

YouGov - Focus and concentration

Fieldwork Dates: 16th - 19th July 2020

| Total | Age groups | | | | | Merged gender | |
|-------|------------|---------|---------|---------|-----|---------------|--------|
| | 18 - 24 | 25 - 34 | 35 - 44 | 45 - 54 | 55+ | Male | Female |

For the following question, please think about ANY changes to your ability to focus and pay attention that you may have experienced in recent years, EXCLUDING any changes that may have occurred due to the Coronavirus pandemic.

Thinking about recent years...

In general, would you say your ability to focus and pay attention for sustained periods of time has improved, worsened or stayed the same?

| | Unweighted base | 18 - 24 | 25 - 34 | 35 - 44 | 45 - 54 | 55+ | 1276 | 1491 | 1771 |
|---------------------------------|-----------------|------------|------------|------------|------------|------------|------------|------------|------|
| Base: All Country adults | 3262 | 389 | 511 | 573 | 562 | 1236 | 1582 | 1680 | |
| Improved a lot | 4% | 8% | 6% | 6% | 1% | 2% | 5% | 3% | |
| Improved a little | 8% | 15% | 12% | 7% | 8% | 4% | 9% | 7% | |
| Stayed the same | 46% | 27% | 39% | 43% | 48% | 56% | 47% | 45% | |
| Worsened a little | 26% | 23% | 24% | 22% | 27% | 29% | 23% | 28% | |
| Worsened a lot | 10% | 12% | 10% | 14% | 11% | 6% | 9% | 10% | |
| Don't know | 5% | 12% | 7% | 5% | 3% | 2% | 5% | 5% | |
| Prefer not to say | 2% | 2% | 2% | 2% | 2% | 0% | 2% | 2% | |
| Net: Improved | 12% | 23% | 18% | 13% | 9% | 6% | 14% | 10% | |
| Net: Worsened | 35% | 36% | 34% | 36% | 38% | 35% | 32% | 38% | |

You previously said that your ability to focus and pay attention has generally worsened over recent years...

Which, if any, of the following do you think could be reasons for this? (Please select all that apply)

| | Unweighted base | 18 - 24 | 25 - 34 | 35 - 44 | 45 - 54 | 55+ | 445 | 488 | 689 |
|---|-----------------|---------|---------|---------|---------|-----|-----|-----|-----|
| Base: All Country adults online whose focus and attention has worsened in recent years | 1177 | 127 | 177 | 207 | 221 | 430 | 512 | 645 | |
| Increased internet and/ or smartphone use (e.g. Facebook, Twitter, Zoom, etc.) | 37% | 61% | 56% | 46% | 38% | 17% | 35% | 38% | |
| Increase in stress | 48% | 53% | 66% | 53% | 55% | 33% | 43% | 51% | |
| Changes in my sleeping habits (e.g. less sleep, disturbed sleep, too much sleep, etc.) | 43% | 44% | 44% | 50% | 50% | 36% | 39% | 46% | |
| Having a more unhealthy diet (e.g. less nutritious food, more junk food, etc.) | 17% | 22% | 27% | 20% | 18% | 10% | 14% | 19% | |
| Increase in pollution (e.g. air pollution, noise pollution, etc.) | 9% | 13% | 12% | 9% | 8% | 6% | 9% | 8% | |
| Changes at work (e.g. feeling of a lack of meaning, not enjoying the work/ role, etc.) | 23% | 27% | 39% | 34% | 25% | 10% | 24% | 23% | |
| Changes in my life circumstances (e.g. having children, getting older, etc.) | 48% | 20% | 36% | 50% | 58% | 56% | 45% | 51% | |
| Increased exhaustion (e.g. having too much to do/ too much work, etc.) | 32% | 38% | 57% | 44% | 36% | 13% | 30% | 35% | |
| Other | 12% | 8% | 5% | 10% | 13% | 16% | 14% | 11% | |
| Don't know/ can't recall | 4% | 5% | 3% | 6% | 5% | 4% | 5% | 4% | |
| Prefer not to say | 1% | 1% | 1% | 1% | 0% | 1% | 1% | 0% | |

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| Total | Country | | In which census region do you live? | | | |
|-------|---------------|----|-------------------------------------|---------|-------|------|
| | United States | UK | Northeast | Midwest | South | West |

For the following question, please think about ANY changes to your ability to focus and pay attention that you may have experienced in recent years, EXCLUDING any changes that may have occurred due to the Coronavirus pandemic.

