



The Impact of Covid-19 on Wellbeing in Scotland



PEOPLE, COMMUNITIES AND PLACES

The Impact of COVID-19 on Wellbeing in Scotland

Public attitudes team, COVID modelling and analysis hub

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Introduction

This report contains the findings from a telephone survey commissioned by Scottish Government to better understand the impact of the COVID-19 pandemic on people in Scotland. The survey was intended to supplement other polling work, published in [April](#), [May](#) and [June](#) which focused more on attitudes, knowledge and behaviours directly related to the pandemic.

Background

The survey fieldwork was conducted from 27th April – 3rd May. The ‘lockdown’ restrictions implemented by the UK and Scottish Governments had been in place since 23 March. An ‘effective ban’¹ was placed on public gatherings of more than two people, and on leaving home except to shop for necessities, exercise, for medical reasons, to care for a vulnerable person or to travel to essential work if it could not be done from home. Schools and public spaces such as libraries, communal parks and playgrounds were closed, as well as non-essential shops and places of worship. The Coronavirus Job Retention Scheme had been put in place, which allowed businesses to ‘furlough’ workers.

These measures were in place until 29 May, when Scotland moved into ‘Phase 1’ of the four-phase ‘route map’² for easing lockdown restrictions. At this point, restrictions on outdoor activity were eased, with the public able to meet up with another household outdoors and use outdoor public spaces for recreational purposes.

Research aims

The research aimed to collect data in response to the following questions;

- What has the impact of COVID-19 and related response measures been on wellbeing in Scotland?
- What are people’s experiences of COVID-19 and related response measures?
- What personal strategies are being developed to cope with COVID-19 and the restrictions in place?
- How do these experiences and strategies differ by groups, especially for those who typically had lower levels of wellbeing?
- How do experiences and strategies differ by types of places (rural/urban/SIMD)?
- Are people getting the support they need and where from?

Methodology

Ipsos MORI carried out a telephone survey with 1000 respondents. The questionnaire was 15 minutes in length and included only closed questions. The full

¹ <https://www.gov.scot/news/effective-lockdown-to-be-introduced/>

² <https://www.gov.scot/publications/coronavirus-covid-19-framework-decision-making-scotlands-route-map-through-out-crisis/>

questionnaire is included at Annex B. The questionnaire was designed by Scottish Government analysts and Ipsos MORI.

The survey fieldwork was conducted over a seven-day period, between Monday 27th April and Sunday 3rd May. Minimum quotas were set, and met, on age and disability. The sample source was random digit dialling, as well as supplementary mobile number databases.

Weighting was applied to make the results representative of the following:

- Age by gender
- Working status by age
- Scottish Parliamentary region
- Tenure

This report includes differences observed across various subgroups. Subgroups were chosen based on prior knowledge about wellbeing issues, potential vulnerability to COVID and sample sizes. Differences have only been reported if significant at the 95% level, however not all significant differences have been reported.

The subgroups included are below, with unweighted base sizes provided in Annex A:

- Gender (male and female)
- Age group (16-24, 25-34, 35-49, 50-69 and 70+)
- Household type (Children and no children in household)
- Area deprivation
- Disability
- Area type (rural and urban)

Area deprivation is based on SIMD quintile classifications. Throughout the report the highest SIMD quintile (5) is referred to as the least deprived areas and the lowest SIMD quintile (1) is the most deprived areas.

Disability is based on responses to two questions; whether the respondent has a long term physical or mental health condition and whether this condition limits their day to day activities.

Household composition was also analysed, but presented very similar results to the age subgroups. Financial situation was also analysed but very few differences were found. Finally tenure was analysed, but due a low base for the private rented sector, there were very few significant differences.

Limitations

Representativeness was achieved through quota sampling. This means that strictly speaking, statistical significance should not be applied, however it has been used in the analysis of this survey data as an indication of differences that are likely to be of importance.

Key findings

The overall trends from the report are summarised below. Key differences across subgroups are also included as it is important to recognise that experiences during the pandemic have not been uniform, with some groups more affected than others.

Changes in circumstances

The majority of respondents had experienced some changes in their employment, most commonly moving to working from home (32%) or being furloughed (26%), whilst 39% of respondents were key workers. Although the majority of respondents had not experienced any change in their income level, a third (32%) had a lower income than before the pandemic. To accommodate this, most (55%) had cut back on non-essential spending.

The vast majority (90%) had not experienced difficulties accessing necessary food and medicine. Of those who had, this was most commonly because things were not available (45%). The vast majority had not experienced any issues paying energy bills (95%) or other bills (92%) or collecting their benefits and pensions (98%). Almost all (97%) had not experienced any changes in their living situation, nor had they, or anyone in their household, become infected with COVID-19 (91%).

Wellbeing

The majority of respondents (61%) felt happy (a score of 7-10) and only 15% felt low levels of happiness (0-4 score). However, compared with the pre-COVID benchmark, there appears to have been a reduction in the proportion who feel 'very high' happiness (16% compared with 35%) and a corresponding increase in each of the lower groups. The majority (87%) of those left in the highest group (9-10 score) felt 'about the same' level of happiness as before the pandemic. Those scoring their happiness at a lower level were also more likely to say that they felt less happy than previously, with 75% of those in the 'very low' (0-1 score) group feeling less happy than they did in March.

A similar pattern was evident for levels of anxiety, although with smaller changes compared with the benchmark: 29% felt highly anxious and 31% felt very low anxiety, compared with 20% and 31% respectively at the benchmark. Those who were highly anxious (6-10 score) were most likely to say they felt more anxious than previously (65% felt a little/lot more anxious). However a quarter in this group felt about the same as previously. A substantial minority (40%) had felt lonely in the last week, which appears to be higher than the pre-COVID benchmark (21%).

Respondents appeared to be more concerned about the health and wellbeing of their friends and family members than their own; the most common worry was friends/family becoming ill with COVID-19 (75%), followed by friend/family member's mental health (41%). Those who were highly anxious were more likely to be concerned about their own and other's mental health.

Coping activities

On balance, respondents were more likely to be phoning/video calling (75%), consuming news (58%) watching television (55%) and gardening (44%) than they

were in March before lockdown period began. A minority were eating (43%), drinking alcohol (23%) and smoking (9%) more than previously, however substantial minorities were also exercising more both inside (30%) and outdoors (39%).

Neighbourhood perception and support

The vast majority of respondents (81%) agreed that they could turn to someone in their neighbourhood for help, and that people in their neighbourhood could be trusted (81%). Those in rural areas were more likely to agree with both statements. The majority of respondents had received support in some form and did not need anything further, and most commonly this was people checking in on others (63%).

Summary of subgroup differences

Analysis of subgroups demonstrated the different responses amongst particular groups of the population, with some experiencing higher levels of hardship and instability as a result of the pandemic. The broad trends are described below, with further detail available in the relevant sections.

Gender

Men were more likely than women to:

- have been furloughed and be worried about their financial situation or job

Women were more likely than men to:

- be working more hours than usual
- have cut back on essential items such as food, and stopped mortgage or rent payments to manage a lower income
- be feeling more anxious and less happy than on a typical day before March
- be worried about their mental health, a friend or family member's mental health, lack of contact with friends and family, their children's learning and education
- be finding restrictions difficult to cope with and be sleeping badly

Age

Compared with those in older age groups, those in younger age groups were more likely to:

- have a lower income, have been furloughed, taken paid leave or applied for universal credit
- be experiencing difficulties getting the food or medicine they need, paying bills and their rent or mortgage
- be less happy, more anxious and lonely
- be worried about friends or family becoming seriously ill with COVID-19, their own mental health and their financial situation / losing their job
- be finding the current restrictions on socialising difficult to cope with, having more arguments with people they live with and not having enough space in their home

Households with children

Respondents with children in their household were more likely than those without to:

- have had difficulties paying their bills and rent/mortgage
- have a lower income than usual
- be worried about their financial situation and their own and others mental health, not have enough space in their home and be arguing more with their household
- be enjoying spending time with their family
- have not experienced loneliness in the last week.

SIMD quintile³

In general, those in more deprived SIMD quintiles were more likely than those in less deprived to:

- have lost their job or been made redundant, and have applied for universal credit
- be less happy, more anxious and lonely
- be worried about their mental health and not have enough space in their home
- have received support from care workers or a charity

Whilst those in less deprived SIMD quintiles, were more likely than those in more deprived to:

- be worried about the economic impact of coronavirus
- have access to a private garden
- have the same level of income as before the pandemic
- agree that they could rely in someone in their neighbourhood for help, and that people can be trusted in their neighbourhood

Disability

Disabled respondents were more likely than non-disabled respondents to:

- have had difficulties getting food or medicine, paying bills and collecting pensions or benefits
- report feeling more anxious, less happy, be worried about becoming seriously ill with COVID-19 and their own mental health
- be feeling lonely, finding current restrictions on socialising difficult to cope with and having less of a sense of purpose
- be sleeping badly, eating less and not having enough space in their home
- be more likely to say they need help to get shopping or medicine, financial advice or help with their mental health

Area type

Those in rural areas were more likely to agree that they could turn to someone in their neighbourhood for help and that their areas was one where people could be trusted.

³ This section describes broad trends observed across area deprivation, rather than specific differences between each quintile. For more detail please see the main body of the report.

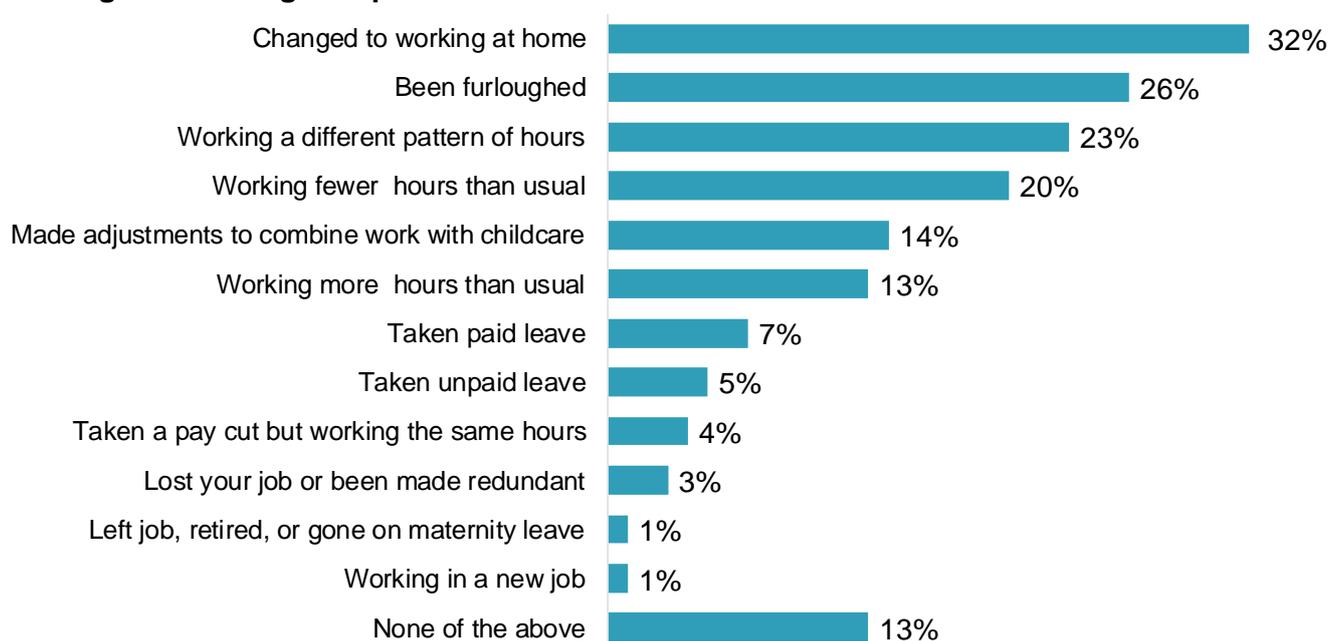
Chapter 1. Employment and income

This chapter covers respondents' experiences with changes to their work patterns and income as well as accessing necessities.

Changes to employment

Respondents who were employed at the start of March were asked if they had experienced any changes to their work. The vast majority (87%) had experienced some change since the start of the Coronavirus crisis. As shown in Figure 1, the most common changes were moving to working from home (32%), being furloughed (26%), working a different pattern of hours (23%) or working fewer hours than usual (20%). Only 13% of respondents had experienced no change to their employment.

Figure 1: Changes experienced to work since March



Base: All who were working full-time, part-time or were self-employed at the start of March this year (572)

Subgroup differences – changes to employment

Men were more likely to have been furloughed than women (31% compared with 22%), while women were more likely than men to be working more hours than usual (18% compared with 10%).

Those in younger age groups were more likely than older age groups to have experienced changes to their employment:

- 42% of those aged 16-24 and 34% of those aged 25-34 had been furloughed, compared with 21% of those 35-54 and 25% of those aged 55-69
- Those aged 16-24 were more likely to have taken paid leave (12%) than those aged 25-34 (4%) and 55-69 (3%)

- Those aged 35-54 were more likely to be having to make adjustments to combine work with looking after children (23%) than those aged 16-24 (0%), 25-34 (12%) and 55-69 (1%)

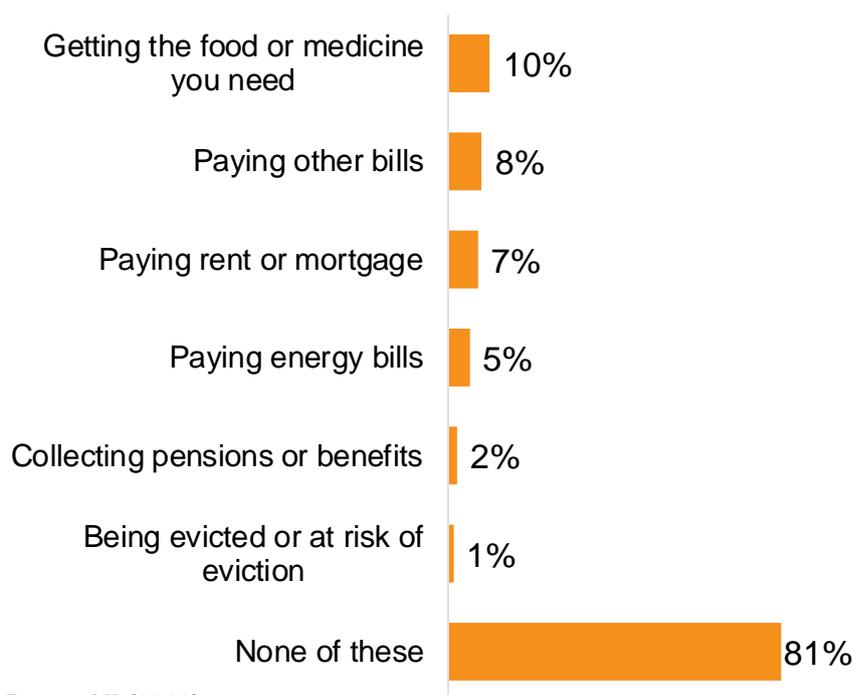
Those in the most deprived areas were more likely to have lost their job or been made redundant (6%) than those in least deprived areas (1%), while those in the least deprived areas were more likely to have changed to working from home (46%) than those in the three more deprived areas (16%-33%).

