The conversation we need to have now: Education, Resilience & Mental Health

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Cambridge China Education Forum
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Post-COVID Recovery

Education

Resilience

Mental Health

Post-COVID Recovery

Education

- How can we reopen schools better?
- What have we learnt about teaching?

Resilience

- How do we build resilience into our programs?
- How do we become resilient educators and learners?

Mental Health

Post-COVID Recovery
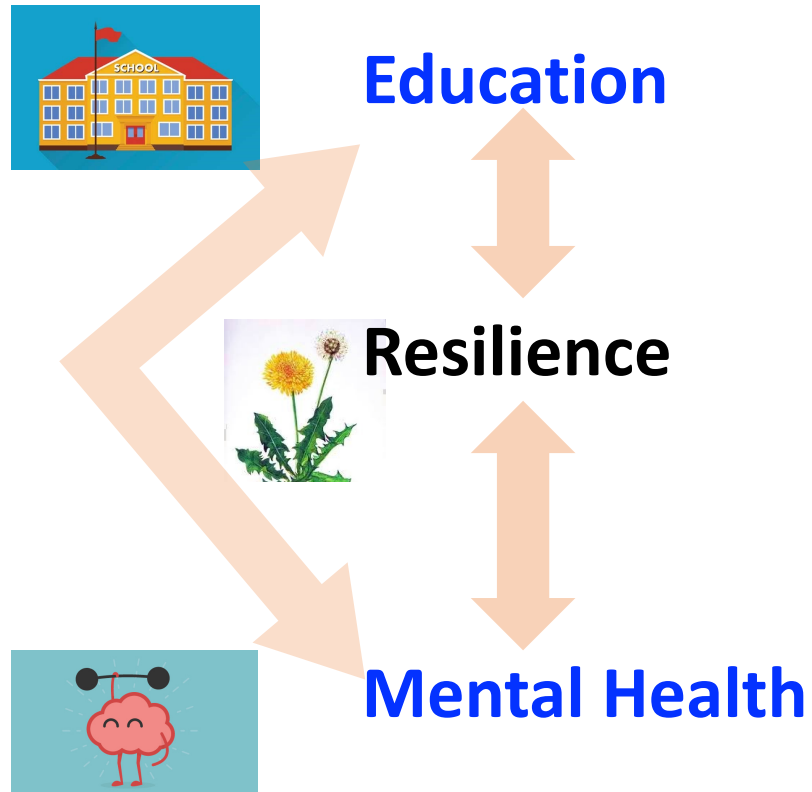
Education

Resilience

Mental Health

- How can we reopen schools better?
- What have we learnt about teaching?

- How do we build resilience into our programs?
- How do we become resilient educators and learners?

1. What is the impact of COVID on education?
2. How does mental health data inform education?

Post-COVID Recovery

Education

Resilience

Mental Health

- How can we reopen schools better?
- What have we learnt about teaching?

- How do we build resilience into our programs?
- How do we become resilient educators and learners?

1. What is the impact of COVID on education?
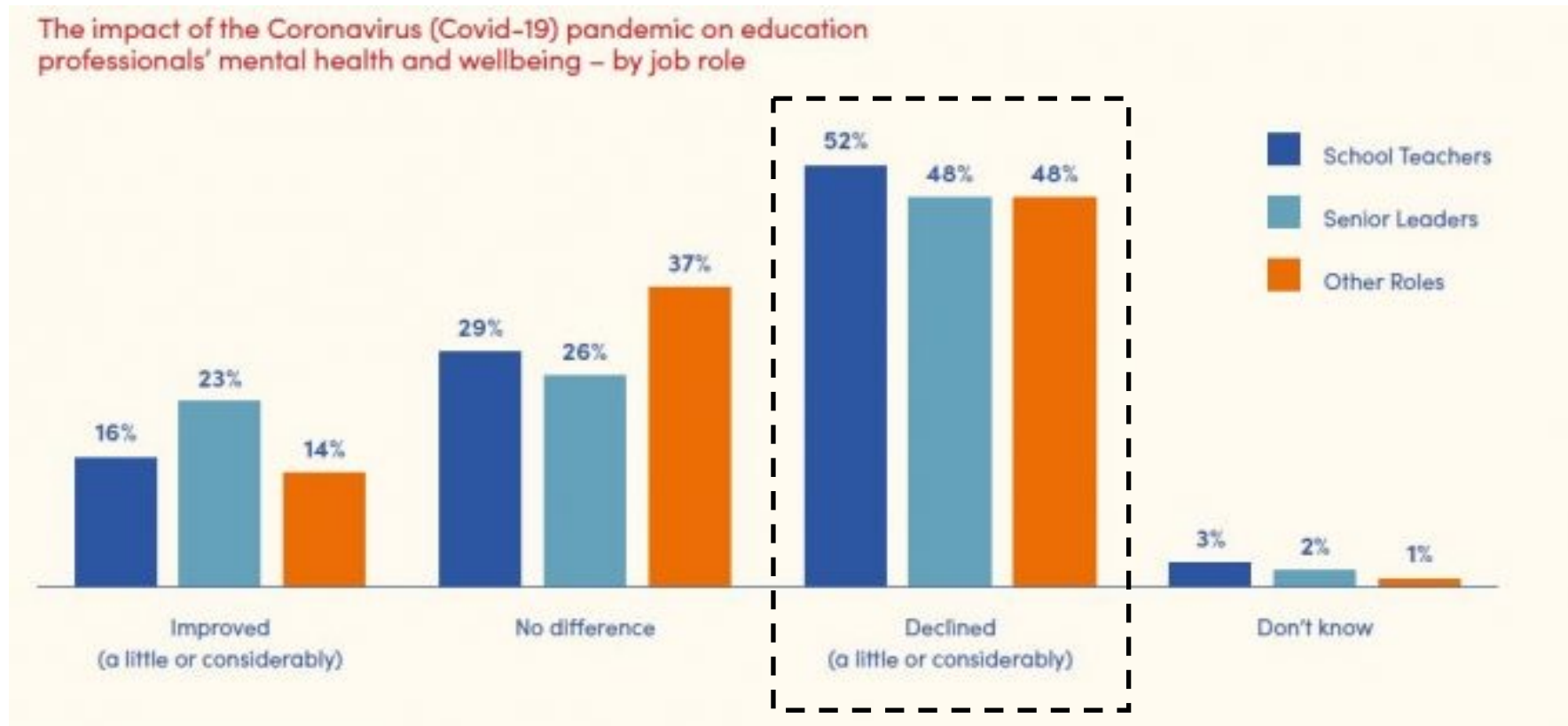2. How does mental health data inform education?

PART 1

What is the impact of COVID on mental health?

