

YouGov / European Political Monthly Survey Results

Sample Size: 1007 adults in Poland
Fieldwork: 6th - 14th May 2026

Weighted Sample Unweighted Sample		Age (1)						Age (2)			Gender		Region					
	Total	18-24	25-34	35-44	45-54	55-64	65+	18-34	35-54	55+	Male	Female	PL1 REGION CENTRALNY	PL2 REGION POŁUDNIOWY	PL3 REGION WSCHODNI	PL4 REGION PÓŁNOCNO- ZACHODNI	PL5 REGION POŁUDNIOWO- ZACHODNI	PL6 REGION PÓŁNOCNY
	1007	64	176	229	140	153	245	240	368	398	480	527	217	204	176	159	102	149
	1007	50	162	257	155	168	215	212	412	383	438	569	198	226	169	163	107	144
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%

How often, if at all, do you see or hear
information from EU institutions?

Every day	11	9	4	8	13	17	13	6	10	15	12	9	12	8	16	8	12	9
Several times a week	26	13	15	18	27	33	38	15	21	36	29	22	25	28	20	25	23	33
Once a week	12	14	16	17	14	9	5	16	16	6	15	9	10	14	11	15	10	10
Several times a month	18	22	26	17	16	14	16	25	17	15	16	20	20	24	18	16	10	14
Once a month	4	12	6	9	2	2	1	8	6	1	5	4	6	3	4	4	7	4
Less often than once a month	12	11	11	17	13	8	11	11	15	10	7	16	12	5	10	17	18	15
Don't know	17	19	22	14	15	18	16	21	15	17	14	20	15	17	21	16	20	15

Thinking about information from EU institutions,
how clear and informative do you think it is?
Clear

A great deal	6	6	8	4	6	5	6	7	5	6	7	5	6	5	7	9	5	3
A fair amount	42	40	38	43	37	47	43	39	41	44	43	40	41	47	32	44	47	41
TOTAL A GREAT DEAL / A FAIR AMOUNT	48	46	46	47	43	52	49	46	46	50	50	45	47	52	39	53	52	44
Not very much	36	29	35	35	43	32	38	34	38	36	36	36	40	36	44	27	30	35
Not at all	9	17	5	9	7	10	10	9	8	10	9	9	4	9	7	13	8	15
TOTAL NOT VERY MUCH / NOT AT ALL	45	46	40	44	50	42	48	43	46	46	45	45	44	45	51	40	38	50
Don't know	8	8	14	9	8	6	3	12	8	4	5	10	9	4	10	7	11	6

Informative

A great deal	5	4	8	3	6	4	5	7	4	5	6	4	4	4	7	8	5	3
A fair amount	38	47	43	36	32	39	36	44	34	37	39	37	39	40	28	42	39	40
TOTAL A GREAT DEAL / A FAIR AMOUNT	43	51	51	39	38	43	41	51	38	42	45	41	43	44	35	50	44	43
Not very much	38	23	27	40	42	40	42	26	41	41	37	38	40	42	42	29	33	35
Not at all	9	11	8	10	9	9	9	9	10	9	11	8	6	8	9	11	11	15
TOTAL NOT VERY MUCH / NOT AT ALL	47	34	35	50	51	49	51	35	51	50	48	46	46	50	51	40	44	50
Don't know	10	14	15	10	11	9	6	15	11	7	7	13	11	7	15	10	12	8

YouGov / European Political Mon

Sample Size: 1007 adults in Poland

Fieldwork: 6th - 14th May 2026

		Past vote 2023			
	Total	Prawo i Sprawiedliwość / Zjednoczona Prawica	Koalicja Obywatelska	Lewica	Trzecia Droga (Polska 2050 i Polskie Stronnictwo Ludowe)
Weighted Sample	1007	294	248	69	119
Unweighted Sample	1007	231	279	75	121
	%	%	%	%	%

How often, if at all, do you see or hear information from EU institutions?

Every day	11	12	18	8	8
Several times a week	26	31	30	29	22
Once a week	12	9	11	11	16
Several times a month	18	15	16	32	11
Once a month	4	5	2	4	4
Less often than once a month	12	11	11	12	13
Don't know	17	16	13	5	25

Thinking about information from EU institutions, how clear and informative do you think it is?

