

Mental Health of Children and Young People in England, 2022: Wave 3 follow up to the 2017 survey Questionnaire and Materials

This document presents the questionnaire and materials used for the 2022 Mental Health of Children and Young People survey.

It comprises of a:

- **Parent Questionnaire:** This was asked of the nominated parent in all households with the sampled child aged 7 to 16 years old.
- **Child Questionnaire:** This was asked of children aged 11 to 16 years old who agreed to take part.
- **Young Person Questionnaire:** This was asked of young adults aged 17 to 24 years old who agreed to take part.
- **Survey Materials:** A copy of the advance emails and letters, reminder letter and email, reminder SMS messages, information leaflets and thank you letter and email sent to respondents are also presented in this document.

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1. Parent Questionnaire (of children aged 7 to 16 years old)

Introduction

{IF MODE = WEB and Age2022 = 7-16}

IntroP1

“Dear parent/carer of {first_name} {last_name}, welcome to the National Study of Health and Wellbeing: Children and Young People 2022.

This study is about the health and wellbeing of children and young people in England. We would also like to ask you some questions about your experiences during the coronavirus (COVID-19) pandemic.

{if W1 = 0 AND W2 = 0: “Your household last took part in the 2017 survey and we really appreciate you giving your time again. Any parent/carer of {first_name} {last_name} can take part, however the ideal option is for the parent/carer who took part in 2017 to answer the following questions.”}

{if W1 = 1 AND W2 = 1: “Your household took part in the 2017 survey and also in the previous follow-up surveys in 2020 and 2021. We really appreciate you giving your time again. Any parent/carer of {first_name} {last_name} can take part, however the ideal option is for the parent/carer who took part in one of the previous follow-up studies to answer the following questions.”}

{if W1 = 1 and W2 = 0} OR {W2 = 1 and W1 = 0}: “Your household took part in the 2017 survey and also in the follow-up survey {if W1 = 1 and W2 = 0: “in July 2020”; if W2 = 1 and W1 = 0: “in March 2021”}. We really appreciate you giving your time again. Any parent/carer of {first_name} {last_name} can take part, however the ideal option is for the parent/carer who took part in {if W1 = 1 and W2 = 0: “2020”; if W2 = 1 and W1 = 0: “2021”} to answer the following questions.”}

The survey should take you around 20 minutes to complete. You don’t have to complete the whole survey in one go – any progress you make will be saved and you can start where you left off when you next log in.

{if Age2022=11-15: “Once you have finished answering your questions, with your permission we would also like {first_name} to answer some questions on {if Gender=1: “his”, Gender=2: “her”} own.”}

{if Age2022=16: “Please discuss taking part with {first_name} and ensure that {first_name} is happy for you to take part as the survey asks about their health and wellbeing. Once you have finished answering your questions, with your permission we would also like {first_name} to answer some questions on {if Gender=1: “his”, Gender=2: “her”} own.”}

Please confirm that you have received and read the information leaflet and are happy to take part.”

1. I have read the information leaflet
2. I have not read the information leaflet

NO DK/NO REF

{IF MODE =TEL and Age2022 = 7-16}

IntroP2

“Welcome to the National Study of Health and Wellbeing: Children and Young People 2022.

Before we get started, can you please confirm that you have received and read the information leaflet and are happy to take part?”

1. I have read the information leaflet
2. I have not read the information leaflet

NO DK/NO REF

{If IntroP1 = 2 or IntroP2 = 2}

ConsentChkP

{if MODE=WEB: “Please ensure that you have read the information leaflet and are happy to take part. If you have lost the information leaflet, you can read it on the website: www.natcen.ac.uk/NSHW”}.

{if MODE=TEL: “If you have not read the information leaflet or do not want to take part then we cannot complete the questionnaire.

INTERVIEWER: If the participant has lost the information leaflet, they can read this on the participant webpage: www.natcen.ac.uk/NSHW. You can arrange to call them back at another time when they have read.

If they do not want to take part then please select ‘Exit the questionnaire’.”}

1. Go back to change your answer [GoTo IntroP1/IntroP2]
2. Exit the questionnaire

NO DK/NO REF

{IF MODE = WEB and Age2022 = 16}

IntroP_16_W

“Please confirm that you have discussed taking part with {first_name} and that {first_name} is happy for you to take part.”

1. My child is happy for me to take part
2. My child is not happy for me to take part

NO DK/NO REF

HELP: Why are we asking this?: “Now that your child is older, we would like them to give their permission for you both to take part as the study is about their health and wellbeing. Therefore, we would like you to discuss taking part with them.”

{IF MODE = TEL and Age2022 = 16}

IntroP_16_T

“Can you please confirm that you have discussed taking part with {first_name} and that {first_name} is happy for you to take part?”

1. My child is happy for me to take part
2. My child is not happy for me to take part

{If IntroP_16_W = 2 or IntroP_16_T = 2}

ConsentChkP_16

{if MODE=WEB: “Please ensure that {first_name} is happy for you to take part in your own

questionnaire. If {first_name} is not happy for you to take part, then please exit the questionnaire.”}

{if MODE=TEL: “Please ensure that {first_name} is happy for you to take part in your own questionnaire.

INTERVIEWER: If the child is not happy for the parent to take part then please select ‘Exit the questionnaire’.”}

1. Go back to change your answer [GoTo IntroP_16_W/IntroP_16_T]

2. Exit the questionnaire

NO DK/NO REF

Checks

{if (Age2022 = 7-15 AND (IntroP1 = 1 or IntroP2 = 1)) OR (Age2022 = 16 and (IntroP1 = 1 or IntroP2 = 1) and (IntroP_16_W = 1 or IntroP_16_T = 1))}

Chk1P

“The questionnaire will ask you questions about {first_name} {last_name}.

Before we start, please can you confirm the month and year {first_name} was born. For example, if {first_name} was born on 15th June 1990, {if MODE=WEB:”please enter ‘06’ for the month and ‘1990’ for the year.”} {if MODE=TEL: “this would be ‘06’ for the month and ‘1990’ for the year.”}

Enter the month (MM):

Enter the year (YYYY):

Format: mm/yyyy.

HELP: Why are we asking this?: “We need this information to make sure we are asking questions about the correct person.”

{if Chk1P = DK,RF}

ChildAgeP

“What age is {first_name} {last_name}?”

Range: 6...16

{If ChildAgeP = DK, RF}

Exit1P

“In order to complete this questionnaire we need to make sure that we are asking questions about the correct person. You have told us that you do not want to provide {first_name} {last_name}'s month and year of birth or age.

{if MODE=WEB: “If you are happy to provide this, please go back and enter the month and year of birth.

If you are not happy to provide this about {first_name} {last_name} then please exit the questionnaire.”}

{if MODE=TEL: “INTERVIEWER: If the participant is happy to provide this, please go back and enter in the month and year of birth, or age. If they are not happy to provide this then please select ‘Exit the questionnaire’.”}

1. Go back to change your answer [GoTo Chk1P]
2. Exit the questionnaire
NO DK/NO REF

Demographics

{if Age2022 = 7-16 AND {Chk1P = 1}}

DoBP

“Next, we’d like to ask some questions about you and your household. What was the month and year you were born?”

Enter date as MM/YYYY. For example, if you were born on 15th June 1990, {if MODE=WEB:”please enter '06' for the month and '1990' for the year.”} {if MODE=TEL: “this would be '06' for the month and '1990' for the year.”}

Enter month (MM):

Enter year (YYYY):”

Format: mm/yyyy

{if DoBP = DK/REF}

AgeP

“What is your age?”

Range: 16...110

{ASK ALL}

GenderP

“And are you...”

1. Male
2. Female
3. Other
4. Prefer not to answer

{ASK ALL}

NumAdultP

“How many people in your household are aged 18 and over?”

Please include yourself in the calculation.”

Range: 1...14

HELP: What does household mean?: “By household we mean the people that you are currently living with.”

{ASK ALL}

NumChildP

“How many people in your household are aged 17 or under?”

Range: 1...14

{if NumAdultP<>DK/REF OR NumChildP<>DK/REF}

NumCheckP

“You have told us that *{if NumAdultP+NumChildP > 1: “people live here”; if NumAdultP+NumChildP = 1: “person lives here”}*, including yourself. Is that correct?”

1. Yes
2. No – go back to change answers [GoTo NumAdultP]
NO DK/NO REF

{IF NumAdultP > 1}

CoupleStatusP

“Are you living with someone in this household as a couple?”

1. Yes
2. No

{ASK ALL}

TenureP

“In which of these ways is your accommodation occupied?”

1. Own it outright
2. Buying it with the help of a mortgage/loan
3. Part own and part rent (shared ownership)
4. Rent it from a housing association or local council
5. Rent it from another type of landlord
6. Live here rent-free
7. Squatting

Employment

{ASK ALL}

EmployStatusP

“Thinking about your current work status, which of these statements best describes your current situation?”

1. Self employed
2. In paid employment (full or part time)
3. Unemployed
4. Retired
5. On maternity / paternity leave
6. Looking after family or home
7. Student
8. Long term sick or disabled
9. On a government training scheme
10. Unpaid worker, volunteer or intern
11. Working in an apprenticeship

12. Doing something else

{if CoupleStatusP = 1}

EmployStatusPartnerP

“And thinking about your partner’s current work status, which of these statements best describes your partner’s current situation?”

1. Self employed
2. In paid employment (full or part time)
3. Unemployed
4. Retired
5. On maternity / paternity leave
6. Looking after family or home
7. Student
8. Long term sick or disabled
9. On a government training scheme
10. Unpaid worker, volunteer or intern
11. Working in an apprenticeship
12. Doing something else

{if W1 = 1 OR W2 = 1}

SameParP

“Are you the same parent/carer who completed the follow-up survey in {IF W1 = 1 AND W2 = 0 “July 2020?”} {IF W2 = 1 “March 2021?”} { IF W1 =1 & W2 = 1 “March 2021?” }”

1. Yes
 2. No
 3. Don’t know
- NO DK

{if W1 = 0 or SameParP = 2 or 3}

RToChildP

“What is your relationship to {first_name} {last_name}?”

1. Parent
2. Step parent
3. Grandparent or other close family member
4. Guardian or other

{ASK ALL}

NickNameP

{if MODE=WEB: “If {first_name} goes by a different name, please type it in here. We will use this to refer to them throughout the questionnaire.”}

{if MODE=TEL: “Does {first_name} go by a different name? Please let me know if so and I will use this to refer to them throughout the questionnaire instead.”}

INTERVIEWER: Type in the nickname and this will be used throughout the questionnaire

instead."}

OPEN

1. {first_name} does not go by a different name

NO DK / NO REF

Strengths and Difficulties

{ASK ALL}

SDQIntroP

"The next set of questions will ask about {if NickNameP=RESPONSE: "NicknameP", else:"first_name"}'s strengths and difficulties.

Please answer every question even if you are not 100% sure that your answer is right."

{ASK ALL}

SDQP [COLLAPSIBLE GRID QUESTION: ONE PAGE]

"How well does each statement describe how {if NickNameP=RESPONSE: "NicknameP", else:"first_name"} has been over the last 6 months?"

GRID ROWS:

1. Considerate of other people's feelings
2. Restless, overactive, cannot stay still for long
3. Often complains of headaches, stomach aches or sickness
4. Shares readily with other children, for example toys, treats, pencils
5. Often has temper tantrums or hot tempers

GRID COLS:

1. Not true
2. Somewhat true
3. Certainly true

{ASK ALL}

SDQP2 [COLLAPSIBLE GRID QUESTION: ONE PAGE]

"How well does each statement describe how {if NickNameP=RESPONSE: "NicknameP", else:"first_name"} has been over the last 6 months?"

GRID ROWS:

1. Rather solitary, tends to play alone
2. Generally well behaved, usually does what adults request
3. Many worries or often seems worried
4. Helpful if someone is hurt, upset or feeling ill
5. Constantly fidgeting or squirming

GRID COLS:

1. Not true
2. Somewhat true

3. Certainly true

{ASK ALL}

SDQP3 [COLLAPSIBLE GRID QUESTION: ONE PAGE]

“How well does each statement describe how {if NickNameP=RESPONSE: “NicknameP”, else:”first_name”} has been over the last 6 months?”

GRID ROWS:

1. Has at least one good friend
2. Often fights with other children or bullies them
3. Often unhappy, down-hearted or tearful
4. Generally liked by other children
5. Easily distracted, his/her concentration wanders”

GRID COLS:

1. Not true
2. Somewhat true
3. Certainly true

{ASK ALL}

SDQP4 [COLLAPSIBLE GRID QUESTION: ONE PAGE]

“How well does each statement describe how {if NickNameP=RESPONSE: “NicknameP”, else:”first_name”} has been over the last 6 months?”

GRID ROWS:

1. Nervous or clingy in new situations, easily loses confidence
2. Kind to younger children
3. Often lies or cheats
4. Picked on or bullied by other children
5. Often offers to help others (parents, teachers, children)

GRID COLS:

1. Not true
2. Somewhat true
3. Certainly true

{ASK ALL}

SDQP5 [COLLAPSIBLE GRID QUESTION: ONE PAGE]

“How well does each statement describe how {if NickNameP=RESPONSE: “NicknameP”, else:”first_name”} has been over the last 6 months?”

GRID ROWS:

1. Thinks things out before acting
2. Steals from home, school or elsewhere
3. Gets on better with adults than with other children

4. Many fears, easily scared
5. Sees tasks through to the end, good attention span

GRID COLS:

1. Not true
2. Somewhat true
3. Certainly true

{ASK ALL}

SDQ26P

“Overall, do you think that {if NickNameP=RESPONSE: “NicknameP”, else:”first_name”} has difficulties in one or more of the following areas:

Emotions, concentration, behaviour or getting on with other people?”

1. No
2. Yes: minor difficulties
3. Yes: definite difficulties
4. Yes: severe difficulties

{ASK IF: SDQ26P >= 2}

SDQ27P

“How long have these difficulties been present?”

1. Less than a month
2. One to five months
3. Six to twelve months
4. Over a year

{ASK IF SDQ26P >= 2}

SDQ28P

“Do the difficulties upset or distress {if NickNameP=RESPONSE: “NicknameP”, else:”first_name”}?”

1. Not at all
2. Only a little
3. Quite a lot
4. A great deal

{ASK IF: SDQ26P >= 2}

SDQDiffP [COLLAPSIBLE GRID QUESTION: ONE PAGE]

“Do the difficulties interfere with {if NickNameP=RESPONSE: “NicknameP”, else:”first_name”}'s everyday life in the following areas...”

GRID ROWS:

1. Home life

2. Friendships
3. Classroom learning
4. Leisure activities

GRID COLS:

1. Not at all
2. Only a little
3. Quite a lot
4. A great deal

{ASK IF SDQ26P >= 2}

SDQ33P

“Do the difficulties put a burden on you or the family as a whole?”

1. Not at all
2. Only a little
3. Quite a lot
4. A great deal

Self-harm

{ASK ALL}

SHIntroP

“The next questions are about your child harming themselves on purpose, for example by taking an overdose of pills or other medication, cutting themselves, or injuring themselves in some other way.”

{ASK ALL}

SelfHarmTalkP

“In the last 4 weeks, did your child talk about harming themselves?”

1. Yes
2. No

{ASK ALL}

SelfHarmTryP

“In the last 4 weeks, did your child try to harm themselves?”

1. Yes
2. No

{ASK ALL}

SelfHarmEverP

“Over the whole of their lifetime, has your child ever tried to harm themselves?”

1. Yes
2. No

{ASK ALL}

OrganisationsP2

“Thank you for answering these questions. {if MODE=WEB: “If you need any support please refer to the list of organisations in the accompanying leaflet. The charity Young Minds provides a helpline for parents and carers which is free on 0808 802 5544 and is open from 9:30am - 4pm, Monday - Friday. The NSPCC provides advice on self-harm for parents and carers here: <https://www.nspcc.org.uk/keeping-children-safe/childrens-mental-health/self-harm/>”}

{if MODE=TEL: “If you need any support you can refer to the list of organisations in the back of your information leaflet. If you would like to talk to someone the charity Young Minds provides a helpline for parents and carers which is free on 0808 802 5544 and is open from 9:30am - 4pm, Monday – Friday. The NSPCC website also provides advice on self-harm for parents and carers. INTERVIEWER: IF ASKED FOR LINK READ OUT: <https://www.nspcc.org.uk/keeping-children-safe/childrens-mental-health/self-harm/>”}

General Health Questionnaire (GHQ-12)

{ASK ALL}

GHQIntroP

“The next questions are about how **your health has been in general over the **past few weeks. {if MODE=WEB: “Please answer all the questions by selecting the answer which describes how you have been feeling.”}; {if MODE=TEL: “Please tell me the answer which describes how you have been feeling.”}****

{ASK ALL}

GHQ1P

“Have you recently been able to concentrate on whatever you're doing?”

1. Better than usual
2. Same as usual
3. Less than usual
4. Much less than usual

{ASK ALL}

GHQ2P

“Have you recently lost much sleep over worry?”

1. Not at all
2. No more than usual
3. Rather more than usual
4. Much more than usual

{ASK ALL}

GHQ3P

“Have you recently felt that you are playing a useful part in things?”

1. More so than usual
2. Same as usual
3. Less so than usual
4. Much less than usual

{ASK ALL}

GHQ4P

“Have you recently felt capable of making decisions about things?”

1. More so than usual
2. Same as usual
3. Less so than usual
4. Much less than usual

{ASK ALL}

GHQ5P

“Have you recently felt constantly under strain?”

1. Not at all
2. No more than usual
3. Rather more than usual
4. Much more than usual

{ASK ALL}

GHQ6P

“Have you recently felt you couldn't overcome your difficulties?”

1. Not at all
2. No more than usual
3. Rather more than usual
4. Much more than usual

{ASK ALL}

GHQ7P

“Have you recently been able to enjoy your normal day-to-day activities?”

1. More so than usual
2. Same as usual
3. Less able than usual
4. Much less able than usual

{ASK ALL}

GHQ8P

“Have you recently been able to face up to your problems?”

1. More so than usual
2. Same as usual
3. Less able than usual
4. Much less able than usual

{ASK ALL}

GHQ9P

“Have you recently been feeling unhappy and depressed?”

1. Not at all
2. No more than usual
3. Rather more than usual
4. Much more than usual

{ASK ALL}

GHQ10P

“Have you recently been losing confidence in yourself?”

1. Not at all
2. No more than usual
3. Rather more than usual
4. Much more than usual

{ASK ALL}

GHQ11P

“Have you recently been thinking of yourself as a worthless person?”

