Understanding the role of savings in promoting positive wellbeing: appendices

Appendix 1: quantitative research methodology

We conducted new analysis of The UK Household Longitudinal Study, more commonly known as ‘Understanding Society’.[[1]](#footnote-2) This is a large-scale, internationally recognised study, which provides vital evidence for scientists and policymakers on the causes and consequences of deep-rooted social problems. It is a longitudinal study, which has been tracking households annually since 2009. It covers the whole population, with boost samples to ensure it is representative of immigrant and ethnic minority groups, and its large sample enables sub-population groups to be examined.

Our main variables of interest relate to savings and wellbeing. The savings variables describe whether someone saves, how regularly they save, how much they save, what types of savings products they hold and the total amount of savings they have. The wellbeing variables include the [SF-12 mental wellbeing score](https://www.researchgate.net/profile/John-Ware-6/publication/291994160_How_to_score_SF-12_items/links/58dfc42f92851c369548e04e/How-to-score-SF-12-items.pdf), the [General Health Questionnaire](https://psycnet.apa.org/doiLanding?doi=10.1037%2Ft00297-000) (GHQ-12), satisfaction with life overall, and the [Short Warwick-Edinburgh Mental Wellbeing Scale](https://warwick.ac.uk/fac/sci/med/research/platform/wemwbs/), which includes a range of variables such as optimism for the future, feeling relaxed, feeling close to others and thinking clearly. These variables were collected in the following waves of the Understanding Society survey:

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Wave and years** | **Variable group:** | | | |
| Savings behaviour, e.g. amount put into savings each month | Types of savings account & amount in these accounts | SF-12 mental wellbeing, GHQ and life satisfaction | Short Warwick-Edinburgh Mental Well-being Scale |
| W1: 2009-10 |  |  | X | X |
| W2: 2010-11 | **X** |  | **X** |  |
| W3: 2011-12 |  |  | X |  |
| W4: 2012-13 | **X** | X | X | X |
| W5: 2013-14 |  |  | X |  |
| W6: 2014-15 | **X** |  | X |  |
| W7: 2015-16 |  |  | X | X |
| W8: 2016-17 | **X** | X | X |  |
| W9: 2017-18 |  |  | X |  |
| W10: 2018-19 | **X** |  | **X** | X |
| W11: 2019-20 |  |  | X |  |
| W12: 2020-21 |  |  | **X** |  |
| W13: 2021-22 | **X** | **X** | **X** | **X** |

In our analysis, we make use of the variables/timepoints highlighted in bold in the above table. Most of our analysis is focused on wave 13, using data for around 26,000 individual adult respondents who had provided data related to both their savings and their wellbeing. We also conduct analysis which makes use of the longitudinal nature of the dataset; this uses the savings behaviour variables for the six waves from wave two to wave thirteen where these were asked. Analysis focuses on those who had answered at least the first savings question (whether or not they save) in all six waves, meaning that our sample size is reduced to around 9,000 respondents.

**Savings variables**

The below table describes the final savings variables used in our analysis, which analysis sample they relate to, and how they have been derived:

|  |  |  |
| --- | --- | --- |
| **Wave 13 analysis** | | |
| **Savings variable** | **Derivation of variable** | **Key statistics** |
| Current saving behaviour | Recoded binary (0/1) version of [save](https://www.understandingsociety.ac.uk/documentation/mainstage/variables/save/). | Saves nothing each month (56%)  Saves something (44%)  *Unweighted sample size = 26,766* |
| Regular or irregular saver? | Non-saver if 0 for variable above. Regular or irregular saver derived from [savreg](https://www.understandingsociety.ac.uk/documentation/mainstage/variables/savreg/), where ‘from time to time’ and ‘other’ are consider irregular saving. | Non-saver (56%)  Saves but not regularly (14%)  Saves regularly (30%)  *Unweighted sample size = 26,766* |
| Amount typically saved each month | 0 if non-saver. Otherwise amount is a categorised version of [saved](https://www.understandingsociety.ac.uk/documentation/mainstage/variables/saved/). If a saver but amount not given, categorised as ‘unspecified amount’.  For use in longitudinal analysis, amounts collected in all years prior to 2022 were first adjusted for inflation, converting them into equivalent values for 2022. This was done using the Consumer Price Index (CPI) from the ONS, where 2015 was given a value of 100 and 2022 a value of 121.7. To calculate the multiplier for a given year, we divided 121.7 by the index for that year. For example, the multiplier for a value in 2015 would be 121.7 divided by 100 = 1.217. So a value of £50 in 2015 would be worth £60.85 in 2022 (£50 x 1.217). | Nothing (56%)  Less than £50 (3%)  £50-99 (4%)  £100-199 (8%)  £200-299 (7%)  £300-399 (3%)  £400-499 (2%)  £500-999 (7%)  £1,000 or more (4%)  Unspecified amount (7%)  *Unweighted sample size = 26,632* |
| Savings ratio  (amount saved by household as a percentage of household income, after housing costs) | First, the inflation-adjusted version of [saved](https://www.understandingsociety.ac.uk/documentation/mainstage/variables/saved/) (with non-savers assigned a value of 0) was aggregated to the household-level. Households were set as missing if one or more adult respondents hadn’t answered the savings questions.  This value (of total household savings) was then used in combination with an inflation-adjusted version of monthly household income ([fihhmnnet1\_dv](https://www.understandingsociety.ac.uk/documentation/mainstage/variables/fihhmnnet1_dv/)), after inflation-adjusted housing costs have been deducted ([houscost1\_dv](https://www.understandingsociety.ac.uk/documentation/mainstage/variables/houscost1_dv/)), to determine what percentage of monthly disposable income is put into savings. Non-savers set as 0, while they were set as ‘unspecified amount’ if one or more adults were known to be saving but hadn’t specified how much they save. The final variable was applied to all adult respondents within the household. | Saving nothing (41%)  5.00% or less (13%)  5.01-10.00% (10%)  10.01-15.00% (7%)  15.01-25.00% (8%)  More than 25% (8%)  Unspecified amount (13%)  *Unweighted sample size = 25,440* |
| Savings quintile  (using savings ratio above but using income equivalised for household size) | As above but income was also equivalised (adjusted for household size) by dividing it by the modified OECD equivalence scale ([ieqmoecd\_dv](https://www.understandingsociety.ac.uk/documentation/mainstage/variables/ieqmoecd_dv/)). Savings ratios were then converted to quintiles (within each wave). | Saving nothing (41%)  Bottom quintile of savers (9%)  2nd quintile of savers (9%)  3rd quintile of savers (9%)  4th quintile of savers (9%)  Top quintile of savers (11%)  Unspecified amount (13%)  *Unweighted sample size = 25,412* |
| Total amount of savings held by respondent | Total amount saved by individual across each account type held ([svamt1](https://www.understandingsociety.ac.uk/documentation/mainstage/variables/svamt1/) to 6, plus 97). | No savings (33%)  Under £500 (9%)  £500-999 (4%)  £1,000 to £1,999 (5%)  £2,000 to £4,999 (8%)  £5,000 to £9,999 (8%)  £10,000 to £24,999 (11%)  £25,000 plus (22%)  *Unweighted sample size = 22,648* |
| Types of savings account held by members of the household | Binary variables first derived to show if anyone within the household that wave holds each type of account asked about ([svacts1](https://www.understandingsociety.ac.uk/documentation/mainstage/variables/svacts1/) to 6, plus 96 and 97). These binary variables then used within a multiple response set. | None (30%)  Savings held within current account (82%)  Savings or deposit account (57%)  NS&I savings account (9%)  Cash ISA (34%)  Stocks and shares ISA / PEPs (19%)  Premium bonds (21%)  Other types of savings (6%)  *Unweighted sample size = 26,566* |
| Number of types of savings account held by members of the household | Uses above binary variables excluding current accounts (svacts6). Variable then derived by counting the number of accounts held. | None (29%)  One type (28%)  Two types (22%)  Three types (13%)  Four or more types (9%)  *Unweighted sample size = 26,766* |
| **Longitudinal analysis** | | |
| Number of waves where respondent was saving money | Count of ‘Current saving behaviour’ binary across all six waves with savings data. Only those with all waves included in the analysis. | None (18%)  One or two waves (28%)  Three or four waves (27%)  Five or six waves (28%)  *Unweighted sample size = 8,840* |
| Number of waves where respondent was regularly saving money | Count of times respondent was classed as a ‘regular saver’ across all six waves with savings data. Only those with all waves included in the analysis. | None (30%)  One or two waves (32%)  Three or four waves (22%)  Five or six waves (16%)  *Unweighted sample size = 8,840* |
| Average household savings quintile (% equiv AHC) over time | Mean value of ‘savings quintile’ across all six waves with savings data. Excludes those who saved an unspecified amount and those who hadn’t provided savings data in all six waves. | No savings (40%)  Low savings (40%)  Higher savings (21%)  *Unweighted sample size = 5,755* |
| Change in savings behaviour between wave 10 and wave 13 | Using xtset panel data function, we create a lagging variable to indicate respondents’ saving behaviour in the previous wave. This is then used to derive a categorical variable indicating any changes in savings behaviour comparing the previous wave with the current one. We focus our analysis on the change from wave 10 to wave 13. | Wasn’t saving before and still isn’t (38%)  Stopped saving (17%)  Started saving (11%)  Saving in both waves (34%)  *Unweighted sample size = 8,829* |
| Savings cluster - household saving as % of equivalised AHC household income | Uses the ‘savings quintile’ derived variable for each wave for each respondent. We employ the TraMineR (trajectory miner) R package to conduct sequence analysis of this data. This essentially combines the data for each of the six waves, turning them into a single ‘trajectory’ or ‘pathway’ that the respondent followed over time. A matrix of distances / dissimilarities between trajectories is then calculated. A variety of methods are available to do calculate these. We tested a number, including Optimal Matching, subsequence vector representation-based metric (SVRspell), Euclidean, and dynamic hamming (DHD), but opted for DHD due to its sensitivity to changes in the timing of events in a sequence (as per [Studer & Ritschard, 2016](https://rss.onlinelibrary.wiley.com/doi/pdf/10.1111/rssa.12125)). A K-Medoids clustering algorithm was then used to find the best way to segment the data. A variety of segment numbers were tested but a 7-segment solution was deemed most satisfactory. The analysis was weighted using the longitudinal weight from the UKHLS. Figure A1 gives the frequency plots for each segment; these were used to assign names to each segment.  This analysis is based on the household-level savings ratio variable, but is ultimately conducted at the individual-level because individuals move between households across waves. | 1. Rare or never savers (31%)  2. Infrequent savers (11%)  3. Constant low savers (15%)  4. Used to save, then stopped (9%)  5. Constant middling savers (18%)  6. Constant high savers (9%)  7. Secretive savers (6%)  *Unweighted sample size = 8,840* |

