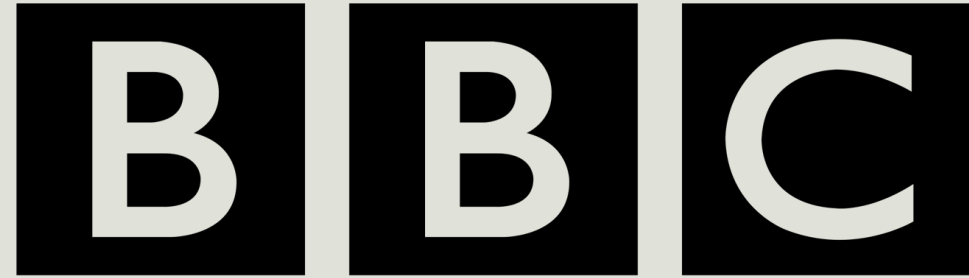


BBC Education and Netmums Survey

Summary Report



Methodology

Fieldwork Dates

- 8 – 18 March 2022

Data Collection Method

- The survey was conducted via online interview
- Invitations to complete surveys were sent out to members of the panel

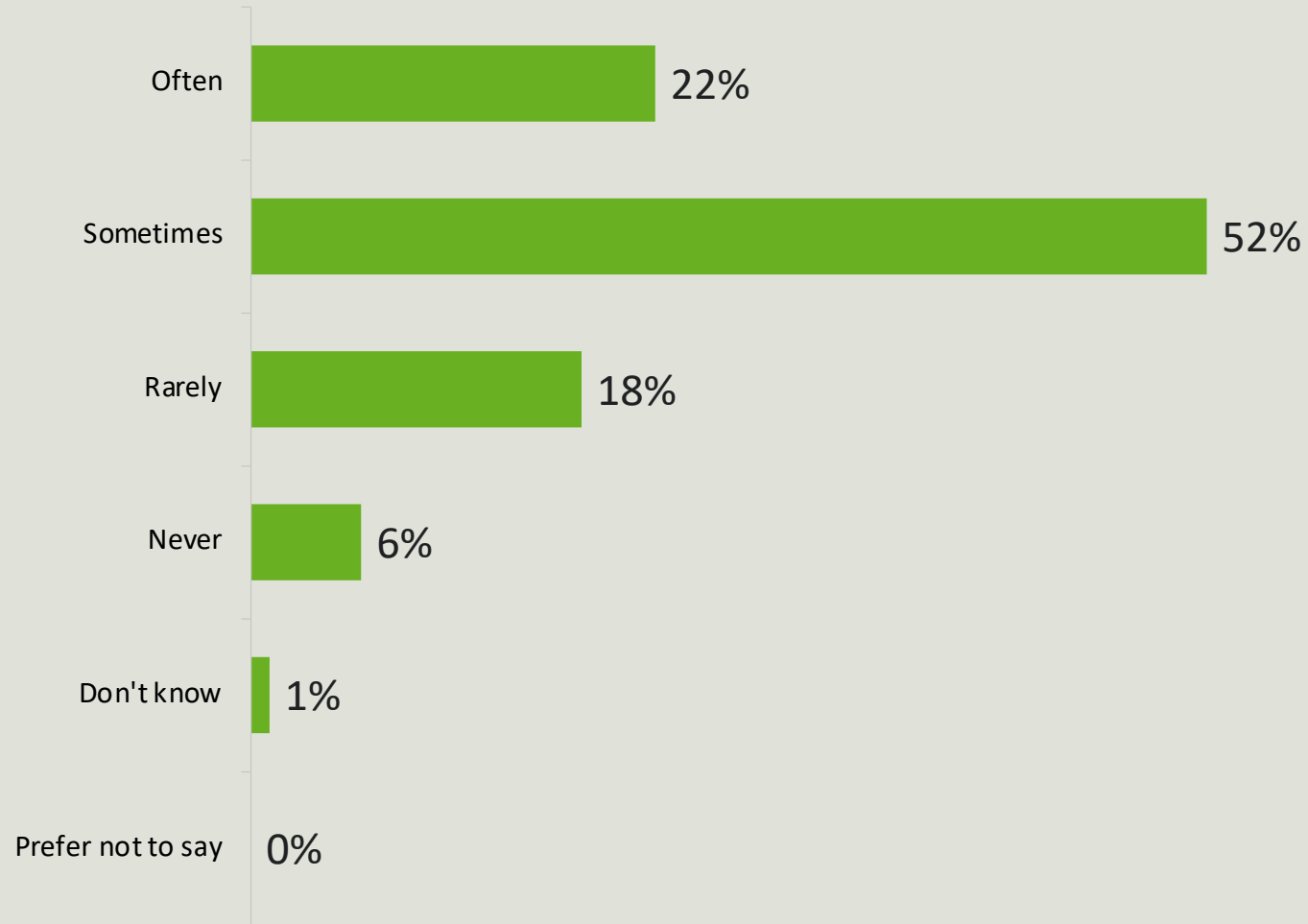
Population Sampled

- Residents aged 18+ with children in Primary School in the UK

Sample Size

- 2040

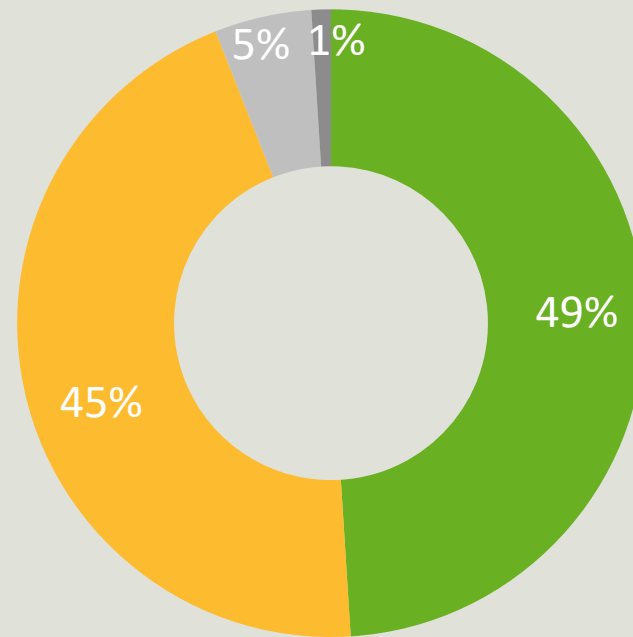
Q1. How often, if at all, are you worried about the mental health of your child/children?



Q2. Which of the following statements is closest to your experience?

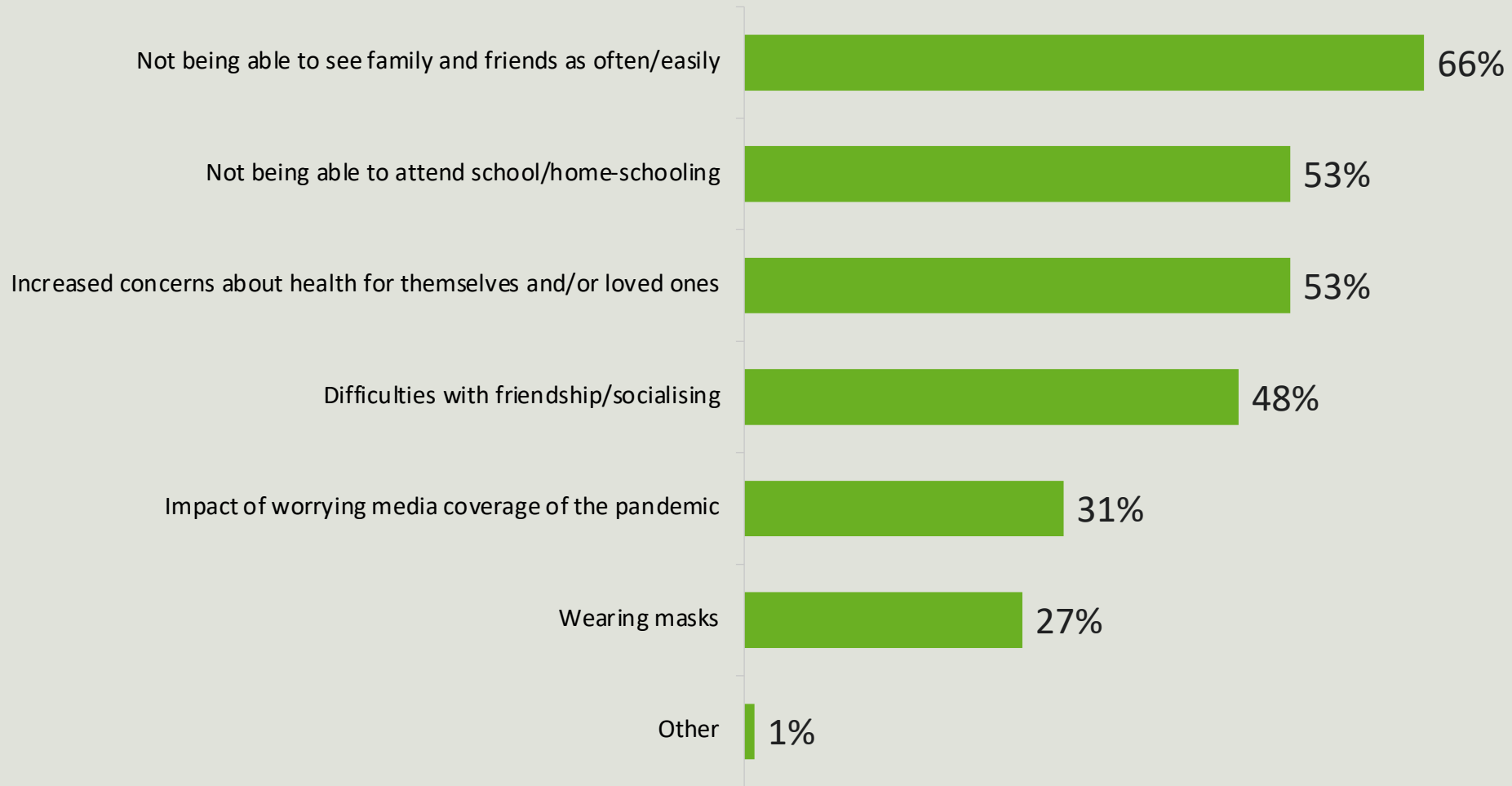


Q3. Which of the following statements is closest to your experience?

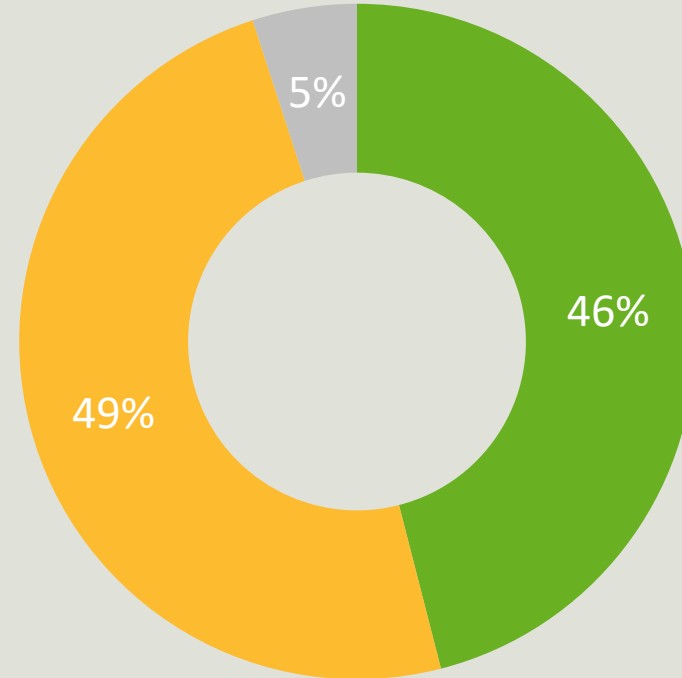


- My child/children has expressed some type of anxiety related to the pandemic
- My child/children has not expressed some type of anxiety related to the pandemic
- Don't know
- Prefer not to say

**Q4. Which of the impacts of the pandemic has your child/children expressed anxiety about?
Please select all that apply.**

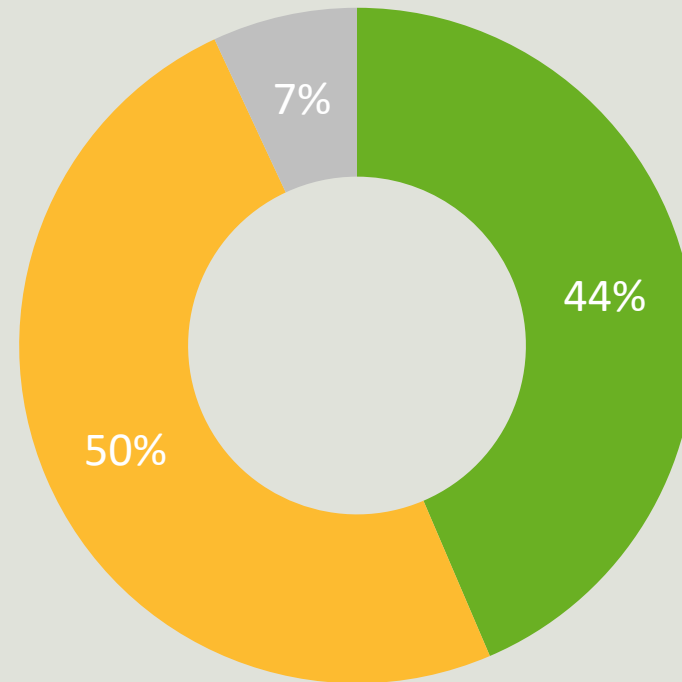


Q5. Which of the following statements is closest to your experience?



