

Mental health in four British cohorts: measurement, research and access

Praveetha Patalay, Professor of Population Health and Wellbeing

Vanessa Moulton, Senior Researcher

Morag Henderson, Director of Next Steps (1989-90)

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STUDIES



CLS webinar
12 July 2023



Economic
and Social
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Housekeeping

- We are recording this session so it will be available online at a later date
- If you have a question, please use the chat function, and please note your question will be visible to all attendees
- Technical issues – please email us: ioe.clsevents@ucl.ac.uk
- We would be grateful for your feedback. Please follow the link in the chat at the end of the event for the short survey – we have also emailed this to you

Thank you for joining us today

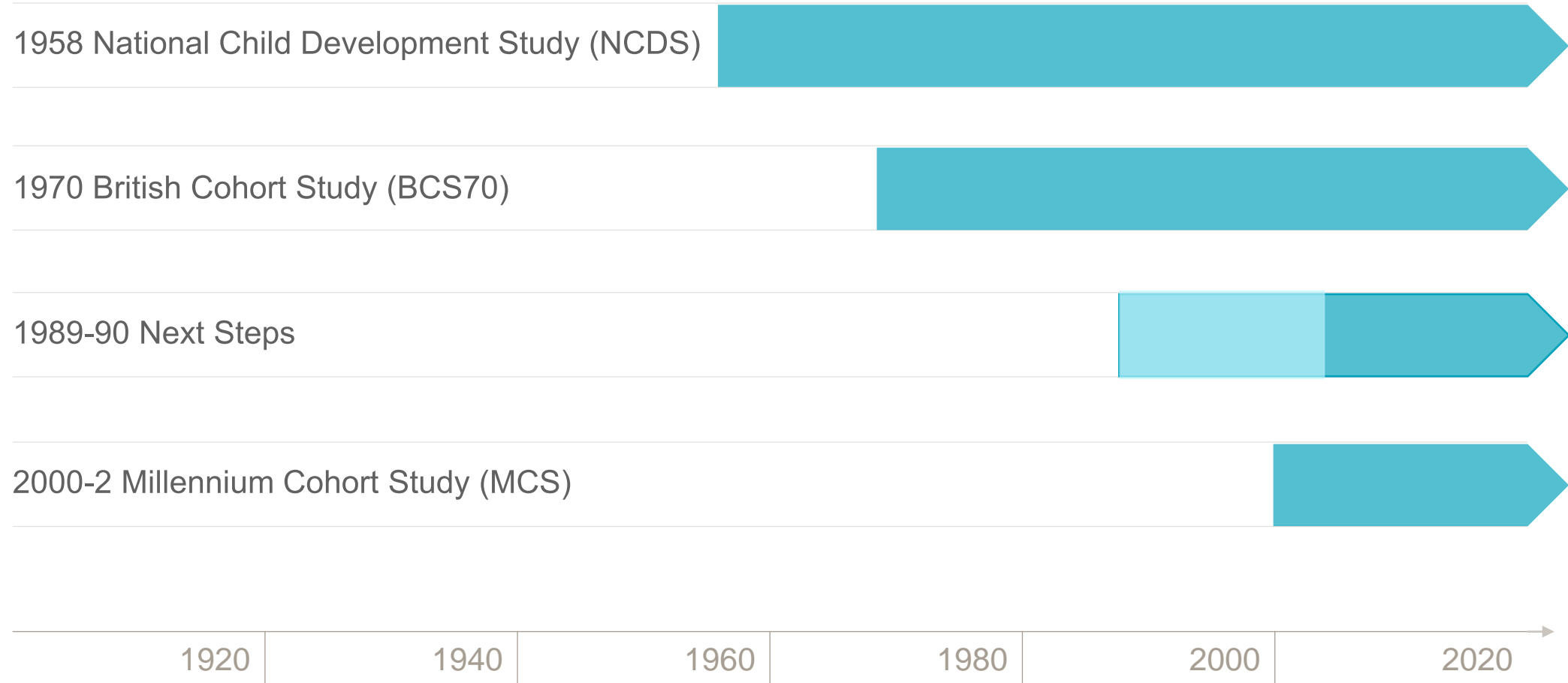
Aims

- Outline mental health measures and data available in the CLS cohorts
- How to access mental health data in the CLS cohorts and highlight available resources
- Illustrate some of the seminal work in mental health using the CLS cohorts
- Highlight the types of mental health research that can be done using birth cohorts

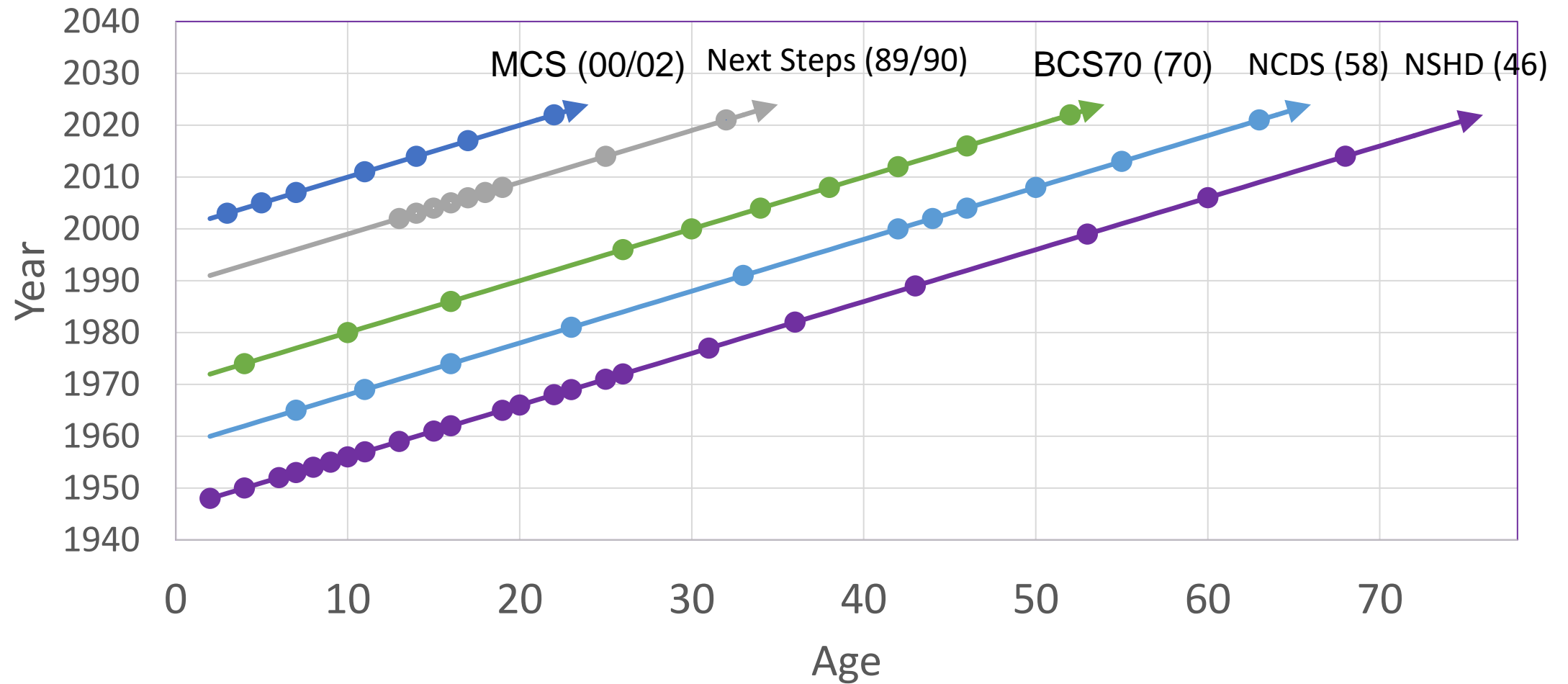
About CLS

- The [Centre for Longitudinal Studies](#) is home to four* national longitudinal cohort studies, which follow the lives of tens of thousands of people
- Each of our four studies follows large, nationally representative groups of people born in a given year
- By collecting information from the same people over time, as they live their lives, our studies are powerful resources for answering important research questions
- Multi-purpose and multi-disciplinary studies collecting detailed information on different aspects of cohort members lives (economic, social and health)

CLS studies



Study timelines and future 2020-2030



Brief overview of our studies







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NCDS A study of everyone born in one week in 1958 (GB)

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	1958	1965	1969	1974	1981	1991	2000	2003	2004	2008	2013
	Birth	7	11	16	23	33	42	44	46	50	55
 main respondent	mother	parents	parents	cohort member / parents	cohort member	cohort member	cohort member	cohort member	cohort member	cohort member	cohort member
 others		school	school	school		children (1 in 3)					
 medical	medical exam	medical exam Ht/Wt	medical exam Ht/Wt	medical exam Ht/Wt	Ht/Wt	Ht/Wt		Ht/Wt blood - DNA biomedical		Ht/Wt	Ht/Wt
 survey instruments		cognitive mental h.	cognitive mental h.	cognitive mental h.	mental h.	mental h.	mental h.			cognitive mental h.	
 linked data				area of residence (census)	area of residence (census)					consent for health and economic records	
 response rate	17,415	15,425	15,337	14,654	12,537	11,469	11,419	9,377	9,534	9,790	9,137

BCS70 A study of everyone born in one week in 1970 (GB)

	1970	1975	1980	1986	1996	2000	2004	2008	2012	2016
	Birth	5	10	16	26	30	34	38	42	46
 main respondent	mother	parents	parents	cohort member / parents	cohort member	cohort member	cohort member	cohort member	cohort member	cohort member
 others		school	school	school			children (1 in 2)			
 medical	medical exam	medical exam Ht	medical exam Ht/Wt	medical exam Ht/Wt	Ht/Wt	Ht/Wt	Ht/Wt		Ht/Wt	biomedical blood (DNA) Ht/Wt accelerometer
 survey instrument		cognitive mental h.	cognitive mental h.	diet diary cognitive mental h.	mental h.	mental h.	mental h.		cognitive mental h.	diet diary cognitive mental h.
 linked data									consent for health and economic records*	
 response rate	16,568	13,135	14,875	11,622	9,003	11,261	9,665	8,874	9,841	8,851

Next Steps A study of people born in 1989/90 (England)







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	2004 14	2005 15	2006 16	2007 17	2008 18	2009 19	2010 20		2015 25
 main respondent	study member	study member	study member	study member	study member	study member	study member		study member
 others	parents	parents	parents	parents					
 Survey instruments	mental h.		mental h.						Ht/Wt mental h.
 linked data	National Pupil Database		National Pupil Database						health, economic, crime consents
 response rate	15,770	13,539	12,439	11,801	10,430	9,799	8,682		7,702

- Higher Education Statistics Agency information on university participation and attainment
- Student Loans Company information

MCS A study of people born in 2000/2 (UK)

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	2001/2	2004	2006	2008	2012	2015	2018
	9m	3	5	7	11	14	17
 main respondent	main parent	main parent	main parent	main parent	main parent	main parent	cohort member
 Others	partner	older siblings partner	older siblings partner	cohort member teacher partner	cohort member teacher partner	cohort member partner	main parent partner
 Medical		Ht/Wt	Ht/Wt	Ht/Wt accelerometer	Ht/Wt	Ht/Wt Saliva (DNA trio) accelerometer	Ht/Wt
 Survey instruments		cognitive mental h.	cognitive mental h.	cognitive mental h.	cognitive mental h.	time use record cognitive mental h.	cognitive mental h.
 Linked data		health records; education records; parents' and CM's economic records; police and criminal justice					
 response rate	18,552	15,590	15,246	13,857	13,827	11,726	10,625

