

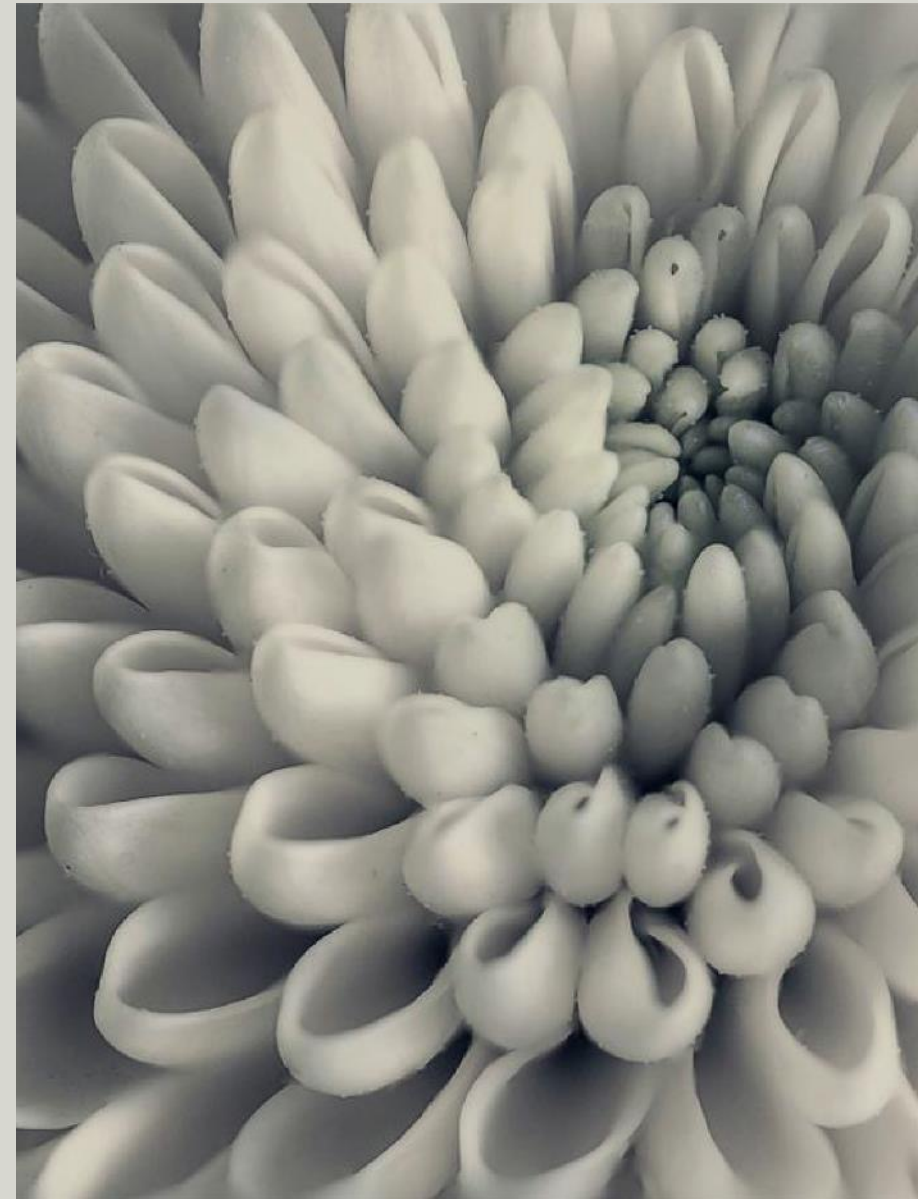
Mental Health of Children and Young People in England 2021

University of Cambridge



MHCYP survey

This report presents the follow-up studies of MHCYP 2017, which examined the mental health trends in young people between 2017 and 2021 during the pandemic. This survey investigated the experiences of parents and, children, and young people during the Covid in terms of their access to services and education, mental health conditions.



MHCYP 2021

The Universities of Cambridge and Exeter, NHS Digital, the Office for National Statistics (ONS) and the National Centre for Social Research (Natcen) carried out this survey

NHS Digital (2021) reports that children and young people have seen significant life changes since the pandemic in the UK in March 2020. This has impacted their access to health, education, and recreation services.

