



National Collaborating Centre  
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School of Nursing



# Rapid Review: What is known about the impact of the COVID-19 pandemic on families with children?

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# Executive Summary

## Background

Many families with children have experienced effects associated with the COVID-19 pandemic on employment, income, household division of labour, and child and parental mental health and well-being. Understanding the specific implications of these changes is important for public health and policy makers as decisions are being made about next steps and potential future pandemics.

This rapid review was produced to support public health decision makers' response to the coronavirus disease 2019 (COVID-19) pandemic. This review seeks to identify, appraise, and summarize emerging research evidence to support evidence-informed decision making.

This rapid review includes evidence available up to July 16, 2020 to answer the question: **What is known about the impact of the COVID-19 pandemic on families with children?**

## Key Points

- The effect of the COVID-19 pandemic on families is a broad inquiry that can be evaluated through many different outcomes. This review provides insight into the experiences of families during the COVID-19 pandemic with evidence related to caregivers' employment and division of household labour, and the mental health and well-being outcomes of parents and children.
- Overall, evidence points to strain on families, especially for female caregivers and children, including reduced working hours for women with children and declining mental health outcomes for children. The quality of evidence is moderate and findings are consistent.
- Gender gaps in employment between women and men have grown during the pandemic, with women more than men experiencing reduced hours and job losses. The quality of evidence is high and findings are consistent.
- Women and higher-income earners are more likely to be in occupations that could be done from home. Among parents who can work from home, mothers reduced their work hours more than fathers. The reduction was greatest for mothers of primary school-aged children. The quality of evidence is moderate and findings are consistent.
- Studies report higher levels of fear and anxiety among families with children than without. In one study, parents reported concerns about children's social isolation and screen time. The quality of evidence is high and findings are generally consistent.
- The available syntheses have found elevated levels of anxiety among children and youth during the COVID-19 pandemic; some find elevated depression as well, but duration and long-term effects are not well understood. The quality of evidence is low to moderate and findings are generally consistent.

## Overview of Evidence and Knowledge Gaps

- Although there are many studies that evaluate factors impacted by the COVID-19 pandemic that affect families, there are few syntheses that provide insight into the overall experience of families. The available research is not able to address longer-term impacts and most studies do not have comparison groups.
- There are no syntheses of evidence related to effects of the COVID-19 pandemic on employment in Canada. Single studies are of mostly moderate quality and findings are consistent.
- A Canadian study found that single mothers, families headed by an Indigenous person, and recent immigrants are most likely to be vulnerable to work interruption because they are more likely to be reliant on regular earnings, as opposed to assets or savings, to maintain financial stability. The quality of evidence is moderate.
- The closure of schools and daycare centres may create a gap in the safety net for children who are at risk of abuse, neglect, or food insecurity. The quality of evidence is low and findings are consistent.
- Evidence for the impact of the COVID-19 pandemic on mental health draws mostly on cross-sectional surveys of moderate quality. The long-term effects on mental health and child development are not yet known.
- There are many syntheses in progress; these may provide more complete and reliable evidence as more research is published. Notably, many syntheses seek to address very similar research questions and there will likely be a high level of overlap of included studies and findings.

# Methods

## Research Questions

What is known about the impact of the COVID-19 pandemic on families with children?

## Search

On July 6, 7, and 16, 2020, the following databases were searched:

- [PubMed](#) database
- [Trip Medical Database](#)
- World Health Organization's [Global literature on coronavirus disease](#)
- [COVID-19 Evidence Alerts](#) from McMaster PLUS™
- [Public Health +](#)
- [COVID-19 Living Overview of the Evidence \(L·OVE\)](#)
- [McMaster Health Forum](#)
- Cochrane Rapid Reviews [Question Bank](#)
- [Prospero Registry of Systematic Reviews](#)
- NCCMT [COVID-19 Rapid Evidence Reviews](#)
- [MedRxiv preprint server](#)
- NCCDH [Equity-informed Responses to COVID-19](#)
- NCCEH [Environmental Health Resources for the COVID-19 Pandemic](#)
- NCCHPP [Public Health Ethics and COVID-19](#)
- NCCID [Disease Debrief](#)
- NCCIH [Updates on COVID-19](#)
- [Institute national d'excellence en santé et en services sociaux \(INESSS\)](#)
- [COVID-19 and Mental Health \(CMH\) Initiative](#)
- [PsycINFO](#)
- [Uncover \(USHER Network for COVID-19 Evidence Reviews\)](#)
- [Alberta Health Services](#)
- [Canadian Agency for Drugs and Technologies in Health \(CADTH\)](#)
- [Newfoundland & Labrador Centre for Applied Health Research](#)
- [Public Health Ontario](#)

A copy of the search strategy is available on request.

A call for relevant articles was also issued through the NCCMT's Twitter accounts (@nccmt in English and @ccnmo in French). Several articles were suggested but none met the inclusion criteria for this review.