1. Not at all
2. No more than usual
3. Rather more than usual
4. Much more than usual

{ASK ALL}

GHQ12P

“Have you recently been feeling reasonably happy, all things considered?”

1. More so than usual
2. Same as usual
3. Less so than usual
4. Much less than usual

{ASK ALL}

LonelyP

“How often do you feel lonely?”

1. Often or always
2. Some of the time
3. Occasionally
4. Hardly ever
5. Never

{ASK ALL }

LonelyHelpYP

“Thank you for answering these questions. {if MODE=WEB: “If you need any support please refer to the list of organisations in the accompanying leaflet or you can visit www.natcen.ac.uk/NSHW.”} {if MODE=TEL: “If you need any support you can refer to the list of organisations in the back of your information leaflet. These organisations are also listed on our website. INTERVIEWER: IF ASKED FOR LINK READ OUT: ‘you can visit www.natcen.ac.uk/NSHW.’: {if MODE=TEL: “INTERVIEWER:} Please click ‘NEXT’ to continue.”}

Family functioning

{ASK ALL}

FamFuncP [COLLAPSIBLE GRID QUESTION: ONE PAGE]

“The next question is about how your family gets on together. How much would you agree or disagree with the following statements:”

GRID ROWS:

1. We avoid discussing our fears and concerns
2. There is lots of bad feeling in the family
3. We feel accepted for what we are
4. We confide in each other

GRID COLS:

1. Strongly agree
2. Agree
3. Disagree
4. Strongly disagree

{if NumAdultP>1}

ArgueP

“When the adults in the house get into arguments with each other, the children may see or hear what is going on. Has {if NickNameP=RESPONSE: “NicknameP”, else:”first_name”} seen or heard one of these arguments?”

1. Yes
2. No
3. Don’t know
4. Prefer not to answer

{ASK ALL}

CarerP

“{if Age2022=16: “Apart from anything {if NickNameP=RESPONSE: “NicknameP”, else:”first_name”} does as part of paid employment, does {if Gender=1: “he”, Gender=2: “she”}, if Age2022=7-15: “Does {if NickNameP=RESPONSE: “NicknameP”, else:”first_name”} look after, or give any regular help or support to family members, friends, neighbours or others because of either long-term physical ill-health, mental ill-health, disability; or problems related to old age?”

1. Yes

2. No

{If CarerP=1}

CarerHoursP

“How many hours a week, on average, does {first_name} spend doing this?”

1. Less than one hour
2. 1-4 hours
3. 5-9 hours
4. 10-19 hours
5. 20-34 hours
6. 35-49 hours
7. 50 hours or more

Service contact

{ASK ALL}

SCIntroP

“The next questions ask about {if NickNameP=RESPONSE: “NicknameP”, else:”first_name”}'s contact with any professional services or sources of support.”

{ASK ALL}

ConcernP

“Since 1st April 2021, have you had any concerns or worries about {if NickNameP=RESPONSE: “NicknameP”, else:”first_name”}'s mental health, or emotional, behavioural or concentration problems?”

1. Yes
2. No

{if ConcernP = 1}

SeekHelpP

“Since 1st April 2021, have you sought help or advice for this concern?”

1. Yes
2. No

{if SeekHelpP = 2}

SeekHelpNoP

“Why did you decide not to seek help or advice?”

1. Did not think problem was serious enough
2. Did not think services could help
3. Did not know who to approach/contact
4. Did not think help was available due to the pandemic
5. Did not want child to be seen due to worries about catching coronavirus (COVID-19)
6. Already receiving help or advice for this concern
7. Other (please specify)

{ASK ALL}

InformalContactP

“Since 1st April 2021, have you or {if NickNameP=RESPONSE: “NicknameP”, else:”first_name”} sought help or advice from any of the following sources or people because of worries about {if NickNameP=RESPONSE: “NicknameP”, else:”first_name”}'s mental health or emotional, behavioural or concentration problems?

1. Someone in your family or a close friend
2. NHS or Government internet websites such as Every Mind Matters
3. Internet websites run by charities such as Young Minds, Mind
4. Online sources such as online chat, blogs, social media platforms (e.g. Instagram, Twitter) or other online communities or self-help groups
5. Telephone help lines (for example, Samaritans, NHS 111, Mind)
6. Text chat mental health support, such as Young Minds Textline
7. Groups in your community, such as support groups run by charities or other organisations
8. None of the above [EXCLUSIVE CODE]

{ASK ALL}

ServiceContactP

“Since 1st April 2021, have you or {if NickNameP=RESPONSE: “NicknameP”, else:”first_name”} been in contact with any of the following people or services because of worries about {if NickNameP=RESPONSE: “NicknameP”, else:”first_name”}'s mental health or emotional, behavioural or concentration problems?

1. A teacher (for example, form teacher, head of year)
2. Someone from school-based mental health support services (for example, school counsellor or someone from a school Mental Health Support Team)
3. Someone working in educational support services (for example, an educational psychologist or external specialist teacher)
4. Someone from primary health care (for example, a GP, practice nurse or school nurse)
5. Someone from Child and Adolescent Mental Health Services (CAMHS) (for example, child psychologist or psychiatrist, child mental health nurse, or family therapist)
6. Someone specialising in children's physical health (for example, a hospital or community paediatrician, or occupational therapist)
7. Someone from social care (for example, a social worker or family support worker)
8. A private, paid for service (for example, a private child psychiatrist, psychologist, therapist or counsellor)
9. Accident and Emergency or an Emergency Department
10. Other (please specify)
11. No contact with any professional/service [EXCLUSIVE CODE]

{if ServiceContactP = 2,4,5,6, 7 OR 8}

TypeContactP

“What type of contact did you or {if NickNameP=RESPONSE: “NicknameP”, else:”first_name”} have with {if ServiceContactP RESPONSE =1: (ServiceContactP=2 “someone from school-based mental health support services”); (ServiceContactP=4 “someone from primary health care”); (ServiceContactP=5 “someone from Child and

Adolescent Mental Health Services (CAMHS))?”); (*ServiceContactP=6* “someone specialising in physical health”); (*ServiceContactP=7* “someone from social care”); (*ServiceContactP=8* “a private, paid for service”); *ELSE if ServiceContactP RESPONSE > 1*: “these people or services”?

1. Online via videoconference e.g. Teams, Zoom or similar
2. Face to face
3. Telephone
4. Email or online chat
5. Other (please specify)

LOOP START

{if ServiceContactP = 2,4,5,9}

ContactOutcomeP

“After contact with {{if ServiceContactP = 2 “a school, college or university mental health support service”}; {if ServiceContactP = 4 “someone from primary health care”}; {if ServiceContactP = 5 “specialist mental health services such as Child and Adolescent Mental Health Services (CAMHS)”}; {if ServiceContactP = 9 “Accident and Emergency or an Emergency Department”} what happened next?”

Please select as many as applied.”

1. Your child received an assessment for a mental health condition
2. Your child received a diagnosis for a mental health condition
3. Your child received treatment such as medication, therapy or counselling
4. You or your child were signposted to sources of support, such as self-help resources (including digital and apps), a community group, charity, or other organisation
5. You were told, or led to believe, that your child did not have a mental health condition or would not benefit from mental health treatment
6. Your child was referred on to a different service or professional for assessment or treatment
7. You/you and your child felt no further support or treatment were needed
8. Other (please specify)

LOOP END

ASK ALL

WaitingListP

“At any point during the past year (since **1st April 2021**), has your child been on a waiting list for assessment or treatment for a mental health concern?”

1. Yes, my child is currently on a waiting list
2. Yes, my child was on a waiting list but is no longer waiting for assessment or treatment
3. No

{if WaitingListP = 1 or 2}

WaitingListTimeP

{If WaitingListP = 2 “How long was your child on a waiting list?”}

{If WaitingListP = 1 “How long has your child been on a waiting list so far?”}

1. Less than a month
2. 1 to 2 months
3. 3 to 5 months
4. 6 to 12 months
5. More than a year

{{if WaitingListP =1 or 2}}

WaitingListCrisisP

{If WaitingListP = 2 “Did you seek mental health support from any of the following whilst your child was on a waiting list?”}

{If WaitingListP = 1 “Have you sought mental health support from any of the following whilst your child has been on a waiting list?”}

1. Yes, emergency or crisis mental health support
2. Yes, private mental health support
3. Yes, other service or source of help
4. No

{if WaitingListP =1 or 2}

WaitingListSupportP

If WaitingListP = 2 “How well supported by services or professionals did you and your child feel during the time your child was on a waiting list?”

If WaitingListP = 1 “How well supported by services or professionals have you and your child felt during the time your child has been on a waiting list?”

1. Very well supported
2. Quite well supported
3. Neither supported nor unsupported
4. Not very supported
5. Not at all supported

{ASK ALL}

MedicationP

“Since 1st April 2021 has {if NickNameP=RESPONSE: “NicknameP”, else:”first_name”} been prescribed any medication for a mental health or emotional, behavioural or concentration problem?”

1. Yes
2. No

Physical health of child

{ASK ALL}

CovidP

“Has {if NickNameP=RESPONSE: “NicknameP”, else:”first_name”} ever tested positive for COVID-19 or had a COVID-19 diagnosis ?”

1. Yes - once
2. Yes - twice or more
3. No
4. Don't know

{if CovidP = 1 OR 2}

CovidPTime

“When did your child last have COVID-19?”

1. Less than 3 months ago
2. 3 months ago or more

{IF CovidP = 1 or 2}

CovidRecoverP

“If your child has had symptoms of COVID-19, how much do you agree with the following statement:

My child has fully recovered from COVID-19.

Please respond on a scale of 0 to 10, with ‘0’ being ‘strongly disagree’ and ‘10’ being ‘strongly agree’.”

- 0 Strongly disagree
1
2
3
4
5 Neutral
6
7
8
9
10 Strongly agree
11 Not applicable, my child did not have any symptoms of COVID-19

Education

{ASK ALL}

EducatedP

“From September 2021, how was {if NickNameP=RESPONSE: “NicknameP”, else:”first_name”} being educated?”

1. Registered to attend a 'mainstream' school or college, including for an apprenticeship
2. Registered to attend a special school or college for children and young people with special educational needs or disabilities
3. Registered to attend a Pupil Referral Unit
4. Home educated (i.e. not registered to attend a school, college or other educational institution and in full time home education)
5. Other (please specify)

{If EducatedP<>4}

MissedSchoolDaysP

“Which of the following most closely describes the number of school days that {if NickNameP=RESPONSE: “NicknameP”, else:”first_name”} missed in the Autumn term of 2021 (September – December 2021)?”

1. None
2. 1-2 days
3. 3-5 days

4. 6-10 days
5. 11-15 days
6. More than 15 days

HELP: What do we mean? : “By this we mean not physically attending school due to self-isolation, any illness or other personal reasons, as well as occasions where the school has closed early or moved all learning online e.g. prior to Christmas.”

{if MissedSchoolDaysP > 1}

MissedSchIRsnP

“What was the reason(s) for {if NickNameP=RESPONSE: “NicknameP”, else:”first_name”} not attending school? Please select as many as applied during the Autumn term of 2021 (September - December 2021).

1. Self-isolating due to own COVID-19 symptoms, waiting for testing or contact with a case
2. Self-isolating prior to seeing family or gathering with others (e.g. before Christmas or other holiday)
3. School closed or moved learning online due to COVID-19 (e.g. school resource issues or staff illness)
4. School rota includes periods of online learning
5. Child or someone else in the household is clinically vulnerable and avoiding contact with others
6. Other physical illness (not COVID-19)
7. Being bullied
8. Anxiety, depression or other mental health concerns
9. Illness or death in the family
10. Exclusion from school (either fixed-term or permanent)
11. Other reason (please specify)

{if MissedSchIRsnP = 7, 8 or 9}

HelplineP

“Thank you for answering these questions during a difficult time. If you are worried about your child, then the charity YoungMinds supports young people’s mental health: IF ASKED:”}and has a parent helpline. {if MODE=TEL:”INTERVIEWER You can visit <https://youngminds.org.uk/> or call **0808 802 5544** (Monday to Friday 9.30am – 4pm).

If you need help with bereavement, then the charity Cruse can offer support. You can visit their website at <https://www.cruse.org.uk/> for more information.

Please click ‘NEXT’ to continue.”

{if EducatedP <=4}

SchoolINP

“Thinking about school at the moment, how much do you agree or disagree with the following statements...”

GRID ROWS:

1. My child can get help and support from teachers or other school staff if they need to, for worries about personal problems or mental health
2. COVID-19 has significantly disrupted my child’s learning
3. COVID-19 and the related school closures will affect my child’s future exam results

4. COVID-19 affected my child's relationships with friends and classmates at school
5. My child engages well in learning at school
6. School staff will support my child to catch up any learning they have missed due to Covid-19
7. My child feels safe at school

GRID COLUMNS:

1. Strongly agree
2. Agree
3. Neither agree nor disagree
4. Disagree
5. Strongly disagree
6. Don't know
7. Not applicable

{ASK ALL}

SchMealsP

Does {if NickNameP=RESPONSE: "NicknameP", else:"first_name"} receive free school meals or vouchers for free school meals?"

1. Yes
2. No

{ASK ALL}

ParentSNP

"Does {if NickNameP=RESPONSE: "NicknameP", else:"first_name"} have special educational needs or disabilities (SEND)?"

1. Yes
2. No

{if ParentSNP = 1}

ParentEHCP

"Does {if NickNameP=RESPONSE: "NicknameP", else:"first_name"} have an Education, Health and Care (EHC) Needs plan?"

1. Yes
2. No

{if ParentSNP = 1}

SNAreaP

"Which areas are these special needs related to?"

1. Difficulties with speech, language and/or communication (difficulties that make it hard for them to understand language or communicate effectively)
2. Learning difficulties (learning at a slower pace, which may be for everything or just for some skills such as reading/writing/maths, and/or difficulties with memory and/or organisation)
3. Social, emotional and mental health (difficulties with emotions, behaviour, concentration or getting along with people that get in the way of learning or coping at school)
4. Sensory and/or physical (difficulties with vision or hearing and/or physical ill health that gets in the way of learning or coping at school)

Household circumstances and changes

{ASK ALL}

ChangesP

"In the past year, since 1st April 2021 has your household experienced any of the following changes?"

1. You *{if CoupleStatusP=1: "or your partner"}* have lost your job or business
2. Reduction in household income
3. Fallen behind with bills, rent or mortgage
4. Could not afford to buy enough food, or had to use a food bank
5. Could not afford to keep your home warm enough
6. You have lost your home or become homeless
7. Either you or somebody close to you is or was seriously ill
8. None of the above [EXCLUSIVE CODE]

{if ChangesP<=8}

OrganisationsP

"Thank you for answering these questions. *{if MODE=WEB: "If you need any support please refer to the list of organisations in the accompanying leaflet. If you would like to talk to someone, you can call Samaritans for free on 116 123. The helpline is open 24 hours every day." {if MODE=TEL: "If you need any support you can refer to the list of organisations in the back of your information leaflet. If you would like to talk to someone you can call the charity Samaritans for free. INTERVIEWER: If asked, the number is 116 123 and the helpline is open 24 hours every day."}*

Please click 'NEXT' to continue."

{ASK ALL}

ChildSupportP [COLLAPSIBLE GRID QUESTION: ONE PAGE]

The following questions now ask about the people *{if NickNameP=RESPONSE: "NicknameP", else:"first_name"}* can turn to for support since 1st April 2021. *{if MODE=WEB: "Please choose the box that best reflects how strongly you agree with each statement."}*

{if MODE=TEL: "Please tell me the answer that best reflects how strongly you agree with each statement."}

GRID ROWS:

{if NickNameP=RESPONSE: "NicknameP", else:"first_name"} has access to at least one friend they can turn to for support

{if NickNameP=RESPONSE: "NicknameP", else:"first_name"} has access to one adult at school they can turn to for support

{if NickNameP=RESPONSE: "NicknameP", else:"first_name"} has access to one family member outside of the home they can turn to for support

GRID COLUMNS:

Strongly agree

Agree

Neither agree nor disagree
Disagree
Strongly disagree

HELP: What does having access to support mean?: “By having access to support, we mean that if {if NickNameP=RESPONSE: “NicknameP”, else:”first_name”} needed support, they would be able to get in touch with and receive support from that person using any method. For example by email, by text message, by phone call or in person.”

Eating, Sleeping and Activities

{ASK ALL}

Eating1P

“The next questions are about how {if NickNameP=RESPONSE: “NicknameP”, else:”first_name”} feels about {if Gender=1: “his”, Gender=2: “her”} body shape and eating.

Has {if NickNameP=RESPONSE: “NicknameP”, else:”first_name”} ever thought {if Gender=1: “he”, Gender=2: “she”} was fat even when other people said {if Gender=1: “he”, Gender=2: “she”} was very thin?”

1. Yes
2. No

{ASK ALL}

Eating2P

“Would {if NickNameP=RESPONSE: “NicknameP”, else:”first_name”} be ashamed if other people knew how much {if Gender=1: “he”, Gender=2: “she”} eats?”

1. Yes
2. No

{ASK ALL}

Eating3P

“Has {if NickNameP=RESPONSE: “NicknameP”, else:”first_name”} ever deliberately made {if Gender=1: “himself”, Gender=2: “herself”} vomit (throw up)?”

1. Yes
2. No

{ASK ALL}

Eating4P

“Do worries about eating (such as what to eat? Where to eat? How much to eat?) really interfere with {if NickNameP=RESPONSE: “NicknameP”, else:”first_name”}'s life?”

1. Yes
2. No

{ASK ALL}

Eating5P

“If {if NickNameP=RESPONSE: “NicknameP”, else:”first_name”} eats too much, does {if Gender=1: “he”, Gender=2: “she”} blame {if Gender=1: “himself”, Gender=2: “herself”} a lot?”

1. Yes
2. No

{ASK ALL}

BeatP

"If you are worried about your child's eating behaviour, then the charity BEAT supports people who have or are worried they have an eating disorder, as well as others affected, such as friends and family members. {if MODE=TEL: "If asked:"} You can visit their website at <https://www.beateatingdisorders.org.uk/support-services> for more information.

{ASK ALL}

SleepP [COLLAPSIBLE GRID QUESTION: ONE PAGE]

"On how many nights in the past 7 days, has {if NickNameP=RESPONSE: "NicknameP", else:"first_name"} had any of the following problems with their sleep?

GRID ROWS:

1. Problems in getting to sleep
2. Problems with waking in the night
3. Problems with waking up early

GRID COLS:

1. None
2. One night
3. Two nights
4. Three nights
5. Four nights
6. Five nights
7. Six nights
8. Seven nights

{ASK ALL}

ActivityP [COLLAPSIBLE GRID QUESTION: ONE PAGE]

"In the past 7 days, how often has {if NickNameP=RESPONSE: "NicknameP", else:"first_name"} done any of the following?

