

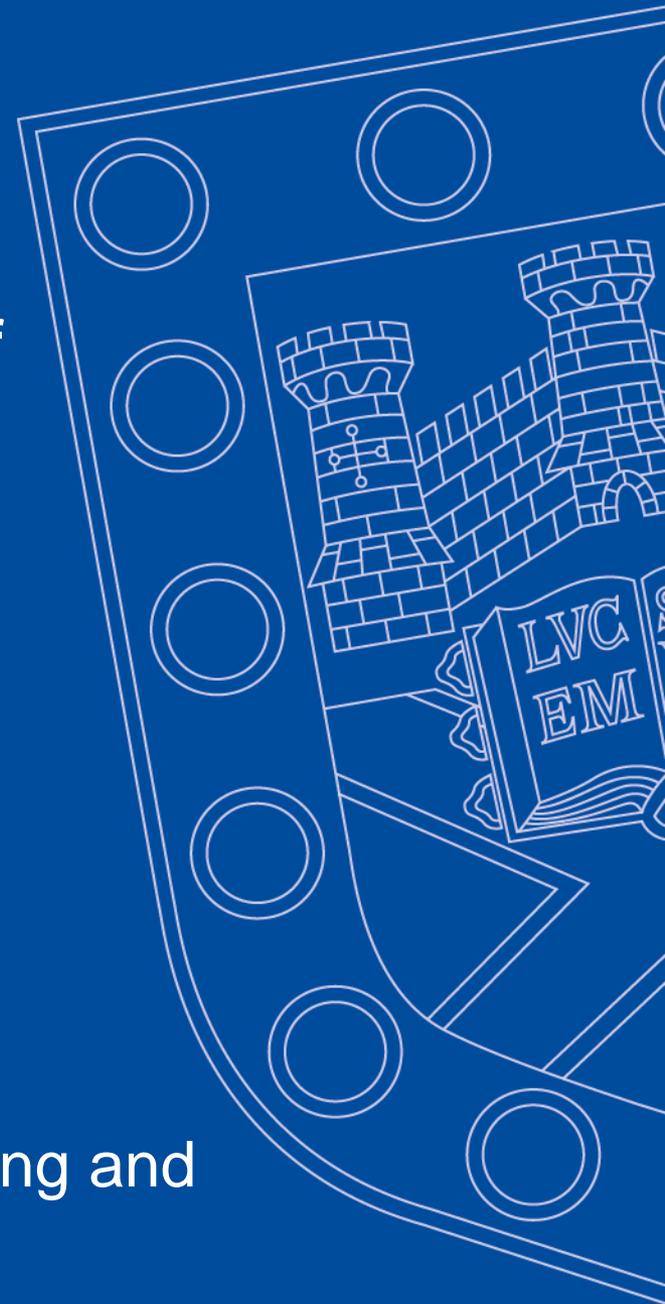


What is the evidence on the impacts of Covid-19 (and related responses) on the mental health of young people?

Mental Health of Children and Young People in England survey 2020

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On behalf of the survey team – see Funding and Acknowledgments



Survey Partners

Survey funded by the Department for Health and Social Care, and commissioned by NHS Digital.



Department
of Health &
Social Care



Survey was conducted by:



Office for
National Statistics

NatCen
Social Research



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Mental Health of Children and Young People in England surveys

- National surveys provide England's Official Statistics into child mental health:
 - British Child and Adolescent Mental Health Surveys 1999 and 2004
 - Mental Health of Children and Young People in England (MHCYP) 2017
- Cross-sectional surveys with 3 year follow-ups;
- Probability samples: 2017 MHCYP used stratified multistage random probability sample of children and young people drawn from the NHS Patient Register database



Sample

MHCYP 2017 included 9,117 children and young people aged 2 to 19 years.



MHCYP 2017 participants who consented to recontact for further research invited to take part n=7,885 children and young people (aged 5 to 22 years in 2020)



3,570 CYP participated in Wave 1 follow-up Responses were achieved with 45% of the issued sample.

