

YouGov Survey Results

Sample Size: 2090

Fieldwork: 20th February - 4th March

Total	Experience with mental health	NHS Mood retrospective
Base	Myself	11-27

When you were under the age of 16 did you ever do any of the following because you felt down?:

Thought about or attempted to end my own life :

E1_grid

	Unweighted Base	2090	693
Base: All adults aged 16-25	2090	631	
Daily	4%	10%	
Weekly	6%	12%	
Monthly	5%	10%	
Every couple of months	7%	15%	
Once	9%	16%	
Never	68%	37%	
NET Ever	32%	63%	

During the last two weeks, to what extent, if at all, has your mood interfered negatively with following areas of your life? Social life e.g. going out with friends :

A6_grid

	Unweighted Base	2090	693
Base: All adults aged 16-25	2090	631	
Not at all	55%	38%	
Several days	26%	32%	
More than half the days	10%	14%	
Nearly every day	9%	15%	
NET Ever	45%	62%	

During the last two weeks, to what extent, if at all, has your mood interfered negatively with following areas of your life?'School, university or work life' :

A6_grid

	Unweighted Base	2090	693
Base: All adults aged 16-25	2090	631	
Not at all	47%	36%	
Several days	28%	29%	
More than half the days	12%	17%	
Nearly every day	12%	18%	
NET Ever	53%	64%	

During the last two weeks, to what extent, if at all, has your mood interfered negatively with following areas of your life?Personal relationships e.g. with family or loved ones :

A6_grid

	Unweighted Base	2090	693
Base: All adults aged 16-25	2090	631	
Not at all	50%	33%	
Several days	30%	37%	
More than half the days	11%	18%	
Nearly every day	8%	12%	
NET Ever	50%	67%	

During the last two weeks, to what extent, if at all, has your mood interfered negatively with following areas of your life?Your thoughts about yourself e.g. confidence :

A6_grid

	Unweighted Base	2090	693
Base: All adults aged 16-25	2090	631	
Not at all	38%	20%	
Several days	31%	28%	
More than half the days	13%	18%	
Nearly every day	18%	34%	
NET Ever	62%	80%	

YouGov Survey Results

Sample Size: 2090

Fieldwork: 20th February - 4th March

Total	Experience with mental health	NHS Mood retrospective
Base	Myself	11-27

Thinking about the last two weeks how often have you been bothered by... Having little interest or pleasure in doing things : B1_grid

	Unweighted Base	2090	693
Base: All adults aged 16-25	2090	631	
Not at all	52%	32%	
Several days	28%	35%	
More than half the days	11%	18%	
Nearly every day	9%	15%	
NET Ever	48%	68%	

Thinking about the last two weeks how often have you been bothered by... 'Feeling down, depressed or hopeless' : B1_grid

	Unweighted Base	2090	693
Base: All adults aged 16-25	2090	631	
Not at all	48%	25%	
Several days	29%	33%	
More than half the days	11%	18%	
Nearly every day	12%	24%	
NET Ever	52%	75%	

Thinking about the last two weeks how often have you been bothered by... 'Trouble falling or staying asleep, or sleeping too much' : B1_grid

	Unweighted Base	2090	693
Base: All adults aged 16-25	2090	631	
Not at all	41%	22%	
Several days	29%	30%	
More than half the days	14%	20%	
Nearly every day	16%	29%	
NET Ever	59%	78%	

Thinking about the last two weeks how often have you been bothered by... Feeling tired or having little energy : B1_grid

	Unweighted Base	2090	693
Base: All adults aged 16-25	2090	631	
Not at all	32%	16%	
Several days	35%	32%	
More than half the days	16%	24%	
Nearly every day	17%	27%	
NET Ever	68%	84%	

Thinking about the last two weeks how often have you been bothered by... Poor appetite or overeating : B1_grid

	Unweighted Base	2090	693
Base: All adults aged 16-25	2090	631	
Not at all	55%	37%	
Several days	24%	28%	
More than half the days	12%	20%	
Nearly every day	9%	15%	
NET Ever	45%	63%	

Thinking about the last two weeks how often have you been bothered by... 'Feeling bad about yourself, or that you are a failure, or have let yourself or your family down' : B1_grid

