



UC SANTA BARBARA

# Diminished Adolescent Social Well-Being During the COVID-19 Pandemic

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*Diminished Adolescent Social Well-Being  
During the COVID-19 Pandemic<sup>1</sup>*

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Meiki Chan<sup>2</sup>, Erin Dowdy<sup>1</sup>, Karen Nylund Gibson<sup>1</sup>

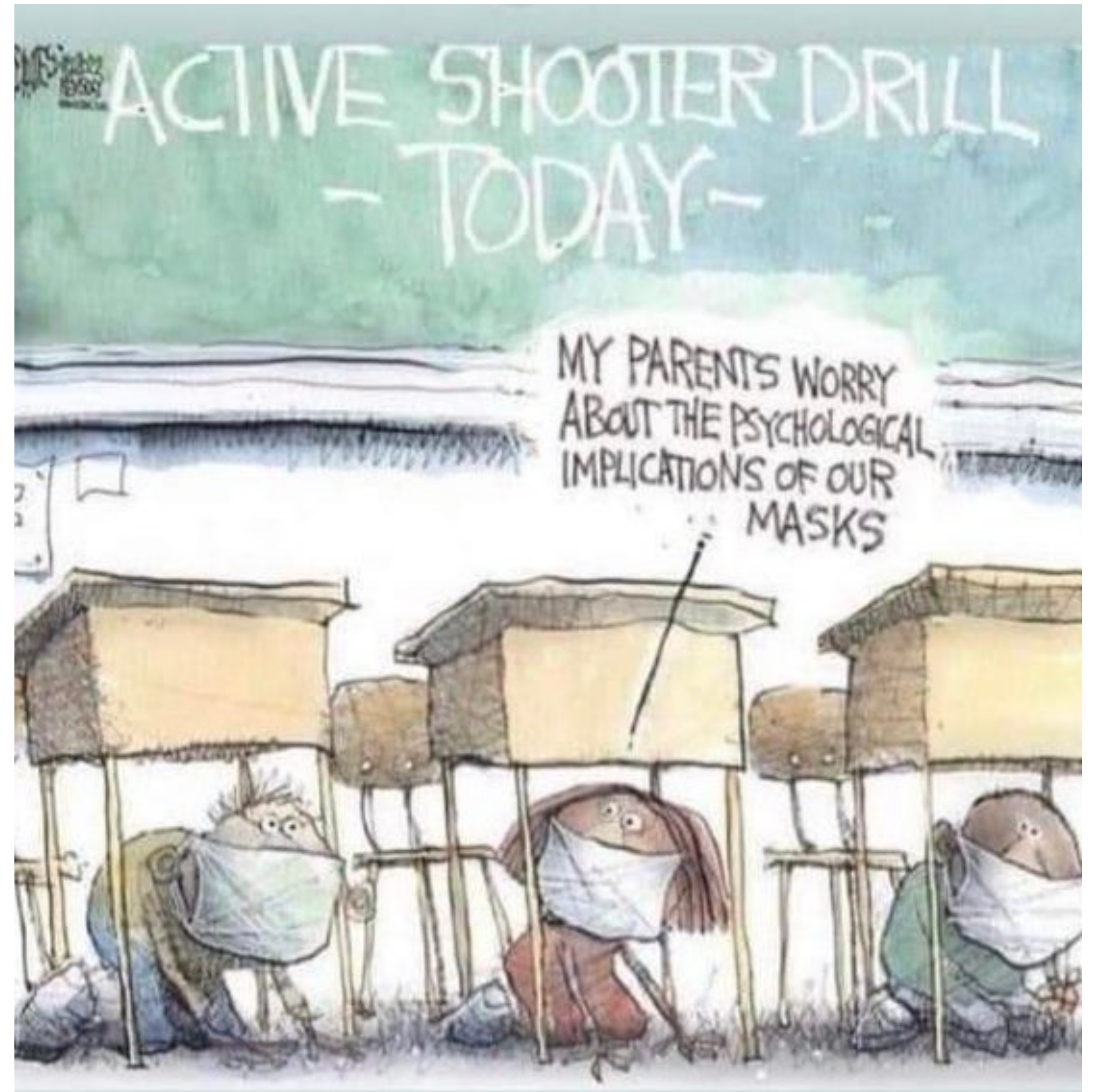
Paper presented at the 44<sup>th</sup> Conference of the  
International School Psychology Association  
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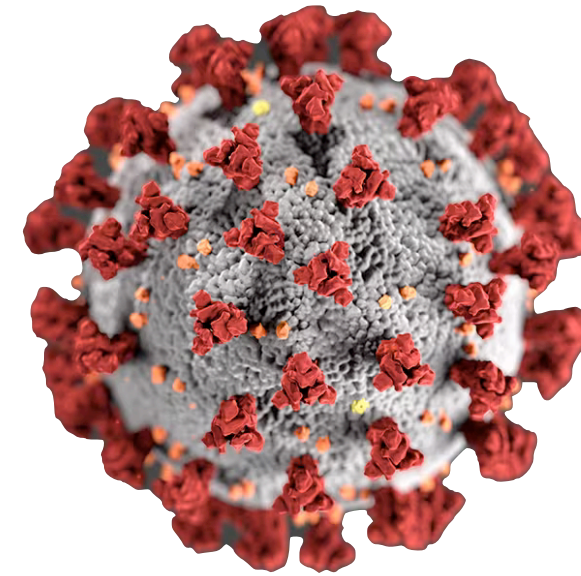


