

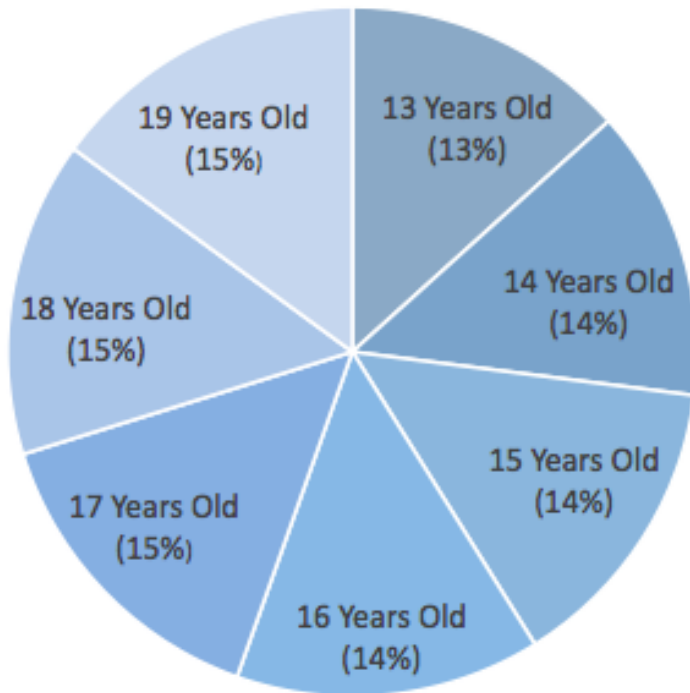
COVID-19 ADOLESCENT STUDY

- The survey went to young people aged **13–19 years old** across Great Britain.
- YouGov administered the survey online between **24th August - 8th September 2020**.
- The survey figures have been weighted and are **representative of all GB teenagers** in this age range.

