

Sample Size: 1514 16-25 year olds in Great Britain
Fieldwork: 17th July - 4th August 2026

	Gender			Age			Country			Region in England				Education			Work		Socio-Economic Status (NS-SEC)			Ethnicity	
	Total	Male	Female	16-19	20-21	22-25	England	Wales	Scotland	London	Midlands	North	South	Low	Medium	High	Working	Student	Higher	Intermediate	Routine	White	Ethnic Minority
Weighted Sample	1514	767	747	649	334	531	1314	73	127	215	260	371	468	284	795	435	545	772	202	144	201	1070	306
Unweighted Sample	1514	714	800	633	342	539	1309	73	132	197	265	357	490	277	795	442	545	775	203	143	203	1077	300
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%

Did either of your parents go to university?

Yes, one of my parents went to university	26	26	26	24	24	29	26	33	21	23	25	26	28	27	24	28	27	25	25	32	28	26	24
Yes, both of my parents went to university	38	38	38	47	34	30	37	28	53	40	37	33	40	42	38	35	33	45	30	32	32	39	41
TOTAL PARENTS ATTENDED UNIVERSITY	64	64	64	71	58	59	63	61	74	63	62	59	68	69	62	63	60	70	55	64	60	65	65
No, neither of my parents went to university	33	33	33	26	39	38	34	37	24	33	36	38	29	27	35	34	38	28	43	33	37	34	30
Not sure	3	3	2	3	3	3	3	1	1	4	3	2	3	4	3	2	2	2	2	3	3	1	5

Over the last two weeks, how often, if at all, have you been bothered by any of the following?

Little interest or pleasure in doing things

Not at all	40	41	38	40	41	38	40	45	33	41	43	39	39	38	39	42	39	41	36	48	34	41	38
Several days	37	38	36	37	35	39	38	32	36	40	36	39	37	40	36	37	38	37	44	34	33	36	38
More than half the days	14	14	15	14	15	14	14	20	18	11	13	13	15	15	15	13	13	14	11	11	19	15	14
Nearly every day	9	7	11	9	9	9	8	4	14	8	8	9	9	7	10	7	9	8	9	7	14	8	10
TOTAL MORE THAN HALF THE DAYS TO NEARLY EVERY DAY	23	21	26	23	24	23	22	24	32	19	21	22	24	22	25	20	22	22	20	18	33	23	24

Feeling depressed or hopeless

Not at all	47	52	42	50	44	45	47	47	44	47	49	46	47	47	46	49	48	48	46	51	40	48	47
Several days	30	29	32	28	30	33	31	33	25	30	29	32	31	30	30	31	31	30	38	31	27	30	30
More than half the days	13	13	14	13	15	12	13	10	16	16	12	13	13	12	14	13	12	13	9	11	21	13	11
Nearly every day	10	7	12	9	10	10	9	9	15	8	9	8	10	11	10	8	9	9	7	7	13	9	11
TOTAL MORE THAN HALF THE DAYS TO NEARLY EVERY DAY	23	20	26	22	25	22	22	19	31	24	21	21	23	23	24	21	21	22	16	18	34	22	22

Trouble falling or staying asleep, or sleeping too much

Not at all	29	34	24	26	32	29	28	33	28	34	30	27	26	27	29	29	29	30	30	34	20	26	36
Several days	36	36	35	38	33	34	36	32	37	33	35	36	37	37	35	35	37	35	31	38	41	38	29
More than half the days	17	17	17	16	17	18	17	21	11	17	15	19	17	18	16	18	17	16	20	10	19	17	16
Nearly every day	19	14	24	20	18	19	19	15	24	16	20	18	20	18	20	18	16	20	19	17	19	19	19
TOTAL MORE THAN HALF THE DAYS TO NEARLY EVERY DAY	36	31	41	36	35	37	36	36	35	33	35	37	37	36	36	36	33	36	39	27	38	36	35

Feeling tired or having little energy

Not at all	16	22	11	18	19	14	16	25	14	21	17	14	15	15	18	15	13	17	15	13	13	15	21
Several days	43	46	40	43	39	45	44	35	43	42	41	47	43	44	40	48	46	43	45	48	38	44	40
More than half the days	20	18	22	20	20	20	20	22	19	21	21	18	21	22	21	17	20	20	21	17	24	19	21
Nearly every day	20	14	28	19	22	22	20	19	23	16	21	22	20	20	21	20	21	20	19	21	26	21	18
TOTAL MORE THAN HALF THE DAYS TO NEARLY EVERY DAY	40	32	50	39	42	42	40	41	42	37	42	40	41	42	42	37	41	40	40	38	50	40	39

Poor appetite or overeating

Not at all	44	54	34	43	50	41	44	50	41	46	45	40	45	42	45	43	44	44	45	50	35	44	44
Several days	31	28	34	31	27	32	31	21	32	33	25	34	32	30	29	34	34	31	32	29	34	30	33
More than half the days	14	11	16	14	12	14	13	18	12	11	16	15	12	16	13	14	12	13	13	10	16	14	11
Nearly every day	12	7	17	12	11	13	12	12	15	9	14	12	12	12	13	10	11	11	9	11	14	12	13
TOTAL MORE THAN HALF THE DAYS TO NEARLY EVERY DAY	26	18	33	26	23	27	25	30	27	20	30	27	24	28	26	24	23	24	22	21	30	26	24

Sample Size: 1514 16-25 year olds in Great Britain
Fieldwork: 17th July - 4th August 2026

	Depression Status			Depression Level		Anxiety Status			Other Mental Health Condition		Neurodivergent	
Total	Currently Depressed	Depressed in the Past But Not Currently	Never Been Depressed	Mild	Severe	Current Anxiety Disorder	Anxiety Disorder in the Past But Not Currently	Never Had Anxiety Disorder	Yes	No	Yes	No
Weighted Sample 1514	250	554	500	471	176	451	201	569	299	1088	482	676
Unweighted Sample 1514	253	558	494	474	180	462	202	556	303	1086	485	673
	%	%	%	%	%	%	%	%	%	%	%	%

Did either of your parents go to university?

Yes, one of my parents went to university	26	31	26	24	29	25	28	28	25	27	27	28	26
Yes, both of my parents went to university	38	27	39	44	36	34	33	45	43	39	38	34	42
TOTAL PARENTS ATTENDED UNIVERSITY	64	58	65	68	65	59	61	73	68	66	65	62	68
No, neither of my parents went to university	33	39	32	31	33	40	37	27	30	32	33	35	31
Not sure	3	2	3	1	2	0	2	1	2	2	3	3	1

Over the last two weeks, how often, if at all, have you been bothered by any of the following?

Little interest or pleasure in doing things

Not at all	40	7	39	60	31	23	24	38	53	23	44	28	48
Several days	37	31	43	31	43	33	39	43	33	38	37	39	37
More than half the days	14	32	13	7	17	23	21	16	10	23	12	19	10
Nearly every day	9	30	5	2	9	20	16	3	4	16	7	14	5
TOTAL MORE THAN HALF THE DAYS TO NEARLY EVERY DAY	23	62	18	9	26	43	37	19	14	39	19	33	15

Feeling depressed or hopeless

Not at all	47	2	46	76	35	26	24	50	67	22	54	30	60
Several days	30	24	39	19	39	28	37	32	23	36	28	37	25
More than half the days	13	33	12	4	18	18	21	11	6	19	11	17	10
Nearly every day	10	41	3	1	8	28	18	6	4	23	6	16	5
TOTAL MORE THAN HALF THE DAYS TO NEARLY EVERY DAY	23	74	15	5	26	46	39	17	10	42	17	33	15

Trouble falling or staying asleep, or sleeping too much

Not at all	29	7	25	43	22	14	16	26	40	15	32	20	35
Several days	36	23	39	39	37	29	31	38	38	30	38	31	39
More than half the days	17	26	20	10	22	21	23	20	12	19	16	21	13
Nearly every day	19	44	15	8	19	36	30	16	10	36	14	28	13
TOTAL MORE THAN HALF THE DAYS TO NEARLY EVERY DAY	36	70	35	18	41	57	53	36	22	55	30	49	26

Feeling tired or having little energy

Not at all	16	1	14	27	11	6	5	11	25	7	18	8	21
Several days	43	25	45	51	44	28	33	47	50	35	46	36	47
More than half the days	20	24	24	13	23	27	24	28	14	26	19	24	18
Nearly every day	20	50	17	9	22	39	37	14	10	32	17	32	13
TOTAL MORE THAN HALF THE DAYS TO NEARLY EVERY DAY	40	74	41	22	45	66	61	42	24	58	36	56	31

Poor appetite or overeating

Not at all	44	14	42	59	36	28	23	43	59	23	49	32	53
Several days	31	28	33	29	34	26	37	32	27	36	30	32	29
More than half the days	14	27	13	9	16	23	19	15	9	19	12	17	11
Nearly every day	12	30	11	3	14	23	21	9	5	22	9	19	7
TOTAL MORE THAN HALF THE DAYS TO NEARLY EVERY DAY	26	57	24	12	30	46	40	24	14	41	21	36	18

	Gender			Age			Country			Region in England				Education			Work		Socio-Economic Status (NS-SEC)			Ethnicity	
	Total	Male	Female	16-19	20-21	22-25	England	Wales	Scotland	London	Midlands	North	South	Low	Medium	High	Working	Student	Higher	Intermediate	Routine	White	Ethnic Minority
Weighted Sample	1514	767	747	649	334	531	1314	73	127	215	260	371	468	284	795	435	545	772	202	144	201	1070	306
Unweighted Sample	1514	714	800	633	342	539	1309	73	132	197	265	357	490	277	795	442	545	775	203	143	203	1077	300
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%

Feeling bad about yourself - or that you are a failure or have let yourself or your family down

Not at all	40	46	33	41	41	37	40	39	33	44	45	39	37	40	40	39	39	41	33	48	32	39	43
Several days	34	33	35	31	30	39	34	32	34	33	30	37	33	31	32	38	38	32	47	33	34	35	27
More than half the days	14	11	16	15	13	12	14	14	13	14	13	12	16	14	15	12	11	15	10	10	16	14	13
Nearly every day	13	10	16	12	16	12	12	15	20	9	12	12	14	16	13	12	11	13	10	9	18	12	17
TOTAL MORE THAN HALF THE DAYS TO NEARLY EVERY DAY	27	21	32	27	29	24	26	29	33	23	25	24	30	30	28	24	22	28	20	19	34	26	30

Trouble concentrating on things, such as reading a newspaper or watching television

Not at all	43	51	36	45	44	40	44	39	42	45	45	44	42	41	45	42	41	45	46	44	36	41	50
Several days	33	31	35	33	28	36	33	35	31	34	28	31	36	37	30	35	36	31	33	38	30	34	29
More than half the days	13	10	17	11	17	14	13	15	15	11	15	14	13	13	13	15	13	13	11	8	20	14	13
Nearly every day	11	9	13	11	11	10	11	11	12	10	12	11	10	10	13	8	10	10	10	9	14	11	8
TOTAL MORE THAN HALF THE DAYS TO NEARLY EVERY DAY	24	19	30	22	28	24	24	26	27	21	27	25	23	23	26	23	23	23	21	17	34	25	21

Moving or speaking so slowly that other people could have noticed. Or the opposite - being so fidgety or restless that you have been moving around a lot more than usual

Not at all	66	70	63	67	66	66	66	68	69	68	66	64	67	66	65	68	66	67	66	71	63	67	66
Several days	21	20	23	20	22	23	22	22	15	19	22	24	22	23	22	19	22	21	24	20	22	21	23
More than half the days	8	8	9	8	9	8	9	5	8	7	9	10	8	8	8	9	8	8	8	6	9	8	8
Nearly every day	4	2	6	5	4	3	3	5	7	6	3	3	3	3	5	3	3	4	2	3	7	4	3
TOTAL MORE THAN HALF THE DAYS TO NEARLY EVERY DAY	12	10	15	13	13	11	12	10	15	13	12	13	11	11	13	12	11	12	10	9	16	12	11

Do you consider yourself to currently be, or to have previously been, depressed?

I would currently describe myself as depressed	16	15	18	13	18	20	16	13	21	15	15	15	18	15	16	19	17	14	20	14	22	17	15
I would describe myself as someone who has been depressed in the past, but am not currently	37	34	40	34	32	42	36	41	37	35	36	34	38	35	36	38	42	34	42	48	36	39	31
I would not describe myself as someone who has ever been depressed	33	38	28	37	34	27	34	30	28	36	36	33	33	36	31	34	32	36	31	28	29	32	36
Don't know	9	9	9	12	9	6	9	8	11	8	9	11	8	13	10	5	6	10	3	8	10	8	13

Would you say that your depression would be described as mild or severe?

[Asked among those who have experienced depression; n=811]

Mild	59	62	56	59	56	60	58	60	61	59	62	56	58	54	56	65	64	56	64	72	52	59	54
Severe	22	19	25	20	23	23	22	20	22	25	15	25	23	21	23	22	19	24	22	15	22	23	19
Don't know	16	16	17	18	18	14	16	20	17	13	20	14	16	21	18	11	15	17	12	9	22	15	21
Prefer not to say	3	3	3	3	3	3	4	0	0	4	3	5	3	3	4	2	2	3	2	3	4	3	5

Do you consider yourself as currently having, or to have previously had, an anxiety disorder?

I would currently describe myself as having an anxiety disorder	30	21	39	26	32	34	30	22	30	24	27	34	32	28	29	33	32	26	32	31	36	33	19
I would describe myself as someone who has had an anxiety disorder in the past, but do not currently	13	13	14	11	13	16	13	21	16	12	13	13	12	10	13	15	17	12	18	18	13	14	12
I would not describe myself as someone who has ever had an anxiety disorder	38	47	28	42	36	33	38	29	38	50	38	32	37	41	36	37	36	41	37	33	34	36	48
Don't know	14	14	15	17	14	11	14	20	14	9	17	13	15	19	15	10	10	16	8	13	15	14	16
Prefer not to say	5	5	5	4	5	6	5	8	1	4	5	8	3	2	6	5	4	5	5	5	2	4	6

		Depression Status			Depression Level		Anxiety Status			Other Mental Health Condition		Neurodivergent	
	Total	Currently Depressed	Depressed in the Past But Not Currently	Never Been Depressed	Mild	Severe	Current Anxiety Disorder	Anxiety Disorder in the Past But Not Currently	Never Had Anxiety Disorder	Yes	No	Yes	No
Weighted Sample	1514	250	554	500	471	176	451	201	569	299	1088	482	676
Unweighted Sample	1514	253	558	494	474	180	462	202	556	303	1086	485	673
	%	%	%	%	%	%	%	%	%	%	%	%	%

Feeling bad about yourself - or that you are a failure or have let yourself or your family down

Not at all	40	7	37	62	31	19	18	44	58	17	46	24	51
Several days	34	24	41	30	39	31	38	34	28	38	33	37	31
More than half the days	14	27	15	6	17	24	21	15	8	19	12	20	10
Nearly every day	13	43	7	3	13	26	23	7	5	26	9	19	8
TOTAL MORE THAN HALF THE DAYS TO NEARLY EVERY DAY	27	70	22	9	30	50	44	22	13	45	21	39	18

Trouble concentrating on things, such as reading a newspaper or watching television

Not at all	43	12	39	64	34	23	23	40	59	23	49	27	54
Several days	33	33	38	26	36	35	38	35	30	36	32	34	32
More than half the days	13	27	15	5	18	19	20	13	6	17	12	19	10
Nearly every day	11	27	8	4	11	23	18	12	5	24	7	19	5
TOTAL MORE THAN HALF THE DAYS TO NEARLY EVERY DAY	24	54	23	9	29	42	38	25	11	41	19	38	15

Moving or speaking so slowly that other people could have noticed. Or the opposite - being so fidgety or restless that you have been moving around a lot more than usual

Not at all	66	37	68	80	64	47	50	70	79	46	72	51	77
Several days	21	37	21	15	25	26	28	20	16	27	20	28	17
More than half the days	8	17	8	3	8	17	15	7	3	17	6	14	5
Nearly every day	4	9	3	1	3	11	7	4	1	10	2	7	1
TOTAL MORE THAN HALF THE DAYS TO NEARLY EVERY DAY	12	26	11	4	11	28	22	11	4	27	8	21	6

Do you consider yourself to currently be, or to have previously been, depressed?

I would currently describe myself as depressed	16	100	0	0	25	46	39	12	4	39	11	30	9
I would describe myself as someone who has been depressed in the past, but am not currently	37	0	100	0	75	54	45	63	23	44	35	45	33
I would not describe myself as someone who has ever been depressed	33	0	0	100	0	0	7	19	66	7	43	15	48
Don't know	9	0	0	0	0	0	7	5	6	9	9	8	8

Would you say that your depression would be described as mild or severe?

[Asked among those who have experienced depression; n=811]

Mild	59	47	64	0	100	0	53	64	70	45	68	51	70
Severe	22	33	17	0	0	100	30	16	15	35	16	28	15
Don't know	16	18	15	0	0	0	15	17	13	18	14	18	13
Prefer not to say	3	3	3	0	0	0	2	3	2	2	3	3	2

Do you consider yourself as currently having, or to have previously had, an anxiety disorder?

I would currently describe myself as having an anxiety disorder	30	70	36	7	42	65	100	0	0	64	21	55	15
I would describe myself as someone who has had an anxiety disorder in the past, but do not currently	13	10	23	8	21	14	0	100	0	14	13	12	15
I would not describe myself as someone who has ever had an anxiety disorder	38	10	23	75	23	13	0	0	100	11	48	20	54
Don't know	14	10	15	9	13	7	0	0	0	10	15	10	14
Prefer not to say	5	0	3	2	2	1	0	0	0	1	2	2	3

	Gender			Age			Country			Region in England				Education			Work		Socio-Economic Status (NS-SEC)			Ethnicity	
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Weighted Sample	1514	767	747	649	334	531	1314	73	127	215	260	371	468	284	795	435	545	772	202	144	201	1070	306
Unweighted Sample	1514	714	800	633	342	539	1309	73	132	197	265	357	490	277	795	442	545	775	203	143	203	1077	300
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%

Apart from anxiety or depression, do you consider yourself to have any other mental health condition?

Yes	20	17	23	19	22	19	19	19	24	18	13	21	22	21	21	16	19	20	21	11	23	22	13
No	72	75	69	72	69	73	72	70	73	74	81	66	70	74	68	78	74	72	74	80	68	71	78
Prefer not to say	8	9	8	9	9	8	9	11	3	8	6	13	7	5	11	6	7	8	4	9	9	7	10

Do you consider yourself to be neurodivergent?

Yes	32	30	33	29	31	35	32	39	31	26	26	35	35	31	33	30	33	30	31	33	39	36	21
No	45	47	42	44	46	45	44	39	50	51	48	39	44	43	43	50	48	46	46	50	40	43	52
Don't know	20	18	22	23	19	17	20	17	17	17	24	21	19	24	20	17	17	21	22	14	17	18	21

For this question, please consider what you have done, when you were experiencing "mild depression"- i.e. feeling sad, miserable or depressed but still being able to, for example, go to work or school. Did you, or did you not, use each of the following options to relieve your symptoms?

