Using the **Mental Health of Children and Young People** survey to produce a typology of mental health

Sally McManus, Valeria Kolbas, Neil Smith, Tamsin Ford and the MHCYP team

City St George's, University of London

National Centre for Social Research

23 June 2025

NatCen
Social Research

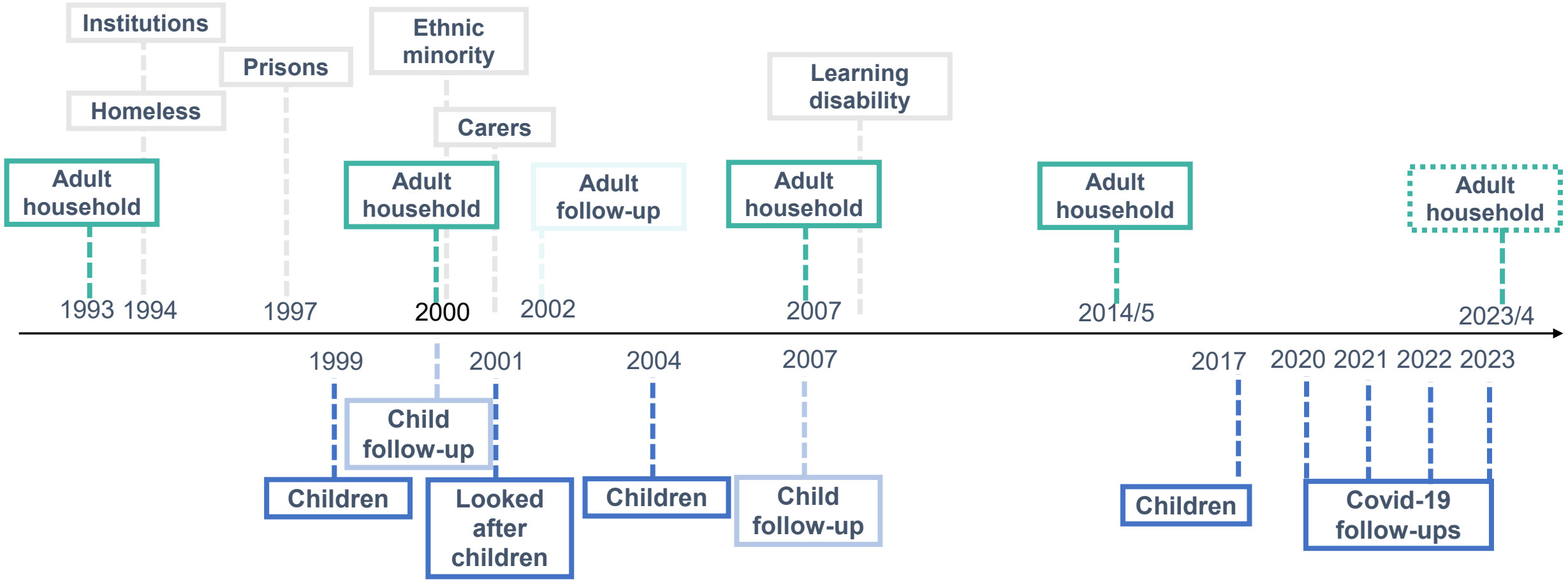
Patterning of mental health needs and support in England

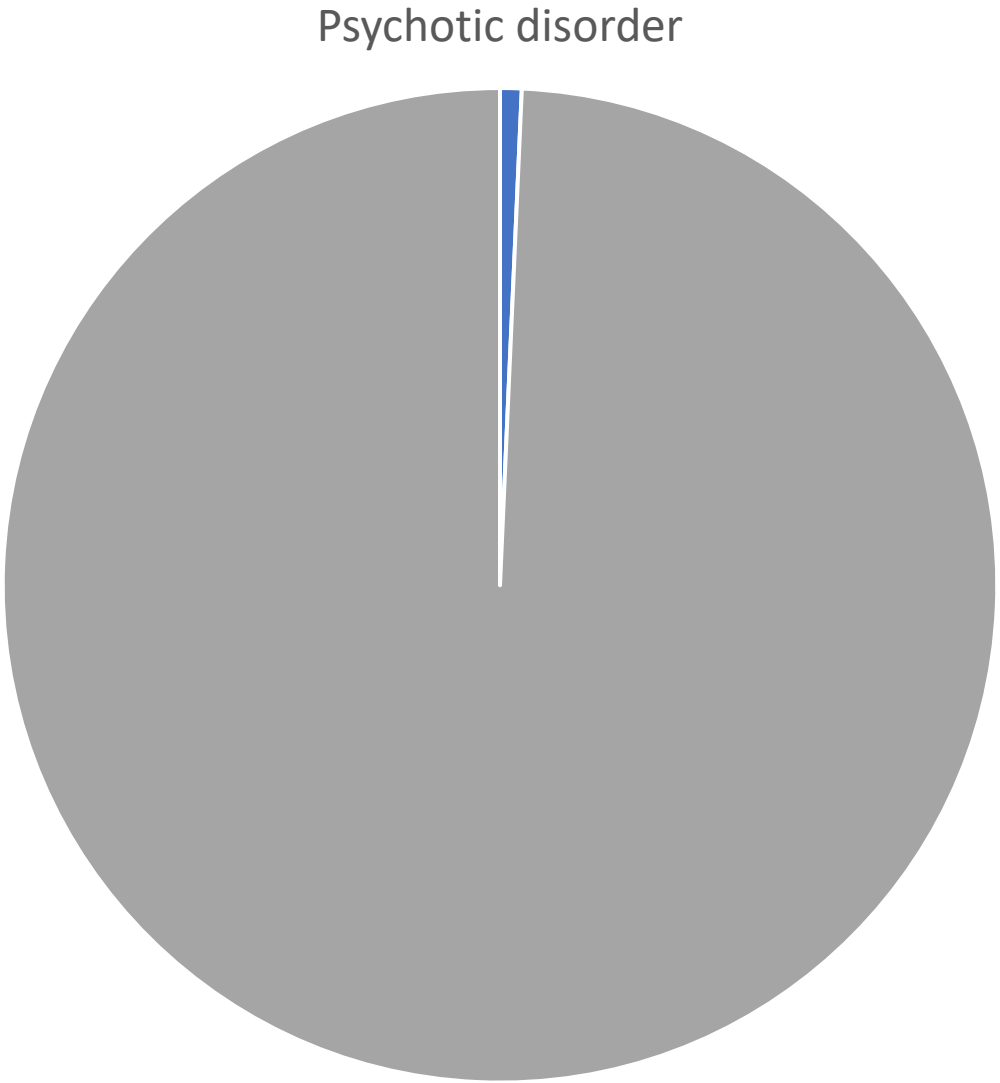
Latent class analysis of the Adult Psychiatric Morbidity Survey

A typology of mental health difficulties among children and young people in England

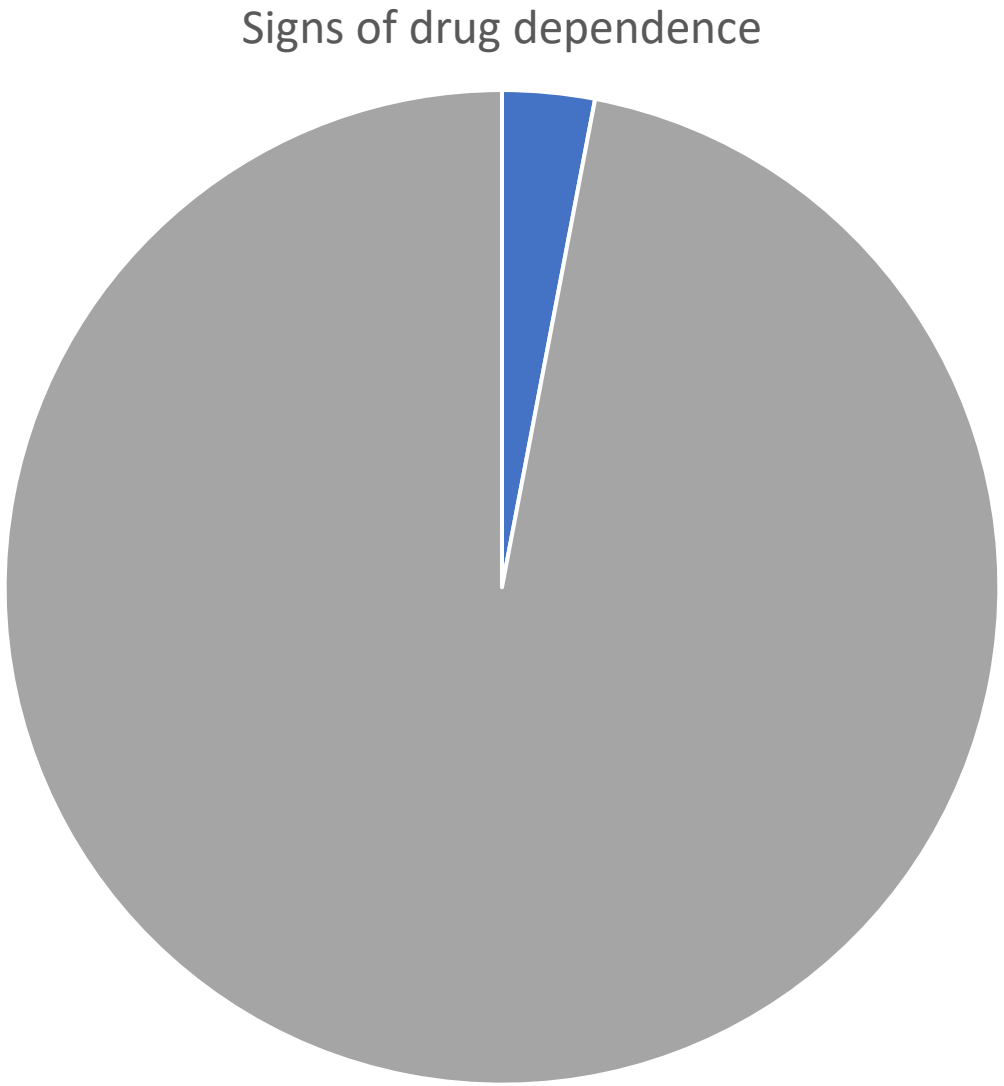
A latent class analysis of data from the 2017 Mental Health of Children and Young People Survey

