**Personal Wellbeing and Mood and Anxiety**

The Office for National Statistics ask personal wellbeing questions to adults aged 16 and over in the UK to better understand how they feel about their lives. The four personal wellbeing questions are:

* Overall, how satisfied are you with your life nowadays?
* Overall, to what extent do you feel the things you do in your life are worthwhile?
* Overall, how happy did you feel yesterday?
* Overall, how anxious did you feel yesterday?

People are asked to respond on a scale of 0 to 10, where 0 is ‘not at all’ and 10 is ‘completely’. Estimates of the mean ratings (average) are then produced[[1]](#footnote-1).

In 2018/19 the average rating of life satisfaction in Armagh City, Banbridge and Craigavon Borough was 8.04, higher than Northern Ireland’s average rating of 7.89. Since 2016/17 average life satisfaction ratings in the borough have been the same as or higher than Northern Ireland.

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| **Life Satisfaction** | **Armagh City, Banbridge and Craigavon** | **Northern Ireland** |
| **2014/15** | 8.00 | 7.89 |
| **2015/16** | 7.71 | 7.85 |
| **2016/17** | 7.88 | 7.88 |
| **2017/18** | 7.96 | 7.92 |
| **2018/19** | 8.04 | 7.89 |

*Table 1: Average ratings of life satisfaction in Armagh City, Banbridge and Craigavon Borough and Northern Ireland 2014/15 to 2018/19. Source: Personal well-being in the UK, Office for National Statistics.*

*Figure 1: Average ratings of life satisfaction in Armagh City, Banbridge and Craigavon Borough and Northern Ireland 2014/15 to 2018/19. Source: Personal well-being in the UK, Office for National Statistics.*

The average rating that people feel the things they do in their life are worthwhile was 8.20 in Armagh City, Banbridge and Craigavon Borough in 2018/19, compared to 8.07 in Northern Ireland. This is the first year since 2014/15 that the borough’s ratings have been higher than those in Northern Ireland.

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| **Worthwhile** | **Armagh City, Banbridge and Craigavon** | **Northern Ireland** |
| **2014/15** | 8.17 | 8.10 |
| **2015/16** | 7.93 | 8.00 |
| **2016/17** | 8.04 | 8.08 |
| **2017/18** | 8.07 | 8.08 |
| **2018/19** | 8.20 | 8.07 |

*Table 2: Average ratings that the things done in life are worthwhile in Armagh City, Banbridge and Craigavon Borough and Northern Ireland 2014/15 to 2018/19. Source: Personal well-being in the UK, Office for National Statistics.*

*Figure 2: Average ratings that the things done in life are worthwhile in Armagh City, Banbridge and Craigavon Borough and Northern Ireland 2014/15 to 2018/19. Source: Personal well-being in the UK, Office for National Statistics.*

In 2018/19 the average rating of happiness was the same in Armagh City, Banbridge and Craigavon Borough and Northern Ireland (7.69). Both the borough and Northern Ireland showed decreases from 2017/18 when the average ratings were 7.93 and 7.80 respectively. The average happiness rating for the borough in 2018/19 is the lowest of the last five years and down from a high of 8.00 in 2014/15.

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| **Happiness** | **Armagh City, Banbridge and Craigavon** | **Northern Ireland** |
| **2014/15** | 8.00 | 7.73 |
| **2015/16** | 7.86 | 7.70 |
| **2016/17** | 7.74 | 7.67 |
| **2017/18** | 7.93 | 7.80 |
| **2018/19** | 7.69 | 7.69 |

*Table 3: Average ratings of happiness in Armagh City, Banbridge and Craigavon Borough and Northern Ireland 2014/15 to 2018/19. Source: Personal well-being in the UK, Office for National Statistics.*

*Figure 3: Average ratings of happiness in Armagh City, Banbridge and Craigavon Borough and Northern Ireland 2014/15 to 2018/19. Source: Personal well-being in the UK, Office for National Statistics.*

The average anxiety rating in Armagh City, Banbridge and Craigavon Borough in 2018/19 was 2.72, lower than the Northern Ireland rating of 2.83. The average anxiety rating in the borough in 2018/19 was a large increase on 2017/18 (2.11) and is higher than the ratings in 2014/15 (2.50). In Northern Ireland 2018/19 average ratings (2.83) are similar to those in 2014/15 (2.81). Rating of anxiety in the borough have been below the Northern Ireland figures in four of the last five years.

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| **Anxiety** | **Armagh City, Banbridge and Craigavon** | **Northern Ireland** |
| **2014/15** | 2.50 | 2.81 |
| **2015/16** | 2.55 | 2.78 |
| **2016/17** | 2.67 | 2.64 |
| **2017/18** | 2.11 | 2.53 |
| **2018/19** | 2.72 | 2.83 |

*Table 4: Average ratings of anxiety in Armagh City, Banbridge and Craigavon Borough and Northern Ireland 2014/15 to 2018/19. Source: Personal well-being in the UK, Office for National Statistics.*

*Figure 4: Average ratings of anxiety in Armagh City, Banbridge and Craigavon Borough and Northern Ireland 2014/15 to 2018/19. Source: Personal well-being in the UK, Office for National Statistics.*

The standardised mood and anxiety prescription rate per 1,000 population in Armagh City, Banbridge and Craigavon Borough was 209 in 2017, below the rate for Northern Ireland of 213. The rate for the borough has decreased slightly from 211 in 2016 but is higher than the 2013 rate of 195. The mood and anxiety prescription rate in the borough has been lower than Northern Ireland for the last five years. The rate for Northern Ireland has also increased since 2013 from 198 to 213 in 2017.

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| **Mood and Anxiety Prescription Rate****(per 1,000 population)** | **Armagh City, Banbridge and Craigavon** | **Northern Ireland** |
| **2013** | 195 | 198 |
| **2014** | 198 | 202 |
| **2015** | 205 | 208 |
| **2016** | 211 | 215 |
| **2017** | 209 | 213 |

*Table 5: Standardised mood and anxiety prescription rate per 1,000 population in Armagh City, Banbridge and Craigavon Borough and Northern Ireland 2013 to 2017. Source: Northern Ireland Health and Social Care Inequalities Monitoring System, Department of Health.*

*Table 5: Standardised mood and anxiety prescription rate per 1,000 population in Armagh City, Banbridge and Craigavon Borough and Northern Ireland 2013 to 2017. Source: Northern Ireland Health and Social Care Inequalities Monitoring System, Department of Health.*

Further information on personal wellbeing and mood and anxiety prescriptions can be found via the following links:

<https://www.ons.gov.uk/peoplepopulationandcommunity/wellbeing/bulletins/measuringnationalwellbeing/april2018tomarch2019>

<https://www.health-ni.gov.uk/articles/health-inequalities-statistics>

1. Quality and Methodology Information can be found at: <https://www.ons.gov.uk/peoplepopulationandcommunity/wellbeing/methodologies/personalwellbeingintheukqmi> [↑](#footnote-ref-1)