**Figure A1 – Sequence frequency plots for each of the seven segments identified. The colours indicate savings behaviour. Each vertical column represents a survey wave, while the size of the boxes indicates the proportion of respondents who followed that particular trajectory.**

|  |  |
| --- | --- |
| A black and white rectangle with black text  Description automatically generated | |
| Cluster 1: Rare or never savers  A group of colored squares  Description automatically generated with medium confidence | Cluster 2: Infrequent savers  A group of colored squares  Description automatically generated with medium confidence |
| Cluster 3: Constant low savers  A group of colored squares  Description automatically generated with medium confidence | Cluster 4: Used to save, then stopped  A group of colored squares  Description automatically generated with medium confidence |
| Cluster 5: Constant middling savers  A group of colored squares  Description automatically generated with medium confidence | Cluster 6: Constant high savers  A group of colored squares  Description automatically generated with medium confidence |
| Cluster 7: Secretive savers  A group of colored squares  Description automatically generated with medium confidence |  |

**Mental wellbeing variables**

The following mental wellbeing-related variables were chosen for inclusion in the analysis, as they represented a good cross-section of different aspects of mental wellbeing:

* [Satisfaction with life overall](https://www.understandingsociety.ac.uk/documentation/mainstage/variables/sclfsato/)
* [Quality of sleep](https://www.understandingsociety.ac.uk/documentation/mainstage/variables/slp_qual/)
* Short Edinburgh-Warwick Mental Well-being Scale:
  + [Optimism for the future](https://www.understandingsociety.ac.uk/documentation/mainstage/variables/scwemwba/)
  + [Ability to relax](https://www.understandingsociety.ac.uk/documentation/mainstage/variables/scwemwbc/)
  + [Ability to think clearly](https://www.understandingsociety.ac.uk/documentation/mainstage/variables/scwemwbe/)
  + [Feelings of closeness to others](https://www.understandingsociety.ac.uk/documentation/mainstage/variables/scwemwbf/)
* [SF-12 mental wellbeing score (herein referred to as ‘mental wellbeing score’)](https://www.understandingsociety.ac.uk/documentation/mainstage/variables/sf12mcs_dv/)
  + [Feel calm and peaceful](https://www.understandingsociety.ac.uk/documentation/mainstage/variables/scsf6a/)
  + [Energy levels](https://www.understandingsociety.ac.uk/documentation/mainstage/variables/scsf6b/)
* [General Health Questionnaire-12 score (GHQ-12)](https://www.understandingsociety.ac.uk/documentation/mainstage/variables/scghq1_dv/)

With the exception of the SF-12 mental wellbeing score and the GHQ-12 score, all of the above variables were categorical in nature. These were therefore mostly recoded to binaries, with 1 representing more positive outcomes, e.g. sleep quality is ‘very good’ or ‘fairy good’ or respondent was ‘mostly’ or ‘completely’ satisfied with their life overall. These derived variables could then be used in binary logistic regression analysis.

For the continuous variables (and also for life satisfaction) we also derived household-level variables, which give the average score across all adult members of the household within a given wave (for those who had responded to the mental wellbeing questions).

**Other derived variables**

For the analysis, we derived a number of other variables / groups of variables.

First, we created variables related to the amount of debt owed by respondents. These included a count of the number of types of debt owed by the respondent, which was derived by counting the number of debt types from the [debt1](https://www.understandingsociety.ac.uk/documentation/mainstage/variables/debt1/) to [debt97](https://www.understandingsociety.ac.uk/documentation/mainstage/variables/debt97/) variables (with the exception of debt8 and debt9, which related to student loan debts), with an extra debt type owed if the respondent had a credit card in either their own name ([ccsole](https://www.understandingsociety.ac.uk/documentation/mainstage/variables/ccsole/)) or jointly ([ccjt](https://www.understandingsociety.ac.uk/documentation/mainstage/variables/ccjt/)) with someone else. We also created a variable indicating amount of debt owed. This was based on the sum of [debty](https://www.understandingsociety.ac.uk/documentation/mainstage/variables/debty/), [ccamtsole](https://www.understandingsociety.ac.uk/documentation/mainstage/variables/ccamtsole/) and [ccamtjt](https://www.understandingsociety.ac.uk/documentation/mainstage/variables/ccamtjt/), with values added for those who hadn’t reported the precise amount at debty but had given an approximate amount at [debtc1](https://www.understandingsociety.ac.uk/documentation/mainstage/variables/debtc1/) to [debtc5](https://www.understandingsociety.ac.uk/documentation/mainstage/variables/debtc5/). Those who owed money on student loans were then set as missing, because we were more interested in consumer credit debts, and amounts were winsorised to convert outliers above the 99th percentile to take the value at the 99th percentile. Amounts were then converted to 2022 prices using the consumer price indices, as explained previously for savings amounts. Finally, we calculated a variable to indicate what percentage of the respondent’s annual net household income (before housing costs) was held as debt. This was set as 0% for those with no debts and was capped at 100% for anyone owing more than their total annual income. For this reason we use medians (rather than means) in our analysis of the data.

A second derived variable indicates whether a respondent had fallen behind with bills since the previous survey wave. This uses [xphsdba](https://www.understandingsociety.ac.uk/documentation/mainstage/variables/xphsdba/), with a lagged version of the variable created to indicate the respondent’s bill status at the previous wave compared with the status for the current wave, and assigned into one of four categories: behind at neither wave, fallen behind since last wave, no longer behind, and behind at both waves.

For the longitudinal analysis of the cohort of young adults, we derived a version of tenure which takes into account if the respondent was living with their parents/family at the time. This uses [tenure\_dv](https://www.understandingsociety.ac.uk/documentation/mainstage/variables/tenure_dv/) and [livpar](https://www.understandingsociety.ac.uk/documentation/mainstage/variables/livpar/), with all those living at home with their parents at livpar assigned to a new tenure category regardless of the tenure of their parents.

For analysis of the impact of other life events on savings, we derive a number of variables using lagged versions of individual- or respondent characteristics in the previous wave. These include changes in job status ([jbstat](https://www.understandingsociety.ac.uk/documentation/mainstage/variables/jbstat/)), in marital status (e.g. married, divorced or widowed) ([marstat\_dv](https://www.understandingsociety.ac.uk/documentation/mainstage/variables/marstat_dv/)), in tenure (e.g. buying a house or paying off the mortgage) ([tenure\_dv](https://www.understandingsociety.ac.uk/documentation/mainstage/variables/tenure_dv/)) and in number of children ([nchild\_dv](https://www.understandingsociety.ac.uk/documentation/mainstage/variables/nchild_dv/)). We also use [movy14](https://www.understandingsociety.ac.uk/documentation/mainstage/variables/movy14/) to indicate if the respondent had moved house since the previous wave (with all those asked this question deemed to have moved house) and took a lagged version of [lkmove](https://www.understandingsociety.ac.uk/documentation/mainstage/variables/lkmove/) from the previous wave to determine whether the move was something they had been wanting at the previous wave or not.

**Analysis**

We predominantly employ descriptive statistics – in the form of cross-tabulations of categorical variables and summary statistics (such as the mean, median and standard deviation) for continuous variables – when looking at the simple relationship between two variables. Significance testing was conducted in the form of t-tests for continuous variables (such as SF-12 mental wellbeing score) and column proportions z-tests for categorical variables. Significant differences in the report are reported at the 95% level of confidence (p<0.05).

Most analysis was conducted at the individual-level, but – as explained previously – some household-level outcome variables were derived and therefore analysed at a household-level. This involved assigning all individuals within a given household (and within a given wave) the same outcome, but selecting just one respondent from the household to be included in the analysis. This analysis was conducted using household-level cross-sectional weights.

We also use regression analysis, which allows us to unpick the relationship between two variables while controlling for other factors that may also be related to the outcome variable. This is particularly important for controlling for things like age and income, which are also known to affect wellbeing. Binary logistic regression was used for all outcome variables which were originally categorical (and reduced to binaries), while linear regression was used for continuous outcome variables. In addition to the savings variables, each regression model controls for household income quintile (or average household income across multiple waves if doing longitudinal analysis), respondent sex, age group, marital status, tenure, job status, receipt of benefits, whether the respondent has a long-term health condition or disability, number of children in the household, respondent highest qualification, ethnic group, whether born in the UK or not, whether living in a rural or urban area, and the season of the year the interview took place. Regressions were run with cluster robust standard errors, using household identifiers, to account for the hierarchical nature of the dataset (with individuals clustered within households). Analyses were weighted using the individual cross-sectional self-completion weight or the longitudinal self-completion weight as appropriate.

