

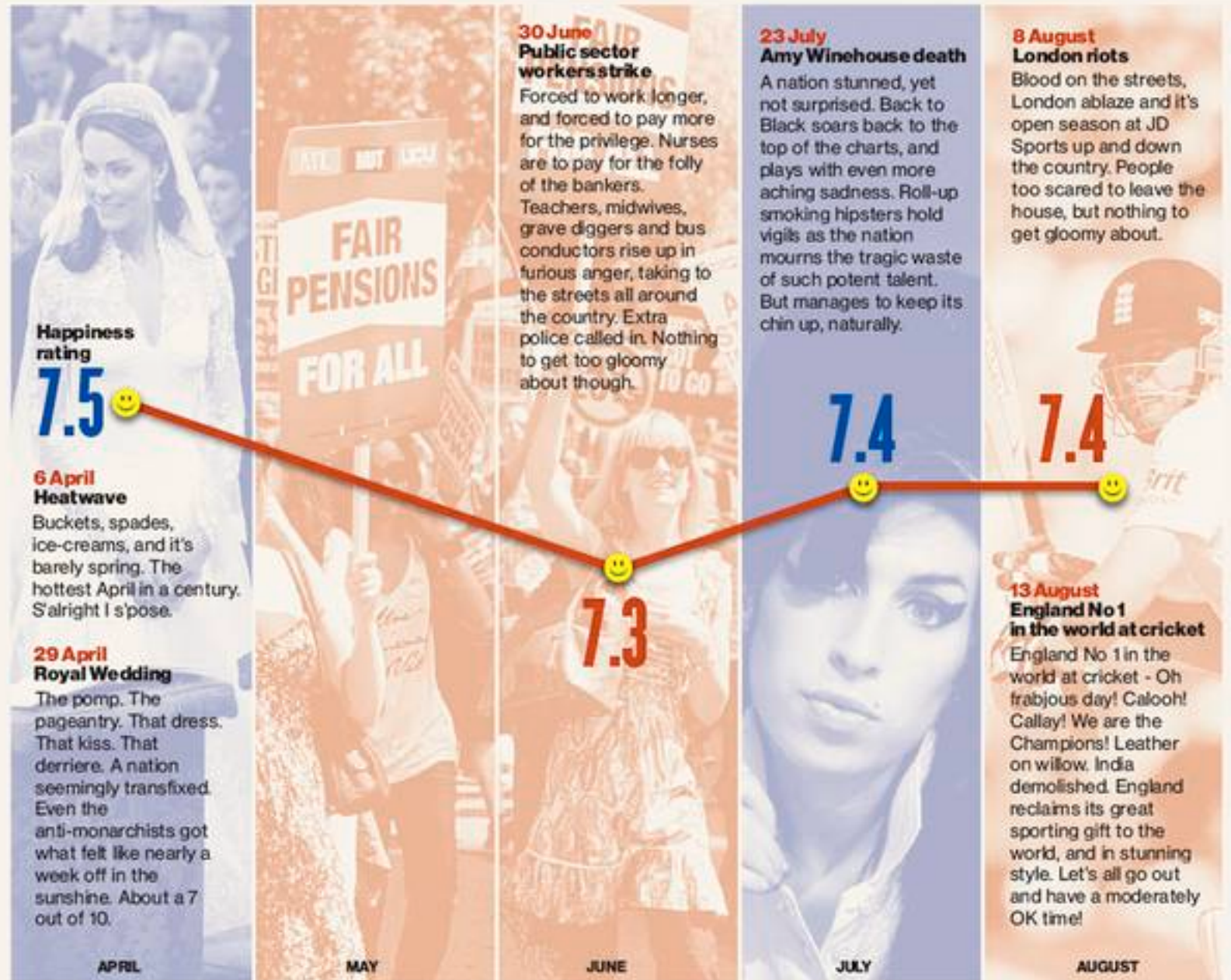
Mental illness and mental wellbeing

Sally McManus

Health and Wellbeing Team

NatCen

BRITISH RESOLVE HOW WE STAYED STABLE IN A TUMULTUOUS YEAR



In the news...

**‘A £2m bill to find out that
most of us are fairly
happy’**

Daily Mail, last week

Report by the Commission on the Measurement of Economic Performance and Social Progress

Professor Joseph E. STIGLITZ, Chair, Columbia University

Professor Amartya SEN, Chair Adviser, Harvard University

Professor Jean-Paul FITOUSSI, Coordinator of the Commission, IEP

www.stiglitz-sen-fitoussi.fr

Subjective wellbeing...