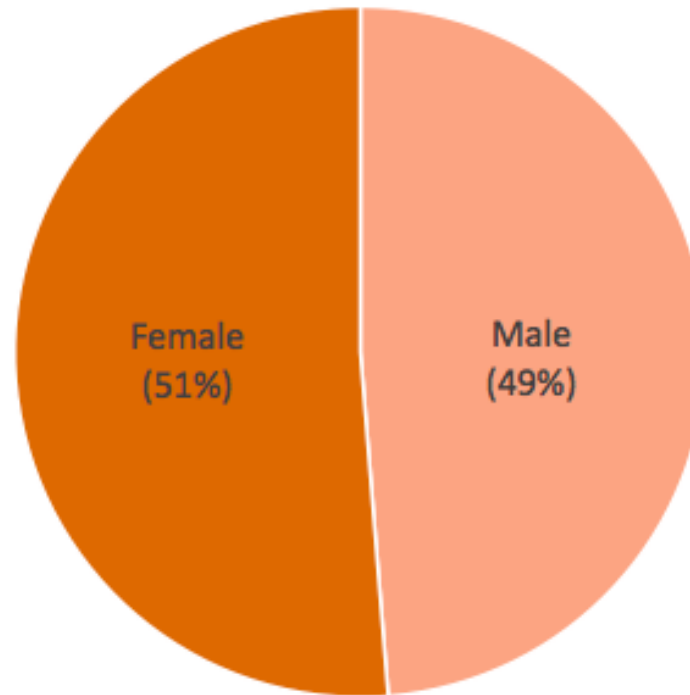
The Breakdown

Number of respondents | **2,375**

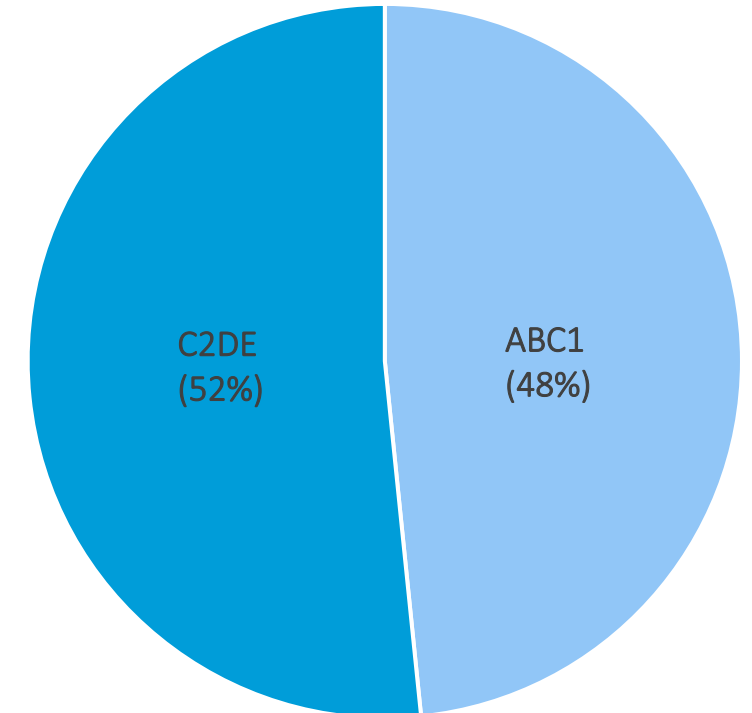
Age of Respondents



Sex of Respondents



Social Grade of Respondents Parents¹



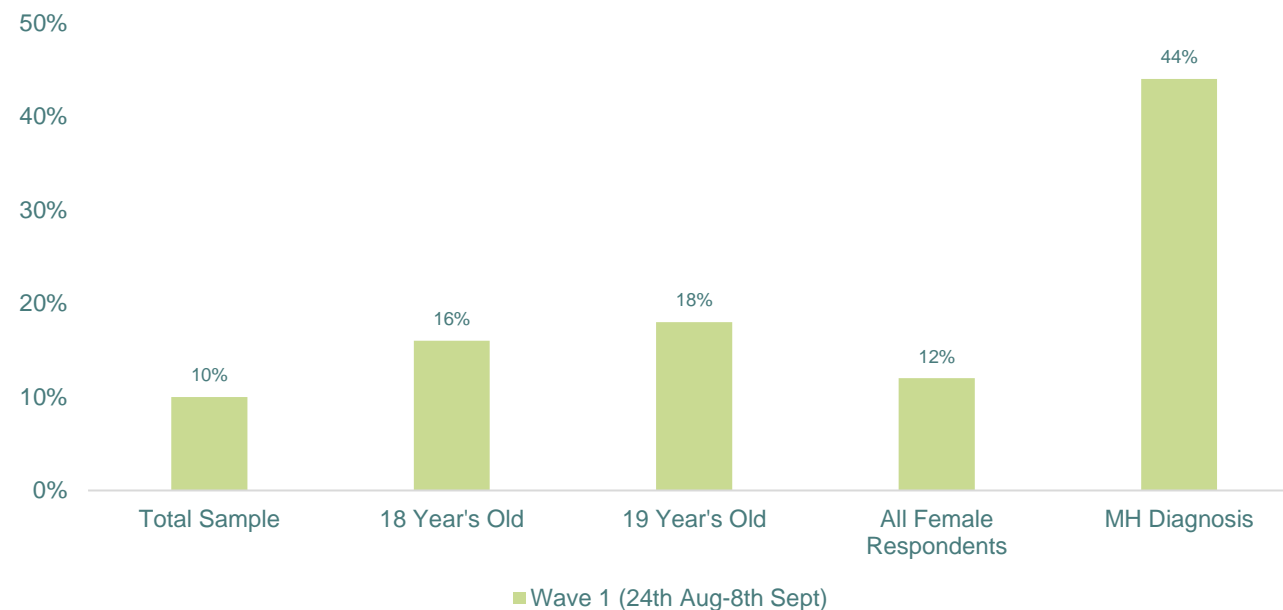
*See slide 11 for an explanation of social grades

¹ Ages 13-17 parents' social grade is used; ages 18-19 respondent's own social grade is used.

