

# Mental health of children and young people after Covid-19

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# Data gap for under 16s and high signal:noise



66,665 abstracts and titles  
screened

403 trials registrations

Eligible studies (on CYP)

Review 1: 99 (7)

Review 2: 42

Review 3: 83 (0)

# National child mental health surveys

Year	1999	2000	2001	2002	2003	2004	2005	2006	2007		2017	2018	2016	2020	2021
1999	Base-line		S D Q	FU											
2004						Base-line	S D Q	S D Q	FU						
2017											Base-line			S D Q	S D Q



Commissioning department and data owner.



Agreed the survey content, respondent materials, fieldwork, processing the data, report writing and data archiving.



Sample design, questionnaire programming, fieldwork, weighting of the results and report writing.



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PSYCHOLOGY &  
NEUROSCIENCE



# “Persistence” of MHCs 1999 & 2004

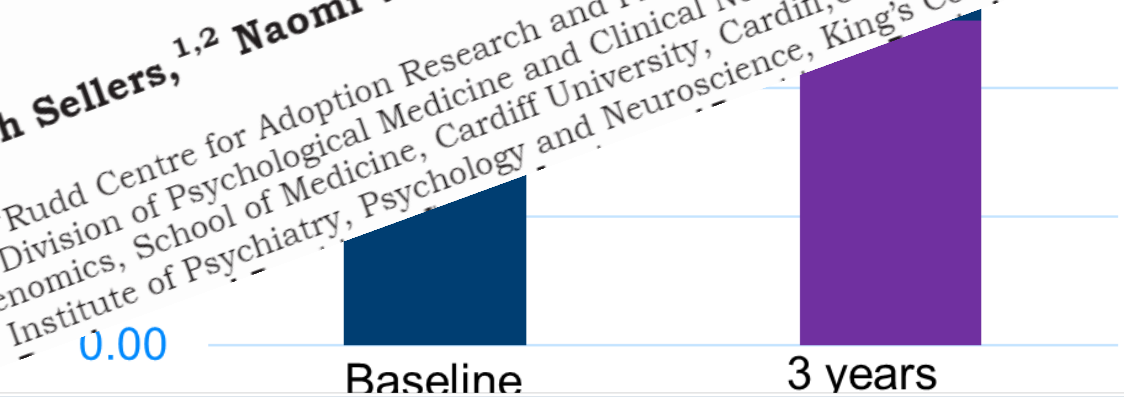
The Journal of Child Psychology and Psychiatry

Journal of Child Psychology and Psychiatry 60:7 (2019), pp 813–821

## Cross-cohort change in adolescent outcomes for children with mental health problems

Ruth Sellers,<sup>1,2</sup> Naomi Warne,<sup>2</sup> Andrew Pickles,<sup>3</sup> Barbara Maughan,<sup>4</sup> Anita Thapar,<sup>2</sup> and Stephan Collishaw<sup>2</sup>

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**Update 1:** 1728 parents / carers:  $\frac{3}{4}$  unable to balance work and parenting; **work, child's well-being** and **screen time** were main stresses

**Update 2:** first 5000: children worrying about friends / family catching covid & missing school; 80% reported disruption to prior services; parents of children with SEND reporting increased stress & behaviour disturbance

**Update 3:** half uncomfortable at child returning to school (especially if SEND, low SES / parents don't work); children reported most concerned about difference and less fun; SEND provision a major concern

