

**Figure 1. Life Satisfaction of Hong Kong Students and HBSC Average**

Life satisfaction	Hong Kong	HBSC Average
9 – 10 points (10 points: Best possible life)	18.4%	36.4%
7 - 8 points	46.3%	40.7%
5 - 6 points	26.7%	16.2%
0 - 4 points (0 point: Worst possible life)	8.6%	6.7%

**Figure 2. Self-rated Health of Hong Kong Students and HBSC Average**

Self-rated health	Hong Kong	HBSC Average
Excellent	15.5%	36.3%
Good	49.3%	50.2%
Fair	31.5%	11.8%
Poor	3.7%	1.6%

\* The minor discrepancy in the total percentage is due to rounding of numbers.

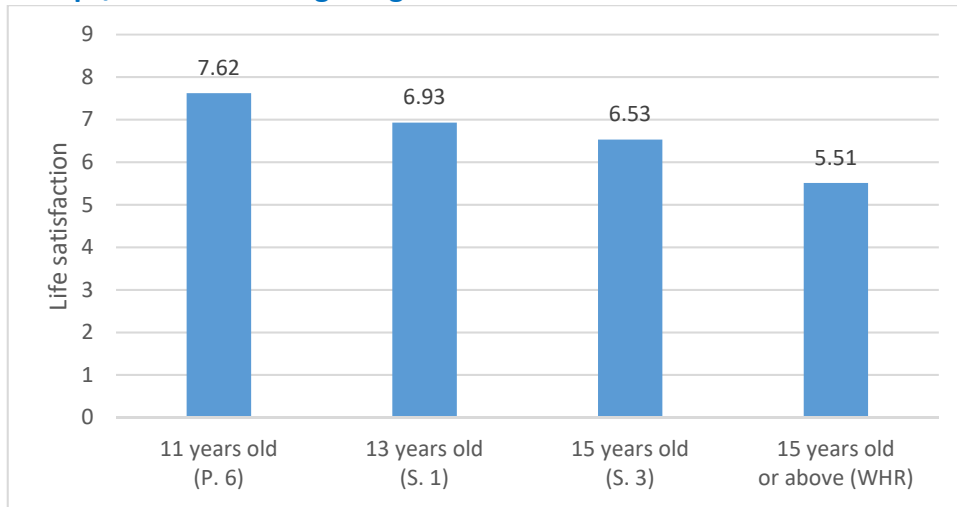
**Figure 3. Proportion of Students Who Had Psychological Symptoms Once or More a Week in the Last 6 Months (Hong Kong versus HBSC Proportion)**

	Feeling low	Irritability or bad temper	Feeling nervous	Difficulties in getting to sleep
Hong Kong	39.8%	41.9%	39.3%	34.1%
HBSC Average	29.3%	40.5%	38.3%	32.3%

**Figure 4. Proportion of Students Who Had Physical Symptoms Once or More a Week in the Last 6 Months (Hong Kong versus HBSC Proportion)**

	Headache	Stomach ache	Backache	Feeling dizzy
Hong Kong	17.7%	13.9%	14.4%	16.5%
HBSC Average	29.9%	20.3%	22.1%	17.4%

**Figure 5. Life Satisfaction of the Overall Population of Hong Kong and Different Age Groups/ Grades of Hong Kong Students**



**Figure 6. Health and Well-being Indices of Hong Kong Students at Different Ages/ Grades**

Health and well-being indices	Age 11 (P.6)		Age 13 (S.1)		Age 15 (S.3)		Total	
	Mean	S.D.	Mean	S.D.	Mean	S.D.	Mean	S.D.
<b>Life satisfaction</b>	7.62	1.81	6.93 #	1.82	6.53 ##	1.80	6.97	1.86
<b>Self-rated health</b>	2.95	0.71	2.78 #	0.74	2.61 ##	0.76	2.77	0.75
<b>Physical symptoms</b>	5.52	2.50	6.34 #	3.07	7.07 ##	3.46	6.38	3.13
<b>Psychological symptoms</b>	9.23	4.28	9.22	4.32	9.79 #	4.30	9.42	4.31