GRID ROWS:

1. Exercised indoors or outdoors (for example, running, walking, dancing, gymnastics, swimming or cycling)
2. Enjoyed time outdoors in green space (for example, in a park, garden or the coast or countryside)
3. Taken part in any groups, clubs or organisations outside of school time (for example, an after-school club, a sports club, a choir, or a volunteering society)
4. Playing video games on an electronic device
5. Eaten a meal together with family
6. Spent time with the rest of the family (for example, watching films or TV together, having a conversation, or doing an activity)

GRID COLS:

1. Not at all
2. On one day
3. On two days
4. On three days
5. On four days
6. On five days
7. On six days
8. On seven days

Consents

{ASK ALL}

DLConsentP

"We would like to link your responses to this survey to other data held about {if NickNameP=RESPONSE: "NicknameP", else:"first_name"} by NHS Digital, Department for Education and the Office for National Statistics. This includes information that NHS Digital and the Office for National Statistics maintain on {if NickNameP=RESPONSE: "NicknameP", else:"first_name"}'s NHS health record including in-patient/out-patient care, primary care, diagnostic care, mental health, cancer and records for when and the reason why people pass away. The Department for Education maintain information on {if NickNameP=RESPONSE: "NicknameP", else:"first_name"}'s education record including educational achievement, absence, exclusions and special educational needs.

To link this information, we will need to send {if NickNameP=RESPONSE: "NicknameP", else:"first_name"}'s name, address and date of birth to the organisation that owns the data so that they can identify {if NickNameP=RESPONSE: "NicknameP", else:"first_name"}'s record. This linkage allows research into how a person's lifestyle and experiences can have an impact on their future health and education. By doing so, we can create evidence to inform decisions to improve services and policies which affect all children and families in England. {if NickNameP=RESPONSE: "NicknameP", else:"first_name"} will not be identified in any research, which will be carried out under strict privacy and confidentiality rules. You can cancel this permission at any time in the future by contacting NHS Digital, you do not need to give a reason why.

You can contact NHS Digital either by emailing enquiries@nhsdigital.nhs.uk, or by telephoning 0300 303 5678. These contact details are also in the accompanying leaflet.

1. I agree to linkage to data held by NHS Digital and the Office for National Statistics
2. I agree to linkage to data held by the Department for Education
3. I do not agree to linkage [EXCLUSIVE CODE]
NO DK/NO REF

{ASK ALL}

FutConsentP

"In the future, NatCen, ONS or NHS Digital may want to contact you about further research about your/your child's mental health and wellbeing. Would you be willing to be contacted again in the future? If you are invited to take part in any future studies you will be free to refuse if you do not want to take part. You can cancel this permission at any time by contacting NHS Digital either by emailing enquiries@nhsdigital.nhs.uk, or by telephoning 0300 303 5678."

1. Yes

2. No
3. Yes (in certain circumstances) – please specify at next question
NO DK/NO REF

{IF FutConsentP = 3}

FutConsentCircP

“What would your conditions be for being contacted again in the future?”

1. Contact household beforehand
2. Only at a convenient time
3. Don’t want to answer other types of question

{if (FutConsentP = 1 OR 3) and (PhoneComb <> “”)}

Tel1ChkP

“So that we can keep in touch it is really important that we have your most up-to-date contact details. Is your preferred telephone number {PhoneComb}?”

1. Yes
2. No

{if (FutConsentP = 1) OR 3 and (PhoneComb = EMPTY or Tel1ChkP = 2)}

Tel1UpdP

{IF PhoneComb = EMPTY: “It is really important that we have your most up-to-date phone details to contact you on.

We do not currently have a telephone number for you in our records. {IF MODE=WEB: “Please enter”}; {IF MODE=TEL: “Could I take”} your preferred telephone number {IF MODE=TEL: “?”}”}

{IF Tel1ChkP = 2: “{IF MODE=WEB: “Please enter”}; {IF MODE=TEL: “Could I take”} your correct telephone number” {IF MODE=TEL: “?”}”}

INTERVIEWER: READ TELEPHONE NUMBER BACK TO PARTICIPANT AND CONFIRM

OPEN

1. {IF MODE=WEB: “I do”}; {IF MODE=TEL: “Respondent does”} not have a telephone number
2. {IF MODE=WEB: “I do”}; {IF MODE=TEL: “Respondent does”} not wish to give {IF MODE=WEB: “my”/IF MODE=TEL: “their”} telephone number

{IF (FutConsentP = 1 OR 3) AND (PhoneComb2 <> “”) AND (Tel1UpdP <> 1 or 2)} Tel2Chk1P

“And is your other phone number {PhoneComb2}?”

1. Yes
2. No

{IF (FutConsentP = 1 OR 3) AND (PhoneComb2= EMPTY) AND (Tel1UpdP <> 1 or 2)} Tel2Chk2P

“And do you have another phone number we could contact you on?”

1. Yes
2. No

{IF Tel2Chk1P = 2 OR Tel2Chk2P = 1}

Tel2UpdP

{IF Tel2Chk2P = 1 {IF MODE=WEB: "Please enter"; {IF MODE=TEL: "Could I take"}} your other phone number {IF MODE=TEL: "?"}}

{IF Tel2Chk1P = 2 {IF MODE=WEB: "Please enter"; {IF MODE=TEL: "Could I take"}} your correct other phone number {IF MODE=TEL: "?"}}

INTERVIEWER: READ PHONE NUMBER BACK TO PARTICIPANT AND CONFIRM

OPEN

1. {IF MODE=WEB: "I do"; {IF MODE=TEL: "Respondent does"}} not have another phone number
2. {IF MODE=WEB: "I do"; {IF MODE=TEL: "Respondent does"}} not wish to give {IF MODE=WEB: "my"/IF MODE=TEL: "their"}} other phone number

{if FutConsentP = 1 OR 3}

EmailUpdP

"We do not currently have an email address for you in our records. {IF MODE=WEB: "Please enter"; {IF MODE=TEL: "Could I take"}} your email address if you have one {IF MODE=TEL: "?"}}

OPEN

{IF MODE=WEB: "Please confirm your email address by typing it in the box below again"} {if MODE=TEL: "INTERVIEWER: Confirm the email address by typing it in the box below again"}

INTERVIEWER: READ EMAIL ADDRESS BACK TO PARTICIPANT AND CONFIRM

OPEN

1. {IF MODE=WEB: "I do"; {IF MODE=TEL: "Respondent does"}} not have an email address
2. {IF MODE=WEB: "I do"; {IF MODE=TEL: "Respondent does"}} not wish to give {IF MODE=WEB: "my"; {IF MODE=TEL: "their"}} e-mail address

Voucher

{ASK ALL}

VoucherP

"Finally, as a thank you for your time, we would like to offer you a £10 voucher. This will be an electronic voucher sent to your email account.

{if Age2022=11-16: "After these questions we would like {if NickNameP=RESPONSE: "NicknameP", else:"first_name"} to answer some questions on {if Gender=1: "his", Gender=2: "her"} own."

{ASK ALL}

EmailP

"Please provide an email address where you would like the voucher sent to:"

OPEN

1. I would prefer to receive a physical voucher in the post, sent to my home address
2. I do not require a voucher

PAGE START

{IF EmailP=1}

VouchAddP

“Please provide the address you would like us to send the voucher to:”

{IF EmailP=1}

VouchAdd_AddressLine1P

“First line:”

OPEN

DK/REF NOT ALLOWED

{IF EmailP=1}

VouchAdd_AddressLine2P

“Second line:”

OPEN

ALLOW NA

{IF EmailP=1}

VouchAdd_AddressLine3P

“Third line:”

OPEN

ALLOW NA

{IF EmailP=1}

VouchAdd_AddressLine4P

“Town:”

OPEN

DK/REF NOT ALLOWED

{IF EmailP=1}

VouchAdd_AddressLine5P

“County:”

OPEN

ALLOW NA

{IF EmailP=1}

Postcode

“Post Code:”

OPEN

{IF EmailP=RESPONSE or 1}

VouchSentP

“Please note that it may take up to 21 days for the voucher to arrive.

{IF EmailP=RESPONSE: “Please check your SPAM folder to ensure the electronic voucher did not end up there by mistake.”}”

Please click 'Next' to continue."

Parent end

{IF Age2022 = 7-10}

ClosePageP2

"Thank you for participating in this survey. Your answers will help us understand more about the health and wellbeing of children and young people in England in 2022.

{if MODE=WEB: "If you are worried about any of the questions in this survey you can get information, advice and support from the list of organisations in the back of your information leaflet, or by visiting www.natcen.ac.uk/NSHW."

If you have any further information you'd like to add, please include it in the box below. Otherwise, please click 'Next' to submit your answers. You will not be able to re-enter the questionnaire once you submit your answers."}

{if MODE=TEL: "If you are worried about any of the questions in this survey you can get information, advice and support from the list of organisations in the back of your information leaflet, or by visiting our website. INTERVIEWER: IF ASKED FOR THE LINK, YOU CAN READ OUT THE FOLLOWING: www.natcen.ac.uk/NSHW."

INTERVIEWER: PLEASE ENTER ANY ADDITIONAL INFORMATION SUCH AS CONTACT DETAILS OR ADDITIONAL COMMENTS RELATING TO THIS RESPONDENT'S INTERVIEW IN THE BOX BELOW"}
}

OPEN [0...2000]
ALLOW NA

{IF Age2022 = 11-16}

ContinueP

"Thank you for participating in this survey. Your answers will help us understand more about the health and wellbeing of children and young people in England in 2022.

{if MODE=WEB: "If you are worried about any of the questions in this survey you can get information, advice and support from the list of organisations in the back of your information leaflet, or by visiting www.natcen.ac.uk/NSHW."

{if MODE=TEL: "If you are worried about any of the questions in this survey you can get information, advice and support from the list of organisations in the back of your information leaflet, or by visiting our website. INTERVIEWER: IF ASKED FOR THE LINK, YOU CAN READ OUT THE FOLLOWING: www.natcen.ac.uk/NSHW."

We would now like {if NickNameP=RESPONSE: "NicknameP", else:"first_name"} to answer some questions on {if Gender=1: "his", Gender=2: "her"} own. Hearing from {if NickNameP=RESPONSE: "NicknameP", else:"first_name"} will ensure that {if Gender=1: "his", Gender=2: "her"} own view and personal experiences will be used to help the NHS, policy makers and charities to understand the impact of the coronavirus pandemic on children and young people and this will develop policies and initiatives for the future.

The questionnaire for {if NickNameP=RESPONSE: "NicknameP", else:"first_name"} asks about their health and wellbeing, as well as their contact with family and friends, feelings

about their body and eating, and their experiences and thoughts during the coronavirus pandemic.

Are you willing for {if NickNameP=RESPONSE: "NicknameP", else:"first_name"} to take part in this study?

{if MODE=TEL: "INTERVIEWER: If they are happy for {if NickNameP=RESPONSE: "NicknameP", else:"first_name"} to take part, please select if they would like {if NickNameP=RESPONSE: "NicknameP", else:"first_name"} to complete the questionnaire on the telephone or online"}"

{if MODE=TEL}:

1. Yes, I am willing for {if NickNameP=RESPONSE: "NicknameP", else:"first_name"} to take part on the telephone
2. Yes, I am willing for {if NickNameP=RESPONSE: "NicknameP", else: "first_name"} to take part online
3. No, I do not want {if NickNameP=RESPONSE: "NicknameP", else:"first_name"} to take part

{if MODE=WEB}:

1. Yes, I am willing for {if NickNameP=RESPONSE: "NicknameP", else:"first_name"} to take part
2. No, I do not want {if NickNameP=RESPONSE: "NicknameP", else:"first_name"} to take part

{IF (MODE = TEL and ContinueP=1) OR (MODE = WEB and ContinueP=1)}

ContinueP2

"Thank you. Hearing from {if NickNameP=RESPONSE: "NicknameP", else:"first_name"} as well will be really valuable. We are very grateful to both you and {if NickNameP=RESPONSE: "NicknameP", else:"first_name"} for taking part in this unique study.

{if MODE=WEB: "If {if NickNameP=RESPONSE: "NicknameP", else:"first_name"} is not available right now, you can press the 'STOP' button to exit the questionnaire and {if NickNameP=RESPONSE: "NicknameP", else:"first_name"} can come back at a more suitable time. The questionnaire will pick up where you left off.

Otherwise, if {if NickNameP=RESPONSE: "NicknameP", else:"first_name"} is ready now, please click 'Next' for {if Gender=1: "him", Gender=2: "her"} to begin answering the questions. {if NickNameP=RESPONSE: "NicknameP", else:"first_name"} should be alone whilst answering these questions, if possible."

{if MODE=TEL: "Is {if NickNameP=RESPONSE: "NicknameP", else:"first_name"} available now for me to ask {if Gender=1: "him", Gender=2: "her"} the questions? If {if Gender=1: "he", Gender=2: "she"} is not available now it is possible for {if Gender=1: "him", Gender=2: "her"} to complete the questionnaire online, at a more suitable time for {if Gender=1: "him", Gender=2: "her"}. {if Gender=1: "He", Gender=2: "She"} can do this by using the survey link and unique access code that is on your letter.

INTERVIEWER: If {if NickNameP=RESPONSE: "NicknameP", else:"first_name"} is available now, click 'Next' to move to the child questionnaire."}

{if MODE=TEL AND ContinueP=2}

ContinueTel

"Thank you. Hearing from {if NickNameP=RESPONSE: "NicknameP", else:"first_name"} as well will be really valuable. We are very grateful to both you and {if NickNameP=RESPONSE: "NicknameP", else:"first_name"} for taking part in this unique study.

{if NickNameP=RESPONSE: "NicknameP", else:"first_name"} can complete the questionnaire online by using the survey link and unique access code that is on your letter.

INTERVIEWER, IF ASKED: The survey link is survey.natcen.ac.uk/NSHW. Your access code is {AccessCode}.

{IF (MODE=TEL AND ContinueP=3) OR (MODE=WEB AND ContinueP=2)}

ClosePageP2B

{if MODE=WEB: "Thank you once again for participating in this survey. This is the end of the questions and your answers have been submitted. You can close your browser now."}

{if MODE=TEL: "Thank you once again for participating in this survey. This is the end of the questions."}

2. Child Questionnaire (11 to 16 years old)

Introduction

{if MODE=WEB and Age2022 = 11-16}

IntroC

“Dear {first_name} {last_name}, welcome to the National Study of Health and Wellbeing: Children and Young People 2022.

This study is about the health and wellbeing of children and young people in England. We would also like to ask you some questions about your experiences during the coronavirus (COVID-19) pandemic.

The survey should take you around 10 minutes to complete. You don't have to complete the whole survey in one go – any progress you make will be saved and you can start where you left off when you next log in.

Are you willing to take part in this study? By saying yes you also confirm that you have read the information leaflet.”

1. Yes I am willing to take part and I confirm that I have read the information leaflet
 2. No I do not want to take part
- NO DK/NO REF

{if MODE=TEL and Age2022 = 11-16}

IntroC2

“Welcome to the National Study of Health and Wellbeing: Children and Young People 2022.

Before we get started, can you please confirm that you are willing to take part in this study? That also means that you have read the information leaflet.”

1. Yes I am willing to take part and I confirm that I have read the information leaflet
 2. No I do not want to take part
- NO DK/NO REF

{if IntroC = 2 or IntroC2 = 2}

ConsentChkC

{if MODE=WEB: “Please ensure that you have read the information leaflet and are happy to take part. If you have lost the information leaflet, you can read it on the website: www.natcen.ac.uk/NSHW”.

{if MODE=TEL: “If you have not read the information leaflet or do not want to take part then we cannot complete the questionnaire.

INTERVIEWER: If participant has lost the information leaflet, they can read this on the participant webpage: www.natcen.ac.uk/NSHW. You can arrange to call them back at another time when they have read it. .

If they do not want to take part then please select ‘Exit the questionnaire’.”}

1. Go back to change your answer [GoTo IntroC]
2. Exit the questionnaire

Strengths and Difficulties

{IF IntroC = 1 or IntroC2 = 1}

SDQIntroC

“Thank you. The next set of questions will ask about your strengths and difficulties.

Please answer every question even if you are not 100% sure that your answer is right.”

{ASK ALL}

SDQC [COLLAPSIBLE GRID QUESTION: ONE PAGE]

“How well does each statement describe how you have been over the last 6 months?”

GRID ROWS:

1. I try to be nice to other people, I care about their feelings
2. I am restless, I cannot stay still for long
3. I get a lot of headaches, stomach aches or sickness
4. I usually share with others (food, games, pens etc.)
5. I get very angry and often lose my temper

GRID COLS:

1. Not true
2. Somewhat true
3. Certainly true

{ASK ALL}

SDQC2 [COLLAPSIBLE GRID QUESTION: ONE PAGE]

“How well does each statement describe how you have been over the last 6 months?”

GRID ROWS:

1. I am usually on my own, I generally play alone or keep to myself
2. I usually do as I am told
3. I worry a lot
4. I am helpful if someone is hurt, upset or feeling ill
5. I am constantly fidgeting or squirming

GRID COLS:

1. Not true
2. Somewhat true
3. Certainly true

{ASK ALL}

SDQC3 [COLLAPSIBLE GRID QUESTION: ONE PAGE]

“How well does each statement describe how you have been over the last 6 months?”

GRID ROWS:

1. I have one good friend or more
2. I fight a lot. I can make other people do what I want
3. I am often unhappy, down-hearted or tearful
4. Other people my age generally like me
5. I am easily distracted, I find it difficult to concentrate

GRID COLS:

1. Not true
2. Somewhat true
3. Certainly true

{ASK ALL}

SDQC4 [COLLAPSIBLE GRID QUESTION: ONE PAGE]

“How well does each statement describe how you have been over the last 6 months?”

GRID ROWS:

1. I am nervous in new situations. I easily lose confidence
2. I am kind to younger children
3. I am often accused of lying or cheating
4. Other children or young people pick on me or bully me
5. I often volunteer to help others (parents, teachers, children)

GRID COLS:

1. Not true
2. Somewhat true
3. Certainly true

{ASK ALL}

SDQC5 [COLLAPSIBLE GRID QUESTION: ONE PAGE]

“How well does each statement describe how you have been over the last 6 months?”

