

Mental health and well-being during the pandemic

A look at the Opinions and Lifestyle COVID-19 survey

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Opinions and Lifestyle (OPN) Covid-19 survey

- Weekly survey of adults in Great Britain aged 16+ (online / telephone).
- Collecting data on the social impacts of COVID-19, including personal well-being and mental health (depression).
- Between March – October 2020:
 - Weekly sample of 2,000 adults, with approximately 1,000 – 1,500 responses per week.
- Since November 2020:
 - Temporarily boosted sample to 6,000 adults per week, with approximately 4,000 responses per week.

Well-being

Adults asked four questions about their personal well-being, covering:

- Life satisfaction
- Feeling of worthwhile
- Happiness
- Anxiety

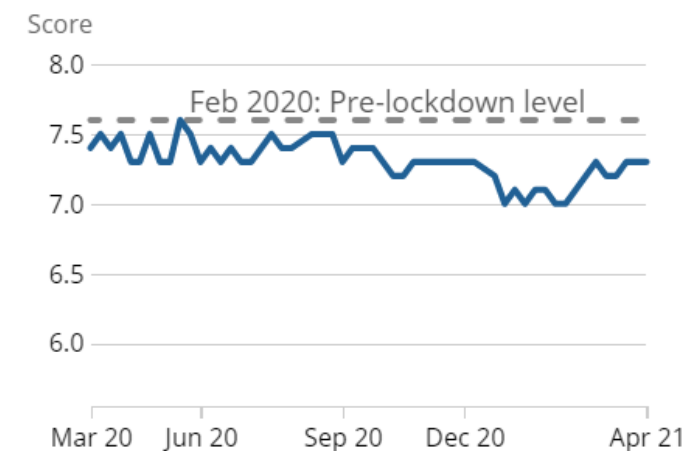
Key Trends :

1. March 2020, we saw high levels of anxiety and low levels of happiness.
2. Levels appeared to stabilised during June – August 2020.
3. Reduction in since September 2020, which may be a [seasonal](#).
4. Further reduction seen during start of 2021 which may be related to January lockdown.

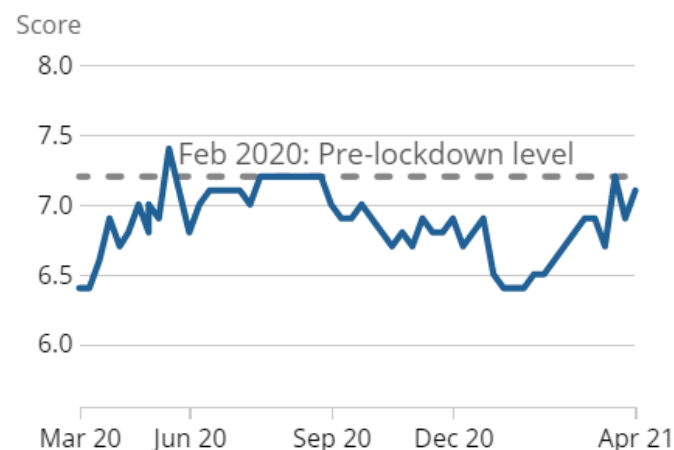
Overall, how **satisfied** are you with your life nowadays?



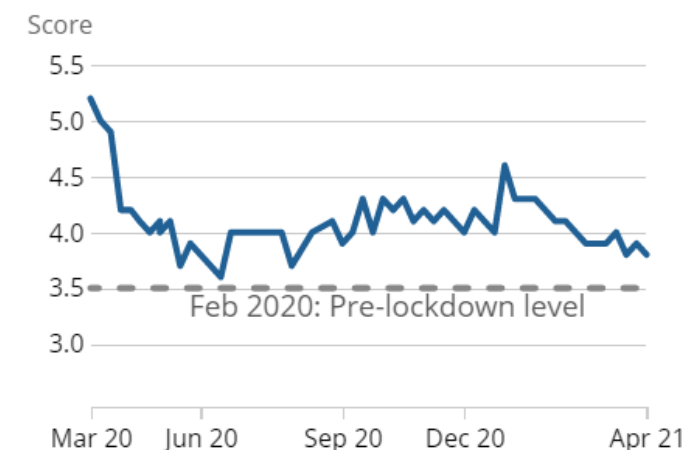
Overall, to what extent do you feel that the things you do in your life are **worthwhile**?



