



# COVID-19 AND WELL-BEING: BUILDING BACK BETTER LIVES

## NORDIC MENTAL HEALTH SUMMIT 18 NOV 2021

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SUSTAINABILITY AND EQUAL OPPORTUNITY (WISE)



# OECD Centre on Well-being, Inclusiveness, Sustainability and Equal Opportunity (WISE)

## Who

An agile team of 30 economists, policy analysts & statistical experts with diverse backgrounds & nationalities.



## What

**Generating** new evidence, new tools & policy solutions to improve people's well-being, inclusiveness and sustainability.

**Advising** on policy responses to urgent challenges posed by crises & helping to align these responses with long-term objectives, like the SDGs.



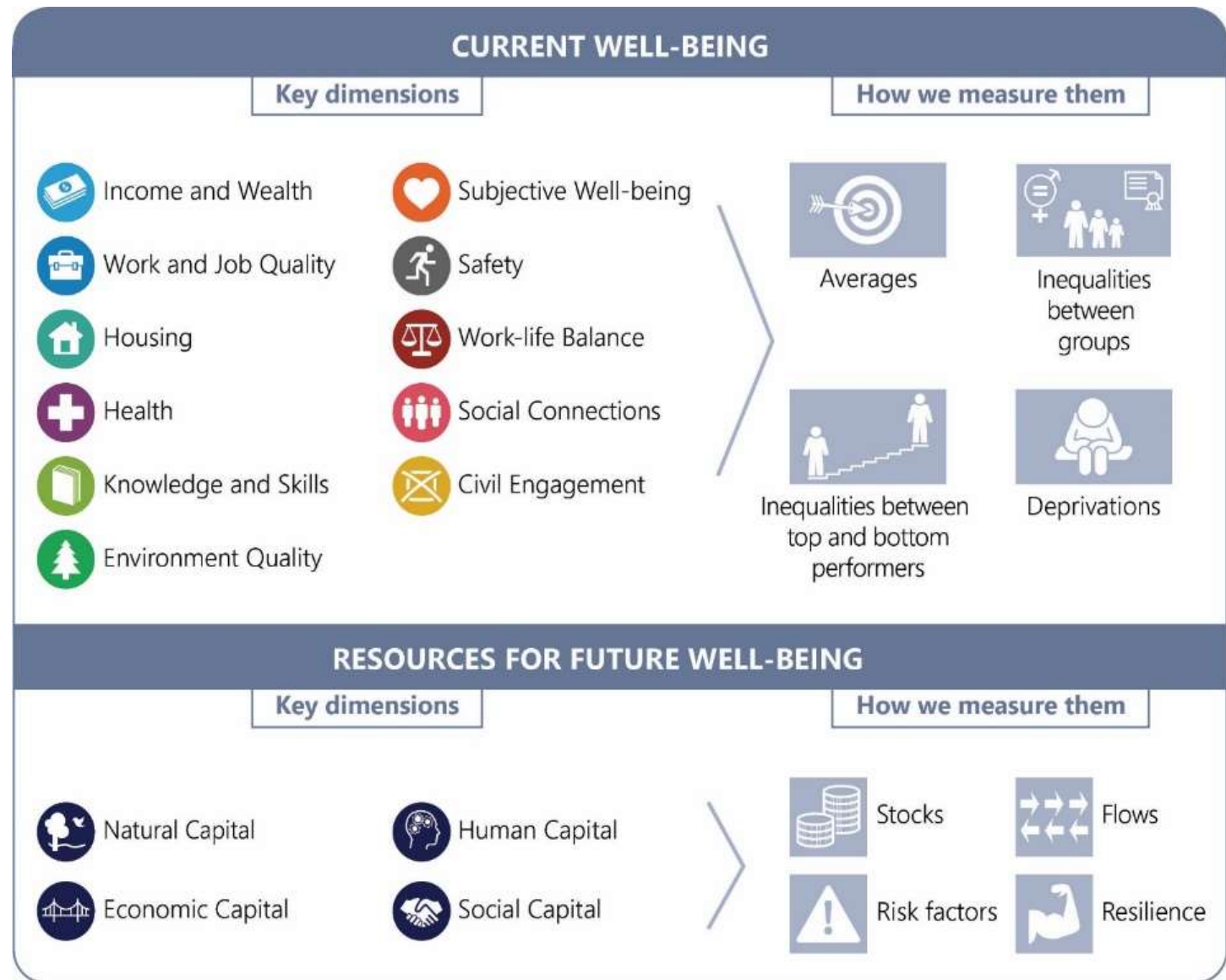
By...

