## YouGov Survey Results

Sample Size: 1061 Students (unweighted)

|  | Social grade |  | Age |  |  |  |  | Gender |  | Sexuality |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Total | ABC1 | C2DE | 18-24 | 25-34 | 35-44 | 45-54 | 55+ | Male | Female | Straight | Gay | Bisexual | Other | Don't know | Not Straight |

## Which of the following best describes what kind of student you are?

| Base | 1061 | 394 | 667 | 629 | 270 | 74 | 49 | 39 | 524 | 537 | 770 | 86 | 97 | 26 | 33 | 209 |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Full-time student on postgraduate course | 25\% | $\begin{gathered} 38 \% \\ B \end{gathered}$ | 17\% | 16\% | $\begin{gathered} 49 \% \\ \text { KMNO } \end{gathered}$ | $\begin{aligned} & 27 \% \\ & \text { KO* } \end{aligned}$ | $14 \%$ | 8\% | $\begin{gathered} 28 \% \\ Q \end{gathered}$ | 22\% | 26\% | $28 \%$ | $18 \%$ | $15 \%$ | $15 \%$ | 22\% |
| Full-time student - second year (on foundation degree or first degree course) | 19\% | 10\% | $\begin{gathered} 25 \% \\ \text { A } \end{gathered}$ | 26\% <br> LMNO | 9\% | $12 \%$ | 8\% | $5 \%$ | 20\% | 19\% | 19\% | $21 \%$ | $24 \%$ | $\begin{gathered} 31 \% \\ * * \end{gathered}$ | $21 \%$ | 23\% |
| Full-time student - first year (on foundation degree or first degree course) | 15\% | 6\% | $\begin{gathered} 21 \% \\ \text { A } \end{gathered}$ | $20 \%$ <br> LMO | 9\% | $5 \%$ | $\begin{gathered} 12 \% \\ \mathrm{O}^{*} \end{gathered}$ |  | 13\% | $\begin{gathered} 17 \% \\ \mathrm{P} \end{gathered}$ | 14\% | $15 \%$ | $\begin{gathered} 24 \% \\ \mathrm{R}^{\star} \end{gathered}$ |  | $\begin{gathered} 30 \% \\ \mathrm{R}^{\star} \end{gathered}$ | 17\% |
| Full-time student - third year (on foundation degree or first degree course) | 15\% | 9\% | $\begin{gathered} 18 \% \\ \text { A } \end{gathered}$ | $\begin{gathered} 19 \% \\ \mathrm{~L} \end{gathered}$ | 7\% | $12 \%$ | $12 \%$ | 8\% | 14\% | 16\% | 15\% | 12\% | $16 \%$ | $27 \%$ | 18\% | 16\% |
| Part-time student on postgraduate course | 9\% | $\begin{gathered} 19 \% \\ \text { B } \end{gathered}$ | 2\% | 1\% | $\begin{gathered} 13 \% \\ K \end{gathered}$ | $\begin{aligned} & 26 \% \\ & K L^{*} \end{aligned}$ | $\begin{aligned} & 29 \% \\ & \text { KL }^{*} \end{aligned}$ | $\begin{aligned} & 49 \% \\ & \text { KLM }^{*} \end{aligned}$ | 7\% | 10\% | 9\% | 9\% | $6 \%$ | $8 \%$ | $3 \%$ | 8\% |
| Full-time student - fourth year (on foundation degree or first degree course) | 6\% | 6\% | 6\% | $\begin{aligned} & \text { 9\% } \\ & \text { LO } \end{aligned}$ | 3\% | $3 \%$ | 2\% |  | 8\% | 5\% | 7\% | $5 \%$ | $4 \%$ | $12 \%$ | $6 \%$ | 5\% |
| Part-time student on foundation degree or first degree course | 3\% | $\begin{gathered} 5 \% \\ \text { B } \end{gathered}$ | 3\% | 1\% | $\begin{gathered} 5 \% \\ \mathrm{~K} \end{gathered}$ | $\begin{gathered} 11 \% \\ K^{*} \end{gathered}$ | $\begin{aligned} & 8 \% \\ & \mathrm{~K}^{*} \end{aligned}$ | $\begin{aligned} & 18 \% \\ & K L^{*} \end{aligned}$ | 4\% | 3\% | 4\% | $\begin{aligned} & 6 \% \\ & T^{*} \end{aligned}$ | * | $\bar{*}$ | $3 \%$ | 2\% |
| Full-time student - fifth year or longer (on foundation degree or first degree course) | 2\% | 2\% | 1\% | 2\% | 1\% |  |  |  | $\begin{gathered} 2 \% \\ \mathrm{Q} \end{gathered}$ | 1\% | 2\% | $1 \%$ | $1 \%$ | $4 \%$ |  | 1\% |
| Something else/another course | 6\% | 5\% | 6\% | 5\% | 5\% | $4 \%$ | $\begin{aligned} & 14 \% \\ & \text { KLM }^{*} \end{aligned}$ | $\begin{aligned} & 13 \% \\ & K L^{*} \end{aligned}$ | 5\% | 7\% | 6\% | $3 \%$ | $7 \%$ | $4 \%$ | 3\% | 5\% |
| None of these | - | - | - | - | - |  |  |  | - | - | - |  |  | $\begin{gathered} - \\ * * \end{gathered}$ |  | - |

## YouGov Survey Results

Sample Size: 1061 Students (unweighted)

|  | Social grade |  | Age |  |  |  |  | Gender |  | Sexuality |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Total | ABC1 | C2DE | 18-24 | 25-34 | 35-44 | 45-54 | 55+ | Male | Female | Straight | Gay | Bisexual | Other | Don't know | Not Straight |

Which of these best describes the university or college where you are enrolled?

| Base | 1061 | 394 | 667 | 629 | 270 | 74 | 49 | 39 | 524 | 537 | 770 | 86 | 97 | 26 | 33 | 209 |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| University College of higher education | 92\% | 93\% | 91\% | $\begin{gathered} 93 \% \\ \mathrm{~N} \end{gathered}$ | $\begin{gathered} 94 \% \\ \mathrm{~N} \end{gathered}$ | $89 \%$ | $80 \%$ | 87\% | 92\% | 92\% | 92\% | $88 \%$ | $92 \%$ | $96 \%$ | $94 \%$ | 91\% |
| College of further education | 8\% | 7\% | 9\% | 7\% | 6\% | $11 \%$ | $\begin{aligned} & 20 \% \\ & \text { KL }^{*} \end{aligned}$ | $13 \%$ | 8\% | 8\% | 8\% | $12 \%$ | 8\% | $4 \%$ | 6\% | 9\% |
| Open University | - | - | - | - | - |  |  |  | - | - | - | * | * | ** |  |  |
| Other | - | - | - | - | - |  | * | * | - | - | - |  | * | - |  | - |
| Don't know | - | - | - | - | - |  |  |  | - | - | - |  |  | - |  | - |

Which of these applies to your living arrangements during term time?

| Base | 1061 | 394 | 667 | 629 | 270 | 74 | 49 | 39 | 524 | 537 | 770 | 86 | 97 | 26 | 33 | 209 |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| I live at home with my parents/guardian | 20\% | 14\% | $\begin{gathered} 23 \% \\ \text { A } \end{gathered}$ | $\begin{gathered} 25 \% \\ \text { LMNO } \end{gathered}$ | $\begin{aligned} & 17 \% \\ & \text { NO } \end{aligned}$ | $11 \%$ | 2\% | $3 \%$ | 20\% | 20\% | $\begin{aligned} & 21 \% \\ & \text { TW } \end{aligned}$ | $17 \%$ | $12 \%$ | 8\% | $\begin{gathered} 27 \% \\ \mathrm{~T}^{*} \end{gathered}$ | 14\% |
| I live in my own home on my own/with my partner/spouse | 25\% | $\begin{gathered} 42 \% \\ \text { B } \end{gathered}$ | 15\% | 5\% | $\begin{gathered} 37 \% \\ \text { K } \end{gathered}$ | $\begin{aligned} & 70 \% \\ & \mathrm{KL}^{*} \end{aligned}$ | $\begin{aligned} & \text { 82\% } \\ & \text { KL }^{*} \end{aligned}$ | $\begin{gathered} 97 \% \\ \text { KLMN* } \end{gathered}$ | 21\% | $\begin{gathered} 28 \% \\ P \end{gathered}$ | 26\% | $24 \%$ | $20 \%$ | $\underset{* *}{19 \%}$ | $12 \%$ | 22\% |
| I live in university/college accommodation | 14\% | 8\% | $\begin{gathered} 18 \% \\ \text { A } \end{gathered}$ | $\begin{gathered} 22 \% \\ \text { LMNO } \end{gathered}$ | 4\% | $1 \%$ |  |  | 15\% | 13\% | 13\% | $10 \%$ | $\begin{gathered} 26 \% \\ R S^{*} \end{gathered}$ | $\underset{* *}{15 \%}$ | $21 \%$ | 18\% |
| I live in privately rented accommodation on my own/with friends/other students -No fixed accommodation | 39\% | 35\% | $\begin{gathered} 42 \% \\ \text { A } \end{gathered}$ | $\begin{aligned} & 46 \% \\ & \text { MNO } \end{aligned}$ | $\begin{aligned} & 40 \% \\ & \text { MNO } \end{aligned}$ | $\begin{gathered} 16 \% \\ O^{*} \end{gathered}$ | $\begin{aligned} & 14 \% \\ & O^{*} \end{aligned}$ |  | 42\% | 37\% | 39\% | $47 \%$ | $39 \%$ | $\begin{gathered} 58 \% \\ * * \end{gathered}$ | $36 \%$ | 45\% |
| Prefer not to answer | 1\% | 2\% | 1\% | 1\% | 1\% | $1 \%$ | 2\% |  | 2\% | 1\% | 1\% | $1 \%$ | $3 \%$ |  |  | 2\% |
| Don't know | 1\% | 0\% | 1\% | 1\% | 0\% |  |  |  | 1\% | 1\% | 1\% |  |  |  | $\begin{aligned} & 3 \% \\ & W^{*} \end{aligned}$ | - |