National surveys of child and adult mental health in England

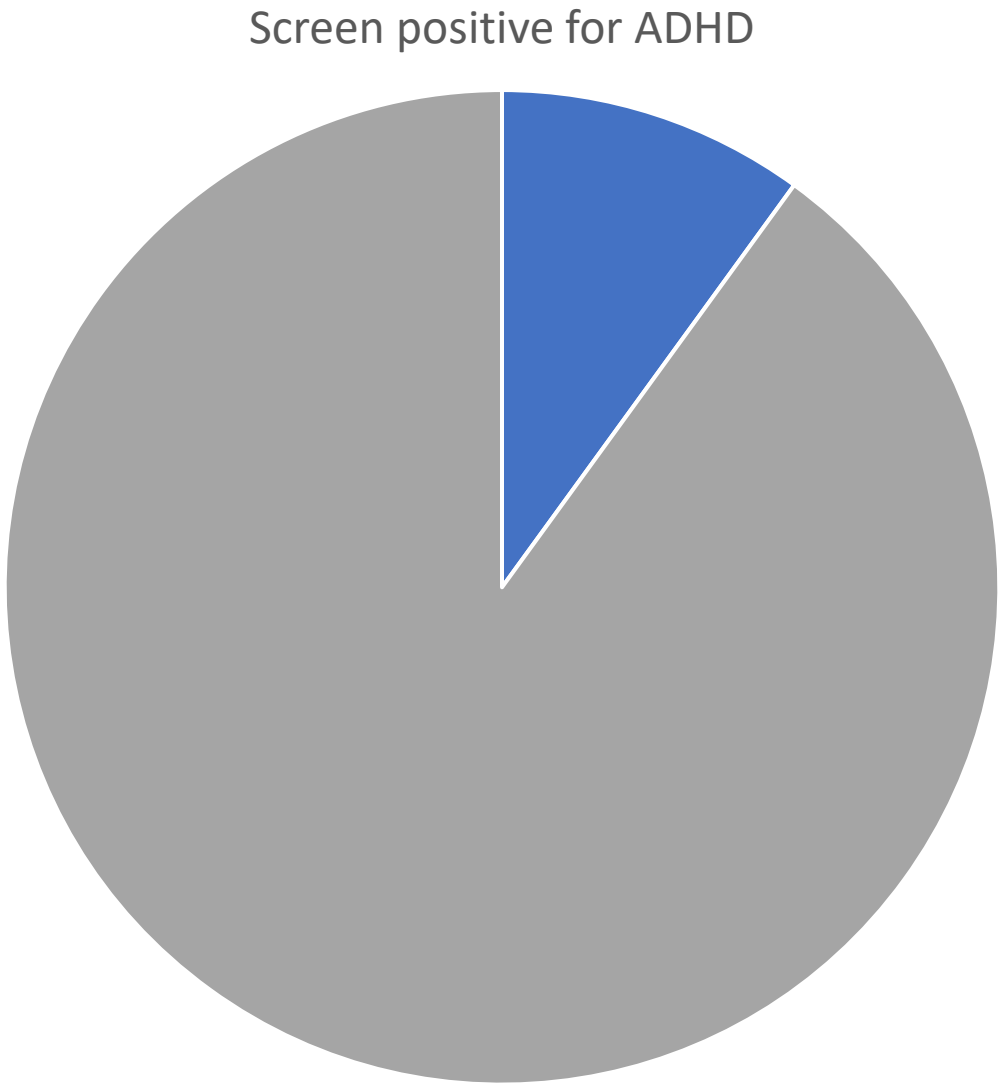




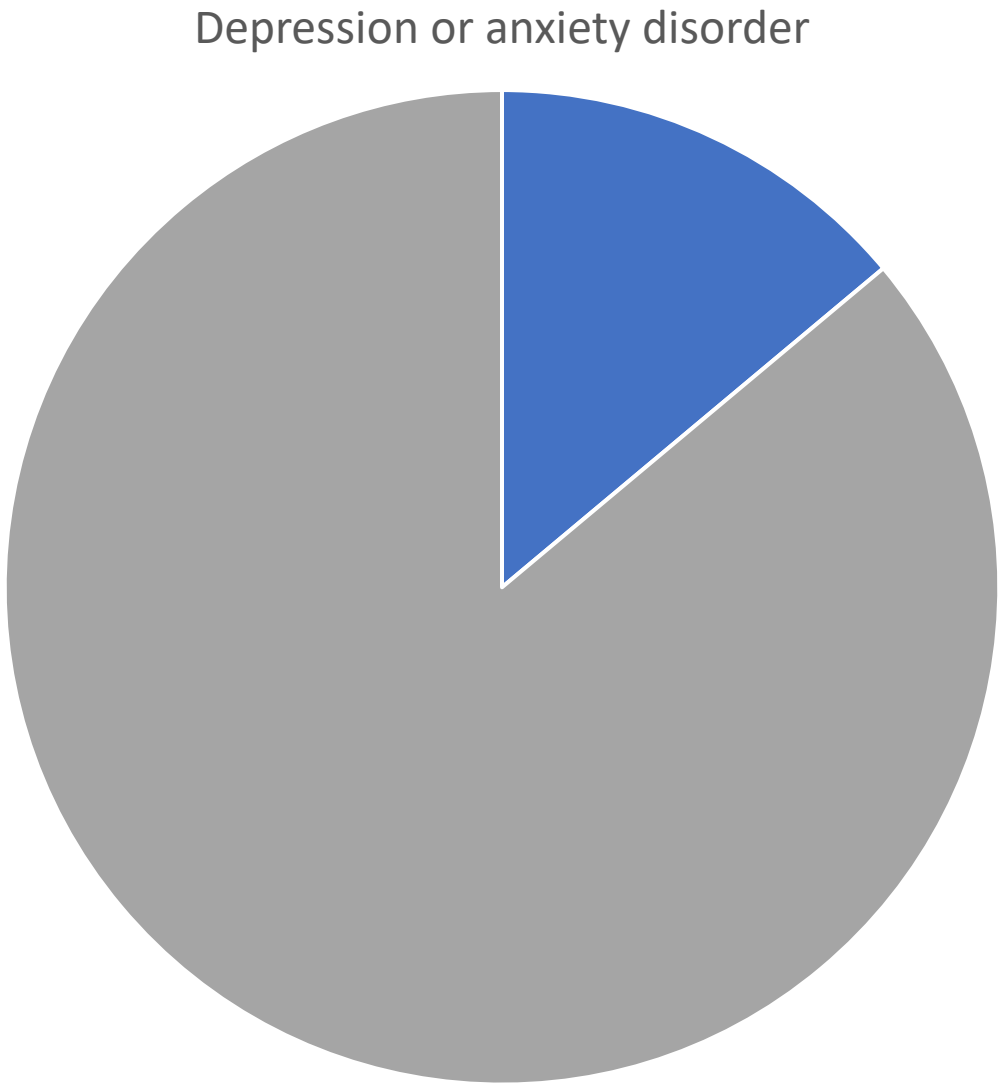
Adult Psychiatric Morbidity Survey 2014



Adult Psychiatric Morbidity Survey 2014

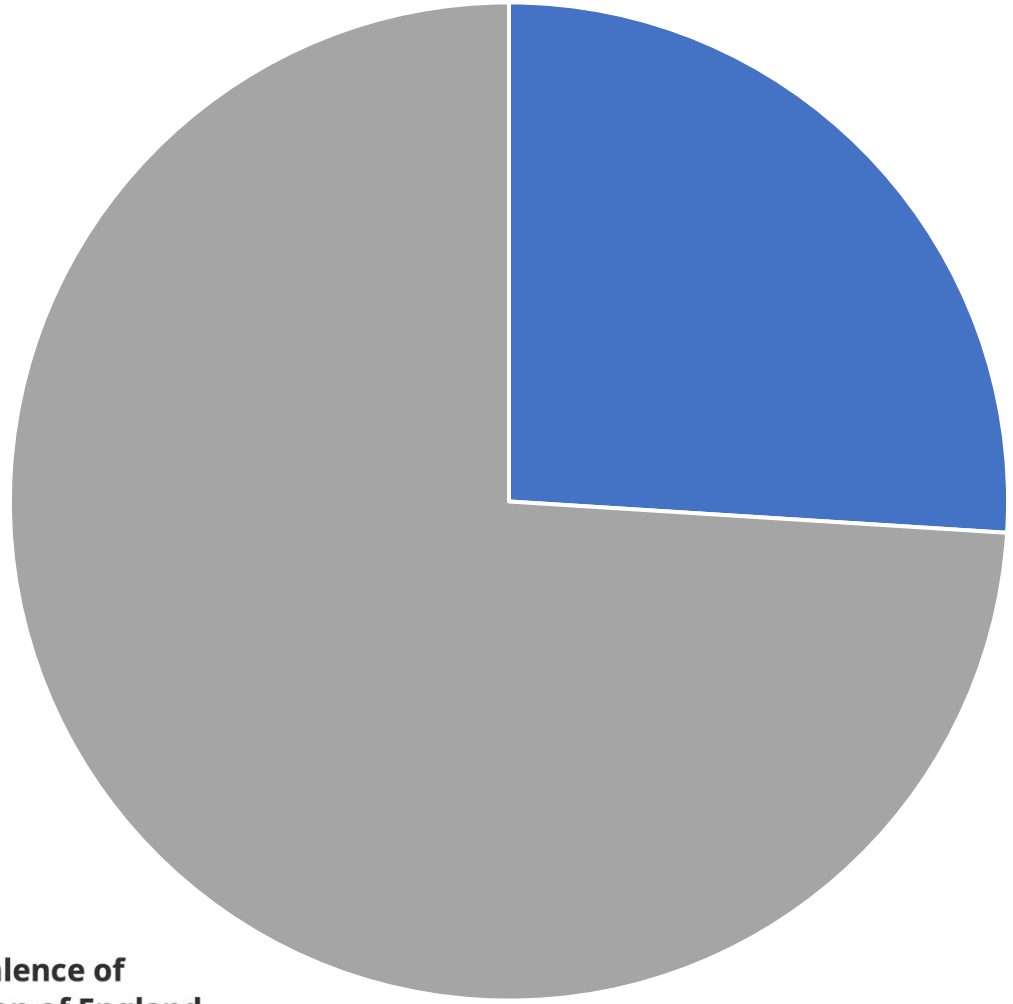


Adult Psychiatric Morbidity Survey 2014



Adult Psychiatric Morbidity Survey 2014

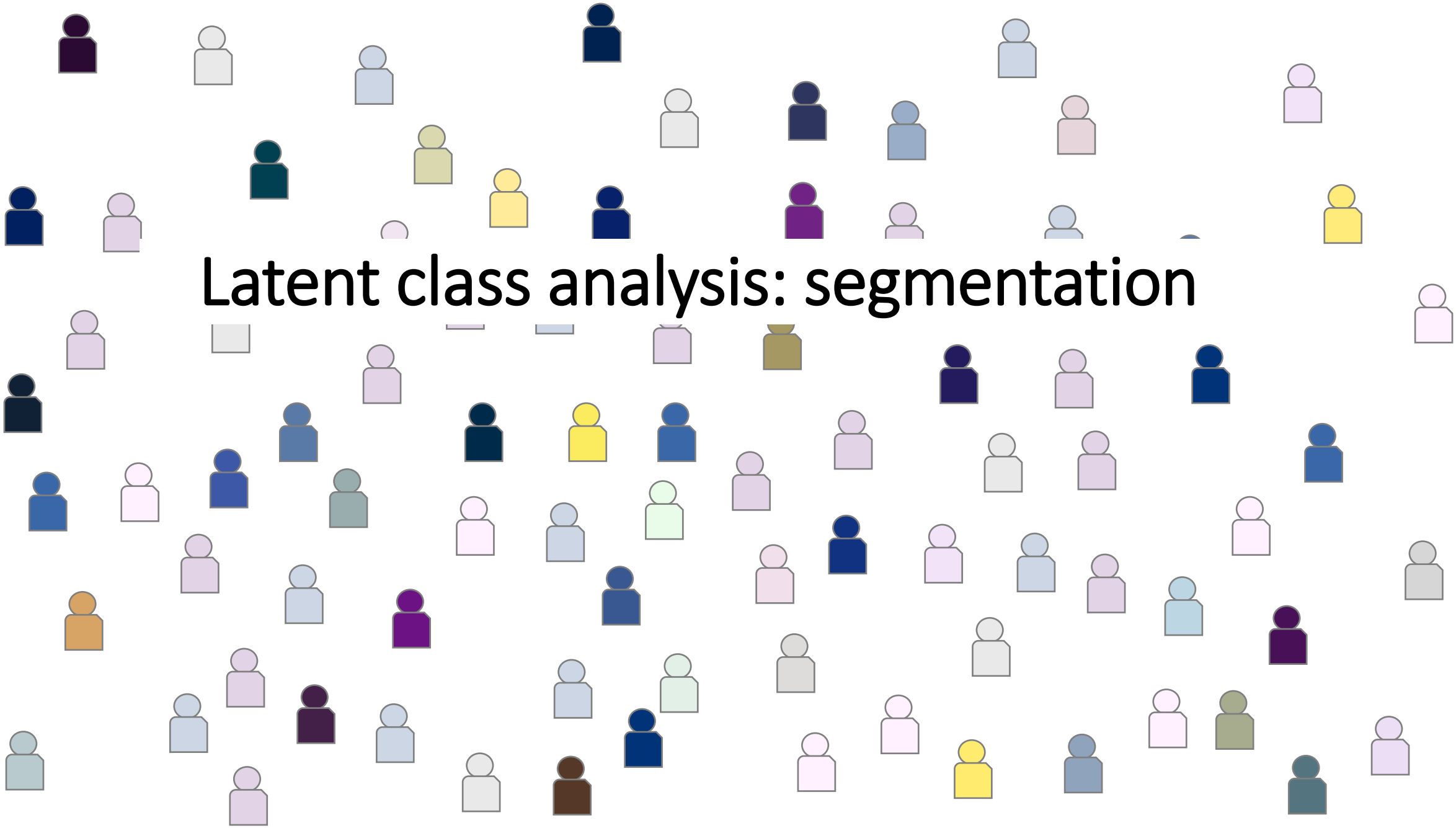
Psychosis + depression + anxiety disorder+ ADHD + drug and alcohol…



Revisiting the one in four: the prevalence of psychiatric disorder in the population of England 2000–2014

Published online by Cambridge University Press: **05 September 2019**

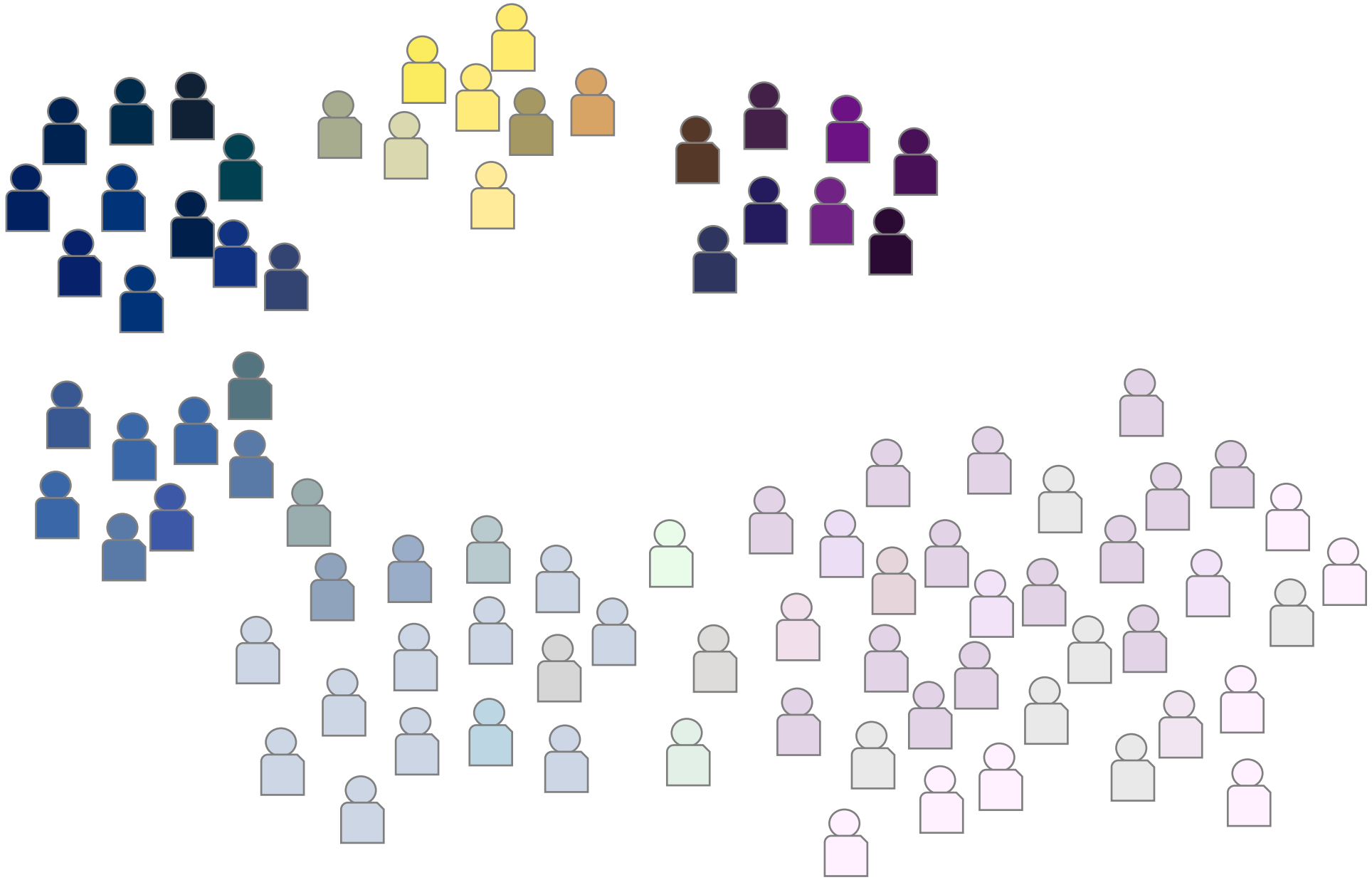
Paul E. Bebbington and Sally McManus Show author details

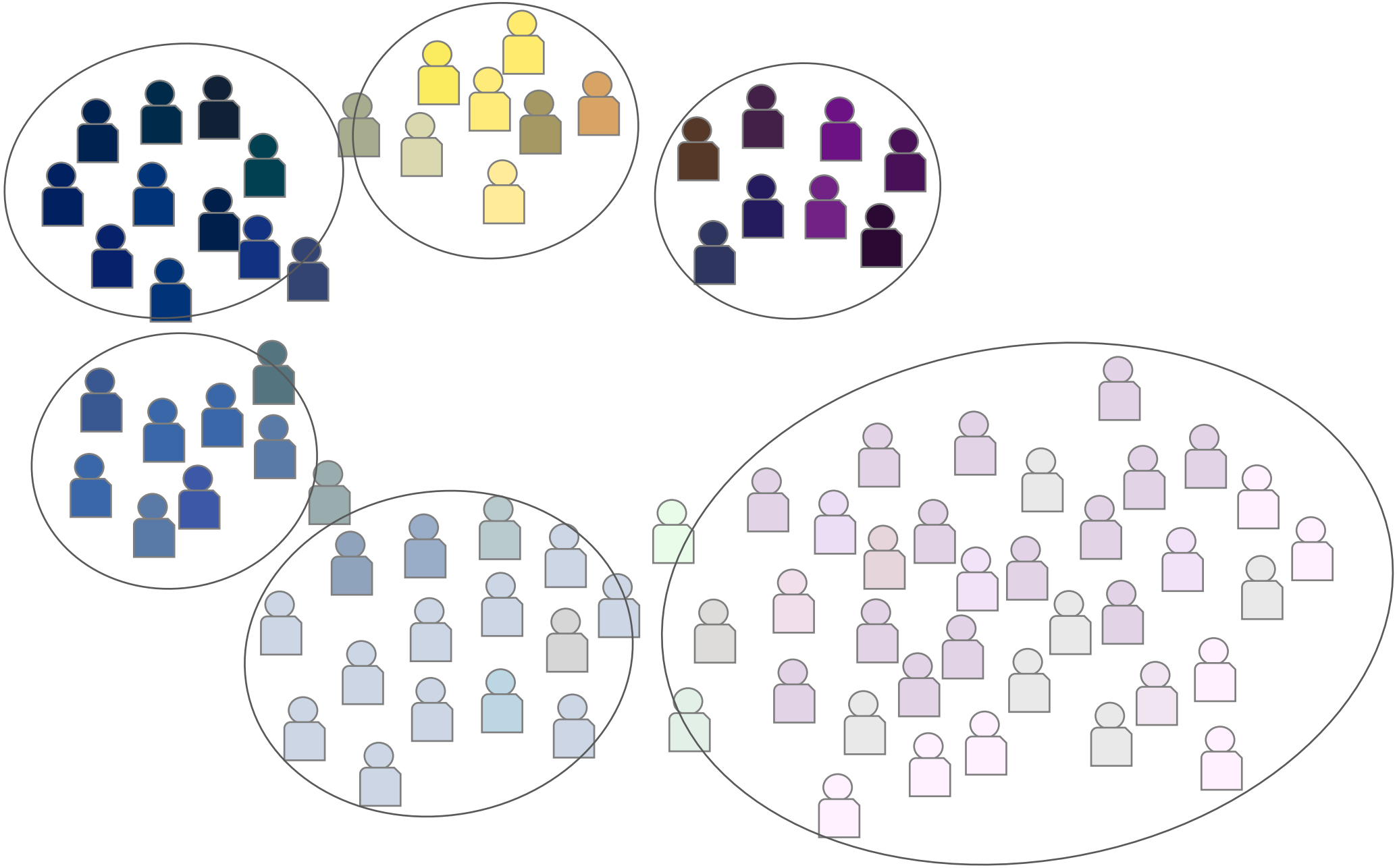


Latent class analysis: segmentation

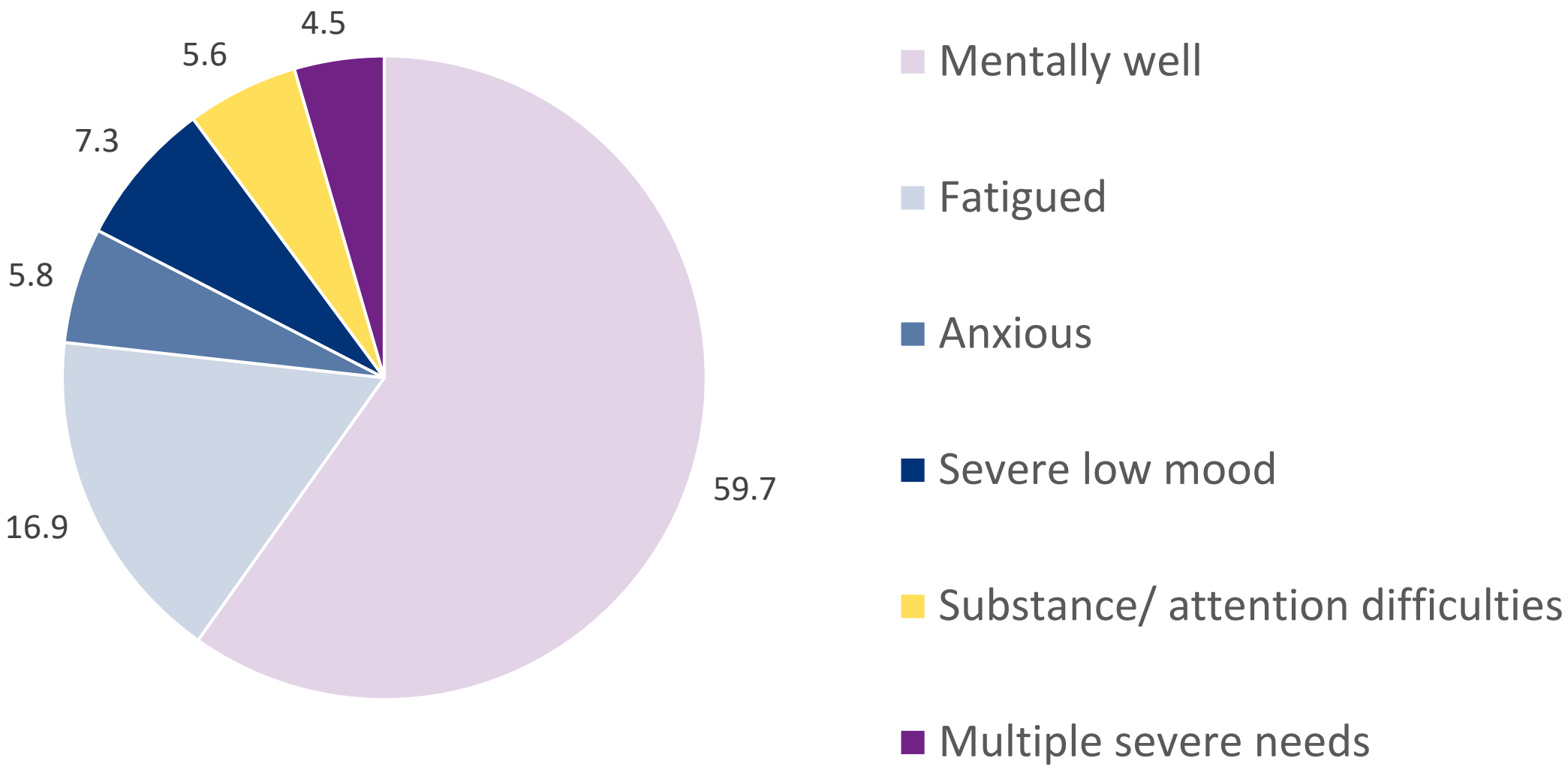
Indicators added to the typology model

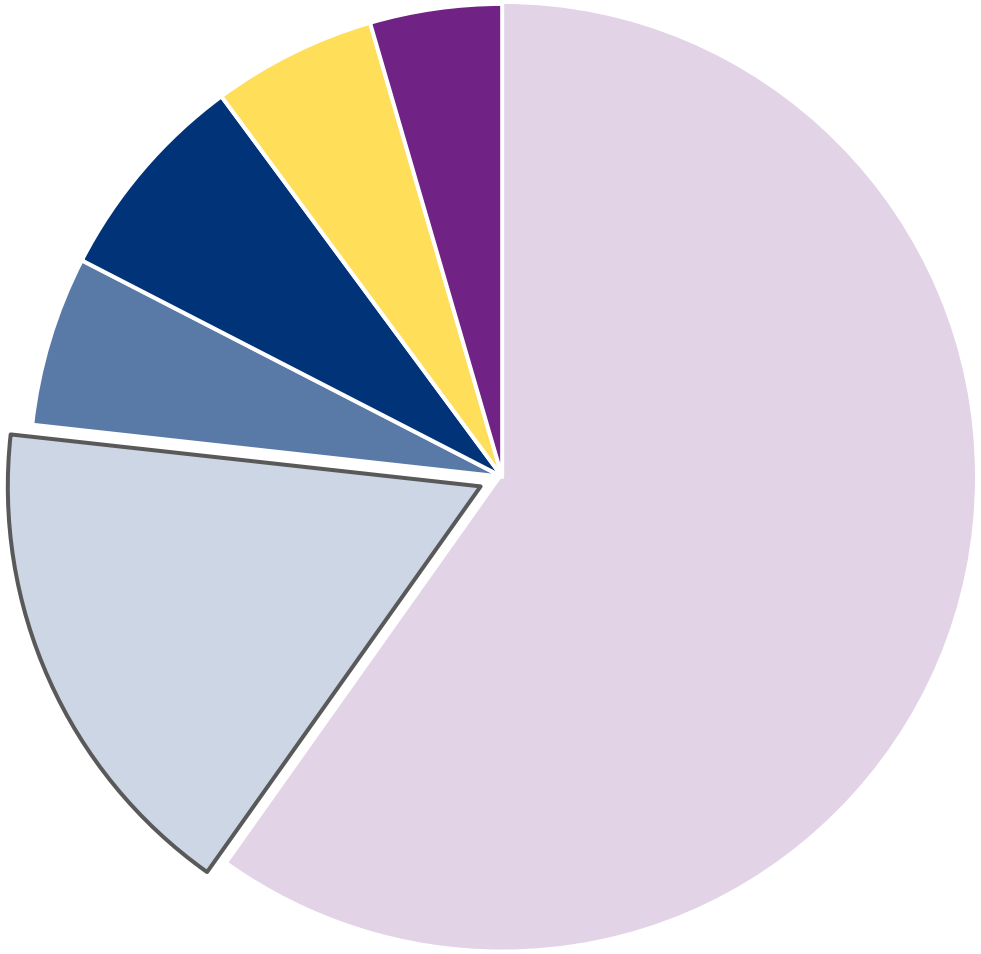
- Fatigue
- Concentration/forgetfulness
- Sleep problems
- Depressive ideas
- Irritability
- Worry
- Anxiety/phobias/panic
- Obsessions/compulsions
- Somatic symptoms
- Post traumatic stress disorder
- Bipolar disorder
- Psychosis
- Attention-deficit/hyperactivity disorder
- Autistic traits
- Eating disorder (self-identified)
- Drug dependence
- Alcohol harmful use/dependence





