

COVID-19 & CHILDREN'S MENTAL HEALTH



Crises, like the COVID-19 pandemic, can affect everyone's mental health. Children may be particularly vulnerable.

Many adults, children, and youth show symptoms of psychological distress during and immediately following traumatic events and other crises, such as natural disasters. Symptoms improve for many people, including children, though some may benefit from interv to help address lingering distress.

Who we are...

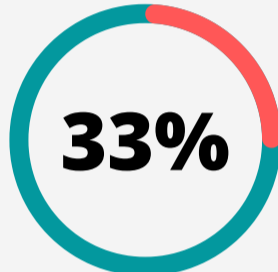
In May 2020, our group at the University of Windsor launched a scientific study to document the impact of the COVID-19 pandemic on the mental health and well-being of children in Southwestern Ontario. Ultimately, we hope to develop and deploy resources to help children recover from the pandemic.

The graphs here present data collected from 190 families in Windsor-Essex in the Summer of 2020 on the acute impact of the pandemic on children's mental health.

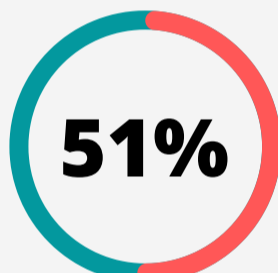
Impact on Psychological Symptoms

Proportion who Report Elevated Psychological Symptoms

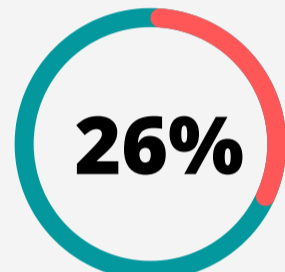
GENERALIZED ANXIETY DISORDER SYMPTOMS



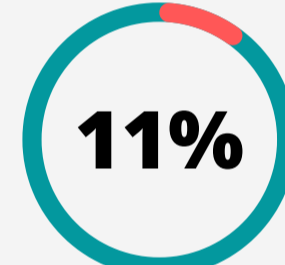
IRRITABILITY



DEPRESSIVE SYMPTOMS

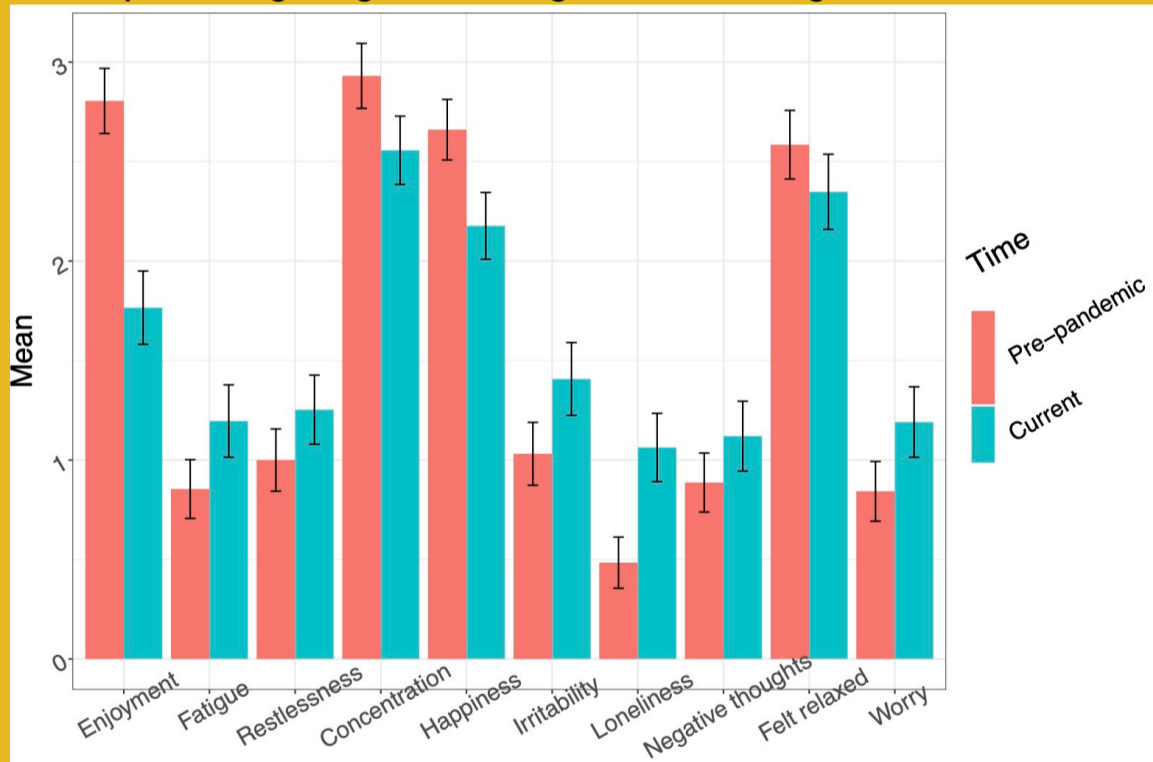


POST-TRAUMATIC STRESS DISORDER SYMPTOMS



Symptoms are elevated based on normative data collected prior to the COVID-19 pandemic.

Child Reports of Psychological Well-Being Prior to and During the COVID-19 Pandemic



The COVID-19 pandemic had a broad impact on children's mental health on almost all indices of well-being assessed. Children report particularly widespread irritability and psychological distress. Recent, follow-up research identified the importance of support from family and friends to protect children from acute distress during the pandemic.

More information is available at:
www.anxietylab.ca



University of Windsor



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