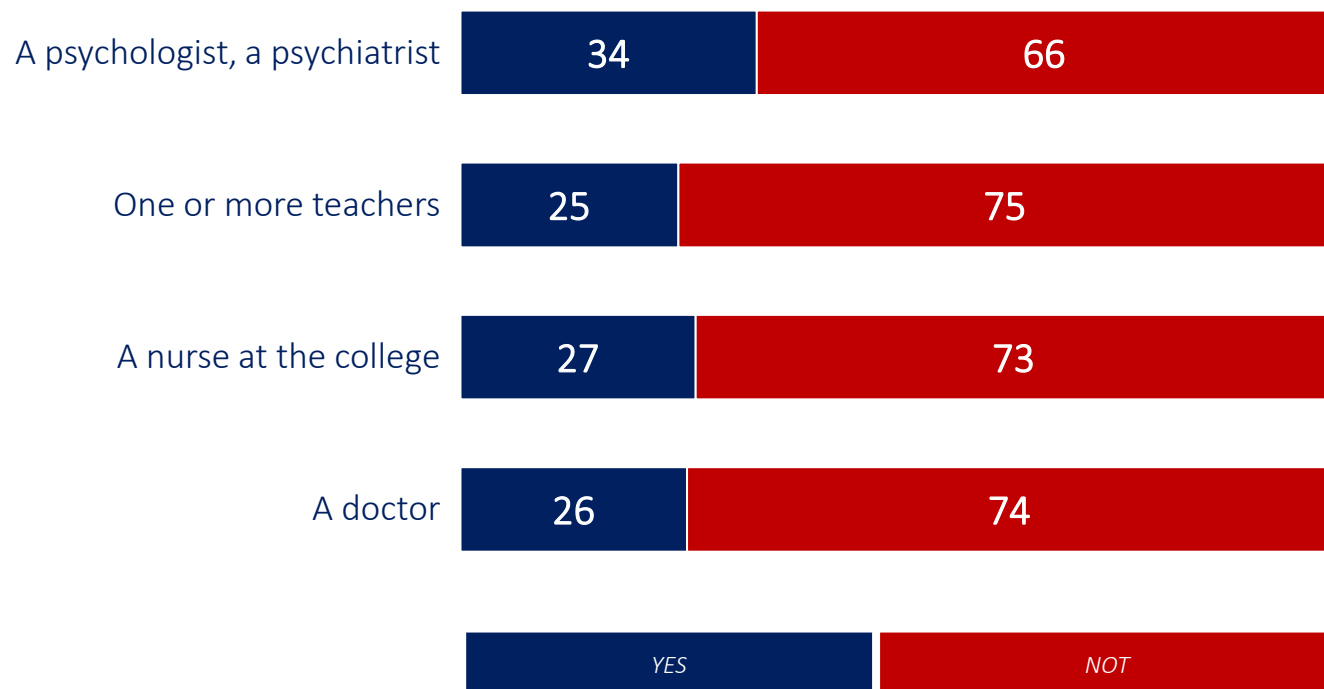


# MORE THAN 4 OUT OF 10 TEENS WITH ANXIETY LEVELS REQUIRING PSYCHIATRIC ASSESSMENT HAVE NOT TALKED TO A HEALTH CARE PROFESSIONAL OR DOCTOR ABOUT THEIR PROBLEMS.

*Question: "And since you've been experiencing these problems, have you gone to the following people to talk about them?"*



## Adolescents with anxiety requiring clinical assessment



**44% did** not tell anyone

**56%** saw at least one person

Of which 51% saw a health professional  
38% of whom have seen at least one person at the college (teacher or nurse)



Base: Those whose anxiety level required a clinical assessment (24% of the sample)

# PROBLEMS THAT LAST OVER TIME AND BECOME "CHRONIC" FOR SOME ADOLESCENTS: NEARLY 1 IN 4 YOUNG PEOPLE ADMIT THAT THEIR DIFFICULTIES HAVE LASTED FOR A YEAR OR MORE.

*Question: "How long have you been experiencing these problems that make things not go well at school or with others? You can answer in weeks, months or years."*