GRID ROWS:

1. I think before I do things
2. I take things that are not mine from home, school or elsewhere
3. I get on better with adults than with people of my own age
4. I have many fears, I am easily scared
5. I finish the work I'm doing, my attention is good

GRID COLS:

1. Not true
2. Somewhat true
3. Certainly true

{ASK ALL}

SDQ26C

“Overall, do you think that you have difficulties in one or more of the following areas:

Emotions, concentration, behaviour or getting on with other people?

1. No
2. Yes: minor difficulties
3. Yes: definite difficulties
4. Yes: severe difficulties

{ASK IF: SDQ26C >= 2}

SDQ27C

“How long have these difficulties been present?”

1. Less than a month
2. One to five months
3. Six to twelve months
4. Over a year

{ASK IF: SDQ26C >= 2}

SDQ28C

“Do the difficulties upset or distress you?”

1. Not at all
2. Only a little
3. Quite a lot
4. A great deal

{ASK IF: SDQ26C >= 2}

SDQDiffC [COLLAPSIBLE GRID QUESTION: ONE PAGE]

“Do the difficulties interfere with your everyday life in terms of your...”

GRID ROWS:

1. Home life
2. Friendships
3. Classroom learning
4. Leisure activities

GRID COLS:

1. Not at all
2. Only a little
3. Quite a lot
4. A great deal

{ASK IF: SDQ26C >= 2}

SDQ33C

“Do the difficulties make it harder for those around you such as your family, friends and teachers?”

1. Not at all
2. Only a little
3. Quite a lot
4. A great deal

Family functioning, Neighbourhood and Loneliness

{ASK ALL}

ArgueC

“When parents or other adults in the house get into arguments with each other, others may see or hear what is going on. Have you seen or heard one of these arguments?”

1. Yes
2. No
3. Don't know
4. Prefer not to answer

{ASK ALL}

WEMWBSC [COLLAPSIBLE GRID QUESTION: ONE PAGE]

“Below are some statements about feelings and thoughts. Please select the option that best describes your experience of each over the last 2 weeks.”

GRID ROWS:

1. I've been feeling optimistic about the future
2. I've been feeling useful
3. I've been feeling relaxed
4. I've been dealing with problems well
5. I've been thinking clearly
6. I've been feeling close to other people
7. I've been able to make up my own mind about things

GRID COLS:

1. None of the time
2. Rarely
3. Some of the time
4. Often
5. All of the time

{ASK ALL}

LonelyC

“How often do you feel lonely?”

1. Often or always

2. Some of the time
3. Occasionally
4. Hardly ever
5. Never

{ASK ALL}
LonelyHelpC

“Thank you for answering these questions. {if MODE=WEB: “If you need any support please refer to the list of organisations in the accompanying leaflet or you can visit [”}](http://www.natcen.ac.uk/NSHW.”} {if MODE=TEL: “If you need any support you can refer to the list of organisations in the back of your information leaflet. These organisations are also listed on our website. INTERVIEWER: IF ASKED FOR LINK READ OUT: <a href=)

{ASK ALL}
NeighbourhoodIntroC

“The next questions are about how you feel about the area where you live (your neighbourhood).”

{ASK ALL}
NeighbourhoodC [COLLAPSIBLE GRID QUESTION: ONE PAGE]

“Thinking about your neighbourhood at the moment, how much do you agree or disagree with the following statements...”

GRID ROWS:

1. I feel safe in my neighbourhood/my local area
2. In my area there are enough places to play and/or have a good time
3. I like living in my neighbourhood
4. I can trust people around here

GRID COLS:

1. Agree a lot
2. Agree a little
3. Neither agree nor disagree
4. Disagree a little
5. Disagree a lot
6. Don't know

{ASK ALL}
SafetyHelpC

“If you are worried about safety in your neighbourhood, you can get support, information and advice about what to do and how to get help from the charity ChildLine here: <https://www.childline.org.uk/info-advice/bullying-abuse-safety/>”

Education

{ASK ALL}
SchoolC

“Thinking about school at the moment, how much do you agree or disagree with the following statements...

GRID ROWS:

1. I can be myself at school
2. I feel safe when I am at school
3. I enjoy learning at school
4. I am worried about the effect Covid-19 has had on my schoolwork
5. I am worried about the effect Covid-19 might have on my future exam results
6. I have at least one friend at school I can turn to for support

GRID COLS:

1. Agree a lot
2. Agree a little
3. Neither agree nor disagree
4. Disagree a little
5. Disagree a lot
6. Don't know

{ASK ALL}

SafetyHelp2C

“If you don't feel safe at school, please discuss this with a suitable adult. You can also get support, information and advice about what to do and how to get help from the charity ChildLine here: <https://www.childline.org.uk/info-advice/bullying-abuse-safety/>”

{ASK ALL}

MHSupportIntroC

“These next questions are about getting support and help at school for any worries or concerns about your mental health and wellbeing. This means individual or group support you can access at school if you have problems with mental health and wellbeing, for example school counselling.”

{ASK ALL}

MHSupportUseC

Have you used any mental health and wellbeing support available through your school?

1. Yes
2. No
3. Don't know

{ASK ALL}

MHSupportC [COLLAPSIBLE GRID QUESTION: ONE PAGE]

“Thinking about mental health and wellbeing support at your school, how much do you agree or disagree with the following statements?”

GRID ROWS:

1. I know how to get help for worries or mental health concerns at my school
2. I feel comfortable talking to adults at my school about my mental health
3. I can get mental health support at my school without others finding out about it
4. The support available at my school is helpful
5. I am able to access support in my school when I need it

GRID COLS:

1. Agree a lot
2. Agree a little
3. Neither agree nor disagree
4. Disagree a little
5. Disagree a lot
6. Don't know

{ASK ALL}

HelpSeekingIntroC

"The next questions are about seeking help **outside school** for any worries or concerns about your mental health."

{ASK ALL}

InformalContactC

"Since **1st April 2021**, have you sought help or advice from any of the following people or places about your mental health?"

1. Someone in your family or a close friend
2. Telephone help line (for example, Childline, NHS 111, Mind)
3. NHS or Government internet websites, such as Every Mind Matters
4. Internet websites run by charities, such as Young Minds or Mind
5. Online sources such as online chat, blogs, social media platforms (e.g. Instagram, Twitter) or other online communities or self-help groups
6. Text chat mental health support, such as Young Minds Textline
7. Groups in your community, such as youth groups, or peer support groups
8. None of the above [EXCLUSIVE CODE]

Eating, Activities, and Social Media

{ASK ALL}

Eating1C

"The next questions are about how you feel about your body shape and eating. Have you ever thought you were fat even when other people told you that you were very thin?"

1. Yes
2. No

{ASK ALL}

Eating2C

"Would you be ashamed if other people knew how much you eat?"

1. Yes
2. No

{ASK ALL}

Eating3C

“Have you ever deliberately made yourself vomit (throw up)?”

1. Yes
2. No

{ASK ALL}

Eating4C

“Do worries about eating (such as what to eat? Where to eat? How much to eat?) really interfere with your life?”

1. Yes
2. No

{ASK ALL}

Eating5C

“If you eat too much, do you blame yourself a lot?”

1. Yes
2. No

{ASK ALL}

BeatC

“If you are worried about your eating, then the charity BEAT support people who have or are worried they have an eating disorder, as well as others affected, such as friends and family members. {if MODE=TEL: “INTERVIEWER: IF ASKED:”} You can visit their website at <https://www.beateatingdisorders.org.uk/support-services> for more information.

{ASK ALL}

SocActIntro

“The next questions are about using social media, how well you sleep and different types of activities.”

{ASK ALL}

SocMedC

“Do you use social media apps or sites, for example, WhatsApp, Twitter, Instagram, Snapchat, Tiktok, etc.?”

1. Yes
2. No

{if SocMedC = 1}

SMFeelingsC

“To what extent do you agree or disagree with the following statements...”

GRID ROWS:

1. The number of likes, comments or shares I get on social media has an impact on my mood
2. In general, I spend more time on social media than I mean to

3. I have been bullied online
4. I feel safe using social media

GRID COLS:

1. Agree a lot
2. Agree a little
3. Neither agree nor disagree
4. Disagree a little
5. Disagree a lot
6. Don't know

{ASK ALL}

SafetyHelp3C

"If you are worried about your safety online, you can get support, information and advice about what to do and how to get help from the charity ChildLine here:

<https://www.childline.org.uk/info-advice/bullying-abuse-safety/>"

{ASK ALL}

SleepC [COLLAPSIBLE GRID QUESTION: ONE PAGE]

"On how many nights in the past 7 days, have you had any of the following problems with your sleep?"

GRID ROWS:

1. Problems in getting to sleep
2. Problems with waking in the night
3. Problems with waking up early

GRID COLS:

1. None
2. One night
3. Two nights
4. Three nights
5. Four nights
6. Five nights
7. Six nights
8. Seven nights

{ASK ALL}

ActivityC [COLLAPSIBLE GRID QUESTION: ONE PAGE]

"In the past 7 days, how often have you done any of the following?"

GRID ROWS:

1. Exercised indoors or outdoors (for example, walking, running, dancing, gymnastics, swimming or cycling)

2. Enjoyed time outdoors in green space, (e.g. in a park, a garden or at the coast or in the countryside)
3. Taken part in any groups, clubs or organisations outside of school time (for example, an after-school club, a sports club, a choir, or a volunteering society)
4. Played video games on an electronic device
5. Eaten a meal together with family
6. Spent time with the rest of the family (for example, watching films or TV together, having a conversation, or doing an activity)
7. Had one or more drinks containing alcohol
8. Smoked one or more cigarettes
9. Used cannabis or other drugs
10. Gambled money online

GRID COLS:

1. Not at all
2. On one day
3. On two days
4. On three days
5. On four days
6. On five days
7. On six days
8. On seven days

Consents

{if Age2022 = 16}

DLConsentC

"We would like to link your and your parent/carer's responses to this survey to other data held about you by NHS Digital, Department for Education and the Office for National Statistics. This includes information that NHS Digital and the Office for National Statistics maintain on your NHS health record including in-patient/out-patient care, primary care, diagnostic care, mental health, cancer and records for when and the reason why people pass away. The Department for Education maintain information on your education record including educational achievement, absence, exclusions and special educational needs.

To link this information, we will need to send your name, address and date of birth to the organisation that owns the data so that they can identify your record. This linkage allows research into how a person's lifestyle and experiences can have an impact on their future health and education. By doing so, we can create evidence to inform decisions to improve services and policies which affect all children and families in England. You will not be identified in any research, which will be carried out under strict privacy and confidentiality rules. You can cancel this permission at any time in the future by contacting NHS Digital, you do not need to give a reason why.

You can contact NHS Digital either by emailing enquiries@nhsdigital.nhs.uk, or by telephoning 0300 303 5678. These contact details are also in the accompanying leaflet.

1. I agree to linkage to data held by NHS Digital and the Office for National Statistics
2. I agree to linkage to data held by the Department for Education
3. I do not agree to linkage [EXCLUSIVE CODE]

NO DK/NO REF

{if Age2022 = 16}

FutConsentC

“In the future, NatCen, ONS or NHS Digital may want to contact you about further research about your mental health and wellbeing. Would you be willing to be contacted again in the future? If you are invited to take part in any future studies you will be free to refuse if you do not want to take part. You can cancel this permission at any time by contacting NHS Digital either by emailing enquiries@nhsdigital.nhs.uk, or by telephoning 0300 303 5678.

1. Yes
 2. No
 3. Yes (in certain circumstances) – please specify at next question
- NO DK/NO REF

{IF FutConsentC = 3}

FutConsentCircC

“What would your conditions be for being contacted again in the future?”

1. Contact household beforehand
2. Only at a convenient time
3. Don't want to answer other types of question

Child end

{ASK ALL}

ClosePageC

“Thank you very much for participating in this survey. Your answers will help us understand more about the health and wellbeing of children and young people in England in 2022.

{if MODE=WEB: “If you are worried about any of the questions in this survey and want to talk about anything confidentially, Childline offers trained counsellors where you can do this. Visit <https://www.childline.org.uk/> or call 0800 1111.

You can also get information, advice and support from the list of organisations in the back of your information leaflet, or by visiting www.natcen.ac.uk/NSHW.”}

{if MODE=TEL: “If you are worried about any of the questions in this survey and want to talk about anything confidentially, Childline offers trained counsellors where you can do this.
INTERVIEWER: IF ASKED FOR THE LINK, YOU CAN READ OUT THE FOLLOWING:
<https://www.childline.org.uk/> or call 0800 1111.

You can also get information, advice and support from the list of organisations in the back of your information leaflet, or by visiting our website. INTERVIEWER: IF ASKED FOR THE LINK, YOU CAN READ OUT THE FOLLOWING: www.natcen.ac.uk/NSHW.”}

{if EmailP=RESPONSE: “As a thank you for your time, your household will shortly be receiving a £10 digital Love2Shop e-code. This can be spent in many online shops.”}

{if EmailP=1: "As a thank you for your time, your household will shortly be receiving a £10 Love2Shop voucher in the post. This can be spent in many high street stores."}

{if MODE=WEB: "If you have any further information you'd like to add, please include it in the box below. Otherwise, please click 'Next' to submit your answers. You will not be able to re-enter the questionnaire once you submit your answers"}

{if MODE=TEL: "INTERVIEWER: PLEASE ENTER ANY ADDITIONAL INFORMATION SUCH AS CONTACT DETAILS OR ADDITIONAL COMMENTS RELATING TO THIS RESPONDENT'S INTERVIEW IN THE BOX BELOW"}

3. Young Person Questionnaire (17 to 24 years old)

Introduction

{IF MODE=WEB and Age2022 = 17-24}

IntroYP

“Dear {first_name} {last_name}, welcome to the National Study of Health and Wellbeing: Children and Young People 2022.

This study is about the health and wellbeing of children and young people in England. We would also like to ask you some questions about your experiences during the coronavirus (COVID-19) pandemic.

The survey should take you around 20 minutes to complete. You don't have to complete the whole survey in one go – any progress you make will be saved and you can start where you left off when you next log in.

Please confirm you have received and read the information leaflet, and are happy to take part.”

1. I have read the information leaflet
 2. I have not read the information leaflet
- NO DK/NO REF

{if MODE=TEL and Age2022 = 17-24}

IntroYP2

“Welcome to the National Study of Health and Wellbeing: Children and Young People 2022.

Before we get started, can you please confirm that you have received and read the information leaflet and are happy to take part?”

1. I have read the information leaflet
 2. I have not read the information leaflet
- NO DK/NO REF

{IF IntroYP = 2 or IntroYP2 = 2}

ConsentChkYP

{if MODE=WEB: “Before taking part in this study, please ensure that you have read the information leaflet and are happy to take part. If you have lost the information leaflet, you can read it on the website: www.natcen.ac.uk/NSHW” .}

{if MODE=TEL: “If you have not read the information leaflet or do not want to take part then we cannot complete the questionnaire.

INTERVIEWER: If participant has lost the information leaflet, they can read this on the participant webpage: www.natcen.ac.uk/NSHW. You can arrange to call them back at another time when they have read it. INTERVIEWER: If they do not want to take part then please select ‘Exit the questionnaire’.”}

1. Go back to change your answer [GoTo IntroYP/IntroYP2]
2. Exit the questionnaire

Checks

{IF IntroYP = 1 or IntroYP2 = 1}

Chk1YP

"We need to make sure we are asking questions about the correct person. Please confirm you are {first_name} {last_name}."

1. Yes
2. Yes, that was my previous name
3. No

{if Chk1YP=2}

PrevNameYP

"You have told us that was your previous name. What are you currently known as?"

FirstName: "First name:" TEXT [1..100]

LastName: "Last Name:" TEXT [1..100]

{If Chk1YP = 3, DK, RF}

Exit1YP

"This questionnaire is about {first_name} {last_name}. You have told us that you are not this person.

{IF MODE=TEL: "INTERVIEWER: If the person you are speaking to is"; {IF MODE=WEB: "If you are"} {first_name} {last_name} please go back and select yes at the previous question.

{IF MODE=TEL: "INTERVIEWER: If the person you are speaking to is"; {IF MODE=WEB: "If you are"} not {first_name} {last_name} please select 'Exit the questionnaire'."

1. Go back to change your answer [GoTo Chk1YP]
2. Exit the questionnaire

Demographics

{ASK ALL}

DoBYP

"First we'd like to ask you some questions about you and your household. What was the month and year you were born?"

Enter as MM/YYYY. For example, if you were born on 15th June 1990, {if

MODE=WEB:"please enter '06' for the month and '1990' for the year."} {if MODE=TEL: "this would be '06' for the month and '1990' for the year."}

Enter month (MM):

Enter year (YYYY):

Format: mm/yyyy

HELP: Why are we asking this?: "We need this information to make sure we are asking questions about the correct person."

{if DoBYP = DK/REF}

AgeYP

“What is your age?”

Range: 16...110

{If AgeYP = DK/RF}

Exit2YP

"In order to complete this questionnaire we need to make sure that we are asking questions about the correct person. You have told us that you do not want to provide your month and year of birth or your current age.

{if MODE=WEB: “If you are happy to provide this, please go back and enter the month and year of birth.

If you are not happy to provide this then please exit the questionnaire.”}

{if MODE=TEL: “INTERVIEWER: If the participant is happy to provide this, please go back and enter in the month and year of birth, or age. If they are not happy to provide this then please select ‘Exit the questionnaire’.”}

1. Go back to change your answer [GoTo DoBYP]
2. Exit the questionnaire
NO DK//NO REF

{ASK ALL}

GenderYP

“And are you...?”

1. Male
2. Female
3. Other
4. Prefer not to say

{ASK ALL}

NumAdultsYP

“How many people in your household are aged 18 and over?
Please include yourself in the calculation if you are aged 18 or over.”

Range: 0...14

HELP: What does household mean?: “By household we mean the people that you are currently living with.”

{ASK ALL}

NumChildYP

“How many people in your household are aged 17 or under?
Please include yourself in the calculation if you are aged 17.”

Range: 0...14

{if NumAdultsYP<>DK/REF OR NumChildYP<>DK/REF}

NumCheckYP

“You have told us that *{if NumAdultsYP+NumChildYP > 1: “people live here”; if NumAdultsYP+NumChildYP=1: “person lives here”}*, including yourself. Is that correct?”

1. Yes
 2. No – go back to change answers [GoTo NumAdultsYP]
- NO DK/NO REF

{if NumAdultsYP+NumChildYP>1}

CoupleStatusYP

“Are you living with someone in this household as a couple?”

1. Yes
2. No

{ASK ALL}

TenureYP

“In which of these ways is your accommodation occupied? (If you are a student living in halls of residence, this would be covered under option “Rent it from another type of landlord”)

1. Own it outright
2. Buying it with the help of a mortgage/loan
3. Part own and part rent (shared ownership)
4. Rent it from a housing association or local council
5. Rent it from another type of landlord
6. Live here rent-free
7. Squatting

Education and Employment

{ASK ALL}

EducationYP

“What is your highest level of educational attainment?”