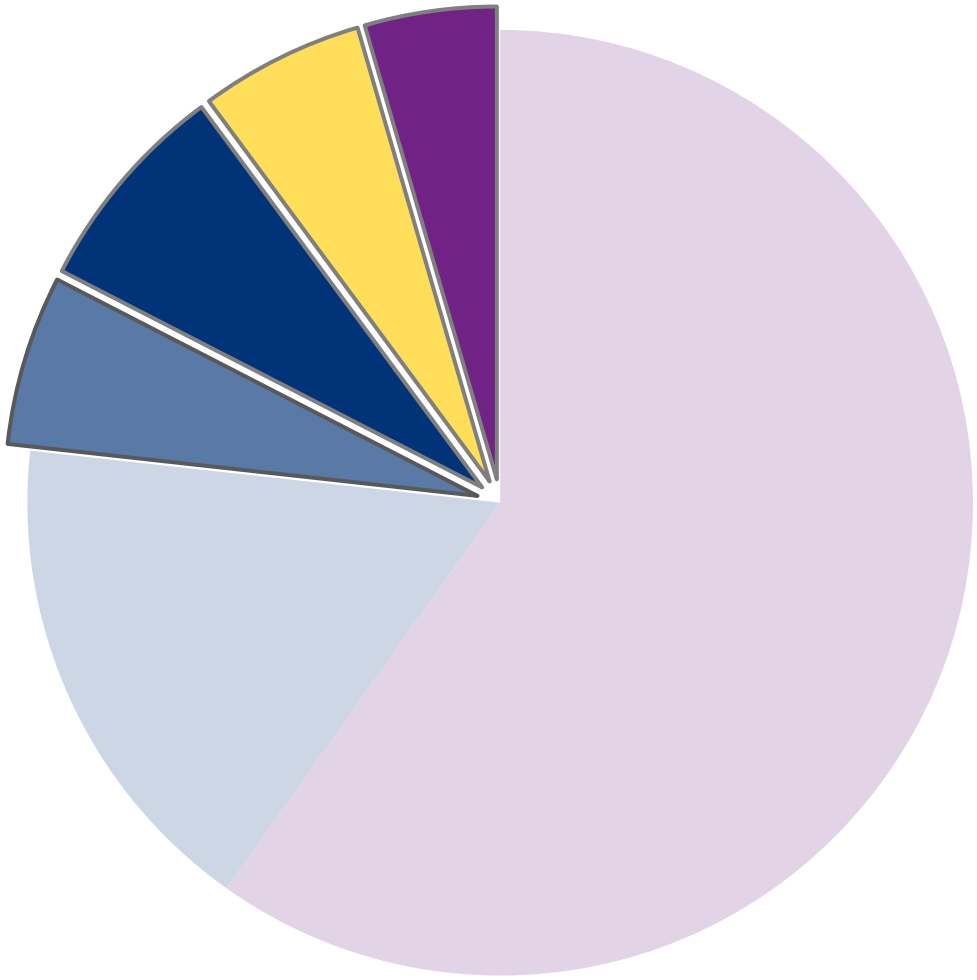
Adult population typology: six groups





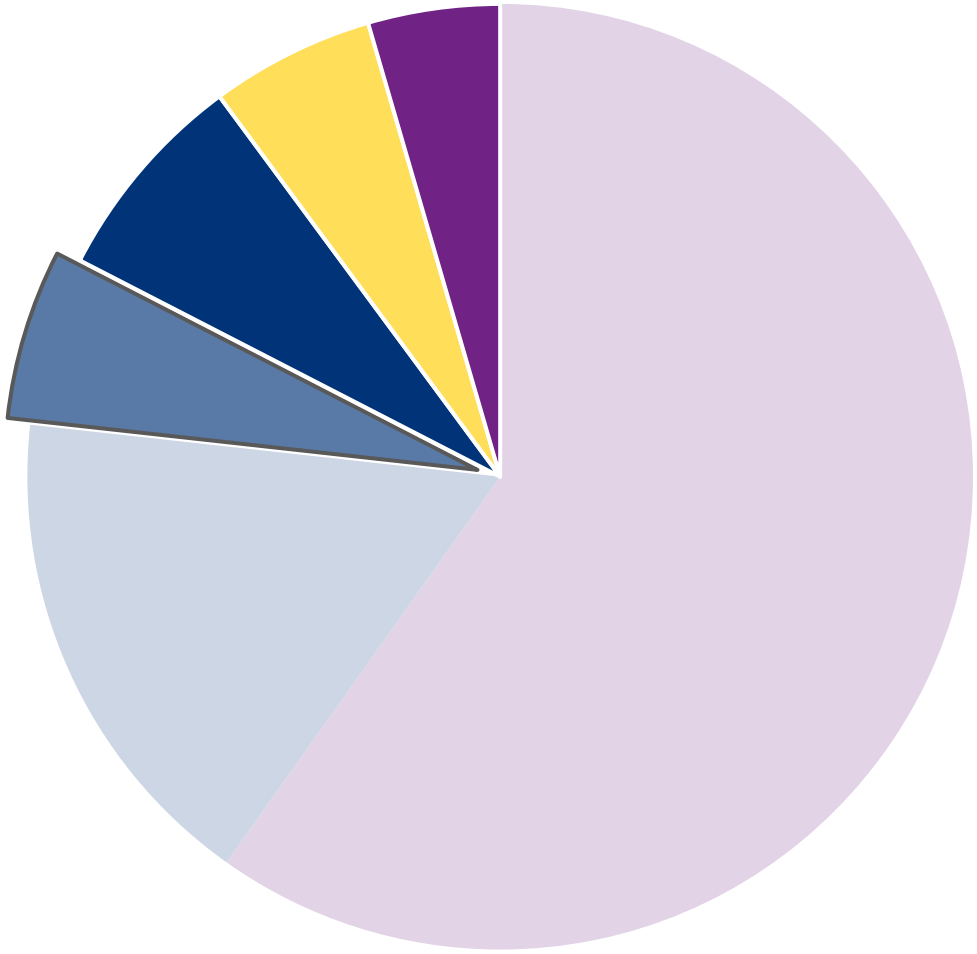
‘Fatigued’

- 17% of adults
- ~2 indicators present
- 76% fatigue
- 50% sleep problems
- Irritability, worry
- CIS-R score: 7



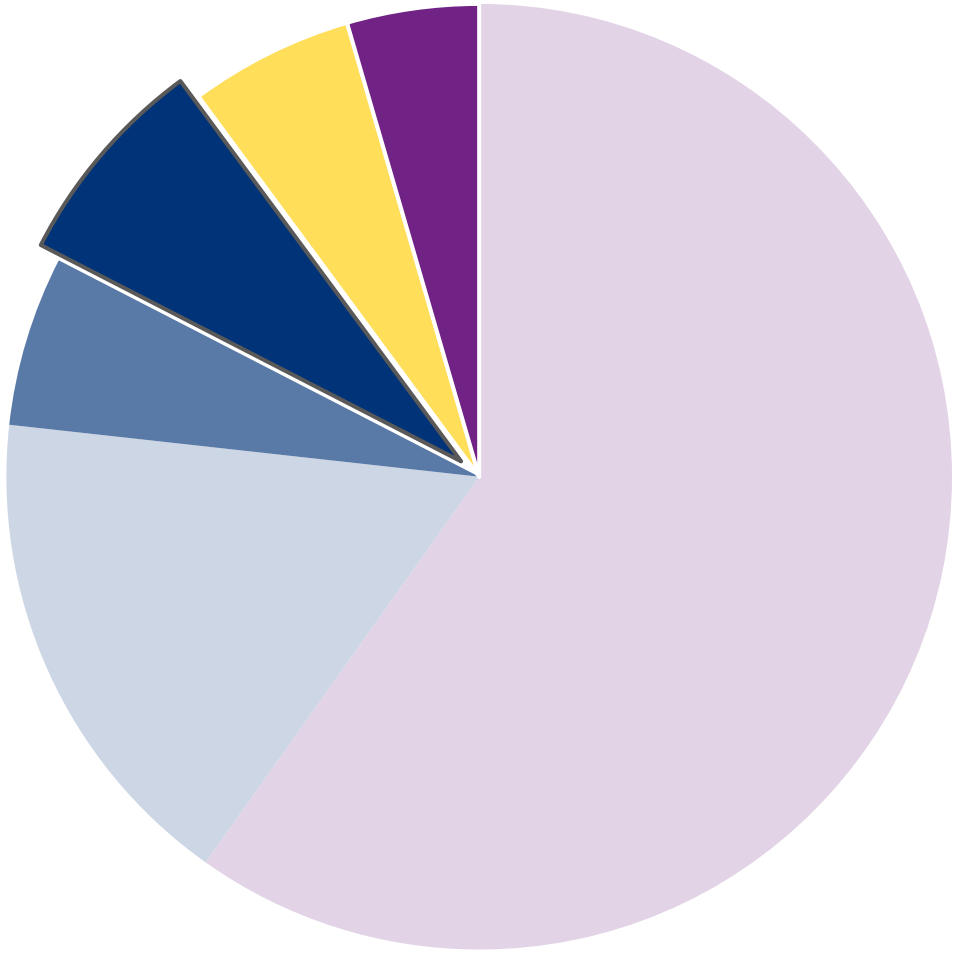
One in four

- Four distinct groups
- Similar size



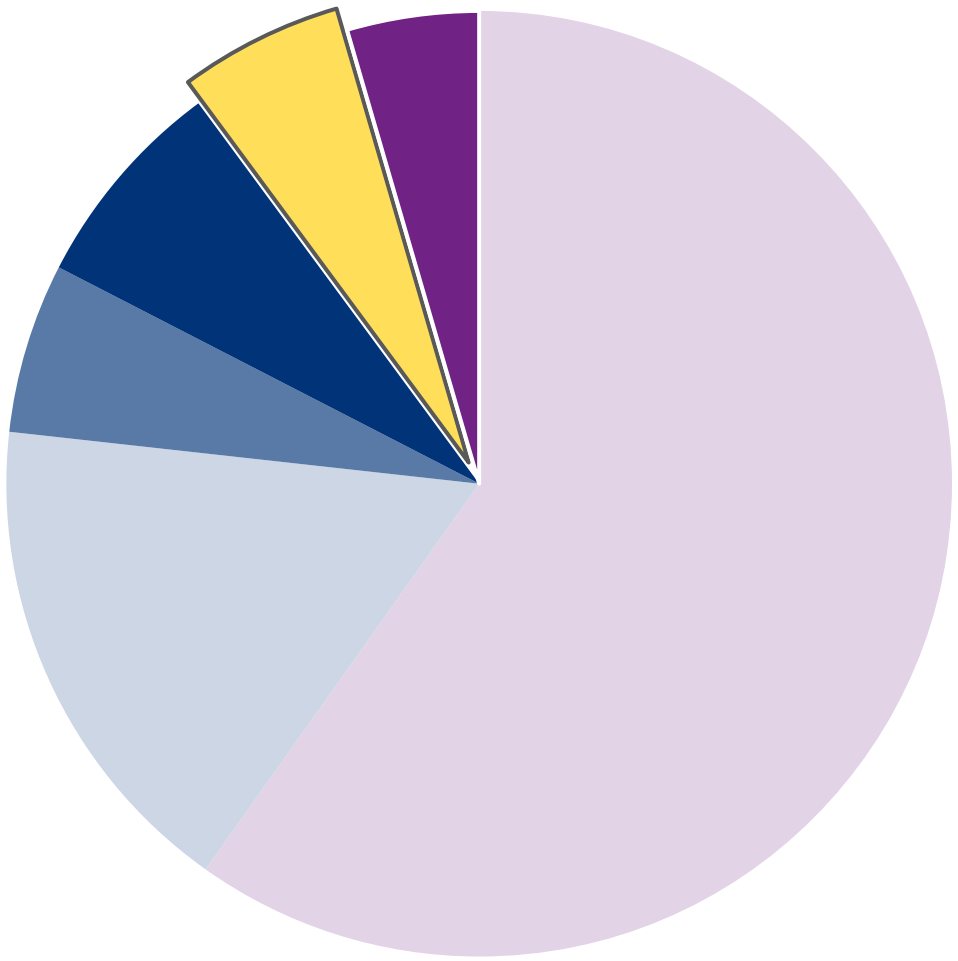
‘Anxious’

- 6% of population
- ~4 indicators present
- Worry (89%)
- Anxiety, phobia, panic (65%)
- Obsessive/compulsive (46%)
- Some depressive/sleep/fatigue
- CIS-R score: 12



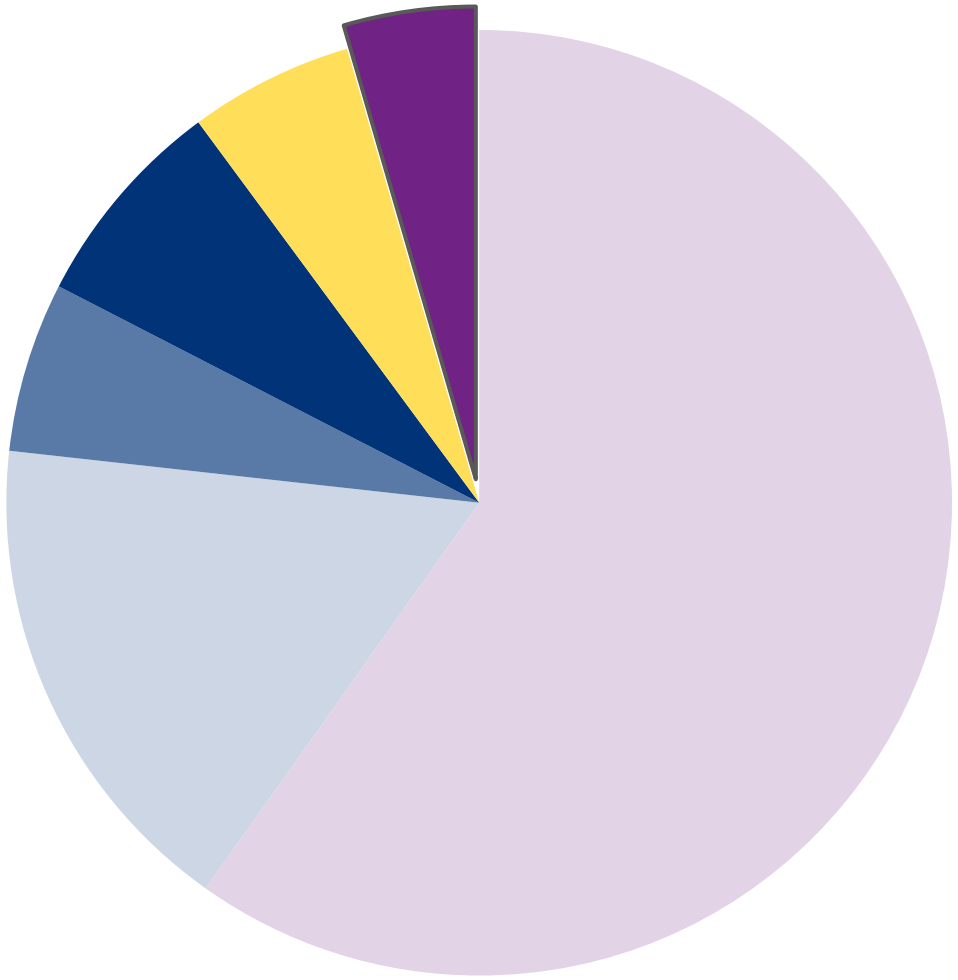
‘Severe low mood’

- 7% of population
- ~6 indicators present
- Fatigue (97%)
- Sleep problems (73%)
- Depressive ideas (66%)
- Concentration/forgetfulness (58%)
- Worry (76%)
- Some anxiety and irritability
- CIS-R score: 18



‘Substance/attention difficulties’

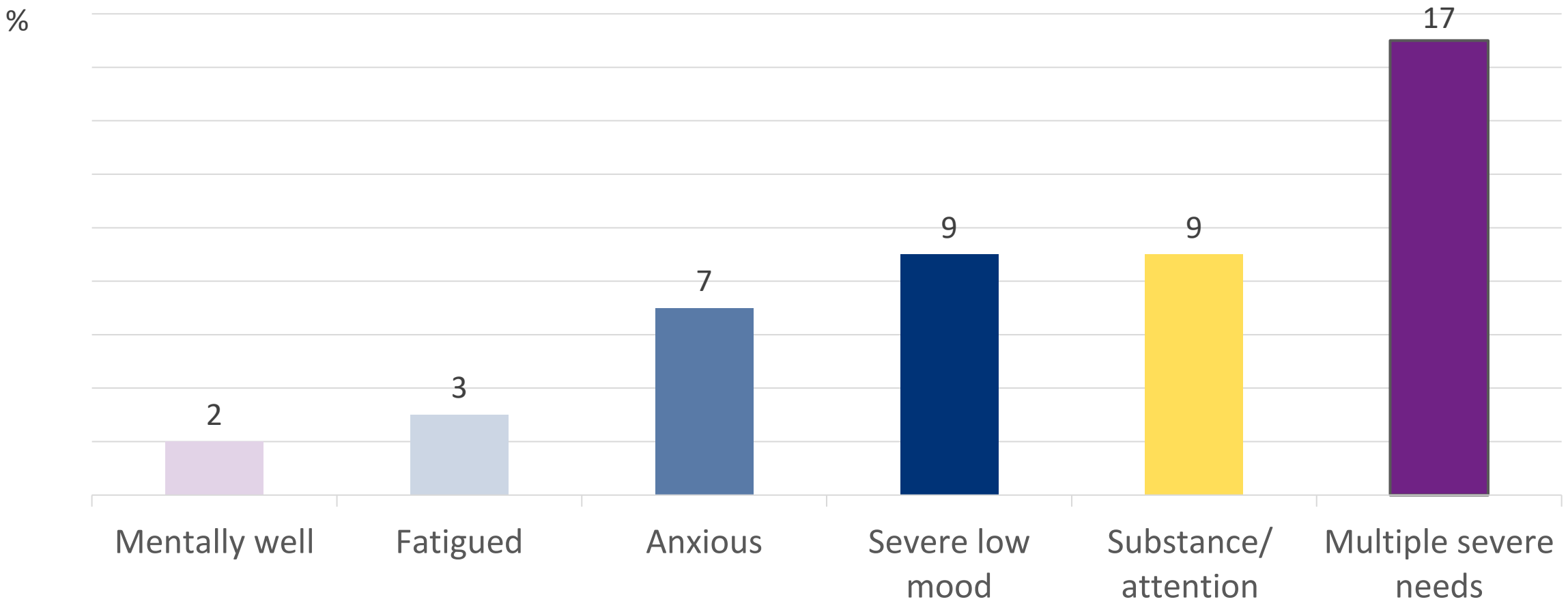
- 6% of population
- 3 or 4 indicators present
- Alcohol (49%)
- Drug dependence (28%)
- ADHD (46%)
- CIS-R score: 6
- Concentration/forgetfulness
- Obsessive/compulsive



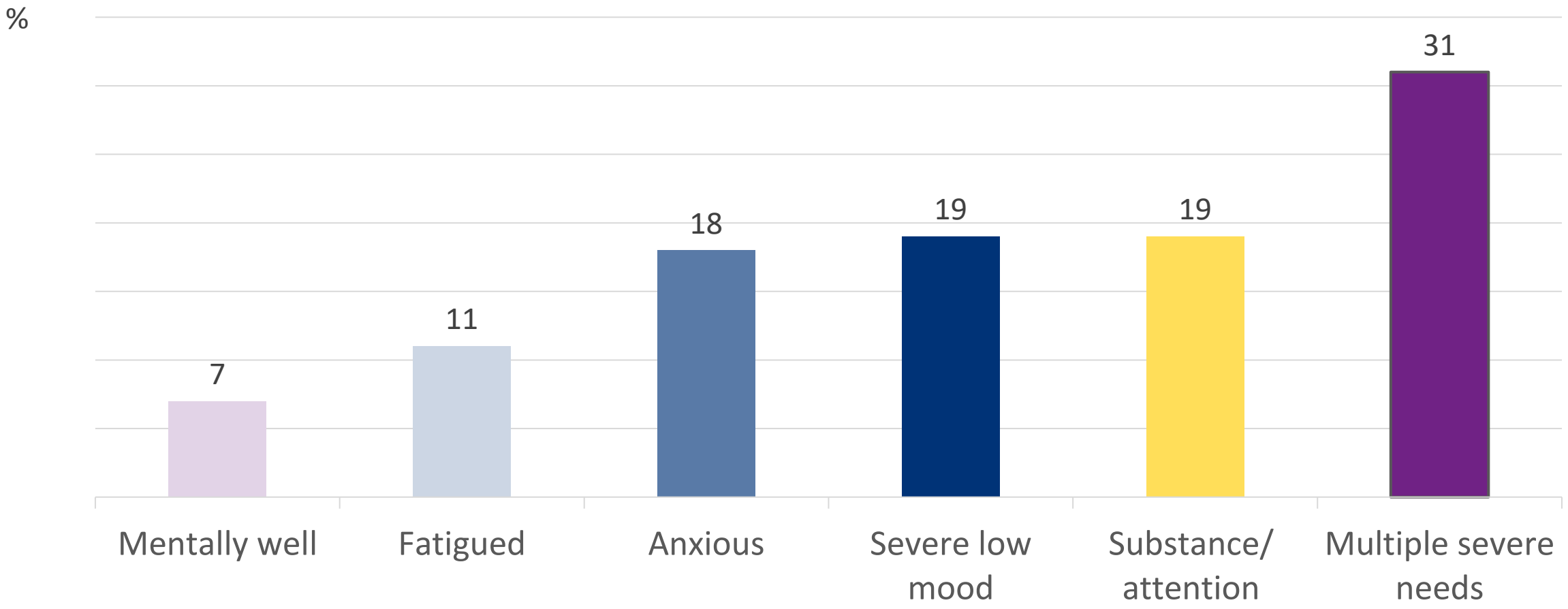
‘Multiple severe needs’

- 5% of population
- ~10 indicators present
- CIS-R score: 27
- PTSD (84%)
- Psychosis (29%)
- Bipolar (33%)
- Autistic traits (29%)
- Eating disorder (15%)
- ADHD (63%)
- Drug (13%), Alcohol (34%)

