

YouGov survey results
Sample Size: 2193

Fieldwork: 11th - 12th December 2019



Total	Gender		Age					Social Grade	
	Male	Female	18-24	25-34	35-44	45-54	55+	ABC1	C2DE

Thinking about the Christmas period (i.e. the month of December)...

In general, would you say the Christmas period has a positive or negative impact on your mental health compared to the rest of the year, or is there no difference?

Unweighted base	2193	1021	1172	209	354	340	433	857	1293	900
Base: All GB adults	2193	1064	1129	243	353	335	434	828	1250	943
A very positive impact	11%	12%	11%	18%	14%	13%	10%	8%	12%	10%
A fairly positive impact	27%	26%	27%	36%	30%	28%	25%	22%	29%	23%
There is no difference	31%	33%	30%	20%	24%	25%	27%	43%	30%	34%
A fairly negative impact	19%	17%	21%	13%	21%	21%	24%	17%	20%	18%
A very negative impact	7%	7%	7%	4%	4%	7%	10%	7%	5%	9%
Don't know	4%	4%	4%	6%	5%	5%	2%	2%	3%	4%
Prefer not to say	1%	2%	1%	3%	1%	2%	2%	1%	1%	1%

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Total	Region							
	North	Midlands	East	London	South	England (NET)	Wales	Scotland

Thinking about the Christmas period (i.e. the month of December)...

In general, would you say the Christmas period has a positive or negative impact on your mental health compared to the rest of the year, or is there no difference?

Unweighted base	2193	543	358	205	260	525	1891	109	193
Base: All GB adults	2193	524	362	200	296	512	1895	107	191
A very positive impact	11%	13%	11%	9%	11%	11%	12%	9%	9%
A fairly positive impact	27%	26%	25%	28%	30%	29%	28%	20%	19%
There is no difference	31%	31%	32%	31%	30%	30%	31%	36%	34%
A fairly negative impact	19%	18%	20%	16%	19%	18%	18%	22%	25%
A very negative impact	7%	7%	6%	9%	5%	6%	7%	8%	7%
Don't know	4%	3%	4%	5%	3%	4%	4%	4%	5%
Prefer not to say	1%	2%	1%	2%	1%	1%	1%	2%	1%

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Total	Government Region											
	North East	North West	Yorkshire and the Humber	East Midlands	West Midlands	East of England	London	South East	South West	England (NET)	Wales	Scotland

Thinking about the Christmas period (i.e. the month of December)...

In general, would you say the Christmas period has a positive or negative impact on your mental health compared to the rest of the year, or is there no difference?

Unweighted base	2193	98	260	185	136	222	205	260	305	220	1891	109	193
Base: All GB adults	2193	96	248	180	139	223	200	296	298	214	1895	107	191
A very positive impact	11%	11%	15%	13%	8%	14%	9%	11%	11%	11%	12%	9%	9%
A fairly positive impact	27%	23%	27%	26%	28%	23%	28%	30%	29%	29%	28%	20%	19%
There is no difference	31%	35%	30%	29%	29%	35%	31%	30%	31%	30%	31%	36%	34%
A fairly negative impact	19%	21%	15%	20%	24%	18%	16%	19%	17%	19%	18%	22%	25%
A very negative impact	7%	6%	6%	8%	4%	8%	9%	5%	7%	6%	7%	8%	7%
Don't know	4%	4%	3%	2%	6%	2%	5%	3%	4%	4%	4%	4%	5%
Prefer not to say	1%	1%	3%	1%	2%	1%	2%	1%	1%	1%	1%	2%	1%

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Total	Working Status						
	Working full time	Working part time	ALL WORKERS (NET)	Full time student	Retired	Unemployed	Not working/ Other

Thinking about the Christmas period (i.e. the month of December)...

In general, would you say the Christmas period has a positive or negative impact on your mental health compared to the rest of the year, or is there no difference?

