190010091303 - Thursday 26th March 2020

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AMS and MQ Covid-19 mental wellbeing research

1000 GB adults aged 16 to 75

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	(A)	(B)	(C)	(D)	(E)	(F)	(G)	(H)	(I)	(J)	(K)	(L)	(M)	(N)	(O)	(P)	(Q)	(R)	(S)	(T)	(U)	(V)
Unweighted base	1099	515	573	173	206	174	214	332	417	254	396	32	330	378	137	254	264	284	249	152	54	96
Weighted base	1099	539	549	162	202	189	204	341	406	263	380	50	293	324	235	248	264	283	252	154	52	94
HEALTH (NET)	342 31% BHK	130 24%	206 38% AB	61 37% GH	71 35% GH	70 37% GH	53 26%	88 26%	145 36% AK	92 35% K	94 25%	11 22% **	101 34%	101 31%	67 28%	73 30%	78 29%	96 34%	72 28%	57 37%	15 28% *	24 26% *
ANY MENTAL HEALTH OR ILLNESS	264 24% BHK	87 16%	172 31% AB	48 29% H	55 27% H	61 32% AGH	43 21%	58 17%	114 28% AK	79 30% AK	66 18%	4 8% **	79 27%	76 24%	46 20%	62 25%	54 20%	74 26%	60 24%	45 29%	10 20% *	21 22% *
ANY MENTAL ILLNESSES	222 20% BHK	68 13%	151 28% AB	40 24% H	44 22%	54 28% AGH	33 16%	52 15%	93 23% K	68 26% AK	57 15%	3 5% **	68 23%	66 20%	38 16%	49 20%	45 17%	59 21%	51 20%	39 25%	10 20% *	17 18% *
Anxiety	116 11% BHK	36 7%	78 14% AB	22 13% H	26 13% H	33 17% AGH	15 7%	20 6%	54 13% AK	36 14% K	26 7%	- - **	41 14% AO	35 11%	16 7%	24 10%	21 8%	26 9%	31 12%	26 17% AQRU	2 5% *	10 11% *
Depression	73 7% BQ	26 5%	46 8% AB	12 8%	15 7%	13 7%	10 5%	24 7%	27 7%	19 7%	25 7%	1 3% **	19 6%	23 7%	15 7%	15 6%	10 4%	22 8%	17 7%	12 8%	4 7% *	8 8% *
Stress/ feeling nervous	63 6% B	19 3%	44 8% AB	8 5%	10 5%	15 8%	14 7%	15 4%	23 6%	21 8%	18 5%	- - **	16 6%	16 5%	13 5%	18 7%	19 7%	16 6%	10 4%	11 7%	5 10% *	2 2% *
Others on any mental illnesses	23 2% BK	5 1%	18 3% AB	9 5% AGH	3 2%	5 2%	2 1%	4 1%	12 3% K	7 3% K	2 1%	1 3% **	6 2%	5 2%	2 1%	10 4% A	7 3%	7 2%	2 1%	2 2%	1 1% *	3 3% *
ANY OTHER GENERAL MENTAL HEALTH CONCERN	62 6% HK	27 5%	33 6%	12 7% H	16 8% H	11 6%	13 7% H	9 3%	30 7% K	17 6%	13 4%	1 2% **	18 6%	16 5%	11 5%	17 7%	12 4%	19 7%	16 6%	9 6%	2 3% *	5 5% *
Becoming mentally unwell	23 2% HKN	12 2%	9 2%	7 4% AH	4 2%	7 4% H	3 2%	1 *	13 3% K	7 3% K	2 1%	- - **	7 2%	2 1%	5 2%	8 3% N	4 1%	13 5% AS	2 1%	3 2%	- - *	1 1% *
Going crazy/ mad	17 2%	9 2%	8 1%	3 2%	7 4% A	1 *	3 2%	3 1%	10 2%	2 1%	4 1%	1 2% **	5 2%	6 2%	4 2%	2 1%	4 2%	3 1%	4 2%	3 2%	- - *	3 3% *

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	(A)	(B)	(C)	(D)	(E)	(F)	(G)	(H)	(I)	(J)	(K)	(L)	(M)	(N)	(O)	(P)	(Q)	(R)	(S)	(T)	(U)	(V)
Unable to sleep	16 1% B	2 *	13 2% AB	2 1%	1 *	2 1%	7 3% AE	5 1%	4 1%	6 2%	7 2%	- - **	5 2%	5 1%	2 1%	5 2%	1 *	3 1%	8 3% AQ	2 1%	2 3% Q*	1 1% *
Others on any other general mental health concern	7 1%	4 1%	3 *	- -	4 2% AH	2 1%	- -	1 *	5 1%	1 *	1 *	- - **	1 1%	3 1%	- -	2 1%	3 1%	1 *	1 *	2 1%	- - *	- - *
ANY PHYSICAL HEALTH	123 11%	61 11%	62 11%	18 11%	25 13%	21 11%	17 8%	41 12%	49 12%	27 10%	40 10%	7 14% **	32 11%	38 12%	31 13%	22 9%	28 11%	39 14%	21 8%	22 14%	7 14% *	6 6% *
ANY COVID-19 CONCERN	78 7% P	36 7%	42 8%	8 5%	16 8%	14 7%	10 5%	29 9%	28 7%	15 6%	30 8%	5 11% **	19 6%	28 9% P	20 9%	11 4%	22 8%	19 7%	14 6%	13 8%	5 9% *	5 6% *
Contracting COVID-19	48 4% P	24 4%	24 4%	5 3%	9 5%	8 4%	4 2%	21 6% G	18 4%	6 2%	19 5%	5 11% **	12 4%	15 5%	16 7% P	5 2%	11 4%	14 5%	10 4%	9 6%	2 4% *	3 3% *
Worried about my family contracting COVID-19	24 2%	8 1%	16 3%	4 2%	7 4%	3 1%	5 3%	5 2%	11 3%	6 2%	8 2%	- - **	6 2%	7 2%	4 2%	8 3%	10 4%	3 1%	6 2%	4 2%	1 3% *	1 1% *
Others on any COVID-19 concern	6 1%	2 *	4 1%	1 1%	1 1%	1 1%	- -	2 1%	2 1%	1 *	2 1%	- - **	1 *	3 1%	- -	1 *	- -	1 *	2 1%	2 1%	- - *	- - *
Not being tested/ not knowing if you have it or not	5 *	3 1%	2 *	- -	1 1%	1 1%	2 1%	1 *	1 *	2 1%	2 *	- - **	1 *	3 1%	1 1%	- -	3 1%	1 *	1 *	- -	- - *	1 1% *
I think I have COVID-19/ my family member has been diagnosed with the virus	4 *	3 1%	1 *	1 *	- -	1 1%	1 *	1 *	1 *	2 1%	1 *	- - **	1 *	3 1%	- -	1 *	1 *	1 1%	- -	- -	1 2% *	1 1% *
ANY OTHER PHYSICAL HEALTH CONCERN	60 5% NQ	32 6%	28 5%	11 7%	12 6%	10 5%	10 5%	18 5%	26 6%	14 5%	16 4%	4 9% **	20 7%	12 4%	16 7%	12 5%	7 3%	24 8% AQ	10 4%	11 7% Q	4 8% *	3 4% *
Mine and my family`s health	24 2% K	13 2%	11 2%	4 3%	7 4%	5 3%	3 2%	4 1%	13 3% K	5 2%	3 1%	3 5% **	6 2%	4 1%	9 4%	5 2%	3 1%	5 2%	5 2%	6 4%	2 4% *	3 3% *

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	(A)	(B)	(C)	(D)	(E)	(F)	(G)	(H)	(I)	(J)	(K)	(L)	(M)	(N)	(O)	(P)	(Q)	(R)	(S)	(T)	(U)	(V)
I have other diseases/ several health issues (sp. and unsp.)	13 1%	8 2%	5 1%	2 1%	- -	2 1%	- -	10 3% AEG	2 *	2 1%	8 2% I	2 3% **	3 1%	3 1%	3 1%	4 2%	2 1%	6 2%	2 1%	2 1%	2 3% *	- - *
I or family members/ people around me might die	12 1% NQ	9 2%	3 1%	4 3% F	2 1%	- -	3 2%	2 1%	7 2%	3 1%	3 1%	- - **	6 2% N	1 *	5 2%	1 *	- -	7 2% Q	4 2%	2 1%	- - *	- - *
I might get sick	10 1%	4 1%	6 1%	1 1%	3 2%	1 1%	3 1%	1 *	6 1%	3 1%	1 *	- - **	5 2% N	1 *	1 *	3 1%	1 1%	6 2%	1 1%	1 *	- - *	1 1% *
Others on any other physical health concern	5 *	2 *	3 1%	1 *	- -	2 1%	- -	3 1%	1 *	2 1%	1 *	2 3% **	1 *	3 1%	- -	2 1%	2 1%	1 *	- -	1 *	1 2% *	- - *
ISOLATION (NET)	235 21% BT	95 18%	138 25% AB	48 30% AEGH	41 20%	46 24%	38 18%	62 18%	97 24%	60 23%	71 19%	7 15% **	68 23%	79 24% O	38 16%	50 20%	48 18%	64 23%	68 27% AQT	22 14%	11 21% *	22 23% *
Isolation / staying inside/ not being able to go out/ lockdown	196 18% B	74 14%	122 22% AB	41 25% AEGH	31 15%	38 20%	33 16%	53 16%	80 20%	50 19%	58 15%	7 15% **	52 18%	73 22% AOP	32 14%	39 16%	43 16%	52 18%	58 23% AT	19 13%	9 17% *	16 17% *
Isolation for a long time	26 2%	13 2%	11 2%	5 3%	5 3%	8 4%	3 1%	4 1%	11 3%	9 3%	6 2%	- - **	10 3%	5 2%	6 2%	6 2%	3 1%	10 3%	7 3%	2 1%	- - *	5 5% Q*
Others on isolation	14 1% J	7 1%	7 1%	1 1%	3 2%	- -	1 1%	8 2%	5 1%	- -	9 2% AJ	- - **	5 2%	1 *	1 1%	6 3% N	4 1%	2 1%	5 2%	1 *	1 3% *	1 1% *
Lack of fresh air/ sunlight	11 1% HK	3 1%	8 1%	1 *	5 2% AGH	5 3% AGH	- -	- -	7 2% K	4 1% K	- -	- - **	3 1%	3 1%	2 1%	3 1%	2 1%	2 1%	5 2%	- -	2 4% AT*	- - *
NEGATIVE FEELINGS (NET)	144 13%	62 12%	78 14%	27 17% G	33 16%	23 12%	20 10%	41 12%	65 16% A	29 11%	45 12%	5 9% **	44 15%	43 13%	25 11%	31 13%	28 10%	34 12%	40 16%	25 16%	8 15% *	10 11% *
ANY OTHER NEGATIVE FEELINGS IN GENERAL	104 9%	44 8%	56 10%	18 11%	26 13% G	17 9%	13 6%	30 9%	48 12%	20 8%	31 8%	5 9% **	36 12%	32 10%	17 7%	19 8%	18 7%	26 9%	28 11%	15 10%	8 15% *	9 10% *

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Boredom / nothing to do	38 3%	22 4%	14 3%	6 4%	10 5%	7 4%	3 2%	13 4%	17 4%	7 3%	12 3%	2 3% **	11 4%	11 3%	9 4%	7 3%	8 3%	8 3%	8 3%	8 5%	4 7% *	3 3% *
Others on any other negative feelings in general	24 2% GJ	10 2%	13 2%	7 4% G	5 3%	2 1%	1 *	9 3%	14 3% J	1 *	9 2%	1 2% **	9 3%	7 2%	4 2%	3 1%	5 2%	5 2%	4 2%	4 3%	4 7% AQRS*	3 3% *
Low mood/ morale/ pessimism	13 1%	5 1%	8 1%	4 2%	3 1%	1 *	3 2%	2 1%	7 2%	2 1%	5 1%	- - **	6 2%	3 1%	- -	4 2%	1 *	2 1%	7 3% AQ	3 2%	- - *	1 1% *
Losing motivation (to work/ to continue)	12 1%	3 1%	7 1%	1 1%	2 1%	3 2%	1 *	5 1%	3 1%	4 2%	3 1%	2 4% **	4 1%	3 1%	2 1%	2 1%	2 1%	6 2%	1 1%	- -	- - *	2 2% *
Sadness	11 1% B	1 *	11 2% AB	1 1%	2 1%	1 1%	3 1%	4 1%	3 1%	2 1%	6 2%	- - **	4 1%	1 *	3 1%	3 1%	1 *	3 1%	3 1%	1 1%	4 7% AQRSTV*	- - *
Feeling restless / agitated / trapped	10 1%	3 1%	7 1%	2 1%	5 3% AGH	2 1%	- -	1 *	9 2% AJK	- -	1 *	- - **	4 1%	3 1%	2 1%	2 1%	1 *	3 1%	5 2%	2 1%	- - *	- - *
Anger / frustration	8 1%	2 *	6 1%	- -	4 2%	1 *	2 1%	1 *	4 1%	2 1%	2 1%	- - **	3 1%	4 1%	- -	1 *	2 1%	2 1%	3 1%	- -	- - *	1 1% *
Fatigue/ tired/ draining	5 *	2 *	3 *	2 1%	- -	1 1%	2 1%	1 *	2 *	2 1%	1 *	- - **	1 *	3 1%	- -	1 *	1 *	2 1%	1 1%	1 1%	- - *	- - *
ANY FEAR	47 4%	20 4%	27 5%	12 7%	8 4%	7 4%	7 3%	13 4%	22 5%	9 3%	16 4%	- - **	10 4%	13 4%	13 5%	12 5%	10 4%	8 3%	13 5%	12 8% ARV	3 5% *	1 1% *
Fear/ scared	30 3%	12 2%	18 3%	7 4%	6 3%	6 3%	3 1%	10 3%	13 3%	7 3%	11 3%	- - **	7 2%	9 3%	10 4%	5 2%	8 3%	5 2%	6 3%	9 6% ARV	3 5% V*	- - *
Concern/ worry	19 2%	8 1%	11 2%	4 3%	4 2%	3 2%	4 2%	4 1%	10 2%	3 1%	6 2%	- - **	6 2%	3 1%	4 2%	6 2%	4 2%	4 1%	7 3%	4 2%	- - *	- - *
Panic	4	2	2	2	-	2	-	-	3	1	-	-	1	1	-	2	-	-	1	2	-	1