Clear

A great deal	6	3	12	7	3
A fair amount	42	33	52	63	43
TOTAL A GREAT DEAL / A FAIR AMOUNT	48	36	64	70	46
Not very much	36	46	28	19	35
Not at all	9	14	1	8	7
TOTAL NOT VERY MUCH / NOT AT ALL	45	60	29	27	42
Don't know	8	4	6	2	12

Informative

A great deal	5	3	9	7	3
A fair amount	38	31	49	58	39
TOTAL A GREAT DEAL / A FAIR AMOUNT	43	34	58	65	42
Not very much	38	45	32	21	42
Not at all	9	15	2	10	4
TOTAL NOT VERY MUCH / NOT AT ALL	47	60	34	31	46
Don't know	10	6	9	4	13

Sample Size: 1007 adults in Poland
Fieldwork: 6th - 14th May 2026

	Age (1)						Age (2)			Gender		Region						
Total	18-24	25-34	35-44	45-54	55-64	65+	18-34	35-54	55+	Male	Female	PL1 REGION CENTRALNY	PL2 REGION POŁUDNIOWY	PL3 REGION WSCHODNI	PL4 REGION PÓŁNOCNO- ZACHODNI	PL5 REGION POŁUDNIOWO- ZACHODNI	PL6 REGION PÓŁNOCNY	
Weighted Sample	1007	64	176	229	140	153	245	240	368	398	480	527	217	204	176	159	102	149
Unweighted Sample	1007	50	162	257	155	168	215	212	412	383	438	569	198	226	169	163	107	144
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%

Through which channels, if any, do you currently
get information about EU policies or decisions
that affect you? Select all that apply.

National TV news	47	24	29	34	47	66	66	28	39	66	44	50	52	46	48	49	37	45
Social media	34	37	46	29	37	29	30	43	32	30	33	34	38	33	38	36	24	28
Radio	31	21	21	35	37	37	28	21	36	32	31	30	29	35	36	29	19	32
Online news websites	29	14	25	25	31	37	35	22	27	36	31	28	32	29	25	32	22	35
YouTube / video creators	20	31	28	23	14	15	14	29	19	14	25	15	24	24	17	16	14	17
From people I know	16	30	15	17	17	12	16	19	17	14	15	18	20	16	15	17	10	18
Podcasts	9	6	12	12	8	9	6	10	10	7	9	9	9	7	9	11	12	8
Print newspapers	7	0	4	5	8	7	10	3	6	9	4	8	7	4	10	8	3	7
EU institutions' own websites/newsletters	5	6	3	4	9	3	4	4	6	4	5	4	5	4	4	4	7	6
I don't follow EU policy news	13	12	8	17	10	14	13	9	14	14	11	14	7	13	13	12	22	15
Don't know	4	6	9	2	6	2	0	8	4	1	3	4	2	1	5	2	9	5

Thinking about where you get most of your daily
news, does it largely come from individual
creators (e.g. YouTubers, Tiktokers, newsletter
writers) or from mainstream media, or is it a
balance of the two?

Almost all from creators	9	25	9	12	7	4	8	13	10	7	13	6	9	10	9	8	12	9
More from creators than mainstream	17	26	27	20	10	17	7	27	16	11	20	13	14	17	24	15	17	14
TOTAL FROM CREATORS	26	51	36	32	17	21	15	40	26	18	33	19	23	27	33	23	29	23
A balance of the two	24	18	23	21	27	31	24	21	23	27	23	25	26	21	25	26	24	23
More from mainstream than creators	15	13	16	12	18	13	20	15	14	17	14	16	17	22	10	20	9	11
Almost all from mainstream media	16	2	7	14	17	21	25	5	15	24	17	16	16	15	13	13	19	23
TOTAL FROM MAINSTREAM MEDIA	31	15	23	26	35	34	45	20	29	41	31	32	33	37	23	33	28	34
Don't know	18	16	19	20	21	14	15	19	21	15	12	23	18	16	19	17	18	20

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	Past vote 2023			
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Weighted Sample 1007	294	248	69	119
Unweighted Sample 1007	231	279	75	121
	%	%	%	%

Through which channels, if any, do you currently get information about EU policies or decisions that affect you? Select all that apply.