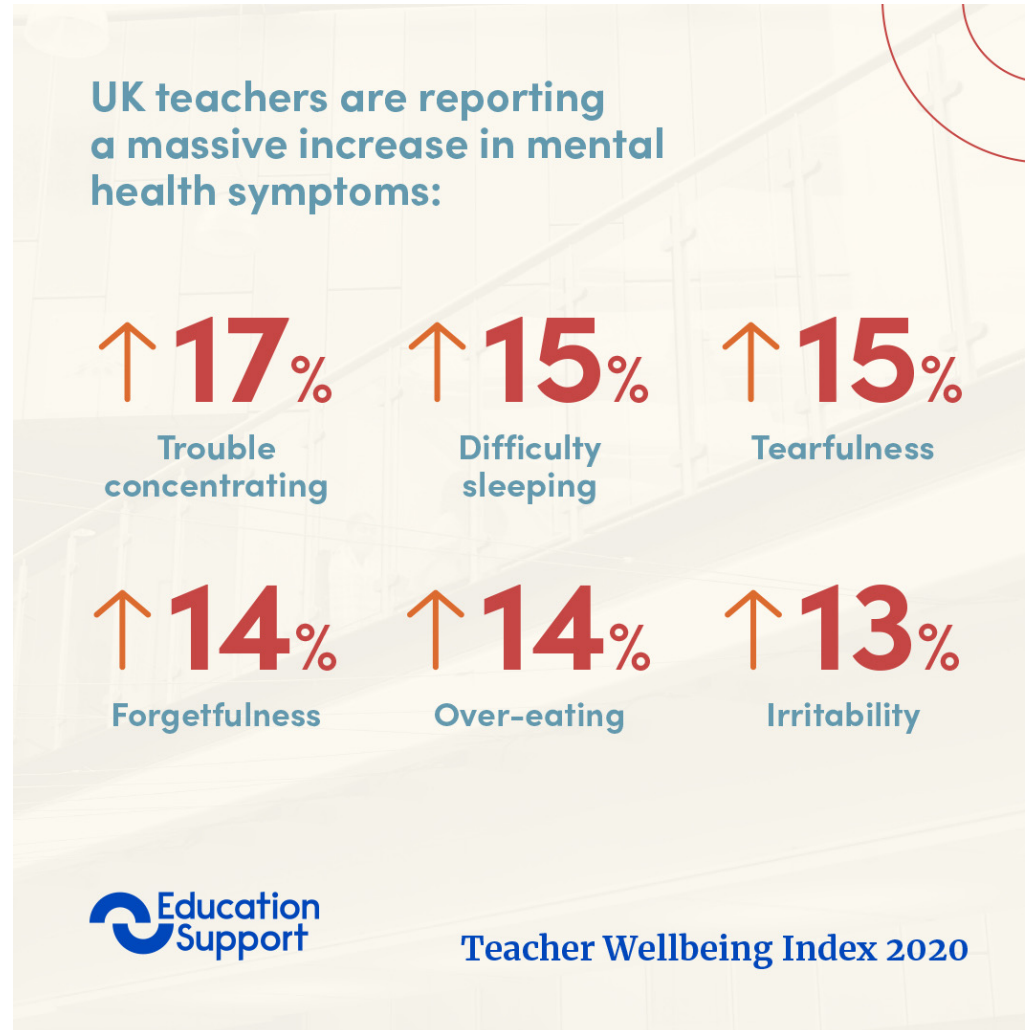# COVID has **negatively** impacted everyone's mental health

- Large birth cohort studies have quickly responded to call as well as new follow-up studies.

- Immediate impact of covid on mental health vs. longer-term impact.

- Variety of target populations (BAME, pre-existing conditions, careers), ages, cultures.

COVID has **negatively** impacted educator's mental health

The impact of the Coronavirus (Covid-19) pandemic on education professionals' mental health and wellbeing – by job role

Legend:
- School Teachers
- Senior Leaders
- Other Roles

Improved (a little or considerably): 16%, 23%, 14%
No difference: 29%, 26%, 37%
Declined (a little or considerably): 52%, 48%, 48%
Don't know: 3%, 2%, 1%

Education Support and YouGov (July 2020, *N* = 2,774)

COVID has **negatively** impacted teacher's mental health

UK teachers are reporting a massive increase in mental health symptoms:

↑**17**% Trouble concentrating

↑**15**% Difficulty sleeping

↑**15**% Tearfulness

↑**14**% Forgetfulness

↑**14**% Over-eating

↑**13**% Irritability

Education Support

Teacher Wellbeing Index 2020

COVID has **negatively** impacted young people's mental health

Oxford's Co-SPACE (2021)

parent-reports (N = 8,225)

Children's mental health symptoms have **increased again** in January
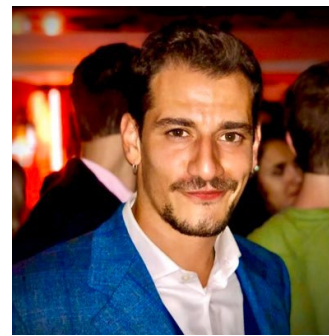
UCL-Penn Global COVID Study

GlobalCOVIDStudy.com

@GlobalC19Study   osf.io/fe8q7/
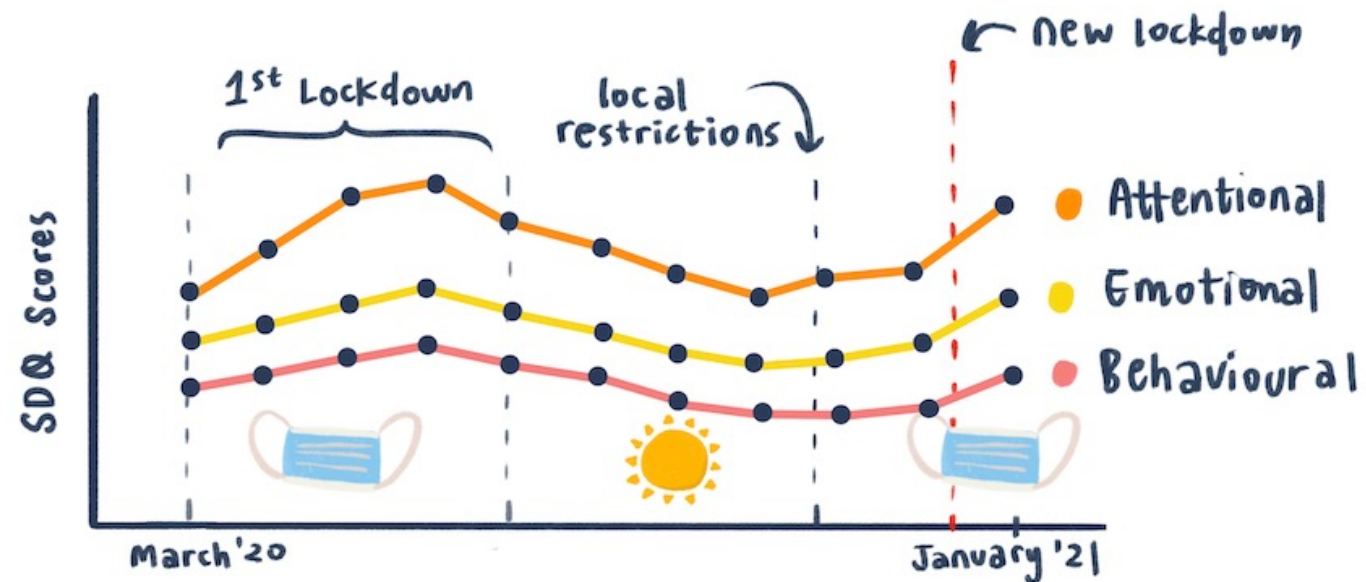
Dr Keri Wong (PI)
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Prof Adrian Raine (Co-I)
University of Pennsylvania

Dr Jill Portnoy
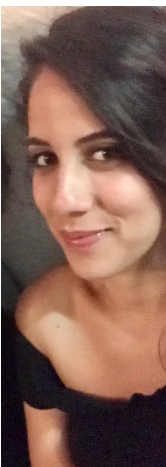University of Massachusetts Lowell

Dr Leonardo Bevilacqua
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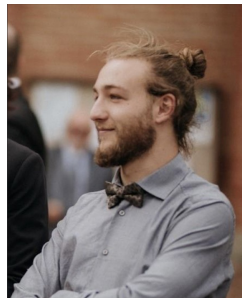**Sammi Lee**
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Dr Gianluca Esposito
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Dr Maria Kambouri
UCL

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30-minute Online Survey (8 languages)

Timeline

Wave 1	**Wave 2**	**Wave 3**
UK Lockdown 1	*UK Lockdowns 2 & 3*	*12-month Easing*
17 April – 14 July 2020	17 Oct – 31 Jan 2021	April – July 2021

