

Mapping who we engaged with - Adult mental health strategy November 2020 – June 2021

Demographic breakdown – public engagement

The table below shows the demographics of individuals who participated in the public and service user / carer survey, as well as those who took part in the focus groups and interviews (including the VCSO groups) who disclosed their information. Demographics were not collected for all elements of the research i.e., staff and the employer survey, stakeholder and staff interviews.

| | Public survey (N=561) | Patient survey (N=232) | Focus groups / interviews / VCSOs (N=112) | TOTAL (N=905) |
|---|--------------------------|---------------------------|---|------------------|
| Age | | | | |
| 16 – 17 | 0 | 1 | 1 | 2 |
| 18 – 24 | 23 | 8 | 3 | 34 |
| 25 - 34 | 74 | 21 | 6 | 101 |
| 35 – 44 | 87 | 35 | 16 | 138 |
| 45 – 54 | 105 | 40 | 11 | 156 |
| 55 – 64 | 93 | 32 | 11 | 136 |
| 65 – 74 | 41 | 15 | 4 | 60 |
| 75+ | 39 | 5 | 1 | 45 |
| Prefer not to say | 0 | 3 | 1 | 4 |
| Gender | | | | |
| Male | 115 | 23 | 15 | 153 |
| Female | 343 | 129 | 51 | 523 |
| Other | 3 | 2 | 0 | 5 |
| Prefer not to say | 0 | 3 | 1 | 4 |
| Gender identity match sex as registered at birth | | | | |
| Yes | 455 | 152 | 65 | 672 |
| No | 6 | 4 | 0 | 10 |
| Prefer not to say | 2 | 3 | 0 | 5 |
| Sexual orientation | | | | |
| Heterosexual | 394 | 129 | 40 | 563 |
| Gay man | 3 | 2 | 0 | 5 |
| Gay woman or lesbian | 9 | 5 | 3 | 17 |
| Bisexual | 23 | 8 | 4 | 35 |
| Asexual | 5 | 1 | 0 | 6 |

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|--|-----------------------|------------------------|---|---------------|
| Other | 3 | 2 | 0 | 5 |
| Prefer not to say | 21 | 4 | 9 | 34 |
| Marital status | | | | |
| Single | 105 | 38 | 14 | 157 |
| Cohabiting | 65 | 20 | 6 | 91 |
| Married | 193 | 66 | 27 | 286 |
| Civil partnership | 6 | 1 | 0 | 7 |
| Separated | 19 | 6 | 6 | 31 |
| Divorced / civil partnership dissolved | 37 | 13 | 2 | 52 |
| Widowed | 30 | 3 | 3 | 36 |
| Prefer not to say | | 8 | 4 | 12 |
| Disabled | | | | |
| Yes | 212 | 97 | 31 | 340 |
| No | 236 | 52 | 29 | 317 |
| Prefer not to say | 17 | 11 | 1 | 29 |
| Currently pregnant / pregnant in last year | | | | |
| Yes | 10 | 4 | 5 | 19 |
| No | 405 | 138 | 57 | 600 |
| Prefer not to say | 1 | 1 | 0 | 2 |
| Not applicable | 47 | 14 | 3 | 64 |
| Caring responsibilities | | | | |
| None | 251 | 56 | 27 | 334 |
| Primary carer of a child or children under 2 | 15 | 5 | 3 | 23 |
| Primary carer of a child or children aged 2 - 18 | 109 | 33 | 13 | 155 |
| Primary carer of a disabled child or children | 5 | 7 | 2 | 14 |
| Primary carer or assistant for a disabled adult (18 years and over) | 15 | 24 | 4 | 43 |
| Primary carer or assistant for an older person or people (65 years and over) | 36 | 13 | 11 | 60 |

