

Short and long term impacts of Covid-19 restrictions on Older children's health-Related behaviours, learning and wellbeing Study (CONTRAST)

## Short and long term impacts of Covid-19 restrictions on Older children's health-Related behaviours, learning and wellbeing Study: CONTRAST Survey

We are a group of researchers from the University of Birmingham interested in exploring the impact of the Covid-19 restrictions (lockdown) on learning, eating, physical activity and wellbeing in young people aged between 11 and 15 years in the UK.

This survey asks for information about yourself, your family and school, and then asks you questions about your learning, eating, activities and general wellbeing, before and during the Covid-19 restrictions. It will take around 15-20 minutes to complete.

**If you decide to take part you will have the opportunity to be entered into a prize draw with a chance to win one of six £30 Amazon vouchers.**

The information you provide will not be shared and only the researchers will read your answers. Your name will not be included in any reports.

**If you would like to take part, please click on this [link](#) and read the study information leaflet. Please also talk to your parents or guardian about the study to make sure they are happy for you to take part.**

**Once you have done this, please complete the consent form below.**

**You must answer all questions below in order to proceed.**

Are you currently between 11 and 15 years old?

- Yes
- No

In September of this year will you be staying at your current school?

- Yes
- No

Do you live in the UK (England, Scotland, Wales or Northern Ireland)?

- Yes
- No

***If the answer is no to any of the three questions, the following message will be displayed:***

Thank you for the information you have provided. Unfortunately your response means that you cannot take part in this study. This is either because of your age (too old or too young), because you

are changing school in September, or because you do not live in the UK. We really value your interest in our survey and hope you and your family and friends are keeping well in these unusual times. Please pass on the survey link to any siblings or friends who are aged 11-15 years, live in the UK and will be staying at the same school in September.

***If the participant has answered yes to all three questions they will be taken to the subsequent survey questions.***

Please note that the survey is set up to guide you to the questions that are relevant to you, you may not see all of the questions because those that are not relevant to you will be skipped.

**A. ABOUT YOU**

1. What is your date of birth? Day: \_\_\_ \_\_\_ Month: \_\_\_ \_\_\_ Year: \_\_\_ \_\_\_ \_\_\_ \_\_\_

2. What is your gender? (Please select the option for how you identify. Tick one box only)

- Female
- Male
- Other (please describe) \_\_\_\_\_
- I would rather not say

3. Ethnicity

Please select one option from the list below that best describes you

- White** - English / Welsh / Scottish / Northern Irish / British
- White** - Irish
- White** - Gypsy or Irish Traveller
- White** - Any other White background (please specify)  
\_\_\_\_\_
- Mixed / Multiple ethnic groups** - White and Black Caribbean
- Mixed / Multiple ethnic groups** - White and Black African
- Mixed / Multiple ethnic groups** - White and Asian
- Mixed / Multiple ethnic groups** - Any other Mixed / Multiple ethnic background (please specify) \_\_\_\_\_
- Asian / Asian British** - Indian
- Asian / Asian British** - Pakistani
- Asian / Asian British** - Bangladeshi
- Asian / Asian British** - Chinese
- Asian / Asian British** - Any other Asian background (please specify)  
\_\_\_\_\_
- Black / African / Caribbean / Black British** - African
- Black / African / Caribbean / Black British** - Caribbean

- Black / African / Caribbean / Black British** - Any other Black / African / Caribbean background (please specify) \_\_\_\_\_
- Other ethnic group** - Arab
- Other ethnic group** - Any other ethnic group (please specify)  
\_\_\_\_\_
- I would rather not say

4. Do you or your family speak a language other than English or Welsh at home?

- Yes Please state which language(s) \_\_\_\_\_
- No

5. Do you have your own mobile phone?

- Yes
- No

***If 'yes' the following questions will be asked:***

What type of mobile phone do you have?

- Android smartphone
- Apple smartphone
- Other smartphone
- Not a smartphone

Do you have your phone with you most of the day?

- Yes
- No

6. Where did you hear about the survey?

- Facebook
- Twitter
- Instagram
- My School
- Other (please specify) \_\_\_\_\_

**B. WHERE YOU LIVE AND YOUR FAMILY**

7. What is the postcode of where you are currently living all or most of the time (**during lockdown**)?

(Please write in full) \_\_\_\_\_

I do not know the postcode of where I am currently living all or most of the time

***If 'don't know' is ticked, the following question will be asked:***

Please provide the address for where you are currently living all or most of the time:

House name/number \_\_\_\_\_

Street name \_\_\_\_\_

Town/City \_\_\_\_\_

County \_\_\_\_\_

8. Are you currently living all or most of the time at the same address as before lockdown?

Yes, I am currently living all or most of the time at same address as before lockdown

No, I am currently living all or most of the time at a different address to where I lived all or most of the time before lockdown

Think about the household where you are spending all or most of your time **during lockdown**:

**number**

9. How many people under the age of 18 are there in your household **during lockdown**?  
(please write the total number, including yourself, in the box provided)

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10. How many people aged 18 and over are there in your household **during lockdown**?  
(please write the total number in the box provided)

**number**

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11. Which adults look after you in the household where you are spending all or most of your time **during lockdown**?

