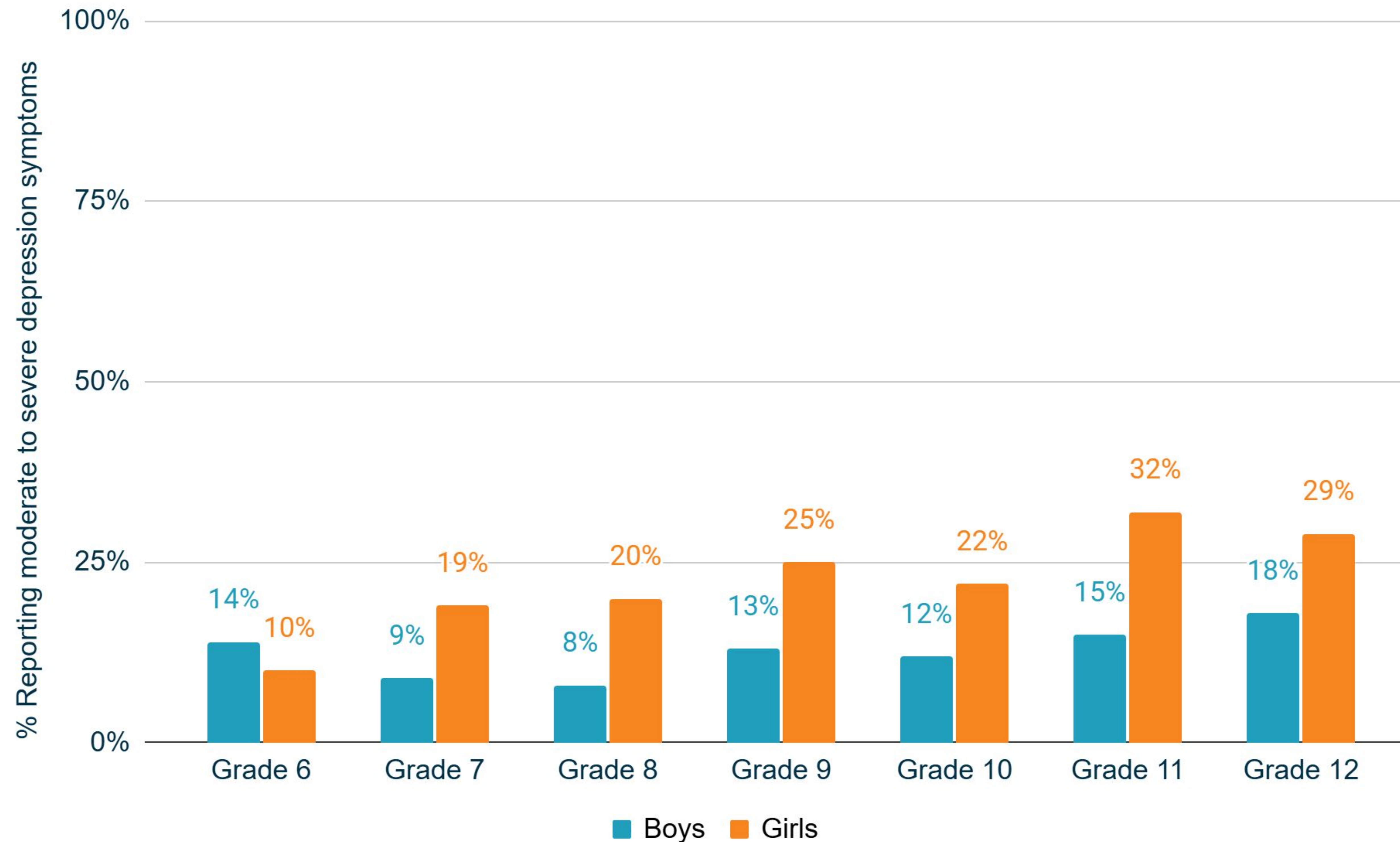


# Depression in Boise Students

November 2024



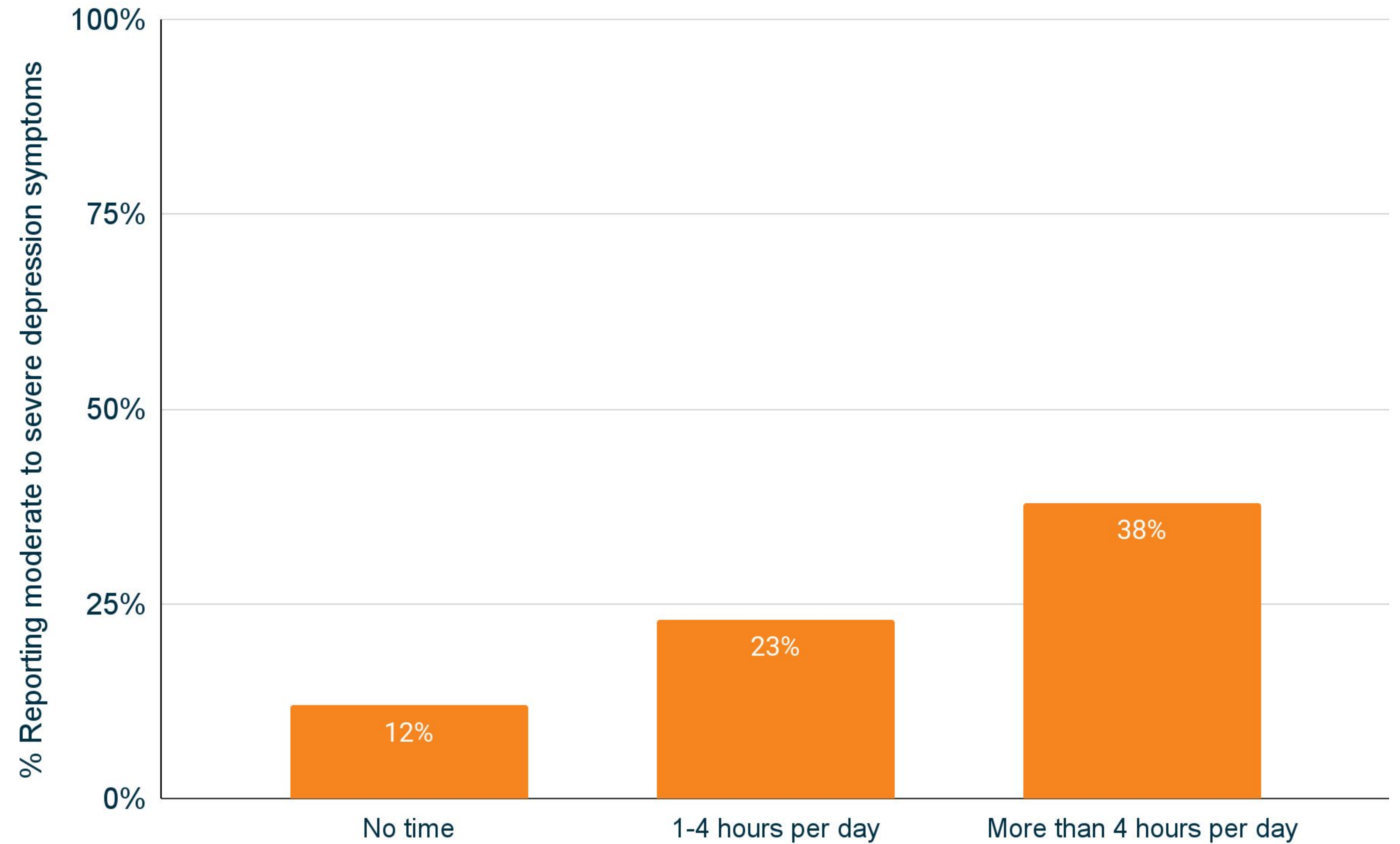
Across almost all grades, girls report higher rates of depression.

PHQ-9 is a clinical scale used to assess the degree of depression severity.

