



Housing Improvements, Psychosocial Benefits and Mental Wellbeing

IEA Workshop, Copenhagen, April 2013



Glasgow Housing Improvements Programme

- Stock transfer in 2003: 80,000 dwellings.
- Social housing stock has to meet Scottish Housing Quality Standard by 2015.
- Glasgow Housing Association Programme:
 - £1.2 billion on housing improvements by 2013.
 - By 2010 GHA had delivered:
 - 28,000 homes over-clad; 26,000 re-roofed; 47,000 secured-by-design doors.
 - 40,000 central heating systems; 36,000 kitchens; 35,000 bathrooms; 11,000 new windows;

Housing Improvements in Riddrie, 2007



Birness Drive – Before and after



Housing Improvements and Psychosocial Benefits

Researchers:

Julie Clark & Ade Kearns

GoWell Wave 2

- Sample of 3,749 social renters.
- 41% reported having received a home improvement in the past two years.
 - We asked people to specify what had been done.
- We also asked respondents:
 - To rate the quality of their home on 16 items.
 - To state to what extent they get a set of psychosocial benefits or feelings from their home.

Privacy: I feel I have privacy in my home

Control: I feel in control of my home

Safety: I feel safe in my home

Retreat: I can get away from it all in my home

Freedom: I can do what I want in my home



Progress: My home makes me feel that I'm doing well in life

Status: Most people would like a home like mine.

Identity: My home expresses my personality and values

Housing Improvements

- Internal: 15%
- Warmth: 10%
- Security: 12%
- External: 2%
- Unspecified: 11%
- 1 type: 33%
- 2 types: 8%
- 3 types: 1%
- 4 types: < 1%

“Have any improvements been carried out to your current home in the last 2 years?”

Indices Constructed

- Four Home Quality Indices:

- External: 2 items.
- Security: 3 items.
- Warmth: 3 items.
- Internal: 9 items.

0= all items very poor quality.

100=all items very good quality.

- Two PSB Indices:

- Control: 4 items.
- Status: 3 items.

0= strongly disagree with all statements.

100 = strongly agree with all statements.

