

Youth wellbeing and resilience in pandemic times

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Presentation prepared for a webinar organized by the Tamarack Institute, Jan. 25th 2022



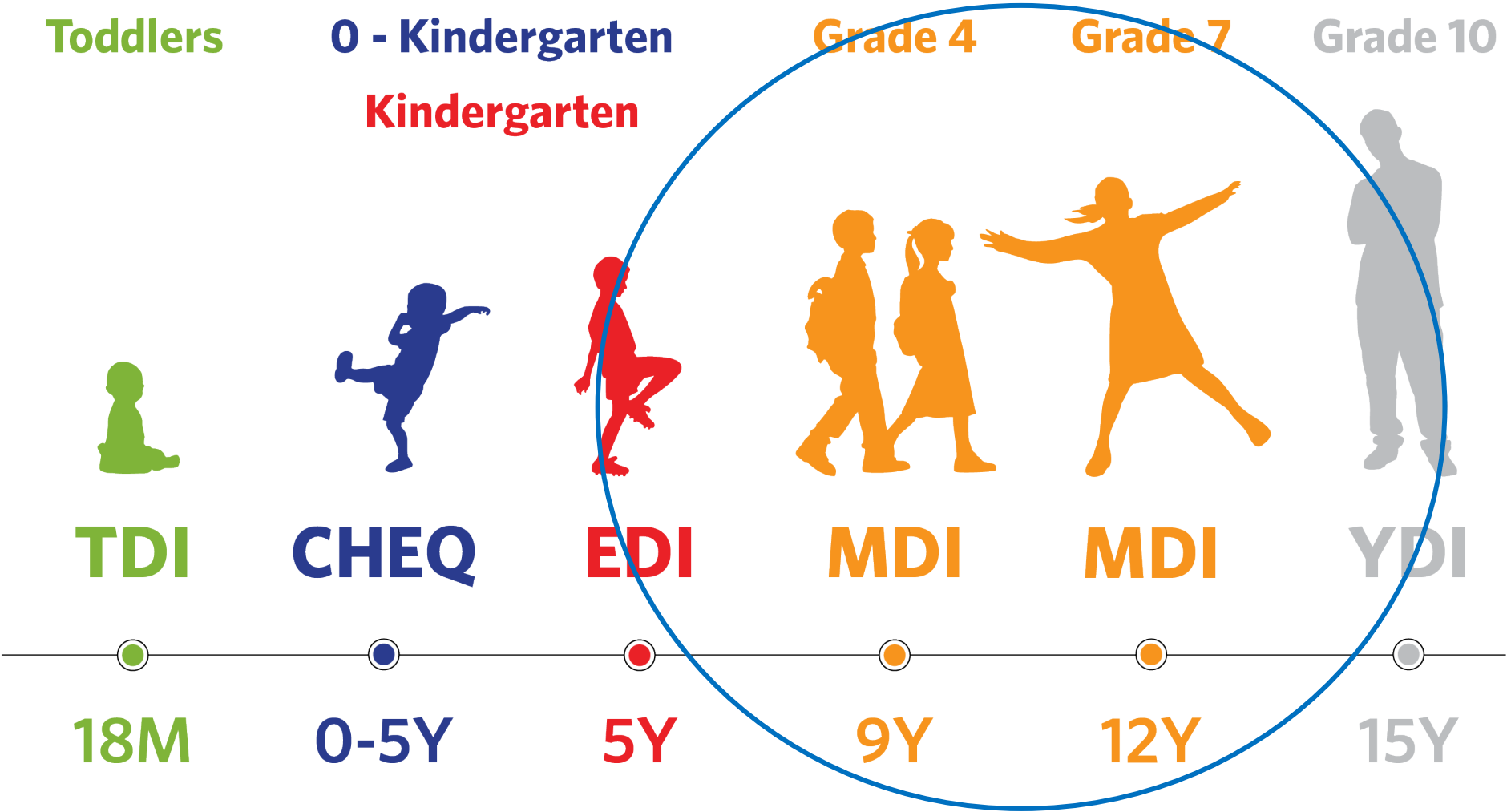
HUMAN
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PARTNERSHIP