There has been less research on the effects of these changes on children, whereas several studies have looked at what they have meant for adults (NHS Digital, 2021).

Aims of the survey



Purpose 1

**Comparing mental health
in 2017, 2019 and 2021**



Purpose 2

**Describing life during the
coronavirus pandemic**



Purpose 3

**Focusing on ethnic group variations
among children and young people**

Outcomes



Finding 1 Mental health, sleep and loneliness

Both boys and girls showed a significant increase in possible mental health problems from 11.6% (2017) to 17.4% (2021)

,Young people aged 17-19 , an increase in mental health disorders from 10.1% in 2017 to 17.4% in 2021

In 2021, 39.2% of children aged 6-16 had seen their mental health worsen since 2017, where as 21.8% had seen it improve – a decrease in their SDQ score



Finding 2 The coronavirus Context

Support for SEND has been significantly lowered.

- **Accessing laptop and tablets has been risen**

In 2021, 16.7% of 11-16 years old who used social media admitted that their mood was affected by the number of likes, comments and 50.7% admitted that they stayed on social media longer than they intended to

- **In about a quarter, 26.2% of 6-16 years old with a possible mental health condition, the parents did not seek support from professionals even though they were worried.**

Eating problems, sleep problems, loneliness and substance use

Eating problems

In the 11-16 group, the proportion of EDs rose from 6.7% to 13%; in the 17-19 group from 44.6% to 58.%

Loneliness

4.9% of 11-16 years old and 12.8% of 17-22 reported feeling lonely **always or often**

Substance Use

Most 11-16 reported that **they had not** used alcohol, cigarettes, cannabis or other drugs

Sleep Problems

Sleeping problems affected over a quarter of 6-16 years old, over half of 17-23



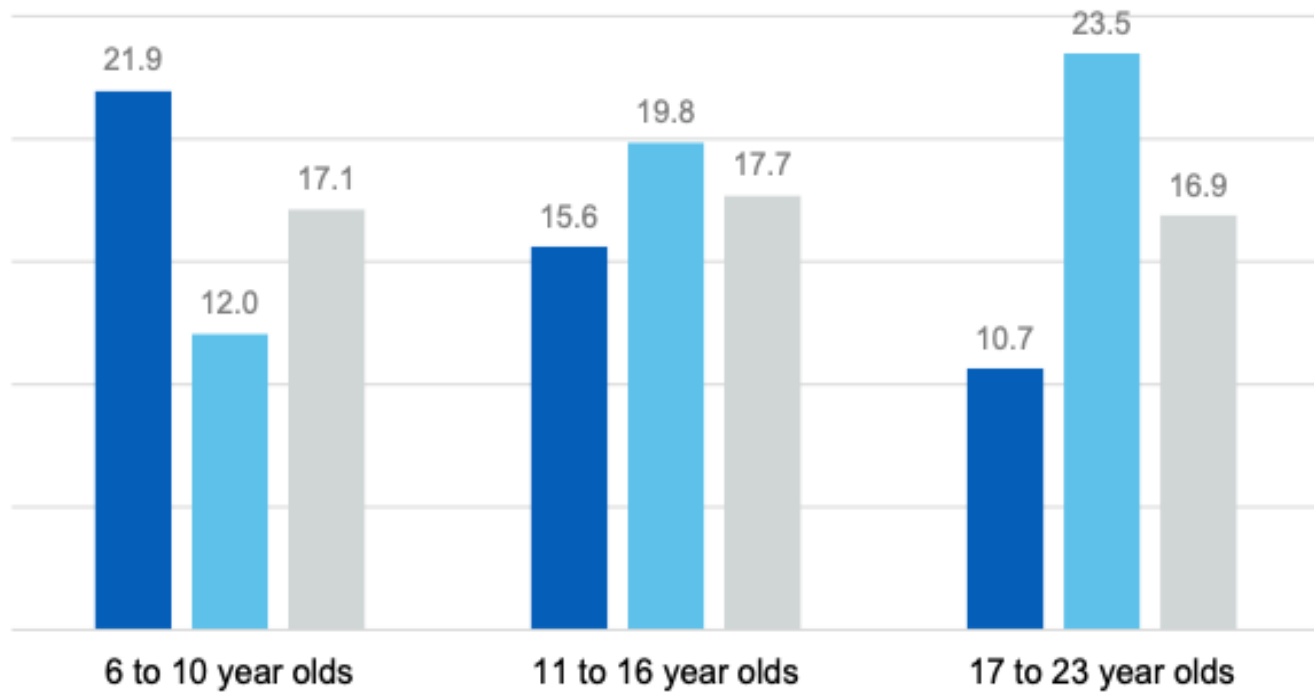


Figure 1.1: Percentage of children or young people with a probable mental disorder, by age and sex, 2021

