



Universidade do Minho
Instituto de Educação
Centro de Investigação em
Estudos da Criança (CIEC)



UNESCO CHAIR
**Global Health
& Education**

Current research on school reopening

Schools and Covid-19: Experiences
and visions of education and health
professionals in reopening schools

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GENERAL INFORMATION

- Brazil, Mozambique e **Portugal**
- Mixed-Methods
- Convenience Sample

- Survey datasets: $n = 436$ (223 in Portugal) (valid)
- Interviews: $n = 14$ (2 in Portugal)

THE IMPACT OF SCHOOL OPENING POLICIES DURING THE COVID-19 PANDEMIC ON MENTAL HEALTH AND WELL-BEING: TEACHERS' PERSPECTIVES

Teachers' Perception of Students' Mental Health

- Measures impacted students' mental health.
- Limitations on close relationships and social interactions.
- Anxiety, isolation, distancing.

Impact on Teacher and Non-Teacher Relationships

- Anxiety and stress among teachers and non-teaching staff.

Psychological, Emotional, and Social Impact

- Significant psychological impact reported by teachers.
- Contributing factors: high workload and constant concern overprotective measures.
- Emotional and social consequences for students.

THE IMPACT OF SCHOOL OPENING POLICIES DURING THE COVID-19 PANDEMIC ON MENTAL HEALTH AND WELL-BEING: TEACHERS' PERSPECTIVES

Main Conclusions:

- School reopening was a general benefit.
- Students were unprepared for restrictions on interpersonal relationships.
- Clear impact on routines and well-being of all school community members.

Recommendations for Promoting Mental Health

- Importance of prevention and mental health education programs.
- Need of supportive services for the school community.
- Learning: Promote well-being in post-pandemic periods.



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Thank you for your attention!

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