

YouGov/Mental Health Foundation

Anxiety

GB Sample : 9th - 10th April 2014

Total	Gender		Age					Social Grade	
Base	Male	Female	18-24	25-34	35-44	45-54	55+	ABC1	C2DE

For the following questions, by "anxious" we mean generally feeling worried, nervous, or uneasy...

In general which ONE, if any, of the following statements do you think BEST describes your experience with anxiety in your everyday life?

	Unweighted base	2330	1108	1222	295	332	361	476	866	1279	1051
Base: All GB adults	2330	1118	1212	279	412	382	442	816	1281	1049	
I feel anxious nearly all of the time	4%	3%	5%	9%	5%	4%	6%	2%	4%	5%	
I feel anxious a lot of the time	14%	12%	17%	20%	19%	14%	14%	10%	14%	15%	
I feel anxious some of the time	41%	36%	46%	44%	44%	42%	42%	38%	42%	40%	
I rarely feel anxious	34%	41%	28%	22%	28%	34%	32%	42%	36%	32%	
I never feel anxious	5%	6%	3%	2%	3%	4%	4%	7%	4%	6%	
Don't know	1%	2%	1%	3%	1%	2%	1%	1%	1%	2%	

You said that you feel anxious in your everyday life. In general, which ONE, if any, of the following BEST describes approximately how often you feel anxious?

	Unweighted base	2180	1010	1170	279	314	338	448	801	1212	968
Base: All GB adults who have ever felt anxious	2184	1026	1158	263	394	357	417	752	1218	966	
Everyday	15%	13%	18%	19%	19%	15%	17%	12%	14%	17%	
At least once a week, but not everyday	26%	21%	29%	33%	29%	27%	25%	21%	25%	26%	
Several times a month, but less than once a week	19%	19%	19%	24%	18%	21%	20%	16%	18%	19%	
Once a month	9%	8%	9%	8%	12%	9%	9%	7%	10%	7%	
Less often than once a month	29%	35%	23%	13%	18%	27%	28%	41%	30%	27%	
Don't know	3%	3%	2%	4%	4%	2%	2%	3%	2%	4%	

Total	Gender		Age					Social Grade	
Base	Male	Female	18-24	25-34	35-44	45-54	55+	ABC1	C2DE

Which, if any, of the following specifically cause you to feel anxious in your everyday life? (Please tick all that apply)

Unweighted base	2180	1010	1170	279	314	338	448	801	1212	968
Base: All GB adults who have ever felt anxious	2184	1026	1158	263	394	357	417	752	1218	966
Personal relationships	26%	24%	27%	44%	32%	29%	23%	15%	25%	26%
Money/ finance/ debt	45%	41%	48%	54%	51%	51%	52%	32%	42%	49%
Fear of crime/ personal safety	14%	11%	16%	15%	17%	10%	13%	14%	13%	15%
Growing old	25%	22%	27%	15%	14%	18%	26%	36%	26%	23%
Fear of being alone/ isolation	16%	13%	19%	28%	15%	15%	17%	14%	15%	18%
Death of a loved one	22%	17%	27%	13%	22%	19%	21%	29%	23%	22%
Welfare of my loved ones/ children	36%	28%	44%	15%	30%	35%	37%	47%	38%	35%
My own death	16%	14%	17%	10%	15%	14%	16%	19%	16%	17%
Fear of losing my job/ unemployment	17%	17%	16%	23%	22%	18%	24%	7%	16%	18%
Other work issues (e.g. long hours etc.)	27%	28%	27%	36%	41%	40%	30%	10%	30%	25%
Other	14%	15%	13%	23%	13%	14%	12%	12%	12%	17%
Don't know/ can't recall	6%	7%	4%	6%	5%	6%	5%	6%	4%	7%

Which, if any, of the following do you do/ use to ****cope**** with your feelings of anxiety in your everyday life? (Please tick all that apply)

Unweighted base	2180	1010	1170	279	314	338	448	801	1212	968
Base: All GB adults who have ever felt anxious	2184	1026	1158	263	394	357	417	752	1218	966
Talk to a friend or relative	30%	21%	38%	42%	34%	26%	23%	29%	31%	29%
Hide away from the world	18%	15%	20%	30%	26%	18%	18%	9%	17%	19%
Alcohol	16%	18%	15%	18%	21%	18%	19%	11%	16%	16%
Cigarettes	10%	9%	10%	10%	14%	10%	12%	6%	7%	13%
Visit my GP	7%	6%	7%	6%	8%	7%	9%	5%	6%	7%
Go for a walk	30%	31%	30%	32%	32%	27%	29%	32%	33%	28%
Physical activity/ exercise	23%	25%	22%	31%	29%	27%	19%	18%	27%	19%
Comfort eating	24%	18%	29%	35%	32%	25%	26%	15%	23%	25%
Relaxation/ meditation techniques	13%	12%	14%	14%	12%	15%	14%	12%	14%	12%
Other	11%	10%	11%	14%	10%	10%	12%	10%	12%	10%
Don't know	2%	2%	1%	1%	3%	3%	1%	1%	1%	2%
Not applicable - I do not do/ use anything to cope with my feelings of anxiety in my everyday life	19%	24%	16%	11%	11%	17%	18%	28%	18%	20%

Total	Gender		Age					Social Grade	
Base	Male	Female	18-24	25-34	35-44	45-54	55+	ABC1	C2DE

To what extent do you agree or disagree with each of the following statements? (Please tick ONE option on each row)

People are more anxious now than they were 5 years ago

Unweighted base	2330	1108	1222	295	332	361	476	866	1279	1051
Base: All GB adults	2330	1118	1212	279	412	382	442	816	1281	1049
Strongly agree	14%	13%	15%	12%	13%	14%	16%	15%	13%	16%
Tend to agree	42%	41%	44%	42%	41%	41%	41%	44%	44%	40%
Neither agree nor disagree	36%	38%	34%	37%	40%	39%	37%	32%	36%	36%
Tend to disagree	5%	5%	5%	6%	5%	5%	4%	6%	5%	5%
Strongly disagree	2%	3%	2%	3%	2%	1%	2%	3%	2%	2%

A problem with anxiety is something I would visit my GP about

Unweighted base	2330	1108	1222	295	332	361	476	866	1279	1051
Base: All GB adults	2330	1118	1212	279	412	382	442	816	1281	1049
Strongly agree	8%	7%	9%	6%	9%	9%	9%	6%	7%	9%
Tend to agree	19%	16%	22%	16%	19%	20%	22%	19%	18%	20%
Neither agree nor disagree	26%	27%	25%	26%	26%	32%	22%	26%	23%	30%
Tend to disagree	31%	33%	30%	35%	30%	30%	33%	31%	34%	28%
Strongly disagree	16%	17%	14%	18%	16%	9%	15%	19%	17%	14%

Feeling anxious is a sign of not being able to cope

Unweighted base	2330	1108	1222	295	332	361	476	866	1279	1051
Base: All GB adults	2330	1118	1212	279	412	382	442	816	1281	1049
Strongly agree	5%	4%	5%	8%	6%	3%	6%	4%	4%	6%
Tend to agree	21%	22%	21%	15%	27%	24%	23%	18%	23%	20%
Neither agree nor disagree	24%	27%	21%	23%	28%	27%	22%	23%	22%	27%
Tend to disagree	33%	32%	34%	34%	27%	31%	34%	37%	35%	31%
Strongly disagree	16%	15%	18%	21%	12%	15%	15%	19%	16%	17%

Feeling anxious is something to be ashamed of

Unweighted base	2330	1108	1222	295	332	361	476	866	1279	1051
Base: All GB adults	2330	1118	1212	279	412	382	442	816	1281	1049
Strongly agree	3%	3%	3%	6%	6%	2%	2%	1%	3%	3%
Tend to agree	7%	6%	8%	6%	9%	8%	8%	4%	8%	5%
Neither agree nor disagree	17%	19%	15%	18%	22%	21%	16%	12%	15%	19%
Tend to disagree	34%	35%	33%	33%	33%	38%	33%	34%	35%	33%
Strongly disagree	39%	38%	41%	37%	30%	30%	40%	49%	39%	40%

Total	Gender		Age					Social Grade	
Base	Male	Female	18-24	25-34	35-44	45-54	55+	ABC1	C2DE

I would be embarrassed to tell someone I have anxieties

Unweighted base	2330	1108	1222	295	332	361	476	866	1279	1051
Base: All GB adults	2330	1118	1212	279	412	382	442	816	1281	1049
Strongly agree	5%	6%	5%	8%	7%	4%	6%	4%	5%	6%
Tend to agree	24%	26%	22%	29%	32%	26%	23%	17%	25%	21%
Neither agree nor disagree	25%	28%	22%	21%	22%	28%	26%	27%	24%	27%
Tend to disagree	33%	29%	37%	31%	28%	30%	34%	37%	33%	33%
Strongly disagree	13%	11%	15%	10%	12%	11%	12%	16%	13%	14%

