

# teen covidlife



## TeenCovidLife Survey 2 - General Report

Health and wellbeing in young people during COVID-19

February 2021



# Contents

<b>1</b>	<b>Summary</b>	<b>3</b>
<b>2</b>	<b>Introduction</b>	<b>4</b>
<b>3</b>	<b>Sample Description</b>	<b>6</b>
<b>4</b>	<b>General Impact of COVID-19</b>	<b>8</b>
<b>5</b>	<b>COVID Stress</b>	<b>9</b>
<b>6</b>	<b>Trust in and Understanding of Health Guidance</b>	<b>11</b>
<b>7</b>	<b>Health Behaviours</b>	<b>13</b>
<b>8</b>	<b>Vaccines</b>	<b>18</b>
<b>9</b>	<b>Return to School</b>	<b>19</b>
<b>10</b>	<b>Loneliness</b>	<b>25</b>
<b>11</b>	<b>Good Childhood Index: Happiness with various aspects of life</b>	<b>27</b>
<b>12</b>	<b>World Health Organization Well-Being Index (WHO-5)</b>	<b>29</b>
<b>13</b>	<b>Perceived Stress Scale 4 (PSS-4)</b>	<b>30</b>
<b>14</b>	<b>Sleep Quality</b>	<b>31</b>
<b>15</b>	<b>Social Media</b>	<b>32</b>
<b>16</b>	<b>References</b>	<b>33</b>



## **A note about this report**

This is a general report of the second TeenCovidLife Survey run by the Generation Scotland team at the University of Edinburgh, in collaboration with the Schools Health and Wellbeing Improvement Research Network (SHINE) <sup>[2]</sup>, at the University of Glasgow.

Generation Scotland developed the survey, collected the survey data, and hosts the data. SHINE advised on the survey content, promoted the study to the SHINE network, and worked with the Generation Scotland team to compile the report for onward sharing.

## **Acknowledgements**

The TeenCovidLife Survey is one of a series of projects run by the Generation Scotland team with support from the Wellcome Trust (reference: 216767/Z/19/Z). The SHINE project is funded by an MRC Mental Health Data Pathfinder award (MC\_PC\_17217) led by Professor Daniel Smith, University of Glasgow.

The Good Childhood Index was developed by the Children's Society. Some of the questions in the TeenCovidLife surveys are used with the permission of HBSC Scotland. HBSC Scotland is led by Dr Jo Inchley, University of Glasgow, and funded by NHS Scotland (now Public Health Scotland).



# 1 Summary

- Almost **half** (48%) of young people have been **negatively affected** by the COVID-19 pandemic, with almost a **fifth** (19%) reporting feeling **stressed** about COVID-19 all or most of the time.
- Young people **trust** health advice 'a lot' from **medical professions** (65%) compared to guidance from the Scottish (32%) or UK (18%) Government.
- The **majority** of young people say they adhere to COVID-19 guidance, with the highest compliance in the use of **face coverings** in enclosed spaces (94%) and lowest in maintaining **distance** with people outside of the household (65%).
- Eight out of ten young people (82%) would want a **COVID-19 vaccine** if one was offered to them.
- **Six in ten** young people (59%) were **extremely** or **very worried** about the impact returning to school would have on their **family's risk** of contracting **COVID-19**.
- Young people were **divided** over whether or not it was **safe** for them to **return to school** following the first lockdown. Almost a third (30%) of young people neither agreed nor disagreed it was safe to return to school, while slightly over a third (36%) did not think it was safe.
- **A fifth** (20%) of young people reported feeling lonely **most** or **all** of the time. This is a smaller proportion of young people as during lockdown, but still higher than pre-lockdown levels.
- **Half** of young people (50%) report spending **less** time on social media now compared to during the summer holidays.



## 2 Introduction

Generation Scotland ([www.generationscotland.org](http://www.generationscotland.org)) <sup>[1]</sup> is a long-running family and population-based study of health determinants. Since 2006, Generation Scotland has learned a lot about how health is affected by where we live, what we do, our habits, and our family histories, and there are important differences between generations. Since the COVID-19 pandemic hit, Generation Scotland has also been running online surveys to understand how people are coping and feeling about life in the pandemic and under lockdown.

The COVID-19 pandemic has affected the lives of everyone, both young and old. All nonessential travel was stopped, schools and workplaces closed, and for several months we were instructed to stay home as much as possible. The first TeenCovidLife 1 was an online survey of health and wellbeing which ran from 22<sup>nd</sup> May to 1<sup>st</sup> July 2020. This provided a voice for young people living in Scotland to say how lockdown, social distancing, home-schooling, and exam cancellations have affected them. TeenCovidLife followed on from the success of the CovidLife survey, looking at the health and wellbeing of adults aged 18+ during the COVID19 lockdown, which had a rapid return from over 18,800 adults in the UK. [The initial report for the first TeenCovidLife survey <sup>\[3\]</sup> can be found here.](#)

### 2.1 TeenCovidLife Survey 2

The initial TeenCovidLife survey was designed to understand how young people living in Scotland aged 12 to 17 are coping during the COVID-19 pandemic, particularly after lockdown measures were introduced. This second survey was designed to assess how young people were coping after the first lockdown measures began to ease and schools reopened after the summer break. We were particularly interested in how young people understood and were adhering to COVID-19 guidance.

Young people who received SQA results in August 2020 were also asked about their stance on the exams and how fair the estimated grades were. [These findings are explored in a separate report which can be accessed here <sup>\[4\]</sup>.](#)

Some of the questions are the same as those used in the 2017/18 Health Behaviour in School aged Children (HBSC) Scotland Survey <sup>[5]</sup> as well as from the forthcoming SHINE pupil mental health and wellbeing survey, including assessments of wellbeing, perceived stress, happiness, and sleep quality.

Many of the questions included in TeenCovidLife surveys were also asked of adults in the CovidLife surveys. For example, TeenCovidLife and CovidLife participants were both asked questions about the extent to which COVID19 has impacted their daily life, and questions assessing worry about different aspects of life during lockdown. This allows for the comparison of how younger people are coping with the COVID-19 lockdown when compared with adults. Additional questions asked about how young people have experienced and reacted to life under COVID19 and the disruption to schooling during this period.



The TeenCovidLife 2 survey was an online survey that participants could complete on any device with access to the internet. Data was collected via Qualtrics. There is no feedback or disclosure of personal level data. Participants who took part in TeenCovidLife Survey 1 were invited to take part in this second survey. However, TeenCovidLife Survey 2 was also open to any young person in Scotland between 12 and 17 years of age.

## **2.2 This Report**

In this report, we summarise some of the findings from TeenCovidLife Survey 2 which ran from 18 August 2020 to 10 October 2020. This was after the schools reopened following the first lockdown and exam grades were released.

A total of 2,232 participants took part, of whom 761 also participated in TeenCovidLife Survey 1.

Here, we describe the survey findings in graphs and tables, but we do not set out to interpret the data. Interpretive reports will follow from the Generation Scotland team and their collaborators. These will be posted on the Generation Scotland website in due course ([www.generationScotland.org](http://www.generationScotland.org)).



### 3 Sample Description

A total of 2,232 young people age 12 to 18 took part. Of these, 34% (761) also took part in TeenCovidLife Survey 1 (TCL1). As in TCL1, the sex of the sample was majority female (63%, 1,397), with 35% (791) males taking part. A small proportion of participants did not supply their assigned sex at birth (2%, 42), either by not answering the question or asserting that they preferred not to say.

A small proportion of participants had a gender different from their birth sex (3%, 63). Examining the gender of all participants, the gender split of the sample remained similar to the sex split (Female: 61%, 1,366; Male: 36%, 792). A small proportion of participants were a gender other than male or female (2%, 34) and 2% (40) provided no answer.

Due to the small number of transgender and non-binary participants, analyses concerning gender will only examine findings from participants whose gender matched their sex assigned at birth.

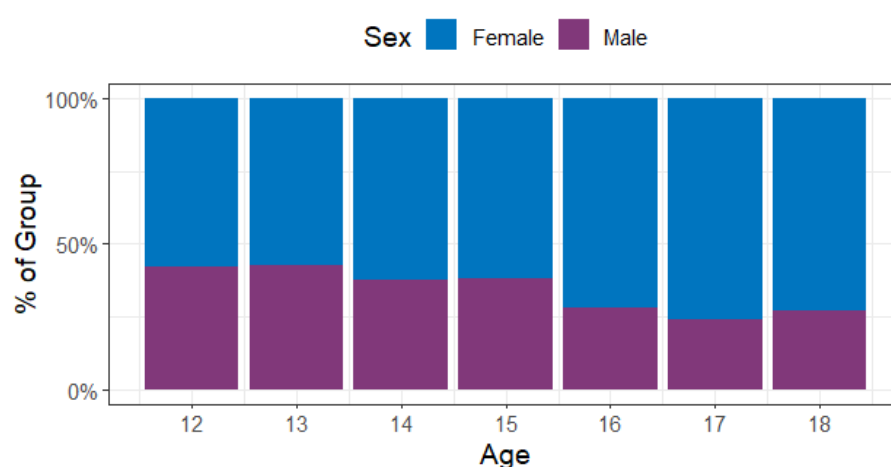
The target age range of the questionnaire was 12 – 17. However, a small number of 18-year-olds took part in TeenCovidLife2 (TCL2), as they had completed TCL1 at age 17. 55% (1,233) were age 12 – 14 and 44% (977) were age 15 – 18. 1% (22) did not give their age. Table 3.1 shows the number of participants by age and sex.

**Table 3.1** Age and sex of TeenCovidLife Survey 2 participants

	12	13	14	15	16	17	18	NA	Total
Male	138	169	170	145	100	49	3	6	780
Female	189	229	285	234	254	153	8	7	1,359
Total	327	398	455	379	354	202	11	13	2,139

The age and sex of TCL2 participants as percentages can be seen in Figure 3.1.

**Figure 3.1** Sex ratio of participants by age

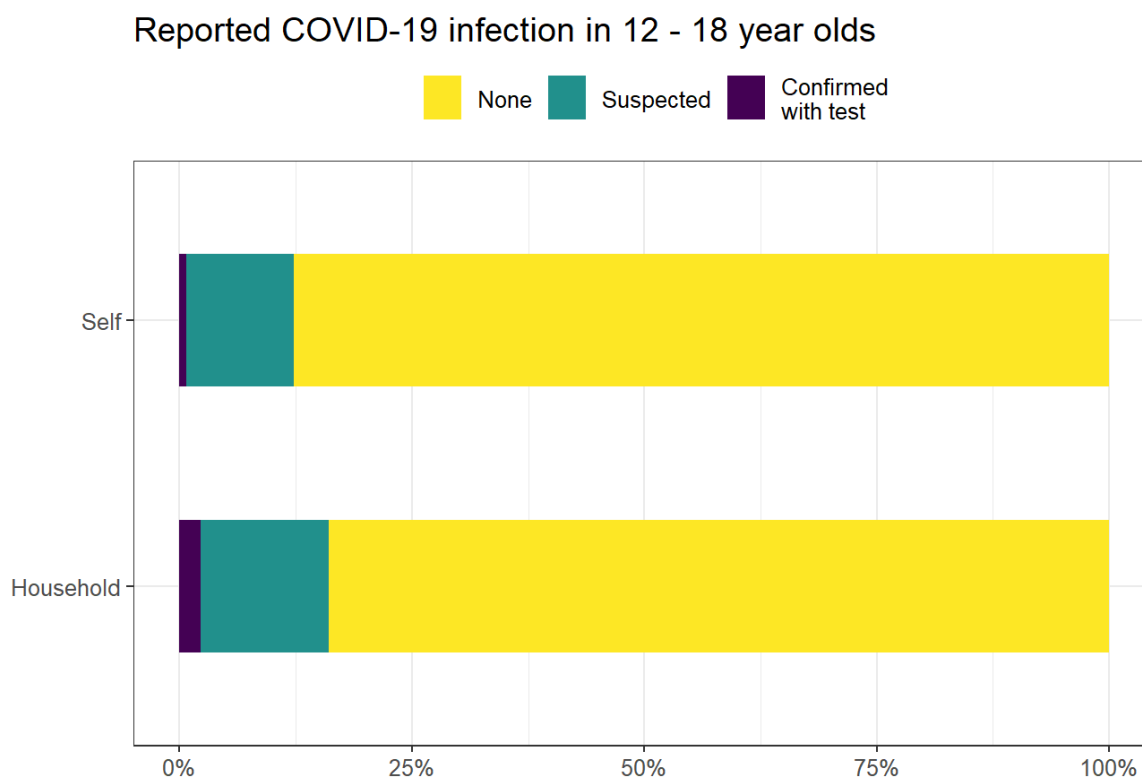


Based on data from the Generation Scotland TeenCovidLife (TCL) project



The majority of participants did not report any COVID-19 infection, either personally (88%, 1,937) or in their household (84%, 1,851). See Figure 3.2 for the percentage of participants who reported confirmed, suspected, or no COVID-19 infection in self and household.