## How

- improving statistical measures using innovative methodologies
- developing measurement guidelines
- leading country reviews using a multi-dimensional approach
- developing pioneering tools to collect new data on people's perceptions & experiences
- exploring the root causes of inequalities & building a framework to support reforms
- investigating how to improve childhood experiences, reduce child poverty & promote equal opportunities
- providing a forum to foster international debate, and share knowledge & experiences among experts & concerned citizens



# The OECD Well-being Framework



# COVID-19 and Well-being – Life in the pandemic

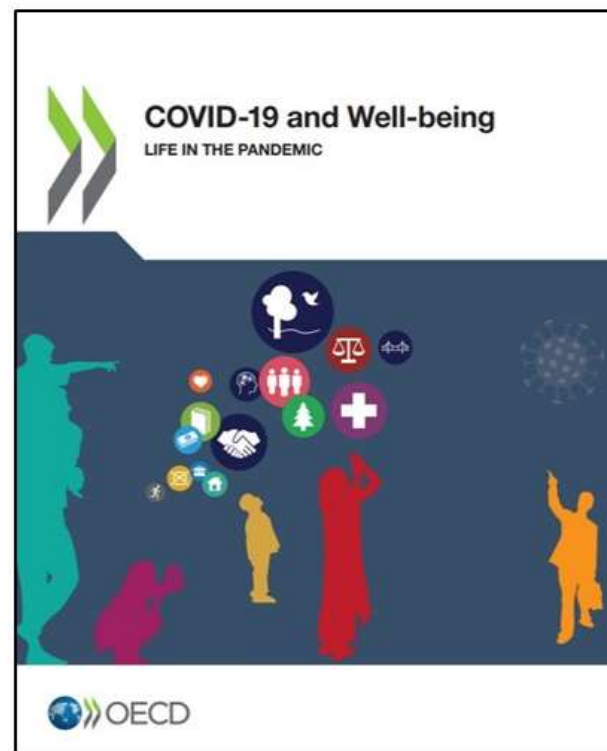
Launch event

**25 November 2021**

**10:00 to 12:30 (CET)**

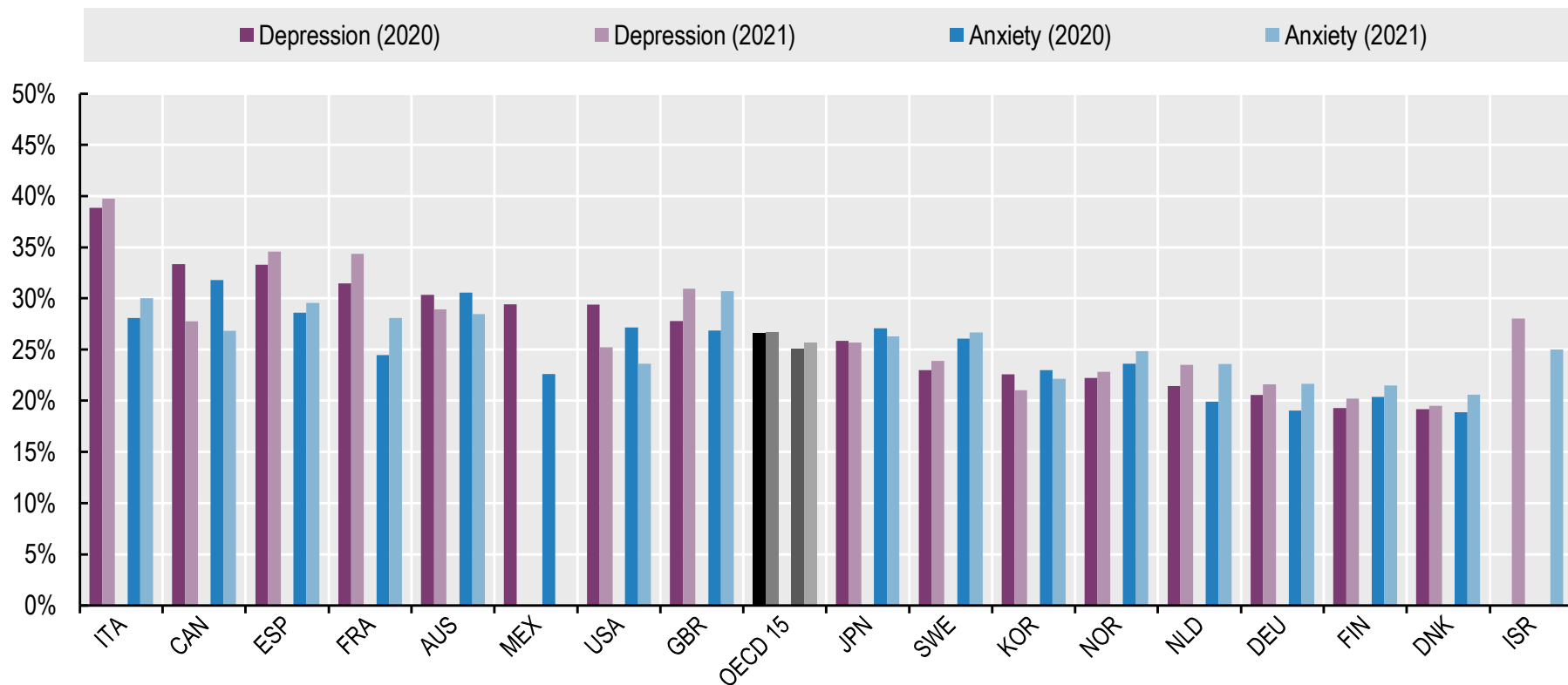
Join us to celebrate the one-year anniversary of the OECD WISE Centre with the launch of a new report on the impact of COVID-19 on people's well-being.

