

Supplement 1: The General Health Questionnaire (GHQ) 12

The next questions are about how you have been feeling over the last few weeks.

- Have you recently been able to concentrate on whatever you're doing?
 1. Better than usual
 2. Same as usual
 3. Less than usual
 4. Much less than usual
- Have you recently lost much sleep over worry?
 1. Not at all
 2. No more than usual
 3. Rather more than usual
 4. Much more than usual
- Have you recently felt that you were playing a useful part in things?
 1. More so than usual
 2. Same as usual
 3. Less so than usual
 4. Much less than usual
- Have you recently felt capable of making decisions about things?
 1. More so than usual
 2. Same as usual
 3. Less so than usual
 4. Much less capable
- Have you recently felt constantly under strain?
 1. Not at all
 2. No more than usual
 3. Rather more than usual
 4. Much more than usual
- Have you recently felt you couldn't overcome your difficulties?
 1. Not at all
 2. No more than usual
 3. Rather more than usual
 4. Much more than usual
- Have you recently been able to enjoy your normal day-to-day activities?
 1. More so than usual
 2. Same as usual
 3. Less so than usual
 4. Much less than usual
- Have you recently been able to face up to problems?
 1. More so than usual
 2. Same as usual
 3. Less able than usual
 4. Much less able
- Have you recently been feeling unhappy or depressed?

1. Not at all
 2. No more than usual
 3. Rather more than usual
 4. Much more than usual
- Have you recently been losing confidence in yourself?
 1. Not at all
 2. No more than usual
 3. Rather more than usual
 4. Much more than usual
 - Have you recently been thinking of yourself as a worthless person?
 1. Not at all
 2. No more than usual
 3. Rather more than usual
 4. Much more than usual
 - Have you recently been feeling reasonably happy, all things considered?
 1. More so than usual
 2. About the same as usual
 3. Less so than usual
 4. Much less than usual

Supplement 2

Figure S2.1 – Female trends in psychological distress in GB, Scotland and England, 1991-2019 (Sources: Understanding Society, Scottish Health Survey, Health Survey for England)

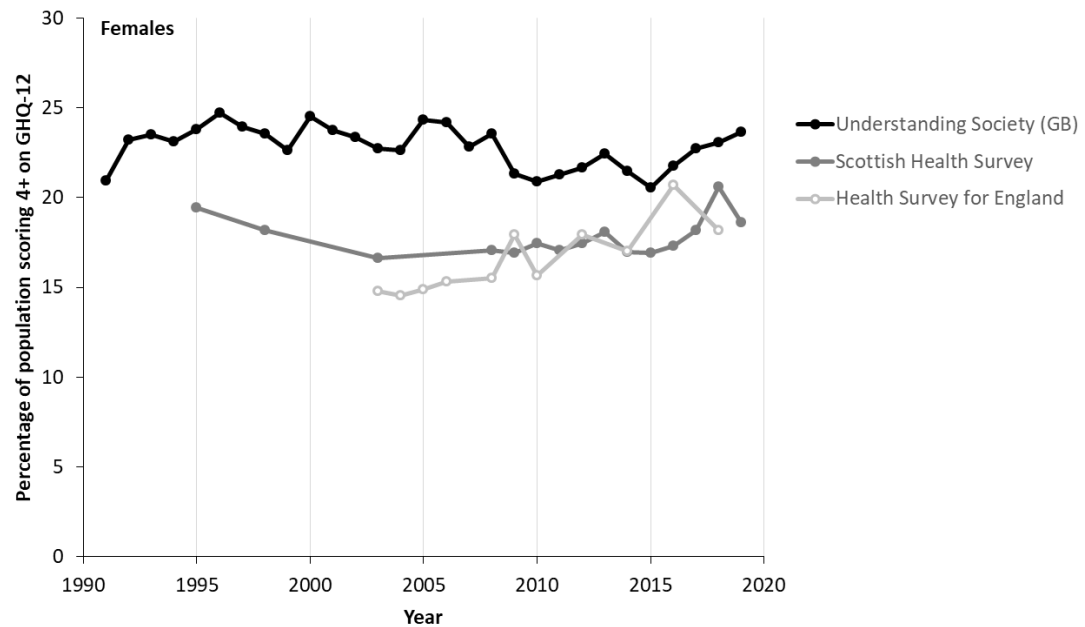


Figure S2.2 – Male trends in psychological distress in GB, Scotland and England, 1991-2019 (Sources: Understanding Society, Scottish Health Survey, Health Survey for England)

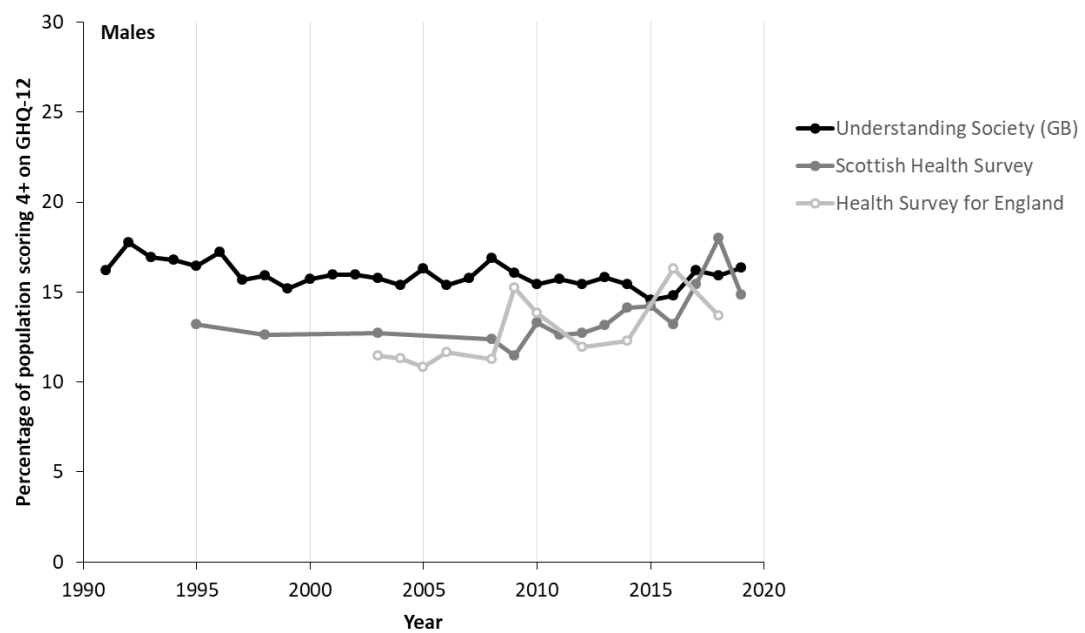


Figure S2.3 – Trends in area deprivation-based inequalities in psychological distress in GB, measured using the Slope Index of Inequality (SII) and Relative Index of Inequality (RII), 1991-2019 (Source: Understanding Society)

