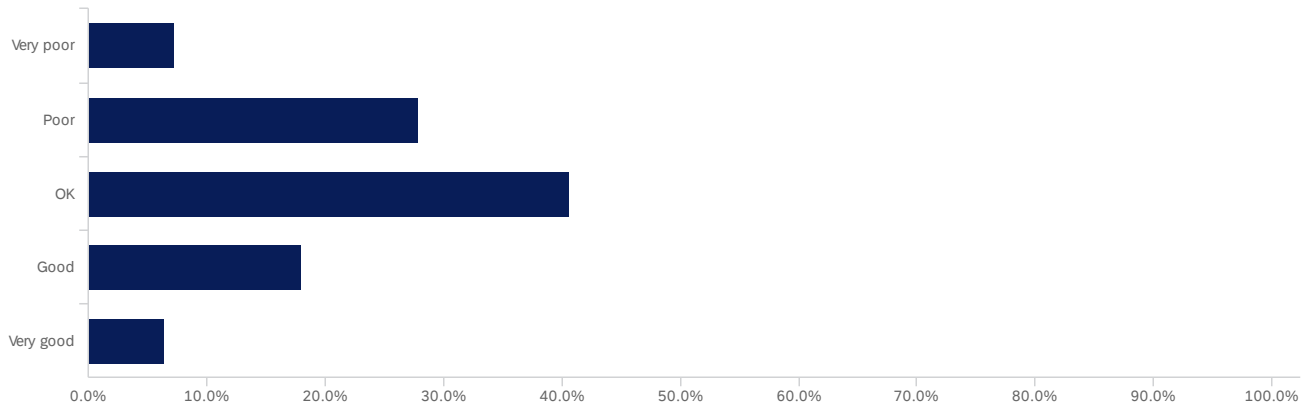


# Final findings from adults (18 and over)

Adult Coronavirus Survey

22 May 2020 15:15 BST

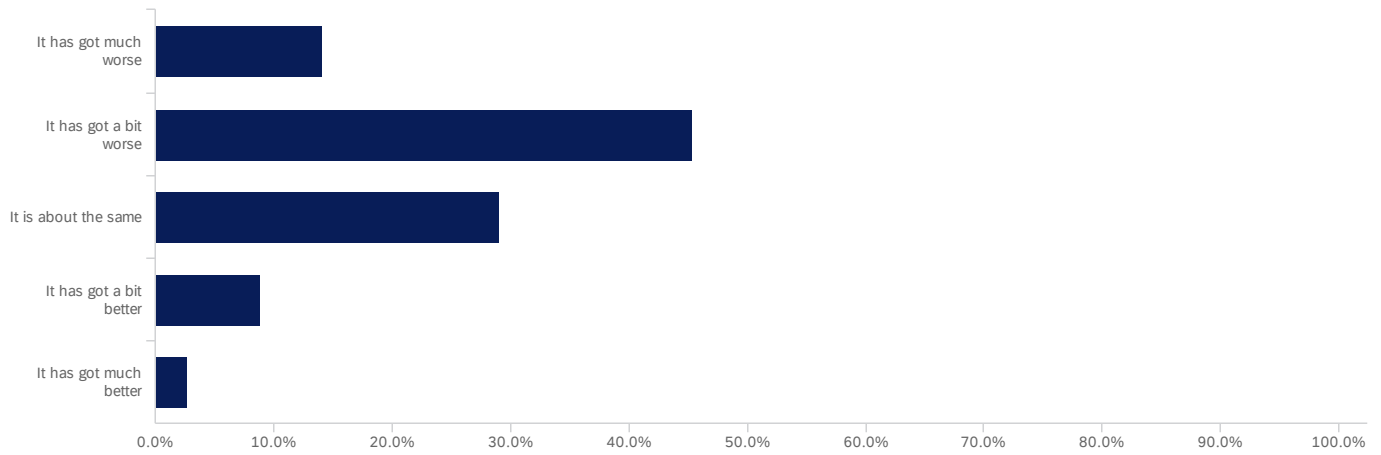
## Q1 - How would you describe your current mental health?



#	Field	Percentage
2	Very poor	7.2%
3	Poor	27.8%
4	OK	40.7%
5	Good	17.9%
6	Very good	6.4%
		17467

Showing rows 1 to 6 of 6

## Q2 - Has your mental health changed in the past two weeks?

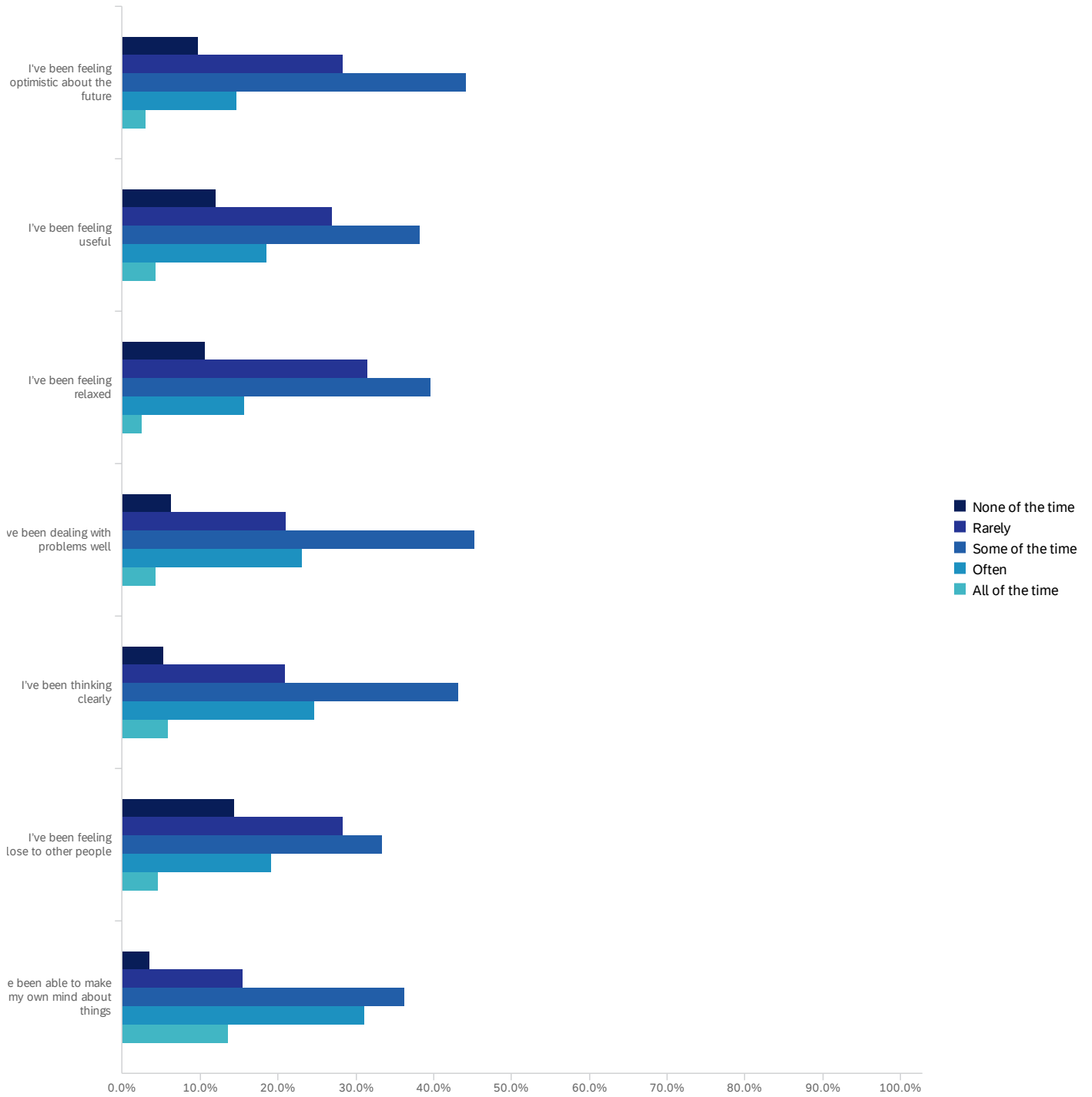


#	Field	Percentage
1	It has got much worse	14.1%
2	It has got a bit worse	45.3%
3	It is about the same	29.1%
4	It has got a bit better	8.8%
5	It has got much better	2.7%
		17227

Showing rows 1 to 6 of 6

Q3 - Below are some statements about your feelings and thoughts. Please tick the box

that best describes your experience of each over the last two weeks.

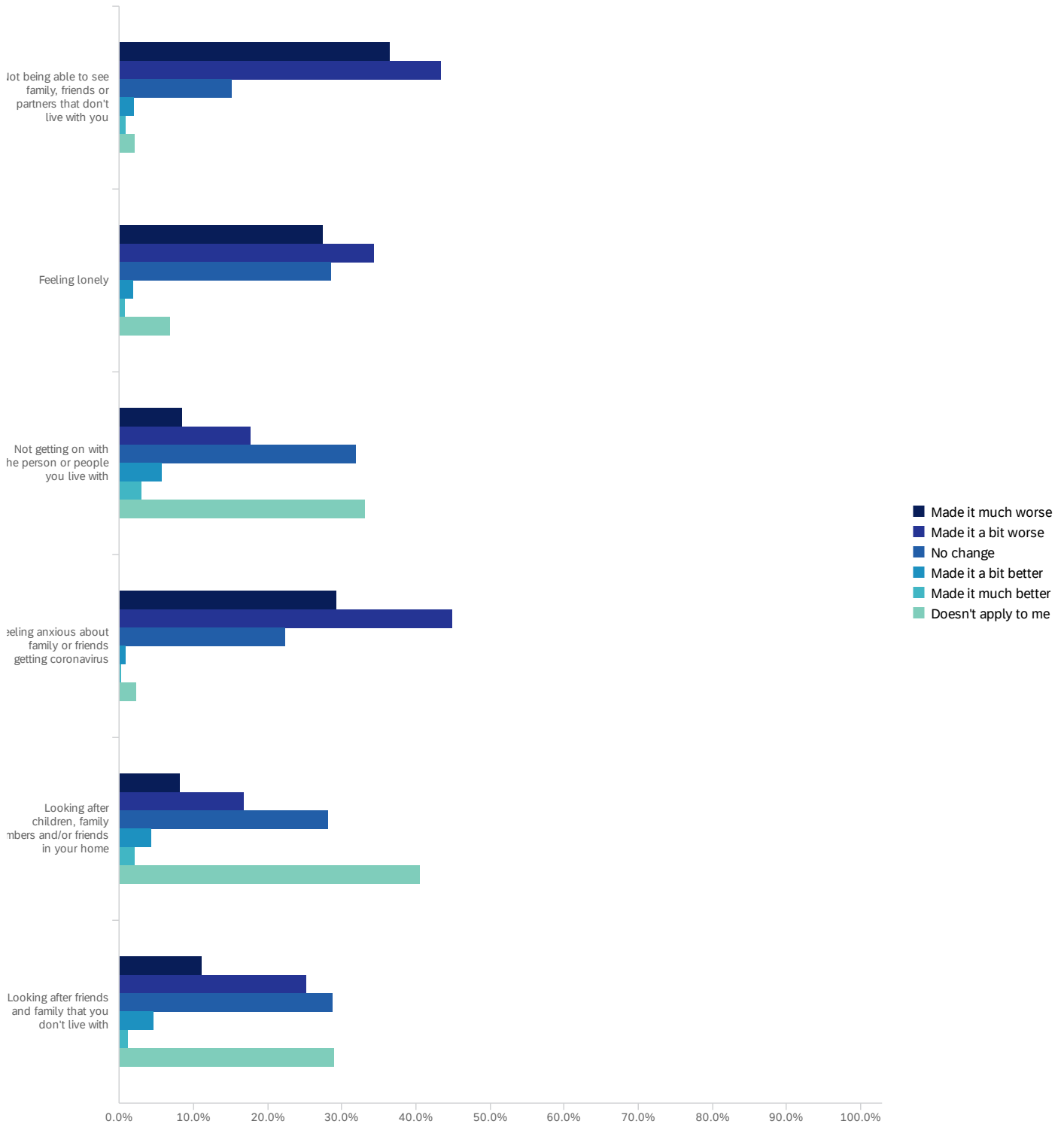


#	Field	None of the time	Rarely	Some of the time	Often	All of the time	Total
1	I've been feeling optimistic about the future	9.7%	28.4%	44.2%	14.7%	3.0%	16629

#	Field	None of the time	Rarely	Some of the time	Often	All of the time	Total
2	I've been feeling useful	12.0%	27.0%	38.2%	18.5%	4.3%	16308
3	I've been feeling relaxed	10.7%	31.5%	39.6%	15.7%	2.5%	16437
4	I've been dealing with problems well	6.3%	21.0%	45.3%	23.1%	4.3%	16383
5	I've been thinking clearly	5.3%	20.9%	43.2%	24.7%	5.9%	16443
6	I've been feeling close to other people	14.4%	28.4%	33.4%	19.2%	4.6%	16436
7	I've been able to make up my own mind about things	3.5%	15.5%	36.3%	31.1%	13.6%	16496

Showing rows 1 to 7 of 7

# Q4 - Thinking about your friends and family, have any of the following affected your mental health and wellbeing over the last two weeks?