Unweighted base	2193	937	326	1263	111	540	77	202
Base: All GB adults	2193	935	330	1265	129	506	82	211
A very positive impact	11%	13%	11%	13%	20%	6%	11%	10%
A fairly positive impact	27%	30%	29%	30%	37%	21%	11%	21%
There is no difference	31%	28%	27%	28%	20%	48%	31%	22%
A fairly negative impact	19%	19%	24%	20%	13%	16%	18%	24%
A very negative impact	7%	5%	4%	5%	3%	7%	20%	13%
Don't know	4%	4%	4%	4%	5%	2%	5%	7%
Prefer not to say	1%	1%	1%	1%	2%	1%	4%	3%

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Total	Marital Status				
	Married/ Civil Partnership	Living as married	Separated/ Divorced	Widowed	Never Married

Thinking about the Christmas period (i.e. the month of December)...

In general, would you say the Christmas period has a positive or negative impact on your mental health compared to the rest of the year, or is there no difference?

Unweighted base	2193	1041	299	166	77	599
Base: All GB adults	2193	1012	292	164	73	639
A very positive impact	11%	12%	10%	7%	13%	11%
A fairly positive impact	27%	28%	29%	17%	17%	27%
There is no difference	31%	33%	32%	40%	36%	26%
A fairly negative impact	19%	16%	21%	24%	20%	22%
A very negative impact	7%	6%	4%	11%	11%	7%
Don't know	4%	3%	3%	1%	3%	5%
Prefer not to say	1%	1%	1%	1%	-	2%

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Fieldwork: 11th - 12th December 2019



Total	Children in Household					
	0	1	2	3+	ALL WITH CHILDREN IN HOUSEHOLD (NET)	Refused

Thinking about the Christmas period (i.e. the month of December)...

In general, would you say the Christmas period has a positive or negative impact on your mental health compared to the rest of the year, or is there no difference?

Unweighted base	2193	1516	236	213	81	530	147
Base: All GB adults	2193	1506	240	210	83	533	154
A very positive impact	11%	10%	15%	16%	14%	15%	11%
A fairly positive impact	27%	25%	29%	28%	29%	29%	29%
There is no difference	31%	34%	28%	26%	29%	28%	21%
A fairly negative impact	19%	19%	15%	22%	18%	18%	18%
A very negative impact	7%	7%	6%	4%	6%	5%	10%
Don't know	4%	3%	6%	3%	1%	4%	5%
Prefer not to say	1%	1%	-	1%	4%	1%	6%

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Total	Parent/ Guardian							
	Parent/ guardian (any age)	Not parent/ guardian	4 years and under	5 to 11 years	12 to 16 years	17 to 18 years	18 years and under	Over 18 years

Thinking about the Christmas period (i.e. the month of December)...

In general, would you say the Christmas period has a positive or negative impact on your mental health compared to the rest of the year, or is there no difference?

Unweighted base	2193	1263	930	180	260	233	91	550	802
Base: All GB adults	2193	1236	957	181	258	235	92	549	776
A very positive impact	11%	12%	10%	17%	15%	15%	15%	15%	10%
A fairly positive impact	27%	25%	28%	30%	25%	29%	35%	29%	23%
There is no difference	31%	34%	28%	28%	25%	22%	23%	26%	38%
A fairly negative impact	19%	18%	21%	14%	21%	20%	17%	18%	17%
A very negative impact	7%	7%	7%	5%	7%	9%	7%	7%	7%
Don't know	4%	3%	4%	4%	4%	4%	2%	4%	3%
Prefer not to say	1%	1%	2%	1%	2%	1%	1%	1%	1%

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Total	Social Media/ Messaging service (within the last month)									
	Facebook	Twitter	LinkedIn	Google+	Pinterest	Instagram	Snapchat	Facebook Messenger	WhatsApp	Skype

Thinking about the Christmas period (i.e. the month of December)...