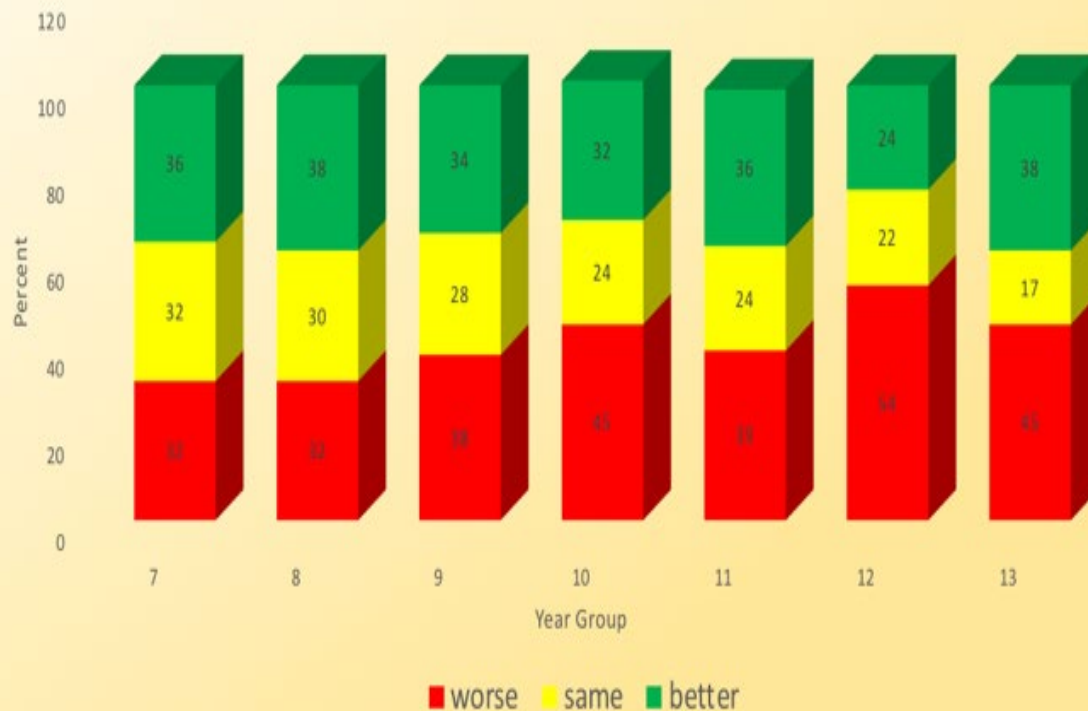
**Update 4:** over 1 month in lockdown **parents** report **children worse mental health**, **YP decreased emotional difficulties** & **increased restlessness**, but if **SEND or MHC decreased emotional difficulties**; **YP report** reduced no change



# The OxWell School survey 2020

- 19,000 responses
- 237 schools, 6 counties
- All reports to schools & access to data portal
- Youth-led student dissemination
- June- July 2020

## Effect of Lockdown on Happiness

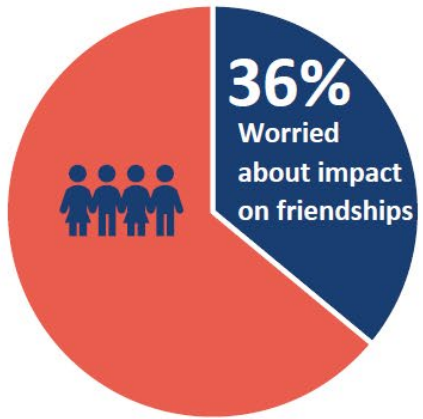
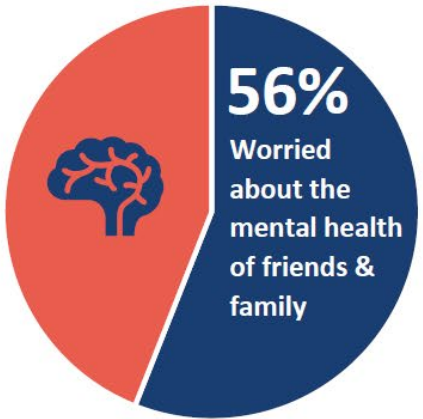
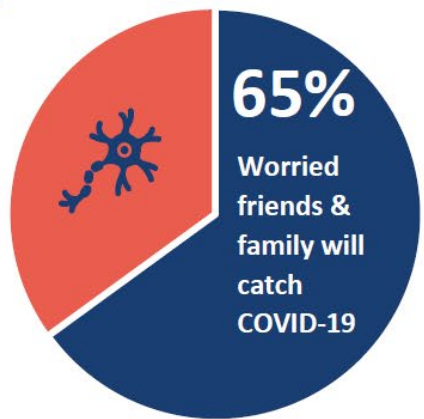




Survey 1: October 2019 (T1)