Thinking about recent years...

In general, would you say your ability to focus and pay attention for sustained periods of time has improved, worsened or stayed the same?

| | Unweighted base | 3262 | 1190 | 2072 | 218 | 267 | 434 | 271 |
|---------------------------------|-----------------|------------|------------|------------|------------|------------|------------|-----|
| Base: All Country adults | 3262 | 1190 | 2072 | 218 | 268 | 438 | 266 | |
| Improved a lot | 4% | 7% | 2% | 11% | 2% | 9% | 7% | |
| Improved a little | 8% | 8% | 8% | 9% | 7% | 8% | 9% | |
| Stayed the same | 46% | 48% | 46% | 52% | 57% | 42% | 43% | |
| Worsened a little | 26% | 20% | 29% | 14% | 17% | 22% | 27% | |
| Worsened a lot | 10% | 8% | 10% | 6% | 8% | 9% | 9% | |
| Don't know | 5% | 6% | 4% | 6% | 5% | 8% | 4% | |
| Prefer not to say | 2% | 3% | 1% | 2% | 3% | 3% | 2% | |
| Net: Improved | 12% | 15% | 10% | 20% | 9% | 17% | 16% | |
| Net: Worsened | 35% | 28% | 40% | 20% | 25% | 31% | 35% | |

You previously said that your ability to focus and pay attention has generally worsened over recent years...

Which, if any, of the following do you think could be reasons for this? (Please select all that apply)

| | Unweighted base | 1177 | 344 | 833 | 44 | 69 | 136 | 95 |
|---|-----------------|------|-----|-----|-----|-----|-----|----|
| Base: All Country adults online whose focus and attention has worsened in recent years | 1177 | 344 | 833 | 44 | 69 | 136 | 95 | |
| Increased internet and/ or smartphone use (e.g. Facebook, Twitter, Zoom, etc.) | 37% | 31% | 39% | 21% | 35% | 32% | 33% | |
| Increase in stress | 48% | 48% | 47% | 43% | 60% | 48% | 43% | |
| Changes in my sleeping habits (e.g. less sleep, disturbed sleep, too much sleep, etc.) | 43% | 40% | 44% | 26% | 53% | 41% | 35% | |
| Having a more unhealthy diet (e.g. less nutritious food, more junk food, etc.) | 17% | 19% | 16% | 16% | 18% | 22% | 17% | |
| Increase in pollution (e.g. air pollution, noise pollution, etc.) | 9% | 6% | 10% | 5% | 7% | 6% | 7% | |
| Changes at work (e.g. feeling of a lack of meaning, not enjoying the work/ role, etc.) | 23% | 15% | 27% | 6% | 21% | 15% | 15% | |
| Changes in my life circumstances (e.g. having children, getting older, etc.) | 48% | 45% | 49% | 42% | 55% | 42% | 44% | |
| Increased exhaustion (e.g. having too much to do/ too much work, etc.) | 32% | 29% | 34% | 25% | 33% | 29% | 26% | |
| Other | 12% | 14% | 11% | 11% | 16% | 15% | 11% | |
| Don't know/ can't recall | 4% | 4% | 4% | 4% | 3% | 5% | 4% | |
| Prefer not to say | 1% | 2% | 1% | 3% | - | 2% | 1% | |

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| Total | New GOR | | | | | | | |
|-------|---------|----------|------|--------|-------|-------|----------|------------------|
| | North | Midlands | East | London | South | Wales | Scotland | Northern Ireland |

For the following question, please think about ANY changes to your ability to focus and pay attention that you may have experienced in recent years, EXCLUDING any changes that may have occurred due to the Coronavirus pandemic.

