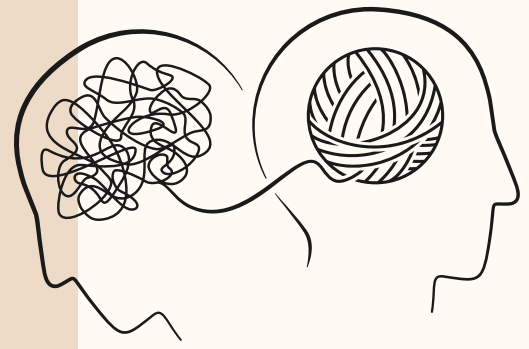


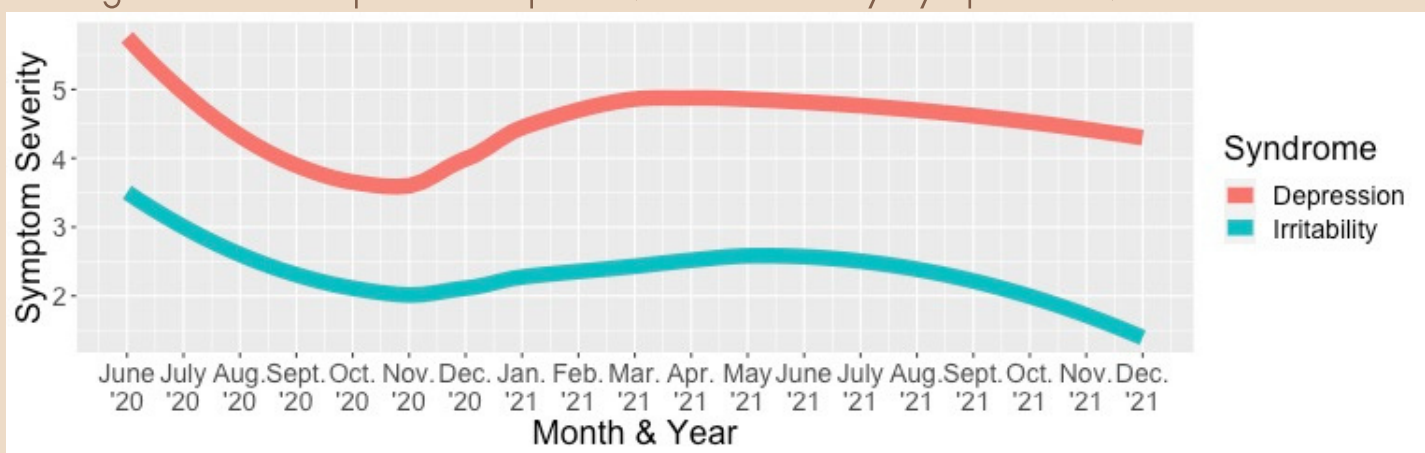
Change in Children's Mental Health during the COVID-19 Pandemic

Long-term crises, like the COVID-19 pandemic, can affect everyone's mental health. Children are especially vulnerable. Symptoms can improve over time for some people, but symptoms can also worsen over time for others.



From May 2020 through December 2021, our group asked 317 South West Ontario children and caregivers regularly about children's distress to identify when and for whom symptoms improve or worsen. We hope to help children recover from the pandemic.

Change in Child-Reported Depressive & Irritability Symptoms over Time



Children's distress, such as depressive symptoms, was higher on months when children had:



Fear that they or loved ones would get sick with COVID-19



Events had to be cancelled to control the spread of COVID-19

When COVID-19 cases, hospitalizations, and deaths were higher, children reported more fear that they or loved ones would get COVID-19 & events were more likely cancelled.

More information is available at:

www.anxietylab.ca

Email: covid19@anxietylab.ca



University of Windsor

