



Economic
and Social
Research Council



Tracking the mental health of children and young people over the course of the Covid-19 pandemic: findings from the Co-SPACE study

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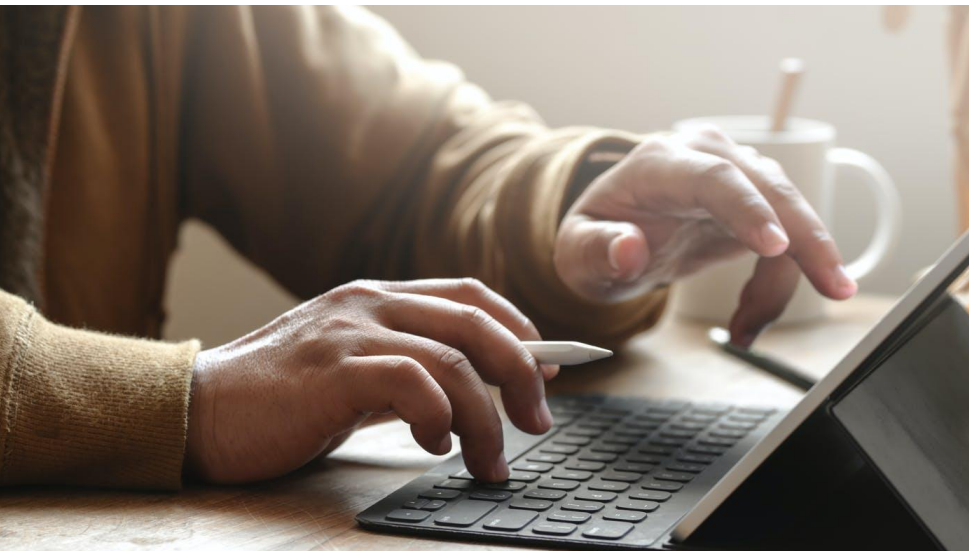


C-SPACE study

COVID-19: Supporting Parents, Adolescents
and Children during Epidemics



Parents & carers of children aged 4-16 years



Young people aged 11-16 years self-report

30th March
Start of
Co-SPACE

Monthly
survey

Monthly
survey

Monthly
survey

Monthly
survey

Monthly
survey


Monthly
survey

Monthly
survey

Monthly
survey

Monthly
survey

23rd March
Lockdown
in UK

A close-up photograph of a person's hands typing on a laptop keyboard. The person is wearing a brown sweater. A dark blue rectangular box is overlaid on the upper part of the image, containing white text. In the background, a white mug and a wooden desk are visible.

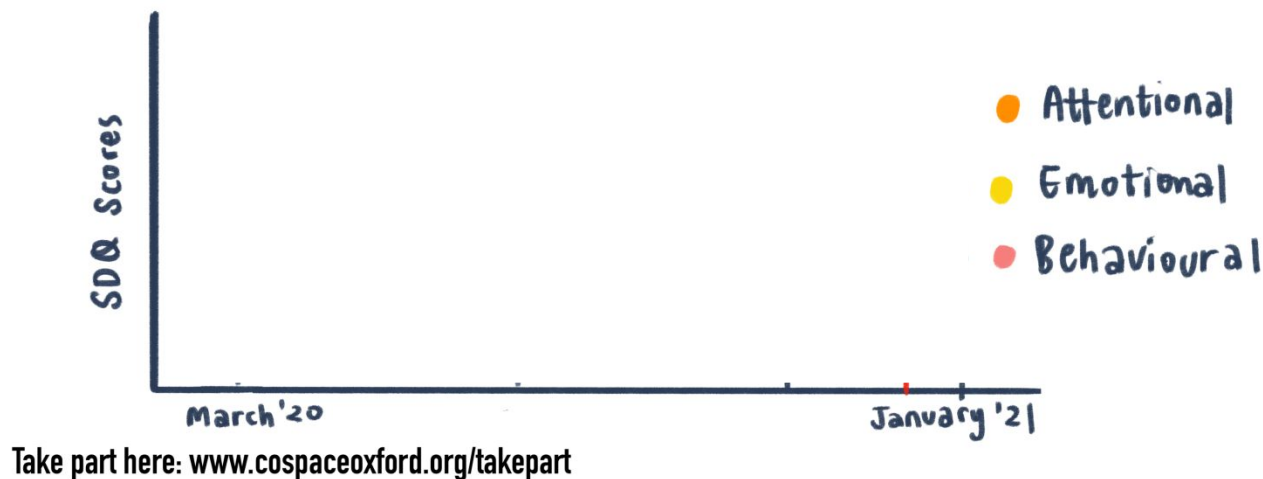
More than 12,000 parents/carers have taken part so far...

