

Winter Lockdown Mental Health Report

Written by Kayleigh Bissett: 4th Year Psychology Placement Student at Fife Centre for Equalities.

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Introduction

By January 2021, COVID-19 had been diagnosed in more than 100 million individuals, with over 2 million COVID-19 deaths reported worldwide. Coronavirus has created a difficult time for everyone, by moving nearly everything in our lives online including working, learning and socialising. This has been challenging as it has isolated individuals in their homes which comes with more time to overthink due to the removal of the social distractions from everyday life.

Mental Health is on the decline during this pandemic and a lot of individuals are struggling with mental health declines for the first time in their lifetimes and while others are struggling substantially with their pre-existing mental health conditions.

The early indicators during the Office of National Statistics (ONS) 2020 survey showed that there are lower levels of wellbeing and higher anxiety rates in the UK population when compared to the last quarter of 2019. This shows that the introduction of lockdown has induced anxiety and reduced wellbeing across the nation. Studies that focused on the psychological impact of lockdown on individuals including Ammar et al (2020) study. Ammar et al (2020) focused on the first global lockdown with the results showing a significant increase as 13% more people reported lower mental wellbeing during as to before lockdown. The results from their mood and feelings questionnaire also presented an increase with 10% more people displaying depressive symptoms during as to before lockdown (Ammar et al, 2020). The results from their study clearly illustrate the negative impact lockdown can have on our mental state. This is supported by the UK Household Longitudinal Study (UKHLS) which took place in late April a month after the first nationwide lockdown. The UKHLS indicated a deterioration in mental health, as the average General Health Questionnaire (GHQ-12) Score (which indicates poor mental health) rose by over 11% when comparing before and during COVID-19. This rise was much greater for woman and young adults. The UKHLS presented a 10% increase from 2018 (23%) to 2020 (33%) in mental distress in the female population, compared to a 6% increase in males' mental distress from 14.5% in 2018 to 20.4% in 2020. This is around half of the increase shown in the female population, this indicates woman could be struggling more mentally in this pandemic.

The UKHLS also showed us that during the first lockdown the increase in mental distress was greater from 2018 to 2020 for 16–24-year-olds, than any previous years with a 12.2% increase

in mental distress in 2020 (36.7%) compared to 2018 (24.5%). Comparing this to the small 1% increase between 2017 (23.5%) and 2018 (24.5%) presents that young people have been widely affected by COVID-19 mentally. Young people have been affected greatly in this pandemic with online schooling, remote learning and unable to socialise in groups or even attend extra curricular's. The 2020 UKHLS results are continued into this lockdown as YoungMinds (2021) survey of 13-25-year-olds carried out in January 2021 indicated that 75% of respondents agreed that they found this recent lockdown much harder to cope with than previous ones, which suggests greater mental distress than previous lockdowns.

Aim of Report

This report aimed to focus on the most recent nationwide lockdown that commenced on the 26th of December 2020 which implemented the stay-at-home message once again to the nation. The report will be based on the findings of 2020 UKHLS to see if the second nationwide lockdown continues to show the same trends in mental distress or if any new trends arise. This report was a part of a final year University of Stirling work placement with Fife Centre for Equalities (FCE). FCE strives to make Fife a more equal and fairer place to live, work and study. FCE do this by building a collective voice that champions aspects such as equality, diversity, inclusion and social justice. They work closely with individuals with various protected characteristics according to the Equality Act 2010 including age, disability, gender reassignment, marriage/civil partnership, pregnancy/maternity, race, religion/belief, sex, and sexual orientation as well as working closely with other private/public/voluntary organisations in Fife in partnerships.

Author

My name is Kayleigh Bissett, a final year psychology student at the University of Stirling who has been undertaking a 10-week placement at FCE. During this placement, I have been running drop-in sessions and creating and distributing a survey on Microsoft forms to address and understand mental health in lockdown. This has been distributed through FCE social media channels such as Fife Women's Tent and the Equality Collective. During my placement, my research found that there was a significant decrease in mental health across participants from

various protected characteristics during the most recent lockdown from 26th December 2020. The report also found that there have been changes in our daily activities which could be linked to the decrease in our mental wellbeing.

Methods

Participants

This study consisted of 111 respondents to an online Microsoft forms survey. 85 identified as female, 19 identified as male and 2 identified as non-binary. The majority of participants were aged between 16-29 (33 participants) and 45-54 (29 participants). They were recruited using opportunity sampling through publishing the forms link on social media including the FCE groups such as Fife Woman's Tent and The Equality Collective.

Survey Design

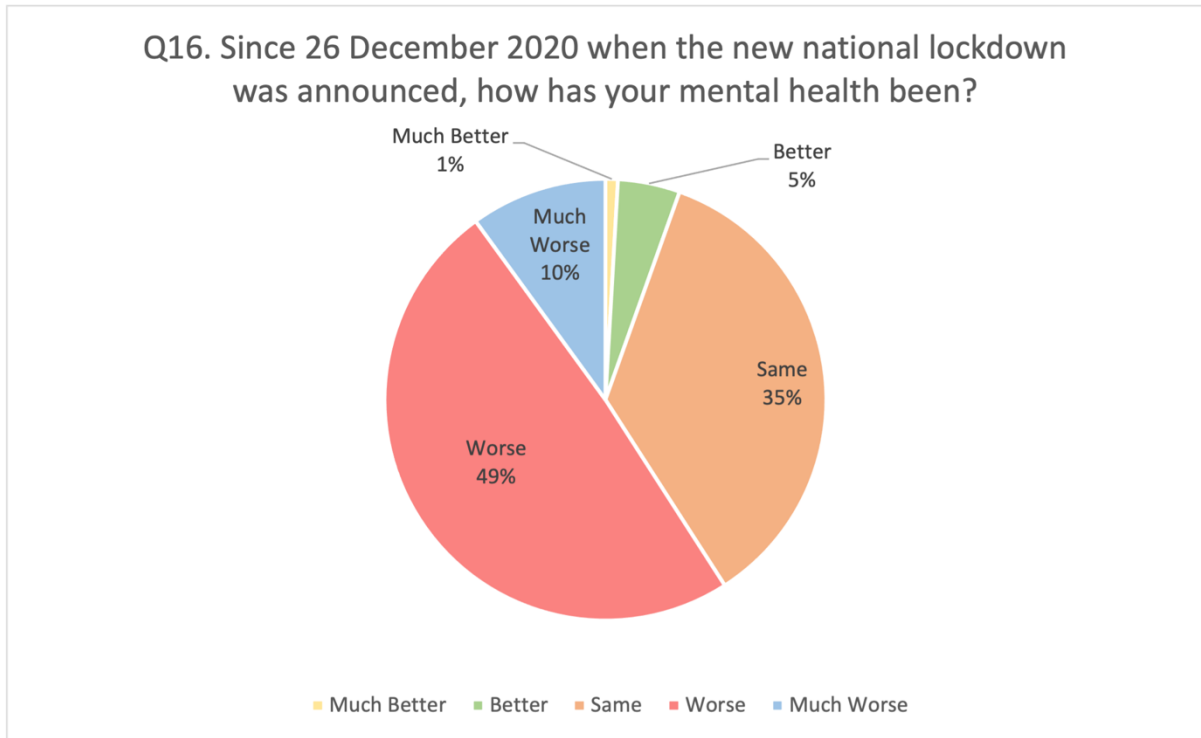
The survey was made on Microsoft forms and was published on Fife Centre for Equalities (FCE) Social Media pages for individuals to complete. The survey had a total of six sections including demographic data, any changes in their mental health, reasons that affect how they feel, their activities during the lockdown, service access and an area to share any notes of advice for others. These sections contained a mixture of qualitative questions and numerous quantitative multiple-choice questions.

Data Analysis

Questions were analysed using Microsoft excel and the main themes from the survey were analysed; mental health since the second lockdown was announced and what has changed in participants life since lockdown including their activities. Means were calculated and displayed using graphs.

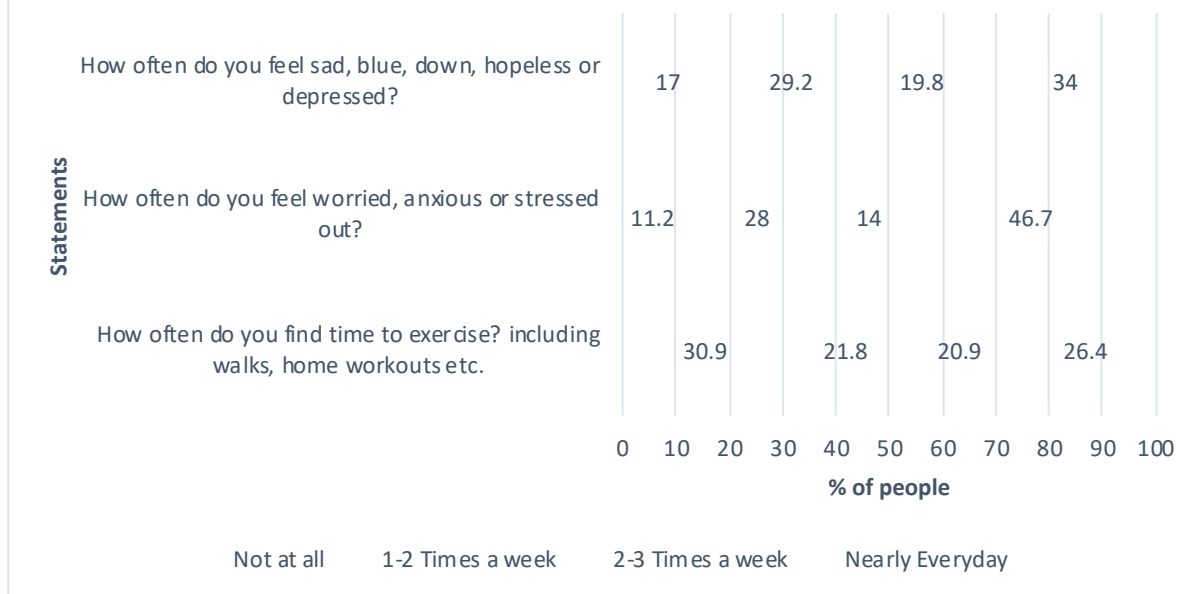
Key findings from protected characteristics

Overview of General Mental Health Results



The majority of individuals within this survey agreed that there has been a decline in their mental health since the start of the new lockdown. Over 59% of the 111 participants agreed that their mental health has been worse or much worse compared to only 6% agreeing that it has been better or even much better since the start of the new lockdown. The results to this question highlight the clear negative impact that lockdowns of house confinement are having on the nations mental wellbeing.