**Figure 3.2** Self-reported COVID-19 infection as percentages



Based on data from the Generation Scotland TeenCovidLife (TCL) project





## 4 General Impact of COVID-19

### 4.1 Description

Participants were asked 'Overall, what type of impact has the COVID-19 pandemic had on your life?'

Respondents could select one option from 'Very negative impact', 'Quite negative impact', 'Neither positive or negative impact', 'Quite positive impact', or 'Very positive impact'.

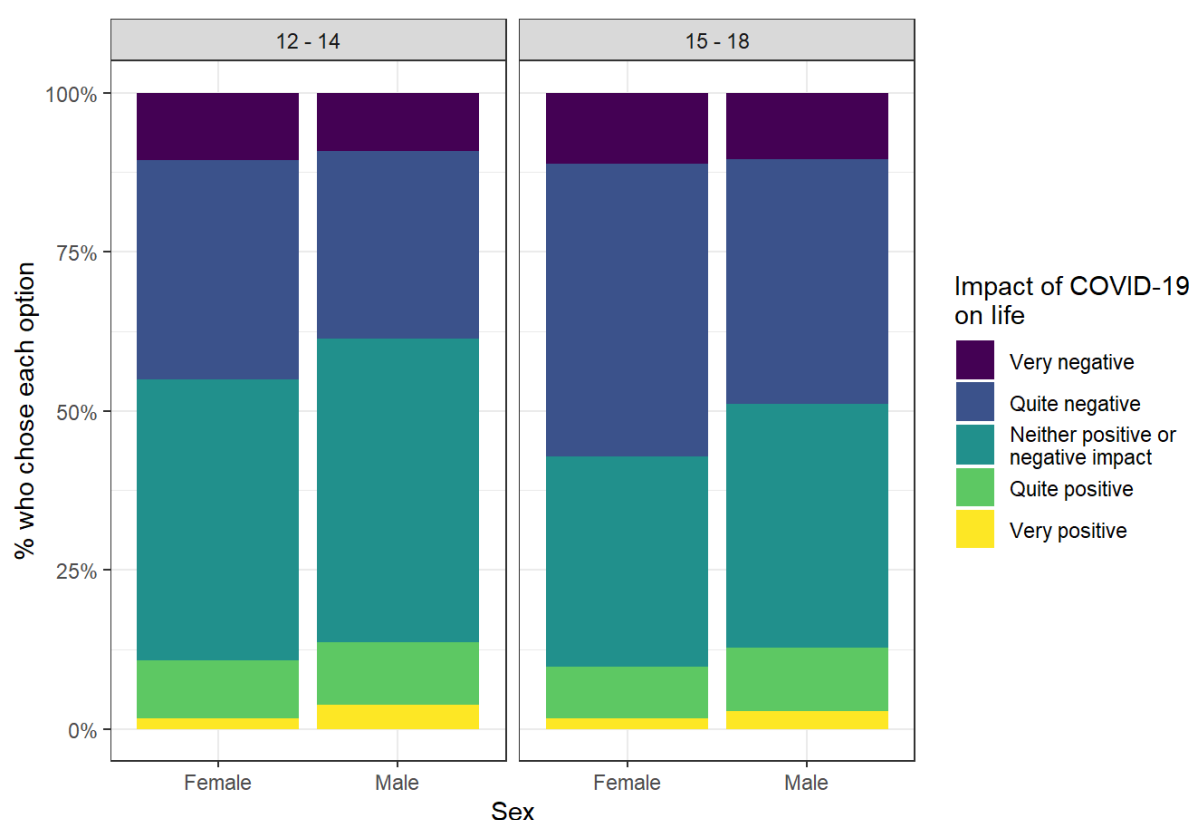
**Total Responses: 2,187**

### 4.2 Findings

Overall, 48% (1,047) reported it had a **negative** impact on their lives. Only 12% (259) reported it had a positive impact on their lives.

Figure 4.1 shows the percentage of participants who reported the impact of COVID-19 on their life by age group and sex. Older age groups showed a more negative impact on their lives. Female participants also seemed to be more negatively impacted than male participants in both age groups.

**Figure 4.1** Impact of COVID on life



Based on data from the Generation Scotland TeenCovidLife (TCL) project



## 5 COVID Stress

### 5.1 Description

To assess the degree to which participants have been feeling stressed because of COVID-19, participants were asked *‘Over the past week, how often have you felt nervous or stressed because of COVID-19?’*

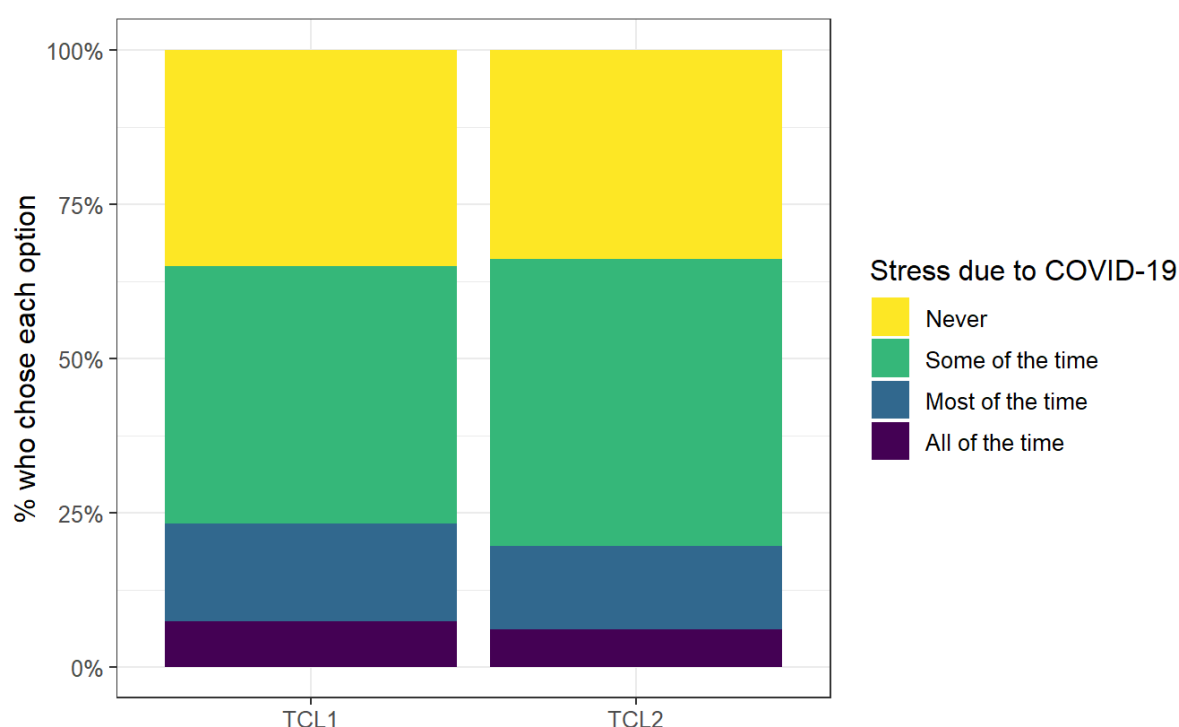
Participants selected one option from the following responses: ‘Never’, ‘Some of the time’, ‘Most of the time’, ‘All of the time’, or ‘Prefer not to say’. ‘Prefer not to say’ responses were removed for the analyses below.

**Total Responses:** 2,046

### 5.2 Findings

Overall, 34% (723) of participants chose ‘Never’, 47% (992) chose ‘Some of the time’, 13% (287) chose ‘Most of the time’ and 6% (130) responded ‘All of the time’. This is similar to findings from TeenCovidLife Survey 1, see Figure 5.1

**Figure 5.1** Degree of stress by percentage in TeenCovidLife Survey 1 and TeenCovidLife Survey 2 participants

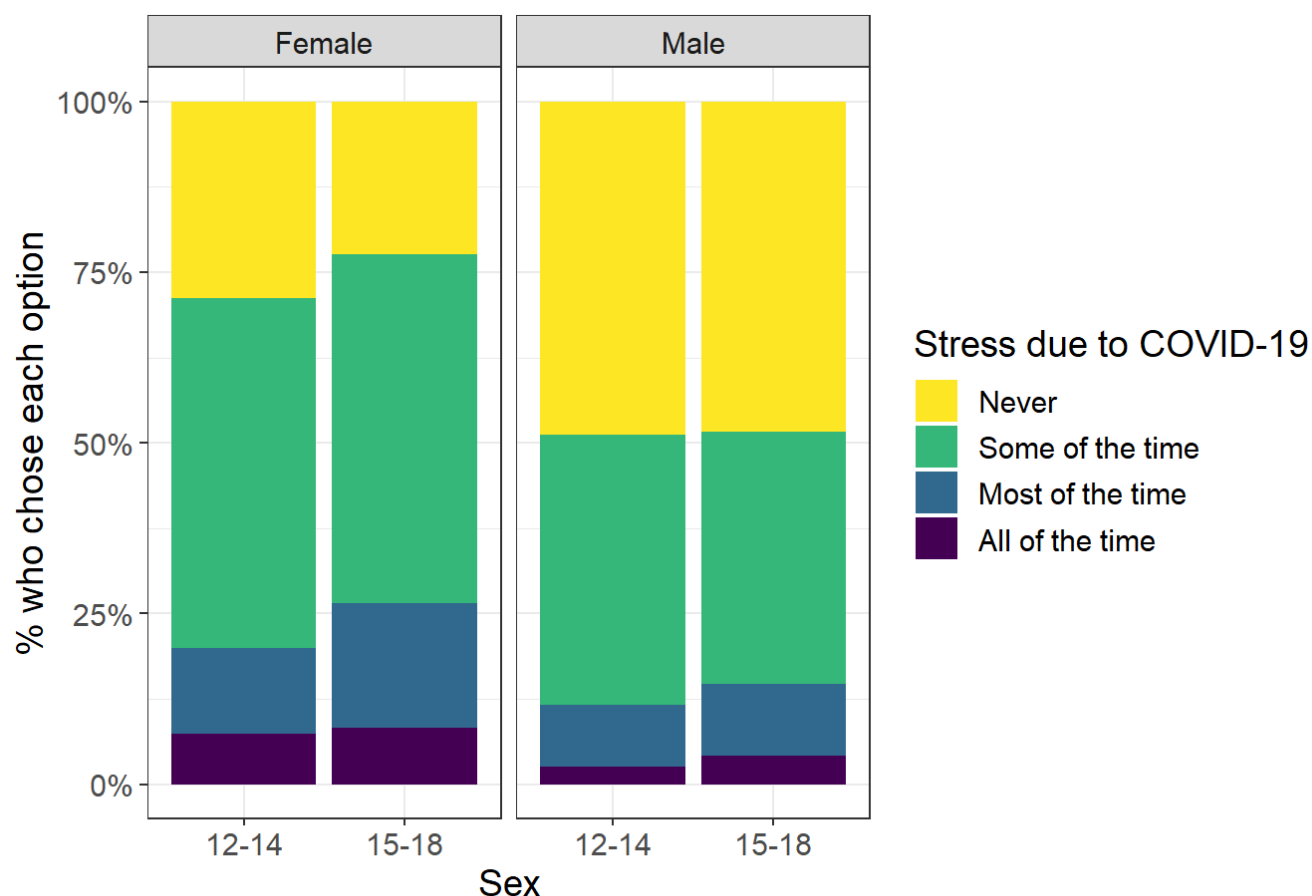


Based on data from the Generation Scotland TeenCovidLife (TCL) project  
TCL1 Data: 5,549 participants collected 22 May - 5 July 2020  
TCL2 Data: 2,232 participants collected 18 Aug - 10 Oct 2020



Figure 5.2 shows the percentage of participants reporting feeling nervous or stressed due to COVID-19 over the past week by age and sex. A higher percentage of male participants (48%) reported 'Never' feeling nervous or stressed due to COVID-19 compared to female participants (29% of those age 12 -14, 22% of those age 15-18).