A close-up, warm-toned photograph of a person's hands typing on a laptop keyboard. The person is wearing a brown, textured sweater. In the background, a white mug with a wooden stirrer is visible on a wooden desk. A dark blue rectangular box is overlaid on the center of the image, containing white text.

CAUTION – not representative sample

Children's Mental Health

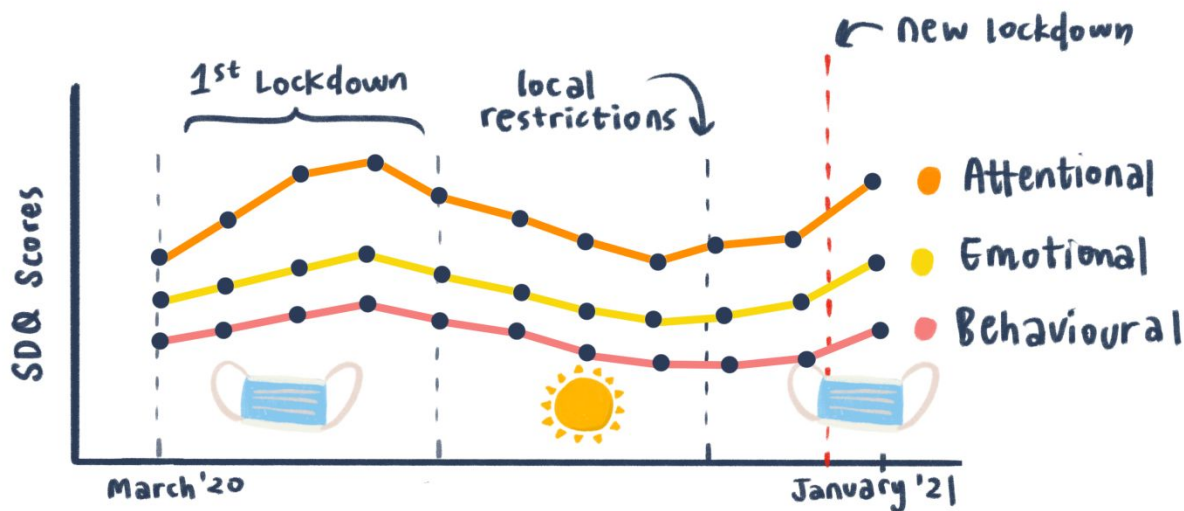
[March - January]



Children's Mental Health

[March - January]

