

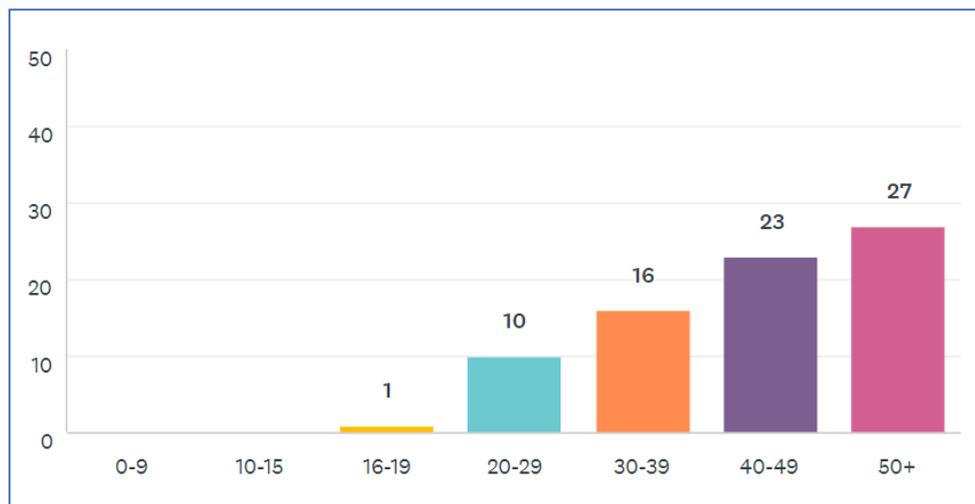


Mental Health After the Coronavirus Lockdown & Awareness of Mental Health Services in NI

We shared the link to the below questionnaire on the ZGBTST Facebook page and to the ZGBTST mailing list. We had a total of 77 respondents who answered all 10 questions. All questions and answers are included below.

Analysis of Answers

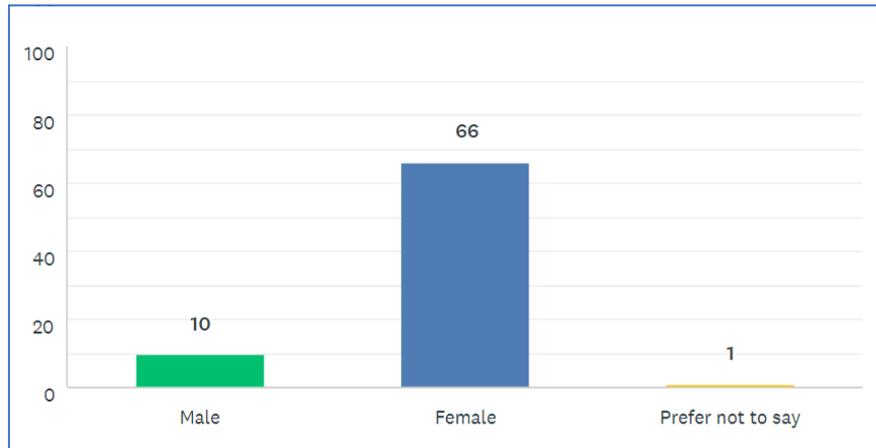
1. What is your age?



The questionnaire was shared via social media and email which appears to be the optimum method of gaining respondents across the age groups.