[Asked among those who have experienced mild depression; n=474]

Antidepressant medication

I did use this, and it helped me	18	13	22	9	24	22	18	20	16	13	16	20	19	17	14	23	20	15	16	29	19	18	16
I did use this, but it did not help me	10	11	10	8	7	15	11	13	9	16	10	13	7	9	9	14	13	6	17	8	13	10	8
TOTAL DID USE	28	24	32	17	31	37	29	33	25	29	26	33	26	26	23	37	33	21	33	37	32	28	24
I did not use this, but I would in the future	28	25	30	34	23	24	27	30	28	39	26	22	27	34	26	27	23	32	26	23	23	28	31
I did not use this, and would not try it in the future	40	48	33	46	40	35	41	33	41	30	46	39	43	38	47	31	40	43	36	37	40	40	40
TOTAL DID NOT USE	68	73	63	80	63	59	68	63	69	69	72	61	70	72	73	58	63	75	62	60	63	68	71
Don't know	4	4	4	3	6	4	4	4	7	2	2	6	4	1	5	4	5	4	5	3	5	4	4

Talking therapy, psychotherapy

I did use this, and it helped me	26	21	31	24	20	31	26	21	36	30	19	24	28	21	25	31	27	25	34	32	21	28	27
I did use this, but it did not help me	19	14	24	17	23	20	19	21	16	22	19	16	21	18	21	17	22	18	13	22	31	19	18
TOTAL DID USE	45	35	55	41	43	51	45	42	52	52	38	40	49	39	46	48	49	43	47	54	52	47	45
I did not use this, but I would in the future	29	30	27	28	29	30	28	37	35	29	33	25	25	36	25	31	26	30	30	19	28	29	22
I did not use this, and would not try it in the future	20	26	14	25	25	12	21	13	11	14	24	26	20	17	23	16	19	20	17	21	14	18	27
TOTAL DID NOT USE	49	56	41	53	54	42	49	50	46	43	57	51	45	53	48	47	45	50	47	40	42	47	49
Don't know	6	8	3	6	3	7	6	9	2	5	4	9	6	7	6	4	6	7	5	6	7	6	7

Regular physical exercise

I did use this, and it helped me	49	55	44	43	54	53	49	34	64	37	50	54	49	48	44	58	58	42	62	52	54	52	40
I did use this, but it did not help me	18	15	20	18	15	18	19	17	10	14	20	17	21	16	20	15	15	20	10	17	21	16	23
TOTAL DID USE	67	70	64	61	69	71	68	51	74	51	70	71	70	64	64	73	73	62	72	69	75	68	63
I did not use this, but I would in the future	23	22	24	27	19	21	24	29	12	46	20	16	21	26	24	20	18	26	21	19	17	21	29
I did not use this, and would not try it in the future	7	7	8	10	8	5	6	20	11	2	6	8	7	8	9	5	6	8	5	6	6	8	6
TOTAL DID NOT USE	30	29	32	37	27	26	30	49	23	48	26	24	28	34	33	25	24	34	26	25	23	29	35
Don't know	3	1	4	2	4	3	3	0	2	2	4	5	2	2	3	2	3	3	3	6	2	3	3

Meditation or yoga

I did use this, and it helped me	18	15	20	15	19	20	16	25	30	26	6	22	14	18	15	22	21	16	23	17	24	18	16
I did use this, but it did not help me	16	11	21	15	17	17	16	16	17	15	15	12	19	11	18	16	17	15	13	20	19	17	17
TOTAL DID USE	34	26	41	30	36	37	32	41	47	41	21	34	33	29	33	38	38	31	36	37	43	35	33
I did not use this, but I would in the future	28	31	25	26	27	30	28	33	27	28	35	27	24	29	28	28	25	32	27	27	20	28	25
I did not use this, and would not try it in the future	34	40	28	40	35	28	36	25	19	29	35	33	41	37	35	30	32	34	31	30	34	32	42
TOTAL DID NOT USE	62	71	53	66	62	58	64	58	46	57	70	60	65	66	63	58	57	66	58	57	54	60	67
Don't know	4	3	5	4	2	6	4	0	7	2	9	7	1	5	5	3	5	4	6	6	3	5	0

		Depression Status			Depression Level		Anxiety Status			Other Mental Health Condition		Neurodivergent	
	Total	Currently Depressed	Depressed in the Past But Not Currently	Never Been Depressed	Mild	Severe	Current Anxiety Disorder	Anxiety Disorder in the Past But Not Currently	Never Had Anxiety Disorder	Yes	No	Yes	No
Weighted Sample	1514	250	554	500	471	176	451	201	569	299	1088	482	676
Unweighted Sample	1514	253	558	494	474	180	462	202	556	303	1086	485	673
	%	%	%	%	%	%	%	%	%	%	%	%	%

Apart from anxiety or depression, do you consider yourself to have any other mental health condition?

Yes	20	47	24	4	24	49	42	21	6	100	0	45	6
No	72	48	69	93	72	45	51	73	92	0	100	47	91
Prefer not to say	8	5	7	3	4	6	7	6	2	0	0	7	3

Do you consider yourself to be neurodivergent?

Yes	32	59	39	14	39	57	59	30	17	73	21	100	0
No	45	24	40	65	42	25	23	50	64	13	57	0	100
Don't know	20	16	19	20	18	17	17	18	18	13	21	0	0

For this question, please consider what you have done, when you were experiencing "mild depression"- i.e. feeling sad, miserable or depressed but still being able to, for example, go to work or school. Did you, or did you not, use each of the following options to relieve your symptoms?

[Asked among those who have experienced mild depression; n=474]

Antidepressant medication

I did use this, and it helped me	18	22	16	0	18	0	26	14	10	24	15	20	18
I did use this, but it did not help me	10	16	9	0	10	0	17	7	5	20	7	14	7
TOTAL DID USE	28	38	25	0	28	0	43	21	15	44	22	34	25
I did not use this, but I would in the future	28	33	26	0	28	0	28	34	21	31	26	33	22
I did not use this, and would not try it in the future	40	23	46	0	40	0	25	41	61	21	48	30	48
TOTAL DID NOT USE	68	56	72	0	68	0	53	75	82	52	74	63	70
Don't know	4	6	3	0	4	0	3	3	3	4	4	4	4

Talking therapy, psychotherapy

I did use this, and it helped me	26	26	26	0	26	0	33	30	19	40	22	30	24
I did use this, but it did not help me	19	29	16	0	19	0	24	23	12	26	16	23	18
TOTAL DID USE	45	55	42	0	45	0	57	53	31	66	38	53	42
I did not use this, but I would in the future	29	20	32	0	29	0	24	32	35	22	31	25	30
I did not use this, and would not try it in the future	20	19	20	0	20	0	14	11	28	10	23	14	22
TOTAL DID NOT USE	49	39	52	0	49	0	38	43	63	32	54	39	52
Don't know	6	6	6	0	6	0	4	3	6	2	7	7	6

Regular physical exercise

I did use this, and it helped me	49	39	53	0	49	0	45	59	53	44	51	46	58
I did use this, but it did not help me	18	25	15	0	18	0	19	13	20	19	17	16	19
TOTAL DID USE	67	64	68	0	67	0	64	72	73	63	68	62	77
I did not use this, but I would in the future	23	25	22	0	23	0	26	21	18	29	20	27	16
I did not use this, and would not try it in the future	7	8	7	0	7	0	7	5	7	7	8	9	5
TOTAL DID NOT USE	30	33	29	0	30	0	33	26	25	36	28	36	21
Don't know	3	3	3	0	3	0	3	2	2	1	3	3	2

Meditation or yoga

I did use this, and it helped me	18	14	19	0	18	0	21	26	8	17	18	17	19
I did use this, but it did not help me	16	20	15	0	16	0	20	17	11	30	12	18	15
TOTAL DID USE	34	34	34	0	34	0	41	43	19	47	30	35	34
I did not use this, but I would in the future	28	21	30	0	28	0	24	31	29	30	28	29	28
I did not use this, and would not try it in the future	34	39	32	0	34	0	30	24	47	21	37	33	34
TOTAL DID NOT USE	62	60	62	0	62	0	54	55	76	51	65	62	62
Don't know	4	6	4	0	4	0	4	1	5	3	5	3	4

Weighted Sample
Unweighted Sample

	Gender			Age			Country			Region in England				Education			Work		Socio-Economic Status (NS-SEC)			Ethnicity	
	Total	Male	Female	16-19	20-21	22-25	England	Wales	Scotland	London	Midlands	North	South	Low	Medium	High	Working	Student	Higher	Intermediate	Routine	White	Ethnic Minority
e	1514	767	747	649	334	531	1314	73	127	215	260	371	468	284	795	435	545	772	202	144	201	1070	306
e	1514	714	800	633	342	539	1309	73	132	197	265	357	490	277	795	442	545	775	203	143	203	1077	300
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%

Change of diet

I did use this, and it helped me	18	19	17	16	15	21	18	9	23	18	12	17	22	11	18	21	24	14	22	15	32	18	11
I did use this, but it did not help me	14	11	16	11	12	17	14	13	16	13	9	16	15	13	14	15	15	13	18	12	13	14	12
TOTAL DID USE	32	30	33	27	27	38	32	22	39	31	21	33	37	24	32	36	39	27	40	27	45	32	23
I did not use this, but I would in the future	36	36	36	36	46	32	35	58	33	44	35	34	32	39	37	34	32	37	30	39	32	35	41
I did not use this, and would not try it in the future	24	26	22	30	22	20	26	16	15	19	33	22	27	29	25	21	20	28	22	23	13	25	28
TOTAL DID NOT USE	60	62	58	66	68	52	61	74	48	63	68	56	59	68	62	55	52	65	52	62	45	60	69
Don't know	8	8	8	8	5	10	8	4	13	5	10	12	4	8	7	10	9	8	8	11	11	8	8

Talking to family or friends

I did use this, and it helped me	48	46	50	45	59	45	46	54	59	59	49	45	40	33	51	50	49	47	51	43	55	51	34
I did use this, but it did not help me	24	22	26	24	15	29	26	13	17	16	24	27	30	30	21	26	23	25	21	30	18	24	29
TOTAL DID USE	72	68	76	69	74	74	72	67	76	75	73	72	70	63	72	76	72	72	72	73	73	75	63
I did not use this, but I would in the future	13	14	12	15	14	10	13	12	15	15	14	10	13	18	14	9	14	12	13	8	15	12	15
I did not use this, and would not try it in the future	11	15	8	14	6	12	12	21	4	7	11	14	12	15	10	12	11	12	12	15	8	9	20
TOTAL DID NOT USE	24	29	20	29	20	22	25	33	19	22	25	24	25	33	24	21	25	24	25	23	23	21	35
Don't know	4	4	4	2	6	4	4	0	5	3	1	4	6	2	5	3	4	5	3	4	5	4	3

Supplements, vitamins or natural products

I did use this, and it helped me	17	18	15	11	15	22	16	9	21	15	17	19	15	8	14	24	23	12	24	20	19	17	17
I did use this, but it did not help me	19	17	22	18	14	22	20	12	17	27	18	18	20	19	20	18	20	19	22	19	19	18	21
TOTAL DID USE	36	35	37	29	29	44	36	21	38	42	35	37	35	27	34	42	43	31	46	39	38	35	38
I did not use this, but I would in the future	26	27	25	26	31	23	26	37	19	33	31	22	23	33	23	27	23	27	25	29	22	25	28
I did not use this, and would not try it in the future	32	33	31	38	33	26	31	38	36	22	29	33	35	37	36	25	26	37	24	25	29	32	31
TOTAL DID NOT USE	58	60	56	64	64	49	57	75	55	55	60	55	58	70	59	52	49	64	49	54	51	57	59
Don't know	6	5	7	6	6	6	6	4	7	4	6	7	7	3	7	6	8	6	5	6	12	7	3

Something else

I did use this, and it helped me	16	14	18	18	13	17	16	16	17	10	14	20	18	17	17	15	14	15	16	12	23	16	17
I did use this, but it did not help me	4	4	4	4	2	5	4	9	4	7	3	2	4	5	3	6	5	4	4	5	6	3	6
TOTAL DID USE	20	18	22	22	15	22	20	25	21	17	17	22	22	22	20	21	19	19	20	17	29	19	23
I did not use this, but I would in the future	6	6	5	6	4	6	5	12	4	7	7	4	4	5	6	5	5	6	10	3	2	5	9
I did not use this, and would not try it in the future	12	17	7	13	9	12	12	13	9	10	16	10	13	10	11	14	13	12	18	12	5	12	11
TOTAL DID NOT USE	18	23	12	19	13	18	17	25	13	17	23	14	17	15	17	19	18	18	28	15	7	17	20

For this question, please consider what you have done, when you were experiencing "severe depression" - i.e. depression that limits your ability to attend work or school. Did you, or did you not, use each of the following options to relieve your symptoms?

[Asked among those with severe depression; n=180]

Antidepressant medication

I did use this, and it helped me	42	30	49	32	49	46	44	34	28	47	27	37	53	17	46	48	45	45	43	32	47	47	13
I did use this, but it did not help me	16	14	17	14	25	13	16	12	12	24	14	20	11	24	16	11	13	9	21	24	25	12	34
TOTAL DID USE	58	44	66	46	74	59	60	46	40	71	41	57	64	41	62	59	58	54	64	56	72	59	47
I did not use this, but I would in the future	22	20	23	38	9	16	20	13	41	21	19	20	21	41	20	15	21	27	22	20	8	24	19
I did not use this, and would not try it in the future	17	28	9	13	17	19	17	14	18	4	29	23	13	11	16	21	19	16	10	24	16	15	26
TOTAL DID NOT USE	39	48	32	51	26	35	37	27	59	25	48	43	34	52	36	36	40	43	32	44	24	39	45
Don't know	4	8	2	3	0	7	3	27	0	4	10	0	3	7	2	6	4	3	4	0	4	3	8

Talking therapy, psychotherapy

	Depression Status				Depression Level		Anxiety Status			Other Mental Health Condition		Neurodivergent	
	Total	Currently Depressed	Depressed in the Past But Not Currently	Never Been Depressed	Mild	Severe	Current Anxiety Disorder	Anxiety Disorder in the Past But Not Currently	Never Had Anxiety Disorder	Yes	No	Yes	No
Weighted Sample	1514	250	554	500	471	176	451	201	569	299	1088	482	676
Unweighted Sample	1514	253	558	494	474	180	462	202	556	303	1086	485	673
	%	%	%	%	%	%	%	%	%	%	%	%	%
Change of diet													
I did use this, and it helped me	18	20	17	0	18	0	18	23	14	18	18	16	20
I did use this, but it did not help me	14	22	11	0	14	0	18	16	7	26	10	17	13
TOTAL DID USE	32	42	28	0	32	0	36	39	21	44	28	33	33
I did not use this, but I would in the future	36	26	39	0	36	0	33	38	35	29	38	36	34
I did not use this, and would not try it in the future	24	23	25	0	24	0	22	18	36	20	26	21	27
TOTAL DID NOT USE	60	49	64	0	60	0	55	56	71	49	64	57	61
Don't know	8	9	8	0	8	0	9	5	9	7	8	11	6
Talking to family or friends													
I did use this, and it helped me	48	38	51	0	48	0	46	54	47	53	47	51	45
I did use this, but it did not help me	24	32	21	0	24	0	30	21	19	28	24	24	27
TOTAL DID USE	72	70	72	0	72	0	76	75	66	81	71	75	72
I did not use this, but I would in the future	13	11	13	0	13	0	10	17	14	10	13	11	13
I did not use this, and would not try it in the future	11	13	11	0	11	0	10	6	17	7	13	11	11
TOTAL DID NOT USE	24	24	24	0	24	0	20	23	31	17	26	22	24
Don't know	4	5	3	0	4	0	4	2	3	2	3	3	4
Supplements, vitamins or natural products													
I did use this, and it helped me	17	20	15	0	17	0	17	21	10	22	15	16	22
I did use this, but it did not help me	19	19	19	0	19	0	21	22	18	24	18	23	16
TOTAL DID USE	36	39	34	0	36	0	38	43	28	46	33	39	38
I did not use this, but I would in the future	26	26	26	0	26	0	29	22	27	28	25	30	24
I did not use this, and would not try it in the future	32	28	33	0	32	0	29	31	40	23	35	26	32
TOTAL DID NOT USE	58	54	59	0	58	0	58	53	67	51	60	56	56
Don't know	6	6	6	0	6	0	4	4	6	3	6	5	7
Something else													
I did use this, and it helped me	16	20	15	0	16	0	19	11	15	20	15	15	17
I did use this, but it did not help me	4	5	4	0	4	0	2	9	3	3	5	3	5
TOTAL DID USE	20	25	19	0	20	0	21	20	18	23	20	18	22
I did not use this, but I would in the future	6	5	6	0	6	0	5	6	5	7	5	5	6
I did not use this, and would not try it in the future	12	13	12	0	12	0	12	12	13	10	12	9	16
TOTAL DID NOT USE	18	18	18	0	18	0	17	18	18	17	17	14	22

For this question, please consider what you have done, when you were experiencing "severe depression" - i.e. depression that limits your ability to attend work or school. Did you, or did you not, use each of the following options to relieve your symptoms?

[Asked among those with severe depression; n=180]

Antidepressant medication													
I did use this, and it helped me	42	42	41	0	0	42	47	42	30	51	30	44	42
I did use this, but it did not help me	16	23	10	0	0	16	18	15	13	19	12	16	12
TOTAL DID USE	58	65	51	0	0	58	65	57	43	70	42	60	54
I did not use this, but I would in the future	22	23	21	0	0	22	22	21	16	15	30	23	20
I did not use this, and would not try it in the future	17	10	22	0	0	17	11	21	36	13	20	14	23
TOTAL DID NOT USE	39	33	43	0	0	39	33	42	52	28	50	37	43
Don't know	4	3	5	0	0	4	3	0	5	1	8	3	2
Talking therapy, psychotherapy													

	Gender			Age			Country			Region in England				Education			Work		Socio-Economic Status (N-SEC)			Ethnicity	
	Total	Male	Female	16-19	20-21	22-25	England	Wales	Scotland	London	Midlands	North	South	Low	Medium	High	Working	Student	Higher	Intermediate	Routine	White	Ethnic Minority
Weighted Sample	1514	767	747	649	334	531	1314	73	127	215	260	371	468	284	795	435	545	772	202	144	201	1070	306
Unweighted Sample	1514	714	800	633	342	539	1309	73	132	197	265	357	490	277	795	442	545	775	203	143	203	1077	300
%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
I did use this, and it helped me	32	34	30	23	39	35	32	14	35	40	23	34	31	10	35	38	37	31	39	47	28	32	33
I did use this, but it did not help me	44	37	48	54	45	34	43	61	41	49	53	37	42	62	42	36	36	48	33	39	44	44	41
TOTAL DID USE	76	71	78	77	84	69	75	75	76	89	76	71	73	72	77	74	73	79	72	86	72	76	74
I did not use this, but I would in the future	11	9	12	13	9	11	11	11	13	8	4	15	11	13	11	11	8	13	7	7	7	11	8
I did not use this, and would not try it in the future	9	14	6	7	7	12	8	14	12	0	9	9	11	4	12	7	13	7	10	0	20	9	11
TOTAL DID NOT USE	20	23	18	20	16	23	19	25	25	8	13	24	22	17	23	18	21	20	17	7	27	20	19
Don't know	5	6	4	3	0	8	5	0	0	4	10	4	5	10	1	8	7	1	11	8	0	4	8
Regular physical exercise																							
I did use this, and it helped me	40	41	39	38	39	42	39	49	40	35	34	38	45	21	41	49	52	38	46	39	49	43	29
I did use this, but it did not help me	29	28	30	26	34	29	29	25	29	32	28	38	21	38	28	27	22	32	18	22	33	29	30
TOTAL DID USE	69	69	69	64	73	71	68	74	69	67	62	76	66	59	69	76	74	70	64	61	82	72	59
I did not use this, but I would in the future	20	21	19	23	23	16	19	26	25	20	27	20	15	31	21	11	17	20	18	32	15	20	22
I did not use this, and would not try it in the future	6	2	10	8	4	6	7	0	5	8	0	4	11	10	6	5	4	7	10	8	3	5	7
TOTAL DID NOT USE	26	23	29	31	27	22	26	26	30	28	27	24	26	41	27	16	21	27	28	40	18	25	29
Don't know	5	8	3	5	0	7	5	0	0	4	10	0	8	0	4	8	5	3	8	0	0	3	12
Meditation or yoga																							
I did use this, and it helped me	13	13	14	7	15	18	13	11	18	27	10	9	11	4	15	17	19	10	18	25	15	13	12
I did use this, but it did not help me	29	22	33	24	40	26	28	49	27	33	33	33	20	27	31	25	19	36	22	14	18	28	29
TOTAL DID USE	42	35	47	31	55	44	41	60	45	60	43	42	31	31	46	42	38	46	40	39	33	41	41
I did not use this, but I would in the future	23	23	23	21	22	25	24	0	19	15	10	33	27	27	24	18	23	18	17	45	22	23	26
I did not use this, and would not try it in the future	31	37	27	45	23	23	30	40	36	21	38	25	35	38	28	30	34	33	32	16	45	35	22
TOTAL DID NOT USE	54	60	50	66	45	48	54	40	55	36	48	58	62	65	52	48	57	51	49	61	67	58	48
Don't know	5	6	3	3	0	8	5	0	0	4	10	0	8	3	2	10	5	2	11	0	0	2	11
Change of diet																							
I did use this, and it helped me	14	12	15	13	7	18	14	0	17	12	9	16	16	4	13	21	14	16	10	23	14	14	14
I did use this, but it did not help me	30	28	31	26	45	26	28	51	41	37	19	34	21	44	28	26	21	31	33	14	26	28	26
TOTAL DID USE	44	40	46	39	52	44	42	51	58	49	28	50	37	48	41	47	35	47	43	37	40	42	40
I did not use this, but I would in the future	24	23	24	19	25	27	24	11	25	19	23	23	28	24	25	22	33	21	24	46	19	25	21
I did not use this, and would not try it in the future	22	26	20	26	14	24	22	37	18	20	35	20	20	21	23	22	19	22	20	17	26	24	22
TOTAL DID NOT USE	46	49	44	45	39	51	46	48	43	39	58	43	48	45	48	44	52	43	44	63	45	49	43
Don't know	10	11	10	15	10	7	12	0	0	13	15	6	14	7	11	10	13	9	12	0	15	9	16
Talking to family or friends																							
I did use this, and it helped me	37	37	37	36	26	43	37	39	34	32	29	37	41	31	37	38	42	38	28	55	33	40	23
I did use this, but it did not help me	42	35	47	41	60	34	41	61	42	51	37	45	35	52	44	34	27	43	39	30	36	41	43
TOTAL DID USE	79	72	84	77	86	77	78	100	76	83	66	82	76	83	81	72	69	81	67	85	69	81	66
I did not use this, but I would in the future	8	11	7	10	4	9	8	0	12	8	15	7	8	14	8	6	12	8	11	8	15	8	8
I did not use this, and would not try it in the future	8	10	7	11	5	8	8	0	12	4	9	9	10	0	9	13	13	8	13	0	12	7	18
TOTAL DID NOT USE	16	21	14	21	9	17	16	0	24	12	24	16	18	14	17	19	25	16	24	8	27	15	26
Don't know	5	8	2	2	5	7	5	0	0	4	10	2	6	3	2	9	6	4	8	7	3	4	8
Supplements, vitamins or natural products																							
I did use this, and it helped me	9	8	9	3	13	11	9	14	5	4	9	9	11	4	10	9	10	9	14	0	11	7	14
I did use this, but it did not help me	37	37	37	27	54	37	37	60	24	40	28	36	40	34	34	43	28	39	42	23	32	37	37
TOTAL DID USE	46	45	46	30	67	48	46	74	29	44	37	45	51	38	44	52	38	48	56	23	43	44	51
I did not use this, but I would in the future	19	17	21	24	12	18	19	13	18	24	19	21	16	17	20	18	25	15	15	30	31	20	4
I did not use this, and would not try it in the future	28	29	26	41	19	21	26	12	47	29	28	32	20	41	28	19	26	31	18	33	19	28	34
TOTAL DID NOT USE	47	46	47	65	31	39	45	25	65	53	47	53	36	58	48	37	51	46	33	63	50	48	38
Don't know	8	9	7	5	2	13	8	0	5	4	16	2	13	4	8	10	11	5	11	15	8	7	12