1. No qualifications [EXCLUSIVE CODE]
2. GCSE or equivalent
3. Post-16 vocational course
4. A-levels or equivalent
5. Undergraduate degree or professional qualification
6. Postgraduate degree

{ASK ALL}

EmployStatusYP

“Thinking about your current work status, which of these statements best describes your current situation?”

1. Self employed
2. In paid employment (full or part time)
3. Unemployed
4. Looking after family or home
5. Student
6. Long term sick or disabled
7. On a government training scheme
8. Unpaid worker, volunteer or intern

9. Working in an apprenticeship
10. Doing something else

{if EmployStatusYP = 5}

StudentWrkYP

“Did you do any paid work in the last 4 weeks, either as an employee or self-employed?”

1. Yes
2. No

{if StudentWrkYP = 1 or EmployStatusYP = 1 or 2}

HoursWkYP

“How many hours per week do you usually work, excluding studying and volunteering?”

1. 0 to 15 hours
2. 16 to 30 hours
3. 31 to 48 hours
4. 49 or more hours

{ASK ALL}

CarerYP

“Apart from anything you do as part of paid employment, do you look after, or give any regular help or support to family members, friends, neighbours or others because of either long-term physical ill-health, mental ill-health, disability; or problems related to old age?”

1. Yes
2. No

{if CarerYP = 1}

CarerHoursYP

“How many hours a week, on average, do you spend doing this?”

1. Less than one hour
2. 1-4 hours
3. 5-9 hours
4. 10-19 hours
5. 20-34 hours
6. 35-49 hours
7. 50 hours or more

Strengths and Difficulties

{ASK ALL}

SDQIntroYP

“The next set of questions will ask about your strengths and difficulties.
Please answer every question even if you are not 100% sure that your answer is right.”

{ASK ALL}

SDQYP [COLLAPSIBLE GRID QUESTION: ONE PAGE]

“How well does each statement describe how you have been over the last 6 months?”

GRID ROWS:

1. I try to be nice to other people, I care about their feelings
2. I am restless, I find it hard to sit down for long
3. I get a lot of headaches, stomach aches or sickness
4. I usually share with others (food, drink, etc.)
5. I get very angry and often lose my temper

GRID COLS:

1. Not true
2. Somewhat true
3. Certainly true

{ASK ALL}

SDQYP2 [COLLAPSIBLE GRID QUESTION: ONE PAGE]

“How well does each statement describe how you have been over the last 6 months?”

GRID ROWS:

1. I would rather be alone than with other people
2. I am generally willing to do what other people want
3. I worry a lot
4. I am helpful if someone is hurt, upset or feeling ill
5. I am constantly fidgeting or squirming

GRID COLS:

1. Not true
2. Somewhat true
3. Certainly true

{ASK ALL}

SDQYP3 [COLLAPSIBLE GRID QUESTION: ONE PAGE]

“How well does each statement describe how you have been over the last 6 months?”

GRID ROWS:

1. I have at least one good friend
2. I fight a lot. I can make other people do what I want
3. I am often unhappy, depressed or tearful
4. Other people generally like me
5. I am easily distracted, I find it difficult to concentrate

GRID COLS:

1. Not true
2. Somewhat true
3. Certainly true

{ASK ALL}

SDQYP4 [COLLAPSIBLE GRID QUESTION: ONE PAGE]

“How well does each statement describe how you have been over the last 6 months?”

GRID ROWS:

1. I am nervous in new situations. I easily lose confidence
2. I am kind to children
3. I am often accused of lying or cheating
4. Other people pick on me or bully me
5. I often offer to help others (family members, friends, colleagues)”

GRID COLS:

1. Not true
2. Somewhat true
3. Certainly true

{ASK ALL}

SDQYP5 [COLLAPSIBLE GRID QUESTION: ONE PAGE]

“How well does each statement describe how you have been over the last 6 months?”

GRID ROWS:

1. I think before I do things
2. I take things that are not mine from home, work or elsewhere
3. I get along better with older people than with people of my own age
4. I have many fears, I am easily scared
5. I finish the work I'm doing, my attention is good

GRID COLS:

1. Not true
2. Somewhat true
3. Certainly true

{ASK ALL}

SDQ26YP

“Overall, do you think that you have difficulties in one or more of the following areas:
Emotions, concentration, behaviour or getting on with other people?”

1. No
2. Yes: minor difficulties
3. Yes: definite difficulties
4. Yes: severe difficulties

{ASK IF: SDQ26YP >= 2}

SDQ27YP

“How long have these difficulties been present?”

1. Less than a month
2. One to five months
3. Six to twelve months
4. Over a year

{ASK IF: SDQ26YP >= 2}

SDQ28YP

“Do the difficulties upset or distress you?”

1. Not at all
2. Only a little
3. Quite a lot
4. A great deal

{ASK IF: SDQ26YP >= 2}

SDQDiffYP [COLLAPSIBLE GRID QUESTION: ONE PAGE]

“Do the difficulties interfere with your everyday life in terms of...”

GRID ROWS:

1. Getting along with the people you are closest to (for example, family, partner)
2. Making and keeping friends
3. Work or study
4. Hobbies, sports or other leisure activities

GRID COLS:

1. Not at all
2. Only a little
3. Quite a lot
4. A great deal

{ASK IF: SDQ26YP >= 2}

SDQ33YP

“Do the difficulties make it harder for those around you such as your family and friends?”

1. Not at all
2. Only a little
3. Quite a lot
4. A great deal

General Health Questionnaire (GHQ-12)

{ASK ALL}

GHQIntroYP

“The next questions are about how **your** health has been in general over the **past few weeks**. {if MODE=WEB: “Please answer all the questions by selecting the answer which describes how you have been feeling.”}; {if MODE=TEL: “Please tell me the answer which describes how you have been feeling.”}”

{ASK ALL}

GHQ1YP

“Have you recently been able to concentrate on whatever you're doing?”

1. Better than usual
2. Same as usual
3. Less than usual
4. Much less than usual

{ASK ALL}

GHQ2YP

“Have you recently lost much sleep over worry?”

1. Not at all
2. No more than usual
3. Rather more than usual
4. Much more than usual

{ASK ALL}

GHQ3YP

“Have you recently felt that you are playing a useful part in things?”

1. More so than usual
2. Same as usual
3. Less so than usual
4. Much less than usual

{ASK ALL}

GHQ4YP

“Have you recently felt capable of making decisions about things?”

1. More so than usual
2. Same as usual
3. Less so than usual
4. Much less than usual

{ASK ALL}

GHQ5YP

“Have you recently felt constantly under strain?”

1. Not at all
2. No more than usual
3. Rather more than usual
4. Much more than usual

{ASK ALL}

GHQ6YP

“Have you recently felt you couldn't overcome your difficulties?”

1. Not at all
2. No more than usual
3. Rather more than usual
4. Much more than usual

{ASK ALL}

GHQ7YP

“Have you recently been able to enjoy your normal day-to-day activities?”

1. More so than usual
2. Same as usual
3. Less able than usual
4. Much less able than usual

{ASK ALL}

GHQ8YP

“Have you recently been able to face up to your problems?”

1. More so than usual
2. Same as usual
3. Less able than usual
4. Much less able than usual

{ASK ALL}

GHQ9YP

“Have you recently been feeling unhappy and depressed?”

1. Not at all
2. No more than usual
3. Rather more than usual
4. Much more than usual

{ASK ALL}

GHQ10YP

“Have you recently been losing confidence in yourself?”

1. Not at all
2. No more than usual
3. Rather more than usual
4. Much more than usual

{ASK ALL}

GHQ11YP

“Have you recently been thinking of yourself as a worthless person?”

1. Not at all
2. No more than usual
3. Rather more than usual
4. Much more than usual

{ASK ALL}

GHQ12YP

“Have you recently been feeling reasonably happy, all things considered?”

1. More so than usual
2. Same as usual
3. Less so than usual
4. Much less than usual

{ASK ALL}

LonelyYP

“How often do you feel lonely?”

1. Often or always
2. Some of the time
3. Occasionally
4. Hardly ever
5. Never

{if NumAdultsYP>1}

ArgueYP

“When adults in your house get into arguments with each other, others may see or hear what is going on. Have you seen or been involved in one of these arguments?”

1. I have seen or heard one of these arguments
2. I have been involved in one of these arguments
3. I have not been involved or seen/heard one of these arguments [EXCLUSIVE CODE]
4. Don't know [EXCLUSIVE CODE]
5. Prefer not to answer [EXCLUSIVE CODE]

{ASK ALL}

SHIntroYP

“The next questions are about harming yourself on purpose, (for example by taking an overdose of pills or other medication, cutting yourself, or injuring yourself in some other way).”

{ASK ALL}

SelfHarmTalkYP

"In the last 4 weeks, did you talk about harming yourself?"

1. Yes
2. No

{ASK ALL}

SelfHarmTryYP

"In the last 4 weeks, did you try to harm yourself?"

1. Yes
2. No

{ASK ALL}

SelfHarmEverYP

"Over the whole of your lifetime, have you ever tried to harm yourself?"

1. Yes
2. No

{ASK ALL}

OrganisationsYP2

"Thank you for answering these questions. {if MODE=WEB: "If you need any support please refer to the list of organisations in the accompanying leaflet. If you would like to talk to someone, you can call Samaritans for free on 116 123. The helpline is open 24 hours every day." {if MODE=TEL: "If you need any support you can refer to the list of organisations in the back of your information leaflet. If you would like to talk to someone you can call the charity Samaritans for free. INTERVIEWER: If asked, the number is 116 123 and the helpline is open 24 hours every day."}"

{ASK ALL}

PsychosisYP

"Please answer the following questions about your experiences over the past 12 months"

GRID ROWS:

1. Some people believe that their thoughts can be read by another person. Have other people ever read your mind?
2. Have you ever had messages sent just to you through TV or radio?
3. Have you ever felt that you were under the control of some special power?
4. Have you ever heard voices or sounds that no one else can hear?
5. Have you ever seen things that other people could not see?
6. Have you ever felt that you have extra-special powers?
7. Have you ever thought that people are following you or spying on you?

GRID COLS:

1. No, never
2. Maybe
3. Yes, definitely

{ASK ALL}

HelpYP

"If you are worried about any of the experiences you have had, there are various sources of support. The charity Young Minds offer support and information about mental health, and also offer a text and phone helpline: <https://www.youngminds.org.uk/young-person/> . If you are worried about your safety, help and advice on topics such as personal safety (including stalking) is also available through the Suzy Lamplugh Trust: [Suzy Lamplugh Trust](#)"

Service contact

{ASK ALL}

SCIntroYP

"The next questions ask about any contact you've had with professional services or sources of support."

{ASK ALL}

ConcernYP

"Since 1st April 2021, have you had any concerns or worries about your mental health, or emotional, behavioural or concentration problems?"

1. Yes
2. No

{If ConcernYP = 1}

SeekHelpYP

"Since 1st April 2021, have you sought help or advice for this concern?"

1. Yes
2. No

{If SeekHelpYP = 2}

SeekHelpNoYP

"Why did you decide not to seek help or advice?"

1. Did not think problem was serious enough
2. Did not think services could help
3. Did not know who to approach/contact
4. Did not think help was available due to the pandemic
5. Did not want to be seen due to worries about catching coronavirus
6. Already receiving help or advice for this concern
7. Other (please specify)

{ASK ALL}

InformalContactYP

"Since 1st April 2021, have you sought help or advice from, or had contact with, any of the following sources because of worries or concerns about your mental health, or emotional, behavioural or concentration problems?"

1. Someone in your family or a close friend
2. NHS or Government internet websites such as Every Mind Matters

3. Internet websites run by charities such as Young Minds or Mind
4. Online sources such as online chat, blogs, social media platforms (e.g. Instagram, Twitter) or other online communities or self-help groups
5. Telephone help lines (for example, Samaritans, NHS 111, Mind)
6. Text chat mental health support, such as Young Minds Textline
7. Groups in your community, such as youth groups, or peer support groups
8. None of the above [EXCLUSIVE CODE]

{ASK ALL}

ServiceContactYP

“Since 1st April 2021, have you been in contact with any of the following people or services because of worries about your mental health or emotional, behavioural or concentration problems?”

1. A teacher or member of college or university staff (for example, tutor, lecturer, head of year)
2. Someone from a school, college or university mental health support service (for example, a college or university counsellor)
3. Someone working in educational support services (for example, an educational psychologist)
4. Someone from primary health care (for example, your GP, practice nurse)
5. Someone from specialist mental health services such as Child and Adolescent Mental Health Services (CAMHS) or Adult Mental Health Services (AMHS) (for example, psychologist or psychiatrist, or mental health nurse)
6. Someone specialising in physical health (for example, a hospital doctor, a doctor or nurse in outpatient clinic)
7. Someone from social care (for example, a social worker or family support worker)
8. A private, paid for service (for example, a private psychiatrist, psychologist, therapist or counsellor)
9. Accident and Emergency or an Emergency Department
10. Other (please specify)
11. No contact with any service/professional [EXCLUSIVE CODE]

{if ServiceContactYP = 2,4,5,6,7 OR 8}

TypeContactYP

“What type of contact did you have with {if ServiceContactYP RESPONSE =1: (ServiceContactYP=2 “someone from a school, college or university mental health support service”); (ServiceContactYP=4 “someone from primary health care”); (ServiceContactYP=5 “someone from specialist mental health services such as Child and Adolescent Mental Health Services (CAMHS) or Adult Mental Health Services (AMHS)”); (ServiceContactYP=6 “someone specialising in physical health”); (ServiceContactYP=7” someone from social care”); (ServiceContactYP=8 “a private, paid for service”); ELSE if ServiceContactYP RESPONSE >1: “these people or services”}?”

1. Online via videoconference e.g. Teams, Zoom or similar
2. Face to face
3. Telephone

4. Email or online chat
5. Other

LOOP START

{if ServiceContactYP = 2,4,5,9. Repeat for each variable mentioned at ServiceContactYP}
ContactOutcomeYP

“After contact with {{if ServiceContactYP = 2 “a school, college or university mental health support service”}; {if ServiceContactYP = 4 “someone from primary health care”}; {if ServiceContactYP = 5 “specialist mental health services such as Child and Adolescent Mental Health Services (CAMHS) or Adult Mental Health Services (AMHS)”}; {if ServiceContactYP = 9 “Accident and Emergency or an Emergency Department”} what happened next?.”

1. You received an assessment for a mental health condition
2. You received a diagnosis for a mental health condition
3. You received treatment such as medication, therapy or counselling
4. You were signposted to sources of support, such as self-help resources (including digital and apps), a community group, charity, or other organisation
5. You were told, or led to believe, that you did not have a mental health condition or would not benefit from mental health treatment
6. You were referred on to a different service or professional for assessment or treatment
7. You felt no further support or treatment were needed
8. Other (please specify)

LOOP END

ASK ALL

WaitingListYP

“At any point during the past year since 1st April 2021, have you been on a waiting list for assessment or treatment for a mental health concern?”

1. Yes, I am currently on a waiting list
2. Yes, I have been on a waiting list but am not currently waiting for assessment or treatment
3. No

{if WaitingListYP = 1 or 2}

WaitingListTimeYP

{If WaitingListYP = 2_ “How long were you on a waiting list for?”}

{If WaitingListYP = 1_ “How long have you been on a waiting list so far?”}

1. Less than a month
2. 1 to 2 months
3. 3 to 5 months
4. 6 to 12 months
5. More than a year

{{if WaitingListYP =1 or 2}}

WaitingListCrisisYP

If WaitingListYP = 2 “Did you seek mental health support from any of the following whilst you were on a waiting list?”

If WaitingListYP = 1 “Have you sought mental health support from any of the following while you have been on the waiting list?”

1. Yes, emergency or crisis mental health support
2. Yes, private mental health support
3. Yes, other service or source of help
4. No

{if WaitingListYP =1 or 2}

WaitingListSupportYP

{If WaitingListYP = 2 “How well supported by services or professionals did you feel during the time you were on a waiting list?”}

{If WaitingListYP = 1 “ How well supported by services or professionals have you felt while you have been on a waiting list?”}

1. Very well supported
2. Quite well supported
3. Neither supported nor unsupported
4. Not very supported
5. Not at all supported

{ASK ALL}

MedicationYP

“Since 1st April 2021, have you been prescribed any medication for a mental health or emotional, behavioural or concentration problem?”

1. Yes
2. No

Education or work

{if EmployStatusYP = 5 ‘Student’}

StudentYP

“Are you a...”

1. Student in further education e.g. at a sixth form or at a further education college
2. Student in higher education, e.g. at a university
3. Other (please specify)

{if EmployStatusYP = 5 ‘Student’}

EducExperienceYP

“Thinking about your experience at college or university since September 2021 how much do you agree or disagree with the following statements...”

GRID ROWS:

1. There is a good balance between online and face-to-face learning

2. I feel isolated from other students
3. There is support available for student mental health and wellbeing
4. There is support available from lecturers and tutors for questions or problems relating to my course
5. I am worried about COVID-19 affecting my exams and course results

GRID COLS:

1. Strongly agree
2. Agree
3. Neither agree nor disagree
4. Disagree
5. Strongly disagree
6. Don't know

**{if (EmployStatusYP = 1, 2, 3,4,6,7,8,9,10) OR (StudentWrkYP = 1 or 2)}¹
ExpYP**

“Thinking about your experience {if EmployStatusYP = 1, 2, 7, 8, 9 or StudentWrkYP = 1: “at work or on your placement or apprenticeship”; else “”} since 1st September 2021, how much do you agree or disagree with the following statements...

GRID ROWS:

1. I feel isolated from {if EmployStatusYP = 1, 2, 7, 8, 9 or StudentWrkYP = 1 “colleagues or other employees”; if EmployStatus = 3, 4, 6, 10 or StudentWrkYP = 2: “others”}
2. There is support available {if EmployStatusYP = 1, 2, 7, 8, 9 or StudentWrkYP = 1: “at my workplace”} for mental health and wellbeing
3. I have access to opportunities for learning, training and development

GRID COLS:

1. Strongly agree
2. Agree
3. Neither agree nor disagree
4. Disagree
5. Strongly disagree
6. Don't know

Physical Health and COVID-19

{ASK ALL}

CovidYP

“Have you ever tested positive for COVID-19 or had a COVID-19 diagnosis?”

1. Yes – once
2. Yes – twice or more
3. No
4. Don't know

¹ After the questionnaire went live an error was identified at this variable: students who were not working were not routed to this question.