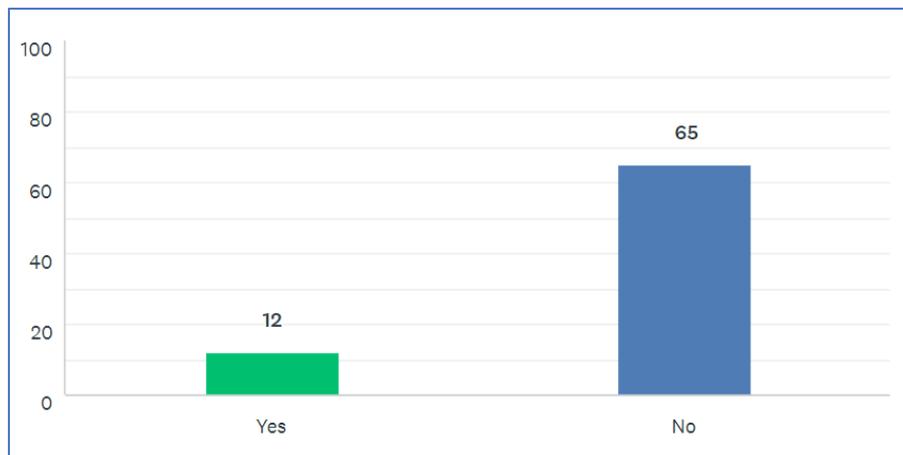


2. What gender do you identify as?



Only 13% of respondents were male. The unbalance in genders is likely because the ZGBTST Facebook and mailing list consists of majority females.

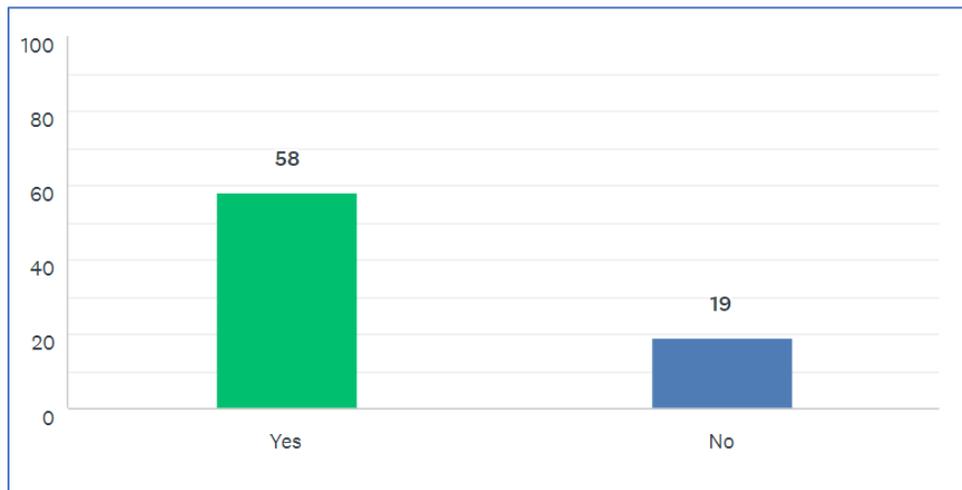
3. Do you live alone? By 'living alone' we mean you are the only occupant of the residence.



Most respondents do not live alone. The majority of those that do live alone were aged between 30-39 and 40-49.

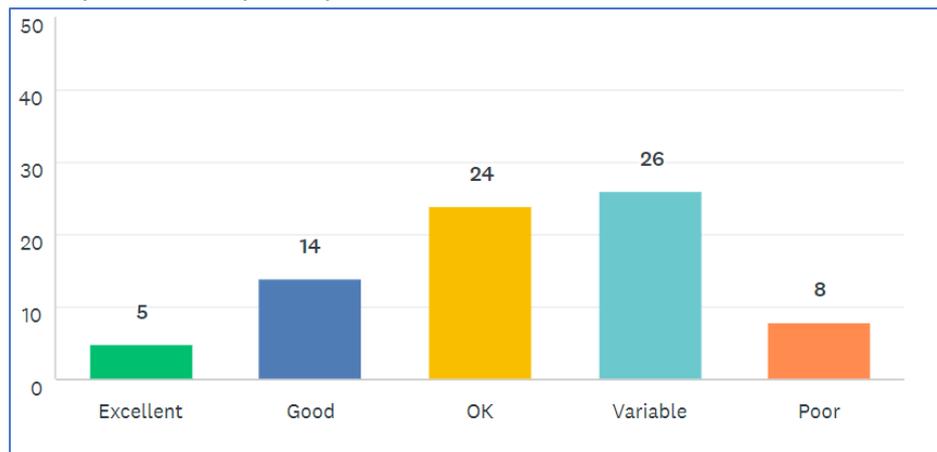


4. Have you ever experienced mental health issues? By 'mental health issue', we mean a diagnosis (made by yourself or a health professional) such as depression, anxiety disorder, bipolar disorder or schizophrenia.