## Study Selection Criteria

The search results were first screened for recent guidelines and syntheses. Single studies were included if no syntheses were available, or if single studies were published after the search was conducted in the included syntheses, or if the retrieved synthesis only yielded one relevant study. English- and French-language, peer-reviewed sources and sources published ahead-of-print before peer review were included. When available, findings from syntheses and clinical practice guidelines are presented first, as these take into account the available body of evidence and, therefore, can be applied broadly to populations and settings.

|             | Inclusion Criteria  | Exclusion Criteria  |
|-------------|---|---|
| Population  | Families with children (aged 0-18) living at home   | Families with only adult children living at home<br>Families caring for children with special needs |
| Exposure    | COVID-19 pandemic; prior pandemics  |   |
| Comparisons |   |   |
| Outcomes    | 1. Parents'/Caregivers' employment, income, division of household labour, career progression, mental health<br>2. Children's mental health, academic learning, social development |   |

## Data Extraction and Synthesis

Data relevant to the research question, such as study design, setting, location, population characteristics, interventions or exposure and outcomes were extracted when reported. We synthesized the results narratively due to the variation in methodology and outcomes for the included studies.

We evaluated the quality of included evidence using critical appraisal tools as indicated by the study design below. Quality assessment was completed by one reviewer and verified by a second reviewer. Conflicts were resolved through discussion.

| Study Design    | Critical Appraisal Tool  |
|-----------------|--|
| Synthesis       | Health Evidence™ <a href="#">Quality Appraisal Tool</a>  |
| Cohort          | Critical Appraisal Skills Programme (CASP) <a href="#">Cohort Study Checklist</a>              |
| Cross Sectional | Joanna Briggs Institute (JBI) <a href="#">Checklist for Analytical Cross Sectional Studies</a> |
| Ethnography     | Critical Appraisal Skills Programme (CASP) <a href="#">Qualitative Study Checklist</a>         |

Completed quality assessments for each included study are available on request.

## Findings

### Quality of Evidence

This document includes 6 completed syntheses, 12 in-progress syntheses and 20 single studies for a total of 38 publications included in this review. The quality of the evidence included in this review is as follows:

|                |             | Total | Quality of Evidence            |
|----------------|-------------|-------|--------------------------------|
| Syntheses      | Completed   | 6     | 3 Low<br>3 Moderate            |
|                | In Progress | 12    | ---                            |
| Single Studies | Completed   | 20    | 5 Low<br>11 Moderate<br>4 High |

### Warning

Given the need to make emerging COVID-19 evidence quickly available, many emerging studies have not been peer reviewed. As such, we advise caution when using and interpreting the evidence included in this rapid review. We have provided a summary of the quality of the evidence as low, moderate, or high to support the process of decision making. Where possible, make decisions using the highest quality evidence available.

**Table 1: Syntheses**

| Reference   | Date Released                           | Description of Included Studies  | Summary of Findings   | Quality Rating: Synthesis | Quality Rating: Included Studies |
|---|---|--|---|---------------------------|----------------------------------|
| Reviews of impact of pandemic on mental health among children and youth in families   |   |  |   |                           |                                  |
| Racine, N., Cooke, J.L., Eirich, R., Korczak, D.J., McArthur, B., & Madigan, S. (2020). Child and adolescent Mental Illness during COVID-19: A Rapid Review. <i>Preprint</i> . (Draft received from author)   | Jun 30, 2020 (search to May 26, 2020)   | This rapid review included 6 cross-sectional studies of child and adolescent anxiety, depression and traumatic stress during the COVID-19 pandemic, 4 from China and 2 from United States.   | Results identified increased anxiety and depression among children and youth during the COVID-19 pandemic. There were few relevant studies and the available studies were limited by a lack of comparison groups and a lack of longitudinal data.   | Moderate                  | Not reported                     |
| Montreuil, M., Bogossian, A., Camden, C., Genest, C., Gilbert, E., Piché, G., & Rassy, J. (2020, June 22). <a href="#">Supporting Children and Adolescents' Mental Health in the Context of Pandemic and Confinement: A Scoping Review of Interventions and Ethical Challenges</a> . COVID-19 and Mental Health (CMH) Initiative. | Jun 22, 2020 (search date not reported) | The main scoping review question was: How does a pandemic affect children and adolescents' mental health? The review also included interventions and ethical challenges. Published sources with qualitative, quantitative and mixed methods, and grey literature were searched for 1990-2020. A total of 51 studies were included, with authors from 14 countries, predominantly United States (n=13), China (n=10) and Canada (n=9). This scoping review is a living review, to be updated monthly. | Anxiety is the most common mental health outcome that is affected by the pandemic, with depression, obsessiveness about the pandemic and safety, and externalizing and regressive behaviours as other affected outcomes. Maltreatment and interfamilial violence are at increased likelihood during pandemic-related isolation. Barriers to accessing child and youth mental health services and preventative care exist, particularly for children living in families with low socio-economic status and in remote locations. Privacy and confidentiality are among the barriers to seeking and obtaining service. | Low                       | Not reported                     |

