

# 2015 Montana Youth Risk Behavior Survey

## Depression Report

A Health Risk Behavior Comparison of Montana High School Students  
Reporting Sadness or Hopelessness



November 2015

Youth Risk Behavior Survey Program  
Health Enhancement and Safety Division



[opi.mt.gov](http://opi.mt.gov)

Montana  
**Office of Public Instruction**  
Denise Juneau, State Superintendent

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## Montana Youth Risk Behavior Survey

The Montana Youth Risk Behavior Survey (YRBS) is administered by the Montana Office of Public Instruction every two years to students in grades 7 through 12. The purpose of the survey is to help monitor the prevalence of behaviors that not only influence youth health, but also put youth at risk for the most significant health and social problems that can occur during adolescence. While all schools in Montana can participate in the survey on a volunteer basis, approximately 50 high schools are randomly selected to be included to provide the Montana statewide data to be used in other national YRBS reports.

The 2015 YRBS was conducted in February 2015. Schools administering the survey were provided with detailed written instructions on conducting a random survey in their schools. To encourage accurate responses to sensitive questions, a strict protocol was implemented to protect the privacy and confidentiality of all participating students. The questionnaire was designed without skip patterns to ensure survey completion by students in a similar period of time.

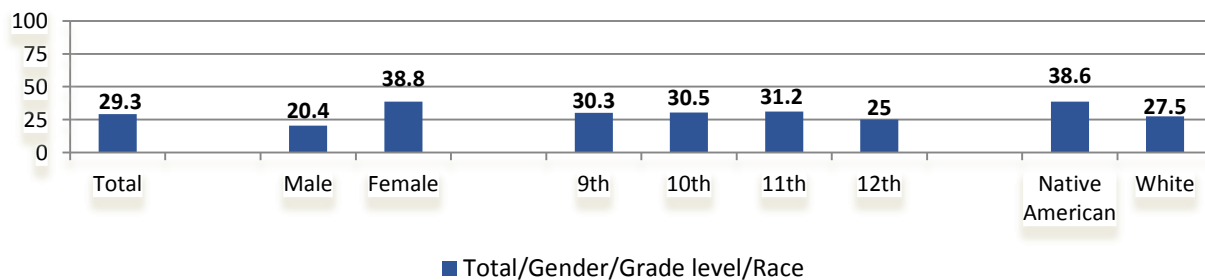
## Survey Validity, Limitations and Results

Data used in this report from the 2015 YRBS are based on a random sample survey of Montana high school students. The weighted data results contained in this report can be used to make inferences about the priority health-risk behaviors of all high school students in grades 9 through 12 in all schools in Montana. However, users should be careful in using the data since respondents in self-reported surveys may have a tendency to underreport behaviors that are socially undesirable, unhealthy, or illegal (alcohol consumption, drug use, seat belt nonuse, etc.) and overreport behaviors that are socially desirable (amount of exercise, etc.).

For the purpose of this report, youth who are classified as depressed are those Montana youth who, during the past 12 months, reported feeling so sad or hopeless almost every day for two weeks or more in a row that they stopped doing some usual activities. Forty-six separate risk behaviors were queried for association with feelings of sadness or hopelessness. These findings are presented in bullet, table and graph forms in the following report.

## MONTANA DEPRESSION RATES (SADNESS AND HOPELESSNESS)

During the past 12 months, 29.3 percent of Montana high school students felt so sad or hopeless almost every day for two weeks or more in a row that they stopped doing some usual activities.



For more on the YRBS go to [www.opi.mt.gov/yrbs](http://www.opi.mt.gov/yrbs).