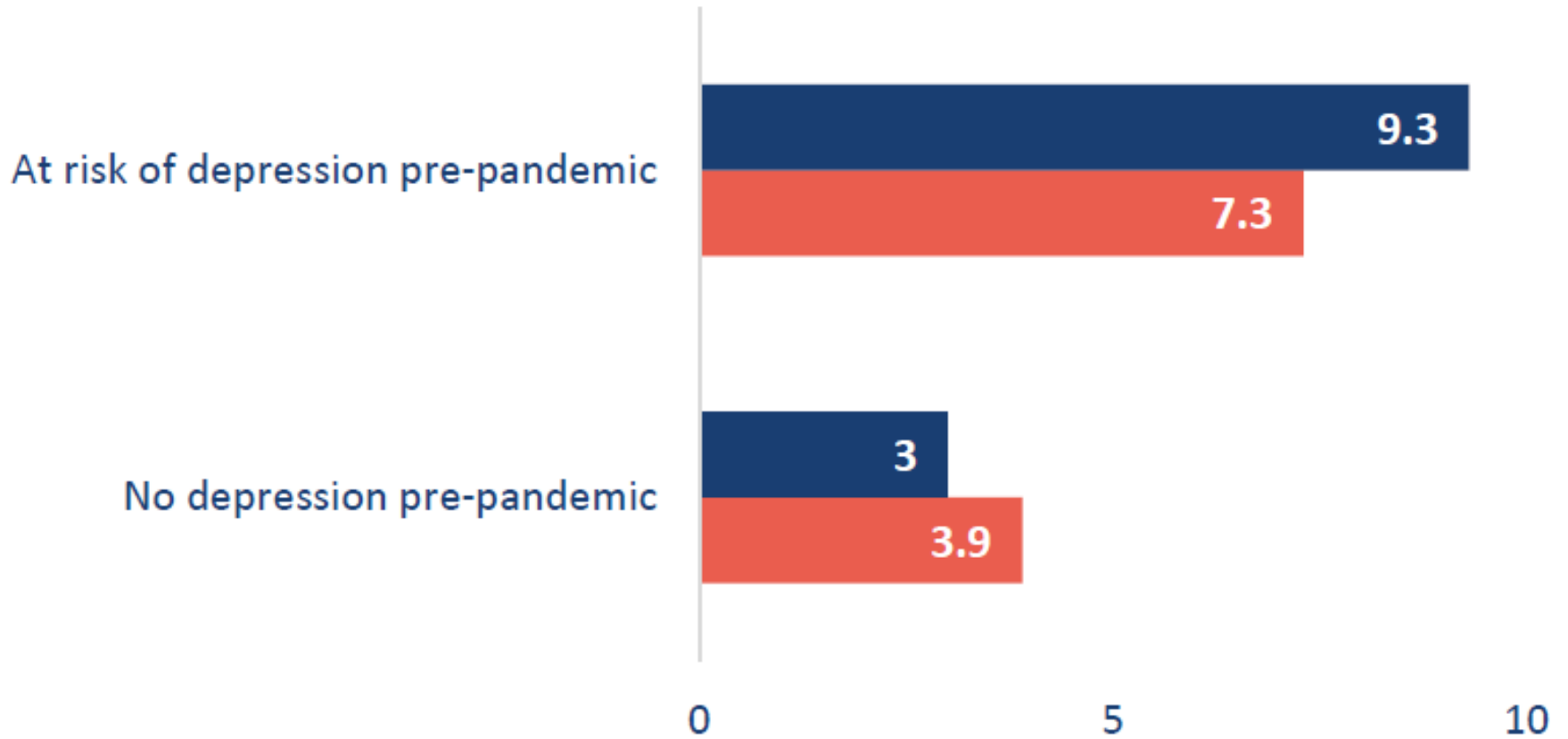
Survey 2: April/May 2020 (T2)

Students' Top COVID-19 Worries:



# Change in Depression Scores (HADS)

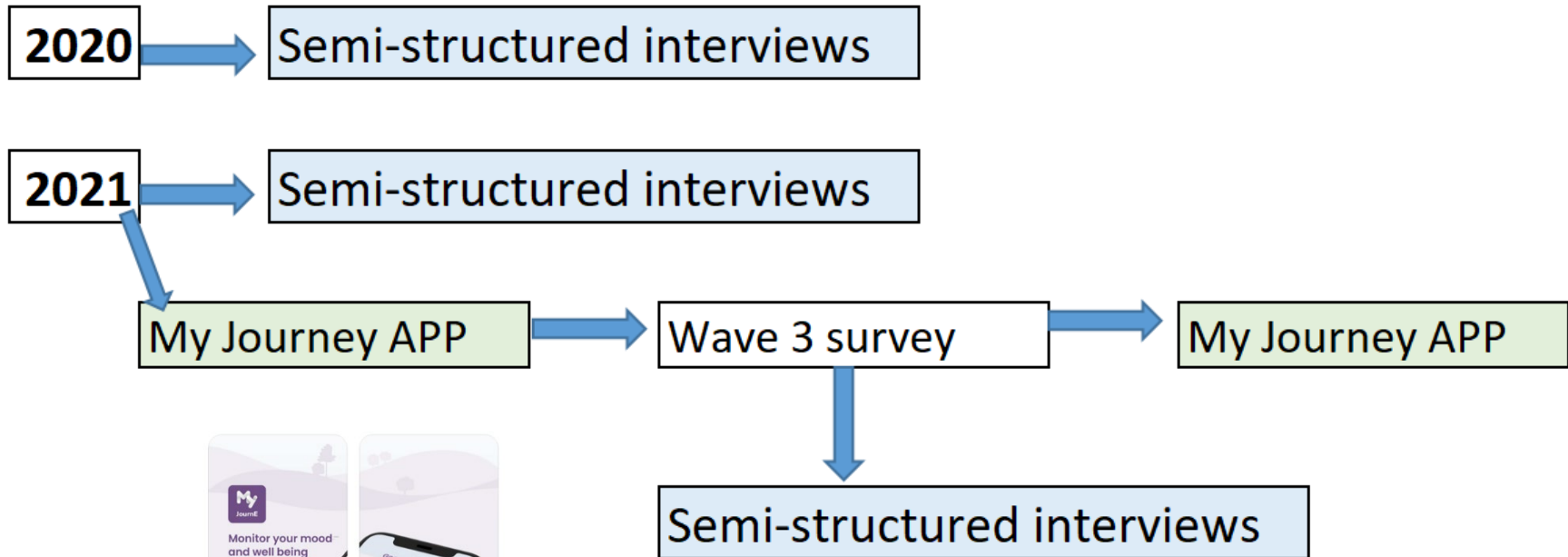
■ Pre-Pandemic ■ During Lockdown





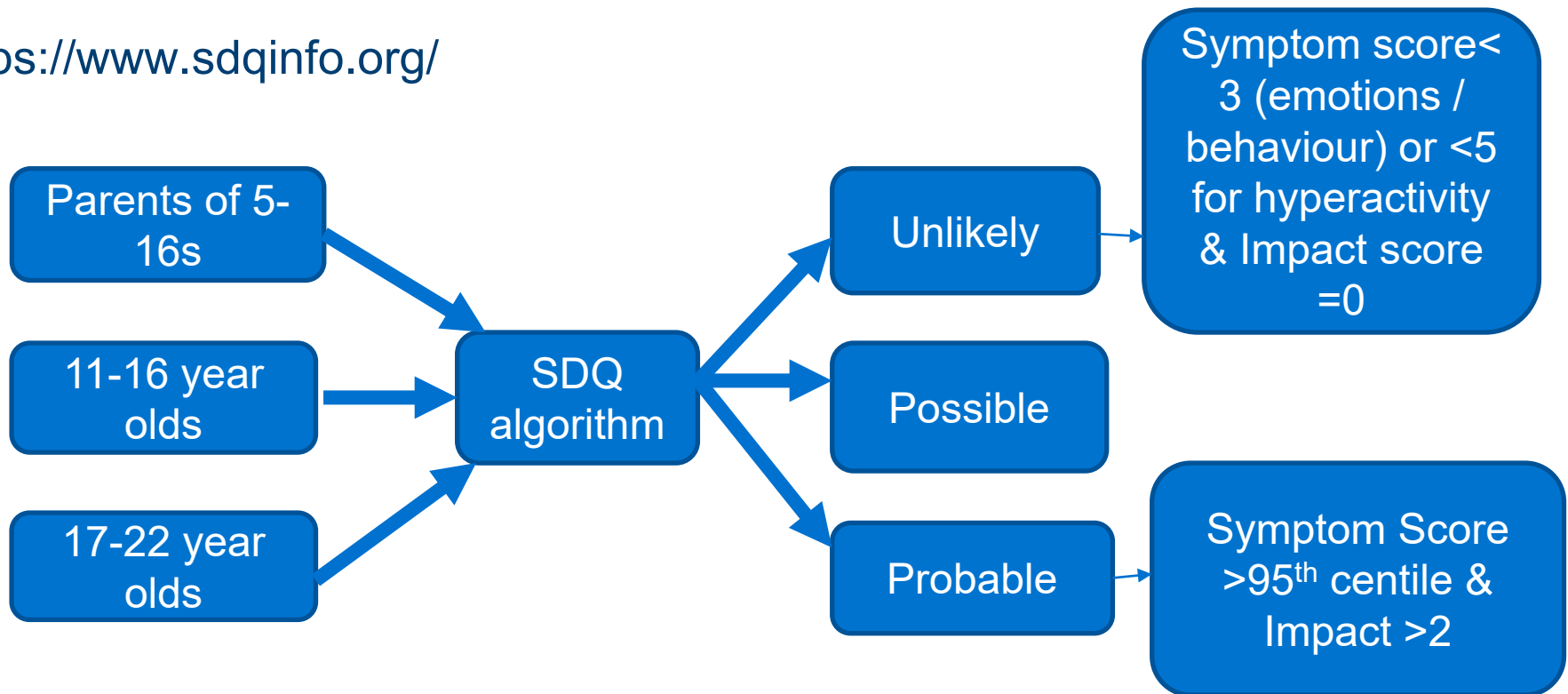
# Barendse et al., <https://psyarxiv.com/hn7us/>

