

Oxwell

Student Survey

Young People's Health and Wellbeing





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Disclosures and thanks

No disclosures

Millions of thanks

- Pupils and schools involved
- Local authority and CCG partners
- Colleagues
- Funders
 - NIHR Oxford and Thames Valley ARC
 - Westminster Foundation

Unpublished data

- please don't share (yet)

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Survey aims

Help schools/services understand pupil **wellbeing**

Reports generated for pupils

Identify problem areas (e.g. online behaviour, bullying)

Protective behaviours (e.g. support networks)

Helps LA & CCGs tailor services (e.g. trailblazers)

Survey details

350 questions;
35 mins

Primary &
Secondary; Years
5-13

Summary report
for each school

Focus on mental
health and
experience of
school

Across Bucks,
Berks, Liverpool,
Milton Keynes,
Oxfordshire

Completed at
school

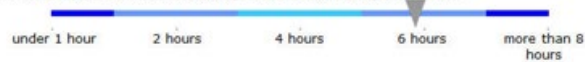
Special
educational
provision

Online questionnaire

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)



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



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



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)

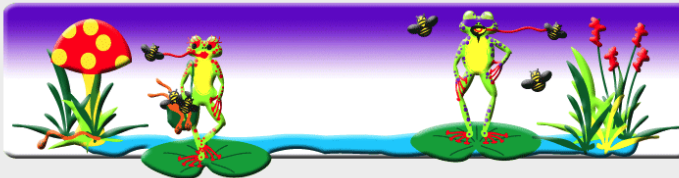
Did you wake up last night?

- Yes
 No

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



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

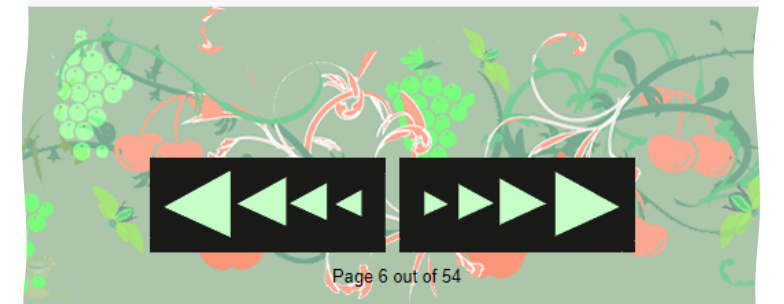
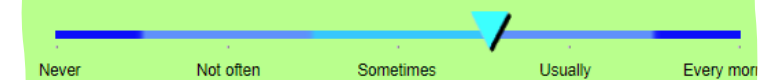


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Survey conducted on behalf of Gloucestershire County Council
by Foster And Brown Research Ltd

Questions are all about the food you eat on a normal day

How often do you usually eat breakfast?