{if CovidYP = 1 or 2}

CovidTimingYP

“When did you last have COVID-19?”

1. Less than 3 months ago
2. 3 months ago or more

{IF CovidYP = 1 or 2}

CovidRecoverYP

“If you have had symptoms of COVID-19, how much do you agree with the following statement?”

I have fully recovered from COVID-19.

Please respond on a scale of 0 to 10, with ‘0’ being ‘strongly disagree’ and ‘10’ being ‘strongly agree.’”

- | | |
|----|---|
| 0 | Strongly disagree |
| 1 | |
| 2 | |
| 3 | |
| 4 | |
| 5 | Neutral |
| 6 | |
| 7 | |
| 8 | |
| 9 | |
| 10 | Strongly agree |
| 11 | Not applicable, I did not have any symptoms of COVID-19 |

Household circumstances and changes

{ASK ALL}

ChangesYP

“Since 1st April 2021, have you/your household experienced any of the following?”

1. You moved in with a partner
2. You moved out of your parents or carer’s home
3. You started a new job or course of study
4. You have lost your job or business
5. You or your partner have had a baby
6. You have lost your home or become homeless
7. Reduction in household income
8. Fallen behind with bills, rent or mortgage
9. Could not afford to buy enough food, or had to use a food bank
10. Could not afford to keep your home warm enough
11. Either you or somebody close to you is or was seriously ill
12. None of the above [EXCLUSIVE CODE]

{if ChangesYP=4, 6, 7, 8, 9, 10, 11}

OrganisationsYP

Thank you for answering these questions. {if MODE=WEB: “If you need any support please refer to the list of organisations in the accompanying leaflet. If you would like to talk to

someone, you can call Samaritans for free on 116 123. The helpline is open 24 hours every day.” {if MODE=TEL: “If you need any support you can refer to the list of organisations in the back of your information leaflet. If you would like to talk to someone you can call the charity Samaritans for free. INTERVIEWER: If asked, the number is 116 123 and the helpline is open 24 hours every day.”}

Please click ‘NEXT’ to continue.”

{ASK ALL}

SupportYP [COLLAPSIBLE GRID QUESTION: ONE PAGE]

“The following questions now ask about the people you can turn to for support since 1st April 2021. {if MODE=WEB: “Please choose the box that best reflects how strongly you agree with each statement.”}; {if MODE=TEL: “Please tell me the answer that best reflects how strongly you agree with each statement.”}

GRID ROWS:

1. I have access to at least one friend I can turn to for support
2. I have access to one adult at school or work I can turn to for support
3. I have access to one family member outside of the home I can turn to for support

GRID COLUMNS:

1. Strongly agree
2. Agree
3. Neither agree/disagree
4. Disagree
5. Strongly disagree

HELP: What does having access to support mean?: “By having access to support, we mean that if you needed support, you would be able to get in touch with and receive support from that person using any method. For example by email, by text message, by phone call or in person.”

Eating

{ASK ALL}

Eating1YP

“The next questions are about how you feel about your body shape and eating. Have you ever thought you were fat even when other people told you that you were very thin?”

1. Yes
2. No

{ASK ALL}

Eating2YP

“Would you be ashamed if other people knew how much you eat?”

1. Yes
2. No

{ASK ALL}

Eating3YP

“Have you ever deliberately made yourself vomit (throw up)?”

1. Yes
2. No

{ASK ALL}

Eating4YP

“Do worries about eating (such as what to eat? Where to eat? how much to eat?) really interfere with your life?”

1. Yes
2. No

{ASK ALL}

Eating5YP

“If you eat too much, do you blame yourself a lot?”

1. Yes
2. No

{ASK ALL}

BeatYP

“If you are worried about your eating, then the charity BEAT supports people who have or are worried they have an eating disorder, as well as others affected, such as friends and family members. {if MODE=TEL: “If asked:”} You can visit their website at <https://www.beateatingdisorders.org.uk/support-services> for more information.

{if MODE=TEL: “INTERVIEWER: IF ASKED: Please click ‘NEXT’ to continue.”}

Activities, Sleep, and the Future

{ASK ALL}

ActivityYP [COLLAPSIBLE GRID QUESTION: ONE PAGE]

“In the past 7 days, how often have you done any of the following?”

GRID ROWS:

1. Exercised indoors or outdoors (for example, walking, running, dancing, gymnastics, swimming or cycling)
2. Enjoyed time outdoors in green space (for example in a garden, a park, at the coast or in the countryside)
3. Taken part in an activity as part of a club, group, society or other community organisation (for example, a sports club, volunteering group, choir etc.)
4. Played video games on an electronic device
5. Eaten a meal together with others that you live with

6. Spent time with others that you live with (for example, watching films or TV together, having a conversation, or doing an activity)
7. Had one or more drinks containing alcohol
8. Smoked one or more cigarettes
9. Used cannabis or other drugs
10. Gambled money online

GRID COLS:

1. Not at all
2. On one day
3. On two days
4. On three days
5. On four days
6. On five days
7. On six days
8. On seven days

{ASK ALL}

SocActIntroYP

“The next questions are about using social media, how well you sleep and how you feel about the future.”

{ASK ALL}

SocMedYP

“Do you use social media apps or sites, for example, WhatsApp, Twitter, Instagram, Snapchat, Tiktok, etc.?”

1. Yes
2. No

{if SocMedYP = 1}

SMFeelingsYP

“To what extent do you agree or disagree with the following statements...”

GRID ROWS:

1. The number of likes, comments or shares I get on social media has an impact on my mood
2. In general, I spend more time on social media than I mean to
3. I have experienced bullying or harassment online
4. I feel safe using social media

GRID COLS:

1. Agree a lot
2. Agree a little
3. Neither agree nor disagree
4. Disagree a little
5. Disagree a lot
6. Don't know

{ASK ALL}

SafetyHelpYP

“If you would like support and information around online safety and bullying or harassment online, the charity Mind provide further information. {if MODE=TEL: "If asked:"} You can visit their website at www.mind.org.uk”

{ASK ALL}

SleepYP [COLLAPSIBLE GRID QUESTION: ONE PAGE]

“On how many nights in the past 7 days, have you had any of the following problems with your sleep?”

GRID ROWS:

1. Problems in getting to sleep
2. Problems with waking in the night
3. Problems with waking up early

GRID COLS:

1. None
2. One night
3. Two nights
4. Three nights
5. Four nights
6. Five nights
7. Six nights
8. Seven nights

{ASK ALL}

FutureYP [COLLAPSIBLE GRID QUESTION: ONE PAGE]

“Thinking about the future, how do you feel about the following?”

GRID ROWS:

1. Job prospects (e.g. getting or keeping a job)
2. Having enough money
3. Having somewhere secure to live
4. Your health (including mental health and wellbeing)
5. Your family’s health
6. The environment
7. Brexit
8. COVID-19
9. Relationships with friends
10. Relationships with family

GRID COLS:

1. Very optimistic

2. Quite optimistic
3. Don't know
4. Not very optimistic
5. Not at all optimistic

Consents

{ASK ALL}

DLConsentYP

"We would like to link your responses to this survey to other data held about you by NHS Digital, Department for Education and the Office for National Statistics. This includes information that NHS Digital and the Office for National Statistics maintain on your NHS health record including in-patient/out-patient care, primary care, diagnostic care, mental health, cancer and records for when and the reason why people pass away. The Department for Education maintain information on your education record including educational achievement, absence, exclusions and special educational needs.

To link this information, we will need to send your name, address and date of birth to the organisation that owns the data so that they can identify your record. This linkage allows research into how a person's lifestyle and experiences can have an impact on their future health and education. By doing so, we can create evidence to inform decisions to improve services and policies which affect all children and families in England. You will not be identified in any research, which will be carried out under strict privacy and confidentiality rules. You can cancel this permission at any time in the future by contacting NHS Digital, you do not need to give a reason why.

You can contact NHS Digital either by emailing enquiries@nhsdigital.nhs.uk, or by telephoning 0300 303 5678. These contact details are also in the accompanying leaflet.

1. I agree to linkage to data held by NHS Digital and the Office for National Statistics
2. I agree to linkage to data held by the Department for Education
3. I do not agree to linkage [EXCLUSIVE CODE]

NO DK/NO REF

{ASK ALL}

FutConsentYP

"In the future, NatCen, ONS or NHS Digital may want to contact you about further research about your mental health and wellbeing. Would you be willing to be contacted again in the future? If you are invited to take part in any future studies you will be free to refuse if you do not want to take part. You can cancel this permission at any time by contacting NHS Digital either by emailing enquiries@nhsdigital.nhs.uk, or by telephoning 0300 303 5678.

1. Yes
2. No
3. Yes (in certain circumstances) – please specify at next question

NO DK/NO REF

{IF FutConsentYP = 3}

FutConsentCircYP

“What would your conditions be for being contacted again in the future?”

1. Contact household beforehand
2. Only at a convenient time
3. Don't want to answer other types of question

{if (FutConsentYP = 1 OR 3) AND (PhoneComb <> "")}

Tel1ChkYP

“So that we can keep in touch it is really important that we have your most up-to-date contact details. Is your preferred telephone number {PhoneComb}?”

1. Yes
2. No

{if (FutConsentYP = 1 OR 3) AND (PhoneComb = EMPTY OR Tel1ChkYP = 2)}

Tel1UpdYP

{IF PhoneComb = EMPTY: “It is really important that we have your most up-to-date phone details to contact you on.

We do not currently have a telephone number for you in our records. {IF MODE=WEB: “Please enter”}; {IF MODE=TEL: “Could I take”} your preferred telephone number {IF MODE=TEL: “?”}”}

{IF Tel1ChkYP = 2: “{IF MODE=WEB: “Please enter”}; {IF MODE=TEL: “Could I take”} your correct telephone number” {IF MODE=TEL: “?”}”}

INTERVIEWER: READ TELEPHONE NUMBER BACK TO PARTICIPANT AND CONFIRM

OPEN

1. {IF MODE=WEB: “I do”}; {IF MODE=TEL: “Respondent does”} not have a telephone number
2. {IF MODE=WEB: “I do”}; {IF MODE=TEL: “Respondent does”} not wish to give {IF MODE=WEB: “my”/IF MODE=TEL: “their”} telephone number

{IF (FutConsentYP = 1 OR 3) AND (PhoneComb2 <> "") AND (Tel1UpdYP <> 1 or 2)}

Tel2Chk1YP

“And is your other phone number {PhoneComb2}?”

1. Yes
2. No

{IF (FutConsentYP = 1 OR 3) AND (PhoneComb2= EMPTY) AND (Tel1UpdYP <> 1 or 2)}

Tel2Chk2YP

“And do you have another phone number we could contact you on?”

1. Yes
2. No

{IF Tel2Chk1YP = 2 OR Tel2Chk2YP = 1}

Tel2UpdYP

{IF Tel2Chk2YP = 1 {IF MODE=WEB: "Please enter"; {IF MODE=TEL: "Could I take"} your other phone number {IF MODE=TEL: "?"}}

{IF Tel2Chk1YP = 2 {IF MODE=WEB: "Please enter"; {IF MODE=TEL: "Could I take"} your correct other phone number {IF MODE=TEL: "?"}}

INTERVIEWER: READ PHONE NUMBER BACK TO PARTICIPANT AND CONFIRM

OPEN

1. {IF MODE=WEB: "I do"; {IF MODE=TEL: "Respondent does"} not have another phone number
2. {IF MODE=WEB: "I do"; {IF MODE=TEL: "Respondent does"} not wish to give {IF MODE=WEB: "my"/IF MODE=TEL: "their"} other phone number

{if (FutConsentYP = 1 OR 3)}

EmailUpdYP

"We do not currently have an email address for you in our records. {IF MODE=WEB: "Please enter"; {IF MODE=TEL: "Could I take"} your email address if you have one {IF MODE=TEL: "?"}}

OPEN

{IF MODE=WEB: "Please confirm your email address by typing it in the box below again"} {if MODE=TEL: "INTERVIEWER: Confirm the email address by typing it in the box below again"}

INTERVIEWER: READ EMAIL ADDRESS BACK TO PARTICIPANT AND CONFIRM

OPEN

1. {IF MODE=WEB: "I do"; {IF MODE=TEL: "Respondent does"} not have an email address
2. {IF MODE=WEB: "I do"; {IF MODE=TEL: "Respondent does"} not wish to give {IF MODE=WEB: "my"; {IF MODE=TEL: "their"} e-mail address

Voucher

{ASK ALL}

VoucherYP

"Finally, as a thank you for your time, we would like to offer you a £10 voucher. This will be an electronic voucher sent to your email account."

{ASK ALL}

EmailYP

"Please provide an email address where you would like the voucher sent to:"

OPEN

1. I would prefer to receive a physical voucher in the post, sent to my home address
2. I do not require a voucher

PAGE START

{IF EmailYP=1}

VouchAddYP

“Please provide the address you would like us to send the voucher to:”

{IF EmailYP=1}

VouchAdd_AddressLine1YP

“First line:”

OPEN

NO DK/ NO REF

{IF EmailYP=1}

VouchAdd_AddressLine2YP

“Second line:”

OPEN

ALLOW NA

{IF EmailYP=1}

VouchAdd_AddressLine3YP

“Third line:”

OPEN

ALLOW NA

{IF EmailYP=1}

VouchAdd_AddressLine4YP

“Town:”

OPEN

NO DK/ NO REF

{IF EmailYP=1}

VouchAdd_AddressLine5YP

“County:”

OPEN

ALLOW NA

{IF EmailYP=1}

Postcode

“Post Code:”

OPEN

PAGE END

{IF EmailYP= RESPONSE or 1}

VouchSentYP

“Please note that it may take up to 21 days for the voucher to arrive.

Please click ‘Next’ to continue.

{IF EmailYP=RESPONSE: “Please check your SPAM folder to ensure the electronic voucher did not end up there by mistake.”}

Young Person End

{ASK ALL}

ClosePageYP

“Thank you for participating in this survey. Your answers will help us understand more about the health and wellbeing of children and young people in England in 2022.

{if MODE = WEB: “If you are worried about any of the questions in this survey you can get information, advice and support from the list of organisations in the back of your information leaflet, or by visiting www.natcen.ac.uk/NSHW.

If you have any further information you’d like to add, please include it in the box below. Otherwise, please click ‘Next’ to submit your answers. You will not be able to re-enter the questionnaire once you submit your answers”}

{if MODE=TEL: “If you are worried about any of the questions in this survey you can get information, advice and support from the list of organisations in the back of your information leaflet, or by visiting our website. INTERVIEWER: IF ASKED FOR THE LINK, YOU CAN READ OUT THE FOLLOWING: www.natcen.ac.uk/NSHW.”

INTERVIEWER: PLEASE ENTER ANY ADDITIONAL INFORMATION SUCH AS CONTACT DETAILS OR ADDITIONAL COMMENTS RELATING TO THIS RESPONDENT’S INTERVIEW IN THE BOX BELOW”}

OPEN
ALLOW NA

4. Survey Materials

Advance Letter: Parents 7 to 16

Advance Email: Parents 7 to 16

The National Study of Health and Wellbeing: Children and Young People 2022

Take part in this important study and have your voice heard

[Start Survey]

Your reference number is: P16762\[<SerialNo><ChkLet>](#)

Dear parent/carer of [<first_name><last_name>](#),

You recently asked us to send your invitation to this unique follow-up study to the National Study of Health and Wellbeing: Children and Young People 2022 by email. [<Intro2>](#) [<Intro2_16>](#) We are asking you to complete a short online questionnaire. This will ask some questions about the health and wellbeing of [<first_name>](#) during the coronavirus (COVID-19) pandemic.

It's easy to take part

Taking part is entirely voluntary and will only take around [<Permission>](#). Ideally we would like the adult who took part in [<xTime>](#) to take part again, although this is not essential. Here's how you can take part:

1. Go to the survey website: [<SurveyURL>](#)
2. Enter your unique code: [<AccessCode>](#)
3. Complete the survey and receive a **£10** shopping voucher as a thank you. This can be used in a wide range of high-street and online shops.

If you can't take part online, one of our interviewers may call you to see if you would like to take part over the phone.

Taking part matters

The findings from the follow-up study last year have been shared widely, helping to inform key policy decisions for the health and lives of children and young people during this current time. By taking part, you can help the NHS, policy makers and charities continue to understand more about the impact of the coronavirus (COVID-19) pandemic on children and young people.

For more information please see the frequently asked questions or contact us using the details below.

We hope you will be able to help us with this vital research.

Yours sincerely

[INSERT SIGNATURE]
Franziska Marcheselli
Research Director
NatCen Social Research

[INSERT SIGNATURE]
Tracy Williams
Principal Researcher
ONS

[INSERT SIGNATURE]
Sarah Roberts
Survey Sections Head
NHS Digital

[Start Survey]

[Frequently asked questions](#)

[Privacy notice](#)

[LOGOS OF NatCen, ONS, NHS Digital]

Email: NSHW@natcen.ac.uk

Phone: 0800 652 4568

Website: natcen.ac.uk/NSHW

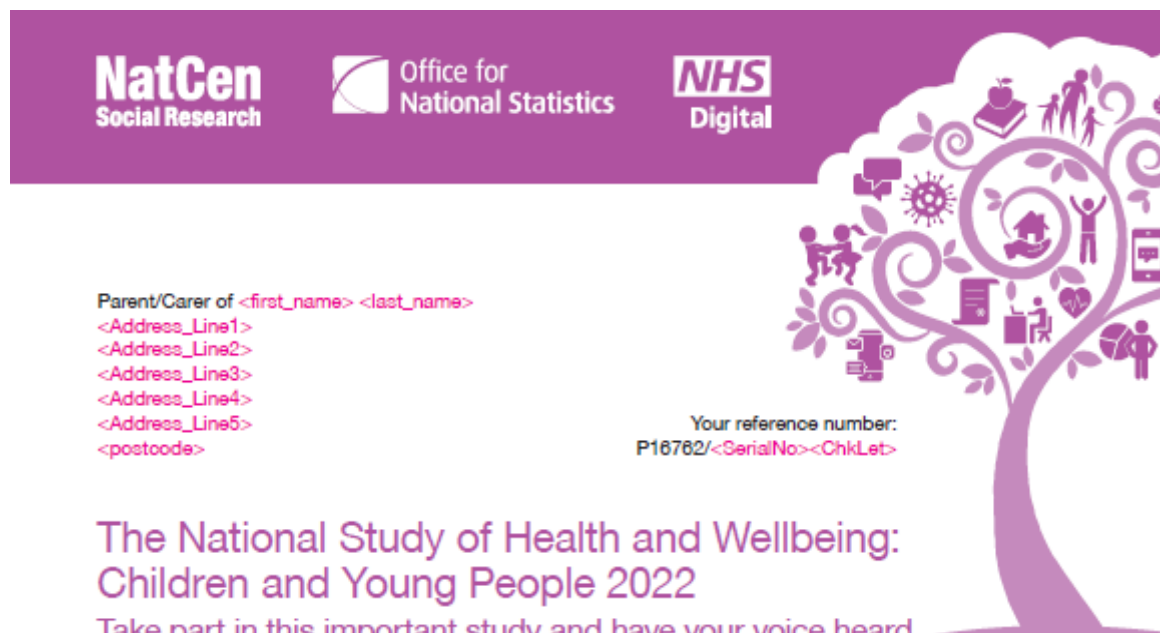
NatCen Social Research, 35 Northampton Square, London EC1V 0AX

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A Charity registered in England and Wales (1091768) and Scotland (SC038454).

