



Using the Mental Health of Children and Young People in England survey series to understand trends in child mental health: Challenges and opportunities

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Why invest in population studies?



Tracking trends

Understanding
population need



Capturing data on
those not in contact
with services



National survey series



The mental health of children and adolescents in Great Britain

The report of a survey carried out in 1999 by Social Survey Division of the Office for National Statistics on behalf of the Department of Health, the Scottish Health Executive and the National Assembly for Wales



Mental health of children and young people in Great Britain, 2004

Authors: Hazel Green
Aine McGinnity
Howard Meltzer
Tamsin Ford
Robert Goodman

A survey carried out by the Office for National Statistics on behalf of the Department of Health and the Scottish Executive

palgrave
macmillan



Mental Health of Children and Young People in England, 2017

Summary of key findings

Information and technology
for better health and care

November 2018



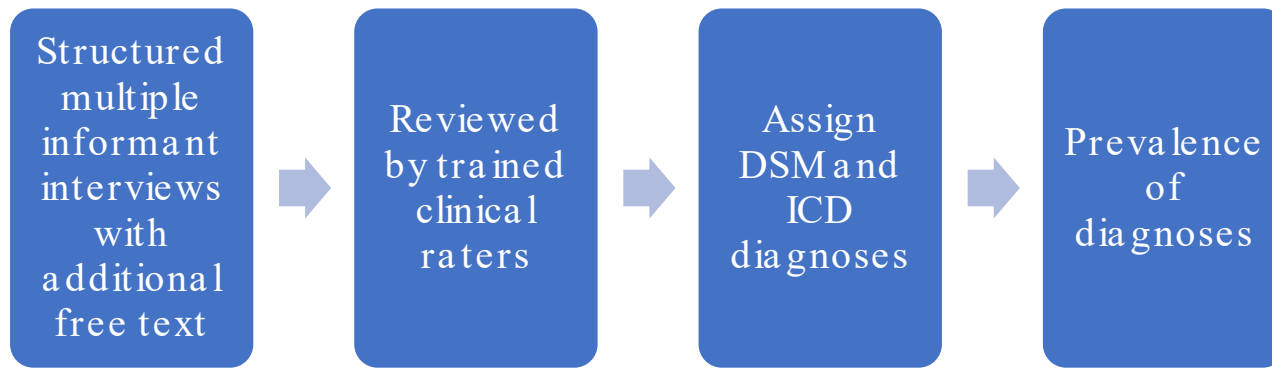
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The value of the national survey series

- Probability samples designed to be **representative** of population
- Detailed **socio-demographic** data
- Unique in using **clinically rated standardised diagnostic assessment** and dimensional measures
- Largely **identical measures** allow tracking of trends
- **Multiple informants**

Measuring mental health: standardised diagnostic assessment

Development and Wellbeing Assessment (DAWBA)

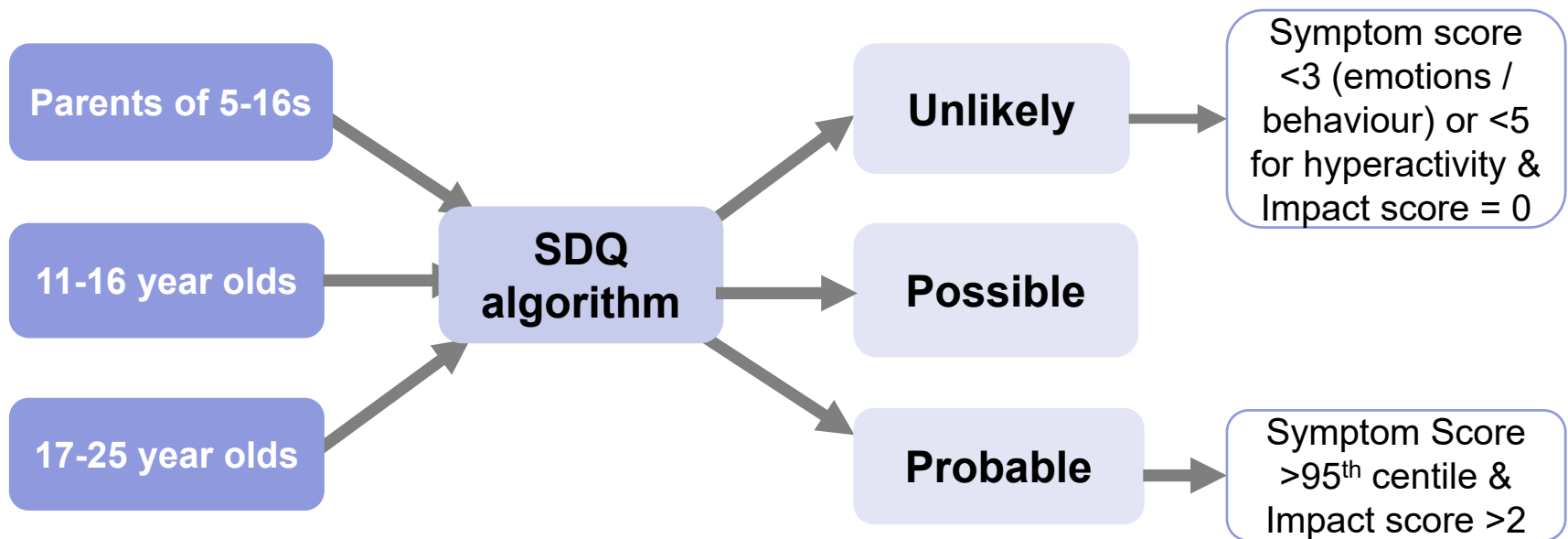


DSM: American Psychiatric Association Diagnosis and Statistical Manual (DSM-IV and DSM-V)

ICD: World Health Organisation International Classification of Diseases (ICD-10 and ICD-11)