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|--|--------------------------|---------------------------|---|------------------|
| Secondary carer | 34 | 13 | 8 | 55 |
| Prefer not to say | 9 | 8 | 2 | 19 |
| Maternity and caring roles | | | | |
| Currently pregnant / pregnant in last year / Primary carer of child or children under 2 | 21 | 8 | 0 | 29 |
| Parent of child age 0 - 18 | 119 | 38 | 0 | 157 |
| Multiple caring responsibilities (parent of child under 18 and other) | 14 | 18 | 0 | 32 |
| Armed forces (answered yes) | | | | |
| Currently serving in the UK Armed Forces | 2 | 1 | 1 | 4 |
| Ever served in the UK armed forces | 20 | 5 | 5 | 30 |
| Member of the current or former serviceman or woman's immediate family household? | 25 | 8 | 1 | 34 |
| Race / ethnicity | | | | |
| Asian / Asian British | 2 | 4 | 11 | 17 |
| Black / Black British | 7 | 0 | 7 | 14 |
| White British, Irish, European | 438 | 120 | 48 | 606 |
| Mixed race | 0 | 0 | 0 | 0 |
| Gypsy or traveller | 0 | 0 | 0 | 0 |
| Other | 2 | 0 | 0 | 2 |
| Rather not say | 7 | 2 | 0 | 9 |
| Religion / belief | | | | |
| No religion | 185 | 65 | 20 | 270 |
| Christianity | 244 | 85 | 25 | 354 |
| Buddhism | 3 | 0 | 0 | 3 |
| Hindu | 0 | 0 | 0 | 0 |
| Jewish | 0 | 0 | 0 | 0 |
| Muslim | 1 | 2 | 11 | 14 |

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|-------------------|----------------------------------|-----------------------------------|--|--------------------------|
| Sikh | 1 | 0 | 0 | 1 |
| Other religion | 14 | 2 | 0 | 16 |
| Prefer not to say | 11 | 3 | 3 | 17 |

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Demographics – additional focus groups with individuals from protected characteristic groups

To test some of the findings from the insight which relate to those from protected characteristic groups, a series of additional focus groups were undertaken during the month of March 2021.

Individuals who had completed one of the surveys and fell within the criteria of one of the focus groups being conducted were invited to take part. The groups were additionally promoted on social media and several VCSOs contacted to send an invitation email out to their service users.

The table below shows the demographics of individuals who participated in these focus groups.

In addition to the participants included in the below table, a focus group was also held with four individuals, by a voluntary community sector organization who provides support to the deaf community - Becoming Visible.

| | Disability / long-term health condition / illness (n=6) | Male (n=7) | LGBT (n=4) | Autism and/or learning disabilities (n=4) | BAME (n=5) | Total (n=26) |
|---|---|------------|------------|---|------------|--------------|
| Age | | | | | | |
| 25 - 34 | 2 | | 1 | 2 | 1 | 6 |
| 35 – 44 | 2 | | 2 | 1 | 2 | 7 |
| 45 – 54 | 2 | 2 | | 1 | 1 | 6 |
| 55 – 64 | | | | | | 0 |
| 65 – 74 | | 1 | | | | 1 |
| 75+ | | 4 | | | | 4 |
| Prefer not to say | | | 1 | | 1 | 2 |
| Gender | | | | | | |
| Male | | 7 | 2 | | 1 | 10 |
| Female | 6 | | 2 | 4 | 4 | 16 |
| Other | | | | | | 0 |
| Prefer not to say | | | | | | 0 |
| Gender identity match sex as registered at birth | | | | | | |
| Yes | 6 | 7 | 2 | 4 | 4 | 23 |
| No | | | 1 | | | 1 |

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| | Disability / long-term health condition / illness (n=6) | Male (n=7) | LGBT (n=4) | Autism and/or learning disabilities (n=4) | BAME (n=5) | Total (n=26) |
|---|---|------------|------------|---|------------|--------------|
| Prefer not to say | | | 1 | | 1 | 2 |
| Sexual orientation | | | | | | |
| Heterosexual | 6 | 5 | | 3 | 4 | 18 |
| Gay man | | | 2 | | | 2 |
| Gay woman or lesbian | | | | | | 0 |
| Bisexual | | | | | | 0 |
| Asexual | | | | 1 | | 1 |
| Prefer not to say | | 2 | 2 | | 1 | 5 |
| Marital status | | | | | | |
| Single | 3 | | | 4 | | 7 |
| Cohabiting | | | 1 | | | 1 |
| Married | 2 | 5 | | | 3 | 10 |
| Civil partnership | | | | | | 0 |
| Separated | | | | | 1 | 1 |
| Divorced / civil partnership dissolved | | | | | | 0 |
| Widowed | | 1 | | | | 1 |
| Prefer not to say | 1 | 1 | 3 | | 1 | 6 |
| Disabled | | | | | | |
| Yes | 6 | 2 | 1 | 4 | 4 | 17 |
| No | | 5 | 1 | | | 6 |
| Prefer not to say | | | 2 | | 1 | 3 |
| Disability | | | | | | |
| Long standing illness or health condition | 4 | | | 2 | | 6 |
| Mental health difficulty | 3 | | | 3 | | 6 |
| Physical impairment or mobility issues | 2 | | | | | 2 |
| Social / communication impairment | | | | 4 | | 4 |
| D/Deaf or have a hearing impairment | 2 | | | | | 2 |