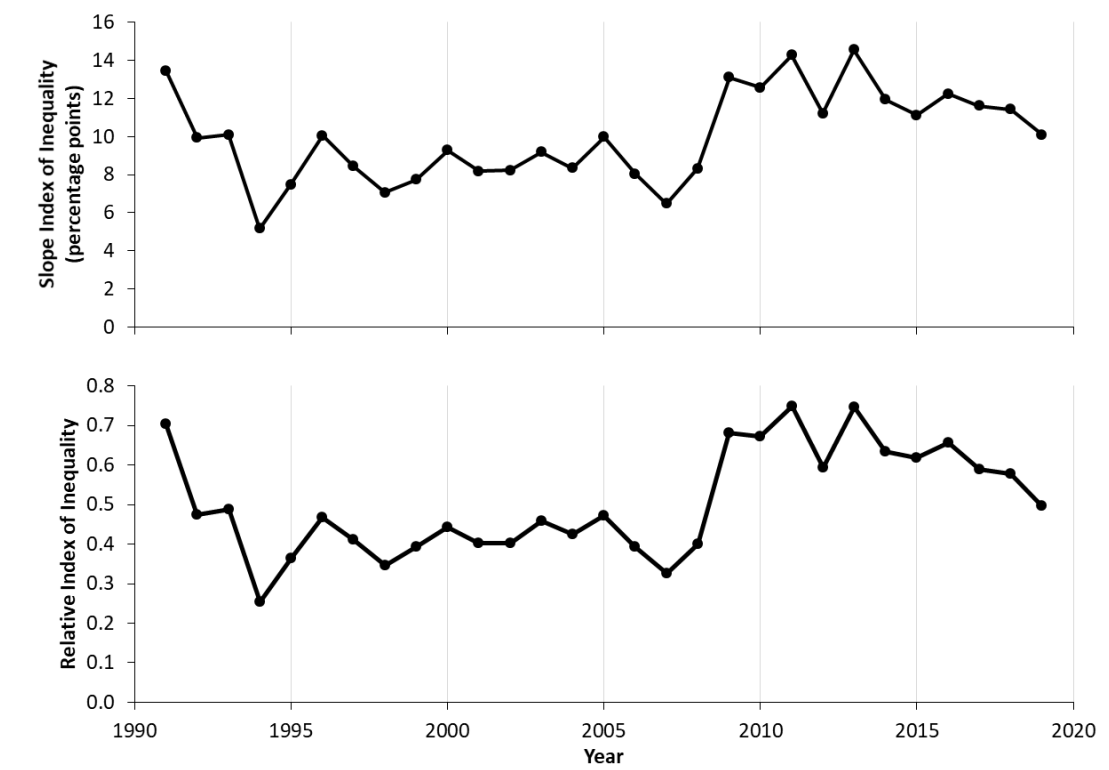


Figure S2.4 – Trends in area deprivation-based inequalities in psychological distress in Scotland, measured using the Slope Index of Inequality (SII) and Relative Index of Inequality (RII), 1991-2019 (Source: Scottish Health Survey)

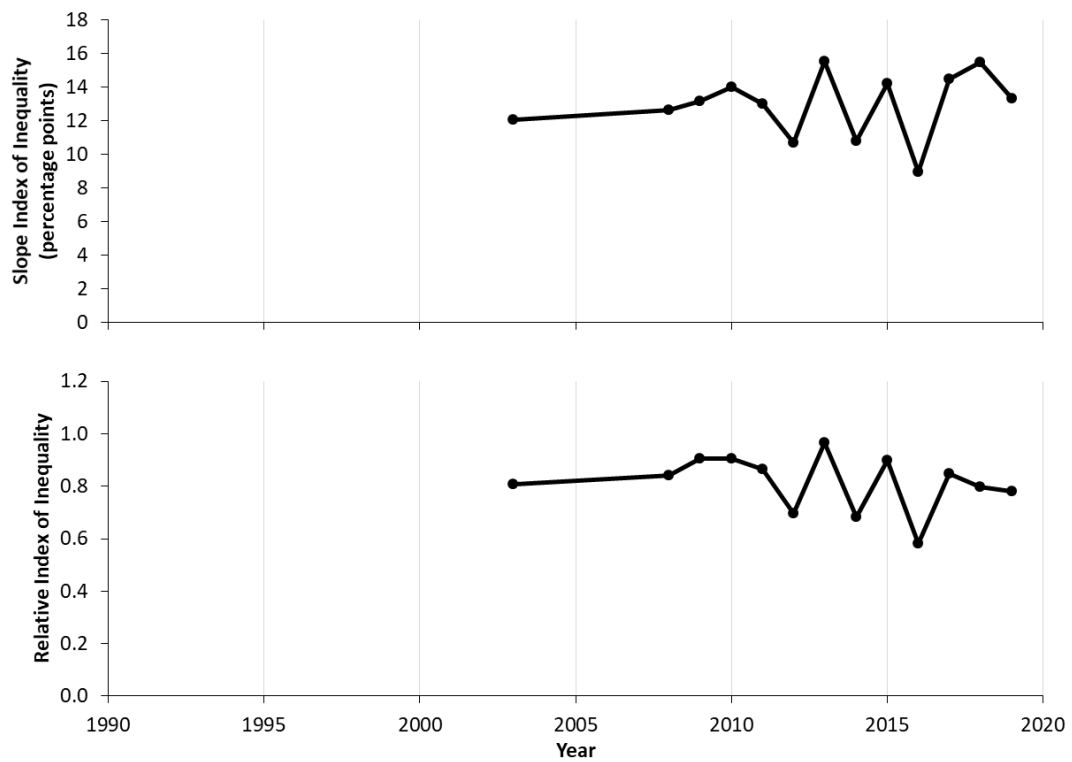


Figure S2.5 – Trends in area deprivation-based inequalities in psychological distress in England, measured using the Slope Index of Inequality (SII) and Relative Index of Inequality (RII), 1991-2019 (Source: Health Survey for England)

