



JIGSAW
Young people's
health in mind

my world.

Mental health considerations for young people
during COVID-19

Dr Amanda Fitzgerald
Professor Barbara Dooley, Dr Clodhna O Connor & Dr Aileen O'Reilly

myworldsurvey.ie

Overview



JIGSAW
Young people's
health in mind

- Methodology - MWS-2
- Adolescents
- Implications for Supporting Young People during Covid-19



my world.

Why is this Research Important?



JIGSAW
Young people's
health in mind

- Unique
 - Age 12-25 years
 - Very large sample > 19,000 young people responded
 - What supports and challenges young people's mental health
 - Changes to mental health outcomes since My World Survey 1 (Dooley & Fitzgerald, 2012)
- Acknowledges the complex world of young people
- Informs the development of practice and policy in Ireland

my
world.

Key Protective and Risk Factors in MWS-2



JIGSAW
Young people's
health in mind

- **Protective factors**

- Self-esteem
- Resilience
- Optimism
- Social support
- Life satisfaction
- Body esteem
- School- and Peer-connectedness
- Parent approval
- Coping

- **Risk factors**

- Being bullied
- Alcohol behaviour
- Drug use
- Gambling
- Parent criticism

*my
world.*

Methodology - MWS-2



Adolescent

- N=10,459
- 83 randomly selected schools, sampling strategy: gender mix of school, DEIS non-DEIS status, location (every county)
- 56% female

Young Adult

- N=8,290
- 7 Universities
- 9 Institutes of Technology
- Employed

Seldom Heard

- N=658
- Youthreach
- College of Further Education
- Physical disability



JIGSAW
Young people's
health in mind

my world.