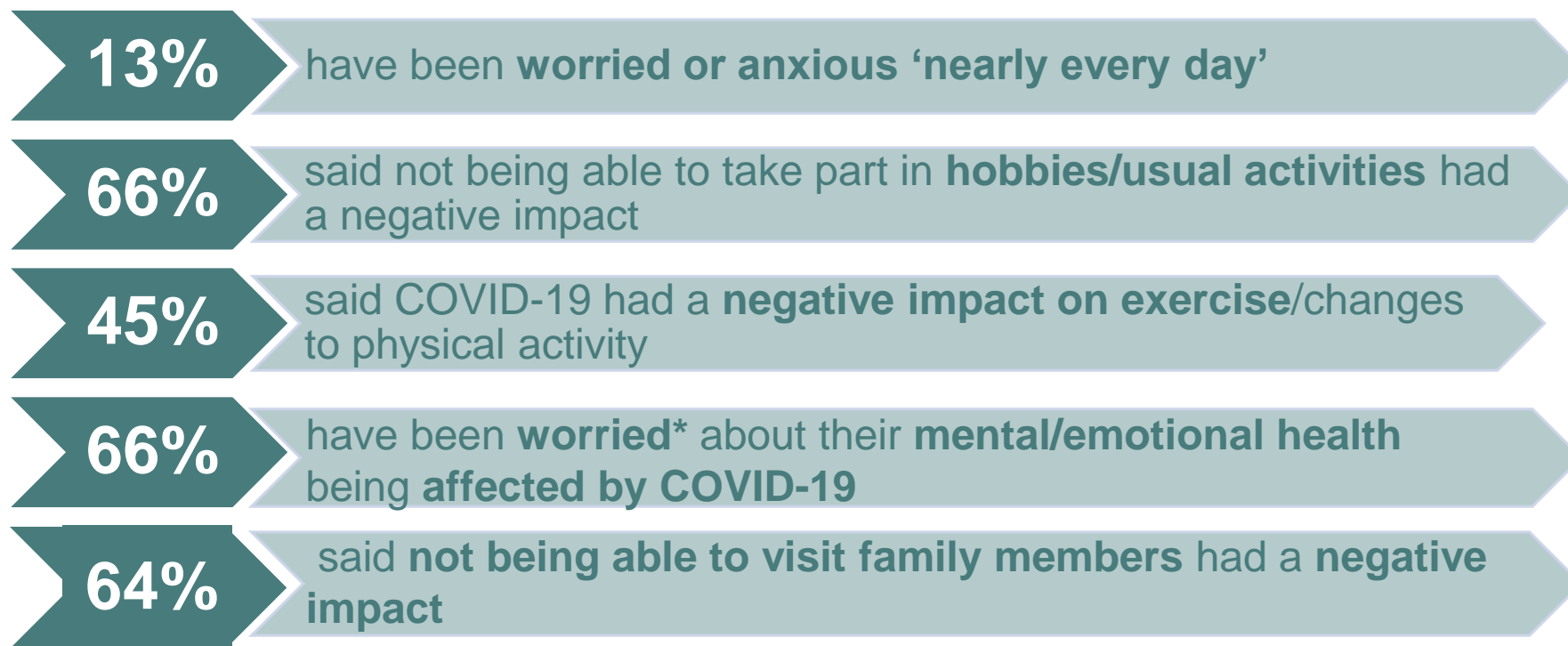
Poor reported mental health in teenagers

- **10%** of teenagers reported **poor mental health**.
- **People aged 18 and 19** reported higher levels of poor mental health.
- **Female respondents** of all ages reported higher levels of poor mental health than male respondents.
- **Respondents who have a mental health diagnosis** reported higher poor mental health.

Percentage of self-reported poor mental health



Teenagers are struggling during the pandemic



*Respondents told us they felt either very, fairly or slightly/a little worried.

YouGov administered the survey online between **24th August - 8th September 2020**

Friends are important

Friendships have suffered as a result of COVID-19.

28% said friendships have worsened

15% said friendships have got better

42% found these changes stressful

Contacting friends was the most popular coping method.

51% selected 'Contacting my friends' as most helpful.

This contrasts with every wave of the 18+ study, in which 'going for a walk' is the most consistent top option.

Not seeing friends was tough.

76% said not seeing friends has had a negative impact.

*However, **69%** felt confident seeking support from friends or their family/household for their mental health.*

School closures have been a mixed experience

Almost **1 in 5 young people** feel happier working at home.

Some people have had a positive experience:

16% of young people said schools closing had a positive impact

64% of young people have easy access to internet

54% have own space to do work

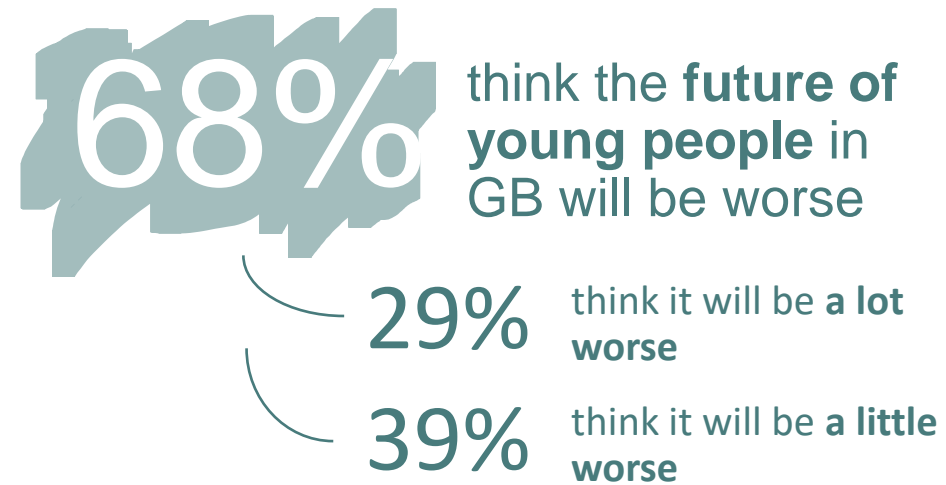
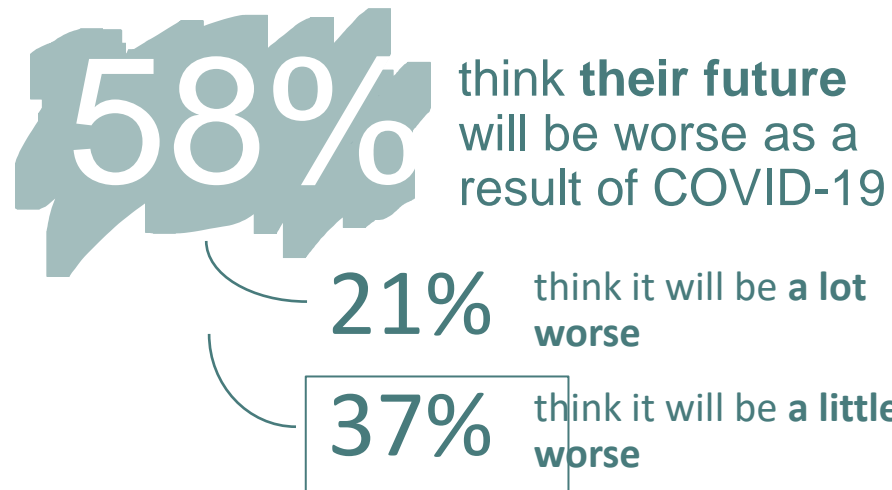
Yet school closures have not been a positive experience for all:

57% said schools closing had a negative impact

35% do not manage to get as much work done at home


6% received free school meals, which may have led to food issues at home

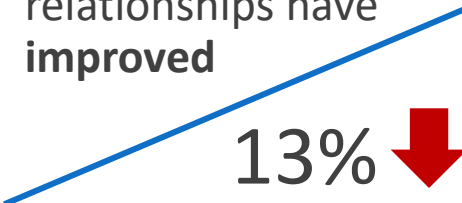

Teenagers think their future is looking bleak





This highlights that these are challenging and unsettling times for young people.


Family/ household relationships

 **32%**
said family/household
relationships have
improved

 **13%** 
said they have **got worse**


 Not many young people or
their family/household
members had been tested
for COVID-19 or had to
isolate/self-isolate because
of symptoms


 **54%**
said **lockdown** had a **positive
impact** on spending more
time with family/household
members



52% said quality of those
relationships remained
the same

23% said quality of those
relationships got a little
better

10% said they got a little
worse

 **64%**
said **not being able to
visit family members** has
had a **negative impact**

 **29%**
had family members who
have been **furloughed**

 **16%**
had family members who
were **less able to earn
money**

Teenagers' coping strategies

The most helpful coping methods for young people comprised of social activities (contacting family or friends), being outside and in nature, and doing an activity they found enjoyable.

51% “Contacting my friends”

48% “Going for a walk outside”

30% “Contacting my family”

29% “Doing a hobby”

26% “Being able to visit green or blue areas”

55% found “**holiday or travel plans being disrupted**” very or slightly difficult.

→ Younger adolescents found this slightly more difficult
(31% of 13-15 YO, compared to 27% of 16-19 YO)

→ Young people whose parents were from social grade ABC1 found this more difficult
(30% found this very difficult, compared to 24% of young people whose parents were from social grade C2DE)

How our results compare

Where our findings overlap

- Hopelessness about the future
- Mixed experiences with school closures
- Mental health struggles
- Importance of peer relationships

What's new about our results

- Cyberbullying results
- Holiday/travel plan question

What's different about this data

- Few significant gender differences
- Time of data collection

About this study

This study (Impact of Covid-19 on teenage mental health in Great Britain) is conducted jointly by the Mental Health Foundation and Swansea University, with funding from MQ.

The survey consists of one wave of GB teenagers, and three subsequent waves are being planned at three-month intervals:

Wave 1: August-September 2020

Wave 2: November-December 2020

Wave 3: February-March 2021

Wave 4: Proposed for May-June 2021

Principal Investigators:

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Explanation of social grades*

Grade	Occupations included in grade	% of UK population
A	Higher managerial, administrative and professional	4%
B	Intermediate managerial, administrative and professional	23%
C1	Supervisory, clerical and junior managerial, administrative and professional	28%
C2	Skilled manual workers	20%
D	Semi-skilled and unskilled manual workers	15%
E	State pensions, casual and lowest grade workers, unemployed with state benefits only	10%

*As defined by the National Readership Survey (2016)
YouGov administered the survey online between 24th August - 8th September 2020