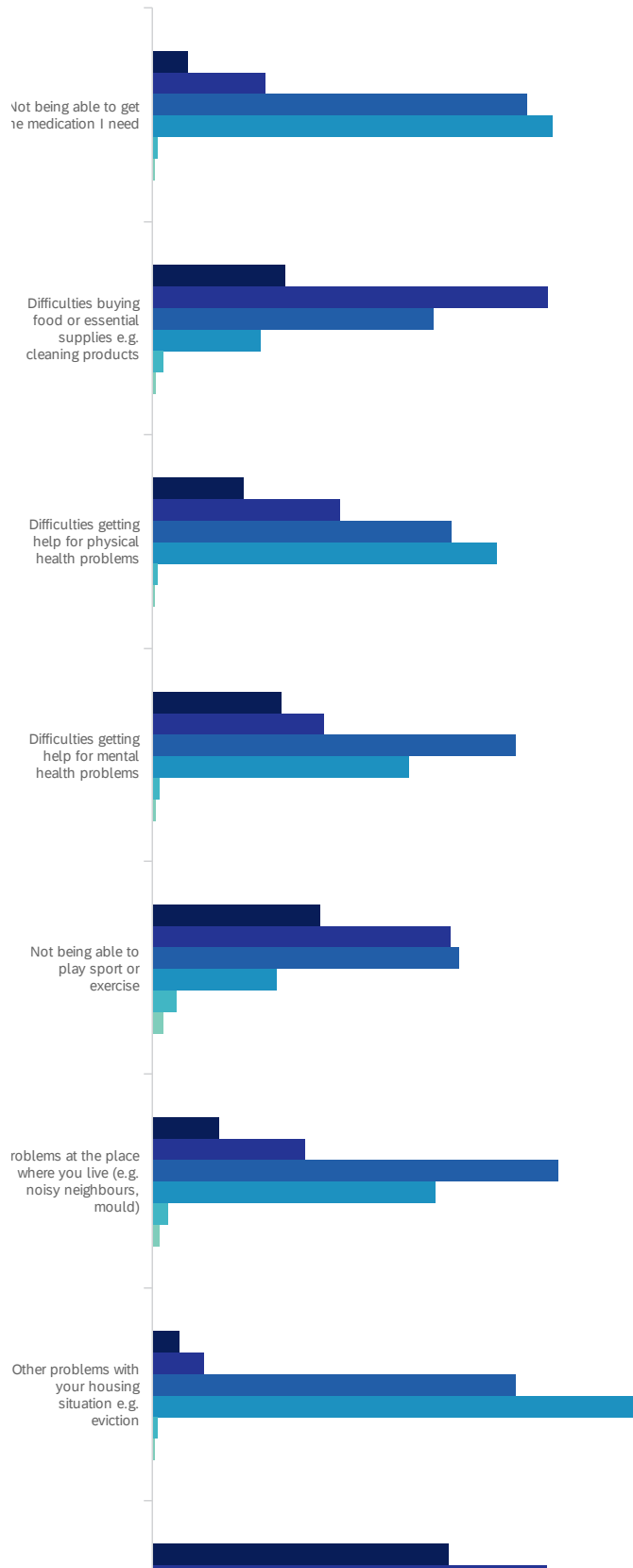
#	Field	Made it much worse	Made it a bit worse	No change	Made it a bit better	Made it much better	Doesn't apply to me	Total
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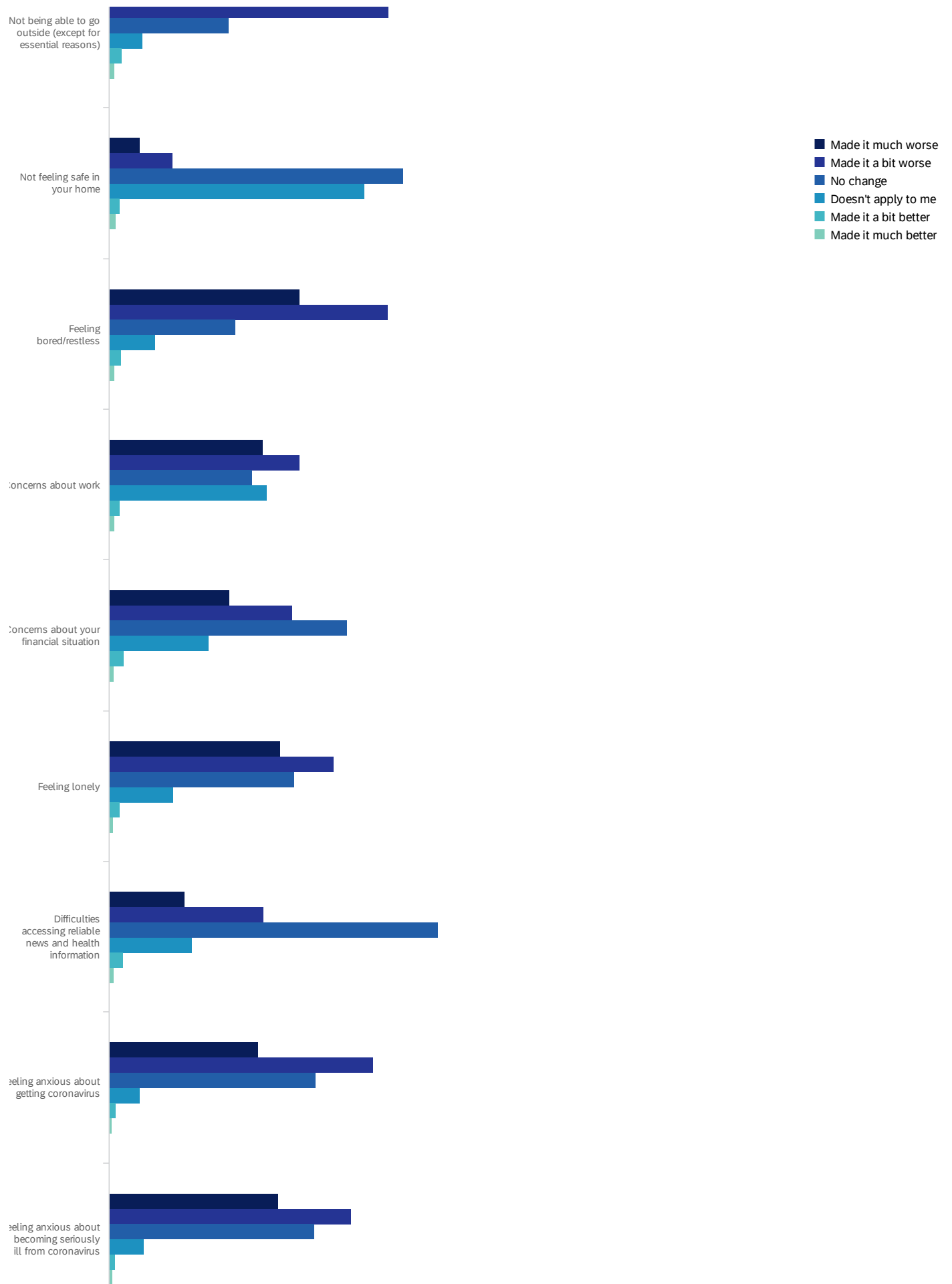
#	Field	Made it much worse	Made it a bit worse	No change	Made it a bit better	Made it much better	Doesn't apply to me	Total
1	Not being able to see family, friends or partners that don't live with you	36.5%	43.4%	15.2%	1.9%	0.9%	2.1%	15573
2	Feeling lonely	27.5%	34.4%	28.6%	1.9%	0.8%	6.9%	15325
3	Not getting on with the person or people you live with	8.5%	17.7%	31.9%	5.7%	3.0%	33.2%	15437
4	Feeling anxious about family or friends getting coronavirus	29.3%	44.9%	22.4%	0.9%	0.3%	2.3%	15446
5	Looking after children, family members and/or friends in your home	8.1%	16.8%	28.1%	4.4%	2.1%	40.5%	15425
6	Looking after friends and family that you don't live with	11.1%	25.3%	28.8%	4.7%	1.2%	29.0%	15376

Showing rows 1 to 6 of 6

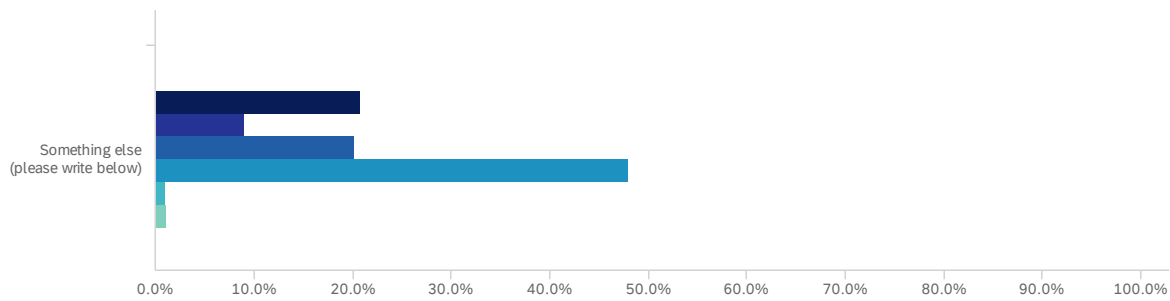
# Q5 - Have any of the following other things affected your mental health and wellbeing

over the last two weeks?









#	Field	Made it much worse	Made it a bit worse	No change	Doesn't apply to me	Made it a bit better	Made it much better	Total
1	Not being able to get the medication I need	3.8%	12.1%	40.3%	43.0%	0.6%	0.3%	15505
2	Difficulties buying food or essential supplies e.g. cleaning products	14.3%	42.5%	30.2%	11.6%	1.1%	0.3%	15480
3	Difficulties getting help for physical health problems	9.8%	20.2%	32.1%	37.1%	0.6%	0.2%	15453
4	Difficulties getting help for mental health problems	13.8%	18.4%	39.0%	27.6%	0.8%	0.3%	15427
5	Not being able to play sport or exercise	18.0%	32.0%	33.0%	13.3%	2.6%	1.1%	15450
6	Problems at the place where you live (e.g. noisy neighbours, mould)	7.1%	16.4%	43.6%	30.4%	1.7%	0.8%	15436
7	Other problems with your housing situation e.g. eviction	2.9%	5.6%	39.0%	51.7%	0.6%	0.2%	15419
8	Not being able to go outside (except for essential reasons)	31.8%	42.4%	18.1%	5.0%	1.8%	0.8%	15441
9	Not feeling safe in your home	4.6%	9.6%	44.6%	38.7%	1.6%	1.0%	15428
10	Feeling bored/restless	28.9%	42.3%	19.1%	7.0%	1.8%	0.8%	15437
11	Concerns about work	23.3%	28.8%	21.7%	23.9%	1.5%	0.7%	15415
12	Concerns about your financial situation	18.2%	27.8%	36.1%	15.0%	2.2%	0.6%	15413
13	Feeling lonely	26.0%	34.1%	28.1%	9.7%	1.5%	0.6%	15415
14	Difficulties accessing reliable news and health information	11.4%	23.4%	49.9%	12.6%	2.0%	0.7%	15391
15	Feeling anxious about getting coronavirus	22.6%	40.0%	31.4%	4.6%	1.0%	0.4%	15409
16	Feeling anxious about becoming seriously ill from coronavirus	25.6%	36.7%	31.1%	5.2%	0.8%	0.5%	15401

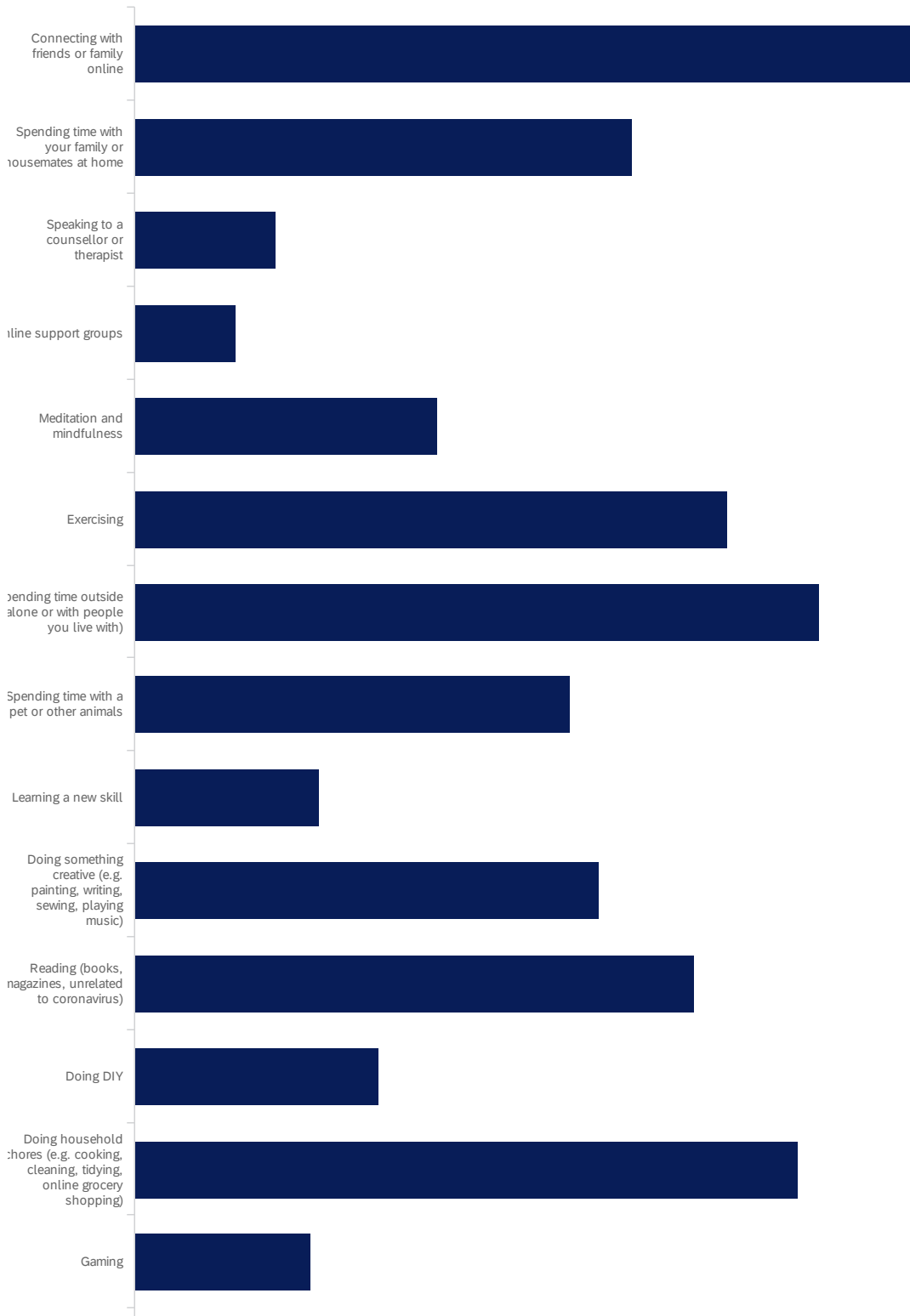
#	Field	Made it much worse	Made it a bit worse	No change	Doesn't apply to me	Made it a bit better	Made it much better	Total
17	Something else (please write below)	20.7%	9.0%	20.1%	48.0%	1.0%	1.1%	5755

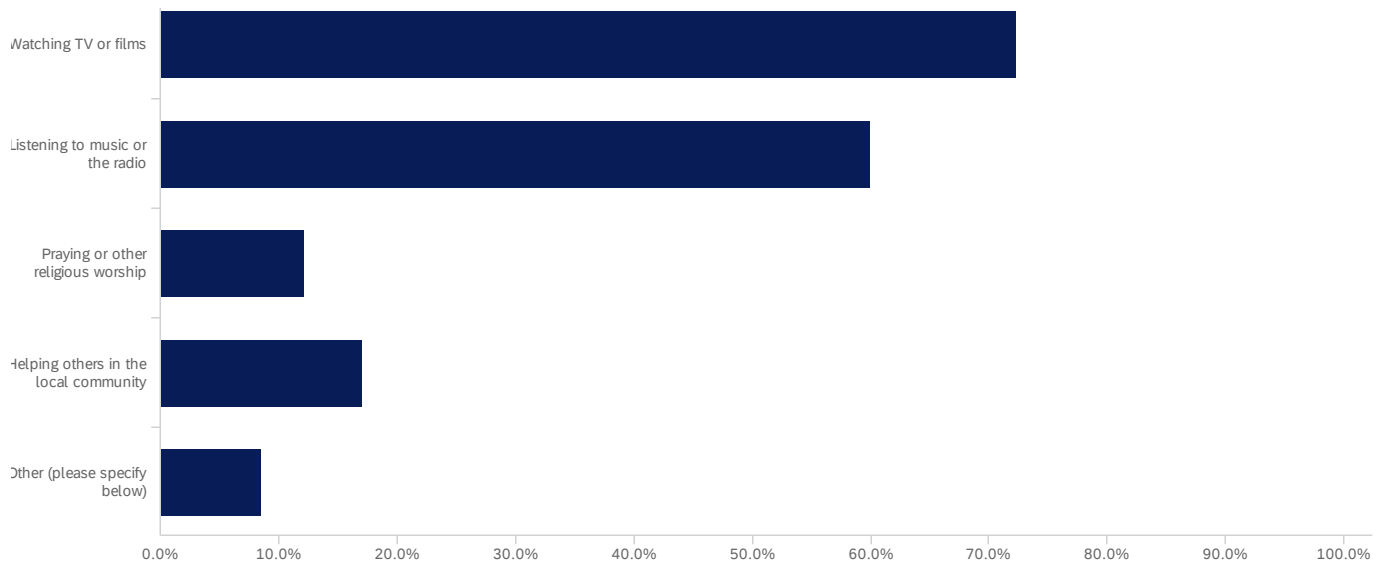
Showing rows 1 to 17 of 17

Q7 - Please tick which of the below you've spent time doing to cope with any pressures

you've faced in the past two weeks. Please tick all that apply. Activities that can be helpful

for our health and wellbeing:





#	Field	Percentage
1	Connecting with friends or family online	10.4%
2	Spending time with your family or housemates at home	6.6%
3	Speaking to a counsellor or therapist	1.9%
4	Online support groups	1.3%
5	Meditation and mindfulness	4.0%
6	Exercising	7.9%
7	Spending time outside (alone or with people you live with)	9.1%
8	Spending time with a pet or other animals	5.8%
9	Learning a new skill	2.4%
10	Doing something creative (e.g. painting, writing, sewing, playing music)	6.2%
11	Reading (books, magazines, unrelated to coronavirus)	7.4%
12	Doing DIY	3.2%
13	Doing household chores (e.g. cooking, cleaning, tidying, online grocery shopping)	8.8%
14	Gaming	2.3%
16	Watching TV or films	9.7%
17	Listening to music or the radio	8.0%
18	Praying or other religious worship	1.6%
19	Helping others in the local community	2.3%
20	Other (please specify below)	1.1%