Key Findings - Adolescents

myworldsurvey.ie

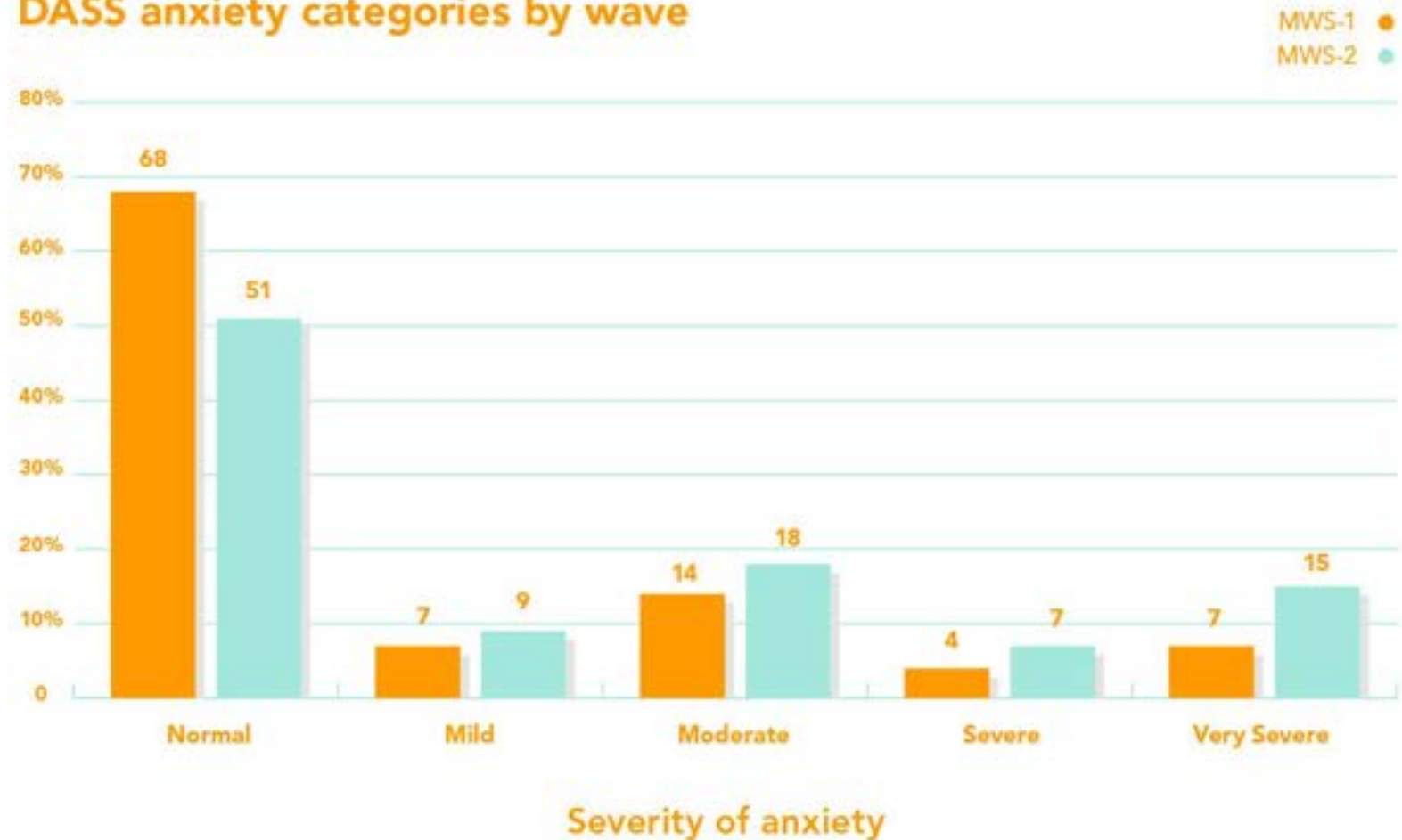


1. Anxiety
2. Protective factors
3. One Good Adult
4. Lifestyle behaviours
5. Access to mental health supports

Changes from MWS-1 to MWS-2

- Percentage of adolescents reporting severe/very severe anxiety increased
- Up from 11% to 22%