- 12 samples (10 USA, 1 Peru, 1 Netherlands)
- Mean 15 years old at FU
- 6 community samples
- Samples 38-237
- Pre-pandemic data 2015-Oct 2019
- Follow up April – September 2020
- Depressive symptoms increased significantly
- Anxiety no change
- Younger (<13) less anxious but no age impact on depression
- Worse mental health with stricter restrictions



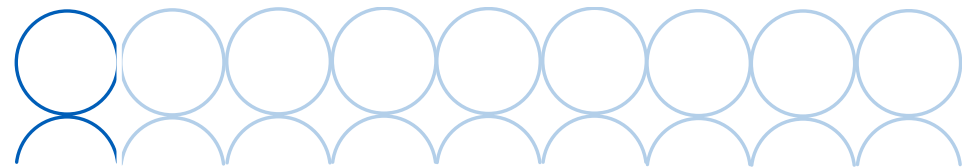
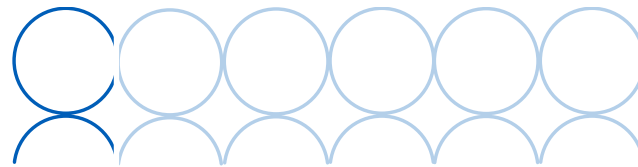
# Probable Mental Disorders in children and young people

<https://www.sdqinfo.org/>



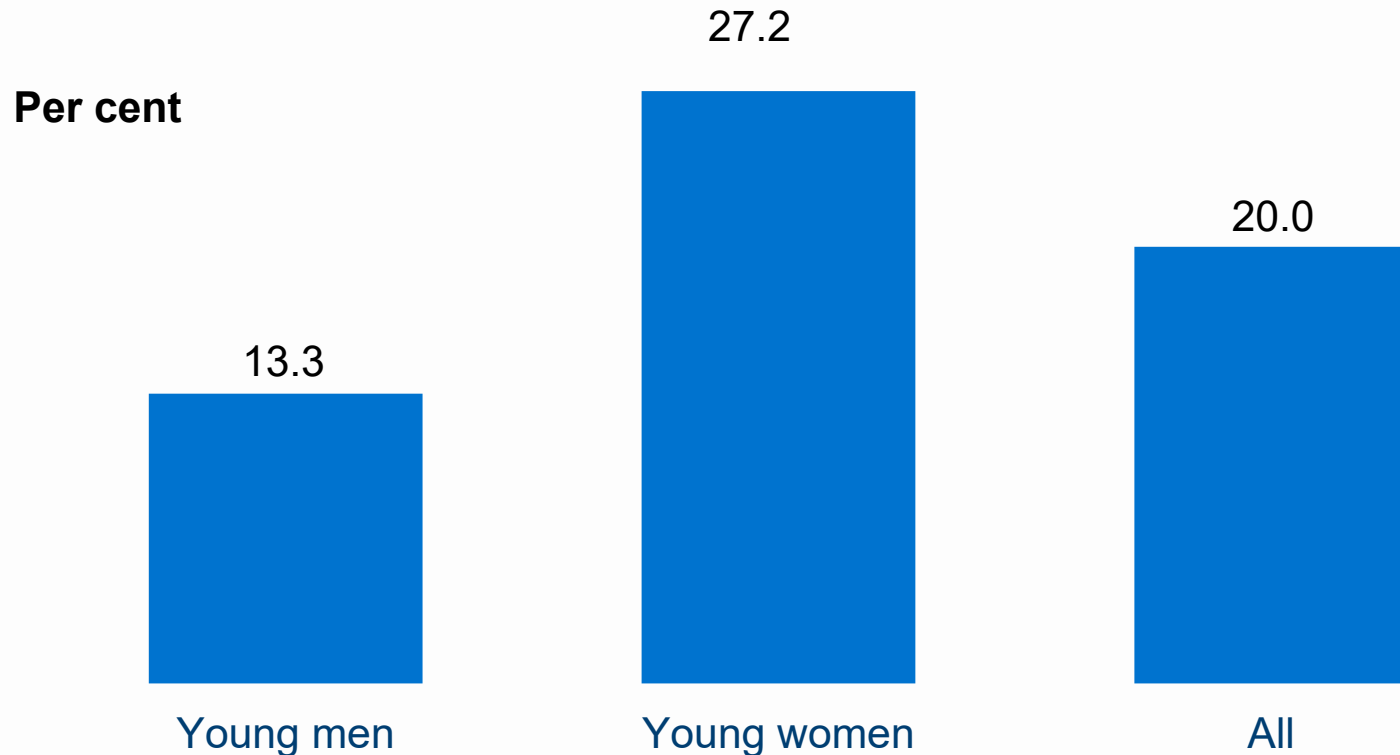
# Rates of probable mental disorder in 5 to 16 year olds in England have increased since 2017

