



# REACH

Risk, Resilience, Ethnicity, and AdolesCent Mental Health



Centre for  
Society and  
Mental Health

**KING'S**  
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**LONDON**

## ARE YOUNG PEOPLE FROM MARGINALISED AND VULNERABLE GROUPS DISPROPORTIONATELY AFFECTED BY THE PANDEMIC?

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What the  
evidence  
suggests so  
far...

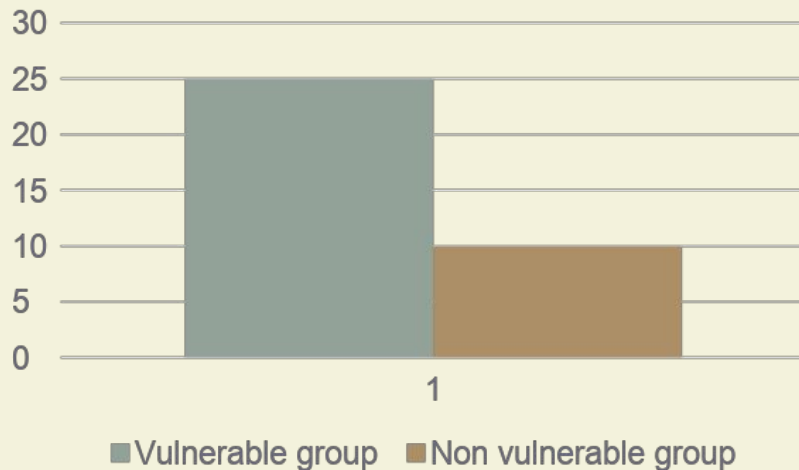
# OUTLINE

Are young people from marginalised and vulnerable groups disproportionately affected by the pandemic? What the evidence in the UK tells us so far for:

- Black, Asian and Minority Ethnic individuals
- Those in socioeconomically deprived families
- Individuals with Special Educational Needs and Difficulties
- Those with pre existing mental health conditions

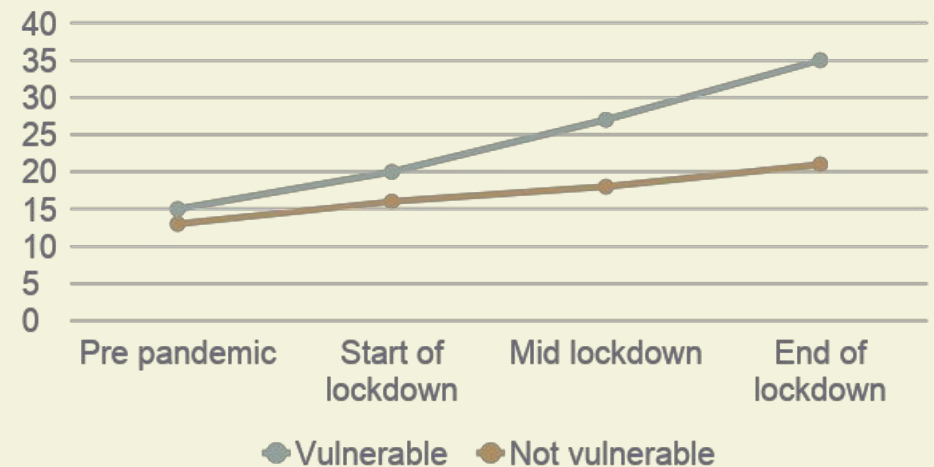
## Question 1:

During the pandemic, do individuals from vulnerable groups experience more/greater mental health difficulties?



## Question 2:

Do those from vulnerable groups show increased rates of mental health difficulties over time?



# CHILDREN & ADOLESCENTS

## ... from Black, Asian, Minority Ethnic Groups

### Context

Pre-pandemic, people from Black, Asian, Minority ethnic groups in the UK more likely to experience mental health difficulties and have problems accessing care

#### Better outcomes

S

Emotional difficulties  
(NHS Digital)

#### No differences

Emotional difficulties, Behavioural difficulties; Self-Harm; Wellbeing; Covid-19 worries; Covid-19 trauma; Covid-19 coping;

(C19PRC; Children's Society; Co-Space [Raw et al.]; IFS; Widnall et al.; YOU-Cope

#### Worse outcomes

Emotional difficulties; Self-Harm  
(C19PRC; CCOPEY; DfE; Kooth)

#### Trends over time:

- **Pre to post lockdown:** no difference (Widnall et al., 2020; NHS Digital, 2020)
- **During pandemic:** no difference (Co-Space, Raw et al., preprint)

# CHILDREN & ADOLESCENTS

## ... in socioeconomically deprived families

### Context:

Vulnerable socioeconomic groups have experienced more financial pressures, worse housing conditions, and greater health risks throughout the pandemic