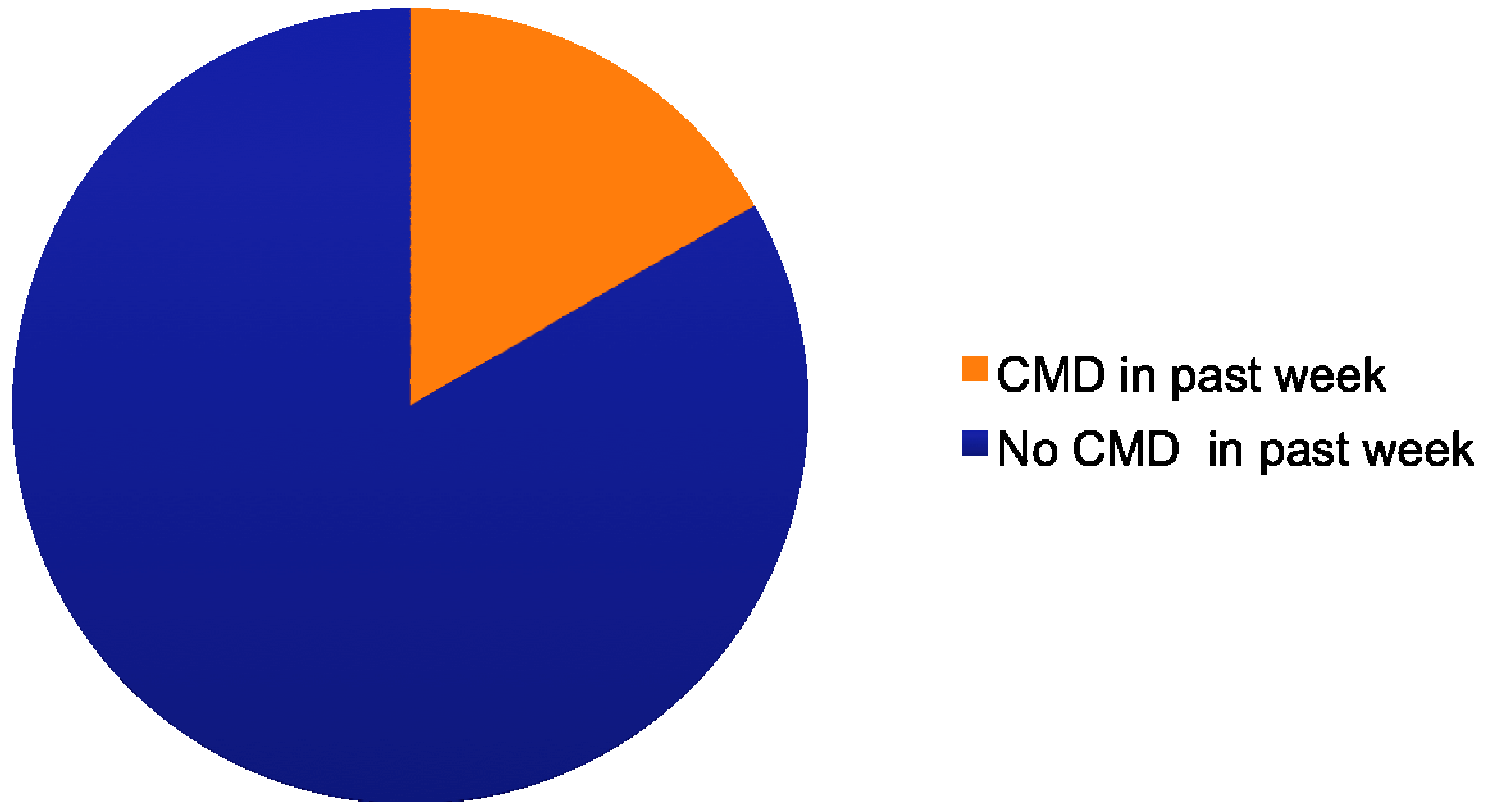
- Self-report
- Positive attributes

Subjective wellbeing...

Mental 'health and wellbeing'

- Self-report - inherently subjective
- Positive attributes
 - mental health?
 - mental illness!

1 in 6: common mental disorder



Questions...

- What is mental 'wellbeing'?
- Is it the opposite of mental illness?
- Can it be measured?
- Who has mental wellbeing?



BJPsych

The British Journal of Psychiatry

Mental well-being and mental illness: findings from the Adult Psychiatric Morbidity Survey for England 2007

Scott Weich, Traolach Brugha, Michael King, Sally McManus, Paul Bebbington, Rachel Jenkins, Claudia Cooper, Orla McBride and Sarah Stewart-Brown
BJP 2011, 199:23-28.

