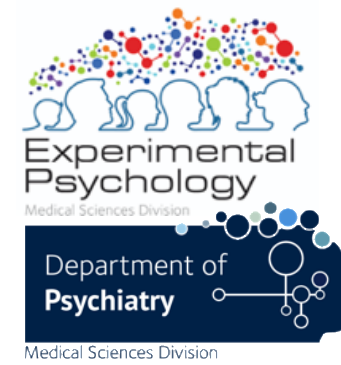


# The Effect of the Coronavirus Lockdown on the Mental Health of Children and Young People

Cathy Creswell  
University of Oxford





**2017**

**1 in 9** children and  
young people had a  
probable mental health  
disorder

**49%** increase in  
emotional disorders  
since 2004

**Studies have identified broad range of challenges and concerns, including:**

Direct viral threat to self,  
family and friends

School work, learning from  
home, academic pressures

Managing boredom, not being  
able to do enjoyable things

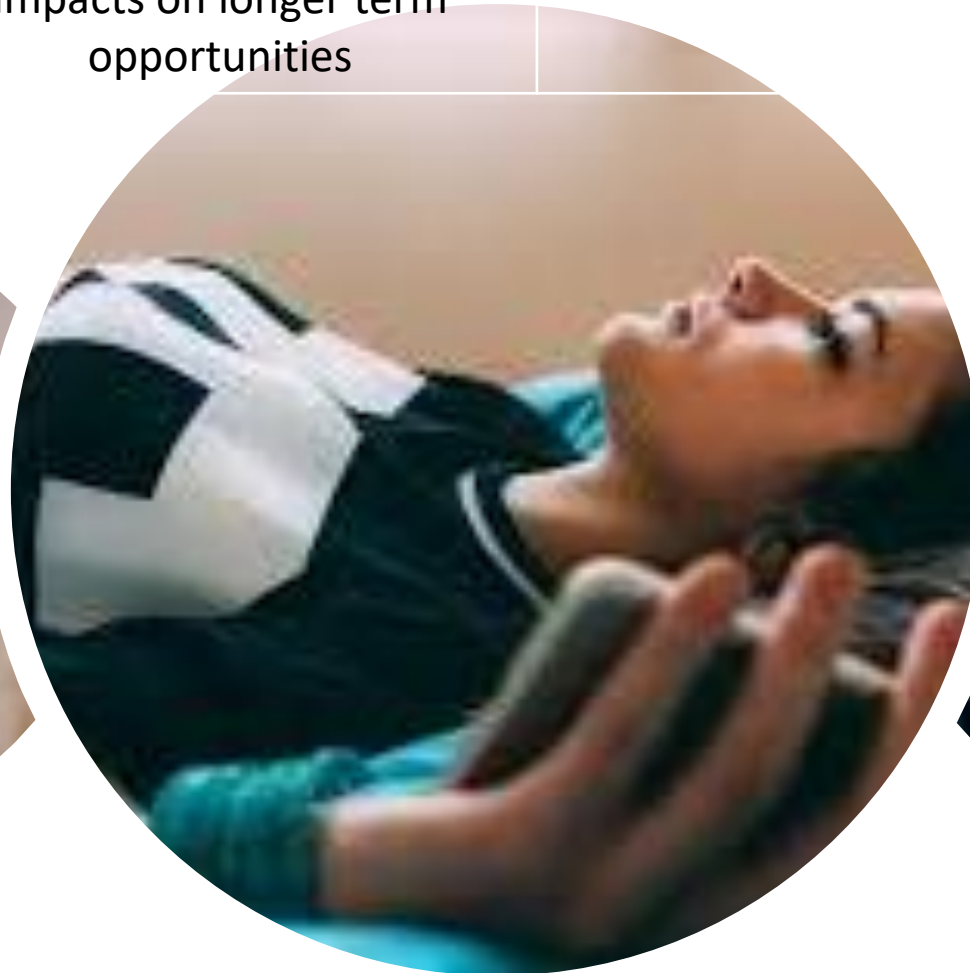
Not seeing friends, feeling  
isolated and disconnected

Managing ongoing  
uncertainty

Economic impacts, food  
shortages, money worries,  
impacts on longer term  
opportunities

Increase in domestic violence

Reduced access to support



**2017**

**1 in 9 (10.8%)** children  
and young people had  
a probable mental  
health disorder

**49%** increase in  
emotional disorders  
since 2004

**July 2020**

**1 in 6 (16%)** children  
and young people had  
a probable mental  
health disorder

NHS Digital > Mental Health of Children and Young People Surveys  
> Mental Health of Children and Young People in England, 2020: Wave 1 follow up to the 2017 survey

Publication, Part of [Mental Health of Children and Young People Surveys](#)  
**Mental Health of Children and Young People in England,  
2020: Wave 1 follow up to the 2017 survey**

