

YouGov / Royal College of Psychiatrists Survey Results

Sample Size: 1063 Adults in Scotland (18+)
Fieldwork: 23rd - 26th January 2023

	Vote in 2019 GE					2016 EU Ref		2014 Indy		Gender		Age			
Total	Con	Lab	Lib Dem	SNP	Remain	Leave	Yes	No	Male	Female	18-24	25-49	50-64	65+	
Weighted Sample	1063	198	147	75	354	555	294	383	474	509	554	106	425	275	256
Unweighted Sample	1063	201	151	85	376	554	290	326	473	483	580	116	407	261	279
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%

Do you think the cost-of-living situation will increase or decrease demand for mental health services over the next few years, or do you think it will make no difference? Please only think about the impact the cost-of-living situation specifically will have.

Increase	82	66	92	90	89	87	77	90	78	79	85	74	84	86	78
Decrease	3	3	2	4	3	3	2	2	2	3	3	6	3	1	4
No difference	8	21	4	5	4	7	12	4	12	10	6	4	6	9	11
Don't know	7	10	2	2	3	4	9	4	8	8	6	16	7	4	7

How concerned are you, if at all, about the impact the cost-of-living situation will have on your mental health over the next year?

Very concerned	18	6	19	11	23	19	17	24	13	16	19	16	20	22	11
Fairly concerned	34	23	39	34	40	36	31	40	31	32	37	37	42	31	25
TOTAL CONCERNED	52	29	58	45	63	55	48	64	44	48	56	53	62	53	36
Not very concerned	29	41	27	42	22	30	29	22	33	30	27	24	26	29	35
Not at all concerned	13	28	9	13	11	11	19	10	18	16	11	7	6	14	27
TOTAL NOT CONCERNED	42	69	36	55	33	41	48	32	51	46	38	31	32	43	62
Don't know	6	2	5	1	4	4	4	5	5	6	6	15	7	4	3

You said you are concerned about how the cost-of-living situation will impact your mental health. Which of the following best describes what are you most concerned about impacting your mental health? Please tick up to three.

[Only shown to those who said they are concerned about the impact the cost-of-living situation will have on their mental health; N=541]

Rising energy costs	85	88	82	84	88	86	90	88	87	83	86	62	83	91	94
Rising food costs	79	82	73	77	80	77	85	79	78	75	81	79	74	79	91
Increasing debt	31	26	24	12	35	33	26	35	26	32	30	25	34	35	21
Struggling to pay rent / mortgage	27	24	22	16	27	27	24	30	21	24	29	37	31	21	17
Redundancy or a reduction in income	19	14	20	30	18	22	13	16	22	23	16	13	27	15	7
Relationship breakdowns arising from the cost of living	11	14	20	13	11	11	11	13	7	14	8	25	9	10	9
Other [See Tab 1]	5	5	8	17	4	6	4	5	7	5	5	2	5	5	9
Don't know	1	1	0	0	2	0	1	1	1	2	0	5	1	1	1

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	Social Grade			Scottish Region							
	Total	ABC1	C2DE	North East Scotland	Highlands & Islands	South Scotland	West Scotland	Central	Mid-Scotland & Fife	Lothians	Glasgow
Weighted Sample	1063	553	510	154	94	143	115	136	129	152	139
Unweighted Sample	1063	606	457	152	106	160	108	121	127	162	127
	%	%	%	%	%	%	%	%	%	%	%

Do you think the cost-of-living situation will increase or decrease demand for mental health services over the next few years, or do you think it will make no difference? Please only think about the impact the cost-of-living situation specifically will have.

Increase	82	83	81	86	89	81	79	77	80	83	82
Decrease	3	3	3	1	2	3	3	2	3	3	6
No difference	8	9	7	8	6	9	11	10	9	8	5
Don't know	7	5	9	5	3	8	8	10	8	6	7

How concerned are you, if at all, about the impact the cost-of-living situation will have on your mental health over the next year?

Very concerned	18	14	22	16	14	20	18	16	16	19	22
Fairly concerned	34	34	35	40	38	27	29	37	35	30	39
TOTAL CONCERNED	52	48	57	56	52	47	47	53	51	49	61
Not very concerned	29	33	24	26	28	29	32	26	28	35	24
Not at all concerned	13	15	10	14	16	16	14	12	14	10	10
TOTAL NOT CONCERNED	42	48	34	40	44	45	46	38	42	45	34
Don't know	6	4	9	4	4	8	6	9	7	5	5

You said you are concerned about how the cost-of-living situation will impact your mental health. Which of the following best describes what are you most concerned about impacting your mental health? Please tick up to three.

