

Sunderland Adult Health & Lifestyle Survey 2017

Topic Profile: Mental Wellbeing

About Mental Wellbeing

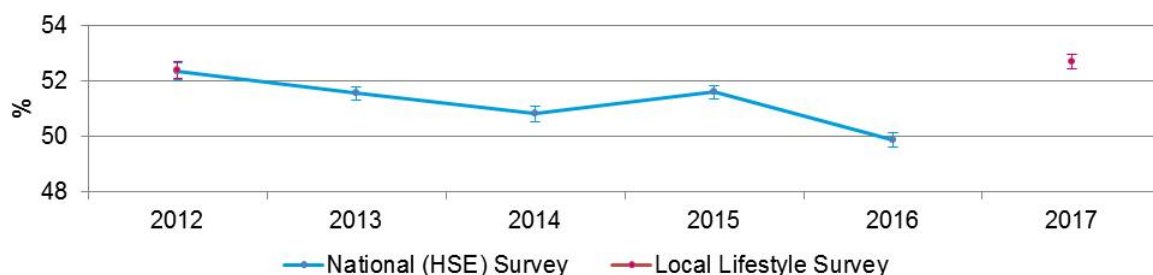
There is an increasing focus on the importance of mental wellbeing. Mental health issues can affect people from all walks of life at any point in their lives. Mental health problems are the largest single cause of disability in the UK costing the economy an estimated £105 billion a year. The interplay between physical and psychological symptoms is becoming better understood. It is recognised that those with a long-term physical illness and a mental health condition suffer more complications; improving mental health outcomes will have widespread positive benefits.

As many of the risk factors for mental illness are linked to deprivation, it is not surprising that Sunderland experiences a relatively high burden from mental ill health with poorer outcomes for all four parts of the self-reported wellbeing score (anxiety, happiness, satisfaction and worthwhile), higher recorded prevalence of depression on GP systems, high levels of prescribing antidepressants, and a high burden on mortality. Within Sunderland, adults with a serious mental illness are 4 times more likely to die prematurely than the general population.

The Warwick Edinburgh Mental Wellbeing (WEMWB) Score

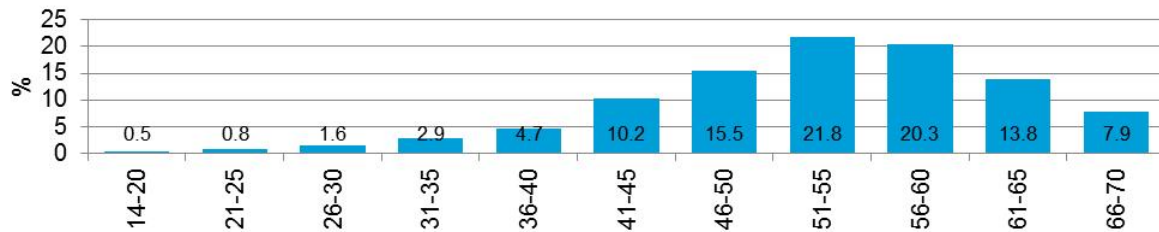
Within the survey we used the Warwick Edinburgh Mental Wellbeing (WEMWB) Scale which comprises a series of 14 questions; these have been validated to give a meaningful and reliable measure of mental wellbeing which can be used at population level. Total scores range from 14 to 70 and a higher score represents better mental wellbeing. Average (mean) scores are used to compare the results of different groups.

Comparing the results of this survey (mean score of 52.7) with the results for the 2012 survey (mean score of 52.4) shows that there has been a slight increase in average mental wellbeing (WEMWB) score; this is due to an increase in the mean score for males.

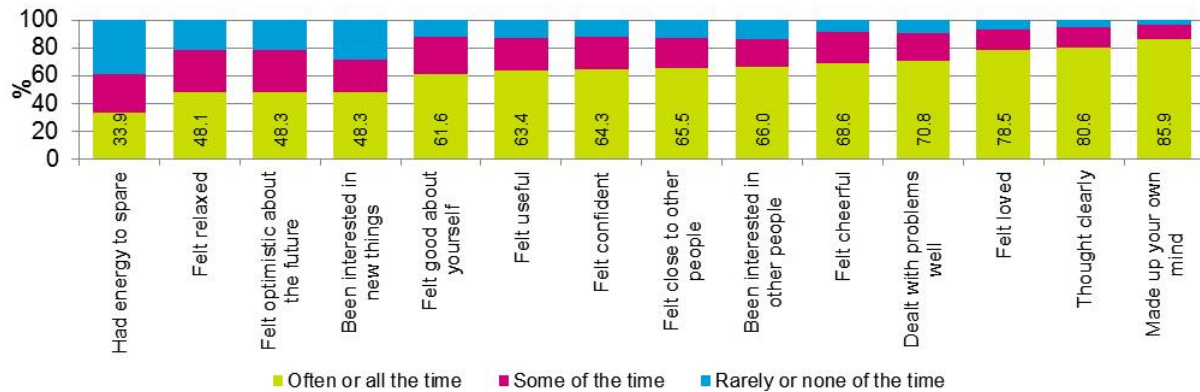


Data from the Health Survey for England shows that the average mental wellbeing (WEMWB) score for England has fallen from 52.3 in 2012 to 49.9 in 2016.

In our survey of 5,571 adults aged 18 and over (a 2.5% sample of the Sunderland adult population), 5,244 responses included information for all 14 questions. Based on this, the distribution of average mental wellbeing (WEMWB) scores was as follows:



The distribution of the individual components of mental wellbeing for Sunderland is as follows:

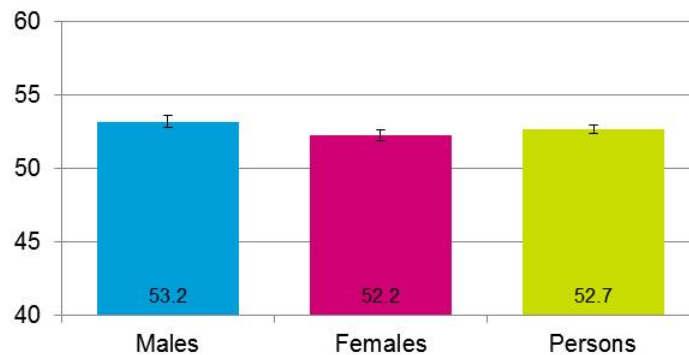


- 85.9% of Sunderland adults reported they made up their own mind often or all of the time.
- 80.6% of Sunderland adults reported they thought clearly often or all of the time.
- 78.5% of Sunderland adults reported they felt loved often or all of the time.
- 70.8% of Sunderland adults reported they dealt with problems well often or all the time.
- 68.6% of Sunderland adults reported they felt cheerful often or all of the time.
- 66.0% of Sunderland adults reported they had been interested in other people often or all of the time.
- 65.5% of Sunderland adults reported they felt close to other people often or all of the time.
- 64.3% of Sunderland adults reported felt confident often or all of the time.
- 63.4% of Sunderland adults reported they felt useful often or all of the time.
- 61.6% of Sunderland adults reported they felt good about themselves often or all of the time.
- 48.3% of Sunderland adults reported they have been interested in new things often or all of the time.
- 48.3% of Sunderland adults reported they felt optimistic about the future often or all of the time.
- 48.1% of Sunderland adults reported they felt relaxed often or all of the time.
- 33.9% of Sunderland adults reported they had energy to spare often or all of the time.

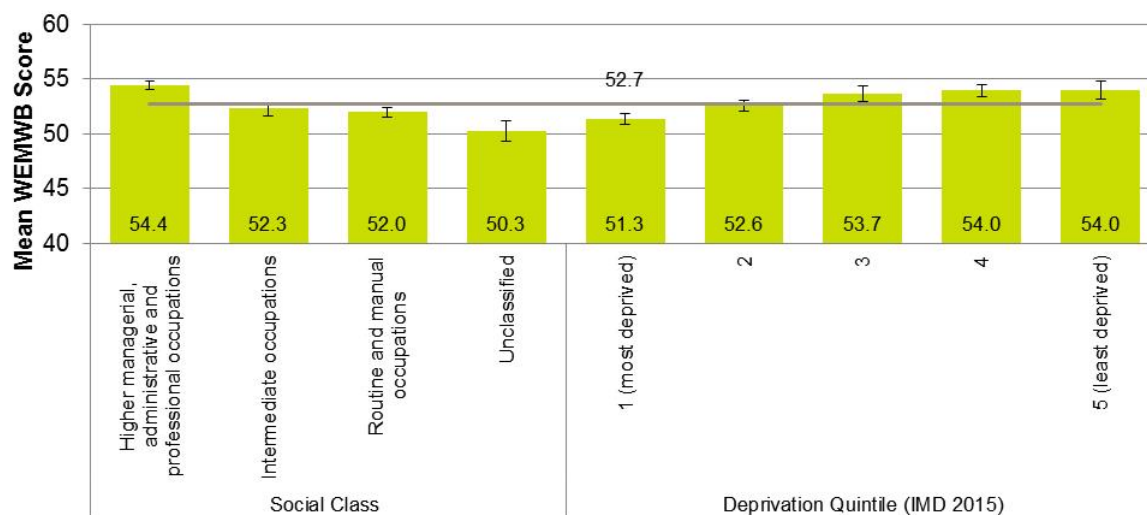
Patterns of average mental wellbeing (WEMWB) score in Sunderland

We have calculated the average mental wellbeing (WEMWB) scores of people in Sunderland as follows:

- The average mental wellbeing score of adult males in Sunderland is 53.2.
- The average mental wellbeing score of adult females in Sunderland is 52.2.
- Overall, the average mental wellbeing score of Sunderland adults is 52.7.
- The average mental wellbeing score is higher for males than for females.