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	*	*	*	1%	-	1%	-	-	1%	*	-	- **	*	*	-	1%	-	-	*	2% A	- *	1% *
SOCIAL DISTANCING (NET)	141 13% BGO	47 9%	94 17% AB	31 19% AG	23 11%	24 13%	17 9%	46 13%	57 14%	31 12%	47 12%	6 12% **	43 15% O	54 17% AO	16 7%	29 12%	33 12%	39 14%	41 16%	16 10%	4 8% *	8 9% *
Lack of social contact/ face-to-face interaction/ unable to meet people	55 5% O	23 4%	32 6%	12 7%	10 5%	11 6%	9 5%	13 4%	23 6%	14 5%	15 4%	3 6% **	20 7% OP	24 7% AOP	3 1%	8 3%	14 5%	16 6%	18 7% T	3 2%	1 3% *	2 2% *
Not being able to see/ missing my family/ friends	46 4% B	11 2%	35 6% AB	12 8% AE	5 2%	9 5%	8 4%	12 3%	18 5%	14 5%	14 4%	- - **	13 5%	14 4%	8 4%	10 4%	13 5%	10 4%	13 5%	6 4%	1 1% *	3 3% *
Loneliness	44 4% BG	14 3%	30 6% AB	8 5% G	9 5% G	5 3%	2 1%	19 6% G	17 4%	6 2%	18 5%	3 6% **	10 4%	16 5%	4 2%	13 5%	10 4%	15 5%	9 4%	6 4%	2 3% *	2 2% *
I live alone	14 1%	6 1%	9 2%	1 *	2 1%	1 *	2 1%	9 3% A	2 1%	1 *	9 2% AIJ	2 3% **	3 1%	8 3% AO	- -	3 1%	1 1%	6 2%	4 2%	1 *	2 3% *	1 1% *
Others on social distancing	3 *	- -	3 1%	1 *	1 1%	1 *	- -	- -	3 1%	- -	- -	- - **	1 *	2 1%	- -	- -	- -	1 *	1 *	- -	- - *	1 1% *
PRACTICAL ASPECTS OF LIFE (NET)	106 10% HKP	42 8%	63 11%	19 12% H	25 12% H	24 12% H	22 11% H	17 5%	46 11% K	36 14% AK	23 6%	1 2% **	29 10%	33 10%	30 13% P	14 6%	22 8%	22 8%	31 12%	16 11%	7 14% *	8 8% *
Finances/ losing income/ not paying bills	46 4% PR	17 3%	28 5%	6 4%	6 3%	14 7% AH	10 5%	9 3%	13 3%	21 8% AIK	11 3%	- - **	14 5%	11 3%	15 7% P	5 2%	13 5% R	4 1%	16 6% R	7 4%	3 6% R*	3 3% *
Employment/ losing my job/ impact on my business	34 3% H	14 3%	18 3%	8 5% H	8 4%	7 4%	6 3%	5 1%	16 4%	11 4%	7 2%	- - **	11 4%	10 3%	10 4%	3 1%	7 2%	6 2%	11 4%	6 4%	2 3% *	3 4% *
Unable to buy everything I need/ make provisions	16 1%	5 1%	11 2%	2 1%	5 2%	4 2%	4 2%	2 1%	7 2%	5 2%	4 1%	- - **	3 1%	5 2%	4 2%	4 1%	4 2%	5 2%	4 2%	3 2%	- - *	1 1% *
Food	16	5	11	1	3	5	3	4	6	3	6	-	3	6	5	1	5	3	3	2	3	1

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	1%	1%	2%	1%	2%	3%	1%	1%	2%	1%	2%	- **	1%	2%	2%	*	2%	1%	1%	1%	6% ARST*	1% *
Others on practical concerns (impact of on mental health)	14 1%	7 1%	6 1%	1 1%	5 2%	3 1%	4 2%	2 1%	6 1%	4 2%	3 1%	1 2% **	2 1%	5 2%	6 2%	1 *	3 1%	4 1%	2 1%	3 2%	- - *	2 2% *
I am/ someone in my family is a key worker/ I have to work	8 1%	2 *	5 1%	1 *	2 1%	1 *	3 2%	1 *	3 1%	3 1%	2 *	- - **	1 *	4 1%	- -	2 1%	1 1%	3 1%	2 1%	- -	- - *	1 1% *
I AM REMAINING POSITIVE / NOT MUCH HAS CHANGED (NET)	89 8% FIP	41 8%	48 9%	10 6%	13 7%	7 4%	21 10% F	38 11% AF	24 6%	20 8%	41 11% AI	4 8% **	28 9% P	24 7%	27 11% P	10 4%	26 10%	17 6%	20 8%	6 4%	7 14% T*	12 13% T*
Good (unsp) / I`m fine (mentally) / no issues	68 6% FP	30 5%	38 7%	7 5%	11 5%	5 3%	16 8% F	29 8% F	19 5%	15 6%	31 8%	3 5% **	22 8% P	16 5%	23 10% P	6 2%	18 7%	13 4%	16 6%	5 3%	7 13% RT*	10 10% RT*
Habit / not much has changed	13 1%	8 2%	4 1%	2 1%	1 1%	1 1%	4 2%	4 1%	3 1%	4 2%	6 1%	- - **	5 2%	3 1%	3 1%	2 1%	7 3% A	1 *	1 1%	- -	1 1% *	2 3% *
I am used to being alone	12 1% I	5 1%	6 1%	- -	- -	2 1%	3 1%	7 2%	- -	3 1%	8 2% AI	1 2% **	5 2%	5 2%	- -	1 1%	3 1%	3 1%	3 1%	2 2%	- - *	1 1% *
Trying to stay positive / trying to act normally / I`m happy	9 1%	3 1%	5 1%	1 1%	1 1%	1 *	1 *	4 1%	3 1%	2 1%	4 1%	- - **	2 1%	3 1%	1 1%	2 1%	2 1%	3 1%	3 1%	1 *	- - *	- - *
Others on I am remaining positive / not much has changed	3 *	1 *	2 *	3 2% AH	- -	- -	- -	- -	3 1%	- -	- -	- - **	1 *	- -	1 1%	1 *	2 1%	- -	- -	1 1%	- - *	- - *
CHANGE OF ROUTINE (NET)	78 7% HK	32 6%	42 8%	11 7%	17 9% H	19 10% H	20 10% H	12 3%	33 8% K	28 11% AK	13 4%	4 8% **	23 8%	24 8%	12 5%	19 8%	18 7%	18 6%	29 11% ARV	9 6%	2 4% *	3 3% *
Lack of exercise/ not going to the gym	23 2%	10 2%	12 2%	4 3%	5 2%	4 2%	4 2%	5 1%	10 3%	7 2%	4 1%	2 3% **	8 3%	8 3%	3 1%	4 2%	3 1%	4 1%	10 4% A	4 3%	1 1% *	1 1% *

190010091303 - Thursday 26th March 2020

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AMS and MQ Covid-19 mental wellbeing research

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	Total	Male	Female	16 to 24	25 to 34	35 to 44	45 to 54	55 to 75	Gen Y	Gen X	Baby Boomer	Pre-war	AB	C1	C2	DE	North	Midlands	South	London	Wales	Scotland
	(A)	(B)	(C)	(D)	(E)	(F)	(G)	(H)	(I)	(J)	(K)	(L)	(M)	(N)	(O)	(P)	(Q)	(R)	(S)	(T)	(U)	(V)
Absence/ change of routine / not able to continue our normal life	22 2% HK	6 1%	14 3%	5 3% H	6 3% H	6 3% H	5 3% H	- -	12 3% K	8 3% K	2 1%	- - **	7 2%	6 2%	2 1%	6 3%	9 3%	5 2%	4 2%	3 2%	1 1% *	1 1% *
Others on change of routine	11 1%	5 1%	5 1%	2 1%	1 1%	2 1%	3 1%	3 1%	3 1%	3 1%	2 *	2 5% **	3 1%	6 2% AP	2 1%	- -	2 1%	3 1%	5 2%	1 1%	- - *	1 1% *
Not able to work/ get all my work done	9 1%	3 1%	6 1%	1 1%	3 1%	2 1%	1 1%	2 1%	6 1%	1 *	2 1%	- - **	2 1%	3 1%	- -	4 2%	- -	2 1%	3 1%	2 1%	2 3% Q*	1 1% *
Having to work from home	9 1% H	7 1%	2 *	- -	3 1% H	1 1%	5 2% ADH	- -	3 1%	4 2%	2 *	- - **	1 *	2 1%	3 1%	2 1%	2 1%	4 1%	4 1%	- -	- - *	- - *
Home-schooling children	4 * B	- -	4 1%	- -	1 *	2 1%	2 1%	- -	1 *	3 1%	1 *	- - **	1 *	2 *	- -	2 1%	2 1%	2 1%	1 *	- -	- - *	- - *
Missing events and gatherings	4 *	2 *	3 *	1 *	2 1%	- -	- -	2 1%	2 1%	- -	2 *	- - **	2 1%	- -	- -	3 1%	1 *	2 1%	2 1%	- -	- - *	- - *
Not having time to myself/ no break	4 *	1 *	2 *	- -	- -	2 1%	2 1%	- -	1 *	3 1% AK	- -	- - **	1 *	1 *	1 1%	1 *	3 1% A	- -	1 *	- -	- - *	- - *
TARGETED GROUPS (NET)	77 7% BDIP	25 5%	52 10% AB	4 3%	10 5%	13 7%	15 7%	35 10% ADE	19 5%	19 7%	34 9% I	4 8% **	26 9% P	23 7%	19 8%	10 4%	16 6%	22 8%	19 8%	8 5%	6 12% *	6 7% *
Family and relationships/ friends/ marital harmony	47 4% IP	16 3%	31 6% AB	4 2%	3 2%	10 5%	8 4%	22 6% AE	10 3%	13 5%	21 5%	2 5% **	17 6% P	14 4% P	13 6% P	3 1%	6 2%	17 6% Q	10 4%	6 4%	3 5% *	6 6% *
Concern about older people/ elderly parents	13 1%	4 1%	9 2%	- -	2 1%	1 1%	5 3% D	4 1%	2 1%	5 2%	4 1%	2 3% **	4 2%	2 1%	- -	6 2% O	5 2%	3 1%	5 2%	- -	- - *	- - *
Concern for others	8 1% M	1 *	7 1%	- -	- -	1 *	2 1%	5 1%	1 *	2 1%	5 1%	- - **	- -	2 1%	6 2% AMP	- -	2 1%	1 *	2 1%	- -	3 5% AQRST*	1 1% *
Concern about (own) children/young people	8	2	6	1	2	1	1	4	3	1	4	-	2	3	-	4	2	3	2	2	-	-

190010091303 - Thursday 26th March 2020

PUBLIC

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	(A)	(B)	(C)	(D)	(E)	(F)	(G)	(H)	(I)	(J)	(K)	(L)	(M)	(N)	(O)	(P)	(Q)	(R)	(S)	(T)	(U)	(V)
	1%	*	1%	1%	1%	*	*	1%	1%	*	1%	- **	1%	1%	-	1%	1%	1%	1%	1%	- *	- *
I am part of the high risk/ vulnerable group	4 *	1 *	2 *	- -	1 *	- -	1 *	2 1%	1 *	- -	3 1%	- - **	2 1%	2 *	- -	- -	- -	1 *	1 *	1 1%	1 1% *	- - *
I`ve just had a baby/ I am pregnant	3 *	1 *	2 *	- -	3 1% A	- -	- -	- -	3 1%	- -	- -	- - **	3 1% A	- -	- -	- -	2 1%	- -	1 *	- -	- - *	- - *
I`m finding activities to support my mental well-being (e.g. physical activities, work, entertainment, nature, contact)	65 6% I	30 6%	34 6%	6 4%	9 4%	7 4%	15 7%	29 8%	15 4%	18 7%	26 7%	6 13% **	20 7%	18 6%	15 6%	12 5%	13 5%	19 7%	16 6%	4 3%	4 8% *	9 9% T*
LACK OF CONTROL (NET)	56 5% B	16 3%	40 7% AB	7 5%	13 7%	7 4%	13 6%	16 5%	23 6%	12 5%	20 5%	1 3% **	16 5%	12 4%	12 5%	16 6%	10 4%	17 6%	12 5%	13 9%	1 2% *	3 3% *
Uncertainty (about the future/ not knowing how it will end)	22 2% B	4 1%	18 3% AB	2 1%	6 3%	2 1%	7 4%	4 1%	8 2%	7 3%	7 2%	- - **	5 2%	3 1%	5 2%	9 4% N	6 2%	6 2%	4 2%	5 3%	- - *	1 1% *
It might continue for a long time/ will never end	19 2%	6 1%	13 2%	2 1%	4 2%	3 2%	4 2%	6 2%	7 2%	3 1%	7 2%	1 3% **	5 2%	5 2%	3 1%	6 3%	2 1%	7 2%	5 2%	3 2%	1 1% *	1 1% *
Others on lack of control	6 1%	4 1%	2 *	1 *	3 1%	1 *	1 *	1 *	4 1%	1 *	1 *	- - **	3 1%	2 1%	- -	1 *	1 *	1 *	1 1%	2 2%	1 1% *	1 1% *
Lack of freedom/ no independence	5 *	1 *	4 1%	2 1%	- -	- -	1 *	2 1%	2 1%	1 *	2 1%	- - **	1 *	1 *	3 1%	- -	2 1%	- -	1 *	1 1%	- - *	1 1% *
Lack of control/ feeling powerless	4 *	1 *	4 1%	1 1%	- -	1 *	- -	3 1%	1 *	1 *	3 1%	- - **	2 1%	1 *	1 1%	- -	- -	3 1%	- -	1 1%	- - *	- - *
OTHER CONCERNS (NET)	55 5% B	17 3%	38 7% AB	10 6%	14 7%	10 5%	7 3%	14 4%	27 7% K	13 5%	12 3%	3 5% **	21 7%	15 5%	9 4%	10 4%	12 5%	15 5%	11 4%	9 6%	2 4% *	6 6% *
Other general	30	9	22	7	5	4	3	11	14	4	9	3	11	11	4	5	2	8	8	6	1	5

