

YouGov / Mental Health Foundation

Sample Size 2330 GB Adults

Fieldwork : 9th - 10th April 2014

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

For the following questions, by "anxious" we mean generally feeling worried, nervous, or uneasy...

In general which ONE, if any, of the following statements do you think BEST describes your experience with anxiety in your everyday life?

	Unweighted base	2330	1108	1222	295	332	361	476	866	1279	1051
Base: All GB adults	2330	1118	1212	279	412	382	442	816	1281	1049	
I feel anxious nearly all of the time	4%	3%	5%	9%	5%	4%	6%	2%	4%	5%	
I feel anxious a lot of the time	14%	12%	17%	20%	19%	14%	14%	10%	14%	15%	
I feel anxious some of the time	41%	36%	46%	44%	44%	42%	42%	38%	42%	40%	
I rarely feel anxious	34%	41%	28%	22%	28%	34%	32%	42%	36%	32%	
I never feel anxious	5%	6%	3%	2%	3%	4%	4%	7%	4%	6%	
Don't know	1%	2%	1%	3%	1%	2%	1%	1%	1%	2%	

You said that you feel anxious in your everyday life. In general, which ONE, if any, of the following BEST describes approximately how often you feel anxious?

	Unweighted base	2180	1010	1170	279	314	338	448	801	1212	968
Base: All GB adults who have ever felt anxious	2184	1026	1158	263	394	357	417	752	1218	966	
Everyday	15%	13%	18%	19%	19%	15%	17%	12%	14%	17%	
At least once a week, but not everyday	26%	21%	29%	33%	29%	27%	25%	21%	25%	26%	
Several times a month, but less than once a week	19%	19%	19%	24%	18%	21%	20%	16%	18%	19%	
Once a month	9%	8%	9%	8%	12%	9%	9%	7%	10%	7%	
Less often than once a month	29%	35%	23%	13%	18%	27%	28%	41%	30%	27%	
Don't know	3%	3%	2%	4%	4%	2%	2%	3%	2%	4%	

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Region						
North	Midlands	East	London	South	Wales	Scotland

For the following questions, by "anxious" we mean generally feeling worried, nervous, or uneasy...

In general which ONE, if any, of the following statements do you think BEST describes your experience with anxiety in your everyday life?

	North	Midlands	East	London	South	Wales	Scotland
Unweighted base	559	317	178	373	509	95	299
Base: All GB adults	573	382	224	298	534	116	203
I feel anxious nearly all of the time	4%	5%	4%	4%	5%	6%	3%
I feel anxious a lot of the time	14%	16%	14%	16%	14%	10%	14%
I feel anxious some of the time	42%	39%	41%	42%	40%	43%	45%
I rarely feel anxious	34%	35%	31%	33%	36%	34%	31%
I never feel anxious	6%	4%	5%	4%	4%	7%	5%
Don't know	1%	0%	4%	2%	1%	1%	2%

You said that you feel anxious in your everyday life. In general, which ONE, if any, of the following BEST describes approximately how often you feel anxious?

	North	Midlands	East	London	South	Wales	Scotland
Unweighted base	520	302	163	350	482	86	277
Base: All GB adults who have ever felt anxious	533	366	203	281	505	108	189
Everyday	16%	15%	15%	16%	14%	19%	18%
At least once a week, but not everyday	26%	22%	27%	26%	28%	20%	26%
Several times a month, but less than once a week	18%	25%	16%	19%	18%	18%	16%
Once a month	8%	8%	7%	9%	11%	6%	10%
Less often than once a month	30%	27%	32%	28%	27%	32%	29%
Don't know	3%	2%	3%	3%	2%	6%	2%

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Fieldwork : 9th - 10th April 2014

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

For the following questions, by "anxious" we mean generally feeling worried, nervous, or uneasy...

In general which ONE, if any, of the following statements do you think BEST describes your experience with anxiety in your everyday life?

	North East	North West	Yorkshire and the Humber	East Midlands	West Midlands	East of England	London	South East	South West	Wales	Scotland
Unweighted base	111	250	198	152	165	178	373	303	206	95	299
Base: All GB adults	114	252	207	181	201	224	298	325	209	116	203
I feel anxious nearly all of the time	5%	4%	4%	3%	7%	4%	4%	5%	5%	6%	3%
I feel anxious a lot of the time	13%	14%	13%	13%	20%	14%	16%	13%	16%	10%	14%
I feel anxious some of the time	34%	40%	47%	40%	38%	41%	42%	40%	39%	43%	45%
I rarely feel anxious	42%	35%	28%	39%	32%	31%	33%	36%	35%	34%	31%
I never feel anxious	5%	5%	6%	5%	3%	5%	4%	5%	3%	7%	5%
Don't know	0%	2%	1%	-	1%	4%	2%	1%	2%	1%	2%

You said that you feel anxious in your everyday life. In general, which ONE, if any, of the following BEST describes approximately how often you feel anxious?

	North East	North West	Yorkshire and the Humber	East Midlands	West Midlands	East of England	London	South East	South West	Wales	Scotland
Unweighted base	105	230	185	143	159	163	350	287	195	86	277
Base: All GB adults who have ever felt anxious	107	234	192	171	194	203	281	306	199	108	189
Everyday	17%	17%	13%	9%	21%	15%	16%	14%	14%	19%	18%
At least once a week, but not everyday	25%	24%	29%	26%	19%	27%	26%	29%	27%	20%	26%
Several times a month, but less than once a week	16%	15%	22%	23%	26%	16%	19%	17%	18%	18%	16%
Once a month	1%	7%	12%	13%	4%	7%	9%	12%	9%	6%	10%
Less often than once a month	38%	34%	19%	26%	29%	32%	28%	25%	30%	32%	29%
Don't know	2%	3%	5%	4%	1%	3%	3%	3%	1%	6%	2%

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Fieldwork : 9th - 10th April 2014

Working status							Marital Status					
Working full time	Working part time	ALL WORKERS (NET)	Full time student	Retired	Unemployed	Not working/ Other	Married/ Civil Partnership	Living as married	Separated/ Divorced	Widowed	Never Married	

For the following questions, by "anxious" we mean generally feeling worried, nervous, or uneasy...

In general which ONE, if any, of the following statements do you think BEST describes your experience with anxiety in your everyday life?

	Unweighted base	Working full time	Working part time	ALL WORKERS (NET)	Full time student	Retired	Unemployed	Not working/ Other	Married/ Civil Partnership	Living as married	Separated/ Divorced	Widowed	Never Married
I feel anxious nearly all of the time	1154	246	1400	150	538	91	151	954	226	167	54	458	
Base: All GB adults	1170	244	1414	132	523	98	163	973	236	157	55	462	
I feel anxious a lot of the time	4%	6%	4%	3%	3%	4%	12%	2%	4%	11%	6%	6%	
I feel anxious some of the time	13%	17%	14%	23%	10%	25%	20%	12%	15%	12%	9%	17%	
I rarely feel anxious	43%	46%	44%	41%	36%	38%	37%	41%	37%	39%	43%	44%	
I never feel anxious	34%	29%	34%	28%	41%	25%	22%	38%	36%	33%	32%	28%	
Don't know	4%	1%	3%	3%	9%	4%	4%	6%	6%	6%	7%	4%	
	1%	1%	1%	2%	1%	3%	4%	2%	2%	-	3%	2%	

You said that you feel anxious in your everyday life. In general, which ONE, if any, of the following BEST describes approximately how often you feel anxious?

	Unweighted base	Working full time	Working part time	ALL WORKERS (NET)	Full time student	Retired	Unemployed	Not working/ Other	Married/ Civil Partnership	Living as married	Separated/ Divorced	Widowed	Never Married
Everyday	1091	239	1330	143	485	84	138	880	209	157	49	433	
Base: All GB adults who have ever felt anxious	1109	238	1347	125	471	91	150	902	218	148	49	436	
At least once a week, but not everyday	14%	22%	15%	17%	11%	18%	28%	12%	14%	19%	17%	19%	
Several times a month, but less than once a week	28%	23%	27%	32%	19%	27%	29%	24%	27%	29%	16%	27%	
Once a month	19%	19%	19%	25%	17%	19%	19%	20%	20%	10%	16%	20%	
Less often than once a month	10%	8%	9%	7%	9%	3%	5%	8%	8%	11%	15%	7%	
Don't know	28%	25%	27%	16%	42%	24%	15%	33%	30%	26%	36%	23%	
	2%	3%	2%	2%	2%	10%	5%	3%	1%	5%	-	4%	

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Children in Household						Social Media (monthly or more)			
0	1	2	3+	ALL WITH CHILDREN IN HOUSEHOLD (NET)	Refused	Facebook	LinkedIn	Google+	Twitter

For the following questions, by "anxious" we mean generally feeling worried, nervous, or uneasy...

In general which ONE, if any, of the following statements do you think BEST describes your experience with anxiety in your everyday life?

