

UK wellbeing over time: Analysing Living Costs and Food Survey data 2014-2020

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About the author

Ben recently graduated from the London School of Economics, obtaining an MSc in economics. His research interests include macroeconomics and applied econometrics, particularly multivariate time series analysis. Ben has previously worked in the public sector as an Assistant Economist for the Office for National Statistics (ONS) analysing ONS data surveys and working with ONS civil servants to release statistical publications.

About the What Works Centre for Wellbeing

We are an independent collaborating centre and the aim of our work is to improve wellbeing and reduce misery in the UK. We believe that this is the ultimate goal of effective policy and community action. By accelerating research and democratising access to wellbeing evidence, we develop and share robust evidence for governments, businesses, communities and people to improve wellbeing across the UK.

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Introduction

The overall state of people's wellbeing can have serious impacts on productivity, health and other social and economic factors - with Santini et al. (2022) finding evidence that better mental wellbeing considerably reduces national productivity losses.

This means it is crucial for us to understand and track how people are doing. Gauging how UK residents have been affected by these socioeconomic forces and help policymakers infer what kind of policy interventions are necessary to support them.

To do this, we can look at national data, such as the The Living Costs and Food Survey (LCF), a continuous survey organised by the Office for National Statistics (ONS). It is primarily used to analyse the expenditure patterns of UK households. In addition to this, the survey contains information about the personal wellbeing of members of the household.

Using data from the LCF, this report aims to analyse and discuss the wellbeing of individuals in the UK over time, and break this down by income, geography and demographic variables.

The data

We consider data between 2014 and 2020. The first LCF survey is carried out during the 2014 calendar year and the other surveys are carried out during the UK financial year. Each survey roughly receives 8000 respondents answering questions on their wellbeing.

The LCF contains four wellbeing questions that were answered by respondents aged 16 and over. Respondents must give an answer on a scale between 0 and 10 for each question. The four personal wellbeing variables with their associated question are the following:

- 1. Life Satisfaction:** Overall, how satisfied are you with your life nowadays? With 0 being 'not at all satisfied' and 10 being 'completely satisfied'.
- 2. Worthwhile:** Overall, to what extent do you feel that the things you do in your life are worthwhile? With 0 being 'not at all worthwhile' and 10 being 'completely worthwhile'.
- 3. Happiness:** Overall, how happy did you feel yesterday? With 0 being 'not at all happy' and 10 being 'completely happy'.
- 4. Anxiety:** Overall, how anxious did you feel yesterday? With 0 being 'not at all anxious' and 10 being 'completely anxious'.

It must be noted that the wellbeing variables are weighted in order to make data more representative of the UK population. For the LCF a mixture of weights is applied to the four wellbeing variables.

For surveys conducted during 2014 and the financial years (FYE) ending 2016 and 2017, a specific wellbeing weight is applied. For surveys conducted between FYE 2018 and FYE 2020, household weights are used. The household weights are integrated so that they can also be used as individual weights.

The findings

Wellbeing of the UK population overall

The main message at the aggregate level is that all four wellbeing measures have been quite stable over the time frame considered (figure 1). The weighted medians of all four variables have remained constant over the time period. The weighted means have remained fairly constant across the time range.

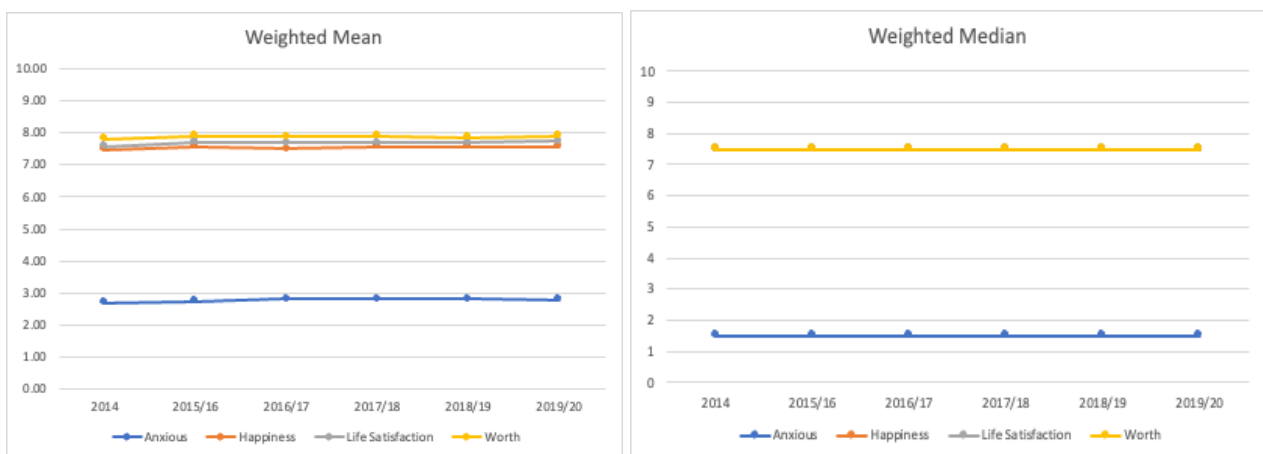


Figure 1: Weighted Median and Mean of the Four Wellbeing Measures of the UK Population. Note that the median values of Worthwhile, Happiness and Life Satisfaction overlap for all periods. Source: Living Costs and Food Survey (LCF)

The mean and median of a random variable, such as one of the wellbeing variables, is a measure of central tendency. The fact that the Anxiety variable has a weighted median of 1.5 throughout all sample years implies that after weighting the “bottom” 50% of the population that are scoring the lowest scores are scoring either 0 or 1. The “top” 50% that are scoring the highest Anxiety scores are scoring between 2 and 10.

For all sample periods (2014 to FYE 2020) the Anxiety variable has a positive skew, while the other three wellbeing variables have a negative skew (see the Appendix). This implies that, after weighting, respondents predominantly rated

the Anxiety variable on the lower side of the scale (closer to zero) and rated the other three wellbeing variables on the upper side of the scale (closer to ten).

Across all samples the Anxiety variable has a negative excess kurtosis and the other three wellbeing variables have a positive excess kurtosis (see the Appendix). A negative excess kurtosis is where a variable generates less extreme outliers than a random variable that is normally distributed. In this scenario, a distribution is termed platykurtic. A positive excess kurtosis is where a variable generates more extreme outliers than a normally distributed random variable and is termed a leptokurtic distribution. Thus, after weighting, the respondents that report high Anxiety scores (the outliers) tend to be less extreme than the outliers in a normal distribution. The weighted sample distribution of Anxiety is platykurtic. For the other three wellbeing variables their outliers, which report scores on the lower end of the scale, are more extreme than the outliers from a normal distribution. Their weighted sample distributions are leptokurtic.

Over the sampling periods, the proportion of the UK population that reported high and low wellbeing scores has remained consistent (figure 2). The proportion reporting high scores for Life Satisfaction, Worthwhile and Happiness has slightly increased over the course of the decade, with 28% scoring high Life Satisfaction (9-10) in 2014, compared to 31% in FYE 2020.



Figure 2: Proportion of the UK Population that Rated High and Low Wellbeing Scores. Source: Living Costs and Food Survey (LCF)

The Pearson correlation coefficient and Spearman’s rank correlation coefficient are both measures of association between two random variables, used to determine whether they are strongly positively related, strongly negatively related, etc.

The four wellbeing variables are ordinal, meaning they have categories (a scale of 0 to 10) and that are ordered (0 being “not at all” and 10 being “completely”). In this case, the Spearman’s correlation coefficient is more appropriate, but both measures are useful.

Both measures indicate Anxiety is negatively correlated with the other wellbeing variables for all sample periods. This means that a respondent that provides a high Anxiety score is likely to provide a low score for Life Satisfaction, Worthwhile and Happiness. The other three wellbeing variables are positively correlated with each other under all weighted samples (see the Appendix). This means that if someone chooses a high Life Satisfaction score, for example, then they’re likely to also choose a high Worthwhile and Happiness score.

Table 1: Pearson Correlation Coefficients of Wellbeing Variables 2019/20

	Life Satisfaction	Worthwhile	Happiness	Anxiety
Life Satisfaction	1			
Worthwhile	0.618	1		
Happiness	0.551	0.476	1	
Anxiety	-0.320	-0.241	-0.447	1

Table 2: Spearman’s Correlation Coefficient of Wellbeing Variables 2019/20

	Life Satisfaction	Worthwhile	Happiness	Anxiety
Life Satisfaction	1			
Worthwhile	0.603	1		
Happiness	0.534	0.472	1	
Anxiety	-0.316	-0.251	-0.448	1

Wellbeing by demographic and socio-economic factors

Breaking down the LCF data by demographic and socio-economic variables is advantageous in finding the developments of wellbeing for different groups. Even though the four wellbeing measures have been stable across the time frame considered, there may be certain members of UK society that are reporting very different scores compared to the rest of the population.

Wellbeing by sex

This section breaks down the LCF surveys into the female and male sample groups to see if the two groups have been responding differently, overall, to the wellbeing questions.

When assessing the median and means of the wellbeing variables there are very minor differences between the sexes. Even though the weighted medians of every wellbeing variable are equivalent between the sexes (Figure 3), the weighted means of the four measures are slightly greater for the female sample group than the male sample group (Figure 4).



