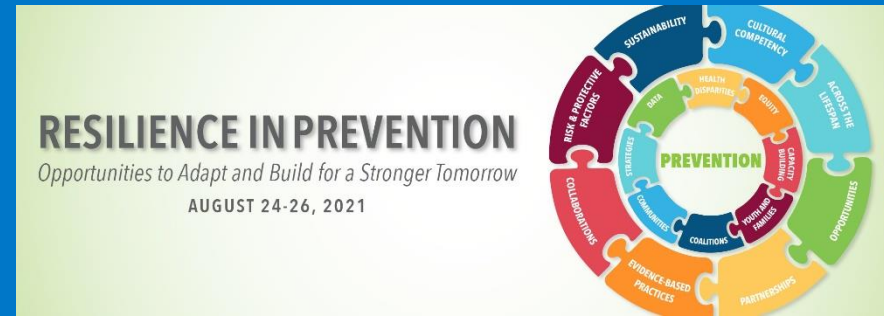


# Results from the Washington State COVID-19 Student Survey



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Section Manager, Substance Use Disorder Prevention and Mental Health Promotion Section  
Division of Behavioral Health and Recovery  
Washington State Health Care Authority

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Associate Professor, Psychiatry & Behavioral Science  
University of Washington School of Medicine  
August 25, 2021

# COVID-19 Student Survey Team

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## ▶ Health Care Authority

- ▶ **Sarah Mariani**
- ▶ Alicia Hughes
- ▶ Tyler Watson

## ▶ Department of Health

- ▶ Maayan Simckes
- ▶ Rose Quinby
- ▶ Cathy Wasserman

## ▶ University of Washington

- ▶ **Jason Kilmer**
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## ▶ Office of Superintendent of Public Instruction

- ▶ Dixie Grunenfelder
- ▶ Emily Maughan
- ▶ Matthew Frizzell

**W**  
UNIVERSITY of WASHINGTON



 Washington Office of Superintendent of  
**PUBLIC INSTRUCTION**

Washington State  
Health Care Authority

# COVID-19 Student Survey Background

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- ▶ HYS 2020 postponement
- ▶ Unprecedented year
- ▶ Needs assessment
- ▶ Schools and communities

# COVID-19 Student Survey Administration

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- ▶ Questions from Healthy Youth Survey and other youth surveys
- ▶ Online, anonymous
- ▶ Links distributed through schools
- ▶ Open March 8-26, 2021
- ▶ Convenience sample (not generalizable)

# COVID-19 Student Survey Reporting

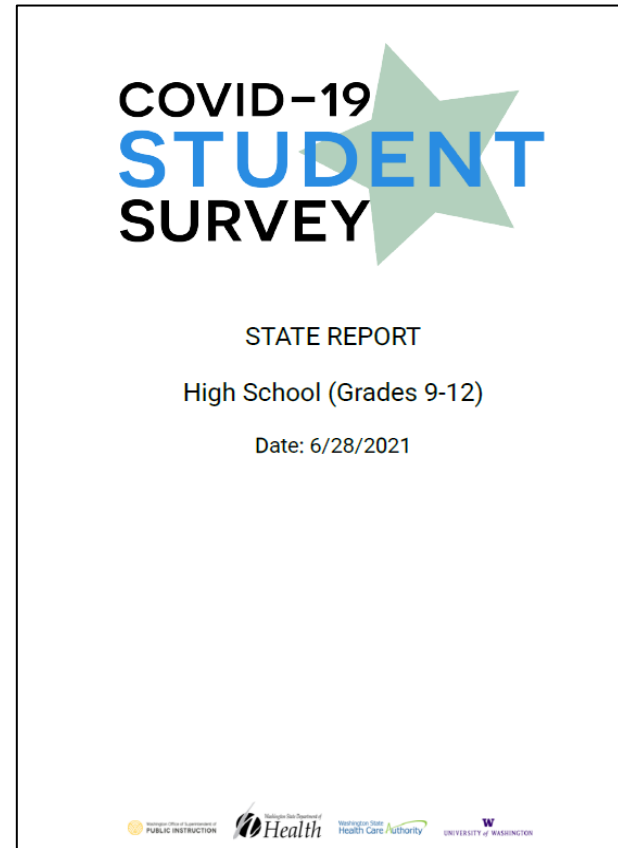
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▶ 6/4/2021

