

YouGov / GMB Survey Results

Sample Size: 1759 adults in UK
Fieldwork: 5th - 6th May 2022

| | Vote in 2019 GE | | | | EU Ref 2016 | | Gender | | Age | | | | Social Grade | | Region | | | | | | Bill payers | |
|--------------------------|-----------------|------------|------------|------------|-------------|------------|------------|-------------|------------|------------|------------|------------|--------------|------------|---------------|------------------|------------|------------|------------------|-----------|-------------|---|
| | Con | Lab | Lib Dem | Remain | Leave | Male | Female | 18-24 | 25-49 | 50-64 | 65+ | ABC1 | C2DE | London | Rest of South | Midlands / Wales | North | Scotland | Northern Ireland | | | |
| Weighted Sample | 1759 | 579 | 426 | 153 | 653 | 691 | 857 | 902 | 192 | 734 | 426 | 408 | 1003 | 756 | 204 | 575 | 376 | 412 | 146 | 46 | 1253 | |
| Unweighted Sample | 1759 | 574 | 408 | 152 | 701 | 694 | 745 | 1014 | 142 | 672 | 458 | 487 | 1053 | 706 | 162 | 600 | 380 | 407 | 158 | 52 | 1302 | |
| | % | % | % | % | % | % | % | % | % | % | % | % | % | % | % | % | % | % | % | % | % | % |

To what extent, if at all, do you trust the Government to handle the current cost-of-living situation?

| | | | | | | | | | | | | | | | | | | | | | |
|--|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|
| A great deal | 2 | 4 | 1 | 0 | 2 | 3 | 3 | 1 | 5 | 1 | 1 | 3 | 2 | 2 | 2 | 1 | 4 | 2 | 0 | 2 | 2 |
| A fair amount | 16 | 34 | 2 | 7 | 9 | 27 | 15 | 16 | 7 | 11 | 17 | 26 | 15 | 16 | 14 | 20 | 16 | 13 | 8 | 21 | 17 |
| TOTAL A GREAT DEAL/ FAIR AMOUNT | 18 | 38 | 3 | 7 | 11 | 30 | 18 | 17 | 12 | 12 | 18 | 29 | 17 | 18 | 16 | 21 | 20 | 15 | 8 | 23 | 19 |
| Not very much | 36 | 38 | 33 | 36 | 33 | 38 | 33 | 38 | 36 | 36 | 36 | 34 | 35 | 36 | 30 | 36 | 39 | 33 | 40 | 25 | 37 |
| Not at all | 39 | 16 | 61 | 54 | 53 | 27 | 41 | 37 | 36 | 43 | 42 | 31 | 43 | 34 | 43 | 37 | 33 | 42 | 45 | 52 | 40 |
| TOTAL NOT VERY MUCH/ NOT AT ALL | 75 | 54 | 94 | 90 | 86 | 65 | 74 | 75 | 72 | 79 | 78 | 65 | 78 | 70 | 73 | 73 | 72 | 75 | 85 | 77 | 77 |
| Don't know | 8 | 8 | 3 | 3 | 3 | 5 | 8 | 7 | 15 | 9 | 4 | 5 | 5 | 11 | 11 | 6 | 8 | 10 | 7 | 0 | 5 |

Which, if any, of the following do you think the Government should do to tackle the current cost-of-living situation?

Please select up to three options.