|   |  |  |   |                 |                     |
|---|--|--|---|-----------------|---------------------|
| <p>Ontario Agency for Health Protection and Promotion (Public Health Ontario). (2020, June 16). <a href="#"><i>Negative impacts of community-based public health measures during a pandemic (e.g., COVID-19) on children and families.</i></a></p>                                  | <p>Jun 16, 2020 (search to May 2020)</p>       | <p>This rapid review synthesized primary and secondary research evidence about the unintended negative impacts of specific community-based public health measures implemented in response to a pandemic (e.g., COVID-19) on the health and well-being of young children (&lt;12) and families. The review included published literature from inception to May 2020, and grey literature, a total of 14 primary studies and 1 review.</p> | <p>This review found limited evidence on the effects of pandemic public health measures on young children and families.</p> <p>Findings across studies identified decreased vaccination coverage, decreased physical activity, poorer nutrition, increased screen time and sedentary behaviour, and negative effects on children’s mental health. Household income and parental employment were affected by school closures that increased familial childcare responsibilities.</p>   | <p>Moderate</p> | <p>Not reported</p> |
| <p>Institut national d’excellence en santé et en services sociaux. (2020, Jun 3). <a href="#"><i>COVID-19 et les moyens ou interventions mis en place pour limiter les conséquences négatives des mesures restrictives sur le développement et le bien-être des jeunes.</i></a></p> | <p>Jun 3, 2020, (search date not reported)</p> | <p>This review included 71 documents published since 2010, focused on the impact of COVID-19 and lockdown measures on young people: 19 scientific articles and 52 government or organizational documents, with the majority from United States or Europe.</p>  | <p>Young people have been found to have increased feelings of loneliness, boredom, fear, anxiety, stress and frustration.</p> <p>Anticipated effects include delays in academic progress, increases in overweight or obesity, sleep problems, video game addictions and/or psychosomatic manifestations (e.g., regressive behaviour, irritability, physical symptoms). There may also be financial impacts, particularly for older youth preparing to enter college or university.</p> <p>Guidance documents describing strategies to minimize these risks are summarized from several jurisdictions.</p> | <p>Low</p>      | <p>Not reported</p> |



|  |  |  |  |                 |                         |
|--|--|--|--|-----------------|-------------------------|
| <p>O'Reilly, A., Tibbs, M., Booth, A., Doyle, E., McKeague, B., &amp; Moore, J. (2020). A rapid review investigating the potential impact of a pandemic on the mental health of young people aged 12-25 years. <i>Preprint</i>. (Draft received from author)</p> | <p>May 31, 2020 (search date not reported)</p> | <p>This rapid review included 12 peer-reviewed studies of the potential impact of a pandemic on the mental health of 12-25-year olds, published between 1985 and 2020.</p>   | <p>Results regarding the prevalence of mental health difficulties in youth relative to adults were mixed, with some studies finding heightened distress during an infectious disease outbreak, and others finding no differences or higher distress among adults. Male gender, coping, self-reported physical health and adoption of precautionary measures may act as moderators to reduce distress.</p>  | <p>Moderate</p> | <p>Moderate to high</p> |
| <p>Institut national d'excellence en santé et en services sociaux. (2020, Apr 9). <a href="#"><i>COVID-19 and the social safety net around children and youth at risk of abuse, and youth protection practices.</i></a></p>                                      | <p>Apr 9, 2020, (no search date reported)</p>  | <p>This rapid review summarized key issues around the safety of children and youth as a result of COVID-19 from 37 sources: 3 scientific articles, 2 expert opinion pieces and 32 government or organizational documents, with the majority from Canada and the United States.</p> | <p>Closure of schools, childcare centres and daycares has had a substantial impact:</p> <ul style="list-style-type: none"> <li>• Youth workers and professionals no longer observing for child abuse</li> <li>• No access to free or reduced cost meals or snacks</li> <li>• Work accommodations needed for parents, including giving up work, leads to economic pressure and stress for parents</li> </ul> <p>Social distancing requirements create barriers to accessing food banks, community organizations, and extended families who may provide support.</p> | <p>Low</p>      | <p>Not reported</p>     |

