

# Scottish Schools Adolescent Lifestyle and Substance Use Survey (SALSUS)



## SMOKING REPORT (2015)



Scottish Government  
Riaghaltas na h-Alba  
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# Executive Summary

## Introduction

This report presents the smoking findings from the 2015 wave of the Scottish Schools Adolescent Lifestyle and Substance Use Survey (SALSUS). The research was commissioned by the Scottish Government and carried out by Ipsos MORI Scotland.

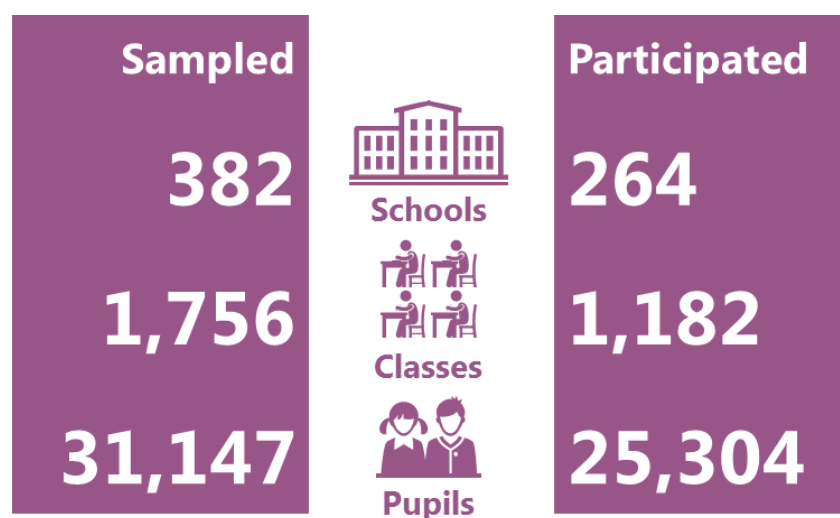
## Survey background and purpose

SALSUS is a continuation of a long established series of national surveys on smoking, drinking and drug use. These were carried out jointly in Scotland and England between 1982 and 2000, to provide a national picture of young peoples' smoking (from 1982), drinking (from 1990), and drug use (from 1998) behaviours within the context of other lifestyle, health and social factors. Since 2002, Scotland has developed its own, more tailored survey, known as SALSUS.

## About the survey

SALSUS is a self-completion survey administered by teachers in a mixed ability class, under exam conditions. In the past the survey has been completed on paper, but in 2015 half of the sample completed the survey online. Fieldwork was undertaken between September 2015 and January 2016.

**Figure 1 Numbers sampled and participated**



The overall response rate was **53%** based on class and pupil response rate<sup>1</sup>.

*For full details of the methodology please see the accompanying SALSUS 2015 Technical Report.*

<sup>1</sup> The overall response rate excludes schools who took part in the Realigning Children's Services Survey. For more details please see the SALSUS 2015 Technical Report available at: <http://www.gov.scot/Topics/Research/by-topic/health-community-care/social-research/SALSUS>

## Key findings

### Prevalence and key trends

- Almost all 13 year olds (97%) were non-smokers. 2% were regular smokers and 1% were occasional smokers. Smoking was more common among 15 year olds but prevalence was still low: 7% were regular smokers and 5% were occasional smokers.
- Smoking prevalence has dropped markedly over time, since 1996 among 15 year old boys and slightly later (since 2002-2004) among 15 year old girls and 13 year olds. However, there was no further change between 2013 and 2015.
- Among 15 year old regular smokers, the mean (or average) number of cigarettes smoked in the last week was 44 for boys and 40 for girls.
- The mean age that 15 year olds (who had ever smoked) had first smoked a cigarette ('even just a puff') was 13 years and 4 months.
- Half (51%) of 15 year old regular smokers said they would find it 'very' or 'fairly' difficult to give up. 29% of 15 year old regular smokers said they would like to give up smoking but a little over half (55%) had tried to give up.
- 15% of 13 year olds and 32% of 15 year olds have ever used an e-cigarette. However, only a small proportion used them regularly: 1% of 13 year olds and 3% of 15 year olds.
- Between 2013 and 2015, there was a large increase in regular use of e-cigarettes among all groups except non-smokers (5% of 15 year old regular smokers in 2013, compared with 24% in 2015).

### Availability and awareness of tobacco

- Among regular smokers, the most common sources of cigarettes were getting someone else to buy them and being given them.
- 43% of 15 year old regular smokers said they had bought cigarettes from a shop, supermarket or van in the last 4 weeks. A further 6% of 15 year olds said they had tried to do so but were refused.
- The proportion of regular smokers who said they usually got their cigarettes from newsagents has dropped markedly between 2002 (87%) and 2013 (23%) but little change overall since 2013.

### Attitudes to smoking

- 42% of 15 year olds thought it was ok for someone their age to try smoking a cigarette to see what it's like. 13 year olds were much less likely to think it was ok (16%). The proportion thinking it is ok has declined markedly over time and continued to decline between 2013 and 2015.

# Acknowledgements

First and foremost, we would like to thank all of the pupils who participated in the 2015 Scottish Schools Adolescent Lifestyle and Substance Use Survey (SALSUS).

We would also like to thank the schools that participated and, in particular, the teachers who organised and administered the survey. In addition, we would like to thank individuals from Alcohol and Drug Partnerships (ADPs) and Education departments within local authorities who encouraged schools to take part.

We are grateful to the SALSUS steering group for their help and guidance over the life of the project, and in particular to Justine Geyer and Emma McCallum for their support throughout.

Finally, we would like to acknowledge the contributions of many Ipsos MORI colleagues, in particular: Chris Martin, Steven Hope, David Myers, Yinka Oluwi and Anna Sperati.

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# 1 Introduction and background

This report presents the findings on smoking from the 2015 wave of the Scottish Schools Adolescent Lifestyle and Substance Use Survey. The research was commissioned by the Scottish Government and carried out by Ipsos MORI Scotland.

## Survey background and purpose

### Survey background

The Scottish Schools Adolescent Lifestyle and Substance Use Survey (SALSUS) is the continuation of a long established series of national surveys on smoking, drinking and drug use. These were carried out jointly in Scotland and England between 1982 and 2000, to provide a national picture of young peoples' smoking (from 1982), drinking (from 1990), and drug use (from 1998) within the context of other lifestyle, health and social factors. Since 2002, Scotland has developed its own, more tailored, survey known as SALSUS.

### Survey purpose

SALSUS measures progress towards Scottish Government targets for smoking and drug use, and is used to inform the Scottish Government's priority of addressing harmful drinking among young people.

The survey series also provides local prevalence rates for smoking, drinking and drug use across Alcohol and Drug Partnerships (ADPs), local authorities and NHS Boards. SALSUS data are used in a number of the ADP national core indicators, which allows the ADPs to monitor their progress against a common set of outcomes. ADPs and their community planning partners make extensive use of SALSUS data in local needs assessments and in developing their strategic priorities.

## Policy background

There has been a decline in the proportion of adults who smoke in Scotland: from 28% in 2003 to 21% in 2015<sup>2</sup>. However, it remains the primary preventable cause of ill health and premature death. It is also strongly linked with area deprivation.

Since the Scottish Parliament was established in 1999, it has overseen a range of measures aimed at reducing smoking including:

- legislation to ban tobacco advertising (2002)
- a ban on smoking in public places (2006)
- an increase in the age for tobacco sales from 16 to 18 (2007)
- the overhaul of tobacco sale and display law, including banning the display of cigarettes in shops and banning sales from vending machines (2010)
- awareness raising campaigns
- continued investment in NHS smoking cessation services
- further control of tobacco and e-cigarettes in the 2016 Health (Tobacco, Nicotine etc. and Care) (Scotland) Bill (still to be implemented).

The Scottish Government published its current tobacco control strategy, *Creating a Tobacco-Free Generation: A Tobacco Control Strategy for Scotland*, in March 2013. This set a target to reduce smoking prevalence to 5% by 2034. Progress towards the target is measured on an annual basis. Previously, data on adult smoking prevalence came from the Scottish Household Survey but from July 2016 data is sourced from the Scottish Health Survey.

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<sup>2</sup> Scottish Health Survey 2015: Summary of key findings.  
<http://www.gov.scot/Publications/2016/09/4029>



## Methods

SALSUS is a self-completion survey administered by teachers in a mixed ability class, under exam conditions. In the past, the survey has been completed on paper, but for the first time in the 2015 wave, half of the sample completed the survey online<sup>3</sup>.

A random, nationally representative sample of S2 and S4 pupils in school was selected with classes as the primary sampling unit. All local authority and independent schools in Scotland were eligible for inclusion in the sample, with the exception of special schools. Fieldwork was completed between September 2015 and January 2016. A total of 13,607 S2 and 11,697 S4 pupils responded.

Throughout the report, pupils in S2 are referred to as '13 year olds' and S4 pupils are referred to as '15 year olds' for ease. It should be borne in mind that some pupils within these categories may be slightly older or younger.

Some pupils did not answer each question. Where answers are missing, these have been excluded from the analysis and so charts and tables that describe the same population may have varying bases. When differences between estimates are specifically commented on in the report, these differences are statistically significant to the level of 0.05.

Percentages may not add up to 100% due to rounding.

Robust subgroup analyses are not possible for 13 year old regular smokers as the base size is now so low, hence limited comparisons, such as gender differences are presented.

Finally, it is important to note that, while there are associations between many of the behaviours explored in this report, conclusions about causality cannot be drawn.

## Changes to the questionnaire

One smoking question was removed and two were amended. No new smoking questions were added. For detail on smoking question changes see Appendix A. For further details on other question changes and survey methodology see the SALSUS 2015 Technical Report<sup>4</sup> and full 2015 Questionnaire<sup>5</sup>.

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<sup>3</sup> Please see the SALSUS Mode Effect report for more detail at: <http://www.gov.scot/Topics/Research/by-topic/health-community-care/social-research/SALSUS>

<sup>4</sup> The SALSUS Technical Report is available at: <http://www.gov.scot/Topics/Research/by-topic/health-community-care/social-research/SALSUS>

<sup>5</sup> SALSUS 2015 Questionnaire is available at: <http://www.gov.scot/Topics/Research/by-topic/health-community-care/social-research/SALSUS>

## 2 Prevalence and key trends

### Summary of key changes over time

Smoking prevalence has dropped markedly over time, since 1996 among 15 year old boys and slightly later (since 2002-2004) among 15 year old girls and 13 year olds. However, there was no further change between 2013 and 2015.

Among 15 year olds, the mean number of cigarettes smoked remained similar in 2013 and 2015. However, there has been a decrease in the median number of cigarettes smoked in a week (Figure 2.1).

Use of e-cigarettes increased markedly among all groups between 2013 and 2015.

**Figure 2.1 Summary of trends in smoking between 2013 and 2015**

	13 year olds		15 year olds	
	Boys	Girls	Boys	Girls
PROPORTION OF REGULAR SMOKERS	↔	↔	↔	↔
MEAN NUMBER OF CIGARETTES SMOKED A WEEK	-	-	↔	↔
MEDIAN NUMBER OF CIGARETTES SMOKED A WEEK	-	-	↓	↓
E-CIGARETTE USE EVER	↑	↑	↑	↑

N.B. Data on 13 year old regular smokers has been left blank as the bases were too small to allow robust analysis.

## Smoking prevalence

Pupils were classified as 'regular smokers' (defined as usually smoking at least one cigarette a week), 'occasional smokers' (currently smoking, but less than one cigarette a week) or 'non-smokers' (pupils who had never smoked or were not current smokers).

### 2015 FIGURES

Almost all 13 year olds (97%) were non-smokers. 2% were regular smokers and 1% were occasional smokers. Smoking was more common among 15 year olds but the prevalence was still low: 7% were regular smokers and 5% were occasional smokers (Figure 2.2).

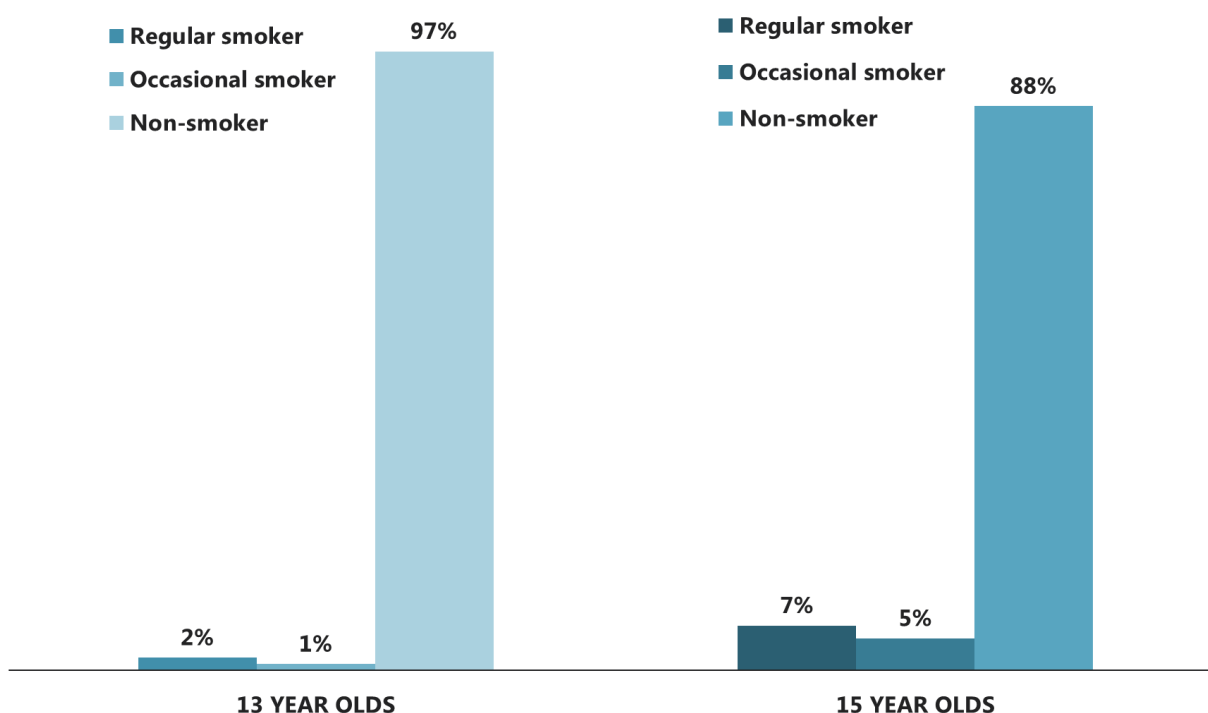
### TRENDS OVER TIME

Smoking prevalence has dropped markedly over time, since 1996 among 15 year old boys and slightly later (since 2002-2004) among 15 year old girls and 13 year olds (Figure 2.3). However, there was no further change between 2013 and 2015.

### GENDER DIFFERENCES

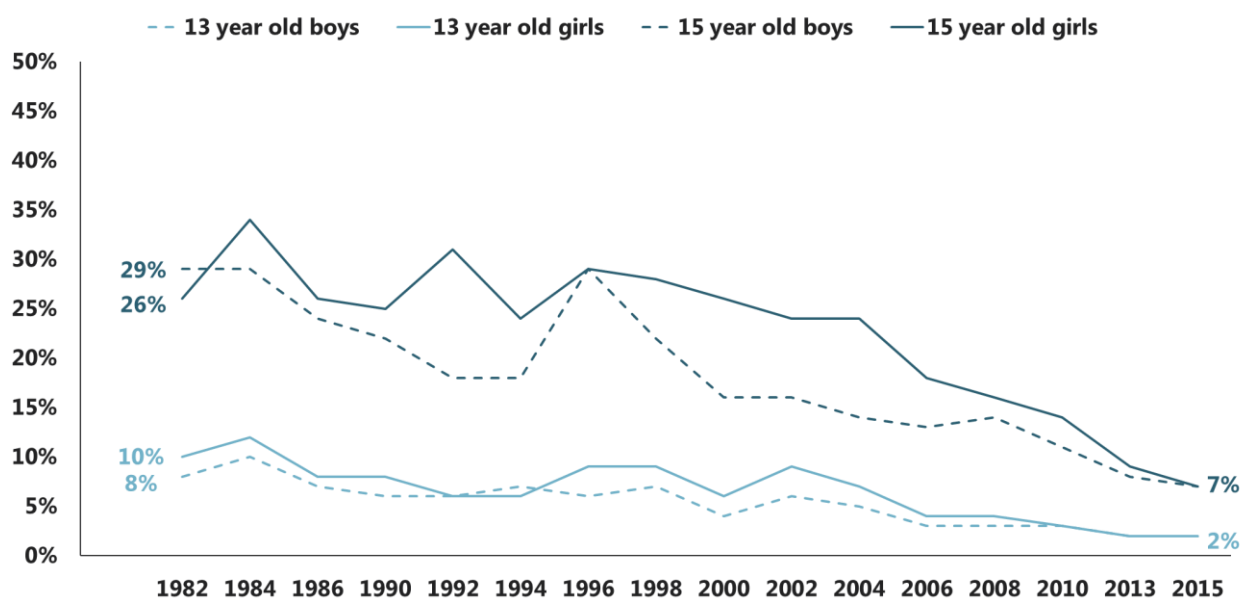
Over the previous three decades or so, smoking prevalence had tended to be somewhat higher among girls, but there is now no gender difference.