# Depression and Social Media Use in Boise Students

November 2024

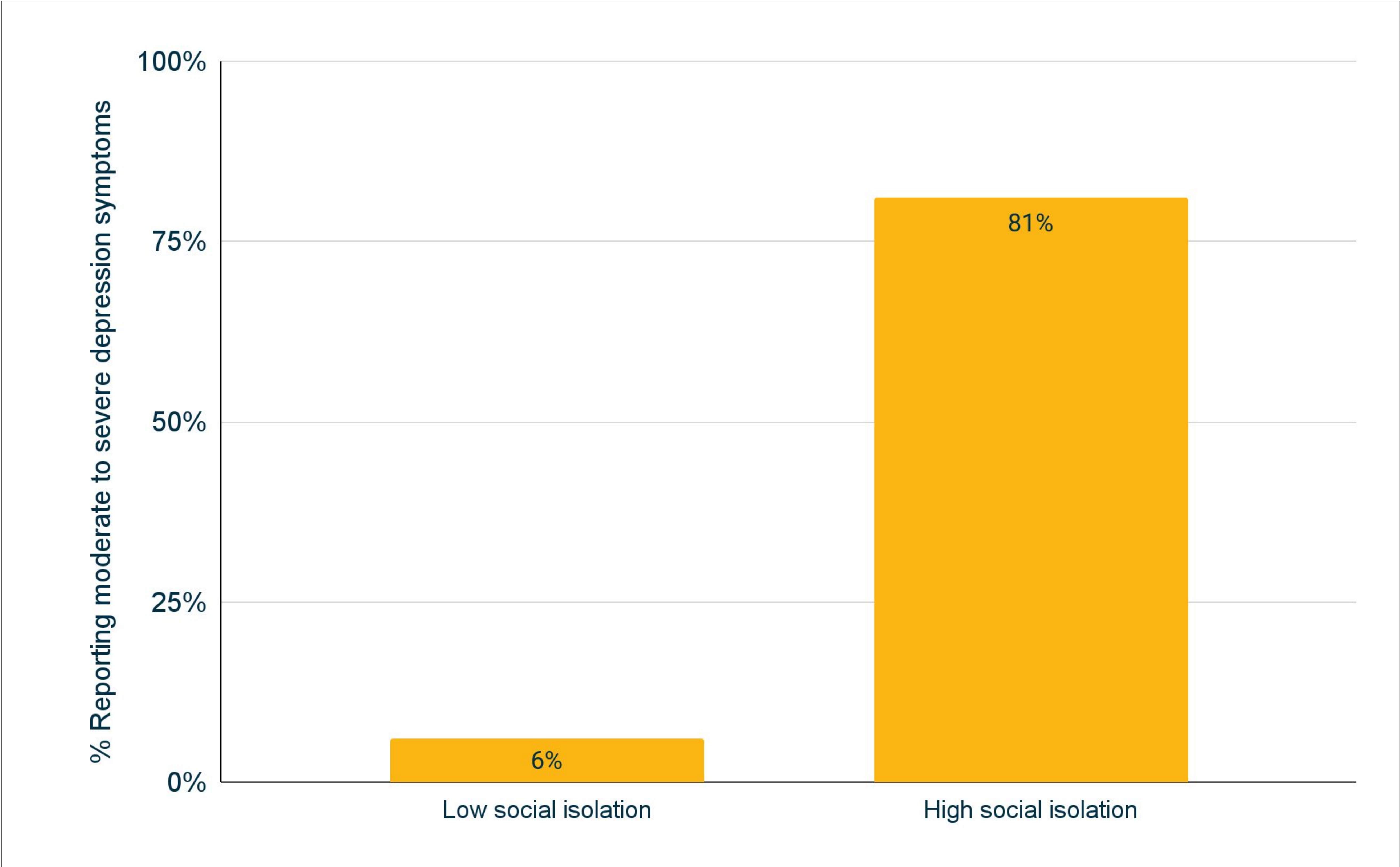
Teens who  
spend less  
time on social  
media  
report  
lower rates of  
depression.



