

# People at the Centre Update 9

## Mental Health and COVID-19

The Mental Health Foundation (MHF) is leading an ongoing, UK wide, long-term study of how the pandemic is affecting people's mental health which has highlighted the disproportionate mental health impact of COVID-19.

Key findings from their wave 6, late July 2020, survey found:

- People who had a long-term health condition that limits them a lot, or who had a pre-existing mental health condition, were more likely to report feeling anxious than the overall population
- 49% had felt anxious or worried in the previous two weeks

The MHF research also showed that in Scotland in May among the general population individuals who felt they were coping well had increased, however, inequality groups were at greater risk of experiencing poor, and in some cases, deteriorating mental health.

A higher proportion of people with long term health conditions (59%), single parents (63%), those aged 25-34 (65%), and women (63%) reported having been anxious/worried compared to the overall adult population (54%).

[Read more about The Mental Health Foundation's research "Coronavirus: Mental Health in the Pandemic"](#)

Wellbeing Scotland's COVID- 19 Survey results (August 2020) also showed that:

- 57% of people said their mental health was affected by lockdown with
- 74% anxious about easing of restrictions.
- The biggest impacts were from missing family, isolation, activities being restricted and worry about risks to health.

Examining mental health and coronavirus, Barnardo's Scotland also published [Mental Health and COVID-19: In our Own Words \(July 2020\)](#) which explored children and young people's experiences of lockdown and identified what they will need to support their mental health and wellbeing coming out of this pandemic.

They found that the pandemic and lockdown has had a disproportionate impact on children and young people's mental health and wellbeing and that:

- at least a third of children and young people engaged with said they had experienced an increase of mental health and wellbeing issues including stress, loneliness and worry.
- 83% of children and young people surveyed with existing mental health difficulties had experienced worsening mental health.

TSI Scotland Network also published findings from their Coronavirus Survey Report (June 2020) which highlighted the mental health impact of COVID-19 on the people who access their support and services and their mental health.

They reported that:

- 90% of organisations are concerned about the effect of on-going social distancing and shielding on mental health.
- 91% of organisations reported their biggest on-going concern for their communities should social distancing / shielding continue was their mental health.