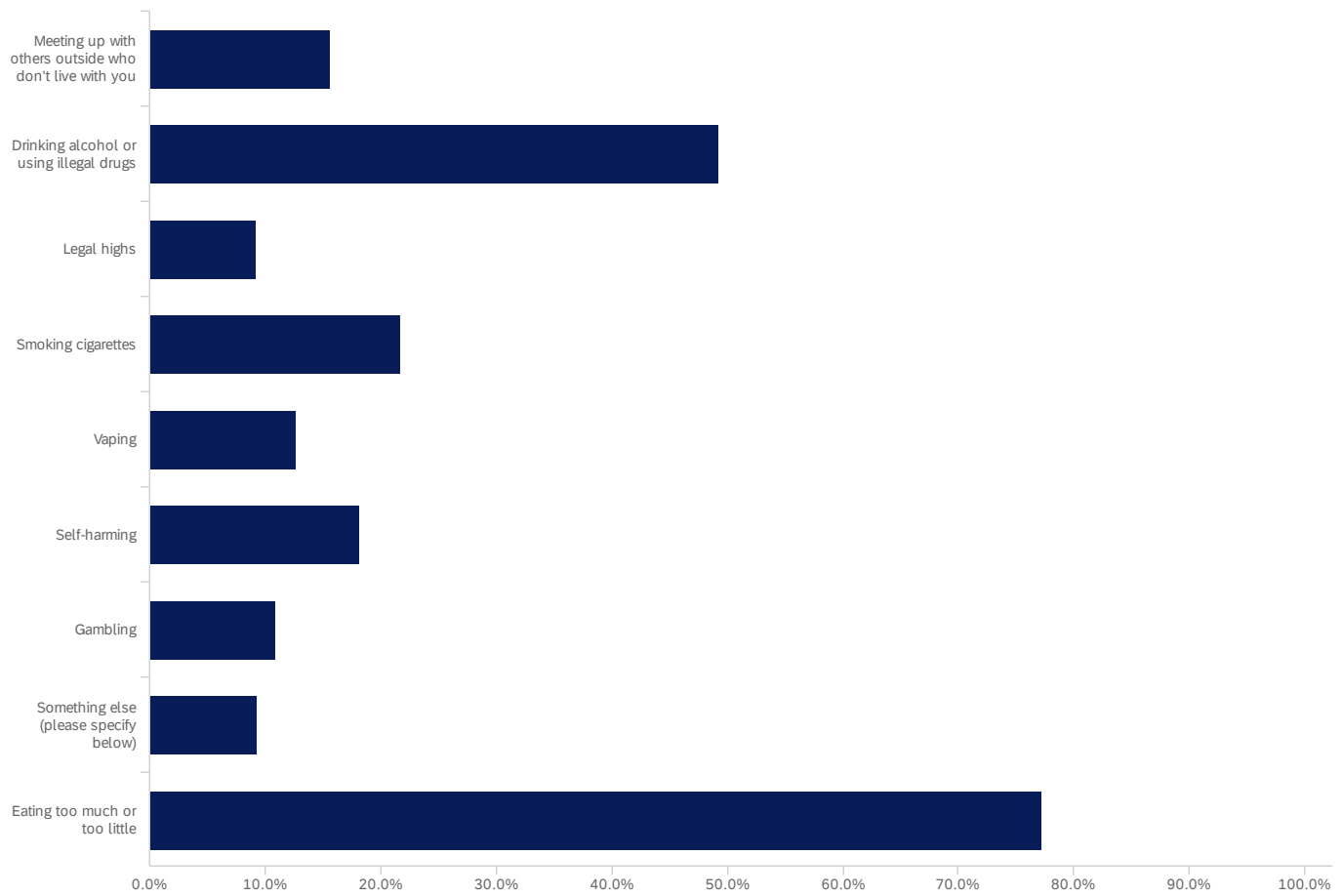
# Field

Percentage

111295

Showing rows 1 to 20 of 20

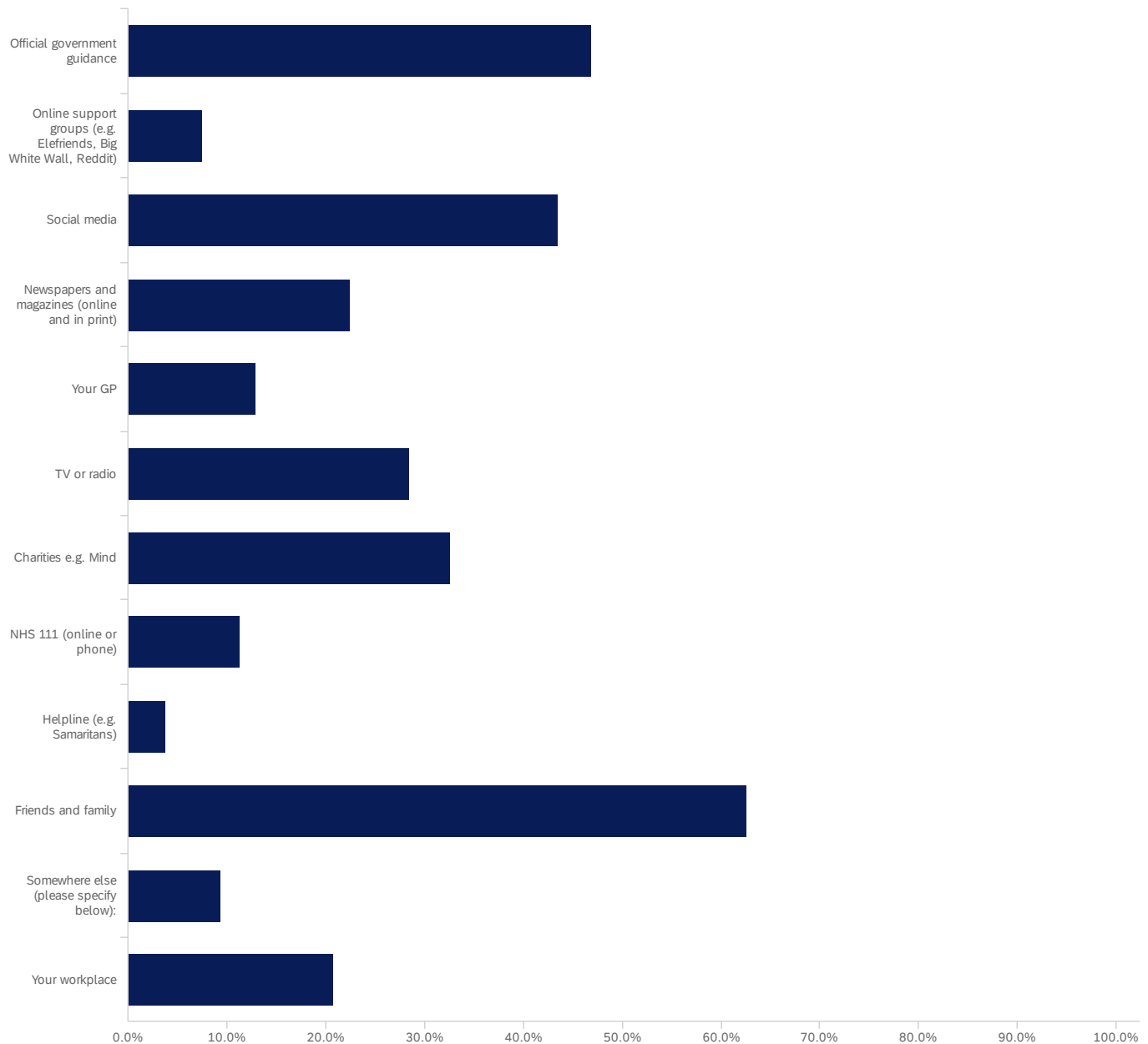
## Q7.1 - Activities that can be harmful for our health and wellbeing:



#	Field	Percentage
1	Meeting up with others outside who don't live with you	6.9%
2	Drinking alcohol or using illegal drugs	22.0%
3	Legal highs	4.1%
4	Smoking cigarettes	9.7%
5	Vaping	5.7%
6	Self-harming	8.1%
7	Gambling	4.9%
8	Something else (please specify below)	4.2%
9	Eating too much or too little	34.5%
		25058

Showing rows 1 to 10 of 10

Q6 - Have you used any of the following sources of advice or information on how to manage your mental health and wellbeing during the past two weeks? Please tick all that apply.



#	Field	Percentage
1	Official government guidance	15.5%
2	Online support groups (e.g. Elefriends, Big White Wall, Reddit)	2.5%
3	Social media	14.4%

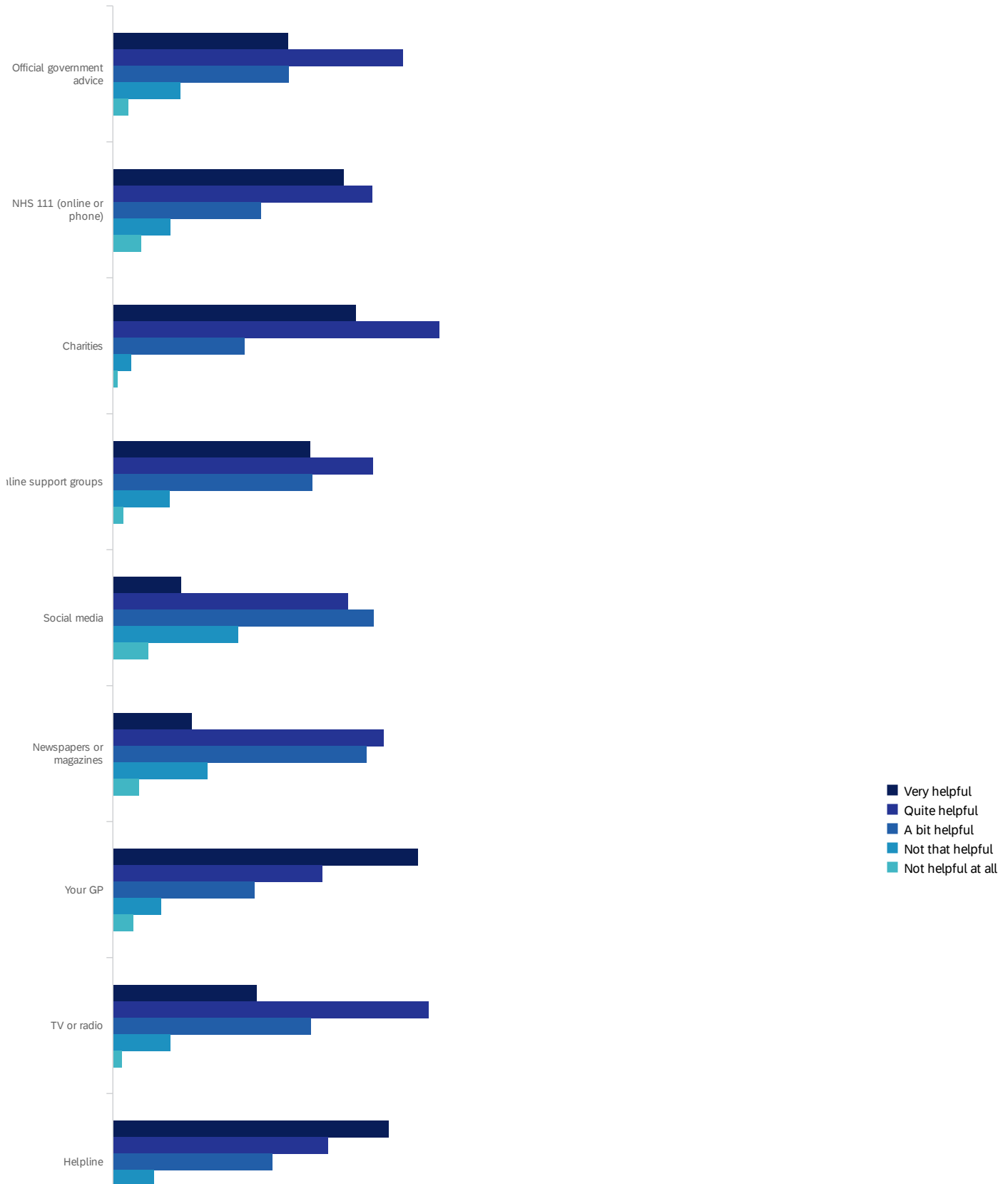
#	Field	Percentage
4	Newspapers and magazines (online and in print)	7.4%
5	Your GP	4.3%
6	TV or radio	9.4%
7	Charities e.g. Mind	10.8%
8	NHS 111 (online or phone)	3.7%
9	Helpline (e.g. Samaritans)	1.2%
10	Friends and family	20.7%
14	Somewhere else (please specify below):	3.1%
15	Your workplace	6.9%

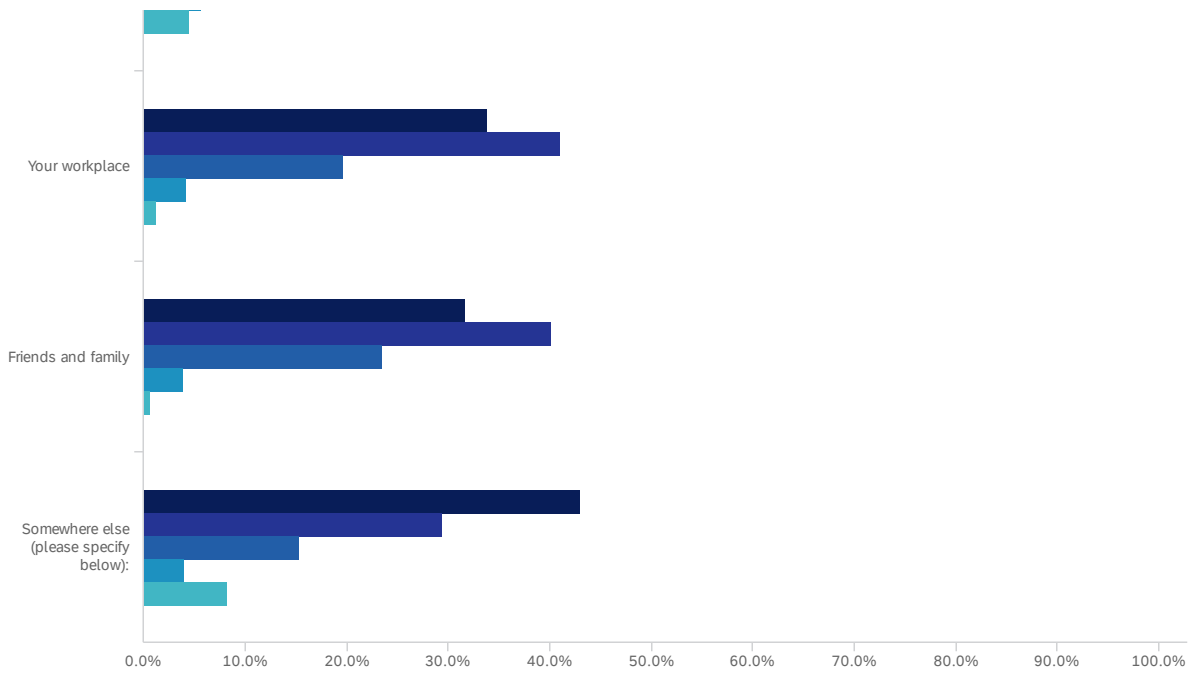
38286

Showing rows 1 to 13 of 13



Q7 - How helpful did you find each of the following sources in providing you with information or advice?