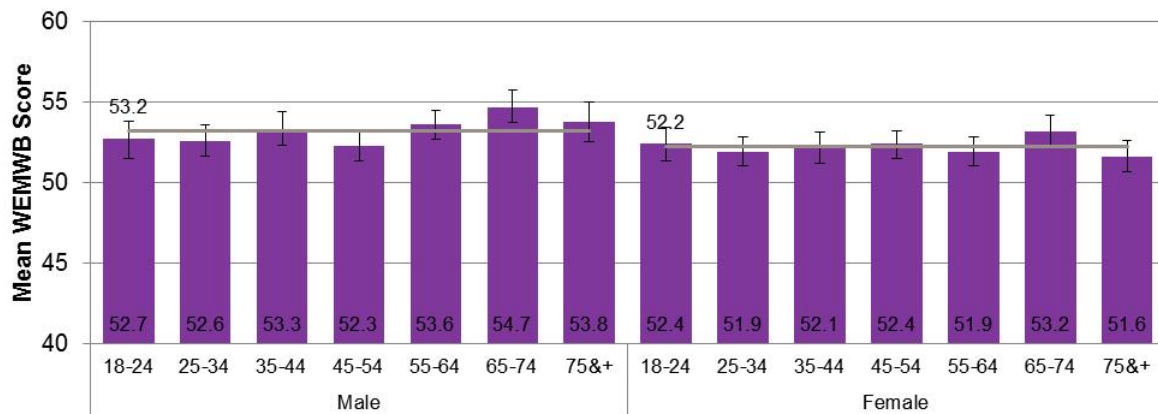


By social class and deprivation status



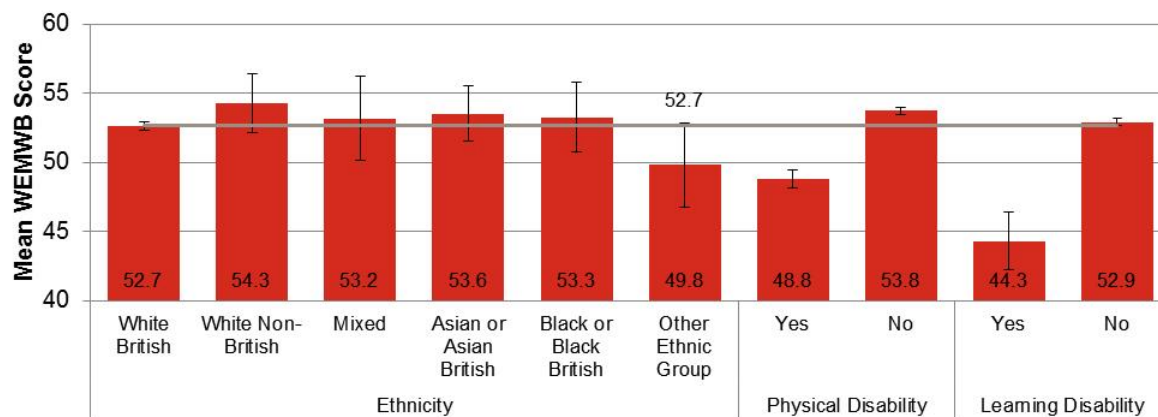
- Adults in higher managerial, administrative and professional occupations (54.4) had a significantly higher average mental wellbeing (WEMWB) score than the Sunderland average (52.7), whilst adults who have never worked or are long term unemployed (50.3) had a significantly lower average mental wellbeing (WEMWB) score than the Sunderland average (52.7).
- Adults who live in areas within Sunderland that are among the most disadvantaged fifth of all areas across England (Quintile 1) (51.3) had a significantly lower average mental wellbeing (WEMWB) score than the Sunderland average (52.7); 38% of the Sunderland population lives within these areas.
- Adults who live in areas of Sunderland that fall into Quintile 5 (54.0), Quintile 4 (54.0) and Quintile 3 (53.7) had a significantly higher average mental wellbeing (WEMWB) score than the Sunderland average (52.7).

By age and gender



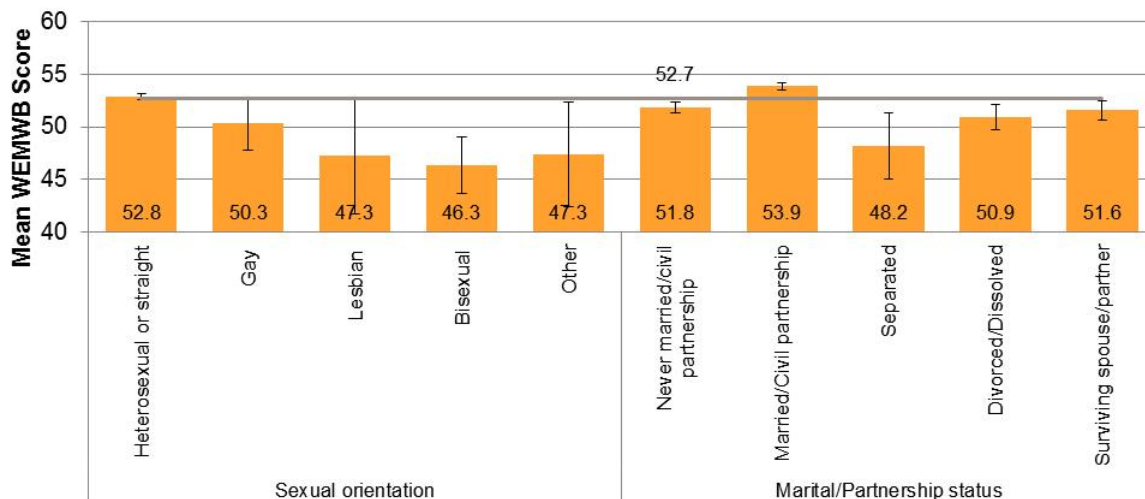
- Generally the average mental wellbeing (WEMWB) score is higher for males than for females across most age groups.
- Males aged 65-74 (54.7) had a significantly higher average mental wellbeing (WEMWB) score than the average for Sunderland males (53.2).
- The highest average mental wellbeing (WEMWB) score was for females aged 65-74 (53.2) though this was not significantly different from the average for Sunderland females (52.2).

By ethnicity or disability status



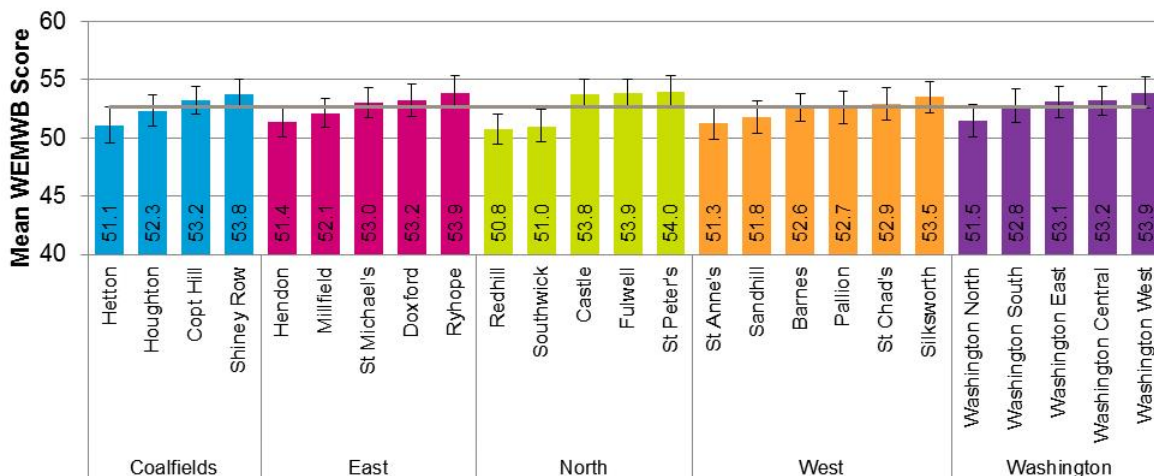
- There was no statistically significant variation in average mental wellbeing (WEMWB) score by ethnic group when compared to the Sunderland average (52.7).
- Adults with a physical disability (48.8) had a significantly lower average mental wellbeing (WEMWB) score than those without a physical disability (53.8).
- Adults with a learning disability (44.3) had a significantly lower average mental wellbeing (WEMWB) score than those without a learning disability (52.9).

