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The Impact of COVID-19 on Wellbeing in Scotland: Wave 3 (March 2021)

PEOPLE, COMMUNITIES AND PLACES

social research

The Impact of COVID-19 on Wellbeing in Scotland: Wave 3 (March 2021)

Personal wellbeing tracking survey (Wave 3) - March 2020- March 2021

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Contents

Main findings

COVID-19 has impacted on many areas of people's lives. To understand this impact a research survey was conducted with the Scottish general public in March 2021. It captures wellbeing over time during the COVID-19 pandemic and builds on findings from two previous surveys that took place in May 2020 [1] and December 2020.[2]

The main findings are:

- The second national lockdown in 2021 was harder for some people in terms of their wellbeing, sense of purpose, financial pressures and missed social connections. The duration of lockdown and the associated aggravating impact should be factored into support, planning and recovery.

- There are higher levels of loneliness and anxiety in society compared with before the pandemic. However, there are signs of improvement, with anxiety and worry about others becoming ill with COVID-19 decreasing.

- People were finding the restrictions on socialising with others harder to deal with in March 2021 than the previous survey waves in May and December 2020. People were also less likely in March 2021 to report that others were checking in to see if they were ok, than in May 2020.

- However, technology has facilitated contact, with reported increases in the use of phone/video calls to connect with friends and family. There has also been a consistently high proportion of respondents, across the survey waves, who said they are able to find ways of connecting with nature.

- Yet, this is not the same picture for everyone. Different groups experience higher levels of hardship. The experiences of women, disabled people, those on lower incomes, younger people and those living alone have been more negative revealing multiple inequalities.

- These groups were more likely to report challenges such as losing their job, lower confidence accessing online services, lacking a sense of purpose and feeling cut off from others.

- This research has highlighted a critical need to continue monitoring and understanding subgroup inequalities through a variety of means to further explore how and why experiences vary, to determine the longer term impacts of COVID-19 and to better support the diverse needs of individuals.

[1] Coronavirus (COVID-19): impact on wellbeing - research - gov.scot (www.gov.scot).
[2] Coronavirus (COVID-19) - impact on wellbeing: survey summary - gov.scot (www.gov.scot).

Background

COVID-19 and the consequent restrictions has caused harm to health, society and the economy.[3] Furthermore, as the pandemic moves into a second year, people's understanding of the situation and their experiences are likely to change, in line with the tightening and easing of restrictions and the roll-out of initiatives such as the vaccination programme.

Personal and community connections are crucial for health and wellbeing. For that reason, the Scottish Government commissioned a telephone survey to better understand the experiences of anxiety and worry, financial hardship, and help and support within communities across Scotland. This report supplements previous work published in September 2020 and March 2021 by documenting change and stability across people's experiences from May 2020 to March 2021.

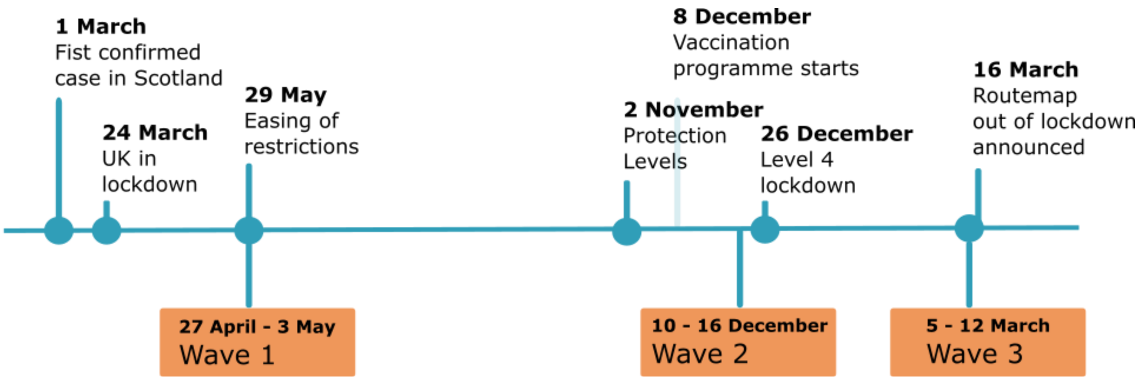
As with previous reports, there is a focus on how different groups have experienced greater levels of hardship.[4] While some behaviours and attitudes may change over time, it is apparent, that that for some, there are consistent pressures and challenges that make living through a pandemic particularly difficult. That is why it is essential that work continues to understand both the positive and adverse impacts of the pandemic on behaviours, community connections and wellbeing.

Data collection

The latest and final wave of fieldwork was conducted between 5 and 12 March 2021. During this time the vaccination programme (which started in Scotland on 8 December 2020) was underway. Over a third of the population had received their first dose of the vaccine.[5] Most of Scotland, with exceptions of the Islands, faced lockdown restrictions (Level 4).[6] Younger pupils had returned to school (22 February), and a 'cautious' easing out of lockdown had recently been announced (23 February). See Annex A for further details on the method and Annex B for a copy of the questionnaire.

