NatCen
Social Research that works for society

NatCen Panel – March 2017

Technical information – Mental Health Foundation

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At **NatCen Social Research** we believe that social research has the power to make life better. By really understanding the complexity of people's lives and what they think about the issues that affect them, we give the public a powerful and influential role in shaping decisions and services that can make a difference to everyone. And as an independent, not for profit organisation we're able to put all our time and energy into delivering social research that works for society.

Contents.

Introduction

In March 2017, NatCen conducted a survey amongst its panel members on behalf of the Mental Health Foundation to understand positive and negative mental health in the population.

This document outlines some of the technical information related to the survey and associated dataset, including what data are included, questionnaire wording, the sample design, fieldwork approach, and information on the weighting approach.

If you have any questions about the data, or the information in this document, please get in touch at panel.info@natcen.ac.uk.

Key figures

Fieldwork dates	16/03/17 – 16/04/17
Total complete interviews	2,290
Web interviews	1,886 (82%)
Telephone interviews	404 (18%)
Survey response rate	60%
Effective response rate	15%

1 Survey dataset

This section summarises the information included in the survey dataset.

1.1 Sampling & weighting information

1.1.1 Sampling information

As the sample design for the British Social Attitudes Survey (BSA) (and therefore the NatCen Panel which is recruited via the BSA survey) involves stratification and clustering (see Section 2), these design features affect standard errors and should therefore be taken into account in analysis, and variables are provided to allow for this:

- SPoint indicates the Primary Sampling Unit from which the panellist was recruited in their BSA survey
- StratID indicates the sampling stratum from which the panellist was selected

1.1.2 Non-response weight[1]

As a random probability sample, estimates are affected by non-coverage and non-response. In order to ensure the sample is representative of the population, a set of non-response weights has been computed to account for non-response to the recruitment survey (BSA), refusal to the join the panel, and non-response in the survey of panel members itself.

Mar17_Weight in the dataset is a product of these three weights, and should be used for the general analysis of the survey results.

1.2 Survey paradata

Two of the features of the NatCen panel that distinguish it from other methods used in polling are that it uses both web and telephone fieldwork to boost response rates and allow coverage of those without access to the internet, and that it uses a longer fieldwork period to ensure everyone has the opportunity to take part, not just those that are 'readily available'.

Two pieces of survey paradata are included in the dataset to reflect these features:

- Mar17_IntDate gives the date on which the survey was completed
- Mar17_IntMode gives the mode in which the survey was completed (online or on the telephone)

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[1] More information about the non-response weight is provided in Section 3

1.3   Questionnaire data

The dataset will include all substantive questions carried by the survey and funded by the Mental Health Foundation. Variables from this wave of the questionnaire are indicated in the variable name with the preface 'Mar17_MHF'. The questionnaire content is shown in Section 4, indicating variable names and includes content on:

- Warwick Edinburgh Mental Wellbeing Scale (WEMWBS) questions
- ONS satisfaction with life and anxiety measures
- Perceived impact of work on mental health
- Actions to manage own mental health
- Diagnosis of a mental health condition
- Social interactions
- Social media use

The dataset also includes a derived score for the WEMWBS: Mar17_WEMWBS_TotalScore[2].

1.4   Fed-forward data from BSA 2015 & 2016

One of the features of the NatCen panel is that, because it was recruited via the face-to-face British Social Attitudes survey, we possess a wealth of background information on our panellists. This not only allows us to develop better response propensity models (Section 3), but also allows for analysis by a greater range of background variables[3].

These variables are indicated with the preface 'FF_' where the data is directly from the BSA questionnaire, or 'Cur_' where it has been subsequently updated. The following variables are included in this dataset as standard:

- Sex
- Age (updated based on date of birth)
- Government office region
- Urban/Rural Indicator (England & Wales and Scotland)
- Household income (updated with more recent data)
- Household type
- Number of people in the household
- Whether respondent has any children in household
- Marital status
- Respondent's economic activity in last week
- Respondent's NS-SEC analytic classes
- Main source of income
- Whether receives state benefits or tax credits
- Tenure
- Self-reported ethnicity
- Highest educational qualification obtained

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[2] More information on the WEMWBS can be found here:
http://www2.warwick.ac.uk/fac/med/research/platform/wemwbs/
[3] It should be noted that the data for these variables may have been collected a year before the panel survey was conducted.

