



ENSA General Assembly and Connected Activities 2024

Day 1: Monday, January 22

Shadows of Silence: Navigating the Unseen Mental Health Maze in Europe

Dr. Anis Ben Brik



Shadows of Silence: Navigating the Unseen Mental Health Maze in Europe

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January 2024



Overview of the project & Results

About the Project

COVID-19 FAMILY LIFE STUDY

<https://www.covidfamilystudy.org>

The COVID-19 Family Life Study is a research study that explores the effects of the pandemic on family life across cultures overtime



Project team



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Partners



United Nations Department of Economic and Social Affairs
Division for Inclusive Social Development



72 countries



Methods

Survey translated into 23 languages



Measures

Variables	Measures
Child anxiety index	Anis Ben Brik building on <u>Spence Children's Anxiety Scale</u>
Depression, Anxiety, Stress	Depression, Anxiety and Stress Scale - 21 Items (DASS-21) (Taylor et al. 2007)
Marital Satisfaction	ENRICH Marital Satisfaction Scale (Fowers, B. J., & Olson, D. H. 1993)
Parent-child relationships	Parent-Child Relationship Inventory (PCRI), Gerard, A. B. (1994)
Child care Task Sharing	Childcare Task Sharing: Seward, Yeatts, Amin, et al., (2006).
Family Environment	Family Environment Scale: Moos, R. H. (1994).
Family Coping	Brief COPE, <u>Carver, 1997</u>
Family Resilience	Connor-Davidson Resilience Scale
Family Satisfaction Scale	FACE IV
Family Policies and Programs	Anis Ben Brik



Topics

01

Mental Health & Wellbeing

Depression,
Anxiety & Stress
Child Wellbeing
Before and
During and after
the Pandemic

Parents
Children
(reported)

02

Marital Relationships

Marital and
Relationship
Satisfaction
Before and
During and after
the Pandemic

03

Parent – Child Relationships

Parenting
practices

Before and
During and after
the Pandemic

04

Childcare Task Sharing

Unpaid care
Motherhood
Fatherhood
Before and
During and after
the Pandemic

05

Family Environment

Relationships
between family
members
including
domestic
violence
Before and
During and after
the Pandemic



Topics

06

Coping & resilience

How parents coped with depression, anxiety and stress during the pandemic
Role of informal support, substance abuse, religion, family capital

07

Family Satisfaction

Overall satisfaction with family members
Before and During the Pandemic

08

Family policies

Reported needs in government supports in terms of policies, programs

09

Others

Demographic variables: age, income, nationality, employment, education, relationship status, number of children
Lifestyle variables: smoking, physical activities, health conditions, disability
Economic impacts