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Website: [www.covitalityucsb.info](http://www.covitalityucsb.info)

<sup>1</sup> Because ISPA oral presentations allot only 15 minutes, this paper provides more information about how we conceptualized adolescent social well-being, the longitudinal sample we employed in the study, and more detailed information about the results. This paper is an early rough draft. Please attribute this paper's shortcomings to Michael Furlong—they do not reflect upon my splendid partners contributing to the conceptualization and data analysis. If you have comments or suggestions, please share them. I appreciate your interest in this paper.







**Alpha**  
(Born 2013-2025)



**Gen Z**  
(Born 1997-2012)



**Millennials (Gen Y)**  
(Born 1981-1996)



**Gen X**  
(Born 1965-1980)



**Boomers**  
(Born 1946-1964)



**Silent**  
(Born 1928-1945)



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# Each generation has their challenges

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Vaccination Record Card

Gluckman, Stephen J  
03649399  
6/1945 75 y.o.  
male

Product Name/Manufacturer	Date	Healthcare Professional or Clinic Site
ES 16/85	10/10/20	G. Smar
12/18/20		
1/7/21		
9231		
	mm dd yy	
	mm dd yy	

# POLIO PRECAUTIONS

**DON'T** mix with new groups

**DON'T** get overtired

**DON'T** get chilled

**BUT DO** keep clean

Gamma Globulin—obtained from human blood—gives protection for a few weeks. However, it is in **VERY SHORT SUPPLY**.

A vaccine is not ready for 1953. But there is hope for the future.

Meanwhile—when polio is around—follow these **PRECAUTIONS**.

RECOMMENDED BY THE NATIONAL FOUNDATION FOR INFANTILE PARALYSIS



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# Did the COVID-19 Pandemic Experience Impact Adolescents Mental Health?



# Youth Mental Health During the Pandemic

## Meta-analysis of 29 studies

JAMA

Depression and  
Anxiety

12% Before

25% During

### Global Prevalence of Depressive and Anxiety Symptoms in Children and Adolescents During COVID-19 A Meta-analysis

Nicole Racine, PhD, RPsych; Brae Anne McArthur, PhD, RPsych; Jessica E. Cooke, MSc; Rachel Eirich, BA;  
Jenney Zhu, BA; Sheri Madigan, PhD, RPsych

**IMPORTANCE** Emerging research suggests that the global prevalence of child and adolescent mental illness has increased considerably during COVID-19. However, substantial variability in prevalence rates have been reported across the literature.