Survey context

- MHCYP 2020 follow-up; two main aims
 - Comparing mental health in 2017 and 2020
 - Describing life during the COVID-19 pandemic



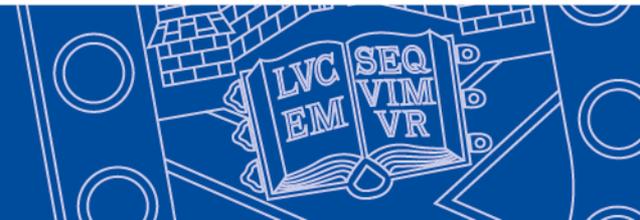
Survey design and content

- Online questionnaire, July-August 2020
 - Parents of 5-16 year olds
 - Child version for 11-16 year olds
 - Young person version for 17-22 year olds
- Content included:
 - Strengths and Difficulties Questionnaire
 - Demographics and household circumstances
 - Family dynamics & parental mental health
 - Covid impacts on household
 - Access to education and services
 - Daily activities



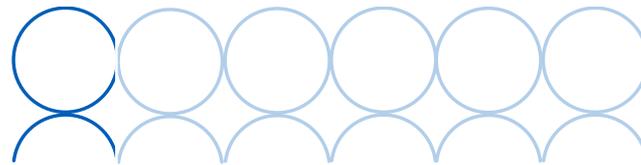
Measuring mental health

- Strengths and Difficulties Questionnaire (SDQ) main measure (Goodman, 1997)
- Responses used to calculate how likely child or young person was to have a condition in terms of an emotional, behavioural or hyperactivity disorder (more detail in the report – see References)
- Terminology used in report as main unit of reporting “probable mental disorder”
- **It is essential that comparisons between the 2020 and 2017 data use this SDQ algorithm and not the more detailed and complex Development and Wellbeing Assessment (DAWBA) diagnostic tool.**

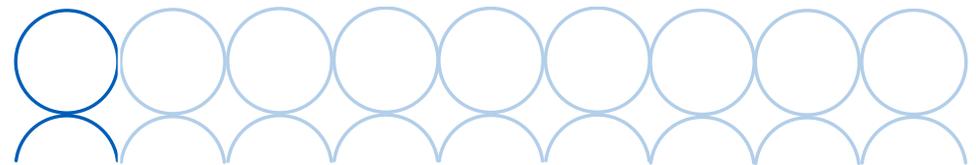


Rates of probable mental disorder in 5 to 16 year olds in England have increased since 2017

In 2020, **one in six** (16.0%) children aged 5 to 16 had a probable mental disorder.

