The OxWell School Survey 2020

Report of Preliminary Findings
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This dataset is currently being analysed in greater detail, but we hope these results will be of assistance in better understanding the needs of school-aged children and how services can help address their needs.

Summary

The OxWell School survey 2020 collected data from 19,000 children and young people aged between 8 and 18 years. 237 schools in 6 counties in the south of England participated. The survey responses can help to understand the impact of the Covid-19 pandemic on the wellbeing of young people during the school closure period of May to July 2020, and help schools adapt as pupils return to in person lessons. Below we share some preliminary results from the pupils who completed the survey. The final numbers will likely be slightly different, but the results below should give an idea of how pupils were coping during school lockdown. Although this report does not enable comparison between schools or local authorities, we have provided each school and local authority with their own individualised report to compare to this one, and schools with a sufficient number of responses will have access to online data summaries from October. If you have specific questions about the results that are not included in this report, please do get in touch with the research team at pathfinder@psych.ox.ac.uk.

Table 1 presents a summary of the responses we received from all of the young people who took part, including a breakdown of the numbers for each year group and gender with (in brackets) the percentage of the total responses. The average percentage of school days that parents were going to work and respondents were attending school is also reported, to give an impression of the extent to which the results in the figures reflect the home-learning situation or in-school provision. In response to increased concerns about young people's wellbeing during the COVID-19 pandemic and school closures, we asked how safe pupils are feeling, and have included information in the table on the numbers (and percentage) of pupils who reported feeling safe or unsafe at school and also at home. Furthermore, from our initial observations of responses from pupils in years 8-13, 1166 students reported having self-harmed at least once during lockdown, which amounts to 9.9 % of the completed responses received from students in years 8-13. Only students in years 8-13 who respond YES to the gateway question on self-harm are asked how often this has happened (before or during lockdown). The self-harm data is now being carefully reviewed to determine the extent of students' intent. We will make more information available as soon as it is analysed on the overall prevalence of self-harm in the responses received to the survey, and hope to work with schools and mental health services to find ways to support pupils, if clear patterns emerge.

Table 1: Survey Summary

	Overall (N=19039)
Date pupils took part	
range	2020-05-29 - 2020-07-22
Year group	
4	974 (5%)
5	1151 (6%)
6	1630 (9%)
7	3519 (18%)
8	3204 (17%)
9	2905 (15%)
10	2696 (14%)
11	942 (5%)
12	1647 (9%)
13	371 (2%)
No response	0
Gender	
Female	11337 (60%)
Male	7588 (40%)
No response	114
Average % days parents going to work in lockdown	
mean	44
Average % days pupils going to school in lockdown	
mean	16
Percentage of pupils who feel safe at school	
safe	13894 (79%)
neither safe nor unsafe	2815 (16%)
unsafe	787 (4%)
No response	1543
Percentage of pupils who feel safe at home	
safe	16127 (91%)
neither safe nor unsafe	1123 (6%)
unsafe	409 (2%)
No response	1380