[3] Scottish Government COVID-19 in Scotland Four Harms Dashboard
[4] Statistical breakdowns are presented in this report where sample sizes allow. These cover the main population subgroups that show variation in results.
[5] Public Health Scotland COVID-19 Daily Dashboard
[6] Scottish Government Coronavirus (COVID-19): local protection levels

Figure 1: Data collection timeline



Aims

The report is structured into three sections which are: **Wellbeing**; **Support and Income** and **Behaviours and Coping** in order to answer the following questions:

- What has the impact of COVID-19 and related response measures been on wellbeing in Scotland?
- What are people’s experiences of COVID-19 and related response measures?
- What personal strategies are being developed to cope with COVID-19 and the restrictions in place?
- How do these experiences and strategies differ by groups, especially for those who typically had lower levels of wellbeing and by measures of income and deprivation? [7]
- Are people getting the support they need and where from?

[7] Differences in deprivation are covered in the previous two reports (September 2020 and March 2021).

Method

This study used a randomised telephone survey sample. The benefit of this mode is that a potentially larger pool of participants can take part, as opposed to an online interview, which relies on the respondent having internet access. In this survey both mobile and landline phone numbers were used for a more inclusive sample (see Annex A for further details on the method and Annex B for the full questionnaire).

A limitation is that telephone surveys can under-estimate certain groups. To overcome this, this survey used quota sampling to achieve a representative sample of the population. Quotas were set for age, sex, working status and Scottish Parliament region, and post-survey weighting applied.

Since representativeness was achieved through quota sampling, strictly speaking, statistical significance should not be applied. However it has been used in the analysis of this survey data as an indication of differences that are likely to be of importance. The unweighted sample sizes for each sub-group can be found in Annex A. The data tables which report the sub-group differences are contained as a supporting file.

1. Impact on Wellbeing

Respondents were asked about whether they had experienced **loneliness,** what they were **worried** or concerned about and their levels of **happiness** and **anxiety.**

Loneliness was recorded as a percentage who agreed they were lonely 'some', 'most' or 'all' of the time in the last week.[8] Worry was recorded as a percentage who reported they were worried about family or friends becoming ill with COVID-19.[9] Happiness and anxiety were measured on a scale of 0 to 10, where 0 is 'not at all' and 10 is 'completely'. Pre-pandemic measures are taken from the Office of National Statistics (ONS) Scottish estimates.[10]

Overview of changes:

Loneliness:

- In March 2021, around four in ten (39%) felt lonely at least some of the time in the past week, with 4% feeling lonely 'all' or 'almost all' of the time. The overall proportion experiencing loneliness is almost twice as high as it was in 2018 (21%).[1]

Worry:

- Worrying about family and friends becoming seriously ill with COVID-19 was the most common concern reported across all three waves. However, worry fell since the start of the pandemic (from 75% in May 2020 to 56% in March 2021). Concern about other's mental health changed less between waves (with between 41% and 48% concerned).

Happiness:

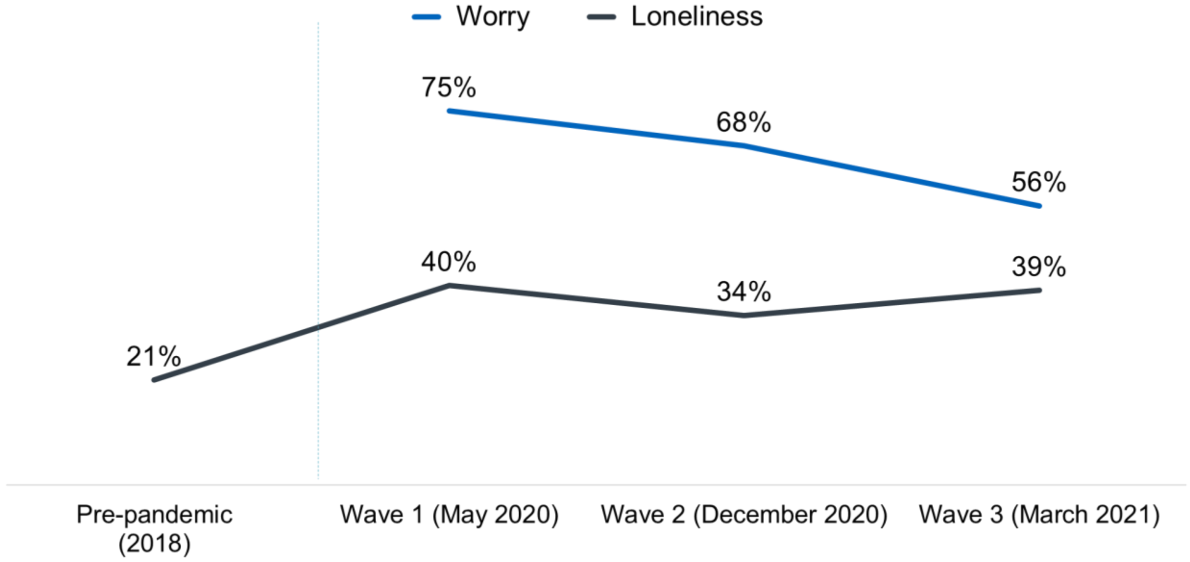
- Across all three waves, the average happiness score has remained stable at 6.6/6.7 out of 10. However, it is lower than the ONS pre-pandemic figure (7.43).

