



CoRAY

Covid-19 response: Mental Health
Resources for and by Young People



Medical
Research
Council

EVIDENCE SYNTHESIS:

What does research tell us about the mental health and wellbeing of young people during the COVID-19 pandemic?

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This is a summary of what the research evidence tells us about the **impact of the pandemic** on the **mental health and wellbeing** of **young people aged 11 – 16** across the **UK**. It focuses on: **1) young people in the general population, 2) specific groups of young people** that may have been **affected differently by the pandemic**.

Where information is not available for specific groups of 11-16 year olds in the UK, data has either been included from studies with a **slightly older** population, or from **other Western countries**. Most studies included in this synthesis report on **questionnaire or survey data**. Some studies used **interview** or qualitative methods to capture more in-depth responses.

Most studies are **cross-sectional**, meaning they either look at people's responses at one point in time, or compare young people's responses at one time to other (different) young people's responses captured at a different time. The majority of studies were surveys that were open to anyone to answer, rather than specifically inviting people to make sure they represent the general population. This means that most studies included a **'convenience' or 'non-representative' sample (group) of young people**, and as a result, the data from these studies may not reflect the experiences of all young people in the UK.

This is the **second iteration** of the Co-RAY evidence synthesis. This draws on research evidence (papers and reports) not included in [first CoRAY evidence synthesis](#).

Section 1. General Population

Young people's **mental health** and **wellbeing** has been affected by the COVID-19 pandemic in different ways. Here is an overview of what the research evidence tells us about the **impact** of the **pandemic** on young people in the **general population**.

Changes over time

The **Co-SPACE study** has been **tracking young people's mental health over time** since the start of the first national UK lockdown in 2020. Although **many** young people have been doing **okay**, **some** have found the pandemic **challenging** for their mental health [\[1\]](#) [\[2\]](#) [\[3\]](#) [\[4\]](#).

The **most difficulties** were experienced during **national lockdowns**, when the **most restrictions** were in place, young people's mental health **improved slightly** when **restrictions** were **eased** [\[1\]](#) [\[3\]](#).

(1st) National Lockdown 2020

During the first national lockdown, around half of young people in one survey said their **general happiness** levels decreased [\[5\]](#), and the number of young people **signposted** (by a text helpline; [SHOUT](#)) to young people's **mental health services** doubled [\[6\]](#). Young people described feeling a **range of emotions**, including: **sadness, loneliness** [\[7\]](#), [\[5\]](#), **boredom, anger, frustration, stress and anxiety** [\[8\]](#) [\[9\]](#). A lot of young people felt **worried** about their **health** and the **health of others** [\[10\]](#) [\[11\]](#). During lockdown around half of young people in England who completed the Oxwell survey felt their **sleep quality** and their **ability to manage schoolwork got worse**, with over a third saying they **did not cope** well with **not seeing family and friends** [\[5\]](#). Most **did not feel hopeful for the future** [\[8\]](#). Young people were also concerned about **lockdown easing**, and **uncertainty** around the future [\[12\]](#), including when the pandemic would end [\[10\]](#).

When reflecting on the first lockdown (after restrictions began to ease), young people described **missing social interactions** and reported a **sense of grief for their life before the pandemic** [\[13\]](#). Feelings of boredom **and stress** were often associated with life under lockdown [\[14\]](#). Days felt **repetitive** due to being stuck indoors with **fewer activities** to do [\[15\]](#) and some young people struggled with **tiredness** due to a **lack of routine** [\[15\]](#) [\[12\]](#) – lack of routine in general]. Some also described feeling tired [\[15\]](#), stressed and overwhelmed [\[11\]](#) from spending so much **time online** [\[15\]](#) [\[16\]](#). Some girls felt increased **online pressure** about their appearance [\[17\]](#). However, according to the helpline SHOUT, there was an

almost 60% **decrease** in the number of young people that mentioned **bullying** whilst schools were closed during lockdown, compared to before lockdown [6].

Young people also reported on the **positives of lockdown**. Some young people felt spending **more time at home** (including home learning) was a chance to **improve/strengthen family relationships** [4] [18] [19] [13], but some described family relationships becoming strained due to lockdown [16]. **Keeping busy, maintaining a routine** and spending time **trying new hobbies/activities** helped some young people during the pandemic [13] [10]. Using **digital media** helped young people to **connect** with friends and family, and made them feel less 'alone', for example contacting friends through online games, social media and the phone [10]. Home learning also provided a **break from the pressure of school** for some young people [13], and it gave some young people a chance to be **more creative** [11].

Summer 2020

Summer 2020 saw restrictions begin to ease across the UK. In the Co-SPACE study, **emotional difficulties** decreased **slightly** as restrictions eased, but slightly more **hyperactivity** and **conduct problems** were reported [2]. According to a report by the YMCA, more than two-fifths of young people **worried** about their **wellbeing** as they **came out of lockdown** [16].

