

Australia's Mental Health and Wellbeing Check

Financial wellbeing and mental health

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Social
Research
Centre

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Financial wellbeing and mental health key findings

In the past 12 months:



4 in 10

(43%) participants had **experienced financial hardship** (that is, spent more money than they get or just break even most weeks)



1 in 3

(37%) participants said cost of living pressures had **negatively impacted their mental health**

People experiencing financial hardship were more than **twice as likely** to report cost of living pressures have negatively impacted their mental health



Rate of anxiety, depression and suicidal thoughts or behaviours are **higher among people experiencing financial hardship**

Among people experiencing financial hardship:

61%

reported **anxiety**

Compared to 46% not experiencing financial hardship

44%

reported **depression**

Compared to 28% not experiencing financial hardship

16%

reported **suicidal thoughts or behaviours**

Compared to 7% not experiencing financial hardship

Financial wellbeing and mental health key findings

Certain groups are more likely to experience financial hardship in the past 12 months, these include:



People aged **35-44**



People who are **not employed, in casual employment or self-employed**



People who identified as **gay, lesbian or bisexual**



People who **have not completed a Bachelor degree**



People living with a **disability, health condition or injury**



People who rated their **current living situation as good, fair or poor**



People who provided **unpaid care, help or assistance to family members**



People **less able to get support from family and friends**



Single parents living with dependent children



People who lived in the **most disadvantaged geographic areas**

About the research

Financial wellbeing is when a person is able to meet expenses and has some money left over, is in control of their finances and feels financially secure, now and in the future. Beyond Blue and ASIC research found that financial health and mental health are linked. Financial challenges can cause significant stress, which can impact our mental health and wellbeing and vice versa. This report provides useful insights into which Australians are most impacted.

Australia's Mental Health and Wellbeing Check was undertaken from 7 to 21 November 2022 on the Social Research Centre's probability based online panel – Life in Australia™. The survey sought to understand experiences of mental health and wellbeing in the Australian population. The questionnaire included a range of questions on financial wellbeing. A total of 5,212 panel members completed the survey. Results from Life in Australia™ are generalisable to the Australian population aged 18+ years.

Statistical modelling was undertaken as a way of providing insights into the complex ways that person characteristics and experiences are related to financial hardship and mental health. Logistic regression modelling was used to examine which factors are independently associated with each outcome, after adjusting or controlling for other important characteristics. This is more powerful than analyses which may only look at relationships one item at a time and cannot measure the joint impact of multiple characteristics. A complete list of characteristics and survey items used in the models and the final model are presented in the Appendix.

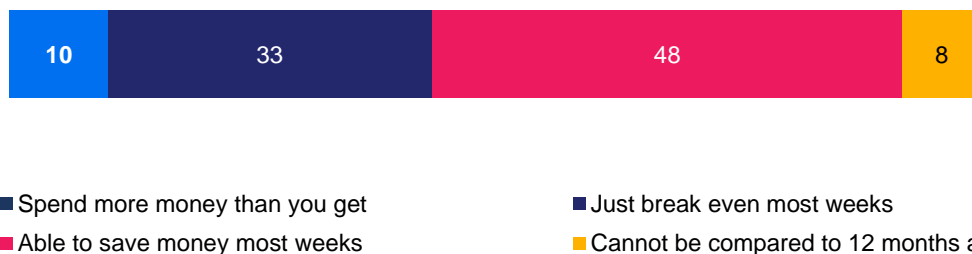
Financial wellbeing in Australia

Financial hardship

The survey found many people in Australia are experiencing financial hardship.

When asked to describe their household's financial situation, four in ten (43%) participants reported experiencing financial hardship (that is, spending more money than they get in the past 12 months or just breaking even most weeks, see Figure 1).

Figure 1 Household financial situation past 12 months (%)

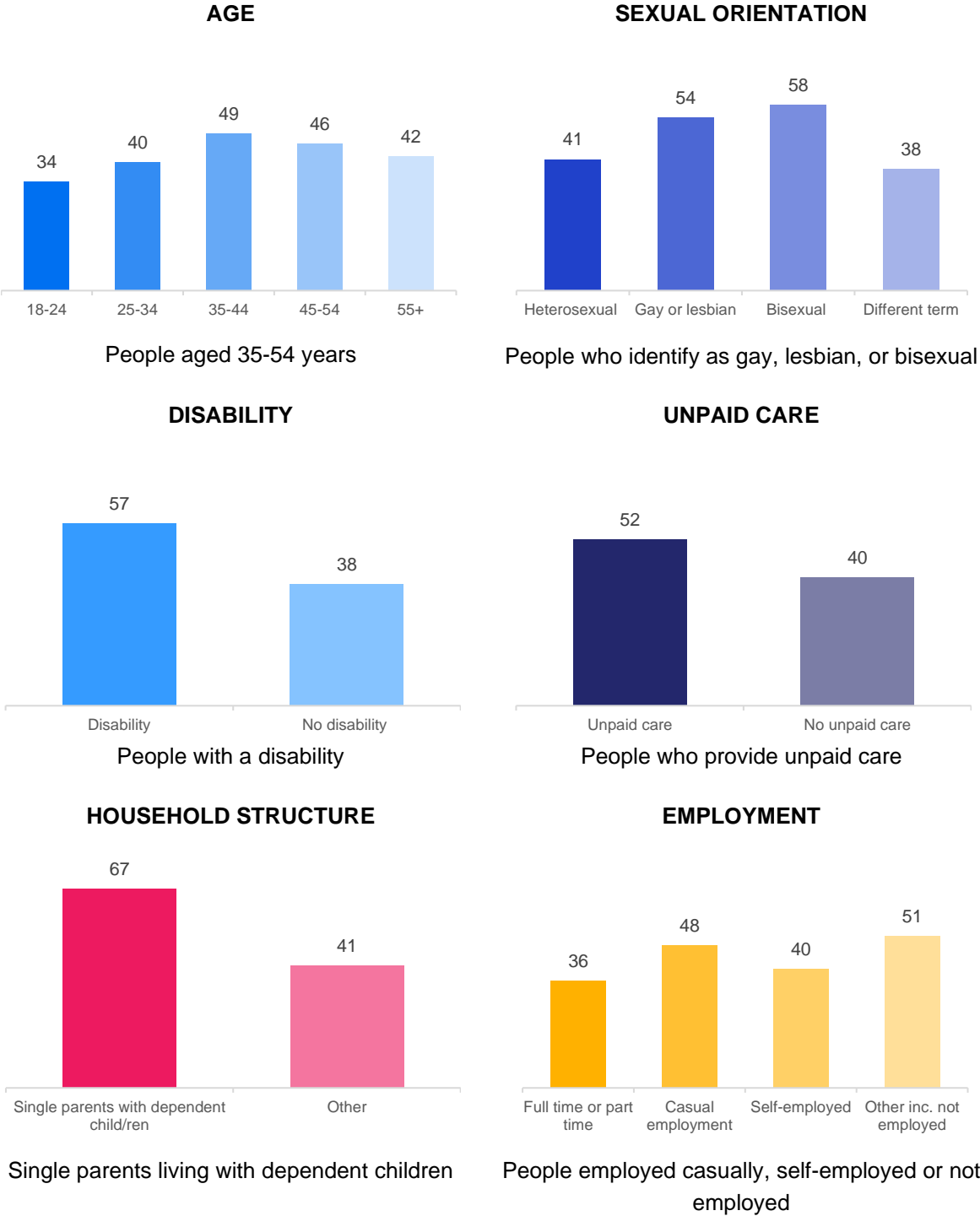


Source: SD3. Over the last 12 months, which one of the following statements best describes your household's financial situation?

Base: All respondents (n = 5,212)

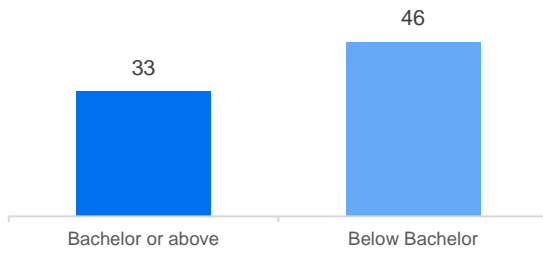
The final model¹ found the groups most likely to report financial hardship include:

Figure 2 Financial hardship in the past 12 months by subgroups



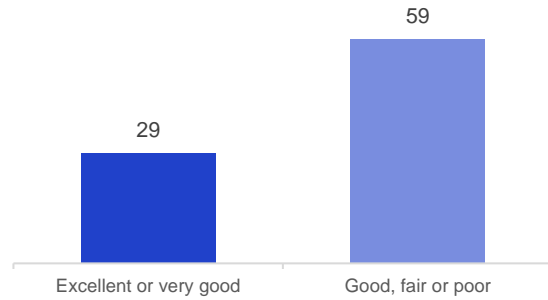
¹ See Appendix for final model.

