

The Possible Impact of COVID-19 Confinement Measures on Children and Adolescents

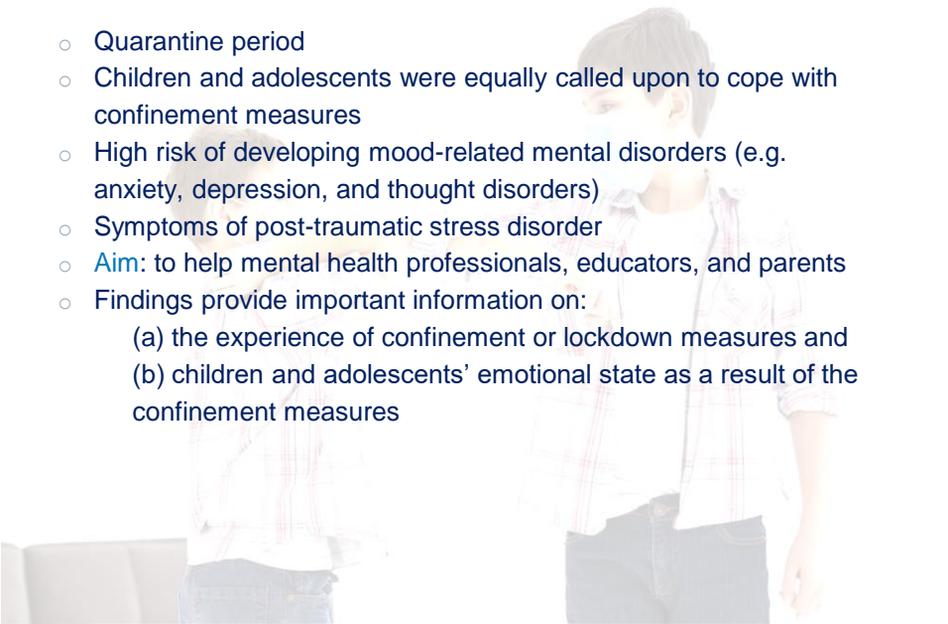


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INTRODUCTION

- Quarantine period
- Children and adolescents were equally called upon to cope with confinement measures
- High risk of developing mood-related mental disorders (e.g. anxiety, depression, and thought disorders)
- Symptoms of post-traumatic stress disorder
- **Aim:** to help mental health professionals, educators, and parents
- Findings provide important information on:
 - (a) the experience of confinement or lockdown measures and
 - (b) children and adolescents' emotional state as a result of the confinement measures



METHOD

- Data collection: for three weeks (May 25 through June 15, 2020)
- Random sampling: 1,061 participants (370 children and 691 adolescents) from Cyprus and Greece
- Bespoke questionnaire: a 15-minute 39-items for children and 50-items for adolescents questionnaire (through the REDCap® platform)
- Bioethics Approval by the National Bioethics Committee and the MOECYS

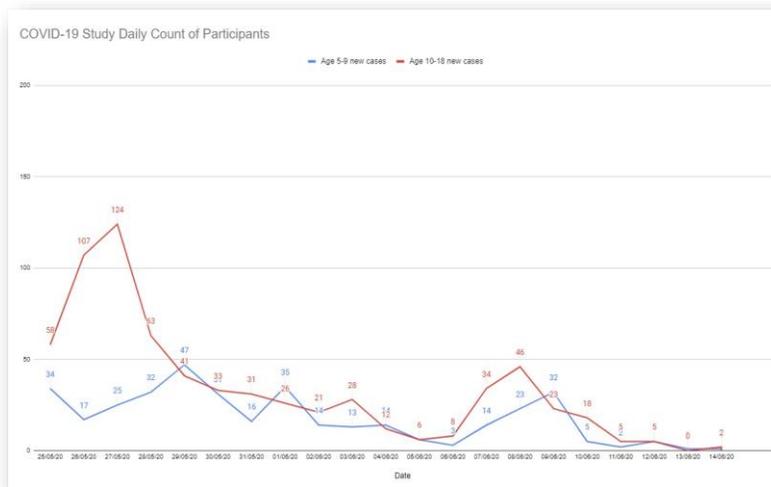
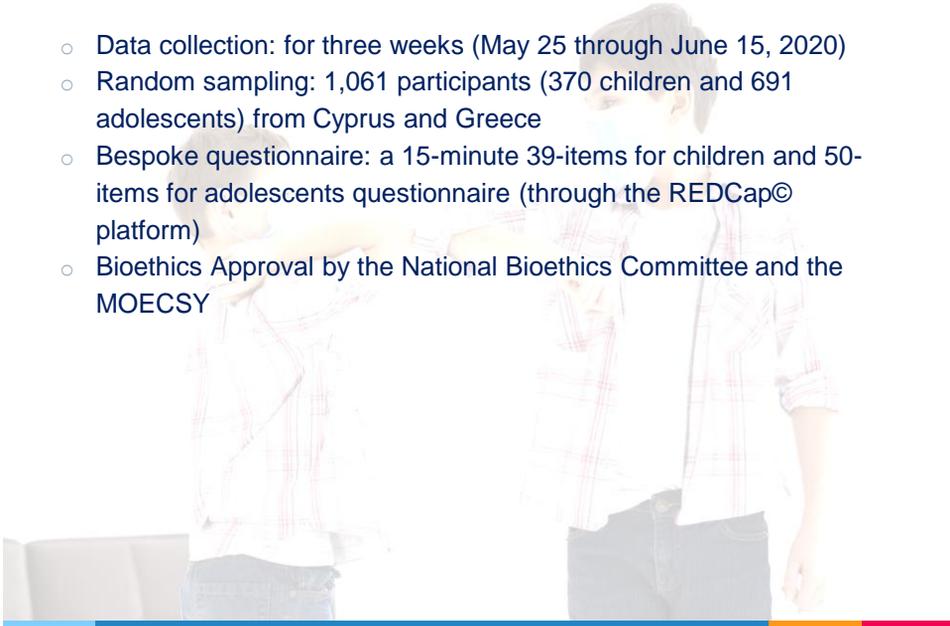