In a nationally (England)-representative study conducted in July 2020, 16% of young people were experiencing **mental health problems**, which was a **big increase** from **before the pandemic** [20]. Nearly a tenth of young people were **depressed and/or anxious** and around half said these difficulties had **got worse** since the start of the **pandemic** [21]. More than a quarter of young people said they had **disrupted sleep** and more than a tenth of young people felt **lonely** [20]. Ten percent of families did **not** have enough to **eat** or relied on foodbanks, and had **no** reliable access to the **internet** [20].

As young people **prepared** to go **back to school**, over half were **worried** about how the pandemic would affect their **final grades**. They were also worried about their **futures** [22] – in one report, between a quarter to half of young people were worried about **getting a job** and felt the pandemic had affected their **decisions** on what to do when school finished [16]. For many, **exam cancellations** had been a **relief**, but were also seen as a cause of **stress** and **uncertainty** [21]. When asked what would make going back to school easier, the top responses from young people were: not having lots of **pressure** to catchup on **learning**, knowing they would be able to **see** their **friends** at school, and knowing what returning to school would be like in advance. [4]. According to the COVID-19 Adolescent Study (representative sample of 13-19 year old's across Great Britain), the summer and start of return to school saw 1 in 10 young people reporting poor mental health. In the survey,

young people said they had **mixed feelings** about going back to school,- with around a fifth felt **happier working at home**, whilst over half said that schools **closures** had, had a **negative impact** [22].

Autumn 2020

Early autumn saw most young people **return to school**. Young people generally felt **positive** about going **back to school** [21] (**excited** and **safe**) [23], but some felt **nervous, with concerns around bringing COVID home to their family** [14] and changes to their **routine** [24]. Young people felt they **needed more** mental health and wellbeing **support** in schools [21].

When the **'tier system'** was introduced, young people across the UK were living under different levels of restrictions. According to results from the TeenCovidLife survey, many young people in Scotland said the pandemic was having a **negative impact** on their lives, with around a fifth feeling **stressed** or **lonely** [25]. In the ALICE study, young people interviewed in the North of England also described feeling stressed and **worried**, and talked about **what they had 'lost'** because of the pandemic (e.g., **relationships, experiences**). **Changes to young people's lives due to lockdown** was often experienced **negatively**, but young people also reflected on the **enjoyable parts of lockdown** (e.g., time for **self-care**) [26/27].

In comparison to the first lockdown, some young people said they **felt less bored, less lonely** and had more things to do, with some seeing their **mood and self-confidence improve**. However, many young people were still **worried** about their **health**, the health of others and the **future** [28]. Young people had particular **fears** around the impact of the pandemic on their **education**, exams and qualifications [29]. According to a survey by the Children's Parliament in Scotland, fewer young people reported enjoying learning new things, knowing they were good at things, and wanting to be creative [28].

Winter 2020

Young people's **mental health** continued to be **under** a lot of **pressure** at the end of 2020, with young people saying they **thought their mental health had worsened** over the course of the pandemic [30]. Some young people continued to experience **anxiety**, and felt **uneasy** about **not knowing** when restrictions would end and the **impact this had on being able to make plans** [31], for example, **what activities this would restrict** (e.g. religious festivals, hobbies), **future exams** and **careers** [32]. For example, one report by the Mental Health

Foundation found that a quarter of young people felt **nervous/anxious, annoyed/irritable** or had **difficulty concentrating** most days (as well as **struggling with sleep**) [30].

Schools reported a **decline in young people's mental health** [33]. For example, a report by STEER Education said that girls in particular had struggled with **social skills** and **managing emotions** in **school** [34]. Young people said that **schoolwork** and **exams** (as well as **family**) had the **biggest negative impact** on their mental health [35].

(2nd) National Lockdown 2021

Lots of young people said the **second national lockdown** had a **negative impact** on their **mental health** [36, 37]. Young people felt **sad, lonely, bored** and **fed up**. **Not being able to see friends, family and teachers** had a **big negative impact** on their mental health [37]. Lots of young people reported **worries** around **catching COVID-19**. Other common worries included topics like **school and relationships** with others, with some worries around **parent's jobs** or having enough **money** to buy food. [38].

According to a report by the Children's Commissioner for Wales - although around half of young people **enjoyed learning at home at their own pace**, many felt **worried about falling behind on learning** and **losing confidence** and **motivation** [36]. Furthermore, a Girlguiding survey found that young people had **concerns** about the impact of **missed opportunities on their future** and how the pandemic will affect **society**. [37].

Section 2. Specific Groups of Young People

Not everyone has been affected equally by the pandemic. Some groups of young people might have found things **more challenging** for a number of reasons. Here is a **summary** of what the **research evidence** tells us about the impact of the pandemic on **particular groups** of young people.