## Table 2: In-progress Syntheses

| Title  | Anticipated Release Date         | Description of Document  |
|--|----------------------------------|--|
| Fong, V. <a href="#">A systematic review of child and family psychosocial outcomes and information needs following pandemics: applications for COVID-19</a> . PROSPERO 2020 CRD42020179437.  | May 20, 2020 (not yet available) | This review will synthesize evidence on the psychosocial effects of pandemics on children and families. Authors seek to identify factors that may mitigate negative outcomes.                        |
| Wang, W., Qin, L., Yu, H., & Zhou, Y. <a href="#">The psychological impacts of Covid-19 on children and adolescents: a systematic review and meta-analysis</a> . PROSPERO 2020 CRD42020185127.   | Jun 30, 2020 (not yet available) | The review will meta-analyze evidence on the effect of the COVID-19 pandemic on the psychological outcomes of children and adolescents.  |
| Zedan, H. <a href="#">Psycho-social impact of COVID-19 measures on maternal mental health: a public health perspective</a> . PROSPERO 2020 CRD42020188048.   | Jun 30, 2020 (not yet available) | This review will synthesize evidence on the psychological and social impacts of the COVID-19 pandemic on pregnant, breastfeeding and postpartum women as well as women accessing fertility services. |
| Octavius, G.S., Silviani, F.R., Lesmanadjaja, A., Juliansen, A., & Angelina, A. <a href="#">COVID-19 and its impact on adolescents' psychosocial state: a systematic review</a> . PROSPERO 2020 CRD42020195764.  | Jul 28, 2020                     | This review will synthesize evidence for the effect of physical distancing measures on the mental health of adolescents aged 10-19.  |
| Deng, J., Zhou, F., Chang, O., Wong, S., Hou, W., & Silver, Z. <a href="#">The prevalence of mental health disorders in primary education students during the COVID-19 pandemic: A systematic review and meta-analysis</a> . PROSPERO 2020 CRD42020192089.   | Jul 31, 2020                     | This review will meta-analyze the prevalence of anxiety, depression and insomnia in primary school children during the COVID-19 pandemic.  |
| Deng, J., Zhou, F., Chang, O., Wong, S., Hou, W., & Silver, Z. <a href="#">The prevalence of mental health disorders in secondary education students during the COVID-19 pandemic: A systematic review and meta-analysis</a> . PROSPERO 2020 CRD42020192090. | Jul 31, 2020                     | This review will meta-analyze the prevalence of anxiety, depression and insomnia in adolescents in secondary school during the COVID-19 pandemic.  |
| Deng, J. <a href="#">The prevalence of anxiety and depression in children and adolescents during the COVID-19 pandemic: a systematic review and meta-analysis incorporating Chinese data</a> . PROSPERO 2020 CRD42020195965.                                 | Jul 31, 2020                     | This review will meta-analyze the prevalence of anxiety and depression in children and youth during the COVID-19 pandemic.   |
| Nearchou, F., Flinn, C., Hennessy, E. & Niland, R. <a href="#">Exploring the impact of COVID-19 on mental health outcomes in children and adolescents: a systematic review</a> . PROSPERO 2020 CRD42020193751  | Aug 10, 2020                     | This review will synthesize evidence on the prevalence of mental health outcomes in children and youth during the COVID-19 pandemic, as well as factors associated with mental health outcomes.      |
| Bartlett, C. & Garlovsky, J. <a href="#">The psychological impacts of COVID-19 in paediatrics</a> . PROSPERO 2020 CRD42020196262.  | Aug 25, 2020                     | This narrative review will report evidence on the impacts of school closures and lockdowns during the COVID-19 pandemic on the mental health of children and adolescents.                            |

|   |                      |  |
|---|----------------------|--|
| <p>Dias de Oliveira, J.M., Buttini Oliveira, L., Pauletto, P., Lehmkuhl, K., Bolan, M., Guerra, E., Dick, B., De Luca Canto, G., &amp; Massignan, C. <a href="#"><i>Emotional, behavioral and psychological conditions in children and adolescents during the COVID-19 pandemic: a systematic review.</i></a> PROSPERO 2020 CRD42020183878.</p> | <p>Dec 1, 2020</p>   | <p>This review will synthesize evidence on the prevalence and severity of psychological conditions in children and adolescents during the COVID-19 pandemic. Authors seek to include outcomes on changes in behaviour that may affect psychological changes.</p> |
| <p>Society for Pre and Post Natal Services. <a href="#"><i>Family perinatal, paternal and child mental health.</i></a></p>  | <p>Not available</p> | <p>This review will synthesize evidence on the impact of the COVID-19 pandemic on perinatal, paternal and child mental health.</p>   |
| <p>Meherali, S. <a href="#"><i>Mental health and substance use among children and adolescents amidst COVID-19– A systematic review.</i></a></p>   | <p>Not available</p> | <p>This review will synthesize evidence for mental health outcomes and substance use in children and youth during the COVID-19 pandemic.</p>   |