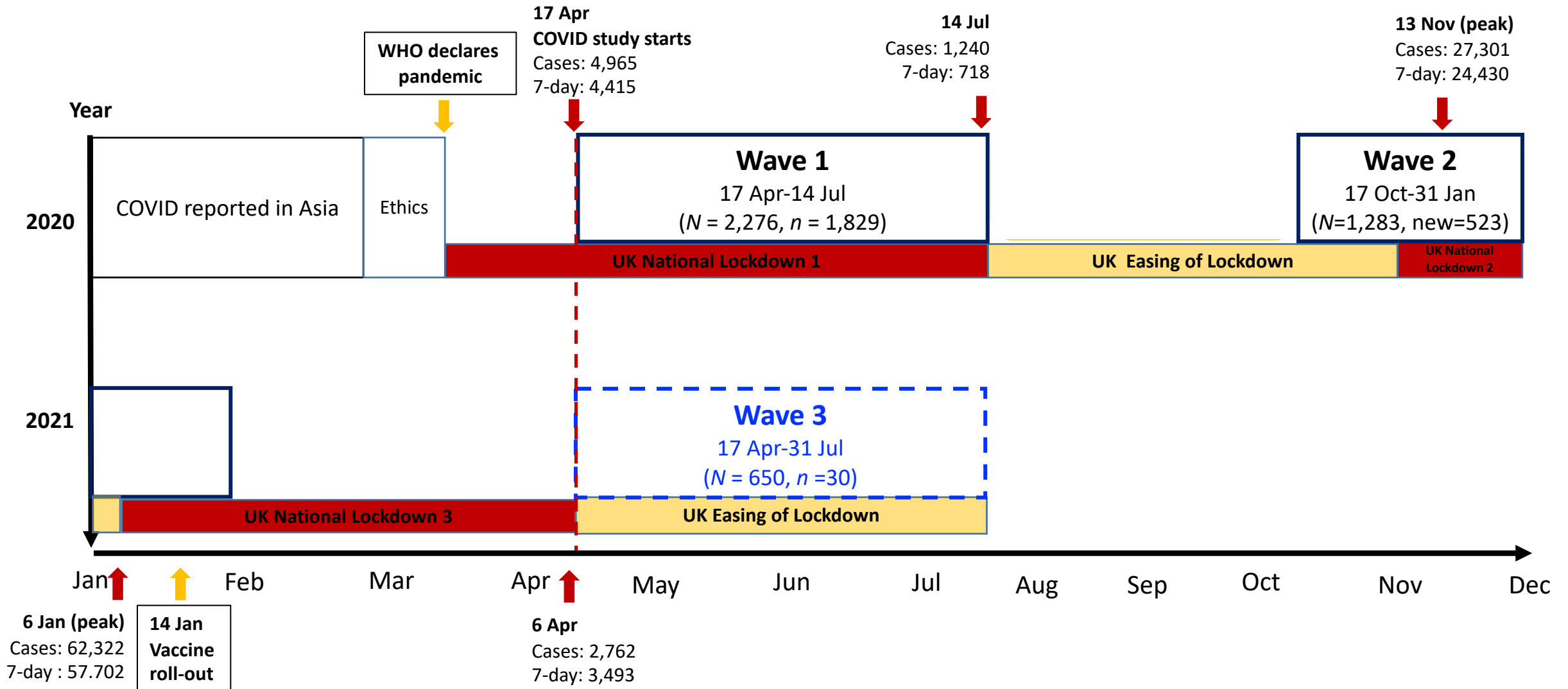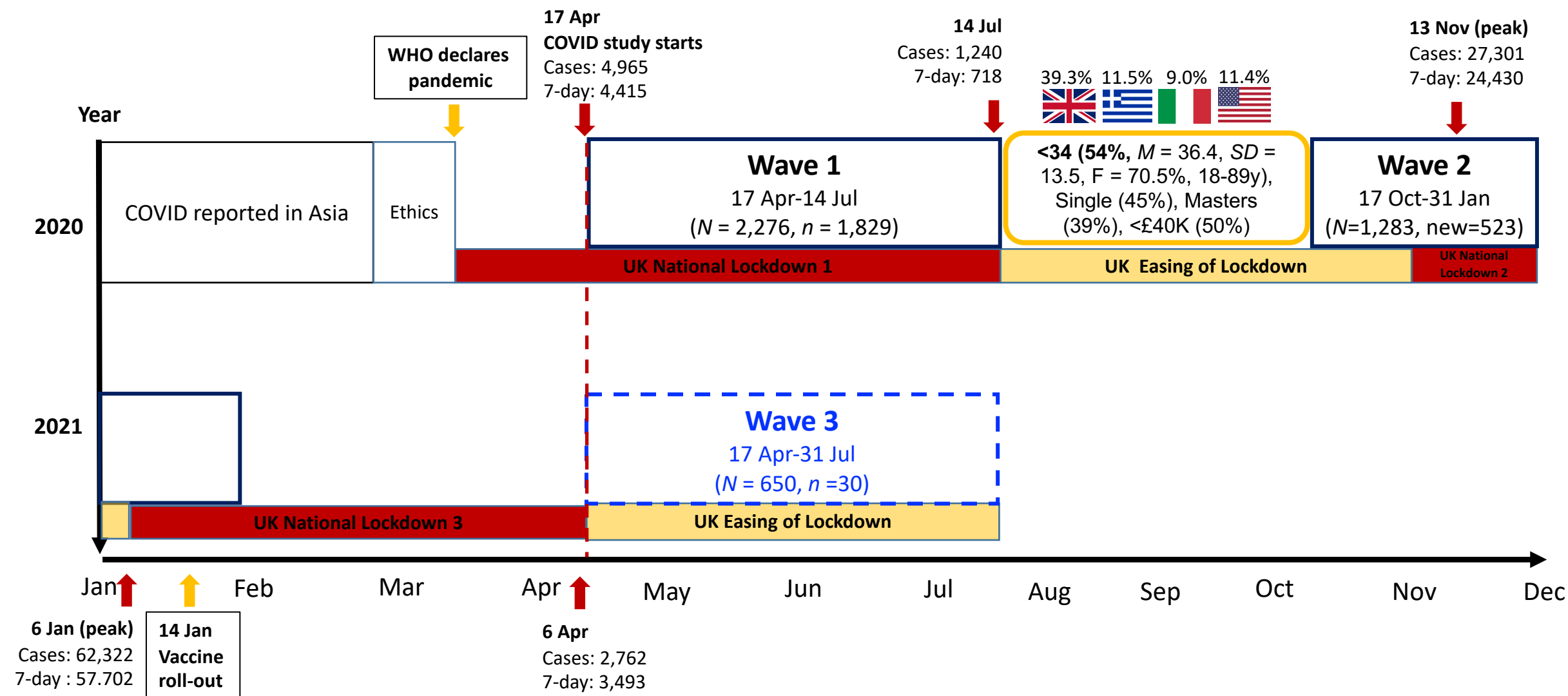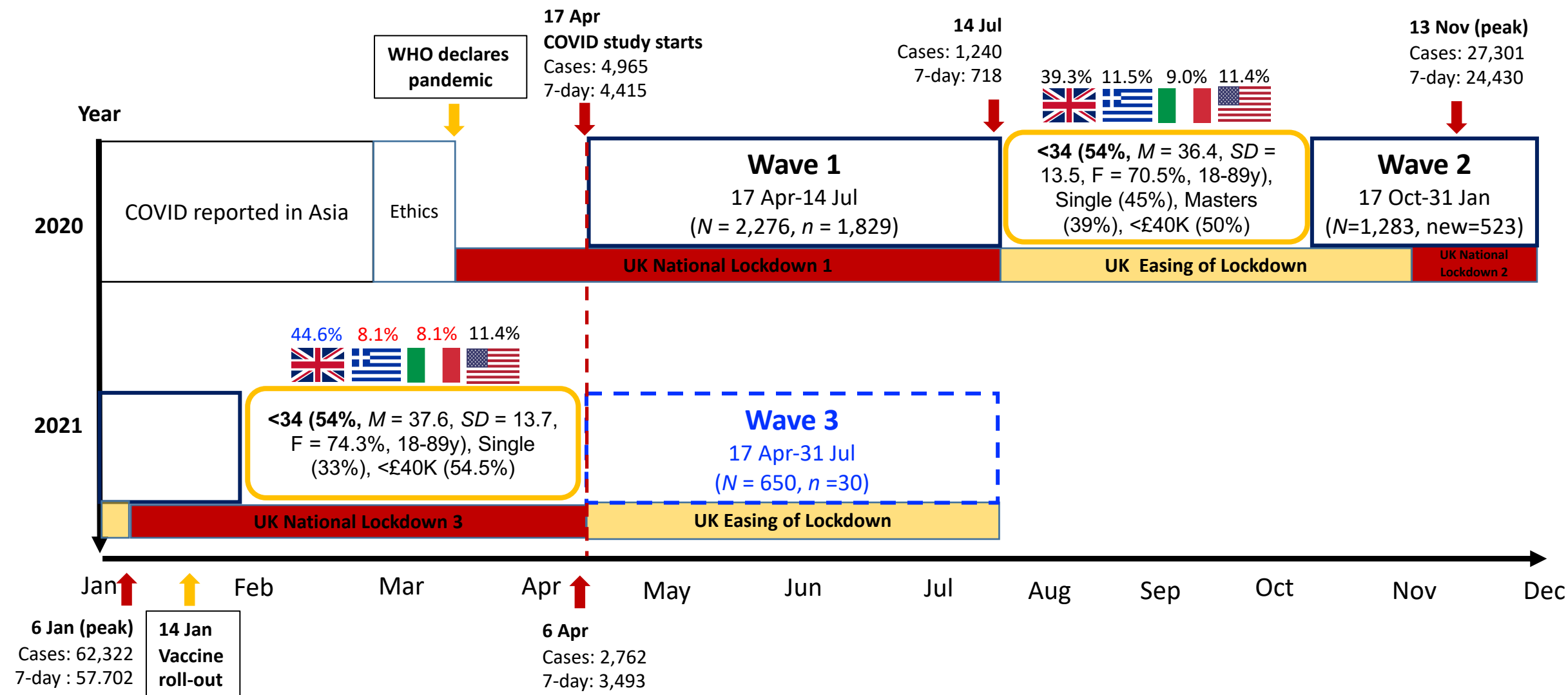| 2020									2021										
Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
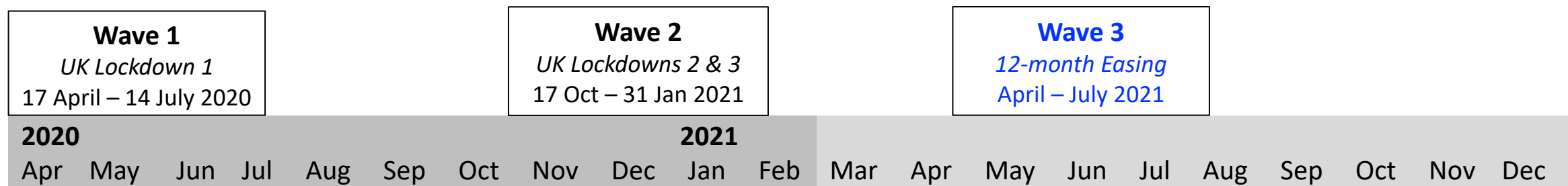
Study variables