Overall, how **happy** did you feel yesterday?



Overall, how **anxious** did you feel yesterday?

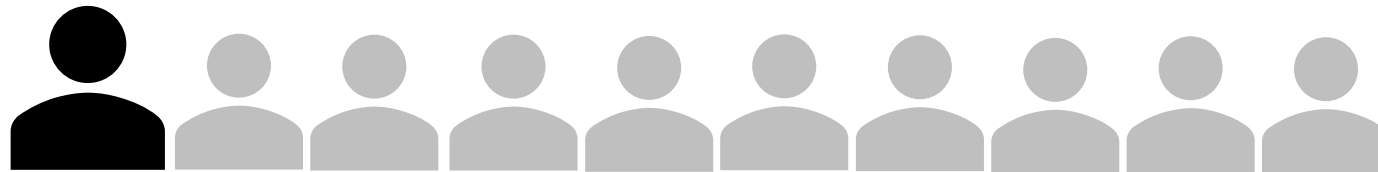


Depression (Pre-pandemic and June 2020)

- Longitudinal study of 3,527 adults (Great Britain) who took part in two studies over a 12-month period:
 - Pre-pandemic: July 2019 to March 2020
 - During pandemic: June 2020
- Looked at adults experiencing moderate to severe depression using 8-item PHQ.

- **Pre-pandemic (July 2019 – March 2020):**

9.7% adults experienced some form of depression (around one in ten)