- Whether has a long-term condition that affects daily life

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2 Sampling and fieldwork

NatCen's panel is based on a random probability design, with panel members originally selected at random and considerable effort put in to maximise participation in order to minimise bias.

2.1 BSA recruitment

Panel members were recruited from the British Social Attitudes survey (BSA) in 2015 and 2016 which interviews those aged 18 and over across Britain (south of the Caledonian canal). The BSA is a high-quality, random probability face-to-face survey: this means that households and individuals are selected at random, and then considerable effort is expended by field interviewers to achieve an interview, including visiting the selected addresses multiple times.[4]

Those interviewed as part of the BSA were asked to join the Panel at the end of the BSA interview. For this survey, all panel members were approached to participate (no quotas were used) and the random probability design was therefore maintained.
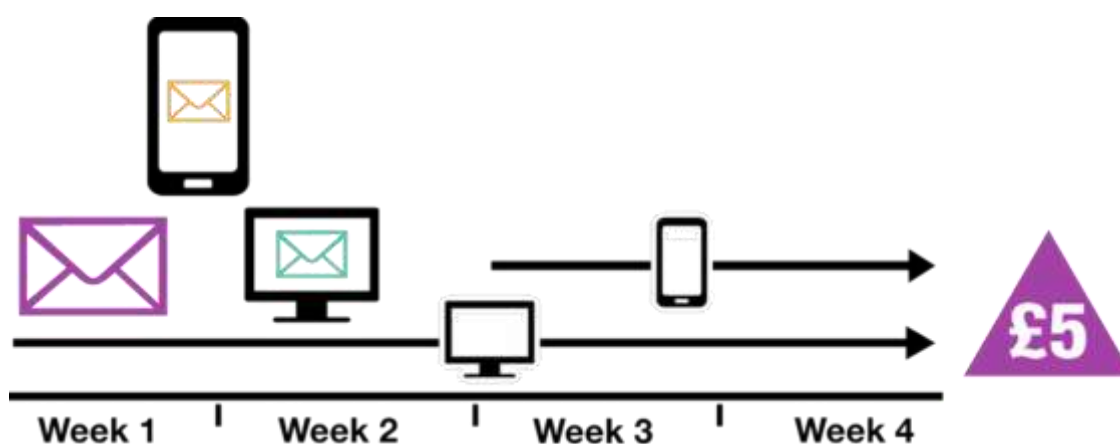
2.2 Panel fieldwork

2.2.1 Fieldwork design

The fieldwork approach for the panel survey employed a sequential mixed mode design, where panel members were first invited to participate in the research online (using multiple points of contact by post, email and text) before being contacted by telephone if they had not yet completed the interview after two weeks (and if telephone numbers were available). In this way we were able to access those who do not have regular access to the internet or, for instance, who may have literacy or language barriers. A £5 love to shop gift card was sent as a 'thank you' to those who participated.

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[4] More details of the BSA sampling approach can be found here: http://bsa.natcen.ac.uk/latest-report/british-social-attitudes-33/technical-details.aspx

Figure 2:1   Fieldwork design

Week 1   Week 2   Week 3   Week 4

In contrast to conventional internet or telephone polls, the fieldwork period lasted for one month. This was to ensure that we could make repeated attempts to contact the selected individuals to try to secure their participation, rather than only including those that are 'readily' available. Web fieldwork ran from 16th March to 16th April and Telephone fieldwork ran from 30th March to 15th April.

2.2.2   Response rates

The probability design allows us to apply statistical theory to the study, including tests of statistical significance or the 'margin of error'. Response rates are a simple indicator of quality for surveys of this sort and are provided in Table 2:1. This survey achieved a 60% response rate among those panellists invited to participate. When taking account of non-response at the BSA interview and then also at the point of recruitment to the panel, our overall response rate was 15%.

