UK Wellbeing: options.

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Content

- Wellbeing lands.
- Pitfalls.
- Whitehall.
- Life Satisfaction.
- Examples for Wales from Scotland and Holland
Wellbeing lands

- OECD, Australia, South Korea, NY, Bhutan, New Zealand, Andhra Pradesh, Equador, France, Italy.

- UK: 2004/2014/2015 Care Act,

- England

- Denmark, Netherlands.

- Wales?
Pitfalls

- Indices.

- Sustainable Development Goals. 390 indicators.
Define.
Measure.
Experiment.
Roll-outs.
Life satisfaction

“How satisfied are you with life as a whole these days, where a 0 is ‘not at all’ and a 10 ‘completely’.”
UK?

GDP per capita and life satisfaction, 1973-2013, indexed 1973=100

Source: Eurobarometer
More recent....

Personal Well-being

Includes individual's feelings of satisfaction with life, whether they feel the things they do in their life are worthwhile and their positive and negative emotions.

**Life Satisfaction**
- Very high rating of satisfaction with their lives overall
- **Updated: 26 February 2018**

**Worthwhile**
- Very high rating of how worthwhile the things they do are
- **Updated: 26 February 2018**

**Happiness**
- Rated their happiness yesterday as very high
- **Updated: 26 February 2018**

In the year ending September 2017, 3 in 10 people aged 16 and over in the UK (30.2%) reported a very high rating of satisfaction (9 and 10 out of 10) with their lives overall, an improvement for both the short-term (29.3%) and long-term (26.2%).

In the year ending September 2017, 35.6% of people in the UK aged 16 and over reported a very high rating that the things they do were worthwhile (9 and 10 out of 10). This was an improvement for both the short-term (34.6%) and the long-term (31.5%).

In the year ending September 2017, 34.9% of people aged 16 and over in the UK reported their happiness yesterday as very high (9 and 10 out of 10). While there was no overall change on the previous year (34.4%) there was an improvement over the long-term (31.5%).

Source: Office of National Statistics
What do we think we know?

- Personal consumption.
- Power.
- Permission.
- Mental skills.
- People.
Examples relevant for Wales?

- PHE teacher-lead CBT training in Scotland.
- Wellbeing + social Safety in Dutch Schools.
## Effect sizes, with high confidence in green