Survey

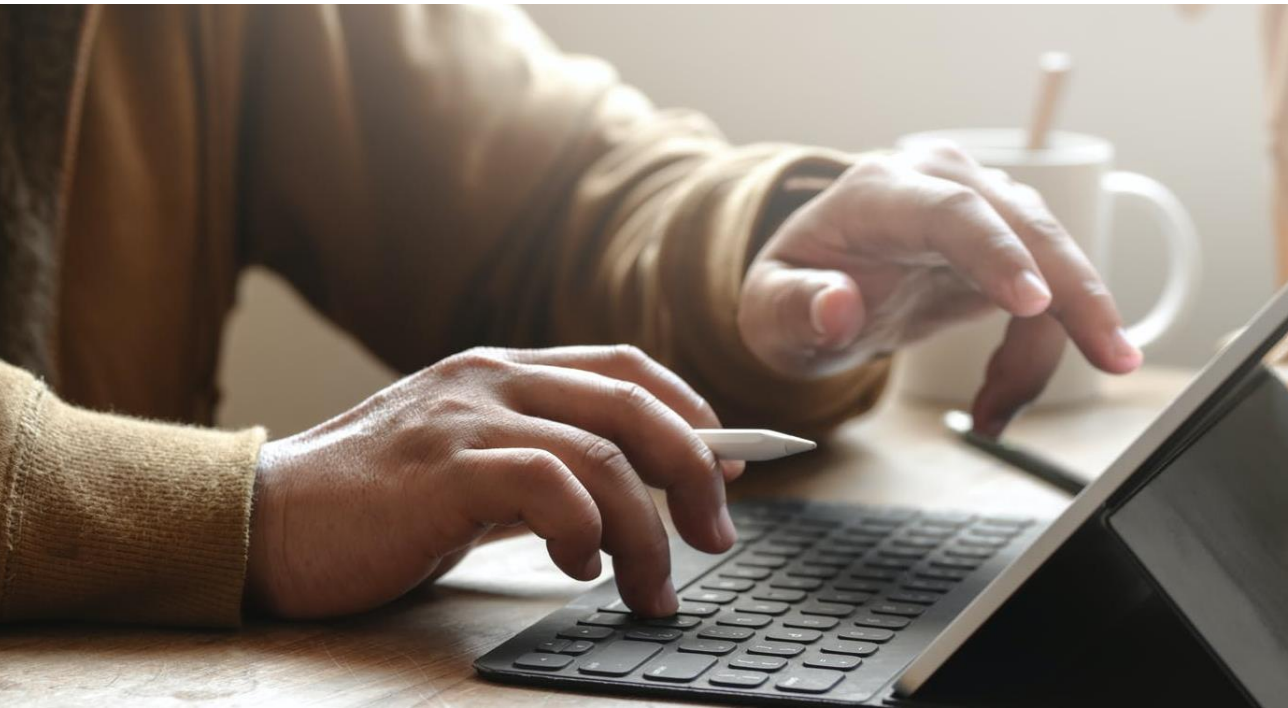
Publication Date: 22 Oct 2020  
Geographic Coverage: England  
Geographical Granularity: Regions, Country  
Date Range: 03 Jul 2020 to 02 Aug 2020

# C-SPACE study

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



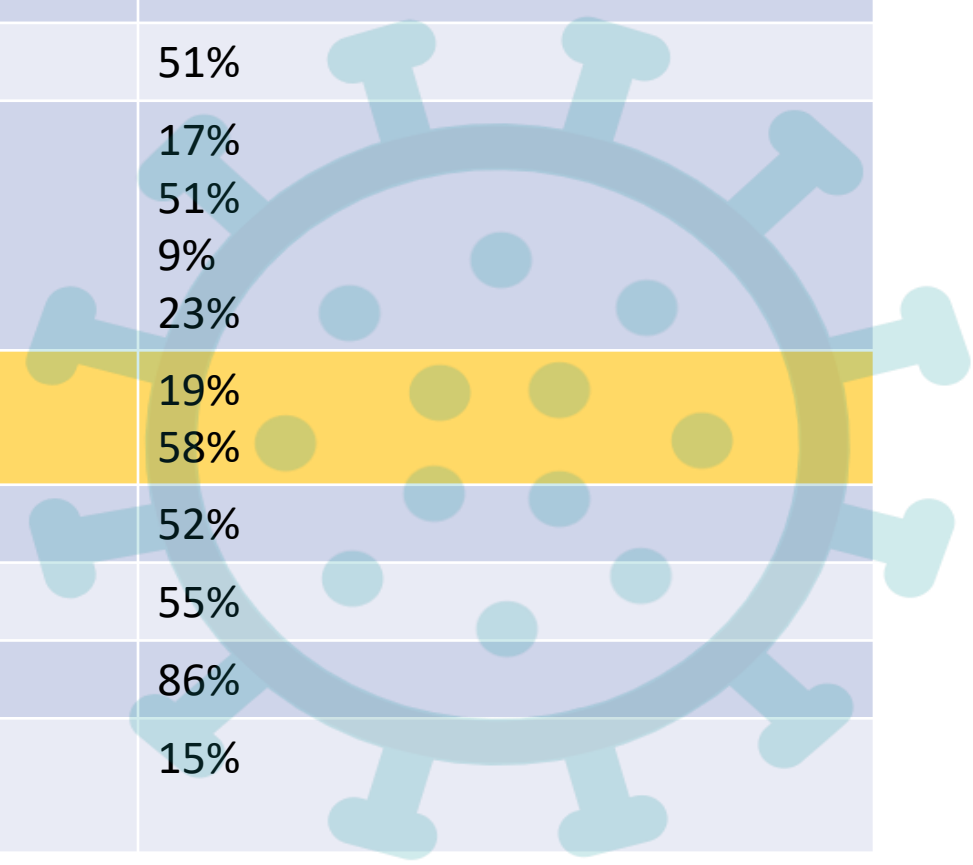
Parents & carers of children aged 4-16 years



