

Supplementary report 1: Child activity

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The Co-SPACE Study

Background

COVID-19 has caused major disruptions to families' lives, through social distancing, school closures and lock-down. This is also a rapidly changing situation where different pressures will arise for children, young people and their families over time. While research has provided valuable information about how parents can support their children's mental health in general, we know little about what is most effective in the current, changing context.

The Co-SPACE project is tracking the mental health of school-aged children and young people aged 4-16 years throughout the COVID-19 crisis. An online survey is sent out and completed on a monthly basis by parents/carers and young people (if aged 11-16 years) throughout the pandemic. The study has full ethical and data protection approval (ethical approval ref: R69060) and is fully GDPR compliant.

The findings will help identify what protects children and young people from deteriorating mental health over time, and at particular stress points. Findings will be shared directly with health and education services to inform the development and provision of effective support for children and families.

Recruitment & Sample

The study sample has been recruited through a variety of means, including social media, distribution through partner organisations, networks and charities, the media and targeted online advertising. The self-selecting nature of recruitment means that *this will not be a nationally representative sample*. See Appendix A for a description of the participant characteristics.

For the long-term, we are aiming to have good representation across a wide range of socio-demographic and health factors (e.g., income, ethnicity, pre-existing mental/physical health difficulties) to investigate the experiences for different groups that may be particularly vulnerable during and after the pandemic.

We are keen to recruit as many families as possible to the study. Parents/carers can sign up and take part at any point: <https://cospaceoxford.com/survey>

Further information

For further information or to request specific analyses, please contact the research team at co-space@psy.ox.ac.uk

Focus of this supplementary report

This supplementary report was produced at the request of the Department for Education. This report provides cross-sectional data from the approximately 6744 parents/carers who have taken part, and completed the survey¹ between 30/03/2020 and 17/06/2020.

In this supplementary report, we focus on:

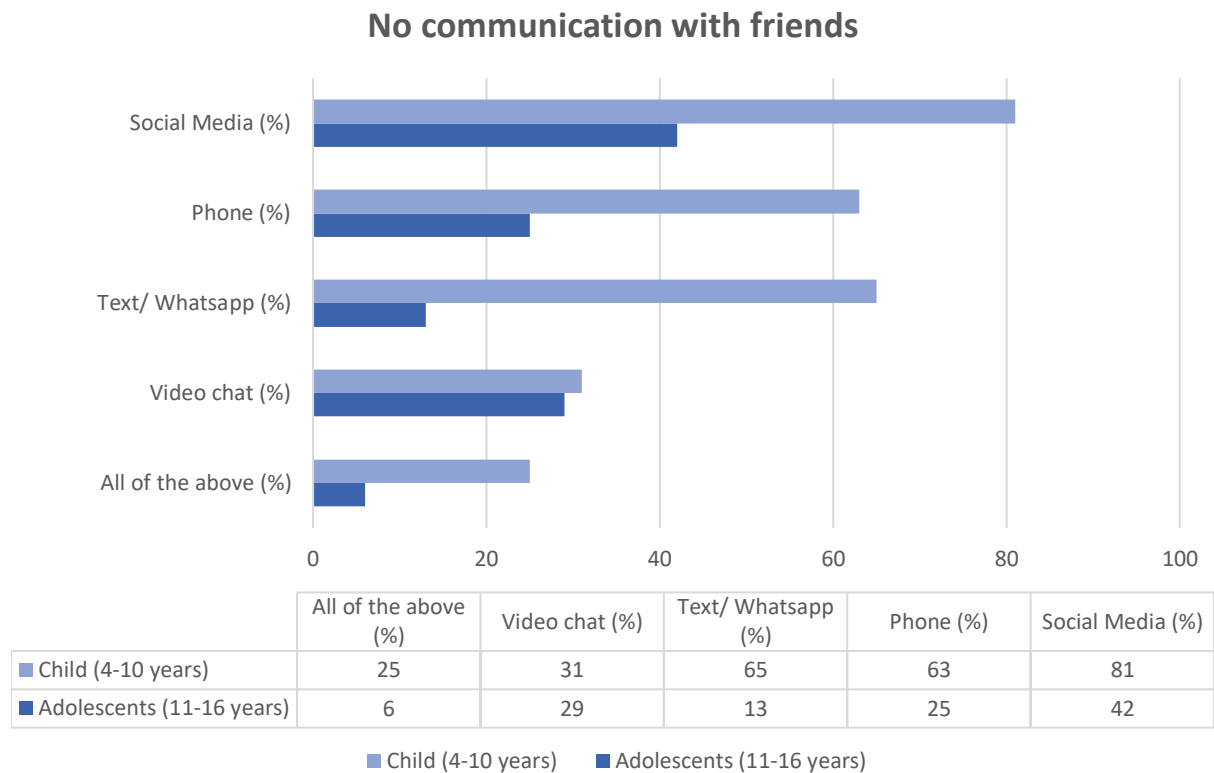
1. The percentage of children and young people who have not been communicating with their friends and family outside the household
2. The percentage of children and young people who have not spent time on physical activities and being outside

¹ 'Completion' of the survey is based on participants having completed items up to and including the pre-defined main outcome measure (the Strengths and Difficulties Questionnaire – parent reporting on child).

