



# COVID-19 Impacts on Quality of Life among Caregivers and Children

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## Introduction

- Coronavirus disease (COVID-19) is an infectious, respiratory illness that develops mild to severe symptoms (World Health Organization [WHO] (2021)
- 208,848,445 learners worldwide affected by school closures due to COVID-19 (United Nations Educational, Scientific, and Cultural Organization, 2021)
- 40.9% of United States (U.S.) adults stated they had a mental or behavioral health condition linked to COVID-19 (Czeisler et al., 2020)
- Mental health illnesses or symptoms impact an individual's health, which impacts daily occupations, activities, and behaviors (Sabatini, 2011)

## Needs Assessment

- Increase referral sources
- Building partnerships with schools and facilities
- Occupational impacts COVID-19 had among their clients

## Description of Capstone Site

Occupational Therapy Training Program (OTTP) mission is to provide quality and personalized behavioral health and support services to transform individuals, strengthen families, and empower communities.

## Learning Objectives

- **Individualized Learning Objective #1**  
The capstone student enhanced advocacy skills pertaining to increasing referral sources, by 8 weeks.
- **Individualized Learning Objective #2**  
The capstone student piloted a new quality of life assessment in 14 weeks.
- **Individualized Learning Objective #3**  
The capstone student conducted a research study on the impacts COVID-19 had on quality of life among children and caregivers, in 14 weeks.

## Literature Review

- **COVID-19 and Mental Health**
  - Worldwide overall negative impacts of COVID-19, quarantine, and social media on mental health (Xiong et al., 2020)
  - Parents of primary, middle, and high school students had significantly higher prevalence of anxiety and depression and lower social support than college students' parents (Wu et al., 2020)
  - 2/3 of the children and adolescents felt burdened by the pandemic (Ravens-Sieberger et al., 2021)
  - 2/5 felt the pandemic impaired their friendships (Ravens-Sieberger et al., 2021)
- **COVID-19 and Quality of life**
  - 40.2% of children and adolescents had reported low quality of life (Ravens-Sieberger et al., 2021)
- **COVID-19 and Quarantine**
  - Isolation and quarantine led to higher levels of anxiety and depression for individuals who had quarantine (Wu et al., 2020)

## Methods

- **Design:** mixed methodology and descriptive analysis
- **Participants:** school-aged clients of OTTP and the caregiver(s) of these school aged children
- **Inclusion Criteria:** students between grades six to twelve, caregivers who currently care for one or more child between birth to seventeen-years-old and eleven months, all participants must be current residents of Los Angeles County
- **Exclusion Criteria:** cognitively impaired, over the age of 65, currently in prison, who are pregnant, or was not currently caring for a child between birth to seventeen-years-old and eleven months.
- **Recruitment:** Convenience sampling

## Rating Scales

### Child/Adolescent QOL Assessment

☐ not at all ☐ 1-2 days ☐ 3-4 days

☐ 5-6 days ☐ everyday

### COVID-19 QOL Assessment

☐ -2 ☐ -1 ☐ 0 ☐ 1 ☐ 2  
A lot of negative impact A little negative impact No impact A little positive impact A lot of positive impact

## Discussion

- Both positive and negative impact COVID-19 had on all participants' occupations
- Majority of the participants rated negative impacts on the following occupations
  - Finances
  - Leisure
  - Sleep
  - Caring for others
  - School

## Limitations

- Piloted quality of life scale
- Small sample size
- Lack of controlled environment
- Internal/External influences on responses
- WHOQOL-BREF has no Spanish version

## Implications

- Occupational Therapy
- Future research
- Occupational impacts
- Identifying the long-term occupational impacts
- Disrupted routines
- New roles for parents
- OT's role in mental health
- Use piloted survey

## Outcomes/Deliverables

- Identified schools and facilities interested in using OTTP as a resource
- Identifying implications for future research
- Compared some results from the WHOQOL-BREF with the Wilkens' COVID-19 QOL Questionnaire
- Created handouts for the adult and child participant results
- Submitting a manuscript for publication post-graduation