	Unweighted Base	2090	693
Base: All adults aged 16-25	2090	631	
Not at all	50%	29%	
Several days	26%	30%	
More than half the days	11%	16%	
Nearly every day	12%	24%	
NET Ever	50%	71%	

YouGov Survey Results

Sample Size: 2090

Fieldwork: 20th February - 4th March

Total	Experience with mental health	NHS Mood retrospective
Base	Myself	11-27

Thinking about the last two weeks how often have you been bothered by... 'Trouble concentrating on things, such as reading the newspaper or watching television' : B1_grid

Unweighted Base	2090	693
Base: All adults aged 16-25	2090	631
Not at all	57%	37%
Several days	25%	32%
More than half the days	10%	16%
Nearly every day	8%	14%
NET Ever	43%	63%

Thinking about the last two weeks how often have you been bothered by... 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 : B1_grid

Unweighted Base	2090	693
Base: All adults aged 16-25	2090	631
Not at all	75%	63%
Several days	16%	22%
More than half the days	5%	10%
Nearly every day	4%	5%
NET Ever	25%	37%

NHS mood current

Unweighted Base	2090	693
Base: All adults aged 16-25	2090	631
0-10	76%	57%
11-27	24%	43%

When you were under the age of 16 did you ever do any of the following because you felt down? Found it hard to leave my house : E1_grid

Unweighted Base	2090	693
Base: All adults aged 16-25	2090	631
Daily	9%	21%
Weekly	9%	17%
Monthly	7%	11%
Every couple of months	10%	14%
Once	5%	5%
Never	61%	33%
NET Ever	39%	67%

To what extent do you think each of the following will be effective in tackling mental health issues among young people today? Putting mental health services online : G3_grid

Unweighted Base	2090	693
Base: All adults aged 16-25	2090	631
Very effective	26%	34%
Quite effective	42%	42%
Neither effective nor ineffective	23%	18%
Quite ineffective	5%	4%
Very ineffective	4%	2%
NET Effective	68%	76%
NET Ineffective	9%	6%

YouGov Survey Results

Sample Size: 2090

Fieldwork: 20th February - 4th March

Total	Experience with mental health	NHS Mood retrospective
Base	Myself	11-27

During periods when you felt down. What, in general, do you think made you feel that way? Please tick all that apply

	Unweighted Base	1411	597
Base: All adults aged 16-25 who felt down		1316	517
Pressure from my parents	25%		30%
Pressure to do well in school	44%		45%
Pressure from my friends (peer pressure)	17%		18%
Pressure from my brothers/ sisters (peer pressure)	8%		8%
Looking at celebrities	9%		10%
Not feeling like I was good enough	52%		66%
Worrying about my future	53%		56%
My physical health	15%		20%
My weight	34%		38%
How I looked	49%		52%
Difficulties with friends or family	43%		51%
The stress of taking care of family members	7%		10%
Stress at school	54%		56%
Problems or worries about money	22%		24%
Having no one to turn to	31%		47%
Something bad that happened	33%		42%
It was a physical issue i.e. chemical imbalance in my brain	12%		26%
Other	5%		7%
Don't know	5%		3%

When you were under the age of 16 did you ever do any of the following because you felt down?

Skipped/ took a day off school/ college : E1_grid

	Unweighted Base	2090	693
Base: All adults aged 16-25		2090	631
Daily	3%		8%
Weekly	10%		17%
Monthly	8%		15%
Every couple of months	12%		14%
Once	9%		7%
Never	57%		39%
NET Ever	43%		61%

Have you been bothered by any of the following in the last two weeks? Please tick all that apply.

	Unweighted Base	2090	693
Base: All adults aged 16-25		2090	631
Your physical health	24%		34%
Your mental health	20%		50%
Your weight	36%		46%
How you look	39%		47%
Difficulties with your friends or family	28%		39%
The stress of taking care of family members	8%		13%
Stress at work	22%		27%
Stress at school, college or university	39%		39%
Problems or worries about money	43%		52%
Having no one to turn to	20%		34%
Something bad that happened recently	16%		22%
Other	5%		6%
None of the above	13%		4%
NET: coding 3+	51%		70%
Mean number of answers	3.00		4.10

YouGov Survey Results

Sample Size: 2090

Fieldwork: 20th February - 4th March

Total	Experience with mental health	NHS Mood retrospective
Base	Myself	11-27

And have you felt any of the following in the last two weeks? ?Please tick all that apply.