## 2015 Montana Youth Risk Behavior Survey Depression Report

### Findings +

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Montana high school students who reported feelings of depression are more likely than those students who had not reported feelings of depression to have:

- Ridden with a driver who had been drinking alcohol during the past 30 days (29% of depressed students compared to 21% of non-depressed students).
- Driven when drinking alcohol during the past 30 days (16% of depressed students compared to 9% of non-depressed students).
- Not gone to school because they felt unsafe at school or on their way to or from school during the past 30 days (10% of depressed students compared to 3% of non-depressed students).
- Been threatened or injured with a weapon on school property during the past 12 months (10% of depressed students compared to 3% of non-depressed students).
- Ever been physically forced to have sexual intercourse when they did not want to (18% of depressed students compared to 5% of non-depressed students).
- Been bullied on school property on school property during the past 12 months (46% of depressed students compared to 17% of non-depressed students).
- Been electronically bullied during the past 12 months (39% of depressed students compared to 10% of non-depressed students).
- Been the victim of teasing, name calling, or bullying because someone thought they were gay, lesbian, or bisexual during the past 12 months (28% of depressed students compared to 9% of non-depressed students).
- Seriously considered attempting suicide during the past 12 months (50% of depressed students compared to 6% of non-depressed students).
- Actually attempted suicide during the past 12 months (24% of depressed students compared to 3% of non-depressed students).
- Ever tried cigarette smoking (55% of depressed students compared to 33% of non-depressed students).
- Smoked a cigarette during the past 30 days (23% of depressed students compared to 9% of non-depressed students).
- Smoked cigars, cigarillos, or little cigars during the past 30 days (15% of depressed students compared to 11% of non-depressed students).
- Ever used electronic vapor products (63% of depressed students compared to 46% of non-depressed students).
- Used electronic vapor products during the past 30 days (41% of depressed students compared to 25% of non-depressed students).
- Ever had a drink of alcohol in their lifetime (82% of depressed students compared to 65% of non-depressed students).
- Had a drink of alcohol during the past 30 days (46% of depressed students compared to 29% of non-depressed students).
- Had 5 or more drinks of alcohol within a couple hours during the past 30 days (28% of depressed students compared to 18% of non-depressed students).
- Ever used marijuana in their lifetime (54% of depressed students compared to 31% of non-depressed students).
- Used marijuana during the past 30 days (31% of depressed students compared to 15% of non-depressed students).
- Ever used methamphetamines in their lifetime (5% of depressed students compared to 2% of non-depressed students).

## 2015 Montana Youth Risk Behavior Survey Depression Report

Montana high school students who reported feelings of depression are *more likely* than those students who had not reported feelings of depression to have:

- Ever used ecstasy in their lifetime (9% of depressed students compared to 5% of non-depressed students).
- Ever took prescription drugs without a doctor's prescription [such as OxyContin, Percocet, Vicodin, codeine, Adderall, Ritalin, or Xanax] (34% of depressed students compared to 17% of non-depressed students).
- Ever had sexual intercourse in their lifetime (56% of depressed students compared to 39% of non-depressed students).
- Had sexual intercourse with four or more persons during their life (18% of depressed students compared to 12% of non-depressed students).
- Had sexual intercourse during the past 3 months (43% of depressed students compared to 28% of non-depressed students).
- Not drank milk during the past 7 days (19% of depressed students compared to 14% of non-depressed students).
- Not eaten breakfast during the past 7 days (17% of depressed students compared to 11% of non-depressed students).
- Played video or computer games 3 or more hours per day on an average school day (40% of depressed students compared to 32% of non-depressed students).
- Received help from a resource teacher, speech therapist, or other special education teacher during the past 12 months (20% of depressed students compared to 9% of non-depressed students).

Montana high school students who reported feelings of depression are *less likely* than those students who had not reported feelings of depression to have:

- Been physically active for at least 60 minutes per day on 5 or more of the past 7 days (45% of depressed students compared to 58% of non-depressed students).
- Played on at least one sports team during the past 12 months (53% of depressed students compared to 66% of non-depressed students).
- Had 8 or more hours of sleep on an average school night (21% of depressed students compared to 38% of non-depressed students).
- Made mostly A's or B's in school during the past 12 months (65% of depressed students compared to 79% of non-depressed students).