Q18. How have you have felt since the new lockdown began on 26 December 2020.



Overall, the study showed that 46.7% of 111 respondents feel worried, anxious or stressed out nearly every day since the new lockdown began. 34% of individuals feel sad, blue, hopeless or depressed nearly every day also and around 31% of individuals are not finding the time to exercise by even using a daily walk. This shows that the majority of individuals are struggling nearly every day with anxiety, stress and depression which can produce an overall strain on their daily activities and mental wellbeing during this lockdown.

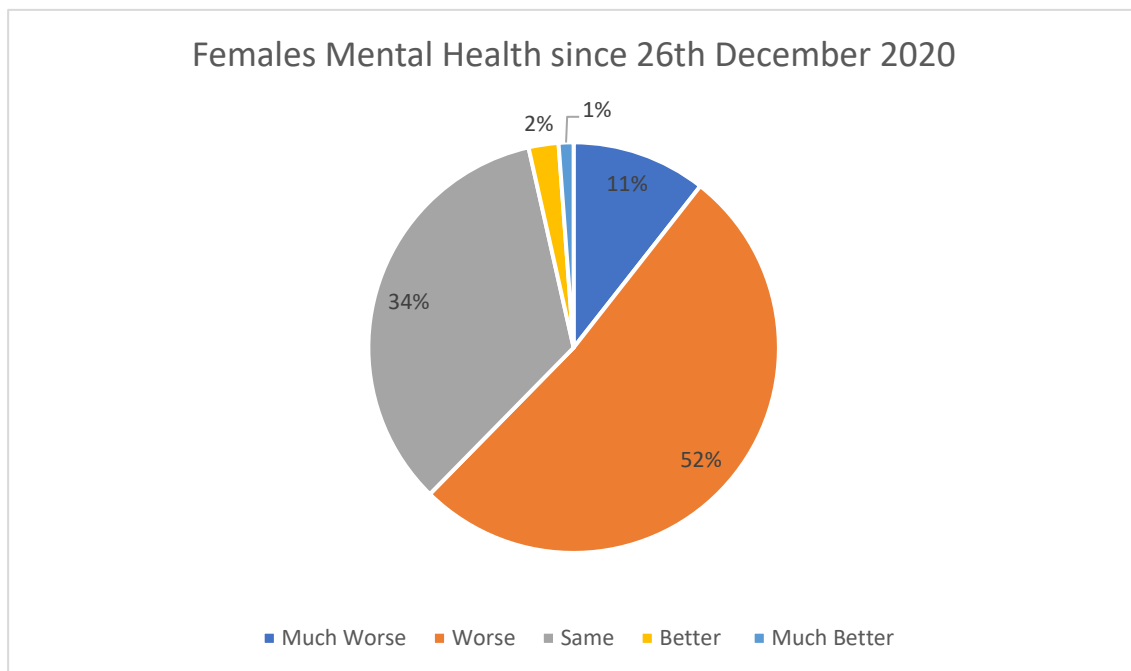
Demographic Groups and their Mental Health Results

Age Results

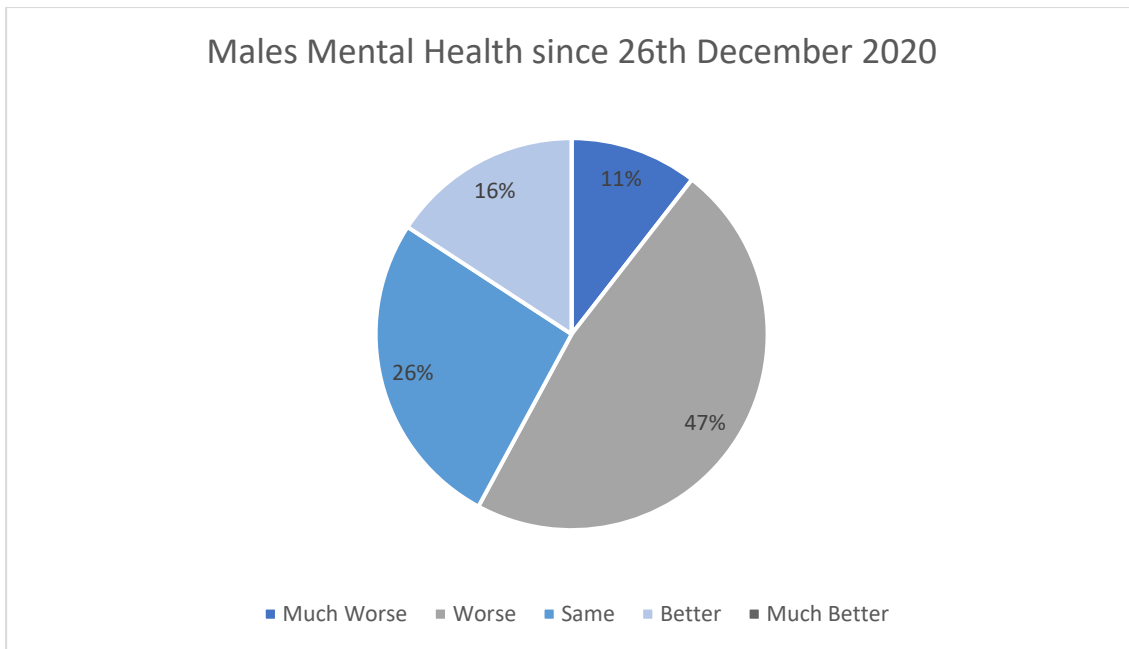
Out of 111 participants, 31% were under the age of 30. 67% of those under 30 agreed that there was a decline in their mental health since the start of the new lockdown. Comparing to 69% of participants that were over the age of 30, only 56% of these individuals agreed that their mental health has declined since the introduction of the first lockdown. When this is compared to the under 30s a higher proportion of these individuals believe that their mental health has declined with 11% more stating their mental health has been worse since lockdown began. This shows that potentially those under 30 mental well-being has been affected to a greater extent or could

be due to generational differences in terms of education and information on mental health affecting the older generation response to the question as this is unclear. These findings support the UKHLS 2020 survey findings that also found that there was a significant increase in mental distress especially in those aged between 18-24 (2.69 increase in the GHQ-12 scores) and 25-34 year olds (1.57 increase). This links to the findings that 67% of those under 30 stating that their mental health has worse or much worse since the second lockdown.

Gender Results



85 participants identified as female in this survey out of this sample 44 said their mental health has been worse since the new lockdown and 10 of them stated that their mental health has been much worse since the new lockdown. In total that is 54 participants out of 85 that stated they had seen a decline in their mental health since the second lockdown. This amounts to 64% of females who responded to the survey. In contrast to this only two out of 85 female participants agreed that their mental health has been better since lockdown began.

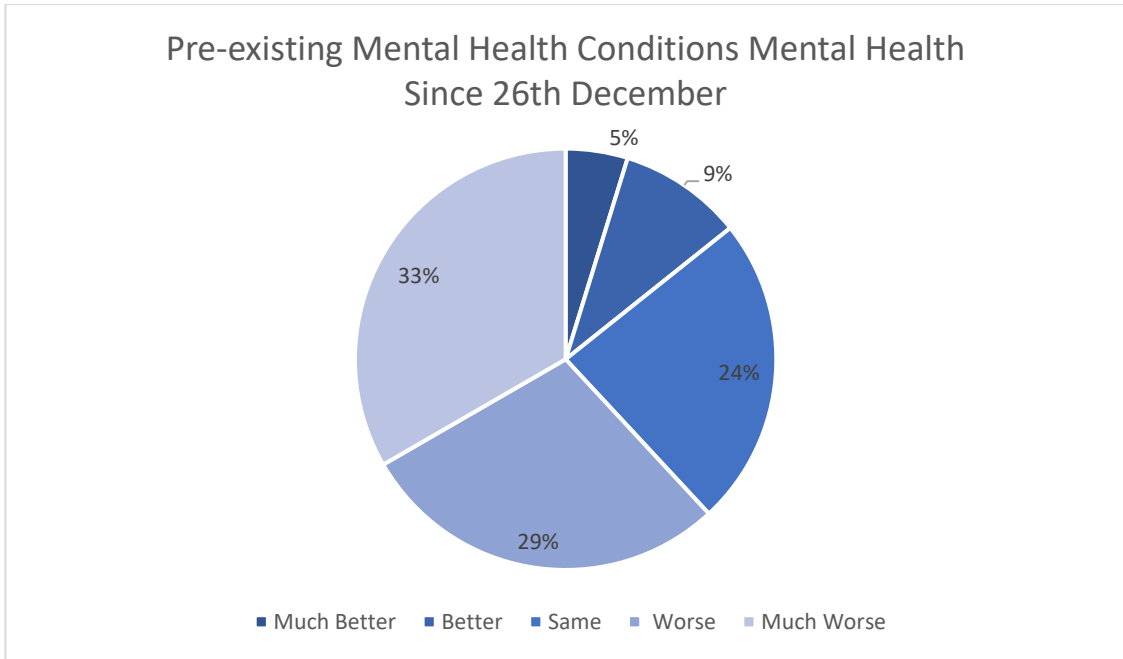


Also 11 out of the 19 males that participated also stated that their mental health has declined since the new lockdown which is a 58% of all males that responded to the survey this is a substantial amount especially when only 2 of the male participants agreed that their mental health had been better.

