

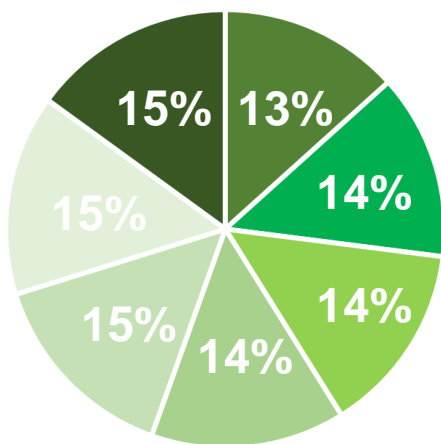
COVID-19 ADOLESCENT STUDY

- The survey went to young people aged **13–19 years old** across Great Britain.
- YouGov administered the survey online between **25th February - 11th March 2021**.
- The survey figures have been weighted and are **representative of all GB teenagers** in this age range.

The Breakdown

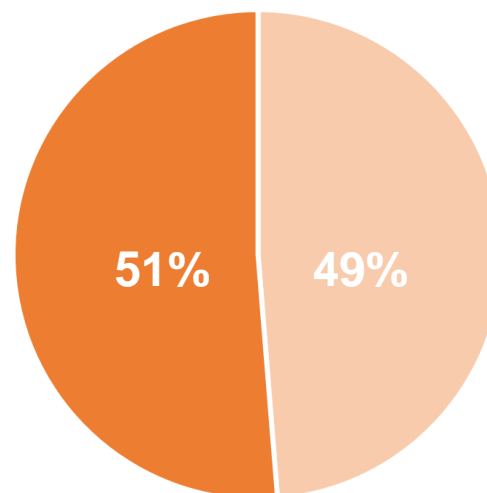
Number of respondents | 2,368

Age of Respondents



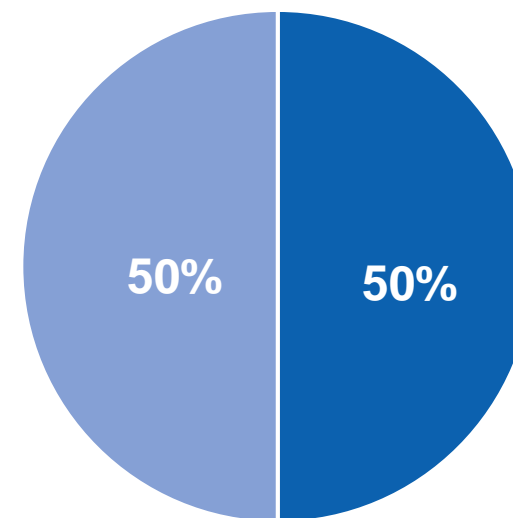
■ 13 Year's Old ■ 14 Year's Old ■ 15 Year's Old ■ 16 Year's Old
■ 17 Year's Old ■ 18 Year's Old ■ 19 Year's Old