# Depression and Social Isolation in Boise Students

November 2024

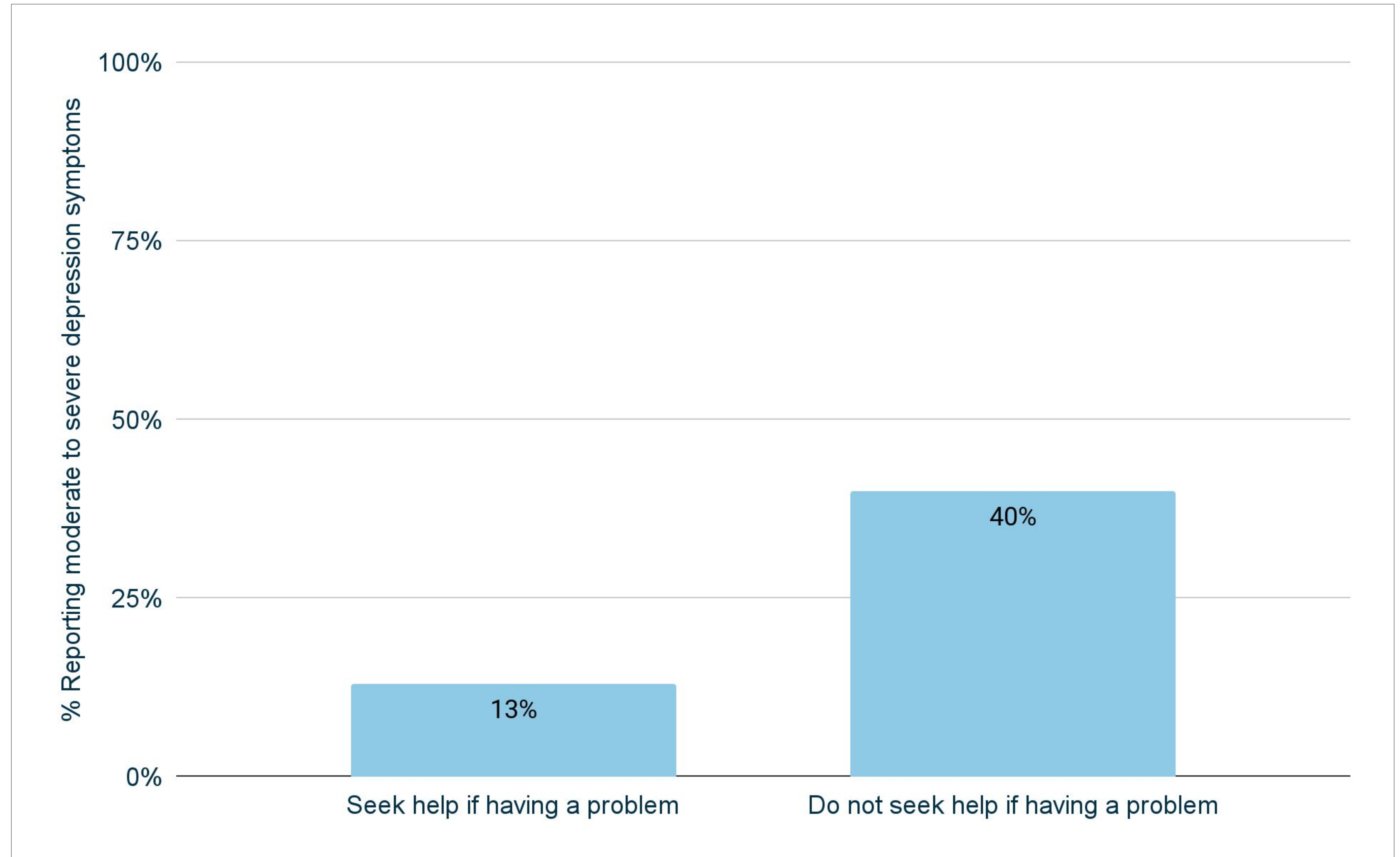
Teens with low social isolation report lower rates of depression.



