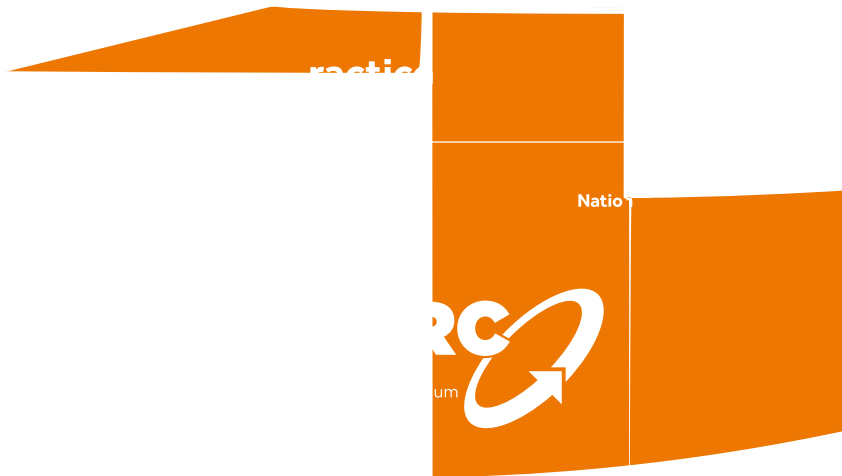


The mental health implications of the coronavirus pandemic continue to emerge. In issues 1-6 of this series, we presented the evidence about the impact of the pandemic on children and young people's mental health emerging between January and November 2020. In the current issue, we summarise

the evidence about the mental health issues emerging between November 2020 and January 2021.^a This review concludes our regular series for the time being. Our next issue will synthesise learning across all issues to date and will make recommendations for practice.



Evidence series, the impact of the coronavirus pandemic on the mental health of children and young people with pre-existing health and education needs has been mixed.

- In the early months of the pandemic, a longitudinal study with children with cancer aged 8-18 found no increase in ⁴
- Among children with migraine, anxiety symptoms were significantly associated with more frequent migraine frequency, but not intensity (Italy).⁵
- Children and young people with multiple scores than a group without long-term health

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- Children with special education needs and/or acute or chronic diseases had more psychosocial problems (including hyperactivity/inattention, emotion symptoms and conduct problems) than their peers (Hong Kong).⁷
- 70% of young people with an eating disorder (ED) indicated that ED cognitions (e.g. fear of gaining weight and drive for physical activity) increased during

- Young people's social media use was associated with worse mental health outcomes during the pandemic.^{19,20} A higher number of hours per day spent on social media predicted moderate-to-severe depression and anxiety in April to July 2020 (USA).¹⁹
- During the coronavirus pandemic, the prevalence of Internet Addiction (IA) among high school students was 24.4%,

during the lockdown compared to those whose mental healthcare needs increased during the pandemic. This suggests that spending time with friends may have produced a protective effect on their mental health (Belgium and Italy).³⁰

- Government support during the pandemic,

The Evidence Based Practice Unit (EBPU) is a child and youth mental health research and innovation unit based at UCL Faculty of Brain Sciences and the Anna Freud Centre. Founded in 2006, this collaboration bridges cutting-edge research and innovative practice in children's mental health. We conduct research, develop
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