Findings

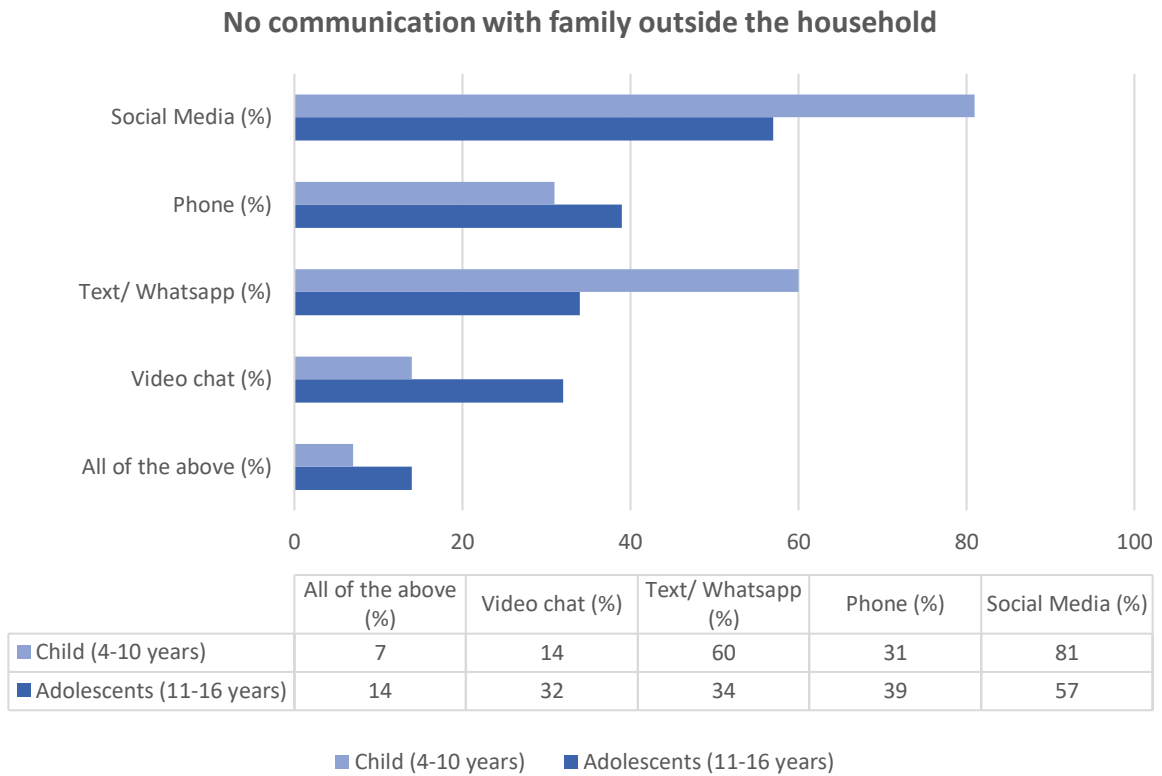
(a) No communication with friends

Figure 1. Percentage of children and adolescents who have **not** spent any time last week communicating with friends through the following means



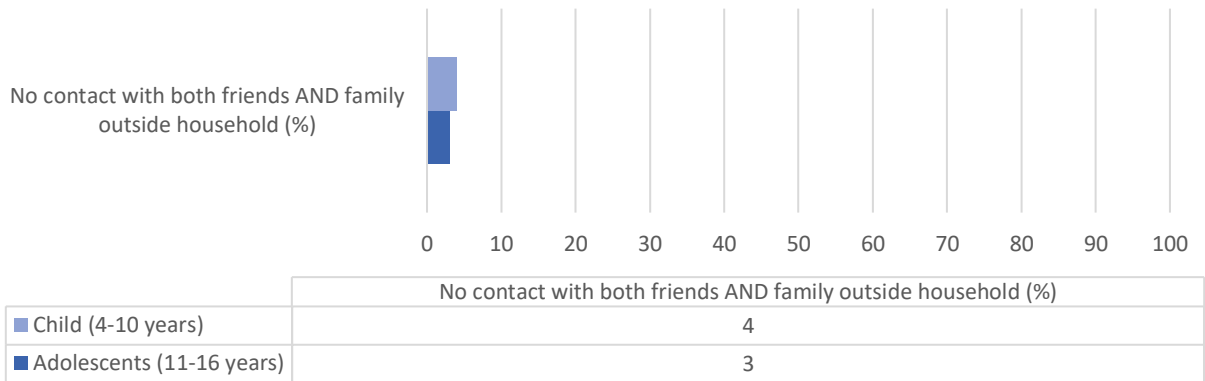
(b) No contact with family living outside the household