## YouGov Survey Results

Sample Size: 1061 Students (unweighted)

| Total | Social grade |  | Age |  |  |  |  | Gender |  | Sexuality |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | ABC1 | C2DE | 18-24 | 25-34 | 35-44 | 45-54 | 55+ | Male | Female | Straight | Gay | Bisexual | Other | Don't know | Not Straight |

## What is your sexuality?

| Base | 1061 | 394 | 667 | 629 | 270 | 74 | 49 | 39 | 524 | 537 | 770 | 86 | 97 | 26 | 33 | 209 |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Straight | 73\% | 74\% | 72\% | 73\% | 71\% | $73 \%$ | $71 \%$ | $\begin{gathered} 87 \% \\ K L^{*} \end{gathered}$ | 73\% | 73\% | $\begin{aligned} & 100 \% \\ & \text { STVW } \end{aligned}$ | * |  |  | * | - |
| Gay | 8\% | 9\% | 8\% | 7\% | $\begin{aligned} & 12 \% \\ & \text { KO } \end{aligned}$ | $\begin{aligned} & \text { 14\% } \\ & \text { KO* } \end{aligned}$ | $6 \%$ |  | $\begin{gathered} 12 \% \\ Q \end{gathered}$ | 4\% | - | $\begin{gathered} 100 \% \\ \text { RTVW* } \end{gathered}$ | * | ** | * | $41 \%$ <br> RTV |
| Bisexual | 9\% | 7\% | 10\% | $\begin{gathered} 11 \% \\ M \end{gathered}$ | 9\% | $3 \%$ | 6\% | $3 \%$ | 6\% | $\begin{gathered} 12 \% \\ \mathrm{P} \end{gathered}$ | - |  | $\begin{gathered} \text { 100\% } \\ \text { RSVW* } \end{gathered}$ | - |  | $\begin{aligned} & 46 \% \\ & \text { RSV } \end{aligned}$ |
| Other | 2\% | 2\% | 3\% | 3\% | 1\% | $1 \%$ |  | $5 \%$ | 2\% | $3 \%$ | - |  |  | $100 \%$ |  | $\begin{gathered} \text { 12\% } \\ \text { RSTV } \end{gathered}$ |
| Don't know | $3 \%$ | $3 \%$ | $3 \%$ | 4\% | 2\% | $3 \%$ |  |  | 2\% | 4\% | - |  | * | $\bar{*}$ | $\begin{gathered} \text { 100\% } \\ \text { RSTW* } \end{gathered}$ | - |
| Prefer not to answer | 5\% | 5\% | 4\% | 3\% | 5\% | 7\% | $\begin{aligned} & 16 \% \\ & \mathrm{KL}^{*} \end{aligned}$ | $5 \%$ | 6\% | 4\% | - |  |  | ** |  | - |

Have you ever felt a level of stress or anxiety that has interfered with

| Base | 1061 | 394 | 667 | 629 | 270 | 74 | 49 | 39 | 524 | 537 | 770 | 86 | 97 | 26 | 33 | 209 |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Yes, I sometimes have to take time and collect my thoughts to calm myself down | 28\% | 26\% | 29\% | 27\% | 30\% | $24 \%$ | $22 \%$ | $36 \%$ | 24\% | $\begin{gathered} 32 \% \\ \mathrm{P} \end{gathered}$ | 29\% | $22 \%$ | $26 \%$ | $\begin{gathered} 35 \% \\ * * \end{gathered}$ | $24 \%$ | 25\% |
| Yes, there are some points where I cannot function in a normal manner due to high levels of anxiety | 35\% | 37\% | 34\% | $\begin{gathered} 33 \% \\ 0 \end{gathered}$ | $\begin{gathered} 41 \% \\ \text { KO } \end{gathered}$ | $\begin{gathered} 39 \% \\ 0^{\star} \end{gathered}$ | $\begin{gathered} 37 \% \\ 0^{\star} \end{gathered}$ | $13 \%$ | 30\% | $\begin{gathered} 40 \% \\ \mathrm{P} \end{gathered}$ | 31\% | $\begin{gathered} 53 \% \\ \mathrm{R}^{\star} \end{gathered}$ | $\begin{gathered} 53 \% \\ \mathrm{R}^{\star} \end{gathered}$ | $\begin{gathered} 62 \% \\ * * \end{gathered}$ | $39 \%$ | $\begin{gathered} 54 \% \\ \mathrm{R} \end{gathered}$ |
| No, I suffer from stress and anxiety from time to time, but it never interferes with my day | 26\% | 27\% | 26\% | $\begin{gathered} 28 \% \\ \mathrm{~L} \end{gathered}$ | 21\% | $26 \%$ | $31 \%$ | $28 \%$ | $\begin{gathered} 30 \% \\ \mathrm{Q} \end{gathered}$ | 22\% | $\begin{aligned} & 28 \% \\ & \text { SW } \end{aligned}$ | $17 \%$ | $20 \%$ | $\begin{gathered} 4 \% \\ * * \end{gathered}$ | $27 \%$ | 17\% |
| No, I rarely feel any significant levels of stress or anxiety | 9\% | 9\% | 9\% | $\begin{gathered} 10 \% \\ \mathrm{~L} \end{gathered}$ | 6\% | $9 \%$ | 8\% | $\begin{gathered} 23 \% \\ K L^{*} \end{gathered}$ | $\begin{gathered} 13 \% \\ Q \end{gathered}$ | 5\% | $\begin{aligned} & \text { 11\% } \\ & \text { TW } \end{aligned}$ | $6 \%$ | $2 \%$ |  | $6 \%$ | 3\% |
| Prefer not to answer | 1\% | 1\% | 1\% | 1\% | 2\% | 1\% | 2\% |  | 2\% | 1\% | 1\% | 1\% |  |  | $3 \%$ | 0\% |
| Don't know | 1\% | 0\% | 1\% | 1\% | 0\% |  |  | * | $1 \%$ | 1\% | 1\% |  |  | $\bar{*}$ |  | - |

## YouGov Survey Results

Sample Size: 1061 Students (unweighted)

|  | Social grade |  | Age |  |  |  |  | Gender |  | Sexuality |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Total | ABC1 | C2DE | 18-24 | 25-34 | 35-44 | 45-54 | 55+ | Male | Female | Straight | Gay | Bisexual | Other | Don't know | Not Straight |


| How often do you feel lonely? |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Base | 1061 | 394 | 667 | 629 | 270 | 74 | 49 | 39 | 524 | 537 | 770 | 86 | 97 | 26 | 33 | 209 |
| Never | 4\% | $\begin{gathered} 6 \% \\ B \end{gathered}$ | 3\% | 4\% | 1\% | $\begin{aligned} & 8 \% \\ & L^{*} \end{aligned}$ | $\begin{aligned} & 16 \% \\ & \mathrm{KL}^{*} \end{aligned}$ | $\begin{aligned} & 10 \% \\ & K L^{*} \end{aligned}$ | $\begin{gathered} 6 \% \\ \mathrm{Q} \end{gathered}$ | 3\% | 5\% | 3\% | $1 \%$ | - | $3 \%$ | 2\% |
| Rarely | 23\% | 25\% | 21\% | 20\% | 21\% | $\begin{aligned} & 34 \% \\ & K L^{*} \end{aligned}$ | $\begin{gathered} 33 \% \\ \mathrm{~K}^{*} \end{gathered}$ | $\begin{aligned} & 44 \% \\ & K L^{*} \end{aligned}$ | 23\% | 22\% | $\begin{aligned} & 25 \% \\ & \text { TVW } \end{aligned}$ | 16\% | $13 \%$ | $12 \%$ | 9\% | 14\% |
| From time to time | 42\% | 45\% | 40\% | $\begin{gathered} 42 \% \\ M \end{gathered}$ | $\begin{gathered} 46 \% \\ M \end{gathered}$ | $30 \%$ | $33 \%$ | $36 \%$ | 41\% | 42\% | 43\% | $40 \%$ | $38 \%$ | $31 \%$ | $33 \%$ | 38\% |
| Fairly often | 16\% | 12\% | $\begin{gathered} 18 \% \\ \mathrm{~A} \end{gathered}$ | 17\% | 16\% | $12 \%$ | $8 \%$ | $10 \%$ | 14\% | 17\% | 14\% | $\begin{gathered} 22 \% \\ \mathrm{R}^{\star} \end{gathered}$ | $\begin{gathered} 25 \% \\ \mathrm{R}^{\star} \end{gathered}$ | $27 \%$ | $18 \%$ | $\begin{gathered} 24 \% \\ R \end{gathered}$ |
| Very often | 10\% | 8\% | 11\% | $\begin{gathered} 12 \% \\ 0 \end{gathered}$ | $\begin{gathered} 9 \% \\ 0 \end{gathered}$ | 8\% | 4\% |  | 9\% | 11\% | 8\% | 9\% | $\begin{gathered} 15 \% \\ R^{\star} \end{gathered}$ | $23 \%$ | $\begin{gathered} 21 \% \\ \mathrm{R}^{\star} \end{gathered}$ | $\begin{gathered} 14 \% \\ R \end{gathered}$ |
| Almost constantly | 5\% | 4\% | 5\% | 5\% | 4\% | 8\% | $6 \%$ | * | 5\% | 5\% | 4\% | $\begin{aligned} & 8 \% \\ & \mathrm{R}^{\star} \end{aligned}$ | 7\% | 4\% | $\begin{gathered} 12 \% \\ R^{*} \end{gathered}$ | $\begin{gathered} 7 \% \\ R \end{gathered}$ |
| Prefer not to answer | 1\% | 0\% | 1\% | 1\% | 1\% |  |  |  | 1\% | 0\% | 1\% | $1 \%$ |  |  | $3 \%$ | 0\% |
| Don't know | 0\% | - | 1\% | 0\% | 1\% |  |  |  | 1\% | 0\% | 1\% |  |  | $4 \%$ |  | 0\% |
| How bad are your feelings of loneliness when they occur? |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Base | 1004 | 369 | 635 | 600 | 260 | 68 | 41 | 35 | 485 | 519 | 726 | 82 | 96 | 25 | 31 | 203 |
| Not too bad. They never really interfere with my day. | 34\% | $\begin{gathered} 40 \% \\ B \end{gathered}$ | 30\% | 29\% | 35\% | $\begin{gathered} 44 \% \\ \mathrm{~K}^{*} \end{gathered}$ | $\begin{aligned} & 59 \% \\ & \mathrm{KL}^{*} \end{aligned}$ | $\begin{aligned} & \text { 66\% } \\ & \text { KLM* } \end{aligned}$ | 37\% | $31 \%$ | $\begin{gathered} 37 \% \\ \text { TW } \end{gathered}$ | $\begin{aligned} & 35 \% \\ & \text { TW* } \end{aligned}$ | $15 \%$ | $4 \%$ | $23 \%$ | 22\% |
| I sometimes feel upset or anxious, but am able to collect myself fairly easily | 45\% | 40\% | $\begin{gathered} 48 \% \\ \text { A } \end{gathered}$ | $\begin{gathered} 49 \% \\ \text { NO } \end{gathered}$ | $\begin{gathered} 44 \% \\ \mathrm{~N} \end{gathered}$ | $38 \%$ | $24 \%$ | $29 \%$ | 43\% | 47\% | 46\% | $40 \%$ | $50 \%$ | $\begin{gathered} 40 \% \\ * * \end{gathered}$ | $39 \%$ | 45\% |
| There are some points where I cannot function in a normal manner | 19\% | 19\% | 20\% | $\begin{gathered} 21 \% \\ 0 \end{gathered}$ | $\begin{gathered} 20 \% \\ 0 \end{gathered}$ | $16 \%$ | $17 \%$ | $6 \%$ | 18\% | 21\% | 15\% | $\begin{gathered} 24 \% \\ \mathrm{R}^{\star} \end{gathered}$ | $\begin{gathered} 34 \% \\ \mathrm{R}^{\star} \end{gathered}$ | $56 \%$ | $\begin{gathered} 39 \% \\ \mathrm{R}^{\star} \end{gathered}$ | $\begin{gathered} 33 \% \\ R \end{gathered}$ |
| Prefer not to answer | 1\% | 1\% | 1\% | 1\% | 1\% |  |  |  | 1\% | 1\% | 1\% |  |  | - |  | - |
| Don't know | 1\% | 1\% | 1\% | $\begin{gathered} 2 \% \\ \mathrm{~L} \end{gathered}$ | - | 1\% | - |  | $\begin{gathered} 2 \% \\ \text { Q } \end{gathered}$ | 0\% | 1\% |  | 1\% |  |  | 0\% |

