

Research Pitch

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My Chosen Topic

How has the impact of the Covid 19 pandemic and lockdown affected the mental health and wellbeing of children and young people in the UK aged 6-16?



Overview

- A rationale for my chosen topic why it is being carried out
- How my research will be carried out
- How my methodology will be carried out
- What my research includes and excludes, reasons why
- Impact the research might have

Some information on the topic

- When the COVID-19 pandemic hit this started to have an impact on the high rate of child mental health (Waite et al., 2021).



The rationale for the chosen research topic

- It is an issue which is having a current impact
- There is a lot of research available on the topic
- Relevant to Health and Social care of Children
- Childhood mental health has been an issue for a number of years and has grown over the last several years (NHS, 2021).



▀ How this research will be carried out

- Researching articles on child mental health before and during the pandemic.
- Analysing the findings of the articles to get a clear insight into the issue.
- Make recommendations to help try to tackle the issue
- Newlove-Delago et.al (2021) state that back in 2017 that 10.8% of children aged 6-16 in the UK were suffering from mental health. This increased in 2020.



How the methodology will be carried out?

- Researching the mental health of children and young people before and after the lockdowns and pandemic
- Using University databases and Google Scholar
- Peer reviewed journal articles
- Statistics from charities' websites such as Childline, Action for Children, Young Minds, NSPCC.
- More and more children need access to mental health services (NHS, 2021).



What this research will include

- Articles that have been written in the UK
- Articles that are relevant to the topic
- Research and figures from different child mental health charities

Reasons:

- There are a lot of opinions on the topic that is available from different articles
- The Research will only focus on the facts and figures from the UK
- Mental health charities would have also conducted their own research.
- According to Youngminds (2021) that 1 in 6 children aged between 6-16 were found to be suffering from mental health in July 2020.



What this research will excluded

- Articles that are not UK based
- Articles that are not relevant to the topic
- Newspaper articles

Reasons:

- This research has only so many words so it can only cover the UK
- There are so many topics out there on child mental health, it is important to just stick to the main topic
- The media often go off topic and can sometimes over or under exaggerate on a topic.



➤ Impact of research

- Evaluation of the impact and risks of lockdown
- Improved policies for mental health during a pandemic
- Explore different ways of protecting people without lockdown
- More focus and research on Childhood mental health
- Even though covid restrictions are slowly easing it is still important to keep an eye on a child's mental health (NSPCC, 2021).

