



The Australian Unity Wellbeing Index



Australian Unity Wellbeing Index: Survey 41

Wellbeing in a cost-of-living crisis

Measuring Australians' wellbeing in 2024

Another challenging year for Australians' subjective wellbeing

Each year, the Australian Unity Wellbeing Index gives us an insight into Australians' wellbeing. Between the global situation and financial pressures closer to home, it's been a tough time.



On a global level, it's been quite the year. Between the escalating crisis in the Middle East, the polarising tone of the US election, Russia's continuing aggression in Ukraine and the mounting threat of climate change, international headlines have felt persistently grim. Domestically, however, a single issue continues to dominate the national agenda.

"In Australia, the one thing that's really biting is the cost of living," says Deakin University's Dr Kate Lycett, the lead researcher of the Australian Unity Wellbeing Index.

The mood of the nation

This was the social backdrop for this year's Australian Unity Wellbeing Index, a yearly survey conducted in partnership with Deakin University that tracks how people feel about their personal lives and how they feel about life in Australia.

In June 2024, researchers collected data from more than 2,000 Australian adults to provide a snapshot of the national mood. But while the survey explored a variety of issues ranging from government to health, it also zeroed in on several areas of growing concern.

"This year, we had a special focus on financial wellbeing," says Kate. "And the reason for that is we've been seeing stark income divides in personal wellbeing between generations.

We also focused on mental distress, loneliness, relational support and resilience."

Mental distress spiked for young adults during the pandemic, and researchers were keen to track whether this had changed. But the research also examined interrelated factors proven to help people cope in challenging times. "We all have highs and lows," says Kate. "But we know that when people have strong relational support and resilience, those are things that can help buffer them."

Measuring Australians' subjective wellbeing

Wellbeing, at its heart, is subjective—it's different for everyone. So the Australian Unity Wellbeing Index assesses Australians' satisfaction with their lives as a whole, and life in Australia as a whole—but it also delves into a number of different "domains" or life areas that contribute to our personal and national wellbeing.

The seven Personal Wellbeing domains are: relationships, achieving in life (a sense of purpose), standard of living (finances), health, community connectedness, personal safety and future security. The National Wellbeing Index also tracks six domains to assess satisfaction with life in Australia, including the economic situation, the natural environment, social conditions, the government, business and national security.

"The Australian Unity Wellbeing Index is unique because it's been going for almost

25 years, and it gives us the pulse of the nation and how we are tracking," says Kate. "For instance, it doesn't matter if traditional economic measures, such as GDP, are doing well—if everyday Australians are not feeling it and are not feeling satisfied with their lives, we have a disconnect."

Digging into these fundamentals allows the Wellbeing Index to form a deeper and more nuanced picture of contemporary life. Australia has traditionally seen itself as a country of a "fair go for all", but this year's results highlight the growing issues we need to tackle for that tag to hold true.



Learn more

[Wellbeing and why it matters](#)

A brief history



For close to 25 years, the Australian Unity Wellbeing Index has examined both the personal wellbeing and national wellbeing of Australians.

The first national survey was conducted in 2001 by Robert A Cummins, Emeritus Professor of Psychology at Deakin University, and introduced the Personal Wellbeing Index and the National Wellbeing Index. Since then, tens of thousands of Australians have been interviewed and the Personal Wellbeing Index has become the pre-eminent survey of its kind, informing and influencing the concept of wellbeing across academia, government, business, media and the community.

Throughout this time, the research methodology has continued to evolve. In 2024, the survey began a transition process, switching from phone recruitment to an online research panel (Life in Australia™) for its data collection. In doing so, the survey hopes to continue to deliver a robust nationally representative sample of Australians and a clearer picture of subjective wellbeing in our nation.

Today, the Personal Wellbeing Index has been recommended for use by both the World Health Organization (WHO) and the Organisation for Economic Co-operation and Development (OECD), while Australia and other countries like New Zealand, Scotland, Wales, Iceland and Finland are now incorporating wellbeing measures into their national budgets and policies.



Key findings: Australians are struggling

It's been a tough few years for Australians' wellbeing—and this year's Australian Unity Wellbeing Index indicates we're still in the thick of it.

How are we tracking as a nation? It's a big question, and one that the Australian Unity Wellbeing Index sets out to answer every year. After 41 surveys, Wellbeing Index researchers have a wealth of data showing how our satisfaction with our personal lives and life in Australia shift over time. Unfortunately, this year's results make it clear that things are not trending in a positive way.

"We're not tracking well, and that's important for us to know as a nation," says lead researcher Dr Kate Lycett. "If we're thinking about whether we're heading in the right direction, the data would suggest that we're not."