Appendix 2: list of references used in the evidence review

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Appendix 3: Results tables

Appendix Table 1a – Categorical mental wellbeing outcomes, by individual savings behaviour (wave 13, cross-sectional analysis)

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | | | Saves any money at all? | | | Regular saver? | | Amount saved each month - categorical (in 2022 prices) | | | | | | | | |
| Total | No | Yes | Saves but not regularly | Saves regularly | Less than £50 | £50-99 | £100-199 | £200-299 | £300-399 | £400-499 | £500-999 | £1,000 or more | Saving unspecified amount |
| Total | Total | Column N % | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% |
| Total | Unweighted Count | 26766 | 14580 | 12186 | 3795 | 8350 | 694 | 1099 | 2069 | 1896 | 877 | 553 | 1815 | 1042 | 2007 |
| Sleep quality is very/fairly good | No | Column N % | 25% | 28% | 22% | 24% | 21% | 30% | 29% | 23% | 21% | 21% | 20% | 21% | 17% | 18% |
| Yes | Column N % | 75% | 72% | 78% | 76% | 79% | 70% | 71% | 77% | 79% | 79% | 80% | 79% | 83% | 82% |
| Total | Unweighted Count | 26728 | 14547 | 12181 | 3792 | 8349 | 694 | 1098 | 2069 | 1896 | 877 | 553 | 1814 | 1042 | 2004 |
| Mostly or completely satisfied with life | No | Column N % | 48% | 53% | 41% | 43% | 40% | 50% | 49% | 41% | 43% | 37% | 43% | 39% | 32% | 39% |
| Yes | Column N % | 52% | 47% | 59% | 57% | 60% | 50% | 51% | 59% | 57% | 63% | 57% | 61% | 68% | 61% |
| Total | Unweighted Count | 26530 | 14417 | 12113 | 3766 | 8310 | 691 | 1095 | 2059 | 1887 | 875 | 548 | 1810 | 1036 | 1979 |
| Satisfaction with life overall | Completely dissatisfied | Column N % | 2% | 3% | 1% | 1% | 1% | 3% | 2% | 1% | 0% | 1% | 1% | 0% | 1% | 1% |
| Mostly dissatisfied | Column N % | 5% | 6% | 3% | 3% | 3% | 5% | 4% | 3% | 2% | 2% | 3% | 3% | 3% | 3% |
| Somewhat dissatisfied | Column N % | 9% | 11% | 7% | 8% | 7% | 9% | 9% | 7% | 7% | 5% | 7% | 7% | 5% | 6% |
| Neither Sat nor Dissat | Column N % | 12% | 15% | 9% | 12% | 8% | 12% | 12% | 11% | 10% | 9% | 7% | 7% | 4% | 11% |
| Somewhat satisfied | Column N % | 20% | 19% | 21% | 20% | 21% | 22% | 23% | 19% | 23% | 21% | 24% | 21% | 19% | 18% |
| Mostly satisfied | Column N % | 42% | 36% | 48% | 47% | 49% | 37% | 41% | 48% | 48% | 53% | 50% | 50% | 57% | 49% |
| Completely satisfied | Column N % | 10% | 10% | 11% | 10% | 11% | 12% | 10% | 11% | 9% | 10% | 8% | 11% | 11% | 12% |
| Total | Unweighted Count | 26530 | 14417 | 12113 | 3766 | 8310 | 691 | 1095 | 2059 | 1887 | 875 | 548 | 1810 | 1036 | 1979 |
| Optimistic for the future (most/all of the time) | No | Column N % | 68% | 72% | 63% | 68% | 61% | 75% | 68% | 63% | 64% | 64% | 63% | 58% | 51% | 64% |
| Yes | Column N % | 32% | 28% | 37% | 32% | 39% | 25% | 32% | 37% | 36% | 36% | 37% | 42% | 49% | 36% |
| Total | Unweighted Count | 26493 | 14402 | 12091 | 3759 | 8297 | 692 | 1095 | 2055 | 1885 | 869 | 549 | 1809 | 1035 | 1969 |
| Feeling relaxed (most/all of the time) | No | Column N % | 60% | 63% | 57% | 59% | 56% | 63% | 62% | 59% | 59% | 58% | 54% | 53% | 48% | 56% |
| Yes | Column N % | 40% | 37% | 43% | 41% | 44% | 37% | 38% | 41% | 41% | 42% | 46% | 47% | 52% | 44% |
| Total | Unweighted Count | 26529 | 14424 | 12105 | 3765 | 8305 | 692 | 1095 | 2057 | 1884 | 872 | 549 | 1810 | 1035 | 1978 |
| Thinking clearly (most/all of the time) | No | Column N % | 44% | 49% | 39% | 41% | 38% | 45% | 45% | 42% | 40% | 38% | 35% | 36% | 28% | 39% |
| Yes | Column N % | 56% | 51% | 61% | 59% | 62% | 55% | 55% | 58% | 60% | 62% | 65% | 64% | 72% | 61% |
| Total | Unweighted Count | 26525 | 14423 | 12102 | 3763 | 8304 | 691 | 1095 | 2056 | 1884 | 872 | 549 | 1810 | 1035 | 1977 |
| Feeling close to others (most/all of the time) | No | Column N % | 52% | 55% | 48% | 51% | 47% | 53% | 52% | 50% | 49% | 46% | 51% | 45% | 44% | 46% |
| Yes | Column N % | 48% | 45% | 52% | 49% | 53% | 47% | 48% | 50% | 51% | 54% | 49% | 55% | 56% | 54% |
| Total | Unweighted Count | 26516 | 14417 | 12099 | 3763 | 8301 | 691 | 1095 | 2056 | 1883 | 873 | 548 | 1809 | 1035 | 1976 |
| Feeling calm and peaceful (most/all of the time in last 4 weeks) | No | Column N % | 48% | 51% | 45% | 46% | 44% | 51% | 51% | 46% | 46% | 46% | 44% | 43% | 38% | 42% |
| Yes | Column N % | 52% | 49% | 55% | 54% | 56% | 49% | 49% | 54% | 54% | 54% | 56% | 57% | 62% | 58% |
| Total | Unweighted Count | 26577 | 14452 | 12125 | 3774 | 8316 | 692 | 1096 | 2062 | 1887 | 874 | 549 | 1812 | 1037 | 1983 |
| Had a lot of energy (most/all of the time in last 4 weeks) | No | Column N % | 64% | 68% | 59% | 64% | 57% | 71% | 65% | 61% | 62% | 58% | 60% | 55% | 48% | 58% |
| Yes | Column N % | 36% | 32% | 41% | 36% | 43% | 29% | 35% | 39% | 38% | 42% | 40% | 45% | 52% | 42% |
| Total | Unweighted Count | 26571 | 14451 | 12120 | 3770 | 8315 | 692 | 1095 | 2062 | 1886 | 875 | 548 | 1812 | 1036 | 1981 |

Appendix Table 1b – Categorical mental wellbeing outcomes, by household savings behaviour (wave 13, cross-sectional analysis)

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | | | Categories (inc. unspec savers) - amount saving by HH as % of equivalised AHC household income | | | | | | | | Categories (inc. unspec savers) - amount saved by HH as % of non-equivalised AHC household income | | | | | | | |
| Total | Saving nothing | Bottom quintile of savers | 2nd quintile of savers | 3rd quintile of savers | 4th quintile of savers | Top quintile of savers | Unspecified amount | Total | Saving nothing | 5.00% or less | 5.01-10.00% | 10.01-15.00% | 15.01-25.00% | More than 25% | Unspecified amount |
| Total | Total | Column N % | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% |
| Total | Unweighted Count | 25412 | 9825 | 2204 | 2247 | 2377 | 2478 | 2770 | 3511 | 25440 | 9839 | 3377 | 2654 | 1959 | 2157 | 1943 | 3511 |
| Sleep quality is very/fairly good | No | Column N % | 25% | 29% | 26% | 24% | 23% | 20% | 22% | 23% | 25% | 29% | 25% | 24% | 20% | 22% | 21% | 23% |
| Yes | Column N % | 75% | 71% | 74% | 76% | 77% | 80% | 78% | 77% | 75% | 71% | 75% | 76% | 80% | 78% | 79% | 77% |
| Total | Unweighted Count | 25381 | 9807 | 2200 | 2246 | 2375 | 2477 | 2768 | 3508 | 25409 | 9821 | 3372 | 2653 | 1958 | 2155 | 1942 | 3508 |
| Mostly or completely satisfied with life | No | Column N % | 48% | 55% | 49% | 44% | 42% | 41% | 41% | 42% | 48% | 55% | 47% | 44% | 42% | 39% | 41% | 42% |
| Yes | Column N % | 52% | 45% | 51% | 56% | 58% | 59% | 59% | 58% | 52% | 45% | 53% | 56% | 58% | 61% | 59% | 58% |
| Total | Unweighted Count | 25210 | 9725 | 2193 | 2232 | 2362 | 2467 | 2761 | 3470 | 25237 | 9738 | 3357 | 2638 | 1947 | 2148 | 1939 | 3470 |
| Satisfaction with life overall | Completely dissatisfied | Column N % | 2% | 3% | 2% | 1% | 1% | 1% | 1% | 1% | 2% | 3% | 2% | 1% | 1% | 1% | 1% | 1% |
| Mostly dissatisfied | Column N % | 5% | 6% | 5% | 3% | 3% | 3% | 3% | 4% | 5% | 6% | 4% | 3% | 3% | 2% | 3% | 4% |
| Somewhat dissatisfied | Column N % | 9% | 11% | 9% | 9% | 7% | 7% | 7% | 7% | 9% | 11% | 9% | 8% | 7% | 7% | 8% | 7% |
| Neither Sat nor Dissat | Column N % | 12% | 15% | 12% | 11% | 10% | 9% | 8% | 11% | 12% | 15% | 12% | 10% | 10% | 9% | 7% | 11% |
| Somewhat satisfied | Column N % | 20% | 18% | 21% | 19% | 22% | 22% | 22% | 18% | 20% | 18% | 21% | 22% | 20% | 20% | 23% | 18% |
| Mostly satisfied | Column N % | 42% | 35% | 42% | 45% | 48% | 49% | 49% | 47% | 42% | 35% | 43% | 46% | 47% | 51% | 48% | 47% |
| Completely satisfied | Column N % | 10% | 10% | 9% | 11% | 10% | 10% | 10% | 11% | 10% | 10% | 10% | 10% | 10% | 10% | 11% | 11% |
| Total | Unweighted Count | 25210 | 9725 | 2193 | 2232 | 2362 | 2467 | 2761 | 3470 | 25237 | 9738 | 3357 | 2638 | 1947 | 2148 | 1939 | 3470 |
| Optimistic for the future (most/all of the time) | No | Column N % | 68% | 73% | 69% | 67% | 64% | 60% | 59% | 65% | 68% | 73% | 67% | 66% | 62% | 60% | 59% | 65% |
| Yes | Column N % | 32% | 27% | 31% | 33% | 36% | 40% | 41% | 35% | 32% | 27% | 33% | 34% | 38% | 40% | 41% | 35% |
| Total | Unweighted Count | 25162 | 9707 | 2192 | 2226 | 2358 | 2467 | 2759 | 3453 | 25189 | 9720 | 3352 | 2637 | 1943 | 2147 | 1937 | 3453 |
| Feeling relaxed (most/all of the time) | No | Column N % | 60% | 64% | 60% | 60% | 57% | 55% | 55% | 58% | 60% | 64% | 60% | 60% | 56% | 54% | 54% | 58% |
| Yes | Column N % | 40% | 36% | 40% | 40% | 43% | 45% | 45% | 42% | 40% | 36% | 40% | 40% | 44% | 46% | 46% | 42% |
| Total | Unweighted Count | 25198 | 9721 | 2194 | 2229 | 2358 | 2467 | 2762 | 3467 | 25225 | 9734 | 3355 | 2635 | 1946 | 2150 | 1938 | 3467 |
| Thinking clearly (most/all of the time) | No | Column N % | 44% | 49% | 45% | 41% | 40% | 40% | 39% | 41% | 44% | 49% | 44% | 44% | 39% | 36% | 38% | 41% |
| Yes | Column N % | 56% | 51% | 55% | 59% | 60% | 60% | 61% | 59% | 56% | 51% | 56% | 56% | 61% | 64% | 62% | 59% |
| Total | Unweighted Count | 25194 | 9721 | 2192 | 2229 | 2357 | 2468 | 2762 | 3465 | 25221 | 9734 | 3353 | 2636 | 1945 | 2150 | 1938 | 3465 |
| Feeling close to others (most/all of the time) | No | Column N % | 52% | 56% | 51% | 49% | 50% | 48% | 49% | 47% | 52% | 56% | 50% | 51% | 48% | 48% | 50% | 47% |
| Yes | Column N % | 48% | 44% | 49% | 51% | 50% | 52% | 51% | 53% | 48% | 44% | 50% | 49% | 52% | 52% | 50% | 53% |
| Total | Unweighted Count | 25185 | 9717 | 2192 | 2228 | 2358 | 2466 | 2761 | 3463 | 25212 | 9730 | 3353 | 2634 | 1946 | 2149 | 1937 | 3463 |
| Feeling calm and peaceful (most/all of the time in last 4 weeks) | No | Column N % | 48% | 52% | 49% | 46% | 45% | 44% | 46% | 45% | 48% | 52% | 49% | 46% | 45% | 44% | 44% | 45% |
| Yes | Column N % | 52% | 48% | 51% | 54% | 55% | 56% | 54% | 55% | 52% | 48% | 51% | 54% | 55% | 56% | 56% | 55% |
| Total | Unweighted Count | 25244 | 9742 | 2194 | 2235 | 2365 | 2473 | 2762 | 3473 | 25271 | 9755 | 3359 | 2642 | 1952 | 2149 | 1941 | 3473 |
| Had a lot of energy (most/all of the time in last 4 weeks) | No | Column N % | 64% | 70% | 66% | 63% | 61% | 57% | 57% | 59% | 64% | 70% | 64% | 62% | 59% | 58% | 56% | 59% |
| Yes | Column N % | 36% | 30% | 34% | 37% | 39% | 43% | 43% | 41% | 36% | 30% | 36% | 38% | 41% | 42% | 44% | 41% |
| Total | Unweighted Count | 25238 | 9739 | 2194 | 2235 | 2364 | 2472 | 2762 | 3472 | 25265 | 9752 | 3359 | 2642 | 1952 | 2147 | 1941 | 3472 |