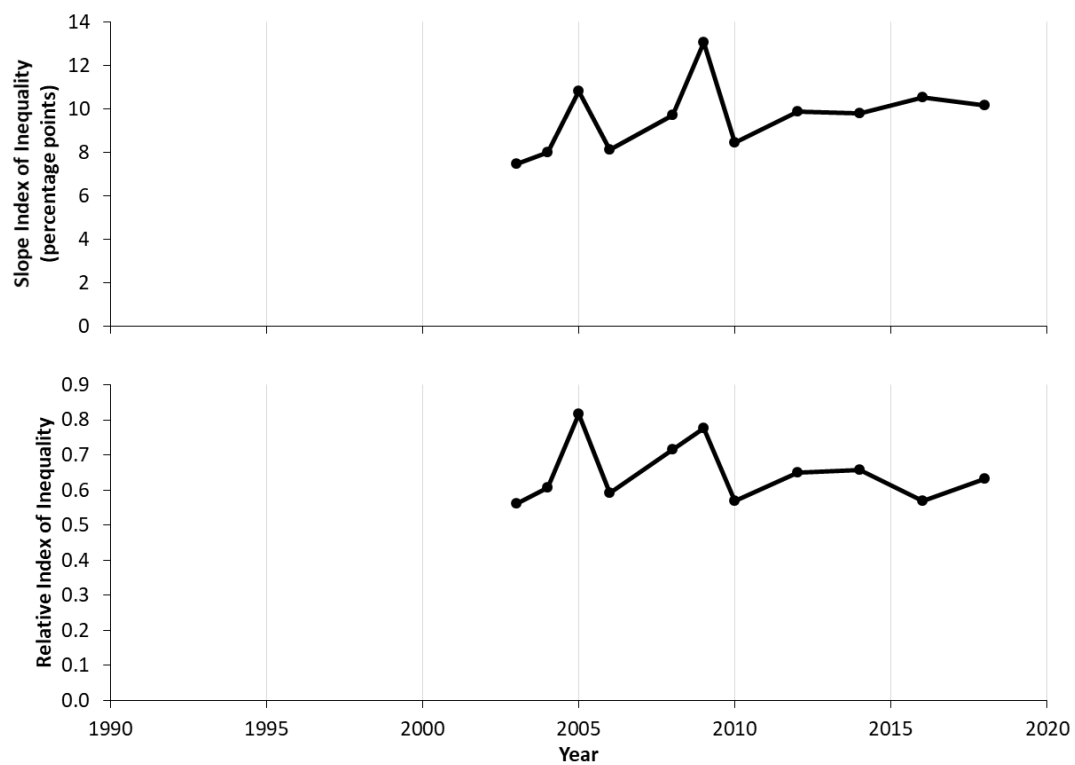


Figure S2.6 – Trends in area deprivation-based inequalities in psychological distress in GB, males, 1991-2019 (Sources: Understanding Society, Scottish Health Survey, Health Survey for England)