New all-time lows

Stark evidence of this came when respondents were asked to gauge their overall satisfaction with life in Australia. The response was emphatic, with results plummeting to an all-time low. Satisfaction with the economic situation meanwhile also hit rock bottom. "That obviously fits with the cost-of-living crisis," says Kate. "We also saw a significant drop in government satisfaction compared to last year."

While the macro picture was chastening in Australia, things did not improve at the personal level. Personal wellbeing scores and satisfaction with life "as a whole" both continue to remain very low.

What's intriguing is that both personal and national wellbeing

were much higher in 2020—results that at first glance are puzzling, given that 2020 was the year that COVID-19 ravaged the country and lockdowns confined us to our homes. Yet what likely made the difference back then, suggests Kate, is that "we had a lot of government support and people rallied around each other". Financial measures were brought in specifically to help people on low and middle incomes weather the crisis. "I think we can learn a lot from that time," says Kate.

The impact of our cost-of-living crisis

Consistent with previous data, it's clear that certain groups are particularly exposed to the rising cost of living. In 2024, the groups with the lowest personal wellbeing scores

included people who are unemployed, rely on disability support, or have household incomes below \$33,800.

"We see these same groups with the lowest personal wellbeing year in, year out, yet we fail as a nation to lift them up. This just increases inequities, so the idea of social mobility is becoming harder than ever," says Kate.

Yet middle Australia is increasingly doing it tough as well. According to ABS Census data from 2023, the median household income is \$92,040. But the new survey reveals that this figure still isn't enough to protect your personal wellbeing.

"What we've noticed in the last few years—particularly the last three years—is that people with an average income used to do pretty well, but that's not happening any longer," says Kate. "Their wellbeing is significantly lower than those from high income households and that's important because it suggests that there's a large group of Australians who are really struggling."

Growing challenges with health

Of the seven domains of the Personal Wellbeing Index, this year's results showed declining satisfaction with our standard of living, personal safety and community connectedness. Most notably, our satisfaction with health slumped to an unprecedented low.

This fall in health satisfaction is also likely to have a financial basis, suggests Kate. This year's results showed that large numbers of Australian adults went without at least one essential item—most commonly healthcare or food—due to money pressures in the past month. In fact, one in two adults under 55 years old were going without essentials. "People are putting off paying for services like going to the doctor or buying medicine, so money plays a role," says Kate.

"The other thing that's happening is the healthcare system itself is struggling. There's longer waiting lists and people often can't get the care that they need. We also know that in the younger age groups, we have a mental health epidemic that we need to talk more about and act on."

The value of support

Amid all the doom and gloom, is there any positive news from this year's survey? Kate points to a finding that shows the importance of support from our loved ones.

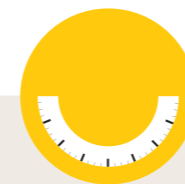
For people who are "in the middle" when it comes to their financial satisfaction with their ability to afford the things they need, their ability to get support from friends and family may significantly boosts their wellbeing. "As we go through life, we'll have highs and lows. When people have strong relational support, these are the things that can buffer them," she says.

"It's one of the really lovely things we saw this year and just shows the power of relational support."