Sex of respondents



■ Female ■ Male

Social Grade* of Respondent's Parents¹



■ ABC1 ■ C2DE

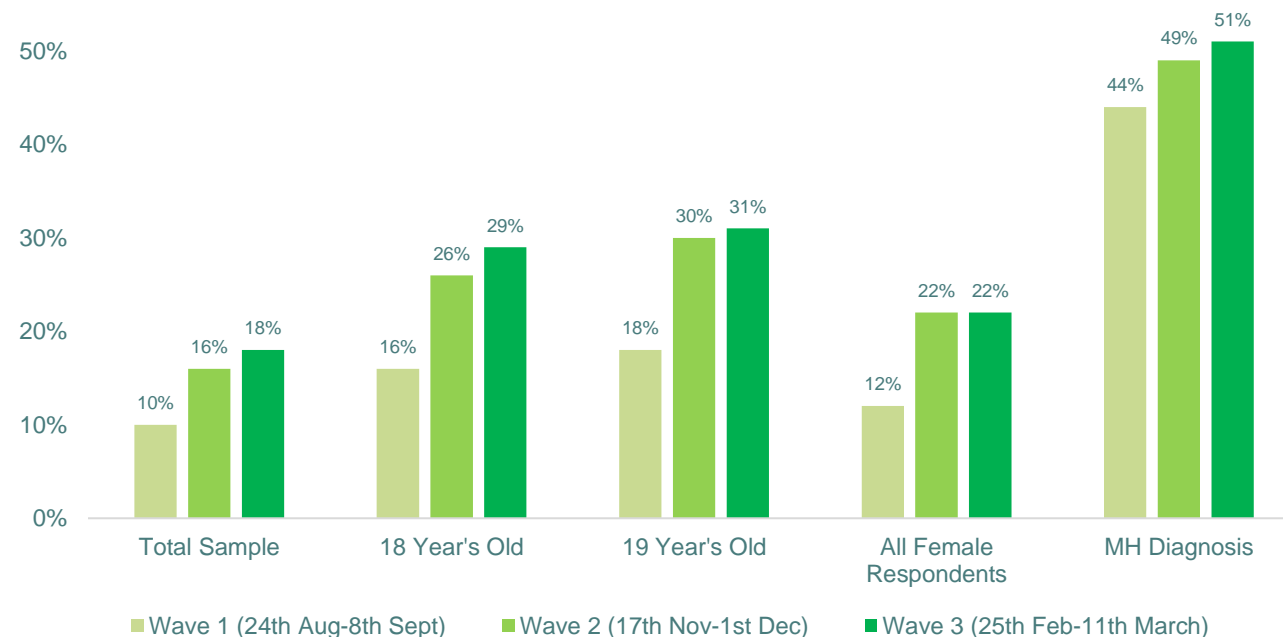
*See slide 14 for an explanation of social grades

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

Poor mental health increasing amongst teenagers

- **More teenagers reported poor mental health** in February-March than November-December and August-September.
- **People aged 18 and 19** reported the highest 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.
- **Feelings of anxiety and depression*** are also **experienced more often** and at higher levels in **teenagers from lower social grades (C2DE)**.

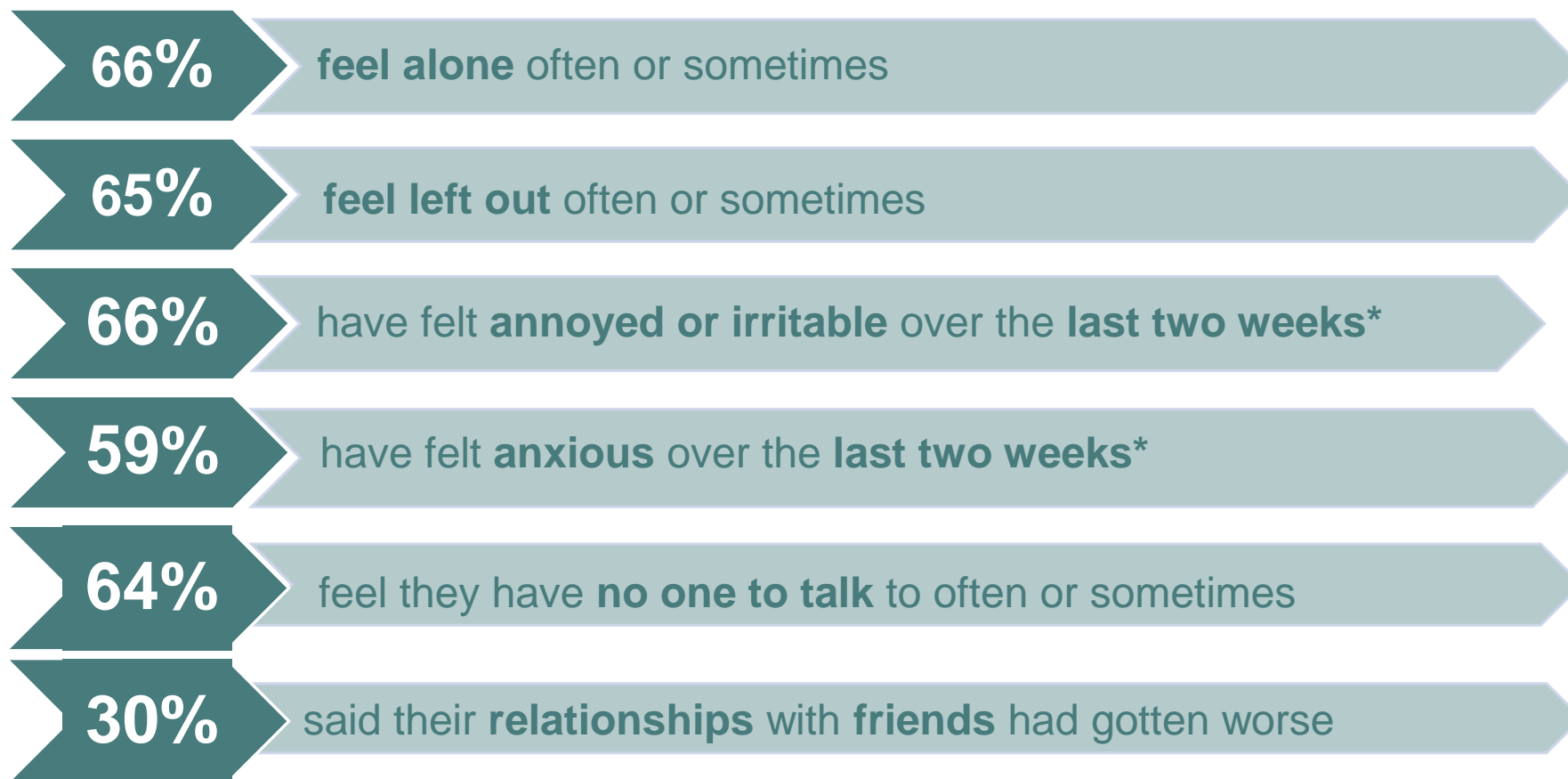
Percentage of self-reported poor mental health



