Developing and Reviewing a Well-being Framework and the use of Qualitative Research

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Background to Well-being in the UK
UK Measures of National Well-being

Measures of National Well-being Dashboard: Quality of Life in the UK

Bringing together the latest national well-being data from the Office for National Statistics (ONS) and other sources to give an overview of how the UK is doing across the ten areas of life that the UK public told us matter most.

12 August 2022
Qualitative research

- National Debate
- Open text questions – content analyses
- Open text questions – thematically analysed
- Focus Groups
Qualitative research in the establishment of the UK Measures of National Well-being
“Simple and efficient access to appropriate health care is my highest priority.”

“The middle earners may not consider wealth to be significant in terms of happiness but it is difficult to be happy when you have nothing!!!”

“I feel that this is a huge waste of time and money for the government…Happiness is not a thing to be quantified and can change rapidly according to a ridiculous amount of factors.”

“Job satisfaction and economic security matter enormously, having lost house, income, savings in early 90's negative equity crisis when house prices fell off a cliff and interest rates soared…”

“Does having good connections with friends and relatives convey the importance of having a partner and sex.”

Qualitative research in the review of the UK Measures of National Well-being
Open questions on the Opinions and Lifestyle Survey (OPN)
What matters most for the well-being of individuals and communities in Great Britain?

1. The following question asks you to think about what is important in your life.

   What things matter most to your own wellbeing? [Free-text]

2. Thinking about the wellbeing of your community, what do you think is most important? By community we mean a group that you feel a part of. [Multiple-choice]

   • Relationships and social support,
     • Trust between people,
   • Helping or giving support to the community,
     • Feeling safe,
   • Feeling that you belong,
   • Having your voice heard,
   • Having the facilities you need,
   • The quality of the environment and how it is cared for,
     • Everyone feeling they can be included,
     • Caring for future generations,
     • Other OR None of the above

Opinions and Lifestyle Survey, 12 to 23 October 2022
<table>
<thead>
<tr>
<th>Text</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Family members and their welfare</td>
<td>Includes mentions of family members (children, siblings, parents, partner, pets), family member’s welfare and well-being, and caring for family members.</td>
</tr>
<tr>
<td>Physical or mental health</td>
<td>Includes mentions of health (either physical or mental) of the respondent or their family members, low stress, and access to healthcare and medication.</td>
</tr>
<tr>
<td>Personal financial situation</td>
<td>Includes mentions of financial security, having money or earning well, being able to afford the necessities or living comfortably, and being able to provide for the family, as well as having a home and being able to afford accommodation.</td>
</tr>
<tr>
<td>Friends or a community</td>
<td>Includes mentions of friends, friends’ welfare and well-being, having companionship, and being part of a community.</td>
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<tr>
<td>Good relationships or social interactions</td>
<td>Includes mentions of having good relationships (romantic and non-romantic), happy or stable family life, spending time with others, and socialising.</td>
</tr>
<tr>
<td>Work or factors related to work</td>
<td>Includes mentions of working, having a job, job security, job satisfaction, work-life balance, and having spare time.</td>
</tr>
<tr>
<td>Doing things that have purpose</td>
<td>Includes mentions of having a purpose, doing meaningful things, keeping busy, feeling valued or worthwhile, achieving goals, as well as pursuing personal development activities, education, training, and career progression.</td>
</tr>
<tr>
<td>Being happy</td>
<td>Includes mentions of happiness, being content, and enjoying life.</td>
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<tr>
<td>Being active or eating good food</td>
<td>Includes mentions of exercise, being active, good food, diet, and keeping healthy lifestyle.</td>
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<tr>
<td>Free time activities</td>
<td>Includes mentions of hobbies, free time activities, travel, holidays, and cultural activities.</td>
</tr>
<tr>
<td>Safety or security</td>
<td>Includes mentions of security or safety (of the respondent or their family members), and feeling safe.</td>
</tr>
<tr>
<td>Access to nature or outdoor spaces</td>
<td>Includes mentions of having access to nature or outdoor spaces, being outdoors, access to or living in the countryside, having a garden or an allotment, and gardening.</td>
</tr>
<tr>
<td>Being free or able to do what I want</td>
<td>Includes mentions of being independent and maintaining independence (including physical independence or physical mobility), freedom, ability to do what I want, and self-sufficiency.</td>
</tr>
<tr>
<td>Stated “nothing” or “don’t know”</td>
<td>Includes mentions of nothing, not applicable, and don’t know.</td>
</tr>
<tr>
<td>Other specific factors mentioned</td>
<td>Includes mentions of things that could not be classified into any of the other themes or were mentioned too infrequently to make a unique theme. Among those, religion and spirituality, capable government and good policymaking, being able to cope with life and manage every day, stability, getting enough sleep, and climate change, the environment and sustainability were mentioned most often.</td>
</tr>
</tbody>
</table>
Individual well-being

Analysis:
Answers to the individual well-being question were manually coded into 15 themes, then analysed quantitatively.