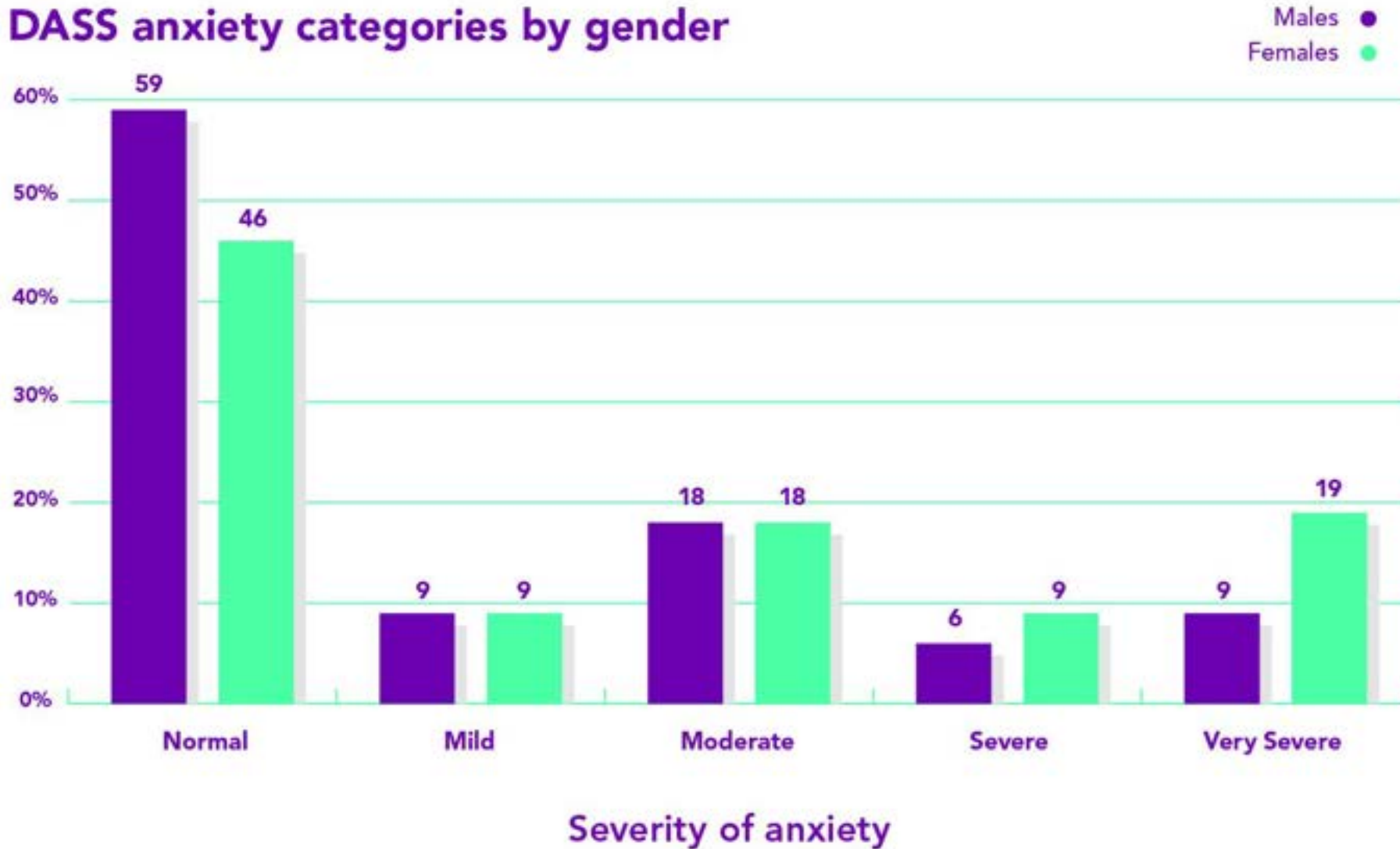
DASS anxiety categories by wave



MWS-2



DASS anxiety categories by gender



my world.

