

# Children of the 90s

## COVID-19 Second Questionnaire Report

27<sup>th</sup> August 2020



## Summary

We had nearly 6500 responses to a questionnaire sent out from the 26<sup>th</sup> May 2020 for a month: 50% of all those who were invited to take part. Here are some of the key findings.

### How many of you have had COVID-19?:

- 12 parents and 24 young people reported that they had a positive test to COVID-19.
- 91 of you (1.4%) told us that a doctor had told you that you probably had COVID-19.
- 838 of you thought that you have COVID-19.
- 8 of you were admitted to hospital for COVID-19 treatment.
- The low levels of confirmed cases reflect what is being shown in the South-West of England but have increased slightly from our first questionnaire response.

### Mental health:

As with the first questionnaire we **continue** to find that:

- Anxiety levels are much higher during lockdown whilst levels of depression appear to be similar to those reported when you were younger.
- The younger generation are suffering much more with anxiety and depression compared to their parents.

### Lockdown life:

- The number of home cooked meals has increased substantially, but so has the number of snacks consumed.
- The older generation were much more likely to report regular alcohol consumption – 55% of parents reported drinking 4+ times a week compared to 13% of young people, but the latter drank more units when they did drink.
- Around a third of you are keyworkers or do work classified as critical to the COVID-19 response (30% in parents and 38% in young people) – more than half of these work in health or social care.
- The younger generation were much more likely to report that they were better off financially compared to pre-pandemic. However, a quarter of all respondents reported being worse off.

We are giving these results to the people who make decisions about how we respond to the pandemic and will continue to provide evidence as new findings are discovered. We are working on this year's annual questionnaire – we will include questions, that will continue to help us answer key questions. We will ask repeat questions that measure e.g. mental health so that we can see how you are coping as lockdown continues to relax (hopefully!). We could not do this without you:

**THANK YOU!**

## ***Introduction***

In response to the COVID-19 pandemic, Children of the 90s launched two online questionnaires and invited all our participants who had given us an email address and who were happy to be contacted to complete these questionnaires. For the first questionnaire we wanted to quickly collect information about the early stages of 'lockdown' which was announced by the UK government on March 23<sup>rd</sup> 2020. The second questionnaire collected some repeat information so we could look at changes over time as some of the lockdown restrictions began to ease. We also asked some new questions so that we had more information about our participants during this time.

Invites started going out for the second questionnaire on 26<sup>th</sup> May 2020 and the questionnaire remained open until 5<sup>th</sup> July. We received nearly 6500 responses.

In this report we present some of our initial findings.

## ***Who completed the questionnaire?***

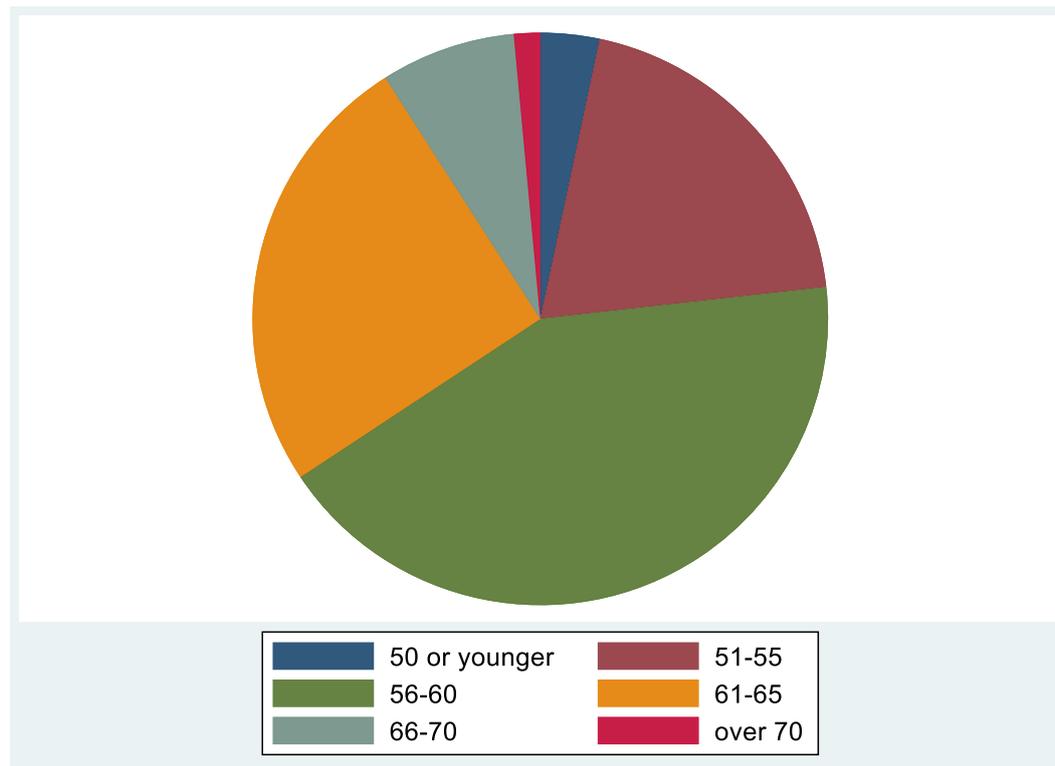
We sent the questionnaire out to 12,898 participants and it was completed by 6482, giving an overall response rate of 50% (this was slightly lower than last time when we had a 54% response rate but we did ask more people to take part this time). We had responses from:

- 2639 original mothers
- 1039 original fathers or mother's partners (we will refer to these as *fathers* for the rest of this report)
- 2711 original children (now average age of 28 years – we will refer to these as the *young people* for the rest of this report)
- 93 partners of the original children (who are enrolled in COCO90s – we will combine these with the young people for the rest of this report).

Parents were more likely to respond than their children (57% versus 44%) and amongst the young people, females were much more likely to respond than males (59% versus 38%).

The majority of parents who responded were in their late 50s and early 60s.

## Age of parent respondents



We have a unique opportunity to compare any differences in the two generations that the study has.

## What you have told us about...

### Your health

#### Possible COVID-19 symptoms

We asked you whether you had experienced various symptoms since mid-April 2020. These included known COVID-19 symptoms. The government recognises three main symptoms as potentially being related to COVID-19: a high temperature, a new, persistent (continuous) cough and a loss or change to your sense of smell or taste (<https://www.nhs.uk/conditions/coronavirus-covid-19/check-if-you-have-coronavirus-symptoms/>). Only a few of you reported experiencing at least one of these symptoms since mid-April: 3.8% loss of smell/taste; 2.5% new, persistent cough and 5.5% of you reported fever. However, very few reported all three symptoms together (<1% which is similar to what we saw on a monthly basis in the first questionnaire)

### Having COVID-19

Thirty-six of you (12 parents and 24 young people) told us that you have had a positive test for COVID-19, this is substantially more than last time, when only 8 respondents reported a positive test. A further 91 of you (35 parents and 56 young people) told us that you had been told by a doctor that you have likely had COVID-19 and a further 838

(422 parents and 416 young people) told us that you suspected yourselves that you have had COVID-19. These figures are very similar to last time. Eight of you reported that you had been admitted to hospital as a result of COVID-19.

## Behaviour change since lockdown

We asked you how aspects of your life may have changed after lockdown was announced. The tables below show that there have been substantial changes in your lives.

### Parents

	Decreased a lot	Decreased a little	Stayed same	Increased a little	Increased a lot
Number of home cooked meals	0.5%	1.6%	47.1%	34.2%	16.4%
Number of meals per day	0.7%	4.5%	82.2%	10.6%	1.7%
Number of snacks per day	1.8%	7.8%	54.2%	38.0%	6.2%
Amount of exercise	10.9%	21.1%	23.3%	29.7%	15.0%
Amount of sleep	3.0%	18.8%	58.1%	16.9%	3.1%
Amount of alcohol consumed	3.1%	7.8%	47.5%	35.4%	6.2%
Amount smoked/vaped	6.7%	4.5%	59.5%	20.7%	8.6%