**Table 3: Single Studies**

| Reference  | Date Released | Study Design    | Setting | Population                  | Data Source   | Summary of findings  | Quality Rating: |
|--|---------------|-----------------|---------|-----------------------------|---|--|-----------------|
| Studies of impact of pandemic on employment and household labour of family members   |               |                 |         |                             |   |  |                 |
| Lemieux, T., Milligan, K., Schirle, T., & Skuterud, M. (2020). <a href="#">Initial Impacts of the COVID-19 Pandemic on the Canadian Labour Market</a> . <i>Canadian Public Policy</i> . Epub ahead of print. | Jul 11, 2020  | Cross-sectional | Canada  | N=approx. 54,000 households | This analysis of the Statistics Canada Labour Force Survey looked at changes in employment and hours worked between February 2020 and April 2020. | <p>There was a 32 percent decline in aggregate weekly work hours among workers aged 20–64 years, and a 15 percent decline in employment. Women with children aged younger than 12 years lost more in aggregate weekly hours and employment than those with children aged 13–17 years. The decline in hours and employment was slightly less among women with children than among women without children, which may be due to relatively low-wage jobs (which were most affected by shutdowns) held by women without children.</p> <p>Findings were that 44 percent of all job losses were among workers in the bottom earnings quartile. The most significant effects of COVID-19 are in public-facing jobs in accommodation and food services, and among workers who are younger, paid hourly, and non-union.</p> | Moderate        |

|   |             |                 |        |  |  |   |          |
|---|-------------|-----------------|--------|--|--|---|----------|
| Qian, Y. & Fuller, S. (2020). <a href="#">COVID-19 and the Gender Employment Gap Among Parents of Young Children</a> . <i>Canadian Public Policy</i> . Epub ahead of print.                     | Jul 5, 2020 | Cross-sectional | Canada | N=111,964<br><br>Parents with a youngest child aged 0-12 years | This analysis of the Statistics Canada Labour Force Survey looked at changes in employment by gender between February 2020 and May 2020.                   | Gender gaps in being employed grew more for parents of elementary school-aged children vs. preschoolers, and among less-educated parents.   | Moderate |
| Beland, L., Fakorede, O., & Mikola, D. (2020). <a href="#">The Short-Term Effect of COVID-19 on Self-Employed Workers in Canada</a> . <i>Canadian Public Policy</i> . Epub ahead of print.      | Jul 2, 2020 | Cross-sectional | Canada | Self-employed between 15 and 69 years old                      | This analysis of the Statistics Canada Labour Force Survey, looked at the impact of COVID-19 on small business owners. between February 2020 and May 2020. | Small business ownership declined by 14.8 percent for incorporated and 10.1 percent for unincorporated businesses. Women, immigrants, and less educated people were more affected, as were those in art, culture, and recreation (-14.8 percent); in education, law, and social, community, and government services (-13.6 percent); and in sales and service occupations (-12.8 percent).<br>There was no clear difference in effect for women with versus without children. | Moderate |
| Collins, C., Landivar, L.C., Ruppner, L., & Scarborough, W.J. (2020). <a href="#">COVID-19 and the Gender Gap in Work Hours</a> . <i>Gender, Work &amp; Organization</i> . Epub ahead of print. | Jul 2, 2020 | Cross-sectional | US     | Heterosexual, married parents                                  | This analysis of the U.S. Current Population Survey looked at work hours by gender between February and April 2020.  | Mothers reduced their work hours more than fathers in response to COVID-19, with the greatest reduction among mothers of children aged 6-12. Among parents in occupations where telecommuting is possible, the reduction in hours is more than 4 times greater for mothers, indicating that mothers are scaling back to a great extent than fathers.  | High     |

|   |              |                 |       |   |  |   |          |
|---|--------------|-----------------|-------|---|--|---|----------|
| Ma, S., Sun, Z., & Xue, H. (2020). <a href="#">Childcare Needs and Parents' Labor Supply: Evidence from the COVID-19 Lockdown</a> . <i>Preprint</i> .   | Jun 19, 2020 | Cross-sectional | China | 1,354 junior high school students and their parents                         | This analysis explored parents' labour market involvement during the two-month gap when workplaces reopened and schools reopened, between February 2020 and May 2020.  | Mothers were less likely than fathers to return to work during this time period, and were more likely to give lack of childcare as a reason.  | Moderate |
| Manzo, L.K. & Minello, A. (2020). <a href="#">Mothers, childcare duties, and remote working under COVID-19 lockdown in Italy: Cultivating communities of care</a> . <i>Sage Journals 10(2)</i> : 120-123. | Jun 10, 2020 | Ethnography     | Italy | 20 women who worked from home during the pandemic and had children aged 0-5 | This ethnographic analysis of online interviews with mothers recruited through social media focused on their experiences of working from home during the pandemic. Data were collected in March-May 2020. A virtual ethnography of a Facebook community for Italian mothers during the pandemic was also analyzed. | Women who were working remotely and parenting their children described sacrifices of work time to respond to childcare and homemaking needs, even if their partners were also working from home or off work. Women worked primarily when their children were sleeping. They described these gender disparities as discouraging and frustrating. Emotional supports through communities such as the Facebook group studied were valuable and contributed to the development of a women-centred shared social identity through the COVID-19 pandemic. | Moderate |