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Advance Letter: Parents 17



NatGen
Social Research

Office for
National Statistics

NHS
Digital

Parent/Carer of <first_name> <last_name>
<Address_Line1>
<Address_Line2>
<Address_Line3>
<Address_Line4>
<Address_Line5>
<postcode>

Your reference number:
P16762/<SerialNo><ChkLet>

The National Study of Health and Wellbeing: Children and Young People 2022

Take part in this important study and have your voice heard

Dear Parent/Carer of <first_name> <last_name>

<Intro1P17>

We are writing to invite <first_name> to take part in the next unique follow-up study to the National Study of Health and Wellbeing. <Intro2P17>

With your permission, we are asking them to complete a **short online questionnaire**. This will ask some questions about their health and wellbeing during the coronavirus (COVID-19) pandemic.

It's easy to take part

Taking part is entirely voluntary and will only take around 20 minutes of their time. Here's how <first_name> can take part:

- 1 Go to the study website:
survey.natcen.ac.uk/NSHW
- 2 Enter the unique code:
<AccessCode>
- 3 Complete the study and they will receive a £10 voucher as a thank you

If <first_name> can't take part online, one of our interviewers may call you to see if they would like to take part over the phone.

Taking part matters

Now that <first_name> is older, we would like them to take part in this study if you both agree. Their answers will provide vital information about the health and wellbeing of children and young people and what has changed since they last took part in the study. By taking part, they can help the NHS, policy makers and charities to understand more about the impact of the coronavirus (COVID-19) pandemic on children and young people.

For more information please see the back of this letter, refer to the leaflet enclosed or contact us at Freephone 0800 652 4568; email nshw@natcen.ac.uk; or visit natcen.ac.uk/NSHW.

We hope <first_name> will be able to help us with this vital research.

Yours sincerely


Franziska Marcheselli
Research Director
NatCen Social Research


Tracy Williams
Principal Researcher
ONS


Sarah Roberts
Survey Section Head
NHS Digital

Item2-P16762-FU3-AdvLet17-NSDEC(20)13

Frequently Asked Questions

Why was my child chosen?

<first_name> has been selected because someone in your household took part in the National Study of Health and Wellbeing: Children and Young People 2017 <Consent> and said they would be happy to be re-contacted about any future studies.

Who is carrying out the study?

NHS Digital has commissioned NatCen Social Research and the Office for National Statistics (ONS) to carry out the study. The study is funded by the Department of Health and Social Care (DHSC) and the Department for Education (DfE).

Who are NHS Digital?

NHS Digital is a Public Body and is the national provider of information, statistics, data and IT systems for health and social care in England. NHS Digital work in partnership with the NHS and other national organisations to help make decisions to improve people's care and wellbeing.

What is the National Study of Health and Wellbeing?

There have been a number of national studies of children and young people's health and wellbeing. The information collected from these studies has been used in lots of ways to look at how common different kinds of health conditions are and the kinds of things that are associated with health, development and wellbeing. This study provides England's best information source of how children and young people's health and wellbeing can change over time.

This study helps to build a picture of the health and wellbeing of children and young people in England and the data is used for statistical and research purposes only. An anonymised report on the findings from the follow-up study last year was published in September 2021 and you can read about the findings here: <http://digital.nhs.uk/pubs/mhcypsurvey2021w2>. <Thank>

How will the results from this follow-up study be used?

The results from this follow-up study will be used by the NHS, policy makers and charities to understand more about how the health and wellbeing of children and young people is changing and the impact the coronavirus (COVID-19) pandemic has had on children and young people. All results will be published in a report, that will be freely available. A link to the report from this follow-up study will be included on this website when it is available: natcen.ac.uk/NSHWreport. The privacy notice for the study can be found here: natcen.ac.uk/NSHWprivacy.

What does taking part involve?

We'd like to ask <first_name>, with your permission, some questions about their health and wellbeing. The study will also ask specific questions about their life and experiences during the last year. The study involves an online questionnaire. This will take no more than 20 minutes for them to complete. With your agreement, we would like <first_name> to take part in this study by following the instructions on the front of this letter.

Is the information I provide safe online?

We take our responsibility to keep personal information secure very seriously. To make sure your information is protected we use a secure website (HTTPS). This is the same type of website that you would generally see when shopping online. As part of our commitment to the security of your information, NatCen Social Research has regular internal and external audits of its information security, and is accredited to the ISO 27001:2013, the international standard for information security.



NatCen
Social Research

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Brentwood, Essex CM14 4LX. Tel. 0800 526 367. Company
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England and Wales (1091768) and in Scotland (SC038454).

Advance Email: Parents 17

The National Study of Health and Wellbeing: Children and Young People 2022

Take part in this important study and have your voice heard

[Start Survey]

Your reference number is: P16762\[<SerialNo><ChkLet>](#)

Dear parent/carer of [<first_name><last_name>](#),

You recently asked us to send your invitation to the next follow-up study to the National Study of Health and Wellbeing: Children and Young People 2022 by email. We are writing to invite [<first_name>](#) to take part in the next follow-up study to the National Study of Health and Wellbeing. [<IntroP17>](#)With your permission, we are asking [<first_name>](#) to complete a short online questionnaire. This will ask some questions about their health and wellbeing during the coronavirus (COVID-19) pandemic.

It's easy to take part

Taking part is entirely voluntary and will only take around 20 minutes of their time. Here's how [<first_name>](#) can take part:

1. Go to the survey website: [<SurveyURL>](#)
2. Enter the unique code: [<AccessCode>](#)
3. Complete the survey and [<first_name>](#) will receive a **£10** shopping voucher as a thank you. This can be used in a wide range of high-street and online shops.

If [<first_name>](#) can't take part online, one of our interviewers may call you to see if they would like to take part over the phone.

Taking part matters

Now that [<first_name>](#) is older, we would like them to take part in this study if you both agree. Their answers will provide vital information about the health and wellbeing of children and young people and what has changed since they last took part in the study. By taking part, they can help the NHS, policy makers and charities to understand more about the impact of the coronavirus (COVID-19) pandemic on children and young people.

For more information please see the frequently asked questions or contact us using the details below.

We hope [<first_name>](#) will be able to help us with this vital research.

Yours sincerely

[INSERT SIGNATURE]
Franziska Marcheselli
Research Director
NatCen Social Research

[INSERT SIGNATURE]
Tracy Williams
Principal Researcher
ONS

[INSERT SIGNATURE]
Sarah Roberts
Survey Sections Head
NHS Digital

[Start Survey]

[Frequently asked questions](#)

[Privacy notice](#)

[LOGOS OF NatCen, ONS, NHS Digital]

Email: NSHW@natcen.ac.uk

Phone: 0800 652 4568

Website: natcen.ac.uk/NSHW

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Advance Letter: Young People 18-24

NatCen
Social Research

 Office for
National Statistics

NHS
Digital



<first_name> <last_name>
<Address_Line1>
<Address_Line2>
<Address_Line3>
<Address_Line4>
<Address_Line5>
<postcode>

Your reference number:
P16762/<SerialNo><ChkLet>

The National Study of Health and Wellbeing: Children and Young People 2022

Take part in this important study and have your voice heard

Dear <first_name> <last_name>

<Intro1YP>

We are writing to invite you to take part in the next unique follow-up study to the National Study of Health and Wellbeing. <IntroPYP2>

We are asking you to complete a short online questionnaire. This will ask you some questions about your health and wellbeing during the coronavirus (COVID-19) pandemic.

It's easy to take part

Taking part is entirely voluntary and will only take around 20 minutes of your time. Here's how you can take part:

- 1 Go to the study website:
survey.natcen.ac.uk/NSHW
- 2 Enter your unique code:
<AccessCode>
- 3 Complete the study and receive a £10 voucher as a thank you

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Taking part matters

The findings from the follow-up study last year have been shared widely, helping to inform key policy decisions for the health and lives of children and young people during this current time. By taking part, you can help the NHS, policy makers and charities continue to understand more about the impact of the coronavirus (COVID-19) pandemic on children and young people.

For more information please see the back of this letter, refer to the leaflet enclosed or contact us at Freephone 0800 652 4568; email nshw@natcen.ac.uk; or visit natcen.ac.uk/NSHW.

We hope you will be able to help us with this vital research.

Yours sincerely

Franziska Marcheselli
Research Director
NatCen Social Research

Tracy Williams
Principal Researcher
ONS

Sarah Roberts
Survey Section Head
NHS Digital

Item3-P16762-FU3-AdvLet1823-NSDEC2013

Advance Email: Young People 18-24

The National Study of Health and Wellbeing: Children and Young People 2022

Take part in this important study and have your voice heard

[Start Survey]

Your reference number is: P16762\[SerialNo](#)<[ChkLet](#)>

Dear [first_name](#)<[last_name](#)>,

You recently asked us to send your invitation to the next unique follow-up study to the National Study of Health and Wellbeing: Children and Young People 2022 by email. [Intro2](#). We are asking you to complete a short online questionnaire. This will ask some questions about your health and wellbeing during the coronavirus (COVID-19) pandemic.

It's easy to take part

Taking part is entirely voluntary and will only take around 20 minutes of your time. Here's how you can take part:

1. Go to the survey website: [SurveyURL](#)
2. Enter your unique code: [AccessCode](#)
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For more information please see the frequently asked questions or contact us using the details below. We hope you will be able to help us with this vital research.

Yours sincerely

[INSERT SIGNATURE]
Franziska Marcheselli
Research Director
NatCen Social Research

[INSERT SIGNATURE]
Tracy Williams
Principle Researcher
ONS

[INSERT SIGNATURE]
Sarah Roberts
Survey Sections Head
NHS Digital

[Start Survey]

Frequently asked questions

Privacy notice

[LOGOS OF NatCen, ONS, NHS Digital]

Email: NSHW@natcen.ac.uk

Phone: 0800 652 4568

Website: natcen.ac.uk/NSHW

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A Charity registered in England and Wales (1091768) and Scotland (SC038454).

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Reminder Letter: Parent 7-16



Parent/Carer of <first_name> <last_name>
<Address_Line1>
<Address_Line2>
<Address_Line3>
<Address_Line4>
<Address_Line5>
<postcode>

Your reference number:
P16762/<SerialNo><OnkLet>

The National Study of Health and Wellbeing: Children and Young People 2022

Take part in this important study and have your voice heard

Dear Parent/Carer of <first_name> <last_name>

Recently, we wrote to ask for your help with the next unique study looking at the health and wellbeing of children and young people in 2022. Time is running out to take part: the study will close on <Deadline>. Thank you if you have already completed this study, we have safely received your answers.

It's easy to take part

Taking part is entirely voluntary and will only take around<Permission>. Ideally we would like the adult who took part in <Time> to take part again, although this is not essential. Here's how you can take part:

- 1 Go to the study website:
survey.natcen.ac.uk/NSHW
- 2 Enter your unique code:
<AccessCode>
- 3 Complete the study and receive a £10 voucher as a thank you

If you can't take part online, one of our interviewers may call you to see if you would like to take part over the phone.

Taking part matters

Your answers will provide vital information about the health and wellbeing of children and young people and what has changed since they last took part in the study. By taking part, you can help the NHS, policy makers and charities continue to understand more about the impact of the coronavirus (COVID-19) pandemic on children and young people.


For more information please see the back of this letter, refer to the leaflet enclosed or contact us at Freephone 0800 652 4568; email nshw@natcen.ac.uk; or visit natcen.ac.uk/NSHW.

We hope you will be able to help us with this vital research.

Yours sincerely


Franziska Marcheselli
Research Director
NatCen Social Research


Tracy Williams
Principal Researcher
ONS


Sarah Roberts
Survey Section Head
NHS Digital

Item 6-P16762-FU3-RemLet616-NSDEC2013

Reminder Email: Parent 7-16

The National Study of Health and Wellbeing: Children and Young People 2022

Last chance to take part in this important study and have your voice heard

Survey closing on <Deadline>

[Start Survey]

Your reference number is: P16762\<Serialno><ChkLet>

Dear Parent/Carer of <first_name> <last_name>,

We are asking again for your help with the next unique study looking at the health and wellbeing of children and young people in 2022. There is not long left to take part: the study will close on <Deadline>.

How to take part

To take part you can click the button above or:

1. Go to the survey website: <SurveyURL>
2. Enter your unique code: <AccessCode>
3. Complete the survey and receive a **£10** voucher.

Taking part matters

Your answers will provide vital information about the health and wellbeing of children and young people and what has changed since they last took part in the study. Taking part is entirely voluntary and will only take around <Permission> .

The latest findings from the study

Findings from the follow-up study in 2021 were published last year. In 2021 we found that...

- Problems with sleep on three or more nights of the previous seven affected over a quarter (28.7%) of 6 to 10 year olds, over a third (38.4%) of 11 to 16 year olds and over half (57.1%) of 17 to 23 year olds;
- 16.7% of 11 to 16 year olds using social media agreed that the number of likes, comments and shares they received had an impact on their mood, and half (50.7%) agreed that they spent more time on social media than they mean to.

These are just some of the valuable findings from the report. You can read in more detail about the findings here: <http://digital.nhs.uk/pubs/mhcypsurvey2021w2>.

These are only made possible by people like you taking part in the study. We hope you are able to help us with this vital research.

Yours sincerely

[INSERT SIGNATURE]
Franziska Marcheselli
Research Director
NatCen Social Research

[INSERT SIGNATURE]
Tracy Williams
Principal Researcher
ONS

[INSERT SIGNATURE]
Sarah Roberts
Survey Sections Head
NHS Digital

[Start Survey]

Frequently asked questions

Privacy notice

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Email: nshw@natcen.ac.uk
www.natcen.ac.uk/NSHW


Phone: 0800 652 4568

Website:


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A Charity registered in England and Wales (1091768) and Scotland (SC038454).

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Reminder Letter: Parent 17




NatCen
Social Research



Office for
National Statistics



NHS
Digital



Parent/Carer of <first_name> <last_name>
<Address_Line1>
<Address_Line2>
<Address_Line3>
<Address_Line4>
<Address_Line5>
<postcode>

Your reference number:
P16762/<SerialNo><ChkLet>

The National Study of Health and Wellbeing: Children and Young People 2022

Take part in this important study and have your voice heard

Dear Parent/Carer of <first_name> <last_name>

Recently, we wrote to you asking for <first_name> to take part in the next unique study looking at the health and wellbeing of children and young people. Time is running out to take part: the study will close on <Deadline>. Thank you if they have already completed this study, we have safely received their answers.

It's easy to take part

Taking part is entirely voluntary and will only take around 20 minutes of their time. Here's how <first_name> can take part:

1 Go to the study website:
survey.natcen.ac.uk/NSHW

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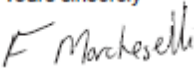
Taking part matters

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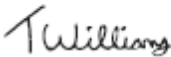
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Yours sincerely



Franziska Marcheselli
Research Director
NatCen Social Research



Tracy Williams
Principal Researcher
ONS



Sarah Roberts
Survey Section Head
NHS Digital

Item 7-P16762-FUS-RemLet17-NSDEC2013

MYCYP_P16762_RemindLetter_Parent17old_v0.indd 105/04/2022 10:45

Reminder Email: Parent 17

The National Study of Health and Wellbeing: Children and Young People 2022

Last chance to take part in this important study and have your voice heard

Survey closing on <Deadline>

[Start Survey]

Your reference number is: P16762\<Serialno><ChkLet>

Dear Parent/Carer of <first_name> <last_name>,

We are asking again for your help with the next unique study looking at the health and wellbeing of children and young people in 2022. There is not long left to take part: the study will close on <Deadline>.

How to take part

To take part you can click the button above or:

4. Go to the survey website: <SurveyURL>
5. Enter your unique code: <AccessCode>
6. Complete the survey and <first_name> will receive a **£10** voucher.

Taking part matters

Now that <first_name> is older, we would like them to take part in this study if you both agree. Their answers will provide vital information about the health and wellbeing of children and young people and what has changed since they last took part in the study. Taking part is entirely voluntary and will only take around 20 minutes of their time.

The latest findings from the study

Findings from the follow-up study in 2021 were published last year. In 2021 we found that...

- Problems with sleep on three or more nights of the previous seven affected over a quarter (28.7%) of 6 to 10 year olds, over a third (38.4%) of 11 to 16 year olds and over half (57.1%) of 17 to 23 year olds;
- 16.7% of 11 to 16 year olds using social media agreed that the number of likes, comments and shares they received had an impact on their mood, and half (50.7%) agreed that they spent more time on social media than they mean to.

These are just some of the valuable findings from the report. You can read in more detail about the findings here: <http://digital.nhs.uk/pubs/mhcypsurvey2021w2>.

These are only made possible by people like you taking part in the study. We hope you are able to help us with this vital research.

Yours sincerely

[INSERT SIGNATURE]

Franziska Marcheselli

Research Director

NatCen Social Research

[INSERT SIGNATURE]

Tracy Williams

Principal Researcher

ONS

[INSERT SIGNATURE]

Sarah Roberts

Survey Sections Head

NHS Digital

[Start Survey]

Frequently asked questions

Privacy notice

[LOGOS OF NatCen, ONS, NHS Digital]

Email: nshw@natcen.ac.uk

Phone: 0800 652 4568


Website:

www.natcen.ac.uk/NSHW


NatCen Social Research, 35 Northampton Square, London EC1V 0AX
A Company Limited by Guarantee. Registered in England No. 4392418.
A Charity registered in England and Wales (1091768) and Scotland (SC038454).