Figure 2.2 Smoking frequency, by age (2015)



Base: all 13 year olds (13,347), all 15 year olds (11,469)

**Figure 2.3 Proportion of pupils who are regular smokers, by age and sex (1982-2015)**



Base: all pupils (for full base sizes please see Appendix B)

## Number of cigarettes smoked in the last week

### 2015 FIGURES

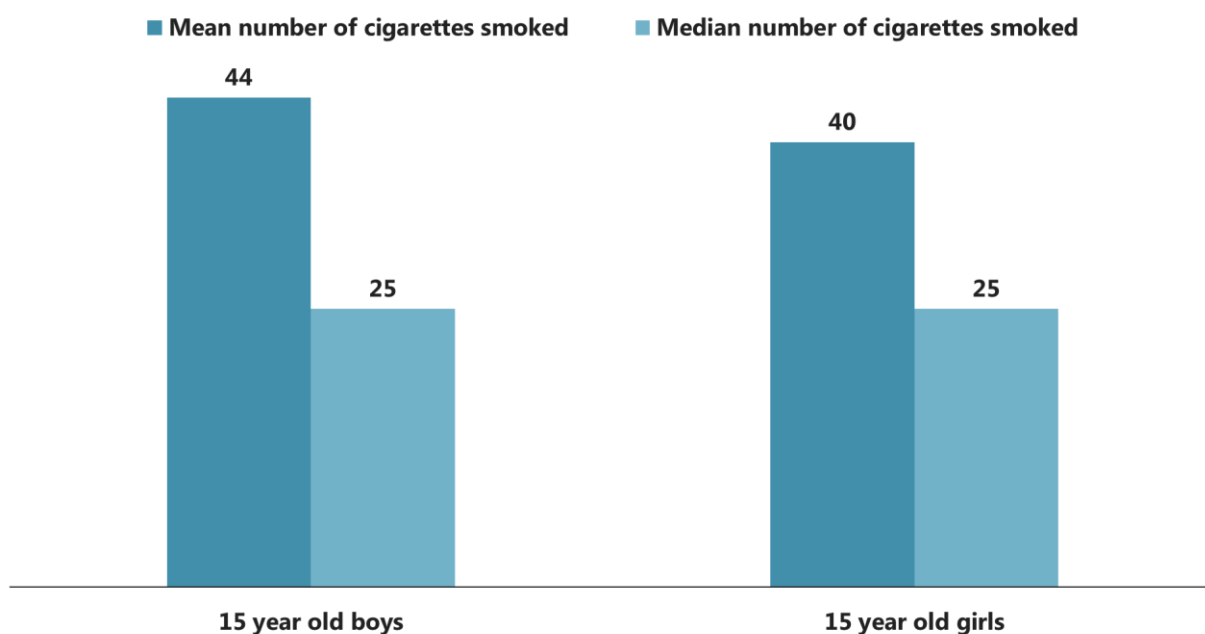
Among 15 year old regular smokers, the mean (or average) number of cigarettes smoked in the last week was 44 for boys and 40 for girls. Because the mean can be affected by a relatively small number of pupils smoking a lot, it is also useful to look at the median number<sup>6</sup>, which was much lower, 25 for both boys and girls (Figure 2.4).

### TRENDS OVER TIME

The mean number of cigarettes smoked was similar to 2013 but the median number dropped from 34 (for girls and boys combined) in 2013 to 26<sup>7</sup> in 2015.

**Figure 2.4 Mean and median number of cigarettes smoked in a week by 15 year old regular smokers, by sex (2015)**

Q. How many cigarettes did you smoke on each day in the last 7 days, ending yesterday?



Base: 15 year old boys who are regular smokers (307), 15 year old girls who are regular smokers (302)

<sup>6</sup> The middle number of cigarettes smoked, after sorting all the responses in increasing order.

<sup>7</sup> The median number for all is different to that for boys and girls combined due to a small number of pupils who did not state their gender.

## Length of time smoked

### 2015 FIGURES

71% of 15 year old regular smokers had been smoking for 6 months or more.

### TRENDS OVER TIME

The length of time that 15 year old regular smokers had been smoking has fluctuated somewhat over time but, in 2015, the proportion who had been smoking for 6 months or more was at its lowest point since the survey began asking the question in 1990. This indicates that the age at which pupils become regular smokers is increasing. This appears to be due primarily to a large decrease in the proportion of boys smoking for 6 months or more between 2013 (77%) and 2015 (66%) (Figure 2.5).

### GENDER DIFFERENCES

Whether boys or girls had been smoking for longer has also fluctuated over time. In 2015, more girls than boys had been smoking for 6 months or more. This is due to the notable decrease among boys since 2013.

**Figure 2.5 Proportion of 15 year old regular smokers who had been smoking for 6 months or more, by sex (1990-2015)**

*Q. How long is it since you started smoking at least one cigarette a week?*



Base: 15 year old regular smokers (for full base sizes please see Appendix B)

## Age first smoked

### 2015 FIGURES

The mean age that 15 year olds (who had ever smoked) had first smoked a cigarette ('even just a puff') was 13 years and 4 months.

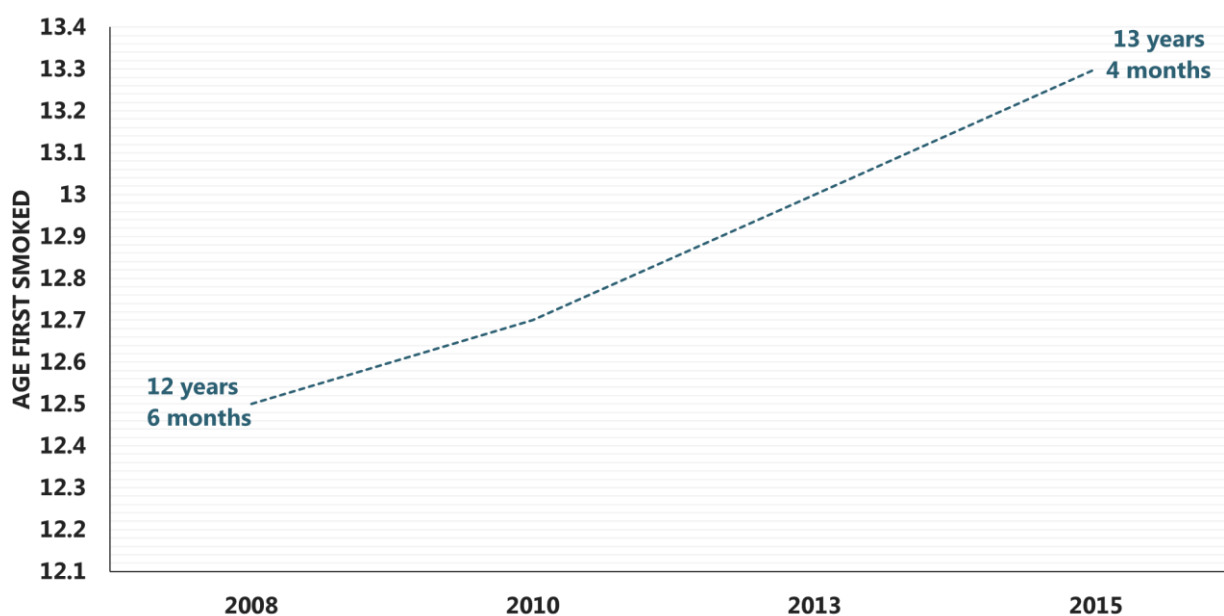
### TRENDS OVER TIME

The age at which pupils first tried smoking has been gradually increasing since 2008 (Figure 2.6).

### GENDER DIFFERENCES

15 year old girls were, on average, slightly older than 15 year old boys when they first tried smoking (13 years and 5 months among girls, compared with 13 years and 1 month among boys).

**Figure 2.6 Mean age at which 15 year old pupils who had ever smoked, first tried a cigarette (2008-2015)**



Base: 15 year olds who have ever smoked (for full base sizes please see Appendix B)

## Perceived ease of giving up

### 2015 FIGURES

Half (51%) of 15 year old regular smokers said they would find it 'very' or 'fairly' difficult to give up.

### TRENDS OVER TIME

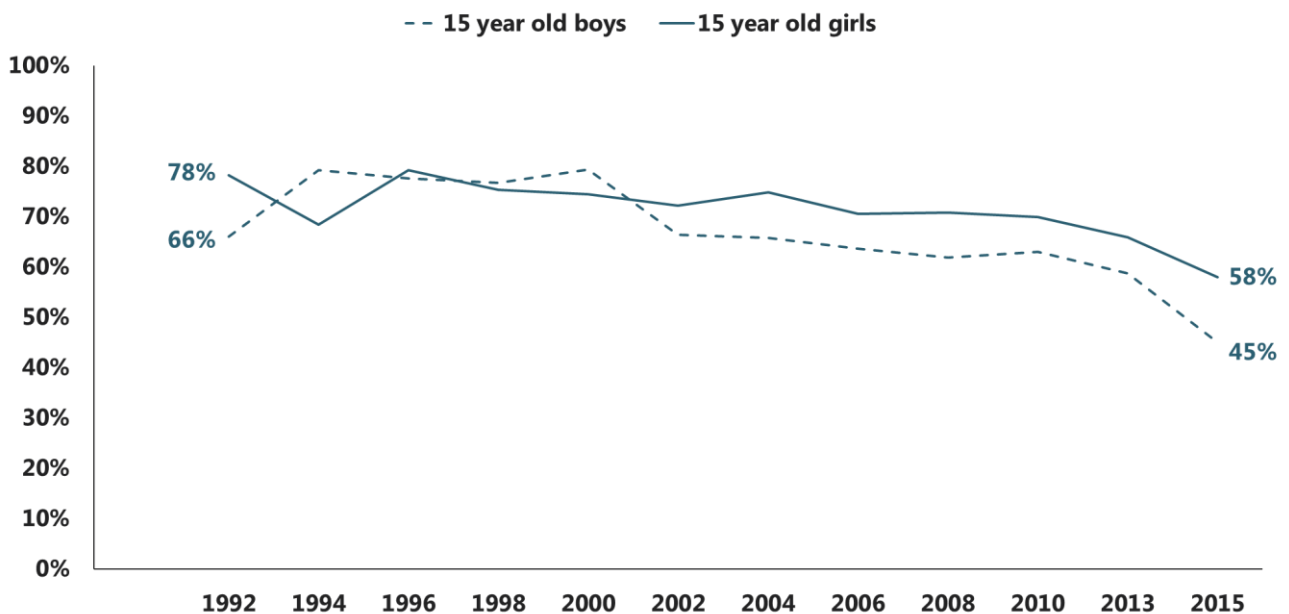
The proportion of regular smokers who say they would find it difficult to give up has dropped over time (since 2000 for boys and since 2004 for girls) (Figure 2.7).

### GENDER DIFFERENCES

Since 2002, more girls than boys have said they would find it difficult to give up.

**Figure 2.7 Trends in proportion of 15 year old regular smokers who say they would find it 'very difficult' or 'fairly difficult' to give up, by sex (1992-2015)**

*Q. How easy or difficult would you find it to give up smoking altogether if you wanted to?*



Base: 15 year old regular smokers (for full base sizes please see Appendix B)



## Wanting to give up smoking

### 2015 FIGURES

29% of 15 year old regular smokers said they would like to give up smoking. A similar proportion (28%) said they would *not* like to give up. However, the biggest proportion (44%) said they didn't know.

### TRENDS OVER TIME

The proportion of 15 year old regular smokers who say they would like to give up has been decreasing since 2004, with a particularly notable drop among girls since 2013 (41% in 2013 compared with 26% in 2015). Around half of the drop is explained by an increase in those saying they do not want to give up and half is explained by an increase in those saying they don't know (Figure 2.8)<sup>8</sup>.

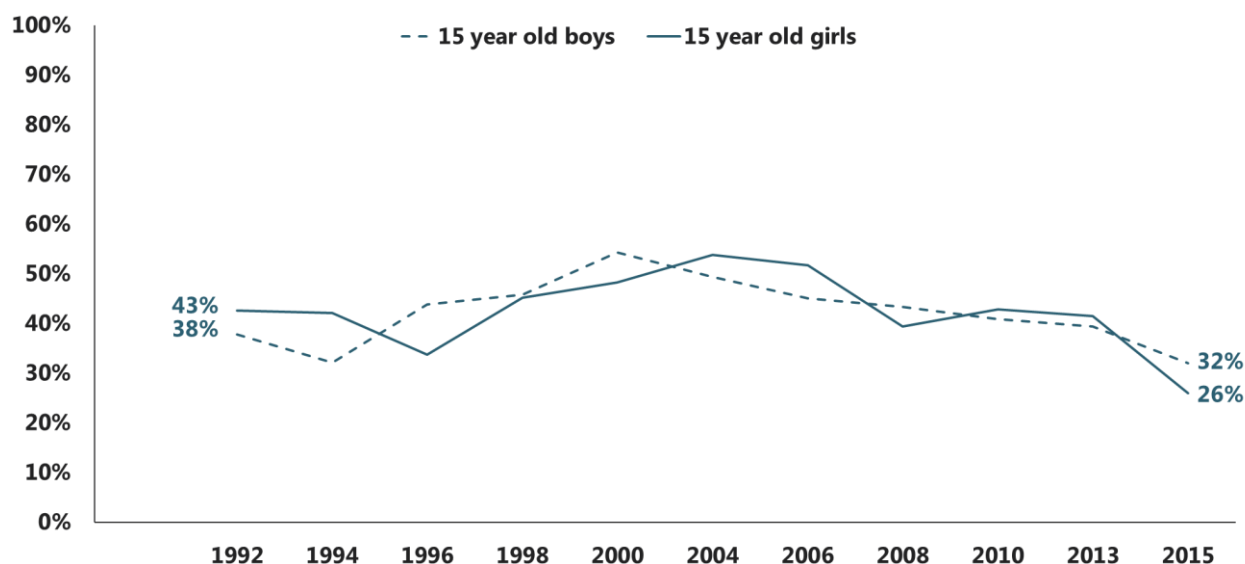
The decreasing trend is broadly similar to the decreasing trend in smoking prevalence. In other words, as the overall prevalence of smoking decreases, fewer of those who *do* smoke want to give up.

### GENDER DIFFERENCES

There were no statistically significant gender differences.

**Figure 2.8 Trends in the proportion of 15 year old regular smokers who say they would like to give up, by sex (1992-2015)**

Q. *Would you like to give up smoking?*



Base: 15 year old regular smokers (for full base sizes please see Appendix B)

<sup>8</sup> The 2002 figures have been excluded from the chart as, in that year, there was no 'don't know' option meaning that a comparison cannot be made.

## Trying to give up smoking

### 2015 FIGURES

A little over half of 15 year old regular smokers (55%) had tried to give up.

### TRENDS OVER TIME

The proportion of 15 year old regular smokers who have tried to give up has decreased since 2008 (Figure 2.9). This is in line with the decreasing trend in the proportion who want to give up, and the decrease in overall prevalence. As the overall prevalence of smoking decreases, fewer of those who *do* smoke want to give up or try to give up.

### GENDER DIFFERENCES

There were no statistically significant gender differences.

**Figure 2.9 Trends in the proportion of 15 year old regular smokers who have tried to give up, by sex (1992-2015)**

Q. Have you ever tried to give up smoking?



Base: 15 year old regular smokers (for full base sizes please see Appendix B)

## E-cigarette use

### 2015 FIGURES

15% of 13 year olds and 32% of 15 year olds have ever used an e-cigarette. However, only a small proportion used them regularly (defined as once a week or more): 1% of 13 year olds and 3% of 15 year olds.

Regular smokers in both age groups were much more likely than non-smokers to have ever used or regularly used an e-cigarette (Figures 2.10 and 2.11).

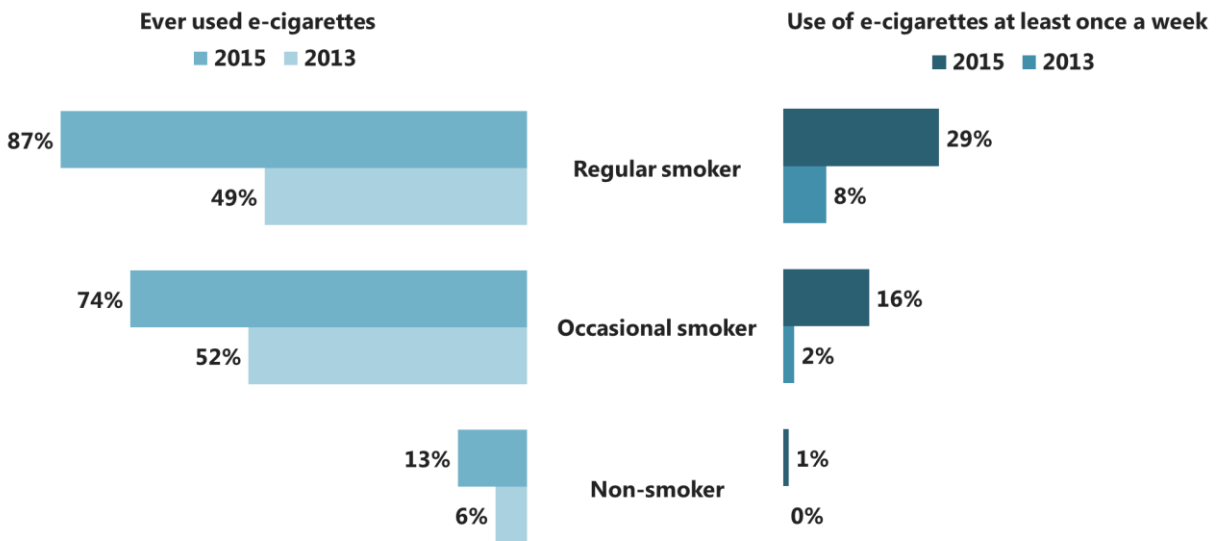
### TRENDS OVER TIME

Between 2013 and 2015, there was a large increase in use of e-cigarettes ever among all groups, and a large increase in regular use of e-cigarettes among all groups except non-smokers (Figures 2.10 and 2.11).

