

OxWell

Student Survey

Young People's Health and Wellbeing

Summary Report: Mental Health and Wellbeing OxWell Student Survey May-July 2021

Report of Preliminary Findings

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Summary

The OxWell School survey 2021 collected data from over 30,000 children and young people aged between 8 and 18 years at 114 primary schools, 55 secondary schools 2 middle and 5 through schools, and 1 FE college. The survey responses can be used to form a picture of the wellbeing of young people at schools in England, particularly given the considerable disruption many schools and students have experienced over the last year. 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 2021. 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 oxwell@psych.ox.ac.uk.

Table 1 presents a summary of the responses we received from students across the schools we surveyed, including a breakdown of the numbers for each year group and (in brackets) the percentage this number represents. We report on how safe pupils are feeling both at school and at home although we do not know if the responses are about feelings of safety from abuse or from illness (such as catching COVID for example). The initial observations of responses of 17439 students in years 8 - 13 who took part in the survey show that 1161 reported having self-harmed within a month of the survey, which amounts to 6.7% of the completed responses. Please be aware that only students in years 8-13 see any questions related to self-harm, only those who respond YES to the first question on self-harm are asked any other questions, and the self-harm data still need to be carefully reviewed before any conclusions can be made around the intention of students' actions and their ongoing risk.

Table 1: Survey Summary

	Overall (N=31497)
Date pupils took part	
Range	2021-05-14 - 2021-07-22
Year group	
5	4510 (14%)
6	4092 (13%)
7	5456 (17%)
8	5555 (18%)
9	5342 (17%)
10	4192 (13%)
11	391 (1%)
12	1643 (5%)
13	316 (1%)
No response	0
Have you been bullied in the last year?	
No/Once or twice	26601 (91%)
Sometimes	991 (3%)
Often	1585 (5%)
No response	2320
Accessing mental health support at school*	
Difficult	6317 (23%)
Sometimes difficult	7263 (27%)
Easy	13740 (50%)
No response	4177
Percentage of pupils who feel safe at school	
Safe	18386 (72%)
Neither safe nor unsafe	5229 (21%)
Unsafe	1806 (7%)
No response	6076
Percentage of pupils who feel safe at home	
Safe	23225 (90%)
Neither safe nor unsafe	1803 (7%)
Unsafe	715 (3%)
No response	5754

Below we have graphs reporting on a range of additional areas, including general well-being, sleep, more significant symptoms of depression and anxiety, how students are managing their school work, exercise, whether they think they can access mental health support at school and experience of bullying and perceptions of how they think their school manages bullying.

You are able to review the OxWell reports from 2019 and 2020 on the study team website (<https://www.psych.ox.ac.uk/research/schoolmentalhealth>). Please note we plan to conduct the next full OxWell Student Survey from Feb-April 2023 and hope you will continue to participate.

