

# Do online classes during school closures impact students' mental health?

June 22 2022

---



Credit: Pixabay/CC0 Public Domain

New research published in *Psychiatry and Clinical Neurosciences Reports* suggests that implementing online classes during COVID-19–related school closures in Japan may have helped protect adolescents' mental health.

For the study, researchers conducted anonymous surveys from October 1

to November 7, 2020 in 21 junior and senior high schools in the Saitama prefecture of Japan. A total of 5,000 [students](#) agreed to participate, and implementation of online classes was reported by 78.2% of classroom teachers.

Implementation of online classes was associated with lower rates of emotional symptoms and smartphone addiction, but not related to psychotic experience (hearing voices that other people cannot hear).

"Policymakers and [school administrators](#) could consider implementing online classes during national school closures owing to their potential protective effect on [mental health](#)," said senior author Kiyoto Kasai, MD, Ph.D., of the University of Tokyo. "Further research is needed to investigate whether the protective effect depends on the pandemic phase or level of school closure, and to identify the mediators in this relationship."

**More information:** Implementation of online classes during national school closure due to COVID-19 and mental health symptoms of adolescents: A cross-sectional survey of 5,000 students, *Psychiatry and Clinical Neurosciences* (2022). [DOI: 10.1002/pcn5.17](https://doi.org/10.1002/pcn5.17)

Provided by Wiley

Citation: Do online classes during school closures impact students' mental health? (2022, June 22) retrieved 6 May 2024 from <https://medicalxpress.com/news/2022-06-online-classes-school-closures-impact.html>

This document is subject to copyright. Apart from any fair dealing for the purpose of private study or research, no part may be reproduced without the written permission. The content is provided for information purposes only.
---