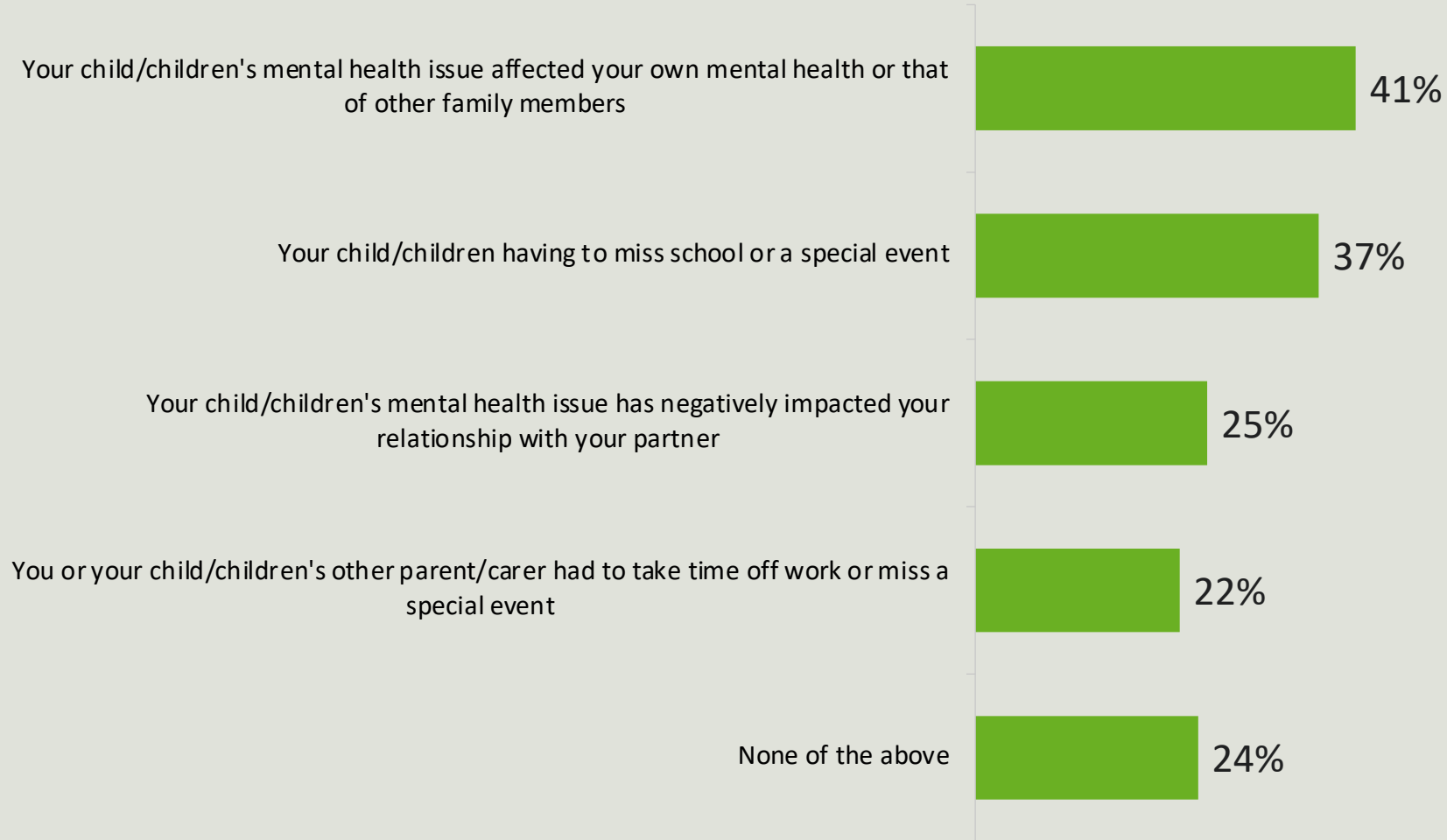
- My child/children has expressed feelings of loneliness related to the pandemic
- My child/children has not expressed any feelings of loneliness related to the pandemic
- Don't know

Q6. Which of the following statements is closest to your experience?

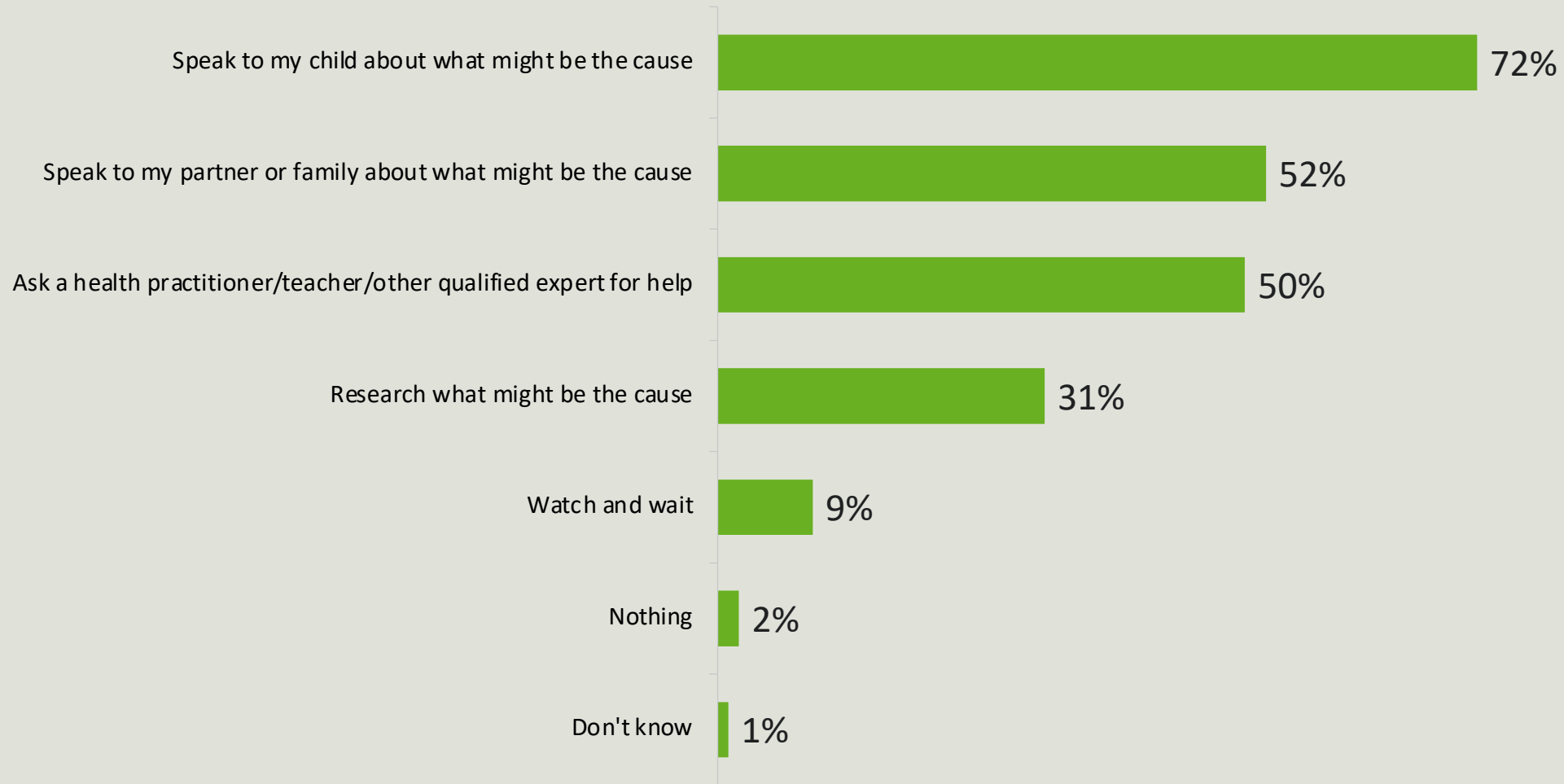


- My child/children has experienced challenges with their mental health
- My child/children has never experienced challenges with their mental health
- Don't know

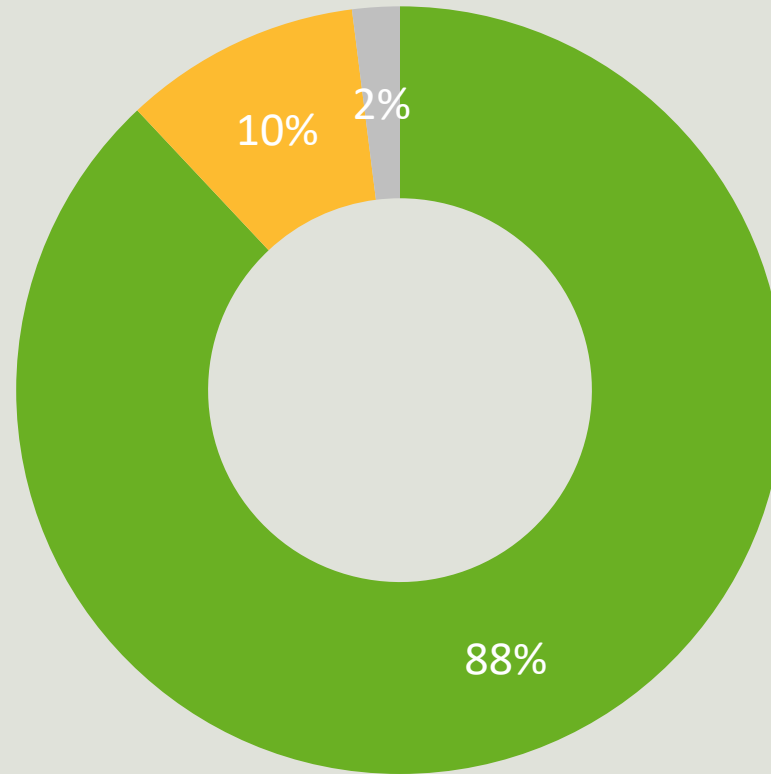
Q7. Has your child/children's mental health ever led to the following? Please select all that apply.



Q8. If you noticed changes in your child/children's behaviour that may be indicative of a mental health issue/s, what would you do? Please select all that apply.



Q9. How confident are you that you would notice if your child/children were experiencing mental health issues?

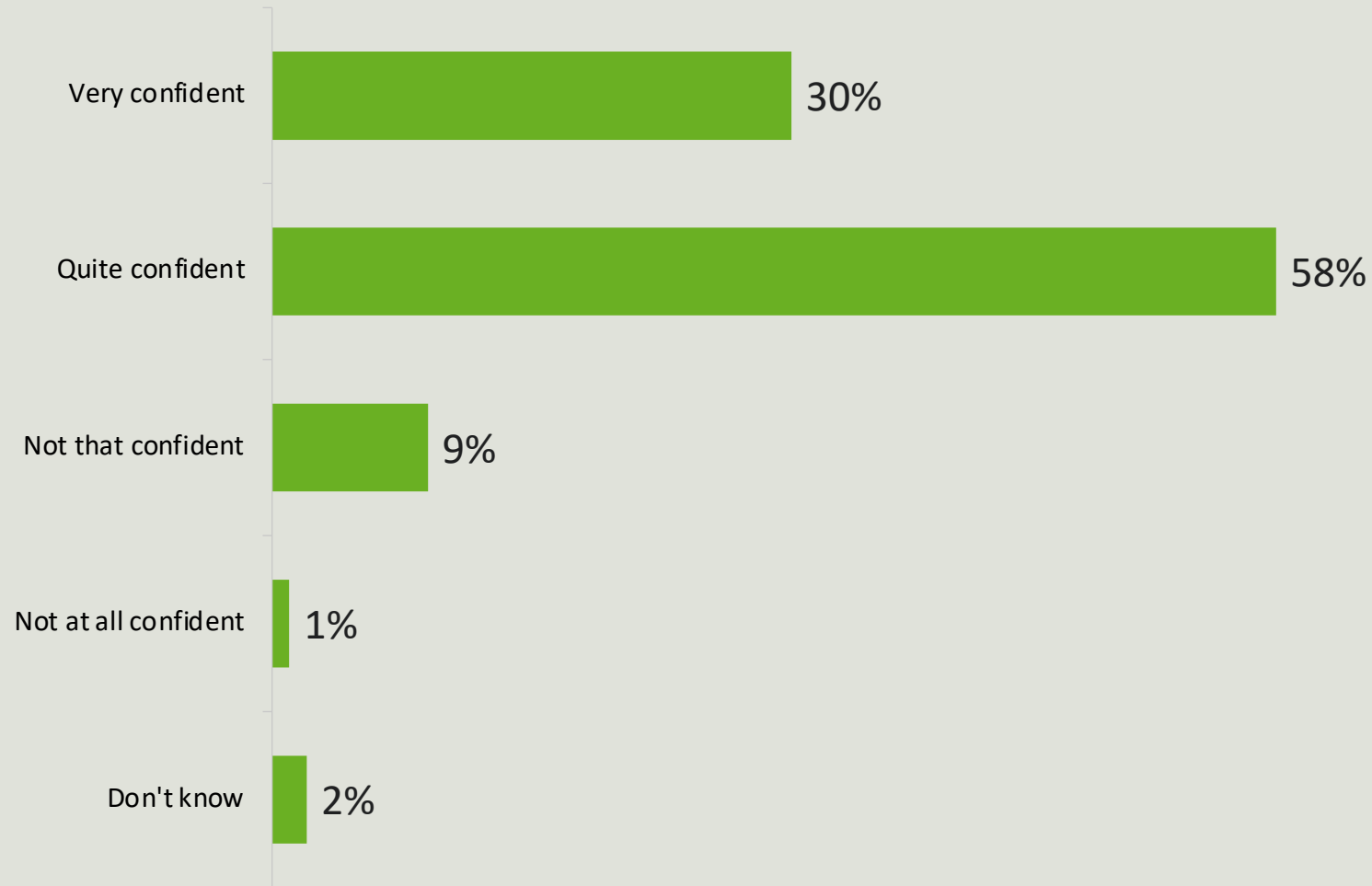


■ NET: Confident (Very + Quite)

