

YouGov - Mental health prevalence

Sample Size: 1669 adults in GB
Fieldwork: 27th - 28th September 2021

	Vote in 2019 GE			2016 EU Ref		Gender		Age				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	1669	566	414	150	619	661	811	858	182	696	402	389	951	718	200	561	362	402	144
Unweighted Sample	1669	575	424	160	675	666	715	954	136	681	421	431	975	694	184	588	367	398	132
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%

How much of an impact, if at all, has the coronavirus outbreak had on the state of your mental health?

Very negative	9	7	11	8	9	8	9	8	11	10	8	5	7	11	8	10	8	8	8
Moderately negative	18	13	25	22	19	15	15	20	32	18	17	13	18	18	24	17	19	18	13
Slightly negative	30	29	31	37	37	29	26	34	17	32	31	31	32	27	25	32	29	29	32
TOTAL NEGATIVE	57	49	67	67	65	52	50	62	60	60	56	49	57	56	57	59	56	55	53
No impact	31	42	20	22	24	40	37	25	22	26	31	44	30	32	30	28	30	34	37
Slightly positive	4	3	6	1	5	2	3	4	5	4	4	2	4	3	4	4	4	4	2
Moderately positive	2	2	1	5	3	2	2	2	2	2	3	1	2	1	2	2	2	2	1
Very positive	1	1	1	3	1	1	1	2	0	1	1	2	1	1	1	2	1	0	1
TOTAL POSITIVE	7	6	8	9	9	5	6	8	7	7	8	5	7	5	7	8	7	6	4
Don't know	3	1	5	2	2	2	4	3	4	4	2	2	3	4	2	3	5	3	4
Prefer not to say	2	1	1	1	1	1	2	2	6	3	2	0	2	3	3	2	2	3	2

Generally speaking, do you consider mental health problems or physical health problems to be more serious, or are they equally serious?

Mental health problems are generally more serious than physical health problems	9	9	9	3	7	10	11	7	13	11	6	7	8	10	9	9	7	11	12
Physical health problems are generally more serious than mental health problems	11	14	7	10	8	13	14	8	8	10	13	11	11	11	7	10	12	11	18
They are equally serious	74	72	80	85	82	71	69	80	71	72	76	79	76	72	76	77	75	73	66
Don't know	6	5	4	2	3	6	6	5	7	7	5	3	5	7	8	5	7	6	4

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	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%

How well equipped do you feel to be able to support a close friend or family member who is struggling with their mental health?

Very well	9	8	8	9	7	9	7	10	9	9	9	8	8	10	3	8	11	11	7
Fairly well	44	47	44	42	48	47	39	50	48	42	47	43	45	43	47	42	41	47	48
TOTAL WELL	53	55	52	51	55	56	46	60	57	51	56	51	53	53	50	50	52	58	55
Not very well	33	31	37	37	37	30	37	29	28	33	33	36	35	31	37	35	34	28	34
Not at all well	6	6	4	8	5	6	8	4	5	6	6	5	5	7	5	8	4	4	5
TOTAL NOT WELL	39	37	41	45	42	36	45	33	33	39	39	41	40	38	42	43	38	32	39
Don't know	8	8	7	4	4	8	10	7	10	10	5	8	7	10	9	7	11	9	5

Do you know anyone personally, including yourself, with a mental health problem? Please select all that apply

Yes, a family member	35	32	44	37	41	31	28	41	45	34	38	28	37	32	34	34	36	36	32
Yes, a friend	29	25	38	36	37	20	24	34	53	33	25	17	33	25	36	32	27	26	25
Yes, me	26	21	34	23	29	20	23	29	49	31	24	10	25	28	28	25	28	29	21
No I do not	25	32	16	21	16	35	32	19	12	20	24	42	22	29	24	24	26	22	39
Yes, someone else	15	11	21	22	20	11	13	17	16	18	15	10	19	10	13	15	15	18	12
Don't know	5	4	6	6	4	5	6	4	5	5	4	6	6	4	6	4	6	5	3
Prefer not to say	7	5	6	7	7	6	8	6	10	9	7	3	7	7	10	9	5	6	5