Figure 3: Weighted Median of the Four Wellbeing Measures by Sex. Note that the median values of Worthwhile, Happiness and Life Satisfaction overlap for all periods. Source: Living Costs and Food Survey (LCF)

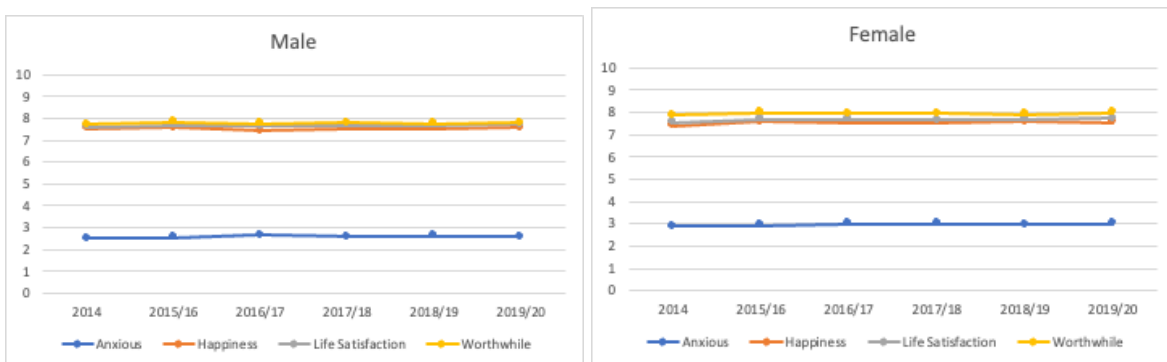


Figure 4: Weighted Mean of the Four Wellbeing Measures by Sex. Source: Living Costs and Food Survey (LCF)

The weighted median of Anxiety is 1.5 for the two sexes under all the sample years and the weighted medians of the other three metrics are 7.5 for both sexes for every year. The slightly greater weighted mean of Anxiety under the female sample group is due to female respondents providing high Anxiety scores which influence the mean to rise greater than the males.

The biggest disparity between the sexes occurs in the Anxiety variable. Figure 5 shows a noticeable difference between the proportion of females providing high Anxiety scores (6 to 10) and males providing high Anxiety scores.

Across all years, the proportion of female respondents answering high Anxiety scores ranges roughly between 20% and 22%, while for males it's roughly around 15% to 18%. The percentage of females giving very low Anxiety scores (0 to 1) ranges from 39% to 42% and for males, it is ranging from 44% to 46%.

Generally, the female population is showing signs of greater anxiety which has remained consistent throughout the decade.

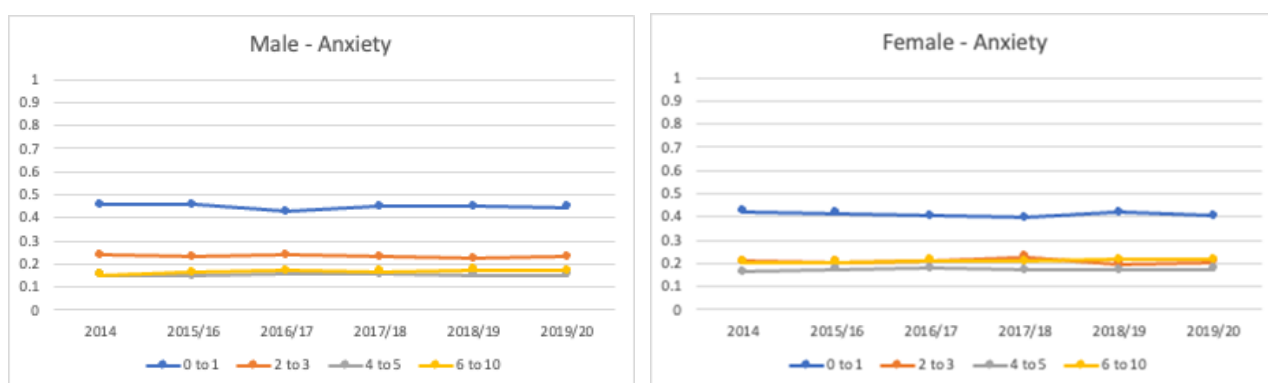


Figure 5: Proportion of the UK Population that Rated High and Low Anxiety Scores Broken Down by Sex. Source: Living Costs and Food Survey (LCF)

Wellbeing by age

When breaking down the LCF data by age bands there is a difference in the level of anxiety felt between the age groups. The older age groups have a lower weighted median for Anxiety compared with the younger age bands (Figure 6).

Despite these central tendency measures (Figures 6 and 7) not showing any sizeable changes, for many age bands, the proportion of respondents providing low Anxiety scores has been slowly declining (figure 8). For example, for the 20 to 24 age group, the percentage of respondents that gave a very low Anxiety score (0 to 1) was approximately 41% in FYE 2016 and 33% in FYE 2020. The respondents in the 80 to 84 group have also gradually provided fewer Anxiety scores in the 0 to 1 range. In the calendar year 2014, 56% of 80 to 84-year-olds answered with a very low Anxiety score, while in FYE 2020 it was 51%.

Various age groups are generally reporting greater anxiety over the latter half of the decade, but this trend is gradual given that there haven't been any vast changes to the weighted mean and median for each age group.

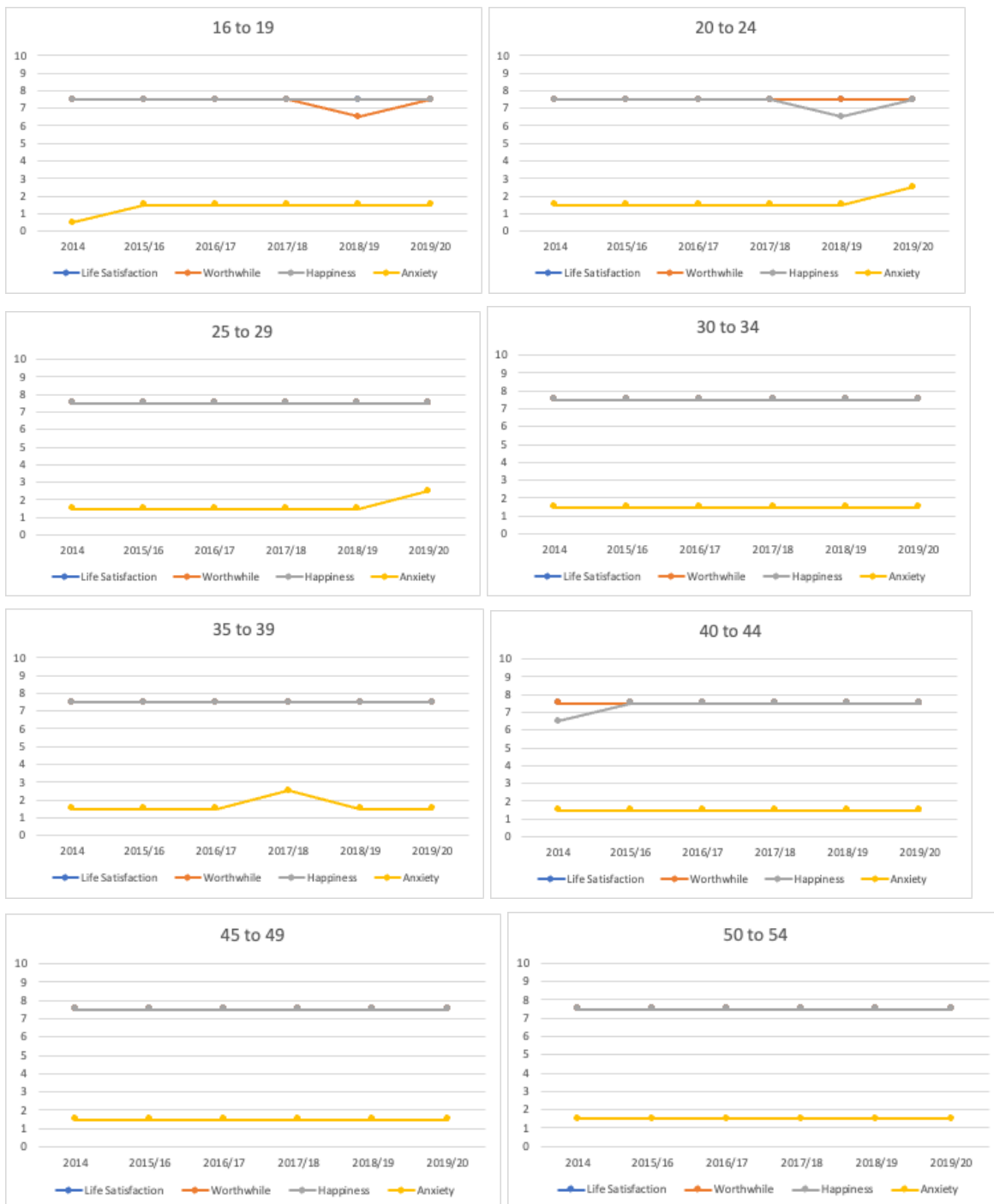


Figure 6: Weighted Median of the Four Wellbeing Measures by Age Bands. Note that the median values of Worthwhile, Happiness and Life Satisfaction overlap for nearly all periods. Source: Living Costs and Food Survey (LCF)



Figure 6 (cont.): Weighted Median of the Four Wellbeing Measures by Age Bands. Note that the median values of Worthwhile, Happiness and Life Satisfaction overlap for nearly all periods. Source: Living Costs and Food Survey (LCF)



Figure 7: Weighted Mean of the Four Wellbeing Measures by Age Bands.