Acknowledgments

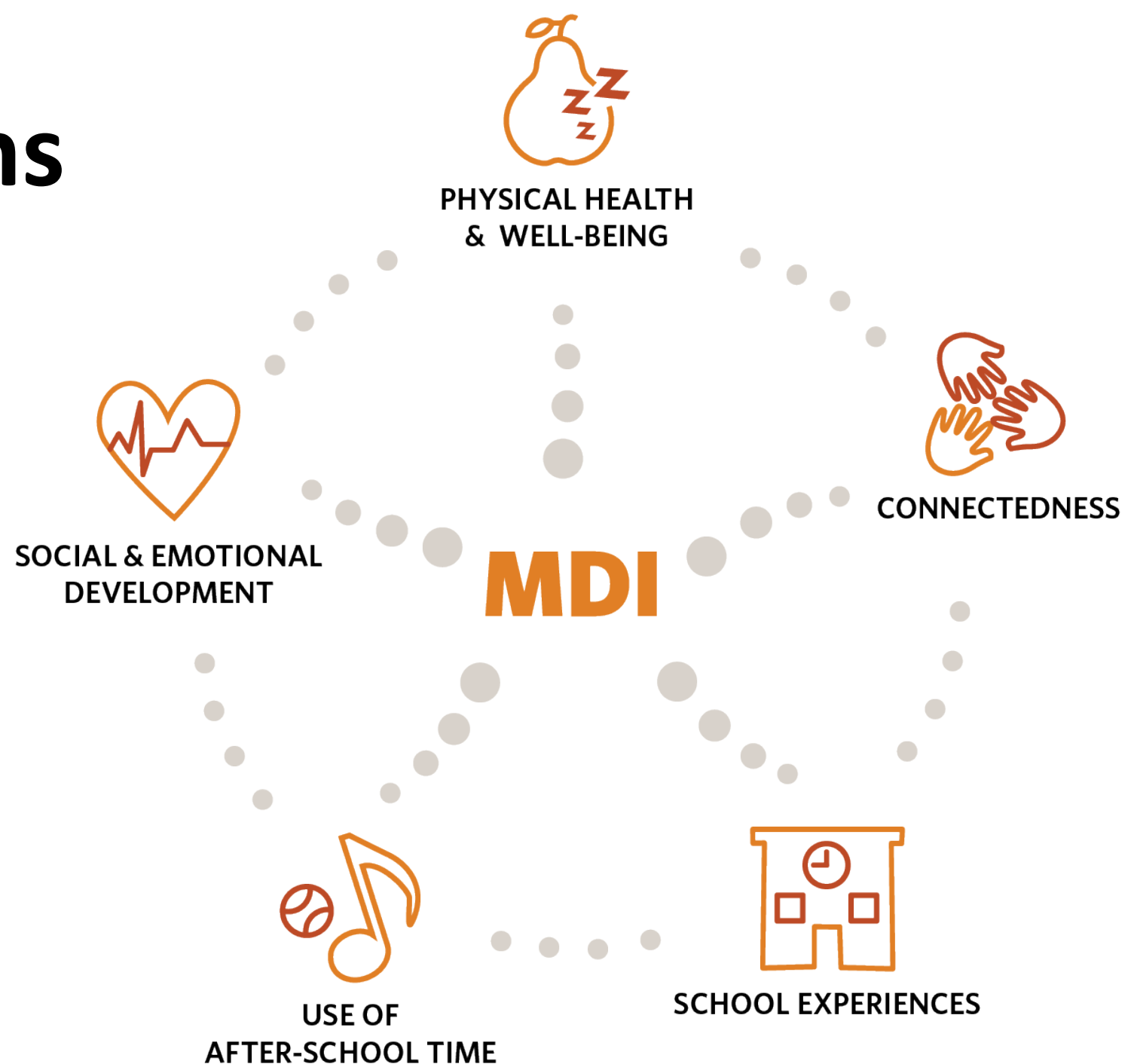
- Research was conducted on the land of the Coast Salish peoples, including the territories of the x^wməθkwəy̓əm (Musqueam), Skwxwú7mesh (Squamish), and Səlílwətaʔ/Selilwitulh (Tsleil-Waututh) Nations
- This presentation includes research supported by a SSHRC engagement grant awarded to a group of researchers at HELP (PI: Anne Gadermann) in partnership with the Ministry of Education BC