	Depression Status				Depression Level		Anxiety Status			Other Mental Health Condition		Neurodivergent	
	Total	Currently Depressed	Depressed in the Past But Not Currently	Never Been Depressed	Mild	Severe	Current Anxiety Disorder	Anxiety Disorder in the Past But Not Currently	Never Had Anxiety Disorder	Yes	No	Yes	No
Weighted Sample	1514	250	554	500	471	176	451	201	569	299	1088	482	676
Unweighted Sample	1514	253	558	494	474	180	462	202	556	303	1086	485	673
	%	%	%	%	%	%	%	%	%	%	%	%	%
I did use this, and it helped me	32	20	42	0	0	32	30	44	30	34	27	29	41
I did use this, but it did not help me	44	53	36	0	0	44	49	37	22	50	38	49	34
TOTAL DID USE	76	73	78	0	0	76	79	81	52	84	65	78	75
I did not use this, but I would in the future	11	11	11	0	0	11	12	11	9	6	16	10	9
I did not use this, and would not try it in the future	9	8	10	0	0	9	3	4	40	3	16	8	16
TOTAL DID NOT USE	20	19	21	0	0	20	15	15	49	9	32	18	25
Don't know	5	7	2	0	0	5	5	4	0	7	3	5	0
Regular physical exercise													
I did use this, and it helped me	40	29	50	0	0	40	37	48	48	36	45	41	48
I did use this, but it did not help me	29	41	19	0	0	29	30	28	30	37	22	31	23
TOTAL DID USE	69	70	69	0	0	69	67	76	78	73	67	72	71
I did not use this, but I would in the future	20	16	23	0	0	20	22	15	14	18	20	20	16
I did not use this, and would not try it in the future	6	9	4	0	0	6	7	9	8	4	8	6	8
TOTAL DID NOT USE	26	25	27	0	0	26	29	24	22	22	28	26	24
Don't know	5	5	4	0	0	5	3	0	0	5	5	2	5
Meditation or yoga													
I did use this, and it helped me	13	11	15	0	0	13	13	16	23	14	13	13	18
I did use this, but it did not help me	29	40	18	0	0	29	35	27	4	38	18	34	13
TOTAL DID USE	42	51	33	0	0	42	48	43	27	52	31	47	31
I did not use this, but I would in the future	23	19	26	0	0	23	22	24	22	16	31	16	35
I did not use this, and would not try it in the future	31	24	36	0	0	31	25	33	47	27	33	34	30
TOTAL DID NOT USE	54	43	62	0	0	54	47	57	69	43	64	50	65
Don't know	5	5	4	0	0	5	4	0	4	5	5	3	4
Change of diet													
I did use this, and it helped me	14	3	23	0	0	14	9	32	17	11	16	17	11
I did use this, but it did not help me	30	45	17	0	0	30	38	24	9	41	21	34	23
TOTAL DID USE	44	48	40	0	0	44	47	56	26	52	37	51	34
I did not use this, but I would in the future	24	15	31	0	0	24	24	27	26	19	27	21	32
I did not use this, and would not try it in the future	22	25	20	0	0	22	18	17	44	19	26	19	30
TOTAL DID NOT USE	46	40	51	0	0	46	42	44	70	38	53	40	62
Don't know	10	11	10	0	0	10	10	0	5	11	10	8	5
Talking to family or friends													
I did use this, and it helped me	37	25	46	0	0	37	41	37	26	33	37	38	39
I did use this, but it did not help me	42	56	30	0	0	42	42	51	31	48	37	44	36
TOTAL DID USE	79	81	76	0	0	79	83	88	57	81	74	82	75
I did not use this, but I would in the future	8	8	9	0	0	8	8	8	8	7	10	9	9
I did not use this, and would not try it in the future	8	7	10	0	0	8	5	4	30	7	11	6	13
TOTAL DID NOT USE	16	15	19	0	0	16	13	12	38	14	21	15	22
Don't know	5	4	5	0	0	5	4	0	5	5	5	3	2
Supplements, vitamins or natural products													
I did use this, and it helped me	9	9	8	0	0	9	8	15	9	11	6	11	4
I did use this, but it did not help me	37	44	31	0	0	37	46	28	16	45	27	46	22
TOTAL DID USE	46	53	39	0	0	46	54	43	25	56	33	57	26
I did not use this, but I would in the future	19	17	21	0	0	19	19	16	13	19	20	16	26
I did not use this, and would not try it in the future	28	21	33	0	0	28	20	37	53	20	37	22	41
TOTAL DID NOT USE	47	38	54	0	0	47	39	53	66	39	57	38	67
Don't know	8	9	7	0	0	8	6	3	8	6	11	6	7

		Gender		Age			Country			Region in England				Education			Work		Socio-Economic Status (NS-SEC)			Ethnicity	
	Total	Male	Female	16-19	20-21	22-25	England	Wales	Scotland	London	Midlands	North	South	Low	Medium	High	Working	Student	Higher	Intermediate	Routine	White	Ethnic Minority
Weighted Sample	1514	767	747	649	334	531	1314	73	127	215	260	371	468	284	795	435	545	772	202	144	201	1070	306
Unweighted Sample	1514	714	800	633	342	539	1309	73	132	197	265	357	490	277	795	442	545	775	203	143	203	1077	300
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%

Something else

I did use this, and it helped me	15	20	12	10	17	19	14	39	12	8	9	25	11	17	16	13	13	16	14	16	18	15	11
I did use this, but it did not help me	7	6	8	8	8	6	8	0	0	16	9	7	6	13	5	8	5	7	8	7	7	5	15
TOTAL DID USE	22	26	20	18	25	25	22	39	12	24	18	32	17	30	21	21	18	23	22	23	25	20	26
I did not use this, but I would in the future	8	6	9	5	9	9	8	0	6	4	9	9	9	6	8	7	10	6	14	0	12	6	15
I did not use this, and would not try it in the future	6	6	5	10	2	4	6	0	5	0	5	7	8	4	6	5	5	8	3	0	8	7	0
TOTAL DID NOT USE	14	12	14	15	11	13	14	0	11	4	14	16	17	10	14	12	15	14	17	0	20	13	15
Don't know	64	61	66	67	64	62	63	61	77	72	69	52	66	59	65	67	67	63	61	77	55	66	59

For this question, please consider what you would do if you were experiencing severe depression - i.e. depression that limits your ability to attend work or school. If you were experiencing severe depression, how likely or unlikely is it that you would try to use each of these options to relieve your symptoms?

[Asked among all except those with severe depression; n=1334]

Antidepressant medication

Very unlikely	14	17	11	14	15	14	15	8	10	16	12	15	17	13	15	14	16	13	17	19	11	14	15
Unlikely	14	17	11	15	12	12	14	11	18	11	14	14	14	16	13	13	14	14	11	14	12	13	16
TOTAL UNLIKELY	28	34	22	29	27	26	29	19	28	27	26	29	31	29	28	27	30	27	28	33	23	27	31
Neither likely nor unlikely	13	15	12	13	14	14	13	13	12	12	15	16	12	11	15	12	14	13	17	13	15	12	14
Likely	27	24	30	26	29	26	26	30	31	29	24	27	25	22	28	28	26	28	27	23	27	30	19
Very likely	24	18	30	24	21	26	24	31	22	21	28	20	24	27	22	26	25	23	23	25	30	25	25
TOTAL LIKELY	51	42	60	50	50	52	50	61	53	50	52	47	49	49	50	54	51	51	50	48	57	55	44
Don't know	8	9	7	8	9	7	8	7	6	11	6	8	8	11	8	7	6	8	6	6	5	6	10

Talking therapy, psychotherapy

Very unlikely	8	10	6	9	9	7	9	13	4	11	10	8	7	9	9	7	9	7	8	9	8	7	10
Unlikely	15	16	13	15	13	15	15	15	13	13	15	13	16	15	14	16	14	14	14	17	14	14	15
TOTAL UNLIKELY	23	26	19	24	22	22	24	28	17	24	25	21	23	24	23	23	23	21	22	26	22	21	25
Neither likely nor unlikely	13	14	11	15	11	11	13	10	12	11	16	13	12	13	14	10	13	12	10	13	15	11	16
Likely	32	31	33	32	31	32	31	34	37	31	31	31	32	35	32	29	31	33	32	23	34	33	28
Very likely	27	22	31	25	28	28	26	24	29	27	23	27	28	22	24	33	29	27	30	34	23	29	24
TOTAL LIKELY	59	53	64	57	59	60	57	58	66	58	54	58	60	57	56	62	60	60	62	57	57	62	52
Don't know	6	6	6	5	8	6	6	4	5	6	5	8	5	6	7	5	5	6	5	4	6	5	6

Regular physical exercise

Very unlikely	6	4	8	7	6	5	6	11	8	4	7	5	6	4	8	4	5	7	3	9	7	6	5
Unlikely	13	11	16	14	12	13	13	15	14	15	13	14	11	12	14	13	13	13	8	16	15	13	13
TOTAL UNLIKELY	19	15	24	21	18	18	19	26	22	19	20	19	17	16	22	17	18	20	11	25	22	19	18
Neither likely nor unlikely	11	10	12	12	11	9	10	12	12	11	12	9	10	12	11	9	10	10	10	11	12	10	14
Likely	34	36	33	35	30	37	35	33	25	35	35	38	33	44	29	39	35	34	40	32	32	35	36
Very likely	30	33	26	28	34	29	30	24	34	30	28	26	34	23	32	30	32	30	34	27	29	31	27
TOTAL LIKELY	64	69	59	63	64	66	65	57	59	65	63	64	67	67	61	69	67	64	74	59	61	66	63
Don't know	6	7	5	5	7	6	6	4	6	5	4	8	6	5	7	4	5	6	4	5	6	5	6

Weighted Sample Unweighted Sample		Depression Status			Depression Level		Anxiety Status			Other Mental Health Condition		Neurodivergent	
	Total	Currently Depressed	Depressed in the Past But Not Currently	Never Been Depressed	Mild	Severe	Current Anxiety Disorder	Anxiety Disorder in the Past But Not Currently	Never Had Anxiety Disorder	Yes	No	Yes	No
	1514	250	554	500	471	176	451	201	569	299	1088	482	676
	1514	253	558	494	474	180	462	202	556	303	1086	485	673
	%	%	%	%	%	%	%	%	%	%	%	%	%

Something else													
I did use this, and it helped me	15	9	20	0	0	15	14	28	14	16	15	19	7
I did use this, but it did not help me	7	14	2	0	0	7	10	4	0	9	5	8	5
TOTAL DID USE	22	23	22	0	0	22	24	32	14	25	20	27	12
I did not use this, but I would in the future	8	7	8	0	0	8	6	12	9	6	10	4	18
I did not use this, and would not try it in the future	6	3	8	0	0	6	3	13	8	4	8	4	7
TOTAL DID NOT USE	14	10	16	0	0	14	9	25	17	10	18	8	25
Don't know	64	67	62	0	0	64	67	43	69	65	63	65	63

For this question, please consider what you would do if you were experiencing severe depression - i.e. depression that limits your ability to attend work or school. If you were experiencing severe depression, how likely or unlikely is it that you would try to use each of these options to relieve your symptoms?

[Asked among all except those with severe depression; n=1334]

Antidepressant medication													
Very unlikely	14	15	12	16	11	0	11	15	16	14	15	14	13
Unlikely	14	8	12	16	10	0	8	12	17	8	15	8	16
TOTAL UNLIKELY	28	23	24	32	21	0	19	27	33	22	30	22	29
Neither likely nor unlikely	13	9	12	13	11	0	10	14	13	12	13	13	13
Likely	27	27	25	31	28	0	30	25	28	28	27	29	28
Very likely	24	34	34	15	35	0	37	29	17	33	22	30	21
TOTAL LIKELY	51	61	59	46	63	0	67	54	45	61	49	59	49
Don't know	8	7	4	9	4	0	4	5	8	5	7	6	8
Talking therapy, psychotherapy													
Very unlikely	8	11	8	7	8	0	7	5	9	7	8	8	8
Unlikely	15	12	13	16	10	0	9	15	18	12	16	12	16
TOTAL UNLIKELY	23	23	21	23	18	0	16	20	27	19	24	20	24
Neither likely nor unlikely	13	8	12	11	10	0	11	8	13	11	13	11	12
Likely	32	34	30	34	32	0	36	38	30	31	32	34	31
Very likely	27	28	34	24	37	0	34	33	24	35	26	30	28
TOTAL LIKELY	59	62	64	58	69	0	70	71	54	66	58	64	59
Don't know	6	6	2	7	3	0	3	2	6	4	5	5	5
Regular physical exercise													
Very unlikely	6	9	8	3	8	0	11	8	4	14	5	10	5
Unlikely	13	17	13	11	14	0	18	11	10	12	13	16	11
TOTAL UNLIKELY	19	26	21	14	22	0	29	19	14	26	18	26	16
Neither likely nor unlikely	11	15	12	7	11	0	11	9	7	12	10	11	7
Likely	34	31	34	38	33	0	33	33	38	35	35	33	35
Very likely	30	23	31	35	32	0	25	37	34	23	32	24	37
TOTAL LIKELY	64	54	65	73	65	0	58	70	72	58	67	57	72
Don't know	6	5	3	6	3	0	3	2	6	5	5	5	5

		Gender			Age			Country			Region in England				Education			Work		Socio-Economic Status (NS-SEC)				Ethnicity	
	Total	Male	Female	16-19	20-21	22-25	England	Wales	Scotland	London	Midlands	North	South	Low	Medium	High	Working	Student	Higher	Intermediate	Routine	White	Ethnic Minority		
Weighted Sample	1514	767	747	649	334	531	1314	73	127	215	260	371	468	284	795	435	545	772	202	144	201	1070	306		
Unweighted Sample	1514	714	800	633	342	539	1309	73	132	197	265	357	490	277	795	442	545	775	203	143	203	1077	300		
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%		
Meditation or yoga																									
Very unlikely	18	20	15	22	14	15	18	16	18	16	18	16	20	19	20	13	15	19	19	17	17	18	15		
Unlikely	26	27	24	27	27	23	26	16	27	24	28	24	27	28	25	25	26	25	22	28	25	26	27		
TOTAL UNLIKELY	44	47	39	49	41	38	44	32	45	40	46	40	47	47	45	38	41	44	41	45	42	44	42		
Neither likely nor unlikely	15	16	14	15	14	16	15	19	15	14	18	17	13	15	16	15	16	16	15	15	17	15	16		
Likely	23	20	27	22	24	25	23	28	22	24	24	25	22	23	21	28	23	23	25	20	23	24	22		
Very likely	11	8	14	9	12	13	11	12	11	16	8	10	11	9	10	14	14	9	15	13	12	11	13		
TOTAL LIKELY	34	28	41	31	36	38	34	40	33	40	32	35	33	32	31	42	37	32	40	33	35	35	35		
Don't know	7	8	6	5	9	8	7	9	7	7	5	8	7	6	8	6	6	7	4	7	7	6	8		
Change of diet																									
Very unlikely	10	12	8	13	7	9	10	14	13	9	12	8	10	12	11	8	8	10	6	11	9	10	9		
Unlikely	23	20	25	24	22	21	23	15	24	23	24	21	24	28	21	23	22	24	24	23	19	24	23		
TOTAL UNLIKELY	33	32	33	37	29	30	33	29	37	32	36	29	34	40	32	31	30	34	30	34	28	34	32		
Neither likely nor unlikely	20	22	18	22	21	18	20	28	19	22	19	23	18	21	21	19	19	21	19	22	20	20	20		
Likely	27	27	28	24	27	32	28	29	25	28	26	28	28	26	27	30	30	26	35	22	29	28	26		
Very likely	11	10	12	11	12	11	11	3	13	12	12	9	12	6	12	12	13	11	11	11	12	11	14		
TOTAL LIKELY	38	37	40	35	39	43	39	32	38	40	38	37	40	32	39	42	43	37	46	33	41	39	40		
Don't know	8	9	7	6	10	9	8	10	6	6	6	11	8	7	8	8	7	8	5	11	10	8	8		
Talking to family or friends																									
Very unlikely	6	5	6	7	3	6	6	8	3	5	5	5	7	8	5	6	5	6	6	6	7	5	8		
Unlikely	13	15	12	14	11	15	13	16	14	13	17	14	10	14	13	14	12	14	14	15	13	12	18		
TOTAL UNLIKELY	19	20	18	21	14	21	19	24	17	18	22	19	17	22	18	20	17	20	20	21	20	17	26		
Neither likely nor unlikely	13	14	12	14	12	11	13	12	12	11	13	12	14	11	14	11	12	13	12	9	14	11	15		
Likely	33	30	36	32	34	33	33	26	36	36	31	32	34	35	32	34	33	34	35	31	28	36	27		
Very likely	29	30	29	28	33	29	30	29	28	30	29	28	31	28	29	31	33	28	31	35	33	31	25		
TOTAL LIKELY	62	60	65	60	67	62	63	55	64	66	60	60	65	63	61	65	66	62	66	66	61	67	52		
Don't know	6	6	5	4	7	6	5	9	6	5	5	7	5	5	7	4	5	6	3	4	5	5	7		
Supplements, vitamins or natural products																									
Very unlikely	12	13	12	13	12	12	13	13	11	11	12	11	15	12	14	10	11	12	13	15	10	13	10		
Unlikely	24	22	25	26	25	19	24	15	24	28	26	23	22	26	23	23	21	26	23	22	18	25	23		
TOTAL UNLIKELY	36	35	37	39	37	31	37	28	35	39	38	34	37	38	37	33	32	38	36	37	28	38	33		
Neither likely nor unlikely	18	20	16	17	17	20	18	25	21	16	19	18	17	19	18	18	19	18	18	20	21	17	19		
Likely	26	24	27	25	25	27	26	24	23	23	24	26	28	23	26	27	27	25	30	20	29	26	26		
Very likely	12	11	13	11	12	14	12	14	12	14	12	13	10	11	11	15	15	11	10	14	13	12	13		
TOTAL LIKELY	38	35	40	36	37	41	38	38	35	37	36	39	38	34	37	42	42	36	40	34	42	38	39		
Don't know	8	9	7	8	9	8	8	9	9	8	6	9	8	9	9	6	6	8	5	8	9	7	9		
Something else																									
Very unlikely	3	4	2	3	3	3	3	2	3	1	5	3	3	2	3	3	3	3	2	4	1	3	3		
Unlikely	4	4	4	4	3	5	4	6	4	2	4	4	5	4	4	6	4	4	5	6	4	4	4		
TOTAL UNLIKELY	7	8	6	7	6	8	7	8	7	3	9	7	8	6	7	9	7	7	7	10	5	7	7		
Neither likely nor unlikely	23	26	21	24	25	22	24	17	23	25	24	23	24	22	23	24	27	21	23	24	29	22	28		
Likely	15	16	14	15	14	16	15	13	17	15	15	15	15	13	16	15	15	15	16	10	17	14	15		
Very likely	7	8	7	9	7	6	7	9	8	7	9	7	7	9	8	6	7	7	8	7	6	7	11		
TOTAL LIKELY	22	24	21	24	21	22	22	22	25	22	24	22	22	22	24	21	22	22	24	17	23	21	26		
Don't know	47	42	52	46	48	47	47	52	46	50	44	48	46	49	46	47	44	50	45	48	43	49	39		