### GENDER DIFFERENCES

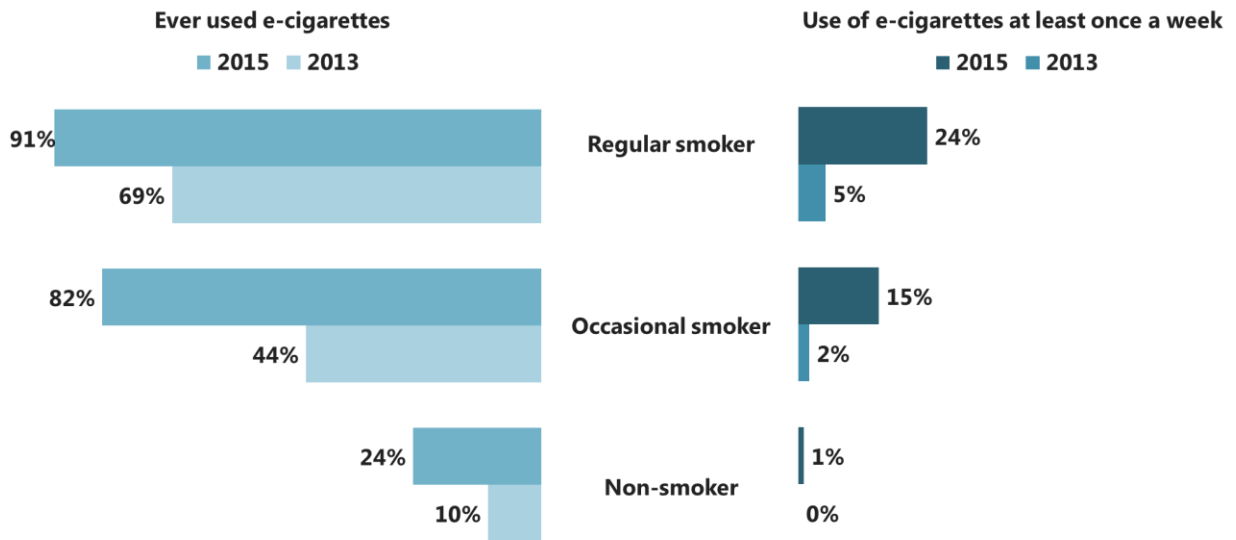
Boys were slightly more likely than girls to have used e-cigarettes: 25% of boys had ever used e-cigarettes, compared with 22% of girls and 3% used e-cigarettes regularly, compared with 1% of girls.

**Figure 2.10 E-cigarette use among 13 year olds, by smoking status and year (2013-2015)**



Base: 13 year old regular smokers (195), 13 year old occasional smokers (170), 13 year old non-smokers (12,719)

**Figure 2.11 E-cigarette use among 15 year olds, by smoking status and year (2013-2015)**



Base: 15 year old regular smokers (785) 15 year old occasional smokers (518), 15 year old non-smokers (9,988)

### 3 Availability and awareness of tobacco

#### Source of cigarettes

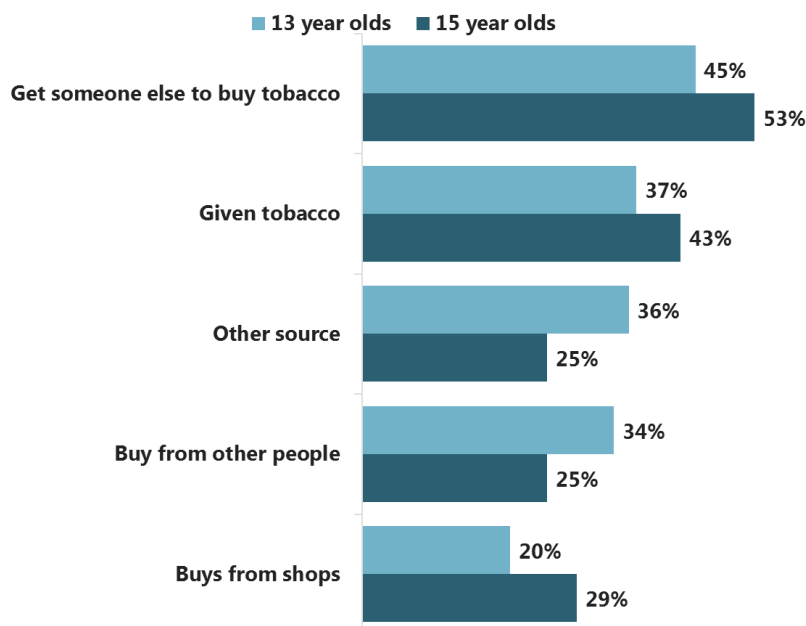
Among regular smokers, the most common sources of cigarettes were getting someone else to buy them and being given them. 13 year olds were more likely to buy them from others than buy them from shops. The reverse was true for 15 year olds (Figure 3.1).

The proportion of regular smokers who said they usually got their cigarettes from newsagents, garages, supermarkets and other shops dropped markedly between 2002 and 2013. Between 2013 and 2015 there was an increase (from 5% to 9%) in the proportion of 15 year olds who said they usually got their cigarettes from 'some other type of shop', but no statistically significant changes in relation to newsagents, garages or supermarkets (Figure 3.3).

Girls were more likely than boys to be given cigarettes by friends (42% of all girls who were regular smokers compared with 33% of boys), be given them by siblings (9% compared with 5%) and to buy them from friends or relatives (20% compared with 13%).

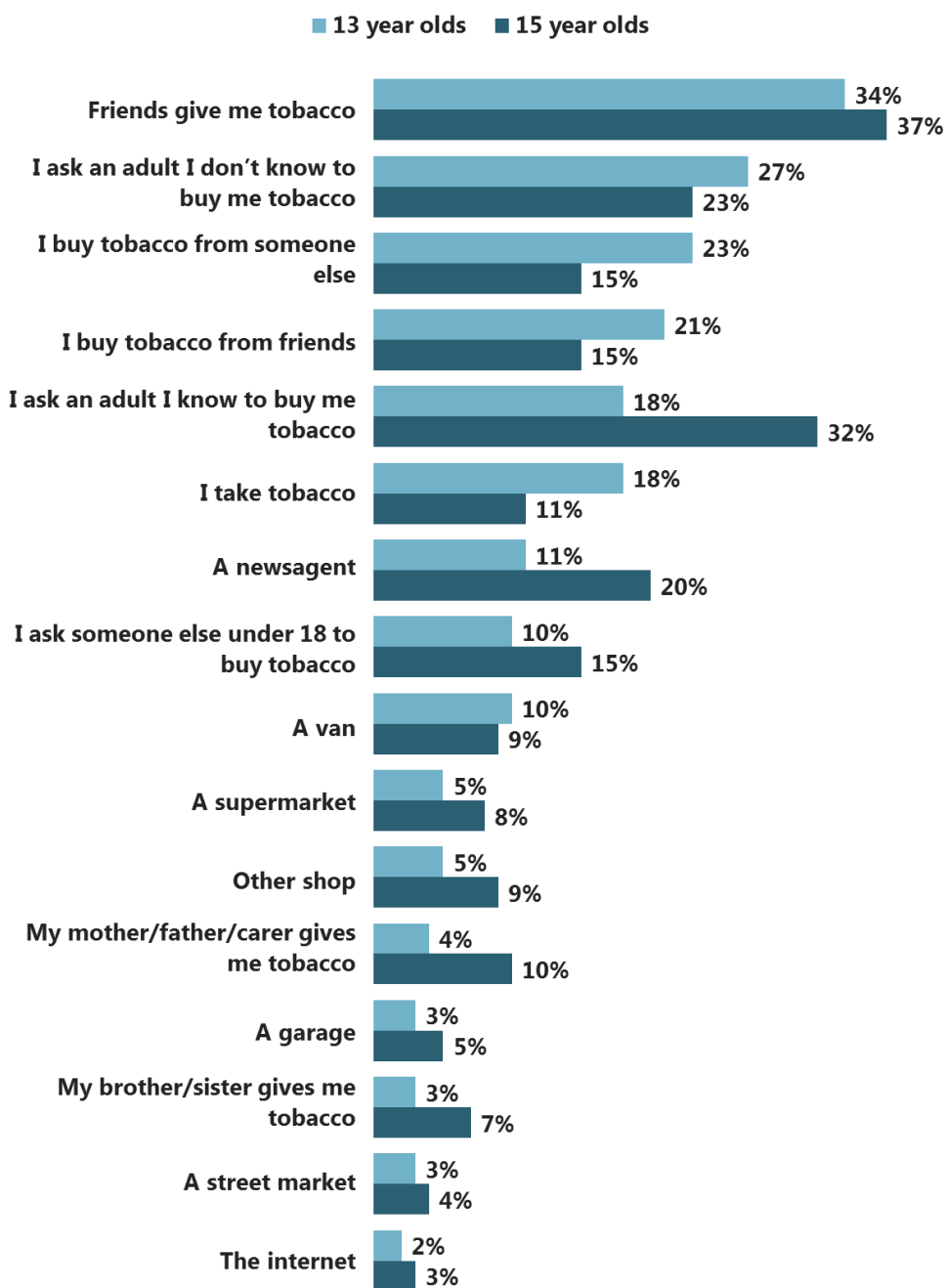
**Figure 3.1 Regular smokers' sources of cigarettes – broad categories, by age (2015)**

*Q. How do you usually get your cigarettes/tobacco?*



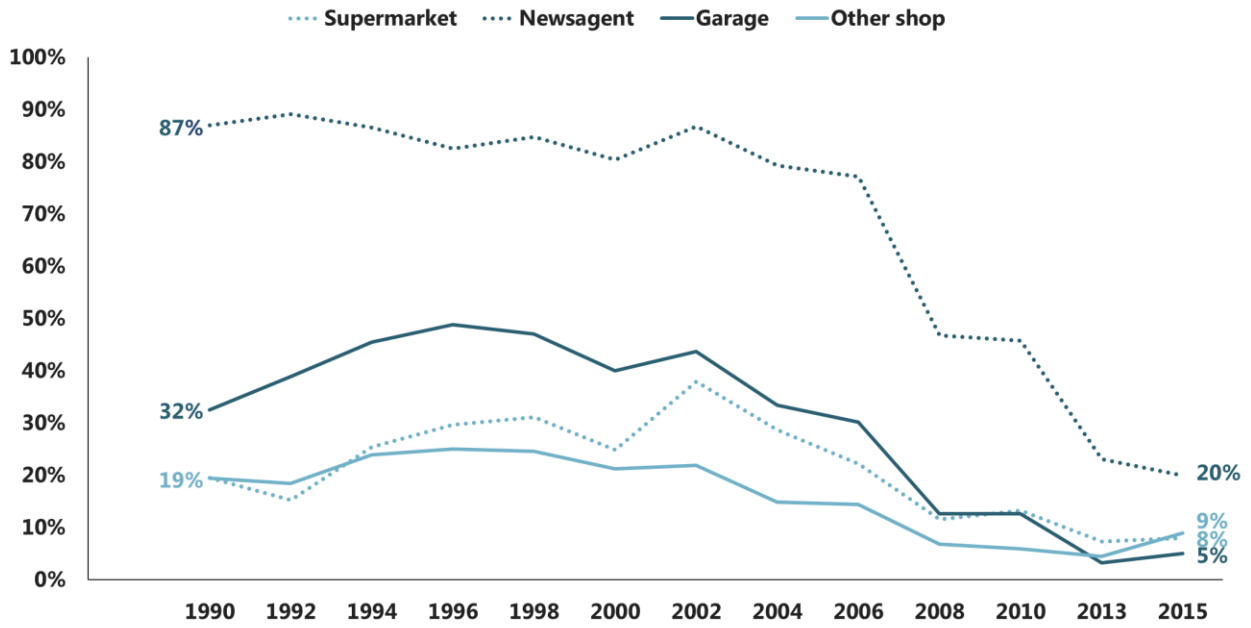
Base: 13 year old regular smokers (176), 15 year old regular smokers (737)

**Figure 3.2 Regular smokers' sources of cigarettes – detailed categories, by age (2015)**  
*Q. How do you usually get your cigarettes/tobacco?*



Base: 13 year old regular smokers (176), 15 year old regular smokers (737)

**Figure 3.3 Trends in 15 year old regular smokers getting cigarettes from shops (1990-2015)**  
*Q. How do you usually get your cigarettes/tobacco?*



Base: 15 year old regular smokers (for full base sizes please see Appendix B)

## Attempts to purchase

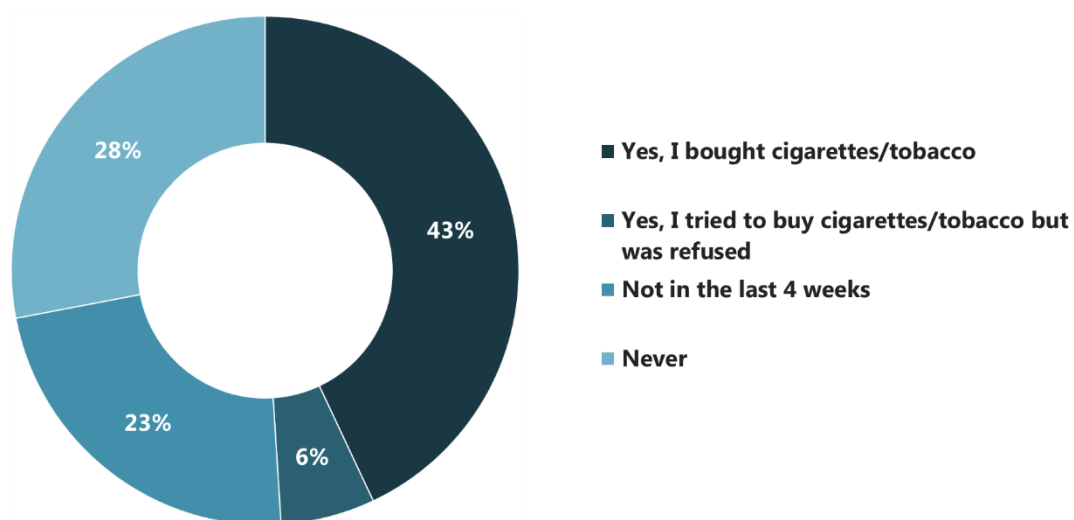
43% of 15 year old regular smokers said they had bought cigarettes from a shop, supermarket or van in the last 4 weeks. A further 6% of 15 year olds said they had tried to do so but were refused (Figure 3.4).

There were no changes between 2013 and 2015.

Boys were more likely to have bought cigarettes from a shop, supermarket or van (48% of all boys who were regular smokers compared with 35% of girls).

### Figure 3.4 15 year old regular smokers' attempts to purchase cigarettes, by age (2015)

Q. In the last 4 weeks, have you bought or tried to buy cigarettes/tobacco from any kind of shop, supermarket or van?



Base: all 15 year old regular smokers (744)



## Perceived cost of cigarettes

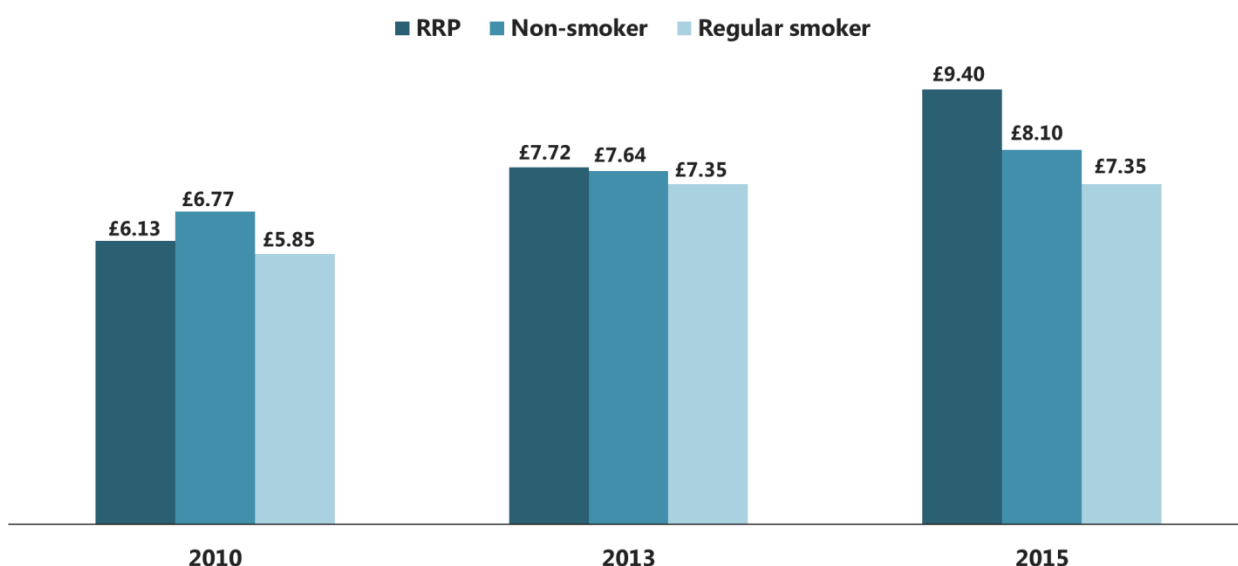
To gauge their awareness of the cost of cigarettes, pupils were asked to estimate the cost of a packet of twenty<sup>9</sup>. The average estimate of non-smokers was £8.10. This was 75p higher than the £7.35 average estimate of regular smokers. There were no gender differences.

Although the non-smokers' estimate is closer to the recommended retail price (RRP) of £9.40, it should be borne in mind that 15 year old regular smokers were more aware of cheaper brands.

The RRP of 20 cigarettes has increased much more than pupils' estimates of the cost. In 2015, both non-smokers and regular smokers' estimates were much less than the RRP (Figure 3.5).