Source: Living Costs and Food Survey (LCF)

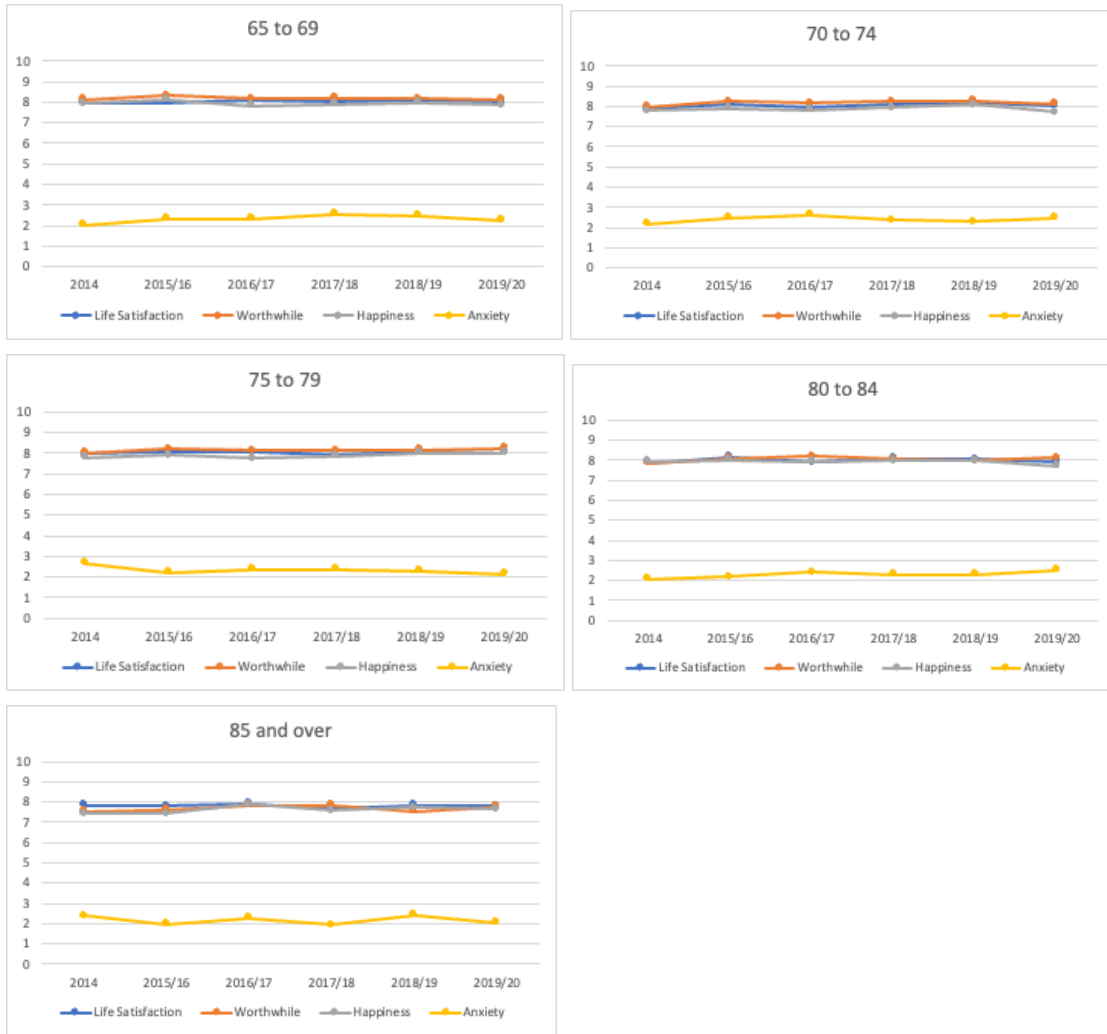


Figure 7 (cont.): Weighted Mean of the Four Wellbeing Measures by Age Bands. Source: Living Costs and Food Survey (LCF)



Figure 8: Proportion of the UK Population that Rated High and Low Anxiety Scores Broken Down by Age Bands. Source: Living Costs and Food Survey (LCF)

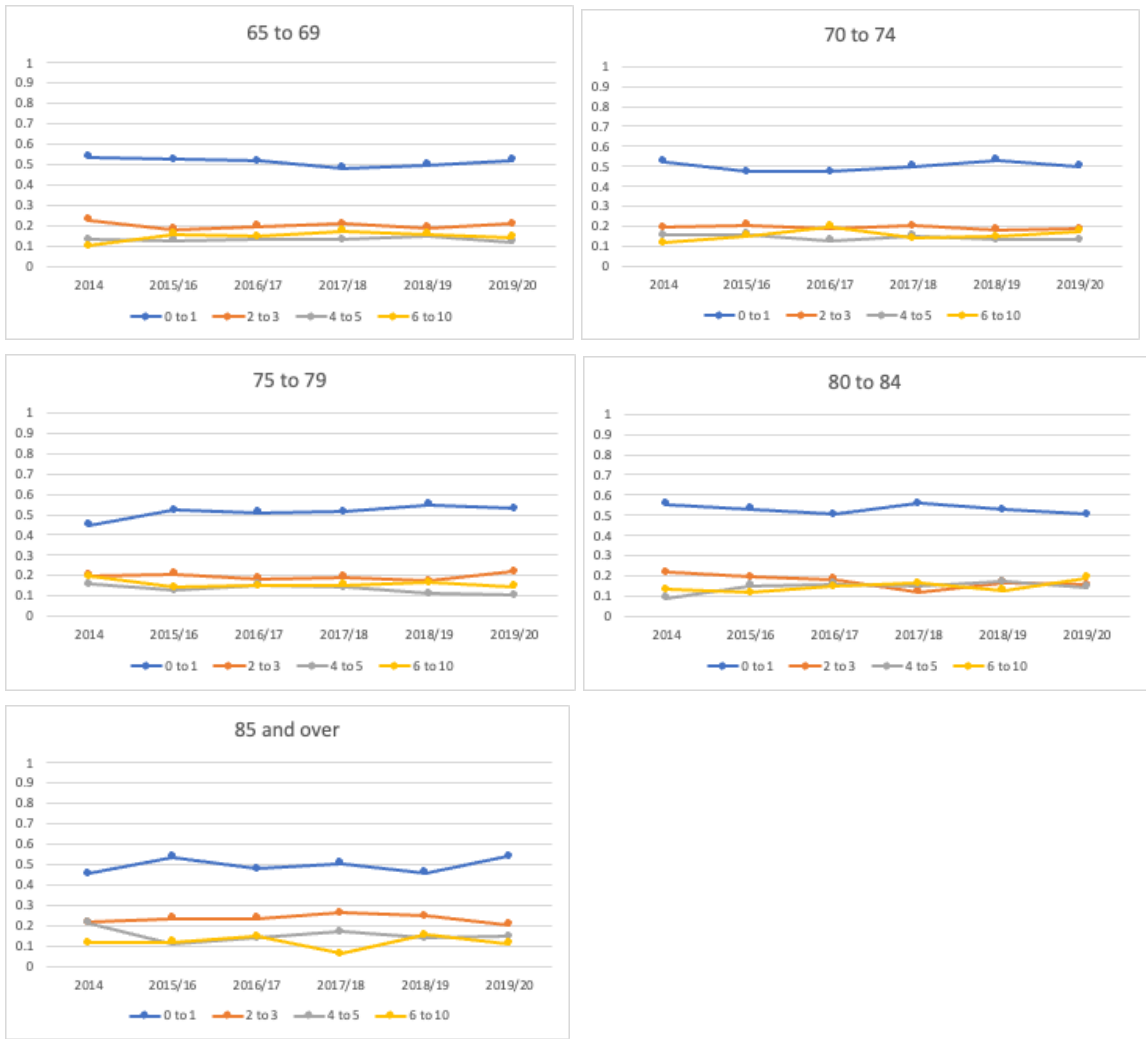


Figure 8 (cont.): Proportion of the UK Population that Rated High and Low Anxiety Scores Broken Down by Age Bands. Source: Living Costs and Food Survey (LCF)

Wellbeing by income

Income can improve the wellbeing of individuals by providing people with greater access to basic resources. It may alleviate previous anxieties or worries that may have been caused by financial hardship.

In this section, we break the gross weekly income of the respondent's main job into weekly income bands which are £200 wide (i.e. £0-199, £200-399 etc.) up to £1200. Breaking weekly income into bands brings the benefit of assessing whether there are adverse differences in the wellbeing of low-income respondents and high-income respondents.

Surprisingly, when dissecting the LCF samples into gross weekly income brackets, there are no differences in the weighted median for all four wellbeing measures. Under every income band, the weighted median of Anxiety is 1.5 for every year and the weighted median for the other wellbeing variables is 7.5 for every year. Across all weekly income bands considered, the proportion of people giving low and high Anxiety scores are similar (Figure 9).

Lower to mid-income brackets are seeing small decreases in the proportion of respondents answering low Anxiety scores between 2014 and FYE 2019/20. For example, the proportion of respondents in the £200-399 band giving a very low Anxiety score (0 to 1) is about 47% compared to 44% in FYE 2020.

There are no major differences between bands in the proportion of people answering with high anxiety. In particular, those earning gross weekly incomes between £1000-1199 have seen a slow reduction in the proportion of people giving high Anxiety scores (6 to 10) from 28% in 2014 to 17% in FYE 2020. Interestingly, people in the £600-799 bracket have had the lowest proportion of high Anxiety for most sample years.

The weighted mean of Anxiety is roughly 2.5 for all sample years under every income bracket. The other three wellbeing variables have their weighted means hugging around 7.5 for all sample periods under every income bracket.

The LCF data suggests that respondents in different income brackets do not differ greatly in answering the four questions at the aggregate level. Their central tendency measures align closely over the sample period.



Figure 9: Proportion of the UK Population that Rated High and Low Anxiety Scores Broken Down by Income Bands.