	Unweighted Base	2090	693
Base: All adults aged 16-25		2090	631
Trembling	10%	19%	
A sensation that your heart is beating irregularly (palpitations)	13%	26%	
Restlessness	28%	44%	
A sense of dread	28%	50%	
Dizziness	16%	25%	
Drowsiness and tiredness	42%	59%	
Muscle aches and tension	28%	35%	
Dry mouth	17%	24%	
Excessive sweating	10%	14%	
Shortness of breath	12%	18%	
Stomach ache	21%	31%	
Feeling sick	24%	39%	
Diarrhoea	10%	16%	
Headache	42%	54%	
Excessive thirst	15%	22%	
None of these	20%	6%	
Prefer not to say	5%	2%	
NET: coding 3+	46%	68%	
Mean number of answers	3.20	4.70	

Again thinking about the last two weeks, have you experienced any of the following?Please tick all that apply.

	Unweighted Base	2090	693
Base: All adults aged 16-25		2090	631
Feeling constantly "on edge"	18%	36%	
Difficulty concentrating	34%	50%	
Being easily distracted	33%	41%	
Not wanting to do things that you previously enjoyed	19%	35%	
Not wanting to meet up with friends or avoiding situations	25%	41%	
Sleeping more or less than normal	35%	52%	
Eating more or less than normal	28%	43%	
Feeling irritable, upset, miserable or lonely	41%	63%	
Been impatient	29%	41%	
Being self-critical	33%	51%	
Feeling hopeless	24%	42%	
Thinking about or actually self-harming	9%	23%	
Feeling like you can't go on living	10%	21%	
Feeling tired and not having any energy	46%	61%	
None of these	15%	6%	
Prefer not to say	5%	2%	
NET: coding 3+	54%	75%	
Mean number of answers	3.80	6.00	

YouGov Survey Results

Sample Size: 2090

Fieldwork: 20th February - 4th March

Total	Experience with mental health	NHS Mood retrospective
Base	Myself	11-27

And in the last two weeks have you done any of the following? Please tick all that apply.

	Unweighted Base	2090	693
Base: All adults aged 16-25		2090	631
Hit or physically hurt another person	2%		3%
Shouted at another person	25%		29%
Mixed with people who get you into trouble	2%		4%
Broken something on purpose	4%		7%
Lost control	8%		16%
Wound people up	18%		19%
Been less sensitive to others compared to usual	21%		29%
None of these	49%		42%
Prefer not to say	5%		2%
NET: coding 3+	9%		13%
Mean number of answers	1.30		1.50

Still thinking about when you were under the age of 16, who did you talk with FIRST about how you were feeling? / Still thinking about when you were under the age of 16, who else (if anyone) did you talk with about how you were feeling?

	Unweighted Base	497	215
Who spoke to someone about how they were feeling		457	201
Doctor or nurse at a hospital	6%		10%
Doctor or nurse at my GP	15%		31%
A counsellor (face-to-face)	32%		52%
A counsellor (online)	2%		3%
A teacher	23%		32%
My parents	54%		52%
Brothers/ sisters	19%		15%
A friend	57%		50%
People online	12%		21%
Youth worker	7%		10%
Phoned a helpline	4%		8%
Other family member	5%		4%
Other	4%		8%
Not applicable - I didn't speak to anyone else	20%		14%

I feel let down by my experience of mental health support : G10_grid

	Unweighted Base	2090	693
Base: All adults aged 16-25		2090	631
Agree strongly	10%		24%
Agree slightly	14%		28%
Neither agree nor disagree	25%		19%
Disagree slightly	11%		13%
Disagree strongly	10%		9%
Not applicable	30%		7%
NET Agree	25%		52%
NET Disagree	21%		21%

YouGov Survey Results

Sample Size: 2090

Fieldwork: 20th February - 4th March

Total	Experience with mental health	NHS Mood retrospective
Base	Myself	11-27

When you were under the age of 16 were you ever bothered by any of the following? Please tick all that apply.

