

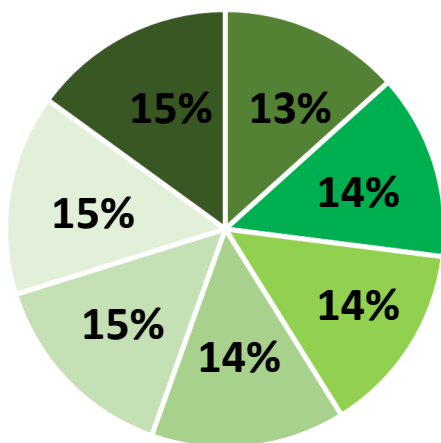
COVID-19 ADOLESCENT STUDY

- The survey went to young people aged **13–19 years old** across Great Britain.
- YouGov administered the survey online between **17th November – 1st December 2020**.
- The survey figures have been weighted and are **representative of all GB teenagers** in this age range.

The Breakdown

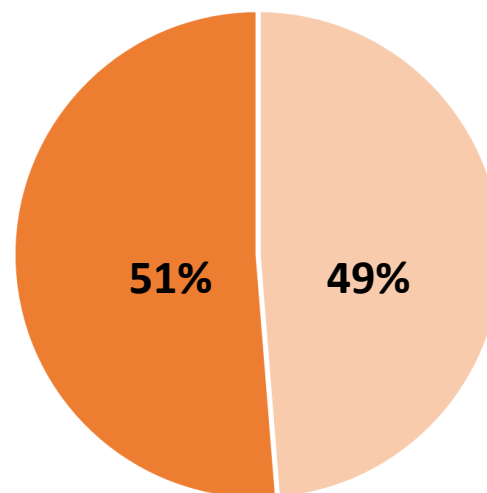
Number of respondents | 2,395

Age of Respondents



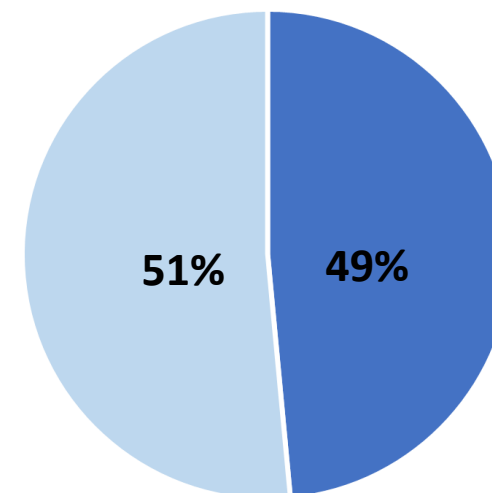
■ 13 Year's Old ■ 14 Year's Old ■ 15 Year's Old ■ 16 Year's Old
■ 17 Year's Old ■ 18 Year's Old ■ 19 Year's Old

Sex of respondents



■ Women ■ Men

Social Grade* of Respondent's Parents¹



■ ABC1 ■ C2DE

*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.

How do you feel about the prospect of not being able to celebrate upcoming winter holidays and festivals (e.g. Hanukkah and Christmas) with family/friends in person?



45% of young people said they **felt sad**

21% of young people said they **felt anxious or worried**



Poor mental health is on the rise

- **More teenagers reported poor mental health** in November-December than August-September.
- Reports of poor mental health **were lower for people aged 13 and 14** (8% reported for both age groups).
- Reports of poor mental health is **higher for people aged 18 and 19**.
- Reports of poor mental health is **higher in female respondents**.
- **Respondents who have a mental health diagnosis** reported higher poor mental health.
- **Feelings of anxiety and depression*** are also experienced more often and at higher levels in teenagers from lower social grades (C2DE).

