

Cohort & household panel studies for mental health and well-being research: What is available and how to access them.

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Webinar Outline

1. What types of studies are available
2. What types of data are available
3. What types of research questions can I answer
4. Where can I find information on studies
5. How can I access the data
6. How can I compare data
7. Resources

The UK's Longitudinal Studies

TIMELINE

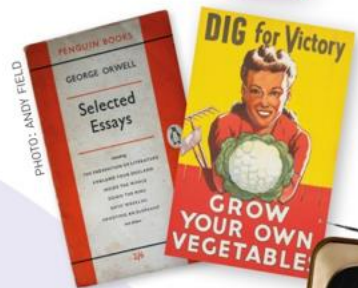
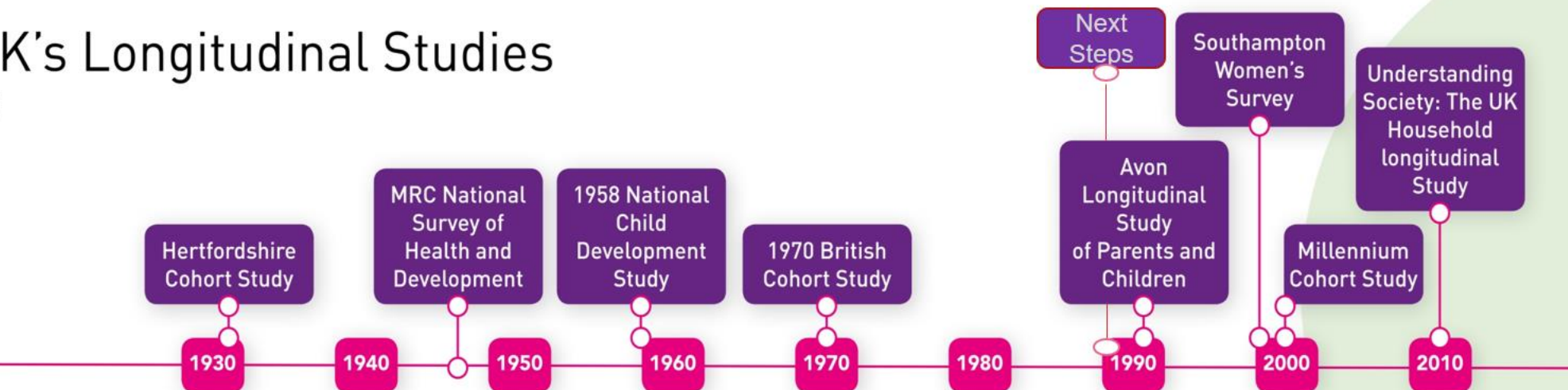


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What types of studies are available?