EDUCATION



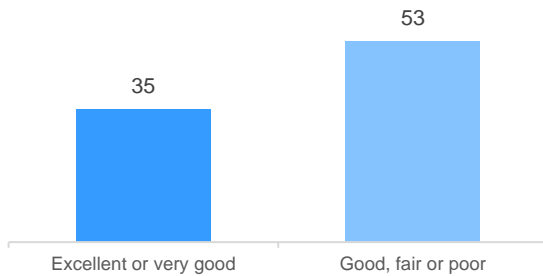
People with lower levels of education

CURRENT LIVING SITUATION



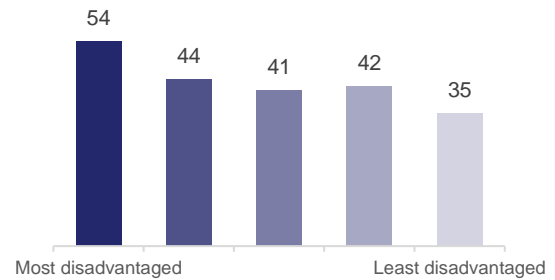
People with poorer living situations

SUPPORT FROM FAMILY AND FRIENDS



People less able to get support from family and friends

SOCIO-ECONOMIC INDEXES FOR AREAS (SEIFA)



People living in more disadvantaged geographic areas

Source: SD3. Over the last 12 months, which one of the following statements best describes your household's financial situation?

Base: All respondents (n = 5,212)

Cost of living pressures

Many Australians have also been negatively impacted by increases in costs associated with housing, taxes, healthcare, and petrol.

One in three (37%) participants said cost of living pressures had negatively impacted their mental health ('extremely' or 'quite a lot') in the past 12 months (See Figure 3).

Figure 3 Negative Impact of costs of living pressures on mental health



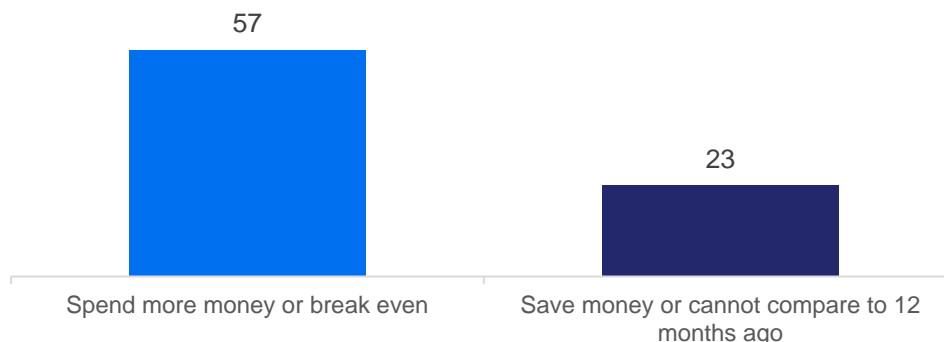
Source: SD2. Now thinking about social and global issues that have affected some people in the past 12 months. To what extent have each of the following issues negatively impacted your mental health in the past 12 months?
a) Cost of living pressures (e.g., housing, taxes, healthcare, and petrol costs)

Base: All respondents (n = 5,212)

Participants experiencing financial hardship are more than twice as likely to report cost of living pressures have negatively impacted their mental health in the past 12 months.

Among participants reporting financial hardship, 57% said cost of living pressures had negatively impacted their mental health in the past 12 months. This compares to less than one in four (23%) participants not experiencing financial hardship (See Figure 4).

Figure 4 Cost of living pressures negatively impacting on mental health ('extremely' or 'quite a lot') by household financial situation



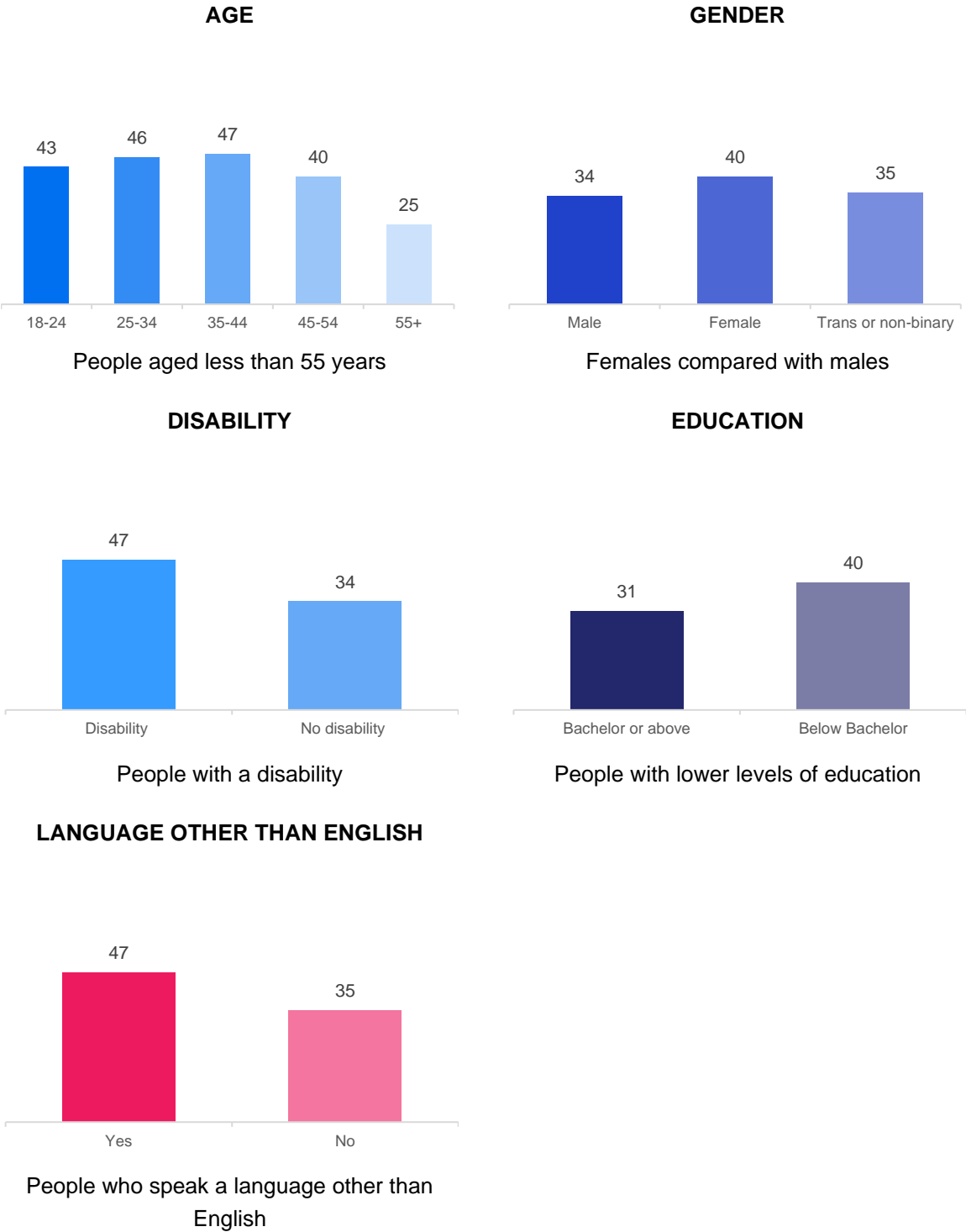
Source: SD2. Now thinking about social and global issues that have affected some people in the past 12 months. To what extent have each of the following issues negatively impacted your mental health in the past 12 months?
a) Cost of living pressures (e.g., housing, taxes, healthcare, and petrol costs)

Shown: % 'Quite a lot' / 'Extremely'

Base: All respondents (n = 5,212)

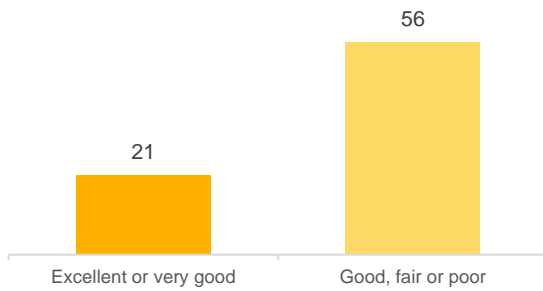
Modelling was undertaken to explore which characteristics are associated with negative impacts of cost-of-living pressures, in addition to financial hardship. The final model² found the groups most likely to report costs of living pressures had negatively impacted their mental health in the past 12 months include:

Figure 5 Cost of living pressures negatively impacting on mental health ('extremely' or 'quite a lot') by subgroups



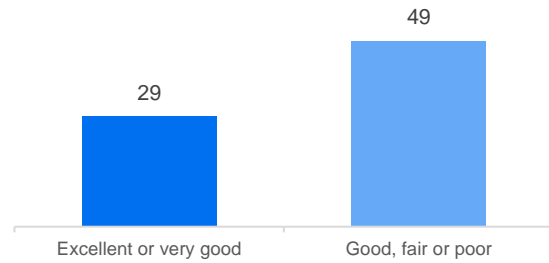
² See Appendix for final model.

