C-SPACE study

COVID-19: Supporting Parents, Adolescents and Children during Epidemics

# Supplementary report 1: Child activity

## Date: 18th June 2020

**Report Authors: Adrienne Shum, Samantha Pearcey, Polly Waite, Cathy Creswell**

# The Co-SPACE Study

## Background

COVID-19 has caused major disruptions to families' lives, through social distancing, school closures and lock-down. This is also a rapidly changing situation where different pressures will arise for children, young people and their families over time. While research has provided valuable information about how parents can support their children's mental health in general, we know little about what is most effective in the current, changing context.

The Co-SPACE project is tracking the mental health of school-aged children and young people aged 4-16 years throughout the COVID-19 crisis. An online survey is sent out and completed on a monthly basis by parents/carers and young people (if aged 11-16 years) throughout the pandemic. The study has full ethical and data protection approval (ethical approval ref: R69060) and is fully GDPR compliant.

The findings will help identify what protects children and young people from deteriorating mental health over time, and at particular stress points. Findings will be shared directly with health and education services to inform the development and provision of effective support for children and families.

## Recruitment & Sample

The study sample has been recruited through a variety of means, including social media, distribution through partner organisations, networks and charities, the media and targeted online advertising. The self-selecting nature of recruitment means that *this will not be a nationally representative sample*. See Appendix A for a description of the participant characteristics.

For the long-term, we are aiming to have good representation across a wide range of socio-demographic and health factors (e.g., income, ethnicity, pre-existing mental/physical health difficulties) to investigate the experiences for different groups that may be particularly vulnerable during and after the pandemic.

**We are keen to recruit as many families as possible to the study. Parents/carers can sign up and take part at any point: https://cospaceoxford.com/survey**

## Further information

For further information or to request specific analyses, please contact the research team at **co-space@psy.ox.ac.uk**

# *Focus of this supplementary report*

**This supplementary report was produced at the request of the Department for Education. This report provides cross-sectional data from the approximately 6744 parents/carers who have taken part, and completed the survey[1] between 30/03/2020 and 17/06/2020.**

**In this supplementary report, we focus on:**

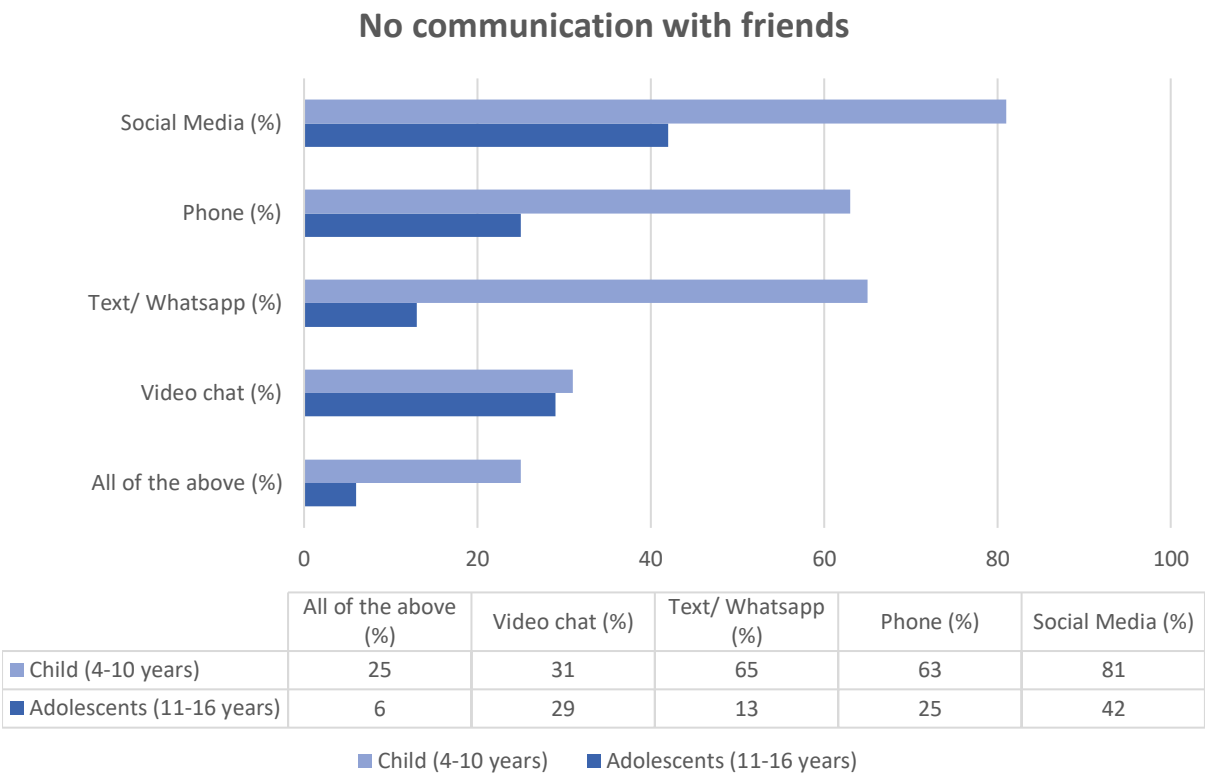
1. **The percentage of children and young people who have not been communicating with their friends and family outside the household**
2. **The percentage of children and young people who have not spent time on physical activities and being outside**