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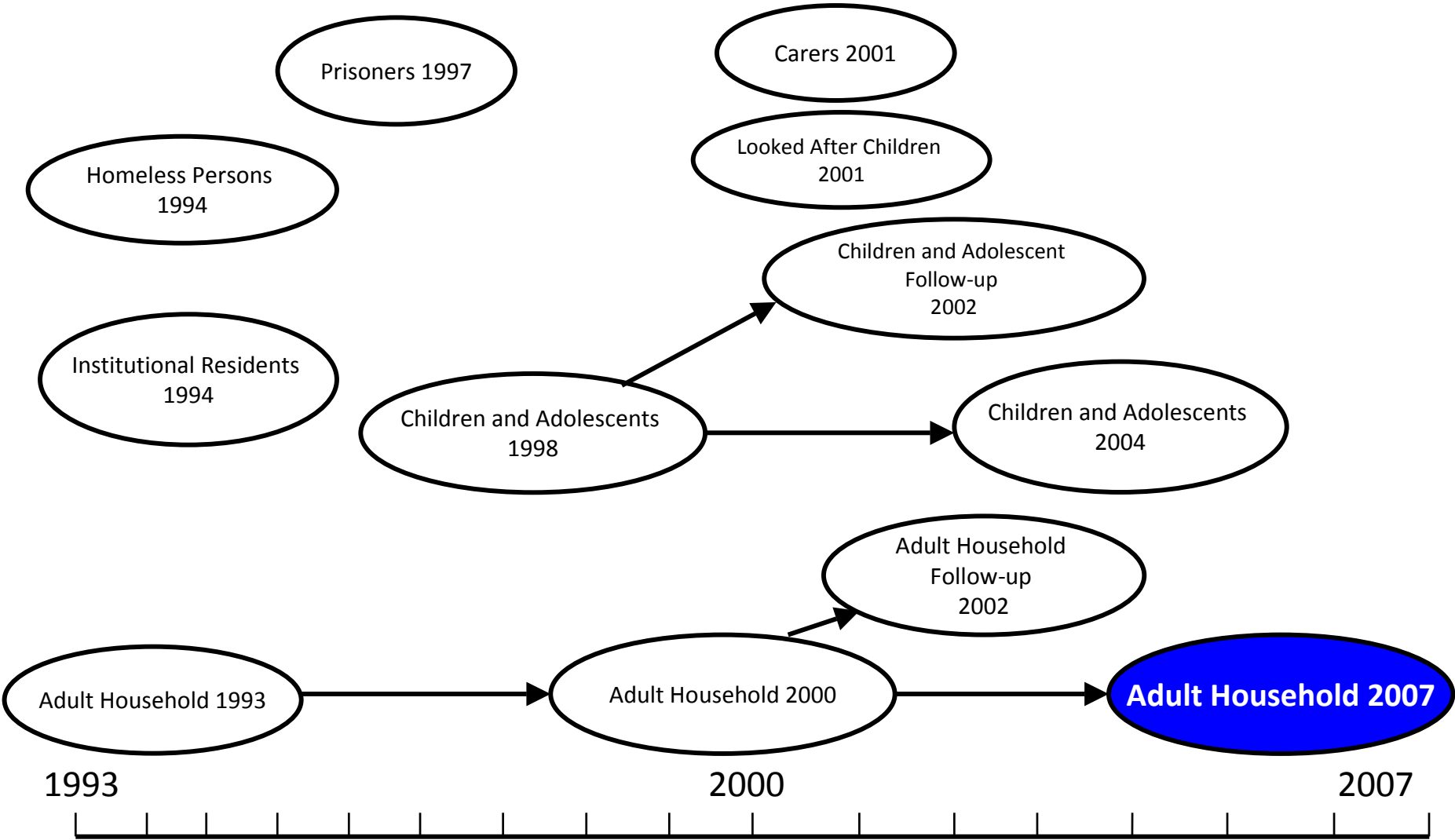
<http://bjp.rcpsych.org/> on October 25, 2011
Published by The Royal College of Psychiatrists

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Collaboration

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- Michael King (RFH)
- Sally McManus (NatCen)
- Paul Bebbington (UCL)
- Rachel Jenkins (IoP)
- Claudia Cooper (UCL)
- Orla McBride (Belfast)
- Sarah Stewart-Brown (Warwick)

Psychiatric morbidity survey series



APMS 2007

- Probability sample, private households
- NHS Information Centre
- 7,400 adults
- CAPI, CASI
- 90 mins

Meeting the mental health challenge in England: results from the Adult Psychiatric Morbidity Survey 2007

Sally McManus, Howard Meltzer, Traolach Brugha, Dhriti Jotangia, Jenny Harris, Katharine Sadler, Susan Purdon, Paul Bebbington and Rachel Jenkins



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Depression and anxiety have been increasing among women over the past 15 years, according to the latest Adult Psychiatric Morbidity Survey, one of the only data sources to cover rates of both treated and untreated mental illness in England. NatCen conducted APMS 2007 in collaboration with the University of Leicester for the NHS Information Centre for health and social care.