In general, would you say the Christmas period has a positive or negative impact on your mental health compared to the rest of the year, or is there no difference?

Unweighted base	2193	1500	774	384	61	297	689	286	1217	1259	235
Base: All GB adults	2193	1500	781	372	61	289	700	297	1219	1259	229
A very positive impact	11%	12%	13%	13%	17%	12%	13%	16%	12%	12%	14%
A fairly positive impact	27%	27%	28%	32%	30%	27%	29%	33%	28%	29%	29%
There is no difference	31%	30%	26%	25%	30%	28%	25%	20%	30%	29%	29%
A fairly negative impact	19%	20%	22%	20%	13%	23%	21%	19%	20%	20%	22%
A very negative impact	7%	6%	6%	5%	8%	7%	5%	5%	6%	6%	5%
Don't know	4%	4%	4%	4%	2%	3%	5%	5%	3%	3%	1%
Prefer not to say	1%	1%	1%	1%	-	-	1%	1%	1%	1%	0%

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Total	Gender		Age					Social Grade	
	Male	Female	18-24	25-34	35-44	45-54	55+	ABC1	C2DE

Which, if any, of the following has the Christmas period (i.e. the month of December) EVER made you feel? (Please select all that apply)

Unweighted base	2193	1021	1172	209	354	340	433	857	1293	900
Base: All GB adults	2193	1064	1129	243	353	335	434	828	1250	943
Depressed	26%	25%	27%	28%	28%	31%	32%	20%	25%	28%
Stressed	43%	35%	51%	39%	48%	46%	50%	37%	44%	42%
Anxious	29%	23%	35%	29%	40%	33%	35%	20%	29%	30%
Lonely	23%	21%	24%	29%	31%	26%	25%	14%	23%	22%
None of these	36%	41%	31%	31%	28%	31%	30%	46%	37%	35%
Don't know	3%	4%	2%	6%	4%	4%	2%	2%	3%	4%
Prefer not to say	2%	3%	2%	5%	3%	2%	2%	2%	2%	3%

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Unweighted base	2193	543	358	205	260	525	1891	109	193
Base: All GB adults	2193	524	362	200	296	512	1895	107	191
Depressed	26%	25%	26%	26%	29%	24%	26%	27%	29%
Stressed	43%	41%	42%	47%	40%	45%	43%	45%	42%
Anxious	29%	31%	26%	31%	31%	28%	29%	28%	32%
Lonely	23%	21%	23%	25%	25%	22%	23%	21%	21%
None of these	36%	37%	36%	34%	35%	38%	36%	34%	33%
Don't know	3%	3%	3%	2%	3%	3%	3%	3%	3%
Prefer not to say	2%	3%	1%	3%	3%	2%	2%	2%	2%

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Base: All GB adults	2193	96	248	180	139	223	200	296	298	214	1895	107	191
Depressed	26%	18%	27%	26%	27%	25%	26%	29%	24%	23%	26%	27%	29%
Stressed	43%	38%	44%	39%	39%	44%	47%	40%	44%	47%	43%	45%	42%
Anxious	29%	27%	31%	31%	25%	27%	31%	31%	28%	28%	29%	28%	32%
Lonely	23%	12%	21%	27%	22%	23%	25%	25%	25%	18%	23%	21%	21%
None of these	36%	45%	37%	33%	31%	39%	34%	35%	36%	39%	36%	34%	33%
Don't know	3%	5%	2%	3%	6%	2%	2%	3%	3%	2%	3%	3%	3%
Prefer not to say	2%	-	3%	5%	1%	1%	3%	3%	2%	1%	2%	2%	2%

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	Working full time	Working part time	ALL WORKERS (NET)	Full time student	Retired	Unemployed	Not working/ Other

Which, if any, of the following has the Christmas period (i.e. the month of December) EVER made you feel? (Please select all that apply)

