

# 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:

65%

Worried friends & family will catch COVID-19

56%

Worried about the mental health of friends & family

37%

Worried about missing school

36%

Worried about impact on friendships

## ANXIETY: Decrease in anxiety, particularly for those previously struggling

T1

26%

At risk of anxiety

T2

18%

At risk of anxiety

T1

54%

At risk of anxiety

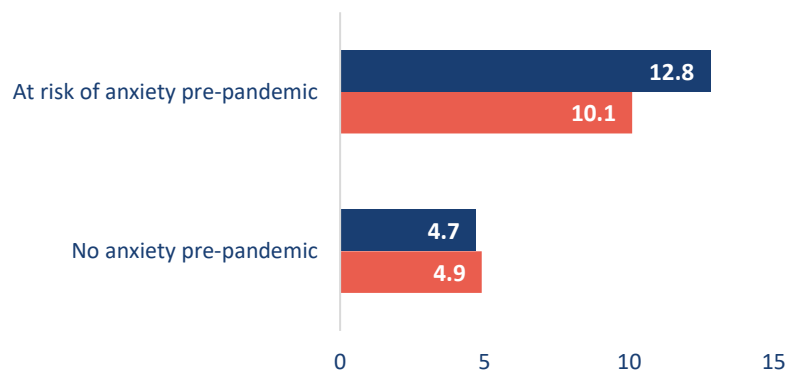
T2

45%

At risk of anxiety

### Change in Anxiety Scores (HADS)

■ Pre-Pandemic ■ During Lockdown



## DEPRESSION: No change overall but decrease for those previously struggling

T1

21%

At risk of depression

T2

19%

At risk of depression

T1

31%

At risk of depression

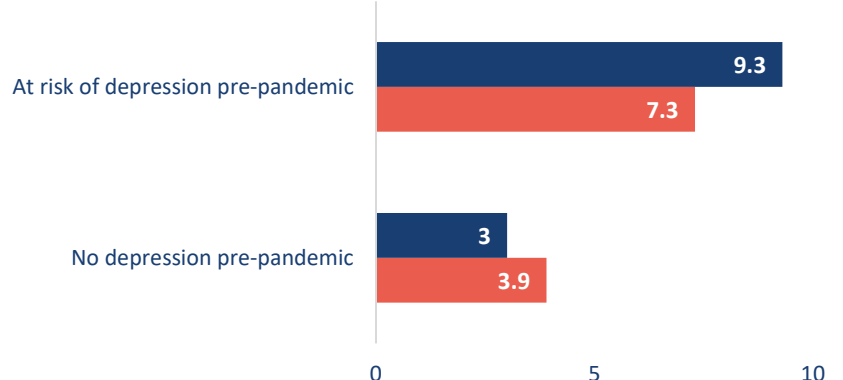
T2

34%

At risk of depression

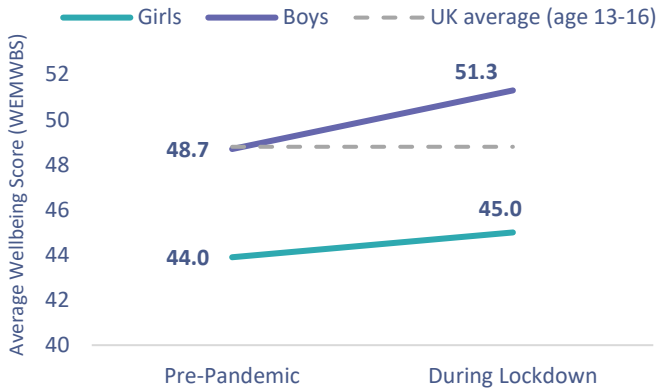
### Change in Depression Scores (HADS)

■ Pre-Pandemic ■ During Lockdown

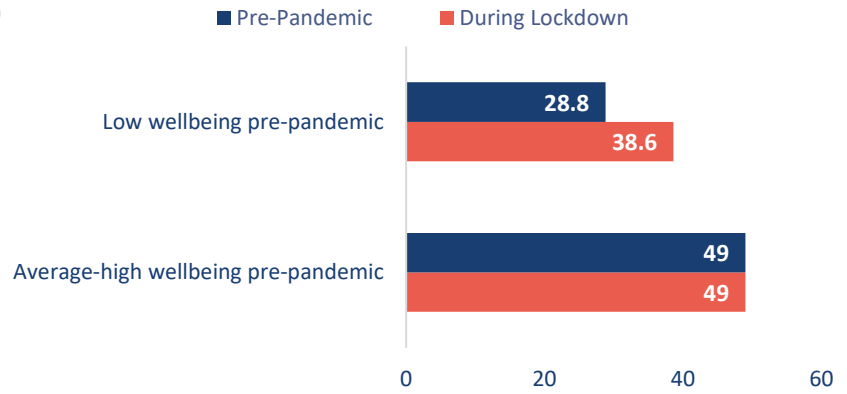


# WELLBEING: Increase in wellbeing, particularly for those previously struggling

## 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.

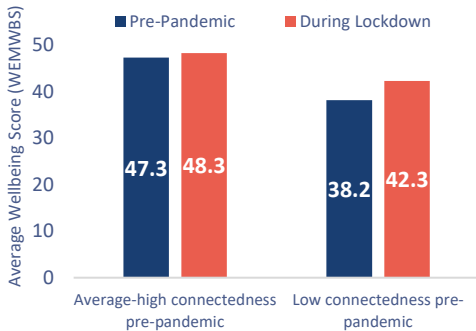
## FAMILY



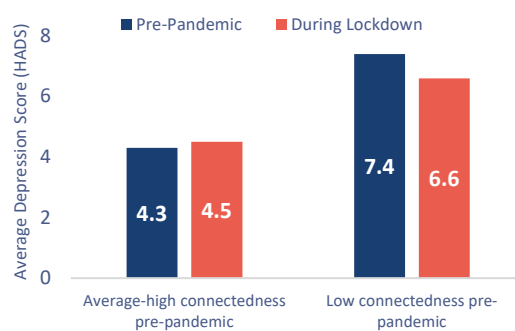
No change in how connected girls or boys feel to their family.

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

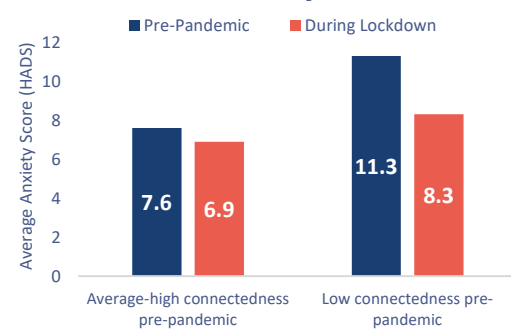
## Wellbeing



## 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