|   |                    |                        |               |                        |  |  |            |
|---|--------------------|------------------------|---------------|------------------------|--|--|------------|
| <p>Messacar, D., Morissette, R., &amp; Deng, Z. (2020, June 8). <a href="#"><i>Inequality in the feasibility of working from home during and after COVID-19.</i></a> Statistics Canada.</p> | <p>Jun 8, 2020</p> | <p>Cross-sectional</p> | <p>Canada</p> | <p>Employed adults</p> | <p>This analysis of the Statistics Canada Labour Force Survey for 2019 looked at the potential for working from home.</p>                      | <p>The proportion of dual-earner families in which both husbands and wives have occupations that would potentially allow work from home varied by income (54% in the top decile versus 8% in the bottom decile). Holding jobs that can be done from home was more common for women (62%) than for men (38%) in dual-earner families, and more common for primary earners with higher levels of education (30% with high school diploma versus 66% with bachelor's degree or higher). The authors suggest that lower income families may be at higher risk of experiencing a work interruption during the pandemic because they are less likely to be able to work from home.</p> | <p>Low</p> |
| <p>Rhubart, D. (2020, June 4). <a href="#"><i>Gender Disparities in Caretaking during the COVID-19 Pandemic.</i></a> Learning Center for Public Health Promotion.</p>                       | <p>Jun 4, 2020</p> | <p>Cross-sectional</p> | <p>US</p>     | <p>N=74,413</p>        | <p>This analysis of the U.S. Census "Household Pulse" Survey looked at data on gender disparities in caretaking, collected April 23-May 5,</p> | <p>This analysis of US census data shows that pre-existing gender disparities in caregiving have increased through the pandemic. Of those not working due to COVID-19, more than 16% of women reported that they were not working because they had to care for children, compared to less than 5% of men. More than 80% of U.S. adults who were not working because they were providing care for children were women.</p>  | <p>Low</p> |

|  |                     |                        |               |  |   |  |                 |
|--|---------------------|------------------------|---------------|--|---|--|-----------------|
| <p>Carlson, D., Petts, R., &amp; Pepin, J. (2020). <a href="#">US Couples' Divisions of Housework and Childcare during COVID-19 Pandemic</a>. <i>Preprint</i>.</p> | <p>May 19, 2020</p> | <p>Cross-sectional</p> | <p>US</p>     | <p>N=1060 parents living in opposite sex couples</p> | <p>This survey, conducted in mid-April 2020, examined how gender divisions of housework and childcare have changed since the beginning of the COVID-19 pandemic.</p>    | <p>The proportion of families in which mothers are primarily responsible for domestic labour have decreased, with fathers increasing their time in domestic labour.</p> <p>There is a gender difference in perceptions of the amount of domestic labour being done by fathers, with fathers reporting that they are doing more than mothers report.</p> <p>In families in which mothers continue to contribute the majority of domestic labour, mothers report their time in domestic tasks has increased, and homeschooling responsibilities have been added.</p> | <p>Low</p>      |
| <p>Messacar, D. &amp; Morissette, R. (2020, May 6). <a href="#">Work interruptions and financial vulnerability</a>. Statistics Canada.</p>                         | <p>May 6, 2020</p>  | <p>Cross-sectional</p> | <p>Canada</p> | <p>Not stated</p>                                    | <p>This analysis of data from the Survey of Financial Security from 2016 explored the need for government subsidy programs in the event of a 2-month work stoppage.</p> | <p>One quarter (26%) of families relied primarily on earnings—wages and salaries and self-employment income—to maintain their living standards, rather than having liquid assets and other sources to keep them out of vulnerability.</p> <p>More than 50% of single mothers and their children would not be able to make ends meet even after selling assets. Families headed by an Indigenous person or by a recent immigrant were similarly vulnerable.</p>   | <p>Moderate</p> |



| Studies of impact of pandemic on mental health and well-being among parents and families   |                    |                        |               |  |  |   |                 |
|--|--------------------|------------------------|---------------|--|--|---|-----------------|
| <p>Statistics Canada. (2020, July 9). <a href="#">Impacts of COVID-19 on Canadian families and children.</a></p>   | <p>Jul 9, 2020</p> | <p>Cross-sectional</p> | <p>Canada</p> | <p>N=32,000</p> <p>Parents of children aged 0 to 14</p> <p>Online survey (not collected under a probability sampling design)</p> | <p>This analysis of crowdsourced online survey data from Statistics Canada collected between June 9 and June 22 explored the experiences of Canadian parents and families during the COVID-19 pandemic.</p>                                  | <p>The majority of participants (71%) were very or extremely concerned about their children's opportunities to socialize with friends, and more than half (54%) were very or extremely concerned about their children's loneliness or social isolation.</p> <p>The majority of participants (64%) were very or extremely worried about the amount of children's screen time, and 74% of participants reported feeling very or extremely concerned about balancing childcare, schooling and work.</p> <p>Six in ten participants reported that their children were participating in daily physical activity.</p> | <p>High</p>     |
| <p>Chandola, T., Kumari, M., Booker, C., &amp; Benzeval, M.J. (2020). <a href="#">The mental health impact of COVID-19 and pandemic related stressors among adults in the UK.</a> <i>Preprint.</i></p> | <p>Jul 7, 2020</p> | <p>Cross-sectional</p> | <p>UK</p>     | <p>N=more than 13,500</p> <p>Adults</p>  | <p>This analysis of the UK Household Longitudinal Study (wave 9: 2017-2019 and waves 1 and 2 of the Coronavirus survey in April and May 2020 respectively), a representative sample of UK population, examined changes in prevalence and</p> | <p>There was an increase in the incidence of mental disorder in the UK adult population in April 2020, with approximately 30% of adults who had not had a common mental disorder in 2017-19 meeting the criteria in April 2020. These changes were associated with increased feelings of loneliness and stressors related to increasing domestic work demands (arising out of childcare and home-schooling) and working from home. From April to May 2020, the</p>  | <p>Moderate</p> |