Table 2:1   Survey response

Response to the survey	
Issued	3,805
Deadwood	3
Achieved	2,290
Survey response rate	**60%**
Overall response	
BSA issued	16,458
BSA deadwood	1,561
BSA productive	7,270
Recruited to panel	4,205
BSA response rate	49%
Panel recruitment rate	58%
Panel deadwood	17
Overall survey response rate	**15%**

2.3 Sample profile

2.3.1 Socio-demographics

Table 2:2 Sample profile – socio-demographics			
	BSA population estimate (weighted)[5]	Panel survey estimate (weighted)	Panel survey sample (unweighted)
Sex			
Male	49%	48%	43%
Female	51%	52%	57%
Age			
18-24	12%	11%	4%
25-34	17%	17%	13%
35-44	16%	17%	18%
45-54	18%	18%	21%
55-64	14%	15%	20%
65+	22%	22%	24%
Region			
North East	4%	4%	4%
North West	11%	11%	12%
Yorkshire and The Humber	9%	9%	8%
East Midlands	7%	7%	9%
West Midlands	9%	9%	9%
East of England	10%	10%	10%
London	13%	13%	9%
South East	14%	14%	16%
South West	9%	9%	10%
Wales	5%	5%	5%
Scotland	9%	9%	8%

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[5] Estimates are based on combined BSA 2015 & 2016 datasets, each weighted to reflect the population at the time

Social grade			
Managerial & Professional occupations	38%	39%	50%
Intermediate occupations	12%	12%	14%
Small employers & own account workers	9%	8%	9%
Lower supervisory & technical occupations	8%	9%	7%
Semi-routine & routine occupations	28%	28%	19%
Highest level of education			
Degree	24%	25%	32%
Higher education below degree	11%	11%	14%
A level or equivalent	19%	20%	19%
O level/CSE or equivalent	26%	26%	25%
Foreign or other	3%	3%	2%
No qualifications	17%	16%	8%
Household type			
Single person household	17%	17%	26%
Lone parent	4%	4%	6%
2 adults (no children)	36%	37%	37%
2 adults (with children)	21%	20%	20%
3+ adults (no children)	15%	15%	8%
3+ adults (with children)	7%	7%	3%
Economic activity			
Full time education	5%	4%	2%
Paid work	56%	57%	57%
Unemployed	5%	5%	4%
Retired	23%	23%	27%
Other	11%	11%	11%
Full time education	5%	4%	2%
Tenure			
Owned/being bought	64%	64%	72%
Rented (LA)	10%	9%	6%
Rented (HA/Trust/New Town)	7%	8%	6%
Rented (Other)	18%	18%	15%
Other	1%	1%	1%
Unweighted base	*7270*	*2290*	*2290*

2.3.2 Topic variables

Table 2:3	Sample profile – topic variables		
	BSA population estimate (weighted)[6]	**Panel survey estimate (weighted)**	**Panel survey sample (unweighted)**
Whether has long-standing condition that affects day-to-day life			
Yes - affects day-to-day life	16%	16%	16%
Yes - does not affect day-to-day life	15%	17%	19%
No	69%	66%	65%
Unweighted base	*7270*	*2290*	*2290*

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[6] Estimates are based on combined BSA 2015 & 2016 datasets, each weighted to reflect the population at the time

3 Non-response weights

Non-response for NatCen's probability panel surveys can occur at three stages: non-response at the survey used for recruitment (the BSA survey), refusal to join the panel at the end of that interview and non-response in the survey of panel members itself. We compute a weight to account for non-response at each of these three stages. The final weight (Mar17_Weight) is the product of these three weights. We use this three-stage system because the variables underlying non-response could be different at each stage. With this system we also can maximise the use of all the information available from the BSA Survey. These are the three weights we have computed:

  a. **BSA survey weight**: the panel members were recruited from the BSA 2015 and BSA 2016. Firstly, the BSA weights account for unequal chances of selection in the BSA sampling. Secondly, a non-response model is used to produce a non-response weight. This weight adjusts for non-response at the BSA survey using: region, type of dwelling, whether there were entry barriers to the selected address, the relative condition of the immediate local area, the relative condition of the address, the percentage of owner occupied properties in quintiles and population density. Finally, the BSA 2015 and BSA 2016 weights make the sample of BSA respondents representative of the general British population in terms of gender, age and Government Office Region (GOR).[7]

  b. **Panel weight**: this weight accounts for non-response at the panel recruitment stage where some people interviewed as part of the BSA survey chose not to join the panel. A logistic regression model has been used to derive the probability of response of each panel member; the panel weight is computed as the inverse of the probabilities of response. This weight adjusts the panel for non-response using the following variables: age and sex groups, GOR, BSA year, household type, household income, education level, internet access, ethnicity, tenure, social class group, economic activity, political party identification, and interest in politics.[8] The resulting panel weight has been multiplied by the BSA 2015 and 2016 weights, so the panel is representative of the population.

  c. **Survey weight**: this weight is to adjust the bias caused by non-response to this particular panel survey. A logistic regression model has been used to compute the probabilities of response of each participant. The panel survey weight is equal to the inverse of the probabilities of response. The initial set of predictors used to build the model was the same as for the panel weight; and at this wave the final set of variables used was also the same. The final survey weight is the result of multiplying the survey weight by the compounded panel weight.

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[7] More details on the BSA weight can be found at http://bsa.natcen.ac.uk/latest-report/british-social-attitudes-33/technical-details.aspx

[8] The characteristics that are likely to change with time for an individual and whose distribution differed between 2015 and 2016 BSA sample have been entered into the model in interaction with BSA year.

4   Questionnaire specification

WEMINTRO {ASK ALL, GRID QUESTION}
Our first set of questions is about your feelings and how you deal with the ups and downs of everyday life.
{TEL:"I'll now read"}{WEB: "Below are"} some statements about feelings and thoughts. Please choose the option that best describes your experience of each over the last 2 weeks.

{WEB: "Please select one answer on every row."}

INTERVIEWER: READ OUT EACH STATEMENT AND THE ANSWER CODES ONCE THEN AS REQUIRED

GRID ROWS
1. I've been feeling optimistic about the future. (**WEM1**)
2. I've been feeling useful. (**WEM2**)
3. I've been feeling relaxed. (**WEM3**)
4. I've been dealing with problems well. (**WEM6**)
5. I've been thinking clearly. (**WEM7**)
6. I've been feeling close to other people. (**WEM9**)
7. I've been able to make up my own mind about things. (**WEM11**)

GRID COLUMNS
1. None of the time
2. Rarely
3. Some of the time
4. Often
5. All of the time

VARLAB1: Feeling optimistic about the future
VARLAB2: Feeling useful
VARLAB3: Feeling relaxed
VARLAB4: Dealing with problems well
VARLAB5: Thinking clearly
VARLAB6: Feeling close to other people
VARLAB7: Able to make up my own mind about things

SATIS {ASK ALL}
On a scale where 0 is 'not at all satisfied' and 10 is 'completely satisfied', overall, how satisfied are you with your life nowadays?

NUMERIC 0…10

VARLAB: Satisfaction with life

ANXIOUS {ASK ALL}
On a scale where 0 is 'not at all anxious' and 10 is 'completely anxious', overall, how anxious did you feel yesterday?

NUMERIC 0…10

VARLAB: Anxiety yesterday

Working {ASK ALL}
Have you done any paid work in the last 7 days, either as an employee or self-employed?

1. Yes
2. No

VARLAB: Whether in paid employment
WorImp {ASK ALL IN PAID EMPLOYMENT Working=1, FLIP SCALE BASED ON Mar17ScaleExp BUT OPTION 6 ALWAYS LAST}
To what extent, if at all, do you feel that the time you spend at work impacts positively or negatively on how you are feeling or how well you deal with the normal ups and downs of everyday life?

