



Global Leadership Exchange

Presentation:

Preliminary Results from the ON:PATH Survey

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Preliminary Results from the ON:PATH Survey

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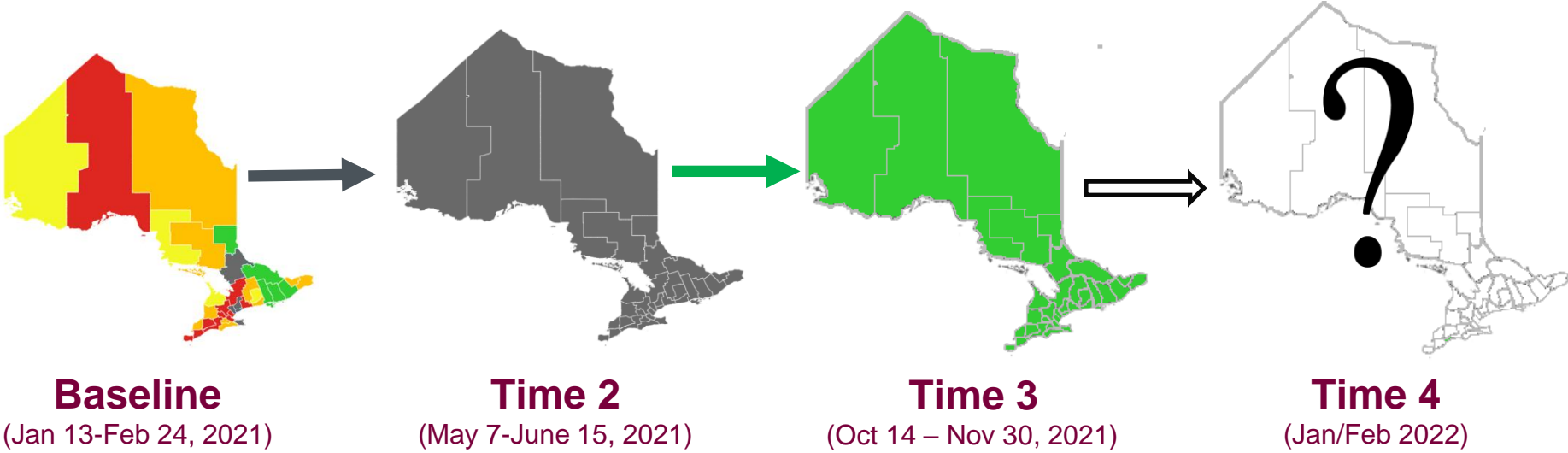
Study Objective

A longitudinal study of children and youth ages 4-17 years in Ontario examining their mental health and well-being during the COVID-19 pandemic

Methodology

- Probability-based panel sampling of a geographically representative sample
- Includes 1,261 parents and 230 youth
- Parent and youth surveys have been completed online or by phone on 3 separate occasions throughout the pandemic with a 4th assessment scheduled for February 2022

Data Collection Timeline and Lockdown Status



■ Prevent ■ Protect ■ Restrict ■ Control ■ Lockdown

Maps adapted from: <https://www.toronto.com/news-story/10268890-ontario-colour-zones-track-your-region-s-covid-19-status/>

Changes in Child and Youth Mental Health

Oct-Nov 2021
Time 3

Re-opening across the Province

MH concerns were **lower at Time 3**, compared to Time 2 and Time 1, but **still elevated** when compared to pre-pandemic levels (OCHS).

May-June 2021
Time 2

Full Lockdown across the Province

MH concerns **highest during lockdowns**. Increases in mental health concerns during the pandemic were more pronounced for **younger age groups, males**, and youth living in **low-income** households.

Jan-Feb 2021
Time 1

Variable Stages of Lockdown throughout the Province

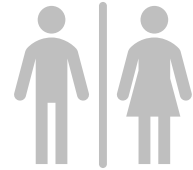
Increase in mental health (MH) concerns, compared to pre-pandemic levels (OCHS). Increases more pronounced in **younger age groups** (4-11 years vs. 12-17) and **females** (compared to males).