Young people with pre-existing mental health conditions

Among young people who felt they needed mental health support during the pandemic, according to YoungMinds, **over half** said they **received support**, with around a quarter looking for support but not accessing it, and around a quarter not looking for support [39]. Young people with mental health difficulties said they **did not think** their **school** was **focusing** more on **mental health** and wellbeing [39]. An academic report of young people in

Europe (including the UK) suggested that children and young people with mental health conditions struggled to fully engage with home schooling, and might be falling behind with their education more than young people without mental health conditions [40].

Three quarters of young people surveyed by YoungMinds with a **pre-existing mental health conditions** said they found the **lockdown at the start of 2021 harder to cope with than previous lockdowns** [39]. The main pressures experienced by young people were around **loneliness, school work, and a breakdown in routine** [39]. Three quarters of young people were hopeful that their mental health would improve once restrictions were lifted, **but two thirds felt the pandemic would have a negative impact on their mental health in the long term** [39].

Some young people in **inpatient wards experienced** additional **challenges**, with some experiencing delays in being discharged during lockdown periods [41]. Staff in an eating disorder unit reported that young people were coping worse during the pandemic [42]. According a report by the Children's Commissioner for England, **nearly three quarters of inpatient wards for young people stopped face-to-face visits from family** for at least some of the time. Some face-to-face visits from teachers and external professionals also reduced, and some young people struggled to engage with online learning or support [41].

Parent with mental health difficulties

According to a report by the Children's Commissioner for England, over a tenth of young people in England live with a **parent with mental health difficulties** [43]. For some parents, **the pandemic** has led to **increased anxiety** and **difficulty accessing support** [43]. But **we don't know much** about the **impact on young people** themselves.

Young people from Black, Asian and Minority Ethnic backgrounds

According to Kooth (digital health provider in the UK), mental health difficulties such as **depression, anxiety, self-harm** and experiencing **suicidal thoughts** were **higher** amongst Black, Asian and Minority Ethnic backgrounds young people than white young people during lockdown [44].

In academic studies, young people from Black, Asian and Minority Ethnic backgrounds who were interviewed about their experience of the pandemic, were concerned about **feeling blamed** or **stigmatised** around COVID-19 [45] [46]. Interviews also highlighted **issues around the impact of the pandemic** on being **away from family/friends during events** like Ramadan and Eid [47].

Language barriers also sometimes made things **difficult**, with young people reporting that some information about COVID-19 was only available in English, making it difficult to communicate information to their families [48]. **Unclear information** from schools or decision makers was a **source of stress** and anxiety for some [45]. Young people also felt **worried** about the pandemic negatively affecting their **future job prospects** [45].

Young people from low-income households

Some **young people from households with a low income** were more likely to have **poor mental health** which got **worse during the pandemic** [1] [49]. There is some evidence to suggest that young people with unemployed parents are at **particular risk** of experiencing symptoms of **anxiety** and **depression** [50]. According to the Co-SPACE study, young people from a low income or single adult household also experienced **higher levels of behavioural, emotional and restless/attention difficulties throughout** the pandemic [51]. Young people from low-income households showed **higher mental health symptoms throughout the pandemic**, even when restrictions began to ease in March 2021 [1]. In a wellbeing survey run by the organisation Llamau (who support young people facing homelessness), young people reported **increased self-harm, suicidal thoughts and panic attacks** during the pandemic [3048].

Challenges with **remote learning** were often greater for young people from disadvantaged backgrounds. For example, in a survey by ImpactEd young people felt **more worried** than their peers about **falling behind with school work** as a result of COVID-19, were less likely to get help from their family, to have **access** to a **digital device** to complete school work on [4] or have access to a study space [53]. According to the online maths platform Nesta, schools with higher levels of disadvantaged young people also saw **lower levels of student engagement**, with young people more likely to access **online learning via a phone** than a computer [54].

Care-experienced young people

In early summer 2020, two thirds of **care-experienced and disadvantaged young people** completing a survey from the mentoring charity MCR pathways reported **feeling low, anxious and stressed**, with 9 out of 10 reporting **disrupted sleep** [55]. Young people also felt **lonely and isolated** [56]. According to the MCR survey, almost three quarters struggled with school work, finding the work either too hard, feeling too stressed to complete it, or having other caring responsibilities to do [55]. The majority of young people who completed a survey by the group Research in Practice felt **contact with professionals** was the same or

better than their contact before lockdown, but for some, they felt contact had decreased, especially for those who had **changed social worker** [57].

