


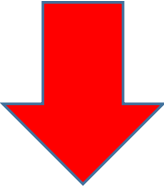



## Covid-19 Surveys Mental Health

### 'I have felt able to manage my mental health': 5 point scale question

#### Summary

227 answered this question (2 people skipped the question). This compares with 237 in 2020.

Strongly disagree was 1, 5 was strongly agree on the 1-5 scale.

	<p><b>In 2021, just over half of those that responded (51.1%, 116 people) agreed or strongly agreed that they felt able to manage their mental health (selected 4 or 5 on the scale).</b></p> <p>Slightly more women in relation to the total number of women that responded to the 2021 survey selected these more positive options (53% of women) than men (49% of men).</p>
	<p><b>In 2020, 58% of those that responded agreed or strongly agreed they felt able to manage their mental health (-7%).</b></p>
	<p>Roughly a quarter of respondents in the 2020 and 2021 surveys selected the middle option (3 on a scale of 5) in relation to feeling able to manage their mental health.</p>
	<p><b>In 2021, just under a quarter of those that responded (24.7%, 56 people) disagreed or strongly disagreed that they felt able to manage their mental health (selected 1 or 2 on the scale).</b></p> <p>Slightly more men in relation to the total number of men that responded to the survey selected these more negative options (27.6% of men) than women (21.6% of women).</p>
	<p><b>In 2020, 17% of those that responded disagreed or strongly disagreed they felt able to manage their mental health (+7.7%).</b></p>

## Spotlight on Groups – 2021 Survey

Those living alone – The School was interested in whether those that lived alone expressed a harder time managing their mental health in this survey (43 survey respondents lived alone).

**17% fewer of those that lived alone than those that lived with family/partner or in shared accommodation agreed/strongly agreed they felt able to manage their mental health.**

37.3% of those living alone agreed/strongly agreed that they felt able to manage their mental health, compared with 54.3% of those living with family/partner or in shared accommodation.

**6.9% more of those living with family/partner or in shared accommodation disagreed/strongly disagreed they felt able to manage their mental health compared with those that lived alone.**

18.6% of those living alone disagreed/strongly disagreed that they felt able to manage their mental health in comparison with 25.5% of those living with family/partner or in shared accommodation.

Caring responsibilities – During 2020 and 2021 the School received a number of anecdotes from staff with caring responsibilities over the pandemic that expressed reconciling work and family responsibilities had been difficult. The School was interested in whether those with caring responsibilities expressed a harder time managing their mental health than those without (116 survey respondents had caring responsibilities, 104 had no caring responsibilities).

**Those with and without caring responsibilities comprised similar proportions of those that agreed/strongly agreed and those that disagreed/strongly disagreed that they felt able to manage their mental health.**

52.6% of those that had caring responsibilities agreed/strongly agreed they felt able to manage their mental health. 51.9% of those that had no caring responsibilities agreed/strongly agreed they felt able to manage their mental health.

25% of those with caring responsibilities disagreed/strongly disagreed that they felt able to manage their mental health. 23% of those with no caring responsibilities disagreed/strongly disagreed they felt able to manage their mental health.

### Academic and professional services/technical/tutor demonstrator staff

A higher proportion of professional services staff (60.2%) compared with the total number of professional services staff that answered the survey are represented in the 'agree/strongly agree' category than academic staff (44.7%).

A higher proportion of academic staff (just under a third, 31.2%), compared with the total number of academic staff that answered the survey are represented in the 'disagree/strongly disagree' category than professional services staff (13.6%).

## More about those that selected agree/strongly agree

Of these 116 people:

- Gender - 68 were women (this is 53% of the women that responded to the survey). 48 were men (this is 49% of men that responded to the survey).
- Age – 61 were age 46 and over. 53 were age 45 or younger. 2 preferred not to state and age bracket.
- Ethnicity- 6 of the 116 was BAME or of mixed background. 109 were white. 1 preferred not to state their ethnic background.
- Disability – 102 did not have a long term physical or mental health condition or disability. 12 had a disability or long term condition. 2 people preferred not to state whether they had a long term condition or disability.
- Living arrangements – 96 lived with family or partner, 4 lived in shared accommodation, 16 lived alone.
- Caring responsibilities – 56 had no caring responsibilities, 59 had caring responsibilities for a child or adult. 1 preferred not to say. 8 people took on new caring responsibilities during the pandemic.
- 17 people joined the School during the pandemic, 99 joined the School prior to the pandemic.
- Professional Services – 53 people were professional services/technical roles/tutors and demonstrators (45.7% of those that agreed/strongly agreed they felt able to manage their mental health). **This makes up 60.2% of the professional services staff that answered the survey (88 respondents).**
- Academic Staff – 63 people were academic staff (54.3% of those that agreed/strongly agreed they felt able to manage their mental health). **This makes up 44.7% of the academic staff that answered the survey (141 respondents).**

## More about those that selected disagree/strongly disagree

Of these 56 people:

- Gender - 28 were women (this is 21.9% % of the women that responded to the survey). 27 were men (this is 27.6% of the men that responded to the survey).
- Age – 23 were age 46 and over. 32 were age 45 or younger. 1 preferred not to state and age bracket.
- Ethnicity- 2 of the 56 were BAME or of mixed background. 51 were white. 3 preferred not to state their ethnic background.
- Disability – 38 did not have a long term physical or mental health condition or disability. 12 had a disability or long term condition. 6 people preferred not to state whether they had a long term condition or disability.
- Living arrangements – 43 lived with family or partner, 4 lived in shared accommodation, 8 lived alone. 1 preferred not to say.
- Caring responsibilities – 24 had no caring responsibilities, 29 had caring responsibilities for a child or adult. 3 preferred not to say.
- 5 people joined the School during the pandemic, 51 joined the School prior to the pandemic.
- Professional Services – 12 people were professional services/technical roles/tutors and demonstrators (21.4% of those that disagreed/strongly disagreed they felt able to manage their mental health). **This makes up 13.6% of the professional services staff that answered the survey (88 respondents).**  
**9 of the 12 were women, 5 were 41-60 years.**

- Academic Staff – 44 people were academic staff (78.6% of those that disagreed/strongly disagreed they felt able to manage their mental health). **This makes up 31.2% of the academic staff that answered the survey (141 respondents).**  
19 were women. Just over half, 10 women, had caring responsibilities. The majority of the women (12) lived with their family or partner, 4 lived alone, 3 lived in shared accommodation.  
24 were men. Just under half had caring responsibilities. The majority (20) lived with their family or partner, 3 lived alone, 1 lived in shared accommodation.  
1 preferred not to say.

50.9% of those that agreed/strongly agreed had caring responsibilities, 48.2% of those that disagreed/strongly disagreed had caring responsibilities. The proportions of people with caring responsibilities represented in the 'disagree/strongly disagree' category were gender balanced.