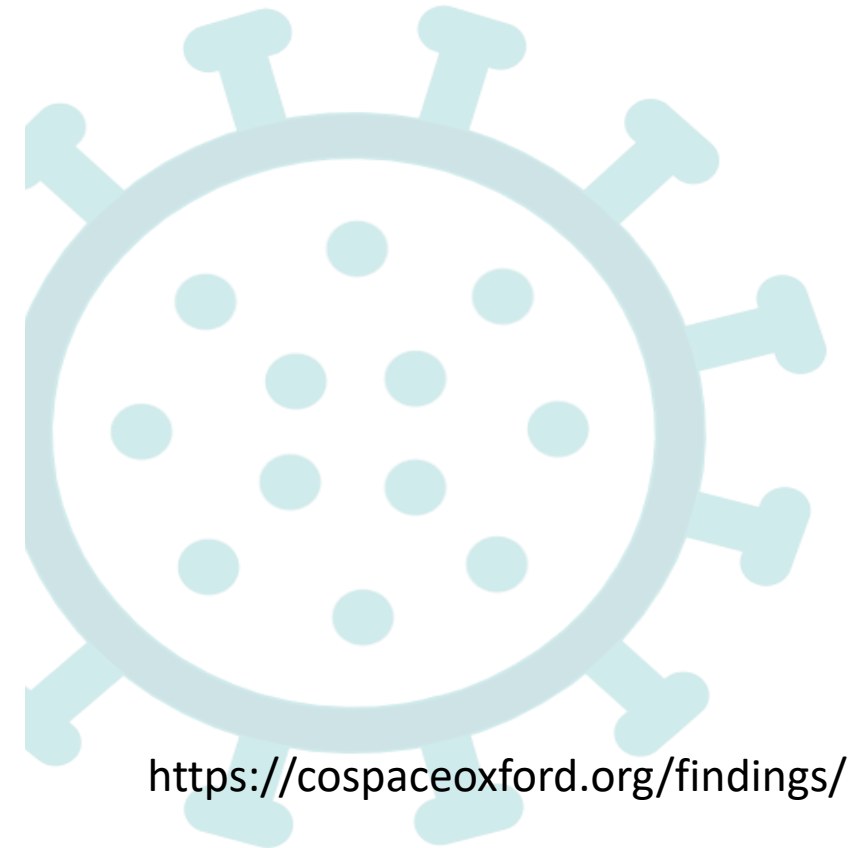
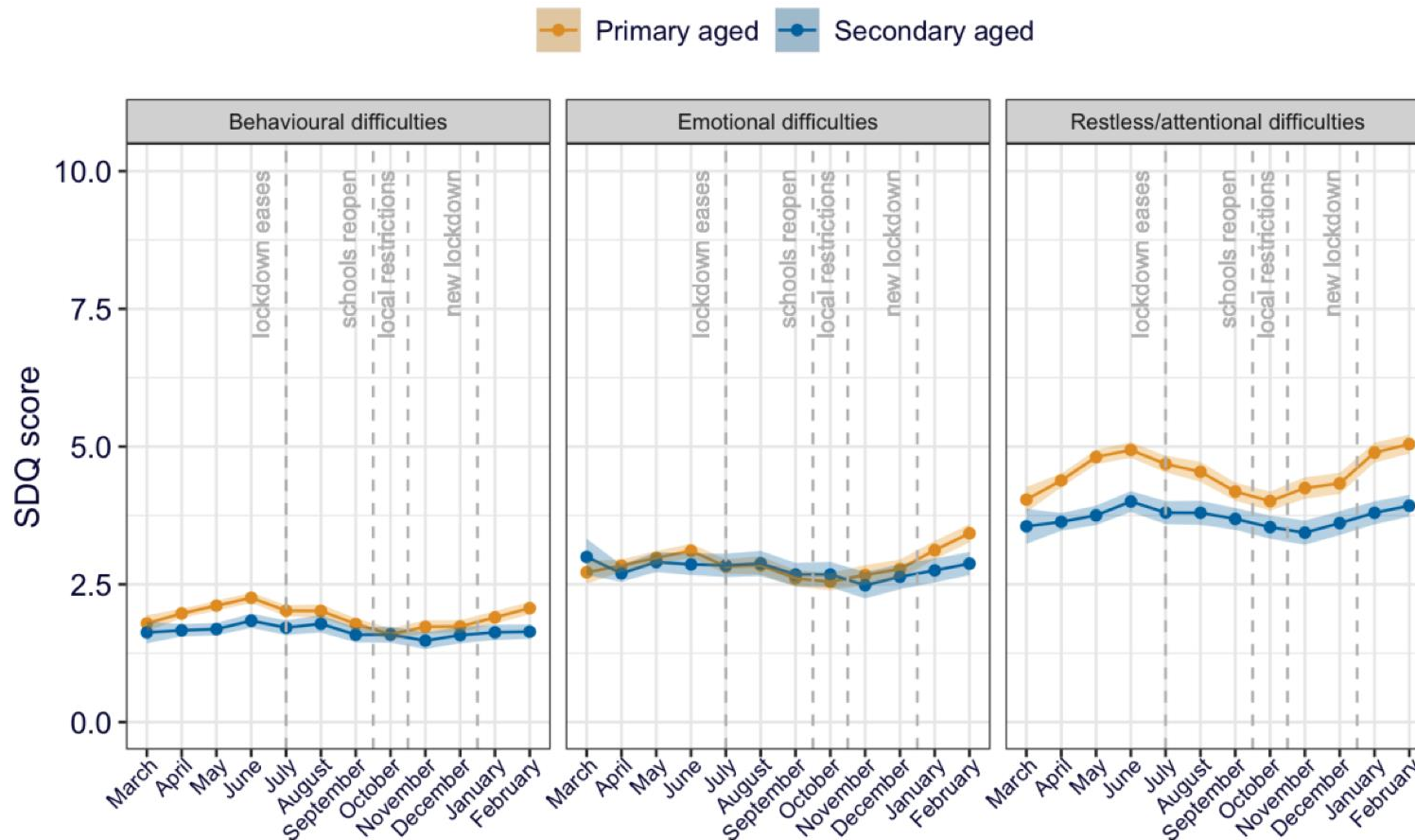
Young people aged 11-16 years self-report