Children's mental health symptoms have **increased again** in January

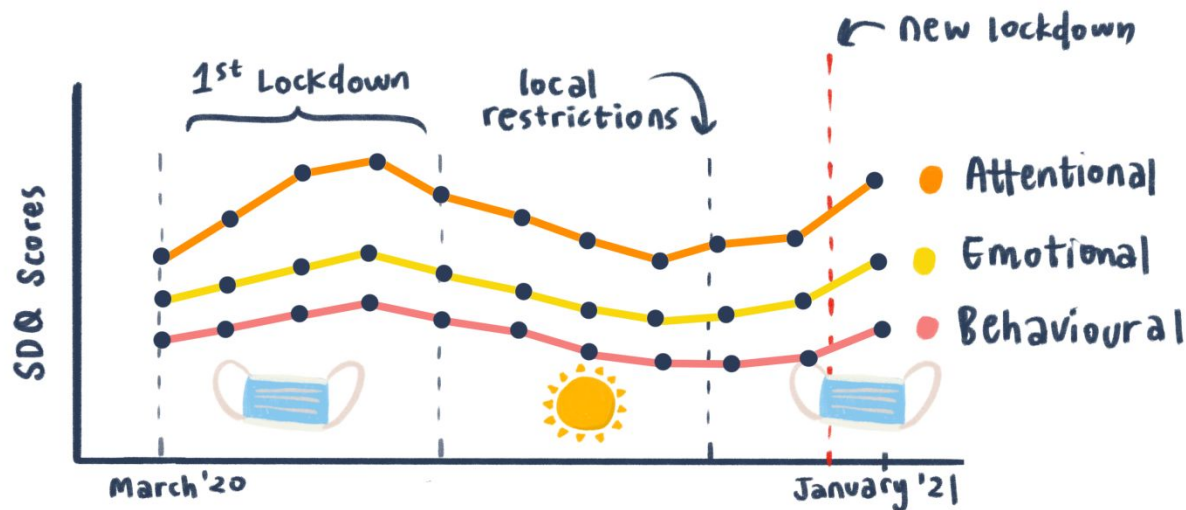


Take part here: www.cospaceoxford.org/takepart

Children's Mental Health

[March - January]