Feelings about the **lockdown** were **mixed**. Some enjoyed having more quality time to spend with those they lived with, but found virtual family time (with those not in their household) hard [57]. Experiences of home learning also varied, some young people enjoyed the flexibility and one to one support from carers, whereas others struggled with a **lack of routine** and **reduced social contact**. Some young people in children's homes experienced **improved mental health during lockdown** and **better relationships** with staff [58]. But for some, **restrictions** lead to **increased anxiety, low mood, self-harm drug/alcohol misuse** [58] [59].

Young Carers

Some **young carers** felt their **mental health** had worsened since COVID-19. Young people said they were **finding it hard** to manage **increased responsibilities** when caring for family members [60] [48]. Young carers also reported finding it **hard to take a break from their caring responsibilities** during the pandemic, **especially when schools returned** [48]. They also felt there was **not enough information and updates** provided for people 'shielding' during the pandemic [60].

Some young carers experienced **difficulty accessing support for themselves** [60], and being on waiting lists for mental health support [48]. Some reported receiving support at the beginning of the pandemic, which then reduced, and some reported having a consistent level of support throughout [48].

Young people with a physical illness

Some young people with a range of **physical illnesses** struggled with the **isolation of shielding** [61], and reported concerns about missing out on life experiences, feeling bored and missing family and friends [61]. In an academic study, **over half** of young people surveyed **living with / beyond cancer said they** felt more **anxious** than they did before the pandemic [62] and in a survey by the charity CLIC Sargent, **over half** said they were **not coping** [63]. Young people who were **immunocompromised** also reported **high levels of anxiety (particularly around catching COVID-19)** [68].

Many young people with epilepsy were **reluctant to go to hospital** and **some** had **difficulty getting medication, as well as experiencing worse sleep, mood and physical activity** levels

[65]. In a survey conducted by RAIISE of young people with a **chronic illness**, 80% said their health had been **negatively impacted by the pandemic**, and felt stressed and lonely during the pandemic [66]. Some were also refused access to care or were unable to access medicines for their conditions [66].

Young people with a physical or intellectual disability

Young people who **reported having a disability** were **more likely** to comment on the **negative impact** of the pandemic on their **mental health**, feeling **more worried** about **catching the virus** [67] than non-disabled young people. Furthermore, they were **more likely to feel sad, less safe or happy**, and to say they **needed extra help** and **wanted support** to help them feel happy and well, as well as **preferring learning at home** and to be **worried about food security** [67] [68].

In one report by the NSPCC, **deaf, disabled and autistic** young people reported difficulties during the pandemic, such as **changes to daily routines**, trouble **accessing services** and being **aggressively challenged** for not wearing a face covering, despite being exempt [79]. For young people with an **intellectual disability**, experiences of the pandemic were **mixed**. Some evidence from academic studies suggests that **behavioural and emotional difficulties** were **similar** during the first lockdown compared to before the pandemic [80], but other studies reported **negative** effects of lockdown restrictions (for example, over half of young people were **less active** during the pandemic due to a **lack of access to facilities** and therapies [81]).

Young people with Special Educational Needs or a Neurodisability

Some young people with **Special Educational Needs or a Neurodisability (SEN/ND)** experienced **high levels of behavioural, emotional and restless/attention difficulties throughout the pandemic**, compared to young people without SEN/ND [51]. Young people with a **neurodevelopmental disorder** also had a higher prevalence of **emotional and conduct problems** during the pandemic than young people without a neurodevelopmental disorder [77]. Parents of young people with **rare neurogenetic conditions** also reported that young people experienced more **physical aggression, disrupted sleep, repetitive behaviours** and **sensory behaviours** during the pandemic [78].

According to the Co-SPACE study, although overall young people's mental health improved as restrictions eased in March 2021, children and young people with SEND/ND continued to experience **higher levels of mental health symptoms** [1]. Parents felt young people were

more anxious [69] during lockdown/school closure. Parents also felt young people's wellbeing had been **negatively** affected [70] by the **rapid social changes** [71], disruption to their **routine** [3030] and blurring of home/school **boundaries** [73]. Some parents reported that children had started to have **more anger issues, aggression and emotional outbursts**, [74]. However, a minority of parents reported **improvements** in young people's mental health [71].

Families of young people with additional needs also reported that **education and care services were** withdrawn [75] or limited [72] at the beginning of the pandemic. Teachers felt young people with SEND often **struggled more than their peers** without SEND to engage with **remote learning** and were **less likely to attend school in person** when schools reopened in September [76] [33]. Despite this, some families also reported **positive experiences** during the pandemic, such as enjoying spending more time together, **less school-related stress** [75], and smaller class sizes/ **more learning support** [72].

