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LKS Faculty of Medicine
Department of Paediatrics
& Adolescent Medicine
香港大學兒童及青少年科學系

Impact of COVID-19 pandemic and school closure on the psychosocial well-being of children & adolescents

新冠病毒大流行及停課 對本港兒童及青少年身心健康的影響

Dr Patrick Ip (葉柏強醫生)
Clinical Associate Professor
Department of Paediatrics and
Adolescent Medicine
HKUMed

Dr Mike Kwan Yat-wah (關日華醫生)
Honorary Clinical Associate Professor
Department of Paediatrics and
Adolescent Medicine
HKUMed



Original Investigation | Pediatrics

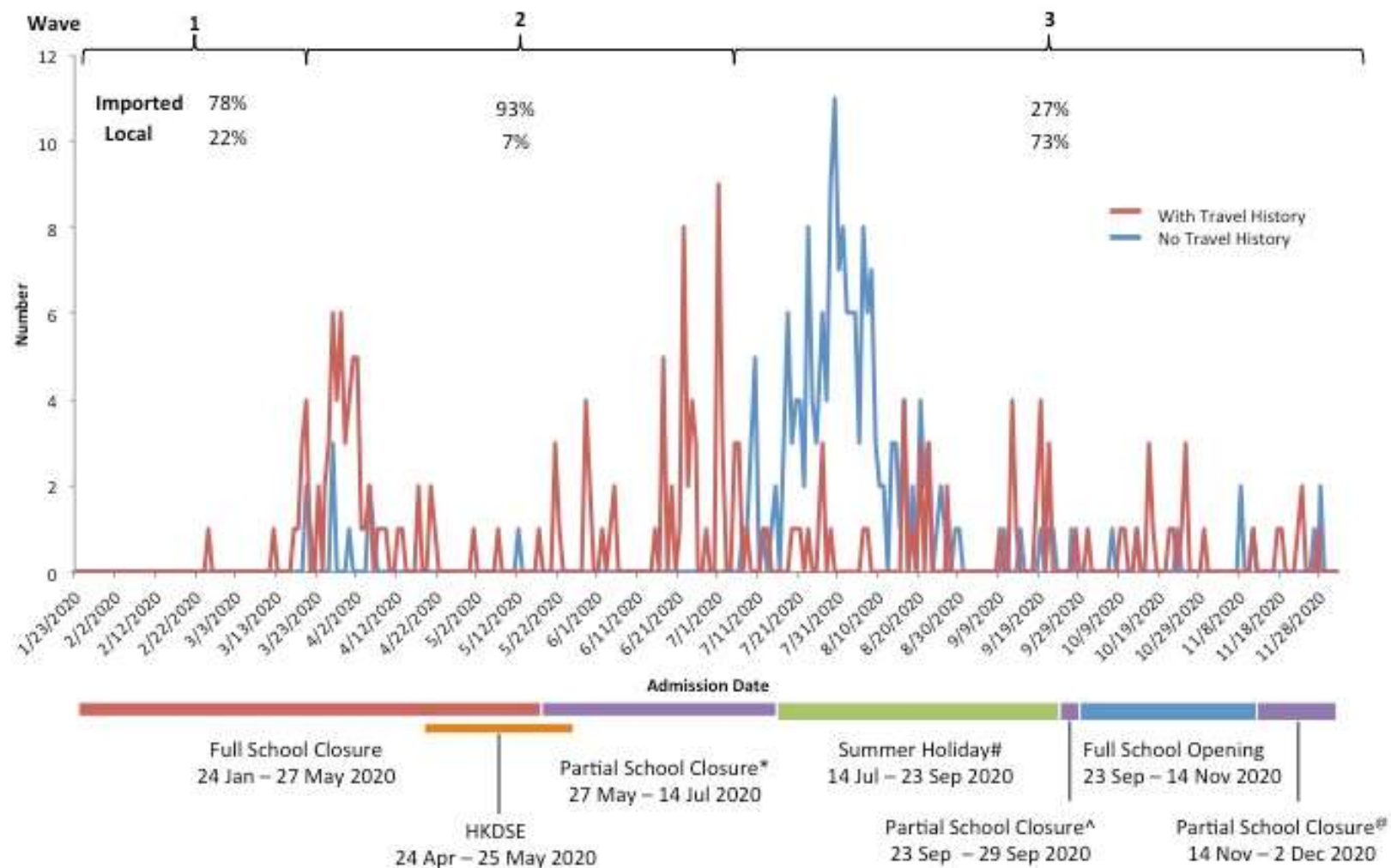
Clinical Characteristics and Transmission of COVID-19 in Children and Youths During 3 Waves of Outbreaks in Hong Kong