- ▶ School-level reports

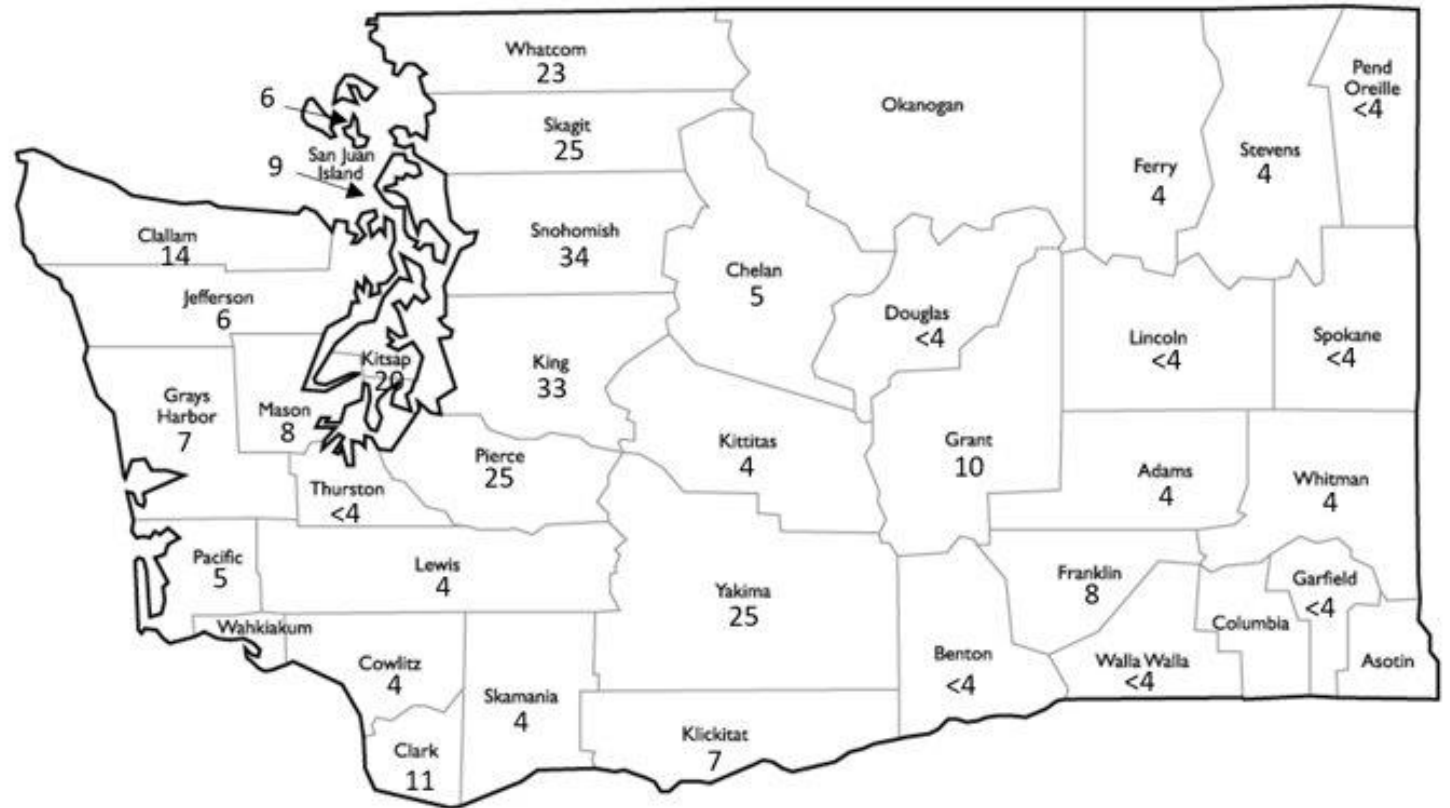
▶ 6/29/2021

- ▶ Press release
- ▶ State-level reports
- ▶ [www.csswashington.org](http://www.csswashington.org)



# COVID-19 Student Survey Participation

- ▶ 330 schools
- ▶ 35 of 39 counties
- ▶ Nearly 66,000 students



# COVID-19 Survey Questions

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- ▶ Student demographics (11 questions)
- ▶ Physical activity and screen time (5 questions)
- ▶ School experiences (14 questions)
- ▶ Substance use (9 questions)
- ▶ Health and safety (14 questions)
- ▶ Connectedness and loneliness (2 questions)
- ▶ Changes in health behavior (3 questions)
- ▶ COVID-19 stressors and decisions (5 questions)
- ▶ Open-ended question for students to write anything else that they need help with from their school or community

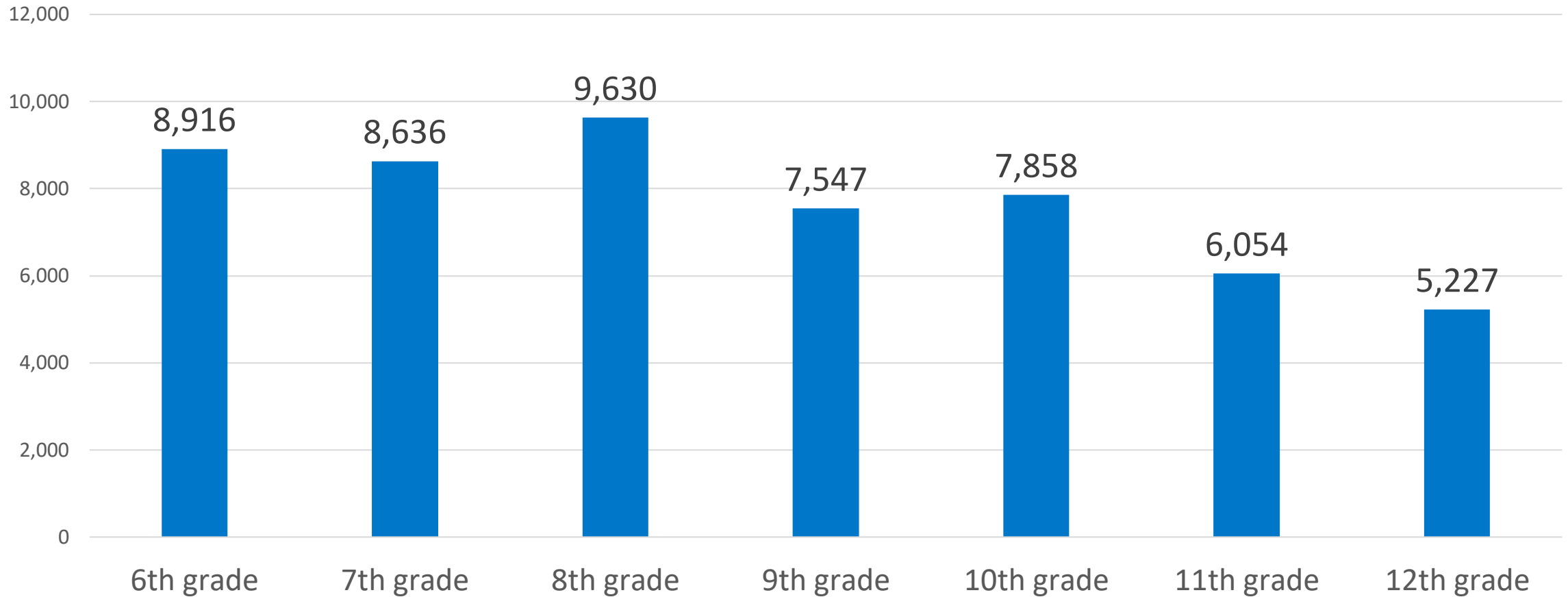
# Results: Demographics

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# Participation by Grade (N=65,644)



■ Number of valid responses

# Race/Ethnicity

“How do you describe yourself? (Select one or more responses)”

Race/Ethnicity	Number	Percent
American Indian or Alaskan Native	1,737	2.7%
Asian or Asian American	3,775	5.9%
Black or African American	2,398	3.7%
Hispanic or Latino/Latina	14,230	22.1%
Native Hawaiian or Other Pacific Islander	821	1.3%
White or Caucasian	29,956	46.6%
Other	3,027	4.7%
More than one race	8,316	12.9%

# Sex (“What sex/gender were you at birth, even if you are not that gender today?”) & Gender Identity (“How do you currently identify yourself?”)

