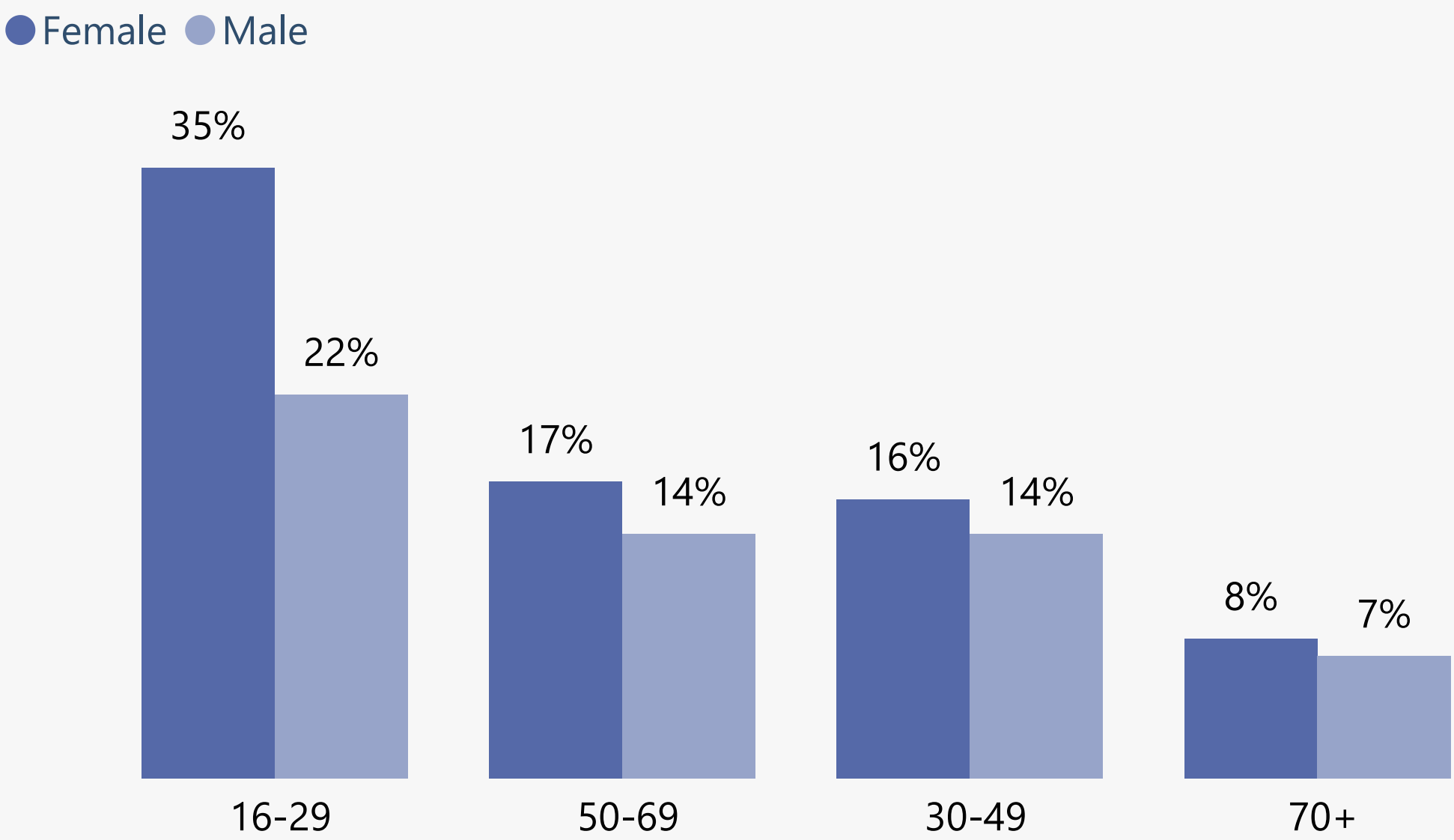


The Rising Cost of Living and Depression Prevalence among Great Britain`s Adults in Autumn 2022

This visualization is based on the analysis report on adults aged 16 and above in the UK with a valid depression score as measured with the use of the Patient Heath Questionnaire (PHQ-8). The analysis is based on the responses of 4,266 adults from a pooled dataset between September-October 2022.