In the figures presented below, detailed results were provided to schools when responses from at least 10 pupils in the year group could be compared, to preserve anonymity and also ensure that the results are representative (which is harder to maintain when numbers are small). When only one year group had more than 10 responses, we combined the data from all year groups in all figures, to make it still possible for schools with low response rates to get an impression of the responses from the pupils who took part.
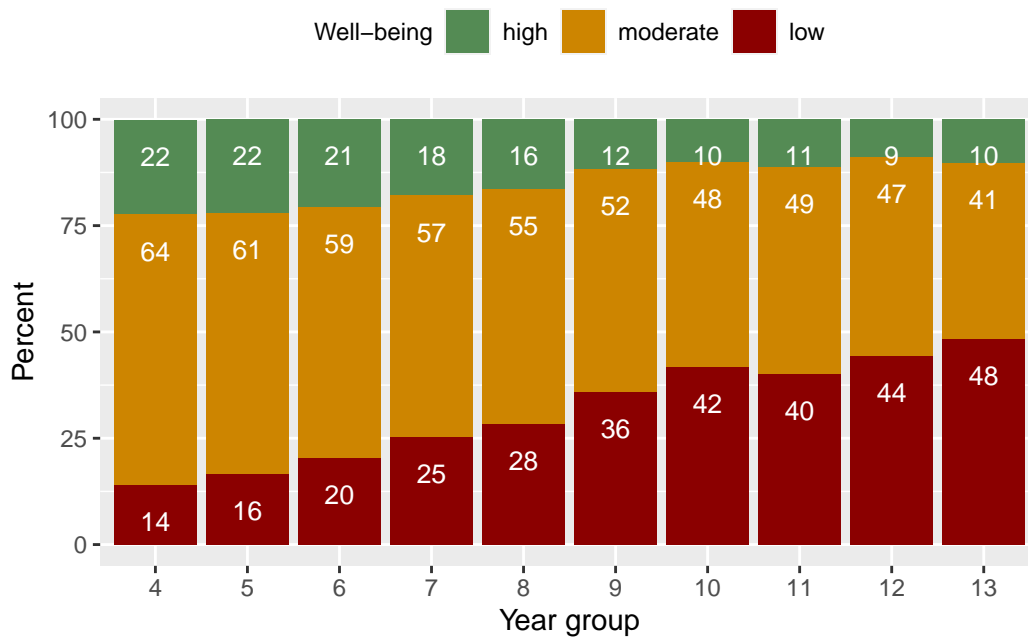
Mental Wellbeing & Life Satisfaction

Well−being ■ high ■ moderate ■ low

Figure 1: Warwick-Edinburgh Mental Wellbeing Score (WEMWBS: https://warwick.ac.uk/fac/sci/med/rese arch/platform/wemwbs/)
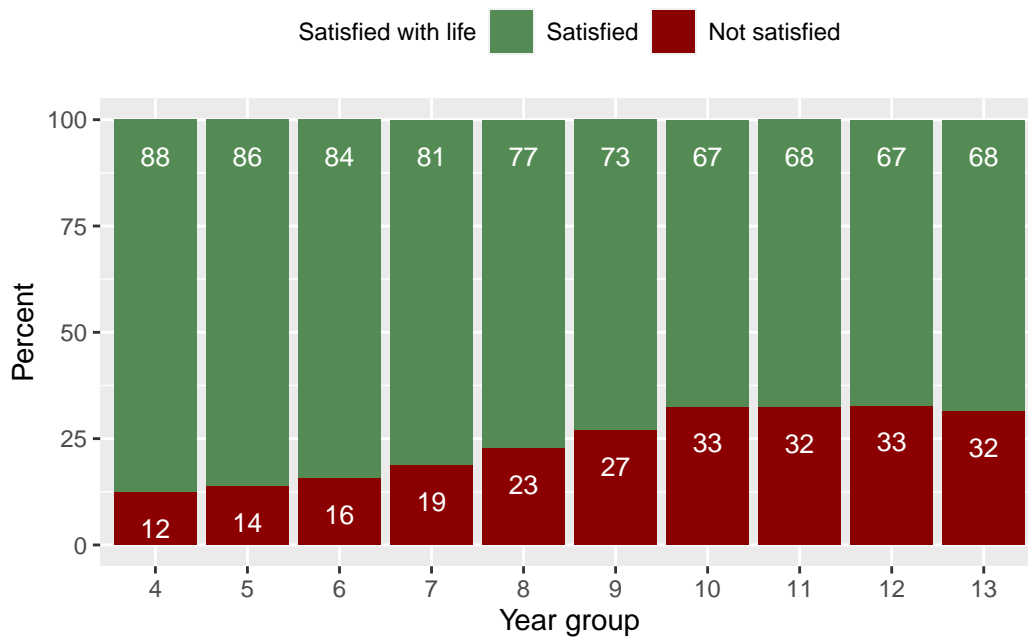
Satisfied with life ■ Satisfied ■ Not satisfied