HELP's CHILD MONITORING SYSTEM



MDI Dimensions

Measures areas of development strongly linked to well-being, health and academic achievement

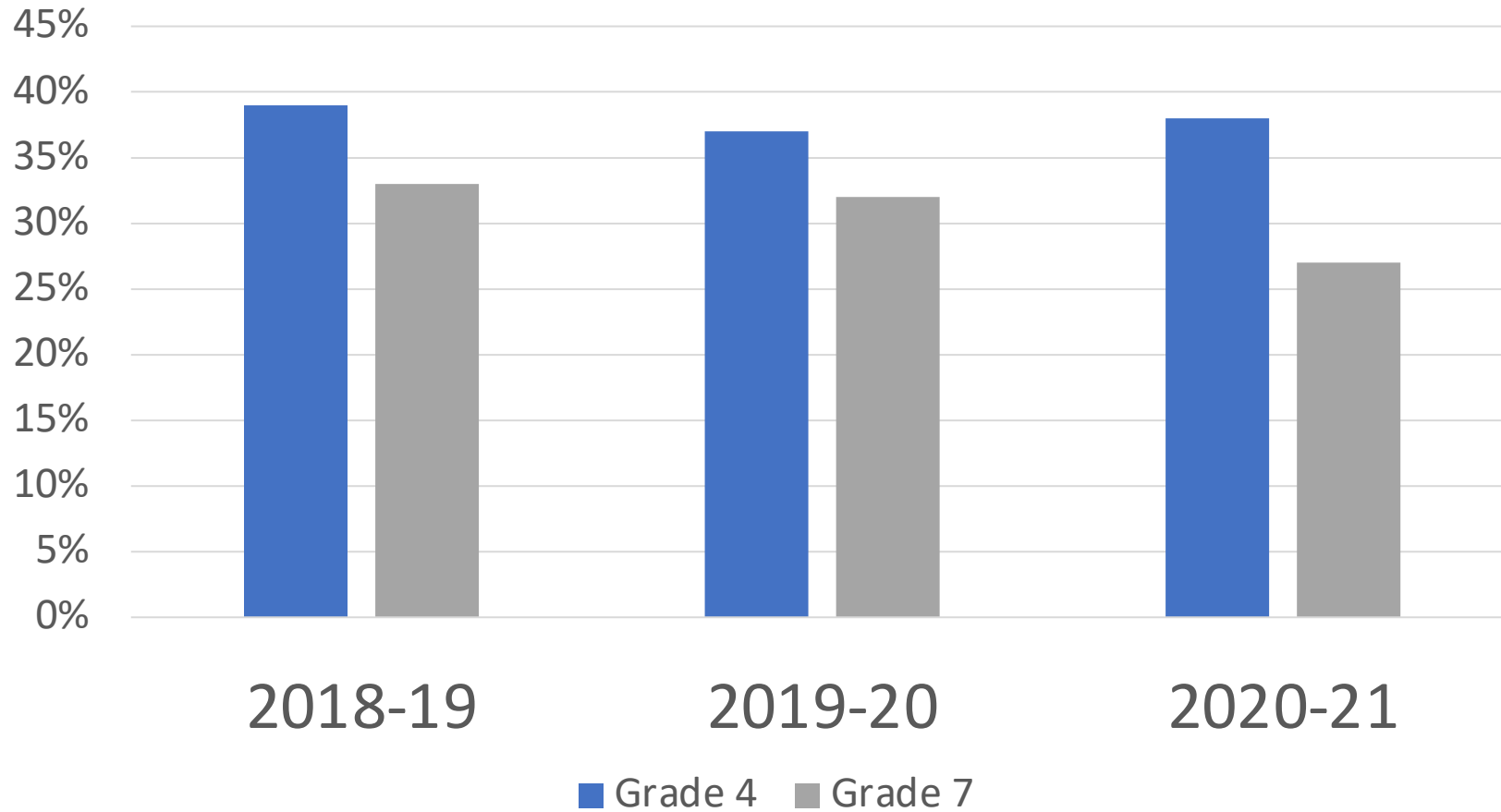




Changes over time in districts that participated in 2018-2019, 2019-2020 & 2020-2021