1991

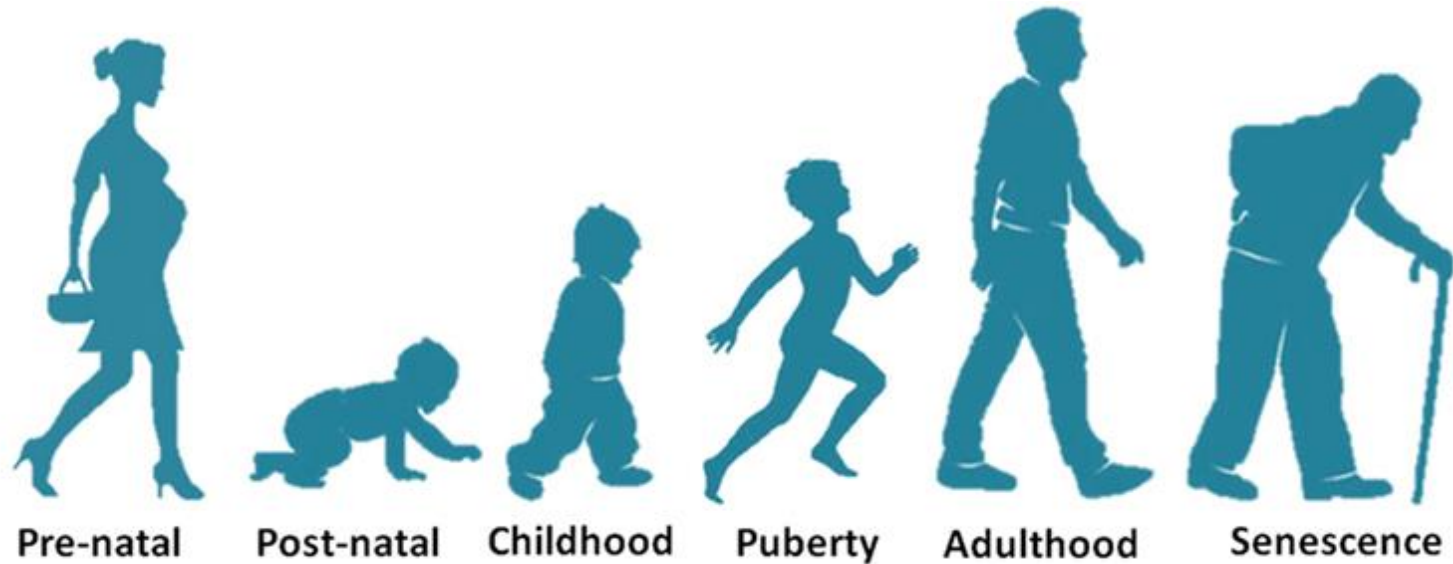
2009

2022

BHPS | British
Household
Panel Survey



What types of studies are available?



The British birth cohort studies

NSHD 1946

NSHD, is the longest running national birth cohort study and includes over 25 data collections over participants lives so far.