Thinking about recent years...

In general, would you say your ability to focus and pay attention for sustained periods of time has improved, worsened or stayed the same?

| | | | | | | | | | |
|---------------------------------|-------------|------------|------------|------------|------------|------------|------------|------------|------------|
| Unweighted base | 3262 | 468 | 331 | 183 | 268 | 481 | 102 | 177 | 62 |
| Base: All Country adults | 3262 | 483 | 334 | 179 | 271 | 476 | 99 | 174 | 56 |
| Improved a lot | 4% | 2% | 1% | 2% | 4% | 2% | 2% | 1% | 5% |
| Improved a little | 8% | 8% | 9% | 3% | 8% | 8% | 9% | 7% | 12% |
| Stayed the same | 46% | 49% | 47% | 47% | 40% | 43% | 45% | 45% | 45% |
| Worsened a little | 26% | 27% | 27% | 30% | 30% | 32% | 29% | 30% | 24% |
| Worsened a lot | 10% | 8% | 11% | 14% | 10% | 11% | 12% | 12% | 12% |
| Don't know | 5% | 4% | 5% | 3% | 7% | 3% | 3% | 4% | 1% |
| Prefer not to say | 2% | 2% | 1% | 1% | 1% | 0% | 1% | 1% | - |
| Net: Improved | 12% | 10% | 10% | 5% | 13% | 10% | 11% | 8% | 17% |
| Net: Worsened | 35% | 35% | 37% | 44% | 39% | 43% | 41% | 42% | 36% |

You previously said that your ability to focus and pay attention has generally worsened over recent years...

Which, if any, of the following do you think could be reasons for this? (Please select all that apply)

| | | | | | | | | | |
|---|-------------|------------|------------|-----------|------------|------------|-----------|-----------|-----------|
| Unweighted base | 1177 | 167 | 128 | 79 | 110 | 209 | 42 | 75 | 23 |
| Base: All Country adults online whose focus and attention has worsened in recent years | 1157 | 169 | 125 | 78 | 107 | 206 | 40 | 72 | 20 |
| Increased internet and/ or smartphone use (e.g. Facebook, Twitter, Zoom, etc.) | 37% | 40% | 33% | 37% | 48% | 40% | 43% | 34% | 32% |
| Increase in stress | 48% | 50% | 44% | 43% | 44% | 48% | 44% | 52% | 64% |
| Changes in my sleeping habits (e.g. less sleep, disturbed sleep, too much sleep, etc.) | 43% | 45% | 44% | 25% | 50% | 44% | 57% | 44% | 65% |
| Having a more unhealthy diet (e.g. less nutritious food, more junk food, etc.) | 17% | 17% | 16% | 11% | 16% | 16% | 18% | 23% | 15% |
| Increase in pollution (e.g. air pollution, noise pollution, etc.) | 9% | 13% | 8% | 8% | 13% | 9% | 7% | 7% | 4% |
| Changes at work (e.g. feeling of a lack of meaning, not enjoying the work/ role, etc.) | 23% | 31% | 27% | 22% | 21% | 27% | 18% | 36% | 19% |
| Changes in my life circumstances (e.g. having children, getting older, etc.) | 48% | 50% | 52% | 36% | 52% | 49% | 49% | 45% | 68% |
| Increased exhaustion (e.g. having too much to do/ too much work, etc.) | 32% | 36% | 36% | 31% | 35% | 29% | 39% | 36% | 39% |
| Other | 12% | 12% | 13% | 13% | 11% | 11% | 15% | 7% | 9% |
| Don't know/ can't recall | 4% | 5% | 6% | 8% | 3% | 2% | 2% | 4% | 11% |
| Prefer not to say | 1% | - | - | - | 1% | 1% | - | 3% | - |