Gilbert T. Chua, MBBS, MRCPCH; Joshua Sung Chih Wong, MBBS; Ivan Lam, MBChB; Polly Po Ki Ho, MPH; Wai Hung Chan, MBChB, MRCP; Felix Yat Sun Yau, MBChB, MRCPCH; Jaime S. Rosa Duque, MD, PhD; Alvin Chi Chung Ho, MBBS; Ka Ka Siu, MBChB; Tammy W.Y. Cheung, MBBS, MRCPCH; David Shu Yan Lam, MRCP; Victor Chi Man Chan, MBChB, MRCPCH; Kwok Piu Lee, MBChB; Kwing Wan Tsui, MBBS, MRCP; Tak Wai Wong, MBBS, MRCP; Man Mut Yau, MBBS; Tsz Yan Yau, MBChB; Kate Ching Ching Chan, MBChB; Michelle Wai Ling Yu, MBChB; Chit Kwong Chow, MBBS; Wah Keung Chiu, MBBS, MRCPCH; Kwok Chiu Chan, MBBS, MRCP; Wilfred H.S. Wong, PhD; Marco Hok Kung Ho, MD; Winnie W.Y. Tso, MBBS, MRCPCH; Keith T.S. Tung, MPH; Christina S. Wong, MRCP; Janette Kwok, PhD; Wing Hang Leung, PhD; Jason C. Yam, MBBS; Ian C.K. Wong, PhD; Paul Kwong Hang Tam, ChM; Godfrey Chi Fung Chan, MD; Chun Bong Chow, MD; Kelvin K. W. To, MD; Yu Lung Lau, MD; Kwok Yung Yuen, MD; Patrick Ip, MPH; Mike Yat Wah Kwan, MSc, MRCPCH

Study Outline

研究簡介

- From 23 January through 2 December 2020, a total of 397 children and youths with COVID-19 infection
- 38.8% were asymptomatic
- 51.4% had domestic infections
 - 91.2% reported having a contact history
 - 90.0% were family members
- 由2020年1月23日至12月2日，一共分析了397名確診感染新冠病毒的兒童及青少年
- 38.8%為無症狀患者
- 51.4%為本地感染個案
 - 當中91.2%有接觸過另一名新冠病毒確診患者
 - 90.0%為家庭成員



- Only 3 individuals with domestic COVID-19 infections in our study were reported to be schoolmates in close contact.
- 在本地個案中，只有3名患者的密切接觸者為同校同學
- There were no reports that teachers had transmitted COVID-19 to their students.
- 本地個案中並沒有由老師傳染學生的個案