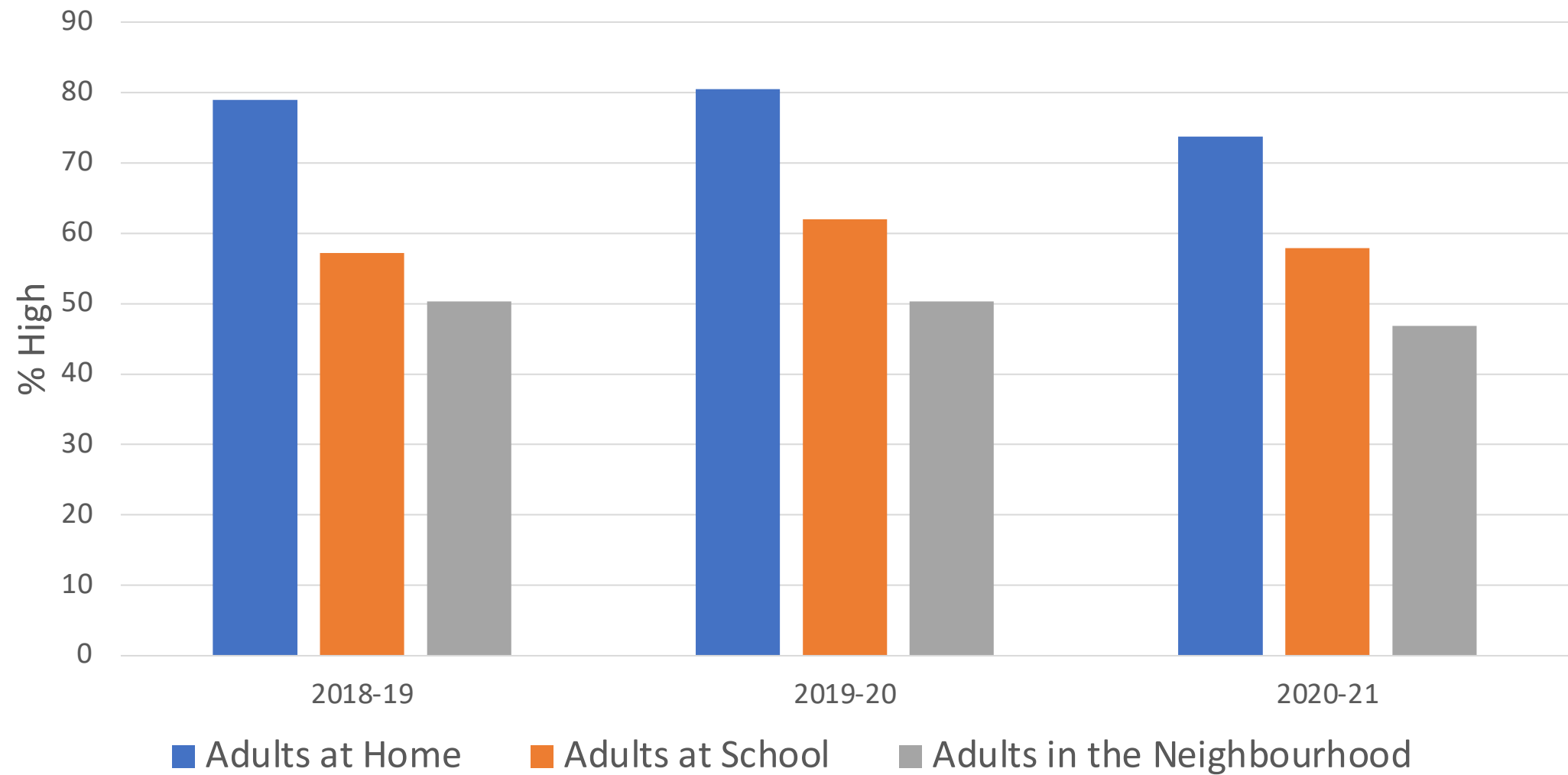
Grade	Number of Districts	Number of Students
4	9	7,499 across 3 years
7	10	9,313 across 3 years

Wellbeing - % thriving, three-year trend



The well-being of Grade 4 children has remained stable over the past two years whereas the well-being of Grade 7 children has declined.