	Unweighted base	1642	292	208	89	589	99	1571	343	179	582
Base: All GB adults	1609	304	226	99	628	92	1568	333	186	570	
I feel anxious nearly all of the time	4%	5%	5%	2%	5%	7%	4%	2%	6%	4%	
I feel anxious a lot of the time	14%	17%	14%	16%	16%	17%	15%	15%	16%	17%	
I feel anxious some of the time	41%	40%	47%	43%	43%	39%	43%	41%	44%	44%	
I rarely feel anxious	34%	36%	30%	31%	33%	31%	33%	37%	29%	31%	
I never feel anxious	6%	2%	3%	4%	3%	1%	4%	4%	4%	3%	
Don't know	1%	1%	1%	4%	1%	4%	1%	2%	2%	1%	

You said that you feel anxious in your everyday life. In general, which ONE, if any, of the following BEST describes approximately how often you feel anxious?

	Unweighted base	1529	283	197	81	561	90	1481	323	167	558
Base: All GB adults who have ever felt anxious	1494	295	217	91	603	87	1479	314	177	547	
Everyday	15%	16%	15%	10%	15%	24%	16%	16%	13%	16%	
At least once a week, but not everyday	26%	26%	26%	29%	26%	22%	26%	21%	28%	30%	
Several times a month, but less than once a week	17%	25%	22%	23%	23%	13%	20%	20%	23%	18%	
Once a month	8%	7%	12%	10%	9%	14%	9%	14%	10%	11%	
Less often than once a month	31%	24%	23%	25%	24%	20%	27%	28%	23%	23%	
Don't know	2%	3%	3%	3%	3%	7%	2%	1%	3%	2%	

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In general which ONE, if any, of the following statements do you think BEST describes your experience with anxiety in your everyday life?						You said that you feel anxious in your everyday life. In general, which ONE, if any, of the following BEST describes approximately how often you feel anxious?					
I feel anxious nearly all of the time	I feel anxious a lot of the time	I feel anxious some of the time	I rarely feel anxious	I never feel anxious	Don't know	Everyday	At least once a week, but not everyday	Several times a month, but less than once a week	Once a month	Less often than once a month	Don't know

For the following questions, by "anxious" we mean generally feeling worried, nervous, or uneasy...

In general which ONE, if any, of the following statements do you think BEST describes your experience with anxiety in your everyday life?

Unweighted base	96	324	957	803	115	35	334	566	394	184	648	54
Base: All GB adults	103	335	958	788	111	35	337	561	412	189	627	59
I feel anxious nearly all of the time	100%	-	-	-	-	-	25%	3%	1%	-	-	-
I feel anxious a lot of the time	-	100%	-	-	-	-	54%	23%	5%	1%	-	-
I feel anxious some of the time	-	-	100%	-	-	-	21%	70%	72%	47%	14%	36%
I rarely feel anxious	-	-	-	100%	-	-	1%	4%	21%	52%	86%	64%
I never feel anxious	-	-	-	-	100%	-	-	-	-	-	-	-
Don't know	-	-	-	-	-	100%	-	-	-	-	-	-

You said that you feel anxious in your everyday life. In general, which ONE, if any, of the following BEST describes approximately how often you feel anxious?

Unweighted base	96	324	957	803	-	-	334	566	394	184	648	54
Base: All GB adults who have ever felt anxious	103	335	958	788	-	-	337	561	412	189	627	59
Everyday	83%	54%	7%	0%	-	-	100%	-	-	-	-	-
At least once a week, but not everyday	15%	39%	41%	3%	-	-	-	100%	-	-	-	-
Several times a month, but less than once a week	3%	7%	31%	11%	-	-	-	-	100%	-	-	-
Once a month	-	1%	9%	12%	-	-	-	-	-	100%	-	-
Less often than once a month	-	-	9%	68%	-	-	-	-	-	-	100%	-
Don't know	-	-	2%	5%	-	-	-	-	-	-	-	100%

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Sample Size 2330 GB Adults

Fieldwork : 9th - 10th April 2014

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

Which, if any, of the following specifically cause you to feel anxious in your everyday life? (Please tick all that apply)

	Unweighted base	2180	1010	1170	279	314	338	448	801	1212	968
Base: All GB adults who have ever felt anxious		2184	1026	1158	263	394	357	417	752	1218	966
Personal relationships	26%	24%	27%	44%	32%	29%	23%	15%	25%	26%	
Money/ finance/ debt	45%	41%	48%	54%	51%	51%	52%	32%	42%	49%	
Fear of crime/ personal safety	14%	11%	16%	15%	17%	10%	13%	14%	13%	15%	
Growing old	25%	22%	27%	15%	14%	18%	26%	36%	26%	23%	
Fear of being alone/ isolation	16%	13%	19%	28%	15%	15%	17%	14%	15%	18%	
Death of a loved one	22%	17%	27%	13%	22%	19%	21%	29%	23%	22%	
Welfare of my loved ones/ children	36%	28%	44%	15%	30%	35%	37%	47%	38%	35%	
My own death	16%	14%	17%	10%	15%	14%	16%	19%	16%	17%	
Fear of losing my job/ unemployment	17%	17%	16%	23%	22%	18%	24%	7%	16%	18%	
Other work issues (e.g. long hours etc.)	27%	28%	27%	36%	41%	40%	30%	10%	30%	25%	
Other	14%	15%	13%	23%	13%	14%	12%	12%	12%	17%	
Don't know/ can't recall	6%	7%	4%	6%	5%	6%	5%	6%	4%	7%	

Which, if any, of the following do you do/ use to **cope** with your feelings of anxiety in your everyday life? (Please tick all that apply)

	Unweighted base	2180	1010	1170	279	314	338	448	801	1212	968
Base: All GB adults who have ever felt anxious		2184	1026	1158	263	394	357	417	752	1218	966
Talk to a friend or relative	30%	21%	38%	42%	34%	26%	23%	29%	31%	29%	
Hide away from the world	18%	15%	20%	30%	26%	18%	18%	9%	17%	19%	
Alcohol	16%	18%	15%	18%	21%	18%	19%	11%	16%	16%	
Cigarettes	10%	9%	10%	10%	14%	10%	12%	6%	7%	13%	
Visit my GP	7%	6%	7%	6%	8%	7%	9%	5%	6%	7%	
Go for a walk	30%	31%	30%	32%	32%	27%	29%	32%	33%	28%	
Physical activity/ exercise	23%	25%	22%	31%	29%	27%	19%	18%	27%	19%	
Comfort eating	24%	18%	29%	35%	32%	25%	26%	15%	23%	25%	
Relaxation/ meditation techniques	13%	12%	14%	14%	12%	15%	14%	12%	14%	12%	
Other	11%	10%	11%	14%	10%	10%	12%	10%	12%	10%	
Don't know	2%	2%	1%	1%	3%	3%	1%	1%	1%	2%	
Not applicable - I do not do/ use anything to cope with my feelings of anxiety in my everyday life	19%	24%	16%	11%	11%	17%	18%	28%	18%	20%	

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Fieldwork : 9th - 10th April 2014

Region						
North	Midlands	East	London	South	Wales	Scotland

Which, if any, of the following specifically cause you to feel anxious in your everyday life? (Please tick all that apply)

	Unweighted base	520	302	163	350	482	86	277
Base: All GB adults who have ever felt anxious		533	366	203	281	505	108	189
Personal relationships	25%	25%	26%	26%	27%	26%	23%	25%
Money/ finance/ debt	46%	46%	39%	47%	43%	46%	48%	49%
Fear of crime/ personal safety	14%	14%	13%	15%	16%	14%	12%	11%
Growing old	27%	27%	27%	24%	25%	24%	23%	17%
Fear of being alone/ isolation	14%	14%	18%	19%	17%	18%	14%	17%
Death of a loved one	22%	22%	24%	22%	23%	22%	20%	23%
Welfare of my loved ones/ children	39%	39%	38%	41%	32%	35%	31%	34%
My own death	20%	20%	14%	14%	14%	16%	11%	18%
Fear of losing my job/ unemployment	16%	16%	16%	13%	18%	15%	19%	21%
Other work issues (e.g. long hours etc.)	25%	25%	27%	24%	30%	27%	31%	35%
Other	11%	11%	14%	13%	15%	17%	14%	13%
Don't know/ can't recall	5%	5%	9%	5%	6%	4%	8%	3%

Which, if any, of the following do you do/ use to ****cope**** with your feelings of anxiety in your everyday life? (Please tick all that apply)