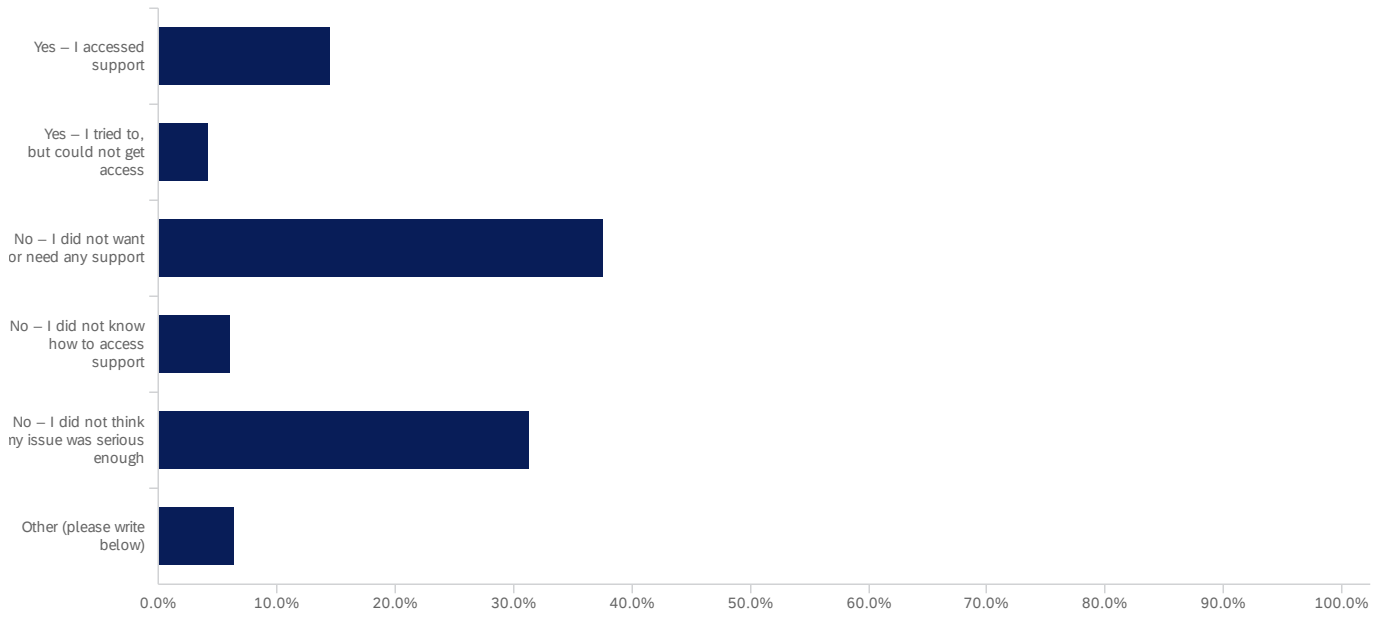


#	Field	Very helpful	Quite helpful	A bit helpful	Not that helpful	Not helpful at all	Total
1	Official government advice	24.2%	40.1%	24.3%	9.3%	2.1%	5866
2	NHS 111 (online or phone)	31.8%	35.8%	20.5%	7.9%	3.9%	1376
3	Charities	33.5%	45.1%	18.2%	2.5%	0.7%	3998
4	Online support groups	27.3%	35.9%	27.6%	7.9%	1.4%	917
5	Social media	9.4%	32.4%	36.0%	17.3%	4.8%	5405
6	Newspapers or magazines	10.9%	37.4%	35.1%	13.1%	3.6%	2771
7	Your GP	42.1%	29.0%	19.6%	6.6%	2.8%	1585
8	TV or radio	19.9%	43.6%	27.4%	7.9%	1.3%	3522
9	Helpline	38.1%	29.7%	22.1%	5.6%	4.5%	444
10	Your workplace	33.9%	41.0%	19.7%	4.2%	1.2%	2592
11	Friends and family	31.7%	40.1%	23.5%	3.9%	0.7%	7788
12	Somewhere else (please specify below):	43.0%	29.4%	15.3%	4.0%	8.2%	769

Showing rows 1 to 12 of 12

Q8 - Do you have any advice to share with to others to help them manage their mental health and wellbeing during this period of uncertainty?

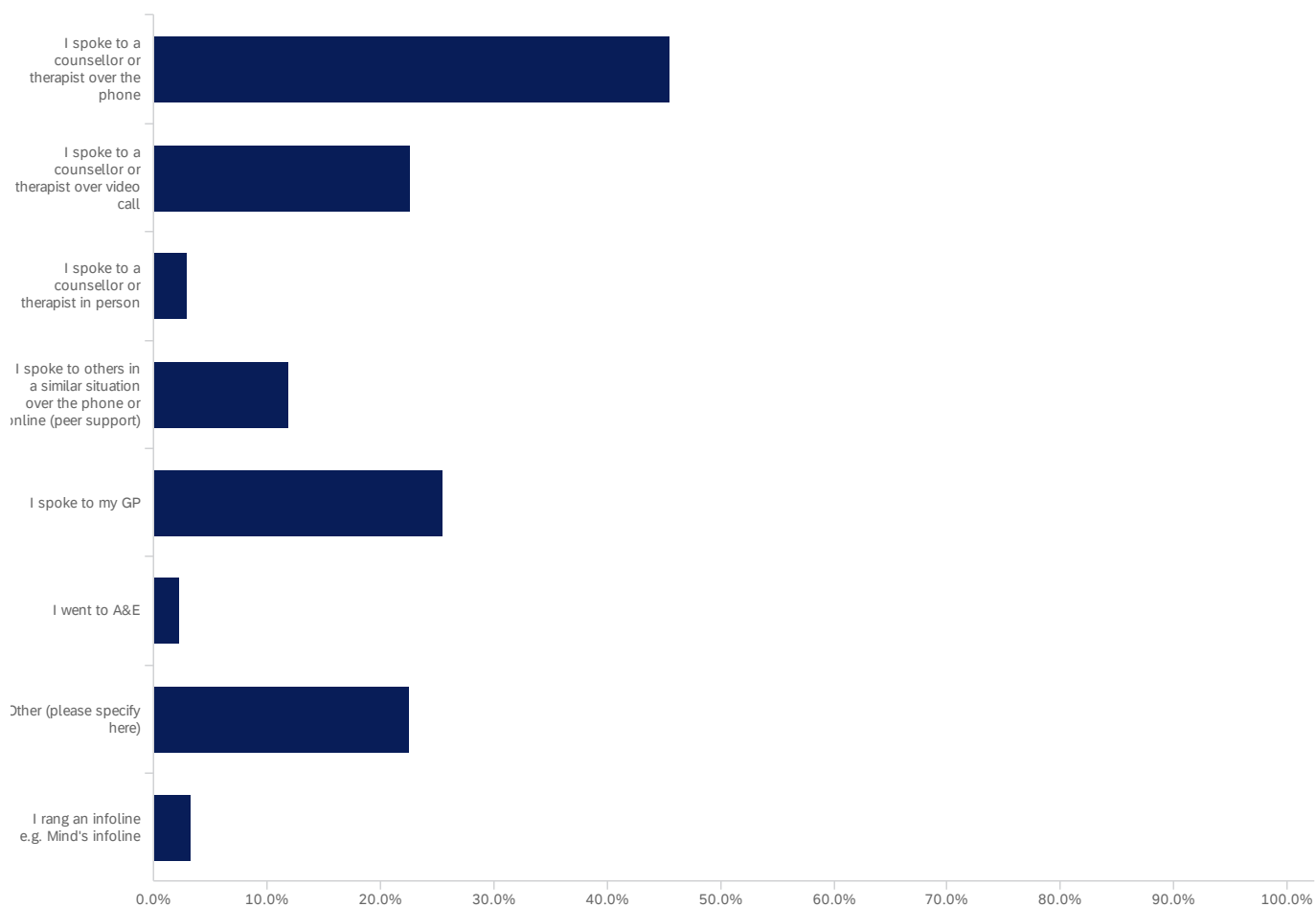
Q9 - Have you accessed (or tried to access) any services for your mental health in the last two weeks?



#	Field	Percentage
2	Yes – I accessed support	14.5%
3	Yes – I tried to, but could not get access	4.1%
4	No – I did not want or need any support	37.6%
5	No – I did not know how to access support	6.1%
6	No – I did not think my issue was serious enough	31.3%
7	Other (please write below)	6.4%
		14301

Showing rows 1 to 7 of 7

## Q9.1 - What type of support or services did you access?

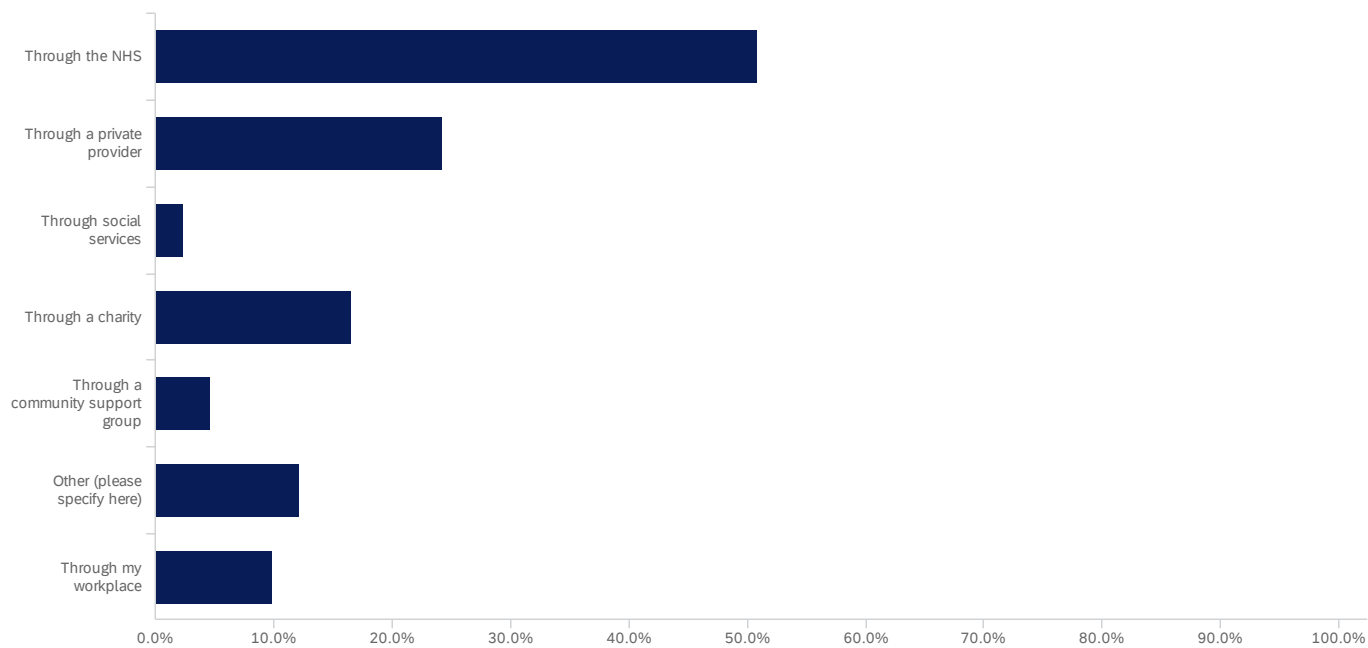


#	Field	Percentage
2	I spoke to a counsellor or therapist over the phone	33.4%
4	I spoke to a counsellor or therapist over video call	16.6%
5	I spoke to a counsellor or therapist in person	2.1%
6	I spoke to others in a similar situation over the phone or online (peer support)	8.7%
8	I spoke to my GP	18.7%
9	I went to A&E	1.6%
10	Other (please specify here)	16.5%
11	I rang an infoline e.g. Mind's infoline	2.4%

2728

Showing rows 1 to 9 of 9

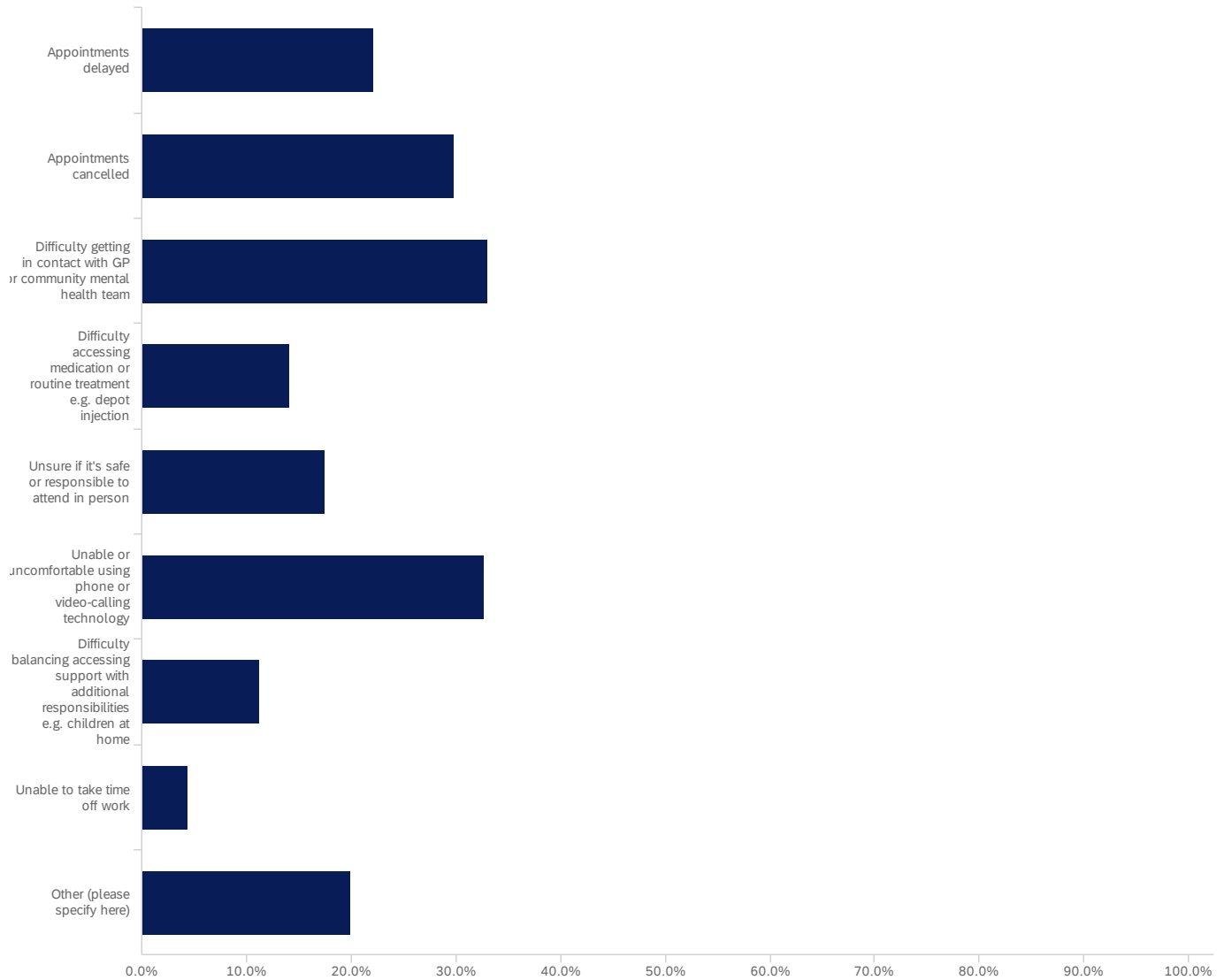
## Q9.2 - How did you access this support?



#	Field	Percentage
1	Through the NHS	42.2%
2	Through a private provider	20.1%
3	Through social services	1.9%
4	Through a charity	13.7%
5	Through a community support group	3.8%
6	Other (please specify here)	10.0%
7	Through my workplace	8.2%
		2379

Showing rows 1 to 8 of 8

Q11 - Have you experienced any difficulties in accessing mental health support or treatment, e.g. talking therapies, in the last two weeks? Please tick all that apply.