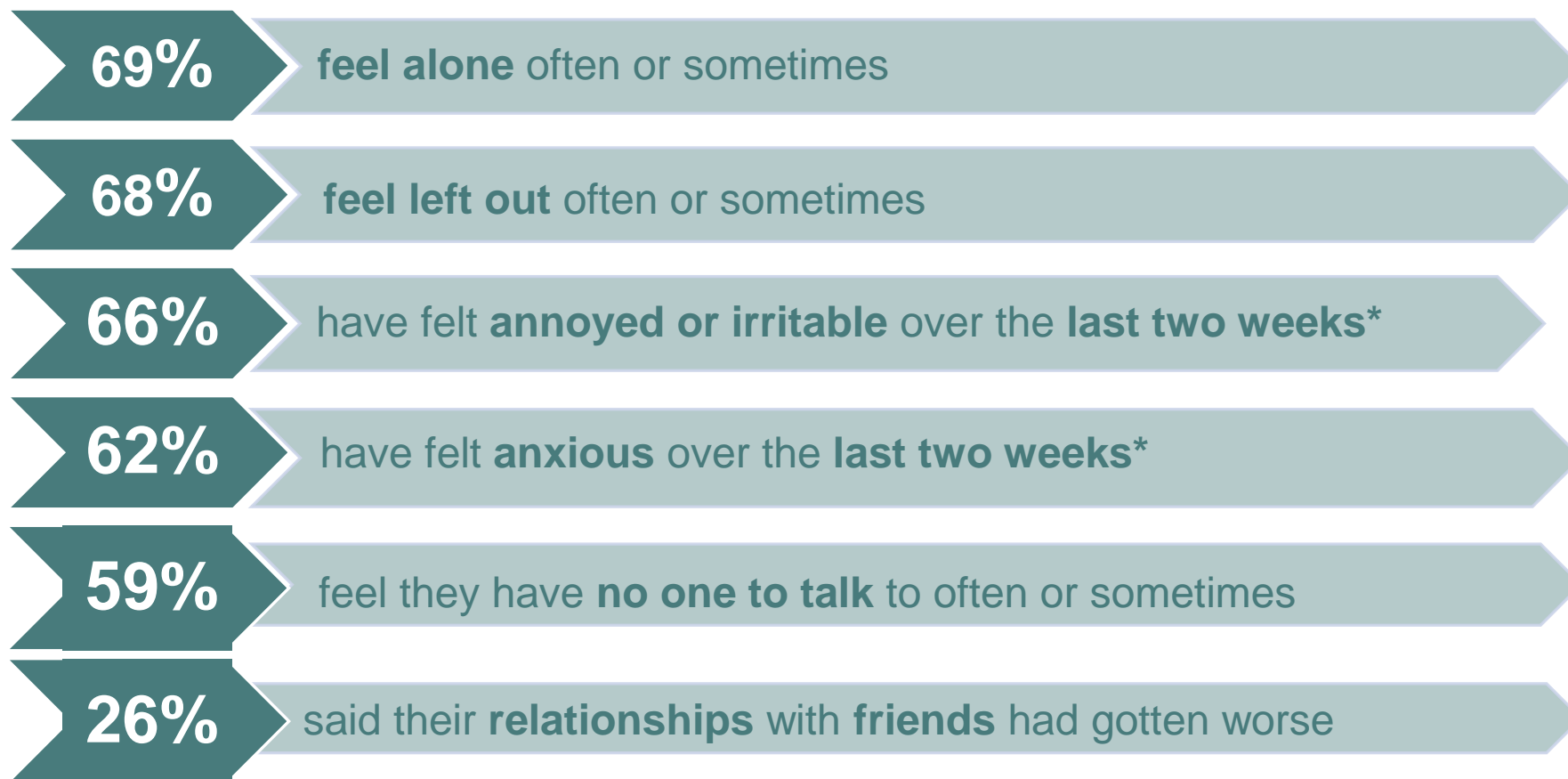
Percentage of self-reported poor mental health



*Respondents told us they experienced these feelings either more than half the days or nearly every day.

YouGov administered the survey online between 17th November – 1st December 2020

Teenagers are struggling during the pandemic



*Respondents told us they felt this way either everyday, over half the days, or several days a week.

YouGov administered the survey online between **17th November – 1st December 2020**

Teenagers' top worries and concerns

About lockdowns...

43% are worried about going into a **national** or **local lockdown** again

More worried about others catching the virus than themselves

57% of teenagers are **worried about their family or friends becoming ill** with Covid-19.