Birth Sex	Number	Percent
Male	30,397	46.6%
Female	34,849	53.4%

Gender Identity	Number	Percent
Male	29,537	45.2%
Female	30,555	46.8%
Transgender	570	0.87%
Questioning	1,665	2.55%
Something Else	1,378	2.11%
I do not know what this is asking	321	0.49%
Prefer not to answer	1,276	1.95%

# Sexual Orientation

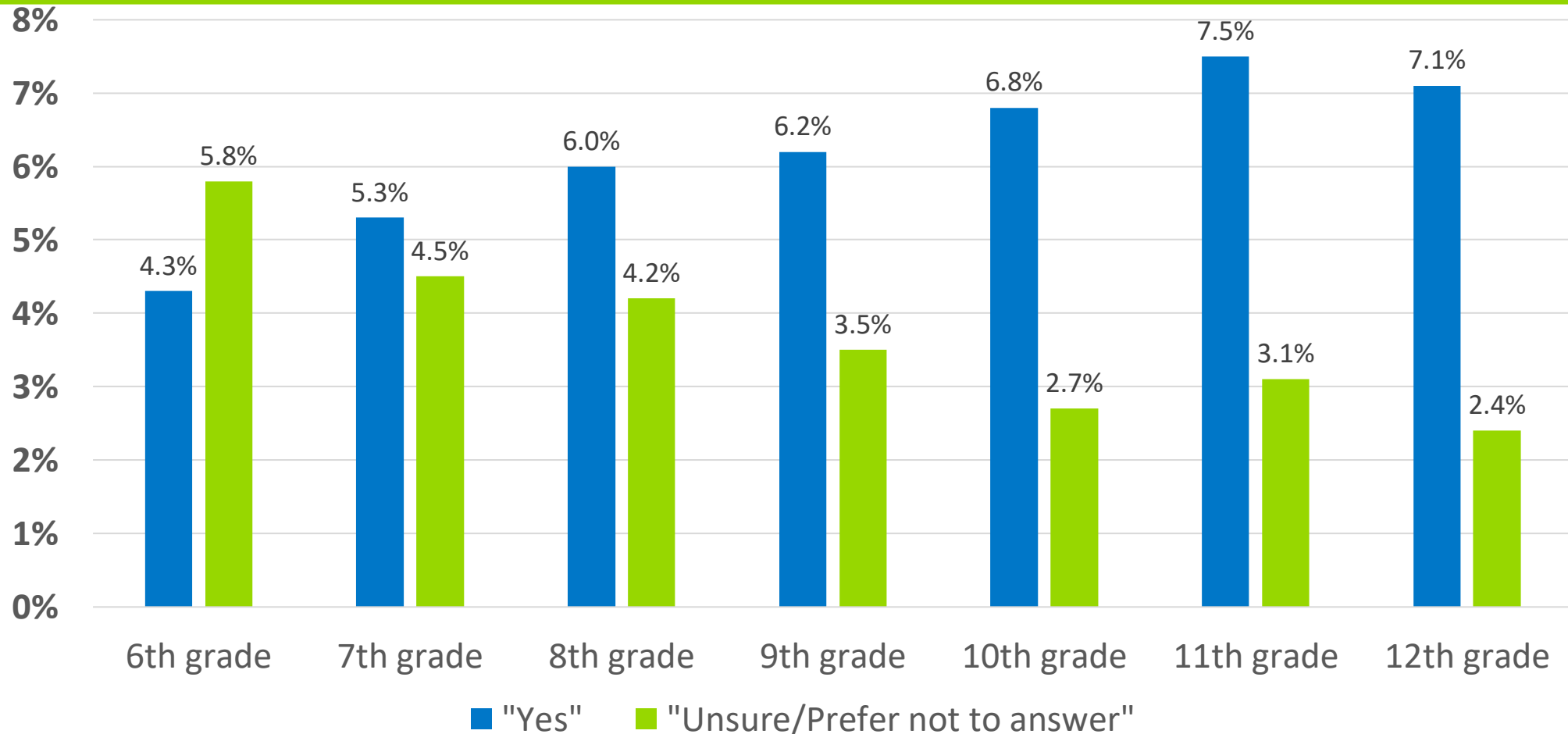
“Which of the following best describes you?”

Sexual Orientation	Number	Percent
Heterosexual	44,404	68.6%
Gay	627	0.97%
Lesbian	1,267	1.96%
Bisexual	6,949	10.7%
Questioning	3,226	4.99%
Something else fits better	2,223	3.44%
I do not know what this is asking	1,625	2.51%
Prefer not to answer	4,376	6.76%

# Results: COVID-19

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# Has a doctor or nurse ever told you that you had, or likely had, COVID-19?



# COVID-19 Worries

“How much are you worried right now about the following things as a result of the COVID-19 pandemic?”

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“Pretty worried” or “extremely worried”	Middle School	High School
Not having enough food to eat	27%	17%
Getting sick with COVID-19	24%	22%
Unable to afford housing	37%	27%
Parents/guardians losing their job	43%	32%
Feeling lonely	33%	39%
Friends/family getting sick with COVID-19	53%	48%
Falling behind in schooling or learning	50%	54%

# COVID-19 CDC Guidelines

“Please rate how often you have followed these guidelines in the last 30 days”

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“Most of the time” or “all of the time”	Middle School	High School
Physically distancing (6ft or more)	69%	71%
Washing hands between activities	79%	76%
Wearing a mask around others	82%	83%
Staying home when feeling sick	88%	90%



# COVID-19 Health/Disclosures

“When your school goes back to being in-person (if it isn’t already):”