**Figure 5.2** Percentage of participants reporting feeling nervous or stressed due to COVID-19 over the past week.



Based on data from the Generation Scotland TeenCovidLife (TCL) project



## 6 Trust in and Understanding of Health Guidance

### 6.1 Understanding of COVID-19 Guidance

#### i. Description

To assess understanding of health guidance, we asked participants:

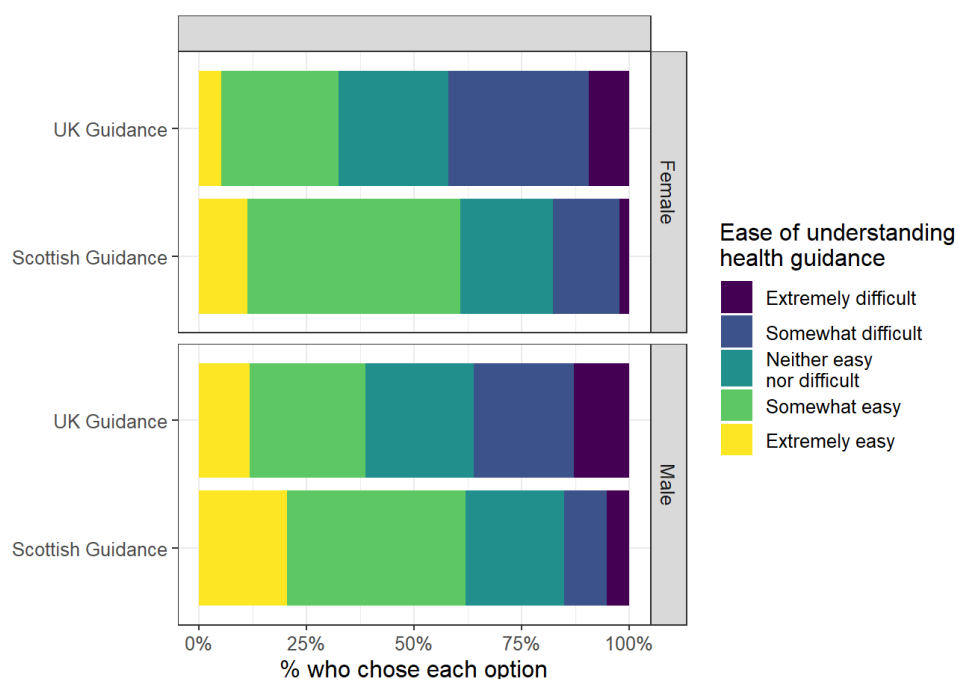
- *Do you find the **UK Government** guidance on COVID-19 **easy** to understand?*  
→ **Total Responses:** 960
- *Do you find the **Scottish Government** guidance on COVID-19 **easy** to understand?*  
→ **Total Responses:** 960

For each question, participants could select one option from 'Extremely difficult', 'Somewhat difficult', 'Neither easy nor difficult', 'Somewhat easy', 'Extremely easy' and 'I haven't seen or read any of the [Scottish/UK] Government guidance'. **Only participants age 15 or above answered these questions.**

#### ii. Findings

Overall, 34% (323) found UK government guidance somewhat or extremely **easy** to understand. Only 3% (32) of participants hadn't seen or read any UK Government guidance. By comparison, 60% (580) found the Scottish Government guidance somewhat or extremely **easy** to understand. Only 2% (22) of participants hadn't read or seen any Scottish Government guidance. Figure 6.1 shows differences by sex.

**Figure 6.1** Ease of understanding health guidance



Based on data from the Generation Scotland TeenCovidLife (TCL) project



## 6.2 Trust in Health Guidance

### i. Description

To assess confidence in medical guidance, we asked participants three questions:

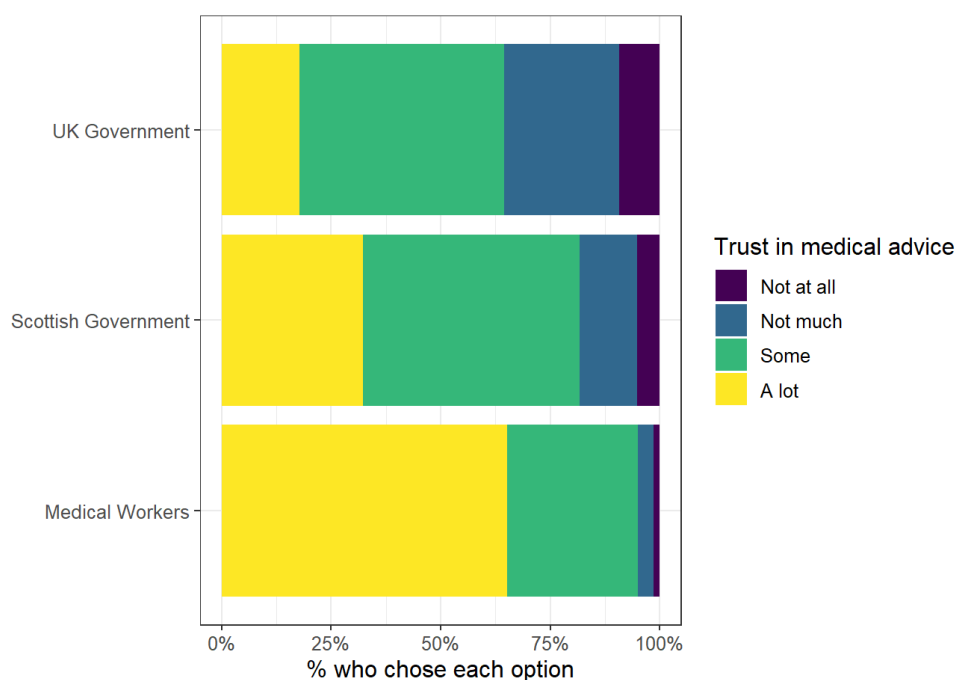
- *In general, how much do you trust medical and health advice from the **Scottish Government**?*  
→ **Total Responses:** 1,922
- *In general, how much do you trust medical and health advice from the **UK Government**?*  
→ **Total Responses:** 1,920
- *In general, how much do you trust medical and health advice from **medical workers, such as doctors and nurses**?*  
→ **Total Responses:** 1,920

For each question, participants could select one response from 'A lot', 'Some', 'Not much', 'Not at all', or 'Don't know'.

### ii. Findings

Figure 6.2 shows trust in medical guidance by type of guidance. 65% (1,217) of participants report trusting guidance from medical workers “a lot”, compared to only 18% (321) for guidance from the UK Government and 32% (591) for guidance from the Scottish Governments. Similar findings emerge across age group and sex.

**Figure 6.2** Trust in medical advice by type of guidance



Based on data from the Generation Scotland TeenCovidLife (TCL) project



## 7 Health Behaviours

To assess how well participants were adhering to general health advice, we asked participants several questions about their views on COVID-19 mitigation behaviours, including hand-washing, social distancing, face coverings, and self-isolation.

### 7.1 Handwashing

#### i. Description

Participants were asked '**Compared to before the COVID-19 lockdown, are you washing your hands more now?**'

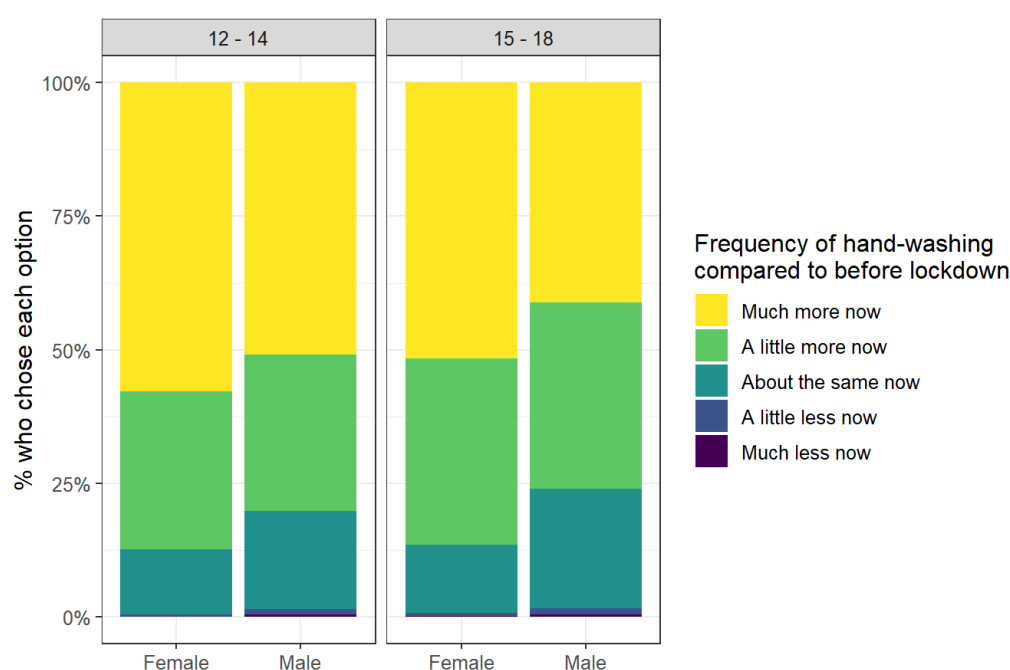
Participants could select one option from 'Much more now', 'A little more now', 'About the same now', 'A little less now', and 'Much less now'.

**Total Responses:** 1,940

#### ii. Findings

Overall, **84%** (1,622) reported washing their hands either much or a little more now compared to before the first lockdown. Figure 7.1 shows the percentage of participants who selected each option by sex and age group. Female participants reported slightly higher levels of increased hand-washing following lockdown compared to male participants.

**Figure 7.1** Percentage of participants reporting changes in hand-washing behaviour.



Based on data from the Generation Scotland TeenCovidLife (TCL) project



## 7.2 Social Distancing

### i. Description

Participants were asked *'Are you trying to keep your distance from other people who don't live with you when leaving your home?'*

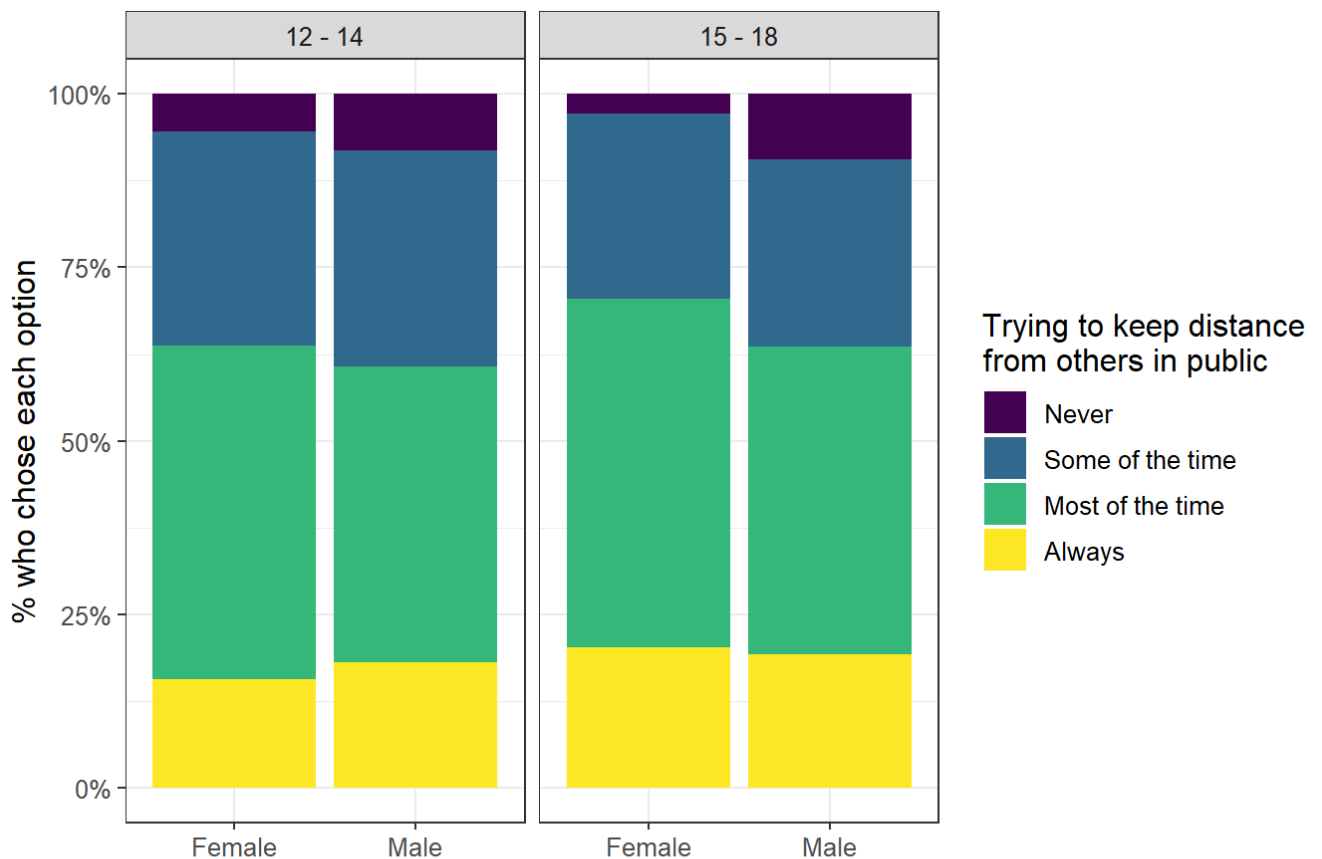
Participants could select one option from 'Always', 'Most of the time', 'Some of the time', and 'Never'.

**Total Responses:** 1,940

### ii. Findings

**65%** (1,264) reported keeping their distance from others (social distancing) **most** or **all** of the time. Figure 7.2 shows the percentage of participants who selected each option by sex and age group.

**Figure 7.2** Participants' frequency of keeping distance from others in public



Based on data from the Generation Scotland TeenCovidLife (TCL) project



## 7.3 Use of Face Coverings

### i. Description

Participants were asked 'How often do you wear face coverings on public transport and in shops?'