Results

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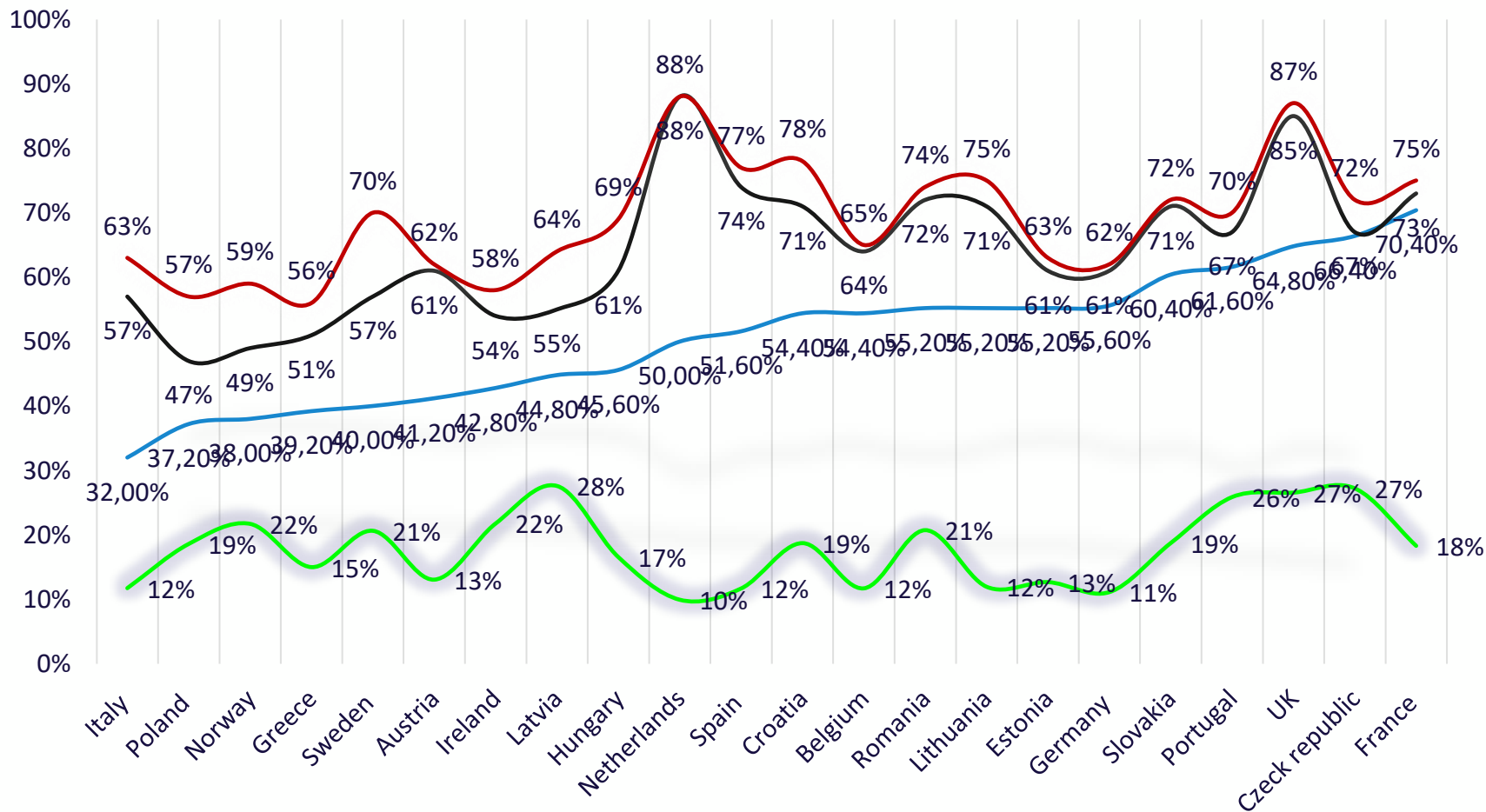


Mental Health

Level of Elevated Depression among Senior People (65+) in Europe (N=16,433)