Percentage of Adults with Depressive symptoms by Age Group and Sex

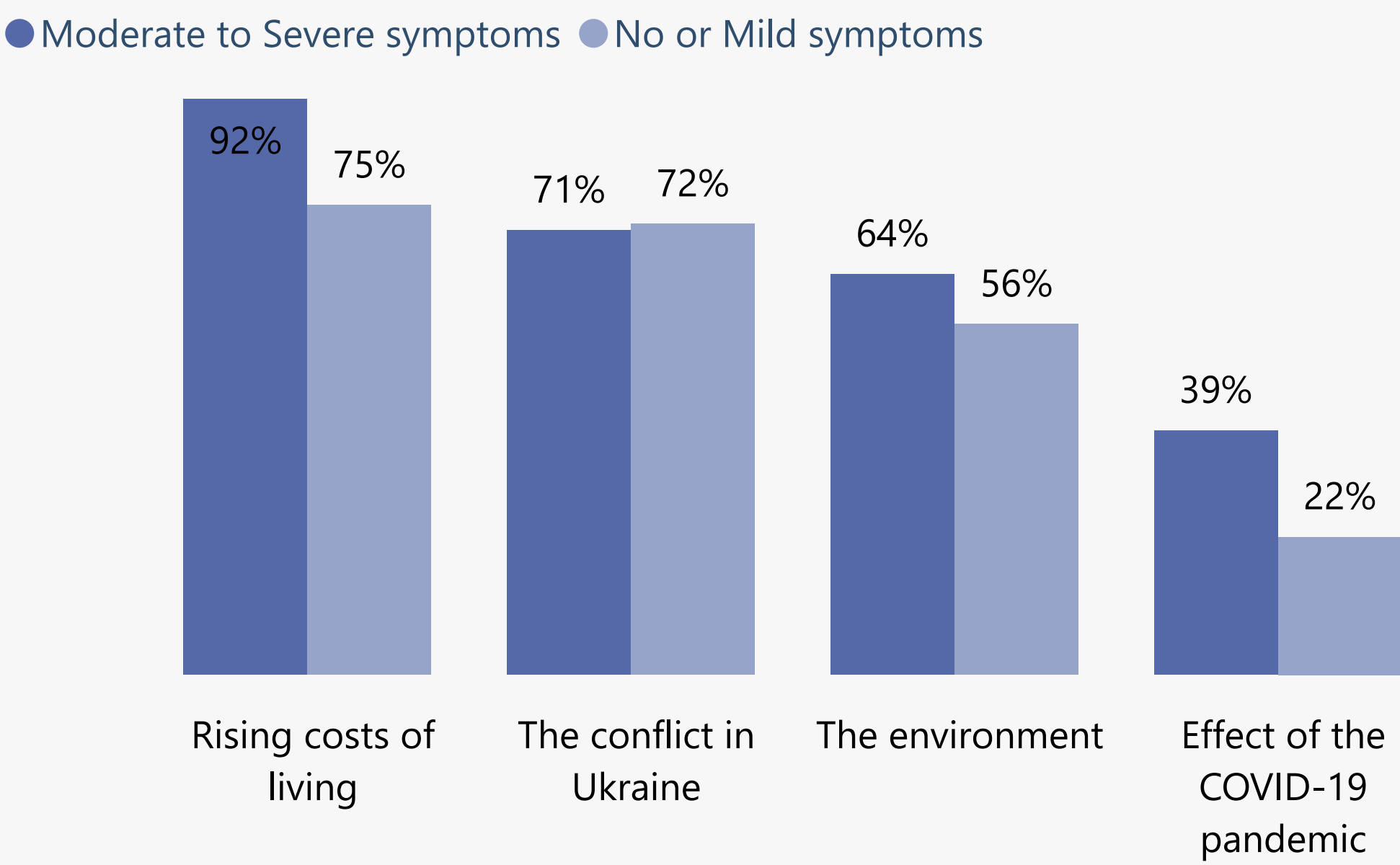


Younger Women were most likely to experience some form of depression

From the survey in Autumn 2022, more women were likely to experience some form of depressive symptoms than men across all age groups. About 1 in 3 young women, aged 16-29 reported experiencing depressive symptoms compared to 22% of men their age.

