

Young People's Mental Health During the Covid-19 Pandemic



17 schools



Over 1,000 students

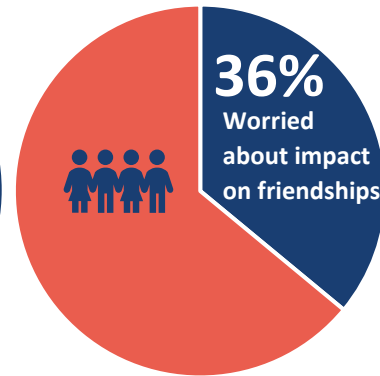
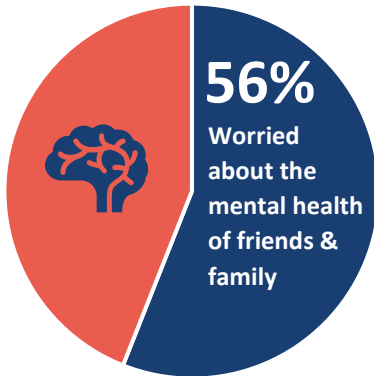
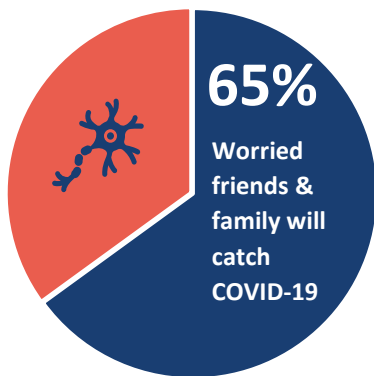


Year 9s
Age 13-14

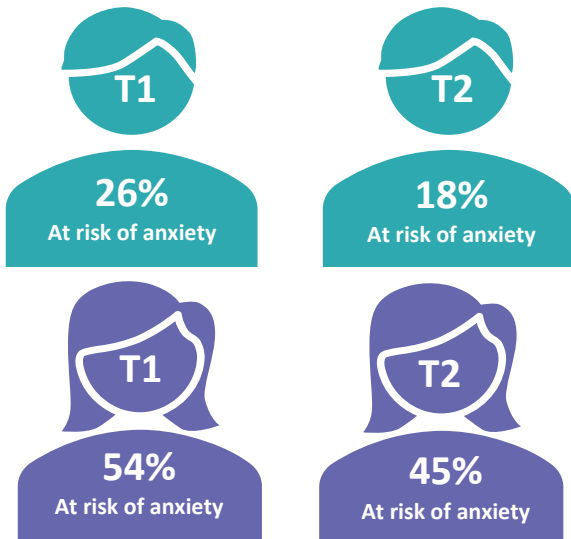
Survey 1: October 2019 (T1)

Survey 2: April/May 2020 (T2)

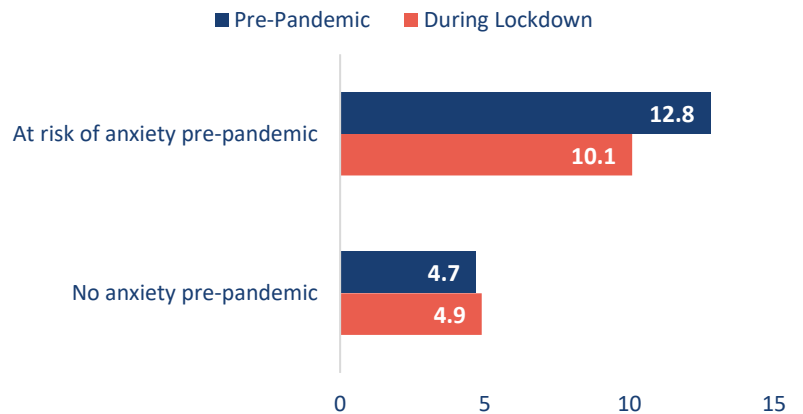
Students' Top COVID-19 Worries:



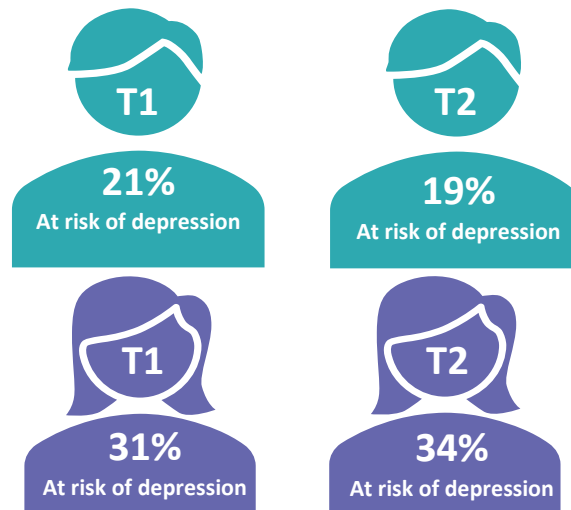
ANXIETY: Decrease in anxiety, particularly for those previously struggling



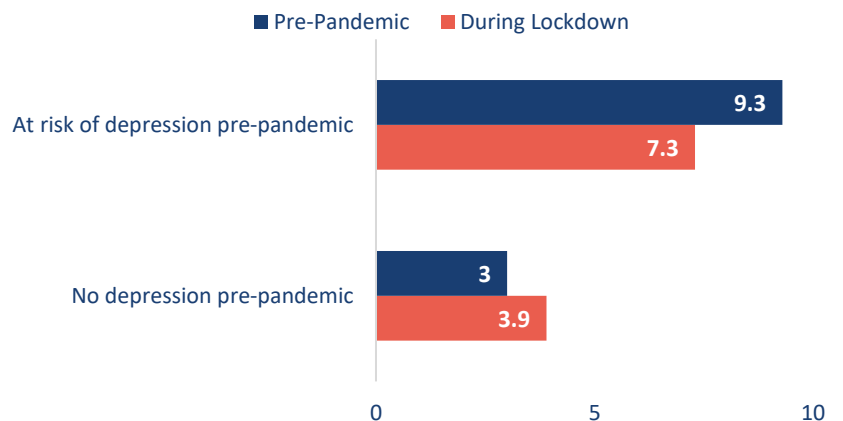
Change in Anxiety Scores (HADS)



DEPRESSION: No change overall but decrease for those previously struggling

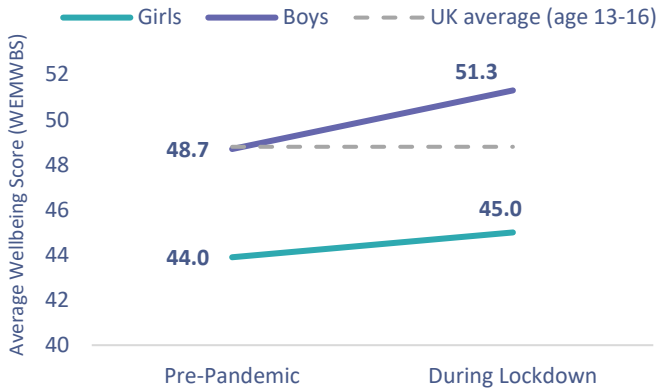


Change in Depression Scores (HADS)

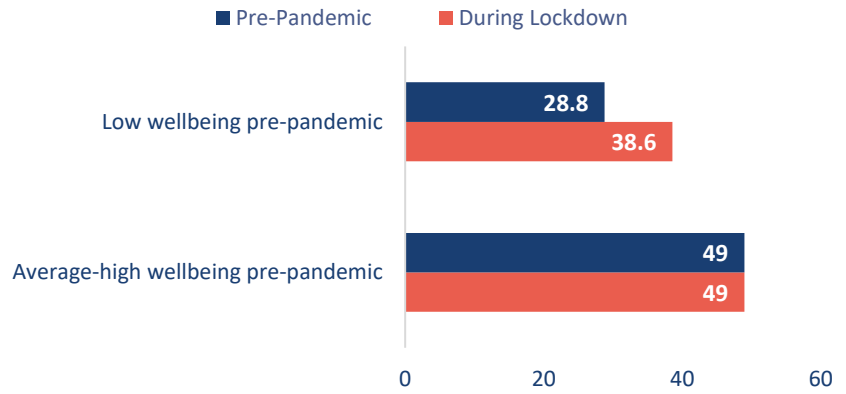


WELLBEING: Increase in wellbeing, particularly for those previously struggling

Change in Wellbeing by Gender



Change in Wellbeing Scores (WEMWBS)



SOCIAL CONNECTEDNESS

SCHOOL



Increase in how connected girls and boys feel to their school.