Register: [oe.cd/48v](https://oe.cd/48v)



# More than a quarter of the population in 15 OECD countries were at risk of anxiety and depression in 2020-21

Share of respondents who are at risk for depression or anxiety disorders, Apr-Dec 2020 vs. Jan-Jun 2021

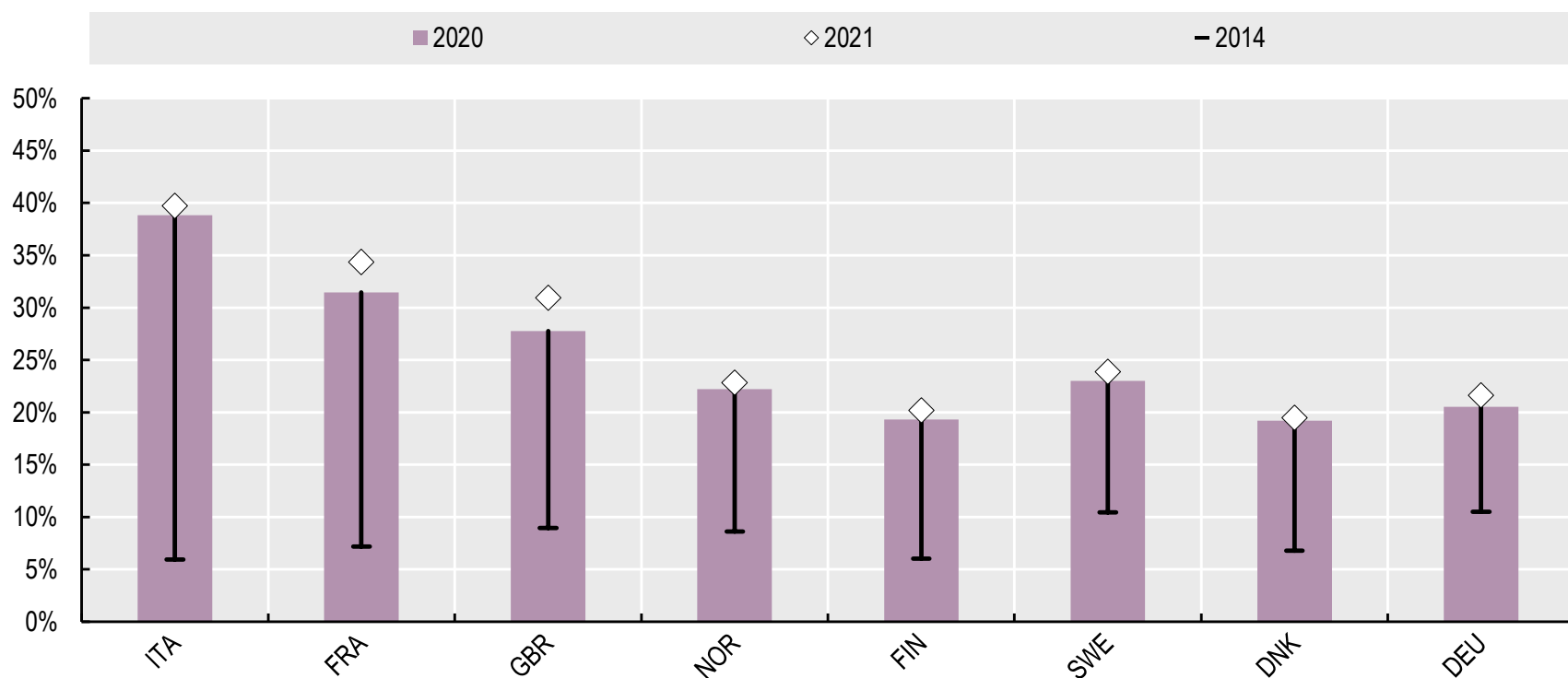


Note: Risk for depression and anxiety are measured using the PHQ-4 questionnaire.  
 Source: OECD calculations based on Imperial College London YouGov (2020<sub>11</sub>), Covid 19 Behaviour Tracker Data Hub (database), <https://github.com/YouGov-Data/covid-19-tracker>.