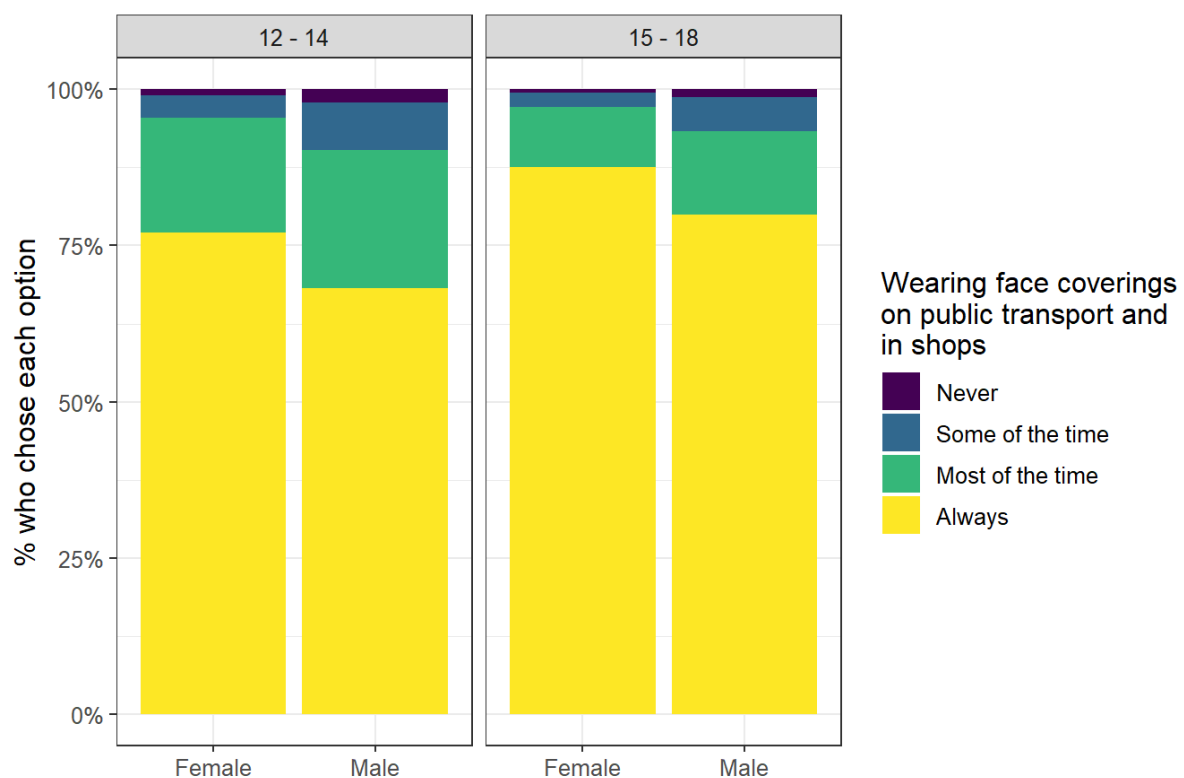
Participants could select one option from 'Always', 'Most of the time', 'Some of the time', and 'Never'. Participants could also answer 'I don't go on public transport or in shops'. Participants who selected the latter option were excluded from the following analysis.

**Total Responses:** 1,869

### ii. Findings

**94%** (1,757) of participants stated that they are wearing a face covering **most** or **all** of the time in shops and on public transport. Figure 7.3 shows the percentage of participants who selected each response by sex and age group.

**Figure 7.3** Participants' use of face coverings



Based on data from the Generation Scotland TeenCovidLife (TCL) project





## 7.4 Attitudes to Wearing Face Coverings

### i. Description

Participants were asked *'How much do you agree or disagree with the following statement. People should wear a face covering when entering enclosed spaces (e.g., on public transport or in shops).'*

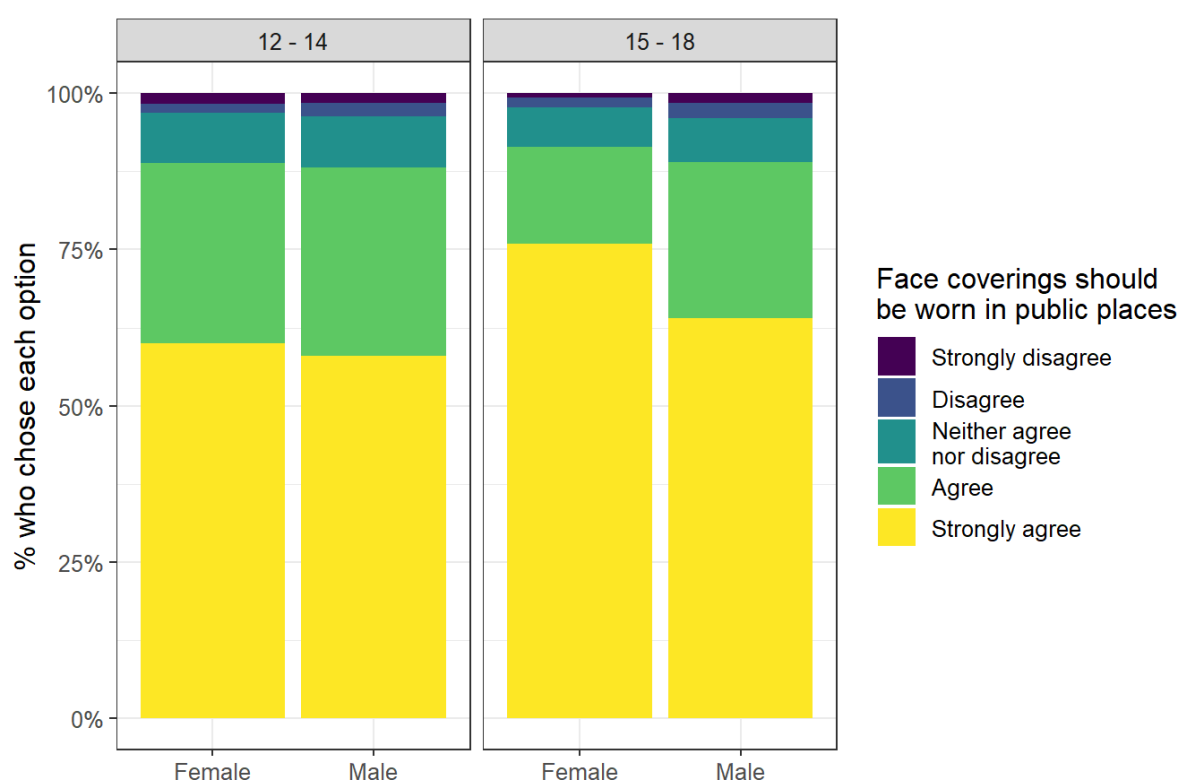
Participants could select one option from 'Strongly agree', 'Agree', 'Neither agree nor disagree', 'Disagree', and 'Strongly disagree'.

**Total Responses:** 1,930

### ii. Findings

**89% (1,716) agreed or strongly agreed** that people should wear a face covering in enclosed spaces. Figure 7.4 shows the percentage of participants selecting each option by age group and sex. Older participants were more likely to strongly agree with the use of face coverings in public places, particularly in female participants.

**Figure 7.4** Degree to which participants agree that face coverings should be worn in enclosed spaces.



Based on data from the Generation Scotland TeenCovidLife (TCL) project



## 7.5 Attitudes to Self-Isolation

### i. Description

Participants were asked *'People who have been in close contact with someone who tested positive for COVID-19 are told to stay at home (self-isolate) for up to 14 days. They must stay home even if they feel well. If you are asked to stay at home because you have been in close contact with someone who tested positive for COVID-19, how likely are you to stay at home, **even if you feel well?**'*

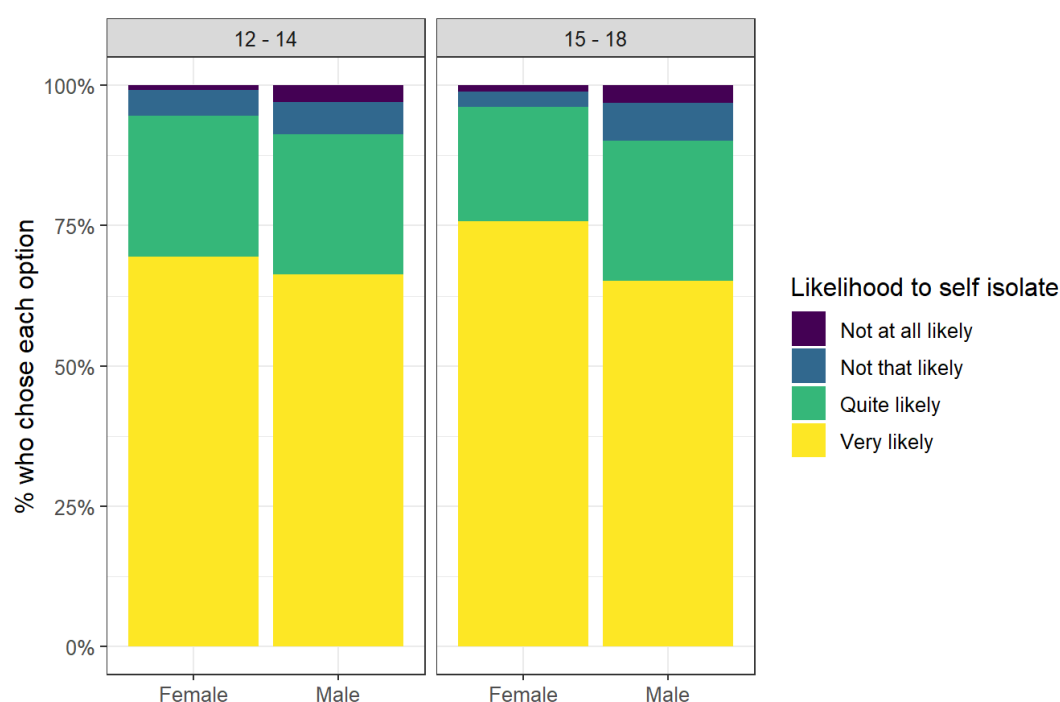
Participants could select one option from 'Very likely', 'Quite likely', 'Not that likely', and 'Not at all likely'.

**Total Responses:** 1,927

### ii. Findings

**93%** (1,801) said they would be quite or very likely to self-isolate if they had been in contact with someone who tested positive for COVID-19, even if they felt well. Figure 4.5 shows the percentage of participants who selected each option by age group and sex. Female participants more frequently reported being quite or very likely to self-isolate if requested than male participants.

**Figure 7.5** Participants reported likelihood to self-isolate if they had been in contact with someone who tested positive for COVID-19



Based on data from the Generation Scotland TeenCovidLife (TCL) project



## 8 Vaccines

### 8.1 Description

To assess potential uptake of vaccines, we asked participants two questions:

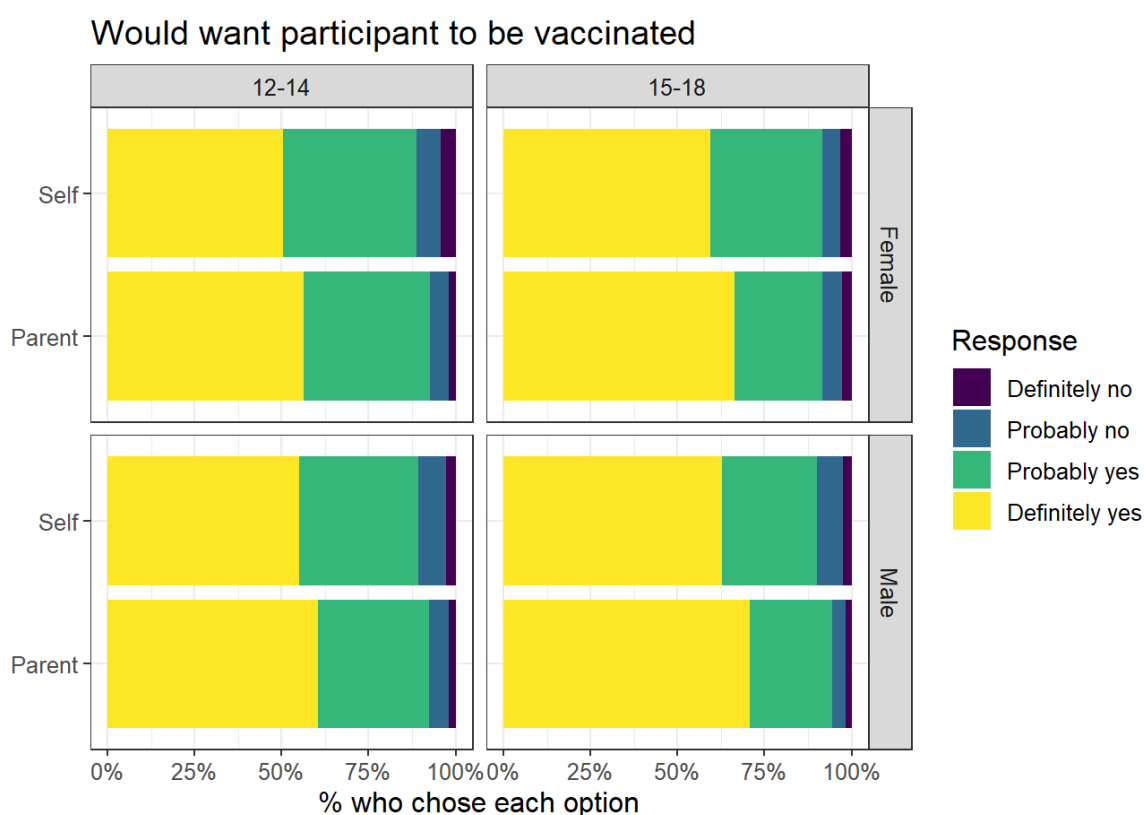
- *If a COVID-19 vaccination is made available and offered to you, would **you** want to get vaccinated?*  
→ **Total Responses:** 1,905
- *If a COVID-19 vaccination is made available and offered to you, do you think **your parents/guardians** would want **you** to get vaccinated?*  
→ **Total Responses:** 1,904

For each question, participants could select one option from 'Definitely yes', 'Probably yes', 'Probably no', and 'Definitely no'.