Figure 2. Percentage of children and adolescents who have **not** spent any time last week communicating with family outside the household through the following means



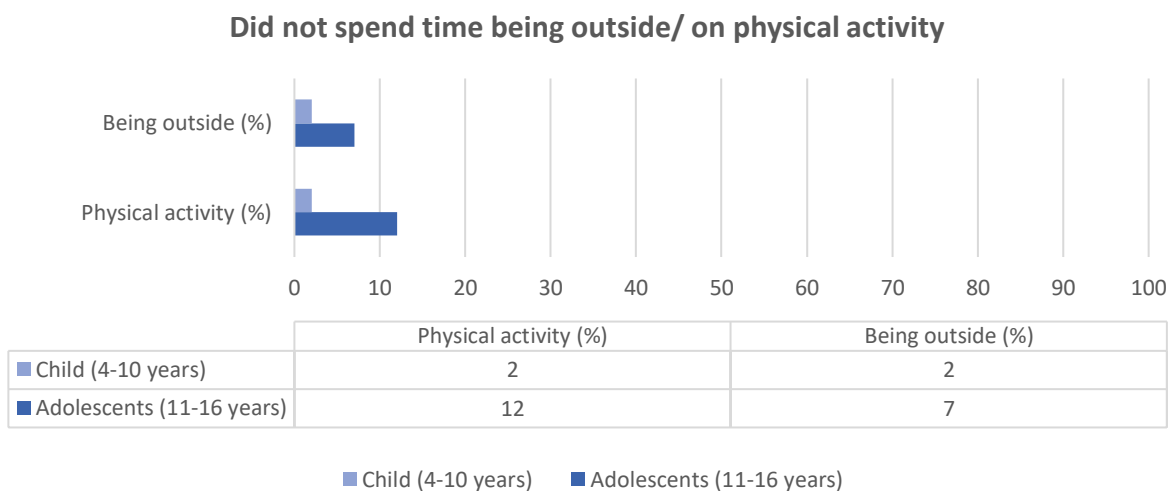
(c) No contact with both friends and family outside of household

Figure 3. Percentage of children and adolescents who have **not** spent any time last week communicating with friends and family outside the household through the following means



(d) Did not spend time on physical activities/being outside

Figure 4. Percentage of children and adolescents who have **not** spent any time last week on physical activities and being outside



Appendix A

Participants' demographics

		Co-SPACE Baseline		National Figures (%)*
		n	%	
Parent Gender	Female	6235	92.5	51
	Male	474	7.0	49
	Other/Prefer not to say	35	0.5	-
Employment status	Not working	2117	32.9	3.8
	Working full time	1665	25.9	50.7
	Working part time	2658	41.3	16.9
Household income	< £30,000	1351	20.0	58
	> £30,000	4903	72.7	42
	Prefer not to say	490	7.3	-
Child Gender	Female	3246	48.1	52
	Male	3451	51.2	48
	Prefer not to say	47	0.7	-
Child age group	Child (4-10)	4255	63.1	55
	Adolescent (11-16)	2489	36.9	45
Relationship to child	Parent	6584	97.6	-
	Grandparent	53	0.8	-
	Step-parent	46	0.7	-

*This data was extracted from the following sources on 12/05/2020:

<https://www.ons.gov.uk/peoplepopulationandcommunity/populationandmigration/populationprojections/datasets/z1zippedpopulationprojectionsdatafilesuk>

<https://www.ons.gov.uk/employmentandlabourmarket/peopleinwork/employmentandemployeetypes/bulletins/employmentintheuk/september2019#:~:text=Main%20points%20for%20May%20to%20July%202019,and%20unchanged%20on%20the%20quarter>

<https://www.ons.gov.uk/peoplepopulationandcommunity/personalandhouseholdfinances/incomeandwealth/bulletins/householddisposableincomeandinequality/yearending2018>

<https://www.gov.uk/government/collections/statistics-special-educational-needs-sen>

https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/814244/SEN_2019_Text.docx.pdf

<https://www.ethnicity-facts-figures.service.gov.uk/uk-population-by-ethnicity/demographics/age-groups/latest#data-sources>