



Impacts on young people from diverse backgrounds in inner-city London

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REACH

Resilience, Ethnicity, and AdolesCent Mental Health



Centre for
**Society and
Mental Health**



UK Research
and Innovation



E·S·R·C
ECONOMIC
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COUNCIL



REACH



- 12 secondary schools, inner-city London
- 4000+ young people, 11-14y at baseline
- Annual questionnaires

•Data at 3 timepoints pre-covid:

- Time 1 (T1), 2016/17
- Time 2 (T2), 2017/18
- Time 3 (T3), 2018/19

.....

- Time 4 (T4), May 2020 onwards...



Covid-related Research Questions

- Is there any evidence that mental health problems increased during first lockdown?
- Is there any evidence the impacts varied by gender, ethnic group, or household income?
- Is there any evidence the impacts varied by pre-pandemic or mid-pandemic circumstances and experiences (e.g., financial problems, social support, pre-existing mental health problems, etc.)

Representativeness

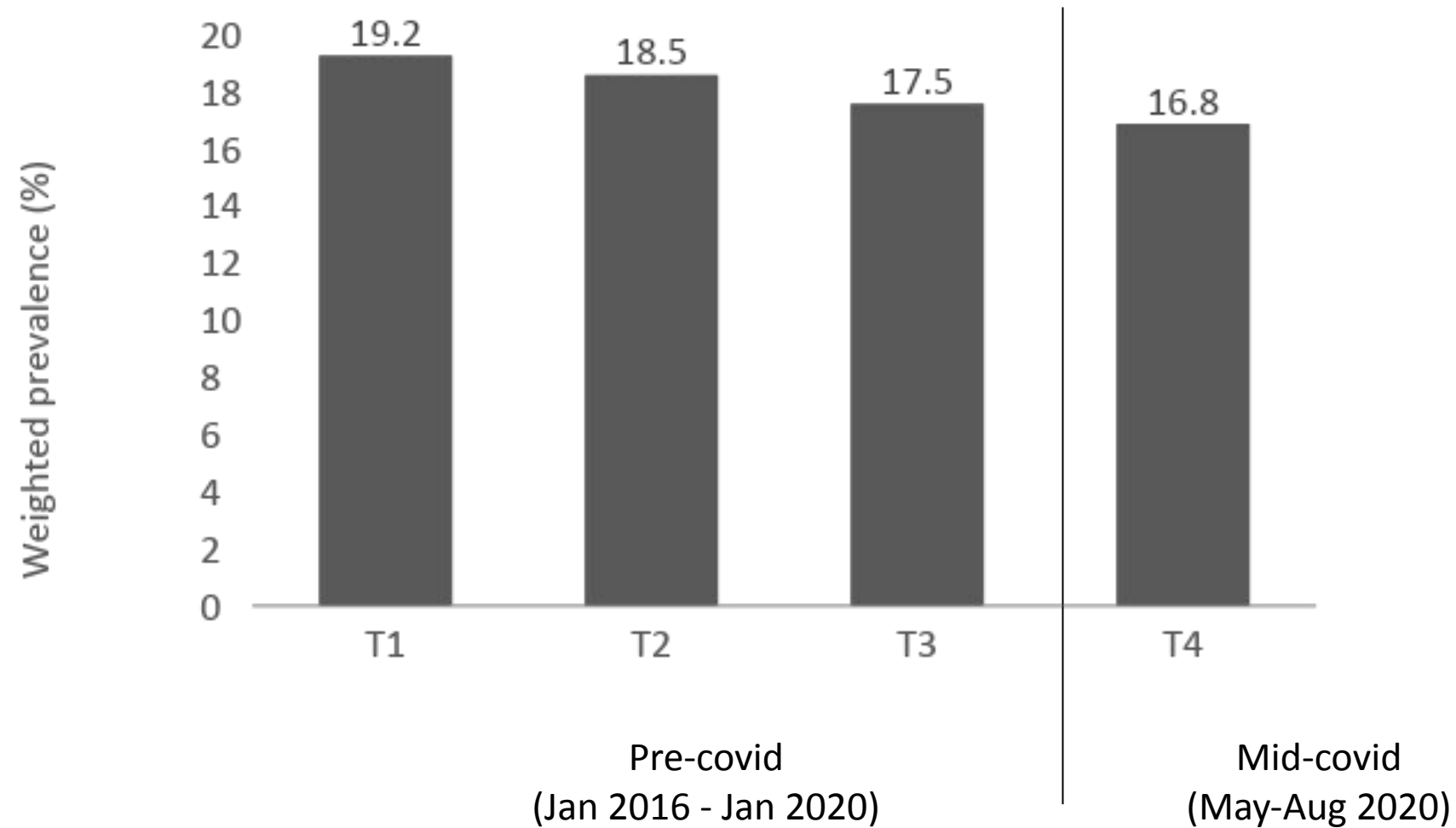
Characteristics of participating young people mid-covid & comparison with full REACH cohort and target population