Mental Wellbeing

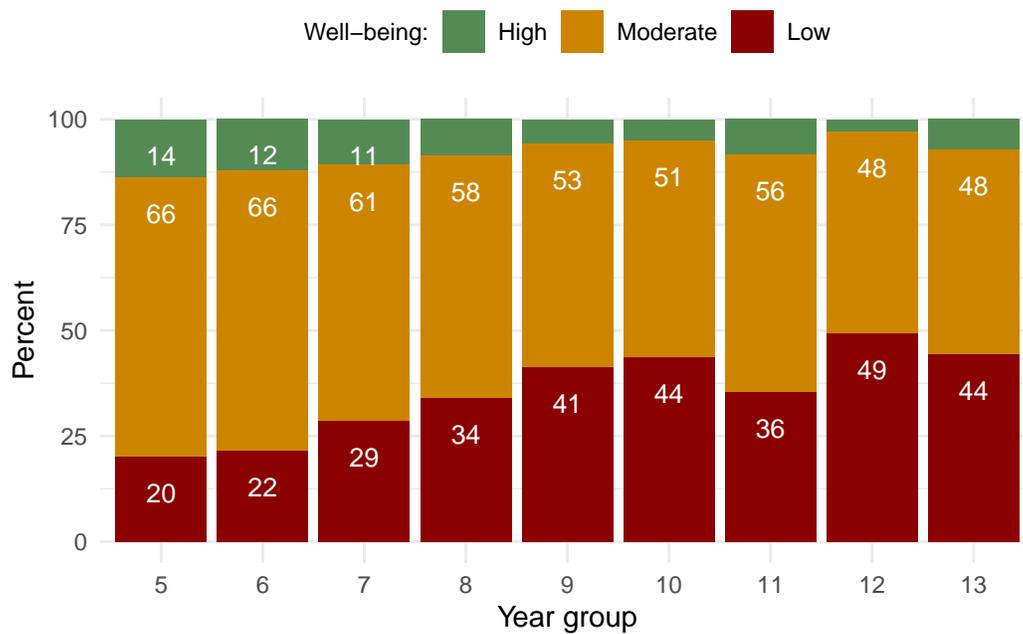


Figure 1: Warwick-Edinburgh Mental Wellbeing Score (WEMWBS)

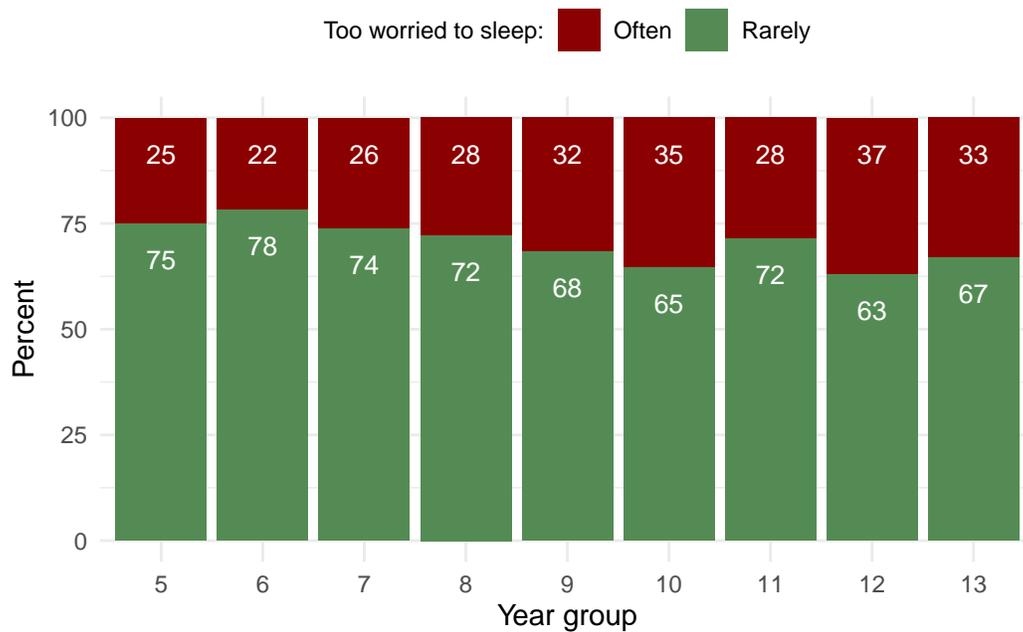


Figure 2: Frequency that pupils are too worried to sleep

Depression and Anxiety (Years 8 - 13 only)

