

## Evidence Search Service

### Results of your search request

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Please acknowledge Knowledge Services in any resulting paper or presentation.

**Sources searched:** Advanced Google search, Bing, The Health Foundation, The Children’s Foundation, Fingertips, Children’s Commissioner, PSYCINFO

**Time taken:** 6 hours

**Date Range:** None specified – current evidence prioritised.  
PsycInfo – 2018 – 2022 only

**Other Limits:** UK only

**Search terms and notes:** youth, “young people”, child\*  
“mental health”, CAMHS  
“waiting times”, “waiting list\*”  
Risk, protective factors

<b>Search requested by:</b>	
<b>Email:</b>	
<b>Required by:</b>	
<b>Searched by:</b>	Anna Chapman
<b>Email:</b>	<a href="mailto:Anna.Chapman@dudley.gov.uk">Anna.Chapman@dudley.gov.uk</a>
<b>Tel:</b>	01384 816893
<b>Date(s) search carried out:</b>	25 <sup>th</sup> July – 2 <sup>nd</sup> August 2022

# Results

The results of your search are displayed on the following pages. Some results may provide live links directly to the articles. These may not be highlighted/underlined but should still be active. If these are not present and you require access to the full text of the article, please contact Knowledge Services and we will try and source the text for you.

*Disclaimer: It is recommended that you check the references for their relevance and that they are critically appraised before being applied to a clinical decision. Please be aware that published journal articles will have been peer reviewed, however, other evidence such as pre-prints, reports and other grey literature may not have been through this process.*

Knowledge Services 01384  
816173  
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## Analysis: the rise in mental health demand | NHS Confederation

**Type** Web Page

**URL** <https://www.nhsconfed.org/articles/analysis-rise-mental-health-demand> **Accessed** 25/07/2022, 14:57:18

**Date Added** 25/07/2022, 14:57:18

### Attachments

Analysis: the rise in mental health demand | NHS Confederation

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## Briefing on Children's Mental Health Services – 2020/2021

**Type** Web Page

**URL** <https://childrenscommissioner.github.io/mhbriefing2021/>

**Accessed** 25/07/2022, 14:26:14

**Date Added** 25/07/2022, 14:26:14

### Attachments

Briefing on Children's Mental Health Services – 2020/2021

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## cco-briefing-mental-health-services-2021-22.pdf

**Type** Attachment

**URL** <https://www.childrenscommissioner.gov.uk/wp-content/uploads/2022/02/cco-briefingmental-health-services-2021-22.pdf> **Accessed** 22/07/2022, 14:21:06

**Date Added** 22/07/2022, 14:21:06

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## Children and young people's mental health

**Type** Web Page

**URL** <https://www.health.org.uk/news-and-comment/charts-and-infographics/children-and-young-people-s-mental-health> **Accessed** 25/07/2022, 10:34:56

**Date Added** 25/07/2022, 10:34:56 **Attachments**

Children and young people's mental health

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## Children and young people's mental health - Health and Social Care Committee

**Type** Web Page

**URL** <https://publications.parliament.uk/pa/cm5802/cmselect/cmhealth/17/report.html#heading2>

**Accessed** 22/07/2022, 13:39:23

**Date Added** 22/07/2022, 13:39:23

## Attachments

Children and young people's mental health - Health and Social Care Committee

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### Reaching the tipping point Final.pdf

**Type** Attachment

**URL** <https://www.nhsconfed.org/sites/default/files/2021-08/Reaching%20the%20tipping%20point%20Final.pdf>

**Accessed** 25/07/2022, 14:29:09 **Date Added** 25/07/2022, 14:29:09

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## Promoting children and young people's mental health and wellbeing

**Type** Web Page

**Abstract** Guidance on the 8 principles of a whole school or college approach to promoting mental health and wellbeing.