Those in rural areas were more likely than those in urban areas to be working a different pattern of hours (31% compared with 20%) and working more hours than usual (22% compared with 12%).

Accessing food and medicine, and financial problems

Respondents were asked if they were experiencing difficulties accessing food and medicine, or having financial problems. As shown in Figure 2, the majority (81%) had not experienced any difficulties. However, a minority reported difficulties 'getting the food or medicine you need' (10%), 'paying other bills' (8%) 'paying rent or mortgage' (7%) and 'paying energy bills'.

Figure 2: Difficulties experienced since the beginning of March



Subgroup differences - accessing food and medicine, and financial problems

Those in younger age groups were more likely to have had problems accessing the things they needed than older age groups. In particular, those aged 16-24 were more likely to have experienced difficulties getting the food or medicine they need (16%) than those aged 25-34 and 55-69 (both 8%). As shown in Table 1, those in younger age groups were also more likely to have had problems paying bills than those in older age groups.

Table 1: Difficulties paying bills by age group

Age	Paying other bills	Paying rent or mortgage	Energy bills
16-24	16%	8%	5%
25-34	11%	11%	6%
35-54	9%	9%	10%
55-69	4%	3%	2%
70+	1%	-	-
Base: 16-24 (127) 25-34 (150) 35-54 (325) 55-69 (255) 70+ (143)			

Those in households with children were more likely than those without children to have had difficulties:

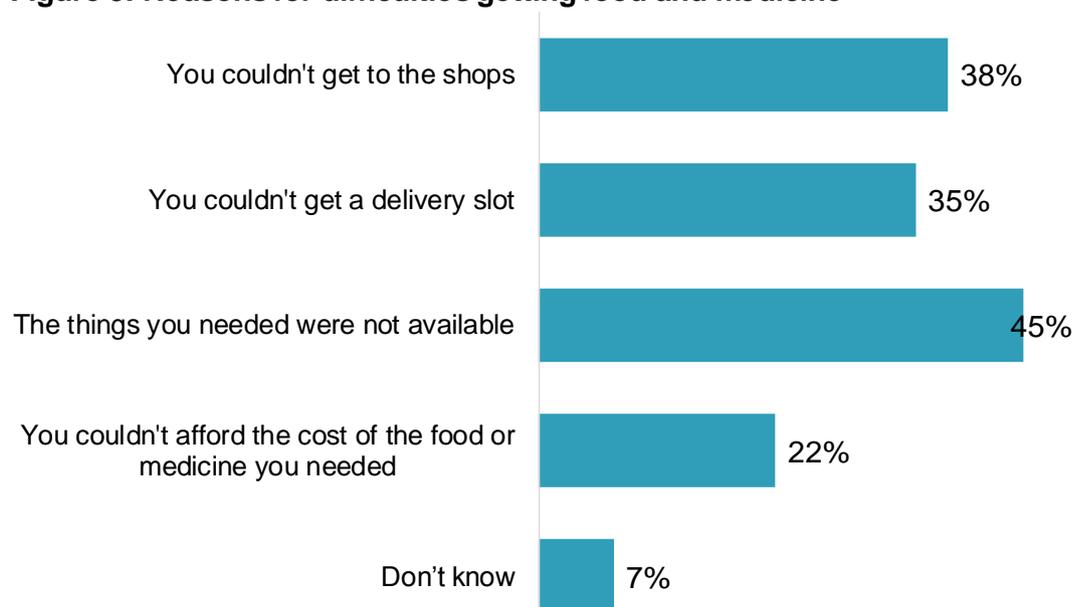
- Paying energy bills (9%, compared with 4%)
- Paying rent or mortgage (10%, compared with 5%)
- Paying other bills (11%, compared with 6%)

Disabled respondents were also more likely than non-disabled respondents to have had difficulties getting food and medicine (26% compared with 5%), paying other bills (14% compared with 6%), paying energy bills (11% compared with 4%) and collecting pensions or benefits (5% compared with 1%).

Reasons for difficulties getting food or medicine

Respondents who had experienced difficulties getting food or medicine were asked to choose the reasons for this, from the list shown in Figure 3. The most common reasons were that the things they needed were not available (45%), followed by not being able to get to the shop (38%) and not being able to get a delivery slot (35%).

Figure 3: Reasons for difficulties getting food and medicine

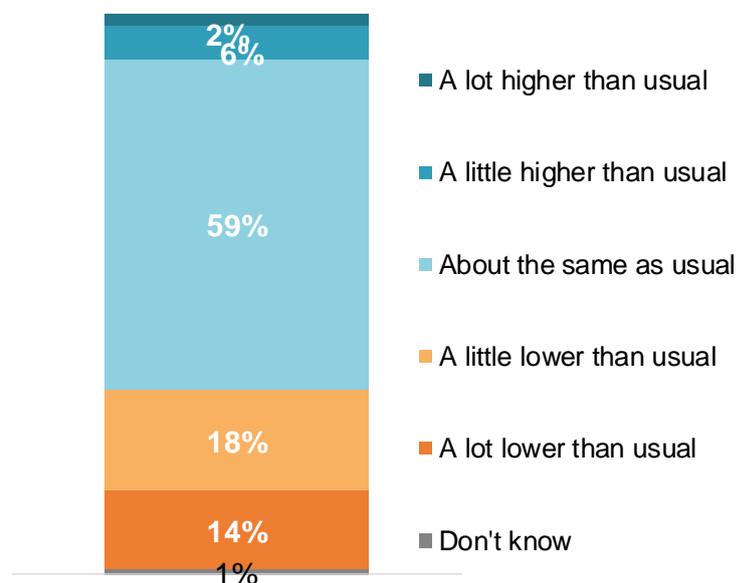


Base: All who have had difficulties getting the food and medicine they need (84)

Changes in income

Respondents were asked if they had experienced any changes in their income since the start of March. As shown in Figure 4 below, the majority (59%) of respondents had not experienced a change in income. However, almost a third (32%) had a lower income than before the Coronavirus pandemic. A minority (8%) had a higher income than usual.

Figure 4: Change in income since the start of March



Base: All (1000)

Subgroup differences – changes in income

Those in younger age groups were more likely than older age groups to have a lower income compared with the start of March. In particular, those aged 16-24, 25-34 and 35-54 were more likely to say their income was lower than usual (35%, 51% and 39%) than those aged 55-69 and 70+ (23% and 2% respectively). Those in the 25-34 age group were the most likely to say their income was lower, while those aged 70+ were the least likely.

Households with children were more likely to have a lower income than usual (44%, compared with 26% of those in households without children). However, they were also slightly more likely to have a higher income (12% of households with children compared with 7% of households without).

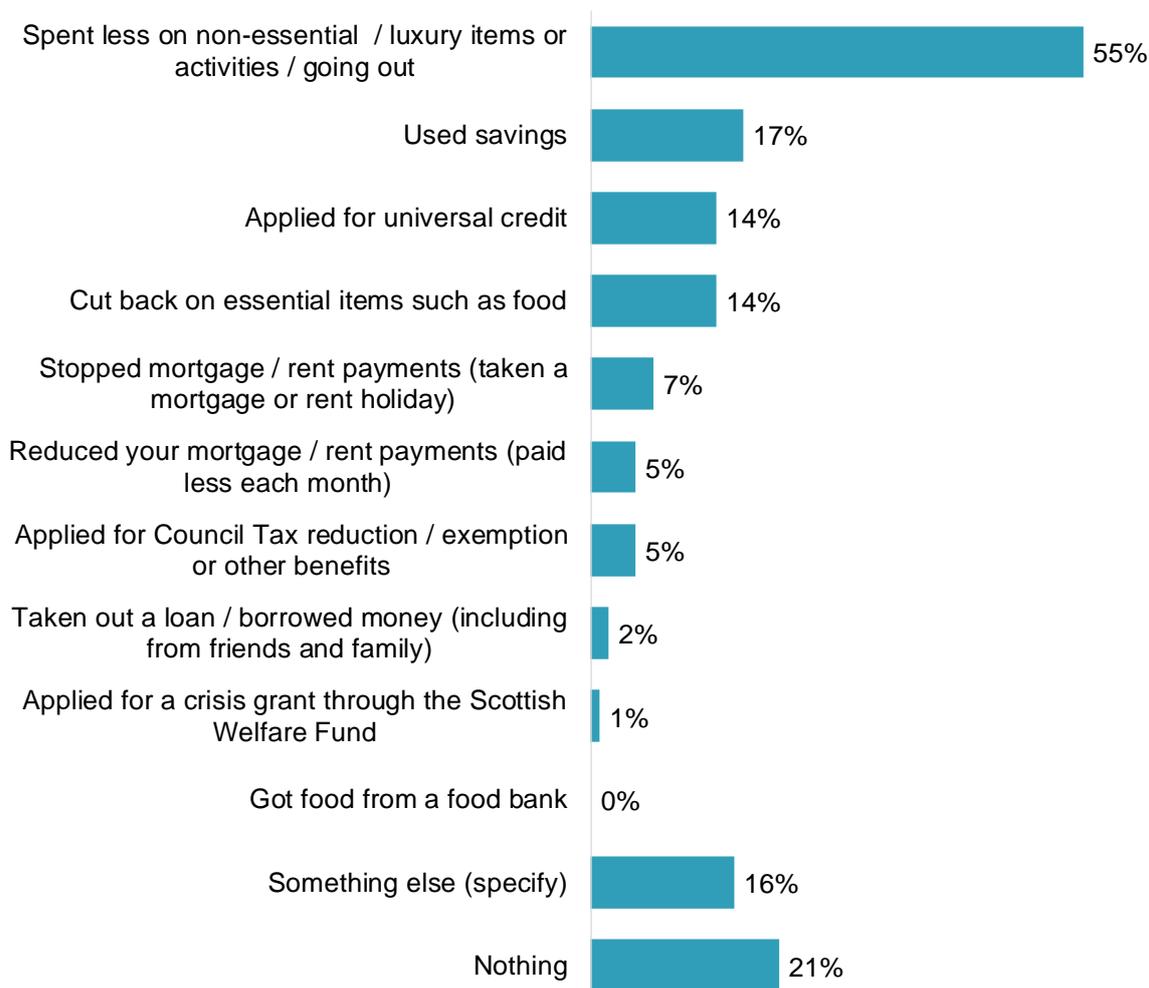
Those in the most deprived areas were also more likely to have a higher income than usual (13%) than those in the least deprived (6%).

Coping with changes in income

Respondents whose income was lower than at the start of March were asked what actions they had taken to help them manage. As shown in Figure 5, the majority (55%) had cut back on non-essential spending, including luxury items or activities or going out. A minority had used savings (17%), applied for universal credit (14%) and cut back on essential items such as food (14%), while small proportions had taken a

mortgage or rent holiday (7%), reduced mortgage or rent payments (5%) or applied for a Council Tax reduction / exemption or other benefits (5%).

Figure 5: Actions taken to help manage with a lower income



Base: All whose household income is lower than at the start of March (308)

Subgroup differences - coping with changes in income

Women were more likely than men to have cut back on essential items such as food to help manage with a lower income (20% compared with 7%) and to have stopped mortgage or rent payments (11% compared with 4%).

The actions taken to help manage with a lower income also differed by age group, with those in the middle or younger age groups more likely to have cut back on spending and older age groups more likely to have relied on savings:

- Those aged 25-34 and 35-54 were more likely to say they had spent less on non-essential or luxury items (58% and 59% respectively) than those aged 55-69 (39%)
- Those aged 25-34 were more likely to say they had applied for universal credit (19%) than those aged 55-69 (6%)
- Those aged 35-54 were more likely to say they had stopped mortgage or rent payments (13%) than those aged 16-24 (1%) or 55-69 (3%)

- Those aged 35-54 and 55-69 were more likely to say they had used savings (20% and 24% respectively) than those aged 16-24 (5%)

Households with children were more likely to have applied for a council tax reduction or other benefits, compared with households without children (10% and 2% respectively). Conversely, households without children were more likely to say that they had not done anything to help manage on a lower income (25% compared with 12% of those in households with children).

Those in more deprived areas were also more likely to have applied for universal credit than those in less deprived areas. Around a quarter of those in the two most deprived areas had applied (26% and 24% respectively), compared with the three less deprived areas (5%-9%).

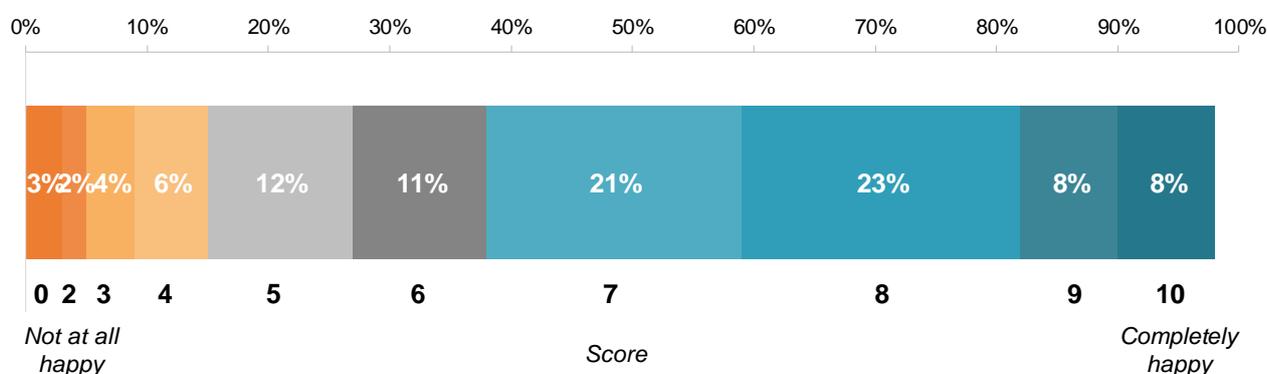
Chapter 2. Happiness, anxiety, loneliness and worries

Respondents were asked a series of questions about their anxiety and happiness levels and how these compared to before the pandemic, as well as whether they had experienced loneliness and what they were worried or concerned about.

Happiness level 'yesterday'

Respondents were asked how happy they felt 'yesterday' on a scale of 0 to 10, where 0 is 'not at all happy' and 10 is 'completely happy'. As shown in Figure 6, just under half of respondents gave a score of 7 or 8 (21% and 23% respectively), which is considered a score of 'high' happiness. Scores of 9 and 10 were each reported by 8% of respondents. At the other end of the scale, 3% gave a score of 0, whilst 2% gave a score of 2, 4% a score of 3 and 6% a score of 4, all of which are considered 'low' happiness. The mean score overall was 6.61.

