

Supplementary Report 07: Regular communication with friends outside the household during full lockdown and in the following months when restrictions were eased.

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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.

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.

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.*

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 report

Participants

To date, over 11,500 parents/carers and 1,300 adolescents have completed the Co-SPACE survey at least once. Over 3,000 parents/carers have taken part in the first monthly follow up survey so far and we continue to collect data from new participants and on a monthly basis.

Across the samples within each of the time points reported here, participants were mostly white British, working mothers (either full time, part time, or self-employed), from households with an average yearly income of more than £16,000. Approximately 16-19% of the parents/carers within each timepoint sample reported their child to have a special educational need (SEN). However, parents/carers in the lockdown sample were more likely to be reporting on children with a pre-existing mental health condition (15.4%) than those in the post lockdown month samples (0.6-2.7%). Further information about participants' characteristics at baseline and follow up can be found at the end of the report.

Data analysed

This report provides data from 6,523 parents/carers who completed¹ the baseline questionnaire between 30/03/2020 and 01/06/2020 (i.e. the lockdown period); and 2,886 parents/carers who completed the baseline or a follow-up survey in June (02/06/2020 to 30/06/2020); 2,653 parents/carers who completed the baseline or a follow-up survey in July (01/07/2020 to 30/07/2020); and 1,599 parents/carers who completed the baseline or a follow-up survey in August (01/08/2020 to 30/08/2020). In each month from June onwards, participant's first survey entry within that time point was taken which may have been either from the baseline, or any subsequent follow up survey.

In this report, we present data from survey questions about frequency of contact with friends outside of the home through a variety of means. Parents/carers were asked "Over the last week how much per day did your child do the following with their friends (on average)?" Parents/carers responded on a 6-point scale from "Not at all" to "constantly", which was converted to a dichotomous variable of "little to no contact" (from responses of "not at all" or "less than once a day") and "regular contact" (from any of the four responses between "once a day" to "constantly"). Contact through means including phone, video chat, WhatsApp/text messaging and social media were assessed. Gaming was added a means of communication on 24/04/2020 in response to participant feedback and face-to-face contact was added on 01/06/2020 when lockdown restrictions eased. As such, these means of contact are not included in the data for the lockdown period. Data is

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

also presented for parent/carer reports of their child having little to no contact through any of these means during the time points assessed, as opposed to regular contact through at least one means.

This report presents:

1. Data for how much of the sample used each means of contact for making regular contact with friends, and how much used each means for making little to no contact with friends, split by:
 - a. Age group
 - b. Age group and gender
 - c. Age group and household income
 - d. Age group and presence of a special educational need (SEN)
2. Data for how much of the sample used 'little to no contact through any means' vs 'regular contact through at least one means', split by each of the above groups

Findings

1. Data for each means of contact a. Data by age group

Table 1. Amount of contact with friends outside of the house by age as reported by parents/carers

		LOCKDOWN						JUNE					
		Little or no contact		Regular contact		No response		Little or no contact		Regular contact		No response	
		N	%	N	%	N	%	N	%	N	%	N	%
PRIMARY	Total N	4115						1927					
	Gaming	-	-	-	-	-	-	1442	75%	396	21%	89	5%
	Social media	3652	89%	280	7%	183	4%	1752	91%	87	5%	88	5%
	Phone	3534	86%	401	10%	180	4%	1699	88%	143	7%	85	4%
	Text	3323	81%	612	15%	180	4%	1613	84%	228	12%	86	5%
	Video	3066	75%	871	21%	178	4%	1571	82%	271	14%	85	4%
	In person	-	-	-	-	-	-	1549	80%	290	15%	88	5%
SECONDARY	Total N	2408						959					
	Gaming	-	-	-	-	-	-	416	43%	508	53%	35	4%
	Social media	899	37%	1412	59%	97	4%	443	46%	481	50%	35	4%
	Phone	1493	62%	818	34%	97	4%	667	70%	258	27%	34	4%
	Text	554	23%	1755	73%	99	4%	249	26%	676	71%	34	4%
	Video	1167	48%	1142	47%	99	4%	551	58%	374	34%	34	4%
	In person	-	-	-	-	-	-	853	89%	71	7%	35	4%