### Young people

	Decreased a lot	Decreased a little	Stayed same	Increased a little	Increased a lot
Number of home cooked meals	0.7%	3.0%	34%	33%	30%
Number of meals per day	1.2%	8.7%	72.1%	13.6%	4.3%
Number of snacks per day	3.2%	10.0%	37.6%	37.4%	11.8%
Amount of exercise	16.3%	23.9%	19.3%	25.9%	14.6%
Amount of sleep	4.4%	19.1%	42.5%	26.2%	7.8%
Amount of alcohol consumed	7.8%	11.8%	35.8%	33.9%	10.7%
Amount smoked/vaped	10.9%	4.1%	42.6%	26.2%	16.1%

These changes are potentially both positive and negative. More than half of both generations reported that the number of home cooked meals but more so in the younger generation. However, the number of snacks consumed also increased significantly in both generations. Big changes were seen in the amount of exercise with similar proportions reporting an increase in the two generations. The older generation were less likely to report a decrease compared to the younger generation. Similar proportions in both generations reported a decrease in the amount of sleep they got but the younger generations were more likely to report an increase.

In those parents who smoked or consumed alcohol a large proportion drank or smoked the same amount whilst in the young people a greater proportion increased the amount of both.

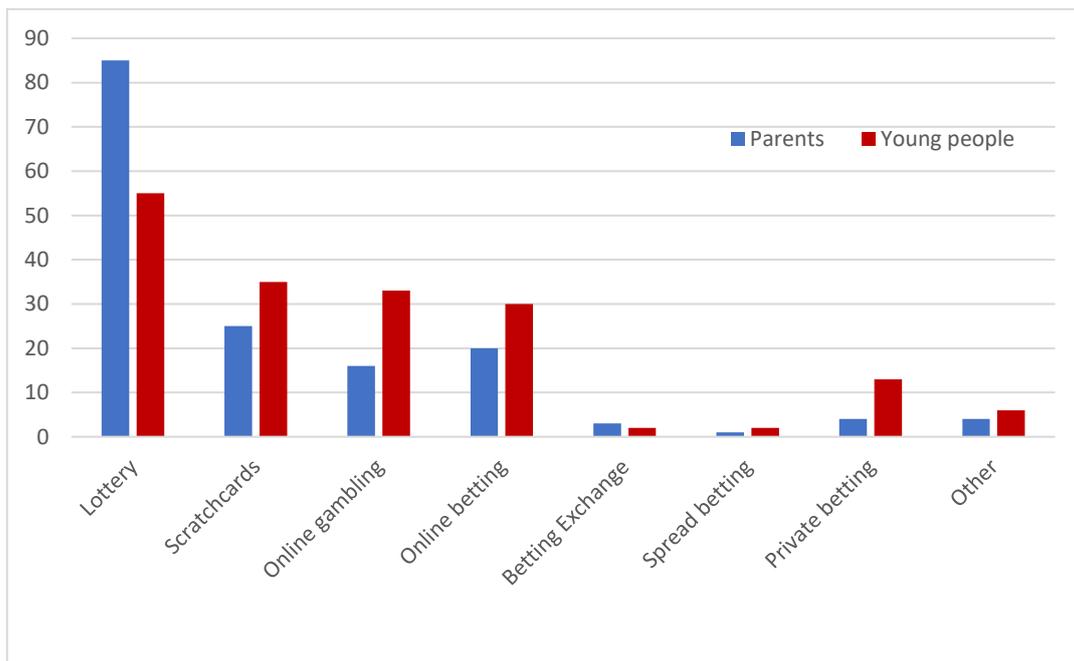
## Alcohol

More specific questions were then asked about alcohol. Respondents were asked how many drinks they consumed on average since lockdown. The older generation were much more likely to be drinkers: 13% abstained whilst 55% drank at least 4 times a week. This compared to 18% of the young generation abstaining and 13% who drank at least 4 times a week. However, young people were heavier drinkers with only 40% consuming 1 or 2 units on a typical day compared to over half of parents.

## Gambling

12% of young people reported that they had gambled in the last month, this compared to only 5% of parents. Playing the lottery was by far the most common type of gambling and parents were much more likely than young people. Young people were more likely to take part in online gambling/betting and private betting as can be seen in the graph below.

