

Rates of clinically significant mental health symptoms have improved since the 2022-2023 academic year. In the 2024-2025 academic year, the aspects of student life most linked with mental health centered around experienced and observed negative interactions in relationships, students' experiences of comparison, and feelings of efficacy.

Well-Being Index

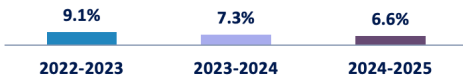
The Well-Being Index (WBI) is a measure of adolescent mental health. The measure assesses four symptom areas — Depression, Anxiety, Rule-Breaking, and Substance Use—and a scale on Isolation at School. The score is calculated out of 100 and higher scores are better.

2022-2023
83

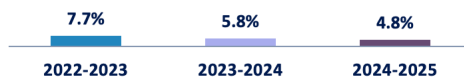
2023-2024
86

2024-2025
87

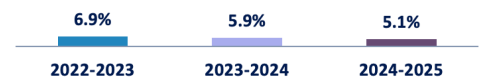
Anxiety



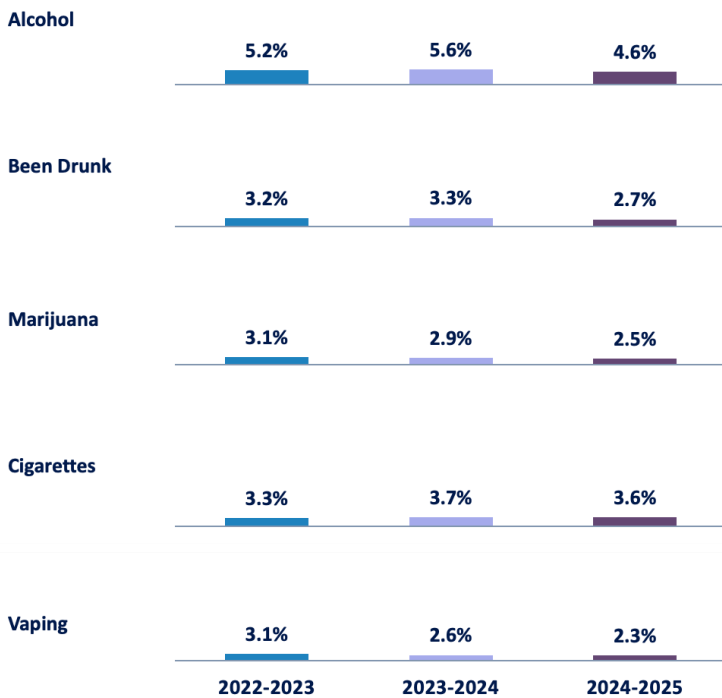
Depression



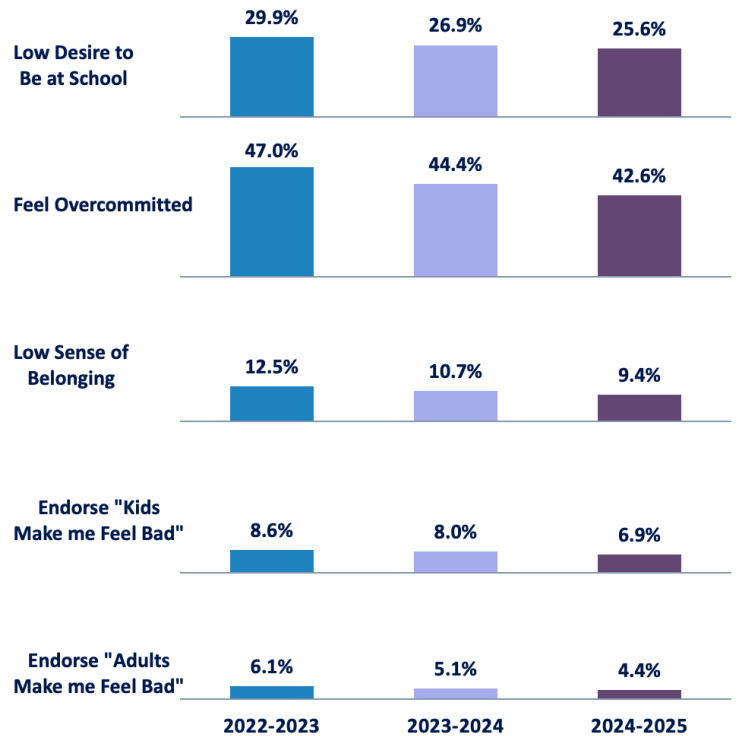
Rule-Breaking



Substance Use



Feelings About School (Isolation at School)