- Your mother only (may or may not be your biological mother)
- Your father only (may or may not be your biological father)
- Your mother and father (may or may not be your biological parents)
- Your mother and their partner
- Your father and their partner
- Other (please state.....)

12. In the household where you are spending all or most of your time **during lockdown**, do you have your own bedroom for yourself?

- No
- Yes

13. What type of building is the home where you are living all or most of the time **during lockdown**?

- Flat
- House
- Other (please write down building type)\_\_\_\_\_

14. In the home where you are living all or most of the time **during lockdown**, do you have any outdoor space?

- Yes, there is a private garden or outdoor space
- Yes, there is a garden or outdoor space shared by a number of households
- No, there is no garden or outdoor space

15. Is there a park or public green area close to the home where you are living all or most of the time **during lockdown**?

- Yes, there is a park or public green area close to my household
- No, there is not a park or public green area close to my household

16. **During lockdown**, please let us know how many adults in your house are:

Going out to work at least some of the time	0	1	2	3	4 or more
Working only from home	0	1	2	3	4 or more
Not working now but were working before lockdown	0	1	2	3	4 or more
Not working now and were not working before lockdown	0	1	2	3	4 or more

Think about your usual family/household (this may be different to your home in lockdown):

17. Does your family own a car, van or truck?

- No
- Yes, one
- Yes, two or more

18. Do you usually have your own bedroom for yourself (**before lockdown**)?

- No
- Yes

19. How many computers do your family own (including laptops and tablets, not including game consoles and smartphones)?

- None
- One
- Two
- More than two

20. How many bathrooms (room with a bath/shower or both) are in your usual home?

- None
- One
- Two
- More than two

21. Do you have a dishwasher in your usual home?

- No
- Yes

22. How many times did you and your family travel out of the UK for a holiday/vacation between March 2019 and February 2020?

- Not at all
- Once
- Twice
- More than twice

**C. YOUR SCHOOL**

23. What is the name of your school? \_\_\_\_\_

Which city, town or village is your school in? \_\_\_\_\_

24. In which part of the United Kingdom do you go to school? ***(second part of the question will appear when the UK country is chosen)***

England

What year are you in at school?

- Year 7
- Year 8
- Year 9
- Year 10
- Year 11

Wales

What year are you in at school?

- Year 7
- Year 8
- Year 9
- Year 10
- Year 11

- Scotland

What year are you in at school?

- S1
- S2
- S3
- S4

- Northern Ireland

What year are you in at school?

- Year 8 (old system Year 1)
- Year 9 (old system Year 2)
- Year 10 (old system Year 3)
- Year 11 (old system Year 4)
- Year 12 (old system Year 5)

25. What type of school do you go to?

- State school (not including grammar school)
- Grammar school
- Private/Independent (fee-paying) school
- Special school (catering for pupils with special educational needs)
- Pupil referral or Behaviour Unit
- Other (please state) \_\_\_\_\_

26. ***During lockdown***, are you spending time at your school building?

- Yes, every weekday
- Yes, some but not all weekdays
- No

***If 'yes' is ticked (i.e. either of the first two options), the following question will be asked:***

Since when have you been spending time at your school building?

- Before 15th June
- Only from 15th June

27. Are you entitled to a free school meal?

- Yes
- No
- I don't know



**D. YOUR ACTIVITIES**

28. Thinking about an average day in a typical school week **during lockdown**, how long to you spend doing the following activities:

	Time spent on an <b>average school day</b> during lockdown:						
	No time	Up to 30 minutes	Between 30 minutes and 1 hour	1-3 hours	4-6 hours	More than 6 hours	Don't know
Work set by the school (online, by email, on paper or in school)							
Live lessons online with my schoolteachers							
School work (online or other) set by my parents/other household members							
Activities outside of schoolwork that help me learn new knowledge and skills (e.g. watching a TV documentary, home craft, cooking, learning a musical instrument)							
Reading for fun (not schoolwork)							
Helping/doing chores around the house							
Spending time chatting with friends on social media (e.g. Instagram, WhatsApp, Snapchat etc.)							
Watching TV/Netflix/YouTube/TikTok etc. (on a TV set, computer, tablet, phone or other device)							
Playing games (either by myself or with friends) on a computer/Xbox/PlayStation/phone/Tablet/other device							
Spending time relaxing with other household members							
Doing exercise or sport							