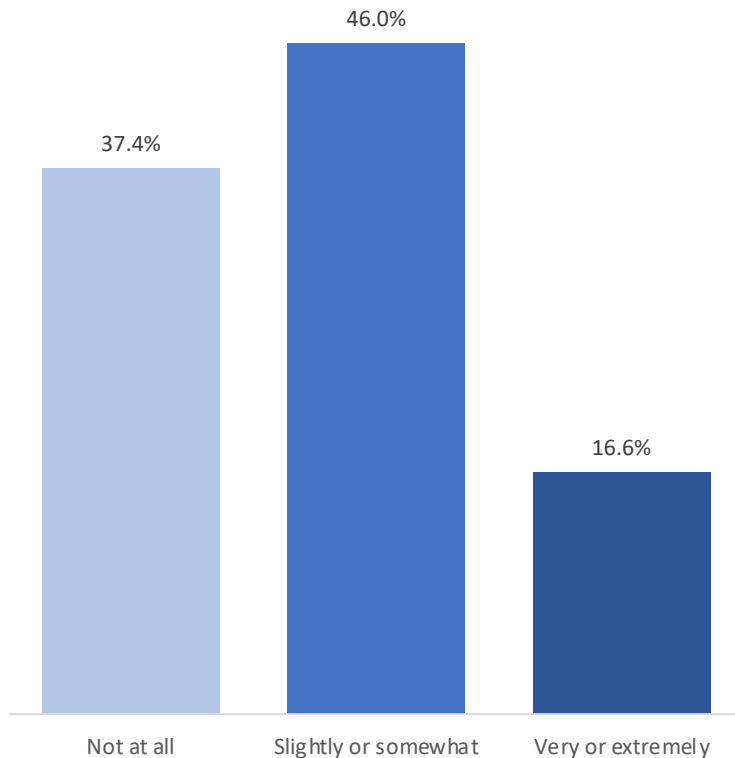
Connectedness to Adults, Grade 7



Covid-specific experiences

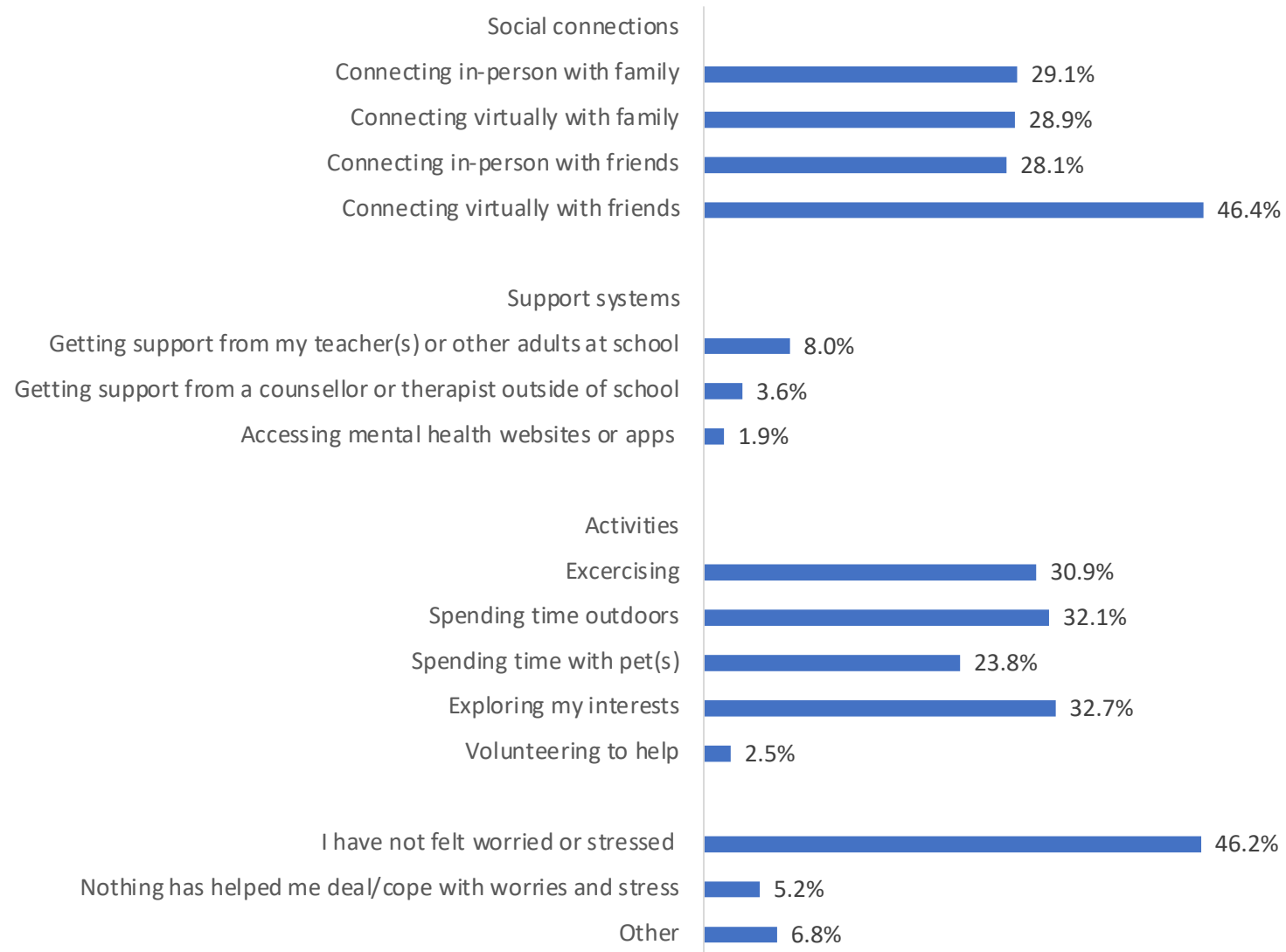
- COVID Module: Survey questions regarding experiences during pandemic as part of the MDI survey
- Questions were adapted from existing validated surveys, students and stakeholders provided input
- Responses collected in January-March 2021 (approx. 10-12 months after pandemic was declared)
- Online surveys completed by students at school during school hours and administered by classroom teachers
- Final COVID Module Items
<http://earlylearning.ubc.ca/mdi/mdi-questionnaires/>
- Sample
 - N = 2038 youth, Mean age = 14 years
 - 47% identified as female, 51% identified as male, 2% identified in another way
 - Large urban school district

(a) During the past 2 weeks, how worried have you been about your mental/emotional health being influence by the pandemic?



Most students were concerned about their own mental health during the COVID-19 pandemic

