

YouGov / DCMS Survey Results

Sample Size: 1048 university students aged 18 to 24

Fieldwork Dates: 28th July - 21st August 2023



Total	Gender				Sexual Orientation		Disability Status			
	Male	Female	In another way	Prefer not to say	Straight	LGB+	Yes, limited a lot	Yes, limited a little	No	Net: Yes, limited
	K	L	M	N	AI	AJ	AV	AW	AX	AY

Before you began your current university course, do you recall being concerned or nervous about any of the following? (Please select all that apply)

Unweighted base	1048	426	617	4	1	652	320	47	182	800	229
Base: All respondents	1048	516	528	3	1	654	319	49	181	799	230
Meeting new people and making new friends	64%	57%	70%	52%	-	62%	72%	54%	73%	63%	69%
			K	**	**		AI	*	AV,AX		AV
Feeling lonely	52%	47%	57%	48%	-	48%	62%	46%	61%	51%	58%
			K	**	**		AI	*	AX		
Managing money	49%	45%	53%	21%	100%	48%	54%	53%	54%	49%	53%
			K	**	**			*			
The difficulty level of my course	49%	46%	52%	48%	-	48%	52%	61%	56%	47%	57%
			**	**	**			*	AX		AX
'Fitting in'	48%	44%	53%	21%	-	45%	55%	52%	53%	47%	53%
			K	**	**		AI	*			
Maintaining friendships (both existing friends from home or new connections)	48%	41%	55%	28%	-	44%	58%	51%	54%	47%	54%
			K	**	**		AI	*			
Feeling homesick	27%	20%	34%	28%	-	26%	29%	24%	30%	27%	28%
			K	**	**			*			
Finding appropriate housing	26%	24%	27%	55%	-	24%	29%	24%	33%	25%	31%
			**	**	**			*	AX		
Finding my way around campus	23%	20%	25%	-	-	20%	29%	24%	26%	23%	26%
			**	**	**		AI	*			
Cooking and cleaning for myself	20%	20%	21%	-	-	20%	21%	22%	27%	19%	26%
			**	**	**			*	AX		AX
Other	1%	1%	1%	-	-	0%	2%	3%	2%	1%	2%
			**	**	**		AI	*			
Don't know/ can't recall	1%	1%	1%	-	-	1%	0%	2%	0%	1%	1%
			**	**	**			*			
Not applicable – I was not concerned/ nervous about anything	7%	10%	4%	-	-	9%	2%	7%	2%	8%	3%
		L	**	**	**	AJ		*		AW,AY	
Net: Any	92%	89%	95%	100%	100%	90%	97%	91%	98%	91%	96%
			K	**	**		AI	*	AV,AX		AX

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	K	L	M	N	AI	AJ	AV	AW	AX	AY

Thinking about seeking help from others (e.g. from friends, family, the university)...How comfortable, if at all, do you feel about seeking help about each of the following things? (Please select one option on each row)

Meeting new people and making new friends

Unweighted base	1048	426	617	4	1	652	320	47	182	800	229
Base: All respondents	1048	516	528	3	1	654	319	49	181	799	230
Very comfortable	14%	17%	11%	-	-	16%	10%	12%	13%	14%	13%
		L		**	**	AJ		*			
Fairly comfortable	36%	34%	37%	48%	-	38%	31%	32%	28%	38%	29%
			**	**		AJ		*		AW.AY	
Not very comfortable	33%	31%	35%	52%	-	31%	41%	22%	34%	34%	32%
			**	**		AI		*			
Not at all comfortable	12%	12%	12%	-	100%	10%	14%	26%	20%	9%	21%
			**	**				AX*	AX		AX
Don't know	5%	6%	5%	-	-	5%	4%	7%	5%	5%	5%
			**	**				*			
Net: Very/fairly comfortable	50%	51%	49%	48%	-	54%	41%	44%	41%	52%	42%
			**	**		AJ		*		AW.AY	
Net: Not very/not at all comfortable	45%	43%	47%	52%	100%	41%	55%	48%	54%	43%	53%
			**	**		AI		*	AX		AX

Maintaining friendships (both existing friends from home or new connections)

Unweighted base	1048	426	617	4	1	652	320	47	182	800	229
Base: All respondents	1048	516	528	3	1	654	319	49	181	799	230
Very comfortable	15%	18%	13%	28%	-	17%	12%	11%	8%	18%	9%
		L		**	**			*		AW.AY	
Fairly comfortable	43%	44%	43%	45%	100%	46%	38%	48%	41%	44%	43%
			**	**		AJ		*			
Not very comfortable	27%	23%	31%	28%	-	24%	31%	23%	30%	26%	29%
			K	**	**		AI	*			
Not at all comfortable	8%	9%	7%	-	-	6%	12%	17%	13%	6%	14%
			**	**		AI		AX*	AX		AX
Don't know	7%	7%	7%	-	-	7%	6%	-	7%	7%	6%
			**	**				*			
Net: Very/fairly comfortable	59%	61%	56%	72%	100%	63%	50%	59%	49%	61%	51%
			**	**		AJ		*		AW.AY	
Net: Not very/not at all comfortable	35%	32%	38%	28%	-	30%	43%	41%	43%	32%	43%
			K	**	**		AI	*	AX		AX

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	K	L	M	N	AI	AJ	AV	AW	AX	AY

Cooking and/or cleaning for myself

Unweighted base	1048	426	617	4	1	652	320	47	182	800	229
Base: All respondents	1048	516	528	3	1	654	319	49	181	799	230
Very comfortable	37%	37%	38%	21%	-	40%	35%	15%	30%	41%	27%
				**	**			*	AY	AV.AW.AY	
Fairly comfortable	39%	38%	39%	52%	100%	39%	36%	38%	36%	40%	36%
				**	**			*			
Not very comfortable	13%	13%	13%	-	-	12%	17%	18%	21%	11%	20%
				**	**		AI	*	AX		AX
Not at all comfortable	4%	6%	3%	28%	-	4%	5%	20%	7%	3%	10%
				**	**			AW.AX.AY*	AX		AW.AX
Don't know	6%	6%	6%	-	-	5%	7%	9%	6%	6%	7%
				**	**			*			
Net: Very/fairly comfortable	76%	75%	77%	72%	100%	80%	71%	53%	66%	80%	63%
				**	**		AJ	*		AV.AW.AY	
Net: Not very/not at all comfortable	18%	19%	16%	28%	-	15%	22%	38%	28%	14%	30%
				**	**		AI	AX*	AX		AX

Finding my way around campus

Unweighted base	1048	426	617	4	1	652	320	47	182	800	229
Base: All respondents	1048	516	528	3	1	654	319	49	181	799	230
Very comfortable	39%	44%	34%	48%	-	41%	35%	17%	31%	42%	28%
		L		**	**			*		AV.AW.AY	
Fairly comfortable	46%	41%	50%	24%	-	46%	45%	50%	47%	45%	48%
		K		**	**			*			
Not very comfortable	10%	9%	11%	28%	100%	9%	13%	13%	14%	9%	14%
				**	**			*	AX		AX
Not at all comfortable	2%	3%	2%	-	-	2%	4%	13%	3%	2%	6%
				**	**		AI	AW.AX.AY*			AW.AX
Don't know	3%	4%	3%	-	-	2%	3%	6%	3%	3%	4%
				**	**			*			
Net: Very/fairly comfortable	85%	85%	84%	72%	-	87%	80%	67%	79%	87%	76%
				**	**		AJ	*		AV.AW.AY	
Net: Not very/not at all comfortable	12%	11%	13%	28%	100%	10%	17%	27%	18%	10%	20%
				**	**		AI	AX*	AX		AX

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	K	L	M	N	AI	AJ	AV	AW	AX	AY

Feeling homesick

Unweighted base	1048	426	617	4	1	652	320	47	182	800	229
Base: All respondents	1048	516	528	3	1	654	319	49	181	799	230
Very comfortable	24%	29%	19%	28%	100%	25%	23%	11%	20%	26%	19%
		L		**	**			*		AV.AY	
Fairly comfortable	33%	29%	38%	72%	-	36%	31%	27%	33%	34%	32%
		K		**	**			*			
Not very comfortable	23%	20%	25%	-	-	23%	23%	28%	25%	22%	25%
				**	**			*			
Not at all comfortable	8%	8%	9%	-	-	7%	11%	22%	8%	8%	11%
				**	**		AI	AW.AX.AY*			AW
Don't know	11%	14%	9%	-	-	10%	11%	12%	14%	10%	14%
		L		**	**			*			
Net: Very/fairly comfortable	58%	58%	57%	100%	100%	61%	55%	39%	54%	60%	51%
				**	**			*		AV.AY	
Net: Not very/not at all comfortable	31%	28%	34%	-	-	30%	34%	50%	32%	30%	36%
			K	**	**			AW.AX.AY*			AW

