

# Wellbeing Survey 2020 - Home Edition

## Webinar for Schools:

**NIHR** | Oxford Health Biomedical Research Centre

## School Health and Wellbeing Survey

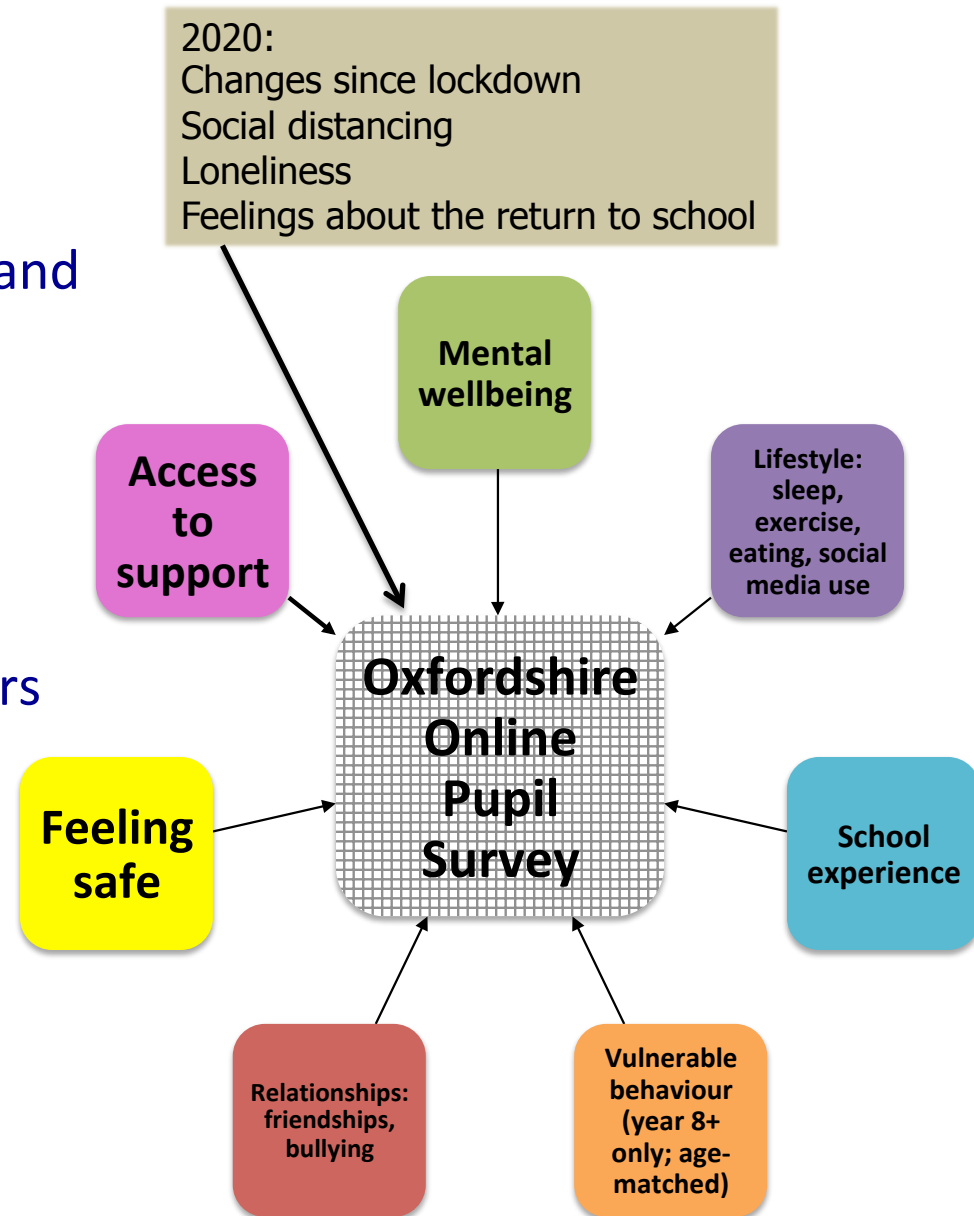
**May– July 2020:**  
**Measuring effects of social isolation**  
**School or Home Setting**

Full details are on the research team’s website:  
<https://www.psych.ox.ac.uk/research/schoolmentalhealth>