Base: 6 to 23 year olds

Per cent

■ Boys ■ Girls ■ All

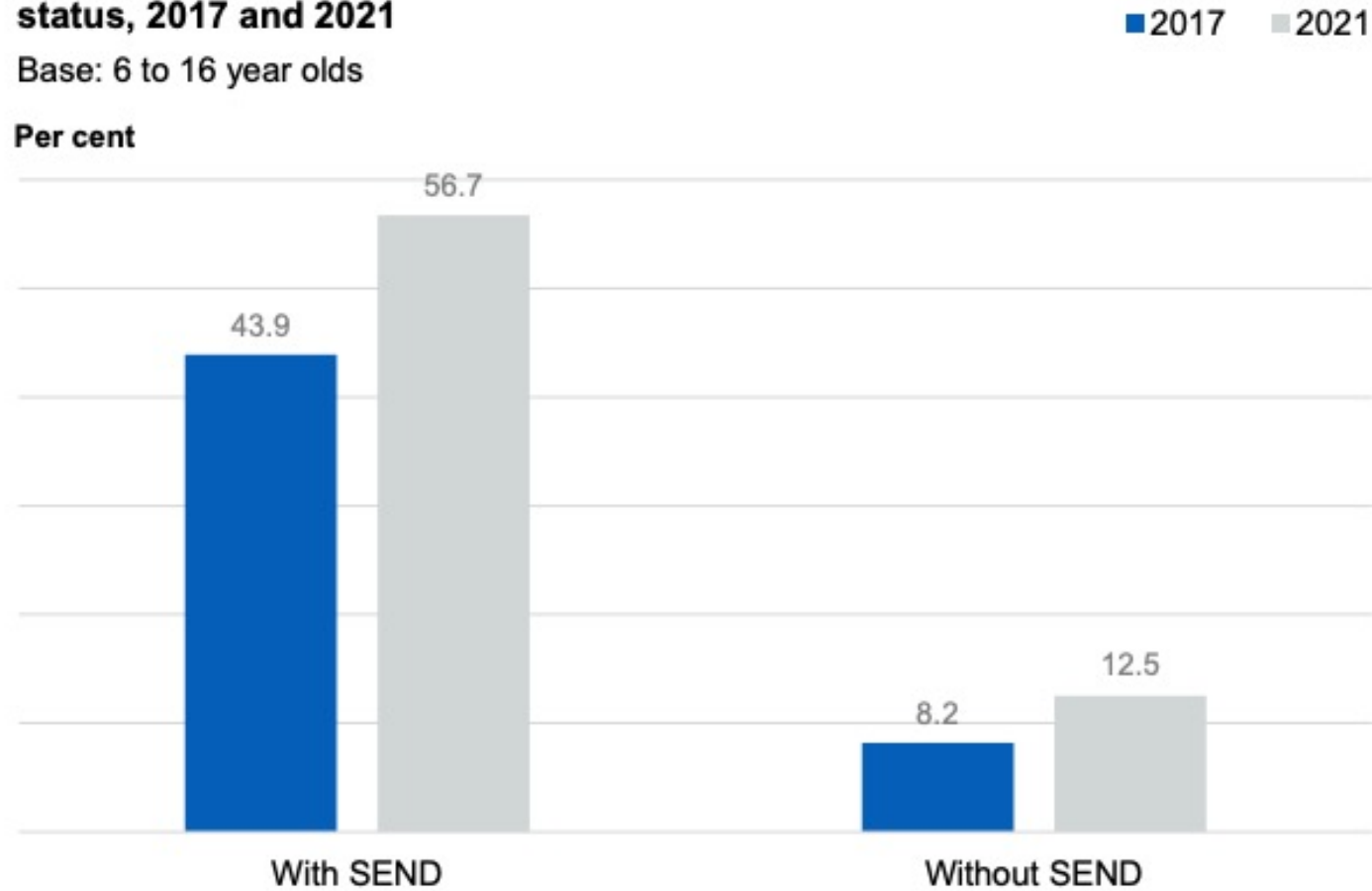


Source: NHS Digital

Figure 1.4: Percentage of children with a probable mental disorder, by special educational needs and disability (SEND) status, 2017 and 2021