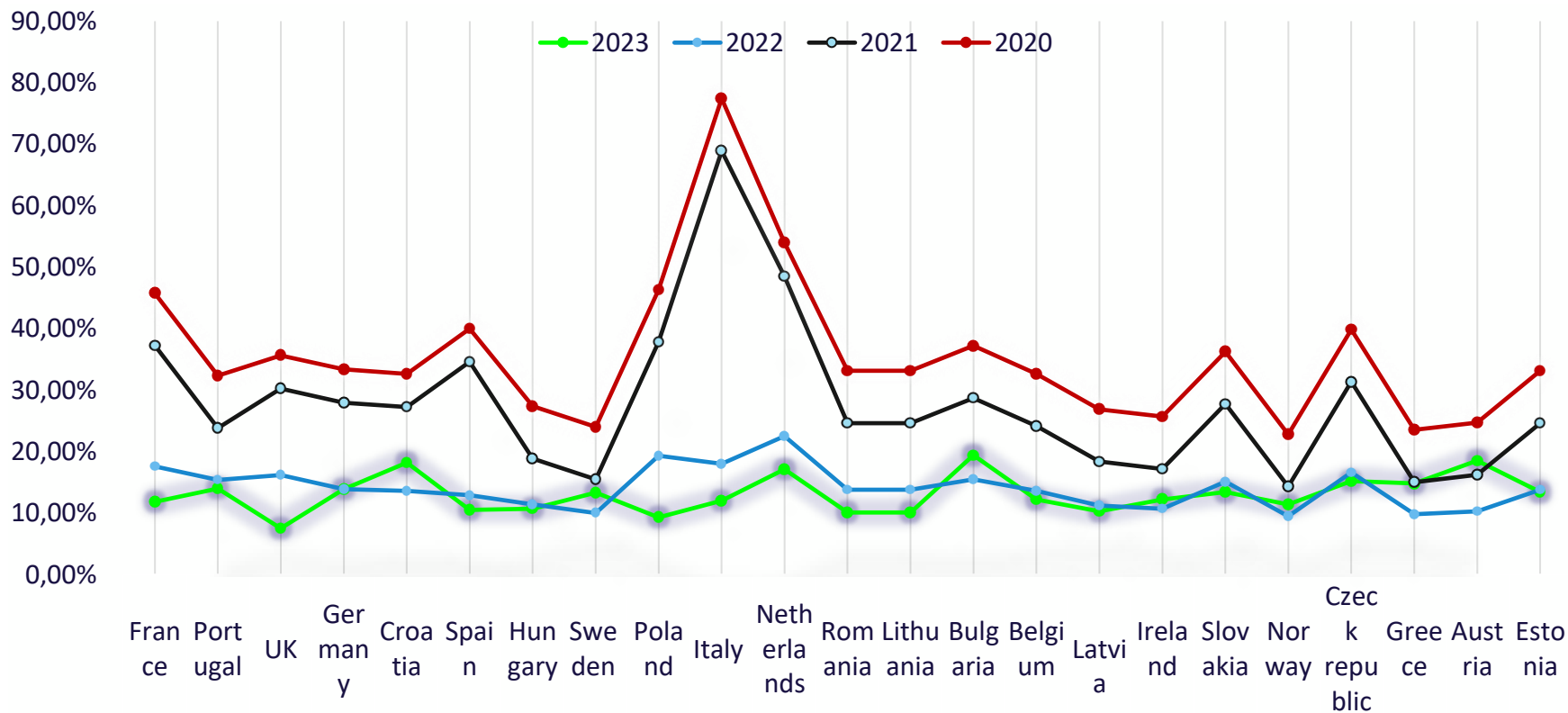
Percentage of SP reporting symptoms of elevated level of depression in Europe by year

2023 2022 2021 2020



Level of Elevated Anxiety among children (<18, reported by parents) in Europe (N=105,462)

Percentage of children reporting symptoms of elevated level of anxiety in Europe by year