### ***Different types of gambling during lockdown (Proportion of those who reported gambling)***

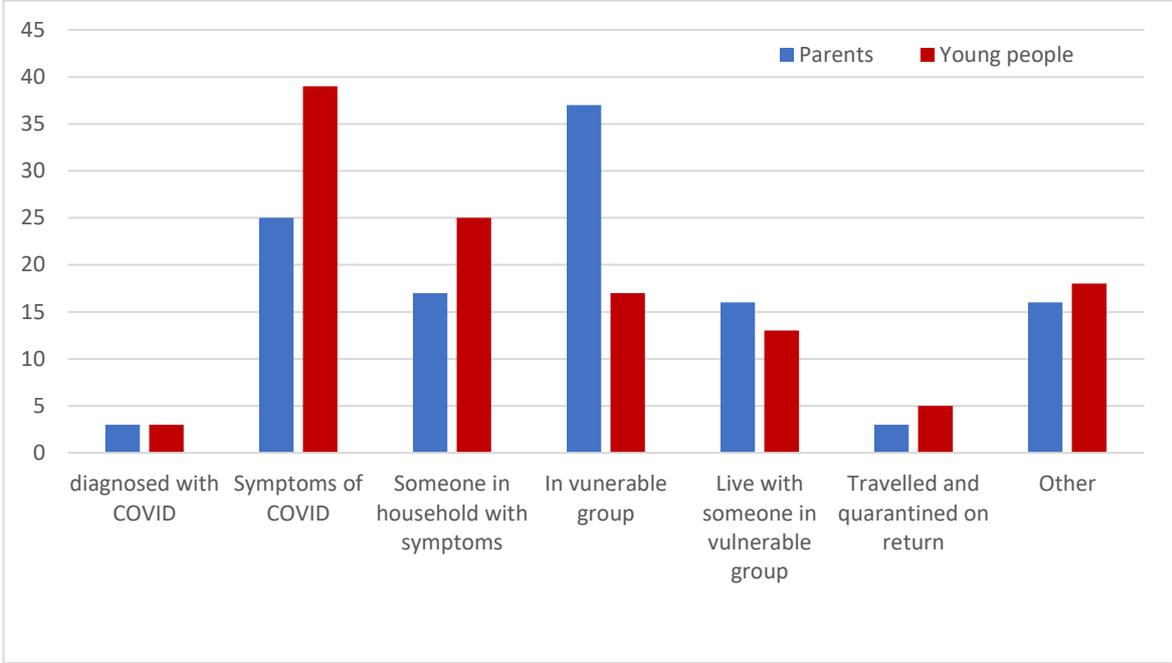


## Self-isolating

The younger generation was more likely to report self-isolating compared to the older generation (25% compared to 16%). In both groups the majority had stopped at the time of completing the questionnaire. The majority only isolated for 1 or 2 weeks (41% of parents and 76% of young people), though parents were much more likely to have been self-isolating long term (24% for more than 10 weeks compared to 14% of young

people). Unsurprisingly, parents were much more likely to report self-isolating because they were in a vulnerable group. Whilst young people were more likely to report having symptoms or to live with someone who exhibited symptoms.

**Reasons for self-isolating (Proportion of those who reported self-isolating)**



**Mental Health**

We asked you about different things that might be worrying you as a result of the pandemic. Parents were much more worried about getting COVID-19, they were also more likely to report being worried about dying due to COVID-19. Young people were slightly more worried about the financial consequences or losing their job but the proportions reporting this were smaller than in the first questionnaire. There were no great concerns about being able to get medications or food or about relationships with family. As before, there was a big difference in worries over mental health with young people being much more likely to express concern. Unsurprisingly, parents were much more likely to say they were worried about their parents during the crisis. Both generations reported worries about the time it would take for things to get back to normal.

Poor mental health was much more likely in young people: 19% were scored as likely to be depressed compared to 4% of parents and 24% were scored as likely to have moderate or severe anxiety compared to 8% in parents. Levels of anxiety had reduced compared to questionnaire 1 but depression levels were about the same.