Children's mental health symptoms have **increased again** in January

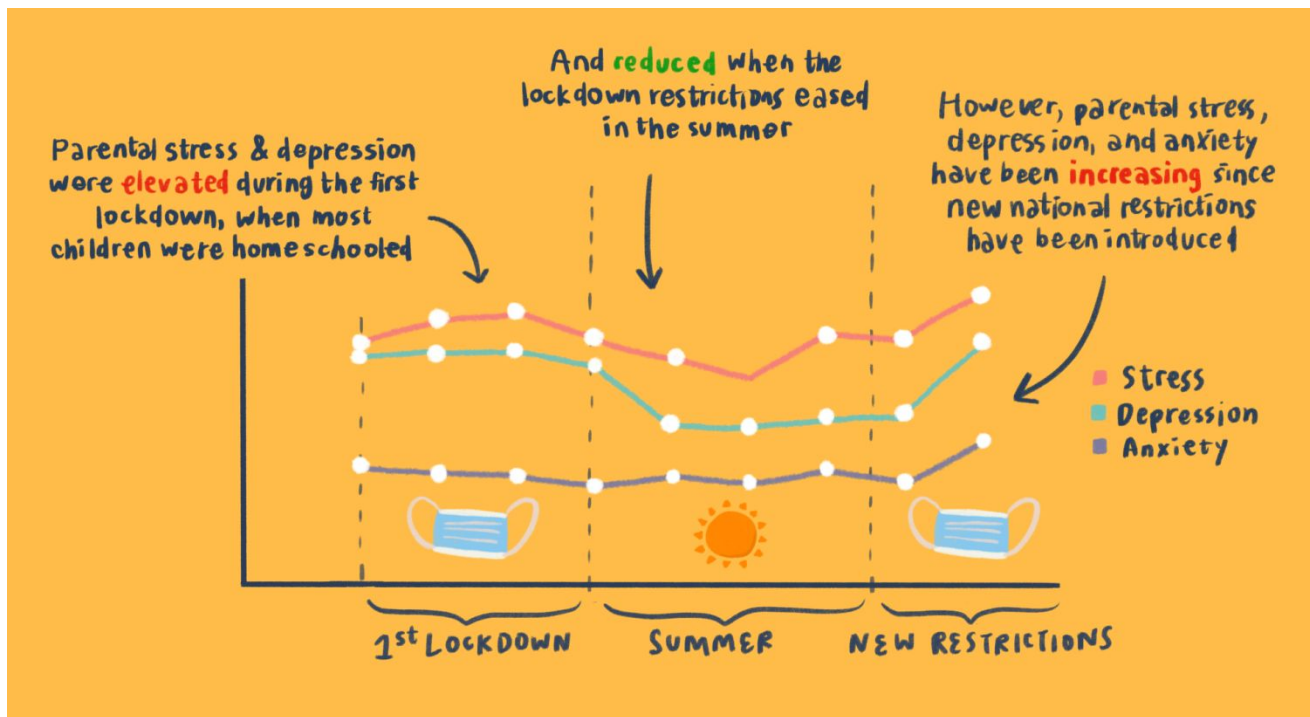


Take part here: www.cospaceoxford.org/takepart

This was especially the case in **primary school aged children** (4-10 years old)

Parental Mental Health

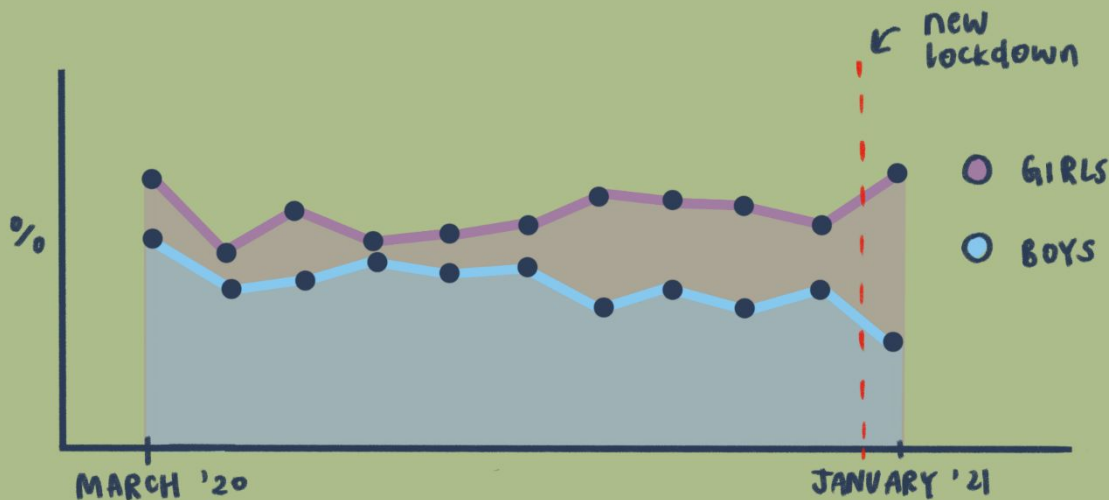
[April - December]



Child gender

[March - January]

Proportion of secondary school aged girls with emotional problems has **increased** in recent months



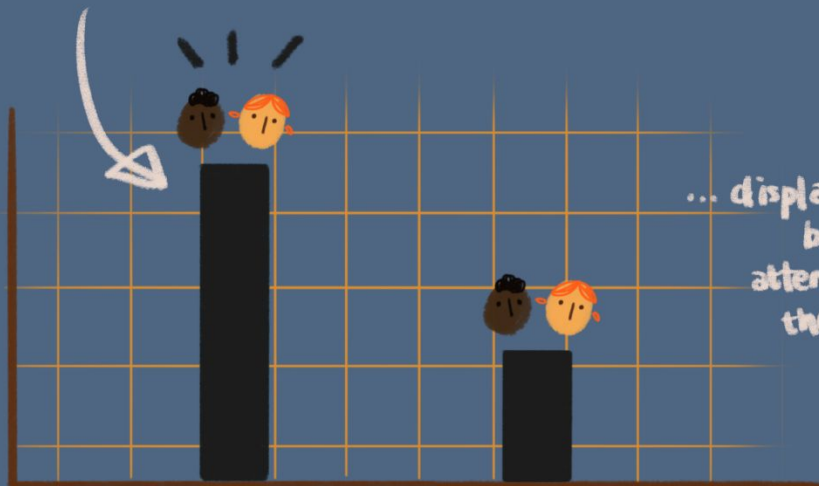
Take part here: www.cospaceoxford.org/takepart

Vulnerable groups

[March - January]

Take part here: www.cospaceoxford.com/survey

Children with SEN and/or
neurodevelopmental differences and
those from lower income household ...