## YouGov Survey Results

Sample Size: 1061 Students (unweighted)

|  | Social grade |  | Age |  |  |  |  | Gender |  | Sexuality |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Total | ABC1 | C2DE | 18-24 | 25-34 | 35-44 | 45-54 | 55+ | Male | Female | Straight | Gay | Bisexual | Other | Don't know | Not Straight |

## Do you suffer from a mental health problem?

| Base | 1061 | 394 | 667 | 629 | 270 | 74 | 49 | 39 | 524 | 537 | 770 | 86 | 97 | 26 | 33 | 209 |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Yes | 27\% | 28\% | 26\% | 24\% | $\begin{gathered} 33 \% \\ \mathrm{~K} \end{gathered}$ | $26 \%$ | $\begin{gathered} 37 \% \\ \mathrm{~K}^{*} \end{gathered}$ | $18 \%$ | 19\% | $\begin{gathered} 34 \% \\ P \end{gathered}$ | 22\% | $\begin{gathered} 38 \% \\ R^{\star} \end{gathered}$ | $\begin{gathered} 49 \% \\ \mathrm{R}^{\star} \end{gathered}$ | $\underset{* *}{50 \%}$ | $\begin{gathered} 39 \% \\ R^{*} \end{gathered}$ | $\begin{gathered} 45 \% \\ R \end{gathered}$ |
| No | 58\% | 58\% | 58\% | $\begin{gathered} 61 \% \\ \mathrm{~L} \end{gathered}$ | 51\% | $57 \%$ | $57 \%$ | $\begin{gathered} 72 \% \\ L^{*} \end{gathered}$ | $\begin{gathered} 64 \% \\ Q \end{gathered}$ | 52\% | $\begin{aligned} & \text { 64\% } \\ & \text { STW } \end{aligned}$ | $43 \%$ | $35 \%$ | $\underset{* *}{15 \%}$ | $48 \%$ | 36\% |
| Prefer not to answer | 4\% | 4\% | 3\% | 3\% | 4\% | 7\% | * | $3 \%$ | 5\% | $3 \%$ | 3\% | 3\% | 2\% | 8\% | $3 \%$ | 3\% |
| Don't know | 12\% | 9\% | 13\% | 12\% | 12\% | $11 \%$ | $6 \%$ | 8\% | 12\% | 11\% | 11\% | $15 \%$ | $13 \%$ | $\underset{* *}{27 \%}$ | $9 \%$ | 16\% |

Which mental health problem(s) do you suffer from?

| Base | 284 | 112 | 172 | 151 | 89 | 19 | 18 | 7 | 100 | 184 | 168 | 33 | 48 | 13 | 13 | 94 |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | 81\% | 72\% | $\begin{gathered} 87 \% \\ \text { A } \end{gathered}$ | 83\% | $74 \%$ | $\underset{* *}{84 \%}$ | $\underset{* *}{94 \%}$ | $100 \%$ | 77\% | 84\% | 86\% | $79 \%$ | $79 \%$ | $\underset{* *}{85 \%}$ | $\underset{* *}{69 \%}$ | $80 \%$ |
| Prefer not to answer | 16\% | $\begin{gathered} 23 \% \\ \text { B } \end{gathered}$ | 11\% | 15\% | $22 \%$ | $11 \%$ | $6 \%$ |  | 19\% | 14\% | 13\% | $18 \%$ | $19 \%$ | $15 \%$ | $15 \%$ | $18 \%$ |
| Don't know | 3\% | 4\% | 2\% | 3\% | $3 \%$ | $5 \%$ |  |  | 4\% | 2\% | 2\% | $3 \%$ | 2\% | ** | $\underset{* *}{15 \%}$ | 2\% |

## YouGov Survey Results

Sample Size: 1061 Students (unweighted)

| Total | Social grade |  | Age |  |  |  |  | Gender |  | Sexuality |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | ABC1 | C2DE | 18-24 | 25-34 | 35-44 | 45-54 | 55+ | Male | Female | Straight | Gay | Bisexual | Other | Don't know | Not Straight |

Which of these best describes your mental health problem(s)? (Select

## all that apply)

| Base | 284 | 112 | 172 | 151 | 89 | 19 | 18 | 7 | 100 | 184 | 168 | 33 | 48 | 13 | 13 | 94 |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Depression-related | 77\% | 72\% | 80\% | 74\% | $80 \%$ | $89 \%$ | $83 \%$ | $43 \%$ | 78\% | 76\% | 73\% | $79 \%$ | 83\% | $85 \%$ | $85 \%$ | $82 \%$ |
| Anxiety-related | 74\% | 73\% | 74\% | 77\% | $74 \%$ | $\underset{* *}{68 \%}$ | $56 \%$ | $57 \%$ | 71\% | 75\% | 68\% | $79 \%$ | $\begin{gathered} 88 \% \\ R^{*} \end{gathered}$ | $77 \%$ | $\underset{* *}{85 \%}$ | $\begin{gathered} 83 \% \\ \mathrm{R}^{\star} \end{gathered}$ |
| Eating disorder | 14\% | 12\% | 16\% | 16\% | $11 \%$ | $16 \%$ | $11 \%$ | $14 \%$ | 7\% | $\begin{gathered} 18 \% \\ \mathrm{P} \end{gathered}$ | 14\% | $9 \%$ | $13 \%$ | $23 \%$ | $23 \%$ | $13 \%$ |
| Behavioural/Developmental (e.g. ADD and ADHD) | 5\% | 4\% | 6\% | 4\% | 8\% | $11 \%$ | - | - | $\begin{gathered} 9 \% \\ \text { Q } \end{gathered}$ | 3\% | 4\% | $3 \%$ | $6 \%$ | $\underset{* *}{8 \%}$ |  | $5 \%$ |
| Learning disability | 5\% | 4\% | 5\% | 5\% | 4\% | $11 \%$ | - |  | $\begin{gathered} 9 \% \\ \text { Q } \end{gathered}$ | 2\% | 5\% |  | 2\% | $8 \%$ |  | 2\% |
| Other | 4\% | 4\% | 4\% | 3\% | $6 \%$ | - | - | $14 \%$ | 3\% | 4\% | 4\% | $6 \%$ | 2\% | - | 8\% | 3\% |
| Prefer not to answer | $2 \%$ | 3\% | 1\% | 1\% | $3 \%$ | $\bar{*}$ | $\bar{*}$ | - | $3 \%$ | 1\% | 2\% | $3 \%$ | $2 \%$ | $\overline{\text { ** }}$ | $\overline{-}$ | 2\% |
| Don't know | - | - | - | - |  | $\stackrel{-}{*}$ | $\stackrel{-}{\text { ** }}$ |  | - | - | - |  |  | $\begin{gathered} - \\ * * \end{gathered}$ |  |  |

Would or would you not feel comfortable talking to friends or family
about your mental health?

| Base | 284 | 112 | 172 | 151 | 89 | 19 | 18 | 7 | 100 | 184 | 168 | 33 | 48 | 13 | 13 | 94 |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| I would | 52\% | 58\% | 48\% | 42\% | $\begin{gathered} \text { 62\% } \\ \mathrm{K}^{*} \end{gathered}$ | $\underset{\text { ** }}{58 \%}$ | $78 \%$ | $57 \%$ | 56\% | 49\% | 52\% | $58 \%$ | $50 \%$ | $69 \%$ | $\underset{* *}{15 \%}$ | $55 \%$ |
| I would not | 37\% | 33\% | 39\% | $\begin{gathered} 44 \% \\ L \end{gathered}$ | $28 \%$ | $\underset{* *}{32 \%}$ | $\underset{* *}{22 \%}$ | $\underset{* *}{43 \%}$ | 35\% | 38\% | 38\% | $33 \%$ | $38 \%$ | $15 \%$ | $\underset{* *}{46 \%}$ | $33 \%$ |
| Prefer not to answer | $3 \%$ | 1\% | 4\% | 5\% | $1 \%$ |  | ** |  | 4\% | 2\% | 3\% | * | $4 \%$ | ** | 8\% | 2\% |
| Don't know | 9\% | 8\% | 9\% | 10\% | $9 \%$ | $11 \%$ | ** |  | 5\% | 11\% | 7\% | $9 \%$ | 8\% | $15 \%$ | $31 \%$ | $10 \%$ |

