







# Measuring mental health in a cost-of-living crisis: a rapid review

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Alison Cooper, Clare England, David Jarrom, Jenni Washington, Elise Hasler, Leona Batten, Ruth Lewis, Rhiannon Tudor Edwards, Jacob Davies, Elizabeth Doe, Asha Mahamed, Brendan Collins, Adrian Edwards

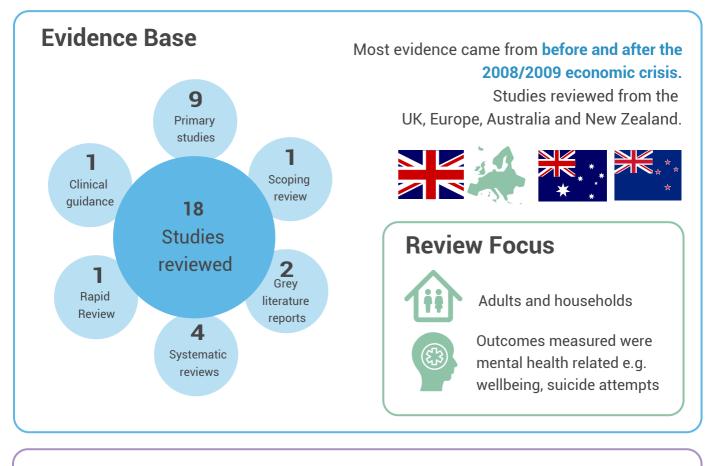
## Background

For most people, wages and welfare payments have not kept up with rising costs, leading to a **cost-of-living crisis**.

Evidence indicates that economic crises are **damaging to population mental health** and that some groups are particularly vulnerable.

## Aims

- 1. To identify and review available measures and methods for assessing the impact on mental health of any public health response to the cost-of-living crisis.
- 2. To review the appropriateness of the measures for **specific**, **vulnerable populations**.



## **Key Findings**

**Vulnerable Groups** | Those most at risk are those living:









On lower incomes

- In financial or housing insecurity
- In more deprived areas prior to crisis

with pre-existing mental health problems

There is evidence that the measurement tools and methods noted in this review are suitable for measuring mental health in people with different socio-economic and financial situations, including those who are financially insecure.

It was not possible to determine whether the methods and tools effectively captured data from minority ethnic groups.

#### **Economic Considerations**

- The impacts of the cost of living crisis have not been felt equally.
- Poorer households are more impacted due to considerable inflation on items such as food and energy.





#### **Research Implications**

The UK has many population-level surveys, which provide rich data that can be used to explore the mental health of the population.

Studies using data from a household panel survey (such as the UK Household Longitudinal Study), could be suitable for measuring the mental health impact of specific groups.

Reports and studies using population-level surveys or medical records should present data **on ethnicity** and, where possible, stratify analyses by ethnicity.

For the full report, and access to the related **Health Policy Journal** publication, please click here:

https://researchwalesevidencecentre.co.uk/measuring-mental-health-cost-living-crisisrapid-review