[1] **'Completion' of the survey is based on participants having completed items up to and including the pre-defined main outcome measure (the Strengths and Difficulties Questionnaire – parent reporting on child).**

# Findings

## (a) No communication with friends

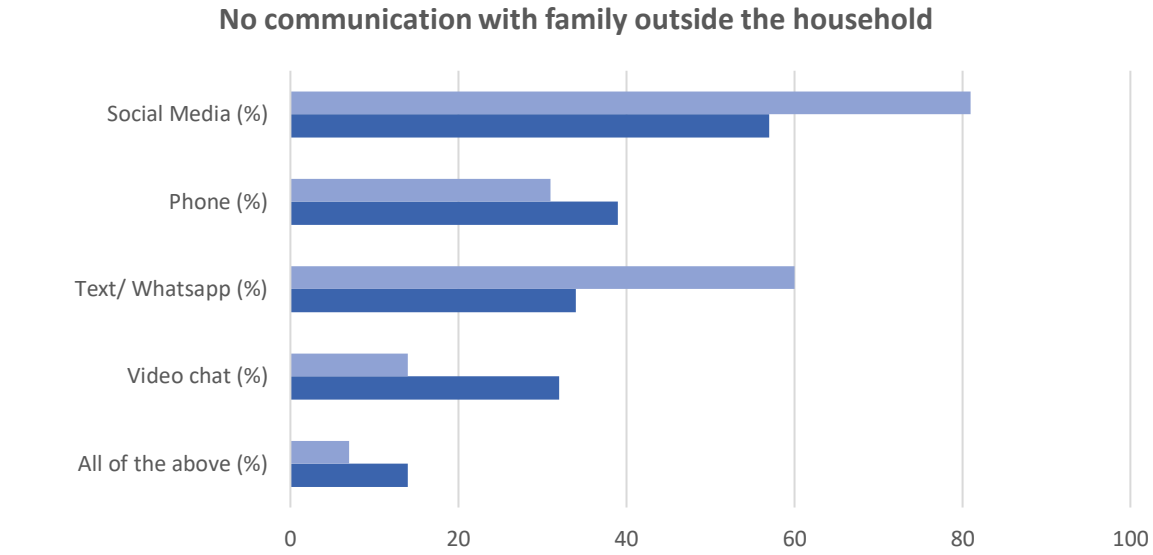
*Figure 1. Percentage of children and adolescents who have **not** spent any time last week communicating with friends through the following means*




| | All of the above (%) | Video chat (%) | Text/ Whatsapp (%) | Phone (%) | Social Media (%) |
|---|---|---|---|---|---|
| Child (4-10 years) | 25 | 31 | 65 | 63 | 81 |
| Adolescents (11-16 years) | 6 | 29 | 13 | 25 | 42 |

## *(b) No contact with family living outside the household*

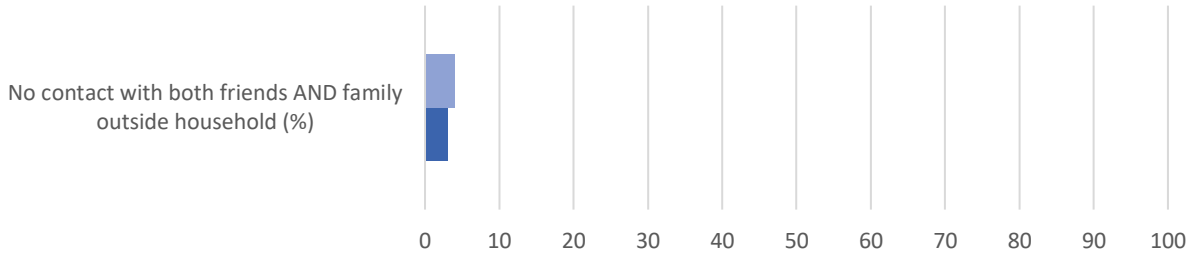
*Figure 2. Percentage of children and adolescents who have **not** spent any time last week communicating with family outside the household through the following means*




| | All of the above (%) | Video chat (%) | Text/ Whatsapp (%) | Phone (%) | Social Media (%) |
|---|---|---|---|---|---|
| Child (4-10 years) | 7 | 14 | 60 | 31 | 81 |
| Adolescents (11-16 years) | 14 | 32 | 34 | 39 | 57 |