**URL** <https://www.gov.uk/government/publications/promoting-children-and-young-people/emotional-health-and-wellbeing>

**Accessed** 26/07/2022, 13:58:56

**Website Title** GOV.UK

**Date Added** 26/07/2022, 13:58:56

### Attachments

Snapshot

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## Supporting children and young people with their mental health and emotional wellbeing | Local Government Association

**Type** Web Page

**Abstract** The following case studies stand as examples of good practice, success stories and promising initiatives in supporting young people with their mental health.

**URL** <https://www.local.gov.uk/publications/supporting-children-and-young-people-their-mental-health-and-emotional-wellbeing>

**Accessed** 26/07/2022, 10:25:11

**Date Added** 26/07/2022, 10:25:11

### Attachments

Snapshot

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## Child mental health and resilience in the context of socioeconomic disadvantage: Results from the Born in Bradford cohort study

**Type** Journal Article

**Author** Natalie Kirby

**Author** Barry Wright

**Author** Victoria Allgar

**Abstract** Socioeconomic disadvantage has been linked to mental health difficulties in children and adolescents, although many children appear to do well despite exposure to financial adversity in childhood. Our study looked at the effects of family financial difficulty on children's mental health outcomes (n = 636) at 4–5 years in a multi-ethnic UK cohort, the Born in Bradford cohort. We considered potential parent and child variables promoting resilience in this population. Univariate linear regression was used to identify associations between family financial difficulty measured antenatally and child mental health difficulties measured by teacher-rated Strengths and Difficulties (SDQ) scores at 4–5 years. Hierarchical multivariate regression was used to test for potential moderating effects of parent and child factors. Mothers completed the General Health Questionnaire-28, Kessler-6 Questionnaire and questions related to parenting warmth, hostility and confidence. Parent-rated Infant Characteristic Questionnaires and teacher-rated Early Years Foundation Stage scores provided information on child temperament, literacy and physical development as potential moderators. Financial difficulty was associated with worse mental health outcomes in children. High parent warmth, high child literacy scores and physical development scores were all associated with positive child mental health outcomes at 4–5 years. In terms of protective effects, only maternal warmth was found to significantly moderate the relationship between financial difficulty and child mental health difficulties. The current study demonstrates that family financial difficulty is associated with poorer child mental health outcomes in a UK cohort of mothers and their school-aged children. It provides evidence of the positive relationships between warm parenting, child literacy and child physical development with mental health in young children. The study supports the finding that warm parenting moderates the relationship between family financial difficulty and interventions supporting this aspect of parenting may therefore provide particular benefit to children growing up in this context. (PsycInfo Database Record (c) 2021 APA, all rights reserved) (Source: journal abstract)

**Date** Apr 2020

**Archive** APA PsycInfo®

**Loc. in Archive** 2249976241; 2019-36536-001

**URL** <https://www.proquest.com/scholarly-journals/child-mental-health-resilience-context/docview/2249976241/se-2>

**Extra** Publisher: Springer

**Volume** 29

**Pages** 467-477

**Publication** European Child & Adolescent Psychiatry

**DOI** 10.1007/s00787-019-01348-y

**Issue** 4

**Date Added** 02/08/2022, 14:44:09

#### Attachments

Attachment

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Evidence for protective effects of peer play in the early years: Better peer play ability at age 3 years predicts lower risks of externalising and internalising problems at age 7 years in a longitudinal cohort analysis