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

YouGov administered the survey online between **25th February - 11th March 2021**

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 **25th February - 11th March 2021**

Teenagers' top worries and concerns

About the impact of lockdown restrictions

Nearly half of teenagers (**45%**) are worried about the **impact of lockdown restrictions**.

More worried about others catching the virus than themselves

56% of teenagers are **worried about their family or friends becoming ill** with Covid-19.

Whereas **34%** are worried about **themselves being ill** with COVID-19.

More worried about mental than physical health

Nearly half of teenagers (47%) are **worried about their mental health** during the pandemic.

Whereas **one in three (33%)** 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:

80% of young people said **not being able to spend time with friends** had a **negative** impact

73% of young people said **not being able to visit family** had a **negative** impact

40% of young people said spending **more time with family** has been **positive**

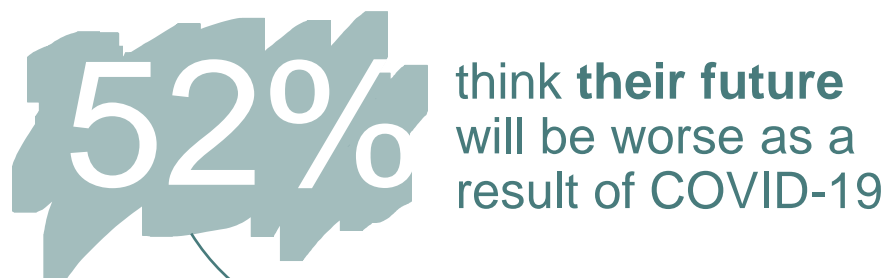
Whereas various other new ways of life or restrictions also impacts how young people feel:

72% said **not being able to do hobbies** had a **negative** impact

54% said COVID-19 had a **negative** impact on their **physical activity and exercise levels**

35% said **wearing a mask** had a **negative** impact, whereas **50%** said it had **no impact** on how they feel

Teenagers think their future is looking bleak



54% of people aged 17-19 think their future will be worse



69% of people aged 17-19 think the future of people their age will be worse

These figures have slightly reduced in each wave. In Wave 1 58% and 68% and in Wave 2 57% and 67% of people aged 13-19 thought their future and the future of young people will be worse as a result of COVID-19 respectively.

Teenagers' coping strategies

48% “Contacting my friends”

47% “Going for a walk outside”

32% “Spending time with my pets”

27% “Contacting my family”

24% “Doing a hobby”

23% “Being able to visit green or blue areas”

The order has been consistent across the three waves, however the recent addition of ‘**spending time with my pets**’ has proved a popular coping strategy.