	Unweighted base	520	302	163	350	482	86	277
Base: All GB adults who have ever felt anxious		533	366	203	281	505	108	189
Talk to a friend or relative	29%	29%	32%	26%	30%	29%	36%	31%
Hide away from the world	17%	17%	23%	19%	16%	17%	18%	15%
Alcohol	16%	16%	16%	20%	15%	16%	13%	17%
Cigarettes	7%	7%	10%	13%	11%	8%	13%	12%
Visit my GP	5%	5%	8%	6%	8%	7%	5%	7%
Go for a walk	32%	32%	26%	28%	28%	32%	31%	34%
Physical activity/ exercise	23%	23%	21%	26%	25%	22%	15%	30%
Comfort eating	25%	25%	22%	18%	27%	23%	29%	25%
Relaxation/ meditation techniques	13%	13%	13%	9%	13%	15%	10%	17%
Other	11%	11%	10%	11%	11%	12%	8%	10%
Don't know	2%	2%	2%	1%	2%	1%	2%	2%
Not applicable - I do not do/ use anything to cope with my feelings of anxiety in my everyday life	19%	19%	23%	22%	19%	18%	19%	15%

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Sample Size 2330 GB Adults

Fieldwork : 9th - 10th April 2014

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

Which, if any, of the following specifically cause you to feel anxious in your everyday life? (Please tick all that apply)

	Unweighted base	105	230	185	143	159	163	350	287	195	86	277
Base: All GB adults who have ever felt anxious		107	234	192	171	194	203	281	306	199	108	189
Personal relationships	27%	30%	18%	20%	30%	26%	27%	27%	26%	25%	23%	25%
Money/ finance/ debt	43%	44%	50%	34%	44%	47%	43%	43%	45%	47%	48%	49%
Fear of crime/ personal safety	19%	14%	12%	11%	15%	15%	16%	15%	15%	13%	12%	11%
Growing old	29%	27%	27%	23%	30%	24%	25%	24%	25%	23%	23%	17%
Fear of being alone/ isolation	17%	16%	11%	12%	22%	19%	17%	17%	17%	18%	14%	17%
Death of a loved one	28%	21%	18%	22%	26%	22%	23%	23%	22%	20%	20%	23%
Welfare of my loved ones/ children	38%	40%	37%	31%	44%	41%	32%	38%	38%	30%	31%	34%
My own death	20%	17%	23%	10%	18%	14%	14%	14%	14%	18%	11%	18%
Fear of losing my job/ unemployment	21%	18%	12%	14%	18%	13%	18%	16%	16%	15%	19%	21%
Other work issues (e.g. long hours etc.)	31%	22%	26%	24%	29%	24%	30%	28%	28%	26%	31%	35%
Other	9%	11%	13%	13%	15%	13%	15%	15%	15%	19%	14%	13%
Don't know/ can't recall	5%	5%	5%	12%	6%	5%	6%	6%	4%	4%	8%	3%

Which, if any, of the following do you do/ use to **cope** with your feelings of anxiety in your everyday life? (Please tick all that apply)

	Unweighted base	105	230	185	143	159	163	350	287	195	86	277
Base: All GB adults who have ever felt anxious		107	234	192	171	194	203	281	306	199	108	189
Talk to a friend or relative	30%	29%	29%	33%	31%	26%	30%	30%	29%	30%	36%	31%
Hide away from the world	16%	15%	19%	16%	28%	19%	16%	17%	17%	18%	18%	15%
Alcohol	14%	15%	19%	11%	21%	20%	15%	17%	17%	14%	13%	17%
Cigarettes	10%	6%	8%	9%	11%	13%	11%	7%	10%	10%	13%	12%
Visit my GP	6%	5%	5%	6%	10%	6%	8%	5%	10%	5%	7%	7%
Go for a walk	25%	33%	36%	27%	25%	28%	28%	32%	32%	34%	31%	34%
Physical activity/ exercise	20%	25%	22%	21%	22%	26%	25%	21%	21%	22%	15%	30%
Comfort eating	31%	23%	25%	18%	26%	18%	27%	27%	22%	24%	29%	25%
Relaxation/ meditation techniques	15%	12%	13%	11%	14%	9%	13%	13%	13%	17%	10%	17%
Other	17%	10%	9%	10%	10%	11%	11%	14%	14%	9%	8%	10%
Don't know	2%	3%	1%	1%	3%	1%	2%	1%	1%	1%	2%	2%
Not applicable - I do not do/ use anything to cope with my feelings of anxiety in my everyday life	17%	21%	18%	28%	19%	22%	19%	19%	18%	17%	19%	15%

YouGov / Mental Health Foundatic

Sample Size 2330 GB Adults

Fieldwork : 9th - 10th April 2014

Working status							Marital Status					
Working full time	Working part time	ALL WORKERS (NET)	Full time student	Retired	Unemployed	Not working/ Other	Married/ Civil Partnership	Living as married	Separated/ Divorced	Widowed	Never Married	

Which, if any, of the following specifically cause you to feel anxious in your everyday life? (Please tick all that apply)

	Unweighted base	2091	239	1330	143	485	84	138	880	209	157	49	433
Base: All GB adults who have ever felt anxious		1109	238	1347	125	471	91	150	902	218	148	49	436
Personal relationships	26%	27%	26%	46%	17%	33%	28%	19%	23%	22%	16%	37%	
Money/ finance/ debt	48%	53%	49%	50%	27%	53%	55%	40%	45%	47%	28%	45%	
Fear of crime/ personal safety	11%	18%	12%	14%	16%	18%	21%	13%	8%	13%	15%	16%	
Growing old	21%	27%	22%	18%	36%	13%	28%	27%	22%	31%	32%	21%	
Fear of being alone/ isolation	14%	23%	15%	27%	15%	16%	23%	10%	9%	23%	29%	26%	
Death of a loved one	19%	25%	20%	15%	30%	16%	31%	22%	23%	23%	41%	17%	
Welfare of my loved ones/ children	31%	46%	34%	16%	50%	26%	39%	42%	35%	46%	52%	17%	
My own death	15%	16%	15%	14%	18%	13%	23%	15%	18%	22%	25%	14%	
Fear of losing my job/ unemployment	23%	21%	22%	17%	1%	31%	3%	11%	13%	20%	2%	25%	
Other work issues (e.g. long hours etc.)	41%	26%	39%	34%	2%	15%	9%	24%	32%	16%	5%	42%	
Other	10%	15%	11%	26%	14%	26%	20%	13%	10%	13%	5%	21%	
Don't know/ can't recall	5%	5%	5%	8%	6%	8%	9%	6%	6%	5%	3%	7%	

Which, if any, of the following do you do/ use to **cope** with your feelings of anxiety in your everyday life? (Please tick all that apply)

	Unweighted base	2091	239	1330	143	485	84	138	880	209	157	49	433
Base: All GB adults who have ever felt anxious		1109	238	1347	125	471	91	150	902	218	148	49	436
Talk to a friend or relative	28%	35%	29%	38%	30%	25%	30%	27%	26%	29%	48%	29%	
Hide away from the world	18%	20%	18%	31%	10%	23%	25%	11%	13%	26%	14%	31%	
Alcohol	20%	17%	19%	16%	7%	27%	10%	14%	18%	19%	5%	21%	
Cigarettes	11%	8%	10%	6%	5%	23%	16%	7%	13%	19%	4%	11%	
Visit my GP	6%	8%	6%	2%	5%	8%	16%	6%	5%	8%	14%	6%	
Go for a walk	30%	32%	31%	34%	31%	32%	23%	29%	33%	26%	32%	30%	
Physical activity/ exercise	26%	21%	25%	25%	20%	27%	12%	21%	24%	23%	12%	26%	
Comfort eating	26%	26%	26%	39%	13%	24%	27%	20%	22%	26%	17%	29%	
Relaxation/ meditation techniques	13%	15%	14%	18%	11%	9%	15%	12%	9%	15%	9%	13%	
Other	10%	11%	11%	12%	11%	14%	10%	10%	12%	12%	8%	13%	
Don't know	2%	3%	2%	3%	0%	2%	1%	1%	1%	1%	-	2%	
Not applicable - I do not do/ use anything to cope with my feelings of anxiety in my everyday life	16%	19%	17%	12%	31%	15%	15%	25%	21%	14%	23%	14%	

YouGov / Mental Health Foundatic

Sample Size 2330 GB Adults

Fieldwork : 9th - 10th April 2014

Children in Household						Social Media (monthly or more)			
0	1	2	3+	ALL WITH CHILDREN IN HOUSEHOLD (NET)	Refused	Facebook	LinkedIn	Google+	Twitter

Which, if any, of the following specifically cause you to feel anxious in your everyday life? (Please tick all that apply)