DAWBA: Goodman, 2000 ; <https://dawba.info/a0.html>

Measuring mental health: the Strengths and Difficulties Questionnaire algorithm



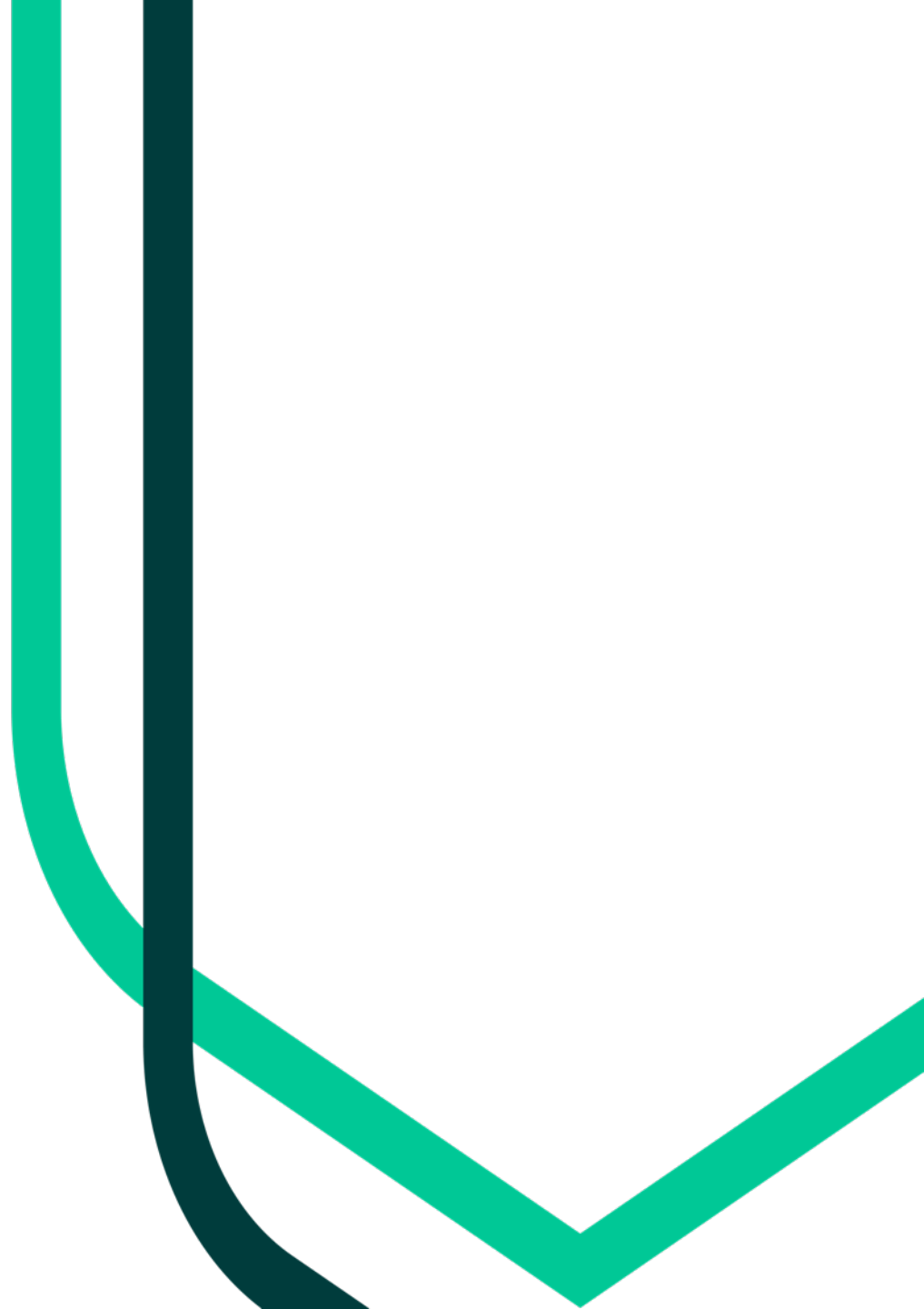
For further information: https://files.digital.nhs.uk/08/0B5432/mhcyp_2021_meth.pdf



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Insights from the series so far