# This is dramatically higher than pre-pandemic levels

Share of respondents at risk of depression, 2020 and 2021 vs. 2014



Note: Both data sources use the PHQ-2 as a measure for depression risk.

Source: OECD calculations based on Imperial College London YouGov (2020<sub>[1]</sub>), Covid 19 Behaviour Tracker Data Hub (database), <https://github.com/YouGov-Data/covid-19-tracker>; and OECD calculations based on European Health Interview Survey (EHIS) wave 2 data (n.d.<sub>[27]</sub>), [https://ec.europa.eu/eurostat/statistics-explained/index.php?title=Glossary:European\\_health\\_interview\\_survey\\_\(EHIS\)](https://ec.europa.eu/eurostat/statistics-explained/index.php?title=Glossary:European_health_interview_survey_(EHIS)).





# Inequalities in mental health: gender gaps in depression widened...

Share of respondents who are at risk of depression, by gender, Apr-Dec 2020 vs 2014



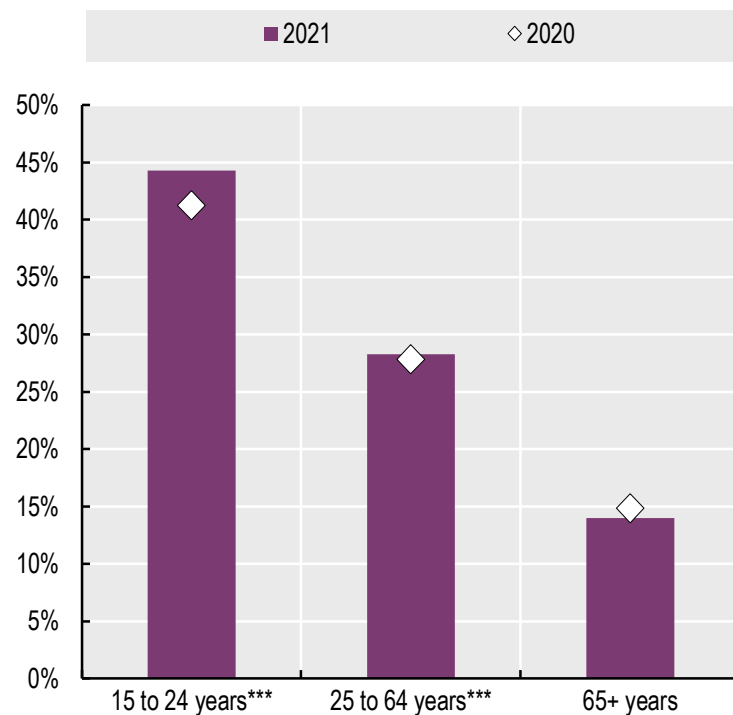
Note: Data is based on responses to the PHQ-2 questionnaire.

Source: OECD calculations based on Imperial College London YouGov (2020<sub>[52]</sub>), COVID-19 behaviour tracker data hub (database), <https://github.com/YouGov-Data/covid-19-tracker>; and OECD calculations based on European Health Interview Survey (EHIS) wave 2 data (n.d.<sub>[53]</sub>), [https://ec.europa.eu/eurostat/statistics-explained/index.php?title=Glossary:European\\_health\\_interview\\_survey\\_\(EHIS\)](https://ec.europa.eu/eurostat/statistics-explained/index.php?title=Glossary:European_health_interview_survey_(EHIS)).