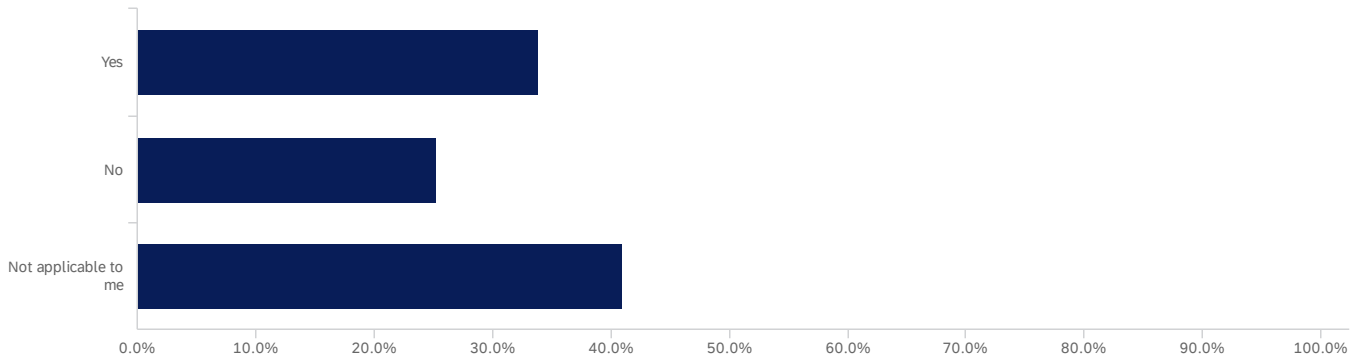
#	Field	Percentage
1	Appointments delayed	12.0%
2	Appointments cancelled	16.2%
3	Difficulty getting in contact with GP or community mental health team	17.9%
4	Difficulty accessing medication or routine treatment e.g. depot injection	7.6%
5	Unsure if it's safe or responsible to attend in person	9.5%
6	Unable or uncomfortable using phone or video-calling technology	17.7%
7	Difficulty balancing accessing support with additional responsibilities e.g. children at home	6.1%

#	Field	Percentage
8	Unable to take time off work	2.4%
9	Other (please specify here)	10.8%
		4079

Showing rows 1 to 10 of 10



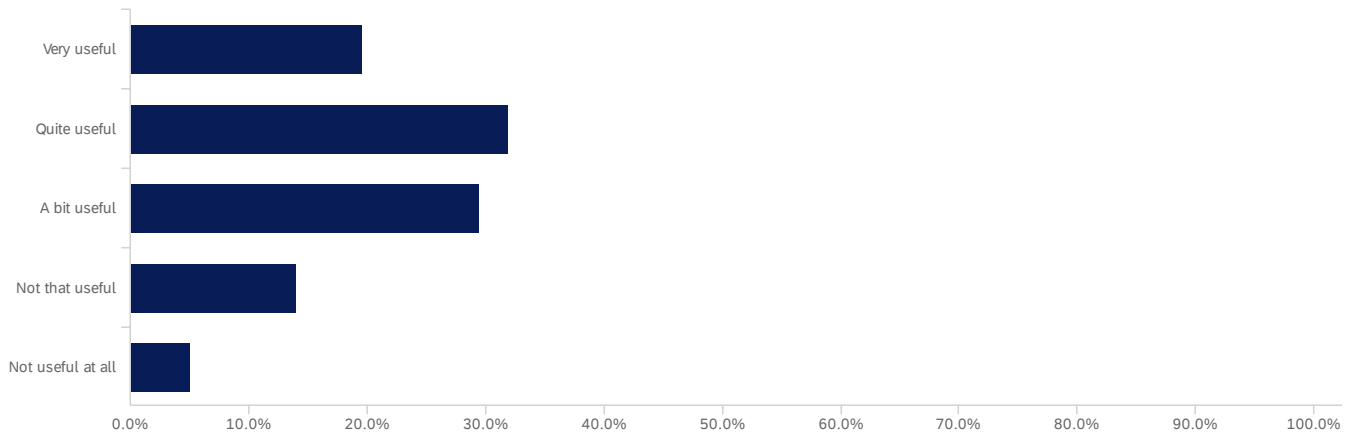
Q10 - If you're in employment, has your employer offered you any support for your mental health and wellbeing during this time?



#	Field	Percentage
1	Yes	33.8%
2	No	25.2%
4	Not applicable to me	41.0%
		14221

Showing rows 1 to 4 of 4

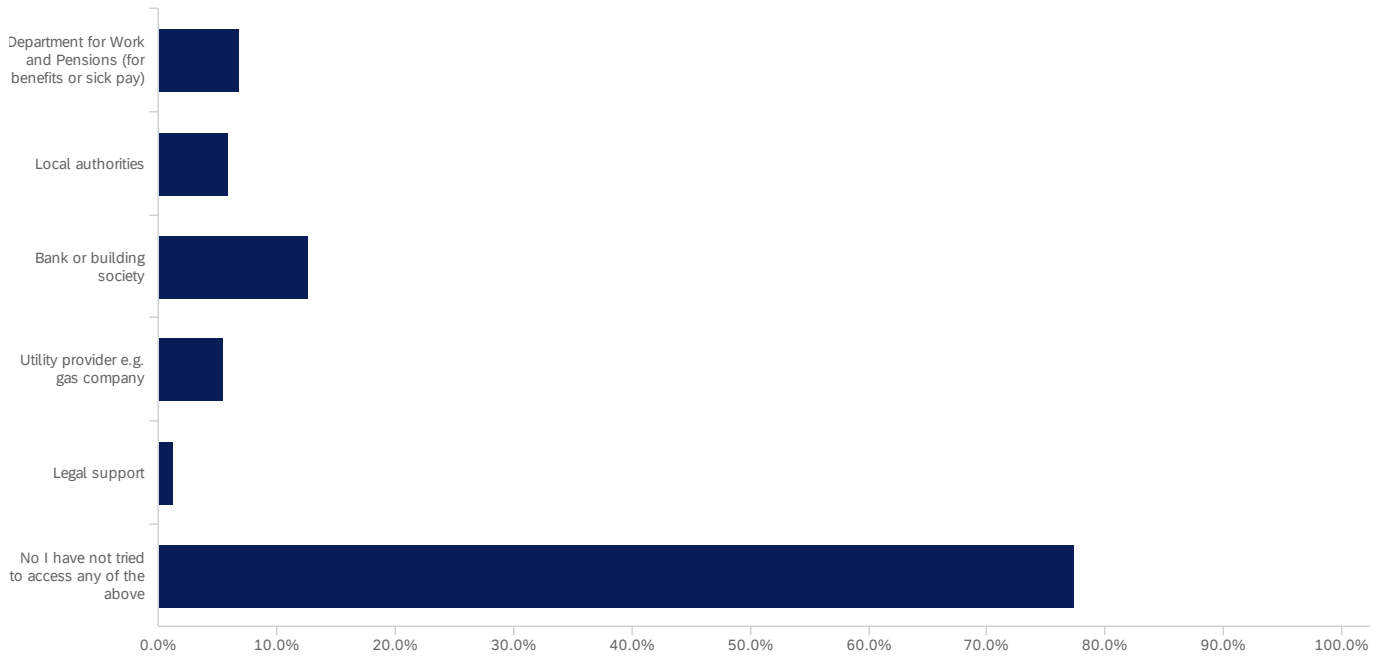
## Q10.1 - How useful did you find this support?



#	Field	Percentage
1	Very useful	19.5%
2	Quite useful	31.9%
3	A bit useful	29.5%
4	Not that useful	14.0%
5	Not useful at all	5.1%
		4348

Showing rows 1 to 6 of 6

Q12 - Have you accessed or tried to access any of these service providers in the last two weeks as a result of coronavirus? Please select all that apply

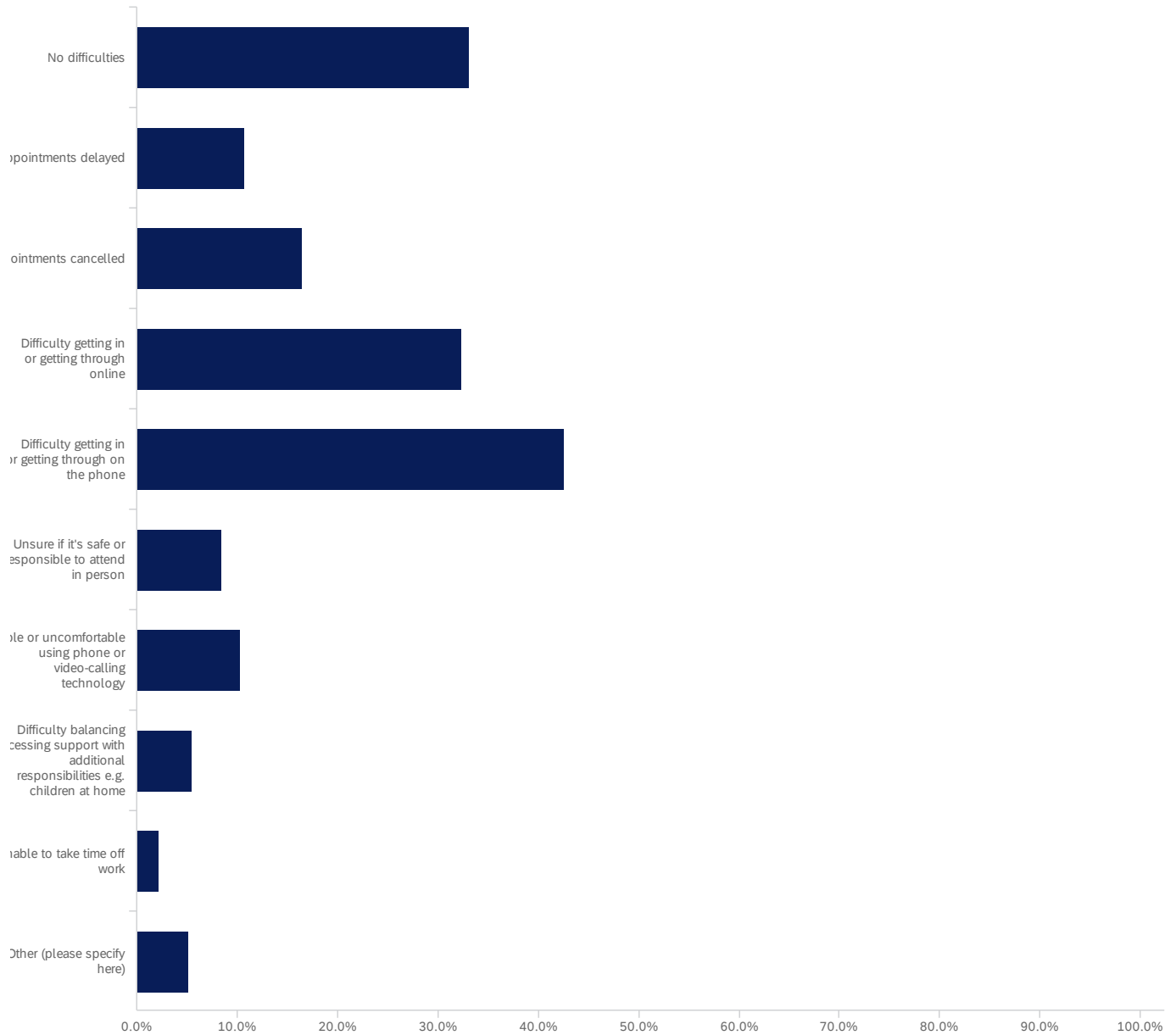


#	Field	Percentage
1	Department for Work and Pensions (for benefits or sick pay)	6.2%
2	Local authorities	5.4%
3	Bank or building society	11.5%
4	Utility provider e.g. gas company	5.0%
5	Legal support	1.1%
6	No I have not tried to access any of the above	70.7%
		15063

Showing rows 1 to 7 of 7

## Q11.1 - Have you experienced any difficulties in accessing support from service

providers in the last two weeks? Please tick all that apply.



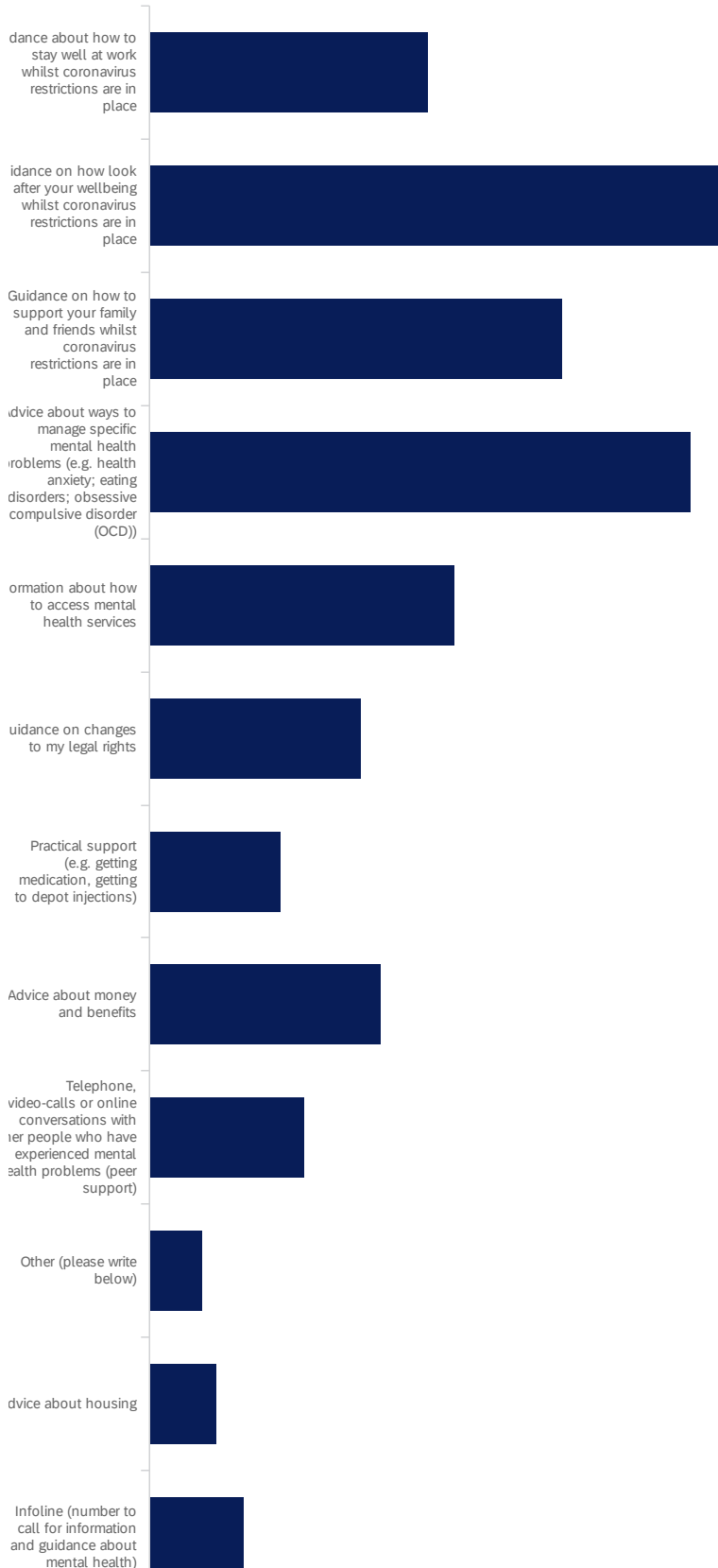
#	Field	Percentage
1	No difficulties	19.9%
2	Appointments delayed	6.4%
3	Appointments cancelled	9.9%
4	Difficulty getting in or getting through online	19.4%
5	Difficulty getting in or getting through on the phone	25.5%

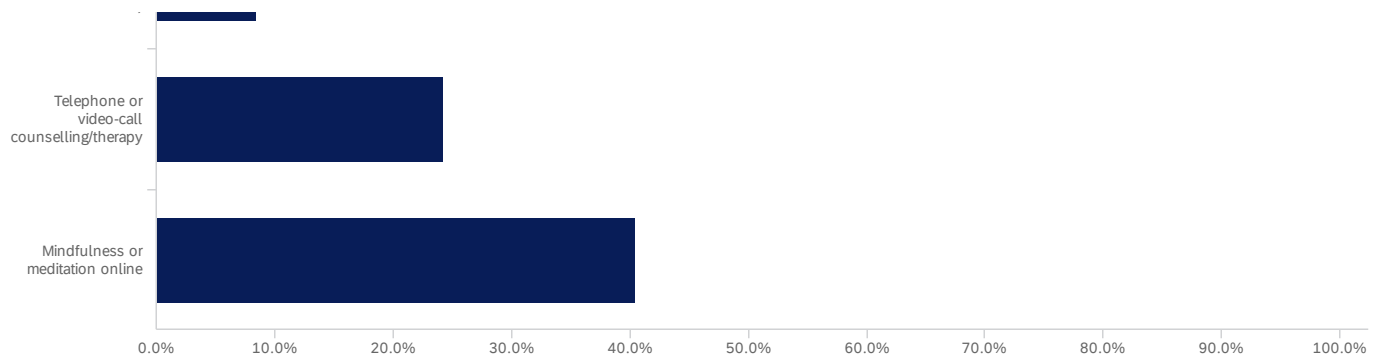
#	Field	Percentage
6	Unsure if it's safe or responsible to attend in person	5.0%
7	Unable or uncomfortable using phone or video-calling technology	6.1%
8	Difficulty balancing accessing support with additional responsibilities e.g. children at home	3.3%
9	Unable to take time off work	1.3%
10	Other (please specify here)	3.1%
		4799

Showing rows 1 to 11 of 11

# Q12 - What extra help would you find useful to support your mental health and wellbeing

during this period? Please tick all that apply.