Figure 6: Happiness levels 'yesterday' on a scale from 0-10



Base: All (1000)

As shown in Table 2, although most respondents reported feeling happy, the proportion who gave a 'very high' score (9-10) was lower than in the 2018/19 ONS Annual Population Survey.⁴ Similarly, a higher proportion reported feeling low and medium happiness, compared with the ONS benchmark⁵.

Table 2: Grouped happiness levels

Happiness score	Survey responses	ONS benchmark
Low 0-4	15%	9%
Medium 5-6	23%	16%
High 7-8	45%	41%
Very high 9-10	16%	35%

Happiness level yesterday

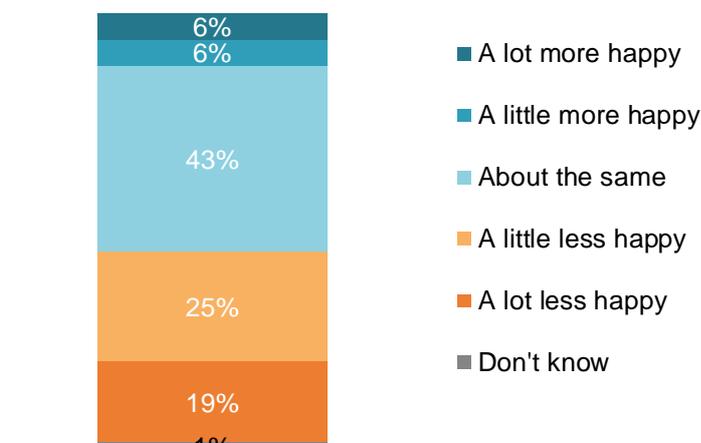
Respondents were also asked how happy they felt yesterday compared to a typical day before the Coronavirus pandemic. As shown in Figure 7, a substantial minority (44%) of respondents reported feeling 'a little' or 'a lot' less happy than on a typical

⁴ Caution should be used when comparing these results due to methodological differences, as the benchmark survey is conducted face-to-face.

⁵ <https://www.ons.gov.uk/peoplepopulationandcommunity/wellbeing/datasets/headlineestimatesofpersonalwellbeing>

day previously. However, over one in ten (12%) said they felt happier, while 43% said they felt 'about the same'.

Figure 7: Happiness level compared to before the pandemic



Base: All (1000)

Subgroup differences – happiness yesterday and before the pandemic

Women were more likely to report not being happy at all 'yesterday' (4%) than men (1%). The mean happiness score was also higher for men (6.91) than for women (6.35). Similarly, women were more likely to report being 'a lot less happy' (22%) compared to a typical day before the Coronavirus pandemic than men (15%), while men were more likely than women to say 'about the same' (48% compared with 39%).

There were also differences by age, with older age groups more likely to be happy than younger groups. In particular, those aged 70+ were more likely to report a score of 10 ('completely happy') (17%) than those aged 16-24 (4%), 25-34 (7%), 35-54 (5%) and 55-69 (10%). The mean happiness score was also higher for those aged 70+ (7.15) than those aged 16-24 (6.42), 25-34 (6.52) and 35-54 (6.3).

However, while older age groups were more likely to be happy 'yesterday', younger age groups were more likely to report being happier than on a typical day before the Coronavirus pandemic. In particular, those aged 16-24 and 35-54 were more likely to report being more happy compared to previously (both 15%) than those aged 70+ (6%). Those aged 35-54 were more likely to say a lot less happy (25%) than those aged 55-69 (18%) and 70+ (14%).

Those in less deprived areas also had higher happiness scores on average, with the mean score for the least deprived areas (7.02) higher than the two most deprived (6.31 and 6.11 respectively). However, when comparing happiness to a typical day before the Coronavirus pandemic, those in the most deprived areas were more likely to report being more happy (10%) than those in the two least deprived (4% and 2% respectively). Relatedly, those in the least deprived areas were more likely to be less happy (47%) compared to a typical day previously than those in the most deprived (36%).

Disabled respondents were more likely to report lower happiness levels; 10% reported a score of 0 (not happy at all) compared with 1% of non-disabled

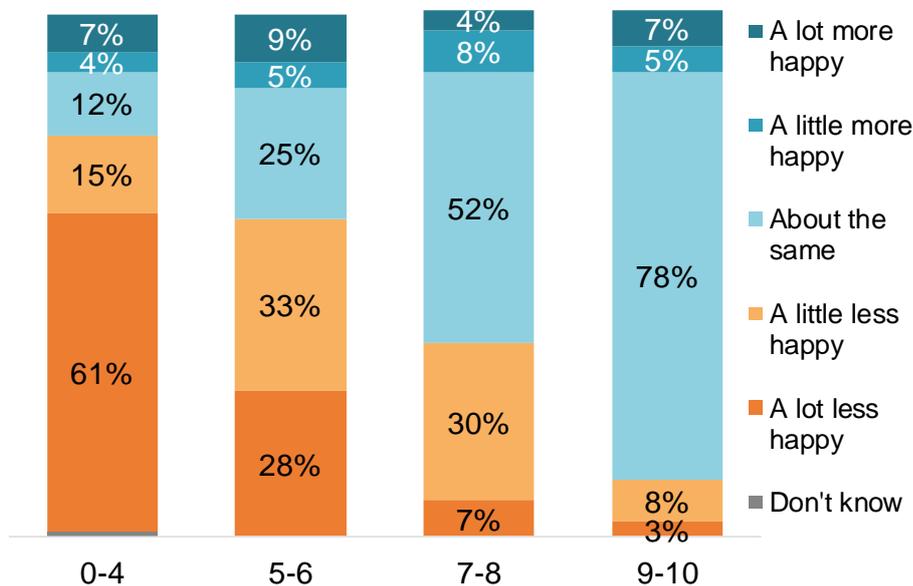
respondents. The mean score for those who were non-disabled was also higher (6.92) than for those with (5.52). Similarly, disabled respondents were more likely to be ‘a lot less happy’ (32%) compared to a typical day before the Coronavirus pandemic (16% of non-disabled respondents).

Happiness level yesterday compared to a typical day before the pandemic

Further analysis explored how respondents’ happiness scores ‘yesterday’ related to their happiness levels compared to a typical day before the Coronavirus pandemic. Figure 8 below shows happiness level yesterday by whether respondents were more or less happy than on a typical day in March. In summary:

- The vast majority (78%) of those with ‘very high’ happiness (score of 9-10) felt ‘about the same’ compared to previously.
- Just over half (52%) of the ‘high happiness’ group (scores of 7-8) felt ‘the same as usual’, whilst just over a third were less happy than before, suggesting they may previously have been in the ‘very high’ group.
- The majority (61%) of those in the ‘medium happiness’ group (scores of 5-6) felt either a little or a lot less happy than usual.
- Those in the ‘low happiness’ group (scores of 0-4) were the most likely to say that they were a lot less happy than usual (75%). However, just under a quarter (23%) felt ‘the same’ or more happy compared to a typical day in March.

Figure 8: Happiness level compared to before the pandemic by happiness level yesterday

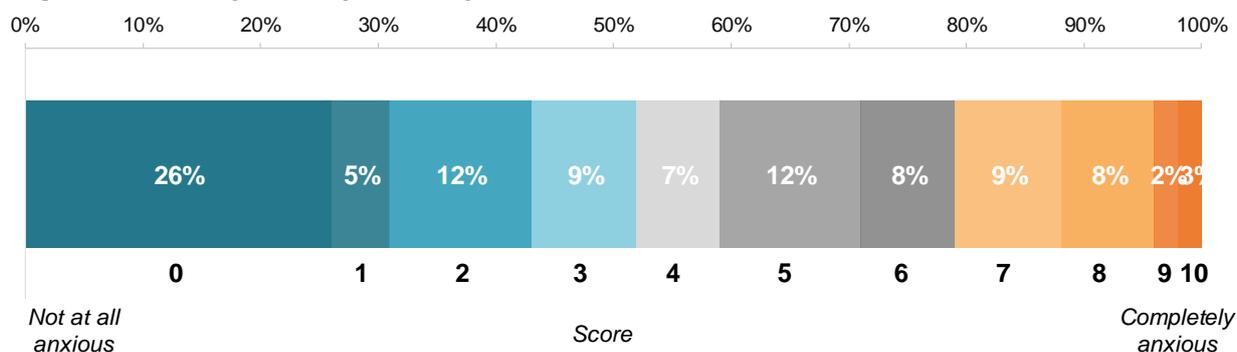


Base: All 0 – 4 (137) 5 – 6 (240) 7 – 8 (455) 9 – 10 (161)

Anxiety level 'yesterday'

Respondents were also asked how anxious they felt 'yesterday' on a scale of 0 to 10, where 0 is 'not at all anxious' and 10 is 'completely anxious'. As shown in Figure 9, a quarter (26%) gave a score of 0, whilst 5% gave a score of 1, both considered 'very low' levels of anxiety. At the other end of the scale, 3% reported a score of 10, 2% reported a score of 9, 9% reported a score of 7 and 8% gave a score of 6, all of which are considered to be 'high' anxiety.

Figure 9: Anxiety level 'yesterday' on a scale of 0-10



Base (1000)

As shown in Table 3, 29% of respondents reported high levels of anxiety (scores of 6-10), which is higher than in the 2018/19 ONS Annual Population Survey benchmark⁶, shown. The proportion reporting very low anxiety levels was also lower than the benchmark⁷.

Table 3: Grouped anxiety level

Anxiety score	Survey responses	ONS benchmark
Very low 0-1	31%	42%
Low 2-3	21%	23%
Medium 4-5	18%	16%
High 6-10	29%	20%

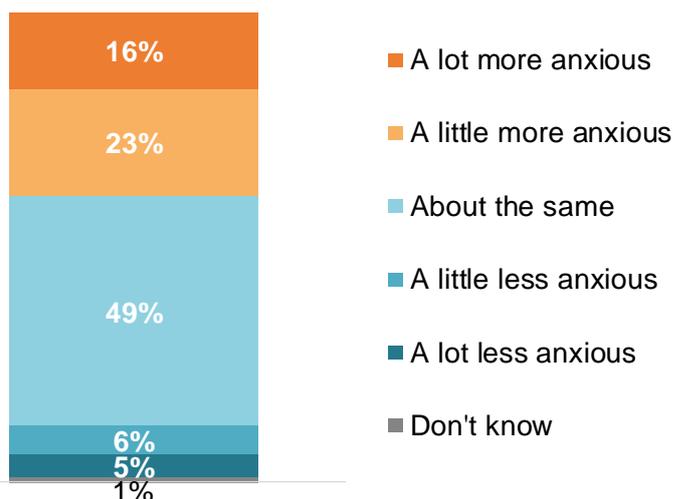
Anxiety level compared to a typical day before the pandemic

Respondents were also asked how anxious they felt yesterday compared to a typical day before the Coronavirus pandemic. As shown in Figure 10, 40% of respondents felt more anxious than on a typical day previously, with 16% feeling a lot more anxious. However, around half (49%) of respondents said they felt 'about the same', while 11% said they felt less anxious than on a typical day previously.

⁶ Caution should be used when comparing these results due to methodological differences, as the benchmark survey is conducted face-to-face.

⁷ <https://www.ons.gov.uk/peoplepopulationandcommunity/wellbeing/datasets/headlineestimatesofpersonalwellbeing>

Figure 10: Anxiety level compared to before the pandemic



Base: All (1000)

Subgroup differences – anxiety yesterday and before the pandemic

Women were more likely to be anxious than men, with men more likely to report a score of 0 ('not anxious at all') (30%) than women (22%). The mean anxiety score was also higher (more anxious) for women (4.05) than for men (3.01). Similarly, when comparing anxiety levels with a typical day before the Coronavirus pandemic, women were more likely to report being 'a lot more anxious' (20%) than men (13%), while men were more likely to report being 'about the same' (54%) than women (45%).

There were also differences by age group, with younger age groups more anxious than older age groups. In particular, those aged 70+ were more likely to report a score of 0 ('not anxious at all') (38%) than those in the three middle age groups; 25-34 (23%), 35-54 (22%) and 55-69 (27%). Those aged 25-34, 55-69 and 70+ were also more likely to report a score of 10 ('completely anxious') (5%, 4% and 5% respectively) than those aged 16-24 (0%).

When comparing anxiety levels with a typical day previously, those aged 25-34, 35-54 and 55-69 were more likely to say they were 'a lot more anxious' (18%, 20% and 17% respectively) than were those aged 70+ (7%). However, those aged 16-24, 25-34 and 35-54 were also more likely to say they were 'a little less anxious' (8%, 8% and 6% respectively) than were those aged 70+ (2%).

Those in the most deprived areas were also more likely to report a score of 10 ('completely anxious') (6%) than those in the second least deprived (1%). However, when comparing anxiety levels with previously, those in the most deprived areas were more likely to report being 'about the same' (60%) than those in the two least deprived areas (both 44%), as well as the second most deprived areas (also 44%). Conversely, 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 (17%, 15% and 20% respectively).

Disabled respondents were also more likely to report a score of 10 ('completely anxious') (10%) than non-disabled respondents (1%). Furthermore, the mean anxiety score was higher (more anxious) for disabled respondents (4.51 compared with

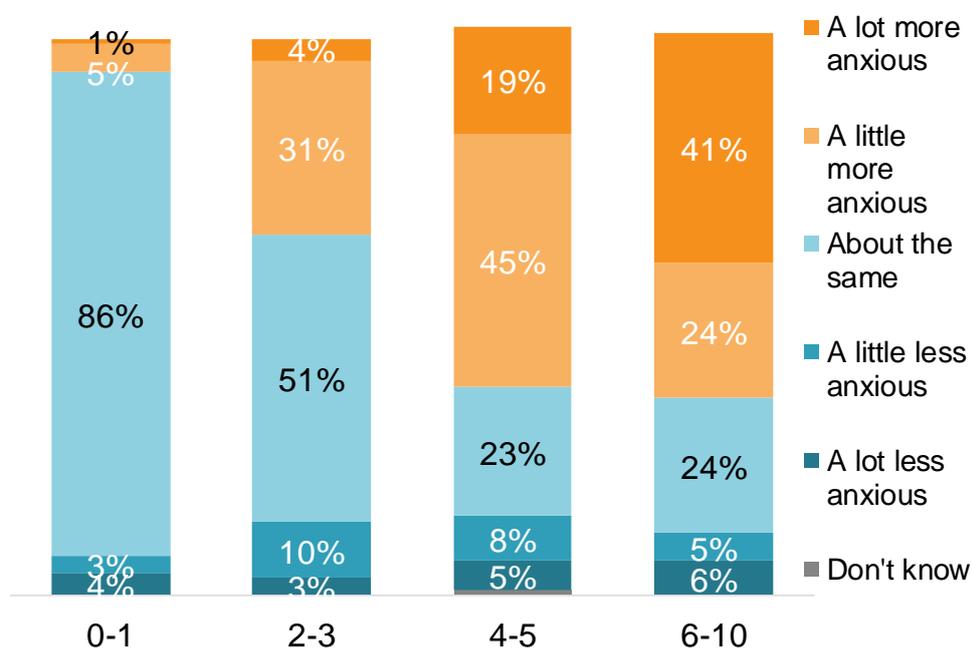
3.30). Similarly, disabled respondents were more likely to report being ‘a lot more anxious’ compared to a typical day before the Coronavirus pandemic (22%) than non-disabled respondents (15%).