**Figure 3.5 Perceived cost of cigarettes among 15 year olds, by smoking status and year (average estimate)**

Q. About how much does a packet of twenty cigarettes cost? If you don't know, please just give your best guess.



Base: 15 year old non-smokers and regular smokers (for full base sizes please see Appendix B)

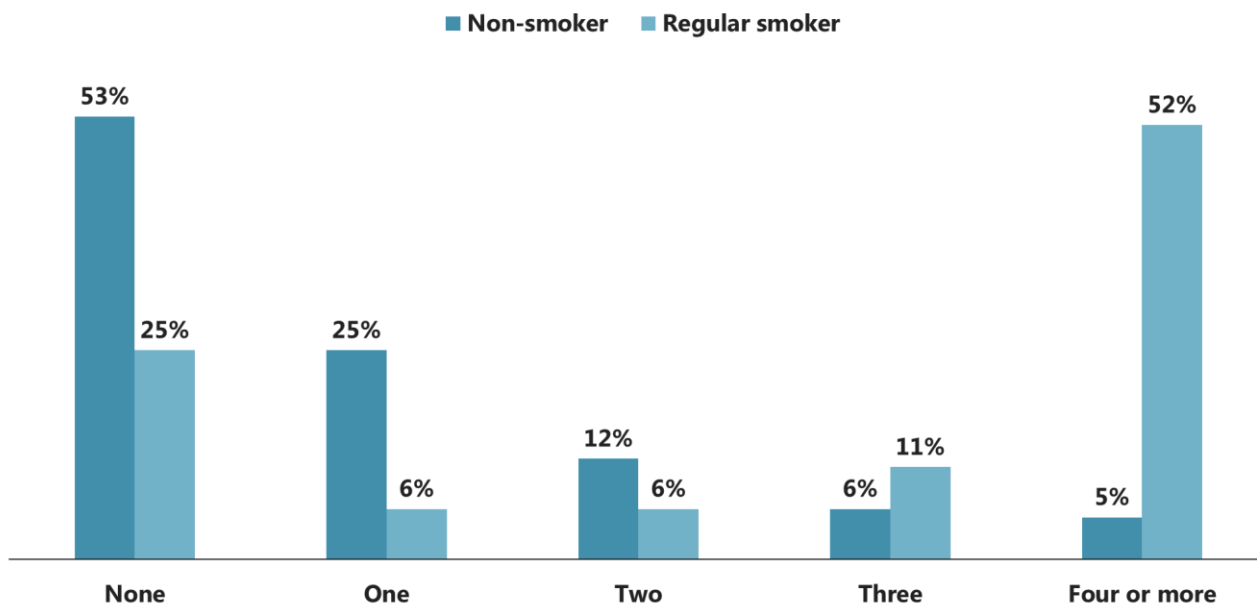
<sup>9</sup> As the actual cost varies depending on the outlets and the brand, there is no 'correct' answer to this. In SALSUS, analysis is based on the 'Most Popular Price Category' according to the Tobacco Manufacturers' Association. This was £9.40 at 1 January 2016. <http://www.the-tma.org.uk/tma-publications-research/facts-figures/uk-cigarette-prices/>. Accessed 21 July 2016.

## Number of brands mentioned/known

In order to gauge the number of different cigarette brands that they were aware of, pupils were asked to write down as many makes or brands as they could. Regular smokers could name more brands than non-smokers (Figure 3.6). There were no gender differences.

**Figure 3.6 Number of cigarette brands that 15 year olds could name, by smoking status (2015)**

*Q. Please write in the space below the names of as many makes or brands of cigarettes that you have either seen or heard of.*



Base: 15 year old non-smokers (6570), 15 year old regular smokers (599)

## 4 Attitudes to smoking

### Whether it's 'ok' to try smoking

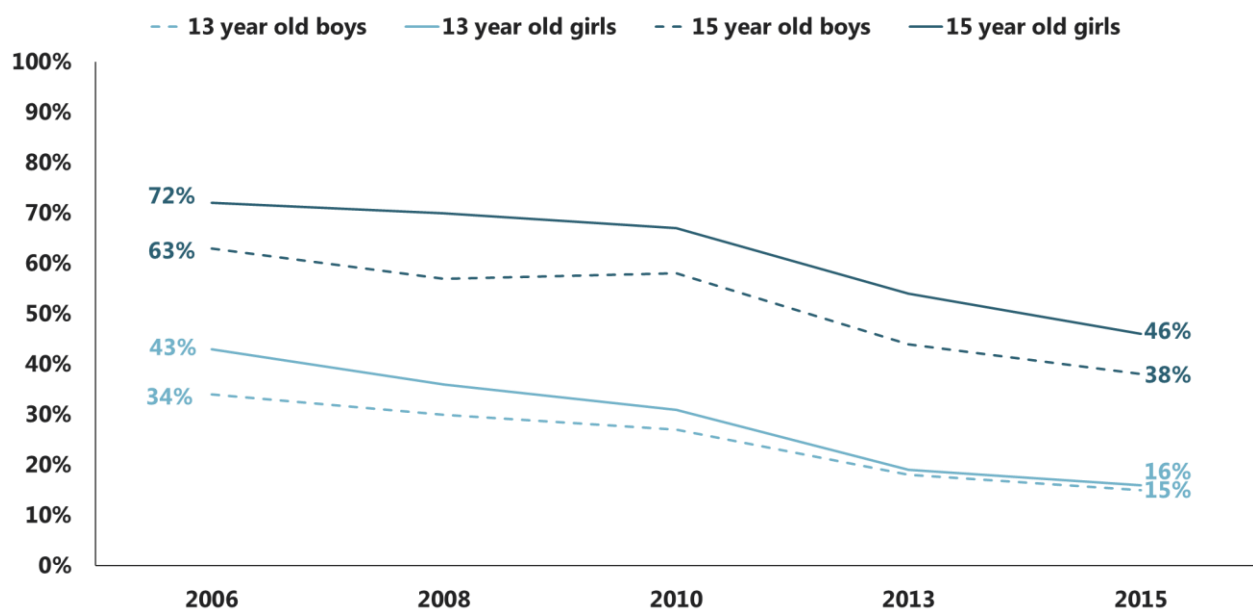
42% of 15 year olds thought it was ok for someone their age to try smoking a cigarette to see what it's like. 13 year olds were much less likely to think it was ok (16%).

The proportion thinking it is ok has declined markedly over time and continued to decline between 2013 and 2015 (Figure 4.1).

15 year old girls were more likely than boys to think it was ok to try smoking. Until 2013, 13 year olds girls were also more likely than boys to think it was ok, but there is now no difference.

**Figure 4.1 Trends in the proportion of pupils who think it's ok to try smoking, by age and gender (2006-2015)**

Q. Do you think it is ok for someone your age to do the following? Try smoking a cigarette to see what it's like.



Base: all pupils (for full base sizes please see Appendix B)

## Views on smoking and its effects

Pupils were given a series of statements about smoking and asked the extent to which they agreed or disagreed with each<sup>10</sup>.

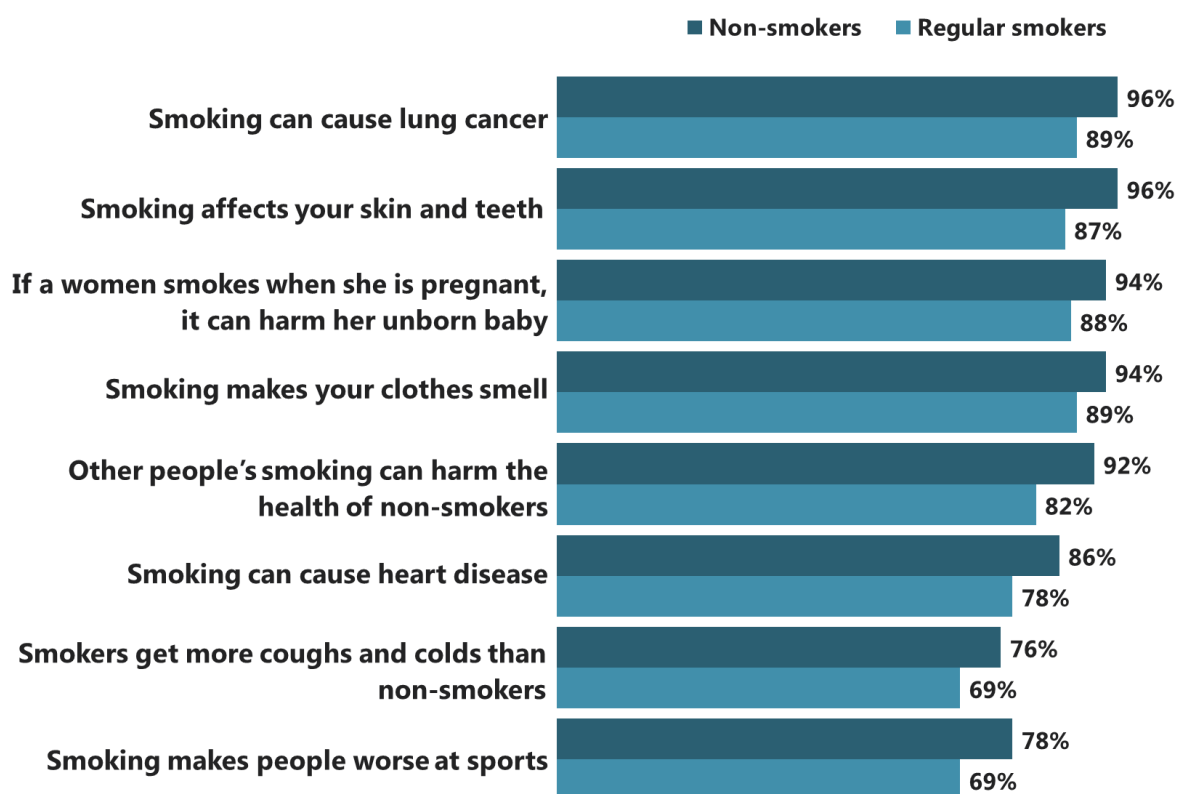
There were very high levels of agreement with statements about the negative health effects of smoking. Non-smokers were somewhat more likely to agree than regular smokers, but the levels of agreement between the two groups were still very high (Figure 4.2).

Pupils were much less likely to agree with positive statements about smoking. Also, there was more of a difference between non-smokers and regular smokers in relation to these statements, with regular smokers being much more likely to agree (Figure 4.3).

There were very few gender differences.

**Figure 4.2 Proportion of 15 year olds who ‘strongly agree’ or ‘tend to agree’ with statements about the negative effects of smoking, by smoking status (2015)**

*Q. Please read the following statements about smoking and say if you agree or disagree with each one.*

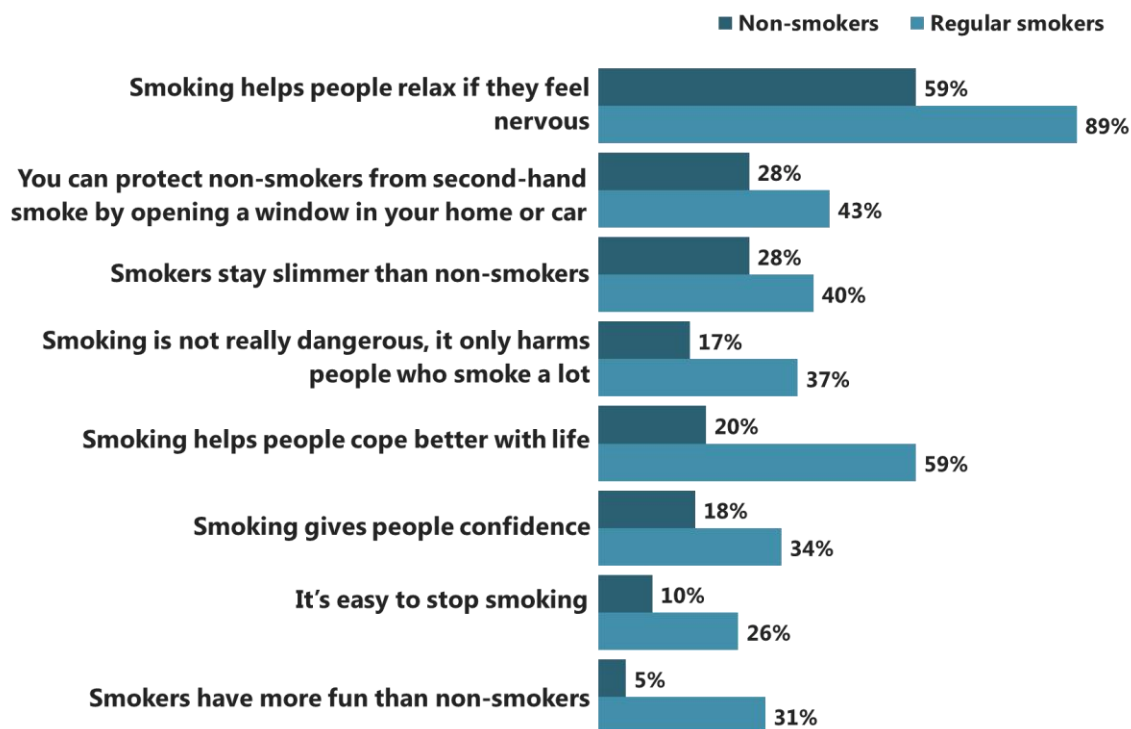


Base: 15 year old non-smokers (9,890), 15 year old regular smokers (762)

<sup>10</sup> Results from previous waves are not completely comparable due to the addition of a 'don't know' option in 2015 and other changes in previous waves.

**Figure 4.3 Proportion of pupils who ‘strongly agree’ or ‘tend to agree’ with positive statements about smoking (both ages), by smoking status (2015)**

*Q. Please read the following statements about smoking and say if you agree or disagree with each one.*



Base: 15 year old non-smokers (9,890), 15 year old regular smokers (762)

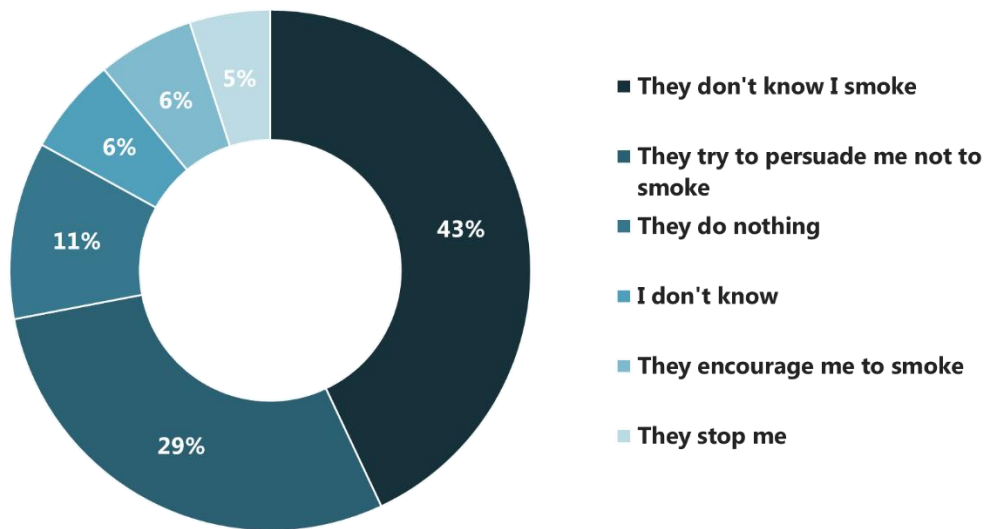
# 5 Family and home environment

## Family attitudes to smoking

It was most common for regular smokers to say that their family did not know that they smoked (43%). A further quarter reported that their family tried to persuade them not to smoke (29%). Only a small proportion (6%) said that their family encouraged them to smoke (Figure 5.1).

There was no change in family attitudes to smoking between 2013 and 2015.

**Figure 5.1 Family attitudes to smoking among 15 year old regular smokers (2015)**



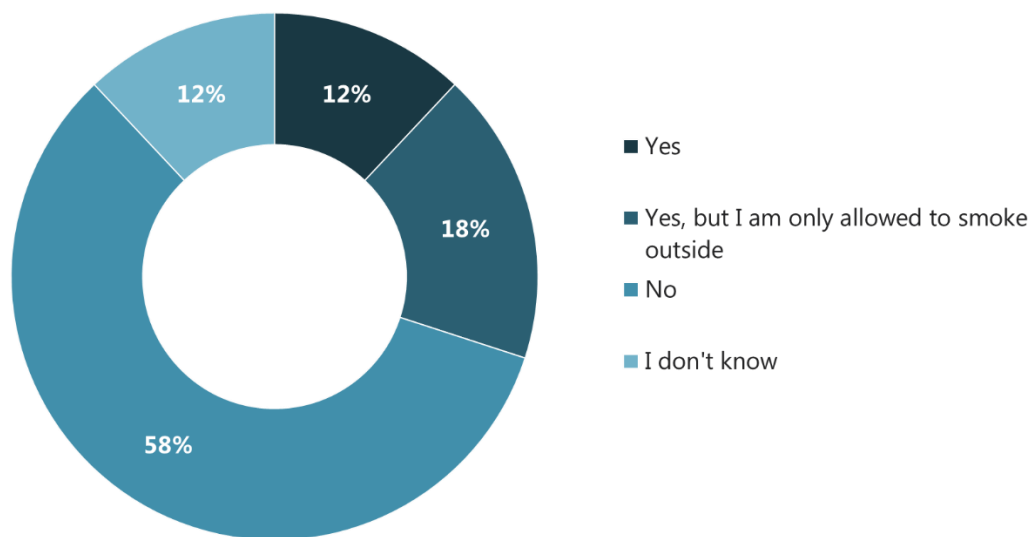
Base: 15 year old regular smokers (786)

## Allowed to smoke at home

Over half of regular smokers (58%) were not allowed to smoke in the house. However, just under a third (30%) reported that they were allowed to smoke at home (either inside or outside of the house)<sup>11</sup> (Figure 5.2).

There has been no change between 2013 and 2015.

**Figure 5.2 Whether 15 year old regular smokers allowed to smoke at home (2015)**



Base: 15 year old regular smokers (806)

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<sup>11</sup> Given that 43% of regular smokers say that their parents do not know they smoke (Figure 4.1), a large proportion of those who say that they are not allowed to smoke at home will likely mean that they know/assume that they would not be allowed, rather than their parents having actively forbidden it.

## Exposure to secondhand smoke

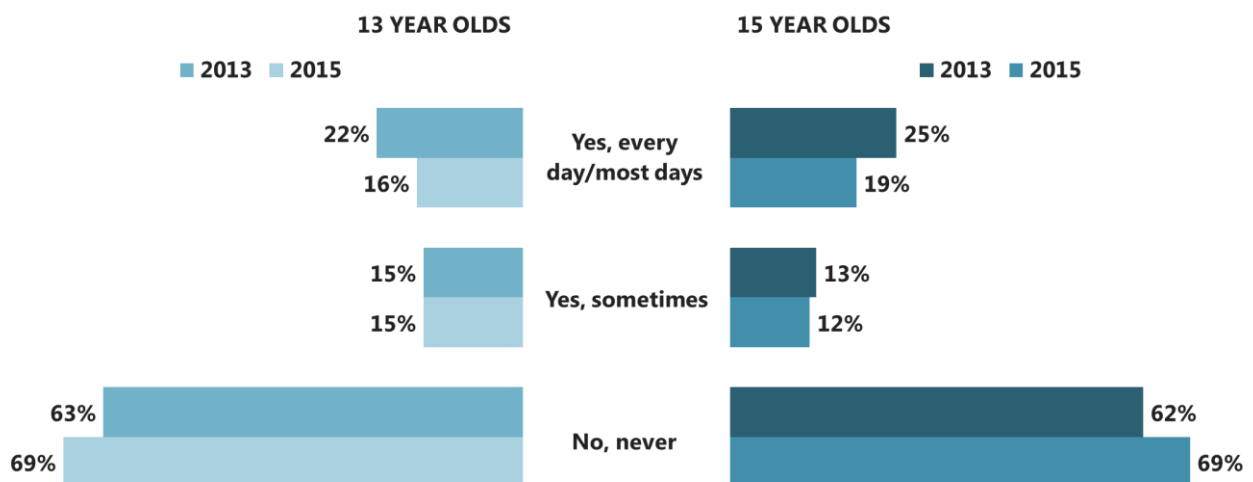
### At home

Overall, 17% of pupils said that someone smoked inside their home every day/most days and a further 14% said it happened sometimes. 69% indicated that no-one ever smoked inside their home.

