



Swiss TPH



**Quality of life in Swiss  
children before and during  
the COVID-19 pandemic:  
the SOPHYA study**

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# Covid in Children and Youth

## Anxiety disorder



## Youth riots



Anxiety disorder



**Majority of children  
and youth:**



**Health related quality  
of life**

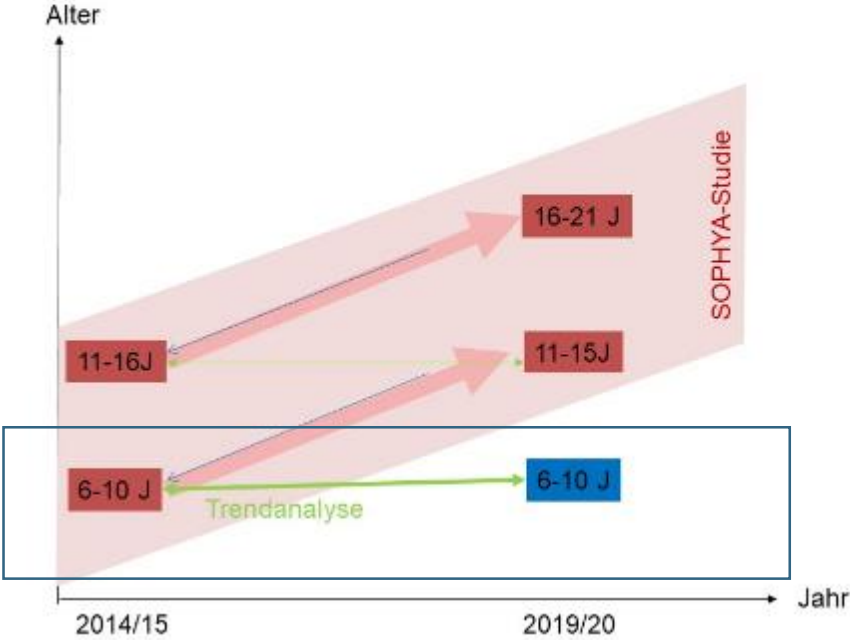
Youth riots



## Previous Studies: HRQoL & COVID-19

- No inclusion of children
- No representative studies (possible participation bias)

# The SOPHYA Study



## Strength of the SOPHYA Study

- National inhabitant registry data for recruitment
- Focus on physical activity, not on COVID-19
- Comparison group is available
- Large sample size
- Measurement over more than one year (each group)
- Use of validated questionnaire to assess health related quality of life

# The Validated KINDL-R HRQoL-Questionnaire



**Physical wellbeing**



**Emotional wellbeing**



**Self-esteem**



**Family**



**Friends**



**School**

# Study Population

-> **Proxy report (parents) for children aged 5/6 to 11 years**

Study sample 2014/2015: n=799 (participation rate: 35.6%)

Study sample 2020: n= 913 (participation rate: 33.1%)

Total sample: n= 1712

**Significant differences between characteristics in 2014/15 and 2020:**

Age (younger in 2020)

Income (more families without information in 2014/15)

Language region (more Italian speaking people 2020)

**No significant difference** between samples for sex, parental education, nationality, urbanicity



## Conclusion 1

- HRQoL and especially emotional well-being was lower in 2020 compared to 2014/5
- The score was lowest at the maximum of the COVID-waves and its restrictions
- It cannot be distinguished whether the fear from the disease itself or the restrictions caused this decrease in HRQoL

## Conclusion 2

- Policies should keep the COVID-19 infections as low as possible, but to still enable children to profit from protective factors (sport and leisure activities; avoid school closure)
- Parents should be supported if they feel stressed as parental and children's stress are intertwined
- More research is needed to better understand the factors contributing to the decrease in HRQoL and to investigate whether or not HRQoL recovers to the pre-pandemic level

# Thank you for your attention!



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## Support:

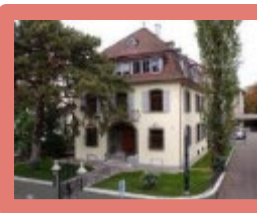
Federal Office of Sport  
Federal Office of Public Health  
Health Promotion  
Switzerland

# The SOPHYA Team

Kantone und Sprachregionen der Schweiz  
Les cantons et les régions linguistiques de la Suisse

Sprachregionen  
Régions linguistiques

-  Deutsch  
Allemand
-  Französisch  
Français
-  Italienisch  
Italien
-  Rätomanisch  
Romanche



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Quelle: Eidgenössische Volkszählung 1990, BFS  
Source: Recensement fédéral de la population 1990, OFS

Thematische Karten  Cartes thématiques