## Risk perception

We asked you how much you agreed with three statements:

1. The coronavirus/COVID-19 will NOT affect very many people in the country I'm currently living in
2. I will probably get sick with the coronavirus/COVID-19
3. Getting sick with the coronavirus/COVID-19 can be serious

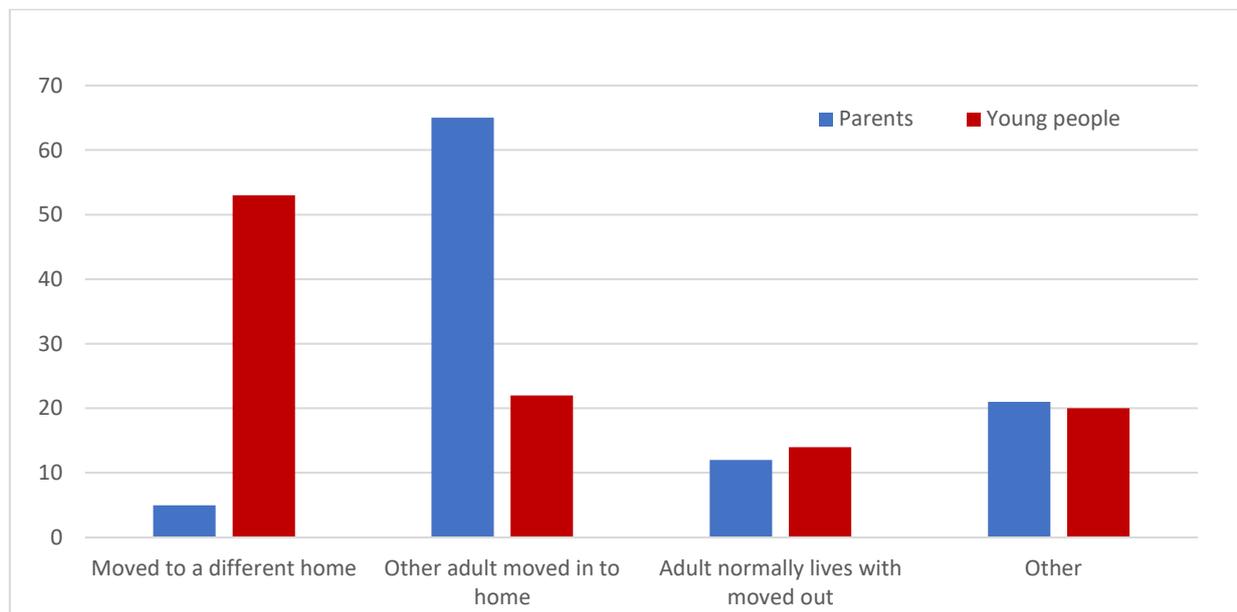
In both generations the vast majority of you either disagreed with the first statement or neither agreed or disagreed. However, much greater numbers agreed with the statement about getting sick with the virus – 24% of parents and 36% of young people. Very similar numbers agreed that getting sick with the virus could be serious (20% agreed somewhat and 70% agreed strongly).

## Living arrangements

Overall, 7.5% of you reported that you were living alone. There was very little difference between the generations (8% of parents and 7% of young people). This may be an important factor for how well different people may have coped with lockdown.

15% of participants reported that that living arrangements had changed due to the pandemic.