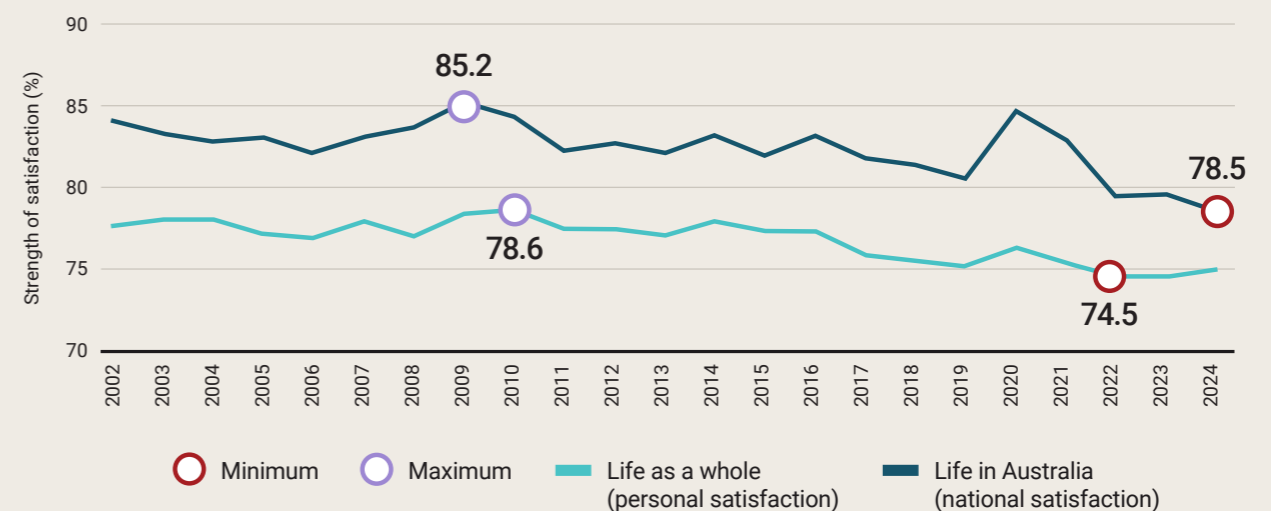


Learn more

[Australian Unity Wellbeing Index: Survey 41](#)



Australians' satisfaction with life





National wellbeing is plummeting. Why?

Is Australia still the land of the “fair go”? The latest Australian Unity Wellbeing Index results show Australians are increasingly dissatisfied with our nation.

From a distance, Australia is widely considered to be one of the most enviable countries to live in the world. The international stereotype is of a nation that enjoys magnificent beaches, plenty of sunshine and routinely excellent coffee.

In 2024, that glowing reputation was further enhanced by a new study comparing the life expectancy among six high-income, English-speaking countries.¹ It found that Australians not only lived the longest, but that we also enjoyed the lowest level of “geographic inequality”, which means the gap in life expectancy between rich and poor areas is narrower than any of our surveyed peers.

Yet scratch the surface and a radically different picture emerges.

Plummeting satisfaction with life in Australia

The latest Australian Unity Wellbeing Index research shows that our population is increasingly unhappy with the state of the nation. When asked how satisfied they were with life in Australia, respondents’ scores were the lowest in the history of the Wellbeing Index—a timeframe that, let’s not forget, included a global financial crisis and the COVID-19 pandemic.

Drilling deeper, the research also tracked the National Wellbeing Index, which measures our satisfaction across six key domains of national life. This score also dropped to unprecedented levels in 2024, with declining satisfaction with the state of our government, business and national security. Meanwhile, satisfaction with

the economy plummeted even further beyond the all-time low score recorded last year.

What’s notable is that while personal wellbeing scores—which reflect our satisfaction with domains such as our relationships, health and “standard of living” (finances)—varied across different age groups, these low national wellbeing scores were uniform across the various age demographics. “That shows that no generation is happy with the direction our country is going in,” says lead researcher Dr Kate Lycett.

The impact of increasing inequities

Kate believes the root of the problem is the growing inequities that are killing the opportunities for social mobility that

How do Australians feel about life in Australia?

Peter

74, retiree

“I think it’s a pretty good country to live in, compared to what’s happening elsewhere in the world—notwithstanding the odd things that happen in Canberra with our polities.”

Priya

39, architect

“I worry. My salary’s pretty good and I at least have my foot on the housing ladder, but cost of living and interest rates are huge issues. Climate change is a massive concern too. I worry what things will be like for my daughter when she grows up.”

Tayla

27, chiropractor and gym instructor

“I wouldn’t say I’m satisfied because it seems unlikely for someone in their 20s to be able to afford a property. I don’t think I’ll ever be able to buy a home in the next 10 years and that’s disheartening.”

Australians have traditionally held so dear.

“We’re at a time where the cost of living has become so great and wage growth hasn’t kept up. That’s having a really big impact on how we’re doing as a nation,” says Kate.

That issue is most starkly visible in housing prices that are increasingly out of reach for those on average incomes. “If you don’t feel like you can get ahead unless Mum and Dad can buy your house or pay for your house deposit, then you’re in real trouble in Australia at the moment. And that’s not the kind of society we want,” says Kate.

A fractured society

Adam Vise leads the Treasury, Strategy and Impact teams at Australian Unity, a role that involves considering how to maximise the social impact of the company’s wellbeing initiatives. Reflecting on the growing sense of negativity in Australia, he points out that many countries around the world are battling similar woes in terms of soaring inflation

and the rising cost of living.

“There seems to be quite a lot of evidence that this dissatisfaction is happening simultaneously in many high-income countries,” he says.

Yet what concerns Adam is the growing sense of division as Australia becomes increasingly tribal and fractured. “The dispersion of opportunity is starting to break down,” he says. “The young are starting to really disengage and lose hope, which is unprecedented. For me, that’s fundamentally the biggest worry.”