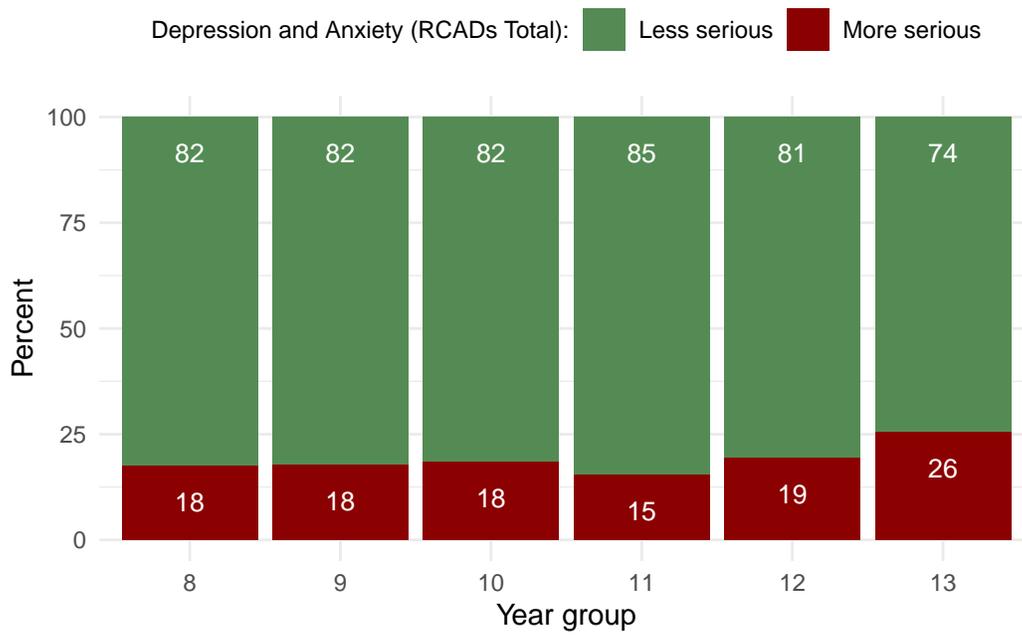


Figure 3: Revised Children’s Anxiety and Depression Scale (RCADS)