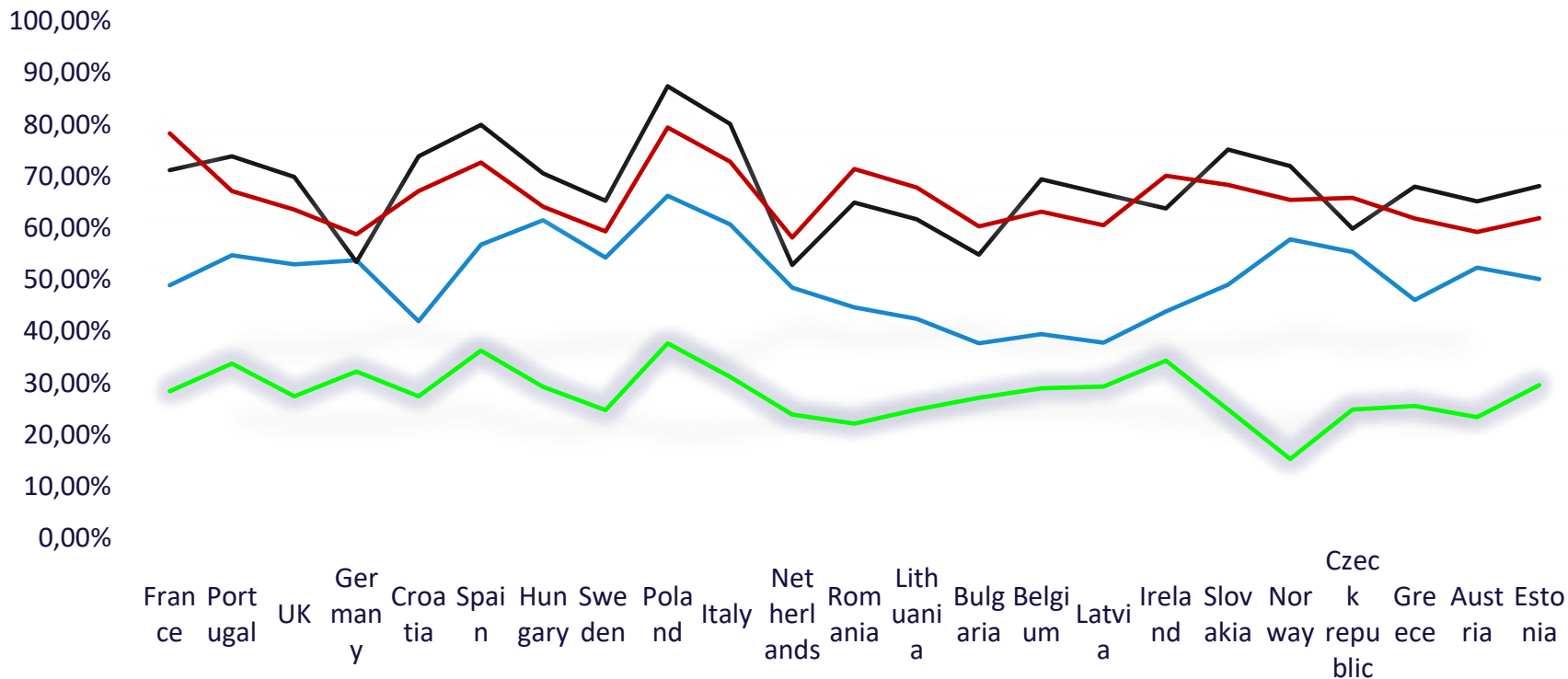
	France	Portugal	UK	Germany	Croatia	Spain	Hungary	Sweden	Poland	Italy	Netherlands	Romania	Lithuania	Bulgaria	Belgium	Latvia	Ireland	Slovakia	Norway	Czech Republic	Greece	Austria	Estonia
2023	11,8	14,0	7,50	13,9	18,2	10,5	10,7	13,3	9,30	12,0	17,1	10,1	10,1	19,4	12,2	10,3	12,2	13,4	11,4	15,2	14,8	18,5	13,4
2022	17,6	15,4	16,2	13,9	13,6	12,9	11,4	10,0	19,3	18,0	22,5	13,8	13,8	15,5	13,6	11,2	10,7	15,1	9,50	16,6	9,80	10,3	13,8
2021	37,2	23,8	30,2	27,9	27,2	34,5	18,8	15,5	37,8	68,9	48,5	24,6	24,6	28,7	24,1	18,3	17,1	27,7	14,3	31,3	15,0	16,2	24,6
2020	45,7	32,3	35,6	33,3	32,6	39,9	27,3	24,0	46,3	77,4	54,0	33,1	33,1	37,2	32,6	26,8	25,6	36,2	22,8	39,8	23,5	24,7	33,1



Level of Elevated Depression among Mothers in Europe (N=42,719)

Percentage of **mothers** reporting symptoms of elevated level of **depression** in Europe by year