Teenagers told us the **most helpful strategies** for coping with the stress of COVID-19 are **social activities; walking and being outside in nature; and doing an activity they found enjoyable.**

Cancellations during COVID-19 that teenagers' found difficult

55% found "holiday or travel plans being disrupted" very/slightly difficult

55% found "winter holidays" being cancelled very/slightly difficult

51% found "birthday parties being cancelled" very/slightly difficult

51% found "family celebrations being cancelled" very/slightly difficult

46% found "school/college/university celebrations being cancelled" very/slightly difficult

43% found "school/college/university trips/visits being cancelled" very/slightly difficult

33% found "job/training opportunities" being cancelled very/slightly difficult

Teenagers thoughts on learning from home

59% said having to learn from home had been negative

67% have easy access to Wi-Fi and/or a laptop/computer when learning at home

36% said they do not get as much school/college/university work done at home

21% are happier learning at home

60% have their own space to learn at home

23% feel worried about returning to face-to-face learning

Teenagers are struggling with motivation

57% are not very/not at all motivated to **exercise**

53% are not very/not at all motivated to **complete school/college/university assignments**

42% are not very/not at all motivated to **participate in their usual hobbies**

39% are not very/not at all motivated to **socialise online with friends**

38% are not very/not at all motivated for **personal care**

33% are not very/not at all motivated to **socialise in person with their household/their bubble**

Feelings about restrictions easing

28% are worried about catching up on schoolwork

36% are worried about going into another lockdown

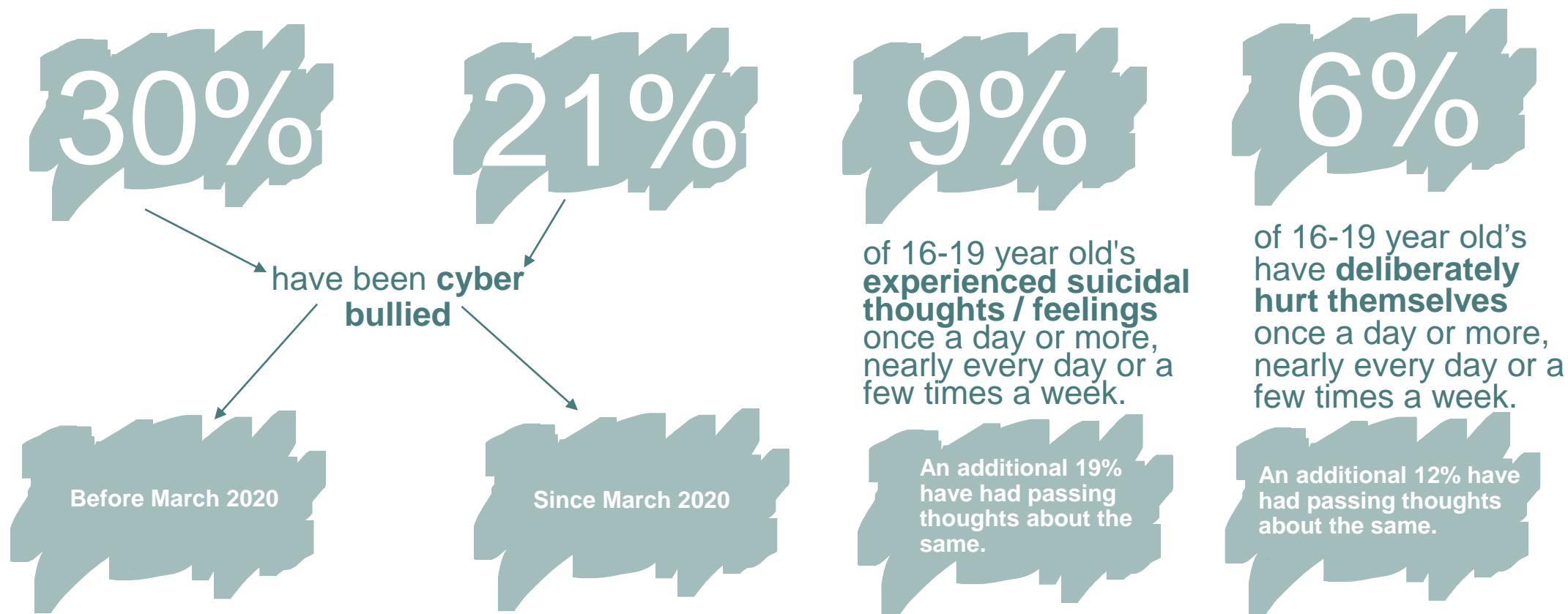
35% are worried about infection rates rising

52% are happy about returning to face-to-face socialising with friends

37% are happy about returning to face-to-face learning

36% would prefer if going back to 'normal' is done gradually

Cyber Bullying, Suicide and Self-Harm



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 three waves of GB teenagers, at three-month intervals and a fourth wave is 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