



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."

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

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.	wnat is	you	ır age ş
55-65		()
65-75		()
75-85		()
Over 8	35	()

^{*(}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
proble	ems (Tick one box for each type of problem):

Problem	Not at all	Yes, for several	Yes for more	Yes every day
		days in the last	than 7 days in	or nearly every
		2 weeks	the last 2 weeks	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	Yes for more	Yes every day
		days in the last	than 7 days in	or nearly every
		2 weeks	the last 2 weeks	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.	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	5	() If you say	Yes	Please go to Question	<u> 5</u>	
	No () If you say No Please go to straight to Question 7						
5.		Did y	you seek help from any of the	fol	lowing?		
		•	Your GP	()		
		•	Your family	()		
		•	Friends	()		
		•	A counselling service	()		
		•	The internet	()		
		•	The NHS 111 Service	()		
		•	NHS Mental health services	()		
		•	No one	()		
tha	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/yo	our	activity groups	()
		•	GP			()
		•	The NHS 111 Service			()
		•	NHS mental health services			()
		•	Social care staff who perhaps	ma	ay see you at home	()
		•	Pharmacist			()

8.	Are you an unpaid carer 1	or a family member/friend?								
Ye: No	` ' '	say <u>Yes Go to question 9</u> u say <u>No go straight to question 10</u>								
	(,,-	<u> до от агдине чишени по</u>								
an	y mental health issues you	the coronavirus lockdown affected your ability to lockdown affected your ability to lockdown affected your ability to lockdown as depth as any diagnosed conditions such as depth	ud	e						
•	I have no mental health is	sues	()						
•	I been coping well and ha	ve not needed help	()						
•	I have needed or might no	eed help & know how to get enough help if I need it	()						
•	I have needed or might need help but I have not been able to get help for my mental									
	health		l)						
•	I have not been able to lo	I have not been able to look after my own mental health (even with whatever help is								
	available to me))						
10	Do you have access to th	e internet in your home?*								
	Yes ()									
	No ()									
•	•	ou have access in theory but are unable to use the into	eri	net for						
	How confident do you fe	el in accessing/receiving health care services using vio	эk	o						
	Very confident	()								
	Fairly confident	()								
	Slightly confident	()								
	Not confident at all	()								

END OF SURVEY. Please return the completed form to the address at the top of the document. **Thank you very much for your help.**