Between 2013 and 2015, the proportion of pupils exposed to smoke at home decreased: 24% were exposed every day/most days in 2013 compared with 17% in 2015.

### Figure 5.3 Exposure to smoke at home, by age and year (2013-2015)

Q. Does anyone smoke inside your home? Please include times when someone smokes out of a window or at/just outside an open door.



Base: all pupils (for full base sizes please see Appendix B)



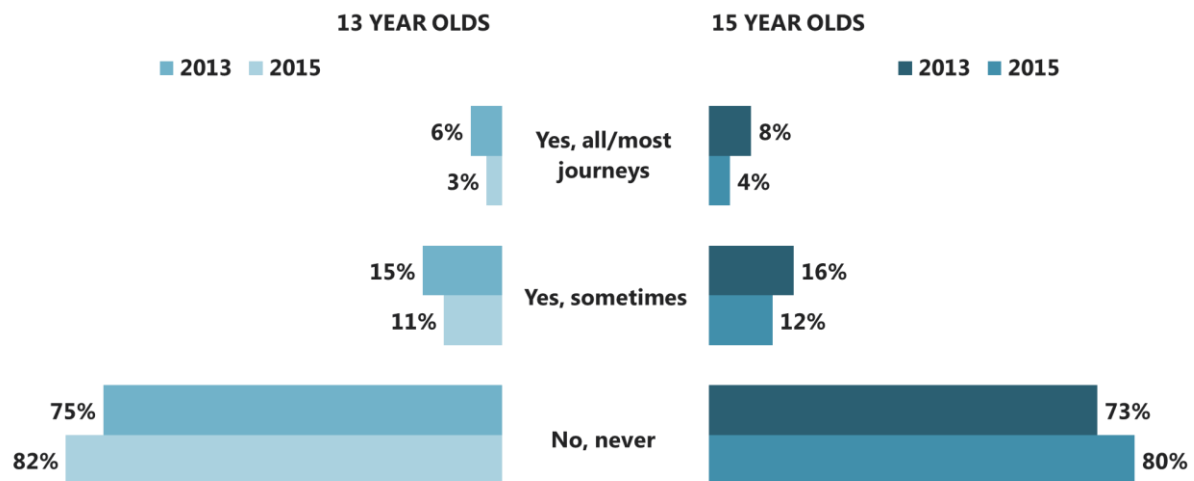
## In a car

Overall, 4% of pupils said that, when they were travelling by car, someone was smoking on all/most journeys and a further 12% said this happened sometimes. 81% said it never happened.<sup>12</sup>

Between 2013 and 2015, the proportion of pupils exposed to smoke in a car decreased: 7% were exposed on all/most journeys in 2013 compared with 4% in 2015.

### Figure 5.4 Exposure to smoke in cars, by age, smoking status and year (2013-2015)

Q. When you are travelling by car, does anyone smoke inside the car? Please include times when someone smokes in the car with the windows open.



Base: all pupils (for full base sizes please see Appendix B)

<sup>12</sup> A further 4% said they didn't regularly travel in a car

## Parental and sibling smoking

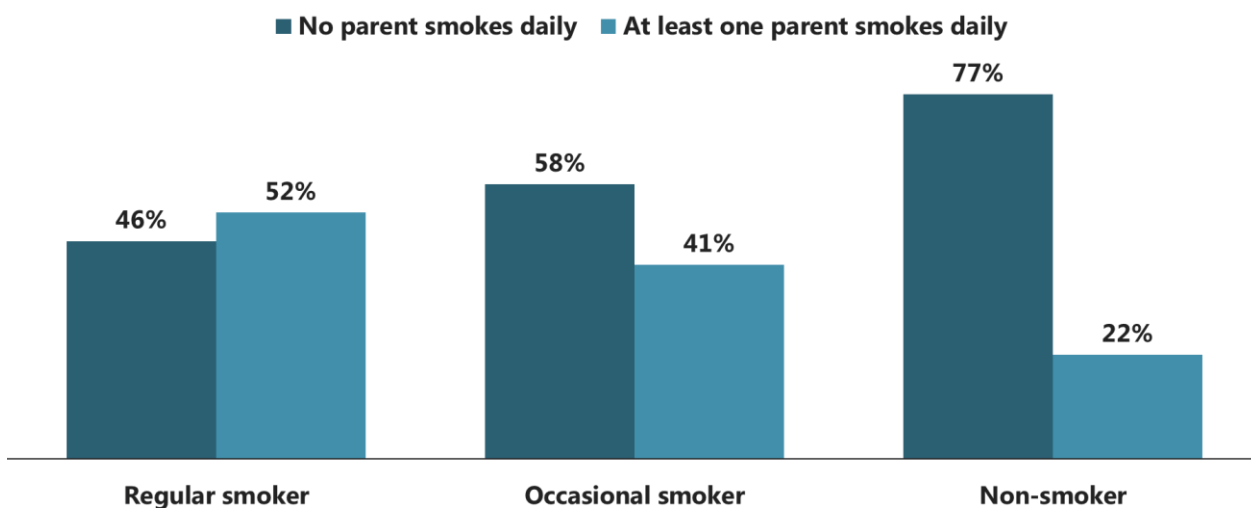
Whether pupils smoked was linked with whether their parents and/or siblings smoked.

Regular smokers were more likely than occasional smokers, and much more likely than non-smokers, to have at least one parent or a sibling who smoked daily. Occasional smokers were also much more likely than non-smokers to have at least one parent or a sibling who smoked daily (Figures 5.5 and 5.7).

The proportion of pupils with at least one parent or sibling who smokes daily has decreased markedly over time. The rate of decline was most marked between 2010 and 2015 (Figures 5.6 and 5.8).

**Figure 5.5 Whether parents of 15 year olds smoke, by smoking status (2015)**

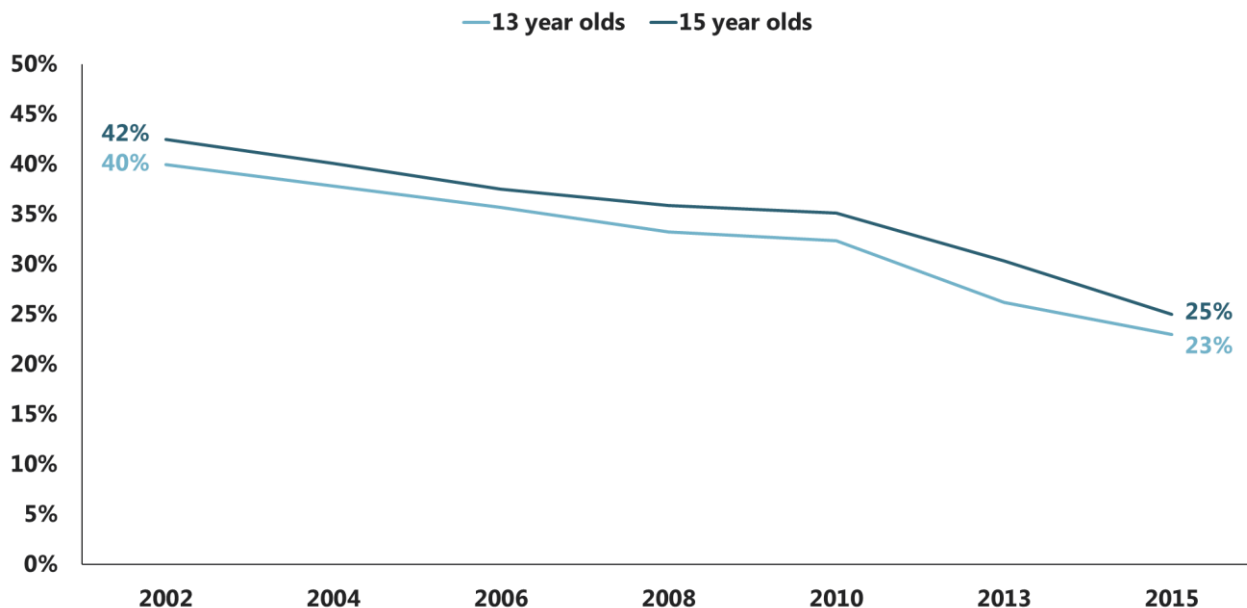
Q. How often do each of the following people smoke?



Base: 15 year old regular smokers (764), 15 year old occasional smokers (514), 15 year old non-smokers (9,912)

**Figure 5.6 Trends in proportion of pupils with at least one parent who smokes daily, by age (2002-2015)**

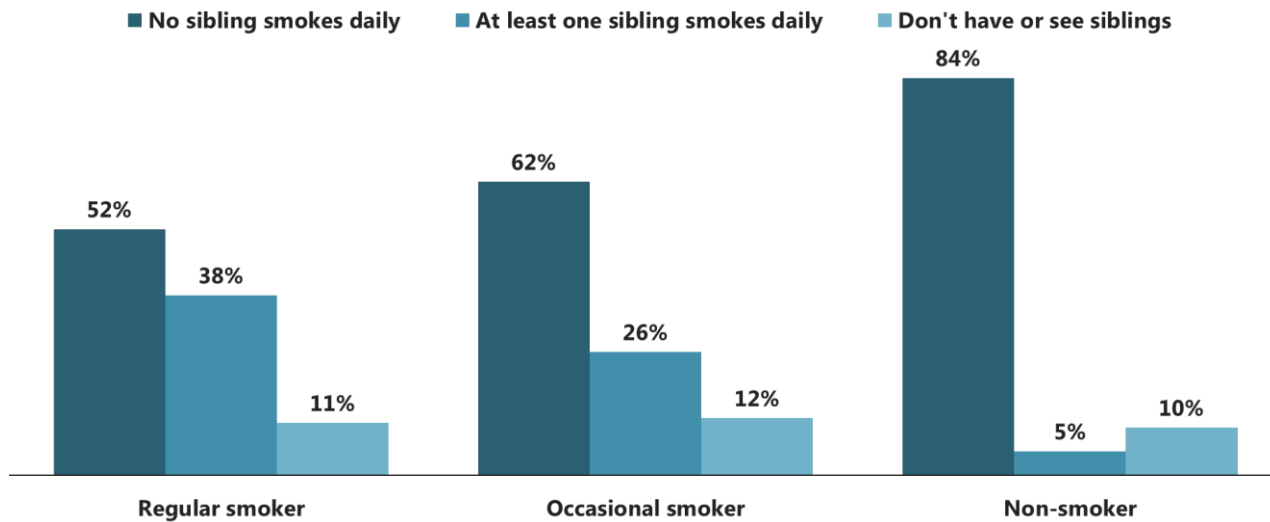
Q. How often do each of the following people smoke?



Base: all pupils (for full base sizes please see Appendix B)

**Figure 5.7 Whether a sibling smokes (both ages), by smoking status (2015)**

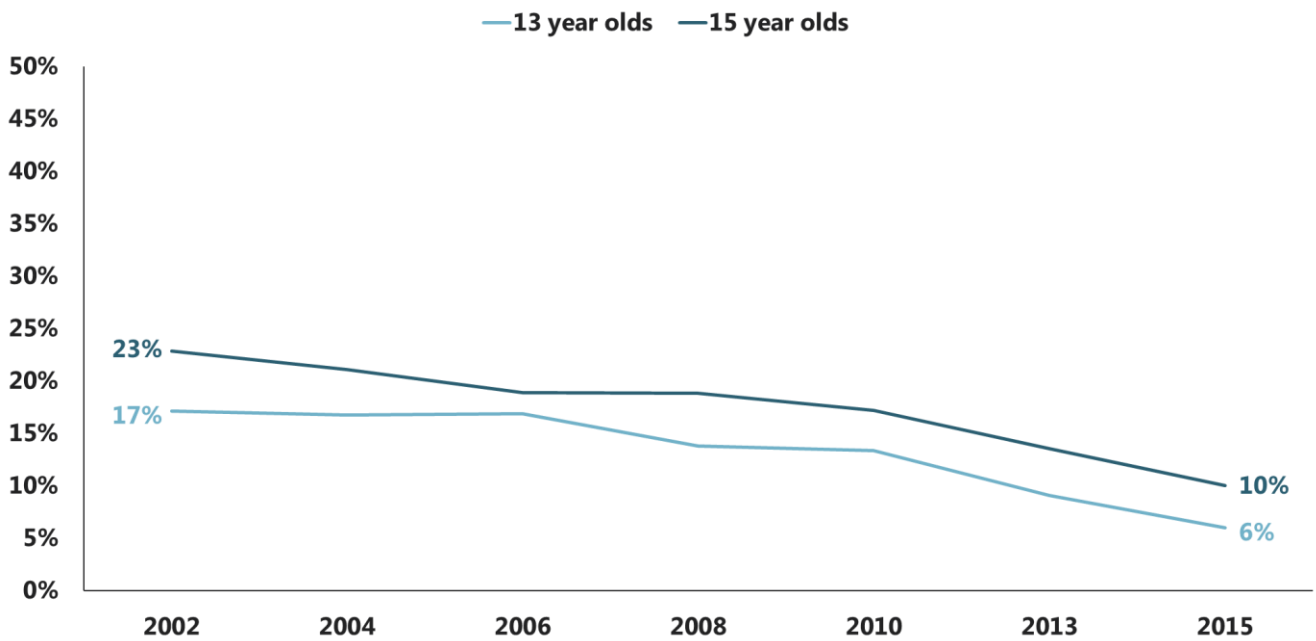
Q. How often do each of the following people smoke?



Base: all pupils (for full base sizes please see Appendix B)

**Figure 5.8 Trends in proportion of pupils with at least one sibling who smokes daily, by age (2002-2015)**

*Q. How often do each of the following people smoke?*



Base: all pupils (for full base sizes please see Appendix B)

## Friends smoking

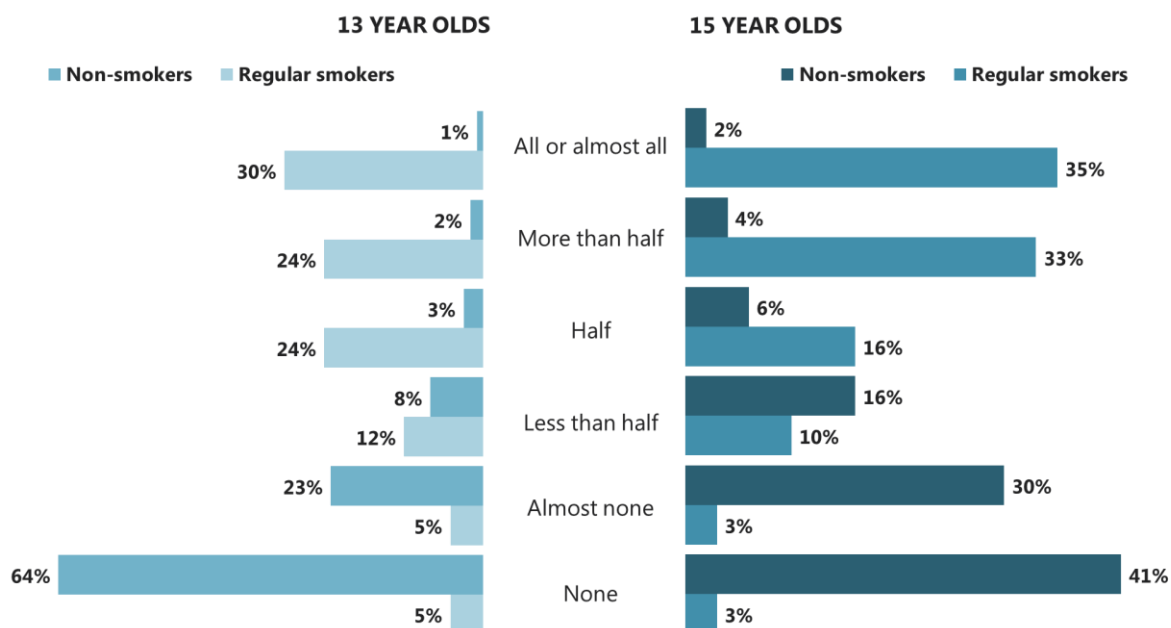
Among both age groups, regular smokers were much more likely than non-smokers to say that their friends smoked (Figure 5.9).

In line with the reduced prevalence of smoking, the proportion of all pupils who said that more than half their friends smoked decreased between 2002 and 2013. There was no further change between 2013 and 2015 (Figure 5.10).

There were few gender differences.