# PARTICIPANTS WITH OUTCOME DATA (SDQ) Baseline: March 2020 – Feb 2021

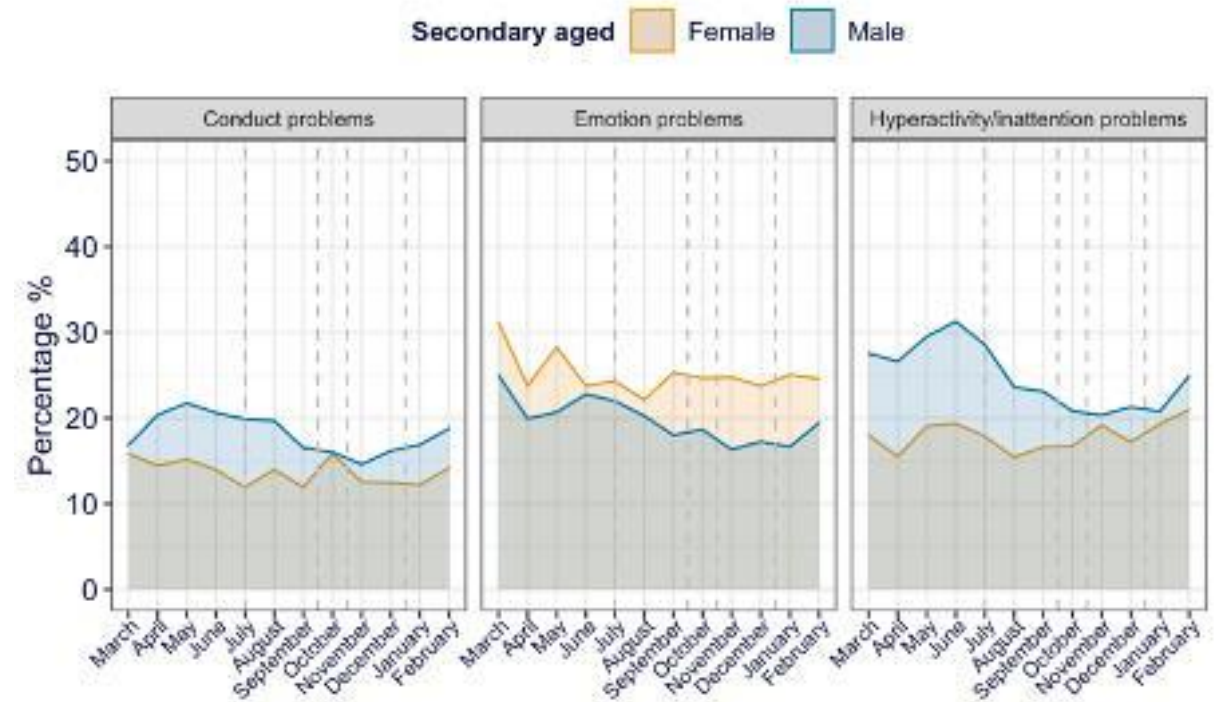
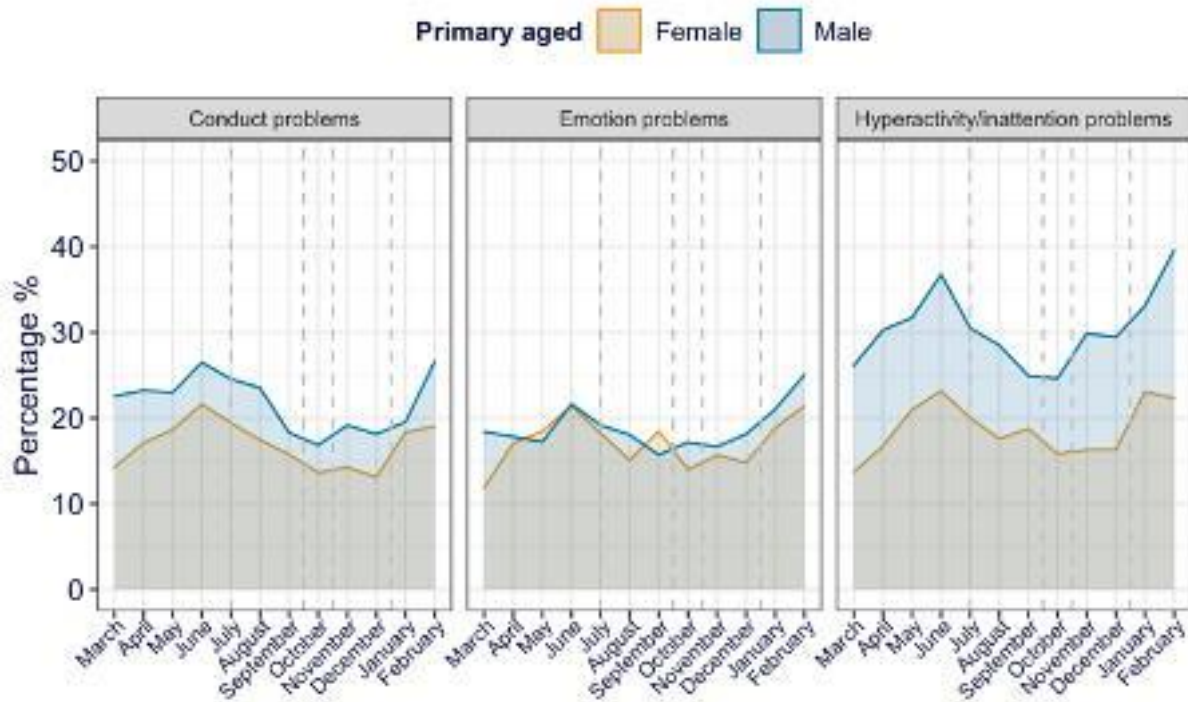
	CO-SPACE	NATIONAL
Total n	8386	
Parent gender	92% female	51%
Parent employment	35% part-time 36% full-time 11% self-employed 18% unemployed/other	17% 51% 9% 23%
Household income	9% < 16k pa 25% < 30k pa	19% 58%
Child gender	48% female	52%
Child age group	62% 4-10 years	55%
Child ethnicity	92% White British	86%
Child SEND / Neurdevelopmental disorder (NDD)	18%	15%



