

---

# Mental health data webinar

Eoin McElroy, Leicester University  
Sally McManus, National Centre for Social Research  
Sarah King-Hele, UKDS

9<sup>th</sup> December 2019 2-3pm

# UKDS: range of relevant cross-sectional surveys

## Specialist mental health surveys

Psychiatric morbidity surveys (1993+)

Mental Health Trusts: Community Mental Health Service User Survey (2006+)

## General health surveys

Health Survey for England (1991+)

Welsh Health Survey (1998-2015)

Scottish Health Survey (1995+)

## Attitudinal surveys

British Social Attitudes Survey (1983+)

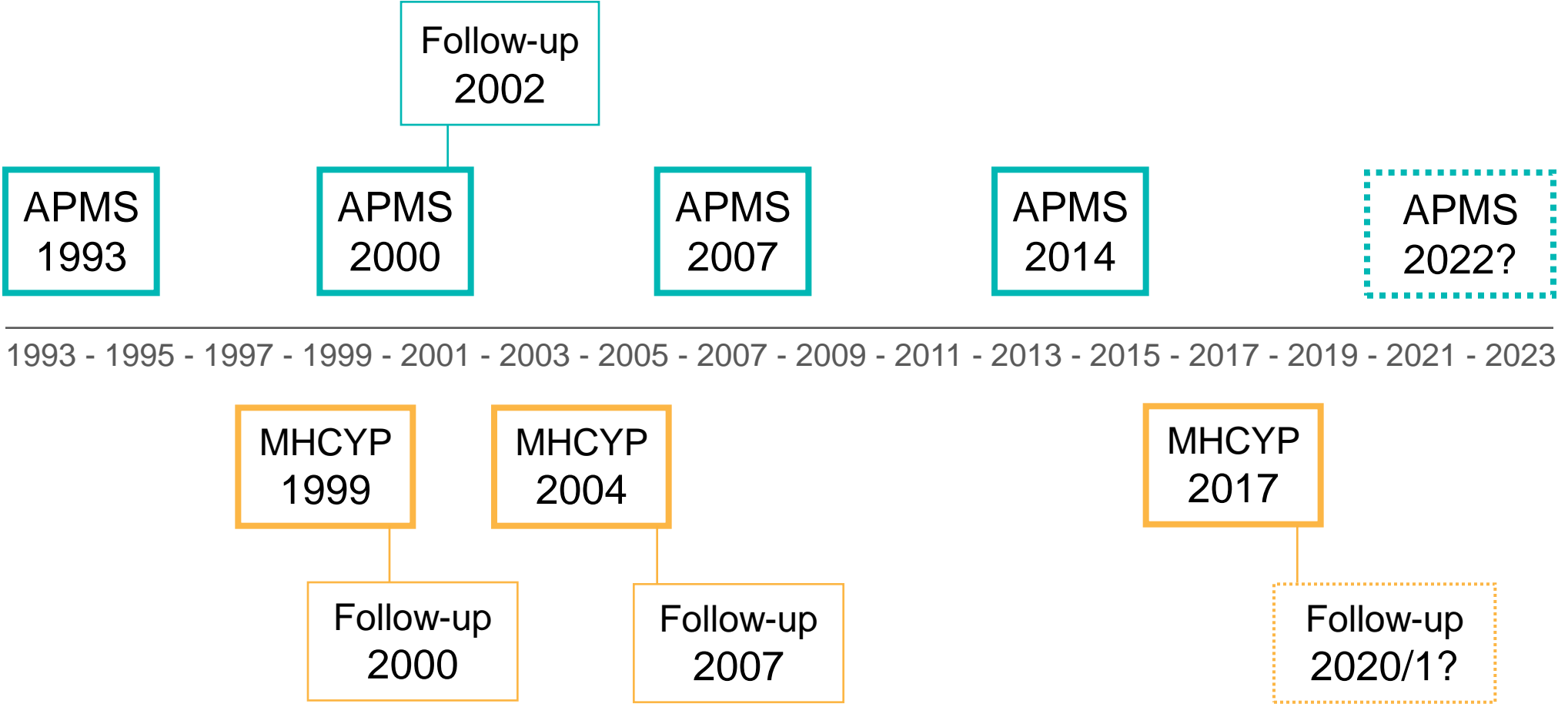
Scottish Social Attitudes Survey (1999+)

## Surveys with subjective wellbeing measures

Annual Population Survey (wellbeing: 2011/12+)

Crime Survey for England and Wales

# Specialist mental health surveys of adults (APMS) and children (MHCYP) in England



# Adult Psychiatric Morbidity Survey series

- DHSC funded, NHS Digital commissioned
- Repeated: 1993, 2000, 2007, 2014, 2021/2?
- Cross-sectional series
- Probability sample, 7-8,000
- In home, 1.5 hours
- Assessment to diagnostic criteria

DIAGNOSTIC AND STATISTICAL  
MANUAL OF  
MENTAL DISORDERS

FIFTH EDITION

DSM-5

AMERICAN PSYCHIATRIC ASSOCIATION

ICD-10

The International  
Statistical  
Classification  
of Diseases and  
Health Related  
Problems

Tenth Revision

Volumen 1

PAN AMERICAN HEALTH ORGANIZATION  
Pan-American Sanitary Office, Regional Office of  
THE WORLD HEALTH ORGANIZATION

# Clinical Interview Schedule - revised (CIS-R)

14 symptoms

- Fatigue
- Concentration and forgetfulness
- Somatic symptoms
- Sleep problems
- Irritability
- Worry about physical health
- Depression
- Depressive ideas (suicidal thoughts)
- Worry
- Anxiety
- Phobias
- Panic
- Compulsions
- Obsessions
- Self harm thoughts and behaviours

Lewis G, Pelosi AJ, Araya R, Dunn G.  
Measuring psychiatric disorder in the  
community; a standardised assessment  
for use by lay interviewers. *Psychological  
Medicine*, 1992; 22: 465–486.

# Clinical Interview Schedule - revised (CIS-R)

## 6 common mental disorders and a severity score

- Generalised anxiety disorder
  - Panic disorder
  - Phobic disorder
  - Obsessive compulsive disorder
  - Depressive disorder
  - CMD not otherwise specified
- 
- Any CMD
- 
- CIS-R score 12+
  - CIS-R score 18+

Lewis G, Pelosi AJ, Araya R, Dunn G.  
Measuring psychiatric disorder in the  
community; a standardised assessment  
for use by lay interviewers. *Psychological  
Medicine*, 1992; 22: 465–486.