		JULY						AUGUST					
		<i>Little or no contact</i>		<i>Regular contact</i>		<i>No response</i>		<i>Little or no contact</i>		<i>Regular contact</i>		<i>No response</i>	
		<i>N</i>	<i>%</i>	<i>N</i>	<i>%</i>	<i>N</i>	<i>%</i>	<i>N</i>	<i>%</i>	<i>N</i>	<i>%</i>	<i>N</i>	<i>%</i>
PRIMARY	Total N	1745						995					
	Gaming	1341	77%	339	19%	65	4%	794	80%	182	18%	19	2%
	Social media	1612	92%	69	4%	64	4%	948	95%	28	3%	19	2%
	Phone	1572	90%	110	6%	63	4%	930	94%	46	5%	19	2%
	Text	1514	87%	166	10%	65	4%	892	90%	84	8%	19	2%
	Video	1487	85%	194	11%	64	4%	899	90%	75	8%	21	2%
	In person	1174	67%	508	29%	63	4%	811	82%	165	17%	19	2%
SECONDARY	Total N	904						601					
	Gaming	406	45%	474	52%	24	3%	270	45%	320	53%	11	2%
	Social media	409	45%	470	52%	25	3%	271	45%	318	53%	12	2%
	Phone	623	69%	256	28%	25	3%	412	69%	179	30%	10	2%
	Text	219	24%	658	73%	27	3%	152	25%	438	73%	11	2%
	Video	534	59%	344	38%	26	3%	384	64%	207	34%	10	2%
	In person	742	82%	138	15%	24	3%	494	82%	97	16%	10	2%

b. Data by age group and gender

Table 2. Amount of contact with friends outside of the house by age and gender as reported by parents/carers

			LOCKDOWN						JUNE					
			Little or no contact		Regular contact		No response		Little or no contact		Regular contact		No response	
			N	%	N	%	N	%	N	%	N	%	N	%
PRIMARY	Female	Total N	2026						930					
		Gaming	-	-	-	-	-	-	720	77%	160	17%	50	5%
		Social media	1792	88%	154	8%	80	4%	830	89%	52	6%	48	5%
		Phone	1707	84%	239	12%	80	4%	800	86%	83	9%	47	5%
		Text	1561	77%	388	19%	77	4%	736	79%	145	16%	49	5%
		Video	1439	71%	508	25%	79	4%	728	78%	155	17%	47	5%
		In person	-	-	-	-	-	-	734	79%	147	16%	49	5%
	Male	Total N	2073						992					
		Gaming	-	-	-	-	-	-	719	73%	234	24%	39	4%
		Social media	1847	89%	125	6%	101	5%	917	92%	35	4%	40	4%
		Phone	1815	88%	160	8%	98	5%	894	90%	60	6%	38	4%
		Text	1752	85%	220	11%	101	5%	874	88%	81	8%	37	4%
		Video	1616	78%	360	17%	97	5%	839	85%	115	12%	38	4%
		In person	-	-	-	-	-	-	810	82%	143	14%	39	4%
	Prefer not to say	Total N	16						5					
		Gaming	-	-	-	-	-	-	3	60%	2	40%	0	0%
		Social media	13	81%	1	6%	2	13%	5	100%	0	0%	0	0%
		Phone	12	75%	2	13%	2	13%	5	100%	0	0%	0	0%
		Text	10	63%	4	25%	2	13%	3	60%	2	40%	0	0%
		Video	11	69%	3	19%	2	13%	4	80%	1	20%	0	0%
		In person	-	-	-	-	-	-	5	100%	0	0%	0	0%

			LOCKDOWN						JUNE					
			Little or no contact		Regular contact		No response		Little or no contact		Regular contact		No response	
			N	%	N	%	N	%	N	%	N	%	N	%
SECONDARY	Female	Total N	1109						451					
		Gaming	-	-	-	-	-	-	264	59%	167	37%	20	4%
		Social media	332	30%	731	66%	46	4%	176	39%	257	57%	18	4%
		Phone	616	56%	446	40%	47	4%	292	65%	140	31%	19	4%
		Text	172	16%	889	80%	48	4%	90	20%	343	76%	18	4%
		Video	429	39%	632	57%	48	4%	220	49%	213	47%	18	4%
		In person	-	-	-	-	-	-	399	89%	34	8%	18	4%
		Total N	1268						494					
	Male	Gaming	-	-	-	-	-	-	145	29%	335	68%	14	3%
		Social media	554	44%	666	53%	48	4%	264	53%	214	43%	16	3%
		Phone	855	67%	367	29%	46	4%	362	73%	118	24%	14	3%
		Text	374	29%	847	67%	47	4%	158	32%	321	65%	15	3%
		Video	718	57%	503	40%	47	4%	321	65%	158	32%	15	3%
		In person	-	-	-	-	-	-	441	89%	37	8%	16	3%
		Total N	31						14					
	Prefer not to say	Gaming	-	-	-	-	-	-	7	50%	6	43%	1	7%
		Social media	13	42%	15	48%	3	10%	3	21%	10	71%	1	7%
		Phone	22	71%	5	16%	4	13%	13	93%	0	0%	1	7%
		Text	8	26%	19	61%	4	13%	1	7%	12	86%	1	7%
		Video	20	65%	7	23%	4	13%	10	71%	3	21%	1	7%
		In person	-	-	-	-	-	-	13	93%	0	0%	1	7%