These results do not reflect the difference in gender found in the UKHLS 2020 survey that suggested that woman had a greater rise in mental distress than men. However, this report suggests that there is little gender difference as the majority of both male and female agree their mental health has declined since the start of the new lockdown. Though, fewer females agreed that their mental health has been better since the lockdown occurred compared to the 16% of the 19 males compared with only 2% of the 85 females that participated in the survey.

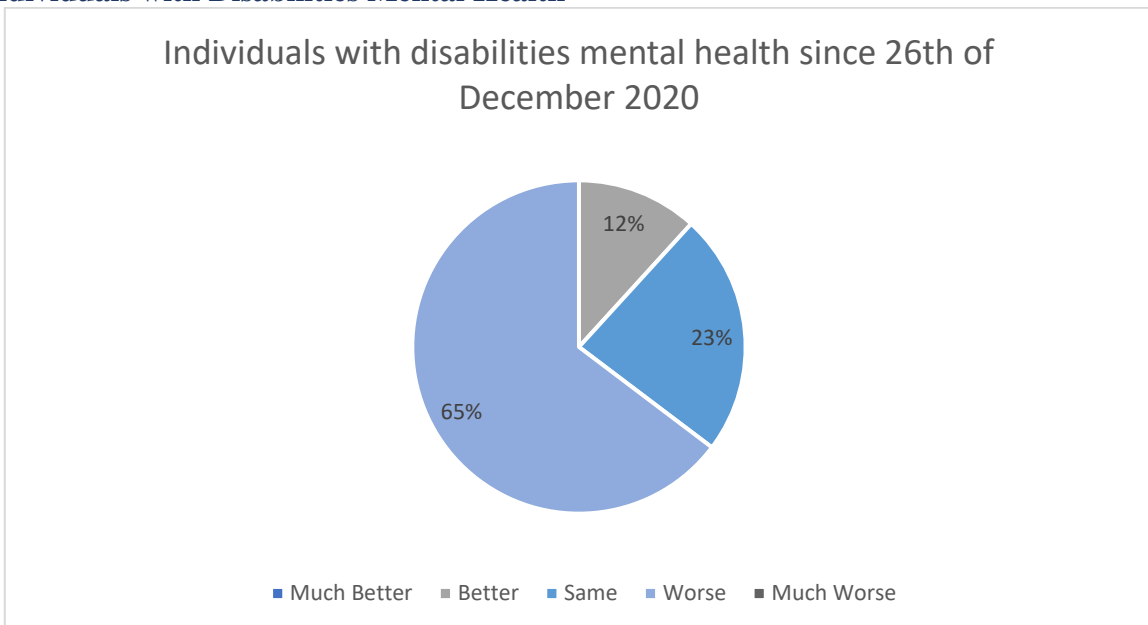
Pre-existing Mental Health Conditions Results

It is found that out of 111 respondents 21 identified that they had pre-existing mental health condition (18%). Out of 18%, around 52% are in the 16-24 age category which is over half of the total participants within that age range within the total survey. With 85% of individuals with pre-existing mental health conditions identifying as female.



62% of these participants with mental health conditions stated that their mental health has been worse or much worse since the new lockdown began with only 38% stating it has been the same, better or much better. This clearly shows that this recent lockdown has had a detrimental impact on individuals with pre-existing mental health conditions greatly.

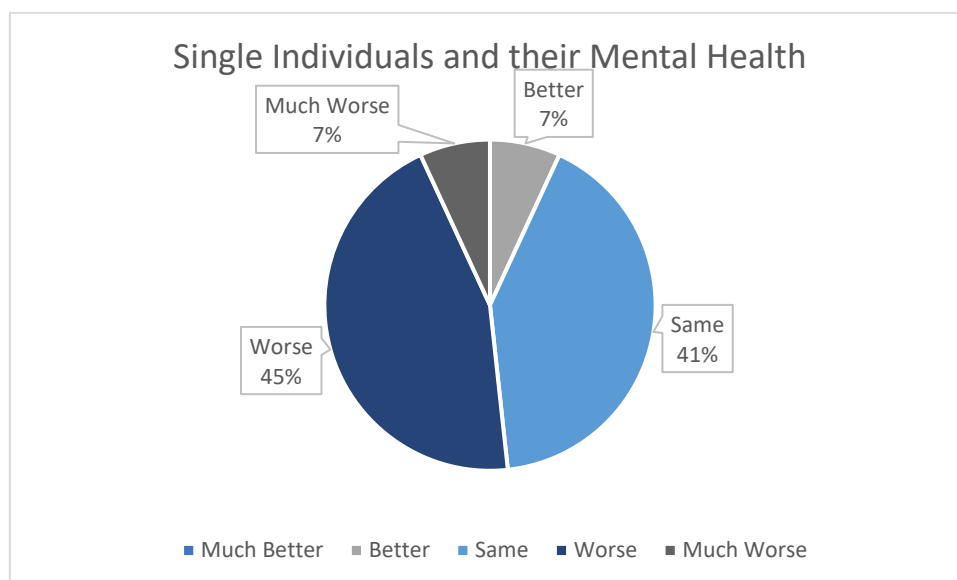
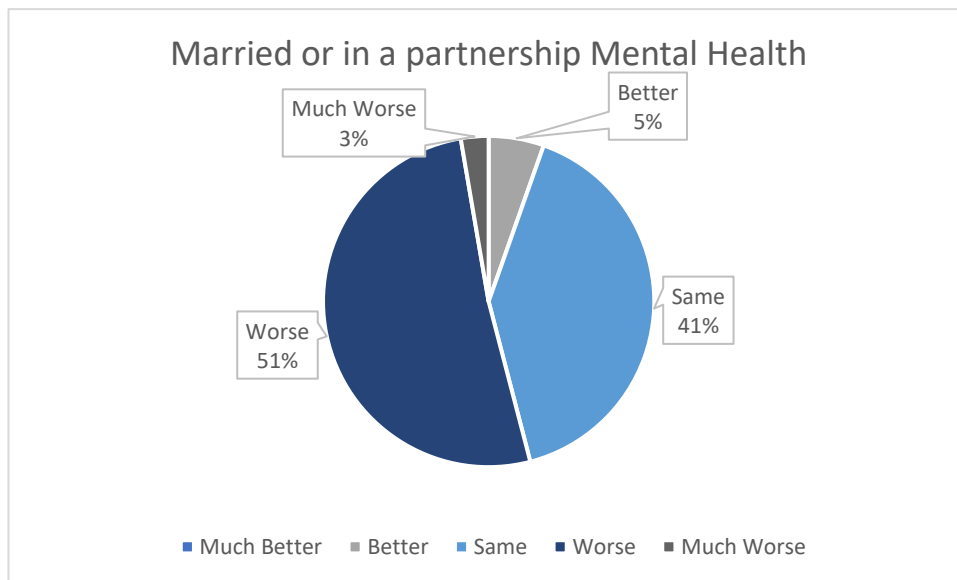
Individuals with Disabilities Mental Health



As shown in the graph above those with disabilities have seen a great decline in their mental health with over 65% of individuals with a disability agreeing that their mental health has

been worse since 26th of December 2020. Only 12% of individuals with disabilities agree that their mental health has been better since the recent lockdown. This decline could have been from the restricted access of support for those with disabilities or even due to the restricted access to careers, friends and family for support once again.

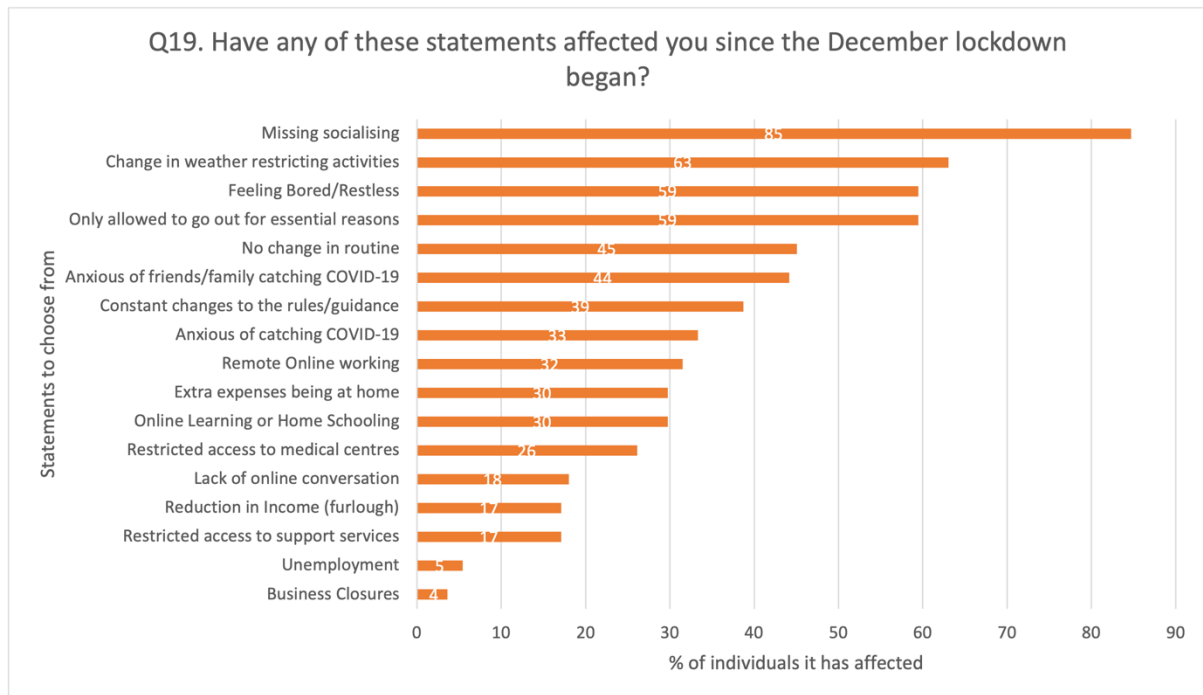
Being single or being in a partnership effects on mental health