# **Types of questions APMS data is ideal to answer**

**Population prevalence**

**Temporal trends**

**Treatment gap**

**Subgroup trends**

**Inequalities and circumstances**

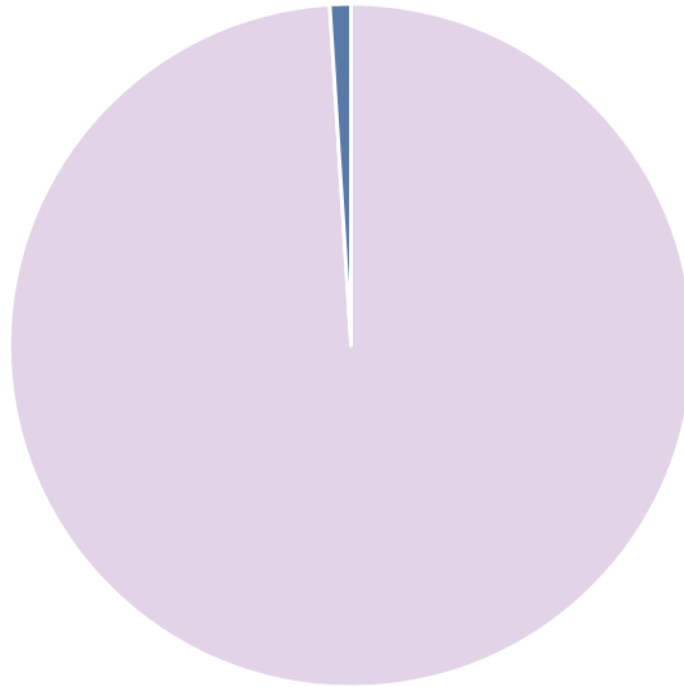


## FirstView

# Revisiting the one in four: the prevalence of psychiatric disorder in the population of England 2000–2014

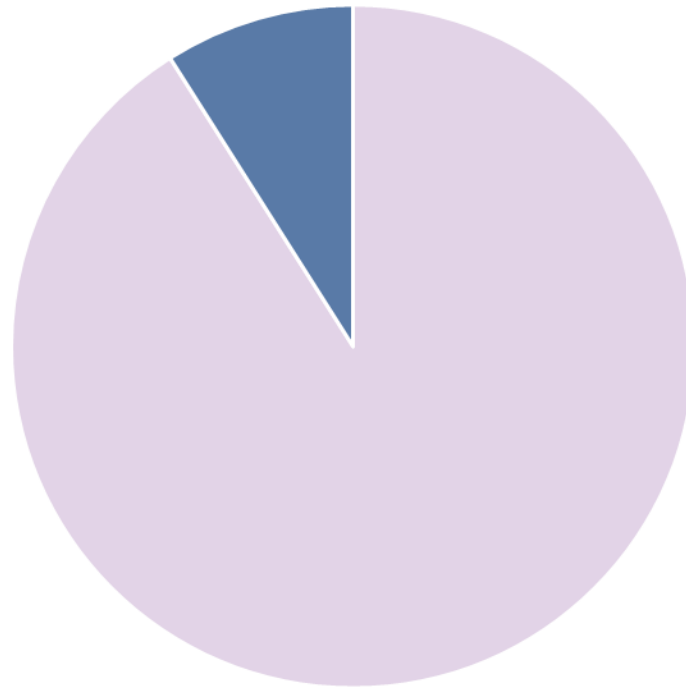
Paul E. Bebbington  (a1) and Sally McManus  (a2) 

**1 in 100:** psychotic episode in past year



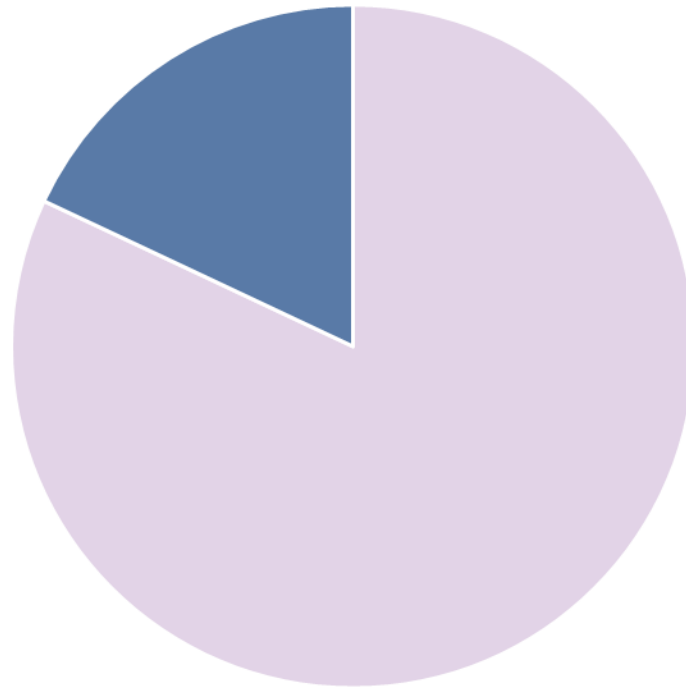
Adult Psychiatric Morbidity Survey (APMS) 2014. Bebbington P, McManus S (2019) 'Revisiting the one in four: the prevalence of psychiatric disorder in the population of England 2000-14' *BJPsych*

**1 in 10:** severe anxiety/depression (CIS-R 18+) and/or psychosis



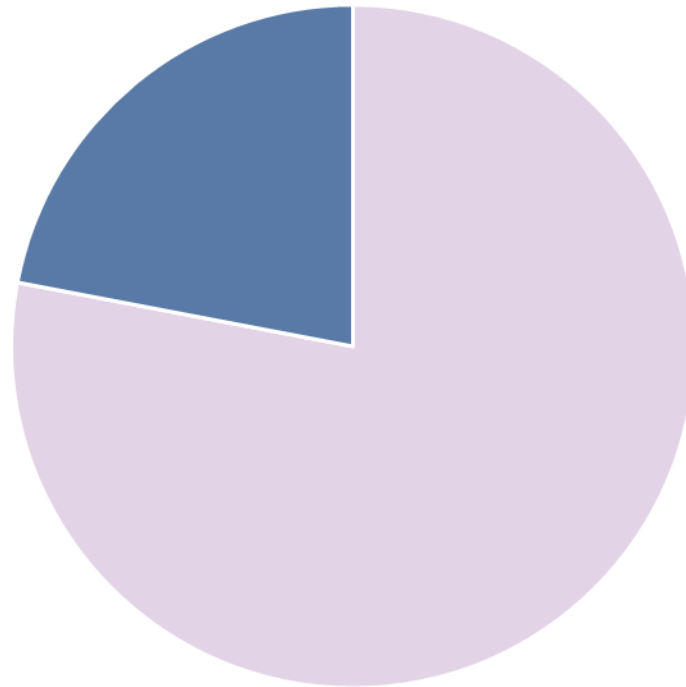
Adult Psychiatric Morbidity Survey (APMS) 2014. Bebbington P, McManus S (2019) 'Revisiting the one in four: the prevalence of psychiatric disorder in the population of England 2000-14' *BJPsych*

**<1 in 5:** any anxiety/depression (CIS-R 12+)/psychosis



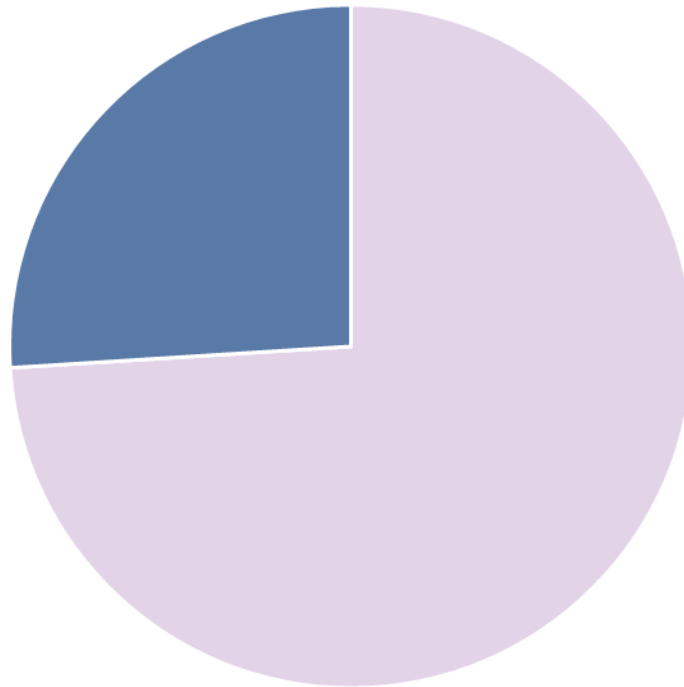
Adult Psychiatric Morbidity Survey (APMS) 2014. Bebbington P, McManus S (2019) 'Revisiting the one in four: the prevalence of psychiatric disorder in the population of England 2000-14' *BJPsych*

**>1 in 5: anxiety/depression/psychosis/dependence**



Adult Psychiatric Morbidity Survey (APMS) 2014. Bebbington P, McManus S (2019) 'Revisiting the one in four: the prevalence of psychiatric disorder in the population of England 2000-14' *BJPsych*

**1 in 4:** anxiety/ depression/ psychosis/ dependence/  
ADHD



Adult Psychiatric Morbidity Survey (APMS) 2014. Bebbington P, McManus S (2019) 'Revisiting the one in four: the prevalence of psychiatric disorder in the population of England 2000-14' *BJPsych*

# Range of mental health indicators

- Alcohol dependence: AUDIT, SAD
- Attention-deficit/hyperactivity disorder: ASRS
- Autism: AQ, ADOS
- Bipolar disorder: MDQ
- Common mental disorders (CMD): CIS-R
- Drug dependence: DSM criteria
- Eating disorder: SCOFF
- Personality disorder: SCID-II, SAPAS
- Posttraumatic stress disorder: PCL-C
- Problem gambling: DSM
- Psychotic disorder: PSQ, SCAN
- Suicidal thoughts, suicide attempts, self-harm: CIS-R

# Types of questions APMS data is ideal to answer

Population prevalence – e.g. ‘one in four’

**Temporal trends – e.g. self-harm and service contact 2000-14**

Treatment gap

Subgroup trends

Inequalities and circumstances



# Prevalence of non-suicidal self-harm and service contact in England, 2000–14: repeated cross-sectional surveys of the general population



Sally McManus, David Gunnell, Claudia Cooper, Paul E Bebbington, Louise M Howard, Traolach Brugha, Rachel Jenkins, Angela Hassiotis, Scott Weich, Louis Appleby



## Summary

**Background** The number of people presenting to hospital emergency departments after self-harming has increased in England. However, most people who self-harm do not present to hospitals, so whether this rise reflects an increase in the prevalence of self-harm in the community is unknown. Also unknown is whether the prevalence of non-suicidal self-harm (NSSH) or suicidal self-harm, or both, has increased. We aimed to establish temporal trends in the prevalence of NSSH in England.