190010091303 - Thursday 26th March 2020

PUBLIC

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	(A)	(B)	(C)	(D)	(E)	(F)	(G)	(H)	(I)	(J)	(K)	(L)	(M)	(N)	(O)	(P)	(Q)	(R)	(S)	(T)	(U)	(V)
	3% BQ	2%	4% AB	5%	3%	2%	1%	3%	4%	2%	2%	5% **	4%	3%	2%	2%	1%	3%	3%	4% Q	2% *	5% Q*
Dangerous/ staying safe (me and my family/ friends)	11 1% B	2 *	9 2% AB	1 *	4 2%	3 1%	3 1%	1 *	5 1%	4 2%	1 *	- - **	6 2% AN	1 *	2 1%	2 1%	4 2%	3 1%	1 1%	2 2%	- - *	- - *
People not taking this seriously/ not following instructions	7 1%	5 1%	2 *	- -	3 2%	1 1%	2 1%	1 *	3 1%	3 1%	1 *	- - **	4 1%	1 *	2 1%	- -	5 2% A	2 1%	1 *	- -	- - *	- - *
Keeping myself/ my kids entertained	5 * B	- -	5 1% B	1 1%	3 1% H	1 1%	- -	- -	4 1%	1 *	- -	- - **	2 1%	- -	1 1%	2 1%	2 1%	1 *	1 1%	- -	- - *	1 1% *
Struggling	3 *	2 *	2 *	1 1%	- -	1 *	- -	2 1%	1 *	1 *	2 *	- - **	- -	2 1%	- -	2 1%	1 *	1 *	1 *	1 *	1 2% *	- - *
SOCIAL PRESSURE (NET)	15 1%	9 2%	6 1%	1 *	2 1%	4 2%	2 1%	6 2%	3 1%	6 2%	7 2%	- - **	5 2%	5 2%	3 1%	3 1%	3 1%	6 2%	5 2%	1 1%	- - *	1 1% *
Media/ news overload	15 1%	9 2%	6 1%	1 *	2 1%	4 2%	2 1%	6 2%	3 1%	6 2%	7 2%	- - **	5 2%	5 2%	3 1%	3 1%	3 1%	6 2%	5 2%	1 1%	- - *	1 1% *
ACCESS TO SUPPORT AND SERVICES (NET)	14 1% B	3 *	11 2% AB	2 1%	- -	2 1%	3 2%	6 2%	3 1%	4 1%	6 1%	1 2% **	4 1%	4 1%	3 1%	3 1%	4 2%	4 1%	1 *	2 1%	2 3% *	1 1% *
Access to mental health and NHS support and services	14 1% B	3 *	11 2% AB	2 1%	- -	2 1%	3 2%	6 2%	3 1%	4 1%	6 1%	1 2% **	4 1%	4 1%	3 1%	3 1%	4 2%	4 1%	1 *	2 1%	2 3% *	1 1% *
NOTHING/ NO ANSWER/ DON`T KNOW (NET)	347 32% CDIM	210 39% AC	135 25%	40 25%	54 27%	54 29%	70 34% D	128 38% ADE	109 27%	73 28%	143 38% AIJ	22 43% **	74 25%	97 30%	77 33%	99 40% AMN	86 33%	89 31%	72 29%	52 34%	15 30% *	31 34% *
Don`t know	172 16% N	94 18%	77 14%	27 17%	28 14%	33 17%	35 17%	49 14%	64 16%	44 17%	56 15%	9 18% **	38 13%	40 12%	34 14%	60 24% AMNO	37 14%	42 15%	44 17%	18 12%	11 21% *	20 22% *
Nothing	163	111	52	9	23	21	34	76	38	28	84	13	33	52	41	37	48	45	27	29	5	10

190010091303 - Thursday 26th March 2020

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	(A)	(B)	(C)	(D)	(E)	(F)	(G)	(H)	(I)	(J)	(K)	(L)	(M)	(N)	(O)	(P)	(Q)	(R)	(S)	(T)	(U)	(V)
	15% CDIJMS	21% AC	9%	5%	12% D	11%	17% D	22% ADEF	9%	11%	22% AIJ	25% **	11%	16%	17%	15%	18% S	16%	11%	19% S	9% *	10% *
No answer	12 1%	5 1%	7 1%	4 2% F	3 2%	- -	2 1%	3 1%	7 2%	1 *	4 1%	- - **	3 1%	5 1%	3 1%	1 *	2 1%	1 1%	2 1%	5 3% AQR	- - *	2 2% *
Refused	8 1%	5 1%	3 *	1 *	- -	2 1%	3 2%	2 1%	1 *	5 2% I	3 1%	- - **	2 1%	4 1%	1 1%	1 1%	2 1%	2 1%	- -	- -	1 2% S*	2 3% S*

This work was carried out in accordance with the requirements of the international quality standard for market research, ISO 20252 and with the Ipsos MORI Terms and Conditions.

Overlap formulae used

ColumnProportions (5%): A/B/C,A/D/E/F/G/H,A/I/J/K/L,A/M/N/O/P,A/Q/R/S/T/U/V Minimum Base: 30(**) Small Base: 100(*)

ColumnMeans (5%): A/B/C,A/D/E/F/G/H,A/I/J/K/L,A/M/N/O/P,A/Q/R/S/T/U/V Minimum Base: 30(**) Small Base: 100(*)

190010091303 - Thursday 26th March 2020

PUBLIC

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	Total	Married/ Living as Married	Single	Widowed/ Divorced/ Separated	1	2	3	4+	GCSE/O Level/NVQ 12	A Level or equivalent	Degree/Masters/PhD	No formal qualifications	Working	Not working	At least one child present	No children present	Yes, main earner	No, not the main earner
	(A)	(B)	(C)	(D)	(E)	(F)	(G)	(H)	(I)	(J)	(K)	(L)	(M)	(N)	(O)	(P)	(Q)	(R)
Unweighted base	1099	619	351	129	229	392	231	247	301	277	448	73	715	384	309	788	787	312
Weighted base	1099	627	346	126	230	397	228	243	311	281	424	82	699	400	303	794	786	313
HEALTH (NET)	342 31% IL	185 29%	119 34%	38 30%	66 29%	133 34%	69 30%	74 30%	80 26%	97 35% IL	149 35% AIL	16 19% *	222 32%	119 30%	104 34%	236 30%	239 30%	102 33%
ANY MENTAL HEALTH OR ILLNESS	264 24% I	143 23%	91 26%	30 24%	52 23%	103 26%	55 24%	53 22%	57 18%	70 25%	124 29% AIL	13 15% *	164 23%	100 25%	78 26%	184 23%	179 23%	84 27%
ANY MENTAL ILLNESSES	222 20% IQ	118 19%	78 23%	26 21%	45 19%	82 21%	49 21%	47 19%	44 14%	61 22% I	108 25% AIL	9 11% *	137 20%	85 21%	66 22%	155 20%	143 18%	79 25% AQ
Anxiety	116 11% LP	59 9%	44 13%	13 10%	19 8%	37 9%	33 15% A	26 11%	26 8%	30 11% L	59 14% AIL	2 2% *	76 11%	40 10%	42 14% AP	73 9%	75 9%	41 13%
Depression	73 7% M	41 7%	21 6%	11 9%	19 8%	31 8%	13 6%	10 4%	14 4%	20 7%	37 9% AI	2 2% *	38 5%	34 9%	16 5%	57 7%	46 6%	26 8%
Stress/ feeling nervous	63 6%	38 6%	16 5%	9 7%	12 5%	21 5%	11 5%	18 8%	13 4%	18 7%	27 6%	4 5% *	41 6%	22 5%	24 8%	39 5%	43 6%	19 6%
Others on any mental illnesses	23 2% BM	8 1%	14 4% AB	1 1%	7 3%	8 2%	5 2%	3 1%	8 2%	4 1%	10 2%	1 2% *	8 1%	15 4% AM	3 1%	20 2%	14 2%	9 3%

190010091303 - Thursday 26th March 2020

PUBLIC

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	(A)	(B)	(C)	(D)	(E)	(F)	(G)	(H)	(I)	(J)	(K)	(L)	(M)	(N)	(O)	(P)	(Q)	(R)
ANY OTHER GENERAL MENTAL HEALTH CONCERN	62 6%	32 5%	22 6%	8 6%	12 5%	27 7%	10 4%	12 5%	15 5%	16 6%	26 6%	4 5% *	42 6%	20 5%	17 6%	44 6%	49 6%	13 4%
Becoming mentally unwell	23 2% BJ	8 1%	13 4% AB	2 2%	8 3%	9 2%	2 1%	4 2%	8 3% J	1 *	10 2% J	4 5% J*	12 2%	10 3%	3 1%	18 2%	19 2%	4 1%
Going crazy/ mad	17 2% CEP	15 2% AC	2 *	- -	- -	8 2% E	4 2%	5 2%	5 2%	5 2%	6 1%	- - *	13 2%	4 1%	9 3% AP	8 1%	14 2%	3 1%
Unable to sleep	16 1%	6 1%	5 1%	5 4% AB	5 2%	6 2%	4 2%	2 1%	2 1%	7 2%	8 2%	- - *	12 2%	5 1%	2 1%	14 2%	12 2%	4 1%
Others on any other general mental health concern	7 1%	2 *	4 1%	1 1%	1 *	3 1%	1 *	2 1%	- -	3 1%	3 1%	1 1% *	5 1%	2 *	3 1%	4 1%	5 1%	2 1%
ANY PHYSICAL HEALTH	123 11%	66 10%	45 13%	12 10%	23 10%	44 11%	24 11%	32 13%	30 10%	43 15% A	44 10%	6 7% *	89 13% A	34 9%	39 13%	83 11%	90 11%	33 10%
ANY COVID-19 CONCERN	78 7% IN	43 7%	27 8%	8 6%	15 6%	30 8%	14 6%	19 8%	13 4%	28 10% AI	32 8%	4 4% *	60 9% AN	18 4%	25 8%	53 7%	54 7%	23 7%
Contracting COVID-19	48 4% I	24 4%	18 5%	6 5%	12 5%	18 5%	8 4%	10 4%	5 2%	24 9% AIKL	19 4% I	- - *	37 5%	11 3%	13 4%	35 4%	37 5%	11 3%

190010091303 - Thursday 26th March 2020

PUBLIC

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	(A)	(B)	(C)	(D)	(E)	(F)	(G)	(H)	(I)	(J)	(K)	(L)	(M)	(N)	(O)	(P)	(Q)	(R)
Worried about my family contracting COVID-19	24 2%	12 2%	12 3% D	- -	3 1%	8 2%	4 2%	9 4%	6 2%	8 3%	8 2%	3 3% *	16 2%	9 2%	10 3%	14 2%	16 2%	9 3%
Others on any COVID-19 concern	6 1%	3 *	1 *	1 1%	1 1%	2 *	2 1%	- -	- -	1 *	4 1%	- - *	4 1%	1 *	3 1%	3 *	3 *	3 1%
Not being tested/ not knowing if you have it or not	5 *	4 1%	1 *	- -	- -	3 1%	- -	1 1%	3 1%	- -	2 *	- - *	5 1%	- -	1 *	3 *	3 *	2 1%
I think I have COVID-19/ my family member has been diagnosed with the virus	4 *	3 *	1 *	1 1%	1 *	3 1%	1 *	- -	1 *	- -	3 1%	1 1% *	4 1%	- -	1 *	3 *	3 *	1 *
ANY OTHER PHYSICAL HEALTH CONCERN	60 5%	29 5%	25 7%	6 5%	13 6%	18 5%	13 6%	15 6%	19 6%	21 7%	18 4%	3 3% *	38 5%	22 5%	20 7%	40 5%	46 6%	14 5%
Mine and my family`s health	24 2% K	10 2%	13 4% AB	1 1%	4 2%	8 2%	3 1%	9 4%	12 4% AK	7 3%	5 1%	- - *	14 2%	10 3%	10 3%	15 2%	17 2%	7 2%
I have other diseases/ several health issues (sp. and unsp.)	13 1% R	5 1%	5 2%	3 3%	7 3% AF	3 1%	2 1%	2 1%	3 1%	4 1%	4 1%	3 3% *	9 1%	4 1%	2 1%	12 1%	13 2% AR	- -
I or family members/ people around me might die	12 1%	6 1%	5 2%	1 1%	- -	4 1%	6 3%	3 1%	3 1%	4 2%	5 1%	- -	9 1%	3 1%	5 2%	7 1%	7 1%	5 2%

190010091303 - Thursday 26th March 2020

PUBLIC

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	(A)	(B)	(C)	(D)	(E)	(F)	(G)	(H)	(I)	(J)	(K)	(L)	(M)	(N)	(O)	(P)	(Q)	(R)
							AE					*						
I might get sick	10 1% P	6 1%	4 1%	- -	- -	4 1%	3 1%	4 1%	1 *	5 2%	3 1%	- - *	8 1%	2 1%	6 2% P	4 *	8 1%	2 1%
Others on any other physical health concern	5 *	4 1%	- -	1 1%	2 1%	1 *	2 1%	1 *	2 1%	1 *	2 *	- - *	3 *	2 1%	1 *	4 1%	5 1%	- -
ISOLATION (NET)	235 21% I	126 20%	81 23%	29 23%	51 22%	80 20%	46 20%	58 24%	53 17%	61 22%	106 25% AI	14 17% *	152 22%	83 21%	62 20%	172 22%	162 21%	73 23%
Isolation / staying inside/ not being able to go out/ lockdown	196 18%	104 17%	67 19%	25 20%	41 18%	66 17%	42 18%	47 19%	46 15%	54 19%	85 20%	11 14% *	125 18%	71 18%	53 17%	142 18%	134 17%	62 20%
Isolation for a long time	26 2%	13 2%	10 3%	2 2%	8 3%	10 3%	2 1%	7 3%	4 1%	5 2%	14 3%	3 3% *	18 3%	8 2%	5 1%	21 3%	18 2%	8 2%
Others on isolation	14 1%	8 1%	3 1%	3 2%	4 2%	3 1%	2 1%	4 2%	5 2%	3 1%	6 1%	- - *	10 1%	4 1%	4 1%	9 1%	10 1%	4 1%
Lack of fresh air/ sunlight	11 1% P	6 1%	4 1%	- -	1 *	3 1%	4 2%	3 1%	1 *	2 1%	8 2% A	- - *	9 1%	1 *	6 2% P	5 1%	6 1%	4 1%
NEGATIVE FEELINGS (NET)	144 13%	80 13%	45 13%	19 15%	21 9%	51 13%	44 19%	28 11%	40 13%	30 11%	69 16%	5 6%	81 12%	63 16%	41 14%	102 13%	90 11%	54 17%

190010091303 - Thursday 26th March 2020

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AMS and MQ Covid-19 mental wellbeing research