Base: 6 to 16 year olds

Per cent



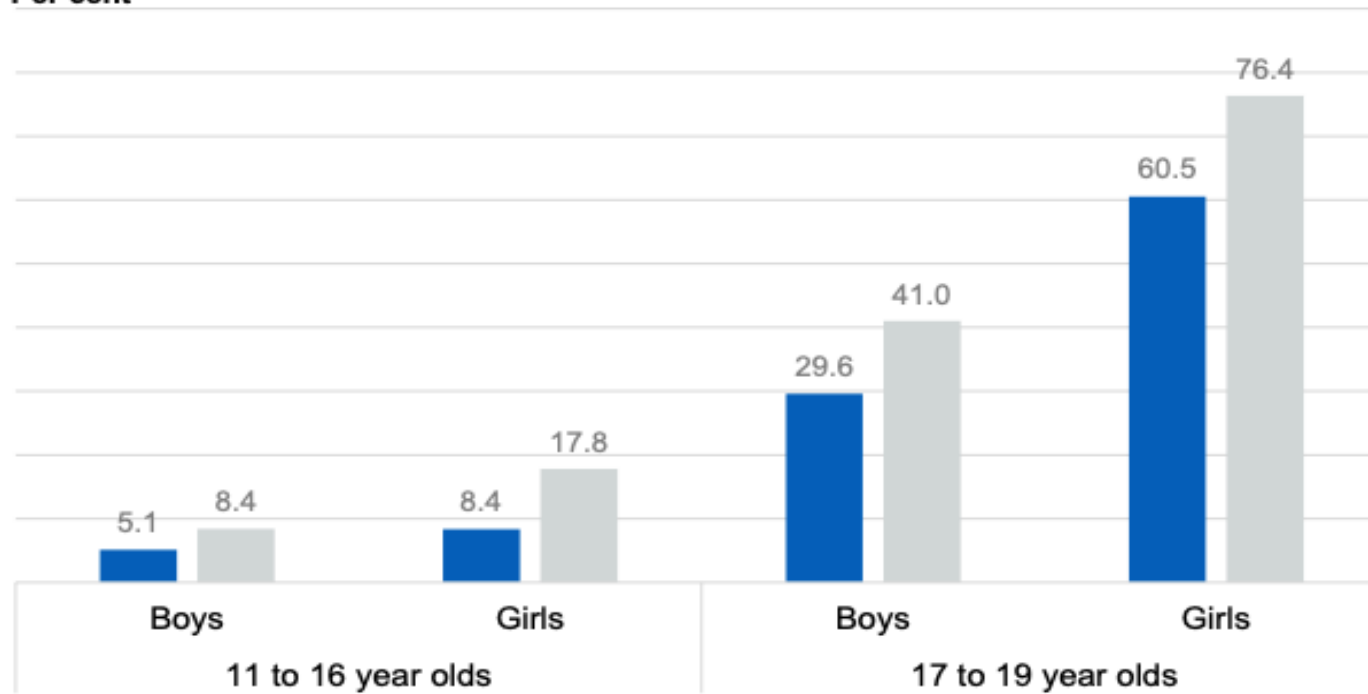
Source: NHS Digital

Figure 1.5: Percentage of children or young people who screened positive for possible eating problems, by sex, 2017 and 2021