			JULY						AUGUST					
			<i>Little or no contact</i>		<i>Regular contact</i>		<i>No response</i>		<i>Little or no contact</i>		<i>Regular contact</i>		<i>No response</i>	
			<i>N</i>	<i>%</i>	<i>N</i>	<i>%</i>	<i>N</i>	<i>%</i>	<i>N</i>	<i>%</i>	<i>N</i>	<i>%</i>	<i>N</i>	<i>%</i>
PRIMARY	<i>Female</i>	Total N	851						503					
		Gaming	680	80%	144	17%	27	3%	411	82%	85	17%	7	1%
		Social media	782	92%	44	5%	25	3%	477	95%	18	4%	8	2%
		Phone	751	88%	75	9%	25	3%	469	93%	27	5%	7	1%
		Text	710	83%	115	14%	26	3%	437	87%	59	12%	7	1%
		Video	704	83%	121	14%	26	3%	451	90%	44	9%	8	2%
		In person	573	67%	253	30%	25	3%	406	81%	90	18%	7	1%
	<i>Male</i>	Total N	889						489					
		Gaming	657	74%	194	22%	38	4%	380	78%	97	20%	12	3%
		Social media	825	93%	25	3%	39	4%	468	96%	10	2%	11	2%
		Phone	816	92%	35	4%	38	4%	458	94%	19	4%	12	3%
		Text	799	90%	51	6%	39	4%	454	93%	23	5%	12	3%
		Video	778	88%	73	8%	38	4%	445	91%	31	6%	13	3%
		In person	598	67%	253	29%	38	4%	402	82%	75	15%	12	3%
	<i>Prefer not to say</i>	Total N	5						3					
		Gaming	4	80%	1	20%	0	0%	3	100%	0	0%	0	0%
		Social media	5	100%	0	0%	0	0%	3	100%	0	0%	0	0%
		Phone	5	100%	0	0%	0	0%	3	100%	0	0%	0	0%
		Text	5	100%	0	0%	0	0%	1	33%	2	67%	0	0%
		Video	5	100%	0	0%	0	0%	3	100%	0	0%	0	0%
		In person	3	60%	2	40%	0	0%	3	100%	0	0%	0	0%

		JULY						AUGUST						
		<i>Little or no contact</i>		<i>Regular contact</i>		<i>No response</i>		<i>Little or no contact</i>		<i>Regular contact</i>		<i>No response</i>		
		<i>N</i>	<i>%</i>	<i>N</i>	<i>%</i>	<i>N</i>	<i>%</i>	<i>N</i>	<i>%</i>	<i>N</i>	<i>%</i>	<i>N</i>	<i>%</i>	
SECONDARY	<i>Female</i>	Total N	408						297					
		Gaming	262	64%	136	33%	10	3%	185	62%	107	36%	5	2%
		Social media	156	38%	242	59%	10	3%	109	37%	183	62%	5	2%
		Phone	264	65%	133	33%	11	3%	202	68%	91	31%	4	1%
		Text	72	18%	325	80%	11	3%	61	21%	231	78%	5	2%
		Video	201	49%	195	48%	12	3%	176	59%	117	39%	4	1%
		In person	335	82%	63	15%	10	3%	242	82%	51	17%	4	1%
	<i>Male</i>	Total N	483						294					
		Gaming	139	29%	330	68%	14	3%	79	27%	209	71%	6	2%
		Social media	249	52%	219	45%	15	3%	159	54%	128	44%	7	2%
		Phone	350	73%	119	25%	14	3%	203	69%	85	29%	6	2%
		Text	144	30%	323	67%	16	3%	91	31%	197	67%	6	2%
		Video	324	67%	145	30%	14	3%	202	69%	86	29%	6	2%
		In person	395	82%	74	15%	14	3%	243	83%	45	15%	6	2%
	<i>Prefer not to say</i>	Total N	13						10					
		Gaming	5	39%	8	62%	0	0%	6	60%	4	40%	0	0%
		Social media	4	31%	9	69%	0	0%	3	30%	7	70%	0	0%
		Phone	9	69%	4	31%	0	0%	7	70%	3	30%	0	0%
		Text	3	23%	10	77%	0	0%	0	0%	10	100%	0	0%
		Video	9	69%	4	31%	0	0%	6	60%	4	40%	0	0%
		In person	12	92%	1	8%	0	0%	9	90%	1	10%	0	0%

c. Data by age group and household income

Table 3. Amount of contact with friends outside of the house by age and household income as reported by parents/carers