Young people in the LGBTQ+ community

For young adults in the **LGBTQ+ community, worse mental health** during the pandemic was often **related to** lack of social support, **unsupportive living environments** and **difficulty accessing** mental health **support** or **interventions** [70]. In an academic study, **more than two-thirds of LGBTQ+ young adults** (aged 18-24) surveyed experienced significant symptoms of **depression** during the first lockdown [83]. In an international study of young LGBTQ+ adults, levels of depression and **anxiety** were higher among those who felt **uncomfortable at home** and isolated from non-LGBTQ+ friends [84]. For some, **sudden withdrawal of support networks** during lockdown (e.g. youth clubs for LGBTQ+ youth) **negatively** affected young people's wellbeing [60]. Some LGBTQ+ young people living in transphobic or homophobic households also experienced **digital exclusion**, without privacy to use devices to access the support or healthcare they need. LGBTQ+ young people also reported that they felt the pandemic had led to **delays** and disruption to the **treatment of transgender young people** [60].

Young people reported that **digital youth work** during lockdown **helped** them to feel more **connected** and able to **mix with friends**, other young people and youth workers online, which helped to **reduce** feelings of **isolation** and improve their wellbeing [85]. However, overall, we **don't know much** about the **impact** of the pandemic on young people **aged 11-16** in the **LGBTQ+ community**.

Young people in contact with the criminal justice system

Young people with **experience of the youth justice system** reported that it was **harder to access services** as things had **moved online** during the pandemic [48]. Some young people reported that they were receiving **more support at school/college**, whereas others felt that schools/colleges were **struggling to meet support needs** [48].

Across **youth offender institutions** in the UK, **access to time out of a cell** has been severely **limited** by the pandemic [86]. Young people in these institutions have faced challenges such as: **less face-to-face education** and during the first lockdown, **no in-person visits** [86]. For young people whose parent was in prison during lockdown, many young people felt **grief and sadness** at the stopping of in-person visits [87].

Young people living in rural communities

Young adults living in particularly **remote rural communities** reported **higher levels of loneliness** than other young people in less remote rural communities [88]. According to a survey by the Rural Youth Project, the **optimism** of young people living in rural Scotland about the future **reduced** from nearly three quarters to less than half in August 2020 [89]. Over half of respondents (60%) were **worried** about the effect of the pandemic on them and nearly a third **wanted immediate help** from the government and local authorities to **improve mental health services** [89].

But overall, we **don't know much** about the **impact** of the pandemic on young people **aged 11-16** in rural communities across the UK.

Young people living as migrants or refugees

According to an academic study conducted in the **USA**, **immigrant** and **refugee** youth and families who have **experienced trauma** reflected that the **pandemic** had highlighted **inequalities in health, education, and opportunities** for immigrant and refugee youth. Staff working with migrant and refugee families reported increased **levels of worry and anxiety** among families, as well as increased **boredom** and **isolation** due to lockdown and the closure of schools [90].

But overall, we **don't know much** about the **impact** of the pandemic on young people migrants or refugees living in the UK **aged 11-16**.

Summary

- Lots of young people are **struggling** with their mental health & are feeling a **range of different emotions** (e.g. feeling worried or lonely), but **some** young people are **feeling okay**.
- Some young people feel like **changes** to their daily life (i.e. not going to school or social distancing) have had a **negative impact** on their mental health, but for others they experienced **some positives** (e.g. spending time at home).
- Some groups of young people may have been **particularly affected** by the pandemic (e.g. young people with previous mental health difficulties), but there is **still a lot we don't know**.

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24. [Children's Parliament Scotland- Corona Times Journal: Edition 6](#) [Cross-sectional interview data published in September 2020 from a small non-representative sample of 8–14-year-olds living in Scotland]
25. [TeenCovidLife Survey 2 - General Report Health and wellbeing in young people during COVID-19](#) [Cross-sectional survey data collected during August-October 2020 from a non-representative sample of 2232 12-18 year olds (self-report) living in Scotland]
26. [Adolescents' Lockdown-Induced Coping Experiences \(ALICE\) study: A qualitative exploration of early adolescents' experiences of lockdown and reintegration](#) [Cross-sectional interview data collected during August-October 2020 from a non-representative sample of 14 11-13 year olds (self-report) living in North-West England]
27. [Young people's mental health and wellbeing in the north west during the COVID-19 pandemic: The ALICE study evidence briefing](#) [Cross-sectional survey data collected during September- December 2020 from a non-representative sample of 294 11-13 year olds (self-report) living in North-West England]
28. [How are you doing? Children's Parliament November 2020](#) [Longitudinal survey data collected during April- October 2020 from a non-representative sample of 8-14year olds (self-report) living in Scotland. This report compares results from the period of lockdown - combining April (4000 responses), May (3698 responses) and June (2810 responses) data to give one data point - to new results from a fourth and final survey conducted in September/early October (1969 responses).]
29. [British Science Association- Our Views on Covid](#) [Cross-sectional survey data collected during September 2020 from a representative sample of 1000 14-18 year olds (self-report) living in the UK]
30. [Mental Health Foundation- Teenagers' mental health under severe pressure as pandemic continues - new research](#) [Longitudinal survey data collected during November – December 2020 from a (weighted to be) representative sample of 2395 13-19 year olds (self-report) living in the UK]
31. [NCB- Research exploring impact of the COVID-19 pandemic on children, young people and families: Research Output 3](#) [Longitudinal interview data collected during December 2020-January 2021 from a non-representative sample of 22 14-16 year olds (parent and self-report) living in England, Wales and Northern Ireland]
32. [NCB- Research exploring impact of the COVID-19 pandemic on children, young people and families: Research Output 2](#) [Longitudinal interview data collected