As the graphs show above 51% of individuals who were married or in a partnership agreed that their mental health has been worse compared to 45% of single individuals agreeing their mental health has been worse this is an interesting find as we would assume that those who are alone

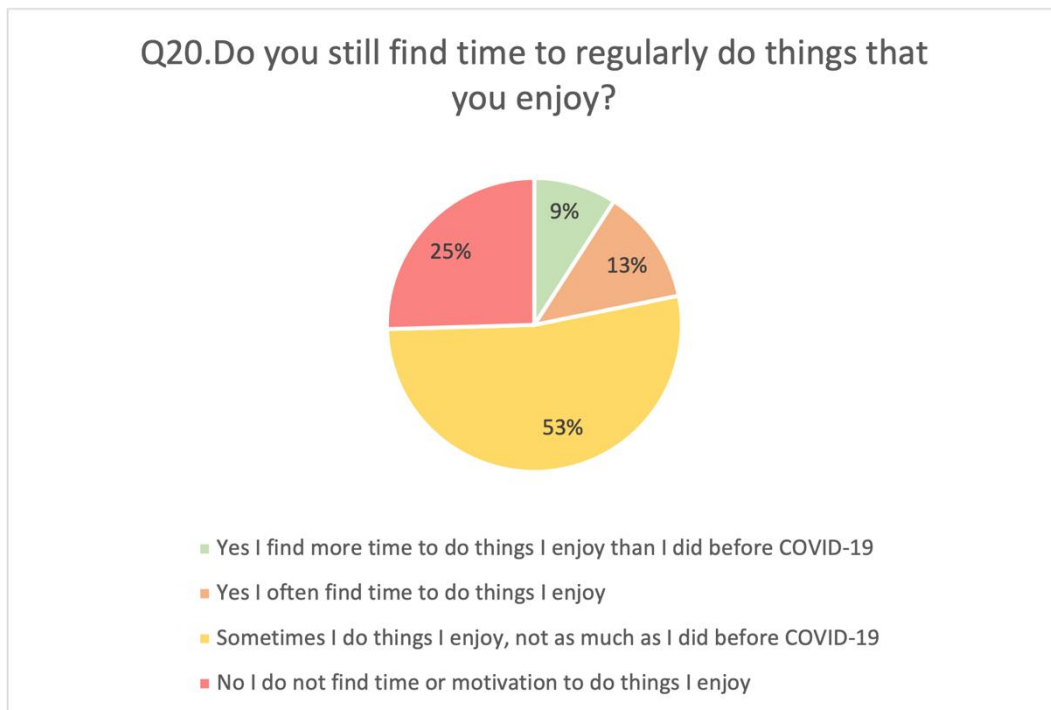
would struggle more with their mental health, but this difference may have occurred due to the social restraints that can occur in married life.

Factors that have affected individuals during the December Lockdown



A large proportion of individuals (85%) agreed that they are missing socialising. 63% also agreed that the change in weather during this lockdown compared to the summer lockdown has affected them in terms of what they can do as most activities during the first lockdown consisted of daily walks and socialising distantly in gardens or parks however the winter weather took a toll for individuals and their mental health in this second nationwide lockdown. A considerable number of individuals are feeling bored and restless (59%) and no change in their routine (45%) ranked highly. These factors could be due to the consistent changes in the rules and restrictions of the pandemic which over 39% of individuals agreed with. Anxiety of catching COVID-19 is very high also with 44% being anxious of friends catching the virus and 33% anxious of catching the virus themselves. The idea of catching this virus has clearly impacted anxiety levels in individuals which has a negative impact on their overall mental health in the long term even after this pandemic of adjusting to the new normality.

General Overview of Activities Results

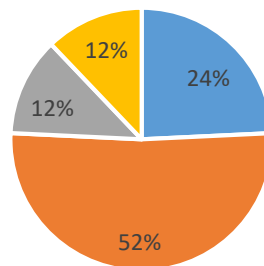


It is shown that over 53% of individuals are doing the things they enjoy but not as much as they did before COVID-19 and even 25% of individuals are not finding the time or motivation to do the things they enjoy due to the circumstances of the pandemic. It is shown that those who do not find the time or motivation to do the things they enjoy, report their mental health has been worse since the lockdown, when compared to those who find time to do the things they enjoy.

Demographic Activities Results

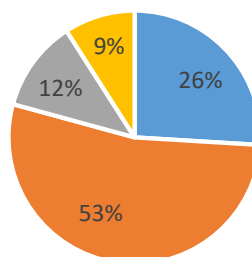
Age

16-29 Year Olds - Do you still find time to regularly do things that you enjoy?



- No I do not find time or motivation to do things that I enjoy
- Sometimes I do things I enjoy, not as much as I did before COVID-19
- Yes I often find time to do things I enjoy
- Yes I find more time to do things I enjoy than I did before COVID-19

30-75 Year Olds - Do you still find time to regularly do things that you enjoy?



- No I do not find time or motivation to do things that I enjoy
- Sometimes I do things I enjoy, not as much as I did before COVID-19
- Yes I often find time to do things I enjoy
- Yes I find more time to do things I enjoy than I did before COVID-19

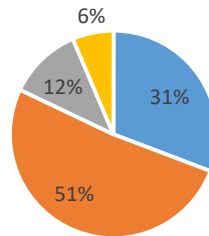
There is not much of an age difference in the changes in activities. In 16–29-year-olds, only 12% find more time to do the things they enjoy and 12% often find time to do things they



enjoy. 24% do not find the time or motivation to do things they enjoy and 52% sometimes find time to do things they enjoy but not as much as they did before COVID-19. Compared with 30-75-year-olds there is no significant differences found as 9% found more time to do the things they enjoy and 12% often found time to do the things they enjoy. 26% had no time or motivation to do the things they enjoy and 53% sometimes found time to do things they enjoy but not as much as they did before COVID-19. This shows that age is not much of a contributing factor in the change of activities as both age categories are stills struggling to find time to do activities they enjoy.

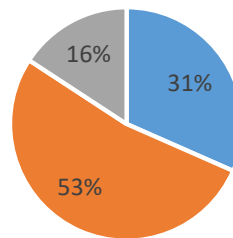
Gender

Females - Do you still find time to regularly do things that you enjoy?



- No I do not find time or motivation to do things that I enjoy
- Sometimes I do things I enjoy, not as much as I did before COVID-19
- Yes I often find time to do things I enjoy
- Yes I find more time to do things I enjoy than I did before COVID-19

Males - Do you still find time to regularly do things that you enjoy?



- No I do not find time or motivation to do things that I enjoy
- Sometimes I do things I enjoy, not as much as I did before COVID-19
- Yes I find more time to do things I enjoy than I did before COVID-19

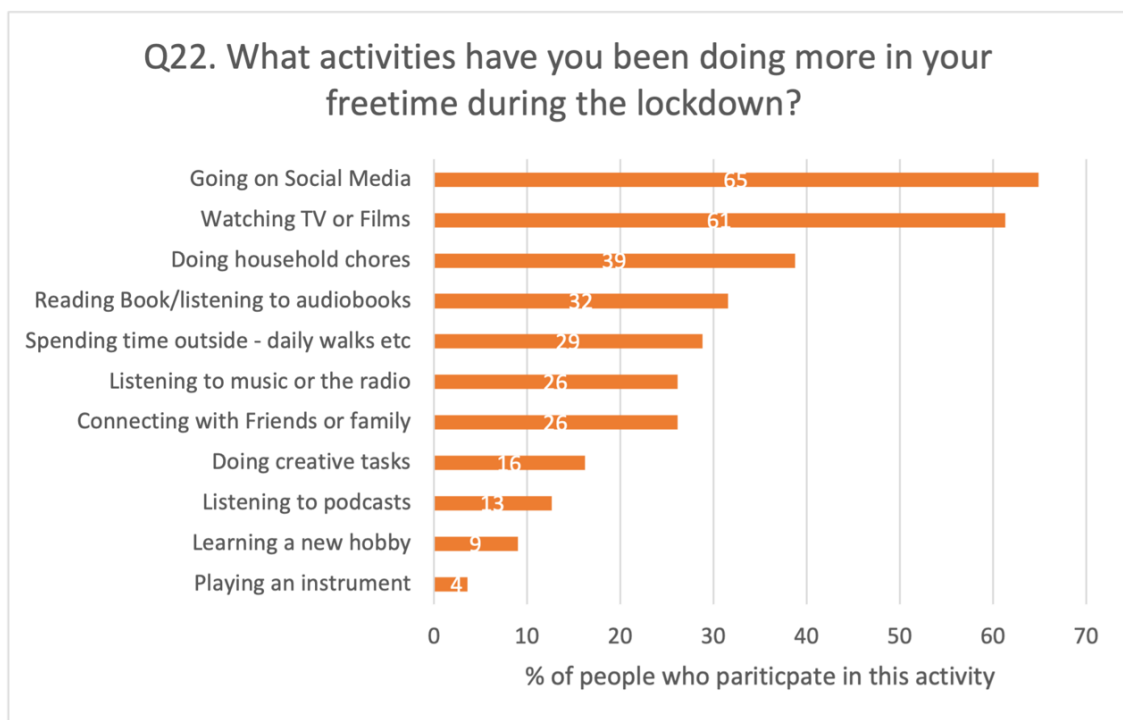
The results show that 25% of females surveyed do not find the time or motivation to do the things they enjoy and 51% sometimes do things they enjoy but not as much as they did before COVID-19. Only 8% of females surveyed find more time to do things they enjoyed before COVID-19. The reduction in finding time to do things they enjoy may have impacted their answer to question 16 as only one of the seven individuals who find more time to do things, they enjoyed answered that their mental health has been worse since the second lockdown



began whereas those who do not find the time to do things, they enjoyed 81% of them answered that their mental health has been worse or much worse since the second lockdown began.