| | Target population | REACH T1 (pre-covid) (n, 4353) | | REACH T4 (mid-covid) (n, 1074) | |
|-------------------|-------------------|--------------------------------|------|--------------------------------|------|
| | % | n | % | n | % |
| boys | 50.5 | 2,138 | 49.1 | 348 | 32.6 |
| girls | 49.5 | 2,215 | 50.9 | 720 | 67.4 |
| free school meals | 25.2 | 976 | 23.7 | 216 | 20.4 |
| black african | 27.2 | 1,113 | 25.6 | 279 | 26.3 |
| black caribbean | 14.0 | 719 | 16.5 | 101 | 9.5 |
| mixed | 12.5 | 617 | 14.2 | 155 | 14.6 |
| british white | 16.4 | 667 | 15.3 | 238 | 22.5 |
| non-british white | 10.8 | 626 | 14.4 | 102 | 9.6 |
| other | 23.3 | 1243 | 28.6 | 184 | 17.4 |

Target population: KS3 pupils in Lambeth and Southwark. Lambeth and Southwark Key Stage 3 (KS3) demographics obtained, by application, from the National Pupil Database Spring 2017 School Census.

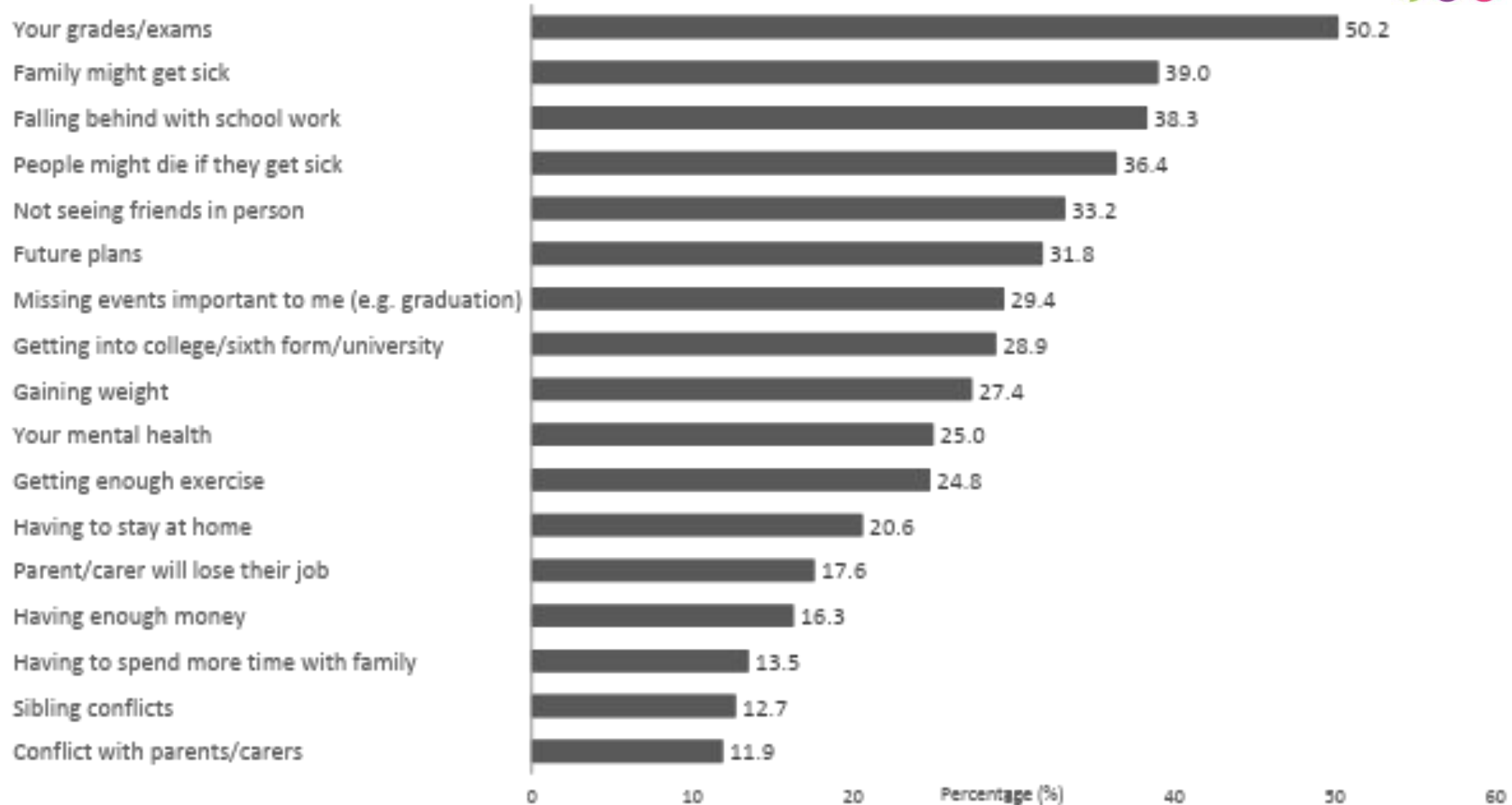


Prevalence of mental health problems pre- & mid-covid

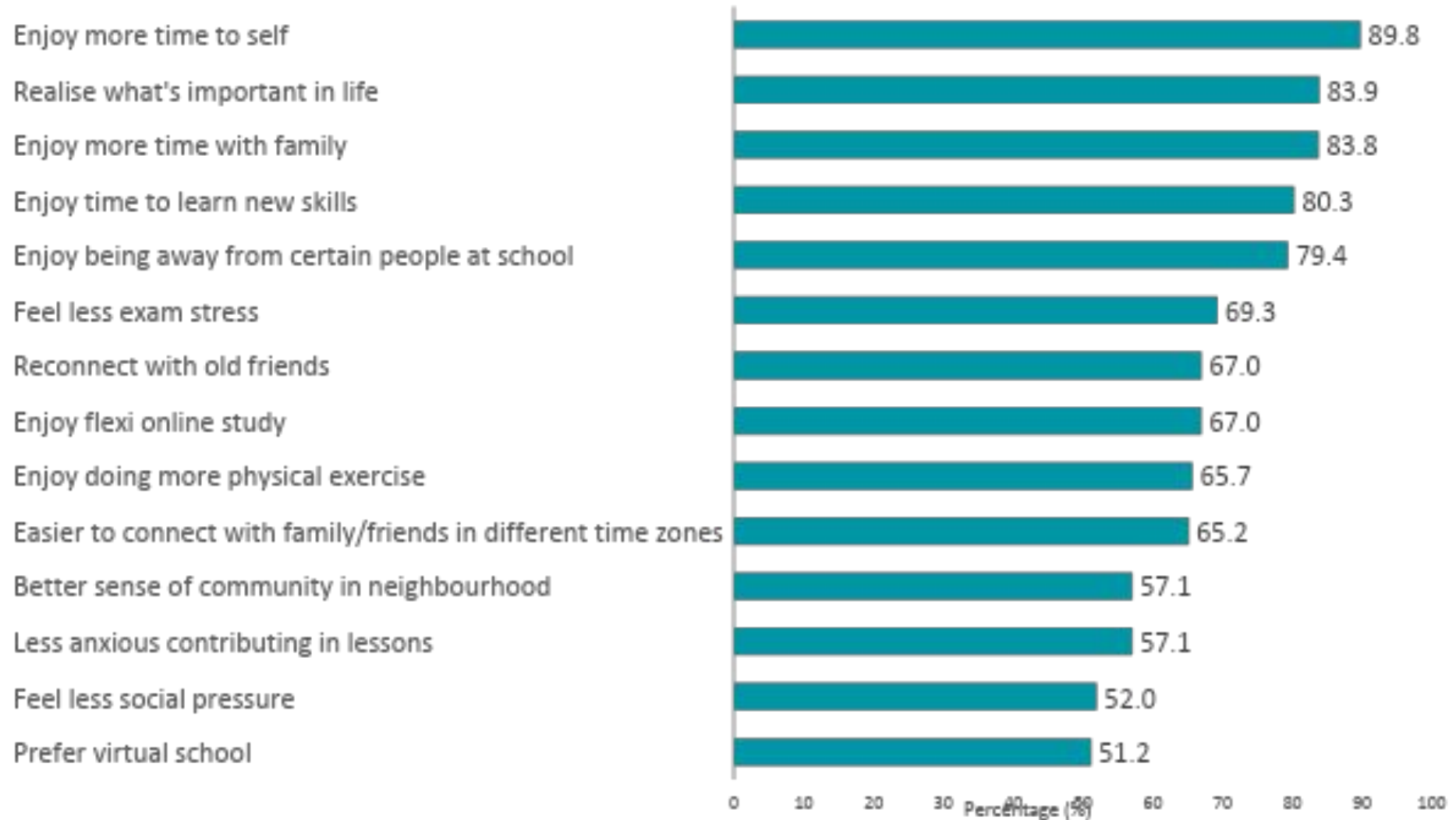




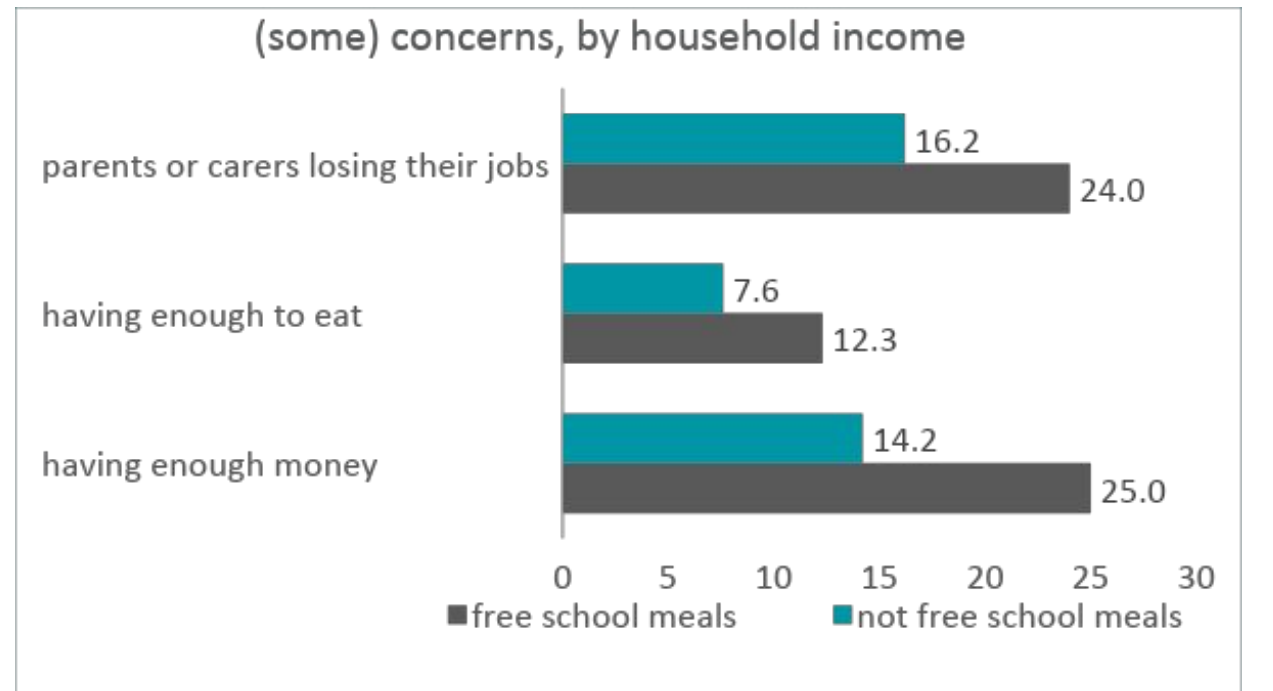
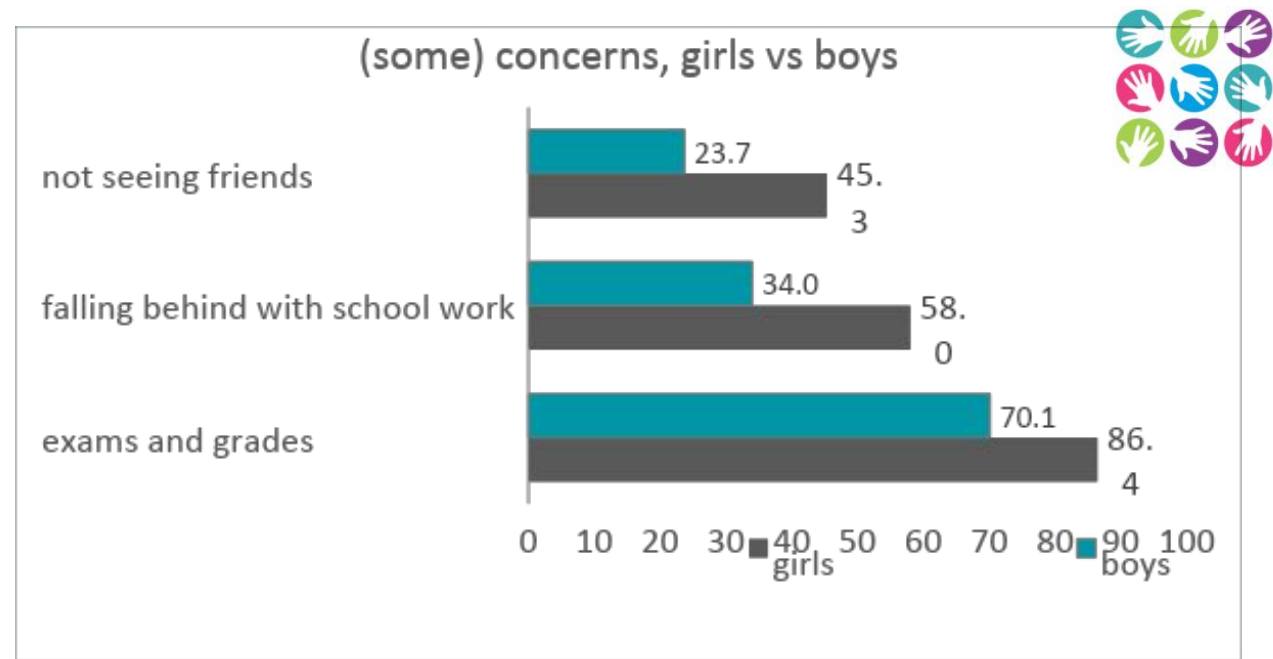
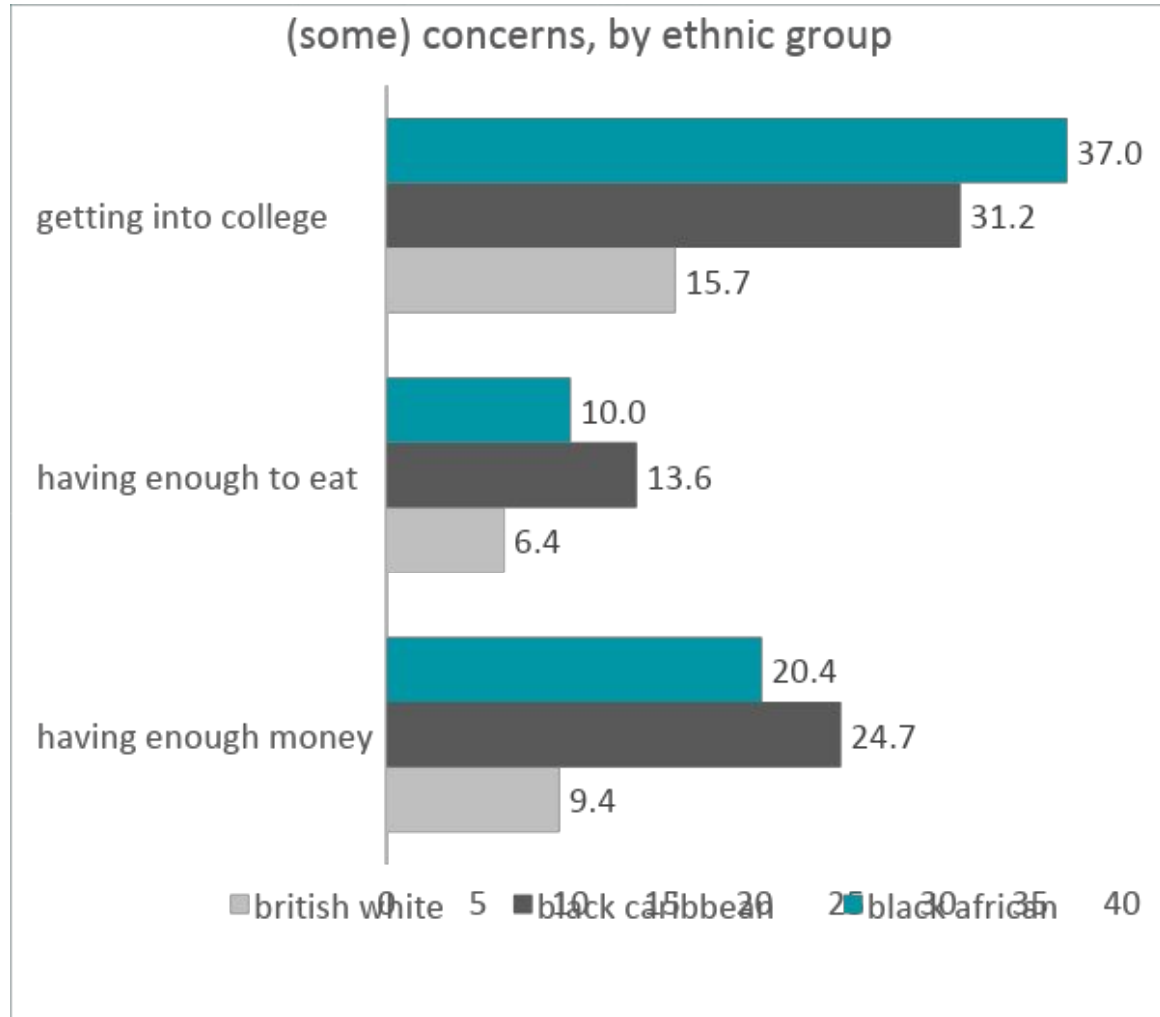
Worries and concerns due to covid...