The proportion of the population most likely to experience any form of depressive symptoms were young adults between the ages of 16-29 while adults over the age of 70 were least likely to suffer from depression of any kind when compared to any other age group.

Proportion of Adults with Worries by Depressive symptoms

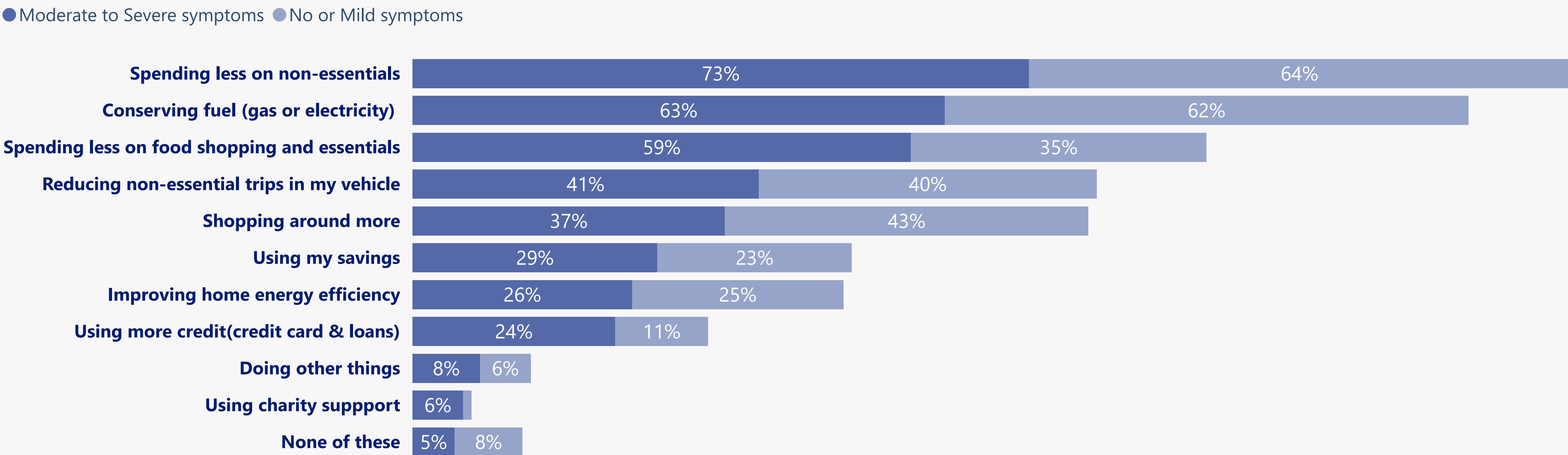


Adults with moderate to severe depression indicated the rising cost of living as a major stressor

The respondents were asked about their worries and perception on issues facing the UK, the responses of those with moderate to severe depressive symptoms were compared with those with no or mild depressive symptoms.

92% of adults with moderate to severe depressive symptoms reported being worried about the rising cost of living which is higher than 75% of adults with no or mild symptoms. 39% of adults with moderate to severe depressive symptoms reported the effect of the COVID-19 pandemic as a stressor. *(It is important to note that associations between cost of living indicators and the presence of some form of depression may not reflect a causal relationship).*

Which of these, if any, are you doing because of the increases in the cost of living?



A good number (59%) of adults with moderate to severe depressive symptoms reported spending less on food shopping and essentials

When asked about their actions in response to the rise in living expenses,73% of individuals with moderate to severe depressive symptoms indicated that they cut back on spending on non essentials while 59% with moderate to severe depressive symptoms cut back on shopping for food and other necessities. 63% with moderate to severe symptoms said they conserved gas and electricity.