Residential
psychosocial
environment

Socio-economic

N/hood

Home

Landlord
relations

**Housing
Improvements**

**Perceived
Home
Quality**

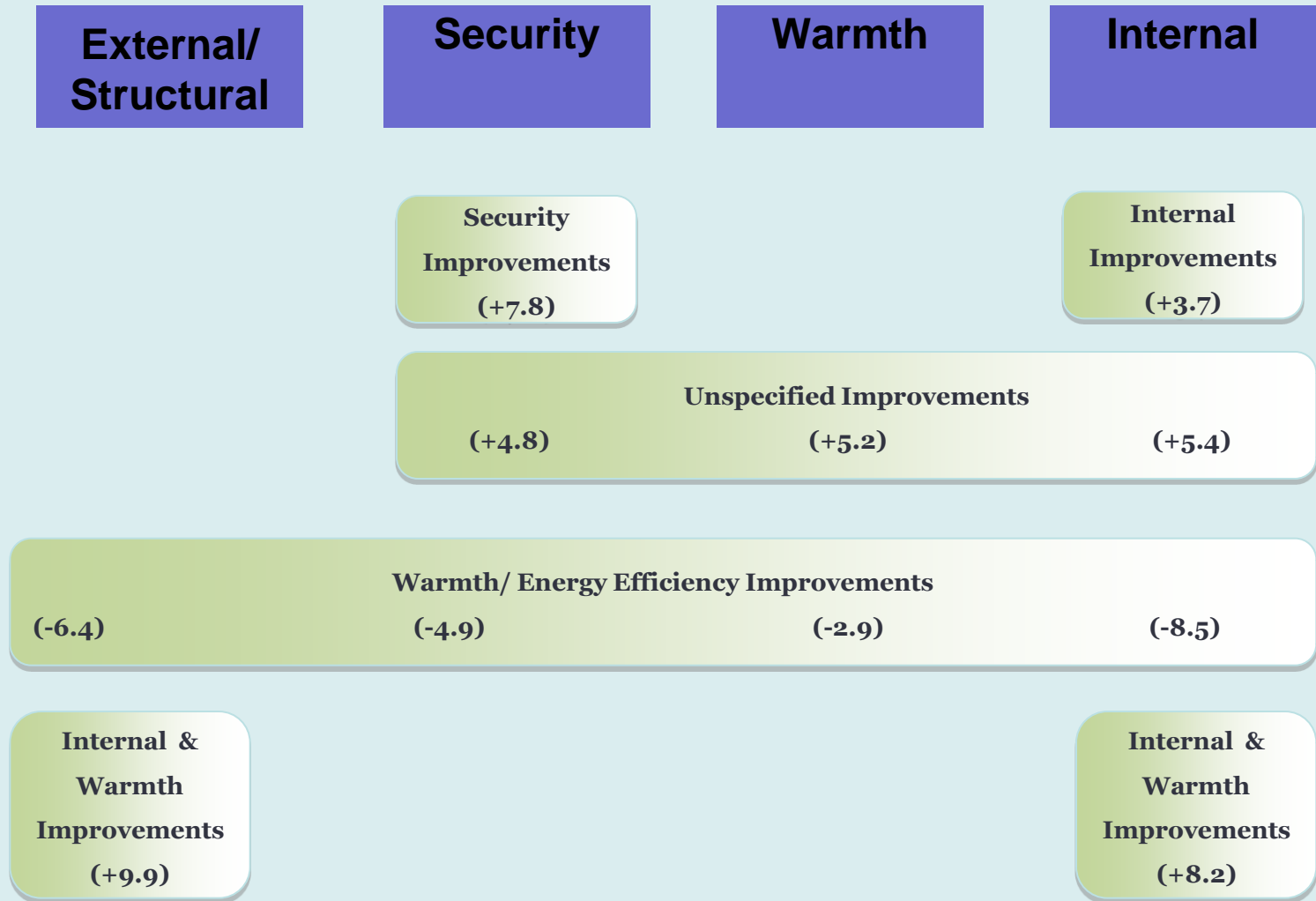
**Psychosocial
Benefits**

- External
- Security
- Warmth
- Internal
- Unspecified!

- External
- Security
- Warmth
- Internal

- Control
- Status

Perceived Home Quality Ratings



Home Quality & Psychosocial Benefits

Control

Security

(+5.8) security of the home
(+2.0) windows

Status

External/ Structural

external state of repair (+3.3)

Warmth

(+2.7) heating system

lack of damp/ condensation (+2.3)

Internal

(+3.0) overall space (+5.4)
(+3.4) internal layout (+3.4)
(+2.5) interior décor (+5.0)
(+1.4) bathroom (+4.3)

(+2.5) storage space
(+3.6) electrical wiring

internal state of repair (+3.3)

All housing improvement variables not significant in this model

But, the role of Moderators...