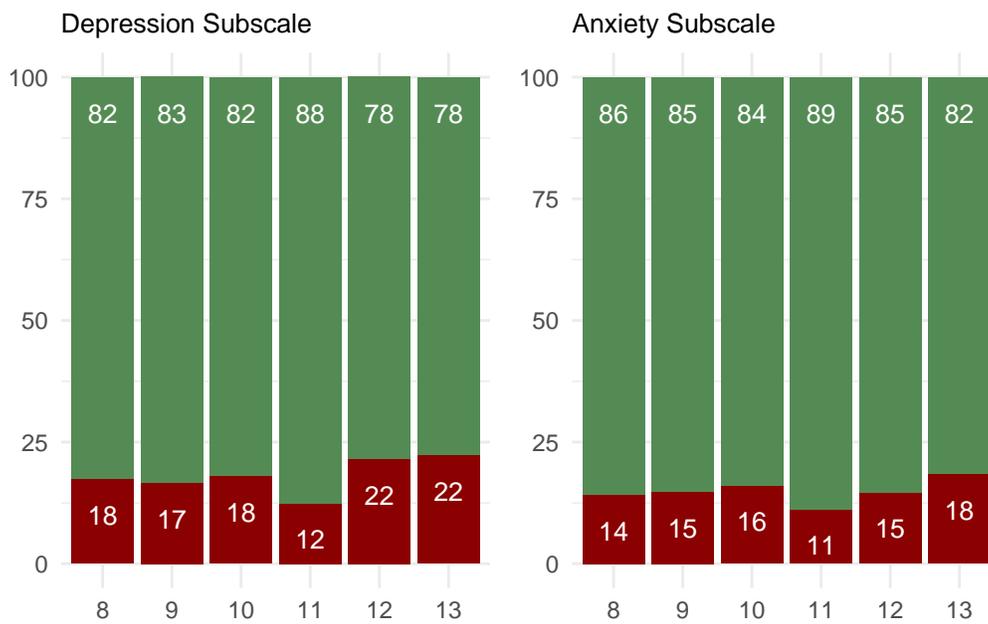


Figure 4: Revised Children’s Anxiety and Depression Scale (RCADS) Subscales

Access to School Mental Health Support

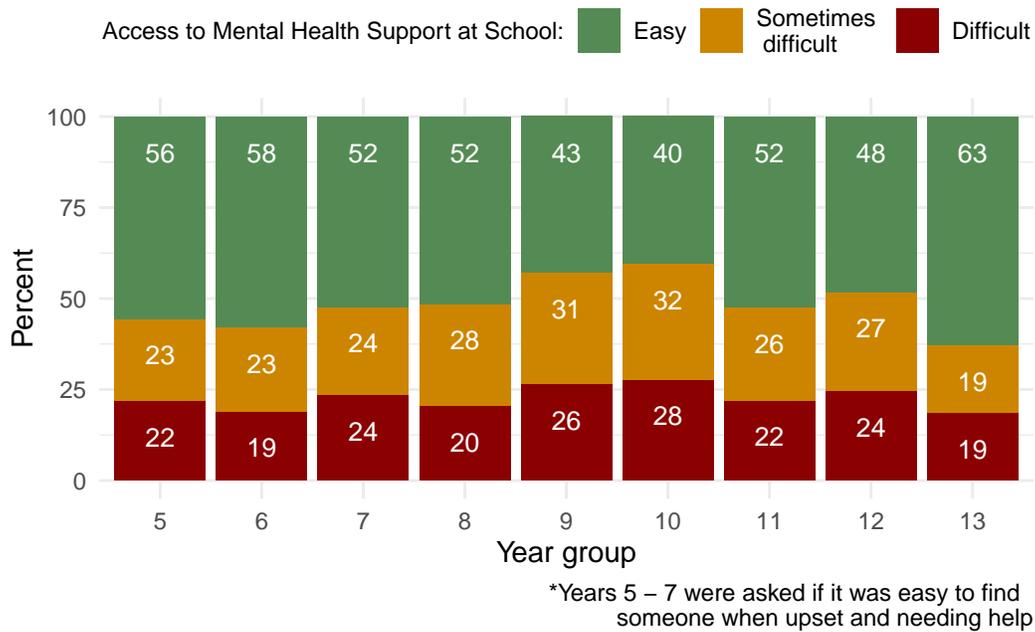


Figure 5: How easy is it to access mental health support at school?

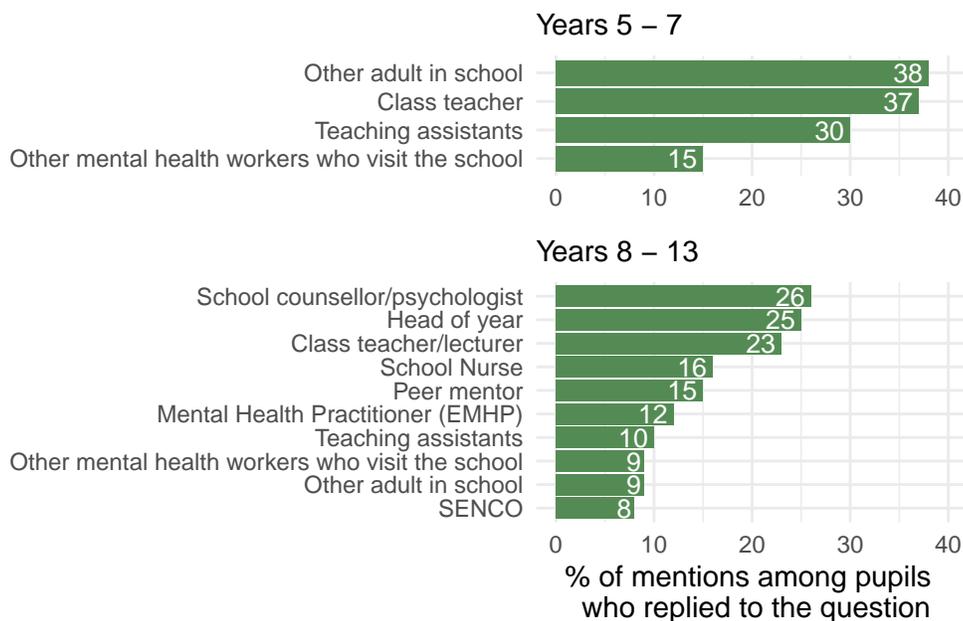


Figure 6: Who provides mental health support at your school (tick all that apply)?