### 8.2 Findings

Overall, 82% (1,561) would want a COVID-19 vaccine if offered to them, although 7% (159) responded that they did not know. Similarly, 86% (1,636) believe their parents would want them to get vaccinated, and 6% (130) said they did not know. Figure 8.1 shows the percentage who selected each response by age and sex.

**Figure 8.1** Percentage of participants who would want COVID-19 vaccine



Based on data from the Generation Scotland TeenCovidLife (TCL) project



## 9 Return to School

We asked questions about how they felt returning to school after the first lockdown measures eased.

### 9.1 Perceptions of Safety in School

#### i. Description

To assess how safe young people felt about returning to school after lockdown restrictions eased, we asked *'Please tell us how much you agree or disagree with the following statement: It is safe for me and other pupils to return to school full-time'*.

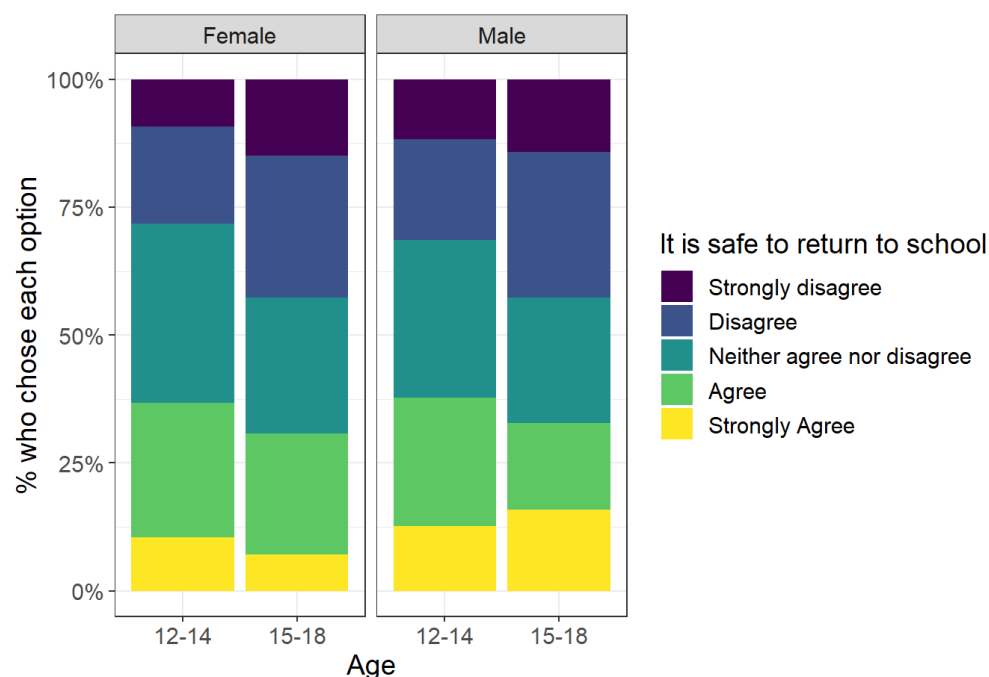
Participants selected one from the following responses: 'Strongly disagree', 'Disagree', 'Neither agree nor disagree', 'Agree', and 'Strongly agree'. Participants could also answer 'Don't know'. 'Don't know' responses were removed from the analyses below.

**Total Responses:** 1,958

#### ii. Findings

Overall, participants showed no clear consensus on how safe they felt it was for them to return to school after lockdown. 34% (667) **agreed** that it was safe to go back to school, while 36% (698) **disagreed**. 30% (593) neither agreed nor disagreed. Figure 9.1 shows percentages of responses by age and sex.

**Figure 9.1** Opinions about safety in returning to school



Based on data from the Generation Scotland TeenCovidLife (TCL) project



## 9.2 Worrying about Returning to School

### i. Description

To assess how worried students were feeling about returning to school, we asked *'How do you feel about returning to school after the summer holidays?'*

Participants could select one response from 'Not at all worried', 'Slightly worried', 'Moderately worried', 'Very worried', or 'Extremely worried'. Participants could also select 'Does not apply to me'.

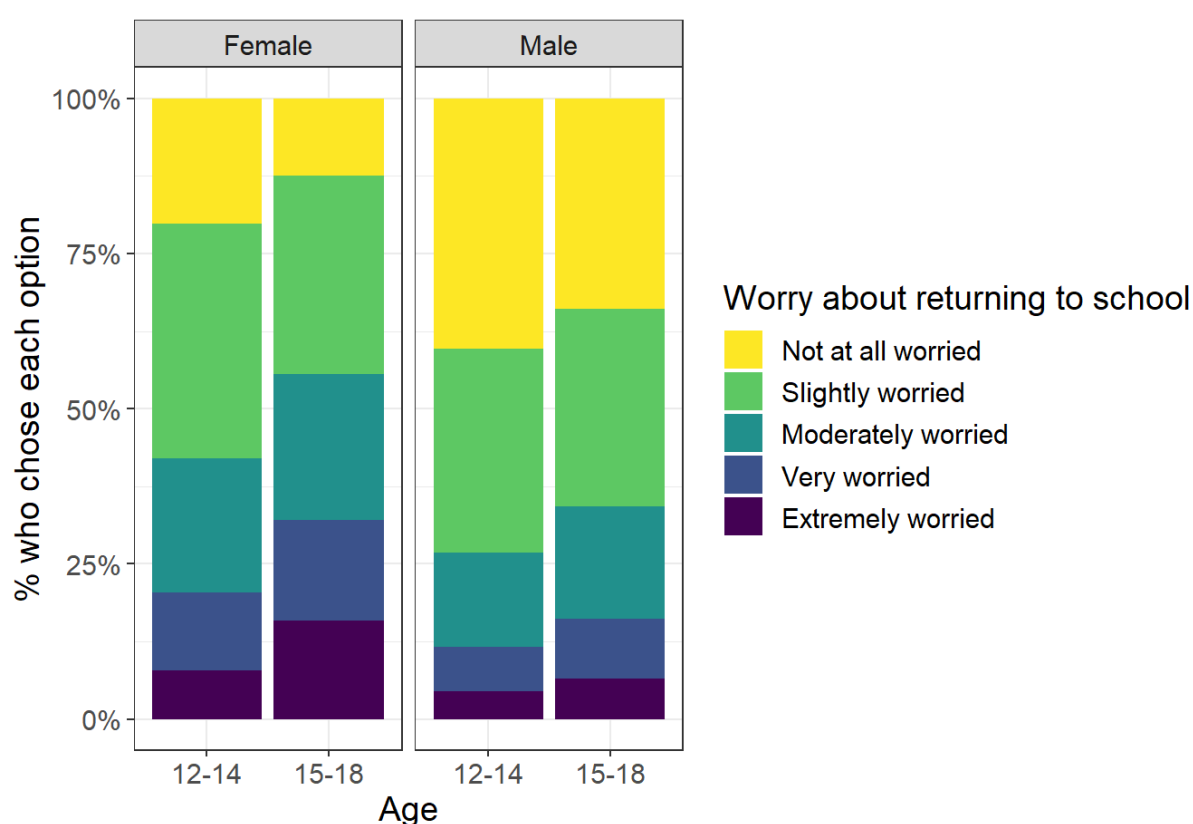
'Does not apply to me' responses have been removed from further analyses.

**Total Responses:** 1,921

### ii. Findings

42% (805) of participants were at least **moderately** worried about returning to school after the summer holidays. Figure 9.2 shows the percentage of participants who selected each response by age and sex. More female participants reported higher levels of worry compared to males - 48% (569) of female participants were at least moderately worried about returning to school, compared to 30% (198) of male participants.

**Figure 9.2** Degree of worry about returning to school



Based on data from the Generation Scotland TeenCovidLife (TCL) project



## 9.3 Worrying about COVID-19 Risk at School

### i. Description

We assessed how worried students were about the impact of returning to school on COVID-19 transmission by asking two questions:

- *To what extent are the following statements true for you...I worry that returning to school will increase the risk of **me** getting COVID-19.*  
→ **Total Responses:** 1,915
- *I worry that returning to school will increase **my family's** risk of getting COVID-19.*  
→ **Total Responses:** 1,921

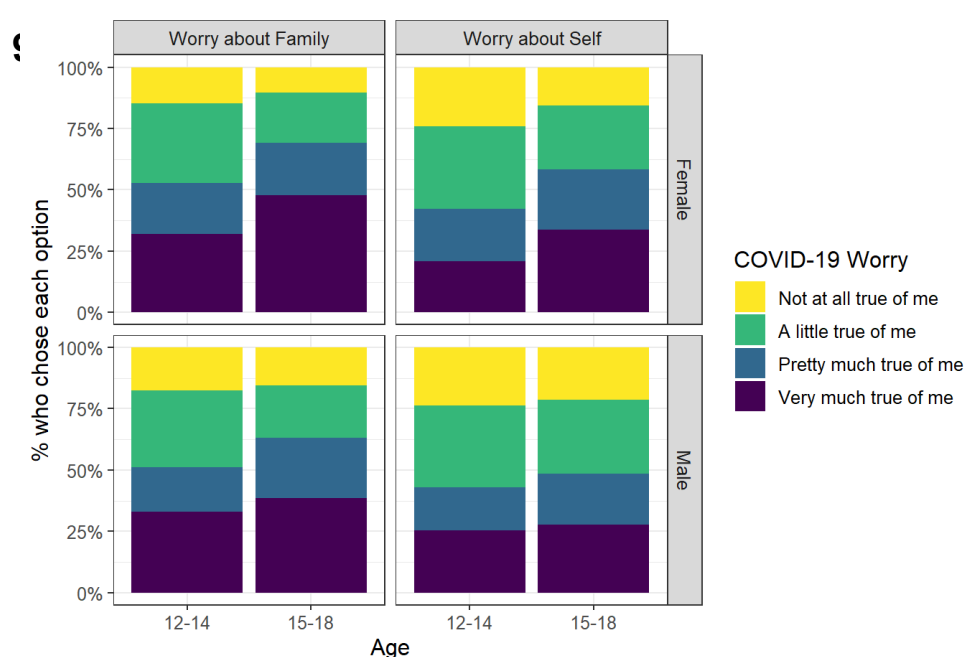
Participants could select one response from 'Not at all true', 'A little true', 'Pretty much true', and 'Very much true of me'. Participants could also select 'Prefer not to say', and these responses have been excluded from further analyses.

### ii. Findings

48% (925) of participants responded that it was 'pretty much' or 'very' true that they worried returning to school would increase **their own** risk of contracting COVID-19.

More young people were worried about the impact of returning to school on their family's risk of catching COVID-19. 59% (1,133) of participants responded that it was 'pretty much' or 'very' true that they worried returning to school would increase **their family's** risk of contracting COVID-19. Figure 9.3 shows the percentage of participants who selected each response by age, sex, and type of risk.

**Figure 9.3** Worry about school-based COVID-19 transmission



Based on data from the Generation Scotland TeenCovidLife (TCL) project



# Looking Forward to School

## i. Description

We assessed how much students were looking forward to returning to school after the first lockdown with: *'To what extent are the following statements true for you...I was looking forward to going back to school'*.