Anxiety:

- During the first lockdown, in May 2020, the mean anxiety score increased compared to the ONS pre-pandemic figure. It then decreased, from 3.6 to 2.8 out of 10. In March 2021, it was lower than the ONS pre-pandemic figure.

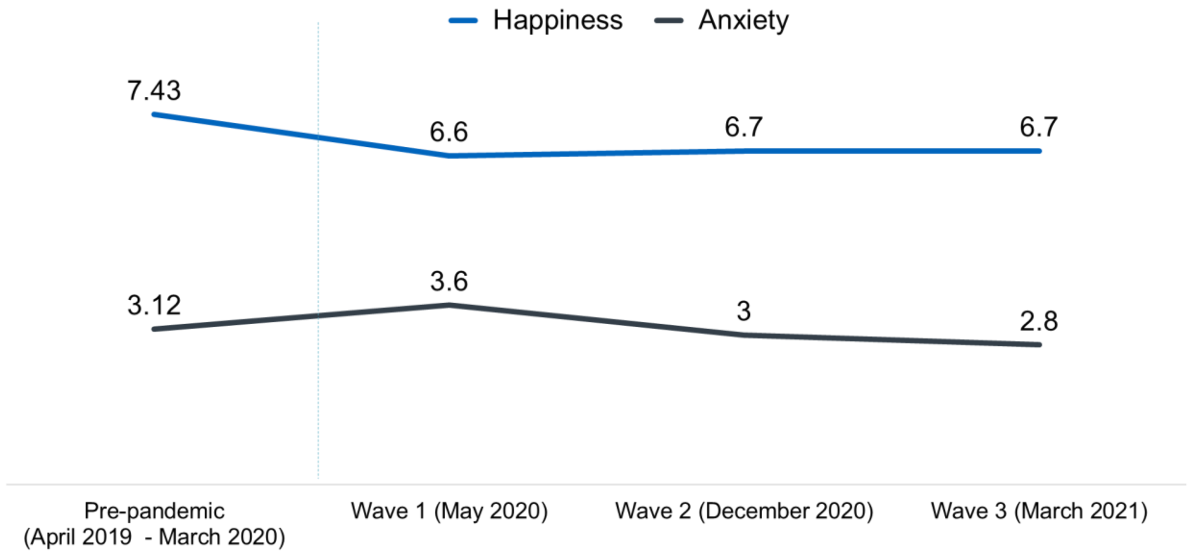
[8] The pre-pandemic figure for loneliness was taken from The Scottish Household Survey 2018.
[9] Question was 'Which, if any, of the following things, are major worries for you at the moment?' Respondents could then select 'Friends/family becoming seriously ill with Covid'. As this question was directly related to Covid there was no pre-pandemic estimate for this measure.
[10] Office for National Statistics – Annual personal well-being estimates. Questions were: 'Overall, how anxious did you feel yesterday?' and 'Overall, how happy did you feel yesterday?'

Figure 2. Levels of worry and loneliness



From May 2020 to March 2021, levels of loneliness have remained high. It is encouraging to see that levels of worry about others becoming ill with Coronavirus have decreased over time, from May 2020 to March 2021.

Figure 3: Mean happiness and anxiety scores



Mean levels of happiness have remained relatively high and stable across the three survey waves. After initially rising in lockdown one (May 2020), mean levels of anxiety have decreased over time, meaning people reported feeling less anxious.

The pandemic typically had a more negative effect, by the measures included, on certain groups, including: women, younger people, people with lower household incomes, people living alone and disabled people.

Focus on different groups (Data from Wave 3/March 2021)

Gender

Women reported higher levels of anxiety than men. Men reported higher levels of happiness than women.

Loneliness was slightly higher in women than men.

Women were most worried about friends and family members becoming seriously ill.

Age

Younger people reported higher levels of anxiety and loneliness and were more likely to be worried about mental health and finances.

Older people (over 55) reported higher levels of happiness. The biggest decrease in anxiety scores from wave 2 to 3 was among those aged 70 plus.[11]

Household income

Those on lower incomes reported higher levels of anxiety and loneliness than those on higher incomes.

Living situation

Respondents who lived alone reported higher levels of anxiety and loneliness.