Feeling lonely

Unweighted base	1048	426	617	4	1	652	320	47	182	800	229
Base: All respondents	1048	516	528	3	1	654	319	49	181	799	230
Very comfortable	11%	15%	8%	-	100%	13%	8%	5%	10%	12%	9%
		L		**	**	AJ		*			W.X.
Fairly comfortable	31%	33%	28%	72%	-	33%	28%	29%	26%	32%	27%
				**	**			*			
Not very comfortable	38%	32%	43%	28%	-	36%	41%	35%	40%	38%	39%
		K		**	**			*			
Not at all comfortable	15%	15%	15%	-	-	13%	19%	29%	20%	13%	22%
				**	**		AI	AX*	AX		AX
Don't know	5%	5%	5%	-	-	5%	4%	2%	4%	5%	3%
				**	**			*			
Net: Very/fairly comfortable	42%	48%	37%	72%	100%	46%	36%	34%	36%	44%	35%
		L		**	**	AJ		*		AY	
Net: Not very/not at all comfortable	53%	48%	58%	28%	-	49%	59%	64%	60%	51%	61%
			K	**	**		AI	*	AX		AX

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	K	L	M	N	AI	AJ	AV	AW	AX	AY

Managing money

Unweighted base	1048	426	617	4	1	652	320	47	182	800	229
Base: All respondents	1048	516	528	3	1	654	319	49	181	799	230
Very comfortable	18%	22%	14%	-	-	21%	14%	8%	18%	19%	16%
		L		**	**	AJ		*			W
Fairly comfortable	48%	49%	47%	72%	-	50%	43%	30%	39%	51%	37%
			**	**				*		AV.AW.AY	
Not very comfortable	24%	19%	28%	28%	100%	21%	29%	25%	31%	22%	30%
		K	**	**		AI		*	AX		AX
Not at all comfortable	7%	6%	8%	-	-	5%	11%	30%	9%	5%	14%
			**	**		AI		AW.AX.AY*			AW.AX
Don't know	3%	4%	3%	-	-	3%	3%	8%	3%	3%	4%
			**	**				*			
Net: Very/fairly comfortable	66%	71%	61%	72%	-	71%	57%	38%	57%	69%	53%
		L	**	**	**	AJ		*	AV.AY	AV.AW.AY	AV
Net: Not very/not at all comfortable	31%	26%	36%	28%	100%	27%	40%	54%	40%	28%	43%
		K	**	**		AI		AX*	AX		AX

The difficulty level of my course

Unweighted base	1048	426	617	4	1	652	320	47	182	800	229
Base: All respondents	1048	516	528	3	1	654	319	49	181	799	230
Very comfortable	19%	21%	17%	-	-	21%	15%	8%	16%	21%	15%
			**	**		AJ		*		AV	
Fairly comfortable	49%	49%	49%	52%	-	51%	46%	39%	45%	50%	43%
			**	**				*			
Not very comfortable	23%	21%	25%	48%	-	21%	27%	33%	26%	21%	27%
			**	**				*			
Not at all comfortable	6%	5%	7%	-	100%	4%	9%	15%	10%	4%	11%
			**	**		AI		AX*	AX		AX
Don't know	4%	4%	3%	-	-	3%	3%	6%	3%	3%	4%
			**	**				*			
Net: Very/fairly comfortable	68%	70%	66%	52%	-	73%	62%	46%	61%	71%	58%
			**	**	**	AJ		*		AV.AW.AY	
Net: Not very/not at all comfortable	28%	25%	31%	48%	100%	25%	36%	48%	36%	26%	38%
			**	**		AI		AX*	AX		AX

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	K	L	M	N	AI	AJ	AV	AW	AX	AY

Finding appropriate housing

Unweighted base	1048	426	617	4	1	652	320	47	182	800	229
Base: All respondents	1048	516	528	3	1	654	319	49	181	799	230
Very comfortable	24%	27%	22%	-	-	28%	19%	13%	21%	26%	19%
				**	**	AJ		*			
Fairly comfortable	47%	44%	49%	72%	-	46%	49%	50%	46%	47%	47%
				**	**			*			
Not very comfortable	16%	15%	16%	28%	100%	14%	17%	5%	21%	15%	17%
				**	**			*	AV.AY		AV
Not at all comfortable	6%	6%	6%	-	-	5%	7%	18%	6%	5%	9%
				**	**			AW.AX.AY*			AW
Don't know	7%	8%	7%	-	-	7%	8%	15%	7%	7%	8%
				**	**			*			
Net: Very/fairly comfortable	71%	71%	71%	72%	-	74%	68%	63%	66%	73%	66%
				**	**			*			W.X.Y.Z.A
Net: Not very/not at all comfortable	22%	21%	22%	28%	100%	19%	24%	22%	27%	21%	26%
				**	**			*			

Fitting in'

Unweighted base	1048	426	617	4	1	652	320	47	182	800	229
Base: All respondents	1048	516	528	3	1	654	319	49	181	799	230
Very comfortable	12%	14%	10%	55%	100%	14%	10%	6%	9%	14%	8%
		L		**	**			*		AY	
Fairly comfortable	32%	34%	29%	45%	-	35%	25%	35%	27%	32%	29%
				**	**	AJ		*			
Not very comfortable	37%	35%	39%	-	-	35%	41%	29%	40%	36%	38%
				**	**			*			
Not at all comfortable	13%	11%	15%	-	-	11%	18%	31%	18%	11%	20%
				**	**	AI		AX*	AX		AX
Don't know	6%	5%	7%	-	-	6%	6%	-	7%	6%	5%
				**	**			*			
Net: Very/fairly comfortable	44%	48%	39%	100%	100%	49%	35%	40%	36%	46%	37%
		L		**	**	AJ		*		AW.AY	
Net: Not very/not at all comfortable	50%	46%	54%	-	-	45%	59%	60%	58%	48%	58%
			K	**	**	AI		*	AX		AX

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	K	L	M	N	AI	AJ	AV	AW	AX	AY

Still thinking about the most recent academic year you've completed (i.e. 2022/23)...How often have you felt lonely in the past year?

Unweighted base	1048	426	617	4	1	652	320	47	182	800	229
Base: All respondents	1048	516	528	3	1	654	319	49	181	799	230
Never	7%	9%	4%	-	-	8%	4%	7%	3%	7%	4%
		L		**	**	AJ		*			
Hardly ever	19%	22%	16%	-	-	21%	16%	9%	8%	22%	8%
		L		**	**			*		AV.AW.AY	
Occasionally	28%	29%	27%	-	-	30%	26%	20%	25%	29%	24%
			**	**				*			
Some of the time	21%	19%	23%	28%	-	20%	24%	12%	24%	21%	21%
			**	**				*			
Often	20%	16%	24%	48%	100%	17%	25%	30%	34%	16%	34%
			K	**	**		AI	AX*	AX		AX
Always	4%	3%	5%	24%	-	4%	4%	16%	5%	3%	7%
			**	**				AW.AX.AY*			AW.AX
Prefer not to say	2%	1%	2%	-	-	1%	2%	5%	1%	1%	2%
			**	**				*			
Net: Occasionally/some of the time	49%	48%	51%	28%	-	49%	50%	32%	48%	51%	45%
			**	**				*		AV	
Net: Often/always	24%	19%	28%	72%	100%	21%	29%	46%	39%	19%	41%
			K	**	**		AI	AX*	AX		AX
Net: Ever	92%	89%	94%	100%	100%	91%	95%	88%	96%	91%	94%
			K	**	**			*	AY		

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	K	L	M	N	AI	AJ	AV	AW	AX	AY

As a reminder, your answers are treated confidentially and cannot be used to identify you. To what extent do you agree or disagree with the following statement?

I worry my peers would judge me if I said I was lonely'

Unweighted base	1048	426	617	4	1	652	320	47	182	800	229
Base: All respondents	1048	516	528	3	1	654	319	49	181	799	230
Strongly agree	11%	9%	12%	28% **	- **	10%	14%	21% AX*	14%	10%	15% AX
Somewhat agree	33%	31%	34%	- **	100% **	31%	34%	44% *	35%	31%	37%
Neither agree nor disagree	16%	16%	15%	- **	- **	16%	13%	13% *	16%	16%	15%
Somewhat disagree	24%	24%	24%	24% **	- **	24%	26%	10% *	22%	25% AV	19%
Strongly disagree	17%	18%	15%	48% **	- **	18% AJ	13%	12% *	12%	18%	12%
Prefer not to say	1%	1%	1%	- **	- **	1%	1%	- *	2%	1%	1%
Net: Agree	43%	41%	46%	28% **	100% **	41%	47%	65% AX*	48%	41%	52% AW.AX
Net: Disagree	40%	42%	39%	72% **	- **	43%	38%	22% *	34%	43% AV.AW.AY	31% W.