Baseline surveys



Baseline surveys

BCAMHS 1999

- Child Benefit Register
- Great Britain
- Ages 5 to 15

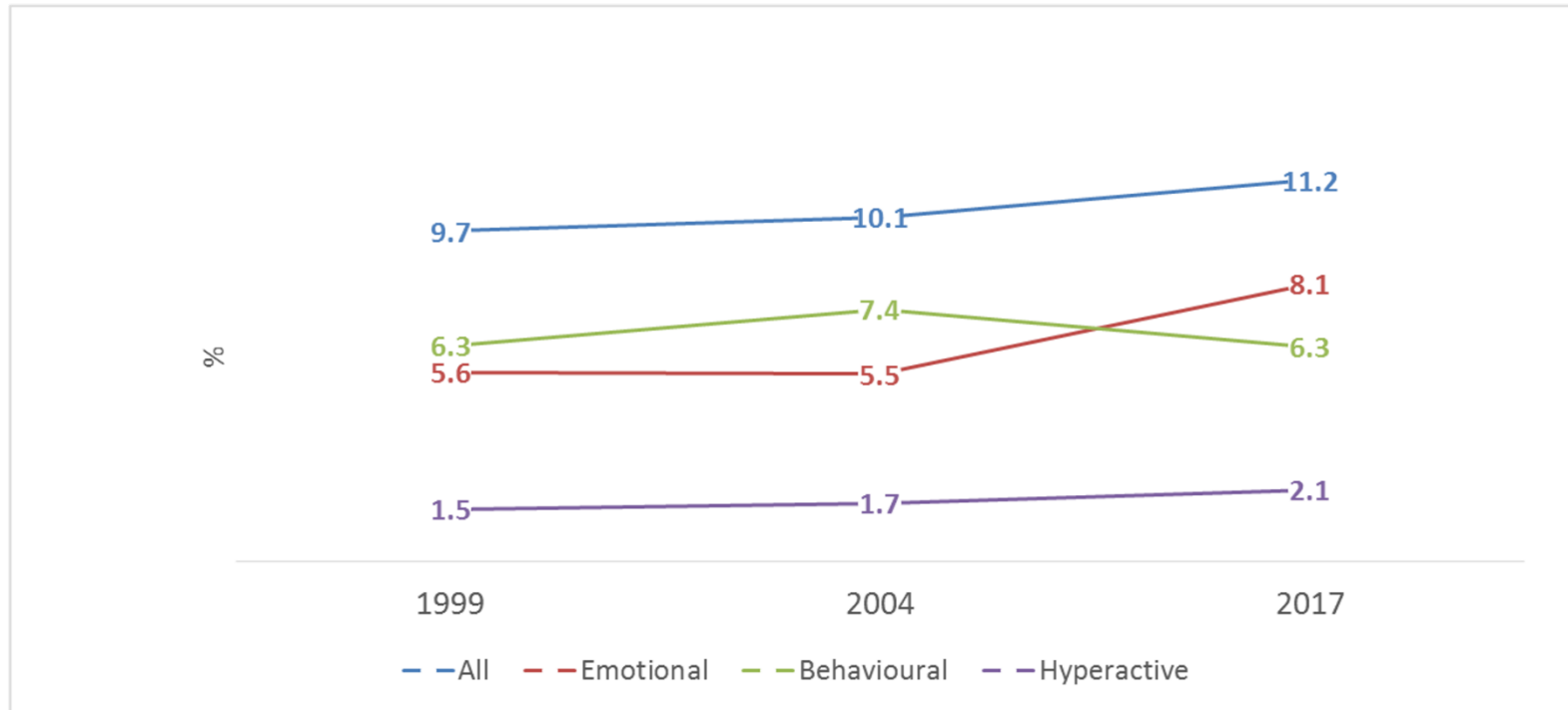
BCAMHS 2004

- Child Benefit Register
- Great Britain
- Ages 5 to 16

MHCYP 2017

- National Patient Database
- England only
- Ages 2 to 19

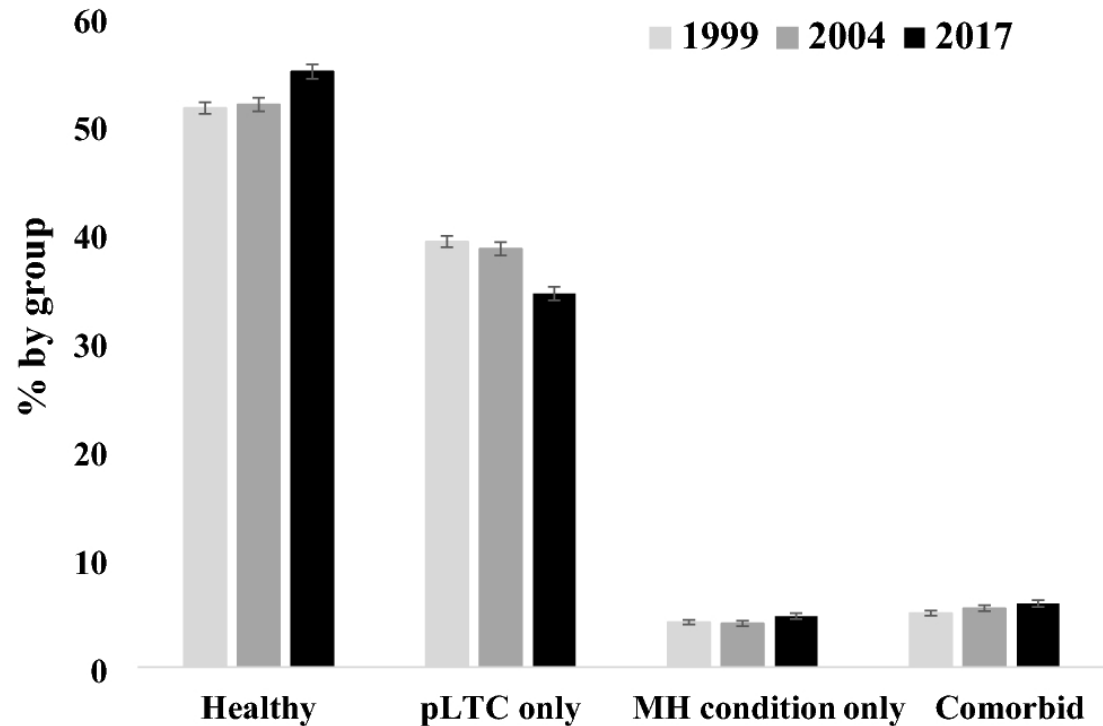
1. MHCYP 2017: provided first prevalence figures for 13 years



Source: NHS England, 5 to 15 year olds

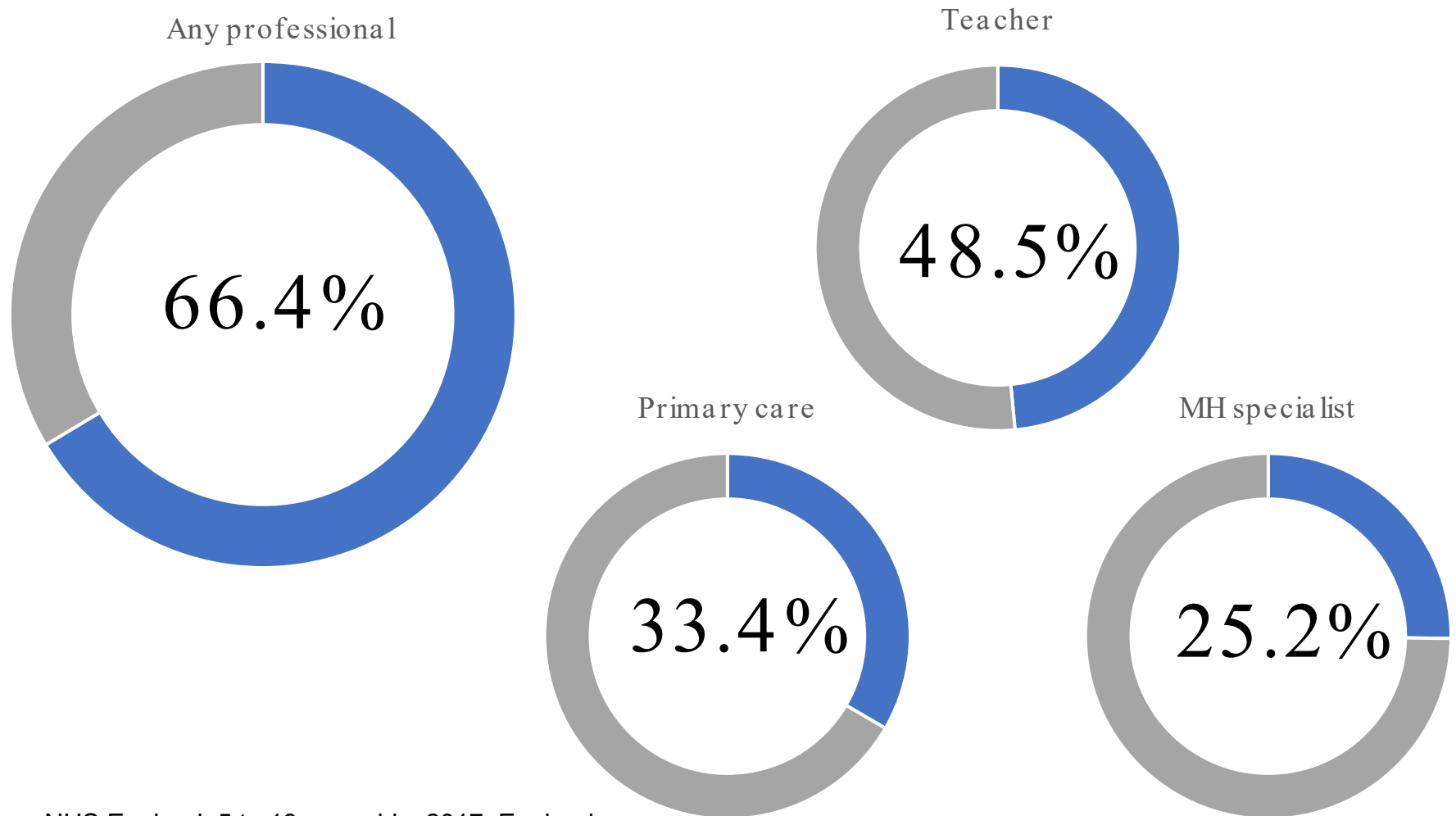
2. A holistic view of child health: co-occurring physical and mental health problems over time

