

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

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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



Quotes from the National Debate

*“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**”*

*“The **well-being of my family and friends**. Good coffee and tea. **Nice food**. Good **books and music**. **Sleep**. Many things matter to me”*

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

Text	Description
Family members and their welfare	Includes mentions of family members (children, siblings, parents, partner, pets), family member's welfare and well-being, and caring for family members.
Physical or mental health	Includes mentions of health (either physical or mental) of the respondent or their family members, low stress, and access to healthcare and medication.
Personal financial situation	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.
Friends or a community	Includes mentions of friends, friends' welfare and well-being, having companionship, and being part of a community.
Good relationships or social interactions	Includes mentions of having good relationships (romantic and non-romantic), happy or stable family life, spending time with others, and socialising.
Work or factors related to work	Includes mentions of working, having a job, job security, job satisfaction, work-life balance, and having spare time.
Doing things that have purpose	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.
Being happy	Includes mentions of happiness, being content, and enjoying life.
Being active or eating good food	Includes mentions of exercise, being active, good food, diet, and keeping healthy lifestyle.
Free time activities	Includes mentions of hobbies, free time activities, travel, holidays, and cultural activities.
Safety or security	Includes mentions of security or safety (of the respondent or their family members), and feeling safe.
Access to nature or outdoor spaces	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.
Being free or able to do what I want	Includes mentions of being independent and maintaining independence (including physical independence or physical mobility), freedom, ability to do what I want, and self-sufficiency.
Stated "nothing" or "don't know"	Includes mentions of nothing, not applicable, and don't know.
Other specific factors mentioned	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.

Individual well-being

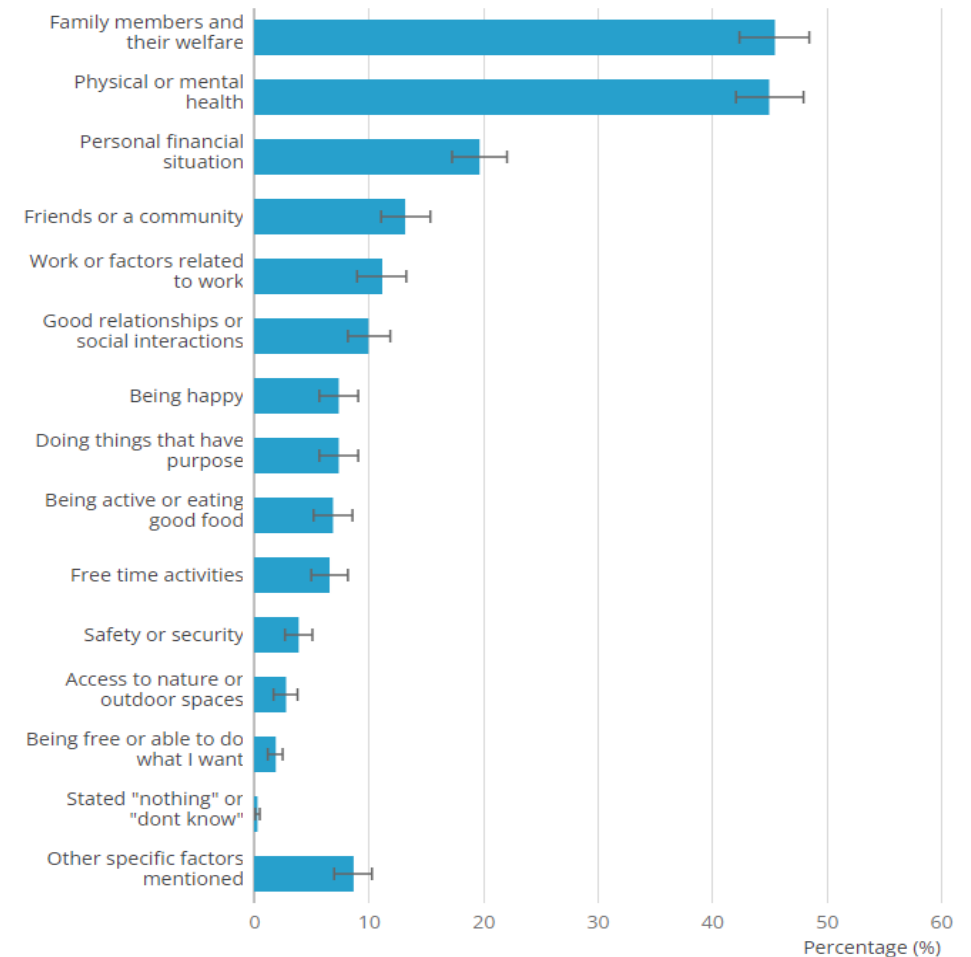
Analysis:

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.

