

Stress at Christmas Survey

ONLINE Fieldwork: 1st - 2nd November 2017

Absolutes/col percents

Table 1

Q.4 Which, if any, of the following ways has the festive period ever affected you?

Base: All respondents excl. "Not applicable"

	Gender		Age							Social Grade					Region										Employment Sector	
	Total	Male (a)	Female (b)	18-24 (d)	25-34 (e)	35-44 (f)	45-54 (g)	55-64 (h)	65+ (i)	AB (j)	C1 (k)	C2 (l)	DE (m)	Scotland (n)	North East (o)	North West (p)	Yorkshire & Humberside (q)	West Midlands (r)	East Midlands (s)	Wales (t)	East of London (u)	London (v)	South East (w)	South West (x)	Public (A)	Private (B)
Unweighted base	957	428	529	108	185	192	197	143	132	269	265	148	275	108	41	113	89	79	79	51	104	99	109	85	139	408
Weighted base	936	398	538	117*	179	171	180	144	144	231	250	180	274	94*	42*	114*	79*	82*	77*	49*	93*	113*	106*	88*	135	390
I have felt sad/upset over Christmas	655	254	401	67	120	123	134	108	102	151	180	117	207	79	36	74	50	54	49	34	67	74	70	68	91	252
	70%	64%	75%a	58%	67%	72%d	74%d	75%d	71%d	65%	72%	65%	76%jl	84%pqr svw	86%pqr svw	65%	64%	66%	63%	69%	72%	66%	66%	77%	67%	65%
I have lost my temper with loved ones	385	160	225	49	84	81	75	45	50	97	108	77	103	46	17	45	33	34	38	20	42	43	34	32	63	157
	41%	40%	42%	42%	47%hi	48%hi	42%	31%	34%	42%	43%	43%	38%	49%w	41%	39%	42%	42%	49%w	41%	45%	38%	32%	37%	47%	40%
I have had problems sleeping	267	106	161	36	69	51	51	38	22	63	60	57	88	26	13	31	27	20	26	12	29	30	28	24	43	107
	29%	27%	30%	30%i	39%ghi	30%i	28%i	26%i	16%	27%	24%	31%	32%	28%	31%	27%	34%	24%	33%	25%	32%	27%	27%	27%	32%	27%
I have had panic attacks	168	67	101	27	35	30	47	20	10	28	39	39	63	18	5	20	19	15	17	15	18	17	17	8	30	63
	18%	17%	19%	23%i	19%i	17%i	26%hi	14%	7%	12%	16%	22%j	23%jk	19%	12%	18%	24%x	18%	22%x	30%vx	19%	15%	16%	9%	22%	16%
I have avoided answering my phone to loved ones	124	53	71	20	27	28	30	12	6	34	34	21	35	19	3	13	9	8	13	10	9	13	12	15	24	53
	13%	13%	13%	17%i	15%i	16%hi	17%hi	8%	4%	15%	13%	12%	13%	21%u	7%	11%	12%	10%	17%	20%	9%	11%	12%	17%	18%	14%
I have considered harming myself	94	46	48	21	23	20	22	7	1	12	33	13	37	9	4	12	6	4	11	6	7	17	12	6	14	36
	10%	11%	9%	18%hi	13%hi	12%hi	12%hi	5%i	*	5%	13%j	7%	13%j	10%	11%	10%	7%	5%	14%	11%	7%	15%	11%	7%	10%	9%
I have considered taking my own life	86	49	37	12	21	20	22	7	4	17	25	8	36	10	4	7	7	6	11	7	7	10	11	8	13	37
	9%	12%b	7%	10%i	12%hi	11%i	12%hi	5%	3%	7%	10%	4%	13%jl	10%	9%	7%	9%	7%	14%	14%	7%	9%	10%	9%	10%	10%
I have sought professional help over the festive period (i.e. helpline, GP etc.)	48	20	28	7	13	11	10	4	3	14	11	7	16	9	1	4	5	2	5	2	3	9	4	2	9	20
	5%	5%	5%	6%	7%	6%	6%	3%	2%	6%	5%	4%	6%	10%rx	4%	3%	7%	2%	7%	5%	3%	8%	4%	2%	7%	5%
Prefer not to say	24	12	12	5	7	2	4	1	4	6	3	8	7	2	-	5	3	-	4	1	-	2	4	3	1	14
	3%	3%	2%	5%	4%	1%	2%	1%	3%	3%	1%	4%	3%	2%	-	4%	4%	-	5%u	3%	-	2%	4%	3%	1%	4%
Don't know	50	26	24	13	8	6	4	7	11	14	13	8	15	3	*	7	3	5	4	-	8	10	7	2	4	28
	5%	6%	4%	11%fg	5%	3%	2%	5%	8%g	6%	5%	4%	5%	3%	1%	6%	3%	6%	5%	-	9%t	9%t	7%	2%	3%	7%