Much of this fracture is playing out across generational divides. The wealth of baby boomers has largely stemmed from steadily climbing house prices, a rise in Australian equities and a tax system that’s supported property investment through policies such as negative gearing.

“The boomers have had a very good run, and the system designed by them continues to serve them,” says Adam. “But the next generation are starting to see there’s not as much opportunity.”

A lack of connection

A parallel issue, Adam suggests, is that Australian society has become increasingly disconnected. The result is an epidemic of loneliness that’s particularly rife among young Australian adults.

“We know that the real pathway to great wellbeing is to be really connected in your life to friends and family and to the community at large,” Adam says. “I think there’s a huge need and opportunity for people to get together and try to help each other out.”



Learn more

1. [Our growing dissatisfaction with our nation](#)
2. [Measuring what matters: wellbeing and our economy](#)

¹ <https://www.sciencedaily.com/releases/2024/08/240813192344.htm>



Is wellbeing just for the wealthy?

Low income has long been associated with lower levels of wellbeing. But this year's data showed that "average Australians" are now also being affected.

Jenny* admits that her family lives a relatively modest life on Victoria's Mornington Peninsula. Her husband, Chris*, is a paramedic, and Jenny works as a bookkeeper. Their two daughters go to the local public school and, each year, the family take domestic holidays rather than go overseas. "I would say we have a very basic lifestyle," she says.

Yet Jenny still admits to mounting concerns about the cost of living, and she is constantly trying to economise to free up extra cash. An example? While she loves going to Pilates, she now hesitates over buying a new package of classes.

"When the price of everything else is going up, and you're getting squeezed on your

utilities, for example, you start to question the little things that contribute so much to your wellbeing," says Jenny. "I'm always thinking about where we could save some money to put towards something else."

Cost-of-living pressures affecting more of us

It's well established that our finances are crucial to our overall satisfaction in life, with Australian Unity Wellbeing Index research showing a clear link between low household incomes and lower levels of personal wellbeing. In the past, the research has found that people managing on a gross household income of less than \$60,000 per year had their personal wellbeing most affected. But in recent years, that threshold has begun to rise

in an alarming way.

This year, the data showed that Australian households on up to \$104,000 a year—above the median household income of \$92,040—are now reporting notably low levels of wellbeing than higher income households.

More people are also suffering from material deprivation—defined as going without essential items such as housing payments, utilities, food or health care. This year's survey revealed that almost 50 percent of households earning under \$104,000, and 40 percent of households earning between \$104,000 and \$155,999, had experienced this in the last month. It all has a substantial knock-on effect, with people who experience material deprivation shown to have significantly lower personal wellbeing scores.

"It isn't just those on low incomes struggling with the basics, it's a large portion of everyday Australians," says lead researcher Dr Kate Lycett. "In one of the wealthiest countries in the world, we have to ask why? This is not inevitable."

The growing repercussions of financial stress

Esther Kerr, Australian Unity's CEO for Wealth and Capital Markets, fears that the gap between the haves and the have-nots is already widening and it's having a profound effect on our wellbeing. "Wellbeing is for the wealthy and home ownership is somewhat hereditary now—it's a bit of a perfect storm for our younger generations."

There are signs financial stress is already starting to affect other areas of our wellbeing as well. Esther points to Wellbeing Index data that shows our satisfaction with our health has reached a record low, and she suggests this is yet another marker of the impact of financial stress.

"Financial wellbeing and financial stress are a leading catalyst for other aspects of wellbeing. When people are stressed, they cancel their gym membership, cannot afford to socialise and no longer

buy quality food. Intuitively, when you think about wellbeing, you think about health, not how to balance the budget.

"But the human experience is that if you are worried that you can't provide for yourself or your loved ones, and you can't give them a stable home, and maybe you can't even feed them or keep them warm, that is paralysing."

Looking beyond our finances

Kate is similarly perturbed about the growing levels of financial stress. Yet, when asked if she believes that wellbeing is becoming the sole preserve of the rich, she suggests the answer is more complex.

Having material basics is vital, which is why satisfaction with our finances is one of the three pillars in the "golden triangle of happiness". But she also highlights the importance of the other elements in the triangle: strong personal relationships and achieving in life (a sense of purpose).

"Absolutely money matters up to a point," says Kate. "But once you've got those basics covered, the other things really come into play. You can have all the money in the world, but if you don't have good relational health or a sense of purpose, you might

find yourself without strong wellbeing."

Making the effort to nurture your relationships is a proven way to bolster your personal wellbeing when you aren't facing extreme financial hardship. And that's good news for many Australians who might be feeling somewhat financially stretched right now.

