

## Therapy - Perceptions

Sample Size: 2,016 Adults

Fieldwork Dates: 8th - 9th July 2019

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

For the following question, by 'talking therapy', we mean psychological treatments for mental and emotional problems like stress, anxiety and depression. Thinking about talking therapy provided by the NHS (i.e. funded by taxpayers)...In your opinion, for which, if any, of the following scenarios do you think the NHS should provide talking therapy? (Please select all that apply)

	Unweighted base	2016	929	1087	185	299	330	334	868	1194	822
<b>Base: All GB Adults</b>	2016	978	1038	224	304	338	322	828	1149	867	
Loss or death of a loved one	66%	57%	75%	72%	70%	67%	66%	63%	69%	63%	
Going through a difficult period with a long-term romantic partner (e.g. not feeling happy in the relationship, arguing more often, etc.)	22%	20%	25%	39%	33%	25%	22%	13%	24%	20%	
A long-term romantic relationship breaking down (e.g. a divorce)	32%	25%	38%	46%	46%	35%	34%	20%	34%	29%	
Going through a difficult period with family, other than a loss (e.g. a serious argument etc.)	24%	19%	27%	39%	33%	28%	19%	15%	25%	22%	
Losing a job	27%	22%	31%	35%	40%	29%	25%	20%	29%	23%	
Suffering from a serious physical illness	73%	68%	78%	77%	73%	72%	74%	73%	77%	69%	
Going through a significant life change (other than losing someone or relationship breakdown) (e.g. moving cities, having children, starting a new job etc.)	28%	24%	32%	42%	41%	35%	28%	18%	31%	25%	
Going through a prolonged period of sadness, dejection or lack of energy without a clear reason	60%	53%	67%	68%	66%	60%	61%	56%	64%	56%	
None of these	7%	10%	4%	4%	4%	10%	6%	8%	6%	8%	
Don't know	11%	14%	8%	10%	14%	10%	10%	11%	9%	13%	

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As a reminder, by 'talking therapy', we mean treating mental health problems by talking with a psychiatrist, psychologist or other mental health provider, to learn about your moods, feelings, thoughts and behaviors. Now thinking about talking therapy provided by private healthcare (i.e. self-funded)... For which, if any, of the following scenarios would you consider paying for talking therapy provided by private healthcare? (Please select all that apply)

	2016	929	1087	185	299	330	334	868	1194	822
Unweighted base	2016	929	1087	185	299	330	334	868	1194	822
Base: All GB adults	2016	978	1038	224	304	338	322	828	1149	867
Loss or death of a loved one	36%	29%	42%	42%	46%	39%	36%	29%	41%	29%
Going through a difficult period with a long-term romantic partner (e.g. not feeling happy in the relationship, arguing more often, etc.)	23%	20%	26%	37%	35%	30%	25%	11%	28%	17%
A long-term romantic relationship breaking down (e.g. a divorce)	25%	21%	30%	39%	40%	32%	27%	13%	31%	18%
Going through a difficult period with family, other than a loss (e.g. a serious argument etc.)	20%	17%	24%	29%	31%	25%	23%	11%	24%	15%
Losing a job	16%	14%	17%	23%	22%	19%	19%	9%	19%	10%
Suffering from a serious physical illness	32%	29%	35%	42%	38%	32%	31%	28%	36%	26%
Going through a significant life change (other than losing someone or relationship breakdown) (e.g. moving cities, having children, starting a new job etc.)	22%	18%	26%	34%	33%	28%	25%	12%	27%	16%
Going through a prolonged period of sadness, dejection or lack of energy without a clear reason	34%	28%	41%	42%	44%	38%	34%	27%	39%	28%
None of these	29%	34%	25%	19%	20%	24%	28%	37%	23%	36%
Don't know	18%	20%	16%	20%	18%	18%	19%	18%	17%	20%

For the following question, please just think about the people you know, rather than yourself... Has someone you personally know ever received talking therapy for any reason? (Please select all that apply)

	2016	929	1087	185	299	330	334	868	1194	822
Unweighted base	2016	929	1087	185	299	330	334	868	1194	822
Base: All GB adults	2016	978	1038	224	304	338	322	828	1149	867
Someone I know is currently receiving this	20%	16%	23%	28%	26%	23%	18%	14%	22%	16%
Someone I know previously received this, but they're not currently	36%	30%	41%	37%	39%	35%	41%	32%	40%	30%
None of these	22%	23%	20%	20%	14%	20%	22%	26%	19%	25%
Don't know/ can't recall	25%	30%	19%	20%	22%	23%	22%	29%	22%	28%
Prefer not to say	4%	5%	3%	7%	6%	5%	3%	3%	4%	4%

Thinking about all types of therapy (e.g. counselling, cognitive behavioral therapy etc.)... How likely or unlikely do you think you would be to pursue therapy at any point in the future for mental health problems?

	2016	929	1087	185	299	330	334	868	1194	822
Unweighted base	2016	929	1087	185	299	330	334	868	1194	822
Base: All GB adults	2016	978	1038	224	304	338	322	828	1149	867
Very likely	12%	10%	13%	17%	14%	15%	12%	8%	12%	12%
Fairly likely	22%	19%	25%	33%	27%	24%	24%	15%	24%	19%
Fairly unlikely	19%	18%	20%	18%	20%	19%	19%	20%	20%	18%
Very unlikely	21%	24%	18%	9%	13%	15%	19%	30%	20%	22%
Don't know	22%	23%	21%	17%	21%	22%	22%	24%	21%	24%
Prefer not to say	4%	5%	3%	7%	6%	5%	4%	2%	4%	4%

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Thinking generally about British society at the moment...Do you think there is too much or too little emphasis on talking about your feelings and emotions as a way of getting through difficult times, or about the right amount?

Unweighted base	2016	929	1087	185	299	330	334	868	1194	822
<b>Base: All GB adults</b>	2016	978	1038	224	304	338	322	828	1149	867
Too much emphasis	17%	21%	13%	8%	8%	12%	16%	24%	16%	18%
About the right amount	32%	30%	35%	24%	29%	35%	34%	34%	34%	30%
Too little emphasis	37%	34%	40%	51%	48%	40%	36%	29%	38%	37%
Don't know	14%	16%	13%	17%	15%	14%	14%	13%	13%	16%