

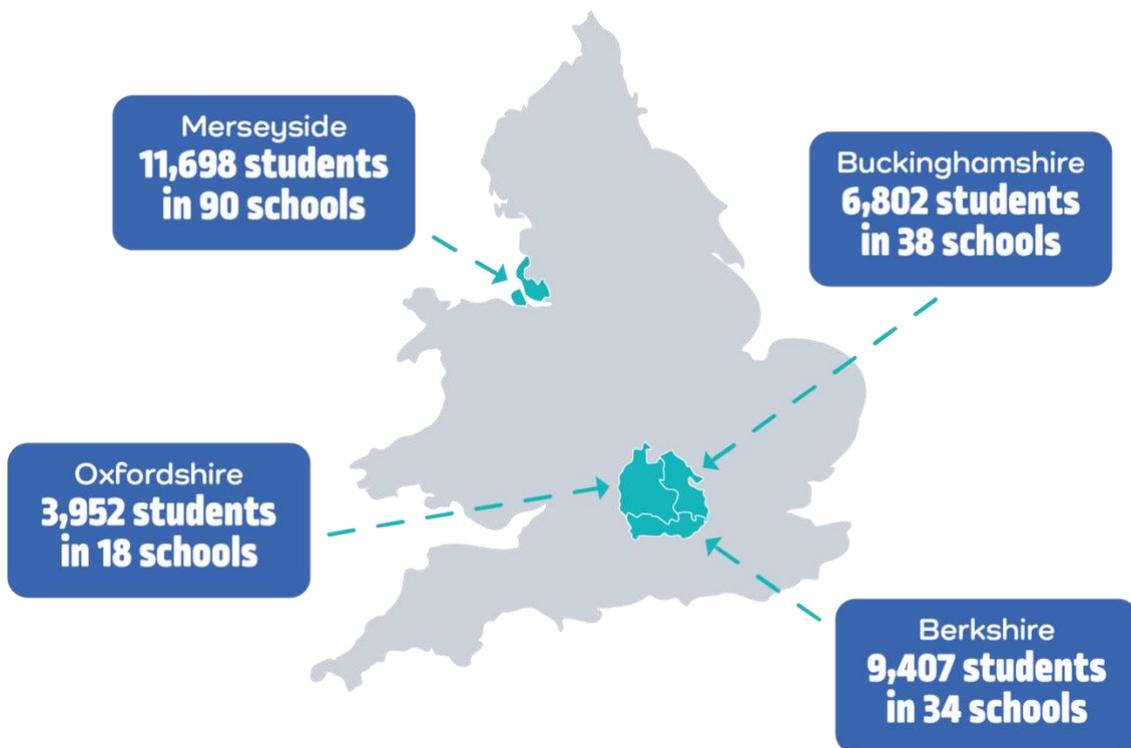
OxWell

Student Survey

Young People's Health and Wellbeing

OxWell Annual Report 2021–22

Oxford University, Department of Psychiatry



Introduction

The OxWell Student Survey measures the wellbeing (health and happiness) of children and young people aged 9–18 years old. The survey is a collaboration between young people, schools, the NHS and the OxWell Study team at the University of Oxford’s Department of Psychiatry.

The questions in the survey address a range of issues relevant to wellbeing, including questions about lifestyle and school life, including:



OxWell aims to better understand the mental health and wellbeing of school students by:

- Asking about their worries and how they might like to receive support
- Providing schools and services with information about what young people want
- Supporting positive change by providing insights into young people’s lives and experiences

Building on the data collected in 2019 and 2020, significant progress has been made over the past year, particularly in expanding the survey into new areas. In 2021, more than 30,000 students from 180 schools in four English counties participated, offering localised insights into the experiences of young people.

[Click here](#) for the summary report of findings from the 2021 survey.

The research generated by the survey is now being used at a national, local and school level to help provide valuable insights into what students need, which factors influence their wellbeing and how they would like to access help if they have mental health difficulties.

The crucial next step is to respond to what young people have told us by providing the kinds of support that young people want and need, supported by professionals and their local communities. We intend to use the dataset to carry out much more research and we will work closely with young people and partners to continue to maximise its impact.