# What are the benefits to schools ...

- Understand the **wellbeing** of pupils in your school
- Access your own anonymous data and compare it to the county average
- Identify any problem areas that could be tackled within school (e.g. online behaviour)
- Identify which protective behaviours could be maximised within school (e.g. sports and support networks)
- Help the local council and clinical commissioning team improve their support services



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## What are the questions about:

- Some important demographics: **age, born in the UK**, living situation (parents, others), **how many people** live at home
- Most of the questions ask about **lifestyle** (sleep, diet, exercise, online behaviour), **wellbeing** (mental health for older pupils), **safety** (and vulnerable behaviours for older pupils), and **attitudes to school and learning**
- Impact of **lockdown**: e.g. number of **rooms**, access to a **garden**, parents/carers going to **work**, amount of **exercise**, changes to wellbeing factors, **loneliness**, worries about returning to school and impact on education / the future

About Sleeping...

Did you wake up last night?

Yes  
 No

How often do you stay awake or wake up in the night because you are worried about something?

Never Not often (e.g. once or twice) Sometimes

24.8

What time (to the nearest hour) did you wake up this morning?

Survey conducted on behalf of the University of Oxford by Foster And Partners

Are you a boy or a girl?

girl  
 boy

How old are you?

12

Were you born in the UK?

Yes  
 No

Were both of your parents born in the UK?

Yes  
 No

We would now like to ask you about how physically active you are.

What we mean by physical activity is an activity that makes you breathe harder and faster than you normally would. This doesn't have to be done in one go; it can be done in several sections e.g. 4 lots of 15 minutes

How much physical activity or play do you generally do over a week? (please include your PE lessons, playing and activity during playtimes)

under 1 hour 2 hours 4 hours 6 hours more than 8 hours

How often do you take part in organised lunchtime and after school physical activities sessions each week at SCHOOL?

Never Once a week 2-3 times a week 4 times a week Every school day

How often do you take part in physical activity sessions each week that are NOT linked to schools?

Never Once a week 2-3 times a week 4 times a week Every school day

How do you normally (i.e. for most of the journey) travel to school? (\* a walking bus is where an organised group of children or young people walk to school under adult supervision)

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## What are the links to the survey?

Separate links for different counties

South Gloucestershire/Wiltshire: <https://sgl2020home...>

Berkshire Oxfordshire: <https://oxon2020home...>

## How do pupils log in?

Please enter your User ID:

User ID

Please enter your Password:

Password

Please enter your Year Group:

Drop down year groups 4 - 13



Each user ID and password combination works only for specific year groups (4-7, 8-11, 12-13) to ensure that pupils can access only the age-appropriate version of the survey

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## Important to know about our Research Ethics:

- Parents need to be given our **approved information** on the research and be able to contact the research team with questions
- Parents of pupils under 16 must be given the possibility to 'opt-out'
- The school must keep its own record of parental opt-outs, and not send the login details to those children
- Pupils need to **confirm** they understand what the survey is about and that **they are happy to take part** (give 'active assent')
- Pupils need to understand that **they can stop at any time**, and skip any questions that they don't understand or don't want to answer

Before we start...

Before you start the survey, we have to be sure that you are happy to continue. We will ask you a few questions and you need to answer yes to all of them to continue. If you answer yes to 'Are you happy to take part?' and you click the arrow button it will take you into the survey. If you don't understand anything, ask your teacher or class assistant to help you.

Has this survey been explained to you?

- Yes  
 No

Do you understand what this survey is about?

- Yes  
 No

Have you asked all the questions you want to about this survey?

- Yes  
 No

If you have asked questions, have they been answered in a way you understand?

- Yes  
 No

Do you understand it's OK to stop taking part at any time

- Yes  
 No

Are you happy to take part in this survey?

- Yes  
 No

If they answer 'no' to any of these questions, they will be directed out of the survey

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## Confidentiality:

- We do not want to identify pupils. We want pupils to give honest answers and have taken measures to prevent indirect identification
- We don't ask name, address, date-of-birth, ethnicity, special needs, use individual logins or capture IP addresses
- Schools will have access to aggregated data, so that they are not able to identify pupils or other schools
- Local authorities and their partners will also have access to aggregated data from schools in their county
- When sharing any individual-level data, we set up data-sharing agreements and will take measures to ensure that the new context will not make any young people identifiable

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Do you understand it's OK to stop taking part at any time