"There were people in those middle groups who didn't have high household incomes and weren't so wealthy, but they were reporting doing well and had high relational support," says Kate. "That's something that does really matter."

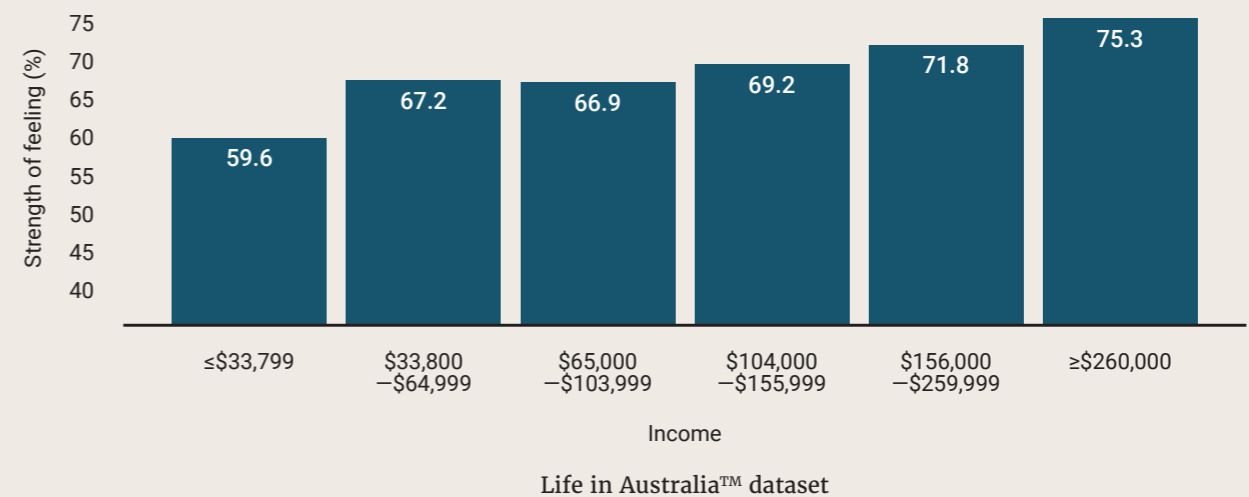
*Not their real names



Learn more

1. [How the cost-of-living crisis is affecting our wellbeing](#)
2. [The golden triangle of happiness](#)

Wellbeing and household income



Finances, wellbeing and the growing generation gap

We expect each generation to be better off than the one before. But the results indicate that Australia is struggling on this front.

Cathryn* runs her own boutique content and communications agency in Melbourne. The 43-year-old lives with her husband—an IT engineer—and their three-year-old daughter in a two-bedroom apartment in the inner-city suburb of Fitzroy. Yet despite being part of a double-income professional household, Cathryn believes her family is less financially secure than her parents would've been at a similar point in their adult lives.

"It comes down to housing costs and the cost of living," she says. "My parents retired on the dot of their 60th birthdays because they hadn't been paying a huge mortgage. It gave them a lot of freedom of choice. Whereas I think we'll probably be working until we're at least 70 or 75."

Increased financial challenges

Cathryn is hardly an isolated case. This year's data from the Australian Unity Wellbeing Index shows that almost half of Australians aged 18 to 54 feel financially worse off than their parents at the same age, compared to just 20 percent of people aged 55 and over. This financial insecurity has wide-ranging implications, with those who felt worse off also reporting lower levels of personal wellbeing.

But the drop-off is hardly surprising, given the data also shows that people aged under 55 are also more likely to put off paying for essentials like medicine or food due to financial pressures, and are less satisfied with their ability to afford the things they need. Younger Australians are also less satisfied