Table 2. Contact Histories of Children and Youths With COVID-19

	Individuals infected, No. (%)			
	First wave ^a	Second wave ^b	Third wave ^c	P value
Without international travel (n = 204)				
Total	3	8	193	NA
Father	1 (33.3)	4 (50.0)	93 (48.2)	.87
Mother	2 (66.7)	7 (87.5)	100 (51.8)	.13
Sibling	0	5 (62.5)	64 (33.2)	.11
Grandparent	0	1 (12.5)	52 (26.9)	.39
Cousin	0	0	5 (2.6)	.86
Uncle or aunt	1 (33.3)	0	15 (7.8)	.19
Schoolmate	0	0	3 (1.0)	.92
Friend	0	0	2 (1.0)	.94
Unknown	0	0	18 (9.3)	.57
With international travel (n = 193)				
Total	11	110	72	NA
Father	4 (36.4)	12 (10.9)	14 (19.4)	.04
Mother	2 (18.2)	24 (21.8)	20 (27.8)	.59
Sibling	1 (9.1)	21 (19.1)	16 (22.2)	.58
Grandparent	3 (27.3)	3 (2.7)	4 (5.6)	.002
Cousin	0	1 (0.9)	1 (1.4)	.90
Uncle or aunt	0	3 (2.7)	4 (5.6)	.49
Schoolmate	3 (27.3)	6 (5.5)	0	<.001
Friend	0	5 (4.5)	0	.14
Unknown	4 (36.4)	61 (55.5)	41 (56.9)	.44



Vulnerability and resilience in children during the COVID-19 pandemic

Winnie W. Y. Tso¹ · Rosa S. Wong¹ · Keith T. S. Tung¹ · Nirmala Rao¹ · King Wa Fu¹ · Jason C. S. Yam² · Gilbert T. Chua¹ · Eric Y. H. Chen¹ · Tatia M. C. Lee¹ · Sherry K. W. Chan¹ · Wilfred H. S. Wong¹ · Xiaoli Xiong³ · Celine S. Chui¹ · Xue Li¹ · Kirstie Wong^{1,4} · Cynthia Leung⁵ · Sandra K. M. Tsang¹ · Godfrey C. F. Chan¹ · Paul K. H. Tam¹ · Ko Ling Chan⁵ · Mike Y. W. Kwan⁶ · Marco H. K. Ho¹ · Chun Bong Chow¹ · Ian C. K. Wong^{1,4,8} · Patrick Ip^{1,7} 

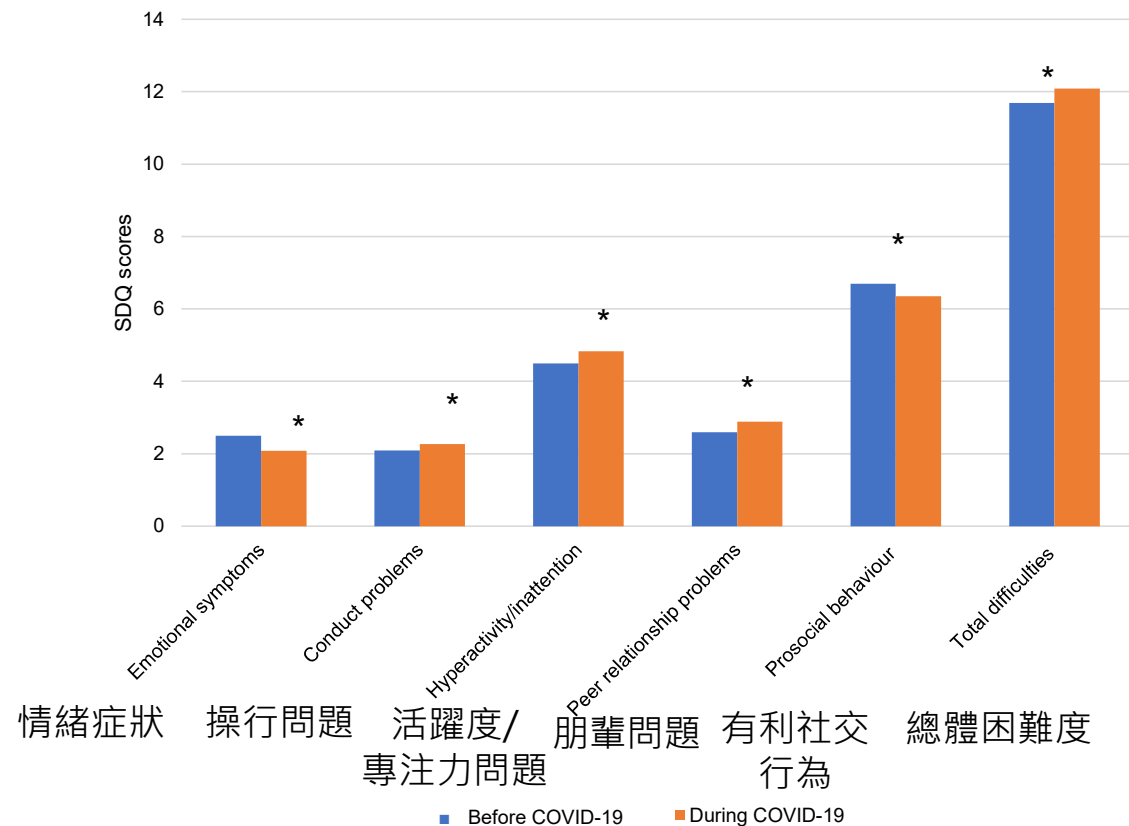
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在2020年第一至第二波
疫情期間以問卷形式訪
問了29,202個香港家庭