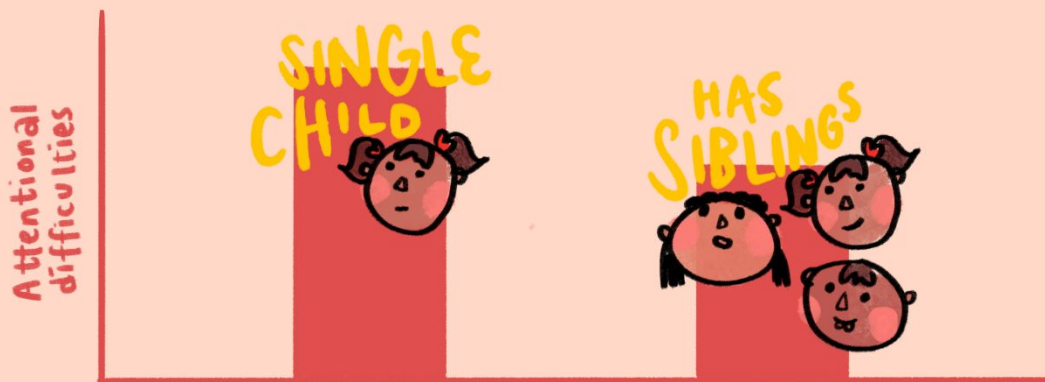


... displayed **consistently elevated**
behavioural, emotional &
attentional difficulties over
the course of the pandemic

Siblings

[March - January]

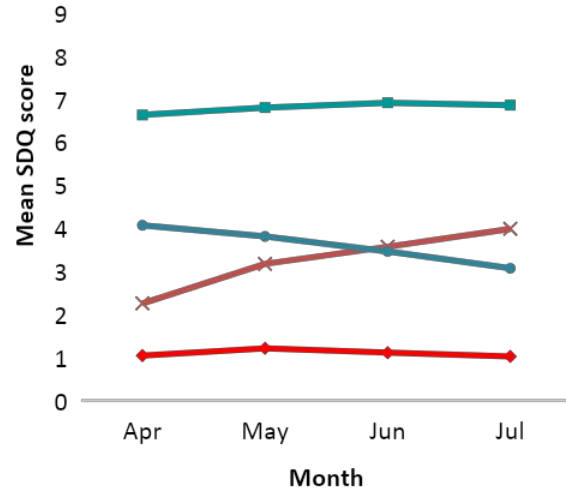
Parents have reported that only children have had **more** attentional difficulties throughout the COVID-19 pandemic



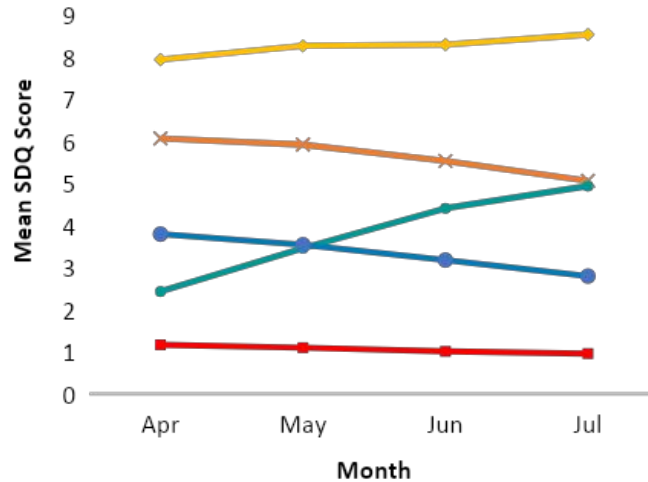
Take part here: www.cospaceoxford.org/takepart