CURRENT LIVING SITUATION



People with poorer living situations

SUPPORT FROM FAMILY AND FRIENDS



People less able to get support from family and friends

Source: SD2. Now thinking about social and global issues that have affected some people in the past 12 months. To what extent have each of the following issues negatively impacted your mental health in the past 12 months?
a) Cost of living pressures (e.g., housing, taxes, healthcare, and petrol costs)

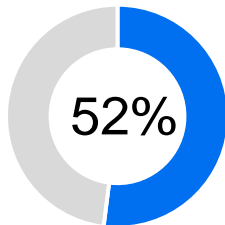
Shown: % 'Quite a lot' / 'Extremely'

Base: All respondents (n = 5,212)

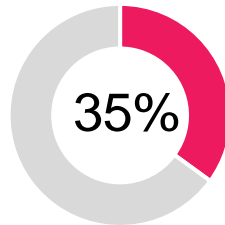
Financial wellbeing and mental health

Anxiety and depression are common among people in Australia.

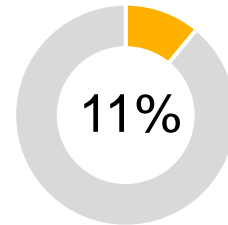
The survey found, in the past 12 months:



Experienced anxiety



Experienced Depression



Experienced suicidal thoughts or behaviours

Source: MH5. Have you experienced any of the following in the last 12 months:

Base: All respondents (n = 5,212)

These estimates are higher than those reported in the Australian Bureau of Statistics (ABS) [2020-21 National Study of Mental Health](#). There are two key differences that should be considered when comparing the two studies. First, *Australia's Mental Health and Wellbeing check* measured a broader range of self-reported experiences that may or may not have been diagnosed by a health professional. In comparison, the *National Study of Mental Health* only measured mental disorders that had been diagnosed by a health professional. Second, the data were collected using different modes. *Australia's Mental Health and Wellbeing check* collected data via a self-administered online survey. In comparison, the *National Study of Mental Health* collected data via an interviewer administered face to face interview. There are known differences in how participants respond to self-administered and interviewer administered surveys³.

Consistent with previous research, there was a strong link between financial hardship and mental health.

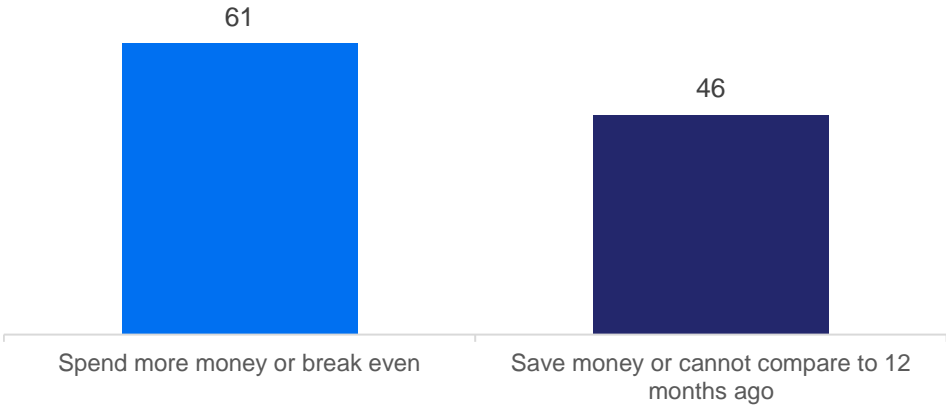
³ Duffy B, Smith K, Terhanian G, Bremer J. Comparing data from online and face-to-face surveys. *International journal of market research*. 2005 Nov;47(6):615-39.

Anxiety

There is a strong relationship between a person’s household financial situation and experiences of anxiety in the past 12 months.

Those reporting financial hardship experienced substantially higher rates of anxiety in the past 12 months compared to other (See Figure 6).

Figure 6 Experiences of anxiety in the past 12 months by household financial situation



Source: MH5. Have you experienced any of the following in the last 12 months: 1. Anxiety.

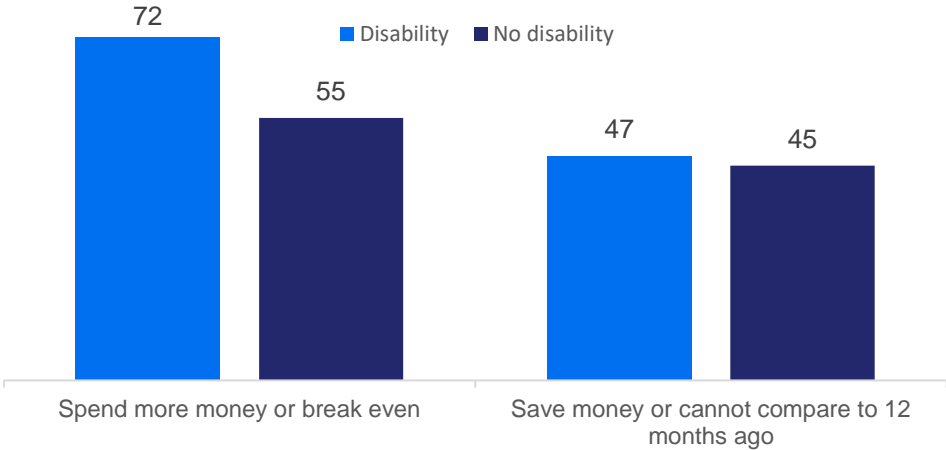
Base: All respondents (n = 5,212)

The relationship between household financial situation and experiences of anxiety, however, was amplified for people living with a disability, health condition or injury which had restricted their everyday activities.

Three quarters (72%) of participants with a disability or health condition who reported financial hardship had experienced anxiety in the past 12 months. This compares to just over half (55%) of those in the same financial situation but without a disability.

When participants were able to save money (or could not compare their financial situation to 12 months ago), rates of anxiety were similar for those with and without a disability (see Figure 7).

Figure 7 Experiences of anxiety in the past 12 months by household financial situation and disability



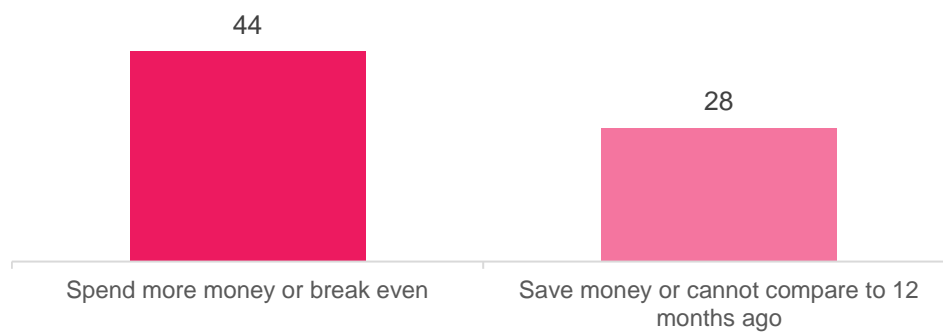
Source: MH5. Have you experienced any of the following in the last 12 months: 1. Anxiety.
Base: All respondents (n = 5,212)

Depression

Household financial situation was also associated with experiences of depression.

Participants who reported financial hardship also experienced higher rates of depression in the past 12 months compared to others (See Figure 8).

Figure 8 Experiences of depression in the past 12 months by household financial situation

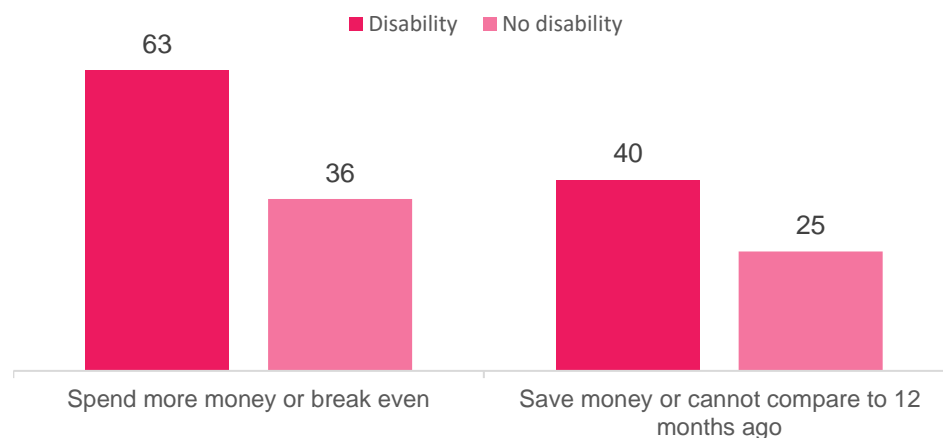


Source: MH5. Have you experienced any of the following in the last 12 months: 2. Depression.

Base: All respondents (n = 5,212)

Similar to anxiety, the relationship between household financial situation and experiences of depression was also amplified among participants who had a disability, health condition or injury which had restricted their everyday activities. Among these participants, two thirds (63%) who reported financial hardship had experienced depression in the past 12 months (see Figure 9).

