

YouGov Survey Results

Sample size: 2,106 UK adults

Fieldwork: 30th October - 2nd November 2020



Total	Gender		Agegroup 16 (4-cross)			
	Male	Female	16-24	25-39	40-59	60+

Which applies to you?

Unweighted base	2106	982	1124	206	502	672	726
Base	2106	1021	1085	284	522	648	651
I am employed/working	49%	50%	47%	25%	75%	68%	18%
I am studying/go to school/college	10%	11%	10%	64%	4%	1%	-
I am retired	26%	25%	27%	0%	-	6%	77%
I am not working or studying	16%	14%	17%	11%	21%	24%	5%

Since March this year, have you been furloughed, made redundant, or had your working hours decreased?

Unweighted base	1343	642	701	81	480	622	160
Base	1351	660	690	103	499	599	150
I have been made redundant	6%	7%	6%	5%	8%	5%	3%
I have been furloughed	14%	16%	12%	17%	15%	11%	16%
I had my working hours decreased	8%	9%	8%	9%	6%	8%	15%
None of these	71%	68%	74%	64%	70%	75%	66%
Don't know	1%	2%	1%	6%	1%	0%	1%

Did you have to move from where you lived because of COVID-19 (for example, to help a family member or because of losing a job, changing plans)?

Unweighted base	2106	982	1124	206	502	672	726
Base	2106	1021	1085	284	522	648	651
I did	4%	4%	4%	12%	6%	2%	1%
I did not	95%	94%	95%	84%	93%	97%	99%
Don't know	1%	2%	1%	4%	1%	1%	0%

Which most closely describes your relationship status?

Unweighted base	2106	982	1124	206	502	672	726
Base	2106	1021	1085	284	522	648	651
I am in a relationship	66%	65%	68%	36%	73%	72%	70%
I am not in a relationship	34%	35%	32%	64%	28%	28%	30%

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Total	Agegroup 16 (5-cross)					Agegroup 16 (55-cross)			
	16-24	25-39	40-54	55-64	65+	16-24	25-39	40-54	55+

Which applies to you?

Unweighted base	2106	206	502	505	345	548	206	502	505	893
Base	2106	284	522	478	349	472	284	522	478	821
I am employed/working	49%	25%	75%	72%	49%	9%	25%	75%	72%	26%
I am studying/go to school/college	10%	64%	4%	1%	0%	-	64%	4%	1%	0%
I am retired	26%	0%	-	2%	34%	88%	0%	-	2%	65%
I am not working or studying	16%	11%	21%	25%	17%	3%	11%	21%	25%	9%

Since March this year, have you been furloughed, made redundant, or had your working hours decreased?

Unweighted base	1343	81	480	488	226	68	81	480	488	294
Base	1351	103	499	462	229	58	103	499	462	287
I have been made redundant	6%	5%	8%	5%	6%	-	5%	8%	5%	5%
I have been furloughed	14%	17%	15%	10%	18%	10%	17%	15%	10%	16%
I had my working hours decreased	8%	9%	6%	8%	9%	19%	9%	6%	8%	11%
None of these	71%	64%	70%	77%	67%	71%	64%	70%	77%	68%
Don't know	1%	6%	1%	0%	0%	-	6%	1%	0%	0%

Did you have to move from where you lived because of COVID-19 (for example, to help a family member or because of losing a job, changing plans)?

Unweighted base	2106	206	502	505	345	548	206	502	505	893
Base	2106	284	522	478	349	472	284	522	478	821
I did	4%	12%	6%	3%	1%	1%	12%	6%	3%	1%
I did not	95%	84%	93%	96%	98%	99%	84%	93%	96%	99%
Don't know	1%	4%	1%	1%	1%	0%	4%	1%	1%	0%

Which most closely describes your relationship status?

Unweighted base	2106	206	502	505	345	548	206	502	505	893
Base	2106	284	522	478	349	472	284	522	478	821
I am in a relationship	66%	36%	73%	70%	75%	69%	36%	73%	70%	71%
I am not in a relationship	34%	64%	28%	30%	25%	31%	64%	28%	30%	29%

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Total	Age Group 16+ by Gender							
	16-24/Male	16-24/Female	25-39/Male	25-39/Female	40-59/Male	40-59/Female	60+/Male	60+/Female

Which applies to you?

Unweighted base	2106	73	133	238	264	332	340	339	387
Base	2106	143	141	257	265	317	332	305	346
I am employed/working	49%	21%	30%	76%	74%	73%	64%	19%	16%
I am studying/go to school/college	10%	67%	60%	3%	5%	1%	1%	-	-
I am retired	26%	-	1%	-	-	6%	7%	77%	77%
I am not working or studying	16%	12%	10%	20%	21%	20%	28%	4%	7%

Since March this year, have you been furloughed, made redundant, or had your working hours decreased?

Unweighted base	1343	28	53	230	250	308	314	76	84
Base	1351	47	55	248	251	294	305	71	79
I have been made redundant	6%	2%	7%	9%	7%	6%	5%	4%	1%
I have been furloughed	14%	24%	11%	17%	13%	13%	9%	15%	18%
I had my working hours decreased	8%	11%	8%	7%	6%	7%	9%	22%	8%
None of these	71%	54%	73%	66%	73%	74%	76%	58%	73%
Don't know	1%	10%	2%	2%	1%	-	0%	1%	-

Did you have to move from where you lived because of COVID-19 (for example, to help a family member or because of losing a job, changing plans)?

Unweighted base	2106	73	133	238	264	332	340	339	387
Base	2106	143	141	257	265	317	332	305	346
I did	4%	12%	12%	7%	4%	2%	2%	1%	1%
I did not	95%	83%	85%	92%	95%	97%	97%	99%	98%
Don't know	1%	6%	3%	1%	1%	1%	1%	0%	0%

Which most closely describes your relationship status?

Unweighted base	2106	73	133	238	264	332	340	339	387
Base	2106	143	141	257	265	317	332	305	346
I am in a relationship	66%	24%	48%	66%	79%	72%	71%	76%	64%
I am not in a relationship	34%	76%	52%	34%	21%	28%	29%	24%	36%

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Total	Part of the UK			
	England	Wales	Scotland	Northern Ireland

Which applies to you?

Unweighted base	2106	1774	103	180	49
Base	2106	1771	101	177	57
I am employed/working	49%	49%	44%	51%	46%
I am studying/go to school/college	10%	10%	7%	10%	10%
I am retired	26%	26%	34%	23%	17%
I am not working or studying	16%	15%	14%	16%	26%

Since March this year, have you been furloughed, made redundant, or had your working hours decreased?

Unweighted base	1343	1128	59	121	35
Base	1351	1132	59	119	41
I have been made redundant	6%	6%	5%	8%	-
I have been furloughed	14%	14%	17%	13%	9%
I had my working hours decreased	8%	9%	3%	3%	8%
None of these	71%	70%	73%	73%	83%
Don't know	1%	1%	2%	3%	-

Did you have to move from where you lived because of COVID-19 (for example, to help a family member or because of losing a job, changing plans)?

Unweighted base	2106	1774	103	180	49
Base	2106	1771	101	177	57
I did	4%	4%	5%	5%	4%
I did not	95%	95%	95%	93%	96%
Don't know	1%	1%	-	2%	-

Which most closely describes your relationship status?

Unweighted base	2106	1774	103	180	49
Base	2106	1771	101	177	57
I am in a relationship	66%	66%	74%	66%	59%
I am not in a relationship	34%	34%	26%	34%	41%

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Total	Region UK							
	North	Midlands	East	London	South	Wales	Scotland	Northern Ireland

Which applies to you?

Unweighted base	2106	496	345	173	261	499	103	180	49
Base	2106	491	339	167	276	499	101	177	57
I am employed/working	49%	48%	52%	50%	45%	48%	44%	51%	46%
I am studying/go to school/college	10%	10%	9%	2%	17%	10%	7%	10%	10%
I am retired	26%	27%	24%	25%	21%	29%	34%	23%	17%
I am not working or studying	16%	14%	15%	23%	16%	13%	14%	16%	26%

Since March this year, have you been furloughed, made redundant, or had your working hours decreased?

Unweighted base	1343	310	229	123	163	303	59	121	35
Base	1351	307	227	122	170	306	59	119	41
I have been made redundant	6%	5%	6%	6%	6%	8%	5%	8%	-
I have been furloughed	14%	13%	14%	10%	11%	17%	17%	13%	9%
I had my working hours decreased	8%	9%	9%	8%	10%	9%	3%	3%	8%
None of these	71%	73%	70%	77%	71%	66%	73%	73%	83%
Don't know	1%	1%	1%	-	2%	1%	2%	3%	-

Did you have to move from where you lived because of COVID-19 (for example, to help a family member or because of losing a job, changing plans)?

Unweighted base	2106	496	345	173	261	499	103	180	49
Base	2106	491	339	167	276	499	101	177	57
I did	4%	4%	2%	4%	4%	5%	5%	5%	4%
I did not	95%	95%	97%	95%	92%	94%	95%	93%	96%
Don't know	1%	1%	1%	1%	3%	1%	-	2%	-

Which most closely describes your relationship status?

Unweighted base	2106	496	345	173	261	499	103	180	49
Base	2106	491	339	167	276	499	101	177	57
I am in a relationship	66%	69%	69%	70%	50%	69%	74%	66%	59%
I am not in a relationship	34%	31%	31%	30%	50%	31%	26%	34%	41%

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Total	Do you regard yourself as belonging to any particular religion?			
	Yes	No	Don't know	Prefer not to say

Which applies to you?

Unweighted base	2106	195	221	10	10
Base	2106	179	210	9	9
I am employed/working	49%	43%	50%	53%	53%
I am studying/go to school/college	10%	2%	1%	-	-
I am retired	26%	46%	37%	37%	38%
I am not working or studying	16%	8%	12%	10%	9%

Since March this year, have you been furloughed, made redundant, or had your working hours decreased?

Unweighted base	1343	95	131	6	6
Base	1351	92	129	6	6
I have been made redundant	6%	1%	1%	-	-
I have been furloughed	14%	14%	13%	-	19%
I had my working hours decreased	8%	11%	8%	-	-
None of these	71%	74%	78%	100%	81%
Don't know	1%	-	-	-	-

Did you have to move from where you lived because of COVID-19 (for example, to help a family member or because of losing a job, changing plans)?

Unweighted base	2106	195	221	10	10
Base	2106	179	210	9	9
I did	4%	1%	2%	-	-
I did not	95%	99%	97%	100%	100%
Don't know	1%	-	1%	-	-

Which most closely describes your relationship status?

Unweighted base	2106	195	221	10	10
Base	2106	179	210	9	9
I am in a relationship	66%	73%	70%	58%	51%
I am not in a relationship	34%	27%	30%	42%	49%

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Total	Social Grade		Marital status						
	ABC1	C2DE	Civil Partnership	Divorced	Living as married	Married	Never married	Separated (after being married)	Widowed

Which applies to you?

Unweighted base	2106	1190	916	21	138	303	912	574	43	86
Base	2106	1115	991	22	125	306	863	639	43	76
I am employed/working	49%	57%	39%	60%	37%	70%	48%	46%	42%	11%
I am studying/go to school/college	10%	3%	18%	14%	1%	4%	1%	27%	5%	3%
I am retired	26%	30%	21%	21%	44%	11%	39%	6%	28%	76%
I am not working or studying	16%	10%	21%	6%	18%	16%	12%	21%	25%	10%

Since March this year, have you been furloughed, made redundant, or had your working hours decreased?

Unweighted base	1343	780	563	14	72	257	527	408	28	17
Base	1351	748	603	15	68	261	514	427	29	16
I have been made redundant	6%	6%	7%	9%	9%	6%	5%	7%	7%	-
I have been furloughed	14%	11%	17%	16%	9%	14%	14%	14%	11%	24%
I had my working hours decreased	8%	7%	9%	18%	10%	7%	8%	7%	22%	7%
None of these	71%	77%	65%	57%	73%	73%	73%	71%	60%	70%
Don't know	1%	0%	2%	-	-	1%	1%	2%	-	-

Did you have to move from where you lived because of COVID-19 (for example, to help a family member or because of losing a job, changing plans)?

Unweighted base	2106	1190	916	21	138	303	912	574	43	86
Base	2106	1115	991	22	125	306	863	639	43	76
I did	4%	3%	5%	4%	1%	1%	1%	9%	17%	1%
I did not	95%	96%	93%	92%	98%	98%	98%	89%	76%	99%
Don't know	1%	1%	2%	4%	1%	1%	0%	2%	8%	-

Which most closely describes your relationship status?

Unweighted base	2106	1190	916	21	138	303	912	574	43	86
Base	2106	1115	991	22	125	306	863	639	43	76
I am in a relationship	66%	73%	60%	95%	16%	96%	99%	28%	25%	9%
I am not in a relationship	34%	28%	40%	5%	84%	4%	1%	72%	75%	91%

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Total	Coping with COVID		COVID impact on mental health			Thinking back to the full lockdown introduced back in March this year, during this time did you feel more lonely than usual, less lonely than usual, or was there no significant impact?			
	Easy	Difficult	Negative	Positive	No impact	More lonely than usual	Less lonely than usual	No significant impact	Don't know

Which applies to you?

Unweighted base	2106	1486	561	1122	157	665	705	121	1220	60
Base	2106	1480	565	1114	173	649	710	129	1203	64
I am employed/working	49%	50%	45%	51%	51%	44%	49%	49%	49%	46%
I am studying/go to school/college	10%	10%	12%	11%	21%	5%	13%	14%	7%	19%
I am retired	26%	29%	21%	21%	14%	40%	21%	13%	31%	10%
I am not working or studying	16%	12%	23%	17%	14%	11%	17%	23%	14%	25%

Since March this year, have you been furloughed, made redundant, or had your working hours decreased?

Unweighted base	1343	916	377	760	109	355	464	89	746	44
Base	1351	916	382	756	112	357	464	94	748	45
I have been made redundant	6%	5%	9%	8%	7%	4%	8%	9%	5%	5%
I have been furloughed	14%	14%	13%	12%	19%	15%	14%	13%	14%	10%
I had my working hours decreased	8%	8%	8%	8%	16%	7%	8%	10%	8%	8%
None of these	71%	72%	70%	73%	59%	73%	70%	69%	73%	59%
Don't know	1%	0%	1%	0%	-	1%	1%	-	0%	18%

Did you have to move from where you lived because of COVID-19 (for example, to help a family member or because of losing a job, changing plans)?

Unweighted base	2106	1486	561	1122	157	665	705	121	1220	60
Base	2106	1480	565	1114	173	649	710	129	1203	64
I did	4%	4%	5%	5%	9%	1%	5%	9%	3%	4%
I did not	95%	96%	93%	94%	89%	99%	94%	88%	97%	74%
Don't know	1%	0%	2%	1%	3%	0%	1%	3%	0%	22%

Which most closely describes your relationship status?

Unweighted base	2106	1486	561	1122	157	665	705	121	1220	60
Base	2106	1480	565	1114	173	649	710	129	1203	64
I am in a relationship	66%	69%	61%	66%	59%	70%	60%	67%	71%	53%
I am not in a relationship	34%	31%	39%	34%	41%	30%	40%	33%	29%	47%

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Total	How often have you felt lonely since March this year?						
	Never	Hardly ever	A few times a month	A few times a week	Most days	Virtually all the time	Don't know

Which applies to you?

Unweighted base	2106	359	608	509	273	207	82	68
Base	2106	347	588	515	282	213	86	75
I am employed/working	49%	45%	52%	51%	50%	42%	36%	47%
I am studying/go to school/college	10%	4%	5%	12%	16%	17%	17%	11%
I am retired	26%	38%	33%	23%	16%	15%	16%	16%
I am not working or studying	16%	13%	11%	14%	17%	26%	31%	26%

Since March this year, have you been furloughed, made redundant, or had your working hours decreased?

Unweighted base	1343	200	373	332	189	142	58	49
Base	1351	199	369	335	191	144	58	54
I have been made redundant	6%	4%	5%	5%	6%	13%	9%	2%
I have been furloughed	14%	9%	17%	15%	13%	11%	7%	19%
I had my working hours decreased	8%	9%	8%	10%	7%	10%	2%	4%
None of these	71%	78%	70%	69%	74%	66%	81%	60%
Don't know	1%	-	0%	1%	-	-	2%	15%

Did you have to move from where you lived because of COVID-19 (for example, to help a family member or because of losing a job, changing plans)?

Unweighted base	2106	359	608	509	273	207	82	68
Base	2106	347	588	515	282	213	86	75
I did	4%	2%	2%	5%	6%	9%	3%	3%
I did not	95%	98%	98%	94%	94%	89%	96%	82%
Don't know	1%	1%	0%	1%	1%	2%	1%	15%

Which most closely describes your relationship status?

Unweighted base	2106	359	608	509	273	207	82	68
Base	2106	347	588	515	282	213	86	75
I am in a relationship	66%	75%	77%	64%	63%	48%	38%	60%
I am not in a relationship	34%	25%	23%	36%	37%	52%	62%	40%

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Total	Gender		Agegroup 16 (4-cross)			
	Male	Female	16-24	25-39	40-59	60+

Do you live with your partner?

Unweighted base	1428	671	757	83	363	481	501
Base	1400	664	736	102	379	466	453
I do	86%	85%	86%	26%	83%	91%	96%
I do not but we spend a lot of time at each other's places	7%	7%	8%	41%	9%	4%	2%
I do not and we see each other occasionally	6%	7%	6%	31%	7%	5%	2%
Don't know	0%	1%	0%	1%	1%	0%	-

Since March this year, have you started or ended a romantic relationship?

Unweighted base	2106	982	1124	206	502	672	726
Base	2106	1021	1085	284	522	648	651
I started a romantic relationship	2%	3%	2%	6%	4%	1%	1%
I ended a romantic relationship	3%	2%	3%	9%	3%	2%	0%
I both started and ended a romantic relationship	2%	2%	1%	4%	2%	1%	1%
Neither – I was single throughout or in a relationship throughout	88%	88%	89%	79%	87%	90%	91%
Don't know	5%	5%	5%	2%	4%	5%	7%

How happy or unhappy are you with yourself?

Unweighted base	2106	982	1124	206	502	672	726
Base	2106	1021	1085	284	522	648	651
I am generally happy with who I am	34%	38%	30%	21%	26%	33%	47%
I am happy with most aspects of who I am	39%	37%	42%	43%	40%	38%	38%
I am not very happy with myself but would not want to be like anyone else	18%	17%	19%	22%	22%	20%	10%
I wish I was more like someone else	6%	6%	6%	9%	9%	7%	2%
Can't answer	3%	2%	3%	4%	3%	3%	2%

How confident are you...

About your personality?

Unweighted base	2106	982	1124	206	502	672	726
Base	2106	1021	1085	284	522	648	651
Very confident	16%	19%	14%	13%	13%	14%	23%
Somewhat confident	53%	53%	53%	49%	50%	52%	57%
Not really confident	22%	20%	24%	24%	27%	24%	16%
Not at all confident	8%	7%	8%	10%	9%	9%	4%
Can't answer	1%	1%	1%	4%	1%	1%	0%

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Total	Agegroup 16 (5-cross)					Agegroup 16 (55-cross)			
	16-24	25-39	40-54	55-64	65+	16-24	25-39	40-54	55+

Do you live with your partner?

Unweighted base	1428	83	363	352	256	374	83	363	352	630
Base	1400	102	379	334	261	324	102	379	334	585
I do	86%	26%	83%	90%	96%	95%	26%	83%	90%	95%
I do not but we spend a lot of time at each other's places	7%	41%	9%	5%	2%	2%	41%	9%	5%	2%
I do not and we see each other occasionally	6%	31%	7%	5%	2%	3%	31%	7%	5%	2%
Don't know	0%	1%	1%	0%	-	-	1%	1%	0%	-

Since March this year, have you started or ended a romantic relationship?

Unweighted base	2106	206	502	505	345	548	206	502	505	893
Base	2106	284	522	478	349	472	284	522	478	821
I started a romantic relationship	2%	6%	4%	1%	1%	1%	6%	4%	1%	1%
I ended a romantic relationship	3%	9%	3%	3%	1%	-	9%	3%	3%	0%
I both started and ended a romantic relationship	2%	4%	2%	2%	1%	1%	4%	2%	2%	1%
Neither – I was single throughout or in a relationship throughout	88%	79%	87%	90%	91%	91%	79%	87%	90%	91%
Don't know	5%	2%	4%	4%	7%	8%	2%	4%	4%	7%

How happy or unhappy are you with yourself?

Unweighted base	2106	206	502	505	345	548	206	502	505	893
Base	2106	284	522	478	349	472	284	522	478	821
I am generally happy with who I am	34%	21%	26%	31%	38%	50%	21%	26%	31%	45%
I am happy with most aspects of who I am	39%	43%	40%	37%	43%	36%	43%	40%	37%	39%
I am not very happy with myself but would not want to be like anyone else	18%	22%	22%	21%	14%	10%	22%	22%	21%	12%
I wish I was more like someone else	6%	9%	9%	7%	4%	2%	9%	9%	7%	3%
Can't answer	3%	4%	3%	3%	1%	1%	4%	3%	3%	1%

How confident are you...

About your personality?

Unweighted base	2106	206	502	505	345	548	206	502	505	893
Base	2106	284	522	478	349	472	284	522	478	821
Very confident	16%	13%	13%	15%	14%	26%	13%	13%	15%	21%
Somewhat confident	53%	49%	50%	49%	58%	57%	49%	50%	49%	58%
Not really confident	22%	24%	27%	26%	20%	13%	24%	27%	26%	16%
Not at all confident	8%	10%	9%	9%	8%	3%	10%	9%	9%	5%
Can't answer	1%	4%	1%	1%	1%	0%	4%	1%	1%	0%

YouGov Survey Results

Sample size: 2,106 UK adults

Fieldwork: 30th October - 2nd November 2020



Total	Age Group 16+ by Gender							
	16-24/Male	16-24/Female	25-39/Male	25-39/Female	40-59/Male	40-59/Female	60+/Male	60+/Female

Do you live with your partner?

Unweighted base	1428	19	64	154	209	240	241	258	243
Base	1400	34	68	169	209	229	237	231	222
I do	86%	3%	38%	82%	85%	89%	93%	97%	95%
I do not but we spend a lot of time at each other's places	7%	55%	35%	8%	9%	5%	4%	2%	2%
I do not and we see each other occasionally	6%	42%	26%	9%	6%	6%	4%	2%	3%
Don't know	0%	-	2%	2%	-	0%	-	-	-

Since March this year, have you started or ended a romantic relationship?

Unweighted base	2106	73	133	238	264	332	340	339	387
Base	2106	143	141	257	265	317	332	305	346
I started a romantic relationship	2%	5%	6%	4%	3%	2%	0%	1%	1%
I ended a romantic relationship	3%	7%	11%	4%	3%	1%	3%	0%	0%
I both started and ended a romantic relationship	2%	6%	2%	2%	2%	1%	1%	1%	1%
Neither – I was single throughout or in a relationship throughout	88%	79%	80%	86%	87%	91%	90%	89%	92%
Don't know	5%	3%	1%	3%	5%	5%	5%	8%	6%

How happy or unhappy are you with yourself?

Unweighted base	2106	73	133	238	264	332	340	339	387
Base	2106	143	141	257	265	317	332	305	346
I am generally happy with who I am	34%	27%	15%	27%	24%	37%	29%	52%	43%
I am happy with most aspects of who I am	39%	43%	44%	35%	45%	37%	39%	34%	42%
I am not very happy with myself but would not want to be like anyone else	18%	18%	27%	25%	20%	17%	23%	10%	10%
I wish I was more like someone else	6%	7%	11%	11%	7%	6%	7%	2%	3%
Can't answer	3%	5%	4%	2%	3%	3%	3%	1%	2%

How confident are you...

About your personality?

Unweighted base	2106	73	133	238	264	332	340	339	387
Base	2106	143	141	257	265	317	332	305	346
Very confident	16%	15%	11%	15%	11%	17%	11%	25%	20%
Somewhat confident	53%	46%	52%	47%	53%	53%	51%	59%	54%
Not really confident	22%	24%	23%	26%	28%	21%	26%	13%	19%
Not at all confident	8%	8%	12%	12%	6%	8%	11%	3%	5%
Can't answer	1%	7%	2%	0%	2%	1%	1%	-	1%

YouGov Survey Results

Sample size: 2,106 UK adults

Fieldwork: 30th October - 2nd November 2020



Total	Part of the UK			
	England	Wales	Scotland	Northern Ireland

Do you live with your partner?

Unweighted base	1428	1201	75	121	31
Base	1400	1175	75	117	34
I do	86%	86%	86%	84%	93%
I do not but we spend a lot of time at each other's places	7%	7%	7%	10%	7%
I do not and we see each other occasionally	6%	7%	7%	5%	-
Don't know	0%	0%	-	1%	-

Since March this year, have you started or ended a romantic relationship?

Unweighted base	2106	1774	103	180	49
Base	2106	1771	101	177	57
I started a romantic relationship	2%	2%	2%	2%	-
I ended a romantic relationship	3%	3%	2%	3%	-
I both started and ended a romantic relationship	2%	2%	1%	1%	-
Neither – I was single throughout or in a relationship throughout	88%	88%	90%	88%	94%
Don't know	5%	5%	5%	6%	6%

How happy or unhappy are you with yourself?

Unweighted base	2106	1774	103	180	49
Base	2106	1771	101	177	57
I am generally happy with who I am	34%	34%	31%	35%	37%
I am happy with most aspects of who I am	39%	39%	49%	40%	37%
I am not very happy with myself but would not want to be like anyone else	18%	18%	15%	18%	20%
I wish I was more like someone else	6%	7%	3%	5%	6%
Can't answer	3%	3%	2%	2%	-

How confident are you...

About your personality?

Unweighted base	2106	1774	103	180	49
Base	2106	1771	101	177	57
Very confident	16%	16%	24%	13%	11%
Somewhat confident	53%	53%	48%	52%	68%
Not really confident	22%	22%	22%	25%	7%
Not at all confident	8%	8%	4%	9%	13%
Can't answer	1%	1%	3%	3%	-

YouGov Survey Results

Sample size: 2,106 UK adults

Fieldwork: 30th October - 2nd November 2020



Total	Region UK							
	North	Midlands	East	London	South	Wales	Scotland	Northern Ireland

Do you live with your partner?

Unweighted base	1428	346	241	122	139	353	75	121	31
Base	1400	338	235	117	138	346	75	117	34
I do	86%	85%	89%	83%	83%	86%	86%	84%	93%
I do not but we spend a lot of time at each other's places	7%	8%	4%	6%	8%	9%	7%	10%	7%
I do not and we see each other occasionally	6%	7%	6%	10%	8%	5%	7%	5%	-
Don't know	0%	0%	0%	1%	1%	-	-	1%	-

Since March this year, have you started or ended a romantic relationship?