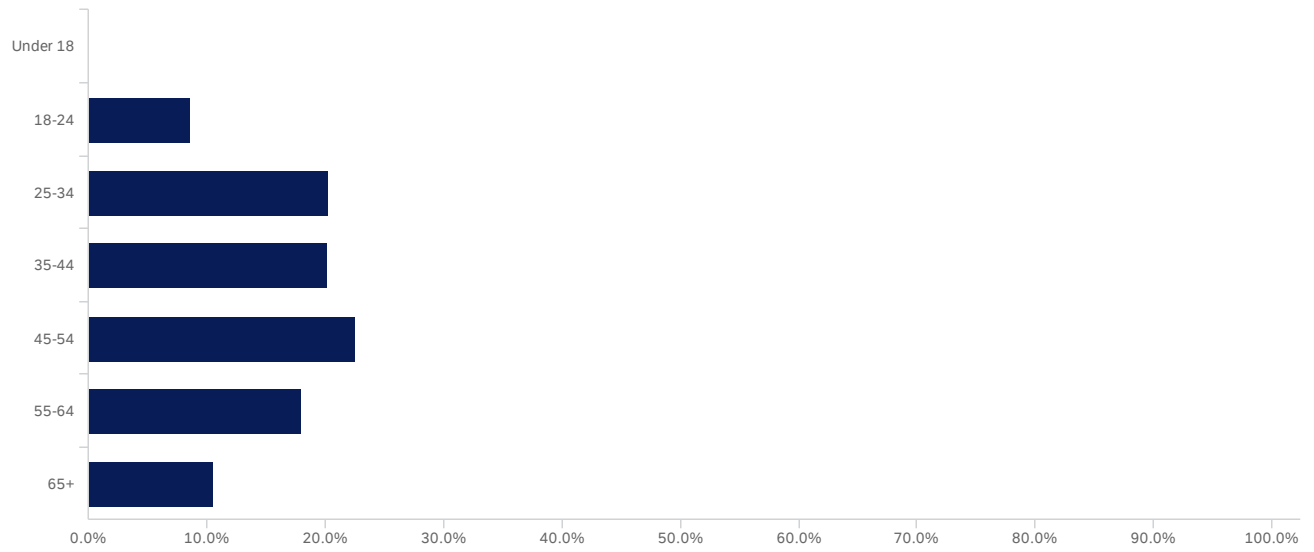




#	Field	Percentage
1	Guidance about how to stay well at work whilst coronavirus restrictions are in place	7.4%
2	Guidance on how look after your wellbeing whilst coronavirus restrictions are in place	15.2%
3	Guidance on how to support your family and friends whilst coronavirus restrictions are in place	10.9%
4	Advice about ways to manage specific mental health problems (e.g. health anxiety; eating disorders; obsessive compulsive disorder (OCD))	14.3%
5	Information about how to access mental health services	8.1%
6	Guidance on changes to my legal rights	5.6%
7	Practical support (e.g. getting medication, getting to depot injections)	3.5%
8	Advice about money and benefits	6.1%
9	Telephone, video-calls or online conversations with other people who have experienced mental health problems (peer support)	4.1%
10	Other (please write below)	1.4%
11	Advice about housing	1.8%
12	Infoline (number to call for information and guidance about mental health)	2.5%
13	Telephone or video-call counselling/therapy	7.2%
14	Mindfulness or meditation online	12.0%
		38359

Showing rows 1 to 15 of 15

## Q40 - How old are you?

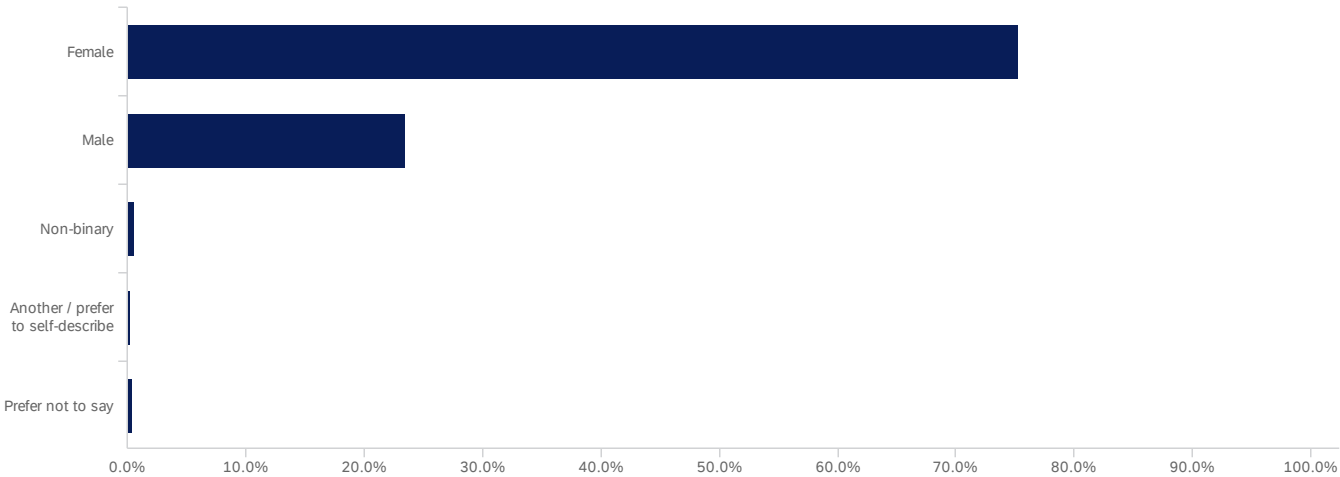


#	Field	Percentage
1	Under 18	0.0%
2	18-24	8.6%
3	25-34	20.2%
4	35-44	20.2%
5	45-54	22.5%
6	55-64	18.0%
7	65+	10.5%
		13172

Showing rows 1 to 8 of 8



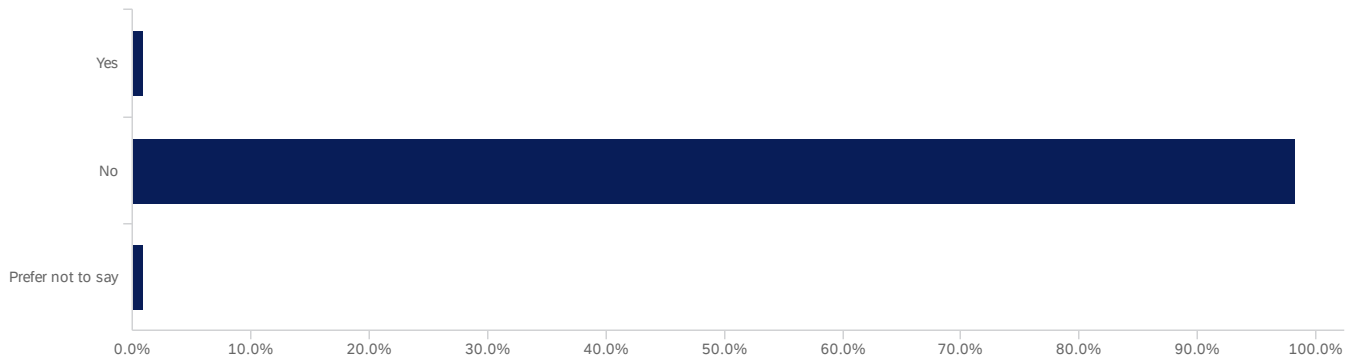
# Q4 - What is your gender?



#	Field	Percentage
1	Female	75.3%
2	Male	23.5%
3	Non-binary	0.6%
4	Another / prefer to self-describe	0.2%
5	Prefer not to say	0.4%
		13084

Showing rows 1 to 6 of 6

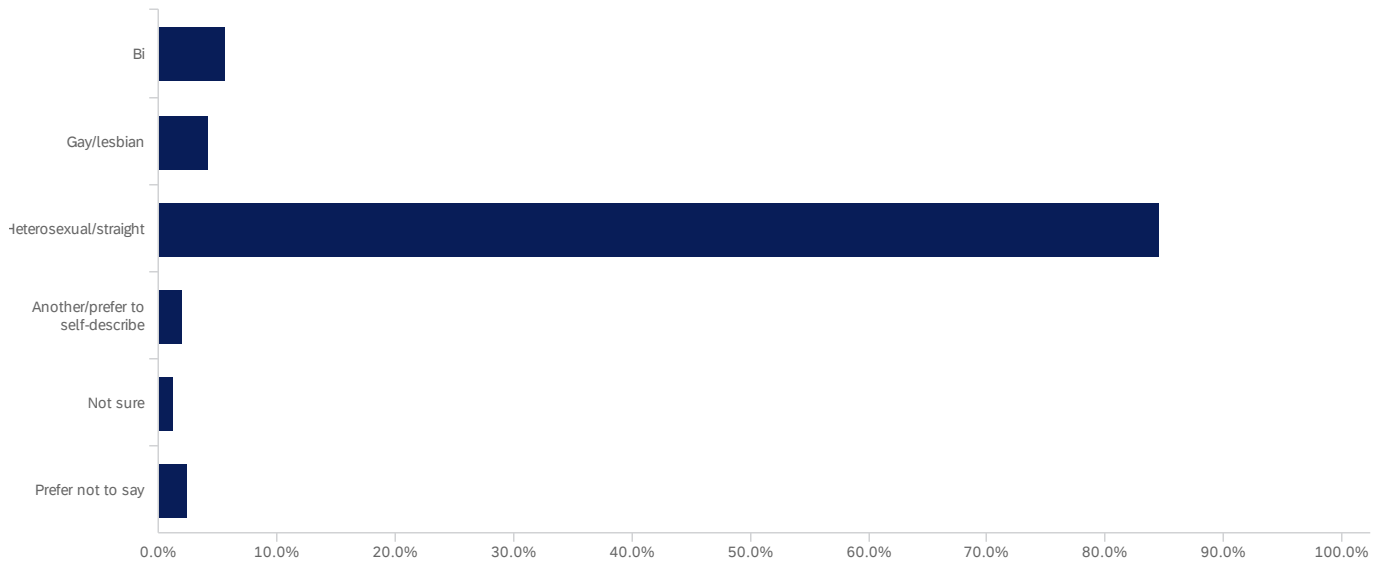
## Q5 - Have you ever identified as trans/transgender, now or in the past?



#	Field	Percentage
1	Yes	0.8%
2	No	98.3%
3	Prefer not to say	0.9%
		12491

Showing rows 1 to 4 of 4

## Q6 - Which of the following best describes how you think of yourself?

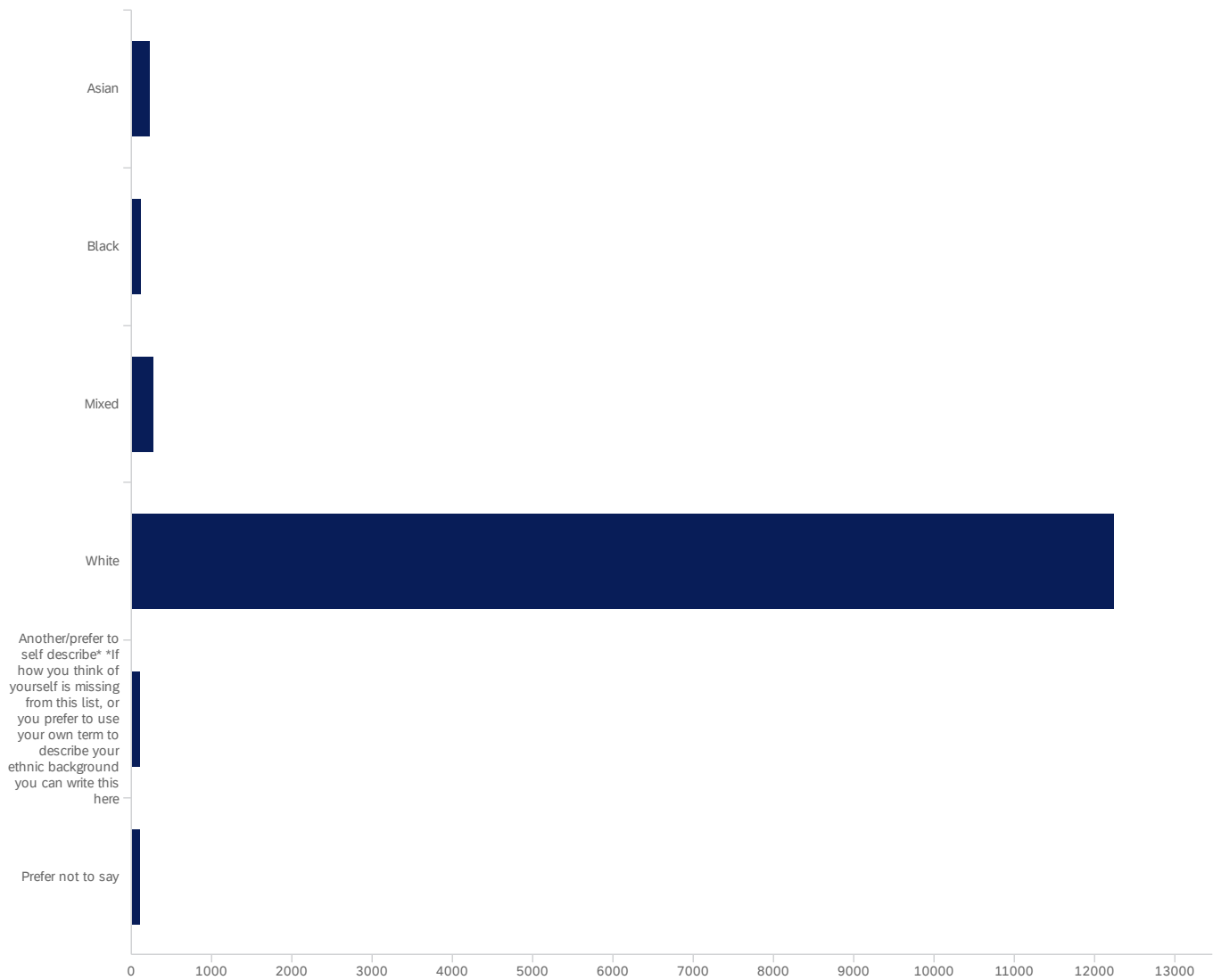


#	Field	Percentage
1	Bi	5.6%
2	Gay/lesbian	4.2%
3	Heterosexual/straight	84.6%
4	Another/prefer to self-describe	2.0%
5	Not sure	1.3%
6	Prefer not to say	2.4%

13012

Showing rows 1 to 7 of 7

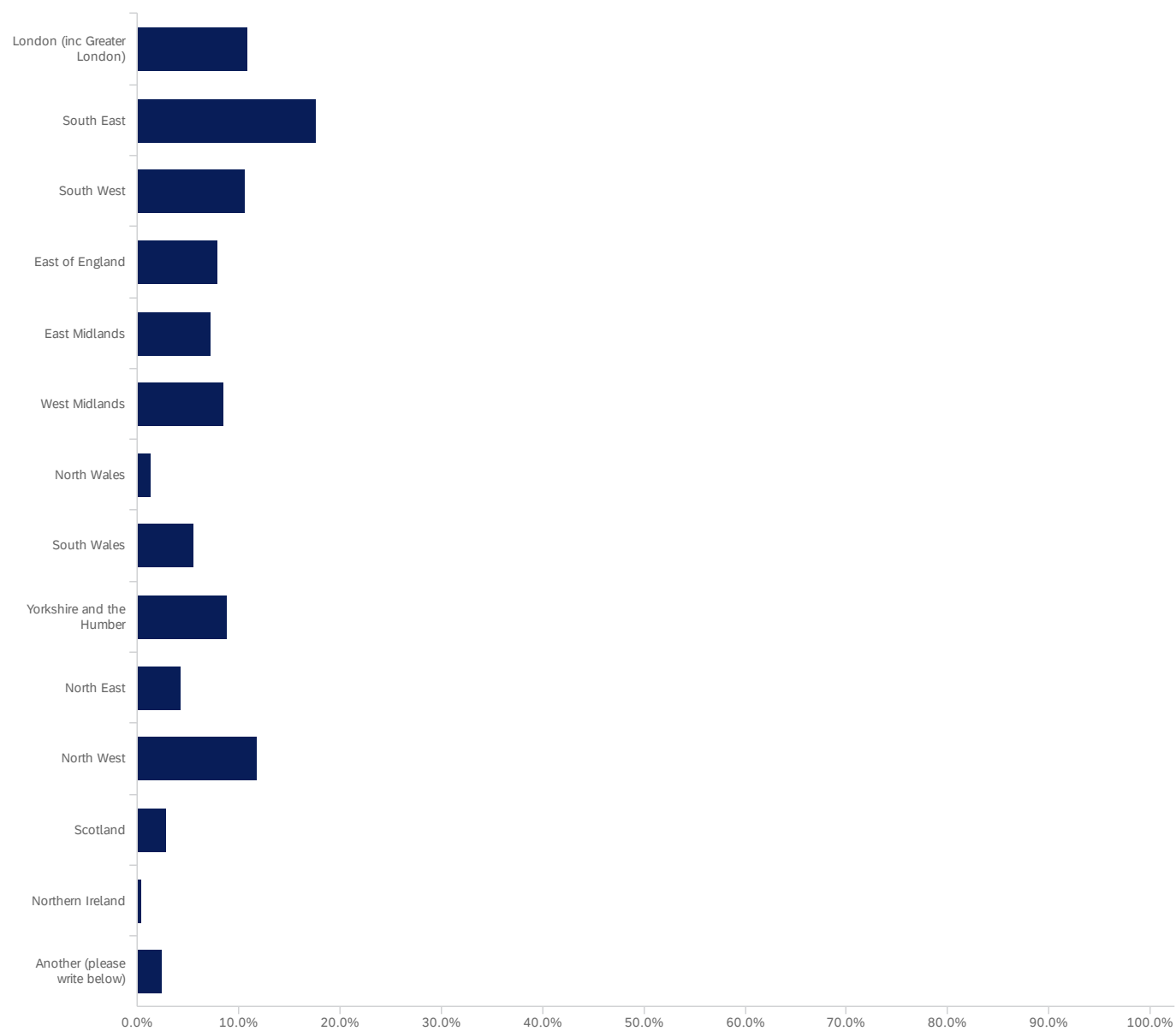
## Q7 - What is your ethnic background?