**OBJECTIVE** To ascertain more precise estimates of the global prevalence of child and adolescent clinically elevated depression and anxiety symptoms during COVID-19; to compare these rates with prepandemic estimates; and to examine whether demographic (eg, age, sex), geographical (ie, global region), or methodological (eg, pandemic data collection time point, informant of mental illness, study quality) factors explained variation in prevalence rates across studies.

**DATA SOURCES** Four databases were searched (PsycInfo, Embase, MEDLINE, and Cochrane Central Register of Controlled Trials) from January 1, 2020, to February 16, 2021, and unpublished studies were searched in *PsycArXiv* on March 8, 2021, for studies reporting on child/adolescent depression and anxiety symptoms. The search strategy combined search terms from 3 themes: (1) mental illness (including depression and anxiety), (2) COVID-19, and (3) children and adolescents (age  $\leq 18$  years). For *PsycArXiv*, the key terms *COVID-19*, *mental health*, and *child/adolescent* were used.

**STUDY SELECTION** Studies were included if they were published in English, had quantitative data, and reported prevalence of clinically elevated depression or anxiety in youth (age  $\leq 18$  years).

**DATA EXTRACTION AND SYNTHESIS** A total of 3094 nonduplicate titles/abstracts were retrieved, and 136 full-text articles were reviewed. Data were analyzed from March 8 to 22, 2021.

Racine N, McArthur BA, Cooke JE, Eirich R, Zhu J, Madigan S. Global Prevalence of Depressive and Anxiety Symptoms in Children and Adolescents During COVID-19: A Meta-analysis. *JAMA Pediatr.* 2021;175(11):1142–1150. doi:10.1001/jamapediatrics.2021.2482



# Madigan et al. (2023) Meta-Analysis

53 Studies

40,807 Adolescents and Children

Mean age = 13 years

Depression and/or Anxiety assessed 2 times  
For 44 studies T2 was in 2020

.26 ES Depression

.10 ES Anxiety

JAMA Pediatrics | Original Investigation | ADOLESCENT MENTAL HEALTH

## Changes in Depression and Anxiety Among Children and From Before to During the COVID-19 Pandemic A Systematic Review and Meta-analysis

Sheri Madigan, PhD; Nicole Racine, PhD; Tracy Vaillancourt, PhD; Daphne J. Korczak, MD, MSc; Jackson M. A. Hewitt, BA; Paolo Pador, BSc (hons); Joanne L. Park, PhD; Brae Anne McArthur, PhD; Celeste Holy; Ross D. Neville, PhD

**IMPORTANCE** There is a growing body of high-quality cohort-based research that has examined changes in child and adolescent mental health during the COVID-19 pandemic vs before the pandemic. Some studies have found that child and adolescent depression and anxiety symptoms have increased, while others have found these symptoms to have remained stable or decreased.

**OBJECTIVE** To synthesize the available longitudinal cohort-based research evidence to estimate the direction and magnitude of changes in depression and anxiety symptoms in children and adolescents assessed before and during the pandemic.

Madigan, S., Racine, N., Vaillancourt, T., Korczak, D. J., Hewitt, J. M. A., Pador, P., Park, J. L., McArthur, B. Holy, C., & Neville, R. D. (2023). Changes in depression and anxiety among children and adolescents from before to during the COVID-19 pandemic: A systematic review and meta-analysis. *JAMA Pediatrics*, 177(6), 567-581. <https://doi:10.1001/jamapediatrics.2023.0846>