Unweighted base	2106	496	345	173	261	499	103	180	49
Base	2106	491	339	167	276	499	101	177	57
I started a romantic relationship	2%	2%	2%	3%	2%	4%	2%	2%	-
I ended a romantic relationship	3%	2%	3%	4%	4%	3%	2%	3%	-
I both started and ended a romantic relationship	2%	3%	1%	3%	1%	2%	1%	1%	-
Neither – I was single throughout or in a relationship throughout	88%	88%	88%	88%	90%	86%	90%	88%	94%
Don't know	5%	5%	6%	2%	3%	6%	5%	6%	6%

How happy or unhappy are you with yourself?

Unweighted base	2106	496	345	173	261	499	103	180	49
Base	2106	491	339	167	276	499	101	177	57
I am generally happy with who I am	34%	34%	37%	33%	28%	35%	31%	35%	37%
I am happy with most aspects of who I am	39%	38%	36%	44%	41%	39%	49%	40%	37%
I am not very happy with myself but would not want to be like anyone else	18%	18%	17%	16%	20%	18%	15%	18%	20%
I wish I was more like someone else	6%	7%	7%	5%	9%	5%	3%	5%	6%
Can't answer	3%	3%	2%	3%	3%	3%	2%	2%	-

How confident are you...

About your personality?

Unweighted base	2106	496	345	173	261	499	103	180	49
Base	2106	491	339	167	276	499	101	177	57
Very confident	16%	16%	17%	14%	20%	15%	24%	13%	11%
Somewhat confident	53%	52%	51%	53%	51%	55%	48%	52%	68%
Not really confident	22%	21%	25%	26%	20%	22%	22%	25%	7%
Not at all confident	8%	9%	7%	7%	8%	7%	4%	9%	13%
Can't answer	1%	2%	1%	-	2%	1%	3%	3%	-

YouGov Survey Results

Sample size: 2,106 UK adults

Fieldwork: 30th October - 2nd November 2020



Total	Do you regard yourself as belonging to any particular religion?			
	Yes	No	Don't know	Prefer not to say

Do you live with your partner?

Unweighted base	1428	141	154	6	5
Base	1400	130	147	5	5
I do	86%	94%	89%	100%	100%
I do not but we spend a lot of time at each other's places	7%	3%	8%	-	-
I do not and we see each other occasionally	6%	3%	2%	-	-
Don't know	0%	-	-	-	-

Since March this year, have you started or ended a romantic relationship?

Unweighted base	2106	195	221	10	10
Base	2106	179	210	9	9
I started a romantic relationship	2%	1%	2%	-	-
I ended a romantic relationship	3%	1%	2%	-	-
I both started and ended a romantic relationship	2%	2%	-	-	-
Neither – I was single throughout or in a relationship throughout	88%	87%	91%	100%	100%
Don't know	5%	8%	4%	-	-

How happy or unhappy are you with yourself?

Unweighted base	2106	195	221	10	10
Base	2106	179	210	9	9
I am generally happy with who I am	34%	43%	40%	40%	-
I am happy with most aspects of who I am	39%	39%	37%	41%	20%
I am not very happy with myself but would not want to be like anyone else	18%	9%	17%	19%	53%
I wish I was more like someone else	6%	8%	4%	-	19%
Can't answer	3%	0%	1%	-	9%

How confident are you...

About your personality?

Unweighted base	2106	195	221	10	10
Base	2106	179	210	9	9
Very confident	16%	13%	18%	10%	12%
Somewhat confident	53%	61%	58%	72%	39%
Not really confident	22%	19%	15%	9%	31%
Not at all confident	8%	6%	8%	9%	19%
Can't answer	1%	0%	0%	-	-

YouGov Survey Results

Sample size: 2,106 UK adults

Fieldwork: 30th October - 2nd November 2020



Total	Social Grade		Marital status						
	ABC1	C2DE	Civil Partnership	Divorced	Living as married	Married	Never married	Separated (after being married)	Widowed

Do you live with your partner?

Unweighted base	1428	868	560	20	22	292	900	158	11	7
Base	1400	809	592	21	20	294	850	178	11	7
I do	86%	90%	80%	86%	26%	95%	99%	22%	43%	29%
I do not but we spend a lot of time at each other's places	7%	5%	10%	5%	29%	4%	0%	43%	9%	35%
I do not and we see each other occasionally	6%	5%	9%	9%	44%	1%	1%	35%	48%	36%
Don't know	0%	0%	1%	-	-	1%	0%	-	-	-

Since March this year, have you started or ended a romantic relationship?

Unweighted base	2106	1190	916	21	138	303	912	574	43	86
Base	2106	1115	991	22	125	306	863	639	43	76
I started a romantic relationship	2%	2%	3%	4%	1%	1%	0%	6%	-	-
I ended a romantic relationship	3%	2%	3%	5%	3%	2%	1%	5%	7%	1%
I both started and ended a romantic relationship	2%	2%	2%	9%	3%	2%	1%	2%	12%	3%
Neither – I was single throughout or in a relationship throughout	88%	91%	85%	65%	92%	92%	90%	85%	81%	95%
Don't know	5%	3%	7%	17%	1%	3%	9%	2%	-	1%

How happy or unhappy are you with yourself?

Unweighted base	2106	1190	916	21	138	303	912	574	43	86
Base	2106	1115	991	22	125	306	863	639	43	76
I am generally happy with who I am	34%	37%	31%	30%	28%	31%	43%	24%	34%	41%
I am happy with most aspects of who I am	39%	41%	38%	42%	38%	45%	39%	39%	36%	38%
I am not very happy with myself but would not want to be like anyone else	18%	16%	20%	18%	23%	18%	13%	23%	19%	14%
I wish I was more like someone else	6%	5%	7%	6%	8%	5%	3%	11%	10%	6%
Can't answer	3%	1%	4%	4%	3%	2%	2%	4%	2%	1%

How confident are you...

About your personality?

Unweighted base	2106	1190	916	21	138	303	912	574	43	86
Base	2106	1115	991	22	125	306	863	639	43	76
Very confident	16%	17%	16%	24%	17%	16%	18%	12%	23%	25%
Somewhat confident	53%	57%	47%	57%	51%	51%	57%	48%	52%	51%
Not really confident	22%	19%	25%	9%	21%	26%	19%	26%	15%	15%
Not at all confident	8%	6%	10%	11%	11%	6%	5%	11%	10%	9%
Can't answer	1%	1%	2%	-	-	1%	0%	3%	-	-

YouGov Survey Results

Sample size: 2,106 UK adults

Fieldwork: 30th October - 2nd November 2020



Total	Coping with COVID		COVID impact on mental health			Thinking back to the full lockdown introduced back in March this year, during this time did you feel more lonely than usual, less lonely than usual, or was there no significant impact?			
	Easy	Difficult	Negative	Positive	No impact	More lonely than usual	Less lonely than usual	No significant impact	Don't know

Do you live with your partner?

Unweighted base	1428	1046	347	748	99	475	436	85	872	35
Base	1400	1020	345	734	102	455	429	86	851	34
I do	86%	88%	80%	85%	74%	93%	82%	78%	89%	74%
I do not but we spend a lot of time at each other's places	7%	7%	9%	8%	15%	4%	7%	15%	7%	8%
I do not and we see each other occasionally	6%	5%	11%	7%	10%	3%	11%	8%	4%	6%
Don't know	0%	0%	0%	-	1%	-	-	-	0%	11%

Since March this year, have you started or ended a romantic relationship?

Unweighted base	2106	1486	561	1122	157	665	705	121	1220	60
Base	2106	1480	565	1114	173	649	710	129	1203	64
I started a romantic relationship	2%	2%	3%	3%	4%	1%	3%	2%	2%	3%
I ended a romantic relationship	3%	2%	5%	3%	7%	1%	5%	6%	1%	4%
I both started and ended a romantic relationship	2%	1%	3%	2%	8%	0%	2%	4%	1%	3%
Neither – I was single throughout or in a relationship throughout	88%	91%	84%	88%	78%	94%	86%	82%	91%	64%
Don't know	5%	4%	5%	4%	3%	4%	4%	6%	4%	26%

How happy or unhappy are you with yourself?

Unweighted base	2106	1486	561	1122	157	665	705	121	1220	60
Base	2106	1480	565	1114	173	649	710	129	1203	64
I am generally happy with who I am	34%	40%	19%	23%	28%	57%	24%	25%	41%	26%
I am happy with most aspects of who I am	39%	42%	33%	43%	42%	32%	40%	41%	40%	20%
I am not very happy with myself but would not want to be like anyone else	18%	12%	33%	23%	21%	7%	25%	25%	13%	18%
I wish I was more like someone else	6%	4%	12%	8%	7%	3%	9%	7%	5%	5%
Can't answer	3%	1%	3%	2%	1%	1%	2%	1%	1%	30%

How confident are you...

About your personality?

Unweighted base	2106	1486	561	1122	157	665	705	121	1220	60
Base	2106	1480	565	1114	173	649	710	129	1203	64
Very confident	16%	19%	10%	12%	16%	25%	11%	16%	20%	13%
Somewhat confident	53%	56%	45%	52%	50%	57%	53%	49%	54%	38%
Not really confident	22%	19%	30%	25%	29%	15%	26%	27%	20%	18%
Not at all confident	8%	6%	13%	10%	5%	3%	10%	7%	7%	5%
Can't answer	1%	-	2%	1%	1%	-	1%	2%	0%	27%

YouGov Survey Results

Sample size: 2,106 UK adults

Fieldwork: 30th October - 2nd November 2020



Total	How often have you felt lonely since March this year?						
	Never	Hardly ever	A few times a month	A few times a week	Most days	Virtually all the time	Don't know

Do you live with your partner?

Unweighted base	1428	272	471	334	174	102	32	43
Base	1400	259	453	329	178	102	33	45
I do	86%	96%	88%	86%	79%	73%	67%	76%
I do not but we spend a lot of time at each other's places	7%	3%	8%	8%	12%	13%	4%	2%
I do not and we see each other occasionally	6%	1%	4%	7%	9%	14%	29%	13%
Don't know	0%	0%	-	-	-	-	-	8%

Since March this year, have you started or ended a romantic relationship?

Unweighted base	2106	359	608	509	273	207	82	68
Base	2106	347	588	515	282	213	86	75
I started a romantic relationship	2%	1%	2%	3%	3%	2%	1%	4%
I ended a romantic relationship	3%	1%	1%	3%	4%	8%	7%	1%
I both started and ended a romantic relationship	2%	-	1%	1%	3%	5%	6%	3%
Neither – I was single throughout or in a relationship throughout	88%	93%	92%	89%	84%	84%	80%	67%
Don't know	5%	5%	4%	4%	5%	3%	6%	25%

How happy or unhappy are you with yourself?

Unweighted base	2106	359	608	509	273	207	82	68
Base	2106	347	588	515	282	213	86	75
I am generally happy with who I am	34%	64%	43%	27%	16%	13%	13%	17%
I am happy with most aspects of who I am	39%	27%	45%	50%	44%	26%	15%	28%
I am not very happy with myself but would not want to be like anyone else	18%	5%	9%	17%	29%	38%	43%	19%
I wish I was more like someone else	6%	2%	2%	5%	8%	19%	26%	8%
Can't answer	3%	1%	0%	1%	3%	5%	3%	29%

How confident are you...

About your personality?

Unweighted base	2106	359	608	509	273	207	82	68
Base	2106	347	588	515	282	213	86	75
Very confident	16%	32%	18%	14%	8%	6%	10%	10%
Somewhat confident	53%	52%	63%	56%	52%	39%	25%	31%
Not really confident	22%	12%	16%	25%	30%	38%	24%	25%
Not at all confident	8%	4%	3%	5%	9%	15%	40%	14%
Can't answer	1%	0%	-	0%	2%	2%	1%	20%

YouGov Survey Results

Sample size: 2,106 UK adults

Fieldwork: 30th October - 2nd November 2020



Total	Gender		Agegroup 16 (4-cross)			
	Male	Female	16-24	25-39	40-59	60+

About knowing yourself?

Unweighted base	2106	982	1124	206	502	672	726
Base	2106	1021	1085	284	522	648	651
Very confident	28%	32%	25%	18%	24%	28%	37%
Somewhat confident	53%	50%	56%	45%	55%	55%	54%
Not really confident	12%	13%	12%	24%	15%	12%	7%
Not at all confident	4%	4%	5%	9%	5%	5%	2%
Can't answer	1%	1%	1%	4%	1%	1%	1%

In your existing social group?

Unweighted base	2106	982	1124	206	502	672	726
Base	2106	1021	1085	284	522	648	651
Very confident	24%	27%	22%	21%	20%	23%	31%
Somewhat confident	49%	47%	50%	39%	48%	50%	52%
Not really confident	17%	15%	18%	24%	21%	17%	11%
Not at all confident	6%	6%	6%	8%	7%	7%	3%
Can't answer	4%	5%	4%	7%	4%	3%	4%

In a new social group?

Unweighted base	2106	982	1124	206	502	672	726
Base	2106	1021	1085	284	522	648	651
Very confident	6%	7%	5%	3%	5%	6%	8%
Somewhat confident	34%	36%	32%	28%	28%	33%	43%
Not really confident	32%	30%	34%	35%	35%	30%	30%
Not at all confident	23%	22%	23%	26%	28%	27%	12%
Can't answer	5%	6%	5%	8%	3%	4%	8%

At work(when you were working)?

Unweighted base	1025	507	518	60	381	462	122
Base	1023	515	508	72	392	444	115
Very confident	28%	31%	25%	8%	23%	31%	46%
Somewhat confident	56%	55%	57%	62%	59%	56%	44%
Not really confident	12%	11%	14%	17%	14%	11%	7%
Not at all confident	3%	2%	3%	5%	3%	2%	2%
Can't answer	1%	1%	1%	8%	1%	1%	1%

YouGov Survey Results

Sample size: 2,106 UK adults

Fieldwork: 30th October - 2nd November 2020



Total	Agegroup 16 (5-cross)					Agegroup 16 (55-cross)			
	16-24	25-39	40-54	55-64	65+	16-24	25-39	40-54	55+

About knowing yourself?

Unweighted base	2106	206	502	505	345	548	206	502	505	893
Base	2106	284	522	478	349	472	284	522	478	821
Very confident	28%	18%	24%	29%	27%	40%	18%	24%	29%	35%
Somewhat confident	53%	45%	55%	54%	59%	52%	45%	55%	54%	55%
Not really confident	12%	24%	15%	11%	10%	6%	24%	15%	11%	8%
Not at all confident	4%	9%	5%	5%	3%	1%	9%	5%	5%	2%
Can't answer	1%	4%	1%	1%	1%	1%	4%	1%	1%	1%

In your existing social group?

Unweighted base	2106	206	502	505	345	548	206	502	505	893
Base	2106	284	522	478	349	472	284	522	478	821
Very confident	24%	21%	20%	22%	23%	34%	21%	20%	22%	29%
Somewhat confident	49%	39%	48%	49%	54%	51%	39%	48%	49%	52%
Not really confident	17%	24%	21%	18%	15%	8%	24%	21%	18%	11%
Not at all confident	6%	8%	7%	8%	5%	2%	8%	7%	8%	3%
Can't answer	4%	7%	4%	3%	4%	4%	7%	4%	3%	4%

In a new social group?

Unweighted base	2106	206	502	505	345	548	206	502	505	893
Base	2106	284	522	478	349	472	284	522	478	821
Very confident	6%	3%	5%	6%	4%	9%	3%	5%	6%	7%
Somewhat confident	34%	28%	28%	31%	37%	46%	28%	28%	31%	42%
Not really confident	32%	35%	35%	32%	30%	27%	35%	35%	32%	29%
Not at all confident	23%	26%	28%	27%	22%	10%	26%	28%	27%	15%
Can't answer	5%	8%	3%	4%	5%	9%	8%	3%	4%	7%

At work(when you were working)?

Unweighted base	1025	60	381	363	169	52	60	381	363	221
Base	1023	72	392	344	170	45	72	392	344	215
Very confident	28%	8%	23%	31%	36%	56%	8%	23%	31%	40%
Somewhat confident	56%	62%	59%	56%	52%	36%	62%	59%	56%	49%
Not really confident	12%	17%	14%	11%	11%	4%	17%	14%	11%	9%
Not at all confident	3%	5%	3%	2%	1%	2%	5%	3%	2%	1%
Can't answer	1%	8%	1%	0%	1%	2%	8%	1%	0%	1%

YouGov Survey Results

Sample size: 2,106 UK adults

Fieldwork: 30th October - 2nd November 2020



Total	Age Group 16+ by Gender							
	16-24/Male	16-24/Female	25-39/Male	25-39/Female	40-59/Male	40-59/Female	60+/Male	60+/Female

About knowing yourself?

Unweighted base	2106	73	133	238	264	332	340	339	387
Base	2106	143	141	257	265	317	332	305	346
Very confident	28%	20%	16%	29%	20%	32%	24%	40%	34%
Somewhat confident	53%	48%	43%	49%	60%	51%	58%	51%	57%
Not really confident	12%	21%	27%	15%	14%	12%	11%	7%	6%
Not at all confident	4%	7%	11%	5%	4%	4%	6%	1%	2%
Can't answer	1%	5%	3%	1%	2%	1%	1%	1%	1%

In your existing social group?

Unweighted base	2106	73	133	238	264	332	340	339	387
Base	2106	143	141	257	265	317	332	305	346
Very confident	24%	25%	17%	23%	17%	26%	20%	32%	29%
Somewhat confident	49%	39%	40%	44%	52%	48%	52%	51%	53%
Not really confident	17%	20%	28%	19%	22%	15%	18%	11%	10%
Not at all confident	6%	8%	9%	7%	6%	8%	7%	1%	4%
Can't answer	4%	7%	7%	6%	3%	4%	3%	5%	3%

In a new social group?

Unweighted base	2106	73	133	238	264	332	340	339	387
Base	2106	143	141	257	265	317	332	305	346
Very confident	6%	4%	2%	7%	4%	7%	5%	8%	7%
Somewhat confident	34%	31%	25%	27%	30%	36%	31%	47%	39%
Not really confident	32%	29%	41%	35%	35%	29%	31%	26%	33%
Not at all confident	23%	28%	24%	29%	27%	24%	30%	9%	14%
Can't answer	5%	9%	7%	2%	3%	4%	4%	9%	7%

At work(when you were working)?

Unweighted base	1025	20	40	185	196	240	222	62	60
Base	1023	30	42	196	196	230	214	59	56
Very confident	28%	3%	12%	28%	19%	33%	29%	48%	45%
Somewhat confident	56%	77%	52%	55%	63%	55%	57%	47%	40%
Not really confident	12%	12%	21%	14%	15%	9%	13%	5%	9%
Not at all confident	3%	-	8%	3%	3%	2%	2%	-	5%
Can't answer	1%	8%	7%	0%	1%	1%	-	-	2%

YouGov Survey Results

Sample size: 2,106 UK adults

Fieldwork: 30th October - 2nd November 2020



Total	Part of the UK			
	England	Wales	Scotland	Northern Ireland

About knowing yourself?

Unweighted base	2106	1774	103	180	49
Base	2106	1771	101	177	57
Very confident	28%	28%	36%	25%	29%
Somewhat confident	53%	54%	45%	52%	54%
Not really confident	12%	12%	13%	15%	15%
Not at all confident	4%	4%	3%	6%	2%
Can't answer	1%	1%	3%	3%	-

In your existing social group?

Unweighted base	2106	1774	103	180	49
Base	2106	1771	101	177	57
Very confident	24%	24%	28%	22%	22%
Somewhat confident	49%	48%	49%	49%	58%
Not really confident	17%	17%	14%	18%	14%
Not at all confident	6%	6%	3%	6%	6%
Can't answer	4%	4%	6%	5%	-

In a new social group?

Unweighted base	2106	1774	103	180	49
Base	2106	1771	101	177	57
Very confident	6%	6%	10%	7%	4%
Somewhat confident	34%	34%	40%	32%	39%
Not really confident	32%	32%	26%	32%	28%
Not at all confident	23%	23%	19%	22%	23%
Can't answer	5%	5%	5%	7%	6%

At work(when you were working)?

Unweighted base	1025	867	45	90	23
Base	1023	863	44	89	26
Very confident	28%	29%	28%	21%	22%
Somewhat confident	56%	56%	52%	61%	62%
Not really confident	12%	12%	13%	12%	12%
Not at all confident	3%	2%	5%	3%	4%
Can't answer	1%	1%	2%	4%	-

YouGov Survey Results

Sample size: 2,106 UK adults

Fieldwork: 30th October - 2nd November 2020



Total	Region UK							
	North	Midlands	East	London	South	Wales	Scotland	Northern Ireland

About knowing yourself?

Unweighted base	2106	496	345	173	261	499	103	180	49
Base	2106	491	339	167	276	499	101	177	57
Very confident	28%	31%	25%	33%	31%	24%	36%	25%	29%
Somewhat confident	53%	50%	57%	51%	51%	58%	45%	52%	54%
Not really confident	12%	12%	12%	12%	12%	13%	13%	15%	15%
Not at all confident	4%	5%	5%	3%	4%	4%	3%	6%	2%
Can't answer	1%	1%	1%	1%	2%	1%	3%	3%	-

In your existing social group?

Unweighted base	2106	496	345	173	261	499	103	180	49
Base	2106	491	339	167	276	499	101	177	57
Very confident	24%	24%	25%	23%	28%	22%	28%	22%	22%
Somewhat confident	49%	49%	46%	52%	44%	51%	49%	49%	58%
Not really confident	17%	15%	18%	17%	21%	16%	14%	18%	14%
Not at all confident	6%	7%	8%	5%	4%	6%	3%	6%	6%
Can't answer	4%	5%	3%	3%	4%	5%	6%	5%	-

In a new social group?

Unweighted base	2106	496	345	173	261	499	103	180	49
Base	2106	491	339	167	276	499	101	177	57
Very confident	6%	5%	4%	7%	8%	5%	10%	7%	4%
Somewhat confident	34%	36%	33%	35%	33%	33%	40%	32%	39%
Not really confident	32%	31%	31%	33%	33%	33%	26%	32%	28%
Not at all confident	23%	23%	27%	18%	20%	23%	19%	22%	23%
Can't answer	5%	5%	5%	6%	5%	6%	5%	7%	6%

At work(when you were working)?

Unweighted base	1025	240	176	88	122	241	45	90	23
Base	1023	237	175	84	125	242	44	89	26
Very confident	28%	29%	30%	28%	31%	28%	28%	21%	22%
Somewhat confident	56%	52%	58%	58%	52%	58%	52%	61%	62%
Not really confident	12%	13%	10%	12%	14%	12%	13%	12%	12%
Not at all confident	3%	6%	1%	-	1%	1%	5%	3%	4%
Can't answer	1%	0%	-	1%	3%	0%	2%	4%	-

YouGov Survey Results

Sample size: 2,106 UK adults

Fieldwork: 30th October - 2nd November 2020



Total	Do you regard yourself as belonging to any particular religion?			
	Yes	No	Don't know	Prefer not to say

About knowing yourself?

Unweighted base	2106	195	221	10	10
Base	2106	179	210	9	9
Very confident	28%	29%	35%	19%	-
Somewhat confident	53%	59%	51%	72%	58%
Not really confident	12%	8%	9%	9%	33%
Not at all confident	4%	4%	4%	-	9%
Can't answer	1%	0%	0%	-	-

In your existing social group?

Unweighted base	2106	195	221	10	10
Base	2106	179	210	9	9
Very confident	24%	27%	25%	38%	-
Somewhat confident	49%	51%	56%	40%	59%
Not really confident	17%	14%	10%	22%	30%
Not at all confident	6%	5%	5%	-	-
Can't answer	4%	3%	4%	-	10%

In a new social group?

Unweighted base	2106	195	221	10	10
Base	2106	179	210	9	9
Very confident	6%	5%	6%	10%	12%
Somewhat confident	34%	39%	40%	28%	9%
Not really confident	32%	31%	28%	44%	39%
Not at all confident	23%	20%	20%	18%	19%
Can't answer	5%	4%	7%	-	20%

At work(when you were working)?

Unweighted base	1025	80	105	5	5
Base	1023	77	104	5	5
Very confident	28%	31%	33%	36%	-
Somewhat confident	56%	50%	54%	64%	55%
Not really confident	12%	16%	11%	-	45%
Not at all confident	3%	3%	2%	-	-
Can't answer	1%	1%	-	-	-

YouGov Survey Results

Sample size: 2,106 UK adults

Fieldwork: 30th October - 2nd November 2020



Total	Social Grade		Marital status						
	ABC1	C2DE	Civil Partnership	Divorced	Living as married	Married	Never married	Separated (after being married)	Widowed

About knowing yourself?

Unweighted base	2106	1190	916	21	138	303	912	574	43	86
Base	2106	1115	991	22	125	306	863	639	43	76
Very confident	28%	31%	25%	27%	25%	29%	34%	20%	37%	37%
Somewhat confident	53%	55%	52%	60%	60%	50%	56%	53%	33%	50%
Not really confident	12%	11%	15%	6%	7%	15%	8%	18%	19%	9%
Not at all confident	4%	3%	6%	6%	7%	5%	2%	7%	10%	2%
Can't answer	1%	1%	2%	-	-	1%	1%	3%	-	1%

In your existing social group?

Unweighted base	2106	1190	916	21	138	303	912	574	43	86
Base	2106	1115	991	22	125	306	863	639	43	76
Very confident	24%	27%	21%	21%	20%	22%	28%	20%	25%	34%
Somewhat confident	49%	51%	46%	45%	52%	47%	52%	46%	40%	51%
Not really confident	17%	15%	18%	29%	15%	23%	14%	18%	21%	10%
Not at all confident	6%	4%	8%	5%	8%	5%	3%	10%	9%	1%
Can't answer	4%	3%	6%	-	6%	4%	3%	6%	5%	3%

In a new social group?

Unweighted base	2106	1190	916	21	138	303	912	574	43	86
Base	2106	1115	991	22	125	306	863	639	43	76
Very confident	6%	6%	5%	5%	5%	6%	7%	5%	6%	5%
Somewhat confident	34%	37%	31%	30%	31%	31%	41%	27%	24%	42%
Not really confident	32%	31%	33%	49%	33%	31%	31%	33%	26%	31%
Not at all confident	23%	20%	25%	16%	26%	28%	17%	28%	34%	12%
Can't answer	5%	5%	6%	-	5%	4%	5%	6%	11%	10%

At work(when you were working)?

