

Assessment 2: Viva Voce
Effects of the Covid-19 lockdown on
children's mental health in the UK

Module: Introduction to Research

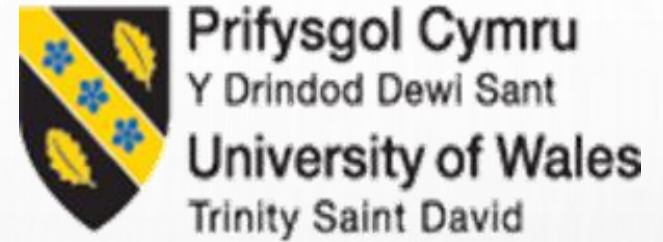
Module Code: BMHP5005_LON

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(Hollingsworth, 2020)

Introduction

(Sam,2020)

Systematic literature review of the "Effects of the Covid-19 lockdown on children and young people's mental health in the UK"

Rationale: The COVID-19 pandemic has had a serious impact on children's mental health by causing unpredictable disruption in our lives (Bunn and Lewis, 2021).

Aim: To explore the effects on the mental health of children and young people during the lockdown in the UK.

Objectives: This study provides a systematic review of primary collated data studies by examining the effects on children and young people's mental health for policies and practices to adhere to the findings of the effects of the Covid-19 pandemic.



(Trueman, 2021)

Methods

Research Methods	Keywords	Online Database	Inclusion Criteria	Exclusion Criteria
Systematic literature review	Children Young People Mental Health Well-being Depression Anxiety Lockdown OR Coronavirus OR Covid-19 United Kingdom OR UK	PubMed UWTSD library ProQuest Google Scholar	Date of publication: 2019-2022 Language: English Type of source: Academic journal articles based on primary research, peer reviewed. Location: United Kingdom Study related to children, young people or adolescents	Research conducted outside the UK Articles published in other languages

Literature Review

	Author, title, and year of publication	Aim of study	Methods and sample size with characteristics	Summary of main findings
1.	Polly Waite, Samantha Pearcey, Adrienne Shum, Jasmine A. L. Raw, Praveetha Patalay, Cathy Creswell "How did the mental health symptoms of children and adolescents change over early lockdown during the COVID-19 pandemic in the UK?" 28th April 2021	To find out how children and young adults' mental health developed throughout a full month of the Covid-19 lockdown in the UK.	Primary research on 2673 participants of school age 4-16 years in the UK filled out an online survey regarding their child's mental health at two intervals between March 2020-May 2020.	This helped establish who and how they were affected to be able to ensure appropriate support could be provided.
2.	Giacomo Bignardi, Edwin S Dalmaijer, Alexander L Anwyl-Irvine, Tess A Smith, Roma Siugzdaite, Stepheni Uh, Duncan E Astle "Longitudinal increases in childhood depression symptoms during the COVID-19 lockdown." July 19, 2021	To assess the impact on children's mental health to help improve public health policies and practices to support children after the Covid-19 pandemic.	Before lockdown started mental health assessments were taken from April 2020 and continued until June 2020 on 168 children 7.6 years old to 11.6 years old	The Revised Child Anxiety and Depression Scale (RCADS) measured an increase of children becoming depressed.

Literature Review

Author, title, and year of publication

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Summary of main findings

3. Emma Soneson, Stephen Puntis, Nikki Chapman, Karen L. Mansfield, Peter B. Jones, and Mina Fazel **"Happier during lockdown: a descriptive analysis of self-reported wellbeing in 17,000 UK school students during Covid-19 lockdown."** February 17th, 2022

To show the positive effects on children's mental health and wellbeing during the Covid-19 lockdown.

22,336 students completed the survey ranging from primary school until college age. 16,940 participants answered the question about mental wellbeing changes for the final sample during the first lockdown.

One third of an improvement in the students' well-being. during the Covid-19 lockdown along with one third recorded as showing they felt no changes, and the final one third, responded a deterioration of their mental health.

