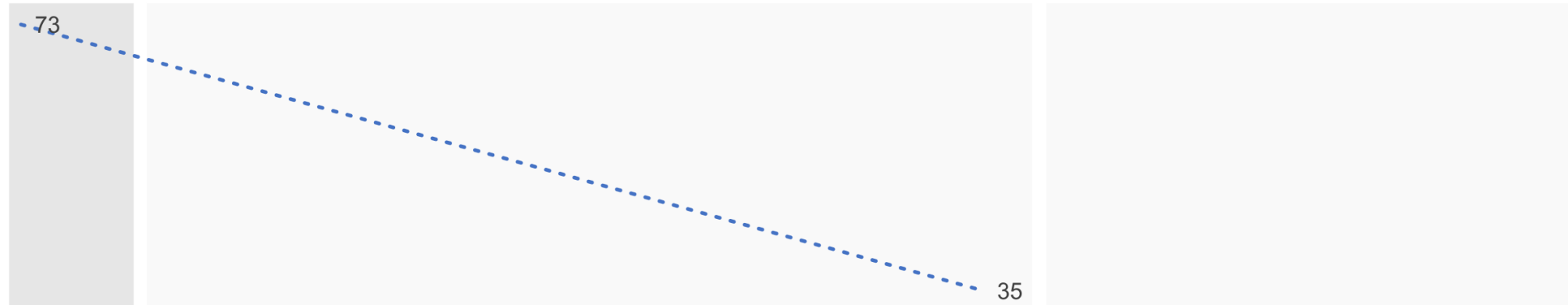


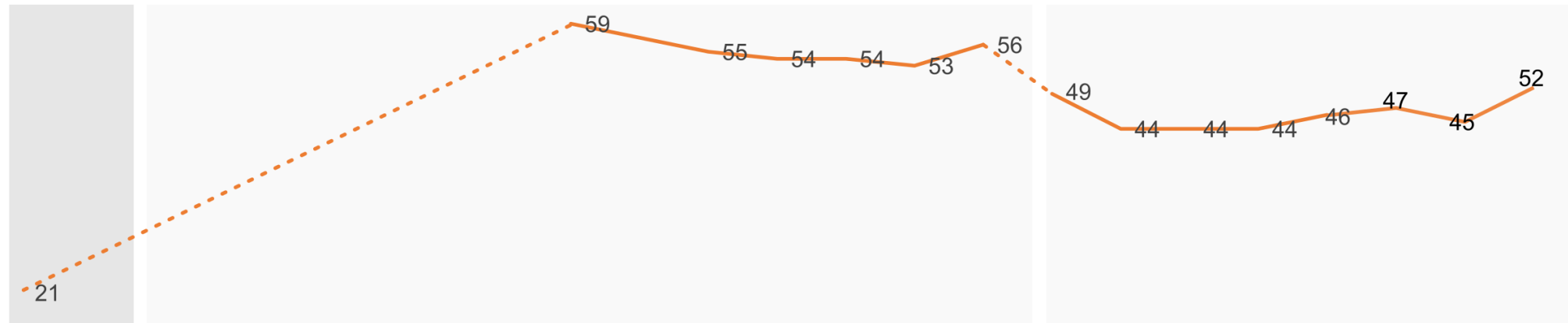
# People are meeting up less and loneliness has increased



**SOCIAL CONTACT**  
% who met socially at least once in the last week:  
"In the last month, how often have you met socially in person with friends, relatives, neighbours or work colleagues?"



**LONELINESS**  
% who felt lonely all/almost all/most/some of the time:  
"How much of the time during the last week have you felt lonely?"



Data source:

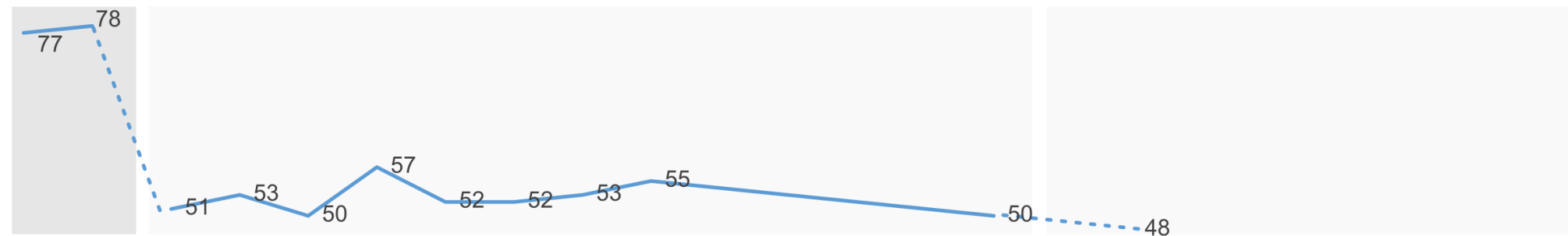
Scottish Household Survey  
Ipsos Mori Global Tracker