Figure 1: Family, health and personal financial situations were identified most often as being important for the well-being of individuals



Source: Office for National Statistics - Opinions and Lifestyle Survey

Community well-being

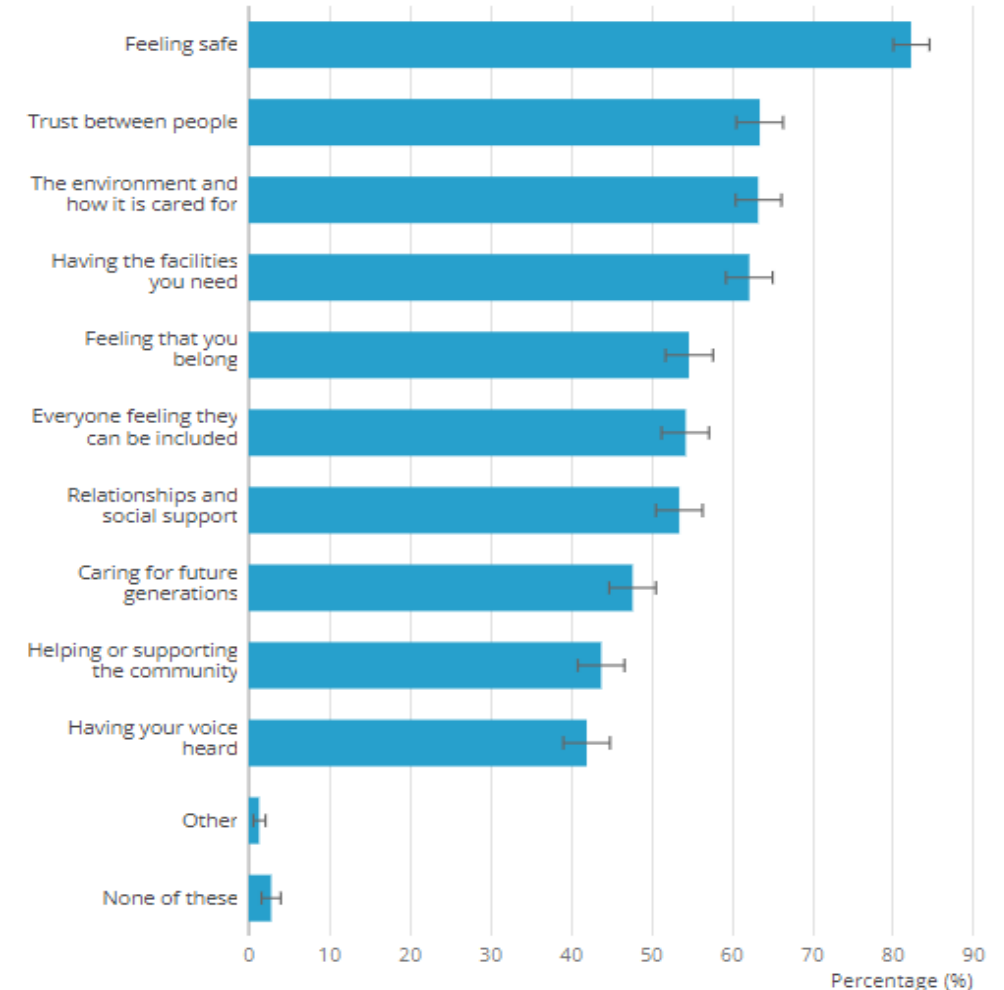
Analysis:

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.

Figure 5: Feeling safe was selected most often as being important for community 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

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

Thank you

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