



Emerging Minds

Living through lockdown:

What can research tell us about social isolation and children & young people's mental health?

Live streamed #EmergingMinds webinar
11am-12pm, Tue 21st April 2020



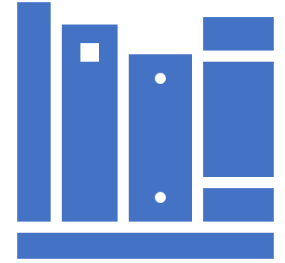
Living through lockdown:

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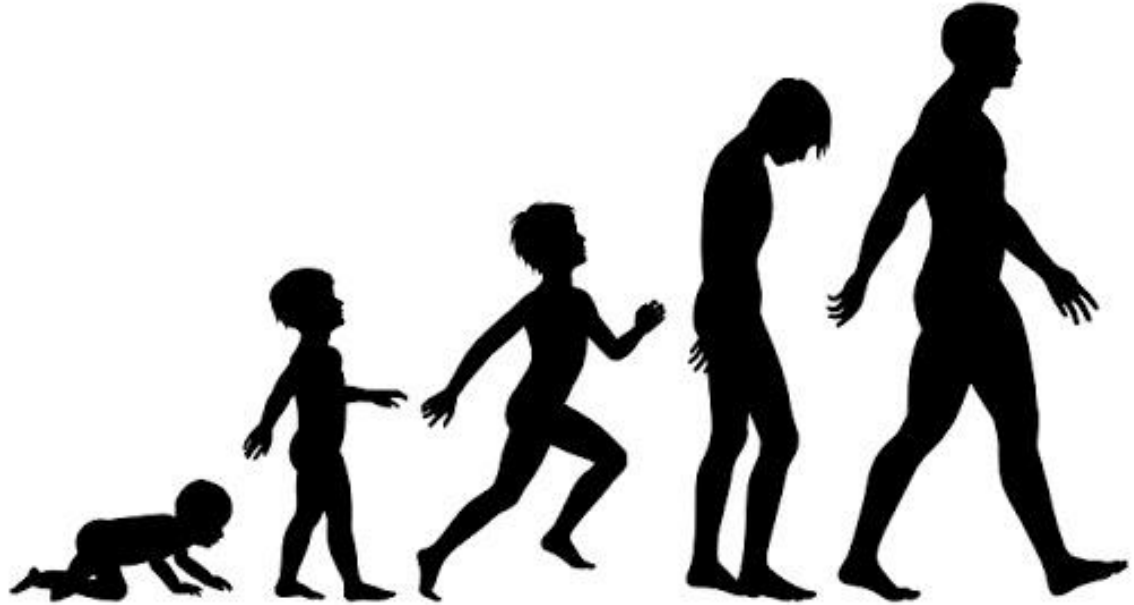
NIHR | Applied Research Collaboration
Oxford and Thames Valley



Social isolation & mental health in children & adolescents

Dr Maria Loades, Prof Shirley Reynolds & team

How is social
life important?





Social Isolation

- COVID-19: keeping those who have symptoms of disease separate
- More broadly, lack of social contacts
- Loneliness: Felt discrepancy between actual & desired social contact

Systematic search

Children
/teens

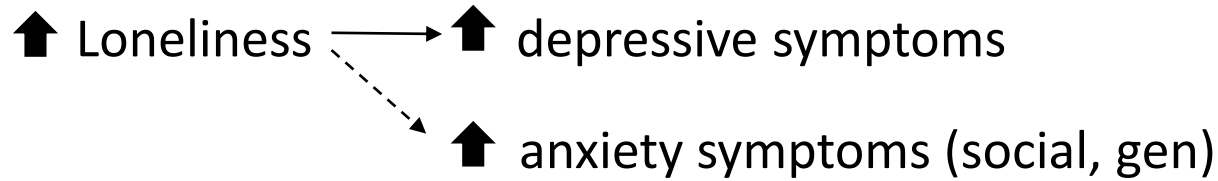
Social isolation/
loneliness/
quarantine