Next Steps 1989

MCS 2001

1940

1960

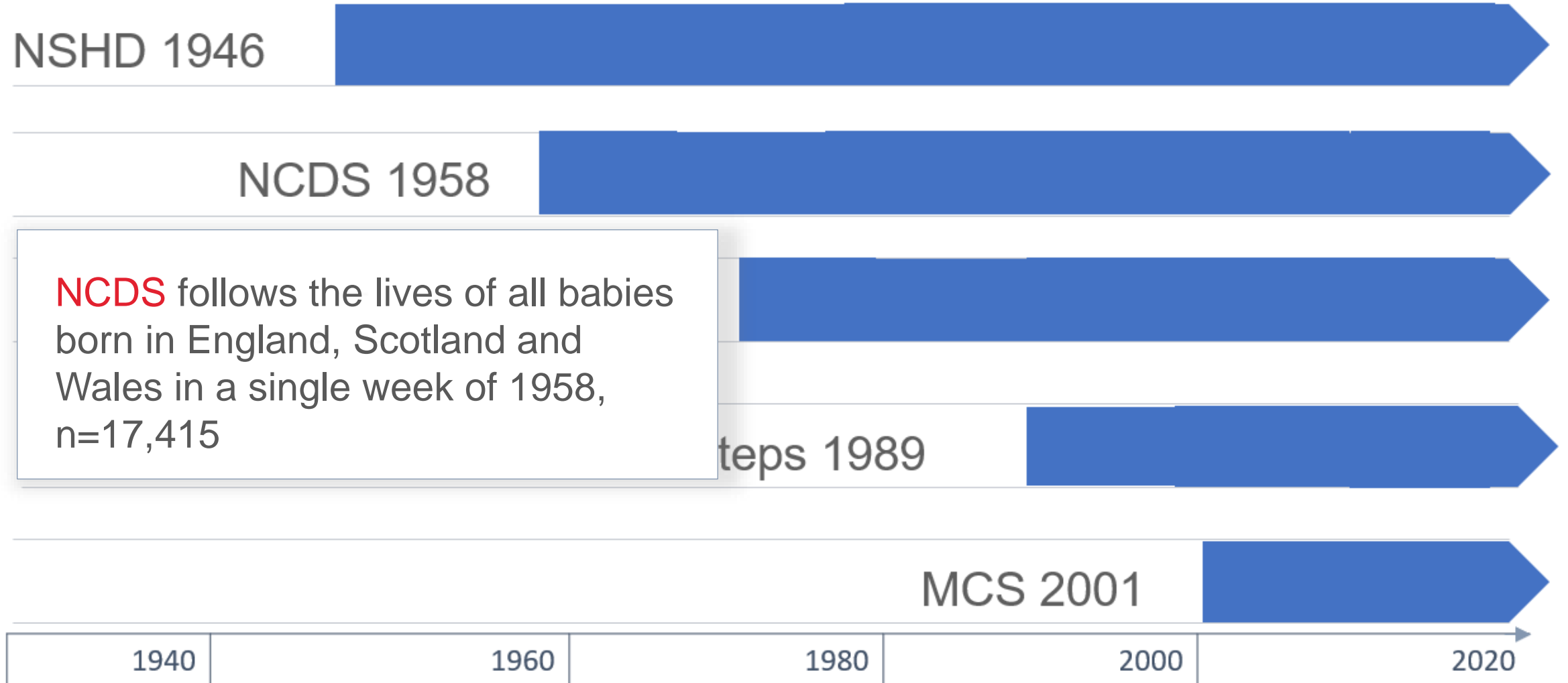
1980

2000

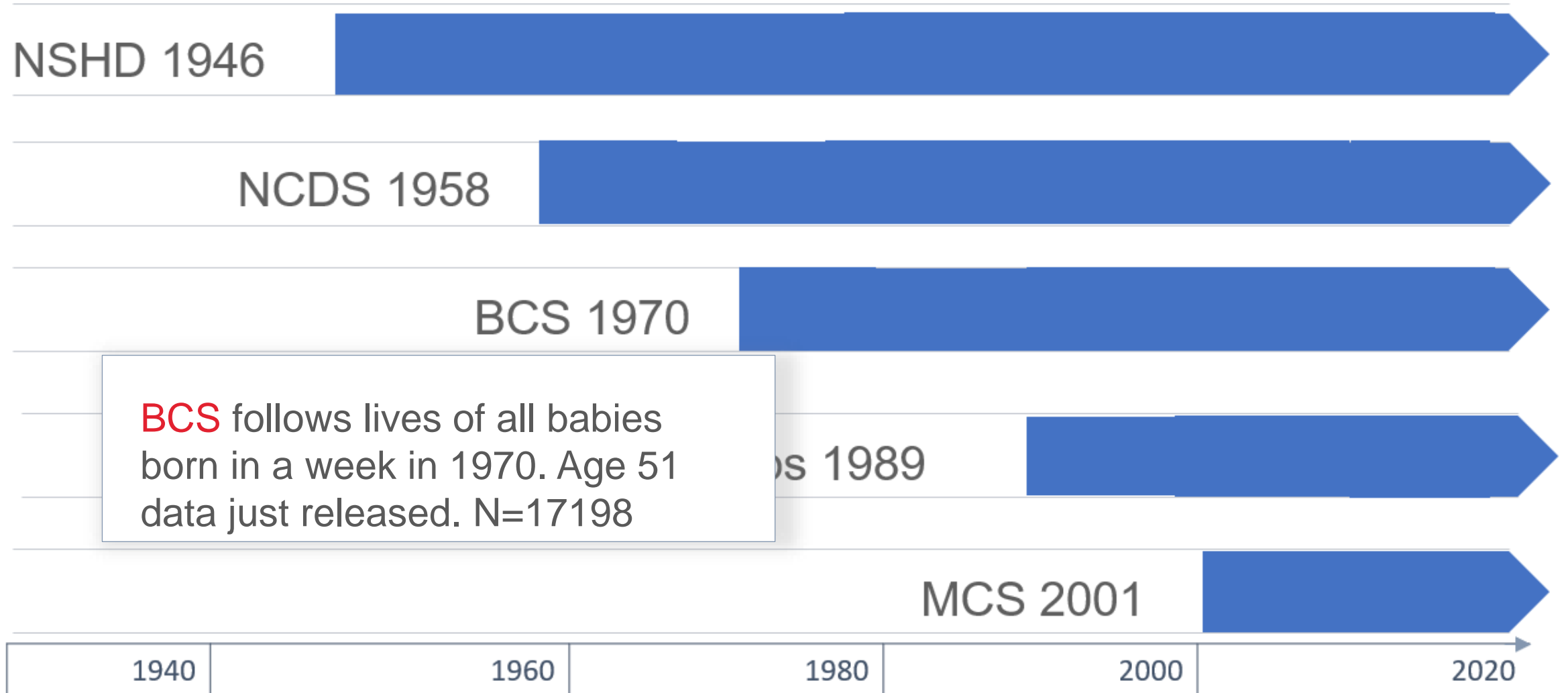
2020



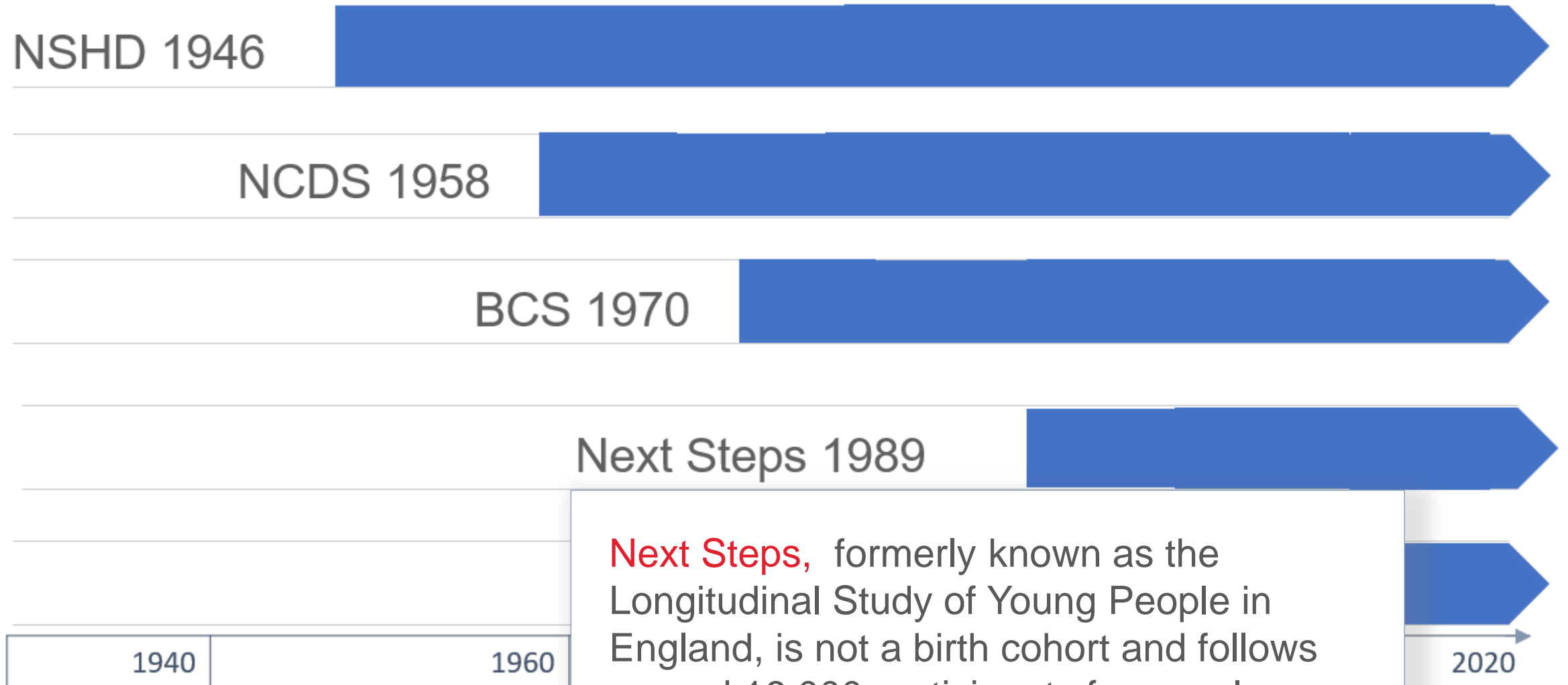
The British birth cohort studies



The British birth cohort studies

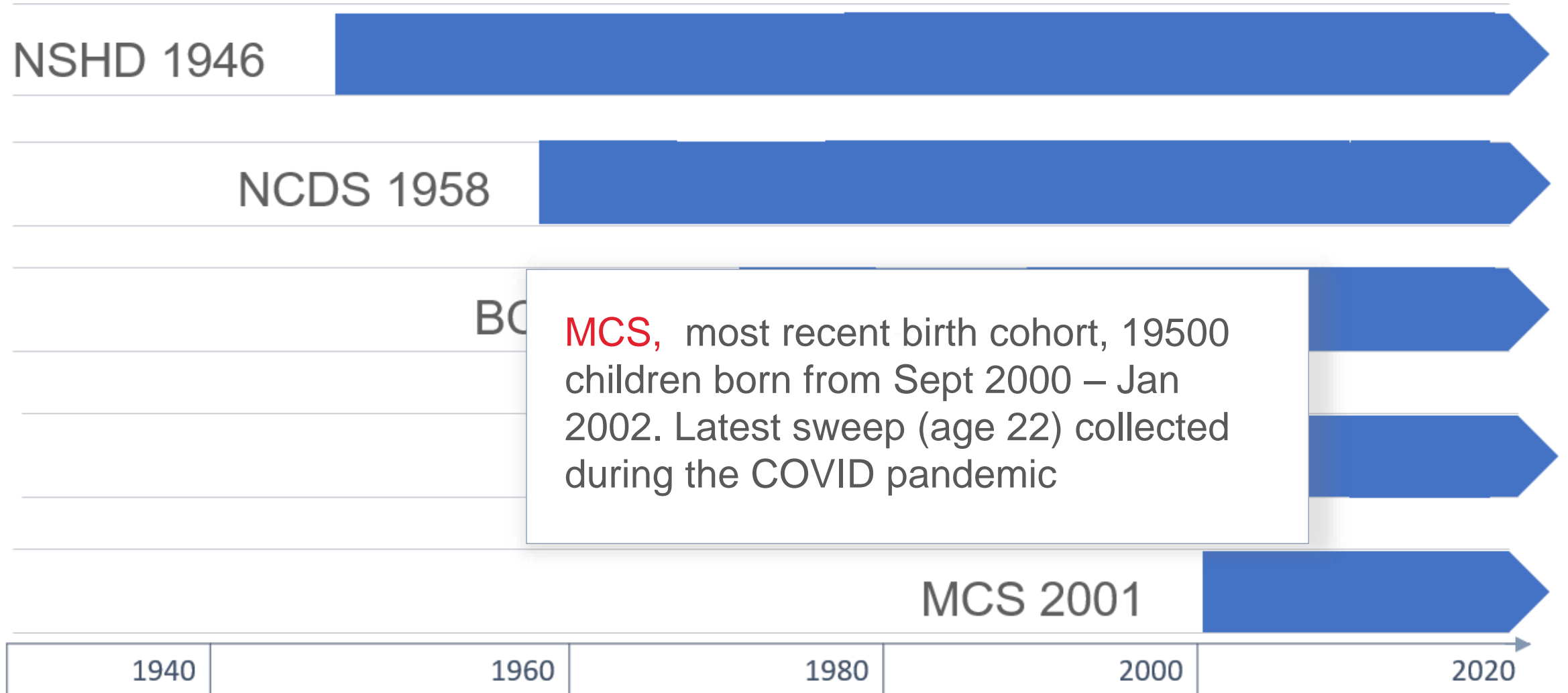


The British birth cohort studies






Next Steps, formerly known as the Longitudinal Study of Young People in England, is not a birth cohort and follows around 16,000 participants from early adolescence in England.

