

GMB surveyed 1,242 members in the social care sector between late December 2020 and early January 2021. Results from the survey respondents include:

- 69% agreed that their work was causing them stress or impacting on their mental health
- 75% agreed that their work during the pandemic had had a serious negative impact on their mental health
- The main causes of work-related poor mental health were (respondents were able to select multiple options):
 - Fear of taking the virus home (67%)
 - Not being able to see family/friends (65%)
 - Fear for their own safety (49%)
 - Balancing work and caring responsibilities (42%)
 - Financial pressures (36%)

In order to measure change over time and to compare care workers' self-reported mental health to that of all workers, GMB asked standardised ONS questions and on a scale of 0 to 10. The average scores were compared to the results of an earlier survey conducted between September and October, which had 828 social care respondents.

	Wave 1 September - October 2020		Wave 2 December 2020 - January 2021		Difference between care workers and all employees (%)		Change in care workers' scores (%)
	Care respondents	All employees	Care respondents	All employees	Wave 1	Wave 2	
Life satisfaction	5.1	6.8	4.5	6.6	- 25.7	- 31.4	-10.2
Worth	5.9	7.4	5.6	7.3	- 19.5	- 22.9	-4.8
Happiness	5.1	6.9	4.5	6.6	- 26.3	- 32.7	-12.0
Anxiety	5.7	4.2	6.0	4.2	35.2	44.3	5.7

Note: Scores of all employees for the relevant time periods are taken from the ONS Opinions and Lifestyle Survey, published 25 January 2021
[:https://www.ons.gov.uk/peoplepopulationandcommunity/wellbeing/datasets/employeeandselfemployedsplitestimatesonpersonalandeconomicwellbeingacrosstime](https://www.ons.gov.uk/peoplepopulationandcommunity/wellbeing/datasets/employeeandselfemployedsplitestimatesonpersonalandeconomicwellbeingacrosstime)

Information on the standardised questions can be found at: <https://www.ons.gov.uk/peoplepopulationandcommunity/wellbeing/methodologies/surveysusingthe4officeforationalstatisticspersonalwellbeingquestions>