

# Mott Poll Questions



## *Social Distancing and Teen Mental Health*

*The following questions were answered by parents with children age 13-18 years old.*

Q1. How would you rate the impact COVID-19 has had on your [x]-year-old child being able to interact with friends?

1. Very negative
2. Somewhat negative
3. No impact
4. Somewhat positive
5. Very positive

Q2. Over the past 3 months, how much has your [x]-year-old child interacted with friends in the following ways?

	Every day or almost every day	A few times a week	A few times a month or less	Never
a. Texting				
b. On social media (Facebook, Instagram, etc.)				
c. Talking on the phone				
d. Online gaming				
e. Outdoors in-person				
f. Indoors in-person				

Q3. Since the start of the COVID-19 pandemic (March 2020), have you noticed a change in your [x]-year-old child's mental health (either a new concern or worsening of an existing problem) for any of the following? *Select all that apply.*

1. Sleep issues
2. Anxiety/worry
3. Depression/sadness
4. Changes in appetite
5. Aggressive behavior
6. Withdrawing from family
7. None
8. Other

Q4. How have you handled changes in your [x]-year-old child's mental health?

	Have tried & it seemed to help	Have tried & it did not help	Considered but have not tried yet	Have not considered
a. Relaxed family rules about social media				
b. Relaxed family COVID-19 rules to allow child to have more contact with friends				
c. Encouraged child to try web-based program or app to improve mental health				
d. Talked with teachers or school counselors				
e. Looked for advice/information on internet				
f. Sought help from a mental health professional				

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