To what extent do you agree or disagree with each of the following statements? (Please tick ONE option on each row)

I get anxious more often these days than I used to

Unweighted base	2180	1010	1170	279	314	338	448	801	1212	968
Base: All GB adults who have ever felt anxious	2184	1026	1158	263	394	357	417	752	1218	966
Strongly agree	15%	12%	19%	20%	20%	13%	16%	12%	14%	17%
Tend to agree	32%	30%	33%	31%	28%	37%	34%	29%	30%	33%
Neither agree nor disagree	23%	23%	22%	26%	25%	24%	21%	20%	22%	23%
Tend to disagree	21%	22%	20%	15%	18%	18%	23%	25%	23%	18%
Strongly disagree	10%	12%	7%	8%	9%	7%	7%	13%	10%	9%

I wish I could be less anxious in my everyday life

Unweighted base	2180	1010	1170	279	314	338	448	801	1212	968
Base: All GB adults who have ever felt anxious	2184	1026	1158	263	394	357	417	752	1218	966
Strongly agree	23%	21%	25%	28%	28%	24%	23%	18%	21%	25%
Tend to agree	34%	32%	36%	34%	36%	38%	35%	30%	35%	32%
Neither agree nor disagree	29%	31%	27%	23%	25%	26%	28%	35%	27%	31%
Tend to disagree	10%	12%	8%	12%	10%	9%	11%	10%	12%	8%
Strongly disagree	4%	4%	4%	3%	2%	3%	4%	7%	5%	3%

Feelings of anxiety have sometimes stopped me from doing things

Unweighted base	2180	1010	1170	279	314	338	448	801	1212	968
Base: All GB adults who have ever felt anxious	2184	1026	1158	263	394	357	417	752	1218	966
Strongly agree	16%	13%	18%	20%	19%	17%	20%	11%	14%	19%
Tend to agree	32%	31%	33%	32%	36%	33%	32%	30%	35%	29%
Neither agree nor disagree	17%	17%	18%	21%	16%	18%	17%	16%	14%	21%
Tend to disagree	22%	23%	21%	19%	22%	18%	20%	27%	24%	20%
Strongly disagree	13%	16%	10%	8%	8%	13%	12%	17%	14%	11%

YouGov/Mental Health Foundation

Anxiety

GB Sample : 9th - 10th April 2014

Total	Region						
Base	North	Midlands	East	London	South	Wales	Scotland

For the following questions, by "anxious" we mean generally feeling worried, nervous, or uneasy...

In general which ONE, if any, of the following statements do you think BEST describes your experience with anxiety in your everyday life?

	Unweighted base	2330	559	317	178	373	509	95	299
	Base: All GB adults	2330	573	382	224	298	534	116	203
I feel anxious nearly all of the time		4%	4%	5%	4%	4%	5%	6%	3%
I feel anxious a lot of the time		14%	14%	16%	14%	16%	14%	10%	14%
I feel anxious some of the time		41%	42%	39%	41%	42%	40%	43%	45%
I rarely feel anxious		34%	34%	35%	31%	33%	36%	34%	31%
I never feel anxious		5%	6%	4%	5%	4%	4%	7%	5%
Don't know		1%	1%	0%	4%	2%	1%	1%	2%

You said that you feel anxious in your everyday life. In general, which ONE, if any, of the following BEST describes approximately how often you feel anxious?

	Unweighted base	2180	520	302	163	350	482	86	277
	Base: All GB adults who have ever felt anxious	2184	533	366	203	281	505	108	189
Everyday		15%	16%	15%	15%	16%	14%	19%	18%
At least once a week, but not everyday		26%	26%	22%	27%	26%	28%	20%	26%
Several times a month, but less than once a week		19%	18%	25%	16%	19%	18%	18%	16%
Once a month		9%	8%	8%	7%	9%	11%	6%	10%
Less often than once a month		29%	30%	27%	32%	28%	27%	32%	29%
Don't know		3%	3%	2%	3%	3%	2%	6%	2%

Total	Region						
Base	North	Midlands	East	London	South	Wales	Scotland

Which, if any, of the following specifically cause you to feel anxious in your everyday life? (Please tick all that apply)

	Unweighted base	2180	520	302	163	350	482	86	277
Base: All GB adults who have ever felt anxious		2184	533	366	203	281	505	108	189
Personal relationships		26%	25%	26%	26%	27%	26%	23%	25%
Money/ finance/ debt		45%	46%	39%	47%	43%	46%	48%	49%
Fear of crime/ personal safety		14%	14%	13%	15%	16%	14%	12%	11%
Growing old		25%	27%	27%	24%	25%	24%	23%	17%
Fear of being alone/ isolation		16%	14%	18%	19%	17%	18%	14%	17%
Death of a loved one		22%	22%	24%	22%	23%	22%	20%	23%
Welfare of my loved ones/ children		36%	39%	38%	41%	32%	35%	31%	34%
My own death		16%	20%	14%	14%	14%	16%	11%	18%
Fear of losing my job/ unemployment		17%	16%	16%	13%	18%	15%	19%	21%
Other work issues (e.g. long hours etc.)		27%	25%	27%	24%	30%	27%	31%	35%
Other		14%	11%	14%	13%	15%	17%	14%	13%
Don't know/ can't recall		6%	5%	9%	5%	6%	4%	8%	3%

Which, if any, of the following do you do/ use to ****cope**** with your feelings of anxiety in your everyday life? (Please tick all that apply)

	Unweighted base	2180	520	302	163	350	482	86	277
Base: All GB adults who have ever felt anxious		2184	533	366	203	281	505	108	189
Talk to a friend or relative		30%	29%	32%	26%	30%	29%	36%	31%
Hide away from the world		18%	17%	23%	19%	16%	17%	18%	15%
Alcohol		16%	16%	16%	20%	15%	16%	13%	17%
Cigarettes		10%	7%	10%	13%	11%	8%	13%	12%
Visit my GP		7%	5%	8%	6%	8%	7%	5%	7%
Go for a walk		30%	32%	26%	28%	28%	32%	31%	34%
Physical activity/ exercise		23%	23%	21%	26%	25%	22%	15%	30%
Comfort eating		24%	25%	22%	18%	27%	23%	29%	25%
Relaxation/ meditation techniques		13%	13%	13%	9%	13%	15%	10%	17%
Other		11%	11%	10%	11%	11%	12%	8%	10%
Don't know		2%	2%	2%	1%	2%	1%	2%	2%
Not applicable - I do not do/ use anything to cope with my feelings of anxiety in my everyday life		19%	19%	23%	22%	19%	18%	19%	15%

Total	Region						
Base	North	Midlands	East	London	South	Wales	Scotland

To what extent do you agree or disagree with each of the following statements? (Please tick ONE option on each row)

People are more anxious now than they were 5 years ago

Unweighted base	2330	559	317	178	373	509	95	299
Base: All GB adults	2330	573	382	224	298	534	116	203
Strongly agree	14%	14%	16%	14%	14%	13%	13%	15%
Tend to agree	42%	41%	41%	54%	38%	42%	40%	44%
Neither agree nor disagree	36%	37%	36%	25%	38%	40%	37%	33%
Tend to disagree	5%	5%	5%	4%	8%	3%	8%	5%
Strongly disagree	2%	2%	1%	3%	2%	4%	1%	3%

A problem with anxiety is something I would visit my GP about

Unweighted base	2330	559	317	178	373	509	95	299
Base: All GB adults	2330	573	382	224	298	534	116	203
Strongly agree	8%	9%	8%	11%	8%	5%	7%	7%
Tend to agree	19%	19%	20%	19%	14%	19%	23%	25%
Neither agree nor disagree	26%	26%	30%	23%	26%	28%	20%	21%
Tend to disagree	31%	29%	28%	33%	33%	33%	29%	36%
Strongly disagree	16%	16%	14%	14%	19%	15%	21%	12%

Feeling anxious is a sign of not being able to cope

Unweighted base	2330	559	317	178	373	509	95	299
Base: All GB adults	2330	573	382	224	298	534	116	203
Strongly agree	5%	5%	4%	5%	3%	5%	5%	4%
Tend to agree	21%	21%	25%	20%	22%	24%	13%	17%
Neither agree nor disagree	24%	24%	27%	24%	26%	21%	27%	24%
Tend to disagree	33%	34%	27%	34%	31%	35%	35%	37%
Strongly disagree	16%	16%	17%	18%	18%	15%	20%	17%

Feeling anxious is something to be ashamed of

Unweighted base	2330	559	317	178	373	509	95	299
Base: All GB adults	2330	573	382	224	298	534	116	203
Strongly agree	3%	3%	3%	4%	2%	3%	3%	2%
Tend to agree	7%	7%	7%	6%	7%	6%	7%	6%
Neither agree nor disagree	17%	18%	20%	12%	18%	16%	11%	18%
Tend to disagree	34%	35%	35%	33%	33%	34%	36%	32%
Strongly disagree	39%	37%	35%	45%	39%	41%	44%	41%