*Lancet Psychiatry* 2019;  
6: 573–81

Published Online  
June 4, 2019  
[http://dx.doi.org/10.1016/  
S2215-0366\(19\)30188-9](http://dx.doi.org/10.1016/S2215-0366(19)30188-9)

## When producing trends ensure...

- Consistent question or measure
- Consistently defined sample  
In 1993, only asked of those with depressive ideas
- Consistent mode  
Face to face/self-completion
- Geographical cover  
1993, 2000: GB, 2007, 2014: England
- Age group  
1993 16-64; 2000 16-74; 2007, 2014 16+

McManus et al. (2019) Prevalence of non-suicidal self-harm and service contact in England 2000-14: repeated cross-sectional surveys of the general population *Lancet Psych*

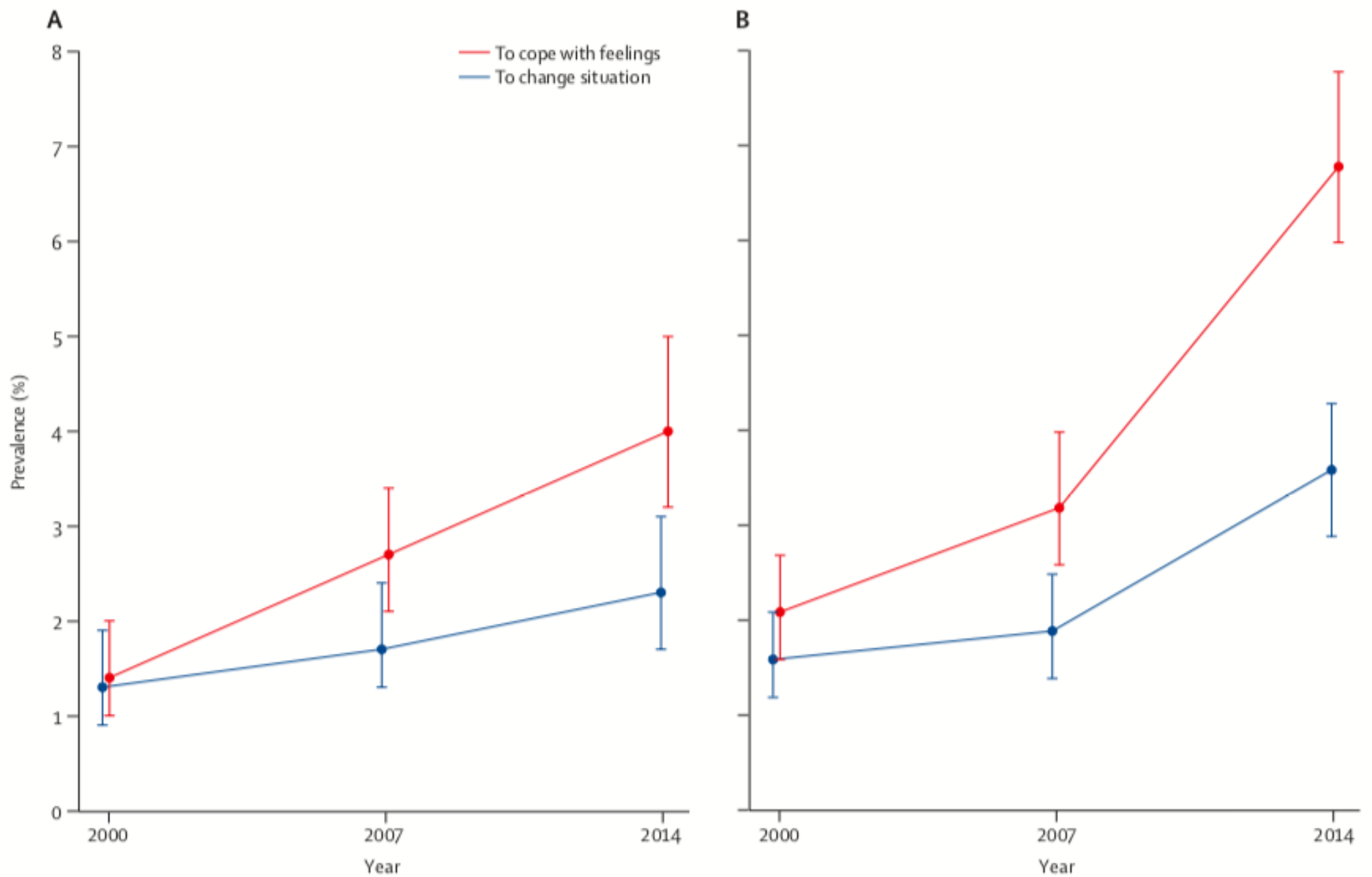


Figure 3: Reasons for non-suicidal self-harm among men and boys (A) and women and girls (B) aged 16–74 years

# Types of questions APMS data is ideal to answer

Population prevalence – e.g. ‘one in four’

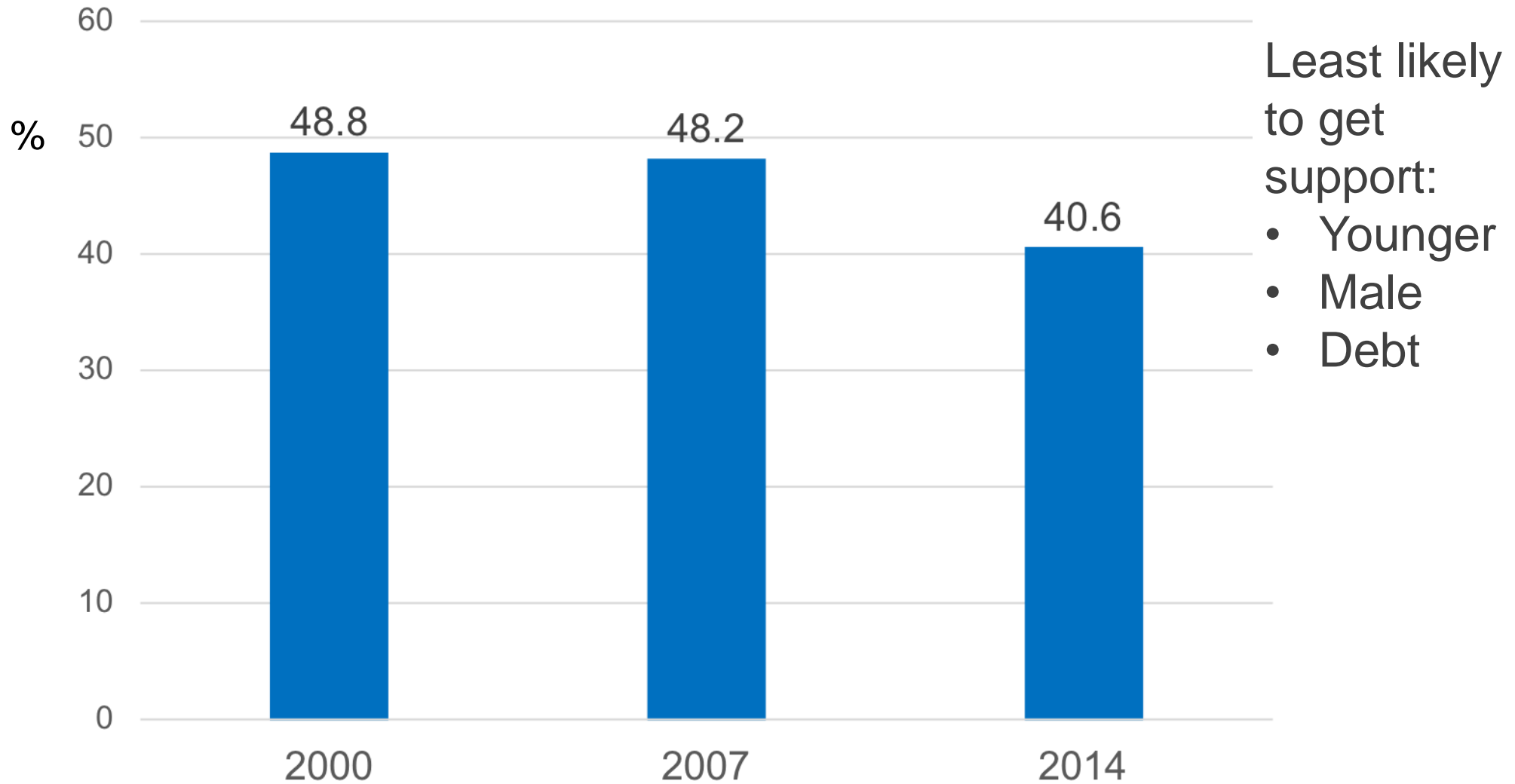
Temporal trends – e.g. self-harm and service contact 2000-14

