

“When will it end? Will it end?” Findings of the First 1000 Participants in the Born in Bradford Covid-19 Parents Survey

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Executive Summary

Born in Bradford



2007-2011, N~13,000
2018-2020 Growing Up N~5,500



2016-ongoing, N~3000

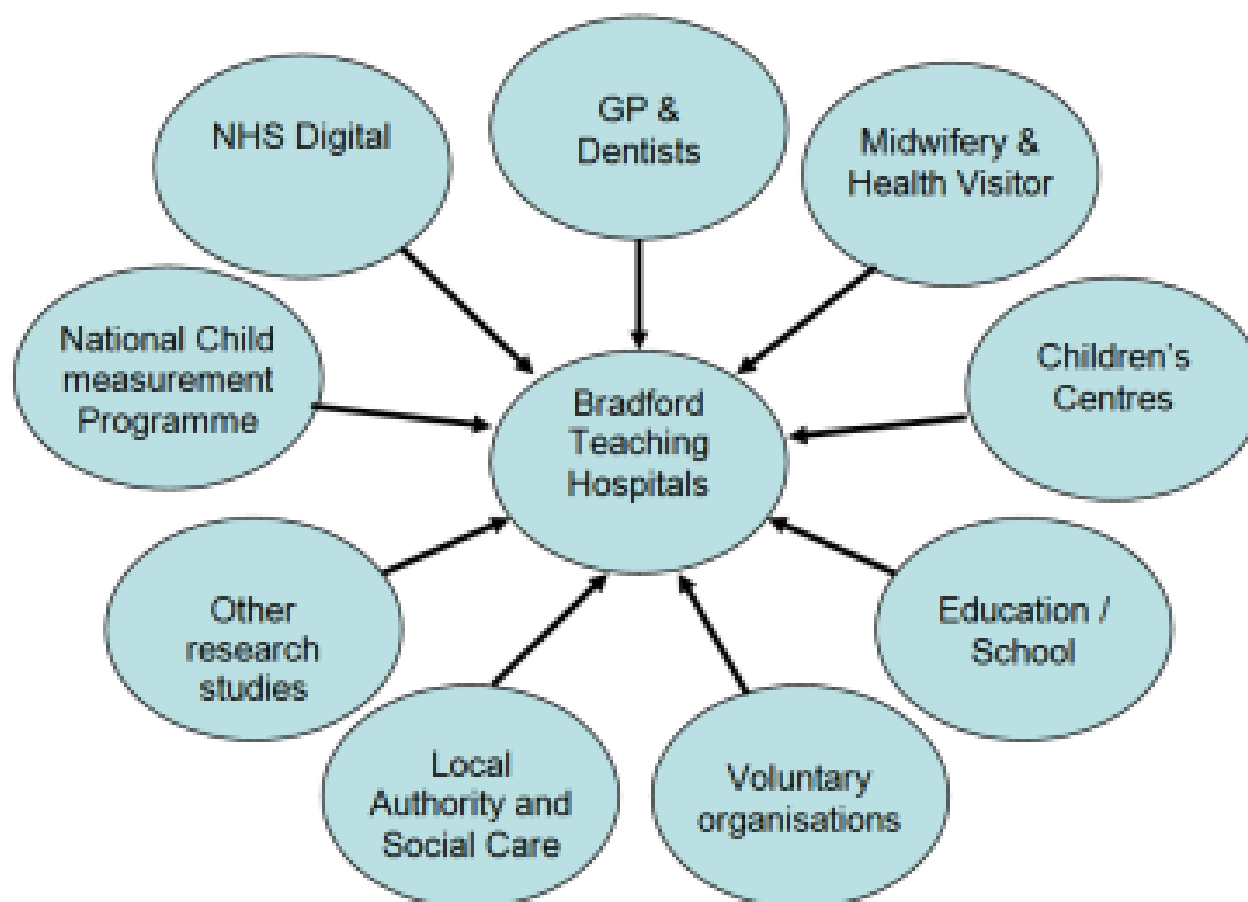


2019-ongoing, N~2000



10/07/2020

Routine Data



BiB COVID-19 Research



1. Parents of families in BiB Growing Up and BiBBS
2. Children in BiB Growing Up (9-13)
3. Women and Partners in the perinatal period (pregnancy and up to 1 yr post birth) in BiBBS and BiB4All

Longitudinal surveys and qualitative interviews

The Study

- **1,146** adults in the Born in Bradford cohorts participated between 10th April - 6th May 20.
- **46%** of participants were of Pakistani heritage, **37%** were White British and **21%** were from other ethnic backgrounds.
- **50%** of respondents lived in the most deprived decile of material deprivation in England.

