

# **Mental Health of Children and Young People: a valuable new longitudinal resource on mental health**

Health Studies User Conference, 29<sup>th</sup> June 2023

Dhriti Mandalia  
National Centre for Social Research

---

---

## Overview

**1** Background

---

**2** Methodology

---

**3** Questionnaire  
topics

---

**4** Key strengths

---

**5** Published data

---

**6** Data access

---

---

## Survey partners

Survey funded by the Department for Health and Social Care and the Department for Education, and commissioned by NHS England



Department  
of Health &  
Social Care



Department  
for Education

**NHS**  
**England**

Survey conducted by:

 **National Centre  
for Social Research**

 **Office for  
National Statistics**

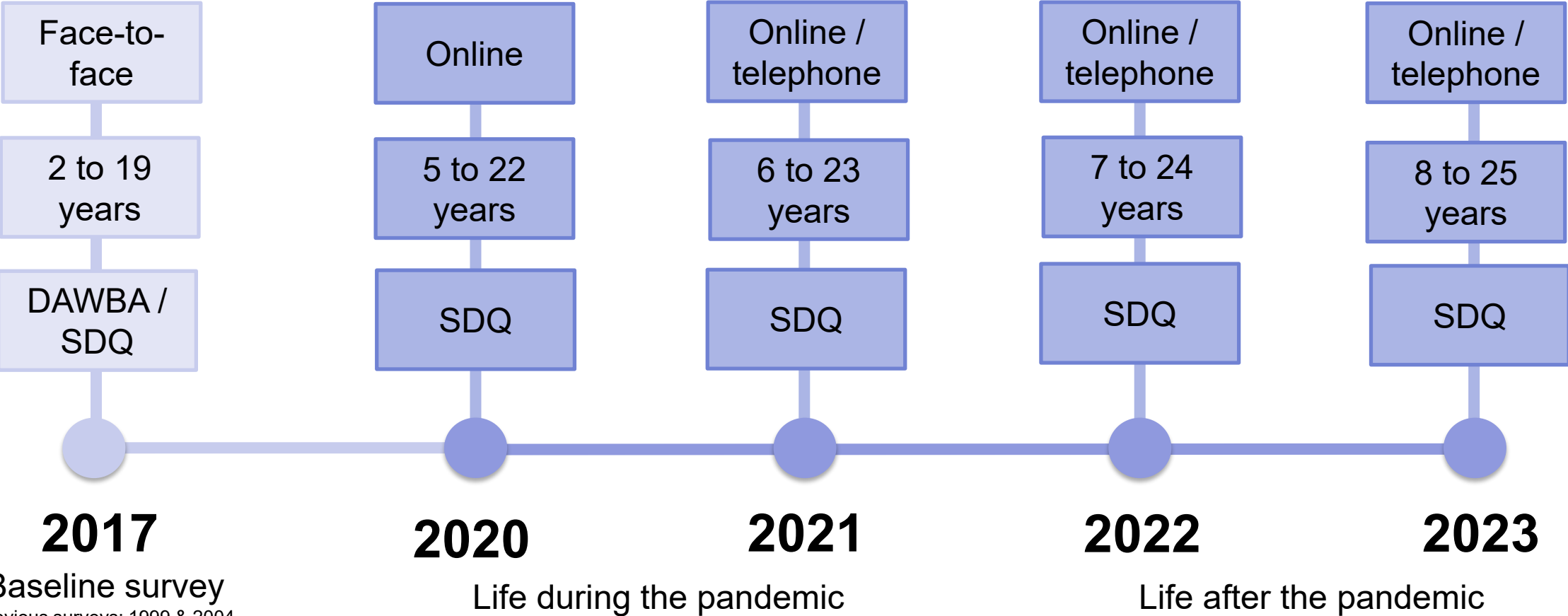


**UNIVERSITY OF  
CAMBRIDGE**

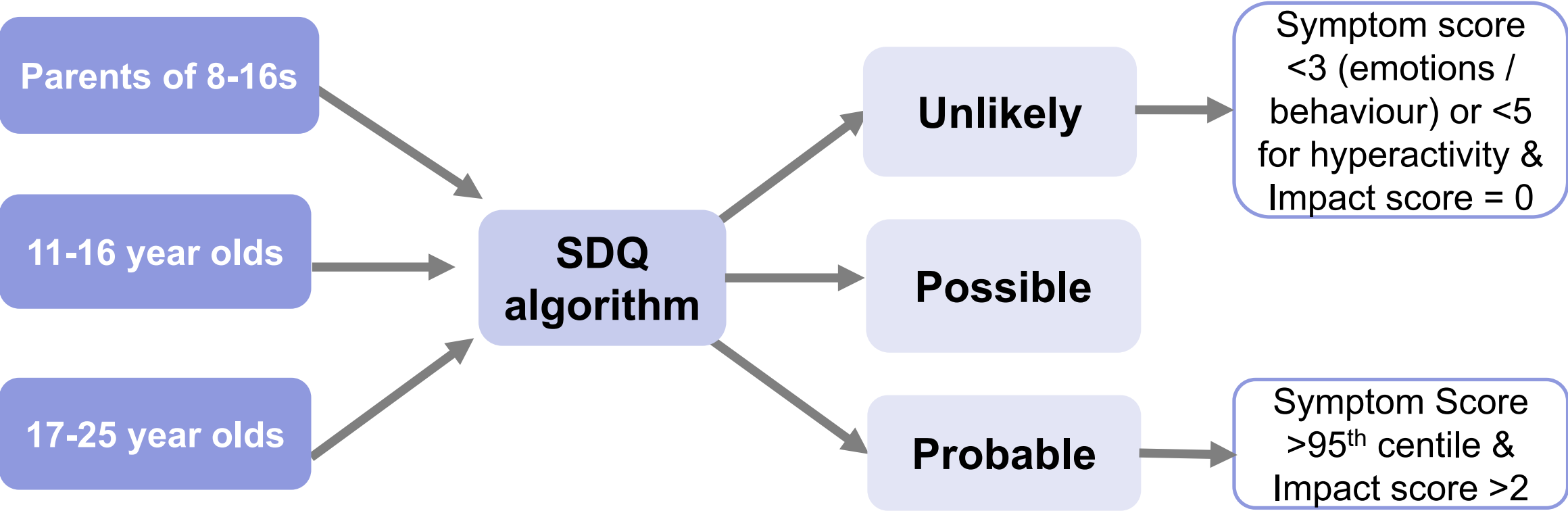
**UNIVERSITY OF  
EXETER**

**youth***in***mind**

# Background: survey series timeline



# Methodology: measuring mental health



For further information: [https://files.digital.nhs.uk/08/0B5432/mhcyp\\_2021\\_meth.pdf](https://files.digital.nhs.uk/08/0B5432/mhcyp_2021_meth.pdf)

## Methodology: sample design

### Population



2017 baseline survey: probability sample of children and young people living in private households in England

### Sampling frame



Named sample drawn from NHS Patient Register. One child/young person selected – 2-19 years