✓ Background variables, occupation, living/green space access, home environment

✓ Mental health: Anxiety, depression, aggression, sleep, stress

✓ Pre-/post-COVID: Exercise, alcohol consumption, substance use

✓ Relationships, trust, empathy, relational conflict, parenting, loneliness, stress

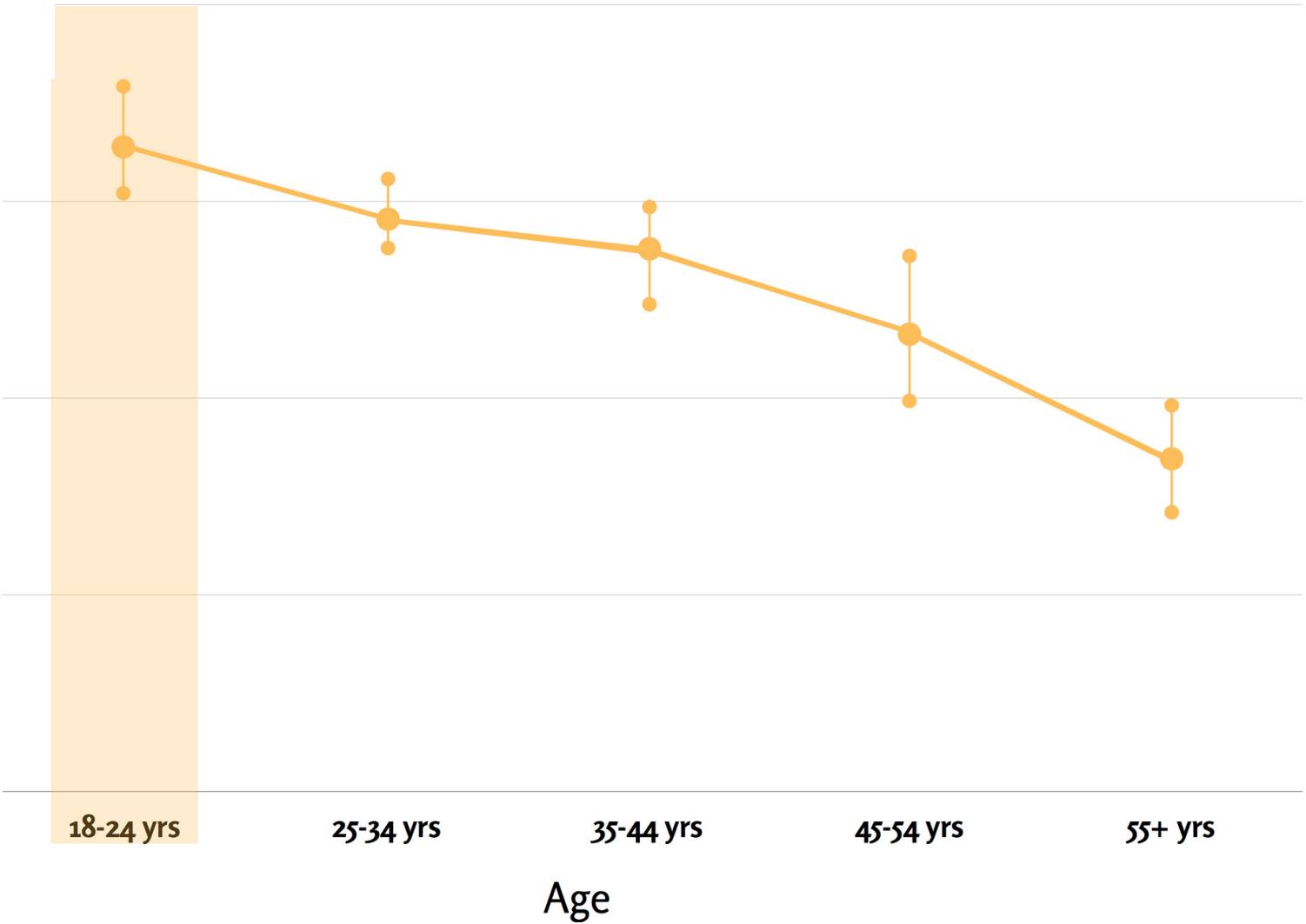| Questionnaires		Wave 1[a] 17 Apr – 17 Jul 2020		Wave 2[b] 17 Oct 2020 – 31 Jan 2021		Wave 3 17 Apr – 31 Jul 2021	
		Adult	Child	Adult	Child	Adult	Child
1	**Demographics** (occupation, income brackets, ethnicity, and ethnic identity (score on 1-10), accommodation, living space (e.g., rooms, access to green space, facilities), family history of health conditions)	✓		✓		✓	
2	**Living environment** (CHAOS)[8]	✓		✓		✓	
3	**BMI** (height/weight)	✓		✓		✓	
4	**Substance Use** – (Smoking/alcohol/drug use)	✓		✓		✓	
5	**Anxiety** (GAD-7)[13]	✓		✓		✓	
6	**Depression** (PHQ-9)[6]	✓		✓		✓	
7	**Schizotypal traits** (SPQ-B)[9]	✓		✓		✓	
8	**Suspiciousness** (SMS)[14]	✓		✓		✓	
9	**Sleep**[1-2, 4]	✓		✓		✓	
10	**Loneliness** (LQ)[12]	✓		✓		✓	
11	**Empathy** (CASES)[10]	✓		✓		✓	
12	**Aggression** (RPQ)[11]	✓	✓	✓	✓	✓	✓
13	**Physical activity** (IPAQ-SF,)[7]	✓		✓		✓	
				✓		✓	
	Parents only						
14	**Parenting Style** (PS-8)[5]	✓		✓		✓	
15	**Special Educational Needs** (SEN; Screening question only shown to parents with children aged 4-17 years. Parent reports on child's age, gender, and any learning difficulties.)	✓		✓		✓	
16	**Strengths & Difficulties Questionnaire** (SDQ)[3]		✓		✓		✓
Qualitative							
17	COVID Worries & Stress (stressors; 8-items; working more than usual, 2-items; perceptions towards government social distancing guidelines)	✓		✓		✓	
18	COVID (qual): 'How has lockdown changed your behaviour? What are some positive/negative things that you have experienced during lockdown?	✓		✓			
19	COVID Recovery: What support do you and your family most need?					✓	