#	Field	Choice Count
1	Asian	1.7% 226
2	Black	0.9% 114
3	Mixed	2.1% 274
4	White	93.6% 12256
5	Another/prefer to self describe* *If how you think of yourself is missing from this list, or you prefer to use your own term to describe your ethnic background you can write this here	0.8% 110
6	Prefer not to say	0.8% 111

13091

## Q52 - Where do you live?



#	Field	Percentage
1	London (inc Greater London)	10.8%
2	South East	17.6%
3	South West	10.7%
4	East of England	7.9%
5	East Midlands	7.2%
6	West Midlands	8.5%
7	North Wales	1.3%

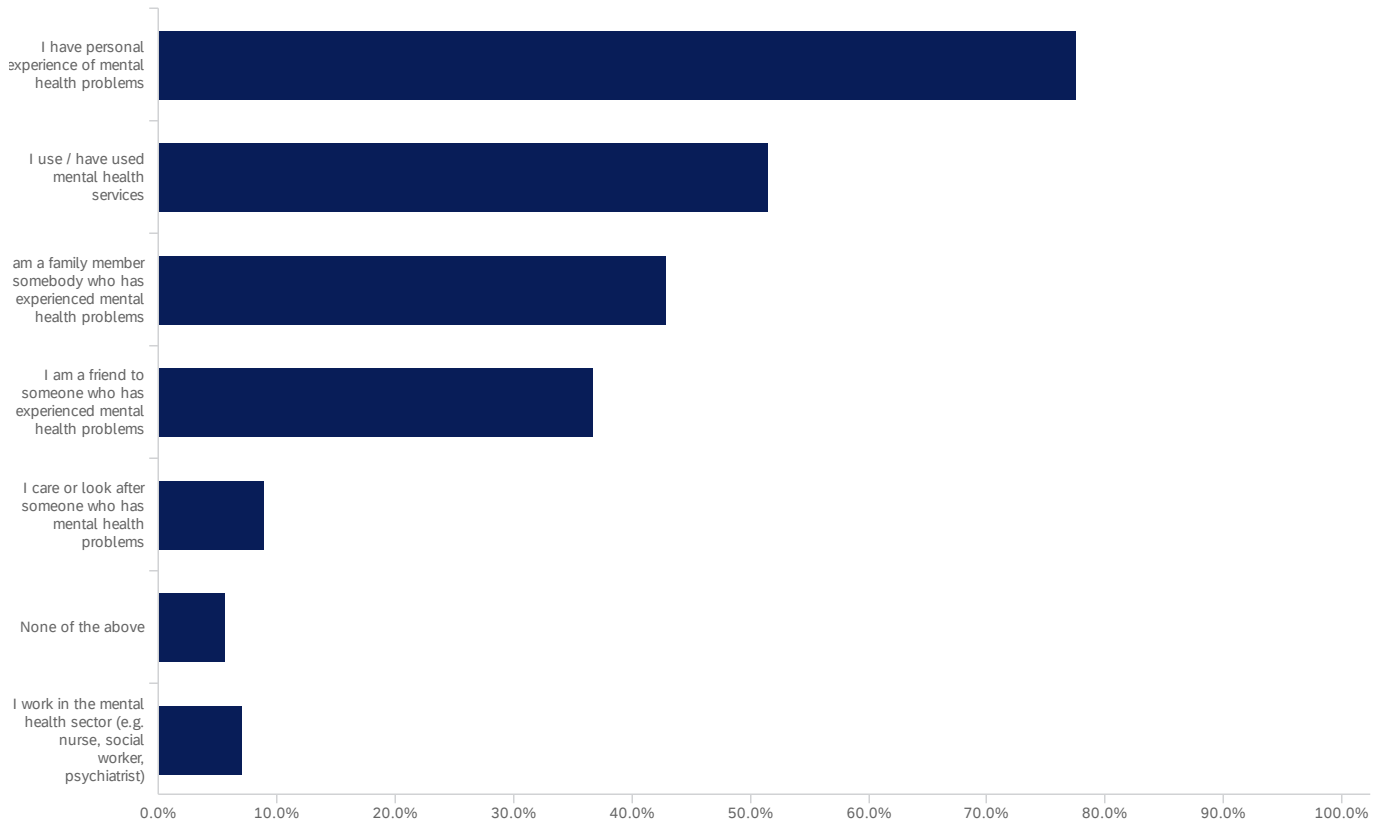
#	Field	Percentage
8	South Wales	5.5%
9	Yorkshire and the Humber	8.9%
10	North East	4.3%
11	North West	11.8%
12	Scotland	2.8%
13	Northern Ireland	0.4%
14	Another (please write below)	2.4%

13170

Showing rows 1 to 15 of 15

## Q9 - Which of the following best represents your experience of mental health problems?

Please select all that apply

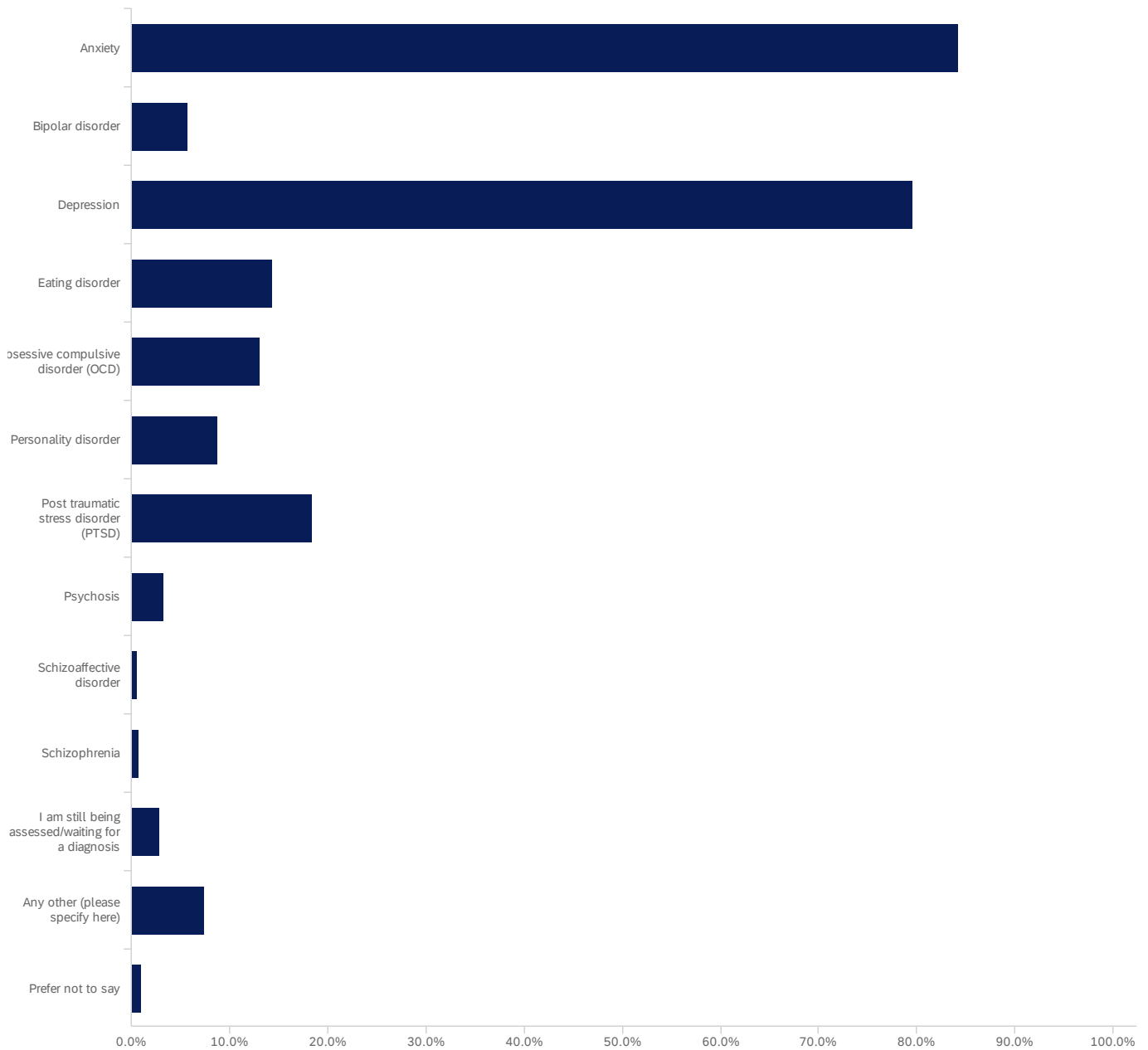


#	Field	Percentage
1	I have personal experience of mental health problems	33.7%
2	I use / have used mental health services	22.4%
3	I am a family member of somebody who has experienced mental health problems	18.6%
4	I am a friend to someone who has experienced mental health problems	16.0%
5	I care or look after someone who has mental health problems	3.9%
6	None of the above	2.5%
7	I work in the mental health sector (e.g. nurse, social worker, psychiatrist)	3.0%
		30707

Showing rows 1 to 8 of 8

## Q49 - Which of the following best describes your mental health experiences? Please

select all that apply



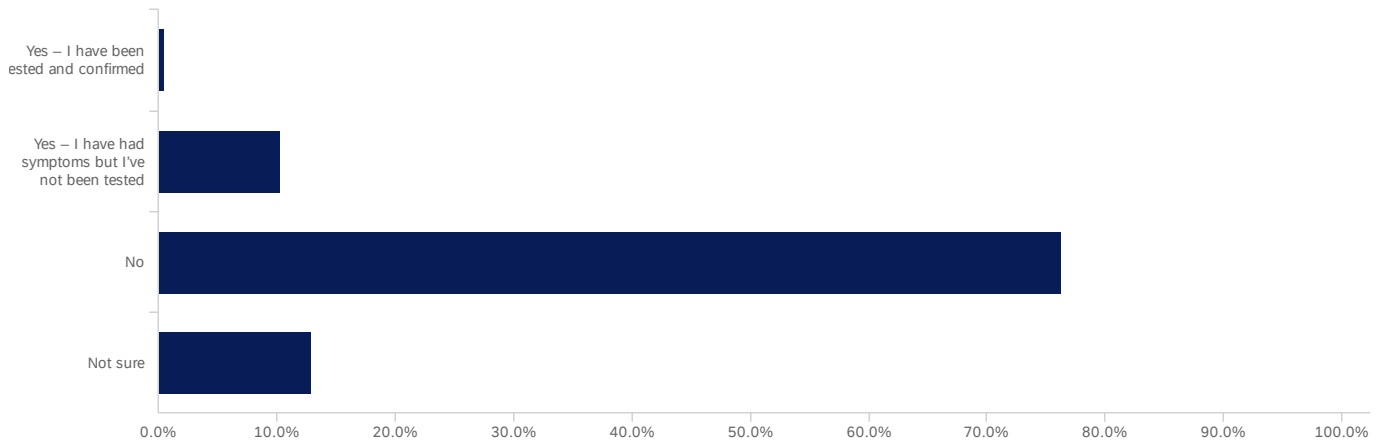
#	Field	Percentage
1	Anxiety	35.1%
2	Bipolar disorder	2.4%
3	Depression	33.2%
4	Eating disorder	6.0%



#	Field	Percentage
5	Obsessive compulsive disorder (OCD)	5.5%
6	Personality disorder	3.7%
7	Post traumatic stress disorder (PTSD)	7.7%
8	Psychosis	1.3%
9	Schizoaffective disorder	0.2%
10	Schizophrenia	0.3%
11	I am still being assessed/waiting for a diagnosis	1.2%
12	Any other (please specify here)	3.1%
13	Prefer not to say	0.4%
		24492

Showing rows 1 to 14 of 14

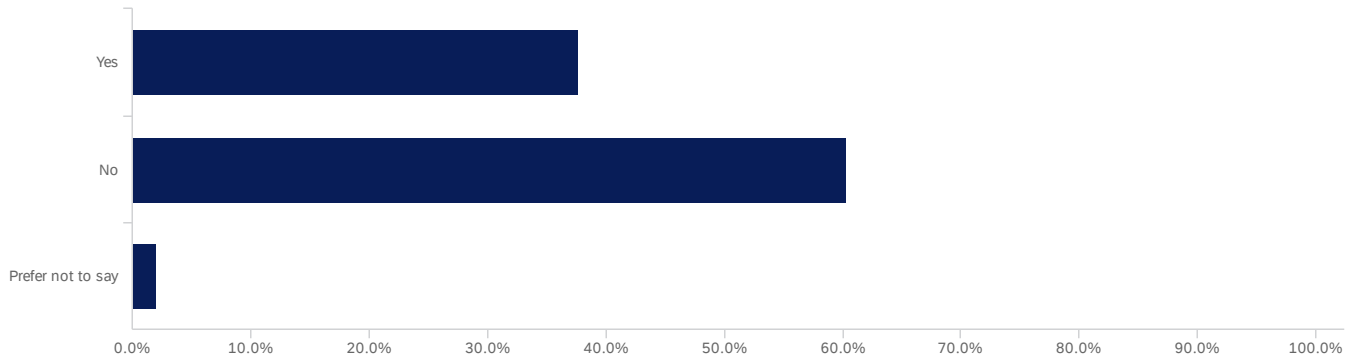
## Q53 - Have you had coronavirus symptoms?



#	Field	Percentage
1	Yes - I have been tested and confirmed	0.5%
2	Yes - I have had symptoms but I've not been tested	10.3%
3	No	76.3%
4	Not sure	12.9%
		13234

Showing rows 1 to 5 of 5

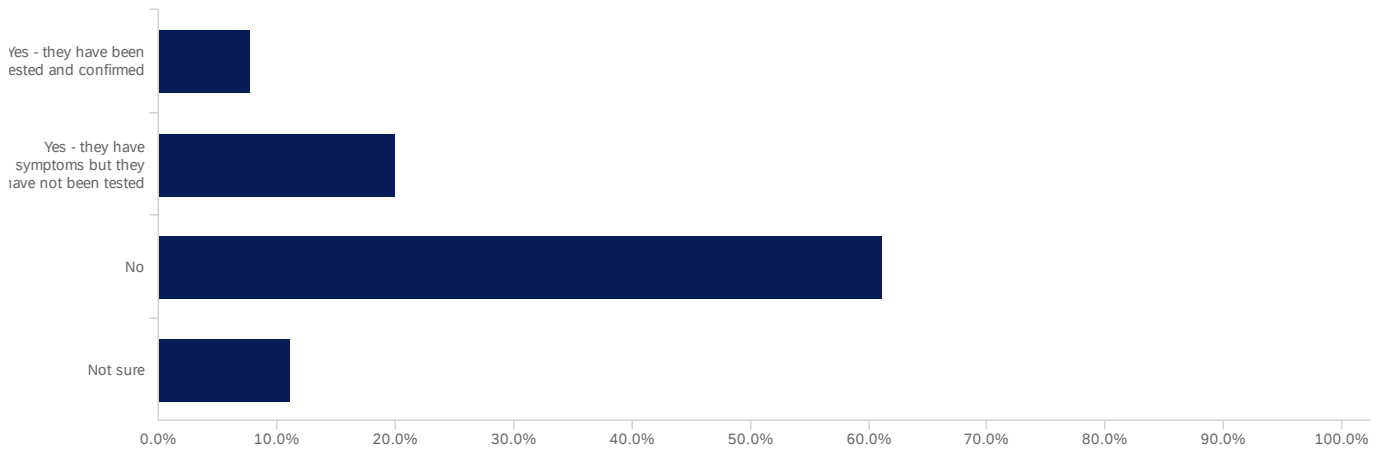
Q8 - Do you have a long-term health problem or learning difference? Examples of long term health problems and learning differences include epilepsy, depression, Asperger's syndrome or deafness.



