

Appendix

Key findings of the surveys

The survey on children and adolescents

- 24.4% of the participants experienced at least one mental health issue over the past 12 months, with approximately half of them having two or more co-occurring mental health disorders.
- Priority clinical issues are attention deficit/hyperactivity disorder (10.2%), disruptive impulse control and conduct disorders (8.8%), anxiety disorders (6.1%) and depressive disorders (5.4%).
- One in 10 children and adolescents surveyed had clinically significant sleep problems.
- Among the overall sample, the 12-month prevalence of suicidal ideation, plan or attempt were 3.9%, 1.9%, and 1.1% respectively. The rates were alarmingly higher among secondary school students, at 8.4%, 3.8%, and 2.3% respectively.
- Parental emotional distress, school-related problems such as repeating a grade, school suspension and absenteeism, and clinically significant sleep problems are associated with higher risk of all of the highly prevalent clinical problems in children and adolescents. Meanwhile, non-ethnic-Chinese groups have a higher risk of developing anxiety disorders.

The survey on elderly people

- One-fifth of the older adults residing in the community have mild neurocognitive disorder, with 7.4% classified as having major neurocognitive disorders (dementia); the prevalence increases with age.
- Approximately 70% of older adults residing in RCHEs live with dementia.
- 8.6% of older adults people living at home have depression and/or anxiety disorders. Being female, having lower educational attainment, having more chronic illnesses, and being physically and socially inactive were found to be important associated factors.
- Carers' burden increases with severity of cognitive impairment of elderly people. However, less than half of the carers received community services, and the carers generally do not appreciate the value of their own efforts.