National TV news	47	50	62	49	48
Social media	34	34	34	35	30
Radio	31	33	35	30	34
Online news websites	29	27	36	38	33
YouTube / video creators	20	22	13	19	17
From people I know	16	18	15	20	12
Podcasts	9	9	11	11	7
Print newspapers	7	8	7	6	6
EU institutions' own websites/newsletters	5	5	6	5	4
I don't follow EU policy news	13	15	7	8	7
Don't know	4	2	2	1	3

Thinking about where you get most of your daily news, does it largely come from individual creators (e.g. YouTubers, Tiktokers, newsletter writers) or from mainstream media, or is it a balance of the two?

Almost all from creators	9	9	8	8	8
More from creators than mainstream	17	14	13	19	23
TOTAL FROM CREATORS	26	23	21	27	31
A balance of the two	24	26	22	40	21
More from mainstream than creators	15	17	18	19	17
Almost all from mainstream media	16	13	25	8	18
TOTAL FROM MAINSTREAM MEDIA	31	30	43	27	35
Don't know	18	20	13	7	13

Sample Size: 1007 adults in Poland
Fieldwork: 6th - 14th May 2026

Weighted Sample Unweighted Sample		Age (1)						Age (2)			Gender		Region					
	Total	18-24	25-34	35-44	45-54	55-64	65+	18-34	35-54	55+	Male	Female	PL1 REGION CENTRALNY	PL2 REGION POŁUDNIOWY	PL3 REGION WSCHODNI	PL4 REGION POŁNOCNO- ZACHODNI	PL5 REGION POŁUDNIOWO- ZACHODNI	PL6 REGION PÓŁNOCNY
	1007	64	176	229	140	153	245	240	368	398	480	527	217	204	176	159	102	149
	1007	50	162	257	155	168	215	212	412	383	438	569	198	226	169	163	107	144
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%

To what extent, if at all, do you trust information
from the following sources on EU policy issues?

EU institutions directly

Trust a great deal	6	8	7	6	7	7	6	7	6	6	6	6	6	6	10	8	5	4
Trust a fair amount	32	33	36	26	25	36	37	36	26	36	33	32	40	30	26	39	27	29
TOTAL TRUST A GREAT DEAL / FAIR AMOUNT	38	41	43	32	32	43	43	43	32	42	39	38	46	36	36	47	32	33
Do not trust very much	28	18	24	31	30	30	30	23	30	30	30	27	30	30	30	25	26	28
Do not trust at all	21	23	14	29	27	21	16	16	29	18	24	19	16	23	19	20	28	28
TOTAL DO NOT TRUST VERY MUCH / AT ALL	49	41	38	60	57	51	46	39	59	48	54	46	46	53	49	45	54	56
Don't know	11	18	18	8	11	6	11	18	9	9	7	15	9	10	15	9	15	12

National government

Trust a great deal	5	1	4	3	5	4	8	3	4	6	5	4	3	4	5	9	7	2
Trust a fair amount	26	24	23	21	23	27	35	23	22	32	26	27	30	26	19	31	19	29
TOTAL TRUST A GREAT DEAL / FAIR AMOUNT	31	25	27	24	28	31	43	26	26	38	31	31	33	30	24	40	26	31
Do not trust very much	34	37	36	37	36	38	24	36	36	30	33	35	40	36	36	28	31	27
Do not trust at all	27	23	22	33	27	28	27	22	30	27	30	24	20	29	28	26	33	31
TOTAL DO NOT TRUST VERY MUCH / AT ALL	61	60	58	70	63	66	51	58	66	57	63	59	60	65	64	54	64	58
Don't know	8	15	15	6	9	3	6	15	7	5	6	10	7	5	13	6	9	10

National public broadcaster

Trust a great deal	4	5	5	2	6	5	3	5	4	4	5	4	5	4	6	3	2	3
Trust a fair amount	28	34	20	26	28	32	33	24	26	33	28	28	28	26	23	37	22	32
TOTAL TRUST A GREAT DEAL / FAIR AMOUNT	32	39	25	28	34	37	36	29	30	37	33	32	33	30	29	40	24	35
Do not trust very much	36	30	41	36	37	37	35	38	36	36	36	37	39	42	38	30	39	29
Do not trust at all	20	13	17	26	18	20	19	16	23	20	24	16	18	20	18	21	22	23
TOTAL DO NOT TRUST VERY MUCH / AT ALL	56	43	58	62	55	57	54	54	59	56	60	53	57	62	56	51	61	52
Don't know	11	17	18	9	12	6	9	18	10	8	7	15	10	9	16	9	14	12