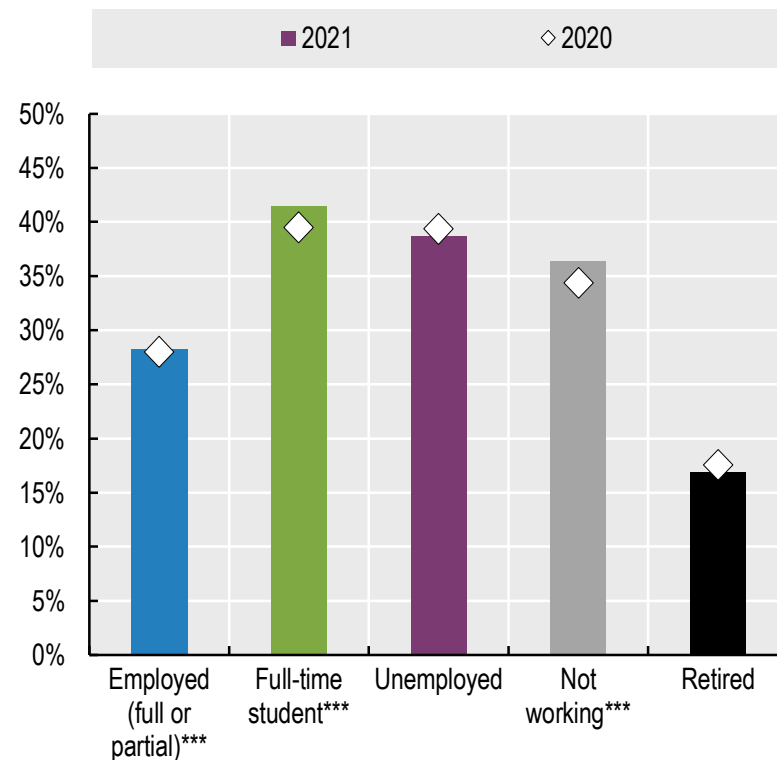


# ... and rates are higher for young people and the unemployed

Risk for depression, by age, OECD 12



Risk for depression, by employment status, OECD 8



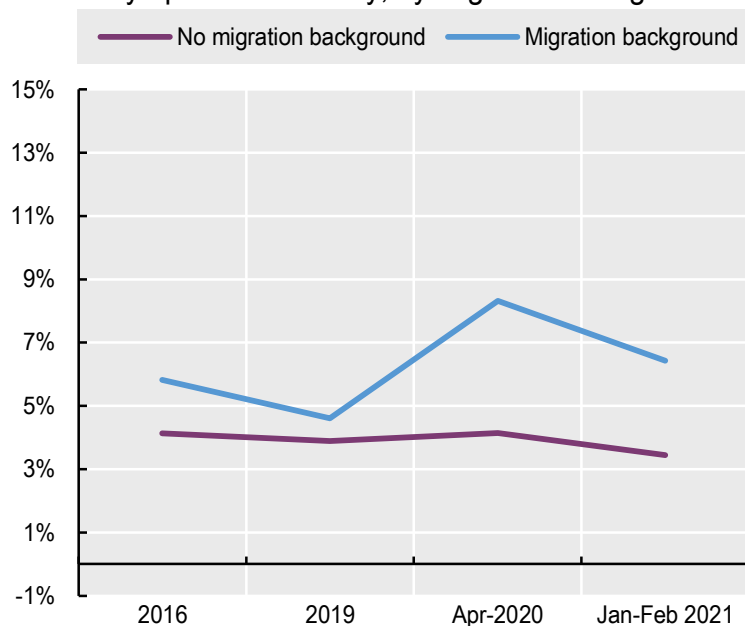
Note: Groups followed by \*\*\* experienced statistically significant (at the 5% level) changes in outcomes from 2020 to 2021. Data is based on responses to the PHQ-4 questionnaire. Source: OECD calculations based on Imperial College London YouGov (2020<sub>[52]</sub>), COVID-19 behaviour tracker data hub (database), <https://github.com/YouGov-Data/covid-19-tracker>.



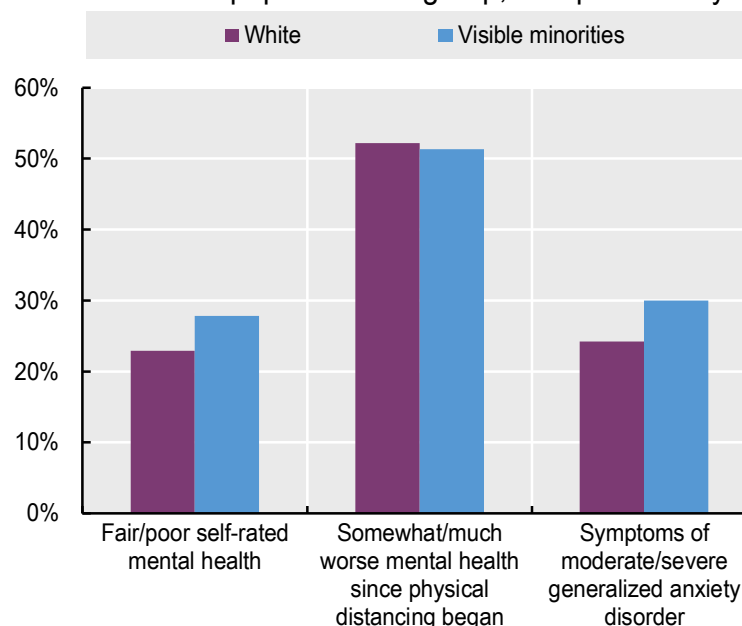


# Migrants and people from racial and ethnic minorities have also been particularly affected

Panel A. Germany: Share of respondents reporting symptoms of anxiety, by migration background



Panel B. Canada: Share of respondents by mental health outcomes and population subgroup, 24 Apr - 11 May 2020



Note: In Panel A, the two-item Generalised Anxiety Disorder (GAD-2) scale was used to obtain information about symptoms of anxiety. In Panel B, anxiety was measured using the GAD-7 scale.

