YouGov
What the world thinks

YouGov survey results The Weather Channel – Braben

Seasonal Affective Disorder

GB Sample : 2031 GB adults
Fieldwork dates: 13th-14th October 2014

	Total	Gender		Age					Social Grade		Region						
	Base	Male	Female	18-24	25-34	35-44	45-54	55+	ABC1	C2DE	North	Midlands	East	London	South	Wales	Scotland
For the following questions, by "winter season" we mean the months September to February. And by "summer season" we mean the months March to August. In general, would you say your overall mood is better, worse, or no different in the winter season compared to the summer season?**																	
Unweighted base	2031	957	1074	226	263	362	452	728	1163	868	523	294	182	255	465	106	206
Base: All GB adults	2031	975	1056	244	324	369	383	711	1117	914	500	333	195	260	465	102	177
My mood is **much worse** in the winter season	16%	13%	19%	10%	18%	18%	16%	16%	15%	18%	16%	17%	14%	16%	17%	11%	18%
My mood is a **little worse** in the winter season	41%	39%	44%	35%	37%	46%	41%	43%	44%	38%	38%	41%	43%	42%	44%	47%	38%
My mood is **no different** in the winter season	34%	37%	31%	34%	32%	31%	34%	36%	35%	33%	38%	31%	34%	33%	31%	33%	36%
My mood is a **little better** in the winter season	4%	5%	3%	9%	5%	3%	3%	2%	3%	5%	4%	4%	5%	6%	3%	2%	2%
Much worse **much better** in the winter season	1%	2%	1%	5%	2%	0%	1%	1%	1%	3%	1%	1%	2%	1%	2%	2%	2%
Don't know	4%	4%	3%	6%	5%	3%	4%	2%	3%	4%	3%	5%	2%	3%	4%	5%	5%
Net: Worse	57%	52%	62%	45%	55%	63%	57%	59%	59%	56%	54%	58%	58%	58%	61%	58%	56%
Net: Better	5%	6%	4%	14%	8%	3%	4%	3%	3%	7%	5%	6%	6%	7%	5%	4%	4%

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	Base	Male	Female	18-24	25-34	35-44	45-54	55+	ABC1	C2DE	North	Midlands	East	London	South	Wales	Scotland
Would you say your **mood in the winter season makes you feel more, or less active compared to the summer season, or would you say there is no difference?**																	
Unweighted base	2031	957	1074	226	263	362	452	728	1163	868	523	294	182	255	465	106	206
Base: All GB adults	2031	975	1056	244	324	369	383	711	1117	914	500	333	195	260	465	102	177
Much less active in the winter season	22%	15%	28%	18%	25%	25%	21%	21%	21%	23%	21%	21%	22%	24%	21%	19%	26%
Slightly less active in the winter season	44%	42%	45%	41%	38%	47%	41%	47%	47%	41%	43%	47%	42%	39%	46%	48%	41%
No difference in the winter season	27%	33%	21%	28%	26%	24%	29%	27%	27%	27%	29%	23%	31%	28%	25%	23%	27%
Slightly more active in the winter season	4%	5%	3%	7%	4%	3%	4%	3%	3%	5%	3%	4%	4%	5%	4%	4%	2%
Much more active in the winter season	1%	1%	1%	0%	1%	-	1%	1%	1%	1%	1%	1%	0%	0%	1%	2%	0%
Don't know	3%	4%	2%	6%	5%	3%	3%	1%	2%	4%	4%	3%	1%	3%	2%	4%	4%
Net: Less Active	66%	58%	73%	59%	63%	71%	62%	68%	68%	63%	64%	69%	64%	63%	67%	67%	67%
Net: More Active	5%	6%	3%	8%	5%	3%	5%	4%	3%	6%	4%	5%	4%	5%	5%	6%	3%
Which, if any, of the following do you generally suffer from more of in the winter season? (Please select all that apply)																	
Unweighted base	2031	957	1074	226	263	362	452	728	1163	868	523	294	182	255	465	106	206
Base: All GB adults	2031	975	1056	244	324	369	383	711	1117	914	500	333	195	260	465	102	177
Low energy levels	39%	32%	45%	33%	39%	45%	38%	39%	41%	36%	34%	40%	44%	42%	40%	36%	43%
Trouble concentrating	7%	6%	9%	10%	8%	8%	8%	6%	7%	8%	6%	8%	7%	8%	7%	3%	11%
Fatigue (i.e. feeling tired)	40%	32%	47%	38%	43%	44%	39%	37%	41%	39%	36%	40%	46%	41%	41%	37%	39%
Greater appetite	27%	18%	35%	23%	27%	28%	27%	26%	28%	25%	23%	29%	28%	29%	28%	31%	22%
Increased desire to be alone	11%	9%	13%	16%	13%	14%	12%	7%	11%	11%	8%	9%	10%	17%	11%	14%	14%
Greater need for sleep	36%	28%	42%	39%	39%	43%	35%	29%	37%	34%	30%	37%	41%	40%	36%	34%	34%
Weight gain	30%	21%	38%	26%	29%	29%	31%	31%	31%	28%	28%	26%	32%	31%	32%	32%	29%
Low self-esteem	14%	12%	16%	18%	16%	18%	14%	10%	13%	15%	13%	13%	17%	15%	14%	13%	15%
Stress or anxiety	16%	14%	19%	18%	19%	18%	17%	14%	16%	17%	16%	15%	18%	18%	18%	16%	16%
None of these	24%	31%	18%	22%	21%	17%	26%	29%	24%	24%	30%	20%	21%	22%	22%	20%	29%
Don't know	5%	6%	4%	9%	9%	6%	4%	3%	4%	7%	5%	7%	3%	4%	5%	8%	6%

