

Maximising the take up of mental health measures from UK cohorts and longitudinal studies

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Project aims and objectives



Survey the available mental health and wellbeing measures in British cohort and longitudinal studies



Create a web platform presenting the mental health measures in the studies surveyed



Promote the use of mental health measures in the cohorts through engagement activities



Studies in review

- ✓ Multiple waves of data collection
- ✓ Contains mental health measures
- ✓ At least 200 participants at first sweep
- ✓ Data collected from British context
- ✓ Study is ongoing

Total of 44 studies identified for review



Mental health measures for review

Included

- ✓ Indicators of mental health problems
- ✓ Impairment or difficulties resulting from mental health problems
- ✓ Treatment, service use and help-seeking
- ✓ Measures of psychological wellbeing

Excluded

- ✗ Cognitive measures
- ✗ Five-factor personality and temperament measures
- ✗ Risk factors for mental health problems

The review so far

- Have now reviewed 30 studies, over 80% completed or in progress
- Over 3000 mental health measures identified from nearly 300 waves of data collection
- Depression, anxiety, psychological distress, wellbeing and alcohol and substance use measured most often
- Engaging with the cohorts and researchers



National Child Development Study (NCDS)

BROWSE MENTAL HEALTH MEASURES 

Overview

Aims	National longitudinal birth cohort study. Aims to improve understanding of the factors affecting human development over the whole lifespan. Follows histories of health, wealth, education, family and employment from early life with linked biomedical and examination performance data integrated into the study.
Institution	Centre for Longitudinal Studies - Institute of Education, UCL
Website	https://www.maelstrom-research.org/mica/individual-study/ncds#/
Geographic coverage	United Kingdom (England, Scotland, Wales)
Start date	1958

Sample

Sample type	Birth cohort
Sample details	The NCDS follows the lives of all people born in England, Scotland and Wales in one particular week of March 1958. In the first three sweeps (at ages 7, 11 and 16), the target sample was augmented to include people who migrated to the UK born in the same week. The cross-sectional sample only includes immigrants who moved to Britain before the age of 16, as there were no attempts to include further members beyond the age 16 survey in 1974.
Sample size at recruitment	17,000+
Sample size at last sweep	9,100 (NCDS9 2013) 9,337 have biosamples
Sex	All
Age at recruitment	Birth
Cohort year of birth	1958

Data

Data access	UK Data Service http://www.cls.ioe.ac.uk/page.aspx?&sitesectionid=113&sitesectiontitle=Accessing+the+data
Genetic data collected	✓
Linkage to administrative data	✓

Additional information

Themes	Birth cohort, nationally representative (excluding NI), many sweeps
Notes	Originally known as Perinatal Mortality Survey

Reference paper

Power C & Elliott J. (2006), Cohort Profile: 1958 British birth cohort (National Child Development Study). *International Journal of Epidemiology*, 35, 34-41

Funders



Mental health measures timeline



Web platform



closer 
The home of longitudinal research

Next steps

- ➔ Continue review and interaction with the cohorts
- ➔ Platform development and sustainability
- ➔ Identifying patterns and gaps in measurement
- ➔ Planning for dissemination of the platform
- ➔ Promoting the platform and mental health measures

Acknowledgments

The work described in this presentation was funded by CLOSER, the home of longitudinal research. CLOSER is funded by the ESRC grant reference: ES/K000357/1. www.closer.ac.uk

