
5 authors, including:

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<td>Olaf Andres Kraus de Camargo</td>
<td>McMaster University</td>
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<td>Margaret A Lynch</td>
<td>King’s College London</td>
<td>180</td>
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<td>Eva Jörgensen</td>
<td>University of Iceland</td>
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Impacts of the COVID-19 Pandemic on Children Internationally:

Papers from A Research Collaboration between the International Society for Social Pediatrics and Child Health (ISSOP) and the International Network for Research on Inequalities in Child Health (INRICH)

Nick Spencer, Donna Koller, Olaf Kraus de Camargo and Margaret Lynch on behalf of the ISSOP/INRICH COVID 19 Research Group
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INTRODUCTION

The research findings and publications in this collection are based on the ISSOP and INRICH research collaboration established in April 2020 to study the impact of the COVID-19 pandemic on children. Researchers from 18 countries from across the world contributed to the collection. The collection is organised into 6 thematic groups: Voices of Children, Children with Disabilities, Immunization, Policy studies, Parental and Child Stress and Clinical Studies. The main findings for each theme are presented followed by full citations of the publications.

These publications offer a wide range of primary research, reviews of research, and editorial commentaries, which contribute to the literature on the pandemic and the advocacy of children’s rights and health equity.
VOICES OF CHILDREN

Publications under this theme comprised literature and research findings that sought to access, listen to and reflect the varied responses of children from different countries to the COVID-19 pandemic. Some of the publications cited under this theme formed part of an ISSOP/BMJ Paediatrics Open Special Collection that can be accessed at [Special Collection: Young Voices in the Time of COVID-19 | BMJ Paediatrics Open](https://doi.org/10.1136/bmjpo-2020-001406)

Summary of findings

- Children have a right to be heard and how do we, as child health professionals, optimise our approach to capture, amplify, and engage the global voices of children and young people and ensure their active participation in decisions that affect them (see citation 1).

- Research with children and young people during the pandemic was assessed using a critical review method (see citation 2). This review exposed a lack of inclusive research practices with children and young people (CYP). Disadvantaged children such as those with disabilities or from the majority world were predominantly left out of the research. Many studies did not document or refer to the range of ethical standards (collaboration with youth, participatory methods) that are recommended for research with children.

- Children and young people’s perspectives on the effects of the pandemic were cogent and articulate. The research documented the detrimental impact(s) of the pandemic on children’s health, education, protection, and basic needs particularly with vulnerable youth, their families and communities. Authors noted the need to involve CYP in all stages of a crisis response and to make specific recommendations which address the issues they elucidate (see citation 3).

- In contrast to the wider literature, the papers in this theme accessed the voices of disadvantaged and marginalised CYP in both majority and minority world settings but did not include children in study design (see citation 4 & all original studies of voices of children).

- Responses of CYP varied by setting and location; however, there were common findings across the studies: levels of awareness and knowledge of COVID were generally high; anxiety and stress were present in CYP,
particularly in regards to school closures, loss of educational opportunities (see citation 14), and future prospects. Supportive relationships with adult family members and friends helped ameliorate stress and anxiety. In particular, increased time spent with family and friends was noted as a positive outcome.

- CYP in disadvantaged circumstances described financial concerns and hunger either due to loss of income, such as among the almudos in Bissau, or to a reduction in family finances and inadequacy of government support systems. These findings were not confined to the majority world, but were also acknowledged by CYP in Bradford, England, Japan, Canada and Turkey (see citations 6, 10,11, 12 &13).

- The research generated from this thematic group illustrated the importance of listening to youth perspectives during a public health crisis.

- The researchers call for greater consultation with CYP in the formation of public health policies and practices which promote health equity and children’s rights.

Citations:


CHILDREN WITH DISABILITIES

This theme aimed to reflect the experiences of children with disabilities and their families during the pandemic. Five of the publications in this thematic group (citations 1,3,4,5,7) arose from a research collaboration utilizing a survey schedule designed by Olaf Kraus de Camargo.