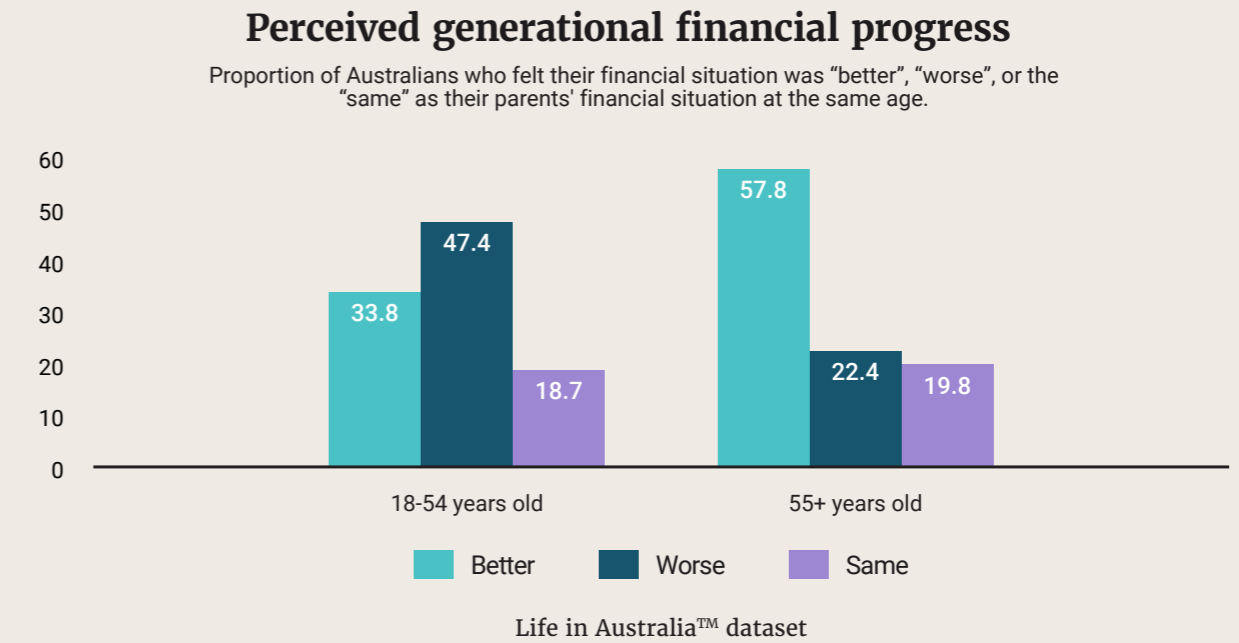
with their ability to save money, making it even more difficult to get out of a financial hole.

The most hard-hit demographic? People aged between 25 to 44. This group—who are often in the "crunch years" of raising a family and buying a home—reported the lowest satisfaction with their ability to save money or afford the things they need.

The impact of home ownership

"I think interest rates probably have a lot to do with [these issues]," says lead researcher Dr Kate Lycett. "The cost of housing and thirteen consecutive rate rises have put a lot of people in financial hardship."

"People who don't own a house are probably finding it hard to believe they'll ever get there. This has significant intergenerational effects, because these people are at the age where



they might be ready to start a family but are delaying that decision as a result."

The latest Wellbeing Index data supports the view that housing and mortgage stress are some of the biggest factors behind this generational divide. It showed that only 7 percent of people aged under 55 were mortgage-free, compared to 61 percent of people aged over 55—and, notably, homeowners had significantly higher personal wellbeing scores than people who were still paying off their house, renting or living with their parents.

"We saw that people who were renting or had other living situations had lower wellbeing than people who owned a house," says Kate. "In particular, they had worse satisfaction with

their future security. So all of these things have a big impact."

A difficult path to financial stability

This age-based gulf in wellbeing is grimly inevitable in the current environment, concedes Esther Kerr, Australian Unity's CEO of Wealth and Capital Markets. She believes that younger Australians face mounting obstacles to achieving financial stability, particularly compared to previous generations.

"Many are starting with higher debt because university costs a lot more, so they're already behind. Interest rates are probably the same. But for my kids who are about to be working age, a ticket to play in the housing market is out of reach," she notes.

"You used to be able to save for a house deposit in a fairly reasonable timeframe. Now it takes about 12."

Bridging that gap is more challenging than ever given the spiralling cost of living and the prohibitive cost of home ownership. "What we now have is a generation over 55 that typically own real estate and have savings, while the younger generations are on a hamster wheel that is just spinning faster and asset ownership is getting further and further out of their reach," says Esther. "The gap has not just inflected, it's now accelerating."

*Not her real name



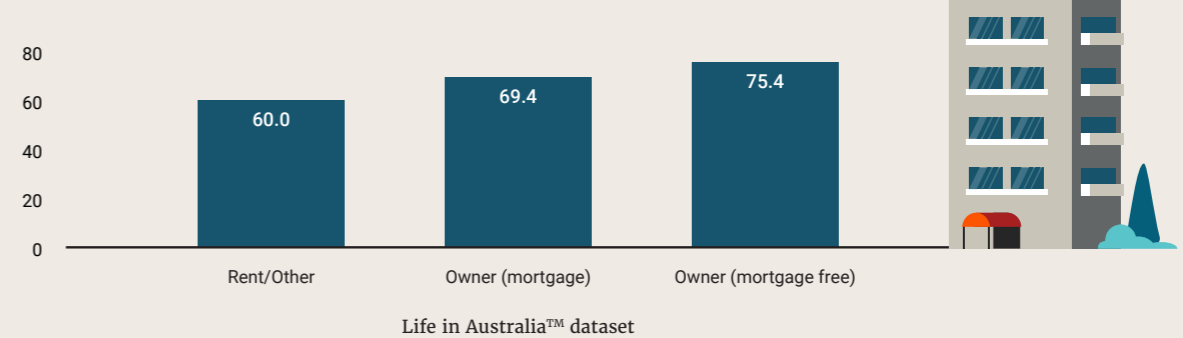
Learn more

[Feeling like the generation gap is getting wider?](#)



Australians' personal wellbeing by home ownership

Average Personal Wellbeing Index (PWI) scores by home ownership status.