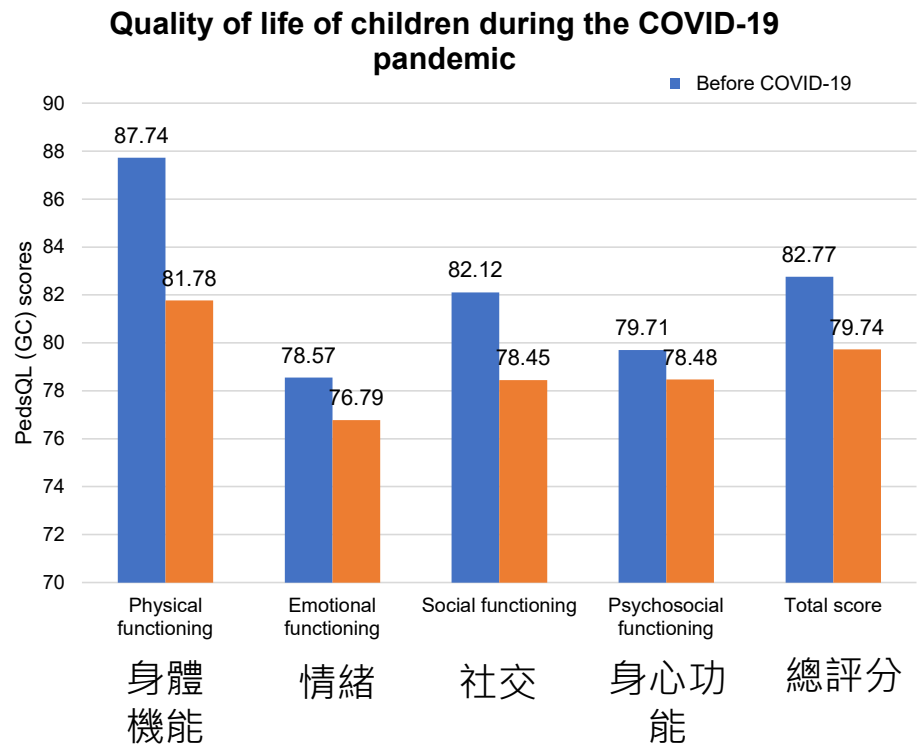
29,202 Hong Kong
families were
interviewed by
questionnaire during the
first and second waves
of outbreak in 2020