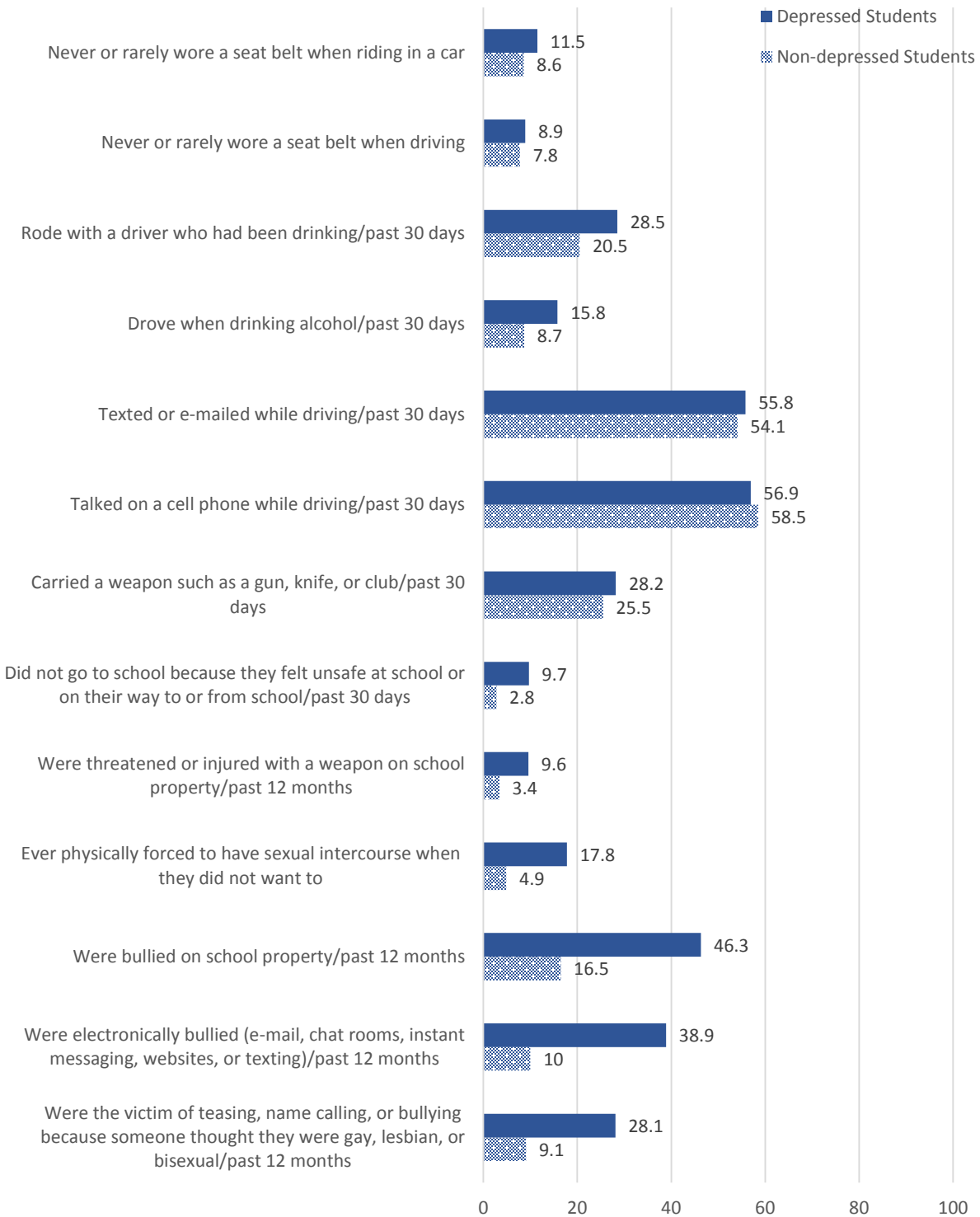
## 2015 Montana Youth Risk Behavior Survey Depression Report