Figure 9 Experiences of depression in the past 12 months by household financial situation and disability



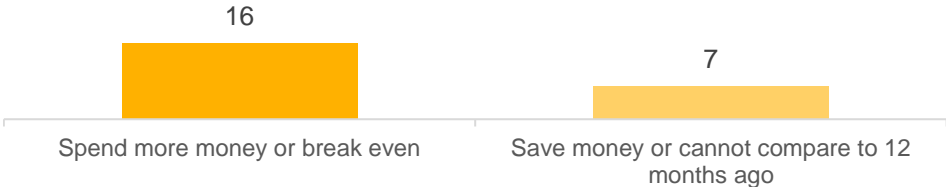
Source: MH5. Have you experienced any of the following in the last 12 months: 2. Depression.

Base: All respondents (n = 5,212)

Suicidal thoughts or behaviours

The survey found a strong relationship between household financial situation and suicidal thoughts or behaviours. Participants who reported financial hardship were over twice as likely to experience suicidal thoughts or behaviours in the past 12 months compared to those who were able to save money most weeks or their financial situation could not be compared to 12 months ago (see Figure 10).

Figure 10 Experiences of suicidal thoughts or behaviour in the past 12 months by household financial situation



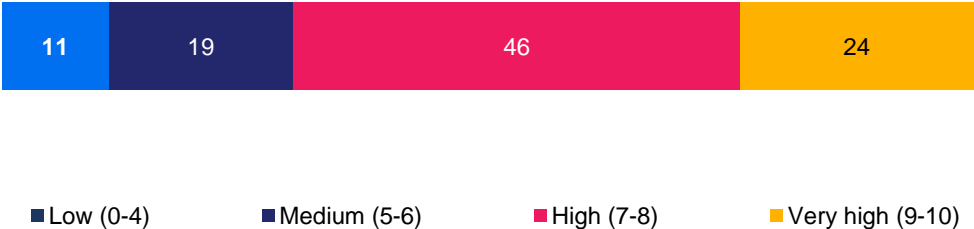
Source: MH5. Have you experienced any of the following in the last 12 months: 3. Suicidal thoughts or behaviours.
 Base: All respondents (n = 5,212)

Sense that life is worthwhile

The survey included a series of items on personal wellbeing.⁴ One of these items asked participants to rate, on a scale of 0 to 10, the extent they felt the things they do in life are worthwhile.

As can be seen in Figure 11, most people felt their life was worthwhile, giving a rating of 5 or higher. One in four (24%) reported very high ratings (scores of 9 to 10) of their life being worthwhile.

Figure 11 Rating of sense that life is worthwhile

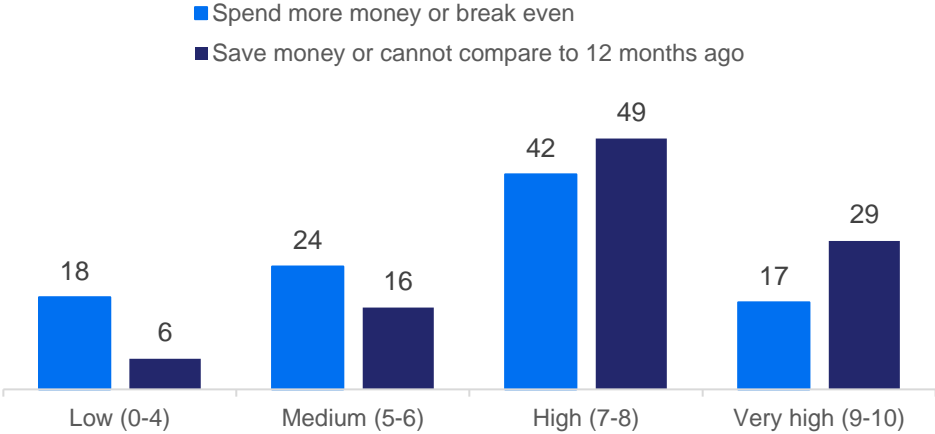


Source: WB2. On a zero to 10 scale, where 0 means “Not at all” and 10 means “Completely”, overall, to what extent do you feel that the things you do in your life are worthwhile?
 Base: All respondents (n = 5,212)

⁴ The ONS-4 is a four-item measure of personal wellbeing developed by the Office of National Statistics in the United Kingdom (Office of National Statistics, 2016). It is designed to capture three types of wellbeing – evaluative (overall satisfaction with life), eudemonic (sense that life is worthwhile) and affective experience (happiness and anxiety).

The relationship between ratings of life being worthwhile and financial situation is shown in Figure 12. Participants who reported financial hardship were more likely to report lower ratings that their life is worthwhile and less likely to report very high ratings.

Figure 12 Rating of sense that life is worthwhile by household financial situation



Source: WB2. On a zero to 10 scale, where 0 means “Not at all” and 10 means “Completely”, overall, to what extent do you feel that the things you do in your life are worthwhile?

Base: All respondents (n = 5,212)

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Appendix 2 Methodology

The survey was undertaken on the Social Research Centre’s probability based online panel – Life in Australia™. Life in Australia™ is Australia’s most methodologically rigorous online panel. It exclusively uses random probability-based sampling methods and covers both online and offline populations. Results from Life in Australia™ are generalisable to the Australian population.

The survey was conducted from 7 to 21 November 2022. The in-scope population for the survey was active Life in Australia™ members. A total of 7,124 active panel members were invited to take part in the survey and 5,212 (73.2%) completed the survey.

Survey development

The survey instrument was co-designed by Beyond Blue and the Social Research Centre. The development stages included:

- Workshop with key Beyond Blue staff to clearly understand and map strategic organisational data needs.
- Rapid evidence review (with respect to addressing content gaps identified in the previous step).
- Development of new items to completely meet the objectives of the research where suitable items could not be identified from existing instruments.
- Expert review and input from an advisory group whose membership included subject matter experts, people with lived experience and experts on diversity and inclusion.
- Cognitive testing of the proposed survey instrument to examine the extent to which respondents understood the question being asked and were able to provide sensible and accurate answers.

Sample profile

The profile of survey participants is shown in Table 1.

Table 1 Sample profile

| Demographic | % | n | |
|------------------------|------------------|------|------|
| Total | 100 | 5212 | |
| Age group | 18-24 years | 4 | 211 |
| | 25-34 years | 12 | 625 |
| | 35-44 years | 16 | 826 |
| | 45-54 years | 16 | 828 |
| | 55-64 years | 20 | 1042 |
| | 65-74 years | 22 | 1131 |
| | 75 or more years | 10 | 546 |
| Gender identity | Male | 43 | 2237 |
| | Female | 56 | 2895 |

| | | | |
|--------------|------------------------|----|------|
| State | Gender diverse | 1 | 67 |
| | Inadequately described | <1 | 13 |
| | NSW | 32 | 1656 |
| | VIC | 26 | 1332 |
| | QLD | 19 | 1002 |
| | SA | 8 | 435 |
| | WA | 1 | 501 |
| | TAS | 2 | 124 |
| | NT | 1 | 38 |
| | ACT | 2 | 124 |

Base: All respondents (n = 5,212)

Statistical analysis

Several points should be kept in mind when considering the findings:

- All tables and figures presented in this report, unless otherwise stated, show survey estimates that are weighted. This means that the results have been adjusted to ensure they are representative of the Australian population. This applies to all results expressed as percentages and means, but not to the bases (n) shown in the tables and graphs.
- In some cases, 'don't know' and 'prefer not to say' responses have been included in the base for questions, so as to maintain a consistent base for population and sub-population estimates throughout the report.
- Survey results are generally presented as rounded percentages. When results are netted, e.g., when combining 'quite a bit' and 'extremely', the result described in the commentary is based on a rounded percentage. In some tables and figures, the totals shown and/or mentioned in the accompanying text may differ slightly from the apparent sum of their component elements. This is simply due to the effects of rounding.
- Where survey results in tables or figures are either zero or one percent, data labels have not been shown for ease of reading so the total may not sum to 100% due to rounding.

As the results presented are based on a sample rather than a census of Australian adults, some variation between subgroups within the survey will occur by chance. To help decide whether differences are meaningful (that is, whether they represent genuine differences rather than just random variation), testing of the statistical significance of these differences has been carried out. Where results are reported as "different", it implies that a statistically significant difference at a 95 per cent confidence level has been established.

Results for subgroups are generally only noted if a statistically significant difference exists and the differences are substantial in size. This is because when a large sample size is involved, small subgroup differences may be statistically significant, but are likely to be of little practical importance. Given that these relatively small differences will sometimes be statistically significant, the commentary in this report does not mention every statistically significant difference, but rather draws out the main themes, trends and relationships in the data.

Multivariate logistic regression modelling was undertaken to examine which characteristics were independently associated with each outcome, after adjusting or controlling for other factors.

Predictors that had a negligible relationship with the outcome, relative to other predictors, were removed. This was done using a stepwise selection approach, which iteratively removed predictors from the full model, each time testing if doing so made a notable difference to the model predictions. Such a procedure usually yields a parsimonious model that predicts the outcomes almost as well as the unrestricted model with all predictors. Removed variables were then checked one at a time to ensure they were not significant in the final model. Where appropriate, interactions between household financial situation and predictor variables were included in the final model to test for effect measure modifiers. Interactions were tested one at a time.

