**Table 3 PHQ-9 Depression, GAD-7 Anxiety and WEBWBS scores**

|  |  |  |  |
| --- | --- | --- | --- |
| **Scale** | **Total (n=153)**  **n (%)** | **London based cohort (n=77)**  **n (%)** | **South Coast based cohort (n=76)**  **n (%)** |
| **Depression PHQ-9**  Mean (SD)  Range (0-27)  **Severity of depression**  None (0-4)  Mild (5-9)  Moderate (10-14)  Moderately Severe (15-19)  Severe (20-27) | 10.8 (6.4)  0-27  29 (19%)  41 (27%)  42 (28%)  24 (16%)  15 (10%) | 11.9 (6.5)\*  1-27  12 (16%)  19 (25%)  21 (28%)  16 (21%)  8 (10%) | 9.7 (6.2)\*  0-26  17 (23%)  22 (29%)  21 (28%)  8 (11%)  7 (9%) |
| **GAD-7 Anxiety**  Mean (SD)  Range (0-21)  **Severity of anxiety**  None (0-5)  Mild (6-10)  Moderate (11-15)  Severe (16-21) | 9.0 (5.6)  0-21  49 (32%)  48 (31%)  31 (20%)  25 (16%) | 10.4 (5.4)\*\*  0-21  19 (25%)  21 (27%)  22 (29%)  15 (20%) | 7.7 (5.5)\*\*  0-21  30 (40%)  27 (36%)  9 (12%)  10 (13%) |
| **Warwick-Edinburgh Mental Wellbeing Scales (WEMWBS)**  Mean (SD)  Range (14-70)  **Level of mental wellbeing**  Low mental health (14-40)  Normal mental health (41-58)  High mental health (59-70) | 41.1 (10.0)  14-70  70 (47%)  73 (49%)  7 (5%) | 40.8 (9.9)  15-61  34 (44%)  41 (53%)  1 (1.3%) | 41.4 (11.8)  14-70  36 (49%)  32 (43%)  6 (8%) |

*Note: Where frequencies do not equal n, there is missing data as not all scale items were responded to.*

\* p<0.05 (2-tailed)

\*\* p< 0.01 (2-tailed)