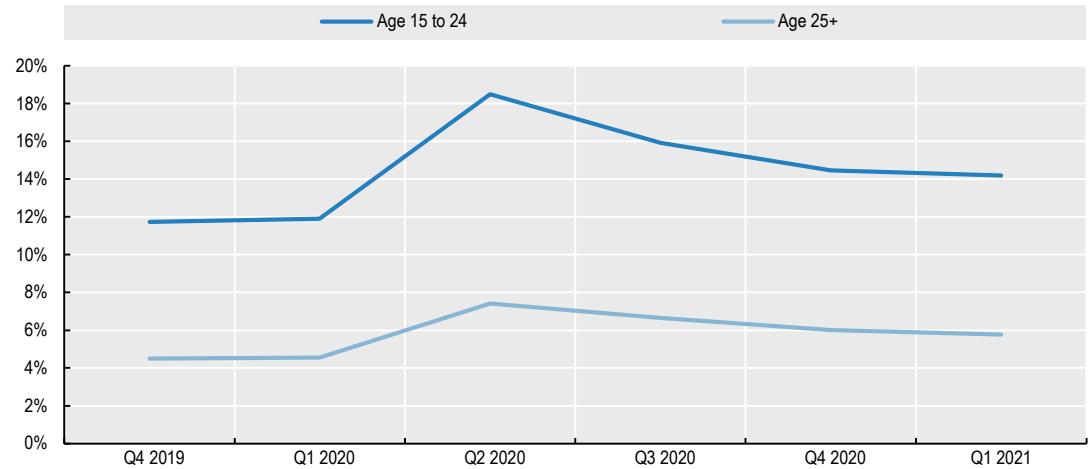
Source: Kühne et al. (2020<sup>[81]</sup>), "The need for household panel surveys in times of crisis: The case of SOEP-CoV", *Survey Research Methods*, Vol. 14/2, pp. 195-203, <https://doi.org/10.18148/srm/2020.v14i2.7748>; Statistics Canada (2020<sup>[82]</sup>), *The mental health of population groups designated as visible minorities in Canada during the COVID-19 pandemic* (database), <https://www150.statcan.gc.ca/n1/pub/45-28-0001/2020001/article/00077-eng.htm>.



# Other well-being factors can partly explain the impacts on mental health

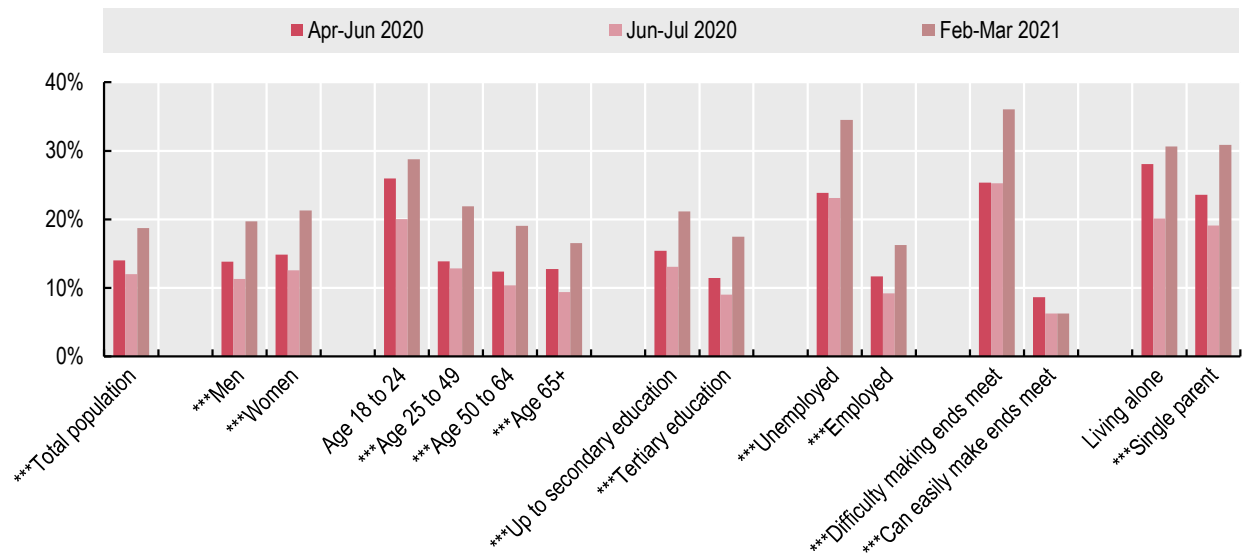
## Younger people experienced higher rises in unemployment in 2020