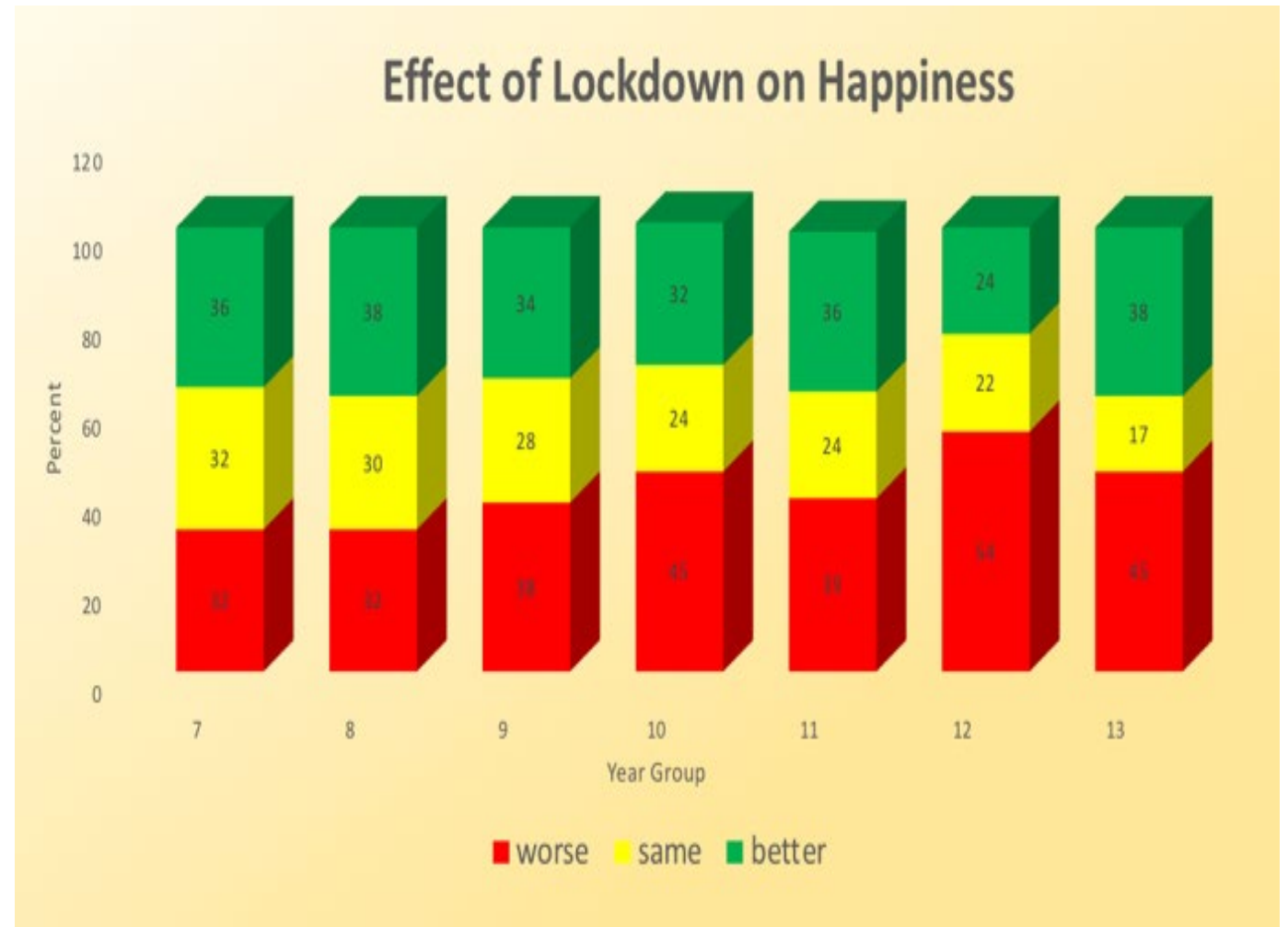


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Results from 2020

- First national lockdown
- 19,000 responses
- 237 schools, 6 counties
- Youth-led dissemination
- June- July 2020



What did we ask about self-harm?