- Reducing the prevalence of the various types of depression and anxiety which comprise common mental disorders (CMDs) is a major public health challenge: CMDs can result in physical impairment and problems with social functioning, and if left untreated are more likely to lead to long-term disability and premature mortality.
- Just over 16 per cent of people in England had a CMD at the time of interview, an overall rate which has not changed since 2000.
- The proportion of 16 to 64-year-old women with a CMD has increased from 19.1 per cent in 1993 to 21.5 per cent in 2007, while among men the difference in rate over the same period was not significant.
- The proportion of people with more severe psychiatric disorders (eg, psychosis and antisocial and borderline personality disorders) remained under 1 per cent.
- Men made up a quarter of those screening positive for possible eating disorder, indicating that this is not just an issue for women. The study found higher rates of disordered eating not only among people who are underweight, but also among obese people.
- While attention deficit hyperactivity disorder (ADHD) has been widely studied in childhood, less is known about its presence in adulthood. Although childhood ADHD is more likely in boys than girls, survey measurement using a screening tool designed to identify adults who may have ADHD characteristics found no significant difference between men and women.
- One-third (32 per cent) of people with neurotic symptoms assessed as severe enough to require treatment were actually receiving medication or counselling for a mental or emotional problem.

Some NatCen surveys

- Health Survey for England (HSE)
- Scottish Health Survey (SHeS)
- Welsh Health Survey (WHS)
- Scottish Social Attitudes (SSA)
- British Social Attitudes (BSA)
- British Gambling Prevalence Study (BGPS)
- Adult Psychiatric Morbidity Survey (APMS)
- English Longitudinal Survey of Aging (ELSA)
- Understanding Society (USoc)

~2006/7, wellbeing on NatCen surveys...

	Mental illness/ function <small>GHQ, CIS-R, SF</small>	Life Satis- faction	Social Satis- faction	Job Satis- faction	'Happi- ness'		
HSE	★						
SHeS	★						
WHS	★						
SSA		★	★	★	★		
BSA		★	★	★	★		
ELSA	★	★	★	★	★		
USoc/ BHPS	★	★	★	★	★		
BGPS							
APMS	★				★		

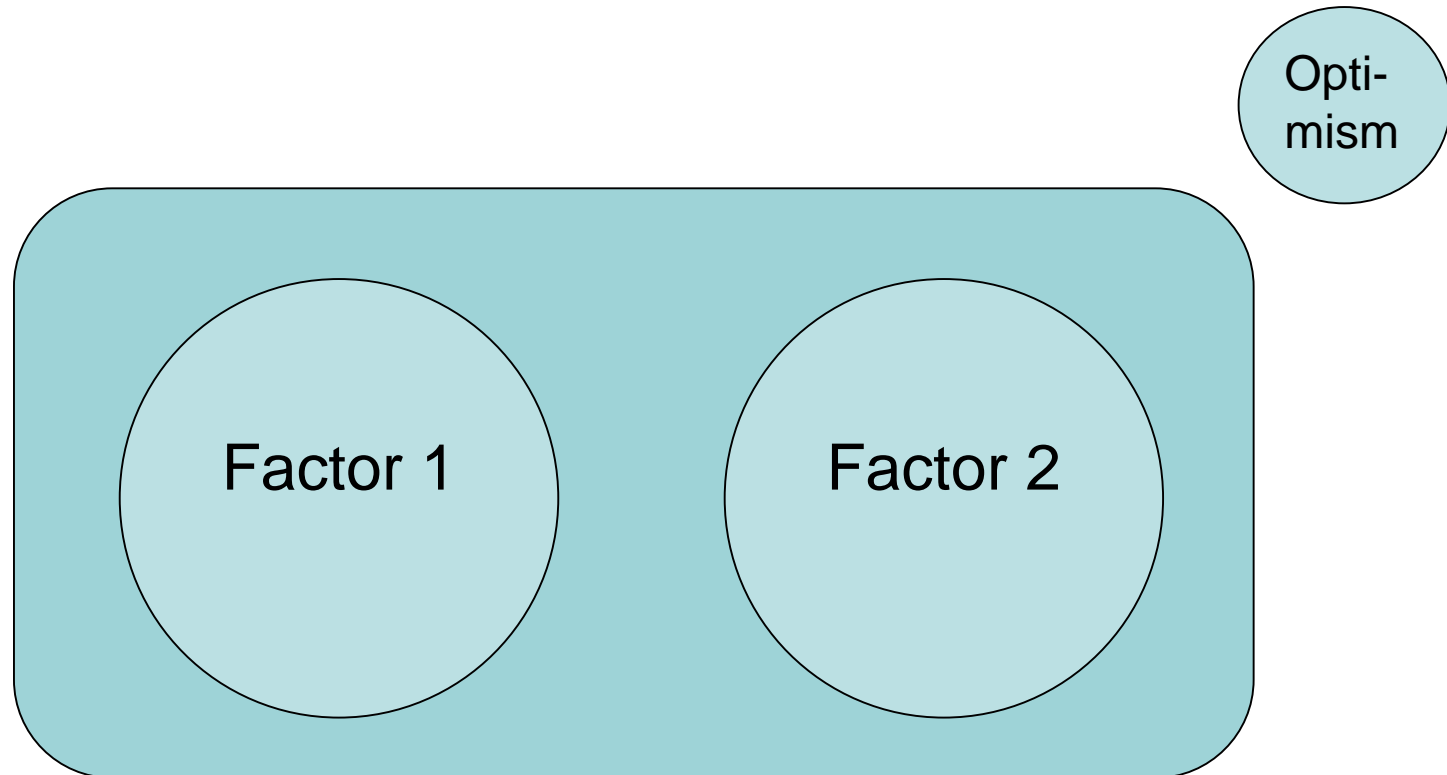
~2006/7, wellbeing on NatCen surveys...