Total	Region						
Base	North	Midlands	East	London	South	Wales	Scotland

I would be embarrassed to tell someone I have anxieties

Unweighted base	2330	559	317	178	373	509	95	299
Base: All GB adults	2330	573	382	224	298	534	116	203
Strongly agree	5%	6%	5%	3%	5%	6%	5%	6%
Tend to agree	24%	22%	28%	24%	23%	21%	25%	24%
Neither agree nor disagree	25%	27%	23%	27%	24%	24%	19%	29%
Tend to disagree	33%	33%	35%	30%	31%	36%	33%	28%
Strongly disagree	13%	12%	10%	15%	17%	13%	18%	12%

To what extent do you agree or disagree with each of the following statements? (Please tick ONE option on each row)

I get anxious more often these days than I used to

Unweighted base	2180	520	302	163	350	482	86	277
Base: All GB adults who have ever felt anxious	2184	533	366	203	281	505	108	189
Strongly agree	15%	17%	16%	18%	15%	11%	20%	16%
Tend to agree	32%	32%	33%	26%	30%	34%	19%	37%
Neither agree nor disagree	23%	23%	22%	27%	24%	20%	29%	19%
Tend to disagree	21%	20%	20%	19%	20%	24%	24%	18%
Strongly disagree	10%	8%	9%	11%	11%	11%	9%	10%

I wish I could be less anxious in my everyday life

Unweighted base	2180	520	302	163	350	482	86	277
Base: All GB adults who have ever felt anxious	2184	533	366	203	281	505	108	189
Strongly agree	23%	24%	26%	17%	25%	20%	25%	23%
Tend to agree	34%	34%	32%	33%	33%	35%	23%	41%
Neither agree nor disagree	29%	30%	29%	32%	25%	29%	33%	25%
Tend to disagree	10%	8%	11%	11%	13%	10%	11%	9%
Strongly disagree	4%	4%	2%	7%	4%	5%	8%	2%

Feelings of anxiety have sometimes stopped me from doing things

Unweighted base	2180	520	302	163	350	482	86	277
Base: All GB adults who have ever felt anxious	2184	533	366	203	281	505	108	189
Strongly agree	16%	19%	19%	13%	14%	16%	19%	15%
Tend to agree	32%	31%	28%	37%	36%	31%	27%	36%
Neither agree nor disagree	17%	20%	20%	14%	15%	16%	16%	15%
Tend to disagree	22%	22%	21%	21%	21%	24%	24%	23%
Strongly disagree	13%	11%	12%	14%	13%	14%	14%	11%

YouGov/Mental Health Foundation Anxiety

GB Sample : 9th - 10th April 2014

Total	Government Region										
Base	North East	North West	Yorkshire and the Humber	East Midlands	West Midlands	East of England	London	South East	South West	Wales	Scotland

For the following questions, by "anxious" we mean generally feeling worried, nervous, or uneasy...

In general which ONE, if any, of the following statements do you think BEST describes your experience with anxiety in your everyday life?

	Unweighted base	2330	111	250	198	152	165	178	373	303	206	95	299
	Base: All GB adults	2330	114	252	207	181	201	224	298	325	209	116	203
I feel anxious nearly all of the time		4%	5%	4%	4%	3%	7%	4%	4%	5%	5%	6%	3%
I feel anxious a lot of the time		14%	13%	14%	13%	13%	20%	14%	16%	13%	16%	10%	14%
I feel anxious some of the time		41%	34%	40%	47%	40%	38%	41%	42%	40%	39%	43%	45%
I rarely feel anxious		34%	42%	35%	28%	39%	32%	31%	33%	36%	35%	34%	31%
I never feel anxious		5%	5%	5%	6%	5%	3%	5%	4%	5%	3%	7%	5%
Don't know		1%	0%	2%	1%	-	1%	4%	2%	1%	2%	1%	2%

You said that you feel anxious in your everyday life. In general, which ONE, if any, of the following BEST describes approximately how often you feel anxious?

	Unweighted base	2180	105	230	185	143	159	163	350	287	195	86	277
	Base: All GB adults who have ever felt anxious	2184	107	234	192	171	194	203	281	306	199	108	189
Everyday		15%	17%	17%	13%	9%	21%	15%	16%	14%	14%	19%	18%
At least once a week, but not everyday		26%	25%	24%	29%	26%	19%	27%	26%	29%	27%	20%	26%
Several times a month, but less than once a week		19%	16%	15%	22%	23%	26%	16%	19%	17%	18%	18%	16%
Once a month		9%	1%	7%	12%	13%	4%	7%	9%	12%	9%	6%	10%
Less often than once a month		29%	38%	34%	19%	26%	29%	32%	28%	25%	30%	32%	29%
Don't know		3%	2%	3%	5%	4%	1%	3%	3%	3%	1%	6%	2%

Total	Government Region										
	Base	North East	North West	Yorkshire and the Humber	East Midlands	West Midlands	East of England	London	South East	South West	Wales

Which, if any, of the following specifically cause you to feel anxious in your everyday life? (Please tick all that apply)

Unweighted base	2180	105	230	185	143	159	163	350	287	195	86	277
Base: All GB adults who have ever felt anxious	2184	107	234	192	171	194	203	281	306	199	108	189
Personal relationships	26%	27%	30%	18%	20%	30%	26%	27%	26%	25%	23%	25%
Money/ finance/ debt	45%	43%	44%	50%	34%	44%	47%	43%	45%	47%	48%	49%
Fear of crime/ personal safety	14%	19%	14%	12%	11%	15%	15%	16%	15%	13%	12%	11%
Growing old	25%	29%	27%	27%	23%	30%	24%	25%	24%	25%	23%	17%
Fear of being alone/ isolation	16%	17%	16%	11%	12%	22%	19%	17%	17%	18%	14%	17%
Death of a loved one	22%	28%	21%	18%	22%	26%	22%	23%	23%	22%	20%	23%
Welfare of my loved ones/ children	36%	38%	40%	37%	31%	44%	41%	32%	38%	30%	31%	34%
My own death	16%	20%	17%	23%	10%	18%	14%	14%	14%	18%	11%	18%
Fear of losing my job/ unemployment	17%	21%	18%	12%	14%	18%	13%	18%	16%	15%	19%	21%
Other work issues (e.g. long hours etc.)	27%	31%	22%	26%	24%	29%	24%	30%	28%	26%	31%	35%
Other	14%	9%	11%	13%	13%	15%	13%	15%	15%	19%	14%	13%
Don't know/ can't recall	6%	5%	5%	5%	12%	6%	5%	6%	4%	4%	8%	3%

Which, if any, of the following do you do/ use to **cope** with your feelings of anxiety in your everyday life? (Please tick all that apply)

Unweighted base	2180	105	230	185	143	159	163	350	287	195	86	277
Base: All GB adults who have ever felt anxious	2184	107	234	192	171	194	203	281	306	199	108	189
Talk to a friend or relative	30%	30%	29%	29%	33%	31%	26%	30%	29%	30%	36%	31%
Hide away from the world	18%	16%	15%	19%	16%	28%	19%	16%	17%	18%	18%	15%
Alcohol	16%	14%	15%	19%	11%	21%	20%	15%	17%	14%	13%	17%
Cigarettes	10%	10%	6%	8%	9%	11%	13%	11%	7%	10%	13%	12%
Visit my GP	7%	6%	5%	5%	6%	10%	6%	8%	5%	10%	5%	7%
Go for a walk	30%	25%	33%	36%	27%	25%	28%	28%	32%	34%	31%	34%
Physical activity/ exercise	23%	20%	25%	22%	21%	22%	26%	25%	21%	22%	15%	30%
Comfort eating	24%	31%	23%	25%	18%	26%	18%	27%	22%	24%	29%	25%
Relaxation/ meditation techniques	13%	15%	12%	13%	11%	14%	9%	13%	13%	17%	10%	17%
Other	11%	17%	10%	9%	10%	10%	11%	11%	14%	9%	8%	10%
Don't know	2%	2%	3%	1%	1%	3%	1%	2%	1%	1%	2%	2%
Not applicable - I do not do/ use anything to cope with my feelings of anxiety in my everyday life	19%	17%	21%	18%	28%	19%	22%	19%	18%	17%	19%	15%

Total	Government Region										
	Base	North East	North West	Yorkshire and the Humber	East Midlands	West Midlands	East of England	London	South East	South West	Wales

To what extent do you agree or disagree with each of the following statements? (Please tick ONE option on each row)