75% of individuals who responded stated having a pre-existing mental health issue. This correlates with data from previous research carried out by ZGBTST in which 74.5% of individuals had a pre-existing mental health issue.

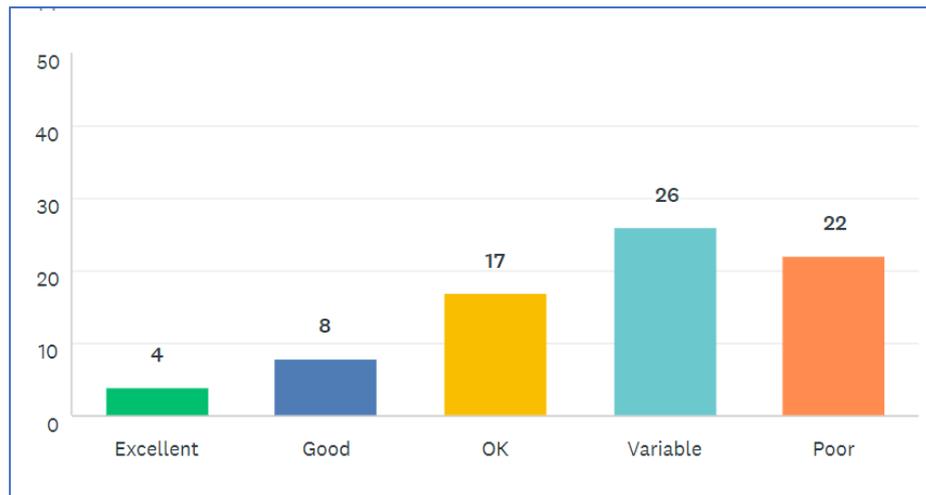
5. How would you currently rate your overall mental and emotional health?



The trend within the responds to this question is clearly leaning towards the right hand side of the graph and peaks at the “variable” response indicating an overall poorer classification.



6. During the Coronavirus lockdown how would you have rated your overall mental and emotional health?



The trend within the responses to this question is again clearly leaning towards the right-hand side of the graph and peaks at the “variable” response. Interesting to note the drop in “good” classifications and the increase in “poor” responses to this question compared to the responses in question 5.

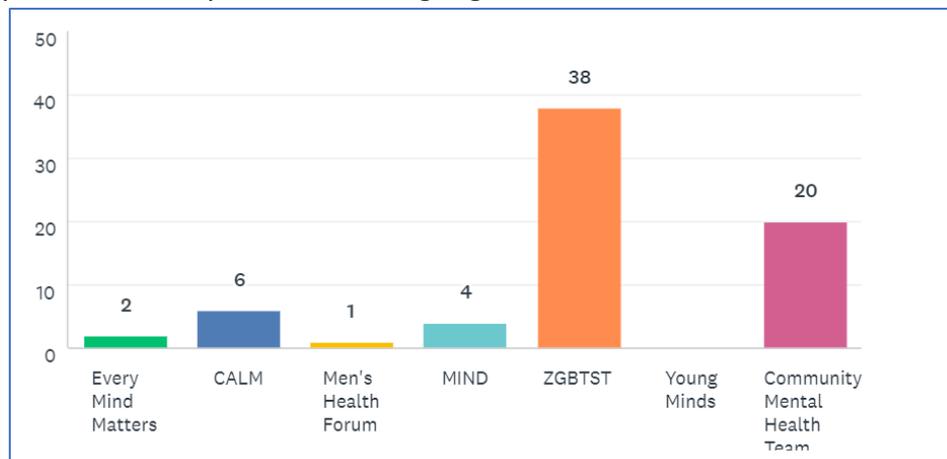
7. How would you say the lock down affected your mental and emotional health?

