



MENTAL HEALTH SURVEY

The National Pensioners' Convention is conducting this survey in partnership with the Royal College of Psychiatrists amongst people above retirement age to get an idea of the impact of the Coronavirus lockdown on their mental wellbeing. Your answers will help in making sure we have the right information to develop services to support older people.

Dr. Amanda Thompsell, Chair of the Old Age faculty at RCPsych., said: "Talking about mental health can be challenging – especially if you're from an older generation. But since lockdown started there's been a rise in emergency cases of mental illness in older people. This means that a lot of people who need help aren't getting it early enough. Can you help us change this? We're trying to find new ways to support you, and ensure your mental wellbeing in this difficult time. In order to do that, we need to understand how fear of the pandemic, the pressures of isolation and the disruption caused by Covid-19 are affecting you. Please take a few moments to complete our survey. Your views can help thousands of people access the right care and treatments now and in the future."

Please be assured that we do not require your name and your answers will be completely anonymised.

When completed, please return the form to info@npcuk.org.uk or by post to: NPC, Marchmont Community Centre, 62 Marchmont Street, London WC1N 1AB

For each question please tick the answer that is closest to the one that you would give.

Thank you very much for your help.

SURVEY QUESTIONS:

1. What is your age group?*

55-65 ()

65-75 ()

75-85 ()

Over 85 ()

*(NB: If you are *under 55 this survey is not for you* but do please pass this to someone you know who might like to complete it, and return it to the address above).

2. Over the last two weeks, how often have you been bothered by the following problems (Tick one box for each type of problem):

Problem	Not at all	Yes, for several days in the last 2 weeks	Yes for more than 7 days in the last 2 weeks	Yes every day or nearly every day
Feeling nervous, anxious or on edge				
Not being able to stop or control worrying				
Little interest or pleasure in doing things				
Feeling down, depressed or hopeless				
Feeling lonely				

3. Thinking back to an average 2-week period just before the COVID pandemic (in February for example), how often do you estimate that you were bothered by the following problems (Tick one box for each type of problem):

Problem	Not at all	Yes, for several days in the last 2 weeks	Yes for more than 7 days in the last 2 weeks	Yes every day or nearly every day
Feeling nervous, anxious or on edge				
Not being able to stop or control worrying				
Little interest or pleasure in doing things				
Feeling down, depressed or hopeless				
Feeling lonely				

4. Have you experienced depression, anxiety, loneliness or an increase in the severity of any mental health condition during the Covid-19 lockdown? (please tick the answer that applies).

Yes () If you say Yes Please go to Question 5

No () If you say No Please go to straight to Question 7

5. Did you seek help from any of the following?

- Your GP ()
- Your family ()
- Friends ()
- A counselling service ()
- The internet ()
- The NHS 111 Service ()
- NHS Mental health services ()
- No one ()

6. If you had need to seek help from any of the services/people listed above did you think that help was available during lockdown?

Yes ()

No ()

7. If you ever developed depression or anxiety (or currently have depression or anxiety), how confident would you feel that the following sources of support would be helpful? (On a scale of 1-5 – with, 1 being Not Helpful at all, and 5 being Extremely Helpful, please write a number against each of the people or organisations below):

- Friends and family ()
- People you volunteer with/your activity groups ()
- GP ()
- The NHS 111 Service ()
- NHS mental health services ()
- Social care staff who perhaps may see you at home ()
- Pharmacist ()