COVID-19 surveys

Wave	Dates	Context	Mode
Wave 1	May 2020	First national lockdown	Web
Wave 2	Sept/Oct 2020	Eased restrictions	Web
Wave 3	Feb/Mar 2021	Third national lockdown	Web → Telephone

Study	Age in 2020
MCS	19
Next Steps	30
BCS70	50
NCDS	62

Typical information covered

 Birth	 School years	 Adult
<p>Household composition</p> <p>Parental socio-economic situation</p> <p>Obstetric history</p> <p>Smoking in pregnancy</p> <p>Pregnancy (problems, antenatal care)</p> <p>Labour (length, pain relief, problems)</p> <p>Birthweight, length</p>	<p>Household composition</p> <p>Parental social class & education</p> <p>Parental employment</p> <p>Financial circumstances</p> <p>Housing</p> <p>Family relationships</p> <p>Health</p> <p>Cognitive tests</p> <p>Emotions and behaviour</p> <p>School</p> <p>Views and expectations</p> <p>Attainment</p>	<p>Household composition</p> <p>Employment</p> <p>Social class</p> <p>Income and wealth</p> <p>Housing</p> <p>Family and partnership history</p> <p>Health (including biomarkers)</p> <p>Well-being and mental health</p> <p>Health-related behaviour</p> <p>Training and qualifications</p> <p>Basic skills</p> <p>Views and expectations</p>

‘Mental Health’ data

(Self)-report / diagnosis
Mental health scales
Collected during COVID-19
Linked mental health data
Upcoming

Report of mental health diagnosis and treatment

	NCDS (58)	BCS70	NS (89/90)	MCS (01/2)
Doctor diagnosis depression / anxiety (repetition, hearing/seeing, etc)	11,16	10, 26, 30		9m, 3, 5, 7, 11, 14, 17, 17
Seen doctor/specialist/hospital/suffered depression / anxiety (repetition, hearing/seeing, etc)	7,11,16, 23, 33, 42, 50	16,16, 30, 42, 46		
Age diagnosed/experienced depression / anxiety etc	11, 33, 42	26, 30		17
Currently/last 12 months treated depression / anxiety (repetition, hearing/seeing, etc)	11,16			9m, 3, 5, 7, 11,14,17 17
Seen doctor/specialist/hospital/suffered last 12 months depression / anxiety (repetition, hearing/seeing, etc)	33, 42, 50, 55	16, 26, 30, 34, 38, 42, 46		
Ever treated depression / anxiety				17
LTI (mental health)			14,(15),17,20, 25	11,11,14, 14
Additional support needs at school/ social services (neurodivergence, mental health, behaviour etc)		5	14,15,16,17	7,7,11,11,14
Doctor diagnosis (ADHD, Aspergers Syndrome etc)			(25)	11,14

Parent, teacher, CM self-report, health visitor/nurse
and parents' mental health

Mental health scales in childhood and adolescence

Mental Health measure	NCDS (58)	BCS70	NS (89/90)	MCS (01/2)
Rutter Behaviour Scales	7, 11, 16, 16	5, 10, 16		
British Social Adjustment Guide	7, 11			
Conners Hyperactivity Rating Scale		10, 16		
Child Development Scale*		10		
Malaise Inventory: Psychological distress		5, 16, 16		9m
GHQ-12: Psychological distress		16	14, 16	
Strengths and Difficulties Questionnaire (SDQ)				3, 5, 7, 7, 11, 11, 14, 17, 17
Kessler 6 (K6)				3,5,7,11,14,17, 17
Mood & Feelings Questionnaire (Short)				14

Parent, teacher, self-report and maternal mental health

*items from Rutter, Conners and Swansea Assessment Battery

Mental health scales in adulthood

Mental Health measure	NCDS (58)	BCS70	NS (89/90)
Malaise Inventory: Psychological distress	23, 33, 42, 50	26, 30, 34, 42, 46	
GHQ-12: Psychological distress	42	30	25
Kessler (4)		34	
36 Item Short Form Survey (SF-36) – health incl. general mental health	50	46	
<i>Clinical Interview Schedule –Revised (CIS-R)</i>	44		

Well-being scales in the cohorts

Well-being measure	NCDS (58)	BCS70	NS (89/90)	MCS (01/2)
Warwick-Edinburgh Mental Wellbeing Scale (WEMBS)	50	42, 46		17
Life satisfaction	33, 42, 46, 50	26, 30, 34, 42, 46	20, 25	9m, 3, 5, 7, 11, 11
Happiness				9m, 3, 5, 7, 11, 11, 14
Self-Esteem ¹ Lawseq ² 2 items useful/worthless ³ Shortened Rosenberg Scale		10, 16 ¹	14, 16 ²	9m, 11, 14, 17 ³
Quality of Life Scale (CASP- 12/6 item)	50, 55			

self-report and parents well-being

Happiness / satisfaction in particular domains:

- School (parent/child)
- Job
- Work/life balance
- Relationship
- Area live in

Other related scales / measures

NCDS (58)

Personality Inventory (50)
extraversion, agreeableness,
conscientiousness,
emotional stability, and
openness

Self-efficacy (33, 42, 46,
50)

BCS70

Eysenck Personality
Inventory (10)

Self-efficacy ((26), 30, 34,
42)

Locus of Control Scale
(Caraloc) (10)

NS (89/90)

Locus of control (6)
(15,17,20,25)

Self-harm (25)

MCS (01/2)

Personality (OCEAN) (M&P 7,14)
(CM, 17)

Temperament (14 items – CITS) (9m)

Self-regulation (3,5,7)

YP Brief Self-Control Scale (17)

Body image (14,17)

Self-harm: Edinburgh Study of
Youth and Transitions (6) incl.
attempted suicide (17)

self-report, parent and maternal/paternal MH

Mental health in the COVID-19 surveys

Section	Topic	W1	W2	W3
Mental health	Malaise Inventory (9)	NCDS, BCS70	NCDS, BCS70	NCDS, BCS70
	Kessler (6)	MCS	MCS	MCS
	General Health Questionnaire (GHQ-12)	NS	NS	NS
	Patient Health Questionnaire-2 (PHQ-2)	ALL	ALL	ALL
	Generalised Anxiety Disorder (GAD-2)	ALL	ALL	ALL
	Self-assessment: mental health 3 months prior COVID outbreak in March 2020	-	ALL	(ALL)
	Self-assessment: mental health now	-	ALL	ALL
	If children: parent assessment: mental health 3 months prior COVID outbreak in March 2020	-	ALL	(ALL)
	If children: parent assessment: mental health now	-	ALL	ALL
Well being	Life satisfaction (ONS)	ALL	ALL	ALL
	Short Warwick-Edinburgh Mental Wellbeing Scale (WEMBS-7)	MCS	MCS	MCS
Other related..	Loneliness (3 UCLA items) and 'how often feel lonely'	ALL	ALL	ALL
	Social provision (3 items)	NS, MCS	NS, MCS	NS, MCS
	Self-harm	MCS		
	Control (1 item)	-	ALL	(ALL)
	Optimism (3 items)	-	ALL	(ALL)
	Risk (1 item)	ALL	ALL	ALL
	Patience (1 item)	ALL	ALL	ALL
	Trust (1 item)	ALL	ALL	ALL

Linked (mental) health administrative data in the cohorts

Country	Study	Health admin data	Access
England	NCDS, BCS70, Next Steps, MCS	Hospital Episodes Statistics (HES) <ul style="list-style-type: none"> Admitted Patient Care (APC) Critical Care (CC) – linked to APC Accident & Emergency (A&E) Outpatient Care (OP) 	Available at UKDS (e.g. link) via Secure Lab
Scotland		Scottish Medical Records (SMR)	Available at UKDS (e.g. link) via Secure Lab
	BCS70, NCDS, MCS	<ul style="list-style-type: none"> Inpatient Outpatient Birth and neonatal records Prescribing information 	
	BCS70, NCDS only	<ul style="list-style-type: none"> Maternity 	
	MCS only	<ul style="list-style-type: none"> Immunisations (SRS), Child Health Review 	
Wales	MCS	<ul style="list-style-type: none"> Health data assets from SAIL Databank (e.g. emergency department, outpatient, COVID data) up to age 14 and for cohort members' parents 	Available at Secure Anonymised Information Linkage (SAIL) Databank; to be deposited with UKDS
		<ul style="list-style-type: none"> Hospitalisations & no. of diagnoses from ICD-10 chapter codes up to age 11 	Available at UKDS via Secure Lab (link)

Coming soon:

- HES data refresh in Next Steps, BCS70 and NCDS, including COVID-19 data
- Refresh of Welsh health dataset linked to MCS (2001-2012)

Mental Health classifications

World Health Organization. (2015). International statistical classification of diseases and related health problems, 10th revision, Fifth edition, 2016. World Health Organization

Mental and behavioural disorders (F00–F99)

Incl.: disorders of psychological development

Excl.: symptoms, signs and abnormal clinical and laboratory findings, not elsewhere classified (R00–R99)

This chapter contains the following blocks:

- F00–F09 Organic, including symptomatic, mental disorders
- F10–F19 Mental and behavioural disorders due to psychoactive substance use
- F20–F29 Schizophrenia, schizotypal and delusional disorders
- F30–F39 Mood [affective] disorders
- F40–F48 Neurotic, stress-related and somatoform disorders
- F50–F59 Behavioural syndromes associated with physiological disturbances and physical factors
- F60–F69 Disorders of adult personality and behaviour
- F70–F79 Mental retardation
- F80–F89 Disorders of psychological development
- F90–F98 Behavioural and emotional disorders with onset usually occurring in childhood and adolescence
- F99 Unspecified mental disorder

Asterisk categories for this chapter are provided as follows:

- F00* Dementia in Alzheimer disease
- F02* Dementia in other diseases classified elsewhere

Mental health measures in upcoming sweeps

MCS age 22/23 (piloting)

Kessler 6 (K6)
Depression or anxiety: sought & received help, medication/counselling
Self-harm (6) ESYT incl. attempted suicide
Loneliness (3 UCLA items) and 'how often feel lonely'
Social provision
Short Warwick-Edinburgh Mental Wellbeing Scale (WEMWBS - 7)
Life satisfaction (ONS)
Grit Scale (8)
Positive Childhood Experience (7)
Dysmorphic Concern Questionnaire (3)
Eating Disorder Examination Questionnaire (5)

BCS70 age 52/53 (in field)

Malaise inventory (MAL-9)
Patient Health Questionnaire-2 (PHQ-2)
Generalised Anxiety Disorder (GAD-2)
Medical support on mental health problems / and in last 12 months / currently have: depression, anxiety, repetitive thoughts/actions, hearing or seeing things, mood/emotions
(SF-36) – health incl. general mental health
Loneliness (3 UCLA items)
Social provision
Self-efficacy (3)
Short Warwick-Edinburgh Mental Wellbeing Scale (WEMWBS – 7)
Life satisfaction (so far)

Next Steps age 33 (in field)

General Health Questionnaire (GHQ-12)
Patient Health Questionnaire-2 (PHQ-2)
Generalised Anxiety Disorder (GAD-2)
Depression or anxiety: doctor diagnosis, age, ever treated, currently
Loneliness (3 UCLA items) and 'how often feel lonely'
Personal wellbeing, ONS (incl. Life satisfaction, worthwhile, happy, anxious)

NCDS age 62/65 (in field)

Malaise inventory (MAL-9)
Patient Health Questionnaire-2 (PHQ-2)
Generalised Anxiety Disorder (GAD-2)
Medical support on mental health problems / and in last 12 months / currently have: depression, anxiety, repetitive thoughts/actions, hearing or seeing things, mood/emotions
Mental Health Inventory (MHI-5)
Loneliness (3 UCLA items)
Social provision
Short Warwick-Edinburgh Mental Wellbeing Scale (WEMWBS-7)
Life satisfaction (so far)
Quality of Life (CASP-6)


Resources and access to data

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Data freely available to researchers, government analysts and third sector workers: <https://ukdataservice.ac.uk/>

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Key services



Cohort	Link
NCDS	http://discover.ukdataservice.ac.uk/series/?sn=2000032
BCS70	http://discover.ukdataservice.ac.uk/series/?sn=200001
Next Steps	http://discover.ukdataservice.ac.uk/series/?sn=2000030
MCS	http://discover.ukdataservice.ac.uk/series/?sn=2000031

Access to different types of data

Access to data held by the UK Data Service varies depending on how the data is classified:

Tier 1: [End User Licence \(EUL\)](#) for access to data with a low level of sensitivity and disclosivity.