Within this question respondents were given the opportunity to put into their own words how their mental health was affected during the first coronavirus lockdown. The 77 responses were filtered, and the top 100 words put into a word cloud below. Responses were filtered for pronouns (I, mine etc.), determiners (as, the etc.) and conjunctions (and, because etc.).



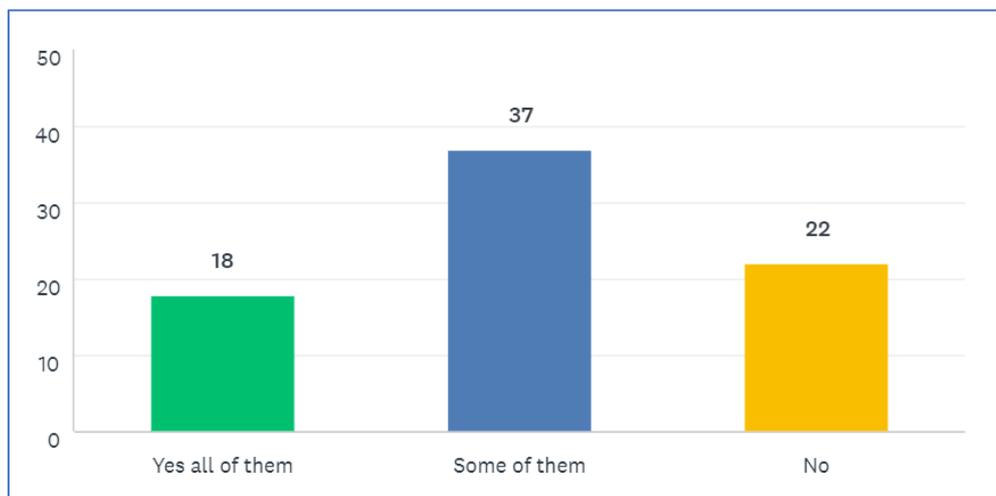
- a) An example of a positive response to this question:
"It gave me more time to slow down and focus on self care"
- b) An example of a negative response to this question:
"Caused my anxiety and depression to worsen."
- c) An example of a response stating no effect:
"made no difference- was at work the whole time"

8. Have you heard of any of the following organisations?



Just under half of the respondents have heard of ZGBTST. Knowledge of other mental health services is lacking within this group of respondents.

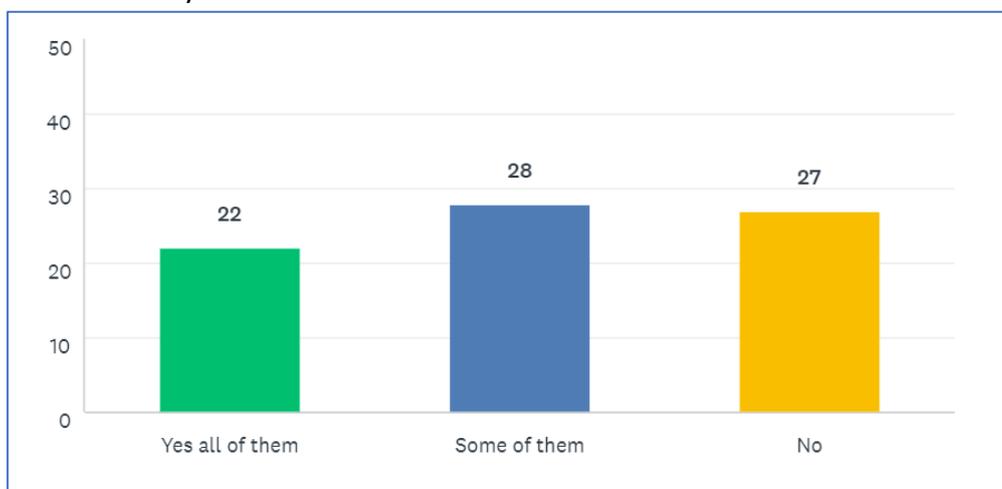
9. Are you aware of the services the Zachary Geddis Break the Silence Trust currently has to offer?





