# Depressive Symptoms Substance Use and Gaming in a Jamaican High School


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| **KEYWORDS** | adolescent mental health, substance use, internet gaming |



**OBJECTIVE**

Estimate the prevalence of depressive symptoms and examine links with substance use and gaming.

**METHODS**

A cross-sectional survey used established screening tools among students in grades 7–13.

**RESULTS**

Of 358 students, 46.7% screened positive for moderate to severe depressive symptoms and 9.2% met the study's gaming-addiction criterion. Depressive symptoms were associated with alcohol use, gaming and several demographic factors.

**CONCLUSION**

The findings identify potential priorities for school-based mental health support and further research.