Appendix 3 Additional tables and models

Table 2 Model predicting financial hardship in the past 12 months

| Predictor | % spent more or just broke even | Unadjusted Odds Ratio (95% CI) | Adjusted Odds Ratio (95% CI)* |
|---|---------------------------------|--------------------------------|-------------------------------|
| Age | | p<0.001 | p<0.001 |
| 18-24 | 34 | 0.70 (0.52-0.96) | 0.73 (0.50-1.05) |
| 25-34 | 40 | 0.90 (0.73-1.11) | 1.03 (0.79-1.34) |
| 35-44 | 49 | 1.33 (1.10-1.61) | 1.71 (1.35-2.19) |
| 45-54 | 46 | 1.16 (0.96-1.40) | 1.45 (1.16-1.82) |
| 55+ | 42 | - | - |
| Gender | | p=0.361 | p=0.118 |
| Male | 42 | - | - |
| Female | 44 | 1.08 (0.93-1.24) | 1.00 (0.85-1.17) |
| Trans, non-binary or inadequately described | 36 | 0.77 (0.44-1.38) | 0.53 (0.29-0.97) |
| Sexual orientation | | p<0.001 | p<0.001 |
| Heterosexual | 41 | - | - |
| Gay or lesbian | 54 | 1.63 (1.09-2.46) | 2.26 (1.45-3.52) |
| Bisexual | 58 | 1.98 (1.39-2.84) | 2.12 (1.41-3.19) |
| Other | 38 | 0.87 (0.52-1.48) | 0.67 (0.39-1.17) |
| Region | | p=0.004 | p=0.148 |
| Capital city | 41 | - | - |
| Rest of state | 46 | 1.24 (1.07-1.44) | 1.14 (0.95-1.36) |
| First Nations person | | p=0.030 | p=0.696 |
| Yes | 58 | 1.87 (1.06-3.27) | 1.13 (0.61-2.11) |
| No | 42 | - | - |
| Language other than English at home | | p=0.766 | p=0.826 |
| Yes | 43 | 1.03 (0.85-1.24) | 1.02 (0.82-1.28) |
| No | 43 | - | - |
| Country of birth | | p=0.330 | p=0.789 |
| Australia | 43 | - | - |
| Mainly non-English speaking country | 43 | 0.98 (0.81-1.19) | 1.00 (0.80-1.25) |
| Mainly English-speaking country | 39 | 0.85 (0.68-1.05) | 0.93 (0.74-1.16) |
| Disability | | p<0.001 | p<0.001 |
| Yes | 57 | 2.13 (1.82-2.49) | 1.46 (1.22-1.75) |
| No | 38 | - | - |
| Unpaid care or help | | p<0.001 | p<0.001 |
| Yes | 52 | 1.63 (1.40-1.91) | 1.35 (1.13-1.60) |

| | | | |
|--|----|------------------|------------------|
| No | 40 | - | - |
| Household structure | | p<0.001 | p=0.002 |
| Single parent with dependent children | 67 | 2.81 (1.95-4.05) | 1.90 (1.28-2.83) |
| Other | 41 | - | - |
| Employment status | | p<0.001 | p<0.001 |
| Full time or part time | 36 | - | - |
| Casual employment | 48 | 1.60 (1.20-2.13) | 1.63 (1.18-2.24) |
| Self-employed | 40 | 1.17 (0.84-1.62) | 1.49 (1.04-2.13) |
| Other inc. not employed | 51 | 1.81 (1.56-2.10) | 1.95 (1.60-2.38) |
| Highest educational qualification | | p<0.001 | p<0.001 |
| Bachelor or above | 33 | 0.58 (0.50-0.67) | 0.72 (0.61-0.85) |
| Below bachelor | 46 | - | - |
| Socio-economic Indexes for Areas | | p<0.001 | p=0.043 |
| Quintile 1 – Most disadvantage | 54 | 2.20 (1.75-2.76) | 1.46 (1.13-1.88) |
| Quintile 2 | 44 | 1.48 (1.19-1.84) | 1.17 (0.92-1.48) |
| Quintile 3 | 41 | 1.31 (1.06-1.62) | 1.05 (0.83-1.32) |
| Quintile 4 | 42 | 1.37 (1.10-1.70) | 1.16 (0.92-1.47) |
| Quintile 5 – Most advantage | 35 | - | - |
| SD1_a. Current living situation | | p<0.001 | p<0.001 |
| Excellent / very good | 29 | - | - |
| Good / fair / poor | 59 | 3.50 (3.03-4.06) | 3.04 (2.58-3.59) |
| SD1_b. Sense of being part of group or community | | p<0.001 | p=0.501 |
| Excellent / very good | 33 | - | - |
| Good / fair / poor | 48 | 1.93 (1.66-2.23) | 1.07 (0.88-1.30) |
| SD1_c. Ability to get support from family and friends when needed | | p<0.001 | p=0.043 |
| Excellent / very good | 35 | - | - |
| Good / fair / poor | 53 | 2.13 (1.85-2.46) | 1.27 (1.08-1.50) |

* Adjusted Odds Ratio, 95% confidence intervals. Adjusted for age, sexual orientation, disability, unpaid care, household structure, employment status, highest education qualification, socio-economic indexes for areas, current living situation and ability to get support from family and friends when needed.

Table 3 Model predicting cost of living pressures negatively impacting on mental health

| Predictor | % Cost of living pressures negatively impacting on mental health | Unadjusted Odds Ratio (95% CI) | Adjusted Odds Ratio (95% CI)* |
|---|--|--------------------------------|-------------------------------|
| Household financial situation | | p<0.001 | p<0.001 |
| Spend more money or just break even | 57 | 4.41 (3.77-5.16) | 3.36 (2.82-4.01) |
| Save money or cannot compare | 23 | - | - |
| Age | | p<0.001 | p<0.001 |
| 18-24 | 43 | 2.25 (1.67-3.03) | 2.70 (1.88-3.86) |
| 25-34 | 46 | 2.53 (2.05-3.13) | 2.84 (2.19-3.68) |
| 35-44 | 47 | 2.64 (2.17-3.13) | 2.65 (2.08-3.37) |
| 45-54 | 40 | 2.00 (1.64-2.44) | 2.06 (1.64-2.59) |
| 55+ | 25 | - | - |
| Gender | | p=0.002 | p=0.033 |
| Male | 34 | - | - |
| Female | 40 | 1.31 (1.13-1.52) | 1.24 (1.04-1.47) |
| Trans, non-binary or inadequately described | 35 | 1.01 (0.57-1.80) | 0.74 (0.32-1.74) |
| Sexual orientation | | p<0.001 | p=0.487 |
| Heterosexual | 36 | - | - |
| Gay or lesbian | 38 | 1.07 (0.70-1.66) | 0.80 (0.49-1.30) |
| Bisexual | 56 | 2.30 (1.60-3.31) | 1.32 (0.84-2.06) |
| Other | 47 | 1.55 (0.91-2.64) | 1.07 (0.57-2.00) |
| Region | | p=0.214 | p=0.915 |
| Capital city | 38 | - | - |
| Rest of state | 36 | 0.91 (0.78-1.06) | 1.01 (0.84-1.21) |
| First Nations person | | p=0.005 | p=0.096 |
| Yes | 56 | 2.20 (1.27-3.81) | 1.63 (0.92-2.90) |
| No | 37 | - | - |
| Language other than English at home | | p<0.001 | p=0.046 |
| Yes | 47 | 1.66 (1.38-2.00) | 1.27 (1.00-1.61) |
| No | 37 | - | - |
| Country of birth | | p<0.001 | p=0.264 |
| Australia | 36 | - | - |
| Mainly non-English speaking country | 46 | 1.52 (1.25-1.84) | 1.23 (0.92-1.65) |
| Mainly English-speaking country | 33 | 0.89 (0.71-1.12) | 1.15 (0.88-1.49) |
| Disability | | p<0.001 | p<0.001 |
| Yes | 47 | 1.75 (1.19-2.05) | 1.64 (1.35-1.99) |
| No | 34 | - | - |

| | | | |
|--|----|------------------|------------------|
| Unpaid care or help | | p=0.199 | p=0.953 |
| Yes | 39 | 1.11 (0.95-1.31) | 0.99 (0.82-1.21) |
| No | 37 | - | - |
| Household structure | | p<0.001 | p=0.163 |
| Single parent with dependent children | 60 | 2.61 (1.86-3.67) | 1.32 (0.89-1.95) |
| Other | 36 | - | - |
| Employment status | | p=0.098 | p=0.420 |
| Full time or part time | 38 | - | - |
| Casual employment | 42 | 1.19 (0.89-1.59) | 0.88 (0.62-1.26) |
| Self-employed | 35 | 0.85 (0.60-1.20) | 1.24 (0.83-1.84) |
| Other inc. not employed | 35 | 0.87 (0.74-1.01) | 0.90 (0.73-1.12) |
| Highest educational qualification | | p<0.001 | p<0.001 |
| Bachelor or above | 31 | 0.69 (0.60-0.80) | 0.70 (0.58-0.85) |
| Below bachelor | 40 | - | - |
| Socio-economic Indexes for Areas | | p=0.025 | p=0.181 |
| Quintile 1 – Most disadvantage | 41 | 1.39 (1.10-1.75) | 0.81 (0.61-1.07) |
| Quintile 2 | 39 | 1.29 (1.03-1.62) | 1.05 (0.81-1.37) |
| Quintile 3 | 39 | 1.26 (1.01-1.58) | 1.04 (0.81-1.35) |
| Quintile 4 | 35 | 1.06 (0.84-1.33) | 0.84 (0.65-1.09) |
| Quintile 5 – Most advantage | 34 | - | - |
| SD1_a. Current living situation | | p<0.001 | p<0.001 |
| Excellent / very good | 21 | - | - |
| Good / fair / poor | 56 | 4.68 (3.99-5.48) | 2.77 (2.30-3.33) |
| SD1_b. Sense of being part of group or community | | p<0.001 | p=0.087 |
| Excellent / very good | 23 | - | - |
| Good / fair / poor | 45 | 2.71 (2.30-3.19) | 1.27 (0.97-1.50) |
| SD1_c. Ability to get support from family and friends when needed | | p<0.001 | p=0.008 |
| Excellent / very good | 29 | - | - |
| Good / fair / poor | 49 | 2.39 (2.06-2.78) | 1.28 (1.07-1.54) |

* Adjusted Odds Ratio, 95% confidence intervals. Adjusted for household financial situation, age, gender, language other than English, disability, highest education qualification, current living situation and ability to get support from family and friends when needed.