新冠病毒大流行期間
兒童的行為及情緒問題

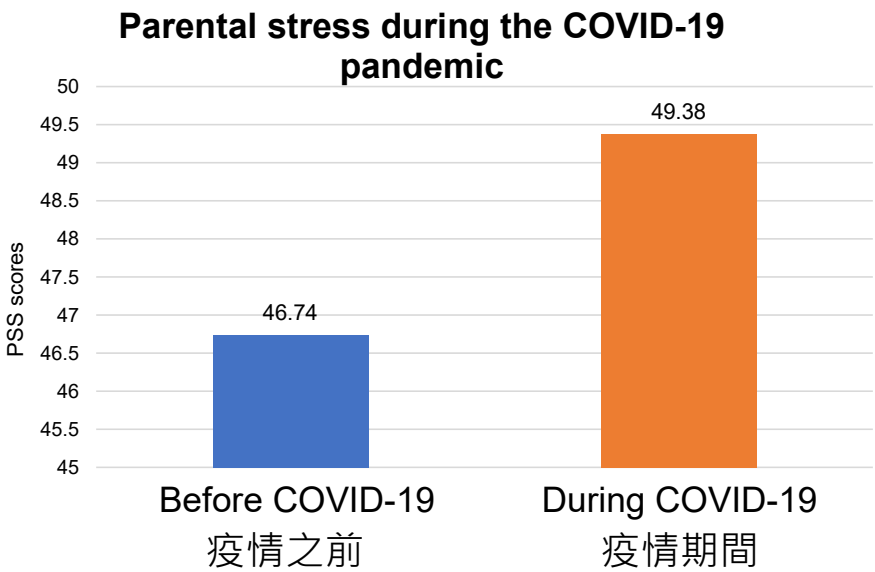
Behavioral & emotional difficulties of children
during the COVID-19 pandemic



新冠病毒大流行期間兒童生活質素



新冠病毒大流行期間家長精神壓力





CHILDREN 兒童

- Behavioral & emotional difficulties
行為及情緒問題增加
- Electronic devices usage
電子產品使用量增加

PARENTS 家長

- Higher parental stress
家長精神壓力上升



CHILDREN 兒童

- Worse quality of life
生活質素轉差
- Less exercise
運動量減少
- Worse sleep quality
睡眠質素轉差

Vulnerable & Protective factors of resilience during COVID-19 pandemic

新冠病毒大流行期間與抗逆力有關的高危及保護因素

Vulnerable Factors 高危因素 (Factors associated with significantly higher psychosocial problems in children 出現身心問題的風險較高)	Protective Factors 保護因素 (Factors that promote resilience 促進抗逆力的因素)
Children with special education needs 有特殊學習需要的兒童	Adequate sleep 充足睡眠
Children with acute/chronic illnesses 患有急性/慢性疾病的兒童	Adequate exercise 足夠運動
Mother with mental illnesses 母親患有情緒問題	Avoid extended use of electronic devices 避免過度使用電子產品
Single parent families 單親家庭	More parent-child interactions 較多親子活動
Low income families 低收入家庭	

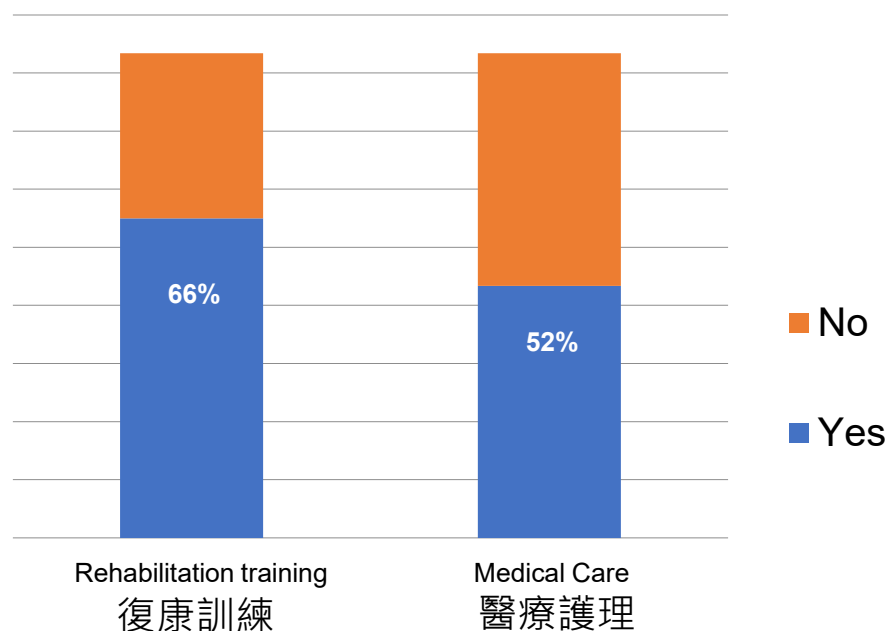
Questionnaire study of 417 Parents with special educational needs (SEN) children