Unweighted base	1025	658	367	13	48	211	428	283	19	9
Base	1023	632	391	13	46	213	414	295	18	8
Very confident	28%	27%	30%	62%	19%	29%	30%	23%	27%	55%
Somewhat confident	56%	59%	51%	30%	54%	56%	56%	58%	63%	35%
Not really confident	12%	12%	13%	8%	21%	12%	11%	14%	6%	-
Not at all confident	3%	2%	4%	-	6%	2%	2%	4%	5%	11%
Can't answer	1%	0%	3%	-	-	0%	1%	2%	-	-

YouGov Survey Results

Sample size: 2,106 UK adults

Fieldwork: 30th October - 2nd November 2020



Total	Coping with COVID		COVID impact on mental health			Thinking back to the full lockdown introduced back in March this year, during this time did you feel more lonely than usual, less lonely than usual, or was there no significant impact?			
	Easy	Difficult	Negative	Positive	No impact	More lonely than usual	Less lonely than usual	No significant impact	Don't know

About knowing yourself?

Unweighted base	2106	1486	561	1122	157	665	705	121	1220	60
Base	2106	1480	565	1114	173	649	710	129	1203	64
Very confident	28%	33%	17%	22%	29%	42%	23%	21%	33%	15%
Somewhat confident	53%	54%	52%	58%	43%	50%	57%	46%	53%	39%
Not really confident	12%	10%	19%	14%	21%	6%	13%	24%	11%	16%
Not at all confident	4%	2%	10%	5%	7%	2%	6%	8%	3%	3%
Can't answer	1%	0%	2%	1%	1%	1%	1%	2%	0%	27%

In your existing social group?

Unweighted base	2106	1486	561	1122	157	665	705	121	1220	60
Base	2106	1480	565	1114	173	649	710	129	1203	64
Very confident	24%	28%	17%	20%	20%	35%	20%	17%	28%	16%
Somewhat confident	49%	51%	44%	50%	43%	51%	50%	38%	50%	28%
Not really confident	17%	14%	23%	19%	28%	9%	18%	36%	14%	22%
Not at all confident	6%	4%	11%	7%	7%	3%	8%	6%	5%	4%
Can't answer	4%	3%	5%	4%	3%	3%	4%	3%	4%	30%

In a new social group?

Unweighted base	2106	1486	561	1122	157	665	705	121	1220	60
Base	2106	1480	565	1114	173	649	710	129	1203	64
Very confident	6%	6%	5%	4%	11%	9%	4%	5%	7%	10%
Somewhat confident	34%	38%	28%	31%	28%	44%	31%	28%	38%	15%
Not really confident	32%	32%	32%	34%	33%	29%	36%	33%	30%	26%
Not at all confident	23%	20%	29%	28%	26%	13%	25%	29%	21%	16%
Can't answer	5%	4%	5%	4%	2%	5%	5%	5%	4%	33%

At work(when you were working)?

Unweighted base	1025	739	255	569	88	288	350	63	583	29
Base	1023	736	254	566	88	287	345	64	585	30
Very confident	28%	32%	19%	24%	24%	42%	23%	15%	33%	26%
Somewhat confident	56%	55%	58%	60%	61%	48%	60%	64%	54%	35%
Not really confident	12%	10%	18%	13%	12%	8%	13%	15%	11%	7%
Not at all confident	3%	2%	5%	3%	2%	2%	3%	3%	2%	4%
Can't answer	1%	0%	1%	0%	-	0%	0%	2%	-	28%

YouGov Survey Results

Sample size: 2,106 UK adults

Fieldwork: 30th October - 2nd November 2020



Total	How often have you felt lonely since March this year?						
	Never	Hardly ever	A few times a month	A few times a week	Most days	Virtually all the time	Don't know

About knowing yourself?

Unweighted base	2106	359	608	509	273	207	82	68
Base	2106	347	588	515	282	213	86	75
Very confident	28%	53%	30%	23%	19%	18%	17%	14%
Somewhat confident	53%	42%	61%	59%	57%	47%	32%	34%
Not really confident	12%	3%	8%	15%	18%	20%	29%	19%
Not at all confident	4%	1%	1%	3%	5%	11%	21%	12%
Can't answer	1%	1%	0%	-	0%	4%	1%	21%

In your existing social group?

Unweighted base	2106	359	608	509	273	207	82	68
Base	2106	347	588	515	282	213	86	75
Very confident	24%	40%	29%	21%	15%	12%	13%	17%
Somewhat confident	49%	46%	54%	53%	51%	36%	32%	32%
Not really confident	17%	8%	12%	20%	22%	31%	16%	18%
Not at all confident	6%	4%	3%	3%	7%	13%	34%	5%
Can't answer	4%	2%	2%	3%	5%	7%	5%	28%

In a new social group?

Unweighted base	2106	359	608	509	273	207	82	68
Base	2106	347	588	515	282	213	86	75
Very confident	6%	14%	5%	4%	4%	3%	8%	9%
Somewhat confident	34%	45%	41%	33%	30%	21%	10%	18%
Not really confident	32%	22%	34%	36%	34%	35%	32%	19%
Not at all confident	23%	14%	15%	24%	27%	34%	49%	26%
Can't answer	5%	5%	5%	3%	6%	6%	2%	29%

At work(when you were working)?

Unweighted base	1025	158	308	266	142	87	32	32
Base	1023	155	306	264	142	90	31	35
Very confident	28%	48%	31%	25%	17%	21%	12%	16%
Somewhat confident	56%	45%	58%	60%	68%	50%	39%	44%
Not really confident	12%	8%	10%	13%	12%	23%	18%	10%
Not at all confident	3%	-	1%	1%	3%	6%	28%	7%
Can't answer	1%	-	-	1%	-	-	3%	24%

YouGov Survey Results

Sample size: 2,106 UK adults

Fieldwork: 30th October - 2nd November 2020



Total	Gender		Agegroup 16 (4-cross)			
	Male	Female	16-24	25-39	40-59	60+

At school/college (when you went to school/college)

Unweighted base	2106	982	1124	206	502	672	726
Base	2106	1021	1085	284	522	648	651
Very confident	11%	14%	9%	11%	11%	10%	13%
Somewhat confident	32%	33%	32%	42%	30%	30%	33%
Not really confident	33%	32%	33%	29%	34%	33%	33%
Not at all confident	16%	13%	19%	12%	18%	20%	13%
Can't answer	7%	8%	6%	6%	7%	7%	8%

Among your family?

Unweighted base	2106	982	1124	206	502	672	726
Base	2106	1021	1085	284	522	648	651
Very confident	43%	43%	43%	31%	38%	42%	53%
Somewhat confident	42%	41%	43%	45%	46%	42%	38%
Not really confident	10%	10%	10%	13%	13%	10%	6%
Not at all confident	3%	3%	3%	6%	3%	4%	2%
Can't answer	2%	2%	1%	4%	1%	2%	1%

Do you feel loved/liked...?

At home

Unweighted base	2106	982	1124	206	502	672	726
Base	2106	1021	1085	284	522	648	651
I do	76%	72%	79%	70%	77%	75%	77%
I don't	9%	10%	9%	15%	10%	9%	6%
Don't know	8%	8%	7%	12%	7%	8%	6%
Not applicable	8%	10%	5%	3%	6%	8%	11%

At school/college (when you went to school/college)

Unweighted base	2106	982	1124	206	502	672	726
Base	2106	1021	1085	284	522	648	651
I do	35%	35%	34%	49%	33%	29%	35%
I don't	29%	30%	28%	29%	34%	35%	19%
Don't know	23%	21%	24%	16%	22%	21%	28%
Not applicable	14%	14%	14%	6%	11%	15%	18%

At work (when you were working)

Unweighted base	1025	507	518	60	381	462	122
Base	1023	515	508	72	392	444	115
I do	62%	60%	65%	61%	63%	62%	59%
I don't	14%	16%	13%	10%	15%	14%	17%
Don't know	19%	18%	20%	26%	19%	19%	19%
Not applicable	4%	6%	2%	3%	3%	6%	6%

YouGov Survey Results

Sample size: 2,106 UK adults

Fieldwork: 30th October - 2nd November 2020



Total	Agegroup 16 (5-cross)					Agegroup 16 (55-cross)			
	16-24	25-39	40-54	55-64	65+	16-24	25-39	40-54	55+

At school/college (when you went to school/college)

Unweighted base	2106	206	502	505	345	548	206	502	505	893
Base	2106	284	522	478	349	472	284	522	478	821
Very confident	11%	11%	11%	10%	10%	14%	11%	11%	10%	12%
Somewhat confident	32%	42%	30%	30%	31%	34%	42%	30%	30%	32%
Not really confident	33%	29%	34%	33%	36%	32%	29%	34%	33%	34%
Not at all confident	16%	12%	18%	21%	16%	13%	12%	18%	21%	14%
Can't answer	7%	6%	7%	7%	8%	8%	6%	7%	7%	8%

Among your family?

Unweighted base	2106	206	502	505	345	548	206	502	505	893
Base	2106	284	522	478	349	472	284	522	478	821
Very confident	43%	31%	38%	43%	41%	58%	31%	38%	43%	50%
Somewhat confident	42%	45%	46%	40%	47%	35%	45%	46%	40%	40%
Not really confident	10%	13%	13%	12%	8%	5%	13%	13%	12%	6%
Not at all confident	3%	6%	3%	4%	2%	2%	6%	3%	4%	2%
Can't answer	2%	4%	1%	2%	3%	1%	4%	1%	2%	2%

Do you feel loved/liked...?

At home

Unweighted base	2106	206	502	505	345	548	206	502	505	893
Base	2106	284	522	478	349	472	284	522	478	821
I do	76%	70%	77%	74%	74%	80%	70%	77%	74%	77%
I don't	9%	15%	10%	10%	8%	5%	15%	10%	10%	6%
Don't know	8%	12%	7%	9%	8%	5%	12%	7%	9%	6%
Not applicable	8%	3%	6%	8%	10%	10%	3%	6%	8%	10%

At school/college (when you went to school/college)

Unweighted base	2106	206	502	505	345	548	206	502	505	893
Base	2106	284	522	478	349	472	284	522	478	821
I do	35%	49%	33%	29%	30%	36%	49%	33%	29%	34%
I don't	29%	29%	34%	37%	29%	17%	29%	34%	37%	22%
Don't know	23%	16%	22%	21%	24%	28%	16%	22%	21%	27%
Not applicable	14%	6%	11%	14%	17%	19%	6%	11%	14%	18%

At work (when you were working)

Unweighted base	1025	60	381	363	169	52	60	381	363	221
Base	1023	72	392	344	170	45	72	392	344	215
I do	62%	61%	63%	62%	57%	71%	61%	63%	62%	60%
I don't	14%	10%	15%	15%	14%	13%	10%	15%	15%	14%
Don't know	19%	26%	19%	18%	22%	13%	26%	19%	18%	20%
Not applicable	4%	3%	3%	5%	7%	4%	3%	3%	5%	6%

YouGov Survey Results

Sample size: 2,106 UK adults

Fieldwork: 30th October - 2nd November 2020



Total	Age Group 16+ by Gender							
	16-24/Male	16-24/Female	25-39/Male	25-39/Female	40-59/Male	40-59/Female	60+/Male	60+/Female

At school/college (when you went to school/college)

Unweighted base	2106	73	133	238	264	332	340	339	387
Base	2106	143	141	257	265	317	332	305	346
Very confident	11%	17%	6%	13%	10%	11%	8%	15%	11%
Somewhat confident	32%	40%	44%	27%	32%	33%	26%	33%	34%
Not really confident	33%	28%	30%	36%	32%	31%	36%	32%	34%
Not at all confident	16%	8%	16%	17%	20%	17%	23%	9%	16%
Can't answer	7%	7%	5%	7%	7%	7%	7%	10%	5%

Among your family?

Unweighted base	2106	73	133	238	264	332	340	339	387
Base	2106	143	141	257	265	317	332	305	346
Very confident	43%	30%	31%	36%	40%	44%	41%	55%	51%
Somewhat confident	42%	42%	49%	49%	43%	39%	44%	36%	40%
Not really confident	10%	14%	13%	12%	14%	11%	10%	6%	6%
Not at all confident	3%	7%	5%	2%	3%	4%	4%	1%	2%
Can't answer	2%	7%	2%	1%	1%	2%	2%	2%	1%

Do you feel loved/liked...?

At home

Unweighted base	2106	73	133	238	264	332	340	339	387
Base	2106	143	141	257	265	317	332	305	346
I do	76%	66%	74%	72%	82%	71%	79%	75%	78%
I don't	9%	16%	13%	10%	9%	10%	8%	6%	7%
Don't know	8%	13%	10%	9%	4%	7%	9%	6%	6%
Not applicable	8%	5%	2%	9%	4%	12%	5%	13%	9%

At school/college (when you went to school/college)

Unweighted base	2106	73	133	238	264	332	340	339	387
Base	2106	143	141	257	265	317	332	305	346
I do	35%	54%	43%	32%	35%	32%	26%	32%	37%
I don't	29%	30%	28%	37%	32%	35%	35%	19%	19%
Don't know	23%	12%	20%	21%	22%	17%	24%	29%	27%
Not applicable	14%	3%	8%	11%	11%	16%	14%	20%	17%

At work (when you were working)

Unweighted base	1025	20	40	185	196	240	222	62	60
Base	1023	30	42	196	196	230	214	59	56
I do	62%	71%	54%	63%	64%	57%	68%	55%	63%
I don't	14%	6%	13%	18%	12%	15%	12%	17%	16%
Don't know	19%	23%	28%	15%	22%	18%	19%	25%	12%
Not applicable	4%	-	5%	4%	2%	10%	1%	3%	9%

YouGov Survey Results

Sample size: 2,106 UK adults

Fieldwork: 30th October - 2nd November 2020



Total	Part of the UK			
	England	Wales	Scotland	Northern Ireland

At school/college (when you went to school/college)

Unweighted base	2106	1774	103	180	49
Base	2106	1771	101	177	57
Very confident	11%	12%	10%	9%	-
Somewhat confident	32%	31%	29%	42%	45%
Not really confident	33%	33%	42%	28%	32%
Not at all confident	16%	17%	13%	15%	15%
Can't answer	7%	7%	7%	6%	8%

Among your family?

Unweighted base	2106	1774	103	180	49
Base	2106	1771	101	177	57
Very confident	43%	43%	44%	43%	44%
Somewhat confident	42%	42%	45%	40%	39%
Not really confident	10%	10%	8%	12%	9%
Not at all confident	3%	3%	2%	2%	4%
Can't answer	2%	2%	1%	3%	4%

Do you feel loved/liked...?

At home

Unweighted base	2106	1774	103	180	49
Base	2106	1771	101	177	57
I do	76%	75%	76%	78%	82%
I don't	9%	9%	8%	8%	12%
Don't know	8%	8%	5%	7%	2%
Not applicable	8%	8%	12%	7%	4%

At school/college (when you went to school/college)

Unweighted base	2106	1774	103	180	49
Base	2106	1771	101	177	57
I do	35%	35%	36%	37%	24%
I don't	29%	30%	25%	25%	32%
Don't know	23%	22%	25%	27%	25%
Not applicable	14%	14%	14%	11%	18%

At work (when you were working)

Unweighted base	1025	867	45	90	23
Base	1023	863	44	89	26
I do	62%	62%	62%	58%	79%
I don't	14%	14%	21%	12%	18%
Don't know	19%	20%	11%	24%	4%
Not applicable	4%	4%	6%	5%	-

YouGov Survey Results

Sample size: 2,106 UK adults

Fieldwork: 30th October - 2nd November 2020



Total	Region UK							
	North	Midlands	East	London	South	Wales	Scotland	Northern Ireland

At school/college (when you went to school/college)

Unweighted base	2106	496	345	173	261	499	103	180	49
Base	2106	491	339	167	276	499	101	177	57
Very confident	11%	11%	12%	13%	13%	12%	10%	9%	-
Somewhat confident	32%	32%	29%	31%	29%	33%	29%	42%	45%
Not really confident	33%	31%	32%	36%	32%	34%	42%	28%	32%
Not at all confident	16%	19%	19%	14%	16%	14%	13%	15%	15%
Can't answer	7%	7%	8%	5%	10%	6%	7%	6%	8%

Among your family?

Unweighted base	2106	496	345	173	261	499	103	180	49
Base	2106	491	339	167	276	499	101	177	57
Very confident	43%	40%	41%	44%	46%	44%	44%	43%	44%
Somewhat confident	42%	42%	45%	44%	37%	43%	45%	40%	39%
Not really confident	10%	11%	11%	9%	11%	8%	8%	12%	9%
Not at all confident	3%	4%	2%	2%	4%	2%	2%	2%	4%
Can't answer	2%	2%	1%	1%	2%	2%	1%	3%	4%

Do you feel loved/liked...?

At home

Unweighted base	2106	496	345	173	261	499	103	180	49
Base	2106	491	339	167	276	499	101	177	57
I do	76%	75%	74%	79%	70%	78%	76%	78%	82%
I don't	9%	9%	11%	6%	9%	9%	8%	8%	12%
Don't know	8%	10%	7%	7%	11%	6%	5%	7%	2%
Not applicable	8%	7%	7%	8%	11%	7%	12%	7%	4%

At school/college (when you went to school/college)

Unweighted base	2106	496	345	173	261	499	103	180	49
Base	2106	491	339	167	276	499	101	177	57
I do	35%	33%	32%	37%	37%	36%	36%	37%	24%
I don't	29%	29%	31%	33%	29%	29%	25%	25%	32%
Don't know	23%	23%	22%	19%	20%	23%	25%	27%	25%
Not applicable	14%	16%	16%	11%	14%	11%	14%	11%	18%

At work (when you were working)

Unweighted base	1025	240	176	88	122	241	45	90	23
Base	1023	237	175	84	125	242	44	89	26
I do	62%	60%	57%	72%	61%	65%	62%	58%	79%
I don't	14%	16%	17%	11%	11%	12%	21%	12%	18%
Don't know	19%	18%	22%	15%	22%	19%	11%	24%	4%
Not applicable	4%	5%	4%	3%	6%	3%	6%	5%	-

YouGov Survey Results

Sample size: 2,106 UK adults

Fieldwork: 30th October - 2nd November 2020



Total	Do you regard yourself as belonging to any particular religion?			
	Yes	No	Don't know	Prefer not to say

At school/college (when you went to school/college)

Unweighted base	2106	195	221	10	10
Base	2106	179	210	9	9
Very confident	11%	12%	10%	10%	-
Somewhat confident	32%	32%	32%	28%	38%
Not really confident	33%	34%	34%	43%	21%
Not at all confident	16%	17%	16%	19%	21%
Can't answer	7%	5%	8%	-	20%

Among your family?

Unweighted base	2106	195	221	10	10
Base	2106	179	210	9	9
Very confident	43%	45%	47%	38%	29%
Somewhat confident	42%	43%	40%	53%	50%
Not really confident	10%	10%	8%	9%	9%
Not at all confident	3%	2%	3%	-	-
Can't answer	2%	1%	1%	-	12%

Do you feel loved/liked...?

At home

Unweighted base	2106	195	221	10	10
Base	2106	179	210	9	9
I do	76%	76%	72%	91%	50%
I don't	9%	9%	9%	-	-
Don't know	8%	6%	6%	-	19%
Not applicable	8%	9%	14%	9%	31%

At school/college (when you went to school/college)

Unweighted base	2106	195	221	10	10
Base	2106	179	210	9	9
I do	35%	36%	33%	38%	9%
I don't	29%	24%	30%	34%	52%
Don't know	23%	22%	20%	19%	19%
Not applicable	14%	18%	17%	9%	19%

At work (when you were working)

Unweighted base	1025	80	105	5	5
Base	1023	77	104	5	5
I do	62%	59%	64%	79%	37%
I don't	14%	15%	17%	-	45%
Don't know	19%	20%	13%	21%	18%
Not applicable	4%	5%	6%	-	-

YouGov Survey Results

Sample size: 2,106 UK adults

Fieldwork: 30th October - 2nd November 2020



Total	Social Grade		Marital status						
	ABC1	C2DE	Civil Partnership	Divorced	Living as married	Married	Never married	Separated (after being married)	Widowed

At school/college (when you went to school/college)

Unweighted base	2106	1190	916	21	138	303	912	574	43	86
Base	2106	1115	991	22	125	306	863	639	43	76
Very confident	11%	12%	10%	23%	8%	11%	12%	10%	10%	12%
Somewhat confident	32%	32%	33%	21%	33%	35%	31%	34%	26%	35%
Not really confident	33%	35%	31%	45%	31%	29%	35%	31%	41%	29%
Not at all confident	16%	16%	17%	6%	23%	18%	15%	17%	12%	18%
Can't answer	7%	5%	9%	4%	4%	7%	7%	8%	10%	6%

Among your family?

Unweighted base	2106	1190	916	21	138	303	912	574	43	86
Base	2106	1115	991	22	125	306	863	639	43	76
Very confident	43%	47%	39%	42%	44%	44%	48%	34%	41%	59%
Somewhat confident	42%	42%	42%	33%	41%	39%	43%	46%	31%	29%
Not really confident	10%	8%	12%	26%	10%	13%	7%	11%	20%	6%
Not at all confident	3%	3%	4%	-	4%	3%	1%	6%	7%	4%
Can't answer	2%	1%	3%	-	2%	1%	1%	4%	2%	2%

Do you feel loved/liked...?

At home

Unweighted base	2106	1190	916	21	138	303	912	574	43	86
Base	2106	1115	991	22	125	306	863	639	43	76
I do	76%	79%	72%	83%	54%	83%	87%	64%	48%	58%
I don't	9%	7%	11%	14%	9%	9%	6%	13%	11%	7%
Don't know	8%	6%	9%	4%	13%	6%	6%	9%	23%	10%
Not applicable	8%	7%	8%	-	24%	2%	1%	15%	19%	25%

At school/college (when you went to school/college)

Unweighted base	2106	1190	916	21	138	303	912	574	43	86
Base	2106	1115	991	22	125	306	863	639	43	76
I do	35%	36%	33%	36%	17%	34%	36%	38%	21%	34%
I don't	29%	30%	29%	32%	30%	35%	26%	32%	30%	16%
Don't know	23%	23%	22%	27%	34%	20%	24%	18%	29%	25%
Not applicable	14%	11%	17%	5%	20%	12%	14%	12%	19%	25%

At work (when you were working)

Unweighted base	1025	658	367	13	48	211	428	283	19	9
Base	1023	632	391	13	46	213	414	295	18	8
I do	62%	64%	59%	72%	53%	67%	62%	59%	60%	44%
I don't	14%	13%	16%	15%	18%	12%	13%	18%	15%	-
Don't know	19%	19%	19%	13%	27%	18%	20%	18%	20%	21%
Not applicable	4%	3%	7%	-	3%	2%	5%	4%	5%	35%

YouGov Survey Results

Sample size: 2,106 UK adults

Fieldwork: 30th October - 2nd November 2020



Total	Coping with COVID		COVID impact on mental health			Thinking back to the full lockdown introduced back in March this year, during this time did you feel more lonely than usual, less lonely than usual, or was there no significant impact?			
	Easy	Difficult	Negative	Positive	No impact	More lonely than usual	Less lonely than usual	No significant impact	Don't know

At school/college (when you went to school/college)

Unweighted base	2106	1486	561	1122	157	665	705	121	1220	60
Base	2106	1480	565	1114	173	649	710	129	1203	64
Very confident	11%	12%	11%	10%	15%	13%	10%	12%	12%	16%
Somewhat confident	32%	34%	29%	32%	30%	35%	33%	31%	33%	19%
Not really confident	33%	34%	32%	32%	39%	33%	31%	34%	34%	22%
Not at all confident	16%	14%	22%	21%	13%	11%	20%	15%	15%	12%
Can't answer	7%	6%	6%	5%	2%	8%	5%	7%	7%	31%

Among your family?

Unweighted base	2106	1486	561	1122	157	665	705	121	1220	60
Base	2106	1480	565	1114	173	649	710	129	1203	64
Very confident	43%	48%	33%	39%	36%	57%	38%	37%	47%	26%
Somewhat confident	42%	41%	43%	45%	39%	36%	47%	35%	41%	34%
Not really confident	10%	8%	16%	10%	21%	6%	9%	22%	10%	10%
Not at all confident	3%	2%	6%	4%	4%	1%	5%	6%	2%	3%
Can't answer	2%	1%	2%	1%	1%	1%	2%	1%	1%	27%

Do you feel loved/liked...?

At home

Unweighted base	2106	1486	561	1122	157	665	705	121	1220	60
Base	2106	1480	565	1114	173	649	710	129	1203	64
I do	76%	80%	67%	74%	64%	85%	71%	67%	80%	54%
I don't	9%	7%	14%	10%	19%	5%	12%	18%	6%	6%
Don't know	8%	6%	12%	8%	13%	4%	7%	11%	7%	19%
Not applicable	8%	7%	7%	8%	4%	7%	9%	5%	6%	20%

At school/college (when you went to school/college)

Unweighted base	2106	1486	561	1122	157	665	705	121	1220	60
Base	2106	1480	565	1114	173	649	710	129	1203	64
I do	35%	37%	30%	34%	36%	36%	34%	36%	35%	22%
I don't	29%	28%	34%	33%	34%	23%	33%	34%	27%	16%
Don't know	23%	21%	24%	22%	23%	23%	22%	23%	22%	33%
Not applicable	14%	14%	11%	11%	7%	18%	11%	6%	15%	29%

At work (when you were working)

Unweighted base	1025	739	255	569	88	288	350	63	583	29
Base	1023	736	254	566	88	287	345	64	585	30
I do	62%	66%	56%	62%	69%	68%	64%	52%	64%	27%
I don't	14%	13%	17%	15%	14%	12%	14%	19%	14%	7%
Don't know	19%	17%	22%	20%	17%	16%	18%	24%	18%	44%
Not applicable	4%	4%	5%	3%	1%	5%	3%	5%	4%	23%

YouGov Survey Results

Sample size: 2,106 UK adults

Fieldwork: 30th October - 2nd November 2020



Total	How often have you felt lonely since March this year?						
	Never	Hardly ever	A few times a month	A few times a week	Most days	Virtually all the time	Don't know

At school/college (when you went to school/college)

Unweighted base	2106	359	608	509	273	207	82	68
Base	2106	347	588	515	282	213	86	75
Very confident	11%	19%	11%	10%	7%	9%	11%	13%
Somewhat confident	32%	31%	34%	35%	37%	28%	22%	15%
Not really confident	33%	29%	37%	35%	33%	33%	17%	21%
Not at all confident	16%	12%	11%	16%	19%	25%	44%	18%
Can't answer	7%	8%	7%	5%	5%	5%	6%	34%

Among your family?