## YouGov Survey Results

Sample Size: 1061 Students (unweighted)

|  | Social grade |  | Age |  |  |  |  | Gender |  | Sexuality |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Total | ABC1 | C2DE | 18-24 | 25-34 | 35-44 | 45-54 | 55+ | Male | Female | Straight | Gay | Bisexual | Other | Don't know | Not Straight |

## How much does your mental health interfere with your day-to-day life?

| Base | 284 | 112 | 172 | 151 | 89 | 19 | 18 | 7 | 100 | 184 | 168 | 33 | 48 | 13 | 13 | 94 |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| I cannot complete even simple tasks | 4\% | 3\% | 5\% | 5\% | $3 \%$ | $5 \%$ | - | $\overline{* *}$ | 6\% | 3\% | 2\% | $6 \%$ | $4 \%$ | $15 \%$ | $\overline{* *}$ | 6\% |
| I have trouble completing some daily tasks | 47\% | 48\% | 46\% | 47\% | $51 \%$ | $53 \%$ | $28 \%$ | $\underset{* *}{29 \%}$ | 44\% | 48\% | 48\% | $36 \%$ $*$ | $50 \%$ | $46 \%$ | $\underset{* *}{62 \%}$ | $45 \%$ $*$ |
| I can carry on normally with medication | 24\% | 21\% | 26\% | 23\% | $19 \%$ | $\underset{* *}{26 \%}$ | $44 \%$ | $57 \%$ | 23\% | 24\% | 26\% | $21 \%$ | $23 \%$ | $23 \%$ | $23 \%$ | $22 \%$ $*$ |
| I can carry on normally without medication | 23\% | 26\% | 21\% | 22\% | $27 \%$ | $16 \%$ | $22 \%$ | $14 \%$ | 23\% | 23\% | 23\% | $27 \%$ | $23 \%$ | $15 \%$ | $15 \%$ | $23 \%$ $*$ |
| Prefer not to answer | 1\% | 1\% | 1\% | 1\% |  |  | $6 \%$ | - | $2 \%$ | - | 1\% | $3 \%$ | * |  |  | 1\% |
| Don't know | 1\% | 1\% | 2\% | 3\% |  |  | $\stackrel{-}{*}$ |  | $2 \%$ | 1\% | 1\% | $6 \%$ | * | ** | ** | 2\% |

If you had a mental illness, would you or would you not feel comfortable talking to friends or family about it?

| Base | 616 | 230 | 386 | 381 | 137 | 42 | 28 | 28 | 335 | 281 | 490 | 37 | 34 | 4 | 16 | 75 |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| I would | 49\% | 49\% | 48\% | 48\% | 52\% | 57\% | $46 \%$ | 36\% | 47\% | 50\% | 49\% | $54 \%$ | 56\% | $25 \%$ | 31\% | 53\% |
| I would not | 29\% | 30\% | 29\% | 29\% | 28\% | $19 \%$ | $\underset{* *}{39 \%}$ | $\underset{* *}{29 \%}$ | 30\% | 27\% | 29\% | $32 \%$ | 21\% | $\underset{* *}{25 \%}$ | $\underset{* *}{25 \%}$ | 27\% |
| Prefer not to answer | 2\% | 1\% | 2\% | 2\% | 1\% | 2\% |  |  | 1\% | 2\% | 1\% | 3\% |  | $\underset{* *}{25 \%}$ | 6\% | 3\% |
| Don't know | 21\% | 20\% | 22\% | 21\% | 19\% | $21 \%$ | $14 \%$ | $36 \%$ | 21\% | 21\% | 20\% | $11 \%$ | $24 \%$ | $\underset{* *}{25 \%}$ | $38 \%$ | $17 \%$ |

## YouGov Survey Results

Sample Size: 1061 Students (unweighted)

|  | Social grade |  | Age |  |  |  |  | Gender |  | Sexuality |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Total | ABC1 | C2DE | 18-24 | 25-34 | 35-44 | 45-54 | 55+ | Male | Female | Straight | Gay | Bisexual | Other | Don't know | Not Straight |

## How many people do you know that suffer from mental illness?

| Base | 1061 | 394 | 667 | 629 | 270 | 74 | 49 | 39 | 524 | 537 | 770 | 86 | 97 | 26 | 33 | 209 |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| None | 8\% | 6\% | 9\% | $\begin{gathered} 9 \% \\ \mathrm{~L} \end{gathered}$ | 5\% | $5 \%$ | 8\% | $\begin{aligned} & \text { 18\% } \\ & \text { LM* } \end{aligned}$ | $\begin{gathered} 11 \% \\ Q \end{gathered}$ | 6\% | $\begin{aligned} & \text { 9\% } \\ & \text { TW } \end{aligned}$ | $\begin{aligned} & 7 \% \\ & \mathrm{~T}^{*} \end{aligned}$ | $1 \%$ |  | $\begin{aligned} & \text { 12\% } \\ & \text { TW* } \end{aligned}$ | 3\% |
| 1-2 | 21\% | 23\% | 20\% | 20\% | 22\% | $24 \%$ | $22 \%$ | $18 \%$ | 22\% | 20\% | $\begin{gathered} 23 \% \\ \text { TW } \end{gathered}$ | $21 \%$ | $11 \%$ | $12 \%$ | $21 \%$ | 15\% |
| 2-5 | 31\% | 33\% | 30\% | 32\% | 32\% | $30 \%$ | $24 \%$ | $23 \%$ | 30\% | 32\% | 31\% | $38 \%$ | $30 \%$ | $23 \%$ | $30 \%$ | 33\% |
| 5-10 | 16\% | 16\% | 15\% | 15\% | 16\% | $14 \%$ | $22 \%$ | $15 \%$ | 12\% | $\begin{gathered} 19 \% \\ P \end{gathered}$ | 14\% | $17 \%$ | $\begin{gathered} 26 \% \\ R^{*}{ }^{*} \end{gathered}$ | $27 \%$ | $6 \%$ | $\begin{gathered} 22 \% \\ \text { RV } \end{gathered}$ |
| 10-20 | 7\% | 6\% | 7\% | 7\% | 7\% | 7\% | 6\% | $5 \%$ | 4\% | $\begin{gathered} 9 \% \\ \mathrm{P} \end{gathered}$ | 6\% | 6\% | $\begin{aligned} & 13 \% \\ & \text { RV }^{*} \end{aligned}$ | $15 \%$ |  | $\begin{gathered} 11 \% \\ R \end{gathered}$ |
| $20+$ | 4\% | 3\% | 5\% | 4\% | 4\% | 7\% | 6\% | $3 \%$ | 3\% | 5\% | 3\% | $3 \%$ | $\begin{gathered} 10 \% \\ \mathrm{R}^{\star} \end{gathered}$ | $15 \%$ | $3 \%$ | $\begin{gathered} 8 \% \\ R \end{gathered}$ |
| Prefer not to answer | 2\% | 1\% | $3 \%$ | $2 \%$ | 1\% | 4\% | 2\% |  | $\begin{gathered} 3 \% \\ \mathrm{Q} \end{gathered}$ | 1\% | $\begin{aligned} & \text { 2\% } \\ & \text { W } \end{aligned}$ | * | - | ** | $\begin{aligned} & 3 \% \\ & W^{*} \end{aligned}$ | - |
| Don't know | 11\% | 11\% | 11\% | 11\% | 12\% | $9 \%$ | 8\% | $18 \%$ | $\begin{gathered} 14 \% \\ Q \end{gathered}$ | 9\% | 12\% | 7\% | 8\% | $8 \%$ | $\begin{gathered} 24 \% \\ \text { RSTW* } \end{gathered}$ | 8\% |

## YouGov Survey Results

Sample Size: 1061 Students (unweighted)

|  | Social grade |  | Age |  |  |  |  | Gender |  | Sexuality |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Total | ABC1 | C2DE | 18-24 | 25-34 | 35-44 | 45-54 | 55+ | Male | Female | Straight | Gay | Bisexual | Other | Don't know | Not Straight |