Proportions/Mean: Columns Tested (5% risk level) - a/b - d/e/f/g/h/i - j/k/l/m - n/o/p/q/r/s/t/u/v/w/x/y - A/B

*** small base; ** very small base (under 30) ineligible for sig testing**

Prepared by Populus

Stress at Christmas Survey

ONLINE Fieldwork: 1st - 2nd November 2017

Absolutes/col percents

Table 2

Q.8 Thinking about the festive period, to what extent do you agree or disagree with the following statements?

I would be less likely to talk about my mental health to loved ones at Christmas time

Base: All respondents excl. "Prefer not to say" and "Not applicable"

	Gender		Age							Social Grade				Region										Employment Sector		
	Total	Male (a)	Female (b)	18-24 (d)	25-34 (e)	35-44 (f)	45-54 (g)	55-64 (h)	65+ (i)	AB (j)	C1 (k)	C2 (l)	DE (m)	Scotland (n)	North East (o)	North West (p)	Yorkshire & Humberside (q)	West Midlands (r)	East Midlands (s)	Wales (t)	East-ern (u)	London (v)	South East (w)	South West (x)	Public (A)	Private (B)
Unweighted base	1348	674	674	177	273	274	267	172	185	422	368	216	342	143	57	157	134	130	98	68	137	150	169	105	219	615
Weighted base	1317	630	686	191	258	249	253	170	195	365	352	261	339	126	56*	158	125	124	98*	64*	126	171	163	109*	219	601
NET: Agree	503 38%	196 31%	307 45%a	82 43%	116 45%ghi	96 38%	88 35%	57 33%	65 33%	137 38%	130 37%	101 39%	134 40%	59 47%rs	19 34%	57 36%	56 45%r	38 31%	31 32%	27 43%	46 37%	66 39%	62 38%	41 38%	81 37%	222 37%
Strongly agree (+2)	221 17%	77 12%	144 21%a	38 20%	52 20%f	33 13%	39 16%	30 18%	29 15%	59 16%	50 14%	42 16%	71 21%k	32 26%prv	12 21%	22 14%	24 19%r	12 10%	20 21%r	17 27%prv	20 16%	23 13%	22 13%	17 16%	26 12%	101 17%
Slightly agree (+1)	282 21%	119 19%	163 24%a	44 23%	64 25%h	63 25%h	49 19%	27 16%	36 18%	79 22%	80 23%	59 23%	63 19%	27 22%rs	7 13%	35 22%rs	32 25%rs	26 21%	10 11%	10 16%	27 21%rs	43 25%rs	40 25%rs	24 22%rs	55 25%	120 20%
Neither agree nor disagree (0)	399 30%	208 33%b	190 28%	48 25%	64 25%	75 30%	82 33%	60 35%e	69 35%e	110 30%	102 29%	80 31%	107 32%	32 25%	16 30%	54 34%	35 28%	39 32%	32 33%	16 26%	36 28%	53 31%	49 30%	36 33%	63 29%	177 30%
Slightly disagree (-1)	173 13%	96 15%b	77 11%	28 15%	40 16%	30 12%	28 11%	21 12%	25 13%	51 14%	57 16% m	28 11%	37 11%	12 9%	10 17%	26 16%	13 11%	21 17%w	14 14%	8 13%	19 15%	21 12%	14 9%	16 15%	32 15%	89 15%
Strongly disagree (-2)	242 18%	130 21%	113 16%	32 17%	38 15%	48 19%	54 21%	32 19%	36 19%	67 18%	63 18%	51 20%	61 18%	23 18%	11 19%	22 14%	21 17%	25 20%	21 21%	12 19%	25 20%	30 18%	38 23% p	16 15%	43 20%	112 19%
NET: Disagree	415 32%	226 36%b	190 28%	61 32%	79 30%	78 31%	83 33%	53 31%	61 32%	118 32%	120 34%	79 30%	97 29%	34 27%	20 37%	47 30%	34 27%	46 37%	35 36%	20 32%	43 35%	51 30%	51 32%	32 29%	75 34%	202 34%
Mean	0.05	-0.13	0.22a	0.14	0.19	0.01	-0.04	0.01	-0.02	0.03	-0.01	0.05	0.14	0.27r	-0.01	0.07	0.20r	-0.17	-0.04	0.19	-0.02	0.04	-0.03	0.09	-0.05	0.02
Standard deviation	1.32	1.28	1.34	1.36	1.33	1.30	1.34	1.32	1.29	1.32	1.29	1.33	1.35	1.41	1.40	1.22	1.33	1.25	1.40	1.45	1.34	1.28	1.34	1.26	1.29	1.33
Standard error	0.04	0.05	0.05	0.10	0.08	0.08	0.08	0.10	0.09	0.06	0.07	0.09	0.07	0.12	0.19	0.10	0.12	0.11	0.14	0.18	0.11	0.10	0.10	0.12	0.09	0.05