[Only shown to those who said they are concerned about the impact the cost-of-living situation will have on their mental health; N=541]

Rising energy costs	85	82	87	92	78	92	82	82	89	82	79
Rising food costs	79	73	84	82	85	82	80	79	87	70	70
Increasing debt	31	28	34	24	27	38	39	25	36	31	31
Struggling to pay rent / mortgage	27	29	25	18	33	20	18	23	30	30	43
Redundancy or a reduction in income	19	25	14	28	15	14	26	16	14	23	16
Relationship breakdowns arising from the cost of living	11	11	10	11	15	13	12	13	3	8	13
Other [See Tab 1]	5	5	6	5	13	5	2	5	0	3	11
Don't know	1	1	1	1	2	0	0	6	0	0	0

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	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%

Have you experienced a new episode of poor mental health since January 2022? Please only think about poor mental health that has started or reappeared in the last year.

Yes, I have experienced a new episode of poor mental health	27	14	26	29	30	29	21	31	20	25	29	37	31	32	11
No, I have not experienced new episode of poor mental health	62	78	60	67	61	63	69	60	69	64	60	41	57	60	81
Don't know	7	4	9	1	7	5	6	7	7	7	7	12	8	5	5
Prefer not to say	4	3	4	2	3	3	4	3	4	4	5	10	5	2	4

Thinking about Scottish Government funding for mental health (e.g. depression/eating disorders) and physical health (e.g. hip operations/surgical operations) - which of the following reflects your view?

Funding for mental health should be prioritised	10	4	14	2	11	9	9	13	6	9	10	9	15	9	2
Funding for physical health should be prioritised	14	26	12	15	8	11	21	12	17	16	12	11	10	13	20
Funding for both mental and physical health should be prioritised equally with the funding available	69	65	71	82	74	74	65	69	71	67	71	71	65	72	73
Don't know	7	4	3	1	6	5	5	6	7	8	7	9	10	5	4

Compared to 5 years ago, do you think it is now easier or harder to access NHS mental health services?

Much easier	2	3	1	0	2	1	3	3	1	3	1	2	2	2	1
A little easier	4	4	4	4	5	5	3	5	4	5	3	5	6	4	2
TOTAL EASIER	6	7	5	4	7	6	6	8	5	8	4	7	8	6	3
No difference - it was easy before and still is	4	3	3	5	6	4	3	6	2	4	4	6	3	6	3
No difference - it was hard before and still is	17	16	17	19	17	18	15	18	17	14	20	15	21	14	16
A little harder	11	9	9	11	13	13	7	12	11	9	13	14	9	11	12
Much harder	29	27	38	30	31	31	31	29	32	26	32	23	27	34	29
TOTAL HARDER	40	36	47	41	44	44	38	41	43	35	45	37	36	45	41
Don't know	33	39	27	31	26	29	37	27	33	39	27	35	31	29	37

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

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Weighted Sample	1063	553	510	154	94	143	115	136	129	152	139
Unweighted Sample	1063	606	457	152	106	160	108	121	127	162	127
	%	%	%	%	%	%	%	%	%	%	%

Have you experienced a new episode of poor mental health since January 2022? Please only think about poor mental health that has started or reappeared in the last year.

Yes, I have experienced a new episode of poor mental health	27	25	29	29	28	22	24	24	26	27	36
No, I have not experienced new episode of poor mental health	62	67	57	61	65	68	65	61	63	62	53
Don't know	7	6	7	6	6	4	9	7	9	8	5
Prefer not to say	4	2	7	4	1	7	2	8	3	4	5

Thinking about Scottish Government funding for mental health (e.g. depression/eating disorders) and physical health (e.g. hip operations/surgical operations) - which of the following reflects your view?

Funding for mental health should be prioritised	10	8	12	8	10	9	10	10	6	9	14
Funding for physical health should be prioritised	14	13	14	13	16	14	19	13	9	16	10
Funding for both mental and physical health should be prioritised equally with the funding available	69	74	64	72	71	69	59	66	76	70	68
Don't know	7	5	11	6	3	8	11	11	8	5	8

Compared to 5 years ago, do you think it is now easier or harder to access NHS mental health services?

Much easier	2	2	2	1	5	1	1	1	2	1	3
A little easier	4	5	3	3	3	5	8	6	2	6	3
TOTAL EASIER	6	7	5	4	8	6	9	7	4	7	6
No difference - it was easy before and still is	4	4	4	7	5	2	3	7	3	3	4
No difference - it was hard before and still is	17	17	18	20	22	19	11	18	15	17	18
A little harder	11	11	11	13	10	13	13	5	14	10	9
Much harder	29	27	31	27	23	24	36	29	29	29	34
TOTAL HARDER	40	38	42	40	33	37	49	34	43	39	43
Don't know	33	34	31	30	32	36	28	35	36	34	29

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