# STRENGTHS AND DIFFICULTIES QUESTIONNAIRE (MEAN SCORES)



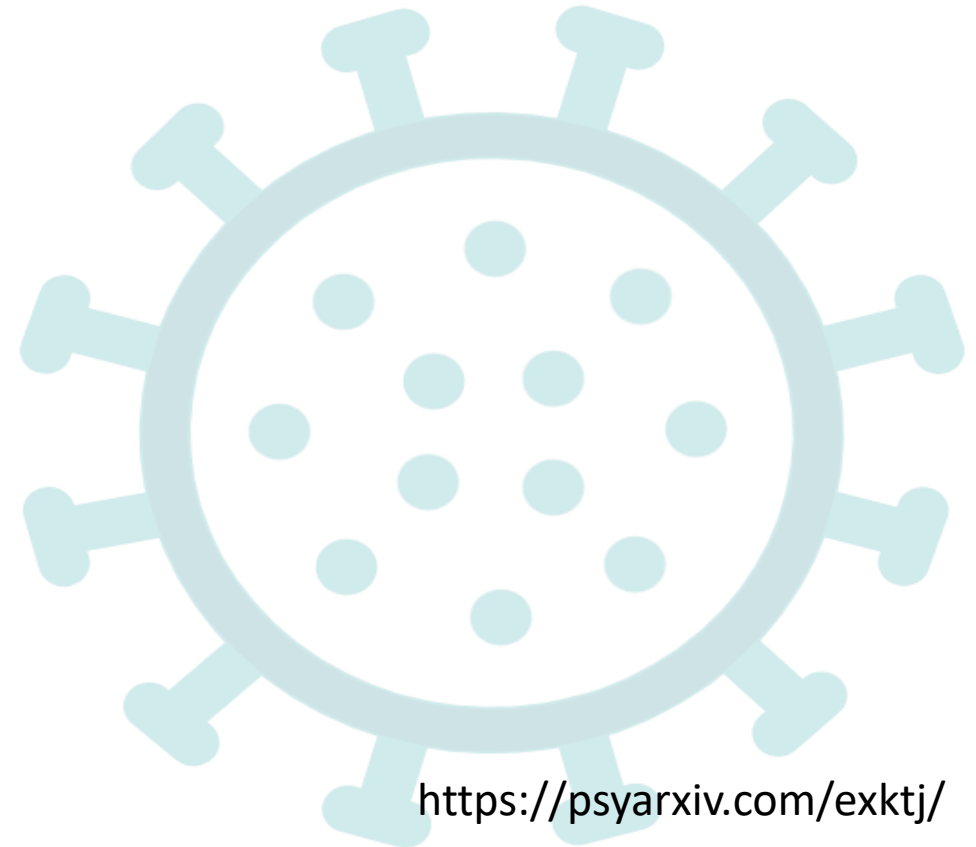
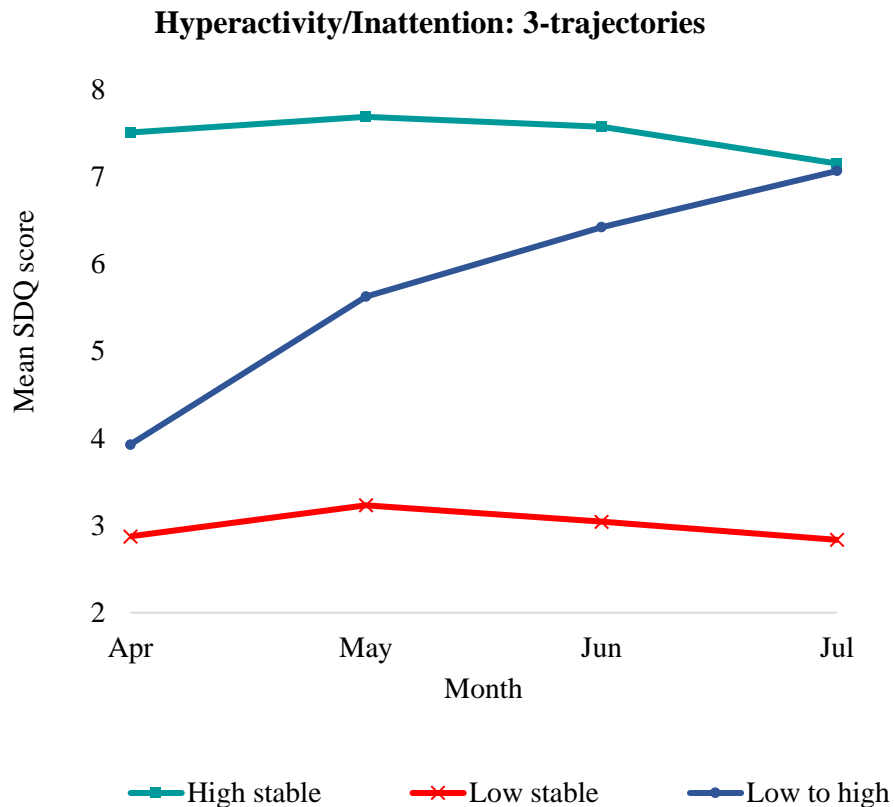
# STRENGTHS AND DIFFICULTIES QUESTIONNAIRE (‘POSSIBLE/PROBABLE CASENESS’)





