

Overview of Changes from Wave 1 to Wave 2 Survey

This document describes the changes that have been made to existing questions on the Wave 1 survey and the reason/s behind these changes. Additions or changes are in **red font** or in ~~strikethrough~~.

1. Edits to existing questions from Wave 1

Type of school

The answer options for the type of school the children and young people attended, were edited based on the open text answers given by children and young people in the Wave 1 survey. Below are the answer options from the Wave 1 survey, with either additions or changes in red font/strikethrough.

~~Before the schools/colleges closed for some students due to the Coronavirus pandemic,~~
What type of school/college do you attend? You can ask an adult if you are not sure

1. Primary school
2. Secondary school (state/academy/free school or grammar school)
3. ~~Independent school or private school (not boarding)~~ **Independent /private day-school or independent/private boarding school**
4. ~~Boarding school or residential school~~ **Residential school/Residential boarding school**
5. Post-16 college or sixth Form
6. **Special Schools**
7. ~~Pupil Referral Unit (PRU)~~ **Alternative provision (including Pupil Referral Unit (PRU))**
8. **Apprenticeship/work experience/training**
9. Home schooled or home tutored
10. Other type of education setting {please tell us what type of school or college you attend}
11. I did not attend a school/college

Mental health support

During Wave 1, Children and young people were asked whether they had ever wanted to talk to someone or receive support with their mental health. If selected 'yes', this was followed by:

Who did you talk with/receive support from? Please select all that apply.

The answer options to this questions have been edited for the Wave 2 survey. The edits are based on the answers given by children and young people in the Wave 1 survey who selected other mental health support and wrote down their answer.

1. I did not ask for support
2. I asked for support but didn't get any
3. ~~Parent(s)~~ **Family**
4. Friend (s)
5. Carer (s)
6. Social worker
7. Teacher / other teaching staff
8. School nurse/school counsellor/other specialist support at school
9. **GP**
10. Counsellor or therapist (including CAMHS and/or private)
11. ~~A telephone helpline, text service or an online service (e.g. The Mix, Childline, Big White Wall)~~ **A telephone helpline, text service or support from online service**
12. Someone at a local charity, drop-in centre or youth club
13. I was admitted to a hospital
14. Other {please tell us}

Contact with birth family

During Wave 1, whether the children were in contact with their birth family and with whom they were in contact with was asked in one question.

In Wave 2, this was broken down to two questions.

The answer options were edited based on answers given by children and young people in the Wave 1 survey who selected 'other' option and wrote down their answer. Below are the answers from the Wave 1 survey, and in red font /strikethrough the changes that have been made for the second survey wave (either additions or changes).

Are you in contact with your birth family?

1. No
2. Yes

~~Are you in contact with your birth family?~~ Who are you in contact with? (Please select ALL that apply)

- ~~1. I have no contact with my birth family~~
1. Mother
2. Father
3. Sister(s)
4. Brother(s)
5. Grandfather(s)/grandmother(s)
6. **Extended family (i.e. aunt(s), uncle(s), cousin(s), niece(s), nephew(s), stepparent(s))**
7. **Godparent(s)**
8. Other {Please tell us which other family members you are in contact with}

1. I have no contact with my birth family
2. Mother
3. Father
4. Sister(s)
5. Brother(s)
6. Grandfather/grandmother
7. Other {please specify}

Health concern/disability

In both the Wave 1 and two survey, children and young people are asked:

Do you have a health concern/disability which affects your day to day life? And

How would you describe your health concern or disability?

The answer options for the second question, above, were edited based on answers given by children and young people in the Wave 1 survey who selected the 'other' option and wrote down their answer. Below are the answers from the Wave 1 survey, and in red font/strikethrough the changes that have been made for the second survey wave (either additions or changes). These categories were adapted from the National Pupil Database and the NHS.

~~How would you describe your health concern or disability? Tick all that apply~~

How does your health concern or disability impact your day-to-day life? Tick all that apply

1. Vision (for example blindness or partial sight)
2. Hearing (for example deafness or partial hearing)
3. Mobility (for example walking short distances or climbing stairs)
4. Dexterity (for example being able to lift and carry objects, or use a keyboard)
5. Learning or understanding or concentrating
6. **Communication**
7. Memory
8. Mental health
9. Stamina or breathing or fatigue
10. Socially or behaviourally (**for example, associated with autism, attention deficit disorder or Asperger's syndrome**)
11. **Personal care**
12. **Eating and drinking**
13. **Incontinence**
14. **Other {If your health concern or disability affects you in any other way, please could you tell us how?}**

2. New questions added to the Wave 2 survey

This section describes what questions have been added to survey wave two, why these questions were added and the origins of the question.

Questions about school and placement changes

A few questions were added about changes in placement and schools since the Wave 1 survey (i.e., in the last six months) and since the start of the coronavirus pandemic. These additions will allow tracking of changes since wave 1 and changes that happened during the coronavirus pandemic.

- **How many placements have you lived in since the start of the Coronavirus pandemic in January 2020?** (Please leave out anywhere you went for short breaks)
- *If more than one placement change, we ask:* **Please could you tell us why you changed your placement/s?** {free text}
- **Did you have a change of school in the last six months?**
 1. No
 2. Yes {please tell us why you changed school}

Mental health

The Generalized Anxiety Disorder 2-item (GAD-2) was added to the survey Wave 2. The GAD-2 is a short initial screening tool for generalised anxiety disorder. The Patient Health Questionnaire-2 (PHQ-2) is a short first screen for depression. The questions ask about depressed mood and anhedonia.

More information about the GAD-2: [Generalized Anxiety Disorder 2-item \(GAD-2\) - Mental Disorders Screening - National HIV Curriculum \(uw.edu\)](#).