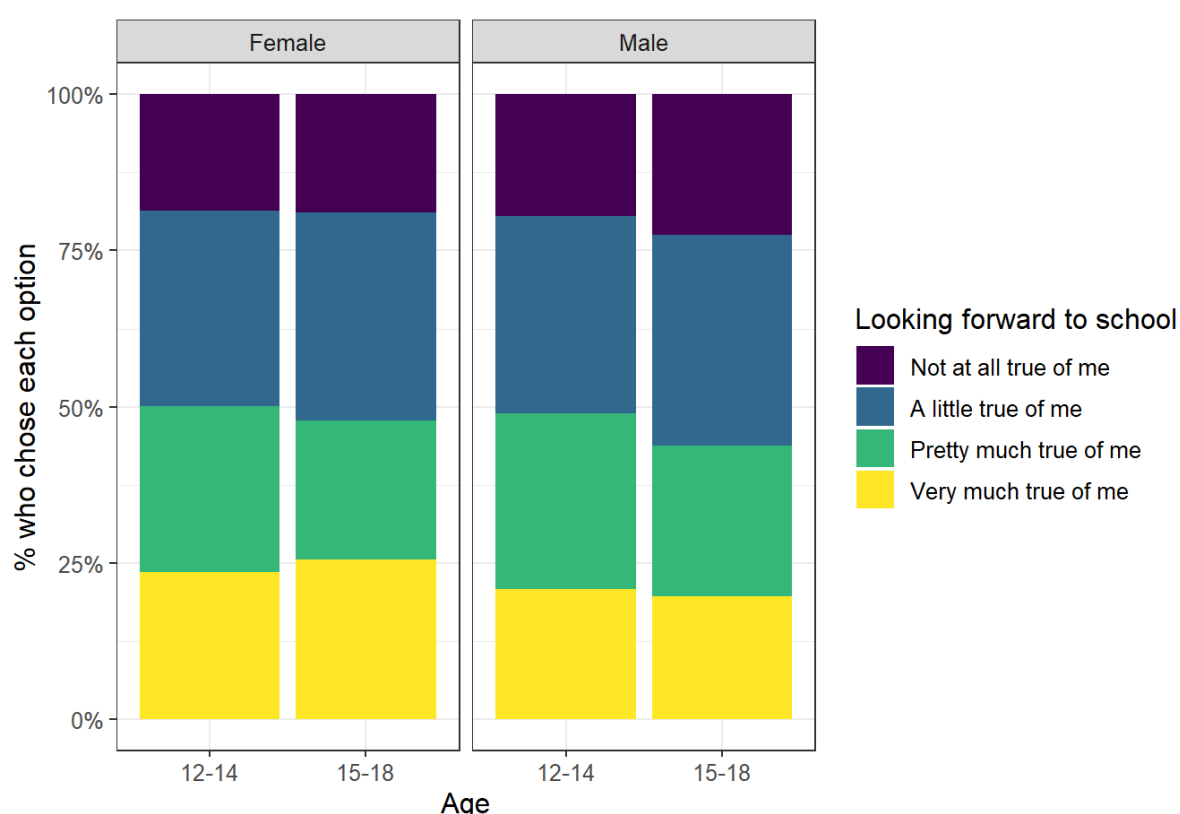
Participants could select one response from 'Not at all true', 'A little true', 'Pretty much true', and 'Very much true'. Participants could also select 'Prefer not to say'. These latter responses have been excluded from further analyses.

**Total Responses:** 1,927

## ii. Findings

48% (925) of participants responded that it was 'pretty much' or 'very' true that they were looking forward to going back to school. Figure 9.4 shows the percentage of participants who chose each response by age and sex.

**Figure 9.4** Looking forward to returning to school after the first lockdown



Based on data from the Generation Scotland TeenCovidLife (TCL) project



## 9.5 Missing Friends and Teachers from School

### i. Description

We assessed what students missed about school by asking them to answer ‘To what extent are the following statements true for you...’:

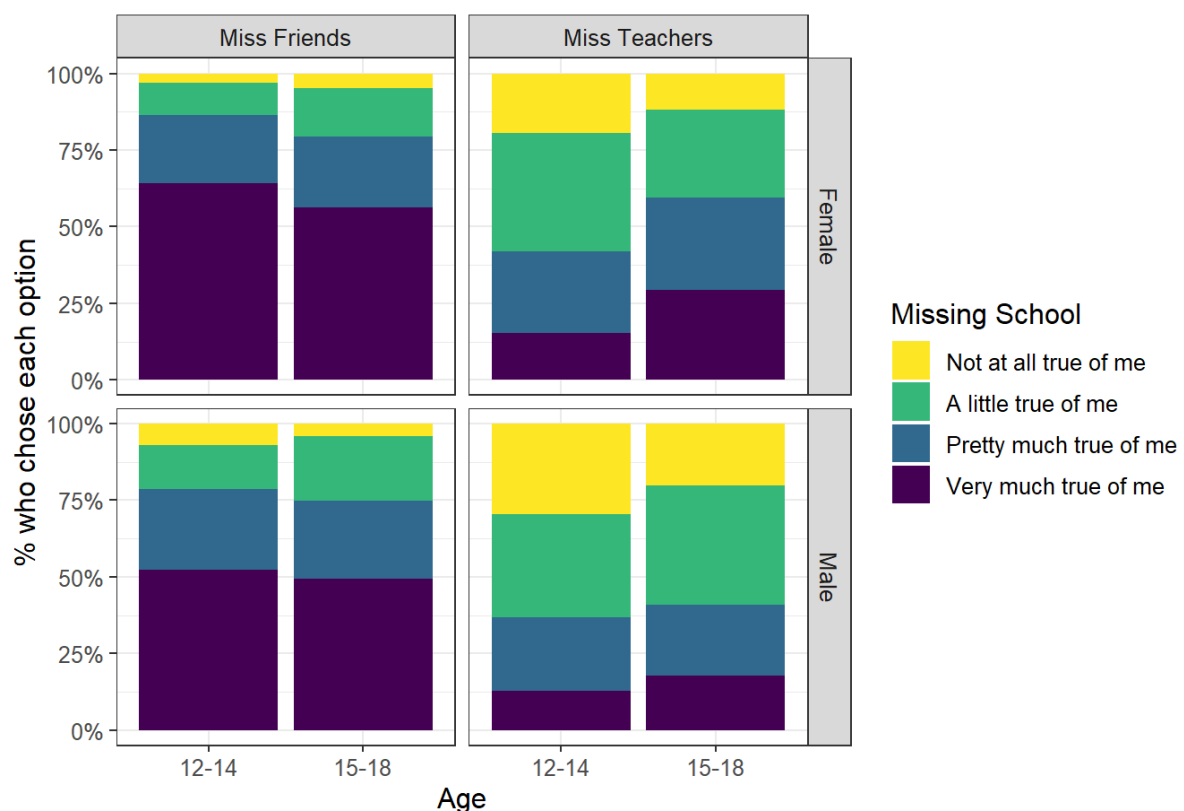
- *I missed seeing my school friends*  
→ **Total Responses:** 1,923
- *I missed interacting with teachers*  
→ **Total Responses:** 1,913

Participants could select one response from ‘Not at all true’, ‘A little true’, ‘Pretty much true’, and ‘Very much true’. Participants could also select ‘Prefer not to say’, and these responses have been excluded from further analyses.

### ii. Findings

81% (1,557) of participants responded that it was ‘pretty much’ or ‘very’ true that they missed friends from school, compared to 46% (872) who responded it was ‘pretty much’ or ‘very’ true they missed interacting with teachers. Figure 9.5 shows the percentage of participants who chose each response by age and sex.

**Figure 9.5** Missing friends and teachers from school



Based on data from the Generation Scotland TeenCovidLife (TCL) project





## 9.6 Worries about Effect of Lockdown

### i. Description

We assessed how worried students were about the effect of lockdown on their education by asking them to assess 'To what extent are the following statements true for you...' in response to two statements:

- *I worry that I am not on track with my studies*  
→ **Total Responses:** 1,907
- *I worry that my future grades will be affected by COVID-19*.  
→ **Total Responses:** 1,911

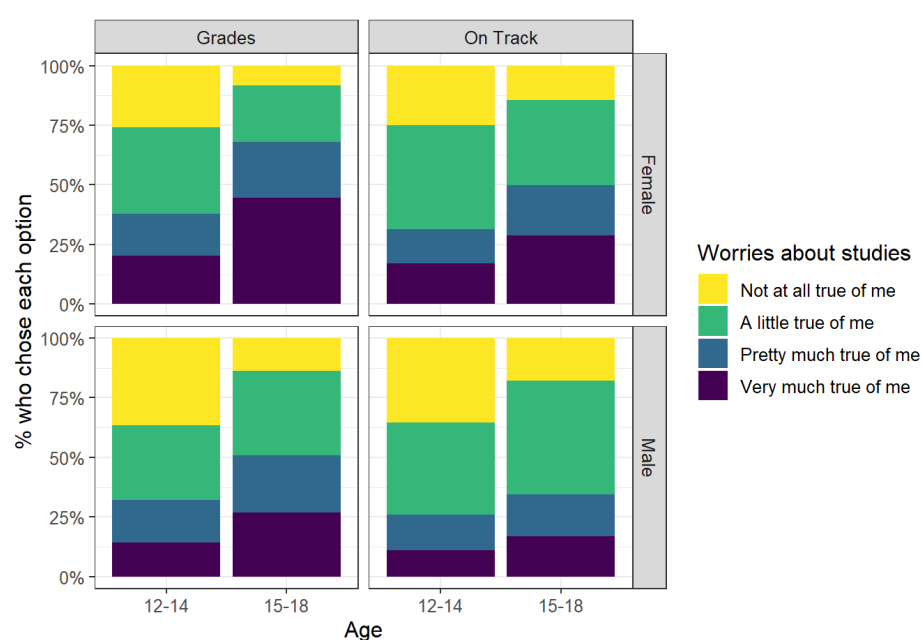
Participants could select one response from 'Not at all true', 'A little true', 'Pretty much true', and 'Very much true'. Participants could also select 'Prefer not to say', and these responses have been excluded from further analyses.

### ii. Findings

36% (690) of participants responded that it was 'pretty much' or 'very much' true that they worried they were not on track with their studies. Moreover, 47% (903) responded that it was 'pretty much' or 'very much true' they worried that COVID-19 would impact their future grades. Figure 9.6 shows the percentage of respondents by age and sex for both questions.

Female participants age 15 to 18 showed the greatest degree of concern about the impact of the lockdown on their grades, with 68% responding that it was 'pretty much' or 'very' true they were worried about their grades.

**Figure 9.6** Worries about grades and being on track with studies



Based on data from the Generation Scotland TeenCovidLife (TCL) project



## 10 Loneliness

### 10.1 Description

Loneliness was assessed by asking *'How often have you felt lonely during the past week?'*

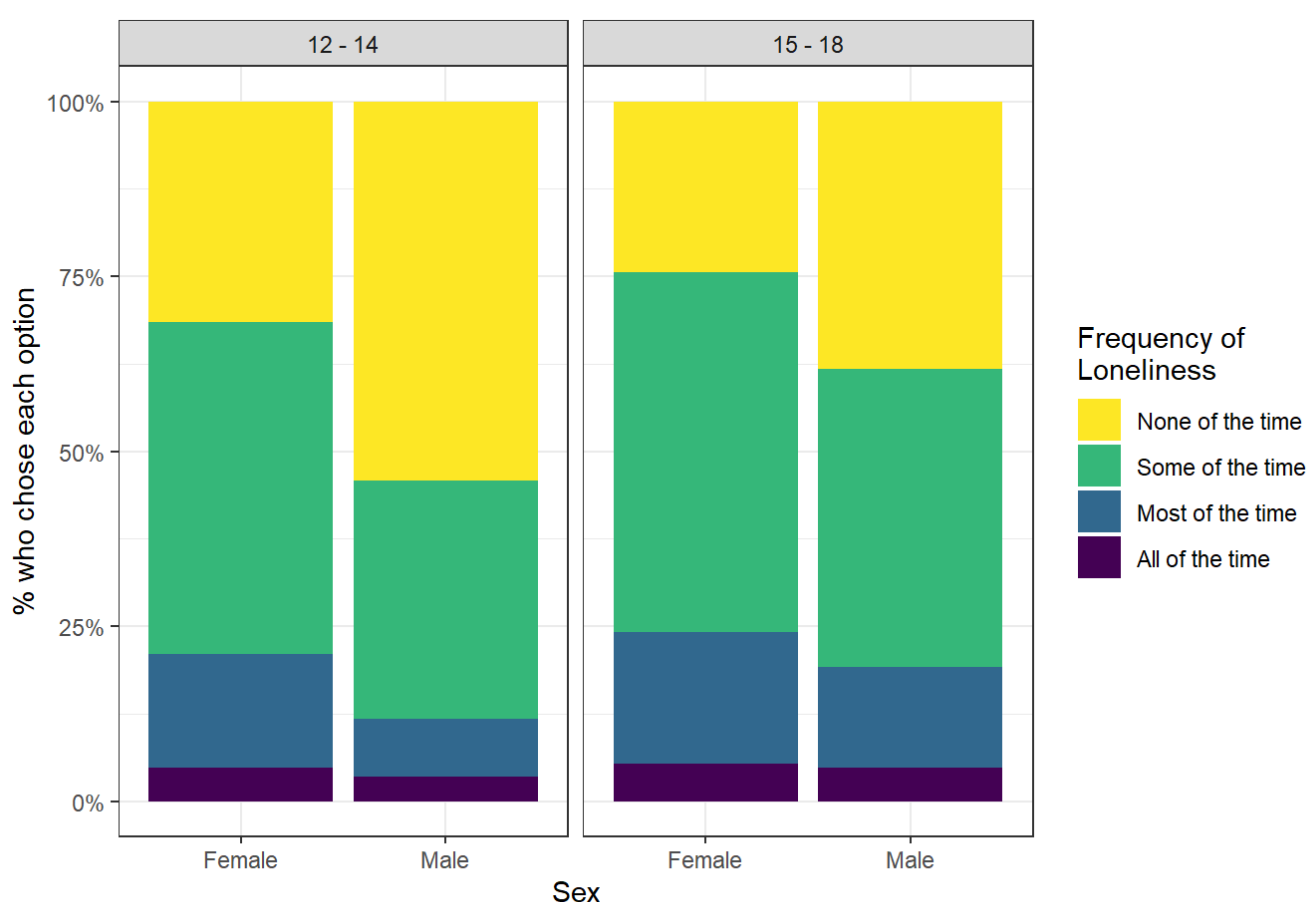
Participants selected one option from 'None of the time', 'Some of the time', 'Most of the time', or 'All of the time'. Participants could also select 'Don't know' or 'Prefer not to say'. Participants selecting the latter two options were removed from further analyses.