# STRENGTHS AND DIFFICULTIES QUESTIONNAIRE

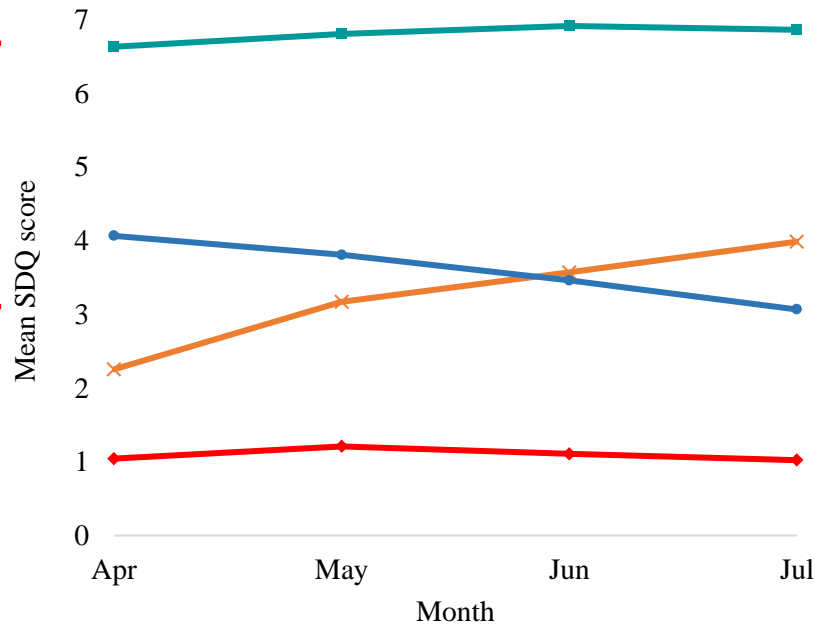
- Male
- <£16k per year
- Younger age
- Special Educational Needs/Neurodevelopmental Disorders
- Higher baseline parent psychological distress (DASS)
- Higher baseline parent-child conflict
- Lower baseline family warmth



# STRENGTHS AND DIFFICULTIES QUESTIONNAIRE

Conduct Problems: 4-trajectories

- Male
- <£16k per year
- More likely to have siblings

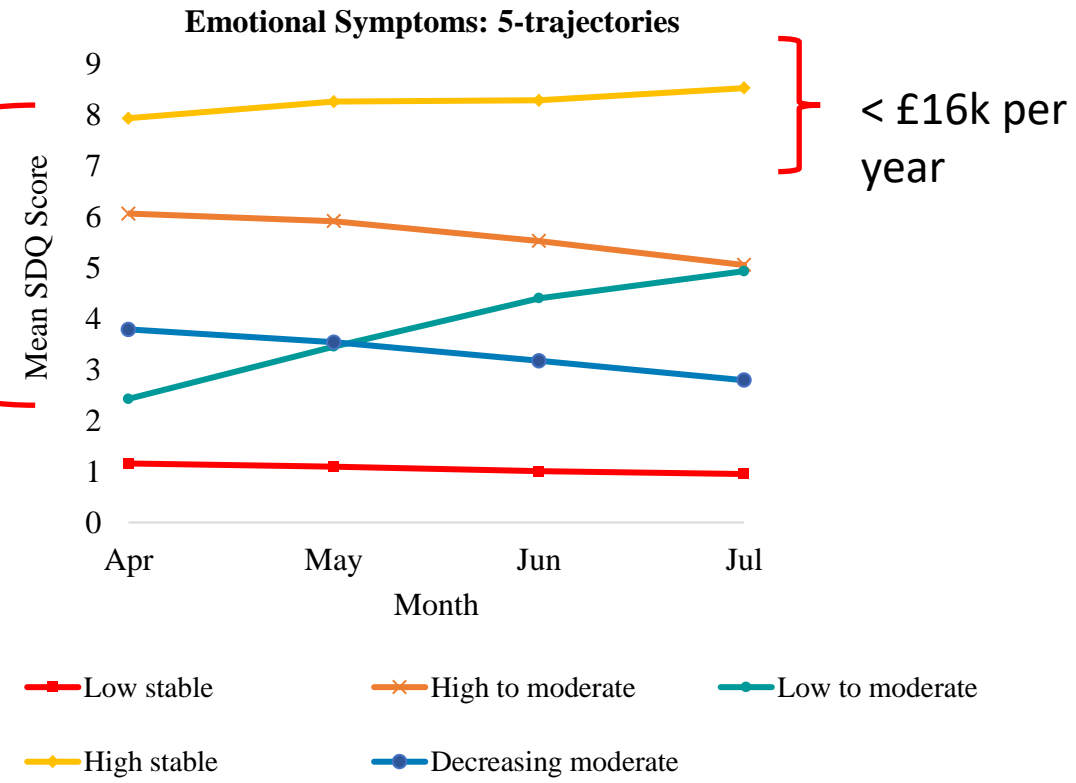


- Younger age
- Special Educational Needs/ Neurodevelopmental Disorders
- Higher baseline parent psychological distress (DASS)
- Higher baseline parent-child conflict
- Lower baseline family warmth