**Treatment gap – e.g. what predicts service contact after self-harm?**

Subgroup trends

Inequalities and circumstances

## Medical or psychological support received as a result of self-harm



Base: all who reported self-harm. McManus et al. (2019) Prevalence of non-suicidal self-harm and service contact in England 2000-14: repeated cross-sectional surveys of the general population *Lancet Psych*

# Types of questions APMS data is ideal to answer

Population prevalence – e.g. ‘one in four’

Temporal trends – e.g. self-harm and service contact 2000-14

Treatment gap – e.g. what predicts service contact after self-harm?

**Subgroup trends – e.g. students mental health**

**Inequalities and circumstances – e.g. disability, debt**

# Range of characteristics and context...

- Sexual identity
- Sexual behaviour
- Religion
- Discrimination
- Debt and poverty
- Housing conditions
- Veterans
- Experience of homelessness
- Employment context
- Disability
- Physical health
- Activities of daily living
- Childhood neglect and abuse
- Social support
- Intellectual impairment
- Caring responsibilities

BRIEF REPORT



# Trends in mental health, self-harm and suicide attempts in 16–24-year old students and non-students in England, 2000–2014

S. McManus<sup>1</sup>  · D. Gunnell<sup>2,3</sup>

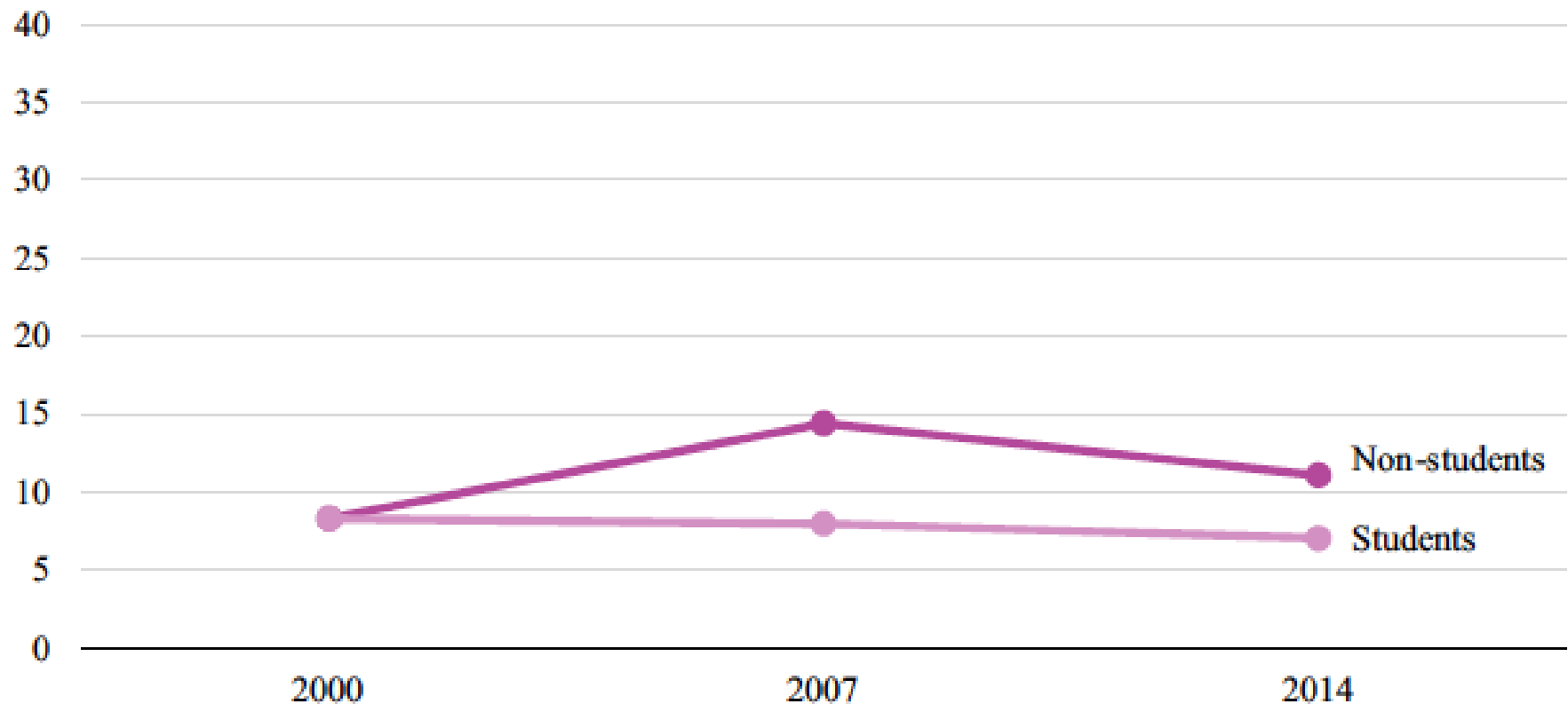
Received: 19 August 2019 / Accepted: 9 October 2019  
© The Author(s) 2019

## Abstract

There are concerns about high levels of mental ill-health amongst university students, but little is known about the mental health of students compared to non-students over time. Using data on young people (16–24) from three UK National Psychiatric Morbidity Surveys (2000, 2007, and 2014), we found no evidence that the overall prevalence of common mental disorder (CMD), suicide attempts, or non-suicidal self-harm (NSSH) differed between students and non-students, although there was an indication that CMDs rose markedly in female students between 2007 and 2014. A rise in NSSH is apparent in both students and non-students.