Base: 11 to 19 year olds

■ 2017 ■ 2021

Per cent

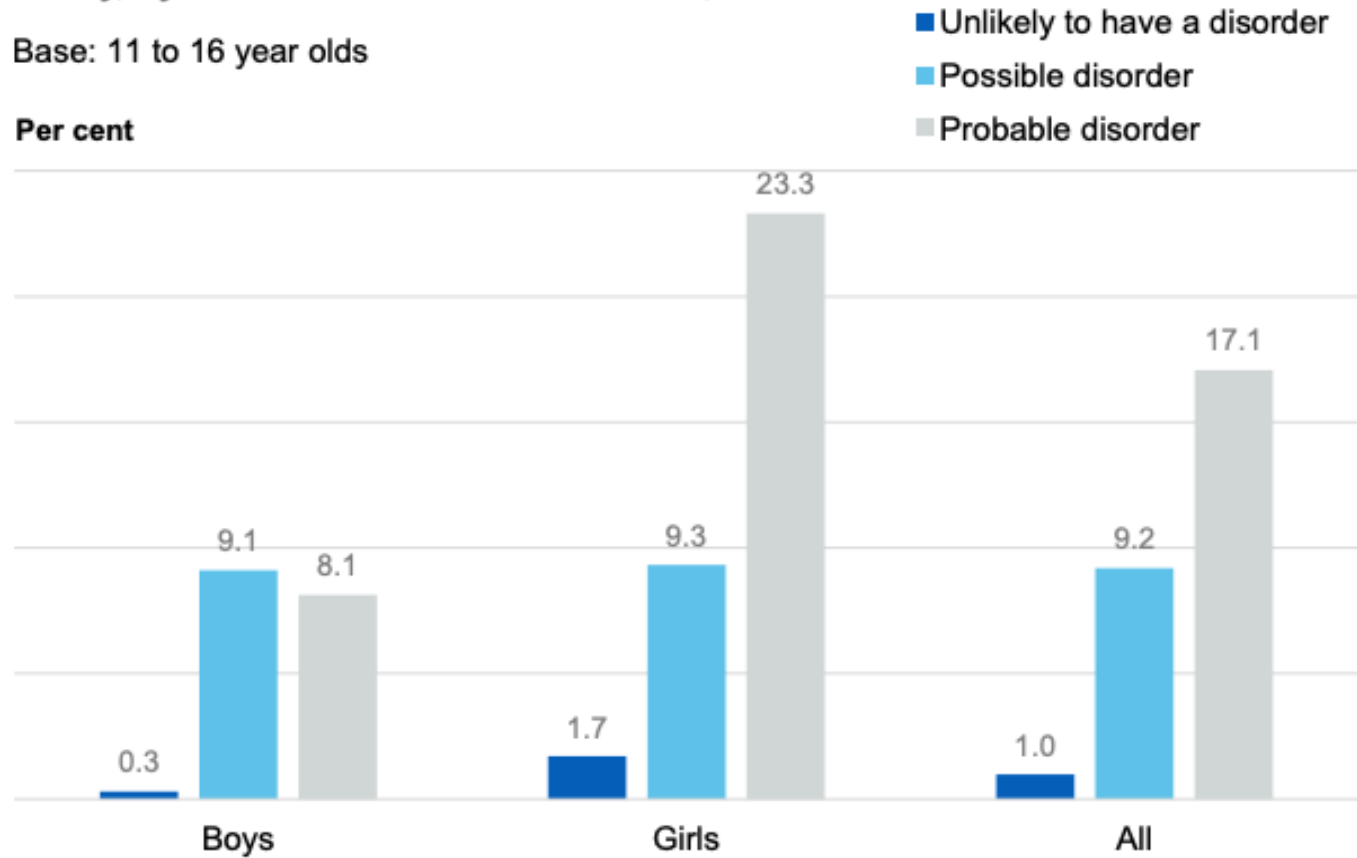


Source: NHS Digital

Figure 1.8a: Percentage of children often or always feeling lonely, by mental health of child and sex, 2021