Proportions/Means: Columns Tested (5% risk level) - a/b - d/e/f/g/h/i - j/k/l/m - n/o/p/q/r/s/t/u/v/w/x/y - A/B

*** small base; ** very small base (under 30) ineligible for sig testing**

Stress at Christmas Survey
ONLINE Fieldwork: 1st - 2nd November 2017

Absolutes/col percents

Table 3

Q9. Thinking about the festive period, to what extent do you agree or disagree with each of the following statements?

I feel lonely at Christmas when surrounded by my family

Base: All respondents excl. "Prefer not to say" and "Not applicable"

	Gender			Age						Social Grade					Region							Employment Sector				
	Total	Male (a)	Female (b)	18-24 (d)	25-34 (e)	35-44 (f)	45-54 (g)	55-64 (h)	65+ (i)	AB (j)	C1 (k)	C2 (l)	DE (m)	Scotland (n)	North East (o)	North West (p)	Yorkshire & Humberside (q)	West Midlands (r)	East Midlands (s)	Wales (t)	East-ern (u)	London (v)	South East (w)	South West (x)	Public (A)	Private (B)
Unweighted base	1909	969	940	210	348	335	346	276	394	593	534	324	458	186	79	213	177	165	140	97	202	218	270	162	294	832
Weighted base	1914	932	982	225	334	311	339	280	425	521	532	396	464	171	79*	222	166	166	140	93*	187	251	267	172	299	826
NET: Agree	256 13%	111 12%	145 15%	42 19%hi	55 16%i	45 15%i	54 16%i	30 11%	31 7%	70 13%	74 14%	44 11%	69 15%	27 16%	13 17%	28 13%	21 12%	23 14%	19 13%	19 20%w	23 12%	34 13%	29 11%	22 12%	56 19%B	108 13%
Strongly agree (+2)	71 4%	31 3%	40 4%	15 7%i	14 4%i	13 4%i	16 5%i	8 3%	5 1%	15 3%	23 4%	9 2%	24 5%l	7 4%	4 5%	5 2%	3 2%	3 2%	7 5%	9 9%pq	7 4%	12 5%	7 3%	6 4%	14 5%	24 3%
Slightly agree (+1)	185 10%	80 9%	105 11%	27 12%i	40 12%i	32 10%	38 11%i	22 8%	27 6%	54 10%	51 10%	35 9%	45 10%	20 12%	9 12%	24 11%	17 10%	20 12%	11 8%	10 11%	15 8%	22 9%	22 8%	15 9%	41 14%	84 10%
Neither agree nor disagree (0)	316 17%	162 17%	154 16%	34 15%	60 18%i	60 19%i	63 19%i	46 17%	52 12%	74 14%	67 13%	75 19%k	100 22%jk	32 19%	11 14%	35 16%	25 15%	27 16%	34 24%v	12 13%	28 15%	34 14%	43 16%	34 20%	42 14%	136 16%