**Average: 12.1 months**

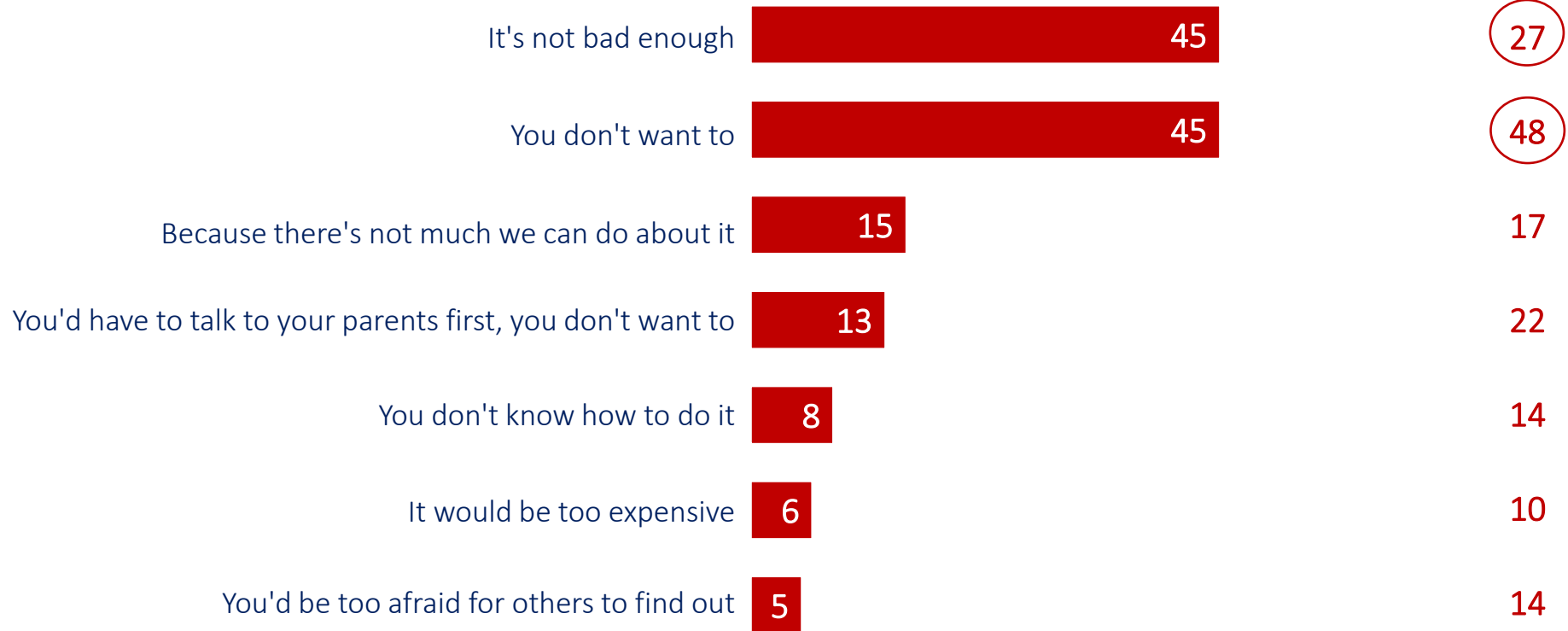


Base: Those who have experienced at least one problem in the past 2 weeks (87% of the sample)

THE MAIN REASON WHY ADOLESCENTS DO NOT TALK ABOUT THEIR PROBLEMS IS THAT THEY DO NOT FEEL THEY ARE SERIOUS ENOUGH OR DO NOT WANT TO, ESPECIALLY THOSE WHOSE ANXIETY REQUIRES A CLINICAL ASSESSMENT.

*Question: "Why haven't you talked to a psychologist or doctor about your problems? You can give several reasons if you want.*

Adolescents with anxiety requiring clinical assessment



Total greater than 100, multiple responses possible



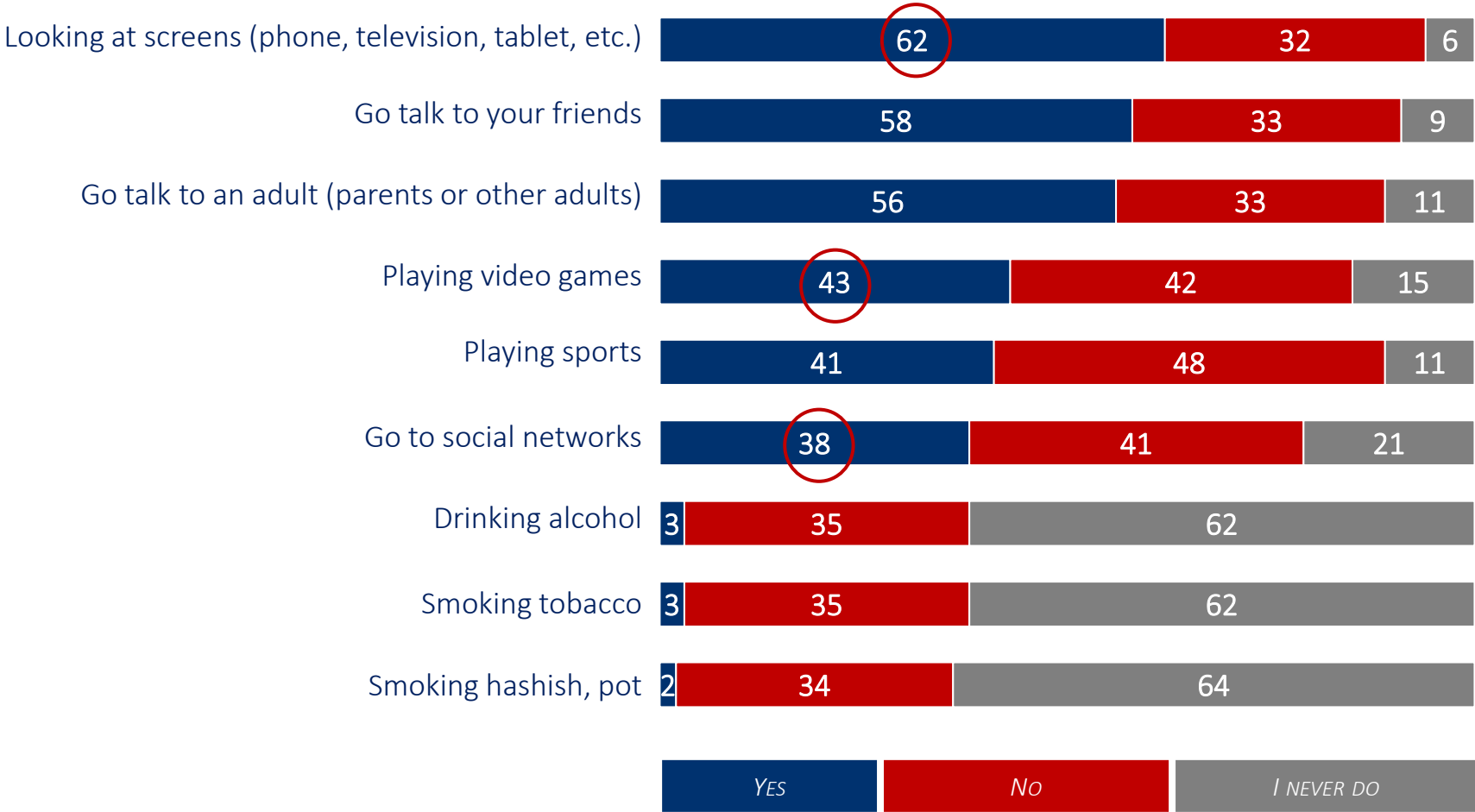
Base: Those who are experiencing problems and have not talked to a doctor or psychologist (82% of the sample)

# THE ISSUE OF SCREENS

# 5

WHEN THEY ARE NOT DOING WELL, IT IS PRIMARILY ON THEIR SCREENS THAT TEENAGERS TAKE REFUGE. NEARLY 6 OUT OF 10 TELL THEIR PARENTS AND FRIENDS ABOUT IT, BUT IT COULD BE THROUGH THE SCREENS.