- during November 2020 from a non-representative sample of seven 14-16 year olds (parent and self-report) living in England, Wales and Northern Ireland]
33. [OFSTED- COVID-19 series: briefing on schools, November 2020: Evidence from interim visits to 297 schools between 2 and 24 November 2020](#) [Cross-sectional data collected during November 2020 from OFSTED visits to 297 schools in England]
 34. [STEER- TRACKING AND MITIGATING THE PSYCHOLOGICAL IMPACT OF LOCKDOWN ON Y7-13 PUPILS \(2\)](#) [Longitudinal survey data collected during pre-lockdown (2018-March 2020) and March-December 2020 from a non-representative sample of 10 383 11-18 year olds (self-report) in the UK]
 35. [Anna Freud Centre- Working towards mentally healthy schools and FE colleges: the voice of students](#) [Cross-sectional survey data collected during November 2020-January 2021 from a non-representative sample of 3298 11-19 year olds (self-report) in the UK]
 36. [Children’s Commissioner for Wales- Coronavirus and Me: A second nationwide survey of the views and experiences of children and young people in Wales.](#) [Cross-sectional survey data collected during January 2021 from a non-representative sample of 19 737 7–18-year-olds (self-report) living in Wales]
 37. [GirlGuiding- Back in lockdown: Girls’ and young women’s hopes](#) [Cross-sectional survey data collected during January- February 2021 from a non-representative sample of 1881 4–18-year-olds (parent and self-report) living in the UK]
 38. [Food Foundation- LIVING WITH RESTRICTIONS:CHILDREN’S WORRIES IN LOCKDOWN](#) [Cross-sectional survey data collected during January- February 2021 from a non-representative sample of 1038 7–17-year-olds (self-report) living in the UK]
 39. [Young Minds- Coronavirus: Impact on young people with mental health needs Survey 4: February 2021](#) [Cross-sectional survey data collected during January- February 2021 from a non-representative sample of 13-25-year-olds (self-report) living in the UK]
 40. [Parental experiences of homeschooling during the COVID-19 pandemic: differences between seven European countries and between children with and without mental health conditions](#) [Cross-sectional survey data collected during April-June 2020 from a non-representative sample of 2002 parents of 5-19 -year-olds living in UK , Sweden, Spain, Belgium, the Netherlands, Germany and Italy]
 41. [Children’s Commissioner for England- Inpatient mental health wards during Covid-19](#) [Cross-sectional data collected during March-May 2020 from a non-representative sample of 8 young people (self-report) and staff on 102 wards in England]
 42. [What was the impact of a global pandemic \(COVID-19\) lockdown period on experiences within an eating disorder service? A service evaluation of the views of patients, parents/carers and staff](#) [Cross-sectional survey data collected during

March-July 2020 from a non-representative sample of young people, parents/carers and staff in Northern England]

43. [Children's Commissioner for England - We're all in this together?](#)
44. [Kooth sees Significantly Higher Increases in Suicidal Thoughts, Anxiety and Depression among BAME Young People, Compared to White Counterparts](#) [Cross-sectional data collected during March-May 2020 from a non-representative sample of 9175 young people in the UK]
45. [Exploring experiences and impact of the COVID-19 pandemic on young racially minoritised people in the United Kingdom: A Qualitative Study](#) [Cross-sectional focus group discussions conducted with a non-representative sample of 40 young people aged 16-25 in London]
46. [Reducing COVID-19 risk in schools: a qualitative examination of secondary school staff and family views and concerns in the South West of England](#) [Cross-sectional interview data collected during July-September 2020 from a non-representative sample of 15 staff, 20 parents and 17 students (11–16 years) from 14 schools in the South West of England]
47. [Association for Young People's Health- What challenges have young people who face inequalities experienced during the Covid-19 lockdown?](#) [Cross-sectional data from workshops with a non-representative sample of 31 10-25 year-olds living in the UK]
48. [Scottish Youth Parliament- LockdownLowdown: phase 2](#) [Cross-sectional qualitative data from focus groups conducted during October- November 2020 from a non-representative sample of 37 14-14 year-olds living in Scotland]
49. [Action for Children- Childhood during coronavirus report](#) [Cross-sectional survey data collected from March- July 2020, from a non-representative sample of 2760 parents and staff supporting young people in the UK]
50. [Children in Wales- COVID-19 and the impact on low income and disadvantaged families](#)
51. [CoSPACE- Report 8. Changes in children's mental health symptoms from March 2020 to Jan 2021](#) [Longitudinal survey data collected from March 2020-January 2021 from a non-representative sample of 8 225 parents/carers and young people aged 4-17 living in the UK]
52. [Llammau 2020 Impact Report](#)
53. [Inequalities in Children's Experiences of Home Learning during the COVID-19 Lockdown in England](#) [Cross-sectional survey data collected from April-June 2020 from a non-representative sample of over 5582 young people aged 4-15 years (parent and self-report) living in England]
54. [NESTA- The use of online maths learning resources during the lockdown](#) [Cross-sectional data collected from February-June 2020 from a non-representative sample of primary and secondary schools in England]