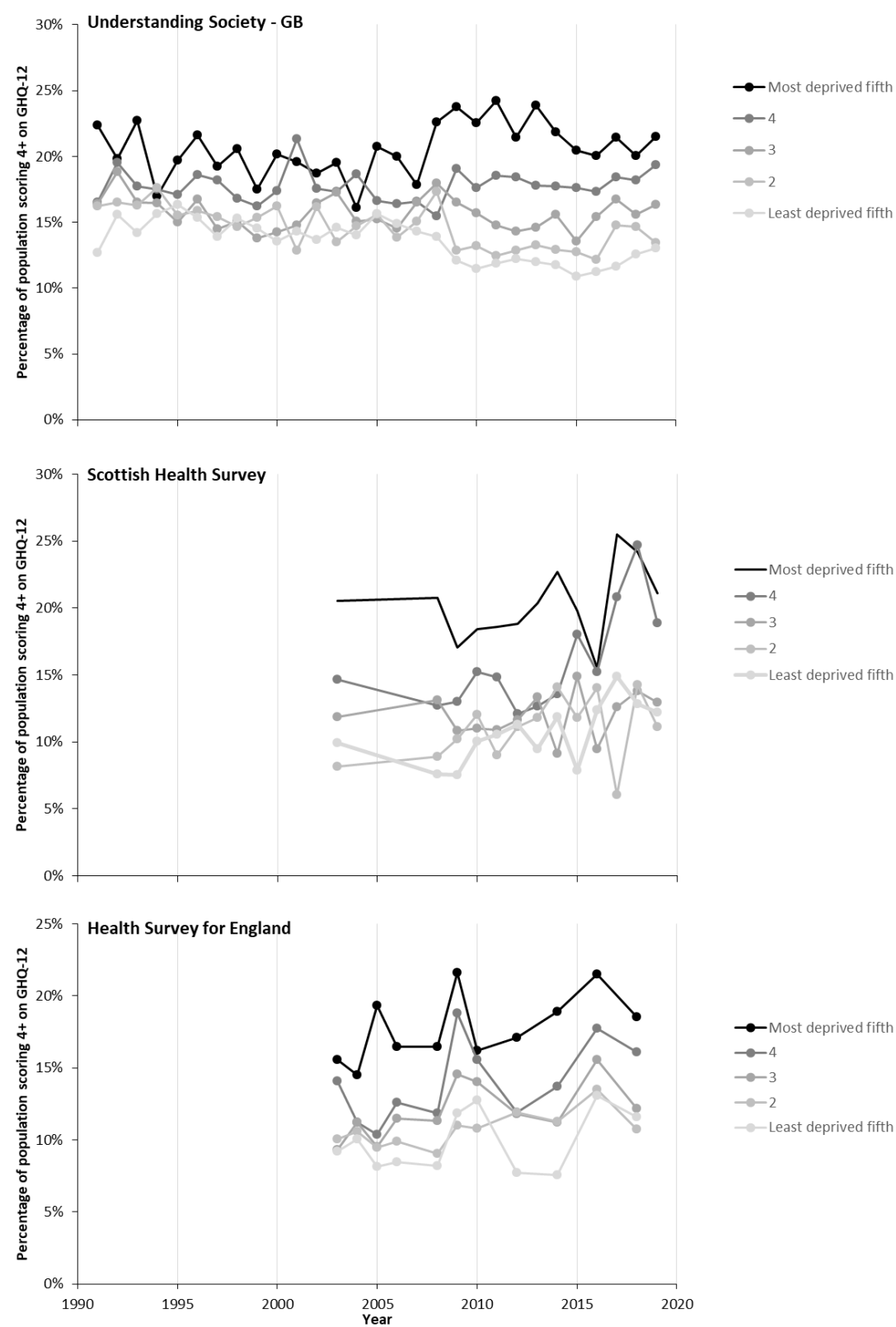


Figure S2.7 – Trends in area deprivation-based inequalities in psychological distress in GB, females, 1991-2019 (Sources: Understanding Society, Scottish Health Survey, Health Survey for England)

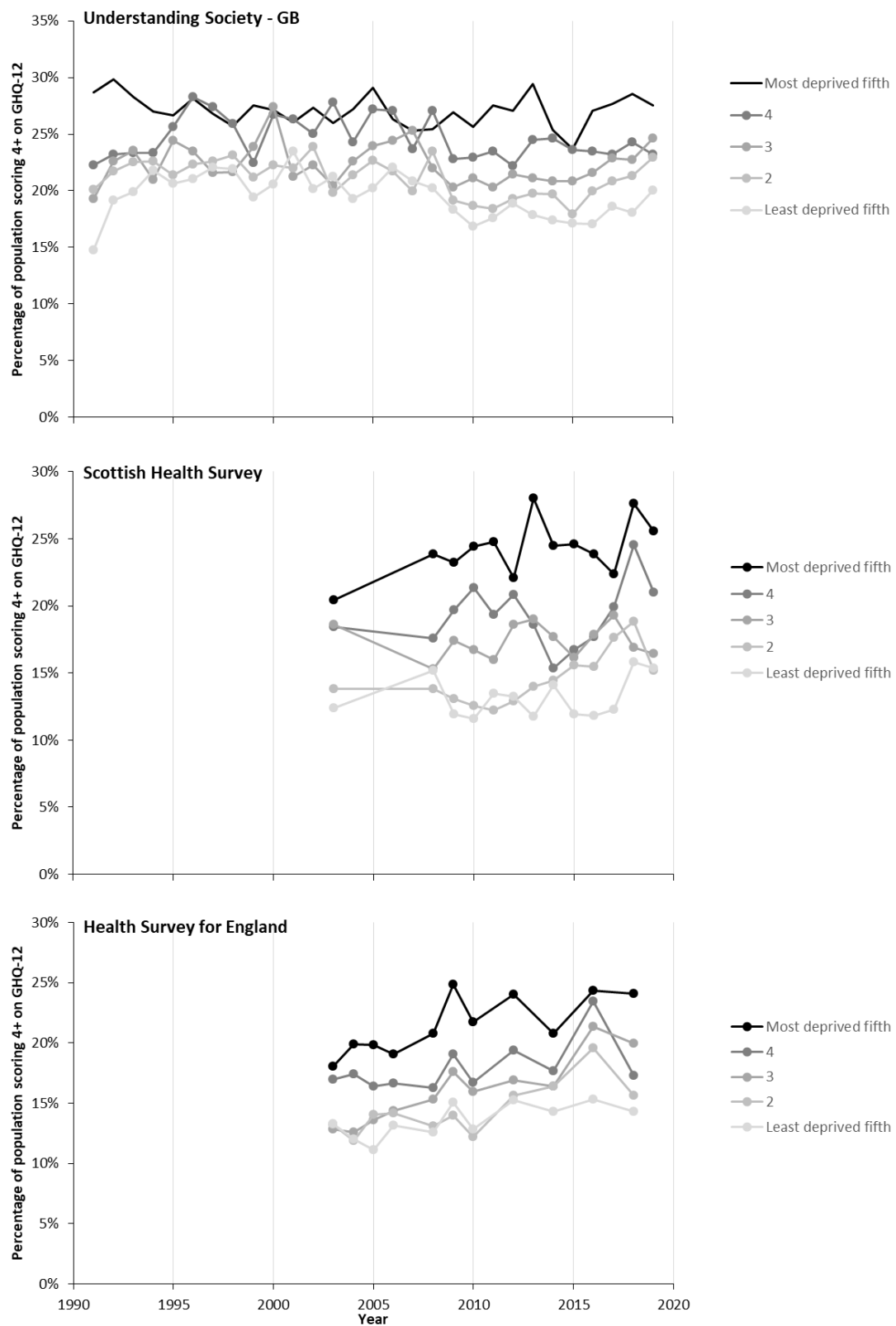


Figure S2.8 – Trends in area deprivation-based inequalities in psychological distress in GB, males and females combined, 16-34 year olds, 1991-2019 (Sources: Understanding Society, Scottish Health Survey, Health Survey for England)