By sexual orientation or partnership status



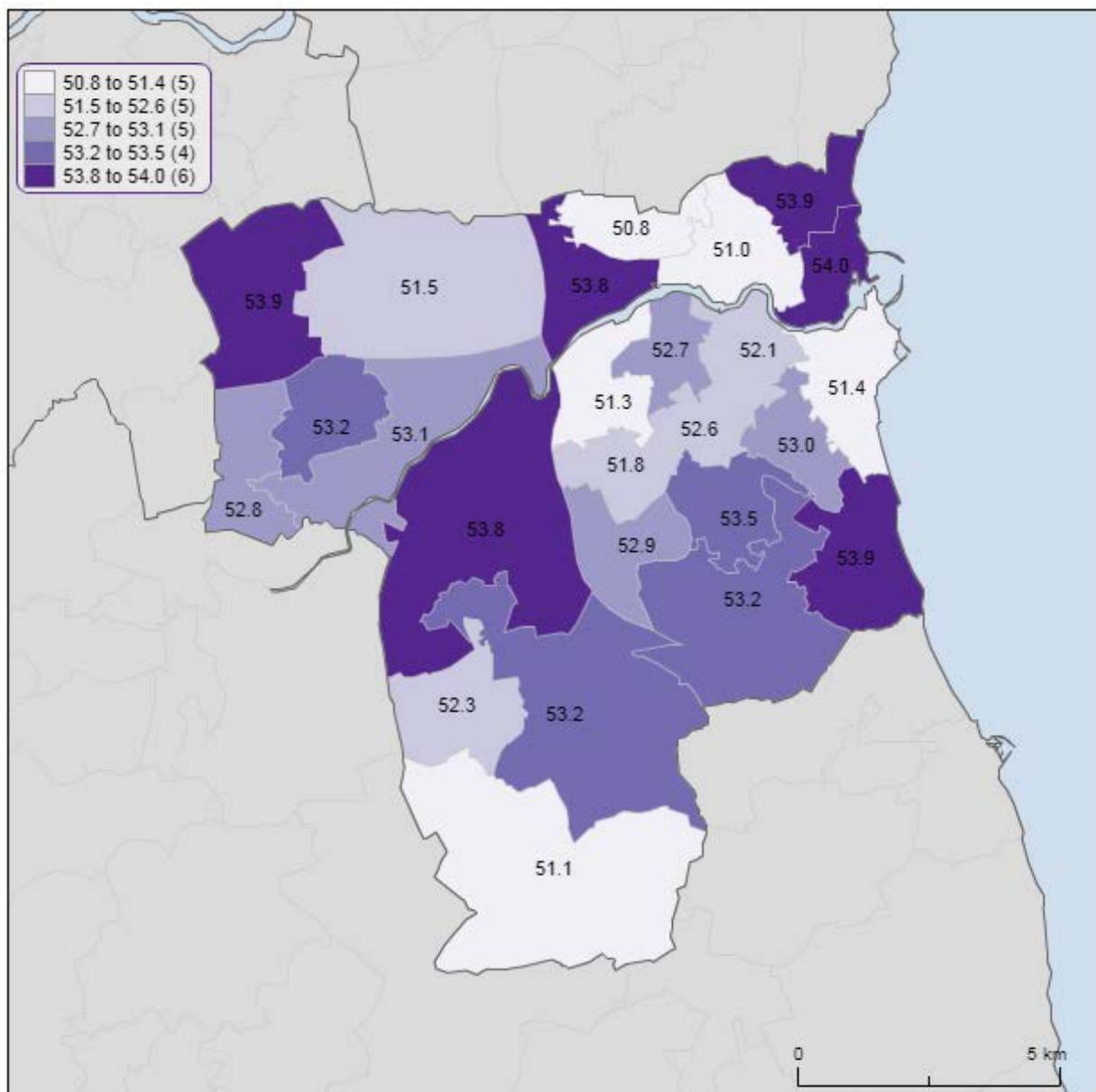
- Adults who identify their sexual orientation as bisexual (46.3) and other (47.3) had significantly lower average mental wellbeing (WEMWB) scores than the Sunderland average (52.7).
- Adults who are separated (48.2), adults who are divorced or have had their civil partnership legally dissolved (50.9) and adults who have never been married or in a registered civil partnership (51.8) had significantly lower average mental wellbeing (WEMWB) scores than the Sunderland average (52.7), whilst adults who are married or in a registered civil partnership (53.9) had a significantly higher average mental wellbeing (WEMWB) score than the Sunderland average (52.7).

By ward



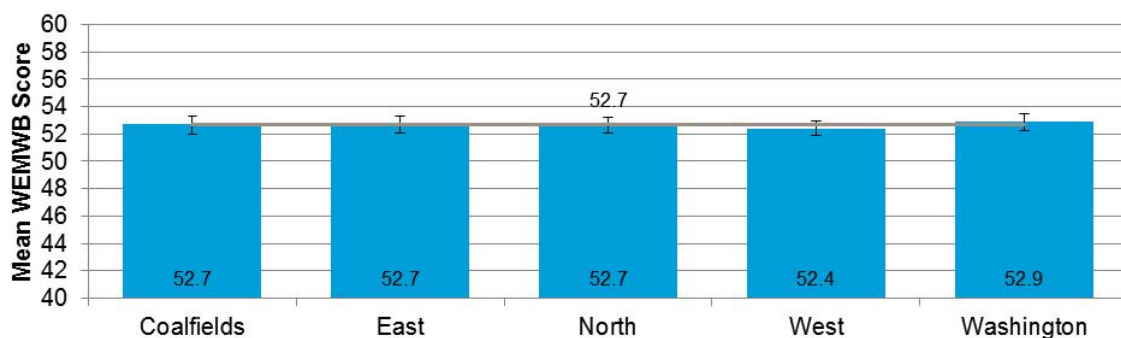
- Whilst there is variation by ward, only Redhill (50.8) and Southwick (51.0) reported significantly lower average mental wellbeing (WEMWB) scores than the Sunderland average (52.7); no wards reported significantly higher average mental wellbeing (WEMWB) scores than the Sunderland average (52.7).
- Wards with the highest average mental wellbeing (WEMWB) scores were: St Peter's (54.0), Ryhope (53.9), Fulwell (53.9), Washington West (53.9) Shiny Row (53.8) and Castle (53.8).
- Wards with the lowest average mental wellbeing (WEMWB) score were: Redhill (50.8), Southwick (51.1), Hetton (51.1), St Anne's (51.3) and Hendon (51.4).

