

YouGov / Royal College of Psychiatrists Survey Results

Sample Size: 1080 Adults living in Scotland (16+)

Fieldwork: 5th - 9th November 2021

	Vote 2019 GE				EU Ref 2016		Indy Ref		Gender		Age				Social Grade		
	Total	Con	Lab	Lib Dem	SNP	Remain	Leave	Yes	No	Male	Female	16-24	25-49	50-64	65+	ABC1	C2DE
Weighted Sample	1080	201	149	77	360	566	306	407	504	519	561	140	427	269	244	562	518
Unweighted Sample	1080	206	158	67	369	557	298	348	480	499	581	150	395	261	274	620	460
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%

In general, how efficient, if at all, do you think mental health services currently are in Scotland?

Very efficient	1	0	1	0	1	1	0	0	0	1	1	1	1	0	0	1	0
Fairly efficient	16	11	13	7	24	15	18	22	12	18	14	14	13	16	22	15	17
TOTAL EFFICIENT	17	11	14	7	25	16	18	22	12	19	15	15	14	16	22	16	17
Fairly inefficient	37	32	37	42	43	44	30	38	37	34	40	39	41	37	28	39	34
Very inefficient	22	35	28	27	13	20	24	15	30	21	24	25	22	21	24	22	22
TOTAL INEFFICIENT	59	67	65	69	56	64	54	53	67	55	64	64	63	58	52	61	56
Don't know	25	22	22	24	19	20	28	25	21	27	22	21	24	27	26	23	26

Thinking now about after the pandemic, do you think there will be an increase or decrease in the demand for mental health services in Scotland, or do you think it will see no difference?

Increase	78	74	82	85	82	81	75	80	77	75	80	68	80	84	72	78	77
Decrease	3	2	3	2	2	3	2	2	2	2	3	7	3	0	2	3	3
No difference	9	12	7	8	8	8	10	8	10	12	6	9	7	8	15	10	9
Don't know	10	12	8	5	8	8	13	9	11	11	10	16	10	8	11	9	12

How, if at all, has the coronavirus pandemic, which started in March 2020, affected your mental health? Please only include mental health problems that you think are due to the coronavirus pandemic and not for other reasons.

I developed a new mental health problem due to the pandemic	6	7	6	8	6	6	7	5	6	5	7	9	6	5	5	7	4
I already had a mental health problem, but the pandemic made it worse	14	3	18	16	13	15	9	13	13	12	16	30	16	10	5	14	14
I already had a mental health problem, and it stayed the same during the pandemic	8	4	6	8	11	10	5	11	6	9	8	9	11	6	6	9	8
I already had a mental health problem when the pandemic started, but I have since recovered	2	2	2	0	3	2	2	3	1	2	2	5	3	0	1	2	3
I have not experienced a mental health problem due to the pandemic	58	75	59	65	57	60	69	57	64	59	56	25	48	71	78	57	59
Don't know	6	4	7	0	5	4	5	5	5	5	6	9	6	3	5	6	5
Prefer not to say	6	5	3	3	5	4	4	5	6	7	5	13	9	3	1	5	7

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	Scottish Region								
	North East Scotland	Highlands & Islands	South Scotland	West Scotland	Central	Mid-Scotland & Fife	Lothians	Glasgow	
Weighted Sample	1080	153	95	156	113	124	134	173	131
Unweighted Sample	1080	159	103	162	105	119	131	171	130
	%	%	%	%	%	%	%	%	%

In general, how efficient, if at all, do you think mental health services currently are in Scotland?

Very efficient	1	0	3	0	0	1	1	0	1
Fairly efficient	16	18	11	18	19	19	13	15	12
TOTAL EFFICIENT	17	18	14	18	19	20	14	15	13
Fairly inefficient	37	28	33	42	38	33	43	35	43
Very inefficient	22	32	17	17	22	28	20	25	16
TOTAL INEFFICIENT	59	60	50	59	60	61	63	60	59
Don't know	25	22	37	23	22	20	23	25	29

Thinking now about after the pandemic, do you think there will be an increase or decrease in the demand for mental health services in Scotland, or do you think it will see no difference?