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	Total	Gender		Age					Social Grade		Region						
	Base	Male	Female	18-24	25-34	35-44	45-54	55+	ABC1	C2DE	North	Midlands	East	London	South	Wales	Scotland
Which, if any, of the following have you EVER **sought medical advice or treatment for during the winter season than in the summer season? (Please select all that apply)**																	
Unweighted base	2031	957	1074	226	263	362	452	728	1163	868	523	294	182	255	465	106	206
Base: All GB adults	2031	975	1056	244	324	369	383	711	1117	914	500	333	195	260	465	102	177
Low energy levels	4%	3%	5%	4%	5%	3%	2%	5%	4%	4%	4%	3%	4%	3%	5%	2%	6%
Trouble concentrating	2%	1%	2%	2%	0%	1%	2%	2%	2%	2%	2%	1%	1%	1%	3%	-	2%
Fatigue (i.e. feeling tired)	6%	4%	9%	4%	5%	6%	6%	9%	7%	6%	6%	4%	9%	4%	8%	6%	10%
Greater appetite	1%	1%	1%	1%	1%	1%	1%	1%	1%	1%	1%	0%	1%	1%	1%	-	1%
Increased desire to be alone	2%	1%	2%	3%	2%	1%	2%	1%	1%	2%	2%	1%	3%	1%	3%	1%	2%
Greater need for sleep	3%	2%	4%	4%	3%	3%	4%	3%	4%	3%	3%	3%	5%	3%	3%	2%	7%
Weight gain	3%	3%	3%	1%	3%	1%	3%	4%	3%	3%	3%	4%	3%	1%	3%	-	2%
Low self-esteem	3%	3%	4%	2%	4%	4%	4%	2%	3%	3%	3%	2%	4%	3%	4%	2%	6%
Stress or anxiety	8%	6%	11%	6%	8%	10%	10%	8%	8%	8%	8%	7%	9%	8%	9%	8%	10%
None of these	80%	84%	77%	80%	78%	81%	79%	82%	82%	78%	83%	79%	82%	81%	80%	80%	76%
Don't know	4%	4%	3%	6%	4%	3%	4%	2%	2%	5%	2%	4%	2%	4%	4%	7%	4%
For the following question, by "Seasonal Affective Disorder (SAD)" we are referring to the type of depression which tends to occur at the same time each year, usually during the winter.*N.B. Whereas Seasonal Affective Disorder (SAD) involves quite severe depression during the winter season that seriously affects a person's ability to function, some people have a lesser form known as subsyndromal SAD (S-SAD). In subsyndromal SAD a person has a noticeable change in mood between the seasons but this is not considered a disorder because the sufferer, whilst feeling a bit down and less sociable at times, is able to function relatively normal.* Which ONE, if any, of the following statements do you think BEST describes how you are affected, or not affected, by Seasonal Affective Disorder (SAD)?**																	
Unweighted base	2031	957	1074	226	263	362	452	728	1163	868	523	294	182	255	465	106	206
Base: All GB adults	2031	975	1056	244	324	369	383	711	1117	914	500	333	195	260	465	102	177
I suffer from Seasonal Affective Disorder and I have been diagnosed by a doctor or health professional	1%	1%	2%	1%	1%	1%	3%	1%	1%	1%	1%	1%	1%	2%	1%	1%	3%
I think I suffer from Seasonal Affective Disorder, but I have not been diagnosed by a doctor or health professional	7%	6%	7%	5%	10%	8%	6%	5%	6%	7%	7%	5%	7%	5%	8%	5%	6%
I think I suffer from a mild form of Seasonal Affective Disorder (i.e. there are noticeable changes in mood with the seasons, but not at a level I would consider to be a disorder), but I have not been diagnosed by a doctor or health professional	21%	18%	24%	19%	21%	24%	21%	21%	23%	19%	19%	20%	20%	20%	24%	28%	22%
I don't think I suffer from Seasonal Affective Disorder	51%	53%	50%	58%	46%	49%	51%	53%	53%	49%	51%	54%	55%	52%	51%	44%	49%
Don't know	6%	6%	6%	5%	8%	6%	5%	4%	4%	7%	6%	5%	6%	6%	4%	7%	8%
Prefer not to say	1%	1%	1%	1%	1%	0%	1%	1%	0%	1%	0%	1%	-	1%	1%	2%	1%
Not applicable – I do not believe in Seasonal Affective Disorder	13%	17%	10%	11%	13%	11%	13%	15%	12%	15%	15%	14%	11%	14%	11%	13%	12%

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