

# The relationship between money and mental health can be described as a double helix

Find out more about the project here



Research funded by



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## Money and Mental Health Rapid Evidence Review

**Background:** Money and mental health have been found to be interconnected, often described as a vicious circle, where challenging experiences in one negatively affect the other.

**Result 1:** Mental health and financial challenges worsened during COVID and CoL, with specific groups exposed

37% of people with mental health problems were behind on one payment compared to 14% of those without

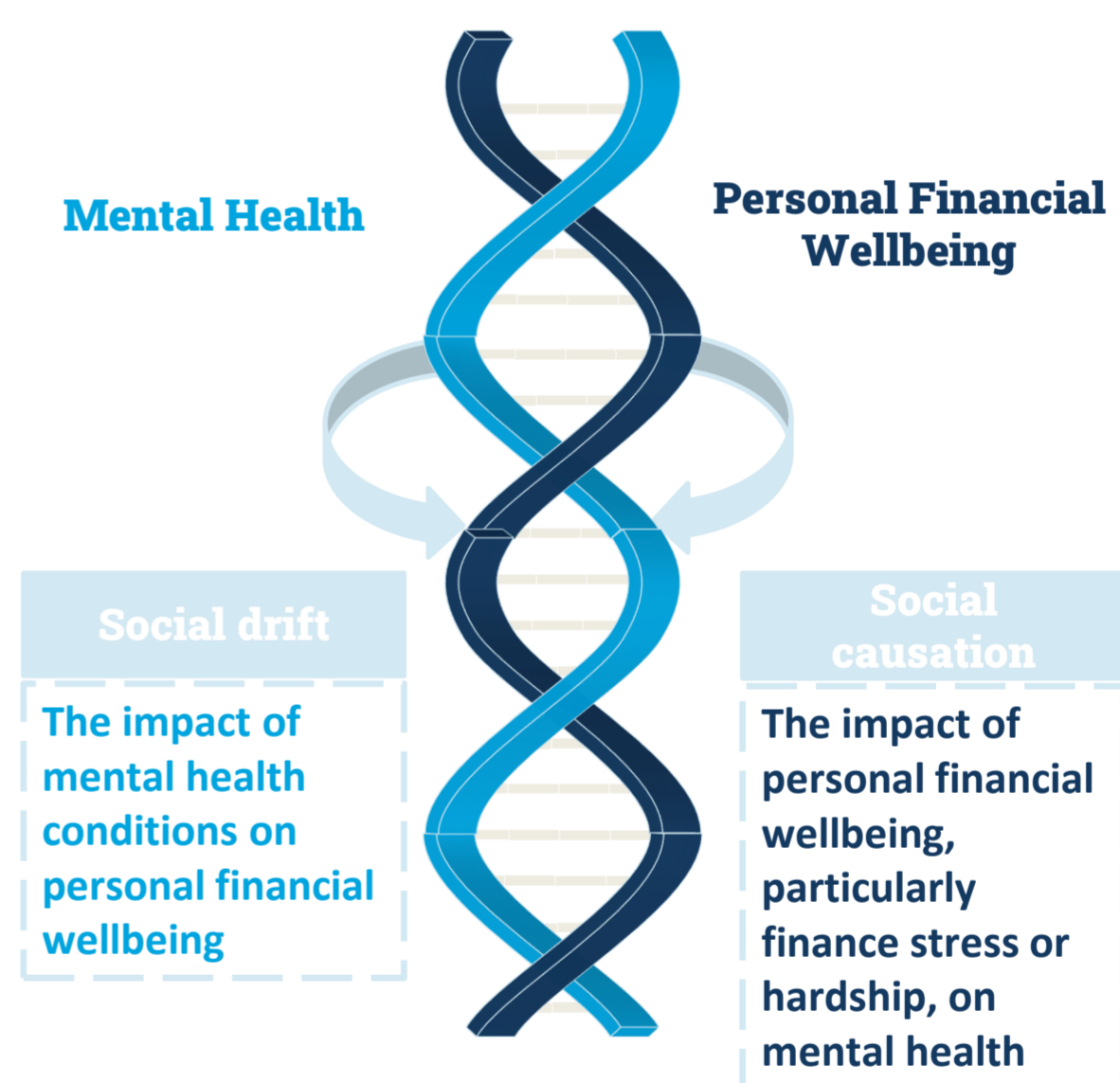
54% of UK adults reported feeling anxious, depressed, or stressed due to financial concerns

32% of people with debt experienced suicidal thoughts or feelings, compared to 13% of those who were not behind

43% of women said CoL had affected their mental health, compared to 35% of men

Renters were twice as likely to be distressed as homeowners

**Result 2:** The interaction of social drift and social causation can be considered as a double helix, with potential for improvements as well as worsening



## Methods

Evidence review covering 50 pieces of literature including:

- 1 Polls and surveys on topics related to mental health and money, sometimes on a representative basis
- 2 Analysis of large datasets which consider issues around mental health and money, normally representative
- 3 Qualitative research conducted on topics of mental health and money, usually with specific groups
- 4 Multi-method evidence which provides a view on a specific topic through more than one lens
- 5 Summary, reviews or insight pieces based on the evidence landscape

**Limitation:** We need more research and more data to examine this longitudinally and cross-sectionally.