For **queries** about this report please email: oxwell@psych.ox.ac.uk

Summary of activity in 2021–2022

1

Objectives achieved and extended to Liverpool City

- The OxWell Student Survey conducted an **additional round** of data collection in June–July 2021
- The survey's reach was substantially expanded through the recruitment of **new local authority partners**, including: Berkshire West; Buckinghamshire; East Berkshire (Frimley); Liverpool City; Oxfordshire; and Milton Keynes
- **Over 30,000 students participated from 180 schools**

2

Data made available to more schools and partners

- We now have detailed information on health and wellbeing that is being used in the local authority areas to shape ongoing mental health plans
- Each school has been given **individual reports**
- Over 145 schools and local authority partners have accessed the **online data portal** to get further information about their students

3

Highlights

- Findings being incorporated into **Liverpool Education Plans** for the city with a focus on the three main findings from the survey; featured in their 'We hear you' mental health week briefing. [Click here](#)
- PPI dissemination of findings has been at the forefront of activity, with sharing of findings on **social media platforms**, including TikTok and Instagram
- Started an OxWell survey Twitter account [@oxwell_study](#)
- Publication of **seven peer-reviewed papers** and one preprint (one other paper currently in final stage of review process)
- Investment by Berkshire CCG for a **research assistant** to look in detail at Berkshire data to inform schools, local authority partners and education boards
- Broad dissemination of findings, for example on webinars (two of which were attended by over 900 people); media coverage on national TV, radio and newspapers
- Team of **23 researchers** working on the data with collaborations with researchers at universities including Cambridge, Bristol, Bath and Melbourne

4

Major awards

- OxWell is a key part of a funding initiative called 'Brainwaves' with over £1 million already pledged
- Further £65k of funding awarded from Duke of Westminster Foundation

Researchers working on the OxWell data

- We have built a vibrant team of researchers at the Department of Psychiatry, University of Oxford working together to examine the findings from the OxWell data.
- The OxWell Study team is trying to make the data accessible to as many researchers as possible to ensure we learn from the data gathered. So far, 23 researchers are working on the data with collaborations across the universities of Cambridge, Bristol, Bath, Melbourne, London School of Hygiene and Tropical Medicine and University College London alongside the team.
- We have also set up the foundations for broader research collaborations by placing our variable guides and registration documents onto the Open Science Framework Platform: DOI 10.17605/OSF.IO/SEKHR.

Peer-reviewed publications of the OxWell data

<p>1. G Geulayov, R Borschmann, KL Mansfield, K Hawton, P Moran, M Fazel. Utilisation and acceptability of formal and informal support for adolescents following self-harm before and during the first COVID-19 lockdown: results from a large-scale English schools survey. <i>Frontiers Psychiatry</i> 2022;13:881248.</p>	<p>Click here</p>
<p>2. E Sonesson, S Puntis, N Chapman, K Mansfield, P Jones*, M Fazel*. Happier in Lockdown: A descriptive analysis of self-reported wellbeing in 17,000 UK students during Covid-19 lockdown. <i>Eur Child Adolesc Psychiatry</i> 2022; Feb 17:1-16</p>	<p>Click here</p>
<p>3. G Illingworth, KL Mansfield, CA Espie, M Fazel*, F Waite*. Sleep in the time of COVID-19: Findings from 18000 school-aged children and adolescents in the UK during the first national lockdown. <i>SLEEP Advances</i> 2022;3(1):zpab021</p>	<p>Click here</p>
<p>4. KL Mansfield, S Puntis, E Sonesson, A Cipriani, G Geulayov, M Fazel. Study Protocol: The OxWell annual school survey investigating social, emotional and behavioural factors associated with mental health and wellbeing. <i>BMJ Open</i> 2021; 11:e052717</p>	<p>Click here</p>
<p>5. M Fazel, S Puntis, S White, A Townsend, K Mansfield, R Viner, J Herring, A Pollard, D Freeman. Willingness of children and adolescents to have a COVID-19 vaccination: results of a large whole schools survey in England. <i>EClinicalMedicine</i> 10.1016/j.eclinm.2021.101144</p>	<p>Click here</p>

Peer-reviewed publications of the OxWell data

<p>6. KL Mansfield, D Newby, E Soneson, N Vaci, C Jindra, G Geulayov, J Gallacher, M Fazel. COVID-19 partial school closures and mental health problems: a cross-sectional survey of 11,000 adolescents to determine those most at risk. <i>JCPP Advances</i> 2021; 1(2): 12021</p>	<p>Click here</p>
<p>7. M Fazel, D Newby. Mental well-being and school exclusion: changing the discourse from vulnerability to acceptance <i>Emotional and Behavioural Disorders</i> 2021; 26:1,78-86.</p>	<p>Click here</p>

Other publications

<p>1. PREPRINT: KL Mansfield, C Jindra, G Geulayov, M Fazel. Self-reported wellbeing and sample characteristics in a survey of 19000 school pupils during the first UK COVID school closures 2021</p>	<p>Click here</p>
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School reports