17 Apr
COVID study starts
Cases: 4,965
7-day: 4,415

WHO declares pandemic

14 Jul
Cases: 1,240
7-day: 718

39.3% 11.5% 9.0% 11.4%

13 Nov (peak)
Cases: 27,301
7-day: 24,430

Year

2020

COVID reported in Asia

Ethics

Wave 1
17 Apr-14 Jul
(N = 2,276, n = 1,829)

<34 (54%, M = 36.4, SD = 13.5, F = 70.5%, 18-89y), Single (45%), Masters (39%), <£40K (50%)

Wave 2
17 Oct-31 Jan
(N=1,283, new=523)

UK National Lockdown 1

UK Easing of Lockdown

UK National Lockdown 2

44.6% 8.1% 8.1% 11.4%

2021

<34 (54%, M = 37.6, SD = 13.7, F = 74.3%, 18-89y), Single (33%), <£40K (54.5%)

Wave 3
17 Apr-31 Jul
(N = 650, n =30)

UK National Lockdown 3

UK Easing of Lockdown

Jan   Feb   Mar   Apr   May   Jun   Jul   Aug   Sep   Oct   Nov   Dec

6 Jan (peak)
Cases: 62,322
7-day : 57.702

14 Jan Vaccine roll-out

6 Apr
Cases: 2,762
7-day: 3,493

What did we find?
1) Mental & Physical Health
2) Short & longer-term stressors
3) Loss & recovery?

Overall, participants aged 18–24 were more severely affected than the other groups.

DEPRESSION

ANXIETY*

PHYSICAL ACTIVITY

AGGRESSION

SLEEP

STRESS

LONELINESS

EMPATHY*

18-24 yrs   25-34 yrs   35-44 yrs   45-54 yrs   55+ yrs

Age

Carollo[1], A., Bizzego[1], A., Gabrieli, G., Wong, K. K., Raine, A. & Esposito, G. (*under review*)

Teacher's mental health

- Teaching and other educational professionals (n = 319) vs general population (n = 1,117).

No difference on levels of:

- Anxiety, depression, stress, sleep quality, aggression
- ✓ controlling for site, gender, age

A two-wave network analysis of COVID-19's impact on schizotypal traits and mental health
Keri Ka-Yee Wong[1], Yi Wang[2], Gianluca Esposito[3,4], & Adrian Raine[5]

[1]Department of Psychology & Human Development, University College London; [2]Department of Psychology, Chinese Academy of Sciences; [3]Department of Psychology & Cognitive Science, University of Trento; [4]Psychology Program, School of Social Sciences, Nanyang Technological University; [5]Departments of Criminology, Psychiatry & Psychology, University of Pennsylvania

Is this network structure same across:
1) Gender? **n.s.**
2) Age (<35 vs 35y+)? **n.s.**
3) Countries (UK vs Others)? **n.s.**
4) Lockdowns? **n.s.**

Wong, Wang, Esposito, & Raine (*in prep*)

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Is this network structure same across:
1) Gender? **n.s.**
2) Age (<35 vs 35y+)? **n.s.**
3) Countries (UK vs Others)? **n.s.**
4) Lockdowns? **n.s.**

Changes from T1 → T2:

↑ Stress*
Sleep ***

↓ Schizotypal traits **
Aggression ***

Wong, Wang, Esposito, & Raine (*in prep*)

2) Short & longer-term stressors

2) Short & longer-term stressors

Source of stress (% endorsed, N_1 = 1,774, N_2 = 964, N_3 = 653)

- Government COVID-19 guidelines
- Other people not social distancing
- The uncertainty surrounding COVID-19 (e.g., when it will end, how it…
- Future plans
- Mental health
- Boredom and loneliness
- Work
- Social media & news on COVID-19 (e.g., Twitter, Facebook, Whatsapp)
- Physical health
- Finances
- Catching or becoming seriously ill with COVID-19
- Job security (e.g., losing your job / unemployment)
- Friends or family living outside your household
- Other people not wearing face masks and/or gloves
- Marriage or romantic relationship

0   10   20   30   40   50   60

2) Short & longer-term stressors

Source of stress (% endorsed, N_1 = 1,774, N_2 = 964, N_3 = 653)

2) Long-term stressors (12-month follow-up)

More stressful	**Less stressful than before**	**Same as wave 1 & 2**
• **Mental Health** • **Physical Health** • **Work** • **Marriage or romantic relationships**	• Government COVID guidelines • The uncertainty surrounding COVID • Social media and news coverage of COVID • Catching of becoming seriously ill as a result of COVID • Friends of family living outside your household • Other people not wearing face masks	• **Other people not social distancing** • **Future plans** • **Boredom and loneliness** • **Finances** • **Job security** (e.g., losing your job, unemployment)

3) Loss & Recovery?

"How has the COVID pandemic affected you and your family?"

Can you relate to these comments?

It made my parents fight more to the point their admitting towards a divorce. And for me it just added more towards my anxiety and stress

as someone who is an extreme extrovert it was very hard sudden change in lifestyle

Relationship between other family members has changed and there is a lot of stress when one family member goes out in fears of getting COVID.

Stress due to being together all the time and being worried every time someone goes out.

14-18y (n = 16)

3) Loss & Recovery?

"What support would you/your family need in the next 6 months to thrive and recover from the pandemic?"

I think emotional support is needed to thrive and recover from the pandemic as there should be time and patience given to others when they are not feeling emotionally stable.

therapy has helped me so far but support from others around me to help rebuild our relationship to better than what they were before the pandemic

Releasing stress by doing an activity I love

Others to be more understanding and patient due to everybody being in the same situation

3) Loss & Recovery?

"What support would you/your family need in the next 6 months to thrive and recover from the pandemic?"

3) Loss & Recovery?

"What support would you/your family need in the next 6 months to thrive and recover from the pandemic?"