Unweighted base	2193	937	326	1263	111	540	77	202
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Depressed	26%	26%	28%	26%	27%	19%	42%	34%
Stressed	43%	44%	48%	45%	41%	37%	47%	47%
Anxious	29%	31%	32%	31%	27%	19%	39%	38%
Lonely	23%	23%	28%	24%	29%	11%	27%	33%
None of these	36%	37%	32%	35%	32%	47%	20%	22%
Don't know	3%	3%	1%	3%	4%	3%	3%	6%
Prefer not to say	2%	2%	1%	2%	3%	1%	7%	6%

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Total	Marital Status				
	Married/ Civil Partnership	Living as married	Separated/ Divorced	Widowed	Never Married

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Unweighted base	2193	1041	299	166	77	599
Base: All GB adults	2193	1012	292	164	73	639
Depressed	26%	20%	32%	30%	23%	33%
Stressed	43%	43%	52%	37%	38%	41%
Anxious	29%	26%	36%	28%	15%	33%
Lonely	23%	11%	24%	35%	27%	35%
None of these	36%	42%	29%	33%	37%	31%
Don't know	3%	3%	2%	2%	2%	4%
Prefer not to say	2%	2%	1%	2%	-	4%

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Total	Children in Household					
	0	1	2	3+	ALL WITH CHILDREN IN HOUSEHOLD (NET)	Refused

Which, if any, of the following has the Christmas period (i.e. the month of December) EVER made you feel? (Please select all that apply)

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Depressed	26%	26%	27%	21%	25%	24%	33%
Stressed	43%	41%	51%	47%	49%	49%	44%
Anxious	29%	29%	33%	31%	25%	31%	30%
Lonely	23%	23%	22%	17%	15%	19%	28%
None of these	36%	38%	32%	35%	28%	33%	26%
Don't know	3%	2%	4%	4%	7%	5%	7%
Prefer not to say	2%	2%	1%	0%	4%	1%	8%

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Total	Parent/ Guardian							
	Parent/ guardian (any age)	Not parent/ guardian	4 years and under	5 to 11 years	12 to 16 years	17 to 18 years	18 years and under	Over 18 years

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Unweighted base	2193	1263	930	180	260	233	91	550	802
Base: All GB adults	2193	1236	957	181	258	235	92	549	776
Depressed	26%	22%	31%	19%	28%	31%	24%	25%	21%
Stressed	43%	44%	42%	47%	50%	49%	48%	48%	41%
Anxious	29%	27%	33%	28%	33%	31%	35%	31%	23%
Lonely	23%	16%	31%	18%	17%	23%	15%	19%	14%
None of these	36%	39%	32%	35%	29%	33%	32%	33%	43%
Don't know	3%	3%	3%	6%	5%	3%	3%	5%	3%
Prefer not to say	2%	1%	4%	2%	2%	2%	-	2%	1%

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Total	Social Media/ Messaging service (within the last month)									
	Facebook	Twitter	LinkedIn	Google+	Pinterest	Instagram	Snapchat	Facebook Messenger	WhatsApp	Skype

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Unweighted base	2193	1500	774	384	61	297	689	286	1217	1259	235
Base: All GB adults	2193	1500	781	372	61	289	700	297	1219	1259	229
Depressed	26%	27%	30%	30%	25%	31%	31%	29%	27%	26%	25%
Stressed	43%	45%	46%	45%	38%	52%	46%	47%	45%	44%	44%
Anxious	29%	30%	35%	32%	27%	38%	33%	34%	31%	30%	29%
Lonely	23%	23%	27%	26%	19%	27%	27%	31%	23%	24%	23%
None of these	36%	35%	33%	33%	44%	30%	31%	27%	35%	36%	35%
Don't know	3%	3%	2%	2%	3%	2%	3%	5%	3%	3%	3%
Prefer not to say	2%	2%	2%	3%	-	1%	2%	1%	2%	2%	2%