Anxiety likely to be further exacerbated as a result of Covid-19

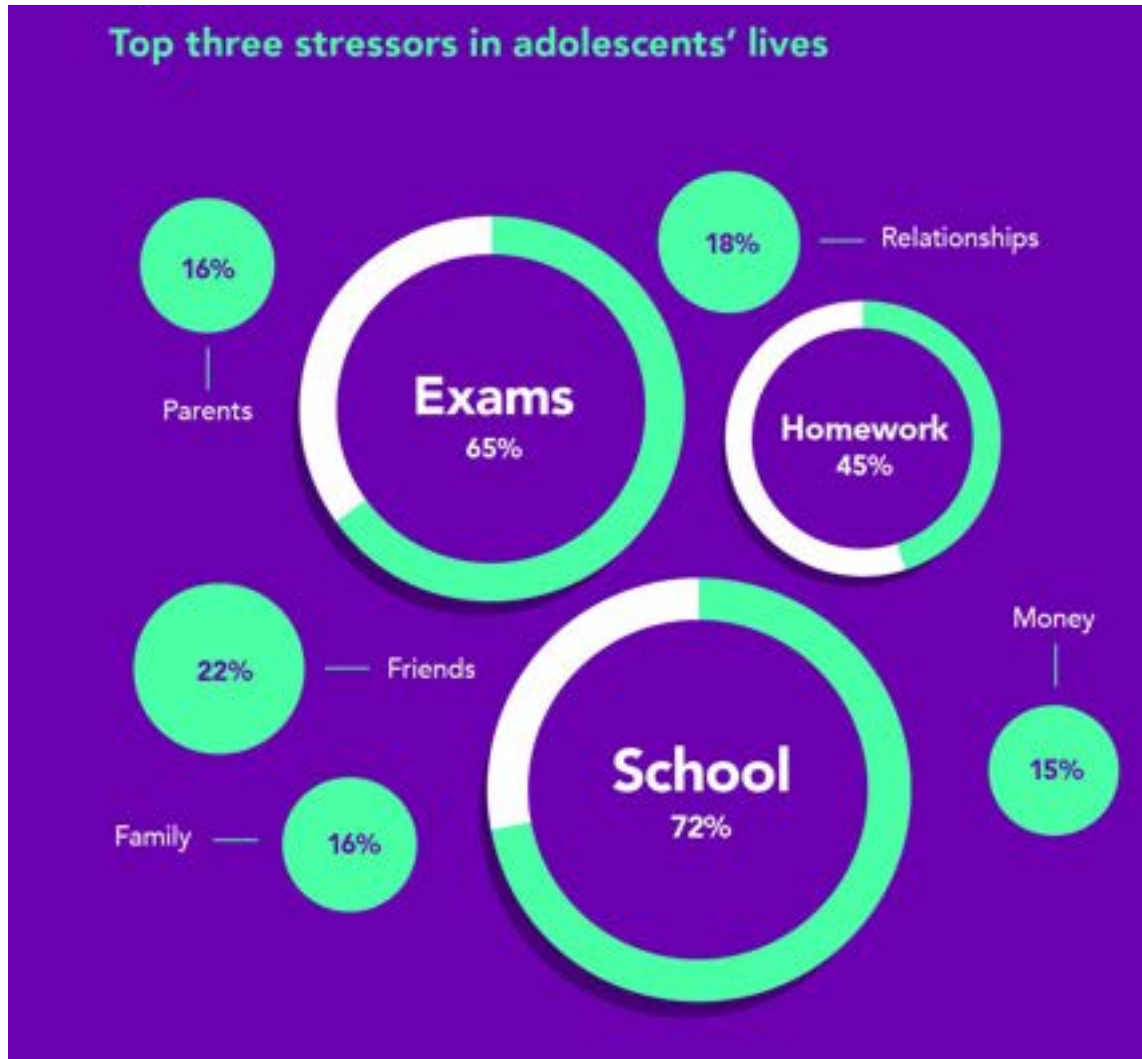


JIGSAW
Young people's
health in mind

- Generalized anxiety
- Anxiety about specific/ practical issues
- Worsening of existing mental health difficulties

my
world.

Stressors



Potential stressors faced by young people during COVID-19



JIGSAW
Young people's
health in mind

- Uncertainty around exams and school
- Fear of infection
- Loss of loved one
- Mental health
- Uncertain future
- Impact on social life
- Loss of usual routine

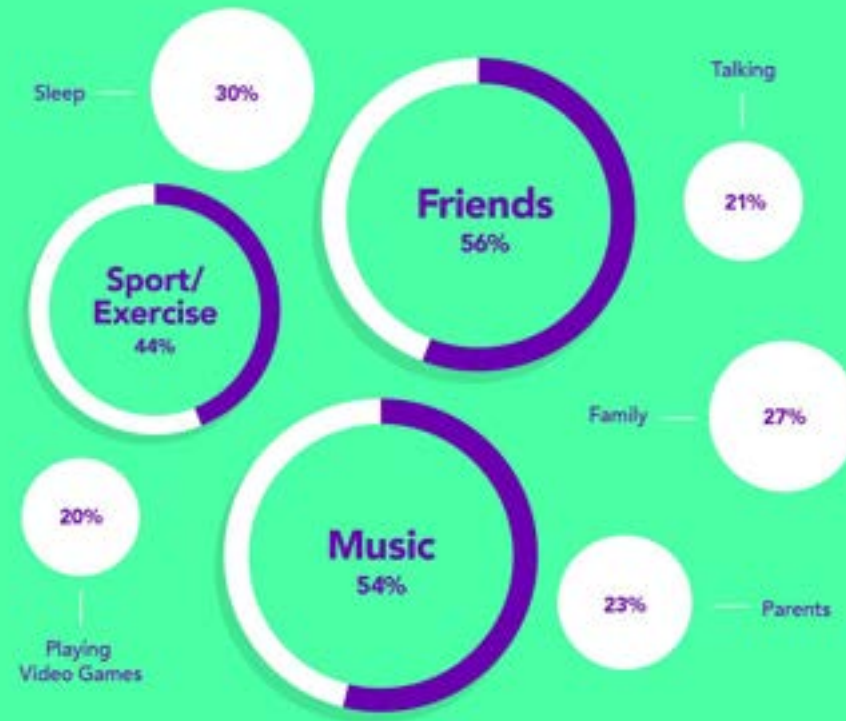
*my
world.*

Coping



Figure 3.7.