Mental
health

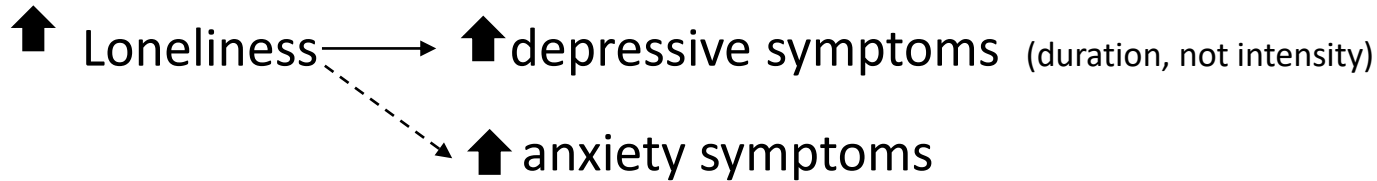
- Little evidence
- $N = 1$
- Social isolation/quarantine
 - Increase in mental health service use
 - Increased trauma symptoms (1/3)
 - Particularly grief (1/8), adjustment disorder (1/8), acute stress disorder (1/8) and PTSD (1/20).

Sprang (2013)

- N = 61 studies
- Concurrently (N = 55)




- Over time (N = 18)





What can you
do?

- ✓ Facilitate contact with friends
 - ✓ Video calls
 - ✓ Allow more screentime
- 

Children



Why don't I have friends anymore?'

- ✓ Explain why they aren't seeing friends
- ✓ Reminders of friends
- ✓ Virtual playdates
- ✓ Continued building of social skills



Teens

Who am I without my friends?

- ✓ Keep connections with social networks
- ✓ Ways to interact that mirror 'usual' interactions
- ✓ Beware social media (especially open, unmoderated forums)

Questions?

#EmergingMinds

Emerging Minds Webinar Series

Autism in Quarantine: Supporting children & young people with Autistic Spectrum Disorder

23 April 3.30pm

emergingminds.org.uk

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- Emerging Minds is a research network funded by UK Research & Innovation
- Our members come from all sorts of disciplines and sectors
- Working towards reducing the prevalence of mental health problems experienced by children & young people.

emergingminds.org.uk
@EmergingMindsUK

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Cospaceoxford.com/survey



“ Can you help us learn how families are coping with the challenges of COVID-19? ”


Are you a parent or carer of a child in school years 0 (reception/foundation) to 11 in the UK?

If you are, we invite you to take part in a regular online survey being run by the University of Oxford. The survey will take up to 20 mins the first time you do it and about 10 minutes thereafter. We will ask you to complete the survey weekly for a month, then fortnightly for a month, and then monthly until children and young people are back in school.


Your responses will help us to find out how children, young people and their families are getting on, what is working for them, and what they are finding difficult so that we can understand how best to help.

Please click here for further information


<http://cospaceoxford.com/survey>




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



Meeting the needs of work and your child



Nearly $\frac{2}{3}$ parents/carers feel that they are currently not sufficiently meeting the needs of both work and their child.



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

Time spent on connecting with friends



Nearly $\frac{3}{4}$ of children and young people are keeping in contact with friends via video chat.



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

cospyce.org/survey



Can you help us learn how

**families are
coping with
the challenges
of COVID-19?**

Are you a parent or carer
of a **2-4 year old child**,
who has not yet begun
year 0 / reception
class, in the UK?

UNIVERSITY OF
Southampton

 **University of
Reading**

Please click [here](https://www.cospyce.org/survey) for more information

UNIVERSITY OF
OXFORD

www.cospyce.org/survey



Version 2. 13th April, 2020. Approved by the University of Southampton Research Ethics Committee ERGO 36217



56217_Study adv

<https://emergingminds.org.uk/supporting-children-and-young-people-with-worries-and-anxiety-coronavirus/>

Supporting children and young people with worries about COVID-19



Advice for parents, carers and people that work with children and young people

This is a time of uncertainty and a lot of children and young people will be feeling anxious and worried about what is going on. This is a normal response to the situation and below we offer some advice about what adults can do to help and support children and young people.

There is a lot of information becoming available - this is great but may also be confusing, so we have pulled together some advice and some of our favourite links in to one place. We hope this will be helpful.