The majority of males in this survey (53%) agreed that they sometimes do things they enjoy but not as much as they did before COVID-19. 32% stated that they do not even find the time or motivation to do things they enjoy and 16% find more time to do things they enjoy than they did before COVID-19. The small percentage of individuals finding more time mental health has been better since the pandemic began which shows that there is a link between finding activities you enjoy and the impact this has on your mental health. Whereas the majority of those who did not find the time or found less time for activities they enjoyed answered that their mental health has been worse or even much worse since the second lockdown began.

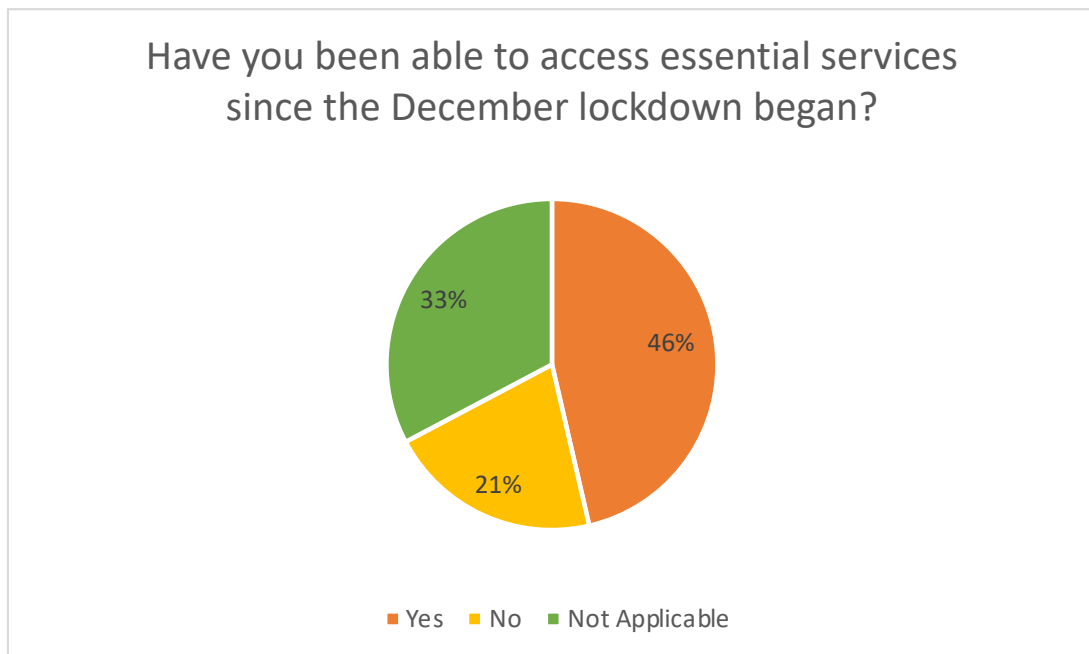
Activities During Lockdown



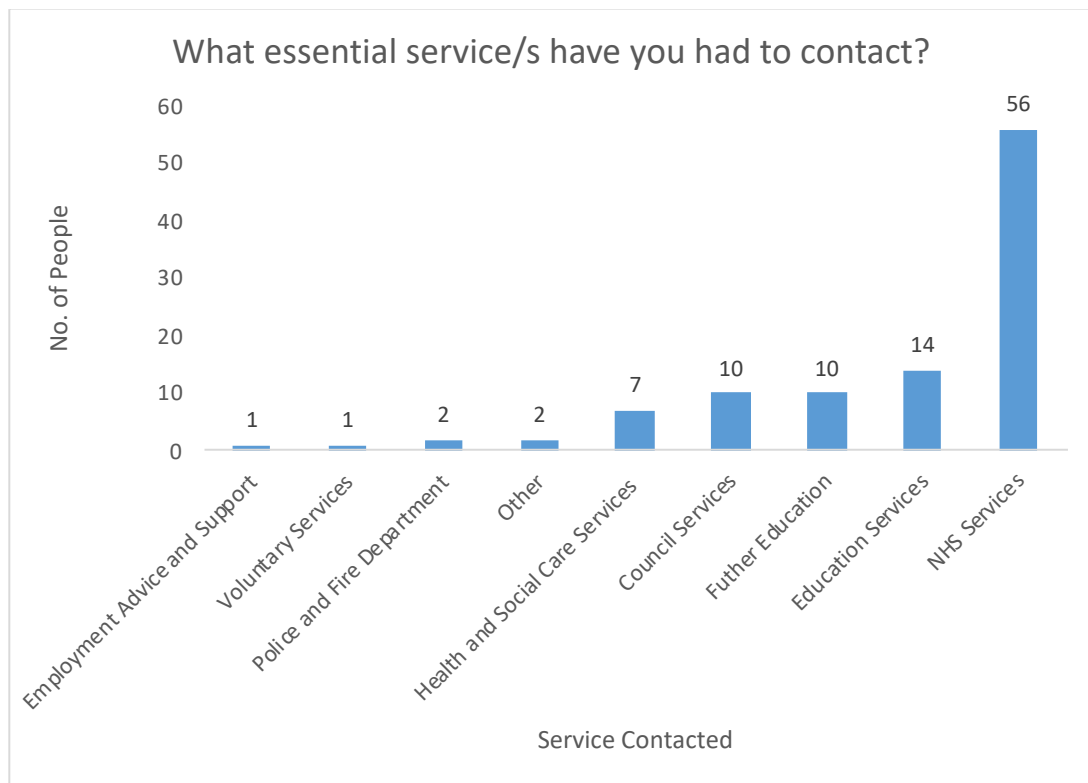
The activities that have increased during lockdown are in terms of using screens such as going on social media which 65% of individuals have been doing more of since the second lockdown began and watching TV or films which 61% of individuals have agreed to doing more of during the lockdown. This might link into how people have been sleeping as screens are said to emit

blue light which can affect our circadian rhythm and interrupt our natural sleep pattern. This is shown as those who are going on social media and watching TV and films 58% of this sample said in question 17 that they are feeling tired or restless. This could be linked to the increase in social media and screen time when watching TV and films affecting their circadian rhythm affecting their quality of sleep.

Service Usage in the Second Lockdown



The results show that 46% of participants have been able to access essential services in the second lockdown and only 21% of participants could not access services since lockdown began. This shows that access to services is getting better as they have been able to adjust to the new way of working in lockdown making it easier for people to access them. Also, the idea that 33% have not had to contact services during the December lockdown is promising but it can also be negative, as maybe they don't feel that their mental health decline is a big enough problem to get in touch with services for advice and guidance.



The 56 individuals who accessed services accessed vital NHS services and the only issues raised was that it can be challenging to get an appointment with their GP due to the current restrictions. The other services accessed involved education as online schooling was put in place during the lockdown once again. Council services and health and social care services were also accessed by individuals during the lockdown.

Suggestions to Fife Centre for Equalities (FCE) on supporting their users better

All bullet points are extracted from Q29 of the survey:

Is there anything Fife Centre for Equalities can do to support you better?

What FCE are already doing that users enjoy

- I find that Fife Women's Tent (FWT) is my wee escape route, each month it inspires me to try something creative!
- As I am on my own, I really value the online connection with others through Fife Women's Tent.
- No, I think daily things or projects for each month is a good motivation.
- No, enjoy the Facebook pages and emails, especially the new The Equality News Digest Week for me personally and as I manage a local mental health charity.

Suggestions on what FCE can do to support users better

- Advice on work life balancing.
- Some information and opportunities to connect would be useful to avoid isolation.
- More communication with older people.
- Listen to all voices

Advice for maintaining good mental health

All bullet points are extracted from the Q30 in the survey asking:

Do you have advice that worked for you for maintaining better mental you can share with us?

Going outside

- Forcing yourself to go out a walk/talk to people regularly & being creative all help greatly with mental health. It can be hard to self-motivate but forcing yourself to do these things is the only way to stay healthy.
- Try to get outside every day, even in the rain. Especially in nature in the woods or down the beach.
- I'm a firm believer in getting outside daily, for my physical and mental health. Or can get the 4 walls are closing in, cabin fever. I am lucky to have a selection of walks from my door.
- Go outside at least once a day. Doesn't have to be for a long walk or a workout, even just standing outside for 5 minutes at a time taking everything in, properly breathing and appreciating nature helps my mind a lot.
- Try to get outdoors and push yourself even though if we are down/blue.
- Garden visits with friends and family are really helpful.
- Try to get outside at least once a day and although it's hard talk to someone about how you feel.

Exercise / Yoga

- Exercise helps and trying to stay positive.
- I have tried to go out for runs multiple times a week. The exercise has helped to keep me focused and trying to beat personal best goals has kept me motivated but this effect is often only short term. I find if I can't get out for a run for a period of time - usually due to bad weather or an injury - then there is a noticeable dip in my mental health.
- Yoga before bed, some Joe Wicks and exercise.
- Having goal to work towards.

- Go outside enjoy nature, do yoga and a meditation practice to support you in feeling good about your life.

Contact family / friends

- A proper old fashioned phone call with friends...with arranged time and glass of wine!
- Try talking to someone over the phone if not able to see them.
- Try to have a conversation with someone every day that does not relate to work or college or school (or what your stress factor is). Sometimes it's my husband, sometimes colleagues or a fellow student or a friend or family member. Even a stranger.

Learn new or develop existing hobbies

- Playing and Listening to music.
- Learn something new and to interact with people so I started baking during lockdown and started my Instagram page that I use to interact with other home bakers.
- If you have a Nintendo Wii, start using it again.
- Knit more.
- Writing letters, poetry, painting portraits of animals for family who have lost their pet during this pandemic. Looking through archive work. Reading analysis of the state of America and UK politics.
- Colouring, less screen time.
- Logging off my phone completely for majority of the day has recently helped me feel less anxious.
- Connect with groups that are forward thinking and willing to share and discuss how we can create a better, fairer world for us all. E.g., Humanity Rising discussions every day at 4pm our time have been wonderful. Seed+Spark's intelligent and enquiring 'expedition' and beautiful document. There's hope, constructive discussions, heart-centred, wise and intelligent thinking in the world but I haven't found it here yet. I don't feel I 'fit' here or resonate with the mindset here, even though I am Scottish, and I love this land.