	Unweighted base	1529	283	197	81	561	90	1481	323	167	558
Base: All GB adults who have ever felt anxious	1494	295	217	91	603	87	1479	314	177	547	
Personal relationships	25%	28%	25%	28%	27%	26%	27%	28%	30%	35%	
Money/ finance/ debt	40%	55%	56%	60%	56%	49%	47%	44%	45%	51%	
Fear of crime/ personal safety	14%	18%	10%	9%	14%	18%	13%	9%	11%	13%	
Growing old	28%	17%	16%	18%	17%	24%	23%	22%	25%	21%	
Fear of being alone/ isolation	19%	10%	10%	18%	11%	19%	18%	13%	19%	20%	
Death of a loved one	25%	16%	22%	12%	18%	10%	23%	22%	16%	20%	
Welfare of my loved ones/ children	33%	40%	51%	43%	44%	33%	36%	31%	31%	31%	
My own death	17%	15%	13%	12%	14%	15%	17%	17%	22%	16%	
Fear of losing my job/ unemployment	16%	21%	13%	12%	17%	23%	18%	19%	14%	19%	
Other work issues (e.g. long hours etc.)	26%	34%	31%	27%	32%	28%	30%	41%	30%	36%	
Other	16%	9%	10%	9%	9%	16%	15%	13%	13%	16%	
Don't know/ can't recall	6%	4%	7%	4%	5%	8%	5%	3%	5%	5%	

Which, if any, of the following do you do/ use to **cope** with your feelings of anxiety in your everyday life? (Please tick all that apply)

	Unweighted base	1529	283	197	81	561	90	1481	323	167	558
Base: All GB adults who have ever felt anxious	1494	295	217	91	603	87	1479	314	177	547	
Talk to a friend or relative	31%	31%	28%	31%	30%	19%	32%	36%	35%	36%	
Hide away from the world	19%	15%	13%	23%	16%	19%	20%	16%	20%	25%	
Alcohol	16%	15%	17%	22%	17%	11%	17%	21%	14%	20%	
Cigarettes	9%	13%	9%	9%	11%	11%	10%	7%	13%	11%	
Visit my GP	6%	8%	8%	6%	8%	4%	7%	8%	8%	8%	
Go for a walk	32%	30%	27%	23%	28%	25%	30%	40%	38%	30%	
Physical activity/ exercise	24%	21%	23%	27%	22%	19%	23%	33%	25%	27%	
Comfort eating	22%	29%	29%	21%	28%	27%	27%	24%	26%	29%	
Relaxation/ meditation techniques	13%	13%	9%	17%	13%	13%	14%	15%	21%	16%	
Other	11%	10%	10%	3%	9%	18%	11%	12%	15%	12%	
Don't know	1%	2%	2%	5%	3%	4%	2%	1%	2%	1%	
Not applicable - I do not do/ use anything to cope with my feelings of anxiety in my everyday life	21%	15%	16%	13%	15%	23%	17%	12%	16%	13%	

YouGov / Mental Health Foundatic

Sample Size 2330 GB Adults

Fieldwork : 9th - 10th April 2014

In general which ONE, if any, of the following statements do you think BEST describes your experience with anxiety in your everyday life?						You said that you feel anxious in your everyday life. In general, which ONE, if any, of the following BEST describes approximately how often you feel anxious?					
I feel anxious nearly all of the time	I feel anxious a lot of the time	I feel anxious some of the time	I rarely feel anxious	I never feel anxious	Don't know	Everyday	At least once a week, but not everyday	Several times a month, but less than once a week	Once a month	Less often than once a month	Don't know

Which, if any, of the following specifically cause you to feel anxious in your everyday life? (Please tick all that apply)

	Unweighted base	96	324	957	803	-	-	334	566	394	184	648	54
Base: All GB adults who have ever felt anxious		103	335	958	788	-	-	337	561	412	189	627	59
Personal relationships	45%	43%	27%	15%	-	-	43%	36%	22%	16%	13%	15%	
Money/ finance/ debt	65%	57%	48%	33%	-	-	63%	52%	45%	34%	32%	33%	
Fear of crime/ personal safety	22%	25%	14%	8%	-	-	24%	15%	12%	16%	8%	10%	
Growing old	43%	35%	26%	17%	-	-	38%	28%	25%	22%	16%	13%	
Fear of being alone/ isolation	39%	31%	17%	7%	-	-	34%	21%	13%	15%	7%	6%	
Death of a loved one	36%	30%	23%	16%	-	-	31%	24%	22%	18%	20%	8%	
Welfare of my loved ones/ children	44%	42%	38%	31%	-	-	43%	40%	35%	35%	32%	19%	
My own death	34%	27%	16%	9%	-	-	28%	19%	15%	12%	10%	6%	
Fear of losing my job/ unemployment	29%	24%	19%	8%	-	-	28%	23%	14%	10%	8%	17%	
Other work issues (e.g. long hours etc.)	28%	36%	32%	19%	-	-	36%	36%	29%	22%	17%	8%	
Other	24%	22%	14%	9%	-	-	23%	16%	14%	10%	8%	10%	
Don't know/ can't recall	0%	2%	3%	11%	-	-	1%	2%	3%	6%	11%	26%	

Which, if any, of the following do you do/ use to **cope** with your feelings of anxiety in your everyday life? (Please tick all that apply)

	Unweighted base	96	324	957	803	-	-	334	566	394	184	648	54
Base: All GB adults who have ever felt anxious		103	335	958	788	-	-	337	561	412	189	627	59
Talk to a friend or relative	35%	30%	35%	22%	-	-	28%	39%	33%	31%	23%	6%	
Hide away from the world	50%	39%	18%	5%	-	-	47%	23%	13%	12%	3%	9%	
Alcohol	23%	22%	18%	11%	-	-	24%	19%	16%	14%	11%	10%	
Cigarettes	27%	12%	10%	7%	-	-	18%	11%	8%	7%	6%	11%	
Visit my GP	39%	17%	4%	1%	-	-	22%	8%	3%	4%	1%	-	
Go for a walk	30%	32%	33%	27%	-	-	28%	35%	32%	35%	27%	21%	
Physical activity/ exercise	12%	24%	25%	22%	-	-	21%	27%	23%	28%	20%	10%	
Comfort eating	37%	36%	29%	11%	-	-	38%	33%	24%	20%	11%	10%	
Relaxation/ meditation techniques	13%	17%	14%	11%	-	-	16%	15%	13%	16%	10%	7%	
Other	17%	10%	11%	10%	-	-	13%	13%	9%	9%	9%	11%	
Don't know	-	2%	1%	2%	-	-	1%	2%	2%	0%	2%	6%	
Not applicable - I do not do/ use anything to cope with my feelings of anxiety in my everyday life	6%	9%	14%	32%	-	-	8%	11%	16%	16%	34%	35%	

YouGov / Mental Health Foundation

Sample Size 2330 GB Adults

Fieldwork : 9th - 10th April 2014

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

To what extent do you agree or disagree with each of the following statements? (Please tick ONE option on each row)

People are more anxious now than they were 5 years ago

	Unweighted base	2330	1108	1222	295	332	361	476	866	1279	1051
Base: All GB adults	2330	1118	1212	279	412	382	442	816	1281	1049	
Strongly agree	14%	13%	15%	12%	13%	14%	16%	15%	13%	16%	
Tend to agree	42%	41%	44%	42%	41%	41%	41%	44%	44%	40%	
Neither agree nor disagree	36%	38%	34%	37%	40%	39%	37%	32%	36%	36%	
Tend to disagree	5%	5%	5%	6%	5%	5%	4%	6%	5%	5%	
Strongly disagree	2%	3%	2%	3%	2%	1%	2%	3%	2%	2%	

A problem with anxiety is something I would visit my GP about

	Unweighted base	2330	1108	1222	295	332	361	476	866	1279	1051
Base: All GB adults	2330	1118	1212	279	412	382	442	816	1281	1049	
Strongly agree	8%	7%	9%	6%	9%	9%	9%	6%	7%	9%	
Tend to agree	19%	16%	22%	16%	19%	20%	22%	19%	18%	20%	
Neither agree nor disagree	26%	27%	25%	26%	26%	32%	22%	26%	23%	30%	
Tend to disagree	31%	33%	30%	35%	30%	30%	33%	31%	34%	28%	
Strongly disagree	16%	17%	14%	18%	16%	9%	15%	19%	17%	14%	

Feeling anxious is a sign of not being able to cope

	Unweighted base	2330	1108	1222	295	332	361	476	866	1279	1051
Base: All GB adults	2330	1118	1212	279	412	382	442	816	1281	1049	
Strongly agree	5%	4%	5%	8%	6%	3%	6%	4%	4%	6%	
Tend to agree	21%	22%	21%	15%	27%	24%	23%	18%	23%	20%	
Neither agree nor disagree	24%	27%	21%	23%	28%	27%	22%	23%	22%	27%	
Tend to disagree	33%	32%	34%	34%	27%	31%	34%	37%	35%	31%	
Strongly disagree	16%	15%	18%	21%	12%	15%	15%	19%	16%	17%	

Feeling anxious is something to be ashamed of

	Unweighted base	2330	1108	1222	295	332	361	476	866	1279	1051
Base: All GB adults	2330	1118	1212	279	412	382	442	816	1281	1049	
Strongly agree	3%	3%	3%	6%	6%	2%	2%	1%	3%	3%	
Tend to agree	7%	6%	8%	6%	9%	8%	8%	4%	8%	5%	
Neither agree nor disagree	17%	19%	15%	18%	22%	21%	16%	12%	15%	19%	
Tend to disagree	34%	35%	33%	33%	33%	38%	33%	34%	35%	33%	
Strongly disagree	39%	38%	41%	37%	30%	30%	40%	49%	39%	40%	