| | | | | | | | | | | | | | | | | | | | | | |
|--|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|
| Remove VAT from energy bills | 54 | 66 | 47 | 52 | 55 | 62 | 53 | 55 | 32 | 44 | 67 | 69 | 54 | 54 | 43 | 56 | 51 | 57 | 55 | 66 | 59 |
| Windfall tax to energy companies | 42 | 37 | 54 | 59 | 55 | 38 | 47 | 36 | 29 | 32 | 52 | 54 | 45 | 37 | 45 | 42 | 38 | 42 | 42 | 50 | 45 |
| Reduce the cap on energy prices | 42 | 44 | 46 | 35 | 41 | 46 | 38 | 47 | 30 | 46 | 43 | 41 | 41 | 44 | 37 | 43 | 44 | 44 | 44 | 22 | 45 |
| Increase financial support to those on the lowest income | 36 | 23 | 51 | 46 | 45 | 28 | 34 | 38 | 34 | 35 | 38 | 37 | 38 | 33 | 40 | 36 | 35 | 32 | 41 | 44 | 37 |
| Cut National Insurance | 28 | 26 | 33 | 29 | 29 | 27 | 28 | 27 | 34 | 31 | 30 | 16 | 29 | 26 | 25 | 28 | 28 | 29 | 27 | 34 | 28 |
| Windfall tax on supermarkets | 9 | 10 | 7 | 8 | 10 | 9 | 9 | 9 | 6 | 9 | 8 | 11 | 9 | 9 | 7 | 8 | 9 | 10 | 9 | 12 | 8 |
| Unblock sanctions on Russian gas | 4 | 3 | 4 | 0 | 2 | 3 | 4 | 3 | 6 | 5 | 2 | 2 | 3 | 5 | 3 | 3 | 2 | 5 | 8 | 1 | 3 |
| Other [See Tab 1] | 6 | 6 | 7 | 8 | 6 | 7 | 8 | 4 | 2 | 6 | 6 | 8 | 7 | 5 | 5 | 7 | 7 | 4 | 3 | 6 | 6 |
| Don't know | 12 | 10 | 8 | 6 | 7 | 11 | 11 | 13 | 26 | 16 | 5 | 6 | 10 | 15 | 18 | 11 | 12 | 12 | 13 | 5 | 8 |

How worried, if at all, are you about how the current cost-of-living situation will personally affect you?

| | | | | | | | | | | | | | | | | | | | | | |
|--------------------------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|
| Very worried | 21 | 16 | 27 | 11 | 21 | 20 | 20 | 23 | 16 | 28 | 20 | 13 | 17 | 27 | 23 | 19 | 21 | 23 | 25 | 24 | 22 |
| Fairly worried | 47 | 46 | 52 | 53 | 50 | 47 | 43 | 50 | 43 | 45 | 49 | 49 | 48 | 45 | 44 | 51 | 41 | 49 | 42 | 40 | 48 |
| TOTAL WORRIED | 68 | 62 | 79 | 64 | 71 | 67 | 63 | 73 | 59 | 73 | 69 | 62 | 65 | 72 | 67 | 70 | 62 | 72 | 67 | 64 | 70 |
| Not very worried | 24 | 32 | 16 | 28 | 23 | 28 | 27 | 20 | 19 | 18 | 25 | 34 | 27 | 18 | 21 | 23 | 28 | 21 | 21 | 28 | 24 |
| Not at all worried | 3 | 3 | 2 | 4 | 2 | 3 | 4 | 2 | 5 | 2 | 3 | 3 | 3 | 2 | 3 | 2 | 3 | 1 | 5 | 5 | 3 |
| TOTAL NOT WORRIED | 27 | 35 | 18 | 32 | 25 | 31 | 31 | 22 | 24 | 20 | 28 | 37 | 30 | 20 | 24 | 25 | 31 | 22 | 26 | 33 | 27 |
| Don't know | 5 | 3 | 3 | 4 | 4 | 2 | 6 | 5 | 17 | 7 | 2 | 2 | 4 | 7 | 9 | 4 | 6 | 5 | 7 | 2 | 3 |