I would judge someone at university if they told me they were lonely'

Unweighted base	1048	426	617	4	1	652	320	47	182	800	229
Base: All respondents	1048	516	528	3	1	654	319	49	181	799	230
Strongly agree	2%	2%	1%	- **	- **	2%	3%	3% *	3%	1%	3%
Somewhat agree	4%	6% L	2%	- **	100% **	4%	4%	6% *	5%	4%	5%
Neither agree nor disagree	6%	8% L	4%	- **	- **	7% AJ	3%	10% *	4%	6%	5%
Somewhat disagree	18%	21% L	16%	- **	- **	20%	15%	15% *	11%	20% AW.AY	12%
Strongly disagree	69%	61% K	76%	100% **	- **	66% AI	74%	66% *	76% AX	68%	74%
Prefer not to say	1%	1% L	0%	- **	- **	1%	0%	- *	1%	1%	1%
Net: Agree	6%	8% L	4%	- **	100% **	6%	7%	10% *	8%	5%	8%
Net: Disagree	87%	82%	92%	100% **	- **	86%	90%	80% *	88%	88%	86%

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	K	L	M	N	AI	AJ	AV	AW	AX	AY
		K	**	**			*			

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	Male	Female	In another way	Prefer not to say	Straight	LGB+	Yes, limited a lot	Yes, limited a little	No	Net: Yes, limited
	K	L	M	N	AI	AJ	AV	AW	AX	AY

I feel isolated from my peers at university'

Unweighted base	1048	426	617	4	1	652	320	47	182	800	229
Base: All respondents	1048	516	528	3	1	654	319	49	181	799	230
Strongly agree	10%	10%	10%	-	-	8%	13%	39%	15%	7%	20%
				**	**		AI	AW.AX.AY*	AX		AW.AX
Somewhat agree	28%	27%	30%	45%	-	26%	34%	34%	33%	26%	33%
				**	**		AI	*			AX
Neither agree nor disagree	17%	16%	17%	28%	-	16%	17%	11%	18%	17%	17%
				**	**			*			
Somewhat disagree	26%	25%	27%	28%	-	28%	24%	11%	23%	28%	20%
				**	**			*		AV.AY	
Strongly disagree	18%	21%	15%	-	100%	21%	11%	6%	8%	21%	7%
		L		**	**	AJ		*		AV.AW.AY	
Prefer not to say	1%	1%	0%	-	-	0%	1%	-	2%	1%	2%
				**	**			*	AX		
Net: Agree	39%	37%	40%	45%	-	34%	47%	73%	49%	33%	54%
				**	**		AI	AW.AX.AY*	AX		AW.AX
Net: Disagree	44%	46%	42%	28%	100%	50%	35%	17%	30%	49%	27%
				**	**	AJ		*		AV.AW.AY	

YouGov / DCMS Survey Results

Sample Size: 1048 university students aged 18 to 24

Fieldwork Dates: 28th July - 21st August 2023



Total	Gender				Sexual Orientation		Disability Status			
	Male	Female	In another way	Prefer not to say	Straight	LGB+	Yes, limited a lot	Yes, limited a little	No	Net: Yes, limited
	K	L	M	N	AI	AJ	AV	AW	AX	AY

Thinking about when you've felt lonely over the most recent academic year (i.e. 2022/23)...Which, if any, of the following actions did you do to help lessen those feelings? (Please select all that apply)

Unweighted base	973	385	583	4	1	605	303	43	174	741	217
Base: All respondents who have ever felt lonely	962	459	498	3	1	597	302	43	173	730	216
Talked to friends/ family on social media (e.g. on Instagram, Facebook, Snapchat)	46%	41%	50%	72%	-	44%	49%	42%	50%	45%	49%
			K	**	**			*			
Talked to new friends at university (not including on social media)	38%	32%	44%	52%	-	35%	44%	28%	38%	39%	36%
			K	**	**		AI	*			
Talked to friends from home (not including on social media)	34%	29%	38%	79%	-	32%	37%	30%	34%	35%	33%
			K	**	**			*			
Talked to a family member (not including on social media)	32%	24%	39%	-	-	33%	30%	35%	35%	31%	35%
			K	**	**			*			
Joined a society, network or sports club	25%	24%	27%	-	-	25%	28%	21%	20%	27%	20%
			**	**				*			
Talked to university staff, including lecturers and pastoral/ wellbeing staff	11%	8%	14%	-	-	9%	14%	26%	24%	7%	24%
			K	**	**		AI	AX*	AX		AX
Looked for resources online (not including on university sites)	10%	8%	12%	-	-	8%	15%	13%	17%	8%	16%
			**	**			AI	*	AX		AX
Worked/ volunteered in the local community	9%	9%	9%	-	-	7%	12%	17%	12%	7%	13%
			**	**			AI	AX*			AX
Talked to a healthcare professional	8%	8%	9%	-	-	6%	12%	29%	16%	5%	19%
			**	**			AI	AX*	AX		AX
Looked at people I don't know on social media (e.g. influencers, brands)	8%	4%	11%	-	100%	7%	10%	10%	9%	7%	9%
			K	**	**			*			
Looked for resources through university networks	7%	5%	9%	-	-	6%	10%	18%	16%	5%	16%
			K	**	**			AX*	AX		AX
Other	2%	2%	2%	21%	-	2%	2%	-	2%	2%	2%
			**	**				*			
Don't know/ prefer not to say	3%	4%	2%	-	-	3%	3%	-	2%	4%	2%
			**	**				*			
None – I did not do anything in particular	16%	21%	12%	-	-	17%	14%	18%	11%	17%	12%
			**	**				*			
Net: Any	81%	75%	86%	100%	100%	80%	83%	82%	87%	79%	86%
			K	**	**			*	AX		AX

YouGov / DCMS Survey Results

Sample Size: 1048 university students aged 18 to 24

Fieldwork Dates: 28th July - 21st August 2023



Total	Gender				Sexual Orientation		Disability Status			
	Male	Female	In another way	Prefer not to say	Straight	LGB+	Yes, limited a lot	Yes, limited a little	No	Net: Yes, limited
	K	L	M	N	AI	AJ	AV	AW	AX	AY

Which one of these did you find/ have you found to be most helpful?

	Unweighted base										
	973	385	583	4	1	605	303	43	174	741	217
Base: All respondents who have ever felt lonely and took action to lessen the feeling	962	459	498	3	1	597	302	43	173	730	216
Talking to friends/ family on social media (e.g. on Instagram, Facebook, Snapchat)	16%	17%	15%	21%	-	17%	15%	20%	18%	15%	18%
			**	**				*			
Talking to new friends at university (not including on social media)	15%	15%	16%	28%	-	13%	20%	9%	13%	16%	12%
			**	**		AI		*			
Talking to a family member (not including on social media)	12%	8%	16%	-	-	14%	10%	7%	15%	12%	14%
			K	**	**			*			
Talking to friends from home (not including on social media)	11%	10%	12%	52%	-	12%	8%	11%	9%	12%	10%
			**	**				*			
Joining a society, network or sports club	11%	11%	11%	-	-	11%	11%	3%	8%	11%	7%
			**	**				*			
Talking to a healthcare professional	3%	3%	3%	-	-	2%	4%	14%	5%	2%	7%
			**	**				AW.AX*	AX		AW.AX
Working/ volunteering in the local community	3%	3%	2%	-	-	3%	2%	7%	1%	3%	2%
			**	**				AW*			AW
Talking to university staff, including lecturers and pastoral/ wellbeing staff	2%	1%	3%	-	-	1%	3%	6%	5%	1%	5%
			K	**	**			AX*	AX		AX
Resources online (not including on university sites)	1%	2%	1%	-	-	1%	2%	-	2%	1%	1%
			**	**				*			
Resources through university networks	1%	1%	1%	-	-	1%	0%	-	4%	0%	3%
			**	**				*	AX		AX
Looked at people I don't know on social media (e.g. influencers, brands)	0%	-	0%	-	100%	0%	1%	-	0%	0%	0%
			**	**				*			
Other	1%	2%	1%	-	-	1%	2%	-	2%	1%	1%
			**	**				*			
Don't know/ can't recall	7%	7%	8%	-	-	7%	8%	3%	7%	8%	6%
			**	**				*			
None – I did not do anything in particular	16%	21%	12%	-	-	17%	14%	18%	11%	17%	12%
		L	**	**				*			
Net: Any	76%	73%	80%	100%	100%	76%	78%	79%	82%	75%	82%
		K	**	**				*			