YouGov / Mental Health Foundatic

Sample Size 2330 GB Adults

Fieldwork : 9th - 10th April 2014

Region						
North	Midlands	East	London	South	Wales	Scotland

To what extent do you agree or disagree with each of the following statements? (Please tick ONE option on each row)

People are more anxious now than they were 5 years ago

	North	Midlands	East	London	South	Wales	Scotland
Unweighted base	559	317	178	373	509	95	299
Base: All GB adults	573	382	224	298	534	116	203
Strongly agree	14%	16%	14%	14%	13%	13%	15%
Tend to agree	41%	41%	54%	38%	42%	40%	44%
Neither agree nor disagree	37%	36%	25%	38%	40%	37%	33%
Tend to disagree	5%	5%	4%	8%	3%	8%	5%
Strongly disagree	2%	1%	3%	2%	4%	1%	3%

A problem with anxiety is something I would visit my GP about

	North	Midlands	East	London	South	Wales	Scotland
Unweighted base	559	317	178	373	509	95	299
Base: All GB adults	573	382	224	298	534	116	203
Strongly agree	9%	8%	11%	8%	5%	7%	7%
Tend to agree	19%	20%	19%	14%	19%	23%	25%
Neither agree nor disagree	26%	30%	23%	26%	28%	20%	21%
Tend to disagree	29%	28%	33%	33%	33%	29%	36%
Strongly disagree	16%	14%	14%	19%	15%	21%	12%

Feeling anxious is a sign of not being able to cope

	North	Midlands	East	London	South	Wales	Scotland
Unweighted base	559	317	178	373	509	95	299
Base: All GB adults	573	382	224	298	534	116	203
Strongly agree	5%	4%	5%	3%	5%	5%	4%
Tend to agree	21%	25%	20%	22%	24%	13%	17%
Neither agree nor disagree	24%	27%	24%	26%	21%	27%	24%
Tend to disagree	34%	27%	34%	31%	35%	35%	37%
Strongly disagree	16%	17%	18%	18%	15%	20%	17%

Feeling anxious is something to be ashamed of

	North	Midlands	East	London	South	Wales	Scotland
Unweighted base	559	317	178	373	509	95	299
Base: All GB adults	573	382	224	298	534	116	203
Strongly agree	3%	3%	4%	2%	3%	3%	2%
Tend to agree	7%	7%	6%	7%	6%	7%	6%
Neither agree nor disagree	18%	20%	12%	18%	16%	11%	18%
Tend to disagree	35%	35%	33%	33%	34%	36%	32%
Strongly disagree	37%	35%	45%	39%	41%	44%	41%

YouGov / Mental Health Foundatic

Sample Size 2330 GB Adults

Fieldwork : 9th - 10th April 2014

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

To what extent do you agree or disagree with each of the following statements? (Please tick ONE option on each row)

People are more anxious now than they were 5 years ago

	North East	North West	Yorkshire and the Humber	East Midlands	West Midlands	East of England	London	South East	South West	Wales	Scotland
Unweighted base	111	250	198	152	165	178	373	303	206	95	299
Base: All GB adults	114	252	207	181	201	224	298	325	209	116	203
Strongly agree	20%	12%	14%	12%	20%	14%	14%	11%	16%	13%	15%
Tend to agree	40%	38%	45%	41%	41%	54%	38%	42%	40%	40%	44%
Neither agree nor disagree	33%	42%	34%	37%	34%	25%	38%	40%	39%	37%	33%
Tend to disagree	6%	6%	5%	8%	3%	4%	8%	3%	3%	8%	5%
Strongly disagree	-	3%	1%	1%	2%	3%	2%	4%	2%	1%	3%

A problem with anxiety is something I would visit my GP about

	North East	North West	Yorkshire and the Humber	East Midlands	West Midlands	East of England	London	South East	South West	Wales	Scotland
Unweighted base	111	250	198	152	165	178	373	303	206	95	299
Base: All GB adults	114	252	207	181	201	224	298	325	209	116	203
Strongly agree	14%	6%	10%	7%	8%	11%	8%	4%	7%	7%	7%
Tend to agree	21%	19%	19%	19%	20%	19%	14%	19%	19%	23%	25%
Neither agree nor disagree	20%	28%	29%	32%	28%	23%	26%	28%	28%	20%	21%
Tend to disagree	31%	30%	27%	26%	31%	33%	33%	34%	32%	29%	36%
Strongly disagree	15%	18%	16%	16%	13%	14%	19%	16%	14%	21%	12%

Feeling anxious is a sign of not being able to cope

	North East	North West	Yorkshire and the Humber	East Midlands	West Midlands	East of England	London	South East	South West	Wales	Scotland
Unweighted base	111	250	198	152	165	178	373	303	206	95	299
Base: All GB adults	114	252	207	181	201	224	298	325	209	116	203
Strongly agree	6%	5%	5%	3%	6%	5%	3%	6%	4%	5%	4%
Tend to agree	23%	17%	23%	17%	31%	20%	22%	26%	20%	13%	17%
Neither agree nor disagree	18%	27%	24%	30%	24%	24%	26%	21%	20%	27%	24%
Tend to disagree	38%	35%	31%	29%	26%	34%	31%	32%	42%	35%	37%
Strongly disagree	15%	16%	16%	21%	13%	18%	18%	15%	14%	20%	17%

Feeling anxious is something to be ashamed of

	North East	North West	Yorkshire and the Humber	East Midlands	West Midlands	East of England	London	South East	South West	Wales	Scotland
Unweighted base	111	250	198	152	165	178	373	303	206	95	299
Base: All GB adults	114	252	207	181	201	224	298	325	209	116	203
Strongly agree	3%	2%	3%	3%	3%	4%	2%	4%	2%	3%	2%
Tend to agree	10%	5%	7%	5%	9%	6%	7%	7%	5%	7%	6%
Neither agree nor disagree	11%	20%	18%	19%	21%	12%	18%	15%	17%	11%	18%
Tend to disagree	42%	37%	30%	33%	36%	33%	33%	32%	36%	36%	32%
Strongly disagree	34%	35%	42%	40%	31%	45%	39%	42%	40%	44%	41%

YouGov / Mental Health Foundatic

Sample Size 2330 GB Adults

Fieldwork : 9th - 10th April 2014

Working status							Marital Status				
Working full time	Working part time	ALL WORKERS (NET)	Full time student	Retired	Unemployed	Not working/ Other	Married/ Civil Partnership	Living as married	Separated/ Divorced	Widowed	Never Married

To what extent do you agree or disagree with each of the following statements? (Please tick ONE option on each row)

People are more anxious now than they were 5 years ago

Unweighted base	1154	246	1400	150	538	91	151	954	226	167	54	458
Base: All GB adults	1170	244	1414	132	523	98	163	973	236	157	55	462
Strongly agree	16%	14%	15%	8%	12%	17%	14%	13%	12%	19%	10%	11%
Tend to agree	41%	45%	42%	44%	45%	35%	40%	43%	45%	42%	52%	39%
Neither agree nor disagree	37%	32%	36%	38%	35%	41%	36%	37%	36%	36%	33%	41%
Tend to disagree	4%	7%	5%	6%	6%	2%	7%	5%	5%	2%	5%	7%
Strongly disagree	2%	2%	2%	3%	2%	5%	3%	2%	2%	1%	-	2%

A problem with anxiety is something I would visit my GP about

Unweighted base	1154	246	1400	150	538	91	151	954	226	167	54	458
Base: All GB adults	1170	244	1414	132	523	98	163	973	236	157	55	462
Strongly agree	7%	8%	7%	7%	7%	9%	15%	6%	10%	11%	12%	7%
Tend to agree	20%	18%	19%	12%	20%	24%	19%	19%	18%	20%	18%	17%
Neither agree nor disagree	25%	26%	25%	25%	25%	34%	29%	28%	28%	28%	21%	27%
Tend to disagree	33%	34%	33%	38%	30%	19%	23%	31%	35%	29%	30%	32%
Strongly disagree	16%	14%	15%	17%	18%	14%	13%	16%	10%	13%	20%	17%

Feeling anxious is a sign of not being able to cope

Unweighted base	1154	246	1400	150	538	91	151	954	226	167	54	458
Base: All GB adults	1170	244	1414	132	523	98	163	973	236	157	55	462
Strongly agree	4%	5%	5%	4%	4%	5%	9%	4%	4%	8%	8%	4%
Tend to agree	23%	20%	22%	15%	19%	24%	22%	21%	23%	27%	23%	21%
Neither agree nor disagree	25%	20%	24%	26%	22%	34%	26%	26%	25%	17%	22%	27%
Tend to disagree	32%	41%	34%	33%	36%	19%	29%	34%	36%	34%	32%	32%
Strongly disagree	16%	13%	15%	22%	18%	18%	14%	15%	12%	14%	15%	17%