Insights:
• Factors mentioned most frequently mirror the themes identified during the National Well-being Debate in 2011.
• No statistically significant differences were found between females and males.
• The percentage of people reporting health increased with age, while the percentage mentioning friends, and relationships or social interactions lowered.
Community well-being

Analysis:
Quantitative analysis (with Other answers reviewed and coded before).

Insights:
• Feeling safe was the top priority for community well-being, irrespective of age. However, other generational differences appeared between the youngest and the oldest age groups.
• Females were more likely to select feeling safe and trust between people.
• Those reporting low personal well-being were less likely to select trust between people than those who did not report low personal well-being. This was driven by males with low well-being.

Source: Office for National Statistics - Opinions and Lifestyle Survey
Open questions on Consultation Survey
Review Survey – Summary of responses

Aim:
To ensure that our measures continue to reflect what is important to well-being in the UK, and that our dissemination tools are meeting our users’ needs

Duration:
10 weeks, from 3 October to 9 December 2022

Summary of responses:
118 responses were submitted through the survey, 2 responses were sent via email
Question: In your opinion, what is most important for national well-being?

Method: thematic analysis conducted independently by two researchers

Results: 20 main themes

- subjective and emotional well-being
- good mental health and availability of mental health support
- good physical health
- social networks and meaningful relationships
- community connections, cohesion and belonging
- culture of care and support for each other
- reduction of inequalities and discrimination
- financial security, having money and being able to live comfortably
- availability of social security and welfare support
- quality and accessibility of public services

- housing that is affordable, secure and of good quality
- good working lives, satisfaction with jobs and work-life balance
- personal development opportunities
- pursuing hobbies, interest, and free-time activities
- physical safety and security of individuals and spaces
- access to green spaces
- stable economy
- trust that government is capable and represents the people
- democratic values and civic participation
- protection of the natural environment
Review Survey – Feedback on the measures

We asked several open questions where respondents had a chance to provide comments about improvements they would like to see.

Things mentioned most frequently included:

- Greater emphasis on inequality
- Inclusion of additional sub-population breakdowns
- Improved geographic coverage
- Improved timeliness and consistency of the indicator updates
- Consideration of children as part of the framework
- Increasing public profile of the measures
- Improved policy relevance and use
- Improved storytelling and data presentation
Focus Groups
Focus Groups

Purpose:
To add extra voices to the review, providing better representation to equality groups.

Duration:
January 2023.

Summary of responses:
57 people across 10 focus groups.
Focus Groups

The aims of this research were to:

1. understand what wellbeing means to these participants
2. explore drivers of and barriers to well-being, both as individuals and as a group
3. identify potential gaps within the Measures of National Well-being.
### Focus Groups - Findings

<table>
<thead>
<tr>
<th>Health</th>
<th>LGBT+</th>
<th>Black, Black British, Black Caribbean and Black African</th>
<th>Arab</th>
</tr>
</thead>
<tbody>
<tr>
<td>Feeling unable to complain about poor NHS care</td>
<td>Feeling discriminated against and excluded by healthcare services</td>
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<td></td>
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<tr>
<td>Experiencing substandard or ill-informed NHS care due to your gender</td>
<td>Being disproportionately impacted by COVID-19</td>
<td>Distrust in healthcare services, for example, fearing children will be taken away</td>
<td></td>
</tr>
<tr>
<td>Feeling unsafe when accessing the NHS (physically and emotionally)</td>
<td>Cultural stigma around mental health, which discourages help-seeking</td>
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</tr>
<tr>
<td>Finding it difficult to access health services</td>
<td>Depression or burnout</td>
<td>Having poor physical or mental health</td>
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<td></td>
<td>Having poor health or aging</td>
<td>Poor nutrition due to financial situation</td>
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**Office for National Statistics**

Findings from qualitative analysis of focus group discussions with LGBT+, Black, Black British, Black Caribbean and Black African, and Arab adults - Office for National Statistics
Thank you

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