Kind and motivational words

- Trying to think positively and remember it will be over at some point. Also, spring is coming when the weather will improve.
- Every morning give yourself one goal to achieve that day (even if it is just getting out of bed) and reward yourself at night by recognising and enjoy the fact you achieved your goal.
- Take each day at a time.
- Be accepting of where we are, we are all in it together. Be thankful for what we have.
- Be patient.
- Recognising this is transitory; it won't last forever; everyone is affected to lesser or greater degree; it's exceptional, a global pandemic.

Summary/Conclusion

Overall, this report shows that winter lockdown has had a dramatic effect on individuals mental health with factors such as weather affecting individuals' daily activities. Individuals are feeling anxious, depressed and restless nearly every day from the results in this survey. This could be linked to factors such as home confinement with only essential reasons to leave the home and the increase use of screens affecting our natural circadian rhythm for sleep.

The increased use of social media to stay connected could also be influencing the anxiety in individuals as they feel there is a constant need to update their social media and organise to keep in touch with friends and family which can be socially exhausting to individuals.

We found no major gender difference in the results of mental health decline as a similar pattern was found in males and females of all ages. This does not reflect the pattern found within the UKHLS 2020 survey as they found that females mental health decline was more severe. This could be explained by the smaller sample of this study compared to the UKHLS 53,351 participants.

The results from UKHLS 2020 can be used to suggest the difference found in under 30-year-olds compared to over 30-year-olds mental health difference as they found that those 18-24 and 25-35 years old showed a significant change in their General Health Questionnaire scores.

On a brighter note, service usage has been easy to access with the majority of individuals having no issues accessing essential services such as the NHS this suggests that these services are improving their ways of contact for individuals to adapt to the new ways of living during the COVID-19 pandemic. However, the increase in mental health challenges could put a strain and pressure on these services if these issues are not addressed directly.

The introduction of providing funding to provide more support services or improve existing services for those struggling with pre-existing mental health conditions and those struggling with mental health challenges for the very first time. Also, raising awareness to the mental health crisis in protected characteristics during the year of coronavirus can be helpful for groups to provide a gateway to support, this can ensure that individuals do not just speak about their mental health challenges but act on ways to tackle them also.

Recommendations

1. The findings from the report suggest that nationwide people are struggling with their mental health in the most recent lockdown. The recommendation to put in place is to offer more support to these individuals other than crisis centres as individuals may not feel their problems are big enough for this type of support.
2. Implement long term support that does not offer a quick fix to individuals by not just speaking about the issue but actually addressing the issues and finding ways to solve them. This is supported by those with mental health conditions still struggling even with access to support.
3. Offer more tailored and accessible support to those who have disabilities as this research has shown that they are one of the main protected characteristics affected by this lockdown. Even introducing policy that protects disabled individual's mental health.
4. Identify more socially distanced ways of facilitating mental health support that is not over the phone as individuals may not feel safe to talk about their mental health problems in the household.
5. Introduce creative all-weather activities that do not rely on the weather being nice.
6. Encourage everyone to maintain good mental health not just selective micro groups and looking more at a macro population level.

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Appendix: Full Survey Results



FCE Mental Health in Lockdown Survey Results

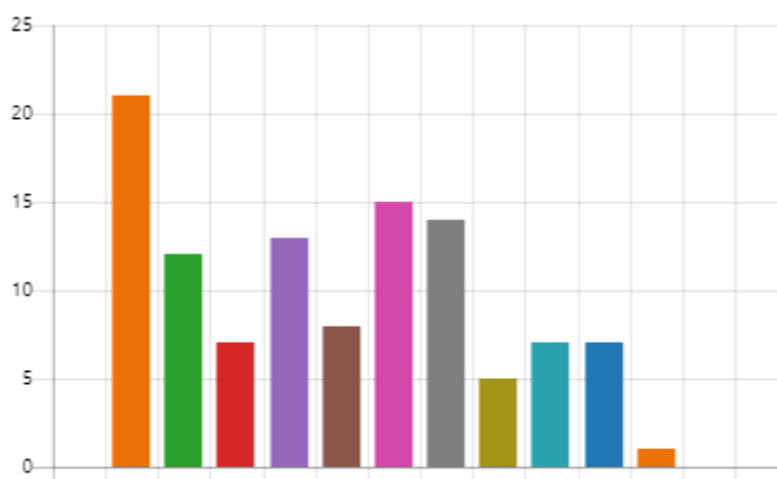
111
Responses

10:02
Average time to complete

Closed
Status

1. How old are you?

0-15	0
16-24	21
25-29	12
30-34	7
35-39	13
40-44	8
45-49	15
50-54	14
55-59	5
60-64	7
65-74	7
75+	1
Prefer not to say	0
Other	0



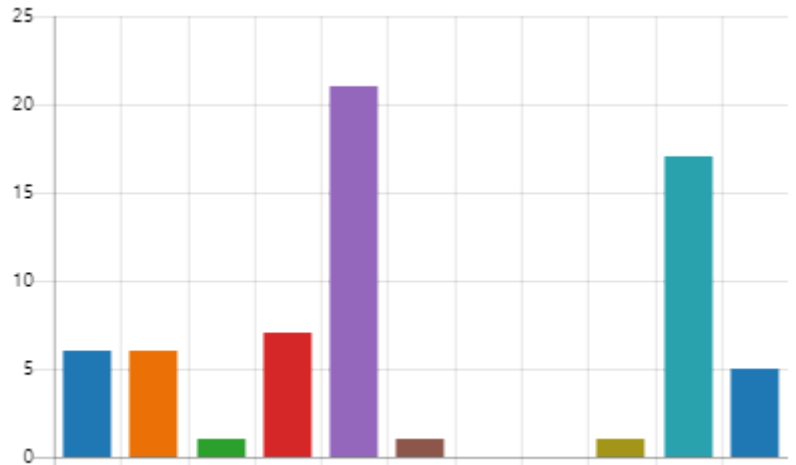
2. Do you have a health condition or a disability that has lasted or is expected to last 12 months or more that makes it difficult for you to do day-to-day activities?

Yes	45
No	65
Prefer not to say	0



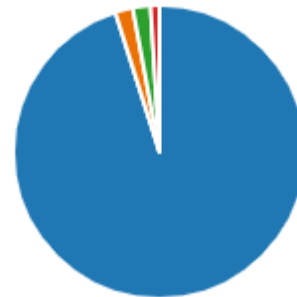
3. If you have a health condition or disability, please specify:

● Invisible Disability	6
● Physical Impairment	6
● Learning Disability	1
● Long Term Illness	7
● Mental Health Condition	21
● Sensory Impairment	1
● Speech Impairment	0
● Facial Disfigurement	0
● Prefer not to say	1
● No health conditions or disabili...	17
● Other	5



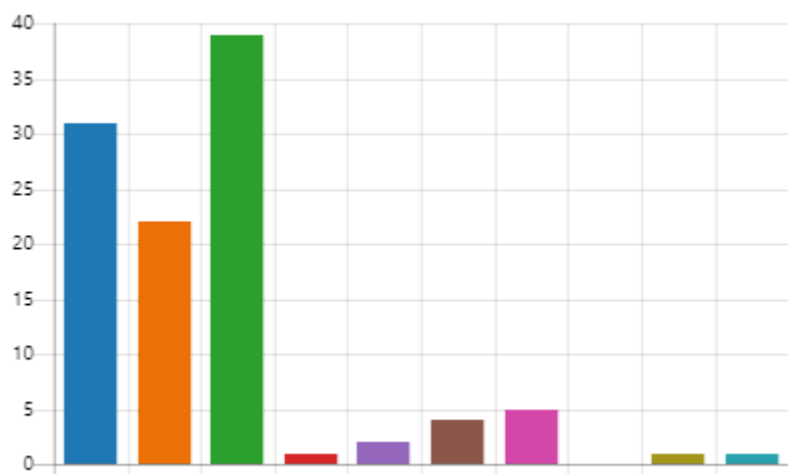
4. Have you undergone, are you undergoing, or do you intend to undergo gender reassignment? For example, this includes starting social gender role transition.

● No	97
● Yes, Male to Female	2
● Yes, Female to Male	2
● Prefer not to say	1



5. What is your marital or relationship status?

● Single	31
● Cohabiting	22
● Married	39
● Civil Partnership	1
● Separated	2
● Divorced	4
● Widowed	5
● Complicated	0
● Prefer not to say	1
● Other	1



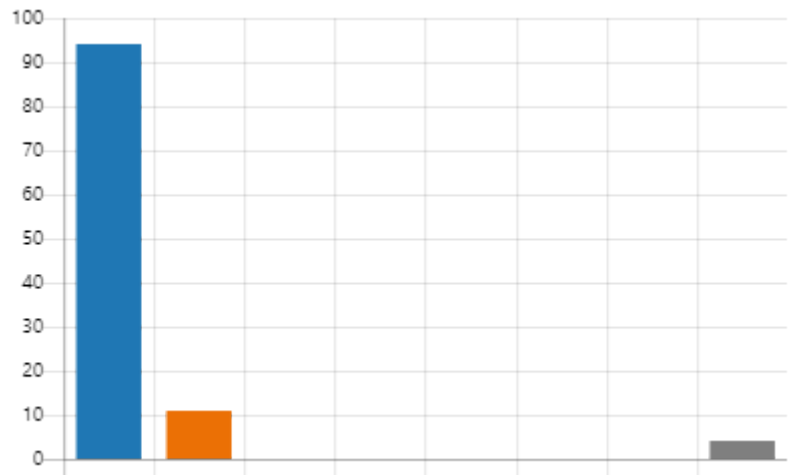
6. Are you currently pregnant or have recently given birth?