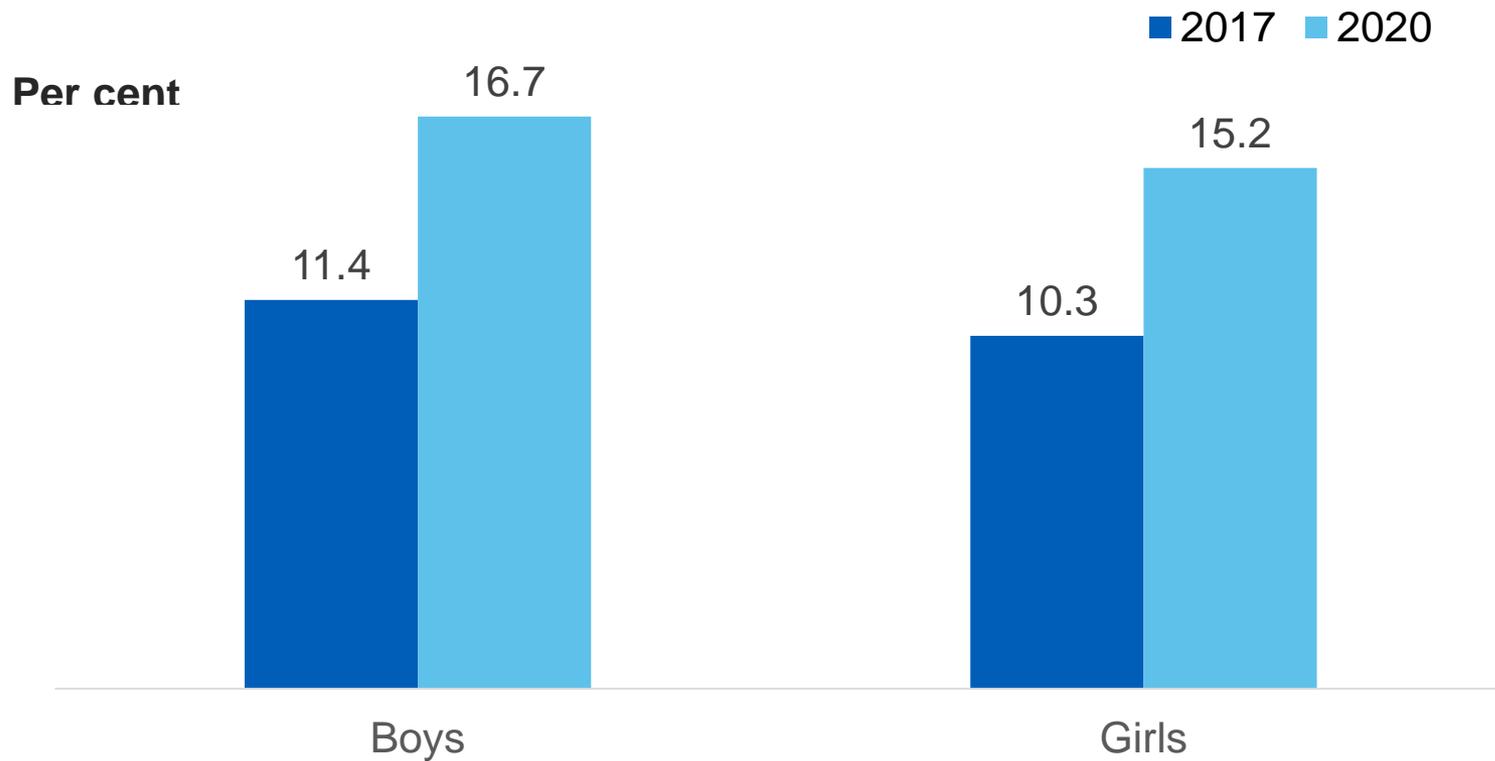


In 2017, **one in nine** (10.8%) children aged 5 to 16 had a probable mental disorder.



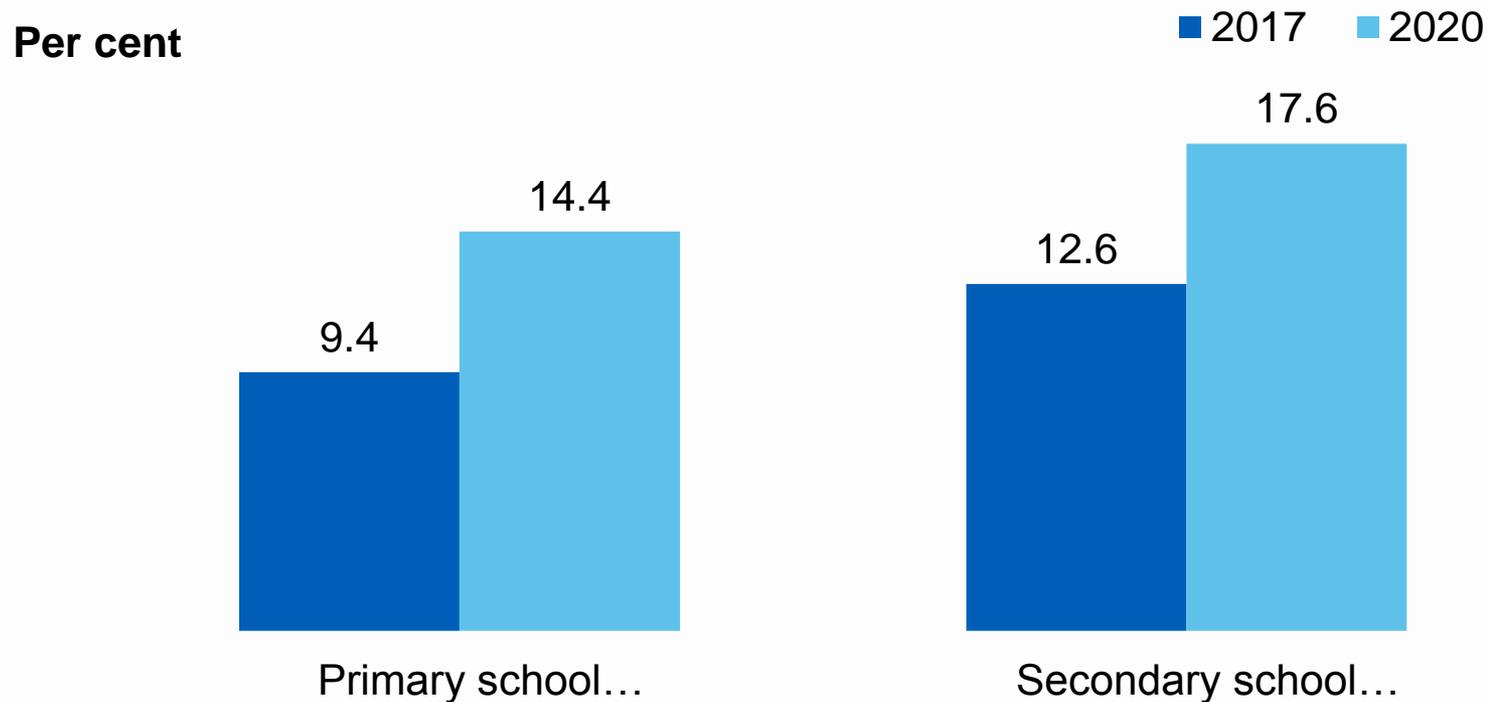
Source: NHS Digital. 5 to 16 year olds, England.