...*Built Form*



...Neighbourhood

Control

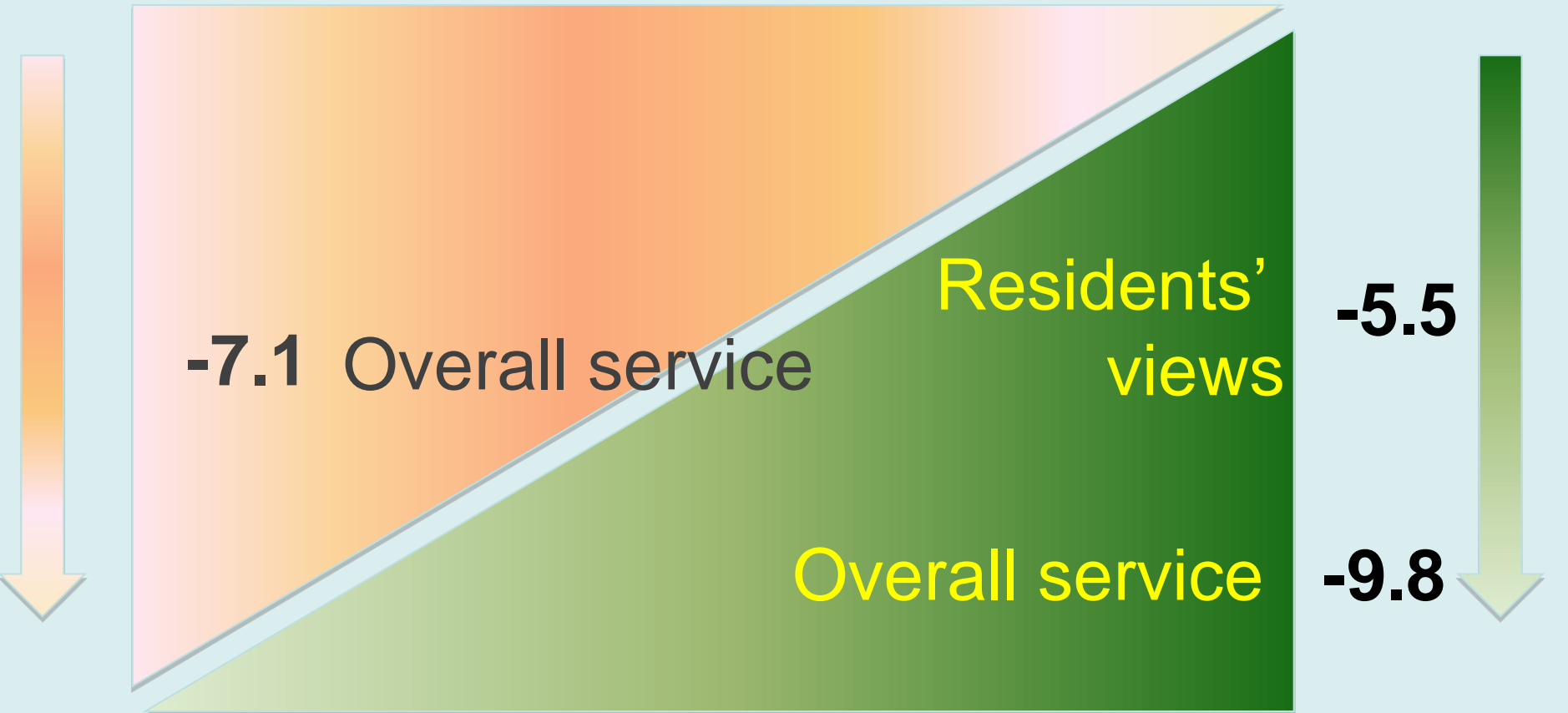
Status



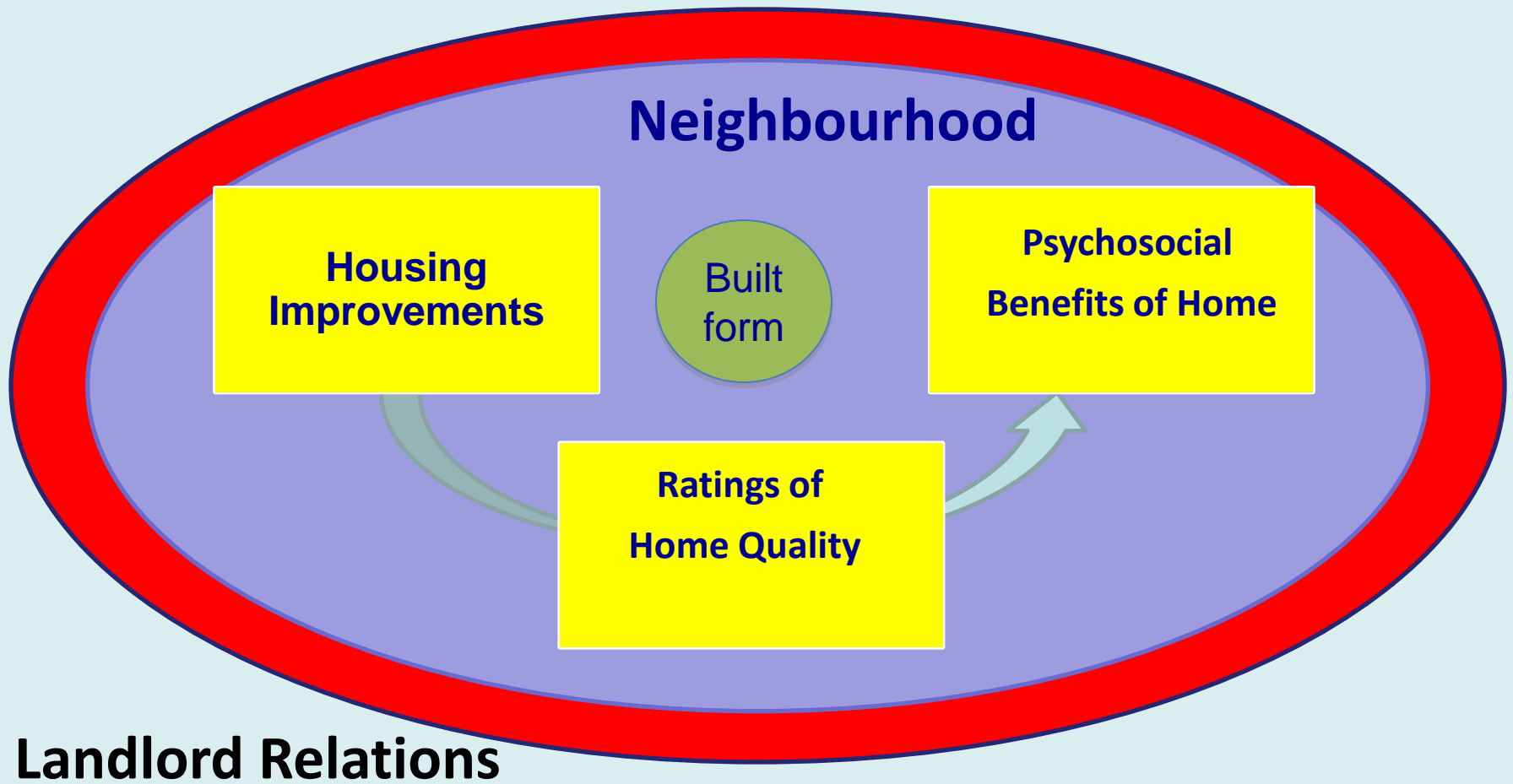