Disability

Disabled respondents reported higher levels of anxiety and loneliness.

[11] This group had been offered the vaccine which may have contributed to the decrease in anxiety.

2. Impact on Support and Income

Respondents were asked about **help they had received**, and any additional **help** they **needed.** They were also asked whether their **income had changed**, and their views on their current **financial situation**.

Overview of changes:

Support:

- People were much less likely to be receiving support in March 2021 compared to May 2020.
- Under half (44%) reported receiving support in March 2021, down from 58% in December 2020, and 73% in May 2020.
- Compared to May 2020, the percentage of respondents who said that others were getting in touch to check they were OK has halved from 63% in May 2020 to a third (32%) in March 2021.
- In March 2021, 10% said others were doing food shopping for them down from 22% in May 2020.

Needs:

- Level of unmet need remained similar across the survey waves at around 16%.
- A small minority in March 2021 needed financial help to pay for essentials (4%), similar to December 2020 and May 2020.
- However, the majority (84%) stated they did not need any further help.

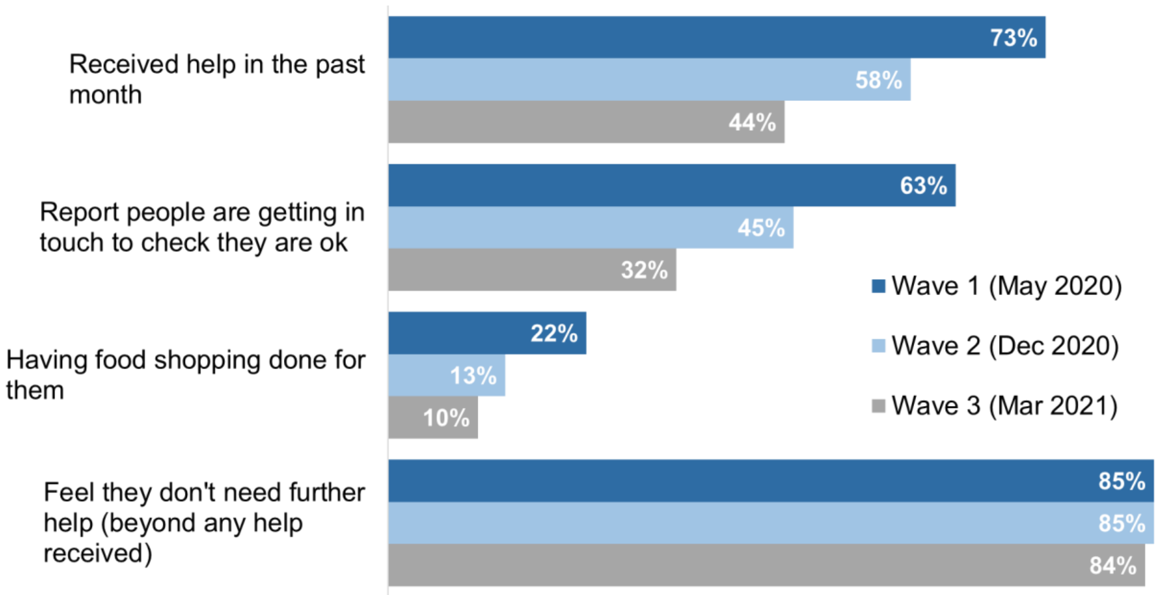
Working situation:

- Just under a third (31%) were likely to be working from home more often in May 2020 and this increased slightly to 33% in March 2021.
- There was an increase from May 2020 to March 2021 in those who reported losing their job or being made redundant (11% to 13%).

Finances:

- Compared to May 2020, twice as many respondents reported their income was higher than before the pandemic (16% up from 8%).
- A quarter reported their income was lower than before the pandemic (24%).
- For the majority (59%), household income has remained the same.

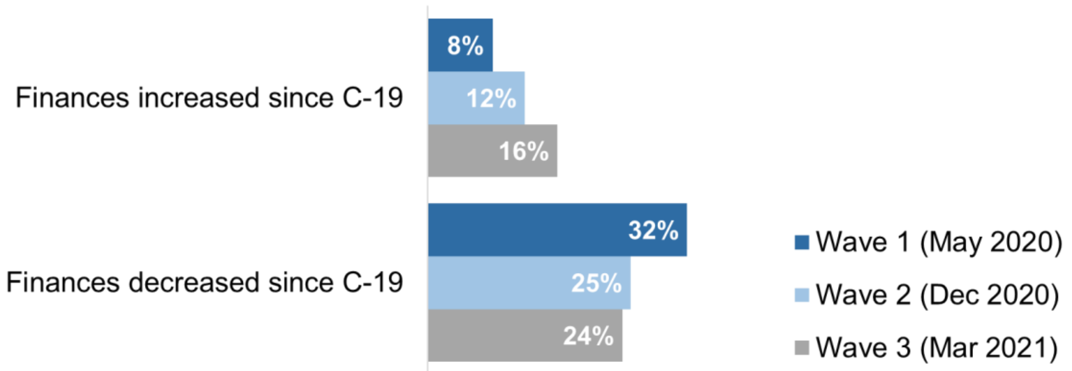
Figure 4: Proportion who reported receiving or needing help in the past month



Overall, people have experienced much less support during the second period of national lockdown restrictions - both in terms of checking in with others to see if they are ok, and with practical support with things like food shopping. However, this is balanced with evidence, collected at every wave of data collection, stating that a high proportion (over 80%) feel they do not need any further help.