29. Thinking about a typical week **during lockdown**, how often do you do the following activities:

	Never	Less than once per week	Once per week	2-3 times per week	4-5 times per week	More than 5 times per week
Private academic tuition classes						
Private tuition classes for music, drama etc.						
Exercise or sport						

30. Thinking back to an average day on a typical school week **before lockdown**, how long did you spend time doing the following activities **outside of school**:

	Time spent on an <b>average school day</b> before lockdown (on activities outside of school)						
	No time	Up to 30 minutes	Between 30 minutes and 1 hour	1-3 hours	4-6 hours	More than 6 hours	Don't know
Homework set by the school							
Activities outside of schoolwork that help me learn new knowledge and skills (e.g. watching a TV documentary, home craft, cooking, learning a musical instrument)							
Reading for fun (not homework)							
Helping/doing chores around the house							
Spending time chatting with friends on social media (e.g. Instagram, WhatsApp, Snapchat etc.)							
Spending time face to face with friends (outside of school)							
Watching TV/Netflix/YouTube/TikTok etc. (on a TV set, computer, tablet, phone or other device)							
Playing games (either yourself or with friends) on a computer/Xbox/PlayStation/phone/Tablet/other device							
Spending time relaxing with other household members							

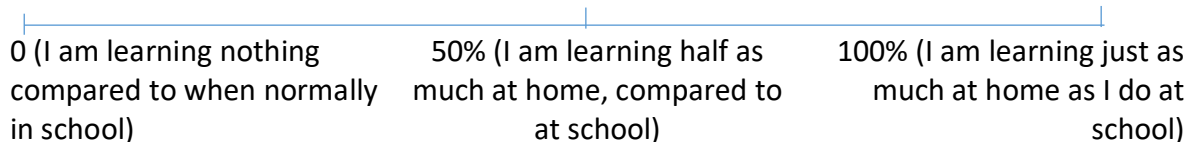
31. Thinking back to a typical week **before lockdown**, how often did you do the following activities:

	Never	Less than once per week	Once per week	2-3 times per week	4-5 times per week	More than 5 times per week
Private academic tuition classes outside school time						
Private tuition classes outside school time for music, drama etc.						
Organised sport/physical activity clubs						
Organised leisure-time activities (other than sport/physical activity e.g. drama club, scouts, religious activity etc.)						
Other types of exercise (not formal clubs) e.g. swimming with friends, football in the garden/park etc.)						

**E. YOUR LEARNING**

32. Compared to a typical day at school before lockdown, how would you rate your school-based learning **during lockdown**?

Mark on a scale of 0-100%, where 0 is nothing, and 100% is about the same as before lockdown:



33. When you go online to do schoolwork, which of the following devices do you use:

*Please tick all that apply:*

- My own computer (desktop/laptop)
- Household computer (desktop/laptop) [please indicate how many people you share the household computer with (number only)\_\_\_\_\_]
- School computer that you have borrowed during lockdown
- Mobile phone or smart phone
- My own tablet (e.g. iPad, kindle fire, Samsung Galaxy Tab)
- Shared tablet [please indicate how many people you share the tablet with (number only)\_\_\_\_\_]
- I am not going online to do schoolwork

**F. FOOD AND EATING**

34. **During lockdown** how often do you usually have breakfast (more than a glass of milk or fruit juice)?

Weekdays (please tick one option only)

- I never have breakfast during the week
- One day
- Two days
- Three days
- Four days
- Five days

Weekends (please tick one option only)

- I never have breakfast during the weekend
- I usually have breakfast on only one day of the weekend (Saturday OR Sunday)
- I usually have breakfast on both weekend days (Saturday AND Sunday)

35. **Before lockdown** how often did you usually have breakfast (more than a glass of milk or fruit juice)?

Weekdays (please tick one option only)

- I never had breakfast during the week
- One day
- Two days
- Three days
- Four days
- Five days

Weekends (please tick one option only)

- I never had breakfast during the weekend
- I usually had breakfast on only one day of the weekend (Saturday OR Sunday)
- I usually had breakfast on both weekend days (Saturday AND Sunday)

36. **During lockdown** how many times a week do you usually eat or drink . . .

	Never	Less than once a week	Once a week	2-4 days a week	5-6 days a week	Once a day, every day	2-4 times a day	5 or more times a day
Fruits	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Vegetables	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Sweets (candy or chocolate)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Coke or other soft drinks that contain sugar	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

37. **Before lockdown** how many times a week did you usually eat or drink. . .