...Landlord Relations

Control

Status



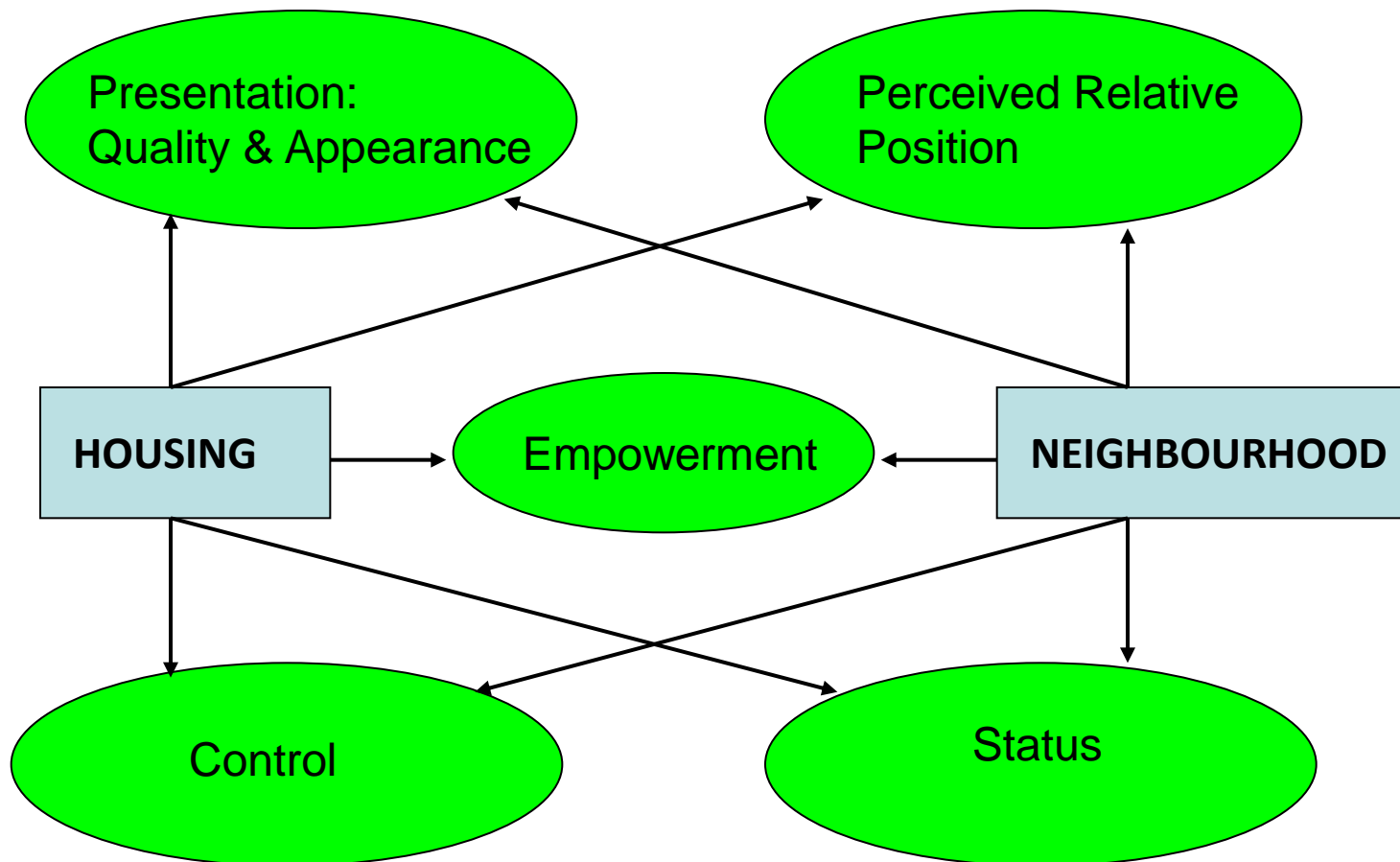
Housing Improvements, Home Quality & Psychosocial Benefits in Context