### ***Reasons for changes in living arrangements (Proportion of those who reported a change)***

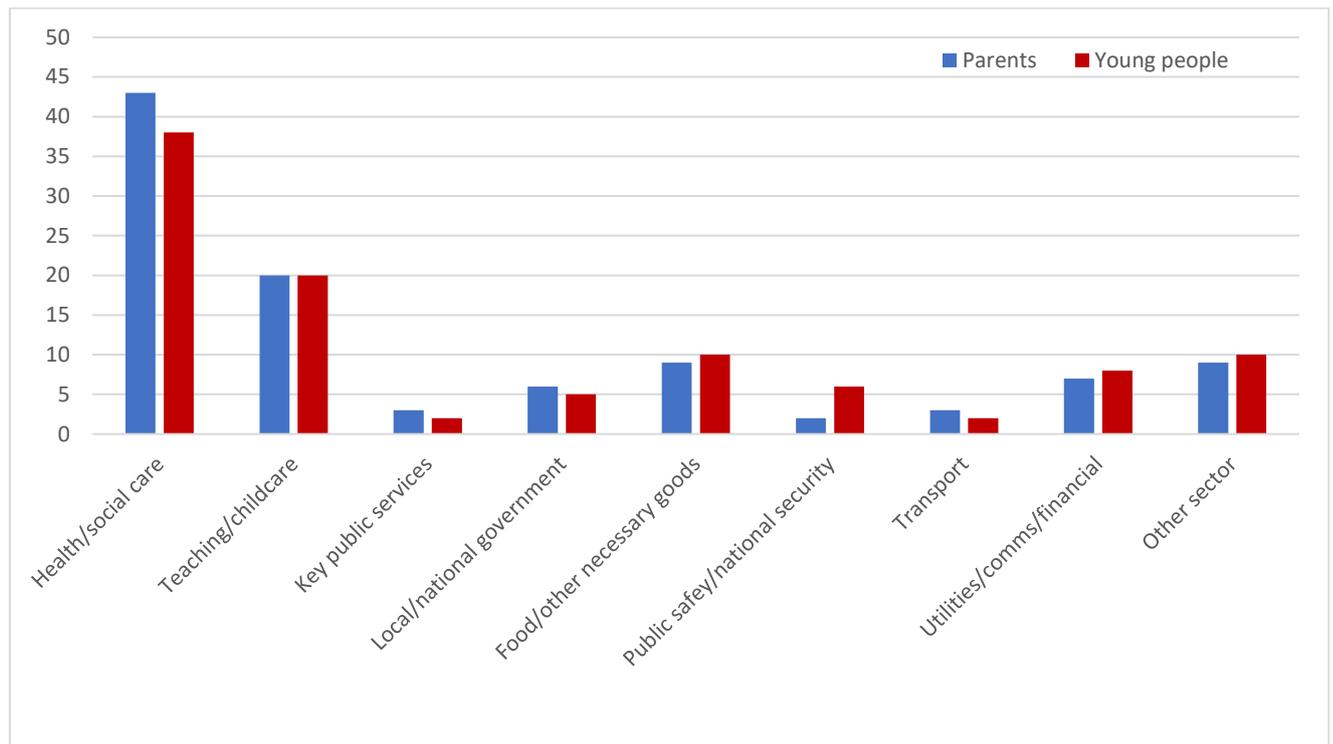


Of those, over half of young people reported that they had moved to a different home (compared to 5% of parents) whilst 65% of parents reported that another adult had moved in with them (compared to 21% of young people). We could speculate that young people have moved back to the family home.

## Employment

Around a third of you are keyworkers or do work classified as critical to the COVID response (30% in parents and 38% in young people). We asked you to tell us which sector you worked in if you were a keyworker. The majority of you worked in health or social care, followed by teaching and childcare.