Trajectories over the first 4 months

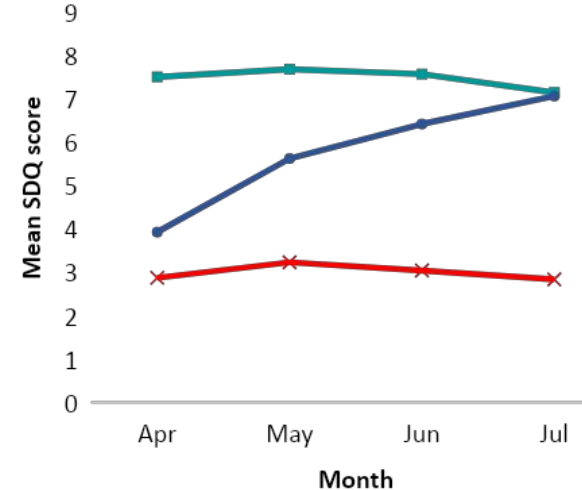
Conduct Problems: 4-trajectories



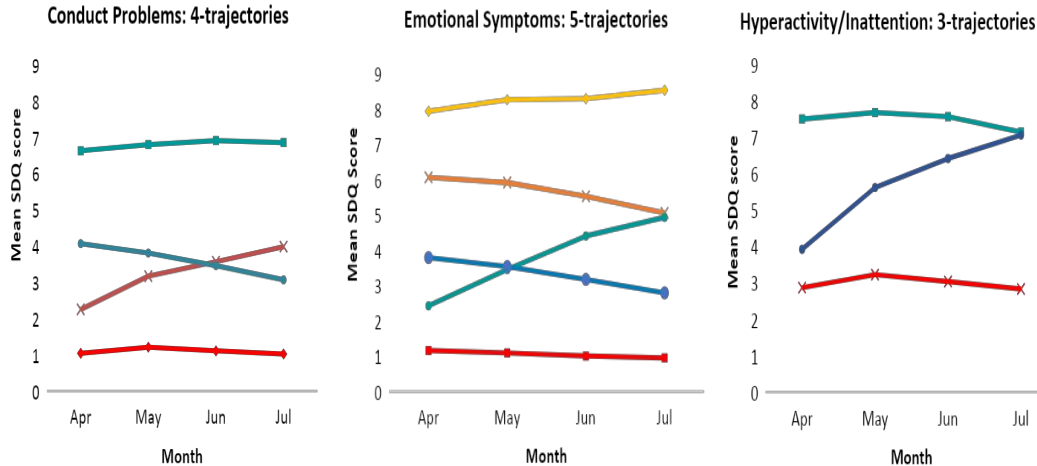
Emotional Symptoms: 5-trajectories



Hyperactivity/Inattention: 3-trajectories



Trajectories over the first 4 months



Elevated symptoms were more likely to have a:

- Younger in age
- Parent/carer with higher levels of psychological distress
- SEN/ND
- *Higher family conflict*
- *Lower family warmth*

Raw, J., Waite, P., Pearcey, S., Shum, A., Patalay, P., & Creswell, C. (preprint). *Examining changes in parent-reported child and adolescent mental health throughout the UK's first COVID-19 national lockdown*

(<http://cospaceoxford.org/findings/changes-in-child-mental-health-throughout-the-uks-first-covid-19-national-lockdown/>)

All reports can be accessed through the Co-SPACE website
<https://cospaceoxford.org/findings/>



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Co-Space Findings



DOWNLOAD REPORTS

Results are regularly made available. Our reports include findings from families where children and young people are aged 2-4 years (Co-SPYCE) and 4-16 years (Co-SPACE). We also produce supplementary reports in response to specific requests from policy makers and other organisations.

REPORT 8 **LATEST**

Changes in children
mental health



PREPRINT

Changes in child
mental health



REPORT 7

Changes in parents'
mental health





Thank you