

Research and analysis

COVID-19: mental health and wellbeing surveillance report: Spotlight - age groups

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Contents

1. Graphs tracking age inequality in the population
2. Young adults are reporting worse mental health and wellbeing
3. Comparison with pre-COVID-19 trends
4. Is COVID-19 leading to greater differences in mental health by age, or reflecting pre-existing inequalities?
5. Experience of older adults
6. In summary

This Spotlight is part of a [series](#) within the [COVID-19: mental health and wellbeing surveillance report](#). The report is about population mental health and wellbeing in England during the COVID-19 pandemic. It includes up to date information to inform policy, planning and commissioning in health and social care. It is designed to assist stakeholders at national and local level, in both government and non-government sectors.

The report is regularly updated with the most recent information available. It currently reflects information up to week 30 of 2020. The report follows a standard structure, to enable regular and easy use.

The spotlight series describes variation and inequality in the population.

This spotlight presents intelligence on potential inequalities by age. Evidence of different mental health and wellbeing experiences are presented for people aged 18 and over. A separate chapter of the report describes the [experiences of children and young people](#).

It is important to note that:

- scales on graphs are not the same
- surveys may not be representative (see [Caveats](#))
- the basis for the intelligence included is presented in the Methodology document

1. Graphs tracking age inequality in the population

Younger adults tend to report worse mental health and wellbeing during the pandemic. These differences may have narrowed over the weeks since lockdown.