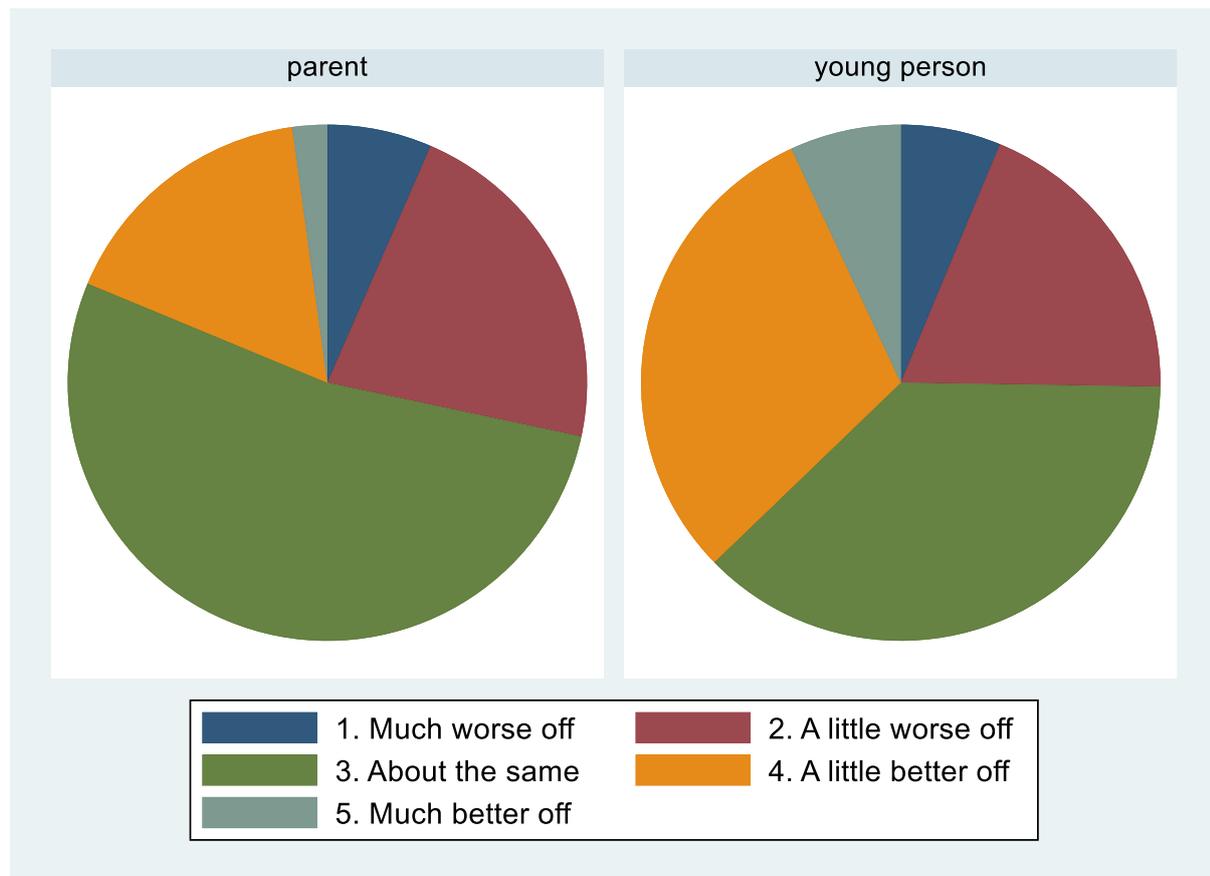
### *Which keyworker sector you work in*



## Finances

Different patterns were seen between the generations in response to the question asking about how your current financial situation differed to pre-pandemic: The younger generation were more likely to report that they were better off while parents were more likely to be in a similar situation. Worryingly, over a quarter of you reported that you were worse off, this was slightly more likely in the parents. 1% of you reported that you did not have enough to eat.

## How current financial situation compares to pre-pandemic



### Helping others

We asked you whether you had given unpaid help to someone since lockdown. Parents were more likely to report this with 28% responding positively, compared to 17% of young people. The most common help provided was shopping (reported by 75% in both generations), followed by getting in touch with people to check on their wellbeing (reported by 47% in both generations) and delivering medicines (30% of parents and 19% of young people) and providing transport (around 4%).

### Receiving help

Around 4% of you reported receiving new unpaid help since lockdown. Interestingly this was the same in both generations.

### ***What's Next?***

We are planning the questions that we will be asking you as part of our usual annual questionnaire at the end of the year. Lockdown is being relaxed as we write this but there is always the chance that we might have to go into lockdown again – you may already be affected by a local lockdown. We want to be able to track changes in how you have been affected by the pandemic as it continues to develop.

As with our first questionnaire, we will be sharing the results from our COVID-based questionnaires with a wide range of different people. Most importantly we are already reaching the people who make the decisions about relaxing lockdown. We will also feed into the NHS and government departments helping them to better understand the consequences of these unprecedented times.

Researchers are analysing the data you have provided to see how the pandemic has affected you by looking at the data you gave us before all of this happened and comparing it with the data you have recently given us.

We thank you for all of your contributions to Children of the 90s.