[Click here to unsubscribe](#)


Reminder Letter: Young Person 18-24




NatCen
Social Research



Office for
National Statistics



NHS
Digital



<first_name> <last_name>
<Address_Line1>
<Address_Line2>
<Address_Line3>
<Address_Line4>
<Address_Line5>
<postcode>

Your reference number:
P16762/<SerialNo><ChkLet>

The National Study of Health and Wellbeing: Children and Young People 2022

Take part in this important study and have your voice heard

Dear <first_name> <last_name>

Recently, we wrote to ask for your help with the next unique study looking at the health and wellbeing of children and young people. Time is running out to take part: the questionnaire will close on <Deadline>. Thank you if you have already completed this study, we have safely received your answers.

It's easy to take part

Taking part is entirely voluntary and will only take around 20 minutes of your time. Here's how you can take part:

1 Go to the study website:
survey.natcen.ac.uk/NSHW

2 Enter your unique code:
<AccessCode>

3 Complete the study and receive a £10 voucher as a thank you

If you can't take part online, one of our interviewers may call you to see if you would like to take part over the phone.

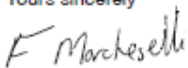
Taking part matters

Your answers will provide vital information about the health and wellbeing of children and young people and what has changed since you last took part in the study. By taking part, you can help the NHS, policy makers and charities to understand more about the impact of the coronavirus (COVID-19) pandemic on children and young people.

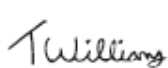
For more information please see the back of this letter, refer to the leaflet enclosed or contact us at Freephone 0800 652 4568; email nshw@natcen.ac.uk; or visit natcen.ac.uk/NSHW.

We hope you will be able to help us with this vital research.


Yours sincerely



Franziska Marcheselli
Research Director
NatCen Social Research



Tracy Williams
Principal Researcher
ONS



Sarah Roberts
Survey Section Head
NHS Digital

Item 8-P16762-FUS-RemLet1823-NSDEC2013

MHCYP_P16762_RemindLetter_YoungPerson18-24id_v3.indd 105/04/2022 10:47

Reminder Email: Young Person 18-24

The National Study of Health and Wellbeing: Children and Young People 2022

Last chance to take part in this important study and have your voice heard

Survey closing on **<Deadline>**

[Start Survey]

Your reference number is: P16762\<Serialno><ChkLet>

Dear **<first_name>** **<last_name>**,

We are asking again for your help with the next unique study looking at the health and wellbeing of children and young people in 2022. There is not long left to take part: the study will close on **<Deadline>**.

How to take part

To take part you can click the button above or:

7. Go to the survey website: **<SurveyURL>**
8. Enter your unique code: **<AccessCode>**
9. Complete the survey and receive a **£10** voucher.

Taking part matters

Your answers will provide vital information about the health and wellbeing of children and young people and what has changed since they last took part in the study. Taking part is entirely voluntary and will only take around 20 minutes of your time.

The latest findings from the study

Findings from the follow-up study in 2021 were published last year. In 2021 we found that...

- Problems with sleep on three or more nights of the previous seven affected over a quarter (28.7%) of 6 to 10 year olds, over a third (38.4%) of 11 to 16 year olds and over half (57.1%) of 17 to 23 year olds;
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[Start Survey]

Frequently asked questions

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A Charity registered in England and Wales (1091768) and Scotland (SC038454).

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SMS Reminders

Reminder 1

Hi “child name”. We recently invited you to take part in the next follow-up study to the National Study of Health and Wellbeing. This is your last chance to take part. The study will close on 22nd May. To take part and receive a £10 voucher, visit survey.natcen.ac.uk/NSHW and enter your unique code “access code”. You might also receive a call from one of our interviewers from a number starting with 01277. Thank you for your help.

Reminder 2

Hi “child name”. We recently invited you to take part in the next follow-up study to the National Study of Health and Wellbeing. This is your last chance to take part. The study will close on 22nd May. To take part and receive a £10 voucher, visit survey.natcen.ac.uk/NSHW and enter your unique code “access code”. You might also receive a call from one of our interviewers from a number starting with 01277. Thank you for your help.

Reminder 3

Dear Parent/Carer of “child name”. We recently invited you and “child name” to take part in the next follow-up study to the National Study of Health and Wellbeing. Thank you for completing your part of the questionnaire. There is still time for {~CustomField_1~} to take part. The study will close on 25th May. To take part, visit survey.natcen.ac.uk/NSHW and enter your unique code “access code”. Thank you for your help.



What is the study about?

This study is about the health and wellbeing of children and young people in England. We are asking you to complete an online questionnaire. This will ask you some questions about your health and everyday life. This will also ask you some questions about your experiences during the coronavirus (COVID-19) pandemic. This should only take around 10 minutes of your time to complete. If you can't complete online then one of our interviewers may call your household to see if you would like to take part over the phone.



Why do you want me to take part?

You have been asked to take part because your household completed this study in 2017, and possibly the previous follow-up studies in 2020 or 2021, and we would love to hear from you again.

Everyone is different, so we want to include as many people as possible. You don't need to learn anything or have previous experience to take part.



Do I have to take part?

No. It's up to you if you take part or not. Your parent/carer can still take part even if you don't.

If you decide to complete the study, you can choose to answer some questions but not others. You can also change your mind and decide to stop if you want to.



What is the questionnaire about?

It's about lots of things including your health, how you feel about your body and eating, things you are good at, and things you might find difficult. We'll also ask you questions about your contact with family and friends and what the coronavirus (COVID-19) pandemic has been like for you.

Your parent/carer will also answer their own questionnaire. If you are 16 years old at the 31st August 2022 please discuss the study with your parent/carer and that you are happy for them to take part.



Why should I take part?

By taking part you will help the NHS, the government and scientists to improve services for children and young people. They can also use the results to help people to be healthier and happier.



How long will it take?

It should take no more than 10 minutes to complete the questions.



Who will see my answers?

The answers to your questions are private. We will not share them with anyone you know, like your parents, guardian or school. Your answers will be seen by the Researchers working on this study and by anyone who applies to access the data. However, any information that could directly identify you is removed from the dataset so they won't know who answered what.



What will happen to my answers?

Your answers will be put together with those from all the other people who take part. This will help build a picture of the health and happiness of children and young people across England in 2022. We also plan to compare your answers to the answers given by your household in the 2017, 2020 and 2021 studies if you took part. This will allow us to build a picture of changes over time.

No-one will ever know how you answer the questions. All answers will be mixed together, and your name will not be included in the results.



Follow-up research

If you are 16 years old at the 31st August 2022, in the future, NatGen, ONS or NHS Digital may want to contact you about follow-up research about your health and wellbeing. We will only invite you to take part in follow-up research if you agree to this in the online questionnaire. Taking part in any follow-up research is voluntary, and you will be free to refuse if you do not want to take part.



Linking study answers to other information

If you are 16 years old at 31st August 2022, we will ask for your and your parent/carer's permission to link some of your NHS health information and education information with your and your parent/carer's survey answers. If you agree, your name, address and date of birth, but no other information, will be passed to authorised individuals at NHS Digital, the Office for National Statistics and the Department for Education. This will let us add information from health and education to look at how a person's lifestyle and experiences can have an impact on their future health and education.

We will only link your NHS health information and education information with both your survey answers and your parent/carer's survey answers if you both agree. If you agree but your parent doesn't, we will only link your NHS health information and education information with your survey answers. You can cancel this permission at any time by contacting NHS Digital; either by emailing enquiries@nhsdigital.nhs.uk, or by telephoning **0300 303 5678**.

If you are aged between 11 and 15 at the 31st August 2022, we will ask your parent/carer for their consent to link your NHS health information and education information with their answers. If they agree, your name, address and date of birth, but no other information, will be passed to authorised individuals at NHS Digital, the Office for National Statistics and the Department for Education. This would let us add information from health and education to look at how a person's lifestyle and experiences can have an impact on their future health and education.



Do I get anything for taking part?

As a thank you for completing the study, each household will receive a £10 shopping voucher that can be used in a wide range of high-street and online shops.



How can I find out more?

If you have any questions, just ask your parent or the person who looks after you. You can also have a look at our website: natoen.a0.uk/NSHW.

To read more about the health and care information NHS Digital collects, our legal basis for collecting this information and what choices and rights you have, see how we look after your health and care information, see the mental health of children and young people survey transparency notice, our general transparency notice and our Coronavirus (COVID-19) response transparency notice and the mental health of children and young people in Great Britain UK GDPR information, visit this website: digital.nhs.uk/mhoyp-gdpr.



Useful contacts

If you are affected by anything in the questionnaire, here are contact details for organisations that you might find helpful.

Your GP

They will be able to provide help and advice. Your GP can also provide access to appropriate specialist services and local organisations.

NHS 111

You can call 111 when you need medical help fast but it's not a 999 emergency. NHS 111 is available 24 hours a day, 365 days a year. Calls are free from landlines and mobile phones. Also available online at 111.nhs.uk.

Beat

Supports people who have or are worried they have an eating disorder, as well as others affected, such as friends and family members.

0808 801 0677

beateatingdisorders.org.uk

Childline

Free 24-hour counselling service for children and young people up to their 19th birthday.

0800 1111

childline.org.uk

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Provides help and support for dealing with bereavement.

0808 808 1677

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Every Mind Matters

Every Mind Matters provides simple and practical advice to get a healthier mind and get more out of life – from how to deal with stress and anxiety, to boosting our mood or sleeping better. You'll also learn about what you can do to help others.

nhs.uk/oneyou/every-mind-matters

GambleAware

Offers help and support to anyone who is worried about their – or someone else's – gambling.

0808 8020 133

begambleaware.org

Mental Health Foundation

This website offers a wide range of information about mental health issues.

mentalhealth.org.uk

Mind

Offers advice and support to service users; has a network of local associations in England and Wales to which people can turn for help and assistance.

0300 123 3393

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NatCen
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Item5-P18762-FU3-SurLeaf-Child-NSDEC(20)13



What is the study about?

Similar to the 2017, 2020 and 2021 studies, this study is about the health and emotional wellbeing of children and young people in England. Over time, and for many different reasons, there can be changes in people's health and wellbeing. Your household took part in 2017 and may also have taken part in the previous follow-up studies in 2020 and 2021. We are now conducting the next follow-up study and would love to hear from you. We are asking you to complete an online questionnaire. It should only take around 20 minutes of your time to complete. If you can't complete online, then one of our interviewers may call you to see if you would like to take part over the phone.



Why are you contacting me again?

You have been selected because your household took part in the National Study of Health and Wellbeing: Children and Young People 2017, and possibly the previous follow-up studies in 2020 or 2021, and someone in your household said that you would be happy to be re-contacted about any future studies. Taking part is voluntary and if you do decide to take part, you can choose to answer as many or as few questions as you like. You can also change your mind at any time and withdraw from the study by contacting us using the contact details provided in this leaflet. We rely on the voluntary cooperation and goodwill of those who are selected to make the study a success. If you didn't take part in either of the two previous follow up studies, it doesn't matter, we would love to hear from you now.



Why should I take part?

By taking part you will help the NHS, policy makers and charities make the right decisions about important issues that affect the health and wellbeing of children and young people. The results from this study have already provided valuable data that have informed researchers about the impact of the coronavirus pandemic on children and young people. We are conducting another follow-up study to further our understanding and track change over time.



Who is carrying out the research?

NHS Digital have commissioned NatCen Social Research and the Office for National Statistics (ONS) to carry out the study. The Department of Health and Social Care (DHSC) and the Department for Education (DfE) are funding the study. NHS Digital is a Public Body and is the national provider of information, statistics, data and IT systems for health and social care in England. It collects data about health and health care services and works in partnership with the NHS and other national organisations to help make decisions to improve people's care and wellbeing.



What is the questionnaire about?

If you are a parent/carer the online questionnaire asks about a range of things about your child. These include general health and wellbeing, how they feel about school, whether they have self-harmed, and their experiences during the coronavirus pandemic. There are also questions about your current circumstances and life experiences during the coronavirus pandemic, as we know that parents and carers play such an important part in a child's life. Ideally, we would like the adult who took part in 2017, or the adult who took part in the follow-up study in 2020 or 2021, to take part again, although this is not essential.

If your child is aged between 11 and 16 at the 31st August 2022, after you have finished your questionnaire we would like your child to also answer an online questionnaire. The questionnaire for children asks about their health and wellbeing, as well as their contact with family and friends, feelings about their body and eating, and their experiences and thoughts during the coronavirus pandemic. We have created an information leaflet, similar to this one, that can be given to your child so that they can understand what is involved. If your child is 16 years old at the 31st August 2022, at the start of the survey you will be asked to confirm that you have discussed taking part in the survey with them and that they are happy for you to take part.

If you are a young person aged between 17-24, the online questionnaire asks about your health and wellbeing, feelings about your body and eating, whether you have self-harmed, as well as your current circumstances and your experiences and thoughts during the coronavirus pandemic.



How long will it take?

The parent/carer and young person questionnaire should take no more than 20 minutes to complete. If your child is 11 to 16 years old and would like to take part it should take them around 10 minutes to complete.



What will happen to the information I give?

Data collected will be held by NatCen Social Research, the Office for National Statistics and NHS Digital. The answers you give will be put together with the answers collected from thousands of other people across England, analysed anonymously and published in a report. This anonymised report will inform researchers on the impact of the coronavirus pandemic in England and will help the NHS, policy makers and charities to understand more about the experiences of children and young people during the coronavirus pandemic. It will also give a clear picture of the health and wellbeing of children and young people in England in 2022. We also plan to compare your responses to the information you gave in the the 2017, 2020 and 2021 studies if you took part. This will allow changes over time to be analysed.



Is the study confidential?

Yes. We take great care to protect the privacy of the information people give us and we take careful steps to ensure that the information is secure at all times. We will handle your data in accordance with General Data Protection Regulation (GDPR). The data will be used for statistical and research purposes only and nothing we publish will identify you or your household. You can read more about the study privacy policy on this website: natoen.ao.uk/NSHWprivacy.



Follow-up research

In the future, NatCen, ONS or NHS Digital may want to contact you about follow-up research about your child's health and wellbeing. We will only invite you to take part in follow-up research if you agree to this in the online questionnaire. Taking part in any follow-up research is voluntary, and you will be free to refuse if you do not want to take part.



Linking study answers to other information

We will ask for your consent to link some of your child's, or if you are aged between 17 and 24 your, NHS health information and education information with your survey responses. If you agree your child's, or if you are aged between 17 and 24 your, name, address and date of birth, but no other information, will be passed to authorised individuals at NHS Digital, the Office for National Statistics and the Department for Education. This would let us add information from health and education to look at how a person's lifestyle and experiences can have an impact on their future health and education. You can cancel this permission at any time by contacting NHS Digital; either by emailing **enquiries@nhsdigital.nhs.uk**, or by telephoning **0300 303 5678**.

If your child is 16 years old at 31st August 2022, we will also ask your child for their consent to link some of their NHS health information and education information with both their and your survey responses. We will only link some of your child's NHS health information and education information with your survey responses if you both agree. If you do not agree but your child does, we will only link your child's NHS health information and education information with your child's survey responses.



How long will you keep my data?

At the end of the study we will delete the names and addresses of people who took part, unless you give us permission to keep them for follow-up research or linking to health and education information. We'll ask you about this separately if you choose to take part.

We will keep anonymised information from the study permanently, so researchers can make use of it for many years to come. A copy of the survey dataset which does not include information that could directly identify you is created. Researchers and analysts can apply to use the data for research and statistical purposes and applicants will need to meet strict data governance standards. You can request that your personal data is deleted at any time, by using the contact details provided in this leaflet. As the dataset is anonymised we will not be able to remove your data from the anonymised dataset or publication.



Do I get anything for taking part?

As a thank you for completing the study, each household will receive a £10 shopping voucher that can be used in a wide range of high-street and online shops. You can request to receive this either in the post or by email.



Will I be able to see the study results?

All results will be published in a report, that will be freely available. A link to the report will be included on this website when it is available: natoen.a0.uk/NSHWreport.



Who has reviewed the study?

The study has been looked at by an independent group of people called a Research Ethics Committee. This study has been reviewed and approved by the National Statistician's Data Ethics Advisory Committee. Further information about this committee can be found at statisticsauthority.gov.uk/about-the-authority/committees/nsdeo/.



What if I have a complaint about the study?

If you have a complaint, please get in touch with NatCen by:

Freephone: **0800 652 4568**

Email: nshw@natoen.a0.uk

For more information about your data and your rights, you can contact the NHS Digital Data Protection Officer. Data Protection Officers are responsible for upholding your rights and making sure we process your information correctly.

Email: nhsdigital.dpo@nhs.net



More information

You can look at our webpage or contact us using the details below:

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NatCen
Social Research

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limited by guarantee. Reg No. 4392418. A Charity registered in
England and Wales (1091788) and in Scotland (SC038454).

Item4-P16762-FU3-SurLeaf-PYP-NSDEC(20)13

Thank You Email

The National Study of Health and Wellbeing: Children and Young People 2022

Thank you for taking part

Your reference number is: P16762\[SerialNo](#)<[ChkLet](#)>

Dear <Parent/Carer of> [first_name](#) <[last_name](#)>,

Thank you for completing the questionnaire for the National Study of Health and Wellbeing: Children and Young People 2022. Your support and co-operation are greatly appreciated and your answers will help our research to make a difference.

Your £10 voucher

As a token of our appreciation, please find below your **£10** Love2Shop voucher code:

Voucher code: [VouchCode](#)

Expiry date: [VouchExp](#)

To redeem your voucher please go to [VouchURL](#). To log in use your voucher code, you can then select how you want to spend your voucher. Simply click on the brand you would like and choose whether you want to receive a gift card delivered to your home or a retailer digital code which can be emailed to you.

If you have any difficulty with it, please email nshw@natcen.ac.uk or call free on 0800 652 4568.

See the findings

The report on the findings from the follow-up study last year was published in September 2021. You can read this here: <http://digital.nhs.uk/pubs/mhcybsurvey2021w2>. A link to the report from this follow-up study will be included on this website when it is available: natcen.ac.uk/NSHWreport.

Thank you for your continued support with the National Study of Health and Wellbeing: Children and Young People.

Yours sincerely

[INSERT SIGNATURE]

Franziska Marcheselli

Research Director

NatCen Social Research

[INSERT SIGNATURE]

Tracy Williams

Principal Researcher

ONS

[INSERT SIGNATURE]

Sarah Roberts

Survey Sections Head

NHS Digital

Frequently asked questions

Privacy notice

[LOGOS OF NatCen, ONS, NHS Digital]

Email: NSHW@natcen.ac.uk

Phone: 0800 652 4568

Website: natcen.ac.uk/NSHW

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A Charity registered in England and Wales (1091768) and Scotland (SC038454).

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enquiries@nhsdigital.nhs.uk

 **@nhsdigital**

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