- 177 school reports sent out
- 3 webinars (1.5 hours each) to share findings – attended by over 100 school staff
- Partners also given access to recording of webinar – viewed by a further 85 staff and local authority partners. [Click here](#) to view

Data portal access

- The OxWell survey data is made available on a data platform called ‘Lodeseeker’

Summary of Login activity for current survey year (2021)

Admin Log starts 12/11/2021 10:59:39

LodeSeeker stats

- Number of Users logged in to LS: 155
- Number of Individual LS logins: 1002
- Number of Schools (including Lead Teachers) logged in to LS: 70
- Percentage of Schools logged in: 39%

Survey stats

- Number of Schools with data: 177
- Number of Responses in current survey: 30338

FAB MONITOR

Posts on Instagram

All materials shared on Instagram with separate posts reporting on study findings and outputs via the [@oxchildpsych](https://www.instagram.com/oxchildpsych) account:

The image displays a grid of nine Instagram posts from the @oxchildpsych account. Each post features a graphic with survey findings and a text overlay with details. The posts cover:

- 2021 OxWell Survey Top 10 facts** (35 likes, November 6, 2021): A graphic showing 10 diverse people. Text: "The data provided on this post was compiled from the 2021 OxWell survey that 180 schools and over 30,000 students participated in."
- Nervous around injections?** (36 likes, October 12, 2021): A graphic showing a person being vaccinated. Text: "Ways to make getting the vaccine as stress free as possible."
- Struggling to sleep?** (52 likes, October 20, 2021): A graphic showing a person with a pillow. Text: "More than 1 in 5 students in years 5-13 are too worried to sleep. Swipe to see tips for better sleep."
- Happier in lockdown?** (34 likes, February 19): A graphic showing a person walking a dog and a chef. Text: "Happier in lockdown? We recently published a study about how a considerable number of young people (33%) were actually HAPPIER in the first lockdown."
- The importance of sleep for young people & adolescents** (34 likes, January 27): A graphic showing a person sleeping. Text: "Some key findings from our new paper..."
- How willing are 13 year olds to have the Covid-19 vaccine?** (21 likes, December 8, 2021): A bar chart showing willingness levels. Text: "Visit the COVID-19 Information Centre for vaccine resources."
- Happier in lockdown?** (34 likes, February 19): A graphic showing a person walking a dog and a chef. Text: "Happier in lockdown? We recently published a study about how a considerable number of young people (33%) were actually HAPPIER in the first lockdown."
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Posters made and shared with all partner schools

UNIVERSITY OF OXFORD **OxWell Student Survey**

Sleep

More than 1 in 5 students in years 5-13 are too worried to sleep.

Tips for better sleep:

- Try reading or doing something offline in the hour before going to bed.
- Avoid daytime naps, and keep a regular sleep schedule
- Try to do some exercise in the day as being physically tired helps
- Create a calming atmosphere by playing soft music or white noise

Most secondary students are gaming or on social media just before they want to sleep

The data provided on this poster was compiled from the 2021 OxWell survey from over 30,000 students in 180 schools

Websites with more information:

<https://www.mentalhealth.org.uk/publications/how-sleep-better>
<https://www.nhs.uk/live-well/sleep-and-tiredness/sleep-tips-for-teenagers/>

UNIVERSITY OF OXFORD **OxWell Student Survey**

2021 OxWell Survey Top 10 facts

Mental Health: Nearly 1 in 5 students are experiencing significant mental health difficulties.	COVID: Most sixth formers are willing to get the vaccine.
Gaming: Nearly half of all students spend 4 or more hours playing games on their computers or gaming devices.	Concentration: Half of the year 12 cohort find it more difficult to concentrate than before lockdown.
Loneliness: Around 1 in 5 students often feel lonely.	Bullying: 1 in 12 year 9 students said that they have been bullied in the past year.
Social Media: A third of students are spending over X hours on social networking sites.	Getting Help: Nearly 1 in 3 students find it difficult to access mental health support.
Sleep: Over a third of year 12 students often feel too worried to sleep.	Exercise: More than half of respondents are exercising more now than before the first lockdown.

The data provided on this poster was compiled from the 2021 OxWell survey that 180 schools and over 30,000 students participated in.

UNIVERSITY OF OXFORD **OxWell Student Survey**

Nervous about injections?

Ways to make getting the vaccine as stress free as possible.

You can bring a friend with you to get the vaccine

Before:

- Keep yourself busy before the appointment and don't forget to eat.
- Take your favourite book to read or some good music to listen to.

Half of year 8 students are hesitant about getting the vaccine.