YouGov

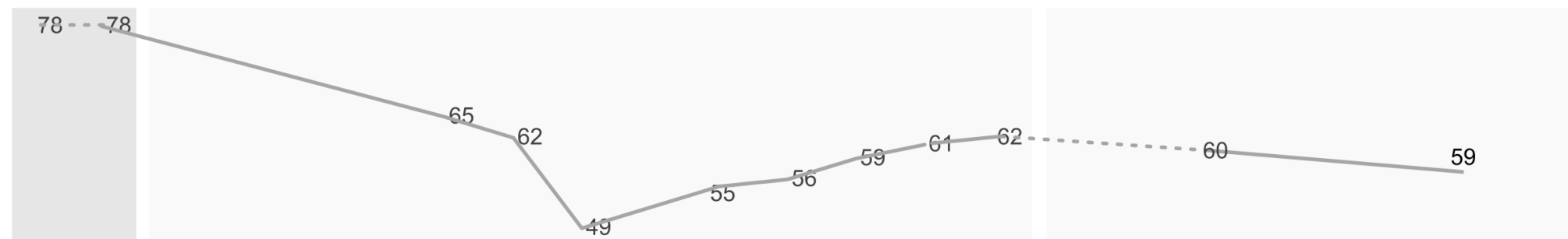
# Other measures have fallen from pre-coronavirus baseline



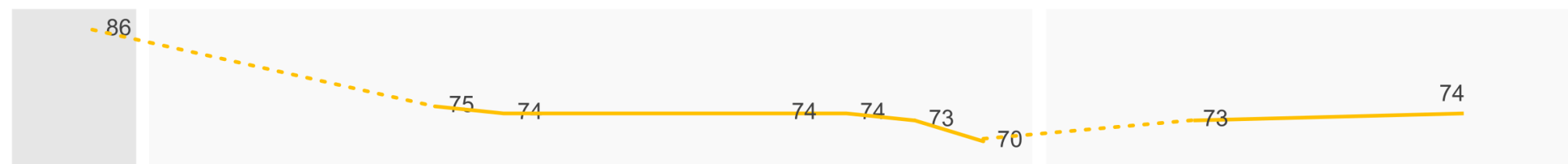
● **HELP AND ADVICE**  
% 'Strongly'/'tend to' agree:  
"I feel I could turn to someone  
in this local area for practical help  
and advice if needed."



● **NEIGHBOURHOOD BELONGING**  
% Very/fairly strongly:  
"How strongly do you feel you belong  
to your immediate neighbourhood?"



● **NEIGHBOURHOOD SAFETY**  
% who feel very/fairly safe:  
"How safe do you feel walking alone  
in your neighbourhood after dark?"



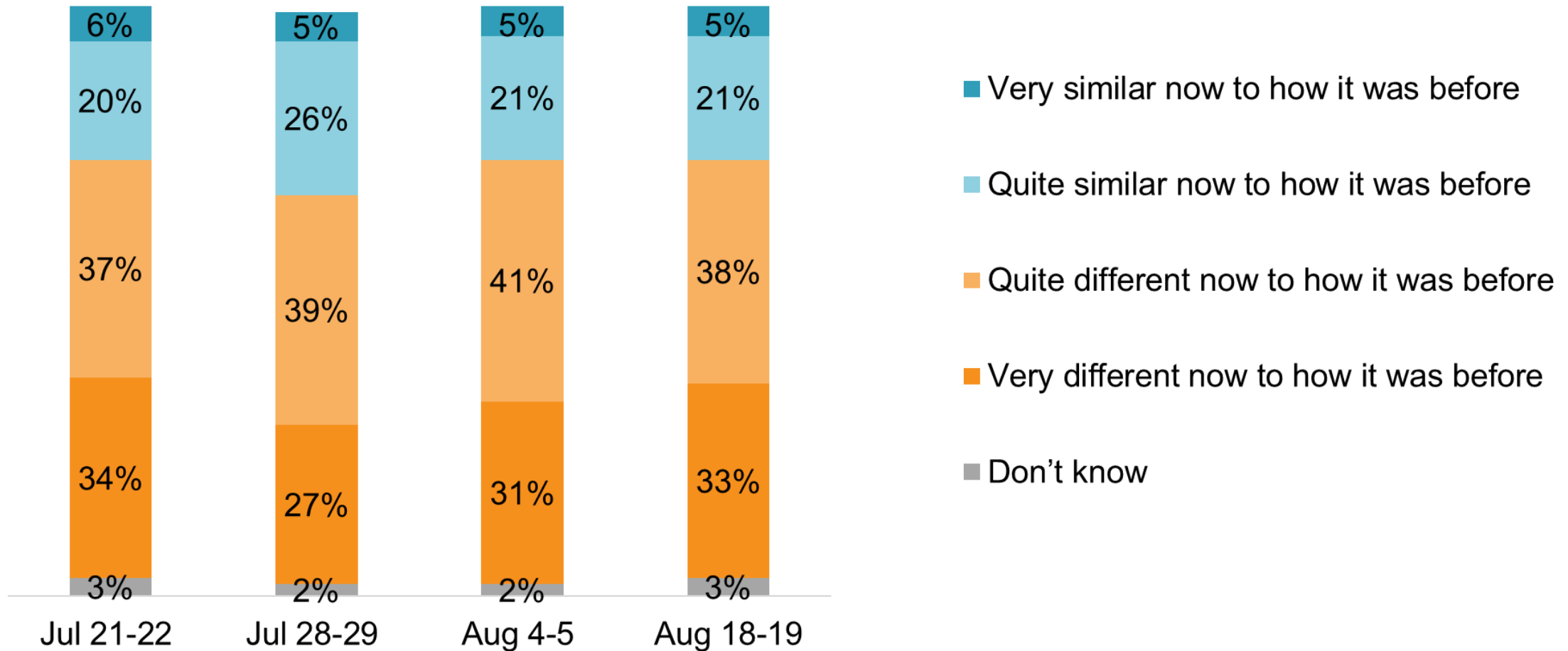
Data source:

Scottish Household Survey  
Ipsos Mori Global Tracker

YouGov

# The majority say their daily life is different than before the pandemic (YouGov)

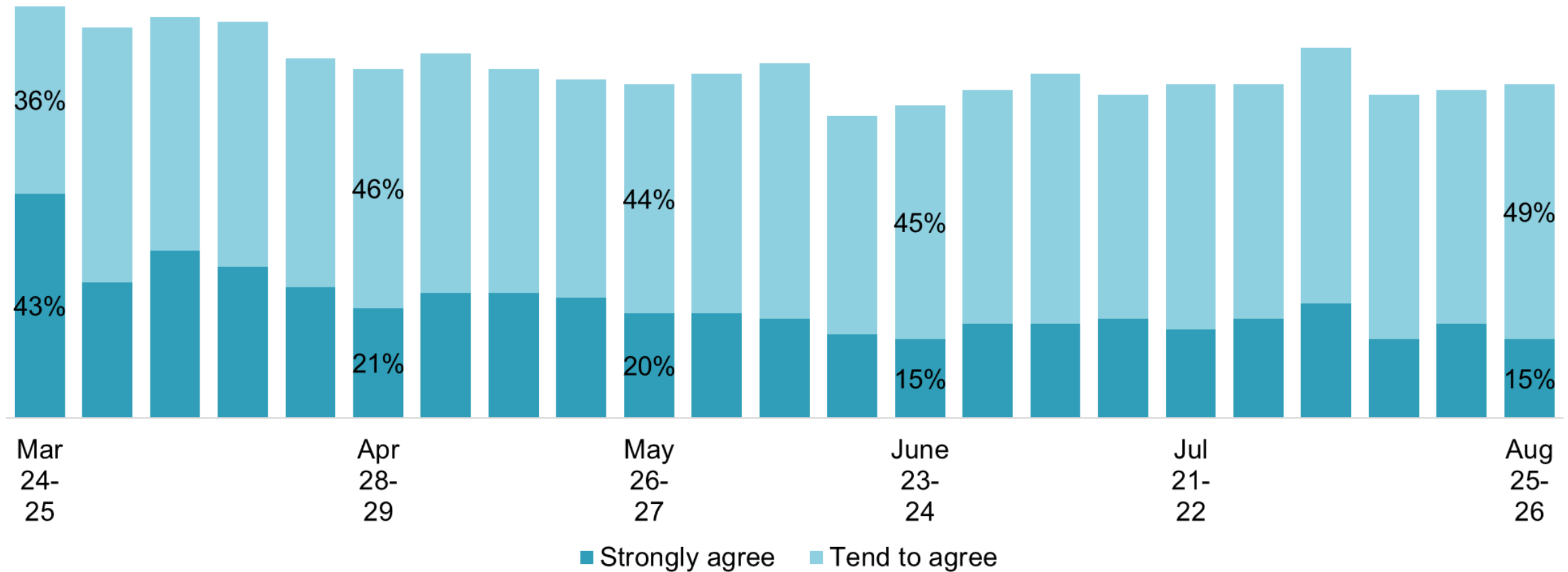
**How similar or different would you say your daily life is currently to life before the Coronavirus (COVID-19) pandemic broke out?**