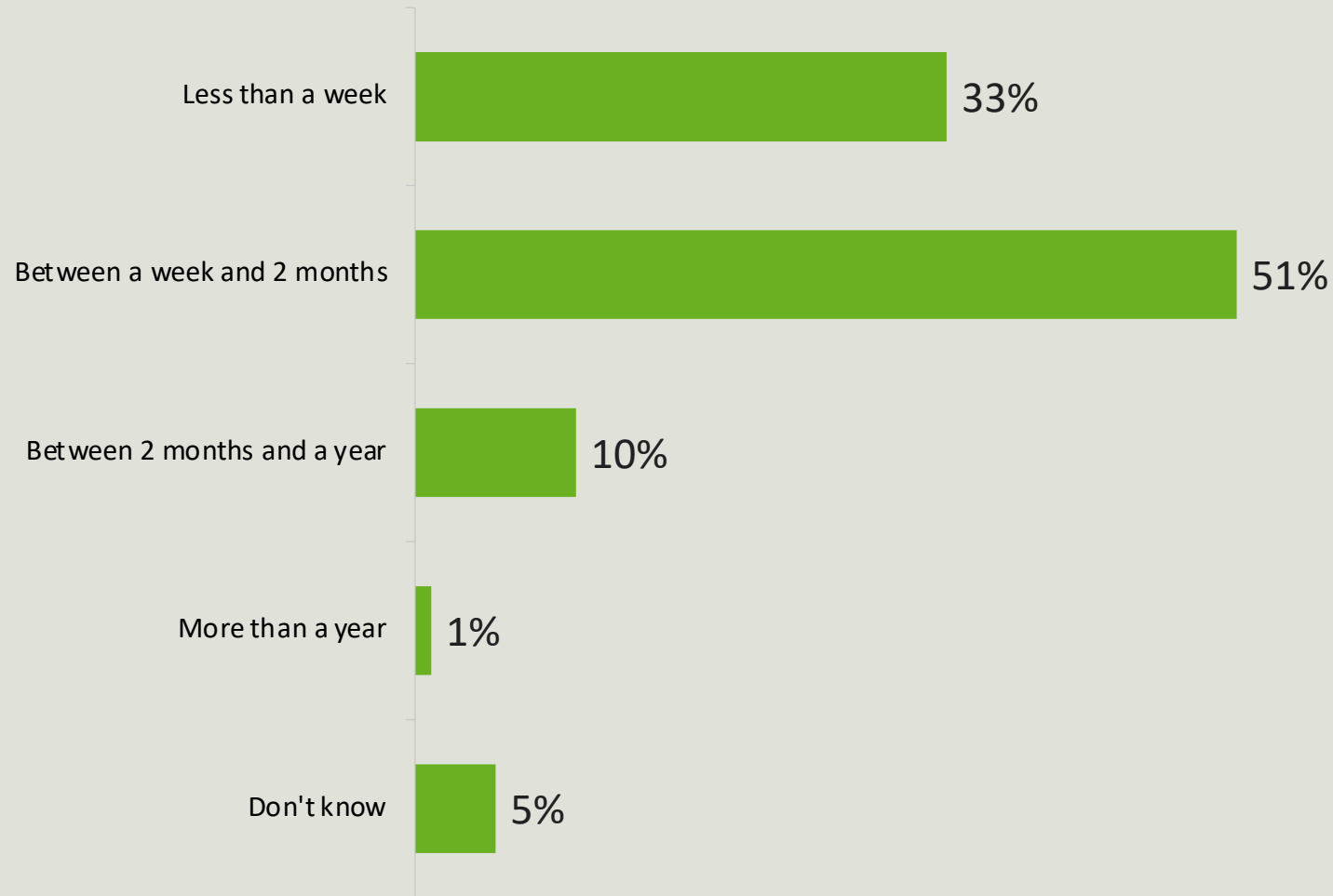
■ NET: Not Confident (Not that + Not at all)

■ Don't know

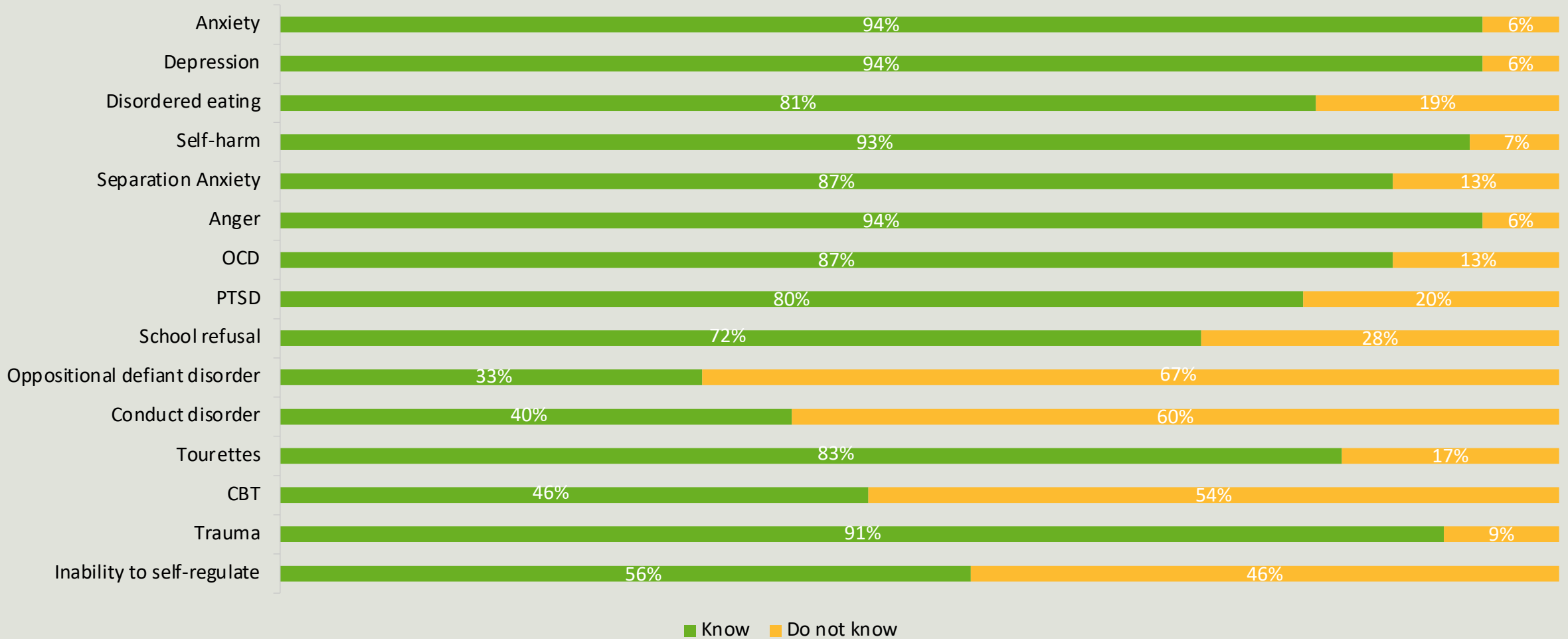
Q9. How confident are you that you would notice if your child/children were experiencing mental health issues?



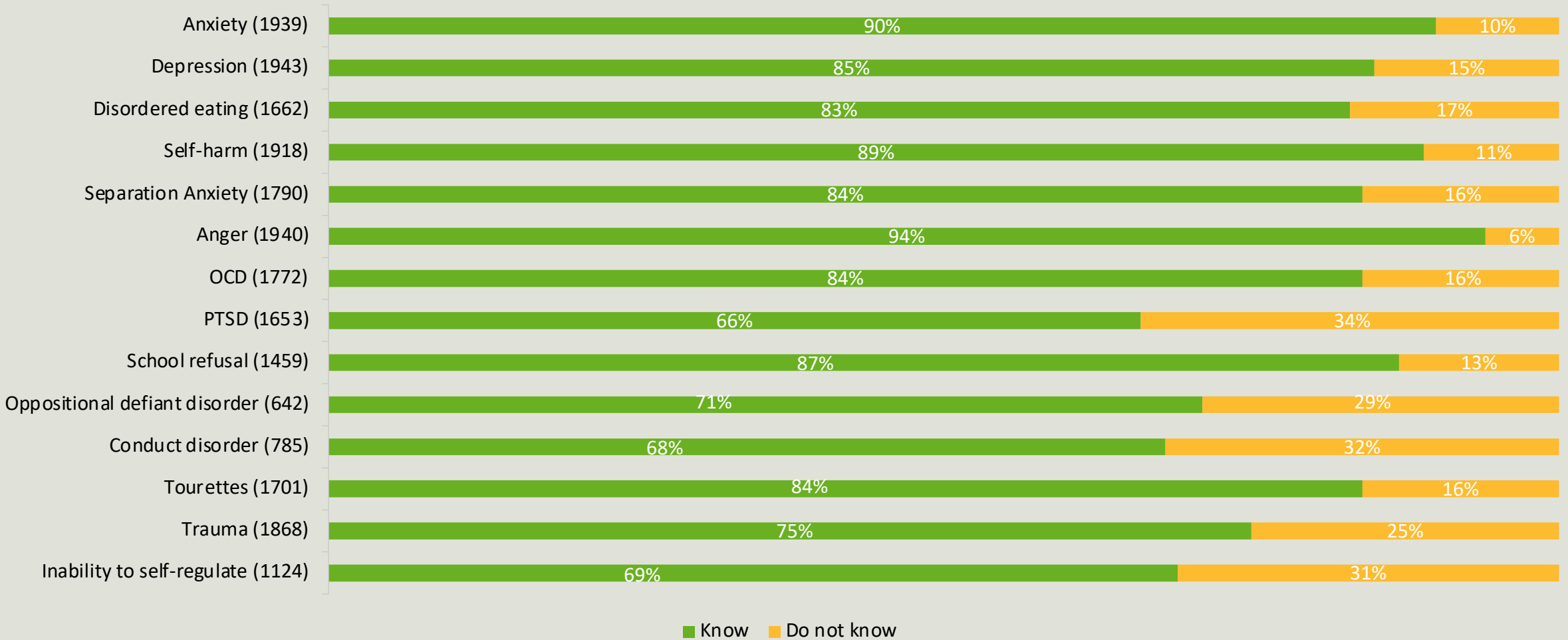
Q10. How long after noticing a change in your child/children's behaviour would you wait before seeking further help?



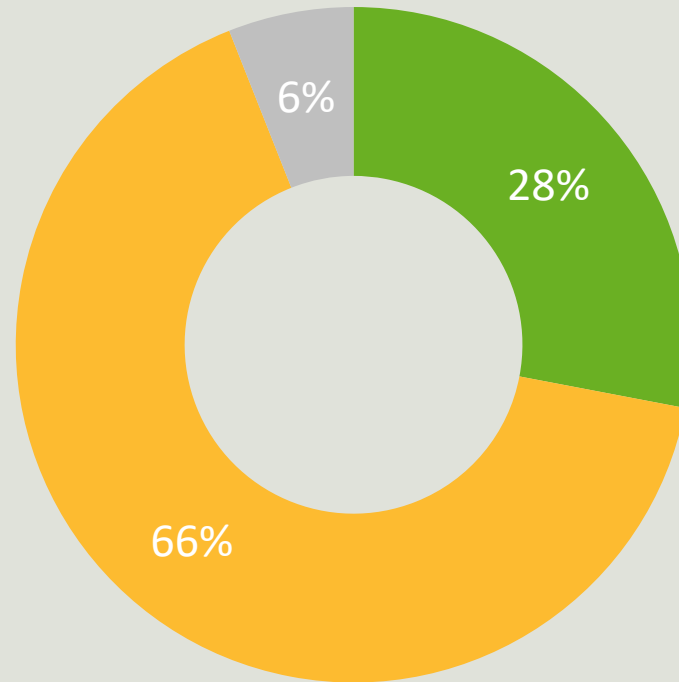
Q11a. Do you or do you not know what each of the following terms mean?



Q11b. Do you or do you not know how to spot the signs of the following in children?

