

[See Us, Hear Us 1.0]

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1. INTRODUCTION

◆ This study builds on data from the See Us, Hear Us, 1.0 survey that collected data on mental health (MH) impacts and experiences of children and their families during the first year of the COVID-19 pandemic in Saskatchewan.

◆ Often parents and caregivers act as proxies for children in surveys, especially when kids are not capable or competent enough to complete the survey by themselves, but children and their parents/caregivers may have different perspectives^[1].

In this study we addressed the following:

1. Child and parent/caregiver's assessment of change in the child's overall mental health and need for mental health help since the Covid-19 pandemic.
2. Correspondence between the child and parent/caregiver's responses regarding the change in the child's overall mental health and need for mental health help and factors associated with the agreement.

1. Andrews, V. C., Garrison, C. Z., Jackson, K. L., Addy, C. L., & McKeown, R. E. (1993). Mother-adolescent agreement on the symptoms and diagnoses of adolescent depression and conduct disorders. *Journal of the American Academy of Child & Adolescent Psychiatry*, 32(4), 731-738.

2. METHOD

◆ Data were collected from 510 children and youth (8-18) and their parent/caregiver via an online survey conducted between March 19 and July 27, 2021.

◆ The association between independent factors (i.e., sociodemographic, behavioural factors, changes/experiences related to the pandemic etc.) and outcome of interest (i.e., change in child's overall mental health and need for help reported by parents and children) were examined using Pearson's chi-square test and Fisher's exact test, as appropriate. The level of agreement between child and parent's responses was assessed using Cohen's kappa statistic. Logistic regression models were fitted to determine factors associated with agreement.

◆ All estimates were weighted to the targeted Saskatchewan population.

3. KEY FINDINGS

3.1.1 FACTORS ASSOCIATED WITH CHILDREN REPORTING WORSENING & FLUCTUATING MENTAL HEALTH (MH) SINCE THE PANDEMIC

 EXISTING MENTAL ISSUES <i>(ADHD, anxiety, depression, eating disorder)</i> VS. NO	 CHANGE IN PARENT'S EMPLOYMENT STATUS <i>(became unemployed/had reduced working hours/worked from home/had increased hours at work)</i> VS. NO	 FULLY ONLINE OR HYBRID SCHOOL VS. IN-PERSON SCHOOL	 INCREASED OR VARYING TENSION/CONFLICT AT HOME VS. LESS/NO CHANGE
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3.2.1 DO PARENT/CAREGIVER AND CHILD'S RESPONSES AGREE WITH EACH OTHER?

Overall agreement between children and parents' responses for change in overall mental health and need for help was **"Fair"**

3.1.2 FACTORS ASSOCIATED WITH PARENTS REPORTING CHILD'S WORSENING & FLUCTUATING MENTAL HEALTH (MH) SINCE THE PANDEMIC

 GOOD-FAIR-POOR OVERALL MH PRE-PANDEMIC <i>(Dose response relationship)</i> VS. VERY GOOD-EXCELLENT	 HIGH SCORE – EMOTIONAL DYSREGULATION <i>(As reported by their parents)</i> VS. LOWER SCORE	 MORE THAN 3 HRS OF SCREEN TIME VS. LESS THAN 3 HRS
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3.2.2 PARENTS/CAREGIVERS WERE MORE LIKELY TO AGREE WITH CHILDREN'S RESPONSES IF,

- Children attended school online;
- Children had "fair" or "poor" mental health before the pandemic
- Children were "more", or "less", active during the pandemic compared to before
- Children had an immigrant parent

3.1.3 FACTORS ASSOCIATED WITH CHILD REPORTING NEED FOR MENTAL HEALTH HELP SINCE THE PANDEMIC

 EXISTING MENTAL ISSUES <i>(ADHD, anxiety, depression, eating disorder)</i> VS. NO NOT GETTING THE HELP THEY NEED	 HYBRID SCHOOL VS. IN-PERSON SCHOOL/FULLY ONLINE NOT GETTING THE HELP THEY NEED	 INCREASED TENSION/CONFLICT AT HOME VS. LESS/VARYING/NO CHANGE NOT GETTING THE HELP THEY NEED	 POOR OVERALL MH PRE-PANDEMIC VS. FAIR-EXCELLENT NOT GETTING THE HELP THEY NEED
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3.2.3 PARENTS/CAREGIVERS WERE LESS LIKELY TO AGREE WITH CHILDREN'S RESPONSES IF,

- Children had "good" mental health before the pandemic
- Children were members of a minority group and had lower family income
- Children presented emotional dysregulation
- Children had reported 8 or fewer hrs of sleep

3.1.4 FACTORS ASSOCIATED WITH PARENT REPORTING CHILD'S NEED FOR MH HELP SINCE THE PANDEMIC

 EXISTING MENTAL ISSUES <i>(ADHD, anxiety, depression, eating disorder)</i> VS. NO	 FAIR-POOR OVERALL MH PRE-PANDEMIC VS. FAIR-EXCELLENT	 HIGH SCORE – EMOTIONAL DYSREGULATION <i>(As reported by parents)</i> VS. LOWER SCORE	 GIRL VS. BOY
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4. CONCLUSION

- ◆ Factors such as pre-existing mental health issues, mode of learning, overall mental health before the pandemic, and tension/conflict in household strongly impacted change in child's mental health since the Covid-19 pandemic
- ◆ More children (1 in 2) who reported increased conflict at home needed mental health help but were not getting it followed by those who had hybrid mode of learning (1 in 3)
- ◆ Overall, parents and children had "fair" agreement in their responses regarding the child's mental health change and need for help.
- ◆ Various behavioural and socio-demographic factors were associated with the likelihood of agreement between parents' and children's responses

5. ACKNOWLEDGEMENT

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