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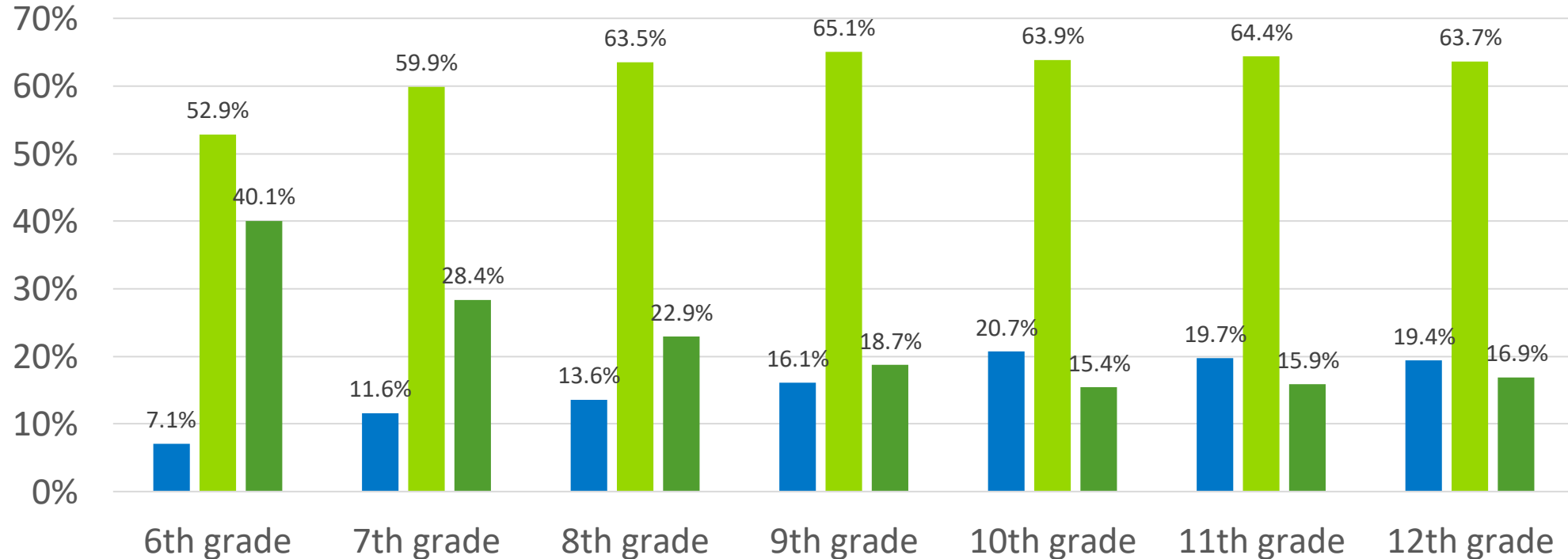
“YES!” or “yes”	Middle School	High School
Would you tell your teacher or parent/guardian if you felt sick?	94%	94.2%
If you saw one of your peers doing something that wasn’t safe with regard to COVID-19, would you <b>talk with them</b> about it?	65.9%	60.3%
If you saw one of your peers doing something that wasn’t safe with regard to COVID-19, would you <b>talk to an adult or teacher</b> about it?	62.2%	52.3%

# Results: School Experiences

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# “Think back over this school year so far. How often did you enjoy school?”

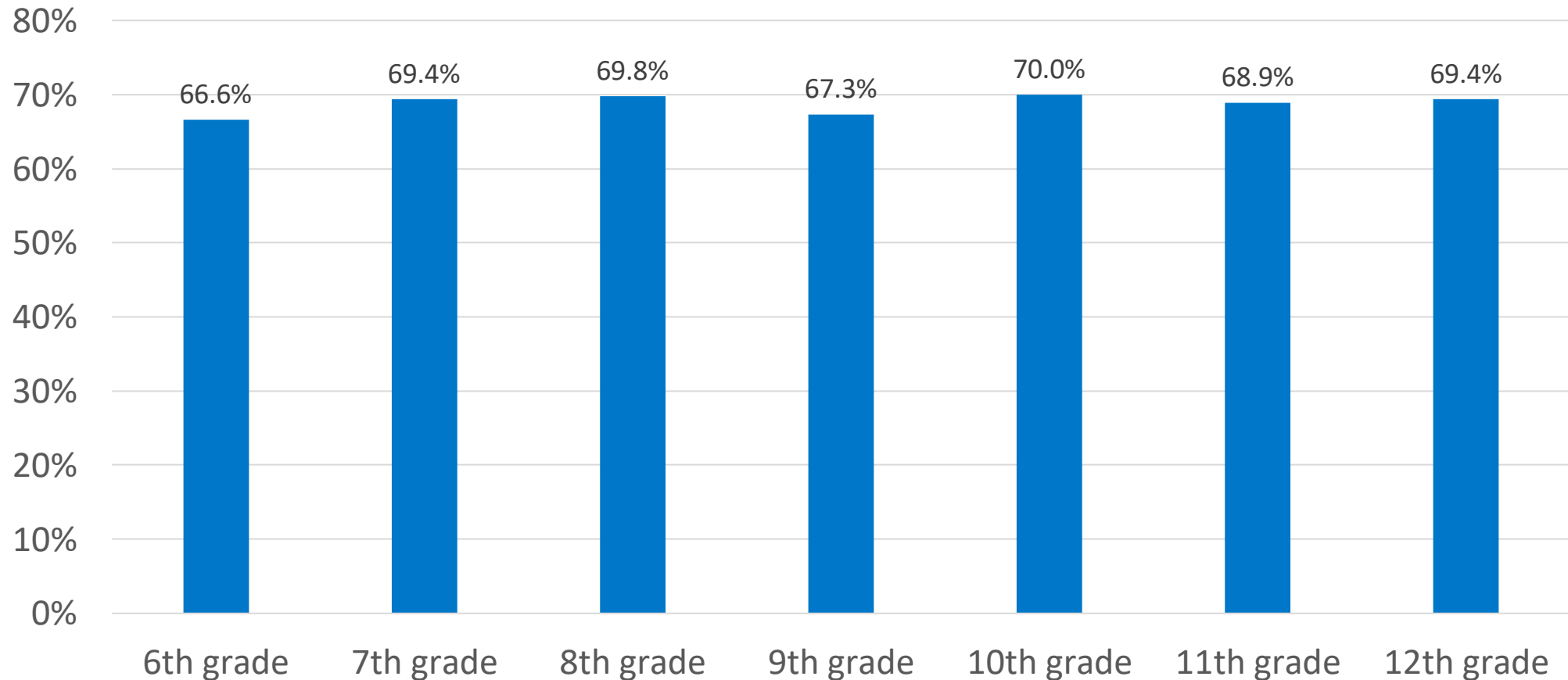


■ "None of the time"

■ "A little of the time" + "Some of the time"