These results are disappointing only 18 respondents (23%) are aware of the services we currently provide. Only half of responses know some of our services -this is despite regular content and reminders from the ZGBTST Facebook page.

10. Are you aware of how to access the services the Zachary Geddis Break the Silence Trust currently has to offer?



These responses are nearly evenly distributed. Results from this and question 9 reinforce the need for further publicity on ZGBTST services and how the public can access them.

Further Analysis of Mental Health Rankings After and During Lockdown

The ratings within this section were derived from the responses within questions 5 & 6.

'Improved' was identified as a better classification in question 6 than in question 5. E.g. Respondent A stated their current mental health is 'variable' in question 5, but in question 6 stated their mental health during lockdown was 'good'.

'No change' was identified as the same classification in question 5 and question 6. E.g. Respondent B stated their current mental health is 'variable' in question 5, and in question 6 stated their mental health during lockdown was 'variable'.

'Worsen' was identified as a poorer classification in question 5 than in question 6. E.g. Respondent C stated their current mental health is 'variable' in question 5, but in question 6 stated their mental health during lockdown was 'poor'.



Change in Mental and Emotion Health Rating with Age Of Respondent

How the mental and emotional health of respondents of different ages changed with the coronavirus lockdown.

	Mental Health Rating Change After and During Lockdown							
Age	0-9	10-15	16-19	20-29	30-39	40-49	50+	Total
Worsen	0	0	1	6	8	13	9	37
No change	0	0	0	3	7	9	14	33
Improved	0	0	0	1	1	1	4	7
Total	0	0	1	10	16	23	27	77

Only one respondent was within the 16-19 age group. The data shows that for the age groups 20-29, 30-39 and 40-49 most respondents mental health worsened during the lockdown. For the older age group 50+ most clients reported no change in their mental health during lockdown. This data is shown graphically in Figure 2.

Overall a total of 37 individuals (48%) reported their mental health worsening after lockdown, 33 individuals (43%) stated no change in their mental health and only 7 (9%) reported an improvement.