Loneliness among young Australians

This year’s research revealed that people under 35 feel lonelier than ever. Our experts unpack the results.

“It was a shock,” admits lead researcher Dr Kate Lycett.

The reason for this surprise? Data from 2024 Australian Unity Wellbeing Index research revealed that people aged under 35 had much higher levels of loneliness than older generations. “It wasn’t something we were expecting,” says Kate.

“We typically think about elderly people as being lonely—maybe those living in aged care or by themselves at homes,” she continues. “We don’t usually think about young people like that. But this does fit with a trend seen in other wealthy countries.”¹

So why are we seeing this shift? Is it related to the pandemic, or are other broader societal factors at play?

Isolation and cost-of-living pressures

The results paint a bleak picture for young Australian adults, with the average loneliness score for someone aged 18-24 sitting around double that of someone aged 75-plus.

They’re also unnerving because they torpedo the assumption that your 20s are meant to be one of the best times of your life.

“This is a time where social connection matters so much,” says Kate. “It’s the time when young adults are forming new relationships and exploring life. Intuitively, you think about younger people going to gigs, travelling overseas, or diving into a new job or studies or trade. So I think it is really concerning to see these data.”

She cites the cost-of-living crisis, which has resulted in sharply rising rental prices, as likely playing a key role in this drop. If you’re short on cash, it limits your ability to go out to meet friends for a coffee, drink, dinner or show.

“If young people can barely afford to put a roof over their head, they’re going to become more isolated,” says Kate.

The impact of the pandemic

Brenda Boland, CEO of Lighthouse Foundation, a charity committed to supporting children and young people at risk of or experiencing homelessness, agrees that financial pressures are fuelling this problem. But she also believes other societal factors contribute to the rise in loneliness.

Navigating life’s challenges: Emma’s perspective

“The version of our lives that we put on social media is all of the shiny bits and none of the messy, difficult stuff,” says 28-year-old Emma. “It’s easy to feel that disconnect of: ‘Oh, everyone else has got it so much better than me—I’m so alone.’”



She suggests that’s one of the prime factors contributing to the loneliness that many young Australians face. But an even more pressing challenge is the spiralling cost of living. “If you don’t have a sense of stability in terms of your housing or where your next meal is coming from, it’s really hard to be mentally well,” says Emma.

Meanwhile, the geopolitical situation is also profoundly unsettling. “It’s a sort of scary prospect to be looking at being alive for the next 50 years and what that’s going to hold for all of us,” says Emma. “I think at times that can contribute to a sense of disconnect and loneliness. You feel quite powerless at times.”

The pandemic, Brenda says, “legitimised isolation”, with the recurring lockdowns making people more used to spending their leisure time at home. With face-to-face time limited, many young people became reliant on social media or messaging apps as their default form of communication.

Exacerbating this situation is the fact that many universities and workplaces now operate remotely. Young adults, says Brenda, have become less adept at socialising in person through sheer lack of practice. Subsequently, they’re retreating further into their devices in a self-perpetuating cycle.

“We do get some cues from each other on screens,” says Brenda. “But they don’t build young people’s emotional intelligence in the same way or foster that development of interaction.”

Supporting our younger generations

Whatever the root cause, a lack of social connection has a detrimental effect on our personal wellbeing.

“People who are lonely have lower levels of wellbeing,” says Kate, who also points to Wellbeing Index research showing that loneliness and

mental distress—alongside the ability to afford the things we need—are some of the most important factors that differentiate high and low levels of wellbeing.

It’s why she’d like to see more public discussion that recognises the impact of the issues facing younger people. People, Kate says, often play down the notion of young adults doing it tough, dismissing it as a generational rite-of-passage that everyone must battle through.