Health Risk Behavior - percentage of students	Depressed Students	Non-depressed Students
Never or rarely wore a seat belt when riding in a car driven by someone else	<b>11.5%</b> (9.2-13.7)	<b>8.6%</b> (7.2-10.1)
Never or rarely wore a seat belt when driving	<b>8.9%</b> (6.6-11.1)	<b>7.8%</b> (6.3-9.3)
Rode with a driver who had been drinking during the past 30 days	<b>28.5%</b> (25.9-31.1)	<b>20.5%</b> (18.7-22.4)
Drove when drinking alcohol during the past 30 days	<b>15.8%</b> (12.8-18.8)	<b>8.7%</b> (7.0-10.4)
Texted or e-mailed while driving a car or other vehicle during the past 30 days	<b>55.8%</b> (51.5-60.1)	<b>54.1%</b> (50.4-57.7)
Talked on a cell phone while driving during the past 30 days	<b>56.9%</b> (53.1-60.6)	<b>58.5%</b> (55.0-62.0)
Carried a weapon such as a gun, knife, or club during the past 30 days	<b>28.2%</b> (25.2-31.2)	<b>25.5%</b> (23.4-27.6)
Did not go to school because they felt unsafe at school or on their way to or from school during the past 30 days	<b>9.7%</b> (7.8-11.7)	<b>2.8%</b> (2.1-3.5)
Were threatened or injured with a weapon on school property during the past 12 months	<b>9.6%</b> (7.4-11.8)	<b>3.4%</b> (2.8-4.1)
Ever physically forced to have sexual intercourse when they did not want to	<b>17.8%</b> (15.2-20.3)	<b>4.9%</b> (4.1-5.7)
Were bullied on school property during the past 12 months	<b>46.3%</b> (42.7-49.9)	<b>16.5%</b> (14.6-18.4)
Were electronically bullied (e-mail, chat rooms, instant messaging, websites, or texting) during the past 12 months	<b>38.9%</b> (35.8-42.0)	<b>10.0%</b> (8.7-11.3)
Were the victim of teasing, name calling, or bullying because someone thought they were gay, lesbian, or bisexual during the past 12 months	<b>28.1%</b> (25.4-30.9)	<b>9.1%</b> (7.9-10.2)
Seriously considered attempting suicide during the past 12 months	<b>50.1%</b> (47.5-52.7)	<b>5.9%</b> (4.9-6.9)
Actually attempted suicide during the past 12 months	<b>23.5%</b> (20.8-26.1)	<b>2.6%</b> (1.8-3.3)
Ever tried cigarette smoking	<b>54.9%</b> (51.2-58.7)	<b>32.5%</b> (29.2-35.7)
Smoked a cigarette during the past 30 days	<b>22.7%</b> (19.7-25.7)	<b>9.0%</b> (7.2-10.9)
Used smokeless tobacco (chewing tobacco, snuff, or dip) during the past 30 days	<b>12.7%</b> (10.5-14.9)	<b>11.9%</b> (10.5-13.4)
Smoked cigars, cigarillos, or little cigars during the past 30 days	<b>15.3%</b> (13.0-17.7)	<b>11.3%</b> (9.8-12.7)
Ever used electronic vapor products (e-cigarettes, e-cigars, e-pipes, vape pipes, vaping pens, e-hookahs, and hookah pens such as blu, NJOY, or Starbuzz)	<b>62.5%</b> (59.1-65.9)	<b>46.2%</b> (43.7-48.7)
Used electronic vapor products during the past 30 days	<b>40.6%</b> (37.0-44.2)	<b>24.8%</b> (22.9-26.7)