The impact on income has been mixed with an increase over time in those reporting a higher income. However, from December 2020 to March 2021 a quarter reported that their income is lower than before the pandemic. This sits alongside evidence that work has changed for people in terms of either losing their job, being made redundant or adapting to an increase in home working.

Figure 5: Proportion who reported changes in income since COVID-19



Focus on different groups (Data from Wave 3/March 2021)

Gender

Women were more likely to have food shopping done for them, and have greater needs with help to care for a relative.

Age

People **over 70** are more likely to have people getting in touch to see if they are ok.

People aged **25-34** are more likely to need financial help and advice, and report their income is lower than before pandemic.

Household income

Lower income households are more likely to report receiving help, and need financial advice and help to pay for essentials.

Higher income households are more likely to report needing help with child care.

Living situation

Small older households are more likely to need help to care for another person.

People in **households with children** are more likely to have a lower income since the pandemic began.

Those **living alone** are more likely to say they are not managing well financially or having financial difficulties.

Disability

Disabled people are more likely to need help with mental health, and shopping or getting medicines and manage less financially**.**

3. Impact on Behaviours and Coping

Respondents were asked about whether they had been doing some **behaviours** more or less since the pandemic, about their **social contact and ways of coping**.

Overview of changes:

Coping and connecting:

- In March 2021, over half (53%) reported they were finding the current restrictions on socialising difficult to cope with, up from 41% in May 2020.
- Similarly, in March 2021, over half (56%) reported feeling cut off from friends and family. Yet, this was lower than during the first lockdown (64% in May 2020).
- 68% said they were able to find ways to connect with nature, and this has remained fairly stable between data collection waves.
- Around a third (36%) said they had less of a sense of purpose at the moment, and this too changed little between May and Dec 2020.
- The proportion who felt there is not enough space in their home increased from 10% in May 2020 to 18% in March 2021.

Sleeping:

- The proportion who have been sleeping badly increased from 29% to 44% between May 2020 and March 2021.

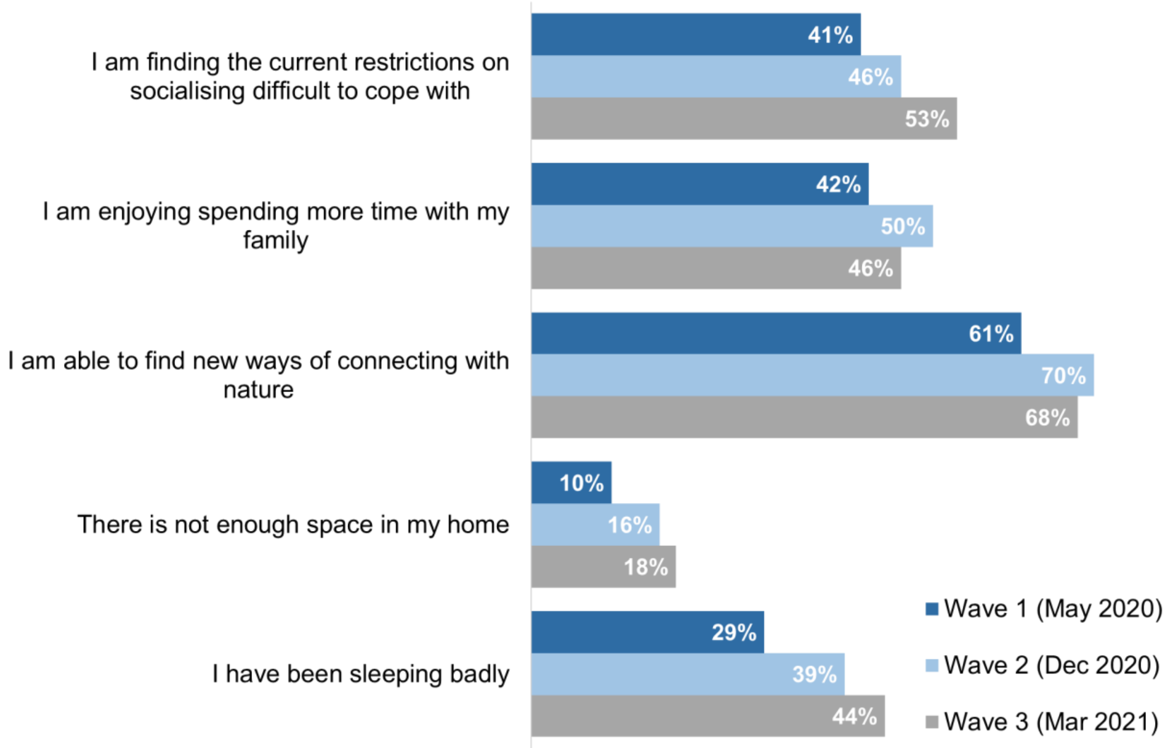
Going online:

- In March 2021, most people indicated they would feel ‘very’ (41%) or ‘fairly’ (39%) confident accessing public services online (e.g. booking a doctor’s appointment or looking up government advice). Just under a fifth were either ‘not very’ (9%) or ‘not at all’ confident (8%).

Behaviours:

- Most were phoning, or video calling family and friends more often, and shopping online more than before the pandemic. However, the proportion phoning or video-calling more fell from 75% in May 2020, to 57% in March 2021.
- The proportion listening to, or reading the news fell from 58% in May 2020 to 48% in March 2021.
- Across data collection waves, similar proportions said they were exercising or drinking alcohol ‘more’ to ‘less’, with no consistent pattern to whether people were engaging in healthy/unhealthy behaviours more or less often.

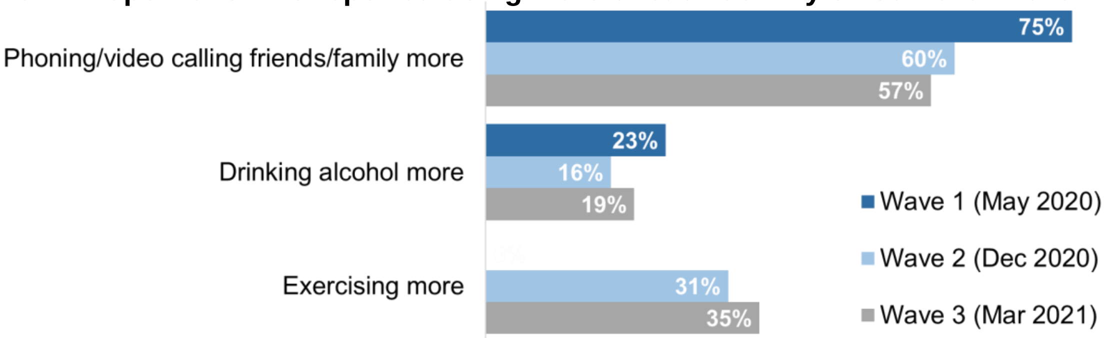
Figure 6. Proportions who selected the following statements which applied to them



Wellbeing is shaped by a contribution of different factors such as our home environment and relationships.[12] Compared with the first lockdown more people report they have been sleeping badly and feel there is not enough space in their home. The second lockdown has been associated with an increase in the proportion of people who were finding the restrictions on socialising harder to cope with and there remains a relatively high proportion who feel cut off from others. Technology has helped to maintain contact with people using more phone/video calling to connect with others, but this has decreased over time. In terms of using technology, (specifically the internet) to access public services most people were at least 'fairly confident' about doing so.

For those who can, there has remained a relatively high proportion who have enjoyed spending more time with their family. Further positive signs include the proportion of people who have been able to find new ways of connecting with nature. There was no consistent pattern in whether people were engaging more or less with behaviours such as exercising and drinking alcohol.

Figure 7. Proportions who reported doing more of each activity since March 2020



[12] Predicting wellbeing | Understanding Society

Focus on different groups (Data from Wave 3/March 2021)

Gender

Women were more likely to find the current restrictions on socialising difficult to cope with and have been phone/video calling more.

Age

People **over 70** more likely to not feel confident accessing online public services.

People aged **35-54** more likely to be volunteering and drinking alcohol more than before the pandemic compared to other age groups.

Household income

Lower income households less likely to be finding ways of connecting with nature, and less confident accessing public services online.

Higher income households more likely to be drinking alcohol, volunteering and shopping online more often than before than pandemic.

Living situation

People living in **single households** more likely to have met up socially more than once a week.

Households with children, and **older households** more likely to be finding ways of connecting with nature.

Disability

Disabled people more likely to feel cut off from friends and family and more likely to be sleeping badly.

Annex A. Methodology

- 1000 participants selected using random digit dialling; a similar number of participants to wave 1 (1000) and wave 2 (1004).
- Quotas were set based on gender, working status, age, Scottish parliamentary region and tenure and weighted to ensure the sample was representative of the Scottish population.
- The unweighted sample sizes for subgroups are shown in the table below.
- Telephone interview lasting 15 minutes.
- Topics included: wellbeing, work and finances, social contact and support and behaviours during the restrictions.
- Questions were all closed (see Annex B).
- 3 waves of interviews conducted April/May 2020, December 2020 and March 2021.
- We identified differences in experiences based on: gender, age, household composition, income and those with long-term health conditions.