Summary of findings

- Children with disabilities are more susceptible to mental health problems than their non-disabled peers.
- The pandemic exacerbated the mental health concerns among children with disabilities (see citations 2-5).
- Inequities in children’s experiences during the pandemic were related to low socioeconomic status, complex chronic disease, and those whose parents screened positive for depression (see citation 4).
- Given adequate support, children with disabilities and communication difficulties shared insights regarding their unique life experiences during the pandemic and expressed similar anxieties to those shared by non-disabled children (see citations 2&6).
- All studies identified the need for policies that put children at the centre and the critical need to mitigate the inequities felt by children with disabilities during COVID-19.
- All studies found that the pandemic heightened the need for enhanced social supports and access to services for children with disabilities and their families.

Citations:


IMMUNIZATION

The thematic group on immunization aimed to identify the impact of the pandemic on routine childhood vaccination programs. The group did not address the ethics and practicality of COVID vaccination for children.

Summary of findings

- A rapid review of literature from early 1900s through to June 2020 (first months of the COVID-19 pandemic) failed to identify any empirical papers with data on the effects of epidemics/pandemics on the administration of routine childhood vaccinations [see citation 1].
- A systematic narrative review of the literature on COVID-19 and its effect on inequities involving childhood vaccinations from 1 January 2020 to 18 January 2022 identified 13 papers which met the inclusion criteria [see citation 2].
- The narrative review found moderate evidence for inequity in reducing the vaccination coverage of children during COVID-19 lockdowns and moderately strong evidence for an increase in inequity compared with pre-pandemic months (before March 2020).
- Two non-COVID papers published by members of the group from India highlight issues of promoting vaccination acceptance by exploring caregiver perceptions of the societal benefits of vaccination [see citation 3] and engaging faith leaders as vaccine ambassadors [see citation 4].

Citations:


Papers in this thematic group addressed policy responses at government and transnational levels from a child rights and equity perspective.

Summary of findings

- A narrative review [see citation 1] identified the negative impact of school closures and lockdown on children across high and low-income settings producing a range of adverse effects including an increase in depressive symptoms, decrease in life satisfaction, decrease in immunisation and an increase in unhealthy lifestyles.
- The pandemic and indirect consequences of associated public health measures compounded existing stressors that marginalised families confront every day, with detrimental and disproportionate consequences. These included service-level factors (service shutdowns, reduced healthcare access, disrupted early childhood education and schooling); family-level factors (poorer parent mental health, reduced family income and job losses, increased household stress, increased abuse, and neglect); and child-level factors (poorer mental health, poorer child health and development, poorer academic achievement) [see citations 2-4].
- Orphanhood and loss of caregivers in the pandemic, described as a 'hidden pandemic', has been an under-recorded outcome and a severe consequence for millions of children [see citation 5].
- The COVID-19 pandemic has accentuated systemic inequities in the US negatively affecting on children in Black, Latin and Indigenous communities, children with disabilities, and refugee or immigrant communities [see citation 6]. These findings are consistent with the concept of the syndemic in which the pandemic and existing inequities combine to have an additive adverse effect on child health & wellbeing [see citation 7 & 12].
- The indirect consequences of the pandemic for children identified in these policy papers constitute a direct threat to child rights. The impact of the pandemic on children’s rights in 32 countries is addressed in a survey of child health and rights professionals [see citation 15]. A child rights-based agenda for action to alleviate harm to children in the short- and long-terms is proposed by Raman et al [see citation 8].
- Media play a key role in shaping public perception and opinion and the lack of attention given to the consequences of the pandemic for children and their rights in Argentina contributed to the invisibility of children and their needs [see citation 9].
- Examination of policy responses to the pandemic from a child rights perspective in three Latin American countries showed that prevention of community transmission of the virus was prioritized over promotion of the exercise of children's rights. In addition, there was a lack of participation of children and young people in the process of developing public policies and a
lack of progress in the recognition and protection of the exercise of children's rights overall [see citation 10].