Commercial news organisations

Trust a great deal	3	3	2	3	4	1	2	2	4	2	2	3	2	3	5	2	3	0
Trust a fair amount	25	37	17	22	29	32	22	23	25	26	29	21	24	24	24	34	17	21
TOTAL TRUST A GREAT DEAL / FAIR AMOUNT	28	40	19	25	33	33	24	25	29	28	31	24	26	27	29	36	20	21
Do not trust very much	42	31	43	41	35	47	45	40	39	46	41	42	46	46	40	40	31	40
Do not trust at all	16	15	13	19	13	14	18	13	17	16	16	15	14	12	16	10	29	22
TOTAL DO NOT TRUST VERY MUCH / AT ALL	58	46	56	60	48	61	63	53	56	62	57	57	60	58	56	50	60	62
Don't know	15	14	25	14	18	6	14	22	16	11	11	19	14	15	14	14	21	16

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Fieldwork: 6th - 14th May 2026

		Past vote 2023			
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Weighted Sample	1007	294	248	69	119
Unweighted Sample	1007	231	279	75	121
		%	%	%	%

To what extent, if at all, do you trust information from the following sources on EU policy issues?

EU institutions directly

Trust a great deal	6	3	12	8	7
Trust a fair amount	32	18	55	49	42
TOTAL TRUST A GREAT DEAL / FAIR AMOUNT	38	21	67	57	49
Do not trust very much	28	32	22	26	30
Do not trust at all	21	34	5	10	15
TOTAL DO NOT TRUST VERY MUCH / AT ALL	49	66	27	36	45
Don't know	11	13	7	6	7

National government

Trust a great deal	5	2	10	7	6
Trust a fair amount	26	18	45	25	30
TOTAL TRUST A GREAT DEAL / FAIR AMOUNT	31	20	55	32	36
Do not trust very much	34	31	29	42	39
Do not trust at all	27	41	10	22	18
TOTAL DO NOT TRUST VERY MUCH / AT ALL	61	72	39	64	57
Don't know	8	8	6	4	7

National public broadcaster

Trust a great deal	4	3	6	3	4
Trust a fair amount	28	20	42	44	35
TOTAL TRUST A GREAT DEAL / FAIR AMOUNT	32	23	48	47	39
Do not trust very much	36	40	34	26	40
Do not trust at all	20	28	9	22	8
TOTAL DO NOT TRUST VERY MUCH / AT ALL	56	68	43	48	48
Don't know	11	10	9	5	13

Commercial news organisations

Trust a great deal	3	3	3	3	0
Trust a fair amount	25	24	32	33	26
TOTAL TRUST A GREAT DEAL / FAIR AMOUNT	28	27	35	36	26
Do not trust very much	42	40	44	35	51
Do not trust at all	16	16	10	22	6
TOTAL DO NOT TRUST VERY MUCH / AT ALL	58	56	54	57	57
Don't know	15	17	12	7	17