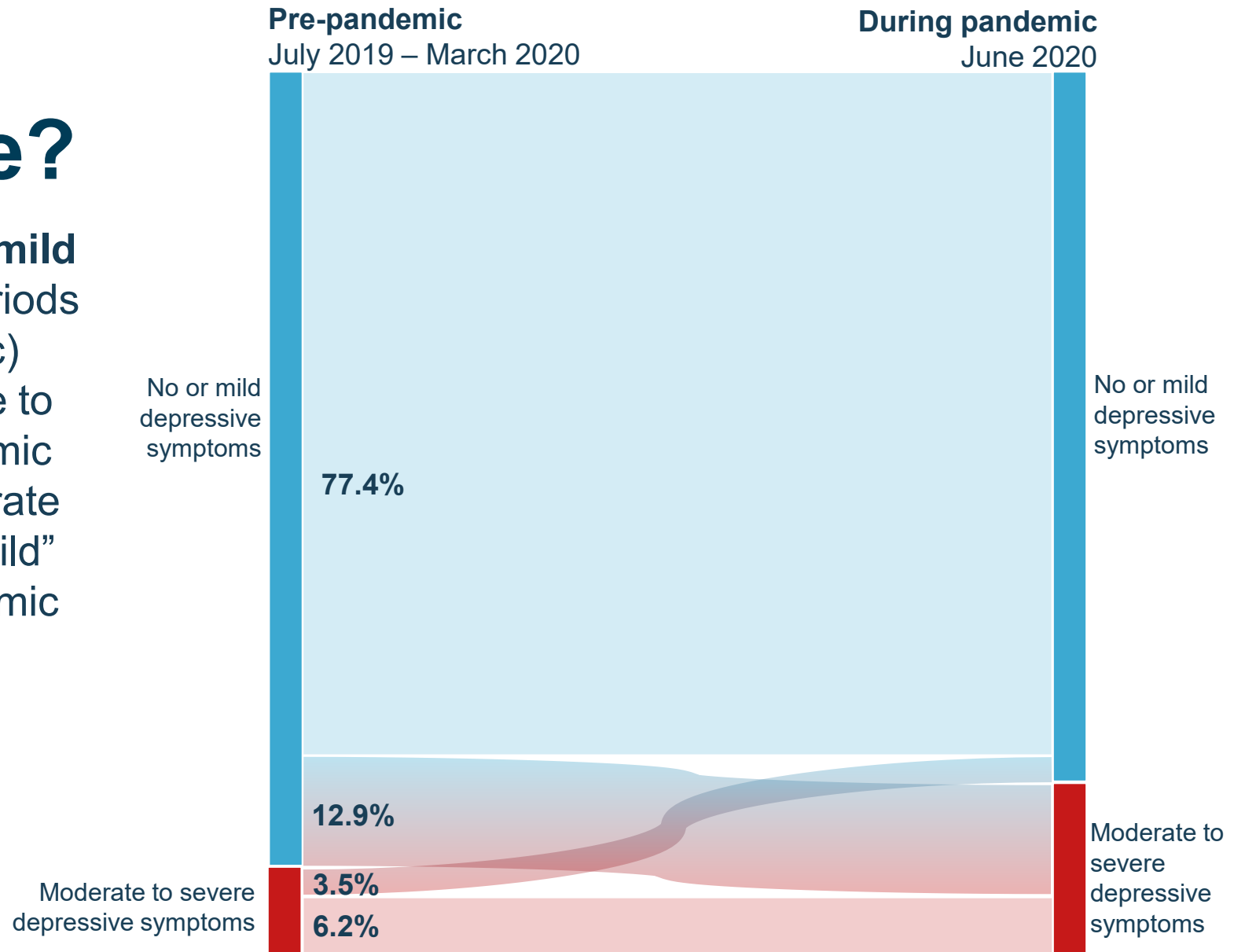
- **During pandemic (June 2020):**

19.2% adults experienced some form of depression (around one in five)



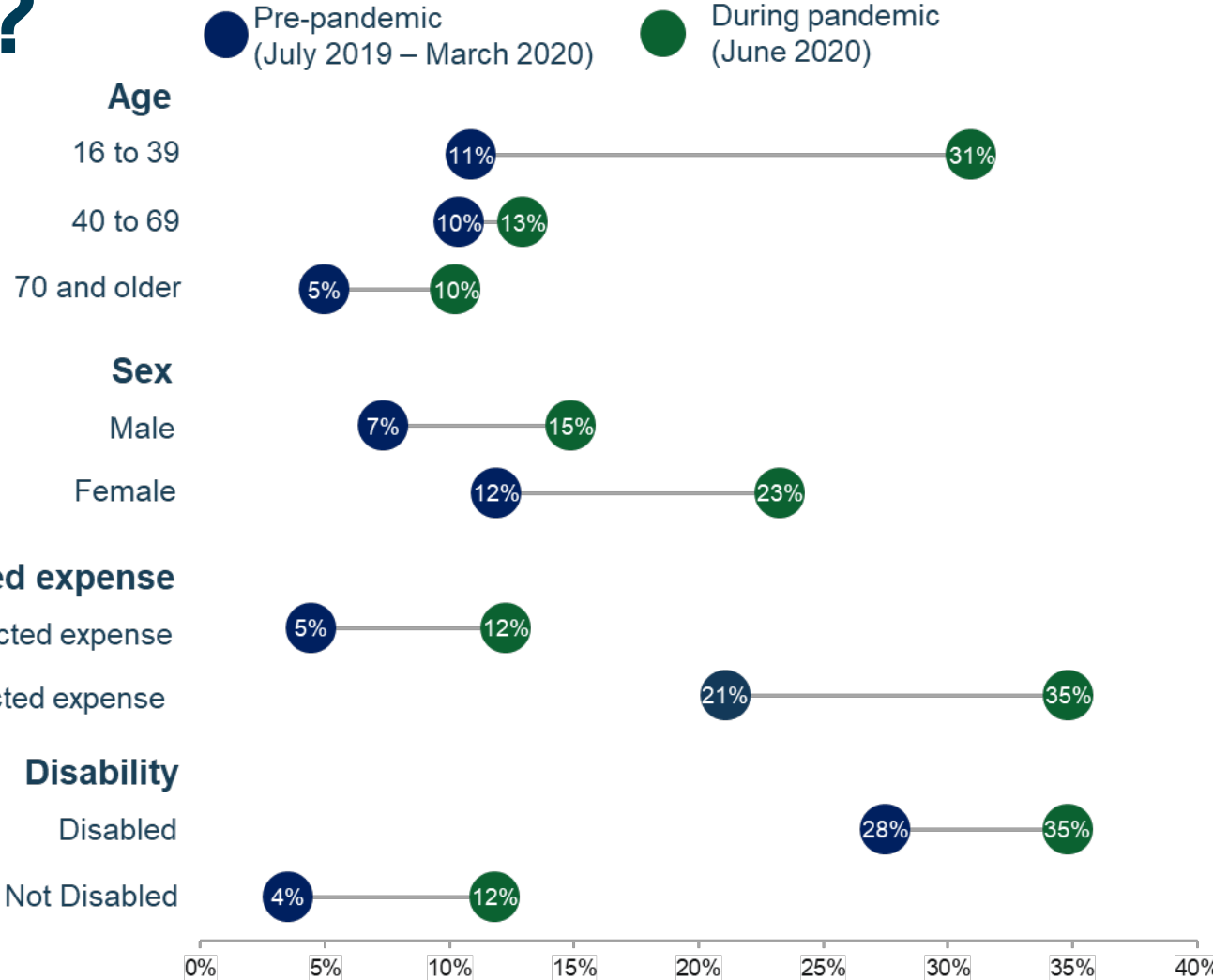
How have things changed over time?