Figure 2: Life-Satisfaction (Unsatisfied/Satisfied)

Happiness and Loneliness

Effect of lockdown on general happiness ■ better ■ same ■ worse
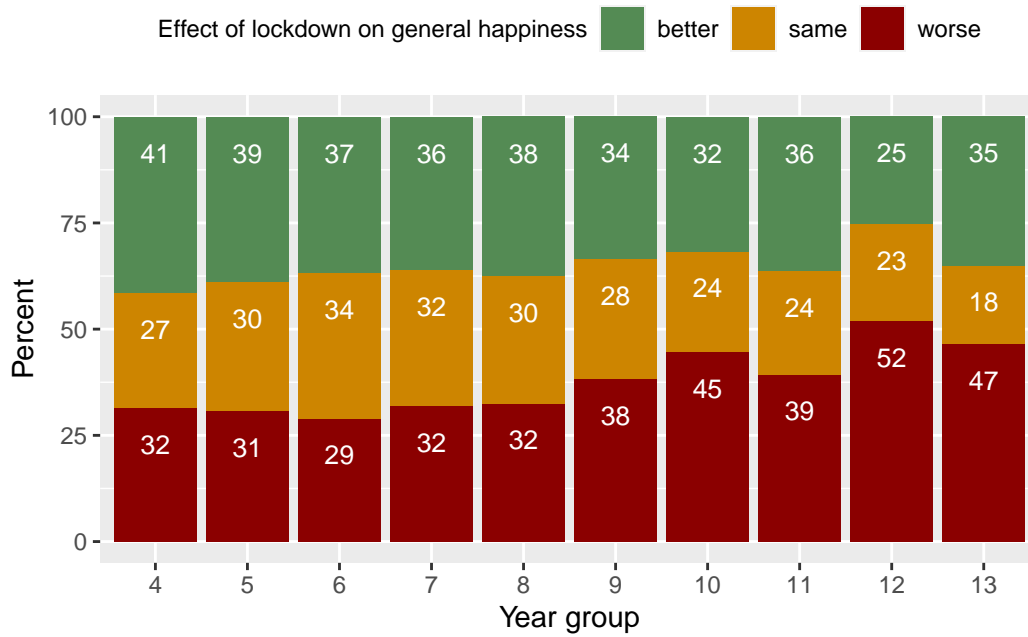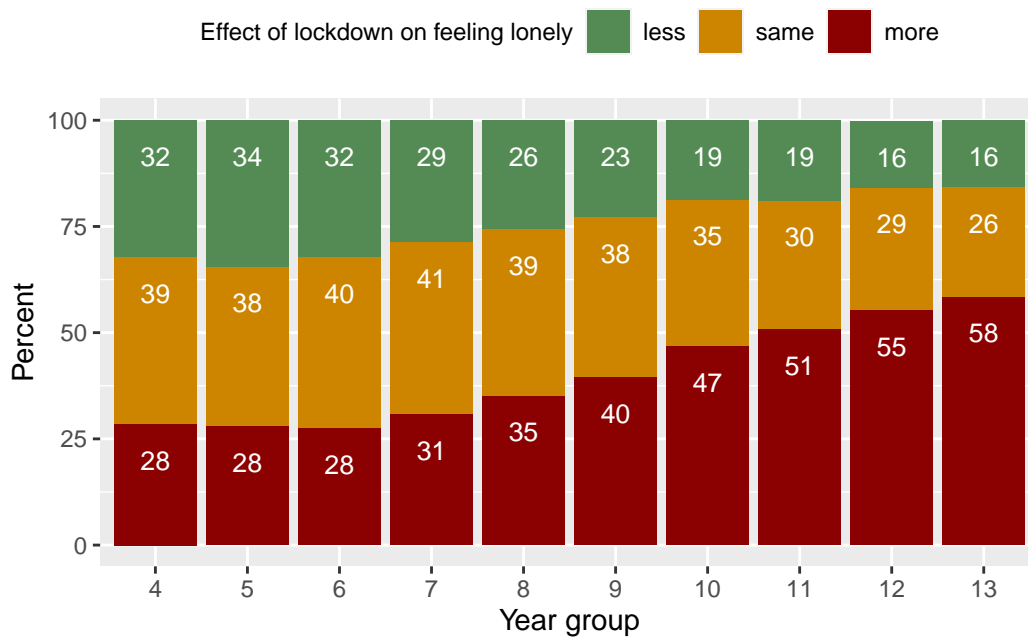
Figure 3: Effect of lockdown on general happiness (worse, same, better)