YouGov / DCMS Survey Results

Sample Size: 1048 university students aged 18 to 24

Fieldwork Dates: 28th July - 21st August 2023



Total	Gender				Sexual Orientation		Disability Status			
	Male	Female	In another way	Prefer not to say	Straight	LGB+	Yes, limited a lot	Yes, limited a little	No	Net: Yes, limited
	K	L	M	N	AI	AJ	AV	AW	AX	AY

Q14a. For the following question, if a friend has never told you that they are lonely, please think about what you would do. Still thinking about the last academic year (i.e. 2022/23)...Which, if any, of the following steps have you taken to support a friend who was feeling lonely? (Please select all that apply)

	Unweighted base	1048	426	617	4	1	652	320	47	182	800	229
	Base: All respondents	1048	516	528	3	1	654	319	49	181	799	230
Started a conversation with them (not related to feeling lonely)	60%	56%	64%	72%	-	**	56%	67%	67%	67%	58%	67%
			K	**	**		AI	*	AX		AX	AX
Reassured them that the feelings they have are normal	56%	50%	62%	52%	-	**	53%	62%	66%	63%	54%	63%
			K	**	**		AI	*	AX		AX	AX
Directly asked what they would like from you to help	33%	30%	36%	55%	-	**	30%	38%	46%	41%	31%	42%
			**	**	**		AI	AX*	AX		AX	AX
Recommend they join a society, network or sports club	30%	28%	31%	48%	-	**	29%	31%	30%	30%	30%	30%
			**	**	**			*				
Invited them to join a society, network or sports club that you are already part of	27%	24%	30%	48%	-	**	28%	29%	15%	30%	27%	27%
			K	**	**			*				
Invited them to join a local community you are already part of	15%	15%	14%	-	-	**	15%	16%	9%	20%	14%	17%
			**	**	**			*				
Directed them to a university member of staff	7%	7%	7%	-	-	**	7%	8%	18%	11%	6%	12%
			**	**	**			AX*	AX		AX	AX
Directed them to a healthcare professional	7%	6%	8%	-	100%	**	6%	10%	15%	13%	5%	14%
			**	**	**			AI	AX*		AX	AX
Directed them to an online resource	7%	6%	7%	-	-	**	7%	7%	9%	13%	5%	12%
			**	**	**			*	AX		AX	AX
Recommend they work/ volunteer in the local community	6%	6%	6%	-	-	**	5%	8%	4%	6%	6%	6%
			**	**	**			AI	*			
Other	3%	3%	2%	-	-	**	2%	3%	2%	4%	2%	4%
			**	**	**			*				
Don't know	7%	8%	6%	-	-	**	7%	6%	9%	3%	8%	4%
			**	**	**			*			AW	
None – I did not/ would not do anything in particular	12%	13%	10%	-	-	**	12%	11%	6%	7%	13%	7%
			**	**	**			*			AW.AY	
Net: Any	82%	79%	84%	100%	100%	**	80%	83%	85%	90%	79%	89%
			K	**	**			*	AX		AX	AX

Cell Contents (Column Percentages, Statistical Test Results), Statistics (Column Proportions, Means, (95%): A/B, C/D, E/F/G/H/I/J, K/L/M/N, O/P/Q, R/S, T/U, V/W/X/Y/Z/AA/AB/AC/AD/AE

YouGov / DCMS Survey Results

Sample Size: 1048 university students aged 18 to 24

Fieldwork Dates: 28th July - 21st August 2023



Total	Region												
	North East	North West	Yorkshire and the Humber	East Midlands	West Midlands	East of England	London	South East	South West	England (NET)	Wales	Scotland	Northern Ireland
	V	W	X	Y	Z	AA	AB	AC	AD	AE	AF	AG	AH

Before you began your current university course, do you recall being concerned or nervous about any of the following? (Please select all that apply)

Unweighted base	1048	38	108	97	71	81	98	161	163	84	901	42	83	22
Base: All respondents	1048	42	115	85	77	92	99	136	145	91	882	49	88	29
Meeting new people and making new friends	64%	64%	69%	69%	73%	54%	59%	66%	56%	60%	63%	69%	68%	66%
		*	*	*	Z.AC*	*	*			*		*	*	**
Feeling lonely	52%	58%	55%	48%	59%	51%	52%	47%	49%	52%	51%	53%	53%	58%
		*	*	*	*	*	*			*		*	*	**
Managing money	49%	54%	54%	41%	37%	55%	45%	49%	48%	52%	49%	48%	55%	54%
		*	Y*	*	*	Y*	*			*		*	Y*	**
The difficulty level of my course	49%	56%	40%	53%	47%	50%	45%	54%	51%	47%	49%	47%	48%	59%
		*	*	*	*	*	*	W		*		*	*	**
'Fitting in'	48%	45%	55%	52%	42%	43%	46%	48%	42%	57%	48%	67%	42%	51%
		*	AC*	*	*	*	*			AC*		Y.Z.AA.AB.AC.AE.	*	**
Maintaining friendships (both existing friends from home or new connections)	48%	44%	59%	45%	48%	44%	46%	49%	42%	47%	48%	61%	53%	28%
		*	AC.AE*	*	*	*	*			*		AC*	*	**
Feeling homesick	27%	22%	32%	23%	25%	27%	29%	28%	26%	28%	27%	26%	24%	25%
		*	*	*	*	*	*			*		*	*	**
Finding appropriate housing	26%	31%	32%	27%	29%	19%	19%	23%	27%	28%	26%	30%	27%	16%
		*	*	*	*	*	*			*		*	*	**
Finding my way around campus	23%	18%	26%	25%	20%	20%	21%	21%	25%	22%	23%	22%	28%	17%
		*	*	*	*	*	*			*		*	*	**
Cooking and cleaning for myself	20%	22%	24%	21%	17%	17%	23%	22%	22%	21%	21%	14%	15%	18%
		*	*	*	*	*	*			*		*	*	**
Other	1%	-	-	-	-	-	1%	-	0%	5%	1%	-	1%	10%
		*	*	*	*	*	*			W.X.AB.AC.AE*		*	*	**
Don't know/ can't recall	1%	-	2%	-	-	-	1%	1%	1%	-	1%	4%	1%	-
		*	*	*	*	*	*			*		AE*	*	**
Not applicable – I was not concerned/ nervous about anything	7%	10%	3%	7%	6%	11%	10%	5%	7%	6%	7%	6%	8%	4%
		*	*	*	*	W*	*			*		*	*	**
Net: Any	92%	90%	95%	93%	94%	89%	89%	94%	92%	94%	92%	90%	91%	96%
		*	*	*	*	*	*			*		*	*	**

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	North East	North West	Yorkshire and the Humber	East Midlands	West Midlands	East of England	London	South East	South West	England (NET)	Wales	Scotland	Northern Ireland
	V	W	X	Y	Z	AA	AB	AC	AD	AE	AF	AG	AH

Thinking about seeking help from others (e.g. from friends, family, the university)...How comfortable, if at all, do you feel about seeking help about each of the following things? (Please select one option on each row)

Meeting new people and making new friends

Unweighted base	1048	38	108	97	71	81	98	161	163	84	901	42	83	22
Base: All respondents	1048	42	115	85	77	92	99	136	145	91	882	49	88	29
Very comfortable	14%	24% Y.AF*	15%	12%	8%	17%	19%	12%	16%	12%	15%	5%	12%	13%
Fairly comfortable	36%	39% *	27% *	33% *	33% *	29% *	41% *	37% *	44% W.Z.AE	35% *	36% *	35% *	34% *	44% **
Not very comfortable	33%	27% *	40% *	31% *	44% AA.AD.AE*	32% *	27% *	31% *	31% *	27% *	32% *	43% *	42% *	15% **
Not at all comfortable	12%	10% *	12% *	19% AC*	11% *	15% AC*	10% *	15% AC	6% *	14% AC*	12% AC	7% *	9% *	20% **
Don't know	5%	- *	6% *	6% *	4% *	7% *	3% *	4% *	3% *	11% V.AA.AC.AE.AG*	5% *	11% *	3% *	7% **
Net: Very/fairly comfortable	50%	62% W.Y.*	42% *	45% *	41% *	46% *	60% W.Y.AF*	49% *	60% W.X.Y.Z.AE.AF	48% *	50% *	40% *	46% *	57% **
Net: Not very/not at all comfortable	45%	38% *	52% AA.AC*	49% *	55% AA.AC*	47% *	37% *	46% *	37% *	41% *	45% AC	49% *	51% AC*	36% **

Maintaining friendships (both existing friends from home or new connections)