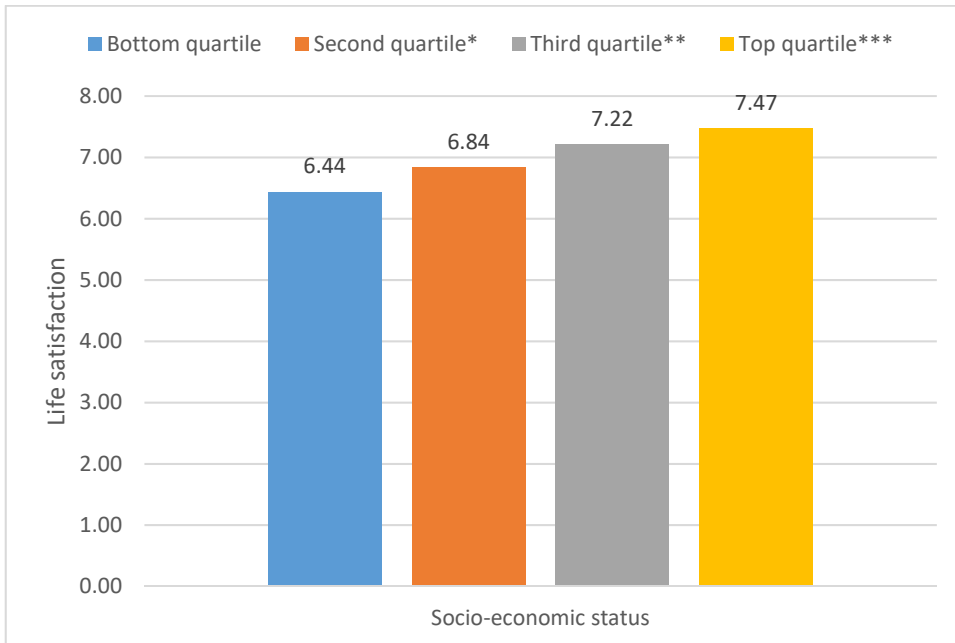
Note: The different number of "#" indicates that there is a significant difference between the age groups. Self-rated health ranges from 1 to 4 points. One point represents poor. Four points represent excellent. Physical and psychological symptoms range from 4 to 20 points. The higher the index, the more the symptoms.

**Figure 7. Health and Well-being Indices of Hong Kong Students of Different Genders**

Health and well-being indices	Boys		Girls	
	Mean	S.D.	Mean	S.D.
<b>Life satisfaction</b>	7.00	1.88	6.95	1.83
<b>Self-rated health</b>	2.81 ***	0.77	2.72	0.73
<b>Physical symptoms</b>	6.09	2.97	6.68 ***	3.28
<b>Psychological symptoms</b>	9.01	4.23	9.85 ***	4.36

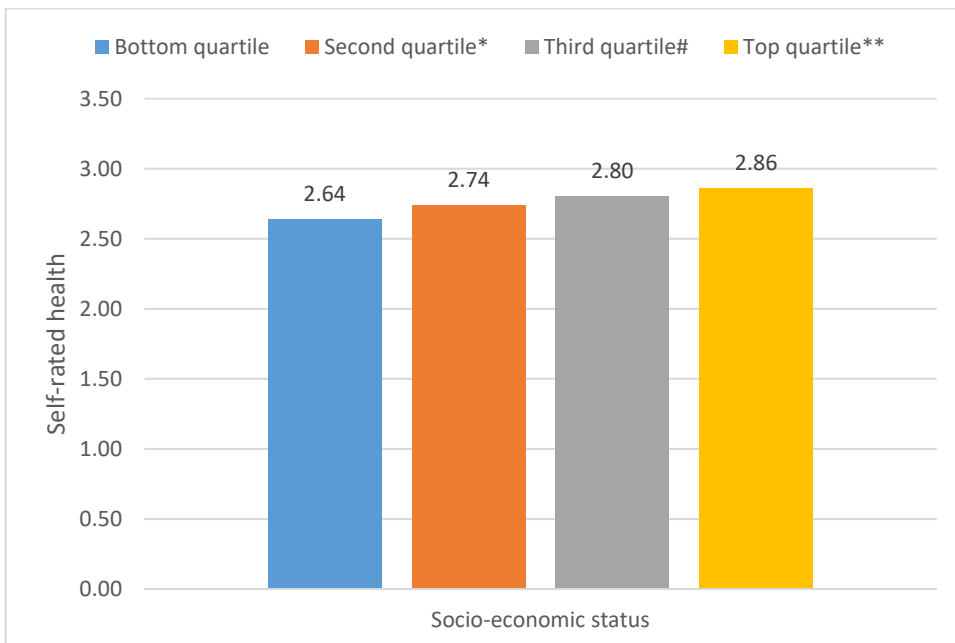
\*\*\* p < 0.001

**Figure 8. Relationship between Family Socio-economic Status and Life Satisfaction of Hong Kong Students**



Note: The different number of “\*” indicates that there is a significant difference between the quartiles.