# Worry was highest at the beginning of lockdown and has been high since (YouGov)



## I feel worried about the coronavirus situation % strongly agree/ agree

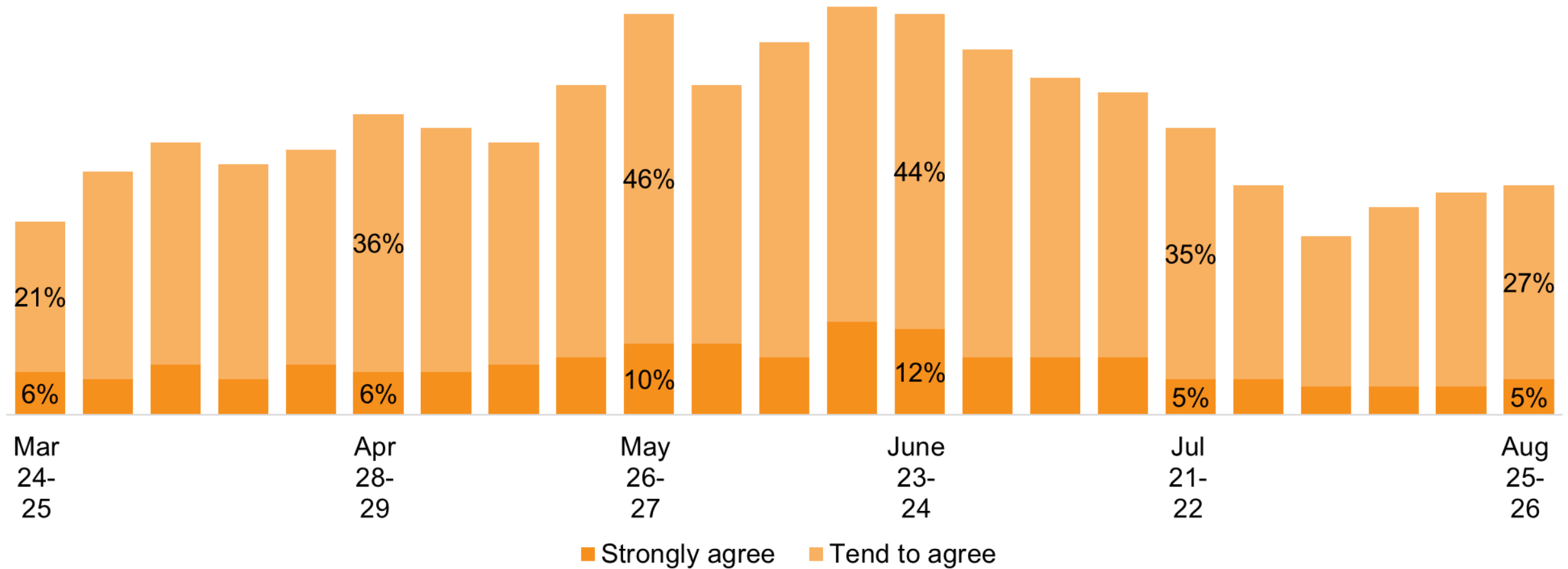


# Optimism that things will get better soon increased over summer, but has dipped since



(YouGov)

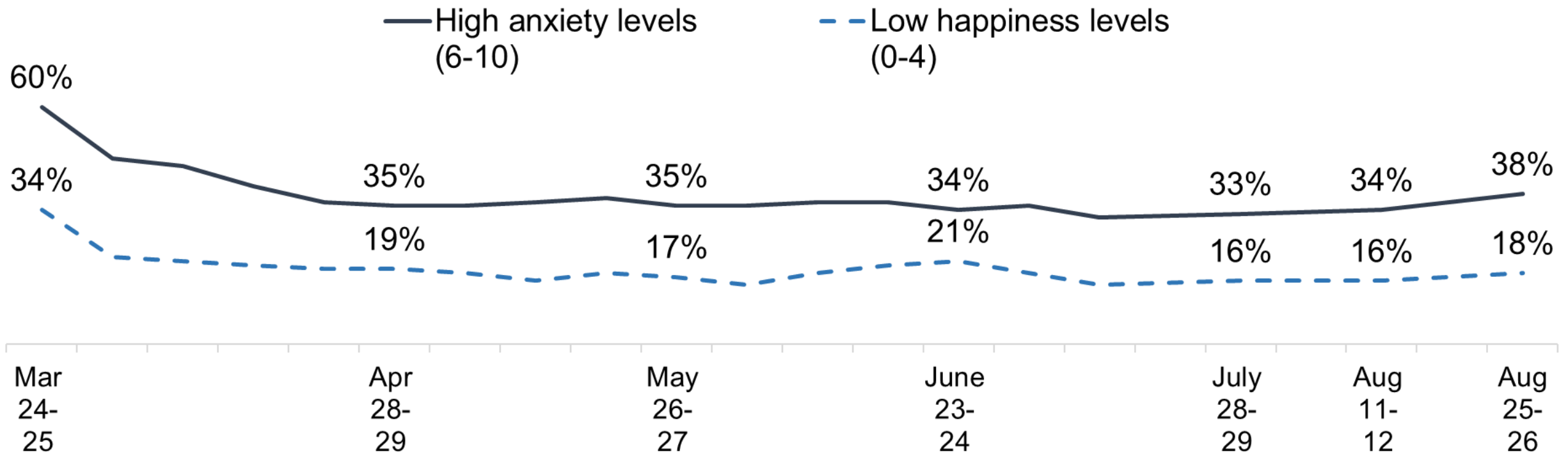
**I'm sure things will start to get better soon**  
% strongly agree/ agree