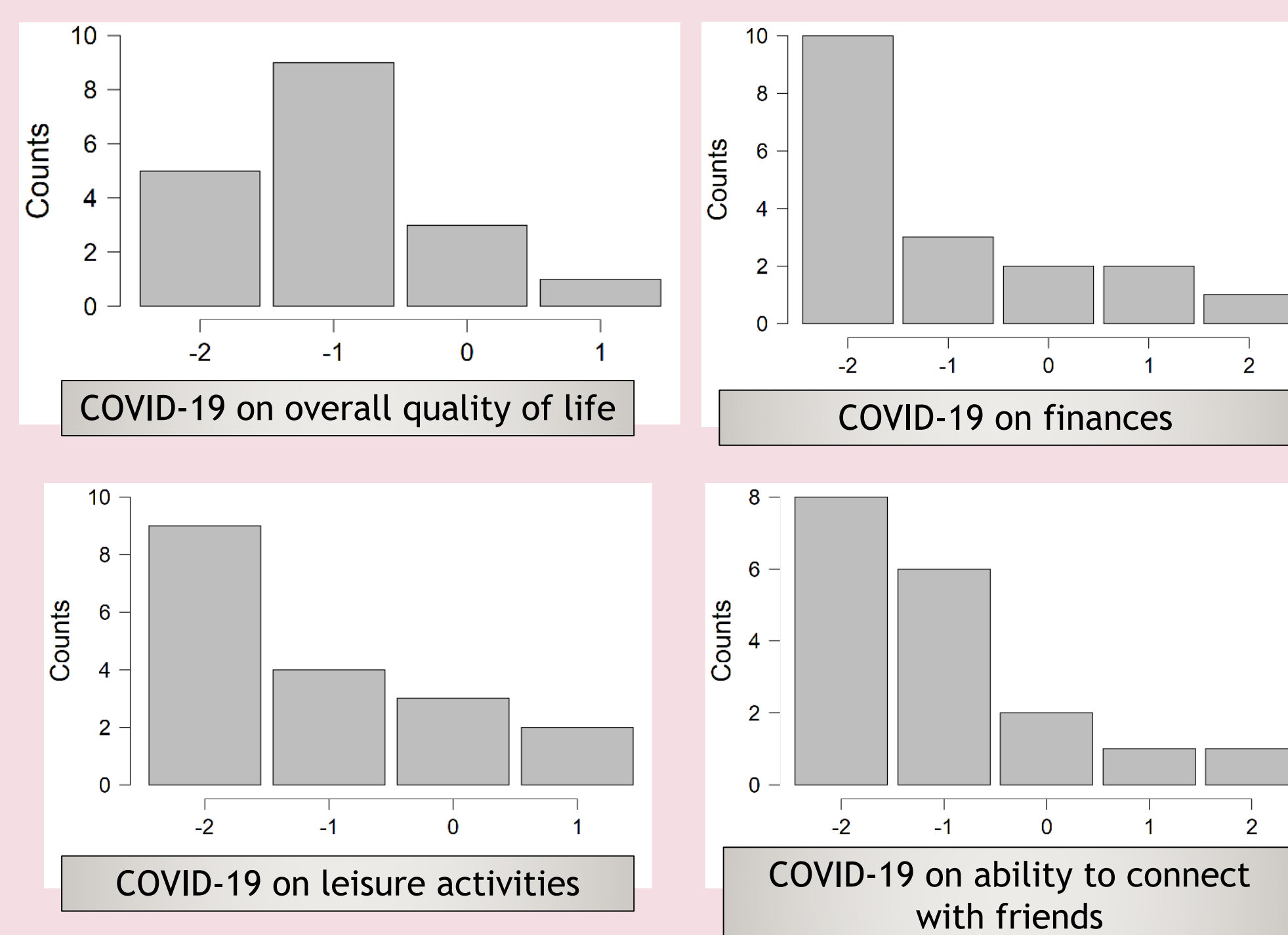
## Acknowledgements

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Thanks to my faculty mentor, Dr. Brown, for all the support and encouragement from the beginning.