Weighted prevalence estimates of long-term physical health conditions and mental health conditions in children and young people aged 5–15
MH = mental health;
pLTC = long-term physical health condition



Panagi, L., Newlove-Delgado, T., White, S.R. et al. Trends in comorbid physical and mental health conditions in children from 1999 to 2017 in England. *Eur Child Adolesc Psychiatry* (2022). <https://doi.org/10.1007/s00787-022-02112-5>

3. “Child mental health is everybody’s business”: contact with services amongst 5 to 19 year olds with a disorder, 20 17



4. Changes in the 'profile' of children meeting criteria for a diagnosis: 1999 to 2017

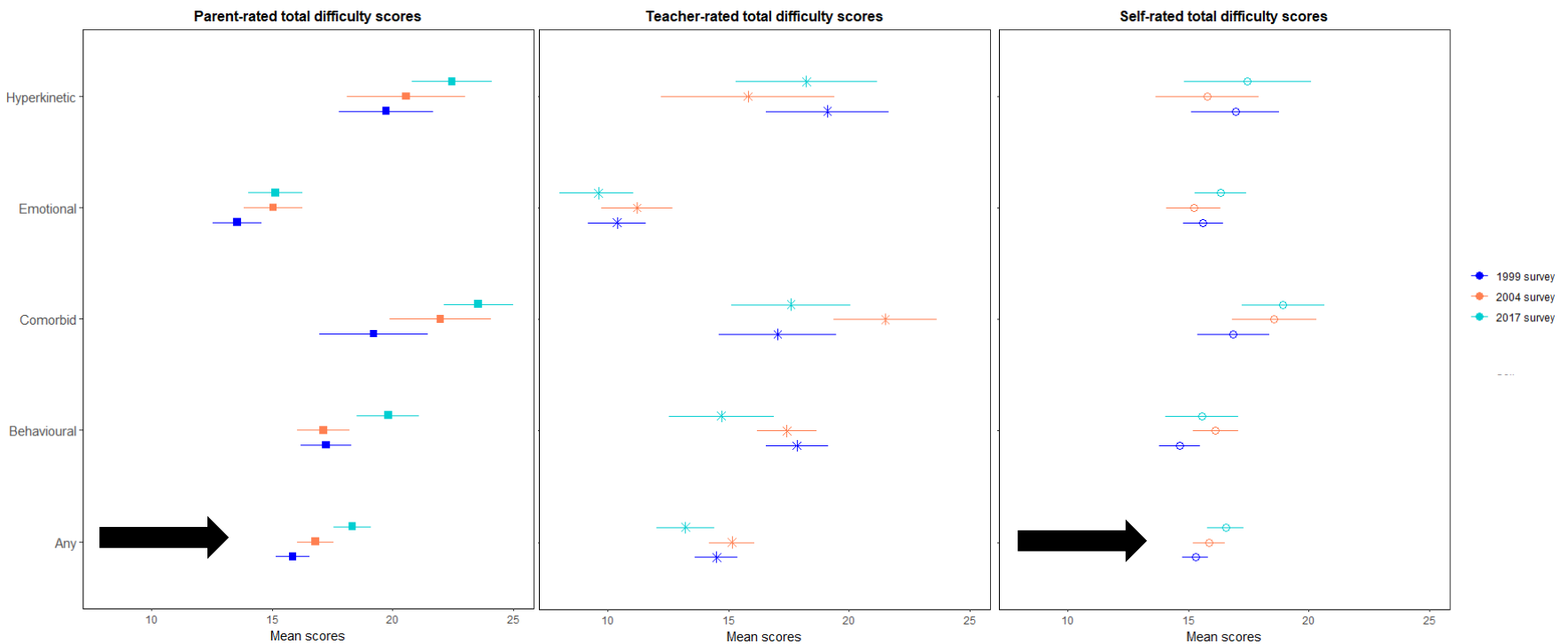


Figure 2: Cross survey comparison of parent, teacher, and self-rated mean total difficulty scores (SDQ) among those aged 11-15 years

Taken from Armitage J et al., in submission



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Insights from the series so far