Table 1: Unweighted base sizes for wave 3

Category	Unweighted base
Male	432
Female	564
SIMD quintile 1	139
SIMD quintile 2	161
SIMD quintile 3	192
SIMD quintile 4	226
SIMD quintile 5	213
Age 16-24	102
Age 25-34	164
Age 35-54	314
Age 55-69	277
Age 70+	143
Disabled	192
Non-disabled	788
Urban	736
Rural	195

Annex B. Questionnaire

<u>WORK AND COVID</u>
Since the start of the coronavirus outbreak, has either your working situation or working hours changed in any way?

1 Yes
2 No
Don’t know
Refused

How has your working situation or working hours changed?

1 Lost your job or made redundant
2 Started a new job/returned to work
3 I have been on furlough but am now back at work
4 I am currently on furlough
5 Increase in hours worked
6 Decrease in hours worked
7 Taken a pay cut but working same hours
7 Taken unpaid leave
8 Working from home more
9 Temporary closure of own business
10 Permanent closure of own business
11 Voluntarily left work, retired, or gone on maternity leave
12 Taken on additional job
13 Changes to pattern of working hours
14 Nature of work changed (e.g. way work, requirement for PPE, stressfulness of work, etc.)
15 Other (please specify)
16 DK
17 Refused

<u>SUPPORT</u>
In the last month, have you or your household received any of the following kinds of help, from any source?

1. Being given food that you didn’t have to pay for
2. Having food shopping done for you
3. Other people collecting prescriptions or other health-related items for you
4. Financial help with fuel and other essential bills
5. People getting in touch to check that you are okay
6. Support with any existing health conditions you or someone you live with have that are unrelated to COVID-19
7. Other help – PLEASE SAY WHAT
8. None of these (EXCLUSIVE CODE)
9. (Don’t know)
10. (Refused)

Is there any other help with anything, that you feel you currently need but you are not receiving?
1. Financial help to pay for essentials.
2. Financial advice/advice on benefits
3. Help to find a job
4. Help with childcare
5. Help to care for a sick, disabled, or elderly relative
6. Help to get shopping or medicines for yourself/household
7. Help with my mental health
8. Help with my children's mental health
9. Help with a health condition unrelated to COVID-19
10. Other – please say what
11. No

WELLBEING

Overall, how happy did you feel yesterday, on a scale of 0 to 10 where 0 is "not at all happy" and 10 is "completely happy"?

How much of the time during the last week have you felt lonely? Would you say you felt lonely none, or almost none of the time; some of the time; most of the time; or all, or almost all of the time?
1. None or almost none of the time
2. Some of the time
3. Most of the time
4. All or almost all of the time
5. (Don't know)
6. (Refused)

Overall, how anxious did you feel yesterday, on a scale of 0 to 10 where 0 is "not at all anxious" and 10 is "completely anxious"?

In the last month, how often, if at all, have you met up in person with friends, relatives, neighbours or work colleagues, for exercise or any other reason?
1. Every day or most days
2. A few times a week
3. Once a week
4. Less often than once a week
5. Never
6. (Don't know)
7. (Refused)

And in the last month, how often, if at all, have you had phone or videocalls with friends, relatives, neighbours or work colleagues? Would you say …
1. Every day or most days
2. A few times a week
3. Once a week
4. Less often than once a week
5. Never
6. (Don't know)
7. (Refused)

Which, if any, of the following things, are major worries for you at the moment?
1. Becoming seriously ill yourself with COVID-19
2. Friends or family becoming seriously ill with COVID-19
3. Your financial situation/ Losing your job
4. Your own mental health
5. A friend or family member's mental health
6. None of these

Are you seriously worried about anything else in relation to the coronavirus crisis?
1. The economic impact
2. Children's learning and education
3. Lack of contact with friends and family
4. The demands of caring for my children
5. The demands of caring for a sick, disabled or elderly relative
6. Other – please say what
7. Nothing else – exclusive code

Which, if any, of the following statements apply to you? Please just say yes or no for whether each of them apply.
1. I feel cut off from my friends and family at the moment
2. I am enjoying spending more time with my family
3. I am finding the current restrictions on socialising difficult to cope with
4. I have been sleeping badly
5. I am able to find ways of connecting with nature
6. There is not enough space in my home
7. I have been having more arguments with the people I live with
8. I have less of a sense of purpose at the moment
9. None of these

Compared to how often you did them before the Coronavirus outbreak started in March, are you doing the following things more, less, or the same amount these days - or did you not do them anyway?
a. Phone calls, video calls, or messaging with family and friends
b. Shopping online
c. Reading/listening to the news or looking at news on the internet
d. Drinking alcohol
e. Smoking
f. Gambling (including online)
g. Volunteering informally or formally
h. Learning a new skill
i. Exercising
j. Shopping online

1. More
2. Less
3. Same amount
4. Did not do them anyway

INCOME CHANGES SINCE COVID

Compared to the start of March, is your total household income now higher, lower or about the same as usual?