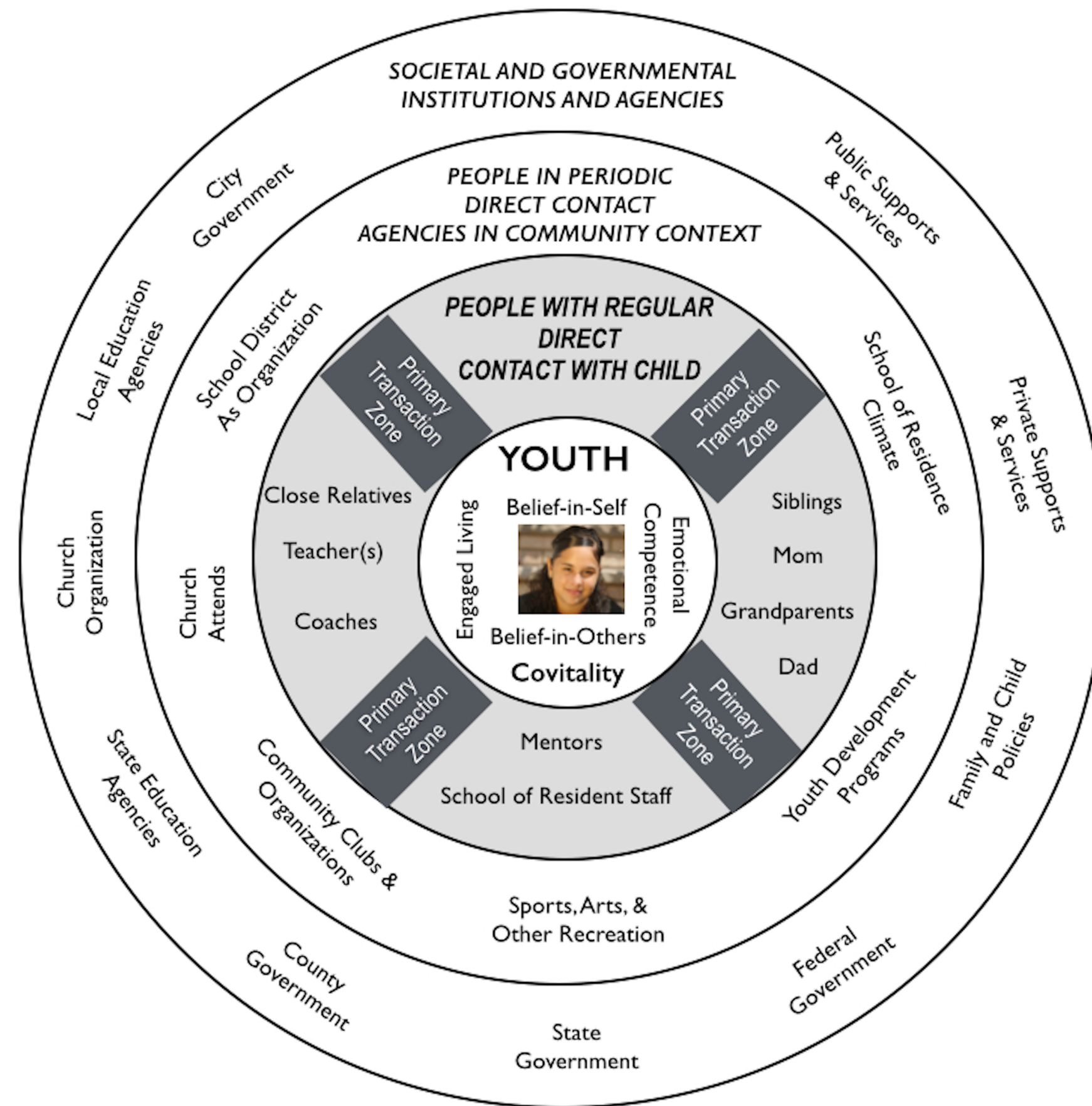
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**Was adolescents' social  
well-being (SocWB)  
impacted during the  
COVID-19 pandemic?**





# Transactional Model



## Primary Transaction Zones

### Direct Personal Close Contact

- Family
- Peers (social media)
- School

### Direct Distal Contact

- Internet (YouTube)
- Mass Media

### Indirect

- Governmental entities
- Economic conglomerates



# Sample ( $N = 1299$ ) and Context

- Two Times = 583
- Three Times = 375
- Four Times = 341

	Grade Level					
	7	8	9	10	11	12
2019						
2020						
2021						
2022						



# MHC-SF

DURING THE PAST MONTH, HOW OFTEN DID YOU FEEL THE FOLLOWING WAYS?