1000 GB adults aged 16 to 75

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	MQ						AEFH				AJL	*						AQ
ANY OTHER NEGATIVE FEELINGS IN GENERAL	104 9% EQ	60 9%	33 10%	11 9%	12 5%	42 11% E	33 15% AEH	16 7%	23 7%	20 7%	57 13% AIJL	3 4% *	60 9%	44 11%	24 8%	79 10%	62 8%	42 13% AQ
Boredom / nothing to do	38 3%	20 3%	13 4%	5 4%	3 1%	18 5%	12 5% E	5 2%	11 3%	6 2%	18 4%	3 4% *	23 3%	15 4%	5 2%	33 4%	26 3%	12 4%
Others on any other negative feelings in general	24 2% MQ	15 2%	9 3%	- -	3 1%	7 2%	8 4%	6 2%	6 2%	7 2%	11 3%	- - *	8 1%	16 4% AM	7 2%	16 2%	13 2%	12 4% Q
Low mood/ morale/ pessimism	13 1%	8 1%	4 1%	1 1%	3 1%	4 1%	4 2%	2 1%	4 1%	1 *	8 2%	- - *	9 1%	4 1%	2 1%	11 1%	8 1%	5 2%
Losing motivation (to work/ to continue)	12 1%	6 1%	3 1%	3 2%	2 1%	8 2%	1 *	1 *	2 1%	1 *	9 2% A	- - *	7 1%	5 1%	1 *	11 1%	6 1%	5 2%
Sadness	11 1% MQ	8 1%	3 1%	1 1%	2 1%	2 *	7 3% AFH	- -	4 1%	4 1%	4 1%	- - *	4 1%	7 2%	2 1%	9 1%	4 1%	7 2% AQ
Feeling restless / agitated / trapped	10 1%	5 1%	4 1%	1 1%	1 *	4 1%	3 1%	3 1%	1 *	3 1%	6 1%	- - *	8 1%	2 1%	5 2%	5 1%	6 1%	4 1%
Anger / frustration	8 1% Q	7 1%	1 *	- -	1 *	2 1%	2 1%	3 1%	1 *	2 1%	5 1%	- - *	5 1%	3 1%	4 1%	4 *	3 *	5 2% Q

190010091303 - Thursday 26th March 2020

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AMS and MQ Covid-19 mental wellbeing research

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Fatigue/ tired/ draining	5 * 	2 * 	1 * 	1 1% 	1 * 	1 * 	3 1% 	1 * 	- - 	1 * 	4 1% 	- - *	4 1% 	1 * 	2 1% 	3 * 	4 1% 	1 *
ANY FEAR	47 4% F	25 4% 	14 4% 	8 7% 	9 4% 	10 2% 	16 7% AF	13 5% 	16 5% 	15 5% 	14 3% 	2 2% *	24 3% 	23 6% 	18 6% 	29 4% 	29 4% 	18 6%
Fear/ scared	30 3% F	19 3% 	8 2% 	4 3% 	6 3% 	4 1% 	14 6% AF	7 3% 	12 4% 	9 3% 	9 2% 	1 1% *	18 3% 	12 3% 	13 4% 	18 2% 	20 3% 	11 3%
Concern/ worry	19 2% 	9 1% 	5 2% 	5 4% 	3 1% 	5 1% 	4 2% 	7 3% 	6 2% 	7 3% 	4 1% 	1 1% *	8 1% 	11 3% 	7 2% 	11 1% 	11 1% 	8 2%
Panic	4 * P	2 * 	2 1% 	- - 	- - 	1 * 	- - 	3 1% A	1 * 	- - 	3 1% 	- - *	1 * 	3 1% 	3 1% P	1 * 	2 * 	2 1%
SOCIAL DISTANCING (NET)	141 13% B	53 8% 	60 17% AB	28 23% AB	49 21% AFGH	41 10% 	27 12% 	24 10% 	31 10% 	40 14% 	65 15% 	6 7% *	80 12% 	61 15% 	31 10% 	109 14% 	99 13% 	42 13%
Lack of social contact/ face-to-face interaction/ unable to meet people	55 5% B	22 3% 	22 6% B	10 8% B	19 8% AF	13 3% 	14 6% 	9 4% 	11 3% 	12 4% 	30 7% AI	2 3% *	33 5% 	21 5% 	13 4% 	41 5% 	40 5% 	15 5%
Not being able to see/ missing my family/ friends	46 4% Q	26 4% 	16 5% 	4 3% 	6 2% 	17 4% 	11 5% 	12 5% 	10 3% 	12 4% 	21 5% 	3 4% *	25 4% 	21 5% 	14 5% 	31 4% 	23 3% 	23 7% AQ

190010091303 - Thursday 26th March 2020

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Loneliness	44 4% BHO	8 1%	21 6% AB	14 11% AB	22 10% AFGH	12 3%	6 3%	4 1%	11 4%	15 5%	16 4%	1 2% *	23 3%	21 5%	5 2%	39 5% AO	37 5%	7 2%
I live alone	14 1% BFGHOR	- -	9 3% AB	5 4% AB	14 6% AFGH	- -	- -	- -	3 1%	7 3%	3 1%	2 2% *	9 1%	5 1%	- -	14 2% AO	14 2% AR	- -
Others on social distancing	3 *	1 *	1 *	1 1%	1 *	1 *	2 1%	- -	- -	1 *	2 1%	- - *	1 *	2 *	2 1%	1 *	2 *	1 *
PRACTICAL ASPECTS OF LIFE (NET)	106 10% N	52 8%	41 12%	13 11%	27 12%	32 8%	24 11%	23 9%	22 7%	35 12% I	46 11%	4 5% *	84 12% AN	23 6%	31 10%	75 9%	77 10%	30 10%
Finances/ losing income/ not paying bills	46 4% N	28 4%	10 3%	7 6%	15 6%	13 3%	9 4%	10 4%	9 3%	18 6% L	19 4%	- - *	40 6% AN	6 2%	12 4%	34 4%	34 4%	12 4%
Employment/ losing my job/ impact on my business	34 3% N	16 3%	12 4%	6 5%	6 3%	11 3%	9 4%	8 3%	8 3%	7 3%	16 4%	2 2% *	28 4% AN	6 1%	11 4%	22 3%	25 3%	9 3%
Unable to buy everything I need/ make provisions	16 1% P	7 1%	7 2%	1 1%	5 2%	3 1%	4 2%	4 1%	6 2%	4 1%	6 1%	- - *	13 2%	3 1%	8 3% P	8 1%	11 1%	5 1%
Food	16 1% B	4 1%	8 2%	4 3% B	6 3% F	2 1%	5 2%	2 1%	1 *	6 2%	8 2%	1 1% *	10 1%	6 1%	2 1%	14 2%	10 1%	5 2%

190010091303 - Thursday 26th March 2020

PUBLIC

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Others on practical concerns (impact of on mental health)	14 1% H	5 1%	7 2%	3 2%	5 2% H	4 1%	6 2% H	- -	4 1%	5 2%	5 1%	- - *	8 1%	6 1%	1 *	13 2%	7 1%	7 2%
I am/ someone in my family is a key worker/ I have to work	8 1%	6 1%	2 *	1 *	1 *	3 1%	2 1%	2 1%	1 *	1 1%	4 1%	1 1% *	7 1%	1 *	3 1%	4 1%	7 1%	1 *
I AM REMAINING POSITIVE / NOT MUCH HAS CHANGED (NET)	89 8% O	55 9%	24 7%	10 8%	22 10%	31 8%	13 6%	23 9%	32 10% L	23 8%	32 8%	2 2% *	49 7%	40 10%	16 5%	73 9% AO	58 7%	31 10%
Good (unsp) / I`m fine (mentally) / no issues	68 6%	44 7%	17 5%	7 5%	15 7%	23 6%	13 5%	17 7%	23 7%	20 7%	24 6%	1 1% *	40 6%	28 7%	12 4%	56 7%	45 6%	23 7%
Habit / not much has changed	13 1%	8 1%	4 1%	1 1%	2 1%	7 2%	1 *	3 1%	7 2%	3 1%	3 1%	- - *	5 1%	7 2%	1 *	12 2%	7 1%	6 2%
I am used to being alone	12 1%	5 1%	4 1%	4 3%	7 3% AFG	2 1%	1 *	2 1%	4 1%	2 1%	6 2%	- - *	5 1%	7 2%	2 1%	10 1%	11 1%	1 *
Trying to stay positive / trying to act normally / I`m happy	9 1% Q	8 1%	1 *	- -	1 *	5 1%	- -	3 1%	5 2%	1 *	2 *	1 1% *	6 1%	3 1%	3 1%	6 1%	3 *	6 2% AQ
Others on I am remaining positive / not much has changed	3 *	2 *	1 *	- -	- -	- -	1 *	2 1%	1 *	- -	2 *	- -	1 *	2 *	2 1%	1 *	1 *	2 1%

190010091303 - Thursday 26th March 2020

PUBLIC

AMS and MQ Covid-19 mental wellbeing research

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												*						
CHANGE OF ROUTINE (NET)	78 7%	45 7%	24 7%	9 7%	14 6%	29 7%	12 5%	24 10%	14 5%	19 7%	36 8%	9 11% I*	56 8%	22 6%	27 9%	51 6%	54 7%	25 8%
Lack of exercise/ not going to the gym	23 2% I	9 1%	10 3%	3 3%	9 4%	6 1%	5 2%	3 1%	1 *	6 2%	13 3% I	3 4% I*	16 2%	6 2%	7 2%	16 2%	15 2%	7 2%
Absence/ change of routine / not able to continue our normal life	22 2%	13 2%	8 2%	1 1%	2 1%	8 2%	4 2%	9 4% E	6 2%	7 2%	7 2%	3 3% *	14 2%	9 2%	7 2%	14 2%	12 2%	10 3%
Others on change of routine	11 1%	6 1%	2 1%	2 2%	3 1%	6 1%	- -	2 1%	2 1%	2 1%	6 2%	- - *	8 1%	2 1%	2 1%	9 1%	8 1%	3 1%
Not able to work/ get all my work done	9 1% N	5 1%	4 1%	1 1%	3 1%	4 1%	- -	2 1%	2 1%	2 1%	5 1%	1 1% *	9 1% AN	- -	2 1%	7 1%	8 1%	1 *
Having to work from home	9 1% R	6 1%	1 *	2 1%	- -	4 1%	2 1%	3 1%	1 *	4 1%	3 1%	2 2% *	8 1%	1 *	4 1%	5 1%	9 1%	- -
Home-schooling children	4 * P	3 *	- -	2 1% C	- -	1 *	1 *	3 1%	2 1%	2 1%	1 *	- - *	4 1%	1 *	4 1% AP	- -	3 *	2 1%
Missing events and gatherings	4 * M	3 *	2 *	- -	- -	2 *	- -	2 1%	- -	1 *	2 *	2 2% AI*	- -	4 1% AM	1 *	4 *	3 *	1 *

190010091303 - Thursday 26th March 2020

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Not having time to myself/ no break	4 * 	3 1% 	- - 	1 1% 	- - 	1 * 	2 1% 	1 1% 	1 * 	- - 	2 * 	1 1% *	2 * 	2 * 	2 1% 	2 * 	2 * 	2 1%
TARGETED GROUPS (NET)	77 7% CI	54 9% AC	11 3% 	13 10% C	10 4% 	29 7% 	21 9% E	17 7% 	13 4% 	21 8% 	37 9% I	6 7% *	41 6% 	36 9% 	25 8% 	52 7% 	49 6% 	28 9%
Family and relationships/ friends/ marital harmony	47 4% CI	33 5% C	7 2% 	6 5% 	5 2% 	17 4% 	12 5% 	13 5% 	7 2% 	14 5% 	22 5% I	4 5% *	24 3% 	23 6% 	18 6% 	29 4% 	30 4% 	17 5%
Concern about older people/ elderly parents	13 1% 	10 2% 	2 1% 	1 1% 	1 * 	8 2% 	2 1% 	3 1% 	4 1% 	2 1% 	5 1% 	2 2% *	7 1% 	6 2% 	3 1% 	10 1% 	8 1% 	4 1%
Concern for others	8 1% Q	7 1% 	1 * 	1 1% 	- - 	2 1% 	6 2% AEH	- - 	1 * 	3 1% 	4 1% 	- - *	3 * 	5 1% 	1 * 	7 1% 	2 * 	6 2% AQ
Concern about (own) children/young people	8 1% CP	4 1% 	- - 	4 3% ABC	1 1% 	3 1% 	1 1% 	2 1% 	2 1% 	1 1% 	3 1% 	2 2% *	4 1% 	3 1% 	5 2% 	3 * 	7 1% 	1 *
I am part of the high risk/ vulnerable group	4 * 	1 * 	1 * 	2 2% AB	3 1% A	1 * 	- - 	- - 	- - 	1 * 	3 1% 	- - *	3 * 	1 * 	- - 	4 * 	4 * 	- -
I`ve just had a baby/ I am pregnant	3 * 	3 * 	- - 	- - 	- - 	1 * 	1 * 	1 * 	1 * 	1 * 	1 * 	- - *	2 * 	1 * 	2 * 	1 * 	1 * 	2 *

190010091303 - Thursday 26th March 2020

PUBLIC

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I`m finding activities to support my mental well-being (e.g. physical activities, work, entertainment, nature, contact)	65 6%	43 7%	16 5%	6 5%	12 5%	24 6%	12 5%	18 7%	23 7%	19 7%	19 5%	4 5% *	41 6%	24 6%	17 6%	48 6%	42 5%	23 7%
LACK OF CONTROL (NET)	56 5% I	34 5%	15 4%	7 6%	8 4%	23 6%	16 7%	10 4%	7 2%	18 6% I	28 7% I	3 4% *	41 6%	15 4%	18 6%	38 5%	36 5%	20 6%
Uncertainty (about the future/ not knowing how it will end)	22 2%	13 2%	6 2%	3 2%	1 1%	10 2%	9 4% AEH	2 1%	4 1%	6 2%	12 3%	1 1% *	18 3%	4 1%	6 2%	16 2%	14 2%	8 3%
It might continue for a long time/ will never end	19 2%	11 2%	5 1%	3 2%	5 2%	7 2%	1 1%	6 3%	3 1%	7 2%	8 2%	2 2% *	13 2%	5 1%	8 3%	11 1%	13 2%	6 2%
Others on lack of control	6 1%	4 1%	2 *	1 1%	2 1%	1 *	3 1%	1 *	- -	2 1%	5 1%	- - *	5 1%	1 *	3 1%	3 *	6 1%	1 *
Lack of freedom/ no independence	5 * Q	3 *	2 1%	- -	- -	2 1%	2 1%	1 *	1 *	3 1%	2 *	- - *	2 *	3 1%	1 *	4 1%	2 *	3 1%
Lack of control/ feeling powerless	4 *	3 *	1 *	1 1%	1 *	4 1%	- -	- -	- -	1 *	3 1%	1 1% *	3 *	1 *	1 *	4 *	3 *	1 *
OTHER CONCERNS (NET)	55 5% PQ	35 6%	13 4%	7 6%	7 3%	16 4%	17 7%	16 7%	16 5%	14 5%	22 5%	3 4% *	30 4%	26 6%	26 8% AP	30 4%	32 4%	23 7% AQ

