

YouGov Survey Results

Sample Size: 2035 adults in GB
Fieldwork: 24th - 26th March 2023

	Gender		Age				Social Grade		Country			Region in England			
Total	Male	Female	18-24	25-49	50-64	65+	ABC1	C2DE	England	Wales	Scotland	North	Midlands	London	South
Weighted Sample 2035	985	1050	214	840	503	478	1160	875	1756	102	177	490	338	246	682
Unweighted Sample 2035	888	1147	171	800	498	566	1198	837	1747	115	173	489	336	215	707
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%

Thinking about how much time you spend using your mobile phone everyday would you say that...

I use it too much	41	36	46	63	54	33	17	46	35	41	40	40	37	41	44	44
I use it about the right amount	47	51	44	26	38	57	62	47	48	48	38	48	50	49	46	46
I use it too little	8	8	8	2	4	7	19	6	11	8	15	9	9	6	6	8
Don't know	4	5	3	9	4	2	2	2	6	3	8	3	4	4	4	3

And are you currently doing anything to try and use your phone less?

[Asked to those who say they use their phone too much; n=809]

No, I am not	67	68	65	58	65	76	71	65	70	67	58	66	65	70	66	67
Yes, I am	31	29	33	37	33	24	28	33	28	31	42	30	33	26	30	32
Don't know	2	2	2	5	2	0	1	2	2	2	0	4	2	4	3	1

*Any percentages calculated on bases fewer than 100 respondents do not represent a wide enough cross-section of the target population to be considered statistically reliable. These figures should not be used.