		LOCKDOWN						JUNE						
		Little or no contact		Regular contact		No response		Little or no contact		Regular contact		No response		
		N	%	N	%	N	%	N	%	N	%	N	%	
PRIMARY	< £16,000	Total N	294						93					
		Gaming	-	-	-	-	-	-	61	66%	28	30%	4	4%
		Social media	245	83%	22	7%	27	9%	80	86%	9	10%	4	4%
		Phone	237	81%	31	11%	26	9%	82	88%	8	9%	3	3%
		Text	222	76%	46	16%	26	9%	77	83%	13	14%	3	3%
		Video	214	73%	55	19%	25	9%	77	83%	13	14%	3	3%
		In person	-	-	-	-	-	-	79	85%	10	11%	4	4%
	> £16,000	Total N	3559						1715					
		Gaming	-	-	-	-	-	-	1293	75%	342	20%	80	5%
		Social media	3180	89%	238	7%	141	4%	1565	91%	71	4%	79	5%
		Phone	3073	86%	347	10%	139	4%	1513	88%	125	7%	77	5%
		Text	2895	81%	525	15%	139	4%	1438	84%	199	12%	78	5%
		Video	2656	75%	766	22%	137	4%	1395	81%	243	14%	77	5%
		In person	-	-	-	-	-	-	1368	80%	268	16%	79	5%
	Prefer not to say	Total N	262						119					
		Gaming	-	-	-	-	-	-	88	74%	26	22%	5	4%
		Social media	227	87%	20	8%	15	6%	107	90%	7	6%	5	4%
		Phone	224	85%	23	9%	15	6%	104	87%	10	8%	5	4%
		Text	206	79%	41	16%	15	6%	98	82%	16	14%	5	4%
		Video	196	75%	50	19%	16	6%	99	83%	15	13%	5	4%
		In person	-	-	-	-	-	-	102	86%	12	10%	5	4%

SECONDARY			LOCKDOWN						JUNE					
			<i>Little or no contact</i>		<i>Regular contact</i>		<i>No response</i>		<i>Little or no contact</i>		<i>Regular contact</i>		<i>No response</i>	
			<i>N</i>	<i>%</i>	<i>N</i>	<i>%</i>	<i>N</i>	<i>%</i>	<i>N</i>	<i>%</i>	<i>N</i>	<i>%</i>	<i>N</i>	<i>%</i>
	<	Total N	211						80					
	£16,000	Gaming	-	-	-	-	-	-	27	34%	48	60%	5	6%
		Social media	94	45%	104	49%	13	6%	46	58%	29	36%	5	6%
		Phone	128	61%	73	35%	10	5%	57	71%	18	23%	5	6%
		Text	83	39%	117	55%	11	5%	34	43%	41	51%	5	6%
		Video	120	57%	80	38%	11	5%	52	65%	23	29%	5	6%
		In person	-	-	-	-	-	-	68	85%	7	9%	5	6%
	>	Total N	1989						786					
	£16,000	Gaming	-	-	-	-	-	-	348	44%	410	52%	28	4%
		Social media	714	36%	1201	60%	74	4%	351	45%	407	52%	28	4%
		Phone	1247	63%	667	34%	75	4%	543	69%	216	28%	27	3%
		Text	423	21%	1490	75%	76	4%	188	24%	571	73%	27	3%
		Video	947	48%	966	49%	76	4%	440	56%	319	41%	27	3%
		In person	-	-	-	-	-	-	699	89%	59	8%	28	4%
	Prefer not to say	Total N	208						93					
		Gaming	-	-	-	-	-	-	41	44%	50	54%	2	2%
		Social media	91	44%	107	51%	10	5%	46	50%	45	48%	2	2%
		Phone	118	57%	78	38%	12	6%	67	72%	24	26%	2	2%
		Text	48	23%	148	71%	12	6%	27	29%	64	69%	2	2%
		Video	100	48%	96	46%	12	6%	59	63%	32	34%	2	2%
		In person	-	-	-	-	-	-	86	93%	5	5%	2	2%

