

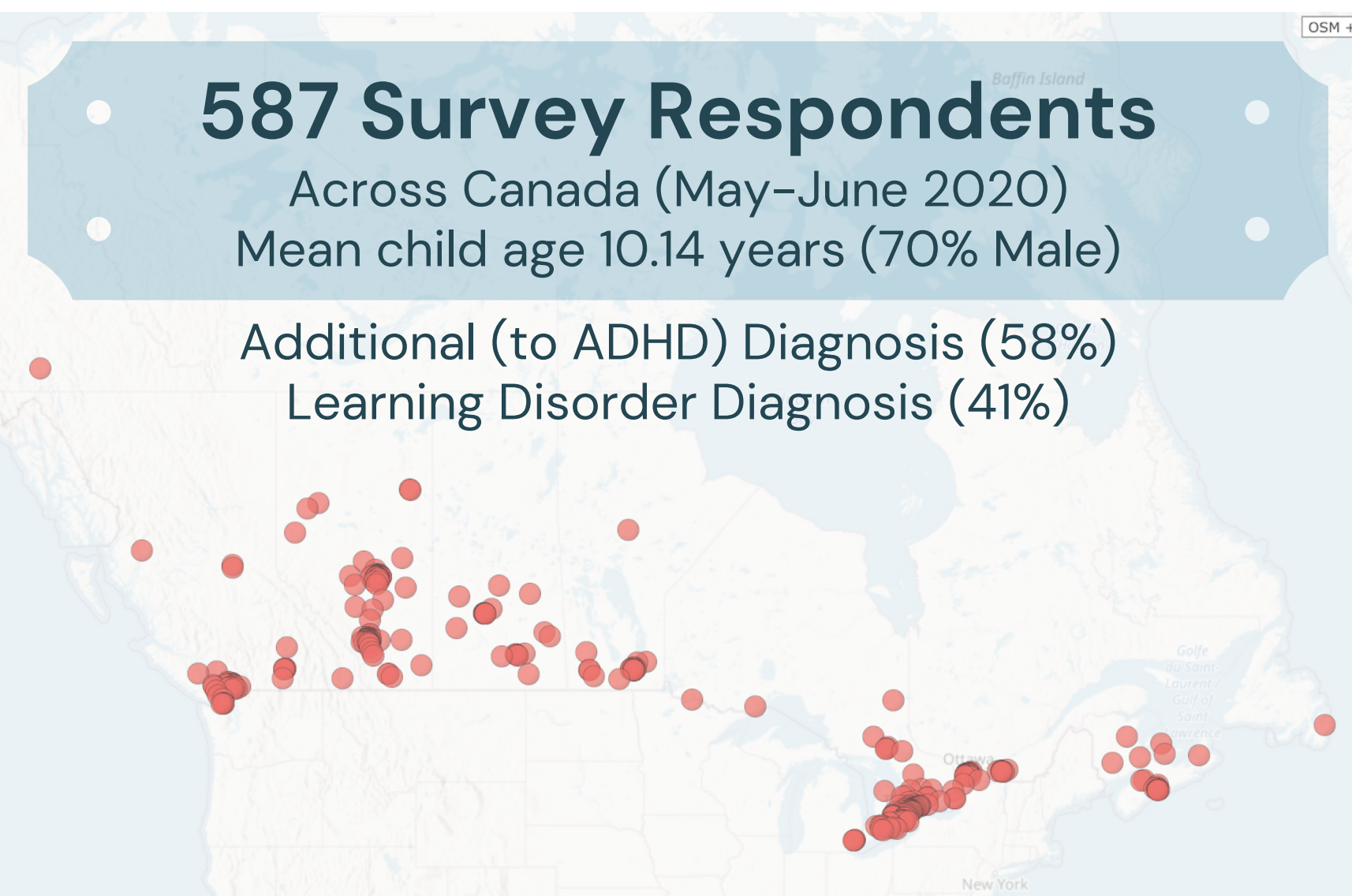
# Impact of COVID-19 on Education, Lifestyle Habits and Mental Health in Canadian Children with ADHD

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## 587 Survey Respondents

Across Canada (May-June 2020)  
Mean child age 10.14 years (70% Male)

Additional (to ADHD) Diagnosis (58%)  
Learning Disorder Diagnosis (41%)



90%

## Of children were receiving web-based instruction from schools/teachers

- Google Classroom was the main tool used to support online learning (66%)