The British birth cohort studies



What types of data are available?

 Birth	 School years	 Adult
<p>Household composition</p> <p>Parental social class</p> <p>Obstetric history</p> <p>Smoking in pregnancy</p> <p>Pregnancy</p> <p>Labour</p> <p>Birthweight, length</p>	<p>Household composition</p> <p>Parental social class</p> <p>Parental employment</p> <p>Financial circumstances</p> <p>Housing</p> <p>Health</p> <p>Cognitive tests</p> <p>Social development</p> <p>Mental health</p> <p>School</p> <p>Views and expectations</p> <p>Attainment</p>	<p>Household composition</p> <p>Employment</p> <p>Social class</p> <p>Income</p> <p>Housing</p> <p>Health (including biomarkers)</p> <p>Well-being and mental health</p> <p>Health-related behaviour</p> <p>Training and qualifications</p> <p>Basic skills</p> <p>Cognitive tests</p> <p>Views and expectations</p>

What types of research questions can I answer?

Psychological Medicine

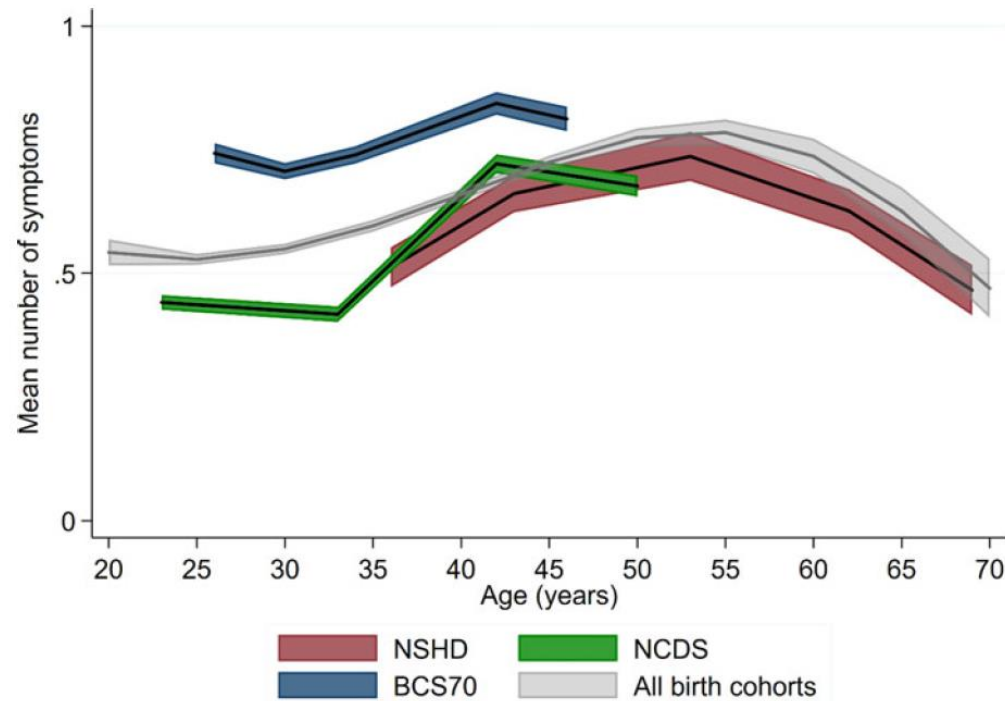
cambridge.org/psm

Original Article

*Joint senior authors.