Map showing average mental wellbeing (WEMWB) score for Sunderland wards



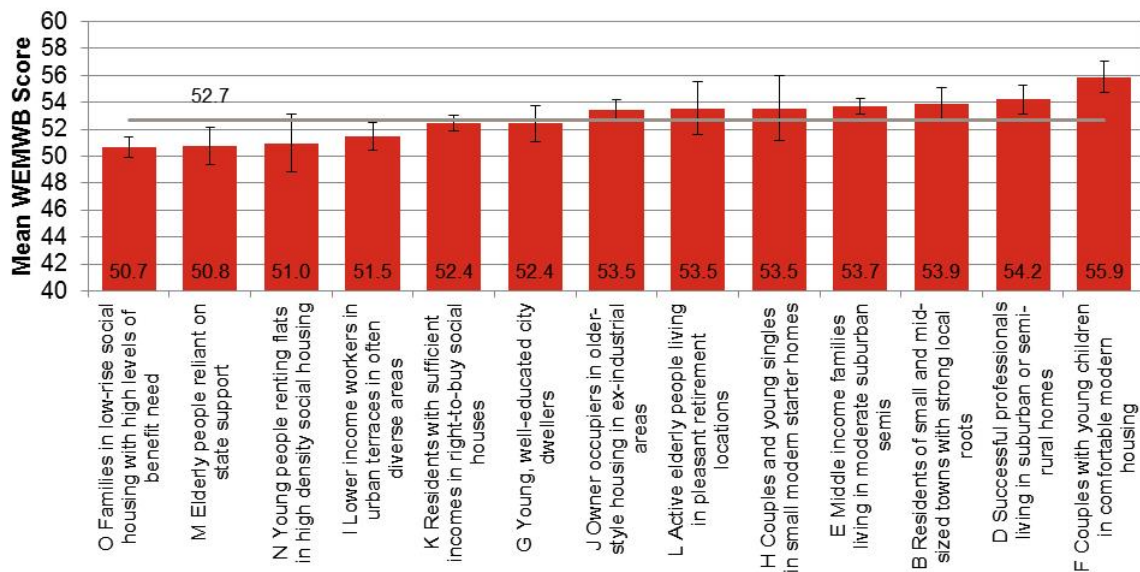
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 - This map was generated with some user imported data

By area



- There is no statistically significant variation in average mental wellbeing (WEMWB) scores by area compared to the Sunderland average (52.7).

By Mosaic® group



- When considering population groups with similar social and demographic characteristics (Mosaic® groups), group F (55.9), group D (54.2) and group E (53.7) reported significantly higher average mental wellbeing (WEMWB) scores than the Sunderland average (52.7).
- When considering population groups with similar social and demographic characteristics (Mosaic® groups), group M (50.8) and group O (50.7) reported significantly lower average mental wellbeing (WEMWB) scores than the Sunderland average (52.7).

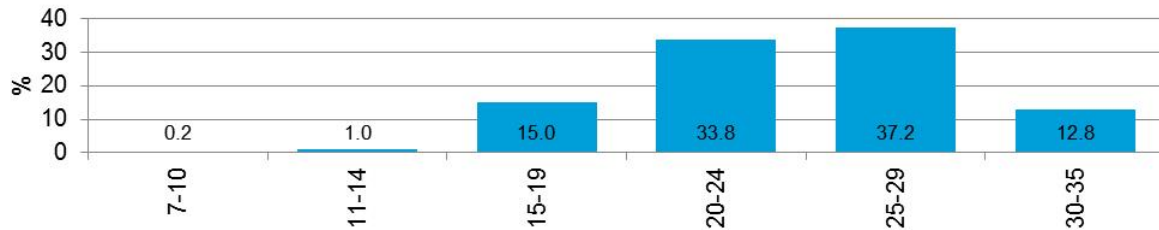
The Short Warwick Edinburgh Mental Wellbeing (sWEMWB) Score

There is a shorter version of the Warwick Edinburgh Mental Wellbeing Scale which uses 7 of the 14 questions and focuses more on the functional aspects of mental wellbeing (such as being able to think clearly and deal with problems) and less on feelings than the full scale. It has been shown that this shorter scale gives a meaningful and reliable measure of mental wellbeing which can be used at population level. Whilst it is less sensitive to gender differences, it tends to have better completion rates than the full scale. We may use this shorter scale in future surveys and so we have analysed the survey data to present the average scores from the short Warwick Edinburgh Mental Wellbeing Scale alongside those from the full scale.

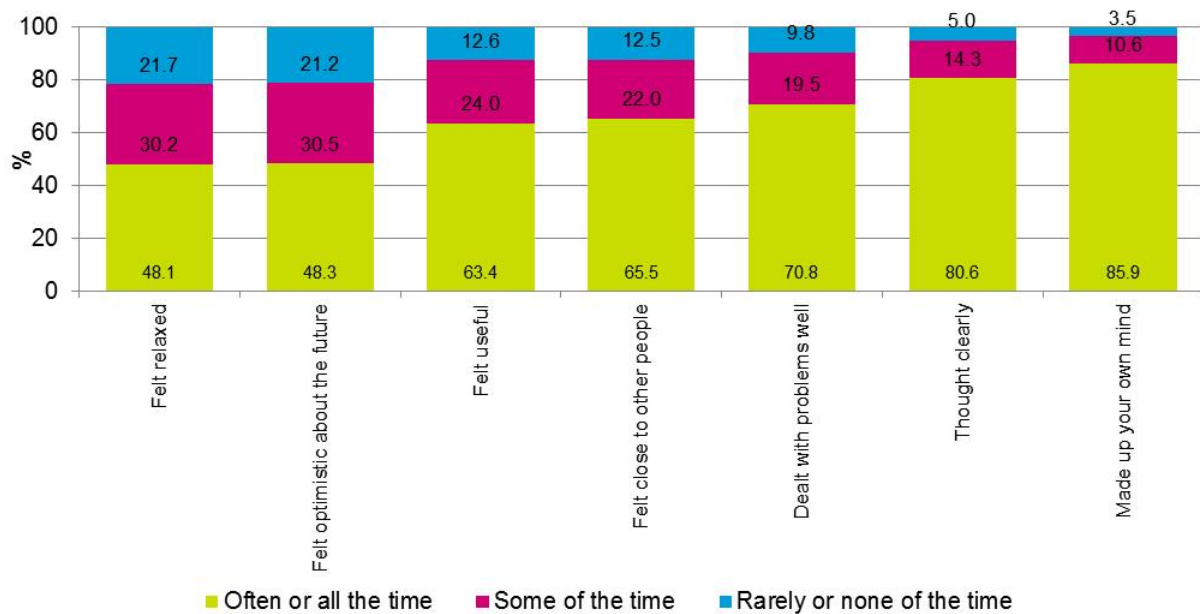
In this short version, total scores can range from 7 to 35 and average (mean) scores are used to compare the results of different groups. It should be noted that the calculation of mean scores requires a mathematical transformation, which has been undertaken in line with the published guidance. Again, a higher score represents better mental wellbeing.