Unweighted base	1048	38	108	97	71	81	98	161	163	84	901	42	83	22
Base: All respondents	1048	42	115	85	77	92	99	136	145	91	882	49	88	29
Very comfortable	15%	22% *	11% *	15% *	9% *	15% *	18% *	16% *	19% *	10% *	15% *	8% *	24% W.Y.AD.AE.AF	16% **
Fairly comfortable	43%	46% *	44% *	42% *	42% *	37% *	49% *	43% *	49% *	44% *	44% *	40% *	36% *	46% **
Not very comfortable	27%	18% *	31% *	24% *	37% V.AA.AC.AE*	24% *	21% *	28% *	22% *	28% *	26% *	29% *	29% *	31% **
Not at all comfortable	8%	9% *	6% *	11% *	10% *	12% *	6% *	9% *	6% *	6% *	8% *	15% *	5% *	- **
Don't know	7%	5% *	8% *	8% *	1% *	12% Y.AC*	6% *	5% *	4% *	12% Y.AC*	7% *	9% *	6% *	7% **
Net: Very/fairly comfortable	59%	69% *	55% *	57% *	51% *	52% *	67% AF*	58% *	68% W.Y.Z.AD.AE.A	53% *	59% *	48% *	60% *	62% **
Net: Not very/not at all comfortable	35%	27% *	37% *	35% *	48% V.AA.AC.AE*	36% *	28% *	37% *	28% *	35% *	34% *	44% *	34% *	31% **

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	V	W	X	Y	Z	AA	AB	AC	AD	AE	AF	AG	AH

Cooking and/or cleaning for myself

Unweighted base	1048	38	108	97	71	81	98	161	163	84	901	42	83	22
Base: All respondents	1048	42	115	85	77	92	99	136	145	91	882	49	88	29
Very comfortable	37%	47%	22%	39%	37%	33%	48%	30%	39%	35%	36%	62%	49%	18%
		W*	*	W*	W*	*	W.AB.AE*		W	W*	W	.Y.Z.AB.AC.AD	W.AB.AE*	**
Fairly comfortable	39%	38%	53%	36%	40%	40%	38%	41%	36%	40%	41%	11%	29%	58%
		AF*	AA.AC.AE.AF.A	AF*	AF*	AF*	AF*	AF	AF	AF*	AF	*	AF*	**
Not very comfortable	13%	6%	14%	9%	19%	16%	7%	19%	13%	15%	14%	9%	8%	21%
		*	*	*	AA*	*	*	V.X.AA.AE.AG	*	*	*	*	*	**
Not at all comfortable	4%	5%	4%	8%	2%	5%	2%	3%	6%	6%	5%	9%	2%	-
		*	*	*	*	*	*	*	*	*	*	*	*	**
Don't know	6%	4%	8%	8%	2%	6%	5%	7%	6%	3%	6%	8%	11%	3%
		*	*	*	*	*	*	*	*	*	*	*	Y.AD.AE*	**
Net: Very/fairly comfortable	76%	85%	75%	75%	77%	73%	86%	71%	75%	76%	76%	73%	78%	76%
		*	*	*	*	*	AB.AE*	*	*	*	*	*	*	**
Net: Not very/not at all comfortable	18%	10%	17%	17%	21%	21%	10%	23%	19%	21%	18%	19%	10%	21%
		*	*	*	*	AA*	*	AA.AG	*	AA*	AA	*	*	**

Finding my way around campus

Unweighted base	1048	38	108	97	71	81	98	161	163	84	901	42	83	22
Base: All respondents	1048	42	115	85	77	92	99	136	145	91	882	49	88	29
Very comfortable	39%	52%	35%	38%	30%	40%	38%	43%	37%	39%	38%	43%	44%	34%
		Y*	*	*	*	*	*	*	*	*	*	*	*	**
Fairly comfortable	46%	38%	51%	47%	55%	38%	46%	42%	53%	47%	47%	37%	38%	43%
		*	*	*	Z*	*	*	Z.AG	*	*	*	*	*	**
Not very comfortable	10%	6%	7%	5%	14%	15%	11%	9%	8%	10%	9%	7%	16%	9%
		*	*	*	*	X*	*	*	*	*	*	*	X*	**
Not at all comfortable	2%	-	3%	5%	1%	4%	2%	2%	2%	2%	2%	2%	1%	7%
		*	*	*	*	*	*	*	*	*	*	*	*	**
Don't know	3%	4%	3%	6%	-	3%	3%	5%	0%	2%	3%	10%	1%	7%
		*	*	Y.AC*	*	*	*	AC	*	*	AC	Y.AC.AE.AG*	*	**
Net: Very/fairly comfortable	85%	90%	87%	85%	85%	77%	84%	84%	90%	86%	85%	80%	82%	77%
		*	*	*	*	*	*	Z	*	*	*	*	*	**
Net: Not very/not at all comfortable	12%	6%	10%	10%	15%	19%	14%	10%	10%	12%	12%	9%	16%	16%
		*	*	*	*	*	*	*	*	*	*	*	*	**

YouGov / DCMS Survey Results

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Total	Region												
	North East	North West	Yorkshire and the Humber	East Midlands	West Midlands	East of England	London	South East	South West	England (NET)	Wales	Scotland	Northern Ireland
	V	W	X	Y	Z	AA	AB	AC	AD	AE	AF	AG	AH

Feeling homesick

Unweighted base	1048	38	108	97	71	81	98	161	163	84	901	42	83	22
Base: All respondents	1048	42	115	85	77	92	99	136	145	91	882	49	88	29
Very comfortable	24%	35%	20%	26%	18%	19%	28%	25%	25%	25%	24%	24%	26%	23%
Fairly comfortable	33%	29%	38%	33%	48%	30%	34%	30%	39%	30%	35%	24%	29%	21%
Not very comfortable	23%	30%	25%	13%	17%	26%	21%	25%	19%	26%	22%	24%	24%	36%
Not at all comfortable	8%	4%	7%	15%	7%	14%	7%	8%	8%	4%	8%	13%	8%	-
Don't know	11%	3%	10%	12%	9%	12%	9%	12%	8%	15%	11%	15%	13%	20%
Net: Very/fairly comfortable	58%	63%	58%	59%	66%	49%	63%	55%	64%	55%	59%	48%	56%	44%
Net: Not very/not at all comfortable	31%	34%	31%	29%	24%	39%	28%	33%	27%	31%	31%	38%	31%	36%

Feeling lonely

Unweighted base	1048	38	108	97	71	81	98	161	163	84	901	42	83	22
Base: All respondents	1048	42	115	85	77	92	99	136	145	91	882	49	88	29
Very comfortable	11%	29%	6%	6%	6%	11%	16%	8%	18%	10%	11%	11%	13%	13%
Fairly comfortable	31%	27%	28%	31%	25%	35%	38%	30%	33%	28%	31%	21%	33%	36%
Not very comfortable	38%	38%	46%	39%	51%	29%	28%	41%	36%	34%	38%	41%	37%	24%
Not at all comfortable	15%	6%	13%	19%	16%	20%	15%	14%	10%	18%	15%	20%	15%	24%
Don't know	5%	-	7%	5%	2%	6%	3%	7%	3%	10%	5%	7%	2%	3%
Net: Very/fairly comfortable	42%	56%	33%	37%	32%	45%	54%	38%	51%	38%	42%	33%	46%	48%
Net: Not very/not at all comfortable	53%	44%	59%	58%	66%	49%	43%	55%	47%	52%	53%	60%	52%	49%

YouGov / DCMS Survey Results

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	North East	North West	Yorkshire and the Humber	East Midlands	West Midlands	East of England	London	South East	South West	England (NET)	Wales	Scotland	Northern Ireland
	V	W	X	Y	Z	AA	AB	AC	AD	AE	AF	AG	AH

Managing money

Unweighted base	1048	38	108	97	71	81	98	161	163	84	901	42	83	22
Base: All respondents	1048	42	115	85	77	92	99	136	145	91	882	49	88	29
Very comfortable	18%	35%	15%	20%	20%	13%	21%	15%	18%	14%	18%	24%	22%	11%
		Z,AB,AC,AD,A	*	*	*	*	*			*		*	*	**
Fairly comfortable	48%	49%	45%	46%	49%	45%	51%	55%	49%	48%	49%	48%	40%	38%
		*	*	*	*	*	*	AG		*		*	*	**
Not very comfortable	24%	12%	31%	20%	24%	25%	23%	25%	21%	27%	24%	13%	24%	41%
		*	V,AF*	*	*	*	*			*		*	*	**
Not at all comfortable	7%	4%	8%	10%	4%	11%	2%	5%	10%	5%	7%	11%	9%	7%
		*	*	AA*	*	AA*	*		AA	*		*	*	**
Don't know	3%	-	1%	4%	4%	6%	3%	1%	2%	6%	3%	4%	5%	3%
		*	*	*	*	*	*		AB*	*		*	*	**
Net: Very/fairly comfortable	66%	84%	60%	66%	69%	58%	72%	69%	67%	62%	66%	72%	62%	49%
		V,X,Z,AD,AE,AC	*	*	*	*	*			*		*	*	**
Net: Not very/not at all comfortable	31%	16%	38%	30%	28%	36%	25%	30%	31%	32%	31%	24%	33%	48%
		*	V*	*	*	V*	*			*		*	*	**