	Total	Depression Status			Depression Level		Anxiety Status			Other Mental Health Condition		Neurodivergent	
		Currently Depressed	Depressed in the Past But Not Currently	Never Been Depressed	Mild	Severe	Current Anxiety Disorder	Anxiety Disorder in the Past But Not Currently	Never Had Anxiety Disorder	Yes	No	Yes	No
Weighted Sample	1514	250	554	500	471	176	451	201	569	299	1088	482	676
Unweighted Sample	1514	253	558	494	474	180	462	202	556	303	1086	485	673
	%	%	%	%	%	%	%	%	%	%	%	%	%
Meditation or yoga													
Very unlikely	18	26	16	16	17	0	20	18	18	30	16	23	15
Unlikely	26	28	25	26	24	0	27	29	26	22	26	29	24
TOTAL UNLIKELY	44	54	41	42	41	0	47	47	44	52	42	52	39
Neither likely nor unlikely	15	16	15	14	16	0	14	11	14	14	15	12	16
Likely	23	15	25	27	25	0	23	24	24	18	25	20	26
Very likely	11	7	16	11	15	0	12	15	11	10	11	10	12
TOTAL LIKELY	34	22	41	38	40	0	35	39	35	28	36	30	38
Don't know	7	8	4	7	4	0	4	3	7	6	6	6	6
Change of diet													
Very unlikely	10	13	11	10	11	0	12	10	10	16	10	13	8
Unlikely	23	27	22	21	23	0	29	19	22	26	23	28	20
TOTAL UNLIKELY	33	40	33	31	34	0	41	29	32	42	33	41	28
Neither likely nor unlikely	20	15	18	23	17	0	16	16	22	16	21	19	20
Likely	27	28	29	27	29	0	24	39	28	26	28	24	30
Very likely	11	9	14	11	14	0	13	13	10	11	11	9	13
TOTAL LIKELY	38	37	43	38	43	0	37	52	38	37	39	33	43
Don't know	8	7	5	8	4	0	5	3	9	6	7	6	8
Talking to family or friends													
Very unlikely	6	6	6	5	5	0	5	3	6	8	6	6	5
Unlikely	13	17	14	11	12	0	14	12	13	12	14	14	13
TOTAL UNLIKELY	19	23	20	16	17	0	19	15	19	20	20	20	18
Neither likely nor unlikely	13	14	12	10	11	0	11	13	10	15	11	14	10
Likely	33	34	33	34	37	0	39	32	33	32	34	35	35
Very likely	29	23	32	34	33	0	28	36	32	29	31	26	32
TOTAL LIKELY	62	57	65	68	70	0	67	68	65	61	65	61	67
Don't know	6	6	3	5	3	0	3	3	5	4	4	5	5
Supplements, vitamins or natural products													
Very unlikely	12	18	14	10	14	0	15	14	12	18	11	15	11
Unlikely	24	26	23	24	24	0	25	21	25	26	23	25	23
TOTAL UNLIKELY	36	44	37	34	38	0	40	35	37	44	34	40	34
Neither likely nor unlikely	18	13	20	15	18	0	17	19	15	18	18	20	16
Likely	26	25	25	28	26	0	28	29	27	22	28	21	29
Very likely	12	11	12	14	13	0	11	15	13	9	13	11	14
TOTAL LIKELY	38	36	37	42	39	0	39	44	40	31	41	32	43
Don't know	8	6	5	8	5	0	4	2	9	6	7	7	7
Something else													
Very unlikely	3	5	3	3	4	0	3	3	3	4	3	2	4
Unlikely	4	8	4	3	5	0	4	5	4	2	4	3	6
TOTAL UNLIKELY	7	13	7	6	9	0	7	8	7	6	7	5	10
Neither likely nor unlikely	23	24	20	27	20	0	22	25	24	18	25	21	25
Likely	15	12	14	17	14	0	13	16	17	15	16	16	14
Very likely	7	10	10	5	9	0	9	6	7	12	7	8	6
TOTAL LIKELY	22	22	24	22	23	0	22	22	24	27	23	24	20
Don't know	47	42	49	45	47	0	49	44	45	49	45	49	45

	Gender			Age			Country			Region in England				Education			Work		Socio-Economic Status (N-SEC)			Ethnicity	
	Total	Male	Female	16-19	20-21	22-25	England	Wales	Scotland	London	Midlands	North	South	Low	Medium	High	Working	Student	Higher	Intermediate	Routine	White	Ethnic Minority
Weighted Sample	1514	767	747	649	334	531	1314	73	127	215	260	371	468	284	795	435	545	772	202	144	201	1070	306
Unweighted Sample	1514	714	800	633	342	539	1309	73	132	197	265	357	490	277	795	442	545	775	203	143	203	1077	300
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%

For this question, please consider what you would do if you were experiencing mild depression - i.e. depression that limits your ability to attend work or school. If you were experiencing mild depression, how likely or unlikely is it that you would try to use each of these options to relieve your symptoms?

[Asked among those without mild depression or people who have not experienced depression; n=1040]

Antidepressant medication

Very unlikely	22	28	16	23	22	21	22	23	20	18	21	23	24	21	23	21	24	22	21	28	24	23	22
Unlikely	22	21	23	23	20	22	23	16	19	23	23	20	25	25	20	24	20	24	20	20	20	23	21
TOTAL UNLIKELY	44	49	39	46	42	43	45	39	39	41	44	43	49	46	43	45	44	46	41	48	44	46	43
Neither likely nor unlikely	15	15	14	15	17	12	14	19	17	14	13	15	14	12	16	14	12	15	17	12	14	14	16
Likely	20	16	24	20	19	20	20	18	20	22	22	22	16	21	20	18	21	20	20	16	19	21	20
Very likely	13	10	15	11	12	16	12	18	18	10	13	10	13	10	13	14	17	10	19	11	14	13	11
TOTAL LIKELY	33	26	39	31	31	36	32	36	38	32	35	32	29	31	33	32	38	30	39	27	33	34	31
Don't know	9	10	8	7	9	11	9	5	6	13	8	10	8	10	8	9	7	8	4	13	8	7	11

Talking therapy, psychotherapy

Very unlikely	12	14	10	14	11	10	12	19	11	14	14	9	12	13	12	10	9	13	9	9	15	12	14
Unlikely	20	21	19	22	17	18	19	19	24	18	20	20	18	22	18	20	21	19	24	19	21	20	20
TOTAL UNLIKELY	32	35	29	36	28	28	31	38	35	32	34	29	30	35	30	30	30	32	33	28	36	32	34
Neither likely nor unlikely	15	16	13	14	15	15	15	14	13	14	16	15	15	11	16	14	15	15	14	13	17	13	17
Likely	30	27	34	27	31	34	30	26	32	29	33	29	30	31	29	33	31	30	36	27	28	32	27
Very likely	16	14	18	16	17	15	16	17	15	17	10	18	17	14	17	16	18	16	12	21	14	16	16
TOTAL LIKELY	46	41	52	43	48	49	46	43	47	46	43	47	47	45	46	49	49	46	48	48	42	48	43
Don't know	7	8	7	6	9	8	8	6	5	8	8	9	7	8	8	6	5	8	5	11	5	6	7

Regular physical exercise

Very unlikely	5	5	5	6	3	4	4	4	8	4	6	4	4	5	6	2	4	4	4	4	4	5	4
Unlikely	10	10	11	12	9	10	10	11	12	13	8	12	8	10	11	9	9	11	8	14	10	10	11
TOTAL UNLIKELY	15	15	16	18	12	14	14	15	20	17	14	16	12	15	17	11	13	15	12	18	14	15	15
Neither likely nor unlikely	11	10	12	10	12	12	11	14	12	7	11	12	11	9	11	12	11	11	13	12	11	11	12
Likely	36	33	40	39	35	33	36	40	34	30	39	37	36	45	33	37	36	36	31	34	38	37	36
Very likely	31	35	27	29	32	33	31	25	29	37	29	26	34	24	31	35	35	30	41	27	31	32	29
TOTAL LIKELY	67	68	67	68	67	66	67	65	63	67	68	63	70	69	64	72	71	66	72	61	69	69	65
Don't know	7	8	6	5	9	9	7	6	5	8	6	9	6	6	8	5	4	7	3	9	6	5	8

Meditation or yoga

Very unlikely	17	22	12	21	14	14	17	17	20	12	15	18	20	20	18	13	17	17	17	17	19	20	10
Unlikely	24	27	20	26	23	21	23	29	26	24	26	21	23	28	23	22	26	24	23	26	22	25	26
TOTAL UNLIKELY	41	49	32	47	37	35	40	46	46	36	41	39	43	48	41	35	43	41	40	43	41	45	36
Neither likely nor unlikely	17	18	16	16	18	17	18	8	12	16	19	20	16	18	18	14	16	17	17	16	18	17	18
Likely	25	18	33	23	23	29	24	32	31	24	24	23	25	22	24	30	22	26	28	22	23	23	27
Very likely	10	7	13	8	13	9	10	9	7	15	9	9	8	5	10	14	13	8	12	6	12	10	11
TOTAL LIKELY	35	25	46	31	36	38	34	41	38	39	33	32	33	27	34	44	35	34	40	28	35	33	38
Don't know	7	8	7	5	9	9	8	4	5	10	7	8	7	8	7	7	6	7	4	11	5	6	8

Weighted Sample Unweighted Sample		Depression Status			Depression Level		Anxiety Status			Other Mental Health Condition		Neurodivergent	
	Total	Currently Depressed	Depressed in the Past But Not Currently	Never Been Depressed	Mild	Severe	Current Anxiety Disorder	Anxiety Disorder in the Past But Not Currently	Never Had Anxiety Disorder	Yes	No	Yes	No
	1514	250	554	500	471	176	451	201	569	299	1088	482	676
	1514	253	558	494	474	180	462	202	556	303	1086	485	673
	%	%	%	%	%	%	%	%	%	%	%	%	%

For this question, please consider what you would do if you were experiencing mild depression - i.e. depression that limits your ability to attend work or school. If you were experiencing mild depression, how likely or unlikely is it that you would try to use each of these options to relieve your symptoms?

[Asked among those without mild depression or people who have not experienced depression; n=1040]

Antidepressant medication

Very unlikely	22	18	24	21	0	18	17	31	22	19	23	22	22
Unlikely	22	12	22	26	0	16	17	19	25	20	24	19	24
TOTAL UNLIKELY	44	30	46	47	0	34	34	50	47	39	47	41	46
Neither likely nor unlikely	15	8	12	15	0	10	10	12	18	9	16	12	16
Likely	20	25	21	20	0	29	26	23	18	25	19	23	19
Very likely	13	31	16	8	0	24	26	11	8	22	10	18	11
TOTAL LIKELY	33	56	37	28	0	53	52	34	26	47	29	41	30
Don't know	9	7	5	9	0	3	4	4	9	4	8	6	8

Talking therapy, psychotherapy

Very unlikely	12	12	16	10	0	10	8	10	15	11	12	12	12
Unlikely	20	13	21	21	0	15	15	20	21	16	21	17	22
TOTAL UNLIKELY	32	25	37	31	0	25	23	30	36	27	33	29	34
Neither likely nor unlikely	15	16	12	14	0	13	13	16	14	10	16	13	13
Likely	30	34	31	32	0	37	39	30	29	38	29	34	29
Very likely	16	20	18	15	0	21	22	21	14	22	15	19	17
TOTAL LIKELY	46	54	49	47	0	58	61	51	43	60	44	53	46
Don't know	7	5	3	8	0	3	4	2	7	3	7	4	8

Regular physical exercise

Very unlikely	5	10	7	2	0	7	6	6	3	9	3	7	3
Unlikely	10	9	14	9	0	12	13	10	10	12	10	12	10
TOTAL UNLIKELY	15	19	21	11	0	19	19	16	13	21	13	19	13
Neither likely nor unlikely	11	17	9	8	0	13	14	12	8	13	10	11	9
Likely	36	39	37	37	0	40	41	31	34	37	37	40	34
Very likely	31	20	30	36	0	27	24	40	37	26	33	26	37
TOTAL LIKELY	67	59	67	73	0	67	65	71	71	63	70	66	71
Don't know	7	4	2	7	0	2	3	2	7	4	6	4	7

Meditation or yoga

Very unlikely	17	21	23	14	0	19	18	18	17	26	15	24	13
Unlikely	24	23	25	25	0	22	26	23	25	28	23	28	24
TOTAL UNLIKELY	41	44	48	39	0	41	44	41	42	54	38	52	37
Neither likely nor unlikely	17	21	14	15	0	22	17	18	15	15	17	16	15
Likely	25	27	23	26	0	27	27	28	24	22	27	20	28
Very likely	10	4	11	12	0	6	8	11	11	5	11	8	11
TOTAL LIKELY	35	31	34	38	0	33	35	39	35	27	38	28	39
Don't know	7	3	5	8	0	3	4	2	7	3	7	4	8

	Gender			Age			Country			Region in England				Education			Work		Socio-Economic Status (N-SEC)			Ethnicity	
	Total	Male	Female	16-19	20-21	22-25	England	Wales	Scotland	London	Midlands	North	South	Low	Medium	High	Working	Student	Higher	Intermediate	Routine	White	Ethnic Minority
Weighted Sample	1514	767	747	649	334	531	1314	73	127	215	260	371	468	284	795	435	545	772	202	144	201	1070	306
Unweighted Sample	1514	714	800	633	342	539	1309	73	132	197	265	357	490	277	795	442	545	775	203	143	203	1077	300
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
Change of diet																							
Very unlikely	11	13	8	14	7	9	10	15	12	8	12	10	11	13	12	7	9	11	7	10	12	12	7
Unlikely	25	25	25	26	24	23	25	28	25	25	25	25	24	28	23	26	25	25	30	30	21	26	21
TOTAL UNLIKELY	36	38	33	40	31	32	35	43	37	33	37	35	35	41	35	33	34	36	37	40	33	38	28
Neither likely nor unlikely	19	21	18	19	19	19	19	21	18	11	19	23	21	21	17	22	21	18	22	20	20	20	17
Likely	29	26	31	27	31	29	29	24	27	34	31	26	27	28	29	28	29	30	29	26	29	26	37
Very likely	8	8	9	7	8	10	8	6	8	10	7	5	11	3	10	9	10	7	9	4	10	8	9
TOTAL LIKELY	37	34	40	34	39	39	37	30	35	44	38	31	38	31	39	37	39	37	38	30	39	34	46
Don't know	9	8	9	7	10	10	9	6	9	12	7	10	7	7	10	8	7	9	4	10	7	7	9
Talking to family or friends																							
Very unlikely	7	8	5	8	5	5	6	9	12	7	7	7	5	7	7	5	7	6	6	6	7	6	9
Unlikely	10	11	10	10	11	11	10	8	12	9	10	13	9	9	12	9	10	12	14	9	8	9	15
TOTAL UNLIKELY	17	19	15	18	16	16	16	17	24	16	17	20	14	16	19	14	17	18	20	15	15	15	24
Neither likely nor unlikely	11	11	11	12	12	9	11	11	12	9	13	10	11	11	11	11	9	11	9	9	11	10	11
Likely	37	36	39	39	34	38	38	40	34	34	38	35	41	42	35	39	39	37	42	28	44	40	35
Very likely	28	27	29	27	29	28	28	27	25	34	24	27	29	25	28	30	31	28	27	38	25	30	23
TOTAL LIKELY	65	63	68	66	63	66	66	67	59	68	62	62	70	67	63	69	70	65	69	66	69	70	58
Don't know	7	8	6	5	9	8	7	5	5	7	7	8	6	6	8	6	4	7	3	10	5	5	7
Supplements, vitamins or natural products																							
Very unlikely	14	17	11	15	14	11	14	17	15	11	15	14	14	12	15	13	12	15	12	14	9	15	11
Unlikely	21	20	23	23	21	19	21	14	25	21	23	21	21	22	21	22	19	23	21	20	18	23	22
TOTAL UNLIKELY	35	37	34	38	35	30	35	31	40	32	38	35	35	34	36	35	31	38	33	34	27	38	33
Neither likely nor unlikely	19	20	18	20	18	19	19	17	25	18	18	21	18	21	20	17	22	18	19	20	21	19	19
Likely	28	25	31	28	26	29	28	35	23	27	29	25	30	33	25	30	27	28	26	27	32	28	28
Very likely	9	8	10	6	11	11	9	6	6	11	8	9	10	3	10	12	14	7	17	8	11	8	11
TOTAL LIKELY	37	33	41	34	37	40	37	41	29	38	37	34	40	36	35	42	41	35	43	35	43	36	39
Don't know	9	10	8	8	10	10	9	12	6	13	8	10	8	10	10	6	7	9	5	11	8	7	10
Something else																							
Very unlikely	4	5	3	5	4	3	4	2	5	5	5	5	2	4	5	3	4	4	4	4	5	4	4
Unlikely	7	9	6	8	5	8	7	14	6	7	6	9	6	7	8	7	8	6	10	5	7	6	10
TOTAL UNLIKELY	11	14	9	13	9	11	11	16	11	12	11	14	8	11	13	10	12	10	14	9	12	10	14
Neither likely nor unlikely	25	27	23	24	28	25	25	21	26	21	28	23	27	26	24	26	27	24	23	26	28	23	30
Likely	10	10	9	10	7	12	10	8	8	9	11	8	12	10	10	8	9	10	8	10	14	8	14
Very likely	5	4	5	5	6	4	5	8	4	4	4	5	5	3	6	4	6	3	7	3	6	5	3
TOTAL LIKELY	15	14	14	15	13	16	15	16	12	13	15	13	17	13	16	12	15	13	15	13	20	13	17
Don't know	49	45	54	49	50	49	49	47	52	54	45	51	48	50	48	52	46	52	47	52	40	54	39

	Total	Depression Status			Depression Level		Anxiety Status			Other Mental Health Condition		Neurodivergent	
		Currently Depressed	Depressed in the Past But Not Currently	Never Been Depressed	Mild	Severe	Current Anxiety Disorder	Anxiety Disorder in the Past But Not Currently	Never Had Anxiety Disorder	Yes	No	Yes	No
Weighted Sample	1514	250	554	500	471	176	451	201	569	299	1088	482	676
Unweighted Sample	1514	253	558	494	474	180	462	202	556	303	1086	485	673
	%	%	%	%	%	%	%	%	%	%	%	%	%
Change of diet													
Very unlikely	11	13	12	9	0	13	11	10	11	15	9	15	8
Unlikely	25	23	24	26	0	22	26	16	28	24	26	28	24
TOTAL UNLIKELY	36	36	36	35	0	35	37	26	39	39	35	43	32
Neither likely nor unlikely	19	22	16	17	0	20	21	26	17	20	19	19	18
Likely	29	30	33	29	0	35	32	32	27	29	30	26	31
Very likely	8	4	10	10	0	7	5	13	9	5	9	7	11
TOTAL LIKELY	37	34	43	39	0	42	37	45	36	34	39	33	42
Don't know	9	7	5	8	0	3	5	3	8	6	8	5	8
Talking to family or friends													
Very unlikely	7	10	7	5	0	7	5	4	7	6	7	7	6
Unlikely	10	15	12	8	0	12	9	12	10	14	10	8	11
TOTAL UNLIKELY	17	25	19	13	0	19	14	16	17	20	17	15	17
Neither likely nor unlikely	11	14	11	9	0	11	11	13	9	12	10	10	8
Likely	37	38	35	40	0	36	42	35	39	41	38	42	39
Very likely	28	20	32	32	0	32	29	34	29	25	29	29	30
TOTAL LIKELY	65	58	67	72	0	68	71	69	68	66	67	71	69
Don't know	7	3	4	7	0	2	4	2	6	3	6	4	6
Supplements, vitamins or natural products													
Very unlikely	14	17	20	12	0	16	13	15	15	15	13	16	13
Unlikely	21	24	23	22	0	26	26	15	22	28	21	25	20
TOTAL UNLIKELY	35	41	43	34	0	42	39	30	37	43	34	41	33
Neither likely nor unlikely	19	18	16	16	0	19	17	17	16	16	19	18	18
Likely	28	27	28	31	0	27	31	35	28	29	29	27	29
Very likely	9	7	8	11	0	8	7	15	10	6	10	7	12
TOTAL LIKELY	37	34	36	42	0	35	38	50	38	35	39	34	41
Don't know	9	6	4	9	0	3	5	3	8	6	8	7	8
Something else													
Very unlikely	4	7	5	4	0	6	5	4	4	4	4	3	4
Unlikely	7	5	5	9	0	3	4	7	10	3	9	4	9
TOTAL UNLIKELY	11	12	10	13	0	9	9	11	14	7	13	7	13
Neither likely nor unlikely	25	22	19	27	0	20	21	25	25	22	26	24	26
Likely	10	14	16	8	0	18	13	20	7	12	9	13	8
Very likely	5	7	7	3	0	8	6	7	4	8	4	6	4
TOTAL LIKELY	15	21	23	11	0	26	19	27	11	20	13	19	12
Don't know	49	46	48	50	0	45	51	38	49	51	48	50	48

	Gender			Age			Country			Region in England				Education			Work		Socio-Economic Status (N-SEC)			Ethnicity	
	Total	Male	Female	16-19	20-21	22-25	England	Wales	Scotland	London	Midlands	North	South	Low	Medium	High	Working	Student	Higher	Intermediate	Routine	White	Ethnic Minority
Weighted Sample	1514	767	747	649	334	531	1314	73	127	215	260	371	468	284	795	435	545	772	202	144	201	1070	306
Unweighted Sample	1514	714	800	633	342	539	1309	73	132	197	265	357	490	277	795	442	545	775	203	143	203	1077	300
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%

How much, if at all, do you trust the following people or organisations to provide accurate information and advice about mental health treatment?