Living Circumstances

feel isolated and alone once children are in bed with no adult face to face interaction'

Many families are living in difficult circumstances:

- Overcrowded homes (**2 in 5**)
- Poor quality housing (e.g. damp/repairs) (**1 in 4**)
- A household member shielding (**1 in 4**)
- Having to self-isolate (**1 in 3**)
- Feeling lonely some (**1 in 3**) or all of the time (**1 in 10**)
- Lacking confidence in ability to support child's learning (**1 in 5**)
- Having an average/poor partner relationship (**1 in 10**)

'Every day is a challenge to get our 11 year old daughter out of bed before lunchtime and engaged in an activity'

Financial Insecurity

A large number of families have worries about:

- job security (1 in 3)
- paying the rent/mortgage (1 in 4)
- being able to afford food (1 in 4)

1 in 10 had severe financial and food insecurities:

- being worried about losing their home
- having to skip meals because there wasn't enough food.

Type of employment is the biggest predictor of financial insecurity:

- 67% self-employed and not working are worse off now
- 49% of furloughed workers are worse off now

'If either or both of us lose our jobs, we have no savings and have credit card debts, so fear for the loss of our home.'

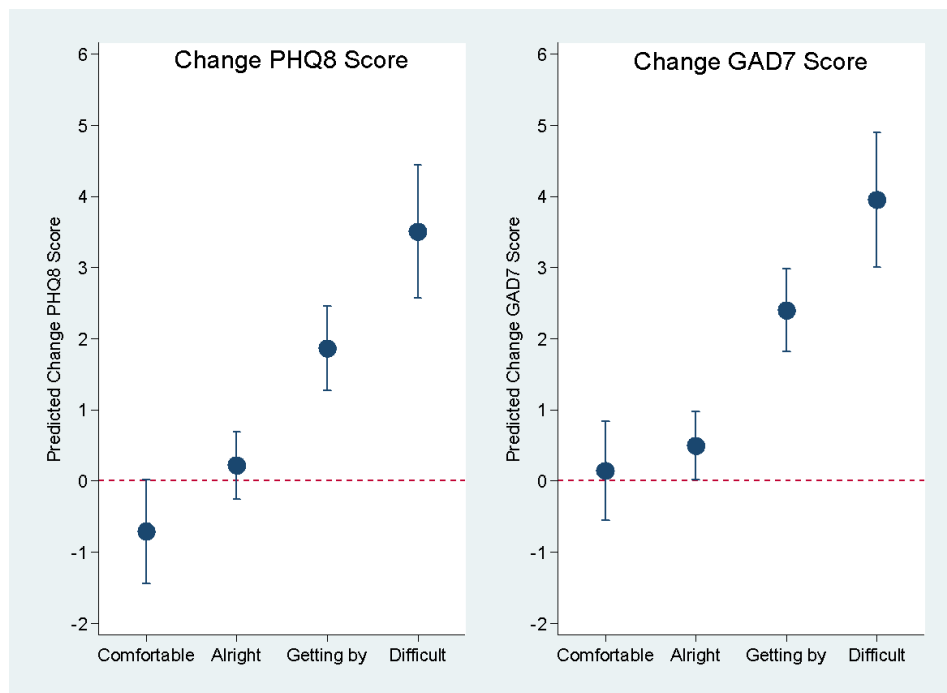
Mental Health

'[I'm worried about] having a nervous breakdown or a panic attack...can't get a break from all the responsibilities and go somewhere for fresh air even'

More people had poor mental health during lockdown than before the pandemic:

- **2 in 5** had depression (PHQ-8)
- **2 in 5** had anxiety (GAD-7)

The risk of becoming depressed during lockdown was higher for those who were struggling financially, and for White British respondents.



Health and Service Use

I worry we may bring it into the house and one of us could get ill (myself and husband have asthma)'

- An increase in negative health behaviours (e.g. smoking, drinking, exercise) was common
- **2 in 5** participants reported worrying about their health most or all of the time
- Many families reported not using services because of fears of catching the virus, others reported being unable to access vital services

school are unable to support and social services have not been helpful (phoned social services for advice and support and was not given any advice). I feel left to deal with child with learning difficulties on my own'

Recommendations

1. Support vulnerable families to enable them to **manage financially** and avoid them becoming homeless and living in debt and food poverty.
2. Support for a large proportion of people who are now suffering from **depression and anxiety**: services for severe cases and preventative interventions for mild symptoms
3. Develop methods to reassure and encourage vulnerable families to **access health and education services** with immediate effect to stop health inequalities becoming worse.
4. Interventions to **address social isolation** need to target those at most risk.

Recommendations

A Careful Balance of Health and Collateral Damage to the most Vulnerable



The need to shield clinically vulnerable people and contain the Covid-19 virus using lockdown measures needs to be balanced against the increasing and severe health inequalities that the lockdown has caused and the long-term impacts that this may have on future generations' physical and mental health, their education and life chances.

Next Steps

- Full Analysis, N~2,150 by end July 2020
- Analysis of child questionnaires, N~800, by mid-August 2020. Qualitative work by end Sept 2020.
- Preliminary analysis Pregnancy and Postpartum survey and qualitative work, end Aug 2020
- Phase 2 development of surveys, to implement end of Sept 2020....