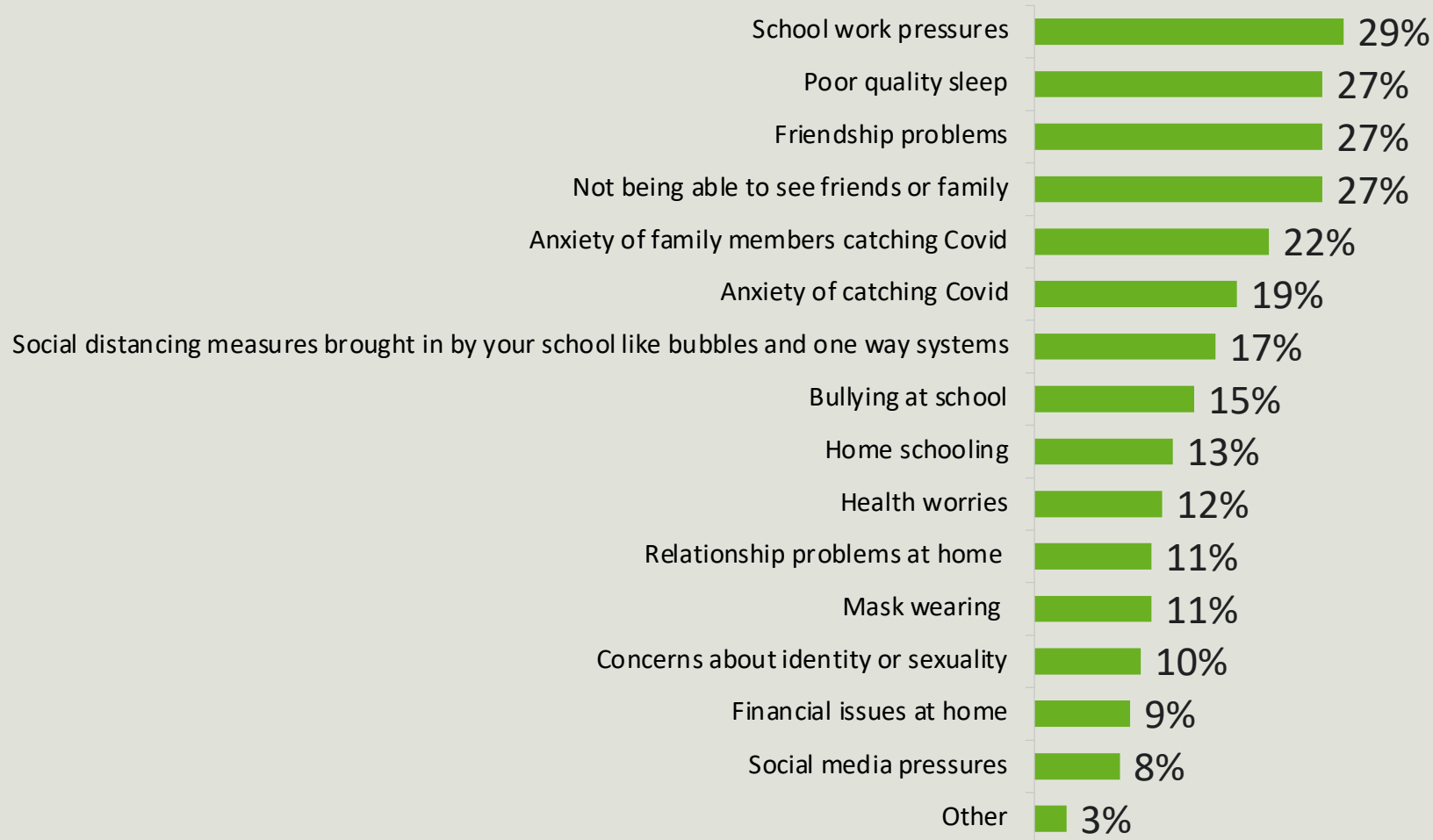


Q12a. Which of the following is closest to your experience?

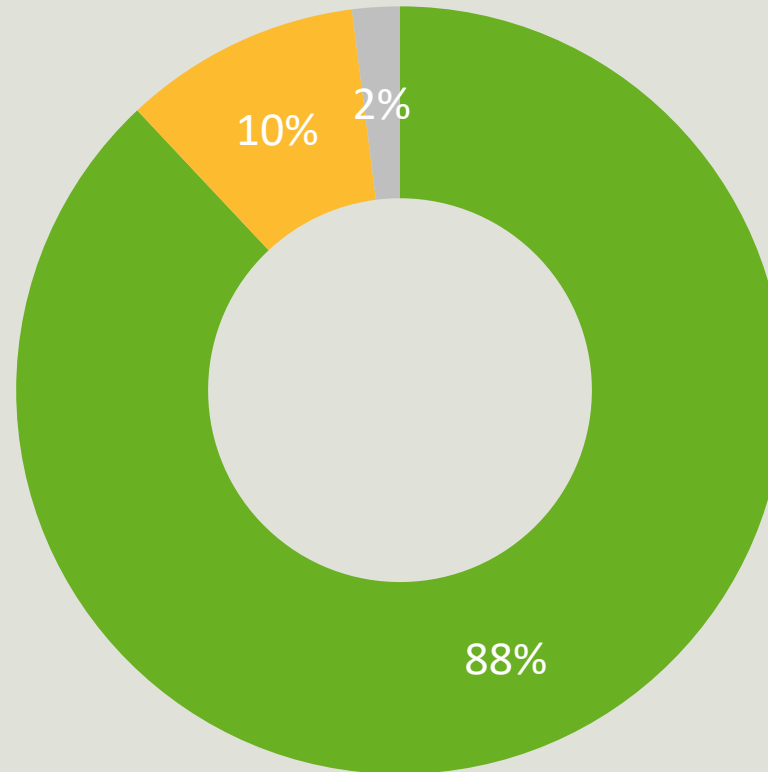


- I have noticed a deterioration in my child/children's mental health in the last 6 months
- I have not noticed a deterioration in my child/children's mental health in the last 6 months
- Don't know

Q12b. You said that you have noticed a deterioration in your child/children's mental health in the last 6 months. Which of the following would you identify as the main causes? Please select up to 3.



Q13. How confident do you feel speaking to your child/children about their mental health?

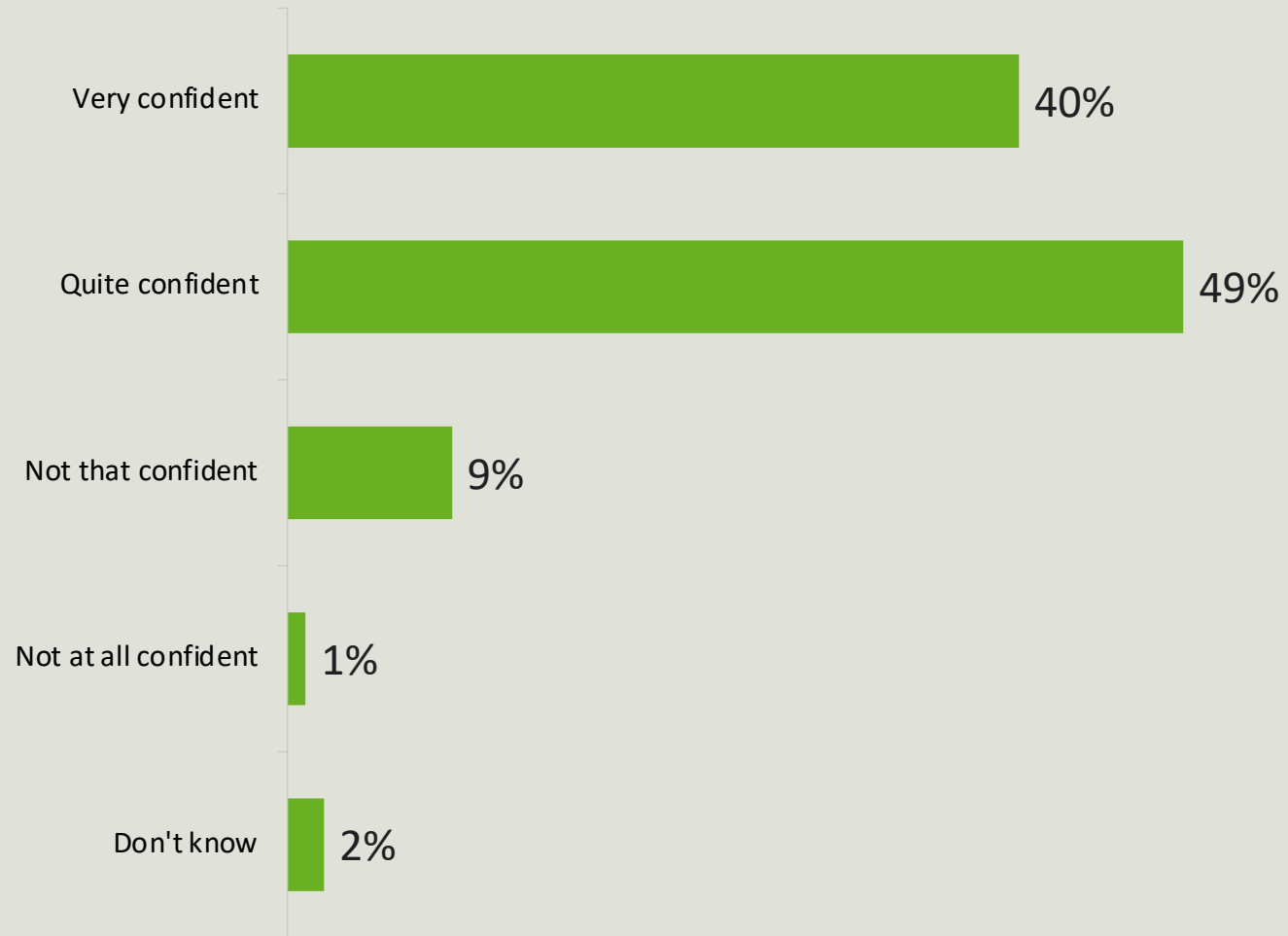


■ NET: Confident (Very + Quite)

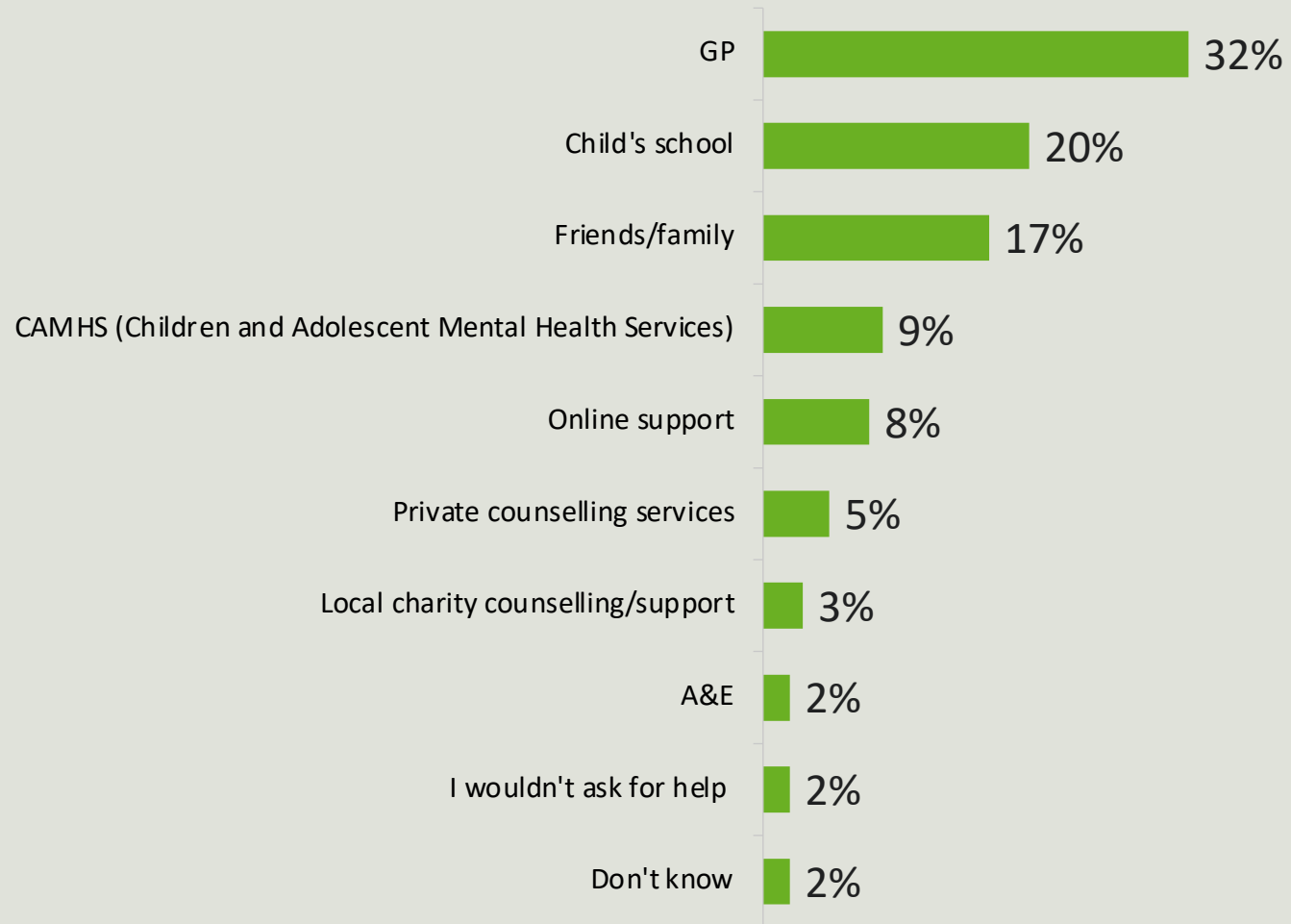
■ NET: Not Confident (Not that + Not at all)

■ Don't know

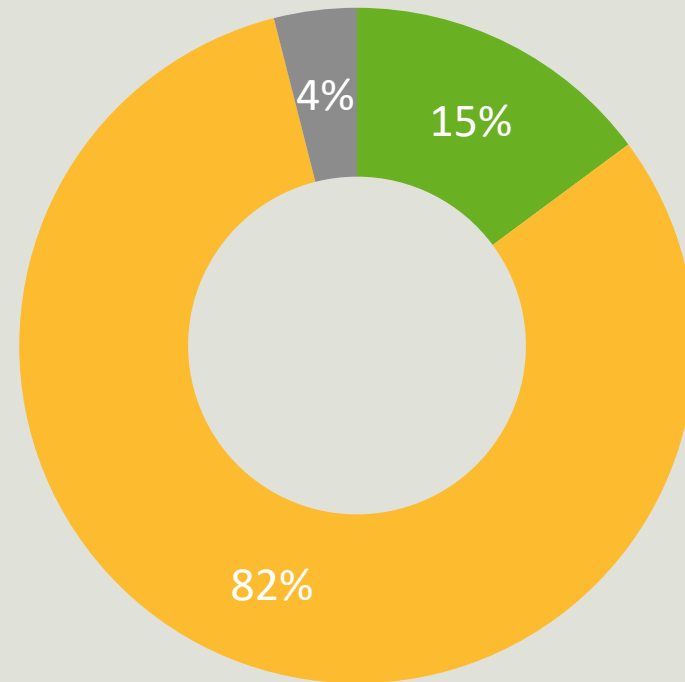
Q13. How confident do you feel speaking to your child/children about their mental health?