**Type** Journal Article

**Author** Yiran Vicky Zhao

**Author** Jenny Louise Gibson

**Abstract** Peer play ability may be a protective factor against childhood mental health difficulties but there is lack of empirical evidence to support this hypothesis. We conducted longitudinal structural equation modelling study over a population cohort (N = 1676) to examine the effect of age 3 peer play ability on children's age 7 mental health outcomes (measured by the Strengths and Difficulties Questionnaire subscales). We modelled effects for the entire population and two sub-groups at high-risk for mental health problems based on age 3 temperament. Controlling for demographic variables, temperament, maternal distress, play with parents and number of siblings, better peer play ability at age 3 years predicted lower risk of problems on all 4 SDQ subscales at age 7 years for the general population. For the low-persistence subgroup, better peer play ability at age 3 predicted lower risk of age 7 hyperactivity, emotional and peer problems, whereas better peer play ability at age 3 predicted only lower risk of age 7 hyperactivity for the highreactivity group. Taken together our results provide evidence that supports the hypothesis that early peer play ability may be a protective factor against later mental health difficulties. We conclude that further research aimed at establishing causation is worth pursuing. (PsycInfo Database Record (c) 2022 APA, all rights reserved) (Source: journal abstract)

**Date** 2022 Jun 14

**Archive** APA PsycInfo®

**Loc. in Archive** 2677043034; 2022-72827-001

**URL** <https://www.proquest.com/scholarly-journals/evidence-protective-effects-peer-play-early-years/docview/2677043034/se-2?accountid=47749>

**Extra** Publisher: Springer

**Publication** Child Psychiatry and Human Development

**DOI** 10.1007/s10578-022-01368-x

**Date Added** 02/08/2022, 14:50:32

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Predictors of mental health difficulties and subjective wellbeing in adolescents: A longitudinal study - Lereya - 2022 - JCPP Advances - Wiley Online Library

**Type** Web Page

**URL** <https://acamh.onlinelibrary.wiley.com/doi/10.1002/jcv2.12074> Accessed

28/07/2022, 15:04:17

**Date Added** 28/07/2022, 15:04:17

#### Attachments

Predictors of mental health difficulties and subjective wellbeing in adolescents: A longitudinal study - Lereya - 2022 - JCPP Advances - Wiley Online Library

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Shining a light on risk and protective factors:

**Type** Journal Article

**Author** Emily Stapley

**Author** Mia Eisenstadt

**Author** Ola Demkowicz

**Author** Lauren Garland

**Author** Sarah Stock

**Author** Jessica Deighton

**Date** 2020

**Library Catalogue** Zotero

**Pages** 23

**Date Added** 28/07/2022, 14:59:09

#### Attachments

Stapley et al. - 2020 - Shining a light on risk and protective factors.pdf

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The influence of perfectionism, self-esteem and resilience on young people's mental health

**Type** Journal Article

**Author** Isobel Doyle

**Author** Jonathan C. Catling

**Abstract** ABSTRACT The current study explored whether maladaptive perfectionism and low self-esteem constituted reliable risk factors of student mental illness, as well as determining whether resilience moderates these predictive relationships. 434 University undergraduate students were recruited. Depression and anxiety were measured using the Patient Health Questionnaire (PHQ-9) and Generalized Anxiety Disorder Assessment (GAD-7). Perfectionism, self-esteem and resilience were analyzed in relation to the PHQ9 and GAD-7 scores via a regression analysis. Perfectionism discrepancy, self-esteem and resilience all significantly predicted depression and anxiety. Hierarchical regression analysis revealed a statistically significant amount of additional variance to be explained by resilience for depression and anxiety, than for perfectionism and self-esteem alone. Maladaptive perfectionism and low self-esteem predispose an individual to depression and anxiety, though resilience may act as a protective factor against development of mental illness. (PsycInfo Database Record (c) 2022 APA, all rights reserved) (Source: journal abstract)

**Date** 2022 Jan 11

**Archive** APA PsycInfo®

**Loc. in Archive** 2634062783; 2022-39919-001

**URL** <https://www.proquest.com/scholarly-journals/influence-perfectionism-self-esteem-resilience-on/docview/2634062783/se-2?accountid=47749>

**Extra** Publisher: Taylor & Francis Heldref Publications

**Publication** The Journal of Psychology: Interdisciplinary and Applied

**DOI** 10.1080/00223980.2022.2027854

**Date Added** 02/08/2022, 14:44:08

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### understanding\_society\_mental\_health\_briefing\_april2018\_final.pdf