# Levels of high anxiety and low happiness were higher at the start of lockdown (YouGov)



**Overall, how happy/anxious did you feel yesterday (on a scale of 0-10)**

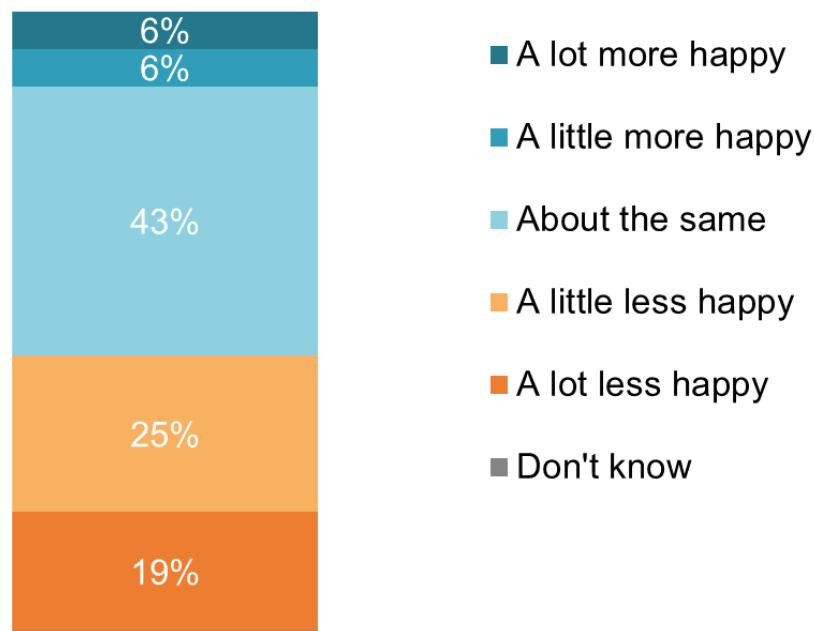


# Happiness and anxiety – wellbeing study

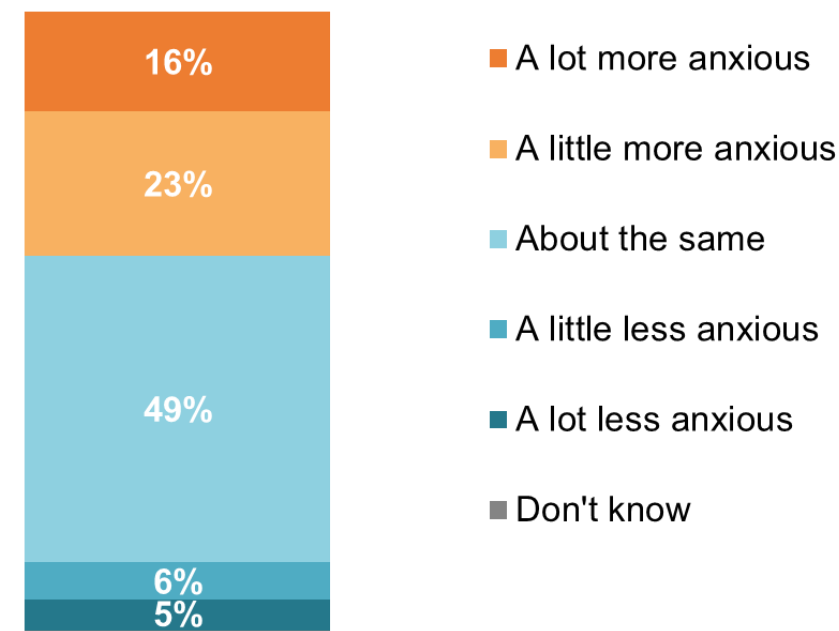


(27 April – 3 May)

Compared with a typical day, would you say you felt more or less happy yesterday, or did you feel about the same?



Compared with a typical day, would you say you felt more or less anxious yesterday, or did you feel about the same?



Women more likely to say 'a lot less happy' (22%) than men (15%)  
Those in least deprived quintile more likely to be less happy (47%) than those in most deprived (36%)  
Those with a health condition more likely to be a lot less happy (27%) than those without (15%)

Women more likely to report being 'a lot more anxious' (20%) than men (13%)  
Those in the least deprived areas were more likely to report being 'a little more' anxious (34%) than those in the three most deprived areas (15-20%)  
Those with a health condition more likely to be a lot more anxious (20%) than those without (14%)

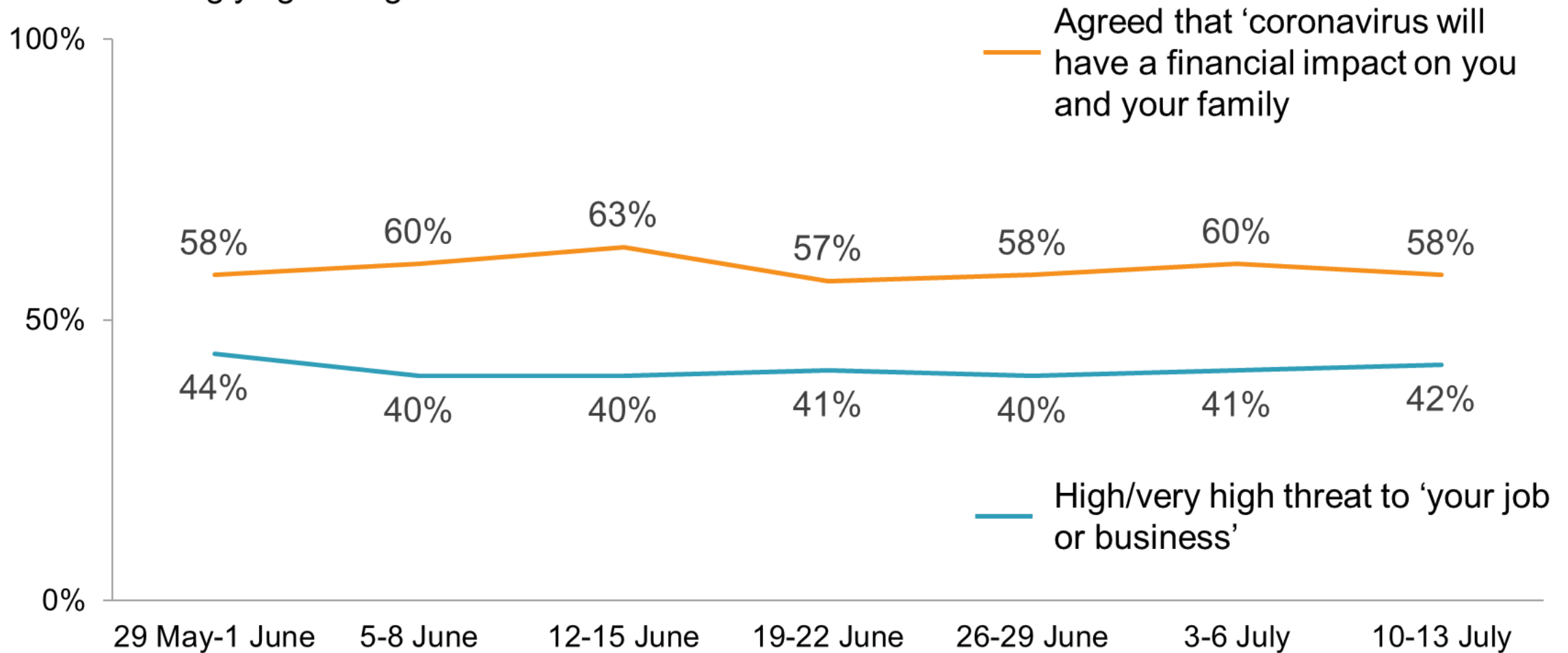


# The majority agree that coronavirus will have a financial impact on them and their household

(YouGov)