\*References Upon Request

## Results

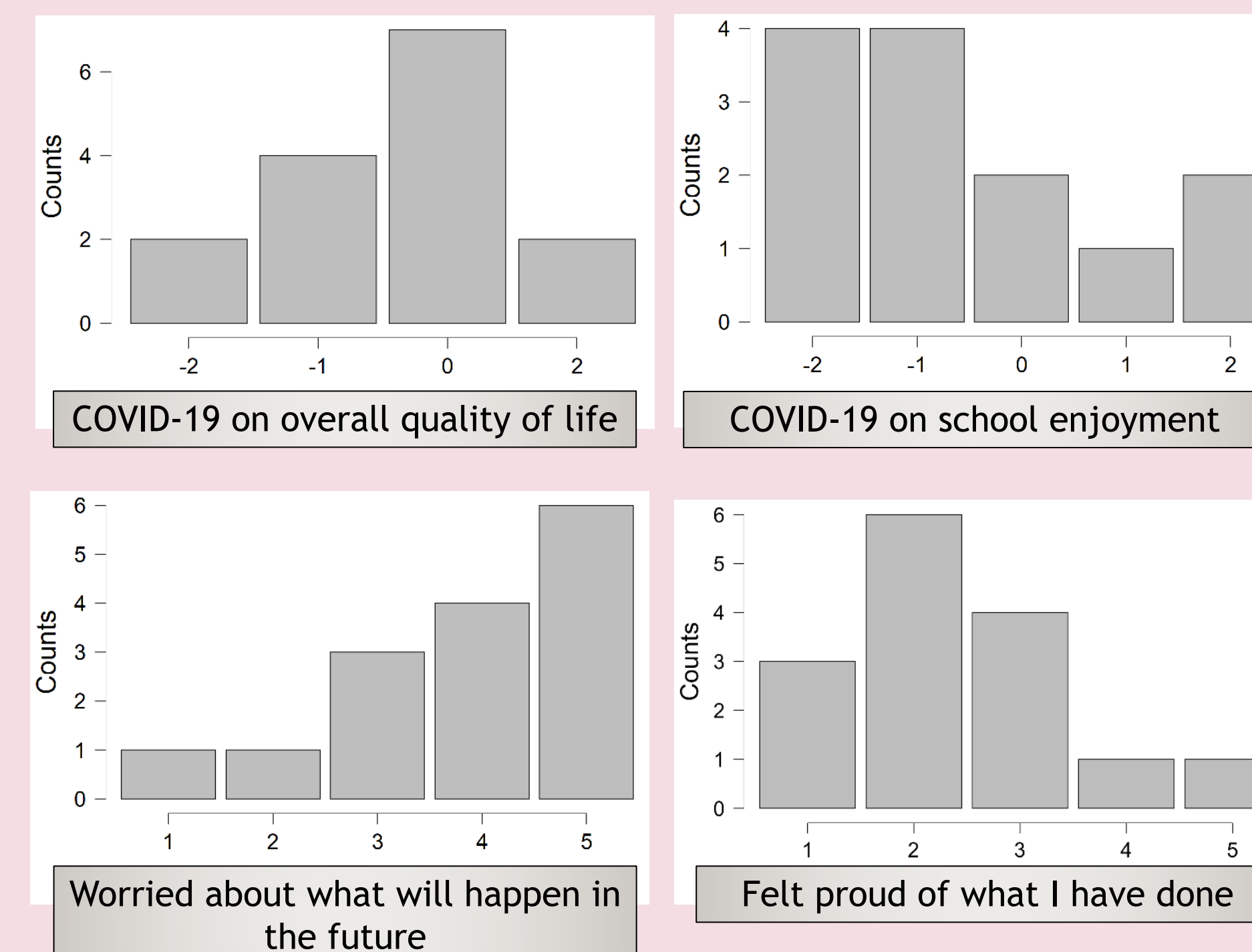
### Quantitative Adult Survey Results



### Qualitative Adult Themes

1. Negative feelings toward COVID-19 impact overall
2. Understanding and adapting to regulations
3. Supportive of school closures
4. Harder helping others and pets
5. Sleep routine negatively impacted
6. Leisure positively and negatively impacted
7. Finances negatively impacted

### Quantitative Student Survey Results



### Qualitative Student Themes

1. Negative feelings towards online schooling
2. Enjoyed online school less
3. Schoolwork feels harder
4. Little impact on ability to connect and play with friends
5. Little to no impact on leisure activities
6. Leisure positively and negatively impacted
7. Impact on sleep varied
8. Positive, negative, and no impact on overall QOL