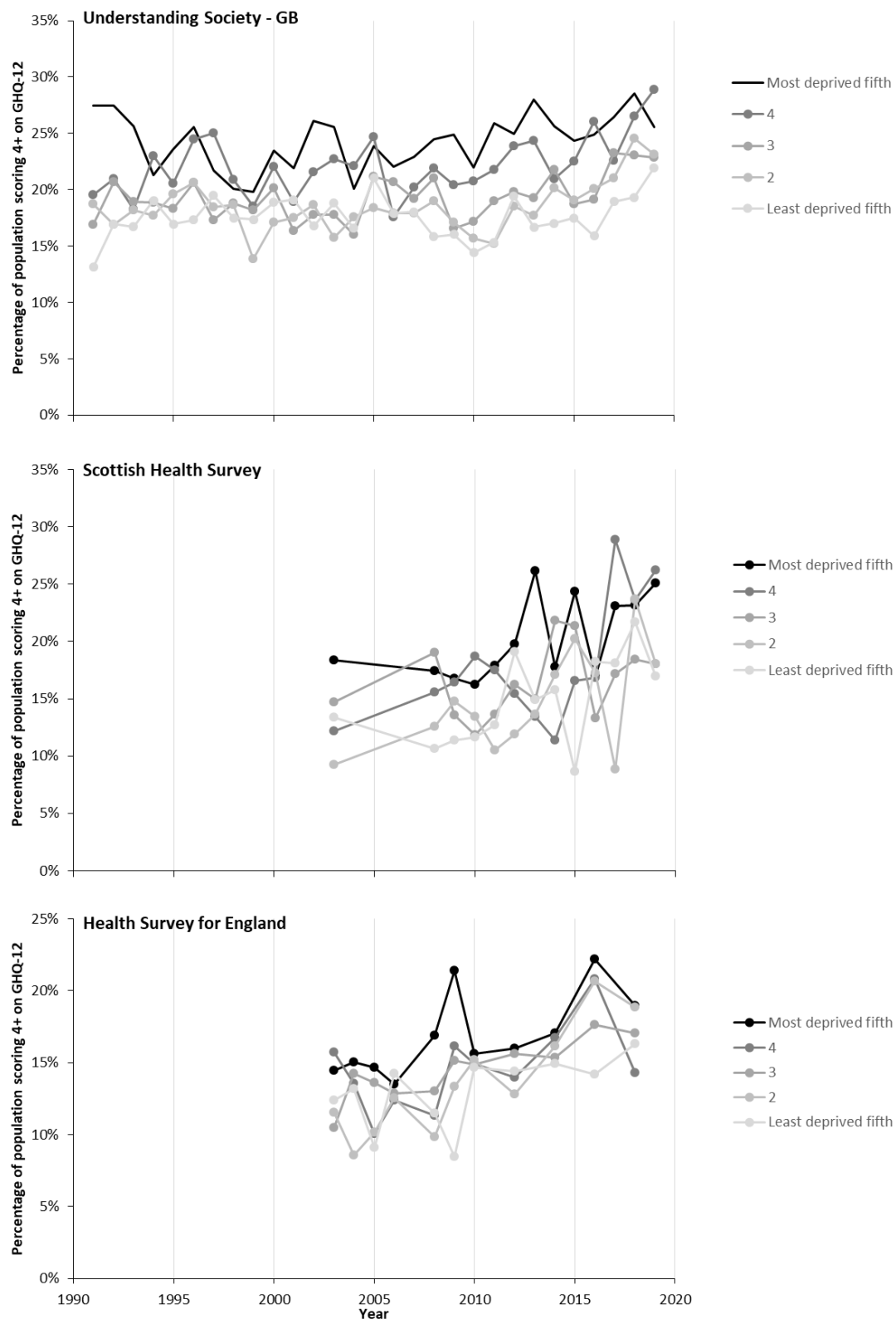


Figure S2.9 – Trends in area deprivation-based inequalities in psychological distress in GB, males and females combined, 35-64 year olds, 1991-2019 (Sources: Understanding Society, Scottish Health Survey, Health Survey for England)