190010091303 - Thursday 26th March 2020

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Other general	30 3% Q	18 3%	9 3%	4 3%	5 2%	10 3%	8 4%	7 3%	7 2%	11 4%	12 3%	1 1% *	16 2%	15 4%	8 3%	22 3%	16 2%	14 5% Q
Dangerous/ staying safe (me and my family/ friends)	11 1% PQ	9 2%	1 *	1 1%	- -	2 1%	6 2% AE	3 1%	3 1%	2 1%	4 1%	2 2% *	6 1%	5 1%	9 3% AP	2 *	4 1%	7 2% AQ
People not taking this seriously/ not following instructions	7 1% P	5 1%	1 *	1 1%	1 *	1 *	2 1%	3 1%	3 1%	1 *	3 1%	- - *	6 1%	1 *	5 2% AP	1 *	5 1%	2 1%
Keeping myself/ my kids entertained	5 * MP	3 *	1 *	1 1%	- -	1 *	2 1%	3 1%	2 1%	- -	3 1%	- - *	- -	5 1% AM	4 1% AP	1 *	3 *	2 1%
Struggling	3 *	1 *	2 *	1 1%	1 1%	2 *	- -	1 *	1 *	- -	1 *	1 1% *	3 *	1 *	- -	3 *	3 *	- -
SOCIAL PRESSURE (NET)	15 1%	11 2%	2 1%	1 1%	1 *	8 2%	3 1%	3 1%	3 1%	1 *	10 2% A	1 1% *	10 1%	5 1%	3 1%	12 2%	12 2%	3 1%
Media/ news overload	15 1%	11 2%	2 1%	1 1%	1 *	8 2%	3 1%	3 1%	3 1%	1 *	10 2% A	1 1% *	10 1%	5 1%	3 1%	12 2%	12 2%	3 1%
ACCESS TO SUPPORT AND SERVICES (NET)	14 1% G	6 1%	4 1%	3 2%	6 2% G	4 1%	- -	4 2%	3 1%	4 1%	4 1%	3 3% *	7 1%	6 2%	4 1%	10 1%	11 1%	3 1%

190010091303 - Thursday 26th March 2020

PUBLIC

AMS and MQ Covid-19 mental wellbeing research

1000 GB adults aged 16 to 75

Q1. Thinking about the current coronavirus (COVID-19) pandemic, what, if any, concerns do you have about the impact on your mental wellbeing?

All Adults aged 16-75 in Great Britain

		Marital Status			Household Size				Education				Employment status		Pres of children HH (17 or under)		Main Earner	
	Total	Married/ Living as Married	Single	Widowed/ Divorced/ Separated	1	2	3	4+	GCSE/O Level/NVQ 12	A Level or equivalent	Degree/Masters/PhD	No formal qualifications	Working	Not working	At least one child present	No children present	Yes, main earner	No, not the main earner
	(A)	(B)	(C)	(D)	(E)	(F)	(G)	(H)	(I)	(J)	(K)	(L)	(M)	(N)	(O)	(P)	(Q)	(R)
Access to mental health and NHS support and services	14 1% G	6 1%	4 1%	3 2%	6 2% G	4 1%	- -	4 2%	3 1%	4 1%	4 1%	3 3% *	7 1%	6 2%	4 1%	10 1%	11 1%	3 1%
NOTHING/ NO ANSWER/ DON`T KNOW (NET)	347 32% K	211 34%	104 30%	31 25%	74 32%	139 35%	66 29%	68 28%	114 37% AK	80 29%	113 27%	39 47% AJK*	213 30%	134 33%	86 28%	261 33%	260 33%	87 28%
Don`t know	172 16% K	100 16%	54 16%	18 14%	34 15%	51 13%	45 20% F	42 17%	62 20% AK	40 14%	49 12%	21 25% AJK*	108 15%	64 16%	55 18%	117 15%	128 16%	44 14%
Nothing	163 15% GHO	102 16%	48 14%	14 11%	40 17% GH	83 21% AGH	19 8%	21 9%	48 16%	39 14%	61 14%	15 19% *	95 14%	68 17%	26 9%	137 17% AO	126 16%	38 12%
No answer	12 1%	9 1%	2 1%	- -	- -	5 1%	1 1%	5 2% E	3 1%	2 1%	3 1%	3 3% *	10 1%	2 *	4 1%	8 1%	6 1%	5 2%
Refused	8 1%	2 *	5 1%	1 1%	4 2%	2 1%	- -	2 1%	2 1%	2 1%	4 1%	- - *	3 *	4 1%	1 *	7 1%	6 1%	2 1%

This work was carried out in accordance with the requirements of the international quality standard for market research, ISO 20252 and with the Ipsos MORI Terms and Conditions.

Overlap formulae used

ColumnProportions (5%): A/B/C/D,A/E/F/G/H,A/I/J/K/L,A/M/N,A/O/P,A/Q/R Minimum Base: 30(**) Small Base: 100(*)

ColumnMeans (5%): A/B/C/D,A/E/F/G/H,A/I/J/K/L,A/M/N,A/O/P,A/Q/R Minimum Base: 30(**) Small Base: 100(*)

190010091303 - Thursday 26th March 2020

PUBLIC

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Q1. Thinking about the current coronavirus (COVID-19) pandemic, what, if any, concerns do you have about the impact on your mental wellbeing?

All Adults aged 16-75 in Great Britain

		Health or social care role			Experience of Covid-19					Experience of mental health issues		
	Total	Professional	Researcher	None of these roles	Postive test	Suspected based on symptoms	Living with someone	Caring for someone	No direct experience	Lived experience	Support or care for someone	Interest in mental health
Unweighted base	1099	93	28	973	9	107	36	22	933	432	150	203
Weighted base	1099	86	28	982	11	101	34	22	944	431	150	194
HEALTH (NET)	342 31%	28 32%	9 34%	302 31%	2 19%	39 39%	12 35%	8 37%	284 30%	199 46%	58 39%	84 43%
ANY MENTAL HEALTH OR ILLNESS	264 24%	21 24%	7 25%	234 24%	- -	33 33%	8 24%	5 23%	218 23%	164 38%	48 32%	70 36%
ANY MENTAL ILLNESSES	222 20%	16 19%	6 20%	198 20%	- -	31 31%	7 22%	1 7%	183 19%	138 32%	44 29%	64 33%
Anxiety	116 11%	13 15%	- -	103 11%	- -	17 17%	3 10%	- -	96 10%	74 17%	24 16%	34 18%
Depression	73	2	2	67	-	9	3	-	60	56	11	22

190010091303 - Thursday 26th March 2020

PUBLIC

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All Adults aged 16-75 in Great Britain

		Health or social care role			Experience of Covid-19					Experience of mental health issues		
	Total	Professional	Researcher	None of these roles	Postive test	Suspected based on symptoms	Living with someone	Caring for someone	No direct experience	Lived experience	Support or care for someone	Interest in mental health
	7%	2%	8%	7%	-	9%	9%	-	6%	13%	7%	11%
Stress/ feeling nervous	63 6%	3 4%	3 10%	57 6%	- -	11 11%	2 5%	1 3%	50 5%	30 7%	17 11%	13 7%
Others on any mental illnesses	23 2%	1 1%	1 3%	21 2%	- -	2 2%	- -	1 3%	20 2%	18 4%	6 4%	8 4%
ANY OTHER GENERAL MENTAL HEALTH CONCERN	62 6%	5 6%	1 5%	55 6%	- -	4 4%	1 2%	4 16%	53 6%	39 9%	10 7%	12 6%
Becoming mentally unwell	23 2%	3 4%	1 5%	18 2%	- -	2 2%	- -	3 13%	18 2%	18 4%	3 2%	7 4%
Going crazy/ mad	17 2%	1 1%	- -	16 2%	- -	2 2%	- -	1 4%	15 2%	9 2%	1 1%	1 *

190010091303 - Thursday 26th March 2020

PUBLIC

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All Adults aged 16-75 in Great Britain

		Health or social care role			Experience of Covid-19					Experience of mental health issues		
	Total	Professional	Researcher	None of these roles	Postive test	Suspected based on symptoms	Living with someone	Caring for someone	No direct experience	Lived experience	Support or care for someone	Interest in mental health
Unable to sleep	16 1%	- -	- -	16 2%	- -	1 1%	- -	- -	15 2%	9 2%	3 2%	3 2%
Others on any other general mental health concern	7 1%	1 2%	- -	5 1%	- -	- -	1 2%	- -	6 1%	4 1%	3 2%	1 1%
ANY PHYSICAL HEALTH	123 11%	11 13%	3 9%	108 11%	2 19%	13 13%	5 14%	4 18%	102 11%	63 15%	19 13%	28 15%
ANY COVID-19 CONCERN	78 7%	6 7%	- -	71 7%	- -	7 7%	5 14%	2 8%	67 7%	34 8%	12 8%	18 9%
Contracting COVID-19	48 4%	4 4%	- -	44 4%	- -	1 1%	4 11%	1 4%	43 5%	19 5%	9 6%	9 5%
Worried about my family contracting COVID-19	24	-	-	24	-	1	-	-	23	12	4	7

190010091303 - Thursday 26th March 2020

PUBLIC

AMS and MQ Covid-19 mental wellbeing research

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All Adults aged 16-75 in Great Britain

		Health or social care role			Experience of Covid-19					Experience of mental health issues		
	Total	Professional	Researcher	None of these roles	Postive test	Suspected based on symptoms	Living with someone	Caring for someone	No direct experience	Lived experience	Support or care for someone	Interest in mental health
	2%	-	-	2%	-	1%	-	-	2%	3%	3%	4%
Others on any COVID-19 concern	6 1%	1 1%	- -	4 *	- -	1 1%	- -	- -	4 *	2 1%	- -	- -
Not being tested/ not knowing if you have it or not	5 *	- -	- -	5 1%	- -	1 1%	- -	- -	4 *	1 *	- -	2 1%
I think I have COVID-19/ my family member has been diagnosed with the virus	4 *	1 1%	- -	3 *	- -	3 3%	1 2%	1 4%	2 *	3 1%	1 1%	2 1%
ANY OTHER PHYSICAL HEALTH CONCERN	60 5%	5 6%	3 9%	52 5%	2 19%	7 7%	2 6%	2 10%	47 5%	35 8%	10 6%	14 7%
Mine and my family`s health	24 2%	3 3%	- -	21 2%	- -	2 2%	- -	1 7%	20 2%	14 3%	2 2%	5 2%

190010091303 - Thursday 26th March 2020

PUBLIC

AMS and MQ Covid-19 mental wellbeing research

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All Adults aged 16-75 in Great Britain

		Health or social care role			Experience of Covid-19					Experience of mental health issues		
	Total	Professional	Researcher	None of these roles	Postive test	Suspected based on symptoms	Living with someone	Caring for someone	No direct experience	Lived experience	Support or care for someone	Interest in mental health
I have other diseases/ several health issues (sp. and unsp.)	13 1%	- -	- -	13 1%	- -	3 3%	1 3%	- -	10 1%	11 2%	2 1%	4 2%
I or family members/ people around me might die	12 1%	1 1%	1 5%	10 1%	2 19%	1 1%	1 2%	- -	8 1%	7 2%	2 1%	3 1%
I might get sick	10 1%	2 3%	1 2%	6 1%	- -	1 1%	- -	1 7%	8 1%	6 1%	3 2%	1 *
Others on any other physical health concern	5 *	- -	1 3%	4 *	- -	- -	- -	- -	5 1%	2 1%	2 2%	4 2%
ISOLATION (NET)	235 21%	13 16%	3 9%	217 22%	- -	26 26%	7 22%	5 24%	199 21%	116 27%	37 25%	55 28%

190010091303 - Thursday 26th March 2020

PUBLIC

AMS and MQ Covid-19 mental wellbeing research

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All Adults aged 16-75 in Great Britain

		Health or social care role			Experience of Covid-19					Experience of mental health issues		
	Total	Professional	Researcher	None of these roles	Postive test	Suspected based on symptoms	Living with someone	Caring for someone	No direct experience	Lived experience	Support or care for someone	Interest in mental health
Isolation / staying inside/ not being able to go out/ lockdown	196 18%	11 13%	2 7%	181 18%	- -	22 22%	6 17%	4 21%	166 18%	101 23%	32 22%	49 25%
Isolation for a long time	26 2%	2 2%	1 2%	24 2%	- -	2 2%	- -	1 4%	23 2%	8 2%	4 3%	5 3%
Others on isolation	14 1%	1 1%	- -	13 1%	- -	2 2%	2 6%	- -	11 1%	7 2%	1 *	1 *
Lack of fresh air/ sunlight	11 1%	1 1%	- -	10 1%	- -	2 2%	- -	- -	9 1%	6 1%	1 1%	3 2%
NEGATIVE FEELINGS (NET)	144 13%	14 16%	4 13%	127 13%	- -	13 12%	4 13%	1 7%	126 13%	58 13%	26 17%	26 14%
ANY OTHER NEGATIVE FEELINGS IN GENERAL	104 9%	9 11%	2 7%	93 9%	- -	8 8%	1 2%	1 3%	95 10%	37 9%	20 13%	20 10%

190010091303 - Thursday 26th March 2020

PUBLIC

AMS and MQ Covid-19 mental wellbeing research

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All Adults aged 16-75 in Great Britain

		Health or social care role			Experience of Covid-19					Experience of mental health issues		
	Total	Professional	Researcher	None of these roles	Postive test	Suspected based on symptoms	Living with someone	Caring for someone	No direct experience	Lived experience	Support or care for someone	Interest in mental health
Boredom / nothing to do	38 3%	1 2%	2 7%	35 4%	- -	3 2%	- -	- -	35 4%	10 2%	5 3%	7 4%
Others on any other negative feelings in general	24 2%	2 3%	- -	22 2%	- -	2 2%	- -	- -	22 2%	5 1%	8 5%	7 4%
Low mood/ morale/ pessimism	13 1%	2 3%	- -	11 1%	- -	1 1%	- -	- -	12 1%	6 1%	2 1%	4 2%
Losing motivation (to work/ to continue)	12 1%	- -	- -	12 1%	- -	- -	- -	- -	12 1%	7 2%	- -	3 1%
Sadness	11 1%	- -	- -	11 1%	- -	1 1%	- -	- -	10 1%	6 1%	5 3%	1 1%
Feeling restless / agitated / trapped	10	2	-	8	-	1	-	-	9	4	3	2

190010091303 - Thursday 26th March 2020

PUBLIC

AMS and MQ Covid-19 mental wellbeing research

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All Adults aged 16-75 in Great Britain