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|--------------------------|-----------------|------------|------------|------------|-------------|------------|------------|-------------|------------|------------|------------|------------|--------------|------------|---------------|------------------|------------|------------|------------------|-------------|-------------|
| Total | Con | Lab | Lib Dem | Remain | Leave | Male | Female | 18-24 | 25-49 | 50-64 | 65+ | ABC1 | C2DE | London | Rest of South | Midlands / Wales | North | Scotland | Northern Ireland | | |
| Weighted Sample | 1759 | 579 | 426 | 153 | 653 | 691 | 857 | 902 | 192 | 734 | 426 | 408 | 1003 | 756 | 204 | 575 | 376 | 412 | 146 | 46 | 1253 |
| Unweighted Sample | 1759 | 574 | 408 | 152 | 701 | 694 | 745 | 1014 | 142 | 672 | 458 | 487 | 1053 | 706 | 162 | 600 | 380 | 407 | 158 | 52 | 1302 |
| | % | % | % | % | % | % | % | % | % | % | % | % | % | % | % | % | % | % | % | % | % |

To what extent, if at all, would you say you have fallen into debt due to the cost-of-living situation?

| | | | | | | | | | | | | | | | | | | | | | |
|---------------------------------------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|
| I am in a very large amount of debt | 3 | 3 | 2 | 0 | 2 | 3 | 2 | 3 | 1 | 4 | 3 | 0 | 2 | 3 | 3 | 2 | 3 | 4 | 3 | 2 | 3 |
| I am in a fairly large amount of debt | 8 | 5 | 8 | 6 | 8 | 7 | 7 | 8 | 6 | 12 | 5 | 2 | 6 | 10 | 4 | 8 | 9 | 8 | 10 | 4 | 7 |
| TOTAL LARGE AMOUNT OF DEBT | 11 | 8 | 10 | 6 | 10 | 10 | 9 | 11 | 7 | 16 | 8 | 2 | 8 | 13 | 7 | 10 | 12 | 12 | 13 | 6 | 10 |
| I am in a fairly small amount of debt | 13 | 10 | 16 | 9 | 13 | 12 | 14 | 13 | 16 | 18 | 12 | 5 | 11 | 17 | 13 | 14 | 12 | 15 | 10 | 26 | 12 |
| I am in a very small amount of debt | 10 | 10 | 10 | 11 | 10 | 10 | 9 | 10 | 8 | 11 | 11 | 7 | 11 | 9 | 9 | 10 | 11 | 9 | 12 | 9 | 11 |
| TOTAL SMALL AMOUNT OF DEBT | 23 | 20 | 26 | 20 | 23 | 22 | 23 | 23 | 24 | 29 | 23 | 12 | 22 | 26 | 22 | 24 | 23 | 24 | 22 | 35 | 23 |
| I am not in debt at all | 56 | 67 | 54 | 69 | 61 | 62 | 57 | 55 | 49 | 40 | 62 | 83 | 61 | 49 | 51 | 58 | 57 | 56 | 57 | 53 | 60 |
| Not sure | 4 | 1 | 4 | 2 | 2 | 2 | 5 | 4 | 13 | 5 | 2 | 1 | 4 | 5 | 10 | 3 | 4 | 4 | 4 | 0 | 3 |
| Prefer not to say | 6 | 3 | 7 | 3 | 3 | 5 | 5 | 6 | 8 | 8 | 4 | 2 | 5 | 6 | 10 | 5 | 5 | 5 | 5 | 6 | 4 |

How, if at all, has the cost-of-living situation affected your mental health?

| | | | | | | | | | | | | | | | | | | | | | |
|----------------------------------|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|
| My mental health has worsened | 25 | 16 | 31 | 20 | 25 | 20 | 22 | 28 | 30 | 34 | 20 | 10 | 22 | 29 | 26 | 26 | 23 | 26 | 22 | 16 | 25 |
| My mental health has not changed | 61 | 74 | 57 | 71 | 65 | 68 | 63 | 59 | 40 | 51 | 70 | 80 | 67 | 54 | 51 | 63 | 61 | 60 | 64 | 74 | 65 |
| My mental health has improved | 2 | 1 | 0 | 0 | 1 | 1 | 3 | 1 | 9 | 2 | 0 | 0 | 2 | 2 | 3 | 1 | 2 | 2 | 2 | 1 | 1 |
| Don't know | 8 | 7 | 7 | 6 | 7 | 7 | 9 | 7 | 16 | 7 | 8 | 7 | 7 | 9 | 10 | 7 | 9 | 7 | 9 | 5 | 7 |
| Prefer not to say | 4 | 2 | 5 | 3 | 2 | 3 | 3 | 5 | 5 | 6 | 2 | 2 | 3 | 6 | 10 | 3 | 4 | 4 | 3 | 4 | 3 |