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



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

# In 2020, young women (17 to 22 year olds) had the highest rate of probable mental disorder

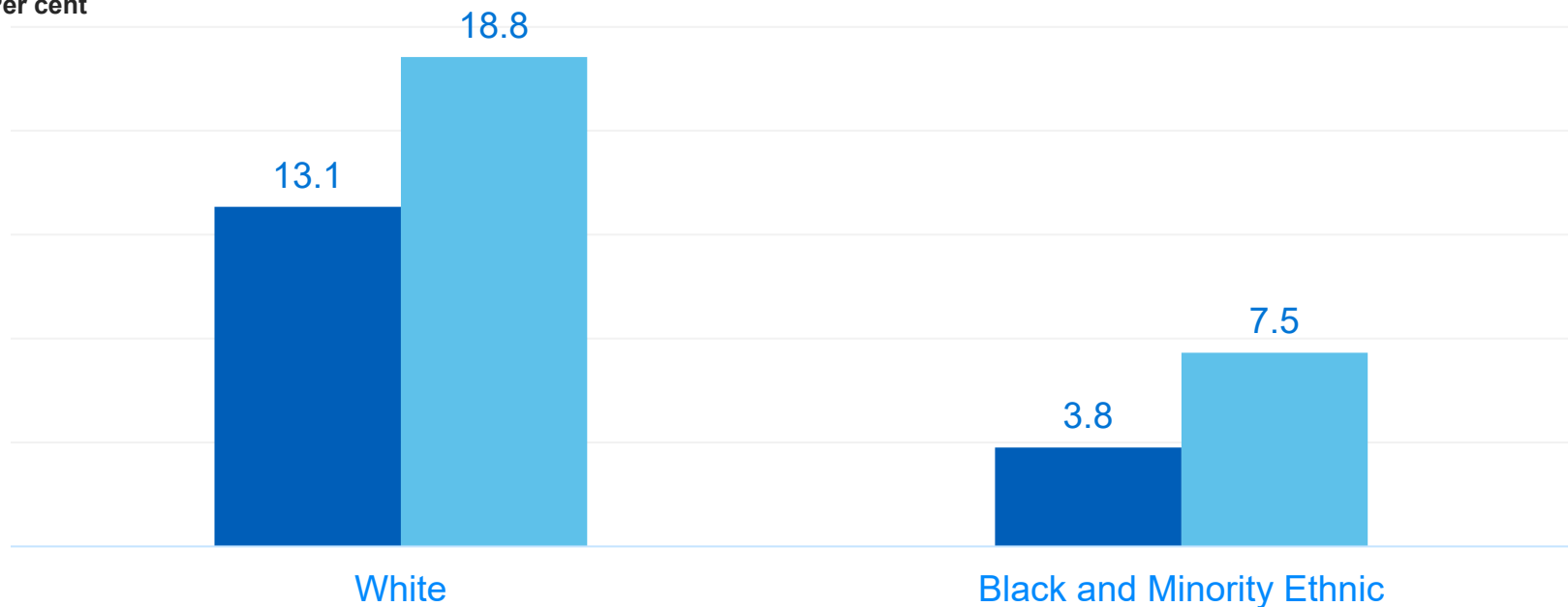


Source: NHS Digital. 17 to 22 year olds, England.