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| | Disability / long-term health condition / illness (n=6) | Male (n=7) | LGBT (n=4) | Autism and/or learning disabilities (n=4) | BAME (n=5) | Total (n=26) |
|---|---|------------|------------|---|------------|--------------|
| Currently pregnant / pregnant in last year | | | | | | |
| Yes | | | | | 4 | 4 |
| No | 6 | | | 4 | | 10 |
| Prefer not to say | | | 2 | | 1 | 3 |
| Not applicable | | 7 | 2 | | | 9 |
| Caring responsibilities | | | | | | |
| None | 2 | | 1 | 3 | 1 | 7 |
| Primary carer of a child or children (under 2) | | | | | | 0 |
| Primary carer of a child or children (aged 2 – 18) | 1 | | | 1 | 2 | 4 |
| Primary carer of a disabled child or children (under 18 years) | | | | | | 0 |
| Primary carer or assistant for a disabled adult (18 years and over) | 2 | 1 | 1 | | | 4 |
| Primary carer or assistant for an older person or people (65 years and over) | | 2 | | | 1 | 3 |
| Secondary carer | | | | | | 0 |
| Prefer not to say | 1 | | 2 | | 1 | 4 |
| Armed forces (answered yes) | | | | | | |
| Currently serving in the UK Armed Forces | | 1 | | | | 1 |
| Ever served in the UK armed forces | | 1 | | 1 | | 2 |
| Member of the current or former serviceman or woman's immediate family household? | | 1 | | | | 1 |
| Race / ethnicity | | | | | | |
| Asian / Asian British | | | | | 5 | 5 |
| White British, Irish, European | 6 | 6 | 3 | 4 | | 19 |

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| | Disability / long-term health condition / illness (n=6) | Male (n=7) | LGBT (n=4) | Autism and/or learning disabilities (n=4) | BAME (n=5) | Total (n=26) |
|--------------------------|--|---------------|---------------|---|---------------|-----------------|
| Rather not say | | 1 | 1 | | | 2 |
| Religion / belief | | | | | | |
| No religion | 3 | 2 | 2 | 2 | | 9 |
| Christianity | 3 | 5 | | 2 | | 10 |
| Muslim | | | | | 5 | 5 |
| Prefer not to say | | | 2 | | | 2 |

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Demographics – Visions and priorities discussion group

Following on from the research, and internal conversations, the CCG drafted some visions and priorities for the strategy.

Before finalising these, the CCG wanted to engage members of the public to ask their thoughts. We reached out to all participants who expressed an interest through the survey in taking part in future engagement activity around the strategy. Overall, 12 participants joined one of three discussion sessions. This table summarises the demographic information for these participants.

| | |
|--|--|
| Gender | <ul style="list-style-type: none"> ▪ Male (n=3) ▪ Female (n=9) |
| Age | <ul style="list-style-type: none"> ▪ 25-34 (n=2) ▪ 45-54 (n=1) ▪ 55-64 (n=5) ▪ 65-74 (n=3) ▪ 75+ (n=1) |
| Pregnant or pregnant in past year | <ul style="list-style-type: none"> ▪ No (n=9) ▪ Does not apply (n=3) |
| Marital status | <ul style="list-style-type: none"> ▪ Single (n=2) ▪ Separated (n=3) ▪ Married (n=5) ▪ Divorced (n=2) |
| Disability, long-term illness, or health condition? | <ul style="list-style-type: none"> ▪ Yes (n=7) ▪ No (n=4) ▪ Prefer not to say (n=1) |
| Caring responsibility | <ul style="list-style-type: none"> ▪ None (n=9) ▪ Primary carer or assistant for a disabled adult (n=1) ▪ Secondary carer (n=1) ▪ Primary carer or assistant for an older person or people (n=1) |
| Race or ethnicity | <ul style="list-style-type: none"> ▪ White (British, Irish, European, or other) (n=11) ▪ Rather not say (n=1) |
| Armed forces | <ul style="list-style-type: none"> ▪ Currently serving in the UK Armed Force (n=0) ▪ Ever served in the UK Armed Forces? (n=1) ▪ Member of a current or former serviceman or woman's immediate family / household (n=1) |
| Sexual orientation | <ul style="list-style-type: none"> ▪ Heterosexual (n=8) ▪ Asexual (n=1) ▪ Prefer not to say (n=3) |

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| | |
|-----------------|--|
| Religion | <ul style="list-style-type: none">▪ Christianity (n=6)▪ No religion (n=5)▪ Prefer not to say (n=1) |
|-----------------|--|