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 No

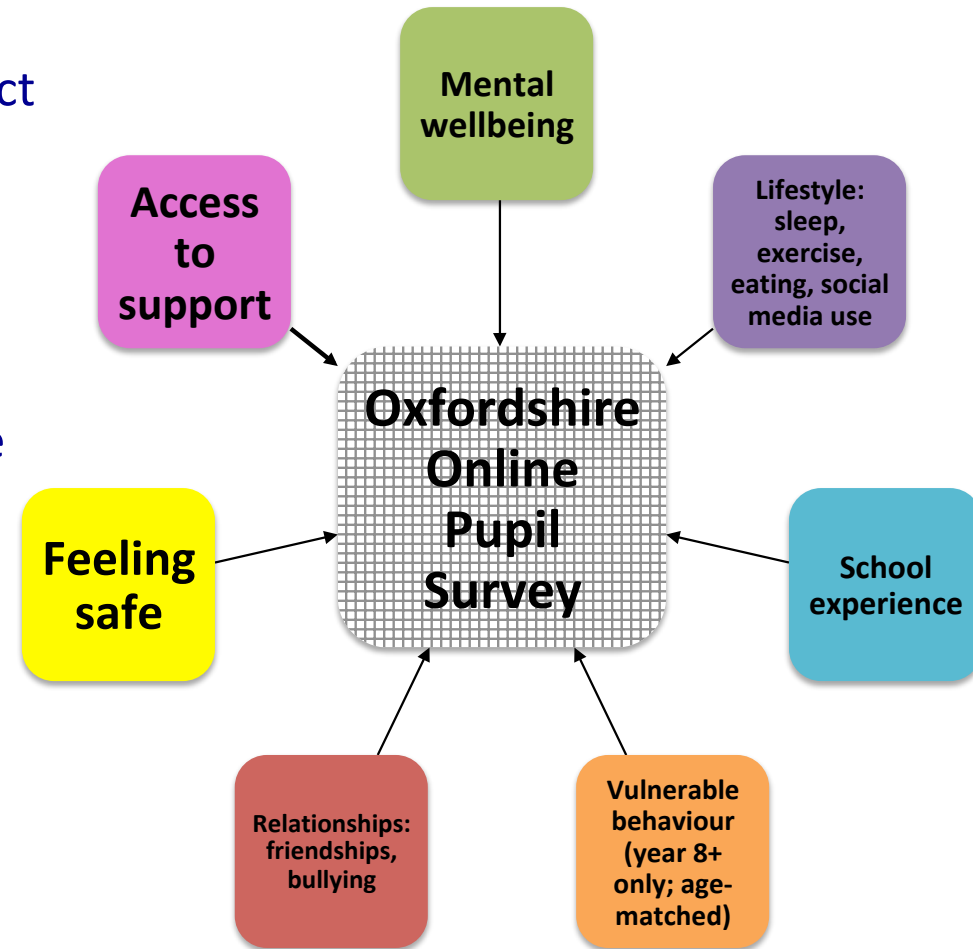
Are you happy to take part in this survey?

- Yes  
 No

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## Safe-guarding:

- We can not identify pupils to offer direct support, but we will review the data weekly to check responses to specific questions, such as 'how safe do you feel?'
- We will notify schools if anything in the data raises serious concern for the safety of a child or young person, so that they can send out information to pupils in the relevant year group
- We ask pupils who are worried or have questions to speak to their parents or a trusted adult from school
- We also provide helpful links at the end of the survey and in the instructions they receive from school, e.g. <http://www.childline.org.uk>



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Emailing login instructions to pupils...  
How does that work?

**Sign up to take part** (county-specific contact details on research team's webpage)

**Receive full instructions by email** from the research team or local authority

**Plan which dates to run the survey** in the relevant year groups

**Send approved study information to parents**, and keep own record of opt-outs

**Send age-matched instructions and logins to pupils** (whose parents have **not** opted out)

This includes:  
full school instructions;  
information for parents;  
a spread sheet for own record of parental opt-outs;  
Word documents with age-matched pupil logins

The survey takes about 30 minutes. But pupils need an extra 10 minutes to read instructions and login.