Effect of lockdown on feeling lonely ■ less ■ same ■ more

Figure 4: Effect of lockdown on feeling lonely (less, same, more lonely)

Seeking Mental Health Support during Lockdown
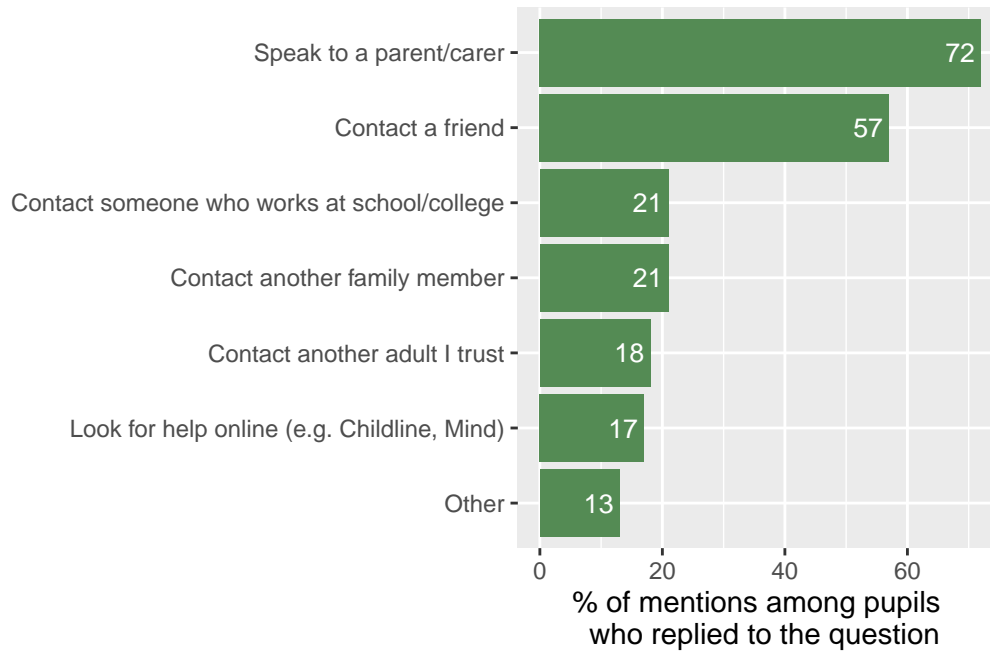
Figure 5: If you felt you needed to speak to someone to get mental health support during lockdown, what would you do? Tick all that apply.

