

YouGov / Royal College of Psychiatry Survey Results



Sample Size: 1103 adults in Scotland (16+)

Fieldwork: 8th - 13th September 2023

	Vote in 2019 GE				2016 EU Ref		2014 Indy		Gender		Age				Social Grade	
Total	Con	Lab	Lib Dem	SNP	Remain	Leave	Yes	No	Male	Female	18-24	25-49	50-64	65+	ABC1	C2DE
Weighted Sample 1103	199	148	75	355	553	277	387	480	528	575	135	430	279	259	574	529
Unweighted Sample 1103	196	155	69	381	565	269	367	448	506	597	145	413	266	279	625	478
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%

Mental health services currently receive around 9% of the overall healthcare budget in Scotland. Do you think mental health services receives too little, too much, or about the right proportion of the healthcare budget in Scotland?

Mental health services receive too much of the healthcare budget	5	10	1	5	1	2	10	4	5	8	1	3	6	4	5	5	5
Mental health services receive too little of the healthcare budget	58	43	73	49	67	63	51	60	58	48	68	63	62	57	51	61	56
Mental health services receive about the right amount of the healthcare budget	19	28	13	27	15	18	20	15	22	21	17	18	14	19	26	18	20
Don't know	18	20	13	18	18	17	18	20	15	23	14	15	18	20	18	17	20

How confident are you, if at all, that you or a family member could access mental health support, if needed?

Very confident	4	6	1	7	4	4	5	3	5	5	3	7	4	5	2	6	3
Fairly confident	29	28	26	34	30	29	32	27	31	29	30	32	30	29	27	33	26
TOTAL CONFIDENT	33	34	27	41	34	33	37	30	36	34	33	39	34	34	29	39	29
Not very confident	34	31	42	31	37	38	29	37	31	31	37	34	36	34	30	33	35
Not at all confident	19	17	20	23	16	17	20	20	21	18	21	12	19	19	25	17	22
TOTAL NOT CONFIDENT	53	48	62	54	53	55	49	57	52	49	58	46	55	53	55	50	57
Don't know	13	18	12	5	13	11	14	13	12	17	9	14	10	14	16	11	15

Do you think access to mental health care in Scotland will improve or decline in the next two years, or do you think it'll stay about the same?

Improve	11	6	5	9	14	10	10	13	7	12	10	21	12	7	8	10	11
Decline	39	46	54	51	28	39	45	32	47	37	40	26	38	42	42	38	40
Stay about the same	34	31	24	36	40	35	30	37	32	34	35	31	35	34	35	38	30
Don't know	16	18	18	4	17	16	15	18	14	17	16	22	15	17	15	14	19

Thinking about your general health, which of the following comes closest to your view?

Physical health is more important than mental health	6	9	4	7	4	5	8	4	7	7	4	6	5	5	7	6	5
Physical health and mental health are equally as important	85	87	90	84	88	90	85	90	87	80	89	73	84	88	89	86	84
Mental health is more important than physical health	5	1	5	4	3	3	3	3	3	5	5	13	5	4	1	5	4
Don't know	4	4	1	5	4	2	4	3	3	7	2	9	5	3	2	2	7

Sample Size: 1103 adults in Scotland (16+)

Fieldwork: 8th - 13th September 2023

	Scottish Region									NET Personal experience with mental health problem in last 2 years (either themselves or family member)
	Total	North East Scotland	Highlands & Islands	South Scotland	West Scotland	Central	Mid-Scotland & Fife	Lothians	Glasgow	
Weighted Sample	1103	184	102	144	113	127	140	163	131	578
Unweighted Sample	1103	172	108	152	106	117	137	179	132	591
	%	%	%	%	%	%	%	%	%	%

Mental health services currently receive around 9% of the overall healthcare budget in Scotland. Do you think mental health services receives too little, too much, or about the right proportion of the healthcare budget in Scotland?

Mental health services receive too much of the healthcare budget	5	4	7	5	8	6	3	3	2	3
Mental health services receive too little of the healthcare budget	58	53	50	56	58	58	60	67	63	71
Mental health services receive about the right amount of the healthcare budget	19	22	26	24	21	13	19	14	14	14
Don't know	18	21	17	14	14	22	18	16	21	12

How confident are you, if at all, that you or a family member could access mental health support, if needed?

Very confident	4	5	2	4	10	4	5	2	3	4
Fairly confident	29	31	20	27	31	35	28	36	24	29
TOTAL CONFIDENT	33	36	22	31	41	39	33	38	27	33
Not very confident	34	33	40	34	29	31	34	34	38	39
Not at all confident	19	16	24	27	18	16	20	14	23	23
TOTAL NOT CONFIDENT	53	49	64	61	47	47	54	48	61	62
Don't know	13	15	14	8	13	13	13	14	12	5

Do you think access to mental health care in Scotland will improve or decline in the next two years, or do you think it'll stay about the same?

Improve	11	10	9	8	13	13	10	15	9	12
Decline	39	36	44	39	40	33	36	39	44	43
Stay about the same	34	37	35	39	29	32	41	27	34	32
Don't know	16	17	12	15	18	22	13	19	14	12

Thinking about your general health, which of the following comes closest to your view?

Physical health is more important than mental health	6	6	5	7	5	5	2	10	5	3
Physical health and mental health are equally as important	85	83	81	90	81	87	87	84	87	90
Mental health is more important than physical health	5	6	7	3	7	3	5	5	4	6
Don't know	4	5	7	0	7	5	6	1	5	1