Question, "When you feel bad in your head, do you do the following things more than usual?"



**70%** USE SCREENS MORE WHEN THEY FEEL BAD ABOUT THEMSELVES



Base: Entire sample

THE DURATION OF SCREEN USE IS VERY IMPORTANT: THE CUMULATIVE AVERAGE USE OF A SMARTPHONE, COMPUTER, TABLET OR GAME CONSOLE AND FINALLY THE TIME SPENT IN FRONT OF THE TELEVISION COULD LEAD ONE TO BELIEVE THAT THEY SPEND 6 HOURS 42 MINUTES A DAY ON SCREENS, AN AVERAGE THAT IS PROBABLY OVERESTIMATED.

Question: "In the last 24 hours, how much time did you spend doing the following things?"

**Using a smartphone**



2h54 on average



3h42 for youth whose anxiety level requires a clinical assessment

**Playing on a computer, a tablet, a game console**



1h48 on average



2 hours 24 minutes for youth whose anxiety level requires a clinical assessment

**Watching television**



2 hours on average



2h36 for youth whose anxiety level requires a clinical assessment

**AVERAGE**



6h42 on average



8h42 for youth with anxiety levels requiring clinical assessment



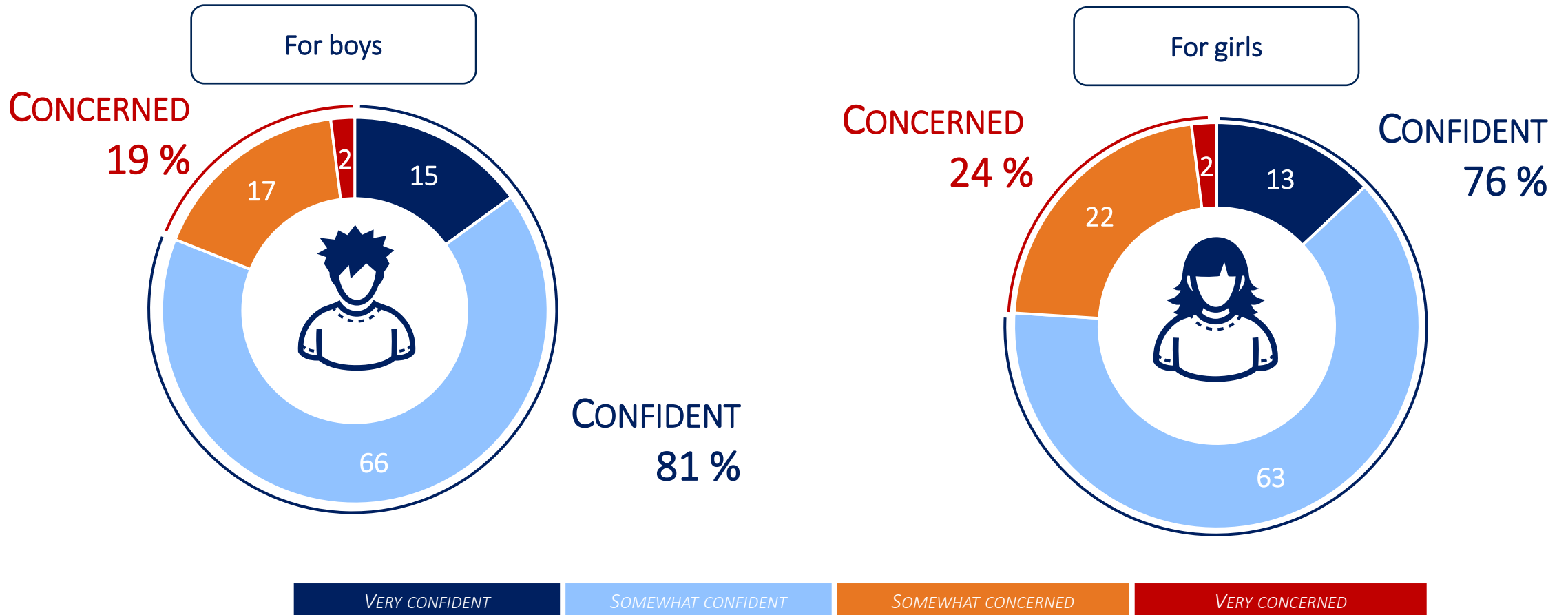
Base: Entire sample

# HOW DO OUR TEENAGERS LOOK AT THE WORLD?

# 6

HOWEVER, THE VAST MAJORITY OF TEENAGERS, BOTH BOYS AND GIRLS, SAY THEY ARE CONFIDENT ABOUT THEIR FUTURE.

Question: "When you think about your future, you are..."