**Type** Attachment

**URL** [https://www.understandingsociety.ac.uk/sites/default/files/downloads/general/understanding\\_society\\_mental\\_health\\_briefing\\_april2018\\_final.pdf](https://www.understandingsociety.ac.uk/sites/default/files/downloads/general/understanding_society_mental_health_briefing_april2018_final.pdf)

**Accessed** 28/07/2022, 14:20:21 **Date**

**Added** 28/07/2022, 14:20:21

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### 220510\_CYPMH\_Transparency\_Pub.pdf

**Type** Attachment

**URL** [https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment\\_data/file/1074420/220510\\_CYPMH\\_Transparency\\_Pub.pdf](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/1074420/220510_CYPMH_Transparency_Pub.pdf)

**Accessed** 26/07/2022, 10:51:39

**Date Added** 26/07/2022, 10:51:39

**Modified** 26/07/2022, 10:51:39

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### Children and young people with an eating disorder waiting times

**Type** Web Page

**Abstract** We explore how long children and young people with an eating disorder wait to start treatment.

**Date** 2018-10-17T13:31:17+01:00

**Language** en-GB

**URL** <https://www.nuffieldtrust.org.uk/resource/children-and-young-people-with-an-eating-disorder-waiting-times>

**Accessed** 22/07/2022, 14:09:18

**Website Title** The Nuffield Trust

**Date Added** 22/07/2022, 14:09:18

**Modified** 22/07/2022, 14:09:18

#### Attachments

- Snapshot

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### Children and Young People's Mental Health and Wellbeing - OHID

**Type** Web Page

**URL** <https://fingertips.phe.org.uk/profile-group/mental-health/profile/cypmh> **Accessed** 26/07/2022, 14:36:50

**Date Added** 26/07/2022, 14:36:50

**Modified** 26/07/2022, 14:36:50

#### Attachments

- Children and Young People's Mental Health and Wellbeing - OHID

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### Hidden-waits-lasting-impact-pandemic-childrens-services-community.pdf

**Type** Attachment

**URL** <https://www.nhsconfed.org/sites/default/files/2022-04/Hidden-waits-lasting-impact-pandemic-childrens-services-community.pdf>

**Accessed** 22/07/2022, 14:29:46

**Date Added** 22/07/2022, 14:29:46

**Modified** 22/07/2022, 14:29:46

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## Improving children and young people's mental health services

**Type** Web Page

**Abstract** Across the UK, the number of children and young people experiencing mental health problems is growing. Mental health services are expanding,

**URL** [https://reader.health.org.uk/improving\\_CYPMHS](https://reader.health.org.uk/improving_CYPMHS)

**Accessed** 26/07/2022, 11:02:41

**Website Title** Health Foundation

**Date Added** 26/07/2022, 11:02:41

**Modified** 26/07/2022, 11:02:41

### Attachments

- Snapshot
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## Local area (CCG) maps

**Type** Web Page

**URL** <https://childrenscommissioner.github.io/mhbriefing2021/ccg%20maps/pages/ccg-maps.html>

**Accessed** 25/07/2022, 14:24:10 **Date**

**Added** 25/07/2022, 14:24:10 **Modified**

25/07/2022, 14:24:10

### Attachments

- Local area (CCG) maps
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## Mental Health of Children and Young People in England 2021 - wave 2 follow up to the 2017 survey

**Type** Web Page

**Abstract** The Mental Health of Children and Young People survey series provides England's best source of data on trends in child mental health. This follow-up survey looks into the impact of the coronavirus (COVID-19) pandemic on children's mental health.

