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

Status: 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.

  $0 = \text{all items very poor quality.}$
  $100 = \text{all items very good quality.}$

- **Two PSB Indices:**
  - Control: 4 items.
  - Status: 3 items.

  $0 = \text{strongly disagree with all statements.}$
  $100 = \text{strongly agree with all statements.}$
Housing Improvements → Perceived Home Quality → Psychosocial Benefits

- External
- Security
- Warmth
- Internal
- Unspecified!

- External
- Security
- Warmth
- Internal

- Control
- Status

Residential psychosocial environment

Socio-economic

N/hood

Home

Landlord relations
Perceived Home Quality Ratings

- **External/Structural**: Unspecified Improvements (+4.8)
- **Internal**: Internal Improvements (+3.7)
- **Security**: Security Improvements (+7.8)
- **Warmth**: Unspecified Improvements (+5.2), Warmth/Energy Efficiency Improvements (-6.4), (+5.4)

**Internal & Warmth Improvements**
- (+9.9)
- (+8.2)
## Home Quality & Psychosocial Benefits

### Control

<table>
<thead>
<tr>
<th>Security</th>
<th>Status</th>
</tr>
</thead>
<tbody>
<tr>
<td>(+5.8) security of the home</td>
<td>External/ Structural</td>
</tr>
<tr>
<td>(+2.0) windows</td>
<td>external state of repair (+3.3)</td>
</tr>
</tbody>
</table>

### Internal

<table>
<thead>
<tr>
<th>Warmth</th>
<th>Internal</th>
</tr>
</thead>
<tbody>
<tr>
<td>(+2.7) heating system</td>
<td>(+3.0) overall space (+5.4)</td>
</tr>
<tr>
<td></td>
<td>(+3.4) internal layout (+3.4)</td>
</tr>
<tr>
<td></td>
<td>(+2.5) interior décor (+5.0)</td>
</tr>
<tr>
<td></td>
<td>(+1.4) bathroom (+4.3)</td>
</tr>
<tr>
<td>(+2.5) storage space</td>
<td>(+2.5) internal state of repair (+3.3)</td>
</tr>
<tr>
<td>(+3.6) electrical wiring</td>
<td></td>
</tr>
</tbody>
</table>

All housing improvement variables not significant in this model
But, the role of Moderators…

…*Built Form*

But, the role of Moderators…

*Built Form*
...Neighbourhood

Control

6.8 Neighbourhood satisfaction

3.6 Internal nhd. reputation

Status

5.5

Neighbourhood problems

(0-100)

Area getting better

Nhd satisfaction

2.7

-.08
...Landlord Relations

-7.1 Overall service

Residents’ views

-5.5

Overall service

-9.8
Housing Improvements, Home Quality & Psychosocial Benefits in Context

Neighbourhood

- Housing Improvements
- Ratings of Home Quality
- Psychosocial Benefits of Home

Landlord Relations
The Residential Psychosocial Environment and Mental Wellbeing

Researchers:
Ade Kearns, Elise Whitley, Lyndal Bond, Carol Tannahill
Presentation:
Quality & Appearance

Perceived Relative
Position

HOUSING

Empowerment

NEIGHBOURHOOD

Control

Status
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)*

<table>
<thead>
<tr>
<th>Statement</th>
<th>All of the time</th>
<th>Often</th>
<th>Some of the time</th>
<th>Fairly</th>
<th>Never</th>
</tr>
</thead>
<tbody>
<tr>
<td>I’ve been feeling optimistic about the future</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>I’ve been feeling useful</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>I’ve been feeling relaxed</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>I’ve been feeling interested in other people</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>I’ve had energy to spare</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>I’ve been dealing with problems well</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>I’ve been thinking clearly</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>I’ve been feeling good about myself</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>I’ve been feeling close to other people</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>I’ve been feeling confident</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>I’ve been able to make up my own mind about things</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>I’ve been feeling loved</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>I’ve been interested in new things</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>I’ve been feeling cheerful</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
</tbody>
</table>
## Residential Psychosocial Factors Most Strongly Associated with High Mental Wellbeing

<table>
<thead>
<tr>
<th>Housing</th>
<th></th>
<th>Neighbourhood</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Domain &amp; Factor</td>
<td>RR&lt;sup&gt;1&lt;/sup&gt;</td>
<td>Rank</td>
<td>Domain &amp; Factor</td>
</tr>
<tr>
<td>Presentation:</td>
<td></td>
<td></td>
<td>Presentation:</td>
</tr>
<tr>
<td>Dwelling type</td>
<td>0.92 (0.52, 1.54)</td>
<td>8</td>
<td>Attractive buildings</td>
</tr>
<tr>
<td>External appearance</td>
<td>1.69 (0.98-2.89)</td>
<td>3</td>
<td>Attractive Environment</td>
</tr>
<tr>
<td>Front door</td>
<td>1.64 (0.82-3.28)</td>
<td>4</td>
<td></td>
</tr>
<tr>
<td>Relative Position:</td>
<td></td>
<td></td>
<td>Relative Position:</td>
</tr>
<tr>
<td>House compared to others</td>
<td>1.56 (0.89-2.73)</td>
<td>5</td>
<td>Bad external reputation</td>
</tr>
<tr>
<td>Control:</td>
<td></td>
<td></td>
<td>Control:</td>
</tr>
<tr>
<td>Feel in control of home</td>
<td>2.26 (1.28-3.98)</td>
<td>1</td>
<td>Feel safe walking at night</td>
</tr>
<tr>
<td>Status:</td>
<td></td>
<td></td>
<td>Status:</td>
</tr>
<tr>
<td>Home expresses self</td>
<td>1.55 (1.10-2.17)</td>
<td>6</td>
<td>Sense of progress</td>
</tr>
<tr>
<td>Empowerment:</td>
<td></td>
<td></td>
<td>Empowerment:</td>
</tr>
<tr>
<td>Landlord service</td>
<td>1.25 (0.84-1.86)</td>
<td>7</td>
<td>Community influence</td>
</tr>
</tbody>
</table>
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.
References


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

GoWell is a collaborative partnership between the Glasgow Centre for Population Health, the University of Glasgow and the MRC/CSO Social and Public Health Sciences Unit, sponsored by Glasgow Housing Association, the Scottish Government, NHS Health Scotland and NHS Greater Glasgow & Clyde.