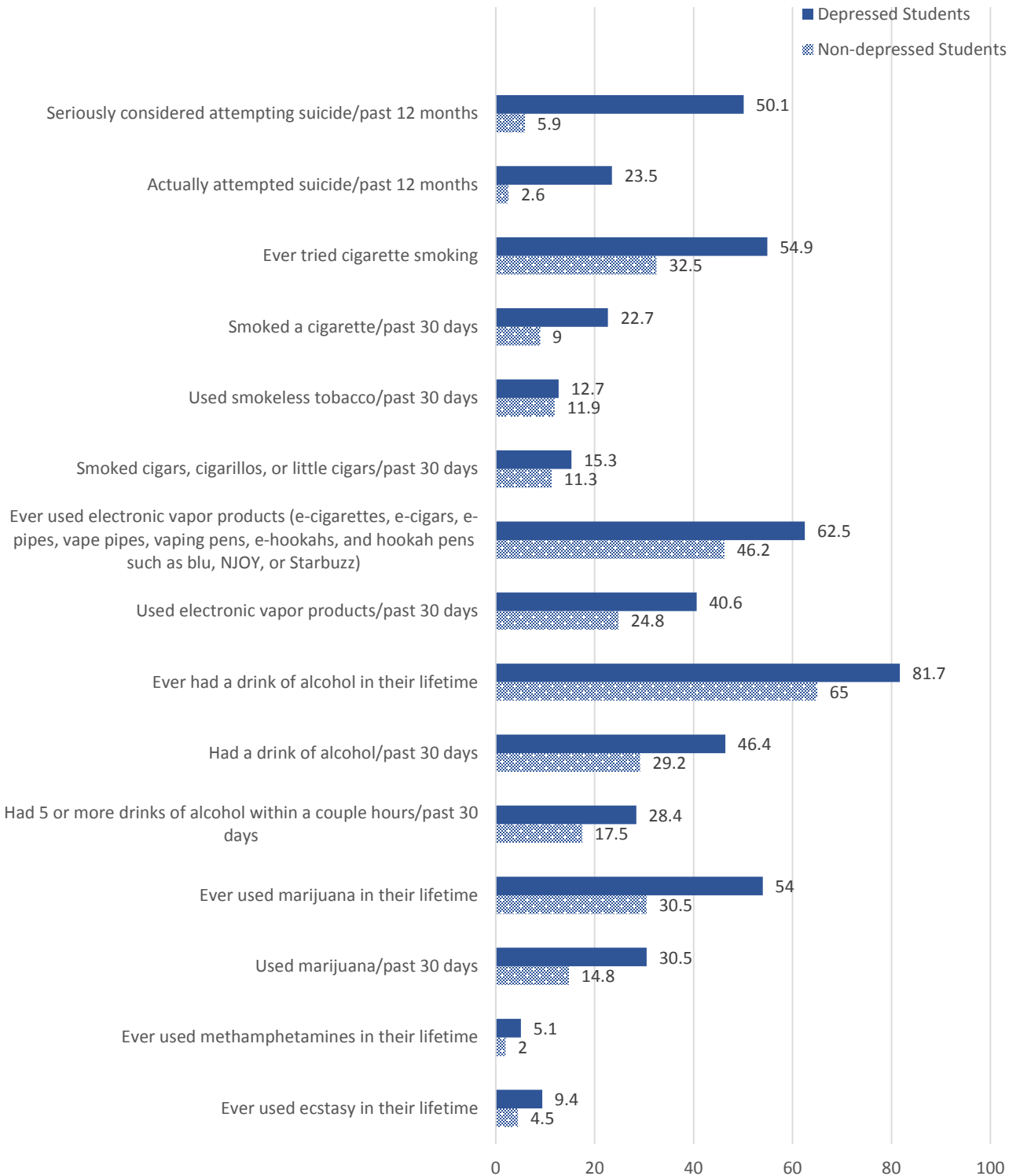
## 2015 Montana Youth Risk Behavior Survey Depression Report