- Most of our data are available under this licence.
- Your application is authorised directly by the UK Data Service, and you can download the data directly from there.

Tier 2a: [Special Licence \(SL\)](#) for access to moderately sensitive or disclosive data. Access through the UK Data Service and application approved by CLS before you can download the data.

Tier 2b: [Secure Access Licence \(SA\)](#) for access to the most sensitive and/or potentially disclosive data. Access through the UK Data Service and attend a specialised training course.

<https://cls.ucl.ac.uk/data-access-training/data-access/>

Resources available: CLS website

<https://cls.ucl.ac.uk/>

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Millennium Cohort Study

On this page: Introduction publicationsSweepsStudy featuresCOVID-19 survey and dataPopular documentationSub studiesData accessLatest from MCSPrincipal InvestigatorAge 17 initial findingsRecentMore related content



CHILD OF THE NEW CENTURY

The Millennium Cohort Study (MCS), known as 'Child of the New Century' to cohort members and their families, is following the lives of around 19,000 young people born across England, Scotland, Wales and Northern Ireland in 2000-02. The study began with an original sample of 18,818 cohort members.

+ more

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1970 British Cohort Study

On this page: Introduction publicationsSweepsStudy featuresCOVID-19 survey and dataPopular documentationSub studiesData access50 stories in 50 weeksLatest from BCS70RecentMore related content



BCS70
1970 British Cohort Study

The 1970 British Cohort Study (BCS70) is following the lives of around 17,000 people born in England, Scotland and Wales in a single week of 1970.

+ more

BCS70 sweeps

Since the birth survey in 1970 there have been nine 'sweeps' of all cohort members. Click on a sweep below to learn more about the information collected. The latest sweep, at age 51, is now underway.

Year	1970	1975	1980	1986	1996	2000	2004	2008	2012	2016	2021
Age	Birth	5	10	16	26	30	34	38	42	46	51

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An introduction to linked health administrative data in four cohort studies

(2022, 86 minutes)

Using Linked Administrative Data: Hos...

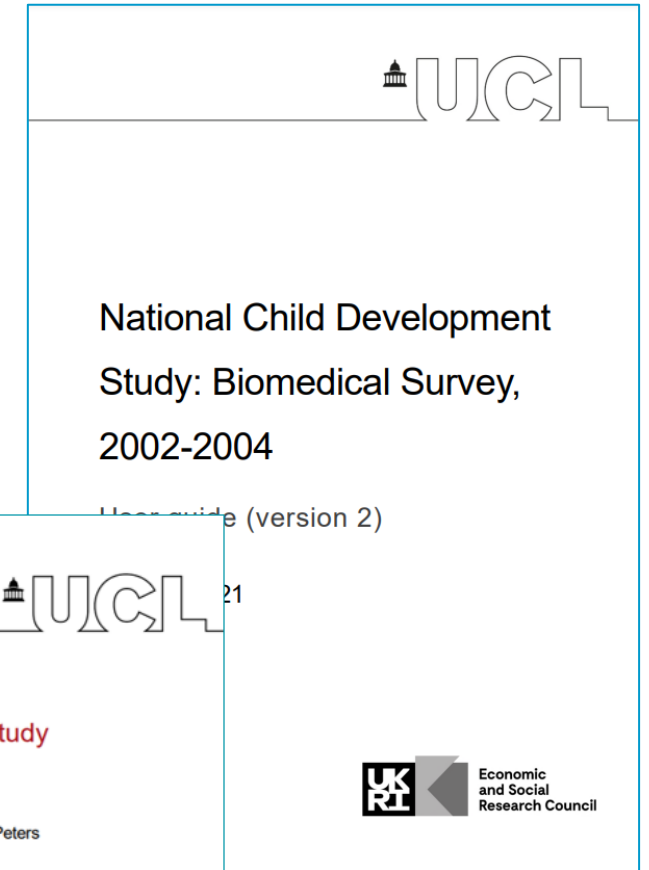
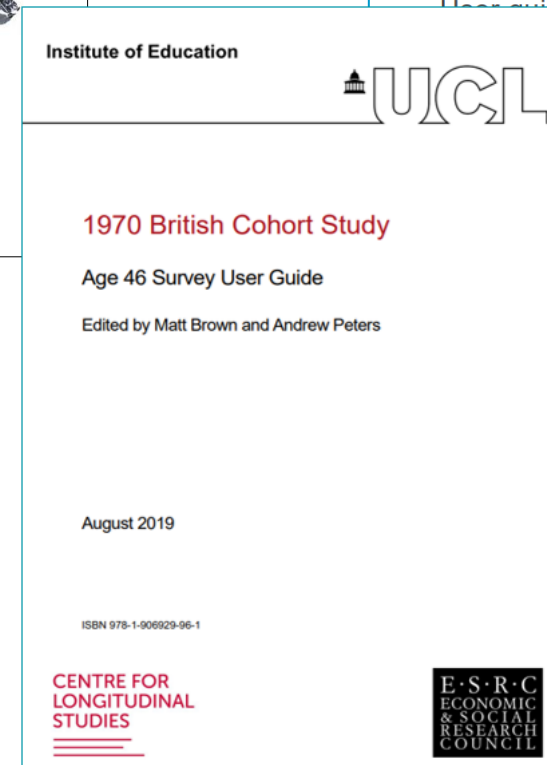
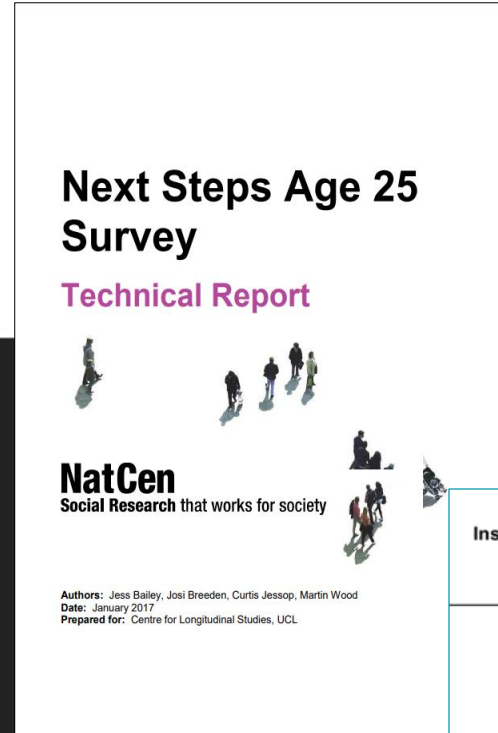
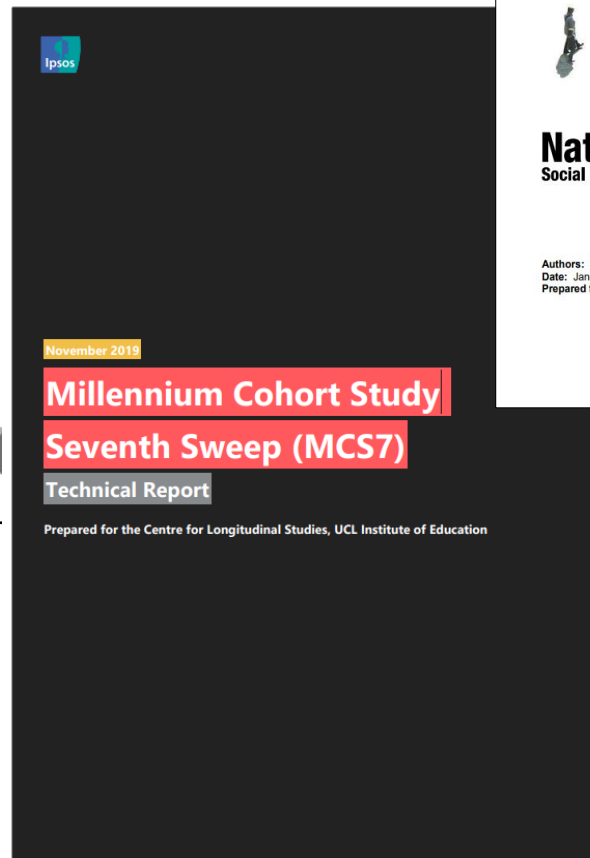
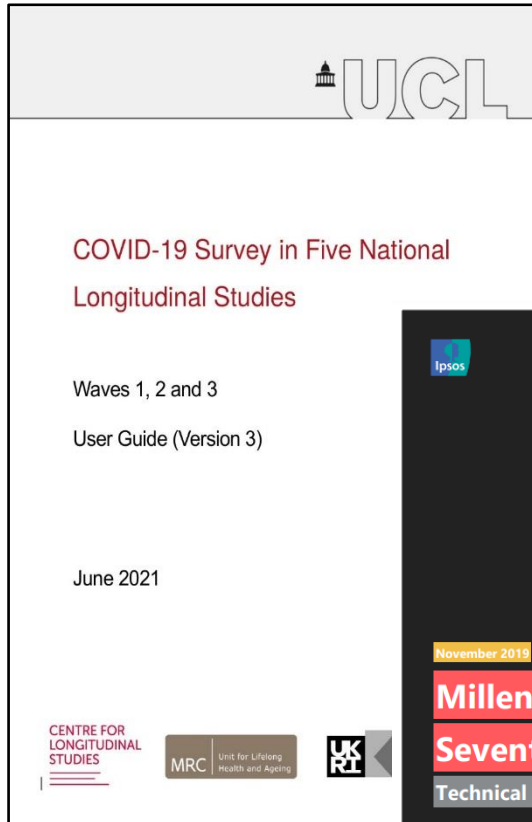
Using linked administrative data to explore hospital Episode Statistics linked with MCS cohorts