- A collection of Policy Briefs from the Children’s Institute at the University of Cape Town, South Africa address lessons from the pandemic in relation to prioritising children and their rights [citation 13]. Also from South Africa, in a book chapter children’s advocates consider the impact of COVID on children in South Africa’s Western Cape [citation 14]

Citations:


This theme focuses attention on the stress for both parents and children associated with the pandemic itself and the lockdowns and restrictions imposed by governments.

Summary of findings

- Children's stress levels were high as a consequence of the pandemic. They were acutely reactive to COVID-19 and related public health measures. They feared contracting COVID-19, and missing school and contact with friends exacerbated their stress. Home/family tensions increased stress levels, but parental love and support were a source of strength (see citations 1&2). By contrast, Turkish children were reported to have fewer behavioural problems during the pandemic (see citation 11).
- In Sweden, which experienced only limited lockdowns and no school closures, worry among children and adolescents was common (77%); mostly (60%) related to disease or death of elderly relatives, parents, the child him/herself or general worry for the elderly/risk groups (see citation 3)
- Children's emotional and behavioral difficulties in the pandemic, including elevated levels of symptoms of hyperactivity-inattention, were associated with parental mental health and socioeconomic difficulties as well as school closures. During public health crises, parents and professionals involved in caring for children should pay special attention to their mental health needs (see citations 4&5). However, school closures during lockdown did not appear to increase the risk of mental health problems in children born preterm compared to those born full-term (see citation 6).
- Studies from Pakistan showed several stressful factors for parents during the COVID-19 pandemic, mainly financial burden, children's education, and the uncertainty of the situation, which exacerbated severe disciplinary parenting practices. Parental stress was highest among lower socioeconomic groups as well as those who suffered income loss during COVID-19 (see citations 7&8)
- Children can be characterized as the biggest victims of the pandemic because of the indirect social, economic, and emotional impact of COVID-19 as a result of public health measures aimed at preventing the spread of the virus and mitigating its effects. The indirect effects resulted in an in poverty, prolonged school closures, failed health systems, and the increased abuse and neglect of children (see citation 9)

Citations:


CLINICAL STUDIES

SARS-CoV-2 infection rates were low compared with adults and, only two clinical studies were undertaken within the ISSOP/INRICH research group.

Summary of findings

- Significant reductions in preterm and low birth weight births in Turkey were possibly due to the indirect effects of the pandemic (see citation 1).
- A decrease in asthma hospital presentations were noted in New South Wales, Australia which coincided with the lockdown periods during first, second and third waves of the COVID-19 pandemic. These lockdowns potentially reduced transmission of other common respiratory viruses because of restricted movement (see citation 2).
- A study from paediatric units in Bogota, Colombia, based on a cohort of children admitted with respiratory problems due to Covid, illustrates the adverse impact of the hospitalization of these children on the employment of their female caregivers. An important insight into the impact of the pandemic on the lives of caregivers (see citation 3).

Citations:

CONCLUSION

The 54 papers in this compendium are the result of the work of the ISSOP/INRICH COVID-19 Research Group drawing on projects from across the world. The rights and health of children were frequently overshadowed by the clinical impact of the pandemic on adult health rendering the consequences for children invisible. The work of the ISSOP/INRICH collaboration contributes to establishing the importance of the impact of the pandemic on children and ensuring the needs, rights and health of children are fully considered in future pandemics.

The research collaboration is undertaking further work with projects on the medium- and long-term impact of school closures during the pandemic and the health, rights and well-being of street and working children.

The collaboration is not supported by external funds and researchers give their time on a voluntary basis.

Compilation of all papers for download
Please use the link below or scan the QR code to access a pdf with all papers in one file (427 pages):

https://qrcodes.pro/ISSOPCovidPapers