Increase	78	84	70	74	74	79	81	81	75
Decrease	3	0	4	4	3	3	2	5	3
No difference	9	10	13	13	10	8	6	6	8
Don't know	10	6	13	9	13	9	11	9	15

How, if at all, has the coronavirus pandemic, which started in March 2020, affected your mental health? Please only include mental health problems that you think are due to the coronavirus pandemic and not for other reasons.

I developed a new mental health problem due to the pandemic	6	6	4	10	4	7	3	6	6
I already had a mental health problem, but the pandemic made it worse	14	13	13	9	17	8	11	20	20
I already had a mental health problem, and it stayed the same during the pandemic	8	11	4	9	6	10	7	6	11
I already had a mental health problem when the pandemic started, but I have since recovered	2	1	1	2	0	2	1	5	5
I have not experienced a mental health problem due to the pandemic	58	60	63	61	60	60	69	48	43
Don't know	6	4	6	5	8	8	4	4	7
Prefer not to say	6	4	9	4	4	6	4	10	8

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	Vote 2019 GE				EU Ref 2016		Indy Ref		Gender		Age				Social Grade		
	Total	Con	Lab	Lib Dem	SNP	Remain	Leave	Yes	No	Male	Female	16-24	25-49	50-64	65+	ABC1	C2DE
Weighted Sample	1080	201	149	77	360	566	306	407	504	519	561	140	427	269	244	562	518
Unweighted Sample	1080	206	158	67	369	557	298	348	480	499	581	150	395	261	274	620	460
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%

To what extent, if at all, have you experienced any of the following during the coronavirus pandemic, since March 2020? Please answer only in relation to experiencing these mental health issues since March 2020 and not before.

Loneliness

I've experienced this a lot	12	7	11	11	10	8	11	11	9	13	11	23	14	7	6	11	13
I've experienced this a fair amount	11	6	13	9	12	11	8	11	9	10	12	24	11	7	7	12	9
TOTAL EXPERIENCED A LOT / A FAIR AMOUNT	23	13	24	20	22	19	19	22	18	23	23	47	25	14	13	23	22
I've experienced this a little	26	19	33	27	28	29	17	26	25	21	31	27	26	27	24	25	27
I haven't experienced this at all	46	63	38	51	46	47	60	49	51	52	41	14	41	57	61	47	45
TOTAL EXPERIENCED A LITTLE /NOT AT ALL	72	82	71	78	74	76	77	75	76	73	72	41	67	84	85	72	72
Don't know	3	1	5	0	1	2	2	2	3	3	2	5	4	1	2	2	3
Prefer not to say	3	3	0	1	3	2	2	2	3	2	4	7	4	1	0	3	2

Depression

I've experienced this a lot	12	7	10	7	12	10	12	12	9	13	10	17	14	9	6	10	13
I've experienced this a fair amount	12	5	14	15	14	13	6	13	10	11	13	27	13	7	6	11	13
TOTAL EXPERIENCED A LOT / A FAIR AMOUNT	24	12	24	22	26	23	18	25	19	24	23	44	27	16	12	21	26
I've experienced this a little	23	20	33	22	22	23	22	23	23	20	27	22	24	24	22	22	24
I haven't experienced this at all	46	62	36	56	45	48	53	47	51	50	43	23	38	55	63	49	42
TOTAL EXPERIENCED A LITTLE /NOT AT ALL	69	82	69	78	67	71	75	70	74	70	70	45	62	79	85	71	66
Don't know	4	1	6	0	3	4	3	3	4	4	4	5	5	1	3	3	4
Prefer not to say	3	4	1	1	3	2	3	2	4	3	4	6	4	3	1	3	4

Anxiety

I've experienced this a lot	17	9	20	14	17	16	13	16	14	12	21	34	19	13	7	17	17
I've experienced this a fair amount	15	6	16	18	16	16	9	17	12	15	16	24	17	13	11	15	16
TOTAL EXPERIENCED A LOT / A FAIR AMOUNT	32	15	36	32	33	32	22	33	26	27	37	58	36	26	18	32	33
I've experienced this a little	29	27	35	32	32	33	26	33	28	25	33	20	30	33	29	30	28
I haven't experienced this at all	34	53	26	33	31	31	46	30	41	43	25	15	27	38	52	34	34
TOTAL EXPERIENCED A LITTLE /NOT AT ALL	63	80	61	65	63	64	72	63	69	68	58	35	57	71	81	64	62
Don't know	2	2	2	2	2	2	3	2	2	3	2	2	3	1	2	1	3
Prefer not to say	3	3	1	1	3	2	2	2	3	2	4	6	4	2	0	3	3