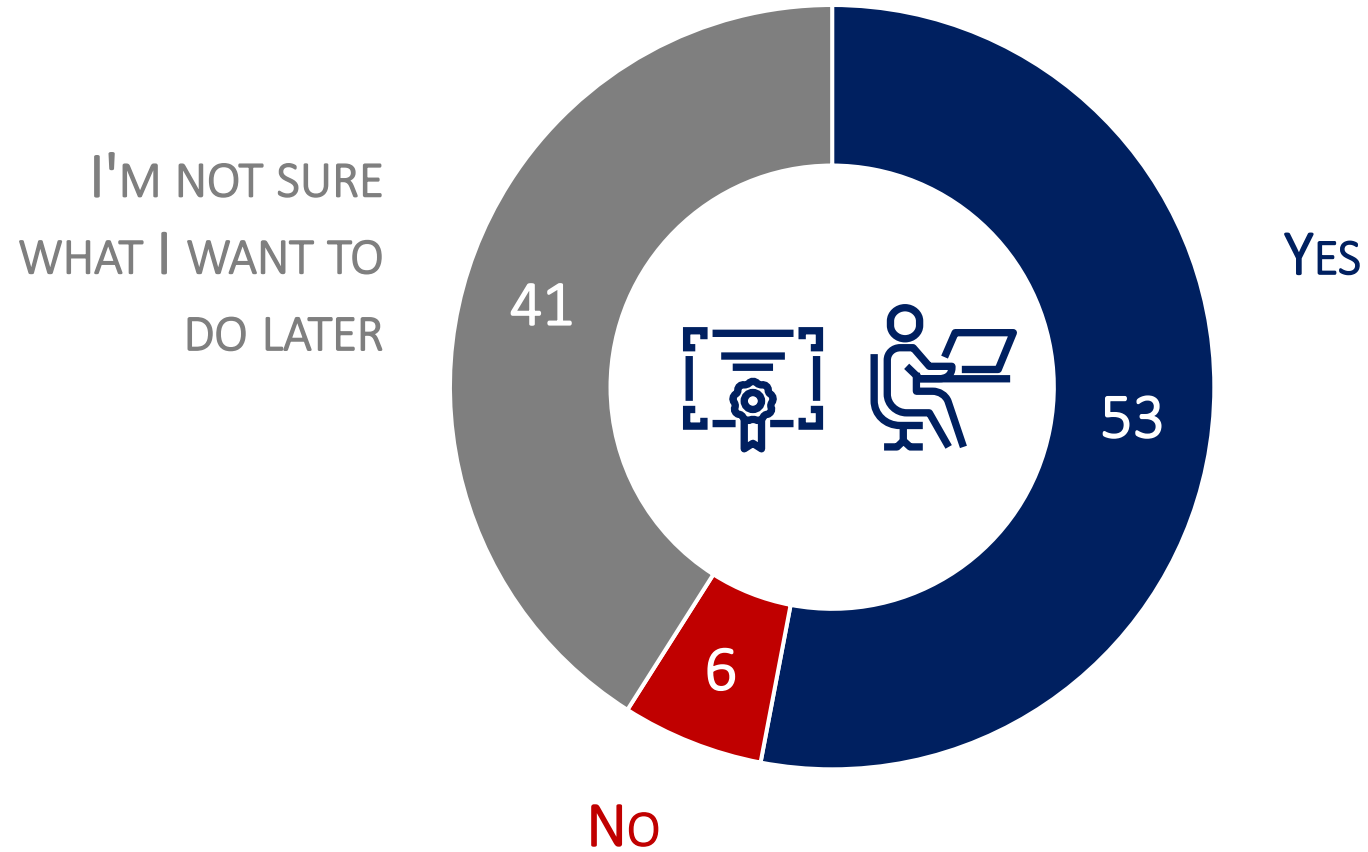


Base: Entire sample



FOR THOSE WHO KNOW WHAT THEY WANT TO DO, THEIR FUTURE STUDIES AND OCCUPATION ARE A SOURCE OF OPTIMISM. BUT MANY STILL DON'T KNOW WHAT THEY WANT TO DO.

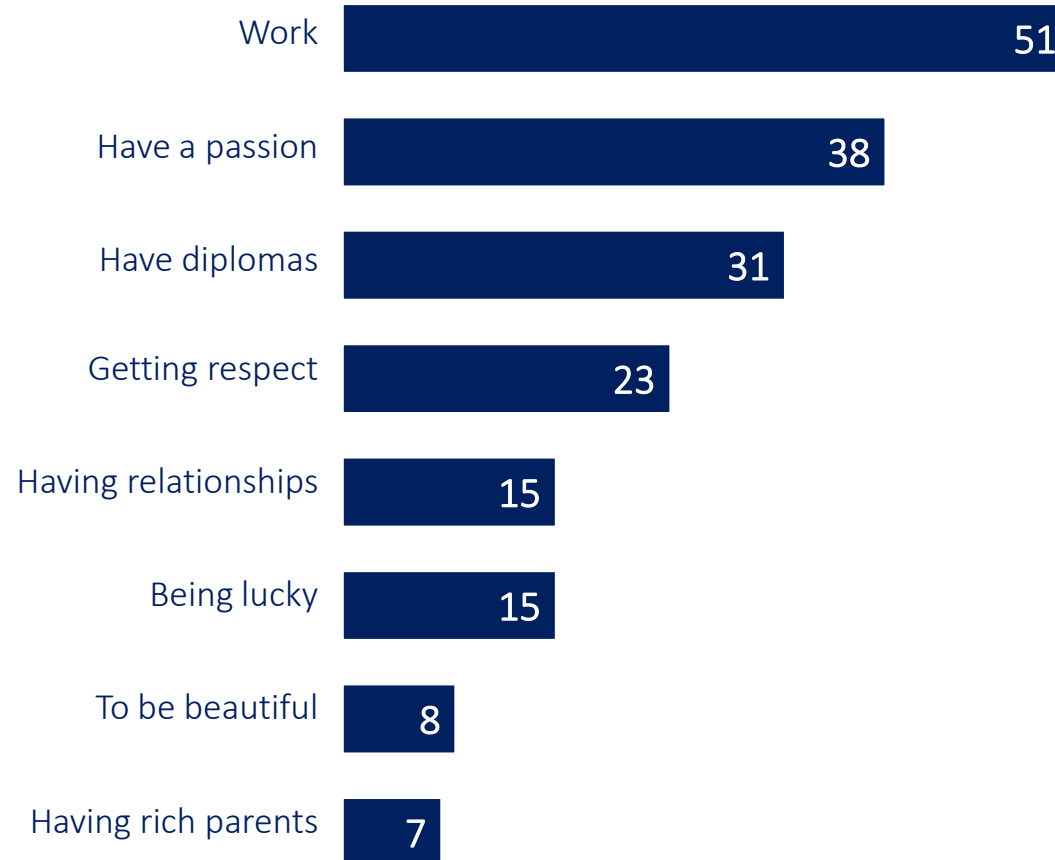
*Question: "Do you think you will be able to do the studies and the job you want to do later?"*