Feeling anxious is something to be ashamed of

Unweighted base	1154	246	1400	150	538	91	151	954	226	167	54	458
Base: All GB adults	1170	244	1414	132	523	98	163	973	236	157	55	462
Strongly agree	3%	3%	3%	4%	2%	3%	4%	3%	1%	5%	1%	2%
Tend to agree	8%	8%	8%	3%	3%	7%	8%	6%	5%	7%	9%	7%
Neither agree nor disagree	18%	17%	18%	20%	11%	26%	16%	15%	15%	14%	9%	22%
Tend to disagree	35%	29%	34%	38%	37%	26%	32%	37%	40%	35%	35%	34%
Strongly disagree	36%	43%	37%	35%	48%	38%	39%	39%	39%	40%	46%	35%

YouGov / Mental Health Foundatic

Sample Size 2330 GB Adults

Fieldwork : 9th - 10th April 2014

Children in Household						Social Media (monthly or more)			
0	1	2	3+	ALL WITH CHILDREN IN HOUSEHOLD (NET)	Refused	Facebook	LinkedIn	Google+	Twitter

To what extent do you agree or disagree with each of the following statements? (Please tick ONE option on each row)

People are more anxious now than they were 5 years ago

Unweighted base	1642	292	208	89	589	99	1571	343	179	582
Base: All GB adults	1609	304	226	99	628	92	1568	333	186	570
Strongly agree	14%	15%	15%	12%	14%	16%	14%	13%	18%	12%
Tend to agree	43%	39%	44%	40%	41%	32%	42%	37%	42%	42%
Neither agree nor disagree	35%	41%	34%	37%	38%	40%	36%	39%	31%	40%
Tend to disagree	5%	4%	5%	9%	5%	6%	6%	7%	4%	4%
Strongly disagree	3%	1%	2%	2%	1%	6%	2%	4%	5%	2%

A problem with anxiety is something I would visit my GP about

Unweighted base	1642	292	208	89	589	99	1571	343	179	582
Base: All GB adults	1609	304	226	99	628	92	1568	333	186	570
Strongly agree	7%	10%	8%	9%	9%	7%	8%	7%	8%	9%
Tend to agree	19%	22%	18%	27%	21%	14%	21%	20%	26%	20%
Neither agree nor disagree	25%	27%	30%	27%	28%	30%	25%	22%	27%	28%
Tend to disagree	33%	29%	32%	25%	29%	22%	33%	36%	28%	32%
Strongly disagree	17%	12%	13%	12%	12%	26%	14%	16%	11%	12%

Feeling anxious is a sign of not being able to cope

Unweighted base	1642	292	208	89	589	99	1571	343	179	582
Base: All GB adults	1609	304	226	99	628	92	1568	333	186	570
Strongly agree	5%	4%	5%	4%	5%	7%	4%	2%	9%	5%
Tend to agree	20%	26%	23%	23%	25%	19%	21%	19%	19%	20%
Neither agree nor disagree	23%	23%	28%	30%	26%	30%	24%	20%	23%	22%
Tend to disagree	35%	33%	29%	30%	31%	21%	34%	39%	34%	37%
Strongly disagree	17%	14%	14%	13%	14%	22%	17%	20%	15%	17%

Feeling anxious is something to be ashamed of

Unweighted base	1642	292	208	89	589	99	1571	343	179	582
Base: All GB adults	1609	304	226	99	628	92	1568	333	186	570
Strongly agree	2%	4%	4%	7%	4%	3%	3%	3%	7%	3%
Tend to agree	5%	9%	10%	13%	10%	7%	6%	9%	10%	8%
Neither agree nor disagree	15%	19%	19%	24%	20%	30%	17%	15%	12%	16%
Tend to disagree	35%	32%	37%	28%	33%	26%	35%	31%	30%	35%
Strongly disagree	42%	36%	30%	28%	33%	34%	39%	43%	40%	38%

YouGov / Mental Health Foundatic

Sample Size 2330 GB Adults

Fieldwork : 9th - 10th April 2014

In general which ONE, if any, of the following statements do you think BEST describes your experience with anxiety in your everyday life?						You said that you feel anxious in your everyday life. In general, which ONE, if any, of the following BEST describes approximately how often you feel anxious?					
I feel anxious nearly all of the time	I feel anxious a lot of the time	I feel anxious some of the time	I rarely feel anxious	I never feel anxious	Don't know	Everyday	At least once a week, but not everyday	Several times a month, but less than once a week	Once a month	Less often than once a month	Don't know

To what extent do you agree or disagree with each of the following statements? (Please tick ONE option on each row)

People are more anxious now than they were 5 years ago

Unweighted base	96	324	957	803	115	35	334	566	394	184	648	54
Base: All GB adults	103	335	958	788	111	35	337	561	412	189	627	59
Strongly agree	33%	22%	13%	11%	10%	7%	26%	16%	12%	9%	11%	9%
Tend to agree	39%	46%	48%	36%	33%	25%	46%	49%	45%	40%	37%	31%
Neither agree nor disagree	24%	28%	34%	42%	45%	58%	23%	31%	37%	42%	41%	55%
Tend to disagree	3%	3%	4%	8%	7%	1%	3%	3%	4%	6%	9%	-
Strongly disagree	1%	2%	2%	3%	6%	9%	3%	1%	2%	3%	2%	5%

A problem with anxiety is something I would visit my GP about

Unweighted base	96	324	957	803	115	35	334	566	394	184	648	54
Base: All GB adults	103	335	958	788	111	35	337	561	412	189	627	59
Strongly agree	34%	15%	6%	3%	11%	11%	21%	8%	6%	2%	3%	-
Tend to agree	22%	24%	19%	16%	32%	5%	21%	21%	17%	28%	15%	10%
Neither agree nor disagree	17%	20%	26%	28%	30%	62%	17%	23%	26%	26%	28%	50%
Tend to disagree	20%	30%	34%	33%	15%	11%	28%	34%	37%	32%	32%	22%
Strongly disagree	7%	11%	14%	21%	12%	10%	13%	14%	14%	12%	22%	17%

Feeling anxious is a sign of not being able to cope

Unweighted base	96	324	957	803	115	35	334	566	394	184	648	54
Base: All GB adults	103	335	958	788	111	35	337	561	412	189	627	59
Strongly agree	29%	8%	3%	2%	8%	4%	13%	5%	3%	4%	1%	1%
Tend to agree	42%	35%	18%	15%	39%	17%	34%	25%	19%	14%	13%	13%
Neither agree nor disagree	11%	21%	27%	23%	19%	64%	19%	24%	26%	22%	23%	46%
Tend to disagree	9%	26%	36%	39%	22%	6%	23%	32%	35%	44%	40%	25%
Strongly disagree	10%	11%	16%	21%	12%	9%	11%	15%	17%	16%	22%	15%

Feeling anxious is something to be ashamed of

Unweighted base	96	324	957	803	115	35	334	566	394	184	648	54
Base: All GB adults	103	335	958	788	111	35	337	561	412	189	627	59
Strongly agree	15%	5%	2%	2%	1%	7%	6%	4%	1%	4%	2%	-
Tend to agree	18%	14%	6%	3%	1%	2%	13%	9%	6%	6%	2%	4%
Neither agree nor disagree	18%	23%	16%	14%	15%	56%	19%	17%	15%	12%	15%	29%
Tend to disagree	24%	27%	35%	38%	37%	12%	27%	32%	38%	40%	36%	36%
Strongly disagree	25%	32%	41%	42%	45%	23%	34%	37%	40%	39%	45%	30%

YouGov / Mental Health Foundation

Sample Size 2330 GB Adults

Fieldwork : 9th - 10th April 2014

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

I would be embarrassed to tell someone I have anxieties

Unweighted base	2330	1108	1222	295	332	361	476	866	1279	1051
Base: All GB adults	2330	1118	1212	279	412	382	442	816	1281	1049
Strongly agree	5%	6%	5%	8%	7%	4%	6%	4%	5%	6%
Tend to agree	24%	26%	22%	29%	32%	26%	23%	17%	25%	21%
Neither agree nor disagree	25%	28%	22%	21%	22%	28%	26%	27%	24%	27%
Tend to disagree	33%	29%	37%	31%	28%	30%	34%	37%	33%	33%
Strongly disagree	13%	11%	15%	10%	12%	11%	12%	16%	13%	14%

To what extent do you agree or disagree with each of the following statements? (Please tick ONE option on each row)

I get anxious more often these days than I used to

Unweighted base	2180	1010	1170	279	314	338	448	801	1212	968
Base: All GB adults who have ever felt anxious	2184	1026	1158	263	394	357	417	752	1218	966
Strongly agree	15%	12%	19%	20%	20%	13%	16%	12%	14%	17%
Tend to agree	32%	30%	33%	31%	28%	37%	34%	29%	30%	33%
Neither agree nor disagree	23%	23%	22%	26%	25%	24%	21%	20%	22%	23%
Tend to disagree	21%	22%	20%	15%	18%	18%	23%	25%	23%	18%
Strongly disagree	10%	12%	7%	8%	9%	7%	7%	13%	10%	9%