# Rate highest in children of white ethnic background in 2017 and 2020

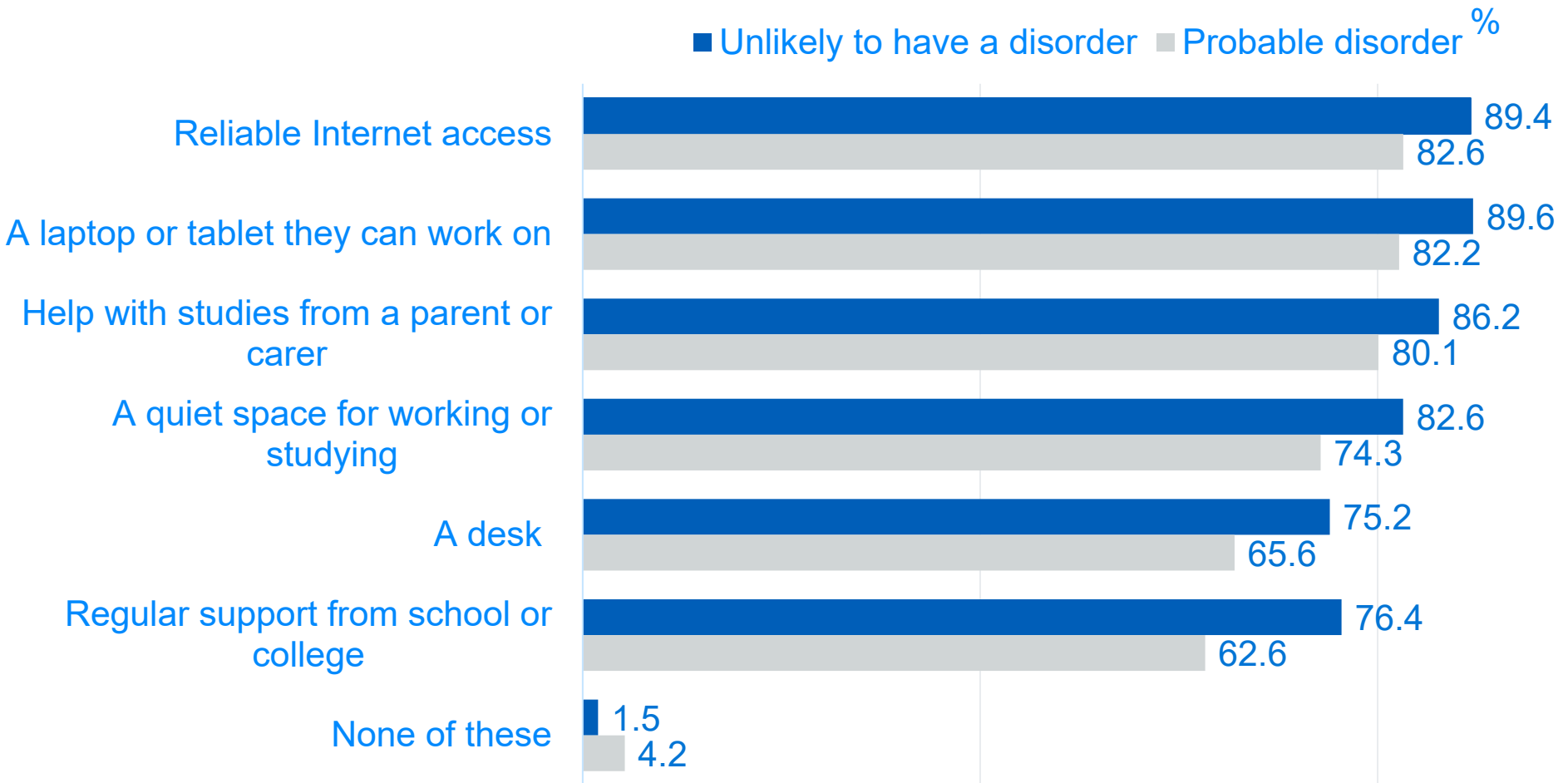
Base: 5 to 16 year olds  
Per cent

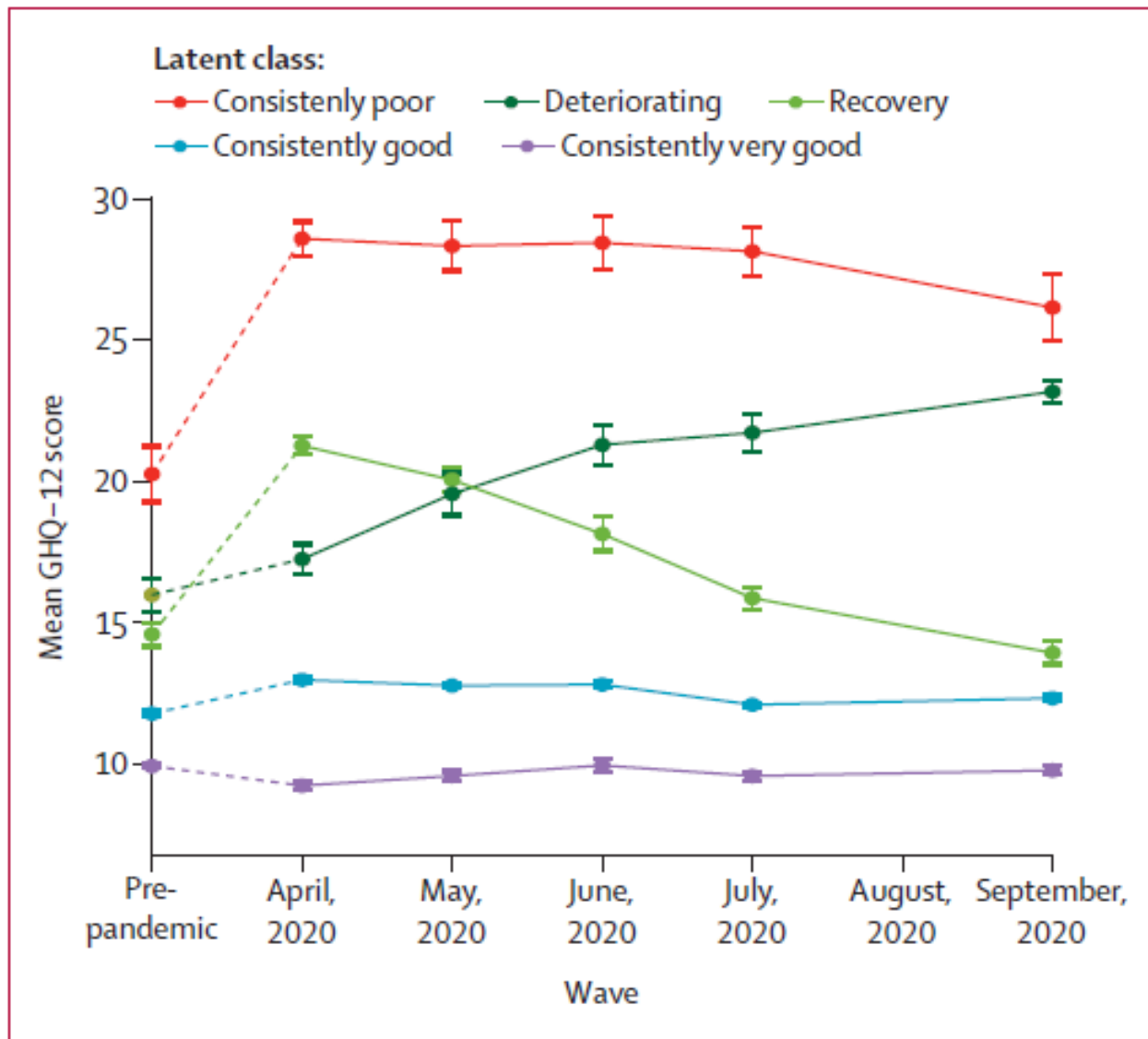
■ 2017 ■ 2020



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

# Stacking of risks





[https://www.thelancet.com/journals/lanpsy/article/PIIS2215-0366\(20\)30308-4/fulltext](https://www.thelancet.com/journals/lanpsy/article/PIIS2215-0366(20)30308-4/fulltext)



# Eating difficulties screening MHCYP 2021

- Has X ever thought s/he was fat when even when other people said s/he was very thin?
- Would X be ashamed if other people knew how much s/he eats?
- Has X ever made themselves vomit / throw up?
- Do worries about eating, such as what to eat, where to eat and how much to eat, really interfere with x's life?
- If X eats too much, does s/he blame himself / herself a lot?

**2 yes's onto more detailed questions**

DAWBA Diagnosis - sensitivity 100%, specificity 94%, positive predictive value 88%, negative predictive value of 100%

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- Says who? <https://www.thelancet.com/action/showPdf?pii=S2215-0366%2820%2930237-6>