Pupil logins could be forwarded via school email addresses or via school learning platform



# Lodeseeker: Online Data Portal by Foster & Brown



School Experience  
Instant fingerprint

Statistics about  
participation

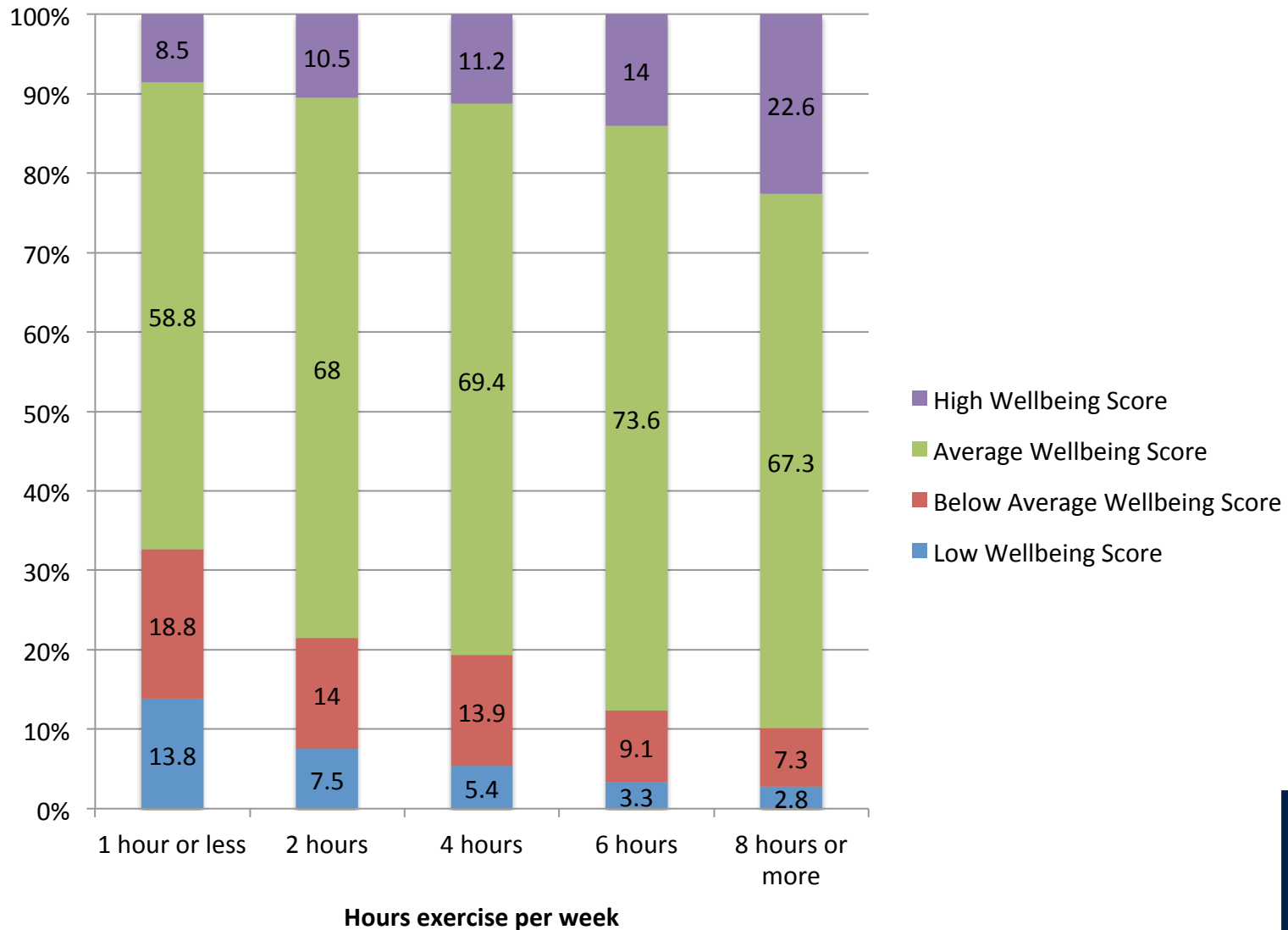
Direct access to most  
popular reports

Overview of key markers



# Export your data to make interesting comparisons

Wellbeing and Exercise (Oxfordshire Pupils 2019)



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## Many thanks to all our partners and our funders

Full details are on the research team's website:  
<https://www.psych.ox.ac.uk/research/schoolmentalhealth>



See also our recent news item:  
<https://www.psych.ox.ac.uk/news/effects-of-social-isolation-and-lockdown-on-adolescents-in-oxfordshire>