Appendix Table 1c – Categorical mental wellbeing outcomes, by types of savings accounts (wave 13, cross-sectional analysis)

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | | | Number of types of savings account in household (exc. current account) | | | | | | Types of savings account held by household | | | | | | | |
| Total | None | One type | Two types | Three types | Four or more types | Savings or deposit account | NS&I savings account | Cash ISA | Stocks & shares ISA / PEPs | Premium bonds | Current account | None | Other types of savings |
| Total | Total | Column N % | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% |
| Total | Unweighted Count | 26766 | 7400 | 7616 | 6042 | 3428 | 2280 | 15597 | 2494 | 9294 | 5267 | 5513 | 22123 | 7793 | 1749 |
| Sleep quality is very/fairly good | No | Column N % | 25% | 32% | 25% | 22% | 20% | 20% | 22% | 20% | 21% | 20% | 21% | 24% | 30% | 22% |
| Yes | Column N % | 75% | 68% | 75% | 78% | 80% | 80% | 78% | 80% | 79% | 80% | 79% | 76% | 70% | 78% |
| Total | Unweighted Count | 26728 | 7375 | 7604 | 6042 | 3428 | 2279 | 15589 | 2494 | 9291 | 5263 | 5512 | 22104 | 7771 | 1749 |
| Mostly or completely satisfied with life | No | Column N % | 48% | 60% | 48% | 44% | 38% | 34% | 43% | 37% | 42% | 36% | 37% | 46% | 60% | 40% |
| Yes | Column N % | 52% | 40% | 52% | 56% | 62% | 66% | 57% | 63% | 58% | 64% | 63% | 54% | 40% | 60% |
| Total | Unweighted Count | 26530 | 7279 | 7555 | 6014 | 3411 | 2271 | 15514 | 2486 | 9240 | 5240 | 5491 | 21972 | 7677 | 1736 |
| Satisfaction with life overall | Completely dissatisfied | Column N % | 2% | 4% | 2% | 1% | 1% | 1% | 1% | 1% | 1% | 1% | 1% | 2% | 4% | 1% |
| Mostly dissatisfied | Column N % | 5% | 7% | 5% | 3% | 3% | 3% | 4% | 3% | 4% | 3% | 3% | 4% | 7% | 4% |
| Somewhat dissatisfied | Column N % | 9% | 12% | 9% | 8% | 7% | 6% | 8% | 7% | 8% | 6% | 7% | 9% | 11% | 7% |
| Neither Sat nor Dissat | Column N % | 12% | 17% | 12% | 11% | 9% | 8% | 10% | 8% | 10% | 9% | 9% | 11% | 18% | 10% |
| Somewhat satisfied | Column N % | 20% | 19% | 21% | 21% | 19% | 16% | 20% | 17% | 20% | 18% | 17% | 20% | 21% | 19% |
| Mostly satisfied | Column N % | 42% | 31% | 41% | 46% | 52% | 55% | 46% | 52% | 47% | 53% | 52% | 44% | 31% | 50% |
| Completely satisfied | Column N % | 10% | 10% | 11% | 10% | 10% | 11% | 11% | 12% | 10% | 11% | 11% | 11% | 9% | 10% |
| Total | Unweighted Count | 26530 | 7279 | 7555 | 6014 | 3411 | 2271 | 15514 | 2486 | 9240 | 5240 | 5491 | 21972 | 7677 | 1736 |
| Optimistic for the future (most/all of the time) | No | Column N % | 68% | 74% | 66% | 66% | 63% | 63% | 65% | 63% | 66% | 61% | 65% | 67% | 72% | 64% |
| Yes | Column N % | 32% | 26% | 34% | 34% | 37% | 37% | 35% | 37% | 34% | 39% | 35% | 33% | 28% | 36% |
| Total | Unweighted Count | 26493 | 7265 | 7547 | 6006 | 3405 | 2270 | 15494 | 2480 | 9230 | 5235 | 5486 | 21935 | 7680 | 1736 |
| Feeling relaxed (most/all of the time) | No | Column N % | 60% | 68% | 60% | 58% | 53% | 49% | 56% | 51% | 56% | 52% | 52% | 59% | 68% | 54% |
| Yes | Column N % | 40% | 32% | 40% | 42% | 47% | 51% | 44% | 49% | 44% | 48% | 48% | 41% | 32% | 46% |
| Total | Unweighted Count | 26529 | 7278 | 7563 | 6011 | 3405 | 2272 | 15512 | 2482 | 9238 | 5237 | 5488 | 21965 | 7683 | 1738 |
| Thinking clearly (most/all of the time) | No | Column N % | 44% | 56% | 44% | 40% | 36% | 33% | 40% | 36% | 39% | 35% | 35% | 42% | 56% | 37% |
| Yes | Column N % | 56% | 44% | 56% | 60% | 64% | 67% | 60% | 64% | 61% | 65% | 65% | 58% | 44% | 63% |
| Total | Unweighted Count | 26525 | 7279 | 7558 | 6011 | 3406 | 2271 | 15510 | 2481 | 9237 | 5236 | 5488 | 21961 | 7684 | 1737 |
| Feeling close to others (most/all of the time) | No | Column N % | 52% | 60% | 51% | 50% | 45% | 44% | 48% | 44% | 48% | 46% | 46% | 50% | 59% | 47% |
| Yes | Column N % | 48% | 40% | 49% | 50% | 55% | 56% | 52% | 56% | 52% | 54% | 54% | 50% | 41% | 53% |
| Total | Unweighted Count | 26516 | 7276 | 7555 | 6010 | 3404 | 2271 | 15503 | 2483 | 9236 | 5234 | 5485 | 21956 | 7680 | 1737 |
| Feeling calm and peaceful (most/all of the time in last 4 weeks) | No | Column N % | 48% | 57% | 48% | 46% | 42% | 36% | 45% | 39% | 45% | 40% | 39% | 47% | 56% | 43% |
| Yes | Column N % | 52% | 43% | 52% | 54% | 58% | 64% | 55% | 61% | 55% | 60% | 61% | 53% | 44% | 57% |
| Total | Unweighted Count | 26577 | 7301 | 7573 | 6020 | 3409 | 2274 | 15531 | 2489 | 9245 | 5244 | 5493 | 22003 | 7699 | 1742 |
| Had a lot of energy (most/all of the time in last 4 weeks) | No | Column N % | 64% | 71% | 64% | 62% | 59% | 54% | 61% | 56% | 61% | 56% | 59% | 63% | 67% | 59% |
| Yes | Column N % | 36% | 29% | 36% | 38% | 41% | 46% | 39% | 44% | 39% | 44% | 41% | 37% | 33% | 41% |
| Total | Unweighted Count | 26571 | 7298 | 7570 | 6018 | 3411 | 2274 | 15532 | 2489 | 9243 | 5243 | 5493 | 22003 | 7693 | 1743 |

Appendix Table 1d – Categorical mental wellbeing outcomes, by amount in savings accounts (wave 13, cross-sectional analysis)