## How many friends do you have that suffer from a mental illness?

| Base | 1061 | 394 | 667 | 629 | 270 | 74 | 49 | 39 | 524 | 537 | 770 | 86 | 97 | 26 | 33 | 209 |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| None | 14\% | 13\% | 15\% | 14\% | 12\% | $16 \%$ | $12 \%$ | $\begin{gathered} 33 \% \\ \text { KLMN* } \end{gathered}$ | 16\% | 13\% | $\begin{aligned} & 17 \% \\ & \text { STW } \end{aligned}$ | $6 \%$ | $4 \%$ |  | $\begin{gathered} 21 \% \\ \text { STW** } \end{gathered}$ | 4\% |
| 1-2 | 26\% | 27\% | 26\% | 26\% | $\begin{gathered} 28 \% \\ 0 \end{gathered}$ | $27 \%$ | $24 \%$ | $13 \%$ | 28\% | 24\% | $\begin{gathered} 28 \% \\ \text { TW } \end{gathered}$ | $\begin{gathered} 29 \% \\ T^{*} \end{gathered}$ | $14 \%$ | $\underset{* *}{12 \%}$ | $27 \%$ | 20\% |
| 2-5 | 28\% | 31\% | 27\% | 29\% | 28\% | $31 \%$ | $29 \%$ | $23 \%$ | 26\% | $\begin{gathered} 31 \% \\ \mathrm{P} \end{gathered}$ | 26\% | $\begin{aligned} & 42 \% \\ & \text { RV }^{*} \end{aligned}$ | $\begin{gathered} 36 \% \\ \mathrm{R}^{\star} \end{gathered}$ | $31 \%$ | $21 \%$ | $\begin{gathered} 38 \% \\ R \end{gathered}$ |
| 5-10 | 11\% | 10\% | 12\% | 12\% | 9\% | $9 \%$ | $\begin{gathered} 18 \% \\ L^{*} \end{gathered}$ | $5 \%$ | 9\% | $\begin{gathered} 14 \% \\ \mathrm{P} \end{gathered}$ | 9\% | $12 \%$ | $\begin{gathered} 21 \% \\ R^{*} \end{gathered}$ | $27 \%$ | 9\% | $\begin{gathered} 18 \% \\ R \end{gathered}$ |
| 10-20 | 3\% | 2\% | 4\% | 3\% | 4\% | 3\% |  | $3 \%$ | 2\% | $\begin{gathered} 5 \% \\ P \end{gathered}$ | 2\% | 2\% | $\begin{gathered} 13 \% \\ \text { RSV* } \end{gathered}$ | $\underset{* *}{12 \%}$ |  | $\begin{gathered} 9 \% \\ R \end{gathered}$ |
| $20+$ | 2\% | 2\% | 2\% | 2\% | 3\% | $3 \%$ | 2\% | * | $2 \%$ | 2\% | 2\% | $1 \%$ | $4 \%$ | $4 \%$ | * | 3\% |
| Prefer not to answer | 2\% | 1\% | 2\% | 2\% | 1\% | $\begin{aligned} & 4 \% \\ & L^{*} \end{aligned}$ | 2\% |  | 2\% | 1\% | 2\% | $1 \%$ |  |  |  | 0\% |
| Don't know | 13\% | 14\% | 12\% | 11\% | $\begin{gathered} 16 \% \\ M \end{gathered}$ | 7\% | 12\% | $\begin{aligned} & 23 \% \\ & \text { KM }^{*} \end{aligned}$ | $\begin{gathered} 15 \% \\ Q \end{gathered}$ | 11\% | $\begin{gathered} 13 \% \\ W \end{gathered}$ | 7\% | 7\% | $15 \%$ | $\begin{aligned} & 21 \% \\ & \text { STW** } \end{aligned}$ | 8\% |

## YouGov Survey Results

Sample Size: 1061 Students (unweighted)

|  | Social grade |  | Age |  |  |  |  | Gender |  | Sexuality |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Total | ABC1 | C2DE | 18-24 | 25-34 | 35-44 | 45-54 | 55+ | Male | Female | Straight | Gay | Bisexual | Other | Don't know | Not Straight |

Which of the following are you aware of your university providing as a mental health service? (Select all that apply)

| Base | 1061 | 394 | 667 | 629 | 270 | 74 | 49 | 39 | 524 | 537 | 770 | 86 | 97 | 26 | 33 | 209 |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| University counselling | 75\% | 74\% | 75\% | $\begin{gathered} 77 \% \\ M \end{gathered}$ | $\begin{gathered} 76 \% \\ M \end{gathered}$ | $57 \%$ | $71 \%$ | $69 \%$ | 73\% | 76\% | 73\% | $74 \%$ | $\begin{gathered} 86 \% \\ \mathrm{R}^{*} \end{gathered}$ | 92\% | $85 \%$ | $\begin{gathered} 82 \% \\ R \end{gathered}$ |
| Referrals to outside help | 32\% | 31\% | 32\% | 33\% | 30\% | $27 \%$ | 27\% | $41 \%$ | 32\% | 31\% | 31\% | 30\% | $36 \%$ | $54 \%$ | $33 \%$ | 36\% |
| 24 hour crisis hotline | 34\% | 35\% | 33\% | $\begin{gathered} 36 \% \\ M \end{gathered}$ | $\begin{gathered} 33 \% \\ M \end{gathered}$ | $18 \%$ | 24\% | $\begin{gathered} 36 \% \\ \mathrm{M}^{*} \end{gathered}$ | 32\% | 35\% | 34\% | $26 \%$ | $33 \%$ | $31 \%$ | $42 \%$ | 30\% |
| Periodic events focused on mental wellbeing and stress management | 38\% | 41\% | 36\% | 37\% | 39\% | $42 \%$ | $39 \%$ | $36 \%$ | 36\% | 40\% | 35\% | $36 \%$ | $44 \%$ | $73 \%$ | $45 \%$ | $\begin{gathered} 45 \% \\ \mathrm{R} \end{gathered}$ |
| Doctors on site to prescribe medication if necessary | 24\% | 24\% | 24\% | $\begin{aligned} & 28 \% \\ & \text { MN } \end{aligned}$ | $\begin{gathered} 23 \% \\ M \end{gathered}$ | $12 \%$ | $14 \%$ | $15 \%$ | 24\% | 24\% | 24\% | $16 \%$ | $\begin{gathered} 31 \% \\ S^{*} \end{gathered}$ | $38 \%$ | $18 \%$ | 26\% |
| Peer health advisors who are other students | 16\% | 16\% | 17\% | 17\% | 16\% | $15 \%$ | $20 \%$ | $13 \%$ | 16\% | 17\% | 17\% | $14 \%$ | $15 \%$ | $12 \%$ | $21 \%$ | 14\% |
| Other | 3\% | 3\% | 3\% | 2\% | $\begin{gathered} 4 \% \\ \mathrm{~K} \end{gathered}$ | $\begin{aligned} & 5 \% \\ & \mathrm{~K}^{\star} \end{aligned}$ | $\begin{aligned} & 8 \% \\ & \mathrm{~K}^{*} \end{aligned}$ | $5 \%$ | 2\% | 4\% | 3\% | $3 \%$ | $1 \%$ | $\underset{* *}{4 \%}$ | $3 \%$ | 2\% |
| None of the above | 14\% | 16\% | 13\% | 12\% | 15\% | $\begin{gathered} 23 \% \\ \mathrm{~K}^{\star} \end{gathered}$ | 18\% | $21 \%$ | 14\% | 14\% | $\begin{aligned} & 16 \% \\ & \text { TW } \end{aligned}$ | $14 \%$ | 8\% | - | $12 \%$ | 10\% |
| Prefer not to answer | 4\% | 4\% | 5\% | 5\% | 3\% | $\begin{aligned} & 8 \% \\ & L^{*} \end{aligned}$ | 2\% | $3 \%$ | $\begin{gathered} 6 \% \\ \mathrm{Q} \end{gathered}$ | 3\% | 4\% | $\stackrel{\text { 2\% }}{*}$ | $3 \%$ | $4 \%$ | $3 \%$ | 3\% |

Have you ever used one of your university's mental health services?

| Base | 1061 | 394 | 667 | 629 | 270 | 74 | 49 | 39 | 524 | 537 | 770 | 86 | 97 | 26 | 33 | 209 |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Yes | 18\% | 19\% | 18\% | 16\% | $\begin{aligned} & 26 \% \\ & \text { KNO } \end{aligned}$ | $\begin{gathered} 19 \% \\ N^{*} \end{gathered}$ | $6 \%$ | $10 \%$ | 15\% | $\begin{gathered} 22 \% \\ \text { P } \end{gathered}$ | 14\% | $\begin{gathered} 31 \% \\ R^{*} \end{gathered}$ | $\begin{gathered} 35 \% \\ \mathrm{R}^{\star} \end{gathered}$ | $50 \%$ | $21 \%$ | $\begin{gathered} 35 \% \\ R \end{gathered}$ |
| No | 79\% | 79\% | 79\% | $\begin{gathered} 80 \% \\ \mathrm{~L} \end{gathered}$ | 72\% | $78 \%$ | $\begin{gathered} 94 \% \\ \text { KLM* } \end{gathered}$ | $\begin{gathered} 90 \% \\ L^{*} \end{gathered}$ | $\begin{gathered} 82 \% \\ \text { Q } \end{gathered}$ | 75\% | $\begin{gathered} 84 \% \\ \text { STVW } \end{gathered}$ | $66 \%$ | $59 \%$ | $\underset{* *}{50 \%}$ | $70 \%$ | 61\% |
| Prefer not to answer | 2\% | 2\% | 2\% | 2\% | 1\% | $3 \%$ |  | * | 2\% | 1\% | 1\% | 2\% | 2\% | ** | $3 \%$ | 2\% |
| Don't know | 1\% | 1\% | 1\% | 2\% | 1\% |  |  | * | 1\% | $2 \%$ | 1\% |  | $\begin{aligned} & 4 \% \\ & \mathrm{R}^{\star} \end{aligned}$ | ** | $\begin{aligned} & 6 \% \\ & \text { RS* }^{*} \end{aligned}$ | 2\% |

## YouGov Survey Results

Sample Size: 1061 Students (unweighted)

|  | Social grade |  | Age |  |  |  |  | Gender |  | Sexuality |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Total | ABC1 | C2DE | 18-24 | 25-34 | 35-44 | 45-54 | 55+ | Male | Female | Straight | Gay | Bisexual | Other | Don't know | Not Straight |

What service did you utilise? (Select all that apply)

| Base | 192 | 74 | 118 | 102 | 69 | 14 | 3 | 4 | 76 | 116 | 104 | 27 | 34 | 13 | 7 | 74 |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| University counselling | 89\% | $92 \%$ | 87\% | 85\% | $91 \%$ | $100 \%$ | $100 \%$ | $100 \%$ | $91 \%$ | 88\% | 88\% | $85 \%$ | $88 \%$ | $100 \%$ | $86 \%$ | $89 \%$ $*$ |
| Referrals to outside help | 13\% | $14 \%$ | 13\% | 13\% | $12 \%$ $*$ | $21 \%$ | $33 \%$ | - | $18 \%$ | 9\% | 12\% | $19 \%$ | $12 \%$ | 8\% | $29 \%$ | $14 \%$ $*$ |
| 24 hour crisis hotline | 3\% | 1\% | 3\% | 3\% | 1\% | $\underset{* *}{7 \%}$ | - | - | 1\% | 3\% | 3\% | $4 \%$ |  | $\underset{* *}{8 \%}$ | ** | 3\% |
| Periodic events focused on mental wellbeing and stress management | 11\% | 12\% | 10\% | 10\% | $13 \%$ | $14 \%$ |  |  | $14 \%$ | 9\% | 12\% | $\begin{gathered} 7 \% \\ * * \end{gathered}$ | $9 \%$ | $\begin{gathered} 8 \% \\ * * \end{gathered}$ | $\begin{gathered} 29 \% \\ * * \end{gathered}$ | 8\% |
| Doctors on site to prescribe medication if necessary | 16\% | $15 \%$ | 16\% | 15\% | $20 \%$ | 7\% | - | - | $13 \%$ | 17\% | 15\% | $11 \%$ | 21\% | 8\% | $43 \%$ | $15 \%$ $*$ |
| Peer health advisors who are other students | 3\% | 4\% | 2\% | 3\% | $3 \%$ | $\stackrel{-}{* *}$ |  | - | 3\% | 3\% | 1\% | 11\% | * | - | $14 \%$ | 4\% |
| Other | 5\% | $5 \%$ | 5\% | 5\% | 7\% |  | $\begin{gathered} - \\ * * \end{gathered}$ |  | $5 \%$ | 5\% | 3\% | 7\% | $9 \%$ | 8\% | $14 \%$ | 8\% |
| Don't know | 2\% |  | 3\% | 3\% |  | - | - | $\bar{*}$ | $1 \%$ | 2\% | 2\% | $4 \%$ | * | - |  | 1\% |