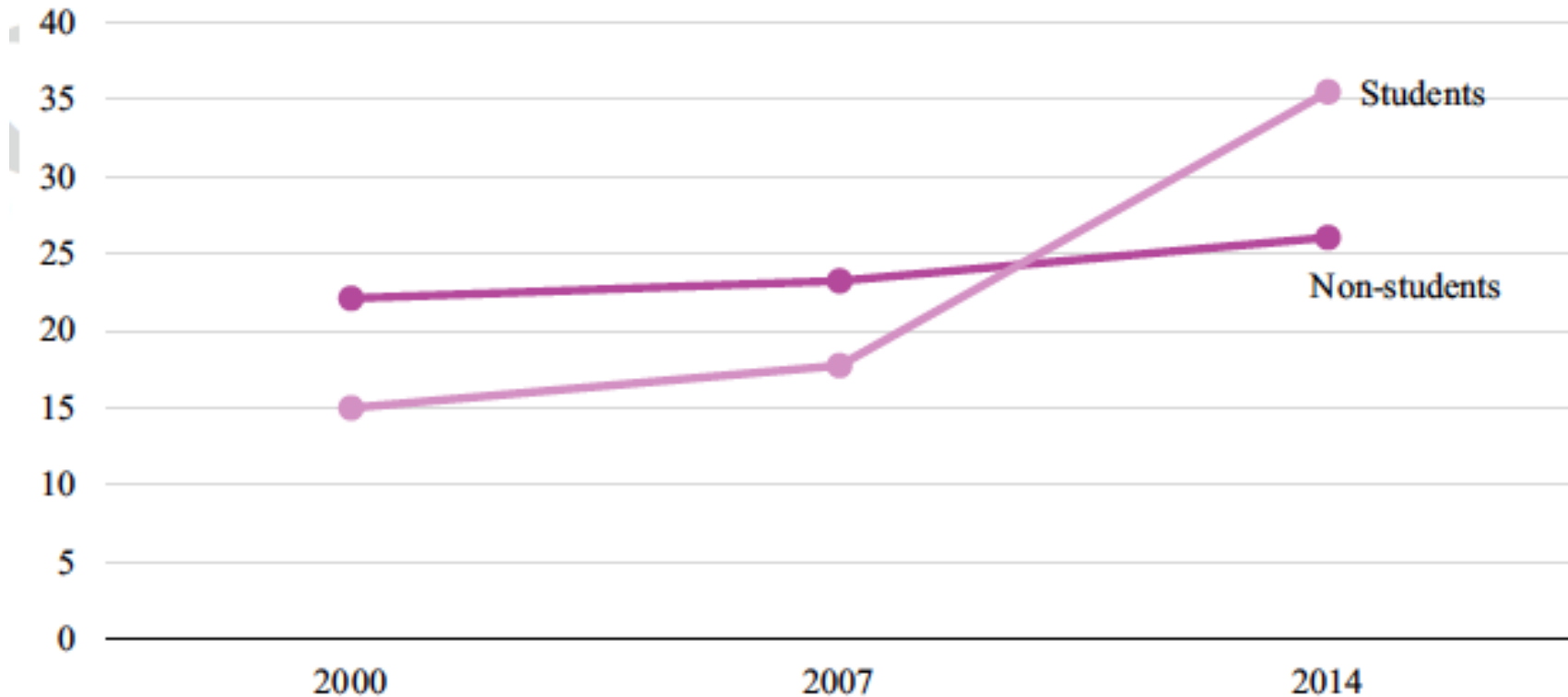


**b** Proportion of male students and non-students aged 16-24 with CMD in 2000, 2007 and 2014



McManus S and Gunnell D. (2019) Trends in mental health, self-harm, and suicide attempts in 16-24 year old students and non-students in England, 2000-2014. *Social Psychiatry and Psychiatric Epidemiology*

**C Proportion of female students and non-students aged 16-24 with CMD in 2000, 2007 and 2014**



McManus S and Gunnell D. (2019) Trends in mental health, self-harm, and suicide attempts in 16-24 year old students and non-students in England, 2000-2014. *Social Psychiatry and Psychiatric Epidemiology*

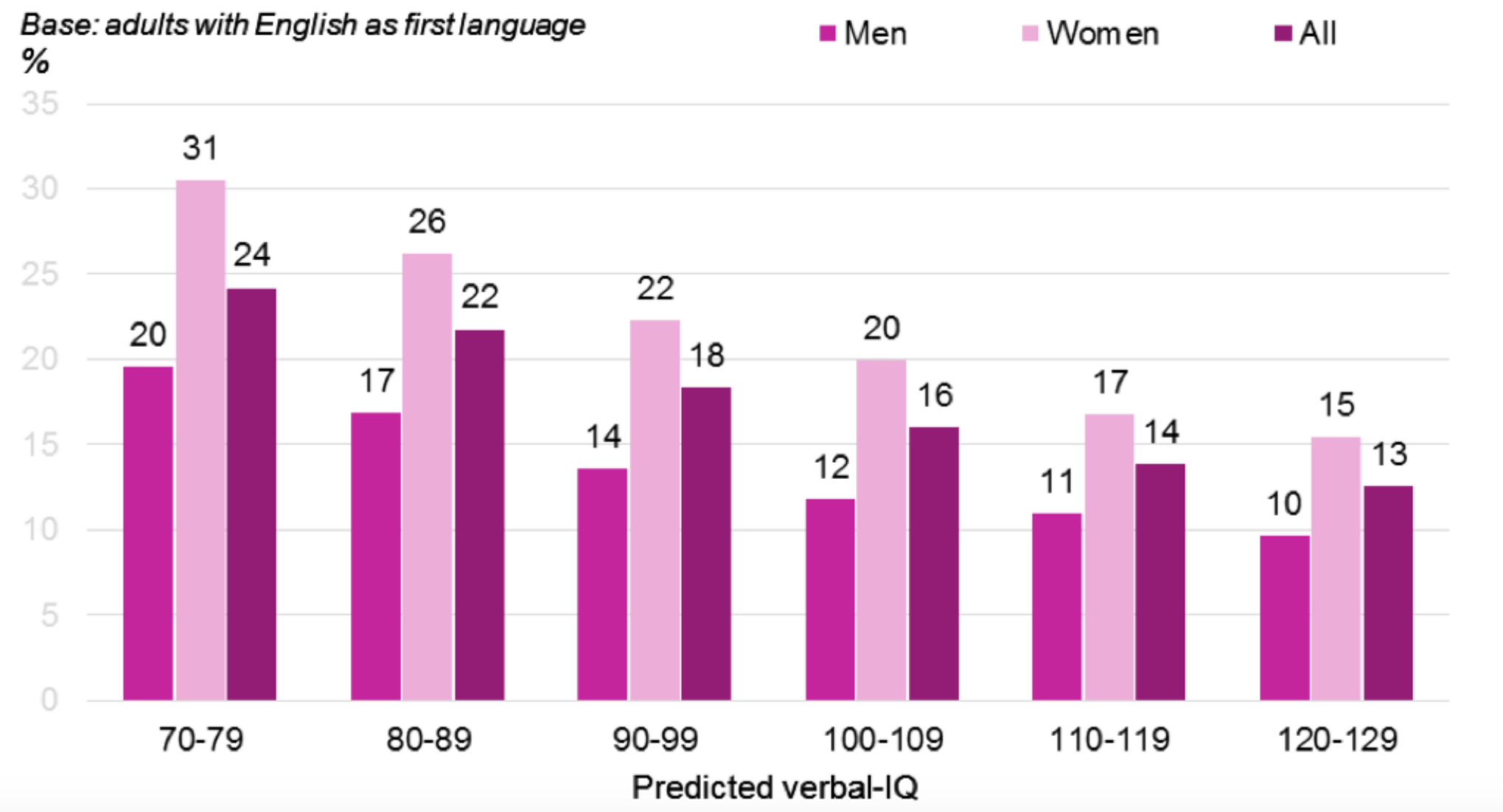
November 2018

# Inequalities in health and service use among people with borderline intellectual impairment

**Authors:** Sally McManus, Afia Ali, Paul Bebbington, Traolach Brugha,  
Claudia Cooper, Dheeraj Rai, Charlotte Saunders, Andre Strydom, Angela Hassiotis



**Figure 3.1: Common mental disorder, by predicted verbal IQ and sex**



McManus et al. (2019) *Inequalities in health service use among people with borderline intellectual impairment*. NatCen/DHSC.