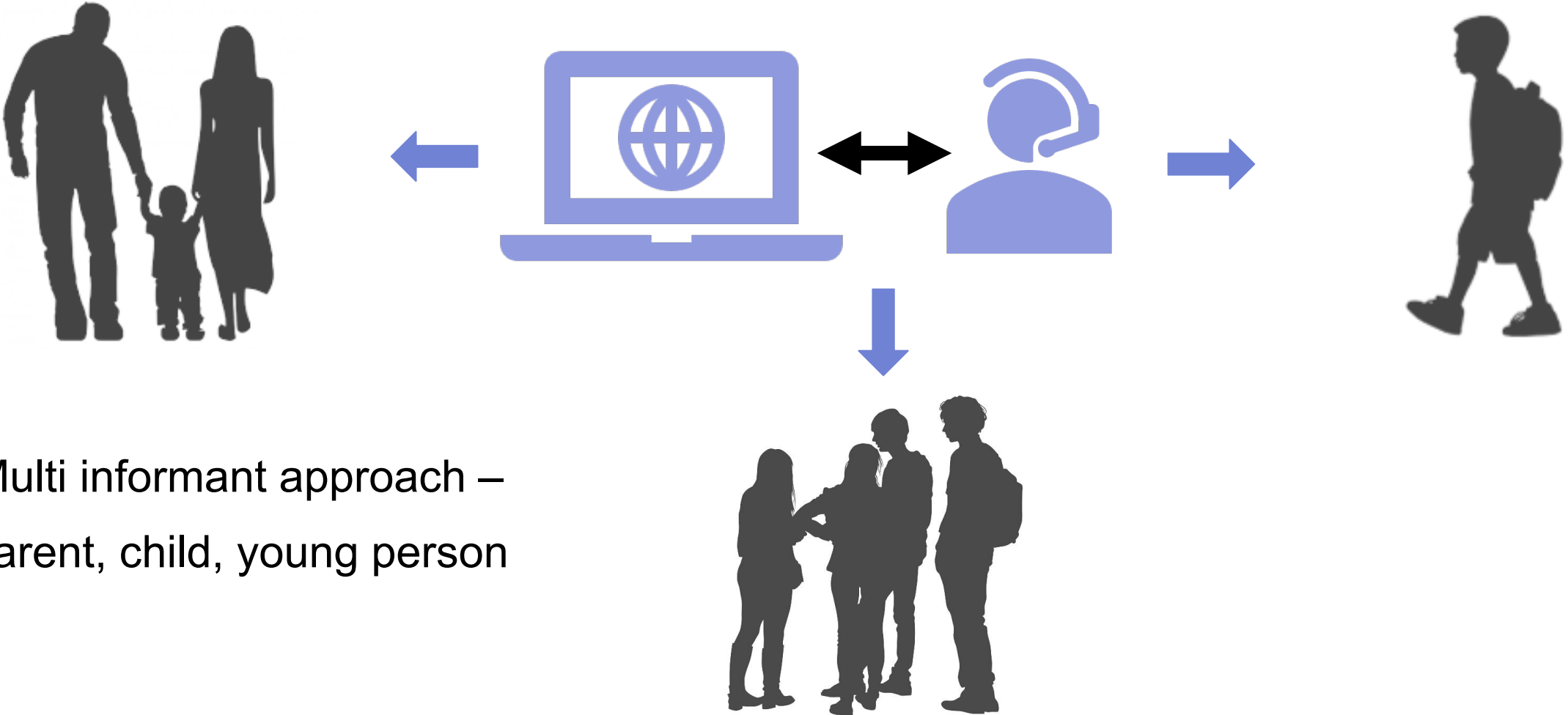
### Consent to re-contact



2017 participants who agreed to re-contact for future studies and continue to agree to be re-contacted for follow up studies

---

# Methodology: data collection



Multi informant approach –  
parent, child, young person

---

## Methodology: sample size & response rates

**1,682** children and young people have participated in all 3 follow-up surveys

	<b>2017*</b>	<b>2020 Wave 1</b>	<b>2021 Wave 2</b>	<b>2022 Wave 3</b>
Issued / agreement to re-contact	18,029	7,885	7,628	7,253
Achieved	9,117	3,570	3,667	2,866
Response rate	52%	45%	48%	40%

\*2017 face-to-face baseline survey

For further information: [https://files.digital.nhs.uk/08/0B5432/mhcyp\\_2021\\_meth.pdf](https://files.digital.nhs.uk/08/0B5432/mhcyp_2021_meth.pdf)



---

## Questionnaire topic coverage

Parent questionnaire (up to 16)	
Demographics, household composition and tenure	Household circumstances and changes, including cost of living
Strengths and Difficulties Questionnaire (SDQ)	Eating, sleeping and activities
Self-harm	Physical health of child and COVID-19 status
Loneliness	General Health Questionnaire (GHQ-12)
Family functioning / connectedness	Social impacts of COVID-19 on family life
Service contact, outcome and waiting lists	Education
Special educational needs and disabilities (SEND)	Employment status

---

## Questionnaire topic coverage

### Child questionnaire (11-16)

Strengths and Difficulties Questionnaire (SDQ)	Education
Short Warwick-Edinburgh Wellbeing Scale (SWEMWBS)	Eating, sleeping and activities
Loneliness	Social media
Family functioning / connectedness	Social impacts of COVID-19 on family life
Neighbourhood	Service contact
Household circumstances and changes, including cost of living	Social contacts

## Questionnaire topic coverage

### Young person questionnaire (17 and over)

Demographics, household composition and tenure	SAPAS (Standardised Assessment of Personality – Abbreviated Scale)
Strengths and Difficulties Questionnaire (SDQ)	Eating, sleeping and activities
Self-harm	Physical health and COVID-19 status
Loneliness	General Health Questionnaire (GHQ-12)
Family functioning / connectedness	Social impacts of COVID-19 on family life