Sleep Questions
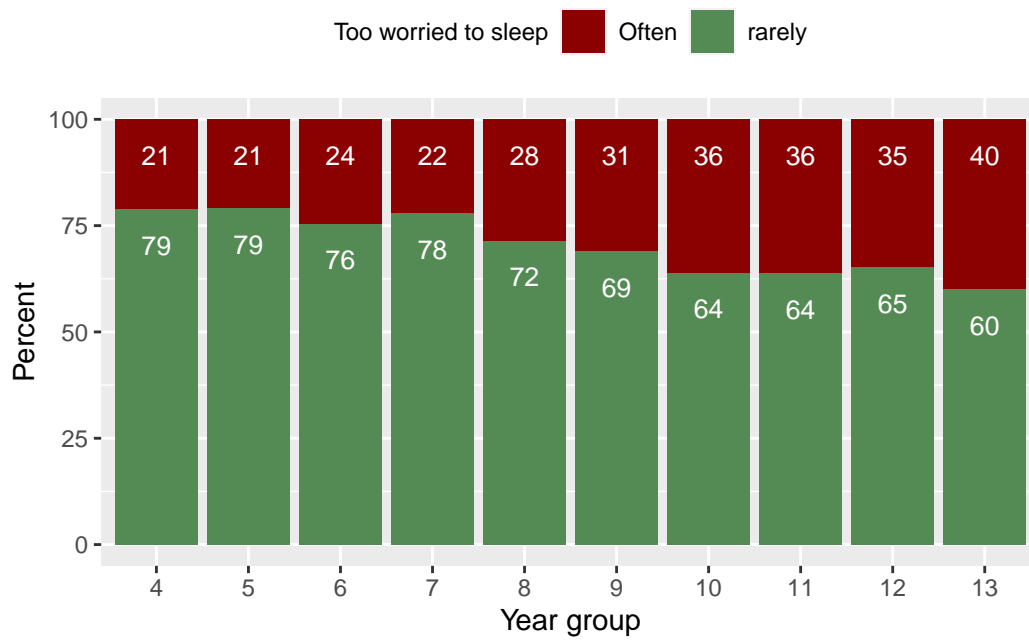
Figure 6: Frequency that pupils are too worried to sleep (less or more than "Sometimes")
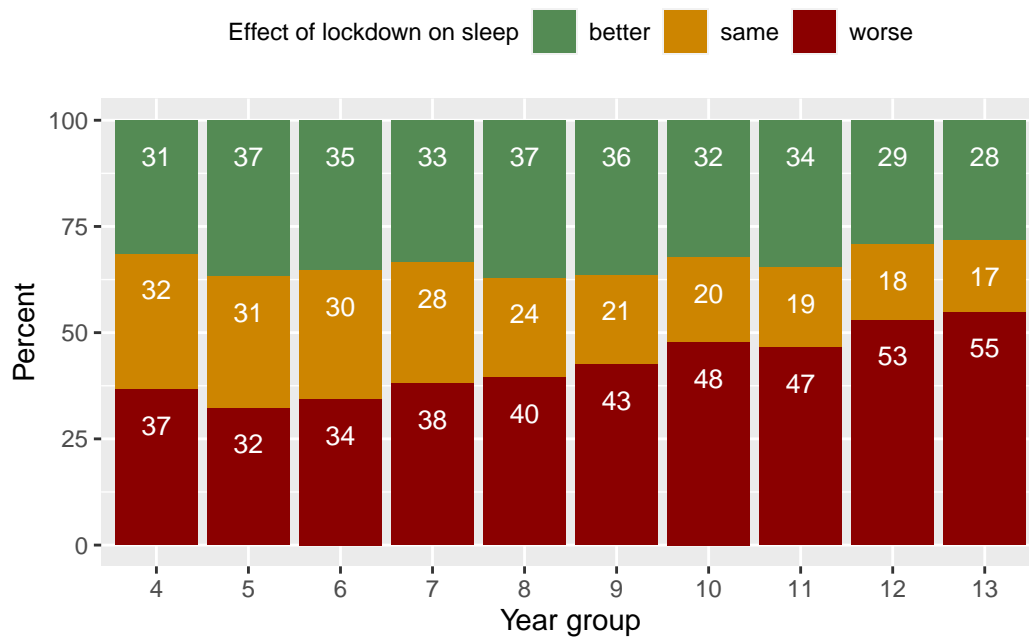
Figure 7: Effect of lockdown on sleep quality (better, same, worse)