Rates of probable disorder by gender



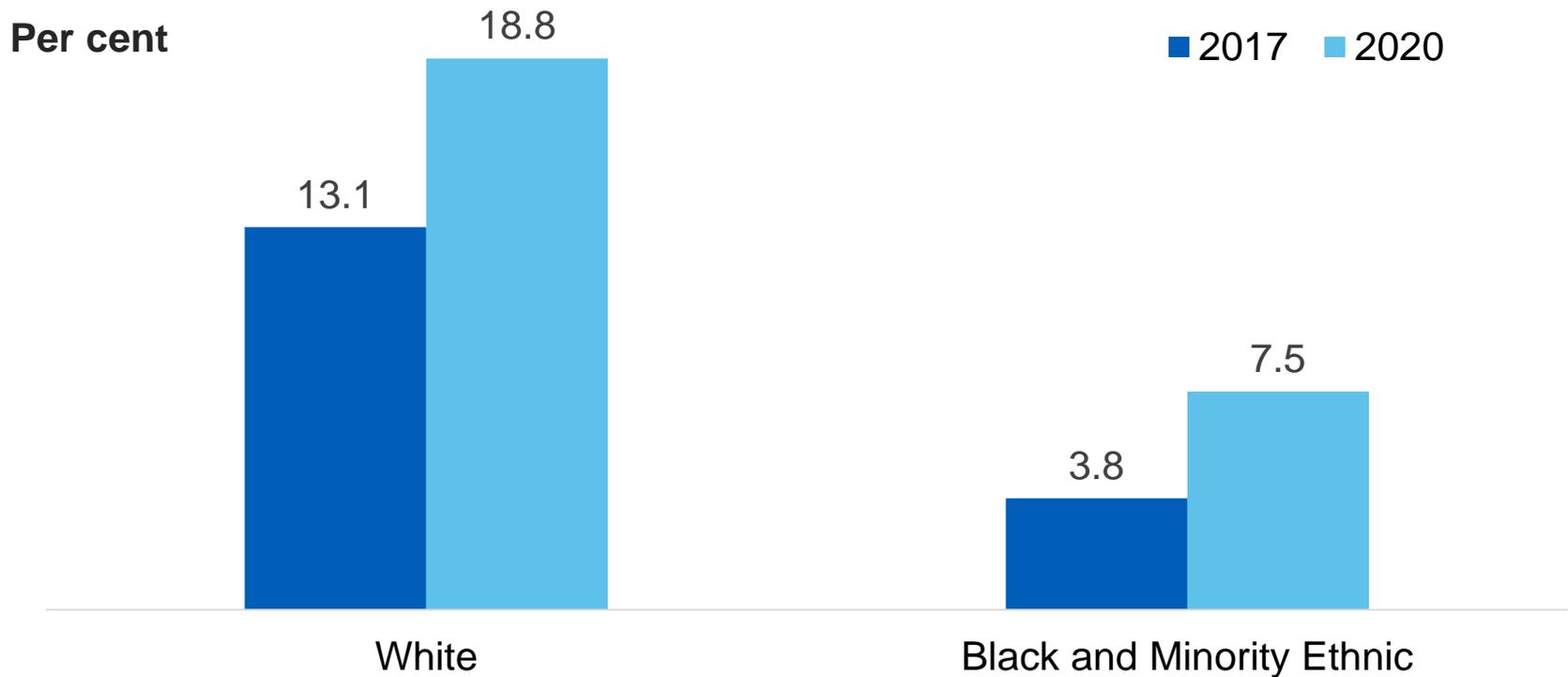
Source: NHS Digital. 5 to 16 year olds, England.