A mental health professional (e.g. psychiatrist, psychologist, therapist)

Not at all	2	3	1	2	1	3	2	1	3	2	2	2	2	1	2	3	2	2	4	3	1	2	3
A little	6	6	5	6	5	5	6	3	8	6	6	6	5	5	7	4	6	5	6	6	6	5	7
TOTAL LITTLE	8	9	6	8	6	8	8	4	11	8	8	8	7	6	9	7	8	7	10	9	7	7	10
A moderate amount	15	16	14	13	18	15	15	12	15	16	15	15	15	12	15	17	17	13	15	14	25	15	14
A lot	29	26	32	28	30	29	29	41	26	23	29	29	30	29	29	29	30	30	26	36	24	30	26
A great deal	44	45	42	47	42	41	44	38	41	49	42	42	44	48	42	44	41	46	46	36	41	44	43
TOTAL A LOT	73	71	74	75	72	70	73	79	67	72	71	71	74	77	71	73	71	76	72	72	65	74	69
Don't know	5	5	5	4	4	6	5	4	7	3	6	5	4	4	6	4	4	5	3	5	4	4	7

Your GP

Not at all	4	4	5	4	6	4	4	3	10	3	3	5	4	4	6	3	5	4	4	6	3	5	3
A little	14	11	17	13	13	16	14	11	15	11	20	14	13	12	14	16	15	13	17	17	13	14	13
TOTAL LITTLE	18	15	22	17	19	20	18	14	25	14	23	19	17	16	20	19	20	17	21	23	16	19	16
A moderate amount	29	28	31	28	32	30	30	34	25	31	26	29	31	27	29	32	29	30	30	24	34	31	26
A lot	28	28	29	31	25	27	28	28	27	33	25	30	27	33	26	29	26	30	26	30	25	28	29
A great deal	18	23	13	19	18	16	18	18	16	19	19	15	19	20	18	16	20	18	19	15	19	17	21
TOTAL A LOT	46	51	42	50	43	43	46	46	43	52	44	45	46	53	44	45	46	48	45	45	44	45	50
Don't know	6	6	6	6	5	7	6	6	6	4	6	7	5	6	7	4	5	6	4	9	6	5	7

Scientists/researchers

Not at all	2	2	2	2	2	3	2	4	5	1	2	3	2	3	2	2	3	2	2	1	2	2	2
A little	8	8	8	9	8	7	8	4	5	7	8	9	10	8	9	7	8	7	6	11	9	7	10
TOTAL LITTLE	10	10	10	11	10	10	10	8	10	8	10	11	12	11	11	9	11	9	8	12	11	9	12
A moderate amount	22	23	20	21	21	24	22	22	21	22	24	23	19	22	21	22	24	19	25	27	23	21	20
A lot	33	29	36	30	37	33	33	36	31	28	36	32	33	29	32	37	34	34	31	30	30	33	34
A great deal	30	31	28	33	28	27	29	31	30	38	23	28	31	32	29	29	27	33	29	25	29	31	26
TOTAL A LOT	63	60	64	63	65	60	62	67	61	66	59	60	64	61	61	66	61	67	60	55	59	64	60
Don't know	6	6	5	5	5	7	5	3	9	4	6	6	5	5	7	3	5	5	5	5	7	4	8

The NHS

Not at all	3	3	3	3	3	4	3	4	8	3	2	3	3	3	3	4	4	2	6	4	1	3	3
A little	11	9	12	10	11	11	10	12	14	9	15	9	10	9	12	9	11	11	9	15	11	10	12
TOTAL LITTLE	14	12	15	13	14	15	13	16	22	12	17	12	13	12	15	13	15	13	15	19	12	13	15
A moderate amount	25	25	26	23	28	27	26	23	19	24	20	31	26	24	25	27	26	23	25	18	34	25	25
A lot	30	27	32	31	28	29	30	21	33	28	30	30	30	30	28	33	30	31	30	33	24	31	28
A great deal	27	31	23	30	27	23	27	34	21	32	28	23	27	31	26	25	24	29	26	23	25	27	26
TOTAL A LOT	57	58	55	61	55	52	57	55	54	60	58	53	57	61	54	58	54	60	56	56	49	58	54
Don't know	5	5	5	3	4	7	5	6	4	4	5	6	3	3	6	3	4	4	4	6	5	3	6

Mental health charities (e.g. Mind)

Not at all	2	2	2	2	2	3	2	0	4	2	3	2	2	2	2	2	2	2	2	1	2	1	4
A little	10	12	9	12	9	9	10	12	9	13	10	11	10	10	12	8	10	10	11	12	8	9	14
TOTAL LITTLE	12	14	11	14	11	12	12	12	13	15	13	13	12	12	14	10	12	12	13	13	10	10	18
A moderate amount	22	23	21	24	22	21	23	20	17	24	24	23	22	25	22	21	20	24	16	17	25	21	26
A lot	33	31	34	33	34	32	33	32	35	25	33	31	37	28	32	37	36	32	34	37	36	36	24
A great deal	25	24	26	24	26	27	26	28	23	33	23	26	24	27	24	27	26	26	31	26	21	27	24
TOTAL A LOT	58	55	60	57	60	59	59	60	58	58	56	57	61	55	56	64	62	58	65	63	57	63	48
Don't know	7	7	7	5	6	9	6	7	13	3	7	8	6	7	7	6	6	6	6	7	7	6	8

Weighted Sample Unweighted Sample		Depression Status			Depression Level		Anxiety Status			Other Mental Health Condition		Neurodivergent	
	Total	Currently Depressed	Depressed in the Past But Not Currently	Never Been Depressed	Mild	Severe	Current Anxiety Disorder	Anxiety Disorder in the Past But Not Currently	Never Had Anxiety Disorder	Yes	No	Yes	No
	1514	250	554	500	471	176	451	201	569	299	1088	482	676
	1514	253	558	494	474	180	462	202	556	303	1086	485	673
	%	%	%	%	%	%	%	%	%	%	%	%	%

How much, if at all, do you trust the following people or organisations to provide accurate information and advice about mental health treatment?

A mental health professional (e.g. psychiatrist, psychologist, therapist)

Not at all	2	3	1	2	1	2	2	0	2	2	2	3	2
A little	6	6	5	5	6	7	5	2	7	7	5	6	5
TOTAL LITTLE	8	9	6	7	7	9	7	2	9	9	7	9	7
A moderate amount	15	19	13	15	15	13	18	15	14	16	15	15	14
A lot	29	28	32	27	30	34	28	40	25	26	30	29	30
A great deal	44	41	46	47	45	41	45	41	47	47	44	45	45
TOTAL A LOT	73	69	78	74	75	75	73	81	72	73	74	74	75
Don't know	5	3	3	4	3	2	2	2	5	1	5	3	4

Your GP

Not at all	4	5	5	4	5	7	6	3	4	7	4	5	4
A little	14	18	15	11	16	15	16	15	12	17	14	15	14
TOTAL LITTLE	18	23	20	15	21	22	22	18	16	24	18	20	18
A moderate amount	29	31	29	28	28	32	33	29	27	33	28	33	26
A lot	28	27	30	31	30	26	29	32	29	24	30	27	30
A great deal	18	16	16	22	16	17	14	18	22	16	19	16	22
TOTAL A LOT	46	43	46	53	46	43	43	50	51	40	49	43	52
Don't know	6	3	4	5	5	3	2	2	7	3	5	4	4

Scientists/researchers

Not at all	2	4	2	2	2	3	2	2	3	3	2	2	2
A little	8	7	8	8	6	9	7	5	9	8	8	7	8
TOTAL LITTLE	10	11	10	10	8	12	9	7	12	11	10	9	10
A moderate amount	22	26	20	22	22	23	23	20	22	22	23	22	22
A lot	33	31	33	34	33	34	32	35	33	31	33	30	34
A great deal	30	28	33	29	33	28	32	38	28	32	30	34	29
TOTAL A LOT	63	59	66	63	66	62	64	73	61	63	63	64	63
Don't know	6	4	4	5	4	3	4	1	5	4	5	4	4

The NHS

Not at all	3	6	3	3	3	5	4	2	3	5	3	5	2
A little	11	13	11	9	11	14	12	8	10	15	9	12	10
TOTAL LITTLE	14	19	14	12	14	19	16	10	13	20	12	17	12
A moderate amount	25	30	26	23	27	31	29	25	22	28	25	27	24
A lot	30	28	31	30	30	27	29	32	30	27	30	28	28
A great deal	27	20	26	33	26	20	23	32	30	24	29	25	32
TOTAL A LOT	57	48	57	63	56	47	52	64	60	51	59	53	60
Don't know	5	3	4	4	3	3	2	2	5	2	4	3	3

Mental health charities (e.g. Mind)

Not at all	2	2	1	2	1	2	2	0	3	2	2	2	2
A little	10	14	9	9	11	13	12	6	11	12	10	10	9
TOTAL LITTLE	12	16	10	11	12	15	14	6	14	14	12	12	11
A moderate amount	22	27	20	21	21	21	23	20	22	21	23	20	24
A lot	33	30	36	33	35	34	32	46	30	32	33	34	32
A great deal	25	20	29	27	26	25	26	24	28	29	25	28	28
TOTAL A LOT	58	50	65	60	61	59	58	70	58	61	58	62	60
Don't know	7	6	5	7	5	5	6	4	6	5	6	6	6

	Gender			Age			Country			Region in England				Education			Work		Socio-Economic Status (N-SEC)			Ethnicity	
	Total	Male	Female	16-19	20-21	22-25	England	Wales	Scotland	London	Midlands	North	South	Low	Medium	High	Working	Student	Higher	Intermediate	Routine	White	Ethnic Minority
Weighted Sample	1514	767	747	649	334	531	1314	73	127	215	260	371	468	284	795	435	545	772	202	144	201	1070	306
Unweighted Sample	1514	714	800	633	342	539	1309	73	132	197	265	357	490	277	795	442	545	775	203	143	203	1077	300
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
Government health agencies																							
Not at all	8	7	9	6	10	9	7	13	15	3	7	10	7	7	10	6	10	6	9	9	11	9	6
A little	19	17	22	18	16	23	20	18	15	17	21	20	21	17	18	24	21	18	21	22	22	20	18
TOTAL LITTLE	27	24	31	24	26	32	27	31	30	20	28	30	28	24	28	30	31	24	30	31	33	29	24
A moderate amount	30	30	31	31	33	27	31	30	22	34	32	32	28	31	30	30	28	33	25	29	31	30	33
A lot	24	25	22	26	22	22	23	26	25	22	21	20	27	24	23	24	23	26	24	20	19	24	25
A great deal	11	14	8	12	12	9	11	8	13	17	9	9	11	15	10	10	12	11	14	11	12	11	12
TOTAL A LOT	35	39	30	38	34	31	34	34	38	39	30	29	38	39	33	34	35	37	38	31	31	35	37
Don't know	7	7	8	6	7	9	7	5	10	7	9	9	5	6	8	6	6	7	6	9	5	7	7
Journalists/news organisations																							
Not at all	30	26	35	30	30	30	30	37	28	23	32	33	30	31	30	30	29	28	29	33	32	32	25
A little	38	39	37	38	38	37	38	38	32	37	37	34	43	37	36	42	39	39	38	34	38	39	35
TOTAL LITTLE	68	65	72	68	68	67	68	75	60	60	69	67	73	68	66	72	68	67	67	67	70	71	60
A moderate amount	20	24	16	22	19	20	20	20	24	27	18	20	18	21	21	19	21	21	20	23	20	19	26
A lot	4	5	3	4	4	5	4	3	7	6	4	5	3	5	4	5	5	4	6	4	4	4	6
A great deal	1	1	1	1	2	1	1	0	1	2	1	1	1	0	1	1	1	1	2	1	0	1	1
TOTAL A LOT	5	6	4	5	6	6	5	3	8	8	5	6	4	5	5	6	6	5	8	5	4	5	7
Don't know	6	5	7	6	7	7	6	3	8	5	7	8	5	6	8	4	5	7	5	6	6	5	8
Social media influencers																							
Not at all	44	44	45	46	42	43	44	52	46	42	43	45	44	47	43	44	44	45	46	46	43	46	39
A little	35	34	37	36	37	33	36	34	33	35	34	34	38	35	35	36	33	37	35	30	32	37	33
TOTAL LITTLE	79	78	82	82	79	76	80	86	79	77	77	79	82	82	78	80	77	82	81	76	75	83	72
A moderate amount	12	13	11	13	12	13	13	10	10	15	14	12	12	12	13	12	13	12	11	13	15	11	15
A lot	2	3	1	1	3	3	2	0	3	3	3	3	1	2	2	3	3	2	2	5	2	2	4
A great deal	1	1	1	1	1	2	1	0	1	3	1	1	1	0	1	2	2	1	3	2	2	1	2
TOTAL A LOT	3	4	2	2	4	5	3	0	4	6	4	4	2	2	3	5	5	3	5	7	4	3	6
Don't know	5	5	5	4	5	6	5	4	7	3	5	6	4	4	6	3	4	5	4	5	6	3	8
Friends of your own age																							
Not at all	8	9	7	9	7	8	7	13	13	11	7	6	8	11	8	7	8	7	8	9	7	8	9
A little	29	26	31	32	30	24	29	30	26	31	29	30	27	32	28	26	26	32	28	26	29	29	29
TOTAL LITTLE	37	35	38	41	37	32	36	43	39	42	36	36	35	43	36	33	34	39	36	35	36	37	38
A moderate amount	33	33	34	31	37	35	35	20	28	31	35	35	36	34	33	34	34	33	34	29	35	34	33
A lot	17	19	15	15	16	19	17	19	17	15	16	16	18	13	15	21	19	16	19	21	15	17	13
A great deal	8	9	7	10	5	6	7	11	8	10	7	8	7	6	9	7	9	7	8	8	8	8	9
TOTAL A LOT	25	28	22	25	21	25	24	30	25	25	23	24	25	19	24	28	28	23	27	29	23	25	22
Don't know	5	5	6	4	5	7	5	7	7	3	6	6	5	4	6	4	4	5	3	6	6	4	7
Family members																							
Not at all	12	11	12	11	12	13	11	18	12	16	9	13	9	10	12	13	12	11	12	18	11	10	20
A little	28	26	29	29	24	28	28	23	27	27	28	28	28	28	25	32	27	29	30	27	26	29	26
TOTAL LITTLE	40	37	41	40	36	41	39	41	39	43	37	41	37	38	37	45	39	40	42	45	37	39	46
A moderate amount	30	31	30	31	29	30	31	32	23	27	28	31	34	36	29	28	30	30	31	28	33	32	23
A lot	17	20	15	17	22	15	17	11	23	18	19	15	17	17	17	18	18	17	15	12	17	18	16
A great deal	8	8	8	8	9	7	8	11	8	8	10	8	6	6	10	6	9	7	9	10	7	8	8
TOTAL A LOT	25	28	23	25	31	22	25	22	31	26	29	23	23	23	27	24	27	24	24	22	24	26	24
Don't know	5	4	6	3	4	7	5	4	6	3	5	6	5	3	7	3	4	5	3	4	5	4	7
Teachers																							
Not at all	12	11	13	11	10	14	11	20	13	11	10	12	12	11	11	14	12	10	12	14	13	12	10
A little	30	26	34	32	30	26	29	27	34	25	29	29	32	26	33	26	27	32	30	22	26	31	24
TOTAL LITTLE	42	37	47	43	40	40	40	47	47	36	39	41	44	37	44	40	39	42	42	36	39	43	34
A moderate amount	33	35	32	34	34	32	34	32	28	37	35	31	34	38	32	34	32	34	30	32	35	33	34
A lot	13	17	10	14	14	12	13	13	13	15	13	14	12	15	13	12	14	14	15	11	12	13	16
A great deal	4	4	4	3	4	4	4	1	4	6	3	5	3	4	4	5	6	3	4	10	7	4	5
TOTAL A LOT	17	21	14	17	18	16	17	14	17	21	16	19	15	19	17	17	20	17	19	21	19	17	21
Don't know	8	7	8	5	6	11	8	7	9	6	9	9	7	6	7	9	8	7	10	10	6	7	10

	Total	Depression Status			Depression Level		Anxiety Status			Other Mental Health Condition		Neurodivergent	
		Currently Depressed	Depressed in the Past But Not Currently	Never Been Depressed	Mild	Severe	Current Anxiety Disorder	Anxiety Disorder in the Past But Not Currently	Never Had Anxiety Disorder	Yes	No	Yes	No
Weighted Sample	1514	250	554	500	471	176	451	201	569	299	1088	482	676
Unweighted Sample	1514	253	558	494	474	180	462	202	556	303	1086	485	673
	%	%	%	%	%	%	%	%	%	%	%	%	%
Government health agencies													
Not at all	8	14	9	5	9	13	12	6	5	14	6	12	6
A little	19	22	21	18	19	24	23	19	17	24	19	22	17
TOTAL LITTLE	27	36	30	23	28	37	35	25	22	38	25	34	23
A moderate amount	30	30	30	30	32	27	28	29	33	25	32	28	32
A lot	24	20	23	28	24	20	20	30	26	21	25	21	27
A great deal	11	10	12	12	12	9	11	13	12	11	12	11	13
TOTAL A LOT	35	30	35	40	36	29	31	43	38	32	37	32	40
Don't know	7	5	6	7	5	7	5	4	7	5	7	7	5
Journalists/news organisations													
Not at all	30	34	29	29	28	36	36	25	27	36	29	35	26
A little	38	41	38	38	41	38	38	39	39	35	39	36	40
TOTAL LITTLE	68	75	67	67	69	74	74	64	66	71	68	71	66
A moderate amount	20	16	21	22	20	14	16	27	23	19	21	18	24
A lot	4	4	6	3	6	7	5	6	4	7	4	5	4
A great deal	1	1	1	2	1	0	1	2	1	1	1	1	1
TOTAL A LOT	5	5	7	5	7	7	6	8	5	8	5	6	5
Don't know	6	4	4	6	4	5	4	0	6	3	6	5	5
Social media influencers													
Not at all	44	49	45	44	42	53	47	44	44	47	44	46	45
A little	35	29	36	37	35	28	33	35	36	34	36	33	36
TOTAL LITTLE	79	78	81	81	77	81	80	79	80	81	80	79	81
A moderate amount	12	14	13	13	14	14	13	14	13	12	13	13	12
A lot	2	2	3	2	3	2	2	4	2	1	3	2	3
A great deal	1	3	1	0	2	0	2	3	1	4	0	2	1
TOTAL A LOT	3	5	4	2	5	2	4	7	3	5	3	4	4
Don't know	5	3	4	4	4	3	3	1	4	3	4	4	3
Friends of your own age													
Not at all	8	11	8	7	9	8	9	5	8	11	8	10	8
A little	29	30	30	29	28	32	30	29	31	30	29	28	29
TOTAL LITTLE	37	41	38	36	37	40	39	34	39	41	37	38	37
A moderate amount	33	33	32	35	31	38	35	35	33	35	34	34	33
A lot	17	16	17	18	20	11	15	22	17	15	17	18	18
A great deal	8	5	9	7	9	7	8	8	7	6	8	7	8
TOTAL A LOT	25	21	26	25	29	18	23	30	24	21	25	25	26
Don't know	5	5	4	5	3	4	4	1	5	3	4	4	4
Family members													
Not at all	12	21	13	6	15	17	16	9	11	17	11	16	10
A little	28	31	31	24	29	31	32	27	26	31	27	29	26
TOTAL LITTLE	40	52	44	30	44	48	48	36	37	48	38	45	36
A moderate amount	30	22	31	33	28	30	28	34	30	28	31	30	31
A lot	17	17	15	21	18	15	15	20	20	14	19	14	21
A great deal	8	5	6	11	7	4	7	8	9	7	8	7	8
TOTAL A LOT	25	22	21	32	25	19	22	28	29	21	27	21	29
Don't know	5	4	3	4	3	4	3	1	4	3	4	4	4
Teachers													
Not at all	12	18	12	9	13	16	18	9	10	20	10	18	9
A little	30	31	30	29	27	36	32	31	28	35	29	29	29
TOTAL LITTLE	42	49	42	38	40	52	50	40	38	55	39	47	38
A moderate amount	33	31	34	35	34	30	32	35	36	28	35	31	35
A lot	13	11	14	14	14	12	11	17	14	12	14	13	15
A great deal	4	3	4	5	5	2	4	6	4	2	5	3	5
TOTAL A LOT	17	14	18	19	19	14	15	23	18	14	19	16	20
Don't know	8	5	6	8	6	5	4	2	8	4	7	6	7

	Gender			Age			Country			Region in England				Education			Work		Socio-Economic Status (N-SEC)			Ethnicity	
	Total	Male	Female	16-19	20-21	22-25	England	Wales	Scotland	London	Midlands	North	South	Low	Medium	High	Working	Student	Higher	Intermediate	Routine	White	Ethnic Minority
Weighted Sample	1514	767	747	649	334	531	1314	73	127	215	260	371	468	284	795	435	545	772	202	144	201	1070	306
Unweighted Sample	1514	714	800	633	342	539	1309	73	132	197	265	357	490	277	795	442	545	775	203	143	203	1077	300
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%

How much, if at all, do you trust information about mental health treatment when it is delivered through the following channels?