	Unweighted Base	2090	693
Base: All adults aged 16-25		2090	631
Your health	16%	16%	27%
Your weight or how you look	48%	48%	58%
Difficulties with your friends or family	37%	37%	55%
The stress of taking care of family members	7%	7%	13%
Stress at work, school, college, university or outside home	51%	51%	64%
Problems or worries about money	14%	14%	18%
Having no one to turn to	25%	25%	45%
Something bad that happened recently	18%	18%	31%
Other	1%	1%	1%
None of the above	24%	24%	9%
NET: coding 3+	36%	36%	57%
Mean number of answers	2.20	2.20	3.10

And did you ever experience any of the following when you were under 16 years old? Please tick all that apply.

	Unweighted Base	2090	693
Base: All adults aged 16-25		2090	631
Feeling constantly "on edge"	18%	18%	35%
Difficulty concentrating	25%	25%	40%
Being easily distracted	25%	25%	36%
Not wanting to do things that you previously enjoyed	19%	19%	34%
Not wanting to meet up with friends or avoiding situations	30%	30%	50%
Sleeping more or less than normal	24%	24%	41%
Eating more or less than normal	25%	25%	39%
Feeling irritable, upset, miserable or lonely	40%	40%	61%
Been impatient	24%	24%	32%
Being self-critical	42%	42%	60%
Feeling hopeless	27%	27%	51%
Thinking about or actually self-harming	20%	20%	39%
Feeling like you can't go on living	18%	18%	39%
Feeling tired and not having any energy	30%	30%	45%
None of these	22%	22%	7%
Prefer not to say	6%	6%	3%
NET: coding 3+	47%	47%	69%
Mean number of answers	3.70	3.70	6.00

Did you ever do any of the following when you were under 16 years old? Please tick all that apply.

	Unweighted Base	2090	693
Base: All adults aged 16-25		2090	631
Hit or physically hurt another person	20%	20%	28%
Shouted at another person	47%	47%	58%
Mixed with people who get you into trouble	20%	20%	30%
Broken something on purpose	23%	23%	34%
Lost control	23%	23%	36%
Wound people up	35%	35%	43%
Been less sensitive to others compared to usual	27%	27%	38%
None of these	28%	28%	18%
Prefer not to say	7%	7%	3%
NET: coding 3+	34%	34%	47%
Mean number of answers	1.90	1.90	2.70

YouGov Survey Results

Sample Size: 2090

Fieldwork: 20th February - 4th March

Total	Experience with mental health	NHS Mood retrospective
Base	Myself	11-27

When you were under 16 were you ever bothered by any of the following? 'Feeling bad about yourself, or that you are a failure, or have let yourself or your family down' : D1_grid

Unweighted Base	2090	693
Base: All adults aged 16-25	2090	631
Not at all	48%	22%
Several days	28%	31%
More than half the days	12%	21%
Nearly every day	12%	27%
NET Ever	52%	78%

When you were under 16 to what extent, if at all, did your mood interfere negatively with following areas of your life? 'School, university or work life' : C4_grid

Unweighted Base	2090	693
Base: All adults aged 16-25	2090	631
Not at all	41%	22%
Several days	34%	34%
More than half the days	12%	19%
Nearly every day	12%	24%
NET Ever	59%	78%

When you were under 16 were you ever bothered by any of the following? 'Trouble concentrating on things, such as reading the newspaper or watching television' : D1_grid

Unweighted Base	2090	693
Base: All adults aged 16-25	2090	631
Not at all	60%	38%
Several days	25%	32%
More than half the days	7%	16%
Nearly every day	7%	13%
NET Ever	40%	62%

When you were under the age of 16 did you ever do any of the following because you felt down? Distanced myself from my family : E1_grid

Unweighted Base	2090	693
Base: All adults aged 16-25	2090	631
Daily	11%	26%
Weekly	11%	19%
Monthly	9%	12%
Every couple of months	12%	14%
Once	7%	5%
Never	50%	23%
NET Ever	50%	77%

YouGov Survey Results

Sample Size: 2090

Fieldwork: 20th February - 4th March

Total	Experience with mental health	NHS Mood retrospective
Base	Myself	11-27

Why did you not seek help? Please tick all that apply.