2014-2015
OCHS

Pre-Pandemic Comparison

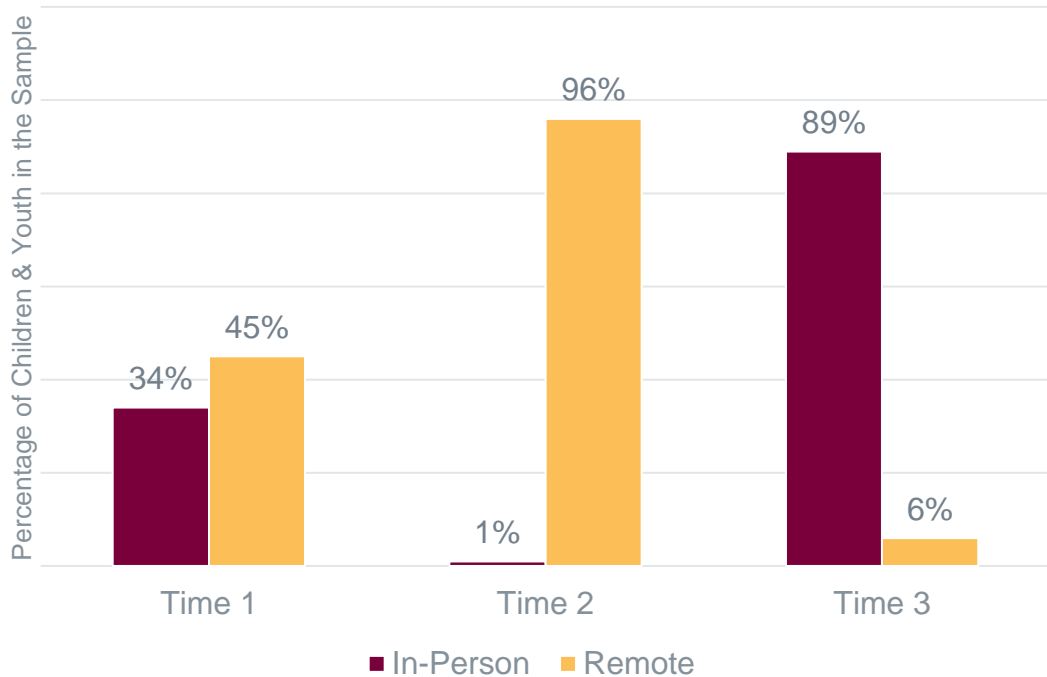
Ontario Child Health Study (OCHS): A large-scale provincial epidemiological research study that examined the physical and mental health of Ontario children and youth aged 4-17.

*Level of parental distress had no impact on the changes in mental health concerns observed in children and youth



Schooling Modality at Each Time Point

- **IN-PERSON** learning was greatest at Time 3 during no lockdowns and lowest at Time 2 during full lockdown
- **REMOTE** learning was greatest at Time 2 during full lockdown and lowest during Time 3 when there were no lockdowns