		Health or social care role			Experience of Covid-19					Experience of mental health issues		
	Total	Professional	Researcher	None of these roles	Postive test	Suspected based on symptoms	Living with someone	Caring for someone	No direct experience	Lived experience	Support or care for someone	Interest in mental health
	1%	3%	-	1%	-	1%	-	-	1%	1%	2%	1%
Anger / frustration	8 1%	1 1%	- -	7 1%	- -	1 1%	1 2%	- -	7 1%	2 1%	2 2%	1 *
Fatigue/ tired/ draining	5 *	1 2%	- -	3 *	- -	2 2%	- -	1 3%	3 *	2 *	1 *	1 *
ANY FEAR	47 4%	6 7%	2 5%	39 4%	- -	7 7%	4 11%	1 7%	36 4%	23 5%	11 7%	7 4%
Fear/ scared	30 3%	5 5%	1 3%	25 3%	- -	5 5%	2 5%	1 3%	24 3%	14 3%	10 6%	4 2%
Concern/ worry	19 2%	3 3%	- -	16 2%	- -	2 2%	2 6%	1 3%	14 2%	7 2%	2 1%	5 2%

190010091303 - Thursday 26th March 2020

PUBLIC

AMS and MQ Covid-19 mental wellbeing research

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All Adults aged 16-75 in Great Britain

		Health or social care role			Experience of Covid-19					Experience of mental health issues		
	Total	Professional	Researcher	None of these roles	Postive test	Suspected based on symptoms	Living with someone	Caring for someone	No direct experience	Lived experience	Support or care for someone	Interest in mental health
Panic	4 *	1 1%	1 2%	2 *	- -	2 2%	- -	- -	2 *	3 1%	1 1%	- -
SOCIAL DISTANCING (NET)	141 13%	8 10%	1 2%	131 13%	- -	22 22%	2 7%	- -	116 12%	73 17%	21 14%	36 18%
Lack of social contact/ face-to-face interaction/ unable to meet people	55 5%	6 7%	- -	48 5%	- -	10 10%	1 2%	- -	43 5%	27 6%	5 3%	19 10%
Not being able to see/ missing my family/ friends	46 4%	2 2%	- -	44 4%	- -	6 6%	1 2%	- -	39 4%	25 6%	7 4%	6 3%
Loneliness	44 4%	1 2%	1 2%	42 4%	- -	7 7%	1 3%	- -	36 4%	20 5%	9 6%	9 5%
I live alone	14	-	-	14	-	2	-	-	13	9	1	5

190010091303 - Thursday 26th March 2020

PUBLIC

AMS and MQ Covid-19 mental wellbeing research

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All Adults aged 16-75 in Great Britain

		Health or social care role			Experience of Covid-19					Experience of mental health issues		
	Total	Professional	Researcher	None of these roles	Postive test	Suspected based on symptoms	Living with someone	Caring for someone	No direct experience	Lived experience	Support or care for someone	Interest in mental health
	1%	-	-	1%	-	2%	-	-	1%	2%	*	3%
Others on social distancing	3 *	- -	- -	3 *	- -	1 1%	- -	- -	2 *	3 1%	1 *	1 1%
PRACTICAL ASPECTS OF LIFE (NET)	106 10%	8 10%	- -	97 10%	1 11%	6 6%	3 7%	3 14%	94 10%	51 12%	17 12%	20 10%
Finances/ losing income/ not paying bills	46 4%	2 2%	- -	44 4%	1 11%	2 2%	3 7%	- -	40 4%	25 6%	3 2%	12 6%
Employment/ losing my job/ impact on my business	34 3%	2 3%	- -	32 3%	- -	2 2%	- -	2 11%	30 3%	16 4%	8 5%	9 4%
Unable to buy everything I need/ make provisions	16 1%	1 1%	- -	15 2%	- -	2 2%	- -	- -	14 1%	7 2%	4 3%	2 1%

190010091303 - Thursday 26th March 2020

PUBLIC

AMS and MQ Covid-19 mental wellbeing research

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All Adults aged 16-75 in Great Britain

		Health or social care role			Experience of Covid-19					Experience of mental health issues		
	Total	Professional	Researcher	None of these roles	Postive test	Suspected based on symptoms	Living with someone	Caring for someone	No direct experience	Lived experience	Support or care for someone	Interest in mental health
Food	16 1%	4 4%	- -	12 1%	1 11%	2 2%	- -	2 7%	11 1%	9 2%	3 2%	1 *
Others on practical concerns (impact of on mental health)	14 1%	- -	- -	14 1%	- -	- -	- -	- -	14 1%	5 1%	2 2%	3 1%
I am/ someone in my family is a key worker/ I have to work	8 1%	3 4%	- -	4 *	- -	1 1%	- -	1 3%	7 1%	3 1%	2 1%	2 1%
I AM REMAINING POSITIVE / NOT MUCH HAS CHANGED (NET)	89 8%	6 7%	4 14%	81 8%	4 39%	6 6%	8 22%	4 16%	73 8%	24 6%	15 10%	24 12%
Good (unsp) / I`m fine (mentally) / no issues	68 6%	6 7%	3 10%	61 6%	4 39%	2 2%	8 22%	4 16%	56 6%	19 4%	13 9%	18 9%

190010091303 - Thursday 26th March 2020

PUBLIC

AMS and MQ Covid-19 mental wellbeing research

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		Health or social care role			Experience of Covid-19					Experience of mental health issues		
	Total	Professional	Researcher	None of these roles	Postive test	Suspected based on symptoms	Living with someone	Caring for someone	No direct experience	Lived experience	Support or care for someone	Interest in mental health
Habit / not much has changed	13 1%	- -	- -	13 1%	- -	4 4%	- -	- -	9 1%	5 1%	2 1%	2 1%
I am used to being alone	12 1%	- -	- -	12 1%	- -	2 2%	- -	- -	10 1%	5 1%	- -	4 2%
Trying to stay positive / trying to act normally / I`m happy	9 1%	- -	1 5%	6 1%	- -	- -	1 2%	- -	7 1%	1 *	1 *	2 1%
Others on I am remaining positive / not much has changed	3 *	- -	- -	2 *	- -	- -	- -	- -	2 *	1 *	- -	- -
CHANGE OF ROUTINE (NET)	78 7%	5 6%	2 8%	71 7%	- -	12 12%	- -	1 4%	65 7%	34 8%	10 7%	22 11%
Lack of exercise/ not going to the gym	23	1	1	20	-	3	-	1	19	15	-	7

190010091303 - Thursday 26th March 2020

PUBLIC

AMS and MQ Covid-19 mental wellbeing research

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All Adults aged 16-75 in Great Britain

		Health or social care role			Experience of Covid-19					Experience of mental health issues		
	Total	Professional	Researcher	None of these roles	Postive test	Suspected based on symptoms	Living with someone	Caring for someone	No direct experience	Lived experience	Support or care for someone	Interest in mental health
	2%	2%	4%	2%	-	3%	-	4%	2%	3%	-	4%
Absence/ change of routine / not able to continue our normal life	22 2%	1 1%	- -	21 2%	- -	2 2%	- -	- -	20 2%	11 2%	3 2%	5 3%
Others on change of routine	11 1%	1 1%	- -	10 1%	- -	1 1%	- -	- -	10 1%	3 1%	- -	5 3%
Not able to work/ get all my work done	9 1%	1 1%	- -	8 1%	- -	2 2%	- -	- -	7 1%	3 1%	2 1%	4 2%
Having to work from home	9 1%	- -	1 5%	8 1%	- -	1 1%	- -	- -	8 1%	1 *	2 2%	3 2%
Home-schooling children	4 *	1 1%	- -	3 *	- -	1 1%	- -	- -	4 *	1 *	1 1%	1 1%

190010091303 - Thursday 26th March 2020

PUBLIC

AMS and MQ Covid-19 mental wellbeing research

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		Health or social care role			Experience of Covid-19					Experience of mental health issues		
	Total	Professional	Researcher	None of these roles	Postive test	Suspected based on symptoms	Living with someone	Caring for someone	No direct experience	Lived experience	Support or care for someone	Interest in mental health
Missing events and gatherings	4 *	- -	- -	4 *	- -	3 3%	- -	- -	1 *	4 1%	2 1%	1 1%
Not having time to myself/ no break	4 *	- -	- -	4 *	- -	2 2%	- -	- -	2 *	2 *	- -	- -
TARGETED GROUPS (NET)	77 7%	2 2%	2 7%	73 7%	- -	9 9%	2 5%	- -	67 7%	33 8%	18 12%	18 9%
Family and relationships/ friends/ marital harmony	47 4%	1 1%	1 4%	45 5%	- -	2 2%	1 2%	- -	44 5%	20 5%	9 6%	8 4%
Concern about older people/ elderly parents	13 1%	1 1%	- -	12 1%	- -	3 3%	- -	- -	10 1%	8 2%	3 2%	5 2%
Concern for others	8 1%	- -	- -	8 1%	- -	2 2%	- -	- -	6 1%	2 *	5 3%	3 1%

190010091303 - Thursday 26th March 2020

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AMS and MQ Covid-19 mental wellbeing research

1000 GB adults aged 16 to 75

Q1. Thinking about the current coronavirus (COVID-19) pandemic, what, if any, concerns do you have about the impact on your mental wellbeing?

All Adults aged 16-75 in Great Britain

		Health or social care role			Experience of Covid-19					Experience of mental health issues		
	Total	Professional	Researcher	None of these roles	Postive test	Suspected based on symptoms	Living with someone	Caring for someone	No direct experience	Lived experience	Support or care for someone	Interest in mental health
Concern about (own) children/young people	8 1%	- -	1 3%	7 1%	- -	3 3%	1 3%	- -	5 1%	4 1%	1 *	1 *
I am part of the high risk/ vulnerable group	4 *	1 1%	- -	3 *	- -	2 2%	- -	- -	2 *	1 *	- -	1 *
I`ve just had a baby/ I am pregnant	3 *	- -	- -	3 *	- -	- -	- -	- -	3 *	1 *	- -	1 *
I`m finding activities to support my mental well-being (e.g. physical activities, work, entertainment, nature, contact)	65 6%	3 4%	1 5%	61 6%	- -	5 5%	1 2%	1 7%	58 6%	19 4%	11 7%	18 9%
LACK OF CONTROL (NET)	56 5%	4 4%	1 5%	52 5%	- -	2 2%	1 2%	2 7%	52 5%	16 4%	8 5%	13 7%

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Uncertainty (about the future/ not knowing how it will end)	22 2%	3 3%	1 5%	19 2%	- -	1 1%	- -	2 7%	20 2%	4 1%	2 1%	3 2%
It might continue for a long time/ will never end	19 2%	1 1%	- -	18 2%	- -	1 1%	1 2%	- -	17 2%	9 2%	4 3%	6 3%
Others on lack of control	6 1%	- -	- -	6 1%	- -	1 1%	- -	- -	5 1%	- -	1 *	- -
Lack of freedom/ no independence	5 *	- -	- -	5 1%	- -	- -	- -	- -	5 1%	1 *	- -	3 2%
Lack of control/ feeling powerless	4 *	- -	- -	4 *	- -	- -	- -	- -	4 *	3 1%	1 1%	- -
OTHER CONCERNS (NET)	55 5%	7 8%	1 3%	47 5%	1 7%	6 6%	1 4%	- -	47 5%	24 5%	8 5%	12 6%

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Other general	30 3%	3 3%	- -	28 3%	1 7%	3 3%	- -	- -	27 3%	12 3%	5 3%	7 3%
Dangerous/ staying safe (me and my family/ friends)	11 1%	3 3%	1 3%	7 1%	- -	2 2%	1 4%	- -	8 1%	5 1%	2 1%	3 2%
People not taking this seriously/ not following instructions	7 1%	1 1%	- -	6 1%	- -	- -	- -	- -	7 1%	3 1%	1 *	- -
Keeping myself/ my kids entertained	5 *	- -	- -	5 1%	- -	- -	- -	- -	5 1%	3 1%	- -	2 1%
Struggling	3 *	- -	- -	3 *	- -	2 2%	- -	- -	2 *	2 *	1 *	1 1%

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SOCIAL PRESSURE (NET)	15 1%	- -	- -	15 2%	- -	1 1%	- -	- -	14 2%	10 2%	4 3%	3 2%
Media/ news overload	15 1%	- -	- -	15 2%	- -	1 1%	- -	- -	14 2%	10 2%	4 3%	3 2%
ACCESS TO SUPPORT AND SERVICES (NET)	14 1%	2 2%	- -	12 1%	- -	3 3%	- -	- -	10 1%	11 2%	2 1%	3 2%
Access to mental health and NHS support and services	14 1%	2 2%	- -	12 1%	- -	3 3%	- -	- -	10 1%	11 2%	2 1%	3 2%
NOTHING/ NO ANSWER/ DON`T KNOW (NET)	347 32%	28 33%	10 37%	306 31%	3 31%	27 27%	9 27%	5 22%	306 32%	92 21%	32 21%	37 19%
Don`t know	172 16%	16 19%	6 23%	146 15%	3 31%	15 15%	8 22%	3 12%	148 16%	53 12%	16 11%	22 11%

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	Total	Professional	Researcher	None of these roles	Postive test	Suspected based on symptoms	Living with someone	Caring for someone	No direct experience	Lived experience	Support or care for someone	Interest in mental health
Nothing	163 15%	8 10%	3 9%	152 16%	- -	10 10%	1 2%	1 6%	151 16%	34 8%	13 9%	13 6%
No answer	12 1%	4 5%	1 5%	8 1%	- -	2 2%	1 2%	1 4%	8 1%	5 1%	3 2%	3 2%
Refused	8 1%	- -	- -	7 1%	- -	- -	- -	- -	7 1%	4 1%	1 1%	2 1%

s carried out in accordance with the requirements of the international quality standard for market research, ISO 20252 and with the Ipsos MORI Terms and Conditions

Overlap formulae used

ColumnProportions (5%): Minimum Base: 30(**) Small Base: 100(*)

ColumnMeans (5%): Minimum Base: 30(**) Small Base: 100(*)

