How Covid-19 is Affecting the Mental Health of the UK Adult Population

DATA RELEASE JULY 06 2020

According to new data released today from XenZone’s platforms, the Covid-19 pandemic continues to have a profoundly negative impact on the mental health and wellbeing of adults. Compared to the same period last year, there has been a noticeable increase in the prevalence of four major mental health issues - family relationships, self worth, suicidal thoughts and trauma.

It’s never been more important to offer safe, accessible and early help for those who are struggling now with their mental health and emotional wellbeing; technology offers us the ability to overcome the significant barriers we all face in delivering this critical support.

Family Relationships

Issues of family relationships have been presented by 15% of all adults. The issue saw a 35.8% increase in prevalence in the last week of the period analysed, when the UK passed 175 days of lockdown.

Self Worth

Issues of self worth have been presented by 16.9% of all adults. Prevalence of this issue saw a 44.4% increase in the last week of the period, rise by 4.6%.

Suicidal Thoughts

Throughout lockdown we have seen an increase in suicide thoughts across our service. More than 1 in 5 adults are now presenting with this issue, an increase of more than 20.4% on last year.

Trauma

Throughout lockdown we have seen an increase in traumatic stress. Prevalence of this issue has risen by 61% and is now being presented by 9% of all adults.

The presenting issues are registered against a service user following any interaction that displays this issue. This is typically during counselling, but could also be during any other interaction, such as comments in a forum. The comparison to last year is based on the proportion of the users that have presented with the particular issue, compared to the proportional year, during the same time period.

PRESENATTING ISSUES ON www.qwell.io - SAMPLE SIZE 2,345

- Covid-19 death rate passes 10,000 people
- Shortage of personal protective equipment (PPE) revealed
- 1 week into UK lockdown
- Covid-19 death rate passes 5,000
- The Queen addresses the nation amid coronavirus crisis
- PM Boris Johnson admitted to intensive care
- Covid-19 death rate passes 50,000
- The government launches a new ‘track and trace’ app
- PM Boris Johnson discharged from hospital
- Covid-19 death rate passes 15,000
- The Queen addresses the nation amid coronavirus crisis
- PM Boris Johnson discharged from hospital
- Covid-19 death rate passes 25,000
- The government launches a new ‘track and trace’ app
- PM Boris Johnson discharged from hospital
- Covid-19 death rate passes 30,000
- The government launches a new ‘track and trace’ app
- PM Boris Johnson discharged from hospital

Family

Suicidal

Thoughts

Self

Worth

Trauma

Week Commencing

w/c 29th March 2020
- Covid-19 death rate passes 1,000 people
- Shortage of personal protective equipment (PPE) revealed
- 1 week into UK lockdown

w/c 5th April 2020
- Covid-19 death rate passes 5,000
- The Queen addresses the nation amid coronavirus crisis
- PM Boris Johnson admitted to intensive care

w/c 12th April 2020
- Covid-19 death rate passes 12,000
- UK economy shrinks by around 25%
- PM Boris Johnson discharged from hospital

w/c 17th April 2020
- Covid-19 death rate passes 12,000
- Government criticised for lack of Covid-19 testing across country
- UK government adds loss of taste and smell to list of Covid-19 symptoms

w/c 24th April 2020
- Gradual easing of lockdown measures announced
- Five-tier alert system unveiled
- Reproduction number, known as R Number, for first time

w/c 9th May 2020
- Gradual easing of lockdown measures announced
- Five-tier alert system unveiled
- Reproduction number, published for first time

w/c 16th May 2020
- Gradual easing of lockdown measures announced
- Five-tier alert system unveiled
- Reproduction number, published for first time

w/c 23rd May 2020
- Gradual easing of lockdown measures announced
- Five-tier alert system unveiled
- Reproduction number, published for first time

w/c 30th May 2020
- Gradual easing of lockdown measures announced
- Five-tier alert system unveiled
- Reproduction number, published for first time

w/c 6th June 2020
- Gradual easing of lockdown measures announced
- Five-tier alert system unveiled
- Reproduction number, published for first time

w/c 13th June 2020
- Gradual easing of lockdown measures announced
- Five-tier alert system unveiled
- Reproduction number, published for first time