Q14. Which of the following would you go to for help first if you were concerned about your child's mental health?

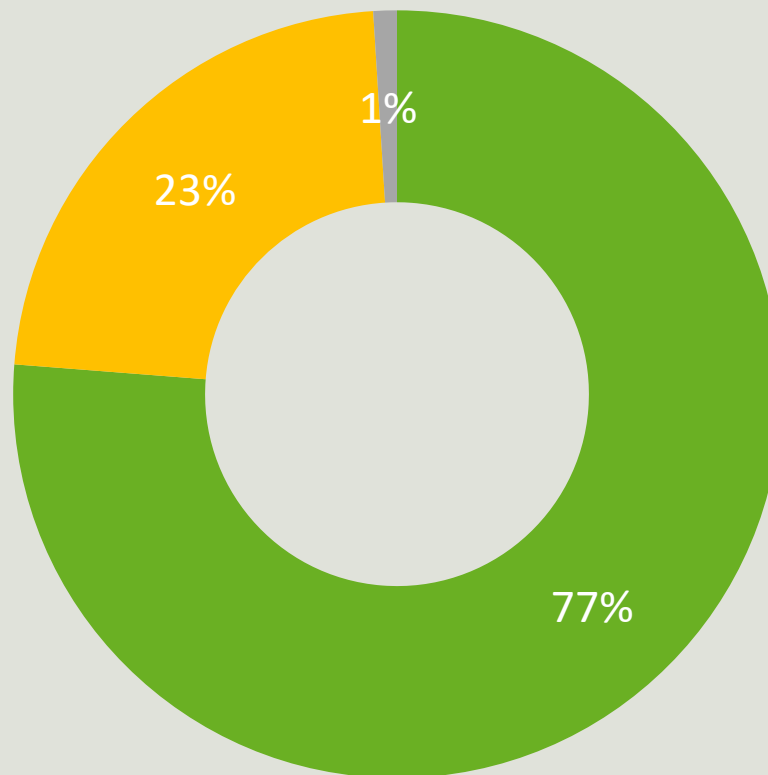


Q15. Which of the following statements is closest to your experience?



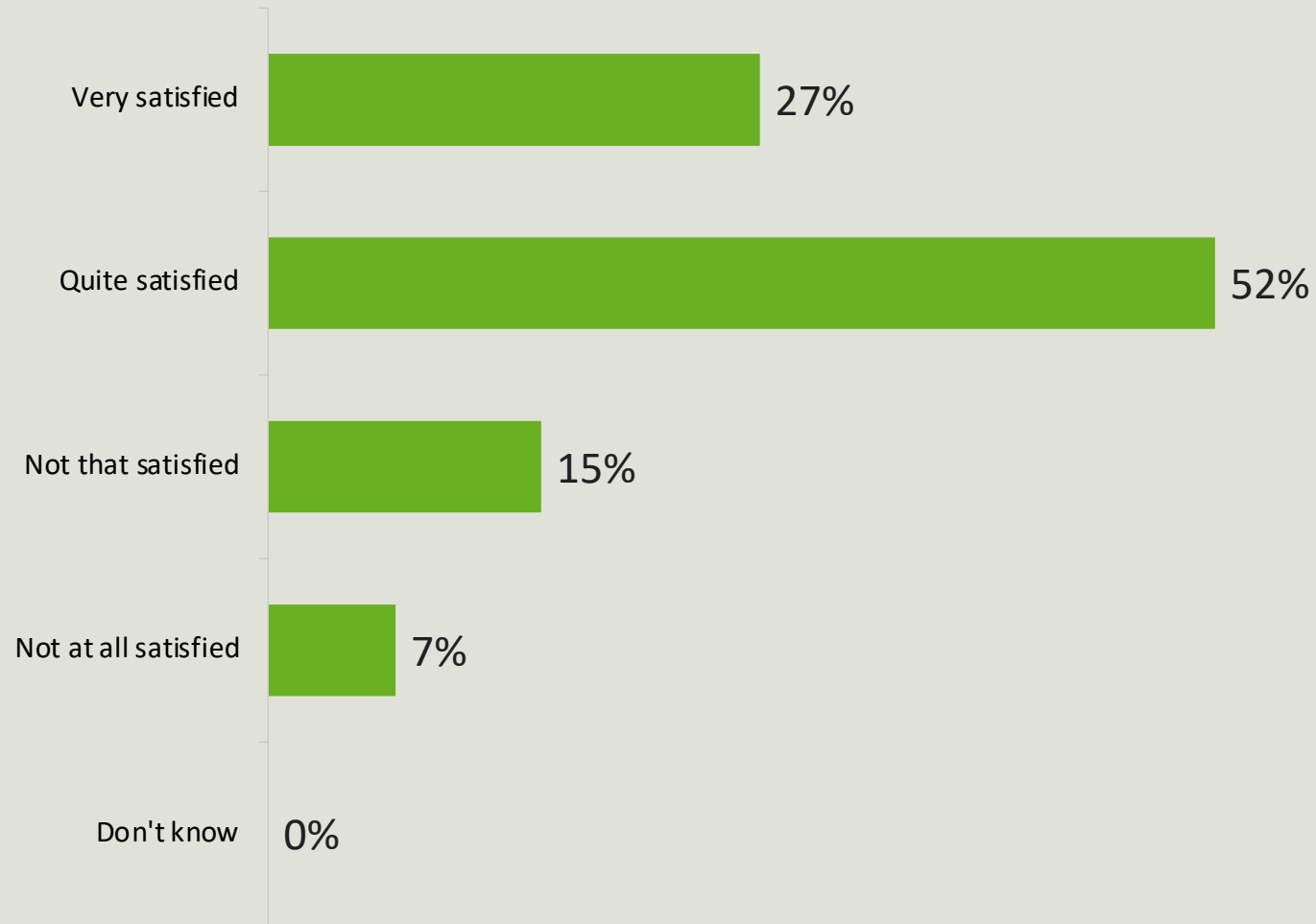
- My child/children has received NHS treatment for their mental health in the last 6 months
- My child/children has not received NHS treatment for their mental health in the last 6 months
- Prefer not to say

Q16. You said that your child/children have received NHS treatment for their mental health in the last 6 months. How satisfied were you with the outcome?

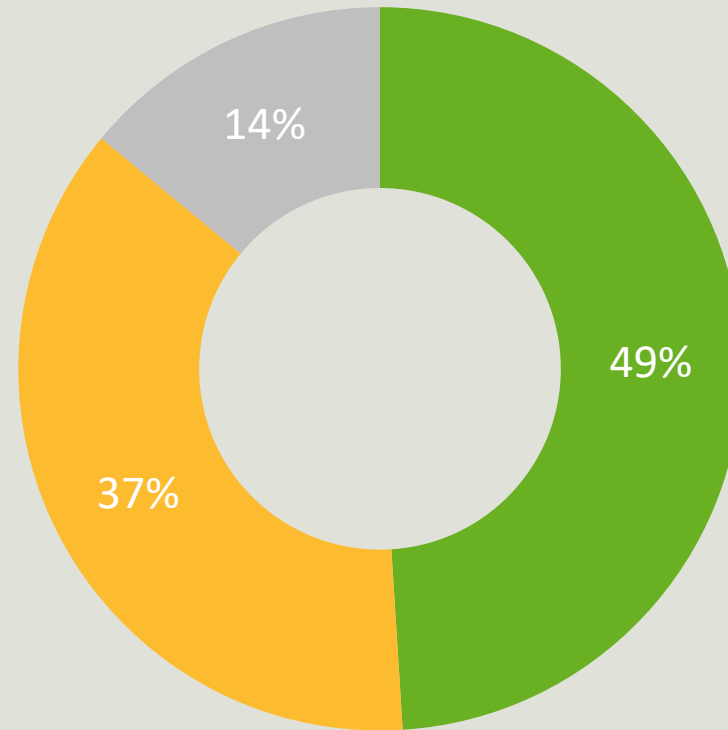


■ NET: Satisfied (very + quite) ■ NET: Not satisfied (not that + not at all) ■ Don't know

Q16. You said that your child/children have received NHS treatment for their mental health in the last 6 months. How satisfied were you with the outcome?



Q17. Which of the following statements is closest to your experience?

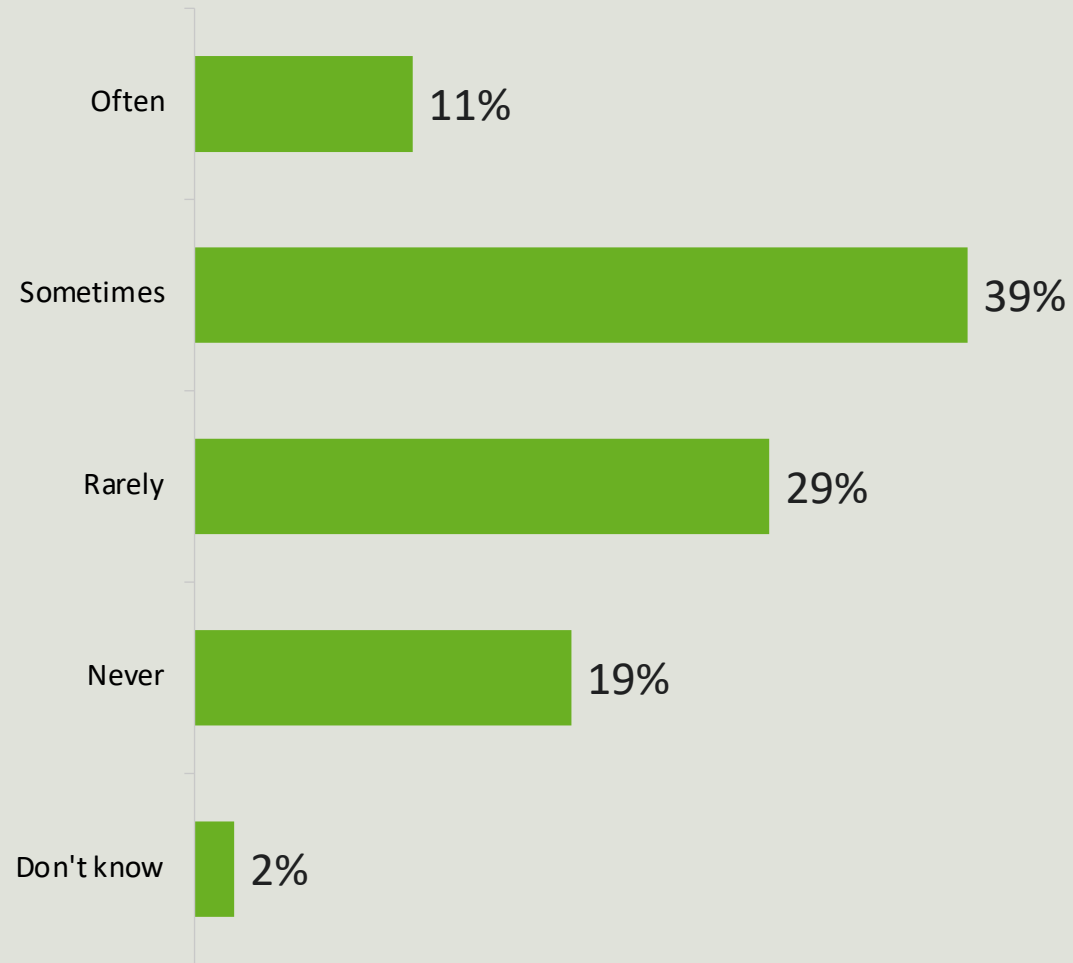


■ There is stigma for parents whose children have mental health issues

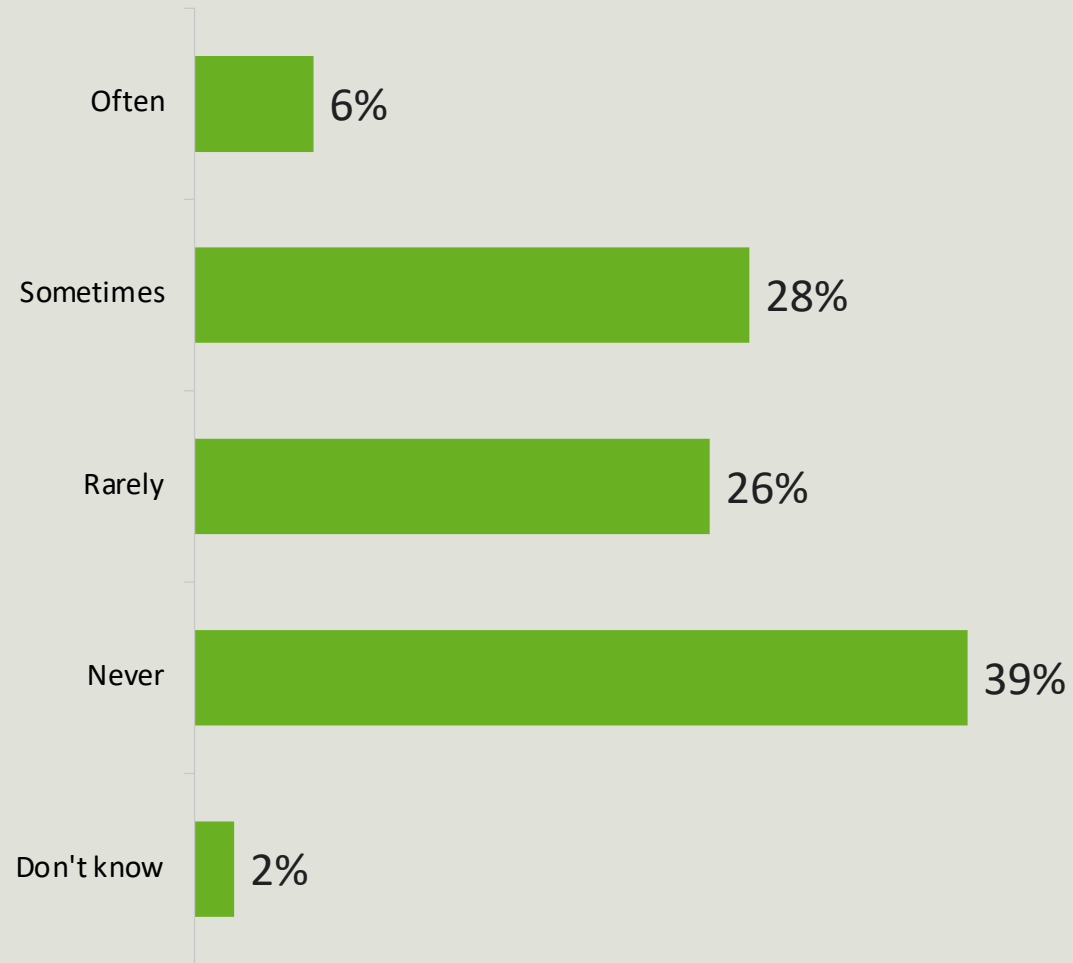
■ There is not stigma for parents whose children have mental health issues