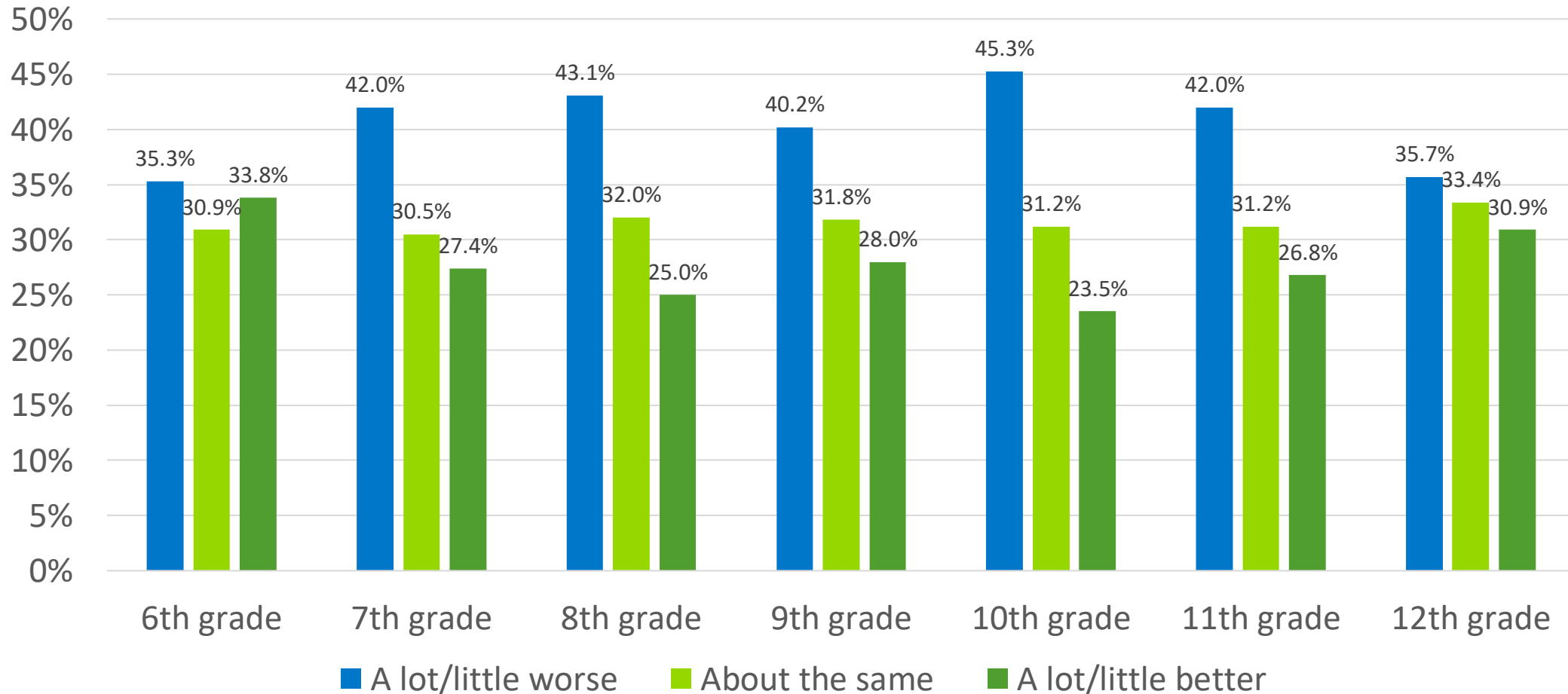
■ "A lot of the time" + "Most of the time" + "All of the time"

# “It has been harder to do my school work this year than it was last year, before the COVID-19 pandemic”

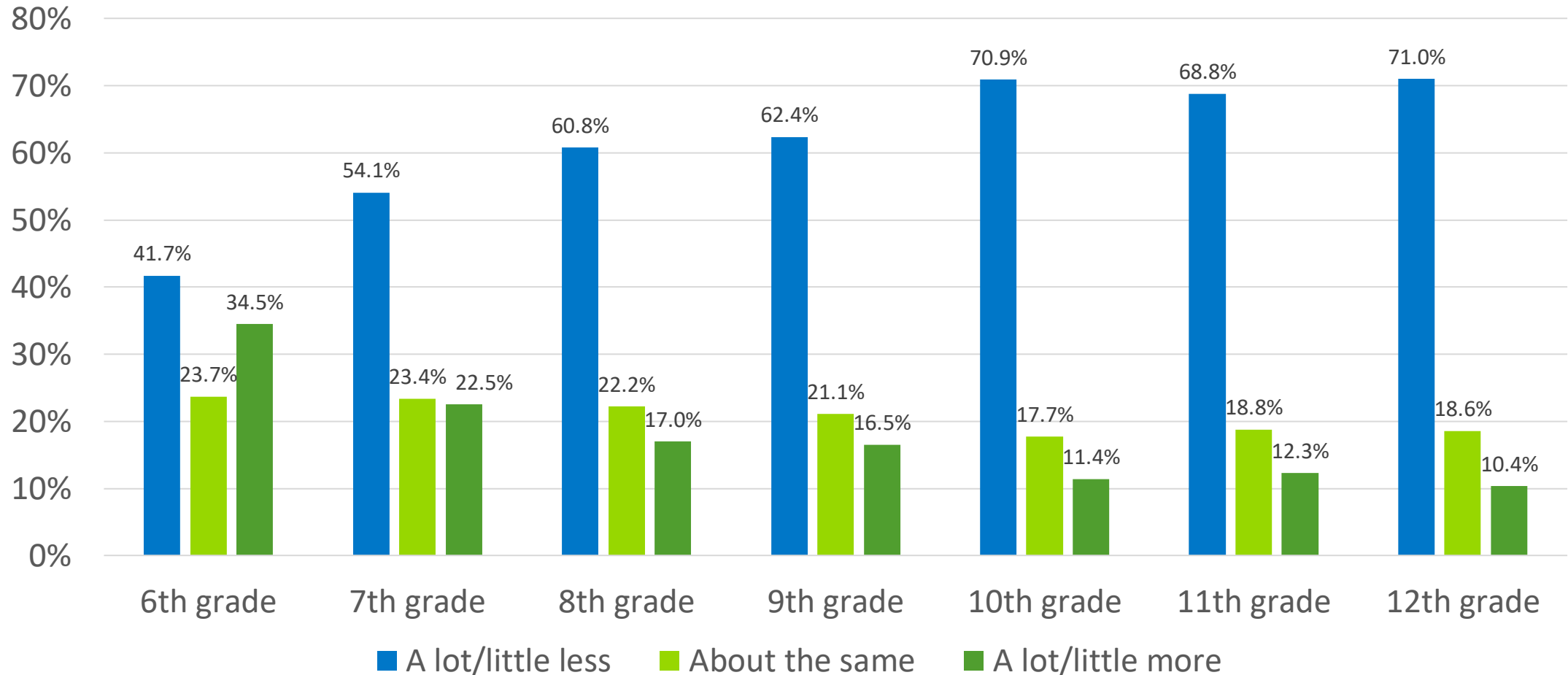


■ "Strongly Agree" or "Agree"