Exercise

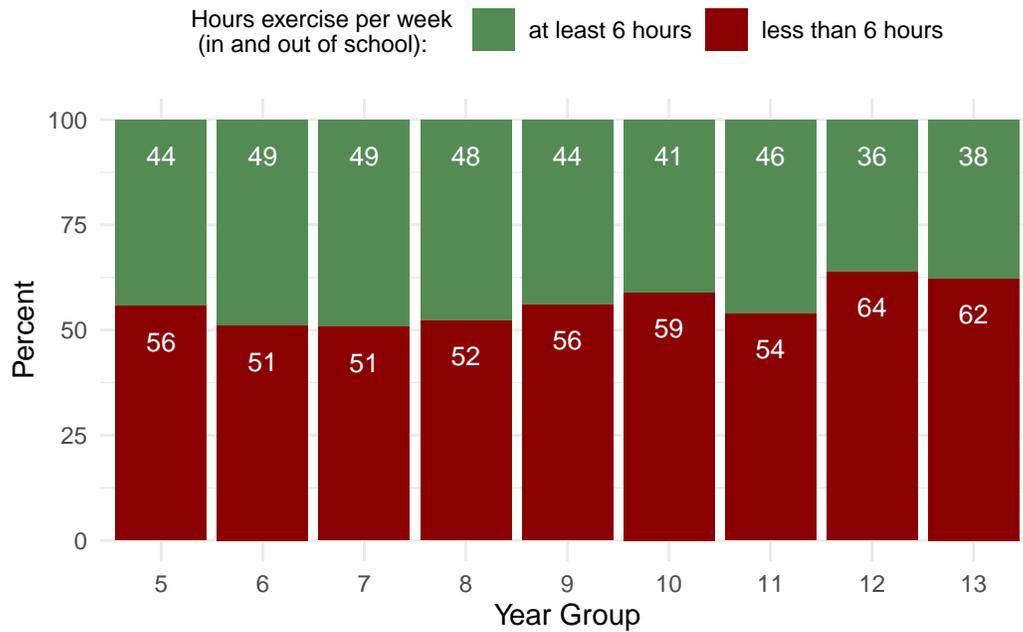


Figure 7: Weekly exercise both in and out of school

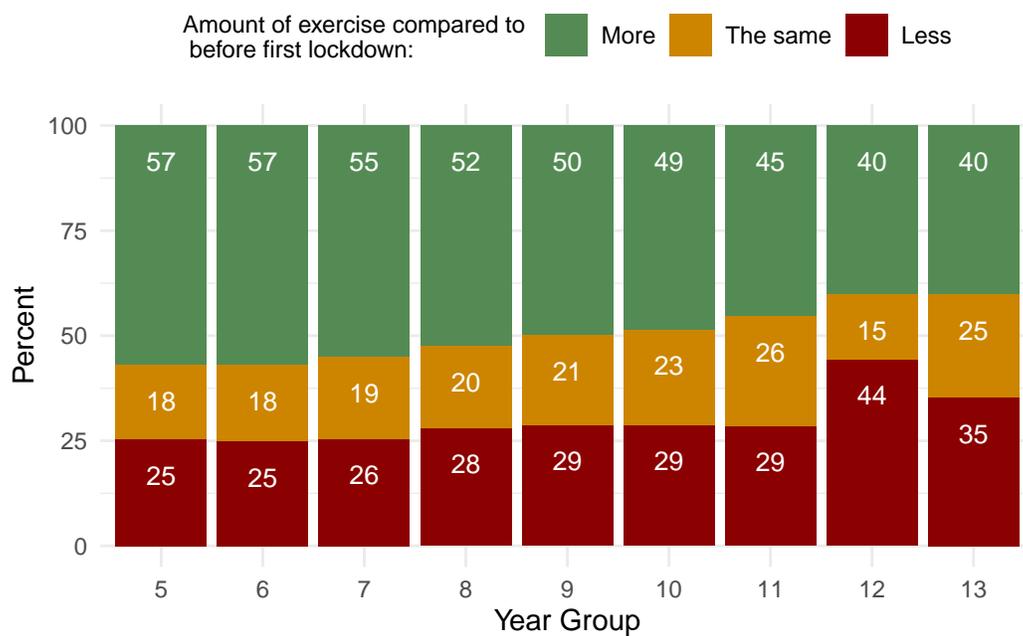


Figure 8: Effect of pandemic on amount of exercise

Loneliness

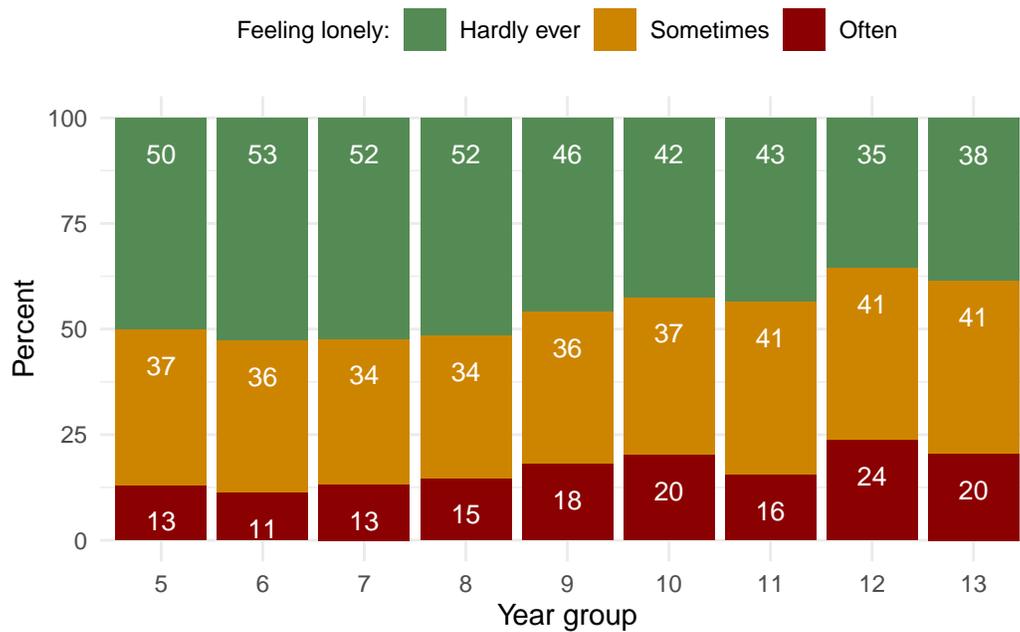


Figure 9: How often do you feel lonely?