Unweighted base	2106	359	608	509	273	207	82	68
Base	2106	347	588	515	282	213	86	75
Very confident	43%	61%	50%	40%	36%	23%	25%	22%
Somewhat confident	42%	33%	40%	48%	47%	46%	31%	40%
Not really confident	10%	4%	7%	10%	13%	20%	16%	12%
Not at all confident	3%	1%	1%	1%	3%	7%	23%	5%
Can't answer	2%	0%	1%	0%	1%	4%	5%	22%

Do you feel loved/liked...?

At home

Unweighted base	2106	359	608	509	273	207	82	68
Base	2106	347	588	515	282	213	86	75
I do	76%	92%	86%	79%	66%	52%	37%	43%
I don't	9%	2%	4%	7%	13%	19%	38%	13%
Don't know	8%	1%	5%	6%	12%	18%	10%	22%
Not applicable	8%	4%	5%	8%	9%	11%	15%	22%

At school/college (when you went to school/college)

Unweighted base	2106	359	608	509	273	207	82	68
Base	2106	347	588	515	282	213	86	75
I do	35%	39%	40%	39%	29%	25%	18%	10%
I don't	29%	21%	24%	27%	38%	41%	55%	25%
Don't know	23%	19%	24%	23%	24%	22%	10%	29%
Not applicable	14%	21%	11%	11%	9%	12%	17%	36%

At work (when you were working)

Unweighted base	1025	158	308	266	142	87	32	32
Base	1023	155	306	264	142	90	31	35
I do	62%	69%	69%	66%	58%	49%	25%	34%
I don't	14%	11%	12%	11%	17%	18%	57%	11%
Don't know	19%	14%	16%	21%	21%	28%	12%	36%
Not applicable	4%	7%	3%	2%	4%	5%	6%	19%

YouGov Survey Results
Sample size: 2,106 UK adults
 Fieldwork: 30th October - 2nd November 2020



Total	Gender		Agegroup 16 (4-cross)			
	Male	Female	16-24	25-39	40-59	60+

At social occasions

Unweighted base	2106	982	1124	206	502	672	726
Base	2106	1021	1085	284	522	648	651
I do	48%	46%	49%	43%	45%	46%	55%
I don't	19%	22%	17%	26%	24%	21%	11%
Don't know	28%	26%	29%	27%	29%	28%	28%
Not applicable	5%	5%	4%	4%	2%	6%	6%

Among your family members

Unweighted base	2106	982	1124	206	502	672	726
Base	2106	1021	1085	284	522	648	651
I do	80%	77%	81%	72%	78%	79%	86%
I don't	9%	9%	9%	12%	11%	9%	6%
Don't know	9%	10%	8%	14%	10%	9%	7%
Not applicable	2%	3%	2%	2%	2%	3%	2%

Among your friends

Unweighted base	2106	982	1124	206	502	672	726
Base	2106	1021	1085	284	522	648	651
I do	76%	74%	78%	71%	73%	76%	81%
I don't	7%	8%	6%	12%	11%	6%	3%
Don't know	13%	14%	13%	12%	14%	14%	12%
Not applicable	4%	5%	3%	5%	3%	4%	4%

By your partner

Unweighted base	99	49	50	33	35	21	10
Base	111	61	50	46	36	20	9
I do	38%	33%	44%	25%	40%	58%	49%
I don't	10%	12%	7%	9%	16%	-	10%
Don't know	9%	12%	6%	13%	13%	-	-
Not applicable	43%	43%	43%	53%	32%	43%	41%

YouGov Survey Results
Sample size: 2,106 UK adults
 Fieldwork: 30th October - 2nd November 2020



Total	Agegroup 16 (5-cross)					Agegroup 16 (55-cross)			
	16-24	25-39	40-54	55-64	65+	16-24	25-39	40-54	55+

At social occasions

Unweighted base	2106	206	502	505	345	548	206	502	505	893
Base	2106	284	522	478	349	472	284	522	478	821
I do	48%	43%	45%	44%	50%	57%	43%	45%	44%	54%
I don't	19%	26%	24%	23%	15%	10%	26%	24%	23%	12%
Don't know	28%	27%	29%	28%	28%	28%	27%	29%	28%	28%
Not applicable	5%	4%	2%	5%	8%	6%	4%	2%	5%	7%

Among your family members

Unweighted base	2106	206	502	505	345	548	206	502	505	893
Base	2106	284	522	478	349	472	284	522	478	821
I do	80%	72%	78%	78%	80%	88%	72%	78%	78%	85%
I don't	9%	12%	11%	10%	7%	6%	12%	11%	10%	6%
Don't know	9%	14%	10%	9%	10%	6%	14%	10%	9%	7%
Not applicable	2%	2%	2%	3%	3%	1%	2%	2%	3%	2%

Among your friends

Unweighted base	2106	206	502	505	345	548	206	502	505	893
Base	2106	284	522	478	349	472	284	522	478	821
I do	76%	71%	73%	75%	76%	83%	71%	73%	75%	80%
I don't	7%	12%	11%	7%	5%	2%	12%	11%	7%	3%
Don't know	13%	12%	14%	13%	15%	12%	12%	14%	13%	13%
Not applicable	4%	5%	3%	5%	5%	3%	5%	3%	5%	4%

By your partner

Unweighted base	99	33	35	20	7	4	33	35	20	11
Base	111	46	36	19	7	3	46	36	19	10
I do	38%	25%	40%	55%	55%	51%	25%	40%	55%	54%
I don't	10%	9%	16%	-	14%	-	9%	16%	-	9%
Don't know	9%	13%	13%	-	-	-	13%	13%	-	-
Not applicable	43%	53%	32%	45%	31%	49%	53%	32%	45%	37%

YouGov Survey Results
Sample size: 2,106 UK adults
 Fieldwork: 30th October - 2nd November 2020



Total	Age Group 16+ by Gender							
	16-24/Male	16-24/Female	25-39/Male	25-39/Female	40-59/Male	40-59/Female	60+/Male	60+/Female

At social occasions

Unweighted base	2106	73	133	238	264	332	340	339	387
Base	2106	143	141	257	265	317	332	305	346
I do	48%	44%	42%	44%	47%	46%	45%	50%	58%
I don't	19%	28%	23%	28%	20%	23%	19%	11%	11%
Don't know	28%	23%	31%	26%	31%	24%	31%	31%	25%
Not applicable	5%	5%	4%	2%	2%	7%	5%	8%	5%

Among your family members

Unweighted base	2106	73	133	238	264	332	340	339	387
Base	2106	143	141	257	265	317	332	305	346
I do	80%	68%	75%	74%	81%	77%	80%	85%	86%
I don't	9%	14%	11%	12%	10%	9%	10%	6%	6%
Don't know	9%	15%	13%	11%	9%	11%	8%	7%	6%
Not applicable	2%	3%	1%	3%	0%	3%	3%	2%	1%

Among your friends

Unweighted base	2106	73	133	238	264	332	340	339	387
Base	2106	143	141	257	265	317	332	305	346
I do	76%	75%	66%	68%	77%	74%	78%	78%	84%
I don't	7%	13%	12%	13%	8%	8%	5%	3%	3%
Don't know	13%	5%	18%	15%	13%	14%	14%	16%	9%
Not applicable	4%	7%	4%	4%	2%	5%	4%	4%	4%

By your partner

Unweighted base	99	13	20	21	14	11	10	4	6
Base	111	25	21	22	14	10	10	4	5
I do	38%	12%	41%	35%	47%	73%	41%	44%	52%
I don't	10%	16%	-	15%	17%	-	-	-	18%
Don't know	9%	19%	5%	12%	14%	-	-	-	-
Not applicable	43%	52%	54%	39%	21%	27%	59%	56%	30%

YouGov Survey Results

Sample size: 2,106 UK adults

Fieldwork: 30th October - 2nd November 2020



Total	Part of the UK			
	England	Wales	Scotland	Northern Ireland

At social occasions

Unweighted base	2106	1774	103	180	49
Base	2106	1771	101	177	57
I do	48%	47%	50%	54%	53%
I don't	19%	20%	13%	15%	24%
Don't know	28%	28%	29%	27%	21%
Not applicable	5%	5%	8%	3%	2%

Among your family members

Unweighted base	2106	1774	103	180	49
Base	2106	1771	101	177	57
I do	80%	79%	81%	82%	72%
I don't	9%	9%	12%	8%	12%
Don't know	9%	9%	7%	9%	10%
Not applicable	2%	2%	1%	1%	6%

Among your friends

Unweighted base	2106	1774	103	180	49
Base	2106	1771	101	177	57
I do	76%	76%	79%	75%	78%
I don't	7%	7%	3%	6%	14%
Don't know	13%	13%	14%	17%	6%
Not applicable	4%	4%	4%	2%	2%

By your partner

Unweighted base	99	82	5	10	2
Base	111	91	5	13	2
I do	38%	38%	37%	33%	49%
I don't	10%	11%	-	7%	-
Don't know	9%	8%	-	24%	-
Not applicable	43%	43%	63%	36%	51%

YouGov Survey Results

Sample size: 2,106 UK adults

Fieldwork: 30th October - 2nd November 2020



Total	Region UK							
	North	Midlands	East	London	South	Wales	Scotland	Northern Ireland

At social occasions

Unweighted base	2106	496	345	173	261	499	103	180	49
Base	2106	491	339	167	276	499	101	177	57
I do	48%	46%	50%	45%	47%	47%	50%	54%	53%
I don't	19%	22%	22%	17%	17%	19%	13%	15%	24%
Don't know	28%	27%	24%	32%	31%	29%	29%	27%	21%
Not applicable	5%	5%	4%	6%	4%	5%	8%	3%	2%

Among your family members

Unweighted base	2106	496	345	173	261	499	103	180	49
Base	2106	491	339	167	276	499	101	177	57
I do	80%	80%	77%	79%	78%	81%	81%	82%	72%
I don't	9%	9%	10%	7%	9%	9%	12%	8%	12%
Don't know	9%	8%	11%	11%	11%	8%	7%	9%	10%
Not applicable	2%	2%	1%	3%	3%	2%	1%	1%	6%

Among your friends

Unweighted base	2106	496	345	173	261	499	103	180	49
Base	2106	491	339	167	276	499	101	177	57
I do	76%	73%	78%	78%	73%	78%	79%	75%	78%
I don't	7%	9%	7%	6%	8%	6%	3%	6%	14%
Don't know	13%	14%	13%	12%	15%	11%	14%	17%	6%
Not applicable	4%	4%	2%	5%	5%	5%	4%	2%	2%

By your partner

Unweighted base	99	21	10	7	16	28	5	10	2
Base	111	22	9	8	21	30	5	13	2
I do	38%	46%	50%	33%	15%	46%	37%	33%	49%
I don't	10%	24%	12%	16%	-	7%	-	7%	-
Don't know	9%	13%	-	24%	12%	-	-	24%	-
Not applicable	43%	17%	39%	28%	74%	47%	63%	36%	51%

YouGov Survey Results

Sample size: 2,106 UK adults

Fieldwork: 30th October - 2nd November 2020



Total	Do you regard yourself as belonging to any particular religion?			
	Yes	No	Don't know	Prefer not to say

At social occasions

Unweighted base	2106	195	221	10	10
Base	2106	179	210	9	9
I do	48%	53%	52%	38%	31%
I don't	19%	19%	16%	-	30%
Don't know	28%	22%	26%	62%	19%
Not applicable	5%	6%	7%	-	19%

Among your family members

Unweighted base	2106	195	221	10	10
Base	2106	179	210	9	9
I do	80%	84%	80%	90%	67%
I don't	9%	8%	8%	-	12%
Don't know	9%	6%	10%	10%	21%
Not applicable	2%	3%	2%	-	-

Among your friends

Unweighted base	2106	195	221	10	10
Base	2106	179	210	9	9
I do	76%	81%	76%	100%	65%
I don't	7%	6%	5%	-	24%
Don't know	13%	10%	14%	-	-
Not applicable	4%	4%	5%	-	11%

By your partner

Unweighted base	99	2	6	-	-
Base	111	2	6	-	-
I do	38%	-	64%	-	-
I don't	10%	53%	20%	-	-
Don't know	9%	-	-	-	-
Not applicable	43%	47%	16%	-	-

YouGov Survey Results
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Total	Social Grade		Marital status						
	ABC1	C2DE	Civil Partnership	Divorced	Living as married	Married	Never married	Separated (after being married)	Widowed

At social occasions

Unweighted base	2106	1190	916	21	138	303	912	574	43	86
Base	2106	1115	991	22	125	306	863	639	43	76
I do	48%	52%	44%	47%	38%	48%	53%	42%	49%	56%
I don't	19%	17%	22%	14%	27%	22%	15%	23%	17%	9%
Don't know	28%	28%	27%	39%	28%	27%	28%	29%	28%	26%
Not applicable	5%	3%	6%	-	6%	4%	4%	5%	6%	9%

Among your family members

Unweighted base	2106	1190	916	21	138	303	912	574	43	86
Base	2106	1115	991	22	125	306	863	639	43	76
I do	80%	84%	74%	72%	80%	81%	86%	71%	60%	87%
I don't	9%	7%	11%	18%	12%	9%	6%	12%	18%	7%
Don't know	9%	8%	11%	10%	7%	8%	7%	13%	17%	1%
Not applicable	2%	1%	3%	-	2%	1%	1%	4%	4%	5%

Among your friends

Unweighted base	2106	1190	916	21	138	303	912	574	43	86
Base	2106	1115	991	22	125	306	863	639	43	76
I do	76%	81%	70%	78%	70%	76%	80%	71%	65%	86%
I don't	7%	5%	9%	5%	6%	6%	5%	11%	16%	4%
Don't know	13%	11%	15%	17%	19%	14%	12%	14%	9%	8%
Not applicable	4%	2%	6%	-	6%	3%	3%	5%	10%	2%

By your partner

Unweighted base	99	42	57	2	3	7	14	59	8	1
Base	111	43	68	2	3	7	13	69	11	1
I do	38%	42%	35%	100%	-	76%	72%	30%	17%	-
I don't	10%	8%	11%	-	-	-	7%	9%	31%	-
Don't know	9%	6%	11%	-	-	13%	21%	6%	23%	-
Not applicable	43%	44%	43%	-	100%	11%	-	55%	28%	100%

YouGov Survey Results

Sample size: 2,106 UK adults

Fieldwork: 30th October - 2nd November 2020



Total	Coping with COVID		COVID impact on mental health			Thinking back to the full lockdown introduced back in March this year, during this time did you feel more lonely than usual, less lonely than usual, or was there no significant impact?			
	Easy	Difficult	Negative	Positive	No impact	More lonely than usual	Less lonely than usual	No significant impact	Don't know

At social occasions

Unweighted base	2106	1486	561	1122	157	665	705	121	1220	60
Base	2106	1480	565	1114	173	649	710	129	1203	64
I do	48%	53%	38%	45%	48%	57%	45%	39%	52%	26%
I don't	19%	16%	28%	23%	24%	13%	23%	35%	16%	9%
Don't know	28%	26%	29%	29%	27%	25%	29%	22%	27%	38%
Not applicable	5%	4%	4%	3%	2%	5%	3%	4%	4%	27%

Among your family members

Unweighted base	2106	1486	561	1122	157	665	705	121	1220	60
Base	2106	1480	565	1114	173	649	710	129	1203	64
I do	80%	85%	70%	80%	71%	87%	80%	69%	82%	47%
I don't	9%	6%	16%	10%	17%	5%	11%	18%	7%	7%
Don't know	9%	8%	12%	9%	10%	6%	9%	11%	9%	23%
Not applicable	2%	1%	2%	1%	2%	2%	1%	2%	2%	24%

Among your friends

Unweighted base	2106	1486	561	1122	157	665	705	121	1220	60
Base	2106	1480	565	1114	173	649	710	129	1203	64
I do	76%	81%	66%	76%	70%	83%	76%	68%	78%	43%
I don't	7%	5%	12%	9%	12%	3%	9%	13%	6%	3%
Don't know	13%	11%	17%	13%	13%	10%	13%	10%	12%	33%
Not applicable	4%	3%	5%	3%	4%	4%	2%	8%	4%	21%

By your partner

Unweighted base	99	53	34	58	15	10	39	11	34	15
Base	111	59	38	64	19	9	41	15	38	17
I do	38%	45%	31%	37%	25%	50%	32%	33%	55%	15%
I don't	10%	7%	15%	6%	35%	-	7%	22%	11%	-
Don't know	9%	5%	6%	5%	12%	-	2%	22%	3%	30%
Not applicable	43%	44%	47%	53%	27%	50%	58%	23%	30%	54%

YouGov Survey Results

Sample size: 2,106 UK adults

Fieldwork: 30th October - 2nd November 2020



Total	How often have you felt lonely since March this year?						
	Never	Hardly ever	A few times a month	A few times a week	Most days	Virtually all the time	Don't know

At social occasions

Unweighted base	2106	359	608	509	273	207	82	68
Base	2106	347	588	515	282	213	86	75
I do	48%	59%	60%	47%	41%	31%	19%	20%
I don't	19%	11%	13%	18%	25%	34%	53%	13%
Don't know	28%	21%	24%	32%	32%	31%	21%	43%
Not applicable	5%	8%	3%	3%	2%	5%	7%	25%

Among your family members

Unweighted base	2106	359	608	509	273	207	82	68
Base	2106	347	588	515	282	213	86	75
I do	80%	89%	88%	83%	79%	60%	45%	37%
I don't	9%	4%	5%	6%	11%	22%	36%	14%
Don't know	9%	5%	5%	10%	10%	15%	15%	27%
Not applicable	2%	2%	1%	1%	1%	3%	4%	21%

Among your friends

Unweighted base	2106	359	608	509	273	207	82	68
Base	2106	347	588	515	282	213	86	75
I do	76%	84%	86%	79%	75%	58%	38%	37%
I don't	7%	4%	3%	4%	9%	16%	35%	5%
Don't know	13%	8%	10%	13%	12%	21%	20%	35%
Not applicable	4%	4%	1%	3%	4%	4%	7%	24%

By your partner

Unweighted base	99	8	12	27	17	20	4	11
Base	111	8	14	31	18	23	4	13
I do	38%	67%	55%	48%	39%	9%	52%	21%
I don't	10%	-	6%	4%	5%	30%	26%	-
Don't know	9%	-	-	11%	-	4%	-	47%
Not applicable	43%	33%	38%	37%	56%	58%	23%	32%

YouGov Survey Results

Sample size: 2,106 UK adults

Fieldwork: 30th October - 2nd November 2020



Total	Gender		Agegroup 16 (4-cross)			
	Male	Female	16-24	25-39	40-59	60+

What do you dislike about yourself? Tick all that apply...

Unweighted base	2106	982	1124	206	502	672	726
Base	2106	1021	1085	284	522	648	651
My looks	30%	26%	34%	47%	37%	30%	18%
My age	24%	23%	24%	8%	14%	23%	39%
My weight	50%	42%	58%	44%	53%	55%	46%
My job	8%	9%	7%	7%	12%	11%	1%
My school (when you went to school/college)	8%	7%	10%	15%	6%	9%	6%
My personality	13%	14%	12%	27%	16%	11%	7%
The first impression I give	19%	20%	18%	38%	27%	14%	10%
The way I sometimes treat my family	14%	14%	13%	22%	16%	12%	9%
The way I sometimes treat my friends	9%	11%	7%	22%	11%	7%	5%
The way I sometimes treat my partner	14%	13%	14%	13%	17%	12%	13%
The way I sometimes treat strangers	8%	9%	6%	16%	9%	6%	4%
The way I dress	13%	10%	15%	27%	15%	12%	5%
There are other things I don't like about myself	33%	30%	36%	37%	40%	35%	24%
There isn't anything I dislike about myself	11%	13%	10%	5%	8%	11%	17%
Don't know	6%	7%	5%	7%	7%	6%	4%

How much does it matter what people around you think of you?

Unweighted base	2106	982	1124	206	502	672	726
Base	2106	1021	1085	284	522	648	651
Matters a lot	15%	13%	16%	24%	15%	13%	12%
Matters somewhat	46%	42%	49%	43%	47%	46%	46%
Doesn't really matter	26%	28%	24%	19%	26%	26%	30%
Doesn't matter at all	10%	14%	7%	11%	7%	12%	11%
Don't know	3%	3%	3%	4%	4%	3%	1%

How much does it matter what complete strangers think about you?

Unweighted base	2106	982	1124	206	502	672	726
Base	2106	1021	1085	284	522	648	651
Matters a lot	5%	5%	6%	10%	6%	5%	3%
Matters somewhat	26%	24%	27%	26%	28%	25%	25%
Doesn't really matter	37%	35%	40%	33%	37%	35%	42%
Doesn't matter at all	29%	32%	26%	28%	24%	32%	30%
Don't know	3%	3%	2%	4%	4%	3%	1%

Do you tend to 'fit in' with the communities you are part of, or do you tend to be different?

Unweighted base	2106	982	1124	206	502	672	726
Base	2106	1021	1085	284	522	648	651
Tend to fit in	50%	49%	50%	39%	41%	49%	63%
Tend to be different	34%	36%	33%	38%	40%	38%	26%
Don't know	16%	14%	17%	23%	19%	14%	12%

YouGov Survey Results

Sample size: 2,106 UK adults

Fieldwork: 30th October - 2nd November 2020



Total	Agegroup 16 (5-cross)					Agegroup 16 (55-cross)			
	16-24	25-39	40-54	55-64	65+	16-24	25-39	40-54	55+

What do you dislike about yourself? Tick all that apply...

Unweighted base	2106	206	502	505	345	548	206	502	505	893
Base	2106	284	522	478	349	472	284	522	478	821
My looks	30%	47%	37%	32%	24%	16%	47%	37%	32%	19%
My age	24%	8%	14%	20%	33%	40%	8%	14%	20%	37%
My weight	50%	44%	53%	53%	54%	45%	44%	53%	53%	49%
My job	8%	7%	12%	11%	6%	0%	7%	12%	11%	3%
My school (when you went to school/college)	8%	15%	6%	9%	8%	6%	15%	6%	9%	7%
My personality	13%	27%	16%	12%	10%	6%	27%	16%	12%	7%
The first impression I give	19%	38%	27%	15%	13%	8%	38%	27%	15%	10%
The way I sometimes treat my family	14%	22%	16%	13%	11%	8%	22%	16%	13%	9%
The way I sometimes treat my friends	9%	22%	11%	6%	7%	4%	22%	11%	6%	6%
The way I sometimes treat my partner	14%	13%	17%	12%	15%	11%	13%	17%	12%	13%
The way I sometimes treat strangers	8%	16%	9%	7%	5%	4%	16%	9%	7%	4%
The way I dress	13%	27%	15%	13%	7%	5%	27%	15%	13%	6%
There are other things I don't like about myself	33%	37%	40%	36%	30%	22%	37%	40%	36%	25%
There isn't anything I dislike about myself	11%	5%	8%	10%	12%	19%	5%	8%	10%	16%
Don't know	6%	7%	7%	6%	5%	4%	7%	7%	6%	5%

How much does it matter what people around you think of you?

Unweighted base	2106	206	502	505	345	548	206	502	505	893
Base	2106	284	522	478	349	472	284	522	478	821
Matters a lot	15%	24%	15%	12%	15%	11%	24%	15%	12%	12%
Matters somewhat	46%	43%	47%	47%	43%	47%	43%	47%	47%	46%
Doesn't really matter	26%	19%	26%	27%	28%	30%	19%	26%	27%	29%
Doesn't matter at all	10%	11%	7%	12%	13%	11%	11%	7%	12%	11%
Don't know	3%	4%	4%	3%	2%	1%	4%	4%	3%	1%

How much does it matter what complete strangers think about you?

Unweighted base	2106	206	502	505	345	548	206	502	505	893
Base	2106	284	522	478	349	472	284	522	478	821
Matters a lot	5%	10%	6%	4%	5%	3%	10%	6%	4%	4%
Matters somewhat	26%	26%	28%	26%	25%	24%	26%	28%	26%	25%
Doesn't really matter	37%	33%	37%	35%	40%	41%	33%	37%	35%	41%
Doesn't matter at all	29%	28%	24%	33%	28%	31%	28%	24%	33%	30%
Don't know	3%	4%	4%	3%	2%	1%	4%	4%	3%	1%

Do you tend to 'fit in' with the communities you are part of, or do you tend to be different?

Unweighted base	2106	206	502	505	345	548	206	502	505	893
Base	2106	284	522	478	349	472	284	522	478	821
Tend to fit in	50%	39%	41%	46%	57%	65%	39%	41%	46%	61%
Tend to be different	34%	38%	40%	40%	30%	24%	38%	40%	40%	27%
Don't know	16%	23%	19%	14%	13%	11%	23%	19%	14%	12%

YouGov Survey Results

Sample size: 2,106 UK adults

Fieldwork: 30th October - 2nd November 2020



Total	Age Group 16+ by Gender							
	16-24/Male	16-24/Female	25-39/Male	25-39/Female	40-59/Male	40-59/Female	60+/Male	60+/Female

What do you dislike about yourself? Tick all that apply...

Unweighted base	2106	73	133	238	264	332	340	339	387
Base	2106	143	141	257	265	317	332	305	346
My looks	30%	39%	54%	35%	39%	24%	35%	14%	21%
My age	24%	10%	6%	12%	16%	22%	24%	40%	38%
My weight	50%	31%	58%	45%	60%	44%	65%	44%	49%
My job	8%	5%	10%	13%	11%	14%	8%	2%	1%
My school (when you went to school/college)	8%	11%	20%	4%	8%	9%	10%	6%	7%
My personality	13%	24%	29%	18%	14%	10%	12%	9%	5%
The first impression I give	19%	39%	37%	27%	26%	15%	13%	10%	10%
The way I sometimes treat my family	14%	15%	28%	16%	17%	14%	11%	12%	7%
The way I sometimes treat my friends	9%	22%	22%	13%	8%	8%	5%	8%	3%
The way I sometimes treat my partner	14%	8%	18%	16%	18%	12%	12%	15%	11%
The way I sometimes treat strangers	8%	19%	13%	10%	7%	7%	5%	6%	3%
The way I dress	13%	19%	34%	13%	17%	9%	14%	4%	7%
There are other things I don't like about myself	33%	28%	46%	40%	41%	32%	37%	21%	26%
There isn't anything I dislike about myself	11%	7%	4%	9%	7%	13%	9%	19%	16%
Don't know	6%	10%	4%	7%	6%	8%	4%	5%	4%

How much does it matter what people around you think of you?