At the present time, no national trend data for the short mental wellbeing score has been published. Data from the Health Survey for England for 2010-2013 shows that the average short mental wellbeing (sWEMWB) score for England was 23.7 for males and 23.2 for females.

In our survey of 5,571 adults aged 18 and over (a 2.5% sample of the Sunderland adult population), 5,337 responses included information for all 7 questions that make up the short Warwick Edinburgh Mental Wellbeing (sWEMWB) Scale. Based on this, the distribution of scores was as follows:



The distribution of the individual components of mental wellbeing for Sunderland is as follows:

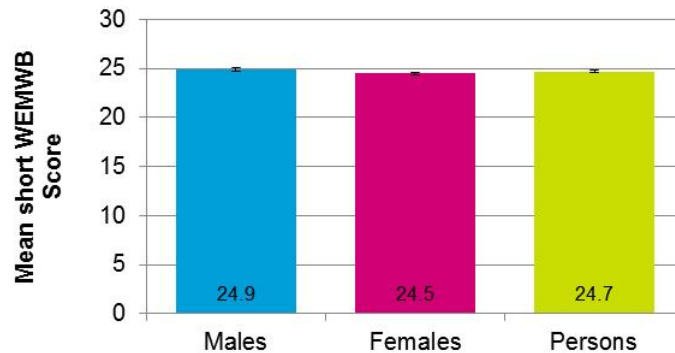


- 85.9% of Sunderland adults reported they made up their own mind often or all of the time.
- 80.6% of Sunderland adults reported they thought clearly often or all of the time.
- 70.8% of Sunderland adults reported they dealt with problems well often or all the time.
- 65.5% of Sunderland adults reported they felt close to other people often or all of the time.
- 63.4% of Sunderland adults reported they felt useful often or all of the time.
- 48.3% of Sunderland adults reported they felt optimistic about the future often or all of the time.
- 48.1% of Sunderland adults reported they felt relaxed often or all of the time.

Patterns of average short mental wellbeing (sWEMWB) score in Sunderland

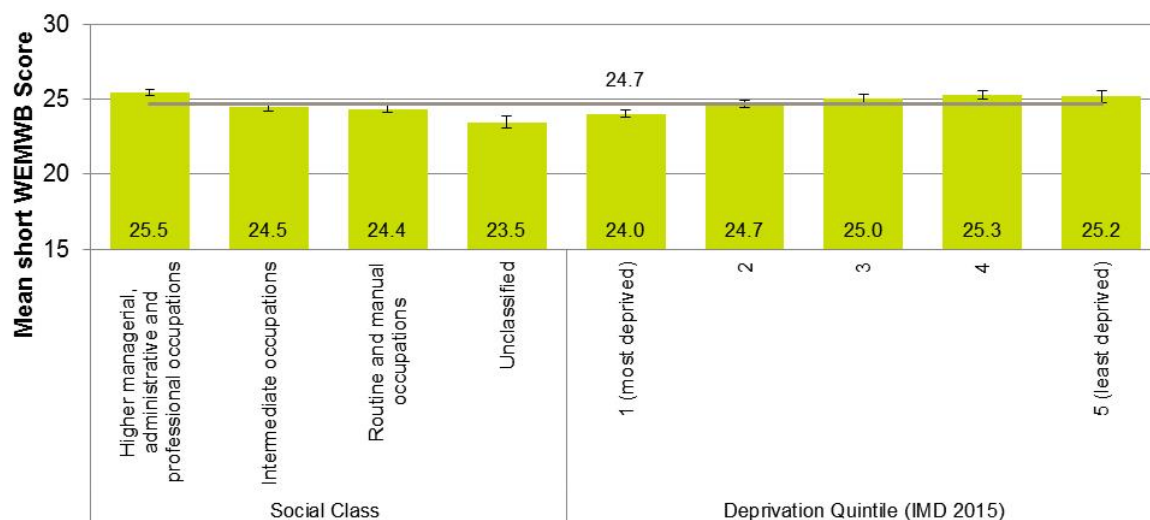
We have calculated the average short mental wellbeing (sWEMWB) scores of people in Sunderland as follows:

- The average short mental wellbeing score of adult males in Sunderland is 24.9.
- The average short mental wellbeing score of adult females in Sunderland is 24.5.
- Overall, the average short mental wellbeing score of Sunderland adults is 24.7.



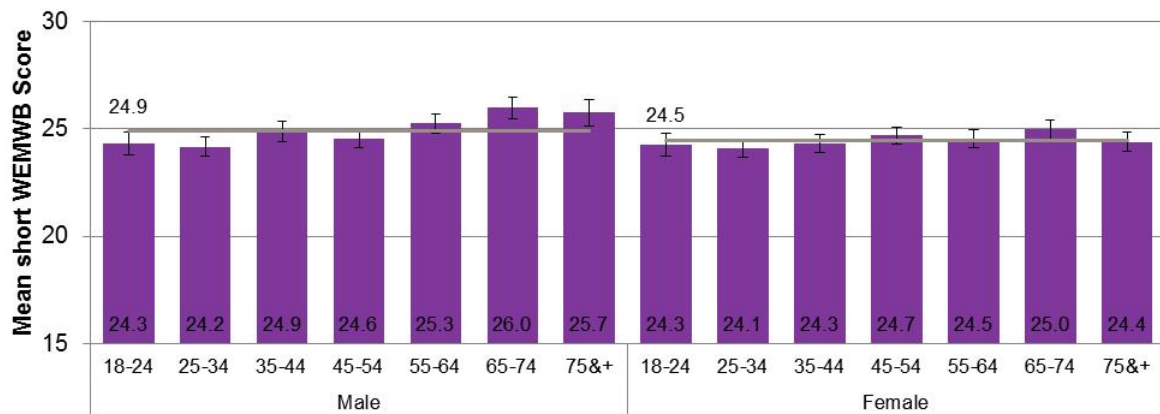
- The average short mental wellbeing score is higher for males than for females.