# Depression and Help Seeking Behavior in Boise Students

November 2024

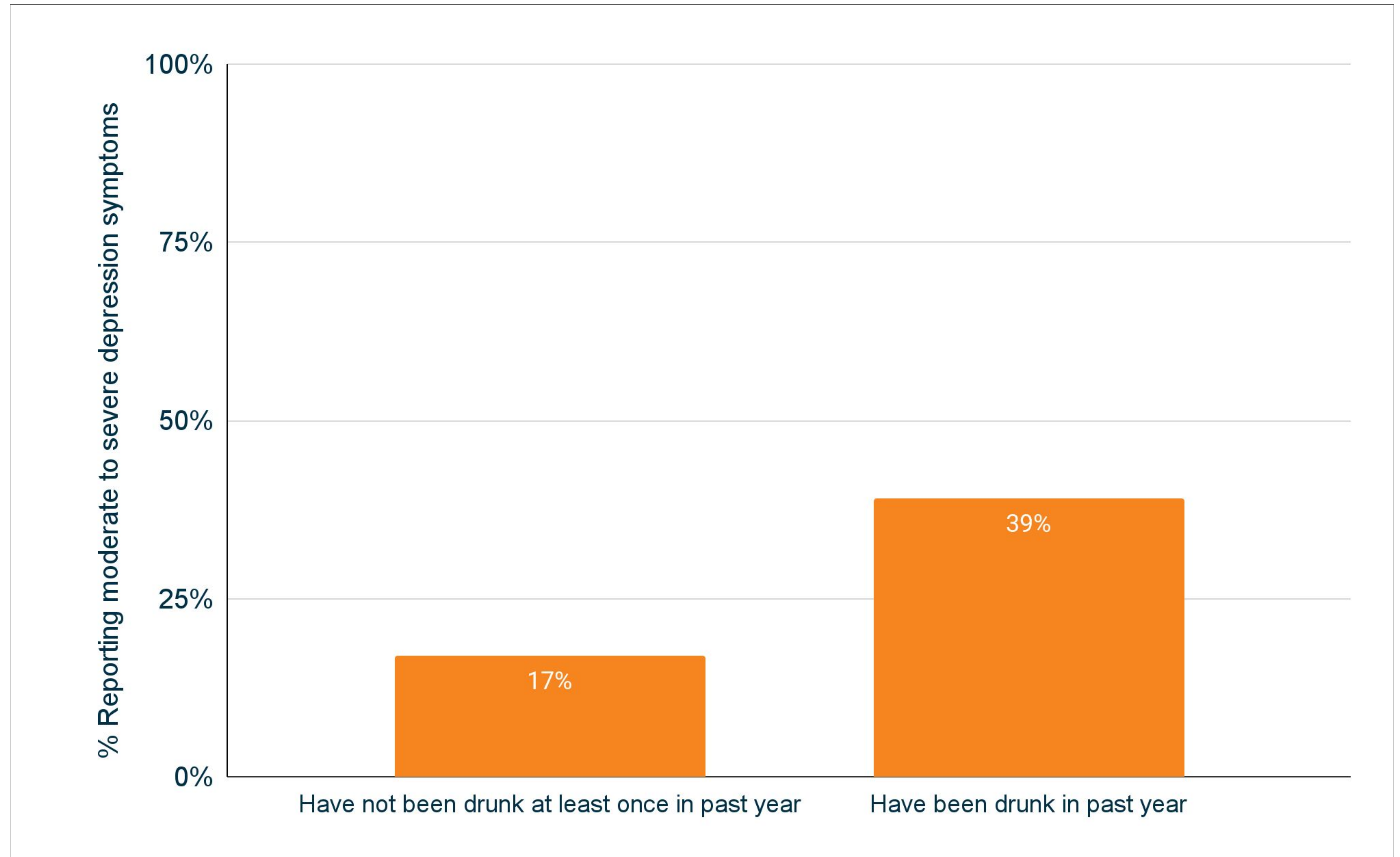
Teens who  
**seek help**  
report  
**lower**  
**rates of**  
**depression.**