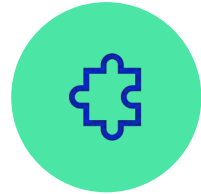
Top three coping strategies in adolescents' life



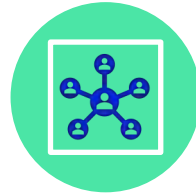
Adolescent Protective Factors from MWS-1 to MWS-2



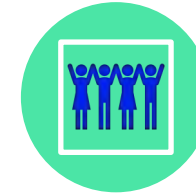
JIGSAW
Young people's
health in mind



↑ problem-solving based coping



↑ support-focused coping in males (not in females)



↑ perceived support from family, friends and adult



↓ resilience



↓ levels of optimism



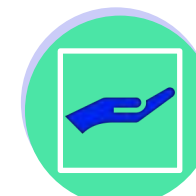
↓ self-esteem



↓ life satisfaction



↓ school connectedness



↑ One Good Adult®

my world.

One Good Adult®

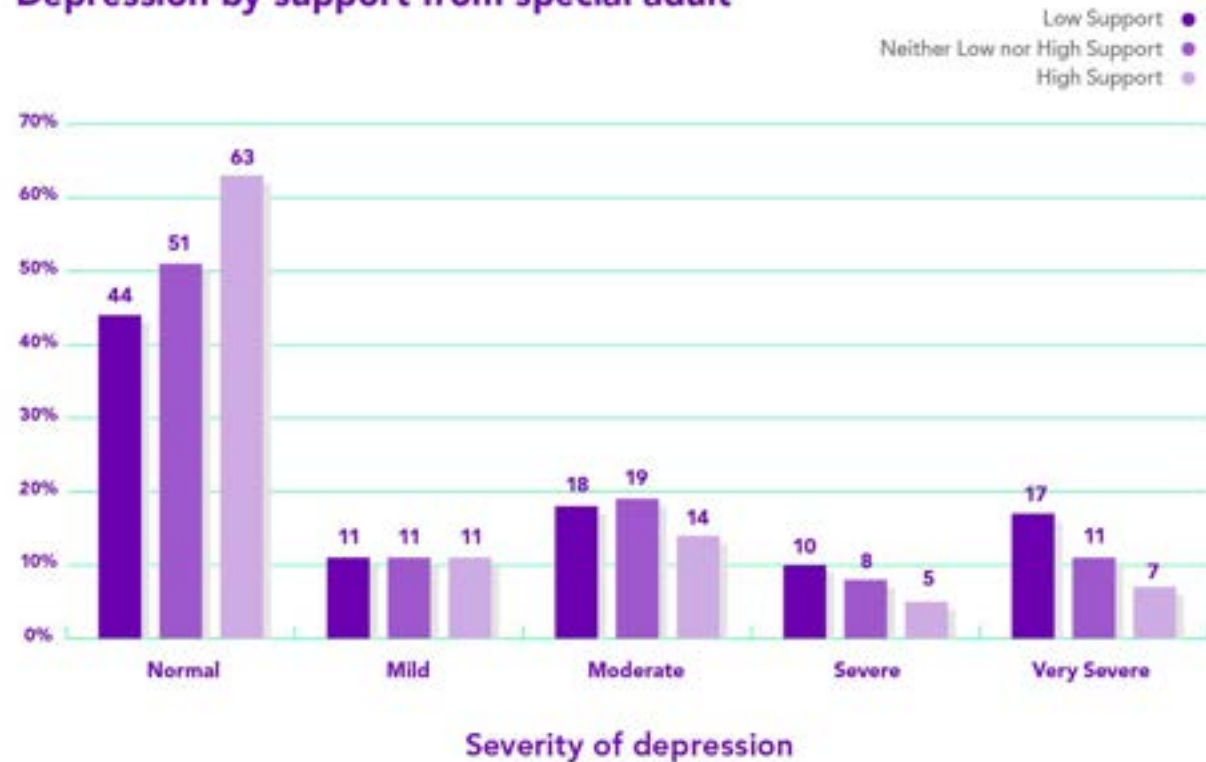


JIGSAW
Young people's
health in mind

- 76% reported having One Good Adult (OGA)®
- Support from a OGA linked to better mental health



Depression by support from special adult

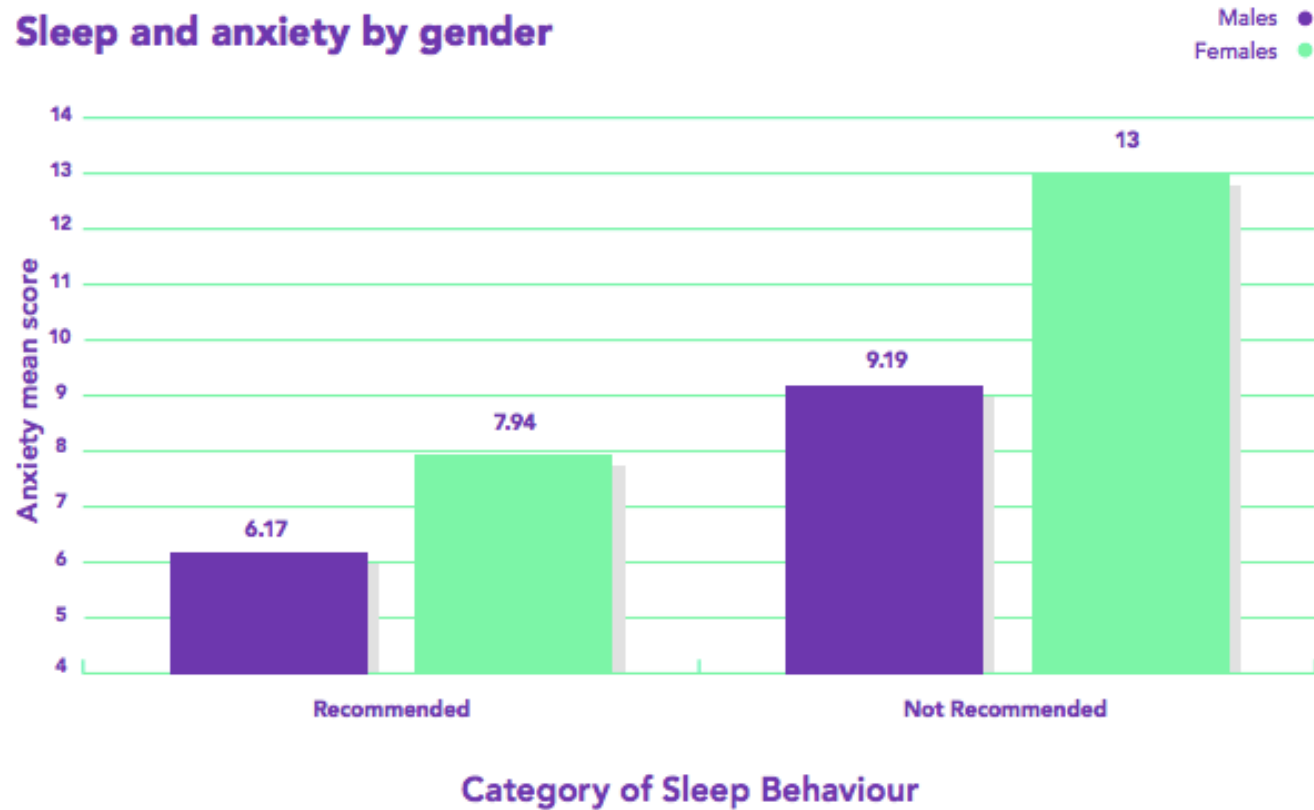


my world.