Anxiety level yesterday compared to a typical day before the pandemic

Further analysis explored how respondents’ anxiety scores related to their perceived changed in anxiety compared to a typical day before the Coronavirus pandemic. Figure 11 below shows anxiety level yesterday by whether respondents were more or less anxious than on a typical day in March. In summary:

- The vast majority (86%) of the ‘very low’ anxiety group (score of 0-1), felt ‘about the same’ as previously.
- Just over half (51%) of those in the low anxiety group (score of 2-3) felt about the same as usual. However around a third were less happy than before, suggesting movement from the ‘very low’ group.
- The majority (64%) in the ‘medium anxiety’ group (score of 4-5) felt either a little or a lot more anxious than usual, although 13% felt less anxious.
- The majority (65%) of those in the high anxiety group (score of 6-10) felt more anxious than usual. However a quarter (24%) of the highly anxious group indicated that they usually feel this way, and 11% felt less anxious than usual.

Figure 11: Anxiety level compared to before the pandemic by anxiety level yesterday



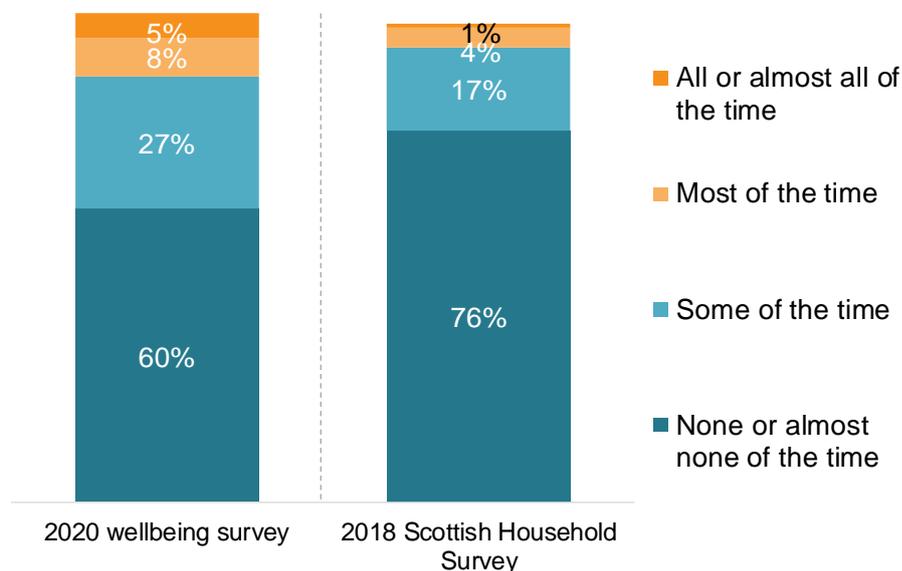
Base: All 0 – 1 (320) 2 – 3 (205) 4 – 5 (190) 6 – 10 (278)

Loneliness

Respondents were asked how much of the time during the last week they felt lonely. As shown in Figure 12, the majority of respondents had not felt lonely, with 60% reporting ‘none or almost none of the time’.

However, four in ten (40%) reported that they had felt lonely in the last week, with 5% feeling lonely 'all or almost all of the time' and 27% feeling lonely some of the time. Furthermore, the proportion who had felt lonely was higher compared with the benchmark figure from the 2018 Scottish Household Survey⁸ (40% compared with 21%), shown below.

Figure 12: Experienced loneliness in the last week



Base: All (1000), Scottish Household Survey (9700)

Subgroup differences - loneliness

Men were more likely to report feeling lonely 'none or almost none of the time' (68%) than women (52%), while women were more likely to report feeling lonely 'some of the time' (33%) than men (20%).

Those in the youngest age group were more likely to be lonelier than older groups, with those aged 16-24 more likely to have experienced any loneliness (56%) than those aged 25-34 (42%), 35-54 (38%), 55-69 (36%) and 70+ (37%). Similarly, those aged 16-24 were more likely to say 'most of the time' or 'all or almost all of the time' (20%) than those aged 35-54 (10%) and 55-69 (9%).

Respondents in households with children were less likely to have experienced loneliness than those in households without children (34% and 42% respectively).

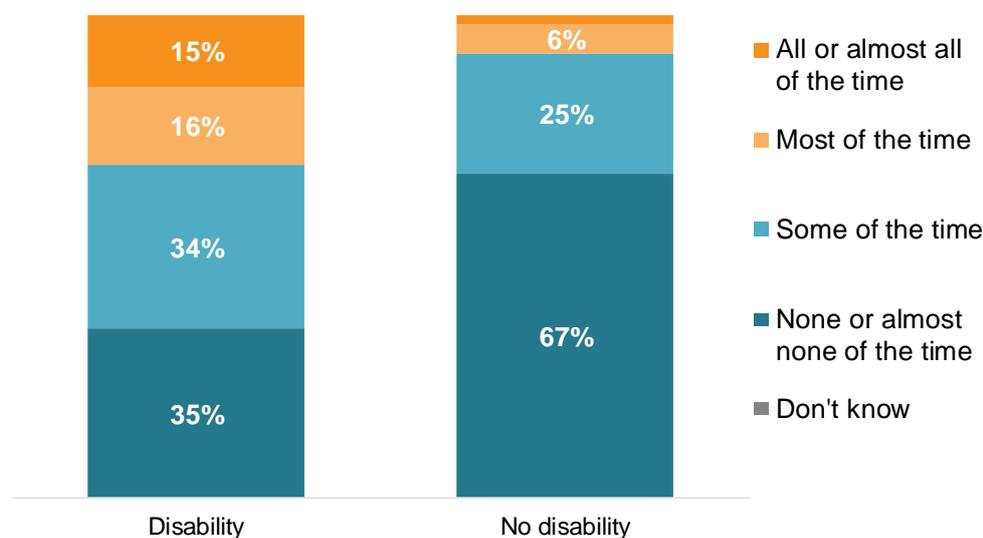
Those in the two most deprived areas were more likely to have experienced loneliness (49% and 46% respectively) compared with those in the least deprived (33%). Those in the most deprived areas were also more likely to report feeling lonely 'most of the time' (15%) than those in the two least deprived (5% and 6% respectively).

As shown in Figure 13, disabled respondents were more likely than non-disabled respondents to report feeling lonely 'some of the time' (34% compared with 25%),

⁸ Caution should be used when comparing these results due to methodological differences, as the benchmark survey is conducted face-to-face

'most of the time' (16% compared with 6%) and 'all or almost all of the time' (15% compared with 2%). Relatedly, non-disabled respondents were more likely to report 'none or almost none of the time' (67% compared with 35%).

Figure 13: Proportion reporting loneliness in the last week by disability

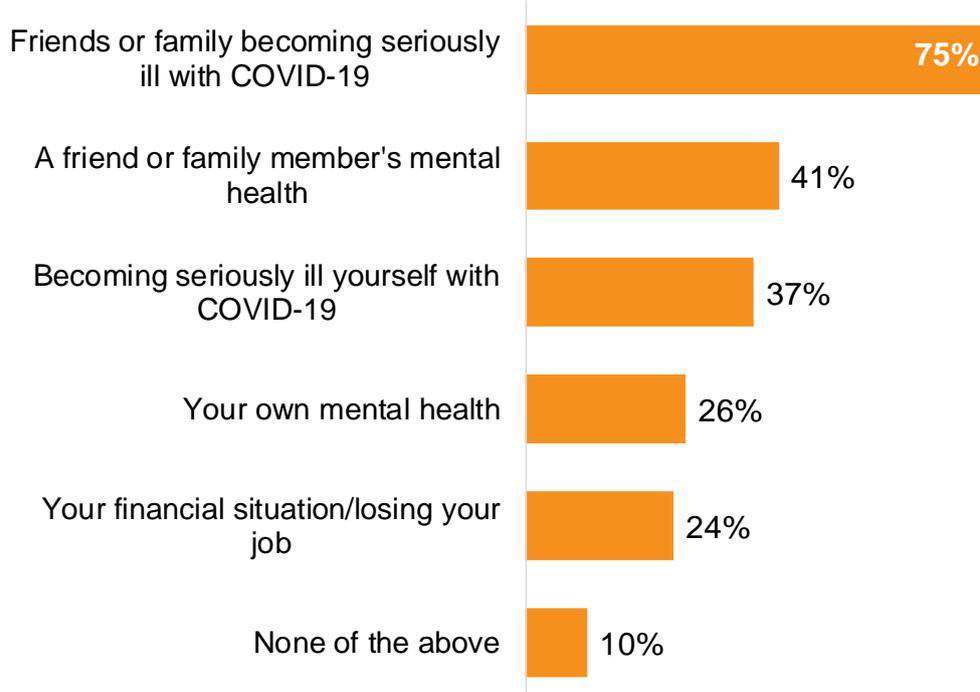


Base: Disabled (194) Non-disabled (797)

Worries

Respondents were asked what their major worries are at the moment. As shown in Figure 14, the most common worry was friends or family becoming seriously ill with COVID-19 (75%). Around four in ten reported being worried about a friend or family's mental health (41%) or becoming seriously ill themselves with COVID-19 (37%), while a quarter reported being worried about their own mental health (26%) and their financial situation or losing their job (24%).

Figure 14: Major worries 'at the moment'



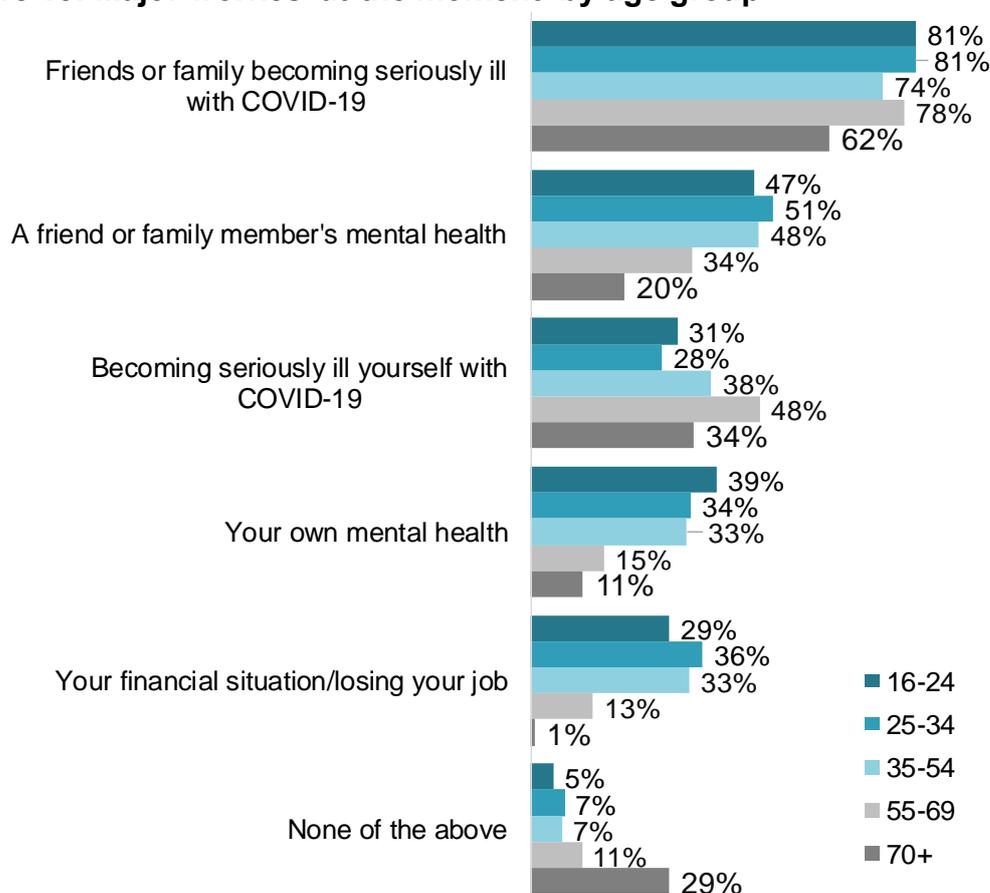
Base: All (1000)

Subgroup differences - worries

Women were more likely than men to be worried about a friend or family member's mental health (47% compared with 34%), as well as their own mental health (30% compared with 23%). However, men were more likely to be worried about their financial situation or losing their job (28%) than women (20%).

As shown in Figure 15, those in the oldest age group (70+) were less likely to be worried about most issues than younger age groups, including friends or family becoming seriously ill with COVID-19 (62%, compared with 74-81%), a friend or family's mental health (20% compared with 34-51%) and their financial situation or losing their job (1% compared with 13-36%). However, those aged 55-69 were the most concerned about becoming seriously ill with COVID-19 (48% compared with 28-38% for other age groups).

Figure 15: Major worries 'at the moment' by age group



Base: 16-24 (127) 25-34 (150) 35-54 (325) 55-69 (255) 70+ (143)

Those in households with children were more likely to be worried about a number of issues compared with those without children:

- Your financial situation/losing your job (31%, compared with 20%)
- Your own mental health (34%, compared with 23%)
- A friend or family member's mental health (54%, compared with 36%)

Those in the most deprived areas were more likely to be worried about their own mental health (32%) than those in the least deprived areas (22%).

Disabled respondents were more likely than non-disabled respondents to be worried about becoming seriously ill with COVID-19 (49% compared with 34%), as well as their own mental health (45% compared with 21%).