I wish I could be less anxious in my everyday life

Unweighted base	2180	1010	1170	279	314	338	448	801	1212	968
Base: All GB adults who have ever felt anxious	2184	1026	1158	263	394	357	417	752	1218	966
Strongly agree	23%	21%	25%	28%	28%	24%	23%	18%	21%	25%
Tend to agree	34%	32%	36%	34%	36%	38%	35%	30%	35%	32%
Neither agree nor disagree	29%	31%	27%	23%	25%	26%	28%	35%	27%	31%
Tend to disagree	10%	12%	8%	12%	10%	9%	11%	10%	12%	8%
Strongly disagree	4%	4%	4%	3%	2%	3%	4%	7%	5%	3%

Feelings of anxiety have sometimes stopped me from doing things

Unweighted base	2180	1010	1170	279	314	338	448	801	1212	968
Base: All GB adults who have ever felt anxious	2184	1026	1158	263	394	357	417	752	1218	966
Strongly agree	16%	13%	18%	20%	19%	17%	20%	11%	14%	19%
Tend to agree	32%	31%	33%	32%	36%	33%	32%	30%	35%	29%
Neither agree nor disagree	17%	17%	18%	21%	16%	18%	17%	16%	14%	21%
Tend to disagree	22%	23%	21%	19%	22%	18%	20%	27%	24%	20%
Strongly disagree	13%	16%	10%	8%	8%	13%	12%	17%	14%	11%

YouGov / Mental Health Foundatic

Sample Size 2330 GB Adults

Fieldwork : 9th - 10th April 2014

Region						
North	Midlands	East	London	South	Wales	Scotland

I would be embarrassed to tell someone I have anxieties

	North	Midlands	East	London	South	Wales	Scotland
Unweighted base	559	317	178	373	509	95	299
Base: All GB adults	573	382	224	298	534	116	203
Strongly agree	6%	5%	3%	5%	6%	5%	6%
Tend to agree	22%	28%	24%	23%	21%	25%	24%
Neither agree nor disagree	27%	23%	27%	24%	24%	19%	29%
Tend to disagree	33%	35%	30%	31%	36%	33%	28%
Strongly disagree	12%	10%	15%	17%	13%	18%	12%

To what extent do you agree or disagree with each of the following statements? (Please tick ONE option on each row)

I get anxious more often these days than I used to

	North	Midlands	East	London	South	Wales	Scotland
Unweighted base	520	302	163	350	482	86	277
Base: All GB adults who have ever felt anxious	533	366	203	281	505	108	189
Strongly agree	17%	16%	18%	15%	11%	20%	16%
Tend to agree	32%	33%	26%	30%	34%	19%	37%
Neither agree nor disagree	23%	22%	27%	24%	20%	29%	19%
Tend to disagree	20%	20%	19%	20%	24%	24%	18%
Strongly disagree	8%	9%	11%	11%	11%	9%	10%

I wish I could be less anxious in my everyday life

	North	Midlands	East	London	South	Wales	Scotland
Unweighted base	520	302	163	350	482	86	277
Base: All GB adults who have ever felt anxious	533	366	203	281	505	108	189
Strongly agree	24%	26%	17%	25%	20%	25%	23%
Tend to agree	34%	32%	33%	33%	35%	23%	41%
Neither agree nor disagree	30%	29%	32%	25%	29%	33%	25%
Tend to disagree	8%	11%	11%	13%	10%	11%	9%
Strongly disagree	4%	2%	7%	4%	5%	8%	2%

Feelings of anxiety have sometimes stopped me from doing things

	North	Midlands	East	London	South	Wales	Scotland
Unweighted base	520	302	163	350	482	86	277
Base: All GB adults who have ever felt anxious	533	366	203	281	505	108	189
Strongly agree	16%	19%	13%	14%	16%	19%	15%
Tend to agree	31%	28%	37%	36%	31%	27%	36%
Neither agree nor disagree	20%	20%	14%	15%	16%	16%	15%
Tend to disagree	22%	21%	21%	21%	24%	24%	23%
Strongly disagree	11%	12%	14%	13%	14%	14%	11%

YouGov / Mental Health Foundatic

Sample Size 2330 GB Adults

Fieldwork : 9th - 10th April 2014

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

I would be embarrassed to tell someone I have anxieties

Unweighted base	111	250	198	152	165	178	373	303	206	95	299
Base: All GB adults	114	252	207	181	201	224	298	325	209	116	203
Strongly agree	11%	5%	5%	6%	4%	3%	5%	7%	4%	5%	6%
Tend to agree	19%	21%	25%	21%	35%	24%	23%	23%	18%	25%	24%
Neither agree nor disagree	28%	29%	25%	28%	18%	27%	24%	22%	26%	19%	29%
Tend to disagree	30%	35%	32%	36%	34%	30%	31%	33%	41%	33%	28%
Strongly disagree	13%	10%	14%	9%	10%	15%	17%	14%	11%	18%	12%

To what extent do you agree or disagree with each of the following statements? (Please tick ONE option on each row)

I get anxious more often these days than I used to

Unweighted base	105	230	185	143	159	163	350	287	195	86	277
Base: All GB adults who have ever felt anxious	107	234	192	171	194	203	281	306	199	108	189
Strongly agree	24%	14%	18%	10%	21%	18%	15%	12%	11%	20%	16%
Tend to agree	21%	34%	34%	31%	34%	26%	30%	33%	37%	19%	37%
Neither agree nor disagree	17%	25%	22%	28%	17%	27%	24%	21%	18%	29%	19%
Tend to disagree	23%	20%	19%	22%	19%	19%	20%	25%	22%	24%	18%
Strongly disagree	14%	6%	7%	10%	8%	11%	11%	9%	12%	9%	10%

I wish I could be less anxious in my everyday life

Unweighted base	105	230	185	143	159	163	350	287	195	86	277
Base: All GB adults who have ever felt anxious	107	234	192	171	194	203	281	306	199	108	189
Strongly agree	26%	22%	24%	20%	31%	17%	25%	20%	22%	25%	23%
Tend to agree	34%	33%	36%	30%	34%	33%	33%	38%	32%	23%	41%
Neither agree nor disagree	26%	34%	28%	35%	24%	32%	25%	28%	30%	33%	25%
Tend to disagree	9%	9%	7%	12%	10%	11%	13%	10%	10%	11%	9%
Strongly disagree	5%	3%	5%	4%	1%	7%	4%	5%	6%	8%	2%

Feelings of anxiety have sometimes stopped me from doing things

Unweighted base	105	230	185	143	159	163	350	287	195	86	277
Base: All GB adults who have ever felt anxious	107	234	192	171	194	203	281	306	199	108	189
Strongly agree	22%	13%	16%	14%	24%	13%	14%	17%	14%	19%	15%
Tend to agree	22%	31%	37%	23%	33%	37%	36%	29%	34%	27%	36%
Neither agree nor disagree	20%	22%	18%	23%	17%	14%	15%	17%	13%	16%	15%
Tend to disagree	21%	25%	19%	25%	17%	21%	21%	25%	23%	24%	23%
Strongly disagree	15%	10%	9%	15%	10%	14%	13%	13%	16%	14%	11%

YouGov / Mental Health Foundatic

Sample Size 2330 GB Adults

Fieldwork : 9th - 10th April 2014

Working status							Marital Status					
Working full time	Working part time	ALL WORKERS (NET)	Full time student	Retired	Unemployed	Not working/ Other	Married/ Civil Partnership	Living as married	Separated/ Divorced	Widowed	Never Married	

I would be embarrassed to tell someone I have anxieties

Unweighted base	1154	246	1400	150	538	91	151	954	226	167	54	458
Base: All GB adults	1170	244	1414	132	523	98	163	973	236	157	55	462
Strongly agree	6%	2%	5%	5%	4%	9%	8%	4%	5%	5%	7%	6%
Tend to agree	27%	22%	26%	26%	16%	31%	20%	22%	24%	20%	22%	26%
Neither agree nor disagree	24%	25%	24%	25%	28%	28%	20%	28%	20%	26%	32%	24%
Tend to disagree	32%	36%	33%	34%	36%	23%	32%	33%	36%	38%	29%	31%
Strongly disagree	11%	14%	12%	10%	16%	10%	20%	13%	15%	11%	11%	13%

To what extent do you agree or disagree with each of the following statements? (Please tick ONE option on each row)