|  |             |                 |               |                 |  |  |          |
|--|-------------|-----------------|---------------|-----------------|--|--|----------|
|  |             |                 |               |                 | incidence of Common Mental Disorders in the UK adult population.   | incidence reduced to below 13%, and the reported levels of stressors also decreased. Adults who spent 16 hours or more per week on childcare or home schooling had much higher incidence of mental disorder in April 2020 than those without children or who spent no hours on childcare or home schooling, although this association was no longer present in May 2020. Those with financial difficulties also had much higher incidence in April 2020 compared to those without difficulties, although the effect of most financial stressors on mental disorders was no longer present in May 2020. |          |
| Mann, F.D., Krueger, R.F., & Vohs, K.D. <a href="#">Personal economic anxiety in response to COVID-19</a> . <i>Personality and Individual Differences</i> . Epub ahead of print. | Jul 2, 2020 | Cross-sectional | United States | N=513<br>Adults | This online survey examined self-reported anxiety about financial hardship associated with the COVID-19 pandemic. Data were collected beginning on March 17, 2020. | Respondents without children living at home reported less anxiety about financial hardship than respondents with children.   | Moderate |

|   |                     |                        |                      |  |   |  |             |
|---|---------------------|------------------------|----------------------|--|---|--|-------------|
| <p>Fitzpatrick, K.M., Harris, C, &amp; Drawve, G. (2020). <a href="#">How bad is it? Suicidality in the middle of the COVID-19 pandemic.</a> <i>Suicide and Life-Threatening Behavior.</i> Epub ahead of print.</p>                           | <p>Jun 26, 2020</p> | <p>Cross-sectional</p> | <p>United States</p> | <p>N=10,368<br/>General population<br/><br/>25% of sample having children under the age of 18<br/><br/>Nearly 20% were unemployed, laid off, or furloughed at the time of the survey</p> | <p>Online survey of adults to examine the intersection of social vulnerability, individual risk and social/psychological resources with adult suicidality during the pandemic. Data were collected during the week of March 23, 2020.</p> | <p>Nearly 15% of total respondents were categorized as high risk. Participants with children reported higher scores on the Suicide Behaviours Questionnaire, but when social vulnerability, risk and resources were factored in, their scores were lower than for people without children.</p> | <p>High</p> |
| <p>Kwong, A.S.F., Pearson, R.M., Adams, M.J., Northstone, K., Tilling, K., Smith, D... &amp; Timpson, N.J. (2020). <a href="#">Mental health during the COVID-19 pandemic in two longitudinal UK population cohorts.</a> <i>Preprint.</i></p> | <p>Jun 18, 2020</p> | <p>Cohort</p>          | <p>UK</p>            | <p>N=2850<br/>N=3720<br/>N=4233<br/><br/>General population</p>  | <p>This study used data from two population-based longitudinal studies to track changes in depression and anxiety from before to during the COVID-19 pandemic.</p>  | <p>Data from one data source suggested that parents of young children had increased anxiety during the pandemic compared to pre-pandemic, but this was not found in the other dataset.</p>   | <p>High</p> |