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		Gender		Age					Generations				Social Grade				Region					
	Total	Male	Female	16 to 24	25 to 34	35 to 44	45 to 54	55 to 75	Gen Y	Gen X	Baby Boomer	Pre-war	AB	C1	C2	DE	North	Midlands	South	London	Wales	Scotland
	(A)	(B)	(C)	(D)	(E)	(F)	(G)	(H)	(I)	(J)	(K)	(L)	(M)	(N)	(O)	(P)	(Q)	(R)	(S)	(T)	(U)	(V)
Unweighted base	1099	515	573	173	206	174	214	332	417	254	396	32	330	378	137	254	264	284	249	152	54	96
Weighted base	1099	539	549	162	202	189	204	341	406	263	380	50	293	324	235	248	264	283	252	154	52	94
ENTERTAINMENT (NET)	267 24%	115 21%	147 27%	40 24%	44 22%	45 24%	44 21%	95 28%	91 22%	65 25%	102 27%	10 19% **	74 25%	80 25%	55 23%	58 24%	55 21%	78 28%	58 23%	39 25%	13 25% *	23 25% *
Reading	88 8% BEIP	28 5%	59 11% AB	8 5%	8 4%	13 7%	12 6%	47 14% ADEFG	19 5%	15 6%	51 13% AIJ	3 5% **	26 9% P	33 10% P	19 8%	10 4%	16 6%	24 8%	22 9%	13 8%	7 14% *	6 6% *
Hobbies / fun activities / doing things I enjoy	39 4% G	14 3%	24 4%	4 2%	9 5% G	9 5% G	1 1%	16 5% G	14 4%	8 3%	14 4%	3 5% **	15 5%	8 2%	8 3%	8 3%	6 2%	9 3%	10 4%	8 5%	2 4% *	3 4% *
DIY / crafts (crocheting / knitting / decorating)	39 4% BIN	10 2%	26 5% AB	3 2%	3 2%	4 2%	17 8% ADEFH	12 3%	7 2%	15 6% I	16 4%	1 2% **	12 4%	6 2%	11 5%	10 4%	7 3%	15 5% T	11 4%	2 1%	1 2% *	4 4% *
(Watching) TV	37 3%	19 3%	17 3%	3 2%	6 3%	5 3%	10 5%	13 4%	11 3%	9 3%	18 5%	- - **	11 4%	10 3%	8 3%	8 3%	10 4%	13 5%	5 2%	5 4%	1 1% *	2 2% *
(Listening to) music	32 3%	12 2%	20 4%	7 5%	4 2%	7 4%	4 2%	9 3%	12 3%	9 4%	8 2%	3 5% **	8 3%	8 3%	12 5%	4 1%	7 3%	11 4%	9 3%	2 1%	1 1% *	3 3% *
(Watching) movies / Netflix / Youtube	28 3% O	13 2%	15 3%	6 4%	5 3%	7 4%	4 2%	6 2%	12 3%	8 3%	6 2%	2 3% **	9 3% O	13 4% O	- -	7 3% O	7 3%	7 2%	4 2%	4 2%	2 4% *	4 5% *
(Surfing the) Internet / computer	25 2% EI	14 3%	11 2%	2 1%	- -	3 2%	3 2%	16 5% ADE	4 1%	3 1%	15 4% AIJ	3 5% **	4 1%	5 2%	9 4%	6 2%	8 3%	10 3%	5 2%	1 1%	- - *	2 2% *
Puzzles / crosswords / sudoku	22 2% B	6 1%	15 3%	1 1%	3 2%	3 2%	3 2%	11 3%	5 1%	4 2%	11 3%	1 2% **	4 1%	8 2%	5 2%	5 2%	5 2%	10 4% S	2 1%	3 2%	1 3% *	- - *
(Playing) video games / PS4	21 2%	13 2%	8 1%	5 3%	5 3%	2 1%	3 1%	7 2%	10 3%	3 1%	8 2%	- - **	7 2%	8 2%	3 1%	4 2%	7 3%	2 1%	3 1%	4 3%	- - *	5 6% ARS*

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	(A)	(B)	(C)	(D)	(E)	(F)	(G)	(H)	(I)	(J)	(K)	(L)	(M)	(N)	(O)	(P)	(Q)	(R)	(S)	(T)	(U)	(V)
(Playing) games (board games / cards)	18 2% H	9 2%	8 1%	3 2%	4 2%	3 2%	6 3% H	2 *	7 2%	9 3% AK	3 1%	- - **	4 1%	7 2%	5 2%	2 1%	8 3%	5 2%	2 1%	2 1%	- - *	1 1% *
Learning new skills / an instrument	13 1%	3 1%	9 2%	2 1%	3 1%	- -	4 2%	4 1%	5 1%	4 2%	4 1%	- - **	4 2%	3 1%	4 2%	1 *	2 1%	5 2%	2 1%	1 *	2 3% *	1 1% *
(Listening to the) radio / podcasts	11 1% BR	2 *	9 2% B	2 1%	1 *	2 1%	4 2%	2 1%	3 1%	6 2%	2 1%	- - **	1 *	6 2% AP	3 1%	- -	4 1%	- -	3 1%	4 2% R	- - *	1 1% *
Alcohol	9 1% HIKN	5 1%	3 1%	- -	- -	6 3% ADEH	2 1%	- -	- -	9 3% AIK	- -	- - **	1 *	- -	2 1%	6 3% AMN	2 1%	3 1%	1 *	1 1%	- - *	1 1% *
Painting / colouring	7 1%	4 1%	4 1%	2 1%	2 1%	- -	1 1%	2 1%	4 1%	1 *	2 1%	- - **	3 1%	3 1%	- -	1 1%	- -	4 1%	2 1%	1 1%	- - *	1 1% *
Doing surveys	6 1%	3 1%	3 1%	2 2%	1 *	- -	1 *	2 1%	3 1%	- -	3 1%	- - **	3 1%	1 *	- -	2 1%	1 *	2 1%	1 *	2 1%	- - *	1 1% *
Others on entertainment	5 *	2 *	3 1%	1 *	- -	- -	1 *	3 1%	1 *	1 *	3 1%	- - **	3 1%	2 1%	- -	- -	2 1%	- -	1 1%	1 1%	- - *	1 1% *
Composing music / playing musical instruments	5 *	2 *	2 *	2 1% H	- -	1 1%	2 1%	- -	2 1%	1 *	2 *	- - **	1 *	3 1%	1 1%	- -	2 1%	- -	- -	3 2% ARS	- - *	- - *
WORK (NET)	262 24% BDI	108 20%	148 27% AB	29 18%	37 18%	48 25%	51 25%	97 28% ADE	78 19%	72 27% I	98 26% I	15 30% **	69 23%	86 27%	48 20%	60 24%	60 23%	68 24%	69 27%	34 22%	12 23% *	20 21% *
WORKING IN GENERAL	166 15%	75 14%	86 16%	27 16%	26 13%	32 17%	35 17%	46 13%	60 15%	48 18%	53 14%	5 10% **	45 15%	59 18% A	28 12%	34 14%	44 17%	43 15%	36 14%	25 16%	7 13% *	10 11% *
Keeping busy / staying active / getting tasks done	93 8% V	40 7%	51 9%	11 7%	19 9%	16 8%	20 10%	28 8%	36 9%	21 8%	31 8%	5 10% **	25 8%	31 10%	16 7%	21 8%	23 9%	28 10% V	19 7%	16 10% V	5 10% *	2 2% *
Work (from home)	53	29	22	6	7	12	12	15	16	17	20	-	18	20	6	9	15	13	14	6	1	3

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	5%	5%	4%	4%	4%	6%	6%	4%	4%	6%	5%	- **	6%	6%	3%	3%	6%	5%	6%	4%	2% *	3% *
Studying / doing schoolwork	16 1% BG	2 *	13 2% AB	9 5% AEGH	1 *	4 2%	- -	2 1%	11 3% AK	3 1%	2 1%	- - **	5 2%	5 1%	1 *	5 2%	1 1%	4 1%	3 1%	5 3%	2 3% *	2 2% *
Others on working in general	9 1% H	4 1%	4 1%	1 1%	3 1%	1 1%	4 2% AH	- -	4 1%	5 2%	1 *	- - **	1 *	3 1%	4 2%	1 *	5 2% R	- -	1 *	- -	1 2% R*	3 3% R*
Writing a book / on my blog	7 1%	4 1%	3 1%	2 1%	- -	2 1%	1 *	1 *	2 1%	2 1%	2 1%	- - **	2 1%	4 1%	- -	1 *	1 1%	1 *	1 *	2 1%	1 1% *	1 1% *
HOUSEHOLD CHORES	128 12% BDI	45 8%	80 15% AB	6 4%	17 8%	19 10% D	27 13% D	59 17% ADEF	27 7%	38 14% I	54 14% I	10 20% **	33 11%	38 12%	26 11%	31 12%	25 9%	34 12%	43 17% AQT	12 8%	5 9% *	10 10% *
Gardening	87 8% DI	34 6%	52 9%	2 1%	11 5% D	10 5% D	17 8% D	48 14% ADEF	15 4%	23 9% I	43 11% AI	7 14% **	19 6%	22 7%	23 10%	24 10%	16 6%	20 7%	30 12% AQ	10 6%	5 9% *	7 7% *
Household chores (cooking / cleaning)	58 5% BI	16 3%	40 7% AB	4 3%	7 4%	10 5%	13 6%	23 7%	13 3%	19 7% I	18 5%	7 14% **	18 6%	21 6%	9 4%	10 4%	15 6%	14 5%	17 7%	5 3%	- - *	6 6% *
CONTACT WITH KEY PEOPLE (NET)	246 22% BP	85 16%	155 28% AB	36 22%	38 19%	45 24%	46 23%	81 24%	81 20%	70 26%	84 22%	11 21% **	73 25% P	81 25% P	47 20%	44 18%	48 18%	62 22%	69 28% AQ	35 23%	14 27% *	18 19% *
Family (husband / wife / child)	196 18% B	67 12%	124 23% AB	24 15%	28 14%	40 21%	38 19%	65 19%	60 15%	58 22% I	68 18%	9 18% **	56 19%	61 19%	45 19%	35 14%	40 15%	51 18%	55 22%	25 16%	12 23% *	13 14% *
Friends	112 10% B	38 7%	70 13% AB	20 12%	14 7%	18 10%	24 12%	35 10%	35 9%	33 12%	40 10%	4 8% **	34 12%	44 14% AOP	16 7%	18 7%	19 7%	34 12%	26 10%	20 13%	5 10% *	8 8% *
Neighbours / community	9 1% I	3 1%	6 1%	- -	- -	1 1%	2 1%	6 2%	- -	2 1%	6 2% AI	- - **	3 1%	4 1%	- -	1 1%	- -	1 *	6 2% AQR	2 1%	- - *	1 1% *
Work colleagues	7 1%	2 *	5 1%	- -	- -	2 1%	4 2%	1 *	- -	5 2%	2 1%	- -	2 1%	3 1%	2 1%	1 *	1 *	3 1%	1 *	- -	3 6%	- -

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	I						A			AI		**									AQRSTV*	*
Others on key people	6 1%	2 *	4 1%	1 1%	- -	2 1%	- -	3 1%	2 1%	1 *	3 1%	- - **	3 1%	2 1%	- -	1 1%	1 *	1 *	2 1%	1 1%	- - *	2 2% *
People I care about	6 1%	3 1%	2 *	2 1% H	2 1%	1 *	1 *	- -	4 1%	2 1%	- -	- - **	3 1%	2 1%	- -	- -	1 *	1 *	3 1%	1 1%	1 2% *	- - *
COMMUNICATION CHANNELS (NET)	214 19% BEI	76 14%	133 24% AB	30 19%	27 14%	34 18%	45 22% E	78 23% E	64 16%	57 22%	78 21%	14 28% **	60 20%	84 26% AOP	33 14%	38 15%	42 16%	68 24% AQV	56 22%	29 19%	8 16% *	12 12% *
Social media / keeping in touch online	89 8% BP	32 6%	53 10% B	13 8%	13 6%	10 5%	16 8%	37 11%	28 7%	19 7%	37 10%	5 9% **	31 11% AP	35 11% AP	15 7%	7 3%	20 7%	26 9%	24 10%	11 7%	4 8% *	3 3% *
Talking / staying in touch	78 7% B	29 5%	46 8%	11 7%	12 6%	15 8%	18 9%	22 6%	25 6%	27 10% AK	20 5%	7 13% **	21 7%	28 9%	13 5%	16 6%	17 7%	23 8%	20 8%	10 7%	2 5% *	5 6% *
Talking on the phone / video calls	67 6% BI	24 4%	43 8% AB	7 4%	7 3%	8 4%	15 7%	31 9% AE	16 4%	15 6%	30 8% I	6 12% **	14 5%	29 9% AMO	8 3%	16 7%	10 4%	28 10% AQ	14 6%	8 6%	4 8% *	3 3% *
Texting	21 2% BIM	5 1%	16 3% AB	2 1%	1 *	3 2%	4 2%	11 3% E	3 1%	6 2%	10 3%	1 3% **	1 *	13 4% AM	3 1%	4 2%	4 1%	6 2%	8 3%	1 1%	1 1% *	1 1% *
Email	12 1% BIP	2 *	10 2% AB	- -	- -	- -	2 1%	10 3% ADEF	- -	2 1%	9 2% AI	1 3% **	2 1%	8 3% AP	2 1%	- -	1 1%	8 3% A	1 1%	- -	- - *	1 1% *
Others on communication channels	2 *	1 *	1 *	1 1%	- -	- -	- -	1 *	1 *	- -	1 *	- - **	- -	1 *	- -	1 *	- -	1 *	- -	1 1%	- - *	- - *
PHYSICAL ACTIVITIES (NET)	202 18% BHKP	73 14%	126 23% AB	37 23% H	38 19% H	48 25% AH	41 20% H	38 11%	90 22% AK	61 23% AK	46 12%	6 11% **	56 19% P	73 23% AP	47 20% P	25 10%	44 17%	50 18%	55 22%	31 20%	10 19% *	11 12% *
Exercising / fitness	125 11% HKPV	54 10%	68 12%	27 16% AH	28 14% H	29 15% H	19 10%	21 6%	62 15% AK	36 14% K	24 6%	3 6% **	36 12% P	41 13% P	30 13%	18 7%	34 13% V	35 12% V	27 11%	19 13% V	6 12% *	4 4% *