The follow-on surveys



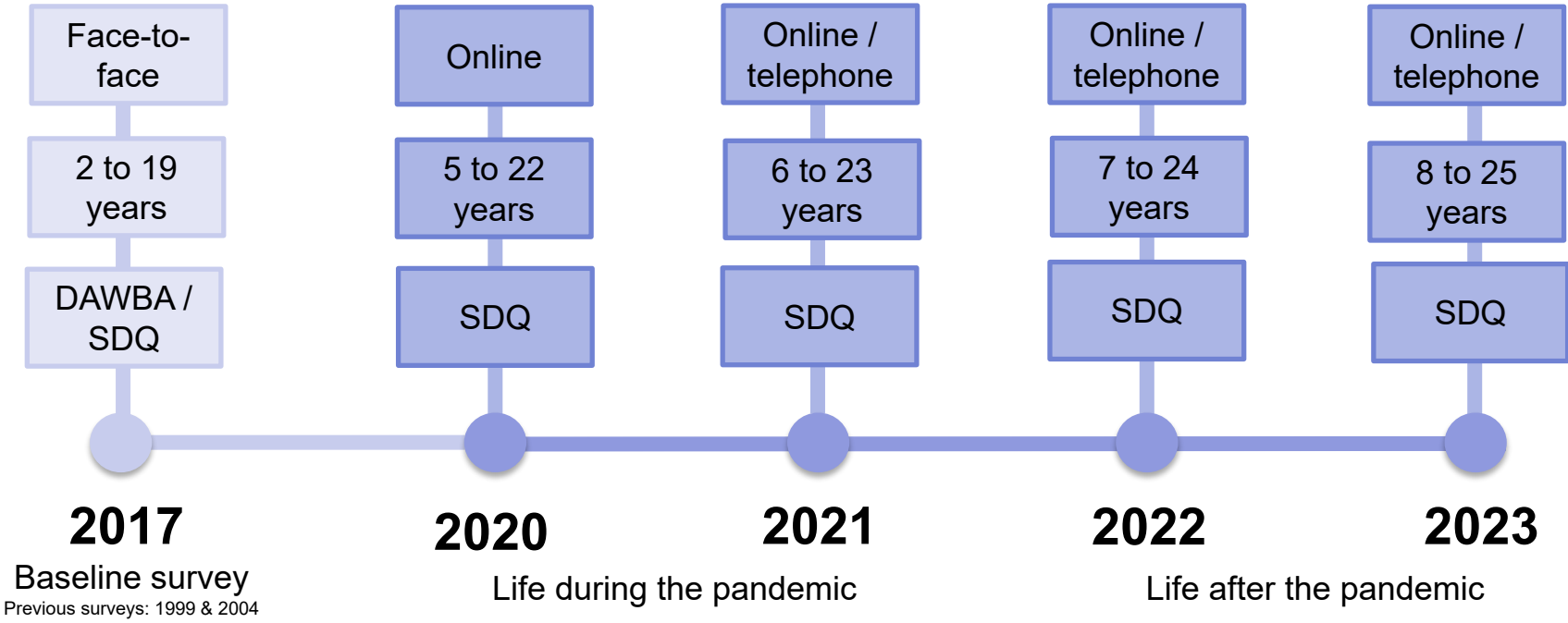
Race to research the impact of lockdown

“a systemic shock to the wider determinants of child health...”



Hefferon C, Taylor C, Bennett D, Falconer C, Campbell M, Williams JG, Schwartz D, Kipping R, Taylor-Robinson D. Priorities for the child public health response to the COVID-19 pandemic recovery in England. Arch Dis Child. 2021 Jun;106(6):533-538. doi: 10.1136/archdischild-2020-320214. Epub 2020 Dec 9. PMID: 33298551

MHCYP survey series timeline



Survey partners

Surveys 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

Surveys conducted by:

 **National Centre
for Social Research**

 **Office for
National Statistics**

 **UNIVERSITY OF
CAMBRIDGE**

**UNIVERSITY OF
EXETER**

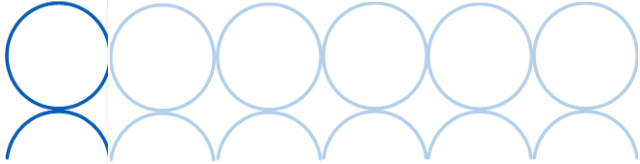
youth*in***mind**

1. Sharp rise in rates of probable disorder in 7 to 16 year olds between 2017 and 2020, followed by sustained higher rates

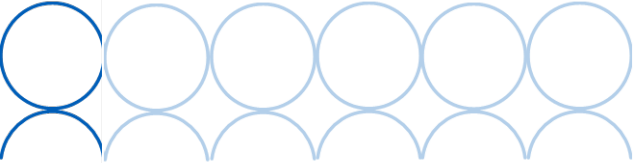
In 2022, one in six (18.0%) children aged 7 to 16 had a probable mental disorder



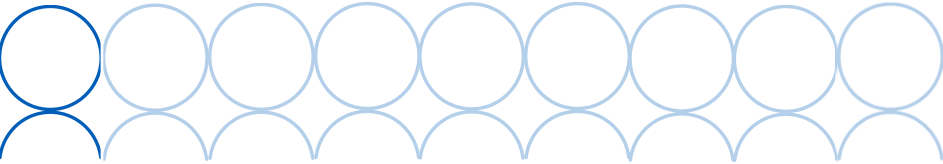
In 2021, one in six (17.8%) children aged 7 to 16 had a probable mental disorder



In 2020, one in six (16.7%) children aged 7 to 16 had a probable mental disorder



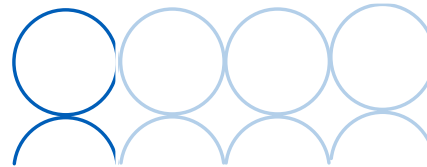
In 2017, one in nine (12.1%) children aged 7 to 16 had a probable mental disorder



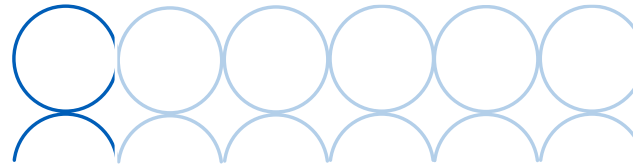
Source: NHS England, 7 to 16 year olds, England

2. Rates of probable disorder in 17 to 19 year olds rose between 2017 and 2020, and again between 2021 and 2022

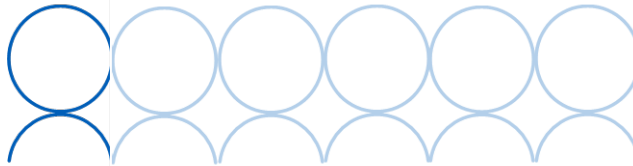
In 2022, one in four (25.7%) young people aged 17 to 19 had a probable mental disorder



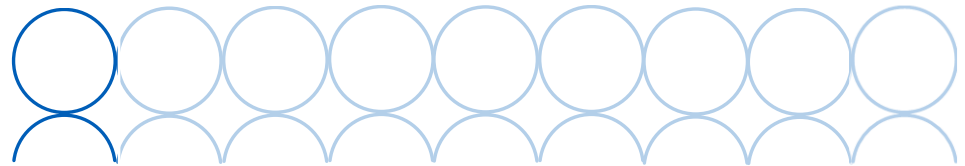
In 2021, one in six (17.4%) young people aged 17 to 19 had a probable mental disorder



In 2020, one in six (17.7%) young people aged 17 to 19 had a probable mental disorder