Years 8-13

Direct questions about self-harm

- Method
- Description

Loneliness

Motivations

Did they access any support after self-harm

- Was it helpful



Findings

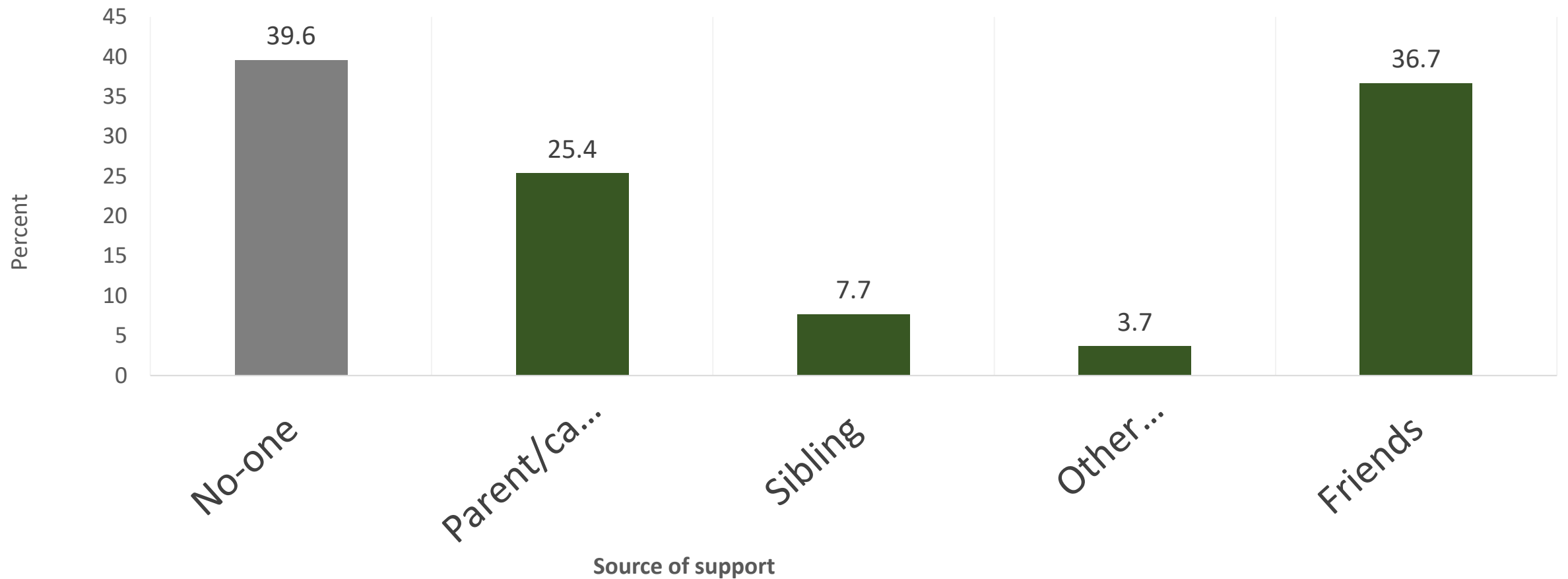
- **9.7%** (1452 of 10,460) reported self-harm during last 12 months
 - **6.7%** during lockdown
- **16.8%** (1896 of 10,460) reported feeling lonely
 - **8%** much more lonely since lockdown;
 - If adolescent reported feeling lonely:
 - ‘often’: 2x more likely to report self-harm during lockdown
 - ‘sometimes’: 3x

Motivation for self-harm in last episode (of 1,452):