		JULY						AUGUST						
		<i>Little or no contact</i>		<i>Regular contact</i>		<i>No response</i>		<i>Little or no contact</i>		<i>Regular contact</i>		<i>No response</i>		
		<i>N</i>	<i>%</i>	<i>N</i>	<i>%</i>	<i>N</i>	<i>%</i>	<i>N</i>	<i>%</i>	<i>N</i>	<i>%</i>	<i>N</i>	<i>%</i>	
PRIMARY	< £16,000	Total N	84						65					
		Gaming	62	74%	19	23%	3	4%	44	68%	19	29%	2	3%
		Social media	78	93%	3	4%	3	4%	61	94%	2	3%	2	3%
		Phone	75	89%	6	7%	3	4%	59	91%	4	6%	2	3%
		Text	76	91%	5	6%	3	4%	57	88%	6	9%	2	3%
		Video	74	88%	7	8%	3	4%	56	86%	7	11%	2	3%
		In person	62	74%	19	23%	3	4%	50	77%	13	20%	2	3%
	> £16,000	Total N	1543						873					
		Gaming	1189	77%	297	19%	57	4%	707	81%	149	17%	17	2%
		Social media	1425	92%	62	4%	56	4%	833	95%	23	3%	17	2%
		Phone	1391	90%	97	6%	55	4%	819	94%	37	4%	17	2%
		Text	1336	87%	150	10%	57	4%	781	90%	75	9%	17	2%
		Video	1315	85%	172	11%	56	4%	794	91%	60	7%	19	2%
		In person	1027	67%	461	30%	55	4%	713	82%	143	16%	17	2%
	Prefer not to say	Total N	118						57					
		Gaming	90	76%	23	20%	5	4%	43	75%	14	25%	0	0%
		Social media	109	92%	4	3%	5	4%	54	95%	3	5%	0	0%
		Phone	106	90%	7	6%	5	4%	52	91%	5	9%	0	0%
		Text	102	86%	11	9%	5	4%	54	95%	3	5%	0	0%
		Video	98	83%	15	13%	5	4%	49	86%	8	14%	0	0%
In person		85	72%	28	24%	5	4%	48	84%	9	16%	0	0%	

		JULY						AUGUST						
		<i>Little or no contact</i>		<i>Regular contact</i>		<i>No response</i>		<i>Little or no contact</i>		<i>Regular contact</i>		<i>No response</i>		
		<i>N</i>	<i>%</i>	<i>N</i>	<i>%</i>	<i>N</i>	<i>%</i>	<i>N</i>	<i>%</i>	<i>N</i>	<i>%</i>	<i>N</i>	<i>%</i>	
SECONDARY	<i>< £16,000</i>	Total N	59						48					
		Gaming	25	42%	31	53%	3	5%	20	42%	28	58%	0	0%
		Social media	29	49%	27	46%	3	5%	27	56%	21	44%	0	0%
		Phone	42	71%	13	22%	4	7%	29	60%	19	40%	0	0%
		Text	23	39%	32	54%	4	7%	17	35%	31	65%	0	0%
		Video	35	59%	20	34%	4	7%	32	67%	16	33%	0	0%
		In person	45	76%	11	19%	3	5%	42	88%	6	13%	0	0%
	<i>> £16,000</i>	Total N	763						488					
		Gaming	342	45%	403	53%	18	2%	216	44%	262	54%	10	2%
		Social media	343	45%	401	53%	19	3%	217	45%	260	53%	11	2%
		Phone	526	69%	219	29%	18	2%	334	68%	145	30%	9	2%
		Text	176	23%	567	74%	20	3%	119	24%	359	74%	10	2%
		Video	454	60%	290	38%	19	3%	313	64%	166	34%	9	2%
		In person	627	82%	118	16%	18	2%	400	82%	79	16%	9	2%
	<i>Prefer not to say</i>	Total N	82						65					
		Gaming	39	48%	40	49%	3	4%	34	52%	30	46%	1	2%
		Social media	37	45%	42	51%	3	4%	27	42%	37	57%	1	2%
		Phone	55	67%	24	29%	3	4%	49	75%	15	23%	1	2%
		Text	20	24%	59	72%	3	4%	16	25%	48	74%	1	2%
		Video	45	55%	34	42%	3	4%	39	60%	25	39%	1	2%
		In person	70	85%	9	11%	3	4%	52	80%	12	19%	1	2%

d. Data by age group and SEN

Table 3. Amount of contact with friends outside of the house by age and SEN as reported by parents/carers