# “Compared to LAST school year, what are your grades like during THIS school year so far?”



# “How much do you feel you have learned across all of your classes this school year, compared to last school year before the COVID-19 pandemic?”

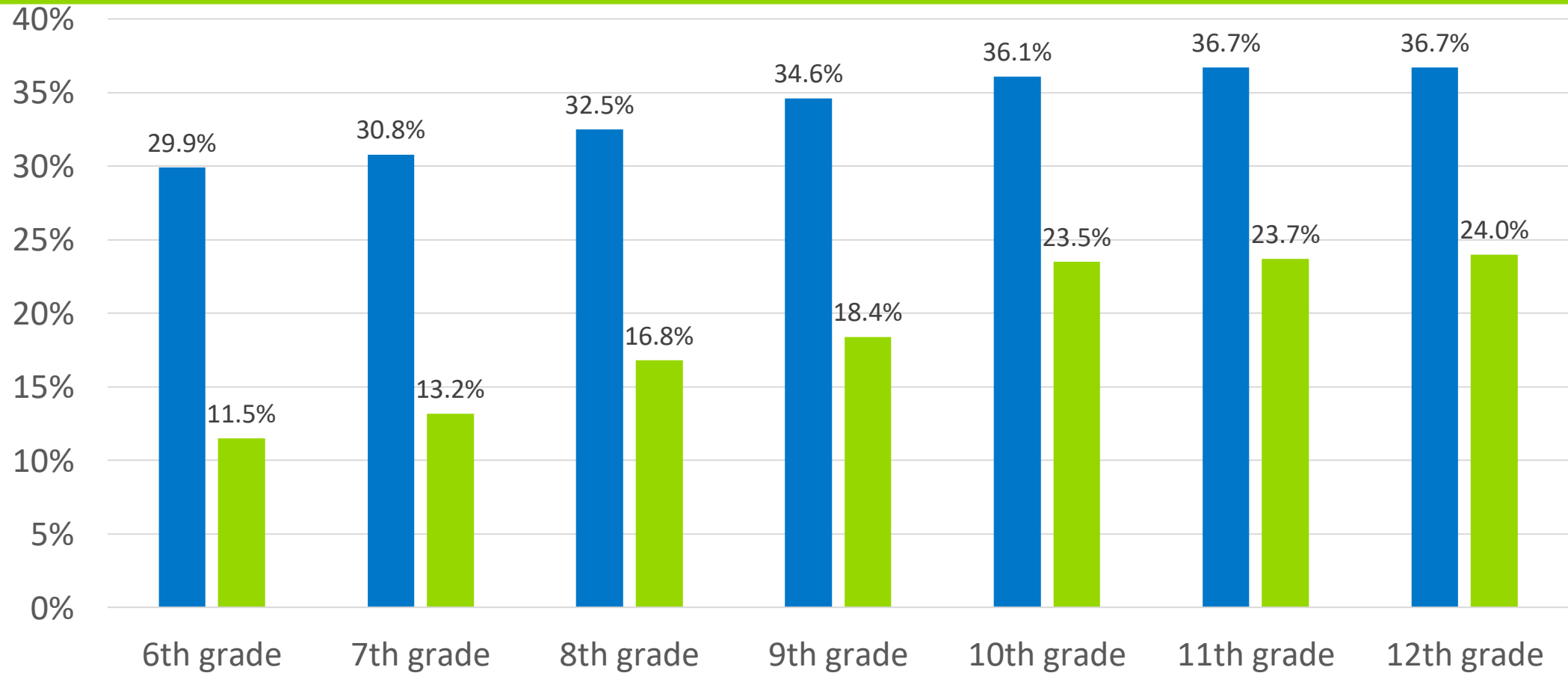


# Results: Mental Health

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“During the past 12 months, have you felt depressed or sad MOST days, even if you felt OK sometimes?”



■ "Yes" ■ "YES!"



# Mental Health Resources

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*If students respond “yes” to any of the next three items, the following 6 resources appeared on their screen:*

**Washington Teen Link**

<https://www.teenlink.org/>  
1-866-TEENLINK (833-6546)