**Figure 9. Relationship between Family Socio-economic Status and Self-rated Health of Hong Kong Students**



Note: The different number of “\*” indicates that there is a significant difference between the quartiles. There is no significant difference between the quartile marked with “#” and the quartiles marked with “\*” and “\*\*”.

**Figure 10. Health and Well-being Indices of Hong Kong Students with Different Family Socio-economic Status**

Health and well-being indices	Bottom quartile		Second quartile		Third quartile		Top quartile	
	Mean	S.D.	Mean	S.D.	Mean	S.D.	Mean	S.D.
Life satisfaction <sup>1</sup>	6.44	1.92	6.84 *	1.82	7.22 **	1.76	7.47 ***	1.65
Self-rated health <sup>2</sup>	2.64	0.78	2.74 *	0.73	2.80 #	0.74	2.86 **	0.73
Physical symptoms	6.39	3.23	6.49	3.18	6.35	3.06	6.35	3.05
Psychological symptoms	9.48	4.46	9.43	4.27	9.49	4.30	9.38	4.21

Note: 1. The different number of “\*” indicates that there is a significant difference between the quartiles.

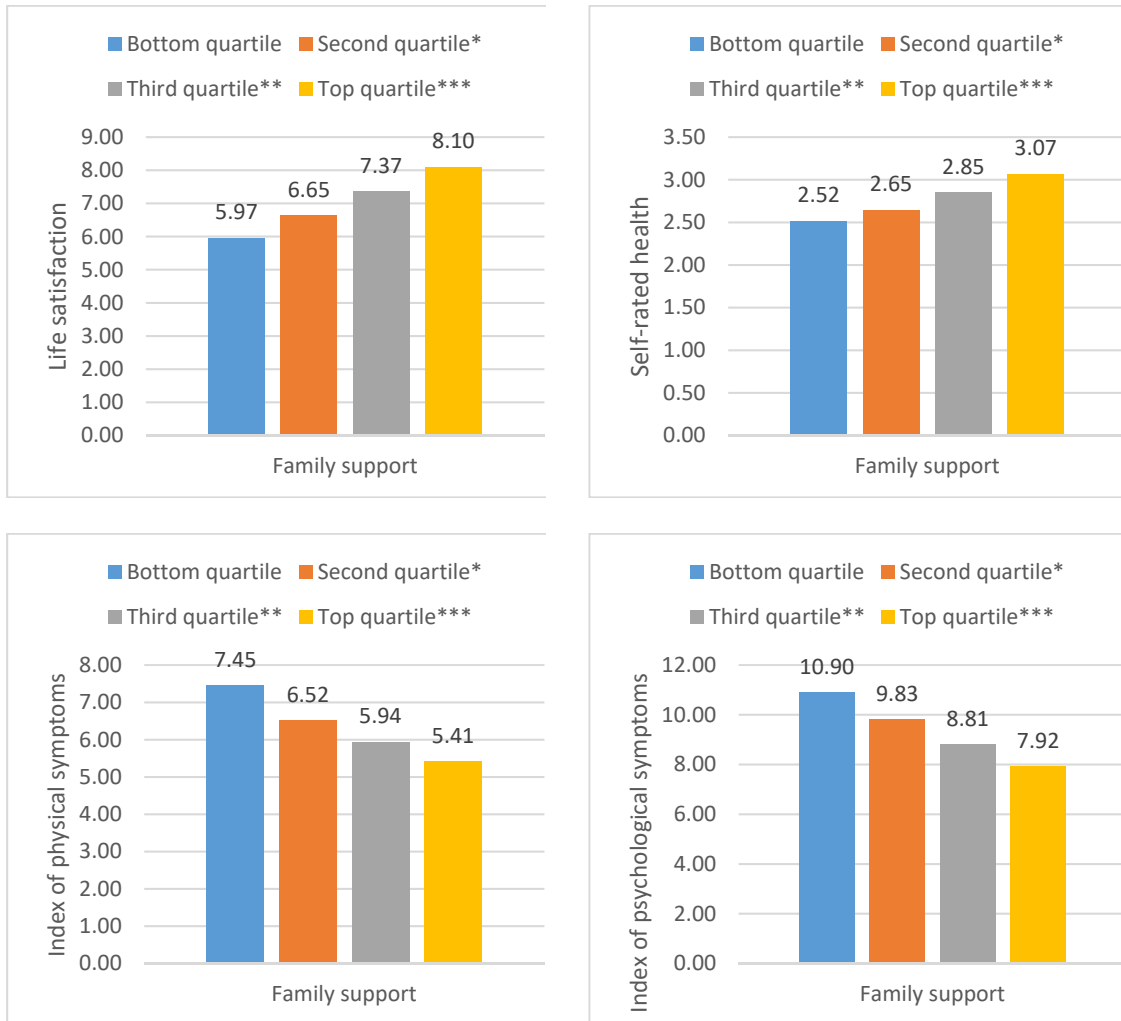
2. The different number of “\*\*” indicates that there is a significant difference between the quartiles. There is no significant difference between the quartile marked with “#” and the quartiles marked with “\*” and “\*\*\*”.