	Never	Less than once a week	Once a week	2-4 days a week	5-6 days a week	Once a day, every day	2-4 times a day	5 or more times a day
Fruits	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Vegetables	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Sweets (candy or chocolate)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Coke or other soft drinks that contain sugar	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

38. **During lockdown** how often do you...

	Everyday	5-6 days a week	2-4 days a week	About once a week	Less often than once a week	Never
a) Eat freshly cooked meals	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
b) Eat ready meals	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
c) Eat takeaways/fast food	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
d) Have family meals together	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
e) Prepare or help to prepare family meals	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

39. **Before lockdown** how often did you ...

	Everyday	5-6 days a week	2-4 days a week	About once a week	Less often than once a week	Never
a) Eat freshly cooked meals	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
b) Eat ready meals	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
c) Eat takeaways/fast food	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
d) Have family meals together	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
e) Prepare or help to prepare family meals	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

40. Thinking about the snacks you have between meals. Compared to before the lockdown are you now having...

- Many more snacks
- A few more snacks
- The same amount of snacks
- A few less snacks
- A lot less snacks

The following questions are about the food situation in your home before and during lockdown.

Please select the answer that best describes you.

41. Has the food that your family bought **run out**, and you didn't have enough money to get more?

- a) Before lockdown
- a lot
  - sometimes
  - never
- b) Since lockdown started
- a lot
  - sometimes
  - never

42. Have you had to **skip a meal** because your family didn't have enough money for food?

- a) Before lockdown
- a lot
  - sometimes
  - never
- b) Since lockdown started
- a lot
  - sometimes
  - never

**G. PHYSICAL ACTIVITY**

Physical activity is any activity that increases your heart rate and makes you get out of breath some of the time. Physical activity can be done in sports, school activities, playing with friends, or walking to school. Some examples of physical activity are running, brisk walking, rollerblading, biking, scooting, dancing, skateboarding, gymnastics, trampolining, keep fit exercises, swimming, basketball, netball, hockey, football and rugby.

43. Thinking about a typical week **during lockdown**, on how many days are you physically active for a total of at least 60 minutes per day? (Add up all the time you spend in any kind of physical activity that increases your heart rate and makes you breathe hard some of the time.)

- 0 days
- 1 day
- 2 days
- 3 days
- 4 days
- 5 days
- 6 days
- 7 days

44. Comparing now with your activities before lockdown, do you think you are now:

- Much more physically active
- Slightly more physically active
- Just as physically active
- Slightly less physically active
- Much less physically active

45. Please list up to three physical activities or sports you have most frequently done **during lockdown**

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46. Please list up to three physical activities or sports you most frequently did *before lockdown*

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**H. YOUR WELLBEING**

47. Have you or any of your household been tested for the Covid-19 infection

- Yes
- No

*If yes, the following question will be asked:*

Did anyone have a positive test result? Y/N

- Yes
- No

48. How worried are you that you will catch the Covid-19 virus?

- Not at all worried
- Somewhat worried
- Very worried

49. Below are some statements about feelings and thoughts.

Please select the option that best describes your experience of each over the last 2 weeks

	None of the time	Rarely	Some of the time	Often	All of the time
I've been feeling optimistic about the future					
I've been feeling useful					
I've been feeling relaxed					
I've been dealing with problems well					
I've been thinking clearly					
I've been feeling close to other people					
I've been able to make up my own mind about things					



Thinking about your sleep **during lockdown**:

50. **During lockdown**, what time do you usually go to bed?

On school nights (Sunday night to Thursday night) \_\_\_\_:\_\_\_\_ (please indicate AM or PM)

On weekends \_\_\_\_:\_\_\_\_ (please indicate AM or PM)

51. **During lockdown**, what time do you usually get out of bed?

On school days (Monday to Friday) \_\_\_\_:\_\_\_\_ (please indicate AM or PM)

On weekends \_\_\_\_:\_\_\_\_ (please indicate AM or PM)

52. **During lockdown**, at night:

- I get enough sleep
- I get almost enough sleep
- I don't really get enough sleep
- I don't get enough sleep at all

53. **During lockdown**, how often do you get sleepy or drowsy while doing your school work?

- Always
- Frequently
- Sometimes
- Occasionally
- Never

54. **During lockdown**, how often do you have trouble getting out of bed in the morning?

- Always
- Frequently
- Sometimes
- Occasionally
- Never

Thinking about your sleep **before lockdown**:

55. **Before lockdown**, what time did you usually go to bed?