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SHeS	★						
WHS	★						
SSA		★	★	★	★		
BSA		★	★	★	★		
ELSA	★	★	★	★	★		
USoc/ BHPS	★	★	★	★	★		
BGPS							
APMS	★				★		

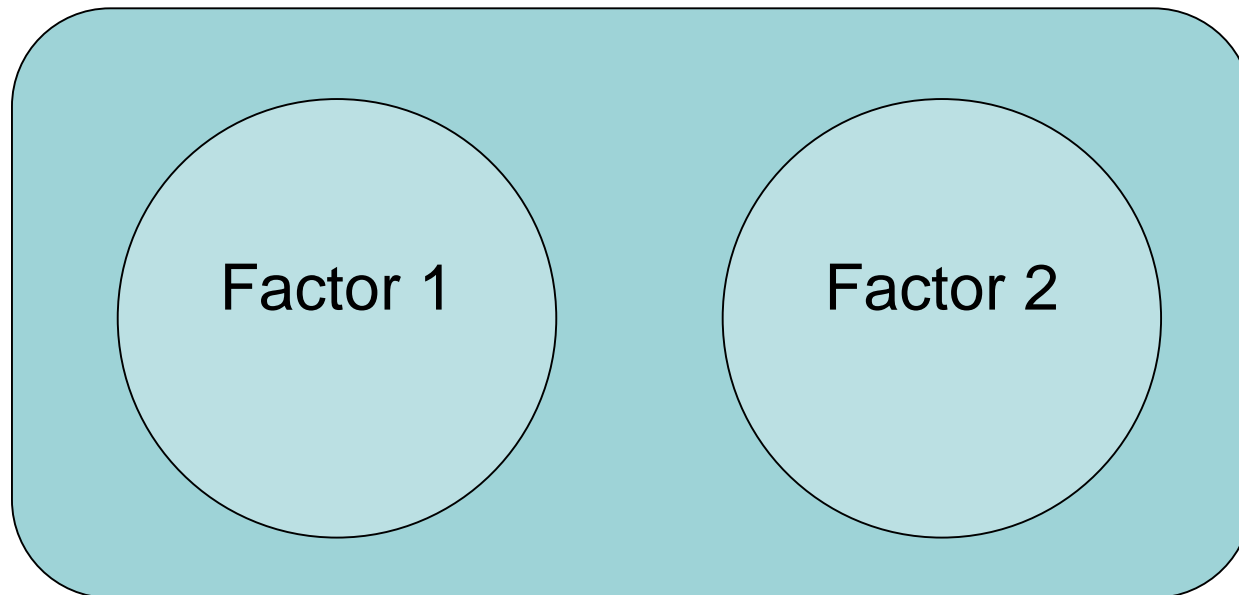
Possible mental wellbeing items in APMS 2007

Calm and peaceful	And how much of the time over the past 4 weeks have you felt calm and peaceful
Lots of energy	And how much of the time over the past 4 weeks did you have a lot of energy
Full of life	And how much of the time over the past 4 weeks have you felt full of life
Happy	How happy these days
Optimistic	Over the next 3-5 years, expect to have more positive than negative experiences
Completes tasks	I complete my tasks at home and at work satisfactorily
Gets on with family	I get on well with my family and other relatives
Enjoys spare time	I enjoy my spare time
Belonging	I feel like I belong around here