■ Don't know

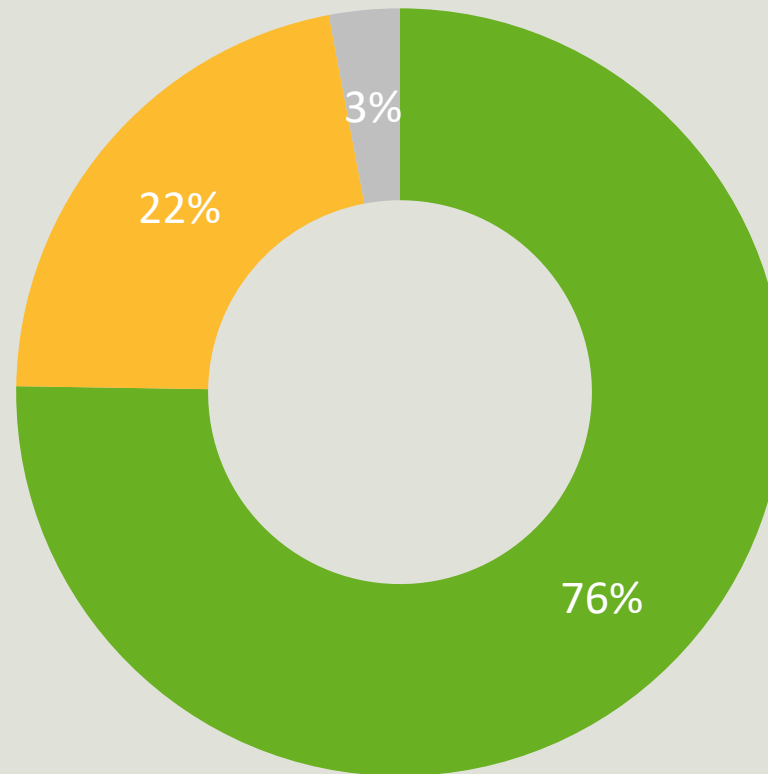
Q18. How often, if at all, do you talk to other parents about your child/children's mental health face to face?



Q19. How often, if at all, do you talk to other parents about your child/children's mental health online or via social media?



Q20. How comfortable do you feel talking to family members about your child/children's mental health?

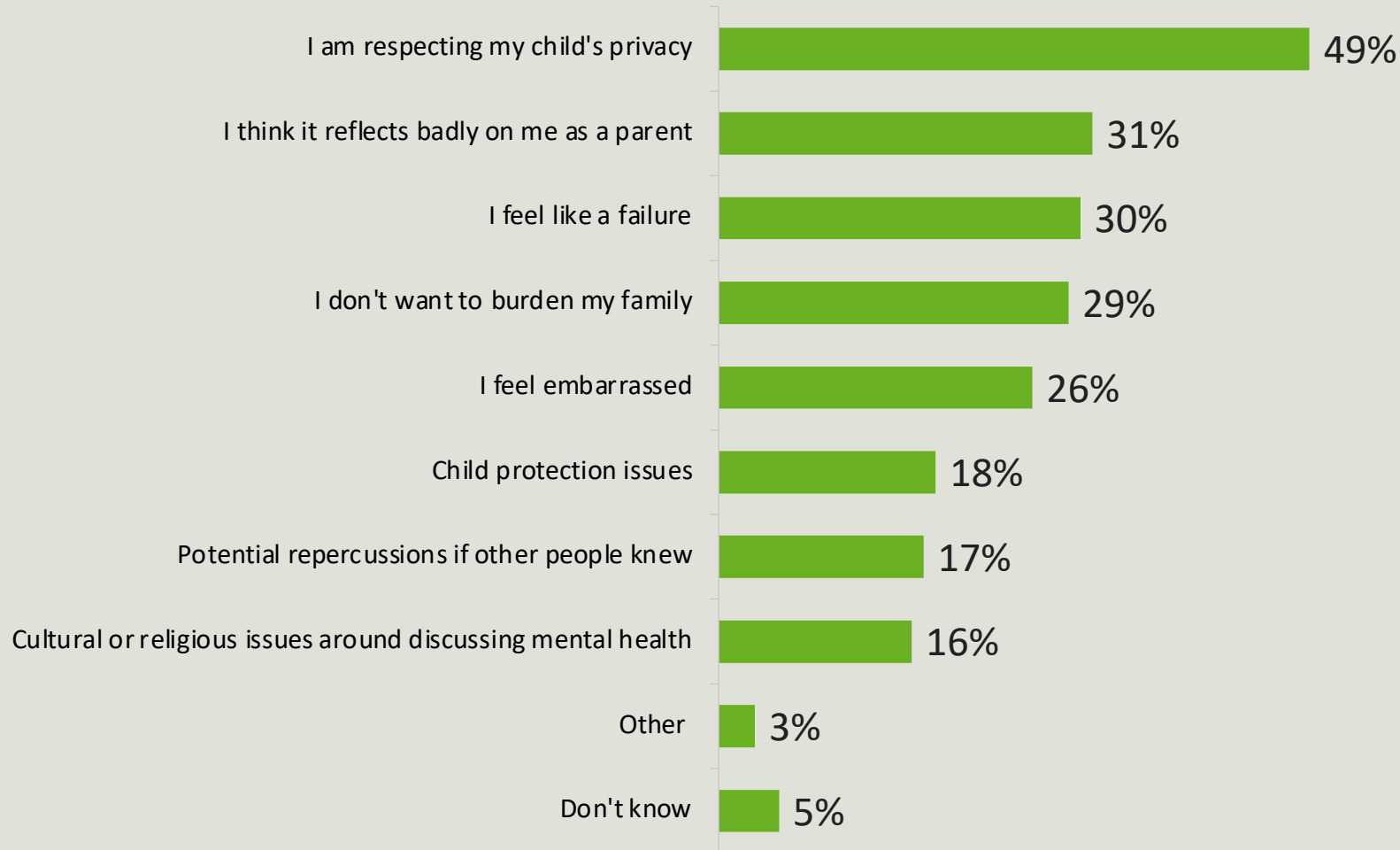


■ NET: Comfortable (very + quite)

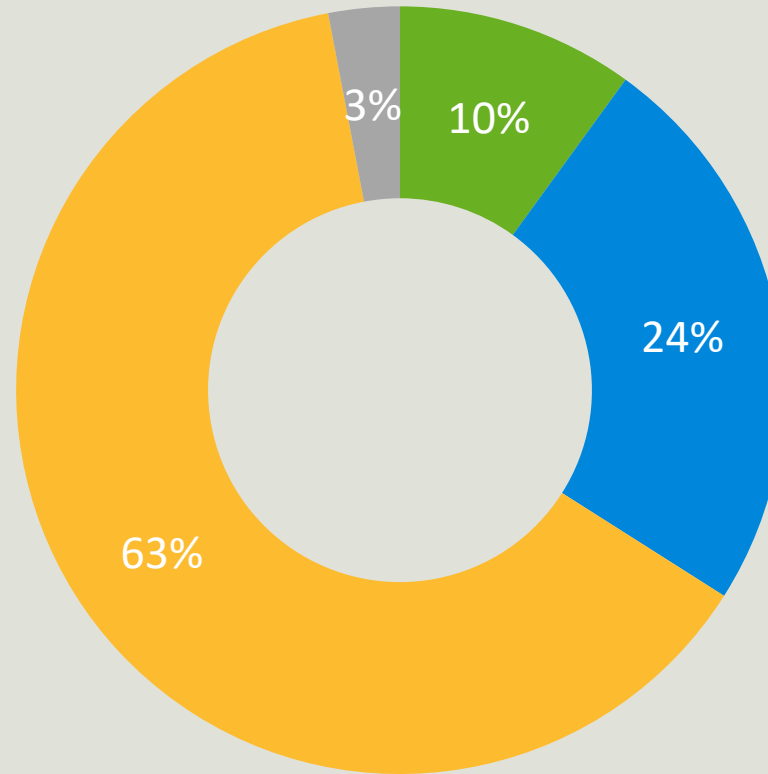
■ NET: Not comfortable (not that + not at all)

■ Don't know

Q21. For which of the following reasons do you not feel comfortable talking to family members about your child/children's mental health? Please select all that apply.

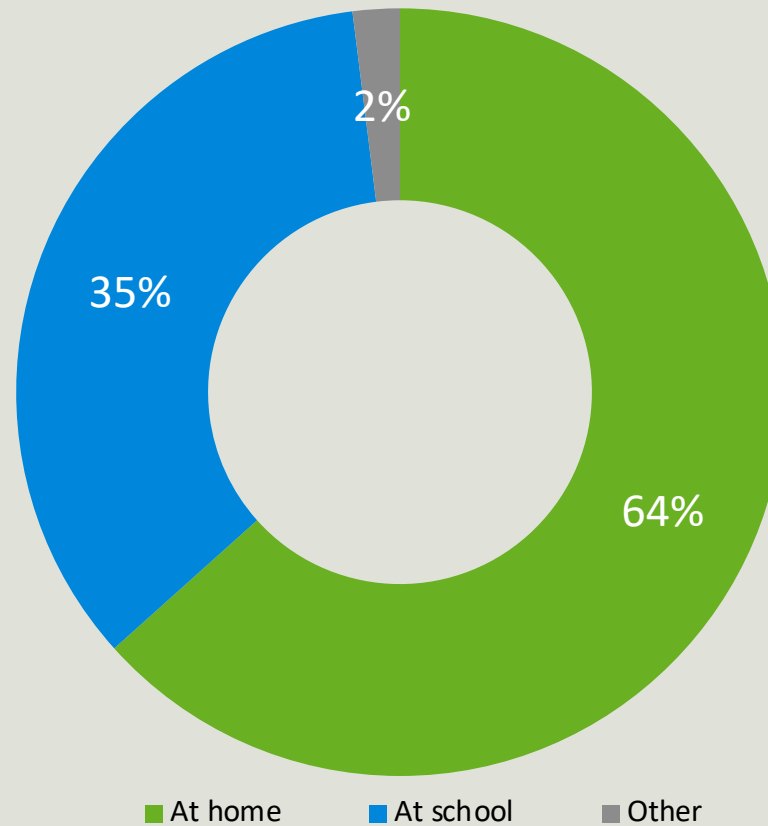


Q22a. Was mental health a topic that was ever discussed with you as you were growing up?

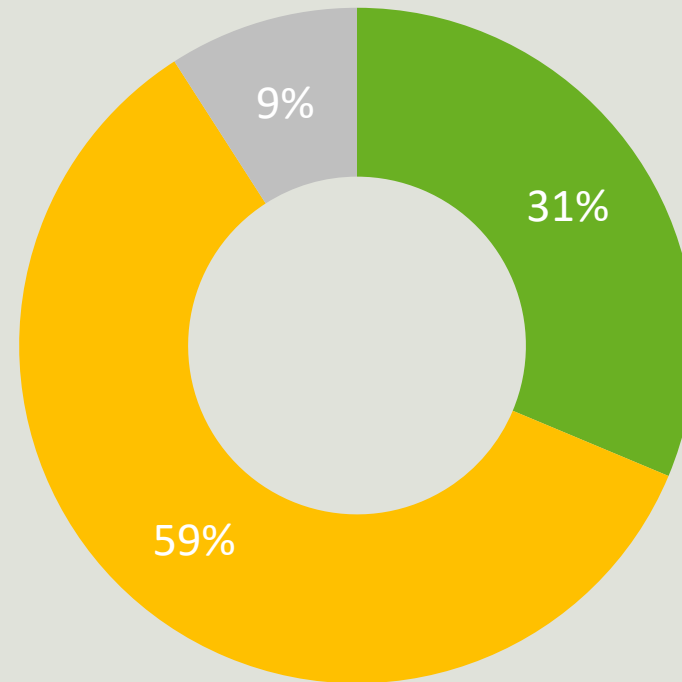


■ Yes, explicitly ■ Yes, but it wasn't labelled as mental health ■ No, never ■ Don't know

Q22b. Where was mental health discussed with you as you were growing up?