By social class and deprivation status



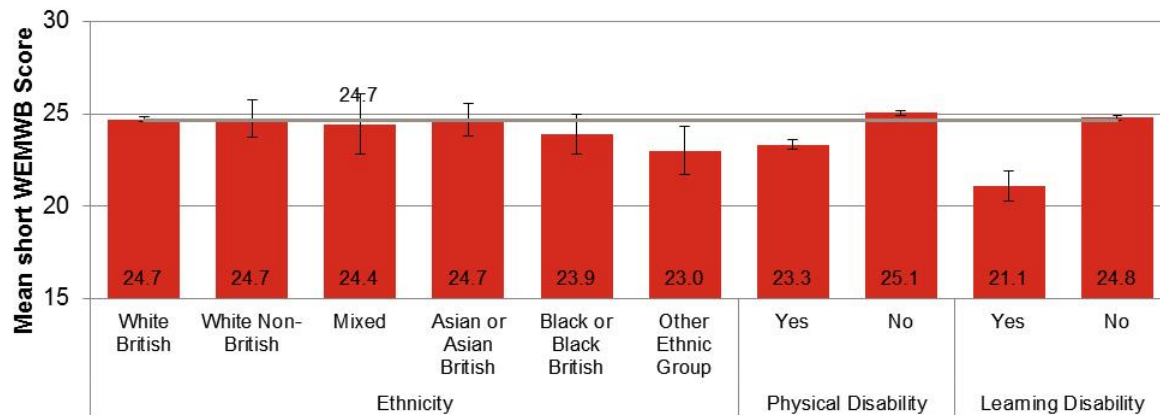
- Adults in higher managerial, administrative and professional occupations (25.5) had a significantly higher average short mental wellbeing (sWEMWB) score than the Sunderland average (24.7), whilst adults who have never worked or are long term unemployed (23.5) had a significantly lower average short mental wellbeing (sWEMWB) score than the Sunderland average (24.7).
- Adults who live in areas within Sunderland that are among the most disadvantaged fifth of all areas across England (Quintile 1) (24.0) had a significantly lower average short mental wellbeing (sWEMWB) score than the Sunderland average (24.7); 38% of the Sunderland population lives within these areas.
- Adults who live in areas of Sunderland that fall into Quintile 5 (25.2) and Quintile 4 (25.3) had a significantly higher average short mental wellbeing (sWEMWB) score than the Sunderland average (24.7).

By age and gender



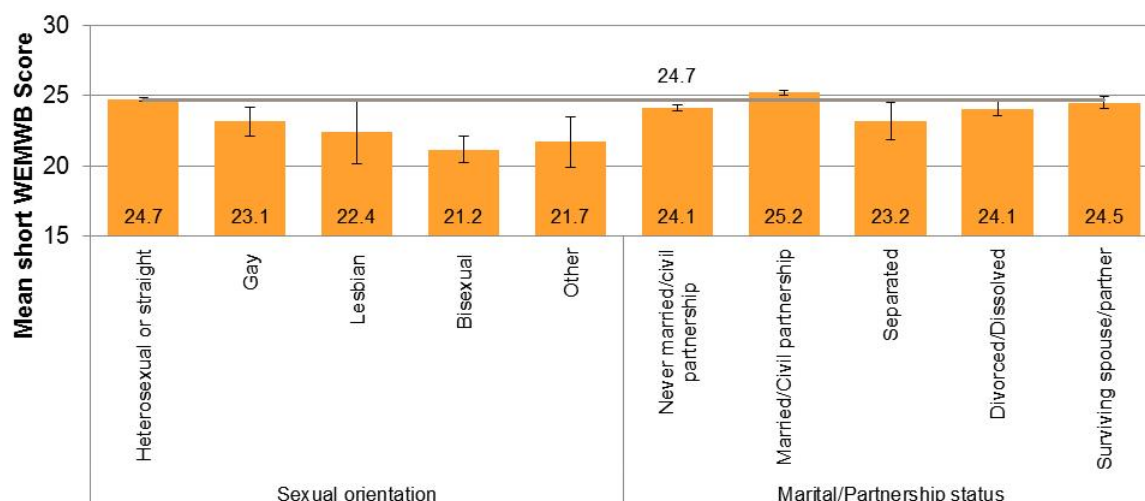
- Generally the average short mental wellbeing score is higher for males than for females across most age groups.
- Males aged 65-74 (26.0) and males aged 75 and over (25.7) had significantly higher average short mental wellbeing (sWEMWB) scores than the average for Sunderland males (24.9), whilst males aged 25-34 (24.1) had significantly lower average short mental wellbeing (sWEMWB) scores than the average for Sunderland males (24.9).
- The highest average short mental wellbeing (sWEMWB) score was for females aged 65-74 (25.0) though this was not significantly different from the average for Sunderland females (24.5).