Managing School Work

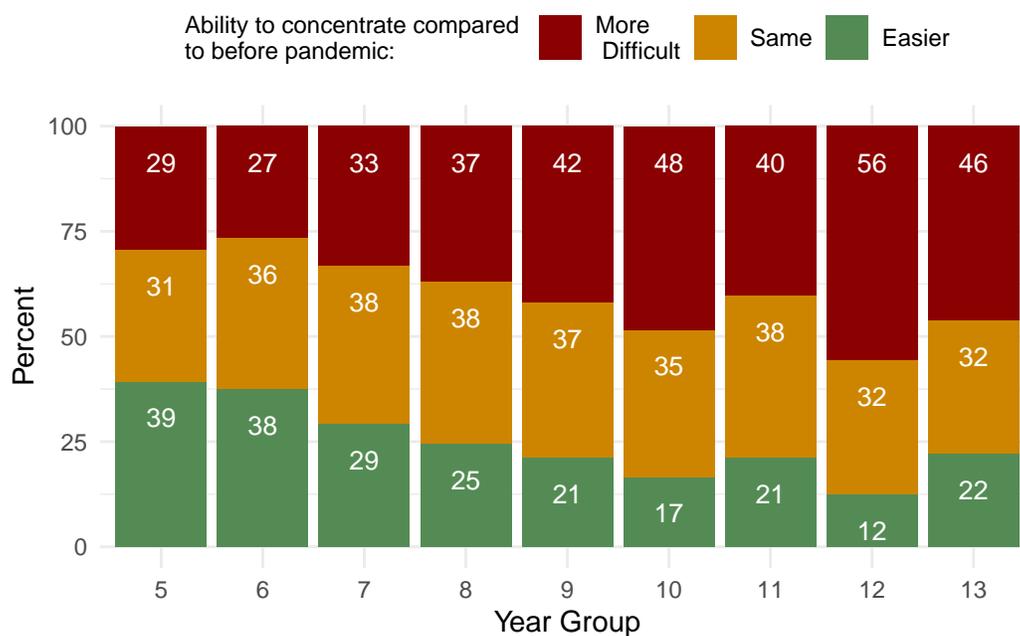


Figure 10: Ability to concentrate compared to before the pandemic

Bullying

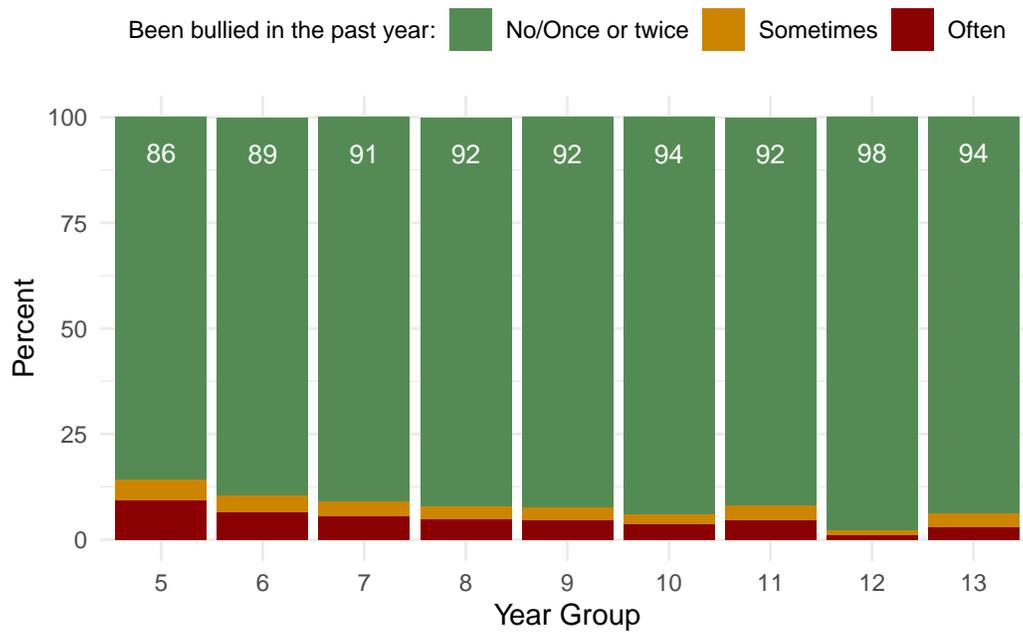


Figure 11: Have you been bullied in the last year?

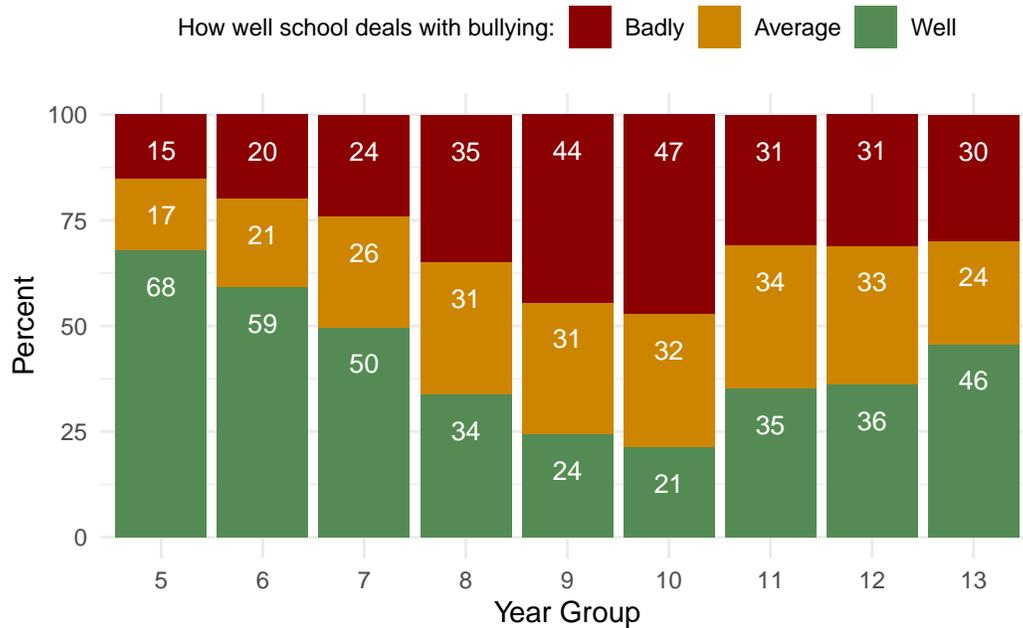


Figure 12: How well do you think your school deals with bullying?

Next Steps

More detailed summaries of the results will be accessible online, using the ‘LodeSeeker’ platform, around October 2021 for schools with a sufficient number of responses. We will also be running webinars (with recordings made available online for those who cannot attend) to show schools how to access and analyse the data online. The dates of the webinars and where the recordings can be accessed online will be communicated to all stakeholders. We plan to conduct the next survey between February and April 2023.

With Thanks to...

All of the pupils, their parents, their teachers and other school staff for supporting this research during this challenging period; the local authorities and NHS clinical commissioning teams who have helped us; our research team at the University of Oxford; and Pauline Foster and Elaine Purse at Foster and Brown Research Ltd. 5. This research was funded by the National Institute for Health Research (NIHR) Applied Research Collaboration Oxford and Thames Valley (MF), the Oxford Health NIHR Biomedical Research Centre at Oxford Health NHS Foundation Trust (KM), an MRC Mental Health Data Pathfinder award to the University of Oxford, and the Westminster Foundation, with support from Frimley CCG, Berkshire West CCG, Buckinghamshire Council and Milton Keynes Council. The investigators acknowledge the philanthropic support of the donors to the University of Oxford’s COVID-19 Research Response Fund.