**Total Responses:** 1,916

### 10.2 Findings

Overall, 20% (378) reported feeling lonely **most** or **all** of the time over the previous week. Figure 10.1 shows the percentage of participants in each response by age group and sex.

**Figure 10.1** Frequency of loneliness as percentages

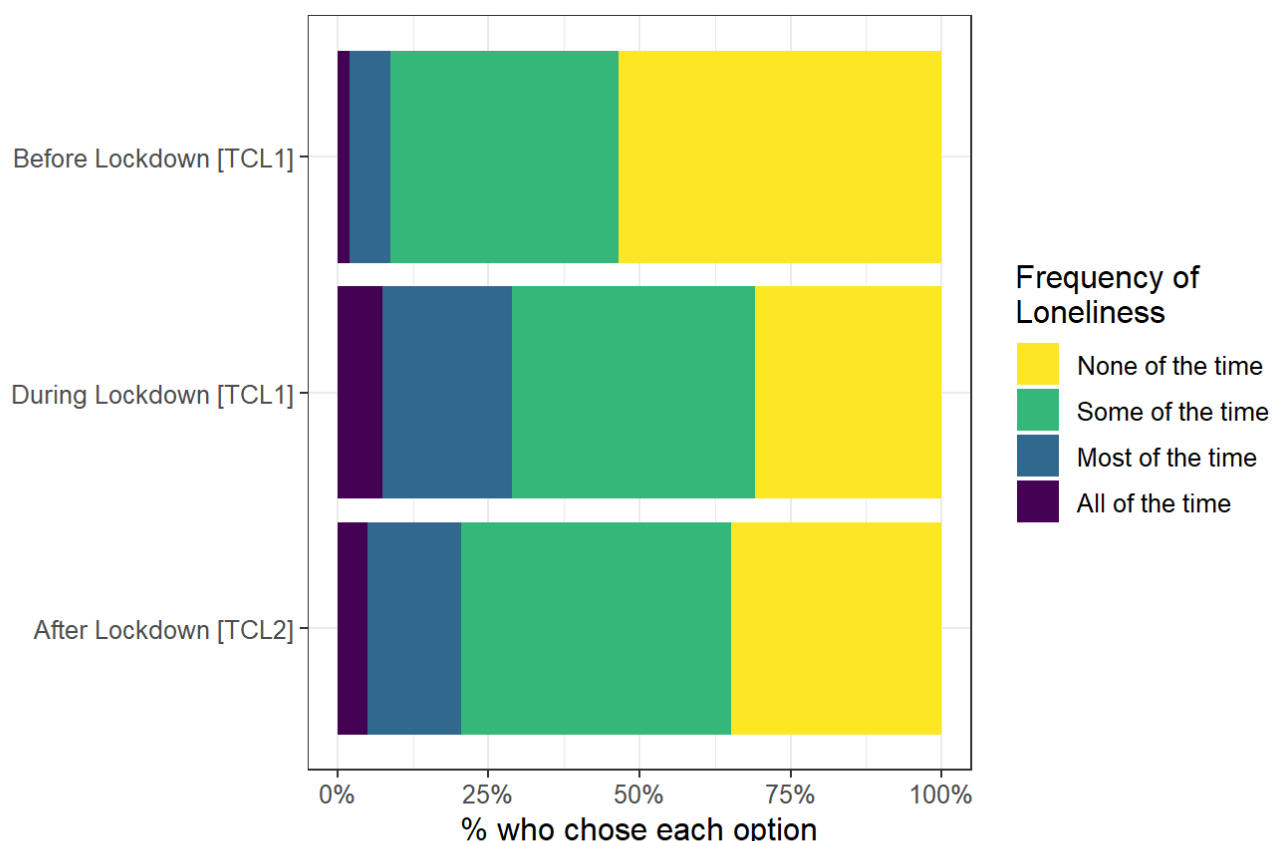


Based on data from the Generation Scotland TeenCovidLife (TCL) project



Fewer participants reported recent feelings of loneliness compared to TCL1, where 29% reporting feeling lonely most or all of the time. However, participants in TCL1 still reported lower loneliness before lockdown began in March, with only 9% reporting feeling lonely most or all of the time. Figure 10.2 shows loneliness across both TCL1 and TCL2.

**Figure 10.2** Percentage of participants reporting frequency of loneliness across TCL1 and TCL2



Based on data from the Generation Scotland TeenCovidLife (TCL) project  
 TCL1 Data: 5,549 participants collected 22 May - 5 July 2020  
 TCL2 Data: 2,232 participants collected 18 Aug - 10 Oct 2020



# 11 Good Childhood Index: Happiness with various aspects of life

## 11.1 Description

In this scale <sup>[6]</sup>, young people rated how happy they were with family, friendships, school, their future, and life overall. Response options ranged from 0 to 10, where 0 means 'Very unhappy', 5 means 'Neither happy nor unhappy', and 10 means 'Very happy'. For each question, participants could also select 'Prefer not to say', and these responses were excluded from the analyses. Low happiness is defined as a score of less than 5.

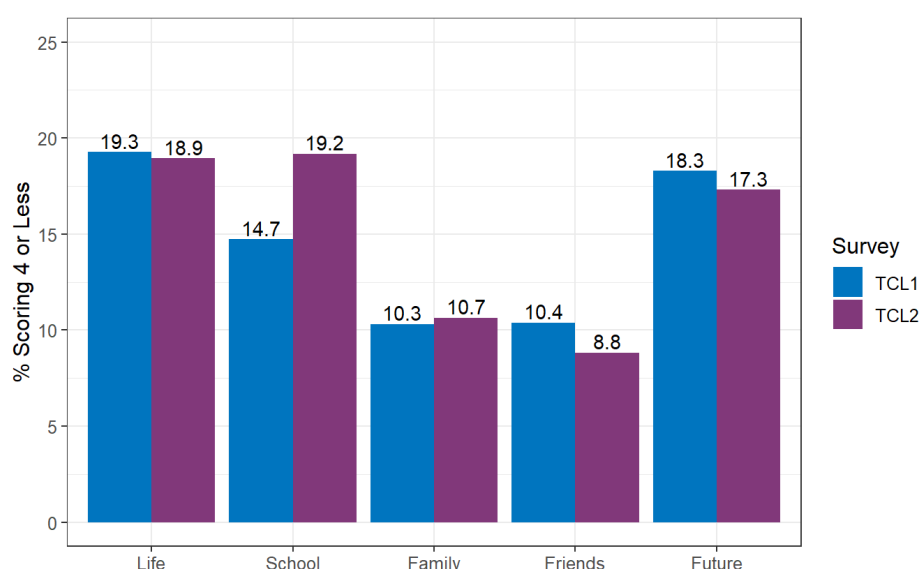
### Total Responses (by domain)

Life	Family	Friends	Future	School
2,001	2,009	2,015	1,981	1,965

## 11.2 Findings

Across all participants, 19% (379) reported low satisfaction with **Life**. 11% (214) reported low satisfaction with **Family**. 9% (178) reported low satisfaction with **Friends**. 17% (343) reported low satisfaction with their **Future**. Finally, 19% (377) reported low satisfaction with **School**. See Figure 11.1 for comparison with TCL1 findings. Scores are mostly similar, although the percentage of participants dissatisfied with their school has increased from 15% in TCL1 to 19% in TCL2.

**Figure 11.1** Percentage of participants scoring 4 or less in each life satisfaction domain in TCL1 and TCL2.

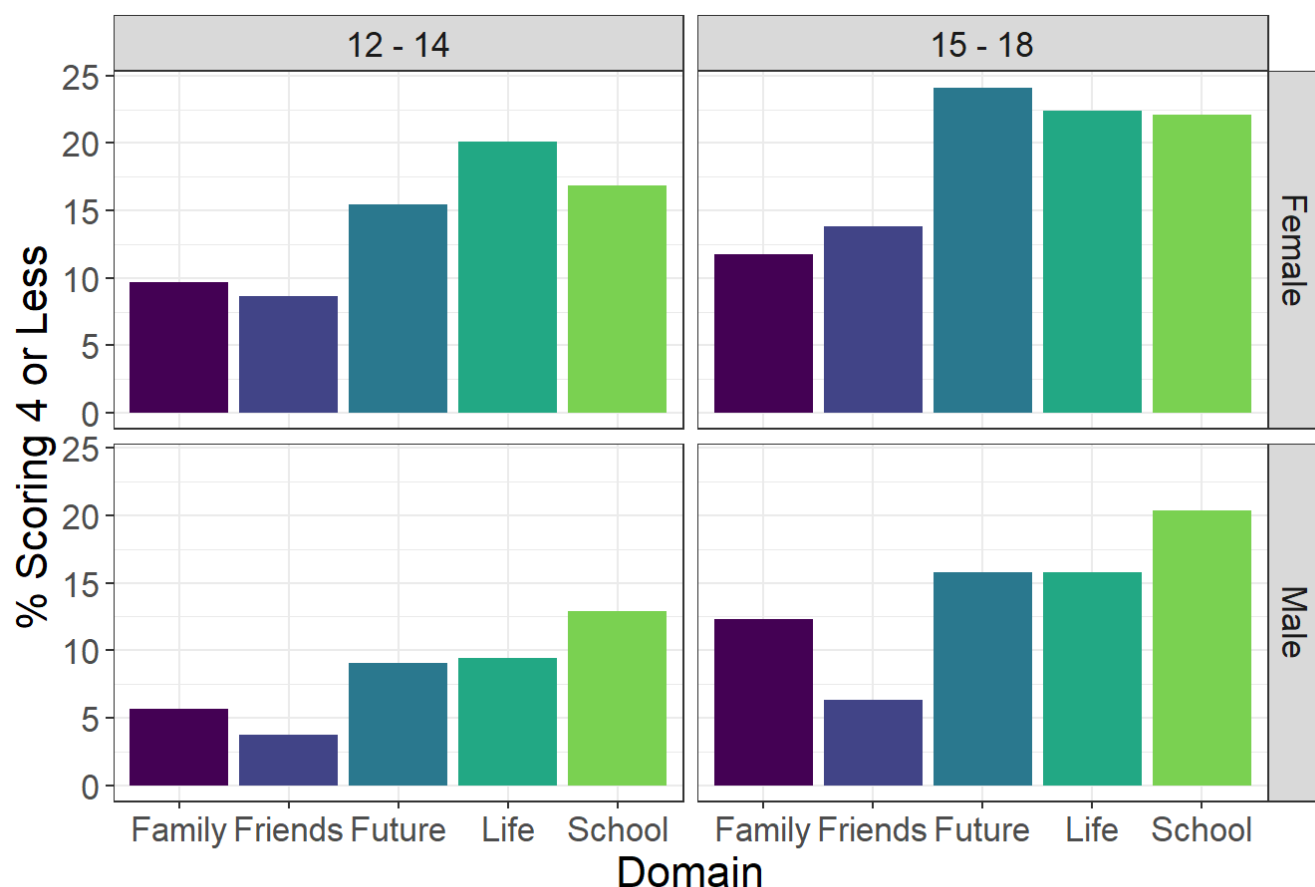


Based on data from the Generation Scotland TeenCovidLife (TCL) project  
TCL1 Data: 5,549 participants collected 22 May - 5 July 2020  
TCL2 Data: 2,232 participants collected 18 Aug - 10 Oct 2020



Figure 11.2 shows the percentage of low happiness by age group and sex. Highest unhappiness was seen for female participants age 15 to 18 regarding their **Future**, with 24% reporting low satisfaction, compared to only 16% of male participants of the same age and 15% of younger female participants.

**Figure 11.2** Percentage of participants who reported low happiness across domains



Based on data from the Generation Scotland TeenCovidLife (TCL) project



## 12 World Health Organization Well-Being Index (WHO-5)

### 12.1 Description

The WHO-5 <sup>[7]</sup> consists of five positively worded questions that, when combined, provide a measure of emotional functioning. These scores can then be classified to indicate young people with low mood. This **does not** indicate a clinical diagnosis.

For each question, participants select a response to indicate how often they have felt a certain way in the last two weeks, ranging from 'At no time' to 'All of the time'. Participants could also select 'Prefer not to say' for each question, and this option was excluded from the analyses.

Scores on the five items are summed to create a scale ranging from 0 to 100. A score of 50 or less on the WHO5 indicates low mood.