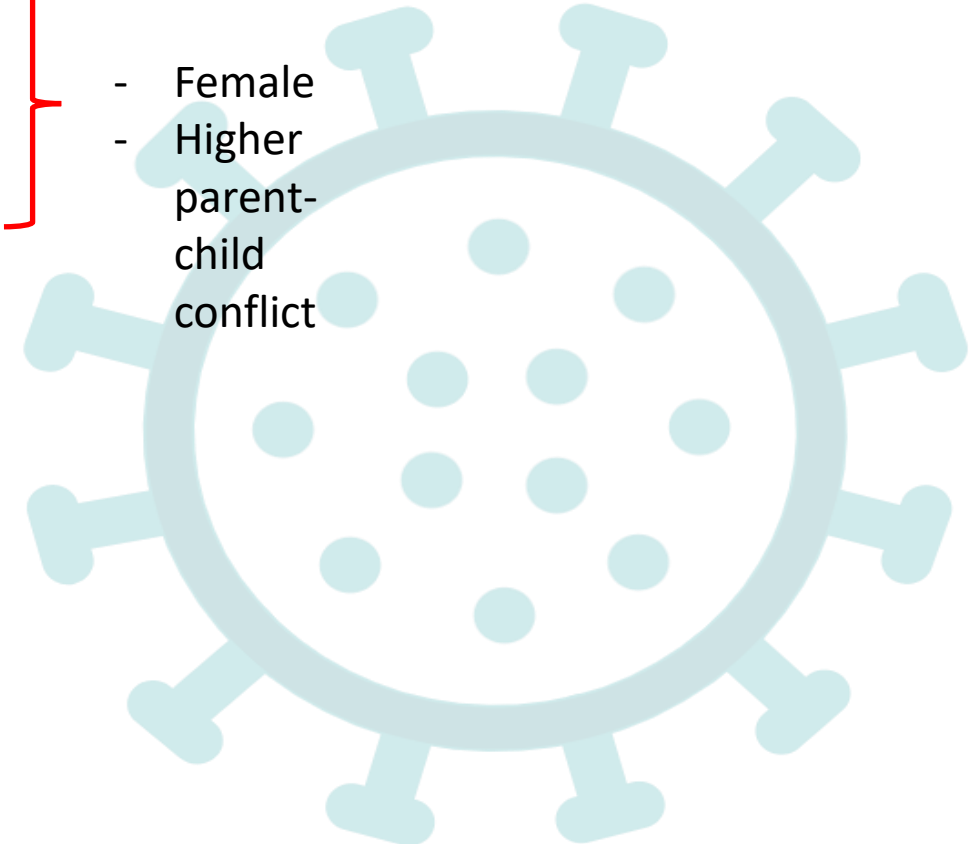
— High stable — Low to moderate — Decreasing moderate — Low stable

# STRENGTHS AND DIFFICULTIES QUESTIONNAIRE

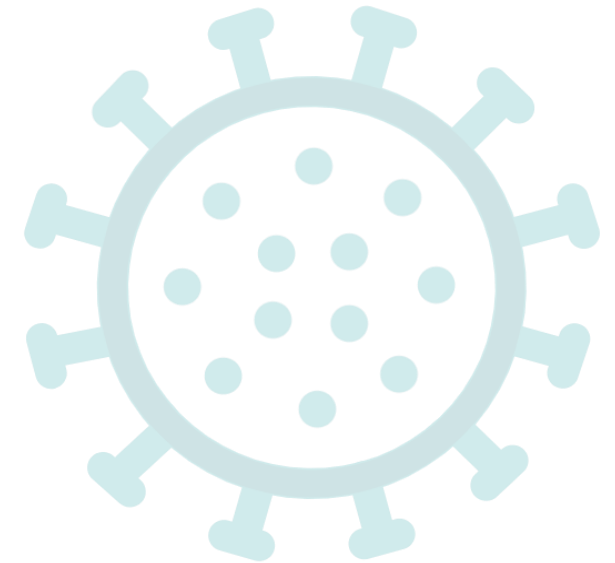
- Special Educational Needs/ Neurodevelopmental Disorders
- Chronic health condition
- Higher baseline parent psychological distress (DASS)



- Female
- Higher parent-child conflict



- Prior to the pandemic, the **prevalence of mental health problems in children and young people was high**
- While variable, there is increasing evidence for an **overall negative impact** of the pandemic on children, young people and parents' mental health
- **Pre-existing vulnerabilities**- poverty, other challenging family circumstances, special educational needs – have been associated with greater difficulties
- It is critical that those with enduring problems are **identified** and can access **evidence-based support** promptly to shift this negative trajectory



**C-SPACE study**  
COVID-19: Supporting Parents, Adolescents  
and Children during Epidemics

<https://cospaceoxford.org/>



Thank you

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