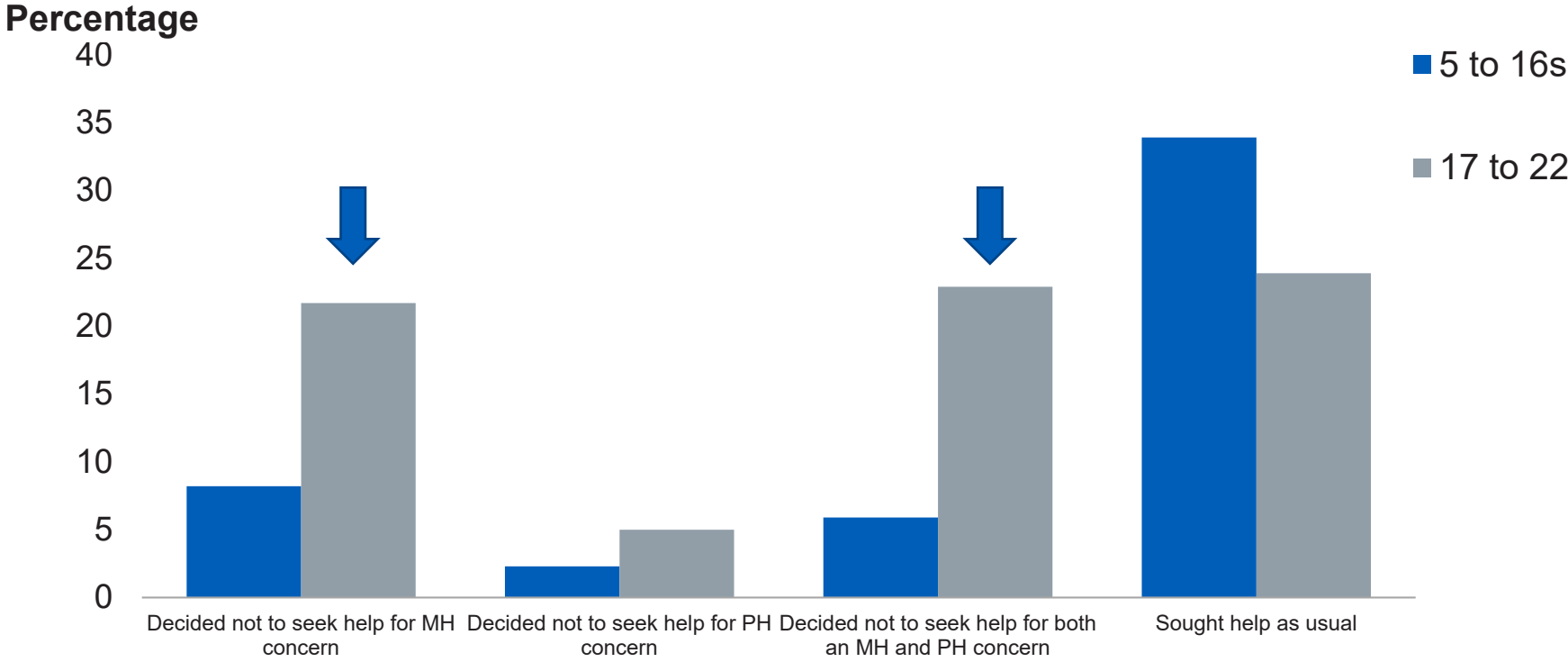


In 2017, one in ten (10.1%) young people aged 17 to 19 had a probable mental disorder



Source: NHS England, 17 to 19 year olds, England

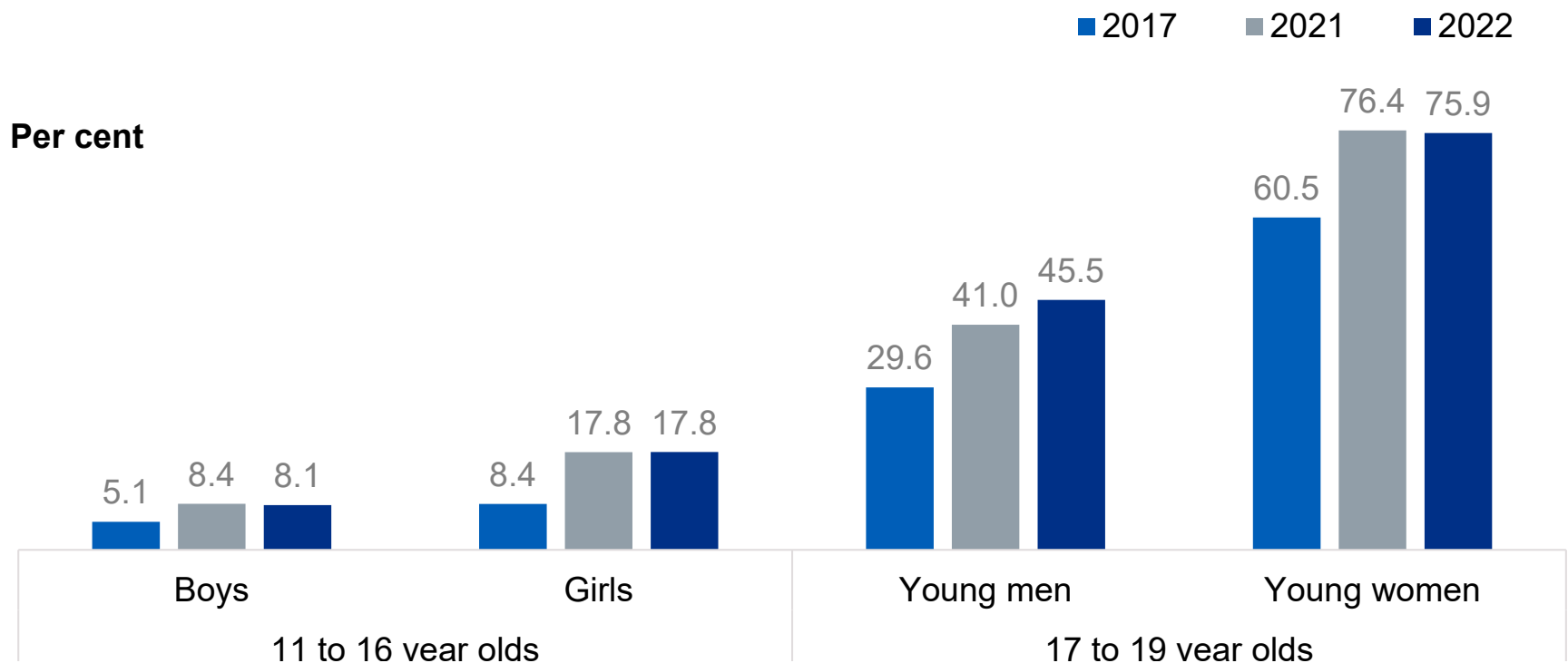
3. From MHCYP 2020: More than a fifth of young people with a probable disorder reported deciding not to seek help due to the pandemic



Source: NHS England. 5 to 22 year olds, England.

