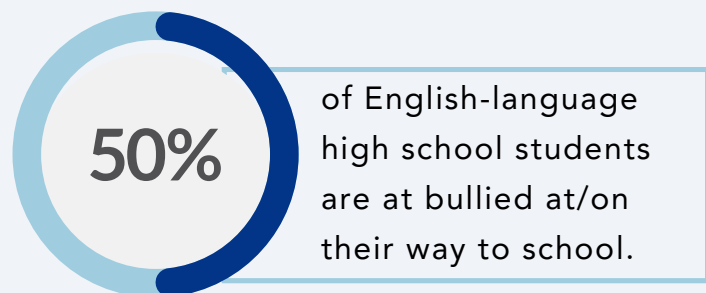


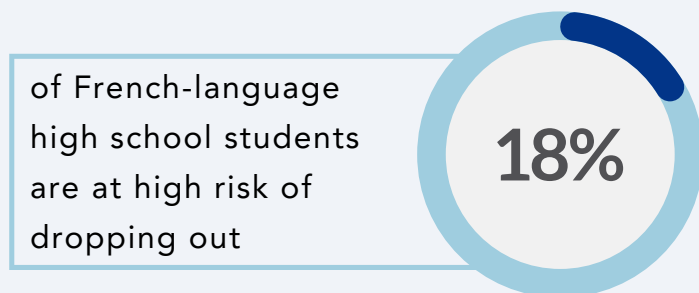
INFOGRAPHIC SUMMARY

Disparities in Mental Health and Its Determinants Among Quebec High School Students by Language of Instruction

Based on the report by the Institut National de Santé Publique du Québec¹



Compared to 30% of French-language high school students



Compared to 12% of English-language high school students

Adolescence is an important transition stage where multiple social, psychological, and biological factors can affect long-term health and well-being. Language minority status is another recognized factor in determining the physical and mental health of a population.

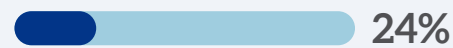
English-Language High School Students (ELHSS)

Mental Health Indicators

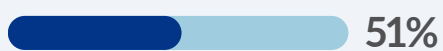
French-Language High School Students (FLHSS)



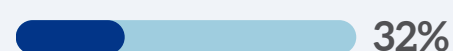
ADHD diagnosis



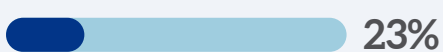
ELHSS were also less likely to report having taken medication to help them calm down or focus.



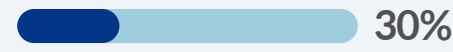
Sleep fewer hours than recommended for their age



The large gap narrows on weekends, but overall ELHSS sleep less than FLHSS.



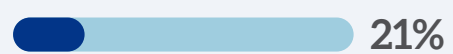
E-cigarette use



There was no significant gap in the proportions of those who had tried drugs in their lifetime.



Low self-efficacy²



There was no significant gap in the proportions of those who reported low self-esteem.

Despite these differences in mental health indicator results, overall, the results do not allow us to determine whether the mental health of students in English high schools is better or worse than that of students in French high schools. One important caveat to consider when interpreting these results is the use of language of instruction as the language variable in the absence of survey data on mother tongue and language spoken at home.

Click [HERE](#) to access the report. Infographic designed by Amanda Argento.

1. Institut National de Santé Publique du Québec. (2022, August 25). Disparities in Mental Health and its Determinants among Quebec High School Students by Language of Instruction. https://chssn.org/documents/disparities-mental-health-high_school-students/

2. Self-efficacy: an individual's belief in their capacity to act in the ways necessary to reach specific goals.