Exercise
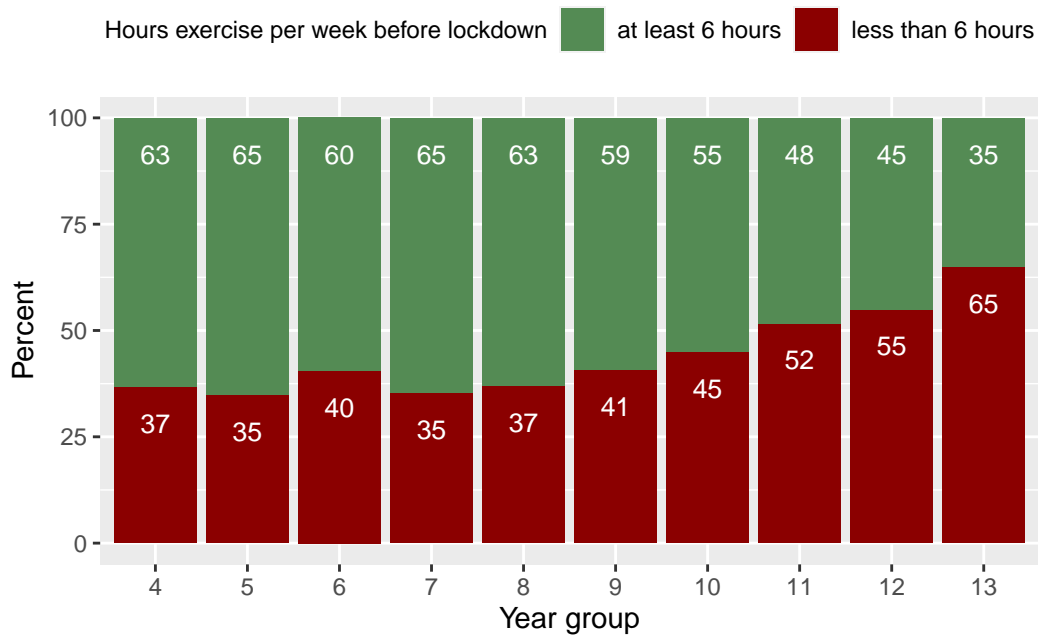
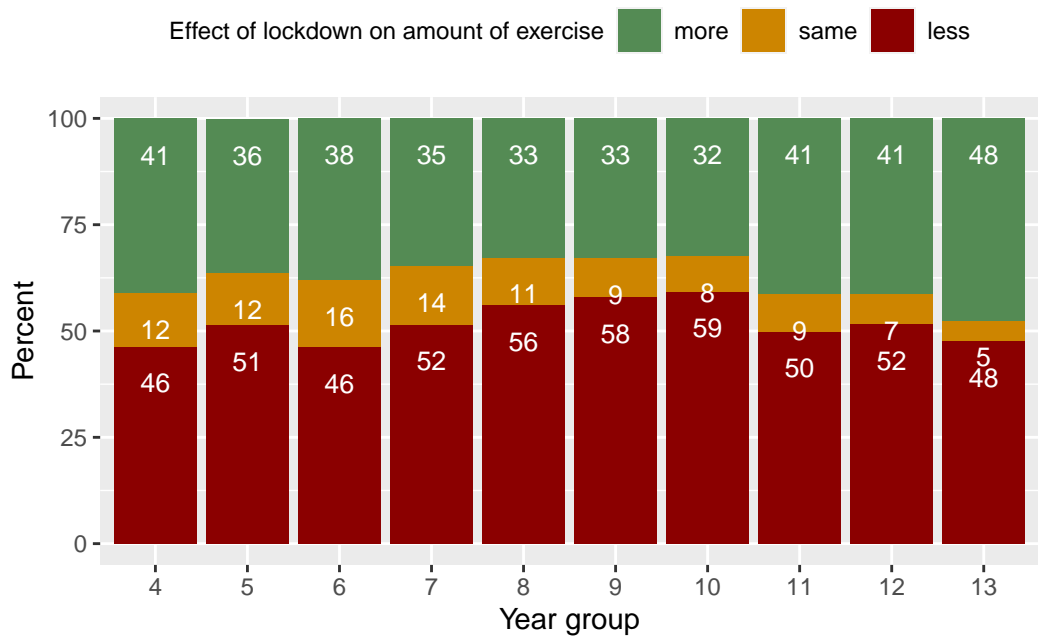Figure 8: Weekly exercise before lockdown (less or more than 6 hours)