55. [MCR Pathways- How to build back better: listening to the voices of our young people](#) [Cross-sectional survey data collected from June to July 2020 from a non-representative sample of over 1025 young people aged 13-18 years (self-report) living in Scotland]
56. [Supporting care-experienced and estranged students in higher education – responding to Covid-19](#) [Cross-sectional survey data collected in March 2020 from a non-representative sample of over 251 higher education students (self-report) living in the UK]
57. [Research in Practice- Experiences in lockdown for foster carers and young people in their care](#) [Cross-sectional survey data collected from June to July 2020 from a non-representative sample of over 425 young people with an average age of 13 and minimum age of 6 (carer and self-report) living in England]
58. [OFSTED- COVID-19 series: briefing on children’s social care providers, September 2020](#) [Cross-sectional data collected during September 2020 from OFSTED visits to 70 children’s social care providers in England]
59. [OFSTED- COVID-19 series: briefing on children's social care, October 2020](#) [Cross-sectional data collected during October 2020 from OFSTED visits to 284 children’s social care providers in England]
60. [What challenges have young people who face inequalities experienced during the Covid-19 lockdown?](#) [Cross-sectional focus group data collected during July and August 2020 from a non-representative group of 31 young people aged 10-25]
61. [COVID-19 and children with cancer: Parents' experiences, anxieties and support needs](#) [Cross-sectional survey data collected from April to May 2020 from a non-representative sample of 171 parents of young people aged 18 and under living in the UK]
62. [The impact of COVID-19 on the cancer care of adolescents and young adults and their well-being: Results from an online survey conducted in the early stages of the pandemic](#) [Cross-sectional survey data collected from April to May 2020 from a non-representative sample of 177 young people aged 18-39 in the UK and Slovenia]
63. [CLIC Sargent- Cancer and Coronavirus – As Tough as it Gets](#) [Cross-sectional survey data collected between April- July 2020 from a non-representative sample of 114 parents of children with cancer, 70 parents of young people with cancer, and 80 young people in the UK.]
64. [COVID-19 symptom surveillance in immunocompromised children and young people in the UK: a prospective observational cohort study](#) [Longitudinal survey data collected between March- July 2020 from a non-representative sample of 1490 young people (self-report) under the age of 18 in the UK.]
65. [The perceived impact of COVID-19 and associated restrictions on young people with epilepsy in the UK: Young people and caregiver survey](#) [Cross-sectional survey data collected in June 2020 from a non-representative sample of 71 young people with epilepsy (n = 71) under the age of 25 and their caregivers (130) in the UK.]

