

# “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

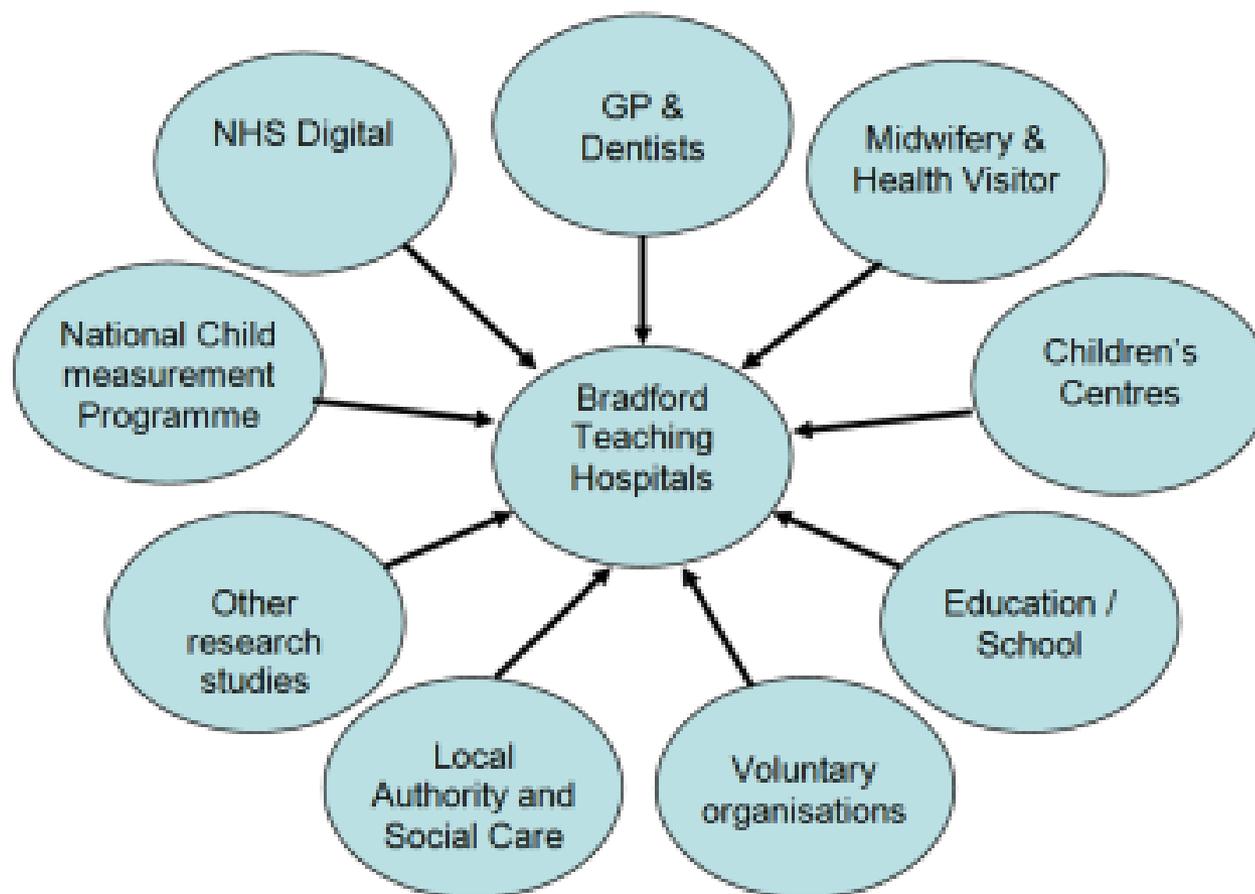


2019-ongoing, N~2000



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 - 6<sup>th</sup> 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.'*

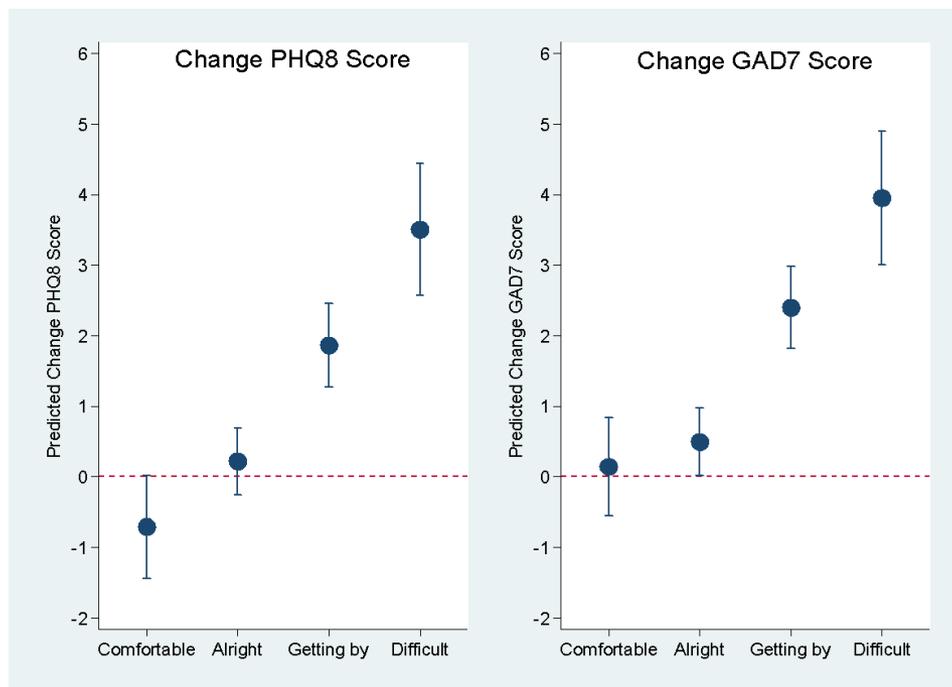
# Mental Health

*'[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....