Figure 1: Data Collection—3 weeks (May 25 through June 15, 2020)

RESULTS

Demographics

- Both genders, from both countries, both urban and rural areas
- 91,51% came from 3- or 4-member families
- Participants had no lab evidence of COVID-19 infection

Basic and General Psychological Needs

- 80,27 % felt protected inside their house
- 68,23% expressed concern about a family member getting sick
- 29,82% expressed concern for getting infected themselves
- 62,63% missed spending time with relatives and friends
- 74,24% of the adolescents spent time in front of a screen for 4-5 hours
- 40,09% of the children and adolescents spent time on electronic games
- 25,26% of the children and adolescents spent time in physical exercise outdoor and the neighbourhood (e.g., walking, biking, jogging), gardening or indoor activities (e.g., board games)

School

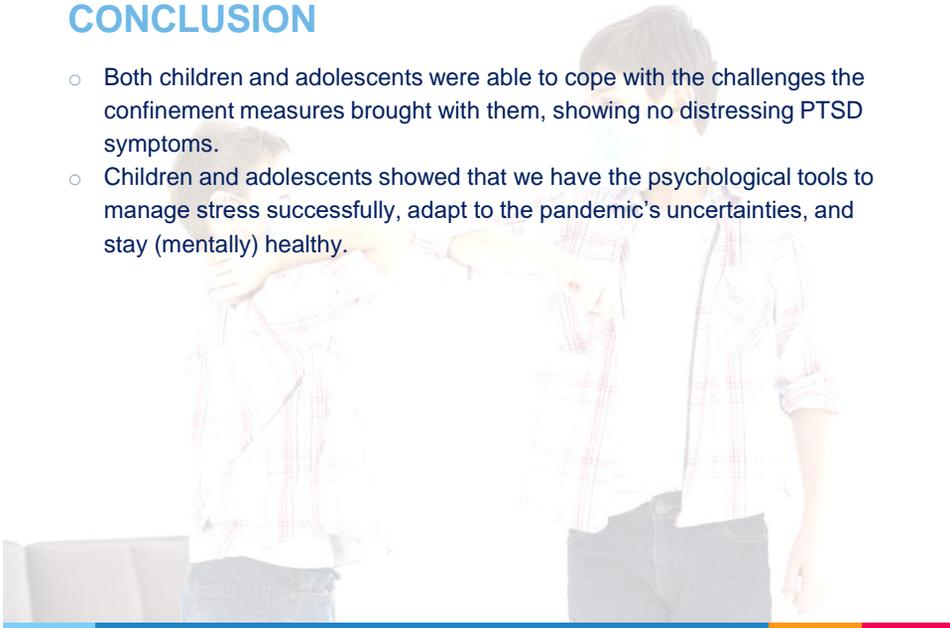
- 80,42% attended distance learning classes
- 26,71% of adolescents stated that they missed school
- 55,87% of adolescents would prefer schools to reopen on September
- 63,73% of children would prefer to return to school at the earliest convenience
- Nearly everyone underscored the need for socialization and contact with family members and friends

Future Emotional State, with an emphasis on Post-Traumatic Stress Disorder (PTSD; DSM-V, APA 2013)

- Successful management of the psychological state and related emotions
- The pandemic did not cause any significant fear, grief, hopelessness or anxiety
- 20,98% of children avoided talking about the pandemic
- Adolescents tend to be more introverted and shared their experiences predominantly with friends

CONCLUSION

- Both children and adolescents were able to cope with the challenges the confinement measures brought with them, showing no distressing PTSD symptoms.
- Children and adolescents showed that we have the psychological tools to manage stress successfully, adapt to the pandemic's uncertainties, and stay (mentally) healthy.



References

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**Thanks for your
attention**

Any questions?

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