<table>
<thead>
<tr>
<th>Change</th>
<th>Effect on 0-10 Life Satisfaction</th>
<th>Dynamics</th>
<th>Key literature References</th>
<th>Confidence in effect and causality?</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Work</strong></td>
<td>From employment to Unemployment</td>
<td>-0.46 (UK) -0.71 (Ger)</td>
<td>Immediate effect higher, then reducing, but no long-run adaptation.</td>
<td>UK: [1] Tbl 4.2&lt;br&gt;Ger: [1] Tbl 4.2.</td>
</tr>
<tr>
<td>From unemployment to out-of-labour force</td>
<td>+0.32 (UK) +0.57 (Ger)</td>
<td>Unknown.</td>
<td>UK: [1] Tbl 4.2</td>
<td>Effect very robust in cross-section and panels, but causality unclear.</td>
</tr>
<tr>
<td>From no commute to 1 hour car commute</td>
<td>-0.012 (UK) -0.151 (Ger)</td>
<td>Unknown.</td>
<td>UK: [2]&lt;br&gt;Ger: [3]</td>
<td>Low. Findings disputed and causality unclear. No RCTs.</td>
</tr>
<tr>
<td><strong>Finances</strong></td>
<td>Doubling of household income</td>
<td>+0.16 (UK) +0.5 (E-Ger)</td>
<td>Persistent effect with elation peak.</td>
<td>UK: [1] Tbl 2.1&lt;br&gt;E-Ger: [4]</td>
</tr>
<tr>
<td><strong>Education</strong></td>
<td>Extra year of compulsory education</td>
<td>-0.03 (UK)</td>
<td>Persistent effects.</td>
<td>UK: [5]</td>
</tr>
<tr>
<td><strong>Relationships</strong></td>
<td>From single to partnered/married</td>
<td>+0.28 (UK) +0.1 (Ger)</td>
<td>Permanent effect, with initial peak.</td>
<td>UK: [1] Tbl 5.2&lt;br&gt;Ger: [6]</td>
</tr>
<tr>
<td>From never married to married at 50</td>
<td>+0.2 (UK)</td>
<td>Permanent effect, high initial peak.</td>
<td>UK: [1] Tbl 9.1</td>
<td>Medium: cohort study findings, so causality unclear.</td>
</tr>
<tr>
<td>From partnered to separated</td>
<td>-0.40 (UK)</td>
<td>High initial effect, then some adaptation.</td>
<td>UK: [1] Tbl 5.2</td>
<td>High as found everywhere, but most find new partners so don’t stay separated. Lone men suffer more.</td>
</tr>
<tr>
<td>Category</td>
<td>Description</td>
<td>Change</td>
<td>Duration</td>
<td>Notes</td>
</tr>
<tr>
<td>----------------</td>
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<tr>
<td>Health</td>
<td>From healthy to poor physical health (self-rated)</td>
<td>-1.08</td>
<td>Permanent effect, but initial peak as well.</td>
<td>UK: [7], Tbl 4, column 2 Ger: [6]a High as found everywhere, including due to health shocks.</td>
</tr>
<tr>
<td></td>
<td>From depression to full mental health (4 pts on a 0-12 scale)</td>
<td>+0.71</td>
<td>Permanent, little evidence of a peak.</td>
<td>UK: [1] Tbl 16.2 High as found everywhere, including large clinical trials.</td>
</tr>
<tr>
<td></td>
<td>Victim of violent crime</td>
<td>-0.396</td>
<td>Effect largely in first year.</td>
<td>[9] High, but specific: effects are for unanticipated events that were recorded.</td>
</tr>
<tr>
<td>Environment</td>
<td>Increase of 10 in SO₂ (µ g/m³)</td>
<td>-0.08</td>
<td>Unknown</td>
<td>[10] High: effects driven by unanticipated changes in power plant emissions due to policy.</td>
</tr>
<tr>
<td></td>
<td>Increase of 10 in PM₁₀ (µ g/m³)</td>
<td>~-0.051</td>
<td>Unknown</td>
<td>[11] Medium to high: effects of air pollution sufficiently exogenous for single individual</td>
</tr>
<tr>
<td></td>
<td>Increase of 1 hectare of green space within 1 kilometre around household</td>
<td>+0.0066</td>
<td>Seems permanent</td>
<td>Ger [12], UK [13, 14] Medium to high: panel-data based but no clear-cut exogenous variation, similar results by studies in UK</td>
</tr>
<tr>
<td></td>
<td>Increase of 1 hectare of vacant land (abandoned areas) within 1 kilometre around household</td>
<td>-0.0395</td>
<td>Unknown</td>
<td>[12] Medium: panel-data based but no clear-cut exogenous variation</td>
</tr>
<tr>
<td>World of work</td>
<td>From full-time employed to part-time employed wanting more hours</td>
<td>-0.174</td>
<td>Largely permanent. Particularly strong effect for men.</td>
<td>[16] Effect very robust in cross-section and panels, but causality unclear.</td>
</tr>
<tr>
<td></td>
<td>From full-time employed to part-time employed not wanting more hours</td>
<td>+0.066</td>
<td>Largely permanent. Particularly strong effect for women.</td>
<td>[16] Effect very robust in cross-section and panels, but causality unclear.</td>
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<tr>
<td></td>
<td>Being in a white collar job (e.g. managers, officials, clerical or office workers) versus a blue collar job (e.g. construction,</td>
<td>Approx. +0.80</td>
<td>Unknown.</td>
<td>[16] Effect very robust in cross-section and panels, but causality unclear.</td>
</tr>
</tbody>
</table>
Notes to table 1

Reading on topics

Validation of life-satisfaction data

National unemployment and inflation

Productivity and growth

Noise pollution
Inequality

Deaths of family members

Health

Relative-income externalities

The Easterlin Paradox

Income and causality

Debt, financial worries and SWB
Disability

Happiness and choice

Childhood and adult happiness

Diet

National drought and environment


The method of calculating valuations from happiness equations

Brain science
Rutledge, Robb B.; Skandali, Nikolina; Dayan, Peter; et al. “A computational and neural model of momentary subjective well-being.” *Proceedings of the National Academy of Sciences of the USA* 2014, 111, 12252-57.
Overview articles


Clark, Andrew E.; Frijters, Paul; Shields, Michael A. “Relative income, happiness, and utility: An explanation for the Easterlin paradox and other puzzles.” Journal of Economic Literature, 2008, 46, 95-144.
