



Child and Youth Mental Health during a Pandemic

Using MyHEARTSMAP to evaluate the impact of the COVID-19 pandemic on the psychosocial status of Canadian children and youth, and to inform mental health resources planning.



COVID-19 and Youth Mental Health

Calling all parents and youth in BC! Have you thought about how the COVID-19 pandemic has affected youth mental health in our province? Help us find out and inform mental health resource planning by participating in this study.

This self-assessment study will take about 30 minutes after you talk to a member of our research team, and another 20 minutes in 3 months.

Everyone is aware of the restrictions in place in order to help reduce the COVID-19 pandemic in BC. While these measures have helped to do that, the stress of the COVID-19 pandemic, along with the stress caused by these public health responses, **may have an impact on the mental health of children and teens, including things like anxiety, depression, self-harm, and substance use.**

Using MyHEARTSMAP, an online mental health screening survey, our research team aims to:

- identify the frequency of mental health concerns in children and youth during the COVID-19 pandemic
- describe the type and severity of these concerns
- guide families to relevant mental health resources to help with any identified concerns

This will help us find out what types of mental health support resources are needed and guide our mental health system planning to help meet the needs of our children and youth throughout the COVID-19 pandemic.

Who can participate in this study?

- Children and youth aged 10-17 in BC (only children aged 10 and up can fill out the MyHEARTSMAP on their own)
- Parents with a child aged 6-17 in BC (the MyHEARTSMAP applies to children down to age 6 if completed by a parent)

What is MyHEARTSMAP?

- An online self-screening survey for youth mental health, created with input from youth and families through FamilySmart (previously The FORCE).
- With help from guiding questions, youth and families rate the youth's social and psychological status in 10 areas: Home, Education and activities, Alcohol and drugs, Relationships and Bullying, Thoughts and anxiety, Safety, sexual health, Mood, Abuse, and Professionals and resources for mental health.
- Based on their answers, specific concerns and how urgent they are can be identified, and MyHEARTSMAP will provide specific recommendations for mental health support and resources for families to consider.

What is involved in this study?

- After you complete the Registration form, our team will reach out to you to confirm eligibility and review study details with you
- If you choose to participate, we will go over the study consent and assent forms with you and ask for your consent and assent electronically
- We will then send you a link to a survey and ask you to provide information on how COVID-19 has affected you (5 minutes)
- After that survey is completed, you will receive a link to complete the MyHEARTSMAP self-assessment tool.
 - Either a child or a parent can participate, or both can participate – it's up to you!
- Once MyHEARTSMAP is completed (10-15 minutes), each participant will receive a report with recommendations on what youth mental health services you may want to access
- If the self-assessment triggers any severe and urgent concerns, a study research nurse will follow up with you to check in and help ensure you are able to access appropriate help.
- In 3 months, you will receive an email link and/or phone call reminder to complete a follow up survey (5 minutes) and complete the MyHEARTSMAP self-assessment again (10-15 minutes).

Read a sample Consent Form [here](#).

Read a sample Child Assent Form (10-13 years old) [here](#).

Read a sample Adolescent Assent form (14-17 years old) [here](#).

If you are interested in participating in our study, please visit the following link to provide your Registration information. A study team member will contact you soon.

[Proceed to Registration](#)

If you have a question, you can also contact the study team at myheartsmap@bcchr.ca