Table 4 Main effects model predicting experiences of anxiety in the past 12 months

| Predictor | % experienced anxiety past 12 months | Unadjusted Odds Ratio (95% CI) | Adjusted Odds Ratio (95% CI)* |
|---|--------------------------------------|--------------------------------|-------------------------------|
| Household financial situation | | p<0.001 | p<0.001 |
| Spend more money or just break even | 61 | 1.81 (1.57-2.08) | 1.32 (1.13-1.56) |
| Save money or cannot compare | 46 | - | - |
| Age | | p<0.001 | p<0.001 |
| 18-24 | 58 | 1.93 (1.43-2.60) | 1.55 (1.10-2.19) |
| 25-34 | 61 | 2.14 (1.74-2.63) | 1.81 (1.41-2.31) |
| 35-44 | 61 | 2.17 (1.79-2.64) | 2.08 (1.66-2.60) |
| 45-54 | 53 | 1.56 (1.29-1.88) | 1.34 (1.09-1.65) |
| 55+ | 42 | - | - |
| Gender | | p<0.001 | p<0.001 |
| Male | 45 | - | - |
| Female | 59 | 1.70 (1.48-1.96) | 1.48 (1.26-1.72) |
| Trans, non-binary or inadequately described | 64 | 2.11 (1.23-3.61) | 1.39 (0.73-2.64) |
| Sexual orientation | | p<0.001 | p<0.001 |
| Heterosexual | 50 | - | - |
| Gay or lesbian | 71 | 2.45 (1.61-3.73) | 2.07 (1.31-3.28) |
| Bisexual | 81 | 4.35 (2.80-6.76) | 2.52 (1.54-4.13) |
| Other | 66 | 1.95 (1.14-3.33) | 1.17 (0.63-2.18) |
| Region | | p=0.424 | p=0.394 |
| Capital city | 52 | - | - |
| Rest of state | 53 | 1.06 (0.92-1.23) | 1.07 (0.91-1.26) |
| First Nations person | | p=0.073 | p=0.694 |
| Yes | 65 | 1.69 (0.95-2.99) | 1.14 (0.58-2.24) |
| No | 52 | - | - |
| Language other than English at home | | p=0.035 | p=0.579 |
| Yes | 49 | 0.82 (0.68-0.99) | 0.93 (0.71-1.21) |
| No | 53 | - | - |
| Country of birth | | p<0.001 | p<0.001 |
| Australia | 55 | - | - |
| Mainly non-English speaking country | 43 | 0.63 (0.52-0.76) | 0.61 (0.49-0.77) |
| Mainly English-speaking country | 49 | 0.79 (0.64-0.98) | 0.97 (0.77-1.23) |
| Disability | | p<0.001 | p<0.001 |
| Yes | 63 | 1.82 (1.56-2.13) | 1.49 (1.24-1.78) |
| No | 49 | - | - |
| Unpaid care or help | | p=0.008 | p=0.112 |

| | | | |
|---|----|------------------|------------------|
| Yes | 56 | 1.24 (1.06-1.45) | 1.16 (0.97-1.38) |
| No | 51 | - | - |
| Household structure | | p<0.001 | p=0.176 |
| Single parent with dependent children | 71 | 2.28 (1.58-3.27) | 1.30 (0.86-1.96) |
| Other | 51 | - | - |
| Employment status | | p=0.107 | p=0.129 |
| Full time or part time | 54 | - | - |
| Casual employment | 53 | 0.95 (0.71-1.27) | 0.71 (0.51-0.97) |
| Self-employed | 49 | 0.81 (0.59-1.11) | 1.14 (0.80-1.61) |
| Other inc. not employed | 50 | 0.84 (0.73-0.97) | 0.92 (0.76-1.12) |
| Highest educational qualification | | p=0.001 | p=0.006 |
| Bachelor or above | 48 | 0.80 (0.70-0.91) | 0.80 (0.67-0.94) |
| Below bachelor | 54 | - | - |
| Socio-economic Indexes for Areas | | p=0.123 | p=0.735 |
| Quintile 1 – Most disadvantage | 55 | 1.29 (1.03-1.61) | 1.01 (0.78-1.31) |
| Quintile 2 | 53 | 1.18 (0.96-1.46) | 1.11 (0.86-1.43) |
| Quintile 3 | 54 | 1.23 (1.01-1.52) | 0.98 (0.76-1.26) |
| Quintile 4 | 51 | 1.07 (0.87-1.32) | 1.01 (0.79-1.30) |
| Quintile 5 – Most advantage | 49 | - | - |
| SD1_a. Current living situation | | p<0.001 | p=0.005 |
| Excellent / very good | 45 | - | - |
| Good / fair / poor | 61 | 1.94 (1.68-2.23) | 1.30 (1.08-1.56) |
| SD1_b. Sense of being part of group or community | | p<0.001 | p<0.001 |
| Excellent / very good | 41 | - | - |
| Good / fair / poor | 59 | 2.11 (1.82-2.43) | 1.60 (1.35-1.91) |
| SD1_c. Ability to get support from family and friends when needed | | p<0.001 | p=0.074 |
| Excellent / very good | 46 | - | - |
| Good / fair / poor | 61 | 1.79 (1.55-2.07) | 1.18 (0.98-1.42) |
| GH2_1. Sought support from mental health professional past 12 months | | p<0.001 | p<0.001 |
| Yes | 80 | 5.16 (4.28-6.21) | 3.95 (3.26-4.79) |
| No | 43 | - | - |
| MHL_a. Confidence in knowing where to go for mental health information | | p=0.100 | p=0.971 |
| Excellent / very | 54 | 1.13 (0.98-1.29) | 1.00 (0.86-1.18) |
| Moderately / slightly / not at all | 51 | - | - |
| SSDS. Self-stigma – shame scale | | p<0.001 | p=0.001 |
| | | 1.01 (1.01-1.02) | 1.01 (1.00-1.02) |

| | | | |
|---|--|------------------|------------------|
| SSDS. Self-stigma – self-blame scale | | p=0.004 | p=0.920 |
| | | 1.01 (1.00-1.02) | 1.00 (0.99-1.01) |
| SSDS. Self-stigma – help-seeking scale | | p=0.031 | p=0.840 |
| | | 1.01 (1.00-1.01) | 1.00 (0.99-1.01) |

* Adjusted Odds Ratio, 95% confidence intervals. Adjusted for household financial situation, age, gender, sexual orientation, country of birth, disability, highest education qualification, current living situation, sense of being part of a group or community, sought support from mental health professional past 12 month and self-stigma (shame subscale).

