**TeenCovidLife Survey 1**

**Executive Summary Report 2020-08-06**

**Aims of the Survey**

The TeenCovidLife Survey is an online survey of health and wellbeing that provides a voice for young people on the impact that lockdown, social distancing, home schooling and exam cancellations is having on them in these unprecedented times.

**Participants**

The Survey ran from 22nd May to 5th July 2020. 5,548 Scottish young people aged 12 to ­17 years old completed the survey. 98% of TeenCovidLife participants were high school pupils from 283 schools in 32 local authorities across Scotland. 65% were female and 34% were male.

**Key Findings**

**Loneliness**

Of those that responded on loneliness, 9% recalled feeling lonely ‘most of the time’ or ‘all of the time’ before lockdown. During lockdown, this increased with 28% feeling lonely ‘most of the time’ or ‘all of the time’.

**Stress**

When asked if they had felt nervous or stressed because of COVID­19 in the past week, nearly 1 in 4 (22%) said ‘most of the time’ or ‘all of the time’.

**Sleep**

We asked how they were sleeping compared to before the COVID­19 lockdown, the picture was mixed with 20% reported sleeping ‘much better now’ or ‘somewhat better now’, 35% ‘about the same now’, but 39% saying ‘somewhat worse now’ or ‘much worse now’. 69% said they were going to bed later during lockdown than before.

**Home based schooling**

The picture was also mixed when it came to adapting to doing schoolwork at home.23% found it ‘very easy’ or ‘quite easy’, but 46% found it ‘quite difficult’ or ‘very difficult’. When asked about how stressed they felt about schoolwork 8% said ‘not at all’, 30% ‘a little’, 27% ‘some’ and 35% ‘a lot’.

When asked about their education, 14% of those who responded said they were ‘not at all worried’; 27% ‘slightly worried’; 28% moderately worried’; 17% ‘very worried’ and 13% ‘extremely worried’. Those in S4 to S6 were asked how worried they are about their school exams: 10% of those who responded said ‘not at all’; 12% ‘slightly’; 20% ‘moderately’; 22% ‘very’; and 27% ‘extremely’.

**Acknowledgements and Further Information**

The TeenCovidLife Survey is one of a series of studies run by the Generation Scotland team with support from the Wellcome Trust. It is run in collaboration with the Scottish Schools Health and Wellbeing Improvement Research Network (SHINE), at the University of Glasgow.

The full report and information about other surveys run by Generation Scotland can be found here: [www.ed.ac.uk/generation-scotland](http://www.ed.ac.uk/generation-scotland).