People are more anxious now than they were 5 years ago

Unweighted base	2330	111	250	198	152	165	178	373	303	206	95	299
Base: All GB adults	2330	114	252	207	181	201	224	298	325	209	116	203
Strongly agree	14%	20%	12%	14%	12%	20%	14%	14%	11%	16%	13%	15%
Tend to agree	42%	40%	38%	45%	41%	41%	54%	38%	42%	40%	40%	44%
Neither agree nor disagree	36%	33%	42%	34%	37%	34%	25%	38%	40%	39%	37%	33%
Tend to disagree	5%	6%	6%	5%	8%	3%	4%	8%	3%	3%	8%	5%
Strongly disagree	2%	-	3%	1%	1%	2%	3%	2%	4%	2%	1%	3%

A problem with anxiety is something I would visit my GP about

Unweighted base	2330	111	250	198	152	165	178	373	303	206	95	299
Base: All GB adults	2330	114	252	207	181	201	224	298	325	209	116	203
Strongly agree	8%	14%	6%	10%	7%	8%	11%	8%	4%	7%	7%	7%
Tend to agree	19%	21%	19%	19%	19%	20%	19%	14%	19%	19%	23%	25%
Neither agree nor disagree	26%	20%	28%	29%	32%	28%	23%	26%	28%	28%	20%	21%
Tend to disagree	31%	31%	30%	27%	26%	31%	33%	33%	34%	32%	29%	36%
Strongly disagree	16%	15%	18%	16%	16%	13%	14%	19%	16%	14%	21%	12%

Feeling anxious is a sign of not being able to cope

Unweighted base	2330	111	250	198	152	165	178	373	303	206	95	299
Base: All GB adults	2330	114	252	207	181	201	224	298	325	209	116	203
Strongly agree	5%	6%	5%	5%	3%	6%	5%	3%	6%	4%	5%	4%
Tend to agree	21%	23%	17%	23%	17%	31%	20%	22%	26%	20%	13%	17%
Neither agree nor disagree	24%	18%	27%	24%	30%	24%	24%	26%	21%	20%	27%	24%
Tend to disagree	33%	38%	35%	31%	29%	26%	34%	31%	32%	42%	35%	37%
Strongly disagree	16%	15%	16%	16%	21%	13%	18%	18%	15%	14%	20%	17%

Feeling anxious is something to be ashamed of

Unweighted base	2330	111	250	198	152	165	178	373	303	206	95	299
Base: All GB adults	2330	114	252	207	181	201	224	298	325	209	116	203
Strongly agree	3%	3%	2%	3%	3%	3%	4%	2%	4%	2%	3%	2%
Tend to agree	7%	10%	5%	7%	5%	9%	6%	7%	7%	5%	7%	6%
Neither agree nor disagree	17%	11%	20%	18%	19%	21%	12%	18%	15%	17%	11%	18%
Tend to disagree	34%	42%	37%	30%	33%	36%	33%	33%	32%	36%	36%	32%
Strongly disagree	39%	34%	35%	42%	40%	31%	45%	39%	42%	40%	44%	41%

Total	Government Region										
	Base	North East	North West	Yorkshire and the Humber	East Midlands	West Midlands	East of England	London	South East	South West	Wales

I would be embarrassed to tell someone I have anxieties

	Total	North East	North West	Yorkshire and the Humber	East Midlands	West Midlands	East of England	London	South East	South West	Wales	Scotland
Unweighted base	2330	111	250	198	152	165	178	373	303	206	95	299
Base: All GB adults	2330	114	252	207	181	201	224	298	325	209	116	203
Strongly agree	5%	11%	5%	5%	6%	4%	3%	5%	7%	4%	5%	6%
Tend to agree	24%	19%	21%	25%	21%	35%	24%	23%	23%	18%	25%	24%
Neither agree nor disagree	25%	28%	29%	25%	28%	18%	27%	24%	22%	26%	19%	29%
Tend to disagree	33%	30%	35%	32%	36%	34%	30%	31%	33%	41%	33%	28%
Strongly disagree	13%	13%	10%	14%	9%	10%	15%	17%	14%	11%	18%	12%

To what extent do you agree or disagree with each of the following statements? (Please tick ONE option on each row)

I get anxious more often these days than I used to

	Total	North East	North West	Yorkshire and the Humber	East Midlands	West Midlands	East of England	London	South East	South West	Wales	Scotland
Unweighted base	2180	105	230	185	143	159	163	350	287	195	86	277
Base: All GB adults who have ever felt anxious	2184	107	234	192	171	194	203	281	306	199	108	189
Strongly agree	15%	24%	14%	18%	10%	21%	18%	15%	12%	11%	20%	16%
Tend to agree	32%	21%	34%	34%	31%	34%	26%	30%	33%	37%	19%	37%
Neither agree nor disagree	23%	17%	25%	22%	28%	17%	27%	24%	21%	18%	29%	19%
Tend to disagree	21%	23%	20%	19%	22%	19%	19%	20%	25%	22%	24%	18%
Strongly disagree	10%	14%	6%	7%	10%	8%	11%	11%	9%	12%	9%	10%

I wish I could be less anxious in my everyday life

	Total	North East	North West	Yorkshire and the Humber	East Midlands	West Midlands	East of England	London	South East	South West	Wales	Scotland
Unweighted base	2180	105	230	185	143	159	163	350	287	195	86	277
Base: All GB adults who have ever felt anxious	2184	107	234	192	171	194	203	281	306	199	108	189
Strongly agree	23%	26%	22%	24%	20%	31%	17%	25%	20%	22%	25%	23%
Tend to agree	34%	34%	33%	36%	30%	34%	33%	33%	38%	32%	23%	41%
Neither agree nor disagree	29%	26%	34%	28%	35%	24%	32%	25%	28%	30%	33%	25%
Tend to disagree	10%	9%	9%	7%	12%	10%	11%	13%	10%	10%	11%	9%
Strongly disagree	4%	5%	3%	5%	4%	1%	7%	4%	5%	6%	8%	2%

Feelings of anxiety have sometimes stopped me from doing things

	Total	North East	North West	Yorkshire and the Humber	East Midlands	West Midlands	East of England	London	South East	South West	Wales	Scotland
Unweighted base	2180	105	230	185	143	159	163	350	287	195	86	277
Base: All GB adults who have ever felt anxious	2184	107	234	192	171	194	203	281	306	199	108	189
Strongly agree	16%	22%	13%	16%	14%	24%	13%	14%	17%	14%	19%	15%
Tend to agree	32%	22%	31%	37%	23%	33%	37%	36%	29%	34%	27%	36%
Neither agree nor disagree	17%	20%	22%	18%	23%	17%	14%	15%	17%	13%	16%	15%
Tend to disagree	22%	21%	25%	19%	25%	17%	21%	21%	25%	23%	24%	23%
Strongly disagree	13%	15%	10%	9%	15%	10%	14%	13%	13%	16%	14%	11%

YouGov/Mental Health Foundation

Anxiety

GB Sample : 9th - 10th April 2014

Total	Working status							Marital Status				
Base	Working full time	Working part time	ALL WORKERS (NET)	Full time student	Retired	Unemployed	Not working/ Other	Married/ Civil Partnership	Living as married	Separated/ Divorced	Widowed	Never Married

For the following questions, by "anxious" we mean generally feeling worried, nervous, or uneasy...

In general which ONE, if any, of the following statements do you think BEST describes your experience with anxiety in your everyday life?

	Unweighted base	2330	1154	246	1400	150	538	91	151	954	226	167	54	458
Base: All GB adults	2330	1170	244	1414	132	523	98	163	973	236	157	55	462	
I feel anxious nearly all of the time	4%	4%	6%	4%	3%	3%	4%	12%	2%	4%	11%	6%	6%	
I feel anxious a lot of the time	14%	13%	17%	14%	23%	10%	25%	20%	12%	15%	12%	9%	17%	
I feel anxious some of the time	41%	43%	46%	44%	41%	36%	38%	37%	41%	37%	39%	43%	44%	
I rarely feel anxious	34%	34%	29%	34%	28%	41%	25%	22%	38%	36%	33%	32%	28%	
I never feel anxious	5%	4%	1%	3%	3%	9%	4%	4%	6%	6%	6%	7%	4%	
Don't know	1%	1%	1%	1%	2%	1%	3%	4%	2%	2%	-	3%	2%	

You said that you feel anxious in your everyday life. In general, which ONE, if any, of the following BEST describes approximately how often you feel anxious?