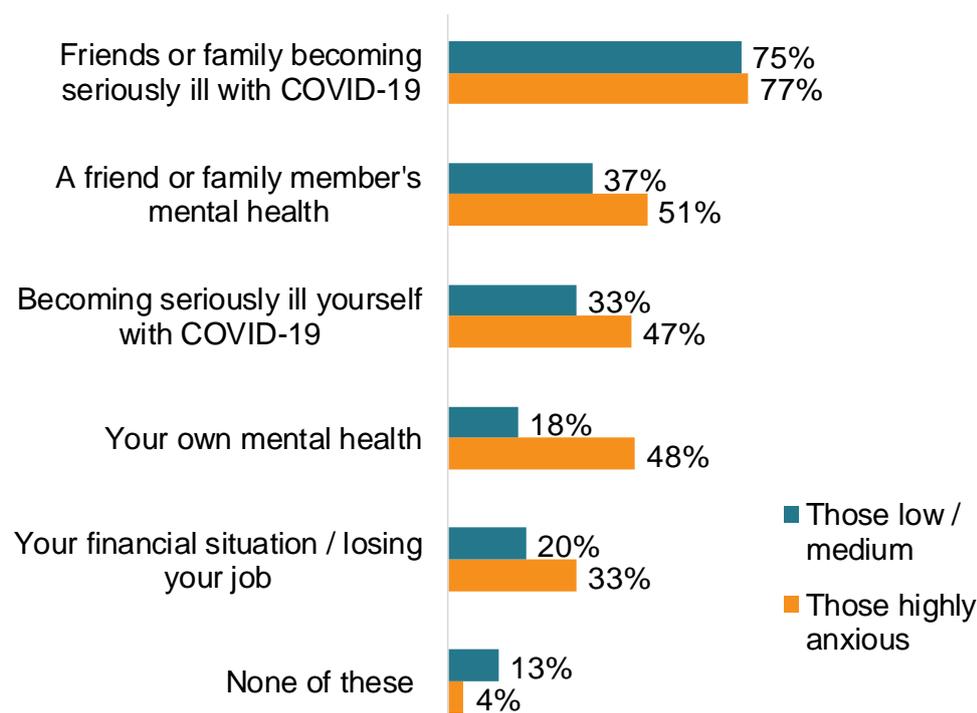
Worries and anxiety level 'yesterday'

The worries of those who reported feeling anxious were also explored. As shown in Figure 16, those who were highly anxious (score of 6-10) were more likely than those with low or medium anxiety levels (scores of 0-5) to be worried about:

- A friend or family member's mental health (51% compared with 37%)
- Becoming seriously ill themselves with COVID-19 (47% compared with 33%)
- Their own mental health (48% compared with 18%)
- Their financial situation or losing their job (33% compared with 20%).

Meanwhile, those with low or medium anxiety levels were more likely to say 'none of these' than those with high scores (13% compared with 4%).

Figure 16: Major worries 'at the moment' by anxiety level

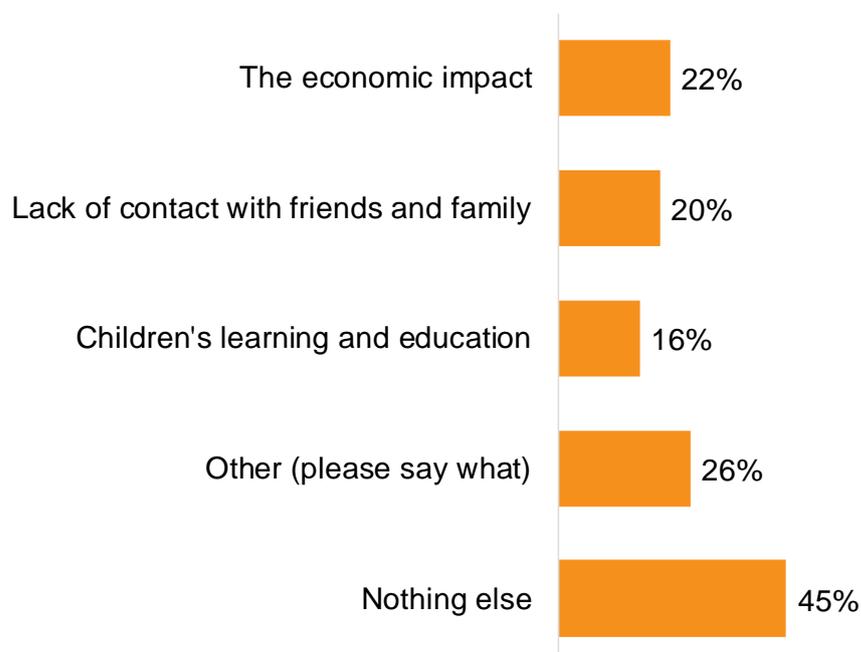


Base: All who were highly anxious (score of 6-10) (285) and those who were low / medium (709)

Further concerns

Respondents were also asked if they were worried about anything else in relation to the coronavirus crisis and just under half (45%) were not concerned about anything further. As shown in Figure 17, around a fifth were worried about the economic impact (22%) and lack of contact with friends and family (20%), while 16% were worried about children's learning and education.

Figure 17: Further concerns in relation to the Coronavirus crisis



Base: All (1000)

Subgroup differences – further concerns

Although the majority of respondents were not worried about anything else in relation to the Coronavirus crisis, women were more likely than men to be worried about lack of contact with friends and family (24% compared with 16%) and children's learning and education (19% compared with 13%).

Those aged 35-54 were also more likely to say the economic impact (29%) than those aged 25-34 (16%) and 70+ (18%). Those in the two least deprived areas were also more likely to say they were worried about this (28% and 26% respectively) than those in the most deprived (13%).

Those in households with children were more likely to be concerned about 'children's learning and education' than those in households without children (31%, compared with 11%).

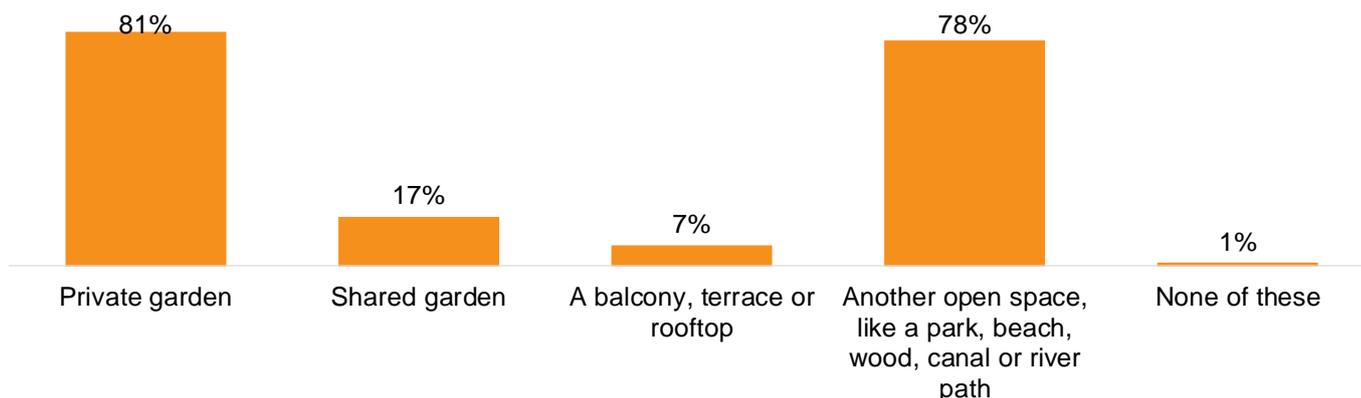
Chapter 3. Coping and activities during lockdown

To understand how respondents have coped with the lockdown period, they were asked a series of questions about their amenities and activities.

Greenspace access

Respondents were asked what, if any, greenspace they had access to within a 10-15 minute walk. As shown in Figure 18, the majority of respondents had access to a private garden (81%) or another open space (78%).

Figure 18: Greenspace access within 10-15 minute walk



Base: All (1000)

Subgroup differences – greenspace access with 10-15 minutes

Although the majority of respondents had access to greenspace, those aged 35-54 and 55-69 were more likely to have a private garden (both 86%) than those in the younger age groups (63% of 16-24 year olds and 76% of 25-34 year olds). Those in the oldest age group (70+) were also more likely to have a private garden (84%) than those aged 16-24 (63%). However, those aged 16-24, 35-54 and 55-69 were more likely to have access to another open space (84%, 83% and 78%) than those in the 70+ age group (65%).

Those in less deprived areas were more likely to have access to greenspace. In particular, those in the two least deprived areas were more likely to have access to a private garden (85% and 90% respectively) than those in the most and second most deprived areas (69% and 77% respectively). Those in the least deprived areas were also more likely to have access to another open space (84%) than those in the two most deprived (both 73%).

Disabled respondents were also more likely to have access to another open space (82%) than those who were not disabled (66%).

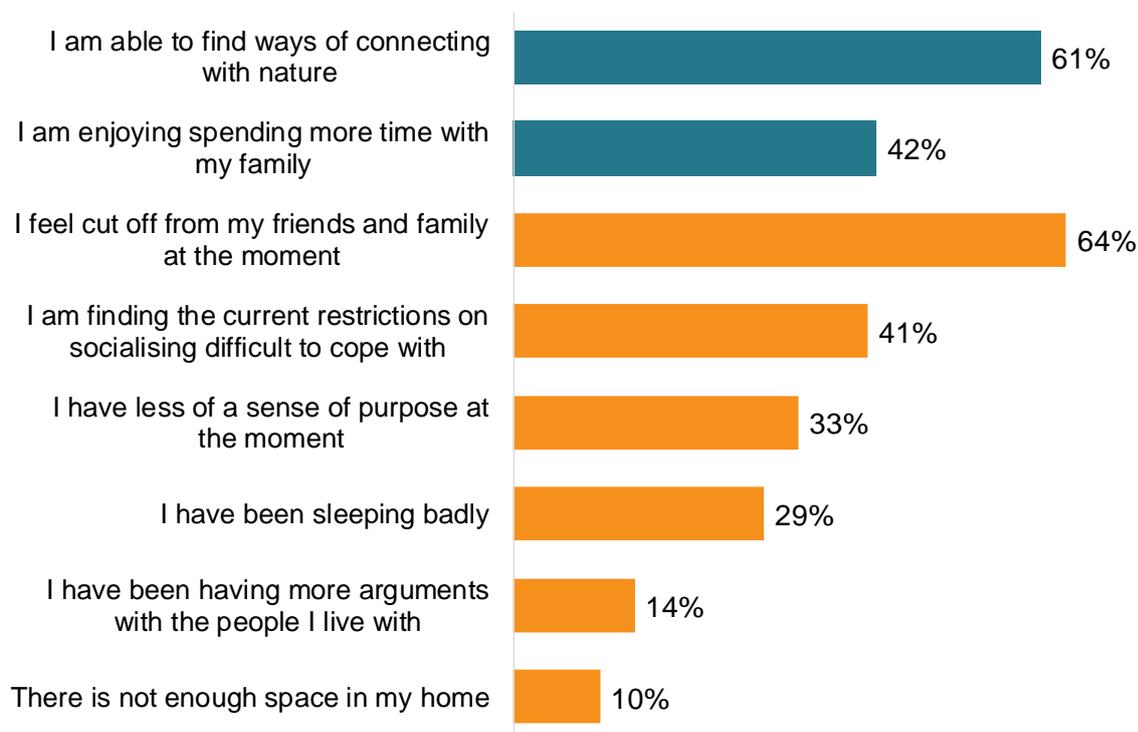
Coping

To understand how well respondents were coping during the pandemic, respondents were asked which statements from a provided list applied to them. As shown in Figure 19, the majority of respondents were feeling cut off from their friends and family (64%). Four in ten (41%) were finding the current restrictions on socialising difficult to cope with, while around a third felt they had less of a sense of purpose at

the moment (33%) and a similar proportion were sleeping badly (29%). A minority (14%) were having more arguments with the people they live with: with their husband, wife or partner (55%), children or step-children (34%), their parent (19%), another family member (11%) or a housemate (3%).

However, the majority (61%) were also finding ways of connecting with nature, while 42% were enjoying spending more time with their family.

Figure 19: Coping statements that apply



Base: All (1000)

Subgroup differences – coping statements

Women were more likely than men to be feeling cut off from family and friends (70% compared with 58%), finding restrictions on socialising difficult to cope with (47% compared with 35%) and sleeping badly (36% compared with 22%).

Younger age groups were more likely to be having difficulty than older groups. Those in the three youngest age groups (16-24, 25-34 and 35-54) were more likely than the two older groups (55-69 and 70+) to be having more arguments with the people they live with (26%, 17% and 17% compared with 6% and 5%) and to not have enough space in their home (15%, 14% and 14% compared with 3% and 4%).

However, those aged 16-24, 25-34 and 35-54 were more likely to say they were enjoying spending more time with their family (40%, 59% and 57% respectively) than those aged 55-69 (25%) and 70+ (14%).

Those in households with children were more likely to say they were enjoying spending time with their family (75% compared with 28%), that there was not enough space in their home (16% compared with 7%) and that they were arguing more with the people they live with (21% compared with 10%) than those without children.

Those in the most deprived areas were also more likely to report not having enough space in their home (15%) than those in the two least deprived areas (both 7%). Meanwhile, those in the two least deprived areas were more likely to report being able to find ways of connecting with nature (70% and 75% respectively) than the three most deprived areas (48%-57%).

Disabled respondents reported more difficulties coping than those who were not disabled, including; feeling cut off from family with friends (75% compared with 61%), finding current restrictions on socialising difficult to cope with (55% compared with 37%), and having less of a sense of purpose (47% compared with 29%). In addition, disabled respondents were more likely to report sleeping badly (47% compared with 25%) and not having enough space in their home (18% compared with 8%).

Change in activities

Respondents were asked what activities, shown in Figure 20, they had been engaging in more, less or the same since the start of March. The list was presented whole to respondents, with items grouped into three areas for analysis.

Social activities and hobbies

As shown in Figure 20, the majority of respondents were phoning, video calling and messaging family and friends more (75%), whilst 44% were gardening more and 28% learning a new skill more than they were previously. Around a fifth were visiting parks, woodlands or beaches more (22%), though 38% were now doing this less.