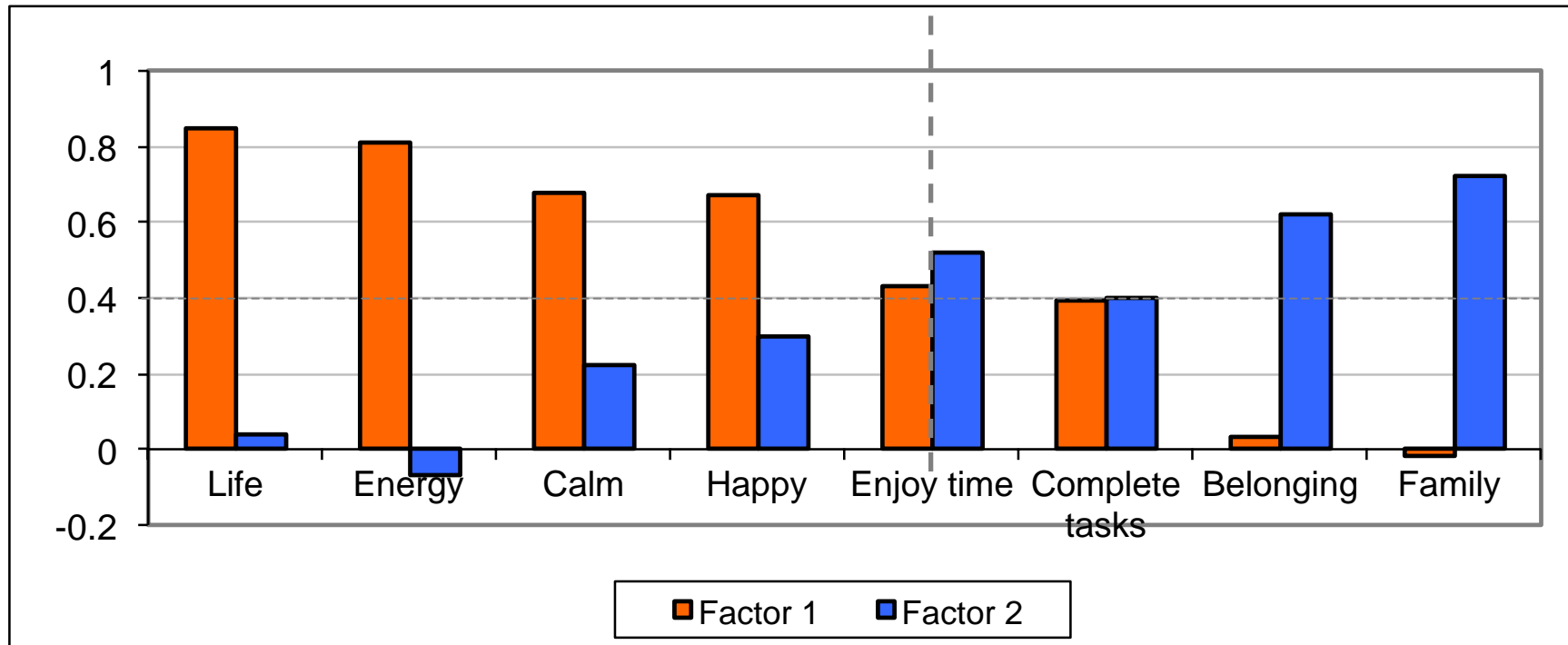
Principle Components Analysis



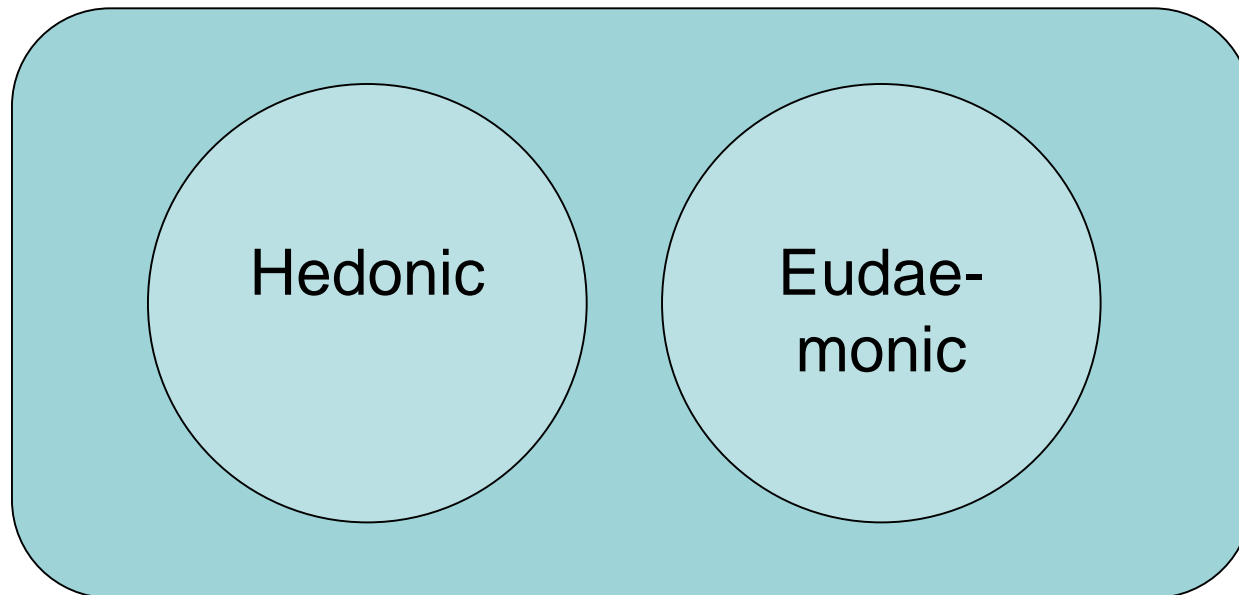
PCA: two factor solution



PCA: factor loadings



PCA: two factor solution



Two wellbeing scales

Hedonic

- Full of life
- Lots of energy
- Calm and peaceful
- Happy
- Enjoy spare time

Cronbach's alpha .78

Eudaemonic

- Get on with family
- Belonging
- Complete tasks
- Enjoy spare time

Cronbach's alpha .46

Correlation between...

Hedonic and Eudaemonic scales: +0.49

Correlation with CIS-R score

Hedonic

•-0.61

Eudaemonic

•-0.45

Questions...

- What is mental 'wellbeing'?
- Can it be measured?
- Is it the opposite of mental illness?
- Who has mental wellbeing?

Mental wellbeing higher among...