- *Integration*... you belonged to a community (like a social group, school, neighborhood)
- *Acceptance*... people are basically good.
- *Contribution*... you had something important to contribute to society.
- *Coherence/Interest*... the way society works makes sense to you.
- *Actualization/Growth*... our society is a good place, or is becoming a better place, for all people.

6. Every Day

5. Almost Every Day

4. Two or 3 x Week

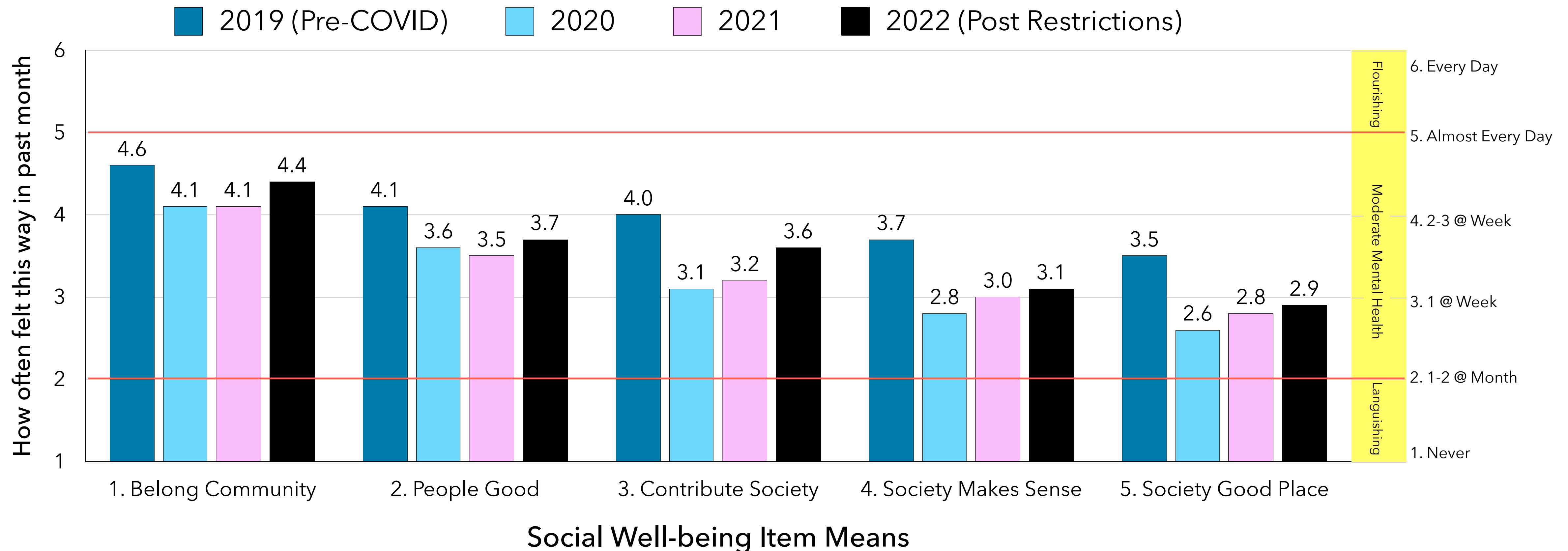
3. One x Week

2. One or 2 x Month

1. Never