Media and entertainment consumption

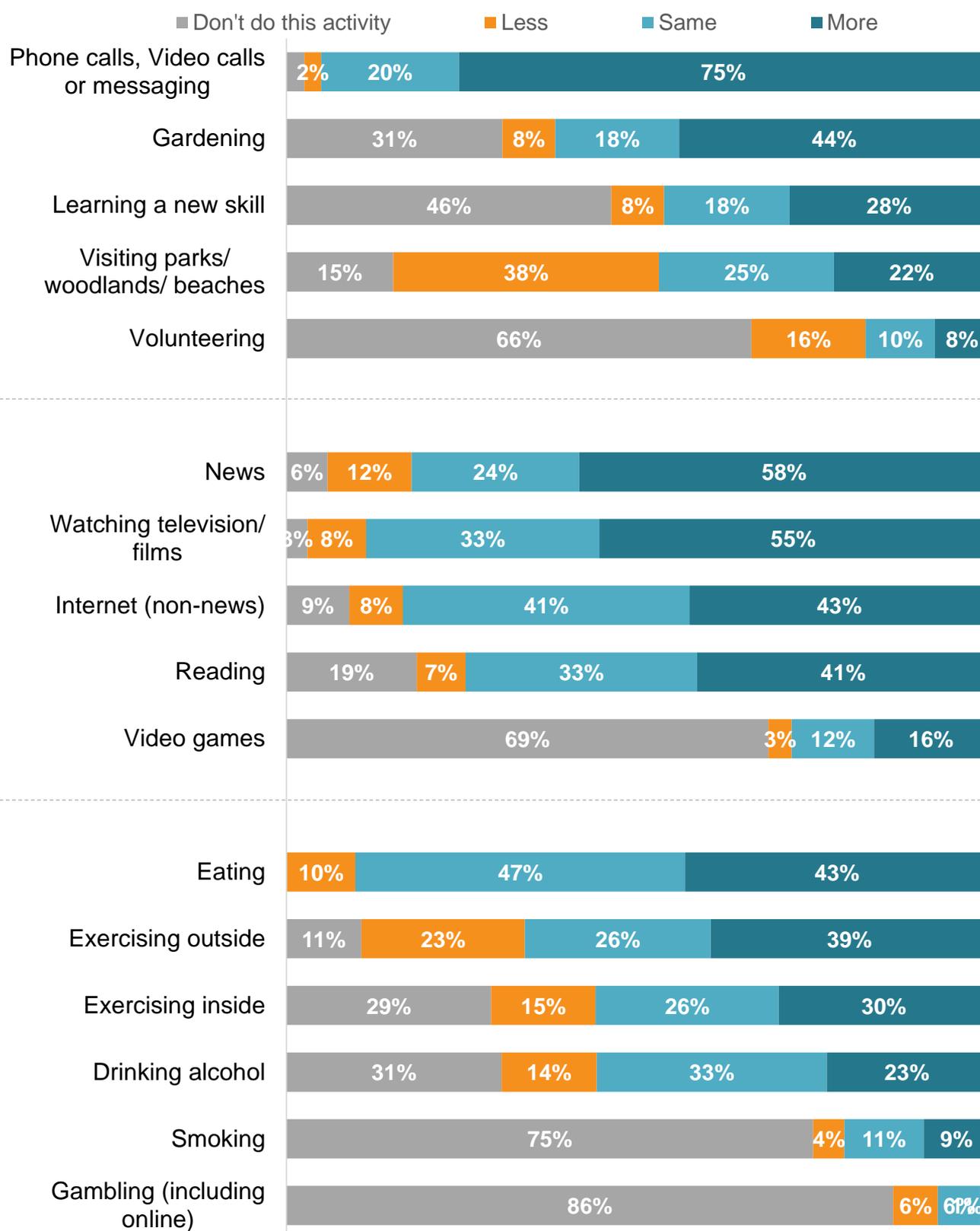
Respondents were asked about the media they had been consuming, and how this compared to the start of March. As shown in Figure 20, the majority of respondents were watching the news (58%) and television and films (55%) more, while around two-fifths were reading and using the internet more than previously (41% and 43% respectively).

Health and exercise behaviours

Respondents were asked about differences in their health behaviours compared with the start of March. As shown in Figure 20, substantial minorities were eating more (43%) and drinking alcohol more (23%), while around one in ten (9%) were smoking more.

Furthermore, as shown in Figure 20, substantial minorities were also exercising more than previously, both outside (39%) and inside (30%). However, around a quarter (23%) were exercising outside less, while 15% were exercising inside less.

Figure 20: Changes in activity since the start of March



Base: All (1000)

Subgroup differences - social activities and hobbies

Women were more likely than men to be phoning, video calling and messaging family and friends more (80% compared with 71%), while men were more likely to be visiting parks, woodlands and beaches more (26% compared with 19%).

Those in rural areas were more likely to be gardening more (60%) than those in urban areas (41%).

Those in the three least deprived areas were more likely to be phoning, video calling and messaging family and friends more (76%-81%) than those in the most deprived areas (62%). People living in these areas were also more likely to be gardening more (44%, 54% and 51%) than those in the most deprived (32%). Furthermore, those in the least deprived areas were more likely to be visiting parks, woodlands and beaches more (26%) than those in the second most deprived (17%).

Disabled respondents were more likely to be visiting parks, woodlands and beaches less often compared with March (46%) than non-disabled respondents (35%).

Subgroup differences - media and entertainment consumption

Men were more likely to be playing video games more compared with the start of March (25%) than women (8%), while women were more likely to be consuming news more (61%) than men (55%).

Those in younger groups were playing video games more; 40% of those aged 16-24 and 30% of those aged 25-34 were doing this more compared with 14% of those aged 35-54, 3% of those aged 55-69 and 4% of those aged 70+. Those aged 16-24 were also more likely to be watching television or films more (72%) than those aged 35-54, 55-69 and 70+ (55%, 51% and 40% respectively). Conversely, those aged 55-69 and 70+ were more likely to be reading more (46% and 49% respectively) than those aged 16-24 (31%)

Those in urban areas were more likely to be playing video games more often (18%) than were those in rural areas (12%).

Subgroup differences - health and exercise behaviours

Women were more likely than men to be eating more compared with the start of March (50% compared with 36%), while men were more likely to report eating the same amount (54% compared with 41%). Men were also more likely than women to report gambling less than previously (11% and 3% respectively).

Those aged 25-34 and 35-54 were more likely to be eating more (50% and 51% respectively) than those aged 55-69 (37%), while 15% of those aged 16-24, compared with 5% of those aged 70+, were eating less. Those in the younger and middle age groups were also more likely to be drinking alcohol more (24%, 24% 28% and 20% respectively) than those aged 70+ (11%).

As shown in Table 4, those in younger age groups were also more likely to be exercising more, both indoors and outdoors.

Table 4: Exercising 'more' by age group

Age	Exercising outside more	Exercising indoors more
16-24	56%	47%
25-34	40%	37%
35-54	38%	29%
55-69	41%	27%
70+	25%	14%

Base: 16-24 (127) 25-34 (150) 35-54 (325) 55-69 (255) 70+ (143)

Those in the three most deprived areas were more likely to be smoking more than previously (11%-15%) than those in the two least deprived (both 5%). Meanwhile, those in the least deprived areas were more likely to be exercising outside more than previously (47%) compared with those in the three most deprived (34%-36%).

Disabled respondents were more likely to report eating less (21% compared with 7%), while non-disabled respondents were more likely to report eating the same amount (49% compared with 39%). Non-disabled respondents were also more likely to be exercising outside more (43%) than those who were disabled (27%).

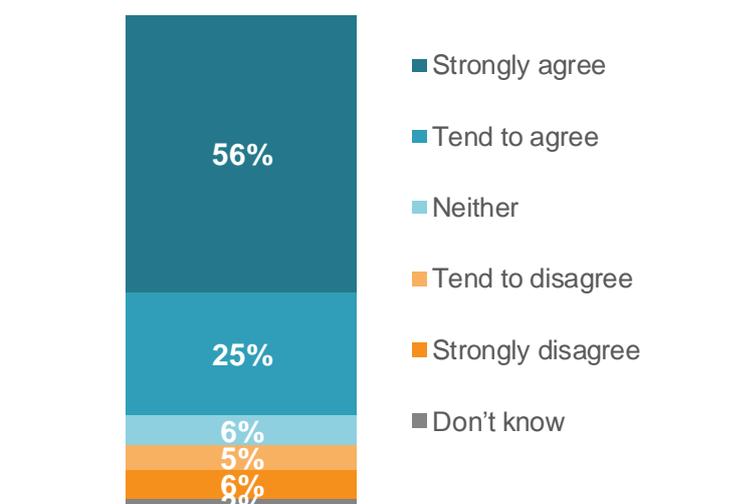
Chapter 4. Neighbourhood perceptions and support

This section includes neighbourhood perceptions and support provision during the pandemic.

Neighbourhood help

Respondents were asked how much they agree or disagree with the statement: 'If I was alone and needed help, I could rely on someone in this neighbourhood to help me'. As shown in Figure 21, the vast majority (81%) agreed with this statement, with 56% agreeing strongly.

Figure 21: Agreement with the statement 'If I was alone and needed help, I could rely on someone in this neighbourhood to help me'



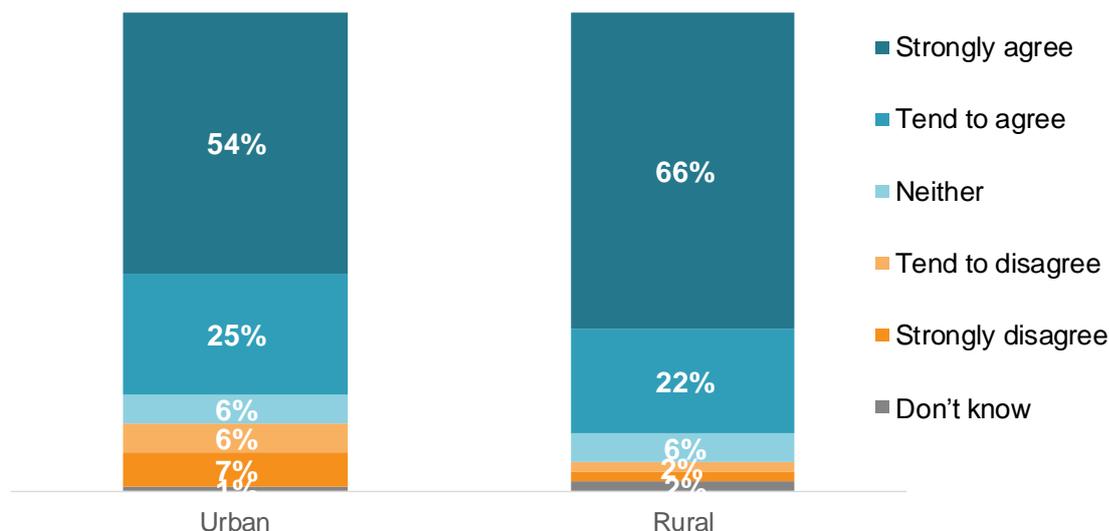
Base: All (1000) All

Subgroup differences – neighbourhood help

Women were more likely to agree strongly with this statement (62%) than men (50%).

As shown in Figure 22, those in rural areas were also more likely to agree strongly (66%) than those in urban areas (54%), while those in urban areas were more likely to disagree strongly (7%) than rural areas (2%).

Figure 22: Agreement with the statement 'If I was alone and needed help, I could rely on someone in this neighbourhood to help me', by urban/rural



Base: All urban (791) Rural (167)

Those in older age groups were more likely to agree with this statement; 61% of those aged 55-69 and 71% of those 70+ strongly agreed compared with 47% of those aged 16-24. Those aged 16-24 were more likely to disagree (17%) than those aged 55-69 (8%) and 70+ (6%).

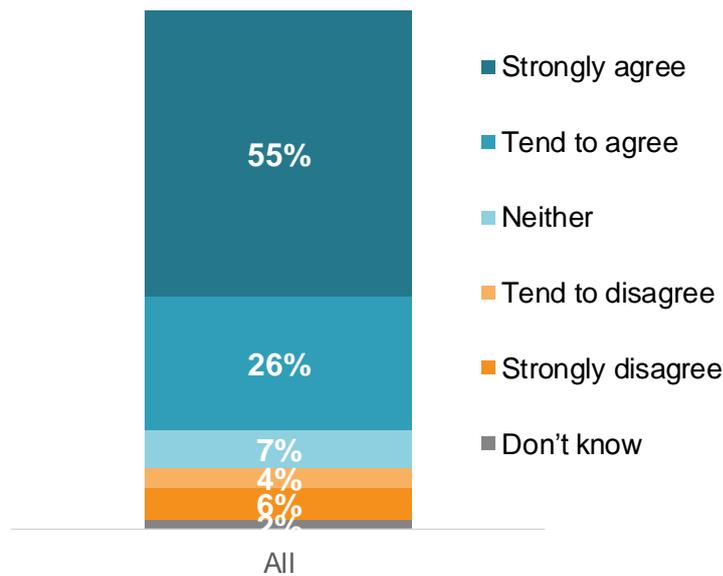
Those in the two most deprived areas were more likely to disagree strongly (10% and 9% respectively) than the two least deprived (4% and 1% respectively). Similarly, those in the second least deprived areas were more likely to agree strongly (65%) than those in the two least deprived (50% and 51% respectively).

Non-disabled respondents were more likely to agree (84%) than those who were disabled (74%). Disabled respondents were more likely to disagree (19%) than those who were not disabled (9%).

Neighbourhood trust

Respondents were also asked how much they agree or disagree with the statement: 'This is a neighbourhood where most people can be trusted'. As shown in Figure 23, the vast majority (81%) agreed with this statement, with 55% agreeing strongly. Only 10% disagreed.

Figure 23: Agreement with the statement ‘This is a neighbourhood where most people can be trusted’

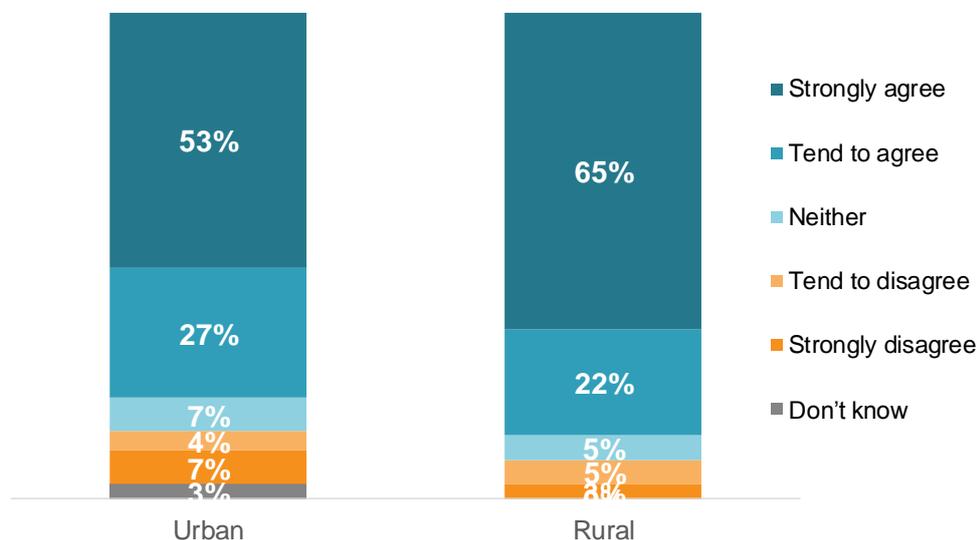


Base: All (1000)

Subgroup differences – neighbourhood trust

As shown in Figure 24, those in rural areas were more likely to agree strongly (65%) with this statement than those in urban areas (53%). Similarly, those in urban areas were more likely to disagree strongly (7%) than those in rural areas (3%).

Figure 24: Agreement with the statement ‘This is a neighbourhood where most people can be trusted’, by urban/rural



Base: All urban (791) Rural (167)

Those in the older three age groups (35-54, 55-69 and 70+) were also more likely to agree (83%, 89% and 91%) than those aged 16-24 and 25-34 (72% and 68% respectively). Similarly, those in the two oldest age groups 55-69 and 70+ were more likely to agree strongly (65% and 73% respectively) than those aged 16-24, 25-34 and 35-54 (41%, 44% and 52% respectively).