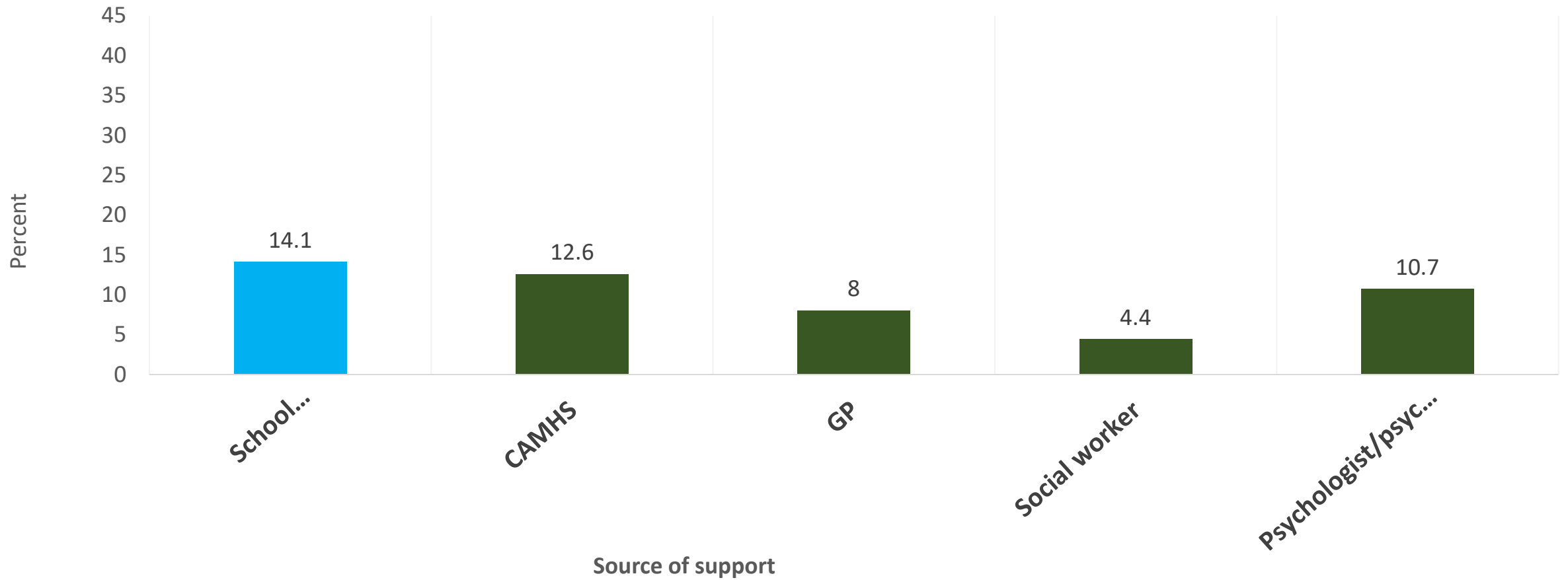
I wanted to

1. Show how desperate I was feeling	260	17.9 (16.0-20.0)
2. Die	632	43.5 (41.0-46.1)
3. Punish myself	755	52.0 (49.4-54.6)
4. Frighten someone	46	3.2 (2.4-4.2)
5. Get my own back on someone	34	2.3 (1.7-3.3)
6. Get relief from a terrible state of mind	923	63.6 (61.1-66.0)
7. Find out whether someone really loved me	98	6.8 (5.7-8.2)
8. Get some attention	99	6.8 (5.6-8.2)
9. Not sure why I did it	475	32.7 (30.3-35.2)

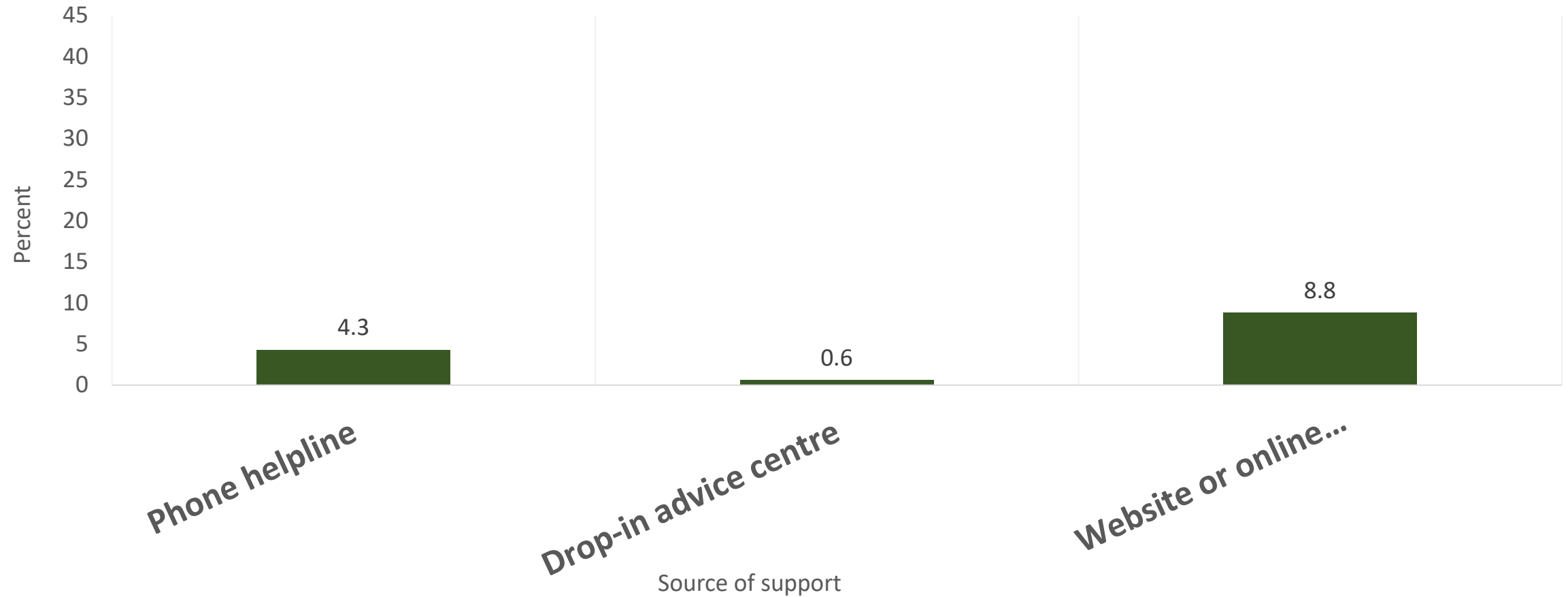
Sources of support following self-harm 1: family and informal networks