NHS websites

Not at all	2	3	2	1	3	3	2	0	6	2	1	2	2	1	2	3	3	1	6	4	1	2	3
A little	10	9	10	8	10	11	10	8	8	7	11	12	9	7	11	9	10	9	10	14	10	9	13
TOTAL LITTLE	12	12	12	9	13	14	12	8	14	9	12	14	11	8	13	12	13	10	16	18	11	11	16
A moderate amount	23	23	23	21	23	25	23	23	20	27	21	24	22	24	21	26	23	22	25	19	22	23	23
A lot	34	33	36	36	38	30	34	35	34	36	31	33	37	35	35	32	35	35	30	31	39	37	28
A great deal	26	28	25	31	23	24	26	30	28	24	31	24	26	29	26	26	24	29	26	24	24	26	28
TOTAL A LOT	60	61	61	67	61	54	60	65	62	60	62	57	63	64	61	58	59	64	56	55	63	63	56
Don't know	4	4	5	3	4	6	5	3	3	4	5	6	4	4	5	3	4	4	3	7	4	4	6

Charity websites

Not at all	4	5	3	3	5	4	4	4	5	3	4	4	4	3	5	4	4	4	5	4	3	4	6
A little	17	15	19	18	14	18	18	14	13	16	19	17	18	15	17	19	18	15	16	22	19	16	19
TOTAL LITTLE	21	20	22	21	19	22	22	18	18	19	23	21	22	18	22	23	22	19	21	26	22	20	25
A moderate amount	34	36	33	35	39	29	34	38	30	30	33	35	37	33	35	33	33	37	33	29	33	34	33
A lot	28	28	27	27	28	27	27	28	35	32	26	27	24	29	27	28	29	27	29	24	28	29	24
A great deal	10	10	11	10	8	12	11	10	9	13	11	10	10	13	9	10	11	11	12	12	10	11	9
TOTAL A LOT	38	38	38	37	36	39	38	38	44	45	37	37	34	42	36	38	40	38	41	36	38	40	33
Don't know	7	6	8	6	5	9	7	6	8	5	8	7	7	7	8	5	5	7	4	9	6	6	8

News websites/newspapers

Not at all	22	20	23	19	24	23	21	26	26	17	20	26	20	21	22	21	22	20	25	24	21	23	19
A little	39	38	40	41	40	36	39	40	40	33	42	36	42	38	40	39	39	40	41	37	37	41	34
TOTAL LITTLE	61	58	63	60	64	59	60	66	66	50	62	62	62	59	62	60	61	60	66	61	58	64	53
A moderate amount	24	26	21	24	22	24	24	22	22	30	23	21	23	25	22	25	22	25	21	19	24	23	27
A lot	6	7	5	7	6	6	6	3	6	12	6	6	5	7	5	7	8	5	8	7	9	5	9
A great deal	1	1	1	1	1	1	1	1	1	3	1	1	0	1	1	2	2	1	2	2	1	1	1
TOTAL A LOT	7	8	6	8	7	7	7	4	7	15	7	7	5	8	6	9	10	6	10	9	10	6	10
Don't know	8	8	9	7	8	10	9	7	5	5	8	10	9	8	9	6	7	9	3	11	8	7	10

Television or radio news

Not at all	18	15	21	16	22	19	18	23	17	18	18	18	18	16	19	18	16	18	16	21	17	18	20
A little	39	39	40	41	37	40	40	40	35	33	39	42	41	42	38	41	41	37	45	42	40	42	32
TOTAL LITTLE	57	54	61	57	59	59	58	63	52	51	57	60	59	58	57	59	57	55	61	63	57	60	52
A moderate amount	25	26	23	26	26	23	25	21	25	30	25	23	24	23	25	24	24	27	24	21	20	25	23
A lot	8	10	6	10	7	7	8	7	11	11	8	6	8	11	8	6	9	8	8	6	11	7	13
A great deal	1	2	1	0	2	2	1	1	2	3	1	1	0	0	1	2	2	1	3	2	3	1	2
TOTAL A LOT	9	12	7	10	9	9	9	8	13	14	9	7	8	11	9	8	11	9	11	8	14	8	15
Don't know	8	9	8	7	8	11	8	8	9	5	8	10	9	7	9	8	7	9	5	10	9	8	10

Social media platforms

Not at all	30	29	30	29	31	30	30	31	28	25	25	31	34	30	28	33	30	29	33	29	34	31	24
A little	41	40	43	45	42	37	41	40	40	41	43	40	42	42	43	37	37	44	41	38	34	42	39
TOTAL LITTLE	71	69	73	74	73	67	71	71	68	66	68	71	76	72	71	70	67	73	74	67	68	73	63
A moderate amount	17	19	15	17	16	18	17	20	22	20	18	15	15	18	17	17	18	17	13	16	20	17	21
A lot	4	4	4	3	3	5	4	1	3	7	5	4	2	4	3	5	6	3	6	6	5	3	5
A great deal	1	2	0	0	1	2	1	1	0	2	2	1	1	0	1	2	2	1	4	1	0	1	2
TOTAL A LOT	5	6	4	3	4	7	5	2	3	9	7	5	3	4	4	7	8	4	10	7	5	4	7
Don't know	7	6	7	5	7	9	7	5	7	5	7	8	7	5	8	5	6	7	3	10	7	6	8

Online discussion forums/communities

Not at all	15	14	16	16	14	14	15	20	17	16	15	15	13	16	14	15	14	16	12	20	15	16	15
A little	38	37	39	39	40	35	39	37	32	37	36	36	43	37	39	36	36	39	40	36	36	40	29
TOTAL LITTLE	53	51	55	55	54	49	54	57	49	53	51	51	56	53	53	51	50	55	52	56	51	56	44
A moderate amount	28	28	28	27	29	28	27	29	33	24	31	28	27	28	27	30	30	27	26	24	32	28	31
A lot	10	10	9	10	8	10	10	8	9	14	8	11	8	12	8	10	11	9	11	9	8	8	13
A great deal	2	3	2	1	3	3	2	1	1	3	2	2	2	0	3	3	3	2	5	1	2	2	2
TOTAL A LOT	12	13	11	11	11	13	12	9	10	17	10	13	10	12	11	13	14	11	16	10	10	10	15
Don't know	7	7	7	6	6	10	7	4	8	6	8	9	7	7	9	6	6	8	5	9	7	6	10

Weighted Sample Unweighted Sample		Depression Status			Depression Level		Anxiety Status			Other Mental Health Condition		Neurodivergent	
	Total	Currently Depressed	Depressed in the Past But Not Currently	Never Been Depressed	Mild	Severe	Current Anxiety Disorder	Anxiety Disorder in the Past But Not Currently	Never Had Anxiety Disorder	Yes	No	Yes	No
	1514	250	554	500	471	176	451	201	569	299	1088	482	676
	1514	253	558	494	474	180	462	202	556	303	1086	485	673
	%	%	%	%	%	%	%	%	%	%	%	%	%

How much, if at all, do you trust information about mental health treatment when it is delivered through the following channels?

NHS websites

Not at all	2	5	2	1	2	6	2	2	2	4	2	3	2
A little	10	11	9	9	8	10	11	5	9	13	9	9	10
TOTAL LITTLE	12	16	11	10	10	16	13	7	11	17	11	12	12
A moderate amount	23	27	23	19	23	33	27	22	21	24	23	25	21
A lot	34	34	34	35	37	28	33	37	35	35	34	35	33
A great deal	26	20	29	30	28	21	25	33	28	22	29	26	31
TOTAL A LOT	60	54	63	65	65	49	58	70	63	57	63	61	64
Don't know	4	3	3	5	2	2	2	1	5	3	4	3	3

Charity websites

Not at all	4	5	4	4	3	6	2	2	5	3	4	2	5
A little	17	19	16	16	17	18	22	7	16	16	17	15	17
TOTAL LITTLE	21	24	20	20	20	24	24	9	21	19	21	17	22
A moderate amount	34	35	35	32	34	38	35	41	34	35	34	36	33
A lot	28	28	28	29	29	24	27	33	28	30	28	30	29
A great deal	10	8	11	12	11	11	11	13	12	12	11	12	11
TOTAL A LOT	38	36	39	41	40	35	38	46	40	42	39	42	40
Don't know	7	5	5	7	6	3	4	4	7	4	6	5	5

News websites/newspapers

Not at all	22	27	23	18	23	31	29	18	17	29	20	26	18
A little	39	42	38	41	37	44	37	43	41	39	40	38	42
TOTAL LITTLE	61	69	61	59	60	75	66	61	58	68	60	64	60
A moderate amount	24	20	25	25	25	18	21	25	26	20	25	21	26
A lot	6	6	7	7	8	4	6	10	6	6	7	7	7
A great deal	1	1	1	1	2	1	1	2	1	1	1	1	1
TOTAL A LOT	7	7	8	8	10	5	7	12	7	7	8	8	8
Don't know	8	4	6	9	5	3	6	2	8	6	7	7	6

Television or radio news

Not at all	18	24	18	15	16	30	22	13	17	24	17	20	18
A little	39	42	38	40	39	40	42	38	39	38	40	43	36
TOTAL LITTLE	57	66	56	55	55	70	64	51	56	62	57	63	54
A moderate amount	25	18	26	26	25	24	21	31	27	22	26	21	29
A lot	8	9	8	8	11	2	7	11	8	8	8	8	10
A great deal	1	2	2	1	3	0	1	2	1	1	1	1	2
TOTAL A LOT	9	11	10	9	14	2	8	13	9	9	9	9	12
Don't know	8	6	7	9	7	4	6	4	8	6	8	8	6

Social media platforms

Not at all	30	31	30	29	26	39	29	28	30	29	31	32	30
A little	41	40	40	43	41	36	41	46	43	43	41	40	43
TOTAL LITTLE	71	71	70	72	67	75	70	74	73	72	72	72	73
A moderate amount	17	18	19	16	19	18	19	16	16	18	17	18	16
A lot	4	4	5	4	6	4	5	7	3	4	4	4	4
A great deal	1	2	1	1	2	1	1	2	1	1	1	1	1
TOTAL A LOT	5	6	6	5	8	5	6	9	4	5	5	5	5
Don't know	7	6	5	7	5	3	5	2	6	4	6	5	5

Online discussion forums/communities

Not at all	15	15	15	15	13	18	14	12	17	16	15	14	16
A little	38	40	37	40	36	37	37	43	39	35	39	36	40
TOTAL LITTLE	53	55	52	55	49	55	51	55	56	51	54	50	56
A moderate amount	28	27	29	28	31	28	29	27	28	26	29	29	28
A lot	10	9	12	7	13	8	14	11	7	15	8	12	8
A great deal	2	4	3	1	3	4	3	4	1	4	2	2	2
TOTAL A LOT	12	13	15	8	16	12	17	15	8	19	10	14	10
Don't know	7	4	4	9	4	4	4	3	8	4	7	6	6

	Gender			Age			Country			Region in England				Education			Work		Socio-Economic Status (N-SEC)			Ethnicity	
	Total	Male	Female	16-19	20-21	22-25	England	Wales	Scotland	London	Midlands	North	South	Low	Medium	High	Working	Student	Higher	Intermediate	Routine	White	Ethnic Minority
Weighted Sample	1514	767	747	649	334	531	1314	73	127	215	260	371	468	284	795	435	545	772	202	144	201	1070	306
Unweighted Sample	1514	714	800	633	342	539	1309	73	132	197	265	357	490	277	795	442	545	775	203	143	203	1077	300
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%

Generative AI tools (e.g. ChatGPT)

Not at all	52	47	57	53	55	50	52	58	55	45	51	55	53	53	52	52	47	54	48	52	50	56	42
A little	23	24	22	25	23	21	23	18	25	27	24	20	24	23	23	23	24	23	23	24	24	23	23
TOTAL LITTLE	75	71	79	78	78	71	75	76	80	72	75	75	77	76	75	75	71	77	71	76	74	79	65
A moderate amount	13	16	10	12	11	15	13	12	11	15	10	15	12	13	13	13	15	12	16	9	13	11	18
A lot	5	6	3	5	4	5	5	4	2	7	7	4	4	6	5	5	6	4	6	6	5	4	7
A great deal	2	2	1	1	2	3	2	0	2	3	2	2	1	1	1	3	3	1	5	2	2	2	2
TOTAL A LOT	7	8	4	6	6	8	7	4	4	10	9	6	5	7	6	8	9	5	11	8	7	6	9
Don't know	5	4	6	4	5	7	5	8	5	3	6	5	6	4	6	4	5	5	3	7	7	4	8

Podcasts

Not at all	24	25	23	27	23	22	24	31	25	24	25	26	22	27	24	22	21	25	21	22	22	24	25
A little	38	36	41	38	45	35	39	36	32	35	40	37	42	34	40	39	39	39	38	40	37	41	31
TOTAL LITTLE	62	61	64	65	68	57	63	67	57	59	65	63	64	61	64	61	60	64	59	62	59	65	56
A moderate amount	20	21	19	20	16	22	20	19	24	23	17	18	21	25	18	21	20	20	22	18	20	19	21
A lot	6	7	5	5	5	7	6	6	5	6	7	6	5	5	6	7	8	5	8	4	8	6	7
A great deal	1	1	1	1	2	1	1	0	2	3	1	2	0	0	2	1	2	1	2	2	1	1	2
TOTAL A LOT	7	8	6	6	7	8	7	6	7	9	8	8	5	5	8	8	10	6	10	6	9	7	9
Don't know	10	9	11	9	9	13	10	8	12	9	10	11	10	9	11	10	10	10	9	14	11	9	13

YouTube videos

Not at all	19	16	22	18	21	19	19	24	17	15	18	20	21	21	18	19	21	18	20	26	18	21	14
A little	41	38	43	42	38	40	42	30	34	42	41	41	43	43	39	42	38	43	40	39	36	41	39
TOTAL LITTLE	60	54	65	60	59	59	61	54	51	57	59	61	64	64	57	61	59	61	60	65	54	62	53
A moderate amount	25	29	20	26	25	22	23	30	33	24	22	24	23	21	26	23	23	25	23	17	28	25	24
A lot	6	7	4	5	6	6	6	4	3	11	7	5	4	7	5	6	7	4	6	6	5	4	9
A great deal	2	2	1	2	1	2	2	1	2	2	2	2	1	1	2	3	3	2	5	2	1	1	4
TOTAL A LOT	8	9	5	7	7	8	8	5	5	13	9	7	5	8	7	9	10	6	11	8	6	5	13
Don't know	8	8	9	7	8	10	8	10	10	6	10	8	8	7	9	7	8	8	6	10	11	7	10

Personal stories shared online

Not at all	10	12	8	10	10	11	10	14	10	11	9	11	10	9	10	11	10	9	10	14	11	11	9
A little	31	31	30	33	32	27	31	22	31	28	33	29	33	34	31	27	29	33	33	29	28	32	27
TOTAL LITTLE	41	43	38	43	42	38	41	36	41	39	42	40	43	43	41	38	39	42	43	43	39	43	36
A moderate amount	32	32	33	33	31	31	32	39	31	33	30	32	32	29	33	33	31	32	32	25	33	32	34
A lot	16	13	18	14	16	18	15	19	17	16	17	14	15	16	14	18	18	14	17	16	15	15	16
A great deal	5	4	5	5	4	5	5	1	5	8	4	5	3	6	4	5	6	4	5	6	5	4	5
TOTAL A LOT	21	17	23	19	20	23	20	20	22	24	21	19	18	22	18	23	24	18	22	22	20	19	21
Don't know	7	7	6	5	7	9	7	4	5	5	7	8	8	5	8	6	6	7	3	9	7	6	9

Printed books or guidelines

Not at all	7	7	6	6	6	7	6	11	10	7	5	7	6	7	7	6	7	6	8	9	5	7	8
A little	23	25	22	25	24	21	23	31	18	22	24	25	22	24	22	24	22	22	19	24	24	24	23
TOTAL LITTLE	30	32	28	31	30	28	29	42	28	29	29	32	28	31	29	30	29	28	27	33	29	31	31
A moderate amount	36	36	37	36	38	36	37	42	28	33	37	37	39	36	36	38	34	39	38	29	36	37	34
A lot	21	19	22	21	19	21	21	10	27	22	20	20	21	21	21	21	24	21	25	22	21	21	21
A great deal	4	5	4	4	4	5	4	3	6	7	5	3	3	4	4	6	5	4	5	6	4	5	5
TOTAL A LOT	25	24	26	25	23	26	25	13	33	29	25	23	24	25	25	27	29	25	30	28	25	26	26
Don't know	8	7	9	7	8	10	8	4	11	9	8	9	9	7	10	6	8	8	5	11	9	8	8