	Unweighted Base	821	186
Base: All who never sought help		823	161
I didn't feel I needed to	40%		31%
I didn't realise I had a problem	13%		16%
I didn't think I could be helped	13%		26%
I didn't want to be helped	12%		22%
I didn't feel it was serious enough	33%		33%
I didn't think I would be taken seriously	13%		21%
I wasn't sure how to start the conversation	17%		31%
It quickly passed	16%		4%
I didn't know how to start	15%		30%
I was embarrassed	25%		52%
I didn't want to speak to someone face-to-face	16%		29%
There was no one I could talk to/ trusted	13%		25%
I thought it would just go away	19%		32%
I didn't want to be a burden	20%		30%
Other	3%		2%

Do you think it is important for young people to be encouraged to talk about their mental health?

	Unweighted Base	2090	693
Base: All adults aged 16-25		2090	631
Yes it is important	79%		88%
No it is not important	6%		5%
Don't know	14%		6%

I don't want to bother anyone with my problems :

G10_grid

	Unweighted Base	2090	693
Base: All adults aged 16-25		2090	631
Agree strongly	21%		36%
Agree slightly	36%		41%
Neither agree nor disagree	17%		11%
Disagree slightly	10%		8%
Disagree strongly	7%		4%
Not applicable	9%		2%
NET Agree	57%		76%
NET Disagree	17%		12%

Including education on mental health issues in the

national curriculum : G3_grid

	Unweighted Base	2090	693
Base: All adults aged 16-25		2090	631
Very effective	27%		41%
Quite effective	37%		36%
Neither effective nor ineffective	24%		12%
Quite ineffective	7%		8%
Very ineffective	5%		2%
NET Effective	64%		77%
NET Ineffective	12%		11%

A dedicated person to look after students' mental

health in every secondary school : G3_grid

	Unweighted Base	2090	693
Base: All adults aged 16-25		2090	631
Very effective	26%		40%
Quite effective	36%		37%
Neither effective nor ineffective	25%		13%
Quite ineffective	7%		7%
Very ineffective	5%		2%
NET Effective	62%		77%
NET Ineffective	13%		9%

YouGov Survey Results

Sample Size: 2090

Fieldwork: 20th February - 4th March

Total	Experience with mental health	NHS Mood retrospective
Base	Myself	11-27

Training for teachers on mental health issues and how they affect students : G3_grid

	Unweighted Base	2090	693
Base: All adults aged 16-25		2090	631
Very effective	27%	43%	
Quite effective	40%	38%	
Neither effective nor ineffective	23%	11%	
Quite ineffective	6%	5%	
Very ineffective	4%	2%	
NET Effective	67%	81%	
NET Ineffective	10%	7%	

What, if anything, would you have liked when you were under the age of 16 and felt down? Please tick all that apply

	Unweighted Base	1776	663
Base: All adults aged 16-25 who ever felt down		1721	600
I would have liked online support	17%	18%	
I wish I'd had support sooner	18%	32%	
I wish I'd known where to go	26%	34%	
I wish I'd had more/any support in school	24%	36%	
I wish I'd been able to speak to people my own age	24%	25%	
I wish someone had asked me how I was feeling	33%	39%	
I wish I'd learned about mental health and how to cope in school	27%	49%	
I wish my teachers had been more able to deal with mental health issues	17%	34%	
Other	13%	9%	

How many times did you talk to someone before you got the help/ advice/ response you wanted? Please note this may include talking to the same person a number of times or to different people before you got the help/ advice/ response you wanted.

	Unweighted Base	392	184	101
Base: All who spoke to more than one person		367	172	102
I never got the help/ advice/ response I wanted	33%	38%	47%	
Mean	8.40	13.80	22.90	

Which of the following do you think is the best way to respond to someone with mental health issues?

	Unweighted Base	2090	693
Base: All adults aged 16-25		2090	631
Medicine	2%	3%	
Talking therapies/ counselling	28%	28%	
A combination of the two	32%	45%	
Another way e.g. team activities, skills, confidence building activities	17%	17%	
Don't know	20%	7%	

Increase young people's participation in designing and delivering mental health services : G3_grid

	Unweighted Base	2090	693
Base: All adults aged 16-25		2090	631
Very effective	17%	23%	
Quite effective	39%	45%	
Neither effective nor ineffective	31%	23%	
Quite ineffective	8%	7%	
Very ineffective	4%	2%	
NET Effective	56%	68%	
NET Ineffective	12%	10%	