

YouGov Survey Results

Sample Size: 3959 adults who work full or part time

Fieldwork: 11th - 27th April 2022



	Vote in 2019 GE				EU Ref 2016		Gender		Age (1)				Social Grade		Region				
Total	Con	Lab	Lib Dem	Remain	Leave	Male	Female	18-24	25-49	50-64	65+	ABC1	C2DE	London	Rest of South	Midlands / Wales	North	Scotland	
Weighted Sample	3959	1342	982	356	1469	1568	1924	2035	432	1651	954	922	2257	1702	475	1330	859	954	340
Unweighted Sample	3959	1156	1096	374	1787	1367	1785	2174	247	2339	1149	224	2620	1339	423	1330	889	947	370
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%

Do you have a long-term mental health condition?

Yes I do	14	11	16	14	13	12	12	16	20	17	14	7	14	14	12	14	14	15	13
No I do not	76	84	73	80	79	82	77	75	57	71	79	90	78	74	74	78	76	75	75
Don't know	6	3	6	4	4	4	6	5	12	7	4	2	5	7	7	5	8	5	5
Prefer not to say	4	2	5	2	4	2	4	4	11	5	3	1	3	6	6	3	3	5	7

Have you ever taken any time off work because of your mental health?

Yes, for my reasons connected to my long-term mental health condition <i>[Shown to those who said they do have a long term mental health condition]</i>	7	5	9	7	8	6	6	8	9	10	7	2	7	8	4	8	7	7	7
Yes, for reasons unconnected to my long-term mental health condition <i>[Shown to those who said they do have a long term mental health condition]</i>	1	1	1	1	1	1	2	2	2	2	0	0	1	1	1	1	2	1	1
Yes <i>[Shown to those who said they do not have a long term mental health condition]</i>	11	10	12	18	13	10	8	14	5	11	14	10	12	9	9	10	12	11	10
TOTAL YES	19	15	22	26	21	16	15	23	14	22	22	12	20	17	13	20	21	18	19
No	74	82	70	71	74	79	79	69	65	69	73	88	75	73	78	76	71	74	71
Don't know	3	1	3	1	1	2	2	4	11	3	2	0	2	4	4	1	4	3	4
Prefer not to say	4	2	5	2	4	3	4	4	10	6	3	0	3	6	5	3	4	5	6

Thinking about the occasions you have taken time off work for your mental health, how often did you actively conceal the fact that it was for mental health reasons (i.e. you pretended you had to take time off work for some other reason)?

[Asked to those have taken time off work for their mental health; n=841]

Every time	15	13	16	21	14	17	15	15	29	17	7	17	16	14	18	18	14	14	11
Most times	16	15	15	23	16	13	15	16	24	17	15	9	17	14	15	13	19	16	21
Some times	20	13	28	14	21	15	24	17	30	23	13	15	21	17	24	20	17	18	24
Rarely	12	14	11	7	13	13	11	13	5	12	13	13	11	14	15	10	11	16	7
Never	35	42	30	34	35	39	31	36	3	27	50	46	33	36	25	36	37	32	35
Don't know	2	4	1	0	1	2	3	2	7	3	1	0	1	4	3	2	1	4	3

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	Do you have a long-term mental health condition?					Age (2)					Gender + Age									
	Total	Yes I do	No I do not	Don't know	Prefer not to say	18-29	30-39	40-49	50-59	60+	Male 18-29	Male 30-39	Male 40-49	Male 50-59	Male 60-69	Female 18-29	Female 30-39	Female 40-49	Female 50-59	Female 60-69
Weighted Sample	3959	556	3008	227	168	625	613	844	666	1211	295	286	456	307	579	330	328	388	358	631
Unweighted Sample	3959	622	2919	247	171	522	879	1185	812	561	178	344	567	388	308	344	535	618	424	253
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%

Do you have a long-term mental health condition?

Yes I do	14	100	0	0	0	20	15	17	15	8	13	12	15	14	9	26	18	19	15	7
No I do not	76	0	100	0	0	59	71	73	78	88	68	72	74	79	85	51	70	72	78	91
Don't know	6	0	0	100	0	11	7	7	4	2	8	7	9	4	4	13	8	5	4	1
Prefer not to say	4	0	0	0	100	10	7	3	3	1	10	9	2	3	2	10	5	4	4	1

Have you ever taken any time off work because of your mental health?

Yes, for my reasons connected to my long-term mental health condition <i>[Shown to those who said they do have a long term mental health condition]</i>	7	51	0	0	0	9	9	10	8	3	5	8	9	8	4	13	11	11	7	3
Yes, for reasons unconnected to my long-term mental health condition <i>[Shown to those who said they do have a long term mental health condition]</i>	1	9	0	0	0	2	1	2	2	0	0	2	2	2	0	3	1	3	2	0
Yes <i>[Shown to those who said they do not have a long term mental health condition]</i>	11	0	14	0	0	6	14	10	14	10	4	10	8	9	7	8	16	13	18	14
TOTAL YES	19	56	13	0	-1	15	23	21	22	15	9	18	18	19	11	21	28	26	26	16
No	74	42	85	49	31	67	66	72	72	85	78	71	75	77	89	56	62	67	67	82
Don't know	3	1	1	35	7	9	4	3	2	0	4	3	3	1	0	13	4	2	2	1
Prefer not to say	4	1	1	16	63	9	7	4	4	0	9	8	4	3	0	10	6	5	5	1

Thinking about the occasions you have taken time off work for your mental health, how often did you actively conceal the fact that it was for mental health reasons (i.e. you pretended you had to take time off work for some other reason)?

