Mental Health and Wellbeing in England

Adult Psychiatric Morbidity Survey 2014

A survey carried out for NHS Digital by NatCen Social Research and the Department of Health Sciences, University of Leicester
Longest running mental health survey series using consistent methods
Surveys of specific populations have not been repeated.
New child survey available 2018

- Institutions
  - Ethnic minority
    - Carers
      - Adult household
        - Homeless
          - Adult household
            - Prisons
              - Adult household
                - Looked after children
                  - Children

- Adult household
  - Adult household
    - Adult follow-up
      - Adult household
        - Adult household
          - Children

- 1993-1994
- 1997
- 2000
- 2002
- 2004
- 2017
- 2014
Adult Psychiatric Morbidity Survey

• Probability sample of private households
• Cross-sectional
• 7,500 adults 16+ (1993 to 64; 2000 to 74)
• Two-phase design
• Department of Health funded
• NHS Digital commissioned
**Aims**

**Extent of mental illness**
- Trends over time
- Inequalities in illness
- Risk/protective factors

**Proportion in treatment**
- Trends over time
- Inequalities in treatment
1 in 6 had a common mental disorder (CMD)

Proportion of adults with a common mental disorder (CMD) as assessed by the revised Clinical Interview Schedule (CIS-R) in past before interview: 17.0%; with a CIS-R score of 12+ (15.7%).
Proportion of adults aged 16+ identified with psychotic disorder in the past year as assessed in the phase two interview using the SCAN about 0.5% using APMS 2007 and 2014 combined.

1 in 100 had a psychotic disorder in past year

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Disorders

- 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
- Personality disorder: SCID-II, SAPAS
- Posttraumatic stress disorder: PCL-C
- Psychotic disorder: PSQ, SCAN
- Suicidal thoughts, suicide attempts, self-harm
Aims

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Steady increase in rates of severe CMD symptoms

CIS-R score of 18+ in adults aged 16-64 living in England by survey year.
Since 2000, severe CMD symptoms stable in men.
Severe CMD symptoms steadily increased in women

CIS-R score of 18+ in adults aged 16-64 living in England, by survey year and sex
Self-harm increased steeply, especially in young women.

Face to face report of having ever self-harmed in 16 to 24 year olds, by survey year and sex.

Proportion of women reporting having ever self-harmed in the self-completion: 25.7%.
Hazardous or harmful levels of drinking more common in men

AUDIT score 8 or more in adults aged 16-74 living in England, by survey year and sex
Hazardous or harmful drinking declined in men, but not women

AUDIT score 8 or more in adults aged 16-74 living in England, by survey year and sex
Attention deficit hyperactivity disorder (ADHD) positive screens

Score of 4+ out of 6 on the Adult ADHD Self-Report Scale (ASRS) among adults 16+. APMS 2014
Men and women equally likely to screen positive for ADHD

Score of 4+ out of 6 on the Adult ADHD Self-Report Scale (ASRS) among adults 16+. APMS 2014
Of those screening positive, men more likely to report being diagnosed with ADHD
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Two thirds of Employment and Support Allowance recipients have depression or an anxiety disorder.
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Treatment use: highest in those with most severe symptoms

Current use of treatment (psychotropic medication or psychological therapy) by CIS-R score
Proportion of adults with CIS-R score of 12+ or 18+ receiving any treatment.
Medication increased most, but also psychological therapies

Proportion of adults with CIS-R score 12+ receiving any psychological therapy or psychotropic medication by survey year

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Treatment use highest in White British Female Aged 35-54

Regression analysis of factors predicting use of treatment, controlling for grouped CIS-R score and other factors.
Young people with CMD least likely age-group to get treatment

Proportion of people with a CMD currently using psychotropic medication or psychological therapy by age

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Proportion</th>
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<tbody>
<tr>
<td>16-24</td>
<td>20%</td>
</tr>
<tr>
<td>25-34</td>
<td>35%</td>
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<tr>
<td>35-44</td>
<td>45%</td>
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<tr>
<td>45-54</td>
<td>50%</td>
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<tr>
<td>55-64</td>
<td>45%</td>
</tr>
<tr>
<td>65-74</td>
<td>35%</td>
</tr>
<tr>
<td>75+</td>
<td>30%</td>
</tr>
</tbody>
</table>
Survey report
http://content.digital.nhs.uk/catalogue/PUB21748

Data and documentation
https://discover.ukdataservice.ac.uk/series/?sn=2000044

Study website
https://mentalhealthsurveys.org/

Queries
sally.mcmanus@natcen.ac.uk
@McManusSally
CMD varies by ethnicity in women, but not men

Any CMD in past week, by age and sex