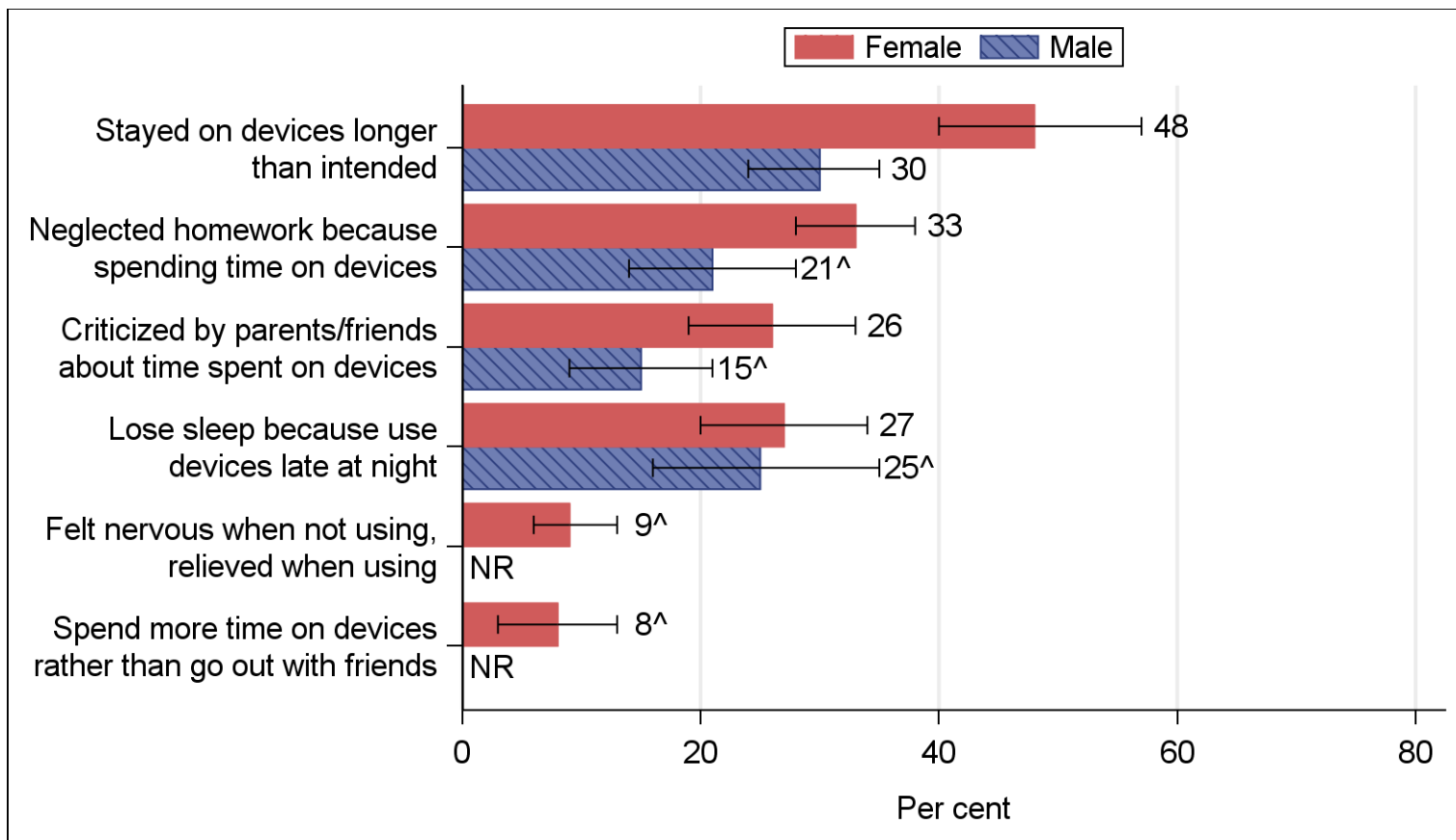


Quick facts:

Secondary school students experiencing symptoms of problematic technology use, 2016-2017



Release date: October 2018



Notes

Results were weighted and sex-by-grade adjusted to the Ontario 2014-2015 student enrollment.

Error bars represent the 95 per cent confidence intervals around the percentage. The true or actual percentage falls within the range of values, 95 out of 100 times. Categories may not sum to 100 per cent as item non-response is not presented in the results above.

[^] Interpret with caution as the coefficient of variation (CV) is between 16.6 and 33.3 per cent, inclusive.

NR - Unreliable and not releasable as the CV is greater than 33.3 per cent.

Source: Public Health Monitoring of Risk Factors in Ontario – Ontario Student Drug Use and Health Study (OSDUHS), 2016-2017.

Summary

Symptoms of problematic technology use include preoccupation, loss of control, lack of sleep or conflict with family or friends due to technology use. Scoring 19 or higher of 24 on the *Short Problematic Internet Use Test* (SPIUT) suggests a serious problem. While the results were not releasable for Durham Region students due to the small sample size, 4.6% of students in Ontario reported symptoms that may suggest a serious problem with technology use (not shown in figure). The most prevalent symptom of problematic use was staying on the device longer than intended, and there was a significant difference by sex. In Durham Region, 48% of female secondary school students reported staying on devices quite often or very often longer than intended compared to 30% in males.

Questions

How often do you find that you are staying on electronic devices longer than you intended? How often do you neglect homework because you are spending more time on electronic devices? How often are you criticized by your parents or your friends about how much time you spend on electronic devices? How often do you lose sleep because you use electronic devices late at night? How often do you feel nervous when you are not using electronic devices and feel relieved when you do go back to using them? How often do you choose to spend more time on electronic devices rather than go out with your friends?

- Never; Rarely; Sometimes; Don't use these devices in my free time
- Quite often; Very often

Survey methods

The Ontario Student Drug Use and Health Survey (OSDUHS) targets students, Grades 7 to 12, enrolled in the public and catholic regular school system. The OSDUHS uses a two-stage (school, class) stratified (region and school type) cluster sample design, and oversampling in PMO-participating public health units. The survey is self-administered in the classroom, taking, on average, 35 minutes to complete. Participation is voluntary and anonymous. Students 17 years old and younger absent or without signed consent forms on the day of the survey do not participate.

This survey excluded groups, such as street youth and dropouts, in which health behaviours such as healthy eating, physical activity, drug use, etc. may be underestimated. In addition, self-reporting may result in under-reporting whether from social desirability or recall bias.

For a detailed description of the OSDUHS, visit the [CAMH website](#).

Data analysis

Data were analyzed using SAS 9.4. For 2016-2017, the analysis was based on a design of 17 strata (7 geographical strata for elementary schools and 10 for secondary schools), 214 schools, 764 classes and 11,435 students. Variables accounting for the probability of selection, stratification and clustering were used when analyzing the data. The final sampling weight was based on each regional stratum's sex-by-grade structure according to the provincial population structure.

Differences in two percentages may be clinically important. However, when error bars overlap, the difference cannot necessarily be interpreted as real or statistically significant.

Acknowledgement

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For more information, contact Durham Region Health Department at 1-800-841-2729, by fax at 905-666-6241 or by visiting the [Durham Region website](#).