

SBS Covid-19 Survey - Mental Wellbeing

Question 43 'I have felt able to manage my mental health'. This question was optional.




Respondents selected one option on a scale of 1 to 5, 1 representing 'Strongly disagree' to 5 representing 'Strongly agree'.

All Respondents

Of the 241 survey respondents, 4 skipped the question.

Of the 237 that answered the question:




- **58% (136 people) either agreed or strongly agreed** that they felt able to manage their mental health.
 - 68 people agree that they could manage their mental health (4 on a scale of 1-5)
 - 68 people strongly agreed that they could manage their mental health (5 on a scale of 1-5)

	<p>58% (136 people) either agreed or strongly agreed that they felt able to manage their mental health.</p> <ul style="list-style-type: none"> ○ 68 people agreed that they could manage their mental health (4 on a scale of 1-5) ○ 68 people strongly agreed that they could manage their mental health (5 on a scale of 1-5) <p>86 were women (63%), 46 were men (34%), 4 (3%) identified another way or preferred not to select a binary gender.</p>
	<p>25% (60 people) selected the middle option between agree and disagree in relation to managing their mental health.</p> <p>30 were women (50%), 27 (45%) were men, 3 (%) identified another way or preferred not to select a binary gender.</p>
	<p>17% (41 people) strongly disagreed or disagreed that they felt able to manage their mental health</p> <ul style="list-style-type: none"> ○ 16 people strongly disagreed that they had felt able to manage their mental health (1 on a scale of 1-5) ○ 25 people disagreed that they had felt able to manage their mental health (2 on a scale of 1-5) <p>25 (61%) were women, 13 (32%) were men, 3 (7%) identified another way or preferred not to select a binary gender.</p>

Gender Breakdown

- **The majority of women and men selected 'agree' or 'strongly agree' (61% of women and 54% of men).** Women and men selected 'agree' or 'strongly agree' in similar proportions (women 30.5%, men 27%).
- 10% more men than women chose the middle option (3 out of 5).


- 4% more women chose 'disagree' than men. Women and men selected 'strongly disagree' in similar proportions (women 6%, men 7%).



		Women % (No. of people)	Men % (No. of people)	Identified another way or preferred not to select a binary gender
Totals		100% (141)	100% (86)	100% (10)
	Strongly Agree (5 out of 5)	30.5% (43)	27% (23)	2
	Agree (4 out of 5)	30.5% (43)	27% (23)	2
	Middle selection (3 out of 5)	21% (30)	31% (27)	3
	Disagree (2 out of 5)	12% (17)	8% (7)	1
	Strongly Disagree (1 out of 5)	6% (8)	7% (6)	2

Academic and Research Staff

Of 143 respondents that selected they were academic or research staff at Question 10, 4 people skipped the question.

Of the 139 that answered the question:

	<p>56% (78 people) either agreed or strongly agreed that they felt able to manage their mental health.</p> <ul style="list-style-type: none"> ○ 42 people agreed that they could manage their mental health (4 on a scale of 1-5) ○ 36 people strongly agreed that they could manage their mental health (5 on a scale of 1-5) <p>39 were women (50%), 35 were men (45%), 4 (5%) identified another way or preferred not to select a binary gender.</p>
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	<p>23% (32 people) selected the middle option between agree and disagree in relation to managing their mental health.</p> <p>12 were women (38%), 18 (56%) were men, 2 (6%) identified another way or preferred not to select a binary gender.</p>
	<p>21% (29 people) strongly disagreed or disagreed that they felt able to manage their mental health</p> <ul style="list-style-type: none"> ○ 10 people strongly disagreed that they had felt able to manage their mental health (1 on a scale of 1-5) ○ 19 people disagreed that they had felt able to manage their mental health (2 on a scale of 1-5) <p>15 (52%) were women, 11 (38%) were men, 3 (10%) identified another way or preferred not to select a binary gender.</p>


Professional Services (including tutors and demonstrators – 2 people only)

Of the 75 respondents that selected they were academic or research staff at Question 10, no-one skipped Question 43 'I have felt able to manage my mental health'.

Of the 75 that answered the question:

- **The majority of women and men selected 'agree' or 'strongly agree' (62% of women and 54% of men).** Women and men selected 'agree' or 'strongly agree' in similar proportions (women 30.5%, men 27%).
- 10% more men than women chose the middle option (3 out of 5).
- 4% more women chose 'disagree' than men. Women and men selected 'strongly disagree' in similar proportions (women 6%, men 7%).




		Women % (No. of people)	Men % (No. of people)	Identified another way or preferred not to select a binary gender
Totals		100% (61)	100% (13)	100% (1)
	Strongly Agree (5 out of 5)	31% (19)	31% (4)	0
	Agree (4 out of 5)	31% (19)	23% (3)	0
	Middle selection (3 out of 5)	26% (16)	31% (4)	1

	Disagree (2 out of 5)	7% (4)	7.5% (1)	0
	Strongly Disagree (1 out of 5)	5% (3)	7.5% (1)	0

Technicians and Other Technical Roles

Of the 23 respondents that selected they were Technicians or other Technical roles. All answer the question.

- 64% of women and 42% of men selected 'agree' or 'strongly agree'.
- **Men in this group (caution: small numbers) selected 'agree' or 'strongly agree' 12% less than respondents overall, men overall, or professional services/tutors and demonstrator men.**
- 42% more men (caution: small numbers) than women chose the middle option (2 women, 5 men).
- No men selected disagree or strongly disagree. 3 women selected either disagree or strongly disagree.

		Women % (No. of people)	Men % (No. of people)	Identified another way or preferred not to select a binary gender
Totals		100% (14)	100% (9)	100% (1)
	Strongly Agree (5 out of 5)	50% (7)	22% (2)	0
	Agree (4 out of 5)	14% (2)	22% (2)	0
	Middle selection (3 out of 5)	14% (2)	56% (5)	0
	Disagree (2 out of 5)	7% (1)	% (0)	0
	Strongly Disagree (1 out of 5)	14% (2)	% (0)	0