	Unweighted base	2180	1091	239	1330	143	485	84	138	880	209	157	49	433
Base: All GB adults who have ever felt anxious	2184	1109	238	1347	125	471	91	150	902	218	148	49	436	
Everyday	15%	14%	22%	15%	17%	11%	18%	28%	12%	14%	19%	17%	19%	
At least once a week, but not everyday	26%	28%	23%	27%	32%	19%	27%	29%	24%	27%	29%	16%	27%	
Several times a month, but less than once a week	19%	19%	19%	19%	25%	17%	19%	19%	20%	20%	10%	16%	20%	
Once a month	9%	10%	8%	9%	7%	9%	3%	5%	8%	8%	11%	15%	7%	
Less often than once a month	29%	28%	25%	27%	16%	42%	24%	15%	33%	30%	26%	36%	23%	
Don't know	3%	2%	3%	2%	2%	2%	10%	5%	3%	1%	5%	-	4%	

Total	Working status							Marital Status				
	Base	Working full time	Working part time	ALL WORKERS (NET)	Full time student	Retired	Unemployed	Not working/ Other	Married/ Civil Partnership	Living as married	Separated/ Divorced	Widowed

Which, if any, of the following specifically cause you to feel anxious in your everyday life? (Please tick all that apply)

Unweighted base	2180	1091	239	1330	143	485	84	138	880	209	157	49	433
Base: All GB adults who have ever felt anxious	2184	1109	238	1347	125	471	91	150	902	218	148	49	436
Personal relationships	26%	26%	27%	26%	46%	17%	33%	28%	19%	23%	22%	16%	37%
Money/ finance/ debt	45%	48%	53%	49%	50%	27%	53%	55%	40%	45%	47%	28%	45%
Fear of crime/ personal safety	14%	11%	18%	12%	14%	16%	18%	21%	13%	8%	13%	15%	16%
Growing old	25%	21%	27%	22%	18%	36%	13%	28%	27%	22%	31%	32%	21%
Fear of being alone/ isolation	16%	14%	23%	15%	27%	15%	16%	23%	10%	9%	23%	29%	26%
Death of a loved one	22%	19%	25%	20%	15%	30%	16%	31%	22%	23%	23%	41%	17%
Welfare of my loved ones/ children	36%	31%	46%	34%	16%	50%	26%	39%	42%	35%	46%	52%	17%
My own death	16%	15%	16%	15%	14%	18%	13%	23%	15%	18%	22%	25%	14%
Fear of losing my job/ unemployment	17%	23%	21%	22%	17%	1%	31%	3%	11%	13%	20%	2%	25%
Other work issues (e.g. long hours etc.)	27%	41%	26%	39%	34%	2%	15%	9%	24%	32%	16%	5%	42%
Other	14%	10%	15%	11%	26%	14%	26%	20%	13%	10%	13%	5%	21%
Don't know/ can't recall	6%	5%	5%	5%	8%	6%	8%	9%	6%	6%	5%	3%	7%

Which, if any, of the following do you do/ use to ****cope**** with your feelings of anxiety in your everyday life? (Please tick all that apply)

Unweighted base	2180	1091	239	1330	143	485	84	138	880	209	157	49	433
Base: All GB adults who have ever felt anxious	2184	1109	238	1347	125	471	91	150	902	218	148	49	436
Talk to a friend or relative	30%	28%	35%	29%	38%	30%	25%	30%	27%	26%	29%	48%	29%
Hide away from the world	18%	18%	20%	18%	31%	10%	23%	25%	11%	13%	26%	14%	31%
Alcohol	16%	20%	17%	19%	16%	7%	27%	10%	14%	18%	19%	5%	21%
Cigarettes	10%	11%	8%	10%	6%	5%	23%	16%	7%	13%	19%	4%	11%
Visit my GP	7%	6%	8%	6%	2%	5%	8%	16%	6%	5%	8%	14%	6%
Go for a walk	30%	30%	32%	31%	34%	31%	32%	23%	29%	33%	26%	32%	30%
Physical activity/ exercise	23%	26%	21%	25%	25%	20%	27%	12%	21%	24%	23%	12%	26%
Comfort eating	24%	26%	26%	26%	39%	13%	24%	27%	20%	22%	26%	17%	29%
Relaxation/ meditation techniques	13%	13%	15%	14%	18%	11%	9%	15%	12%	9%	15%	9%	13%
Other	11%	10%	11%	11%	12%	11%	14%	10%	10%	12%	12%	8%	13%
Don't know	2%	2%	3%	2%	3%	0%	2%	1%	1%	1%	1%	-	2%
Not applicable - I do not do/ use anything to cope with my feelings of anxiety in my everyday life	19%	16%	19%	17%	12%	31%	15%	15%	25%	21%	14%	23%	14%

Total	Working status							Marital Status				
Base	Working full time	Working part time	ALL WORKERS (NET)	Full time student	Retired	Unemployed	Not working/ Other	Married/ Civil Partnership	Living as married	Separated/ Divorced	Widowed	Never Married

To what extent do you agree or disagree with each of the following statements? (Please tick ONE option on each row)

People are more anxious now than they were 5 years ago

Unweighted base	2330	1154	246	1400	150	538	91	151	954	226	167	54	458
Base: All GB adults	2330	1170	244	1414	132	523	98	163	973	236	157	55	462
Strongly agree	14%	16%	14%	15%	8%	12%	17%	14%	13%	12%	19%	10%	11%
Tend to agree	42%	41%	45%	42%	44%	45%	35%	40%	43%	45%	42%	52%	39%
Neither agree nor disagree	36%	37%	32%	36%	38%	35%	41%	36%	37%	36%	36%	33%	41%
Tend to disagree	5%	4%	7%	5%	6%	6%	2%	7%	5%	5%	2%	5%	7%
Strongly disagree	2%	2%	2%	2%	3%	2%	5%	3%	2%	2%	1%	-	2%

A problem with anxiety is something I would visit my GP about

Unweighted base	2330	1154	246	1400	150	538	91	151	954	226	167	54	458
Base: All GB adults	2330	1170	244	1414	132	523	98	163	973	236	157	55	462
Strongly agree	8%	7%	8%	7%	7%	7%	9%	15%	6%	10%	11%	12%	7%
Tend to agree	19%	20%	18%	19%	12%	20%	24%	19%	19%	18%	20%	18%	17%
Neither agree nor disagree	26%	25%	26%	25%	25%	25%	34%	29%	28%	28%	28%	21%	27%
Tend to disagree	31%	33%	34%	33%	38%	30%	19%	23%	31%	35%	29%	30%	32%
Strongly disagree	16%	16%	14%	15%	17%	18%	14%	13%	16%	10%	13%	20%	17%

Feeling anxious is a sign of not being able to cope

Unweighted base	2330	1154	246	1400	150	538	91	151	954	226	167	54	458
Base: All GB adults	2330	1170	244	1414	132	523	98	163	973	236	157	55	462
Strongly agree	5%	4%	5%	5%	4%	4%	5%	9%	4%	4%	8%	8%	4%
Tend to agree	21%	23%	20%	22%	15%	19%	24%	22%	21%	23%	27%	23%	21%
Neither agree nor disagree	24%	25%	20%	24%	26%	22%	34%	26%	26%	25%	17%	22%	27%
Tend to disagree	33%	32%	41%	34%	33%	36%	19%	29%	34%	36%	34%	32%	32%
Strongly disagree	16%	16%	13%	15%	22%	18%	18%	14%	15%	12%	14%	15%	17%

Feeling anxious is something to be ashamed of

Unweighted base	2330	1154	246	1400	150	538	91	151	954	226	167	54	458
Base: All GB adults	2330	1170	244	1414	132	523	98	163	973	236	157	55	462
Strongly agree	3%	3%	3%	3%	4%	2%	3%	4%	3%	1%	5%	1%	2%
Tend to agree	7%	8%	8%	8%	3%	3%	7%	8%	6%	5%	7%	9%	7%
Neither agree nor disagree	17%	18%	17%	18%	20%	11%	26%	16%	15%	15%	14%	9%	22%
Tend to disagree	34%	35%	29%	34%	38%	37%	26%	32%	37%	40%	35%	35%	34%
Strongly disagree	39%	36%	43%	37%	35%	48%	38%	39%	39%	39%	40%	46%	35%

Total	Working status							Marital Status				
Base	Working full time	Working part time	ALL WORKERS (NET)	Full time student	Retired	Unemployed	Not working/ Other	Married/ Civil Partnership	Living as married	Separated/ Divorced	Widowed	Never Married

I would be embarrassed to tell someone I have anxieties

Unweighted base	2330	1154	246	1400	150	538	91	151	954	226	167	54	458
Base: All GB adults	2330	1170	244	1414	132	523	98	163	973	236	157	55	462
Strongly agree	5%	6%	2%	5%	5%	4%	9%	8%	4%	5%	5%	7%	6%
Tend to agree	24%	27%	22%	26%	26%	16%	31%	20%	22%	24%	20%	22%	26%
Neither agree nor disagree	25%	24%	25%	24%	25%	28%	28%	20%	28%	20%	26%	32%	24%
Tend to disagree	33%	32%	36%	33%	34%	36%	23%	32%	33%	36%	38%	29%	31%
Strongly disagree	13%	11%	14%	12%	10%	16%	10%	20%	13%	15%	11%	11%	13%

To what extent do you agree or disagree with each of the following statements? (Please tick ONE option on each row)