Base: Entire sample

# FOR TEENAGERS, TO BE SUCCESSFUL YOU MUST FIRST WORK, HAVE A PASSION AND DIPLOMAS.

*Question: "For you, what is the most important thing to succeed in life? You can give 2 answers if you want"*



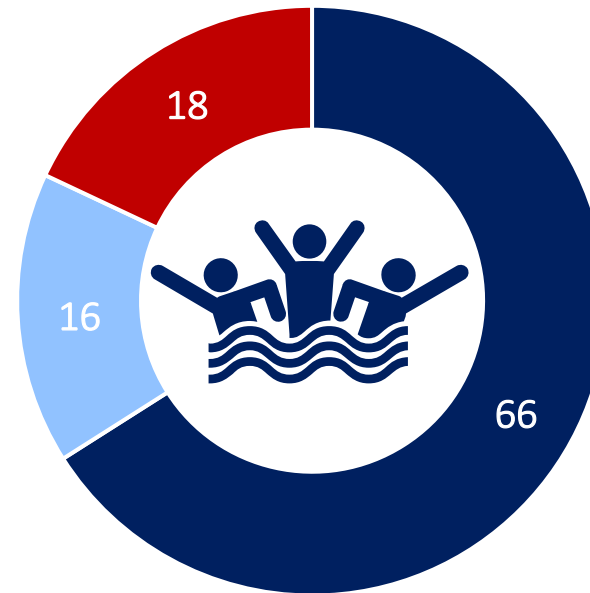
Total greater than 100, two responses possible



Base: Entire sample

AND 2 OUT OF 3 YOUNG PEOPLE SAY THEY HAVE A PASSION THAT THEY PRACTICE. ONLY 1 IN 5 TEENAGERS SAY THEY HAVE NONE.

*Question: "Do you have an activity, a passion or a hobby that you would like to practice or that you already practice (sport, theatre, drawing, sculpture, games, writing, science, computer, etc.)?"*



YES, AND I'M ALREADY DOING IT

YES, BUT I DON'T PRACTICE IT

NO, I DON'T HAVE ANY



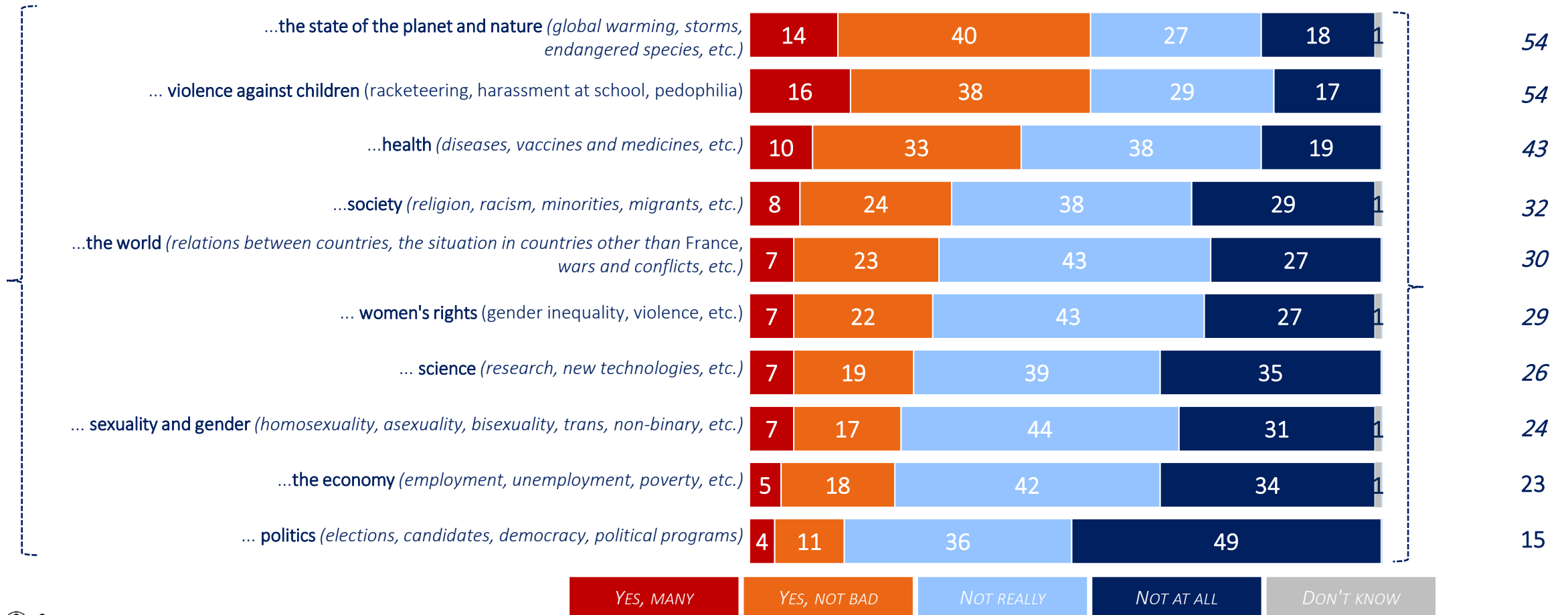
Base: Entire sample

# MANY TEENAGERS ADMIT TO BEING STRESSED BY CURRENT EVENTS, MORE SPECIFICALLY THOSE CONCERNING THE ENVIRONMENT, VIOLENCE AGAINST CHILDREN AND HEALTH.

Question: "Generally, do the following news topics stress you out when you hear about them?"

SUBJECTS CONCERNING...