Psychological distress from early adulthood to early old age: evidence from the 1946, 1958 and 1970 British birth cohorts

Dawid Gondek¹, David Bann¹, Praveetha Patalay^{1,2}, Alissa Goodman¹, Eoin McElroy³, Marcus Richards^{2,*} and George B. Ploubidis^{1,*}



The Journal of Child Psychology and Psychiatry

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Socioeconomic and sex inequalities in parent-reported adolescent mental ill-health: time trends in four British birth cohorts

Eoin McElroy,^{1,2} Marc Tibber,³ Pasco Fearon,³ Praveetha Patalay,^{2,4*} and George B. Ploubidis^{2*}

¹School of Psychology, Ulster University, Coleraine, UK; ²Centre for Longitudinal Studies, UCL Social Research Institute, University College London, London, UK; ³Research Department of Clinical, Educational and Health Psychology, University College London, London, UK; ⁴MRC Unit for Lifelong Health and Ageing, University College London, London, UK

doi:10.1111/jcpp.13730

Mental health time trends in four British birth cohorts

5

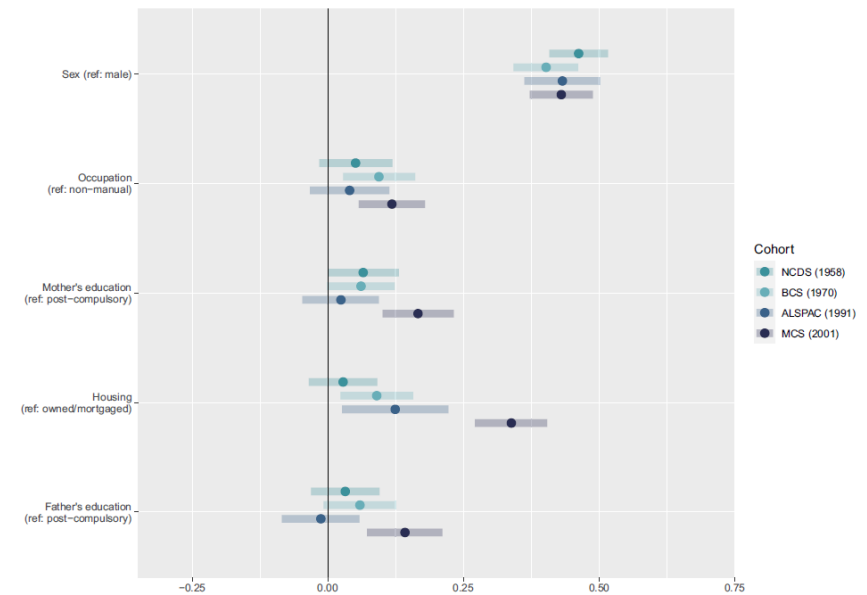
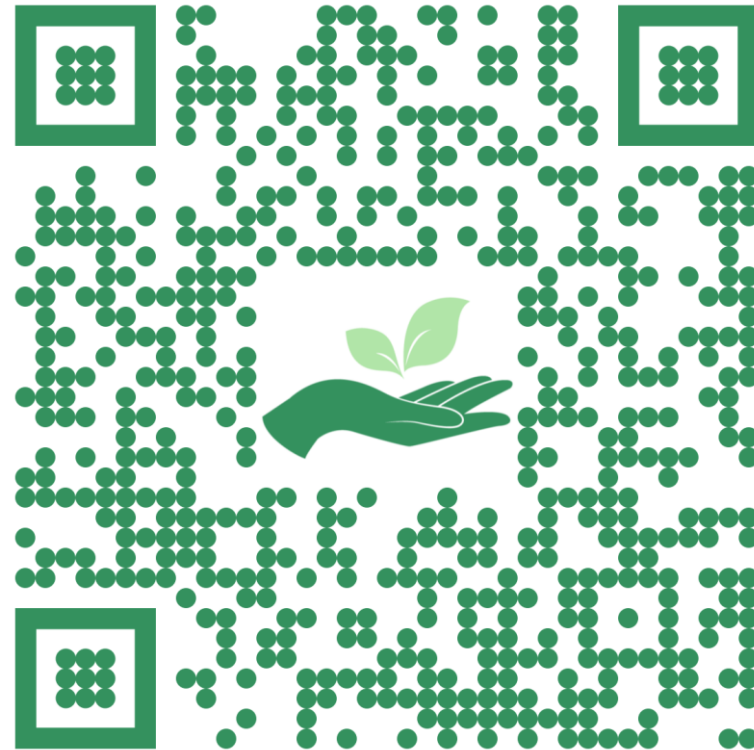