Proportion in each group: **ever been homeless**



Proportion in each group: **sexual abuse in childhood**

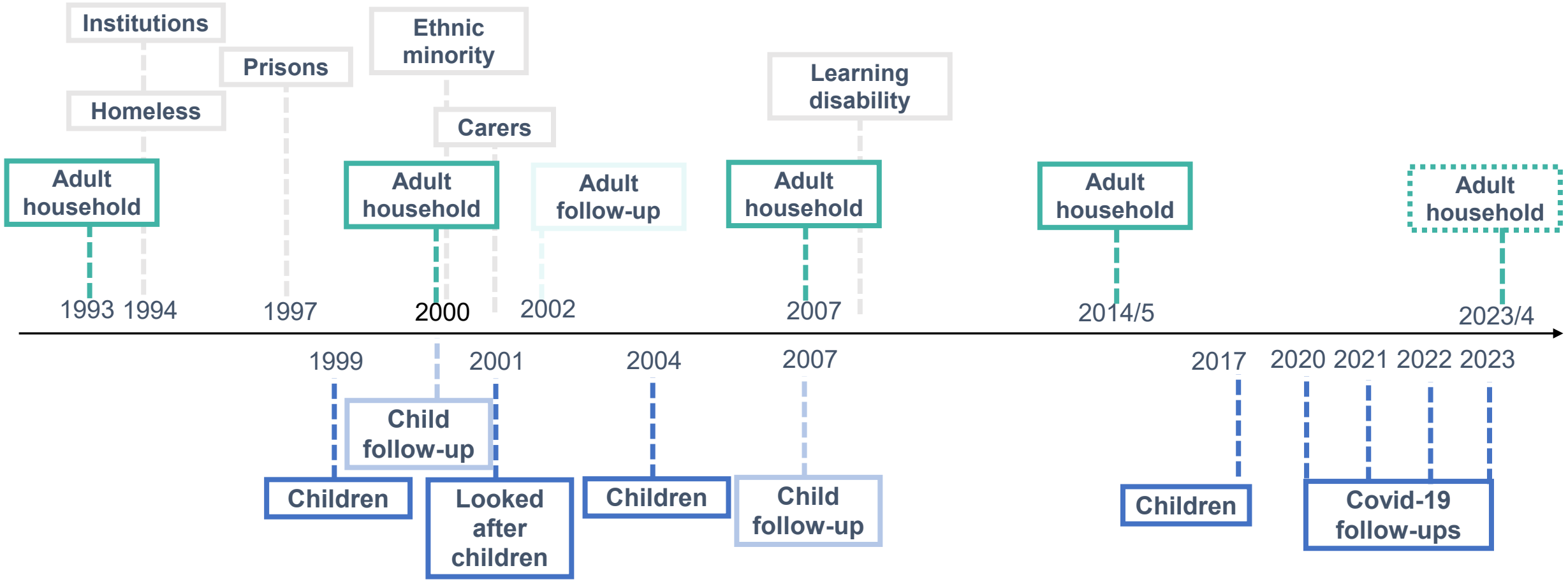


One in four – plus fatigued

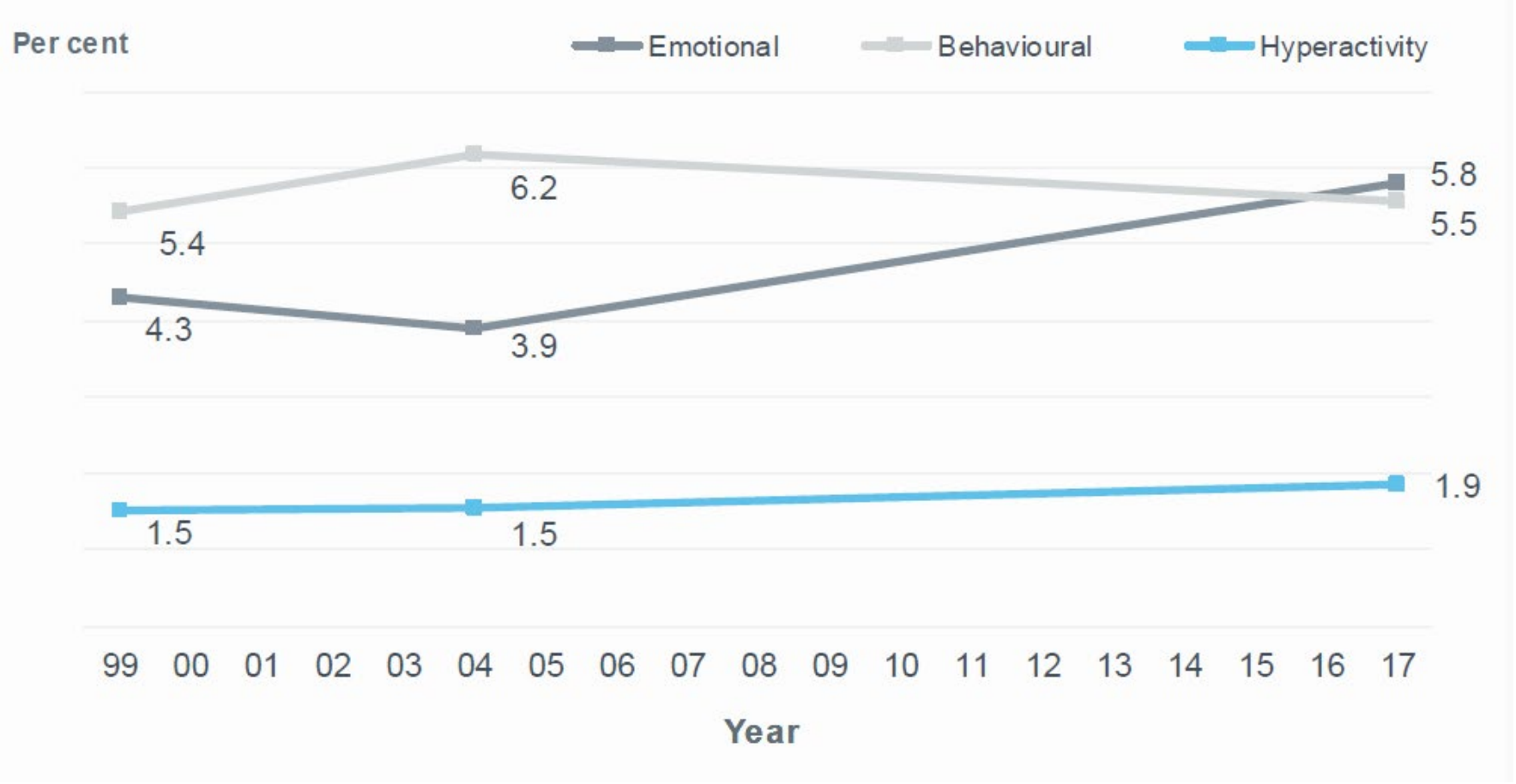
Distinct mental health groups emerge

- **Anxious:** employed, 'good' health - worry, anxiety, panic
- **Severe low mood:** older/midlife, female, isolated, half get no health services
- **Substance/attention:** young, male, more unemployed, almost entirely missed by services
- **Multiple needs:** trauma, poverty, higher suicide risk

National surveys of child and adult mental health in England



Trends by DAWBA-assessed disorder type, 5-15 year olds in England

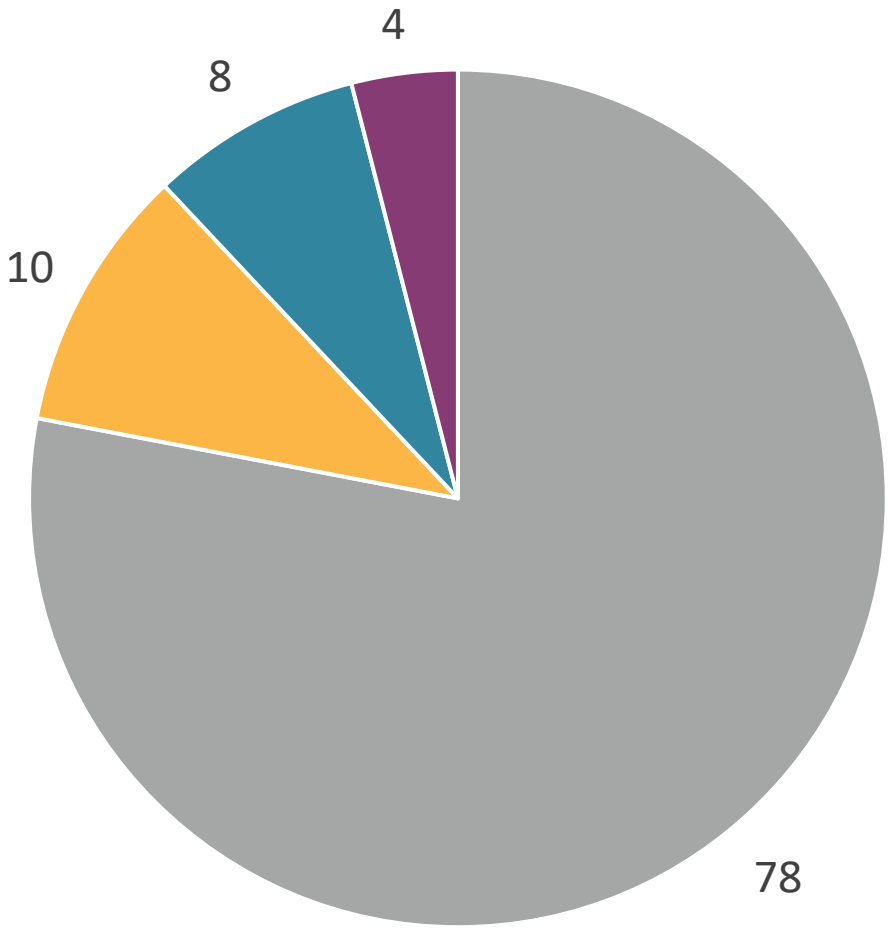


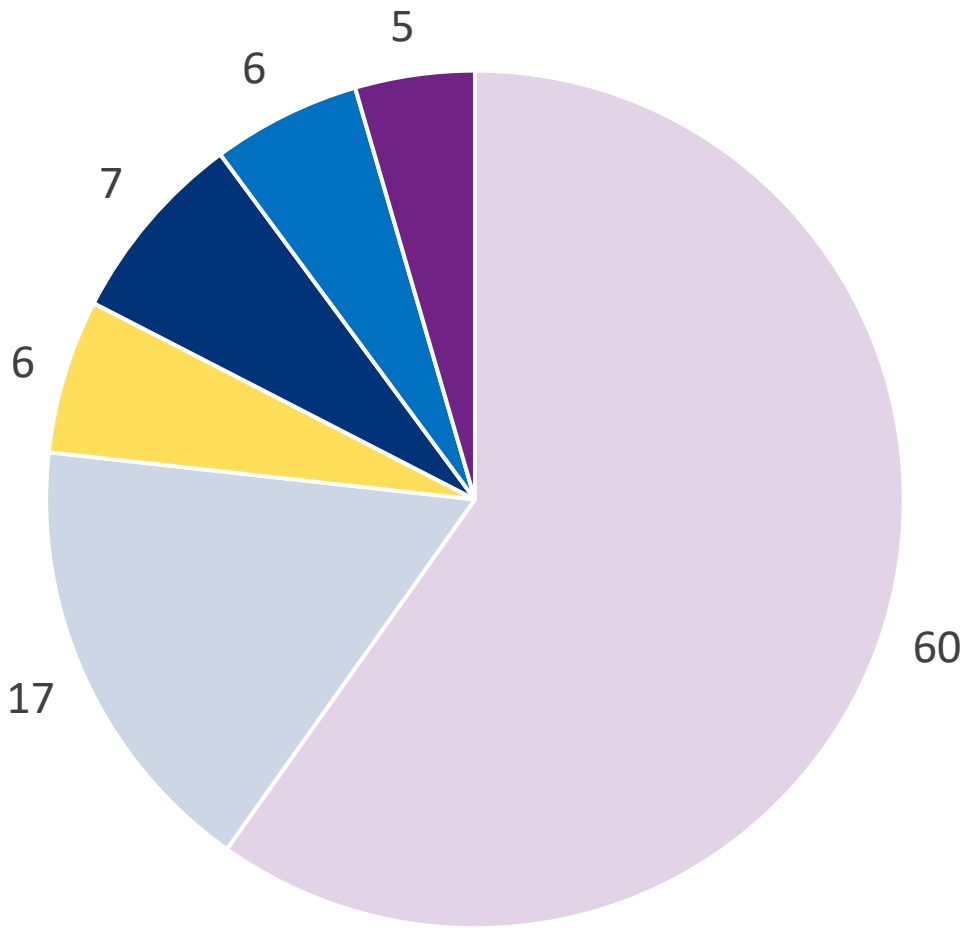
Based on child, parent, teacher report and clinical consensus rating using the DAWBA. 5-15 year olds living in England, MHCYP.

https://digital.nhs.uk/data-and-information/publications/statistical/mental-health-of-children-and-young-people-in-england/2017/2017

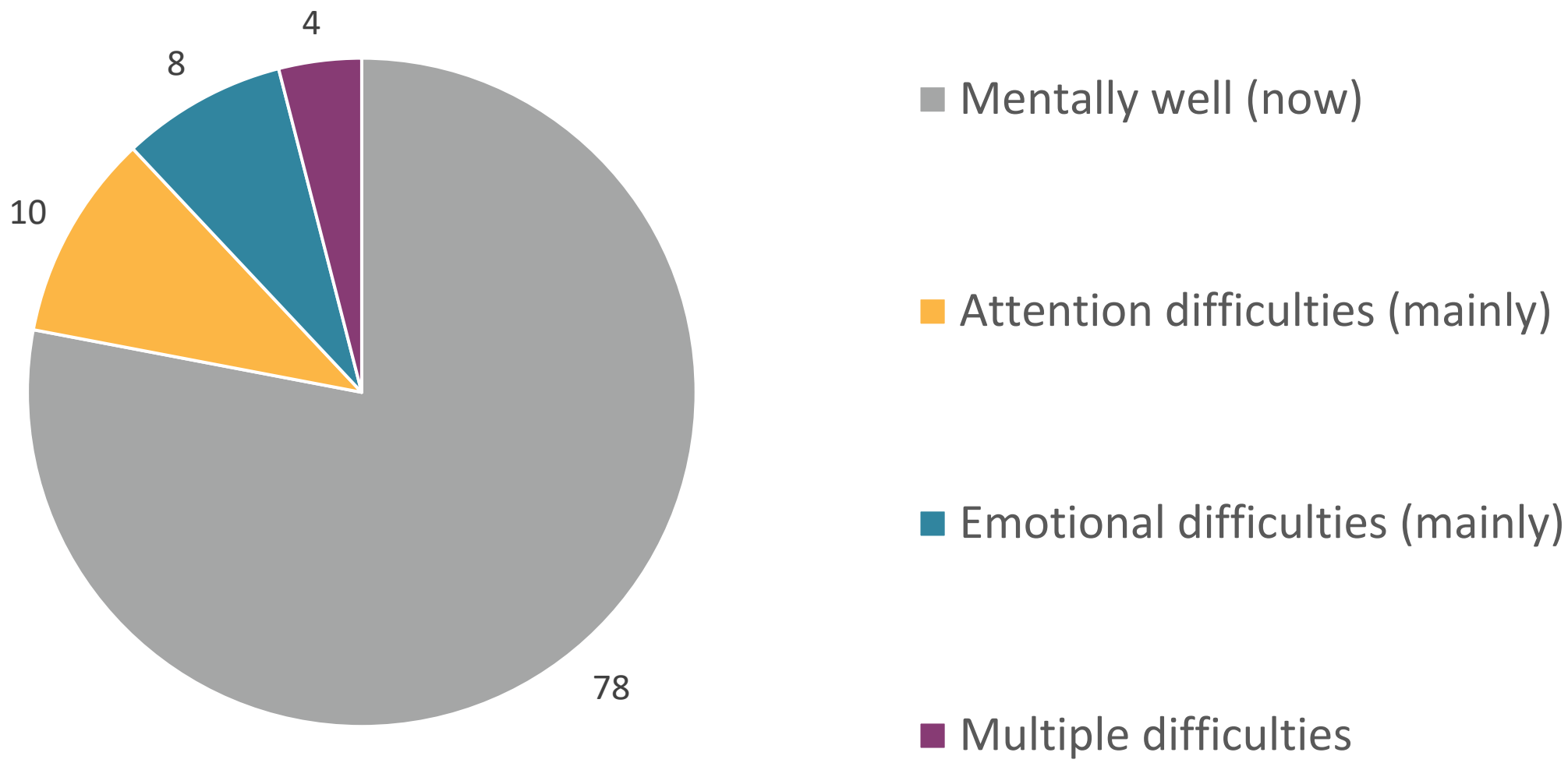
Indicators of mental health difficulties entered into the LCA model
Strengths and Difficulties Questionnaire (SDQ):
Problem domains
Emotional difficulties
Conduct difficulties
Attention difficulties
Peer problems
Strength domain
Prosocial behaviours
Warwick Edinburgh Mental Wellbeing Scale
Low wellbeing
Rosenberg Self-Esteem Scale
Low self-esteem
Self-harm
Ever self-harmed

Child population typology: four groups

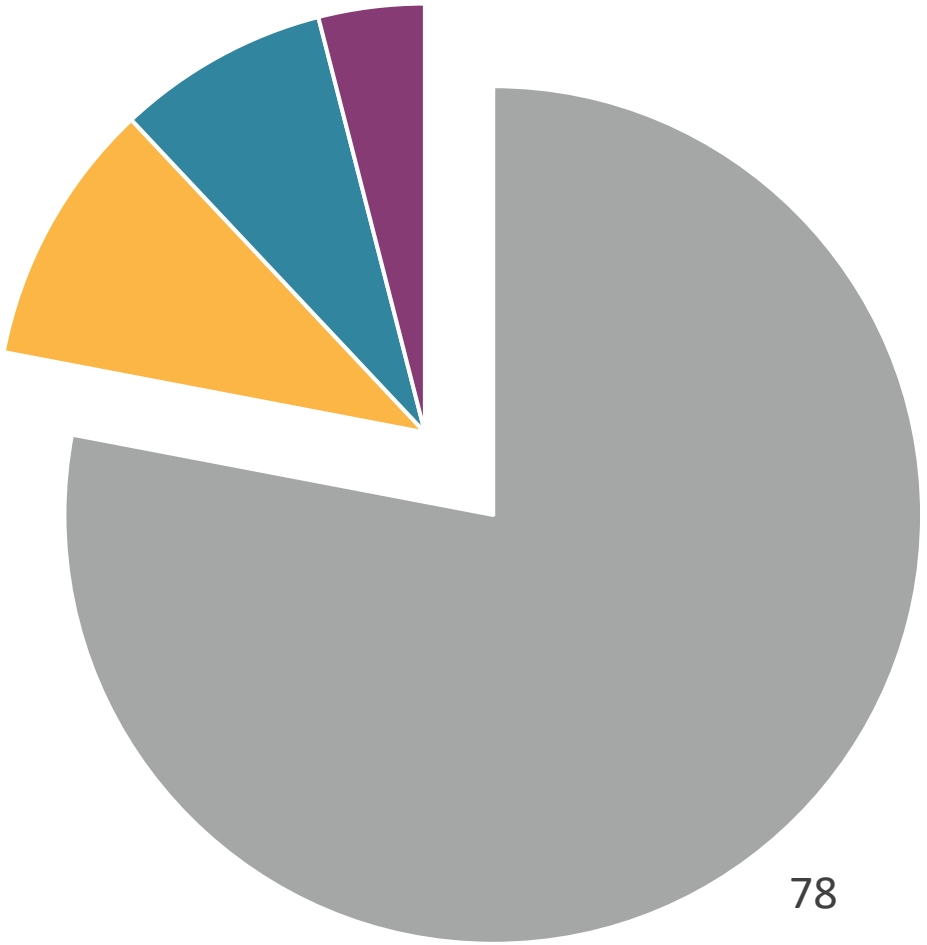




Child population typology: four groups



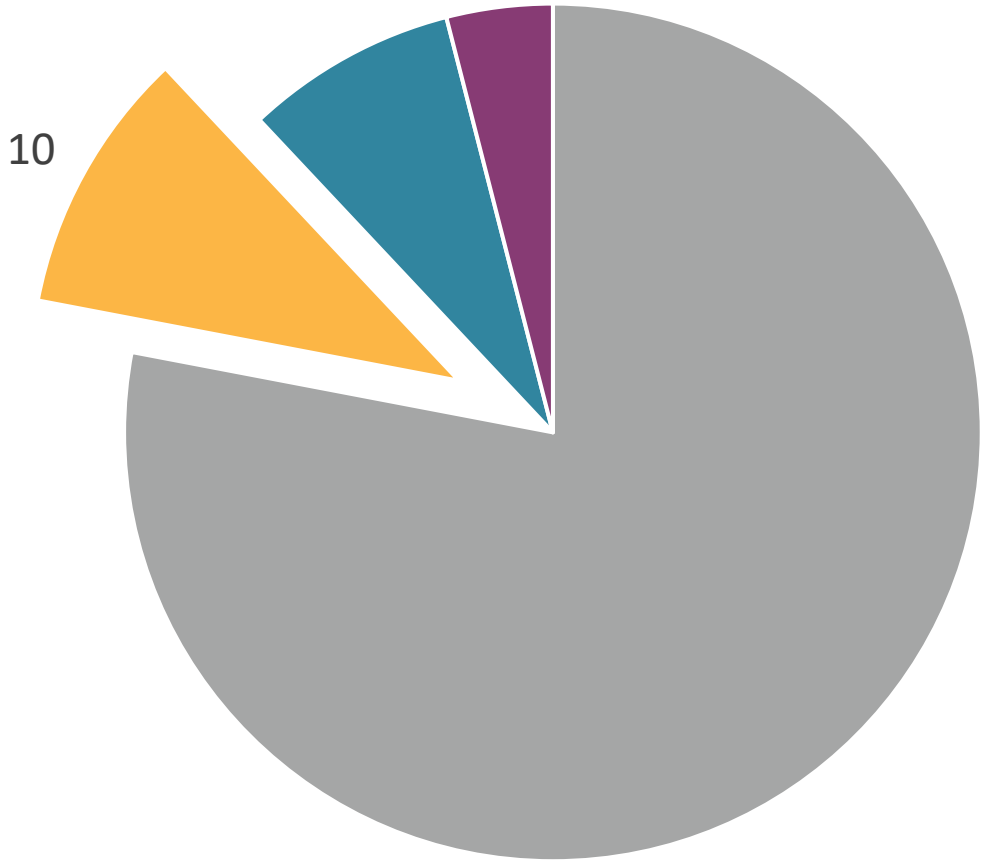
Child population typology: four groups



‘Mentally well’

