

## Insights from the New Zealand Attitudes and Values Study (NZAVS) 2020/2021

### What is the NZAVS?

The NZAVS is a 20-year longitudinal national study of social attitudes, personality and health outcomes of more than 60,000 New Zealanders. Thousands of New Zealanders complete the study each year via a postal or web-based survey.

### What was the purpose of the COVID-19 impacts review?

MSD wanted to understand the impacts of COVID-19 alert levels on social wellbeing to better mitigate against negative impacts.

We commissioned the New Zealand Attitudes and Values Study (NZAVS) team at Auckland University to review the March-August 2020 survey results (from the initial lockdown to the second outbreak).

Over 1,500 people completed the survey at each of the different Alert Levels. This provided data from over 12,000 New Zealanders to assess changes in outcomes across these different stages of restrictions.

### What impacts were assessed?

The review assessed:

1. General effects across Alert levels by comparing each outcome across matched control and Alert Level groups.
2. Demographic differences including gender, ethnicity, parental status, health condition/disability status, mental health diagnosis and age, to identify factors that might increase the risk of, or protect against, any effects of each Alert Level.

### What did the report find?

	Level 4 25 March–27 April	Level 3 28 April–13 May	Level 2 14 May–8 June	Level 1 9 June–11 August	Second outbreak 12–30 August Level 3 (Auckland); Level 2 (rest of New Zealand)
 <b>Health and Wellbeing</b>	Women, Māori, younger people, and participants with a health condition, disability or mental health diagnosis reported poorer health and well-being in general in contrast to parents and older adults (65+)				
	General resilience, no negative effects on mental health or personal well-being on average (L4)	Women and younger people experienced greater psychological distress (L3, 2)		Women most likely to experience a boost in satisfaction with health (L1)	
	Overall results indicate challenges to the quality of personal relationships, but benefits to broader social connectedness. Participants with a health condition or disability were less likely to report boosts in community connection				
 <b>Personal relationships and social connections</b>	Greater conflict/lower satisfaction in personal relationships (L4)				
	Greater sense of Community (L4, 2, 1)				
 <b>Employment and financial outcomes</b>	Women and participants with a health condition, disability or mental health diagnosis reported poorer employment and financial outcomes				
	Drops in job security (L4)	Poorer outcomes relating to job satisfaction and sense of value in their organisation for young, Pacific, Asian, other non-Māori ethnic groups (L3–2)		Rebounding job security (L1)	
 <b>Perceived discrimination</b>	Increases in perceived gender-, ethnic-, and religious-based discrimination across Alert Levels, with gender-based discrimination showing the most consistent increases across the pandemic				
	Increased reports of gender discrimination (L4, 3, 2 & second outbreak)				
	Increased reports of ethnic based discrimination – for Pacific Peoples, Asian, or another non-Māori groups (L4, 3, 1) and for Māori (L2, 1, second outbreak)				
 <b>Institutional trust and national identification</b>	General increase in trust in, and satisfaction with New Zealand's institutions, with women reporting more trust in politicians and satisfaction with the Government than men				
	Increased trust and satisfaction in science, politicians and police (L4)				