Results

Lockdown has shown a significant negative impact on children's mental health and well-being in the UK due to lack of face-to-face teaching support, social interaction and no outdoor leisure activities.

There was a substantial rise in children's symptoms of becoming depressed, at a medium to large rate. There was little changes in children's anxiety scales or emotional problems (Bignardi et al., 2020).



(Partha, 2021)

Findings showed the first lockdown resulted in a proportion of students feeling happier due to lockdown, this could be as at first during the first lockdown children felt like it was a holiday.

Discussion

The quantitative primary data articles that have been analysed show there has been a significant negative impact on children's and young people's mental health due to the Covid-19 lockdown and from this research public health policies and practices can be improved to support children and young people in health and social care and school settings.

Evidence shows children and young people from a socioeconomic disadvantage were at a higher risk of poor mental health during the lockdown (Bunn and Lewis, 2021).

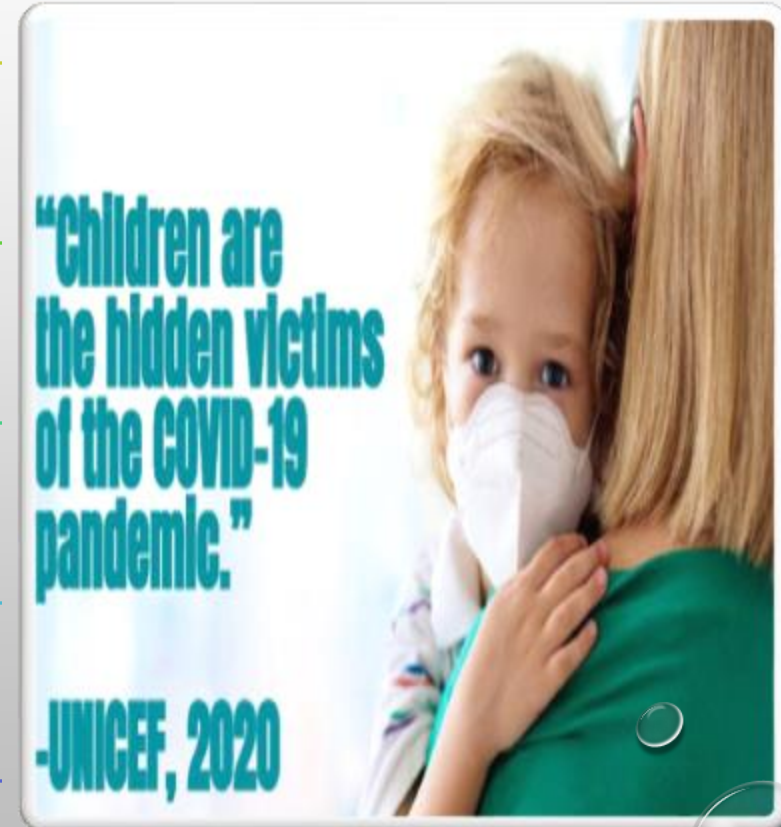
The research was conducted on a wide age-range of children and young people.

The studies were not clear as to why the children's and young people's mental health patterns changed.

The articles were all based on research from the time period of early lockdown, later lockdowns research was not available as yet.

Limitations: The sample size in the studies were variable, but one of the studies were quite small in comparison to the other two.

The studies sample size data collection were limited to one place E.g. One school.



(McLeod et al., 2020)

Conclusion

Mental health has declined significantly in comparison to before lockdown, due to school closures, park closures, travel restrictions, staying at home and not visiting family and friends, also, including leisure centres and martial arts schools being shut down.

By conducting a systematic review of primary collated data studies on an examination of changes in children's mental health, it has proved to be a relevant research topic for recognising children and young people's mental health decline.

Recommendations: Policies and practices should be introduced to eradicate the negative effects of the Covid-19 pandemic and be able to support the children as a high priority as they are the worlds future generation.

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