99%	prosocial
4%	peer problems
6%	low wellbeing
4%	hyperactivity disorder
3%	emotional disorder
3%	ever self-harmed

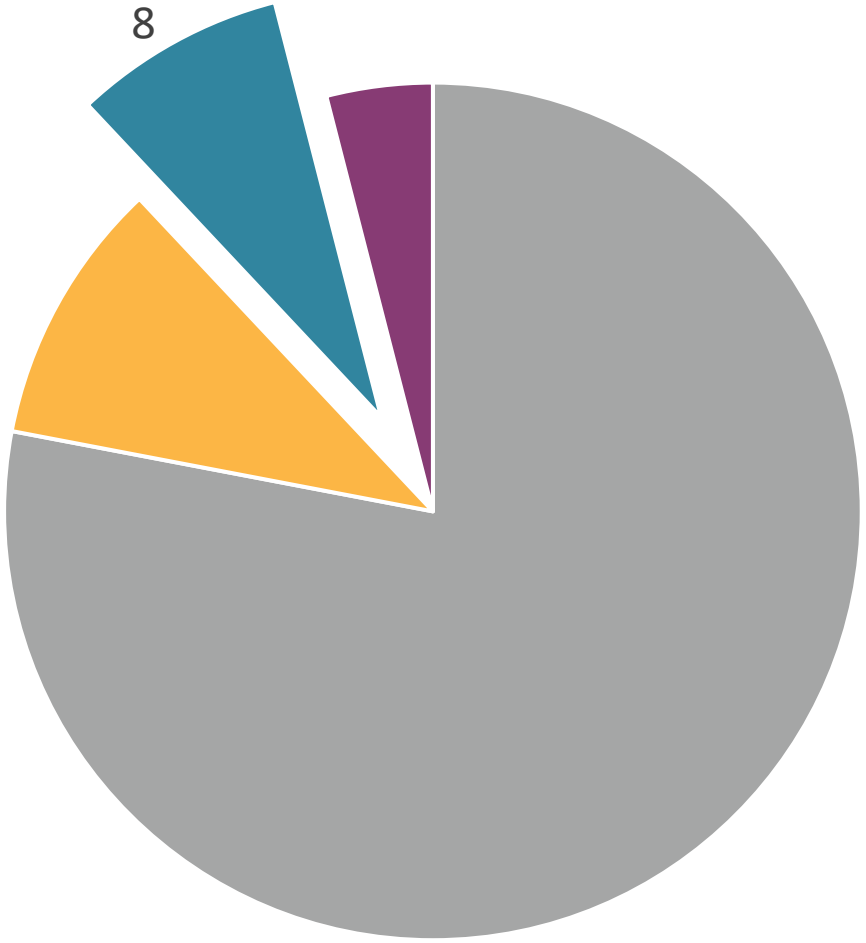
Child population typology: four groups



‘Attention difficulties’

54%	hyperactivity
48%	peer problems
38%	conduct problems
34%	low wellbeing
30%	emotional disorder
23%	ever self-harmed
8%	low self-esteem

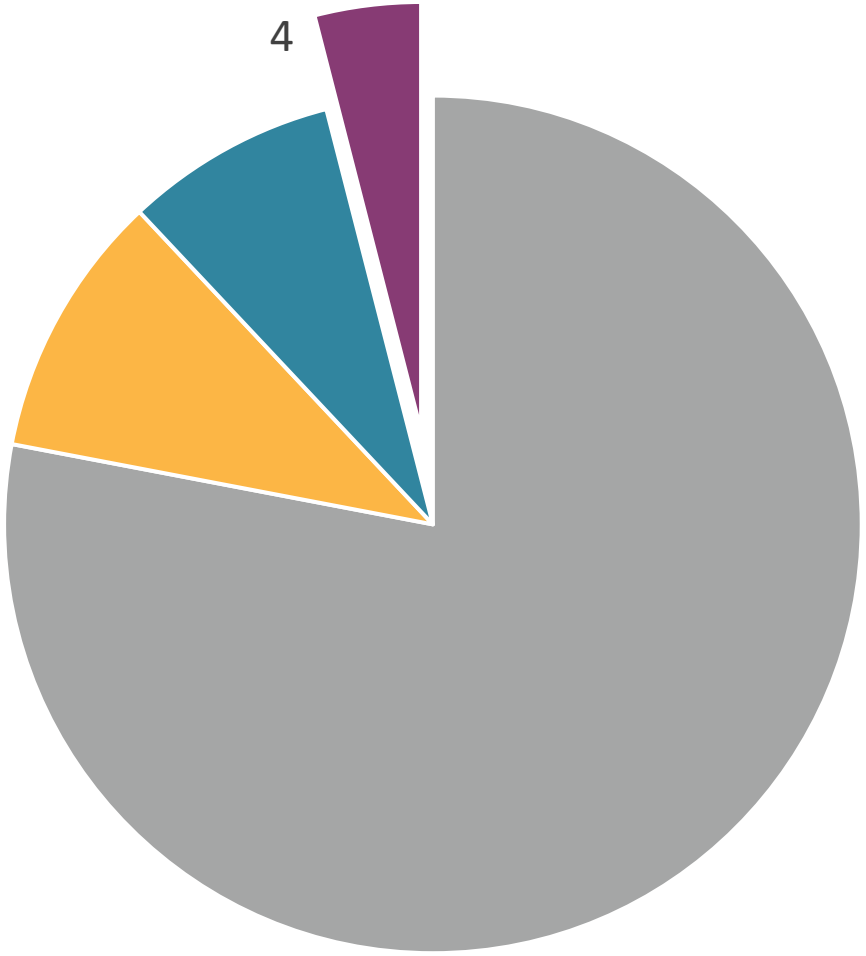
Child population typology: four groups



‘Emotional difficulties’

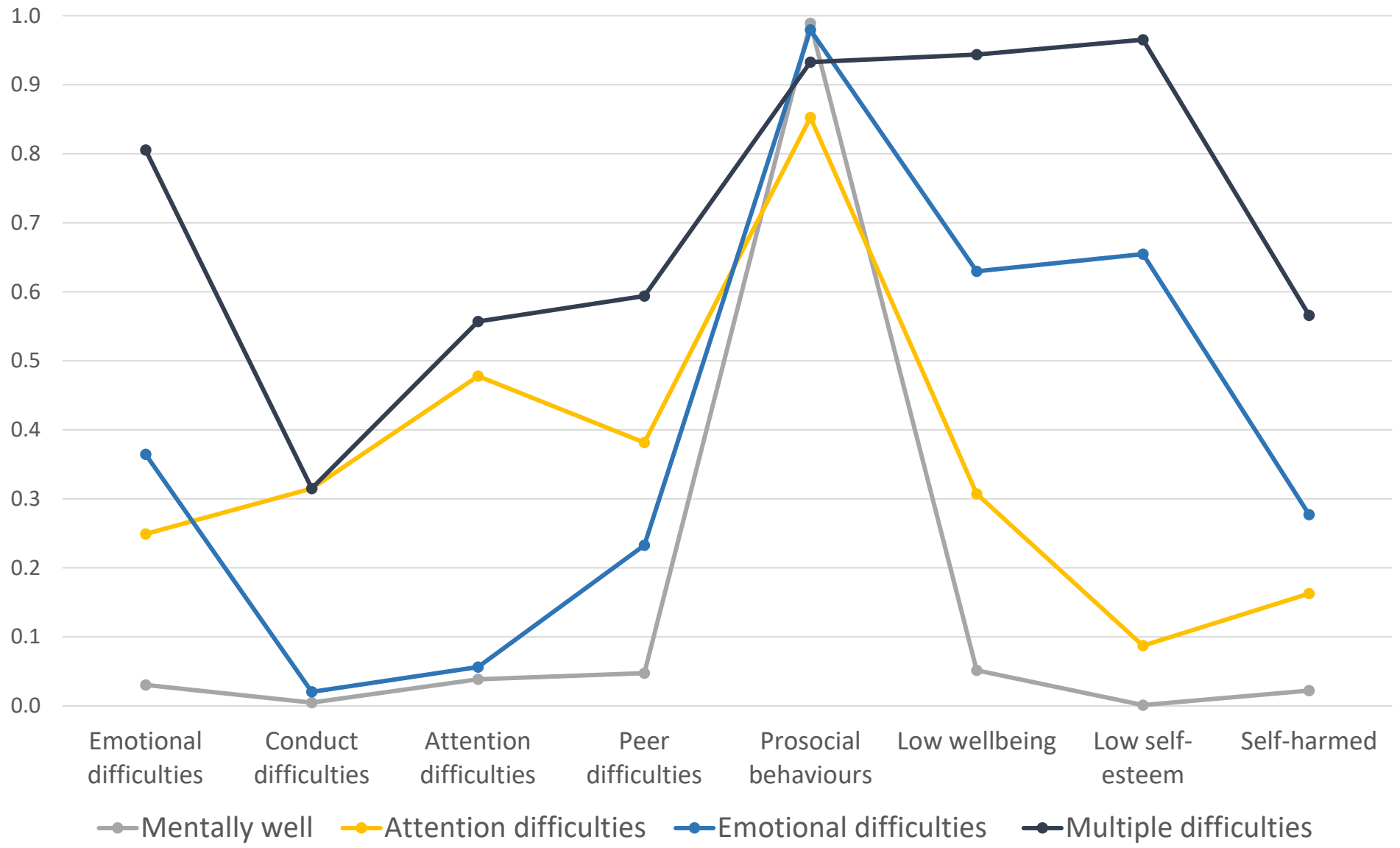
81%	low self-esteem
70%	low wellbeing
43%	emotional disorder
34%	self-harmed
20%	peer problems

Child population typology: four groups

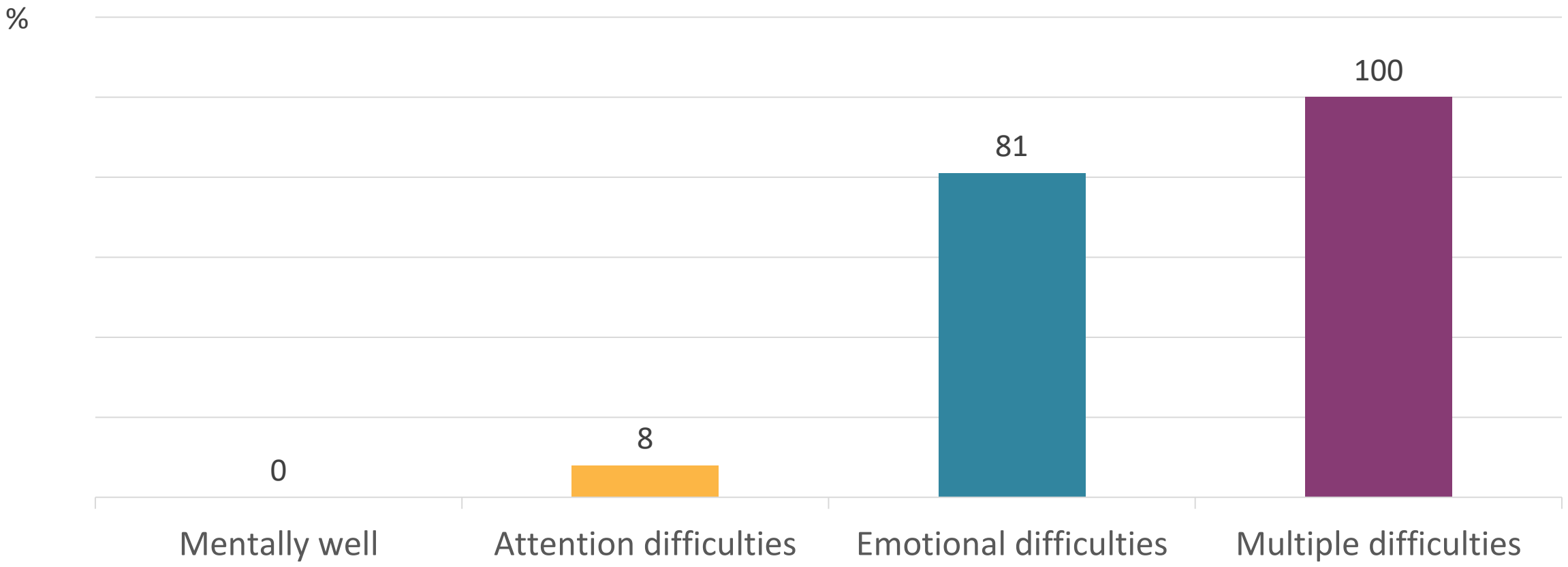


‘Multiple difficulties’

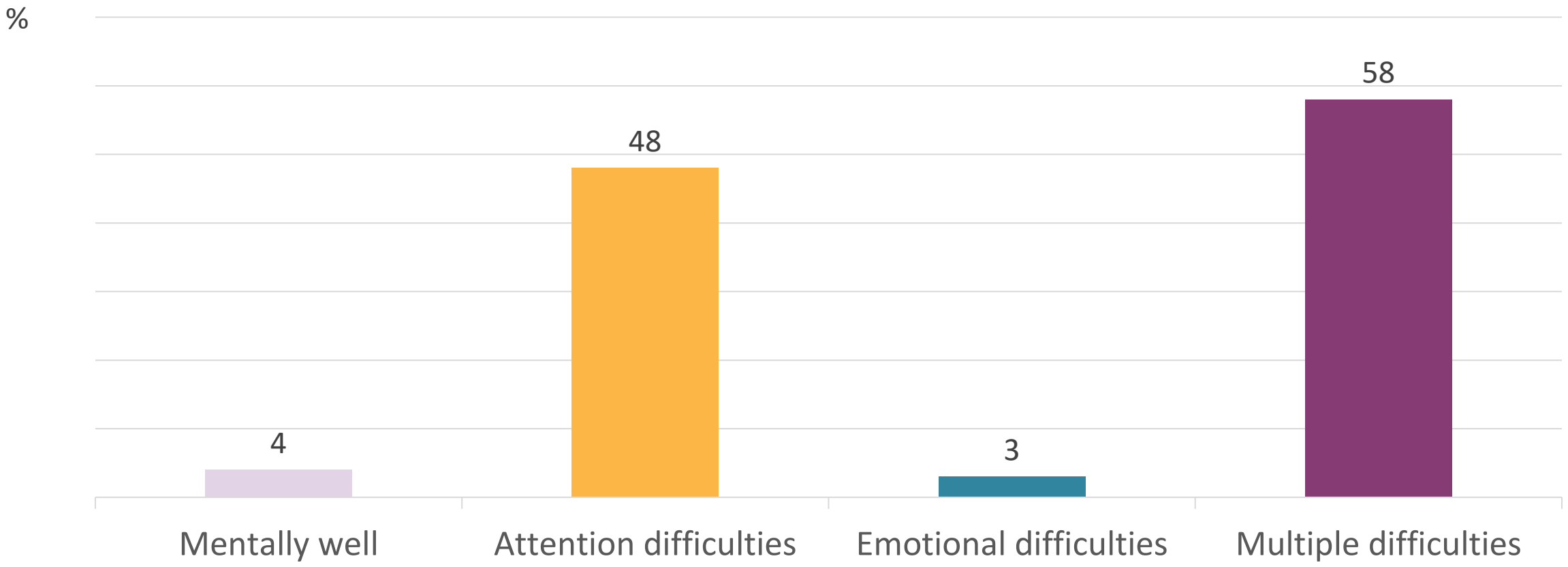
100%	low self-esteem
99%	low wellbeing
87%	emotional disorder
71%	peer problems
58%	hyperactivity disorder
53%	self-harmed
31%	conduct disorder


1.0
0.9
0.8
0.7
0.6
0.5
0.4
0.3
0.2
0.1
0.0
Emotional difficulties
Conduct difficulties
Attention difficulties
Peer difficulties
Prosocial behaviours
Low wellbeing
Low self-esteem
Self-harmed
Mentally well
Attention difficulties
Emotional difficulties
Multiple difficulties

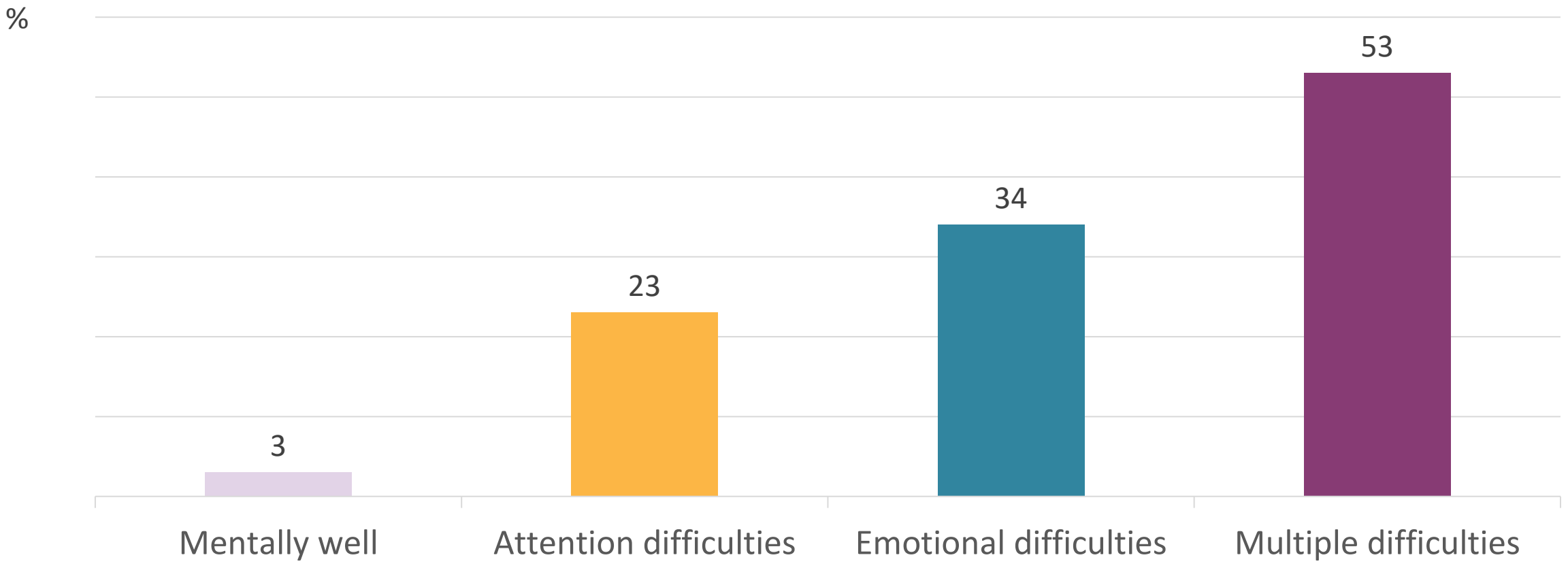
Proportion of young people in each group: **with low self-esteem**