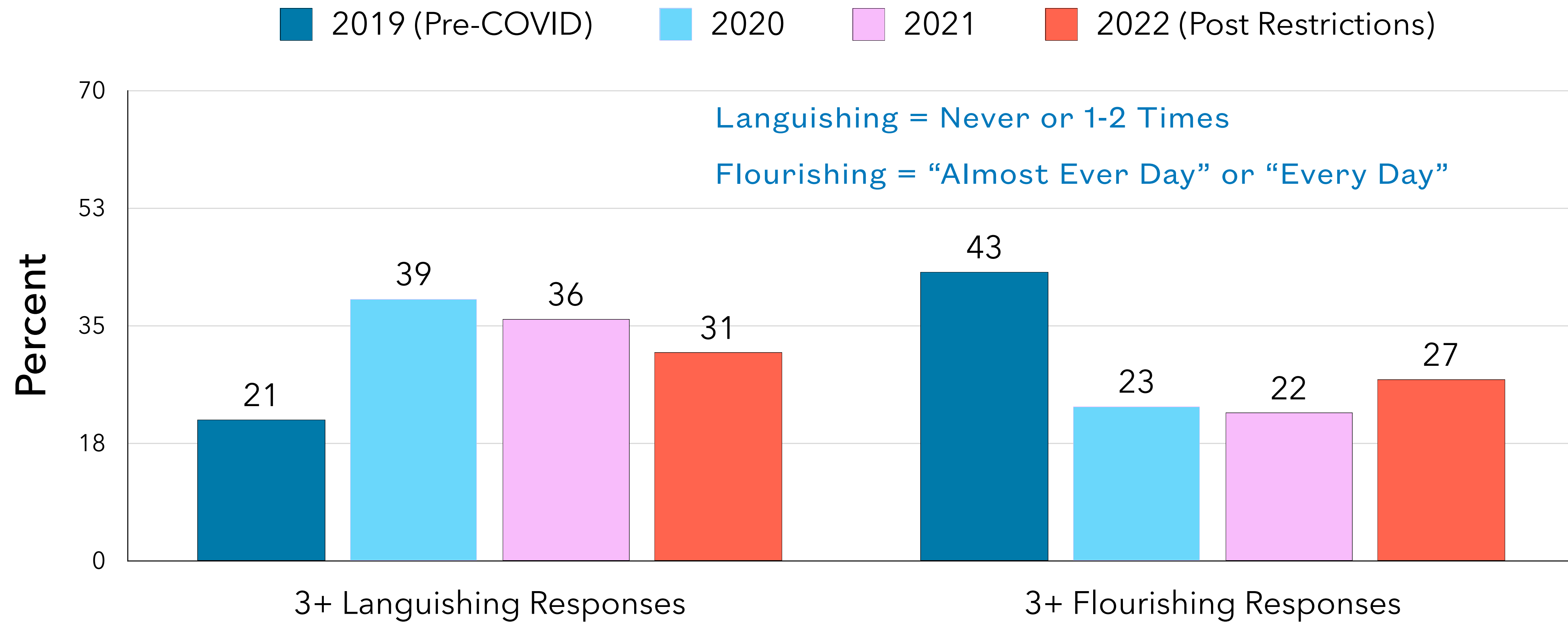


1. Belong community = You belong to a community (like a social group, school neighborhood, etc.) *[social integration]*
2. People good = People are basically good *[social acceptance]*
3. Contribute society = You had something important to contribute to society *[social contribution]*
4. Society makes sense = The way our society works makes sense to you *[social coherence/interest]*
5. Society good place = Our society is a good place for becoming a better place for all people *[social actualization/growth]*