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | | | Total amount saved across different savings accounts | | | | | | | |
| No savings | Under £500 | £500-999 | £1,000 to £1,999 | £2,000 to £4,999 | £5,000 to £9,999 | £10,000 to £24,999 | £25,000 plus |
| Total | Total | Column N % | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% |
| Total | Unweighted Count | 7295 | 1986 | 880 | 1176 | 1980 | 1810 | 2584 | 4937 |
| Sleep quality is very/fairly good | No | Column N % | 31% | 33% | 32% | 26% | 22% | 24% | 22% | 19% |
| Yes | Column N % | 69% | 67% | 68% | 74% | 78% | 76% | 78% | 81% |
| Total | Unweighted Count | 7276 | 1985 | 880 | 1176 | 1979 | 1810 | 2583 | 4936 |
| Mostly or completely satisfied with life | No | Column N % | 60% | 57% | 57% | 45% | 45% | 49% | 41% | 34% |
| Yes | Column N % | 40% | 43% | 43% | 55% | 55% | 51% | 59% | 66% |
| Total | Unweighted Count | 7176 | 1975 | 874 | 1170 | 1975 | 1801 | 2573 | 4923 |
| Satisfaction with life overall | Completely dissatisfied | Column N % | 4% | 4% | 2% | 2% | 1% | 1% | 1% | 1% |
| Mostly dissatisfied | Column N % | 7% | 7% | 6% | 3% | 4% | 4% | 3% | 3% |
| Somewhat dissatisfied | Column N % | 12% | 13% | 12% | 10% | 7% | 8% | 7% | 7% |
| Neither Sat nor Dissat | Column N % | 18% | 14% | 14% | 10% | 11% | 11% | 9% | 8% |
| Somewhat satisfied | Column N % | 20% | 19% | 23% | 21% | 22% | 26% | 21% | 17% |
| Mostly satisfied | Column N % | 30% | 33% | 35% | 43% | 46% | 42% | 49% | 53% |
| Completely satisfied | Column N % | 10% | 10% | 8% | 12% | 9% | 9% | 11% | 12% |
| Total | Unweighted Count | 7176 | 1975 | 874 | 1170 | 1975 | 1801 | 2573 | 4923 |
| Optimistic for the future (most/all of the time) | No | Column N % | 73% | 71% | 69% | 63% | 63% | 65% | 64% | 63% |
| Yes | Column N % | 27% | 29% | 31% | 37% | 37% | 35% | 36% | 37% |
| Total | Unweighted Count | 7168 | 1978 | 875 | 1167 | 1971 | 1800 | 2569 | 4917 |
| Feeling relaxed (most/all of the time) | No | Column N % | 68% | 67% | 67% | 62% | 61% | 60% | 57% | 48% |
| Yes | Column N % | 32% | 33% | 33% | 38% | 39% | 40% | 43% | 52% |
| Total | Unweighted Count | 7177 | 1979 | 875 | 1168 | 1972 | 1804 | 2571 | 4921 |
| Thinking clearly (most/all of the time) | No | Column N % | 56% | 53% | 51% | 45% | 43% | 42% | 37% | 31% |
| Yes | Column N % | 44% | 47% | 49% | 55% | 57% | 58% | 63% | 69% |
| Total | Unweighted Count | 7178 | 1979 | 874 | 1168 | 1972 | 1803 | 2571 | 4920 |
| Feeling close to others (most/all of the time) | No | Column N % | 60% | 57% | 54% | 49% | 48% | 52% | 47% | 45% |
| Yes | Column N % | 40% | 43% | 46% | 51% | 52% | 48% | 53% | 55% |
| Total | Unweighted Count | 7174 | 1979 | 875 | 1168 | 1973 | 1804 | 2569 | 4918 |
| Feeling calm and peaceful (most/all of the time in last 4 weeks) | No | Column N % | 56% | 59% | 57% | 49% | 49% | 48% | 45% | 36% |
| Yes | Column N % | 44% | 41% | 43% | 51% | 51% | 52% | 55% | 64% |
| Total | Unweighted Count | 7199 | 1980 | 876 | 1172 | 1973 | 1804 | 2576 | 4921 |
| Had a lot of energy (most/all of the time in last 4 weeks) | No | Column N % | 68% | 72% | 74% | 64% | 66% | 65% | 61% | 55% |
| Yes | Column N % | 32% | 28% | 26% | 36% | 34% | 35% | 39% | 45% |
| Total | Unweighted Count | 7195 | 1981 | 876 | 1170 | 1975 | 1803 | 2574 | 4922 |

Appendix Table 2a – Continuous mental wellbeing outcomes, by individual savings behaviour (wave 13, cross-sectional analysis)

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | | | Saves any money at all? | | | Regular saver? | | Amount saved each month - categorical (in 2022 prices) | | | | | | | | |
| Total | No | Yes | Saves but not regularly | Saves regularly | Less than £50 | £50-99 | £100-199 | £200-299 | £300-399 | £400-499 | £500-999 | £1,000 or more | Saving unspecified amount |
| Total | Total | Column N % | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% |
| Total | Unweighted Count | 26766 | 14580 | 12186 | 3795 | 8350 | 694 | 1099 | 2069 | 1896 | 877 | 553 | 1815 | 1042 | 2007 |
| SF-12 Mental Component Summary | Mean | | 47.1 | 46.1 | 48.4 | 47.9 | 48.7 | 45.9 | 47.0 | 48.1 | 48.0 | 48.5 | 48.9 | 49.2 | 49.9 | 49.3 |
| Median | | 49.3 | 48.4 | 51.0 | 50.3 | 51.1 | 46.7 | 49.0 | 49.8 | 49.9 | 51.1 | 51.1 | 51.4 | 52.6 | 52.0 |
| Standard Deviation | | 11.3 | 11.9 | 10.3 | 10.4 | 10.2 | 11.9 | 11.1 | 10.1 | 10.1 | 9.9 | 9.8 | 9.8 | 9.8 | 10.2 |
| Unweighted Count | | 26766 | 14580 | 12186 | 3795 | 8350 | 694 | 1099 | 2069 | 1896 | 877 | 553 | 1815 | 1042 | 2007 |
| Subjective wellbeing (GHQ): Likert | Mean | | 11.9 | 12.4 | 11.3 | 11.6 | 11.2 | 12.5 | 12.1 | 11.3 | 11.4 | 11.1 | 11.1 | 10.9 | 10.5 | 11.1 |
| Median | | 11.0 | 11.0 | 10.0 | 11.0 | 10.0 | 11.0 | 11.0 | 11.0 | 11.0 | 11.0 | 10.0 | 10.0 | 10.0 | 10.0 |
| Standard Deviation | | 5.9 | 6.3 | 5.3 | 5.6 | 5.2 | 6.3 | 5.7 | 5.3 | 5.1 | 4.9 | 5.2 | 4.9 | 5.1 | 5.4 |
| Unweighted Count | | 26766 | 14580 | 12186 | 3795 | 8350 | 694 | 1099 | 2069 | 1896 | 877 | 553 | 1815 | 1042 | 2007 |

Appendix Table 2b – Continuous mental wellbeing outcomes, by household savings behaviour (wave 13, cross-sectional analysis)

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | | | Categories (inc. unspec savers) - amount saving by HH as % of equivalised AHC household income | | | | | | | | Categories (inc. unspec savers) - amount saved by HH as % of non-equivalised AHC household income | | | | | | | | |
| Total | Saving nothing | Bottom quintile of savers | 2nd quintile of savers | 3rd quintile of savers | 4th quintile of savers | Top quintile of savers | Unspecified amount | Total | Saving nothing | 5.00% or less | 5.01-10.00% | 10.01-15.00% | 15.01-25.00% | More than 25% | Unspecified amount |
| Total | Total | Column N % | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% |
| Total | Unweighted Count | 25412 | 9825 | 2204 | 2247 | 2377 | 2478 | 2770 | 3511 | 25440 | 9839 | 3377 | 2654 | 1959 | 2157 | 1943 | 3511 |
| SF-12 Mental Component Summary | Mean | | 47.2 | 45.9 | 47.2 | 47.8 | 48.2 | 48.3 | 48.0 | 48.4 | 47.2 | 45.9 | 47.1 | 47.8 | 48.5 | 48.4 | 48.4 | 48.4 |
| Median | | 49.4 | 48.2 | 49.4 | 50.1 | 50.7 | 50.9 | 50.5 | 51.2 | 49.4 | 48.2 | 49.2 | 50.0 | 51.0 | 51.1 | 51.2 | 51.2 |
| Standard Deviation | | 11.2 | 12.0 | 11.0 | 10.9 | 10.3 | 10.2 | 10.6 | 10.7 | 11.3 | 12.0 | 11.0 | 10.6 | 10.3 | 10.3 | 10.4 | 10.7 |
| Unweighted Count | | 25412 | 9825 | 2204 | 2247 | 2377 | 2478 | 2770 | 3511 | 25440 | 9839 | 3377 | 2654 | 1959 | 2157 | 1943 | 3511 |
| Subjective wellbeing (GHQ): Likert | Mean | | 11.9 | 12.5 | 12.0 | 11.6 | 11.3 | 11.3 | 11.3 | 11.4 | 11.9 | 12.6 | 11.9 | 11.6 | 11.3 | 11.2 | 11.3 | 11.4 |
| Median | | 11.0 | 11.0 | 11.0 | 11.0 | 11.0 | 10.0 | 11.0 | 11.0 | 11.0 | 11.0 | 11.0 | 11.0 | 10.0 | 10.0 | 10.0 | 11.0 |
| Standard Deviation | | 5.9 | 6.4 | 5.8 | 5.4 | 5.2 | 5.4 | 5.4 | 5.5 | 5.9 | 6.4 | 5.7 | 5.4 | 5.3 | 5.2 | 5.5 | 5.5 |
| Unweighted Count | | 25412 | 9825 | 2204 | 2247 | 2377 | 2478 | 2770 | 3511 | 25440 | 9839 | 3377 | 2654 | 1959 | 2157 | 1943 | 3511 |

Appendix Table 2c – Continuous mental wellbeing outcomes, by type of savings accounts (wave 13, cross-sectional analysis)

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | | | Number of types of savings account in household (exc. current account) | | | | | | Types of savings account held by household | | | | | | | |
| Total | None | One type | Two types | Three types | Four or more types | Savings or deposit account | NS&I savings account | Cash ISA | Stocks & shares ISA / PEPs | Premium bonds | Current account | None | Other types of savings |
| Total | Total | Column N % | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% |
| Total | Unweighted Count | 26766 | 7400 | 7616 | 6042 | 3428 | 2280 | 15597 | 2494 | 9294 | 5267 | 5513 | 22123 | 7793 | 1749 |
| SF-12 Mental Component Summary | Mean | | 47.1 | 44.6 | 47.2 | 47.9 | 49.2 | 50.3 | 48.1 | 49.6 | 48.4 | 49.5 | 49.6 | 47.6 | 44.6 | 48.5 |
| Median | | 49.3 | 45.9 | 49.3 | 50.2 | 51.7 | 52.8 | 50.8 | 52.0 | 51.1 | 51.8 | 52.0 | 49.9 | 45.9 | 51.0 |
| Standard Deviation | | 11.3 | 12.3 | 11.2 | 10.7 | 9.9 | 9.4 | 10.7 | 9.7 | 10.4 | 9.6 | 9.8 | 11.1 | 12.1 | 10.4 |
| Unweighted Count | | 26766 | 7400 | 7616 | 6042 | 3428 | 2280 | 15597 | 2494 | 9294 | 5267 | 5513 | 22123 | 7793 | 1749 |
| Subjective wellbeing (GHQ): Likert | Mean | | 11.9 | 13.0 | 11.8 | 11.6 | 11.0 | 10.7 | 11.5 | 11.0 | 11.4 | 10.9 | 11.0 | 11.7 | 12.9 | 11.1 |
| Median | | 11.0 | 12.0 | 11.0 | 11.0 | 10.0 | 10.0 | 11.0 | 10.0 | 11.0 | 10.0 | 10.0 | 11.0 | 12.0 | 10.0 |
| Standard Deviation | | 5.9 | 6.6 | 5.9 | 5.5 | 5.0 | 4.8 | 5.5 | 4.9 | 5.4 | 5.0 | 5.1 | 5.7 | 6.6 | 5.1 |
| Unweighted Count | | 26766 | 7400 | 7616 | 6042 | 3428 | 2280 | 15597 | 2494 | 9294 | 5267 | 5513 | 22123 | 7793 | 1749 |