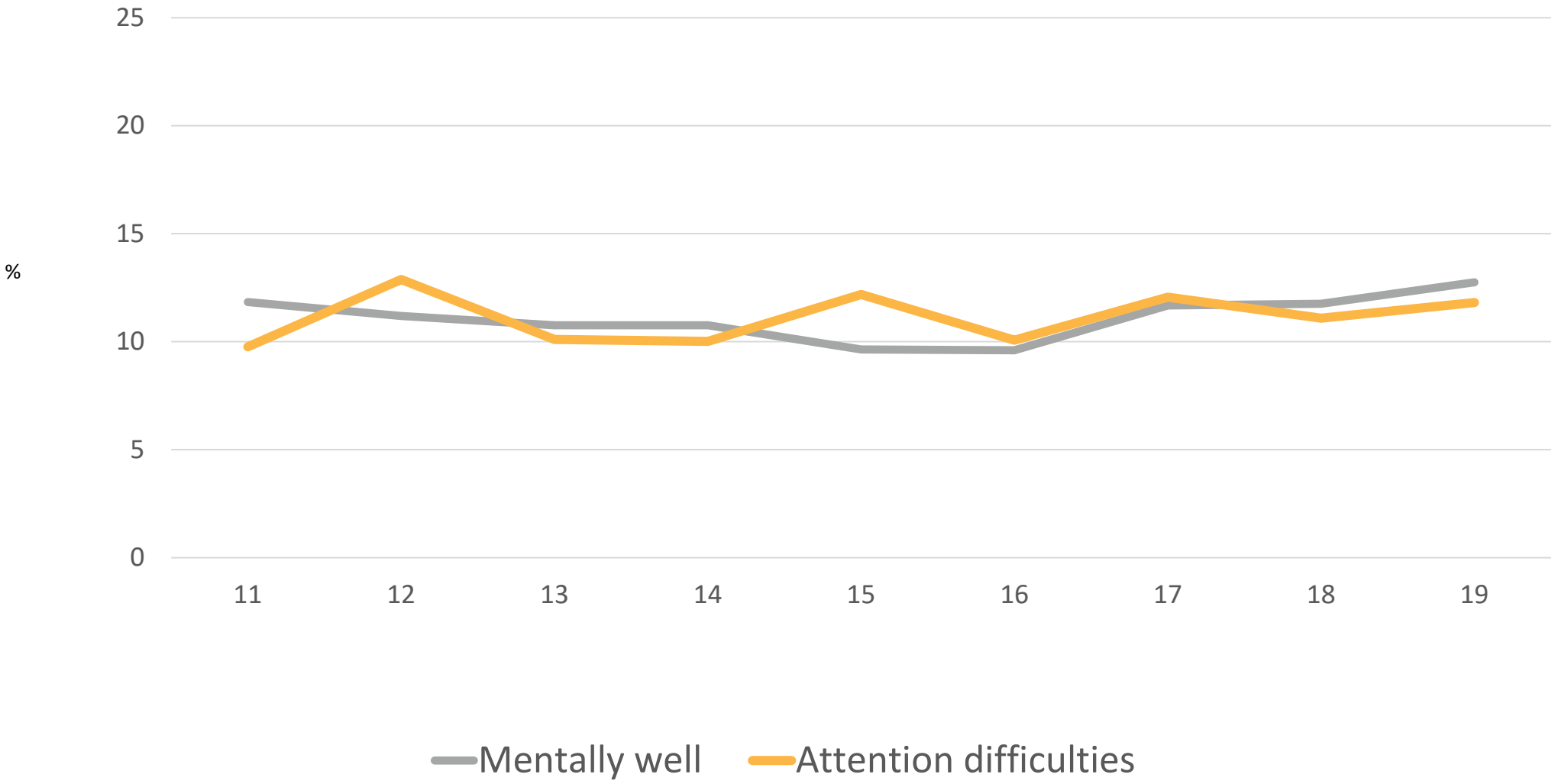
Proportion of young people in each group: **hyperactivity**



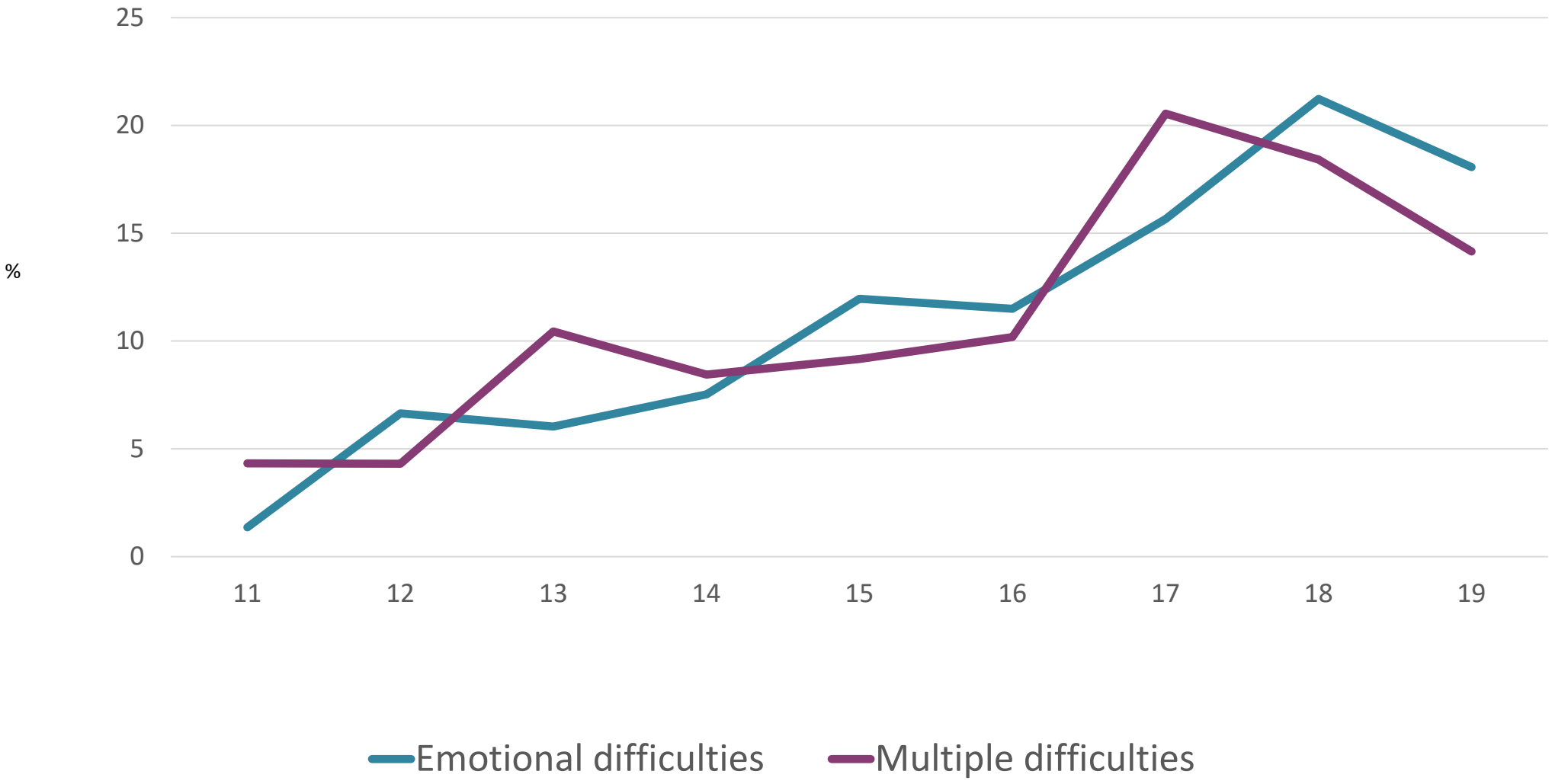
Proportion of young people in each group: **who have self-harmed**



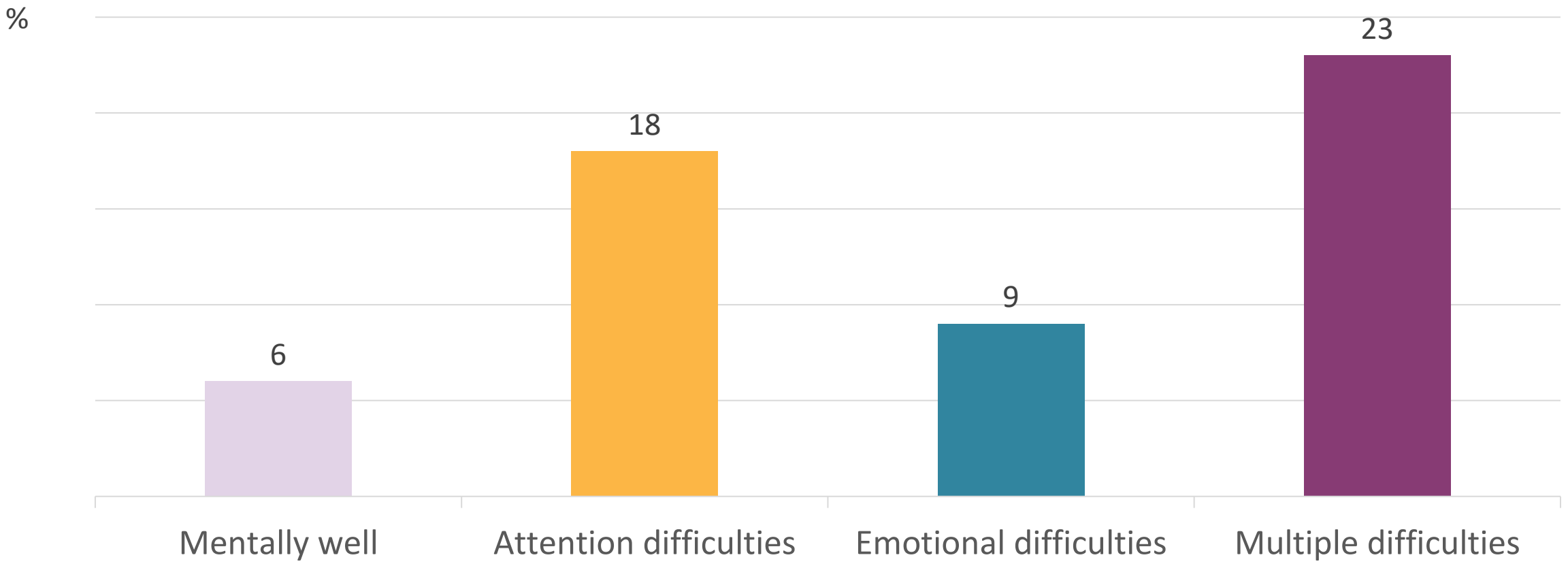
Proportion of young people in each group: **by age**



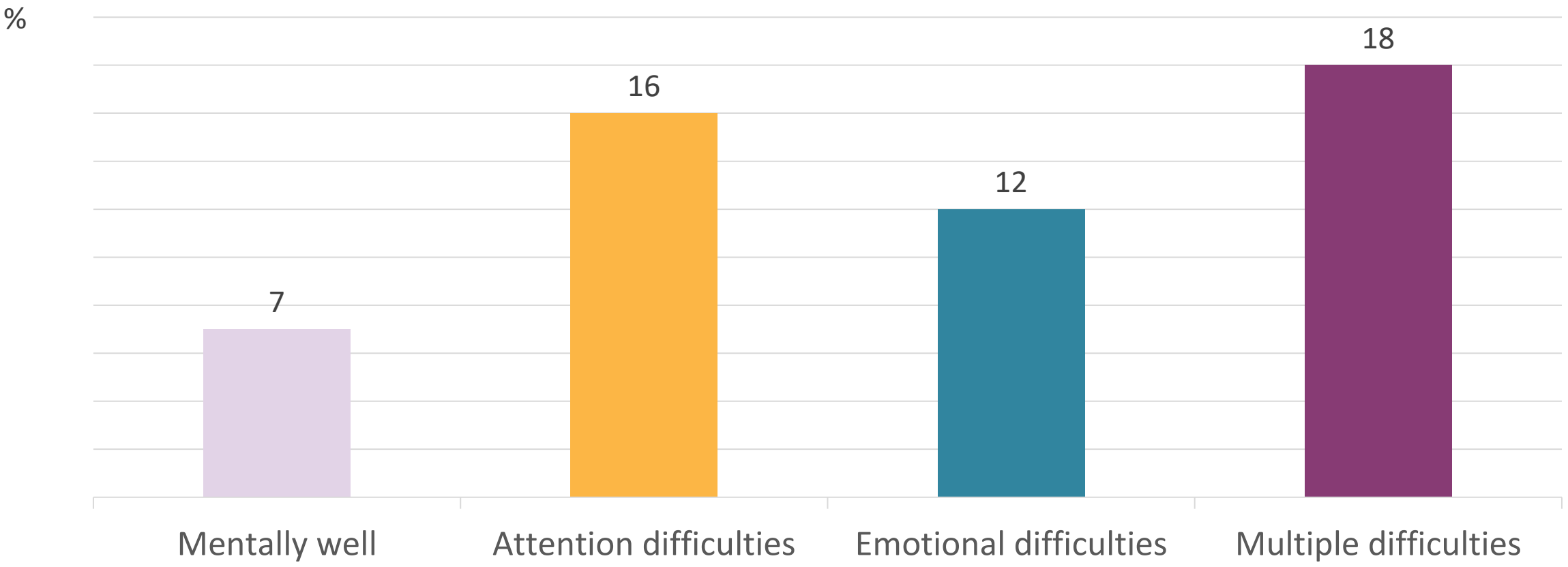
Proportion of young people in each group: **by age**



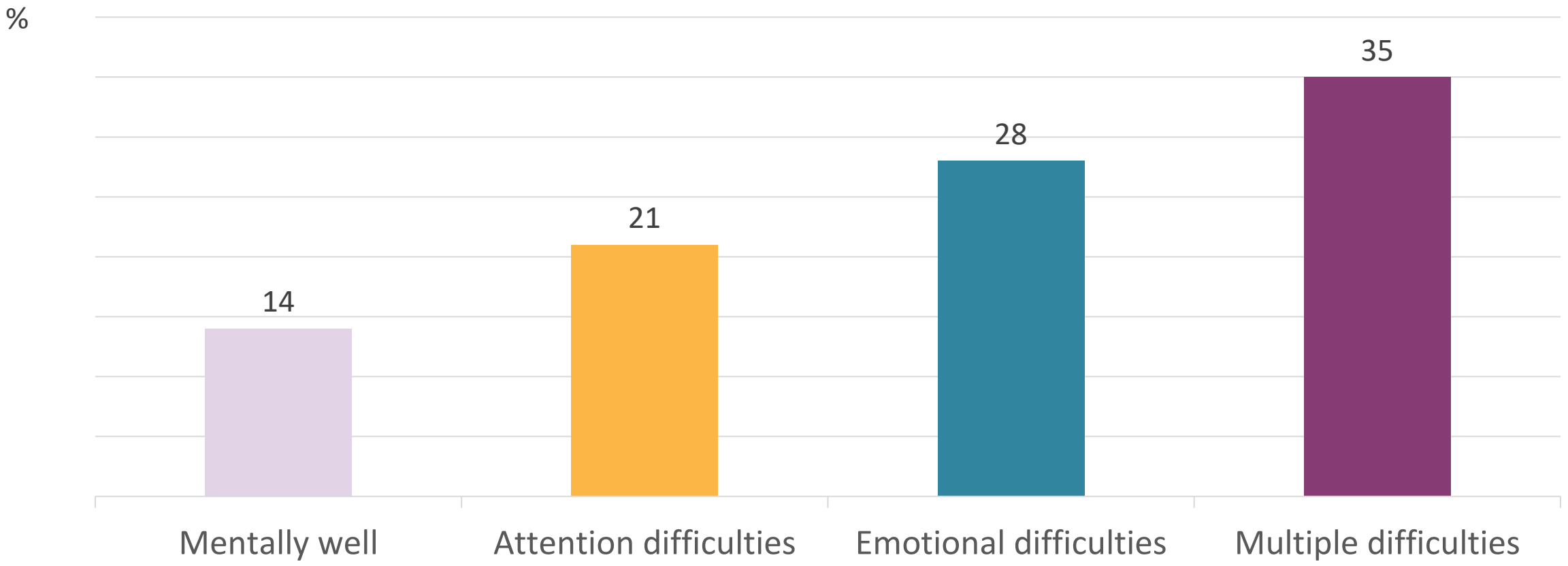
Proportion of young people in each group:
with recognized special educational needs



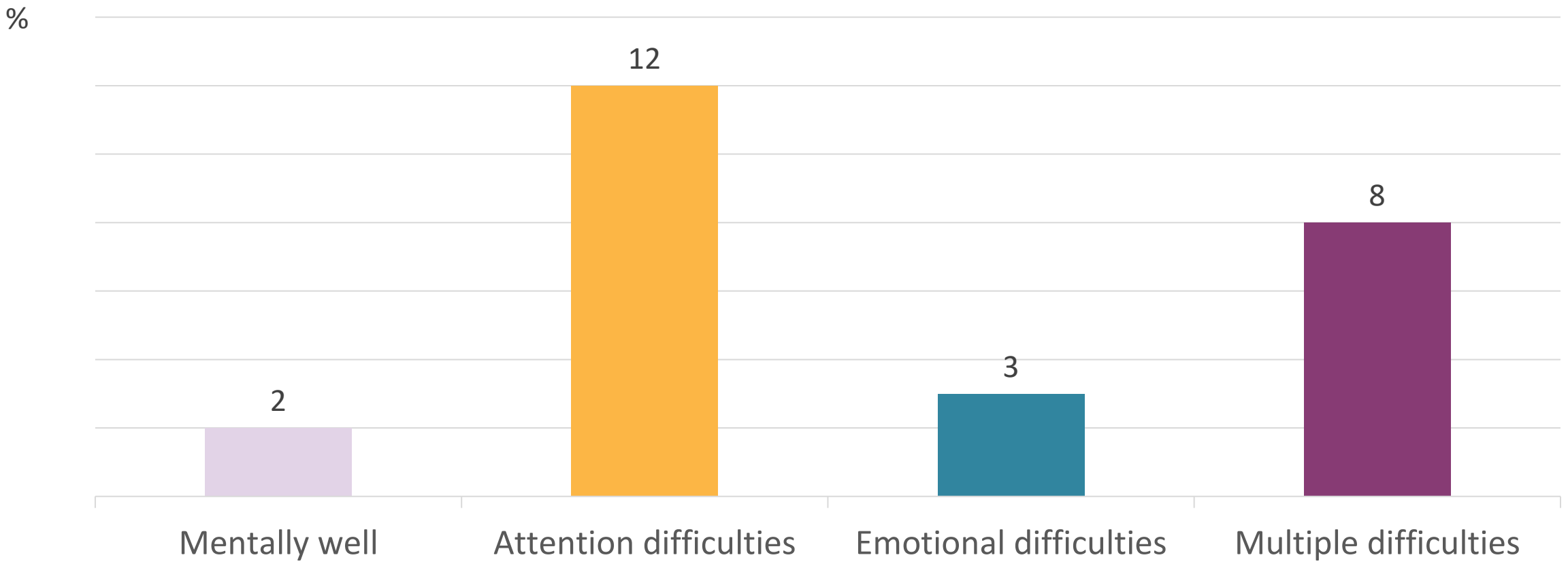
Proportion of young people in each group:
whose <u>parents</u> had serious mental health difficulties



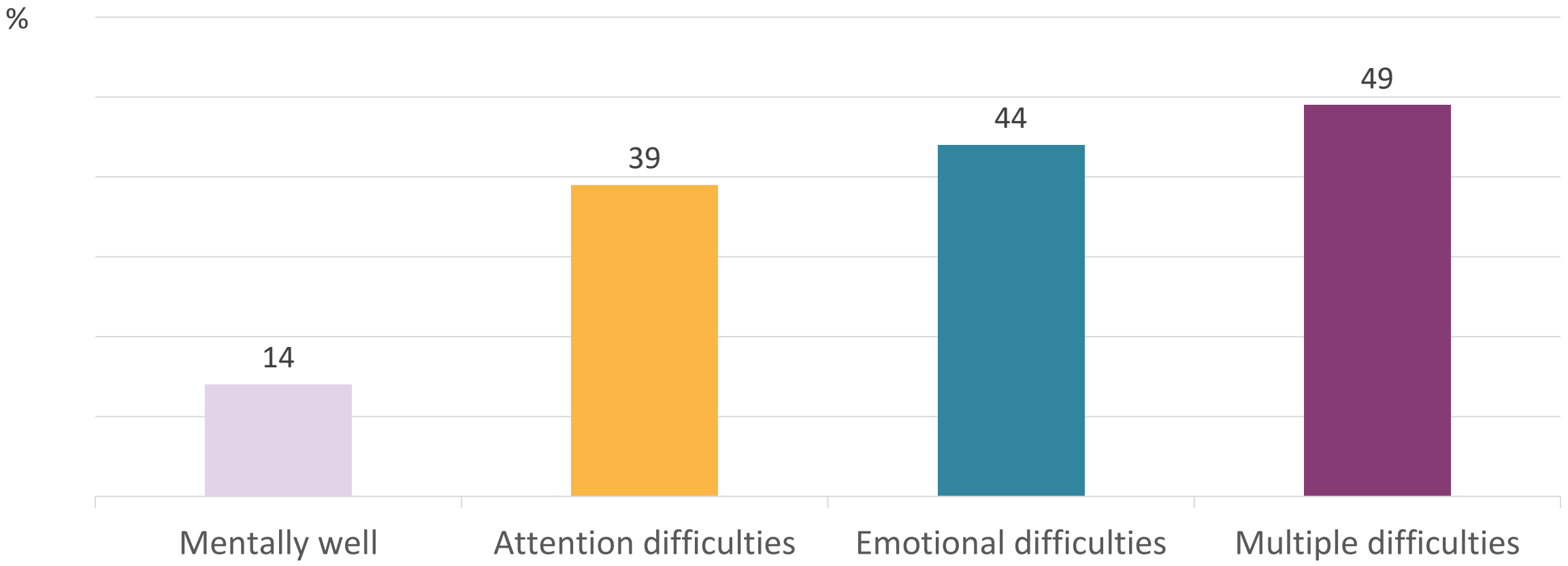
Proportion of young people in each group:
ever tried drugs



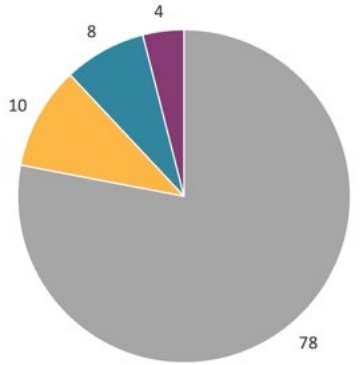
Proportion of young people in each group:
ever excluded from school



Proportion of young people in each group: **contact with professional support**



11-19 year olds in England…



Attention difficulties: 10%, struggling parents, deprived neighbourhoods, SEN, school exclusion, low levels of informal and professional support

Emotional difficulties: 8%, female, older, less socioeconomic disadvantage, substance use, trauma, support seeking.