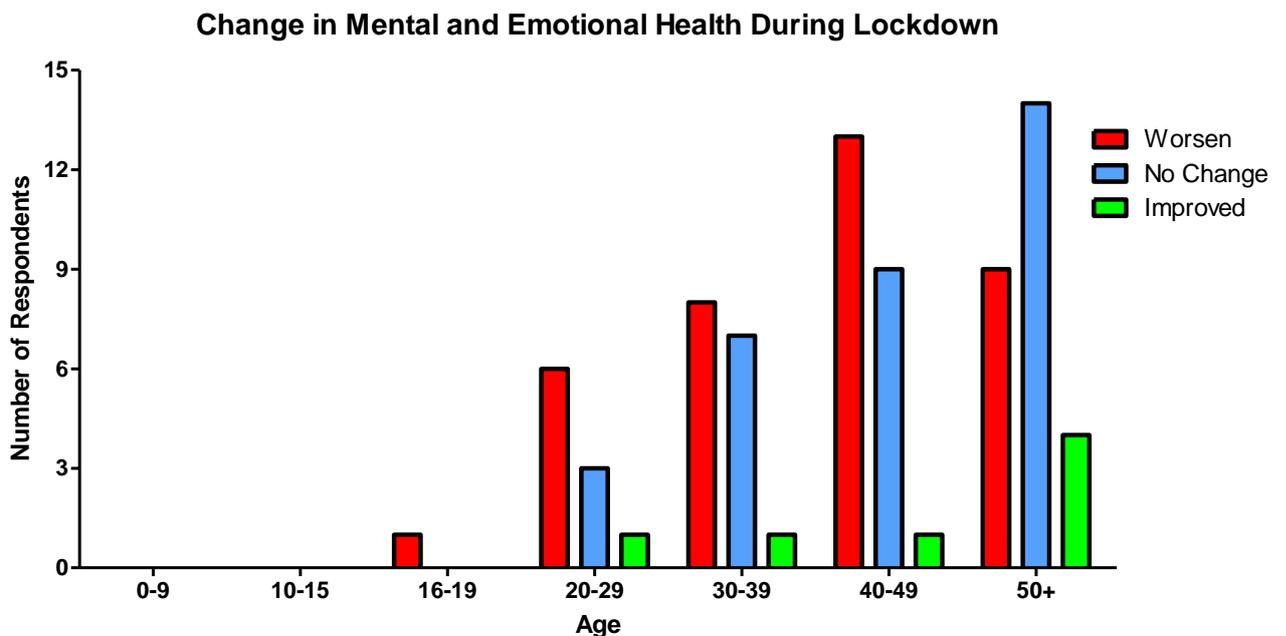


Figure 2. Data showing the change in mental health classifications based on individual responses to question 5 and question 6 and respondent age.



This data correlates with previous research carried out by ZGBTST during the lockdown in May 2020 in which the majority of respondents in the lower age categories (20-29, 30-39) stated their mental and emotional health worsened after the start of lockdown measures. ZGBTST also previously observed that the older age group (50+) contained the greatest number of responses who stated “no change” in their mental and emotional health.

Change in Mental and Emotional Health Rating with Gender

The groups for gender (females:66, male:10, prefer not to say:1) were unfortunately not balanced enough to draw conclusions from.

Change in Mental and Emotional Health Rating in Individuals that Live Alone

How the mental and emotional health of respondents who live alone changed with the coronavirus lockdown. We defined ‘living alone’ as the only occupant of the residence.

Alone/Not Alone	Mental Health Rating Change After and During Lockdown		
	Alone	Not Alone	Total
Worsen	9	28	37
No change	3	30	33
Improved	0	7	7
Total	12	65	77

The majority of respondents did not live alone (65 total) and all respondents that stated an improvement in their mental and emotional health were within this group (7 total). This data is shown graphically in Figure 3.



Change in Mental and Emotional Health During Lockdown

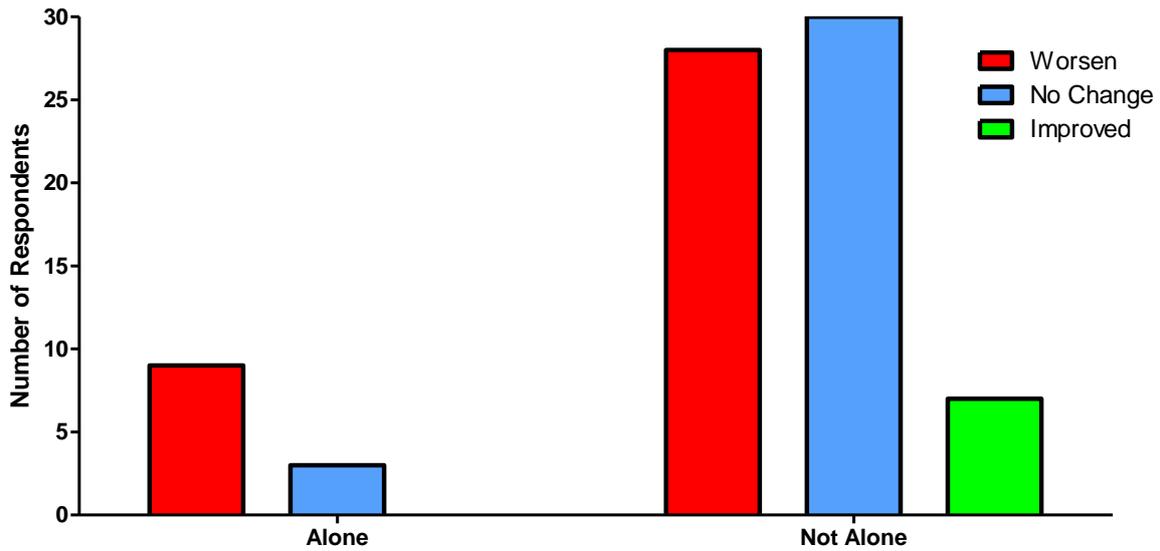


Figure 3. Data showing the change in mental health classifications based on individual responses to question 5 and question 6 and whether respondents live alone