## Financial impacts

% strongly agree/ agree



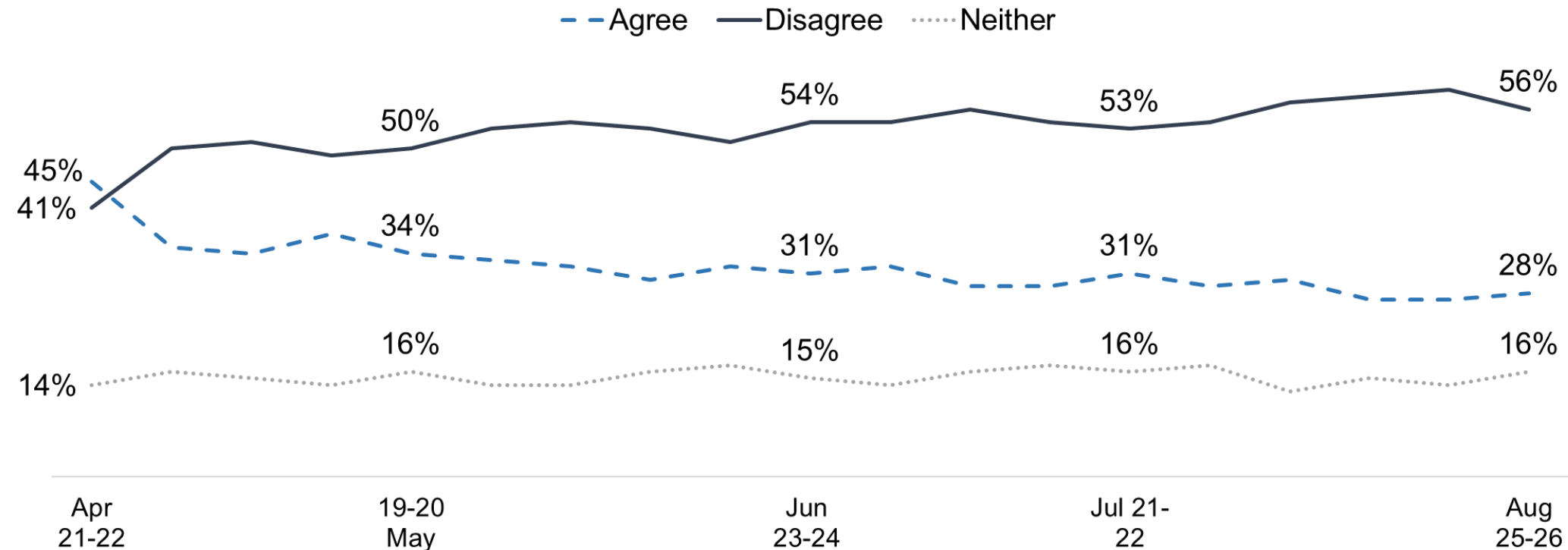
# A sizable minority would avoid seeking medical help with something not related to coronavirus



(YouGov)

## Health impacts

% agree or disagree with 'I would avoid going to a hospital or GP practice at the moment even if I had an immediate medical concern (not related to Coronavirus)'