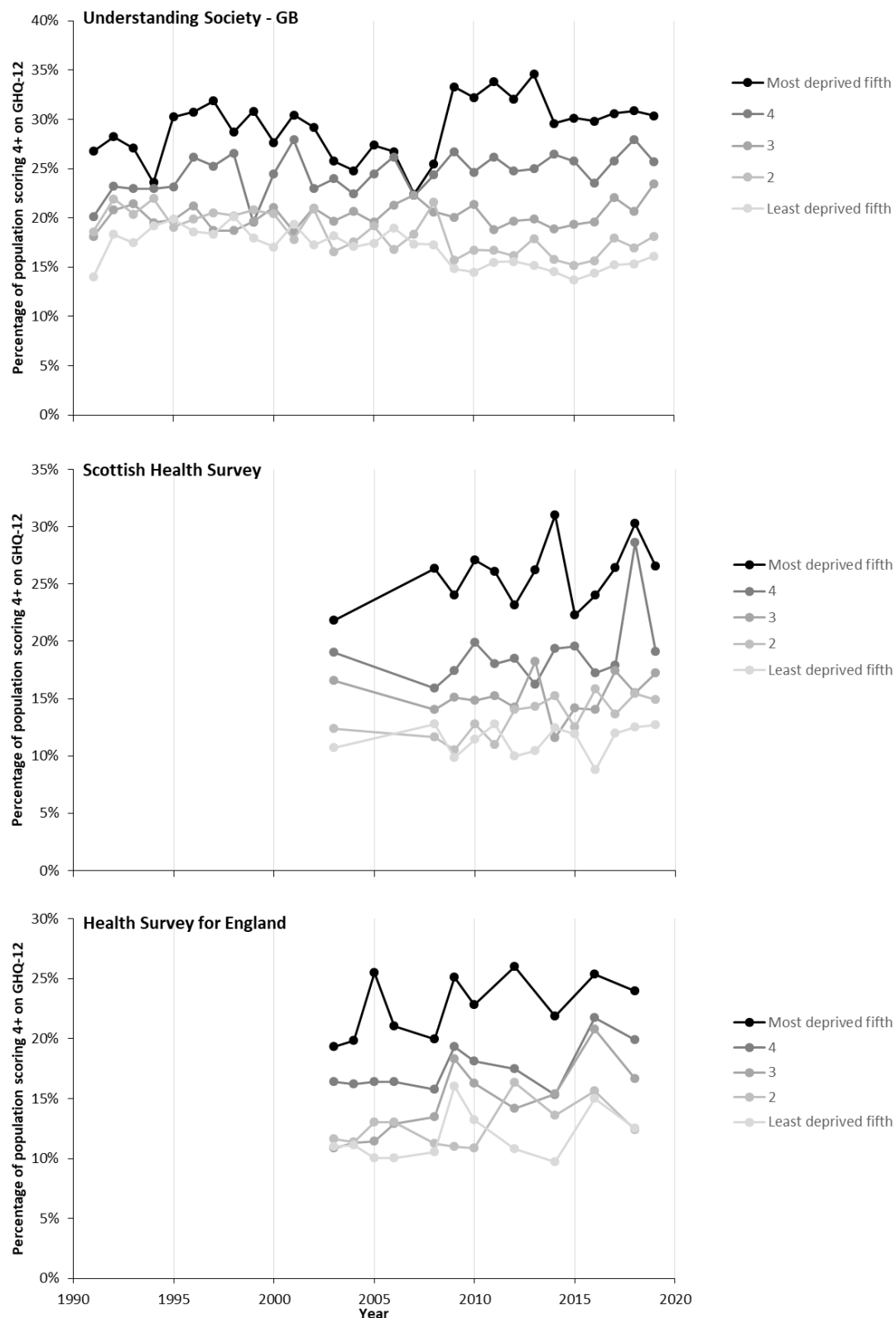


Figure S2.10 – Trends in area deprivation-based inequalities in psychological distress in GB, males and females combined, 65+ year olds, 1991-2019 (Sources: Understanding Society, Scottish Health Survey, Health Survey for England)

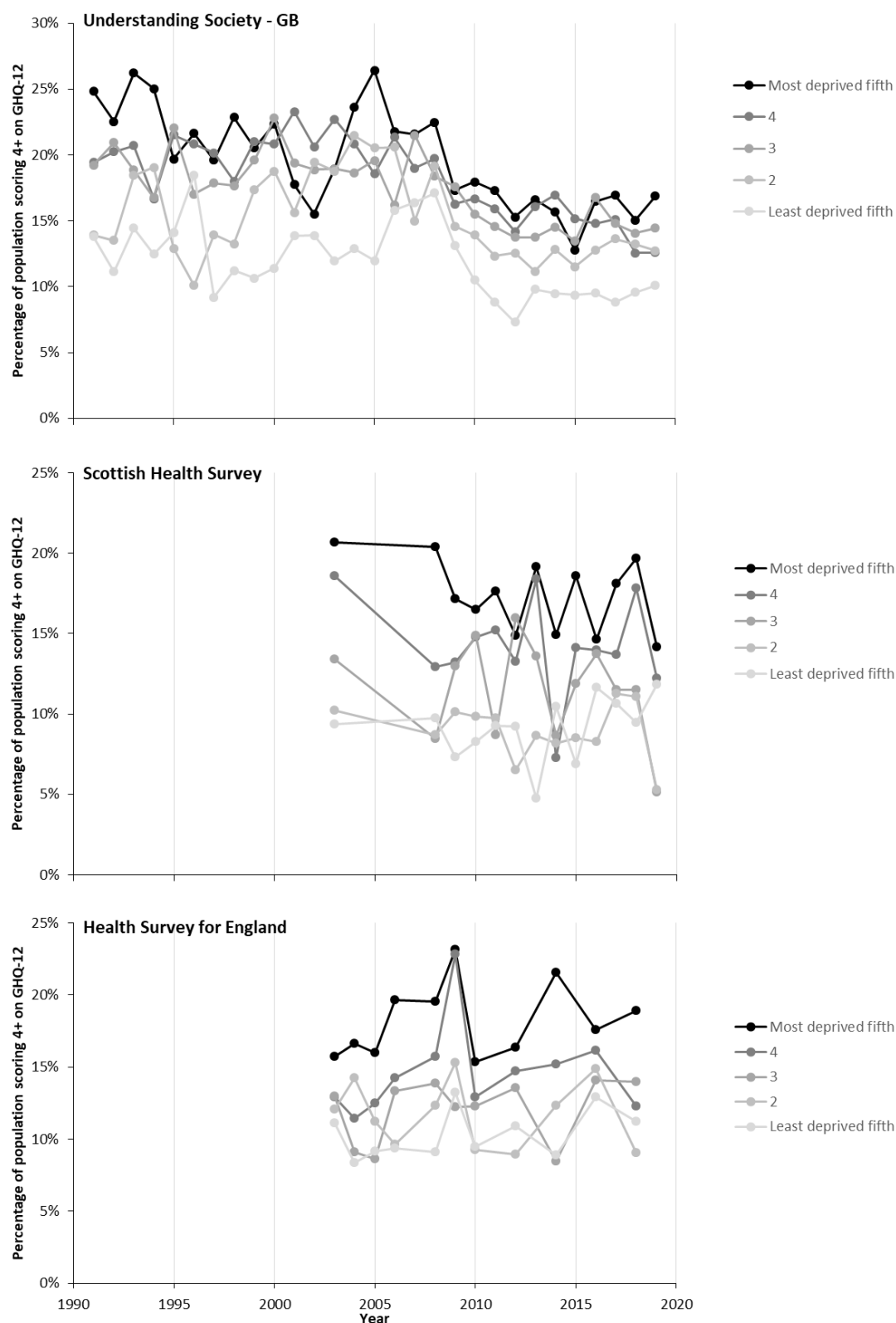


Figure S2.11 – Trends and turning points (between 2010-2019) in the trends in prevalence of psychological distress for the total population, 1991-2019
 (Sources: Understanding Society, Scottish Health Survey, Health Survey for England)