		Depression Status			Depression Level		Anxiety Status			Other Mental Health Condition		Neurodivergent		
		Total	Currently Depressed	Depressed in the Past But Not Currently	Never Been Depressed	Mild	Severe	Current Anxiety Disorder	Anxiety Disorder in the Past But Not Currently	Never Had Anxiety Disorder	Yes	No	Yes	No
Weighted Sample	1514	250	554	500	471	176	451	201	569	299	1088	482	676	
Unweighted Sample	1514	253	558	494	474	180	462	202	556	303	1086	485	673	
	%	%	%	%	%	%	%	%	%	%	%	%	%	
Generative AI tools (e.g. ChatGPT)														
	Not at all	52	59	55	46	54	62	47	46	59	50	64	46	
	A little	23	18	22	28	21	18	19	25	21	24	19	28	
	TOTAL LITTLE	75	77	77	74	75	80	81	72	80	74	83	74	
	A moderate amount	13	12	12	15	14	10	9	15	9	14	8	14	
	A lot	5	6	4	5	5	6	4	7	5	5	4	5	
	A great deal	2	3	2	1	2	2	2	3	3	1	2	2	
	TOTAL A LOT	7	9	6	6	7	8	6	10	8	6	6	7	
	Don't know	5	3	5	5	4	3	4	2	3	5	4	5	
Podcasts														
	Not at all	24	28	25	21	23	28	26	21	25	23	28	21	
	A little	38	39	39	40	39	41	38	39	37	39	38	41	
	TOTAL LITTLE	62	67	64	61	62	69	64	60	62	62	66	62	
	A moderate amount	20	19	20	22	21	18	20	24	18	21	17	23	
	A lot	6	6	8	6	9	4	7	9	8	6	6	6	
	A great deal	1	1	1	1	2	1	1	3	1	1	1	1	
	TOTAL A LOT	7	7	9	7	11	5	8	12	7	7	7	7	
	Don't know	10	7	8	10	7	8	8	5	10	9	10	8	
YouTube videos														
	Not at all	19	21	19	19	16	26	22	15	22	18	20	20	
	A little	41	42	41	43	41	40	39	45	43	43	41	42	
	TOTAL LITTLE	60	63	60	62	57	66	61	60	61	61	61	62	
	A moderate amount	25	21	25	23	26	23	25	24	24	24	25	25	
	A lot	6	8	6	4	8	6	7	10	5	5	7	5	
	A great deal	2	2	2	2	2	1	2	3	2	2	1	2	
	TOTAL A LOT	8	10	8	6	10	7	9	13	7	7	8	7	
	Don't know	8	5	6	9	6	3	6	3	5	8	7	6	
Personal stories shared online														
	Not at all	10	11	9	12	8	13	8	10	9	11	8	12	
	A little	31	30	32	31	31	33	29	33	30	31	29	32	
	TOTAL LITTLE	41	41	41	43	39	46	37	43	45	39	42	37	44
	A moderate amount	32	31	34	30	36	28	32	35	32	32	35	31	
	A lot	16	19	14	15	15	15	20	14	13	20	15	19	14
	A great deal	5	6	6	3	6	7	7	6	3	6	4	5	5
	TOTAL A LOT	21	25	20	18	21	22	27	20	16	19	24	19	
	Don't know	7	3	4	8	4	3	4	2	3	6	5	5	
Printed books or guidelines														
	Not at all	7	8	6	6	6	9	7	5	6	7	6	7	
	A little	23	24	24	23	24	25	25	22	27	23	24	22	
	TOTAL LITTLE	30	32	30	29	30	34	32	27	33	30	30	29	
	A moderate amount	36	35	37	38	36	35	33	38	40	33	38	34	39
	A lot	21	23	22	20	23	23	24	26	19	22	21	22	21
	A great deal	4	4	5	5	5	4	4	6	5	4	5	6	4
	TOTAL A LOT	25	27	27	25	28	27	28	32	24	26	26	28	25
	Don't know	8	7	7	8	7	3	7	3	7	7	8	7	

	Gender			Age			Country			Region in England				Education			Work		Socio-Economic Status (NS-SEC)			Ethnicity	
	Total	Male	Female	16-19	20-21	22-25	England	Wales	Scotland	London	Midlands	North	South	Low	Medium	High	Working	Student	Higher	Intermediate	Routine	White	Ethnic Minority
Weighted Sample	1514	767	747	649	334	531	1314	73	127	215	260	371	468	284	795	435	545	772	202	144	201	1070	306
Unweighted Sample	1514	714	800	633	342	539	1309	73	132	197	265	357	490	277	795	442	545	775	203	143	203	1077	300
%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%

How likely or unlikely would you be to seek information and advice about mental health treatment from each of the following online platforms?

TikTok

Very unlikely	47	53	42	47	48	47	47	57	48	44	42	47	51	46	48	48	45	50	46	44	50	50	41
Unlikely	22	19	25	22	24	20	22	15	21	20	24	21	22	20	22	22	21	23	19	24	20	23	17
TOTAL UNLIKELY	69	72	67	69	72	67	69	72	69	64	66	68	73	66	70	70	66	73	65	68	70	73	58
Neither likely nor unlikely	12	12	12	13	10	12	12	13	13	12	14	12	10	13	12	11	12	10	13	11	10	11	14
Likely	13	10	16	13	11	14	13	11	11	16	14	12	12	16	12	13	15	12	16	15	13	12	16
Very likely	3	3	3	3	3	4	3	1	4	4	2	3	3	2	2	5	5	2	4	3	5	2	5
TOTAL LIKELY	16	13	19	16	14	18	16	12	15	20	16	15	15	18	14	18	20	14	20	18	18	14	21
Don't know	3	3	4	3	4	4	3	3	3	4	4	4	2	3	4	2	3	2	3	4	3	2	6

Instagram

Very unlikely	42	44	39	42	40	42	41	42	46	37	40	41	43	40	42	41	39	43	42	36	44	44	35
Unlikely	31	26	35	31	32	29	31	26	29	30	30	32	32	34	29	32	31	31	26	35	32	33	25
TOTAL UNLIKELY	73	70	74	73	72	71	72	68	75	67	70	73	75	74	71	73	70	74	68	71	76	77	60
Neither likely nor unlikely	13	14	12	13	11	13	12	20	12	14	12	12	12	13	13	11	12	12	13	12	12	11	16
Likely	10	11	8	8	12	10	10	9	7	11	12	9	9	9	9	10	12	10	11	9	9	9	14
Very likely	2	2	2	2	2	3	2	0	3	4	2	3	2	0	2	3	4	1	6	4	1	2	4
TOTAL LIKELY	12	13	10	10	14	13	12	9	10	15	14	12	11	9	11	13	16	11	17	13	10	11	18
Don't know	3	3	3	3	3	3	3	3	3	4	4	3	2	3	4	2	2	2	2	4	2	2	6

YouTube

Very unlikely	28	24	32	27	29	29	28	24	32	30	27	28	27	26	28	29	30	28	28	30	34	31	20
Unlikely	27	23	31	27	25	28	27	24	21	26	26	25	31	26	25	30	29	27	34	29	25	29	20
TOTAL UNLIKELY	55	47	63	54	54	57	55	48	53	56	53	53	58	52	53	59	59	55	62	59	59	60	40
Neither likely nor unlikely	18	19	17	18	21	16	18	22	15	18	20	18	17	20	18	16	16	18	12	14	18	17	22
Likely	20	25	15	22	19	19	20	23	21	17	19	21	21	21	21	17	17	22	17	16	16	18	25
Very likely	4	6	1	4	3	5	3	3	8	6	4	4	2	3	3	5	6	3	7	6	4	4	4
TOTAL LIKELY	24	31	16	26	22	24	23	26	29	23	23	25	23	24	24	22	23	25	24	22	20	22	29
Don't know	3	3	4	3	4	4	3	4	3	4	4	4	3	3	4	2	3	3	2	5	4	2	8

Reddit

Very unlikely	36	34	39	38	38	33	35	40	42	34	36	35	37	33	37	36	35	38	33	38	38	39	28
Unlikely	24	22	25	25	22	23	25	16	18	24	21	24	27	24	22	25	23	24	20	25	22	24	20
TOTAL UNLIKELY	60	56	64	63	60	56	60	56	60	58	57	59	64	57	59	61	58	62	53	63	60	63	48
Neither likely nor unlikely	16	18	13	14	16	17	15	20	20	16	15	13	16	16	15	16	17	15	18	13	16	14	19
Likely	16	17	16	16	16	17	17	15	14	16	19	18	15	18	16	16	17	16	21	16	15	16	19
Very likely	4	6	3	4	5	5	5	6	2	5	5	5	3	5	4	4	6	4	6	4	4	4	5
TOTAL LIKELY	20	23	19	20	21	22	22	21	16	21	24	23	18	23	20	20	23	20	27	20	19	20	24
Don't know	4	3	4	3	4	5	4	3	4	5	4	5	3	4	5	3	3	3	2	3	4	2	8

Facebook

Very unlikely	60	61	60	63	62	56	60	62	62	59	56	62	62	63	61	57	56	64	54	57	61	64	55
Unlikely	24	21	26	24	24	22	24	17	20	20	26	22	27	23	23	25	23	24	24	23	21	24	20
TOTAL UNLIKELY	84	82	86	87	86	78	84	79	82	79	82	84	89	86	84	82	79	88	78	80	82	88	75
Neither likely nor unlikely	7	8	6	7	6	8	7	5	5	8	9	7	6	7	7	7	8	6	5	10	8	6	10
Likely	4	6	2	2	3	7	3	8	7	5	4	3	3	3	4	6	7	2	11	3	5	4	4
Very likely	1	1	1	1	1	2	1	1	3	3	2	1	0	0	1	3	2	1	3	3	2	1	3
TOTAL LIKELY	5	7	3	3	4	9	4	9	10	8	6	4	3	3	5	9	9	3	14	6	7	5	7
Don't know	4	3	4	3	4	4	4	6	3	5	4	5	2	4	4	2	3	3	3	3	3	2	8

Weighted Sample Unweighted Sample		Depression Status			Depression Level		Anxiety Status			Other Mental Health Condition		Neurodivergent	
	Total	Currently Depressed	Depressed in the Past But Not Currently	Never Been Depressed	Mild	Severe	Current Anxiety Disorder	Anxiety Disorder in the Past But Not Currently	Never Had Anxiety Disorder	Yes	No	Yes	No
	1514	250	554	500	471	176	451	201	569	299	1088	482	676
	1514	253	558	494	474	180	462	202	556	303	1086	485	673
	%	%	%	%	%	%	%	%	%	%	%	%	%

How likely or unlikely would you be to seek information and advice about mental health treatment from each of the following online platforms?

TikTok													
Very unlikely	47	44	50	50	45	51	46	40	54	52	47	52	47
Unlikely	22	23	20	23	22	19	23	23	21	20	23	20	23
TOTAL UNLIKELY	69	67	70	73	67	70	69	63	75	72	70	72	70
Neither likely nor unlikely	12	11	11	11	11	10	11	13	10	9	12	11	12
Likely	13	15	14	11	16	14	15	18	10	14	13	12	14
Very likely	3	3	3	2	4	2	4	5	2	3	3	4	3
TOTAL LIKELY	16	18	17	13	20	16	19	23	12	17	16	16	17
Don't know	3	3	2	3	2	3	1	2	3	2	3	2	3
Instagram													
Very unlikely	42	41	43	42	39	44	43	35	43	43	41	46	39
Unlikely	31	31	32	30	34	27	31	33	32	29	32	30	32
TOTAL UNLIKELY	73	72	75	72	73	71	74	68	75	72	73	76	71
Neither likely nor unlikely	13	13	14	11	15	12	13	15	11	15	12	13	12
Likely	10	10	8	13	8	11	10	10	10	8	10	8	12
Very likely	2	3	2	1	3	3	2	6	1	4	2	2	2
TOTAL LIKELY	12	13	10	14	11	14	12	16	11	12	12	10	14
Don't know	3	3	1	3	2	2	1	1	3	1	3	1	2
YouTube													
Very unlikely	28	29	29	28	27	34	32	22	29	31	27	29	28
Unlikely	27	25	27	29	27	25	28	27	26	25	28	27	27
TOTAL UNLIKELY	55	54	56	57	54	59	60	49	55	56	55	56	55
Neither likely nor unlikely	18	19	16	16	17	15	15	17	17	17	18	17	16
Likely	20	18	22	20	22	21	19	25	20	21	20	20	22
Very likely	4	6	4	3	5	3	4	6	4	6	3	5	5
TOTAL LIKELY	24	24	26	23	27	24	23	31	24	27	23	25	27
Don't know	3	3	2	4	2	2	1	2	3	1	3	2	3
Reddit													
Very unlikely	36	32	35	40	33	34	34	37	39	33	37	34	39
Unlikely	24	23	22	26	22	24	24	22	25	20	25	21	25
TOTAL UNLIKELY	60	55	57	66	55	58	58	59	64	53	62	55	64
Neither likely nor unlikely	16	13	16	15	15	14	12	18	16	16	15	16	14
Likely	16	21	18	13	21	17	22	16	13	22	15	20	15
Very likely	4	7	6	3	6	7	5	6	3	7	4	7	3
TOTAL LIKELY	20	28	24	16	27	24	27	22	16	29	19	27	18
Don't know	4	3	2	3	3	3	3	1	4	3	3	2	3
Facebook													
Very unlikely	60	58	62	60	56	68	63	56	61	66	60	66	57
Unlikely	24	25	23	25	25	21	23	25	24	21	24	20	25
TOTAL UNLIKELY	84	83	85	85	81	89	86	81	85	87	84	86	82
Neither likely nor unlikely	7	7	7	7	9	4	7	6	7	5	7	7	8
Likely	4	4	4	4	6	3	4	8	3	5	4	4	5
Very likely	1	2	2	1	3	2	2	3	1	2	1	1	2
TOTAL LIKELY	5	6	6	5	9	5	6	11	4	7	5	5	7
Don't know	4	3	2	4	2	2	2	2	3	2	3	2	3

	Gender			Age			Country			Region in England				Education			Work		Socio-Economic Status (N-SEC)			Ethnicity	
	Total	Male	Female	16-19	20-21	22-25	England	Wales	Scotland	London	Midlands	North	South	Low	Medium	High	Working	Student	Higher	Intermediate	Routine	White	Ethnic Minority
Weighted Sample	1514	767	747	649	334	531	1314	73	127	215	260	371	468	284	795	435	545	772	202	144	201	1070	306
Unweighted Sample	1514	714	800	633	342	539	1309	73	132	197	265	357	490	277	795	442	545	775	203	143	203	1077	300
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%

Generative AI platforms (e.g. ChatGPT)

Very unlikely	52	47	57	53	55	48	51	64	52	46	51	52	53	53	52	51	45	56	44	45	56	56	40
Unlikely	16	15	17	14	18	17	16	7	15	18	17	15	16	14	15	18	17	15	16	20	14	16	16
TOTAL UNLIKELY	68	62	74	67	73	65	67	71	67	64	68	67	69	67	67	69	62	71	60	65	70	72	56
Neither likely nor unlikely	10	12	8	10	7	12	10	12	8	12	9	11	10	10	11	8	12	9	12	13	10	10	11
Likely	14	18	11	16	13	13	14	13	15	14	15	14	14	16	13	15	18	13	21	12	12	12	21
Very likely	4	5	3	4	5	5	4	1	7	5	4	5	4	3	5	5	6	3	5	6	5	4	6
TOTAL LIKELY	18	23	14	20	18	18	18	14	22	19	19	19	18	19	18	20	24	16	26	18	17	16	27
Don't know	3	3	4	3	3	4	3	3	2	5	3	4	2	4	3	3	3	3	2	3	3	2	6

Which of the following words, if any, best describes how you would feel if you were prescribed antidepressants? Please select up to two responses.

Hopeful	32	27	36	36	33	26	32	34	27	35	28	30	34	33	33	29	29	33	27	24	35	34	23
Worried	31	30	32	34	31	28	31	24	32	36	32	27	32	34	28	35	30	33	27	30	31	31	33
Ashamed	21	23	18	22	20	20	21	20	20	14	20	22	23	23	21	18	22	21	26	20	18	21	21
Sad	14	16	12	15	12	15	14	8	14	14	18	17	11	13	14	15	15	14	14	16	15	13	17
Happy	7	7	6	7	8	5	6	9	6	7	6	7	6	7	7	6	7	6	6	5	7	7	5
Cringey	5	6	4	6	5	5	5	3	4	5	5	5	6	8	5	3	5	5	6	6	5	5	8
Cool	2	3	1	2	2	2	2	3	3	3	1	2	2	4	1	3	2	2	3	5	1	2	2
Proud	1	2	1	1	2	1	1	8	2	1	1	2	0	0	2	1	2	1	2	1	2	2	1
Something else	8	7	9	6	9	10	8	8	11	5	6	9	9	7	9	7	9	7	9	9	9	9	6
Don't know	22	23	22	20	23	24	22	19	25	21	25	22	21	19	24	21	20	22	19	23	22	20	28

Imagine you were taking antidepressants. How comfortable, if at all, would you feel with the following groups knowing that?

Family

Very comfortable	22	19	26	23	22	21	22	23	20	24	22	21	23	23	24	19	23	22	19	25	22	25	13
Fairly comfortable	36	34	38	35	39	35	35	38	41	25	37	38	37	37	34	39	36	37	31	41	39	38	28
TOTAL COMFORTABLE	58	53	64	58	61	56	57	61	61	49	59	59	60	60	58	58	59	59	50	66	61	63	41
Not very comfortable	22	25	19	24	21	22	23	25	19	30	21	21	21	24	21	23	22	23	28	15	19	21	30
Not at all comfortable	13	14	11	13	11	13	13	10	11	12	13	14	13	9	13	14	12	12	17	10	11	10	20
TOTAL NOT COMFORTABLE	35	39	30	37	32	35	36	35	30	42	34	35	34	33	34	37	34	35	45	25	30	31	50
Don't know	7	8	6	5	7	9	7	4	9	8	7	7	6	8	7	5	7	5	6	8	9	5	10

Friends

Very comfortable	21	17	24	20	20	22	20	25	28	24	18	20	19	17	22	21	20	21	19	20	22	23	15
Fairly comfortable	43	40	45	40	47	43	43	42	42	32	44	41	47	41	41	46	45	42	43	43	41	45	37
TOTAL COMFORTABLE	64	57	69	60	67	65	63	67	70	56	62	61	66	58	63	67	65	63	62	63	63	68	52
Not very comfortable	21	24	18	25	18	18	22	23	15	27	21	22	19	26	20	20	21	22	26	20	19	19	27
Not at all comfortable	9	11	7	9	10	8	9	3	5	8	13	8	9	8	9	8	9	9	8	10	9	8	12
TOTAL NOT COMFORTABLE	30	35	25	34	28	26	31	26	20	35	34	30	28	34	29	28	30	31	34	30	28	27	39
Don't know	7	8	6	6	6	9	7	6	9	9	5	8	6	8	7	5	6	6	4	8	8	6	8

Colleagues

Very comfortable	4	4	5	4	5	5	4	3	8	3	5	5	4	4	5	4	5	4	4	3	6	5	3
Fairly comfortable	21	21	21	19	22	23	20	26	27	22	18	22	19	19	21	22	26	19	28	21	24	22	18
TOTAL COMFORTABLE	25	25	26	23	27	28	24	29	35	25	23	27	23	23	26	26	31	23	32	24	30	27	21
Not very comfortable	38	38	39	42	34	37	40	33	27	38	38	40	42	43	37	37	35	41	35	37	36	39	38
Not at all comfortable	26	27	25	27	27	24	26	25	28	27	29	24	25	22	25	29	26	26	27	31	22	25	30
TOTAL NOT COMFORTABLE	64	65	64	69	61	61	66	58	55	65	67	64	67	65	62	66	61	67	62	68	58	64	68
Don't know	10	11	10	9	13	11	10	13	10	10	10	10	11	12	11	8	8	10	6	9	12	9	11

	Depression Status				Depression Level		Anxiety Status			Other Mental Health Condition		Neurodivergent	
	Total	Currently Depressed	Depressed in the Past But Not Currently	Never Been Depressed	Mild	Severe	Current Anxiety Disorder	Anxiety Disorder in the Past But Not Currently	Never Had Anxiety Disorder	Yes	No	Yes	No
Weighted Sample	1514	250	554	500	471	176	451	201	569	299	1088	482	676
Unweighted Sample	1514	253	558	494	474	180	462	202	556	303	1086	485	673
	%	%	%	%	%	%	%	%	%	%	%	%	%

Generative AI platforms (e.g. ChatGPT)

Very unlikely	52	59	56	46	54	61	62	44	47	61	49	64	44
Unlikely	16	11	16	18	14	13	13	20	17	12	17	13	19
TOTAL UNLIKELY	68	70	72	64	68	74	75	64	64	73	66	77	63
Neither likely nor unlikely	10	8	10	13	11	6	8	12	13	9	11	9	12
Likely	14	11	13	16	14	13	11	15	16	10	16	10	17
Very likely	4	7	4	4	6	4	5	7	4	5	4	3	6
TOTAL LIKELY	18	18	17	20	20	17	16	22	20	15	20	13	23
Don't know	3	4	2	3	1	3	1	1	3	2	3	2	3

Which of the following words, if any, best describes how you would feel if you were prescribed antidepressants? Please select up to two responses.