[Asked to those have taken time off work for their mental health; n=841]

Every time	15	15	16	0	0	28	20	13	8	13	42	17	15	9	10	24	21	12	8	15
Most times	16	19	14	0	0	24	16	17	17	10	12	10	21	21	9	27	20	14	14	10
Some times	20	25	15	0	0	27	24	22	15	13	40	24	19	20	26	22	24	24	12	6
Rarely	12	13	12	0	0	11	13	11	14	12	3	14	8	22	7	14	12	13	9	15
Never	35	25	42	0	0	6	24	34	46	51	4	28	33	27	47	6	21	34	57	54
Don't know	2	3	2	0	0	5	3	3	1	0	0	6	4	2	0	6	2	3	0	1

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Weighted Sample
Unweighted Sample

	Vote in 2019 GE				EU Ref 2016		Gender		Age (1)				Social Grade		Region				
Total	Con	Lab	Lib Dem	Remain	Leave	Male	Female	18-24	25-49	50-64	65+	ABC1	C2DE	London	Rest of South	Midlands / Wales	North	Scotland	
3959	1342	982	356	1469	1568	1924	2035	432	1651	954	922	2257	1702	475	1330	859	954	340	
%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	

Thinking about the occasions you have taken time off for your mental health, what reasons did you have for *not* telling your employer that you were doing so for mental health reasons? Tick all that apply:

[Asked to those who have taken time off work for their mental health and have actively concealed the fact that it was for mental health reasons; n=549]

I thought my employer would make me come into work if I was not physically sick	24	16	28	16	23	21	23	25	39	27	22	3	21	31	18	25	22	26	31
I was worried or embarrassed about talking about mental health issues with my employer	42	37	46	46	40	39	37	44	48	44	33	42	43	40	46	47	36	43	27
I would prefer my employer not to know about my mental health issues	42	49	34	51	41	37	44	40	54	39	36	56	41	44	45	45	43	34	48
I was worried that I would be seen as a less capable employee if I took a day off for my mental health	52	49	63	44	60	48	55	50	42	58	47	44	57	44	63	54	44	54	47
I didn't feel like explaining to my employer why I was taking a day off	32	26	34	30	30	31	31	33	42	31	27	36	29	37	42	31	27	37	23
I did not want my employer to know about my underlying mental health condition	18	20	20	16	18	20	25	14	20	20	20	7	16	23	20	22	14	17	21
Some other reason [See Tab 1]	5	5	3	7	6	5	4	5	2	4	10	0	5	4	5	4	4	5	6
Don't know	5	5	3	1	4	8	7	4	0	5	9	5	3	8	2	3	7	4	13
N/A - I never give my employer a reason for being off work or I am not required to provide a reason for being off work	7	6	3	18	4	12	4	9	10	6	5	15	8	5	2	8	6	10	3

Sample Size: 3959 adults who work full or part time

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Weighted Sample
Unweighted Sample

Total	Do you have a long-term mental health condition?				Age (2)					Gender + Age									
	Yes I do	No I do not	Don't know	Prefer not to say	18-29	30-39	40-49	50-59	60+	Male 18-29	Male 30-39	Male 40-49	Male 50-59	Male 60-69	Female 18-29	Female 30-39	Female 40-49	Female 50-59	Female 60-69
3959	556	3008	227	168	625	613	844	666	1211	295	286	456	307	579	330	328	388	358	631
%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%

Thinking about the occasions you have taken time off for your mental health, what reasons did you have for *not* telling your employer that you were doing so for mental health reasons? Tick all that apply:

[Asked to those who have taken time off work for their mental health and have actively concealed the fact that it was for mental health reasons; n=549]

I thought my employer would make me come into work if I was not physically sick	24	27	22	0	0	37	31	22	26	4	52	31	20	21	0	31	31	24	31	7
I was worried or embarrassed about talking about mental health issues with my employer	42	46	38	0	0	50	43	42	36	37	53	35	42	32	28	48	46	42	39	44
I would prefer my employer not to know about my mental health issues	42	37	46	0	0	50	38	38	34	52	70	35	39	36	55	43	39	37	32	50
I was worried that I would be seen as a less capable employee if I took a day off for my mental health	52	56	48	0	0	52	61	52	49	43	65	54	49	50	63	47	64	54	48	29
I didn't feel like explaining to my employer why I was taking a day off	32	30	34	0	0	41	29	31	27	34	35	33	28	24	40	43	26	33	30	30
I did not want my employer to know about my underlying mental health condition	18	38	0	0	0	22	14	24	20	11	34	17	24	27	24	17	12	25	14	1
Some other reason [See Tab 1]	5	4	5	0	0	1	5	4	9	3	0	2	4	9	3	2	7	5	10	3
Don't know	5	6	4	0	0	1	3	6	8	7	0	9	5	10	11	2	0	8	6	4
N/A - I never give my employer a reason for being off work or I am not required to provide a reason for being off work	7	5	9	0	0	10	5	6	6	11	6	0	6	8	0	11	7	5	3	19