**Crisis Text Line**

<https://www.crisistextline.org/>  
Text HOME to 741741

**You Are Not Alone Network (for Native youth):**

<http://www.youarenotalonenetwork.org/>  
1-877-209-1266

**The Trevor Project (for LGBT youth):**

<https://www.thetrevorproject.org/> to text or chat  
1-866-488-7386 to talk

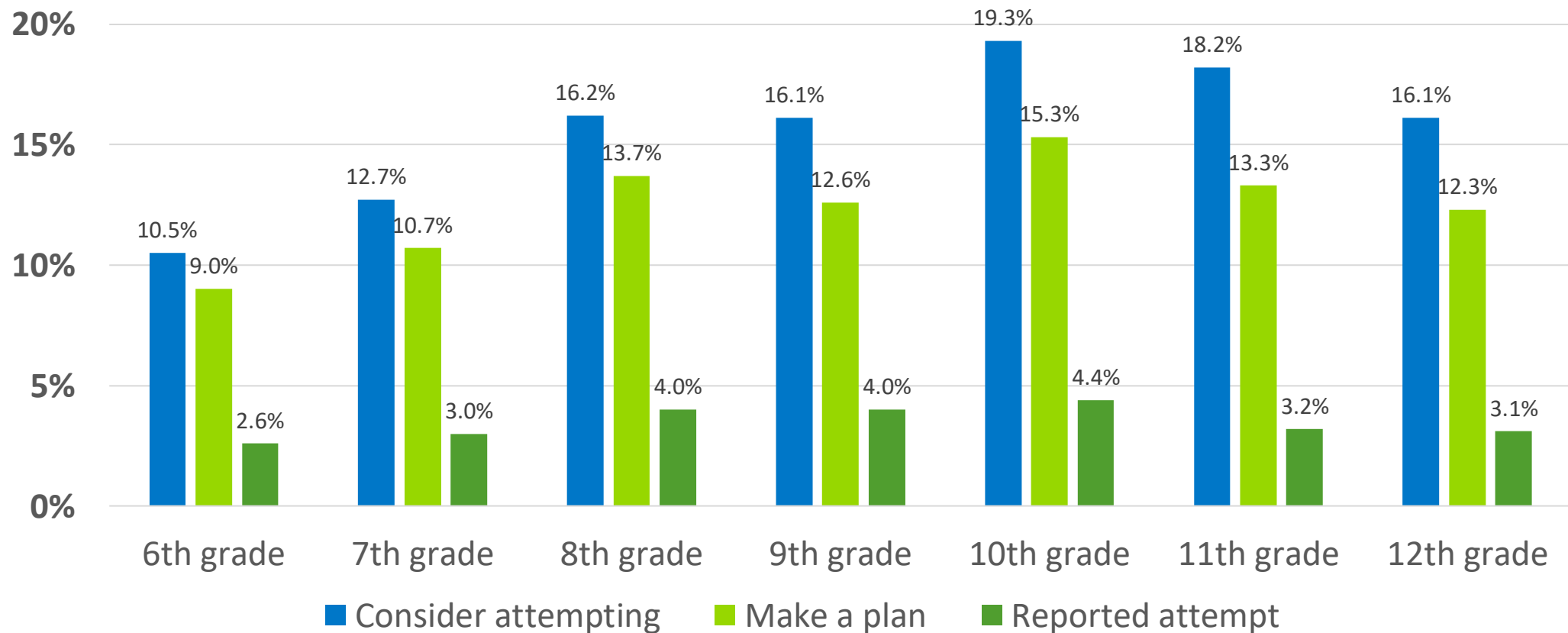
**National Teen Line:**

<https://teenlineonline.org/>  
1-800-852-8336 or text TEEN to 839363

**National Suicide Prevention Lifeline**

<https://suicidepreventionlifeline.org/>  
1-800-273-8255 (TRS: 1-800-799-4889)

“During the past 12 months, did you...ever seriously consider attempting suicide? make a plan about how you would attempt suicide? actually attempt suicide?”



“During the past 12 months, did you try to get mental health services from a counselor, therapist, emergency room, or other health care provider?”

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During the past 12 months	Middle School	High School
Tried to get mental health services	16%	23%
Of those who tried, able to receive services	69%	69%

# Results: Substance Use

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# Substance Use

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During the past 30 days	Middle School	High School
Smoked cigarettes	0.7%	1.7%
Used e-cigarette/JUUL/vape pen	2.0%	7.3%
Drank alcohol	1.8%	7.7%
Used marijuana	1.4%	7.9%

# Mental Health & Substance Use Disparities

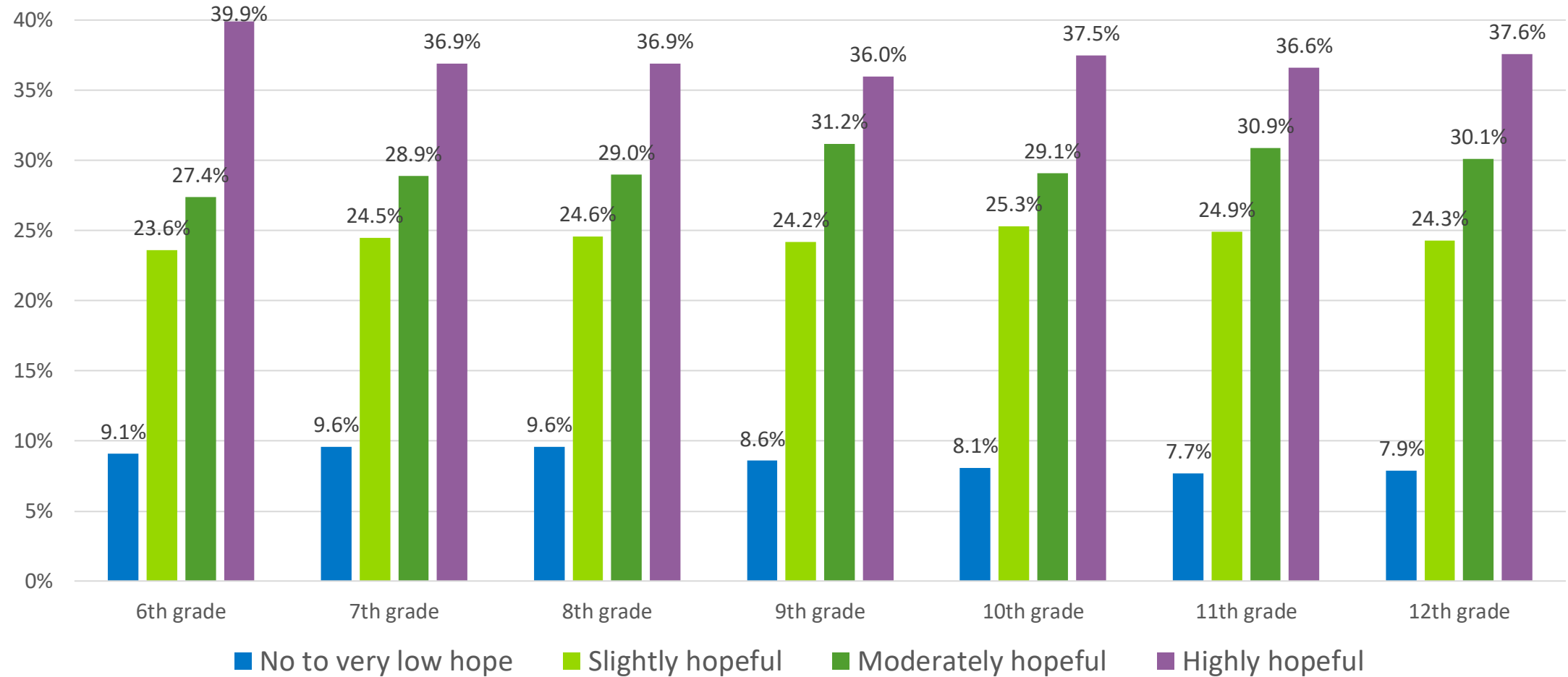
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- ▶ Prolonged feelings of sadness and hopelessness were most common among LGBTQ+ youth, those identifying as having a disability, and those from migratory working families
- ▶ LGBTQ+ youth and those that identify as having a disability reported having seriously considered suicide in the past 12 months more frequently than their peers
- ▶ Overall, past 30-day substance use was more common among LGBTQ+ youth, those identifying as having a disability, and those from a migratory working family
- ▶ Topic summaries highlighting these and other findings are being released