Rates of probable disorder in primary and secondary age children, 2017 & 2020



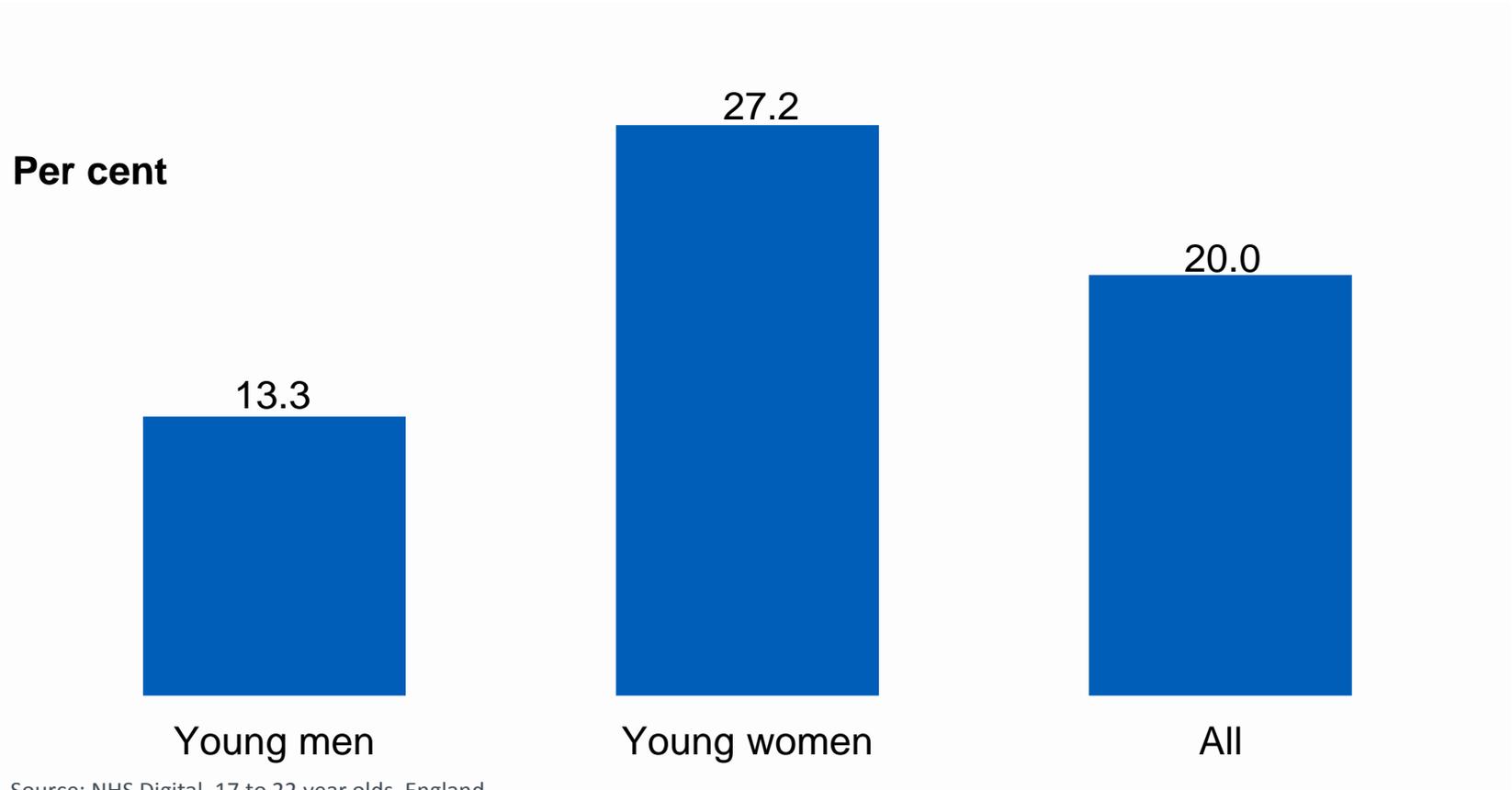
Source: NHS Digital. 5 to 16 year olds, England.