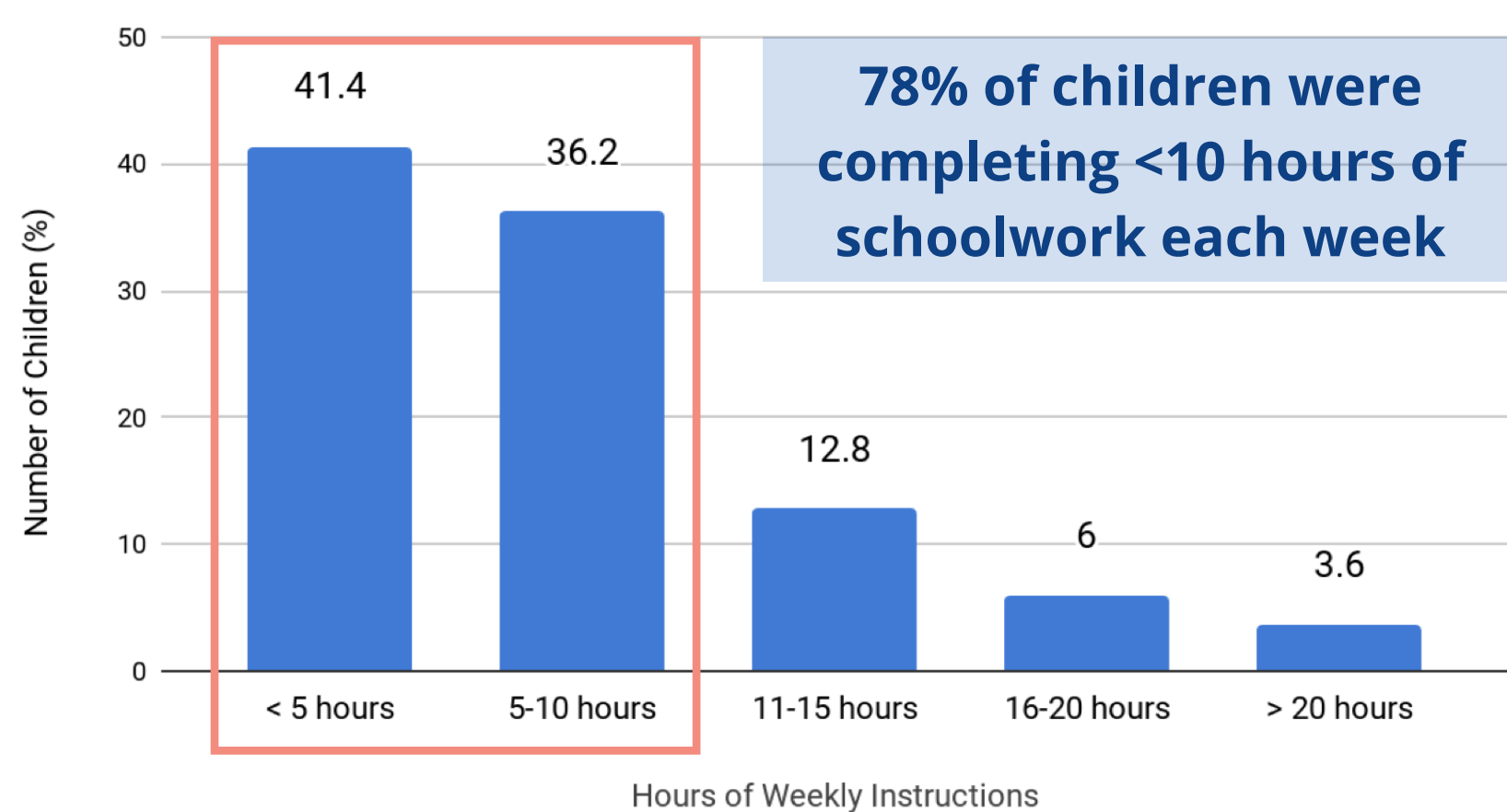
70%

## Of children with ADHD had an Individualized Education Plan (IEP)

- Only 41% of these children were receiving educational materials to meet their needs during online learning



On average, how many hours a week is your child doing school work?



17%

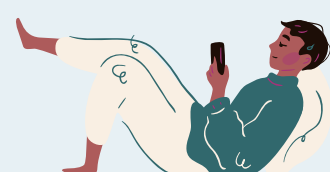
Of children had severe depression symptoms

14%

Of children had severe anxiety symptoms

## Lifestyle Habits Changed

- Going to Bed Later (65%), Waking-Up Later (45%)
- Eating More (18%) or Less (8%) Processed Foods
- Less Play and Athletic Activity (49%)
- More Hours/Day on a Screen (87%)



38%

## Reported Access to Therapy Changed

- Moved Online (13%)
- Moved to Phone (9%)
- Stopped Completely (13%)

35%

## Reported Medication Dose Changed

- Dose Increased (15%)
- Dose Decreased (7%)
- Stopped Completely (5%)



\*A subset of response categories are shown

## Executive Function Skill Difficulties

- Managing time (73%)
- Starting tasks (71%)\*
- Controlling emotions (71%)
- Staying organized (63%)
- Transitioning between tasks (62%)
- Monitoring tasks (53%)\*
- Working memory (50%)
- Inhibiting responses (44%)



\*Challenges starting and monitoring tasks significantly affected the odds of a child struggling to adjust to online learning

## How Does Lifestyle Affect Mental Health?

- **Sleeping fewer hours/night** was associated with greater reports of depression, anxiety, hyperactive/impulsive and oppositional-defiant (ODD) symptoms
- **Eating more processed foods** was associated with higher depression, anxiety, inattention and ODD scores
- **Low levels of exercise** (<1 hour/day) was associated with greater reports of depression
- **High screen use** (>3.5 hours/day) was associated with higher depression, anxiety, inattention, and ODD scores



A follow-up survey will be conducted **May-June 2021** to understand how children with ADHD are doing since September 2020: Please go to [adhdinCanada.com](http://adhdinCanada.com) to access the new survey

Thank you to all participants for their time and energy completing our surveys.

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