Source: Living Costs and Food Survey (LCF)

Wellbeing by region

Regional inequalities are a serious topic of discussion in the UK, with London and the South East stand out as the richest regional economies in terms of [gross domestic product \(GDP\) and GDP per capita](#).

The current Government is focusing on ways to minimise regional economic disparities, chiefly through its “levelling up” policy.

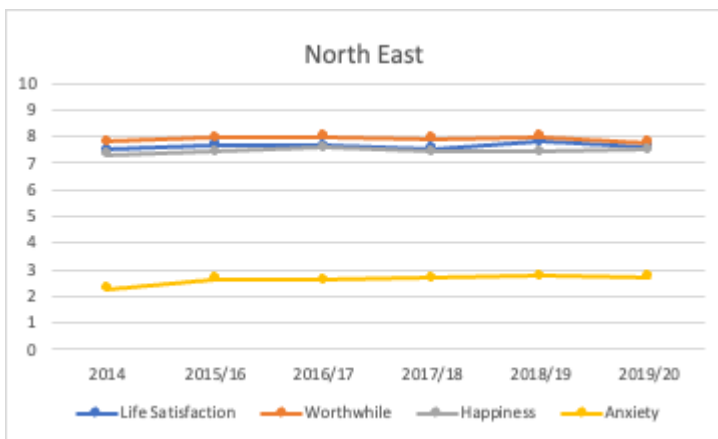
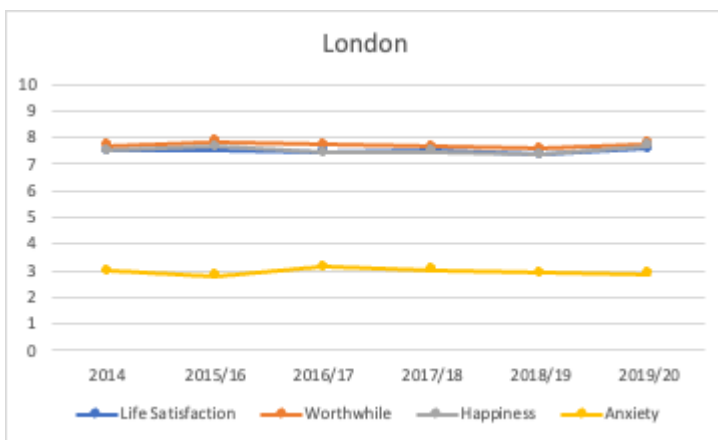
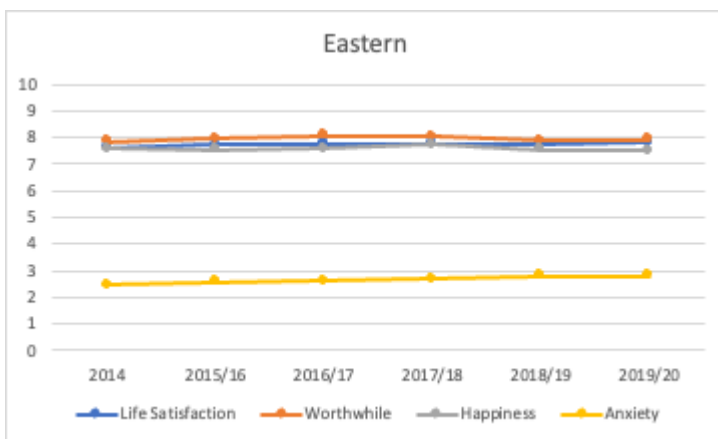
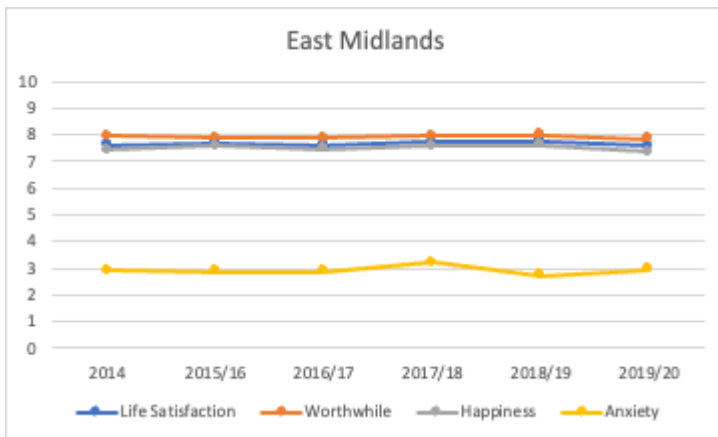
However, even with the economic disparity, the descriptive statistics at the regional level do not suggest any consistent sign of the four wellbeing measures reflecting this in the aggregate. The LCF surveys are actually conveying the opposite message at times, with some of the poorest regions in the UK showing that their respective populations are generally providing lower feelings of anxiety.

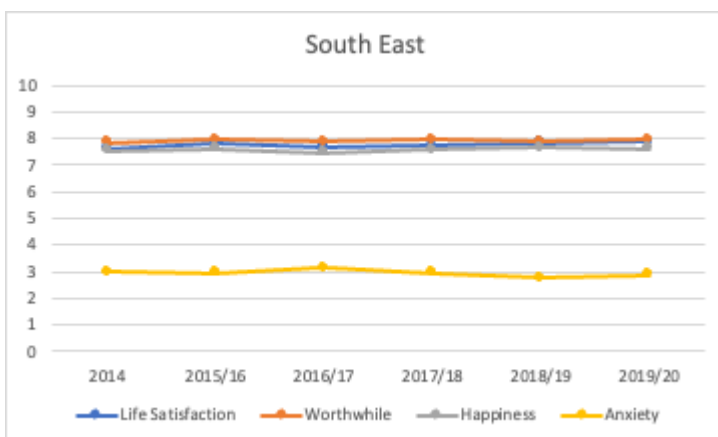
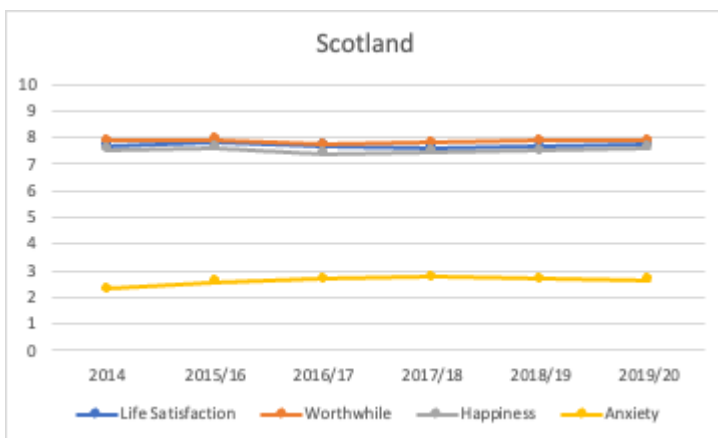
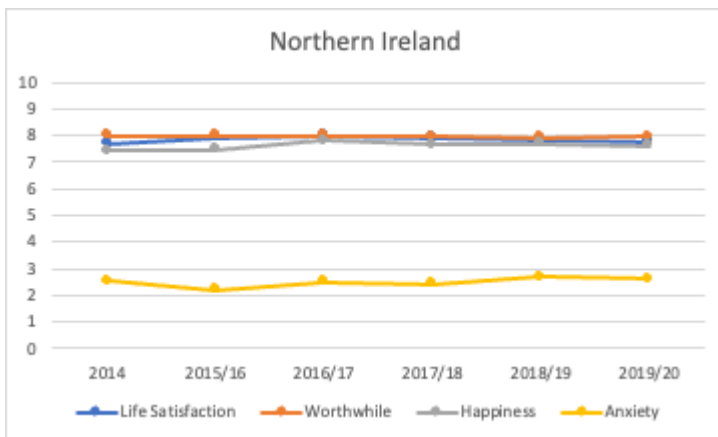
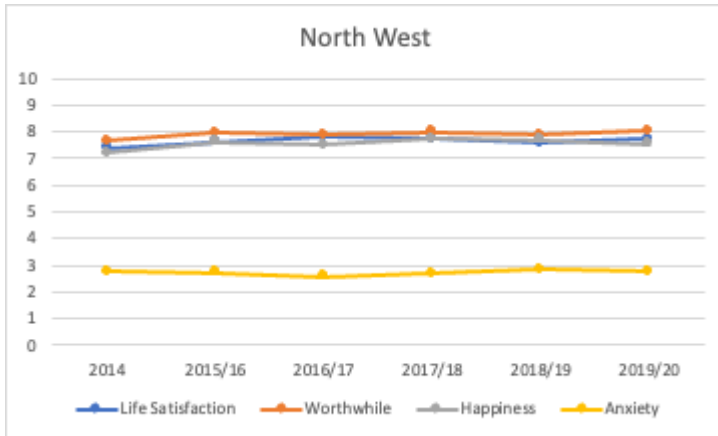
Between 2014 and FYE 2020, London, South East and the East Midlands had the greatest weighted medians of Anxiety of 2.5 (Figure 10), while the North East of England had the lowest weighted median of Anxiety of 0 during the 2014 calendar year (Figure 10). This result means that the 50% of respondents in the North East that gave the lowest Anxiety scores all scored 0 in 2014. In the calendar year 2014 and FYE 2016, Wales, Scotland, Northern Ireland and the West Midlands had weighted medians of 0.5 for the Anxiety metric which was lower than most regions (Figure 10).