# Depression and Alcohol Use in Boise Students

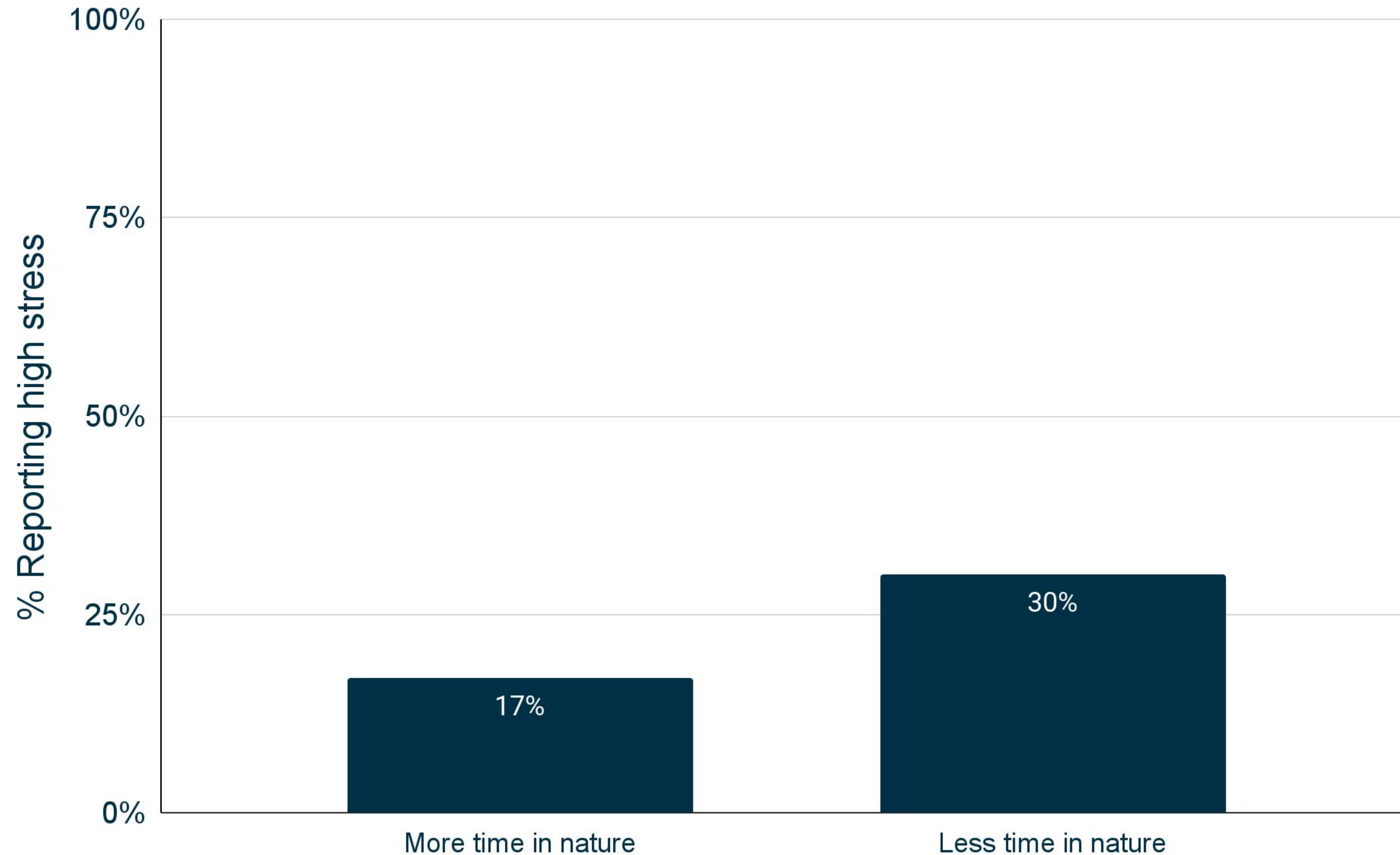
November 2024

Teens who  
have not  
been drunk  
at least once  
in the past 12  
months  
report lower  
rates of  
depression.