Sources of support following self-harm 2: formal services



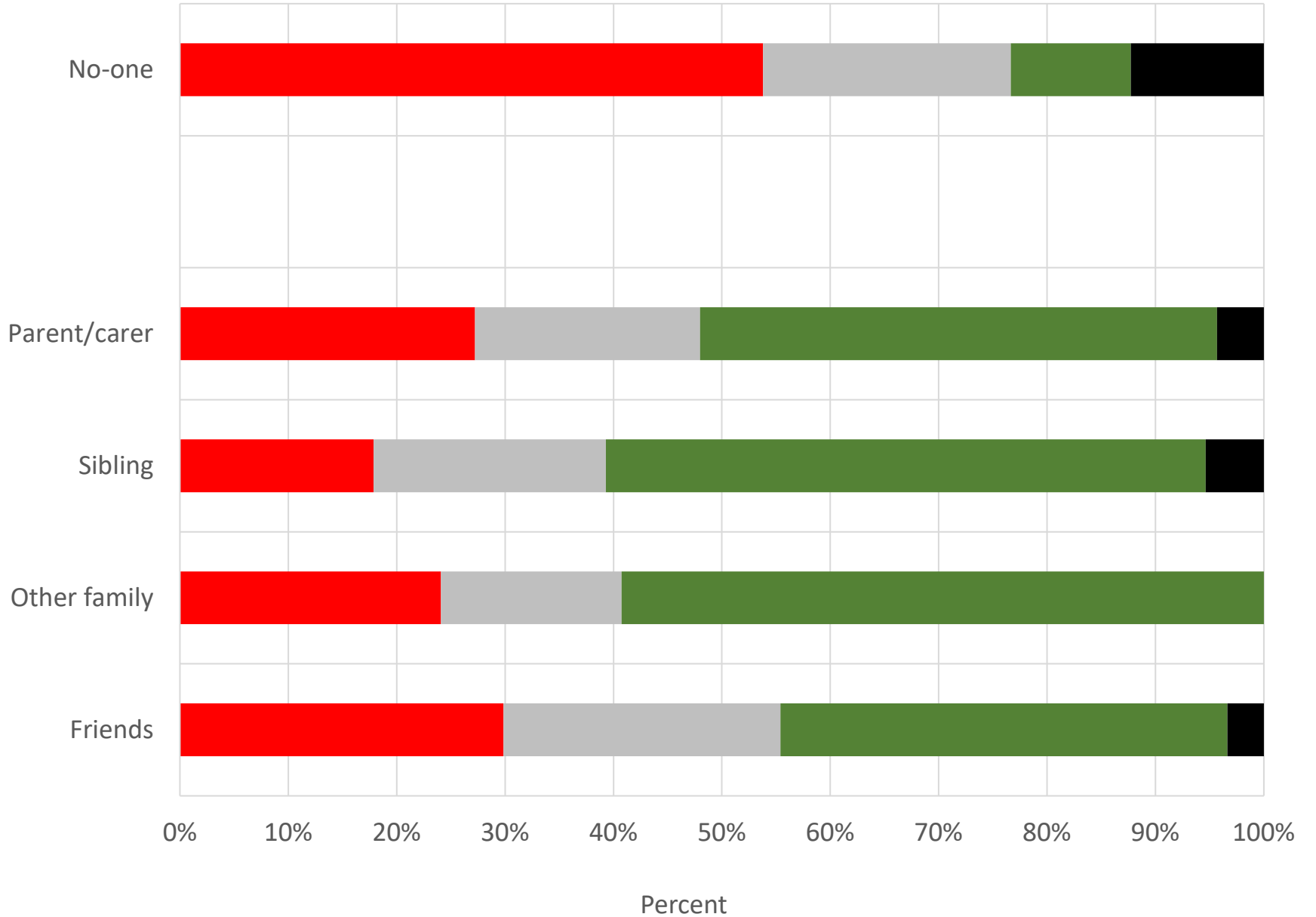
Sources of support following self-harm 3: informal services