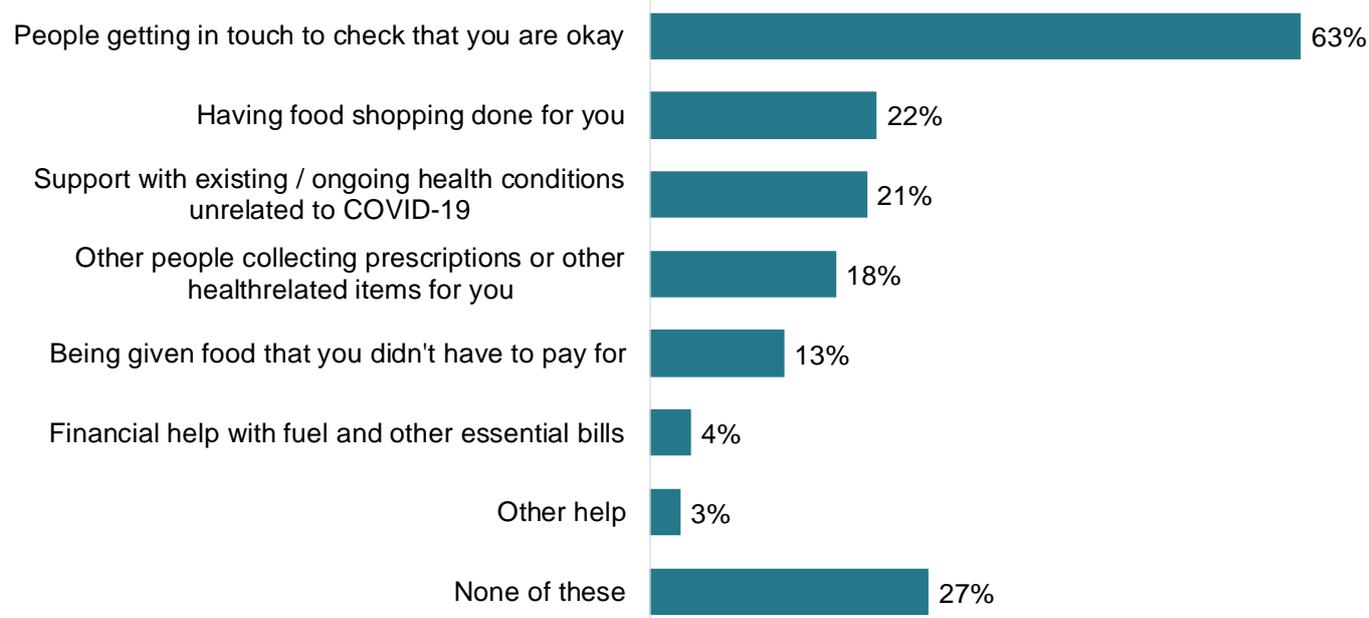
Those in the least deprived areas were more likely to agree strongly (68% and 70% respectively) than those in the most (32%, 47% and 55% respectively). Those in the three most deprived areas were also more likely to tend to disagree (7%, 6% and 6% respectively) than the least deprived areas (1%). Similarly, those in the most deprived areas were more likely to disagree strongly (17%) than those in all other areas (7%, 6%, 1% and 2% respectively).

Non-disabled respondents were also more likely to agree strongly (57% compared with 49%), while disabled respondents were more likely to disagree strongly (10% compared with 4%).

Support and support sources

Respondents were asked if they had received support in the last month, from any source. The majority (73%) of respondents had received support in some form; as shown in Figure 25, the most common form of support was 'people getting in touch to check that you are okay' (63%). Around a fifth had had food shopping done for them (22%), support with existing or ongoing health conditions or other health-related items unrelated to COVID-19 (21%) and other people collecting prescriptions for them (18%). Over a quarter (27%) had received none of these kinds of help.

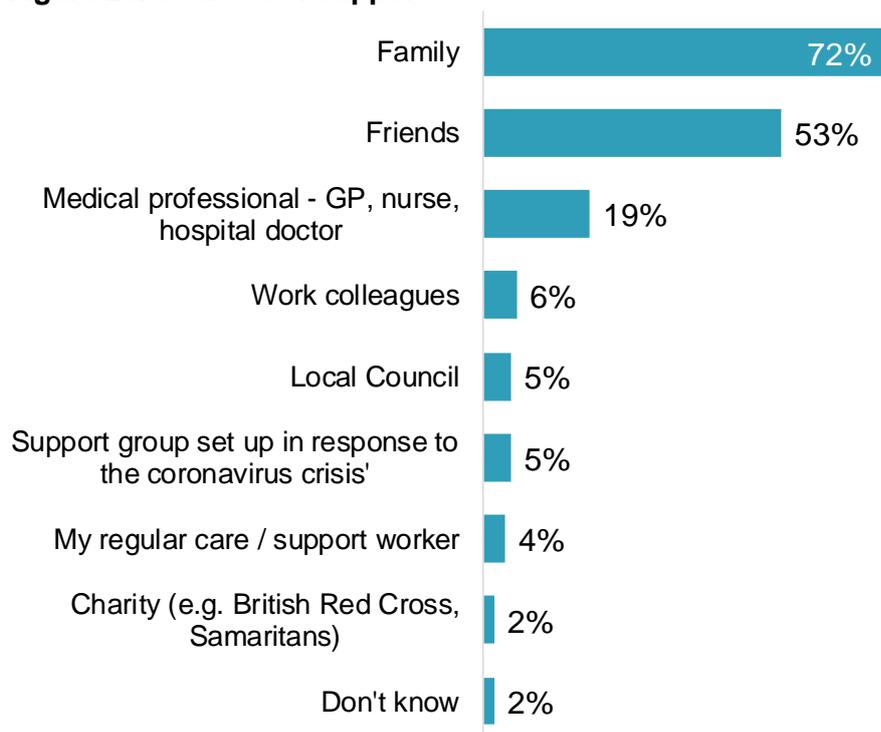
Figure 25: Support received in the last month



Base: All (1000)

Respondents who had received help in the last month were asked who provided them with this help. As shown in Figure 26, the most common answer was family (72%) followed by friends (53%). Minorities had received support from other sources, such as work colleagues (6%), their local council (5%) and support groups (5%).

Figure 26: Sources of support



Base: All who have received help in the last month (733)

Subgroup differences - support

Women were more likely than men to have had people get in touch with them to check they were okay (67% compared with 59%), as well as having food shopping done for them (25% compared with 18%).

The oldest age group (70+) were more likely to have received support compared with those aged 16-24, 25-34, 35-54 and 55-69:

- People getting in touch with them to check that they are okay (86% compared with 59%, 55%, 59% and 64% respectively)
- Having food shopping done for them (60% compared with 15%, 13%, 17% and 18% respectively)
- Other people collecting prescriptions or other health-related items for them (33% compared with 14%, 16%, 15% and 16% respectively)

Those aged 70+ were also more likely to have received support with existing or underlying health conditions unrelated to COVID-19 (31%) than those aged 25-34 (17%) and 35-54 (18%).

Those in the least deprived areas were more likely to have had food shopping done for them (25%) than those in the most deprived (16%).

Disabled respondents were more likely to have had support than those without; including having food shopping done for them (32% compared with 19%), other people collecting prescriptions or other health related items for them (34% compared with 13%), being given food they didn't have to pay for (20% compared with 11%) and financial help (7% compared with 3%).

Subgroup differences - support sources

Of those who had received support, those aged 35-54 were more likely to have received this from friends (60%) than those aged 70+ (43%). Meanwhile, those aged 25-34 and 35-54 were more likely to have received help from their work colleagues (both 9%) than those aged 55-69 and 70+ (3% and 1% respectively). Those aged 55-69 were more likely to have received help from their local council (7%) than those aged 35-54 (2%).

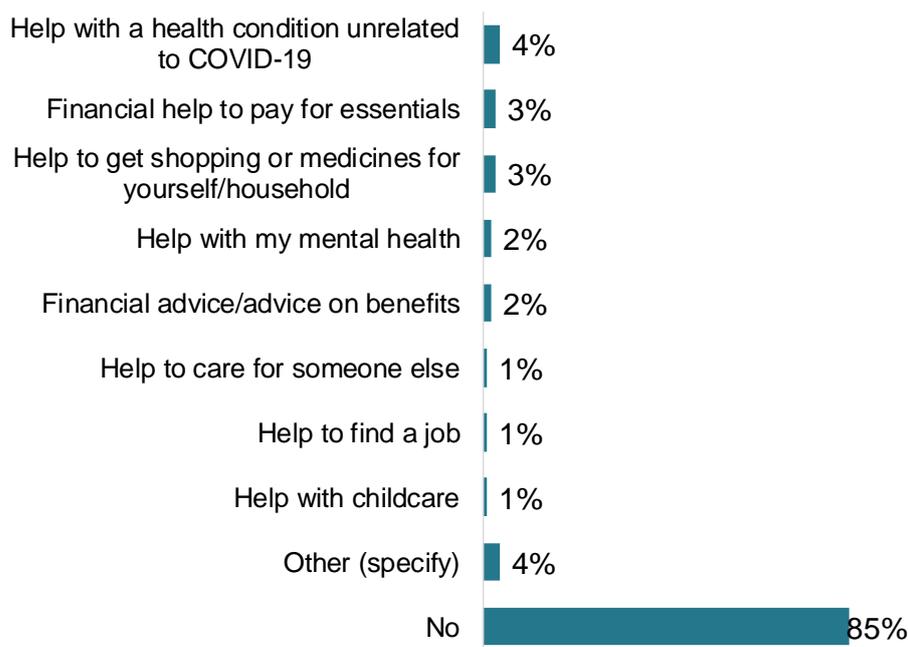
Of those who had received support, those in the three least deprived areas were more likely to have received this from friends (56%-68%) than those in the most deprived (41%). Those in the least deprived areas were more likely to have received support from work colleagues (9%) than those in the most deprived (3%). Those in the two most deprived areas were more likely to have received support from a regular care or support worker (8% and 5% respectively) than those in the second most deprived (1%). In addition, those in the most deprived areas were more likely to have received support from a charity (5%) than those in the least deprived (1%).

Disabled respondents were more likely to have received support from a medical professional (28% compared with 16%), their care worker (7% compared with 3%), or a support group set up in response to the Coronavirus crisis (8% compared with 4%).

Further help

Respondents were asked if there was anything they needed help with but were not receiving. As shown in Figure 27, the majority (85%) did not need any further help. However, small minorities needed help with health conditions unrelated to COVID-19 (4%), financial help to pay for essentials (3%) and help to get shopping or medicines (4%), financial help to pay for essentials (3%) and help to get shopping or medicines (3%).

Figure 27: types of further help needed



Base: All (1000)

Subgroup differences – further help

Women were more likely to say they required further help than men, including with a health condition unrelated to COVID-19 (6% compared with 2%) and their mental health (4% compared with 1%).

Those aged 16-24 and 25-34 were more likely to say they needed help with their mental health (4% and 5% respectively) than those aged 70+ (0%). Those aged 16-24 and 35-54 were also more likely to need financial help to pay for essentials (both 5%) than those aged 55-69 and 70+ (both 1%). Those aged 16-24 were also more likely to say they needed help to find a job (3%) than those aged 35-54 (0%). Those aged 35-54 were more likely to say they needed help with financial advice or advice on benefits (4%) than those aged 70+ (0%).

Those in the second most deprived areas were more likely to say they needed help with their mental health (5%) than those in the two least deprived (both 1%). In addition, those in the second most deprived areas were more likely than those in the least deprived to say they need help to get shopping or medicines (6% compared with 1%). Those in the second and third most deprived areas were also more likely to say they needed help with a health condition unrelated to COVID-19 (7% and 6% respectively) than those in the least deprived (2%).

Disabled respondents were also more likely to need further help, including with getting shopping or medicine (9% compared with 1%), financial advice (5% compared with 2%), and their mental health (8% compared with 1%).

Chapter 5: Further characteristics

COVID housing, employment and health experiences

As shown in Table 5, the vast majority of respondents had experienced no change to their living situation, with 97% staying in their usual home and 91% living with the same number of people in their household.

Four in ten (39%) respondents reported that they were key workers⁹.

Table 5: Housing and employment

Question	Response	% of respondents
Are you currently staying in the same house or flat you were living in before the Coronavirus lock down?	Yes, staying in usual home	97%
	No - staying in second home	0.3%
	No - staying with friends/family temporarily	1%
	No - returned to family home from university	1%
	No - staying with partner/partners family	0.05%
	No - other (specify)	1%
	Base: all (1000)	
Are there more people staying in the property you are living in just now, fewer people, or no change?	Fewer people living here	3%
	No change	91%
	More people living here	6%
	Base: all (1000)	
Are you a key worker?	Yes	39%
	No	59%
	Don't know	1%
	Base: all in employment (572)	

As shown in Table 6, at the time of fieldwork, the vast majority (91%) of respondents reported that neither they nor anyone in their household had suspected or diagnosed Coronavirus. Similarly, the vast majority (90%) of respondents also had not lost any friends or family to Coronavirus. Finally, the majority (64%) were not in a household where someone was vulnerable to Coronavirus.

⁹ A full list of key workers was not provided, but the question included the explanation 'job which the government has said is vital to public health and safety during the coronavirus lockdown'

Table 6: Coronavirus experience

Question	Response	% of respondents
Have you or anyone you live with had COVID-19 or Coronavirus?	Coronavirus diagnosed by medical professional/ test	0.4%
	Suspected Coronavirus, but not confirmed by medical professional	5%
	Someone else in household had Coronavirus – diagnosed	1%
	Someone else in household had suspected Coronavirus - not confirmed by medical professional	2.5%
	No	91%
	Don't know	2%
	Base: all (1000)	
Have you lost any friends or family members to Coronavirus?	Yes	9%
	No	90%
	Don't know	1%
	Base: all (1000)	
Do you/your household, have health conditions that means that you are vulnerable to the coronavirus?	Yes	19%
	Someone in household	20%
	No	64%
	Don't know	1%
	Base: all (1000)	

Annex A – Technical information

The survey responses were weighted to be representative of gender, working status, age, Scottish parliamentary region and tenure. The unweighted and weighted sample profiles are compared below.

Table 7: Sample profile

Characteristic	Category	Unweighted	Weighted
Gender	Male	44%	48%
	Female	56%	52%
Working status	Working full time	40%	37%
	Working part time	11%	10%
	Self employed	7%	7%
	Not working	17%	22%
	Retired	26%	24%
Age	Age 16-24	13%	13%
	Age 25-34	15%	17%
	Age 35-54	33%	33%
	Age 55-69	26%	25%
	Age 70+	14%	13%
Region	Lothian	15%	14%
	NE Scotland	14%	14%
	Glasgow	12%	13%
	West Scotland	13%	13%
	South Scotland	12%	13%
	Central Scotland	13%	12%
	Mid Scotland and Fife	12%	12%
	Highlands and Islands	9%	8%
Tenure	Owner occupier	74%	64%
	Private rent	8%	14%
	Local authority/house association/other social rent	16%	20%

The unweighted base sizes of the subgroups reported on in this study are shown below.

