



HBSC Briefing Paper 2

March 2003



HBSC is the Health Behaviour in School-Aged Children: WHO Collaborative Cross-National Study

Tables for HBSC Briefing Paper 2 Mental well-being among schoolchildren in Scotland

Health Behaviour in School-Aged Children: WHO Collaborative Cross-National 2001/02 Survey in Scotland

Table 1: In general, how do you feel about your life at present?

	% Boys				% Girls			
	11	13	15	All boys	11	13	15	All girls
I feel very happy	59.1	50.5	43.4	51.2	50.9	38.5	32.7	40.4
I feel quite happy	34.4	42.1	48.4	41.5	40.4	48.7	54.1	47.9
I don't feel very happy	4.6	6.4	7.4	6.1	6.1	10.2	10.5	9.0
I'm not happy at all	1.8	1.0	0.7	1.2	2.6	2.6	2.6	2.6
Bases	925	731	578	2234	805	774	569	2148

Table 2: In general, where on the ladder do you feel you stand at the moment?

	% Boys				% Girls			
	11	13	15	All boys	11	13	15	All girls
Mean Life Satisfaction Score*	8.00	7.68	7.67	7.81	8.02	7.33	7.02	7.51

* a score of 0 = 'worst possible life', and a score of 10 = 'best possible life'

Table 3: Do you think your body is...?

	% Boys				% Girls			
	11	13	15	All boys	11	13	15	All girls
Much too thin	2.7	1.8	2.4	2.3	2.5	1.2	1.4	1.7
A bit too thin	11.1	13.6	19.0	14.5	9.8	11.2	7.9	9.6
About the right size	63.8	58.2	58.0	60.1	53.8	41.8	38.4	44.4
A bit too fat	19.9	24.5	18.7	21.0	27.5	35.1	44.4	35.8
Much too fat	2.6	1.9	1.9	2.2	6.4	10.8	7.9	8.5
Bases	930	730	578	2238	807	776	570	2153

Table 4: Do you think you are...?

	% Boys				% Girls			
	11	13	15	All boys	11	13	15	All girls
Very good looking	14.8	11.6	12.0	12.8	8.3	3.4	4.7	5.4
Quite good looking	21.0	24.4	26.2	23.8	23.0	19.4	19.2	20.5
About average	36.6	40.1	43.3	40.0	38.8	43.7	45.7	42.8
Not very good looking	8.4	10.8	10.6	9.9	11.4	17.6	19.0	16.1
Not at all good looking	3.9	3.2	2.1	3.1	5.3	10.5	7.9	8.0
I don't think about my looks	15.3	9.9	5.9	10.5	13.1	5.4	3.5	7.2
Bases	928	730	577	2235	807	773	569	2149

Table 5: How often do you feel confident in yourself?

	% Boys				% Girls			
	11	13	15	All boys	11	13	15	All girls
Never	5.8	5.0	3.5	4.8	5.2	5.9	7.2	6.1
Hardly ever	5.7	6.1	5.6	5.8	10.6	13.7	15.6	13.4
Sometimes	17.0	19.5	21.7	19.4	22.1	31.4	30.8	28.3
Often	39.7	43.0	45.7	42.7	38.7	36.4	35.5	36.8
Always	31.7	26.4	23.5	27.3	23.4	12.5	10.9	15.4
Bases	924	735	575	2234	804	774	569	2147

Note: % in 'all boys' and 'all girls' columns are weighted by age. Bases are from un-weighted data.