— 2023 — 2022 — 2021 — 2020

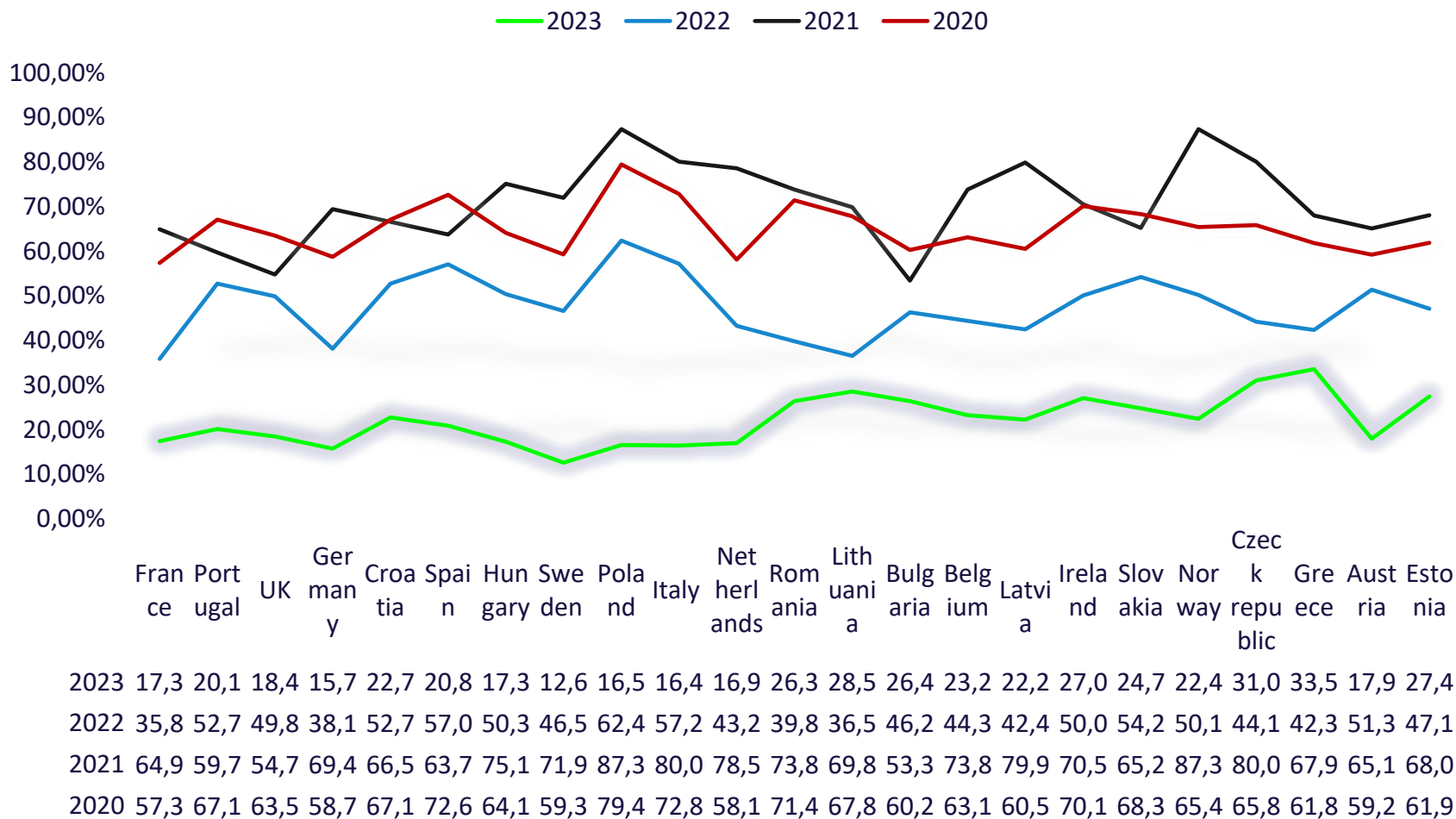


	France	Portugal	UK	Germany	Croatia	Spain	Hungary	Sweden	Poland	Italy	Netherlands	Romania	Lithuania	Bulgaria	Belgium	Latvia	Ireland	Slovakia	Norway	Czech Republic	Greece	Austria	Estonia
2023	28,4	33,7	27,4	32,2	27,4	36,2	29,2	24,7	37,6	31,1	23,9	22,1	24,8	27,1	28,9	29,3	34,3	24,8	15,2	24,8	25,5	23,3	29,5
2022	48,9	54,7	52,9	53,7	41,9	56,7	61,4	54,2	66,1	60,6	48,4	44,6	42,3	37,6	39,4	37,8	43,8	49,0	57,7	55,3	46,0	52,2	50,0
2021	71,1	73,8	69,8	53,3	73,8	79,9	70,5	65,2	87,3	80,0	52,8	64,9	61,6	54,7	69,4	66,5	63,7	75,1	71,9	59,8	67,9	65,1	68,0
2020	78,2	67,1	63,5	58,7	67,1	72,6	64,1	59,3	79,4	72,8	58,1	71,4	67,8	60,2	63,1	60,5	70,1	68,3	65,4	65,8	61,8	59,2	61,9



Level of Elevated Depression among people with disabilities in Europe (N=13,629)