Slightly disagree (-1)	290 15%	151 16%	140 14%	46 20%gh	54 16%h	59 19%gh	43 13%	23 8%	65 15%h	84 16%	87 16%	52 13%	68 15%	21 12%	12 15%	32 15%	30 18%	24 15%	20 14%	12 13%	26 14%	54 21%nw	36 13%	23 14%	42 14%	133 16%
Strongly disagree (-2)	1051 55%	508 55%	543 55%	103 46%	165 49%	146 47%	179 53%	181 65%defg	276 65%defg	293 56%mg	304 57%mg	226 57%mg	227 49%	91 53%	43 54%	126 57%	90 55%	91 55%	68 49%	49 53%	110 59%	130 52%	159 60%st	93 54%	160 54%	450 54%
NET: Disagree	1341 70%	659 71%	682 69%	149 66%	219 66%	205 66%	222 66%	204 73%	342 80%defgh	378 72%mg	391 74%mg	278 70%	295 64%	112 65%	55 70%	158 71%	121 73%	115 69%	88 63%	61 66%	136 73%	184 73%	195 73%st	117 68%	202 68%	582 70%
Mean	-1.08	-1.10	-1.06	-0.87h i	-0.94h i	-0.94h i	-0.98h i	-1.24	-1.37	-1.12	-1.13	-1.14	-0.93j kl	-0.99	-1.03	-1.13	-1.13	-1.08	-0.93w	-0.90	-1.16	-1.07	-1.19	-1.06	-0.98	-1.09
Standard deviation	1.20	1.16	1.23	1.29	1.24	1.21	1.26	1.15	0.99	1.17	1.21	1.14	1.25	1.25	1.27	1.15	1.13	1.18	1.24	1.40	1.18	1.19	1.14	1.19	1.29	1.17
Standard error	0.03	0.04	0.04	0.09	0.07	0.07	0.07	0.07	0.05	0.05	0.05	0.06	0.06	0.09	0.14	0.08	0.09	0.09	0.10	0.14	0.08	0.08	0.07	0.09	0.08	0.04

Proportions/Means: Columns Tested (5% risk level) - a/b - d/e/f/g/h/i - j/k/l/m - n/o/p/q/r/s/t/u/v/w/x/y - A/B

*** small base; ** very small base (under 30) ineligible for sig testing**

Stress at Christmas Survey
ONLINE Fieldwork: 1st - 2nd November 2017

Absolutes/col percents

Table 4

Q9. Thinking about the festive period, to what extent do you agree or disagree with each of the following statements?

When I am sad/upset at Christmas I feel like I have nowhere to turn to for support

Base: All respondents excl. "Prefer not to say" and "Not applicable"