**Figure 5.9 Whether friends smoke, by age and smoking status (2015)**

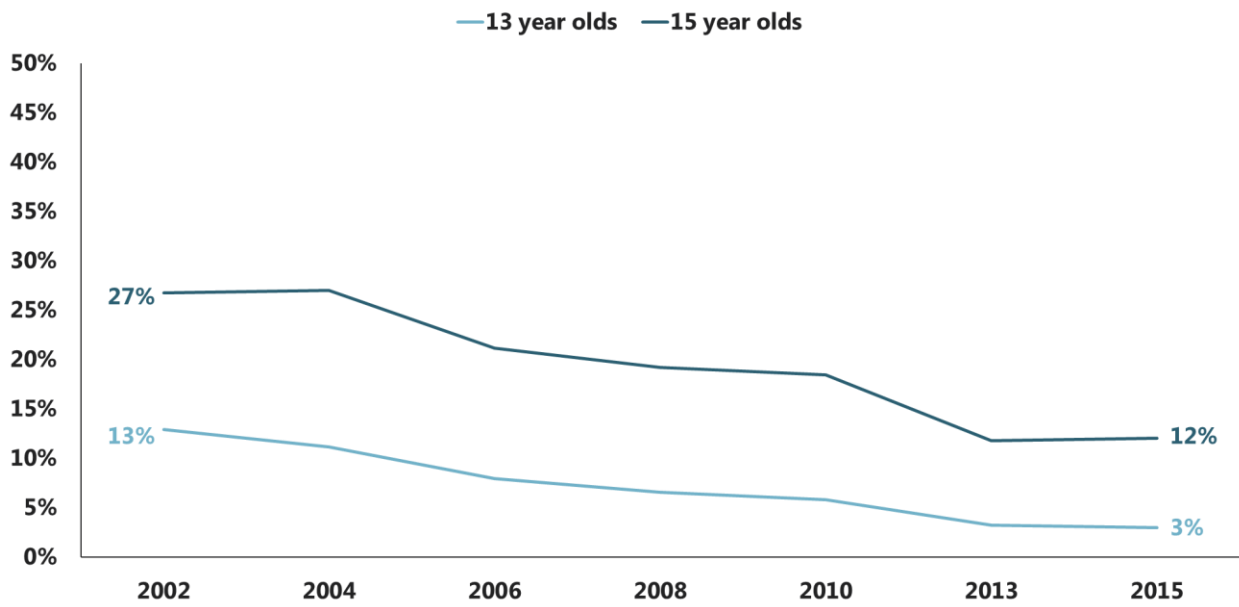
*Q. What about your friends – how many of them smoke?*



Base: 13 year old non-smokers (12,597), 13 year old regular smokers (199), 15 year old non-smokers (9,919), 15 year olds regular smokers (799)

**Figure 5.10 Trends in the proportion of pupils who say that more than half their friends smoke, by age (2002-2015)**

Q. What about your friends – how many of them smoke?



Base: all pupils (for full base sizes please see Appendix B)

## 6 Smoking education and support

### Whether received lessons in the last 12 months

64% of 13 year olds and 62% of 15 year old pupils reported that they had received 'lessons, videos/DVDs or discussion' in class on smoking in the last 12 months.

Smokers were slightly less likely to say that they had received lessons (60% of both regular and occasional smokers compared with 64% of non-smokers). There were very few differences by age or gender.

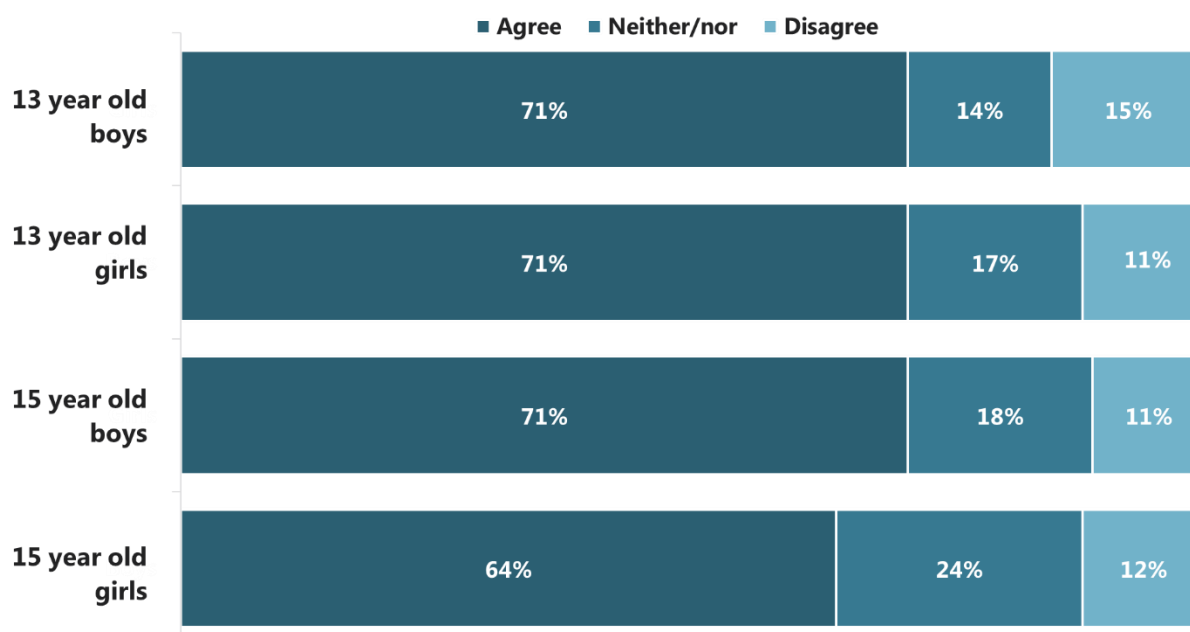
### School advice and support about smoking

Overall, over two-thirds of pupils (69%) agreed that their school provided enough advice and support about smoking. 15 year old girls were more likely than the other groups to say they 'neither agreed nor disagreed' (Figure 6.1).

Smokers were less likely to agree than non-smokers: 58% of regular smokers in both age groups agreed compared with 72% of 13 year old non-smokers and 68% of 15 year old non-smokers (Figure 6.2).

**Figure 6.1 Proportion of pupils who 'strongly agree' or 'agree' that their school provides enough advice and support about smoking, by age and gender (2015)**

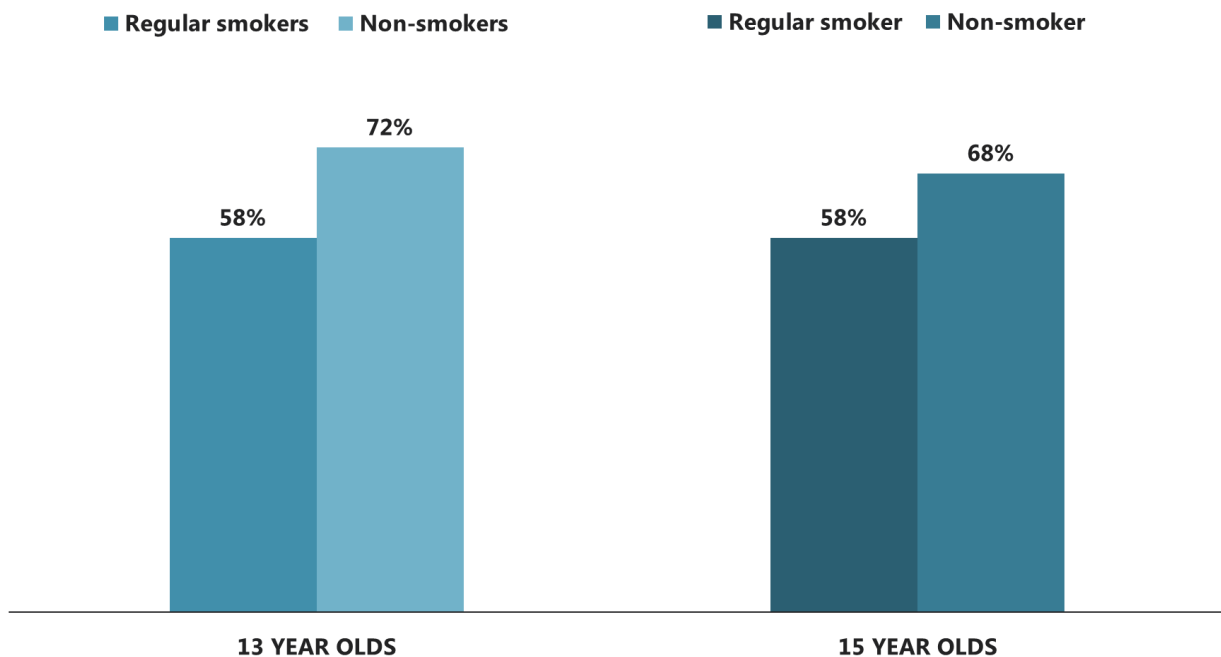
Q. To what extent do you agree or disagree with the following statements? 'My school provides me with enough advice and support about... smoking'



Base: 13 year old girls (6,161), 13 year old boys (5,734), 15 year old girls (5,305), 15 year old boys (5,150)

**Figure 6.2 Proportion of pupils who ‘strongly agree’ or ‘agree’ that their school provides enough advice and support about smoking, by age and smoking status (2015)**

*Q. To what extent do you agree or disagree with the following statements? ‘My school provides me with enough advice and support about... smoking’*



Base: 13 year old non-smokers (12,597), 13 year old regular smokers (199), 15 year old non-smokers (9,919), 15 year olds regular smokers (799)

### **How much learned about the health risks of cigarettes and the influence of friends**

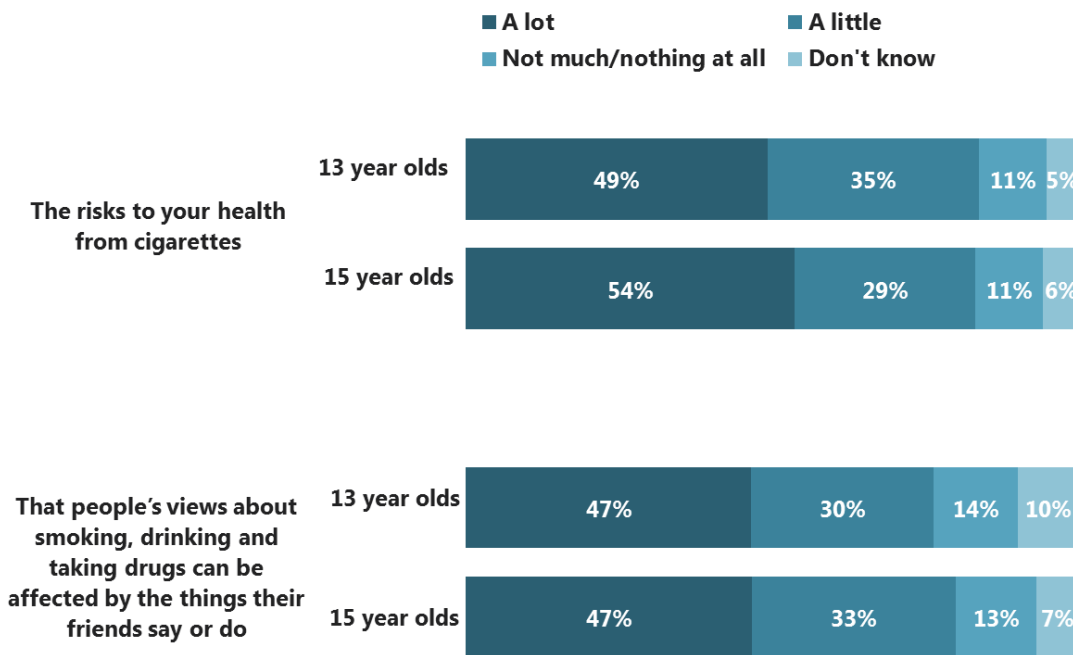
Around half of pupils felt they had learned ‘a lot’ in school about both ‘the risks to your health from cigarettes’ and ‘that people’s views about smoking, drinking and taking drugs can be affected by the things their friends say and do’ (Figure 6.3).

Regular smokers and occasional smokers were more likely than non-smokers to say they had learned ‘not much’ or ‘nothing at all’ (Figure 6.4).



**Figure 6.3 How much pupils feel they have learned in school about the health risks of cigarettes and the influence of friends, by age (2015)**

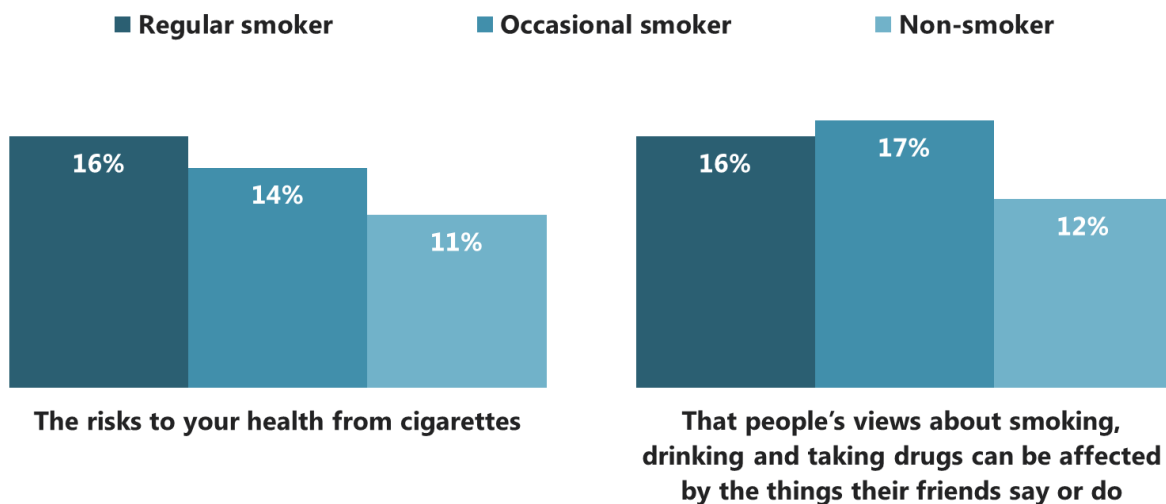
Q. In school, how much have you learned about the following?



Base: all 13 year olds (13,347), all 15 year olds (11,469)

**Figure 6.4 Proportion of 15 year olds who feel they have learned 'not much' or 'nothing at all' in school about the health risks of cigarettes and the influence of friends (both ages), by smoking status (2015)**

Q. In school, how much have you learned about the following?



Base: 15 year old non-smokers (9,919), 15 year old occasional smokers (598) 15 year old regular smokers (799)

## Confidence in future health and wellbeing choices

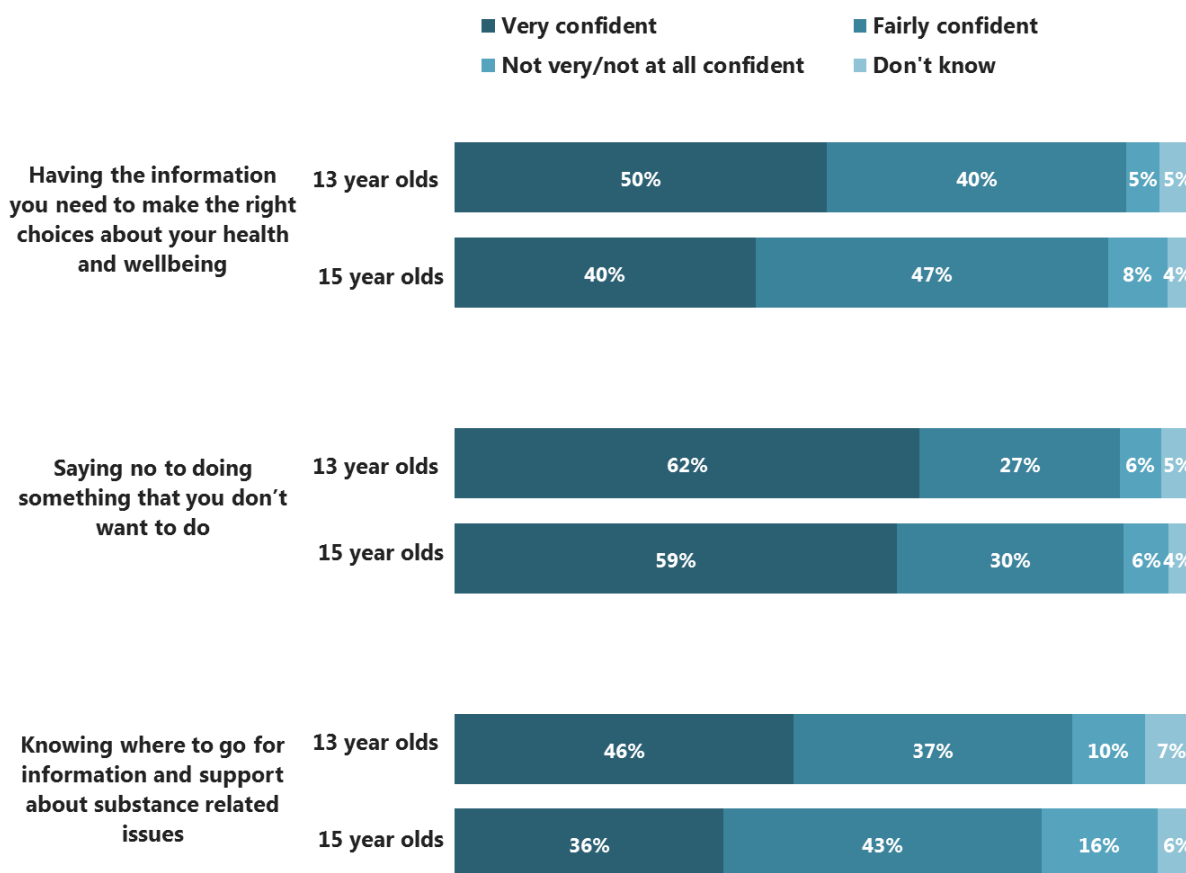
Most pupils said they were 'very confident' or 'fairly confident' about some specific aspects of health and wellbeing choices (Figure 6.5). The highest levels of confidence were around 'saying no to something that you don't want to do'.

13 year olds tended to be a little more confident than 15 year olds about each aspect.

Regular smokers and occasional smokers were less confident about these choices than non-smokers (Figure 6.6).