**Total Responses:** 2,054

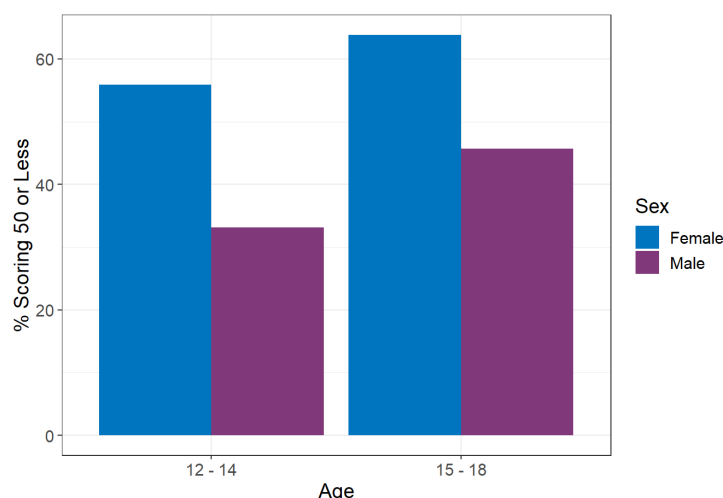
### 12.2 Findings

Of the 2,054 participants who completed the full WHO-5, 53% (1,081) reported low mood (scoring 50 or less). This is lower than in TCL1, where 58% reported low mood. Figure 12.1 shows the percentage of participants who reported low mood by age group and sex.

A higher percentage of female participants (56% for those aged 12 - 14, 64% for those aged 15 - 18) reported low mood compared to male participants (33% for those aged 12 - 14, 46% for those aged 15 - 18).

This is similar to the WHO-5 scores in TCL1. In that survey, 59% of female participants aged 12 - 14 and 67% of female participants aged 15 - 17 reported low mood, compared to 39% of male participants aged 12 - 14, and 44% of those aged 15 - 17.

**Figure 12.1** Percentage of participants reporting low mood



Based on data from the Generation Scotland TeenCovidLife (TCL) project



## 13 Perceived Stress Scale 4 (PSS-4)

### 13.1 Description

The PSS-4 <sup>[8]</sup> asks four questions to assess the degree to which participants judge their life to be stressful. For each question, participants indicated how often (ranging from 'Never' to 'Very often') they had felt a certain way in the past month.

Scores on each of the 4 questions ranged from 0 to 4, with a maximum total score of 16. Higher scores on the PSS-4 indicate higher rates of perceived stress.

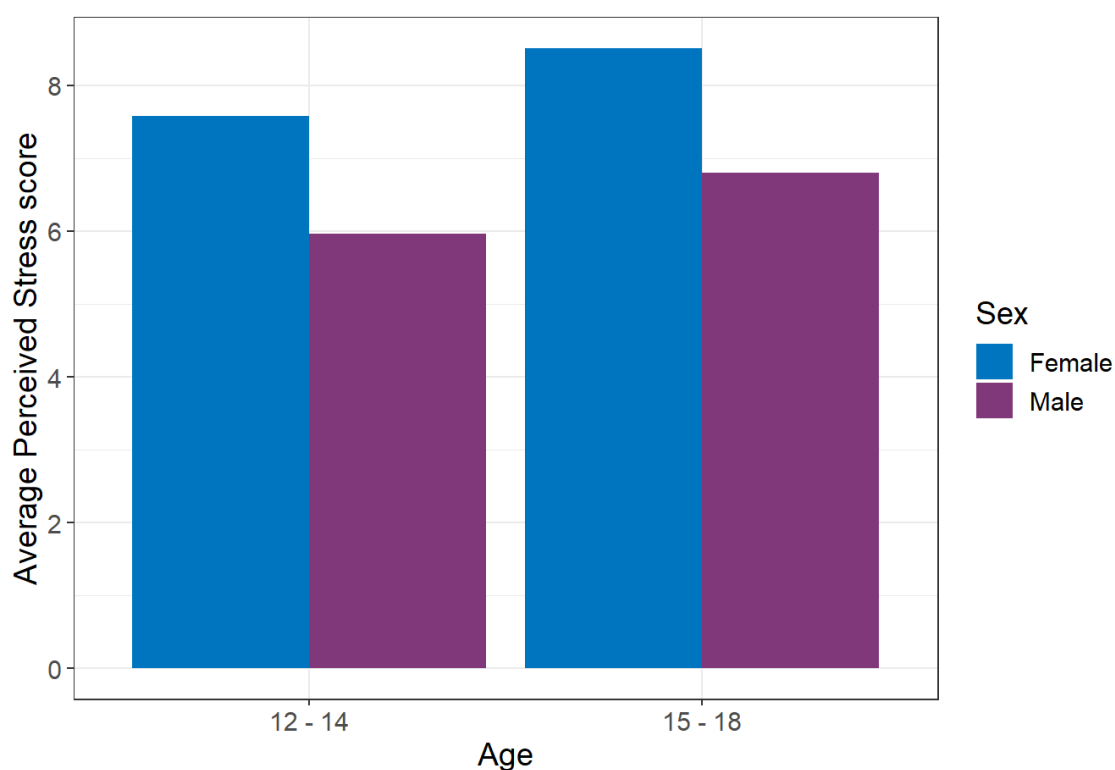
**Total Responses:** 2,054

### 13.2 Findings

The overall mean PSS-4 score was **7.5**, similar to the mean score of 7.3 from TCL1. Figure 13.1 showed the mean score on the PSS-4 by age group and sex. Female participants had higher average scores on the PSS-4 (7.6 for those aged 12 – 14, 8.5 for those aged 15 - 18) than male participants (6.0 for those aged 12 – 14, 6.8 for those aged 15 - 18).

These scores are similar to those we found in TCL1 (Female participants: 12-14 years: 7.4; 15-17 years: 8.6. Male participants: 12-14 years: 5.8; 15-17 years: 6.6).

**Figure 13.1** Average score on the Perceived Stress Scale



Based on data from the Generation Scotland TeenCovidLife (TCL) project



## 14 Sleep Quality

### 14.1 Description

To determine whether the quality of sleep has changed following the easing of lockdown measures, we asked participants '*Compared to the summer holidays, are you sleeping...?*'.

Participants selected one option from 'Much better now', 'Somewhat better now', 'About the same now', 'Somewhat worse now', or 'Much worse now'.

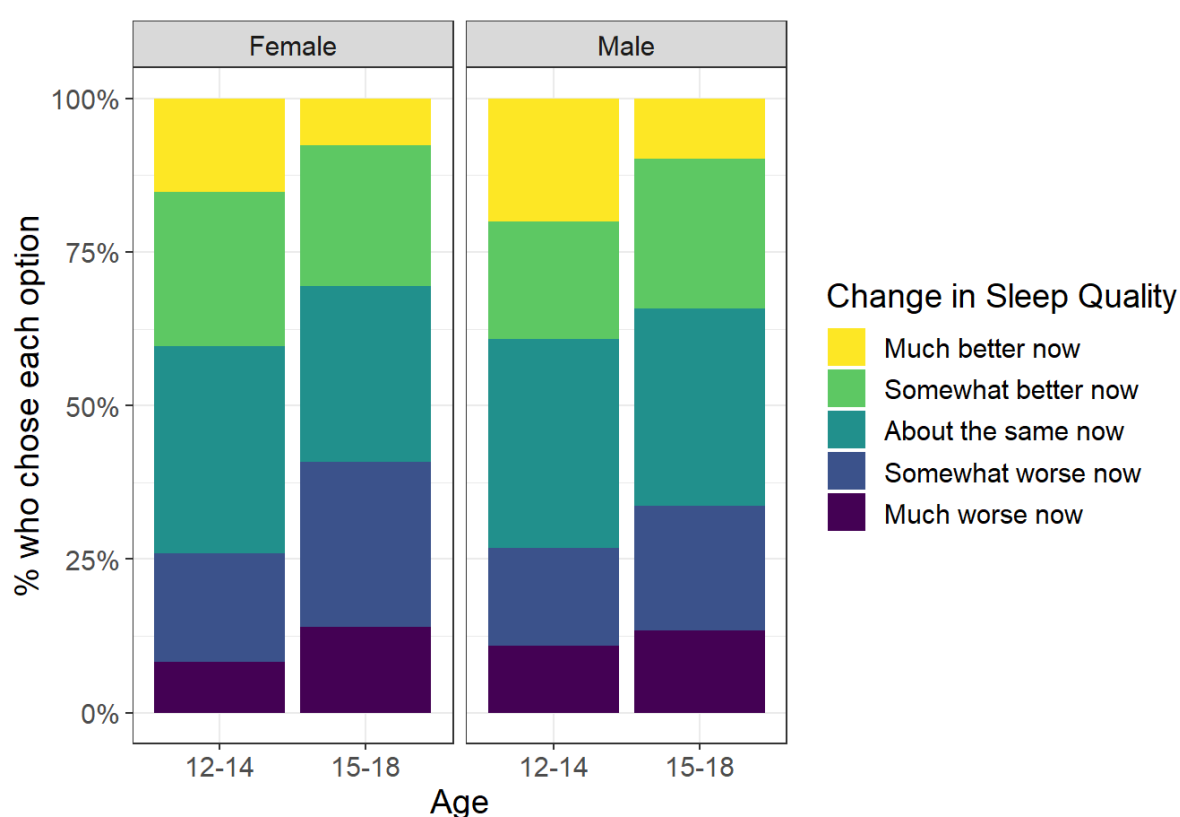
Only current school students answered this question.

**Total Respondents:** 1,832

### 14.2 Findings

Overall, 32% (615) of participants reported no change in sleep since the summer holidays. 36% (688) reported having better sleep now, compared to 32% (607) reporting worse sleep now. Figure 14.1 shows the percentage of participants who chose each option by age and sex.

**Figure 14.1** Percentage of participants reporting change in sleep quality after easing of lockdown measures



Based on data from the Generation Scotland TeenCovidLife (TCL) project





# Social Media

## 14.3 Description

To determine whether the use of social media has changed following the easing of lockdown measures, participants were asked '*Compared to the summer holidays, do you spend...?*'

Participants selected the most relevant response from: 'More time using social media now', 'The same amount of time using social media now', 'Less time using social media now', 'Don't use social media', and 'Don't know'.

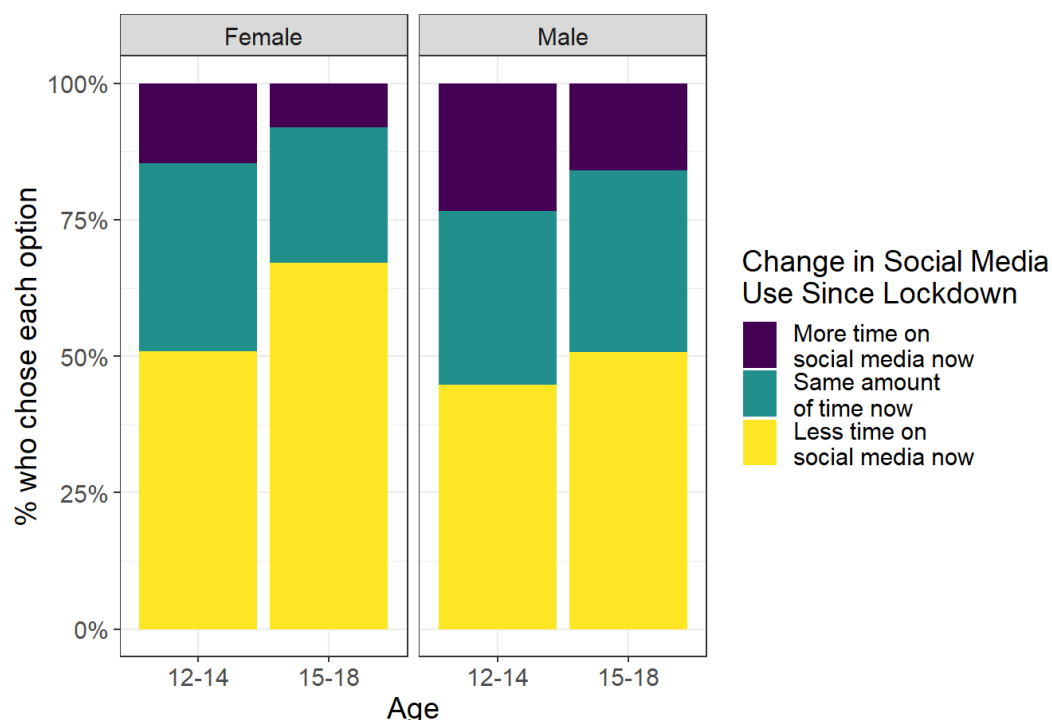
Participants who selected that they don't know or don't use social media were removed from the sex and age analyses.

**Total Respondents:** 1,896

## 14.4 Findings

Overall, 50% (492) of participants said they spent **less** time using social media compared to the summer. 14% (256) said they were using it **more**, and 29% (544) reported **no change** in social media use. 5% (100) did not use social media and 3% (54) didn't know. Figure 16.1 shows the percentage of respondents reporting change in social media since the summer holidays by age and sex.

**Figure 15.1** Percentage of respondents reporting change in social media use since the summer holidays by age group and sex.



Based on data from the Generation Scotland TeenCovidLife (TCL) project



## 15 References

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