# Number of MHC-SF Items with Flourishing Responses





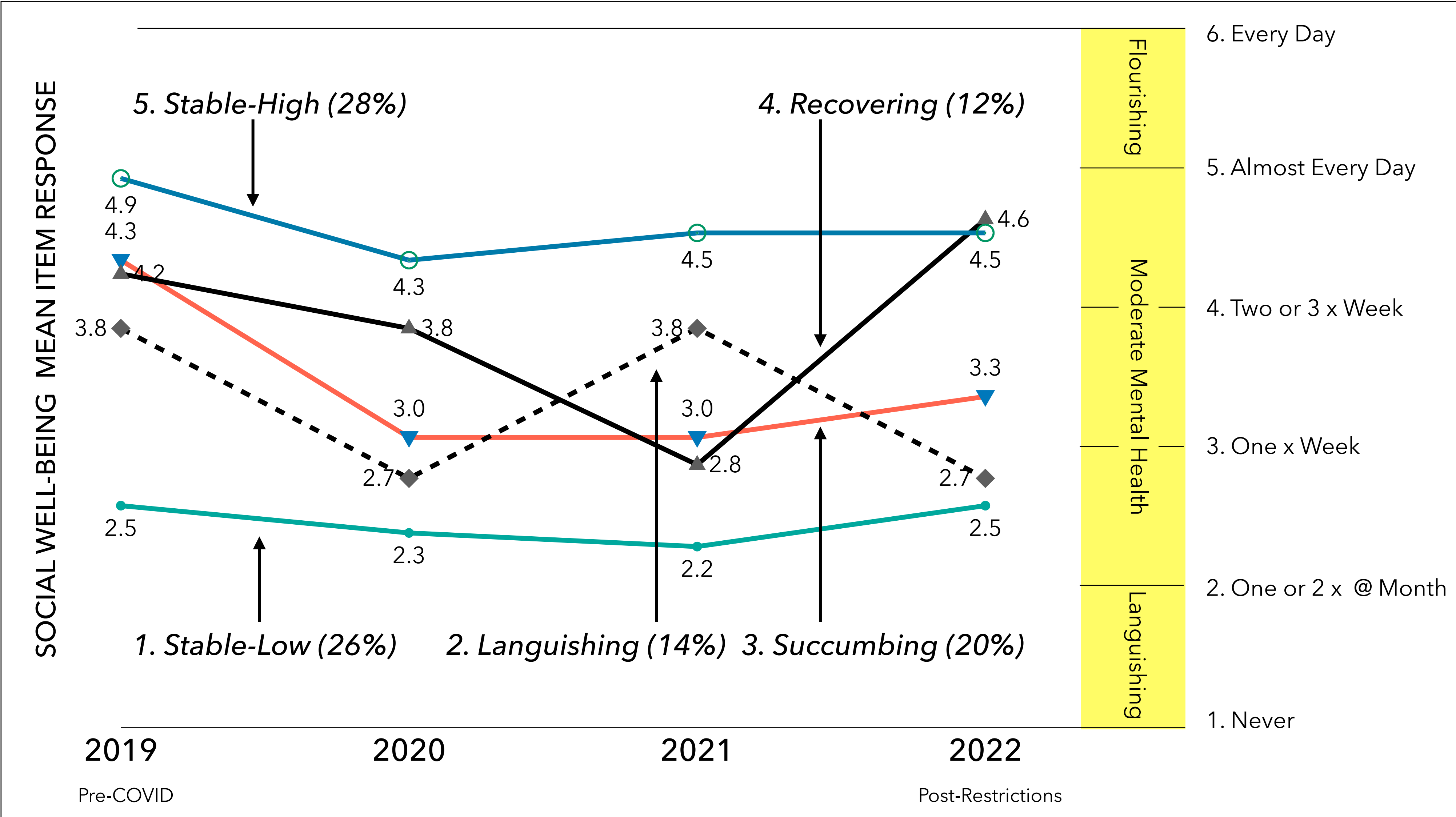
# Latent Profiles

1. Stable-Low (26%)
2. Languishing (14%)
3. Succumbing (20%)
4. Recovering (12%)
5. Stable-High (28%)





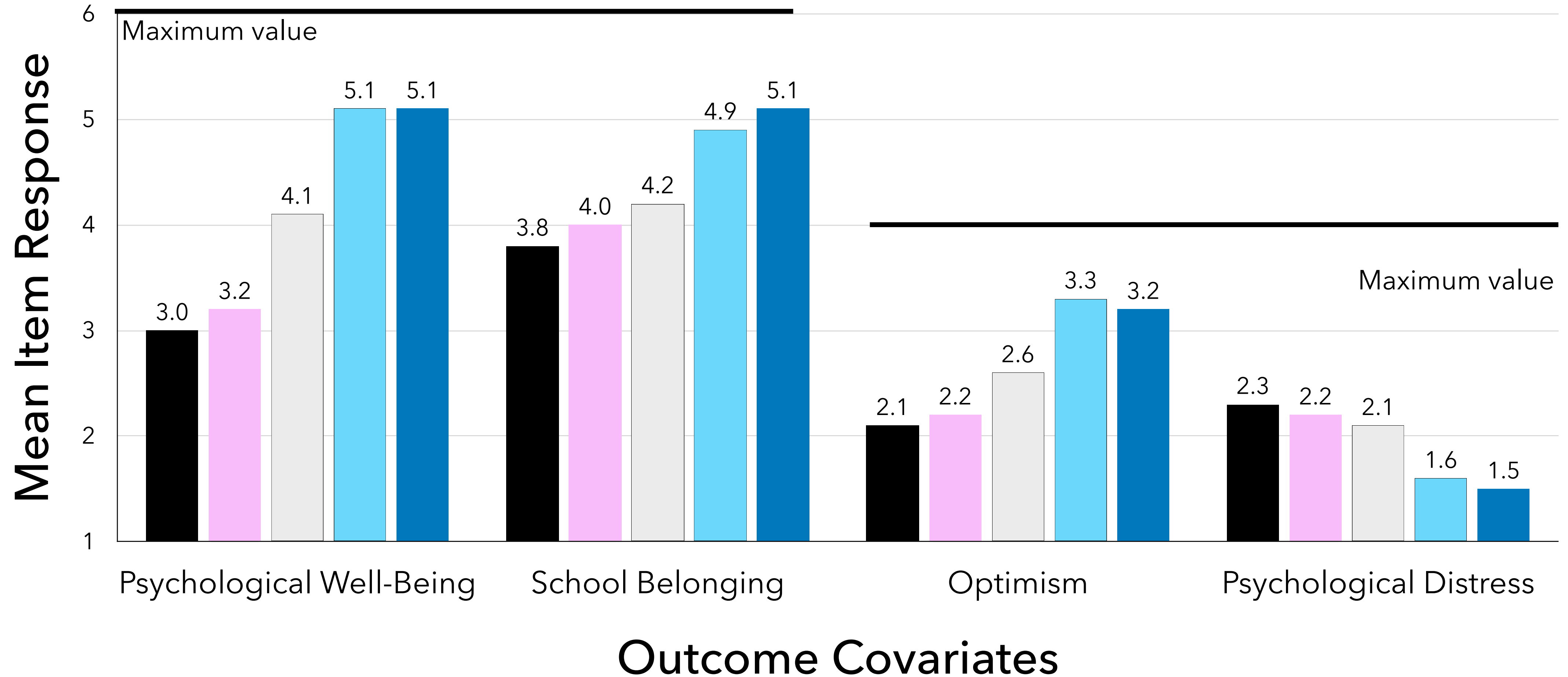
# Latent Social Well-Being Profile Trajectories 2019 (Pre-COVID-19) to 2022 (Post-Restrictions)





# 2022 Outcome Indicator Means for Each Latent Profile

1. Stable-Low    2. Languishing    3. Succumbing    4. Recovering    5. Stable-High





# Main Findings & Implications

1. SocWB was **not optimal** even before COVID-19
2. Distal SocWB "**larger society**" diminished the most
3. **≈40%** with diminished Global Soc WB
4. Lower SocWB predicted **poorer mental health**
5. Languishing & Succumbing **differentiation** not optimal
6. Languishing and Succumbing—impact still **unfolding?** or life-long **jaded** attitudes?
7. Explore links with **Mattering** (Flett, 2022) as antidote
8. Building Sense of Community and Making a Contribution
9. ***Seen, Contributing, and Valued***







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Project Covitality



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Research Partners About

## Recent Presentations

July 6, 2023: International School Psychology Association, Bologna, Italy

◀ Norming the Brief Multidimensional Life Satisfaction Scale for School-wide Wellness Screening in the Dual-Factor Mental Health Model

[Slides from Oral Presentation in Bologna](#)

[Brief Social Emotional Distress Validation Paper \(journal article\)](#)

[Adapting the Dual-Factor Model for Universal School-Based Mental Health Screening \(book chapter\)](#)

◻ [Perspectives on Student Wellbeing: Life Satisfaction California Healthy Kids Survey \(clinical resource\)](#)



Pre-recorded presentation with extended information not presented at the conference

◀ Diminished Adolescent Social Well-Being During the COVID-19 Pandemic

Slides from ISPA Oral Talk

[Full manuscript with completed study rationale, method, results, and discussion](#)