**Figure 11. Health and Well-being Indices of Hong Kong Students Who Perceived Different Ease of Communication with Parents**

Health and well-being indices	Difficult / very difficult to talk to father		Easy / very easy to talk to father		Difficult / very difficult to talk to mother		Easy / very easy to talk to mother	
	Mean	S.D.	Mean	S.D.	Mean	S.D.	Mean	S.D.
Life satisfaction	6.28	1.87	7.39 ***	1.67	5.95	1.92	7.30 ***	1.68
Self-rated health	2.54	0.76	2.89 ***	0.71	2.48	0.78	2.85 ***	0.72
Physical symptoms	7.27 ***	3.57	5.86	2.70	7.55 ***	3.76	6.01	2.80
Psychological symptoms	10.94 ***	4.49	8.57	3.94	11.48 ***	4.60	8.79	4.00

\*\*\* p < 0.001

**Figure 12. Relationship between Family Support and Health and Well-being Indices of Hong Kong Students**



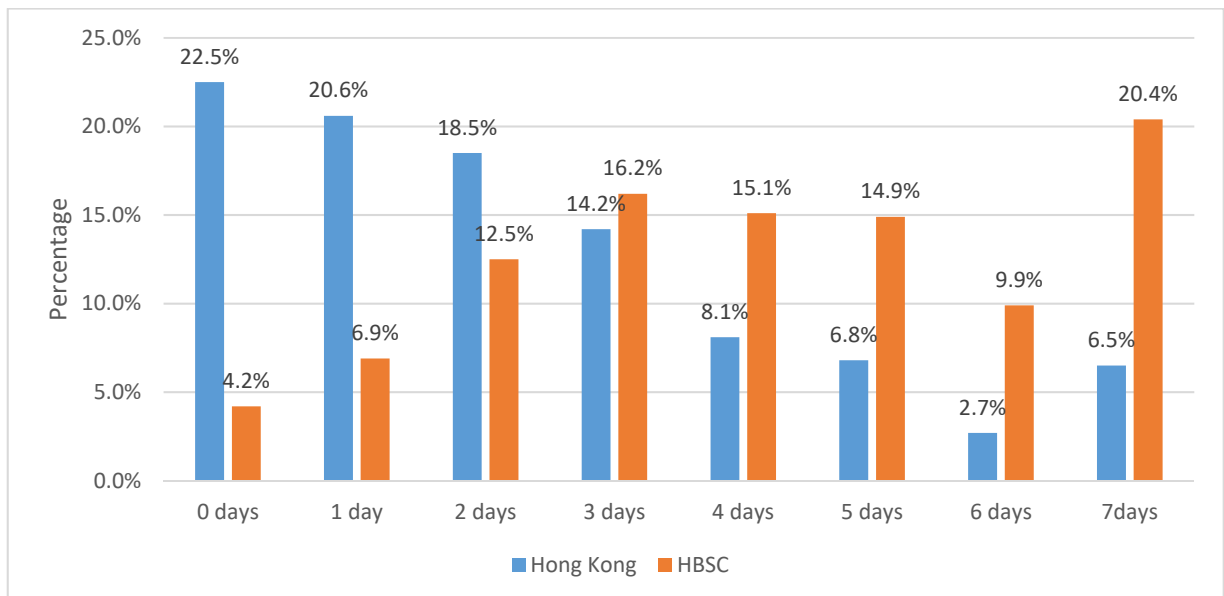
Note: The different number of “\*” indicates that there is a significant difference between the quartiles.