# Stress and Time in Nature in Boise Students

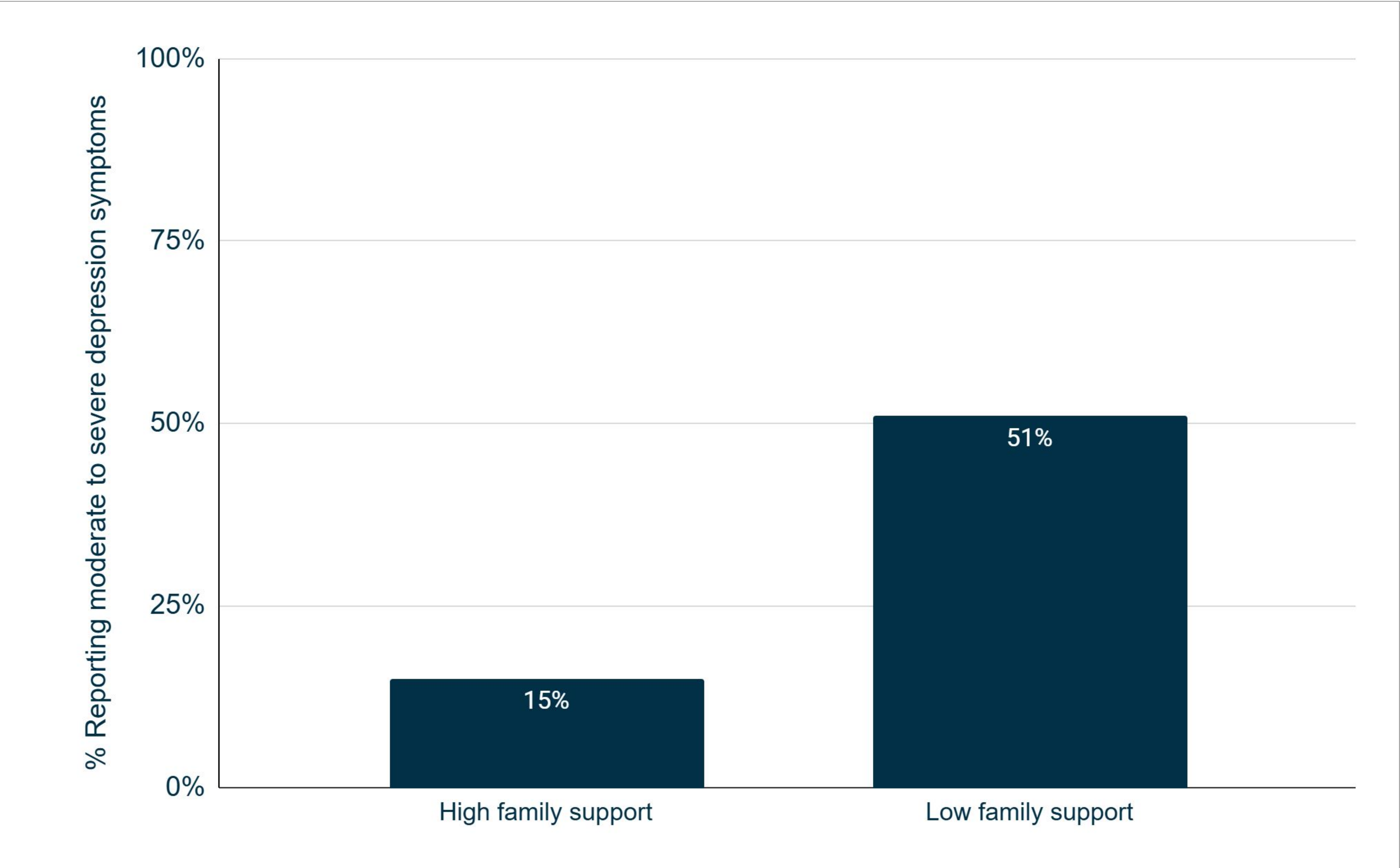
November 2024



Teens  
who  
spend  
**more time  
in nature**  
report  
**less  
stress.**

# Depression and Family Support in Boise Students

November 2024



Teens who have more family support report lower rates of depression.