Table 5 Main effects model predicting experiences of depression in the past 12 months

| Predictor | % experienced depression in the past 12 months | Unadjusted Odds Ratio (95% CI) | Adjusted Odds Ratio (95% CI)* |
|---|--|--------------------------------|-------------------------------|
| Household financial situation | | p<0.001 | p<0.001 |
| Spend more money or just break even | 44 | 2.10 (1.81-2.45) | 1.37 (1.15-1.64) |
| Save money or cannot compare | 27 | - | - |
| Age | | p<0.001 | p<0.001 |
| 18-24 | 44 | 2.29 (1.70-3.08) | 2.21 (1.53-3.21) |
| 25-34 | 41 | 2.00 (1.62-2.48) | 1.84 (1.41-2.39) |
| 35-44 | 38 | 1.80 (1.47-2.20) | 1.74 (1.35-2.24) |
| 45-54 | 36 | 1.64 (1.35-2.00) | 1.47 (1.16-1.87) |
| 55+ | 26 | - | - |
| Gender | | p<0.001 | p=0.218 |
| Male | 31 | - | - |
| Female | 38 | 1.39 (1.19-1.61) | 1.11 (0.93-1.33) |
| Trans, non-binary or inadequately described | 40 | 1.48 (0.84-2.63) | 0.66 (0.31-1.40) |
| Sexual orientation | | p<0.001 | p<0.001 |
| Heterosexual | 32 | - | - |
| Gay or lesbian | 46 | 1.82 (1.20-2.75) | 1.34 (0.81-2.21) |
| Bisexual | 71 | 5.23 (3.54-7.74) | 3.36 (2.17-5.20) |
| Other | 48 | 1.95 (1.15-3.30) | 0.95 (0.49-1.84) |
| Region | | p=0.876 | p=0.579 |
| Capital city | 35 | - | - |
| Rest of state | 35 | 0.99 (0.84-1.15) | 0.95 (0.79-1.14) |
| First Nations person | | p=0.047 | p=0.829 |
| Yes | 48 | 1.75 (1.01-3.02) | 1.08 (0.54-2.14) |
| No | 34 | - | - |
| Language other than English at home | | p=0.004 | p=0.077 |
| Yes | 30 | 0.74 (0.60-0.91) | 0.76 (0.56-1.03) |
| No | 36 | - | - |
| Country of birth | | p<0.001 | p<0.001 |
| Australia | 38 | - | - |
| Mainly non-English speaking country | 26 | 0.59 (0.47-0.73) | 0.56 (0.44-0.71) |
| Mainly English-speaking country | 32 | 0.77 (0.61-0.96) | 0.92 (0.71-1.21) |
| Disability | | p<0.001 | p<0.001 |
| Yes | 53 | 2.75 (2.34-3.23) | 2.24 (1.84-2.73) |
| No | 29 | - | - |
| Unpaid care or help | | p<0.001 | p=0.078 |

| | | | |
|---|----|------------------|------------------|
| Yes | 40 | 1.35 (1.15-1.59) | 1.20 (0.98-1.47) |
| No | 33 | - | - |
| Household structure | | p<0.001 | p=0.378 |
| Single parent with dependent children | 53 | 2.17 (1.56-3.03) | 1.21 (0.79-1.83) |
| Other | 34 | - | - |
| Employment status | | p=0.004 | p=0.436 |
| Full time or part time | 33 | - | - |
| Casual employment | 43 | 1.51 (1.13-2.03) | 1.19 (0.84-1.68) |
| Self-employed | 26 | 0.70 (0.48-1.02) | 0.93 (0.61-1.43) |
| Other inc. not employed | 36 | 1.11 (0.95-1.29) | 1.17 (0.94-1.46) |
| Highest educational qualification | | p<0.001 | p=0.005 |
| Bachelor or above | 29 | 0.72 (0.62-0.84) | 0.77 (0.65-0.93) |
| Below bachelor | 37 | - | - |
| Socio-economic Indexes for Areas | | p=0.064 | p=0.816 |
| Quintile 1 – Most disadvantage | 39 | 1.35 (1.07-1.71) | 0.93 (0.71-1.22) |
| Quintile 2 | 37 | 1.25 (1.00-1.57) | 1.02 (0.79-1.33) |
| Quintile 3 | 35 | 1.13 (0.91-1.42) | 0.95 (0.73-1.22) |
| Quintile 4 | 32 | 1.02 (0.82-1.29) | 0.88 (0.67-1.14) |
| Quintile 5 – Most advantage | 32 | - | - |
| SD1_a. Current living situation | | p<0.001 | p=0.010 |
| Excellent / very good | 25 | - | - |
| Good / fair / poor | 45 | 2.43 (2.09-2.83) | 1.31 (1.07-1.62) |
| SD1_b. Sense of being part of group or community | | p<0.001 | p<0.001 |
| Excellent / very good | 21 | - | - |
| Good / fair / poor | 43 | 2.85 (2.41-3.36) | 1.68 (1.35-2.08) |
| SD1_c. Ability to get support from family and friends when needed | | p<0.001 | p<0.001 |
| Excellent / very good | 25 | - | - |
| Good / fair / poor | 48 | 2.71 (2.32-3.15) | 1.78 (1.46-2.18) |
| GH2_1. Sought support from mental health professional past 12 months | | p<0.001 | p<0.001 |
| Yes | 66 | 5.98 (5.03-7.11) | 4.70 (3.89-5.68) |
| No | 24 | - | - |
| MHL_a. Confidence in knowing where to go for mental health information | | p=0.160 | p=0.598 |
| Excellent / very | 36 | 1.11 (0.96-1.29) | 1.05 (0.88-1.26) |
| Moderately / slightly / not at all | 33 | - | - |
| SSDS. Self-stigma – shame scale | | p=0.049 | p=0.013 |
| | | 1.02 (1.00-1.04) | 1.01 (1.00-1.02) |

| | | | |
|---|--|------------------|------------------|
| SSDS. Self-stigma – self-blame scale | | p=0.067 | p=0.543 |
| | | 1.01 (1.00-1.02) | 1.00 (0.98-1.01) |
| SSDS. Self-stigma – help-seeking scale | | p=0.218 | p=0.289 |
| | | 1.01 (1.00-1.01) | 0.99 (0.98-1.01) |

* Adjusted Odds Ratio, 95% confidence intervals. Adjusted for household financial situation, age, sexual orientation, country of birth, disability, highest education qualification, current living situation, sense of being part of a group or community, ability to get support from family and friends when needed, sought support from mental health professional past 12 month and self-stigma (shame subscale).

Table 6 Model predicting experiences of suicidal thoughts or behaviours in the past 12 months

| Predictor | % experienced suicidal thoughts or behaviours past 12 months | Unadjusted Odds Ratio (95% CI) | Adjusted Odds Ratio (95% CI)* |
|---|--|--------------------------------|-------------------------------|
| Household financial situation | | p<0.001 | p<0.001 |
| Spend more money or just break even | 16 | 2.59 (2.02-3.31) | 1.70 (1.29-2.23) |
| Save money or cannot compare | 7 | - | - |
| Age | | p<0.001 | p<0.001 |
| 18-24 | 18 | 3.41 (2.27-5.13) | 3.45 (2.15-5.55) |
| 25-34 | 15 | 2.71 (1.96-3.77) | 2.59 (1.76-3.81) |
| 35-44 | 12 | 2.24 (1.61-3.11) | 2.13 (1.44-3.13) |
| 45-54 | 11 | 1.94 (1.40-2.70) | 1.62 (1.11-2.36) |
| 55+ | 6 | - | - |
| Gender | | p=0.003 | p=0.995 |
| Male | 9 | - | -- |
| Female | 12 | 1.38 (1.08-1.76) | 1.01 (0.77-1.33) |
| Trans, non-binary or inadequately described | 22 | 2.76 (1.33-5.73) | 1.03 (0.44-2.38) |
| Sexual orientation | | p<0.001 | p<0.001 |
| Heterosexual | 9 | - | - |
| Gay or lesbian | 21 | 2.86 (1.69-4.84) | 1.94 (1.06-2.54) |
| Bisexual | 36 | 5.83 (3.91-8.70) | 2.96 (1.85-4.74) |
| Other | 22 | 3.00 (1.56-5.75) | 1.51 (0.75-3.03) |
| Region | | p=0.579 | p=0.420 |
| Capital city | 11 | - | - |
| Rest of state | 10 | 0.93 (0.72-1.20) | 0.89 (0.66-1.19) |
| First Nations person | | p=0.088 | p=0.784 |
| Yes | 19 | 1.89 (0.91-3.93) | 1.14 (0.43-3.01) |
| No | 11 | - | - |
| Language other than English at home | | p=0.127 | p=0.016 |
| Yes | 9 | 0.77 (0.55-1.08) | 0.64 (0.45-0.92) |
| No | 11 | - | - |
| Country of birth | | p=0.019 | p=0.558 |
| Australia | 12 | - | - |
| Mainly non-English speaking country | 8 | 0.62 (0.43-0.90) | 0.77 (0.47-1.27) |
| Mainly English-speaking country | 9 | 0.75 (0.51-1.08) | 1.05 (0.68-1.63) |
| Disability | | p<0.001 | p<0.001 |
| Yes | 22 | 3.37 (2.65-4.29) | 2.70 (2.03-2.59) |