By ethnicity or disability status



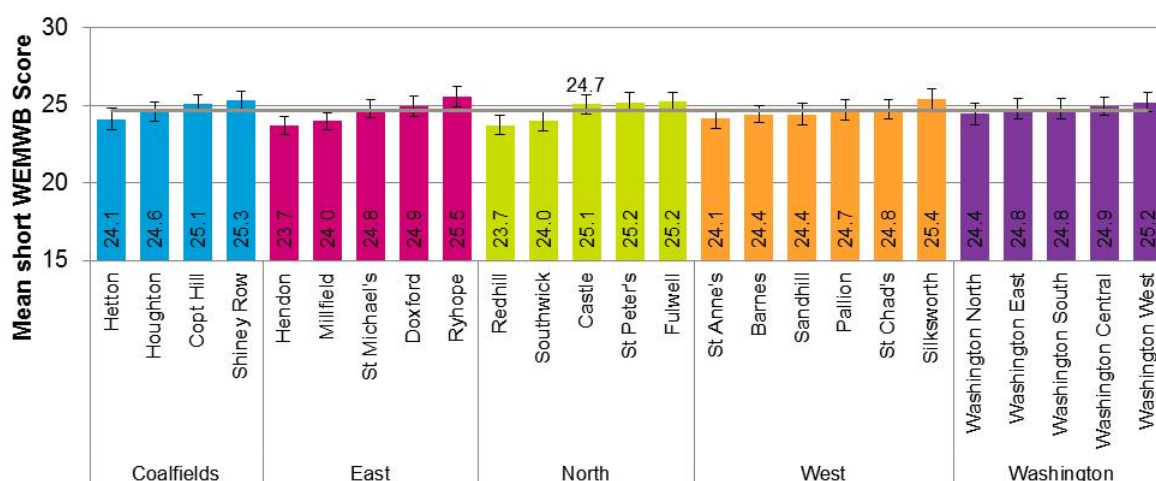
- Adults from Other Ethnic Groups (23.0) had a significant lower average short mental wellbeing (sWEMWB) score than the Sunderland average (24.7).
- Adults with a physical disability (23.3) had a significantly lower average short mental wellbeing (sWEMWB) score than those without a physical disability (25.1).
- Adults with a learning disability (21.1) had a significantly lower average short mental wellbeing (sWEMWB) score than those without a learning disability (24.8).

By sexual orientation or partnership status



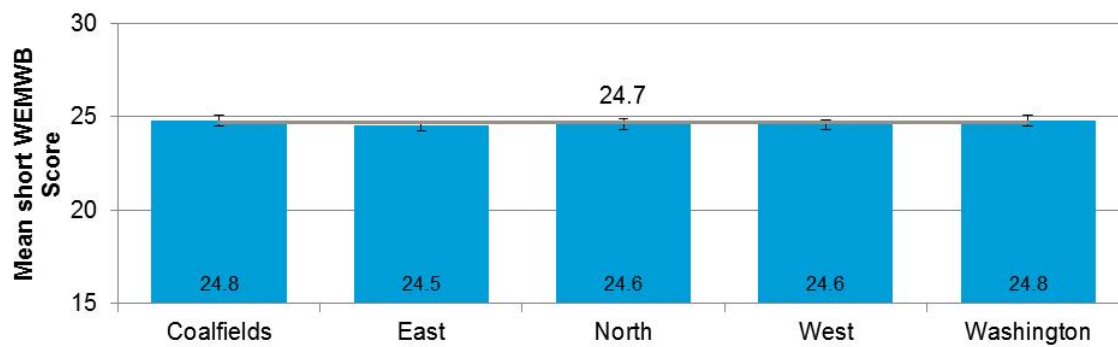
- Adults who identify their sexual orientation as gay (23.1), bisexual (21.2) and other (21.7) had significantly lower average short mental wellbeing (sWEMWB) scores than the Sunderland average (24.7).
- Adults who are separated (23.2) and adults who have never been married or in a registered civil partnership (24.1) had a significantly lower average short mental wellbeing (sWEMWB) score than the Sunderland average (24.7), whilst adults who are married or in a registered civil partnership (25.2) had a significantly higher average short mental wellbeing (sWEMWB) score than the Sunderland average (24.7).

By ward



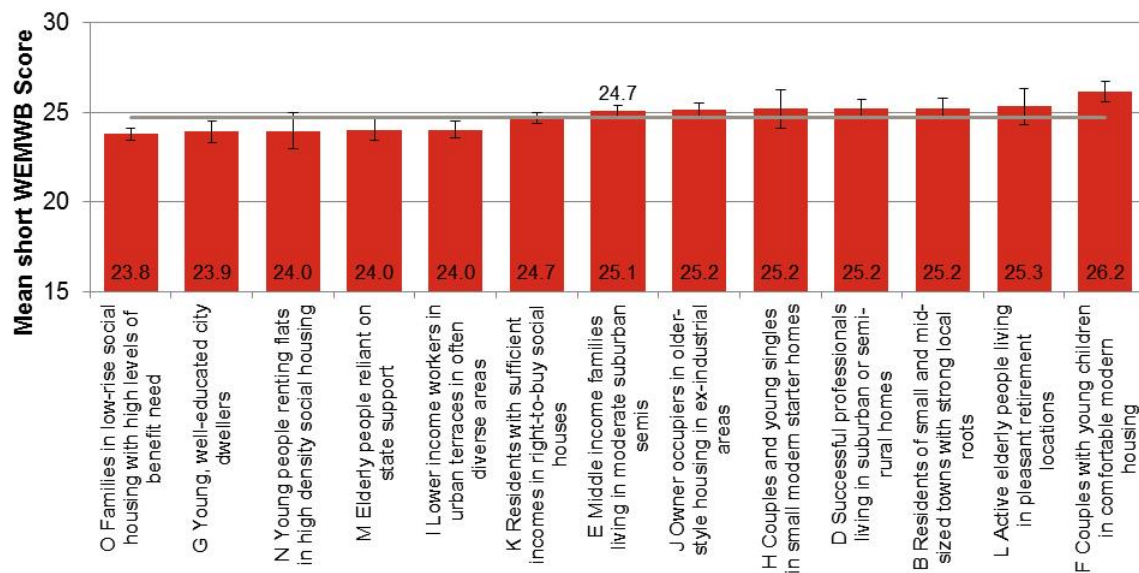
- Whilst there is variation by ward, only Hendon (23.7), Redhill (23.7) and Millfield (24.0) reported significantly lower average short mental wellbeing (sWEMWB) scores, and only Ryhope (25.5) reported a significantly higher average short mental wellbeing (sWEMWB) score than the Sunderland average (24.7).

By area



- When summarised at area level, there is no statistically significant variation in average short mental wellbeing (sWEMWB) scores compared to the Sunderland average (24.7).

By Mosaic® group



- When considering population groups with similar social and demographic characteristics (Mosaic® groups), group F (26.2) reported a significantly higher average short mental wellbeing (sWEMWB) score than the Sunderland average (24.7).
- When considering population groups with similar social and demographic characteristics (Mosaic® groups), group O (23.8), group G (23.9) and group I (24.0) reported significantly lower average short mental wellbeing (sWEMWB) scores than the Sunderland average (24.7).