The positive side of lockdown

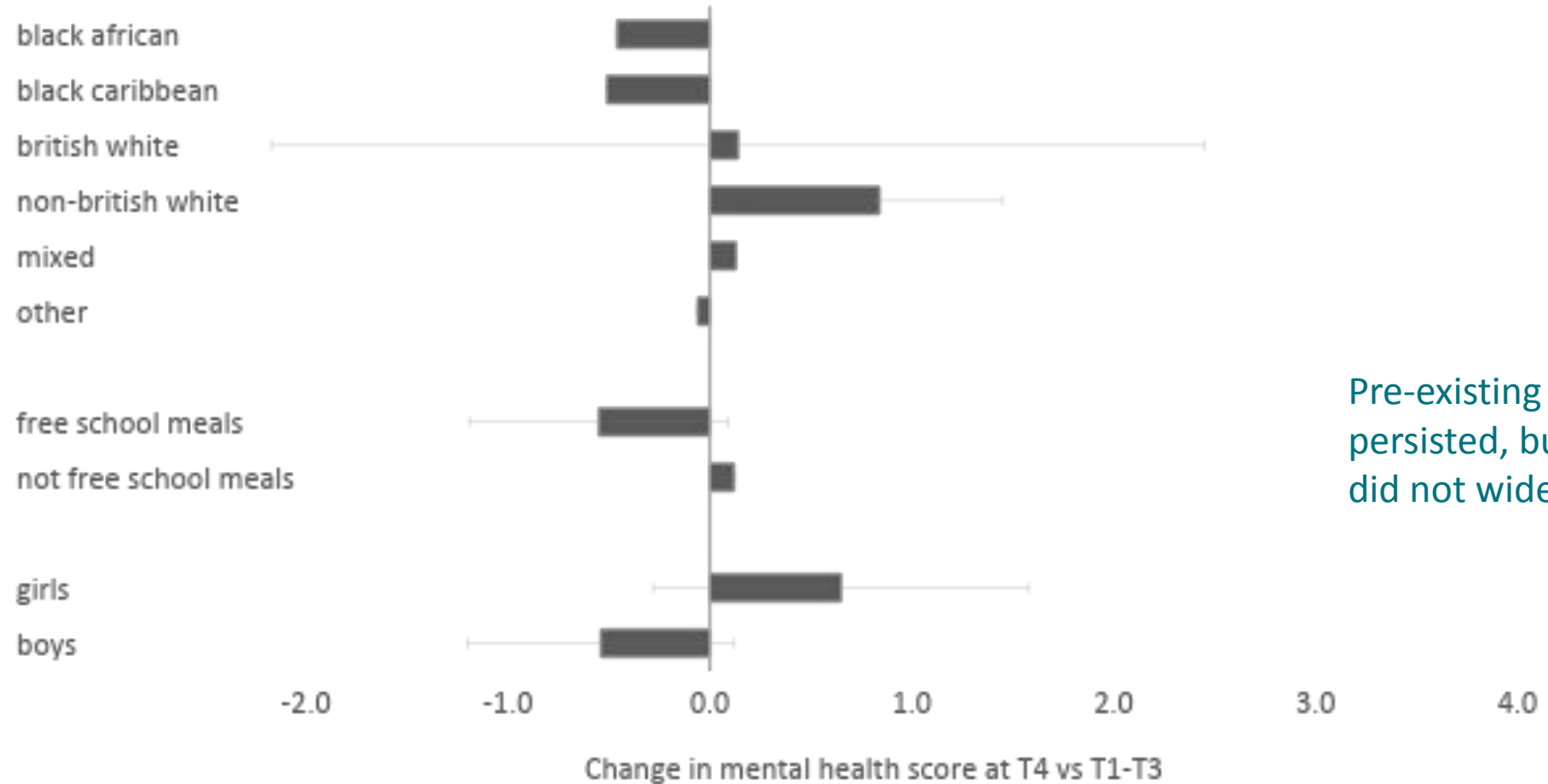


Worries and concerns, by group





Change in within-person mental health scores, by group

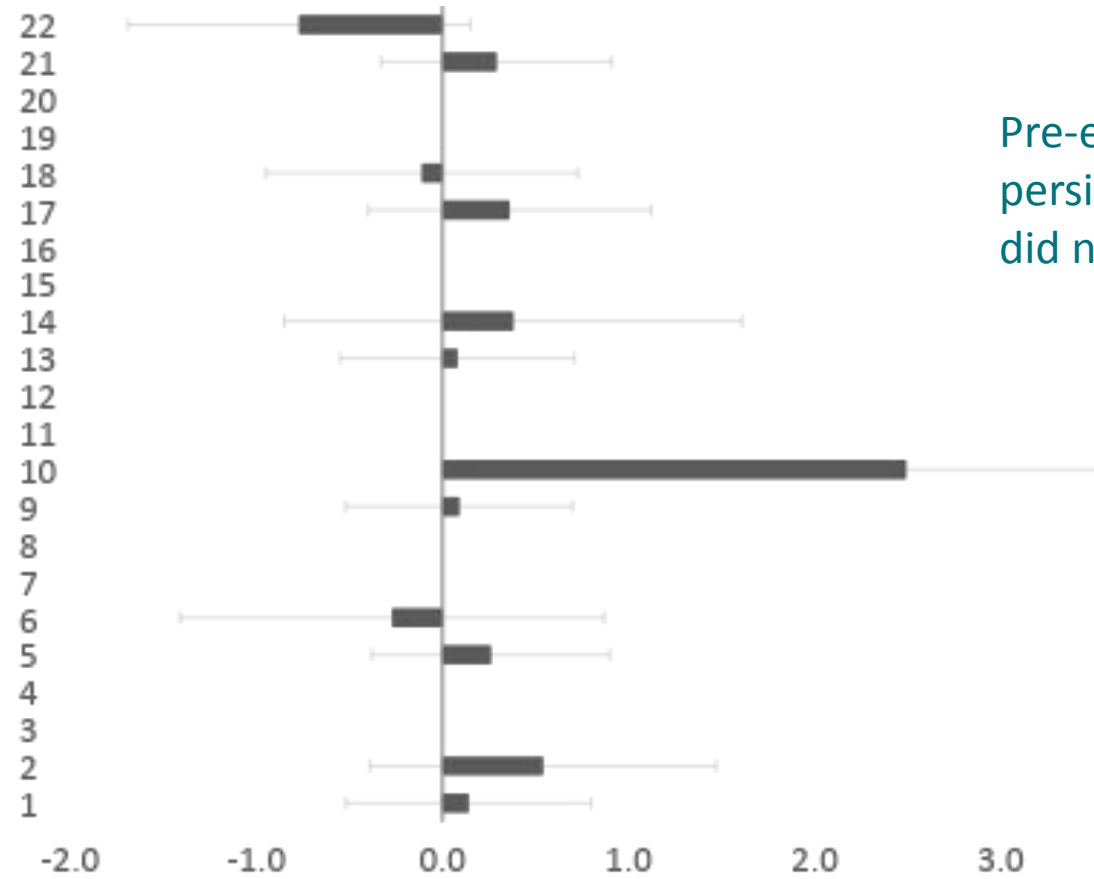


Pre-existing inequalities persisted, but, generally, did not widen

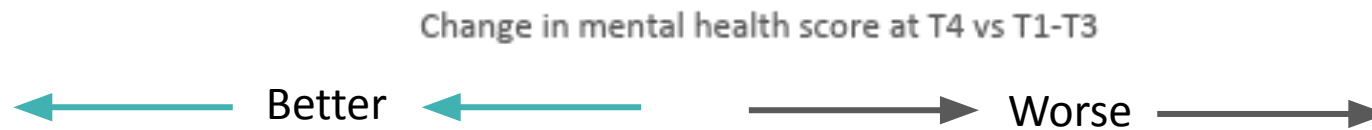
← Better Worse →

Estimates are coefficients (and 95% CIs) from longitudinal fixed effects (within-person) regression models, adjusted for age and the passage of time, and accounting for time-invariant factors. All estimates are weighted and robust standard errors are used throughout.