Figure 2 Standardised regression coefficients and 95% confidence intervals showing associations between socioeconomic position (SEP) indicators (Y-axis) and adolescent emotional problems (X-axis) by cohort. Reference categories for SEP predictors shown in brackets

Where can I find information on studies?



Where can I find information on studies?








www.cataloguementalhealth.ac.uk




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Many longitudinal datasets, including the NCDS, BCS70, NS and MCS cohorts are freely available to researchers, government analysts and third sector via UKDS **ukdataservice.ac.uk**

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ium%20cohort%20study&Page=1&Rows=10&Sort=1&DateFrom=440&DateTo=2019

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STUDIES (57) SERIES (5)

Displaying 1 - 10 of 57 results for 'millennium cohort study' Page 1 of 6

Results per page: 10 Sort by: Relevance

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SN 7760 | [Millennium Cohort Study: Geographical Identifiers, Third Survey: Secure Access](#)
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How can I access the data?



MRC National Survey of Health and Development

MRC Lifelong Health & Ageing Unit at UCL

Search

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- NSHD Data Access Requests
 - NSHD Data Sharing Committee
 - Data Access Request Form
 - Data Sharing Assessment



MRC Unit for Lifelong Health and Ageing at UCL : LHA

MRC National Survey of Health and Development : NSHD



Avon Longitudinal Study of Parents and Children

Welcome to the NSHD Data Sharing website

The Medical Research Council (MRC) National Survey of Health of Development (NSHD) is an ongoing cohort study involving some 5,362 men ar

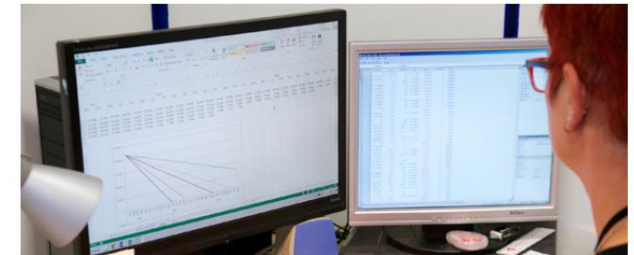
Avon Longitudinal Study of Parents and Children

Participants

Researchers

- ↳ Explore data and samples
- ↳ **Access data and samples**
- ↳ Collect data and samples
- ↳ Wellcome Covid-19 Questionnaire
- ↳ Publish your research
- ↳ Cohort profile
- ↳ Browse publications

