

High Anxiety Prompted by Coronavirus Pandemic Money Worries

Money worries are driving people towards a feeling of "high anxiety" during the coronavirus pandemic, according to new research.

According to the Office for National Statistics (ONS), nearly half of Brits expressed this feeling of worry since the start of the lockdown.

It was those whose income fell as a result of the pandemic, an estimated 8.6 million people, who experienced the highest levels of anxiety. In this group of people, anxiety levels were on average 16% higher.*

The estimated 2.6 million people who are struggling to pay bills are suffering the greatest level of anxiety.*

The survey, which looked at the impact of coronavirus, found those renting their homes and the self-employed were hardest hit.

The ONS also found that measures of wellbeing were at their lowest levels since records began in 2011. According to the survey, more than 25 million of us are experiencing high levels of anxiety. That's equivalent to 49.6% of over-16s.*



Lucy Tinkler, head of the quality of life team at the ONS, said:

"All measures of personal well-being, which include anxiety and happiness, are at their worst levels since we began collecting data in 2011."

"The most recent data showed a slight improvement in anxiety compared to previous weeks, but remained much higher than before the pandemic."

Money worries troubled an estimated 5.3 million people, according to the latest survey.*

6.2 million people are most worried about their work, and 8.5 million people are worried about their wellbeing.*

When compared with the end of 2019, before the onset of coronavirus, high anxiety levels have more than doubled.

The ONS measures wellbeing through a weekly opinion and lifestyle survey, speaking to approximately 1,500 people to gain their views on the impact of coronavirus.

Average levels of anxiety rose from a score of 2.97 out of 10 at the end of last year to 5.18 out of 10 at the end of March, as the lockdown was introduced.*

When the survey took place between 9th and 20th April, average anxiety levels fell to 4.2 out of 10.*

The latest survey found that women are experiencing greater levels of anxiety than men, nearly a quarter higher. The ONS believes this difference is the result of a larger proportion of women than men being economically inactive, in lower-paid employment, or working part-time.



*Source: <https://www.ons.gov.uk/peoplepopulationandcommunity/wellbeing/bulletins/personalandeconomicwellbeingintheuk/may2020>

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