6 December 2022

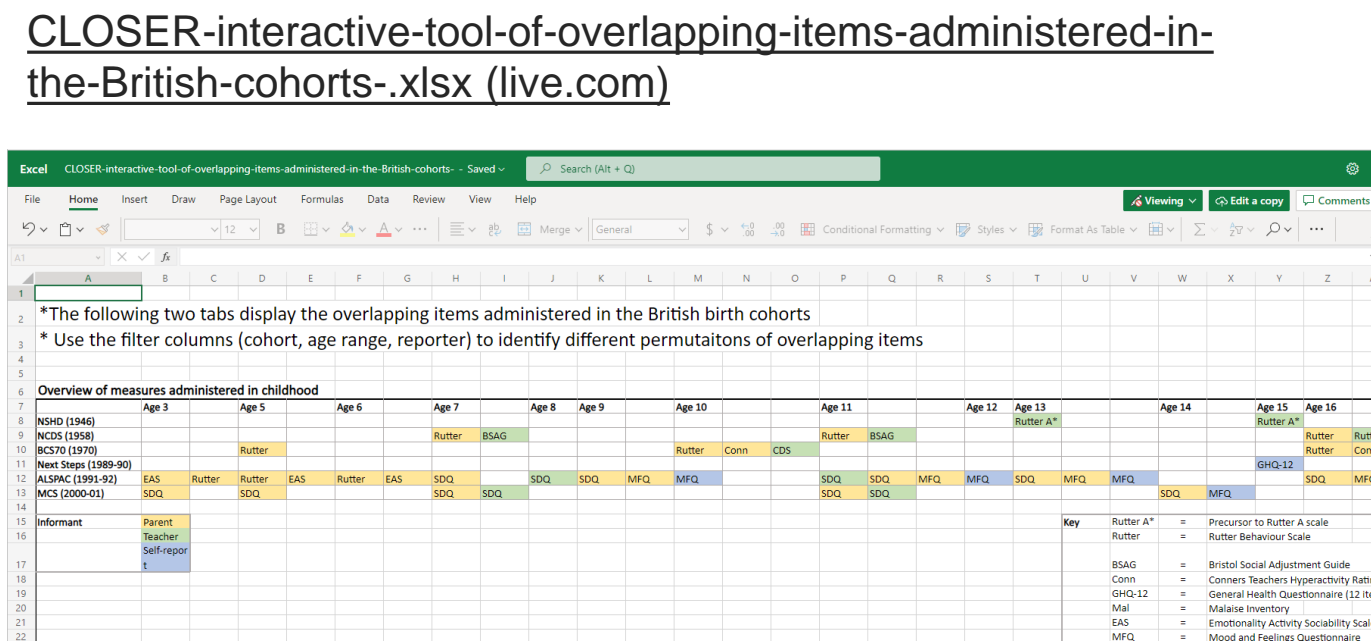
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Resources available on each cohort and sweeps: User Guide, technical resources and questionnaires




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Jongsma, H. E., Moulton, V. G., Ploubidis, G. B., Gilbert, E., Richards, M., & Patalay, P. (2023). Psychological Distress Across Adulthood: Equating Scales in Three British Birth Cohorts. *Clinical Psychological Science*, 11(1), 121-133.


Catalogue of Mental Health Measures (cataloguementalhealth.ac.uk)




Catalogue of
Mental Health Measures

About the CatalogueUsing the CatalogueExplore


Search Mental
Health Measures




An interactive catalogue of mental health and wellbeing measures in British cohort and longitudinal studies



The UK boasts rich and world-renowned cohort and longitudinal studies which offer unique opportunities to answer key questions about mental health and wellbeing.




The Catalogue provides information about thousands of standard and non-standard measures of mental health and wellbeing collected in UK longitudinal studies.



Measures detailed in the catalogue include indicators of mental health problems, treatment, service use, impairment and psychological wellbeing.

Search Mental
Health Measures

The Catalogue of Mental Health Measures is now part of DATAMIND




DATAMIND
The Health Data Research Hub for Mental Health


DATAMIND
Is the new Health Data Research UK data hub that provides a central, integrated data infrastructure with mental health datasets.

The Catalogue
Supports DATAMIND by promoting the discoverability of these datasets, that are Findable, Accessible, Interoperable, & Reusable.


Together
We aim to facilitate and enable coordinated research using UK's rich mental health data.




HDRUK
Health Data Research UK



Health Data Research
Innovation Gateway



UKRI



**Medical
Research
Council**

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Training and Support

[Forthcoming events](#)


Social Care Webinar, 20th Sept

Introduction to 1970 British Cohort Study, October 2023


‘Getting started’ Webinar, November 2023


<https://cls.ucl.ac.uk/events/>


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Training and support

Welcome to the CLS training and support page. This page features recordings from past CLS training events, often with accompanying slides. Please use the menu below to navigate. If you're looking for recordings of our COVID-19 survey training, please head to our separate [COVID-19 training page](#). There are also many more training videos to explore on our [CLS YouTube Channel](#).

Upcoming training events

For upcoming training events, please see our [events page](#). If you would like to hear about future training by email, as well as other CLS news, please [sign up](#) to our mailing list.

On this page:

[1. Getting started](#) [2. The cohorts in focus](#) [3. Enhanced data in focus](#)

Training videos on this page

Research using mental health data in the national British cohorts

Some examples...

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Types of research questions

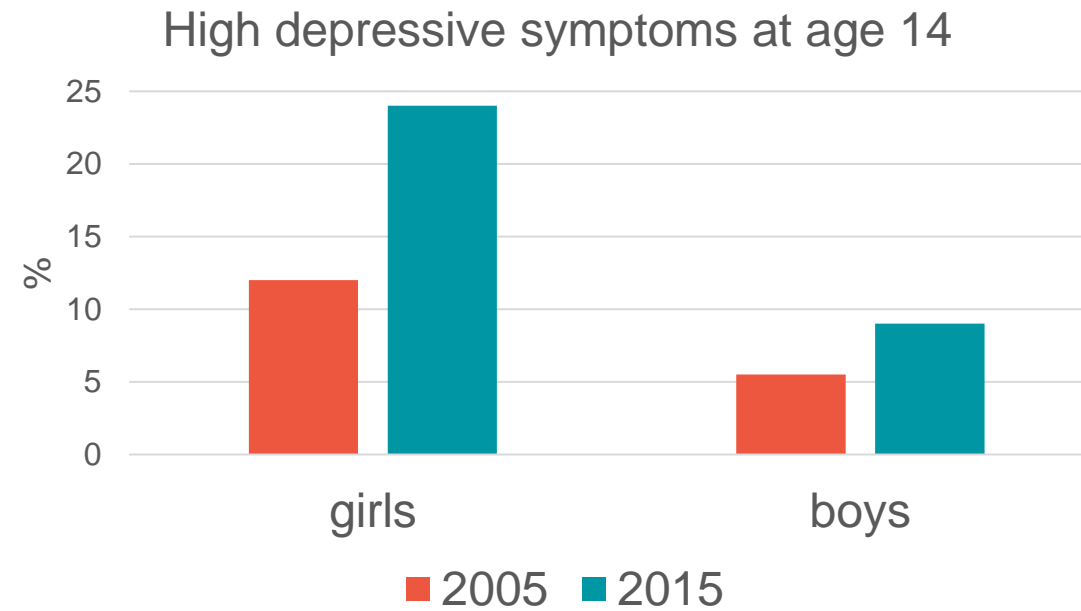
- Prevalence (at different ages)
- Longitudinal trajectories
- Transitions
- Risk and protective factors
- Cross cohort differences
- Inequalities
- Causes
- Consequences
- Healthcare access and predictors/consequences

