

Monitoring of mental health locally: Sub-national availability of data for the national mental health indicators for adults

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Background

The NHS Health Scotland mental health indicators programme was established and funded by the Scottish Government to produce a national mental health indicator set for adults (now completed www.healthscotland.com/scotlands-health/population/mental-health-indicators-index.aspx) and for children and young people (in progress www.healthscotland.com/scotlands-health/population/mental-health-indicators/children.aspx).¹ Whilst having a national remit, the considerable interest in establishing local mental health indicators has been recognised. This briefing paper has, therefore, been prepared to help local areas in making decisions. Unfortunately, the mental health indicators programme is not able to advise local areas on an individual basis.

Local indicators

The first step in monitoring mental health locally is to make maximum use of data that are already available for the local area of interest. But currently these are generally limited for local areas, especially for areas smaller than NHS Boards and Local Authorities. Local mental health indicators should not, however, be restricted to those for which data are currently available. The ability to monitor adult mental health at a local level will improve only if local indicator sets are developed on the basis of including indicators essential for assessing mental health, and then developing the means to collect such data, either drawing from national sources where these are able to provide robust and representative data or developing local collection aligned with the national indicator set.

The national adult mental health indicators form a set from which local colleagues can select those relevant to their needs. Where possible, data for the national indicators have been drawn from national sources which allow as much sub-national disaggregation as possible. Where national data for an indicator cannot be disaggregated to the required sub-national level, the questions and scales used in national surveys for the national indicators² should be used locally to collect the data from the required sample.

¹ The mental health indicators programme has taken the term mental health to be an overarching term covering both mental health problems and positive mental health (mental wellbeing)

² see *Establishing a core set of national, sustainable mental health indicators for adults in Scotland: Final report* Parkinson 2007 <http://www.healthscotland.com/documents/2349.aspx> for these

Improved coverage of mental health in national surveys

National surveys are increasingly seeking to be responsive to local data needs. There are also more questions being included on mental health and the factors that impact on it, especially in the redesigned Scottish Health Survey. This will enhance future provision of Scotland-level data for the mental health indicators and **some** of these data will also be available for certain sub-national geographies allowing previously impossible sub-national analysis for **some** indicators.

An example where data will become available is for positive mental health (mental wellbeing), a key indicator of population mental health. Inclusion of the Warwick-Edinburgh Mental Well-being Scale (WEMWBS) in the Scottish Health Survey from 2008 will provide data on positive mental health for Scotland annually and for **all** NHS Boards after 4 years of the survey. Analysis for larger NHS Boards may be available sooner. Local Authority analysis will be possible for the larger Local Authorities after four years; again it may be available sooner for the largest but may never be possible for some of the smallest due to small sample sizes at these sub-national geographies. Possible inclusion of WEMWBS in the Scottish Household Survey from 2009 (requested as part of the 2009 survey review) would provide data on positive mental health for all Local Authorities, regardless of size.

Sub-national data for the adult mental health indicators

The table below, 'Data Sources and Available Sub-National Geographies for the Adult Mental Health Indicators for Scotland', shows the current position of sub-national data availability for the adult mental health indicators. This gives the long term source of data from 2008 for each indicator in the national set and its main sub-national availability. It is, however, suggested that individual queries concerning a specific local geography are made to the relevant national survey manager.

The following documents (available at www.healthscotland.com/scotlands-health/population/mental-health-indicators-index.aspx) should be referred to for full details of the indicators and whether the identified data source for a specific indicator has been available in past years or will be new post-2008;

- National adult mental health and wellbeing indicators for Scotland: Final briefing December 2007
- Establishing a core set of national, sustainable mental health indicators for adults in Scotland: Final report

Conclusion

Local mental health indicators should be established on the basis of what is important locally, matching the definitions used in the national adult mental health indicator set to ensure comparability. The table below can then be used to identify what data are currently available or are planned to become available, taking into account the size of local area being considered. Where the local area is too small for robust data to be available from national sources, inclusion in local surveys of the questions and scales used to obtain data for the national mental health indicators will have to be considered. Local areas will need to balance a range of factors – including data requirements, feasibility and cost of collection, and quality and timeliness - in deciding what is most appropriate for their area.