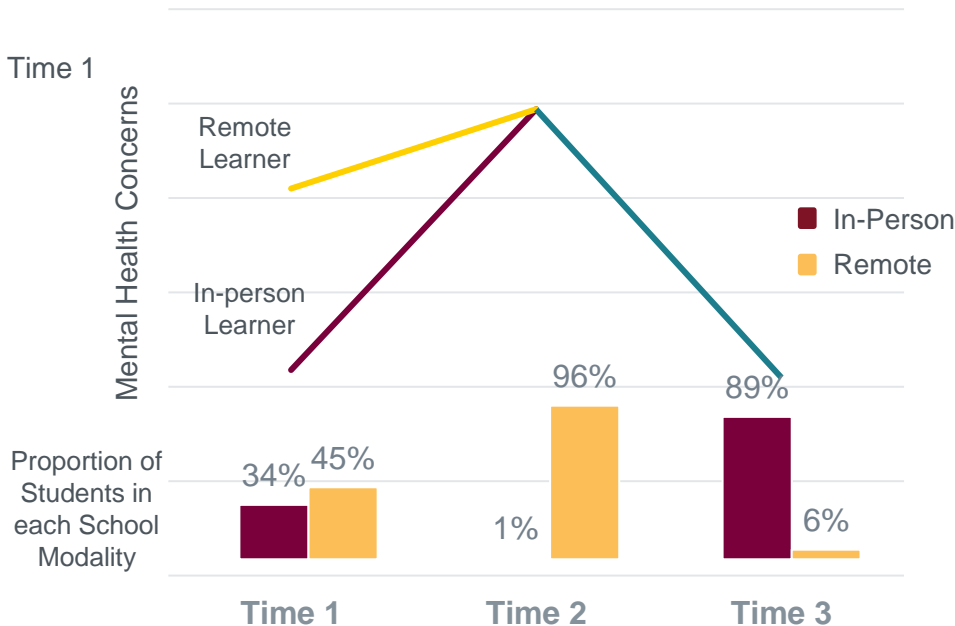


**The remainder of students were blended-learners at each time point.

Schooling Modality at Time 1 and Changes in Mental Health Concerns

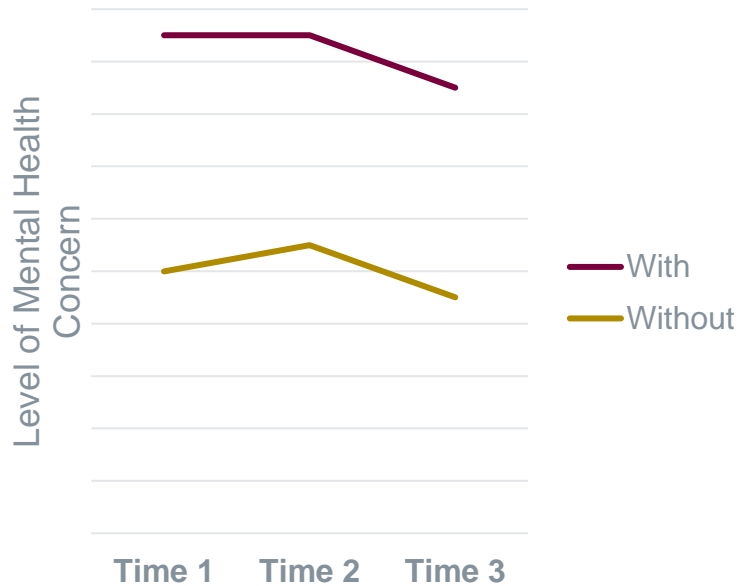
*Students are categorized based on their schooling modality at Time 1

- Students learning **IN-PERSON** had the **sharpest increase** in MH concerns from Time 1 to Time 2
- Students learning **REMOTELY** demonstrated the **highest MH concerns regardless of time of collection**
- Mental health concerns **significantly decreased at Time 3**, when most students were learning in-person

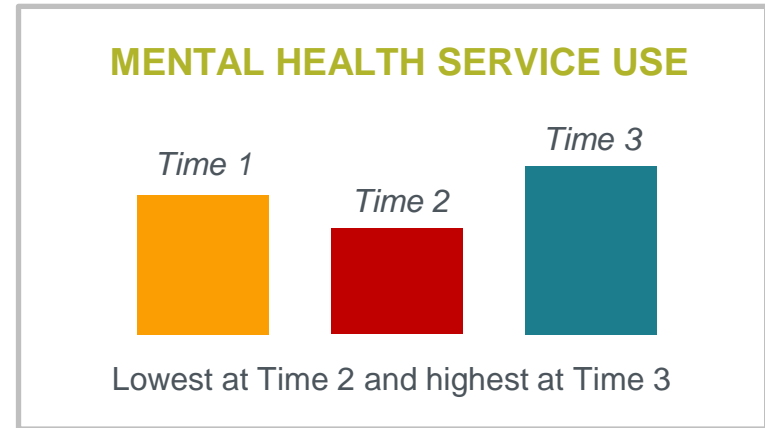


**Data is available for blended-learners and adjusting for parental distress did not impact the changes in mental health concerns observed in children, youth

Preexisting Mental Health Conditions & Mental Health Services



- Children and youth **WITH** pre-existing conditions had the **highest level of MH concerns** with **significant decreases** between T2 and T3
- Children and youth **WITHOUT** pre-existing conditions had **significant increases** in MH concerns between T1-T2, which subsequently **decreased** at T3



Further Reading

- Tam, D. T. (2020). From Risk to Resilience : AN EQUITY APPROACH. In *Public Health Agency of Canada*. <https://www.canada.ca/en/public-health/corporate/publications/chief-public-health-officer-reports-state-public-health-canada/from-risk-resilience-equity-approach-covid-19.html#shr-pg0>
- Jenkins, E. K., McAuliffe, C., Hirani, S., Richardson, C., Thomson, K. C., McGuinness, et al. (2021). A portrait of the early and differential mental health impacts of the COVID-19 pandemic in Canada: findings from the first wave of a nationally representative cross-sectional survey. *Preventive Medicine*, 145, 106333.
- Hawke, L., Barbic, S. P., Voineskos, A., Szatmari, P., Cleverly, K., Hayes, E., Relihan, J., Daley, M., Courtney, D., Cheung, A., Darnay, K., & Henderson, J. (2020). Impacts of COVID-19 on youth mental health, substance use, and well-being: A rapid survey of clinical and community samples. *Canadian Journal of Psychiatry*, 65(10), 701-709.
- Cost, K. T., Crosbie, J., Anagnostou, E., Birken, C., Charach, A., Monga, S., Kelley, E., Nicolson, R. et al. (2021). Mostly worse, occasionally better: impact of COVID-19 pandemic on mental health of Canadian children and adolescents. *European Child & Adolescent Psychiatry*, Feb 26:1– 14. doi: 10.1007/s00787-021-01744-3.
- Raw, J., Waite, P., Pearcey, S., Shum, A., Patalay, P., Creswell, C. (2021) Examining changes in parent-reported child and adolescent mental health throughout the UK's first COVID-19 national lockdown. <https://doi.org/10.31234/osf.io/exktj>