The difficulty level of my course

Unweighted base	1048	38	108	97	71	81	98	161	163	84	901	42	83	22
Base: All respondents	1048	42	115	85	77	92	99	136	145	91	882	49	88	29
Very comfortable	19%	29%	18%	16%	28%	20%	23%	20%	15%	18%	20%	26%	11%	10%
		AG*	*	*	AC,AG*	*	AG*			*		AG*	*	**
Fairly comfortable	49%	46%	53%	51%	38%	45%	49%	45%	57%	47%	49%	31%	59%	52%
		*	AF*	AF*	*	*	*		Y,AE,AF	*	AF	*	Y,AF*	**
Not very comfortable	23%	25%	20%	21%	24%	23%	23%	25%	18%	24%	22%	25%	25%	25%
		*	*	*	*	*	*			*		*	*	**
Not at all comfortable	6%	-	5%	8%	10%	8%	4%	5%	5%	6%	6%	9%	4%	6%
		*	*	*	*	*	*			*		*	*	**
Don't know	4%	-	5%	5%	-	4%	1%	5%	4%	5%	4%	8%	1%	7%
		*	*	*	*	*	*			*		Y,AA*	*	**
Net: Very/fairly comfortable	68%	75%	71%	67%	66%	65%	72%	65%	72%	65%	69%	57%	70%	62%
		*	*	*	*	*	*			*		*	*	**
Net: Not very/not at all comfortable	28%	25%	24%	28%	34%	31%	27%	29%	23%	30%	28%	34%	29%	31%
		*	*	*	*	*	*			*		*	*	**

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	V	W	X	Y	Z	AA	AB	AC	AD	AE	AF	AG	AH

Finding appropriate housing

Unweighted base	1048	38	108	97	71	81	98	161	163	84	901	42	83	22
Base: All respondents	1048	42	115	85	77	92	99	136	145	91	882	49	88	29
Very comfortable	24%	39%	25%	24%	24%	27%	22%	18%	23%	24%	24%	24%	25%	30%
		AB,AE*	*	*	*	*	*	*	*	*	AB	*	*	**
Fairly comfortable	47%	55%	50%	53%	47%	49%	49%	47%	45%	41%	48%	45%	35%	48%
		*	*	AG*	*	*	*	*	*	*	AG	*	*	**
Not very comfortable	16%	5%	13%	14%	17%	11%	19%	20%	21%	19%	17%	13%	13%	7%
		*	*	*	*	*	*	V	V	*	*	*	*	**
Not at all comfortable	6%	2%	4%	6%	3%	6%	2%	6%	6%	10%	5%	8%	13%	-
		*	*	*	*	*	*	*	*	AA*	*	*	W.Y.AA.AE*	**
Don't know	7%	-	8%	4%	9%	7%	8%	9%	4%	7%	6%	10%	14%	14%
		*	*	*	*	*	*	*	*	*	*	*	V.X.AC.AE*	**
Net: Very/fairly comfortable	71%	94%	75%	77%	71%	76%	71%	64%	68%	64%	72%	69%	61%	78%
		1A.AB.AC.AD.A	AG*	AG*	*	AG*	*	*	*	*	AB	*	*	**
Net: Not very/not at all comfortable	22%	6%	17%	20%	20%	17%	21%	26%	28%	29%	22%	21%	25%	7%
		*	*	*	*	*	*	V	V.W	V*	V	*	V*	**

Fitting in'

Unweighted base	1048	38	108	97	71	81	98	161	163	84	901	42	83	22
Base: All respondents	1048	42	115	85	77	92	99	136	145	91	882	49	88	29
Very comfortable	12%	24%	11%	7%	5%	16%	18%	13%	17%	3%	12%	8%	11%	13%
		X.Y.AD.AE*	*	*	*	Y.AD*	X.Y.AD*	AD	X.Y.AD	*	Y.AD	*	*	**
Fairly comfortable	32%	36%	25%	41%	30%	20%	40%	29%	37%	34%	32%	31%	31%	24%
		*	*	W.Z*	*	*	W.Z*	Z	Z	*	Z	*	*	**
Not very comfortable	37%	31%	47%	32%	49%	36%	25%	41%	31%	34%	36%	30%	44%	39%
		*	X.AA.AC.AE*	*	X.AA.AC.AE*	*	*	AA	*	*	AA	*	AA*	**
Not at all comfortable	13%	6%	13%	16%	7%	17%	12%	11%	13%	21%	13%	17%	12%	17%
		*	*	*	*	*	*	*	*	V.Y.AB.AE*	*	*	*	**
Don't know	6%	3%	5%	5%	10%	11%	5%	7%	3%	8%	6%	14%	2%	7%
		*	*	*	AC*	AC.AG*	*	*	*	*	*	AC.AG*	*	**
Net: Very/fairly comfortable	44%	60%	36%	47%	34%	36%	58%	42%	53%	37%	44%	39%	42%	37%
		W.Y.Z.AD*	*	*	*	*	Y.Z.AB.AD.AE.AG*	W.Y.Z.AB.AD.A	*	*	*	*	*	**
Net: Not very/not at all comfortable	50%	37%	60%	48%	56%	53%	37%	52%	43%	55%	49%	48%	56%	56%
		*	V.AA.AC.AE*	*	AA*	AA*	*	AA	*	AA*	AA	*	AA*	**

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	V	W	X	Y	Z	AA	AB	AC	AD	AE	AF	AG	AH

Still thinking about the most recent academic year you've completed (i.e. 2022/23)...How often have you felt lonely in the past year?

Unweighted base	1048	38	108	97	71	81	98	161	163	84	901	42	83	22
Base: All respondents	1048	42	115	85	77	92	99	136	145	91	882	49	88	29
Never	7%	14%	6%	2%	4%	9%	6%	4%	10%	2%	6%	13%	8%	17%
		X.AB.AD.AE*	*	*	*	*	*		X.AB.AD.AE	*		X.AB.AD*	*	**
Hardly ever	19%	16%	12%	15%	19%	18%	25%	21%	20%	21%	19%	23%	21%	11%
		*	*	*	*	*	W*	*	*	*	*	*	*	**
Occasionally	28%	30%	24%	35%	30%	27%	25%	27%	27%	30%	28%	29%	28%	22%
		*	*	*	*	*	*	*	*	*	*	*	*	**
Some of the time	21%	17%	26%	22%	17%	24%	24%	24%	19%	18%	22%	13%	17%	31%
		*	*	*	*	*	*	*	*	*	*	*	*	**
Often	20%	21%	26%	20%	24%	15%	19%	15%	17%	27%	20%	22%	18%	19%
		*	AB*	*	*	*	*	*	*	AB*	*	*	*	**
Always	4%	-	4%	4%	5%	4%	1%	7%	5%	1%	4%	-	6%	-
		*	*	*	*	*	*	AA.AE	*	*	*	*	*	**
Prefer not to say	2%	2%	1%	2%	1%	2%	1%	2%	2%	1%	2%	-	2%	-
		*	*	*	*	*	*	*	*	*	*	*	*	**
Net: Occasionally/some of the time	49%	47%	51%	57%	47%	52%	49%	52%	47%	48%	50%	42%	45%	53%
		*	*	*	*	*	*	*	*	*	*	*	*	**
Net: Often/always	24%	21%	30%	24%	29%	19%	20%	22%	22%	29%	24%	22%	23%	19%
		*	*	*	*	*	*	*	*	*	*	*	*	**
Net: Ever	92%	84%	93%	96%	94%	89%	94%	94%	88%	97%	93%	87%	90%	83%
		*	*	V*	*	*	*	V		V.Z.AC.AF*	AC	*	*	**

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	V	W	X	Y	Z	AA	AB	AC	AD	AE	AF	AG	AH

As a reminder, your answers are treated confidentially and cannot be used to identify you. To what extent do you agree or disagree with the following statement?