You said the cost-of-living situation has caused your mental health to worsen. Which, if any, of the below have you experienced in relation to your mental health as a result of the cost-of-living situation?
Please tick all that apply

[Asked to those who said the cost-of-living situation has made their mental health worsen; n=425]

| | | | | | | | | | | | | | | | | | | | | | |
|----------------------------|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|
| Anxiety | 78 | 78 | 78 | 52 | 80 | 78 | 69 | 85 | 60 | 82 | 79 | 76 | 75 | 81 | 74 | 76 | 79 | 79 | 88 | 90 | 78 |
| Stress | 78 | 82 | 76 | 65 | 73 | 79 | 75 | 79 | 70 | 80 | 77 | 73 | 72 | 84 | 66 | 81 | 77 | 78 | 81 | 89 | 76 |
| Depression | 53 | 59 | 42 | 49 | 46 | 57 | 58 | 49 | 53 | 54 | 53 | 50 | 43 | 63 | 44 | 54 | 51 | 57 | 55 | 63 | 52 |
| Loneliness | 27 | 28 | 19 | 15 | 19 | 25 | 28 | 26 | 42 | 27 | 21 | 18 | 17 | 37 | 23 | 21 | 36 | 28 | 29 | 28 | 25 |
| Panic attacks | 26 | 33 | 24 | 5 | 21 | 26 | 17 | 32 | 19 | 27 | 30 | 17 | 21 | 30 | 15 | 26 | 26 | 31 | 21 | 50 | 27 |
| Suicidal thoughts | 12 | 9 | 15 | 0 | 12 | 15 | 16 | 10 | 10 | 14 | 12 | 5 | 9 | 15 | 13 | 14 | 11 | 13 | 8 | 0 | 10 |
| Eating disorders | 11 | 8 | 11 | 11 | 12 | 8 | 11 | 11 | 9 | 12 | 11 | 4 | 8 | 14 | 12 | 11 | 9 | 11 | 17 | 0 | 8 |
| Substance abuse disorders | 3 | 1 | 4 | 0 | 5 | 2 | 5 | 2 | 1 | 5 | 1 | 2 | 2 | 5 | 1 | 5 | 4 | 2 | 7 | 0 | 3 |
| Something else [See Tab 2] | 4 | 8 | 5 | 6 | 5 | 6 | 6 | 3 | 0 | 4 | 3 | 13 | 3 | 5 | 4 | 3 | 8 | 4 | 1 | 0 | 5 |
| I don't know | 0 | 0 | 0 | 3 | 1 | 0 | 0 | 0 | 1 | 0 | 1 | 0 | 1 | 0 | 0 | 1 | 1 | 0 | 0 | 0 | 0 |
| Prefer not to say | 1 | 1 | 3 | 3 | 3 | 1 | 3 | 1 | 1 | 2 | 0 | 0 | 2 | 1 | 0 | 2 | 2 | 1 | 0 | 0 | 1 |
| Prefer not to say | 4 | 5 | 3 | 0 | 5 | 3 | 4 | 4 | 6 | 4 | 3 | 5 | 4 | 4 | 2 | 5 | 3 | 2 | 11 | 0 | 2 |

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|--------------------------|-----------------|------------|------------|-------------|------------|------------|------------|-------------|------------|------------|------------|--------------|-------------|------------|---------------|------------------|------------|------------|------------------|-----------|-------------|---|
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| Unweighted Sample | 1759 | 574 | 408 | 152 | 701 | 694 | 745 | 1014 | 142 | 672 | 458 | 487 | 1053 | 706 | 162 | 600 | 380 | 407 | 158 | 52 | 1302 | |
| | % | % | % | % | % | % | % | % | % | % | % | % | % | % | % | % | % | % | % | % | % | % |

Overall, how positive or negative do you feel when it comes to your cost-of-living situation over the next...