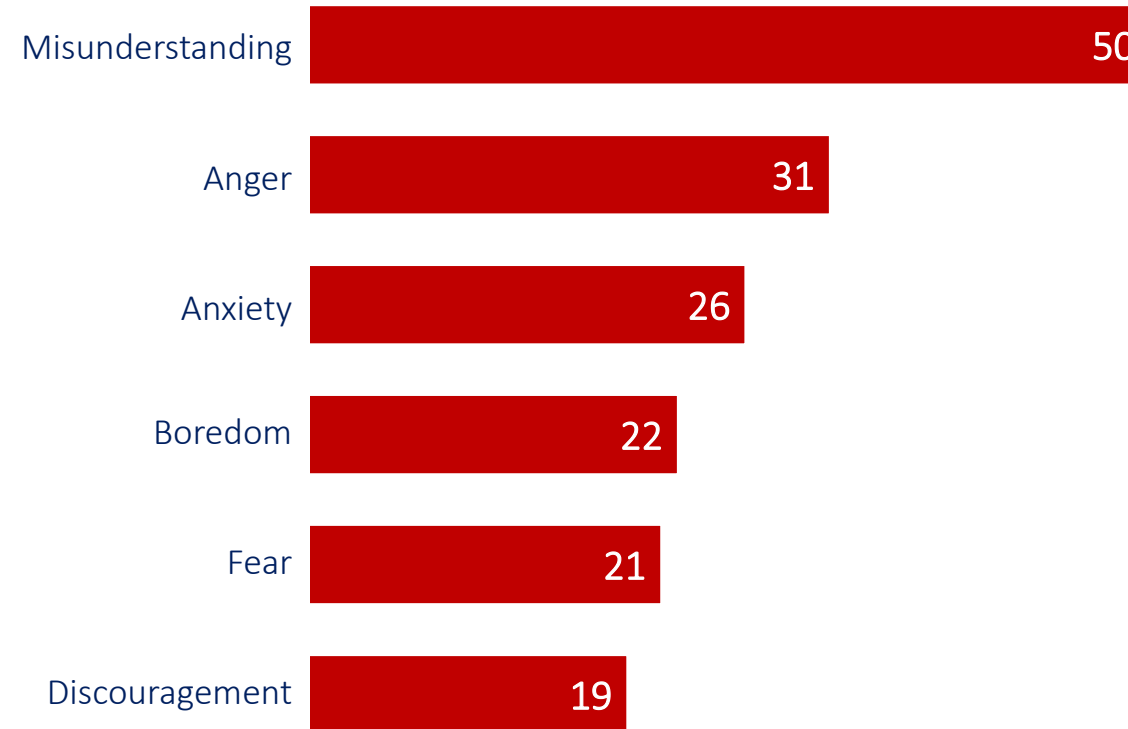
ST "YES %"



Base: Entire sample

## FACED WITH THIS STRESS, TEENAGERS FEEL INCOMPREHENSION AT FIRST, BUT ALSO ANGER AND ANGUISH...

*Question: "Faced with the news that you discover every day, what are the feelings that you most often experience?" You can give several reasons if you want*



Base: Those who are stressed by at least one current issue (74% of the sample)

Total greater than 100, multiple responses possible

# ...BECAUSE THERE'S TOO MUCH BAD NEWS, THERE'S TOO MUCH OF IT, AND AGAIN, MANY DON'T REALLY UNDERSTAND IT.

*Question: "Why does this information stress you? You can give several answers if you wish"*



Base: Those who are stressed by at least one current issue (74% of the sample)

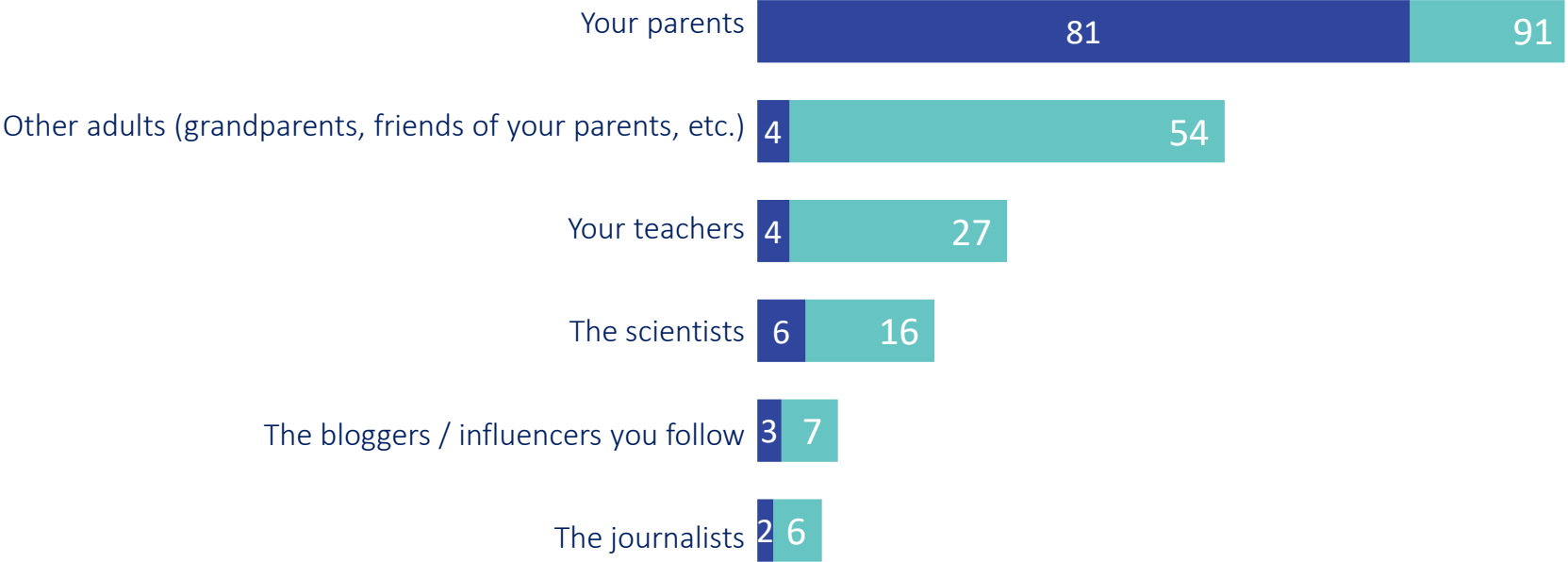
Total greater than 100, multiple responses possible