#	Field	Percentage
1	Yes	37.7%
2	No	60.4%
3	Prefer not to say	1.9%
		13057

Showing rows 1 to 4 of 4

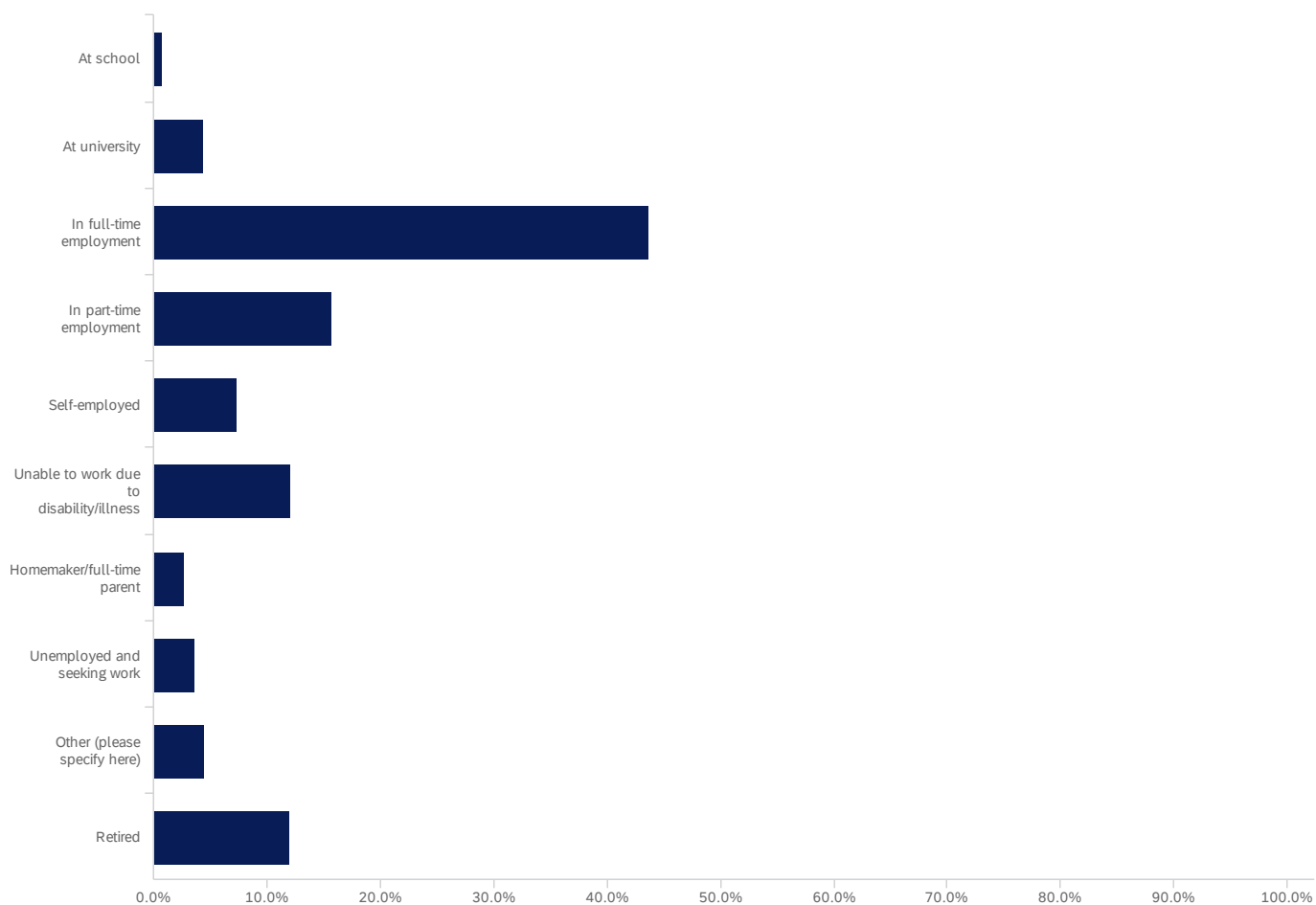
## Q54 - Have any of your family or friends had coronavirus symptoms?



#	Field	Percentage
1	Yes - they have been tested and confirmed	7.7%
2	Yes - they have symptoms but they have not been tested	20.0%
3	No	61.1%
4	Not sure	11.1%
		13160

Showing rows 1 to 5 of 5

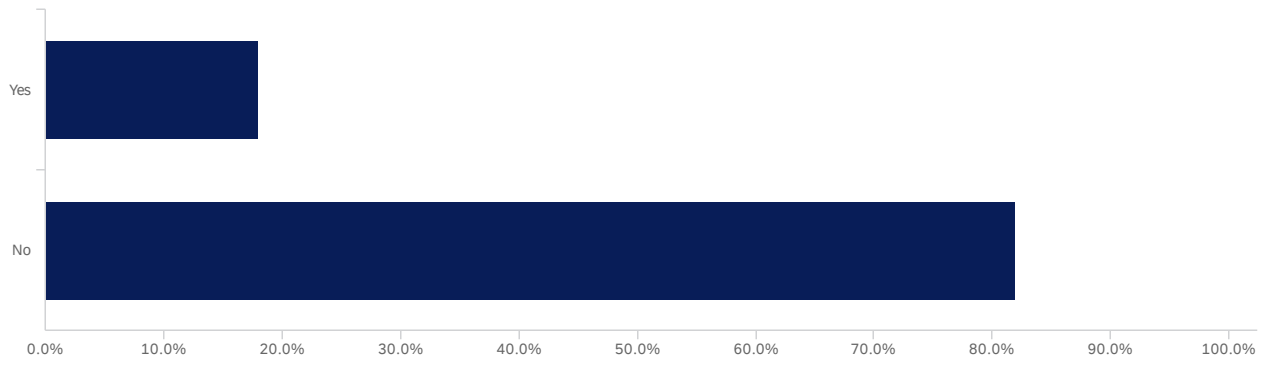
## Q50 - What is your employment status?



#	Field	Percentage
1	At school	0.7%
2	At university	4.1%
3	In full-time employment	41.0%
4	In part-time employment	14.7%
5	Self-employed	6.9%
6	Unable to work due to disability/illness	11.3%
7	Homemaker/full-time parent	2.5%
8	Unemployed and seeking work	3.4%
9	Other (please specify here)	4.2%
10	Retired	11.2%

Showing rows 1 to 11 of 11

## Q51 - Has your employment status changed as a result of coronavirus?



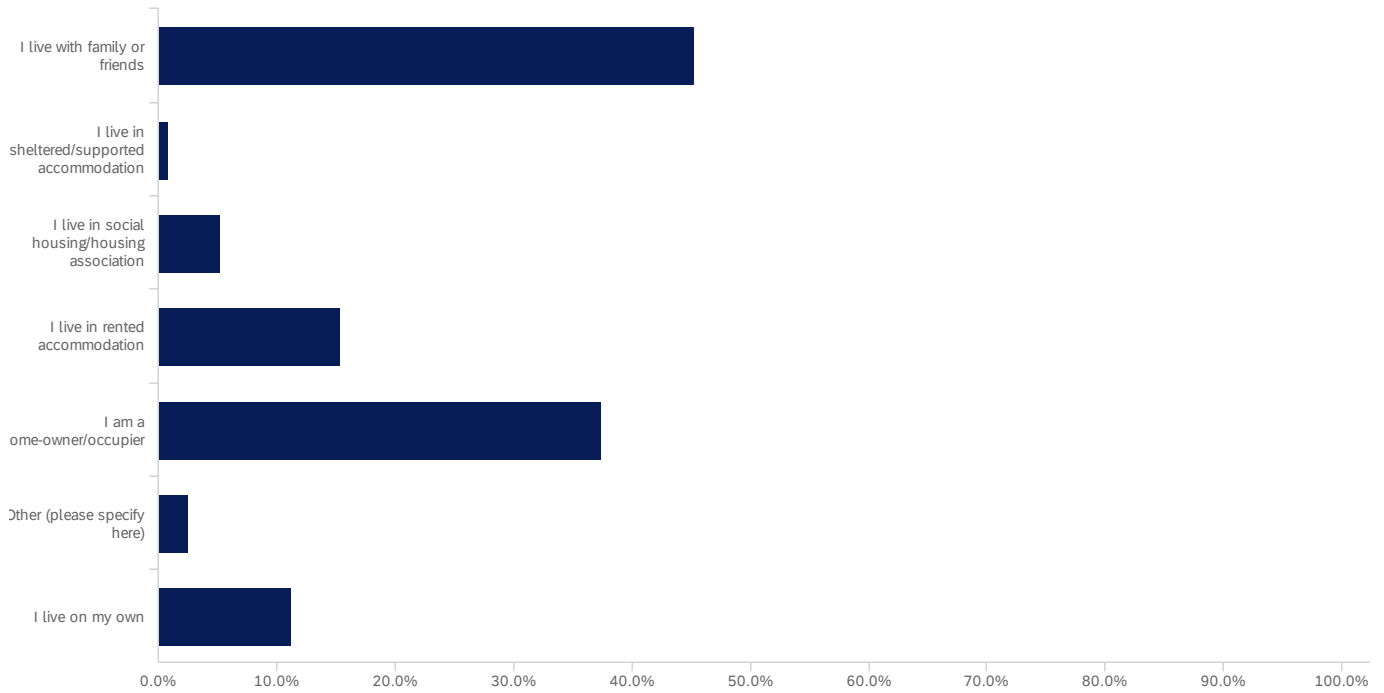
#	Field	Percentage
1	Yes	18.0%
2	No	82.0%

12912

Showing rows 1 to 3 of 3

Q55 - Which of the following best describes your current living situation? Please select all

that apply

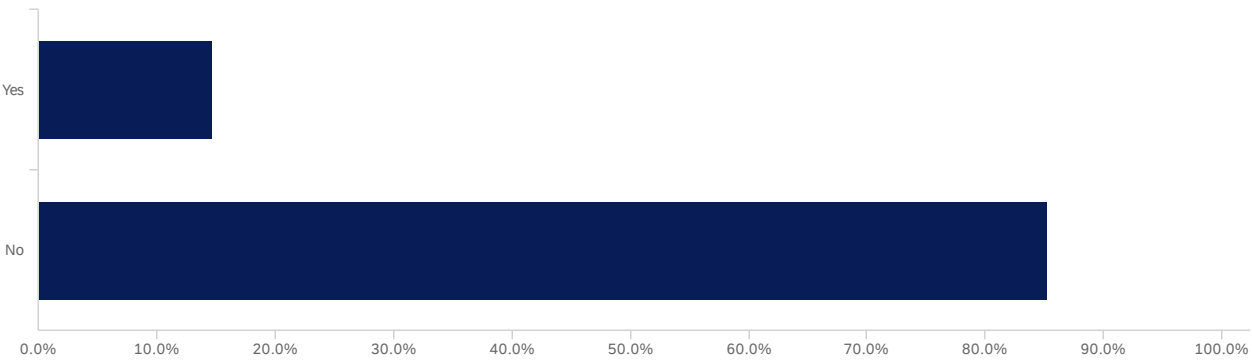


#	Field	Percentage
1	I live with family or friends	38.4%
2	I live in sheltered/supported accommodation	0.7%
3	I live in social housing/housing association	4.4%
4	I live in rented accommodation	13.0%
5	I am a home-owner/occupier	31.8%
7	Other (please specify here)	2.1%
8	I live on my own	9.5%
		15561

Showing rows 1 to 8 of 8



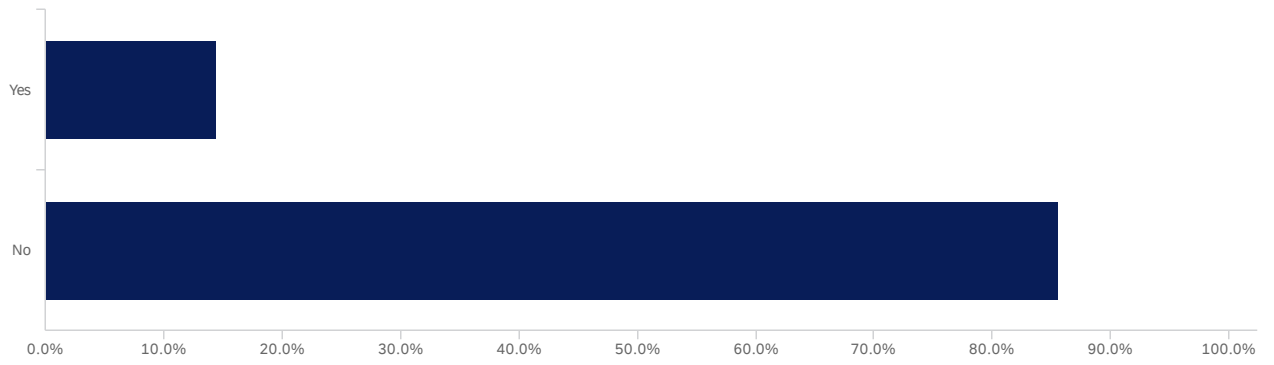
# Q52 - Do you have any children under the age of 11?



#	Field	Percentage
1	Yes	14.7%
3	No	85.3%
		13118

Showing rows 1 to 3 of 3

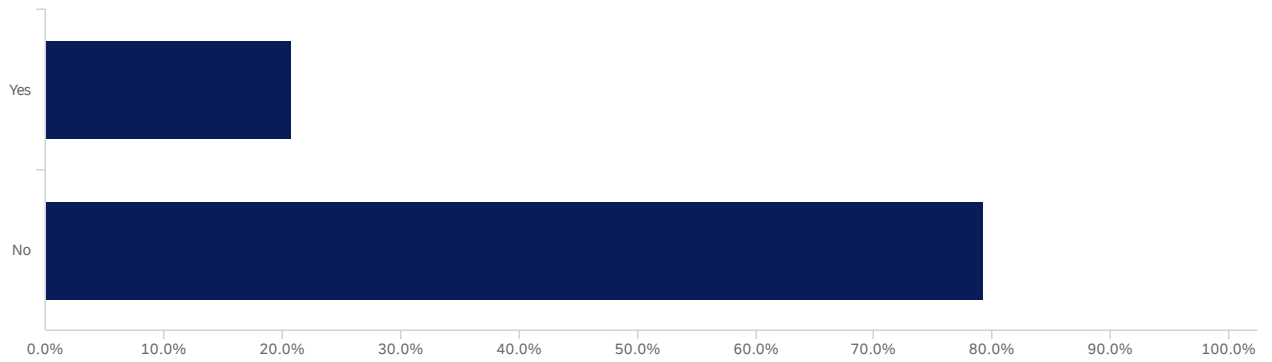
### Q53 - Do you have any children aged 12-18?



#	Field	Percentage
1	Yes	14.4%
3	No	85.6%
		12947

Showing rows 1 to 3 of 3

## Q54 - Do you provide care for a family member or someone close to you?



#	Field	Percentage
1	Yes	20.8%
3	No	79.2%
		13150

Showing rows 1 to 3 of 3

# Q7.1\_8\_TEXT - Topics

#	Field	Percentage
Unknown	Unknown	100.0%

Showing rows 1 to 1 of 1

# Q7.1\_8\_TEXT - Parent Topics

#	Field	Percentage
Unknown	Unknown	100.0%

Showing rows 1 to 1 of 1

**End of Report**