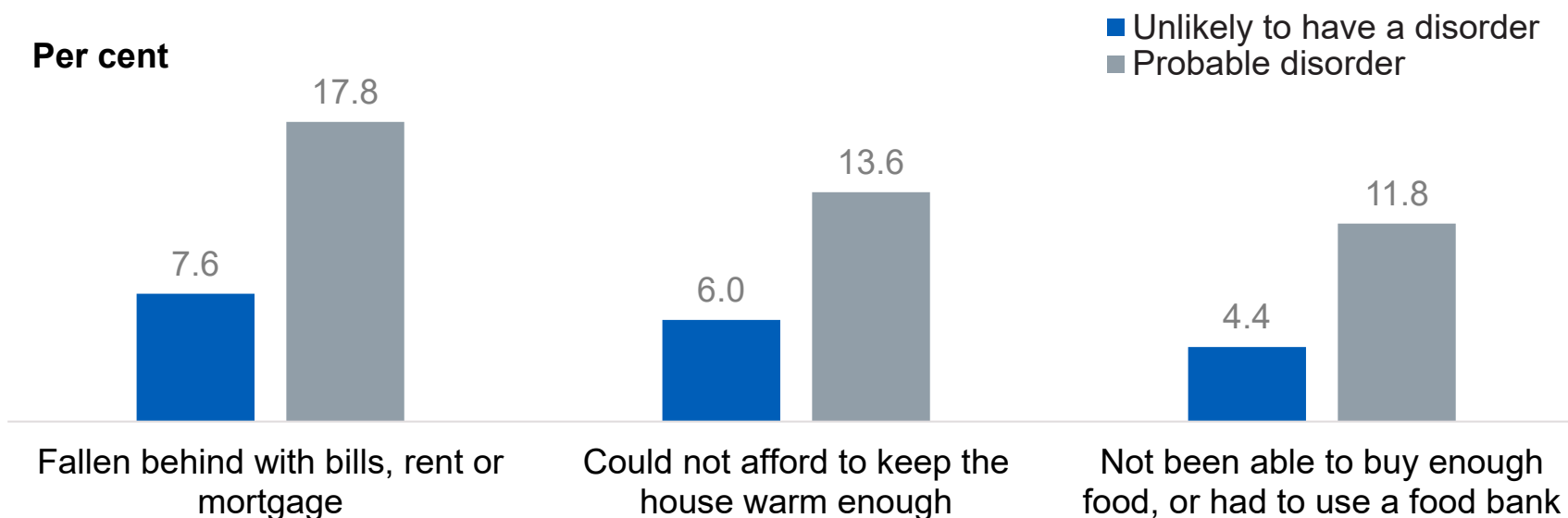
4. Rates of possible eating problems rose between 2017 and 2022:

Please note this is not the same as rates of eating disorders



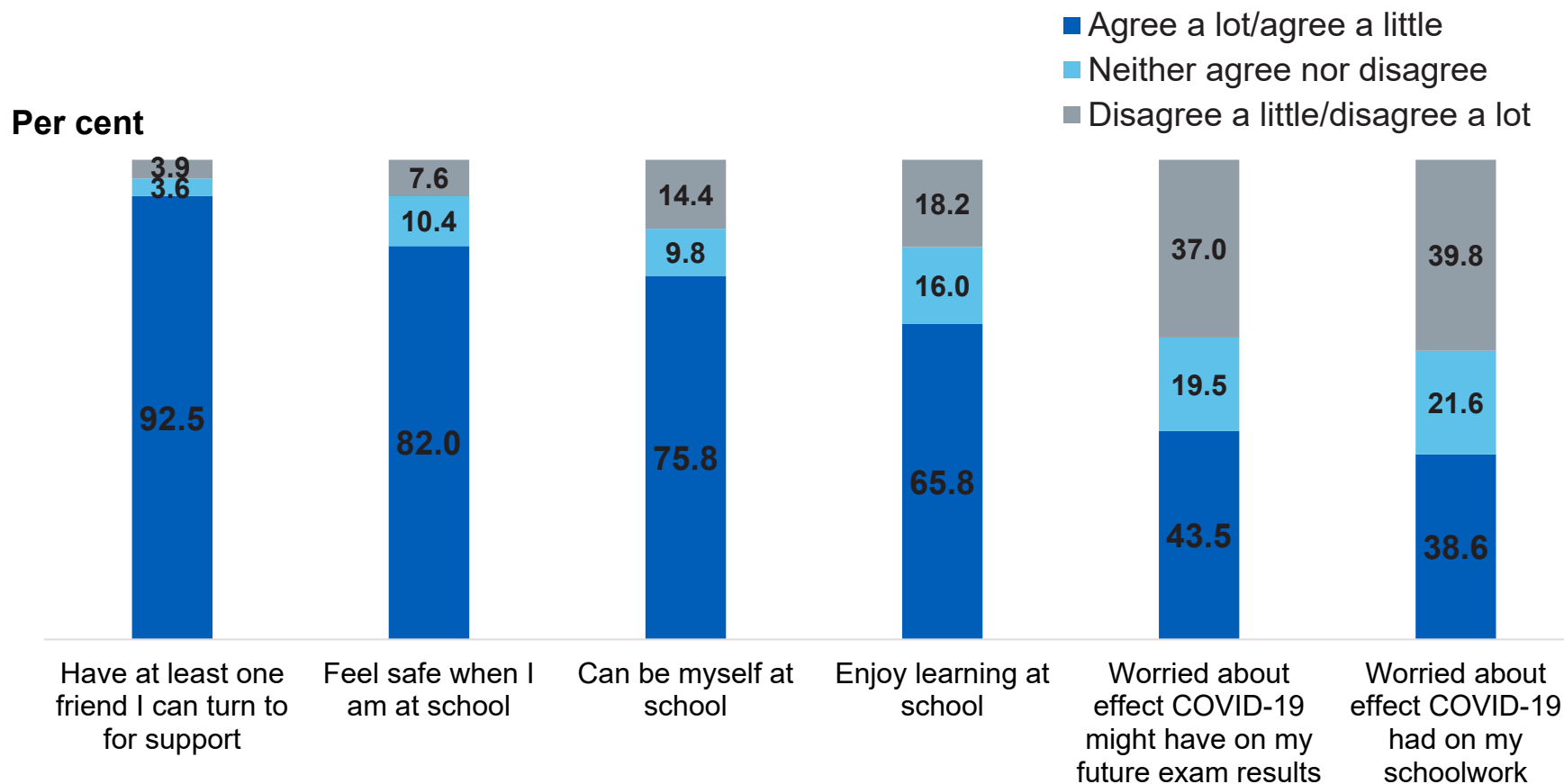
Source: NHS England . 11 to 19 year olds, England, 2022.

5. In 2022, children with a probable mental disorder were more likely to live in households facing financial, energy or food insecurity



Source: NHS England. 7 to 16 year olds, England, 2022. Figure 5.1 in the report.