Given that the situation is changing rapidly at the moment we will make updates from time to time which you will be able to find here: <https://emergingminds.org.uk/resources/>

Shirley Reynolds

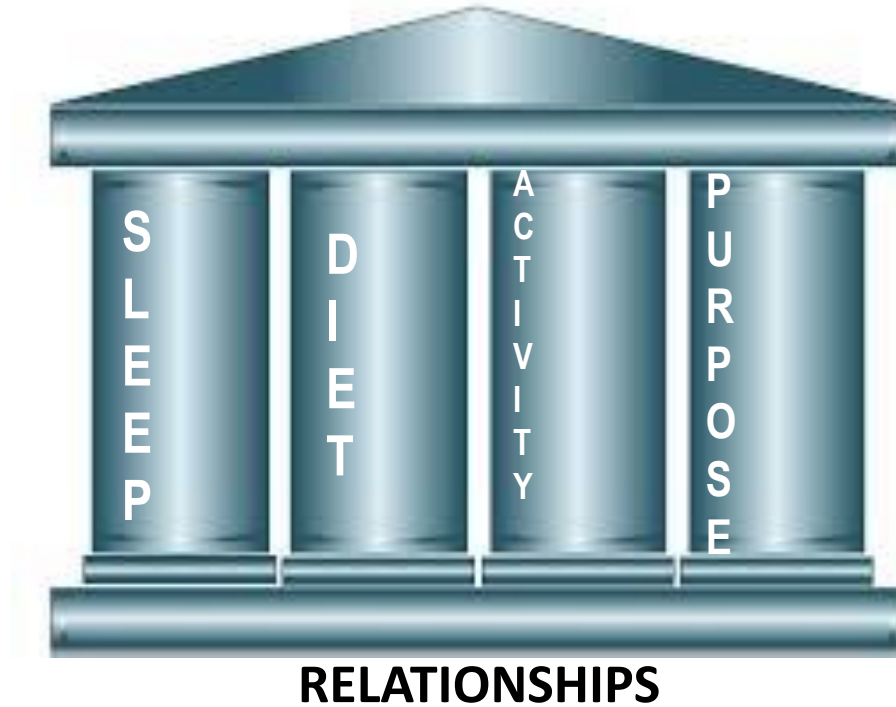
s.a.reynolds@reading.ac.uk

@DrS_Reynolds

The power of rewards



Pillars of well-being



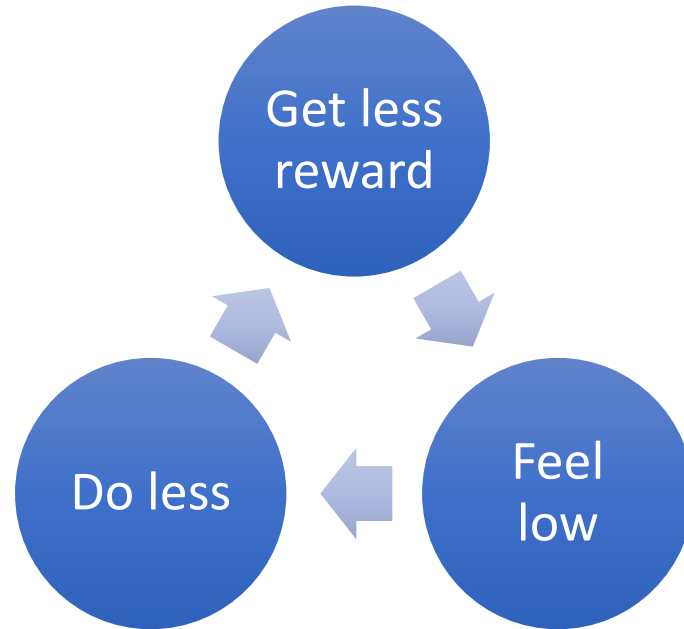
The power of rewards

Rewards give us that 'feel good feeling'

Come from lots of places, e.g.