Appendix Table 2d – Continuous mental wellbeing outcomes, by amount in savings accounts (wave 13, cross-sectional analysis)

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | | | Total amount saved across different savings accounts | | | | | | | |
| No savings | Under £500 | £500-999 | £1,000 to £1,999 | £2,000 to £4,999 | £5,000 to £9,999 | £10,000 to £24,999 | £25,000 plus |
| Total | Total | Column N % | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% |
| Total | Unweighted Count | 7295 | 1986 | 880 | 1176 | 1980 | 1810 | 2584 | 4937 |
| SF-12 Mental Component Summary | Mean | | 44.8 | 43.5 | 44.5 | 47.2 | 47.4 | 47.3 | 48.7 | 50.4 |
| Median | | 46.1 | 45.8 | 46.4 | 49.2 | 49.1 | 49.4 | 51.2 | 52.9 |
| Standard Deviation | | 12.2 | 13.0 | 11.8 | 11.0 | 10.6 | 10.9 | 10.1 | 9.4 |
| Unweighted Count | | 7295 | 1986 | 880 | 1176 | 1980 | 1810 | 2584 | 4937 |
| Subjective wellbeing (GHQ): Likert | Mean | | 12.9 | 13.3 | 13.0 | 11.5 | 11.5 | 11.9 | 11.2 | 10.8 |
| Median | | 12.0 | 12.0 | 12.0 | 11.0 | 11.0 | 11.0 | 10.0 | 10.0 |
| Standard Deviation | | 6.6 | 6.9 | 6.4 | 5.4 | 5.4 | 5.6 | 5.1 | 5.0 |
| Unweighted Count | | 7295 | 1986 | 880 | 1176 | 1980 | 1810 | 2584 | 4937 |

Appendix Table 3 – Average mental wellbeing of all adults in household, by household saving behaviour (wave 13, household-level, cross-sectional analysis)

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | | | Number of types of savings account in household (exc. current account) | | | | | | Categories (inc. unspec savers) - amount saved by HH as % of non-equivalised AHC household income | | | | | | |
| Total | None | One type | Two types | Three types | Four or more types | Total | Saving nothing | 5.00% or less | 5.01-10.00% | 10.01-15.00% | 15.01-25.00% | More than 25% |
| Total | Total | Column N % | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% |
| Total | Unweighted Count | 13572 | 4269 | 3974 | 2892 | 1513 | 924 | 13572 | 6760 | 1901 | 1508 | 1091 | 1173 | 1139 |
| Mean life satisfaction (sclfsato) at household-level within wave | Mean | | 5.1 | 4.7 | 5.2 | 5.2 | 5.4 | 5.5 | 5.1 | 4.9 | 5.2 | 5.3 | 5.3 | 5.4 | 5.4 |
| Median | | 5.5 | 5.0 | 5.5 | 5.5 | 6.0 | 6.0 | 5.5 | 5.0 | 5.5 | 5.5 | 5.5 | 5.7 | 6.0 |
| Standard Deviation | | 1.3 | 1.5 | 1.3 | 1.2 | 1.0 | 1.0 | 1.3 | 1.5 | 1.2 | 1.1 | 1.1 | 1.0 | 1.1 |
| Unweighted Count | | 13572 | 4269 | 3974 | 2892 | 1513 | 924 | 13572 | 6760 | 1901 | 1508 | 1091 | 1173 | 1139 |
| Mean life SF-12 mental component summary (sf12mcs\_dv) at HH-level within wave | Mean | | 47.1 | 44.5 | 47.4 | 48.1 | 49.7 | 50.7 | 47.1 | 46.1 | 47.4 | 48.4 | 48.6 | 48.4 | 48.3 |
| Median | | 48.9 | 45.6 | 49.0 | 49.5 | 51.1 | 52.2 | 48.9 | 47.9 | 48.7 | 49.8 | 50.1 | 50.3 | 49.4 |
| Standard Deviation | | 10.4 | 11.7 | 10.2 | 9.4 | 8.3 | 7.5 | 10.4 | 11.4 | 9.4 | 9.1 | 9.0 | 9.0 | 9.3 |
| Unweighted Count | | 13572 | 4269 | 3974 | 2892 | 1513 | 924 | 13572 | 6760 | 1901 | 1508 | 1091 | 1173 | 1139 |

Appendix Table 4a – Categorical mental wellbeing variables, by savings behaviour over six waves (1) (wave 13 outcome, longitudinal analysis)

|  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | | | Number of waves where respondent was saving money (inc. unspecified amount) | | | | | Number of waves where respondent was regularly saving money | | | | |
| Total | None | One or two waves | Three or four waves | Five or six waves | None | One or two waves | Three or four waves | Five or six waves | Total |
| Total | Total | Column N % | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% |
| Total | Unweighted Count | 8840 | 1340 | 2286 | 2467 | 2747 | 2377 | 2761 | 2057 | 1645 | 8840 |
| Sleep quality is very/fairly good | No | Column N % | 25% | 34% | 26% | 23% | 20% | 32% | 23% | 22% | 20% | 25% |
| Yes | Column N % | 75% | 66% | 74% | 77% | 80% | 68% | 77% | 78% | 80% | 75% |
| Total | Unweighted Count | 8835 | 1337 | 2284 | 2467 | 2747 | 2373 | 2760 | 2057 | 1645 | 8835 |
| Mostly or completely satisfied with life | No | Column N % | 46% | 60% | 48% | 42% | 37% | 55% | 45% | 41% | 36% | 46% |
| Yes | Column N % | 54% | 40% | 52% | 58% | 63% | 45% | 55% | 59% | 64% | 54% |
| Total | Unweighted Count | 8805 | 1332 | 2276 | 2457 | 2740 | 2364 | 2745 | 2054 | 1642 | 8805 |
| Satisfaction with life overall | Completely dissatisfied | Column N % | 2% | 4% | 2% | 1% | 1% | 3% | 2% | 1% | 1% | 2% |
| Mostly dissatisfied | Column N % | 4% | 8% | 4% | 4% | 2% | 7% | 4% | 3% | 2% | 4% |
| Somewhat dissatisfied | Column N % | 9% | 12% | 9% | 8% | 6% | 11% | 8% | 8% | 5% | 9% |
| Neither Sat nor Dissat | Column N % | 11% | 16% | 13% | 9% | 7% | 15% | 11% | 8% | 7% | 11% |
| Somewhat satisfied | Column N % | 20% | 20% | 18% | 21% | 21% | 19% | 20% | 21% | 21% | 20% |
| Mostly satisfied | Column N % | 44% | 33% | 41% | 46% | 51% | 36% | 43% | 48% | 51% | 44% |
| Completely satisfied | Column N % | 11% | 8% | 11% | 12% | 12% | 8% | 12% | 12% | 12% | 11% |
| Total | Unweighted Count | 8805 | 1332 | 2276 | 2457 | 2740 | 2364 | 2745 | 2054 | 1642 | 8805 |
| Optimistic for the future (most/all of the time) | No | Column N % | 70% | 78% | 74% | 68% | 62% | 77% | 71% | 65% | 60% | 70% |
| Yes | Column N % | 30% | 22% | 26% | 32% | 38% | 23% | 29% | 35% | 40% | 30% |
| Total | Unweighted Count | 8793 | 1333 | 2271 | 2452 | 2737 | 2365 | 2737 | 2051 | 1640 | 8793 |
| Feeling relaxed (most/all of the time) | No | Column N % | 59% | 67% | 61% | 56% | 53% | 64% | 59% | 55% | 53% | 59% |
| Yes | Column N % | 41% | 33% | 39% | 44% | 47% | 36% | 41% | 45% | 47% | 41% |
| Total | Unweighted Count | 8802 | 1332 | 2272 | 2457 | 2741 | 2364 | 2742 | 2054 | 1642 | 8802 |
| Thinking clearly (most/all of the time) | No | Column N % | 42% | 52% | 44% | 39% | 36% | 49% | 41% | 38% | 35% | 42% |
| Yes | Column N % | 58% | 48% | 56% | 61% | 64% | 51% | 59% | 62% | 65% | 58% |
| Total | Unweighted Count | 8803 | 1333 | 2272 | 2457 | 2741 | 2365 | 2742 | 2054 | 1642 | 8803 |
| Feeling close to others (most/all of the time) | No | Column N % | 51% | 59% | 52% | 49% | 47% | 56% | 52% | 48% | 45% | 51% |
| Yes | Column N % | 49% | 41% | 48% | 51% | 53% | 44% | 48% | 52% | 55% | 49% |
| Total | Unweighted Count | 8802 | 1332 | 2272 | 2457 | 2741 | 2364 | 2742 | 2054 | 1642 | 8802 |
| Feeling calm and peaceful (most/all of the time in last 4 weeks) | No | Column N % | 46% | 54% | 48% | 42% | 40% | 51% | 45% | 42% | 40% | 46% |
| Yes | Column N % | 54% | 46% | 52% | 58% | 60% | 49% | 55% | 58% | 60% | 54% |
| Total | Unweighted Count | 8813 | 1335 | 2276 | 2459 | 2743 | 2367 | 2748 | 2055 | 1643 | 8813 |
| Had a lot of energy (most/all of the time in last 4 weeks) | No | Column N % | 65% | 76% | 67% | 64% | 57% | 73% | 66% | 60% | 57% | 65% |
| Yes | Column N % | 35% | 24% | 33% | 36% | 43% | 27% | 34% | 40% | 43% | 35% |
| Total | Unweighted Count | 8813 | 1335 | 2277 | 2460 | 2741 | 2367 | 2749 | 2055 | 1642 | 8813 |