Access data and samples

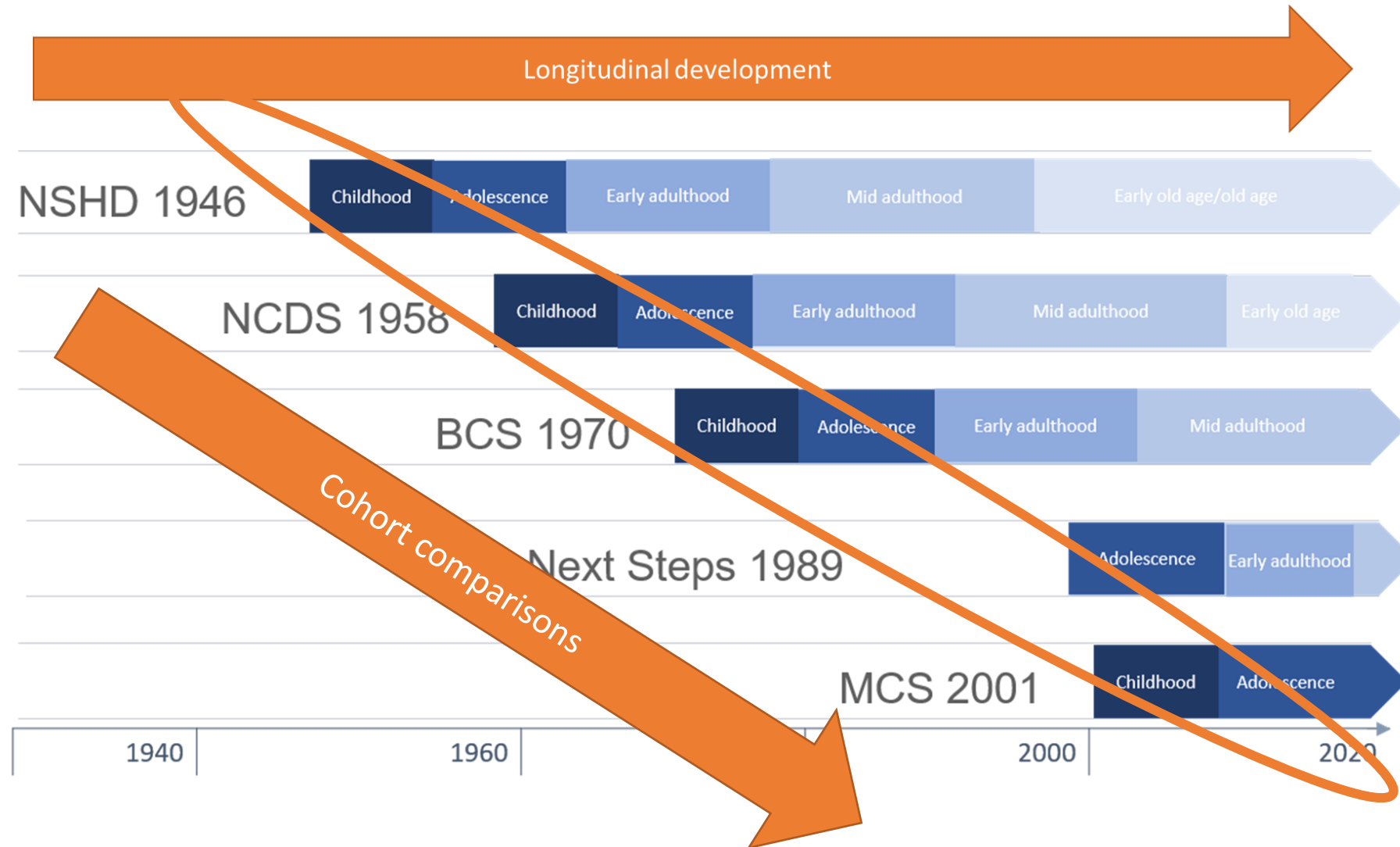


We welcome requests from all researchers to access ALSPAC data and samples, whatever your research area, institution, location or funding source.

<https://skylark.ucl.ac.uk/NSHD/doku.php>

<http://www.bristol.ac.uk/alspac/researchers/access/>

How can I compare data?



How can I compare data



GAD-7 Anxiety

Over the <u>last two weeks</u> , how often have you been bothered by the following problems?	Not at all	Several days	More than half the days
1. Feeling nervous, anxious, or on edge	0	1	2
2. Not being able to stop or control worrying	0	1	2
3. Worrying too much about different things	0	1	2
4. Trouble relaxing	0	1	2
5. Being so restless that it is hard to sit still	0	1	2
6. Becoming easily annoyed or irritable	0	1	2
7. Feeling afraid, as if something awful might happen	0	1	2

Column totals ___ + ___ + ___

Total score

Beck's Anxiety Inventory

- Numbness or tingling
- Feeling hot
- Wobbliness in legs
- Unable to relax
- Fear of worst happening
- Dizzy or lightheaded
- Heart pounding / racing
- Unsteady
- Terrified or afraid
- Nervous
- Feeling of choking
- Hands trembling
- Shaky / unsteady
- Fear of losing control
- Difficulty in breathing
- Fear of dying
- Scared
- Indigestion
- Faint / lightheaded
- Face flushed
- Hot / cold sweats

<https://harmonydata.org/>

Thank you for listening

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Resources

- <https://closer.ac.uk/>
- <https://cls.ucl.ac.uk/>
- <https://www.catalogumentalhealth.ac.uk/>
- <https://www.hdruk.ac.uk/>
- <https://ukdataservice.ac.uk/>
- <https://skylark.ucl.ac.uk/NSHD/doku.php>
- <http://www.bristol.ac.uk/alspac/researchers/access/>
- <https://www.landscaping-longitudinal-research.com/>
- <https://harmonydata.org/>

Thank you for listening

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References

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McElroy, E., Tibber, M., Fearon, P., Patalay, P., & Ploubidis, G. B. (2022). Socioeconomic and sex inequalities in parent-reported adolescent mental ill-health: time trends in four British birth cohorts. *Journal of Child Psychology and Psychiatry*. <https://doi.org/10.1111/jcpp.13730>