Multiple difficulties: 4%, older, poor health, SEN, deprived neighbourhoods, struggling parents, substance use, trauma, low school engagement, low level of support given high need.

Valeria Kolbas, Neil Smith, Tamsin Ford, Sally McManus and the whole wider MHCYP team

Thank you Mind for supporting the research.

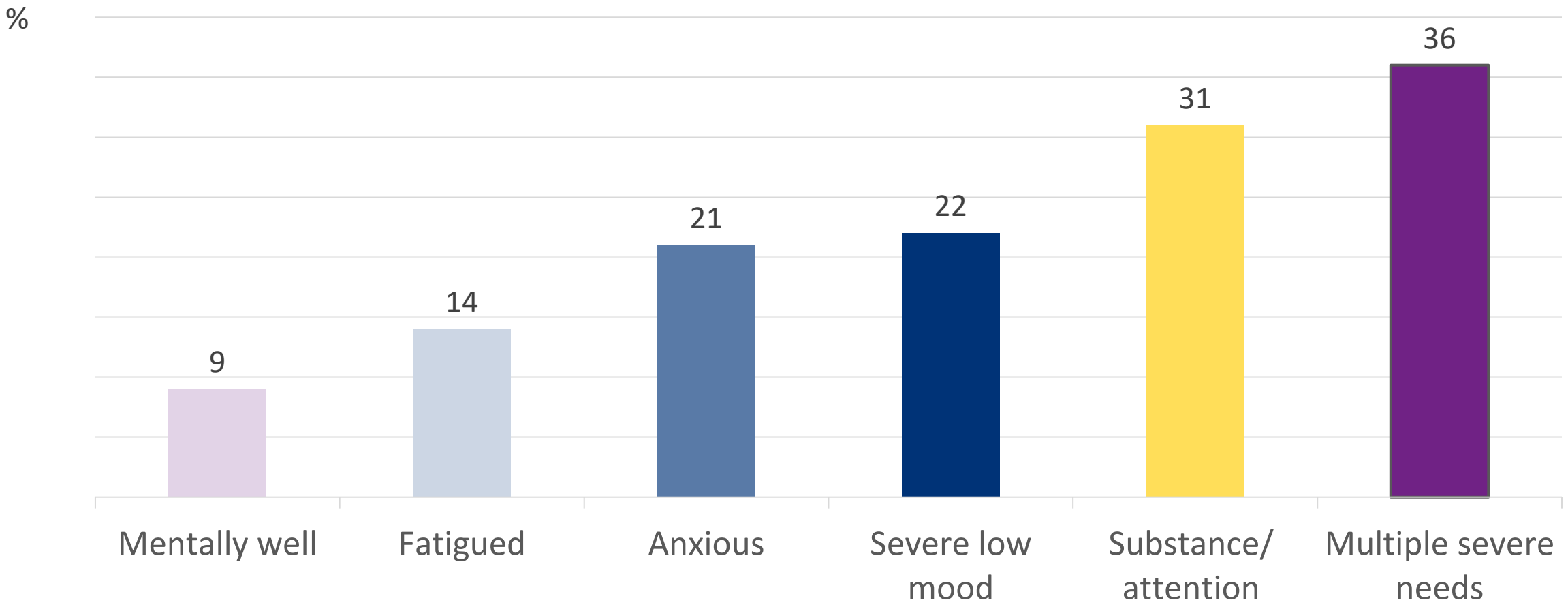
Get the data from the UKDS and do get in touch if you have questions…

sally.mcmanus@city.ac.uk

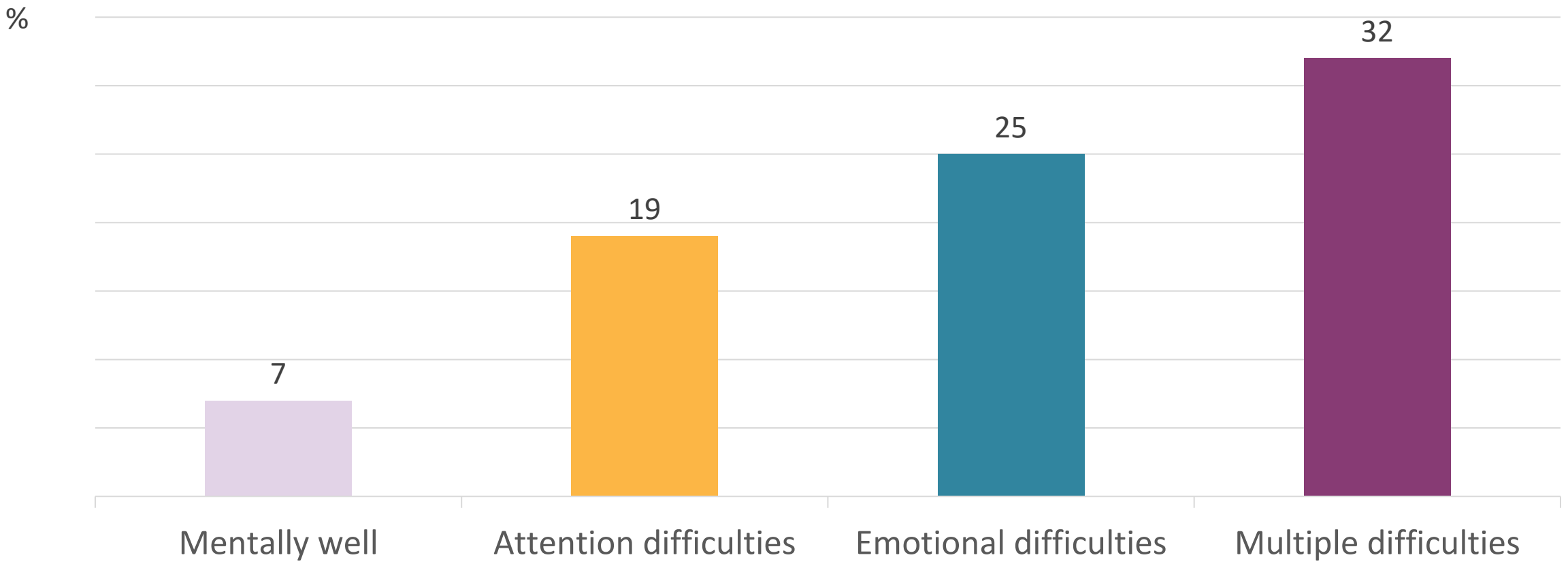
sally.mcmanus@natcen.ac.uk

Valeria Kolbas, Neil Smith, Tamsin Ford, Sally McManus

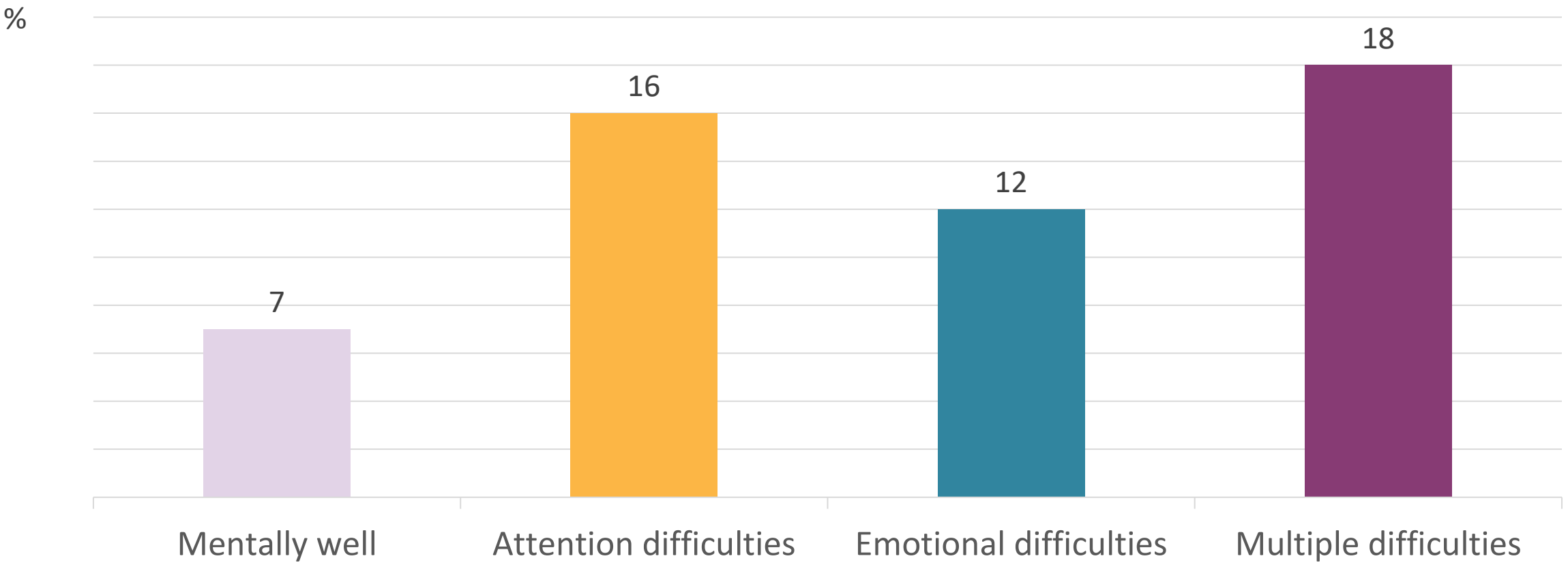
Proportion in each group: **sexual abuse in adulthood**



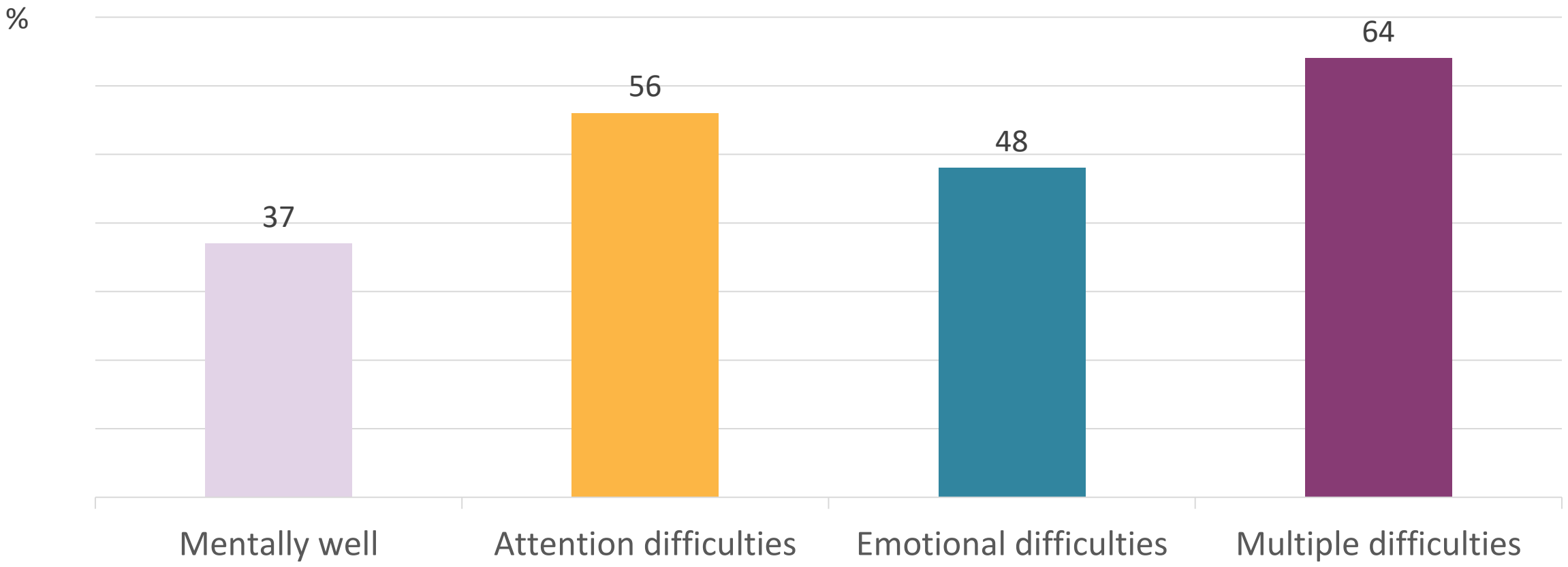
Proportion of young people in each group:
with a general health condition, illness, or impairment



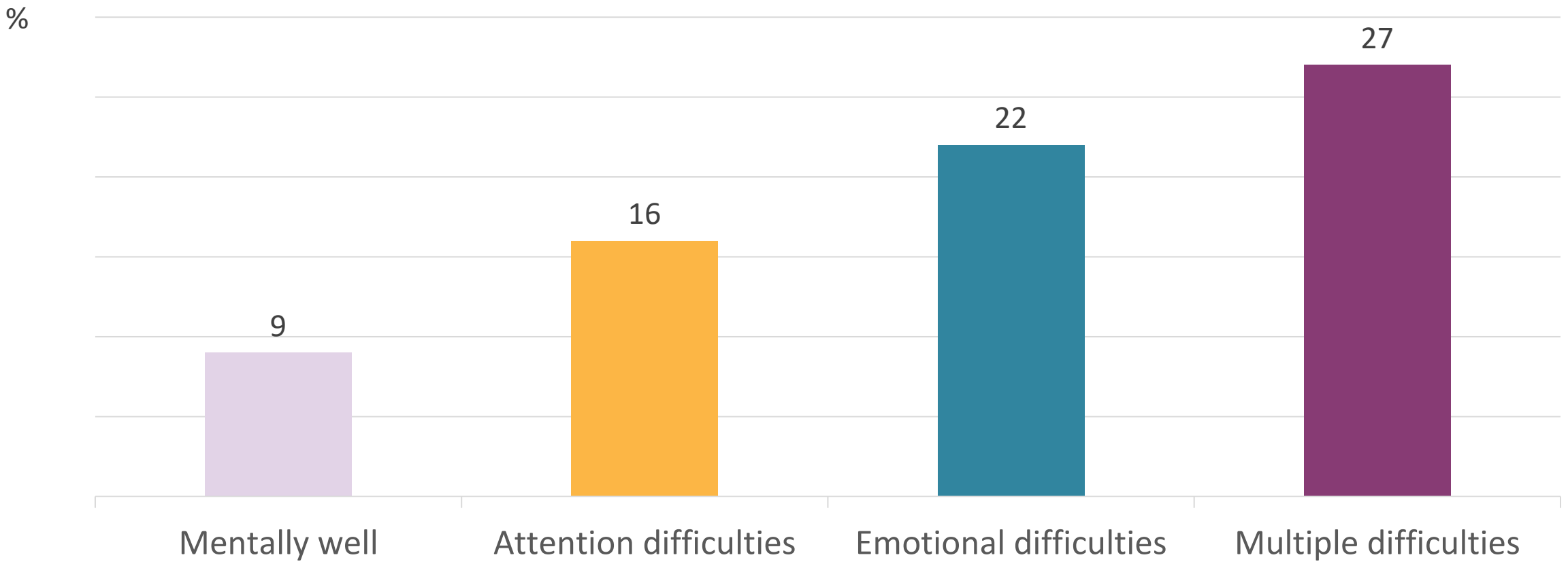
Proportion of young people in each group:
whose <u>parents</u> had serious mental health difficulties



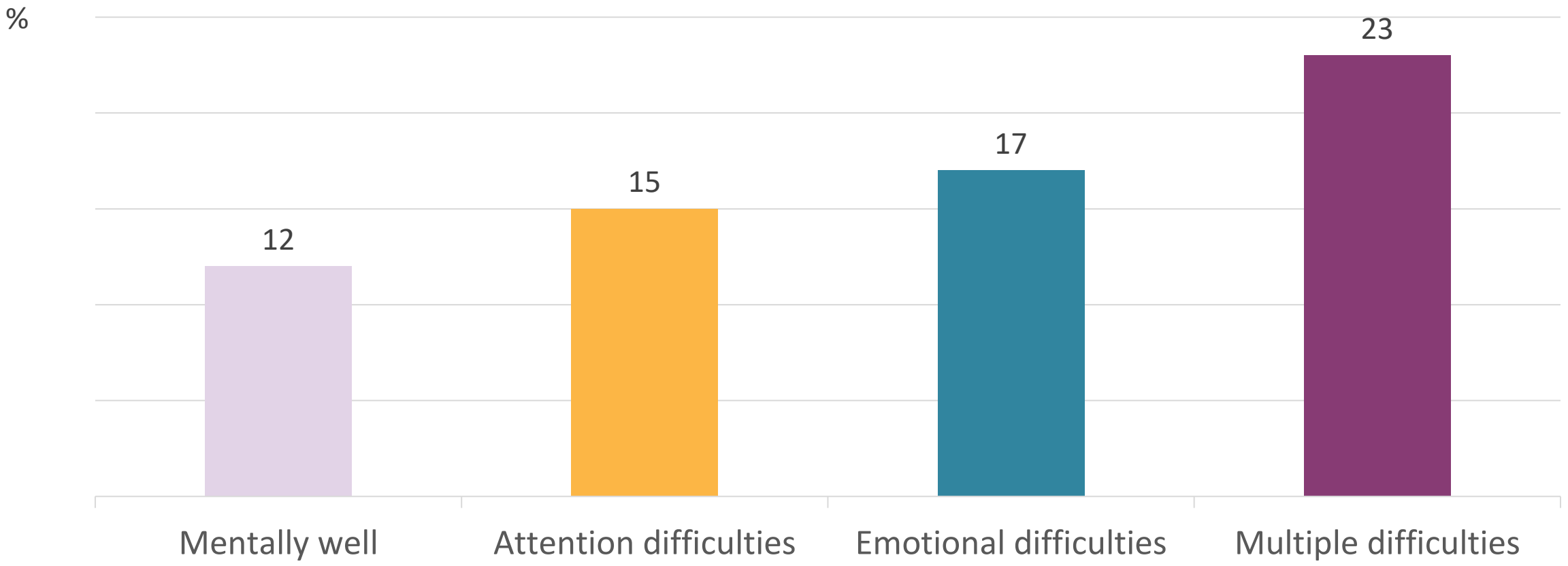
Proportion of young people in each group:
whose <u>parents</u> had experienced stressful life event