**Figure 13. Health and Well-being Indices of Hong Kong Students with Different Levels of Physical Activity**

Health and well-being indices	Participate in at least 60 minutes of physical activity per day for 0-2 days a week		Participate in at least 60 minutes of physical activity per day for 3-7 days a week	
	Mean	S.D.	Mean	S.D.
Life satisfaction	6.77	1.86	7.31 ***	1.80
Self-rated health	2.64	0.75	2.96 ***	0.71
Physical symptoms	6.48 **	3.23	6.20	2.97
Psychological symptoms	9.71 ***	4.37	8.94	4.17

\*\* p < 0.01, \*\*\* p < 0.001

**Figure 14. Students' Participation in Physical Activity (At Least 60 Minutes of Physical Activity in One Day) (Hong Kong versus HBSC)**

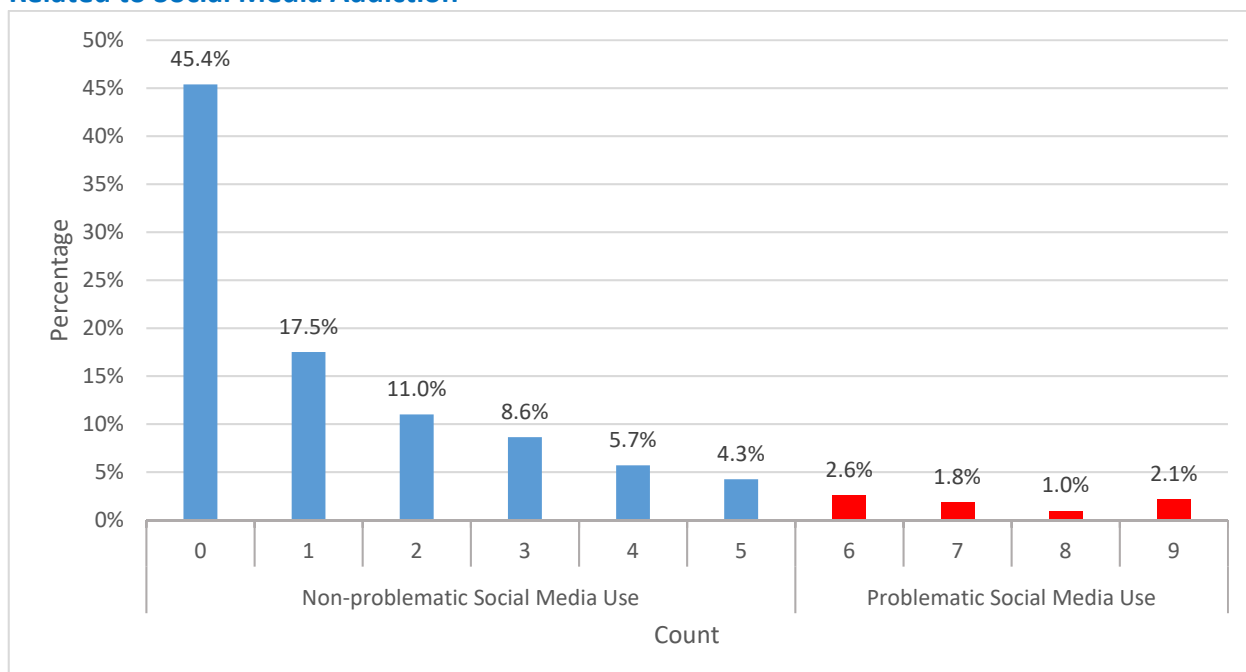


**Figure 15. Hong Kong Students' Intensity of Online Communication with Friends**

	Several times a week or less	Once or more a day	Almost all the time every day
Close friend(s)	25.5%	52.9%	15.2%
Friends from a larger friend group	43.7%	38.7%	8.4%
Friends that students got to know through the Internet but didn't know before	51.6%	16.7%	6.0%

Note: The remaining percentages fall into the category of "don't know/doesn't apply".

**Figure 16. Count of "Yes" Responses by Hong Kong Students to the Nine Questions Related to Social Media Addiction**



**Figure 17. Health and Well-being Indices of Hong Kong Students Who Are Problematic Social Media Users and Those Who Are Not**

Health and well-being indices	Non-problematic social media users		Problematic social media users	
	Mean	S.D.	Mean	S.D.
Life satisfaction	7.02 ***	1.82	6.38	2.10
Self-rated health	2.78 ***	0.74	2.55	0.83
Physical symptoms	6.27	3.04	7.71 ***	3.85
Psychological symptoms	9.20	4.20	12.03 ***	4.72

\*\*\* p < 0.001