How helpful did you find the service?

| Base | 192 | 74 | 118 | 102 | 69 | 14 | 3 | 4 | 76 | 116 | 104 | 27 | 34 | 13 | 7 | 74 |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Very helpful | 30\% | $38 \%$ | 25\% | 25\% | $32 \%$ | $43 \%$ | $\underset{* *}{67 \%}$ | $\underset{* *}{75 \%}$ | $37 \%$ | 26\% | 33\% | $\underset{* \star}{26 \%}$ | $21 \%$ | $\underset{* *}{31 \%}$ | $\underset{* *}{29 \%}$ | $24 \%$ |
| Somewhat helpful | 45\% | $38 \%$ | 49\% | 48\% | $42 \%$ | $50 \%$ | ** | $\underset{* *}{25 \%}$ | $45 \%$ | 45\% | 43\% | $\underset{* *}{44 \%}$ | $50 \%$ | $46 \%$ | $43 \%$ | $47 \%$ |
| Not helpful at all | 21\% | $20 \%$ | 22\% | 25\% | $20 \%$ | 7\% | $33 \%$ |  | $16 \%$ | 25\% | 21\% | $26 \%$ | $24 \%$ | $23 \%$ | $14 \%$ | $24 \%$ |
| Prefer not to answer | 1\% |  | 2\% | 2\% |  | ** | ${ }_{* *}$ | ${ }_{*}^{-}$ | $1 \%$ | 1\% | 1\% |  | $3 \%$ | ** |  | $1 \%$ |
| Don't know | 3\% | 4\% | 2\% | 1\% | $6 \%$ |  | ** | ** | 1\% | $3 \%$ | 2\% | $4 \%$ | 3\% | ** | $14 \%$ | $3 \%$ |

## YouGov Survey Results

Sample Size: 1061 Students (unweighted)

|  | Social grade |  | Age |  |  |  |  | Gender |  | Sexuality |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Total | ABC1 | C2DE | 18-24 | 25-34 | 35-44 | 45-54 | 55+ | Male | Female | Straight | Gay | Bisexual | Other | Don't know | Not Straight |

## How do you feel about university-provided mental health services?

| Base | 1061 | 394 | 667 | 629 | 270 | 74 | 49 | 39 | 524 | 537 | 770 | 86 | 97 | 26 | 33 | 209 |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Excellent | 7\% | 7\% | 7\% | 5\% | 7\% | $\begin{aligned} & 15 \% \\ & \text { KL* } \end{aligned}$ | 8\% | $5 \%$ | 7\% | 6\% | 6\% | $5 \%$ | $11 \%$ | $4 \%$ | $3 \%$ | 8\% |
| Good | 26\% | 25\% | 26\% | 28\% | 24\% | $19 \%$ | $18 \%$ | $31 \%$ | 25\% | 26\% | 27\% | $21 \%$ | $27 \%$ | $42 \%$ | $18 \%$ | 26\% |
| Okay | 20\% | 19\% | 20\% | $\begin{gathered} 21 \% \\ 0 \end{gathered}$ | $\begin{gathered} 20 \% \\ 0 \end{gathered}$ | $18 \%$ | $\begin{gathered} \text { 22\% } \\ \mathrm{O}^{\star} \end{gathered}$ | $5 \%$ | 18\% | 22\% | 17\% | $\begin{gathered} 29 \% \\ \mathrm{R}^{\star} \end{gathered}$ | $\begin{gathered} 31 \% \\ \mathrm{R}^{\star} \end{gathered}$ | $\underset{* *}{15 \%}$ | $15 \%$ | $\begin{gathered} 28 \% \\ \mathrm{R} \end{gathered}$ |
| Bad | 5\% | 5\% | 5\% | 6\% | 5\% | $3 \%$ | 2\% |  | 5\% | 6\% | 5\% | $6 \%$ | $4 \%$ | $15 \%$ | $6 \%$ | 6\% |
| Terrible | 2\% | 1\% | 2\% | 3\% | 1\% |  | * |  | 2\% | 2\% | 2\% | $1 \%$ | $4 \%$ | - | 3\% | 2\% |
| Don't know | 41\% | 43\% | 40\% | 38\% | 43\% | $46 \%$ | 49\% | $\begin{gathered} 59 \% \\ \mathrm{~K}^{*} \end{gathered}$ | 44\% | 38\% | $\begin{aligned} & 43 \% \\ & \text { TW } \end{aligned}$ | $\begin{gathered} 38 \% \\ T^{*} \end{gathered}$ | $23 \%$ | $23 \%$ | $\begin{aligned} & 55 \% \\ & \text { TW } \end{aligned}$ | 29\% |

## Other than university provided services, what other avenues toward

help for mental health or stress do you utilise? (Select all that apply)

| Base | 192 | 74 | 118 | 102 | 69 | 14 | 3 | 4 | 76 | 116 | 104 | 27 | 34 | 13 | 7 | 74 |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Friends | 62\% | $62 \%$ | 62\% | 66\% | $61 \%$ | $43 \%$ | $67 \%$ | $50 \%$ | $59 \%$ | 64\% | 59\% | $52 \%$ | $\begin{gathered} 79 \% \\ \mathrm{R}^{\star} \end{gathered}$ | $69 \%$ | $29 \%$ | $68 \%$ $*$ |
| Family | 44\% | $39 \%$ | 47\% | 46\% | $48 \%$ | $21 \%$ | $33 \%$ | ** | $34 \%$ | $\begin{gathered} 50 \% \\ P \end{gathered}$ | 47\% | $26 \%$ | $44 \%$ | $54 \%$ | $14 \%$ | $39 \%$ $*$ |
| A romantic partner | 49\% | $51 \%$ | 47\% | 49\% | $55 \%$ | $21 \%$ | $33 \%$ | $50 \%$ | $37 \%$ | $\begin{gathered} 57 \% \\ \mathrm{P} \end{gathered}$ | 50\% | $30 \%$ | $59 \%$ | $62 \%$ | $29 \%$ | $49 \%$ |
| Professional help through other means | 49\% | $51 \%$ | 47\% | 45\% | $49 \%$ | $71 \%$ | $33 \%$ | $75 \%$ | $51 \%$ | 47\% | 46\% | $48 \%$ | $62 \%$ | $46 \%$ | $43 \%$ | 54\% |
| I don't utilise other services | 7\% | 7\% | 8\% | 8\% | 7\% | 7\% | $\bar{*}$ | ** | $11 \%$ | 5\% | 6\% | $19 \%$ | 3\% | ** | $\underset{* *}{29 \%}$ | $8 \%$ $*$ |
| Other | 6\% | 8\% | 5\% | 4\% | $4 \%$ | $14 \%$ | $67 \%$ | $25 \%$ | 8\% | 5\% | 6\% | $11 \%$ |  | $15 \%$ | - | 7\% $*$ |
| Don't know | 2\% | $3 \%$ | 1\% | 2\% | 1\% |  |  |  | * | 3\% | 3\% |  |  |  |  |  |

## YouGov Survey Results

Sample Size: 1061 Students (unweighted)

|  | Social grade |  | Age |  |  |  |  | Gender |  | Sexuality |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Total | ABC1 | C2DE | 18-24 | 25-34 | 35-44 | 45-54 | 55+ | Male | Female | Straight | Gay | Bisexual | Other | Don't know | Not Straight |

Do you think the government should provide more, less, or the current amount of services for mental health through the NHS?

| Base | 1061 | 394 | 667 | 629 | 270 | 74 | 49 | 39 | 524 | 537 | 770 | 86 | 97 | 26 | 33 | 209 |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| More, it is essential that more comprehensive coverage be given to all | 80\% | 81\% | 79\% | 78\% | $\begin{gathered} 84 \% \\ \mathrm{~K} \end{gathered}$ | $81 \%$ | 88\% | 82\% | 76\% | $\begin{gathered} 85 \% \\ \mathrm{P} \end{gathered}$ | 77\% | $\begin{aligned} & 90 \% \\ & \text { RV* }^{*} \end{aligned}$ | $\begin{aligned} & 94 \% \\ & \text { RV }^{*} \end{aligned}$ | $\begin{gathered} 92 \% \\ * * \end{gathered}$ | $73 \%$ | $\begin{gathered} 92 \% \\ \text { RV } \end{gathered}$ |
| The current services level is adequate | 10\% | 8\% | 11\% | $\begin{gathered} 13 \% \\ \text { LN } \end{gathered}$ | 6\% | $5 \%$ | $2 \%$ | $3 \%$ | $\begin{gathered} 12 \% \\ Q \end{gathered}$ | 8\% | $\begin{aligned} & 11 \% \\ & \text { TW } \end{aligned}$ | $5 \%$ | $4 \%$ | $4 \%$ | $9 \%$ | 4\% |
| Less, we need to make government cuts in every sector we can | 2\% | 2\% | 1\% | 2\% | 1\% | $3 \%$ | $2 \%$ $*$ | 3\% | $\begin{gathered} 3 \% \\ \mathrm{Q} \end{gathered}$ | 0\% | 2\% | $1 \%$ | * |  | 3\% | 0\% |
| Don't know | 9\% | 9\% | 9\% | 8\% | 9\% | $11 \%$ | 8\% | $13 \%$ | 10\% | 8\% | $\begin{aligned} & 10 \% \\ & \text { TW } \end{aligned}$ | $5 \%$ | 2\% | $4 \%$ | $\begin{aligned} & 15 \% \\ & \text { TW }^{\star} \end{aligned}$ | 3\% |