The importance of sleep



Sleep and anxiety by gender



Physical Activity and Hobbies



JIGSAW
Young people's
health in mind



76% REGULARLY PLAYED
SPORTS IN PAST 6 MONTHS



70% REGULARLY PARTICIPATED IN
HOBBIES/VOLUNTEERED IN PAST 6 MONTHS

Those who participated in sports and activities experienced lower depression and anxiety than those who did not

*my
world.*

Social Media Sites/Apps



JIGSAW
Young people's
health in mind



96%
SNAPCHAT



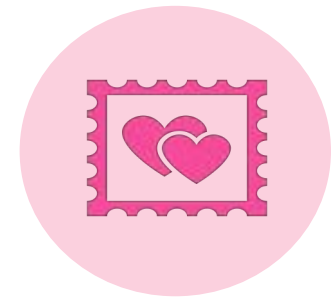
90%
INSTAGRAM



54%
FACEBOOK



28%
TWITTER



4% DATING
APP

*my
world.*

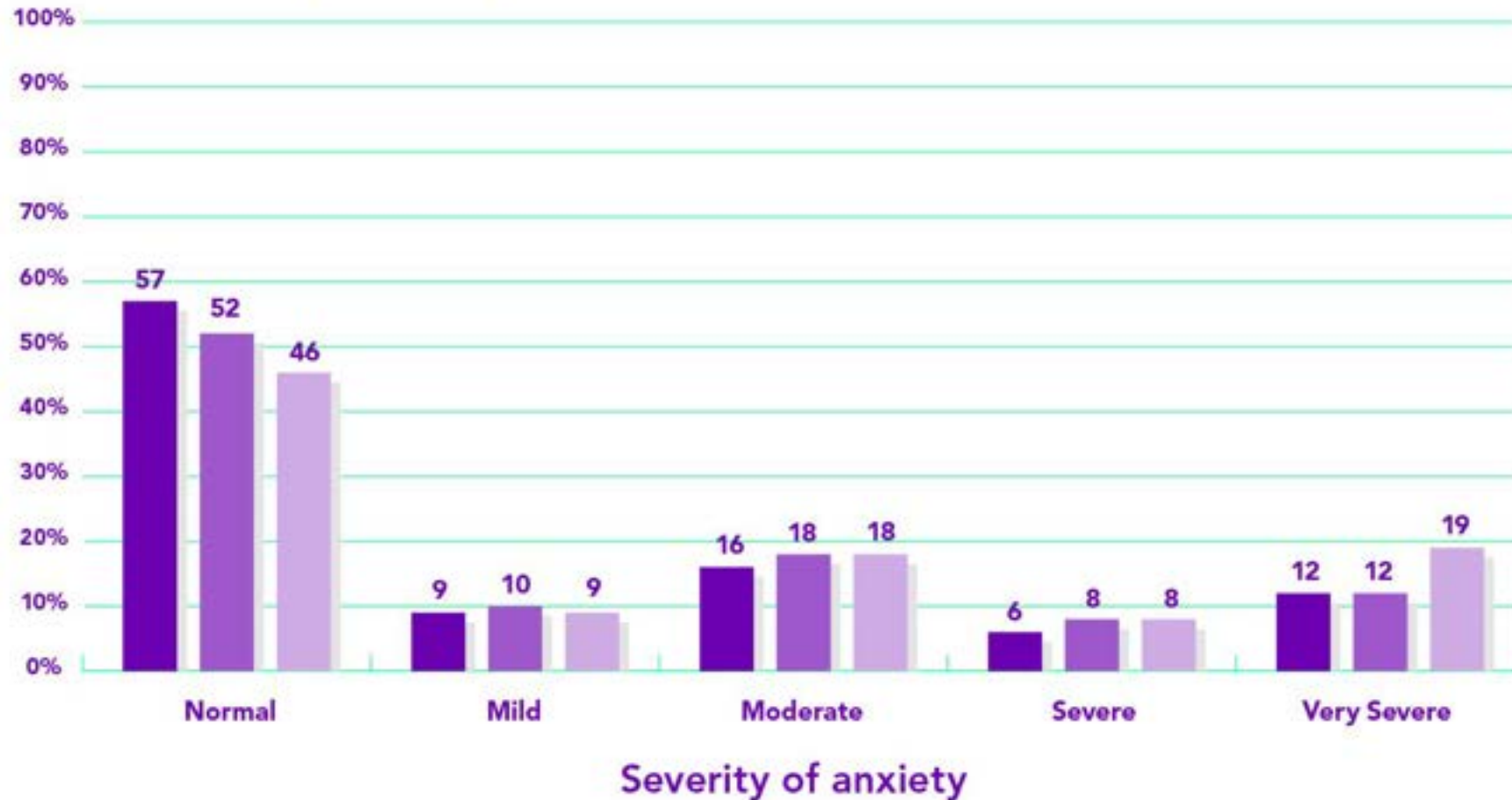
Time Online and Anxiety



Figure 3.31.

Time online by anxiety

- Less than 2 hours ●
- 2-3 hours ●
- More than 3 hours ●



Similar patterns observed for depression.

Adolescents Spending <2 hours Online



JIGSAW
Young people's
health in mind



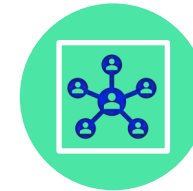
↑ problem-solving
based coping



↑ personal
competence



↑ levels of
optimism



↓ support-based
coping