PEERS



Increase in how connected boys feel to their peers but no change for girls.

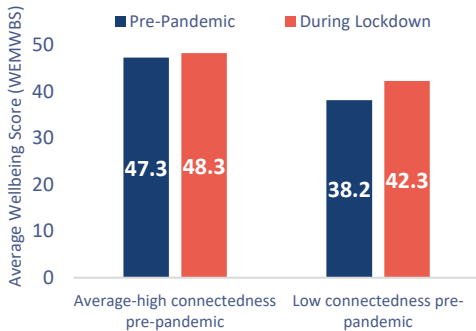
FAMILY



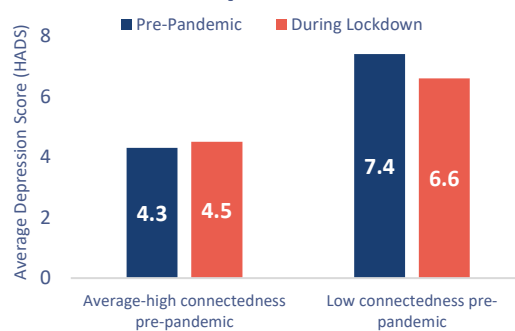
No change in how connected girls or boys feel to their family.

SCHOOL CONNECTEDNESS: Improved mental health for those with low connectedness pre-pandemic

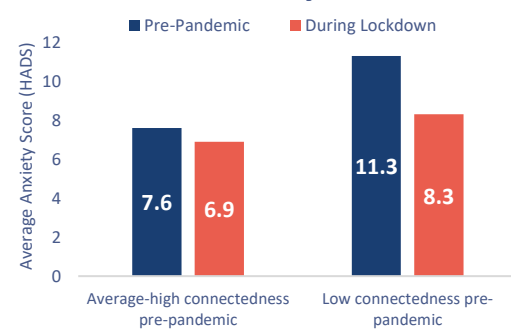
Wellbeing



Depression



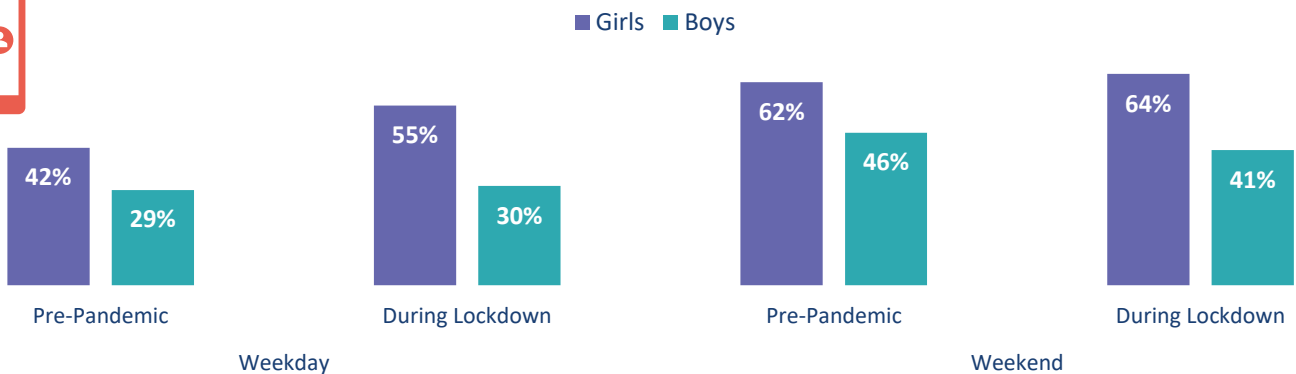
Anxiety



SOCIAL MEDIA: Increase in girls' weekday use, decrease in boys' weekend use



Percentage of Students Reporting Spending More Than 3 Hours Per Day on Social Media



Further details can be found in the full report available at: <https://sphr.nihr.ac.uk/research/young-peoples-mental-health-during-the-covid-19-pandemic/>