Data Sources and Available Sub-National Geographies for the Adult Mental Health Indicators for Scotland

	Indicator	Data Source	Sub-national geographies for data*
High Level Constructs	Positive mental health	Scottish Health Survey core	NHS Board , larger Local Authorities and those coincident with an NHS Board (4 years pooled data from 2008)
	Life satisfaction	Scottish Health Survey core	NHS Board , larger Local Authorities and those coincident with an NHS Board (4 years pooled data from 2008)
	Common mental health problems	Scottish Health Survey core	NHS Board , larger Local Authorities and those coincident with an NHS Board (4 years pooled data from 2008)
	Depression	Scottish Health Survey nurse module	N/A
	Anxiety	Scottish Health Survey nurse module	N/A
	Alcohol dependency	Scottish Health Survey core	NHS Board , larger Local Authorities and those coincident with an NHS Board (4 years pooled data from 2008)
	Drug-related deaths	General Register Office for Scotland	Local Authority, NHS Board and larger Community Health Partnerships (5 years pooled data)
	Suicide	General Register Office for Scotland	Local Authority, NHS Board and larger Community Health Partnerships (5 years pooled data)
	Deliberate self-harm	Scottish Health Survey nurse module	N/A
Contextual Constructs - Individual	Adult Learning	Annual Population Survey	Local Authority , NHS Board
	Physical Activity	Scottish Health Survey core	NHS Board , larger Local Authorities and those coincident with an NHS Board (4 years pooled data from 2008)
	Healthy Eating	Scottish Health Survey core	NHS Board , larger Local Authorities and those coincident with an NHS Board (4 years pooled data from 2008)
	Alcohol consumption	Scottish Health Survey core	NHS Board , larger Local Authorities and those coincident with an NHS Board (4 years pooled data from 2008)
	Drug use	Scottish Crime and Justice Survey (previously known as the Scottish Crime and Victimization Survey)	Police Force Area, Community Justice Authority area , larger Local Authorities and those coincident with a Police Force Area
	Self-reported health	Scottish Health Survey core	NHS Board , larger Local Authorities and those coincident with an NHS Board (4 years pooled data from 2008)
	Long-standing physical condition or disability	Scottish Health Survey core	NHS Board , larger Local Authorities and those coincident with an NHS Board (4 years pooled data from 2008)
	Limiting long-standing physical condition or disability	Scottish Health Survey core	NHS Board , larger Local Authorities and those coincident with an NHS Board (4 years pooled data from 2008)
	Spirituality	Indicator and data source to be identified	-
	Emotional intelligence	Indicator and data source to be identified	-

* Geographies listed refer to the main sub-national geographies that are possible with future data sources. For national survey data, the main reporting geography that the survey has been designed for is in bold. For other geographies which may be possible but will require investigation for robustness and representativeness see below. Data can be reported at the level shown annually unless indicated that pooled data is required.

Data Sources and Available Sub-National Geographies for the Adult Mental Health Indicators for Scotland (cont.)