Unweighted base	2106	73	133	238	264	332	340	339	387
Base	2106	143	141	257	265	317	332	305	346
Matters a lot	15%	22%	26%	13%	18%	10%	15%	11%	13%
Matters somewhat	46%	39%	47%	44%	51%	40%	52%	44%	47%
Doesn't really matter	26%	17%	20%	29%	22%	30%	23%	31%	30%
Doesn't matter at all	10%	16%	5%	10%	5%	17%	8%	13%	9%
Don't know	3%	5%	2%	5%	4%	3%	2%	1%	1%

How much does it matter what complete strangers think about you?

Unweighted base	2106	73	133	238	264	332	340	339	387
Base	2106	143	141	257	265	317	332	305	346
Matters a lot	5%	7%	12%	6%	6%	5%	5%	3%	3%
Matters somewhat	26%	25%	26%	24%	32%	23%	28%	25%	24%
Doesn't really matter	37%	27%	38%	35%	40%	33%	37%	41%	42%
Doesn't matter at all	29%	34%	22%	30%	19%	35%	29%	30%	29%
Don't know	3%	7%	2%	4%	4%	3%	2%	0%	1%

Do you tend to 'fit in' with the communities you are part of, or do you tend to be different?

Unweighted base	2106	73	133	238	264	332	340	339	387
Base	2106	143	141	257	265	317	332	305	346
Tend to fit in	50%	39%	39%	40%	42%	49%	49%	62%	63%
Tend to be different	34%	43%	32%	40%	40%	38%	37%	28%	23%
Don't know	16%	17%	29%	20%	18%	13%	14%	10%	14%

YouGov Survey Results

Sample size: 2,106 UK adults

Fieldwork: 30th October - 2nd November 2020



Total	Part of the UK			
	England	Wales	Scotland	Northern Ireland

What do you dislike about yourself? Tick all that apply...

Unweighted base	2106	1774	103	180	49
Base	2106	1771	101	177	57
My looks	30%	30%	24%	32%	39%
My age	24%	24%	28%	22%	17%
My weight	50%	50%	48%	52%	47%
My job	8%	8%	6%	7%	4%
My school (when you went to school/college)	8%	9%	6%	6%	7%
My personality	13%	13%	9%	12%	16%
The first impression I give	19%	19%	14%	24%	26%
The way I sometimes treat my family	14%	14%	13%	15%	2%
The way I sometimes treat my friends	9%	9%	7%	11%	7%
The way I sometimes treat my partner	14%	14%	13%	13%	10%
The way I sometimes treat strangers	8%	8%	8%	5%	6%
The way I dress	13%	12%	11%	17%	15%
There are other things I don't like about myself	33%	34%	26%	33%	23%
There isn't anything I dislike about myself	11%	11%	16%	11%	15%
Don't know	6%	6%	5%	8%	4%

How much does it matter what people around you think of you?

Unweighted base	2106	1774	103	180	49
Base	2106	1771	101	177	57
Matters a lot	15%	15%	17%	12%	15%
Matters somewhat	46%	47%	38%	44%	42%
Doesn't really matter	26%	26%	30%	28%	34%
Doesn't matter at all	10%	10%	8%	12%	7%
Don't know	3%	2%	7%	5%	2%

How much does it matter what complete strangers think about you?

Unweighted base	2106	1774	103	180	49
Base	2106	1771	101	177	57
Matters a lot	5%	6%	2%	6%	4%
Matters somewhat	26%	26%	28%	24%	27%
Doesn't really matter	37%	38%	38%	35%	41%
Doesn't matter at all	29%	29%	30%	31%	27%
Don't know	3%	2%	3%	4%	2%

Do you tend to 'fit in' with the communities you are part of, or do you tend to be different?

Unweighted base	2106	1774	103	180	49
Base	2106	1771	101	177	57
Tend to fit in	50%	49%	56%	48%	58%
Tend to be different	34%	35%	21%	38%	33%
Don't know	16%	16%	24%	14%	9%

YouGov Survey Results

Sample size: 2,106 UK adults

Fieldwork: 30th October - 2nd November 2020



Total	Region UK							
	North	Midlands	East	London	South	Wales	Scotland	Northern Ireland

What do you dislike about yourself? Tick all that apply...

Unweighted base	2106	496	345	173	261	499	103	180	49
Base	2106	491	339	167	276	499	101	177	57
My looks	30%	30%	31%	34%	27%	30%	24%	32%	39%
My age	24%	24%	23%	29%	17%	26%	28%	22%	17%
My weight	50%	54%	53%	46%	46%	48%	48%	52%	47%
My job	8%	9%	8%	8%	6%	8%	6%	7%	4%
My school (when you went to school/college)	8%	10%	10%	8%	7%	7%	6%	6%	7%
My personality	13%	12%	12%	12%	17%	14%	9%	12%	16%
The first impression I give	19%	19%	19%	15%	19%	19%	14%	24%	26%
The way I sometimes treat my family	14%	14%	14%	12%	15%	15%	13%	15%	2%
The way I sometimes treat my friends	9%	9%	6%	8%	10%	11%	7%	11%	7%
The way I sometimes treat my partner	14%	16%	12%	12%	10%	15%	13%	13%	10%
The way I sometimes treat strangers	8%	8%	5%	6%	9%	9%	8%	5%	6%
The way I dress	13%	13%	12%	9%	12%	13%	11%	17%	15%
There are other things I don't like about myself	33%	33%	32%	34%	33%	36%	26%	33%	23%
There isn't anything I dislike about myself	11%	11%	12%	12%	12%	10%	16%	11%	15%
Don't know	6%	5%	6%	6%	6%	6%	5%	8%	4%

How much does it matter what people around you think of you?

Unweighted base	2106	496	345	173	261	499	103	180	49
Base	2106	491	339	167	276	499	101	177	57
Matters a lot	15%	16%	14%	13%	14%	15%	17%	12%	15%
Matters somewhat	46%	46%	44%	51%	48%	47%	38%	44%	42%
Doesn't really matter	26%	26%	26%	24%	22%	28%	30%	28%	34%
Doesn't matter at all	10%	10%	14%	9%	13%	8%	8%	12%	7%
Don't know	3%	2%	3%	3%	3%	2%	7%	5%	2%

How much does it matter what complete strangers think about you?

Unweighted base	2106	496	345	173	261	499	103	180	49
Base	2106	491	339	167	276	499	101	177	57
Matters a lot	5%	5%	5%	7%	4%	6%	2%	6%	4%
Matters somewhat	26%	26%	22%	33%	27%	26%	28%	24%	27%
Doesn't really matter	37%	36%	39%	31%	38%	40%	38%	35%	41%
Doesn't matter at all	29%	31%	31%	26%	29%	26%	30%	31%	27%
Don't know	3%	2%	3%	4%	2%	2%	3%	4%	2%

Do you tend to 'fit in' with the communities you are part of, or do you tend to be different?

Unweighted base	2106	496	345	173	261	499	103	180	49
Base	2106	491	339	167	276	499	101	177	57
Tend to fit in	50%	49%	46%	47%	50%	52%	56%	48%	58%
Tend to be different	34%	35%	39%	37%	34%	32%	21%	38%	33%
Don't know	16%	16%	15%	16%	16%	15%	24%	14%	9%

YouGov Survey Results

Sample size: 2,106 UK adults

Fieldwork: 30th October - 2nd November 2020



Total	Do you regard yourself as belonging to any particular religion?			
	Yes	No	Don't know	Prefer not to say

What do you dislike about yourself? Tick all that apply...

Unweighted base	2106	195	221	10	10
Base	2106	179	210	9	9
My looks	30%	26%	22%	42%	60%
My age	24%	31%	26%	40%	32%
My weight	50%	51%	46%	56%	73%
My job	8%	6%	8%	13%	21%
My school (when you went to school/college)	8%	5%	8%	-	11%
My personality	13%	10%	10%	-	10%
The first impression I give	19%	13%	14%	32%	21%
The way I sometimes treat my family	14%	9%	10%	-	31%
The way I sometimes treat my friends	9%	5%	4%	-	9%
The way I sometimes treat my partner	14%	12%	10%	9%	9%
The way I sometimes treat strangers	8%	7%	5%	9%	-
The way I dress	13%	11%	7%	31%	31%
There are other things I don't like about myself	33%	25%	29%	11%	69%
There isn't anything I dislike about myself	11%	13%	19%	10%	9%
Don't know	6%	7%	4%	-	-

How much does it matter what people around you think of you?

Unweighted base	2106	195	221	10	10
Base	2106	179	210	9	9
Matters a lot	15%	14%	10%	-	9%
Matters somewhat	46%	47%	45%	60%	53%
Doesn't really matter	26%	30%	29%	30%	29%
Doesn't matter at all	10%	7%	11%	-	-
Don't know	3%	2%	5%	10%	9%

How much does it matter what complete strangers think about you?

Unweighted base	2106	195	221	10	10
Base	2106	179	210	9	9
Matters a lot	5%	5%	3%	-	-
Matters somewhat	26%	32%	25%	21%	22%
Doesn't really matter	37%	37%	39%	40%	40%
Doesn't matter at all	29%	25%	29%	39%	38%
Don't know	3%	1%	4%	-	-

Do you tend to 'fit in' with the communities you are part of, or do you tend to be different?

Unweighted base	2106	195	221	10	10
Base	2106	179	210	9	9
Tend to fit in	50%	63%	47%	70%	60%
Tend to be different	34%	22%	38%	9%	21%
Don't know	16%	14%	15%	21%	19%

YouGov Survey Results

Sample size: 2,106 UK adults

Fieldwork: 30th October - 2nd November 2020



Total	Social Grade		Marital status						
	ABC1	C2DE	Civil Partnership	Divorced	Living as married	Married	Never married	Separated (after being married)	Widowed

What do you dislike about yourself? Tick all that apply...

Unweighted base	2106	1190	916	21	138	303	912	574	43	86
Base	2106	1115	991	22	125	306	863	639	43	76
My looks	30%	28%	33%	11%	29%	32%	22%	42%	29%	20%
My age	24%	25%	22%	17%	40%	18%	27%	18%	37%	35%
My weight	50%	51%	50%	63%	52%	55%	51%	46%	40%	49%
My job	8%	7%	8%	6%	5%	10%	7%	9%	7%	-
My school (when you went to school/college)	8%	7%	10%	15%	10%	9%	7%	9%	14%	3%
My personality	13%	11%	16%	26%	13%	16%	7%	20%	14%	4%
The first impression I give	19%	16%	23%	11%	17%	23%	13%	29%	9%	4%
The way I sometimes treat my family	14%	13%	15%	19%	10%	17%	12%	16%	3%	7%
The way I sometimes treat my friends	9%	8%	10%	4%	8%	10%	6%	15%	5%	2%
The way I sometimes treat my partner	14%	14%	13%	25%	5%	24%	16%	8%	2%	1%
The way I sometimes treat strangers	8%	7%	8%	10%	2%	9%	6%	11%	7%	2%
The way I dress	13%	11%	15%	19%	9%	14%	8%	18%	5%	10%
There are other things I don't like about myself	33%	34%	32%	11%	34%	36%	28%	40%	20%	28%
There isn't anything I dislike about myself	11%	12%	11%	5%	14%	8%	15%	7%	11%	15%
Don't know	6%	5%	7%	8%	3%	3%	5%	7%	7%	8%

How much does it matter what people around you think of you?

Unweighted base	2106	1190	916	21	138	303	912	574	43	86
Base	2106	1115	991	22	125	306	863	639	43	76
Matters a lot	15%	14%	16%	15%	10%	15%	14%	18%	15%	10%
Matters somewhat	46%	52%	39%	60%	48%	46%	46%	46%	29%	48%
Doesn't really matter	26%	25%	28%	18%	29%	25%	29%	22%	36%	28%
Doesn't matter at all	10%	7%	14%	-	9%	10%	10%	10%	16%	14%
Don't know	3%	2%	4%	8%	4%	3%	1%	4%	4%	1%

How much does it matter what complete strangers think about you?

Unweighted base	2106	1190	916	21	138	303	912	574	43	86
Base	2106	1115	991	22	125	306	863	639	43	76
Matters a lot	5%	5%	6%	4%	4%	5%	3%	9%	7%	2%
Matters somewhat	26%	28%	24%	39%	27%	29%	26%	25%	16%	21%
Doesn't really matter	37%	40%	34%	45%	36%	36%	40%	34%	27%	45%
Doesn't matter at all	29%	26%	32%	8%	32%	29%	29%	27%	46%	31%
Don't know	3%	2%	4%	4%	2%	1%	2%	4%	4%	-

Do you tend to 'fit in' with the communities you are part of, or do you tend to be different?

Unweighted base	2106	1190	916	21	138	303	912	574	43	86
Base	2106	1115	991	22	125	306	863	639	43	76
Tend to fit in	50%	53%	46%	38%	53%	47%	58%	38%	37%	70%
Tend to be different	34%	33%	36%	48%	30%	38%	28%	45%	33%	19%
Don't know	16%	14%	17%	14%	17%	15%	14%	18%	30%	11%

YouGov Survey Results

Sample size: 2,106 UK adults

Fieldwork: 30th October - 2nd November 2020



Total	Coping with COVID		COVID impact on mental health			Thinking back to the full lockdown introduced back in March this year, during this time did you feel more lonely than usual, less lonely than usual, or was there no significant impact?			
	Easy	Difficult	Negative	Positive	No impact	More lonely than usual	Less lonely than usual	No significant impact	Don't know

What do you dislike about yourself? Tick all that apply...

Unweighted base	2106	1486	561	1122	157	665	705	121	1220	60
Base	2106	1480	565	1114	173	649	710	129	1203	64
My looks	30%	27%	39%	38%	31%	18%	39%	33%	25%	21%
My age	24%	22%	29%	27%	19%	22%	24%	31%	23%	11%
My weight	50%	48%	59%	56%	46%	43%	57%	50%	48%	24%
My job	8%	7%	8%	9%	9%	4%	8%	10%	7%	10%
My school (when you went to school/college)	8%	8%	11%	9%	10%	7%	10%	6%	7%	7%
My personality	13%	11%	18%	16%	17%	9%	15%	18%	11%	11%
The first impression I give	19%	18%	23%	22%	21%	14%	21%	23%	17%	20%
The way I sometimes treat my family	14%	13%	16%	17%	12%	10%	15%	19%	13%	5%
The way I sometimes treat my friends	9%	9%	11%	11%	10%	6%	12%	16%	7%	1%
The way I sometimes treat my partner	14%	13%	15%	17%	9%	10%	14%	16%	13%	6%
The way I sometimes treat strangers	8%	8%	7%	8%	9%	6%	8%	14%	7%	2%
The way I dress	13%	11%	18%	16%	13%	7%	17%	14%	10%	10%
There are other things I don't like about myself	33%	30%	43%	42%	29%	20%	38%	35%	30%	27%
There isn't anything I dislike about myself	11%	14%	5%	6%	9%	21%	6%	7%	15%	7%
Don't know	6%	5%	5%	4%	3%	5%	4%	6%	5%	44%

How much does it matter what people around you think of you?

Unweighted base	2106	1486	561	1122	157	665	705	121	1220	60
Base	2106	1480	565	1114	173	649	710	129	1203	64
Matters a lot	15%	13%	19%	18%	21%	10%	19%	22%	12%	3%
Matters somewhat	46%	46%	48%	51%	42%	41%	52%	39%	44%	29%
Doesn't really matter	26%	28%	23%	24%	23%	31%	22%	26%	29%	16%
Doesn't matter at all	10%	12%	8%	6%	12%	18%	6%	10%	13%	11%
Don't know	3%	1%	2%	1%	2%	1%	2%	2%	1%	41%

How much does it matter what complete strangers think about you?

Unweighted base	2106	1486	561	1122	157	665	705	121	1220	60
Base	2106	1480	565	1114	173	649	710	129	1203	64
Matters a lot	5%	4%	9%	6%	9%	3%	7%	10%	4%	3%
Matters somewhat	26%	26%	28%	29%	27%	21%	28%	24%	25%	23%
Doesn't really matter	37%	38%	37%	39%	39%	36%	38%	37%	38%	13%
Doesn't matter at all	29%	31%	24%	24%	22%	39%	25%	25%	32%	18%
Don't know	3%	1%	3%	1%	2%	0%	2%	4%	1%	44%

Do you tend to 'fit in' with the communities you are part of, or do you tend to be different?

Unweighted base	2106	1486	561	1122	157	665	705	121	1220	60
Base	2106	1480	565	1114	173	649	710	129	1203	64
Tend to fit in	50%	54%	42%	48%	43%	59%	50%	41%	53%	14%
Tend to be different	34%	33%	41%	38%	44%	29%	36%	42%	34%	13%
Don't know	16%	13%	17%	14%	13%	12%	14%	18%	13%	73%

YouGov Survey Results

Sample size: 2,106 UK adults

Fieldwork: 30th October - 2nd November 2020



Total	How often have you felt lonely since March this year?						
	Never	Hardly ever	A few times a month	A few times a week	Most days	Virtually all the time	Don't know

What do you dislike about yourself? Tick all that apply...

Unweighted base	2106	359	608	509	273	207	82	68
Base	2106	347	588	515	282	213	86	75
My looks	30%	16%	21%	34%	41%	50%	49%	29%
My age	24%	21%	25%	24%	22%	28%	33%	13%
My weight	50%	41%	50%	51%	55%	56%	62%	38%
My job	8%	4%	7%	7%	9%	11%	12%	11%
My school (when you went to school/college)	8%	5%	6%	9%	7%	15%	20%	11%
My personality	13%	6%	8%	12%	17%	23%	41%	14%
The first impression I give	19%	11%	15%	19%	27%	27%	35%	16%
The way I sometimes treat my family	14%	8%	14%	13%	19%	13%	27%	4%
The way I sometimes treat my friends	9%	5%	7%	10%	12%	11%	29%	3%
The way I sometimes treat my partner	14%	11%	13%	14%	15%	16%	16%	9%
The way I sometimes treat strangers	8%	5%	7%	7%	8%	9%	17%	4%
The way I dress	13%	3%	10%	13%	17%	22%	32%	10%
There are other things I don't like about myself	33%	15%	29%	37%	40%	52%	51%	20%
There isn't anything I dislike about myself	11%	29%	13%	6%	5%	3%	5%	9%
Don't know	6%	6%	5%	3%	3%	4%	11%	38%

How much does it matter what people around you think of you?

Unweighted base	2106	359	608	509	273	207	82	68
Base	2106	347	588	515	282	213	86	75
Matters a lot	15%	10%	11%	14%	21%	21%	33%	9%
Matters somewhat	46%	31%	50%	54%	49%	49%	36%	21%
Doesn't really matter	26%	33%	29%	24%	24%	20%	16%	23%
Doesn't matter at all	10%	25%	9%	7%	5%	7%	12%	8%
Don't know	3%	1%	0%	1%	2%	4%	4%	39%

How much does it matter what complete strangers think about you?

Unweighted base	2106	359	608	509	273	207	82	68
Base	2106	347	588	515	282	213	86	75
Matters a lot	5%	3%	3%	5%	5%	12%	16%	4%
Matters somewhat	26%	18%	26%	29%	31%	27%	27%	13%
Doesn't really matter	37%	33%	41%	41%	38%	35%	25%	21%
Doesn't matter at all	29%	45%	29%	25%	23%	22%	29%	24%
Don't know	3%	1%	0%	1%	2%	4%	3%	38%

Do you tend to 'fit in' with the communities you are part of, or do you tend to be different?

Unweighted base	2106	359	608	509	273	207	82	68
Base	2106	347	588	515	282	213	86	75
Tend to fit in	50%	58%	58%	53%	45%	34%	28%	11%
Tend to be different	34%	29%	32%	30%	40%	49%	55%	21%
Don't know	16%	12%	10%	17%	14%	17%	16%	68%

YouGov Survey Results

Sample size: 2,106 UK adults

Fieldwork: 30th October - 2nd November 2020



Total	Gender		Agegroup 16 (4-cross)			
	Male	Female	16-24	25-39	40-59	60+

With whom do you like spending your free time? Tick as many as you like...

Unweighted base	2106	982	1124	206	502	672	726
Base	2106	1021	1085	284	522	648	651
With one friend	34%	31%	38%	46%	38%	30%	31%
With several friends	44%	43%	44%	56%	45%	39%	42%
With friends online	16%	19%	14%	31%	15%	12%	16%
With family members	57%	48%	65%	49%	52%	56%	65%
With a partner	55%	52%	57%	33%	63%	54%	58%
With my pet(s)	29%	24%	35%	35%	28%	34%	23%
With work colleagues	9%	10%	8%	6%	12%	12%	5%
On my own	39%	41%	38%	34%	37%	40%	43%
Don't know	3%	3%	2%	4%	4%	2%	1%

Which is more important to you...?

Unweighted base	2106	982	1124	206	502	672	726
Base	2106	1021	1085	284	522	648	651
Spending time with family	66%	61%	71%	43%	64%	69%	75%
Spending time with close friends	19%	22%	16%	38%	21%	16%	12%
Don't know	15%	17%	13%	19%	15%	15%	13%

Which applies to you more...?

Unweighted base	2106	982	1124	206	502	672	726
Base	2106	1021	1085	284	522	648	651
I have more of an outgoing personality	34%	32%	35%	27%	31%	29%	43%
I have more of a reclusive personality	56%	57%	54%	57%	60%	62%	45%
Don't know	11%	10%	11%	17%	9%	9%	11%

And how shy a person would you say you are?

Unweighted base	2106	982	1124	206	502	672	726
Base	2106	1021	1085	284	522	648	651
Very shy	8%	7%	9%	11%	11%	8%	5%
Somewhat shy	47%	48%	47%	47%	51%	50%	43%
Not really shy	30%	29%	31%	33%	27%	30%	33%
Not shy at all	12%	13%	11%	5%	9%	11%	18%
Don't know	3%	3%	2%	5%	2%	3%	2%

YouGov Survey Results

Sample size: 2,106 UK adults

Fieldwork: 30th October - 2nd November 2020



Total	Agegroup 16 (5-cross)					Agegroup 16 (55-cross)			
	16-24	25-39	40-54	55-64	65+	16-24	25-39	40-54	55+

With whom do you like spending your free time? Tick as many as you like...

Unweighted base	2106	206	502	505	345	548	206	502	505	893
Base	2106	284	522	478	349	472	284	522	478	821
With one friend	34%	46%	38%	31%	30%	30%	46%	38%	31%	30%
With several friends	44%	56%	45%	40%	34%	45%	56%	45%	40%	41%
With friends online	16%	31%	15%	12%	11%	17%	31%	15%	12%	15%
With family members	57%	49%	52%	56%	55%	68%	49%	52%	56%	63%
With a partner	55%	33%	63%	51%	60%	58%	33%	63%	51%	59%
With my pet(s)	29%	35%	28%	35%	28%	22%	35%	28%	35%	24%
With work colleagues	9%	6%	12%	12%	8%	4%	6%	12%	12%	6%
On my own	39%	34%	37%	41%	41%	42%	34%	37%	41%	42%
Don't know	3%	4%	4%	2%	1%	1%	4%	4%	2%	1%

Which is more important to you...?

Unweighted base	2106	206	502	505	345	548	206	502	505	893
Base	2106	284	522	478	349	472	284	522	478	821
Spending time with family	66%	43%	64%	68%	70%	78%	43%	64%	68%	75%
Spending time with close friends	19%	38%	21%	18%	14%	10%	38%	21%	18%	12%
Don't know	15%	19%	15%	14%	16%	11%	19%	15%	14%	13%

Which applies to you more...?

Unweighted base	2106	206	502	505	345	548	206	502	505	893
Base	2106	284	522	478	349	472	284	522	478	821
I have more of an outgoing personality	34%	27%	31%	29%	33%	47%	27%	31%	29%	41%
I have more of a reclusive personality	56%	57%	60%	63%	58%	42%	57%	60%	63%	49%
Don't know	11%	17%	9%	9%	9%	12%	17%	9%	9%	11%

And how shy a person would you say you are?

Unweighted base	2106	206	502	505	345	548	206	502	505	893
Base	2106	284	522	478	349	472	284	522	478	821
Very shy	8%	11%	11%	9%	5%	4%	11%	11%	9%	4%
Somewhat shy	47%	47%	51%	50%	47%	42%	47%	51%	50%	44%
Not really shy	30%	33%	27%	28%	30%	35%	33%	27%	28%	33%
Not shy at all	12%	5%	9%	10%	15%	18%	5%	9%	10%	17%
Don't know	3%	5%	2%	3%	3%	1%	5%	2%	3%	2%

YouGov Survey Results

Sample size: 2,106 UK adults

Fieldwork: 30th October - 2nd November 2020



Total	Age Group 16+ by Gender							
	16-24/Male	16-24/Female	25-39/Male	25-39/Female	40-59/Male	40-59/Female	60+/Male	60+/Female

With whom do you like spending your free time? Tick as many as you like...

Unweighted base	2106	73	133	238	264	332	340	339	387
Base	2106	143	141	257	265	317	332	305	346
With one friend	34%	47%	45%	36%	39%	25%	35%	24%	37%
With several friends	44%	58%	53%	44%	45%	38%	39%	40%	44%
With friends online	16%	44%	19%	20%	11%	12%	11%	13%	18%
With family members	57%	47%	51%	42%	62%	46%	65%	56%	72%
With a partner	55%	22%	44%	57%	68%	52%	55%	61%	55%
With my pet(s)	29%	28%	42%	26%	31%	29%	38%	15%	30%
With work colleagues	9%	5%	7%	14%	11%	12%	11%	5%	5%
On my own	39%	33%	35%	41%	33%	44%	36%	41%	44%
Don't know	3%	7%	2%	6%	3%	3%	1%	1%	1%

Which is more important to you...?

Unweighted base	2106	73	133	238	264	332	340	339	387
Base	2106	143	141	257	265	317	332	305	346
Spending time with family	66%	36%	50%	56%	71%	65%	73%	73%	77%
Spending time with close friends	19%	44%	32%	25%	16%	17%	16%	14%	10%
Don't know	15%	20%	18%	18%	13%	18%	11%	13%	12%

Which applies to you more...?

Unweighted base	2106	73	133	238	264	332	340	339	387
Base	2106	143	141	257	265	317	332	305	346
I have more of an outgoing personality	34%	22%	31%	28%	33%	31%	28%	42%	45%
I have more of a reclusive personality	56%	62%	51%	64%	56%	60%	65%	47%	45%
Don't know	11%	15%	18%	8%	11%	10%	7%	11%	11%

And how shy a person would you say you are?

