

DATA RELEASE JULY 06 2020

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

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.



## News Events & Mental Health Trends in Over 18s

Presenting Issues on [www.qwell.io](http://www.qwell.io) - Sample Size: 2,345

**Family Relationships**

Family relationships have been under strain for much of lockdown, presenting in a fifth 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.

**Suicidal Thoughts**

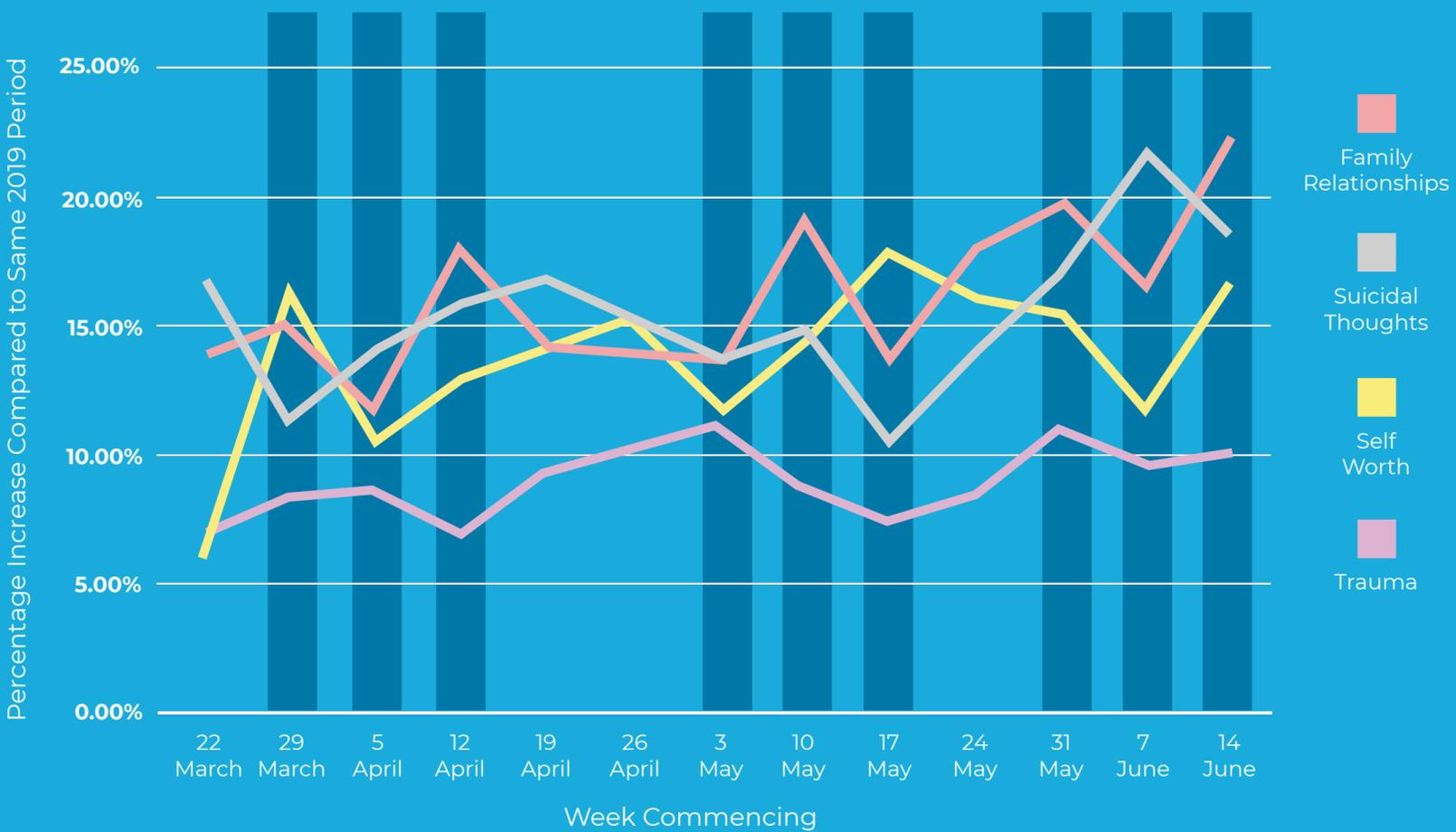
Throughout lockdown, we've seen an increase in suicidal thoughts across our services. More than 1 in 5 adults are now presenting with this issue - an increase of more than 20.4% since last year.

**Self Worth**

Issues of self worth have been presented by 16.9% of all adults. Prevalence is 1.2% up on last year and in the last week of the period, rose by 44.4%.

**Trauma**

Our data shows that the pandemic has been a major source of traumatic stress. Prevalence of trauma as a presenting issue has risen by 61% and is now being presented by 9% of all adults.



**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

▲ 15%   ▼ 12%   ▲ 16%   ▲ 8%

**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

▼ 12%   ▲ 14%   ▼ 10%   ▲ 8%

**w/c 12th April 2020**

- Covid-19 death rate passes 12,000
- UK economy shrinks by around 25%
- PM Boris Johnson discharged from hospital

▲ 18%   ▲ 16%   ▲ 14%   ▼ 6%

**w/c 3rd May 2020**

- Covid-19 death rate passes 30,000
- NHS Nightingale kept on standby in case of a second wave
- Isle of Wight residents first to start testing new 'track and trace' app

▼ 14%   ▼ 14%   ▼ 12%   ▲ 11%

**w/c 10th May 2020**

- Gradual easing of lockdown measures announced
- Five-tier alert system unveiled
- Reproduction number, known as R Number, published for first time

▲ 19%   ▲ 15%   ▲ 15%   ▼ 8%

**w/c 17th May 2020**

- Covid-19 death rate passes 34,000
- Government criticised for lack of Covid-19 testing across country
- UK government adds loss of taste and smell to list of Covid-19 symptoms

▼ 14%   ▼ 10%   ▲ 17%   ▼ 7%

**w/c 31st May 2020**

- Covid-19 death rate passes 39,000
- UK reaches its 200,000 coronavirus daily testing target
- Lockdown measures eased, allowing outdoor meetups

▲ 20%   ▲ 17%   ▼ 16%   ▲ 11%

**w/c 7th June 2020**

- Disproportionate impact of Covid-19 on BAME population
- Questions asked over whether UK entered lockdown too late

▼ 17%   ▲ 22%   ▼ 12%   ▼ 10%

**w/c June 14th 2020**

- Review into 2m social distancing
- Non-essential shops allowed to reopen
- UK coronavirus alert level downgraded to 3

▲ 23%   ▼ 19%   ▲ 17%   ▲ 10%

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 proportion last year, during the same time period.