**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 2020/21 the average rating of life satisfaction in Armagh City, Banbridge and Craigavon Borough was 7.59, slightly higher than Northern Ireland’s average rating of 7.54 but the lowest rating of the last 7 years in both the borough and Northern Ireland.

| 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 |
| 2019/20 | 7.94 | 7.86 |
| 2020/21 | 7.59 | 7.54 |

*Table 1: Average ratings of life satisfaction in Armagh City, Banbridge and Craigavon Borough and Northern Ireland 2014/15 to 2020/21. 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 2020/21. 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 7.79 in Armagh City, Banbridge and Craigavon Borough in 2020/21, compared to 7.9 in Northern Ireland. While the average rating has fallen in both the borough and Northern Ireland overall, the decline has been greater in Armagh City, Banbridge and Craigavon Borough.

| 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 |
| 2019/20 | 8.17 | 8.05 |
| 2020/21 | 7.79 | 7.9 |

*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 2020/21. 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 2020/21. Source: Personal well-being in the UK, Office for National Statistics.*

In 2020/21 the average rating of happiness in Armagh City, Banbridge and Craigavon Borough was 7.36. This is the lowest the rating has been and the first year that the borough rating has been lower than that of Northern Ireland (7.49).

|  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 |
| 2019/20 | 7.79 | 7.68 |
| 2020/21 | 7.36 | 7.49 |

*Table 3: Average ratings of happiness in Armagh City, Banbridge and Craigavon Borough and Northern Ireland 2014/15 to 2020/21. 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 2020/21. Source: Personal well-being in the UK, Office for National Statistics.*

The average anxiety rating in Armagh City, Banbridge and Craigavon Borough in 2020/21 was 3.39, above than the Northern Ireland rating of 3.10. While the average anxiety rating in the borough has been increasing since 2017/18, the 2020/21 rate is the highest of the seven years presented. The average ratings for Northern Ireland are also the highest seen in the last seven years.

| 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 |
| 2019/20 | 2.81 | 3.00 |
| 2020/21 | 3.39 | 3.10 |

*Table 4: Average ratings of anxiety in Armagh City, Banbridge and Craigavon Borough and Northern Ireland 2014/15 to 2020/21. 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 2020/21. 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 208 in 2020. This was below the rate of 216 for Northern Ireland. After showing increases in the previous two years, the rate for the borough has fallen slightly and is now roughly the same as the 2017 figure. The mood and anxiety prescription rate in the borough has remained lower than Northern Ireland for the last eight years.

| 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 |
| 2018 | 203 | 207 |
| 2019 | 211 | 219 |
| 2020 | 208 | 216 |

*Table 5: Standardised mood and anxiety prescription rate per 1,000 population in Armagh City, Banbridge and Craigavon Borough and Northern Ireland 2013 to 2020. 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 2020. 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/april2019tomarch2020>

<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)