I worry my peers would judge me if I said I was lonely*

Unweighted base	1048	38	108	97	71	81	98	161	163	84	901	42	83	22
Base: All respondents	1048	42	115	85	77	92	99	136	145	91	882	49	88	29
Strongly agree	11%	4%	12%	11%	15%	11%	6%	15%	7%	12%	11%	10%	12%	10%
		*	*	*	*	*	*	AA.AC	*	*	*	*	*	**
Somewhat agree	33%	18%	41%	41%	30%	31%	32%	28%	32%	36%	33%	21%	27%	59%
		*	V.AB.AF*	V.AB.AF*	*	*	*	*	*	*	*	*	*	**
Neither agree nor disagree	16%	18%	9%	16%	23%	20%	13%	17%	20%	10%	16%	15%	11%	13%
		*	*	*	W.AD*	W*	*	*	W.AD	*	W	*	*	**
Somewhat disagree	24%	33%	21%	16%	14%	21%	33%	26%	23%	26%	23%	25%	33%	3%
		X.Y*	*	*	*	*	X.Y.AE*	*	*	*	*	*	X.Y*	**
Strongly disagree	17%	26%	15%	14%	15%	18%	15%	14%	17%	16%	16%	29%	14%	15%
		*	*	*	*	*	*	*	*	*	*	AB.AE*	*	**
Prefer not to say	1%	-	2%	1%	3%	-	1%	1%	0%	-	1%	-	2%	-
		*	*	*	*	*	*	*	*	*	*	*	*	**
Net: Agree	43%	22%	53%	52%	45%	42%	38%	43%	39%	48%	44%	31%	39%	69%
		*	/AA.AC.AE.AF	V.AF*	V*	*	*	V	*	V*	V	*	*	**
Net: Disagree	40%	60%	36%	31%	29%	39%	48%	39%	40%	43%	39%	54%	48%	18%
		X.Y.Z.AB.AC.A	*	*	*	*	*	X.Y*	*	*	*	X.Y*	X.Y*	**

I would judge someone at university if they told me they were lonely*

Unweighted base	1048	38	108	97	71	81	98	161	163	84	901	42	83	22
Base: All respondents	1048	42	115	85	77	92	99	136	145	91	882	49	88	29
Strongly agree	2%	-	1%	1%	-	1%	2%	3%	2%	2%	2%	1%	4%	-
		*	*	*	*	*	*	*	*	*	*	*	*	**
Somewhat agree	4%	2%	5%	5%	5%	7%	5%	4%	4%	4%	5%	2%	2%	-
		*	*	*	*	*	*	*	*	*	*	*	*	**
Neither agree nor disagree	6%	-	2%	6%	9%	1%	6%	10%	6%	9%	6%	9%	7%	8%
		*	*	*	Z*	*	*	W.Z.AE	*	W.Z*	*	Z*	*	**
Somewhat disagree	18%	19%	20%	14%	19%	20%	20%	25%	15%	13%	19%	8%	19%	19%
		*	*	*	*	*	*	AC.AD.AE.AF	*	*	*	*	*	**
Strongly disagree	69%	79%	68%	71%	67%	70%	65%	58%	73%	72%	68%	79%	67%	73%
		AB*	*	AB*	*	*	*	*	AB	AB*	AB	AB*	*	**
Prefer not to say	1%	-	3%	3%	-	-	1%	1%	-	-	1%	-	-	-
		*	*	AC.AE*	*	*	*	*	*	*	*	*	*	**
Net: Agree	6%	2%	6%	6%	5%	8%	7%	6%	6%	6%	6%	4%	6%	-
		*	*	*	*	*	*	*	*	*	*	*	*	**
Net: Disagree	87%	98%	89%	85%	86%	91%	85%	83%	88%	85%	87%	87%	86%	92%

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	V	W	X	Y	Z	AA	AB	AC	AD	AE	AF	AG	AH
	AB,AD*	*	*	*	*	*			*		*	*	**

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	V	W	X	Y	Z	AA	AB	AC	AD	AE	AF	AG	AH

I feel isolated from my peers at university'

Unweighted base	1048	38	108	97	71	81	98	161	163	84	901	42	83	22
Base: All respondents	1048	42	115	85	77	92	99	136	145	91	882	49	88	29
Strongly agree	10%	4%	6%	15%	10%	6%	6%	12%	11%	12%	9%	11%	18%	7%
	*	*	W.Z.AA*	*	*	*	*	*	*	*	*	*	W.Z.AA.AE*	**
Somewhat agree	28%	39%	40%	25%	27%	36%	26%	20%	25%	27%	29%	23%	27%	37%
	AB*	K.AA.AB.AC.AE	*	*	AB*	*	*	*	*	*	AB	*	*	**
Neither agree nor disagree	17%	23%	16%	16%	21%	14%	10%	19%	21%	19%	17%	10%	14%	12%
	*	*	*	*	*	*	*	AA	*	*	AA	*	*	**
Somewhat disagree	26%	18%	24%	29%	20%	24%	36%	30%	25%	25%	26%	23%	20%	28%
	*	*	*	*	*	*	Y.AE.AG*	*	*	*	*	*	*	**
Strongly disagree	18%	16%	13%	15%	19%	19%	20%	18%	18%	17%	17%	31%	19%	16%
	*	*	*	*	*	*	*	*	*	*	*	W.AE*	*	**
Prefer not to say	1%	-	1%	-	3%	1%	2%	1%	-	-	1%	2%	1%	-
	*	*	*	*	*	*	*	*	*	*	*	*	*	**
Net: Agree	39%	43%	46%	41%	37%	41%	32%	32%	36%	39%	38%	34%	44%	44%
	*	*	AB*	*	*	*	*	*	*	*	*	*	*	**
Net: Disagree	44%	34%	37%	44%	39%	43%	56%	48%	43%	42%	44%	54%	40%	44%
	*	*	*	*	*	*	V.W.Y.AE.AG*	*	*	*	*	*	*	**

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	V	W	X	Y	Z	AA	AB	AC	AD	AE	AF	AG	AH

Thinking about when you've felt lonely over the most recent academic year (i.e. 2022/23)...Which, if any, of the following actions did you do to help lessen those feelings? (Please select all that apply)

Unweighted base	973	33	101	92	66	75	93	151	148	82	841	38	75	19
Base: All respondents who have ever felt lonely	962	35	108	82	72	82	93	128	128	89	816	42	79	24
Talked to friends/ family on social media (e.g. on Instagram, Facebook, Snapchat)	46%	58%	48%	51%	41%	38%	39%	42%	53%	40%	45%	44%	51%	52%
	**	*	*	*	*	*	*	Z	*	*	*	*	*	**
Talked to new friends at university (not including on social media)	38%	48%	47%	41%	31%	30%	46%	43%	35%	39%	40%	36%	24%	27%
	**	Y.Z.AG*	AG*	*	*	*	Z.AG*	AG	*	*	AG	*	*	**
Talked to friends from home (not including on social media)	34%	44%	39%	27%	34%	33%	28%	40%	36%	29%	34%	27%	38%	26%
	**	*	*	*	*	*	*	X	*	*	*	*	*	**
Talked to a family member (not including on social media)	32%	43%	38%	29%	34%	22%	32%	31%	32%	26%	31%	38%	33%	21%
	**	Z*	*	*	*	*	*	*	*	*	*	*	*	**
Joined a society, network or sports club	25%	24%	32%	25%	25%	20%	33%	29%	24%	22%	26%	23%	21%	4%
	**	*	*	*	*	*	*	*	*	*	*	*	*	**
Talked to university staff, including lecturers and pastoral/ wellbeing staff	11%	10%	15%	6%	12%	5%	9%	14%	10%	11%	11%	10%	14%	17%
	**	Z*	*	*	*	*	*	Z	*	*	*	*	*	**
Looked for resources online (not including on university sites)	10%	10%	14%	8%	8%	9%	9%	10%	11%	17%	11%	6%	6%	14%
	**	*	*	*	*	*	*	*	*	*	*	*	*	**
Worked/ volunteered in the local community	9%	7%	6%	19%	10%	12%	7%	7%	8%	6%	9%	5%	8%	9%
	**	*	AA.AB.AC.AD.	*	*	*	*	*	*	*	*	*	*	**
Talked to a healthcare professional	8%	8%	11%	5%	6%	4%	7%	9%	11%	7%	8%	7%	14%	5%
	**	*	*	*	*	*	*	*	*	*	*	*	Z*	**
Looked at people I don't know on social media (e.g. influencers, brands)	8%	4%	8%	16%	12%	4%	7%	6%	9%	7%	8%	4%	8%	-
	**	*	Z.AB.AE*	*	*	*	*	*	*	*	*	*	*	**
Looked for resources through university networks	7%	16%	6%	9%	12%	3%	7%	6%	5%	7%	7%	10%	7%	5%
	**	*	*	Z*	*	*	*	*	*	*	*	*	*	**
Other	2%	3%	-	1%	4%	1%	4%	2%	4%	1%	2%	2%	2%	-
	**	*	*	W*	*	*	*	*	*	*	*	*	*	**
Don't know/ prefer not to say	3%	-	3%	3%	3%	2%	6%	3%	3%	2%	3%	5%	1%	-
	**	*	*	*	*	*	*	*	*	*	*	*	*	**
None – I did not do anything in particular	16%	8%	15%	12%	8%	21%	12%	15%	17%	23%	15%	23%	18%	33%
	**	*	*	*	*	Y*	*	*	*	Y*	*	Y*	*	**
Net: Any	81%	92%	82%	85%	88%	76%	82%	81%	80%	75%	82%	72%	81%	67%
	**	*	*	AD.AF*	*	*	*	*	*	*	*	*	*	**