Appendix Table 4b – Categorical mental wellbeing variables, by savings behaviour over six waves (2) (wave 13 outcome, longitudinal analysis)

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | | | Average household savings quintile (% equivalised AHC) over time - categorised | | | | Savings cluster - household saving as % of equivalised AHC household income | | | | | | | |
| No savings - average less than 1 | Lower savings - average of 1-3 | Higher savings - average of 3-5 | Total | 1. Rare or never savers | 2. Infrequent savers | 3. Constant low savers | 4. Used to save, then stopped | 5. Constant middling savers | 6. Constant high savers | 7. Secretive savers | Total |
| Total | Total | Column N % | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% |
| Total | Unweighted Count | 1942 | 2439 | 1374 | 5755 | 2449 | 946 | 1300 | 875 | 1835 | 868 | 567 | 8840 |
| Sleep quality is very/fairly good | No | Column N % | 32% | 25% | 19% | 26% | 30% | 26% | 25% | 24% | 20% | 20% | 19% | 25% |
| Yes | Column N % | 68% | 75% | 81% | 74% | 70% | 74% | 75% | 76% | 80% | 80% | 81% | 75% |
| Total | Unweighted Count | 1939 | 2438 | 1374 | 5751 | 2447 | 945 | 1299 | 874 | 1835 | 868 | 567 | 8835 |
| Mostly or completely satisfied with life | No | Column N % | 57% | 47% | 36% | 49% | 52% | 53% | 45% | 45% | 39% | 37% | 36% | 46% |
| Yes | Column N % | 43% | 53% | 64% | 51% | 48% | 47% | 55% | 55% | 61% | 63% | 64% | 54% |
| Total | Unweighted Count | 1933 | 2432 | 1370 | 5735 | 2434 | 944 | 1298 | 870 | 1830 | 865 | 564 | 8805 |
| Satisfaction with life overall | Completely dissatisfied | Column N % | 3% | 2% | 0% | 2% | 3% | 2% | 2% | 1% | 1% | 1% | 2% | 2% |
| Mostly dissatisfied | Column N % | 7% | 3% | 2% | 5% | 7% | 4% | 3% | 3% | 2% | 4% | 3% | 4% |
| Somewhat dissatisfied | Column N % | 12% | 9% | 5% | 9% | 11% | 10% | 9% | 8% | 6% | 5% | 7% | 9% |
| Neither Sat nor Dissat | Column N % | 15% | 11% | 7% | 12% | 13% | 16% | 9% | 12% | 9% | 6% | 7% | 11% |
| Somewhat satisfied | Column N % | 20% | 22% | 22% | 21% | 18% | 21% | 21% | 21% | 21% | 22% | 17% | 20% |
| Mostly satisfied | Column N % | 33% | 43% | 53% | 41% | 38% | 39% | 44% | 42% | 51% | 51% | 48% | 44% |
| Completely satisfied | Column N % | 9% | 10% | 11% | 10% | 10% | 8% | 11% | 13% | 10% | 12% | 16% | 11% |
| Total | Unweighted Count | 1933 | 2432 | 1370 | 5735 | 2434 | 944 | 1298 | 870 | 1830 | 865 | 564 | 8805 |
| Optimistic for the future (most/all of the time) | No | Column N % | 77% | 69% | 61% | 71% | 76% | 75% | 70% | 67% | 64% | 60% | 65% | 70% |
| Yes | Column N % | 23% | 31% | 39% | 29% | 24% | 25% | 30% | 33% | 36% | 40% | 35% | 30% |
| Total | Unweighted Count | 1932 | 2430 | 1367 | 5729 | 2433 | 941 | 1295 | 871 | 1828 | 864 | 561 | 8793 |
| Feeling relaxed (most/all of the time) | No | Column N % | 66% | 60% | 52% | 61% | 63% | 62% | 60% | 56% | 55% | 53% | 53% | 59% |
| Yes | Column N % | 34% | 40% | 48% | 39% | 37% | 38% | 40% | 44% | 45% | 47% | 47% | 41% |
| Total | Unweighted Count | 1931 | 2431 | 1368 | 5730 | 2432 | 944 | 1297 | 871 | 1829 | 865 | 564 | 8802 |
| Thinking clearly (most/all of the time) | No | Column N % | 49% | 43% | 35% | 44% | 47% | 46% | 42% | 37% | 37% | 37% | 35% | 42% |
| Yes | Column N % | 51% | 57% | 65% | 56% | 53% | 54% | 58% | 63% | 63% | 63% | 65% | 58% |
| Total | Unweighted Count | 1932 | 2430 | 1368 | 5730 | 2433 | 944 | 1297 | 870 | 1829 | 865 | 565 | 8803 |
| Feeling close to others (most/all of the time) | No | Column N % | 57% | 53% | 47% | 53% | 55% | 54% | 53% | 52% | 45% | 49% | 42% | 51% |
| Yes | Column N % | 43% | 47% | 53% | 47% | 45% | 46% | 47% | 48% | 55% | 51% | 58% | 49% |
| Total | Unweighted Count | 1933 | 2430 | 1367 | 5730 | 2434 | 944 | 1296 | 870 | 1829 | 865 | 564 | 8802 |
| Feeling calm and peaceful (most/all of the time in last 4 weeks) | No | Column N % | 53% | 47% | 39% | 48% | 51% | 48% | 46% | 44% | 42% | 40% | 36% | 46% |
| Yes | Column N % | 47% | 53% | 61% | 52% | 49% | 52% | 54% | 56% | 58% | 60% | 64% | 54% |
| Total | Unweighted Count | 1936 | 2433 | 1373 | 5742 | 2440 | 943 | 1295 | 872 | 1834 | 865 | 564 | 8813 |
| Had a lot of energy (most/all of the time in last 4 weeks) | No | Column N % | 75% | 66% | 54% | 67% | 71% | 69% | 68% | 63% | 59% | 55% | 59% | 65% |
| Yes | Column N % | 25% | 34% | 46% | 33% | 29% | 31% | 32% | 37% | 41% | 45% | 41% | 35% |
| Total | Unweighted Count | 1937 | 2434 | 1372 | 5743 | 2441 | 944 | 1294 | 871 | 1834 | 864 | 565 | 8813 |

Appendix Table 4c – Continuous mental wellbeing variables, by savings behaviour over six waves (1) (longitudinal analysis)

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | | | Number of waves where respondent was saving money (inc. unspecified amount) | | | | | Number of waves where respondent was regularly saving money | | | | | Average household savings quintile (% equivalised AHC) over time - categorised | | | |
| Total | None | One or two waves | Three or four waves | Five or six waves | None | One or two waves | Three or four waves | Five or six waves | Total | No savings - average less than 1 | Lower savings - average of 1-3 | Higher savings - average of 3-5 | Total |
| Total | Total | Column N % | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% |
| Total | Unweighted Count | 8840 | 1340 | 2286 | 2467 | 2747 | 2377 | 2761 | 2057 | 1645 | 8840 | 1942 | 2439 | 1374 | 5755 |
| SF-12 Mental Component Summary | Mean | | 48.1 | 45.5 | 47.5 | 48.8 | 49.7 | 46.3 | 48.3 | 48.8 | 49.9 | 48.1 | 45.7 | 47.9 | 49.8 | 47.4 |
| Median | | 50.5 | 47.4 | 49.5 | 51.4 | 51.8 | 48.8 | 50.5 | 51.4 | 51.9 | 50.5 | 47.5 | 50.0 | 51.8 | 49.7 |
| Standard Deviation | | 10.9 | 12.4 | 11.2 | 10.5 | 9.4 | 12.1 | 10.6 | 10.4 | 9.1 | 10.9 | 12.2 | 10.7 | 9.3 | 11.2 |
| Unweighted Count | | 8840 | 1340 | 2286 | 2467 | 2747 | 2377 | 2761 | 2057 | 1645 | 8840 | 1942 | 2439 | 1374 | 5755 |
| Wave 2 - SF12 mental component | Mean | | 50.4 | 48.3 | 49.7 | 50.8 | 51.8 | 48.8 | 50.3 | 51.3 | 51.7 | 50.4 | 48.1 | 50.3 | 51.7 | 49.8 |
| Median | | 52.5 | 50.6 | 52.0 | 52.8 | 54.1 | 51.2 | 52.4 | 53.5 | 54.1 | 52.5 | 50.5 | 52.0 | 54.1 | 52.0 |
| Standard Deviation | | 9.3 | 10.8 | 9.9 | 8.8 | 7.9 | 10.5 | 9.2 | 8.5 | 7.9 | 9.3 | 11.0 | 9.2 | 7.8 | 9.7 |
| Unweighted Count | | 8840 | 1340 | 2286 | 2467 | 2747 | 2377 | 2761 | 2057 | 1645 | 8840 | 1942 | 2439 | 1374 | 5755 |
| Wave 10: SF-12 mental component | Mean | | 48.6 | 46.0 | 48.2 | 49.2 | 50.1 | 46.7 | 48.9 | 49.3 | 50.4 | 48.6 | 46.1 | 48.5 | 50.1 | 47.9 |
| Median | | 51.1 | 47.5 | 50.5 | 51.7 | 52.0 | 48.9 | 51.3 | 51.8 | 52.1 | 51.1 | 48.1 | 50.5 | 52.2 | 50.3 |
| Standard Deviation | | 10.4 | 11.7 | 10.8 | 10.1 | 9.0 | 11.4 | 10.3 | 9.9 | 8.6 | 10.4 | 11.9 | 10.1 | 8.9 | 10.7 |
| Unweighted Count | | 8840 | 1340 | 2286 | 2467 | 2747 | 2377 | 2761 | 2057 | 1645 | 8840 | 1942 | 2439 | 1374 | 5755 |
| Change since previous save wave: SF-12 mental | Mean | | -0.5 | -0.5 | -0.7 | -0.3 | -0.4 | -0.4 | -0.6 | -0.5 | -0.4 | -0.5 | -0.3 | -0.7 | -0.2 | -0.4 |
| Median | | 0.0 | -0.3 | -0.2 | 0.0 | 0.0 | 0.0 | -0.2 | 0.0 | 0.0 | 0.0 | -0.1 | 0.0 | 0.0 | 0.0 |
| Standard Deviation | | 9.8 | 11.1 | 10.0 | 9.7 | 8.9 | 10.7 | 9.5 | 9.9 | 8.6 | 9.8 | 10.8 | 9.8 | 9.0 | 10.0 |
| Unweighted Count | | 8840 | 1340 | 2286 | 2467 | 2747 | 2377 | 2761 | 2057 | 1645 | 8840 | 1942 | 2439 | 1374 | 5755 |