I get anxious more often these days than I used to

Unweighted base	2180	1091	239	1330	143	485	84	138	880	209	157	49	433
Base: All GB adults who have ever felt anxious	2184	1109	238	1347	125	471	91	150	902	218	148	49	436
Strongly agree	15%	15%	17%	15%	19%	12%	12%	28%	14%	11%	19%	7%	17%
Tend to agree	32%	34%	26%	33%	33%	30%	29%	27%	33%	32%	30%	33%	27%
Neither agree nor disagree	23%	22%	27%	23%	25%	17%	38%	26%	21%	28%	24%	20%	26%
Tend to disagree	21%	20%	21%	20%	16%	29%	14%	12%	22%	23%	23%	30%	20%
Strongly disagree	10%	9%	10%	9%	7%	12%	8%	8%	10%	7%	4%	9%	10%

I wish I could be less anxious in my everyday life

Unweighted base	2180	1091	239	1330	143	485	84	138	880	209	157	49	433
Base: All GB adults who have ever felt anxious	2184	1109	238	1347	125	471	91	150	902	218	148	49	436
Strongly agree	23%	23%	22%	23%	24%	17%	33%	34%	18%	17%	29%	16%	29%
Tend to agree	34%	34%	39%	35%	39%	31%	31%	32%	35%	39%	32%	35%	31%
Neither agree nor disagree	29%	28%	26%	28%	20%	36%	30%	22%	32%	30%	32%	37%	24%
Tend to disagree	10%	11%	7%	10%	15%	10%	3%	11%	9%	10%	7%	9%	14%
Strongly disagree	4%	4%	5%	4%	2%	7%	4%	0%	5%	3%	1%	3%	3%

Feelings of anxiety have sometimes stopped me from doing things

Unweighted base	2180	1091	239	1330	143	485	84	138	880	209	157	49	433
Base: All GB adults who have ever felt anxious	2184	1109	238	1347	125	471	91	150	902	218	148	49	436
Strongly agree	16%	15%	18%	15%	18%	11%	20%	33%	12%	13%	18%	13%	23%
Tend to agree	32%	34%	32%	33%	31%	29%	34%	30%	29%	37%	34%	26%	33%
Neither agree nor disagree	17%	17%	18%	17%	21%	15%	22%	16%	19%	12%	24%	23%	18%
Tend to disagree	22%	22%	22%	22%	21%	29%	12%	13%	25%	29%	16%	28%	15%
Strongly disagree	13%	13%	10%	12%	9%	17%	11%	8%	16%	9%	8%	10%	11%

YouGov/Mental Health Foundation Anxiety

GB Sample : 9th - 10th April 2014

Total	Children in Household						Social Media (monthly or more)			
Base	0	1	2	3+	ALL WITH CHILDREN IN HOUSEHOLD (NET)	Refused	Facebook	LinkedIn	Google+	Twitter

For the following questions, by "anxious" we mean generally feeling worried, nervous, or uneasy...

In general which ONE, if any, of the following statements do you think BEST describes your experience with anxiety in your everyday life?

	Unweighted base	0	1	2	3+	ALL WITH CHILDREN IN HOUSEHOLD (NET)	Refused	Facebook	LinkedIn	Google+	Twitter	
	2330	1642	292	208	89	589	99	1571	343	179	582	
	Base: All GB adults	2330	1609	304	226	99	628	92	1568	333	186	570
I feel anxious nearly all of the time	4%	4%	5%	5%	2%	5%	7%	4%	2%	6%	4%	
I feel anxious a lot of the time	14%	14%	17%	14%	16%	16%	17%	15%	15%	16%	17%	
I feel anxious some of the time	41%	41%	40%	47%	43%	43%	39%	43%	41%	44%	44%	
I rarely feel anxious	34%	34%	36%	30%	31%	33%	31%	33%	37%	29%	31%	
I never feel anxious	5%	6%	2%	3%	4%	3%	1%	4%	4%	4%	3%	
Don't know	1%	1%	1%	1%	4%	1%	4%	1%	2%	2%	1%	

You said that you feel anxious in your everyday life. In general, which ONE, if any, of the following BEST describes approximately how often you feel anxious?

	Unweighted base	0	1	2	3+	ALL WITH CHILDREN IN HOUSEHOLD (NET)	Refused	Facebook	LinkedIn	Google+	Twitter	
	2180	1529	283	197	81	561	90	1481	323	167	558	
	Base: All GB adults who have ever felt anxious	2184	1494	295	217	91	603	87	1479	314	177	547
Everyday	15%	15%	16%	15%	10%	15%	24%	16%	16%	13%	16%	
At least once a week, but not everyday	26%	26%	26%	26%	29%	26%	22%	26%	21%	28%	30%	
Several times a month, but less than once a week	19%	17%	25%	22%	23%	23%	13%	20%	20%	23%	18%	
Once a month	9%	8%	7%	12%	10%	9%	14%	9%	14%	10%	11%	
Less often than once a month	29%	31%	24%	23%	25%	24%	20%	27%	28%	23%	23%	
Don't know	3%	2%	3%	3%	3%	3%	7%	2%	1%	3%	2%	

Total	Children in Household						Social Media (monthly or more)			
Base	0	1	2	3+	ALL WITH CHILDREN IN HOUSEHOLD (NET)	Refused	Facebook	LinkedIn	Google+	Twitter

Which, if any, of the following specifically cause you to feel anxious in your everyday life? (Please tick all that apply)

	Unweighted base	2180	1529	283	197	81	561	90	1481	323	167	558
Base: All GB adults who have ever felt anxious		2184	1494	295	217	91	603	87	1479	314	177	547
Personal relationships	26%	26%	25%	28%	25%	28%	27%	26%	27%	28%	30%	35%
Money/ finance/ debt	45%	45%	40%	55%	56%	60%	56%	49%	47%	44%	45%	51%
Fear of crime/ personal safety	14%	14%	14%	18%	10%	9%	14%	18%	13%	9%	11%	13%
Growing old	25%	25%	28%	17%	16%	18%	17%	24%	23%	22%	25%	21%
Fear of being alone/ isolation	16%	16%	19%	10%	10%	18%	11%	19%	18%	13%	19%	20%
Death of a loved one	22%	22%	25%	16%	22%	12%	18%	10%	23%	22%	16%	20%
Welfare of my loved ones/ children	36%	36%	33%	40%	51%	43%	44%	33%	36%	31%	31%	31%
My own death	16%	16%	17%	15%	13%	12%	14%	15%	17%	17%	22%	16%
Fear of losing my job/ unemployment	17%	17%	16%	21%	13%	12%	17%	23%	18%	19%	14%	19%
Other work issues (e.g. long hours etc.)	27%	27%	26%	34%	31%	27%	32%	28%	30%	41%	30%	36%
Other	14%	14%	16%	9%	10%	9%	9%	16%	15%	13%	13%	16%
Don't know/ can't recall	6%	6%	6%	4%	7%	4%	5%	8%	5%	3%	5%	5%

Which, if any, of the following do you do/ use to **cope** with your feelings of anxiety in your everyday life? (Please tick all that apply)

	Unweighted base	2180	1529	283	197	81	561	90	1481	323	167	558
Base: All GB adults who have ever felt anxious		2184	1494	295	217	91	603	87	1479	314	177	547
Talk to a friend or relative	30%	30%	31%	31%	28%	31%	30%	19%	32%	36%	35%	36%
Hide away from the world	18%	18%	19%	15%	13%	23%	16%	19%	20%	16%	20%	25%
Alcohol	16%	16%	16%	15%	17%	22%	17%	11%	17%	21%	14%	20%
Cigarettes	10%	10%	9%	13%	9%	9%	11%	11%	10%	7%	13%	11%
Visit my GP	7%	7%	6%	8%	8%	6%	8%	4%	7%	8%	8%	8%
Go for a walk	30%	30%	32%	30%	27%	23%	28%	25%	30%	40%	38%	30%
Physical activity/ exercise	23%	23%	24%	21%	23%	27%	22%	19%	23%	33%	25%	27%
Comfort eating	24%	24%	22%	29%	29%	21%	28%	27%	27%	24%	26%	29%
Relaxation/ meditation techniques	13%	13%	13%	13%	9%	17%	13%	13%	14%	15%	21%	16%
Other	11%	11%	11%	10%	10%	3%	9%	18%	11%	12%	15%	12%
Don't know	2%	2%	2%	2%	2%	5%	3%	4%	2%	1%	2%	1%
Not applicable - I do not do/ use anything to cope with my feelings of anxiety in my everyday life	19%	19%	21%	15%	16%	13%	15%	23%	17%	12%	16%	13%

Total	Children in Household						Social Media (monthly or more)			
Base	0	1	2	3+	ALL WITH CHILDREN IN HOUSEHOLD (NET)	Refused	Facebook	LinkedIn	Google+	Twitter

To what extent do you agree or disagree with each of the following statements? (Please tick ONE option on each row)