Health Risk Behavior by percentage of students	Depressed Students	Non-depressed Students
Ever had a drink of alcohol in their lifetime	<b>81.7%</b> (79.2-84.3)	<b>65.0%</b> (62.8-67.2)
Had a drink of alcohol during the past 30 days	<b>46.4%</b> (43.1-49.8)	<b>29.2%</b> (27.1-31.2)
Had 5 or more drinks of alcohol within a couple hours during the past 30 days	<b>28.4%</b> (25.4-31.5)	<b>17.5%</b> (16.0-19.0)
Ever used marijuana in their lifetime	<b>54.0%</b> (49.7-58.4)	<b>30.5%</b> (27.0-34.1)
Used marijuana during the past 30 days	<b>30.5%</b> (27.0-34.1)	<b>14.8%</b> (12.8-16.9)
Ever used methamphetamines in their lifetime	<b>5.1%</b> (3.6-6.5)	<b>2.0%</b> (1.2-2.7)
Ever used ecstasy in their lifetime	<b>9.4%</b> (7.8-11.0)	<b>4.5%</b> (3.4-5.5)
Ever took prescription drugs without a doctor's prescription (such as OxyContin, Percocet, Vicodin, codeine, Adderall, Ritalin, or Xanax)	<b>33.6%</b> (30.1-37.1)	<b>16.7%</b> (15.3-18.2)
Ever had sexual intercourse in their lifetime	<b>56.2%</b> (51.8-60.6)	<b>39.0%</b> (36.1-41.8)
Had sexual intercourse with four or more persons during their life	<b>18.2%</b> (15.3-21.1)	<b>11.5%</b> (9.6-13.3)
Had sexual intercourse during the past 3 months	<b>42.9%</b> (38.8-47.1)	<b>27.9%</b> (25.6-30.3)
Drank alcohol or used drugs before last sexual intercourse	<b>21.7%</b> (17.8-25.7)	<b>18.4%</b> (15.3-21.6)
Did not eat fruit or drink 100% fruit juice during the past 7 days	<b>5.4%</b> (4.0-6.8)	<b>4.9%</b> (4.1-5.8)
Did not eat green salad, potatoes, carrots, or other vegetables during the past 7 days	<b>6.5%</b> (4.7-8.3)	<b>4.5%</b> (3.5-5.5)
Drank a can, bottle, or glass of soda or pop daily during the past 7 days	<b>20.9%</b> (18.5-23.3)	<b>17.6%</b> (15.9-19.3)
Did not drink milk during the past 7 days	<b>19.2%</b> (16.8-21.6)	<b>14.3%</b> (12.9-15.7)
Did not eat breakfast during the past 7 days	<b>16.7%</b> (14.0-19.4)	<b>10.7%</b> (9.6-11.9)
Were physically active at least 60 minutes per day on 5 or more of the past 7 days	<b>44.5%</b> (40.9-48.0)	<b>58.1%</b> (56.0-60.2)
Watched 3 or more hours of TV on an average school day	<b>24.3%</b> (21.4-27.1)	<b>20.9%</b> (18.6-23.2)
Played video or computer games 3 or more hours per day on an average school day	<b>40.2%</b> (37.1-43.4)	<b>31.8%</b> (30.0-33.5)
Played on at least one sports team during the past 12 months	<b>52.7%</b> (49.7-55.7)	<b>66.4%</b> (64.3-68.5)
Had 8 or more hours of sleep on an average school night	<b>20.7%</b> (18.3-23.1)	<b>37.6%</b> (35.2-39.9)
Made mostly A's or B's in school during the past 12 months	<b>65.1%</b> (61.8-68.5)	<b>79.3%</b> (77.0-81.5)
Received help from a resource teacher, speech therapist, or other special education teacher during the past 12 months	<b>19.7%</b> (17.4-22.1)	<b>9.3%</b> (7.8-10.8)

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