Share of the labour force who are unemployed



## The unemployed, young people and those living alone felt loneliest

Share of people feeling lonely most or all of the time in the past 2 weeks



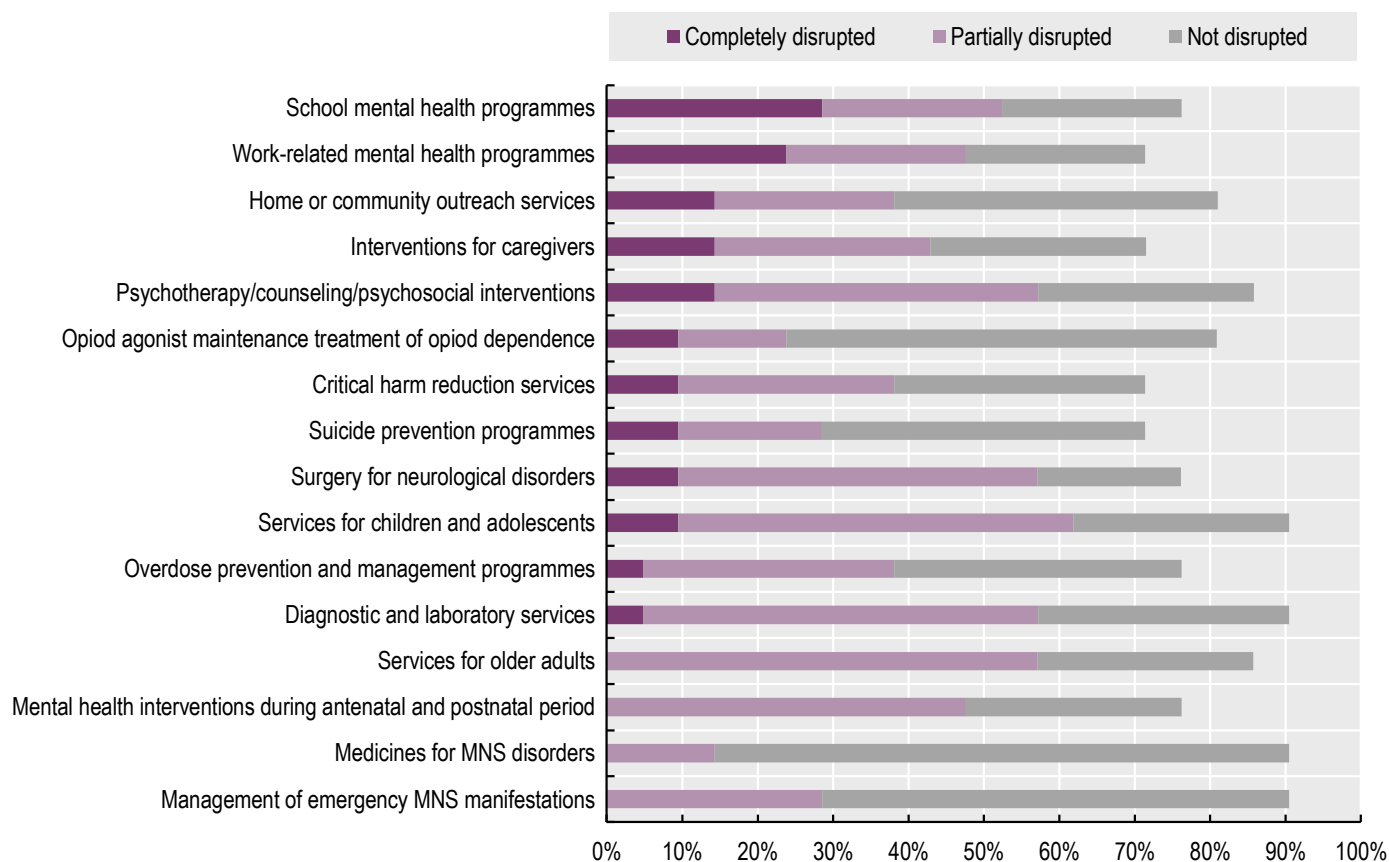
# A well-being lens in the recovery can help to...

- **Re-prioritise** policy actions for people's well-being
- **Re-design** policy interventions
- **Re-align** across policy departments and levels of governments
- **Re-connect** people and the public (and private) institutions that are meant to support them



# We need to restore access to and expand mental health services

Share of countries reporting disruptions to mental, neurological and substance abuse services, Jun-Aug 2020



Note: Mental health focal points within the Ministry of Health in 130 countries were surveyed by the WHO; the above figure shows outcomes for the 21 OECD countries included in the report.

Source: WHO (2020<sub>[49]</sub>), *The Impact of COVID-19 on Mental, Neurological and Substance Use Services: Results of a Rapid Assessment*, World Health Organization, <https://www.who.int/publications/i/item/978924012455>.