Yes	4
No	104
Prefer not to say	0



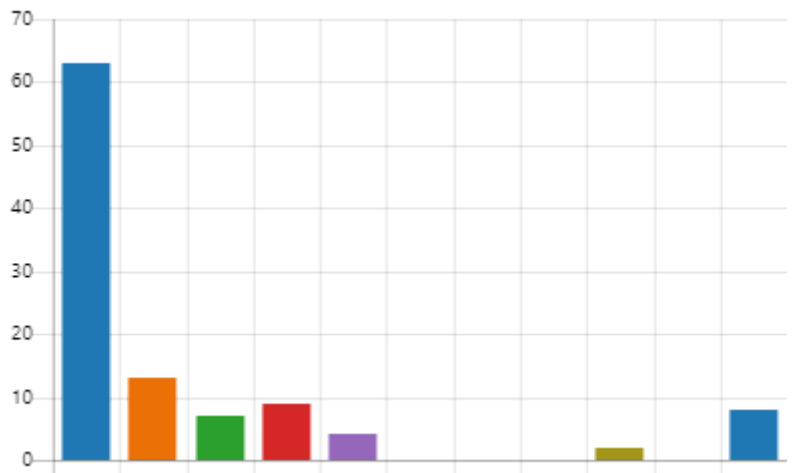
7. What is your ethnicity? Note: ethnic origin is not about nationality, place of birth or citizenship. It is about the group to which you perceive you belong.

White (including Scottish, Engl...	94
Asian (including Chinese, India...	11
African	0
Caribbean	0
Mixed	0
Other (including Arab, Jewish, ...	0
Prefer not to say	0
Other	4



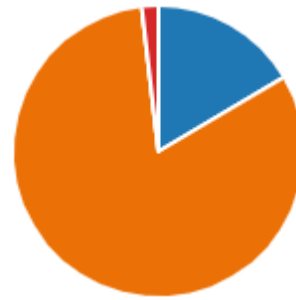
8. What is your religion or belief?

No religion or belief	63
Church of Scotland	13
Roman Catholic	7
Islam	9
Buddhism	4
Sikhism	0
Judaism	0
Hinduism	0
Paganism	2
Prefer not to say	0
Other	8



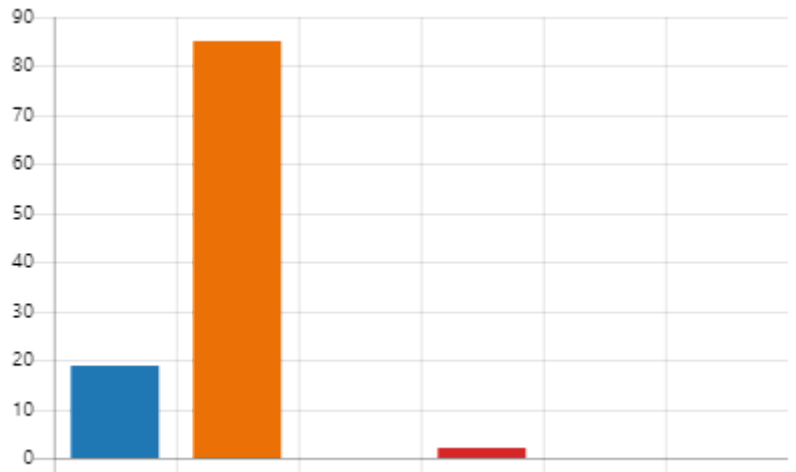
9. What is your sex registered at birth?

Male	18
Female	89
Intersex	0
Prefer not to say	2



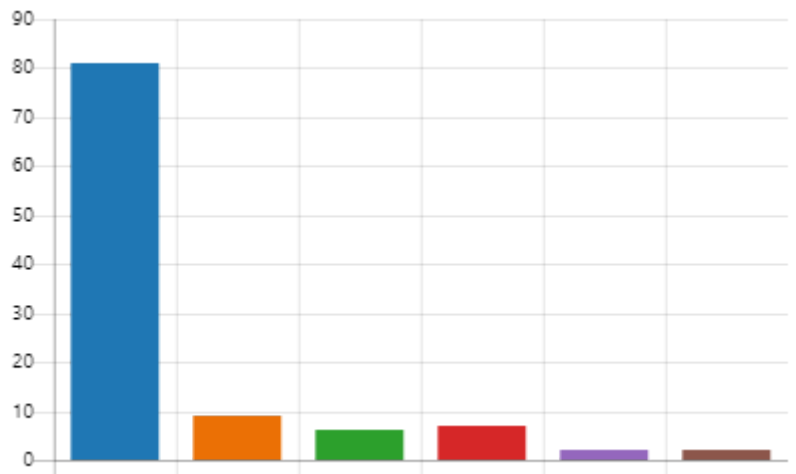
10. What is your gender identity?

Male	19
Female	85
Intersex	0
Non-Binary	2
Prefer not to say	0
Other	0



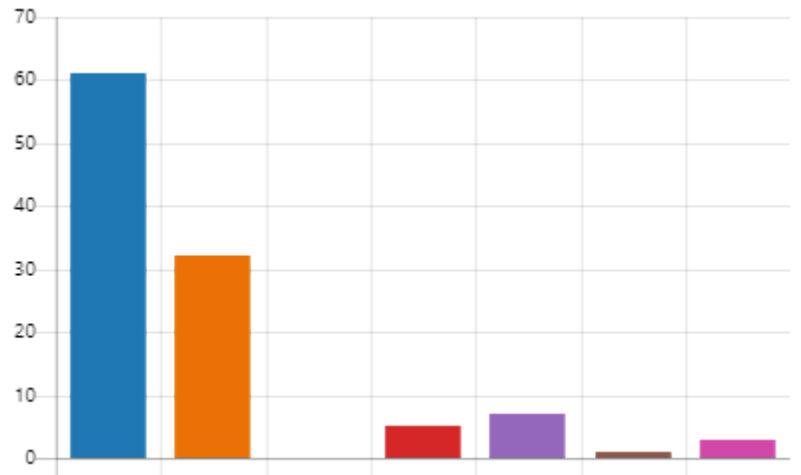
11. What is your sexual orientation?

Heterosexual/Straight	81
Lesbian / Gay Woman	9
Gay Man	6
Bisexual	7
Prefer not to say	2
Other	2



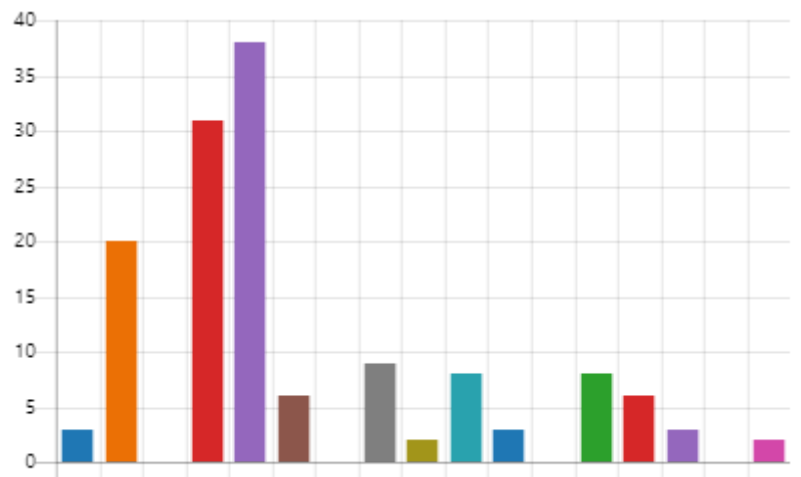
12. Do you have care responsibilities?

● No	61
● Yes - Child/children (under 18)	32
● Yes - Disabled child/children (...)	0
● Yes - Disabled adult (18 and o...)	5
● Yes - Older person/people (65...)	7
● Prefer not to say	1
● Other	3



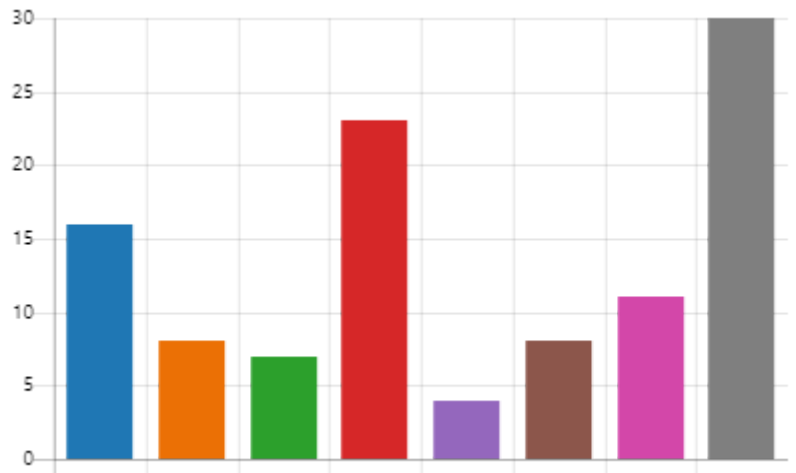
13. Which of the following options describe your situation?