Hopeful	32	37	36	27	34	41	42	35	27	40	30	40	28
Worried	31	29	29	35	31	26	30	30	35	30	32	30	34
Ashamed	21	21	21	21	20	23	19	26	21	21	21	18	21
Sad	14	11	14	15	14	12	10	21	16	12	15	9	17
Happy	7	12	8	4	8	12	10	7	4	11	5	11	5
Cringey	5	5	5	6	6	5	4	4	6	4	6	5	6
Cool	2	3	3	2	3	2	2	5	2	4	2	2	3
Proud	1	2	2	1	2	1	2	1	1	3	1	2	1
Something else	8	15	10	3	8	16	11	7	6	15	6	11	6
Don't know	22	13	18	27	18	12	15	14	25	12	24	18	22

Imagine you were taking antidepressants. How comfortable, if at all, would you feel with the following groups knowing that?

Family													
Very comfortable	22	22	24	21	23	28	29	29	19	33	20	30	20
Fairly comfortable	36	32	35	42	37	30	39	30	37	31	38	31	40
TOTAL COMFORTABLE	58	54	59	63	60	58	68	59	56	64	58	61	60
Not very comfortable	22	23	25	20	25	23	19	24	23	21	23	20	23
Not at all comfortable	13	18	11	10	11	16	11	14	13	13	12	14	11
TOTAL NOT COMFORTABLE	35	41	36	30	36	39	30	38	36	34	35	34	34
Don't know	7	4	4	7	4	4	2	3	7	3	7	5	6
Friends													
Very comfortable	21	24	25	16	24	26	32	23	14	34	17	34	16
Fairly comfortable	43	45	44	43	46	46	44	48	42	42	44	41	44
TOTAL COMFORTABLE	64	69	69	59	70	72	76	71	56	76	61	75	60
Not very comfortable	21	18	19	24	19	20	14	20	25	13	24	14	24
Not at all comfortable	9	8	8	8	8	5	7	5	11	7	8	7	9
TOTAL NOT COMFORTABLE	30	26	27	32	27	25	21	25	36	20	32	21	33
Don't know	7	5	3	9	3	3	3	3	9	3	7	4	7
Colleagues													
Very comfortable	4	6	7	2	6	9	8	5	2	9	4	8	3
Fairly comfortable	21	26	22	20	24	22	27	25	18	27	20	25	20
TOTAL COMFORTABLE	25	32	29	22	30	31	35	30	20	36	24	33	23
Not very comfortable	38	36	40	39	40	37	38	38	40	35	40	34	39
Not at all comfortable	26	23	25	26	25	23	19	26	29	21	27	23	28
TOTAL NOT COMFORTABLE	64	59	65	65	65	60	57	64	69	56	67	57	67
Don't know	10	10	6	13	5	9	8	6	11	9	10	10	10

	Gender			Age			Country			Region in England				Education			Work		Socio-Economic Status (NS-SEC)			Ethnicity	
	Total	Male	Female	16-19	20-21	22-25	England	Wales	Scotland	London	Midlands	North	South	Low	Medium	High	Working	Student	Higher	Intermediate	Routine	White	Ethnic Minority
Weighted Sample	1514	767	747	649	334	531	1314	73	127	215	260	371	468	284	795	435	545	772	202	144	201	1070	306
Unweighted Sample	1514	714	800	633	342	539	1309	73	132	197	265	357	490	277	795	442	545	775	203	143	203	1077	300
%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%

How effective, if at all, do you think antidepressants are in helping people with depression?

Very effective	9	6	11	7	9	11	8	12	12	8	8	9	8	6	8	12	12	7	14	9	12	10	6
Fairly effective	49	44	54	48	49	50	49	53	51	47	46	49	51	48	49	50	49	51	49	49	45	51	44
TOTAL EFFECTIVE	58	50	65	55	58	61	57	65	63	55	54	58	59	54	57	62	61	58	63	58	57	61	50
Not very effective	14	16	12	13	13	15	14	8	15	11	15	15	15	13	13	15	16	12	12	18	18	14	14
Not at all effective	4	6	3	5	4	4	4	7	5	5	4	4	4	5	5	3	4	5	4	4	3	4	6
TOTAL NOT EFFECTIVE	18	22	15	18	17	19	18	15	20	16	19	19	19	18	18	18	20	17	16	22	21	18	20
Don't know	24	27	20	27	24	21	25	19	18	30	27	23	22	28	25	20	20	25	20	19	23	21	29

From what you have seen or heard, roughly what percentage of people with depression do you think feel better after taking an antidepressant?

0%	1	2	0	2	2	0	1	3	1	2	2	1	1	3	1	1	0	2	1	0	1	1	2
20%	9	10	7	8	9	9	8	10	14	9	7	10	6	9	9	7	10	7	10	8	8	8	12
40%	20	21	19	17	16	27	21	14	18	27	18	21	19	18	18	26	26	17	29	24	22	20	22
60%	28	25	32	32	27	25	28	36	23	22	27	29	32	27	29	29	26	30	28	21	26	30	23
80%	9	8	11	10	11	8	9	6	13	8	9	8	11	7	11	8	10	10	8	9	11	11	7
100%	0	0	0	0	0	1	0	0	1	0	0	1	0	0	0	0	0	0	1	0	0	0	0
Don't know	32	34	31	32	35	30	32	31	30	32	36	31	32	36	32	29	28	34	24	37	31	31	34

Thinking about the impact antidepressants have on the people that take them, which of the following comes closest to your view?

Antidepressants only help people to feel better in the short term, but do not help them deal with the root causes of depression	51	54	48	53	53	48	52	54	43	50	50	51	54	57	49	50	51	52	49	46	55	50	54
Antidepressants help people both feel better in the short term, and can help them deal with the longer-term root causes of depression	30	24	36	26	27	35	29	31	37	29	28	30	28	22	29	35	34	27	37	37	28	32	23
Don't know	19	22	17	21	20	17	20	15	20	21	22	19	18	21	21	15	15	21	14	17	17	17	23

To what extent, if at all, do you think antidepressants are safe or unsafe?

Very safe	9	8	9	7	8	11	8	15	10	8	7	9	8	6	8	12	10	8	10	13	8	10	6
Fairly safe	56	54	58	59	55	54	56	53	54	53	55	57	58	56	55	59	56	56	58	53	56	59	49
TOTAL SAFE	65	62	67	66	63	65	64	68	64	61	62	66	66	62	63	71	66	64	68	66	64	69	55
Fairly unsafe	13	15	11	12	13	14	13	14	13	11	12	13	14	12	14	12	14	14	13	13	11	12	17
Very unsafe	4	5	3	4	4	4	4	3	6	6	5	3	3	4	5	3	4	4	7	6	3	3	6
TOTAL UNSAFE	17	20	14	16	17	18	17	17	19	17	17	16	17	16	19	15	18	18	20	19	14	15	23
Don't know	18	17	19	18	20	17	19	15	17	22	21	18	16	22	19	14	16	19	13	16	22	16	21

Weighted Sample Unweighted Sample		Depression Status			Depression Level		Anxiety Status			Other Mental Health Condition		Neurodivergent	
	Total	Currently Depressed	Depressed in the Past But Not Currently	Never Been Depressed	Mild	Severe	Current Anxiety Disorder	Anxiety Disorder in the Past But Not Currently	Never Had Anxiety Disorder	Yes	No	Yes	No
	1514	250	554	500	471	176	451	201	569	299	1088	482	676
	1514	253	558	494	474	180	462	202	556	303	1086	485	673
	%	%	%	%	%	%	%	%	%	%	%	%	%

How effective, if at all, do you think antidepressants are in helping people with depression?

Very effective	9	11	11	7	11	15	16	10	6	16	7	14	7
Fairly effective	49	52	53	47	52	54	56	55	45	49	50	51	50
TOTAL EFFECTIVE	58	63	64	54	63	69	72	65	51	65	57	65	57
Not very effective	14	15	16	13	17	13	13	18	13	17	13	15	15
Not at all effective	4	6	3	5	4	6	3	2	7	4	4	5	4
TOTAL NOT EFFECTIVE	18	21	19	18	21	19	16	20	20	21	17	20	19
Don't know	24	16	17	28	16	12	12	16	29	15	25	15	25

From what you have seen or heard, roughly what percentage of people with depression do you think feel better after taking an antidepressant?

0%	1	1	0	2	1	1	0	1	2	0	1	1	1
20%	9	10	8	10	8	11	7	8	10	9	9	6	11
40%	20	23	24	16	27	18	23	29	17	24	20	24	20
60%	28	30	30	29	30	32	34	32	26	31	28	30	27
80%	9	9	12	9	9	16	11	13	8	10	9	11	10
100%	0	0	0	0	0	0	1	0	0	1	0	0	0
Don't know	32	27	26	35	24	21	24	17	36	25	33	28	32

Thinking about the impact antidepressants have on the people that take them, which of the following comes closest to your view?

Antidepressants only help people to feel better in the short term, but do not help them deal with the root causes of depression	51	48	55	51	54	54	47	58	54	50	53	50	55
Antidepressants help people both feel better in the short term, and can help them deal with the longer-term root causes of depression	30	37	33	24	34	38	41	34	24	38	28	37	26
Don't know	19	15	12	25	12	9	12	8	21	12	19	13	20

To what extent, if at all, do you think antidepressants are safe or unsafe?

Very safe	9	13	10	7	12	12	13	12	6	15	7	14	7
Fairly safe	56	61	60	53	59	64	63	61	54	60	56	58	57
TOTAL SAFE	65	74	70	60	71	76	76	73	60	75	63	72	64
Fairly unsafe	13	9	13	15	14	6	9	15	16	11	14	11	15
Very unsafe	4	5	4	4	3	9	5	3	4	4	4	5	4
TOTAL UNSAFE	17	14	17	19	17	15	14	18	20	15	18	16	19
Don't know	18	12	13	21	12	9	11	10	20	9	19	12	17

	Gender			Age			Country			Region in England				Education			Work		Socio-Economic Status (N-SEC)			Ethnicity	
	Total	Male	Female	16-19	20-21	22-25	England	Wales	Scotland	London	Midlands	North	South	Low	Medium	High	Working	Student	Higher	Intermediate	Routine	White	Ethnic Minority
Weighted Sample	1514	767	747	649	334	531	1314	73	127	215	260	371	468	284	795	435	545	772	202	144	201	1070	306
Unweighted Sample	1514	714	800	633	342	539	1309	73	132	197	265	357	490	277	795	442	545	775	203	143	203	1077	300
%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%

From what you have seen or heard, roughly what percentage of people taking antidepressants do you think have side effects so severe it would make them stop taking them?

0%	1	2	1	2	1	1	2	1	0	2	1	3	1	1	1	2	1	1	2	2	0	1	3
20%	32	32	32	33	29	33	32	26	36	26	32	32	35	29	32	35	32	33	38	29	27	34	27
40%	18	17	18	16	20	19	18	15	16	18	19	20	17	18	17	20	20	17	22	16	21	18	15
60%	9	8	10	9	7	10	8	14	15	9	7	8	9	9	10	7	10	8	10	10	10	9	10
80%	3	2	4	3	3	3	3	6	3	3	4	3	2	3	3	3	4	2	3	4	3	3	4
100%	0	1	0	0	0	0	0	3	0	0	0	0	1	0	1	0	0	0	1	0	0	0	1
Don't know	36	39	34	36	40	34	37	35	30	43	38	34	36	40	37	32	32	38	25	39	39	34	40

Generally speaking, how addictive, if at all, do you think antidepressants are?

Very addictive	8	10	6	8	6	9	8	9	13	11	6	9	6	7	8	9	10	7	13	8	7	8	9
Fairly addictive	33	35	31	36	31	31	33	38	30	39	33	30	33	32	33	34	34	33	33	34	31	32	37
TOTAL ADDICTIVE	41	45	37	44	37	40	41	47	43	50	39	39	39	39	41	43	44	40	46	42	38	40	46
Not very addictive	23	21	25	24	18	25	23	22	25	19	23	24	24	21	24	22	23	23	23	23	26	24	20
Not at all addictive	8	6	9	5	8	10	8	5	6	6	6	10	8	6	7	10	9	7	12	10	6	9	6
TOTAL NOT ADDICTIVE	31	27	34	29	26	35	31	27	31	25	29	34	32	27	31	32	32	30	35	33	32	33	26
Don't know	28	28	29	27	36	25	29	26	26	25	32	28	29	34	28	26	24	30	20	24	30	27	28

From what you have seen or heard, what impact, if any, does taking antidepressants have on people's sex lives?

Large positive impact	2	2	1	1	1	3	2	3	1	3	1	2	1	1	2	2	3	1	5	3	2	2	2
Small positive impact	7	7	7	7	7	7	7	5	8	10	8	5	6	5	7	7	8	7	8	9	5	5	14
TOTAL POSITIVE IMPACT	9	9	8	8	8	10	9	8	9	13	9	7	7	6	9	9	11	8	13	12	7	7	16
No impact at all	6	8	4	6	6	6	6	7	3	5	7	5	7	5	6	6	7	5	8	9	4	6	6
Small negative impact	30	25	35	30	28	31	29	35	33	26	22	35	30	30	28	32	31	28	33	30	28	32	24
Large negative impact	14	13	15	8	17	20	14	10	17	16	13	15	13	8	13	19	17	12	18	18	17	15	12
TOTAL NEGATIVE IMPACT	44	38	50	38	45	51	43	45	50	42	35	50	43	38	41	51	48	40	51	48	45	47	36
Don't know	42	45	38	49	42	33	42	40	38	41	49	39	42	51	43	33	34	47	29	31	42	40	42

Generally speaking, do you think doctors prescribe anti-depressants too much or too little, or are they currently prescribing about the right amount?

Too much	26	25	26	22	25	31	26	23	29	22	22	25	30	21	26	28	30	23	36	26	26	27	25
About the right amount	29	30	28	29	29	28	29	29	22	32	28	28	30	25	28	32	30	27	29	30	32	28	30
Too little	5	5	6	6	6	4	5	5	5	5	5	5	6	5	6	4	4	6	3	4	5	6	4
Don't know	40	40	40	43	41	37	40	42	44	41	45	43	34	49	39	37	36	43	32	40	37	39	42

Weighted Sample Unweighted Sample		Depression Status			Depression Level		Anxiety Status			Other Mental Health Condition		Neurodivergent	
	Total	Currently Depressed	Depressed in the Past But Not Currently	Never Been Depressed	Mild	Severe	Current Anxiety Disorder	Anxiety Disorder in the Past But Not Currently	Never Had Anxiety Disorder	Yes	No	Yes	No
	1514	250	554	500	471	176	451	201	569	299	1088	482	676
	1514	253	558	494	474	180	462	202	556	303	1086	485	673
	%	%	%	%	%	%	%	%	%	%	%	%	%

From what you have seen or heard, roughly what percentage of people taking antidepressants do you think have side effects so severe it would make them stop taking them?

0%	1	2	2	0	2	1	1	1	2	1	1	2	1
20%	32	31	39	30	37	38	36	40	32	36	32	34	34
40%	18	23	19	16	20	24	24	25	14	21	17	19	19
60%	9	11	10	8	10	10	11	11	6	13	8	12	6
80%	3	5	2	2	3	5	4	2	3	4	3	3	3
100%	0	0	0	0	0	1	0	1	0	0	0	0	0
Don't know	36	27	28	44	27	20	25	21	43	25	38	30	37

Generally speaking, how addictive, if at all, do you think antidepressants are?

Very addictive	8	11	8	8	8	12	8	8	9	9	8	9	9
Fairly addictive	33	25	33	37	33	29	32	32	36	31	35	30	37
TOTAL ADDICTIVE	41	36	41	45	41	41	40	40	45	40	43	39	46
Not very addictive	23	27	25	20	26	24	26	33	20	27	22	26	21
Not at all addictive	8	13	11	3	10	18	13	8	5	14	5	13	5
TOTAL NOT ADDICTIVE	31	40	36	23	36	42	39	41	25	41	27	39	26
Don't know	28	23	23	32	23	17	20	18	30	18	29	23	28

From what you have seen or heard, what impact, if any, does taking antidepressants have on people's sex lives?

Large positive impact	2	1	2	1	2	2	2	2	2	2	2	3	1
Small positive impact	7	9	8	6	9	8	6	13	6	5	8	6	9
TOTAL POSITIVE IMPACT	9	10	10	7	11	10	8	15	8	7	10	9	10
No impact at all	6	6	6	6	6	6	6	6	6	6	6	5	6
Small negative impact	30	35	34	25	35	38	39	33	23	38	28	34	27
Large negative impact	14	23	18	8	18	22	19	16	12	20	13	19	12
TOTAL NEGATIVE IMPACT	44	58	52	33	53	60	58	49	35	58	41	53	39
Don't know	42	26	33	54	31	24	28	30	51	28	44	33	45

Generally speaking, do you think doctors prescribe anti-depressants too much or too little, or are they currently prescribing about the right amount?

Too much	26	29	28	24	27	33	29	30	24	30	25	28	25
About the right amount	29	37	30	27	33	31	33	37	27	33	28	32	30
Too little	5	9	6	3	4	13	10	4	3	10	4	9	4
Don't know	40	25	36	47	35	23	28	29	46	27	42	32	41

	Gender			Age			Country			Region in England				Education			Work		Socio-Economic Status (NS-SEC)			Ethnicity	
	Total	Male	Female	16-19	20-21	22-25	England	Wales	Scotland	London	Midlands	North	South	Low	Medium	High	Working	Student	Higher	Intermediate	Routine	White	Ethnic Minority
Weighted Sample	1514	767	747	649	334	531	1314	73	127	215	260	371	468	284	795	435	545	772	202	144	201	1070	306
Unweighted Sample	1514	714	800	633	342	539	1309	73	132	197	265	357	490	277	795	442	545	775	203	143	203	1077	300
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%

You said that doctors prescribe too many anti-depressants. What do you think the main reason for this is?

[Asked among those who said that doctors prescribe too many anti-depressants; n=393]																							
Because waiting lists for psychological therapy are too long	35	27	42	28	31	42	34	41	36	43	30	42	28	32	30	44	35	35	35	48	28	36	33
Because they don't have specialist knowledge of mental health	14	12	16	12	16	14	13	6	29	0	13	11	18	5	17	14	13	15	16	10	13	16	9
Because there are no other suitable treatments available	13	14	12	11	18	12	14	6	2	7	17	13	16	21	13	8	14	11	15	13	9	12	17
Because of patient requests for antidepressants	11	15	6	14	12	8	11	5	11	9	16	7	13	15	12	7	10	11	8	3	16	11	8
Because they don't have enough time in appointments	9	7	11	9	8	9	9	6	8	13	7	9	9	5	8	11	12	5	11	9	15	8	11
Because of pharmaceutical company promotion	6	10	2	9	2	5	6	12	3	9	2	5	7	7	7	4	6	7	4	11	7	5	9
Because of government incentives	3	4	3	6	0	3	3	6	3	7	2	5	2	11	2	2	2	5	3	0	2	3	6
Other	4	4	5	4	5	4	4	10	5	0	9	3	4	0	5	5	3	5	2	2	8	5	1
Don't know	6	8	3	7	8	3	6	6	3	11	6	5	5	4	7	4	4	6	6	3	3	4	7

*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.

	Depression Status			Depression Level		Anxiety Status			Other Mental Health Condition		Neurodivergent	
Total	Currently Depressed	Depressed in the Past But Not Currently	Never Been Depressed	Mild	Severe	Current Anxiety Disorder	Anxiety Disorder in the Past But Not Currently	Never Had Anxiety Disorder	Yes	No	Yes	No
Weighted Sample 1514	250	554	500	471	176	451	201	569	299	1088	482	676
Unweighted Sample 1514	253	558	494	474	180	462	202	556	303	1086	485	673
%	%	%	%	%	%	%	%	%	%	%	%	%

You said that doctors prescribe too many anti-depressants. What do you think the main reason for this is?

[Asked among those who said that doctors prescribe too many anti-depressants; n=393]													
Because waiting lists for psychological therapy are too long	35	48	34	29	37	42	46	46	23	45	32	37	33
Because they don't have specialist knowledge of mental health	14	15	17	12	18	16	13	10	16	16	13	15	11
Because there are no other suitable treatments available	13	10	16	10	16	9	14	16	7	10	13	15	12
Because of patient requests for antidepressants	11	8	8	17	8	10	4	6	21	4	13	7	15
Because they don't have enough time in appointments	9	4	9	10	10	5	8	10	11	6	10	8	12
Because of pharmaceutical company promotion	6	1	7	6	5	5	3	7	6	5	7	6	6
Because of government incentives	3	3	3	5	2	2	2	2	5	3	3	2	4
Other	4	5	3	4	2	6	5	2	5	4	4	6	1
Don't know	6	6	3	6	2	5	5	2	6	6	4	5	5

*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.