MONEY AND  
MENTAL HEALTH  
POLICY INSTITUTE

# Policy Note

March 2019

Author: Merlyn Holkar

Policy Note Number 15

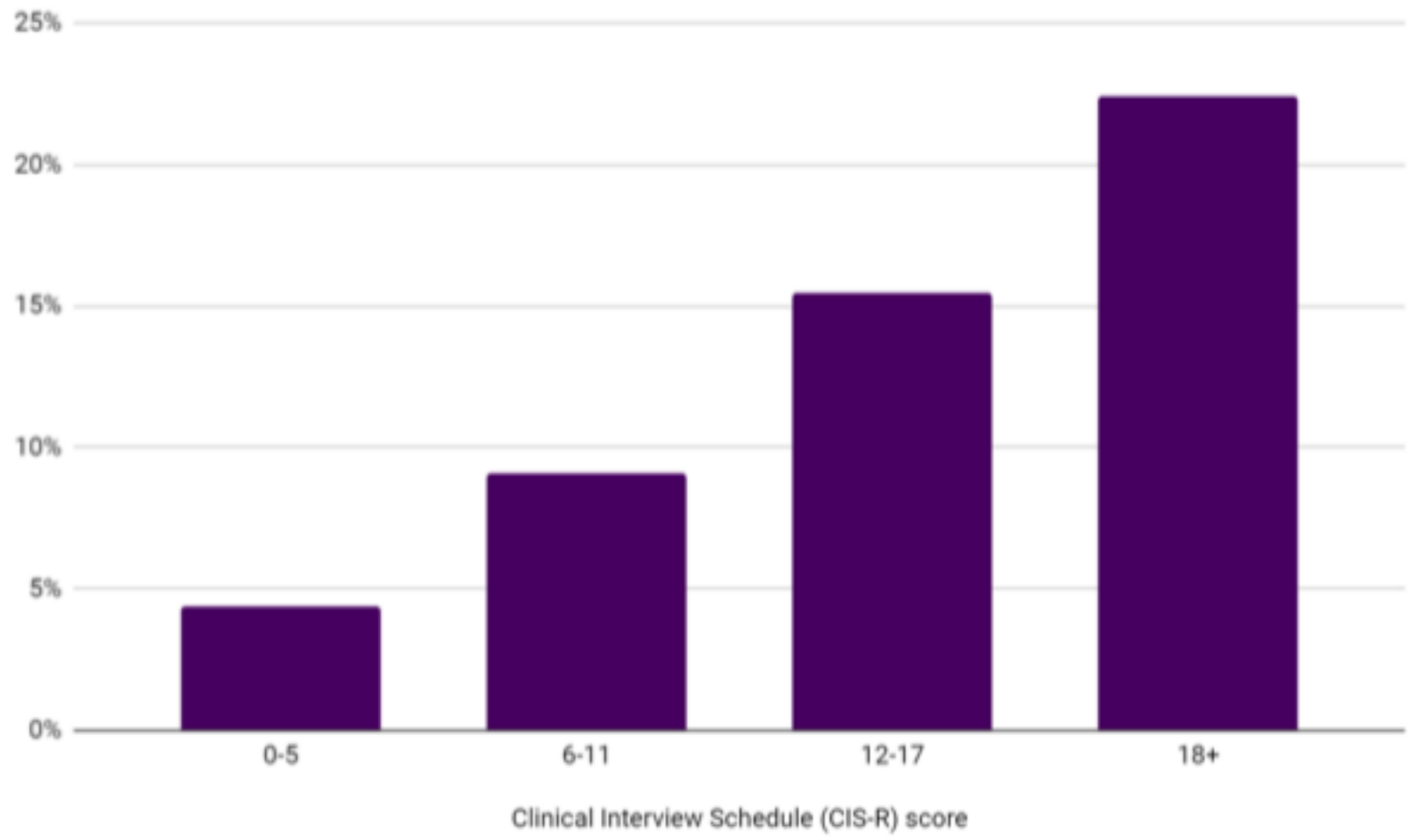
## Debt and mental health: a statistical update

### Introduction

Money and mental health problems are a marriage made in hell. There is a strong statistical relationship between these problems and often they can feed off each other, creating a vicious cycle of worsening mental health and growing financial difficulties.<sup>1</sup>

"When my illness starts to decline, I lose the ability to organise and deal with everyday tasks. I get confused about when or if I've paid something. I cannot concentrate and eventually I am unable to do anything. When I am like this, I even have a problem with using the telephone, and so cannot call and

**Figure 2: Prevalence of problem debt by severity of common mental disorder symptoms**



Money and Mental Health Policy Institute. (2019) *Debt and mental health: a statistical update.*

To see what's been published using APMS data:  
[Mentalhealthsurveys.org](http://Mentalhealthsurveys.org)



MENTAL HEALTH SURVEYS Information about England's Adult Psychiatric Morbidity Survey series

## JOURNAL PAPERS

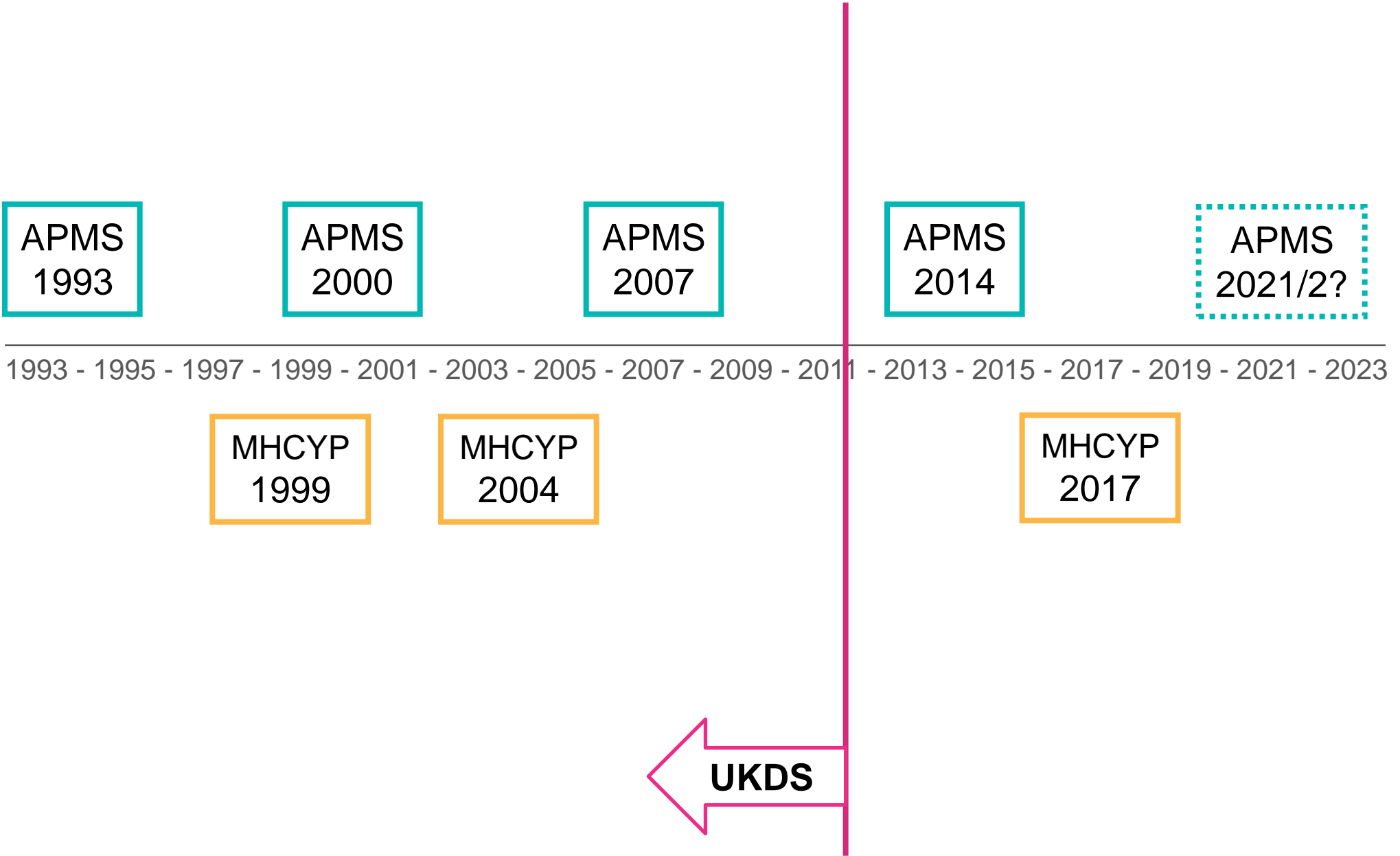
### PAPERS DRAWING ON THE ADULT PSYCHIATRIC MORBIDITY SURVEY SERIES

#### 2019

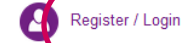
McManus S, Bebbington P, Jenkins R, Morgan Z, Brown L, Collinson D, Brugha T. (2019) [Data resource profile: Adult Psychiatric Morbidity Survey](#) *International Journal of Epidemiology*.

Shoham N, Lewis G, McManus S, Cooper C. (2019) [Common mental illness in people with sensory impairment](#): results from the 2014 adult psychiatric morbidity survey, *BJPsych Open*.