Unweighted base	2106	73	133	238	264	332	340	339	387
Base	2106	143	141	257	265	317	332	305	346
Very shy	8%	7%	14%	11%	11%	8%	8%	4%	6%
Somewhat shy	47%	48%	46%	53%	50%	49%	50%	45%	41%
Not really shy	30%	36%	29%	25%	29%	29%	31%	30%	35%
Not shy at all	12%	5%	5%	10%	8%	11%	10%	21%	16%
Don't know	3%	3%	7%	2%	2%	4%	1%	1%	2%

YouGov Survey Results

Sample size: 2,106 UK adults

Fieldwork: 30th October - 2nd November 2020



Total	Part of the UK			
	England	Wales	Scotland	Northern Ireland

With whom do you like spending your free time? Tick as many as you like...

Unweighted base	2106	1774	103	180	49
Base	2106	1771	101	177	57
With one friend	34%	35%	26%	35%	34%
With several friends	44%	43%	45%	46%	38%
With friends online	16%	16%	23%	12%	25%
With family members	57%	57%	57%	60%	46%
With a partner	55%	54%	60%	55%	46%
With my pet(s)	29%	29%	37%	31%	33%
With work colleagues	9%	8%	16%	11%	6%
On my own	39%	40%	43%	35%	36%
Don't know	3%	3%	1%	3%	2%

Which is more important to you...?

Unweighted base	2106	1774	103	180	49
Base	2106	1771	101	177	57
Spending time with family	66%	65%	78%	70%	75%
Spending time with close friends	19%	19%	15%	20%	15%
Don't know	15%	16%	7%	10%	10%

Which applies to you more...?

Unweighted base	2106	1774	103	180	49
Base	2106	1771	101	177	57
I have more of an outgoing personality	34%	33%	37%	39%	27%
I have more of a reclusive personality	56%	56%	51%	52%	64%
Don't know	11%	11%	12%	9%	10%

And how shy a person would you say you are?

Unweighted base	2106	1774	103	180	49
Base	2106	1771	101	177	57
Very shy	8%	8%	11%	7%	6%
Somewhat shy	47%	47%	47%	48%	63%
Not really shy	30%	31%	27%	31%	28%
Not shy at all	12%	12%	11%	11%	-
Don't know	3%	2%	4%	3%	4%

YouGov Survey Results

Sample size: 2,106 UK adults

Fieldwork: 30th October - 2nd November 2020



Total	Region UK							
	North	Midlands	East	London	South	Wales	Scotland	Northern Ireland

With whom do you like spending your free time? Tick as many as you like...

Unweighted base	2106	496	345	173	261	499	103	180	49
Base	2106	491	339	167	276	499	101	177	57
With one friend	34%	31%	31%	40%	40%	37%	26%	35%	34%
With several friends	44%	43%	39%	44%	48%	44%	45%	46%	38%
With friends online	16%	13%	16%	14%	20%	18%	23%	12%	25%
With family members	57%	56%	56%	59%	55%	58%	57%	60%	46%
With a partner	55%	56%	57%	53%	41%	59%	60%	55%	46%
With my pet(s)	29%	29%	31%	33%	20%	29%	37%	31%	33%
With work colleagues	9%	7%	7%	11%	10%	9%	16%	11%	6%
On my own	39%	38%	39%	40%	44%	39%	43%	35%	36%
Don't know	3%	3%	3%	4%	2%	2%	1%	3%	2%

Which is more important to you...?

Unweighted base	2106	496	345	173	261	499	103	180	49
Base	2106	491	339	167	276	499	101	177	57
Spending time with family	66%	63%	71%	66%	61%	64%	78%	70%	75%
Spending time with close friends	19%	20%	16%	18%	24%	20%	15%	20%	15%
Don't know	15%	17%	13%	17%	15%	16%	7%	10%	10%

Which applies to you more...?

Unweighted base	2106	496	345	173	261	499	103	180	49
Base	2106	491	339	167	276	499	101	177	57
I have more of an outgoing personality	34%	32%	31%	32%	36%	35%	37%	39%	27%
I have more of a reclusive personality	56%	54%	59%	59%	52%	57%	51%	52%	64%
Don't know	11%	14%	10%	10%	12%	8%	12%	9%	10%

And how shy a person would you say you are?

Unweighted base	2106	496	345	173	261	499	103	180	49
Base	2106	491	339	167	276	499	101	177	57
Very shy	8%	7%	8%	8%	8%	9%	11%	7%	6%
Somewhat shy	47%	49%	46%	49%	42%	49%	47%	48%	63%
Not really shy	30%	28%	32%	29%	36%	29%	27%	31%	28%
Not shy at all	12%	14%	12%	14%	11%	11%	11%	11%	-
Don't know	3%	3%	2%	1%	3%	2%	4%	3%	4%

YouGov Survey Results

Sample size: 2,106 UK adults

Fieldwork: 30th October - 2nd November 2020



Total	Do you regard yourself as belonging to any particular religion?			
	Yes	No	Don't know	Prefer not to say

With whom do you like spending your free time? Tick as many as you like...

Unweighted base	2106	195	221	10	10
Base	2106	179	210	9	9
With one friend	34%	30%	29%	10%	10%
With several friends	44%	34%	39%	67%	32%
With friends online	16%	10%	12%	32%	9%
With family members	57%	58%	51%	47%	68%
With a partner	55%	58%	58%	58%	19%
With my pet(s)	29%	26%	25%	32%	18%
With work colleagues	9%	5%	7%	18%	-
On my own	39%	42%	39%	9%	10%
Don't know	3%	1%	3%	-	-

Which is more important to you...?

Unweighted base	2106	195	221	10	10
Base	2106	179	210	9	9
Spending time with family	66%	73%	67%	58%	59%
Spending time with close friends	19%	13%	18%	20%	9%
Don't know	15%	14%	15%	22%	32%

Which applies to you more...?

Unweighted base	2106	195	221	10	10
Base	2106	179	210	9	9
I have more of an outgoing personality	34%	37%	32%	28%	-
I have more of a reclusive personality	56%	52%	59%	72%	59%
Don't know	11%	11%	9%	-	41%

And how shy a person would you say you are?

Unweighted base	2106	195	221	10	10
Base	2106	179	210	9	9
Very shy	8%	7%	7%	-	9%
Somewhat shy	47%	51%	41%	81%	52%
Not really shy	30%	25%	35%	19%	30%
Not shy at all	12%	16%	14%	-	-
Don't know	3%	2%	2%	-	9%

YouGov Survey Results

Sample size: 2,106 UK adults

Fieldwork: 30th October - 2nd November 2020



Total	Social Grade		Marital status						
	ABC1	C2DE	Civil Partnership	Divorced	Living as married	Married	Never married	Separated (after being married)	Widowed

With whom do you like spending your free time? Tick as many as you like...

Unweighted base	2106	1190	916	21	138	303	912	574	43	86
Base	2106	1115	991	22	125	306	863	639	43	76
With one friend	34%	38%	30%	5%	34%	37%	30%	40%	40%	33%
With several friends	44%	47%	40%	40%	39%	44%	41%	48%	33%	47%
With friends online	16%	16%	16%	10%	10%	14%	12%	23%	26%	22%
With family members	57%	62%	51%	34%	62%	53%	66%	46%	52%	63%
With a partner	55%	61%	48%	66%	13%	82%	78%	26%	23%	9%
With my pet(s)	29%	30%	29%	18%	30%	34%	28%	29%	22%	27%
With work colleagues	9%	12%	6%	9%	7%	10%	9%	9%	7%	5%
On my own	39%	41%	37%	21%	53%	32%	35%	45%	40%	48%
Don't know	3%	2%	4%	4%	1%	1%	2%	5%	4%	-

Which is more important to you...?

Unweighted base	2106	1190	916	21	138	303	912	574	43	86
Base	2106	1115	991	22	125	306	863	639	43	76
Spending time with family	66%	67%	65%	69%	68%	63%	81%	49%	59%	63%
Spending time with close friends	19%	19%	19%	17%	17%	24%	9%	30%	20%	21%
Don't know	15%	14%	16%	14%	15%	12%	11%	21%	21%	16%

Which applies to you more...?

Unweighted base	2106	1190	916	21	138	303	912	574	43	86
Base	2106	1115	991	22	125	306	863	639	43	76
I have more of an outgoing personality	34%	35%	32%	34%	30%	35%	38%	27%	34%	43%
I have more of a reclusive personality	56%	56%	56%	50%	58%	58%	52%	62%	46%	50%
Don't know	11%	9%	13%	16%	12%	7%	11%	11%	19%	7%

And how shy a person would you say you are?

Unweighted base	2106	1190	916	21	138	303	912	574	43	86
Base	2106	1115	991	22	125	306	863	639	43	76
Very shy	8%	6%	10%	15%	7%	8%	5%	12%	9%	3%
Somewhat shy	47%	48%	47%	40%	46%	49%	48%	48%	43%	34%
Not really shy	30%	31%	30%	26%	32%	29%	32%	28%	31%	36%
Not shy at all	12%	13%	10%	9%	14%	12%	13%	8%	15%	26%
Don't know	3%	2%	3%	10%	2%	2%	2%	4%	2%	1%

YouGov Survey Results

Sample size: 2,106 UK adults

Fieldwork: 30th October - 2nd November 2020



Total	Coping with COVID		COVID impact on mental health			Thinking back to the full lockdown introduced back in March this year, during this time did you feel more lonely than usual, less lonely than usual, or was there no significant impact?			
	Easy	Difficult	Negative	Positive	No impact	More lonely than usual	Less lonely than usual	No significant impact	Don't know

With whom do you like spending your free time? Tick as many as you like...

Unweighted base	2106	1486	561	1122	157	665	705	121	1220	60
Base	2106	1480	565	1114	173	649	710	129	1203	64
With one friend	34%	35%	36%	38%	37%	30%	40%	31%	32%	20%
With several friends	44%	44%	44%	48%	34%	43%	50%	43%	41%	27%
With friends online	16%	17%	15%	18%	18%	16%	17%	16%	17%	7%
With family members	57%	59%	54%	58%	47%	60%	59%	50%	58%	29%
With a partner	55%	58%	49%	57%	41%	58%	52%	48%	58%	30%
With my pet(s)	29%	30%	30%	33%	25%	27%	31%	25%	29%	24%
With work colleagues	9%	9%	10%	11%	8%	7%	10%	6%	9%	6%
On my own	39%	42%	33%	39%	31%	44%	35%	36%	44%	18%
Don't know	3%	1%	2%	1%	1%	1%	1%	1%	1%	45%

Which is more important to you...?

Unweighted base	2106	1486	561	1122	157	665	705	121	1220	60
Base	2106	1480	565	1114	173	649	710	129	1203	64
Spending time with family	66%	70%	60%	66%	55%	72%	64%	65%	69%	39%
Spending time with close friends	19%	17%	26%	21%	30%	15%	24%	22%	16%	12%
Don't know	15%	13%	15%	13%	16%	12%	12%	13%	15%	49%

Which applies to you more...?

Unweighted base	2106	1486	561	1122	157	665	705	121	1220	60
Base	2106	1480	565	1114	173	649	710	129	1203	64
I have more of an outgoing personality	34%	34%	34%	34%	27%	39%	35%	30%	34%	16%
I have more of a reclusive personality	56%	57%	55%	58%	59%	52%	56%	57%	57%	18%
Don't know	11%	9%	11%	8%	14%	9%	9%	13%	8%	66%

And how shy a person would you say you are?

Unweighted base	2106	1486	561	1122	157	665	705	121	1220	60
Base	2106	1480	565	1114	173	649	710	129	1203	64
Very shy	8%	6%	13%	9%	11%	6%	9%	8%	7%	7%
Somewhat shy	47%	49%	46%	51%	42%	43%	50%	46%	47%	29%
Not really shy	30%	31%	29%	29%	35%	34%	30%	35%	31%	16%
Not shy at all	12%	13%	11%	9%	12%	17%	9%	9%	14%	9%
Don't know	3%	1%	2%	1%	1%	1%	2%	2%	1%	39%

YouGov Survey Results

Sample size: 2,106 UK adults

Fieldwork: 30th October - 2nd November 2020



Total	How often have you felt lonely since March this year?						
	Never	Hardly ever	A few times a month	A few times a week	Most days	Virtually all the time	Don't know

With whom do you like spending your free time? Tick as many as you like...

Unweighted base	2106	359	608	509	273	207	82	68
Base	2106	347	588	515	282	213	86	75
With one friend	34%	30%	35%	38%	37%	36%	37%	10%
With several friends	44%	38%	47%	49%	41%	44%	40%	14%
With friends online	16%	13%	18%	16%	17%	18%	25%	6%
With family members	57%	59%	62%	60%	55%	52%	39%	30%
With a partner	55%	62%	64%	55%	51%	41%	31%	24%
With my pet(s)	29%	24%	32%	31%	32%	29%	24%	18%
With work colleagues	9%	8%	12%	8%	11%	7%	6%	-
On my own	39%	45%	40%	41%	32%	38%	41%	24%
Don't know	3%	1%	1%	1%	1%	3%	-	42%

Which is more important to you...?

Unweighted base	2106	359	608	509	273	207	82	68
Base	2106	347	588	515	282	213	86	75
Spending time with family	66%	79%	72%	66%	63%	50%	47%	42%
Spending time with close friends	19%	10%	17%	20%	25%	31%	33%	9%
Don't know	15%	12%	12%	14%	12%	18%	20%	49%

Which applies to you more...?

Unweighted base	2106	359	608	509	273	207	82	68
Base	2106	347	588	515	282	213	86	75
I have more of an outgoing personality	34%	38%	39%	34%	32%	25%	28%	11%
I have more of a reclusive personality	56%	53%	53%	56%	60%	66%	65%	34%
Don't know	11%	9%	9%	9%	9%	9%	7%	55%

And how shy a person would you say you are?

Unweighted base	2106	359	608	509	273	207	82	68
Base	2106	347	588	515	282	213	86	75
Very shy	8%	4%	4%	7%	10%	16%	23%	12%
Somewhat shy	47%	41%	50%	52%	50%	45%	36%	38%
Not really shy	30%	34%	32%	30%	30%	28%	27%	17%
Not shy at all	12%	21%	14%	9%	8%	7%	12%	4%
Don't know	3%	1%	0%	2%	2%	4%	1%	29%

YouGov Survey Results

Sample size: 2,106 UK adults

Fieldwork: 30th October - 2nd November 2020



Total	Gender		Agegroup 16 (4-cross)			
	Male	Female	16-24	25-39	40-59	60+

How easy or difficult have you found it to cope with the overall situation regarding coronavirus?

Unweighted base	2106	982	1124	206	502	672	726
Base	2106	1021	1085	284	522	648	651
Very easy	14%	19%	9%	9%	13%	16%	16%
Mostly easy	56%	56%	57%	53%	51%	55%	63%
Mostly difficult	19%	15%	23%	21%	24%	17%	17%
Very difficult	8%	7%	8%	12%	8%	10%	4%
Don't know	3%	3%	3%	5%	5%	2%	1%

Which of the following, if any, have you found most difficult to cope with due to coronavirus restrictions?

Unweighted base	2106	982	1124	206	502	672	726
Base	2106	1021	1085	284	522	648	651
Not being able to see my partner	6%	6%	6%	21%	8%	3%	2%
Not being able to see my family members	46%	36%	56%	30%	50%	43%	53%
Not being able to see my friends	39%	34%	43%	50%	44%	32%	36%
Not being able to socialise with other people	34%	32%	36%	37%	37%	29%	35%
Not being able go to work/university/school	11%	11%	11%	28%	15%	9%	4%
Not being able to freely go out	51%	48%	54%	44%	51%	49%	57%
None of these	12%	15%	9%	4%	12%	17%	12%
Don't know	3%	4%	2%	7%	3%	2%	1%

Thinking back to the full lockdown introduced back in March this year, during this time did you feel more lonely than usual, less lonely than usual, or was there no significant impact?

Unweighted base	2106	982	1124	206	502	672	726
Base	2106	1021	1085	284	522	648	651
More lonely than usual	34%	29%	38%	48%	38%	31%	27%
Less lonely than usual	6%	6%	6%	9%	9%	7%	2%
No significant impact	57%	62%	53%	36%	50%	60%	69%
Don't know	3%	3%	3%	7%	4%	2%	1%

How often have you felt lonely since March this year?

Unweighted base	2106	982	1124	206	502	672	726
Base	2106	1021	1085	284	522	648	651
Never	16%	20%	13%	5%	11%	18%	24%
Hardly ever	28%	28%	28%	12%	24%	29%	36%
A few times a month	24%	23%	26%	30%	28%	22%	21%
A few times a week	13%	12%	15%	22%	16%	12%	9%
Most days	10%	9%	11%	17%	13%	9%	6%
Virtually all the time	4%	5%	4%	7%	3%	6%	2%
Don't know	4%	4%	3%	7%	5%	3%	2%

YouGov Survey Results

Sample size: 2,106 UK adults

Fieldwork: 30th October - 2nd November 2020



Total	Agegroup 16 (5-cross)					Agegroup 16 (55-cross)			
	16-24	25-39	40-54	55-64	65+	16-24	25-39	40-54	55+

How easy or difficult have you found it to cope with the overall situation regarding coronavirus?

Unweighted base	2106	206	502	505	345	548	206	502	505	893
Base	2106	284	522	478	349	472	284	522	478	821
Very easy	14%	9%	13%	16%	16%	15%	9%	13%	16%	16%
Mostly easy	56%	53%	51%	53%	61%	63%	53%	51%	53%	63%
Mostly difficult	19%	21%	24%	18%	15%	17%	21%	24%	18%	16%
Very difficult	8%	12%	8%	11%	5%	4%	12%	8%	11%	4%
Don't know	3%	5%	5%	2%	2%	1%	5%	5%	2%	2%

Which of the following, if any, have you found most difficult to cope with due to coronavirus restrictions?

Unweighted base	2106	206	502	505	345	548	206	502	505	893
Base	2106	284	522	478	349	472	284	522	478	821
Not being able to see my partner	6%	21%	8%	4%	1%	2%	21%	8%	4%	2%
Not being able to see my family members	46%	30%	50%	43%	45%	55%	30%	50%	43%	51%
Not being able to see my friends	39%	50%	44%	34%	28%	38%	50%	44%	34%	34%
Not being able to socialise with other people	34%	37%	37%	29%	27%	38%	37%	37%	29%	34%
Not being able go to work/university/school	11%	28%	15%	9%	6%	3%	28%	15%	9%	4%
Not being able to freely go out	51%	44%	51%	49%	50%	59%	44%	51%	49%	55%
None of these	12%	4%	12%	16%	16%	11%	4%	12%	16%	13%
Don't know	3%	7%	3%	2%	2%	1%	7%	3%	2%	1%

Thinking back to the full lockdown introduced back in March this year, during this time did you feel more lonely than usual, less lonely than usual, or was there no significant impact?

Unweighted base	2106	206	502	505	345	548	206	502	505	893
Base	2106	284	522	478	349	472	284	522	478	821
More lonely than usual	34%	48%	38%	33%	25%	28%	48%	38%	33%	27%
Less lonely than usual	6%	9%	9%	7%	4%	2%	9%	9%	7%	3%
No significant impact	57%	36%	50%	57%	69%	69%	36%	50%	57%	69%
Don't know	3%	7%	4%	3%	2%	1%	7%	4%	3%	1%

How often have you felt lonely since March this year?

Unweighted base	2106	206	502	505	345	548	206	502	505	893
Base	2106	284	522	478	349	472	284	522	478	821
Never	16%	5%	11%	17%	21%	25%	5%	11%	17%	23%
Hardly ever	28%	12%	24%	26%	38%	36%	12%	24%	26%	37%
A few times a month	24%	30%	28%	24%	20%	22%	30%	28%	24%	21%
A few times a week	13%	22%	16%	14%	8%	9%	22%	16%	14%	8%
Most days	10%	17%	13%	10%	6%	6%	17%	13%	10%	6%
Virtually all the time	4%	7%	3%	6%	4%	2%	7%	3%	6%	3%
Don't know	4%	7%	5%	3%	3%	1%	7%	5%	3%	2%

YouGov Survey Results

Sample size: 2,106 UK adults

Fieldwork: 30th October - 2nd November 2020



Total	Age Group 16+ by Gender							
	16-24/Male	16-24/Female	25-39/Male	25-39/Female	40-59/Male	40-59/Female	60+/Male	60+/Female

How easy or difficult have you found it to cope with the overall situation regarding coronavirus?

Unweighted base	2106	73	133	238	264	332	340	339	387
Base	2106	143	141	257	265	317	332	305	346
Very easy	14%	14%	4%	17%	9%	20%	11%	22%	10%
Mostly easy	56%	51%	55%	50%	52%	58%	53%	61%	64%
Mostly difficult	19%	20%	22%	18%	29%	12%	21%	14%	19%
Very difficult	8%	11%	13%	10%	6%	7%	12%	3%	4%
Don't know	3%	4%	5%	4%	5%	2%	3%	1%	2%

Which of the following, if any, have you found most difficult to cope with due to coronavirus restrictions?

Unweighted base	2106	73	133	238	264	332	340	339	387
Base	2106	143	141	257	265	317	332	305	346
Not being able to see my partner	6%	17%	24%	8%	7%	4%	3%	2%	1%
Not being able to see my family members	46%	23%	37%	40%	60%	34%	51%	41%	64%
Not being able to see my friends	39%	45%	54%	38%	50%	27%	36%	33%	39%
Not being able to socialise with other people	34%	36%	38%	34%	41%	28%	30%	34%	36%
Not being able go to work/university/school	11%	25%	30%	14%	16%	8%	9%	6%	2%
Not being able to freely go out	51%	40%	48%	49%	53%	46%	51%	53%	61%
None of these	12%	3%	6%	17%	7%	20%	14%	15%	8%
Don't know	3%	10%	4%	5%	1%	2%	2%	1%	1%

Thinking back to the full lockdown introduced back in March this year, during this time did you feel more lonely than usual, less lonely than usual, or was there no significant impact?

Unweighted base	2106	73	133	238	264	332	340	339	387
Base	2106	143	141	257	265	317	332	305	346
More lonely than usual	34%	42%	53%	34%	41%	27%	35%	21%	33%
Less lonely than usual	6%	11%	8%	7%	11%	6%	7%	2%	2%
No significant impact	57%	40%	32%	56%	44%	63%	57%	76%	64%
Don't know	3%	7%	7%	4%	4%	4%	1%	1%	2%

How often have you felt lonely since March this year?

Unweighted base	2106	73	133	238	264	332	340	339	387
Base	2106	143	141	257	265	317	332	305	346
Never	16%	8%	2%	15%	8%	20%	16%	29%	20%
Hardly ever	28%	15%	9%	23%	26%	29%	30%	39%	34%
A few times a month	24%	25%	35%	26%	29%	22%	23%	20%	23%
A few times a week	13%	22%	22%	13%	19%	14%	11%	4%	13%
Most days	10%	16%	17%	13%	13%	7%	11%	5%	7%
Virtually all the time	4%	9%	5%	4%	2%	6%	6%	2%	3%
Don't know	4%	5%	8%	6%	3%	4%	3%	2%	2%

YouGov Survey Results

Sample size: 2,106 UK adults

Fieldwork: 30th October - 2nd November 2020



Total	Part of the UK			
	England	Wales	Scotland	Northern Ireland

How easy or difficult have you found it to cope with the overall situation regarding coronavirus?

Unweighted base	2106	1774	103	180	49
Base	2106	1771	101	177	57
Very easy	14%	14%	15%	15%	14%
Mostly easy	56%	55%	57%	64%	57%
Mostly difficult	19%	20%	19%	12%	17%
Very difficult	8%	8%	6%	5%	8%
Don't know	3%	3%	3%	4%	4%

Which of the following, if any, have you found most difficult to cope with due to coronavirus restrictions?

Unweighted base	2106	1774	103	180	49
Base	2106	1771	101	177	57
Not being able to see my partner	6%	6%	8%	6%	-
Not being able to see my family members	46%	46%	50%	54%	29%
Not being able to see my friends	39%	39%	41%	38%	39%
Not being able to socialise with other people	34%	35%	28%	28%	36%
Not being able go to work/university/school	11%	12%	11%	9%	8%
Not being able to freely go out	51%	51%	58%	49%	53%
None of these	12%	13%	10%	10%	19%
Don't know	3%	3%	2%	2%	6%

Thinking back to the full lockdown introduced back in March this year, during this time did you feel more lonely than usual, less lonely than usual, or was there no significant impact?

Unweighted base	2106	1774	103	180	49
Base	2106	1771	101	177	57
More lonely than usual	34%	34%	38%	28%	34%
Less lonely than usual	6%	6%	5%	7%	4%
No significant impact	57%	57%	55%	61%	60%
Don't know	3%	3%	2%	5%	2%

How often have you felt lonely since March this year?

Unweighted base	2106	1774	103	180	49
Base	2106	1771	101	177	57
Never	16%	16%	24%	13%	14%
Hardly ever	28%	28%	23%	33%	28%
A few times a month	24%	24%	24%	26%	23%
A few times a week	13%	14%	14%	11%	15%
Most days	10%	11%	8%	8%	8%
Virtually all the time	4%	4%	2%	4%	6%
Don't know	4%	3%	4%	6%	6%

YouGov Survey Results

Sample size: 2,106 UK adults

Fieldwork: 30th October - 2nd November 2020



Total	Region UK							
	North	Midlands	East	London	South	Wales	Scotland	Northern Ireland

How easy or difficult have you found it to cope with the overall situation regarding coronavirus?

Unweighted base	2106	496	345	173	261	499	103	180	49
Base	2106	491	339	167	276	499	101	177	57
Very easy	14%	12%	15%	14%	11%	17%	15%	15%	14%
Mostly easy	56%	54%	55%	51%	59%	56%	57%	64%	57%
Mostly difficult	19%	22%	19%	23%	18%	19%	19%	12%	17%
Very difficult	8%	10%	8%	9%	8%	6%	6%	5%	8%
Don't know	3%	3%	2%	3%	5%	2%	3%	4%	4%

Which of the following, if any, have you found most difficult to cope with due to coronavirus restrictions?

Unweighted base	2106	496	345	173	261	499	103	180	49
Base	2106	491	339	167	276	499	101	177	57
Not being able to see my partner	6%	6%	4%	5%	8%	7%	8%	6%	-
Not being able to see my family members	46%	49%	43%	41%	46%	45%	50%	54%	29%
Not being able to see my friends	39%	41%	32%	42%	43%	37%	41%	38%	39%
Not being able to socialise with other people	34%	37%	31%	39%	39%	32%	28%	28%	36%
Not being able go to work/university/school	11%	11%	9%	13%	17%	11%	11%	9%	8%
Not being able to freely go out	51%	52%	47%	57%	51%	51%	58%	49%	53%
None of these	12%	11%	16%	12%	9%	13%	10%	10%	19%
Don't know	3%	3%	3%	2%	4%	2%	2%	2%	6%

Thinking back to the full lockdown introduced back in March this year, during this time did you feel more lonely than usual, less lonely than usual, or was there no significant impact?