On school nights (Sunday night to Thursday night) \_\_\_\_:\_\_\_\_ (please indicate AM or PM)

On weekends \_\_\_\_:\_\_\_\_ (please indicate AM or PM)

56. **Before lockdown**, what time did you usually get out of bed?

On school days (Monday to Friday) \_\_\_\_:\_\_\_\_ (please indicate AM or PM)

On weekends \_\_\_\_:\_\_\_\_ (please indicate AM or PM)

57. **Before lockdown**, at night:

- I got enough sleep
- I got almost enough sleep
- I didn't really get enough sleep
- I didn't get enough sleep at all

58. **Before lockdown**, how often did you get sleepy or drowsy while doing your school work?

- Always
- Frequently
- Sometimes
- Occasionally
- Never

59. **Before lockdown**, how often did you have trouble getting out of bed in the morning?

- Always
- Frequently
- Sometimes
- Occasionally
- Never

For each question below, comparing now with before lockdown, please tick which statement best describes how you feel at the moment.

**60. Feeling safe and at ease**

- I feel **much more** safe and at ease than I did before lockdown
- I feel **more** safe and at ease than I did before lockdown
- I feel **as** safe and at ease as I did before lockdown
- I feel **less** safe and at ease than I did before lockdown
- I feel **much less** safe and at ease than I did before lockdown

**61. Talking and support from people who care about me**

- I am able to talk to and seek support from the people who are there for me, **much more** than I was before lockdown
- I am able to talk to and seek support from the people who are there for me, **more** than I was before lockdown
- I am able to talk to and seek support from the people who are there for me, **as much** as I was before lockdown
- I am able to talk to and seek support from the people who are there for me, **less** than I was before lockdown
- I am able to talk to and seek support from the people who are there for me, **much less** than I was before lockdown

**62. Having fun**

- I am able to do **a lot more** of the things that I enjoy than I was before lockdown
- I am able to do **more** of the things that I enjoy than I was before lockdown
- I am able to do **as many** of the things that I enjoy as I was before lockdown
- I am able to do **fewer** of the things that I enjoy than I was before lockdown
- I am able to do **a lot fewer** of the things that I enjoy than I was before lockdown

**63. Being able to achieve things that are important to me (these might be things like, schoolwork, hobbies & interests, and sports)**

- I am able to achieve **much more** of what is important to me than I was before lockdown
- I am able to achieve **more** of what is important to me than I was before lockdown
- I am able to achieve **as much** of what is important to me as I was before lockdown
- I am able to achieve **less** of what is important to me than I was before lockdown
- I am able to achieve **much less** of what is important to me than I was before lockdown

**64. Thinking about all the things that matter to you, what has been the most negative impact of the lockdown?**

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**65. Thinking about all the things that matter to you, what has been the most positive impact of the lockdown?**

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**I. RELATIONSHIPS**

**For each question below, comparing now with before lockdown, please tick which statement best describes how you feel at the moment.**

**66. Relationships with people I live with**

- My ability to feel close to the people I live with is **much better** than before lockdown
- My ability to feel close to the people I live with is **better** than before lockdown
- My ability to feel close to the people I live with is the **same** as before lockdown
- My ability to feel close to the people I live with is **worse** than before lockdown
- My ability to feel close to the people I live with is **much worse** than before lockdown

**67. Relationships with family who I don't live with**

- My ability to feel close to family who I don't live with, is **much better than** before lockdown
- My ability to feel close to family who I don't live with, is **better than** before lockdown
- My ability to feel close to family who I don't live with, is **the same as** before lockdown
- My ability to feel close to family who I don't live with, is **worse than** before lockdown
- My ability to feel close to family who I don't live with, is **much worse than** before lockdown

**68. Relationships with friends**

- My ability to feel close to friends is **much better than** before lockdown
- My ability to feel close to friends is **better than** before lockdown
- My ability to feel close to friends is **the same as** before lockdown
- My ability to feel close to friends is **worse than** before lockdown
- My ability to feel close to friends is **much worse than** before lockdown

**YOU HAVE REACHED THE END OF THE SURVEY, THANK YOU VERY MUCH FOR TAKING PART IN THIS STUDY. PLEASE SHARE THIS SURVEY LINK WITH SIBLINGS, FRIENDS AND ON SOCIAL MEDIA.**

**IF YOU HAVE OPTED TO BE ENTERED INTO THE PRIZE DRAW AND YOU WIN ONE OF THE SIX £30 VOUCHER PRIZES, WE WILL CONTACT YOU USING THE EMAIL OR TELEPHONE NUMBER YOU PROVIDED AT THE START OF THIS SURVEY.**