	Indicator	Data Source	Sub-national Geographies for data*
Contextual Constructs - Community	Volunteering	Scottish Household Survey (1/4 sample from 1 June 2007)	Larger Local Authorities and NHS Boards (4 years combined data)
	Involvement in local community	Scottish Health Survey biennial module from 2009	N/A
	Influencing local decisions	Scottish Health Survey biennial module from 2009	N/A
	Social contact	Scottish Health Survey biennial module from 2009	N/A
	Social support	Scottish Health Survey biennial module from 2009	N/A
	Caring	Scottish Health Survey core	NHS Board , larger Local Authorities and those coincident with an NHS Board (4 years pooled data from 2008)
	General trust	Scottish Health Survey biennial module from 2009	N/A
	Neighbourhood trust	Scottish Health Survey biennial module from 2009	N/A
	Neighbourhood safety	Scottish Household Survey (3/4 sample from 1 June 2007)	Majority of Local Authorities and NHS Boards (2 years pooled data)
	Home safety	Scottish Household Survey (3/4 sample from 1 June 2007)	Majority of Local Authorities and NHS Boards (2 years pooled data)
	Non-violent neighbourhood crime	Scottish Crime and Justice Survey (previously known as the Scottish Crime and Victimization Survey)	Police Force Area, Community Justice Authority area , larger Local Authorities and those coincident with a Police Force Area
	Perception of local crime	Scottish Crime and Justice Survey (previously known as the Scottish Crime and Victimization Survey)	Police Force Area, Community Justice Authority area , larger Local Authorities and those coincident with a Police Force Area
Contextual Constructs - Structural	Income inequality	Scottish Government Income & Poverty Statistics	N/A
	Worklessness	Annual Population Survey	Local Authority , NHS Board
	Education	Annual Population Survey	Local Authority , NHS Board
	Discrimination	Scottish Health Survey biennial module from 2009	N/A
	Racial discrimination	Scottish Crime and Justice Survey (previously known as the Scottish Crime and Victimization Survey)	Police Force Area, Community Justice Authority area , larger Local Authorities and those coincident with a Police Force Area
	Harassment	Scottish Health Survey biennial module from 2009	N/A
	Financial management	Scottish Household Survey (3/4 sample from 1 June 2007)	Majority of Local Authorities and NHS Boards (2 years pooled data)
	Financial inclusion	Scottish Household Survey (3/4 sample from 1 June 2007)	Majority of Local Authorities and NHS Boards (2 years pooled data)
	Neighbourhood satisfaction	Scottish Household Survey (3/4 sample from 1 June 2007)	Majority of Local Authorities and NHS Boards (2 years pooled data)
	Noise	Scottish House Condition Survey	Local Authority , NHS Board (3 year pooled data)

* Geographies listed refer to the main sub-national geographies that are possible with future data sources. For national survey data, the main reporting geography that the survey has been designed for is in bold. For other geographies which may be possible but will require investigation for robustness and representativeness see below. Data can be reported at the level shown annually unless indicated that pooled data is required.

Data Sources and Available Sub-National Geographies for the Adult Mental Health Indicators for Scotland (cont.)

	Indicator	Data Source	Sub-national Geographies for data*
Contextual Constructs - Structural	Escape facility	Data source to be identified	-
	Greenspace	Scottish Household Survey (3/4 sample from 1 June 2007)	Local Authority (2 years pooled data); NHS Board
	House condition	Scottish House Condition Survey	Local Authority , NHS Board (3 year pooled data)
	Overcrowding	Scottish House Condition Survey	Local Authority , NHS Board (3 year pooled data)
	Stress	Scottish Health Survey biennial module from 2009	N/A
	Work-life balance	Scottish Health Survey biennial module from 2009	N/A
	Demand	Scottish Health Survey biennial module from 2009	N/A
	Control	Scottish Health Survey biennial module from 2009	N/A
	Manager support	Scottish Health Survey biennial module from 2009	N/A
	Colleague support	Scottish Health Survey biennial module from 2009	N/A
	Partner abuse	Scottish Crime and Justice Survey (previously known as the Scottish Crime and Victimization Survey)	Police Force Area, Community Justice Authority area , larger Local Authorities and those coincident with a Police Force Area
	Neighbourhood violence	Scottish Crime and Justice Survey (previously known as the Scottish Crime and Victimization Survey)	Police Force Area, Community Justice Authority area , larger Local Authorities and those coincident with a Police Force Area
	Attitude to violence	Indicator and data source to be identified	-

* Geographies listed refer to the main sub-national geographies that are possible with future data sources. For national survey data, the main reporting geography that the survey has been designed for is in bold. For other geographies which may be possible but will require investigation for robustness and representativeness see below. Data can be reported at the level shown annually unless indicated that pooled data is required.

Notes

Sub-national geographies – listed above are the **main** sub-national geographies at which the data for the indicators are available. In the case of national survey data, the main reporting geography that the survey has been designed for is highlighted in bold. This is the sub-national geography at which the survey is designed to be representative. For the surveys, it may be possible to obtain either more frequent analysis at a sub-national level (for example for larger Local Authorities or NHS Boards) or analyses at smaller/other geographies but this will depend on the following which need to be taken into account to assess the robustness of the required analysis:

1. the question being asked
2. the number of cases
3. the size of the geographical area of interest
4. the representativeness of the data for the new geographical area, the survey may not be designed to be representative at the required geography and this may need to be investigated.