INTERVIEWER: READ OUT

1. Completely positive impact
2. Mostly positive impact
3. Equal positive and negative impact
4. Mostly negative impact
5. Completely negative impact
6. No impact at all

VARLAB: Impact of work on wellbeing

ActionMH {ASK ALL, MULTICODE, RANDOMISE 1-17}
Here is a list of things that people might do to make them feel more positive or help them deal better with the ups and downs of everyday life.

Which, if any, of these do you do to help you feel more positive or deal better with everyday life?

{WEB: Please select all that apply}

INTERVIEWER: READ OUT EACH STATEMENT AND CODE ALL THAT APPLY

1. Go for a walk or get some fresh air
2. Make time to exercise
3. Get enough sleep
4. Eat healthy food
5. Go shopping
6. Have an alcoholic drink
7. Eat comfort food
8. Spend time with family or friends
9. Talk to a friend or family member about your day-to-day life
10. Be involved in local groups, clubs or activities
11. Take time to think things through
12. Spend time on hobbies like music, art, reading or crosswords
13. Spend time helping other people
14. Learn new things
15. Look for information or advice on staying positive or in control in life
16. Make plans and set goals
17. Seek advice or help from a professional
18. Other (Please describe)
19. None of these **[EXCLUSIVE]**

PsychDiag1 {ASK ALL, MULTICODE, RANDOMISE 1-15}

Do you think that you have ever experienced any of the following?

{WEB: Please select all that apply}

INTERVIEWER: READ OUT EACH STATEMENT AND CODE ALL THAT APPLY

1. A phobia
2. Panic attacks
3. Post-traumatic stress disorder
4. Attention deficit hyperactivity disorder (ADHD) or Attention deficit disorder (ADD)
5. Bipolar disorder (or 'manic depression')
6. Depression
7. Post-natal depression
8. Dementia (including Alzheimers)
9. An eating disorder
10. Nervous breakdown
11. A personality disorder
12. Psychosis or schizophrenia
13. Obsessive compulsive disorder (OCD)
14. Seasonal affective disorder
15. Alcohol or drug dependence
16. Any other anxiety disorder
17. Any other mental, emotional or neurological problem or condition
18. None of these[EXCLUSIVE]

ComSocInt {ASK ALL}
The next few questions are about your neighbourhood{IF Mar17SampSplit=1: ", local area"} and social groups.

{IF Mar17SampSplit=1: "By your local area, we mean the area within a few minutes' walk from where you live."}

DISPLAY

NeighbWav {ASK ALL}
How often do you say or wave hello to any of your neighbours?

INTERVIEWER: READ OUT

1. On most days
2. Once or twice a week
3. Once or twice a month
4. Less than once a month
5. Never
6. {TEL: "Or you don't"}{WEB: "Don't"} have any neighbours

VARLAB: Frequency of greeting neighbours

NeighbChat {ASK IF NeighbWav<>6}
How often do you chat to any of your neighbours, more than just to say hello?

INTERVIEWER: READ OUT

1. On most days
2. Once or twice a week
3. Once or twice a month

4. Less than once a month
5. Never
6. {TEL: "Or you don't"}{WEB: "Don't"} have any neighbours

VARLAB: Frequency of chatting to neighbours

Comoft2 {ASK ALL}
Thinking about your family and friends, is there anyone who you can really count on to listen to you when you need to talk?

1. Yes, one person
2. Yes, more than one person
3. No-one

VARLAB: Someone to listen

SocMedUse {ASK IF IntUse <> 6, RANDOMISE GRID ROWS}
On average, how often would you say you use the following social media sites or apps?

Please include time spent on social media sites or apps on all devices you use, for example a computer, laptop, tablet or smartphone

GRID ROWS
1. Facebook
2. YouTube
3. Twitter
4. Instagram
5. Google+
6. Pinterest
7. Snapchat
8. LinkedIn
9. Tumblr
10. Reddit

GRID COLUMNS
1. Several times a day
2. On most days
3. Once or twice a week
4. Once or twice a month
5. Less than once a month
6. Never