			LOCKDOWN						JUNE					
			Little or no contact		Regular contact		No response		Little or no contact		Regular contact		No response	
			N	%	N	%	N	%	N	%	N	%	N	%
PRIMARY	No SEN	Total N	3538						1687					
		Gaming	-	-	-	-	-	-	1264	75%	345	21%	78	5%
		Social media	3138	89%	243	7%	157	4%	1533	91%	78	5%	76	5%
		Phone	3029	86%	354	10%	155	4%	1484	88%	128	8%	75	5%
		Text	2847	80%	536	15%	155	4%	1405	83%	207	12%	75	5%
		Video	2609	74%	776	22%	153	4%	1370	81%	242	14%	75	5%
		In person	-	-	-	-	-	-	1344	80%	266	16%	77	5%
	SEN	Total N	577						240					
		Gaming	-	-	-	-	-	-	178	74%	51	21%	11	5%
		Social media	514	89%	37	6%	26	5%	219	91%	9	4%	12	5%
		Phone	505	88%	47	8%	25	4%	215	90%	15	6%	10	4%
		Text	476	82%	76	13%	25	4%	208	87%	21	9%	11	5%
		Video	457	79%	95	16%	25	4%	201	84%	29	12%	10	4%
		In person	-	-	-	-	-	-	205	85%	24	10%	11	5%

		LOCKDOWN						JUNE						
		Little or no contact		Regular contact		No response		Little or no contact		Regular contact		No response		
		N	%	N	%	N	%	N	%	N	%	N	%	
SECONDARY	No SEN	Total N	1872						739					
		Gaming	-	-	-	-	-	-	312	42%	395	54%	32	4%
		Social media	616	33%	1173	63%	83	4%	303	41%	405	55%	31	4%
		Phone	1109	59%	679	36%	84	4%	491	66%	217	29%	31	4%
		Text	314	17%	1473	79%	85	5%	147	20%	562	76%	30	4%
		Video	839	45%	948	51%	85	5%	390	53%	318	43%	31	4%
		In person	-	-	-	-	-	-	649	88%	59	8%	31	4%
	SEN	Total N	536						220					
		Gaming	-	-	-	-	-	-	104	47%	113	51%	3	1%
		Social media	283	53%	239	45%	14	3%	140	64%	76	35%	4	2%
		Phone	384	72%	139	26%	13	2%	176	80%	41	19%	3	1%
		Text	240	45%	282	53%	14	3%	102	46%	114	52%	4	2%
		Video	328	61%	194	36%	14	3%	161	73%	56	26%	3	1%
		In person	-	-	-	-	-	-	204	93%	12	6%	4	2%

			JULY						AUGUST					
			<i>Little or no contact</i>		<i>Regular contact</i>		<i>No response</i>		<i>Little or no contact</i>		<i>Regular contact</i>		<i>No response</i>	
			<i>N</i>	<i>%</i>	<i>N</i>	<i>%</i>	<i>N</i>	<i>%</i>	<i>N</i>	<i>%</i>	<i>N</i>	<i>%</i>	<i>N</i>	<i>%</i>
PRIMARY	No SEN	Total N	1521						852					
		Gaming	1171	77%	291	19%	59	4%	676	79%	159	19%	17	2%
		social media	1402	92%	61	4%	58	4%	810	95%	25	3%	17	2%
		Phone	1365	90%	99	7%	57	4%	792	93%	43	5%	17	2%
		Text	1313	86%	149	10%	59	4%	756	89%	79	9%	17	2%
		Video	1287	85%	176	12%	58	4%	762	89%	71	8%	19	2%
		In person	1001	66%	463	30%	57	4%	688	81%	147	17%	17	2%
	SEN	Total N	224						143					
		Gaming	170	76%	48	21%	6	3%	118	83%	23	16%	2	1%
		social media	210	94%	8	4%	6	3%	138	97%	3	2%	2	1%
		Phone	207	92%	11	5%	6	3%	138	97%	3	2%	2	1%
		Text	201	90%	17	8%	6	3%	136	95%	5	4%	2	1%
		Video	200	89%	18	8%	6	3%	137	96%	4	3%	2	1%
		In person	173	77%	45	20%	6	3%	123	86%	18	13%	2	1%