Do you agree with the following statement: On average, a menta
illness is as serious as a physical ailment?

| Base | 1061 | 394 | 667 | 629 | 270 | 74 | 49 | 39 | 524 | 537 | 770 | 86 | 97 | 26 | 33 | 209 |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Agree: the two are equally serious | 84\% | 86\% | 83\% | 82\% | $\begin{gathered} 87 \% \\ \text { K } \end{gathered}$ | $85 \%$ | $\begin{gathered} 94 \% \\ \mathrm{~K}^{*} \end{gathered}$ | $85 \%$ | 81\% | $\begin{gathered} 88 \% \\ \mathrm{P} \end{gathered}$ | 83\% | $88 \%$ | $86 \%$ | $100 \%$ | $79 \%$ | 89\% |
| Disagree: a physical ailment is more serious | 6\% | 5\% | 6\% | 7\% | 4\% | $3 \%$ | * | $5 \%$ | $\begin{gathered} 8 \% \\ Q \end{gathered}$ | 3\% | 6\% | 2\% | $5 \%$ $*$ | ** | 6\% | $3 \%$ |
| Disagree: a mental illness is more serious | 5\% | 4\% | 5\% | 5\% | 4\% | $5 \%$ | 2\% | $3 \%$ | 5\% | 4\% | 4\% | $5 \%$ | $5 \%$ | ** | $\begin{gathered} 12 \% \\ \mathrm{R}^{\star} \end{gathered}$ | 4\% |
| Don't know | 6\% | 5\% | 6\% | 6\% | 4\% | 7\% | $4 \%$ | 8\% | 6\% | 5\% | 6\% | $5 \%$ | $4 \%$ |  | 3\% | 4\% |

## YouGov Survey Results

Sample Size: 1061 Students (unweighted)

|  | Social grade |  | Age |  |  |  |  | Gender |  | Sexuality |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Total | ABC1 | C2DE | 18-24 | 25-34 | 35-44 | 45-54 | 55+ | Male | Female | Straight | Gay | Bisexual | Other | Don't know | Not Straight |

What would be your initial response to finding out a person has a mental illness?

| Base | 545 | 193 | 352 | 323 | 133 | 35 | 30 | 24 | 277 | 268 | 392 | 47 | 54 | 15 | 14 | 116 |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| I wouldn't react at all, as this would change nothing | 19\% | 20\% | 18\% | 16\% | 20\% | $23 \%$ | $30 \%$ | $29 \%$ | 20\% | 17\% | 19\% | $15 \%$ | 17\% | $13 \%$ | $36 \%$ | 16\% |
| I would show concern and be mindful of troubles the person might be facing | 74\% | 73\% | 75\% | 76\% | 74\% | 77\% | $63 \%$ | $58 \%$ | 70\% | $\begin{gathered} 78 \% \\ \mathrm{P} \end{gathered}$ | 73\% | $79 \%$ | 81\% | $\begin{gathered} 87 \% \\ * * \end{gathered}$ | $\begin{gathered} 57 \% \\ * * \end{gathered}$ | 81\% |
| I would be more cautious around him or her | 3\% | 2\% | $3 \%$ | 3\% | 2\% | * | $3 \%$ | $4 \%$ | $\begin{gathered} 4 \% \\ \mathrm{Q} \end{gathered}$ | 1\% | 3\% | 2\% | 2\% | ** | $7 \%$ | 2\% |
| Other | 0\% | 1\% | - | - | 1\% |  |  | - | 0\% | - | 0\% |  | * | $\stackrel{-}{*}$ | - | - |
| Don't know | 4\% | 5\% | 4\% | 5\% | 3\% |  | 3\% | 8\% | 5\% | 3\% | 5\% | $4 \%$ |  |  | $\stackrel{-}{*}$ | 2\% |

What would be your initial response to finding out that a friend has a mental illness?

| Base | 516 | 201 | 315 | 306 | 137 | 39 | 19 | 15 | 247 | 269 | 378 | 39 | 43 | 11 | 19 | 93 |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| I wouldn't react at all, as this would change nothing for our friendship | 15\% | 17\% | 13\% | 13\% | 15\% | $\begin{aligned} & 31 \% \\ & K L^{*} \end{aligned}$ | $11 \%$ | $13 \%$ | $\begin{gathered} 18 \% \\ \mathrm{Q} \end{gathered}$ | 11\% | 15\% | $23 \%$ | $9 \%$ | $9 \%$ | $16 \%$ | $15 \%$ |
| I would show concern and be mindful of troubles my friend might be facing | 78\% | 77\% | 79\% | $\begin{gathered} 80 \% \\ \mathrm{M} \end{gathered}$ | $\begin{gathered} 80 \% \\ \mathrm{M} \end{gathered}$ | $62 \%$ | $79 \%$ | 80\% | 72\% | $\begin{gathered} 84 \% \\ \mathrm{P} \end{gathered}$ | 78\% | $72 \%$ | $86 \%$ | 91\% | $79 \%$ | $81 \%$ |
| I would be more cautious around him or her | 2\% | 3\% | $2 \%$ | 2\% | 1\% | $3 \%$ | $5 \%$ | 7\% | 2\% | 2\% | $2 \%$ |  | * |  | - |  |
| Other | 2\% | 1\% | 3\% | 2\% | 1\% | $3 \%$ | $-\bar{*}$ | - | 2\% | 1\% | 2\% | * | 2\% |  | $5 \%$ | $1 \%$ |
| Don't know | 3\% | 2\% | 3\% | 3\% | $3 \%$ | $3 \%$ | $5 \%$ | - | $\begin{gathered} 5 \% \\ \mathrm{Q} \end{gathered}$ | 1\% | $3 \%$ | 5\% | 2\% | ** | ** | $3 \%$ |

## YouGov Survey Results

Sample Size: 1061 Students (unweighted)

|  | Social grade |  | Age |  |  |  |  | Gender |  | Sexuality |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Total | ABC1 | C2DE | 18-24 | 25-34 | 35-44 | 45-54 | 55+ | Male | Female | Straight | Gay | Bisexual | Other | Don't know | Not Straight |

## What are your main sources of stress? (Select all that apply)

| Base | 1061 | 394 | 667 | 629 | 270 | 74 | 49 | 39 | 524 | 537 | 770 | 86 | 97 | 26 | 33 | 209 |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Work from university | 71\% | 67\% | $\begin{gathered} 74 \% \\ \mathrm{~A} \end{gathered}$ | $77 \%$ <br> MNO | $\begin{gathered} 74 \% \\ \text { MNO } \end{gathered}$ | $50 \%$ | $43 \%$ | $31 \%$ | 68\% | $\begin{gathered} 75 \% \\ P \end{gathered}$ | 70\% | $70 \%$ | $\begin{aligned} & 86 \% \\ & \text { RSV* } \end{aligned}$ | $81 \%$ | $58 \%$ | $\begin{gathered} 78 \% \\ \text { RV } \end{gathered}$ |
| Family | 35\% | 33\% | 35\% | $35 \%$ | 31\% | $\begin{gathered} 43 \% \\ L^{*} \end{gathered}$ | $39 \%$ | $33 \%$ | 27\% | $\begin{gathered} 42 \% \\ \mathrm{P} \end{gathered}$ | 32\% | $40 \%$ | $\begin{gathered} 47 \% \\ R^{*} \end{gathered}$ | $50 \%$ | $39 \%$ | $\begin{gathered} 45 \% \\ R \end{gathered}$ |
| Friends | 22\% | 16\% | $\begin{gathered} 25 \% \\ \mathrm{~A} \end{gathered}$ | $\begin{gathered} 27 \% \\ \text { LMNO } \end{gathered}$ | 17\% | $11 \%$ | $10 \%$ | $5 \%$ | 19\% | $\begin{gathered} 24 \% \\ P \end{gathered}$ | 19\% | $26 \%$ | $\begin{gathered} 36 \% \\ \mathrm{R}^{\star} \end{gathered}$ | $31 \%$ | $\begin{gathered} 36 \% \\ \mathrm{R}^{\star} \end{gathered}$ | $\begin{gathered} 31 \% \\ R \end{gathered}$ |
| A romantic relationship | 23\% | 22\% | 23\% | $\begin{gathered} 24 \% \\ 0 \end{gathered}$ | $\begin{gathered} 26 \% \\ 0 \end{gathered}$ | $18 \%$ | $14 \%$ | 8\% | 24\% | 22\% | 21\% | $28 \%$ | $29 \%$ | $\underset{* *}{19 \%}$ | $27 \%$ | 27\% |
| A job or internship | 23\% | 22\% | 23\% | $\begin{gathered} 23 \% \\ 0 \end{gathered}$ | $\begin{gathered} 26 \% \\ 0 \end{gathered}$ | $\begin{gathered} 23 \% \\ \mathrm{O}^{\star} \end{gathered}$ | $20 \%$ | 8\% | 21\% | 25\% | 23\% | $26 \%$ | $23 \%$ | $19 \%$ | $33 \%$ | 23\% |
| Employment prospects after university | 39\% | 34\% | $\begin{gathered} 42 \% \\ \text { A } \end{gathered}$ | $\begin{aligned} & 41 \% \\ & \text { NO } \end{aligned}$ | 44\% <br> MNO | $\begin{gathered} 30 \% \\ \mathrm{O}^{\star} \end{gathered}$ | 18\% | $13 \%$ | 38\% | 40\% | 37\% | $41 \%$ | $44 \%$ | $42 \%$ | $42 \%$ | 43\% |
| Other | 15\% | $\begin{gathered} 18 \% \\ \text { B } \end{gathered}$ | 13\% | 11\% | $\begin{gathered} 18 \% \\ K \end{gathered}$ | $\begin{gathered} 24 \% \\ \mathrm{~K}^{*} \end{gathered}$ | $\begin{gathered} 20 \% \\ \mathrm{~K}^{*} \end{gathered}$ | $\begin{gathered} 23 \% \\ \mathrm{~K}^{*} \end{gathered}$ | 11\% | $\begin{gathered} 18 \% \\ \mathrm{P} \end{gathered}$ | 13\% | $\begin{gathered} 23 \% \\ \mathrm{R}^{\star} \end{gathered}$ | $20 \%$ | $35 \%$ | $12 \%$ | $\begin{gathered} 23 \% \\ R \end{gathered}$ |
| I don't get stressed | 4\% | 4\% | 4\% | 3\% | 1\% | $\begin{aligned} & 7 \% \\ & L^{*} \end{aligned}$ | $\begin{aligned} & 14 \% \\ & K L^{*} \end{aligned}$ | $\begin{aligned} & 15 \% \\ & \mathrm{KL}^{*} \end{aligned}$ | $\begin{gathered} 5 \% \\ \mathrm{Q} \end{gathered}$ | 2\% | $\begin{aligned} & 5 \% \\ & \text { TW } \end{aligned}$ | $1 \%$ | * | - | $3 \%$ | 0\% |
| Don't know | 5\% | 5\% | 5\% | 5\% | 5\% | 7\% | $6 \%$ | $5 \%$ | 6\% | 4\% | 5\% | $6 \%$ | $3 \%$ | $4 \%$ | 9\% | 4\% |