**Language** en

**URL** <https://digital.nhs.uk/data-and-information/publications/statistical/mental-health-of-children-and-young-people-in-england/2021-follow-up-to-the-2017-survey>

**Accessed** 22/07/2022, 15:08:49

**Website Title** NHS Digital

**Date Added** 22/07/2022, 15:08:49

**Modified** 22/07/2022, 15:08:49

### Attachments

- Snapshot
- 

## nhs-providers-children-and-young-peoples-mental-health-services-survey-appendix.pdf

**Type** Attachment

**URL** <https://nhsproviders.org/media/691473/nhs-providers-children-and-young-peoples-mental-health-services-survey-appendix.pdf>

**Accessed** 22/07/2022, 14:19:52

**Date Added** 22/07/2022, 14:19:52

**Modified** 22/07/2022, 14:19:52

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## Problem severity and waiting times for young people accessing mental health services | BJPsych Open | Cambridge Core

**Type** Web Page

**URL** <https://www.cambridge.org/core/journals/bjpsych-open/article/problem-severity-and-waiting-times-for-young-people-accessing-mental-health-services/CE167FF2867225CC7C182E98747E59FA> **Accessed** 25/07/2022, 12:19:14

**Date Added** 25/07/2022, 12:19:14

**Modified** 25/07/2022, 12:19:14



## Attachments

- Problem severity and waiting times for young people accessing mental health services | BJPsych Open | Cambridge Core

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### Waiting times and outcomes

**Type** Web Page

**URL** <https://childrenscommissioner.github.io/mhbriefing2021/waiting%20times/pages/waiting-times.html>

**Accessed** 25/07/2022, 10:33:22

**Date Added** 25/07/2022, 10:33:22

**Modified** 25/07/2022, 10:33:22

## Attachments

- Waiting times and outcomes

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## A whole-school approach to supporting children and young people's mental health

**Type** Journal Article

**Author** Jonathan Glazzard

**Abstract** Purpose: Supporting the mental health of children and young people is a global priority. The issue is not specific to England. However, evidence suggests that one in ten children and young people in England has a mental health need. This represents approximately three students in every classroom. The purpose of this paper is to highlight the role of schools in supporting children and young people's mental health. Whilst the paper acknowledges that teachers are not trained health professionals, it is argued that a whole-school approach to mental health can support individuals in schools to remain mentally healthy. The elements of a whole-school approach are identified and discussed and some of the challenges in relation to implementation are considered. Critical to the development of a whole-school approach is the commitment from the school leadership team to promoting student and staff wellbeing. Design/methodology/approach: This is a policy paper not an empirical study. Findings: This paper has outlined the policy context in the UK in relation to children and young people's mental health. It has addressed the risk and protective factors which can cause or mitigate against mental ill health and it has outlined the elements of a whole-school approach to mental health. Originality/value: This paper explores the contribution that schools can make to supporting students' mental health. There is limited research which addresses mental health in young people from a non-therapeutic angle. (PsycInfo Database Record (c) 2021 APA, all rights reserved) (Source: journal abstract)

**Date** 2019

**Archive** APA PsycInfo®

**Loc. in Archive** 2490709231; 2020-01459-006

**URL** <https://www.proquest.com/scholarly-journals/whole-school-approach-supportingchildren-young/docview/2490709231/se-2?accountid=47749>

**Extra** Publisher: Emerald Publishing Emerald Group Publishing Limited Pavilion Publishing Pier Professional

**Volume** 18

**Pages** 256-265

**Publication** Journal of Public Mental Health

**DOI** 10.1108/JPMH-10-2018-0074

**Issue** 4

**Date Added** 02/08/2022, 14:44:09

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**Type** Attachment

**URL** <https://www.childrenscommissioner.gov.uk/wp-content/uploads/2022/07/cc-a-head-startearly-support-for-childrens-mental-health.pdf> **Accessed** 25/07/2022, 14:17:14 **Date Added** 25/07/2022, 14:17:14

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## Coping With the Stresses of Daily Life in England: A Qualitative Study of SelfCare Strategies and Social and Professional Support in Early Adolescence