			JULY						AUGUST					
			<i>Little or no contact</i>		<i>Regular contact</i>		<i>No response</i>		<i>Little or no contact</i>		<i>Regular contact</i>		<i>No response</i>	
			<i>N</i>	<i>%</i>	<i>N</i>	<i>%</i>	<i>N</i>	<i>%</i>	<i>N</i>	<i>%</i>	<i>N</i>	<i>%</i>	<i>N</i>	<i>%</i>
SECONDARY	No SEN	Total N	695						446					
		Gaming	313	45%	364	52%	18	3%	207	46%	231	52%	8	2%
		Social media	280	40%	396	57%	19	3%	179	40%	258	58%	9	2%
		Phone	464	67%	212	31%	19	3%	300	67%	139	31%	7	2%
		Text	130	19%	545	78%	20	3%	85	19%	353	79%	8	2%
		Video	387	56%	288	41%	20	3%	268	60%	171	38%	7	2%
		In person	566	81%	111	16%	18	3%	356	80%	83	19%	7	2%
	SEN	Total N	209						155					
		Gaming	93	45%	110	53%	6	3%	63	41%	89	57%	3	2%
		Social media	129	62%	74	35%	6	3%	92	59%	60	39%	3	2%
		Phone	159	76%	44	21%	6	3%	112	72%	40	26%	3	2%
		Text	89	43%	113	54%	7	3%	67	43%	85	55%	3	2%
		Video	147	70%	56	27%	6	3%	116	75%	36	23%	3	2%
		In person	176	84%	27	13%	6	3%	138	89%	14	9%	3	2%

2. Data for little to no contact through all means vs regular contact through at least one means

			LOCKDOWN				JUNE				JULY				AUGUST			
			<i>Regular contact by at least one means</i>		<i>Little to no contact through any means</i>		<i>Regular contact by at least one means</i>		<i>Little to no contact through any means</i>		<i>Regular contact by at least one means</i>		<i>Little to no contact through any means</i>		<i>Regular contact by at least one means</i>		<i>Little to no contact through any means</i>	
			<i>N</i>	<i>%</i>	<i>N</i>	<i>%</i>	<i>N</i>	<i>%</i>	<i>N</i>	<i>%</i>	<i>N</i>	<i>%</i>	<i>N</i>	<i>%</i>	<i>N</i>	<i>%</i>	<i>N</i>	<i>%</i>
BY AGE	Total N		3940				1927				1745				977			
	Primary		1293	33%	2647	67%	751	39%	1092	57%	849	49%	833	48%	337	34%	640	64%
	Total N		2317				959				904				601			
	Secondary		1974	85%	343	15%	812	85%	114	12%	792	88%	88	10%	521	87%	70	12%
BY AGE AND GENDER	Primary	Total N	1963				930				851				503			
		Female	698	36%	1265	64%	373	40%	510	55%	425	50%	401	47%	184	37%	312	62%
	Secondary	Total N	1293				992				889				489			
		Male	595	30%	1382	70%	375	38%	580	59%	421	47%	430	48%	151	31%	327	67%
	Primary	Total N	1977				451				408				297			
		Female	987	90%	106	10%	389	86%	44	10%	364	89%	34	8%	262	88%	31	10%
	Secondary	Total N	1224				494				483				294			
		Male	987	81%	237	19%	411	83%	69	14%	416	86%	53	11%	249	85%	39	13%

			LOCKDOWN				JUNE				JULY				AUGUST			
			<i>Regular contact by at least one means</i>		<i>Little to no contact through any means</i>		<i>Regular contact by at least one means</i>		<i>Little to no contact through any means</i>		<i>Regular contact by at least one means</i>		<i>Little to no contact through any means</i>		<i>Regular contact by at least one means</i>		<i>Little to no contact through any means</i>	
			<i>N</i>	<i>%</i>	<i>N</i>	<i>%</i>	<i>N</i>	<i>%</i>	<i>N</i>	<i>%</i>	<i>N</i>	<i>%</i>	<i>N</i>	<i>%</i>	<i>N</i>	<i>%</i>	<i>N</i>	<i>%</i>
BY AGE AND SEN	Primary	Total N	3388				1687				1521				852			
		No SEN	1121	33%	2267	67%	672	40%	941	56%	755	50%	709	47%	299	35%	537	63%
		Total N	552				240				224				143			
		SEN	172	31%	380	69%	79	33%	151	63%	94	42%	124	55%	38	27%	103	72%
	Secondary	Total N	1794				739				695				446			
		No SEN	1619	90%	175	10%	658	89%	51	7%	634	91%	43	6%	403	90%	36	8%
		Total N	523				220				209				155			
		SEN	355	68%	168	32%	154	70%	63	29%	158	76%	45	22%	118	76%	34	22%
BY AGE AND INCOME	Primary	Total N	269				93				84				65			
		< £16,000	100	37%	169	63%	36	39%	54	58%	34	41%	47	56%	29	45%	34	52%
		Total N	3424				1715				1543				873			
		> £16,000	1114	33%	2310	67%	668	39%	971	57%	763	50%	725	47%	287	33%	570	65%
		Total N	247				119				118				57			
	Secondary	Prefer not to say	79	32%	168	68%	47	40%	67	56%	52	44%	61	52%	21	37%	36	63%
		Total N	202				80				59				48			
		< £16,000	147	73%	55	27%	60	75%	15	19%	45	76%	11	19%	40	83%	8	17%
		Total N	1917				786				763				488			
		> £16,000	1663	87%	254	13%	672	86%	88	11%	676	89%	69	9%	427	88%	52	11%
Prefer not to say	164	83%	34	17%	80	86%	11	12%	71	87%	8	10%	54	83%	10	15%		