Unweighted base	2106	496	345	173	261	499	103	180	49
Base	2106	491	339	167	276	499	101	177	57
More lonely than usual	34%	40%	33%	34%	33%	30%	38%	28%	34%
Less lonely than usual	6%	5%	5%	8%	8%	7%	5%	7%	4%
No significant impact	57%	52%	59%	56%	54%	61%	55%	61%	60%
Don't know	3%	3%	3%	2%	5%	2%	2%	5%	2%

How often have you felt lonely since March this year?

Unweighted base	2106	496	345	173	261	499	103	180	49
Base	2106	491	339	167	276	499	101	177	57
Never	16%	15%	16%	19%	14%	19%	24%	13%	14%
Hardly ever	28%	26%	28%	29%	27%	29%	23%	33%	28%
A few times a month	24%	23%	23%	27%	26%	25%	24%	26%	23%
A few times a week	13%	15%	15%	13%	13%	12%	14%	11%	15%
Most days	10%	13%	11%	8%	11%	9%	8%	8%	8%
Virtually all the time	4%	5%	4%	3%	6%	3%	2%	4%	6%
Don't know	4%	4%	4%	2%	4%	3%	4%	6%	6%

YouGov Survey Results

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Total	Do you regard yourself as belonging to any particular religion?			
	Yes	No	Don't know	Prefer not to say

How easy or difficult have you found it to cope with the overall situation regarding coronavirus?

Unweighted base	2106	195	221	10	10
Base	2106	179	210	9	9
Very easy	14%	16%	18%	33%	11%
Mostly easy	56%	60%	59%	67%	41%
Mostly difficult	19%	18%	14%	-	39%
Very difficult	8%	4%	5%	-	9%
Don't know	3%	2%	4%	-	-

Which of the following, if any, have you found most difficult to cope with due to coronavirus restrictions?

Unweighted base	2106	195	221	10	10
Base	2106	179	210	9	9
Not being able to see my partner	6%	2%	3%	-	-
Not being able to see my family members	46%	53%	44%	50%	41%
Not being able to see my friends	39%	35%	30%	29%	32%
Not being able to socialise with other people	34%	33%	29%	49%	9%
Not being able go to work/university/school	11%	10%	6%	-	9%
Not being able to freely go out	51%	52%	51%	69%	48%
None of these	12%	10%	15%	10%	-
Don't know	3%	2%	2%	-	-

Thinking back to the full lockdown introduced back in March this year, during this time did you feel more lonely than usual, less lonely than usual, or was there no significant impact?

Unweighted base	2106	195	221	10	10
Base	2106	179	210	9	9
More lonely than usual	34%	27%	30%	11%	47%
Less lonely than usual	6%	4%	6%	-	9%
No significant impact	57%	67%	62%	89%	44%
Don't know	3%	2%	2%	-	-

How often have you felt lonely since March this year?

Unweighted base	2106	195	221	10	10
Base	2106	179	210	9	9
Never	16%	21%	25%	-	-
Hardly ever	28%	33%	29%	50%	11%
A few times a month	24%	22%	23%	20%	21%
A few times a week	13%	10%	10%	10%	37%
Most days	10%	6%	6%	10%	19%
Virtually all the time	4%	5%	3%	-	12%
Don't know	4%	2%	4%	10%	-

YouGov Survey Results

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Fieldwork: 30th October - 2nd November 2020



Total	Social Grade		Marital status						
	ABC1	C2DE	Civil Partnership	Divorced	Living as married	Married	Never married	Separated (after being married)	Widowed

How easy or difficult have you found it to cope with the overall situation regarding coronavirus?

Unweighted base	2106	1190	916	21	138	303	912	574	43	86
Base	2106	1115	991	22	125	306	863	639	43	76
Very easy	14%	13%	15%	4%	9%	17%	15%	13%	10%	14%
Mostly easy	56%	59%	53%	36%	57%	54%	61%	52%	40%	61%
Mostly difficult	19%	19%	19%	37%	20%	21%	17%	19%	42%	17%
Very difficult	8%	7%	9%	15%	11%	5%	5%	11%	6%	6%
Don't know	3%	2%	4%	8%	3%	3%	2%	4%	2%	1%

Which of the following, if any, have you found most difficult to cope with due to coronavirus restrictions?

Unweighted base	2106	1190	916	21	138	303	912	574	43	86
Base	2106	1115	991	22	125	306	863	639	43	76
Not being able to see my partner	6%	4%	8%	13%	4%	3%	1%	15%	9%	3%
Not being able to see my family members	46%	51%	41%	44%	48%	50%	54%	34%	37%	56%
Not being able to see my friends	39%	43%	33%	33%	36%	36%	36%	43%	41%	43%
Not being able to socialise with other people	34%	36%	31%	45%	38%	32%	34%	33%	40%	41%
Not being able go to work/university/school	11%	11%	12%	6%	10%	11%	7%	19%	5%	6%
Not being able to freely go out	51%	56%	46%	57%	49%	52%	53%	48%	51%	56%
None of these	12%	11%	14%	-	16%	13%	11%	14%	15%	13%
Don't know	3%	1%	5%	4%	1%	2%	2%	5%	-	-

Thinking back to the full lockdown introduced back in March this year, during this time did you feel more lonely than usual, less lonely than usual, or was there no significant impact?

Unweighted base	2106	1190	916	21	138	303	912	574	43	86
Base	2106	1115	991	22	125	306	863	639	43	76
More lonely than usual	34%	34%	34%	46%	42%	32%	28%	39%	45%	42%
Less lonely than usual	6%	5%	7%	4%	2%	8%	5%	8%	11%	1%
No significant impact	57%	60%	54%	32%	55%	58%	66%	48%	42%	57%
Don't know	3%	1%	5%	18%	1%	3%	2%	5%	2%	-

How often have you felt lonely since March this year?

Unweighted base	2106	1190	916	21	138	303	912	574	43	86
Base	2106	1115	991	22	125	306	863	639	43	76
Never	16%	17%	16%	5%	14%	19%	21%	11%	6%	13%
Hardly ever	28%	31%	24%	32%	26%	27%	35%	20%	29%	26%
A few times a month	24%	25%	24%	15%	26%	24%	23%	27%	20%	26%
A few times a week	13%	14%	13%	22%	11%	15%	11%	16%	8%	14%
Most days	10%	8%	13%	13%	15%	9%	5%	15%	23%	15%
Virtually all the time	4%	3%	5%	-	6%	3%	2%	7%	11%	5%
Don't know	4%	1%	6%	13%	3%	3%	3%	5%	2%	-

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Fieldwork: 30th October - 2nd November 2020



Total	Coping with COVID		COVID impact on mental health			Thinking back to the full lockdown introduced back in March this year, during this time did you feel more lonely than usual, less lonely than usual, or was there no significant impact?			
	Easy	Difficult	Negative	Positive	No impact	More lonely than usual	Less lonely than usual	No significant impact	Don't know

How easy or difficult have you found it to cope with the overall situation regarding coronavirus?

Unweighted base	2106	1486	561	1122	157	665	705	121	1220	60
Base	2106	1480	565	1114	173	649	710	129	1203	64
Very easy	14%	20%	-	4%	18%	32%	5%	15%	20%	5%
Mostly easy	56%	80%	-	52%	60%	64%	42%	58%	66%	26%
Mostly difficult	19%	-	71%	29%	20%	3%	34%	23%	10%	15%
Very difficult	8%	-	29%	14%	2%	0%	18%	3%	2%	8%
Don't know	3%	-	-	1%	1%	1%	1%	2%	2%	47%

Which of the following, if any, have you found most difficult to cope with due to coronavirus restrictions?

Unweighted base	2106	1486	561	1122	157	665	705	121	1220	60
Base	2106	1480	565	1114	173	649	710	129	1203	64
Not being able to see my partner	6%	5%	9%	8%	5%	3%	10%	5%	4%	1%
Not being able to see my family members	46%	45%	53%	53%	44%	39%	56%	46%	41%	25%
Not being able to see my friends	39%	35%	51%	48%	28%	27%	57%	27%	30%	17%
Not being able to socialise with other people	34%	29%	48%	43%	22%	25%	52%	26%	25%	14%
Not being able go to work/university/school	11%	9%	17%	17%	8%	5%	19%	10%	7%	6%
Not being able to freely go out	51%	46%	67%	62%	30%	43%	64%	39%	46%	27%
None of these	12%	15%	5%	7%	16%	20%	3%	10%	19%	4%
Don't know	3%	2%	1%	1%	2%	1%	0%	2%	2%	51%

Thinking back to the full lockdown introduced back in March this year, during this time did you feel more lonely than usual, less lonely than usual, or was there no significant impact?

Unweighted base	2106	1486	561	1122	157	665	705	121	1220	60
Base	2106	1480	565	1114	173	649	710	129	1203	64
More lonely than usual	34%	23%	65%	51%	19%	10%	100%	-	-	-
Less lonely than usual	6%	6%	6%	5%	23%	4%	-	100%	-	-
No significant impact	57%	70%	27%	42%	57%	85%	-	-	100%	-
Don't know	3%	1%	3%	1%	1%	1%	-	-	-	100%

How often have you felt lonely since March this year?

Unweighted base	2106	1486	561	1122	157	665	705	121	1220	60
Base	2106	1480	565	1114	173	649	710	129	1203	64
Never	16%	22%	3%	6%	13%	38%	0%	11%	27%	3%
Hardly ever	28%	35%	11%	21%	26%	42%	5%	30%	42%	14%
A few times a month	24%	25%	24%	30%	30%	14%	37%	29%	18%	8%
A few times a week	13%	10%	23%	20%	14%	4%	25%	11%	7%	13%
Most days	10%	4%	26%	16%	12%	1%	22%	14%	3%	7%
Virtually all the time	4%	2%	11%	7%	2%	1%	10%	3%	1%	-
Don't know	4%	2%	2%	1%	3%	2%	0%	2%	3%	55%

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Total	How often have you felt lonely since March this year?						
	Never	Hardly ever	A few times a month	A few times a week	Most days	Virtually all the time	Don't know

How easy or difficult have you found it to cope with the overall situation regarding coronavirus?

Unweighted base	2106	359	608	509	273	207	82	68
Base	2106	347	588	515	282	213	86	75
Very easy	14%	42%	15%	6%	4%	3%	7%	5%
Mostly easy	56%	52%	73%	67%	47%	25%	20%	38%
Mostly difficult	19%	3%	9%	22%	38%	40%	24%	10%
Very difficult	8%	1%	1%	4%	8%	30%	49%	5%
Don't know	3%	1%	1%	1%	3%	2%	-	42%

Which of the following, if any, have you found most difficult to cope with due to coronavirus restrictions?

Unweighted base	2106	359	608	509	273	207	82	68
Base	2106	347	588	515	282	213	86	75
Not being able to see my partner	6%	0%	5%	7%	10%	11%	11%	1%
Not being able to see my family members	46%	34%	48%	53%	51%	50%	47%	18%
Not being able to see my friends	39%	21%	30%	50%	49%	58%	40%	8%
Not being able to socialise with other people	34%	18%	28%	40%	44%	48%	52%	10%
Not being able go to work/university/school	11%	5%	7%	14%	16%	24%	13%	-
Not being able to freely go out	51%	38%	49%	56%	59%	60%	68%	20%
None of these	12%	30%	13%	6%	4%	7%	8%	18%
Don't know	3%	1%	1%	2%	1%	1%	-	45%

Thinking back to the full lockdown introduced back in March this year, during this time did you feel more lonely than usual, less lonely than usual, or was there no significant impact?

Unweighted base	2106	359	608	509	273	207	82	68
Base	2106	347	588	515	282	213	86	75
More lonely than usual	34%	1%	6%	50%	64%	74%	82%	4%
Less lonely than usual	6%	4%	7%	7%	5%	9%	5%	3%
No significant impact	57%	95%	86%	41%	28%	16%	14%	46%
Don't know	3%	1%	2%	1%	3%	2%	-	47%

How often have you felt lonely since March this year?

Unweighted base	2106	359	608	509	273	207	82	68
Base	2106	347	588	515	282	213	86	75
Never	16%	100%	-	-	-	-	-	-
Hardly ever	28%	-	100%	-	-	-	-	-
A few times a month	24%	-	-	100%	-	-	-	-
A few times a week	13%	-	-	-	100%	-	-	-
Most days	10%	-	-	-	-	100%	-	-
Virtually all the time	4%	-	-	-	-	-	100%	-
Don't know	4%	-	-	-	-	-	-	100%

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Total	Gender		Agegroup 16 (4-cross)			
	Male	Female	16-24	25-39	40-59	60+

Which of these comes closest to the kind of loneliness you experienced?

Unweighted base	1747	780	967	198	446	552	551
Base	1759	820	938	270	463	531	495
A period of no contact or very little contact with anyone	22%	22%	22%	22%	20%	22%	23%
There may be contact, but not with anyone who cares about me	8%	9%	7%	9%	9%	8%	5%
There may be contact with people who care about me, but not with anyone who understands me	13%	12%	14%	22%	13%	12%	8%
There are people who care and understand, but they don't know the real me	8%	8%	9%	9%	8%	11%	6%
Little contact with others, but feeling perfectly at peace and content with my own company	25%	27%	24%	12%	23%	24%	37%
Don't know	24%	23%	25%	25%	27%	23%	21%

How often, if at all, have you felt anxious since March this year?

Unweighted base	2106	982	1124	206	502	672	726
Base	2106	1021	1085	284	522	648	651
Never	11%	16%	7%	5%	5%	12%	17%
Hardly ever	24%	28%	20%	13%	18%	24%	34%
A few times a month	26%	24%	27%	21%	29%	26%	25%
A few times a week	17%	14%	19%	22%	21%	16%	11%
Most days	13%	10%	15%	20%	14%	13%	8%
Virtually all the time	7%	5%	9%	12%	10%	7%	3%
Don't know	3%	3%	3%	7%	3%	2%	2%

Since the coronavirus situation started in the UK, would you say in general your life has changed for better or for worse due to what is happening, or was there no significant impact?

Unweighted base	2106	982	1124	206	502	672	726
Base	2106	1021	1085	284	522	648	651
Much better	2%	2%	2%	2%	2%	3%	1%
Somewhat better	12%	13%	11%	18%	17%	11%	6%
Somewhat worse	41%	40%	43%	42%	36%	39%	48%
Much worse	13%	11%	14%	11%	11%	14%	13%
No impact	26%	29%	23%	15%	25%	28%	29%
Don't know	6%	4%	8%	12%	9%	5%	3%

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Total	Agegroup 16 (5-cross)					Agegroup 16 (55-cross)			
	16-24	25-39	40-54	55-64	65+	16-24	25-39	40-54	55+

Which of these comes closest to the kind of loneliness you experienced?

Unweighted base	1747	198	446	420	272	411	198	446	420	683
Base	1759	270	463	397	276	354	270	463	397	629
A period of no contact or very little contact with anyone	22%	22%	20%	24%	17%	26%	22%	20%	24%	22%
There may be contact, but not with anyone who cares about me	8%	9%	9%	7%	8%	5%	9%	9%	7%	6%
There may be contact with people who care about me, but not with anyone who understands me	13%	22%	13%	12%	13%	6%	22%	13%	12%	9%
There are people who care and understand, but they don't know the real me	8%	9%	8%	11%	9%	6%	9%	8%	11%	7%
Little contact with others, but feeling perfectly at peace and content with my own company	25%	12%	23%	22%	29%	39%	12%	23%	22%	35%
Don't know	24%	25%	27%	24%	25%	19%	25%	27%	24%	21%

How often, if at all, have you felt anxious since March this year?

Unweighted base	2106	206	502	505	345	548	206	502	505	893
Base	2106	284	522	478	349	472	284	522	478	821
Never	11%	5%	5%	12%	14%	18%	5%	5%	12%	16%
Hardly ever	24%	13%	18%	22%	28%	36%	13%	18%	22%	33%
A few times a month	26%	21%	29%	26%	27%	24%	21%	29%	26%	25%
A few times a week	17%	22%	21%	17%	14%	10%	22%	21%	17%	12%
Most days	13%	20%	14%	14%	10%	8%	20%	14%	14%	9%
Virtually all the time	7%	12%	10%	7%	5%	3%	12%	10%	7%	4%
Don't know	3%	7%	3%	2%	2%	2%	7%	3%	2%	2%

Since the coronavirus situation started in the UK, would you say in general your life has changed for better or for worse due to what is happening, or was there no significant impact?

Unweighted base	2106	206	502	505	345	548	206	502	505	893
Base	2106	284	522	478	349	472	284	522	478	821
Much better	2%	2%	2%	3%	2%	1%	2%	2%	3%	1%
Somewhat better	12%	18%	17%	12%	9%	5%	18%	17%	12%	7%
Somewhat worse	41%	42%	36%	37%	44%	49%	42%	36%	37%	47%
Much worse	13%	11%	11%	16%	13%	12%	11%	11%	16%	12%
No impact	26%	15%	25%	27%	28%	31%	15%	25%	27%	30%
Don't know	6%	12%	9%	6%	5%	2%	12%	9%	6%	3%

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Total	Age Group 16+ by Gender							
	16-24/Male	16-24/Female	25-39/Male	25-39/Female	40-59/Male	40-59/Female	60+/Male	60+/Female

Which of these comes closest to the kind of loneliness you experienced?

Unweighted base	1747	68	130	203	243	267	285	242	309
Base	1759	132	138	218	245	254	278	217	278
A period of no contact or very little contact with anyone	22%	22%	22%	18%	22%	26%	19%	21%	25%
There may be contact, but not with anyone who cares about me	8%	10%	9%	12%	6%	8%	7%	6%	5%
There may be contact with people who care about me, but not with anyone who understands me	13%	21%	23%	10%	15%	11%	14%	8%	8%
There are people who care and understand, but they don't know the real me	8%	7%	11%	7%	9%	10%	12%	7%	5%
Little contact with others, but feeling perfectly at peace and content with my own company	25%	16%	9%	26%	21%	23%	24%	39%	35%
Don't know	24%	23%	27%	26%	28%	23%	23%	20%	22%

How often, if at all, have you felt anxious since March this year?

Unweighted base	2106	73	133	238	264	332	340	339	387
Base	2106	143	141	257	265	317	332	305	346
Never	11%	10%	1%	6%	4%	19%	6%	24%	11%
Hardly ever	24%	14%	12%	23%	13%	27%	20%	39%	29%
A few times a month	26%	21%	21%	27%	31%	24%	28%	23%	26%
A few times a week	17%	22%	21%	19%	23%	11%	20%	7%	15%
Most days	13%	17%	23%	13%	15%	11%	15%	5%	12%
Virtually all the time	7%	9%	15%	10%	9%	4%	10%	1%	4%
Don't know	3%	7%	8%	2%	4%	3%	1%	2%	2%

Since the coronavirus situation started in the UK, would you say in general your life has changed for better or for worse due to what is happening, or was there no significant impact?

Unweighted base	2106	73	133	238	264	332	340	339	387
Base	2106	143	141	257	265	317	332	305	346
Much better	2%	3%	1%	3%	2%	2%	3%	1%	1%
Somewhat better	12%	22%	14%	18%	17%	11%	11%	8%	5%
Somewhat worse	41%	46%	38%	34%	39%	36%	42%	46%	49%
Much worse	13%	8%	14%	13%	8%	12%	17%	11%	15%
No impact	26%	14%	16%	27%	22%	34%	23%	34%	25%
Don't know	6%	6%	17%	6%	11%	5%	5%	1%	5%

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Total	Part of the UK			
	England	Wales	Scotland	Northern Ireland

Which of these comes closest to the kind of loneliness you experienced?

Unweighted base	1747	1470	79	155	43
Base	1759	1480	76	154	49
A period of no contact or very little contact with anyone	22%	22%	23%	16%	27%
There may be contact, but not with anyone who cares about me	8%	8%	11%	6%	6%
There may be contact with people who care about me, but not with anyone who understands me	13%	13%	12%	11%	17%
There are people who care and understand, but they don't know the real me	8%	8%	8%	8%	11%
Little contact with others, but feeling perfectly at peace and content with my own company	25%	25%	30%	32%	16%
Don't know	24%	24%	16%	28%	23%

How often, if at all, have you felt anxious since March this year?

Unweighted base	2106	1774	103	180	49
Base	2106	1771	101	177	57
Never	11%	11%	13%	10%	13%
Hardly ever	24%	24%	27%	25%	18%
A few times a month	26%	25%	25%	30%	33%
A few times a week	17%	17%	17%	15%	16%
Most days	13%	14%	12%	8%	7%
Virtually all the time	7%	7%	4%	8%	10%
Don't know	3%	3%	4%	4%	4%

Since the coronavirus situation started in the UK, would you say in general your life has changed for better or for worse due to what is happening, or was there no significant impact?

Unweighted base	2106	1774	103	180	49
Base	2106	1771	101	177	57
Much better	2%	2%	2%	1%	-
Somewhat better	12%	12%	12%	12%	12%
Somewhat worse	41%	42%	49%	34%	20%
Much worse	13%	13%	10%	9%	19%
No impact	26%	25%	19%	33%	41%
Don't know	6%	6%	8%	11%	8%

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Total	Region UK							
	North	Midlands	East	London	South	Wales	Scotland	Northern Ireland

Which of these comes closest to the kind of loneliness you experienced?

Unweighted base	1747	420	289	139	223	399	79	155	43
Base	1759	419	284	136	238	403	76	154	49
A period of no contact or very little contact with anyone	22%	21%	24%	21%	21%	24%	23%	16%	27%
There may be contact, but not with anyone who cares about me	8%	8%	6%	5%	10%	9%	11%	6%	6%
There may be contact with people who care about me, but not with anyone who understands me	13%	15%	12%	10%	12%	12%	12%	11%	17%
There are people who care and understand, but they don't know the real me	8%	9%	8%	9%	8%	8%	8%	8%	11%
Little contact with others, but feeling perfectly at peace and content with my own company	25%	22%	27%	29%	26%	24%	30%	32%	16%
Don't know	24%	25%	23%	26%	23%	23%	16%	28%	23%

How often, if at all, have you felt anxious since March this year?

Unweighted base	2106	496	345	173	261	499	103	180	49
Base	2106	491	339	167	276	499	101	177	57
Never	11%	10%	14%	10%	9%	12%	13%	10%	13%
Hardly ever	24%	24%	23%	22%	23%	26%	27%	25%	18%
A few times a month	26%	24%	23%	33%	25%	25%	25%	30%	33%
A few times a week	17%	17%	18%	13%	16%	17%	17%	15%	16%
Most days	13%	15%	12%	13%	16%	12%	12%	8%	7%
Virtually all the time	7%	8%	8%	7%	7%	5%	4%	8%	10%
Don't know	3%	3%	2%	2%	5%	2%	4%	4%	4%

Since the coronavirus situation started in the UK, would you say in general your life has changed for better or for worse due to what is happening, or was there no significant impact?

Unweighted base	2106	496	345	173	261	499	103	180	49
Base	2106	491	339	167	276	499	101	177	57
Much better	2%	2%	2%	1%	2%	2%	2%	1%	-
Somewhat better	12%	12%	12%	9%	10%	15%	12%	12%	12%
Somewhat worse	41%	41%	42%	44%	44%	42%	49%	34%	20%
Much worse	13%	17%	12%	14%	13%	9%	10%	9%	19%
No impact	26%	24%	26%	26%	22%	27%	19%	33%	41%
Don't know	6%	4%	6%	6%	9%	5%	8%	11%	8%

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Total	Do you regard yourself as belonging to any particular religion?			
	Yes	No	Don't know	Prefer not to say

Which of these comes closest to the kind of loneliness you experienced?

Unweighted base	1747	155	165	10	10
Base	1759	141	157	9	9
A period of no contact or very little contact with anyone	22%	28%	23%	21%	37%
There may be contact, but not with anyone who cares about me	8%	5%	7%	-	22%
There may be contact with people who care about me, but not with anyone who understands me	13%	7%	11%	-	9%
There are people who care and understand, but they don't know the real me	8%	6%	7%	23%	9%
Little contact with others, but feeling perfectly at peace and content with my own company	25%	32%	31%	37%	-
Don't know	24%	22%	22%	19%	23%

How often, if at all, have you felt anxious since March this year?

Unweighted base	2106	195	221	10	10
Base	2106	179	210	9	9
Never	11%	14%	18%	-	-
Hardly ever	24%	29%	26%	43%	11%
A few times a month	26%	28%	23%	9%	12%
A few times a week	17%	16%	13%	19%	40%
Most days	13%	10%	10%	10%	28%
Virtually all the time	7%	3%	7%	9%	-
Don't know	3%	2%	3%	10%	9%

Since the coronavirus situation started in the UK, would you say in general your life has changed for better or for worse due to what is happening, or was there no significant impact?

Unweighted base	2106	195	221	10	10
Base	2106	179	210	9	9
Much better	2%	1%	1%	10%	-
Somewhat better	12%	9%	9%	-	-
Somewhat worse	41%	38%	38%	57%	70%
Much worse	13%	13%	11%	10%	9%
No impact	26%	35%	32%	23%	21%
Don't know	6%	5%	9%	-	-

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Total	Social Grade		Marital status						
	ABC1	C2DE	Civil Partnership	Divorced	Living as married	Married	Never married	Separated (after being married)	Widowed

Which of these comes closest to the kind of loneliness you experienced?

Unweighted base	1747	983	764	20	119	242	716	509	40	75
Base	1759	926	833	21	108	247	681	567	40	66
A period of no contact or very little contact with anyone	22%	24%	20%	15%	40%	21%	17%	24%	22%	32%
There may be contact, but not with anyone who cares about me	8%	7%	9%	9%	6%	7%	7%	9%	12%	6%
There may be contact with people who care about me, but not with anyone who understands me	13%	12%	13%	18%	8%	15%	11%	15%	14%	5%
There are people who care and understand, but they don't know the real me	8%	8%	9%	9%	8%	7%	8%	10%	2%	5%
Little contact with others, but feeling perfectly at peace and content with my own company	25%	28%	22%	27%	31%	22%	29%	20%	36%	41%
Don't know	24%	21%	27%	21%	8%	26%	28%	23%	13%	12%

How often, if at all, have you felt anxious since March this year?