[Asked to those who said the cost-of-living situation has made their mental health worsen; n=425]

6 months

| | | | | | | | | | | | | | | | | | | | | | |
|-----------------------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|------------|-----------|
| Very positive | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 1 | 0 | 0 | 0 | 0 |
| Fairly positive | 5 | 6 | 4 | 15 | 7 | 6 | 5 | 5 | 2 | 3 | 9 | 13 | 6 | 4 | 12 | 7 | 3 | 3 | 2 | 0 | 7 |
| TOTAL POSITIVE | 5 | 6 | 4 | 15 | 7 | 6 | 5 | 5 | 2 | 3 | 9 | 13 | 6 | 4 | 12 | 7 | 3 | 4 | 2 | 0 | 7 |
| Fairly negative | 37 | 51 | 36 | 29 | 33 | 42 | 33 | 40 | 46 | 36 | 35 | 38 | 38 | 37 | 43 | 37 | 40 | 30 | 43 | 49 | 37 |
| Very negative | 52 | 41 | 57 | 53 | 56 | 51 | 52 | 51 | 34 | 56 | 56 | 43 | 48 | 56 | 46 | 50 | 47 | 60 | 55 | 51 | 51 |
| TOTAL NEGATIVE | 89 | 92 | 93 | 82 | 89 | 93 | 85 | 91 | 80 | 92 | 91 | 81 | 86 | 93 | 89 | 87 | 87 | 90 | 98 | 100 | 88 |
| Don't know | 6 | 2 | 4 | 3 | 3 | 2 | 9 | 3 | 18 | 5 | 0 | 6 | 9 | 3 | 0 | 7 | 10 | 6 | 0 | 0 | 5 |

A year

| | | | | | | | | | | | | | | | | | | | | | |
|-----------------------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|------------|-----------|
| Very positive | 1 | 0 | 0 | 0 | 0 | 0 | 1 | 0 | 0 | 1 | 0 | 1 | 0 | 1 | 0 | 1 | 0 | 1 | 0 | 0 | 1 |
| Fairly positive | 5 | 13 | 2 | 9 | 6 | 8 | 4 | 6 | 3 | 3 | 8 | 15 | 5 | 6 | 10 | 7 | 5 | 1 | 6 | 0 | 6 |
| TOTAL POSITIVE | 6 | 13 | 2 | 9 | 6 | 8 | 5 | 6 | 3 | 4 | 8 | 16 | 5 | 7 | 10 | 8 | 5 | 2 | 6 | 0 | 7 |
| Fairly negative | 36 | 40 | 36 | 48 | 38 | 38 | 33 | 39 | 46 | 33 | 36 | 38 | 38 | 34 | 40 | 33 | 36 | 35 | 51 | 21 | 37 |
| Very negative | 49 | 44 | 55 | 40 | 52 | 49 | 48 | 50 | 29 | 54 | 53 | 39 | 46 | 53 | 50 | 48 | 45 | 54 | 41 | 79 | 48 |
| TOTAL NEGATIVE | 85 | 84 | 91 | 88 | 90 | 87 | 81 | 89 | 75 | 87 | 89 | 77 | 84 | 87 | 90 | 81 | 81 | 89 | 92 | 100 | 85 |
| Don't know | 9 | 3 | 7 | 3 | 4 | 5 | 15 | 4 | 21 | 9 | 2 | 6 | 11 | 6 | 0 | 11 | 13 | 10 | 2 | 0 | 8 |