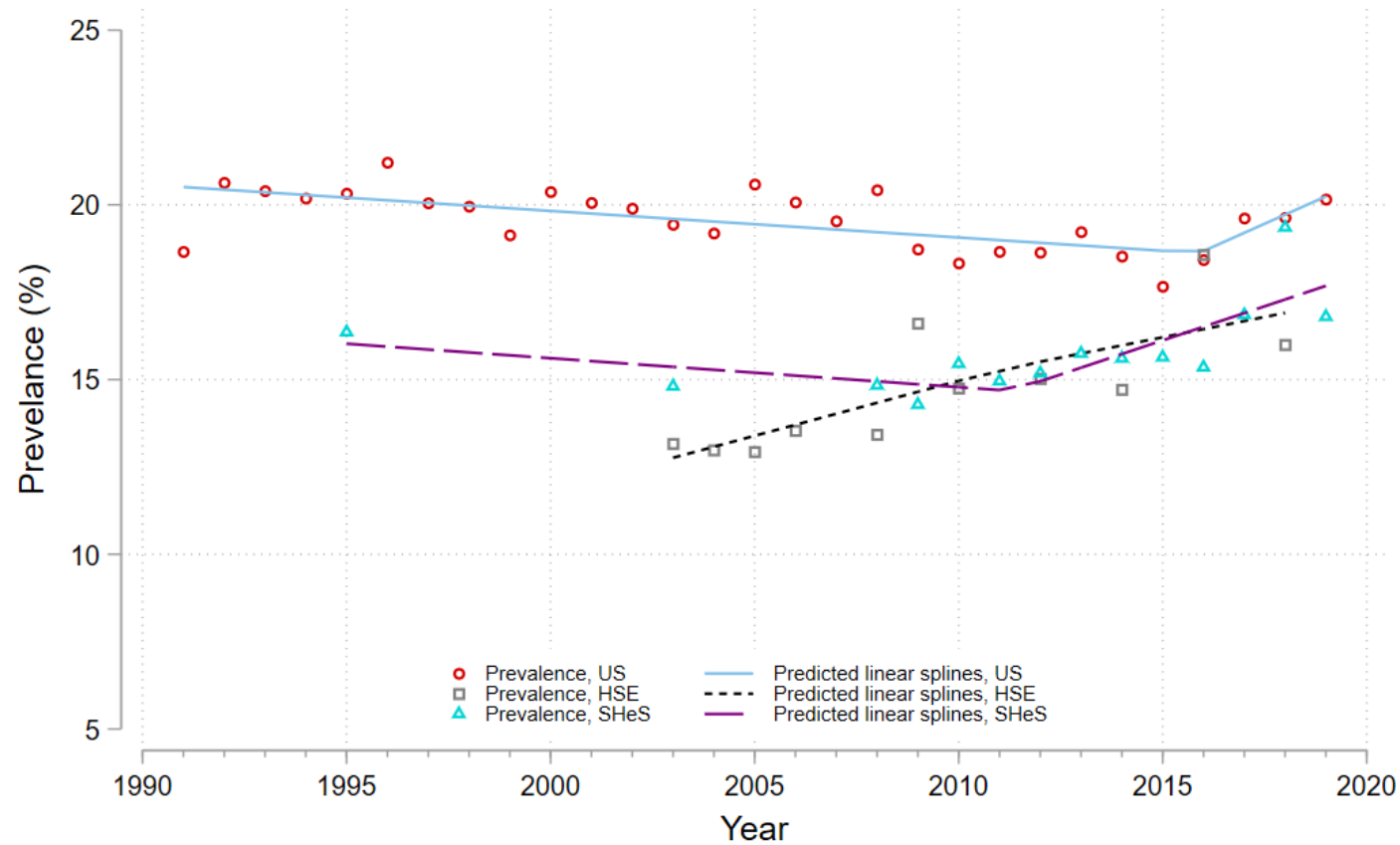


Figure S2.12 – Trends and turning points (between 2010-2019) in the trends in prevalence of psychological distress by sex, 1991-2019 (Sources: Understanding Society, Scottish Health Survey, Health Survey for England)