# WHEN IT COMES TO TELLING THEM THE TRUTH ABOUT CURRENT EVENTS, TEENAGERS TRUST THEIR PARENTS FIRST AND FOREMOST

*Question: "Which people do you trust to tell you the truth about the news and current events you see? Rank them in order: from those you trust most to tell you the truth about the news (number 1) to those you trust least (number 6)*

- FIRSTLY
- IN SECOND



# SOME FIRST THOUGHTS TO HELP THEM...

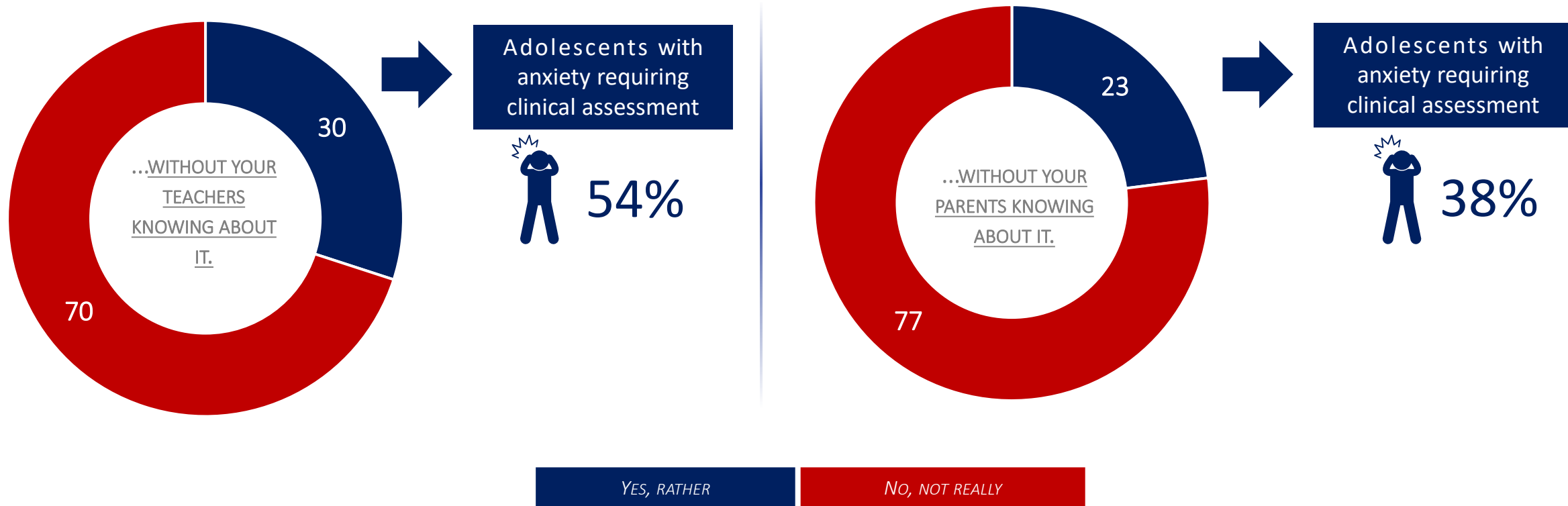
# 7



NEARLY 1 IN 3 YOUNG PEOPLE WOULD LIKE TO BE ABLE TO TALK TO A PSYCHOLOGIST ABOUT THEIR PROBLEMS WITHOUT THEIR TEACHERS BEING INFORMED AND 1 IN 4 WITHOUT THEIR PARENTS BEING INFORMED.

*Question: "Would you like to be able to talk to a psychologist about your problems without your teachers being told?"*

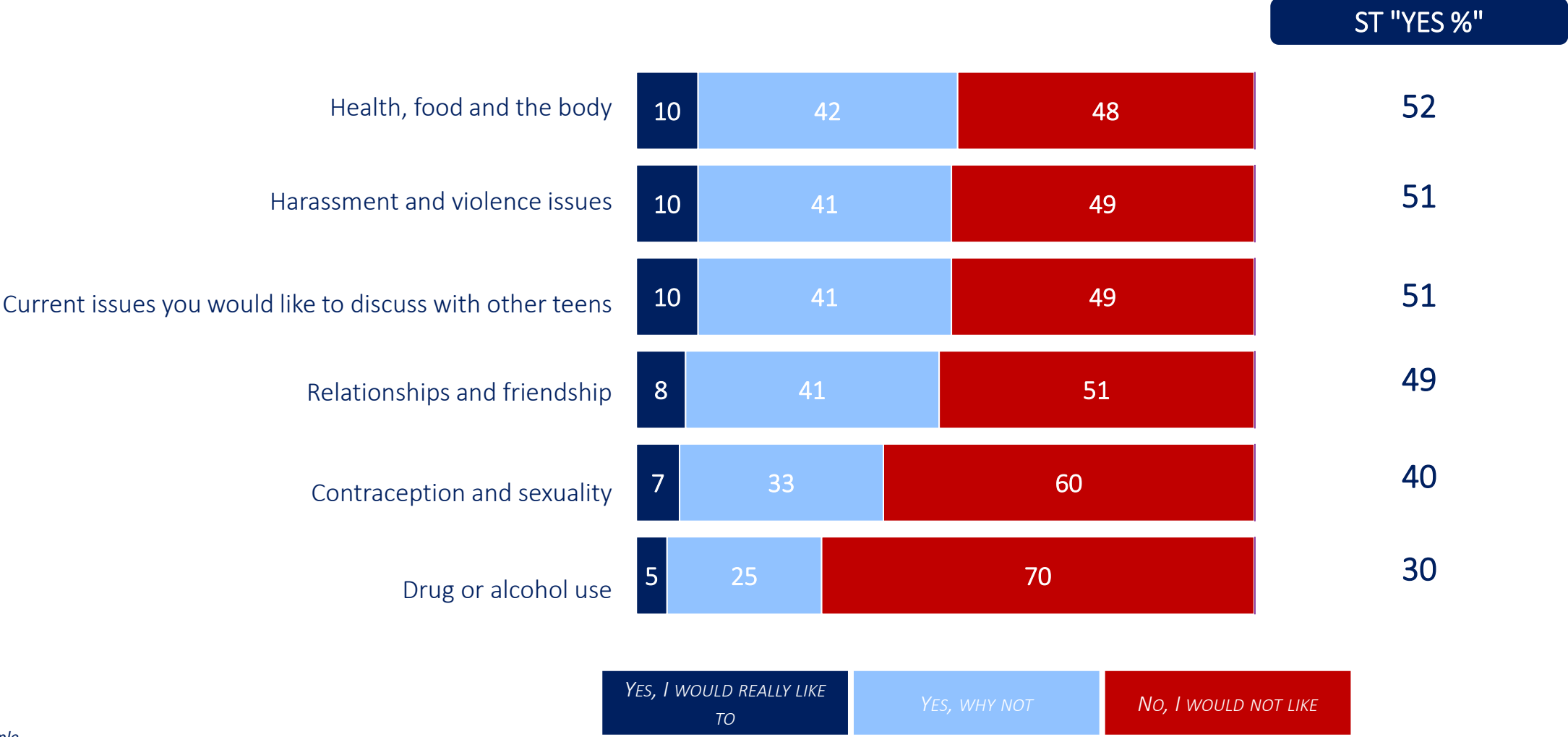
*Question: "Would you like to be able to talk to a psychologist about your problems without your parents being told?"*