Figure 10: Weighted Median of the Four Wellbeing Measures by Region. Note that the median values of Worthwhile, Happiness and Life Satisfaction overlap for all periods. Source: Living Costs and Food Survey (LCF)





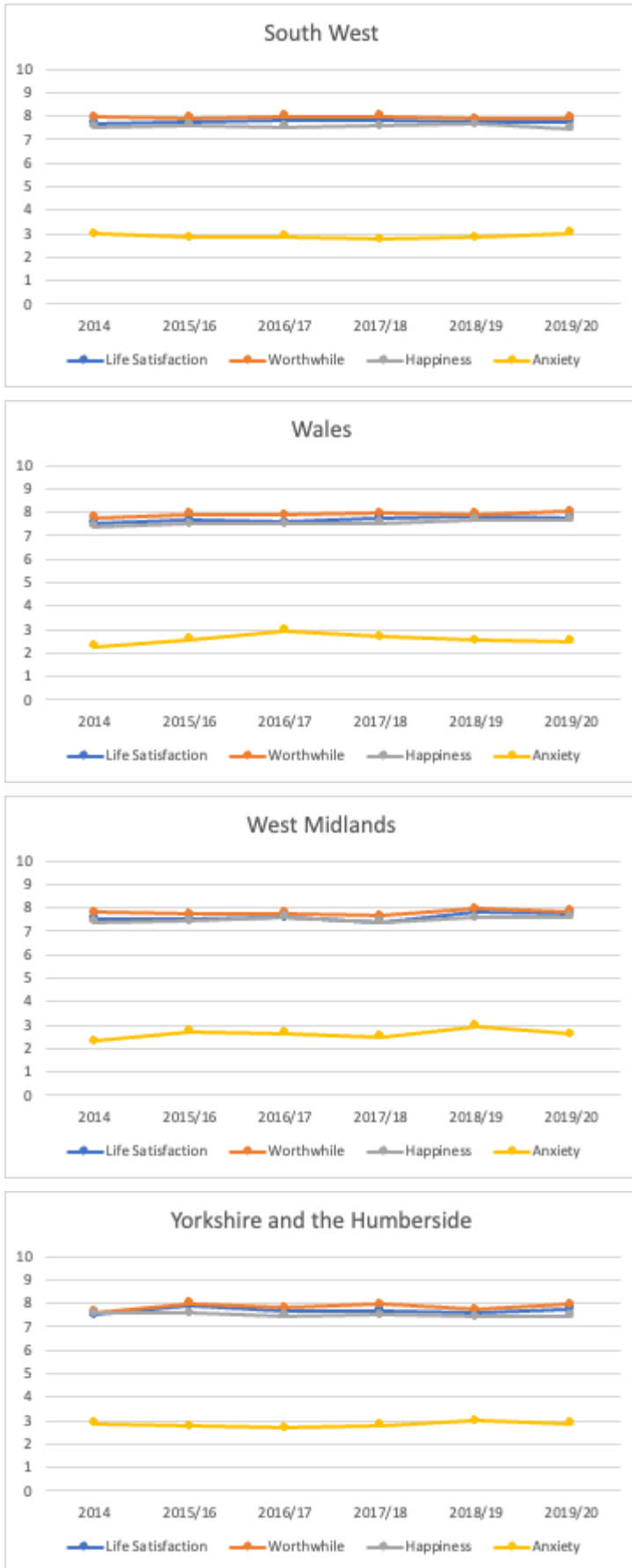


Figure 11: Weighted Mean of the Four Wellbeing Measures by Region.

Source: Living Costs and Food Survey (LCF)

London, the East Midlands and Wales had the lowest proportion of individuals providing very low Anxiety scores (0 to 1) over the course of the six sampling years (figure 12). As an example, in FYE 2017 the percentage of respondents in Wales and London giving very low Anxiety scores (0 to 1) was 39% and 35% respectively, rounded to the nearest integer. Scotland, Wales and Northern Ireland had the largest proportion of individuals providing very low Anxiety scores across the six sampling periods. In FYE 2016, 52% of respondents in Northern Ireland gave a very low Anxiety score and this percentage gradually declined to roughly 46% in FYE 2020.



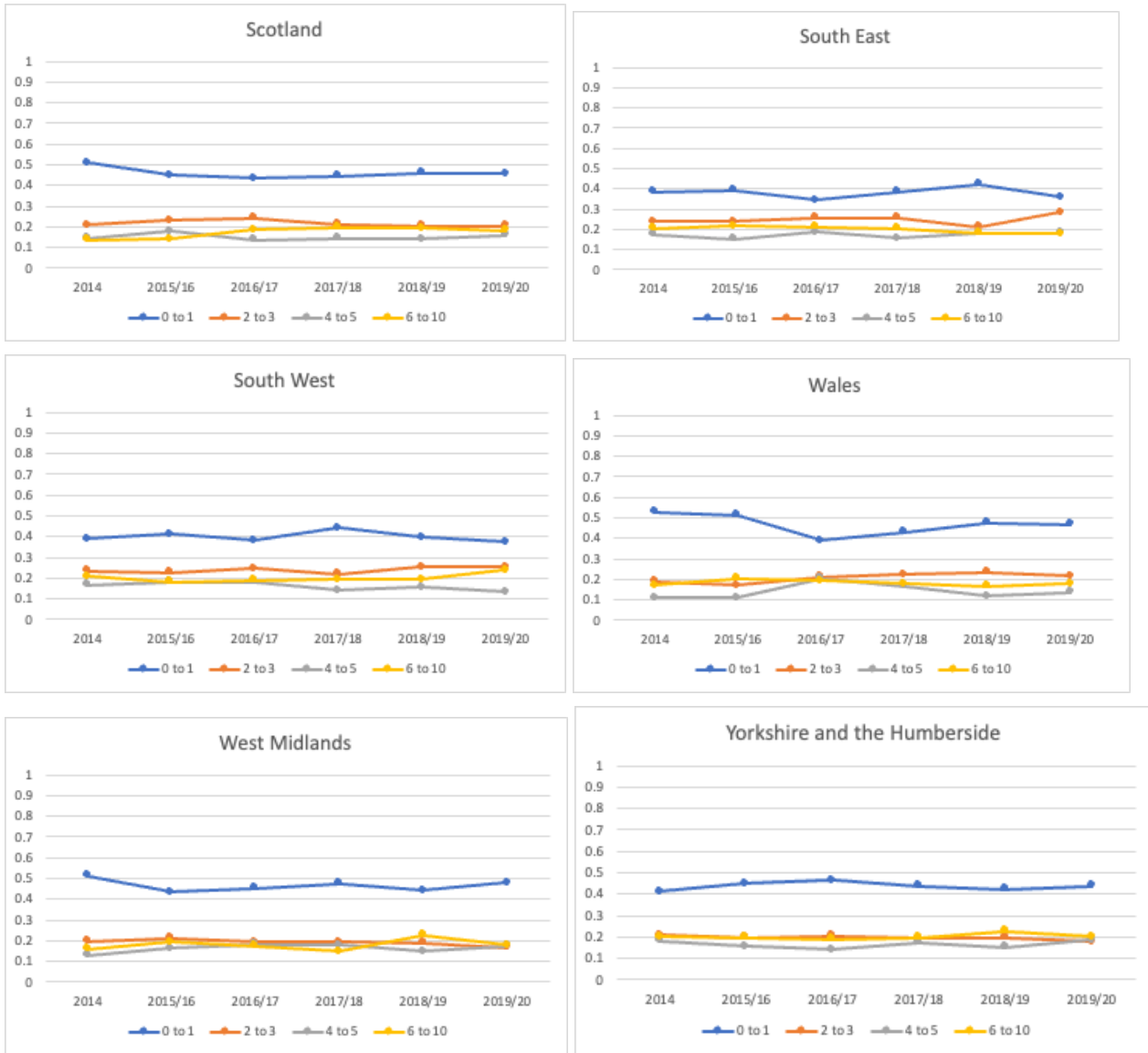


Figure 12: Proportion of the UK Population that Rated High and Low Anxiety Scores Broken Down by Region.

Source: Living Costs and Food Survey (LCF)

Wellbeing by marital status

The LCF surveys contain granular data on marital status, dividing those that are married and are living with their partner, and those that are separated from their married partner.

The weighted median for the divorced, married and living with husband/wife and widowed groups are equivalent; Anxiety was 1.5 for all years and the weighted median for the other three wellbeing metrics was 7.5 for all years (Figure 13).



Figure 13: Weighted Median of the Four Wellbeing Measures by Marital Status. Note that the median values of Worthwhile, Happiness and Life Satisfaction overlap for nearly all periods. Source: Living Costs and Food Survey (LCF)

Note that for the 2014 calendar year and the FYE 2017, the weighted median of Anxiety under the widowed sub-population dropped from 1.5 to 0.5. This result means that for individuals that are widowed in the sample, after weighting, the

“bottom” 50% of that group, that is, the 50% that provided the lowest Anxiety scores, all gave answers of 0 out of 10, not at all anxious.

Further, the individuals in the sample that are married and separated from their husband/wife have a greater weighted median of Anxiety of 2.5 for all years barring FYE 2017 and FYE 2018. The other three wellbeing metrics under this group have lower weighted medians for Life Satisfaction and Happiness, dropping to 6.5 in most of the years.

Adding to the weighted median figures, married and separated from husband/wife sub-population have consistently lower weighted means for Life Satisfaction, Happiness and Worthwhile over time, relative to the other groups, while the weighted mean for Anxiety is relatively greater also (figure 14).