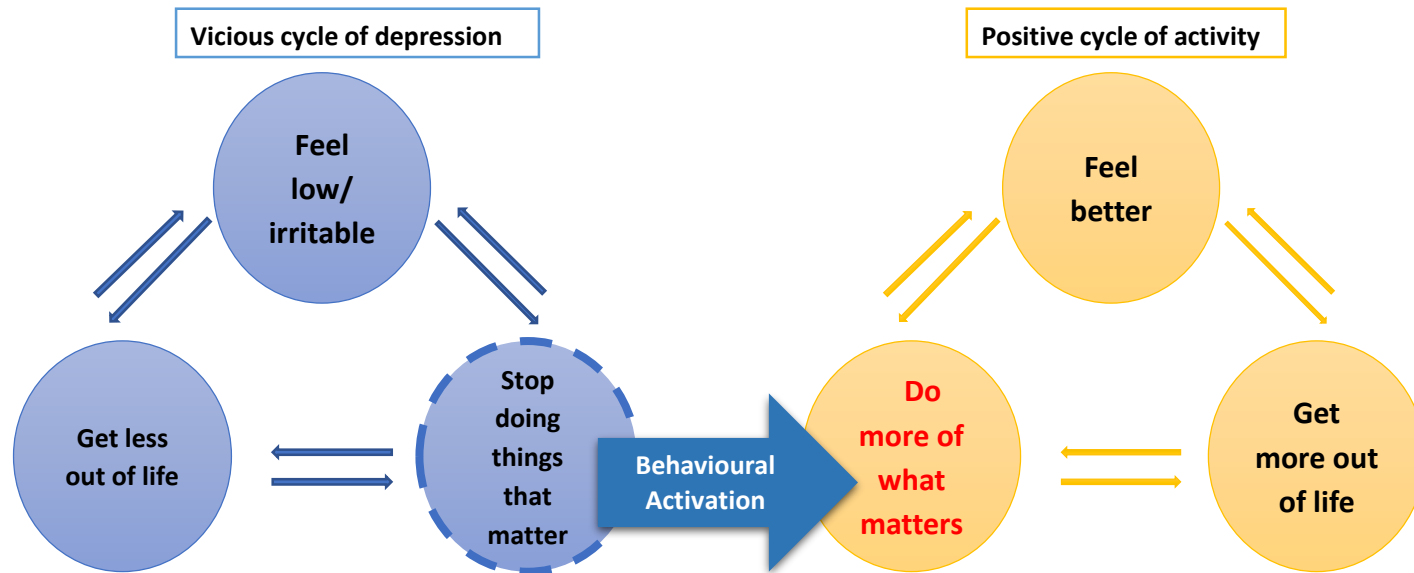
- Sensory – taste, smell, sight, touch, hearing
- Other people – laughs, love, intimacy
- Physical – exercise
- Intellectual – learning, reading, music

What happens when we get less reward?



BRIEF BEHAVIOURAL ACTIVATION (BRIEF BA)

Structured and practical way to prevent low mood/depression in adolescents



Purpose - WHAT MATTERS TO YOU?

- Who am I?
- What is the point of it all?
- Where am I going with my life?



Dr Laura Pass, UEA

Some adolescents' values

Me	Things that matter	People that matter
Eat healthily	Be organised	Spend time with mum
Art	Pass my exams	Help others
Chill out	Church	Keep in touch
Make time for me	Volunteering	Be a caring friend
Exercise	Get a job	Be positive with others
Get enough sleep	Focus on tasks	Help my family out
Rugby	Be tidy	Catch up with my sister
Guitar	Human rights	Be a good friend
Meditate	Learn about journalism	Help grandparents
Get out of the house	Be productive	Be a good listener
Skateboarding	Use time efficiently	Connect with friends
Variety of activities	Everything German	Make time for boyfriend

Tim Brief BA Life Areas & Values

Hobbies/Fun

Make Youtube
videos

Education/work

Work towards a
good grade in
graphics

Family

Get closer with step-
dad

Physical health

Become more active

Everyday stuff

Get out of the
house

Friends

Help friends with
their goals

Tim Valued activities

Tim's Life Area: Me	
Value: Become more active	
Activity 1	Try helping out with physical tasks at home: wash the car, mow the lawn, move boxes in garage
Activity 2	Start playing basketball
Activity 3	Get more involved in every PE lesson

Agreed to try the next weekend

Decided to join in rather than standing at the side

Planned to ask teacher about playing in the school hall

How parents can help

Be a good role model – are you getting enough reward?

Look after your own well-being – exercise, sleep, eat, work & love

Give rewards – praise, interest, attention, shared activities & projects

Provide practical support - where necessary

But be ‘in-waiting’ – give space and opportunity for learning and mistakes

Try to accept what you can’t change – we are all learning to be different now

Really useful, free resource
for E-learning



MindEd

e-learning to support young healthy minds

Questions?

#EmergingMinds

Thank you

Tweet us your topic suggestions for future webinars: **#EmergingMinds**



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