	Gender			Age						Social Grade					Region							Employment Sector				
	Total	Male (a)	Female (b)	18-24 (d)	25-34 (e)	35-44 (f)	45-54 (g)	55-64 (h)	65+ (i)	AB (j)	C1 (k)	C2 (l)	DE (m)	Scotland (n)	North East (o)	North West (p)	Yorkshire & Humber (q)	West Midlands (r)	East Midlands (s)	Wales (t)	East of London (u)	London (v)	South East (w)	South West (x)	Public (A)	Private (B)
Unweighted base	1620	814	806	186	312	307	308	219	288	481	460	266	413	163	63	182	145	144	120	85	173	191	219	135	255	726
Weighted base	1611	776	835	201	301	281	295	221	312	417	451	325	418	147	63*	186	137	141	121	79*	158	219	215	144	255	717
NET: Agree	357 22%	153 20%	204 24%a	48 24%i	79 26%hi	74 26%hi	83 28%hi	34 16%	40 13%	80 19%	98 22%	67 21%	113 27%j	41 28%x	18 28%	34 18%	33 24%	31 22%	26 21%	28 36%prs	40 25%	41 19%	42 20%	23 16%	65 25%	162 23%
Strongly agree (+2)	122 8%	45 6%	77 9%a	14 7%	24 8%i	33 12%hi	28 10%i	11 5%	11 3%	21 5%	34 7%	15 5%	51 12%jkl	14 10%	6 10%	10 5%	10 7%	6 4%	13 10%	11 13%prx	13 8%	15 7%	18 8%	7 5%	16 6%	53 7%
Slightly agree (+1)	236 15%	108 14%	128 15%	33 17%i	55 18%hi	40 14%	55 19%hi	23 10%	29 9%	58 14%	64 14%	51 16%	62 15%	26 18%	11 18%	24 13%	23 17%	25 18%	13 11%	18 22%vw	27 17%	26 12%	25 11%	16 11%	48 19%	109 15%
Neither agree nor disagree (0)	392 24%	211 27%b	181 22%	43 21%	67 22%	74 26%	82 28%	54 24%	72 23%	109 26%	98 22%	72 22%	113 27%	32 21%	16 25%	45 24%	31 22%	41 29%t	35 29%t	11 13%	31 19%	55 25%t	57 26%t	41 29%t	54 21%	174 24%
Slightly disagree (-1)	257 16%	119 15%	138 17%	40 20%	51 17%	45 16%	38 13%	33 15%	50 16%	74 18%	78 17%	48 15%	57 14%	23 15%	11 18%	32 17%	27 20%	17 12%	18 15%	10 13%	28 18%	33 15%	30 14%	29 20%	41 16%	113 16%
Strongly disagree (-2)	604 38%	293 38%	312 37%	70 35%	103 34%	89 31%	91 31%	100 45%def	151 48%def	154 37%	178 39%g	138 42%g	134 32%	52 36%	18 29%	76 41%	46 34%	53 37%	42 35%	31 39%	60 38%	91 41%	86 40%	50 35%	95 37%	268 37%
NET: Disagree	862 53%	412 53%	450 54%	110 55%g	155 51%	134 48%	129 44%	133 60%fg	201 64%efg	228 55%g	256 57%g	186 57%g	191 46%	75 51%	29 47%	108 58%	73 53%	69 49%	60 50%	41 51%	88 55%	123 56%	116 54%	80 55%	136 53%	382 53%
Mean	-0.61	-0.65	-0.58	-0.59i	-0.52h	-0.41h	-0.37h	-0.85	-0.97	-0.68	-0.67	-0.74	-0.39j	-0.49	-0.38	-0.75	-0.56	-0.61	-0.52	-0.41	-0.60	-0.72	-0.66	-0.70	-0.59	-0.61
Standard deviation	1.32	1.27	1.36	1.31	1.34	1.37	1.34	1.25	1.18	1.25	1.32	1.28	1.38	1.39	1.35	1.26	1.31	1.27	1.34	1.51	1.35	1.30	1.33	1.20	1.33	1.32
Standard error	0.03	0.04	0.05	0.10	0.08	0.08	0.08	0.08	0.07	0.06	0.06	0.08	0.07	0.11	0.17	0.09	0.11	0.11	0.12	0.16	0.10	0.09	0.10	0.08	0.08	0.05

Proportions/Means: Columns Tested (5% risk level) - a/b - d/e/f/g/h/i - j/k/l/m - n/o/p/q/r/s/t/u/v/w/x/y - A/B

*** small base; ** very small base (under 30) ineligible for sig testing**

Stress at Christmas Survey
ONLINE Fieldwork: 1st - 2nd November 2017

Absolutes/col percents

Table 5

Q9. Thinking about the festive period, to what extent do you agree or disagree with each of the following statements?