People are more anxious now than they were 5 years ago

Unweighted base	2330	1642	292	208	89	589	99	1571	343	179	582
Base: All GB adults	2330	1609	304	226	99	628	92	1568	333	186	570
Strongly agree	14%	14%	15%	15%	12%	14%	16%	14%	13%	18%	12%
Tend to agree	42%	43%	39%	44%	40%	41%	32%	42%	37%	42%	42%
Neither agree nor disagree	36%	35%	41%	34%	37%	38%	40%	36%	39%	31%	40%
Tend to disagree	5%	5%	4%	5%	9%	5%	6%	6%	7%	4%	4%
Strongly disagree	2%	3%	1%	2%	2%	1%	6%	2%	4%	5%	2%

A problem with anxiety is something I would visit my GP about

Unweighted base	2330	1642	292	208	89	589	99	1571	343	179	582
Base: All GB adults	2330	1609	304	226	99	628	92	1568	333	186	570
Strongly agree	8%	7%	10%	8%	9%	9%	7%	8%	7%	8%	9%
Tend to agree	19%	19%	22%	18%	27%	21%	14%	21%	20%	26%	20%
Neither agree nor disagree	26%	25%	27%	30%	27%	28%	30%	25%	22%	27%	28%
Tend to disagree	31%	33%	29%	32%	25%	29%	22%	33%	36%	28%	32%
Strongly disagree	16%	17%	12%	13%	12%	12%	26%	14%	16%	11%	12%

Feeling anxious is a sign of not being able to cope

Unweighted base	2330	1642	292	208	89	589	99	1571	343	179	582
Base: All GB adults	2330	1609	304	226	99	628	92	1568	333	186	570
Strongly agree	5%	5%	4%	5%	4%	5%	7%	4%	2%	9%	5%
Tend to agree	21%	20%	26%	23%	23%	25%	19%	21%	19%	19%	20%
Neither agree nor disagree	24%	23%	23%	28%	30%	26%	30%	24%	20%	23%	22%
Tend to disagree	33%	35%	33%	29%	30%	31%	21%	34%	39%	34%	37%
Strongly disagree	16%	17%	14%	14%	13%	14%	22%	17%	20%	15%	17%

Feeling anxious is something to be ashamed of

Unweighted base	2330	1642	292	208	89	589	99	1571	343	179	582
Base: All GB adults	2330	1609	304	226	99	628	92	1568	333	186	570
Strongly agree	3%	2%	4%	4%	7%	4%	3%	3%	3%	7%	3%
Tend to agree	7%	5%	9%	10%	13%	10%	7%	6%	9%	10%	8%
Neither agree nor disagree	17%	15%	19%	19%	24%	20%	30%	17%	15%	12%	16%
Tend to disagree	34%	35%	32%	37%	28%	33%	26%	35%	31%	30%	35%
Strongly disagree	39%	42%	36%	30%	28%	33%	34%	39%	43%	40%	38%

Total	Children in Household						Social Media (monthly or more)			
Base	0	1	2	3+	ALL WITH CHILDREN IN HOUSEHOLD (NET)	Refused	Facebook	LinkedIn	Google+	Twitter

I would be embarrassed to tell someone I have anxieties

Unweighted base	2330	1642	292	208	89	589	99	1571	343	179	582
Base: All GB adults	2330	1609	304	226	99	628	92	1568	333	186	570
Strongly agree	5%	5%	7%	6%	4%	6%	5%	5%	5%	9%	6%
Tend to agree	24%	22%	29%	22%	34%	27%	28%	25%	27%	22%	28%
Neither agree nor disagree	25%	24%	19%	33%	36%	27%	35%	23%	24%	26%	21%
Tend to disagree	33%	35%	32%	31%	17%	29%	20%	34%	33%	31%	33%
Strongly disagree	13%	14%	13%	9%	10%	11%	13%	12%	12%	12%	12%

To what extent do you agree or disagree with each of the following statements? (Please tick ONE option on each row)

I get anxious more often these days than I used to

Unweighted base	2180	1529	283	197	81	561	90	1481	323	167	558
Base: All GB adults who have ever felt anxious	2184	1494	295	217	91	603	87	1479	314	177	547
Strongly agree	15%	15%	18%	19%	10%	17%	17%	16%	12%	13%	17%
Tend to agree	32%	30%	34%	36%	39%	36%	31%	32%	32%	38%	32%
Neither agree nor disagree	23%	21%	25%	22%	30%	25%	28%	22%	20%	19%	22%
Tend to disagree	21%	23%	17%	16%	15%	17%	12%	21%	23%	20%	21%
Strongly disagree	10%	11%	6%	7%	7%	6%	12%	9%	13%	10%	8%

I wish I could be less anxious in my everyday life

Unweighted base	2180	1529	283	197	81	561	90	1481	323	167	558
Base: All GB adults who have ever felt anxious	2184	1494	295	217	91	603	87	1479	314	177	547
Strongly agree	23%	22%	27%	22%	25%	25%	23%	23%	22%	21%	25%
Tend to agree	34%	33%	35%	35%	39%	36%	30%	35%	34%	35%	35%
Neither agree nor disagree	29%	29%	22%	34%	28%	27%	32%	28%	24%	28%	25%
Tend to disagree	10%	10%	13%	7%	6%	10%	10%	10%	15%	12%	11%
Strongly disagree	4%	5%	2%	1%	3%	2%	5%	4%	5%	4%	3%

Feelings of anxiety have sometimes stopped me from doing things

Unweighted base	2180	1529	283	197	81	561	90	1481	323	167	558
Base: All GB adults who have ever felt anxious	2184	1494	295	217	91	603	87	1479	314	177	547
Strongly agree	16%	16%	20%	16%	11%	17%	15%	16%	16%	14%	19%
Tend to agree	32%	32%	33%	30%	36%	32%	36%	33%	34%	35%	34%
Neither agree nor disagree	17%	16%	17%	20%	23%	19%	26%	17%	16%	19%	14%
Tend to disagree	22%	23%	19%	23%	21%	21%	12%	23%	24%	20%	23%
Strongly disagree	13%	13%	10%	12%	9%	11%	11%	12%	10%	12%	10%

Total	In general which ONE, if any, of the following statements do you think BEST describes your experience with anxiety in your everyday life?						You said that you feel anxious in your everyday life. In general, which ONE, if any, of the following BEST describes approximately how often you feel anxious?					
	I feel anxious nearly all of the time	I feel anxious a lot of the time	I feel anxious some of the time	I rarely feel anxious	I never feel anxious	Don't know	Everyday	At least once a week, but not everyday	Several times a month, but less than once a week	Once a month	Less often than once a month	Don't know

Which, if any, of the following specifically cause you to feel anxious in your everyday life? (Please tick all that apply)

	Unweighted base	2180	96	324	957	803	-	-	334	566	394	184	648	54
Base: All GB adults who have ever felt anxious	2184	103	335	958	788	-	-	337	561	412	189	627	59	
Personal relationships	26%	45%	43%	27%	15%	-	-	43%	36%	22%	16%	13%	15%	
Money/ finance/ debt	45%	65%	57%	48%	33%	-	-	63%	52%	45%	34%	32%	33%	
Fear of crime/ personal safety	14%	22%	25%	14%	8%	-	-	24%	15%	12%	16%	8%	10%	
Growing old	25%	43%	35%	26%	17%	-	-	38%	28%	25%	22%	16%	13%	
Fear of being alone/ isolation	16%	39%	31%	17%	7%	-	-	34%	21%	13%	15%	7%	6%	
Death of a loved one	22%	36%	30%	23%	16%	-	-	31%	24%	22%	18%	20%	8%	
Welfare of my loved ones/ children	36%	44%	42%	38%	31%	-	-	43%	40%	35%	35%	32%	19%	
My own death	16%	34%	27%	16%	9%	-	-	28%	19%	15%	12%	10%	6%	
Fear of losing my job/ unemployment	17%	29%	24%	19%	8%	-	-	28%	23%	14%	10%	8%	17%	
Other work issues (e.g. long hours etc.)	27%	28%	36%	32%	19%	-	-	36%	36%	29%	22%	17%	8%	
Other	14%	24%	22%	14%	9%	-	-	23%	16%	14%	10%	8%	10%	
Don't know/ can't recall	6%	0%	2%	3%	11%	-	-	1%	2%	3%	6%	11%	26%	

Which, if any, of the following do you do/ use to ****cope**** with your feelings of anxiety in your everyday life? (Please tick all that apply)