Rates of probable disorder by ethnicity



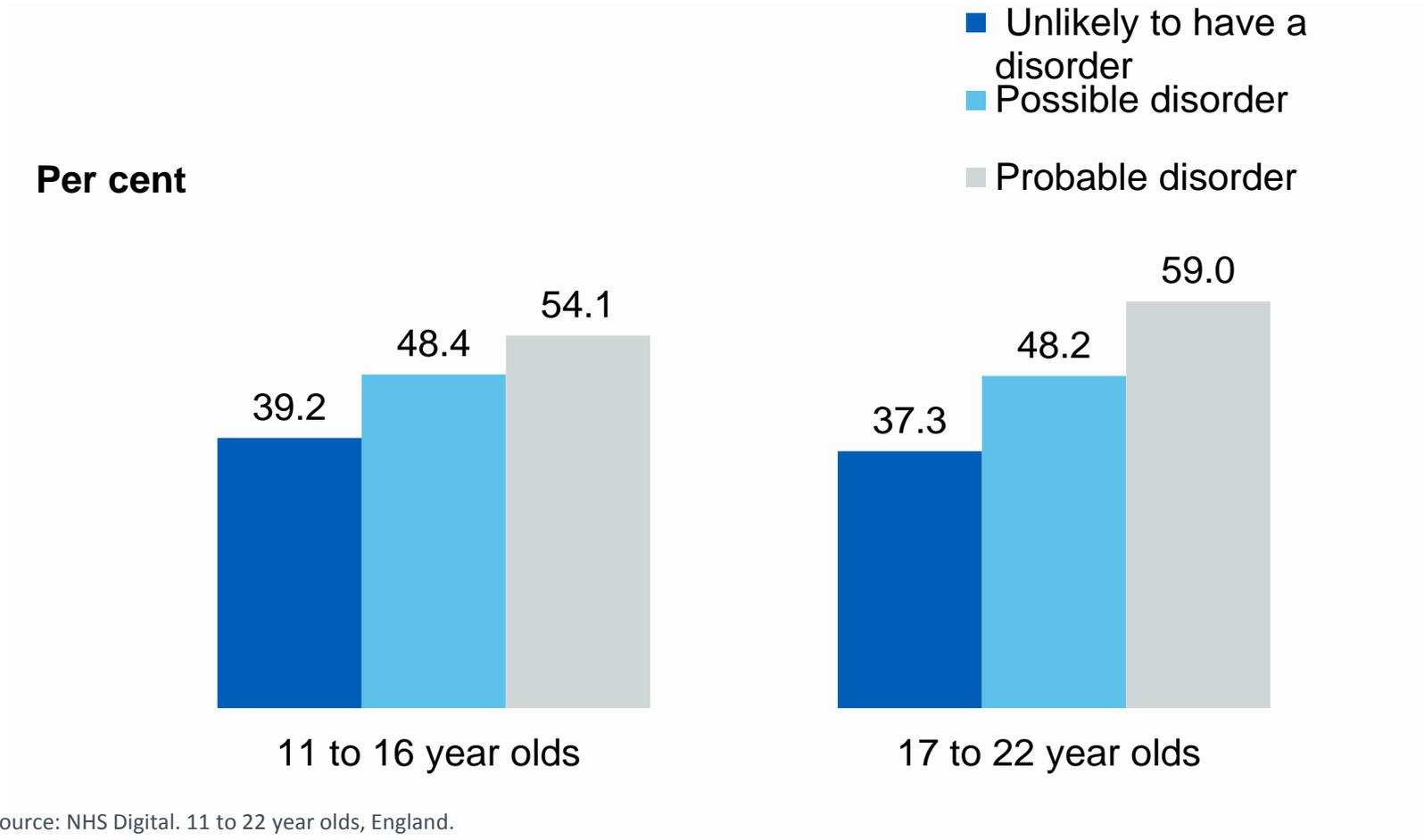
Source: NHS Digital. 5 to 16 year olds, England.