# Mental health & well-being: Towards an integrated policy approach



## **PROMOTION**

Focus on population mental health

## **INTEGRATED**

Well-being risk & resilience factors

## **COMPREHENSIVE**

Mental ill-health & positive mental health

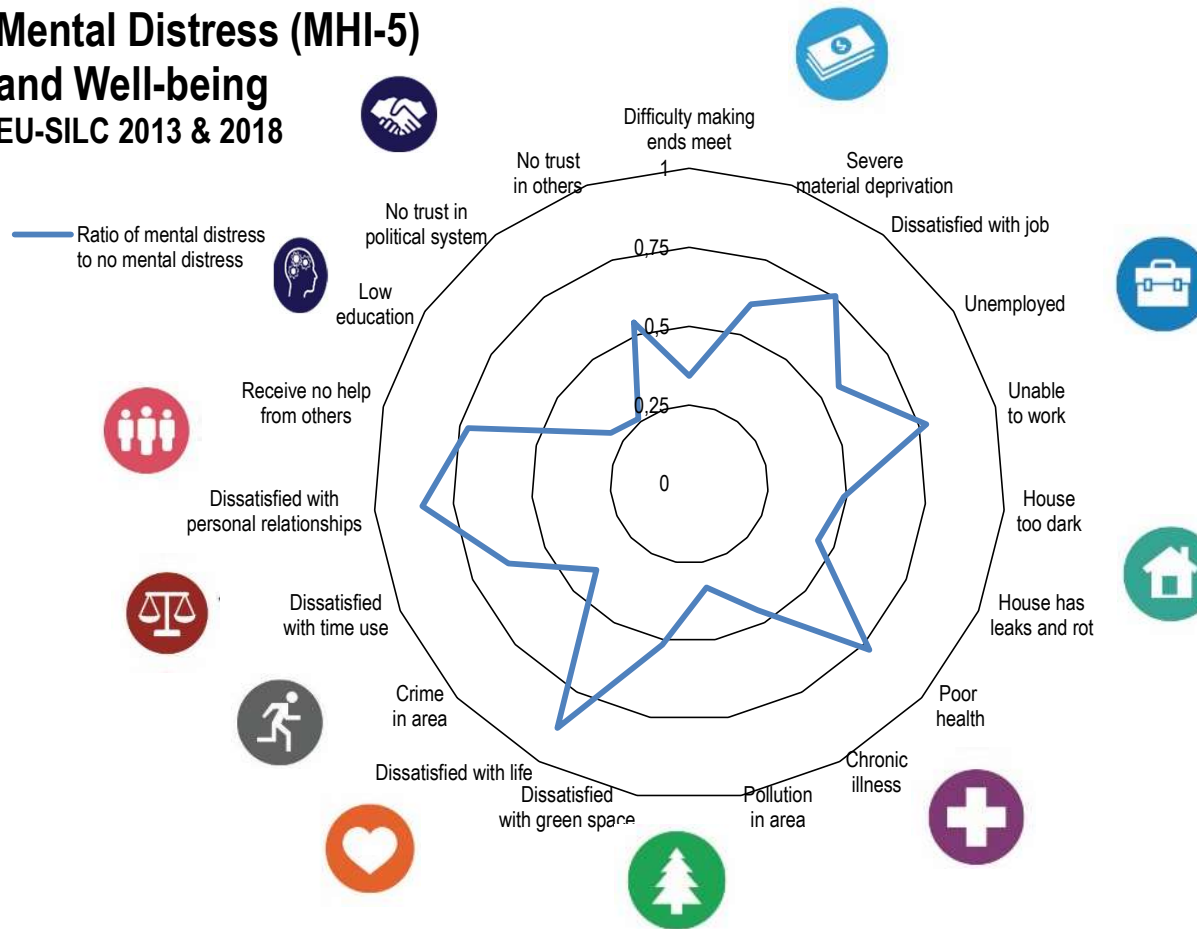
## **PEER LEARNING**

Existing policy practice



# Why broader well-being factors matter for effective prevention

## Mental Distress (MHI-5) and Well-being EU-SILC 2013 & 2018



Ratios are constructed such that positive values indicate better outcomes for those without mental distress, negative values indicate outcomes that are better for those with mental distress, and 0 indicates equality in outcomes between those with and without mental distress.





# Kick-off conference on well-being and mental health

- 6-9 December 2021
- Bringing together policy makers, leading academics, data producers and people with lived experience
- See the agenda and register <https://www.oecd.org/wise/events/>
- Get in touch [lara.fleischer@oecd.org](mailto:lara.fleischer@oecd.org)



# Thank you!

- Follow WISE: <https://www.oecd.org/wise/>
- Mental Health lead expert in WISE: [lara.fleischer@oecd.org](mailto:lara.fleischer@oecd.org)
- Further OECD work on mental health:
  - [2015 OECD Recommendation on Integrated Mental Health, Skills and Work Policy](#)
  - [Fitter Minds, Fitter Jobs](#)
  - [OECD Benchmark for Mental Health Systems](#)

