

May 2016

# Wellingborough Mental Wellbeing Quick Glance



92%

are satisfied with their personal relationships



74%

rate their health in general as good/very good



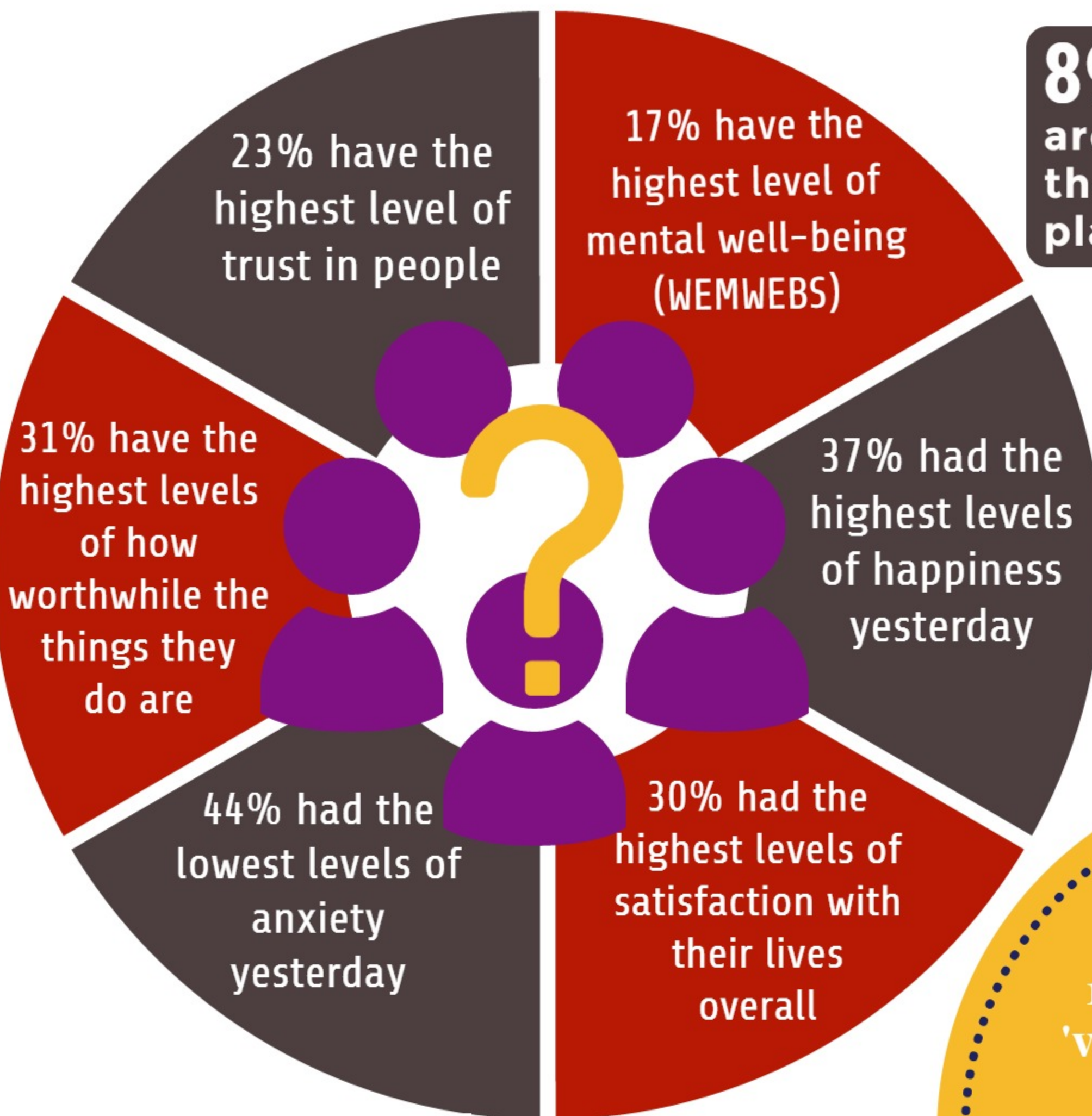
16%

report to be moderately/extremely anxious/depressed



69%

adults participate in 30mins moderate intensity sport once per week



89%

are satisfied with their local area as a place to live



58%

are in employment



14% find it 'quite' or 'very' difficult to get by financially

## Personal Finance

22% are worried about money almost 'all the time' or 'quite often'



## Background Information

The one-page infographic report provides a snapshot of the level of mental wellbeing in Wellingborough, based on the findings of the 2015 Northamptonshire Mental Wellbeing Survey.

The 2015 Northamptonshire Mental Wellbeing Survey is a large scale face-to-face survey carried out by M·E·L Research across the County. It is the first survey of its kind, commissioned by the County Council, with the aims to understand the mental wellbeing level of its adult population, and to further identify potential wellbeing inequalities existing in its local communities. The ultimate goals of the research will be to use evidence to make recommendations to Northamptonshire Health and Well-being Board on improving the health and wellbeing of the population of Northamptonshire; responding to needs; informing services and targeting areas for improvement.

A number of validated scales and measures (see table below) were included in the questionnaire design and presented in the infographic report to provide a 'general diagnosis' of the level of mental wellbeing in Wellingborough.

Measure	Details
WEMWBS	Short for the Warwick-Edinburgh Mental Wellbeing Scale. 14 questions in total with a maximum score of 70. The infographic report highlights the percentage of respondents with the highest mental wellbeing, i.e. their WEBWBS score fall within top 25% highest scores amongst all Northamptonshire respondents.
ONS Life satisfaction	One of the four Office of National Statistics' personal wellbeing questions. Respondents were asked to rate how satisfied they are with their life nowadays from a scale of 0 (not at all satisfied) to 10 (completely satisfied). The infographic report highlights the percentage of respondents giving a rating of 9 or 10.
ONS Worthwhile	Another aspect of personal wellbeing which ONS recommends measuring is how people feel the things they do in their life are worthwhile from a scale of 0 (not at all worthwhile) to 10 (completely worthwhile). The infographic report highlights the percentage of respondents giving a rating of 9 or 10.
ONS Happy Yesterday	The third ONS personal wellbeing question which asks respondents to rate how happy they felt yesterday, on a scale of 0 (not at all happy) to 10 (completely happy). The infographic report highlights the percentage of respondents giving a rating of 9 or 10.
ONS Anxious Yesterday	The last ONS personal wellbeing measure which asks respondents to rate how anxious they felt yesterday from a scale of 0 (not at all anxious) to 10 (completely anxious). The infographic report highlights the percentage of respondents giving a rating of 0 or 1.
NEF Social Trust	New Economics Foundation's social trust question asking respondents "Generally speaking, would you say that most people can be trusted, or that you can't be too careful in dealing with people?" The scale runs from 0 (can't be too careful) to 10 (most people can be trusted). The infographic report highlights the percentage of respondents giving a rating of 9 or 10.

### About M·E·L Research

M·E·L Research stands for measurement, evaluation, learning – the three principles underpinning evidence-based public service excellence. The company was formed over 30 years ago in 1985 and have developed to support a wide range of public services. Its Centre for Healthcare and Communities brings together a wide range of social and behavioural research and evaluation specialisms, and has applied these skills to a range of public health, CCG, provider, primary and community care settings. The company provides evidence for commissioning, service review and the targeting of innovative preventative interventions to reduce health inequalities and improve health outcomes; carries out patient and public voice research; and conducts formative and summative evaluations of often complex interventions.

M·E·L Research is a Market Research Society (MRS) Company Partner, recognised as delivering projects to quality-assured standards, working in accordance with the MRS Code of Conduct.

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