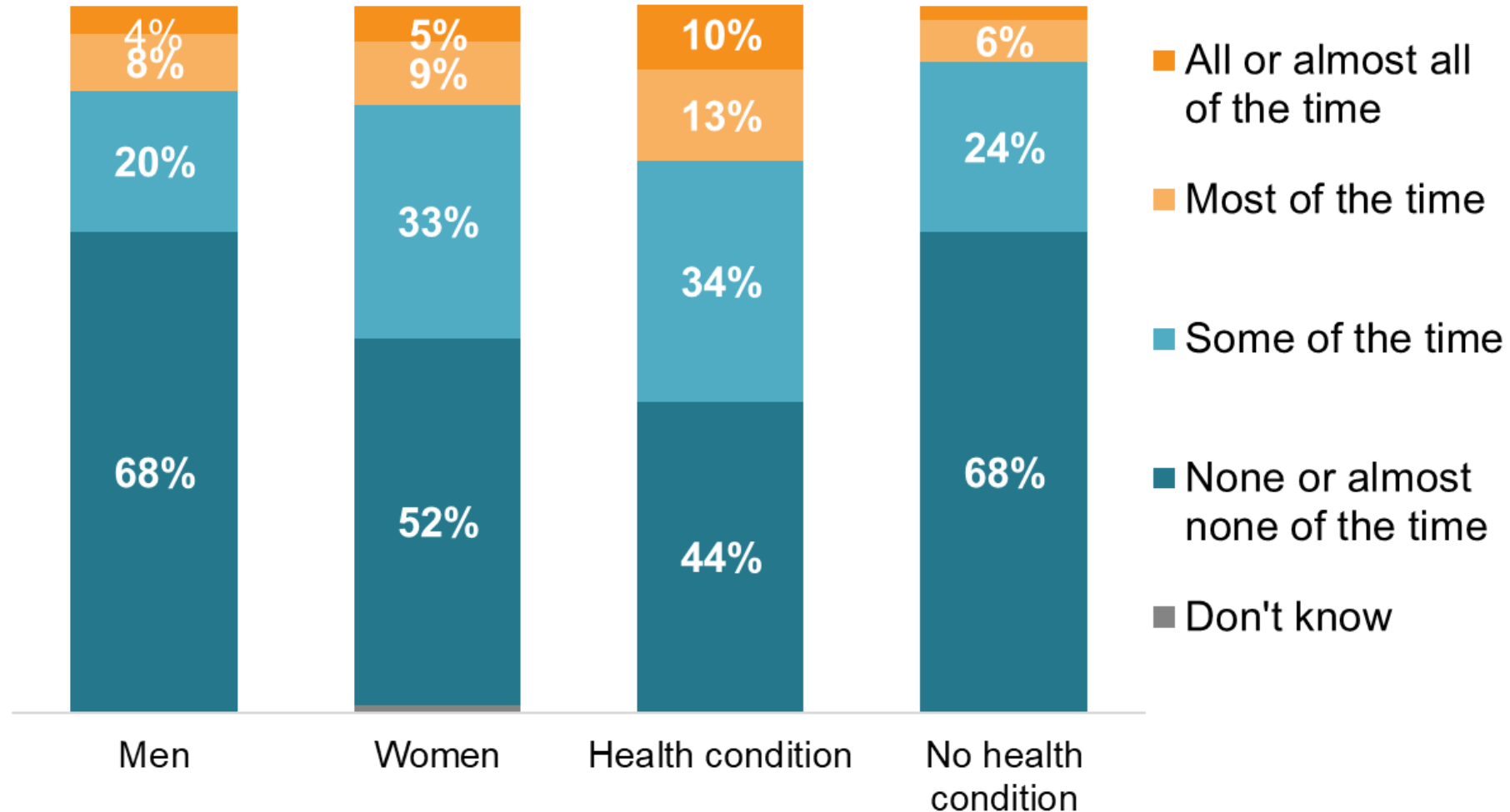


# Women felt lonelier than men, and those with health conditions felt lonelier than those without



(Wellbeing survey 27 April – 3 May)

## How much of the time during the last week have you felt lonely?

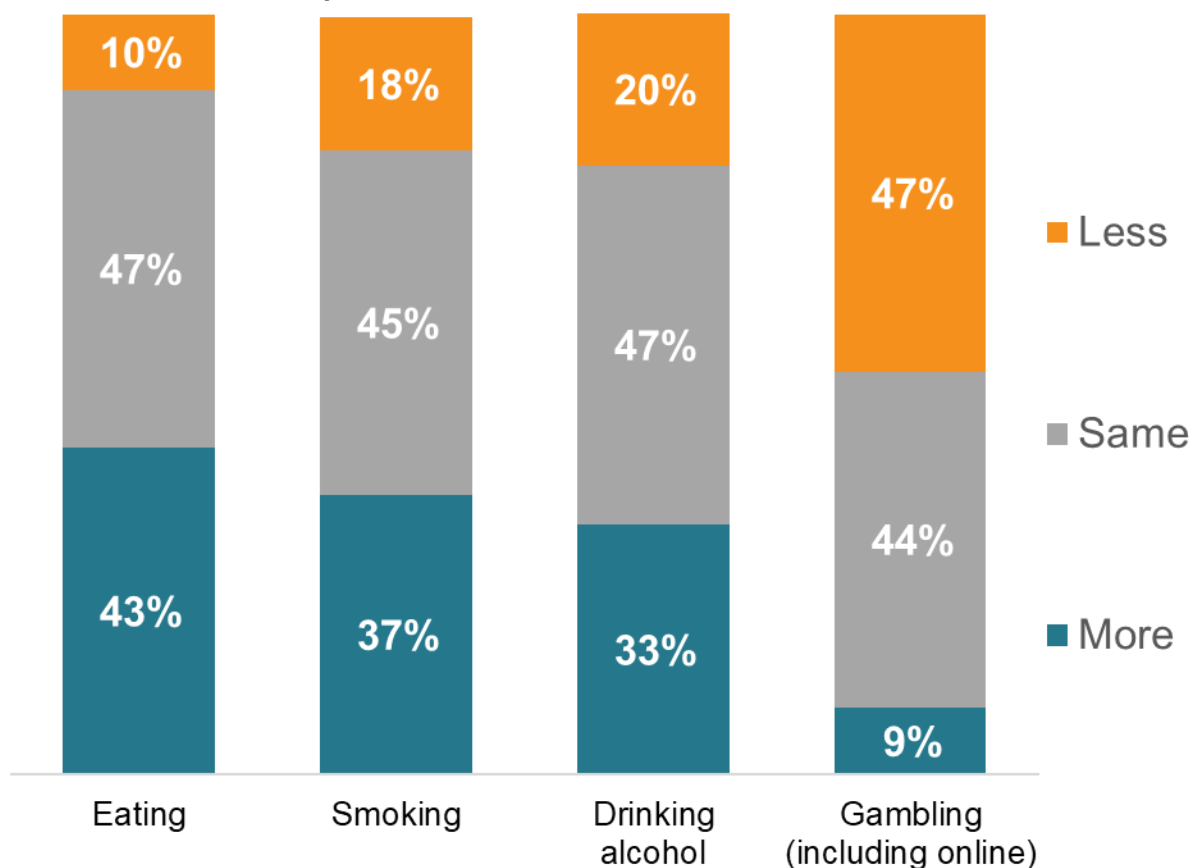


# A notable minority were eating, smoking and drinking more than they did before lockdown



(Wellbeing survey 27 April – 3 May)

Compared to the start of March, are you doing the following things more, less, or the same amount? (of those who did before)





*“Job losses or the reduction in income through being furloughed has meant families are now struggling to buy food, pay bills and provide clothes for their children...others have spoken of difficulties accessing foodbanks”*