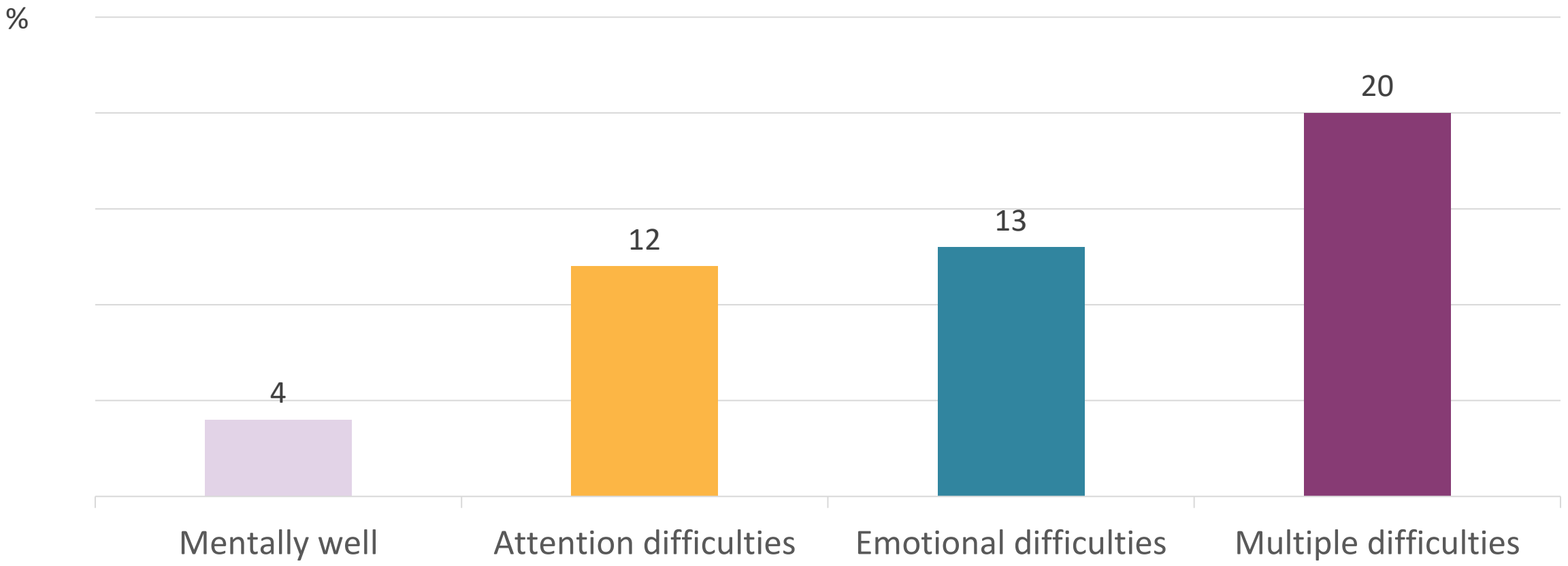
Proportion of young people in each group:
who had experienced a traumatic event



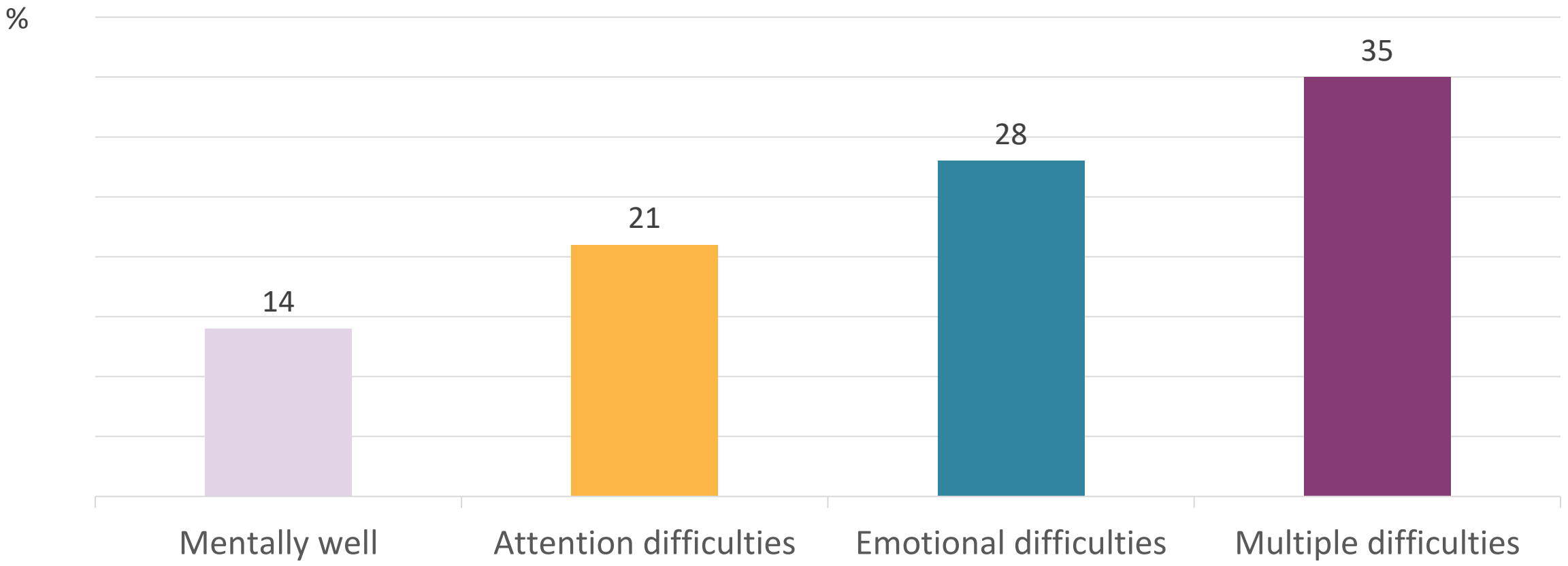
Proportion of young people in each group:
drink alcohol regularly



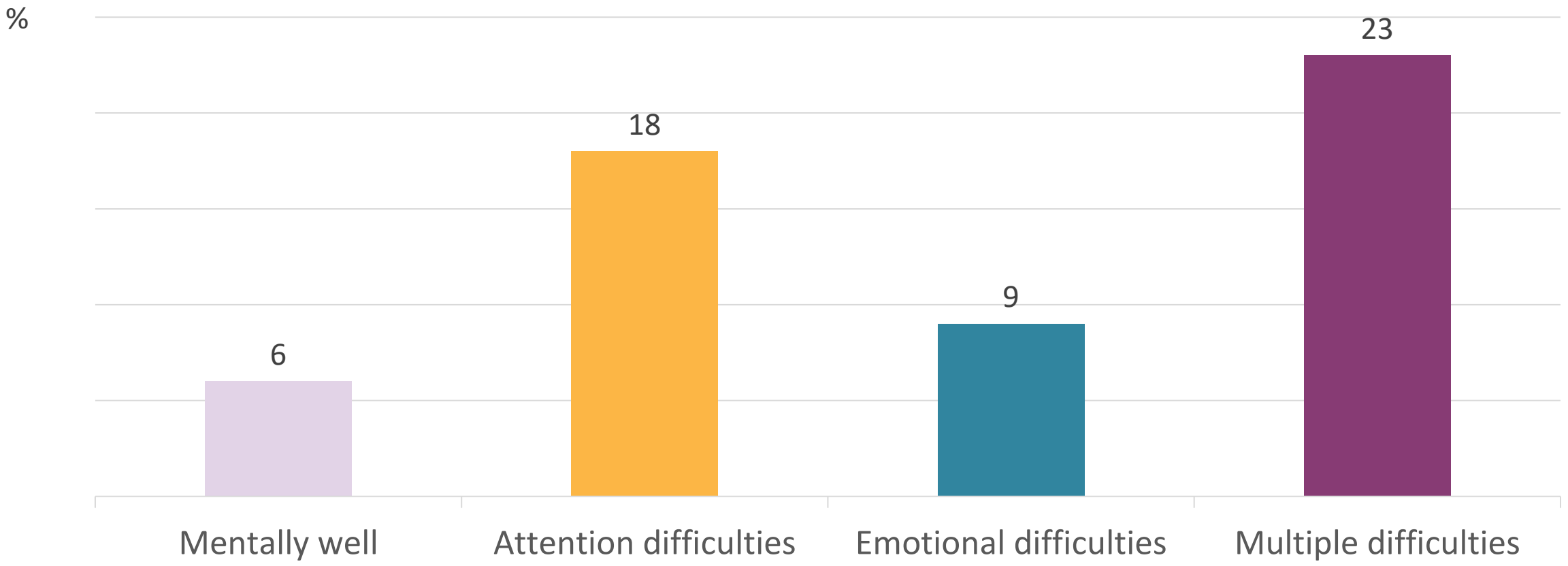
Proportion of young people in each group:
smoke cigarettes regularly



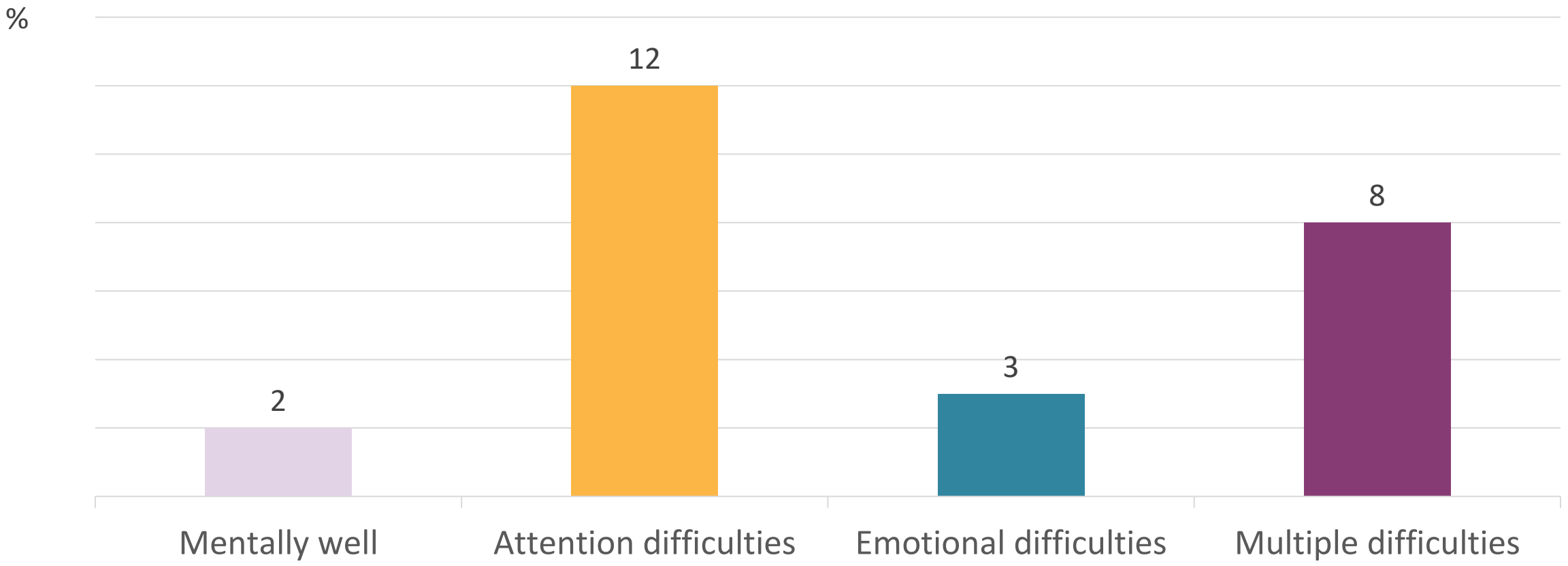
Proportion of young people in each group:
ever tried drugs



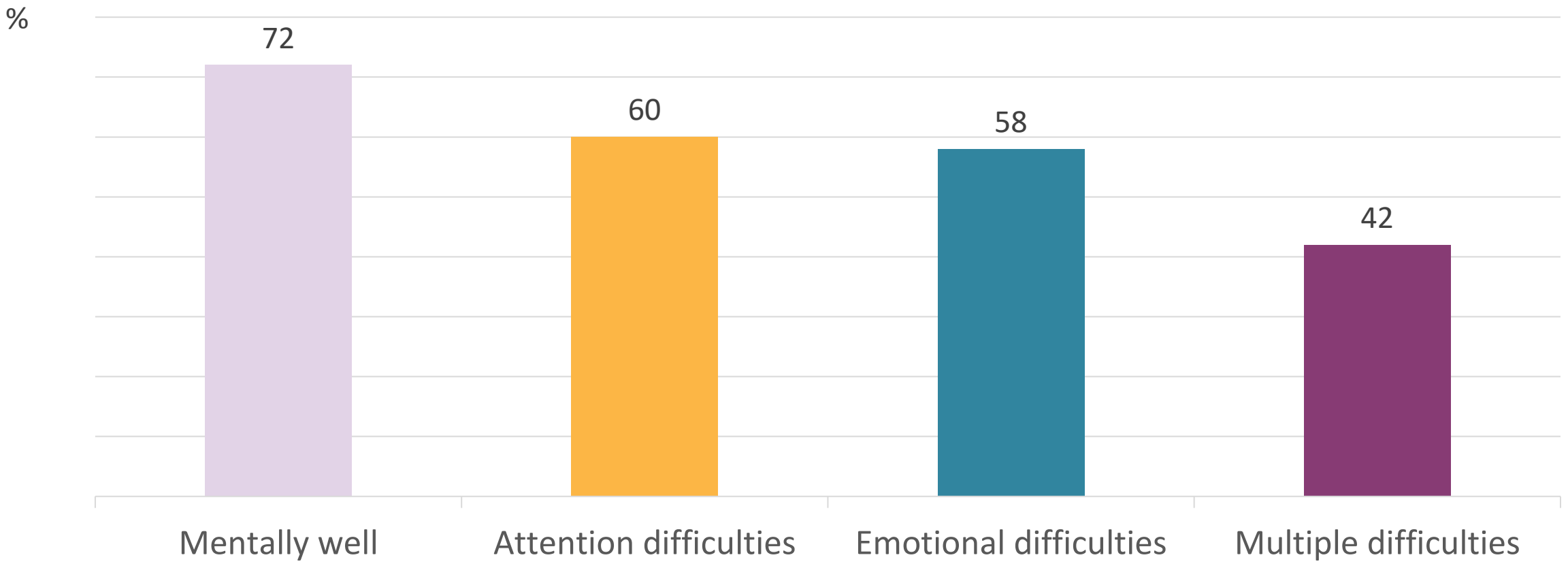
Proportion of young people in each group:
with recognized special educational needs



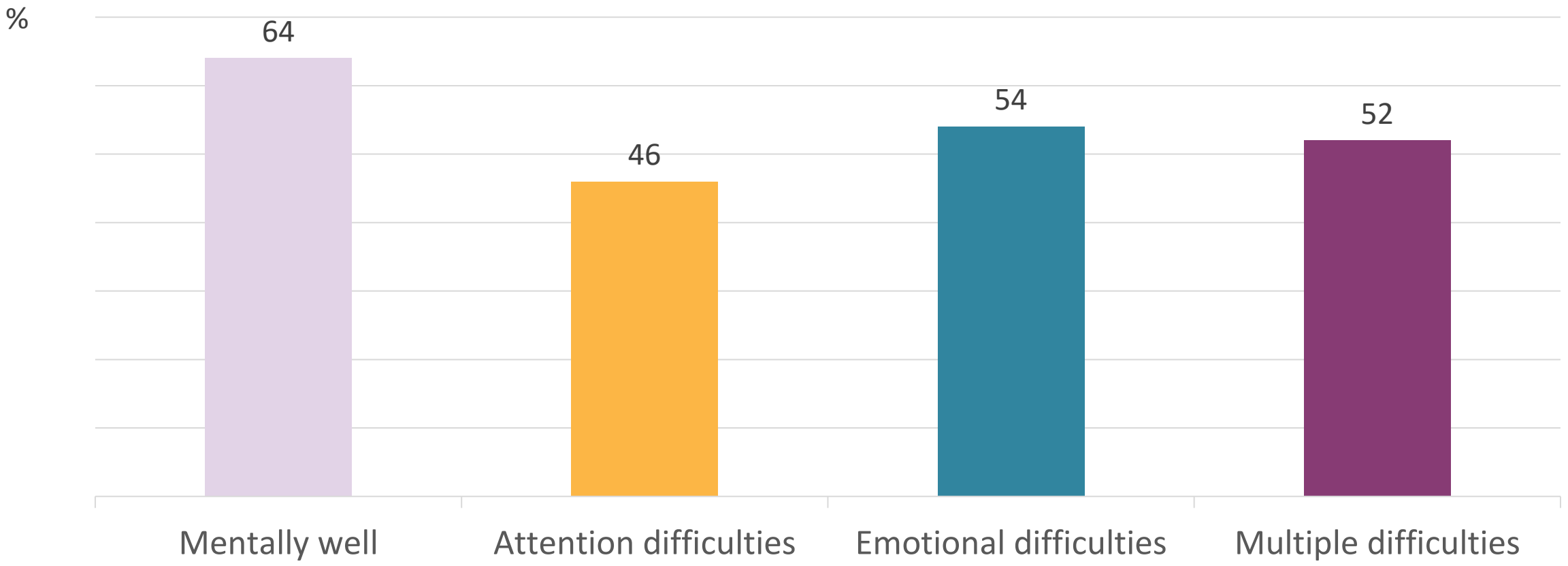
Proportion of young people in each group:
ever excluded from school



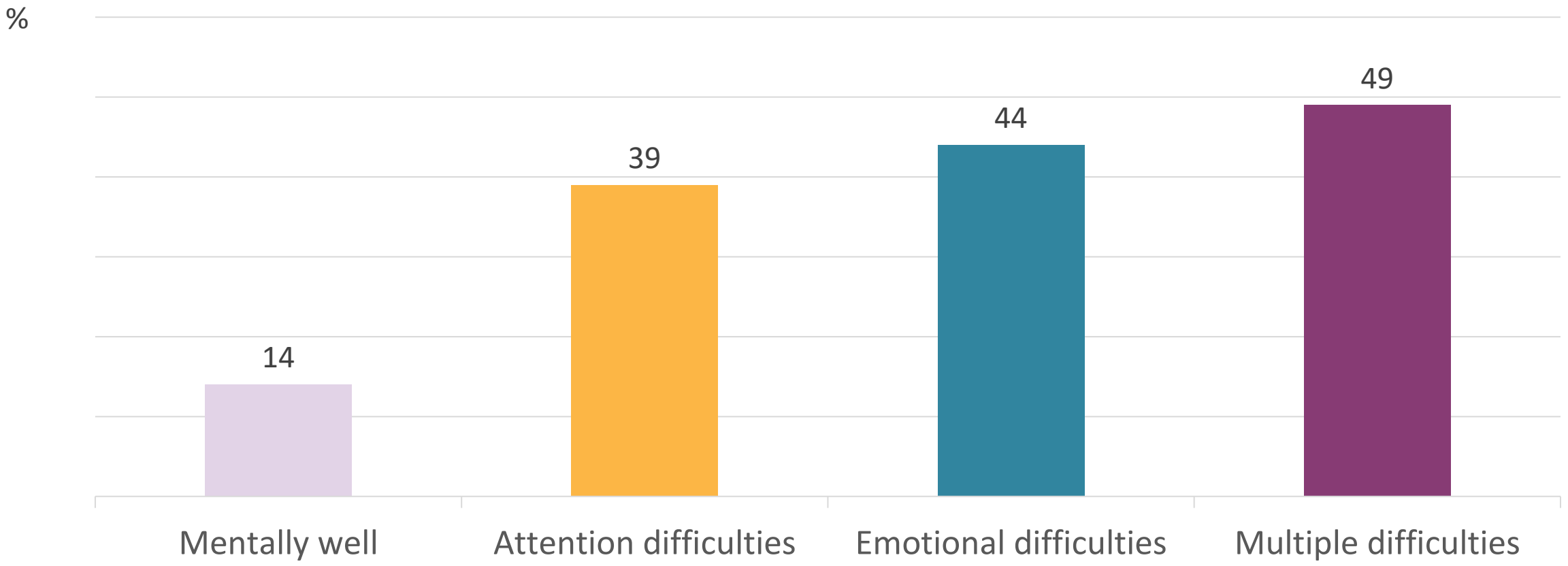
Proportion of young people in each group:
participate in groups and clubs inside of school



Proportion of young people in each group:
participate in groups and clubs outside of school



Proportion of young people in each group: **contact with professional support**



One in four – plus fatigued

Heterogeneous but distinct mental health groups do emerge

- **Anxious -** employed, 'good' health - worry, anxiety, panic
- **Severe low mood -** older/midlife, female, isolated, half get no health services
- **Substance/attention -** young, male, more unemployed, almost entirely missed by services
- **Multiple needs -** trauma, poverty, major suicide risk

Survey funded by the Department for Health and Social Care and the Department for Education and commissioned by NHS Digital.

Department of Health & Social Care

Department for Education

NHS Digital

Survey conducted by

Office for National Statistics

NatCen Social Research

UNIVERSITY OF CAMBRIDGE

UNIVERSITY OF EXETER

youthinmind