N = 653
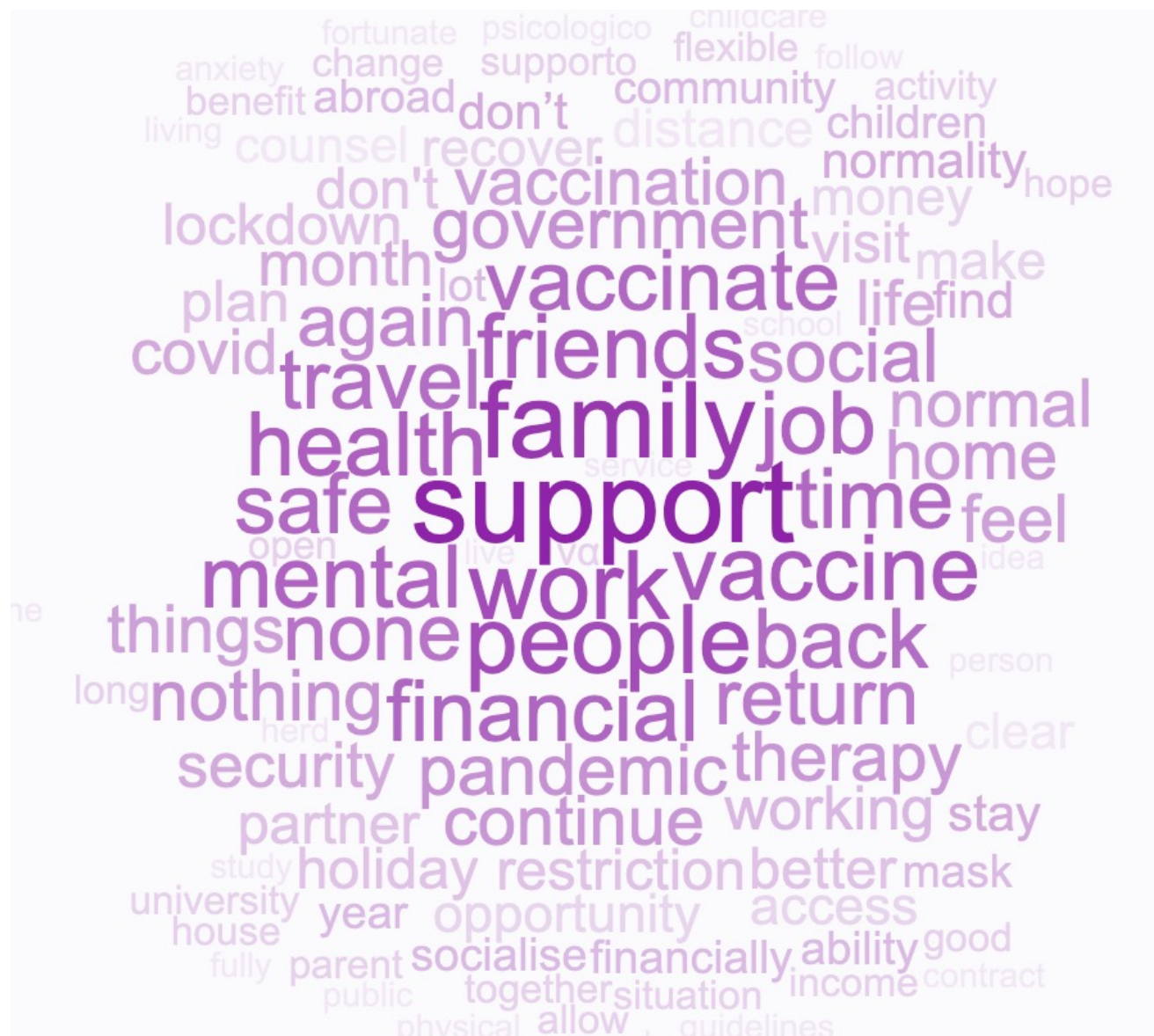
We have more than we need, so I suppose we'd like to be part of (or continue being part of) collaborative work to improve our community.

Financial support - I've been unable to find a job and Universal Credit is nowhere near enough to live a very basic life.

Allowance of a **flexible work routine**. It feels like we have been working non-stop since March 2020.

Will **need the government's covid-19 guidelines to make sense**.

Better evidence-based guidance from our government. […] Currently can't and won't watch government briefings on BBC, and have become more distrusting of BBC. In fact, I use to watch BBC breakfast news every morning and evening. I don't watch it anymore.

If we have to go back to the office, then **reassurance that the ventilation system is safe**. Ability to choose days that I can work from home (and each week could be different)- more flexibility. Ability to create some **office space at home**.

Acknowledging that a sudden going back to normal would be **traumatic**.

Parents would benefit from couple's therapy; I would personally benefit from **talking therapy** for my anxiety and a consult with a chiropractor for **back pain** that has gotten worse from being stuck inside during the first two waves of the pandemic.

Time and space to continue doing these things. Not lots of catch-up work / lessons from school.

Being able to **grieve my grandad together.**

A more or less certain **timeline for the future** which relies on an **easing of lockdown that does not forfeit the effects we have benefitted so far**. Most worried about anxiety from people being too relaxed coming out of lockdown.
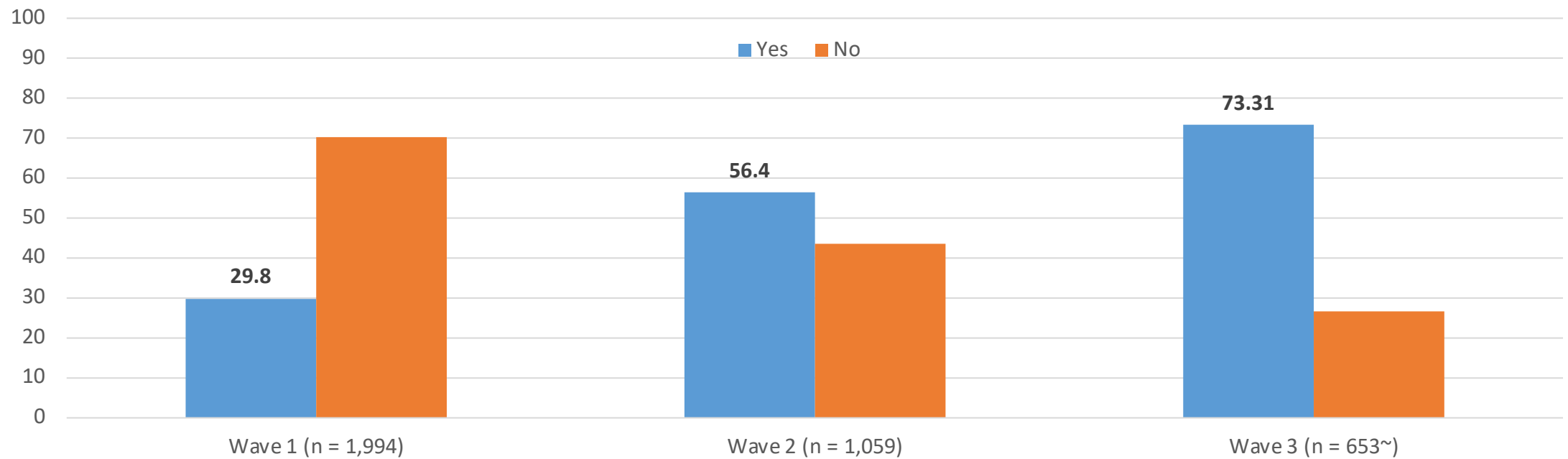
3) Loss & Recovery

Do you know anyone who has passed away?