Unweighted base	2106	1190	916	21	138	303	912	574	43	86
Base	2106	1115	991	22	125	306	863	639	43	76
Never	11%	10%	13%	10%	9%	9%	14%	8%	9%	17%
Hardly ever	24%	26%	22%	20%	27%	23%	28%	18%	21%	34%
A few times a month	26%	27%	24%	10%	28%	25%	28%	24%	20%	21%
A few times a week	17%	18%	15%	26%	8%	19%	15%	19%	21%	12%
Most days	13%	12%	13%	20%	17%	16%	8%	16%	21%	10%
Virtually all the time	7%	6%	9%	-	7%	6%	4%	11%	5%	6%
Don't know	3%	1%	5%	14%	4%	2%	2%	4%	4%	-

Since the coronavirus situation started in the UK, would you say in general your life has changed for better or for worse due to what is happening, or was there no significant impact?

Unweighted base	2106	1190	916	21	138	303	912	574	43	86
Base	2106	1115	991	22	125	306	863	639	43	76
Much better	2%	1%	3%	-	1%	3%	1%	3%	8%	-
Somewhat better	12%	12%	12%	12%	5%	16%	11%	14%	5%	4%
Somewhat worse	41%	44%	38%	57%	42%	38%	45%	37%	39%	42%
Much worse	13%	12%	13%	13%	16%	11%	10%	14%	21%	19%
No impact	26%	25%	26%	9%	29%	26%	27%	23%	25%	34%
Don't know	6%	5%	8%	10%	6%	6%	5%	9%	2%	2%

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Total	Coping with COVID		COVID impact on mental health			Thinking back to the full lockdown introduced back in March this year, during this time did you feel more lonely than usual, less lonely than usual, or was there no significant impact?			
	Easy	Difficult	Negative	Positive	No impact	More lonely than usual	Less lonely than usual	No significant impact	Don't know

Which of these comes closest to the kind of loneliness you experienced?

Unweighted base	1747	1148	544	1056	133	414	702	108	879	58
Base	1759	1152	549	1052	150	405	707	115	875	62
A period of no contact or very little contact with anyone	22%	19%	30%	26%	16%	16%	35%	16%	13%	7%
There may be contact, but not with anyone who cares about me	8%	7%	9%	9%	17%	3%	9%	16%	6%	4%
There may be contact with people who care about me, but not with anyone who understands me	13%	10%	18%	15%	18%	6%	19%	17%	8%	7%
There are people who care and understand, but they don't know the real me	8%	7%	12%	9%	13%	6%	8%	10%	9%	5%
Little contact with others, but feeling perfectly at peace and content with my own company	25%	33%	12%	21%	22%	42%	12%	23%	38%	4%
Don't know	24%	24%	19%	20%	14%	27%	17%	19%	27%	74%

How often, if at all, have you felt anxious since March this year?

Unweighted base	2106	1486	561	1122	157	665	705	121	1220	60
Base	2106	1480	565	1114	173	649	710	129	1203	64
Never	11%	15%	1%	2%	2%	30%	3%	3%	17%	5%
Hardly ever	24%	32%	6%	14%	25%	41%	13%	20%	32%	1%
A few times a month	26%	29%	19%	29%	28%	18%	27%	31%	25%	17%
A few times a week	17%	13%	25%	23%	22%	5%	23%	21%	12%	18%
Most days	13%	7%	27%	20%	13%	3%	21%	14%	9%	6%
Virtually all the time	7%	3%	18%	11%	6%	1%	12%	6%	4%	7%
Don't know	3%	1%	3%	0%	4%	1%	2%	5%	1%	46%

Since the coronavirus situation started in the UK, would you say in general your life has changed for better or for worse due to what is happening, or was there no significant impact?

Unweighted base	2106	1486	561	1122	157	665	705	121	1220	60
Base	2106	1480	565	1114	173	649	710	129	1203	64
Much better	2%	2%	1%	1%	11%	1%	1%	9%	2%	-
Somewhat better	12%	15%	5%	9%	37%	12%	9%	24%	13%	5%
Somewhat worse	41%	39%	51%	53%	27%	29%	52%	33%	37%	26%
Much worse	13%	6%	31%	20%	6%	4%	24%	11%	7%	6%
No impact	26%	34%	6%	13%	16%	51%	10%	14%	37%	7%
Don't know	6%	4%	5%	4%	3%	3%	5%	9%	4%	56%

YouGov Survey Results

Sample size: 2,106 UK adults

Fieldwork: 30th October - 2nd November 2020



Total	How often have you felt lonely since March this year?						
	Never	Hardly ever	A few times a month	A few times a week	Most days	Virtually all the time	Don't know

Which of these comes closest to the kind of loneliness you experienced?

Unweighted base	1747	-	608	509	273	207	82	68
Base	1759	-	588	515	282	213	86	75
A period of no contact or very little contact with anyone	22%	-	12%	23%	28%	36%	47%	1%
There may be contact, but not with anyone who cares about me	8%	-	3%	10%	8%	14%	9%	5%
There may be contact with people who care about me, but not with anyone who understands me	13%	-	3%	14%	22%	21%	24%	3%
There are people who care and understand, but they don't know the real me	8%	-	6%	6%	14%	15%	8%	5%
Little contact with others, but feeling perfectly at peace and content with my own company	25%	-	48%	22%	10%	5%	7%	12%
Don't know	24%	-	27%	25%	18%	10%	4%	74%

How often, if at all, have you felt anxious since March this year?

Unweighted base	2106	359	608	509	273	207	82	68
Base	2106	347	588	515	282	213	86	75
Never	11%	44%	11%	2%	1%	0%	2%	3%
Hardly ever	24%	31%	42%	21%	8%	4%	3%	9%
A few times a month	26%	13%	27%	44%	26%	10%	4%	14%
A few times a week	17%	6%	11%	18%	35%	26%	7%	15%
Most days	13%	4%	5%	9%	24%	36%	31%	13%
Virtually all the time	7%	2%	3%	4%	6%	20%	50%	3%
Don't know	3%	1%	1%	2%	1%	4%	2%	42%

Since the coronavirus situation started in the UK, would you say in general your life has changed for better or for worse due to what is happening, or was there no significant impact?

Unweighted base	2106	359	608	509	273	207	82	68
Base	2106	347	588	515	282	213	86	75
Much better	2%	4%	2%	2%	0%	1%	-	3%
Somewhat better	12%	14%	16%	13%	9%	6%	6%	1%
Somewhat worse	41%	28%	37%	49%	57%	46%	28%	25%
Much worse	13%	5%	5%	10%	16%	33%	55%	7%
No impact	26%	47%	35%	21%	11%	8%	9%	18%
Don't know	6%	2%	5%	6%	7%	6%	2%	47%

YouGov Survey Results

Sample size: 2,106 UK adults

Fieldwork: 30th October - 2nd November 2020



Total	Gender		Agegroup 16 (4-cross)			
	Male	Female	16-24	25-39	40-59	60+

How have the events surrounding coronavirus had an impact on your mental health?

Unweighted base	2106	982	1124	206	502	672	726
Base	2106	1021	1085	284	522	648	651
They have had a very negative impact on my mental health	14%	12%	16%	19%	17%	15%	8%
They have had a slightly negative impact on my mental health	39%	35%	43%	35%	43%	41%	36%
They have had a slightly positive impact on my mental health	6%	7%	5%	13%	10%	4%	3%
They have had a very positive impact on my mental health	2%	2%	2%	4%	2%	2%	1%
They have had no impact on my mental health	31%	36%	26%	17%	19%	30%	47%
Don't know	6%	5%	6%	7%	7%	6%	4%
Prefer not to answer	3%	2%	3%	5%	3%	2%	1%

How have the social circumstances brought about by coronavirus affected the relationship between you and your partner?

Unweighted base	1428	671	757	83	363	481	501
Base	1400	664	736	102	379	466	453
We have become significantly closer	11%	12%	11%	23%	13%	11%	8%
We have become somewhat closer	22%	23%	21%	30%	24%	19%	22%
We have become somewhat distant	8%	8%	7%	13%	8%	9%	5%
We have become significantly more distant	3%	2%	4%	7%	3%	2%	2%
No significant change	53%	53%	53%	21%	48%	57%	61%
Don't know	3%	3%	4%	6%	5%	2%	2%

Thinking generally about your close friends, would you say you have become closer or more distant since March?

Unweighted base	2106	982	1124	206	502	672	726
Base	2106	1021	1085	284	522	648	651
A lot closer	3%	2%	3%	3%	4%	2%	3%
A little closer	12%	12%	13%	20%	14%	10%	10%
A little more distant	30%	31%	30%	27%	35%	31%	27%
A lot more distant	15%	16%	15%	21%	16%	16%	11%
No real difference	35%	35%	34%	19%	25%	37%	47%
Don't know	5%	5%	5%	10%	6%	4%	3%

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Total	Agegroup 16 (5-cross)					Agegroup 16 (55-cross)			
	16-24	25-39	40-54	55-64	65+	16-24	25-39	40-54	55+

How have the events surrounding coronavirus had an impact on your mental health?

Unweighted base	2106	206	502	505	345	548	206	502	505	893
Base	2106	284	522	478	349	472	284	522	478	821
They have had a very negative impact on my mental health	14%	19%	17%	17%	9%	8%	19%	17%	17%	9%
They have had a slightly negative impact on my mental health	39%	35%	43%	41%	40%	34%	35%	43%	41%	37%
They have had a slightly positive impact on my mental health	6%	13%	10%	3%	6%	2%	13%	10%	3%	3%
They have had a very positive impact on my mental health	2%	4%	2%	2%	1%	1%	4%	2%	2%	1%
They have had no impact on my mental health	31%	17%	19%	27%	38%	50%	17%	19%	27%	45%
Don't know	6%	7%	7%	7%	4%	3%	7%	7%	7%	4%
Prefer not to answer	3%	5%	3%	3%	2%	1%	5%	3%	3%	1%

How have the social circumstances brought about by coronavirus affected the relationship between you and your partner?

Unweighted base	1428	83	363	352	256	374	83	363	352	630
Base	1400	102	379	334	261	324	102	379	334	585
We have become significantly closer	11%	23%	13%	12%	7%	8%	23%	13%	12%	8%
We have become somewhat closer	22%	30%	24%	19%	25%	18%	30%	24%	19%	21%
We have become somewhat distant	8%	13%	8%	9%	7%	4%	13%	8%	9%	5%
We have become significantly more distant	3%	7%	3%	2%	2%	2%	7%	3%	2%	2%
No significant change	53%	21%	48%	55%	57%	64%	21%	48%	55%	61%
Don't know	3%	6%	5%	2%	2%	2%	6%	5%	2%	2%

Thinking generally about your close friends, would you say you have become closer or more distant since March?

Unweighted base	2106	206	502	505	345	548	206	502	505	893
Base	2106	284	522	478	349	472	284	522	478	821
A lot closer	3%	3%	4%	2%	3%	3%	3%	4%	2%	3%
A little closer	12%	20%	14%	11%	9%	10%	20%	14%	11%	9%
A little more distant	30%	27%	35%	32%	29%	26%	27%	35%	32%	27%
A lot more distant	15%	21%	16%	17%	14%	10%	21%	16%	17%	12%
No real difference	35%	19%	25%	34%	42%	50%	19%	25%	34%	47%
Don't know	5%	10%	6%	5%	3%	2%	10%	6%	5%	3%

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Total	Age Group 16+ by Gender							
	16-24/Male	16-24/Female	25-39/Male	25-39/Female	40-59/Male	40-59/Female	60+/Male	60+/Female

How have the events surrounding coronavirus had an impact on your mental health?

Unweighted base	2106	73	133	238	264	332	340	339	387
Base	2106	143	141	257	265	317	332	305	346
They have had a very negative impact on my mental health	14%	17%	21%	17%	17%	12%	18%	7%	10%
They have had a slightly negative impact on my mental health	39%	29%	41%	40%	45%	36%	45%	32%	39%
They have had a slightly positive impact on my mental health	6%	17%	8%	10%	9%	4%	4%	3%	3%
They have had a very positive impact on my mental health	2%	6%	2%	2%	2%	2%	2%	1%	1%
They have had no impact on my mental health	31%	22%	13%	22%	17%	37%	22%	55%	41%
Don't know	6%	7%	8%	7%	6%	5%	6%	4%	4%
Prefer not to answer	3%	3%	6%	2%	4%	4%	1%	0%	2%

How have the social circumstances brought about by coronavirus affected the relationship between you and your partner?

Unweighted base	1428	19	64	154	209	240	241	258	243
Base	1400	34	68	169	209	229	237	231	222
We have become significantly closer	11%	32%	18%	12%	14%	10%	12%	11%	5%
We have become somewhat closer	22%	33%	29%	27%	21%	19%	20%	22%	22%
We have become somewhat distant	8%	23%	8%	8%	8%	10%	7%	4%	6%
We have become significantly more distant	3%	2%	9%	1%	4%	2%	3%	2%	2%
No significant change	53%	6%	28%	48%	48%	57%	56%	59%	63%
Don't know	3%	3%	8%	5%	5%	2%	3%	2%	2%

Thinking generally about your close friends, would you say you have become closer or more distant since March?

Unweighted base	2106	73	133	238	264	332	340	339	387
Base	2106	143	141	257	265	317	332	305	346
A lot closer	3%	2%	5%	3%	4%	3%	1%	1%	4%
A little closer	12%	23%	17%	15%	13%	8%	12%	8%	11%
A little more distant	30%	25%	30%	34%	36%	33%	29%	29%	26%
A lot more distant	15%	27%	16%	16%	16%	16%	17%	10%	12%
No real difference	35%	17%	21%	25%	25%	36%	38%	51%	44%
Don't know	5%	7%	12%	7%	6%	5%	3%	2%	3%

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Total	Part of the UK			
	England	Wales	Scotland	Northern Ireland

How have the events surrounding coronavirus had an impact on your mental health?

Unweighted base	2106	1774	103	180	49
Base	2106	1771	101	177	57
They have had a very negative impact on my mental health	14%	14%	12%	11%	17%
They have had a slightly negative impact on my mental health	39%	39%	39%	44%	25%
They have had a slightly positive impact on my mental health	6%	6%	6%	5%	5%
They have had a very positive impact on my mental health	2%	2%	2%	2%	2%
They have had no impact on my mental health	31%	31%	30%	30%	39%
Don't know	6%	5%	9%	6%	7%
Prefer not to answer	3%	2%	2%	3%	4%

How have the social circumstances brought about by coronavirus affected the relationship between you and your partner?

Unweighted base	1428	1201	75	121	31
Base	1400	1175	75	117	34
We have become significantly closer	11%	11%	14%	18%	7%
We have become somewhat closer	22%	22%	21%	23%	28%
We have become somewhat distant	8%	8%	10%	4%	6%
We have become significantly more distant	3%	3%	1%	2%	-
No significant change	53%	53%	53%	52%	51%
Don't know	3%	3%	1%	2%	7%

Thinking generally about your close friends, would you say you have become closer or more distant since March?

Unweighted base	2106	1774	103	180	49
Base	2106	1771	101	177	57
A lot closer	3%	3%	1%	4%	2%
A little closer	12%	12%	12%	13%	9%
A little more distant	30%	31%	34%	24%	33%
A lot more distant	15%	16%	12%	13%	8%
No real difference	35%	34%	36%	41%	42%
Don't know	5%	5%	5%	5%	6%

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Total	Region UK							
	North	Midlands	East	London	South	Wales	Scotland	Northern Ireland

How have the events surrounding coronavirus had an impact on your mental health?

Unweighted base	2106	496	345	173	261	499	103	180	49
Base	2106	491	339	167	276	499	101	177	57
They have had a very negative impact on my mental health	14%	18%	14%	14%	13%	12%	12%	11%	17%
They have had a slightly negative impact on my mental health	39%	38%	40%	40%	38%	39%	39%	44%	25%
They have had a slightly positive impact on my mental health	6%	7%	2%	5%	10%	8%	6%	5%	5%
They have had a very positive impact on my mental health	2%	2%	2%	3%	2%	1%	2%	2%	2%
They have had no impact on my mental health	31%	28%	34%	31%	28%	33%	30%	30%	39%
Don't know	6%	5%	5%	6%	5%	5%	9%	6%	7%
Prefer not to answer	3%	3%	2%	2%	3%	2%	2%	3%	4%

How have the social circumstances brought about by coronavirus affected the relationship between you and your partner?

Unweighted base	1428	346	241	122	139	353	75	121	31
Base	1400	338	235	117	138	346	75	117	34
We have become significantly closer	11%	11%	8%	9%	13%	12%	14%	18%	7%
We have become somewhat closer	22%	21%	22%	22%	14%	25%	21%	23%	28%
We have become somewhat distant	8%	9%	6%	7%	13%	6%	10%	4%	6%
We have become significantly more distant	3%	4%	1%	5%	2%	2%	1%	2%	-
No significant change	53%	52%	58%	51%	54%	52%	53%	52%	51%
Don't know	3%	3%	4%	6%	4%	2%	1%	2%	7%

Thinking generally about your close friends, would you say you have become closer or more distant since March?

Unweighted base	2106	496	345	173	261	499	103	180	49
Base	2106	491	339	167	276	499	101	177	57
A lot closer	3%	3%	3%	2%	5%	2%	1%	4%	2%
A little closer	12%	10%	11%	15%	12%	15%	12%	13%	9%
A little more distant	30%	31%	28%	34%	29%	32%	34%	24%	33%
A lot more distant	15%	20%	12%	14%	16%	15%	12%	13%	8%
No real difference	35%	33%	39%	31%	31%	33%	36%	41%	42%
Don't know	5%	4%	7%	4%	6%	3%	5%	5%	6%

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Total	Do you regard yourself as belonging to any particular religion?			
	Yes	No	Don't know	Prefer not to say

How have the events surrounding coronavirus had an impact on your mental health?

Unweighted base	2106	195	221	10	10
Base	2106	179	210	9	9
They have had a very negative impact on my mental health	14%	9%	9%	-	10%
They have had a slightly negative impact on my mental health	39%	36%	38%	47%	46%
They have had a slightly positive impact on my mental health	6%	6%	5%	10%	12%
They have had a very positive impact on my mental health	2%	2%	0%	-	-
They have had no impact on my mental health	31%	40%	42%	43%	11%
Don't know	6%	6%	6%	-	9%
Prefer not to answer	3%	2%	1%	-	12%

How have the social circumstances brought about by coronavirus affected the relationship between you and your partner?

Unweighted base	1428	141	154	6	5
Base	1400	130	147	5	5
We have become significantly closer	11%	8%	9%	16%	-
We have become somewhat closer	22%	21%	19%	-	19%
We have become somewhat distant	8%	5%	6%	17%	42%
We have become significantly more distant	3%	3%	1%	-	-
No significant change	53%	60%	62%	67%	39%
Don't know	3%	3%	3%	-	-

Thinking generally about your close friends, would you say you have become closer or more distant since March?

Unweighted base	2106	195	221	10	10
Base	2106	179	210	9	9
A lot closer	3%	1%	2%	-	-
A little closer	12%	12%	11%	20%	-
A little more distant	30%	27%	25%	52%	33%
A lot more distant	15%	11%	10%	-	19%
No real difference	35%	46%	48%	28%	37%
Don't know	5%	4%	3%	-	11%

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Total	Social Grade		Marital status						
	ABC1	C2DE	Civil Partnership	Divorced	Living as married	Married	Never married	Separated (after being married)	Widowed

How have the events surrounding coronavirus had an impact on your mental health?

Unweighted base	2106	1190	916	21	138	303	912	574	43	86
Base	2106	1115	991	22	125	306	863	639	43	76
They have had a very negative impact on my mental health	14%	12%	16%	11%	15%	13%	10%	19%	13%	13%
They have had a slightly negative impact on my mental health	39%	44%	34%	35%	41%	43%	40%	36%	42%	34%
They have had a slightly positive impact on my mental health	6%	6%	7%	9%	4%	9%	5%	7%	7%	4%
They have had a very positive impact on my mental health	2%	2%	2%	5%	2%	2%	1%	3%	8%	-
They have had no impact on my mental health	31%	31%	31%	28%	30%	27%	37%	24%	28%	47%
Don't know	6%	5%	7%	5%	7%	4%	5%	8%	-	2%
Prefer not to answer	3%	1%	4%	8%	2%	2%	2%	3%	2%	-

How have the social circumstances brought about by coronavirus affected the relationship between you and your partner?

Unweighted base	1428	868	560	20	22	292	900	158	11	7
Base	1400	809	592	21	20	294	850	178	11	7
We have become significantly closer	11%	10%	13%	16%	13%	13%	8%	21%	26%	13%
We have become somewhat closer	22%	24%	20%	29%	9%	22%	22%	22%	31%	20%
We have become somewhat distant	8%	8%	7%	14%	20%	8%	6%	13%	-	-
We have become significantly more distant	3%	3%	3%	-	5%	3%	2%	5%	-	12%
No significant change	53%	54%	52%	31%	45%	52%	59%	34%	17%	55%
Don't know	3%	2%	4%	10%	8%	2%	3%	5%	26%	-

Thinking generally about your close friends, would you say you have become closer or more distant since March?

Unweighted base	2106	1190	916	21	138	303	912	574	43	86
Base	2106	1115	991	22	125	306	863	639	43	76
A lot closer	3%	2%	3%	-	4%	4%	1%	4%	4%	7%
A little closer	12%	12%	12%	17%	13%	8%	10%	16%	15%	11%
A little more distant	30%	33%	27%	48%	26%	33%	33%	28%	11%	24%
A lot more distant	15%	15%	16%	8%	14%	14%	13%	19%	25%	13%
No real difference	35%	35%	34%	8%	41%	38%	39%	26%	42%	45%
Don't know	5%	2%	8%	19%	2%	2%	4%	8%	5%	-

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Total	Coping with COVID		COVID impact on mental health			Thinking back to the full lockdown introduced back in March this year, during this time did you feel more lonely than usual, less lonely than usual, or was there no significant impact?			
	Easy	Difficult	Negative	Positive	No impact	More lonely than usual	Less lonely than usual	No significant impact	Don't know

How have the events surrounding coronavirus had an impact on your mental health?

Unweighted base	2106	1486	561	1122	157	665	705	121	1220	60
Base	2106	1480	565	1114	173	649	710	129	1203	64
They have had a very negative impact on my mental health	14%	5%	38%	26%	-	-	29%	15%	5%	7%
They have had a slightly negative impact on my mental health	39%	37%	45%	74%	-	-	51%	31%	34%	17%
They have had a slightly positive impact on my mental health	6%	7%	5%	-	76%	-	4%	19%	7%	-
They have had a very positive impact on my mental health	2%	2%	2%	-	24%	-	1%	12%	2%	1%
They have had no impact on my mental health	31%	42%	4%	-	-	100%	9%	21%	46%	10%
Don't know	6%	5%	4%	-	-	-	5%	1%	5%	28%
Prefer not to answer	3%	2%	2%	-	-	-	1%	2%	2%	38%

How have the social circumstances brought about by coronavirus affected the relationship between you and your partner?

Unweighted base	1428	1046	347	748	99	475	436	85	872	35
Base	1400	1020	345	734	102	455	429	86	851	34
We have become significantly closer	11%	12%	12%	11%	28%	8%	10%	17%	12%	9%
We have become somewhat closer	22%	20%	29%	27%	22%	17%	26%	29%	20%	17%
We have become somewhat distant	8%	7%	11%	10%	12%	3%	11%	13%	6%	-
We have become significantly more distant	3%	2%	5%	3%	5%	1%	5%	5%	1%	-
No significant change	53%	58%	39%	47%	33%	69%	46%	32%	60%	29%
Don't know	3%	2%	4%	2%	-	1%	3%	5%	1%	46%

Thinking generally about your close friends, would you say you have become closer or more distant since March?

Unweighted base	2106	1486	561	1122	157	665	705	121	1220	60
Base	2106	1480	565	1114	173	649	710	129	1203	64
A lot closer	3%	3%	3%	3%	2%	3%	4%	5%	2%	-
A little closer	12%	13%	13%	14%	17%	9%	15%	19%	10%	9%
A little more distant	30%	30%	34%	34%	32%	24%	34%	29%	29%	9%
A lot more distant	15%	11%	27%	20%	18%	8%	23%	24%	10%	14%
No real difference	35%	41%	19%	26%	28%	53%	21%	18%	45%	20%
Don't know	5%	3%	5%	3%	4%	3%	3%	5%	4%	47%

YouGov Survey Results

Sample size: 2,106 UK adults

Fieldwork: 30th October - 2nd November 2020



Total	How often have you felt lonely since March this year?						
	Never	Hardly ever	A few times a month	A few times a week	Most days	Virtually all the time	Don't know

How have the events surrounding coronavirus had an impact on your mental health?

Unweighted base	2106	359	608	509	273	207	82	68
Base	2106	347	588	515	282	213	86	75
They have had a very negative impact on my mental health	14%	5%	4%	9%	22%	41%	67%	1%
They have had a slightly negative impact on my mental health	39%	13%	36%	55%	55%	41%	22%	19%
They have had a slightly positive impact on my mental health	6%	4%	6%	9%	6%	7%	3%	6%
They have had a very positive impact on my mental health	2%	3%	2%	1%	3%	3%	1%	1%
They have had no impact on my mental health	31%	71%	46%	18%	8%	3%	4%	13%
Don't know	6%	4%	5%	6%	4%	4%	1%	27%
Prefer not to answer	3%	1%	1%	2%	2%	2%	1%	32%

How have the social circumstances brought about by coronavirus affected the relationship between you and your partner?

Unweighted base	1428	272	471	334	174	102	32	43
Base	1400	259	453	329	178	102	33	45
We have become significantly closer	11%	11%	13%	12%	10%	9%	3%	6%
We have become somewhat closer	22%	13%	24%	28%	26%	21%	16%	7%
We have become somewhat distant	8%	2%	5%	9%	16%	12%	23%	4%
We have become significantly more distant	3%	-	2%	2%	2%	9%	18%	5%
No significant change	53%	73%	56%	46%	43%	41%	30%	43%
Don't know	3%	1%	1%	2%	3%	7%	10%	35%

Thinking generally about your close friends, would you say you have become closer or more distant since March?

Unweighted base	2106	359	608	509	273	207	82	68
Base	2106	347	588	515	282	213	86	75
A lot closer	3%	2%	2%	4%	3%	3%	2%	-
A little closer	12%	9%	13%	15%	13%	12%	13%	3%
A little more distant	30%	20%	32%	38%	36%	27%	24%	10%
A lot more distant	15%	8%	9%	13%	22%	36%	38%	8%
No real difference	35%	59%	42%	27%	22%	19%	19%	22%
Don't know	5%	2%	2%	4%	3%	3%	5%	57%