More information about the PHQ-2: [Patient Health Questionnaire-2 \(PHQ-2\) - Mental Disorders Screening - National HIV Curriculum \(uw.edu\)](#)

Over the last 2 weeks how often have you been bothered by the following problems?

	Not at all	Several days	More than half the days	Nearly every day
Feeling nervous, anxious or on edge				
Not being able to stop or control worrying				
Little interest or pleasure in doing things				
Feeling down, depressed or hopeless				

Mental health support

In the Wave 1 survey, children and young people were asked whether they had ever felt the need for mental health support and whether they had felt the need for mental health support in the last month. To be able to see changes in children and young people's need for mental health support since the Wave 1 survey, another mental health support question asking whether they needed support in the last six months (which is about the time since the Wave 1 survey) was added.

- **Did you feel the need for mental health support in the last six months?**
 1. No
 2. YesIf yes:
- **Who did you talk with/receive support from? Please select all that apply.**
 1. I did not ask for support
 2. I asked for support but didn't get any
 3. Family
 4. Carer(s)
 5. Friend(s)
 6. Social worker
 7. Teacher/other teaching staff
 8. School nurse/school counsellor/other specialist support at school
 9. GP
 10. I attended or was admitted to a hospital
 11. Counsellor or therapist (including CAMHS and/or private)
 12. A telephone helpline, text service or support from online service
 13. Someone at a local charity, drop-in centre or youth club
 14. Other {What was the other support that helped you?}

Bullying and cyber-bullying

Both bullying and cyber-bullying can have short and long term effects on children and young people's mental health (Arseneault, 2017; Copeland et al., 2013; Holmberg & Hjern, 2008; Lereya et al., 2015; Mumtaz, 2021; Sourander et al, 2007). The bullying and cyber-bullying questions are based on the 2017 Mental Health of Children and Young People survey from NHS digital (NHS Digital, 2017). The questions were adapted/converted to only one question (instead of multiple questions, as was done by NHS).

- **How often have you been bullied in the past six months?**
 1. I have not been bullied in the past six months
 2. It has happened once or twice
 3. 2 or 3 times a month
 4. About once a week
 5. Several times a week(If answered 2,3,4 or 5, we ask them who they talked to/received support from

and give the same list of support services as for other mental health/wellbeing questions).

- **How often have you been cyber-bullied in the past 6 months?** (e.g. having had nasty things posted on social media about you which were meant to hurt you, being ignored or left out on social media receiving or unwanted or nasty emails or messages which were meant to hurt you)?
 1. I have not been cyber-bullied in the past six months
 2. It has happened once or twice
 3. 2 or 3 times a month
 4. About once a week
 5. Several times a week(If answered 2,3,4 or 5, we ask them who they talked to/received support from and give the same list of support services as for other mental health/wellbeing questions).

Self-harm

In the general population, the 12-month prevalence of self-harm was 24% (Patalay & Fitzsimons, 2020). The impact of the pandemic on self-harming behaviours is currently unknown.

The UCL Centre for Longitudinal Studies COVID-19 Online Survey Questionnaire (2020) question about self-harm since the COVID-19 pandemic was added to the Wave 2 survey. Another comparable question was added, asking about self-harm before the coronavirus pandemic.

- **Before the start of the coronavirus outbreak have you hurt yourself on purpose in any way?**
 1. No
 2. Yes(If YES, we ask them who they talked to/received support from and give the same list of support services as for other mental health/wellbeing questions).
- **Since the start of the coronavirus outbreak have you hurt yourself on purpose in any way?**
 1. No
 2. Yes(If YES, we ask them who they talked to/received support from and give the same list of support services as for other mental health/wellbeing questions).

Pets

In the results of the Wave 1 survey, children often answered that having a pet was something that could improve their mental health or wellbeing. Therefore, a question about pets in the home was added to the Wave 2 survey:

Do you have a pet in the home you live?

1. No
2. Yes

Health concern/disability

In the Wave 1 survey, children and young people were asked: **How would you describe your health concern or disability? Tick all that apply.** As described above, this questions was edited for wave two:

How does your health concern or disability impact your day-to-day life? Tick all that apply.

The above question mainly asks children and young people how their health concern/disability impacts them. The additional question below, gives the opportunity to report what their actual health concern/disability is.

What is your health concern/disability? {open text answer}

COVID-19 pandemic

Extra funding was received to study the impact of the COVID-19 pandemic on the mental health of children and young people in care. In the first wave survey children and young people were asked whether the pandemic had impacted them (for example: someone close to them had had coronavirus, someone close to them had died of coronavirus etc.). For Wave 2, the Pandemic Anxiety Scale (PAS) was added to the survey, to assess the impact of the pandemic on children and young people's mental health. This measure has been developed and tested by McElroy et al. (2020) to capture the aspects of the pandemic that influence anxiety. The PAS was part of the Mental Health of Children and Young People in England 2020 survey from NHS digital (2020) and was used by Widnall et al. (2020) in a secondary school survey study in South West England that looked at the young people's mental health during the coronavirus pandemic.

How much do you agree or disagree with the following statements about the COVID-19 pandemic? Please give your answers on the basis of how you are currently feeling.

	Strongly disagree	Disagree	Neither disagree/agree	Agree	Strongly agree
I'm worried that I will catch COVID-19					
I'm worried that family and friends will catch COVID-19					
I'm afraid to leave the house right now					
I'm worried I might transmit the infection to someone else					
I'm worried about missing school/work					
I'm worried about the amount of money we have coming in					
I'm worried about the long-term impact this will have on my job prospects and the economy					