Employed people



Living in higher income households

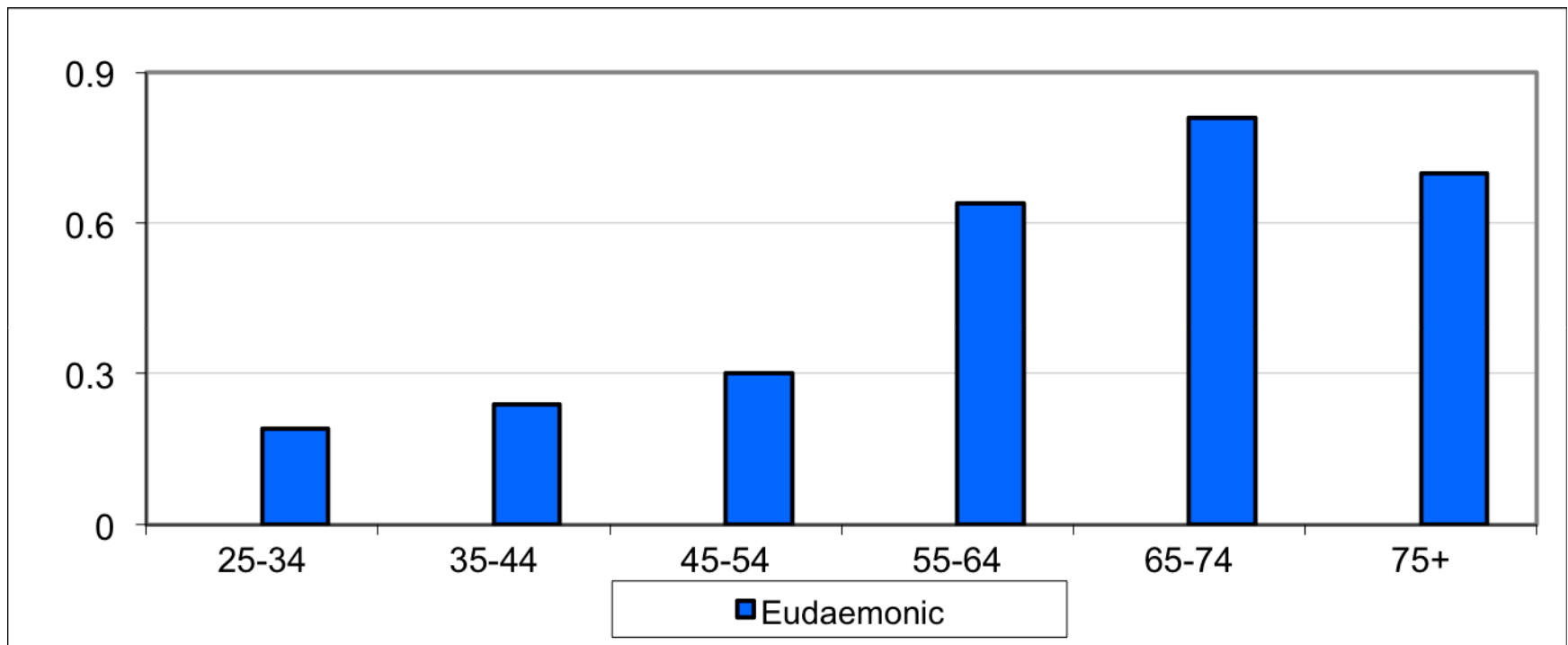


In good health

Associations with sex and age

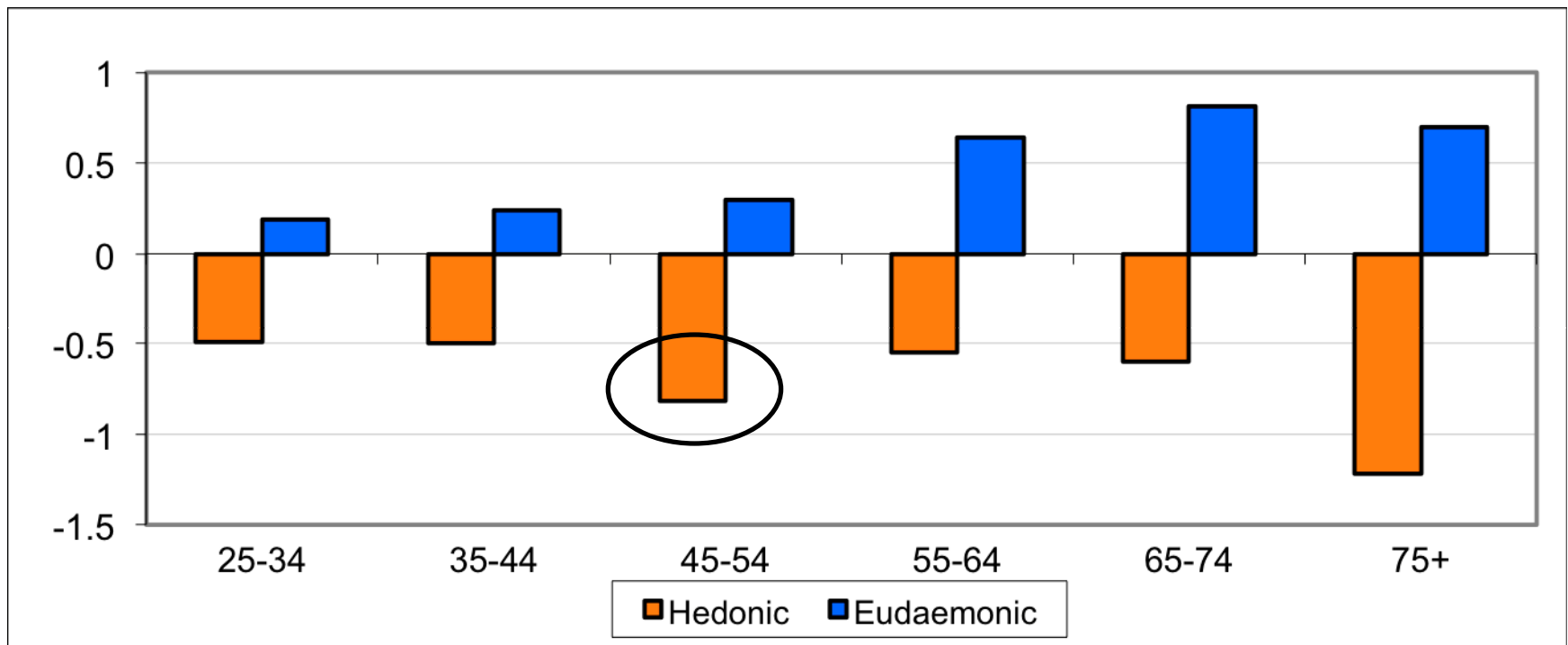
- Hedonic – higher in men
- Eudaemonic – higher in women
- Hedonic – decreased with age
- Eudaemonic – increased with age

Regression co-eff for Eudaemonic WB, by age group



Reference category: 16-24 year olds

Regression co-eff for mental WB, by age group



Reference category: 16-24 year olds

ONS wellbeing 4 items

Overall, how...

- Satisfied with life nowadays
- Happy yesterday
- Anxious yesterday
- Worthwhile are the things you do?

ONS wellbeing 4 items

Overall, how...

- Satisfied with life nowadays
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SHeS	★						
WHS	★						
SSA		★	★	★	★		
BSA		★	★	★	★		
ELSA	★	★	★	★	★		
BGPS							
US/ BHPS	★	★	★	★	★		
APMS	★				★		

And now, wellbeing on NatCen surveys...

	Mental illness/ function <small>GHQ, CIS-R, SF</small>	Life satisfaction	Social satisfaction	Job satisfaction	'Happiness'	WEM-WBS	ONS4
HSE	★	★	★	★		★	
SHeS	★	★	★	★		★	
WHS	★						★
SSA		★	★	★	★	★	
BSA	★	★	★	★	★	★	
ELSA	★	★	★	★	★	★	
BGPS					★		
US/ BHPS	★	★	★	★	★	★	
Work/ WB	★			★		★	★

Thank you

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Warwick Medical School

 **NatCen**
National Centre for Social Research