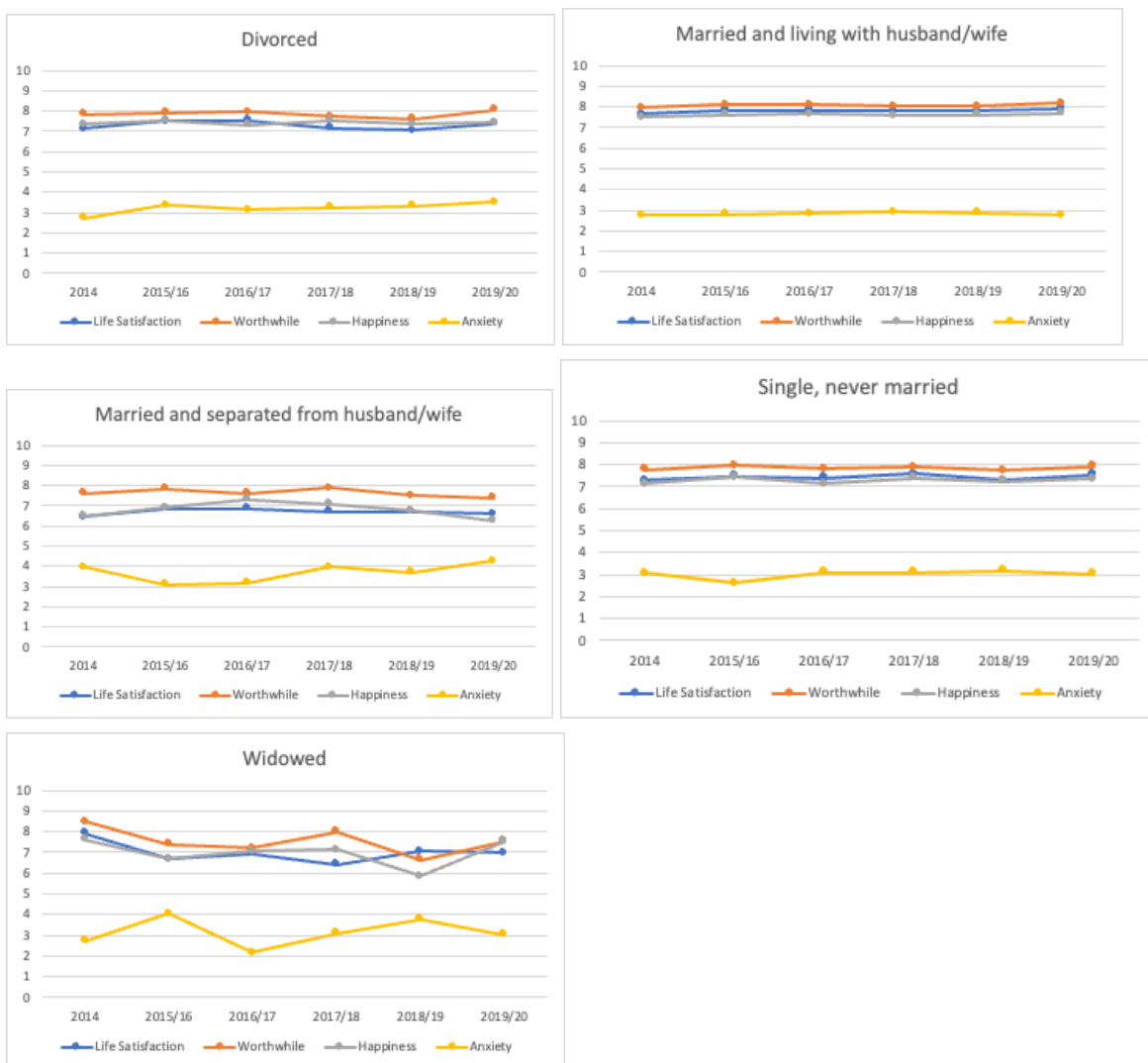


Figure 14: Weighted Mean of the Four Wellbeing Measures by Marital Status.

Source: Living Costs and Food Survey (LCF)

The differences between these marital groups are also visibly seen when plotting the masses of people giving high and low wellbeing scores (Figure 15, 16, 17, and 18). The married and living with husband/wife and widowed groups have the highest proportion of individuals giving very low Anxiety scores (0 to 1 out of 10) over the years (Figure 15). The divorced and married and separated from husband/wife groups have given the lowest proportion of individuals providing very low Anxiety scores (Figure 15).

What is even more stark is dissecting the proportion of people giving low and high Life Satisfaction by marital status, which is presented in Figure 16. Divorced and the married and separated from husband/wife subpopulations are the two groups that have had the lowest proportions of people answering with high Life Satisfaction scores (7 to 10), and this has been a continual trend in the LCF surveys. The married and living with husband/wife group have had the greatest proportion of individuals providing high Life Satisfaction scores.

The trends in Life Satisfaction can also be partially extended to Worthwhile and Happiness, the married and living with husband/wife group have the highest percentage of individuals giving high wellbeing scores (7 to 10 out of 10).

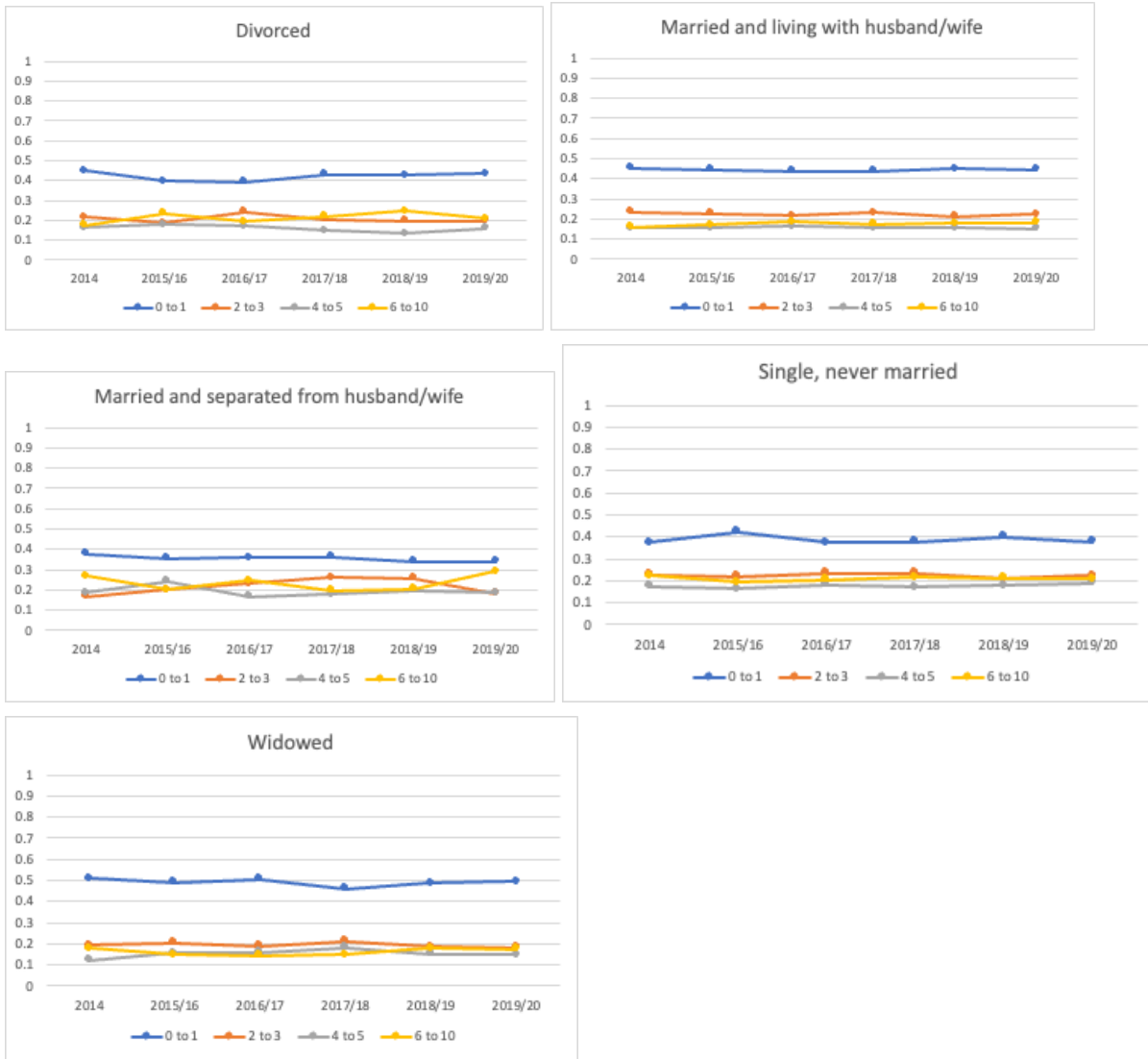


Figure 15: Proportion of the UK Population that Rated High and Low Anxiety Scores Broken Down by Marital Status. Source: Living Costs and Food Survey (LCF)