## (c) No contact with both friends and family outside of household

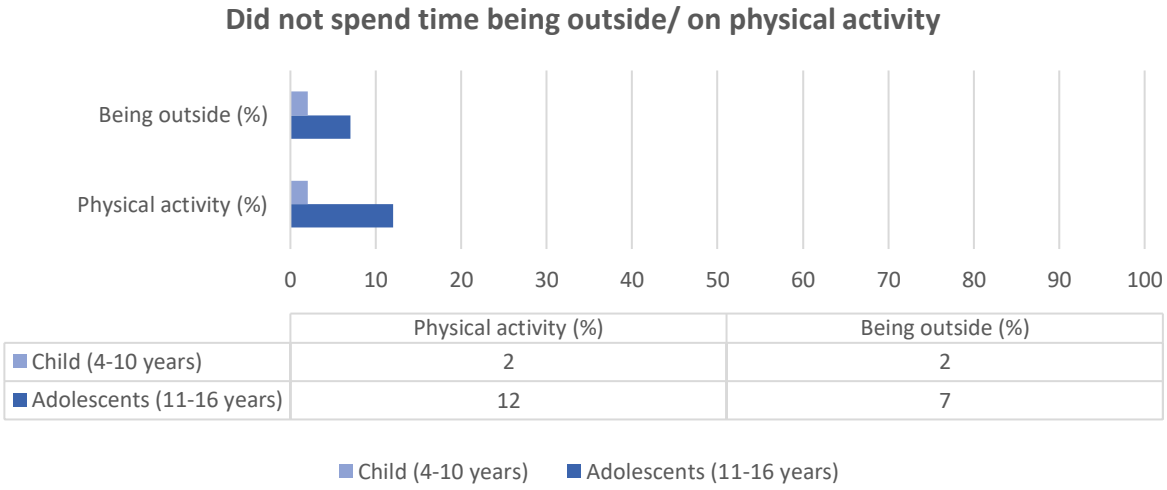
*Figure 3. Percentage of children and adolescents who have **not** spent any time last week communicating with friends and family outside the household through the following means*




| | No contact with both friends AND family outside household (%) |
|---|---|
| Child (4-10 years) | 4 |
| Adolescents (11-16 years) | 3 |

## (d) Did not spend time on physical activities/being outside

*Figure 4. Percentage of children and adolescents who have **not** spent any time last week on physical activities and being outside*




| | Physical activity (%) | Being outside (%) |
|---|---|---|
| Child (4-10 years) | 2 | 2 |
| Adolescents (11-16 years) | 12 | 7 |

# *Appendix A*
# *Participants' demographics*

| | | Co-SPACE Baseline | | National Figures (%)* |
|---|---|---|---|---|
| | | n | % | |
| **Parent Gender** | **Female** | 6235 | 92.5 | 51 |
| | **Male** | 474 | 7.0 | 49 |
| | **Other/Prefer not to say** | 35 | 0.5 | - |
| **Employment status** | **Not working** | 2117 | 32.9 | 3.8 |
| | **Working full time** | 1665 | 25.9 | 50.7 |
| | **Working part time** | 2658 | 41.3 | 16.9 |
| **Household income** | **< £30,000** | 1351 | 20.0 | 58 |
| | **> £30,000** | 4903 | 72.7 | 42 |
| | **Prefer not to say** | 490 | 7.3 | - |
| **Child Gender** | **Female** | 3246 | 48.1 | 52 |
| | **Male** | 3451 | 51.2 | 48 |
| | **Prefer not to say** | 47 | 0.7 | - |
| **Child age group** | **Child (4-10)** | 4255 | 63.1 | 55 |
| | **Adolescent (11-16)** | 2489 | 36.9 | 45 |
| **Relationship to child** | **Parent** | 6584 | 97.6 | - |
| | **Grandparent** | 53 | 0.8 | - |
| | **Step-parent** | 46 | 0.7 | - |

*This data was extracted from the following sources on 12/05/2020:
https://www.ons.gov.uk/peoplepopulationandcommunity/populationandmigration/populationprojections/datasets/z1zippedpopulationprojectionsdatafilesuk
https://www.ons.gov.uk/employmentandlabourmarket/peopleinwork/employmentandemployeetypes/bulletins/employmentintheuk/september2019#:~:text=Main%20points%20for%20May%20to%20July%202019,and%20unchanged%20on%20the%20quarter
https://www.ons.gov.uk/peoplepopulationandcommunity/personalandhouseholdfinances/incomeandwealth/bulletins/householddisposableincomeandinequality/yearending2018
https://www.gov.uk/government/collections/statistics-special-educational-needs-sen
https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/814244/SEN_2019_Text.docx.pdf
https://www.ethnicity-facts-figures.service.gov.uk/uk-population-by-ethnicity/demographics/age-groups/latest#data-sources