問卷調查417位有特殊學習需要兒童的家長

Disrupted training & medical care →
more emotional symptoms and
hyperactivity/inattention problems in SEN
children

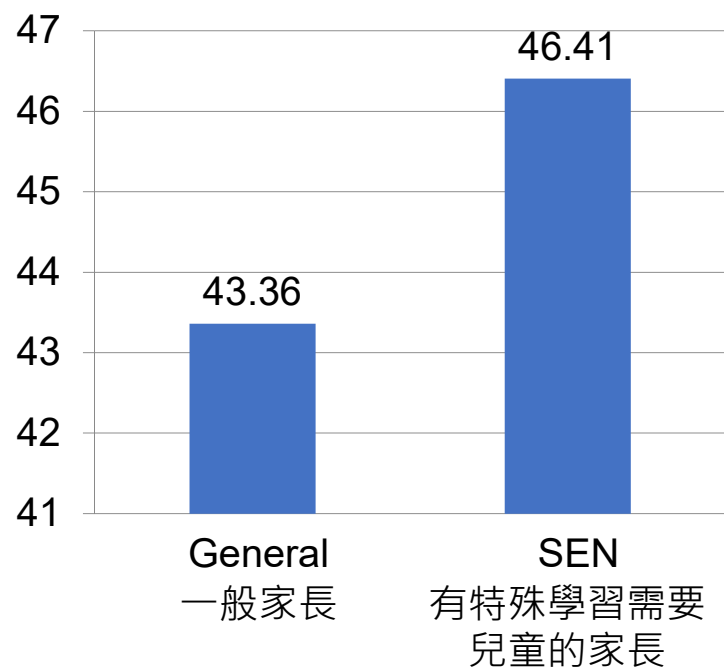
復康訓練及醫療護理受到影響 –
特殊學習需要兒童出現更多情緒及活躍度/
專注力問題增加
家長照顧壓力增加