Base: 11 to 16 year olds

Per cent

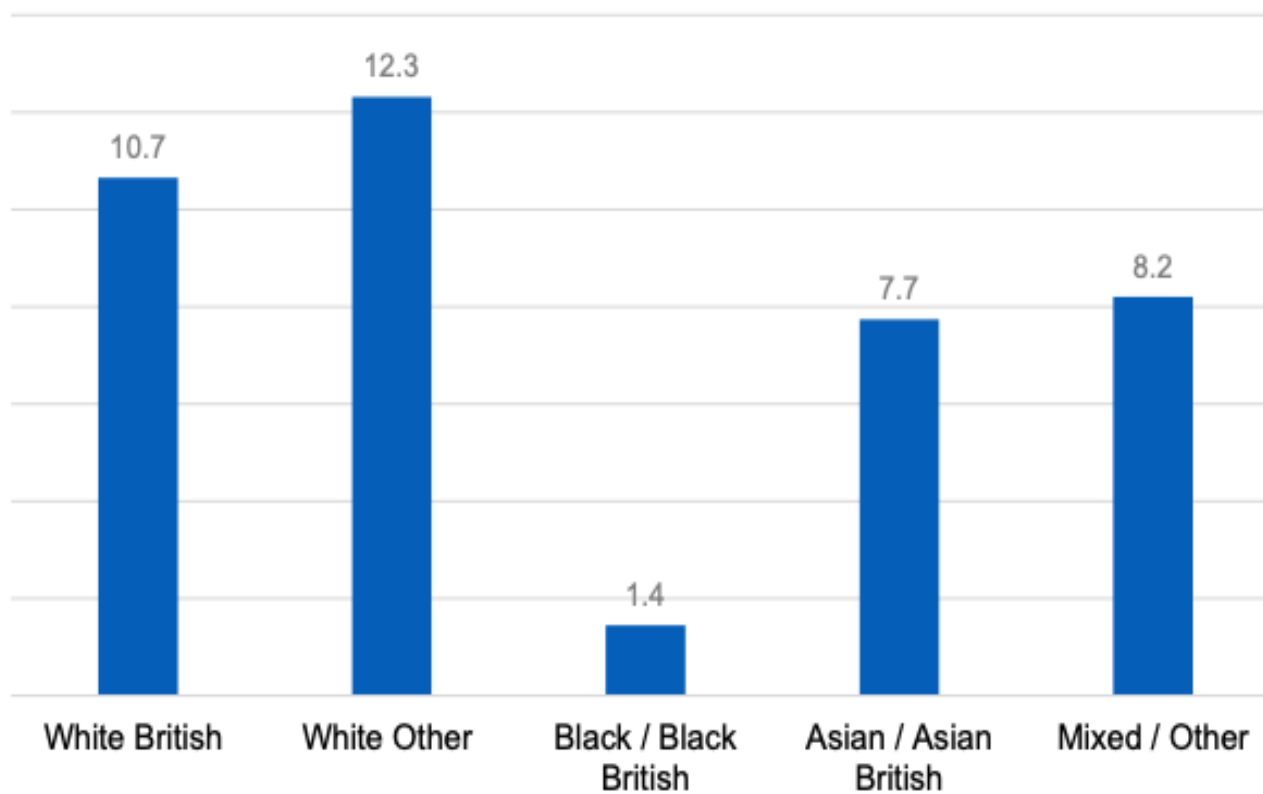


Source: NHS Digital

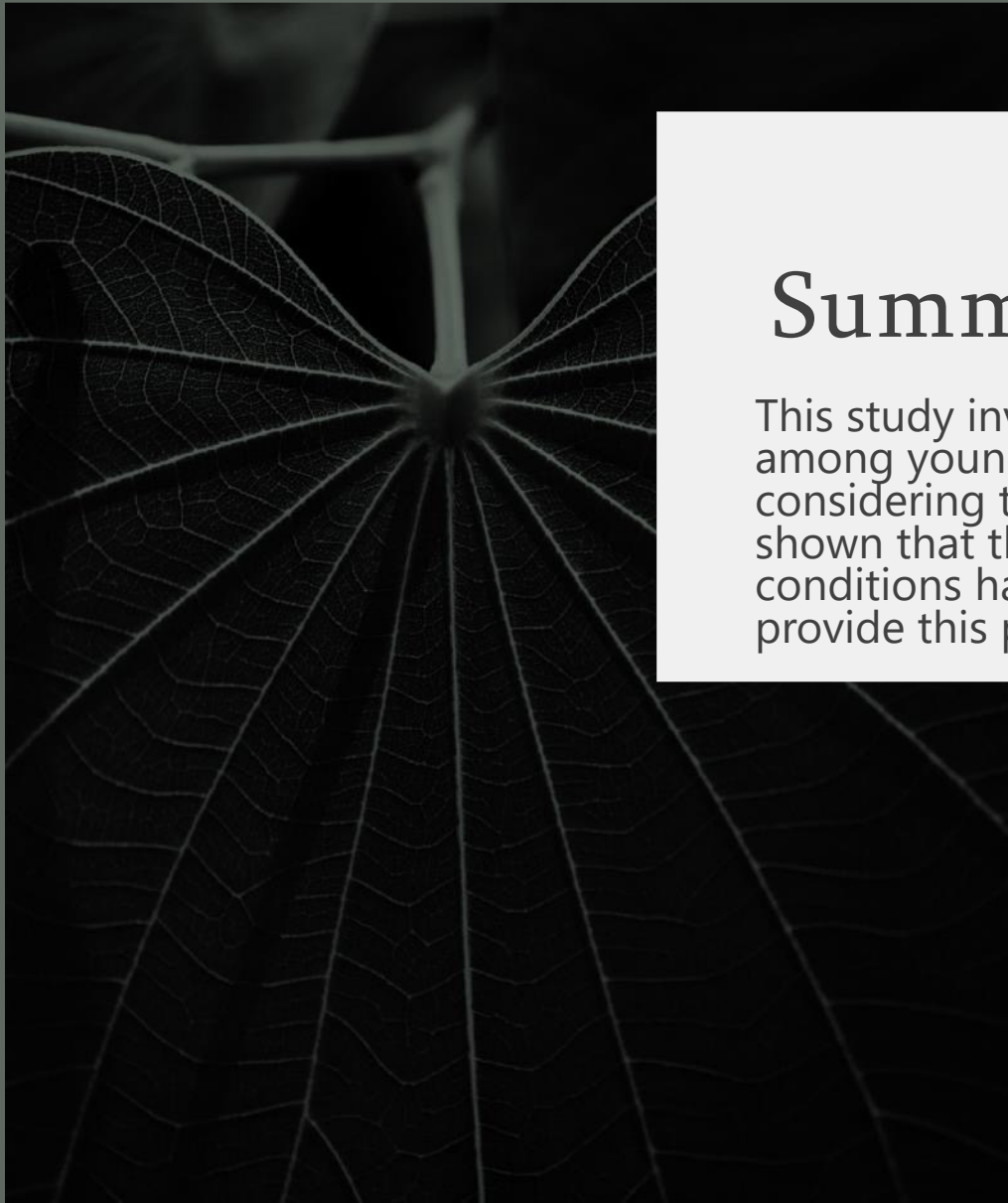
Figure 1.8c: Percentage of children or young people often or always feeling lonely, by ethnic group, 2021

Base: 11 to 23 year olds

Per cent

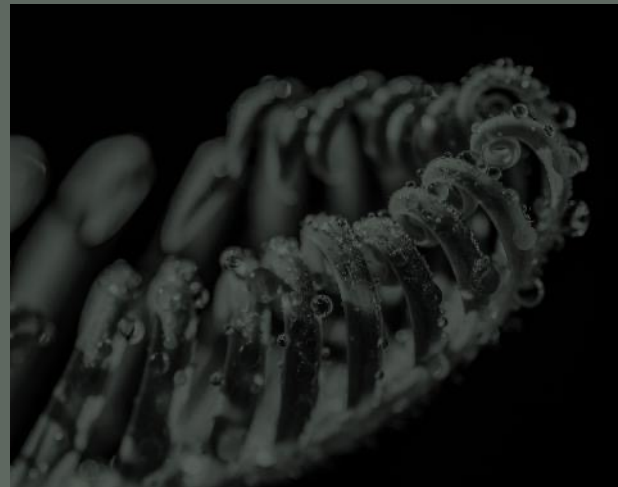


Source: NHS Digital



Summary

This study investigated the prevalence of mental health conditions among young people and how they have changed from 2017 to 2021, considering the impact of Covid-19. Overall, the study's result has shown that the number of young people with probable mental health conditions has risen. Based on that, responsible clinic services should provide this population with the best possible mental health care.





References

NHS Digital. (2021). Mental Health of Children and Young People in England 2021 - wave 2 follow up to the 2017 survey - NHS Digital. In *Mental Health of Children and Young People Surveys*. <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>

Thank you