- **77.4% adults experienced “no or mild depressive symptoms”** in both periods (pre-pandemic and during pandemic)
- **12.9% adults developed “moderate to severe symptoms”** since pre-pandemic
- **3.5% adults improved** from “moderate to severe” pre-pandemic to “no or mild” depressive symptoms during pandemic
- **6.2% continued to experience “moderate to severe” depressive symptoms**



Who was most likely to experience depression?

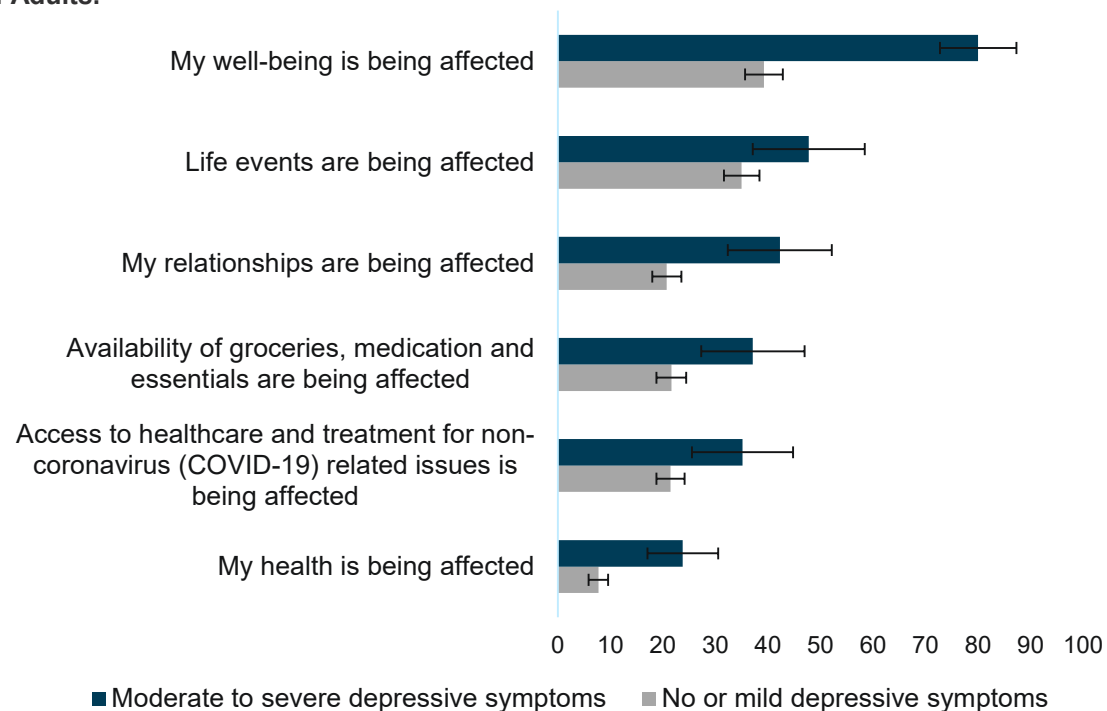
- Four groups of the population were found to be more likely to experience some form of depression in June 2020:
 - Younger adults
 - Females
 - Those unable to afford an unexpected, but necessary, expense of £850
 - Disabled adults