Service contact, outcome and waiting lists	Education or work
Psychotic like experiences (The Adolescent Psychotic-Like Symptom Screener (APSS))	Social media

---

## 2023 Wave 4: Eating disorders sub-study

- In addition to core content, participants were also asked if they would complete the additional eating disorders module
- Includes the full DAWBA eating disorder content, the Avoidant/Restrictive Food Intake Disorder questionnaire and the Mood and Feelings Questionnaire
- Data will be sent to University of Cambridge who will clinically rate each case
- The clinical data will be appended to the dataset to enable analysis

---

## Strengths of the MHCYP survey series

- Pre-pandemic baseline data (from 2017) using the same, validated mental health measure (SDQ) – we can measure **change in mental health over time**
- Survey series uses a **national probability sample** of children – national and global importance
- Sample spans childhood, adolescence and emerging adulthood
- Huge range of data collected, covering different relevant topics year on year
- Provides **evidence** to inform policy, commissioning and practice response
- **Potential** for longitudinal analyses and linkage of survey responses to administrative records e.g. National Pupil Database for even richer data

---

## Published data

2020 to 2022 cross sectional analysis available:

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

Supplementary data on SEND:

**<https://digital.nhs.uk/data-and-information/publications/statistical/mental-health-of-children-and-young-people-in-england/2021-follow-up-to-the-2017-survey/data-sets>**

2023:

In progress due to be published late Autumn 2023

---

---

## Data access

Data will be available via UKDS

- 2020 dataset: completion aimed for late Summer 2023
- 2021 dataset: in progress
- 2022 dataset: completion by early 2024
- 2023 dataset: completion by mid-2024

**Thank you**

**Dhriti Mandalia**

**Senior Researcher**

**E. [Dhriti.Mandalia@natcen.ac.uk](mailto:Dhriti.Mandalia@natcen.ac.uk)**

**T.** 020 7250 1866

**F.** 020 7250 1524

**E.** [info@natcen.ac.uk](mailto:info@natcen.ac.uk)

**W.** [www.natcen.ac.uk](http://www.natcen.ac.uk)

**Registered Office**

35 Northampton Square

London EC1V 0AX

---