	Unweighted base	2180	96	324	957	803	-	-	334	566	394	184	648	54
Base: All GB adults who have ever felt anxious	2184	103	335	958	788	-	-	337	561	412	189	627	59	
Talk to a friend or relative	30%	35%	30%	35%	22%	-	-	28%	39%	33%	31%	23%	6%	
Hide away from the world	18%	50%	39%	18%	5%	-	-	47%	23%	13%	12%	3%	9%	
Alcohol	16%	23%	22%	18%	11%	-	-	24%	19%	16%	14%	11%	10%	
Cigarettes	10%	27%	12%	10%	7%	-	-	18%	11%	8%	7%	6%	11%	
Visit my GP	7%	39%	17%	4%	1%	-	-	22%	8%	3%	4%	1%	-	
Go for a walk	30%	30%	32%	33%	27%	-	-	28%	35%	32%	35%	27%	21%	
Physical activity/ exercise	23%	12%	24%	25%	22%	-	-	21%	27%	23%	28%	20%	10%	
Comfort eating	24%	37%	36%	29%	11%	-	-	38%	33%	24%	20%	11%	10%	
Relaxation/ meditation techniques	13%	13%	17%	14%	11%	-	-	16%	15%	13%	16%	10%	7%	
Other	11%	17%	10%	11%	10%	-	-	13%	13%	9%	9%	9%	11%	
Don't know	2%	-	2%	1%	2%	-	-	1%	2%	2%	0%	2%	6%	
Not applicable - I do not do/ use anything to cope with my feelings of anxiety in my everyday life	19%	6%	9%	14%	32%	-	-	8%	11%	16%	16%	34%	35%	

Total	In general which ONE, if any, of the following statements do you think BEST describes your experience with anxiety in your everyday life?						You said that you feel anxious in your everyday life. In general, which ONE, if any, of the following BEST describes approximately how often you feel anxious?					
	I feel anxious nearly all of the time	I feel anxious a lot of the time	I feel anxious some of the time	I rarely feel anxious	I never feel anxious	Don't know	Everyday	At least once a week, but not everyday	Several times a month, but less than once a week	Once a month	Less often than once a month	Don't know

To what extent do you agree or disagree with each of the following statements? (Please tick ONE option on each row)

People are more anxious now than they were 5 years ago

	Unweighted base	2330	96	324	957	803	115	35	334	566	394	184	648	54
Base: All GB adults	2330	103	335	958	788	111	35	337	561	412	189	627	59	
Strongly agree	14%	33%	22%	13%	11%	10%	7%	26%	16%	12%	9%	11%	9%	
Tend to agree	42%	39%	46%	48%	36%	33%	25%	46%	49%	45%	40%	37%	31%	
Neither agree nor disagree	36%	24%	28%	34%	42%	45%	58%	23%	31%	37%	42%	41%	55%	
Tend to disagree	5%	3%	3%	4%	8%	7%	1%	3%	3%	4%	6%	9%	-	
Strongly disagree	2%	1%	2%	2%	3%	6%	9%	3%	1%	2%	3%	2%	5%	

A problem with anxiety is something I would visit my GP about

	Unweighted base	2330	96	324	957	803	115	35	334	566	394	184	648	54
Base: All GB adults	2330	103	335	958	788	111	35	337	561	412	189	627	59	
Strongly agree	8%	34%	15%	6%	3%	11%	11%	21%	8%	6%	2%	3%	-	
Tend to agree	19%	22%	24%	19%	16%	32%	5%	21%	21%	17%	28%	15%	10%	
Neither agree nor disagree	26%	17%	20%	26%	28%	30%	62%	17%	23%	26%	26%	28%	50%	
Tend to disagree	31%	20%	30%	34%	33%	15%	11%	28%	34%	37%	32%	32%	22%	
Strongly disagree	16%	7%	11%	14%	21%	12%	10%	13%	14%	14%	12%	22%	17%	

Feeling anxious is a sign of not being able to cope

	Unweighted base	2330	96	324	957	803	115	35	334	566	394	184	648	54
Base: All GB adults	2330	103	335	958	788	111	35	337	561	412	189	627	59	
Strongly agree	5%	29%	8%	3%	2%	8%	4%	13%	5%	3%	4%	1%	1%	
Tend to agree	21%	42%	35%	18%	15%	39%	17%	34%	25%	19%	14%	13%	13%	
Neither agree nor disagree	24%	11%	21%	27%	23%	19%	64%	19%	24%	26%	22%	23%	46%	
Tend to disagree	33%	9%	26%	36%	39%	22%	6%	23%	32%	35%	44%	40%	25%	
Strongly disagree	16%	10%	11%	16%	21%	12%	9%	11%	15%	17%	16%	22%	15%	

Feeling anxious is something to be ashamed of

	Unweighted base	2330	96	324	957	803	115	35	334	566	394	184	648	54
Base: All GB adults	2330	103	335	958	788	111	35	337	561	412	189	627	59	
Strongly agree	3%	15%	5%	2%	2%	1%	7%	6%	4%	1%	4%	2%	-	
Tend to agree	7%	18%	14%	6%	3%	1%	2%	13%	9%	6%	6%	2%	4%	
Neither agree nor disagree	17%	18%	23%	16%	14%	15%	56%	19%	17%	15%	12%	15%	29%	
Tend to disagree	34%	24%	27%	35%	38%	37%	12%	27%	32%	38%	40%	36%	36%	
Strongly disagree	39%	25%	32%	41%	42%	45%	23%	34%	37%	40%	39%	45%	30%	

Total	In general which ONE, if any, of the following statements do you think BEST describes your experience with anxiety in your everyday life?						You said that you feel anxious in your everyday life. In general, which ONE, if any, of the following BEST describes approximately how often you feel anxious?					
	Base	I feel anxious nearly all of the time	I feel anxious a lot of the time	I feel anxious some of the time	I rarely feel anxious	I never feel anxious	Don't know	Everyday	At least once a week, but not everyday	Several times a month, but less than once a week	Once a month	Less often than once a month

I would be embarrassed to tell someone I have anxieties

Unweighted base	2330	96	324	957	803	115	35	334	566	394	184	648	54
Base: All GB adults	2330	103	335	958	788	111	35	337	561	412	189	627	59
Strongly agree	5%	26%	10%	4%	3%	3%	2%	13%	6%	5%	3%	3%	6%
Tend to agree	24%	33%	34%	27%	15%	18%	5%	32%	32%	25%	18%	16%	8%
Neither agree nor disagree	25%	17%	19%	24%	28%	22%	74%	17%	22%	23%	26%	29%	49%
Tend to disagree	33%	12%	26%	34%	39%	29%	9%	25%	30%	35%	41%	38%	33%
Strongly disagree	13%	12%	11%	11%	14%	29%	10%	13%	10%	12%	12%	15%	5%

To what extent do you agree or disagree with each of the following statements? (Please tick ONE option on each row)

I get anxious more often these days than I used to

Unweighted base	2180	96	324	957	803	-	-	334	566	394	184	648	54
Base: All GB adults who have ever felt anxious	2184	103	335	958	788	-	-	337	561	412	189	627	59
Strongly agree	15%	65%	41%	12%	2%	-	-	53%	20%	7%	2%	2%	-
Tend to agree	32%	22%	40%	42%	17%	-	-	31%	47%	41%	29%	14%	12%
Neither agree nor disagree	23%	9%	13%	26%	24%	-	-	10%	19%	28%	29%	24%	55%
Tend to disagree	21%	2%	6%	16%	36%	-	-	4%	13%	17%	34%	36%	20%
Strongly disagree	10%	1%	1%	4%	22%	-	-	3%	1%	7%	7%	24%	12%

I wish I could be less anxious in my everyday life

Unweighted base	2180	96	324	957	803	-	-	334	566	394	184	648	54
Base: All GB adults who have ever felt anxious	2184	103	335	958	788	-	-	337	561	412	189	627	59
Strongly agree	23%	76%	60%	20%	3%	-	-	70%	34%	10%	7%	3%	2%
Tend to agree	34%	12%	32%	51%	17%	-	-	25%	52%	49%	29%	15%	22%
Neither agree nor disagree	29%	11%	7%	24%	46%	-	-	4%	13%	34%	43%	46%	64%
Tend to disagree	10%	-	1%	4%	23%	-	-	0%	1%	7%	18%	23%	8%
Strongly disagree	4%	1%	0%	1%	10%	-	-	1%	0%	0%	2%	13%	4%

Feelings of anxiety have sometimes stopped me from doing things

Unweighted base	2180	96	324	957	803	-	-	334	566	394	184	648	54
Base: All GB adults who have ever felt anxious	2184	103	335	958	788	-	-	337	561	412	189	627	59
Strongly agree	16%	69%	43%	13%	2%	-	-	56%	20%	8%	3%	2%	1%
Tend to agree	32%	21%	40%	42%	18%	-	-	31%	50%	36%	27%	17%	12%
Neither agree nor disagree	17%	7%	12%	19%	19%	-	-	6%	13%	22%	25%	19%	49%
Tend to disagree	22%	-	4%	21%	35%	-	-	4%	15%	25%	30%	34%	26%
Strongly disagree	13%	3%	1%	5%	27%	-	-	3%	3%	9%	15%	29%	11%