Figure 9: Effect of lockdown on amount of exercise (less, same, more)

Managing School Work
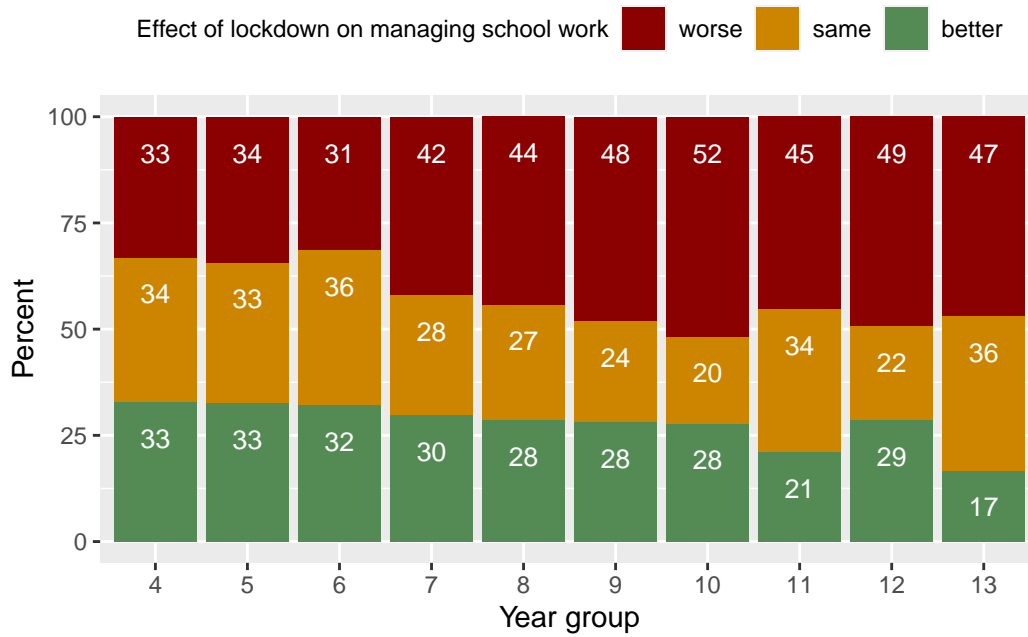
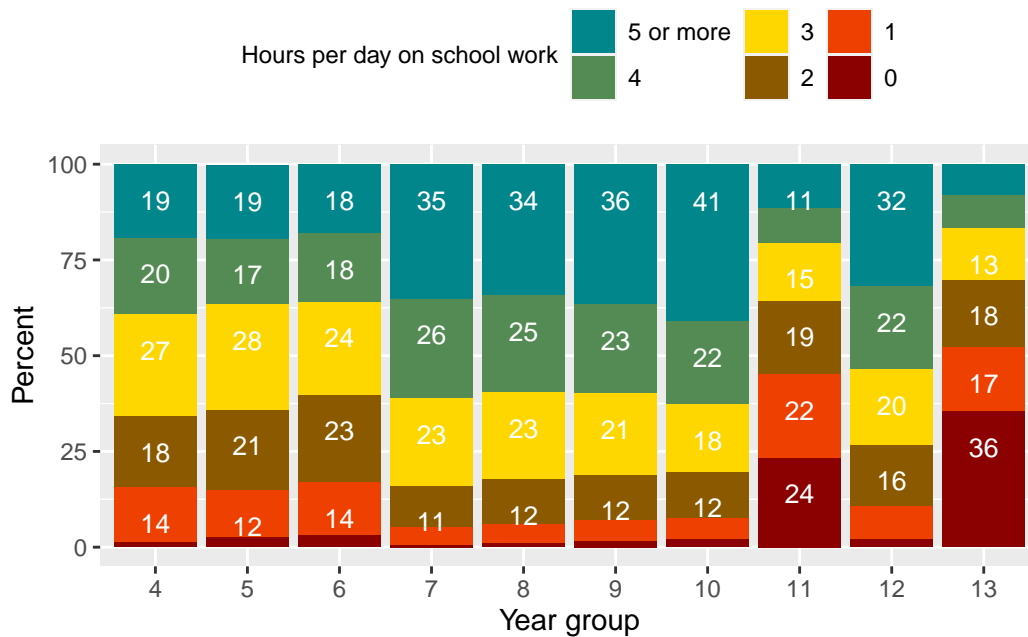Figure 10: Effect of lockdown on managing schoolwork (worse, same, better)