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|---|---------------------|------------------------|----------------------|--|---|---|-----------------|
| <p>Fitzpatrick, K.M., Harris, C, &amp; Drawve, G. (2020). <a href="#">Fear of COVID-19 and the mental health consequences in America</a>. <i>Psychological Trauma: Theory, Research, Practice, and Policy</i>. Epub ahead of print.</p>   | <p>Jun 4, 2020</p>  | <p>Cross-sectional</p> | <p>United States</p> | <p>N=10, 368<br/><br/>General population<br/><br/>25% of sample having children under the age of 18<br/><br/>Nearly 20% were unemployed, laid off, or furloughed at the time of the survey</p> | <p>This online survey of adults examined the intersection of COVID-19 fear with social vulnerabilities and mental health consequences. Data were collected the week of March 23, 2020.</p>                            | <p>Families with children reported statistically significant higher levels of COVID-19 fear (6.9 vs. 6.5 out of 10).</p>  | <p>Moderate</p> |
| <p>Zanardo, V., Manghina, V., Giliberti, L., Vettore, M., Severino, L., &amp; Straface, G. (2020). <a href="#">Psychological impact of COVID-19 quarantine measures in northeastern Italy on mothers in the immediate postpartum period</a>. <i>International Journal of Gynecology &amp; Obstetrics</i> 150(2): 184-188.</p> | <p>May 31, 2020</p> | <p>Cross-sectional</p> | <p>Italy</p>         | <p>N=91<br/><br/>Postpartum-women</p>  | <p>The Edinburgh Postnatal Depression Scale was completed by women who gave birth during a COVID-19 quarantine period between March 8 and May 3, 2020, compared to women giving birth in the same period in 2019.</p> | <p>This study of post-partum women in Italy found that women who gave birth during the pandemic had significantly higher postnatal depression scores compared with a control group (<math>8.5 \pm 4.6</math> vs <math>6.34 \pm 4.1</math>; <math>p &lt; 0.001</math>) and 28.6% reported as having a score above the depressive symptomatology risk cut-off score.<br/><br/>Babies born during the pandemic had significantly lower birthweight than those born in the control group year (<math>3354.51 \pm 374.2</math> vs <math>3478.60 \pm 409.8</math> g; <math>p = 0.031</math>).</p> | <p>Moderate</p> |

|  |                     |                        |               |  |   |   |            |
|--|---------------------|------------------------|---------------|--|---|---|------------|
| <p>Arim, R. Findlay, L., &amp; Kohen, D. (2020, May 15). <a href="#">The Health and Behavioural Impacts of COVID-19 on Youth: Results from the Canadian Perspectives Survey Series 1</a>. Statistics Canada.</p> | <p>May 15, 2020</p> | <p>Cross-sectional</p> | <p>Canada</p> | <p>N=approx 1,000<br/><br/>General population including youth aged 15-30</p> | <p>This Statistics Canada online panel survey explored the impact of COVID-19 and the kinds of activities respondents engaged in for their mental or physical health. Data were collected between March 29 and April 3, 2020.</p> | <p>For about one third of youth respondents, concerns included family stress from confinement (36% are very or extremely concerned) and maintaining social ties (34% are very or extremely concerned).<br/><br/>Youth strategies for maintaining mental and physical health included communication with friends and family (94%), exercise indoors (67%), and exercise outdoors (62%).</p>                            | <p>Low</p> |
| <p>Spinelli, M., Lionetti, F., Pastore, M., &amp; Fasolo, M. (2020). <a href="#">Parents and Children Facing the COVID-19 Outbreak in Italy</a>. <i>Preprint</i>.</p>  | <p>May 12, 2020</p> | <p>Cross-sectional</p> | <p>Italy</p>  | <p>n=854<br/><br/>Parents of children aged 2 to 14</p>                       | <p>This online survey examined risk factors associated with the pandemic experience on parent and child well-being. Data were collected between April 2 to 7, 2020,</p>   | <p>Physical living conditions and degree of COVID-19 contact were not significant predictors of child well-being. Parental and parent-child dyadic stress were predictors of lower child mental well-being, such that parents who reported more stress associated with home schooling, spousal relationship and relationship with children also reported more negative states of mental health in their children.</p> | <p>Low</p> |

|  |                     |                        |                      |   |  |  |                 |
|--|---------------------|------------------------|----------------------|---|--|--|-----------------|
| <p>Ying, Y., Kong, F., Zhu, B., Ji, Y., Lou, Z., &amp; Ruan, L. (2020). <a href="#">Mental health status among family members of health care workers in Ningbo, China during the Coronavirus Disease 2019 (COVID-19) outbreak: a Cross-sectional Study</a>. <i>Preprint</i>.</p> | <p>Mar 17, 2020</p> | <p>Cross-sectional</p> | <p>Ningbo, China</p> | <p>N=822<br/>Family members of health care workers in COVID-19-designated hospitals</p> | <p>This online survey, conducted between February 10 to 20, 2020, explored the relationships between personal and family effects of COVID-19, anxiety and depressive symptoms.</p> | <p>Amount of time focused on COVID-19, and family members with direct contact with confirmed or suspected COVID-19 patients, were risk factors for anxiety among family members of health care workers (ORs=1.22, 95% CI 1.06-1.39) and 1.47, 95% CI 1.07-2.04), while higher self-reported safety scores of protective equipment of health care workers was a protective factor (OR=.081, 95% CI .70-.93). Time focused on COVID-19 (OR=1.22, 95% CI 1.06-1.39), longer average working times per week for family members (OR=1.02, 95% CI 1.01-1.03), being parents or other next of kin of health care workers (OR=3.53, 95% CI 1.61-7.73 and 1.64, 95% CI 1.10-2.45) were risk factors for depressive symptoms among family members.</p> | <p>Moderate</p> |
|--|---------------------|------------------------|----------------------|---|--|--|-----------------|

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