During:

- Let the person who is giving you the jab know if you're feeling a bit nervous.
- Tense and relax your arm muscle before you get injected.
- Count slowly down from 20, this will help as a distraction, hopefully by the time you get to 0, the jab will be done.

Most young people believe that if they have had covid, they no longer need to get the vaccine.

After:

- You might have to wait 15 minute after wards, so pack a snack or a drink as a treat while you wait.
- After getting back from your vaccine, plan something nice for yourself as a reward: a relaxing bath, your favourite take away or a good film.

The data provided on this poster was compiled from the 2021 OxWell survey that 180 schools and over 30,000 students participated in.

Videos

- A series of videos were made about the Covid-19 vaccination as a result of PPI feedback from young people (these videos asked the vaccine developers difficult questions about the vaccine and the clips were widely disseminated)
- The video was mainly shared on Instagram, but it can also be viewed on YouTube: [click here](#)

TikTok

- Information on the OxWell findings sent to over **200 TikTok influencers** encouraging them to use the information if they were posting anything on mental health
- We are aware of three postings that have used the OxWell data and findings:
 - [Click here](#) ≥38,000 views and >3,600 likes
 - [Click here](#) >3,600 views
 - [Click here](#) >2,500 views

Wider media dissemination



Study webpage: [click here](#)

The study has its own dedicated
Twitter @oxwell study

- As of April 2022 has sent 58 tweets and has 222 followers
- Between January–April 2022 the tweets have gathered over 42,000 impressions according to Twitter analytics

[Click here](#)



Sharing information via The Association for Child and Adolescent Mental Health (ACAMH)



OxWell data has been featured in one ACAMH podcast:

The Mental Health Impact of COVID-19 School Closures



ACAMH Podcasts

You can listen to this podcast directly on our website or on the following platforms; SoundCloud, iTunes, Spotify, CastBox, Deezer, Google Podcasts, Podcastaddict, JioSaavn, Listen notes, Radio Public, and Radio.com (not available in the EU).

Posted on 4 November 2021

DOI: 10.13056/acamh.18071

[Twitter](#) [Facebook](#) [LinkedIn](#) [Share](#) 0 comments

The Mental Health Impact of COVID-19 School Closures.

November 2021

- 2,065 people have listened to the podcast
- Available on the ACAMH website via Soundcloud and is pushed through other platforms, including Apple Podcasts, Spotify, CastBox, Deezer, Google Podcasts and Radio.com (not available in the EU)
- [Click here](#) to listen

OxWell has been discussed in two further ACAMH webinars:

Mental Health Conditions in Young People: Prevalence, Shifts & Support – Ask the Expert



1 March 2022 15:45

Event type Live Stream

FREE Online via Zoom webinar
15:45 - 17:00
Exclusively for Teachers

[Book now](#)



Mental Health Conditions in Young People: Prevalence, Shifts & Support – Ask the Expert.

March 2022

- 294 people registered; aimed at teachers
- 34 people completed a feedback survey with 94% strongly agreeing and 6% agreeing that 'the information was presented in an accessible way'
- [Click here](#) to watch

COVID & the impact on Mental Health of School Closures – CAMHS around the Campfire recording



Matt Kempen
Marketing Manager for ACAMH
Posted on 14 December 2021

DOI: 10.13056/acamh.18609

[Twitter](#) [Facebook](#) [LinkedIn](#) [Share](#) 2 comments

COVID & the impact on Mental Health of School Closures – 'CAMHS around the Campfire'.

December 2021.

- 342 people signed up for the session
- [Click here](#) to listen

Sharing information via The Association for Child and Adolescent Mental Health (ACAMH) continued ...

Addressing self-harm in schools, a priority for all – FREE



22 June 2021 4pm

Event type Live Stream

FREE Live stream

There is also a second session on Tuesday 22 June with different content and speakers. Booking gives access to both.



Addressing self-harm in schools, a priority for all. June 2021

- Over 3,000 people registered for this webinar, primarily professionals in education and health
- [Click here](#) for slides from the event

Literature review of support tools for school staff to respond to CYP self-harm – CAMHS around the Campfire recording



Matt Kempen
Marketing Manager for ACAMH
Posted on 27 April 2021

DOI: [10.13056/acamh.15526](https://doi.org/10.13056/acamh.15526)

 [o comments](#)

Literature review of support tools for school staff to respond to CYP self-harm – CAMHS around the Campfire.