The Residential Psychosocial Environment and Mental Wellbeing

Researchers:

Ade Kearns, Elise Whitley, Lyndal
Bond, Carol Tannahill



WEMWBS Scale

- The Warwick-Edinburgh Mental Wellbeing Scale for the UK, developed with NHS Health Scotland.
- Consists of 14 items covering things such as confidence, optimism, happiness, clear thinking, closeness to others etc.
- Closely correlated with other emotional and psychological scales.
- Being used in the Scottish Health Survey and the Scottish Prison Survey.

Scoring

- Respondents are asked to assess how they have been feeling over the past two weeks.
- People can say, for each item, that they have 'never' felt positive up to feeling positive 'All of the time'.
- The items are combined into a score that ranges from 14 to 70.
- In 2008, our sample of 4,657 adults had a mean WEMWBS score of 50.9, with a std. dev. Of 9.9.
- We divided the sample into tertiles based on their scores: low, medium, high.

- WEMWBS:
- Below are some statements about feelings and thoughts. Tell me the frequency with which each describes your experience over the last 2 weeks.
- (SHOWCARD 24 AND CODE ONE FOR EACH)

	All of the time	Often	Some of the time	Fa r e l y	N e v e r
I've been feeling optimistic about the future	1	2	3	4	5
I've been feeling useful	1	2	3	4	5
I've been feeling relaxed	1	2	3	4	5
I've been feeling interested in other people	1	2	3	4	5
I've had energy to spare	1	2	3	4	5
I've been dealing with problems well	1	2	3	4	5
I've been thinking clearly	1	2	3	4	5
I've been feeling good about myself	1	2	3	4	5
I've been feeling close to other people	1	2	3	4	5
I've been feeling confident	1	2	3	4	5
I've been able to make up my own mind about things	1	2	3	4	5
I've been feeling loved	1	2	3	4	5
I've been interested in new things	1	2	3	4	5
I've been feeling cheerful	1	2	3	4	5

Residential Psychosocial Factors Most Strongly Associated with High Mental Wellbeing

Housing			Neighbourhood		
Domain & Factor	RR ¹	Rank	Domain & Factor	RR ¹	Rank
Presentation:			Presentation:		
Dwelling type	0.92 (0.52,1.54)	8	Attractive buildings	1.17 (0.80-1.71)	6
External appearance	1.69 (0.98-2.89)	3	Attractive Environment	2.02 (1.09-3.73)	2
Front door	1.64 (0.82-3.28)	4			
Relative Position:			Relative Position:		
House compared to others	1.56 (0.89-2.73)	5	Bad external reputation	0.58 (0.42-0.80)	4
Control:			Control:		
Feel in control of home	2.26 (1.28-3.98)	1	Feel safe walking at night	1.34 (0.95-1.89)	5
Status:			Status:		
Home expresses self	1.55 (1.10-2.17)	6	Sense of progress	4.41 (2.93-6.63)	1
Sense of progress	2.04 (1.15-3.60)	2			
Empowerment:			Empowerment:		
Landlord service	1.25 (0.84-1.86)	7	Community influence	1.84 (1.43-2.36)	3

Next Steps (2013/14)

Researchers: Angela Curl & Ade Kearns

- Using our W1-W2-W3 longitudinal data, approx. 1,100 cases between each pair of survey waves.
- Matching in GHA records on works carried out to properties: types of works & dates.
- Looking at relationships between specific improvements and changes in:
 - physical health,
 - mental health and wellbeing
 - health behaviours.



- Investigating pathways:
 - Reduction in stressors
 - Environmental opportunity / impacts
 - Psychosocial factors, including status, control, empowerment/self-efficacy
- Improvements to different dwelling types.
- The moderating effects of time intervals on any effects.

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**Glasgow Community Health and Well-being
Research and Learning Programme:
Investigating the Processes and Impacts of Neighbourhood Change**

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