

The National Study of Health and Wellbeing: Children and Young People 2023

Information for parents, carers and young people



NatCen
Social Research

 Office for
National Statistics

NHS
England



What is the study about?

Similar to the previous studies, this study is about the health and emotional wellbeing of children and young people in England. Over time, and for many different reasons, there can be changes in people's health and wellbeing. Your household took part in 2017 and may also have taken part in the previous follow-up studies in 2020, 2021 and 2022. We are now conducting the next follow-up study and would love to hear from you. We are asking you to complete an online questionnaire. It should only take around 20 minutes of your time to complete. If you can't complete online, then one of our interviewers may call you to see if you would like to take part over the phone.



Why are you contacting me again?

You have been selected because your household took part in the National Study of Health and Wellbeing: Children and Young People 2017, and possibly the previous follow-up studies in 2020, 2021 or 2022, and someone in your household said that you would be happy to be re-contacted about any future studies. Taking part is voluntary and if you do decide to take part, you can choose to answer as many or as few questions as you like. You can also change your mind at any time and withdraw from the study by contacting us using the contact details provided in this leaflet. We rely on the voluntary cooperation and goodwill of those who are selected to make the study a success. If you didn't take part in the previous follow-up studies, it doesn't matter, we would love to hear from you now.



Why should I take part?

By taking part you will help the NHS, policy makers and charities make the right decisions about important issues that affect the health and wellbeing of children and young people. The results from this study have already provided valuable data that have informed researchers about the impact of the coronavirus pandemic on children and young people. We are conducting another follow-up study to further our understanding and track change over time.





Who is carrying out the research?

NHS England have commissioned NatCen Social Research (NatCen) and the Office for National Statistics (ONS) to carry out the study. The Department of Health and Social Care (DHSC) and the Department for Education (DfE) are funding the study. NHS England is a Public Body and leads the NHS in England to deliver high quality services for all. Part of NHS England's role is to collect data about health and health care services and support NHS organisations to work in partnership to deliver better outcomes for our patients and communities.



What is the questionnaire about?

If you are a parent/carer the questionnaire asks about a range of things about your child. These include general health and wellbeing, how they feel about school and whether they have self-harmed. There are also questions about your current circumstances and life experiences during the past year, as we know that parents and carers play such an important part in a child's life. Ideally, we would like the adult who took part in 2017, or the adult who took part in the previous follow-up studies, to take part again, although this is not essential.

If your child is aged between 11 and 16 at the 31st August 2023, after you have finished your questionnaire we would like your child to also answer an online questionnaire. The questionnaire for children asks about their health and wellbeing, as well as their contact with family and friends, feelings about their body and eating, whether they think their family can afford certain things, and their experiences and thoughts during the past year. We have created an information leaflet, similar to this one, that can be given to your child so that they can understand what is involved. If your child is 16 years old at the 31st August 2023, at the start of the survey you will be asked to confirm that you have discussed taking part in the survey with them and that they are happy for you to take part.

If you are a young person aged between 17 and 25, the questionnaire asks about your health and wellbeing, feelings about your body and eating, whether you have self-harmed, as well as your current circumstances and your experiences and thoughts during the past year.



How long will it take?

The parent/carer and young person questionnaire should take no more than 20 minutes to complete. If your child is 11 to 16 years old and would like to take part it should take them around 10 minutes to complete.



What will happen to the information I give?

Data collected will be held by NatCen, ONS and NHS England. The answers you give will be put together with the answers collected from thousands of other people across England, analysed anonymously and published in a report. This anonymised report will provide the NHS, policy makers and charities with a clear picture of the health and wellbeing of children and young people in England in 2023. We also plan to compare your responses to the information you gave in the previous studies if you took part. This will allow changes over time to be analysed.



Is the study confidential?

Yes. We take great care to protect the privacy of the information people give us and we take careful steps to ensure that the information is secure at all times. We will handle your data in accordance with General Data Protection Regulation (GDPR). The data will be used for statistical and research purposes only and nothing we publish will identify you or your household. You can read more about the study privacy policy on this website: natcen.ac.uk/NSHWprivacy.



Follow-up research

In the questionnaire, you may be asked whether you are happy to complete the second stage of the study. The second stage of the study includes questions about your child's, or if you are aged between 17 and 25 your, eating behaviours and any concerns you may have. If you have a child aged between 11 and 16 they may also be asked to complete the second stage of the study, if we have your permission. Your responses to the second stage will be added together with your responses to the first questionnaire. Taking part in the second stage is voluntary, and you will be free to refuse if you do not want to take part.



In the future, NatCen, ONS or NHS England may want to contact you about follow-up research about your child's, or if you are aged between 17 and 25 your, health and wellbeing. We will only invite you to take part in follow-up research if you agree to this in the questionnaire. Taking part in any follow-up research is voluntary, and you will be free to refuse if you do not want to take part.