| | | | |
|---|----|------------------|------------------|
| No | 8 | - | - |
| Unpaid care or help | | p=0.465 | p=0.94 |
| Yes | 12 | 1.11 (0.84-1.45) | 0.94 (0.68-1.30) |
| No | 11 | - | - |
| Household structure | | p=0.001 | p=0.582 |
| Single parent with dependent children | 19 | 2.06 (1.34-3.18) | 1.15 (0.70-1.91) |
| Other | 11 | - | - |
| Employment status | | p=0.085 | p=0.589 |
| Full time or part time | 10 | - | - |
| Casual employment | 15 | 1.61 (1.04-2.49) | 1.17 (0.73-1.88) |
| Self-employed | 9 | 0.92 (0.52-1.61) | 1.32 (0.70-2.47) |
| Other inc. not employed | 12 | 1.25 (0.97-1.61) | 1.24 (0.89-1.73) |
| Highest educational qualification | | p=0.030 | p=0.093 |
| Bachelor or above | 8 | 0.68 (0.53-0.88) | 0.78 (0.59-1.04) |
| Below bachelor | 12 | - | - |
| Socio-economic Indexes for Areas | | p=0.030 | p=0.303 |
| Quintile 1 – Most disadvantage | 15 | 2.03 (1.40-2.93) | 0.90 (0.60-1.36) |
| Quintile 2 | 12 | 1.56 (1.07-2.27) | 0.77 (0.51-1.16) |
| Quintile 3 | 11 | 1.33 (0.92-1.92) | 0.69 (0.45-1.04) |
| Quintile 4 | 10 | 1.19 (0.81-1.76) | 0.64 (0.43-0.96) |
| Quintile 5 – Most advantage | 8 | - | - |
| SD1_a. Current living situation | | p<0.001 | p=0.223 |
| Excellent / very good | 7 | - | - |
| Good / fair / poor | 16 | 2.60 (2.03-3.34) | 1.22 (0.89-1.67) |
| SD1_b. Sense of being part of group or community | | p<0.001 | p=0.035 |
| Excellent / very good | 5 | - | - |
| Good / fair / poor | 14 | 2.99 (2.21-4.06) | 1.44 (1.03-2.02) |
| SD1_c. Ability to get support from family and friends when needed | | p<0.001 | p<0.001 |
| Excellent / very good | 6 | - | - |
| Good / fair / poor | 18 | 3.35 (2.60-4.33) | 2.31 (1.75-3.06) |
| GH2_1. Sought support from mental health professional past 12 months | | p<0.001 | p<0.001 |
| Yes | 25 | 5.20 (4.07-6.64) | 3.26 (2.49-4.29) |
| No | 6 | - | - |
| MHL_a. Confidence in knowing where to go for mental health information | | p=0.271 | p=0.712 |
| Excellent / very | 12 | 1.14 (0.90-1.46) | 1.05 (0.80-1.39) |
| Moderately / slightly / not at all | 10 | - | - |

| | | | |
|---|--|------------------|------------------|
| SSDS. Self-stigma – shame scale | | p=0.519 | p=0.829 |
| | | 1.01 (0.98-1.03) | 1.00 (0.99-1.01) |
| SSDS. Self-stigma – self-blame scale | | p=0.488 | p=0.543 |
| | | 1.01 (0.98-1.04) | 1.01 (0.99-1.02) |
| SSDS. Self-stigma – help-seeking scale | | p=0.695 | p=0.770 |
| | | 1.00 (0.99-1.02) | 1.00 (0.99-1.02) |

* Adjusted Odds Ratio, 95% confidence intervals. Adjusted for household financial situation, age, sexual orientation, language other than English, disability, sense of being part of a group or community, ability to get support from family and friends when needed and sought support from mental health professional past 12 month.

Table 7 Model predicting very high ratings life is worthwhile in the past 12 months

| Predictor | % very high ratings life is worthwhile | Unadjusted Odds Ratio (95% CI) | Adjusted Odds Ratio (95% CI) |
|---|--|--------------------------------|------------------------------|
| Household financial situation | | p<0.001 | p<0.001 |
| Spend more money or just break even | 17 | 0.49 (0.41-0.58) | 0.72 (0.59-0.87) |
| Save money or cannot compare | 29 | - | - |
| Age | | p<0.001 | p=0.001 |
| 18-24 | 14 | 0.33 (0.22-0.50) | 0.39 (0.24-0.64) |
| 25-34 | 20 | 0.54 (0.42-0.68) | 0.80 (0.59-1.09) |
| 35-44 | 19 | 0.50 (0.40-0.63) | 0.74 (0.55-0.98) |
| 45-54 | 21 | 0.55 (0.44-0.68) | 0.69 (0.53-0.90) |
| 55+ | 32 | - | - |
| Gender | | p=0.388 | p=0.2732 |
| Male | 23 | - | - |
| Female | 25 | 1.10 (0.94-1.28) | 1.16 (0.97-1.38) |
| Trans, non-binary or inadequately described | 20 | 0.83 (0.44-1.60) | 1.12 (0.51-2.44) |
| Sexual orientation | | p<0.001 | p=0.002 |
| Heterosexual | 25 | - | - |
| Gay or lesbian | 10 | 0.35 (0.20-0.61) | 0.41 (0.23-0.72) |
| Bisexual | 11 | 0.37 (0.21-0.65) | 0.58 (0.33-1.03) |
| Other | 21 | 0.81 (0.44-1.51) | 1.67 (0.79-3.52) |
| Region | | p=0.012 | p=0.542 |
| Capital city | 22 | - | - |
| Rest of state | 26 | 1.23 (1.05-1.45) | 1.06 (0.88-1.28) |
| First Nations person | | p=0.890 | p=0.484 |
| Yes | 23 | 0.95 (0.49-1.86) | 1.31 (0.62-2.77) |
| No | 24 | - | - |
| Language other than English at home | | p=0.001 | p=0.990 |
| Yes | 17 | 0.69 (0.56-0.86) | 1.00 (0.76-1.31) |
| No | 26 | - | - |
| Country of birth | | p=0.045 | p=0.985 |
| Australia | | - | - |
| Mainly non-English speaking country | | 0.78 (0.63-0.97) | 1.00 (0.77-1.30) |
| Mainly English-speaking country | | 1.09 (0.87-1.38) | 1.02 (0.79-1.33) |
| Disability | | p<0.001 | p<0.001 |
| Yes | 17 | 0.58 (0.48-0.70) | 0.65 (0.52-0.81) |
| No | 26 | - | - |
| Unpaid care or help | | p=0.414 | p=0.503 |

| | | | |
|---|----|------------------|------------------|
| Yes | 23 | 0.93 (0.78-1.11) | 0.93 (0.77-1.14) |
| No | 24 | - | - |
| Household structure | | p=0.009 | p=0.679 |
| Single parent with dependent children | 15 | 0.54 (0.34-0.86) | 0.90 (0.54-1.49) |
| Other | 24 | - | - |
| Employment status | | p<0.001 | p=0.012 |
| Full time or part time | 20 | - | - |
| Casual employment | 21 | 1.03 (0.74-1.43) | 1.38 (0.97-1.96) |
| Self-employed | 35 | 2.09 (1.50-2.93) | 1.49 (1.03-2.17) |
| Other inc. not employed | 28 | 1.51 (1.28-1.78) | 1.42 (1.12-1.82) |
| Highest educational qualification | | p=0.003 | p=0.009 |
| Bachelor or above | 27 | 1.26 (1.08-1.46) | 1.28 (1.06-1.54) |
| Below bachelor | 23 | - | - |
| Socio-economic Indexes for Areas | | p=0.241 | p=0.118 |
| Quintile 1 – Most disadvantage | 22 | 0.92 (0.72-1.19) | 1.28 (0.96-1.70) |
| Quintile 2 | 26 | 1.11 (0.88-1.41) | 1.32 (1.01-1.72) |
| Quintile 3 | 21 | 0.87 (0.69-1.10) | 1.02 (0.79-1.32) |
| Quintile 4 | 26 | 1.10 (0.88-1.38) | 1.26 (0.98-1.62) |
| Quintile 5 – Most advantage | 24 | - | - |
| SD1_a. Current living situation | | p<0.001 | p<0.001 |
| Excellent / very good | 35 | - | - |
| Good / fair / poor | 11 | 0.24 (0.20-0.29) | 0.58 (0.47-0.72) |
| SD1_b. Sense of being part of group or community | | p<0.001 | p<0.001 |
| Excellent / very good | 42 | - | - |
| Good / fair / poor | 13 | 0.21 (0.18-0.25) | 0.45 (0.37-0.58) |
| SD1_c. Ability to get support from family and friends when needed | | p<0.001 | p<0.001 |
| Excellent / very good | 34 | - | - |
| Good / fair / poor | 10 | 0.22 (0.18-0.27) | 0.46 (0.37-0.58) |
| GH2_1. Sought support from mental health professional past 12 months | | P<0.001 | p=0.001 |
| Yes | 26 | 0.52 (0.43-0.64) | 0.68 (0.54-0.86) |
| No | 16 | - | - |
| MHL_a. Confidence in knowing where to go for mental health information | | p<0.001 | p<0.001 |
| Excellent / very | 29 | 1.87 (1.59-2.19) | 1.54 (1.29-1.84) |
| Moderately / slightly / not at all | 18 | - | - |
| SSDS. Self-stigma – shame scale | | P=0.002 | p=0.013 |
| | | 0.99 (0.99-1.00) | 0.99 (0.99-1.00) |

| | | | |
|---|--|------------------|------------------|
| SSDS. Self-stigma – self-blame scale | | p=0.041 | p=0.426 |
| | | 0.99 (0.99-1.00) | 1.00 (0.99-1.01) |
| SSDS. Self-stigma – help-seeking scale | | p=0.023 | p=0.860 |
| | | 0.99 (0.99-1.00) | 1.00 (0.99-1.01) |

* Adjusted Odds Ratio, 95% confidence intervals. Adjusted for household financial situation, age, sexual orientation, disability, employment, highest educational qualification, sense of being part of a group or community, ability to get support from family and friends when needed, sought support from mental health professional past 12 months, confidence in knowing where to go for mental health information and self-stigma (shame subscale).