Rates of probable disorder in 17 to 22 year olds, 2020

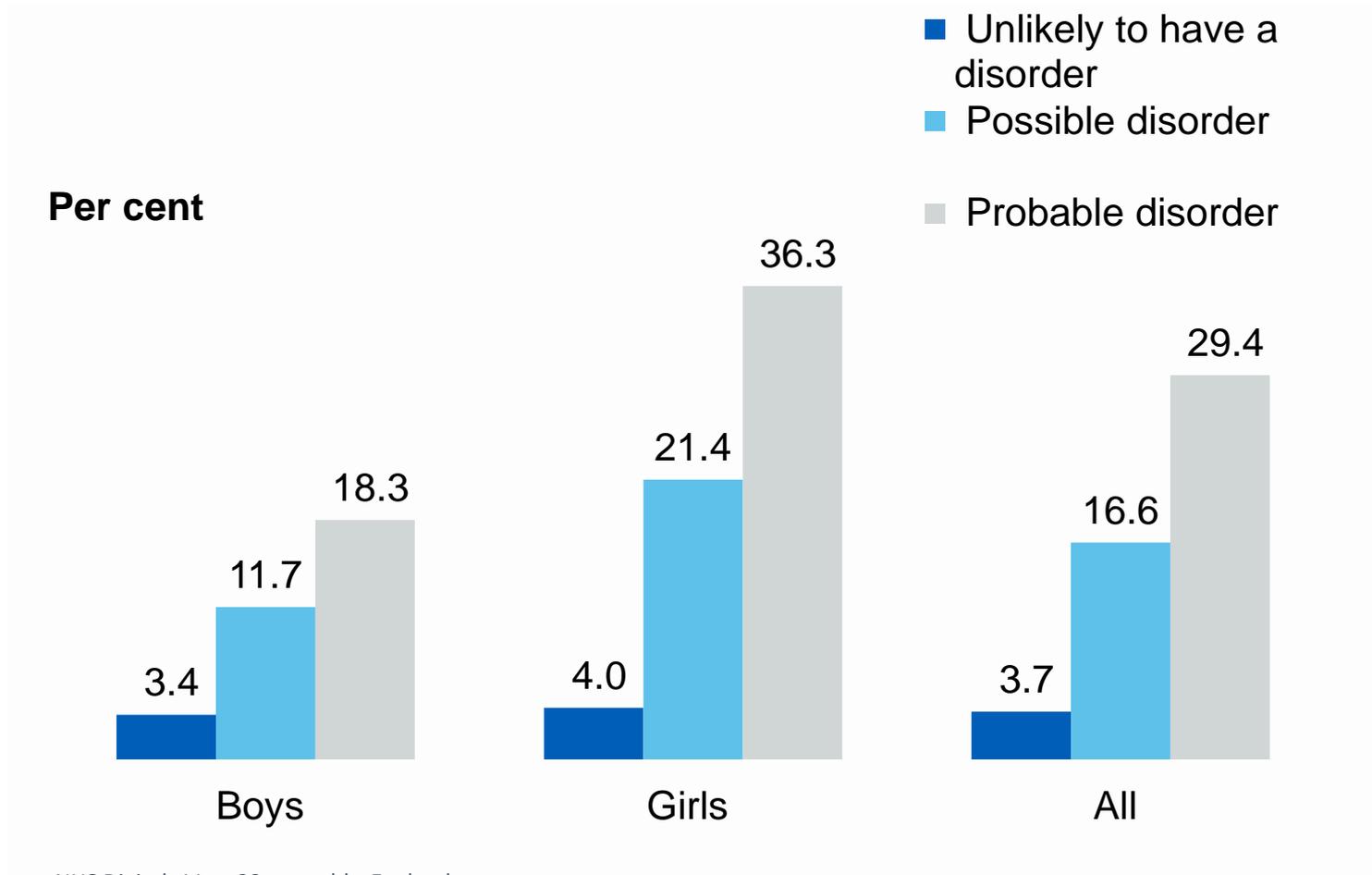


Source: NHS Digital. 17 to 22 year olds, England.

Impact of lockdown on life: Percentage reporting it had made their lives worse



Loneliness: Percentage reporting often or always feeling lonely



Source: NHS Digital. 11 to 22 year olds, England.

Inequalities, risk and protective factors

- Children and young people with a probable mental disorder were:
 - More than twice as likely to live in a household that had fallen behind with payments (16.3%) than children unlikely to have a mental disorder (6.4%).
 - More likely to live in a household where the household could not afford to buy enough food or had to use foodbanks
 - More likely to report not having some form of social support in terms of an adult to turn to,
 - Less likely to have exercised outside, spent time with family, or eaten a meal with family in the previous 7 days

Source: NHS Digital; 5-22 year olds; England

Help seeking amongst 17-22 year olds with a probable disorder

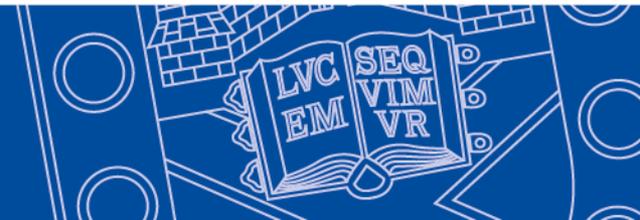
21.7% - Did not seek help for a mental health concern due to the pandemic

22.9% - Did not seek help for both a mental and physical health concern due to the pandemic