#### No differences

Emotional difficulties;  
Covid-19 worries;  
Happiness; Coping  
(Bignardi et al; Children's Society; ONS; Widnall et al)

#### Worse outcomes

Emotional difficulties; Behavioural difficulties; Covid-19 worries; Happiness; Life satisfaction; Wellbeing  
(Children's Society; Co-SPACE [Raw et al., Suppl. Report 6]; DfE; ImpactEd; NHS Digital; ONS)

### Trends over time:

- **Pre to post lockdown:** no difference (Widnall et al., 2020); greater increases in depression among children from **higher** income families (Wirral Child Health & Development Study [Wright et al, 2021])
- **During pandemic:** children from low income families showed a **slower** rate of increase in conduct problems than those from higher income families (Co-Space, Raw et al. preprint)

# CHILDREN & ADOLESCENTS

... with special educational needs or difficulties

## Context:

Pre-pandemic, children with SEND report increased mental health difficulties. With school closures, this group may be impacted disproportionately due to changes in routines and/or not being able to access the same levels of support.

### Worse outcomes

Emotional difficulties  
Behavioural difficulties;  
Wellbeing; Life satisfaction;  
Happiness;

(Co-SPACE [Raw et al.]; DfE;  
ImpactEd; Nonweiler et al.;  
ONS; Widnall et al.);

### Trends over time:

- **Pre to post lockdown:** Anxiety *stable* among SEND children, but reduced in non-SEND children (Widnall et al., 2020).
- **During lockdown:**
  - Greater *decreases* in emotional problems among SEND children in first four months of pandemic (Co-SPACE; Raw et al, preprint);
  - Greater *increases* in anxiety among 16-24 year olds with disabilities (ONS, 2020)

# CHILDREN & ADOLESCENTS

## ... with pre-existing mental health conditions

### Context:

Postulated that individuals who have a history of mental health difficulties prior to the start of the pandemic would fare worse during the pandemic.

### Worse outcomes

**Emotional Difficulties;  
Behavioural difficulties; Self  
Harm; Life being worthwhile;  
Life satisfaction**

(Co-SPACE [Report 4]; Mind;  
NHS Digital; WCHDS [Wright  
et al.]; You-COPE)

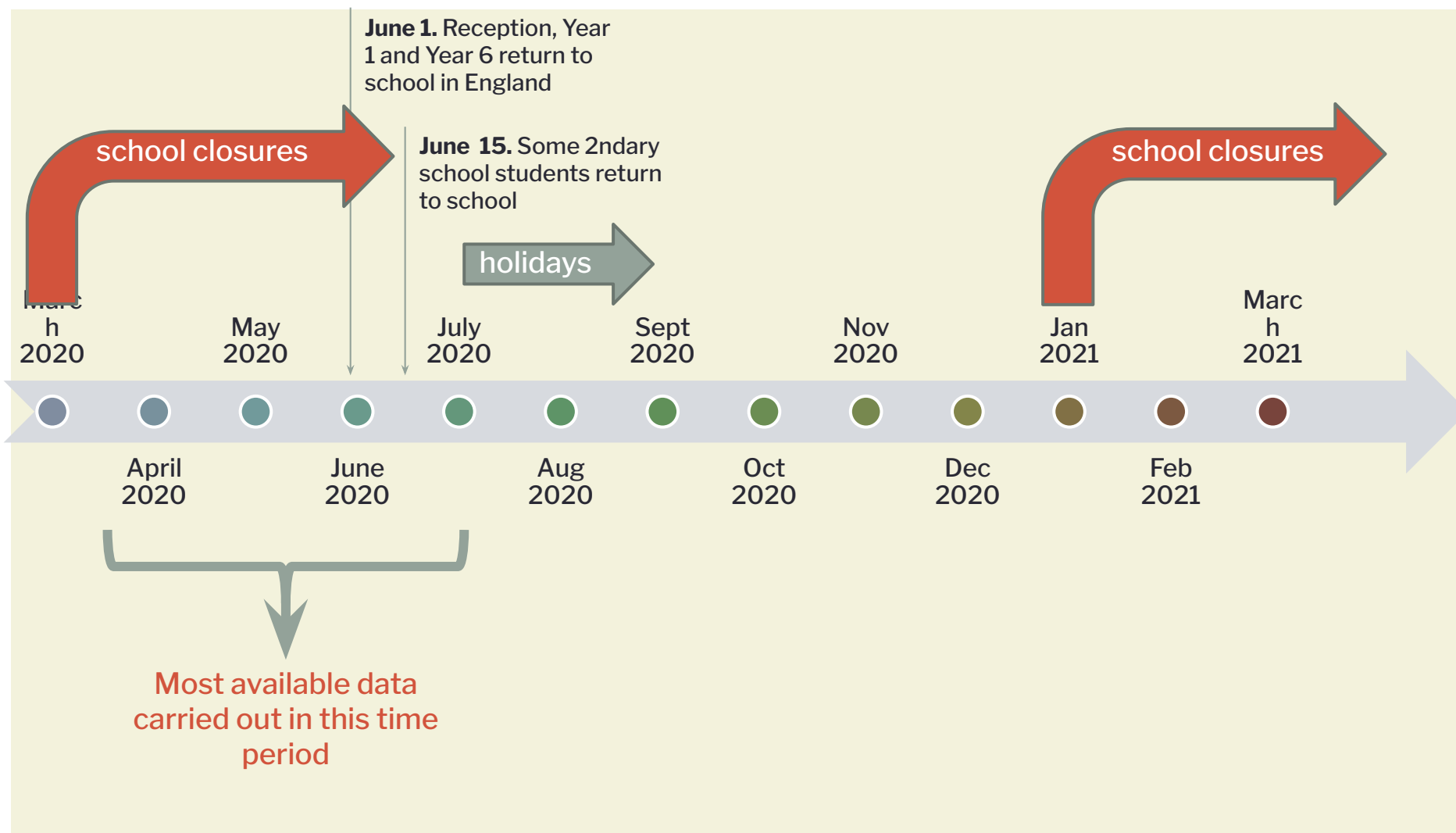
### Trends over time:

- Greater increases in emotional and/or behavioural difficulties among children **without** prior mental health difficulties compared to children with prior mental health difficulties (Wirral Child Health & Development Study [Wright et al, 2021]; CoSpace [Report 4, Pearcey et al. 2020])

# CONCLUSIONS

- **During the pandemic:** Greater mental health difficulties in children with: i) Special Educational Needs and Disabilities, ii) with a history of mental health difficulties, iii) from more socioeconomically deprived families.
- **Trends over time:** Research is sparse and mixed!
- **Require longitudinal studies, ideally with pre-pandemic data, representative samples, using standardised measurement tools,**
- **Unfortunately, data is even more scarce** exploring the relative impact of pandemic among other vulnerable groups, e.g. LGBTQ+ young people, children & young people who are migrants, asylum seekers or refugees, and those living in secure children's homes

# TIMELINE OF EVENTS & RESEARCH





# REFERENCES (1)

- **C19PRC; Levita et al. (2020).** [Non-representative UK sample of ~2,000 13-24 yr olds, data collected April 2020]
- **CCopeY; Dewa et al. (2021).** [Non-representative UK sample of ~800 16-24 yr olds, data collected April/May 2020]
- **Co-Space.** [Non-representative UK sample of ~3000 parents, & 570 11-16 yr olds, data collection ongoing, from March 2020]
- **Department for Education. State of the Nation (2020).** [Non-representative UK survey of ~2000 parents & children aged 5-16 yrs, data collected May/June 2020]
- **Institute for Fiscal Studies. Banks & Xu. (2020).** [Analysis of UKHLS sample including ~1300 16-24 yrs, data collected April 2020]
- **ImpactEd. Interim data summary (2020).** [Non-representative survey of ~7,350 6-18 yr olds, data collected May/June 2020]
- **Kooth.** [~42,000 active users of the digital mental health platform, data collated March to May 2020]
- **Mind Survey. (2020).** [Non representative cross-sectional survey of ~1,917 13-24 yrs, data collected April/May 2020]
- **NHS Digital. Mental Health of Children & Young People. (2020).** [Longitudinal sample of ~3,570 5-22 yr olds in England, weighted for improved representativeness, data collected in 2017 and July/August 2020]

# REFERENCES (2)

- **Nonweiler et al. (2020).** [Non-representative UK sample of parents of ~370 children with neurodevelopmental disorders and ~80 neurotypical controls, aged 4-15 yr olds, data collected April to June 2020]
- **Office for National Statistics (2020).** [Randomly sampled survey of adults aged 16-24 yr olds, pooled results with sample of 200 to 500 young people, data collected April to September 2020]
- **Resilience in Education & Development Study. Bignardi et al. (2020)** [Non-representative sample of ~170 7-11 yr olds in East England, data collected pre-pandemic 2018/2019 and during lockdown in April to June 2020]
- **The Children's Society. Life on Hold. (2020).** [Representative UK household survey of ~2,000 parents and their child aged 10-17 yrs, data collected April to June 2020]
- **Widnall et al. (2020).** [Localised sample of ~750 13-14 yr olds in South West England, data collected October 2019, and April/May 2020]
- **Wirral Child Health & Development Study. Wright et al. (2021).** [Children aged 11-12 yrs, and their mothers, participating in a UK population based birth cohort, data collected December 2019 to March 2020, and June 2020]
- **You-COPE. (2020).** [Non-representative UK convenience sample of ~1,500 16-24 yr olds, data collected May/June 2020]