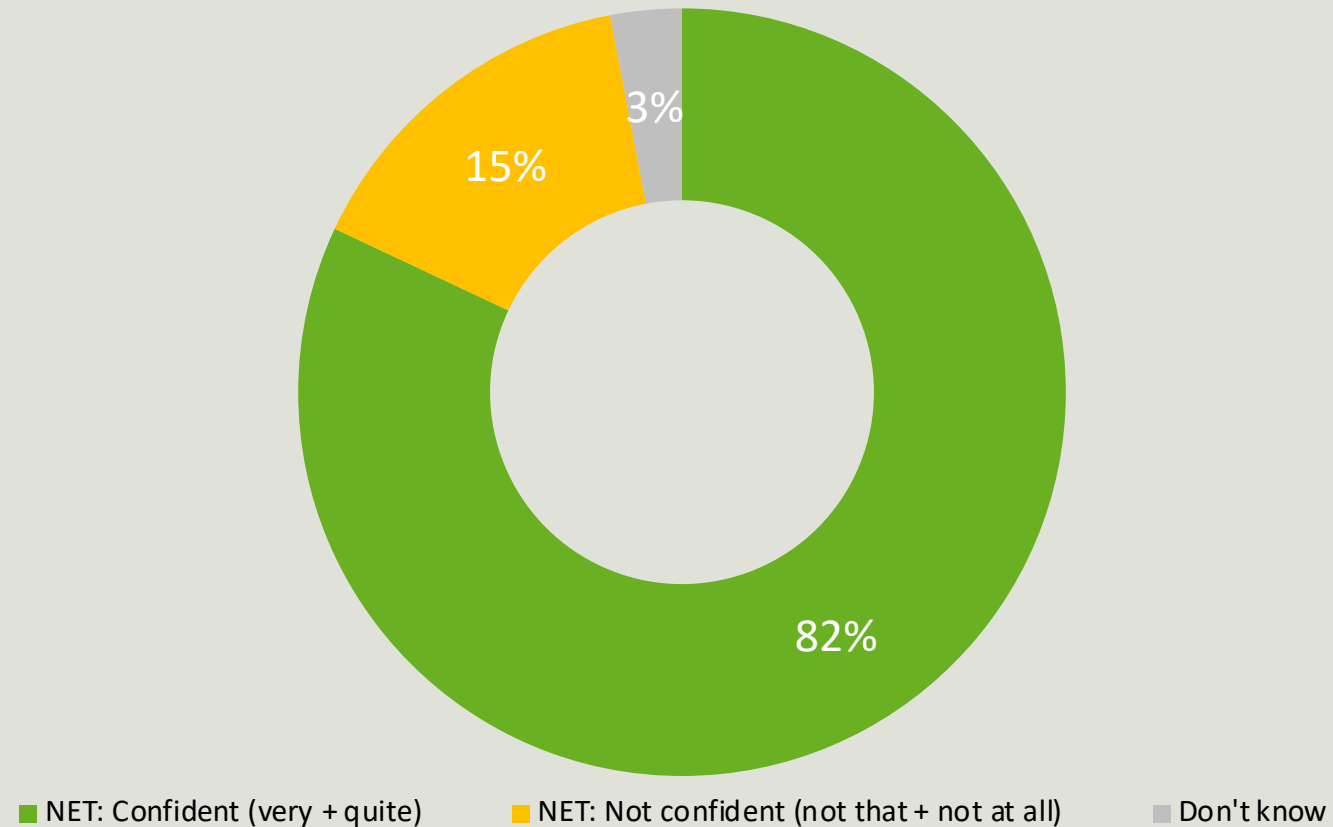


Q23. Which of the following statements is closest to your experience?

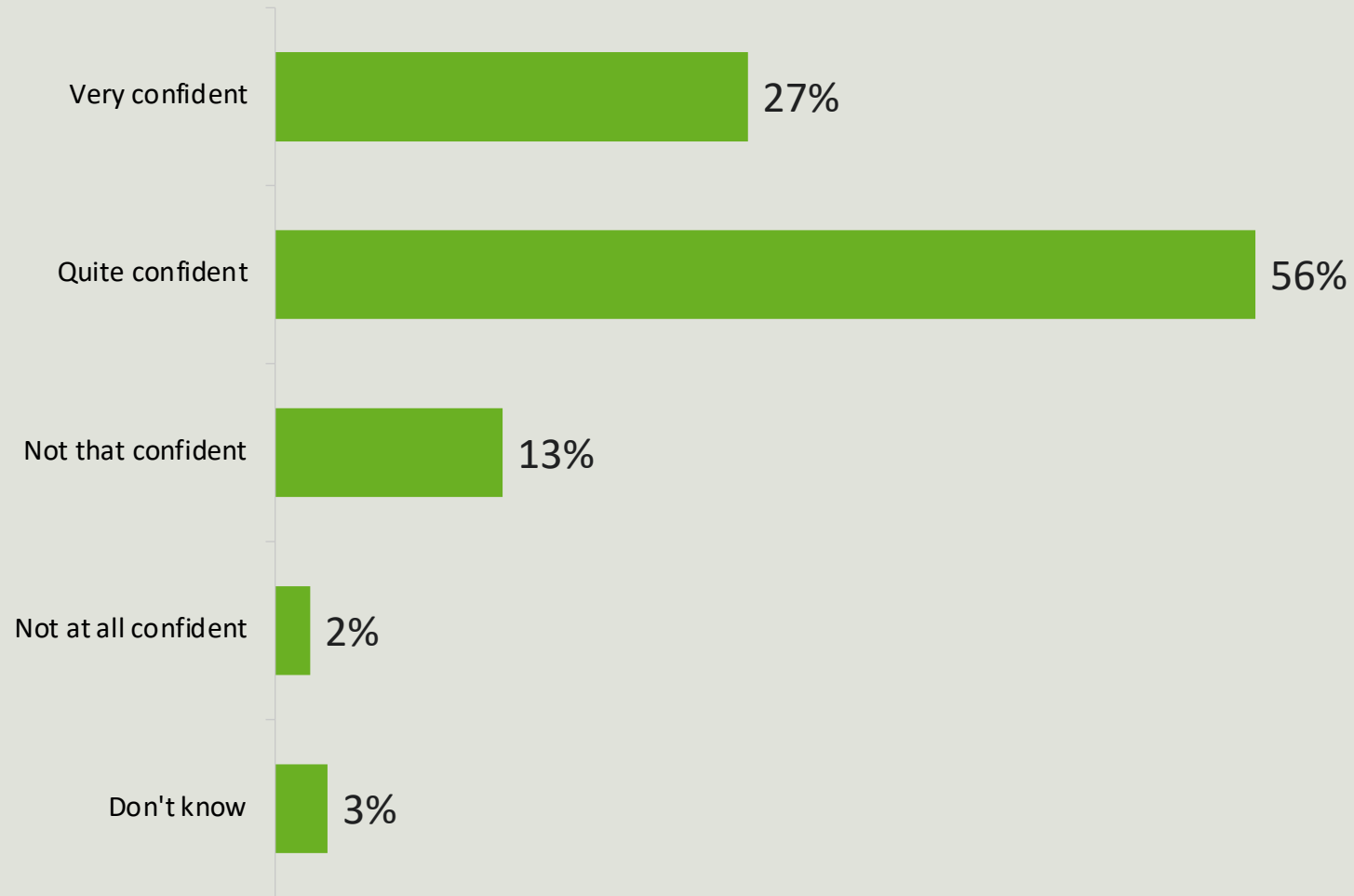


- My child/children has been impacted by the mental health of friends or family members
- My child/children has never been impacted by the mental health of friends or family members
- Don't know

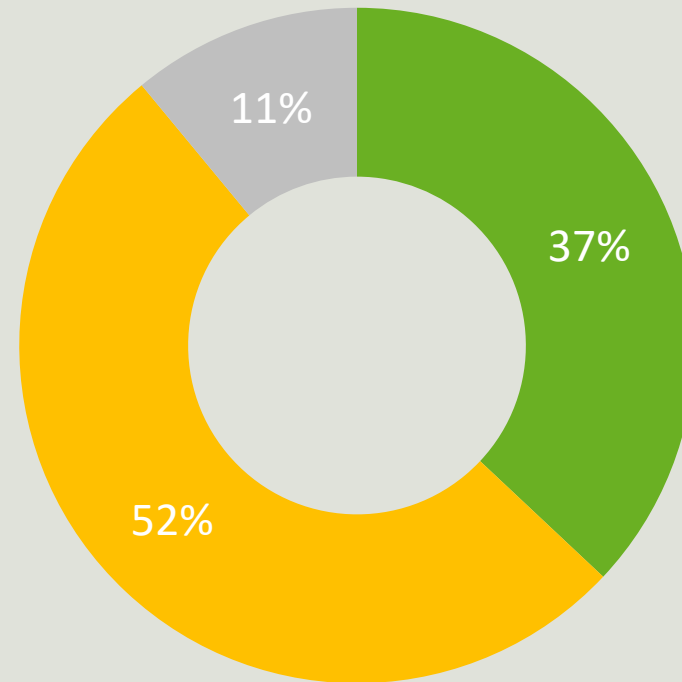
Q24. How confident do you feel that you possess the necessary vocabulary to speak to your child/children about their mental health?



Q24. How confident do you feel that you possess the necessary vocabulary to speak to your child/children about their mental health?

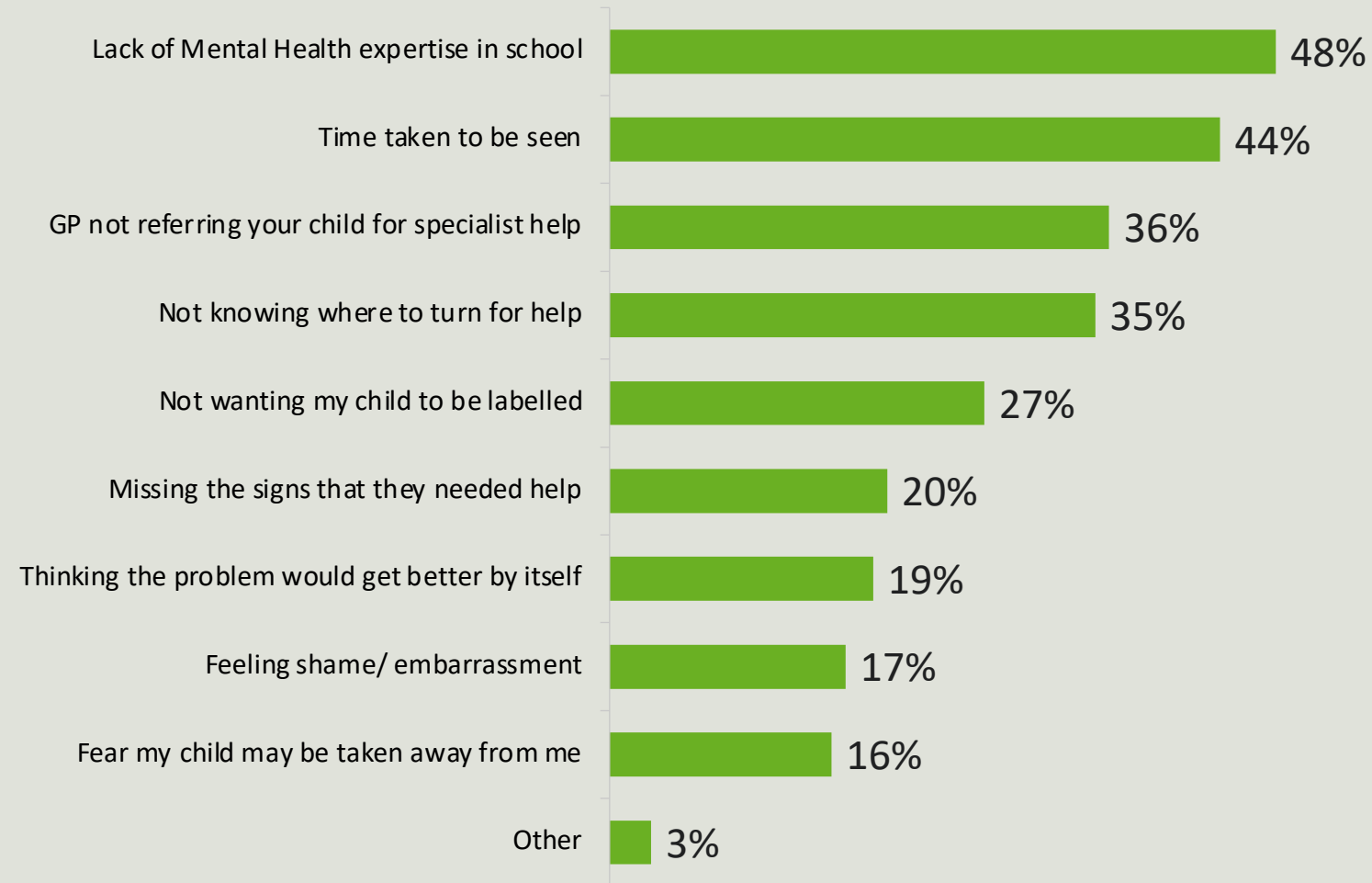


Q25. Which of the following statements is closest to your experience?