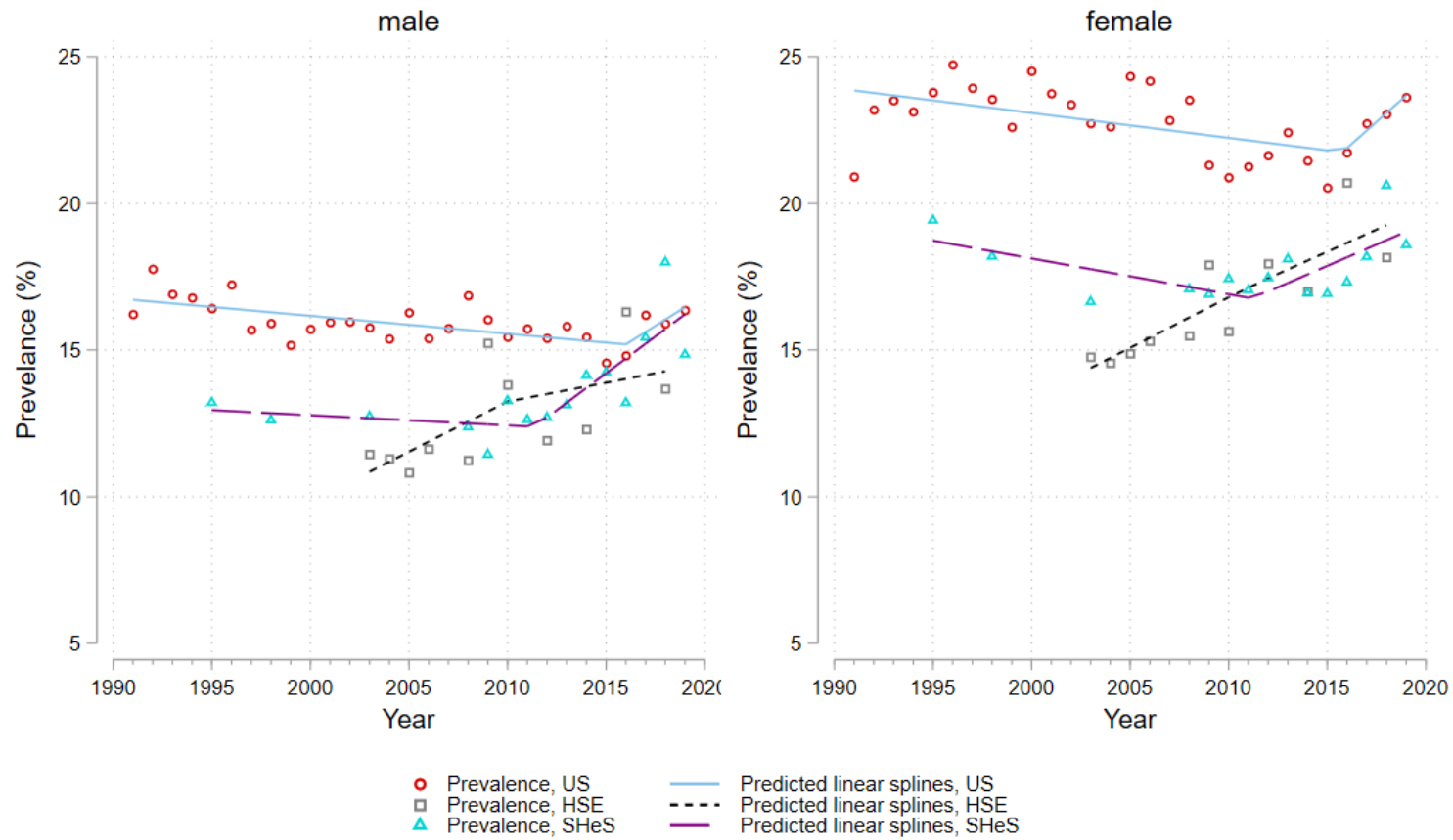


Figure S2.13 – Trends and turning points (between 2010-2019) in the trends in prevalence of psychological distress by age strata, 1991-2019 (Sources: Understanding Society, Scottish Health Survey, Health Survey for England)

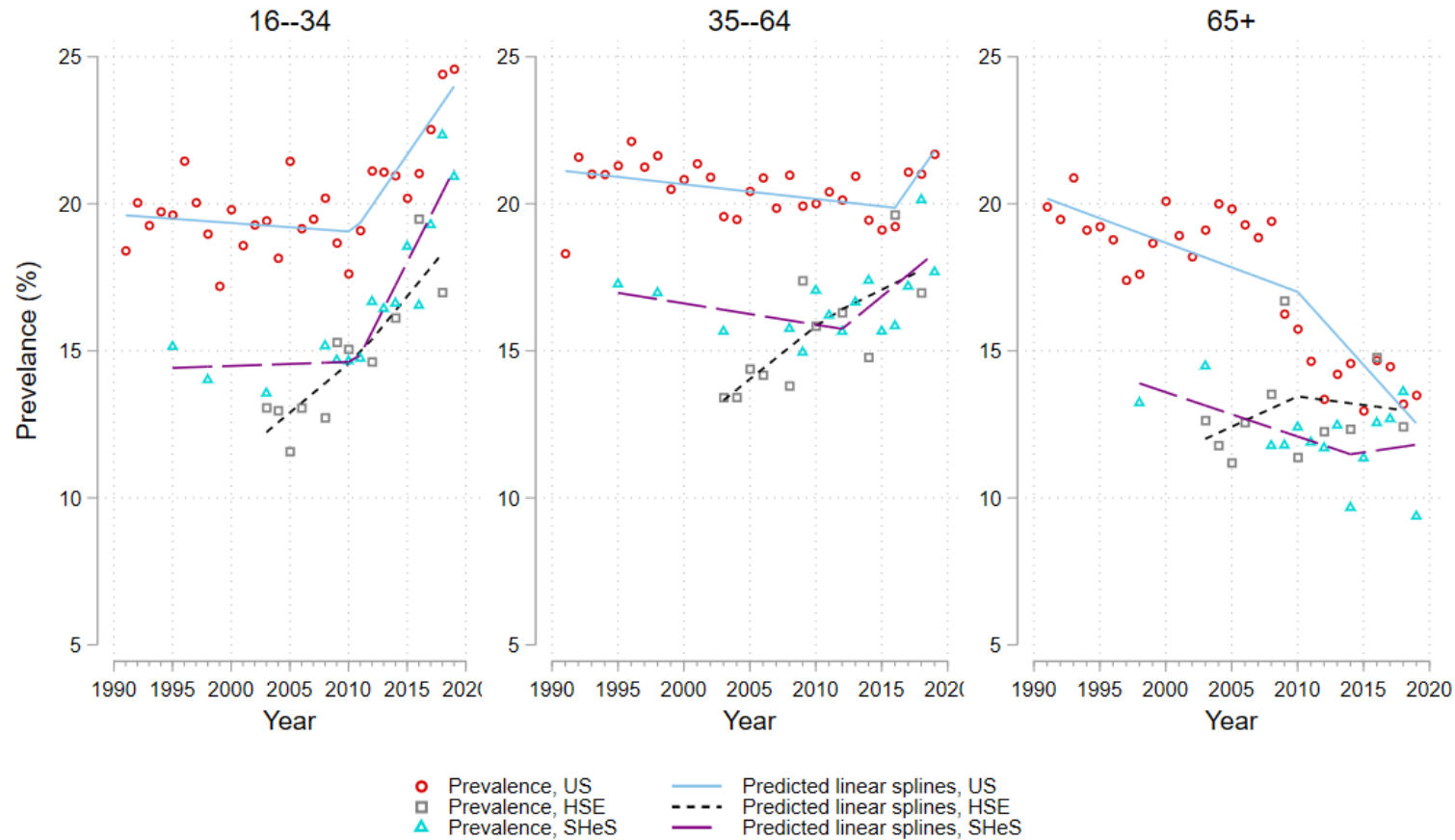


Figure S2.14 – Trends and turning points (between 2010-2019) in the trends in prevalence of psychological distress by deprivation strata, 1991-2019
(Sources: Understanding Society, Scottish Health Survey, Health Survey for England)