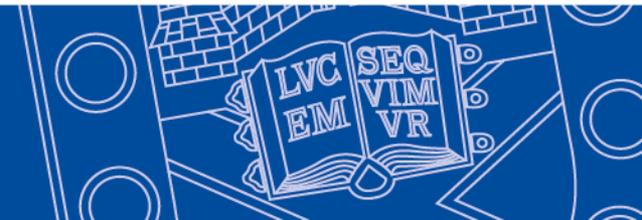
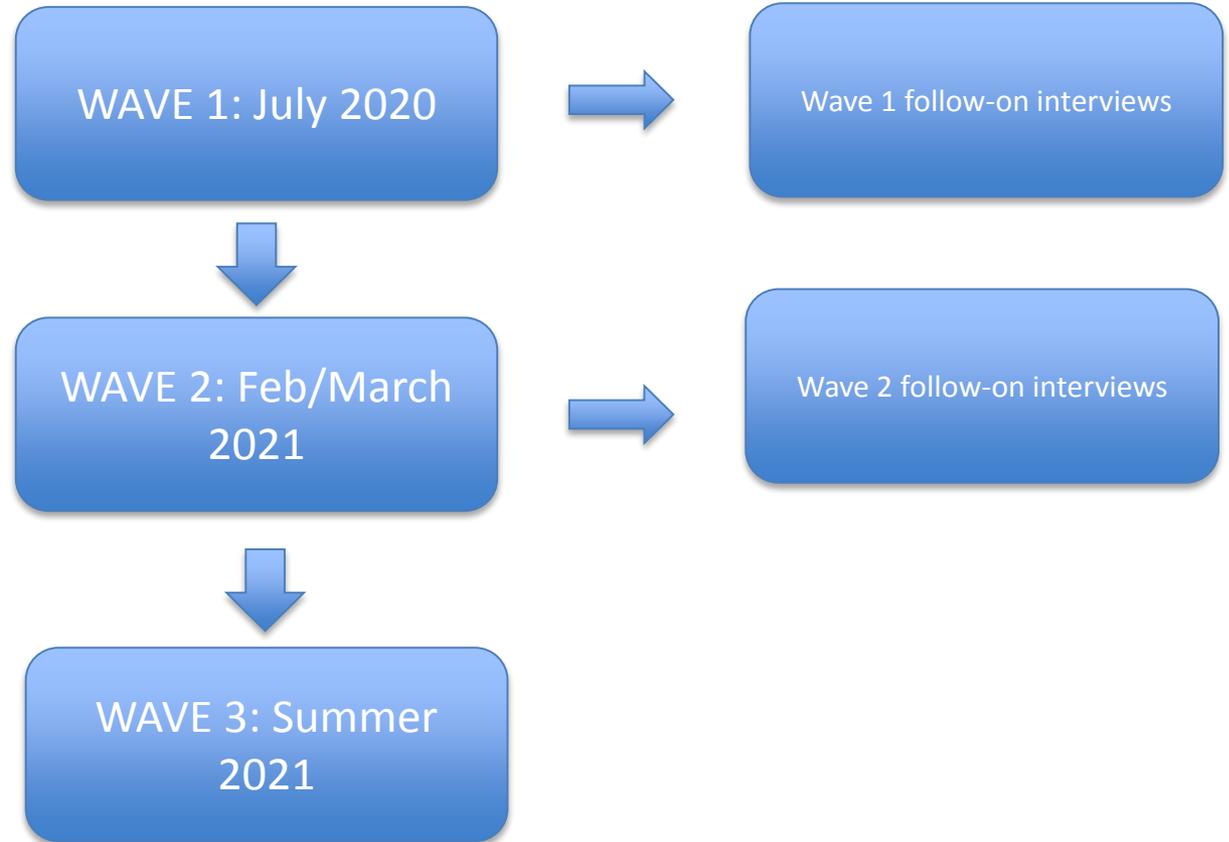
Source: NHS Digital; 17-22 year olds, England

Summary

- Follow-up using identical measure suggests significant increase in prevalence 2017-2020
- Concerns about unequal pandemic impacts supported by survey data
- Limitations: response rate; lack of intervening keeping-in-touch surveys; face-to-face vs online
- Further work:
 - Fine grained & longitudinal analyses
 - Track impacts over time
 - Understand more about experience
 - Supported by MRC Covid-19 funding: “Tracking the impact of Covid-19 on the mental health of children, young people and families”



What's next?



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References/resources

- [Figures in this presentation taken from:
https://digital.nhs.uk/data-and-information/publications/statistical/mental-health-of-children-and-young-people-in-england/2020-wave-1-follow-up](https://digital.nhs.uk/data-and-information/publications/statistical/mental-health-of-children-and-young-people-in-england/2020-wave-1-follow-up)
- Vizard T, Sadler K, Ford T, Newlove-Delgado T et al. (2020) Mental Health of Children and Young People in England, 2020. NHS Digital:
https://files.digital.nhs.uk/CB/C41981/mhcyp_2020_rep.pdf