## YouGov Survey Results

Sample Size: 1061 Students (unweighted)

|  | Social grade |  | Age |  |  |  |  | Gender |  | Sexuality |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Total | ABC1 | C2DE | 18-24 | 25-34 | 35-44 | 45-54 | 55+ | Male | Female | Straight | Gay | Bisexual | Other | Don't know | Not Straight |

## How do you cope with stress?

| Base | 1061 | 394 | 667 | 629 | 270 | 74 | 49 | 39 | 524 | 537 | 770 | 86 | 97 | 26 | 33 | 209 |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Talk to friends | 47\% | 48\% | 46\% | 47\% | $\begin{gathered} 53 \% \\ \mathrm{~N} \end{gathered}$ | $42 \%$ | $35 \%$ | $41 \%$ | 46\% | 49\% | 45\% | $55 \%$ | $54 \%$ | $\underset{* *}{65 \%}$ | $45 \%$ | $\begin{gathered} 56 \% \\ R \end{gathered}$ |
| Talk to parents | 25\% | 24\% | 27\% | $28 \%$ <br> MNO | $29 \%$ <br> MNO | $\begin{gathered} 15 \% \\ 0^{*} \end{gathered}$ | $6 \%$ | $3 \%$ | 21\% | $\begin{gathered} 30 \% \\ \mathrm{P} \end{gathered}$ | $\begin{gathered} 28 \% \\ \text { TW } \end{gathered}$ | $21 \%$ | $18 \%$ | $19 \%$ | $18 \%$ | 19\% |
| Talk to other family members | 11\% | $\begin{gathered} 14 \% \\ B \end{gathered}$ | 10\% | 9\% | $\begin{gathered} 14 \% \\ K \end{gathered}$ | $11 \%$ | $\begin{gathered} 18 \% \\ \mathrm{~K}^{*} \end{gathered}$ | $\begin{aligned} & 28 \% \\ & \text { KLM } \end{aligned}$ | 9\% | $\begin{gathered} 14 \% \\ P \end{gathered}$ | 12\% | $10 \%$ | 9\% | $15 \%$ | 9\% | 11\% |
| A romantic partner | $33 \%$ | $\begin{gathered} 38 \% \\ \text { B } \end{gathered}$ | 31\% | 30\% | $\begin{gathered} 43 \% \\ \text { KN } \end{gathered}$ | $35 \%$ | $27 \%$ | $31 \%$ | 27\% | $\begin{gathered} 40 \% \\ P \end{gathered}$ | 34\% | $30 \%$ | $\begin{gathered} 39 \% \\ V^{\star} \end{gathered}$ | $54 \%$ | $18 \%$ | $\begin{gathered} 37 \% \\ \mathrm{~V} \end{gathered}$ |
| Professional help through other means | 13\% | $\begin{gathered} 17 \% \\ B \end{gathered}$ | 10\% | 10\% | $\begin{gathered} 16 \% \\ K \end{gathered}$ | $\begin{gathered} 19 \% \\ \mathrm{~K}^{*} \end{gathered}$ | $\begin{gathered} 24 \% \\ \mathrm{~K}^{*} \end{gathered}$ | $18 \%$ | 11\% | $\begin{gathered} 15 \% \\ \mathrm{P} \end{gathered}$ | 10\% | $\begin{gathered} 20 \% \\ \mathrm{R}^{\star} \end{gathered}$ | $\begin{gathered} 23 \% \\ \mathrm{R}^{\star} \end{gathered}$ | $27 \%$ | $15 \%$ | $\begin{gathered} 22 \% \\ R \end{gathered}$ |
| Other | 20\% | $\begin{gathered} 24 \% \\ \text { B } \end{gathered}$ | 18\% | 16\% | $\begin{gathered} 23 \% \\ \mathrm{~K} \end{gathered}$ | $\begin{aligned} & 35 \% \\ & \mathrm{KL}^{*} \end{aligned}$ | $\begin{gathered} 39 \% \\ \text { KL }^{*} \end{gathered}$ | $26 \%$ | 20\% | 20\% | 19\% | $23 \%$ | $23 \%$ | $\underset{* *}{15 \%}$ | $\begin{gathered} 33 \% \\ \mathrm{R}^{\star} \end{gathered}$ | 22\% |
| I don't get stressed | 5\% | 5\% | 5\% | 4\% | 3\% | $5 \%$ | $\begin{aligned} & 12 \% \\ & \text { KL }^{*} \end{aligned}$ | $\begin{aligned} & 15 \% \\ & \text { KL }^{*} \end{aligned}$ | $\begin{gathered} 7 \% \\ \text { Q } \end{gathered}$ | 2\% | $\begin{aligned} & 5 \% \\ & \text { W } \end{aligned}$ | 2\% | 1\% |  | 6\% | 1\% |
| Don't know | 14\% | 10\% | $\begin{gathered} 17 \% \\ \text { A } \end{gathered}$ | $\begin{gathered} 17 \% \\ \mathrm{~N} \end{gathered}$ | $\begin{gathered} 13 \% \\ \mathrm{~N} \end{gathered}$ | $11 \%$ | 2\% | $5 \%$ | 16\% | 12\% | 14\% | $15 \%$ | $11 \%$ | 8\% | $12 \%$ | 12\% |

Do you have a fear of failure?

| Base | 1061 | 394 | 667 | 629 | 270 | 74 | 49 | 39 | 524 | 537 | 770 | 86 | 97 | 26 | 33 | 209 |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Yes | 77\% | 75\% | 78\% | $\begin{aligned} & 79 \% \\ & \text { MNO } \end{aligned}$ | $\begin{aligned} & 80 \% \\ & \text { MNO } \end{aligned}$ | $68 \%$ | $57 \%$ | $64 \%$ | 72\% | $\begin{gathered} 81 \% \\ P \end{gathered}$ | 76\% | $77 \%$ | $84 \%$ | $\underset{* *}{92 \%}$ | $76 \%$ | 82\% |
| No | 18\% | $\begin{gathered} 22 \% \\ \text { B } \end{gathered}$ | 17\% | 16\% | 15\% | $\begin{gathered} 28 \% \\ K L^{*} \end{gathered}$ | $\begin{aligned} & 41 \% \\ & \text { KL }^{*} \end{aligned}$ | $\begin{gathered} 36 \% \\ K L^{*} \end{gathered}$ | $\begin{gathered} 22 \% \\ \text { Q } \end{gathered}$ | 15\% | $\begin{gathered} 20 \% \\ \mathrm{~T} \end{gathered}$ | $\begin{gathered} 22 \% \\ \mathrm{~T}^{\star} \end{gathered}$ | $10 \%$ | $4 \%$ | $9 \%$ | 14\% |
| Don't know | 5\% | 3\% | 6\% | 5\% | 5\% | $4 \%$ | 2\% |  | 6\% | 4\% | 4\% | $1 \%$ | $6 \%$ | $4 \%$ | $\begin{gathered} 15 \% \\ \text { RSW }^{*} \end{gathered}$ | 4\% |

## YouGov Survey Results

Sample Size: 1061 Students (unweighted)

How prevalent is this fear in your day-to-day life?

| Base | 814 | 296 | 518 | 494 | 217 | 50 | 28 | 25 | 378 | 436 | 585 | 66 | 81 | 24 | 25 | 171 |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Very prevalent | 21\% | 21\% | 22\% | 20\% | 24\% | $20 \%$ | $\underset{* *}{32 \%}$ | $24 \%$ | 18\% | $\begin{gathered} 24 \% \\ P \end{gathered}$ | 19\% | $20 \%$ | $\begin{gathered} 31 \% \\ \mathrm{R}^{\star} \end{gathered}$ | $17 \%$ | $\underset{\text { ** }}{32 \%}$ | 25\% |
| Somewhat prevalent | 44\% | 45\% | 43\% | 42\% | 48\% | $52 \%$ | $43 \%$ | $32 \%$ | 42\% | 46\% | 43\% | $44 \%$ | $48 \%$ | $\underset{* *}{58 \%}$ | $44 \%$ | 48\% |
| Not very prevalent | $33 \%$ | 32\% | 33\% | $\begin{gathered} 35 \% \\ \mathrm{~L} \end{gathered}$ | 28\% | $26 \%$ | $\underset{* *}{25 \%}$ | $44 \%$ | $\begin{gathered} 38 \% \\ Q \end{gathered}$ | 28\% | $\begin{aligned} & 36 \% \\ & \text { TW } \end{aligned}$ | $\begin{gathered} 36 \% \\ T^{*} \end{gathered}$ | $21 \%$ | $\underset{* *}{25 \%}$ | $\underset{* *}{20 \%}$ | 27\% |
| Prefer not to say | 1\% | 0\% | 1\% | 1\% | - | * | ${ }_{*}^{*}$ | ${ }_{* *}$ | 0\% | 1\% | 1\% |  |  |  |  | - |
| Don't know | 1\% | 1\% | 1\% | 1\% | 1\% | 2\% |  |  | 2\% | 1\% | 1\% |  |  |  | $4 \%$ | - |



