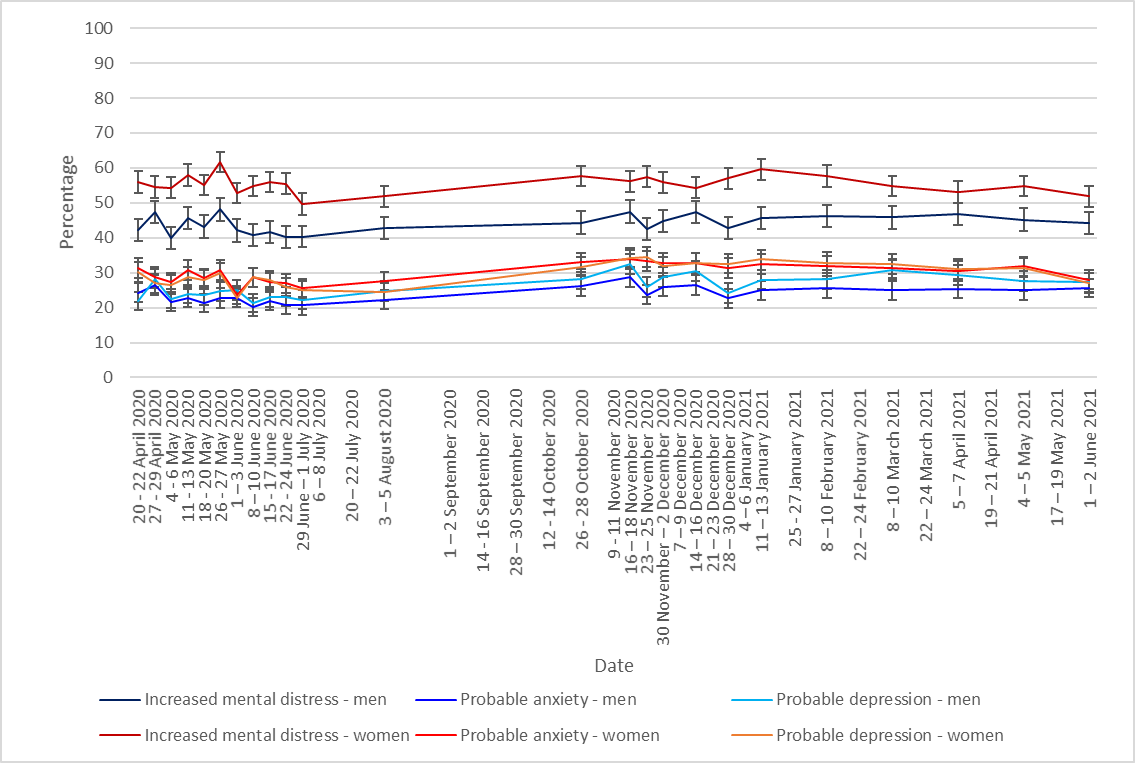
## **Graphs of validated measures**

23 June 2021

## PHQ-4

* The PHQ4 is a valid tool for detecting anxiety and depressive disorders. Higher scores are associated with increased mental distress. Scores of 0 to 2 are rated “normal” [range 0 to 12].(1)
* Normative data for the PHQ4 can be derived from a representative German population,(2) and from the UK BioBank (NB-restricted age range [37 to 73 years]).(3) In these groups, approximately 75% of the population show no mental distress (scores of 0 to 2).
* We can split results from the PHQ4 to indicate probable anxiety and probable depression.
* Mental distress, probable anxiety and probable depression across the pandemic are charted in Figure 1.

Figure 1. Probable mental distress, as measured by the PHQ4.



* A different study conducted during the pandemic also used the PHQ4 to measure probable anxiety and depression in the general population in the UK (data collected 6-7 May 2020).(4) This study also found similar results, with 22% of the sample reported probable anxiety, and 24% reported probable depression.

## Short Warwick-Edinburgh Mental Wellbeing Scale (SWEMWS)

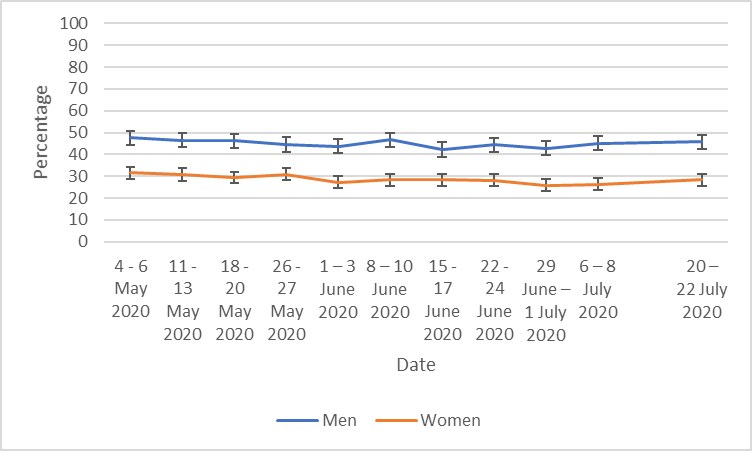
* The Short Warwick-Edinburgh Mental Wellbeing Scale (SWEMWS) is a validated tool for measuring wellbeing (score ranges from 7 to 35). Higher scores are associated with better mental wellbeing. Scores for the SWEMWS (7 items) can be transformed to facilitate comparison with the Warwick-Edinburgh Mental Wellbeing Scale (14 items).(5)
* Normative data for the SWEMWS in the UK population indicates the (transformed) mean score for women is 23.2 and the mean score for men is 23.7.(6)
* Mean wellbeing scores, by gender, as measured by the transformed SWEMWS are shown in Figure 2.

Figure 2. Mean wellbeing scores, by gender, as measured by the SWEMWS (data transformed).

## Alcohol Use Disorders Identification Test (AUDIT-C)

* AUDIT-C is a validated tool that can identify those who are problematic drinkers (those who are hazardous drinking or who have active alcohol use disorders; those with a score of 5 or above).(7, 8) Higher scores are associated with problematic drinking.
* Alcohol consumption is higher in men than women.(9)
* The percentage of people who reported hazardous drinking during the pandemic is shown in Figure 3.

Figure 3. Percentage of people who reported hazardous drinking during the pandemic.



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Datasets used:

* Department of Health and Social Care weekly tracker
  + Tracking DHSC marketing, coronavirus attitudes, beliefs, knowledge, reported behaviour, satisfaction with Government response, credibility of Government.
  + Data collected weekly (Monday to Wednesday) since late January.
  + N~2000 per wave.
  + Market research company commissioned: BMG Research.

*Please note that this work has been conducted rapidly and has not been peer reviewed or subject to normal quality control measures.*

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