Interesting to note that 66% (9) of those that live alone reported their mental and emotional health worsening during lockdown, compared to 43% (28) of those that do not live alone. 65% of those that do not live alone stated no change in their mental and emotional health. None of the respondents that live alone noted an improvement in their mental and emotional health during lockdown

Change in Mental and Emotional Health Rating in Individuals with Pre-existing Mental Health Conditions

	Mental Health Rating Change After and During Lockdown		
	No Pre-existing	Pre-Existing	Total
Worsen	10	27	37
No change	7	26	33
Improved	2	5	7
Total	19	58	77

The majority of respondents (75%) stated they have a pre-existing mental health issue (58 total). This data is shown graphically in Figure 4.

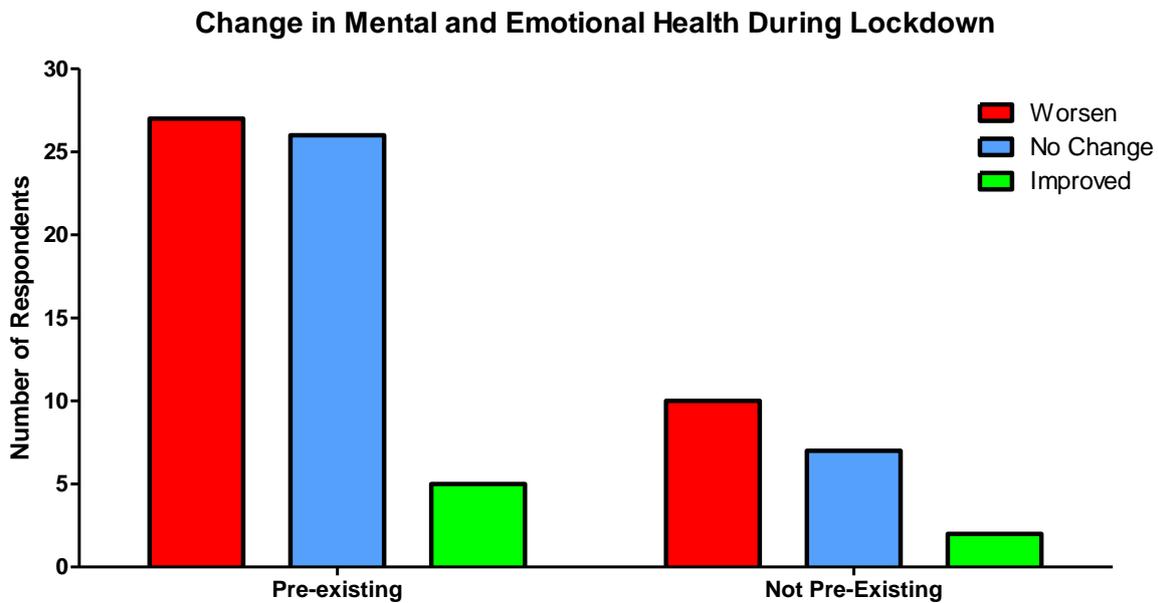


Figure 4. Data showing the change in mental health classifications based on individual responses to question 5 and question 6 and whether respondents have a pre-existing health condition or not.

53% (10) of those without a pre-existing mental health issue stated their mental and emotional health worsened during lockdown. This result is very close to the result for those with a pre-existing mental health issue of which 47% (27) reported their mental and emotional health worsening during lockdown.

Conclusion

From this data it is evident for many individuals the coronavirus lockdown resulted in poorer mental health. The responses from this questionnaire and previous research carried out by ZGBTST suggest that many of these individuals did not know of mental health services still available to them during the lockdown. The most at-risk groups within our responses are those aged between 20-29, 30-39, 40-49 and those that live alone. Whether or not individuals had a pre-existing mental health issue did not appear to influence their mental and emotional health over lockdown.