# APMS 1993, 2000, 2007 – download datasets direct from the UKDS







Explore the UK's largest collection of social, economic and population data resources.




Search data ▾



## About the UK Data Service



## Guides and resources

[Dataset guides](#)

[Topic guides](#)

[Methods and software guides](#)

[Guides to exploring online](#)

[See more >](#)



### Video tutorials

See our growing range of training videos

See data from all over the world

[Browse our data map](#)

## Data types

[Census data](#)

[International macrodata](#)

[Longitudinal studies](#)

[Qualitative/mixed methods](#)

[UK surveys](#)



**Professor Michaela Benzeval**

The Director of Understanding Society discusses the impact of making data available through the UK Data Service



### Featured data

**Encouraging healthy lifestyles in young people**

What is the link between

## Latest data

[Small Business Survey, 2014](#)

[Second Longitudinal Study of Young People in England: Wave 1, 2013: Safe Room Access](#)

[Second Longitudinal Study of Young People in England: Wave 1, 2013: Secure Access](#)

# Access conditions

Data Type	Access conditions
<b>Open access</b> <i>Most Census / International - Small number of survey teaching datasets</i>	Open access
<b>End User Licence</b> <i>Most research datasets</i>	Requires registration and user name and password. Apply for a username: <a href="https://beta.ukdataservice.ac.uk/myaccount/credentials">https://beta.ukdataservice.ac.uk/myaccount/credentials</a>
<b>Special Licence</b> <i>Most survey microdata with lower level geography</i>	Restricted to 'Approved Researchers' under the Statistics and Registration Act
<b>Secure and safe room access</b>	Restricted to 'Approved Researchers' and access limited through a physical or virtual environment

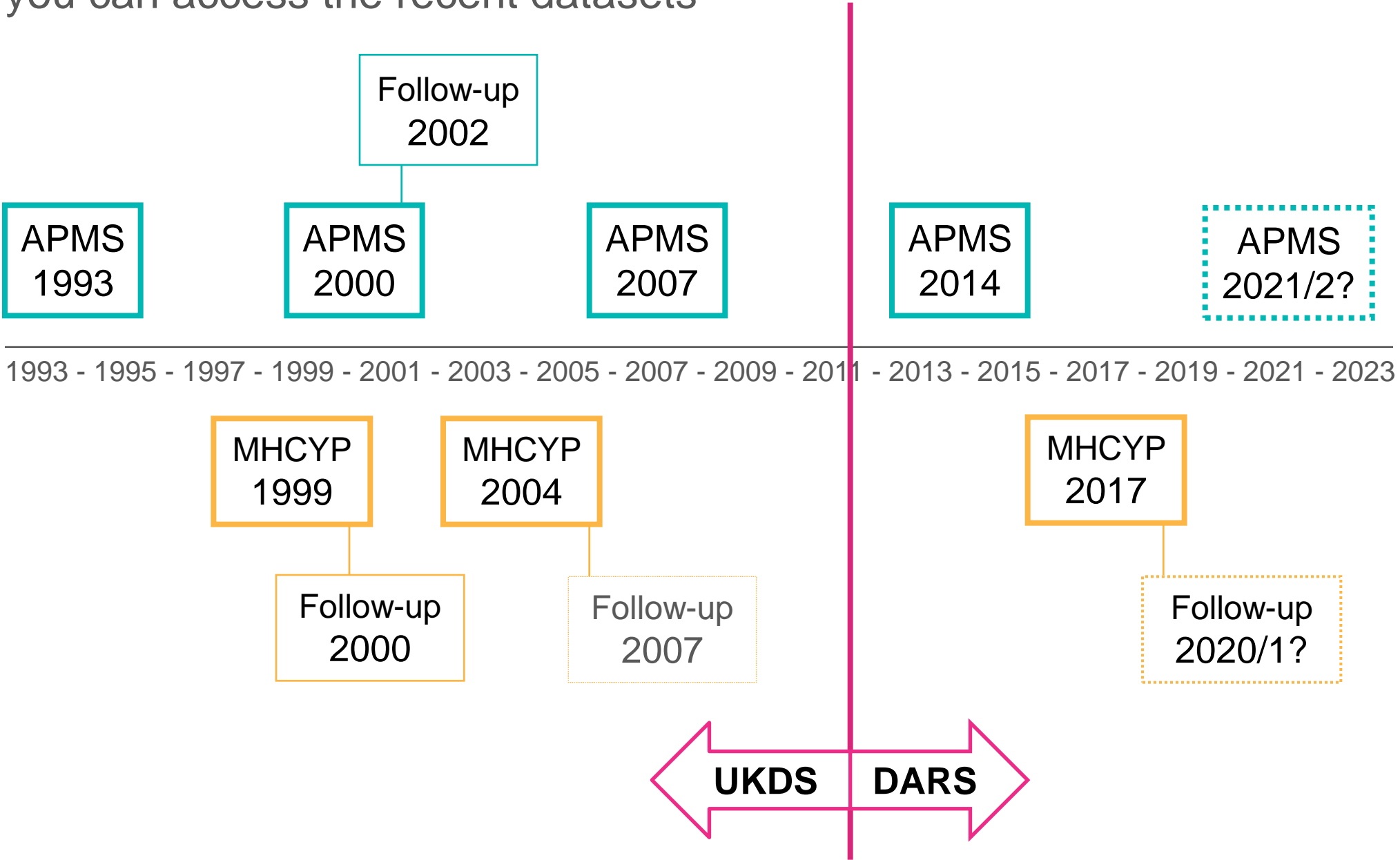
# Adult Psychiatric Morbidity Survey, 2007

[Details](#)[Documentation](#)[Resources](#)[Access data](#)

## Documentation

Title ▲	File name ◆	Size (MB) ◆
APMS 2007: Autism Report	<a href="#">6379_apms_2007_autism_report.pdf</a>	1.16
APMS 2007: Data Documentation	<a href="#">6379_apms_2007_dataset_documentation.pdf</a>	5.46
APMS 2007: Interviewer Instructions	<a href="#">6379_apms_2007_interviewer_instructions.pdf</a>	1.37
APMS 2007: Report Appendices and Glossary	<a href="#">6379_apms_2007_report_appendices.pdf</a>	3.21
APMS 2007: Research Report	<a href="#">6379_apms_2007_research_report.pdf</a>	1.01
APMS 2007: Survey Documents	<a href="#">6379_apms_2007_survey_documentation.pdf</a>	0.67
Study information and citation	<a href="#">UKDA_Study_6379_Information.htm</a>	0.01
UK Data Archive Information for Study 6379	<a href="#">read6379.htm</a>	0.01

# Data Access Request Service (DARS) permission required before you can access the recent datasets



# DARS: how to make an application

DARS Online customers should use this guidance when completing an application for data.

<https://digital.nhs.uk/services/data-access-request-service-dars/>



Understanding Society

THE UK HOUSEHOLD LONGITUDINAL STUDY

# *Mental health and wellbeing measures in Understanding Society*

An initiative by the Economic and Social Research Council, with scientific leadership by the Institute for Social and Economic Research, University of Essex, and survey delivery by the National Centre for Social Research.

# Understanding Society

- Survey of a large nationally representative sample of UK households that started in 2009
- The incorporation of the long running BHPS survey which started in 1991, allows following individuals over 25 years
- Sample members interviewed every year and asked a core set of questions so that change can be measured
- Due to wide geographical coverage, the large sample size and ethnic and immigrant boost sample sizes – various sub-populations can be studied

Mental health and wellbeing	Asked in Waves	
General Health Questionnaire (GHQ) 12-item module	Every wave	16+ year olds
Mental health component of SF-12 module	Every wave	
Warwick-Edinburgh Mental Wellbeing Scale (WEMWBS)	Waves 1, 4, 7	
Diagnosed health condition: clinical depression	Every wave	
Overall life satisfaction	Every wave	
Happiness with life, appearance, school work, family, friends, school	Every wave	10- 15 year olds
Strengths and Difficulties questionnaire (SDQ)	1, 3, 5, 7,...	