Will provide exemplar studies and findings to illustrate different possibilities

Prevalence

High levels of depressive symptoms at age 14

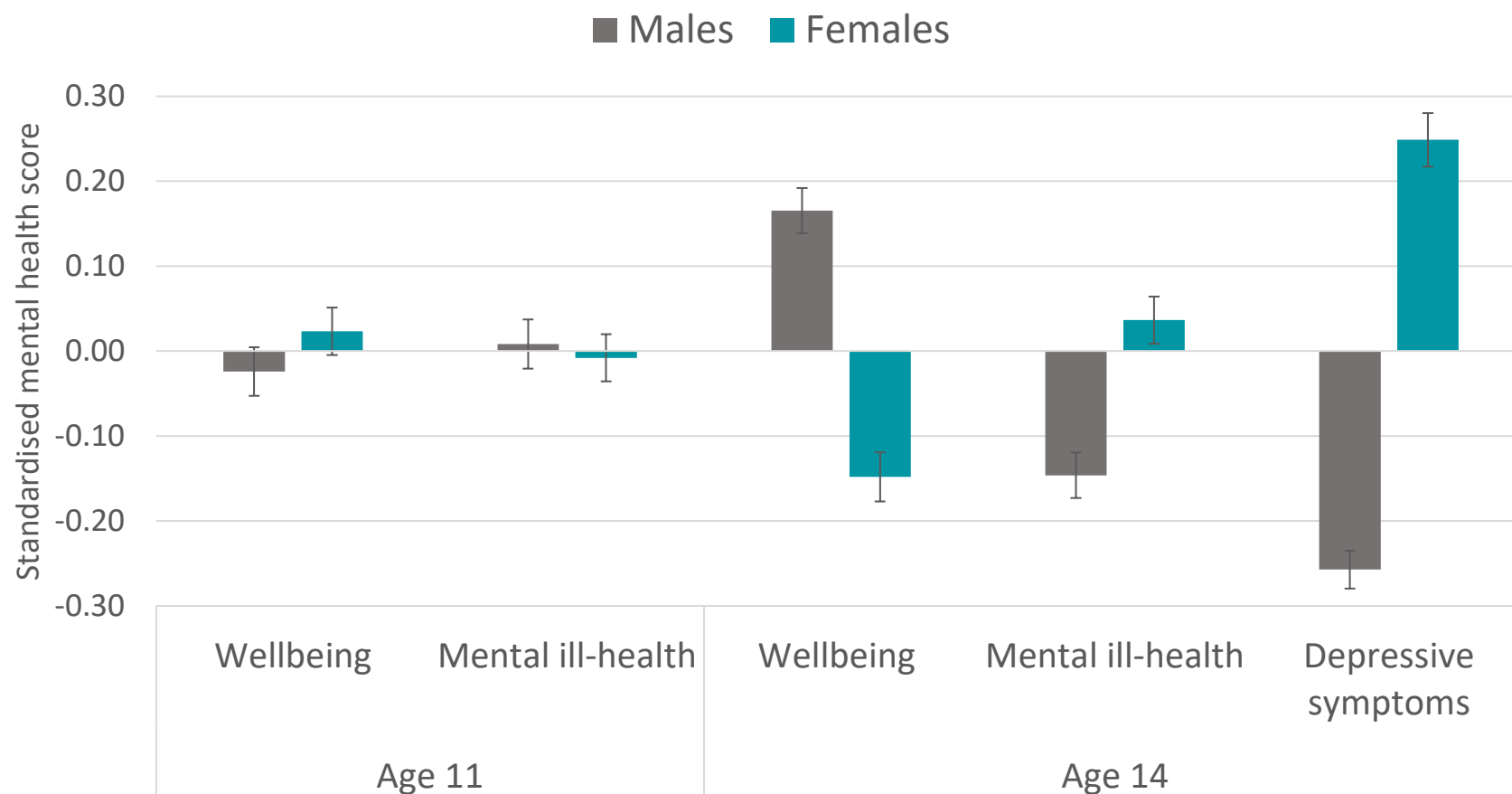
Cohort: MCS



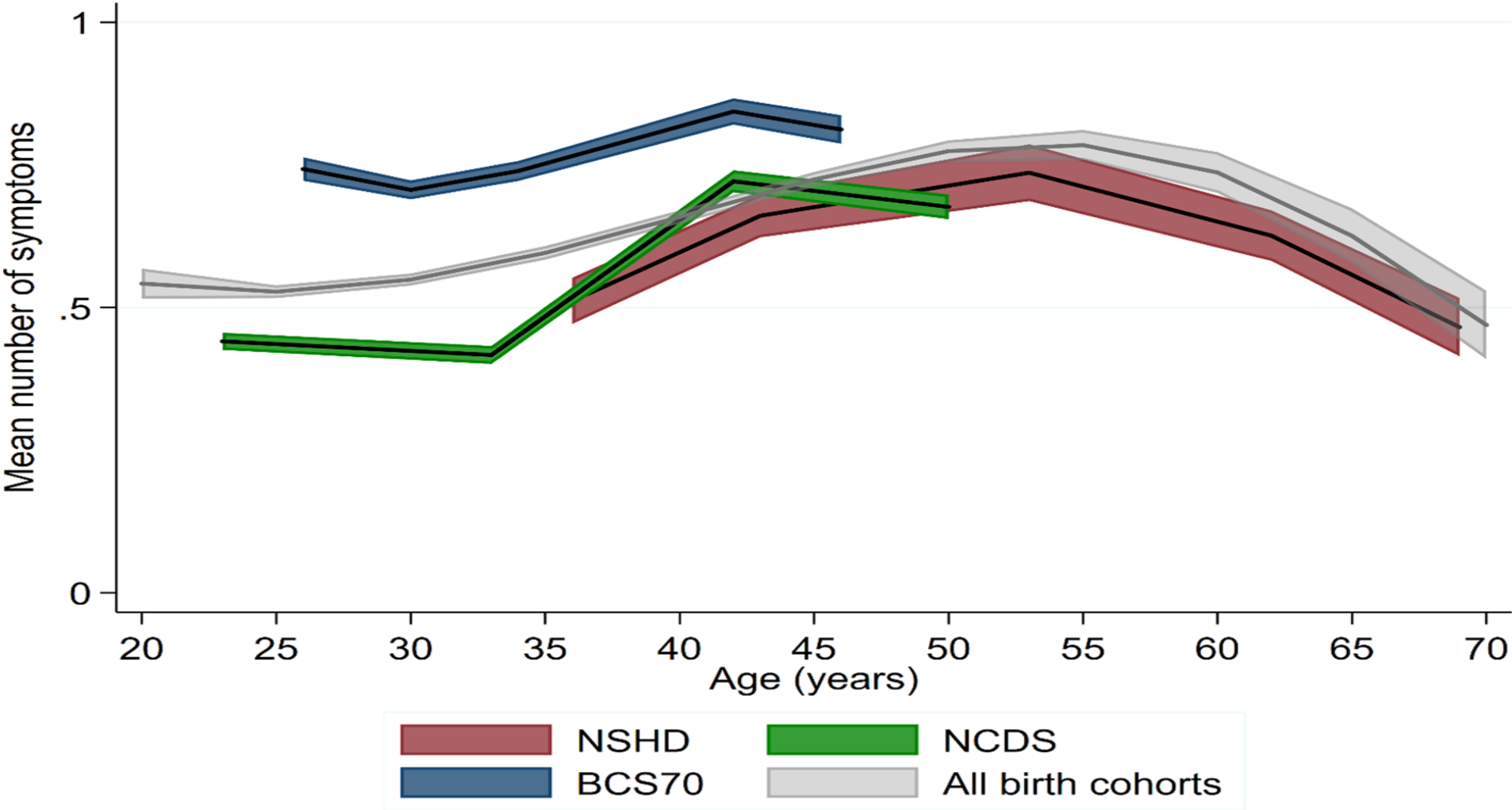
Cohorts: MCS & ALSPAC

Developmental changes

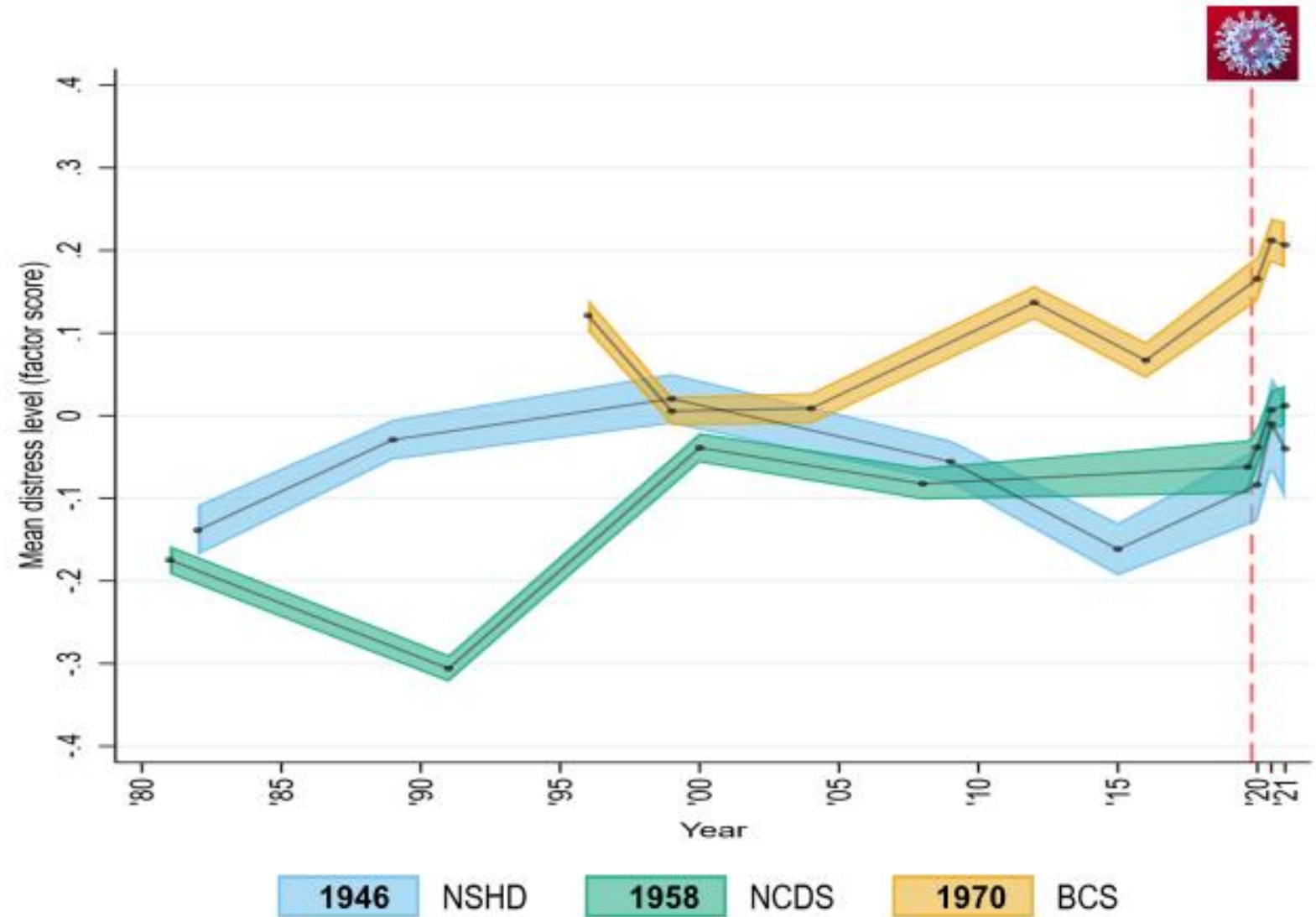
Emerging sex differences between childhood and adolescence