Impacts on life and wellbeing

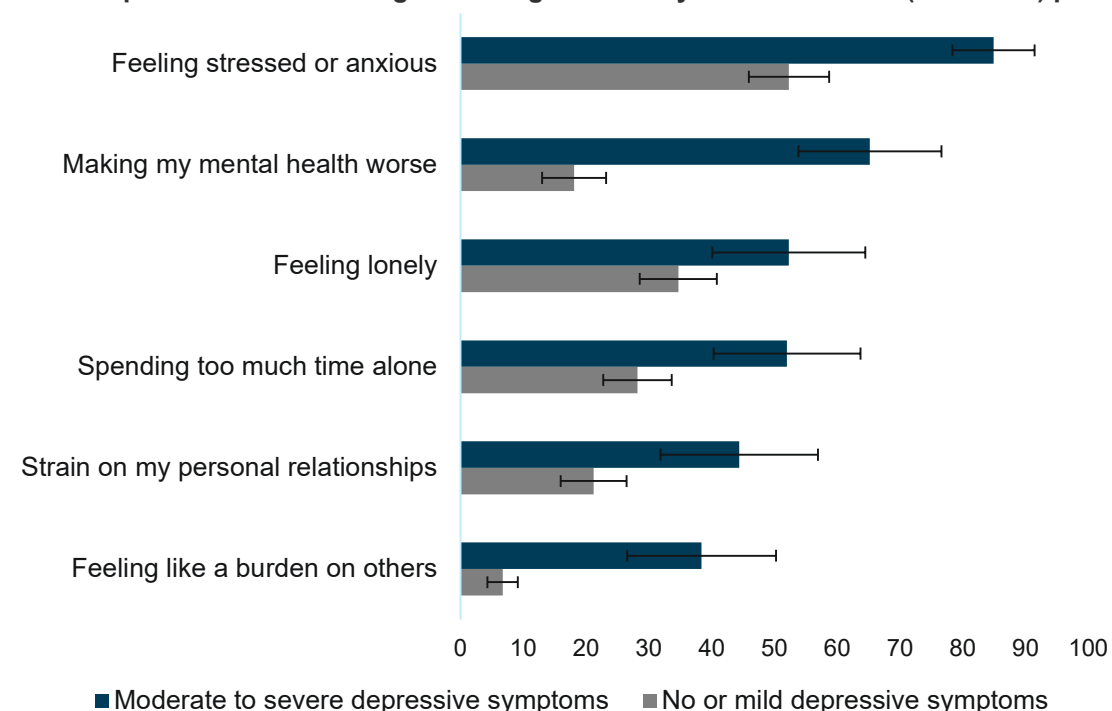
Four in five adults experiencing some form of depression said their well-being was being affected during the coronavirus pandemic

GB June 2020:
All Adults.