**Type** Journal Article

**Author** Emily Stapley

**Author** Ola Demkowicz

**Author** Mia Eisenstadt

**Author** Miranda Wolpert

**Author** Jessica Deighton

**Abstract** The aim of our study was to examine early adolescents' perspectives on and experiences of coping with the problems, difficult situations, and feelings that can arise in daily life in England. Our study draws on the first time point of semistructured interviews (N = 82) conducted with 9 to 12 year olds across six regions of England as part of HeadStart, a mental health and well-being program. Using thematic analysis, eight main themes were derived from the dataset relating to participants' coping behavior: activities and strategies, disengaging from problems, standing up for yourself, acceptance of problems, social support, HeadStart support, other professional support, and hiding feelings or problems. The findings enhance our understanding of how early adolescents manage their problems outside of professional input, highlight where professional input could seek to influence or bolster early adolescents' coping strategies, and could be used to inform existing taxonomies of coping behavior.

**Date** 05/2020

**Short Title** Coping With the Stresses of Daily Life in England

**Library Catalogue** DOI.org (Crossref)

**URL** <http://journals.sagepub.com/doi/10.1177/0272431619858420>

**Accessed** 28/07/2022, 15:02:56

**Volume** 40

**Pages** 605-632

**Publication** The Journal of Early Adolescence

**DOI** 10.1177/0272431619858420

**Issue** 5

**Journal Abbr** The Journal of Early Adolescence

**Date Added** 28/07/2022, 15:02:56

### Attachments

Stapley et al. - 2020 - Coping With the Stresses of Daily Life in England.pdf

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# The contributing role of family, school, and peer supportive relationships in protecting the mental wellbeing of children and adolescents

**Type** Journal Article

**Author** Nadia Butler

**Author** Zara Quigg

**Author** Rebecca Bates

**Author** Lisa Jones

**Author** Emma Ashworth

**Author** Steve Gowland

**Author** Margaret Jones

**Abstract** Globally, mental disorders are the leading cause of disability in children and adolescents. Previous research has demonstrated that supportive relationships are a key protective factor against poor mental health in children, particularly amongst those who have experienced adversity. However, fewer studies have examined the relative impact of different types of supportive relationships. The current study examined the association between level of family adult support, school adult support, and school peer support and mental wellbeing in a sample of children (age 8–15 years,  $N = 2,074$ ) from schools in the UK. All three sources of support were independently associated with mental wellbeing. Analyses demonstrated a graded relationship between the number of sources of support and the odds of low mental wellbeing (LMWB), reflecting a cumulative protective effect. While all three sources of support were best, it was not vital, and analyses demonstrated a protective effect of school sources of support on LMWB amongst children with low family support. Peer support was found to be particularly important, with prevalence of LMWB similar amongst children who had high peer support (but low family and school adult support), and those who had high family and school adult support, (but low peer support), indicating that high peer support has an equivalent impact of two other protective factors. Findings from the study highlight the crucial context schools provide in fostering positive peer relationships and supportive teacher–student relationships to promote mental health and resilience for all children, including both those with and without supportive home environments.

(PsycInfo Database Record (c) 2022  
APA, all rights reserved) (Source:  
journal abstract)

**Date** 2022 Feb 06

**Archive**APA PsycInfo®

**Loc. in Archive**2627187220; 2022-31087-001

**URL** <https://www.proquest.com/scholarly-journals/contributing-role-family-school-peersupportive/docview/2627187220/se-2?accountid=47749>

**Extra** Publisher: Springer

**Publication**School Mental Health: A  
Multidisciplinary Research and Practice  
Journal

**DOI** 10.1007/s12310-022-09502-9

**Date Added** 02/08/2022, 14:44:09

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## The Good Childhood Report 2021 | The Children's Society

**Type** Web Page

**URL**

<https://www.childrensociety.org.uk/information/professionals/resources/goodchildhood-report-2021> **Accessed** 26/07/2022, 15:14:38

**Date Added** 26/07/2022, 15:14:38

### Attachments

The Good Childhood Report 2021 | The Children's Society