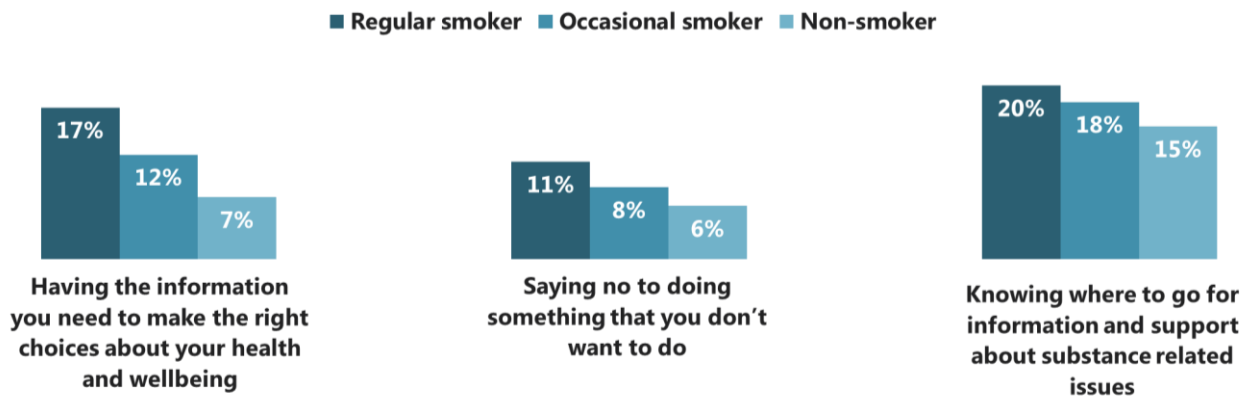
**Figure 6.5 Confidence in future health and wellbeing choices, by age (2015)**

Q. Thinking about the future, how confident do you feel about...?



Base: all 13 year olds (12,789), all 15 year olds (11,321)

**Figure 6.6 Proportion of 15 year old pupils saying they are ‘not very confident’ or ‘not at all confident’ about future health and wellbeing choices (both ages), by smoking status (2015)**  
 Q. Thinking about the future, how confident do you feel about...?



Base: All 15 year olds Base: 15 year old non-smokers (9,919), 15 year old occasional smokers (598) 15 year old regular smokers (799)

# 7 Risk and protective factors

## Family

A number of elements of family life were associated with regular smoking. These were: family structure, parental awareness of pupil activities, family communication and pupil caring responsibilities (Figure 7.1).

### Family structure

Among both age groups, those living with a single parent or step parent were more likely to be regular smokers than those who lived with both parents.

### Maternal and paternal awareness

Among both age groups, regular smoking was higher among those who thought that their mother knew a below average amount about what they do and who they are with. The same pattern emerged for father's perceived knowledge of activities, although to a lesser degree.

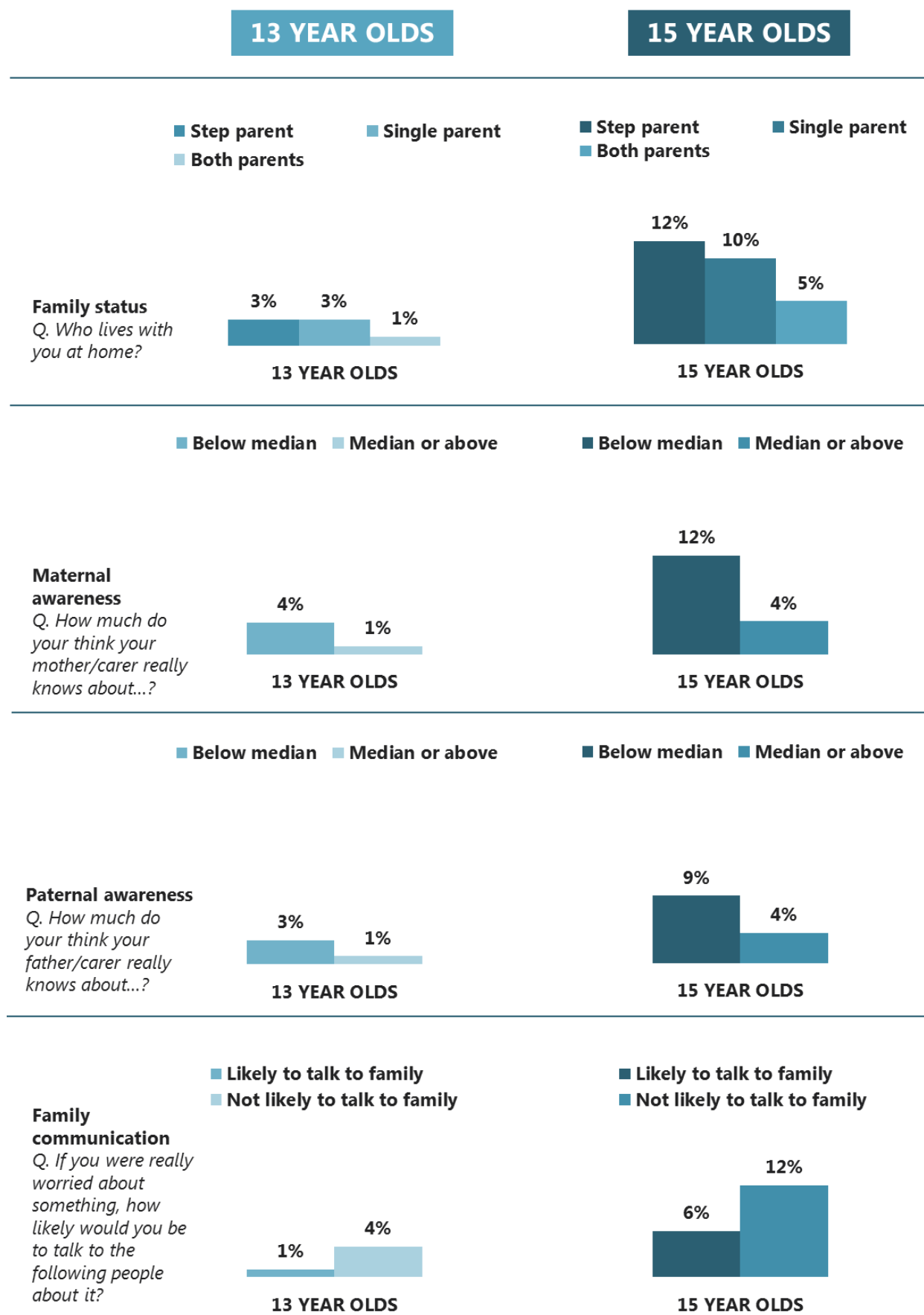
### Family communication

Across both age groups, those who said they would be likely to talk to their family if they felt worried about something, were less likely to be regular smokers than those who would not.

### Caring responsibilities

Those who had caring responsibilities were more likely to be regular smokers than those who did not.

**Figure 7.1 Proportion of pupils who were regular smokers by factors relating to family life (2015)**



## 13 YEAR OLDS

## 15 YEAR OLDS

### Caring responsibilities

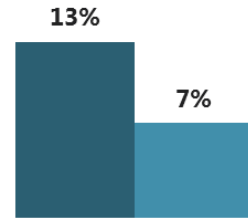
Q. Do you care for or look after someone in your home because, for example, they have a long-term illness or disability? In other words, are you a young carer?

■ Carer ■ Non-carer



13 YEAR OLDS

■ Carer ■ Non-carer



15 YEAR OLDS

Base: all pupils (for full base sizes please see Appendix B)

## **Friends and leisure activities**

Aspects of a pupil's social life were related with regular smoking. These were: the number of close friends, the age of friends, the number of evenings spent out with friends, the amount of their own cash they had available to spend, and the types of leisure activities they pursued (Figures 7.2 and 7.3).

### **Number of friends**

Pupils with no close friends were more likely to be regular smokers than those who had one or more.

### **Age of friends**

Pupils with mostly older friends, or friends of mixed ages, were more likely to be regular smokers than those who had younger friends or friends about the same age.

### **Number of evenings spent out with friends**

The greater the number of evenings pupils spent out with friends, the greater the likelihood that they were a regular smoker.

### **Amount of own cash to spend**

Pupils with more money of their own to spend were more likely to be a regular smoker than those with less.

### **Leisure activities**

15 year olds who spent time reading books, doing a hobby or playing sport, were less likely to be regular smokers. In contrast, hanging out in the street, going to concerts or gigs regularly, and going to a friend's house on a weekly basis was associated with regular smoking among 15 year olds.

**Figure 7.2 Proportion of pupils who were regular smokers by factors relating to friendships (2015)**

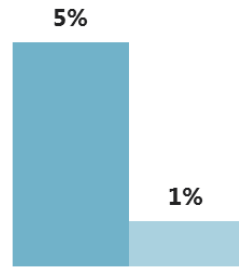
**13 YEAR OLDS**

**15 YEAR OLDS**

**Number of friends**

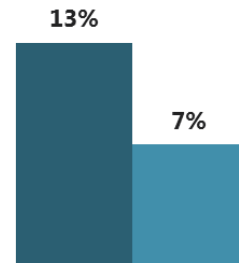
*Q. How many close friends would you say you have?*

■ None    ■ One or more



**13 YEAR OLDS**

■ None    ■ One or more

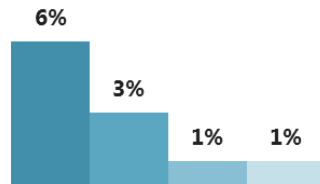


**15 YEAR OLDS**

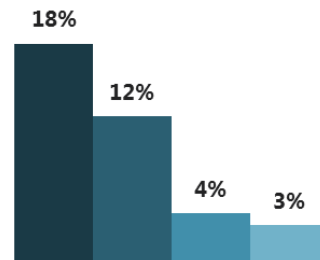
**Age of friends**

*Q. Are your friends older, younger, or about the same age as you?*

■ Older than me    ■ Mixed ages    ■ Older than me    ■ Mixed ages  
 ■ About the same age    ■ Younger than me    ■ About the same age    ■ Younger than me



**13 YEAR OLDS**

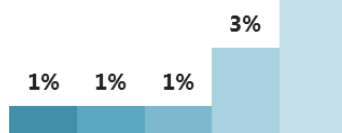


**15 YEAR OLDS**

**Number of evenings spent with friends**

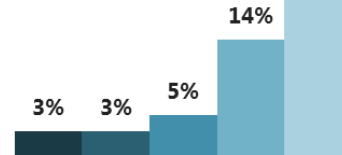
*Q. Thinking about a typical week, how many evenings do you spend with friends?*

■ None    ■ One to two    ■ Three to four    ■ Five to six    ■ Seven



**13 YEAR OLDS**

■ None    ■ One to two    ■ Three to four    ■ Five to six    ■ Seven

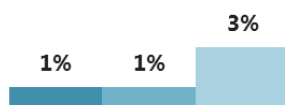


**15 YEAR OLDS**

**Own cash to spend**

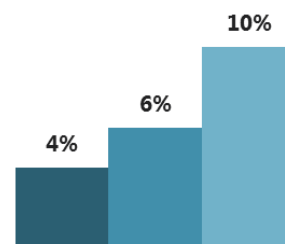
*Q. How much money of your own do you have most weeks to spend as you like?*

■ Under £5    ■ £5-20    ■ Over £20



**13 YEAR OLDS**

■ Under £5    ■ £5-20    ■ Over £20



**15 YEAR OLDS**

Base: all pupils (for full base sizes please see Appendix B)



**Figure 7.3 Regular smoking among 15 year olds, by weekly activities in order of strength of association (2015)**

*Q. Here is a list of things that young people sometimes do in their free time, when they aren't at school. What about you?*



Base: all 15 year old pupils (for full base sizes please see Appendix B)

## **School**

Factors relating to a pupil's engagement with school were strongly associated with smoking. The more engaged a pupil was with school, the less likely they were to be a regular smoker. The main factors were: enjoying school, feeling pressured by schoolwork, exclusion from school, truanting and post-school expectations (Figure 7.4).

### **Enjoying school**

The more a pupil liked school, the less likely they were to be a regular smoker.

### **Feeling pressured by schoolwork**

At age 13, those who felt pressured by schoolwork 'a lot of the time' were slightly more likely to be regular smokers than those who never, or only sometimes, felt pressured.

However, among 15 year olds, it was those who never felt pressured who were most likely to be a regular smoker.

### **Exclusion from school**

Pupils who had ever been excluded from secondary school were more likely to be regular smokers than those who had not. 13 year olds who had been excluded were six times more likely to be a regular smoker, while 15 year olds who had been excluded were four times as likely.

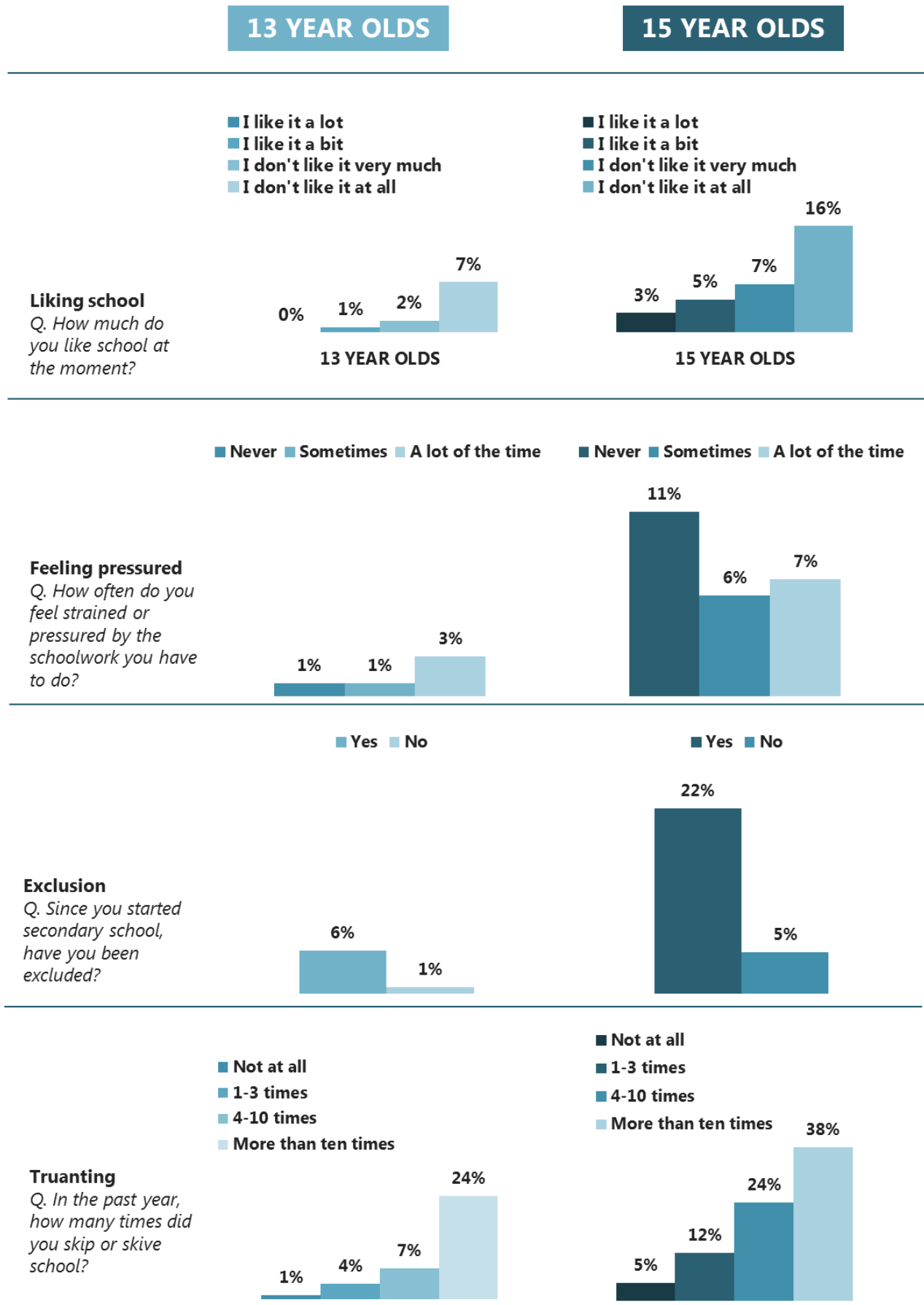
### **Truanting**

Truancy was strongly correlated with regular smoking. Among both age groups, the more frequently a pupil truanted, the more likely they were to be a regular smoker.

### **Post-school expectations**

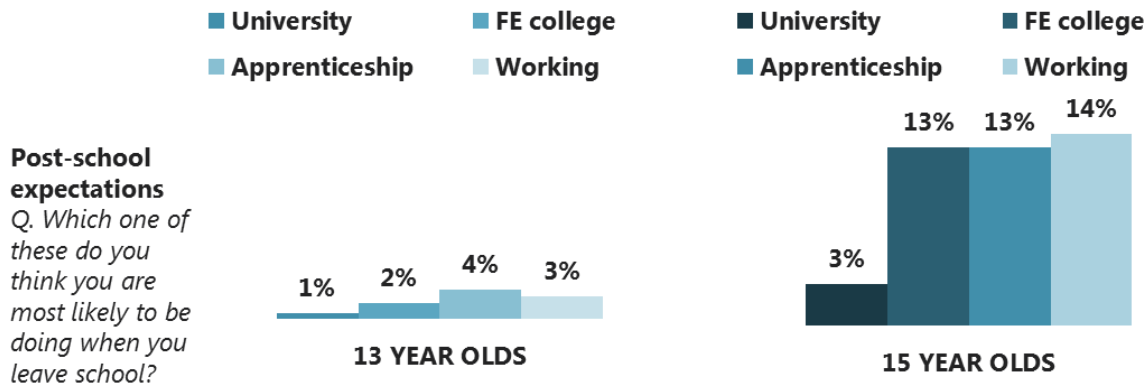
Among both age groups (although to a lesser extent at age 13), those that said they expected to go to university after school were less likely to be a regular smoker.

Figure 7.4 Proportion of pupils who were regular smokers, by school factors (2015)



## 13 YEAR OLDS

## 15 YEAR OLDS



Base: all pupils (for full base sizes please see Appendix B)

## **Inequalities**

Inequalities related to health and wellbeing had a stronger relationship with smoking than deprivation. These measures were: self-rated health, whether a pupil had an illness or disability, emotional and behavioural problems and mental wellbeing (Figures 7.5).

### **Self-rated health**

Among both age groups, pupils who rated their health as 'bad' were more likely to be a regular smoker than those who rated their health as 'good'.

### **Illness or disability**

Pupils who said they had a long-term illness or disability were more likely to be regular smokers than those who did not.

### **Emotional and behavioural problems**

Emotional and behavioural problems are assessed through the Strengths and Difficulties Questionnaire (SDQ) in SALSUS. This is a brief behavioural screening questionnaire that is designed for use with children and young people. The questionnaire contains 5 scales: emotional problems, conduct problems, hyperactivity problems, peer problems and pro-social behaviour. A score derived from the first 4 scales listed provides an overall indicator of emotional and behavioural problems.

Pupils with poorer scores for emotional and behavioural conduct were more likely to be regular smokers than those with better scores.