Appendix Table 4d – Continuous mental wellbeing variables, by savings behaviour over six waves (2) (longitudinal analysis)

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | | | Savings cluster - household saving as % of equivalised AHC household income | | | | | | | | Change in saving behaviour (individual, between w10 and w13) | | | |
| 1. Rare or never savers | 2. Infrequent savers | 3. Constant low savers | 4. Used to save, then stopped | 5. Constant middling savers | 6. Constant high savers | 7. Secretive savers | Total | Wasn't saving before and still isn't | Stopped saving | Already saving | Started saving |
| Total | Total | Column N % | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% |
| Total | Unweighted Count | 2449 | 946 | 1300 | 875 | 1835 | 868 | 567 | 8840 | 2971 | 1490 | 3340 | 1028 |
| SF-12 Mental Component Summary | Mean | | 46.7 | 47.8 | 47.8 | 48.7 | 49.4 | 49.5 | 50.1 | 48.1 | 46.4 | 48.6 | 49.4 | 49.1 |
| Median | | 49.0 | 49.6 | 50.1 | 51.1 | 51.7 | 51.8 | 52.6 | 50.5 | 48.9 | 50.8 | 51.7 | 51.5 |
| Standard Deviation | | 11.9 | 10.7 | 11.2 | 10.5 | 9.6 | 9.7 | 9.3 | 10.9 | 11.9 | 10.6 | 9.6 | 10.4 |
| Unweighted Count | | 2449 | 946 | 1300 | 875 | 1835 | 868 | 567 | 8840 | 2971 | 1490 | 3340 | 1028 |
| W2 - SF12 mental component | Mean | | 48.6 | 50.2 | 50.4 | 51.3 | 51.3 | 52.1 | 52.1 | 50.4 | 49.3 | 50.9 | 51.2 | 50.2 |
| Median | | 51.2 | 52.5 | 52.4 | 54.0 | 53.6 | 54.1 | 54.2 | 52.5 | 51.7 | 53.9 | 53.4 | 52.4 |
| Standard Deviation | | 10.7 | 9.4 | 9.6 | 8.5 | 8.1 | 7.1 | 7.7 | 9.3 | 10.2 | 9.3 | 8.2 | 9.3 |
| Unweighted Count | | 2449 | 946 | 1300 | 875 | 1835 | 868 | 567 | 8840 | 2971 | 1490 | 3340 | 1028 |
| Previous savings wave: SF-12 mental component | Mean | | 46.8 | 48.7 | 48.4 | 49.5 | 49.6 | 50.3 | 51.1 | 48.6 | 47.0 | 49.3 | 49.9 | 48.8 |
| Median | | 48.8 | 51.1 | 50.6 | 52.0 | 51.8 | 52.0 | 53.0 | 51.1 | 49.0 | 51.8 | 51.8 | 51.4 |
| Standard Deviation | | 11.4 | 10.7 | 10.4 | 10.1 | 9.4 | 8.8 | 8.6 | 10.4 | 11.3 | 10.5 | 9.0 | 10.4 |
| Unweighted Count | | 2449 | 946 | 1300 | 875 | 1835 | 868 | 567 | 8840 | 2971 | 1490 | 3340 | 1028 |
| Change since previous save wave: SF-12 mental | Mean | | -0.2 | -0.9 | -0.7 | -0.8 | -0.3 | -0.7 | -0.8 | -0.5 | -0.6 | -0.9 | -0.5 | 0.4 |
| Median | | 0.0 | -0.2 | 0.0 | 0.0 | 0.0 | 0.0 | -0.2 | 0.0 | -0.2 | -0.2 | 0.0 | 0.0 |
| Standard Deviation | | 10.6 | 9.6 | 10.2 | 9.1 | 9.0 | 10.0 | 8.5 | 9.8 | 10.7 | 9.6 | 9.1 | 9.6 |
| Unweighted Count | | 2449 | 946 | 1300 | 875 | 1835 | 868 | 567 | 8840 | 2971 | 1490 | 3340 | 1028 |

Appendix Table 5 – Wave 12 and Wave 13 mental wellbeing scores, by life events between waves

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | | Wave 12: SF-12 mental component summary | | | | Wave 13: SF-12 mental component summary | | | |
| Mean | Median | Standard Deviation | Unweighted Count | Mean | Median | Standard Deviation | Unweighted Count |
|  |
| Change in saving behaviour (individual, w10 to w13) | Wasn't saving before and still isn't | 46.7 | 49.0 | 11.7 | 2971 | 46.4 | 48.9 | 11.9 | 2971 |  |
| Stopped saving | 48.6 | 51.2 | 11.0 | 1490 | 48.6 | 50.8 | 10.6 | 1490 |  |
| Already saving | 49.1 | 51.2 | 9.7 | 3340 | 49.4 | 51.7 | 9.6 | 3340 |  |
| Started saving | 48.4 | 51.2 | 10.8 | 1028 | 49.1 | 51.5 | 10.4 | 1028 |  |
| Total | 48.0 | 50.4 | 10.8 | 8829 | 48.1 | 50.5 | 10.9 | 8829 |  |
| Job loss since previous wave? | Working at both waves | 47.3 | 49.0 | 10.1 | 4066 | 47.5 | 49.4 | 10.3 | 4066 |  |
| Previously working, now out of work | 43.5 | 44.6 | 10.4 | 103 | 42.1 | 40.1 | 11.2 | 103 |  |
| Total | 47.2 | 49.0 | 10.1 | 4169 | 47.3 | 49.3 | 10.3 | 4169 |  |
| Change in living with parents | Lived with parents at neither wave | 48.3 | 50.7 | 10.7 | 8598 | 48.3 | 50.8 | 10.7 | 8598 |  |
| Lived with parents at both waves | 43.2 | 45.2 | 12.4 | 187 | 42.9 | 44.6 | 12.8 | 187 |  |
| Started living with parents | 47.7 | 48.9 | 13.0 | 12 | 48.9 | 52.0 | 10.9 | 12 |  |
| Stopped living with parents | 43.1 | 45.6 | 11.3 | 43 | 42.6 | 43.6 | 11.4 | 43 |  |
| Total | 48.1 | 50.4 | 10.8 | 8840 | 48.1 | 50.5 | 10.9 | 8840 |  |
| Change in number of own children in household | No change | 48.1 | 50.5 | 10.9 | 8514 | 48.2 | 50.8 | 10.9 | 8514 |  |
| First child(ren) | 47.4 | 50.1 | 10.1 | 42 | 44.0 | 45.9 | 9.8 | 42 |  |
| Additional children | 46.1 | 47.0 | 10.6 | 43 | 45.3 | 45.6 | 11.3 | 43 |  |
| Fewer children | 46.7 | 48.5 | 10.1 | 241 | 46.2 | 47.9 | 10.2 | 241 |  |
| Total | 48.1 | 50.4 | 10.8 | 8840 | 48.1 | 50.5 | 10.9 | 8840 |  |
| Change in marital status between waves | No change | 48.2 | 50.5 | 10.8 | 8509 | 48.2 | 50.7 | 10.8 | 8509 |  |
| Divorced or separated | 42.8 | 43.5 | 11.6 | 58 | 43.7 | 43.9 | 11.5 | 58 |  |
| Newly widowed | 50.1 | 49.9 | 10.9 | 46 | 44.4 | 45.1 | 10.7 | 46 |  |
| Got married | 46.0 | 49.3 | 10.6 | 55 | 46.8 | 51.7 | 12.4 | 55 |  |
| Started living as a couple | 43.6 | 46.4 | 13.1 | 36 | 42.1 | 46.5 | 13.8 | 36 |  |
| Other | 45.4 | 47.5 | 12.7 | 136 | 47.0 | 50.5 | 13.0 | 136 |  |
| Total | 48.1 | 50.4 | 10.8 | 8840 | 48.1 | 50.5 | 10.9 | 8840 |  |
| Change in tenure between waves | No change | 48.2 | 50.6 | 10.8 | 8490 | 48.2 | 50.6 | 10.9 | 8490 |  |
| Paid off mortgage | 46.4 | 49.6 | 10.9 | 52 | 48.4 | 51.2 | 9.7 | 52 |  |
| Got a mortgage | 43.3 | 47.3 | 12.8 | 46 | 48.0 | 49.4 | 10.0 | 46 |  |
| Other | 45.2 | 48.0 | 11.8 | 168 | 46.1 | 46.6 | 11.4 | 168 |  |
| First wave | 47.4 | 48.2 | 11.7 | 54 | 47.5 | 51.6 | 9.9 | 54 |  |
| Total | 48.1 | 50.4 | 10.8 | 8810 | 48.1 | 50.5 | 10.9 | 8810 |  |
| Moved house since last wave? | No | 48.2 | 50.6 | 10.8 | 8428 | 48.2 | 50.6 | 10.8 | 8428 |  |
| Yes | 45.9 | 47.5 | 11.3 | 395 | 47.0 | 49.3 | 11.3 | 395 |  |
| Total | 48.1 | 50.4 | 10.8 | 8823 | 48.1 | 50.5 | 10.9 | 8823 |  |
| Moved house & wanted to at previous wave | Didn't move and didn't want to | 49.4 | 51.8 | 10.2 | 6679 | 49.3 | 51.8 | 10.1 | 6679 |  |
| Wanted to move but didn't | 44.4 | 46.4 | 11.8 | 1727 | 44.7 | 46.3 | 12.2 | 1727 |  |
| Moved but didn't want to | 47.7 | 49.0 | 11.5 | 129 | 46.9 | 50.1 | 12.7 | 129 |  |
| Moved and wanted to | 45.1 | 46.3 | 11.2 | 266 | 47.1 | 49.0 | 10.7 | 266 |  |
| Total | 48.1 | 50.4 | 10.8 | 8801 | 48.1 | 50.5 | 10.8 | 8801 |  |

1. University of Essex, Institute for Social and Economic Research. (2023). Understanding Society: Waves 1-13, 2009-2022 and Harmonised BHPS: Waves 1-18, 1991-2009. [data collection]. 18th Edition. UK Data Service. SN: 6614, DOI: <http://doi.org/10.5255/UKDA-SN-6614-19> [↑](#footnote-ref-2)