Low Mood

I've experienced this a lot	16	11	16	14	17	14	16	18	13	16	17	32	19	11	8	16	16
I've experienced this a fair amount	17	9	21	20	16	18	10	14	15	16	18	24	19	16	10	15	18
TOTAL EXPERIENCED A LOT / A FAIR AMOUNT	33	20	37	34	33	32	26	32	28	32	35	56	38	27	18	31	34
I've experienced this a little	37	41	41	37	39	41	35	41	37	34	40	29	36	40	40	39	34
I haven't experienced this at all	26	35	19	28	24	24	35	24	31	31	21	9	20	31	40	25	26
TOTAL EXPERIENCED A LITTLE /NOT AT ALL	63	76	60	65	63	65	70	65	68	65	61	38	56	71	80	64	60
Don't know	1	1	2	0	1	1	1	1	1	2	1	0	2	0	2	1	2
Prefer not to say	3	3	0	1	3	2	3	2	3	2	3	6	4	2	1	3	3

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Unweighted Sample	1080	159	103	162	105	119	131	171	130
	%	%	%	%	%	%	%	%	%

To what extent, if at all, have you experienced any of the following during the coronavirus pandemic, since March 2020? Please answer only in relation to experiencing these mental health issues since March 2020 and not before.

Loneliness

I've experienced this a lot	12	10	11	8	12	10	10	12	21
I've experienced this a fair amount	11	7	8	15	14	8	7	15	12
TOTAL EXPERIENCED A LOT / A FAIR AMOUNT	23	17	19	23	26	18	17	27	33
I've experienced this a little	26	27	27	23	27	24	24	24	34
I haven't experienced this at all	46	51	51	48	44	53	54	40	30
TOTAL EXPERIENCED A LITTLE /NOT AT ALL	72	78	78	71	71	77	78	64	64
Don't know	3	3	2	2	2	2	1	7	2
Prefer not to say	3	2	1	4	1	3	5	3	2

Depression

I've experienced this a lot	12	11	10	6	14	8	9	15	20
I've experienced this a fair amount	12	13	8	14	15	10	5	14	15
TOTAL EXPERIENCED A LOT / A FAIR AMOUNT	24	24	18	20	29	18	14	29	35
I've experienced this a little	23	22	24	25	21	31	21	23	21
I haven't experienced this at all	46	48	51	48	46	42	58	39	37
TOTAL EXPERIENCED A LITTLE /NOT AT ALL	69	70	75	73	67	73	79	62	58
Don't know	4	3	4	4	4	4	1	5	4
Prefer not to say	3	3	3	3	1	4	6	4	2

Anxiety

I've experienced this a lot	17	14	12	15	20	13	11	24	22
I've experienced this a fair amount	15	15	23	18	10	17	9	15	18
TOTAL EXPERIENCED A LOT / A FAIR AMOUNT	32	29	35	33	30	30	20	39	40
I've experienced this a little	29	30	21	32	26	30	30	27	35
I haven't experienced this at all	34	37	38	32	38	34	43	27	23
TOTAL EXPERIENCED A LITTLE /NOT AT ALL	63	67	59	64	64	64	73	54	58
Don't know	2	1	3	2	4	3	2	3	0
Prefer not to say	3	3	3	3	1	3	4	4	2

Low Mood

I've experienced this a lot	16	15	11	14	24	12	10	20	24
I've experienced this a fair amount	17	20	12	12	14	19	17	18	21
TOTAL EXPERIENCED A LOT / A FAIR AMOUNT	33	35	23	26	38	31	27	38	45
I've experienced this a little	37	33	43	44	32	37	34	38	34
I haven't experienced this at all	26	28	29	26	26	26	34	20	19
TOTAL EXPERIENCED A LITTLE /NOT AT ALL	63	61	72	70	58	63	68	58	53
Don't know	1	1	2	2	2	1	1	2	0
Prefer not to say	3	3	3	2	1	4	5	3	2