● At school	3
● In further/higher education	20
● Apprenticeship or other traini...	0
● Employed full-time	31
● Employed part-time	38
● Self-employed	6
● Volunteering full-time	0
● Volunteering part-time	9
● Lone/Single Parent	2
● Looking after the home or fa...	8
● Unemployed and seeking work	3
● Armed Forces Veteran	0
● Retired	8
● Permanently sick or disabled	6
● Unable to work due to short-t...	3
● Prefer not to say	0
● Other	2



14. What area of Fife do you live in? If you do not live in Fife please specify which council you are from.

● City of Dunfermline	16
● Cowdenbeath (includes Lochg...	8
● Glenrothes (includes Thornton...	7
● Kirkcaldy (includes Burntisland...	23
● Levenmouth (includes West W...	4
● North East Fife (takes in Aucht...	8
● South West Fife (includes Inve...	11
● Other	30



15. Are you part of any Fife Centre for Equalities groups - Select all that apply

● Equality Collective	11
● Fife Women's Tent	26
● Minority Ethnic (60+) Older Pe...	2
● Different Paths Project	0
● Other	11



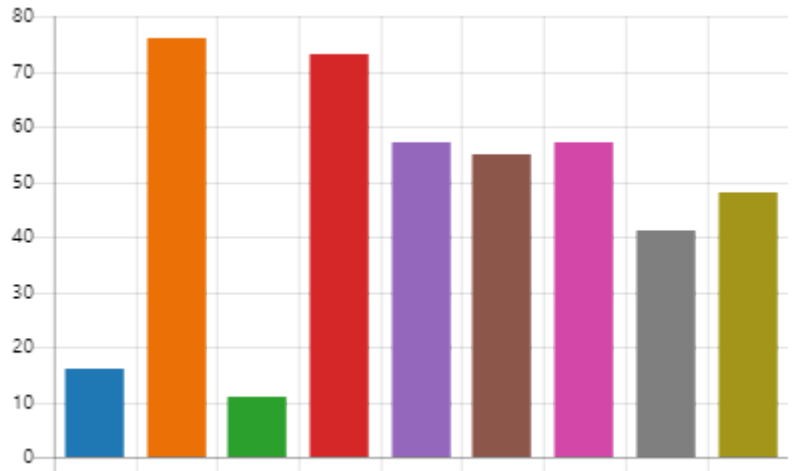
16. Since 26 December 2020 when the new national lockdown was announced, how has your mental health been?

● Much Better	1
● Better	5
● Same	39
● Worse	54
● Much Worse	11



17. Select all statements that apply to you recently since lockdown began.

- Feeling motivated and produc... 16
- Feeling unmotivated, sluggish... 76
- Sleeping well and feeling well ... 11
- Feeling tired, having sleepless ... 73
- Feeling Anxious, Worried or St... 57
- Feeling sad, blue, down, hopel... 55
- Loss of interest or pleasure in ... 57
- Loss of appetite or increased ... 41
- Having negative thoughts abo... 48



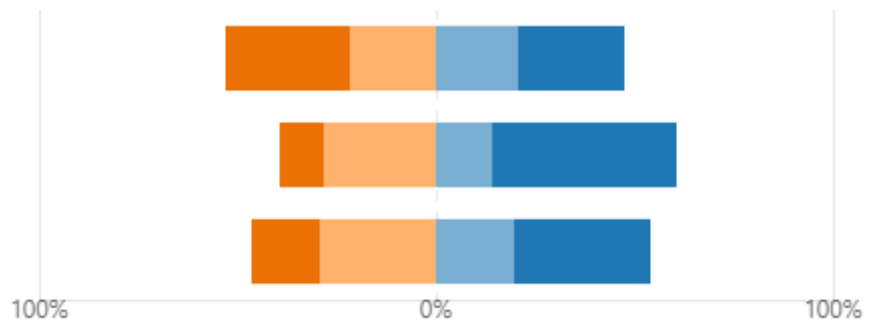
18. Answer the following statements on how you have felt since the new lockdown began on 26 December 2020.

- Not at All
- 1-2 Times a Week
- 2-3 Times a Week
- Nearly Every Day

How often do you find time to exercise? including walks, home workouts etc.

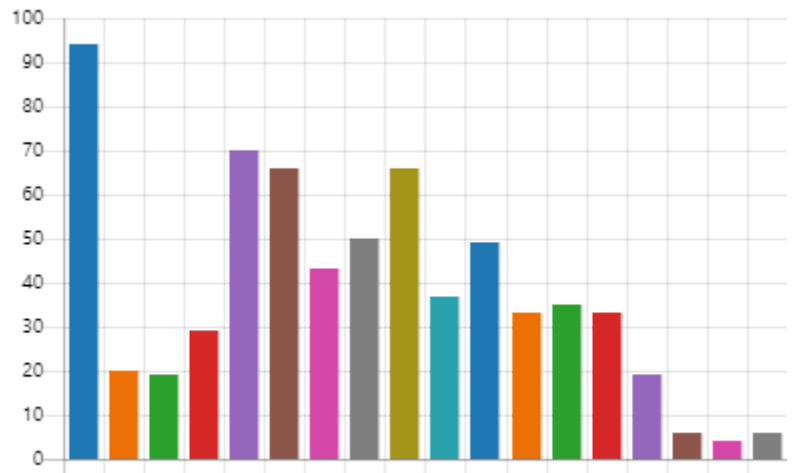
How often do you feel worried, anxious or stressed out?

How often do you feel sad, blue, down, hopeless or depressed?



19. Have any of these statements affected you since the December lockdown began?- Select all that apply

- I miss socialising with people/... 94
- Lack of online connection to f... 20
- Restricted access to support s... 19
- Restricted access to medical c... 29
- Change to winter weather limi... 70
- Being unable to go out unless... 66
- Constant changes in rules fro... 43
- No change in routine feeling ... 50
- Feeling Bored/Restless 66
- Anxious of catching COVID-19 37
- Anxious about friends or famil... 49
- Online Learning or Home Sch... 33
- Remote online working 35
- Extra expenses of being at ho... 33
- Reduction of income - Furlou... 19
- Unemployment 6
- Business Closure 4
- Other 6



20. Do you still find time to regularly do things that you enjoy?

- Yes I find more time to do thin... 10
- Yes I often find time to do thin... 14
- Sometimes I do things I enjoy,... 58
- No I do not find time or motiv... 28



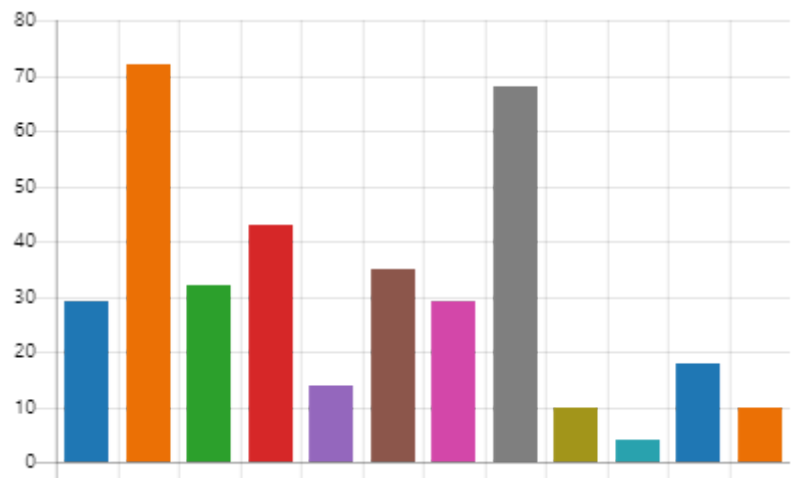
21. Have your daily activities in your free time changed since the new lockdown announcement on 26 December 2020?

● Yes	83
● No	27



22. What activities have you been doing more in your freetime during the lockdown? - Select all that apply.

● Connecting with friends or fa...	29
● Going on social media	72
● Spending time outside - daily ...	32
● Doing household chores (coo...	43
● Listening to podcasts	14
● Reading books/ listening to a...	35
● Listening to music or the radio	29
● Watching TV or films	68
● Learning a new hobby	10
● Playing an instrument	4
● Doing creative tasks such as c...	18
● Other	10



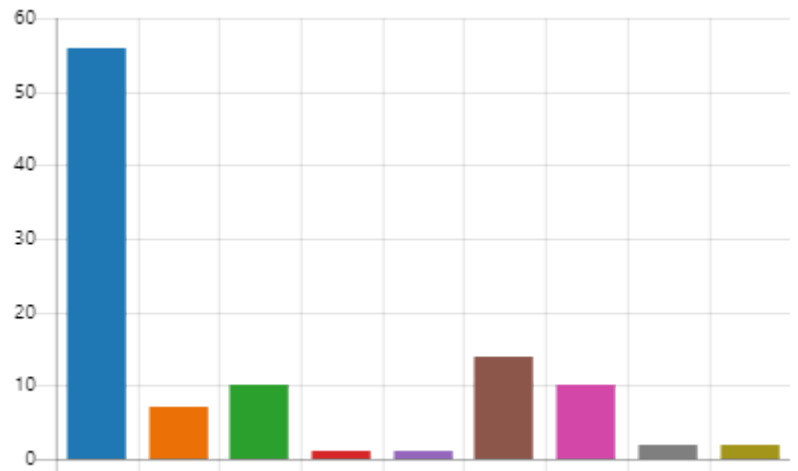
23. Have you been able to access essential services since the December lockdown began?

● Yes	51
● No	23
● Not Applicable/No need to co...	36



24. If so what essential service/s have you had to contact? - Select all that apply.

● NHS Services i.e GP/Medical C...	56
● Health and Social Care Service...	7
● Council Services i.e. Social Wo...	10
● Employment advice and supp...	1
● Voluntary Services i.e financial,...	1
● Education i.e. Schools, Teacher...	14
● Further and Higher Education ...	10
● Police and Fire Departments	2
● Other	2



25. Have you relied on charities or local groups since December lockdown?

● Yes	5
● No	105



26. If so, what charities or local groups have you been in contact with?

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Responses

Latest Responses

27. Have you had any problems accessing these services and/or charities since the lockdown in December began?

● Yes	6
● No	41
● Not applicable/Not had to co...	56



28. If you answered yes, what was the problem you encountered and was it resolved?

2

Responses

Latest Responses

29. Is there anything Fife Centre for Equalities can do to support you better?

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Responses

Latest Responses

30. Do you have advice that worked for you for maintaining better mental you can share with us?

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Responses

Latest Responses

31. If you are willing to take part in a short interview as part of this mini-project for Fife Centre for Equalities please leave contact details below and I will be in touch.

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Responses

Latest Responses