Percentage of PWDs reporting symptoms of elevated level of depression in Europe by year



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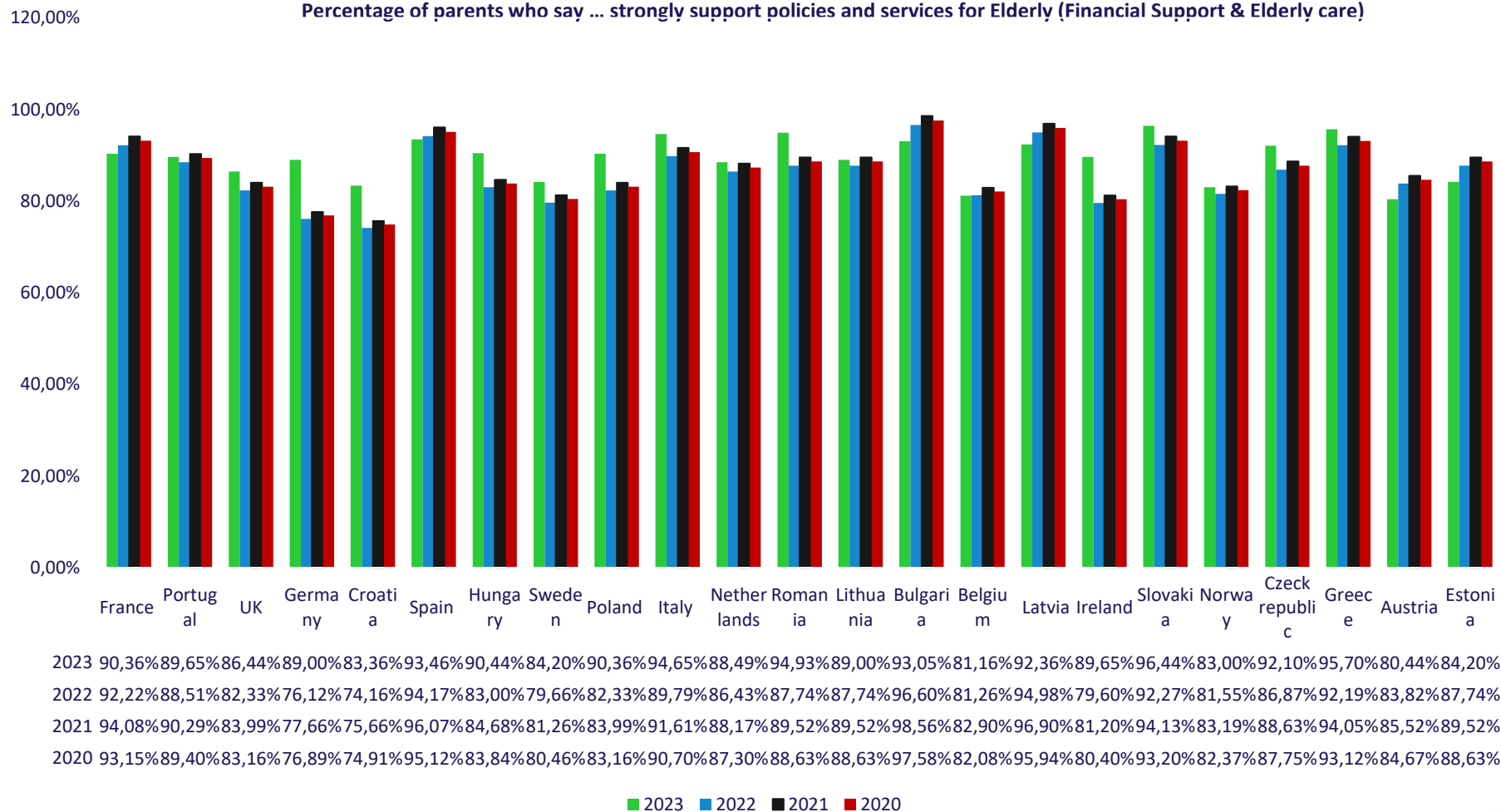
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Policies & Support