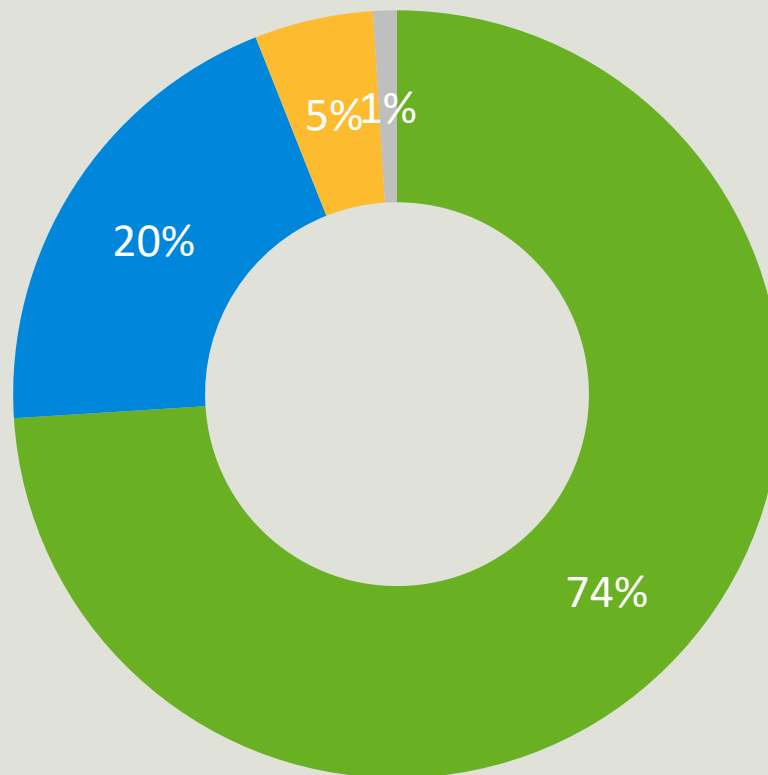


- I have experienced barriers in seeking help for my mental health issue/s in my child/children
- I have not experienced barriers in seeking help for mental health issue/s in my child/children
- Don't know

Q26. Which of the following barriers, if any, have you experienced in seeking help for a mental health issue/s in your child/children? Please select all that apply.

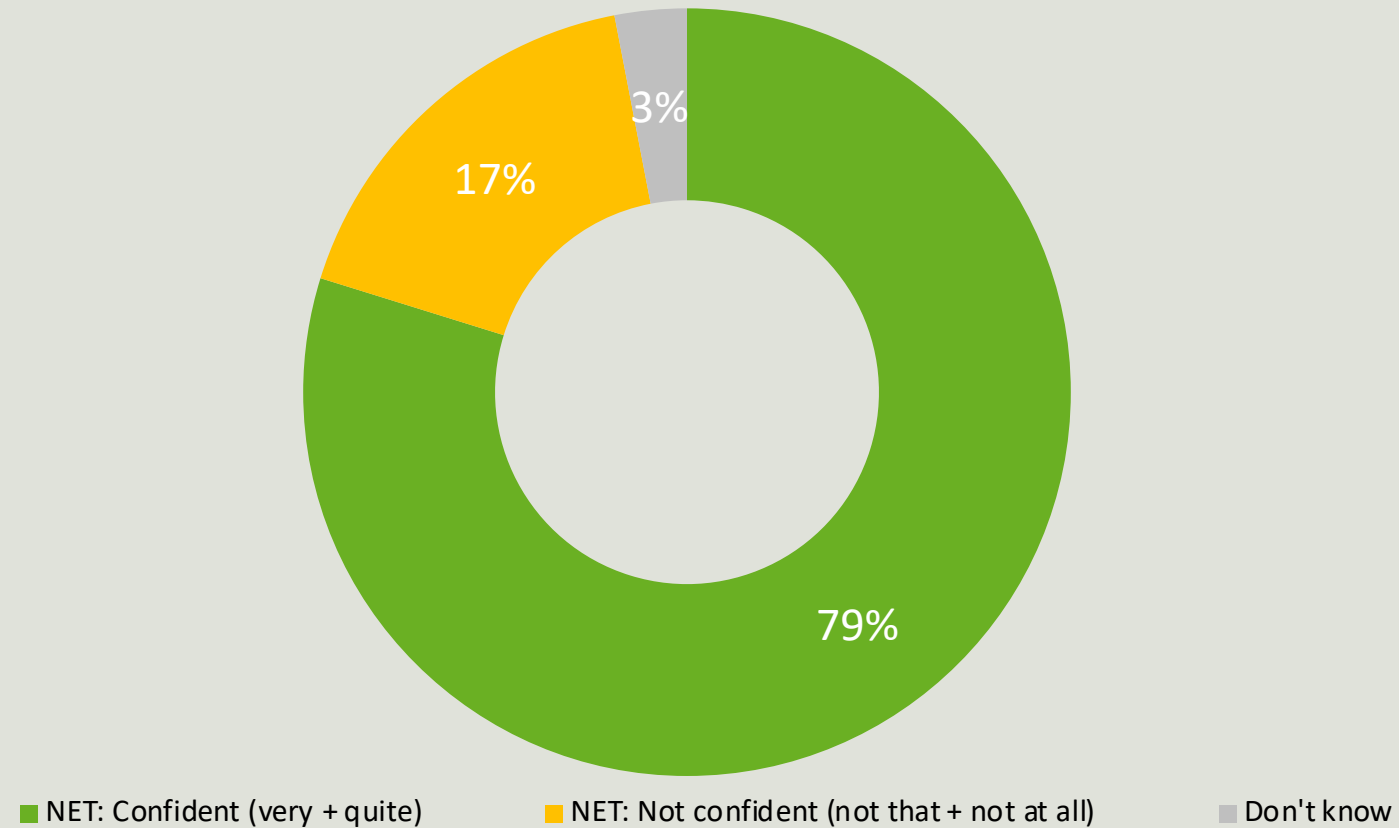


Q27. To what extent would you agree or disagree with the following statement? ‘Since the pandemic, my child’s mental health and well-being have become a bigger priority for me’

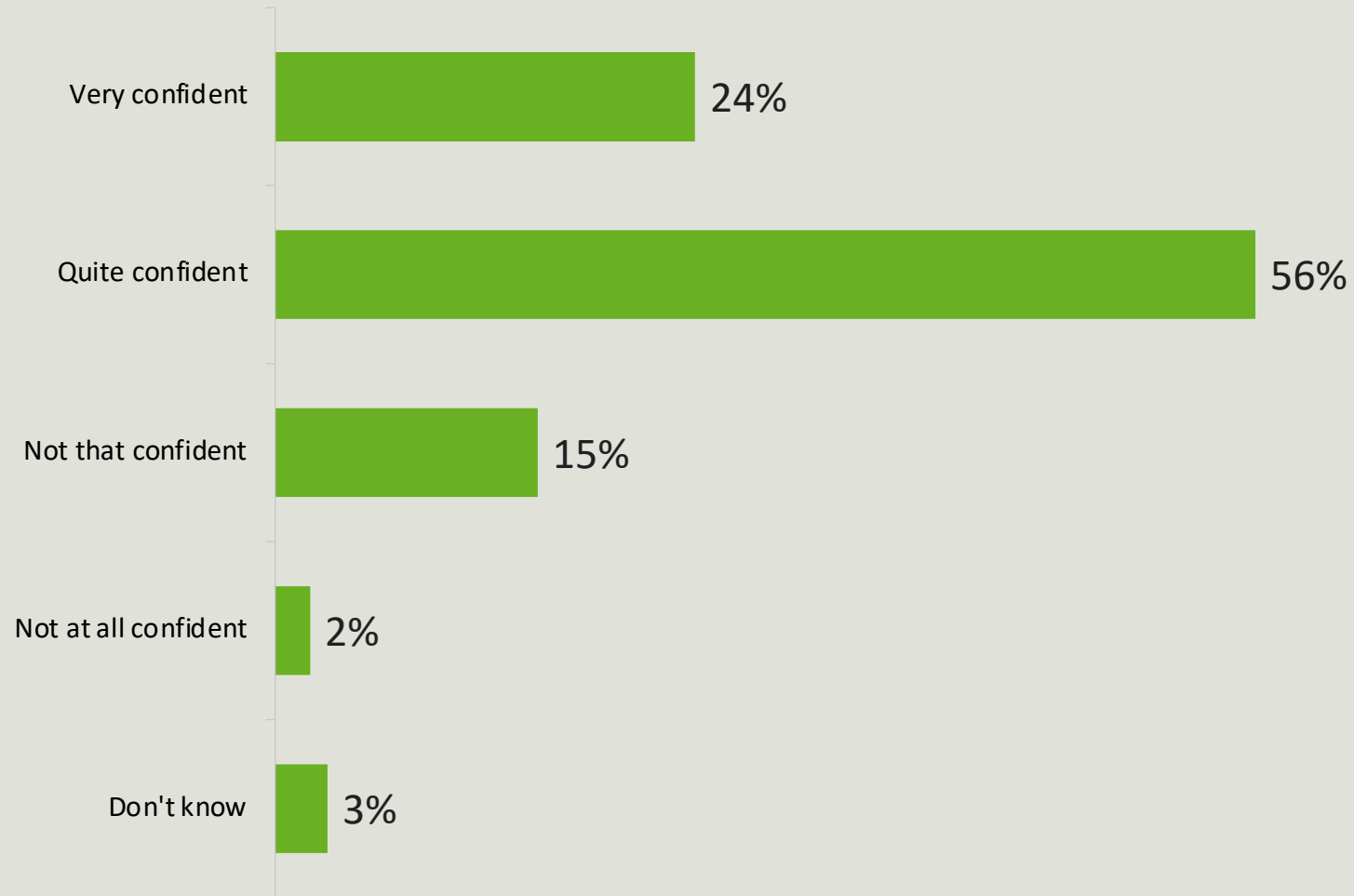


■ NET: Agree (strongly + somewhat) ■ Neither agree nor disagree ■ NET: Disagree (somewhat + strongly) ■ Don't know

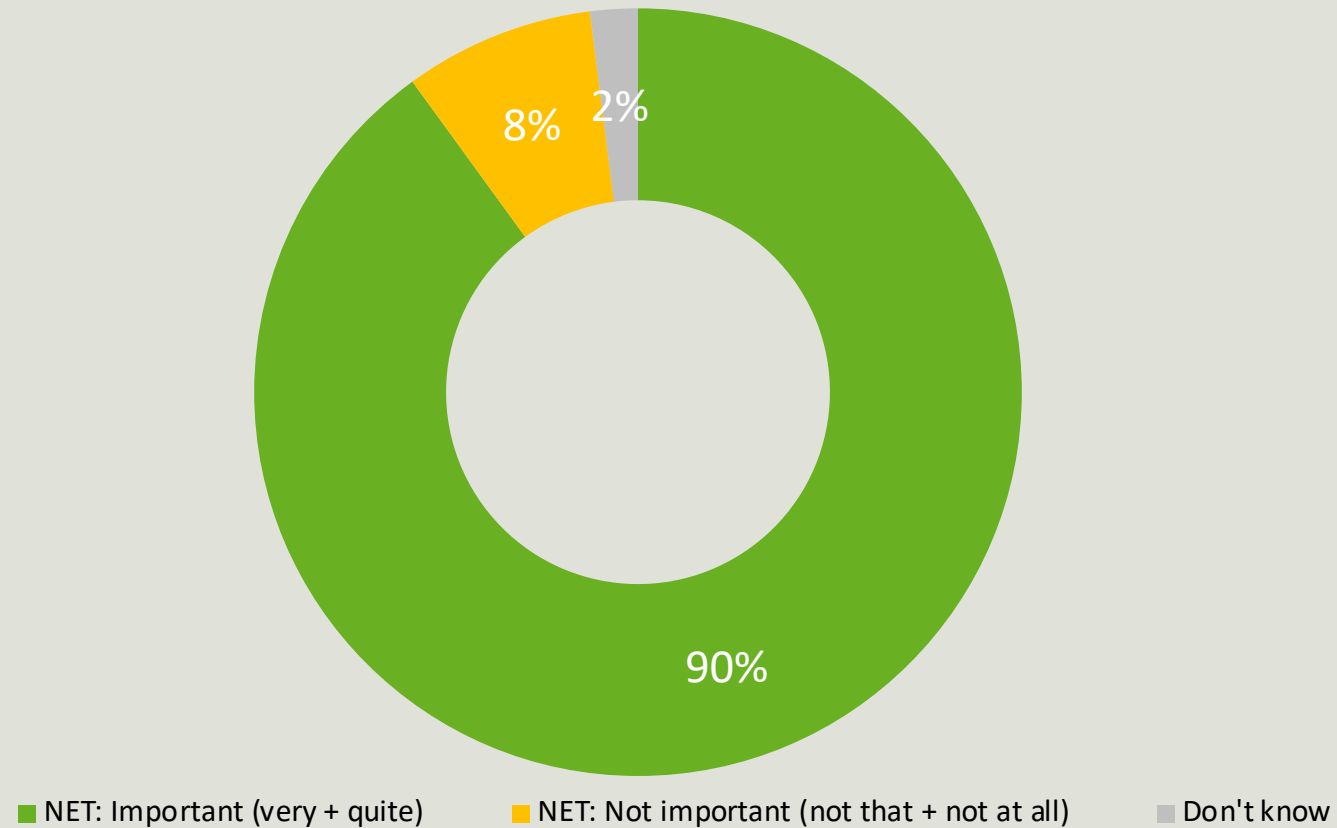
Q28. How confident are you of your awareness of what measures can support the wellbeing of your child/children (i.e. helping them to stay mentally healthy)



Q28. How confident are you of your awareness of what measures can support the wellbeing of your child/children (i.e. helping them to stay mentally healthy)



Q29. How important do you feel that mental wellbeing measures for children are?



Survation. Engaging opinion to inform the future.

Survation provides vital insights for brands and organisations wanting to better understand authentic opinion, adding value and credibility to the research we provide to our clients. We are an innovative and creative market researcher and do not believe any single method can always be the right answer to complex client objectives. We conduct bespoke online and telephone custom research, omnibus surveys, face to face research, and advanced statistical modelling and data analysis.

Survation is an MRS Company Partner. All MRS Company Partners and their employees agree to adhere to the MRS Code of Conduct and MRS Company Partner Quality Commitment whilst undertaking research. As a member of the British Polling Council, Survation has a strong commitment to transparency and the integrity of our work.

The Living Wage

Survation is proud to be a Living Wage Employer. This means that every member of staff in our organisation plus any contract staff are paid the London Living Wage. The Living Wage is an hourly rate set independently and updated annually, based on the cost living in the UK. We believe that every member of staff deserves at least a Living Wage. You can find out more about the Living Wage by visiting www.livingwage.org.uk



British Polling Council

Survation.