Whereas **35%** are worried about **themselves being ill** with COVID-19.

More worried about mental than physical health

40% of teenagers are **worried about their mental health** during the pandemic.

Whereas **30%** are **worried about their physical health** during the pandemic.

The impacts of COVID-19

Not being able to have social interactions continues to impact young people in how they feel during the pandemic:

76% of young people said **not being able to see friends** had a **negative** impact

69% of young people said **not being able to see family** had a **negative** impact

43% of young people said spending **more time with family** has been **positive**

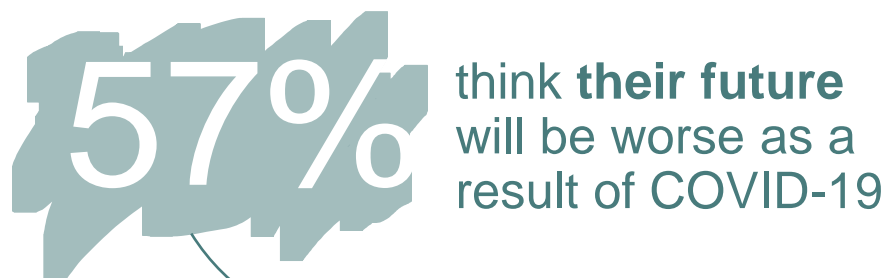
Whereas various other new ways of life or restrictions also impacts how young people feel:

67% said **not being able to do hobbies** had a **negative** impact

53% said **remote teaching** had a **negative** impact

36% said **wearing a mask** had a **negative** impact, whereas **48%** said it had **no impact** on how they feel

Teenagers think their future is looking bleak



64% of **people aged 17** think their future will be worse

with this percentage **being higher** for those aged 17-19

This compares with our over 18 COVID-19 study where people aged 18-24 and 25-34 with 57% and 55% being worried about their own future and 61% and 65% respectively being worried about others future.

Teenagers' coping strategies

46% “Contacting my friends”

38% “Going for a walk outside”

27% “Contacting my family”

25% “Doing a hobby”

20% “Being able to visit green or blue areas”

50% found “**holiday or travel plans being disrupted**” very/slightly difficult

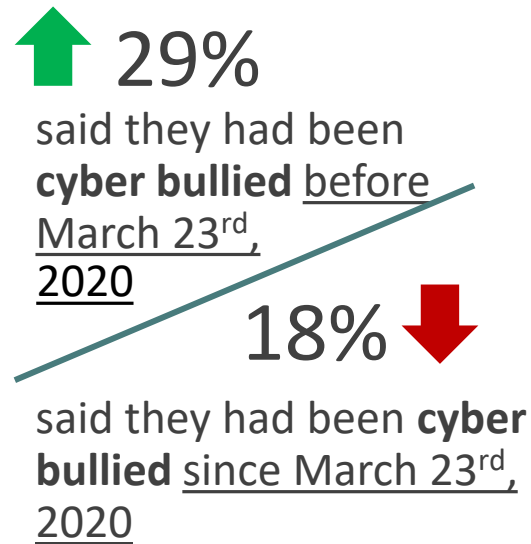
47% found “**school/college/university trips/visits being cancelled**” very/slightly difficult

47% found “**birthday parties being cancelled**” very/slightly difficult

44% found “**family celebrations being cancelled**” very/slightly difficult

Cyber bullying before and after the pandemic

Of the 2,215 young people who responded to the cyber bullying questions:



It is worth noting that the time frames are not directly comparable. The first asks about cyber bullying experiences before March 23rd, 2020, which could be interpreted as any time period before COVID-19 restrictions. Whereas the second time frame asks about cyber bullying experiences since March 23rd, 2020, which is a time frame of nine months.

Cyber bullying experiences were more common in younger teens. For example, **24%** of **people aged 13** had been cyber bullied since March 23rd restrictions compared to **11%** of **people aged 19**.

44% of people who stated they had a mental health or emotional disability said they had been cyber bullied before lockdown. For this population group levels of cyber bullying had decreased to **27%** since lockdown.

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 two waves of GB teenagers, at three-month intervals and a subsequent waves are being planned:

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 17th November – 1st December 2020