YouGov / DCMS Survey Results

Sample Size: 1048 university students aged 18 to 24

Fieldwork Dates: 28th July - 21st August 2023



Total	Region												
	North East	North West	Yorkshire and the Humber	East Midlands	West Midlands	East of England	London	South East	South West	England (NET)	Wales	Scotland	Northern Ireland
	V	W	X	Y	Z	AA	AB	AC	AD	AE	AF	AG	AH

Which one of these did you find/ have you found to be most helpful?

	Unweighted base	V	W	X	Y	Z	AA	AB	AC	AD	AE	AF	AG	AH
	973	33	101	92	66	75	93	151	148	82	841	38	75	19
Base: All respondents who have ever felt lonely and took action to lessen the feeling	962	35	108	82	72	82	93	128	128	89	816	42	79	24
Talking to friends/ family on social media (e.g. on Instagram, Facebook, Snapchat)	16%	23%	18%	21%	17%	14%	12%	9%	18%	9%	15%	17%	29%	10%
		**	*	AB.AD*	*	*	*		AB	*	AB	*	Z.AA.AB.AD.AE	**
Talking to new friends at university (not including on social media)	15%	23%	16%	13%	8%	13%	22%	19%	16%	16%	16%	17%	4%	19%
		**	AG*	AG*	*	*	Y.AG*	AG	AG	AG*	AG	AG*	*	**
Talking to a family member (not including on social media)	12%	19%	9%	14%	18%	9%	14%	13%	11%	10%	12%	16%	10%	11%
		**	*	*	*	*	*	*	*	*	*	*	*	**
Talking to friends from home (not including on social media)	11%	12%	10%	4%	11%	13%	8%	13%	10%	11%	10%	8%	20%	13%
		**	*	*	*	X*	*	X		*	X	*	X.AA.AE*	**
Joining a society, network or sports club	11%	2%	14%	11%	17%	12%	13%	13%	10%	5%	11%	9%	6%	4%
		**	*	*	AD.AG*	*	*	*	*	*	*	*	*	**
Talking to a healthcare professional	3%	2%	4%	1%	3%	4%	3%	2%	2%	3%	3%	2%	4%	5%
		**	*	*	*	*	*	*	*	*	*	*	*	**
Working/ volunteering in the local community	3%	-	1%	8%	-	8%	1%	2%	3%	1%	3%	2%	1%	-
		**	*	AA.AB.AD.AE.	*	Y.AA.AE*	*	*	*	*	*	*	*	**
Talking to university staff, including lecturers and pastoral/ wellbeing staff	2%	-	3%	3%	2%	-	1%	1%	1%	6%	2%	-	4%	4%
		**	*	*	*	*	*	*		Z.AC.AE*	*	*	*	**
Resources online (not including on university sites)	1%	-	2%	-	2%	3%	2%	-	-	5%	2%	-	1%	-
		**	*	*	*	*	*	*		X.AB.AC.AE*	*	*	*	**
Resources through university networks	1%	7%	1%	3%	-	-	-	2%	1%	-	1%	-	-	-
		**	*	*	*	*	*	*	*	*	*	*	*	**
Looked at people I don't know on social media (e.g. influencers, brands)	0%	-	-	-	-	-	2%	1%	-	-	0%	-	-	-
		**	*	*	*	*	*	*	*	*	*	*	*	**
Other	1%	3%	-	1%	2%	1%	2%	2%	1%	1%	1%	-	2%	-
		**	*	*	*	*	*	*	*	*	*	*	*	**
Don't know/ can't recall	7%	2%	7%	9%	12%	2%	10%	8%	9%	10%	8%	7%	3%	-
		**	*	*	Z.AG*	*	*	*	*	*	*	*	*	**
None – I did not do anything in particular	16%	8%	15%	12%	8%	21%	12%	15%	17%	23%	15%	23%	18%	33%
		**	*	*	*	Y*	*	*	*	Y*	*	Y*	*	**
Net: Any	76%	90%	78%	79%	80%	76%	78%	77%	74%	68%	77%	70%	79%	67%
		**	*	*	*	*	*	*	*	*	*	*	*	**

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Q14a. For the following question, if a friend has never told you that they are lonely, please think about what you would do. Still thinking about the last academic year (i.e. 2022/23)...Which, if any, of the following steps have you taken to support a friend who was feeling lonely? (Please select all that apply)

Unweighted base	1048	38	108	97	71	81	98	161	163	84	901	42	83	22
Base: All respondents	1048	42	115	85	77	92	99	136	145	91	882	49	88	29
Started a conversation with them (not related to feeling lonely)	60%	72%	57%	58%	62%	57%	64%	63%	58%	55%	60%	64%	56%	58%
		*	*	*	*	*	*	*	*	*	*	*	*	**
Reassured them that the feelings they have are normal	56%	59%	53%	57%	52%	65%	49%	59%	50%	58%	55%	64%	61%	36%
		*	*	*	*	AC*	*	*	*	*	*	*	*	**
Directly asked what they would like from you to help	33%	46%	35%	32%	29%	37%	39%	32%	32%	29%	34%	29%	33%	27%
		*	*	*	*	*	*	*	*	*	*	*	*	**
Recommend they join a society, network or sports club	30%	34%	26%	27%	31%	38%	30%	30%	29%	35%	31%	37%	19%	31%
		*	*	*	*	AG*	*	*	*	AG*	AG	AG*	*	**
Invited them to join a society, network or sports club that you are already part of	27%	28%	25%	38%	33%	34%	30%	22%	26%	26%	28%	27%	20%	17%
		*	*	AB,AG*	*	*	*	*	*	*	*	*	*	**
Invited them to join a local community you are already part of	15%	15%	11%	11%	16%	22%	16%	18%	15%	16%	16%	12%	12%	4%
		*	*	*	*	*	*	*	*	*	*	*	*	**
Directed them to a university member of staff	7%	6%	4%	9%	12%	4%	9%	7%	7%	7%	7%	12%	6%	14%
		*	*	*	W*	*	*	*	*	*	*	*	*	**
Directed them to a healthcare professional	7%	9%	5%	5%	4%	9%	8%	8%	6%	8%	7%	8%	9%	11%
		*	*	*	*	*	*	*	*	*	*	*	*	**
Directed them to an online resource	7%	6%	10%	5%	17%	5%	6%	4%	7%	10%	8%	6%	1%	4%
		*	AG*	*	AA,AB,AC,AE	*	*	*	AG	AG*	AG	*	*	**
Recommend they work/ volunteer in the local community	6%	11%	5%	5%	5%	7%	4%	8%	3%	5%	6%	9%	4%	10%
		*	*	*	*	*	*	*	*	*	*	*	*	**
Other	3%	5%	4%	2%	1%	-	3%	2%	4%	3%	3%	4%	3%	-
		*	*	*	*	*	*	*	*	*	*	*	*	**
Don't know	7%	-	14%	8%	3%	10%	2%	9%	4%	10%	7%	4%	5%	4%
		*	V,Y,AA,AC,AE*	AA*	*	AA*	*	AA	*	AA*	AA	*	*	**
None – I did not/ would not do anything in particular	12%	7%	8%	10%	17%	7%	17%	7%	15%	13%	11%	7%	14%	26%
		*	*	*	AB*	*	AB*	*	AB	*	*	*	*	**
Net: Any	82%	93%	78%	82%	81%	83%	81%	84%	81%	77%	82%	89%	80%	70%
		*	*	*	*	*	*	*	*	*	*	*	*	**

Cell Contents (C/AF/AG/AH, AI/AJ, AK/AL/AM/AN/AO/API/AQ/AR, AS/AT/AU, AV/AW/AX/AY, AZ/BA/BB, BC/BD/BE/BF/BG/BH, BI/BJ/BK/BL/BM/BN/BO, BP/BQ/BR, Minimum Base: 30 (**), Small Base: 100 (*))