66. [RAiISE- CHRONIC ILLNESS AND COVID-19](#) [Cross-sectional survey data from 131 young people in the UK]
67. [Children's Commissioner for Wales- Coronavirus and Me: Understanding how disabled children and young people have experienced the pandemic in Wales](#) [Cross-sectional survey data collected in May 2020 from a non-representative sample of 1198 7-18 year olds (self-report) living in Wales.]
68. [Children's Commissioner for Wales-Coronavirus and Me: Survey Responses from young people aged 15-18](#) [Cross-sectional survey data collected in May 2020 from a non-representative sample of 40 15-18 year olds (self-report) living in Wales.]
69. [Disabled Children's Partnership- THE LONGEST LOCKDOWN](#) [Cross-sectional survey data collected in January 2021 from a non-representative sample of 635 parents of young people in England]
70. [Impact of lockdown and school closure on children in special schools: a single-centre survey](#) [Cross-sectional survey data collected from July-October 2020 from a non-representative sample of 53 parents of young people in England]
71. [How is COVID-19 Affecting the Mental Health of Children with Special Educational Needs and Disabilities and Their Families?](#) [Cross-sectional survey data collected from March-April 2020 from a non-representative sample of 241 parents of young people aged 5-18 in England]
72. [OFSTED- COVID-19 series: briefing on local areas' SEND provision, October 2020](#) [Cross-sectional data collected during October 2020 from OFSTED visits to six local areas in England, interviews with 28 parents and carers and survey data from a non-representative sample of 92 young people (aged 16 to 25) and 1427 parents and carers in England]
73. [Blurring boundaries: the invasion of home as a safe space for families and children with SEND during COVID-19 lockdown in England](#) [Cross-sectional interview data collected from March-June 2020 from a non-representative sample of 8 parents of young people aged 5-13 in England]
74. [ASK Research- Special education in lockdown: The experiences of school and college providers and families of pupils with Education, Health and Care Plans \(EHCPs\)](#) [Cross-sectional survey data collected from March-August 2020 from a representative sample of 201 senior leaders of special schools and colleges in England and interviews with a subgroup of 40 providers and 40 parents or carers. Survey data from 515 parents and carers whose children attend special schools and colleges in England]
75. [The impact of COVID-19 on children with additional support needs and disabilities in Scotland](#) [Cross-sectional interview data from a non-representative sample of 16 parents of young people aged 4-18 in Scotland]
76. [Centre for Applied Education and Research- The Impact of COVID-19 on learning and wellbeing](#) [Cross-sectional survey data collected from March-July 2020 from a

non-representative sample of teachers of young people aged 4-18 from 42 schools in Northern England]

77. [Prevalence and Associated Factors of Emotional and Behavioural Difficulties during COVID-19 Pandemic in Children with Neurodevelopmental Disorders](#) [Cross-sectional survey data collected from April-June 2020 from a non-representative sample of 453 parents of young people aged 4-15 in the UK]
78. [CoIN Study Preliminary Findings - Children](#) [Cross-sectional survey data collected from 171 parents of young people in the UK]
79. [NSPCC- The impact of the coronavirus pandemic on child welfare: d/Deaf and disabled children](#) [Cross-sectional survey data collected from April-October 2020 from a non-representative sample of young people (self-report) under the age of 18 in the UK]
80. [COVID-19 impact on psychological outcomes of parents, siblings and children with intellectual disability: longitudinal before and during lockdown design](#) [Longitudinal survey data collected from April-July 2020 from a non-representative sample of parents (294 pre-lockdown and 103 during/post-lockdown) of young people aged 5-16 in England]
81. [The effects of COVID-19 restrictions on physical activity and mental health of children and young adults with physical and/or intellectual disabilities](#) [Cross-sectional survey data collected from June to July 2020 from a non-representative sample of 125 parents of young people (average age of 12) in the UK]
82. [Exploring the mental health experiences of young trans and gender diverse people during the Covid-19 pandemic](#) [Cross-sectional survey data collected from May- July 2020 from a non-representative sample of 161 young people aged 16-25 (self-report) in the UK]
83. [New survey finds majority of UK LGBTQ+ community showing signs of stress and depression](#) [Cross-sectional survey data collected from April 2020 from a non-representative sample of young people aged 18-24 (self-report) in the UK]
84. [Psychosocial Effects of the COVID-19 Pandemic and Mental Health among LGBTQ+ Young Adults: A Cross-Cultural Comparison across Six Nations](#) [Cross-sectional survey data collected from April- August 2020 from a non-representative sample of 1934 young people aged 18-29 (self-report) in Portugal, UK, Italy, Brazil, Chile, and Sweden]
85. [LGBT Youth Scotland, YouthLink Scotland, Edinburgh University and Northern Star- THE IMPACT OF DIGITAL YOUTH WORK AT LGBTYS](#) [Cross-sectional interview data collected from March-July 2020 from a non-representative sample of 22 young people aged 16-25 (self-report) in Scotland]
86. [Children's Commissioner for England- Children in custody during lockdown](#) [Cross-sectional data collected from August 2020 – January 2021 from a non-representative sample of staff members working with young people in custody in England]

87. [The impact of COVID-19 prison lockdowns on children with a parent in prison](#)
[Cross-sectional interview and survey data collected from April-June 2020 from a non-representative sample of caregivers in England, Scotland and Wales- 36 completed the survey and 6 were interviewed]
88. [RuralCovidLife Survey General Report Health and wellbeing of rural communities in Scotland January 2021](#) [Cross-sectional survey data collected from October-November 2020 from a non-representative sample of 3080 young people aged 16 and over in Scotland]
89. [Rural Youth Project- New report finds that the optimism of rural young people has halved during COVID-19](#) [Cross-sectional survey data collected in August 2020 from young people in Scotland]
90. [COVID-19 and refugee and immigrant youth: A community- based mental health perspective.](#) [Cross-sectional data from staff working in a community-based mental health and social services programme in the US]