Adulthood trajectories;
across cohorts

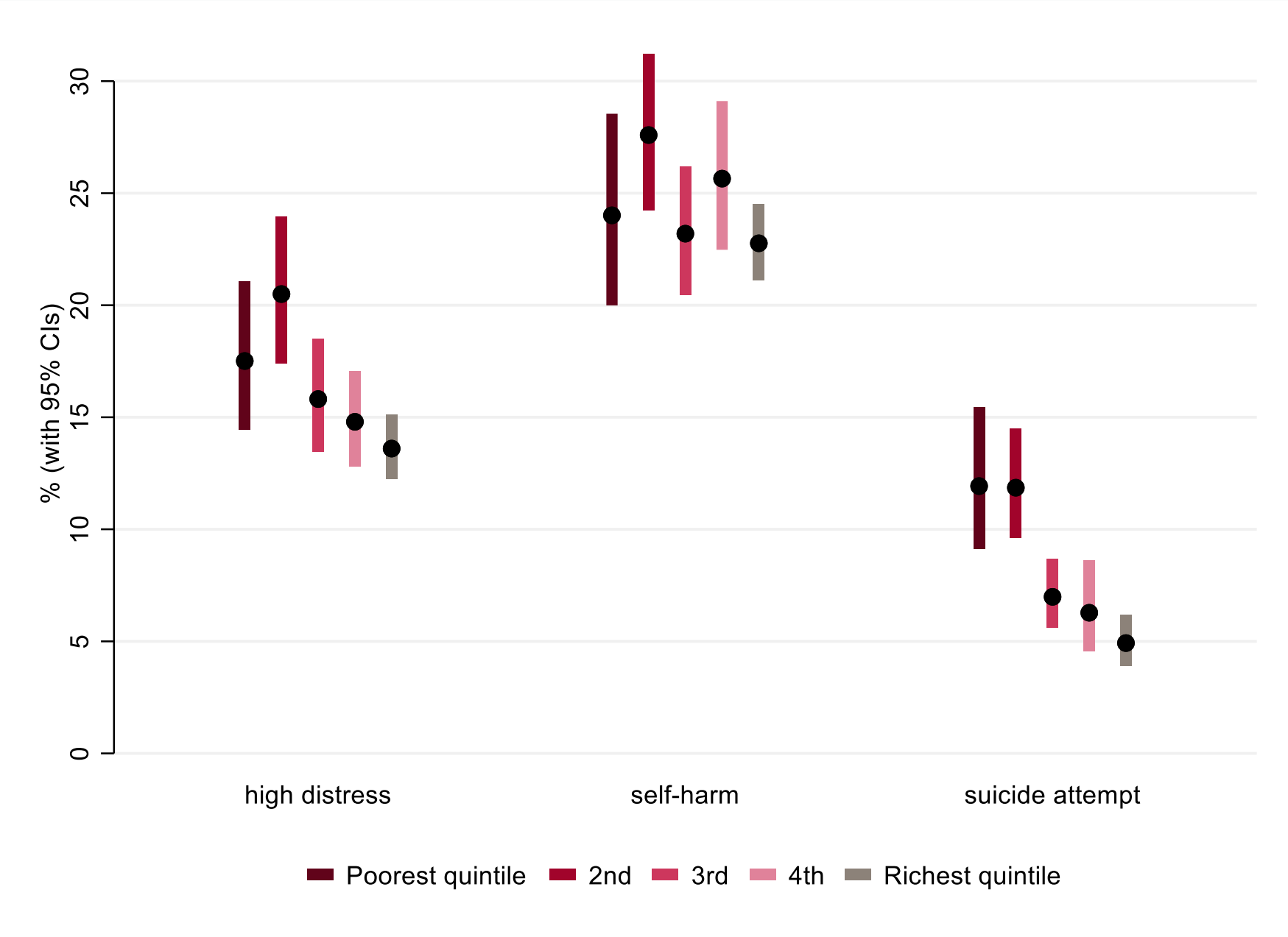


Lifetime
trajectories;
across cohorts
with a focus on
COVID-19 sweeps



Socioeconomic inequalities

Cohort: MCS



Cohort
differences in sex
and SEP
inequalities

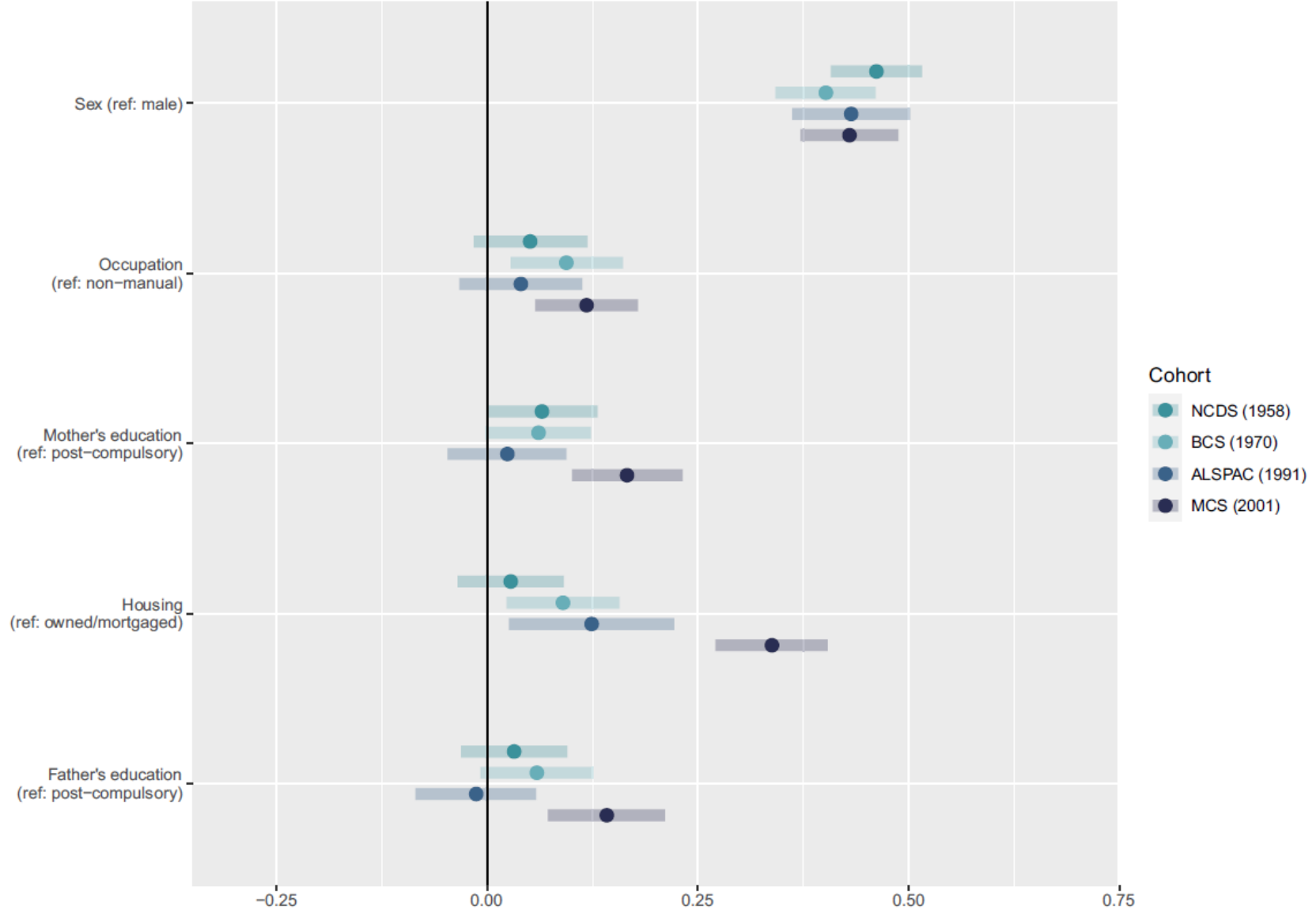


Figure 2 Standardised regression coefficients and 95% confidence intervals showing associations between socioeconomic position (SEP) indicators (Y-axis) and adolescent emotional problems (X-axis) by cohort. Reference categories for SEP predictors shown in brackets

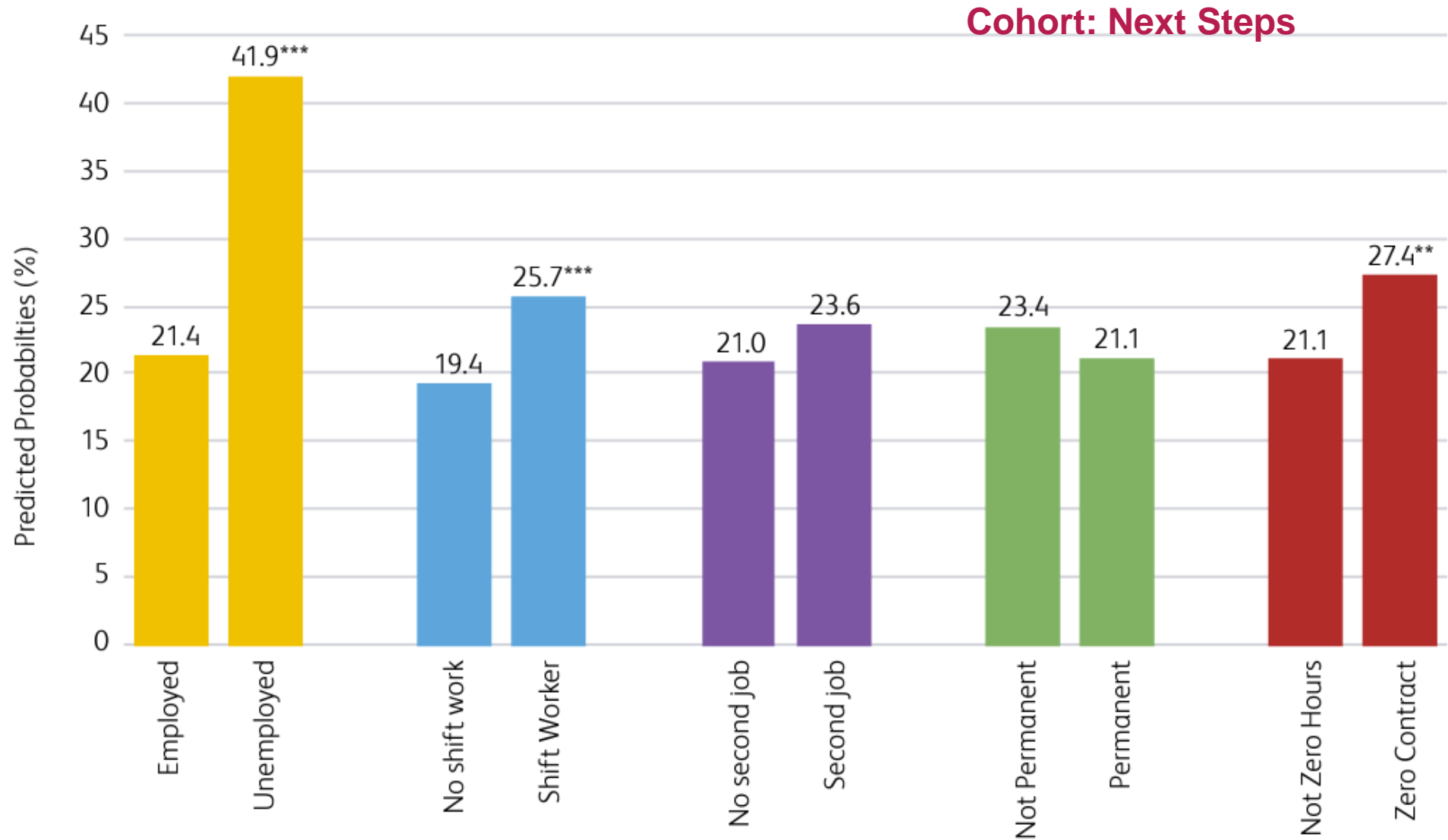
Inequalities at a particular life-stage: example from the millennial generation

- This research used Next Steps to measure inequalities at a particular life stage
- Next Steps generation faced a number of unique challenges (e.g. many entered the labour market at the start of the Great Recession, faced higher than ever university fees and student loan debt)
- The main aim of these papers was to explore the relationships between labour market status and mental health at age 25

Henderson, M. (2019). [The Quarter-Life Crisis? Precarious Labour Market Status and Mental Health among 25 year olds in England](#). *Longitudinal and Life Course Studies*, 10 (2), 259-276. doi:10.1332/175795919X15514456677295

Henderson, M. (2020). [Race Inequality in the Workforce: Exploring Connections between Work, Ethnicity and Mental Health](#). UK: Carnegie UK.

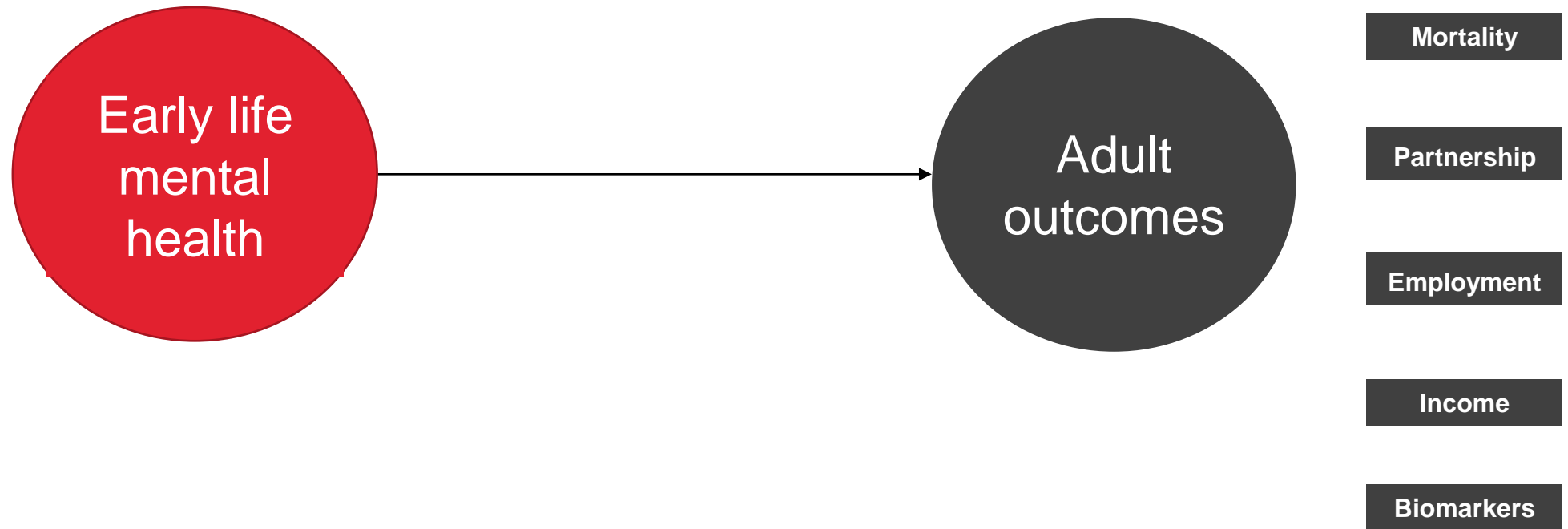
Labour market
status and
mental ill
health at age
25



* Predicted probabilities computed from logistic regression models. N= 6,885 for Employment model, all other models N=6,453. Statistical significance is denoted by stars: where ***p<0.001' **p<0.01; *p<0.05; +p<0.10. The reference groups are Employed; No shift work; No second job; Not permanent contract; no zero hours contract (respectively). Controls for Gender; Ethnicity; Social class background; Housing tenure during adolescence; Equivalised household income during adolescence; GCSE attainment; degree attainment; mental ill health at age 14 and 16; and income at age 25.