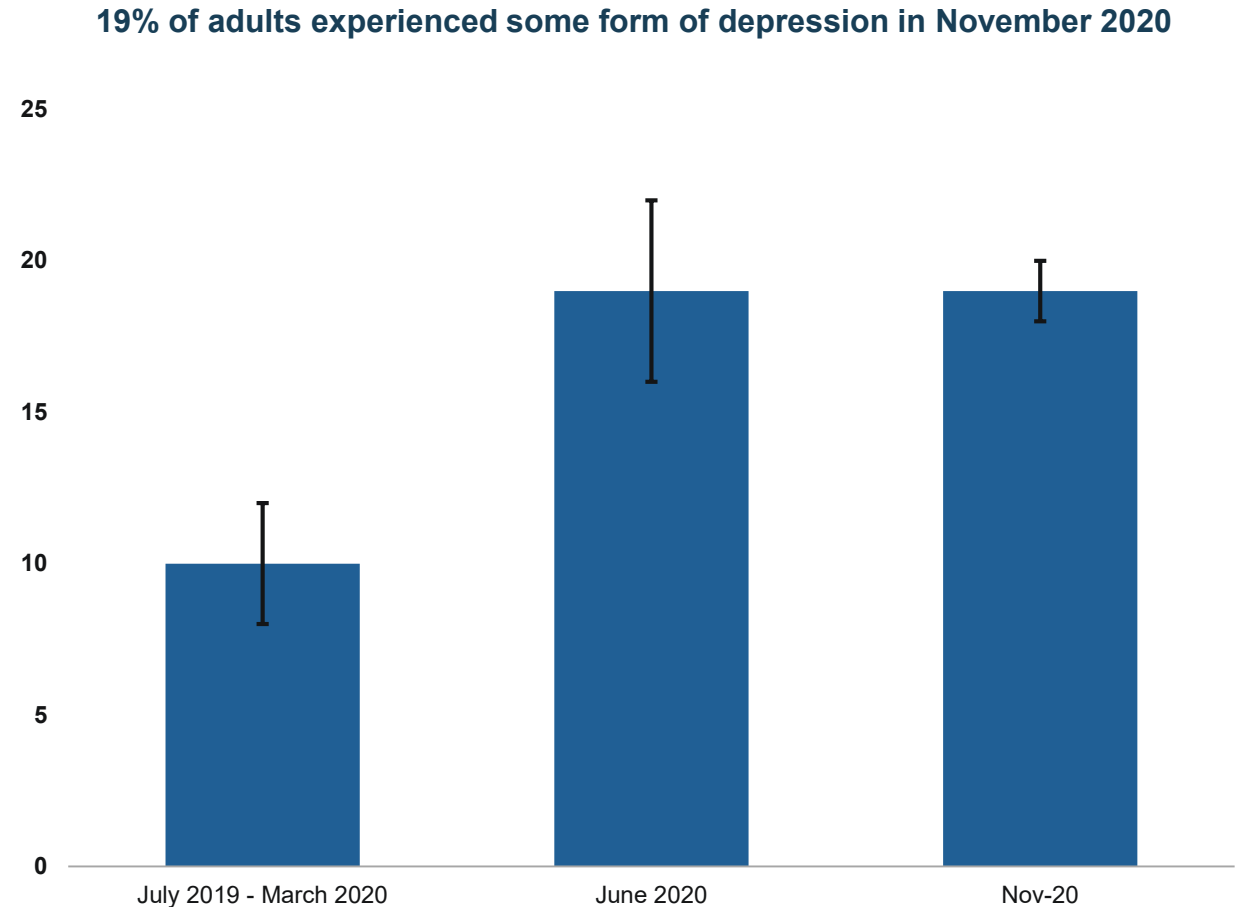
Feeling stressed or anxious was the most common way adults experiencing some form of depression felt their well-being was being affected

GB June 2020:
Adults who reported their well-being was being affected by the coronavirus (COVID-19) pandemic



Have things changed since June 2020?

- Repeated study in November 2020, using a new, cross-sectional sample of 12,360 adults.
- Asked questions on symptoms of depression (PHQ-8)
- Rates of depression persisted at similar levels found in June 2020.



What next?

New analysis to be published 5th May 2021 looking at:

Coronavirus and depression in adults, Great Britain: January to March 2021

- Uses new data from Opinions and Lifestyle survey (based on around 26,000 adults in Great Britain)
- Explore the proportion of the adult population with depressive symptoms in Great Britain between 27 January to 7 March 2021, including comparisons to 2020 and pre-pandemic (July 2019 to March 2020) estimates.
- It also explores the characteristics associated with some form of depression in adults.

<https://www.ons.gov.uk/releases/coronavirusanddepressioninadultsgreatbritainjanuarytomarch2021>

Coronavirus and GP diagnosed depression in England: 2020:

- Using data from General Practice Extraction Service (GPES) Data for pandemic planning and research (GDPPR)
- Explores trends in GP diagnosed depression in the adult population in England between 23rd March and 31st August 2020, compared to pre-pandemic levels

<https://www.ons.gov.uk/releases/coronavirusandgpdiaagnoseddepressioninengland2020>

More information at:

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