

A nation in distress

There was a sustained increase in mental distress in the UK during the COVID-19 pandemic, according to results from 11 longitudinal studies.

But the pandemic did not affect everyone equally

Age Middle-aged people (35-44) and older people (65 and over) saw the highest increase in their distress levels.

35-44

year olds are the most likely to have had primary school aged children to care for and home school during lockdown.