Consequences:

Longer-term
impacts of early life
mental health

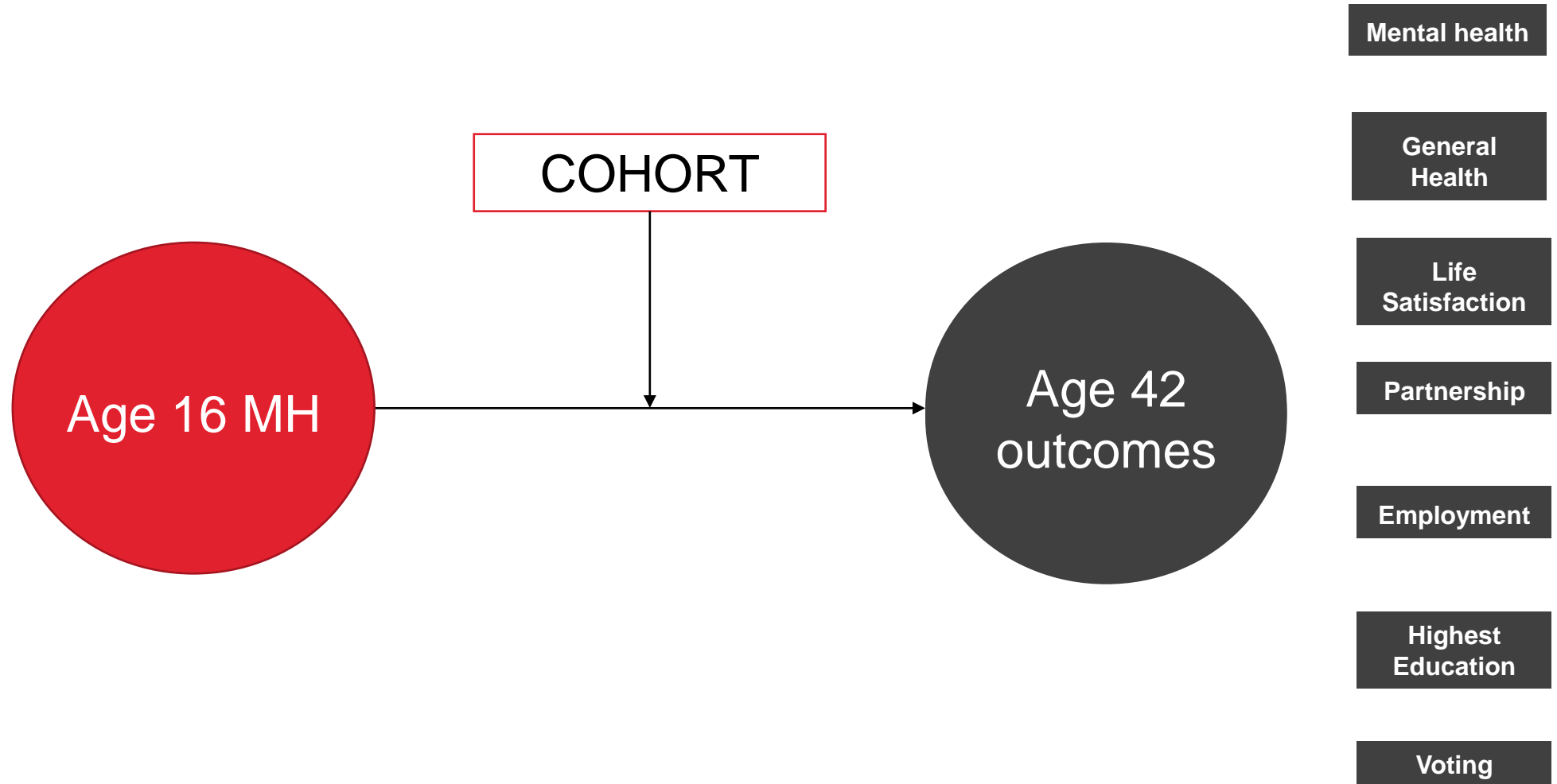


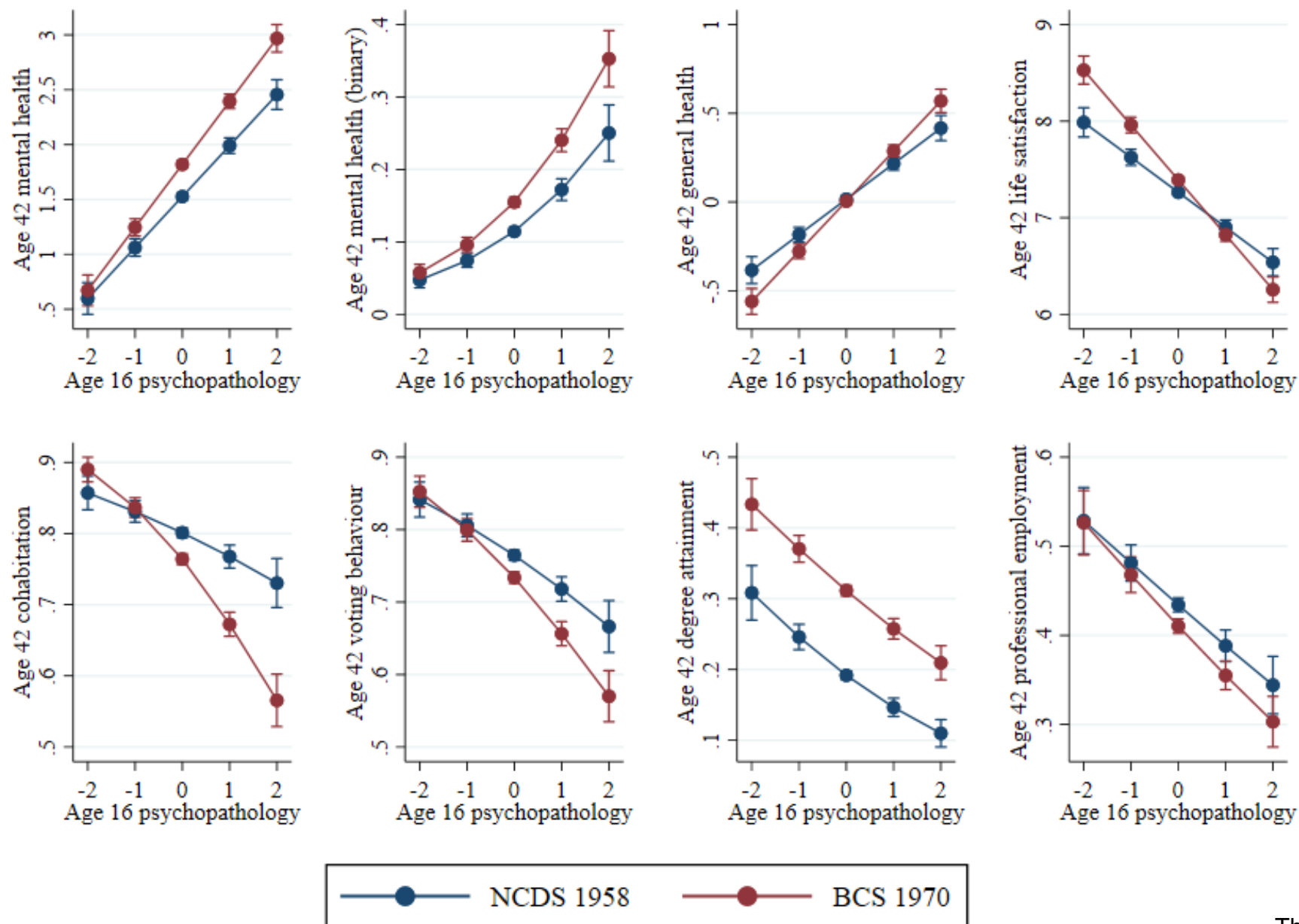
Goodman A, et al, 2011. [The long shadow cast by childhood physical and mental problems on adult life.](#) PNAS

Ploubidis, G. et al, 2021. [Association of early-life mental health with biomarkers in midlife and premature mortality: evidence from the 1958 British Birth Cohort.](#) JAMA Psychiatry

Cross-cohort changes in consequences:

mid-adulthood
consequences of
adolescent mental
health





- Midlife consequences for more recent cohort seem to be greater
- Despite also having greater adolescent symptom prevalence

Correlates:

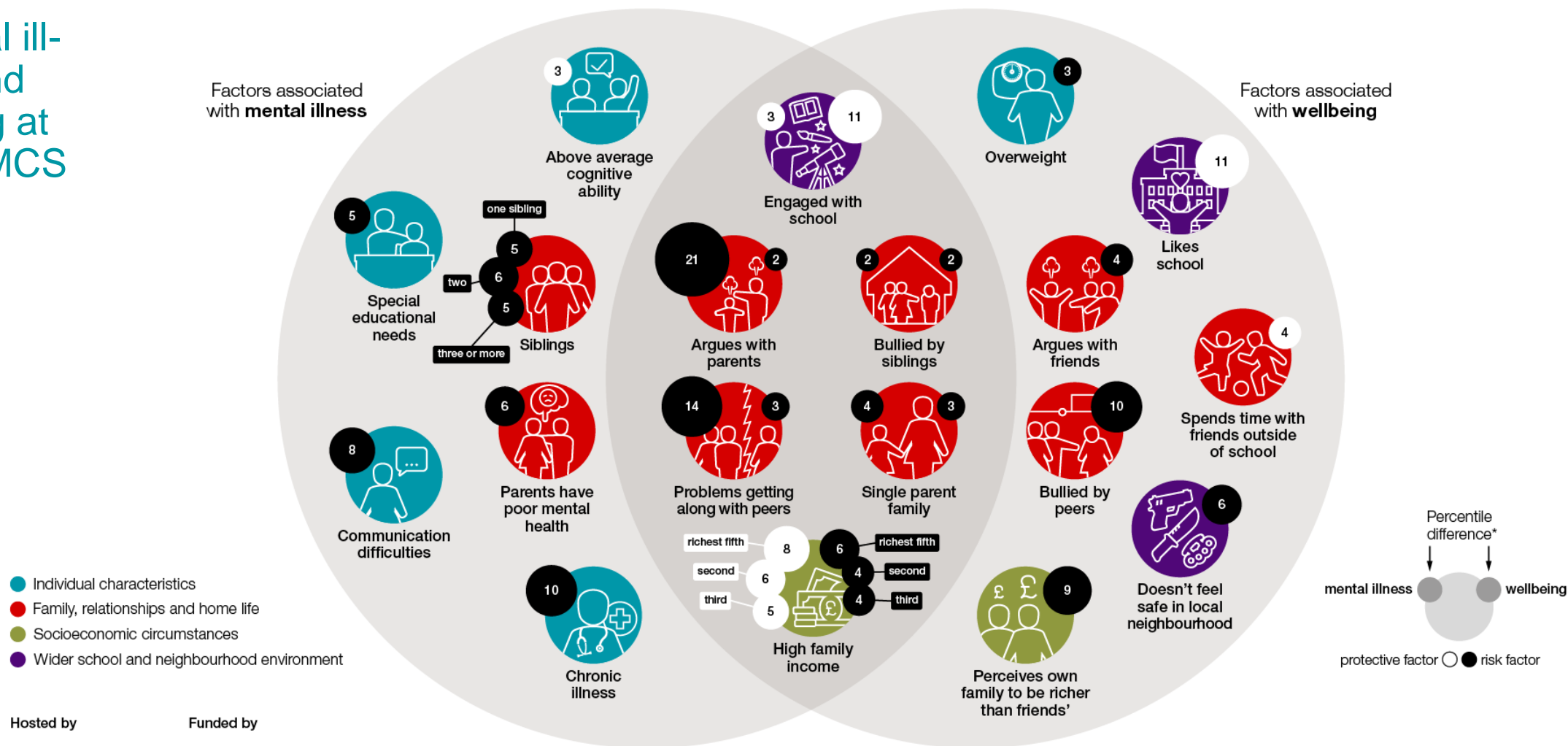
L

Of mental ill-health and wellbeing at age 11, MCS

Children's mental illness and wellbeing at age 11

Findings from the Millennium Cohort Study

Cohort: MCS



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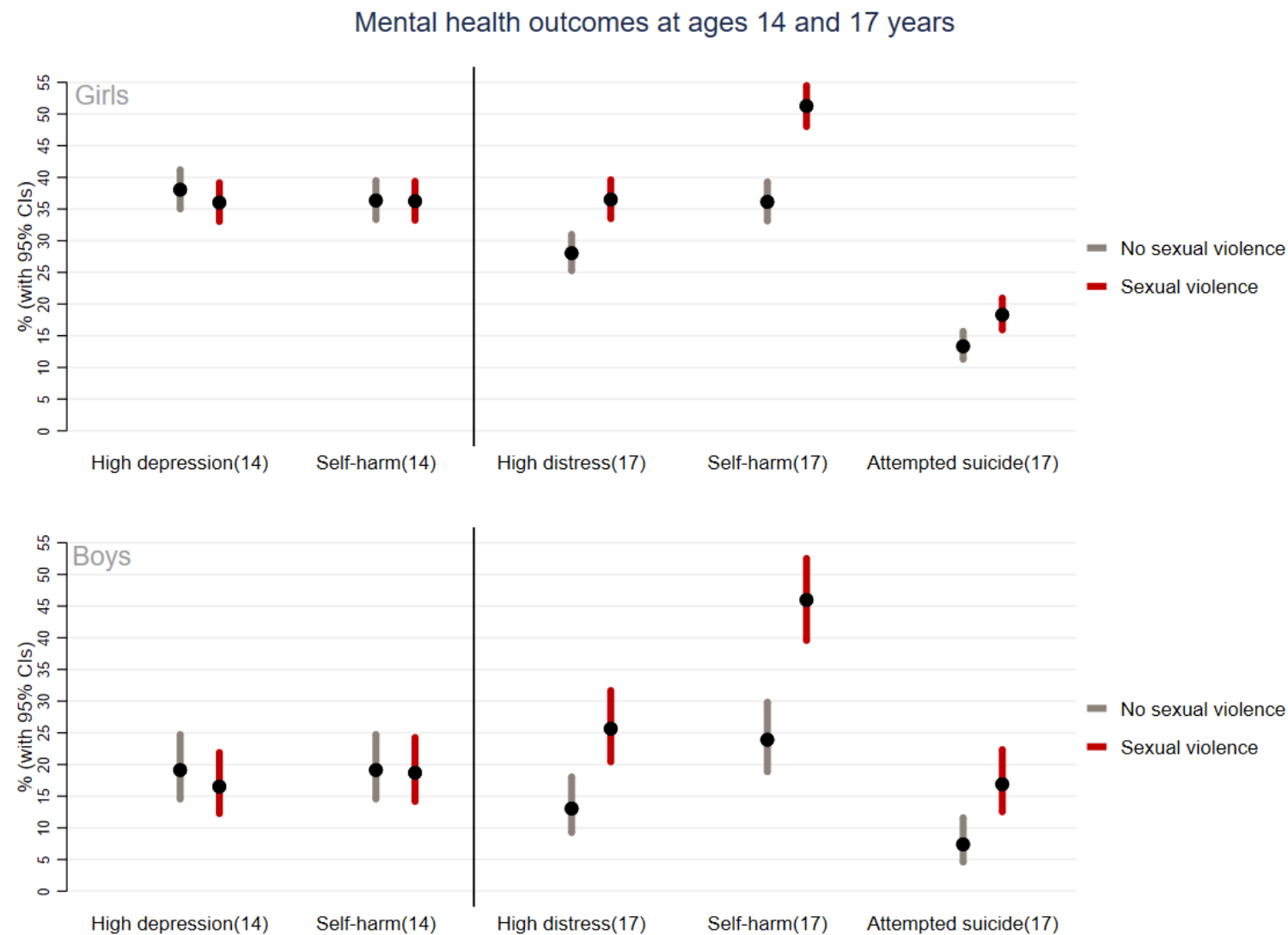
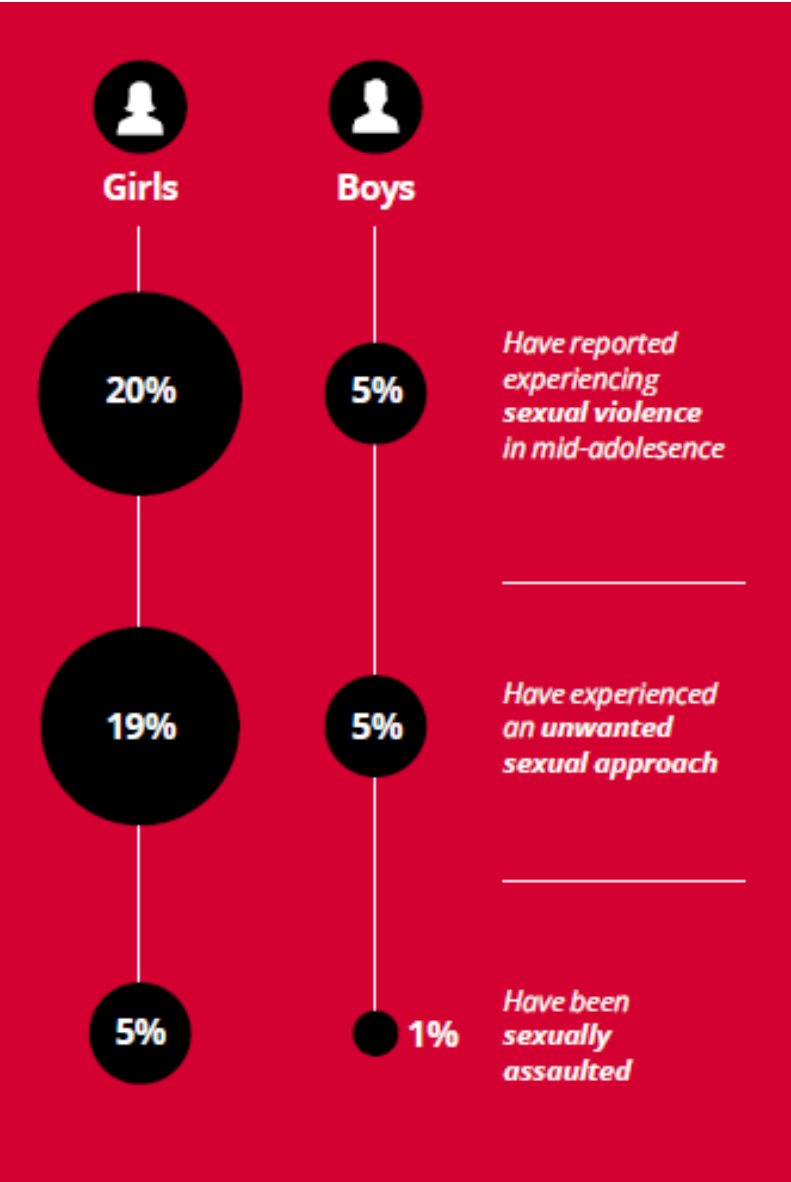


All factors included in the infographic are statistically significant at (at least) the 5% level. • Findings from Patalay, P. and Fitzsimons, E. (2016) Correlates of mental illness and wellbeing in children: are they the same? *Journal of the American Academy of Child and Adolescent Psychiatry* 55(9), pp. 771-783.

**Percentile difference* is the change in rank position between 1 and 100 away from the median or reference category.

Risk factor example: sexual violence in mid-adolescence

Cohort: MCS



Population attributable fraction:

Assuming the effect we estimate is causal, what is the potential impact of eliminating this exposure at this age in the population

The real-world impact of preventing sexual violence could be substantial

This potential

17%

drop in the number of girls self-harming at age 17 represents:

91,000

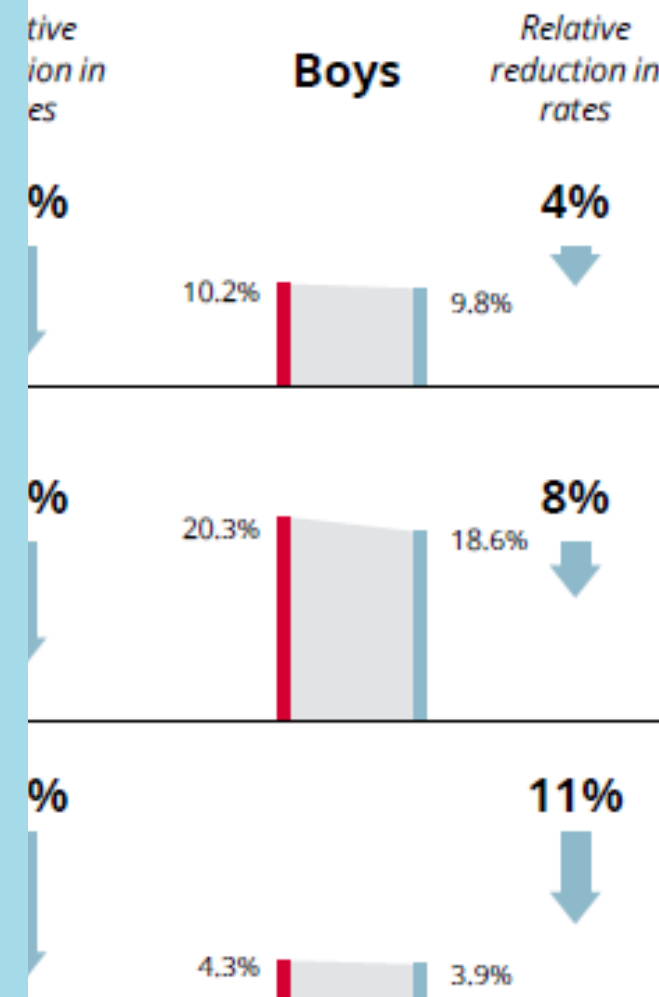
FEWER GIRLS IN THE UK SELF-HARMING*.

91,000 girls could:

Fill the London O2 arena four times over



* Based on the 2019 Office for National Statistics estimate of around 3.65 million 14-18 year olds (1.86 million girls).



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