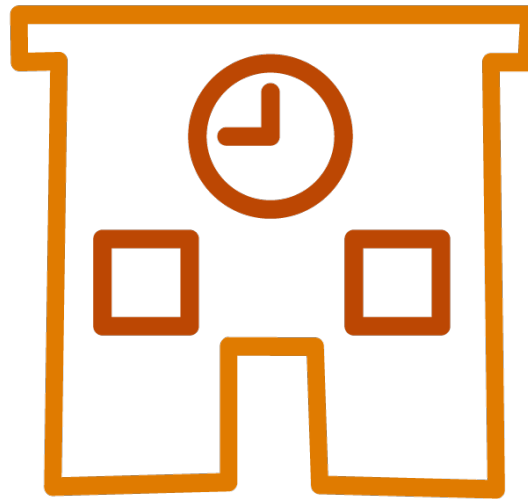
Mental health and coping during the COVID-19 pandemic (2)



What strategies help students to cope with worries during the pandemic?



Social connections



Supportive systems



Activities

Teacher mental health in BC

- Study with 1,232 public school teachers in BC (79% female)
- 40% of teachers said they are now more likely to leave the profession than before Covid
- Clinical mental distress levels higher than in general population
 - 23% reported serious mental distress
 - 46% reported moderate mental distress
- **Feeling supported by school district, Ministry, principal, colleagues and community significantly predicted better mental health, wellbeing and job satisfaction**

http://earlylearning.ubc.ca/media/help-covid-19_teacher_survey-final_infographic_062821.pdf

http://earlylearning.ubc.ca/media/bcteachersandcovid-19surveyreport_062821_final.pdf

THANK YOU

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