Sample Size: 1007 adults in Poland
Fieldwork: 6th - 14th May 2026

		Age (1)						Age (2)			Gender		Region						
		Total	18-24	25-34	35-44	45-54	55-64	65+	18-34	35-54	55+	Male	Female	PL1 REGION CENTRALNY	PL2 REGION POLUDNIOWY	PL3 REGION WSCHODNI	PL4 REGION POLNOCNO- ZACHODNI	PL5 REGION POLUDNIOWO- ZACHODNI	PL6 REGION POLNOCNY
Weighted Sample	1007	64	176	229	140	153	245	240	368	398	480	527	217	204	176	159	102	149	
Unweighted Sample	1007	50	162	257	155	168	215	212	412	383	438	569	198	226	169	163	107	144	
		%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	
Independent online creators / journalists																			
Trust a great deal		7	3	4	7	6	10	7	4	6	8	7	6	4	7	7	9	6	5
Trust a fair amount		43	26	35	41	45	47	51	33	42	49	44	41	42	45	44	46	36	41
TOTAL TRUST A GREAT DEAL / FAIR AMOUNT		50	29	39	48	51	57	58	37	48	57	51	47	46	52	51	55	42	46
Do not trust very much		30	34	37	26	30	32	28	36	28	30	30	30	35	29	26	27	36	31
Do not trust at all		10	19	8	14	10	6	7	11	12	7	11	8	9	10	9	9	9	13
TOTAL DO NOT TRUST VERY MUCH / AT ALL		40	53	45	40	40	38	35	47	40	37	41	38	44	39	35	36	45	44
Don't know		10	17	16	13	10	5	6	16	11	6	7	14	10	9	13	9	13	10
Academic or research institutions																			
Trust a great deal		7	7	4	7	10	6	6	5	8	6	7	6	7	8	8	7	5	4
Trust a fair amount		45	45	53	38	34	44	52	51	37	49	47	43	50	45	47	48	35	40
TOTAL TRUST A GREAT DEAL / FAIR AMOUNT		52	52	57	45	44	50	58	56	45	55	54	49	57	53	55	55	40	44
Do not trust very much		27	22	19	28	29	33	28	19	28	30	27	27	27	25	20	30	33	28
Do not trust at all		8	9	7	13	9	7	3	7	11	5	7	8	5	9	9	6	7	10
TOTAL DO NOT TRUST VERY MUCH / AT ALL		35	31	26	41	38	40	31	26	39	35	34	35	32	34	29	36	40	38
Don't know		14	17	17	14	17	10	11	17	15	11	12	16	11	13	16	9	20	17
NGOs or civil society organisations																			
Trust a great deal		4	5	6	4	4	5	4	6	4	4	5	4	4	4	6	7	3	3
Trust a fair amount		38	29	37	36	34	38	43	35	36	41	39	37	37	42	37	42	34	31
TOTAL TRUST A GREAT DEAL / FAIR AMOUNT		42	34	43	40	38	43	47	41	40	45	44	41	41	46	43	49	37	34
Do not trust very much		34	37	28	37	33	41	31	30	35	35	33	35	36	34	31	34	28	40
Do not trust at all		10	10	9	12	10	7	9	9	11	8	10	9	9	9	9	6	16	11
TOTAL DO NOT TRUST VERY MUCH / AT ALL		44	47	37	49	43	48	40	39	46	43	43	44	45	43	40	40	44	51
Don't know		14	19	20	11	19	9	13	20	14	11	13	16	14	12	18	11	19	16
Thinking about how EU institutions talk about EU policy, which of the following comes closest to your view?																			
It is more important that EU institutions maximise their reach, even if this means using independent content creators and having less control of the message		39	48	40	42	36	42	34	42	40	37	44	35	42	38	42	46	29	34
It is more important that EU institutions have total control of the message, even if this means they don't use independent content creators to maximise reach		25	26	28	22	20	24	27	28	21	26	23	26	29	26	19	27	20	24
Don't know		36	26	32	36	44	34	39	30	39	37	32	39	29	36	39	27	51	42

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Weighted Sample	1007	294	248	69	119
Unweighted Sample	1007	231	279	75	121
%		%	%	%	%

Independent online creators / journalists

Trust a great deal	7	8	8	5	8
Trust a fair amount	43	45	48	40	51
TOTAL TRUST A GREAT DEAL / FAIR AMOUNT	50	53	56	45	59
Do not trust very much	30	31	27	36	26
Do not trust at all	10	8	8	10	4
TOTAL DO NOT TRUST VERY MUCH / AT ALL	40	39	35	46	30
Don't know	10	8	8	9	11

Academic or research institutions

Trust a great deal	7	4	12	8	10
Trust a fair amount	45	38	57	68	54
TOTAL TRUST A GREAT DEAL / FAIR AMOUNT	52	42	69	76	64
Do not trust very much	27	35	21	13	22
Do not trust at all	8	10	3	8	2
TOTAL DO NOT TRUST VERY MUCH / AT ALL	35	45	24	21	24
Don't know	14	14	8	3	12

NGOs or civil society organisations

Trust a great deal	4	4	5	9	4
Trust a fair amount	38	39	47	49	46
TOTAL TRUST A GREAT DEAL / FAIR AMOUNT	42	43	52	58	50
Do not trust very much	34	32	33	24	31
Do not trust at all	10	12	4	8	3
TOTAL DO NOT TRUST VERY MUCH / AT ALL	44	44	37	32	34
Don't know	14	13	10	9	17

Thinking about how EU institutions talk about EU policy, which of the following comes closest to your view?

It is more important that EU institutions maximise their reach, even if this means using independent content creators and having less control of the message	39	35	46	53	37
It is more important that EU institutions have total control of the message, even if this means they don't use independent content creators to maximise reach	25	21	29	31	34
Don't know	36	44	25	17	29