Linking study answers to other information

We will ask for your consent to link some of your child's, or if you are aged between 17 and 25 your, NHS health information and education information with your survey responses. If you agree your child's, or if you are aged between 17 and 25 your, name, address and date of birth, but no other information, will be passed to authorised individuals at NHS England, the Office for National Statistics and the Department for Education. This would let us add information from health and education to look at how a person's lifestyle and experiences can have an impact on their future health and education. You can cancel this permission at any time by contacting NHS England; either by emailing enquiries@nhsdigital.nhs.uk, or by telephoning **0300 303 5678**.

If your child is 16 years old at 31st August 2023, we will also ask your child for their consent to link some of their NHS health information and education information with both their and your survey responses. We will only link some of your child's NHS health information and education information with your survey responses if you both agree. If you do not agree but your child does, we will only link your child's NHS health information and education information with your child's survey responses.



How long will you keep my data?

At the end of the study we will delete the names and addresses of people who took part, unless you give us permission to keep them for follow-up research or linking to health and education information. We'll ask you about this separately if you choose to take part.

We will keep anonymised information from the study permanently, so researchers can make use of it for many years to come. A copy of the survey dataset which does not include information that could directly identify you is created. Researchers and analysts can apply to use the data for research and statistical purposes and applicants will need to meet strict data governance standards. You can request that your personal data is deleted at any time, by using the contact details provided in this leaflet. As the dataset is anonymised we will not be able to remove your data from the anonymised dataset or publication.





Do I get anything for taking part?

As a thank you for completing the study, each household will receive a £10 shopping voucher that can be used in a wide range of high-street and online shops. You can request to receive this either in the post or by email. An additional £10 shopping voucher will be given to each household who completes the second stage of the study.



Will I be able to see the study results?

All results will be published in a report, that will be freely available. A link to the report will be included on this website when it is available: natcen.ac.uk/NSHWreport.



Who has reviewed the study?

The study has been looked at by an independent group of people called a Research Ethics Committee. This study has been reviewed and approved by the National Statistician's Data Ethics Advisory Committee. Further information about this committee can be found at statisticsauthority.gov.uk/about-the-authority/committees/nsdec/.



What if I have a complaint about the study?

If you have a complaint, please get in touch with NatCen by Freephone **0800 652 4568** or email nshw@natcen.ac.uk.

For more information about your data and your rights, you can contact the NHS England Data Protection Officer. Data Protection Officers are responsible for upholding your rights and making sure we process your information correctly.

Email: england.dpo@nhs.net

More information

You can visit our webpage at natcen.ac.uk/NSHW, contact us at Freephone **0800 652 4568** or email nshw@natcen.ac.uk.

To read more about the health and care information NHS England collects, our legal basis for collecting this information and what choices and rights you have, see how we look after your health and care information, see the mental health of children and young people survey transparency notice, our general transparency notice and UK GDPR information, visit this website: digital.nhs.uk/mhcyp-gdpr.



Useful contacts

If you are affected by anything in the questionnaire, here are contact details for organisations that you might find helpful.

Your GP

They will be able to provide help and advice. Your GP can also provide access to appropriate specialist services and local organisations.

NHS 111

You can call 111 when you need medical help fast but it's not a 999 emergency. NHS 111 is available 24 hours a day, 365 days a year. Calls are free from landlines and mobile phones. Also available online at **111.nhs.uk**.

Beat

Supports people who have or are worried they have an eating disorder, as well as others affected, such as friends and family members.
0808 801 0677

beateatingdisorders.org.uk

Childline

Free 24-hour counselling service for children and young people up to their 19th birthday.
0800 1111

childline.org.uk

Citizens Advice

Offers financial advice and information, as well as help with other issues like housing, health and work.

citizensadvice.org.uk

Cruse

Provides help and support for dealing with bereavement.
0808 808 1677

www.cruse.org.uk

Every Mind Matters

Every Mind Matters provides simple and practical advice to get a healthier mind and get more out of life – from how to deal with stress and anxiety, to boosting our mood or sleeping better. You'll also learn about what you can do to help others.

nhs.uk/every-mind-matters

GambleAware

Offers help and support to anyone who is worried about their – or someone else's – gambling.
0808 8020 133

begambleaware.org

Mental Health Foundation

This website offers a wide range of information about mental health issues.

mentalhealth.org.uk

Mind

Offers advice and support to service users; has a network of local associations in England and Wales to which people can turn for help and assistance.

0300 123 3393

mind.org.uk

NSPCC

Provides helplines and information on child abuse, child protection and safeguarding children.

0808 800 5000

nspcc.org.uk

The Samaritans

The Samaritans provide a confidential service for people in despair and who feel suicidal.

116 123

samaritans.org

Shout Crisis Textline

If you need immediate support, you can **text SHOUT** to **85258** and chat by text. The service is free on most networks and available 24/7.

The Trussell Trust

Supports food banks across the UK and can provide emergency food and support to those who need it.

trusselltrust.org

YoungMinds

Provides young people with tools to look after their mental health. A wide range of support is available.

youngminds.org.uk



NatCen

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Item4-P17823-FU4-SurLeaf-PYP-NSDEC(20)13