To establish whether a required analysis is possible please refer to the relevant national survey team.

Below are listed some more specifics for each survey.

Scottish Health Survey

- designed to be representative at NHS Board level
- analysis for questions in the **core** (asked annually to all the adult sample) possible for **all** NHS Boards after 4 years, from 2008
- analysis for larger NHS Boards may be available sooner
- as postcode information is collected, Local Authority analysis will be possible for the larger Local Authorities after 4 years, again it may be available sooner for the largest
- where Local Authority boundaries coincide with an NHS Board, analysis will be possible when the NHS Board analysis is
- analysis may never be possible for some of the smaller Local Authorities
- sub-national analysis for questions in the **nurse** and **biennial module** is not possible/advised due to the small sample numbers
- to establish if analysis at your required geographical area is possible please email ScottishHealthSurvey@scotland.gsi.gov.uk

Scottish House Condition Survey

- designed to be representative at national level annually for main indicators (e.g. Fuel Poverty, Scottish Housing Quality Standard (SHQS) by housing sector, Energy ratings)
- information for **all** Local Authorities and NHS Boards possible every 3 years (since the survey went continuous in 2003)
- analysis may be possible for the larger Local Authorities and NHS Boards annually or every 2 years
- postcode information is collected in the survey allowing different geographical analyses to be created
- to establish whether a required geographical analysis is possible please email SHCS@scotland.gsi.gov.uk

Scottish Household Survey

- designed to be representative at Local Authority level
- information for **all** Local Authorities is possible every 2 years for data from the full survey sample
- analysis for larger Local Authorities may be available sooner
- as postcode information is collected, NHS Board analysis will be possible after 2 years, again it may be available sooner for the largest NHS Boards
- for a 3/4 sample size, analysis should be available for the majority of Local Authorities and NHS Boards using 2 years combined data, and possibly sooner for the largest
- for a 1/4 sample size, analysis should be possible for the larger Local Authorities and NHS Boards using 4 years combined data, and possibly sooner for the largest
- as postcode information is collected, it is possible to obtain analyses for bespoke geographies (for example there has been analysis in the past specifically for a (large) Community Health Partnership) provided the data at this geography is considered reliable
- to establish whether a required geographical analysis is possible please email shs@scotland.gsi.gov.uk

Annual Population Survey

- designed to provide robust estimates at a Local Authority level, there is a target for the number of economically active adults who are surveyed in each Local Authority
- information for **all** Local Authorities and NHS Boards annually
- as postcode information is collected, it is possible to obtain analyses for bespoke geographies provided the data at this geography is considered reliable
- in theory sub-Local Authority level and NHS Board level analyses are possible, parliamentary constituency and some larger CHPs. Analyses for larger Regeneration Outcome Agreement areas have been done in the past
- to establish if analysis at your required geography is possible please email labour-market.statistics@scotland.gsi.gov.uk

Scottish Crime and Justice Survey

- from the 2008/2009 survey (financial year) designed to be representative at Police Force Area and Community Justice Authority Area
- analysis for **all** Police Force Areas and Community Justice Authority Areas available annually from 2008/2009 survey (first set of data available autumn 2009)
- analysis is possible annually for larger Local Authorities and those which are coincident with a Police Force Area eg Dumfries & Galloway and Fife
- analysis may be possible for other Local Authorities using several years pooled data, this may still not allow analysis for the smaller Local Authorities
- as postcode information is collected, in theory analysis is possible annually at NHS Board level, although not for the smaller NHS Boards. However as the survey is not designed to be representative at NHS Board level the representativeness of the data would need to be assessed
- to establish if analysis at your required geography is available please email scottishcrimeandjusticesurvey@scotland.gsi.gov.uk

General Register Office for Scotland indicators

- information for **all** NHS Boards and Local Authorities for the indicators using 5 years combined data
- for larger NHS Boards and Local Authorities, three years of data can be combined
- for larger Community Health Partnership, five years of data can be combined