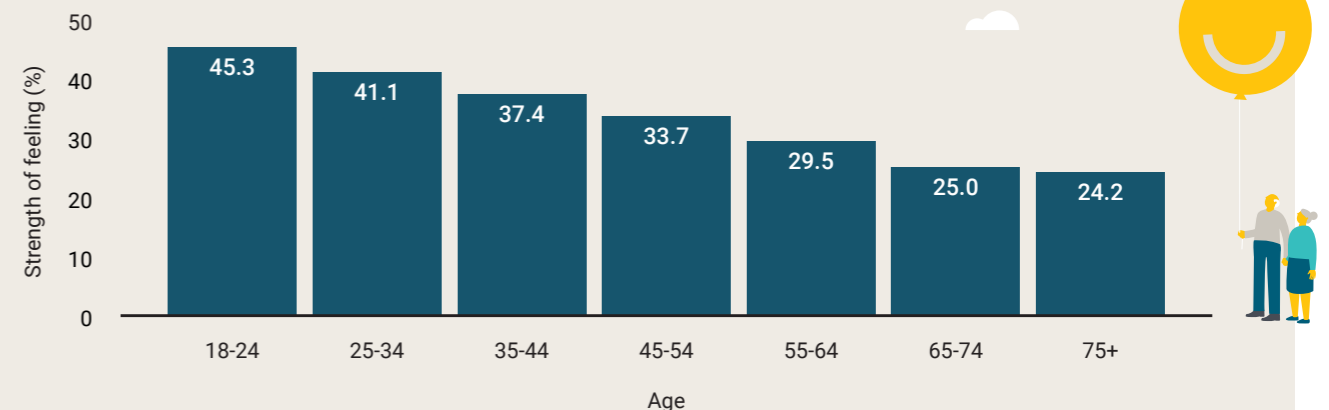
“We need to come together as a society and consider how we can help each generation,” she says. “We all need each other. And right now, we know that young people aren’t doing very well, and people are hurting.”



Learn more

1. [Under 35 and feeling lonely? You are not alone](#)
2. [The mental health of young Australians](#)

Loneliness scores by age



Life in Australia™ dataset

1 <https://worldhappiness.report/>

Contributors



Kate Lycett is a Research Fellow at Deakin University's School of Psychology, and the lead researcher of the Australian Unity Wellbeing Index.



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Maddy Stamatescu is the program lead for the Australian Unity Wellbeing Index at Australian Unity.



Adam Vise is the Group Treasurer and GM Strategy & Impact at Australian Unity. On page 7 he discusses what factors might be contributing to our lower levels of national wellbeing.



Esther Kerr is the Chief Executive Officer of Wealth and Capital Markets at Australian Unity. On pages 9 and 11, she discusses the impact our finances have on our wellbeing.

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Methodology

The Australian Unity Wellbeing Index is run by Deakin University using the following methodology to ensure the integrity of our research.

Academic rigour

The Australian Unity Wellbeing Index is one of the world's longest-running surveys of subjective wellbeing conducted at a national level. It is an academic study that adheres to rigorous standards, with each survey being approved by the Human Research Ethics Committee at Deakin University.

A team of academics within the School of Psychology at Deakin University is responsible for the annual data analysis and interpretation of the results.

Research method

The Australian Unity Wellbeing Index is a national survey of a geographically representative sample of English-speaking Australian adults, aged 18 years and over.

Each survey aims for aims for 'gender representation that reflects the national population. The age composition of the sample has not been actively managed, but has yielded a breakdown similar to that of the national population, as determined by the Australian Bureau of Statistics.

For the first 14 years of data collection, surveys were conducted between two and four times per year.



They have subsequently been conducted annually.

Historically, approximately 2,000 participants have been contacted via phone at each cross-sectional wave of data collection, with interviews typically lasting around 10 to 12 minutes. In 2018, the recruitment methodology changed from calling mostly landline numbers to calling only mobile phones, reflecting changes in telecommunication trends.

In 2024, we used two different methodologies: an interviewer-administered phone survey and a self-completed online survey. This dual-frame sample methodology was designed to assist our transition to online data collection, as phone responses have declined in recent years. The phone sample, recruited via random-digit dialling, enables results to be compared to our historical data to see changes in wellbeing over time. The online sample marks a shift to our new methodology

via Australia's only national probability-based online panel, Life in Australia™.

Presentation and type of analyses

All personal and national wellbeing data have been converted to a percentage of scale maximum score, which standardises the results to a 0-100 percentage point scale. Analyses were conducted using Stata SE version 18, R and R studio.

A report for each survey, together with raw data and a data dictionary are available from "Cross-sectional surveys" at the Deakin University Australian Centre on Quality of Life website: <http://www.acqol.com.au/publications#reports>

Report organisation

All information presented in this report is sourced from the Australian Unity Wellbeing Index data, unless indicated otherwise.



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