### **Mental wellbeing**

Mental wellbeing is assessed in SALSUS using the Warwick-Edinburgh Mental Well-being Scale (WEMWBS). This is a scale of 14 positively worded items, with five response categories. The scale is scored by summing the response to each item answered on a 1 to 5 Likert scale. The minimum score is 14 and the maximum is 70. The higher a respondent's score, the better their mental wellbeing.

Among both age groups, those with poorer mental wellbeing scores were more likely to be a regular smoker than those with an average or above average score.

### **Deprivation**

Area-based deprivation is assessed using the Scottish Index of Multiple Deprivation (SIMD). This is used to provide an indication of material disadvantage in individual pupils.

Among 15 year olds, the more deprived an area a pupil lived in, the more likely they were to be a regular smoker. However, among 13 year olds, there was no relationship between regular smoking and deprivation.

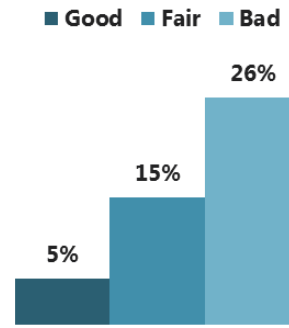
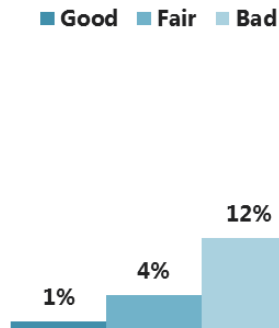
Figure 7.5 Proportion of pupils who were regular smokers, by inequalities and age (2015)

13 YEAR OLDS

15 YEAR OLDS

**Self-rated health**

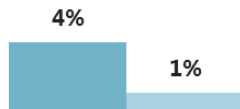
Q. How is your health in general? Would you say it was...?



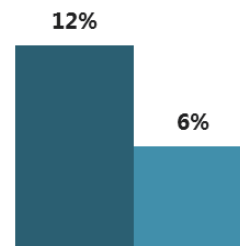
**Illness or disability**

Q. Do you have a physical or mental health condition or illness lasting or expected to last 12 months or more?

■ Yes ■ No



■ Yes ■ No

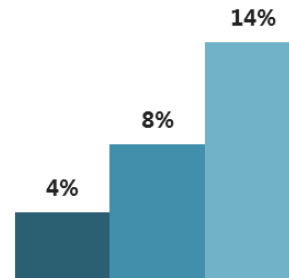


**Emotional and behavioural problems**

■ Normal ■ Borderline ■ Abnormal

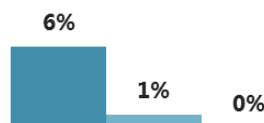


■ Normal ■ Borderline ■ Abnormal

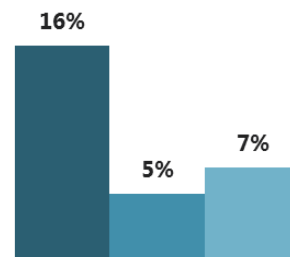


**Mental wellbeing**

■ Below average ■ Average ■ Above average

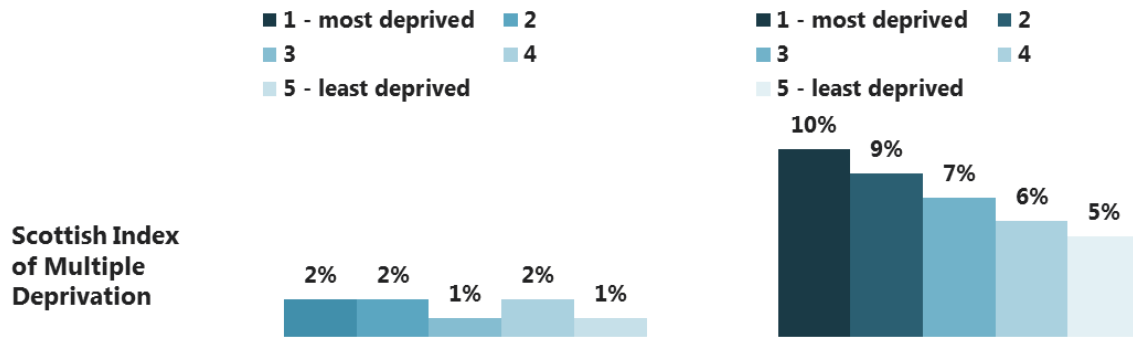


■ Below average ■ Average ■ Above average



## 13 YEAR OLDS

## 15 YEAR OLDS



Base: all pupils (for full base sizes please see Appendix B)

# Appendix A: Smoking questions changes

In 2015, one smoking question was removed from the questionnaire:

- 'Some tobacco is MUCH CHEAPER than the kind normally found in shops because it is fake, smuggled into the country to avoid tax, or brought back from holiday then sold on to others, sometimes these are called 'fake fags'. Of the cigarettes that you smoke, how much of it is what we have described as 'MUCH CHEAPER tobacco' or 'fake fags'?'

Two of the smoking questions were amended:

- The instruction PLEASE RECORD A MAXIMUM OF 4 was removed from the question 'Please write in the space below the names of as many makes or brands of cigarettes that you have either seen or heard of.'
- 'Which (if any) of the following people smoke?' was changed to 'How often do the following people smoke?'. In addition, the following changes were made:
  - The instruction was changed from  
PLEASE CROSS ONE BOX ON EACH LINE  
to  
PLEASE CROSS ONE BOX ON EACH LINE. IF YOU DON'T HAVE OR  
DON'T SEE A PERSON, CROSS THE BOX AT THE END OF THE LINE.
  - The order of response options was reversed from 2013 order of 'Smokes daily', 'Smokes occasionally', 'Does not smoke', 'Don't know' and 'Don't have or don't see this person'
  - The response categories were altered to include the word Your before each option.

No new questions were added.



# Appendix B: Base Tables

**Table B.1 Bases for Figure 2.3 Proportion of pupils who are regular smokers, by sex and age (1982-2015)**

	All 13 year old boys	All 13 year old girls	All 15 year old boys	All 15 year old girls
1990	324	343	343	317
1992	386	351	295	334
1994	349	342	311	330
1996	317	305	318	276
1998	306	314	562	554
2000	625	582	593	570
2002	5948	6146	5145	5074
2004	1783	1686	1646	1689
2006	5797	5774	5599	5410
2008	2631	2683	2296	2329
2010	9610	9394	9016	8685
2013	8515	8545	8083	7970
2015	6459	6735	5687	5610

N.B. Base data for 1982, 1984, and 1986 was not available

**Table B.2 Bases for Figure 2.5 Proportion of 15 year old regular smokers who have smoked for 6 months or more, by sex (1990-2015)**

	15 year old boys who are regular smokers	15 year old girls who are regular smokers
1990	73	78
1992	53	101
1994	53	76
1996	88	77
1998	121	144
2000	90	144
2002	788	1215
2004	228	390
2006	651	930
2008	288	333
2010	1019	1196
2013	599	690
2015	314	297

**Table B.3 Bases for Figure 2.6 Mean age at which 15 year old pupils who had ever smoked, first tried a cigarette (2008-2015)**

	15 year old boys who have ever tried smoked
2008	1898
2010	6767
2013	6564
2015	3436

**Table B.4 Bases for Figure 2.7 Trends in number of 15 year old regular smokers who say they would find it 'very difficult' or 'fairly difficult' to give up, by sex (1992-2015)**

	<b>15 year old boys who are regular smokers</b>	<b>15 year old girls who are regular smokers</b>
<b>1992</b>	53	76
<b>1994</b>	89	77
<b>1996</b>	120	146
<b>1998</b>	92	145
<b>2000</b>	799	1226
<b>2002</b>	225	385
<b>2004</b>	660	942
<b>2006</b>	290	337
<b>2008</b>	1032	1209
<b>2010</b>	606	699
<b>2013</b>	53	101
<b>2015</b>	325	307

**Table B.5 Bases for Figure 2.8 Trends in number of 15 year old regular smokers who say they would like to give up, by sex (1992-2015)**

	<b>15 year old boys who are regular smokers</b>	<b>15 year old girls who are regular smokers</b>
<b>1992</b>	53	76
<b>1994</b>	89	77
<b>1996</b>	120	146
<b>1998</b>	92	145
<b>2000</b>	781	1206
<b>2002</b>	225	392
<b>2004</b>	660	939
<b>2006</b>	290	336
<b>2008</b>	1031	1208
<b>2010</b>	590	683
<b>2013</b>	53	101
<b>2015</b>	323	304

**Table B.6 Bases for Figure 2.9 Trends in number of 15 year old regular smokers who have tried to give up, by sex (1992-2015)**

	<b>15 year old boys who are regular smokers</b>	<b>15 year old girls who are regular smokers</b>
<b>1992</b>	53	76
<b>1994</b>	89	77
<b>1996</b>	66	89
<b>1998</b>	92	145
<b>2000</b>	804	1233
<b>2002</b>	227	389
<b>2004</b>	659	942
<b>2006</b>	288	336
<b>2008</b>	1031	1202
<b>2010</b>	592	685
<b>2013</b>	53	101
<b>2015</b>	321	307

**Table B.7 Bases for Figure 3.3 Trends in 15 year old regular smokers getting cigarettes from shops (1990-2015)**

	<b>15 year old boys who are regular smokers</b>	<b>15 year old girls who are regular smokers</b>
<b>1990</b>	99	100
<b>1992</b>	66	133
<b>1994</b>	71	111
<b>1996</b>	118	107
<b>1998</b>	156	207
<b>2000</b>	124	206
<b>2002</b>	844	1261
<b>2004</b>	332	561
<b>2006</b>	935	1333
<b>2008</b>	408	514
<b>2010</b>	1504	1836
<b>2013</b>	837	1124
<b>2015</b>	371	346

**Table B.8 Figure 3.5 Perceived cost of cigarettes among 15 year olds, by smoking status (average estimate) (2010-2015)**

	<b>15 year old regular smokers</b>	<b>15 year old non-smokers</b>
<b>2010</b>	1854	11018
<b>2013</b>	1325	13241
<b>2015</b>	755	9171

**Table B.9 Bases for Figure 4.1 Trends in the proportion of pupils who think it's ok to try smoking, by age and gender (2006-2015)**

	<b>All 13 year old boys</b>	<b>All 13 year old girls</b>	<b>All 15 year old boys</b>	<b>All 15 year old girls</b>
<b>2006</b>	5917	5900	5714	5491
<b>2008</b>	2655	2710	2310	2337
<b>2010</b>	9788	9532	9118	8746
<b>2013</b>	8703	8657	8203	8047
<b>2015</b>	6086	6484	5398	5461

**Table B.10 Figure 5.3 Exposure to smoke at home, by age (2013-2015)**

	<b>All 13 year olds</b>	<b>All 15 year olds</b>
<b>2013</b>	17217	16168
<b>2015</b>	13208	11493

**Table B.11 Figure 5.4 Exposure to smoke in cars, by age (2013-2015)**

	<b>All 13 year olds</b>	<b>All 15 year olds</b>
<b>2013</b>	17175	16147
<b>2015</b>	13331	11534

**Table B.12 Bases for Figure 5.6 Trends in proportion of pupils with at least one parent who smokes daily, by age (2002-2015)**

	<b>All 13 year olds</b>	<b>All 15 year olds</b>
<b>2002</b>	12440	10650
<b>2004</b>	3599	3463
<b>2006</b>	11906	11274
<b>2008</b>	5392	4671
<b>2010</b>	19371	17936
<b>2013</b>	17397	16288
<b>2015</b>	12882	11190

**Table B.13 Bases for Figure 5.8 Trends in proportion of pupils with at least one sibling who smokes daily, by age (2002-2015)**

	<b>All 13 year olds</b>	<b>All 15 year olds</b>
<b>2002</b>	9427	8212
<b>2004</b>	2505	2657
<b>2006</b>	8556	8716
<b>2008</b>	3923	3762
<b>2010</b>	14537	14181
<b>2013</b>	13926	13181
<b>2015</b>	12587	10977

**Table B.14 Bases for Figure 5.10 Trends in the proportion of pupils who say that more than half their friends smoke, by age (2002-2015)**

	<b>All 13 year olds</b>	<b>All 15 year olds</b>
<b>2002</b>	12339	10609
<b>2004</b>	3550	3426
<b>2006</b>	11704	11106
<b>2008</b>	5168	4538
<b>2010</b>	18971	17680
<b>2013</b>	17121	16105
<b>2015</b>	13607	11697

**Table B.15: Bases for Figure 7.1 Proportion of pupils who were regular, by family variables (2015)**

***Family status***

	<b>All 13 year olds</b>	<b>All 15 year olds</b>
<b>Single parent</b>	2546	2444
<b>Step parent</b>	1004	971
<b>Both parents</b>	8580	7162

***Maternal awareness***

	<b>All 13 year olds</b>	<b>All 15 year olds</b>
<b>Median and above</b>	3849	4587
<b>Below median</b>	8386	6155

***Paternal awareness***

	<b>All 13 year olds</b>	<b>All 15 year olds</b>
<b>Median and above</b>	4452	5193
<b>Below median</b>	7179	4936

***Family communication***

	<b>All 13 year olds</b>	<b>All 15 year olds</b>
<b>Likely to talk</b>	11133	9018
<b>Not likely to talk</b>	1378	1896

***Caring responsibilities***

	<b>All 13 year olds</b>	<b>All 15 year olds</b>
<b>Yes</b>	1455	949
<b>No</b>	10868	9962

**Table B.16: Bases for Figure 7.2 Proportion of pupils who were regular smokers, by friend variables (2015)**

***Number of friends***

	<b>13 year olds</b>	<b>15 year olds</b>
<b>0</b>	190	261
<b>1</b>	417	426
<b>2</b>	1349	1452
<b>3+</b>	10068	8465

***Age of friends***

	<b>13 year olds</b>	<b>15 year olds</b>
<b>Older</b>	492	523
<b>Younger</b>	179	183
<b>Same aged</b>	8086	6938
<b>Mixed</b>	3279	2952

***Number of evenings spent with friends***

	<b>13 year olds</b>	<b>15 year olds</b>
<b>None</b>	1209	1098
<b>1-2 evenings</b>	3315	3352
<b>3-4 evenings</b>	3889	3564
<b>5+ evenings</b>	2339	1669

***Own cash to spend per week***

	<b>13 year olds</b>	<b>15 year olds</b>
<b>Under £5</b>	2848	1581
<b>£5-20</b>	6602	5157
<b>Over £20</b>	2705	3873

**Table B.17: Proportion of 15 year olds who were regular smokers, by weekly activities (2015) – Percentages (Figure 7.3)**

	<b>Weekly</b>	<b>Less than weekly</b>
<b>Playing sport</b>	5%	10%
<b>Reading books</b>	4%	8%
<b>Hanging out in the street</b>	8%	3%
<b>Doing a hobby</b>	4%	9%
<b>Going to a gig or concert</b>	11%	6%
<b>Going to a friend's home</b>	6%	2%

**Table B.18: Proportion of 15 year olds who were regular smokers, by weekly activities (2015) – Bases (Figure 7.3)**

	<b>Weekly</b>	<b>Less than weekly</b>
<b>Reading books</b>	3472	7163
<b>Hanging out in the street</b>	3621	6987
<b>Doing a hobby</b>	5513	5082
<b>Going to a gig or concert</b>	820	9772
<b>Going to a friend's home</b>	6969	3642

**Table B.19: Bases for Figure 7.4 Proportion of pupils who were regular smokers, by school variables (2015)**

*How much do you like school at the moment?*

	<b>13 year olds</b>	<b>15 year olds</b>
<b>Like it a lot</b>	2872	1537
<b>Like it a little</b>	5948	4959
<b>Not very much</b>	1901	2395
<b>Not at all</b>	1097	1589

*Feeling pressured by schoolwork*

	<b>13 year olds</b>	<b>15 year olds</b>
<b>Never</b>	1967	634
<b>Sometimes</b>	7188	4381
<b>A lot of the time</b>	2596	5427

*Exclusion*

	<b>13 year olds</b>	<b>15 year olds</b>
<b>Has been excluded</b>	1092	10546
<b>Has not been excluded</b>	231	3503

*Truantiing*

	<b>13 year olds</b>	<b>15 year olds</b>
<b>Not at all</b>	7812	6025
<b>4-10 times</b>	2699	2579
<b>1-3 times</b>	725	998
<b>More than 10 times</b>	358	690

*Post-school expectations*

	<b>13 year olds</b>	<b>15 year olds</b>
<b>University</b>	7166	6085
<b>FE college</b>	1356	1649
<b>Apprenticeship</b>	315	860
<b>Working</b>	1225	881

**Table B.20: Bases for Figure 7.5 Proportion of pupils who were regular smokers, by inequalities and geography variables (2015)**

*Self-rated health*

	<b>13 year olds</b>	<b>15 year olds</b>
<b>Good</b>	11039	9043
<b>Fair</b>	1411	1720
<b>Bad</b>	212	336

**Illness or disability**

	<b>All 13 year olds</b>	<b>All 15 year olds</b>
<b>Yes</b>	1736	1889
<b>No</b>	10415	8742

**Overall SDQ score**

	<b>All 13 year olds</b>	<b>All 15 year olds</b>
<b>Normal</b>	8078	6485
<b>Borderline</b>	1546	1748
<b>Abnormal</b>	1479	1661

**WEMWBS Score**

	<b>All 13 year olds</b>	<b>All 15 year olds</b>
<b>Below average</b>	1370	1834
<b>Average</b>	7739	7227
<b>Above average</b>	1954	1151

**SIMD**

	<b>All 13 year olds</b>	<b>All 15 year olds</b>
<b>1-most deprived</b>	2232	2012
<b>2</b>	2744	2408
<b>3</b>	2154	1714
<b>4</b>	3074	2639
<b>5-least deprived</b>	2534	2355



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Any enquiries regarding this publication should be sent to us at  
The Scottish Government  
St Andrew's House  
Edinburgh  
EH1 3DG

ISBN: 978-1-78652-531-4 (web only)

Published by The Scottish Government, October 2016

Produced for The Scottish Government by APS Group Scotland, 21 Tennant Street, Edinburgh EH6 5NA  
PPDAS80908 (10/16)

W W W . G O V . S C O T