April 2021

- 402 people registered for the webinar where OxWell data on preferences for services following self-harm were shared
- [Click here](#) for the recording and slides from the event

Local areas

Berkshire are funding a new research assistant, employed by the Department of Psychiatry, University of Oxford, specifically to deliver a more detailed analysis of the OxWell data collected in the area's schools. This analysis is being used to inform Berkshire's public health, mental health, education and broader child- and adolescent-focused strategies.

Presentations and bespoke reports presented to over **15** different strategic groups reaching approx. **150** professionals, including the following:

- Royal Borough of Windsor and Maidenhead Children and Young People's Emotional Wellbeing and Mental Health Network
- Bracknell Forest Children and Young People's Emotional Wellbeing Network
- Slough Secondary Designated Safeguarding Leads Network
- Slough Children and Young People's Partnership Board
- Bracknell Forest Designated Safeguarding Leads Network
- Slough Education Partnership meeting

Findings have informed local areas' Local Transformation Plans for Children and Young People's Mental Health.

Policy

1. Asked to give expert evidence to The Times Education Commission Report: evidence was based on OxWell data - see coverage on Twitter over 4,000 views: [Click here](#)
2. May 31, 2022: Mina Fazel presented this at a mental health policy briefing to Central Government at “No. 10”

Regional conferences

1. Youth in Mind conferences, May 2022:
 - a. Oxfordshire OxWell presentation: >400 attended
 - b. Berkshire OxWell presentation: >200 attended

Example of media coverage for one of the study’s papers

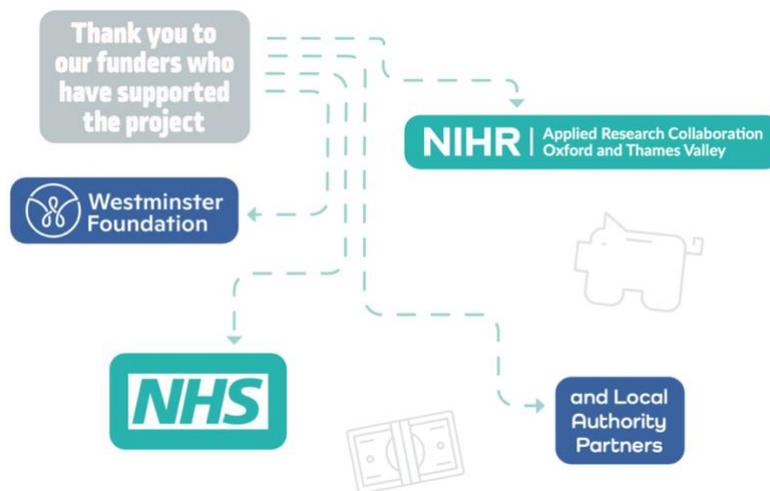
M Fazel, S Puntis, S White, A Townsend, K Mansfield, R Viner, J Herring, A Pollard, D Freeman. Willingness of children and adolescents to have a COVID-19 vaccination: results of a large whole schools’ survey in England. EClinicalMedicine 10.1016/j.eclinm.2021.101144 . [Click here](#)
 Published Sept 28, 2022

Sky News	COVID-19: Younger children 'more hesitant than older teenagers to get jabbed' as researchers call for better vaccine messaging	Click here
Financial Times	Coronavirus: ‘Mix and match’ booster data to be available in coming weeks, Fauci says — as it happened	Click here <i>Subscription needed</i>
Independent	Younger children less willing to be vaccinated against Covid-19, study finds	Click here
Belfast Telegraph	Younger children less willing to get Covid-19 jab than older pupils – study	Click here
iNews	TikTok influencers urged to help boost Covid vaccine uptake among children, as only half want jab	Click here
MailOnline	Just HALF of children in England want a Covid vaccine and youngest and poorest are least likely to accept one, major survey finds	Click here

Example of media coverage for one of the study's papers cont.

MailOnline	NHS England medical director warns parents against hoax Covid vaccine letter	Click here
Guardian	'He was adamant he didn't want it': the pro-vax parents with vaccine-hesitant kids	Click here
Guardian	As a paediatrician, I believe it's right to vaccinate young people aged 12 to 15	Click here
BBC Health	Half of young people willing to get Covid jab – study	Click here
The Week	Why ministers are facing scrutiny over 'haphazard' teen vaccination campaign	Click here
Huffington Post	This Is What Kids And Teens Really Think About The Covid Vaccine	Click here
Crickey	Kids on the frontline: the young Australians pushing back against COVID-19 vaccines for children	Click here
Schools Week	Covid: In-school vaccination programme to end this week.	Click here
Schools Week	Ministers told to beef up waning pupil vaccination rate	Click here

Thank you to our funders



Thank you to all the schools and students who gave time and took part