Appendix A

Participants' demographics (Whole sample)

		Lockdown		June		July		August		National Figures (%)*
		n	%	n	%	n	%	n	%	
Total		6523	100%	2886	100%	2653	100%	1599	100%	
Parent Gender	Female	6030	92.4%	661	93.6%	130	90.9%	90	95.7%	51
	Male	459	7.0%	43	6.1%	13	9.1%	4	4.3%	49
	Other/Prefer not to say	34	0.5%	2	0.3%	0	0%	0	0%	-
Employment status	Not working	1047	16.1%	137	19.4%	24	14.8%	26	27.7%	3.8
	Working full time	2439	37.4%	229	32.4%	64	39.5%	31	33.0%	50.7
	Working part time	2329	35.7%	263	37.3%	56	34.6%	25	26.6%	16.9
	Self employed	708	10.9%	77	10.9%	18	11.1%	12	12.8%	8.5
Household income	> £16,000	5548	85.1%	2501	86.7%	2309	87.0%	1364	85.3%	83%
	< £16,000	505	7.7%	173	6.0%	144	5.4%	113	7.1%	**17%
	Prefer not to say	470	7.2%	212	7.3%	200	7.5%	122	7.6%	-
Child Gender	Female	3135	48.1%	1381	47.9%	1261	47.5%	802	50.2%	52

	Male	3341	51.2%	1486	51.5%	1374	51.8%	784	49.0%	48
	Prefer not to say	47	0.7%	19	0.7%	18	0.7%	13	0.8%	-
Child age group	Child (4-10)	4115	63.1%	1927	66.8%	1745	65.9%	995	62.3%	55
	Adolescent (11-16)	2408	36.9%	959	33.2%	904	34.1%	601	37.7%	45
Mental health conditions	Any MH	1007	15.4%	77	2.7%	17	0.6%	14	0.9%	12.8
	Depression	57	0.9%	0	0%	2	0.1%	2	0.1%	2.1
	Anxiety	301	4.6%	25	0.9%	7	0.3%	2	0.1%	7.2
	Other	126	1.9%	13	0.5%	4	0.2%	3	0.2%	-
	ASD	623	9.6%	47	1.6%	7	0.3%	7	0.4%	1.6
	ADHD	319	4.9%	19	0.7%	9	0.3%	6	0.4%	3-5
SEN	Any SEN	1113	17.1%	460	15.9%	434	16.4%	298	18.6%	14.7
	Social/emotional	746	11.4%	56	1.9%	11	0.4%	11	0.7%	2.1
	Communication/interaction	556	8.5%	44	1.5%	7	0.3%	6	0.4%	2.7
	Cognitive/learning	553	8.5%	42	1.5%	13	0.5%	7	0.4%	4.4
	Sensory/physical	512	7.9%	40	1.4%	9	0.3%	11	0.7%	0.6
Ethnicity	Asian/Asian British - Indian, Pakistani, Bangladeshi, other	106	1.6%	32	1.1%	25	0.9%	19	1.2%	6.8
	Black/Black British - Caribbean, African, other	31	0.5%	15	0.5%	8	0.3%	2	0.1%	3.3

Chinese/Chinese British	11	0.2%	3	0.1%	1	0.01%	0	0%	0.7
Middle Eastern/Middle Eastern British - Arab, Turkish, other	30	0.5%	6	0.2%	3	0.1%	2	0.1%	0.4
Mixed race - other	235	3.6%	103	3.6%	110	4.2%	64	4.0%	11
Mixed race - White and Black/Black British	113	1.7%	46	1.6%	42	1.6%	24	1.5%	1
Other ethnic group	35	0.5%	17	0.6%	13	0.5%	7	0.4%	0.5
Prefer not to say	67	1.0%	25	0.9%	21	0.8%	9	0.6%	-
White - British, Irish, other	5895	90.4%	2639	91.4%	2430	91.6%	1472	92.1%	86

*This data was extracted from the following sources on 12/05/2020:

<https://digital.nhs.uk/data-and-information/publications/statistical/mental-health-of-children-and-young-people-in-england/2017/2017>

<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>

** extracted from (01/10/2020) <https://www.gov.uk/government/statistics/hbai-absolute-low-income-illustrative-figures-using-cpi-to-adjust-for-inflation>