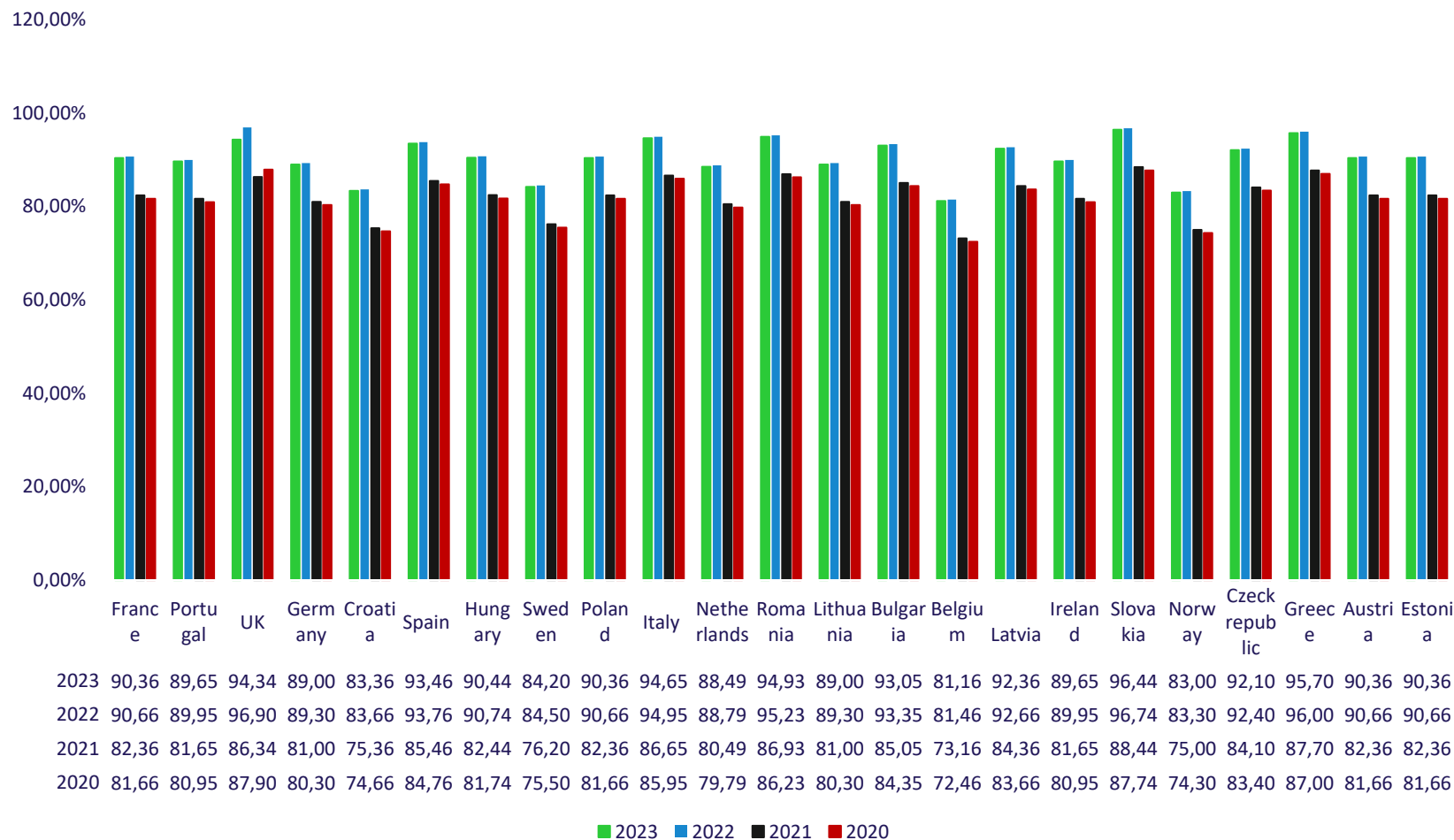
Support for Elderly in Europe – Perceptions of parents

Percentage of parents who say ... strongly support policies and services for Elderly (Financial Support & Elderly care)



Mental Health Support in Europe – Perceptions of parents

Percentage of parents who say ... strongly support the provision of mental health programs for couple, children and elderly





Thank you
Q&A