# Finding variables on mental health

Take a look at the questionnaires

<https://www.understandingsociety.ac.uk/documentation/mainstage/questionnaires>

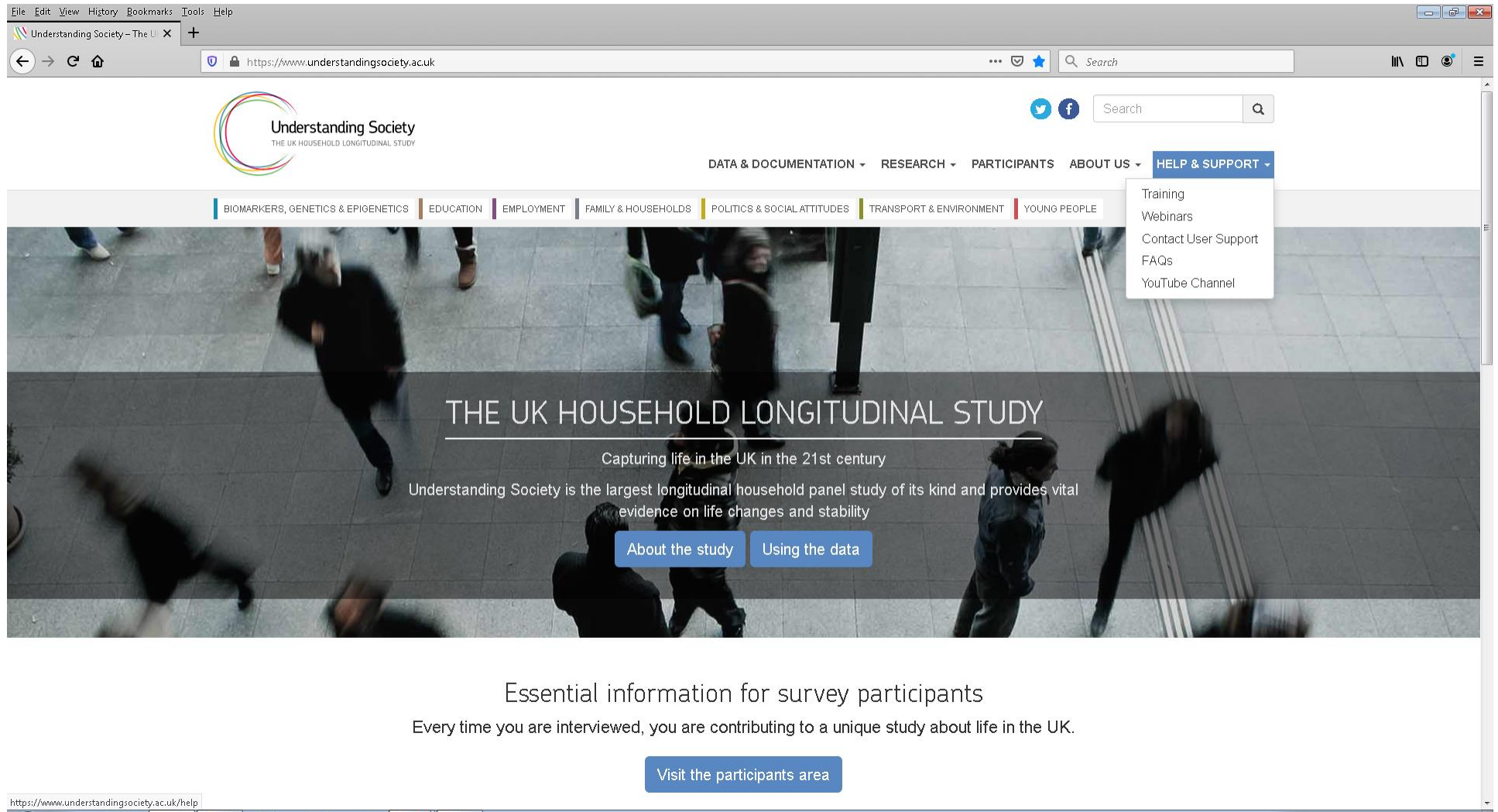
Key word search

<https://www.understandingsociety.ac.uk/documentation/mainstage/dataset-documentation>

Search by index terms

<https://www.understandingsociety.ac.uk/documentation/mainstage/dataset-documentation/index-terms>

# User support & training



The screenshot shows a web browser window displaying the Understanding Society website. The browser's address bar shows the URL <https://www.understandingsociety.ac.uk>. The website's header features the Understanding Society logo and a navigation menu with the following items: DATA & DOCUMENTATION, RESEARCH, PARTICIPANTS, ABOUT US, and HELP & SUPPORT. The HELP & SUPPORT menu is open, showing a list of links: Training, Webinars, Contact User Support, FAQs, and YouTube Channel. Below the navigation menu, there is a horizontal bar with various research topics: BIOMARKERS, GENETICS & EPIGENETICS, EDUCATION, EMPLOYMENT, FAMILY & HOUSEHOLDS, POLITICS & SOCIAL ATTITUDES, TRANSPORT & ENVIRONMENT, and YOUNG PEOPLE. The main content area features a large image of a busy street scene with the text "THE UK HOUSEHOLD LONGITUDINAL STUDY" and "Capturing life in the UK in the 21st century". Below this, it states "Understanding Society is the largest longitudinal household panel study of its kind and provides vital evidence on life changes and stability". There are two buttons: "About the study" and "Using the data". At the bottom, there is a section titled "Essential information for survey participants" with the text "Every time you are interviewed, you are contributing to a unique study about life in the UK." and a button "Visit the participants area". The browser's status bar at the bottom shows the URL <https://www.understandingsociety.ac.uk/help>.

File Edit View History Bookmarks Tools Help

Understanding Society – The U X

https://www.understandingsociety.ac.uk

Search

Understanding Society  
THE UK HOUSEHOLD LONGITUDINAL STUDY

DATA & DOCUMENTATION RESEARCH PARTICIPANTS ABOUT US HELP & SUPPORT

BIOMARKERS, GENETICS & EPIGENETICS EDUCATION EMPLOYMENT FAMILY & HOUSEHOLDS POLITICS & SOCIAL ATTITUDES TRANSPORT & ENVIRONMENT YOUNG PEOPLE

Training  
Webinars  
Contact User Support  
FAQs  
YouTube Channel

THE UK HOUSEHOLD LONGITUDINAL STUDY

Capturing life in the UK in the 21st century

Understanding Society is the largest longitudinal household panel study of its kind and provides vital evidence on life changes and stability

About the study Using the data

Essential information for survey participants

Every time you are interviewed, you are contributing to a unique study about life in the UK.

Visit the participants area

https://www.understandingsociety.ac.uk/help



## Latest research

Discover which publications have used Understanding Society data by using this search facility. The research can be filtered by subject, publication type, author and year of publication.

Please [let us know](#) about your research

mental health

Search Reset

Contains all of these words

Search found 125 items

mental health

Displaying publications 1 - 25 of 125 in total

[The Big-Five personality factors, mental health, and social-demographic indicators as independent predictors of gratification delay](#)

[Adrian Furnham, Helen Cheng](#)

Journal Article - Personality and Individual Differences - 15 Nov 2019

Psychology Demography Well Being Health Social Stratification

[An integrated approach to bias in a longitudinal survey in the United Kingdom: assessing construct, method, and item bias in the General Health Questionnaire \(GHQ-12\)](#)

### Subject

Well Being	87
Health	83
Psychology	40
Young People	20
Area Effects	16
Labour Market	14
Ethnic Groups	12
Life Course Analysis	11
Public Policy	11
Geography	10

Show more

### Record Type

Journal Article	48
Media	31
Report	17
Conference Paper	7
Research Paper	7
Book Chapter	5

# For Understanding Society updates

Sign up for our quarterly newsletter

<https://www.understandingsociety.ac.uk/email/signup>

Follow us on Twitter [@usociety](#)

Follow us on Facebook:

<https://www.facebook.com/understandingsociety/>

Follow our Youtube channel:

<https://www.youtube.com/channel/UCZYQzqhFDBZof66luum6TKQ>

'Superb'  
LITERARY REVIEW

'A delight'  
ECONOMIST

'Spellbinding'  
OBSERVER

# Helen Pearson The Life Project

The untold story of how a group of mavericks,  
midwives and pioneers changed the  
lives of everyone in Britain



Eoin McElroy  
Leicester University