1. A lot higher than usual
2. A little higher than usual
3. About the same as usual
4. A little lower than usual
5. A lot lower than usual
6. (Don't know)
7. (Refused)

What, if any, actions have you or your household taken to help you manage with a lower income?

1. Stopped mortgage / rent payments (taken a mortgage or rent 'holiday')
2. Reduced your mortgage / rent payments (paid less each month)
3. Spent less on non-essential / luxury items or activities / going out
4. Cut back on essential items such as food
5. Used savings
6. Taken out a loan / borrowed money (including from friends and family)
7. Applied for Council Tax reduction / exemption or other benefits
8. Applied for universal credit
9. Applied for a crisis grant through the Scottish Welfare Fund
10. Got food from a food bank
11. Generally being more careful / budgeting more / cutting back on spending
12. Something else
13. Nothing
14. (Don't know)
15. (Refused)

How well would you say you are managing financially these days? Would you say you are managing...

1. Very well
2. Quite well
3. Getting by alright
4. Not managing very well
5. Having some financial difficulties
6. In deep financial trouble
7. (Don't know)
8. (Refused)

Thinking about the current situation with Coronavirus, how long do you think it will take before things feel like they are getting back to normal in Scotland?

1. Things feel normal to me now
2. Within 1 -2 months
3. Within 3-5 months
4. 6 months to a year
5. Between 1 and 2 years
6. 2 years or longer
7. Never / we won't get back to normal
8. Don't know
9. Prefer not to say

How confident would you say you would feel about accessing public services online, if you needed to – for example, booking a doctor’s appointment or accessing government advice about taxes or benefits? Would you feel …

1. Very confident
2. Fairly confident
3. Not very confident
4. Not at all confident
5. (Don’t know)
6. (Refused)

<u>FURTHER DEMOGRAPHICS</u>

Do you, or another member of your household, rent or own your home ?

1. Own outright / own with mortgage
2. Rent from a private landlord
3. Rent from a local authority/housing association
4. Live there rent free
5. Other – WRITE IN
6. (Don’t know)
7. (Refused)

How many other people (including children) do you live with?

1. Numeric (RANGE 0-20)
2. (Don’t know)
3. (Refused)

How old is the <first / next> other person you live with?

1. (Don’t know)
2. (Refused)

Do you have a physical or mental health condition or illness lasting or expected to last 12 months or more?

1. Yes
2. No
3. (Don’t know)
4. (Refused)

Does your condition or illness reduce your ability to carry out day-to-day activities?

1. A lot
2. A little
3. Not at all
4. (Don’t know)
5. (Refused)

Since the start of the Covid-19 outbreak in March, have you been able to access the services and support you need to help manage your condition(s)?

1. Yes
2. No
3. (Don’t know)
4. (Refused)

Have you, or anyone in your household, received a letter from Scotland's Chief Medical Officer advising you to shield because of a health condition that means that you or someone else you live with is especially vulnerable to the coronavirus?

1. Yes – respondent
2. Yes – someone else in household
3. No
4. (Don't know)
5. (Refused)

What is your ethnic group?

1. White - Scottish
2. White - other British
3. White - Irish
4. White - other
5. Mixed or multiple ethnic group
6. Asian, Asian Scottish or Asian British
7. African
8. Caribbean or Black
9. Other ethnic group
10. (Don't know)
11. (Refused)

What is your household's total weekly income from all sources BEFORE any deductions for tax? Please include income from benefits, pensions, interest, etc.

1. Less than £100
2. £100 to £199
3. £200 to £299
4. £300 to £399
5. £400 to £499
6. £500 to £699
7. £700 to £999
8. £1,000 to £1,499
9. £1,500 or more
10. (Don't know)
11. (Refused)

What is your household's total monthly income from all sources BEFORE any deductions for tax? Please include income from benefits, pensions, interest, etc.

1. Less than £433
2. £433 to £899
3. £900 to £1,299
4. £1,300 to £1,699
5. £1,700 to £2,199
6. £2,200 to £2,999
7. £3,000 to £4,349
8. £4,350 to £6,499
9. £6,500 or more
10. (Don't know)
11. (Refused)

What is your household's total yearly income from all sources BEFORE any deductions for tax? Please include income from benefits, pensions, interest, etc.

1. Less than £5,200
2. £5,200 to £10,399
3. £10,400 to £15,599
4. £15,600 to £20,799
5. £20,800 to £25,999
6. £26,000 to £36,399
7. £36,400 to £51,999
8. £52,000 to £77,999
9. £78,000 or more
10. (Don’t know)
11. (Refused)

Please could I take the postcode of the address where you are currently live.

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