Change in mental health scores, by (some) pre-covid circumstances

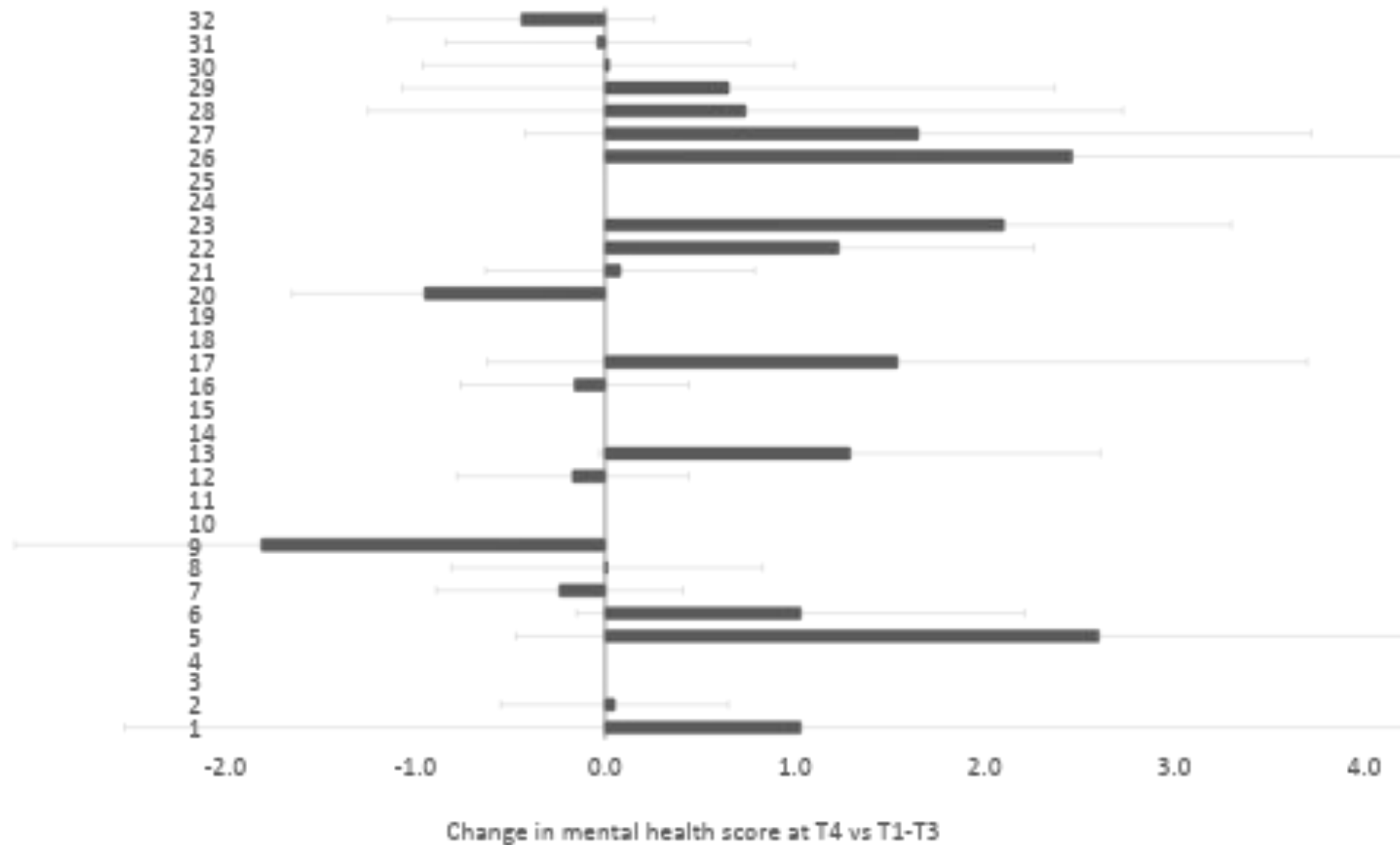


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Change in mental health scores, by (some) mid-covid circumstances



Summary

During the early phase of the pandemic:

- No evidence for increase in proportions experiencing mental health difficulties, overall or by gender, free school meals status, or ethnic group, in inner-city London
- Combination of positives and negatives
- Change in mental health scores mid-covid pre-covid, circumstances (compared with pre-covid) perhaps more closely related to mid-covid
- Suggests inequalities persisted, but did – initially – widen...

Next steps, extensions

- Video diaries – more later!
- Follow up Feb - April 2021



Special thanks

Young Persons Advisory Group & Peer Researchers
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Gemma, Shantha, Nick, Chris)

Participating young people & schools