6. Feelings about school, 2022: majority reported positive experiences

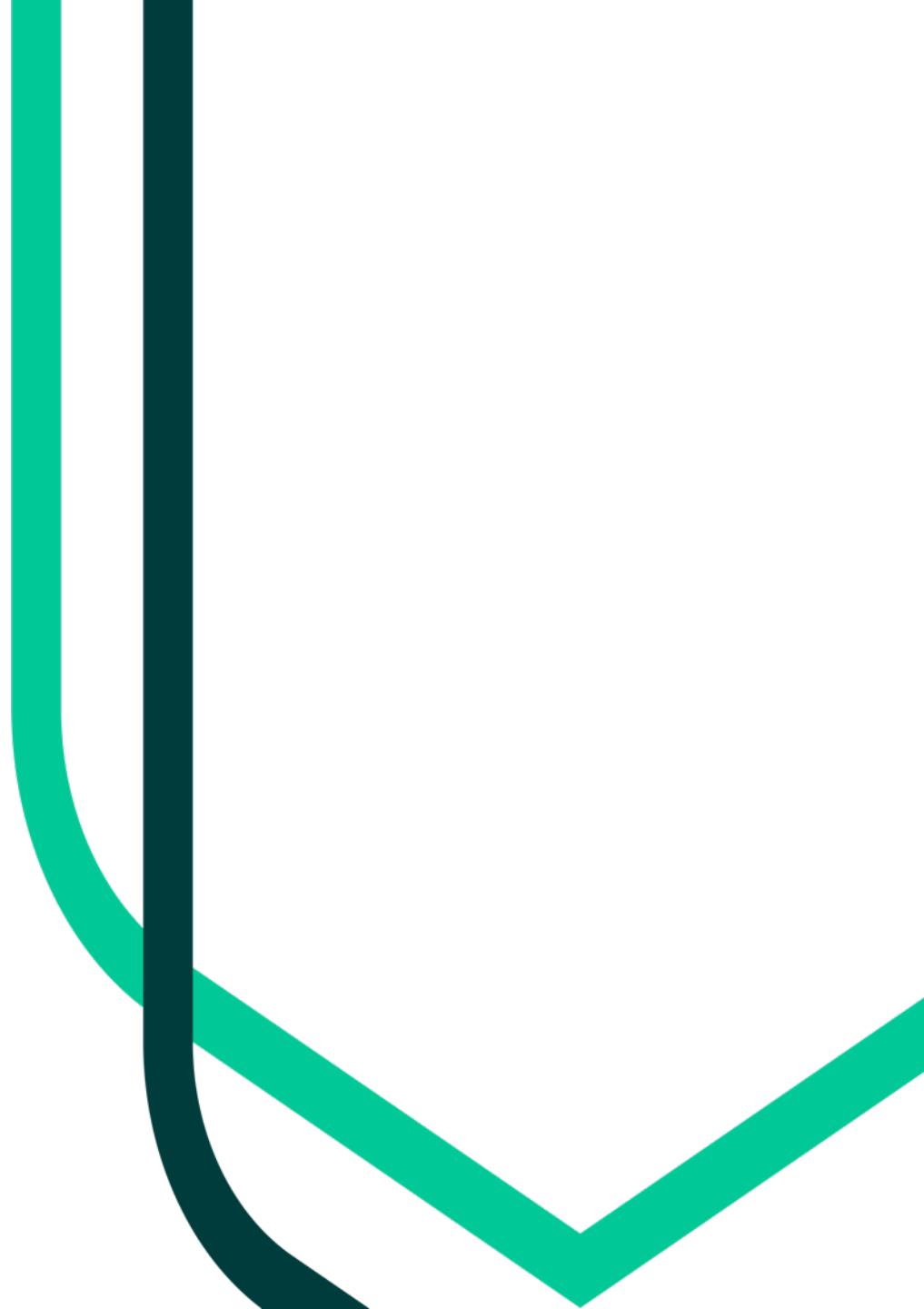


Source: NHS England. 11 to 16 year olds, England, 2022.



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Challenges and opportunities



Baseline surveys: considerations and challenges

- Decrease in response rates over time (from 83% of eligible children in 1999 to 52% in 2017)
- Some minor differences in measures used across cohorts
- Different 'core' age ranges and geographical coverage



Caution

Follow-up series: considerations and challenges

- Significant attrition
- Some inconsistencies in questions due to ‘responsive’ nature
- Small numbers of CYP in some groups in follow-up surveys: limits analyses
- ‘Ageing’ cohort
- Use of SDQ algorithm to assign probable disorder



Caution

Opportunities

- Upcoming release of 2020, 2021 and 2022 data for analysis
- Longitudinal and cross-sectional analyses
- Linkage to routine/administrative data
- Triangulation and role of qualitative data
- 2023 survey report due Autumn 2023
- Addition of eating disorders sub-study for 2023

'Responsive' epidemiology



The pandemic demonstrated value of mobilising to answer questions in real-time




Involves trade-offs and availability of resource and expertise




Surveys should strongly reflect the needs of those who **use** data and those who **contribute** their data



MHCYP engagement activities



 Please help the National Study of Health and Wellbeing: Children and Young People.

We need your help to plan the next National Study of Health and Wellbeing: Children and Young People. This will take place in 2023 and provides essential information to local and national government. We would like your advice about what are the most important things that we should ask children, young people and families. These can be things which affect mental health and wellbeing or the daily lives of children, young people and families. This will help us decide what topics we should ask about in more detail in the next study.

The Universities of Exeter and Cambridge are working with NatCen Social Research, the Office for National Statistics and NHS Digital to gather your feedback.

If you are happy to proceed, please fill out this short online form. It will take up to 5 minutes and will cover your views on the study and what you think are important study topics.

This is an anonymous survey, so we will not know who has completed it. We will not collect or store any of your personal information. The anonymous results may be shared with other organisations such as members of our Steering Group, which includes charities, Government Departments and other organisations.

We are very grateful for your time, and thank you in advance for helping us to improve the National Study of Health and Wellbeing: Children and Young People.

* Required

1. Who is completing the survey? Are you a: *

- Parent or carer
- Young person aged 11 to 16
- Young person aged 17 to 25



A call to use the data

“I really like taking part in the studies as I feel we are contributing to something meaningful. I would really like the findings and then hopefully any policy they inform to be communicated to participants and the public in a clear and public way”

“It would be good to be updated on how our views have been used”

“I would hope that this is not just a tick in the box but a real tool to identify what is needed to support young people with their mental health”



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Source: “You said, we did” engagement exercise funded by NHS England, 2023

Additional acknowledgements

- MHCYP 2021 was funded by the Department of Health and Social Care and the UK Research and Innovation (Medical Research Council) as part of their “Ideas to address COVID-19” call. It was commissioned by NHS Digital, and carried out by the Office for National Statistics, the National Centre for Social Research, University of Cambridge and University of Exeter.
- Dr Tamsin Newlove-Delgado was funded by an National Institute for Health Research Advanced Fellowship (NIHR300056) whilst undertaking this work. Professor Tamsin Ford was also supported with funding from the UK Research and Innovation (Medical Research Council) as part of their “Ideas to address COVID-19” call.
- We would also like to thank all of the team members at ONS, NatCen, NHS England, University of Cambridge and University of Exeter for their hard work, and the children, young people and families who took part for giving their time so generously
- **The views expressed in this presentation are those of the author and not necessarily those of the NIHR, NHS or the UK Department of Health and Social Care.**



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Thank you

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