Wave 2
$n_2 = 1,059$
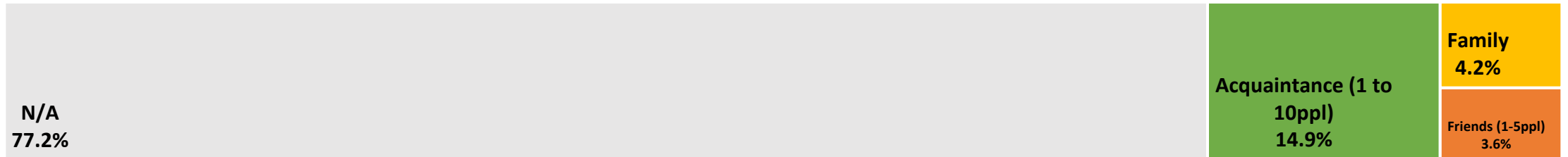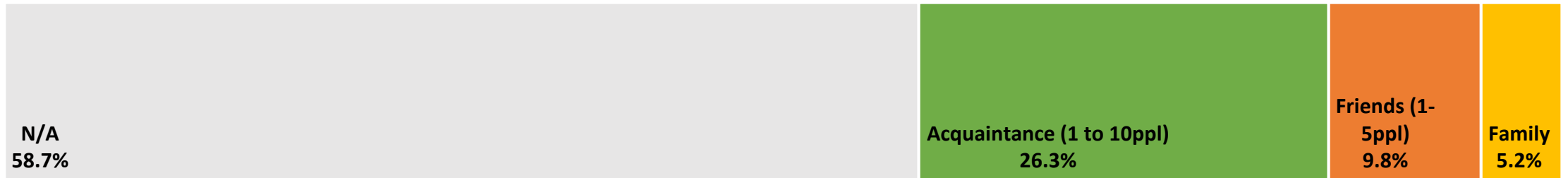
N/A 77.2%
Acquaintance (1 to 10ppl) 14.9%
Family 4.2%
Friends (1-5ppl) 3.6%