Level of satisfaction by source of support 1: family and informal networks

Source of support

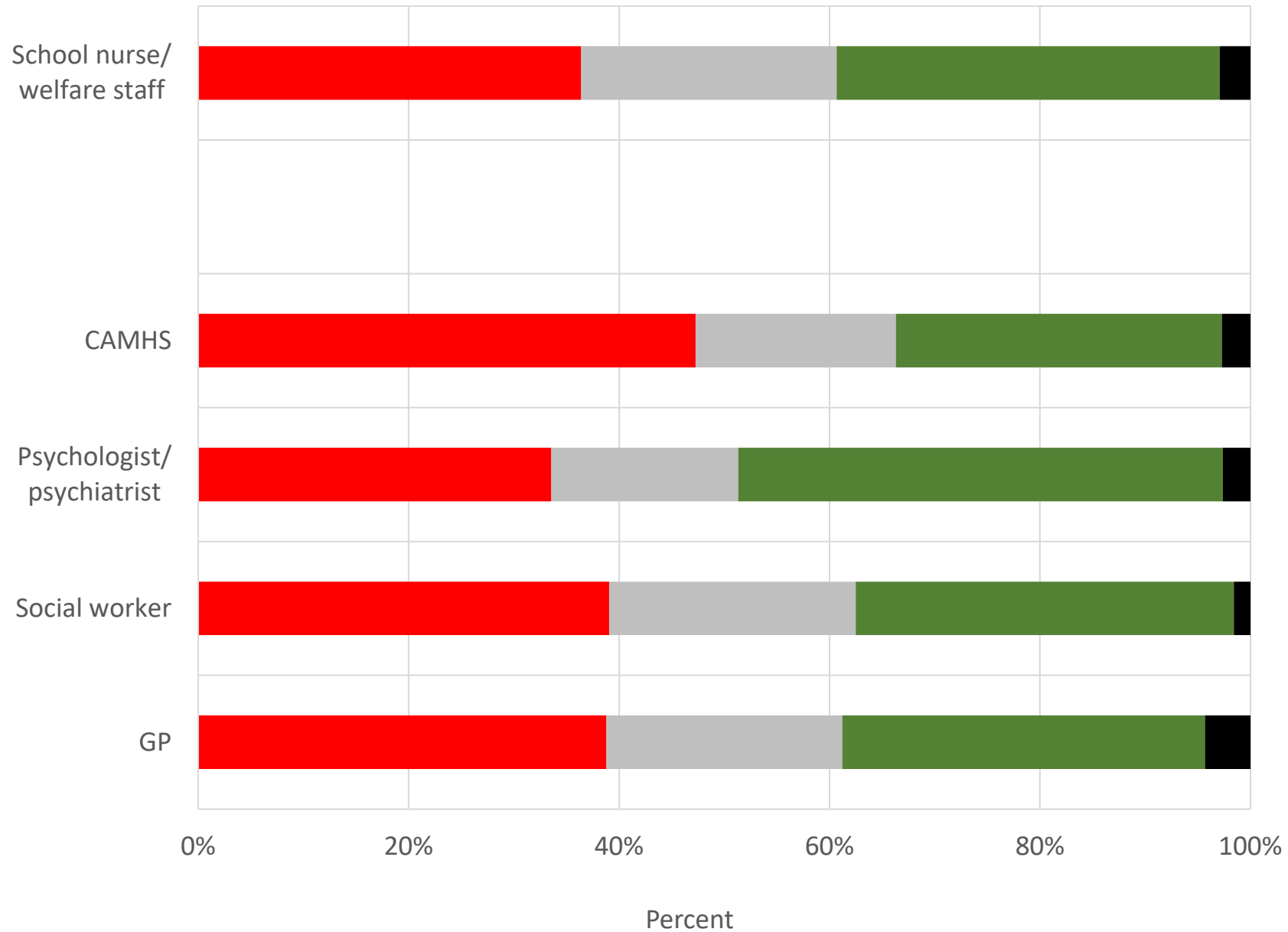
Not helpful Just about Helpful Missing



Level of satisfaction by source of support 2: formal services

Source of support

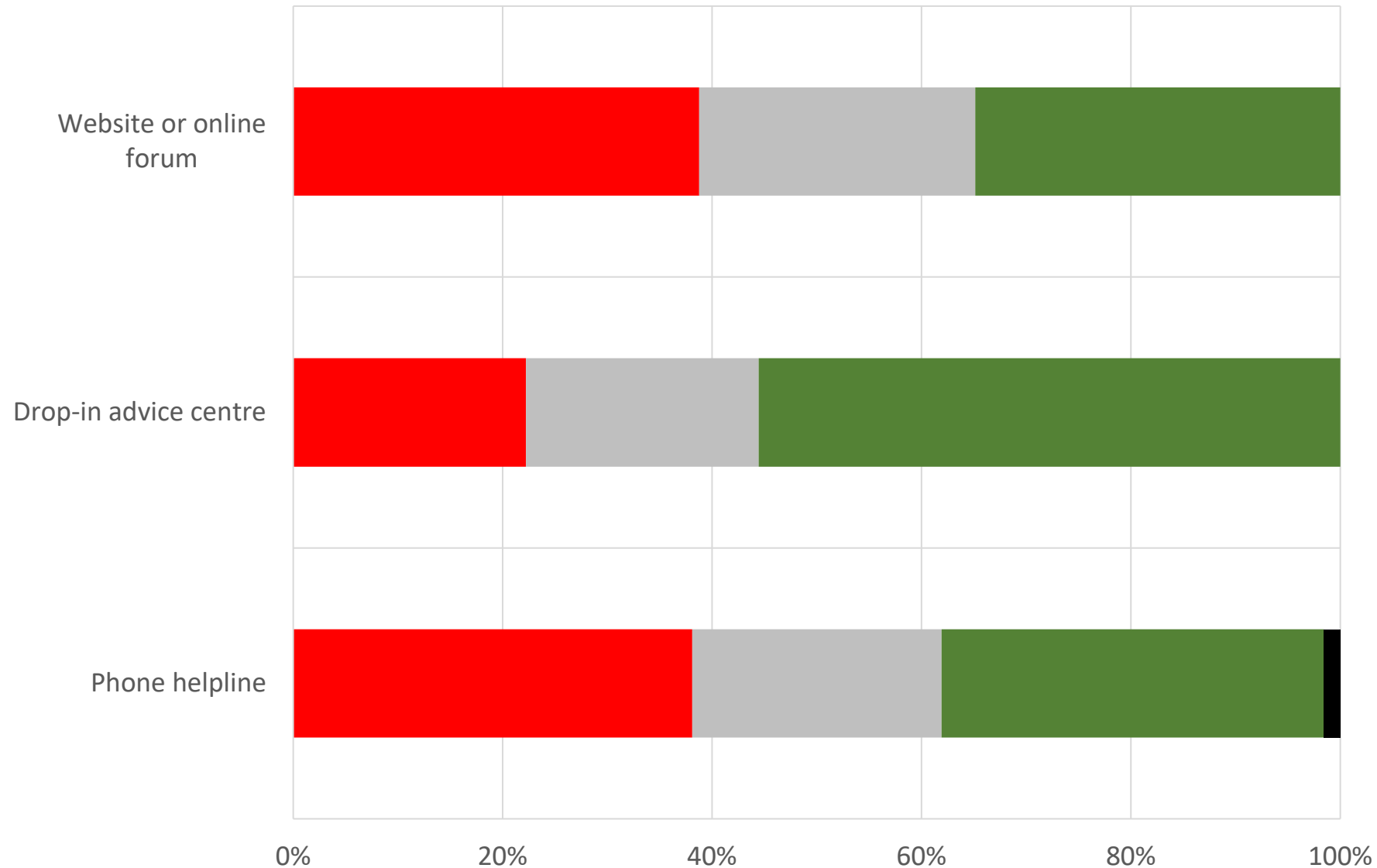
■ Not helpful ■ Just about ■ Helpful ■ Missing



Level of satisfaction by source of support 3: informal services

Source of support

■ Not helpful ■ Just about ■ Helpful ■ Missing



Percent

Why those who self-harmed did not receive help

Why did not receive support? % yes (of 578 who did not receive support)			
	TOTAL	MALE	FEMALE
Did not want help	336 (58.1)	83 (67.5)	253 (55.6)
Didn't want to burden anyone else	324 (56.1)	60 (48.8)	264 (58.0)
Scared/worried about what people might say	288 (49.8)	49 (39.8)	239 (52.5)
Worried about it not being kept confidential	252 (43.6)	41 (33.3)	211 (46.4)
Did not trust anyone	239 (41.4)	55 (28.5)	204 (44.8)
Didn't want the stigma	155 (26.8)	27 (22.0)	128 (28.1)
Didn't know where to get help	76 (13.2)	7 (5.7)	69 (15.2)
8. Other	113 (19.6)	21 (17.1)	92 (20.2)

N= 578

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