I would be embarrassed to admit when I am feeling lonely

Base: All respondents excl. "Prefer not to say" and "Not applicable"

	Gender			Age						Social Grade					Region							Employment Sector				
	Total	Male (a)	Female (b)	18-24 (d)	25-34 (e)	35-44 (f)	45-54 (g)	55-64 (h)	65+ (i)	AB (j)	C1 (k)	C2 (l)	DE (m)	Scotland (n)	North East (o)	North West (p)	Yorkshire & Humberside (q)	West Midlands (r)	East Midlands (s)	Wales (t)	East-ern (u)	London (v)	South East (w)	South West (x)	Public (A)	Private (B)
Unweighted base	1884	963	921	201	338	340	356	268	381	570	531	323	460	191	77	204	172	164	143	99	204	217	258	155	292	829
Weighted base	1878	919	959	216	322	314	348	269	409	497	525	391	463	175	78*	212	161	160	146	94*	189	249	250	164	296	819
NET: Agree	680 36%	319 35%	361 38%	97 45%ghi	141 44%ghi	123 39%i	117 34%	85 32%	118 29%	171 34%	207 39%i	126 32%	176 38%	72 41%w	28 36%	78 37%	69 43%wx	64 40%	49 33%	40 43%w	67 35%	88 35%	77 31%	50 31%	112 38%	316 39%
Strongly agree (+2)	222 12%	94 10%	128 13%	35 16%gi	55 17%gi	39 12%i	34 10%	30 11%	29 7%	54 11%	64 12%	42 11%	63 14%	25 15%	6 8%	24 12%	28 18%vx	23 14%	17 12%	16 17%v	21 11%	21 8%	27 11%	14 8%	38 13%	107 13%
Slightly agree (+1)	458 24%	225 24%	233 24%	62 28%	86 27%	84 27%	84 24%	55 20%	89 22%	117 24%	144 27%	84 22%	113 24%	46 26%	22 29%	53 25%	40 25%	41 26%	31 22%	24 26%	46 24%	67 27%	50 20%	37 22%	74 25%	209 26%
Neither agree nor disagree (0)	413 22%	234 25%b	179 19%	44 20%	62 19%	65 21%	89 26%	55 20%	98 24%	104 21%	111 21%	83 21%	115 25%	31 18%	12 15%	43 20%	28 17%	36 22%	39 27%	16 17%	36 19%	62 25%	71 28%noq tu	38 23%	67 23%	153 19%
Slightly disagree (-1)	347 18%	166 18%	180 19%	27 12%	54 17%	54 17%	53 15%	62 23%dg	96 23%deg	111 22% m	98 19%	72 18%	65 14%	39 23%v	14 18%	42 20%	25 16%	36 22%	24 17%	17 18%	36 19%	35 14%	37 15%	40 24%vw	56 19%	137 17%
Strongly disagree (-2)	438 23%	199 22%	238 25%	48 22%	65 20%	71 23%	89 25%	67 25%	97 24%	111 22%	109 21%	111 28%k	107 23%	32 19%	24 30%r	49 23%	39 24%	25 15%	33 23%	20 22%	50 27%r	64 26%r	65 26%r	36 22%	61 21%	214 26%
NET: Disagree	784 42%	365 40%	419 44%	75 35%	120 37%	125 40%	142 41%	129 48%de	193 47%de	223 45% m	207 39%	182 47% m	172 37%	72 41%	38 48%	91 43%	64 40%	60 38%	58 40%	38 40%	87 46%	99 40%	102 41%	76 46%	117 40%	350 43%
Mean	-0.17	-0.16	-0.18	0.04gh i	0.03g hi	-0.11i	-0.23	-0.30	-0.35	-0.22	-0.09l	-0.32	-0.09l	-0.04	-0.34	-0.18	-0.04	0.01x	-0.17	-0.02	-0.26	-0.22	-0.26	-0.29	-0.10	-0.17
Standard deviation	1.34	1.30	1.39	1.40	1.39	1.36	1.32	1.34	1.25	1.32	1.33	1.36	1.36	1.35	1.38	1.34	1.45	1.29	1.32	1.41	1.37	1.31	1.33	1.26	1.33	1.40
Standard error	0.03	0.04	0.05	0.10	0.08	0.07	0.07	0.08	0.06	0.06	0.06	0.08	0.06	0.10	0.16	0.09	0.11	0.10	0.11	0.14	0.10	0.09	0.08	0.10	0.08	0.05

Proportions/Means: Columns Tested (5% risk level) - a/b - d/e/f/g/h/i - j/k/l/m - n/o/p/q/r/s/t/u/v/w/x/y - A/B

*** small base; ** very small base (under 30) ineligible for sig testing**