Disrupted care for SEN children during COVID-19
新冠病毒大流行期間特殊學習需要兒童所需服務受影響

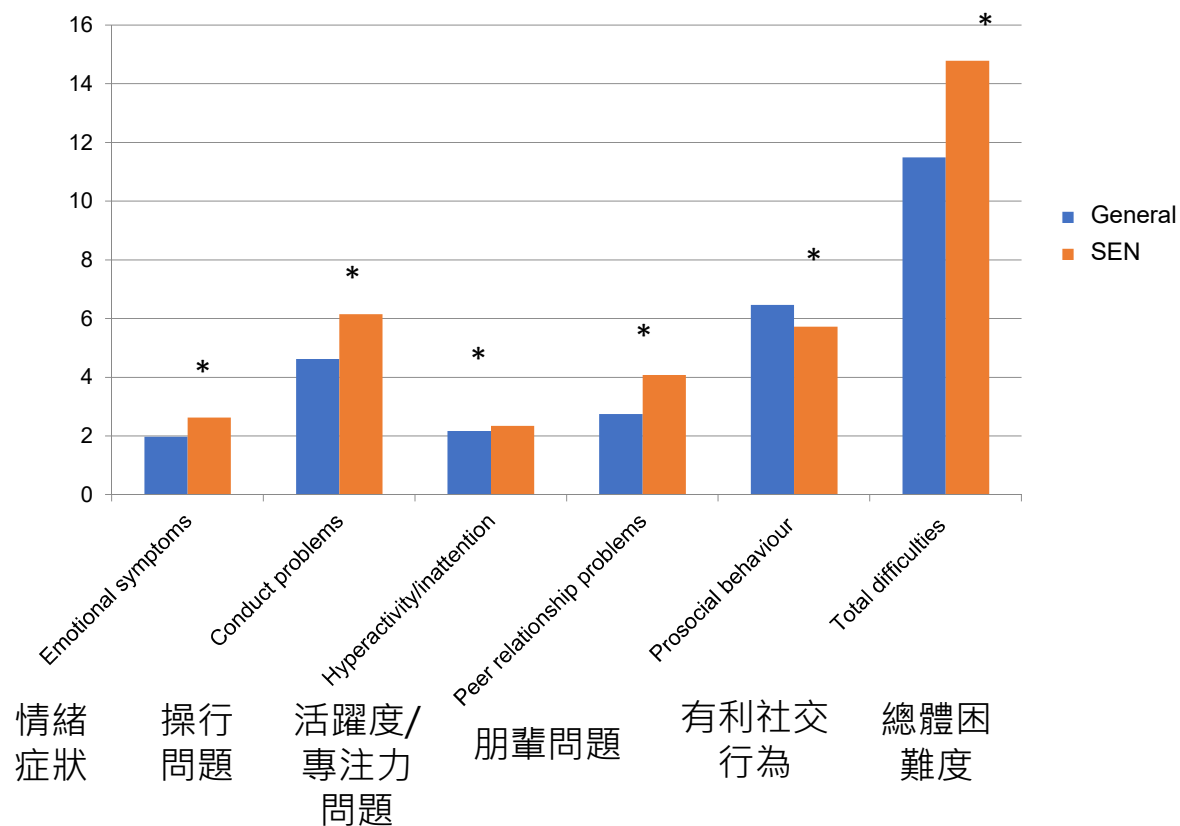


新冠病毒大流行期間 家長精神壓力

Parental stress for parents with children with
SEN during COVID-19



新冠病毒大流行期間兒童的行為及情緒問題 Emotional & behavioural difficulties in children with SEN during COVID-19



* Significant differences $p < .05$

Message to the public

重要訊息

- Eligible adults should receive COVID-19 vaccines as soon as possible to protect their families, especially children
合資格成年人應盡快接種新冠疫苗，保障自己和其他家庭成員，尤其是子女健康
- Students and teachers shall maintain social distancing and personal hygiene measures (e.g. universal mask wearing and frequent hand hygiene)
學生和老師應在校內繼續保持社交距離及個人衛生，包括戴口罩和勤洗手

Message to the public

重要訊息

- Seek medical attention, refrain from school and tested for COVID-19 in case of any symptoms or in close contact with another COVID-19 infected person
如有任何症狀或為密切接觸者，應盡快求醫及進行新冠病毒檢測
- COVID-19 vaccination has been approved for youths aged 12-15 years old in US and Canada. We encourage eligible youths (between 11 and 16 years old) to join our COVA study.
美國及加拿大已批准12至15歲青少年接種新冠疫苗。我們鼓勵本港11至16歲青少年參與港大醫學院的青少年新冠疫苗研究項目

Message to the public

重要訊息

- Additional support should be provided to children of vulnerable groups to mitigate the adverse effects of prolonged school closures
應為弱勢社群兒童提供額外支援，以減輕長期停課對他們身心健康的不良影響
- Strengthening family coherence, adequate sleep and exercise, responsible use of electronic devices are essential in promoting family well-being during the pandemic
加強家庭成員之間的凝聚力、充足的睡眠與運動，節制地使用電子產品，均有助在疫情期間，維持家庭成員的身心健康

Q&A