







SIMETRICA Jacobs





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The COVID-19 health pandemic is having a major impact on our lives. Very little is known, however, about the effects of the policy responses on people's wellbeing. We estimate the wellbeing costs of COVID-19 and social distancing measures by looking at the impacts of the pandemic on the mental health and wellbeing of people in the UK between 9 and 19 April 2020 using a large survey with nationally representative quotas.

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We conducted a web survey delivered through an online panel of 1,982 adult residents of the United Kingdom of Great Britain and Northern Ireland (UK). Quotas were used on gender, age, and region to help make the survey representative of the nation. However, one caveat to note is that there may be some risk that the sample may be unrepresentative if certain types of people are more likely to complete these types of surveys during national crises and that these types of people are different in their levels of wellbeing. The survey was delivered by the online panel company Watermelon between 9-19 April 2020.

We estimate average scores/levels of wellbeing and other factors such as loneliness in the current sample experiencing COVID-19, and compare these levels with UK averages for March and April in 2019. We also conduct a series of statistical analyses using multivariate regression analysis to look at the associated impact of COVID-19 on the mental health and wellbeing of UK residents. We use data from the ONS Annual Population Survey (APS) from the period March to April 2019 to build a control group in order to assess the impact of COVID-19. Following UK Government Guidance⁸, we control for a range of other key determinants of mental health and wellbeing in the analysis. Inverse population weights are used in the APS data to make the sample nationally representative.

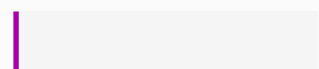
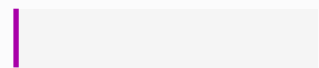
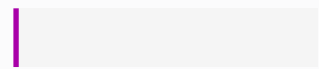
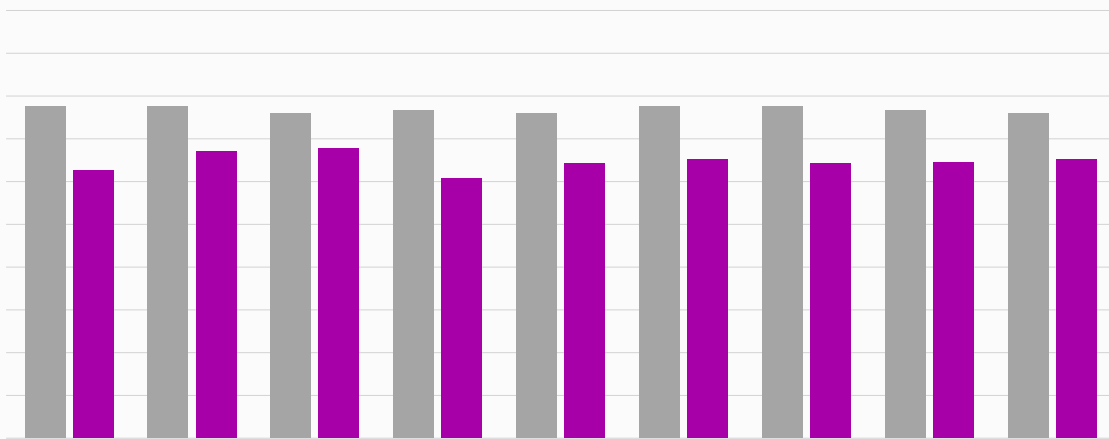
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6. These are the same questions asked in the UK Annual Population Survey (APS), an annual cross-sectional survey of approximately 155,000 households and 360,000 individuals in Great Britain.
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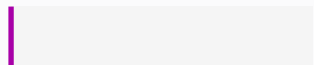
Seventy nine percent of people in the survey stated that their quality of life has been reduced because of COVID-19. Analysis of average levels of wellbeing show lower scores in all measures of wellbeing, and higher anxiety and psychological distress in April 2020 compared to March/April 2019. This pattern is consistent across all regions in the UK, between men and women, across all age groups consistent with the latest wellbeing measurements from the ONS captured during the pandemic, with the exception of the 'sense of purpose' metric where we record a steeper decline. When making comparisons across different demographic groups,

The North East of England and the East Midlands saw the largest falls in wellbeing during this period and London saw the smallest fall. Overall, women saw a larger fall in wellbeing than men, people aged under 25 had the biggest reduction in wellbeing across all age groups, and ethnic minorities reported a larger decrease in wellbeing than whites. Whilst women have reported the largest falls in wellbeing, the group with the lowest levels of wellbeing on all metrics are men

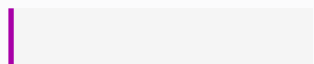
under the age of 25. Currently, key workers report higher levels of life satisfaction, happiness and sense of purpose, but also higher levels of anxiety and greater psychological distress than non-key workers. Interestingly, whilst the evidence suggests that men are more vulnerable to COVID-19 infection and mortality, it is women who report the most suffering in terms of wellbeing and psychological distress.







I am fearful about my household's financial position	



In April 2020 there is a higher proportion of people reporting that they are feeling lonely 'some of the time' compared to March/April 2019, although the proportion of people reporting they 'often' or 'always' feel lonely has not increased.

Around half of the sample feel that the UK Government is doing 'enough' on social distancing, on protecting the economy and on combatting COVID-19. Few people (around 5%) say the Government is doing too much, but a large proportion (a third or more) of people feel the Government could be doing more in all areas.

Coefficient on COVID-19				

We assessed the effects of losing your job, losing your business, being furloughed, having salary or work hours reduced and being a key worker during the COVID-19 crisis in the UK.

The values pick up the impacts on individuals' wellbeing and do not include business impacts, government and healthcare expenditure and mortality¹³ due to COVID-19, and hence the full cost

is £1.1 billion per day.

Losing your business is statistically associated with a large decrease in life satisfaction, whilst being a key worker is statistically associated with increases in life satisfaction.

Being a key worker was statistically associated with increases in daily anxiety. This suggests that whilst key workers' overall satisfaction with life has improved (potentially due to feeling that their work is important and being more appreciated), they are feeling more anxious.

The other job factors did not have a statistical association with wellbeing, but this may be because of sample size issues as this analysis was conducted only on the April 2020 survey data.

Using the Wellbeing Valuation method as set out in the HM Treasury Green Book (2018) and Fujiwara and Dolan (2016) we value the costs to individuals in society of COVID-19, focusing on the impacts on people's wellbeing. This is done by assessing how much money would be required to compensate people in the UK, such that their life satisfaction reverts back to the levels they were before COVID-19. Analysis and business case assessments in the UK.

Our analysis has shown that the health, social



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