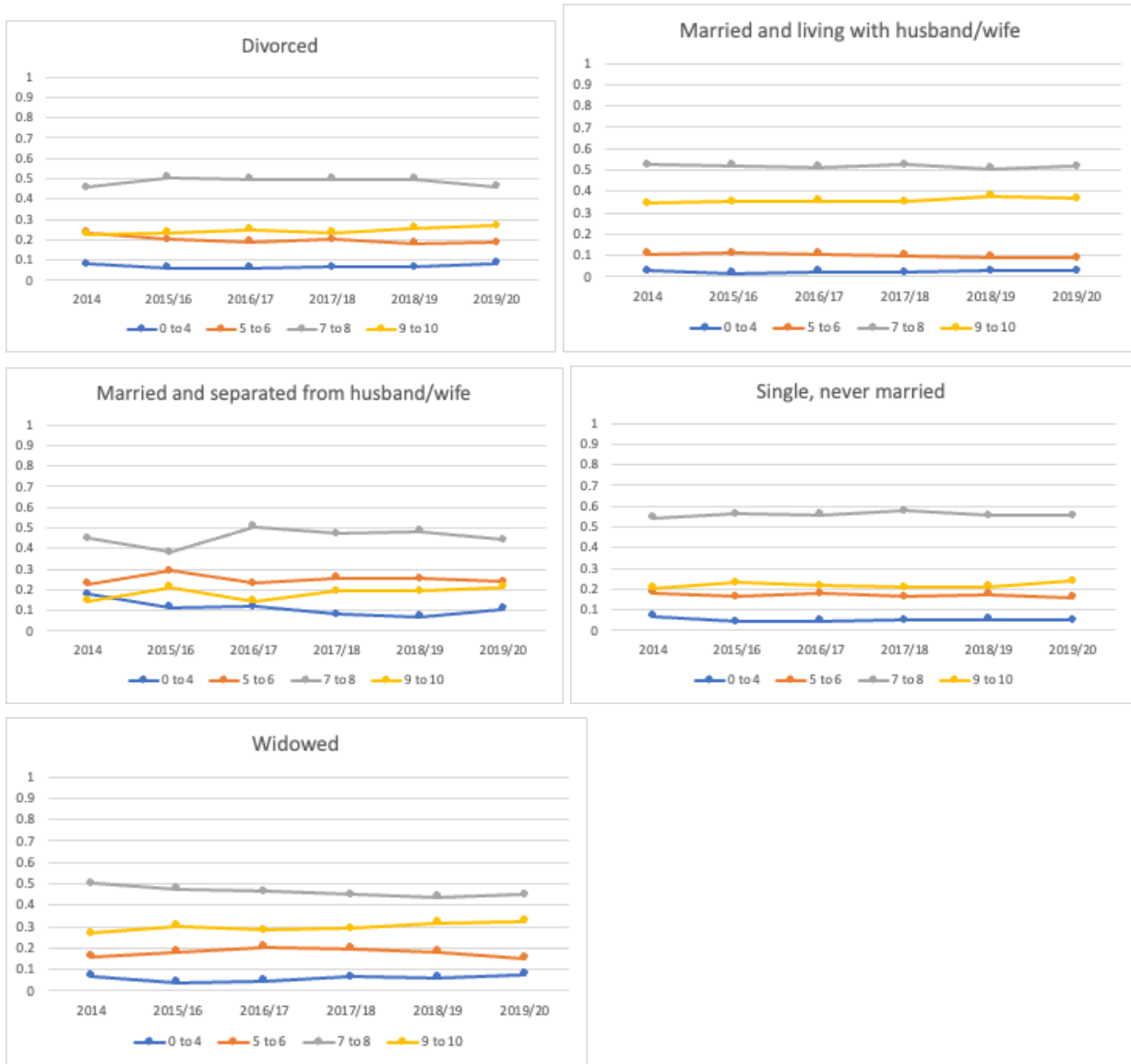


Figure 16: Proportion of the UK Population that Rated High and Low Life Satisfaction Scores Broken Down by Marital Status. Source: Living Costs and Food Survey (LCF)

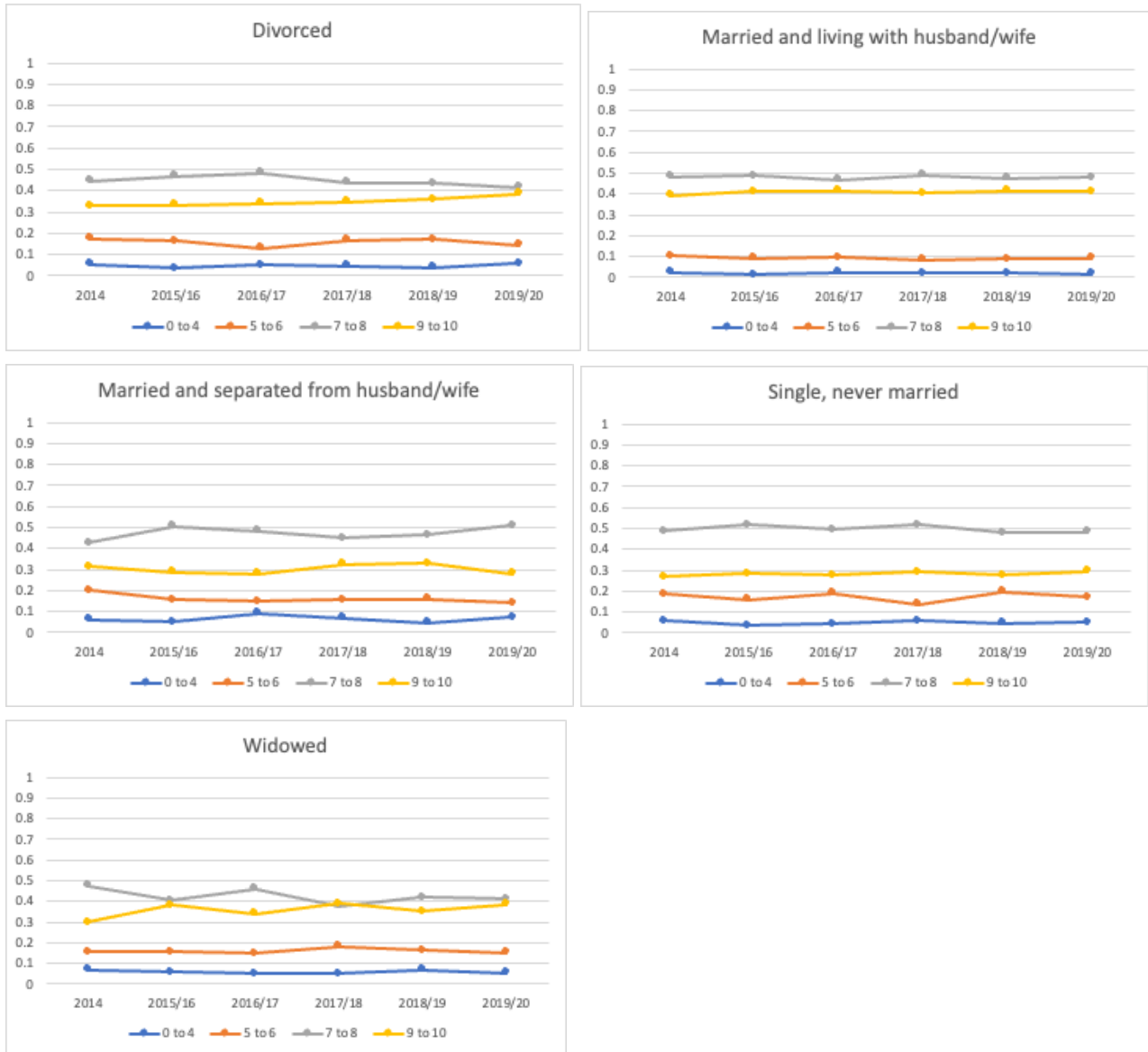


Figure 17: Proportion of the UK Population that Rated High and Low Worthwhile Scores Broken Down by Marital Status. Source: Living Costs and Food Survey (LCF)