I get anxious more often these days than I used to

Unweighted base	1091	239	1330	143	485	84	138	880	209	157	49	433
Base: All GB adults who have ever felt anxious	1109	238	1347	125	471	91	150	902	218	148	49	436
Strongly agree	15%	17%	15%	19%	12%	28%	14%	11%	19%	19%	7%	17%
Tend to agree	34%	26%	33%	33%	30%	29%	27%	33%	32%	30%	33%	27%
Neither agree nor disagree	22%	27%	23%	25%	17%	38%	26%	21%	28%	24%	20%	26%
Tend to disagree	20%	21%	20%	16%	29%	14%	12%	22%	23%	23%	30%	20%
Strongly disagree	9%	10%	9%	7%	12%	8%	8%	10%	7%	4%	9%	10%

I wish I could be less anxious in my everyday life

Unweighted base	1091	239	1330	143	485	84	138	880	209	157	49	433
Base: All GB adults who have ever felt anxious	1109	238	1347	125	471	91	150	902	218	148	49	436
Strongly agree	23%	22%	23%	24%	17%	33%	34%	18%	17%	29%	16%	29%
Tend to agree	34%	39%	35%	39%	31%	31%	32%	35%	39%	32%	35%	31%
Neither agree nor disagree	28%	26%	28%	20%	36%	30%	22%	32%	30%	32%	37%	24%
Tend to disagree	11%	7%	10%	15%	10%	3%	11%	9%	10%	7%	9%	14%
Strongly disagree	4%	5%	4%	2%	7%	4%	0%	5%	3%	1%	3%	3%

Feelings of anxiety have sometimes stopped me from doing things

Unweighted base	1091	239	1330	143	485	84	138	880	209	157	49	433
Base: All GB adults who have ever felt anxious	1109	238	1347	125	471	91	150	902	218	148	49	436
Strongly agree	15%	18%	15%	18%	11%	20%	33%	12%	13%	18%	13%	23%
Tend to agree	34%	32%	33%	31%	29%	34%	30%	29%	37%	34%	26%	33%
Neither agree nor disagree	17%	18%	17%	21%	15%	22%	16%	19%	12%	24%	23%	18%
Tend to disagree	22%	22%	22%	21%	29%	12%	13%	25%	29%	16%	28%	15%
Strongly disagree	13%	10%	12%	9%	17%	11%	8%	16%	9%	8%	10%	11%

YouGov / Mental Health Foundatic

Sample Size 2330 GB Adults

Fieldwork : 9th - 10th April 2014

Children in Household						Social Media (monthly or more)			
0	1	2	3+	ALL WITH CHILDREN IN HOUSEHOLD (NET)	Refused	Facebook	LinkedIn	Google+	Twitter

I would be embarrassed to tell someone I have anxieties

Unweighted base	1642	292	208	89	589	99	1571	343	179	582
Base: All GB adults	1609	304	226	99	628	92	1568	333	186	570
Strongly agree	5%	7%	6%	4%	6%	5%	5%	5%	9%	6%
Tend to agree	22%	29%	22%	34%	27%	28%	25%	27%	22%	28%
Neither agree nor disagree	24%	19%	33%	36%	27%	35%	23%	24%	26%	21%
Tend to disagree	35%	32%	31%	17%	29%	20%	34%	33%	31%	33%
Strongly disagree	14%	13%	9%	10%	11%	13%	12%	12%	12%	12%

To what extent do you agree or disagree with each of the following statements? (Please tick ONE option on each row)

I get anxious more often these days than I used to

Unweighted base	1529	283	197	81	561	90	1481	323	167	558
Base: All GB adults who have ever felt anxious	1494	295	217	91	603	87	1479	314	177	547
Strongly agree	15%	18%	19%	10%	17%	17%	16%	12%	13%	17%
Tend to agree	30%	34%	36%	39%	36%	31%	32%	32%	38%	32%
Neither agree nor disagree	21%	25%	22%	30%	25%	28%	22%	20%	19%	22%
Tend to disagree	23%	17%	16%	15%	17%	12%	21%	23%	20%	21%
Strongly disagree	11%	6%	7%	7%	6%	12%	9%	13%	10%	8%

I wish I could be less anxious in my everyday life

Unweighted base	1529	283	197	81	561	90	1481	323	167	558
Base: All GB adults who have ever felt anxious	1494	295	217	91	603	87	1479	314	177	547
Strongly agree	22%	27%	22%	25%	25%	23%	23%	22%	21%	25%
Tend to agree	33%	35%	35%	39%	36%	30%	35%	34%	35%	35%
Neither agree nor disagree	29%	22%	34%	28%	27%	32%	28%	24%	28%	25%
Tend to disagree	10%	13%	7%	6%	10%	10%	10%	15%	12%	11%
Strongly disagree	5%	2%	1%	3%	2%	5%	4%	5%	4%	3%

Feelings of anxiety have sometimes stopped me from doing things

Unweighted base	1529	283	197	81	561	90	1481	323	167	558
Base: All GB adults who have ever felt anxious	1494	295	217	91	603	87	1479	314	177	547
Strongly agree	16%	20%	16%	11%	17%	15%	16%	16%	14%	19%
Tend to agree	32%	33%	30%	36%	32%	36%	33%	34%	35%	34%
Neither agree nor disagree	16%	17%	20%	23%	19%	26%	17%	16%	19%	14%
Tend to disagree	23%	19%	23%	21%	21%	12%	23%	24%	20%	23%
Strongly disagree	13%	10%	12%	9%	11%	11%	12%	10%	12%	10%

YouGov / Mental Health Foundatic

Sample Size 2330 GB Adults

Fieldwork : 9th - 10th April 2014

In general which ONE, if any, of the following statements do you think BEST describes your experience with anxiety in your everyday life?						You said that you feel anxious in your everyday life. In general, which ONE, if any, of the following BEST describes approximately how often you feel anxious?					
I feel anxious nearly all of the time	I feel anxious a lot of the time	I feel anxious some of the time	I rarely feel anxious	I never feel anxious	Don't know	Everyday	At least once a week, but not everyday	Several times a month, but less than once a week	Once a month	Less often than once a month	Don't know

I would be embarrassed to tell someone I have anxieties

Unweighted base	96	324	957	803	115	35	334	566	394	184	648	54
Base: All GB adults	103	335	958	788	111	35	337	561	412	189	627	59
Strongly agree	26%	10%	4%	3%	3%	2%	13%	6%	5%	3%	3%	6%
Tend to agree	33%	34%	27%	15%	18%	5%	32%	32%	25%	18%	16%	8%
Neither agree nor disagree	17%	19%	24%	28%	22%	74%	17%	22%	23%	26%	29%	49%
Tend to disagree	12%	26%	34%	39%	29%	9%	25%	30%	35%	41%	38%	33%
Strongly disagree	12%	11%	11%	14%	29%	10%	13%	10%	12%	12%	15%	5%

To what extent do you agree or disagree with each of the following statements? (Please tick ONE option on each row)

I get anxious more often these days than I used to

Unweighted base	96	324	957	803	-	-	334	566	394	184	648	54
Base: All GB adults who have ever felt anxious	103	335	958	788	-	-	337	561	412	189	627	59
Strongly agree	65%	41%	12%	2%	-	-	53%	20%	7%	2%	2%	-
Tend to agree	22%	40%	42%	17%	-	-	31%	47%	41%	29%	14%	12%
Neither agree nor disagree	9%	13%	26%	24%	-	-	10%	19%	28%	29%	24%	55%
Tend to disagree	2%	6%	16%	36%	-	-	4%	13%	17%	34%	36%	20%
Strongly disagree	1%	1%	4%	22%	-	-	3%	1%	7%	7%	24%	12%

I wish I could be less anxious in my everyday life

Unweighted base	96	324	957	803	-	-	334	566	394	184	648	54
Base: All GB adults who have ever felt anxious	103	335	958	788	-	-	337	561	412	189	627	59
Strongly agree	76%	60%	20%	3%	-	-	70%	34%	10%	7%	3%	2%
Tend to agree	12%	32%	51%	17%	-	-	25%	52%	49%	29%	15%	22%
Neither agree nor disagree	11%	7%	24%	46%	-	-	4%	13%	34%	43%	46%	64%
Tend to disagree	-	1%	4%	23%	-	-	0%	1%	7%	18%	23%	8%
Strongly disagree	1%	0%	1%	10%	-	-	1%	0%	0%	2%	13%	4%

Feelings of anxiety have sometimes stopped me from doing things

Unweighted base	96	324	957	803	-	-	334	566	394	184	648	54
Base: All GB adults who have ever felt anxious	103	335	958	788	-	-	337	561	412	189	627	59
Strongly agree	69%	43%	13%	2%	-	-	56%	20%	8%	3%	2%	1%
Tend to agree	21%	40%	42%	18%	-	-	31%	50%	36%	27%	17%	12%
Neither agree nor disagree	7%	12%	19%	19%	-	-	6%	13%	22%	25%	19%	49%
Tend to disagree	-	4%	21%	35%	-	-	4%	15%	25%	30%	34%	26%
Strongly disagree	3%	1%	5%	27%	-	-	3%	3%	9%	15%	29%	11%