## **Charity for children and young people**

*“We have concerns that many children who were/are at risk of abuse, neglect and/or exploitation may not be seen by professional, service providers and family members”*

## **Children’s charity**

*“This pandemic has shone a light on loneliness and isolation like never before, with huge numbers of people experiencing it to a greater or lesser extent...we need to harness this awareness...”*

## **Befriending charity**

*“Our members are very worried in the short to medium term about people’s health and wellbeing, particularly the very high levels of anxiety, stress, distress and other mental health issues”*

## **Health charity**

*“[we have] a plea to supporting the most marginalised groups, they are extremely vulnerable. If we don’t address we will require dealing with more complex issues within more acute settings”*

## **Mental health charity**

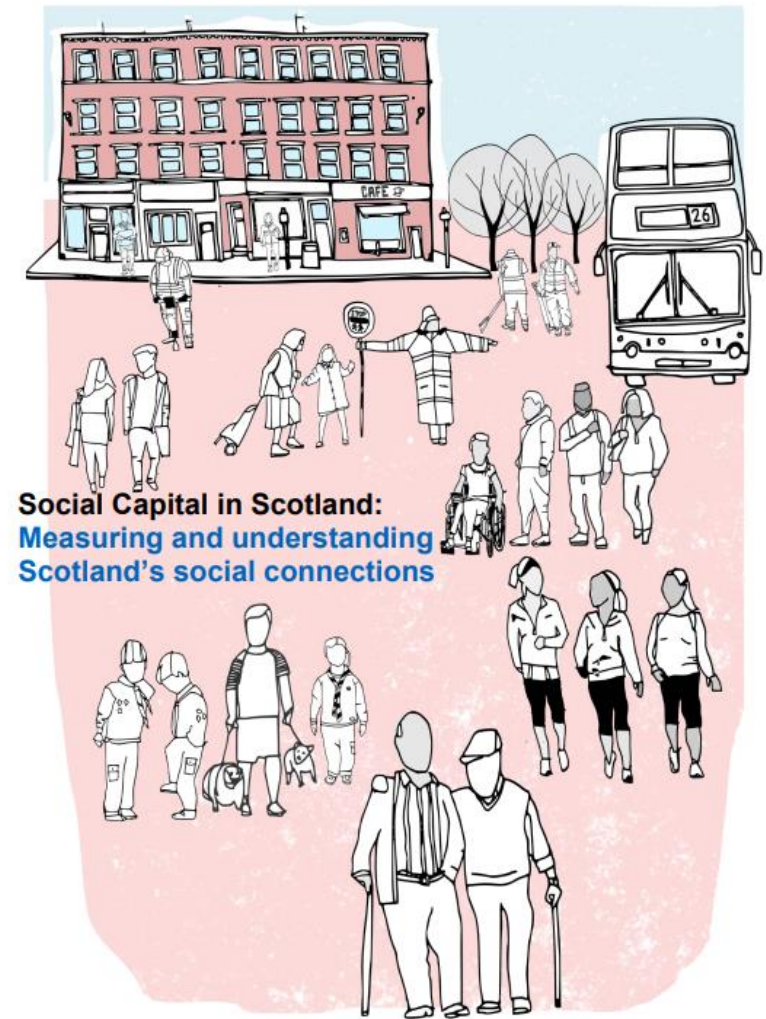
*“Sustainability is an ongoing concern, with organisations struggling to fundraise, carry out key-funded activity and meet increased demand. The impact of this on wider communities is already being felt, with organisations finding it harder to provide core services to those most in need”*

## **Community organisation**

# Priorities for increasing social capital



1. Policymakers and practitioners in a wide range of policy settings would benefit from a better understanding of how their work affects social relationships and wellbeing in neighbourhoods and communities.
2. We need to prioritise the places and groups that have the lowest levels of connections.
3. We need to ensure there are good quality, affordable and accessible places and spaces where people spend time, gather and meet.
4. People need to be involved more strongly in decisions about their communities.
5. We need to base our understandings of community wellbeing on fuller and more rounded accounts than statistics alone can provide.



What resonated most with your experience?

How can we better understand direct lived experience?

How can we best use data to improve policy?

What (new) risks are people exposed to?

How to understand equalities information more?



## COVID-19 in Scotland dashboard:

- <https://data.gov.scot/coronavirus-covid-19/index.html>

## Public attitudes to coronavirus reports:

- April summary - <https://www.gov.scot/publications/public-attitudes-coronavirus-april-summary/>
- May summary - <https://www.gov.scot/publications/public-attitudes-coronavirus-summary/>
- June and early July summary - <https://www.gov.scot/publications/public-attitudes-coronavirus-june-early-july-summary/>
- October update - <https://www.gov.scot/publications/public-attitudes-coronavirus-october-update/>

## Other reports:

- Coronavirus (COVID-19): impact on wellbeing - <https://www.gov.scot/publications/impact-covid-19-wellbeing-scotland/>
- Coronavirus (COVID-19): impact on communities and priorities for recovery - <https://www.gov.scot/publications/impact-covid-19-communities-priorities-recovery-perspectives-organisations-working-communities/>
- Social Capital in Scotland: Measuring and understanding Scotland's social connections - <https://www.gov.scot/publications/social-capital-scotland-measuring-understanding-scotlands-social-connections/>

**Please do get in touch if you have any comments or questions: [covid-19.behaviours@gov.scot](mailto:covid-19.behaviours@gov.scot)**