Wave 3
$n_3 = 653$

N/A 58.7%
Acquaintance (1 to 10ppl) 26.3%
Friends (1-5ppl) 9.8%
Family 5.2%

Number of new cases rising

Daily confirmed coronavirus cases by date reported

Targeted testing only

Wider testing available

Seven-day average: 4,147

© UCL-Penn Global COVID Study

Source: Gov.uk dashboard, updated 4 Jun

BBC

29 May 2021
Deaths: 11,682
7-day avg: 11,661

20,000

15,000

10,000

5,000

0

6 May   7 Aug   8 Nov   9 Feb   13 May

● Deaths   — 7-day average

172M cases
3.7M deaths

© UCL-Penn Global COVID Study

Number of new cases rising
Daily confirmed coronavirus cases by date reported

60,000

Targeted
testing only

Wider testing
available

50,000

40,000

30,000

20,000

10,000

0

Seven-day
average:
4,147

31 Jan   8 May   14 Aug   20 Nov   26 Feb   4 Jun

Source: Gov.uk dashboard, updated 4 Jun

BBC
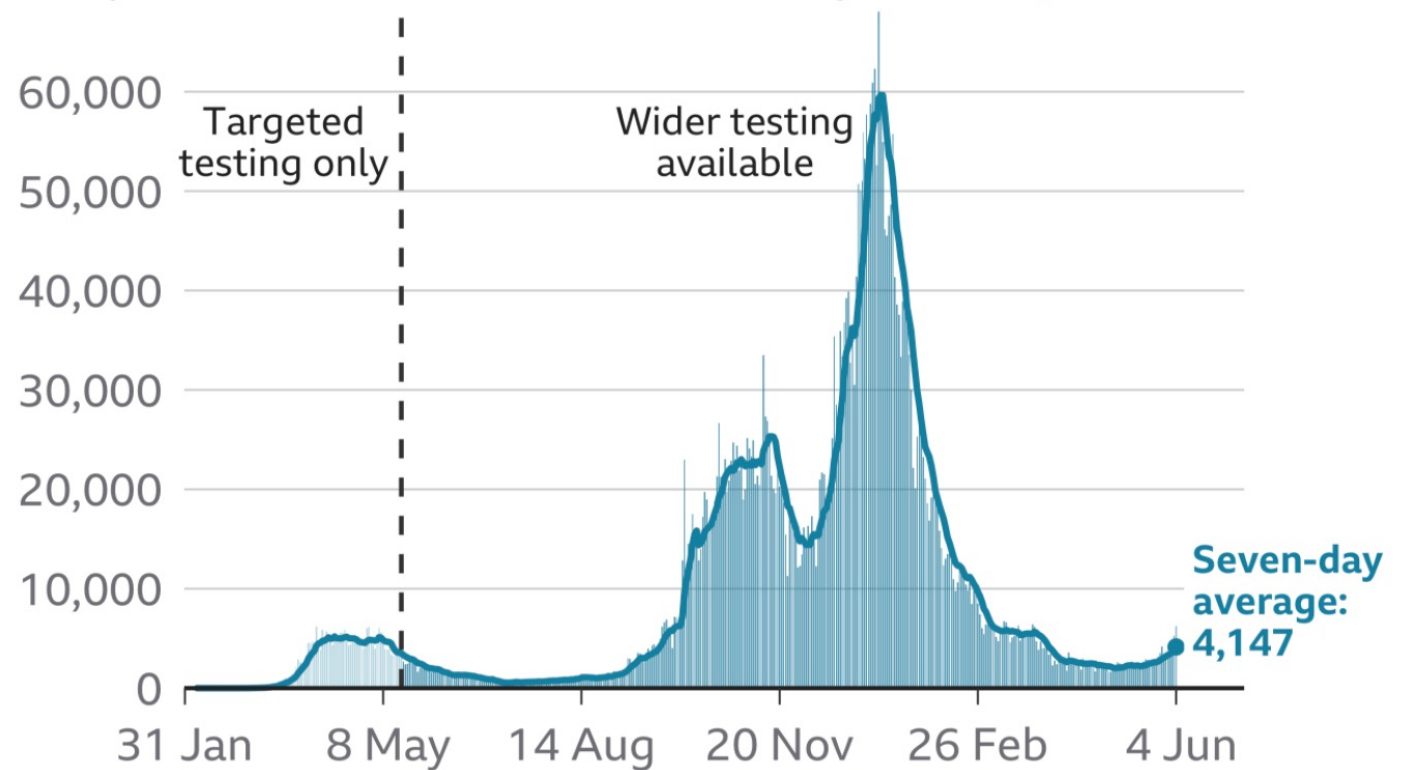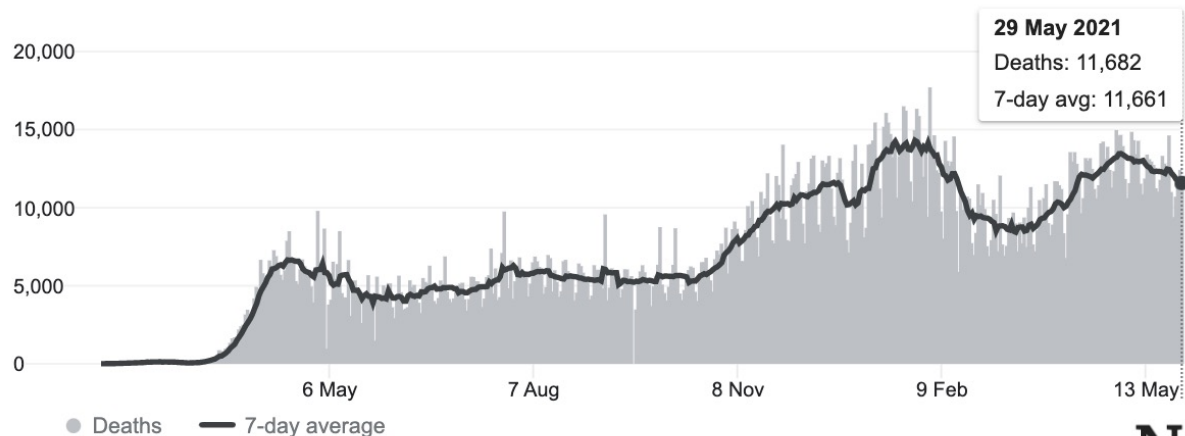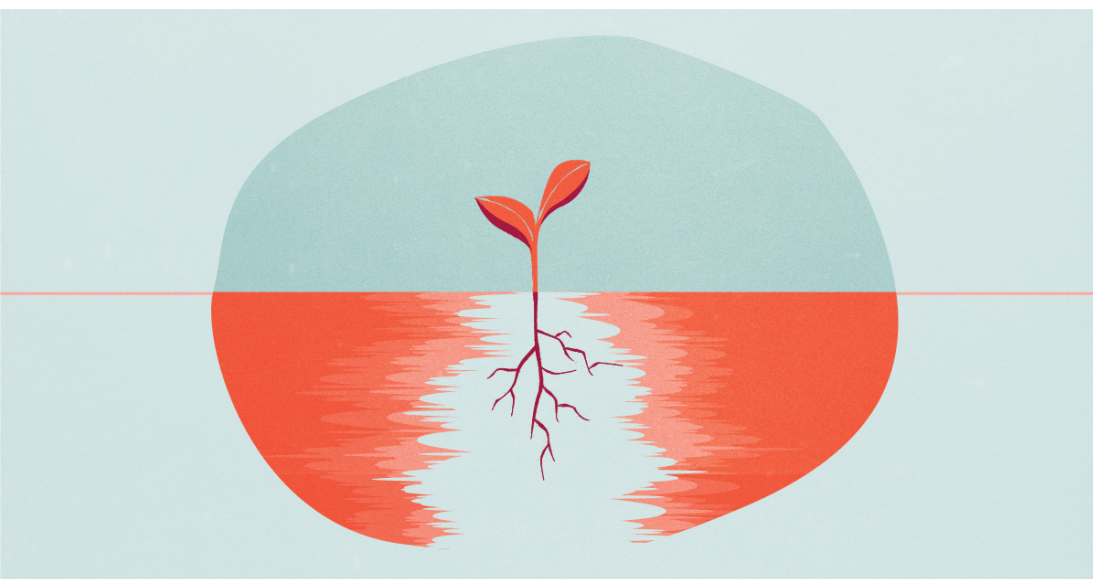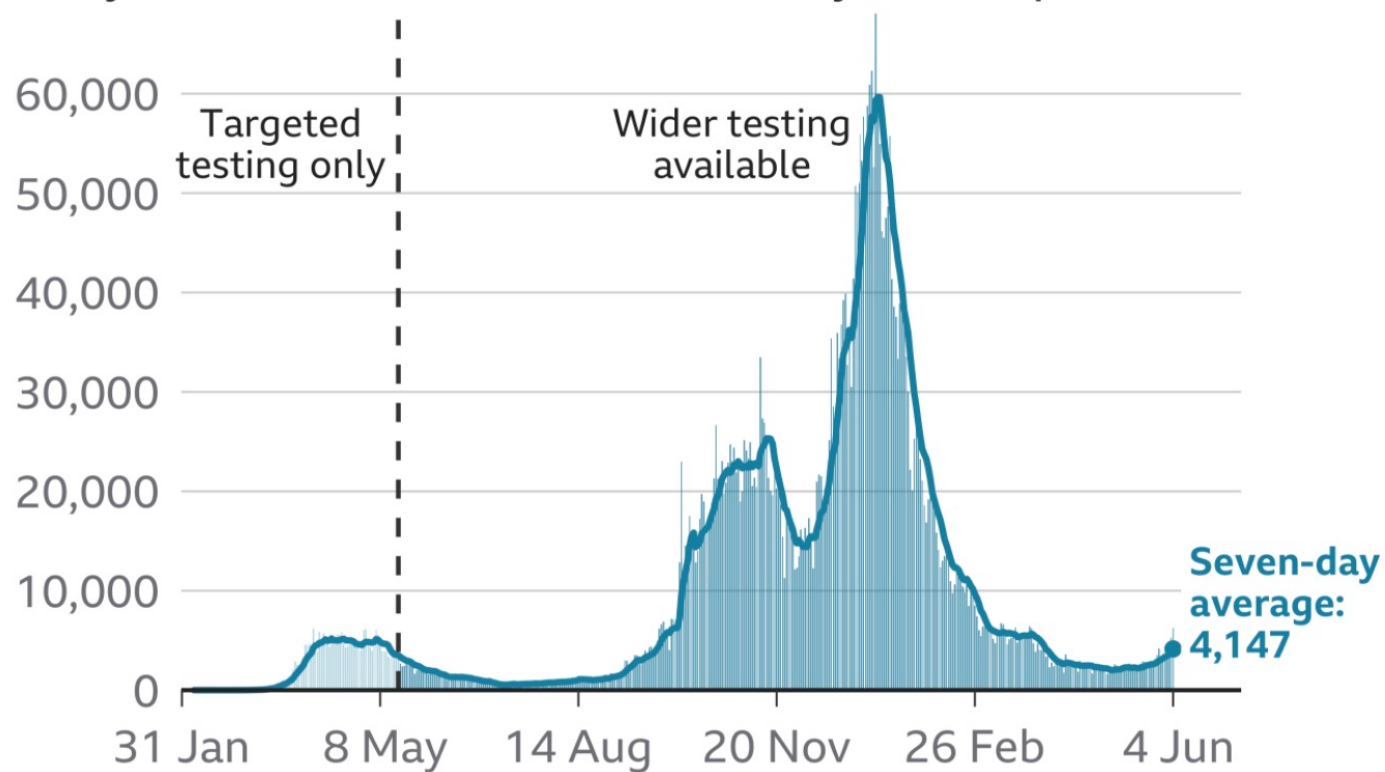
How does Mental Health data inform Education?

Global initiatives

- **Worldwide, 250 million children were already out of school,** and now many more are unlikely to return → Many of the 1.6 billion children out of school during the pandemic may never return ([World Economic Forum](#) Dec 2020)

- Develop holistic social and fiscal policy by **harmonizing data across industries** (Marelize Gorgens, World Bank Feb 2021)

- Issues of poverty, safety, availability of trained female role models, sociocultural practices. What works? **Work closely with local leaders and offer teacher education of MH.**

Local initiatives

Evidence to UK Select Committee

Wong, Harrison, Van Herwegen, Oliver, Midouhas, & Papachristou (2021)

- **Regular assessments of MH in early development** (Wong et al., 2014)

- **Increase teacher training** and ensuring referral process is easy

- **Tailored school interventions** (e.g., whole-school approaches liken bullying interventions to change school culture)

CYP0038 - Children and young people's mental health

Witnesses ▸ Dr Keri Ka-Yee Wong (Assistant Professor at UCL London Institute of Education), Dr Amy Harrison (Associate Professor, Clinical Psychologist at UCL London Institute of Education), Dr Jo Van Herwegen (Associate Professor at UCL London Institute of Education), Dr Bonamy Oliver (Associate Professor at UCL London Institute of Education), Dr Emily Midouhas (Associate Professor at UCL London Institute of Education), and Dr Steven Papachristou (Assistant Professor at UCL London Institute of Education)

Committees ▸ Health and Social Care Committee

Published 13 April 2021

Summary

✓ **Mixed COVID findings**

- Thus, important to collect time-sensitive data to inform policies now and in the longer-term.

✓ **Tackle current issues but have a long-term plan**

- e.g., reducing **loneliness** locally and globally (Noreena Hertz), **stress**, **trauma**, and improving **sleep**.

✓ **Reflect now to inform fairer recovery**

- what is working rather than thinking we'll get back to 'normal'

Education

Resilience

Mental Health

Questions?

Dr Keri Wong

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➢ **2 June** | Lockdown impacts on Mental Health: Greece & UK

➢ **16 June** | How Do We Trust (Again)? Paranoia & Mental Health

➢ **30 June** | Family Life: Stress, Relationship Conflict & Child Adjustment

➢ **14 July** | Doctoral Students' Educational Stress & Mental Health

➢ **28 July** | Let's Talk! What do you need to recover from the pandemic?