Figure 11: Hours per day spent on school work (0, 1, 2, 3, 4, 5 or more)
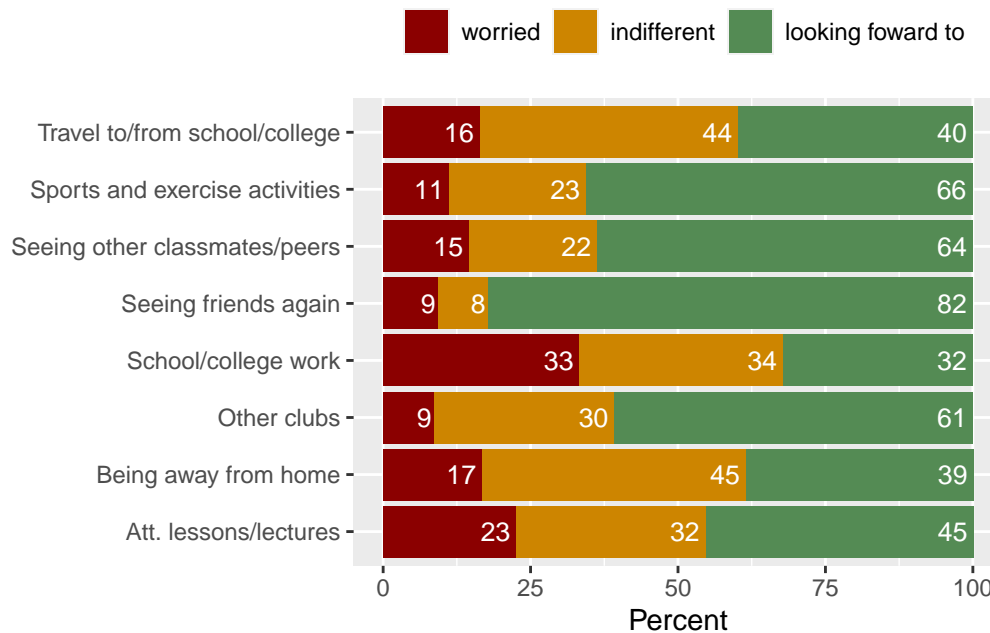
Thinking about Going Back to School

Figure 12: Thinking about going back to school, multiple aspects (worried, indifferent, looking forward)

Next Steps

Summaries of the other measures of wellbeing collected are being made accessible online from October 2020 for schools and local authorities with a sufficient number of responses, with webinars to support schools and local authorities to analyse the data ; details will be available on the research team's webpage (https://www.psych.ox.ac.uk/research/schoolmentalhealth). If you are interested in being involved in ongoing surveys, please contact the research team as soon as possible.

With Thanks to. . .