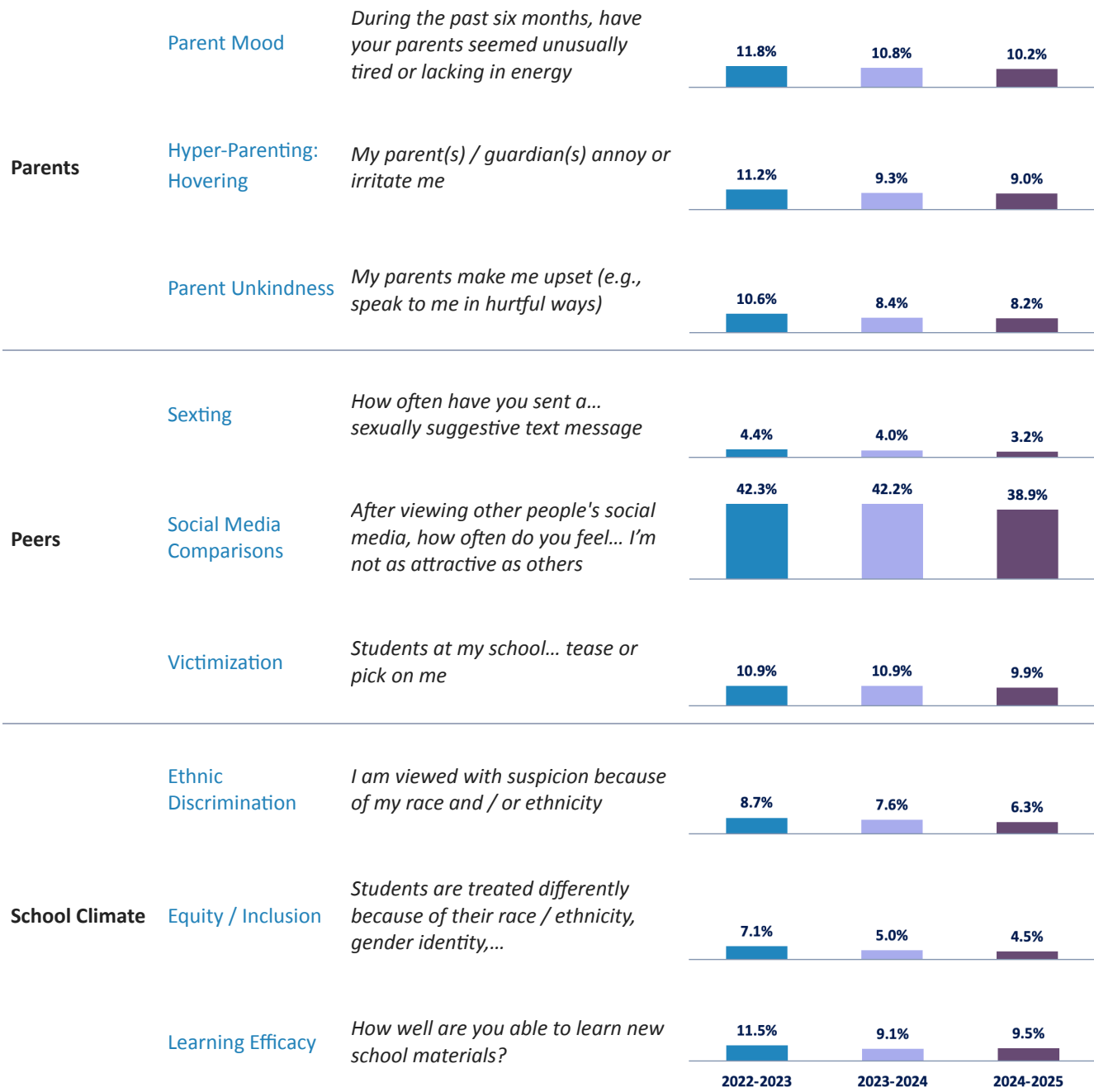


Notes: Findings from ~130,000 students surveyed from Fall 2022 to Spring 2025
Clinically significant levels include students with average scores in the extreme (1.5 SD above the mean)

2024-2025 Student Well-Being Brief

2024-2025: Aspects of School Life Most Linked with Mental Health

Each domain (Parents, Peers, & School Climate) contains ~15 aspects assessed; a sample item is included for each area. Charts reflect the percentage of students in the "Red Zone" who answered in the extreme across several items in a construct; for example, those answering "often" or "very often" to "Teachers/adults at school have embarrassed or humiliated me."



ABOUT AUTHENTIC CONNECTIONS

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