# Results: Hopefulness & Optimism

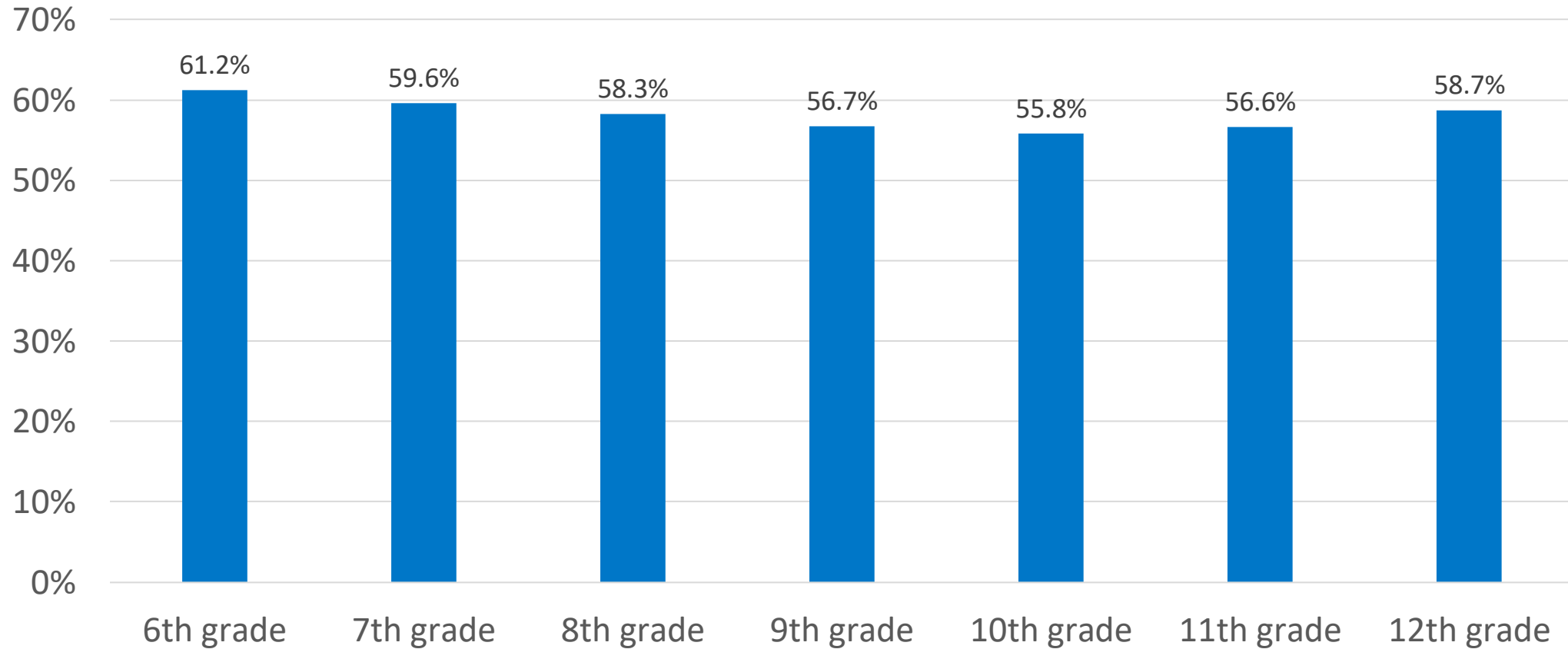
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# Hope Scale





# "I am optimistic or hopeful about my future"

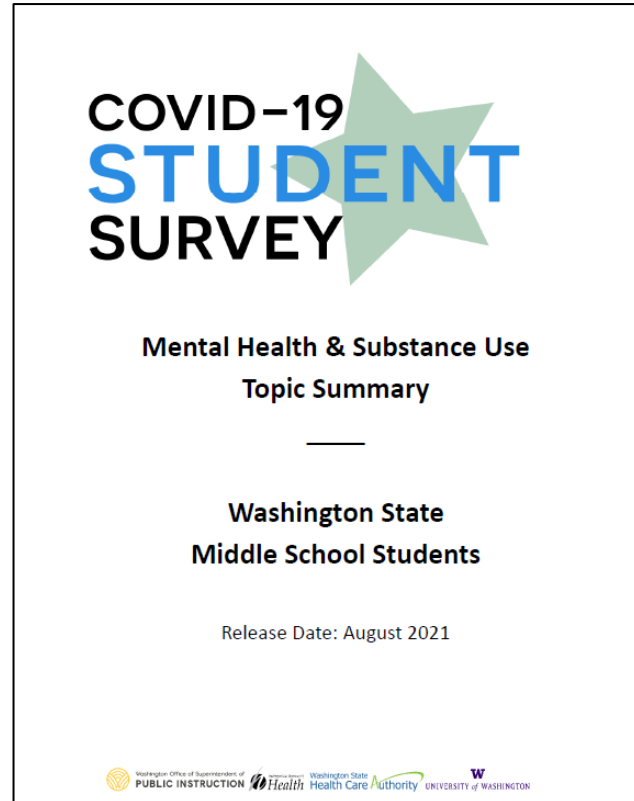


■ "A lot of the time," "Most of the time," or "All of the time"

# Next Steps

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- ▶ August-September 2021
  - ▶ Topic summaries
  - ▶ Analysis of disparities
  - ▶ Crosstabulation tool
  - ▶ Stakeholder presentations



# Questions?

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