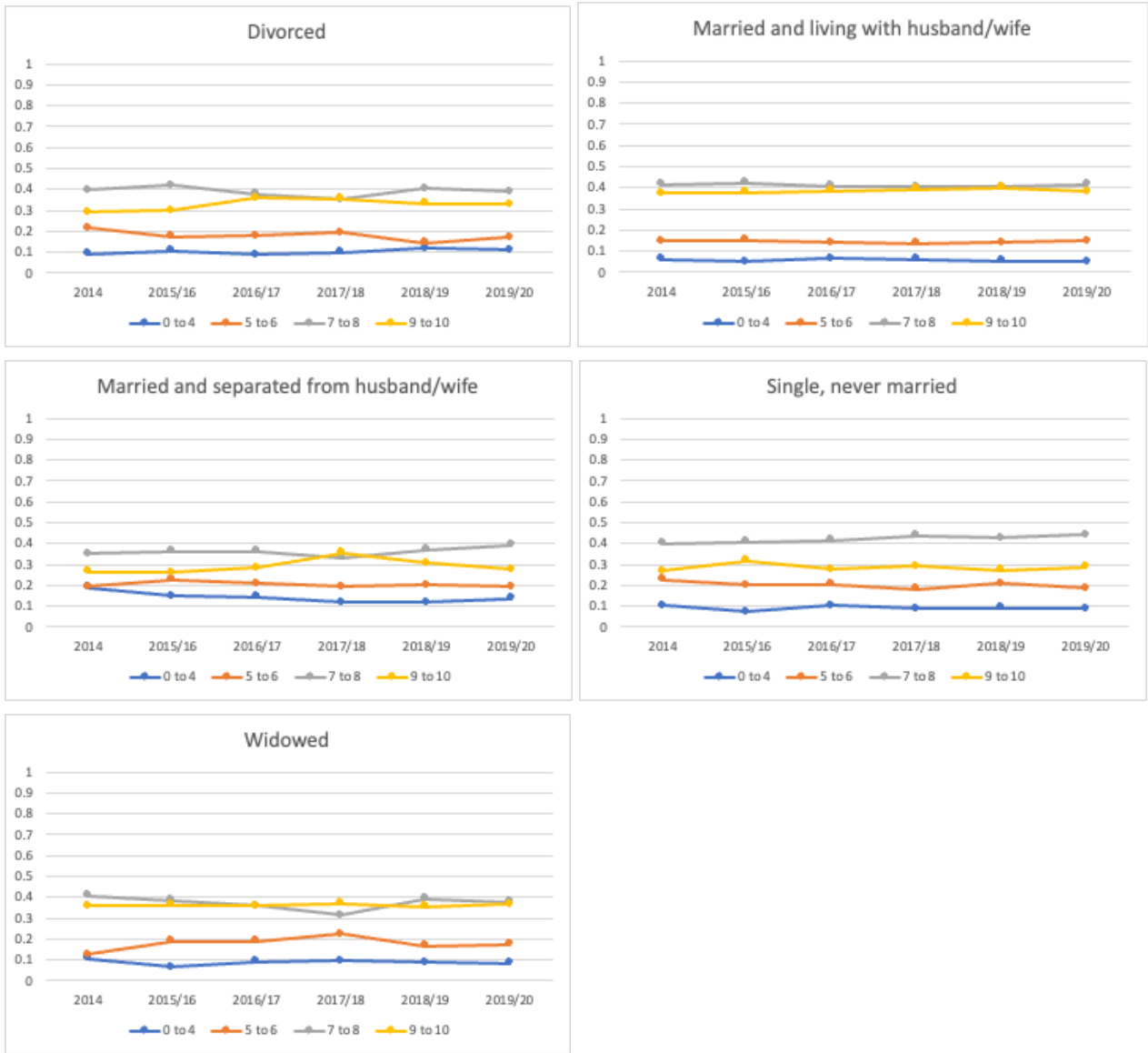


Figure 18: Proportion of the UK Population that Rated High and Low Happiness Scores Broken Down by Marital Status. Source: Living Costs and Food Survey (LCF)

Conclusion

The Living Costs and Food Survey (LCF) primarily contains information regarding expenditure patterns and spending budgets of UK households. The LCF surveys also ask respondents questions related to their wellbeing.

Specifically, the survey contains questions asking to rate their satisfaction with life, how worthwhile they feel their life is, how happy they feel with life, and how anxious they have currently felt. Such metrics can give a flavour as to how the general population perceive their lives currently and if there have been any noticeable trends. It also gives an indication if certain sections of society are deviating away from the general UK population in the development of their wellbeing. This report looks at the surveys between 2014 and FYE 2020.

Analysing the UK population, the four wellbeing variables (Life Satisfaction, Worthwhile, Happiness and Anxiety) have generally remained relatively stable over time, with no vast changes in the characteristics of their sample distributions.

When comparing the female to male sample groups there is very little difference between the sexes, overall, with females reporting slightly higher Anxiety scores on average over the time frame.

At the aggregate level, there is hardly any difference in wellbeing between the income brackets in mean and median terms. Regionally, individuals in London, the South East and the East Midlands were showing greater central tendencies of Anxiety compared to the other UK NUTS1 regions.

Finally, when breaking down by marital status, the respondents that were married and living with their partner in the surveys had a greater percentage of giving low Anxiety scores and high Life Satisfaction, Worthwhile and Happiness scores relative to the other status groups.

References

Santini, Z.I., Thygesen, L.C., Koyanagi, A., Stewart-Brown, S., Meilstrup, C., Nielsen, L., Olsen, K.R., Birkjaer, M., McDaid, D., Kosher, V., and Ekholm, O. (2022). Economics of mental wellbeing: A prospective study estimating associated productivity costs due to sickness absence from the workplace in Denmark. *Mental Health & Prevention*, 28:200247

Appendix

Wellbeing	Weighted Mean	Weighted Median	Weighted Variance	Weighted Skewness	Weighted Kurtosis
Anxious	2.70	1.5	7.70	2.85	-0.489
Happiness	7.47	7.5	4.30	-14.5	1.14
Life Satisfaction	7.57	7.5	3.17	-28.1	2.31
Worthwhile	7.81	7.5	2.99	-24.0	2.07

Wellbeing	Weighted Mean	Weighted Median	Weighted Variance	Weighted Skewness	Weighted Kurtosis
Anxious	2.73	1.5	7.82	4.65	-0.478
Happiness	7.58	7.5	3.83	-4.11	1.35
Life Satisfaction	7.70	7.5	2.68	-4.19	2.47
Worthwhile	7.91	7.5	2.55	-4.11	2.27

Wellbeing	Weighted Mean	Weighted Median	Weighted Variance	Weighted Skewness	Weighted Kurtosis
Anxious	2.82	1.5	7.84	5.17	-0.591
Happiness	7.51	7.5	4.35	-10.3	1.42
Life Satisfaction	7.68	7.5	2.79	-6.04	2.54
Worthwhile	7.86	7.5	2.85	-7.38	2.56

Wellbeing	Weighted Mean	Weighted Median	Weighted Variance	Weighted Skewness	Weighted Kurtosis
Anxious	2.81	1.5	7.93	2.00	-0.527
Happiness	7.56	7.5	4.23	-3.04	1.29
Life Satisfaction	7.68	7.5	2.92	-3.19	2.96
Worthwhile	7.90	7.5	2.88	-4.11	3.04

Wellbeing	Weighted Mean	Weighted Median	Weighted Variance	Weighted Skewness	Weighted Kurtosis
Anxious	2.81	1.5	7.94	1.99	-0.590
Happiness	7.56	7.5	4.22	-3.35	1.31
Life Satisfaction	7.69	7.5	2.98	-3.70	2.71
Worthwhile	7.85	7.5	2.89	-3.88	2.50

Wellbeing	Weighted Mean	Weighted Median	Weighted Variance	Weighted Skewness	Weighted Kurtosis
Anxious	2.80	1.5	7.93	2.21	-0.607
Happiness	7.56	7.5	3.99	-4.40	1.25
Life Satisfaction	7.73	7.5	2.91	-3.92	2.64
Worthwhile	7.90	7.5	2.85	-4.38	2.34

Pearson Correlation Coefficients

Matrix 1: Correlation Matrix of Wellbeing Variables for 2014				
	Life Satisfaction	Worthwhile	Happiness	Anxiety
Life Satisfaction	1			
Worthwhile	0.641	1		
Happiness	0.573	0.486	1	
Anxiety	-0.345	-0.258	-0.475	1

Matrix 2: Correlation Matrix of Wellbeing Variables for 2015/16				
	Life Satisfaction	Worthwhile	Happiness	Anxiety
Life Satisfaction	1			
Worthwhile	0.607	1		
Happiness	0.525	0.468	1	
Anxiety	-0.313	-0.232	-0.411	1

Matrix 3: Correlation Matrix of Wellbeing Variables for 2016/17				
	Life Satisfaction	Worthwhile	Happiness	Anxiety
Life Satisfaction	1			
Worthwhile	0.629	1		
Happiness	0.540	0.477	1	
Anxiety	-0.309	-0.239	-0.436	1

Matrix 4: Correlation Matrix of Wellbeing Variables for 2017/18				
	Life Satisfaction	Worthwhile	Happiness	Anxiety
Life Satisfaction	1			
Worthwhile	0.635	1		
Happiness	0.555	0.501	1	
Anxiety	-0.315	-0.238	-0.458	1

Matrix 5: Correlation Matrix of Wellbeing Variables for 2018/19				
	Life Satisfaction	Worthwhile	Happiness	Anxiety
Life Satisfaction	1			
Worthwhile	0.628	1		
Happiness	0.571	0.498	1	
Anxiety	-0.335	-0.244	-0.444	1

Matrix 6: Correlation Matrix of Wellbeing Variables for 2019/20				
	Life Satisfaction	Worthwhile	Happiness	Anxiety
Life Satisfaction	1			
Worthwhile	0.618	1		
Happiness	0.551	0.476	1	
Anxiety	-0.320	-0.241	-0.447	1

Spearman's Correlation Coefficients

Matrix 1: Correlation Matrix of Wellbeing Variables for 2014				
	Life Satisfaction	Worthwhile	Happiness	Anxiety
Life Satisfaction	1			
Worthwhile	0.616	1		
Happiness	0.544	0.458	1	
Anxiety	-0.317	-0.235	-0.456	1

Matrix 2: Correlation Matrix of Wellbeing Variables for 2015/16				
	Life Satisfaction	Worthwhile	Happiness	Anxiety
Life Satisfaction	1			
Worthwhile	0.600	1		
Happiness	0.521	0.470	1	
Anxiety	-0.324	-0.251	-0.422	1

Matrix 3: Correlation Matrix of Wellbeing Variables for 2016/17				
	Life Satisfaction	Worthwhile	Happiness	Anxiety
Life Satisfaction	1			
Worthwhile	0.591	1		
Happiness	0.533	0.484	1	
Anxiety	-0.323	-0.254	-0.438	1

Matrix 4: Correlation Matrix of Wellbeing Variables for 2017/18				
	Life Satisfaction	Worthwhile	Happiness	Anxiety
Life Satisfaction	1			
Worthwhile	0.593	1		
Happiness	0.539	0.482	1	
Anxiety	-0.314	-0.228	-0.448	1

Matrix 5: Correlation Matrix of Wellbeing Variables for 2018/19				
	Life Satisfaction	Worthwhile	Happiness	Anxiety
Life Satisfaction	1			
Worthwhile	0.611	1		
Happiness	0.561	0.479	1	
Anxiety	-0.337	-0.248	-0.444	1

Matrix 6: Correlation Matrix of Wellbeing Variables for 2019/20				
	Life Satisfaction	Worthwhile	Happiness	Anxiety
Life Satisfaction	1			
Worthwhile	0.603	1		
Happiness	0.534	0.472	1	
Anxiety	-0.316	-0.251	-0.448	1