Base: Entire sample

# THE POSSIBILITY OF GOING TO A HOUSE DEDICATED TO TEENAGERS TO TALK ABOUT HEALTH ISSUES BUT NOT ONLY IS OF INTEREST TO MANY TEENAGERS...

*Question: "Would you like to be able to go to a teen house near you where you could talk with other youth and teen professionals about the following topics?"*



# APPENDIX

# OUR COMMITMENT



## Professional codes, quality certification and data protection

Ipsos is a member of the following French and European professional Market Research and Opinion bodies:

- **SYNTEC** ([www.syntec-etudes.com](http://www.syntec-etudes.com)), French Union of Market Research companies
- **ESOMAR** ([www.esomar.org](http://www.esomar.org)) the European Society for Opinion and Market Research

Ipsos France is consequently committed to applying **the ICC/ESOMAR code** for opinion and market research. This code of conduct defines the ethical rules for Market Research professionals and sets out the protection offered to participants.

Ipsos France complies with the applicable laws. Ipsos has appointed a Data Protection Officer and has implemented a compliance plan to GDPR (Règlement (UE) 2016/679). For more information about the Ipsos Data Protection & Privacy Policy relative to personal data : <https://www.ipsos.com/en/privacy-data-protection>

The retention period applicable to interviewees' personal data be as follows, unless otherwise agreed with the client :

- 12 months upon Ad Hoc Study completion
- 3 years upon each wave completion of a Continuous Study.



Ipsos France has received ISO 20252: 2012 certification by AFNOR CERTIFICATION

- This document was drawn up in accordance with these international Codes and Quality standards. The technical elements relative to the execution of the project are described in methodological approach or survey overview in the report.
- This project was carried out in accordance with these international Codes and Quality standards



# RELIABILITY OF RESULTS : SELF COMPLETION ONLINE SURVEYS IIS

To ensure the overall reliability of a survey, all possible error components must be taken into account. That is why Ipsos imposes strict controls and procedures at each stage of the survey process.

## UPSTREAM OF THE DATA COLLECTION

- **Sample** : structure and representativeness
- **Questionnaire** : the questionnaire is worded by following an editing process with 12 compulsory standards. It is proofread and approved at a senior level and then sent to the client for final validation. The programming (or questionnaire script) **is tested by at least 2 people and validated.**
- **Data collection** : the interviewers are trained in survey techniques through a dedicated training module prior to any participation in a survey. In addition, they receive or attend a detailed briefing at the start of each survey.

## DURING THE DATA COLLECTION

- **Sampling** : Ipsos imposes very strict operating rules for its selection frame in order to maximize the random nature of the sample selection : random selection from telephone listings, quota method, etc.

- **Fieldwork monitoring** : collection is monitored and checked (exclusive link, IP validation, panelists' behavior monitoring penetration, interview length, consistency of responses, participation rate, number of reminders, etc.)

## DOWNSTREAM OF THE DATA COLLECTION

- The results are analyzed in accordance with the statistical analysis methods (confidence interval versus sample size, significance tests). The first results are systematically checked against the raw results from the data collection. The consistency of results is also checked (particularly the results observed versus comparison sources in our possession).
- In cases where sample weighting is used (margin calibration method), this is checked by the processing teams (DP) and then validated by the survey teams.

# ABOUT IPSOS

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Ipsos is the world's third largest market research company, present in 90 markets and employing more than 18,000 people.

Our passionately curious research professionals, analysts and scientists have built unique multi-specialist capabilities that provide true understanding and powerful insights into the actions, opinions and motivations of citizens, consumers, patients, customers or employees. We serve more than 5000 clients across the world with 75 business solutions.

Founded in France in 1975, Ipsos is listed on the Euronext Paris since July 1st, 1999. The company is part of the SBF 120 and the Mid-60 index and is eligible for the Deferred Settlement Service (SRD).

ISIN code FR0000073298, Reuters ISOS.PA, Bloomberg  
IPS:FP  
[www.ipsos.com](http://www.ipsos.com)

# GAME CHANGERS

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In our world of rapid change, the need of reliable information to make confident decisions has never been greater.

At Ipsos we believe our clients need more than a data supplier, they need a partner who can produce accurate and relevant information and turn it into actionable truth.

This is why our passionately curious experts not only provide the most precise measurement, but shape it to provide True Understanding of Society, Markets and People.

To do this we use the best of science, technology and know-how and apply the principles of security, simplicity, speed and substance to everything we do.

So that our clients can act faster, smarter and bolder. Ultimately, success comes down to a simple truth:  
**You act better when you are sure.**