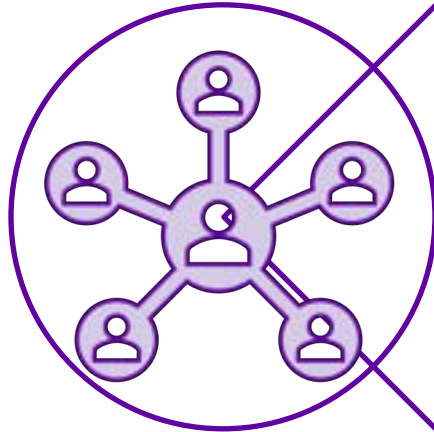
↓ perceived
support from
friends

*my
world.*

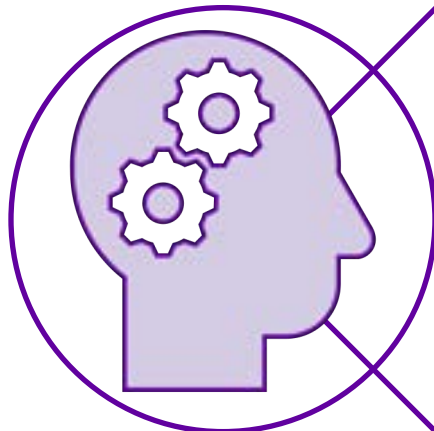
Supports for mental health



Sources adolescents are likely to use for support about their mental health



Informal sources: Parents (68%), Friends (68%), Relatives (37%), Online (20%)



Formal sources: Doctors (21%), Teacher or Guidance Counsellor (20%), Phone Help Line (7%)

In what way could these findings inform how we support young people during Covid-19?



JIGSAW
Young people's
health in mind

- Staying connected with friends is essential -social media plays an important part
- One Good Adult
- Some level of routine is helpful
- Physical activity is beneficial for mental health
- Manage social media habits
- Mental health supports

*my
world.*

Thank You



JIGSAW
Young people's
health in mind

My World Survey 2

The National Study of **Youth
Mental Health in Ireland.**

Dooley, B, O'Connor, C, Fitzgerald, A, & O'Reilly, A

my
world.

www.myworldsurvey.ie

Amanda.fitzgerald@ucd.ie

my
world.