Table 8: Unweighted subgroup base sizes

Category	Unweighted base
Male	437
Female	560
SIMD quintile 1	153
SIMD quintile 2	186
SIMD quintile 3	184
SIMD quintile 4	179
SIMD quintile 5	256
Age 16-24	127
Age 25-34	150
Age 35-54	325
Age 55-69	255
Age 70+	143
Rural	791
Urban	167
Long term physical or mental health condition	194
No long term physical or mental health condition	797
Households with children	262
Households without children	702

Annex B – Questionnaire

[ASK ALL]

[AGE]

Please could you tell me your age at your last birthday?

1. WRITE IN NUMBER.
2. (Don't know)
3. (Refused)

[ASK ALL]

[GENDER]

Which of the following describes how you think of yourself?

1. Male
2. Female
3. Or in another way?

[ASK ALL]

[WORK_CV]

At the start of March this year, before the Coronavirus lockdown, which of the following best describes what you were doing? Were you...

1. Employed full time, 30 hours or more a week
2. Employed part time, 8 - 29 hours a week
3. Self-employed
4. Unemployed and seeking work
5. Unemployed and not seeking work
6. Studying at school, college or university
7. Looking after the home
8. Retired
9. Not working due to long-term illness or disability
10. Other- WRITE IN
11. (Don't know)
12. (Refused)

ASK ALL

[INCOME1]

And again, thinking back to the start of March this year, before the Coronavirus lockdown, which of the following best describes how you and your household were managing financially?

- (1) Manage very well
- (2) Manage quite well
- (3) Get by alright
- (4) Don't manage very well
- (5) Have some financial difficulties
- (6) Are in deep financial trouble

ASK IF CODE 1-3 AT WORK_CV

[KEYWORK]

Are you a key worker – that is, are you in a job which the government has said is vital to public health and safety during the coronavirus lockdown?

1. Yes
2. No
3. (Don't know)
4. (Refused)

[ASK IF WORK_CV = 1, 2, or 3 – i.e. employed/self-employed at start of March]

[WRKCHNG]

Since the start of the coronavirus crisis in March, have you experienced any of the following changes to your work?

MULTICODE

1. Lost your job or been made redundant
2. Chose to leave your job, retired, or gone on maternity leave
3. Taken paid leave
4. Taken unpaid leave
5. Been furloughed (IF NESS: been put on the Government's Job Retention scheme)
6. Taken a pay cut but working the same hours
7. Changed to working at home
8. Working more hours than usual
9. Working fewer hours than usual
10. Working a different pattern of hours
11. Having to make adjustments to combine work with looking after children
12. Working in a new job
13. None of the above [EXCLUSIVE CODE]
14. (Don't know)
15. (Refused)

[ASK IF CODE 1 AT WRKCHNG]

[NEWJOB]

Have you looked for another job since then?

1. Yes, looked for and got another job
2. Yes, looked for but not found another job yet
3. No, not looked for another job yet
4. (Don't know)
5. (Refused)

[IF WORK_CV = 1 TO 3]

[WORKCARE]

Have you had to make any changes since the start of the Coronavirus crisis to help you manage any child care or other caring responsibilities you may have?

MUTLICODE

1. Stopped working altogether
2. Reduced working hours but with same pay
3. Reduced working hours and pay
4. Changed working pattern (i.e. work different hours)
5. Asked other people (partner/friends/family) for more help with providing childcare / unpaid care

6. Reduced hours of childcare / unpaid care provided
7. Organised professional carers to help look after someone in your family
8. Other – PLEASE SAY WHAT
9. NOT APPLICABLE – do not have childcare / unpaid care responsibilities
10. (Don't know)
11. (Refused)

[ASK ALL]

[CURRHOME]

Are you currently staying in the same house or flat you were living in before the Coronavirus lock down?

IF NO, Where are you staying just now?

1. Yes, staying in usual home
2. No – staying in second home
3. No – staying with friends/family temporarily
4. No – returned to family home from university
5. No – staying with partner/partners family
6. No – other (specify)
7. (Don't know)
8. (Refused)

[ASK ALL]

[TENURE]

Do you, or another member of your household, rent or own < your home / the property you are currently staying in>?

1. Own outright / own with mortgage
2. Rent from a private landlord
3. Rent from a local authority/housing association
4. Live there rent free
5. Other – WRITE IN
6. (Don't know)
7. (Refused)

[ASK ALL]

[NUMHH]

How many other people (including children) are you living with at the moment?
(IF LIVE ALONE, ENTER '0')

1. Numeric (RANGE 0-20)
2. (Don't know)
3. (Refused)

[ASK IF NUMHH >1]

[LOOP – REPEAT FOR EACH ADDITIONAL PERSON IN HH]

[AGEHH1]

How old is the <first / next> other person you live with?

1. (Don't know)
2. (Refused)

[ASK IF NUMHH >1]

[LOOP – REPEAT FOR EACH ADDITIONAL PERSON IN HH]

[RELRESP]

And what is their relationship to you?

1. Husband/wife/partner
2. Child (including step-children)
3. Parent
4. Other family member
5. House or flat mate or lodger
6. Other – WRITE IN
7. (Don't know)
8. (Refused)

[ASK ALL]

[LIVSIT]

As a result of the Coronavirus crisis, are there more people staying in the property you are living in just now, fewer people, or has there been no change?

1. More people living here
2. Fewer people living here
3. No change
4. (Don't know)
5. (Refused)

[ASK ALL]

[GREENSP]

At the moment, do you have access to any of the following within a 10-15 minute walk?

MULTICODE

1. A private garden (IF NESS: that's only for your household)
2. A shared garden
3. A balcony, terrace or rooftop
4. Another open space, like a park, beach, wood, canal or river path?
5. None of these [EXCLUSIVE CODE]
6. (Don't know)
7. (Refused)

[CVINTRO2]

The next few questions are about how you personally have been affected by Coronavirus. We know this may be a difficult subject, so just to remind you, you are free to skip questions or take a break at any time.

[ASK ALL]

[COVEXP]

As far as you are aware, have you or anyone you live with had COVID-19 or Coronavirus? MULTICODE

1. Respondent had Coronavirus – diagnosed by medical professional/test
2. Respondent had suspected Coronavirus, but not confirmed by medical professional
3. Someone else in household had Coronavirus – diagnosed by medical professional/test
4. Someone else in household had suspected Coronavirus, but not confirmed by medical professional
5. No
6. (Don't know)
7. (Refused)

[ASK ALL]

[FINDIFF]

Are you experiencing difficulties with any of the following things at the moment?

MULTI-CODE

1. Paying energy bills
2. Paying rent or mortgage
3. Paying other bills
4. Collecting pensions or benefits
5. Being evicted or at risk of eviction
6. Getting the food or medicine you need
7. None of these (EXCLUSIVE CODE)
8. (Don't know)
9. (Refused)

[ASK IF CODE 6 AT FINDIFF]

[FOODREAS]

What are the main reasons you have had difficulties getting the food and medicine you need? Is this because ...

MULTI-CODE

1. You couldn't get to the shops
2. You couldn't get a delivery slot
3. The things you needed were not available
4. Or because you couldn't afford the cost of the food or medicine you needed?
5. (Don't know)
6. (Refused)

[ASK ALL]

[INCCHG]

Compared to the start of March, is your total household income now higher, lower or about the same as usual?

1. A lot higher than usual
2. A little higher than usual
3. About the same as usual
4. A little lower than usual
5. A lot lower than usual
6. (Don't know)
7. (Refused)

[ASK if INCCHG = 4 OR 5]

[INCCOPE]

What, if any, actions have you or your household taken to help you manage with a lower income?

1. Stopped mortgage / rent payments (taken a mortgage or rent 'holiday')
2. Reduced your mortgage / rent payments (paid less each month)
3. Spent less on non-essential / luxury items or activities / going out
4. Cut back on essential items such as food
5. Used savings
6. Taken out a loan / borrowed money (including from friends and family)
7. Applied for Council Tax reduction / exemption or other benefits
8. Applied for universal credit

9. Applied for a crisis grant through the Scottish Welfare Fund
10. Got food from a food bank
11. Something else (PLEASE SAY WHAT)
12. Nothing (EXCLUSIVE CODE)
13. (Don't know)
14. (Refused)

[ASK ALL]

[HAPPY]

Overall, how happy did you feel yesterday, on a scale of 0 to 10 where 0 is "not at all happy" and 10 is "completely happy"?

NUMERIC (RANGE 0-10)

(Don't know)

(Refused)

[ASK ALL]

[HAPPYCOMP]

Compared with how you felt on a typical day before the start of March, would you say you felt more or less happy yesterday, or did you feel about the same?

1. A lot more happy
2. A little more happy
3. About the same
4. A little less happy
5. A lot less happy
6. (Don't know)
7. (Refused)

[ASK ALL]

[ANXIOUS]

Overall, how anxious did you feel yesterday, on a scale of 0 to 10 where 0 is "not at all anxious" and 10 is "completely anxious"?

NUMERIC (RANGE 0-10)

(Don't know)

(Refused)

[ASK ALL]

[ANXCOMP]

And compared with how you felt on a typical day before the start of March, would you say you felt more or less anxious yesterday, or did you feel about the same?

1. A lot more anxious
2. A little more anxious
3. About the same
4. A little less anxious
5. A lot less anxious
6. (Don't know)
7. (Refused)

[ASK ALL]

[LONELY]

How much of the time during the last week have you felt lonely? Would you say you felt lonely none, or almost none of the time; some of the time; most of the time; or all, or almost all of the time?

1. None or almost none of the time
2. Some of the time
3. Most of the time
4. All or almost all of the time
5. (Don't know)
6. (Refused)

[ASK ALL]

[WORRIES]

Which of the following things, are major worries for you at the moment?

MULTICODE

1. Becoming seriously ill yourself with COVID-19
2. Friends or family becoming seriously ill with COVID-19
3. Your financial situation/ Losing your job
4. Your own mental health
5. A friend or family member's mental health
6. None of these – EXCLUSIVE CODE

[ASK ALL]

[WORROTH]

Are you seriously worried about anything else in relation to the coronavirus crisis?

1. The economic impact
2. Children's learning and education
3. Lack of contact with friends and family
4. Other – please say what
5. Nothing else – exclusive code

[ASK ALL]

[CVEFF1]

Which of the following statements apply to you?

MULTICODE

1. I feel cut off from my friends and family at the moment
2. I am enjoying spending more time with my family
3. I am finding the current restrictions on socialising difficult to cope with
4. I have been sleeping badly
5. I am able to find ways of connecting with nature
6. There is not enough space in my home
7. I have been having more arguments with the people I live with
8. I have less of a sense of purpose at the moment
9. None of these – EXCLUSIVE CODE

[ASK IF CVEFF1, CODE 7 is YES]

And who is it you are having more arguments with?

MULTICODE

1. Husband/wife/partner
2. Child (including step-children)
3. Parent
4. Other family member
5. House or flat mate or lodger
6. Other – WRITE IN
7. (Refused)

[ASK ALL]

[ACTIVITIES]

Compared to the start of March, are you doing the following things more, less, or the same amount - or did you not do them anyway?

1. Phone calls, video calls, or messaging with family and friends
2. Visiting parks/woodlands/beaches
3. Gardening
4. Reading
5. Watching television/films
6. Video games
7. Reading/listening to the news or looking at news on the internet
8. Looking at other things on the internet
9. Eating
10. Drinking alcohol
11. Smoking
12. Gambling (including online)
13. Volunteering
14. Learning a new skill
15. Exercising outside
16. Exercising inside

[ASK ALL]

[SC1]

How much do you agree or disagree with the following statements?

If I was alone and needed help, I could rely on someone in this neighbourhood to help me

1. Agree strongly
2. Tend to agree
3. Neither agree not disagree
4. Tend to disagree
5. Disagree strongly
6. (Don't know)
7. (Refused)

[ASK ALL]

[SC4]

This is a neighbourhood where most people can be trusted

1. Agree strongly
2. Tend to agree
3. Neither agree not disagree
4. Tend to disagree
5. Disagree strongly

6. (Don't know)
7. (Refused)

[ASK ALL]
[HELPPREC]

In the last month, have you or your household received any of the following kinds of help, from any source?

MULTICODE

1. Being given food that you didn't have to pay for
2. Having food shopping done for you
3. Other people collecting prescriptions or other health-related items for you
4. Financial help with fuel and other essential bills
5. People getting in touch to check that you are okay
6. Support with existing / ongoing health conditions unrelated to COVID-19
7. Other help – PLEASE SAY WHAT
8. None of these (EXCLUSIVE CODE)
9. (Don't know)
10. (Refused)

[ASK ALL]
[HELPWHO]

Who has provided you or your household with this help?

MULTICODE

1. Family
2. Friends
3. My regular care / support worker
4. Medical professional – GP, nurse, hospital doctor
5. Support group set up in response to the coronavirus crisis'
6. Local Council
7. Work colleagues
8. Charity (e.g. British Red Cross, Samaritans)
9. (Don't know)
10. (Refused)

[ASK ALL]
[HELPNEED]

Is there help with anything, that you feel you currently need but you are not receiving?

MULTICODE

1. Financial help to pay for essentials.
2. Financial advice/advice on benefits
3. Help to find a job
4. Help with childcare
5. Help to care for someone else
6. Help to get shopping or medicines for yourself/household
7. Help with my mental health
8. Help with a health condition unrelated to COVID-19
9. Other – please say what
10. No – EXCLUSIVE CODE

[ASK ALL]
[DISAB]

Do you personally have any long-standing physical or mental impairment, illness, or disability, expected to last 12 months or more?

1. Yes
2. No
3. (Don't know)
4. (Refused)

[ASK IF CODE 1 AT DISAB]

[LIMIT]

Does your condition limit your day-to-day activities in any way?

1. Yes, a lot
2. Yes, a little
3. Not at all
4. (Don't know)
5. (Refused)

[ASK ALL]

[IMM]

Do you, or anyone in your household, have any health condition that affects your immune system or means that you are especially vulnerable to the coronavirus?

MULTICODE

1. Yes – respondent
2. Yes – someone else in household
3. No (EXCLUSIVE CODE)
4. (Don't know)
5. (Refused)

[ASK ALL]

[COVEXP2]

This is a sensitive question, so please feel free to skip if you would prefer, but have you lost any friends or family members to Coronavirus?

1. Yes
2. No
3. (Don't know)
4. (Refused)

[ASK ALL]

[ETHNICITY]

What is your ethnic group?

1. White - Scottish
2. White - other British
3. White - Irish
4. White - other
5. Mixed or multiple ethnic group
6. Asian, Asian Scottish or Asian British
7. African
8. Caribbean or Black
9. Other ethnic group
10. (Don't know)
11. (Refused)



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This document is also available from our website at www.gov.scot.
ISBN: 978-1-83960-990-9

The Scottish Government
St Andrew's House
Edinburgh
EH1 3DG

Produced for
the Scottish Government
by APS Group Scotland
PPDAS754626 (08/20)
Published by
the Scottish Government,
September 2020



Social Research series
ISSN 2045-6964
ISBN 978-1-83960-990-9

Web Publication
www.gov.scot/socialresearch

PPDAS754686 (09/20)