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	(A)	(B)	(C)	(D)	(E)	(F)	(G)	(H)	(I)	(J)	(K)	(L)	(M)	(N)	(O)	(P)	(Q)	(R)	(S)	(T)	(U)	(V)
Walking	62 6% BPQ	13 2%	48 9% AB	8 5%	10 5%	13 7%	14 7%	17 5%	24 6%	15 6%	20 5%	3 5% **	17 6%	25 8% AP	14 6%	7 3%	8 3%	16 6%	20 8% Q	7 5%	4 7% *	7 7% *
Running	16 1% HK	8 1%	7 1%	1 1%	3 1%	4 2% H	8 4% ADH	- -	5 1%	10 4% AIK	2 *	- - **	5 2%	5 2%	5 2%	1 *	2 1%	2 1%	6 2%	5 3%	- - *	1 1% *
Yoga / tai chi	13 1% BR	- -	13 2% AB	2 1%	4 2%	5 3% H	2 1%	1 *	6 2%	5 2%	2 *	- - **	2 1%	7 2% A	- -	4 2%	2 1%	- -	6 2% R	3 2% R	- - *	1 1% *
Riding my bike	4 *	1 *	3 1%	- -	- -	1 *	2 1%	2 1%	- -	2 1%	2 *	- - **	- -	3 1%	1 *	- -	1 *	2 1%	2 1%	- -	- - *	- - *
NATURE (NET)	113 10% BDP	40 7%	72 13% AB	8 5%	26 13% D	27 14% D	17 8%	35 10%	42 10%	28 11%	38 10%	6 11% **	30 10%	43 13% AP	23 10%	17 7%	26 10%	30 11%	28 11%	15 10%	4 8% *	9 10% *
Staying in the garden	53 5% BDT	13 2%	40 7% AB	1 1%	12 6% D	17 9% ADG	6 3%	16 5% D	22 5%	12 4%	19 5%	1 3% **	14 5%	17 5%	15 6%	8 3%	16 6% T	13 5% T	19 7% T	- -	3 6% T*	2 2% *
Going outside / getting fresh air	41 4%	17 3%	24 4%	5 3%	9 4%	6 3%	5 2%	16 5%	15 4%	8 3%	14 4%	4 9% **	12 4%	15 5%	7 3%	6 3%	6 2%	9 3%	7 3%	8 5%	3 5% *	7 8% Q*
Sunny / nice weather	36 3%	12 2%	24 4% A	2 1%	7 3%	8 4%	7 4%	13 4%	9 2%	11 4%	17 4%	- - **	9 3%	16 5% A	6 2%	5 2%	9 4%	13 4%	7 3%	6 4%	1 2% *	- - *
Watching the nature	8 1%	1 *	7 1%	- -	1 *	- -	1 *	7 2% A	1 *	- -	8 2% AIJ	- - **	1 *	5 2% A	1 1%	1 *	- -	2 1%	2 1%	1 1%	- - *	3 3% AQ*
RELAXATION TECHNIQUES (NET)	99 9%	40 7%	57 10%	18 11%	21 10%	20 11%	16 8%	24 7%	48 12% A	21 8%	30 8%	- - **	30 10%	32 10%	21 9%	17 7%	30 11%	23 8%	22 9%	19 12%	1 3% *	4 4% *
Mindfulness / meditation	34 3%	13 2%	20 4%	6 4%	5 2%	12 6% AGH	3 1%	9 3%	16 4%	9 4%	9 2%	- - **	14 5% AP	13 4%	3 1%	4 1%	8 3%	9 3%	9 4%	7 5%	1 1% *	1 1% *
Keeping myself distracted / not thinking too much about it	26	9	17	10	5	4	3	4	17	3	6	-	4	8	7	7	8	5	6	4	1	2

190010091303 - Thursday 26th March 2020

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	(A)	(B)	(C)	(D)	(E)	(F)	(G)	(H)	(I)	(J)	(K)	(L)	(M)	(N)	(O)	(P)	(Q)	(R)	(S)	(T)	(U)	(V)
	2%	2%	3%	6% AGH	3%	2%	1%	1%	4% AJK	1%	1%	- **	1%	3%	3%	3%	3%	2%	2%	3%	1% *	2% *
Relaxing	23 2%	15 3%	7 1%	3 2%	7 3%	2 1%	4 2%	8 2%	10 2%	4 2%	9 2%	- **	6 2%	8 2%	6 2%	4 2%	9 4%	4 1%	4 2%	4 3%	1 1% *	- *
Praying / reading the Bible	13 1% B	2 *	11 2% AB	- -	1 1%	3 2%	3 2%	5 1%	2 1%	6 2%	5 1%	- **	4 1%	5 1%	3 1%	1 1%	1 *	3 1%	3 1%	5 3% Q	- *	1 1% *
Others on relaxation techniques	9 1%	4 1%	5 1%	2 1%	3 1%	- -	3 2%	2 *	4 1%	- -	5 1%	- **	6 2% AN	1 *	2 1%	1 *	5 2%	2 1%	2 1%	- -	- *	1 1% *
FOCUSING ON REMAINING POSITIVE (NET)	93 8% CD	55 10%	37 7%	7 4%	20 10%	17 9%	15 7%	34 10% D	32 8%	20 7%	35 9%	7 13% **	24 8%	31 10%	19 8%	19 8%	27 10%	25 9%	19 7%	9 6%	4 7% *	10 11% *
Good (unsp) / I`m fine (mentally) / no issues	41 4% C	29 5% AC	12 2%	4 2%	12 6%	7 4%	7 3%	12 3%	16 4%	9 3%	13 3%	4 8% **	12 4%	11 3%	13 6%	6 2%	15 6%	9 3%	8 3%	4 3%	2 4% *	3 3% *
Trying to stay positive / I`m happy	26 2%	10 2%	16 3%	1 1%	4 2%	7 4%	4 2%	9 3%	8 2%	6 2%	10 3%	1 3% **	6 2%	9 3%	6 3%	5 2%	7 3%	5 2%	7 3%	2 1%	1 2% *	5 5% *
Carrying on / trying to act normally	16 1% CI	11 2%	4 1%	1 *	1 *	3 2%	4 2%	8 2%	2 1%	4 2%	10 3% I	- **	2 1%	9 3% AMO	- -	6 2%	5 2%	4 1%	3 1%	2 1%	1 1% *	2 2% *
Others on focusing on remaining positive	13 1% J	7 1%	5 1%	1 1%	4 2%	- -	1 *	7 2%	5 1%	- -	6 2%	1 3% **	7 2% A	4 1%	- -	2 1%	1 *	7 2% AQ	2 1%	2 1%	- *	1 1% *
Staying focused	4 *	4 1%	1 *	- -	2 1%	1 *	1 *	1 *	2 1%	1 1%	1 *	- **	1 *	2 1%	- -	2 1%	1 *	2 1%	1 *	- -	1 2% A*	- *
SCHEDULE (NET)	53 5% B	15 3%	37 7% AB	5 3%	9 5%	16 8% AD	9 4%	14 4%	17 4%	18 7%	15 4%	3 5% **	13 4%	12 4%	15 6%	13 5%	15 6%	14 5%	9 4%	6 4%	6 12% ASV*	3 3% *
Trying to keep a routine	23 2%	7 1%	16 3%	1 1%	6 3%	6 3%	5 2%	5 2%	8 2%	9 3%	7 2%	- -	6 2%	8 3%	6 3%	3 1%	6 2%	7 2%	5 2%	4 3%	2 4%	- -

190010091303 - Thursday 26th March 2020

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	(A)	(B)	(C)	(D)	(E)	(F)	(G)	(H)	(I)	(J)	(K)	(L)	(M)	(N)	(O)	(P)	(Q)	(R)	(S)	(T)	(U)	(V)
												**									*	*
Planning ahead	20 2% BGN	3 1%	17 3% AB	2 1%	1 1%	7 4% AEG	- -	9 2% G	5 1%	6 2%	6 2%	3 5% **	5 2%	1 *	6 2%	8 3% N	4 1%	7 2%	3 1%	1 1%	2 4% *	3 3% *
Trip to grocery store once a week / often (for esentials)	6 1%	3 1%	3 1%	- -	1 1%	- -	4 2% AH	1 *	1 *	2 1%	3 1%	- - **	- -	1 *	3 1%	1 1%	2 1%	- -	1 *	1 *	3 5% AQRSTV*	- - *
Varying my daily routine	6 1%	2 *	4 1%	2 1%	- -	2 1%	- -	2 *	2 *	2 1%	2 *	- - **	3 1%	1 *	- -	1 *	3 1%	2 1%	1 *	- -	- - *	- - *
Others on schedule	4 * C	3 1%	- -	- -	1 *	1 1%	1 *	1 *	1 *	1 *	2 *	- - **	2 1%	2 1%	- -	- -	1 *	2 1%	1 *	- -	- - *	- - *
ANIMAL COMPANION (NET)	50 5% B	9 2%	39 7% AB	7 4%	7 3%	7 4%	8 4%	21 6%	15 4%	11 4%	21 5%	3 6% **	11 4%	20 6%	9 4%	10 4%	6 2%	14 5%	12 5%	8 5%	6 11% AQ*	4 4% *
Walking the dog	26 2% BI	3 1%	24 4% AB	1 1%	3 1%	6 3%	5 3%	11 3%	5 1%	9 3%	11 3%	1 3% **	5 2%	12 4%	4 2%	5 2%	2 1%	5 2%	8 3%	3 2%	6 11% AQRSTV*	2 2% *
Animal companion (dog / cat)	22 2% F	6 1%	14 3%	5 3% F	4 2%	- -	3 1%	9 3% F	10 2%	2 1%	9 2%	1 3% **	5 2%	7 2%	5 2%	4 2%	4 1%	9 3%	3 1%	5 3%	- - *	1 1% *
Others on animal companion	3 *	- -	3 1%	- -	- -	2 1%	- -	1 *	1 *	1 *	1 *	- - **	1 *	2 1%	- -	1 *	2 1%	- -	2 1%	- -	- - *	- - *
UPDATES (NET)	47 4% PV	22 4%	25 5%	7 4%	5 3%	13 7%	10 5%	12 4%	14 3%	17 6%	16 4%	- - **	22 7% AP	13 4%	8 3%	5 2%	10 4%	15 5% V	9 4%	12 7% V	1 2% *	- - *
Not watching the news	23 2%	11 2%	12 2%	3 2%	2 1%	6 3%	6 3%	7 2%	6 1%	9 3%	8 2%	- - **	8 3%	5 2%	6 3%	3 1%	7 3%	7 3%	6 3%	2 2%	- - *	- - *
Being kept updated / watching the news	17 2%	7 1%	10 2%	3 2%	2 1%	3 2%	4 2%	5 1%	6 2%	4 2%	7 2%	- - **	8 3% A	6 2%	1 1%	1 1%	2 1%	7 2%	1 *	6 4% AQS	1 2% *	- - *

190010091303 - Thursday 26th March 2020

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	(A)	(B)	(C)	(D)	(E)	(F)	(G)	(H)	(I)	(J)	(K)	(L)	(M)	(N)	(O)	(P)	(Q)	(R)	(S)	(T)	(U)	(V)
Staying away from social media	11 1% P	5 1%	6 1%	2 1%	1 1%	6 3% AH	1 *	1 *	3 1%	7 3% AK	1 *	- - **	7 2% AP	3 1%	2 1%	- -	5 2%	1 1%	2 1%	3 2%	- - *	- - *
Others on updates	5 *	3 1%	2 *	- -	- -	2 1%	2 1%	1 *	- -	3 1% I	2 1%	- - **	4 1% A	1 *	- -	- -	1 *	- -	3 1%	1 1%	- - *	- - *
MENTAL WELL-BEING IN GENERAL (NET)	44 4% C	29 5% AC	15 3%	8 5%	12 6%	6 3%	4 2%	14 4%	20 5%	8 3%	13 3%	3 6% **	18 6% A	10 3%	6 2%	10 4%	6 2%	18 6% AQ	7 3%	6 4%	3 6% *	4 4% *
Others on mental well-being	24 2% G	14 3%	10 2%	6 4% G	6 3%	2 1%	1 *	10 3%	12 3%	2 1%	10 3%	1 2% **	10 4% O	8 3%	1 *	4 2%	3 1%	9 3%	3 1%	5 3%	2 4% *	3 3% *
Meds / anti-depressants	12 1% N	9 2%	4 1%	2 1%	3 2%	3 2%	2 1%	2 1%	5 1%	5 2%	2 1%	- - **	5 2% N	- -	4 2% N	3 1%	1 *	7 2% Q	2 1%	1 *	1 2% *	1 1% *
Observing rules / keeping to Government guidelines	8 1%	6 1%	2 *	1 *	2 1%	1 *	1 *	3 1%	3 1%	1 *	2 1%	2 3% **	3 1%	2 1%	- -	3 1%	2 1%	3 1%	1 1%	1 1%	- - *	- - *
OTHER (NET)	43 4%	15 3%	29 5% A	5 3%	5 2%	6 3%	5 2%	23 7% AG	12 3%	8 3%	19 5%	4 8% **	17 6%	9 3%	7 3%	10 4%	6 2%	12 4%	10 4%	8 5%	1 1% *	7 7% Q*
Other to support wellbeing	43 4%	15 3%	29 5% A	5 3%	5 2%	6 3%	5 2%	23 7% AG	12 3%	8 3%	19 5%	4 8% **	17 6%	9 3%	7 3%	10 4%	6 2%	12 4%	10 4%	8 5%	1 1% *	7 7% Q*
SEEKING HELP / HELPING OTHERS (NET)	40 4% D	16 3%	23 4%	1 *	10 5% D	9 5% D	12 6% D	9 3%	11 3%	15 6%	14 4%	- - **	11 4%	10 3%	12 5%	7 3%	13 5%	7 2%	10 4%	6 4%	2 4% *	2 3% *
Helping my parents/ others / each other	18 2%	9 2%	8 1%	- -	4 2%	3 2%	8 4% ADH	3 1%	4 1%	7 3%	7 2%	- - **	2 1%	4 1%	9 4% AM	2 1%	8 3%	2 1%	4 2%	3 2%	- - *	1 1% *
Getting support/ calling the doctor	15 1% B	3 1%	12 2%	- -	6 3% DH	5 3% DH	3 1%	2 *	7 2%	5 2%	3 1%	- - **	7 2%	4 1%	1 *	3 1%	4 1%	3 1%	4 2%	2 2%	1 2% *	- - *
Volunteering	7	3	4	-	-	-	4	3	-	4	3	-	2	1	3	-	3	-	2	-	-	2

190010091303 - Thursday 26th March 2020

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	(A)	(B)	(C)	(D)	(E)	(F)	(G)	(H)	(I)	(J)	(K)	(L)	(M)	(N)	(O)	(P)	(Q)	(R)	(S)	(T)	(U)	(V)
	1% I	1%	1%	-	-	-	2% A	1%	-	2% I	1%	- **	1%	*	1%	-	1%	-	1%	-	- *	2% R*
Others on seeking help / helping others	4 *	1 *	3 1%	1 *	- -	- -	1 *	2 1%	1 *	1 *	2 1%	- - **	- -	2 1%	- -	2 1%	- -	1 *	- -	2 1%	1 1% *	- - *
HABIT/NOT MUCH HAS CHANGED (NET)	40 4% DEI	25 5%	15 3%	2 1%	1 *	2 1%	7 3% E	28 8% ADEFG	2 1%	5 2%	28 7% AIJ	5 10% **	12 4%	12 4%	7 3%	9 4%	10 4%	5 2%	8 3%	10 7% AR	3 5% *	4 4% *
Situation the same as usual	31 3% EI	19 4%	12 2%	2 1%	1 *	2 1%	6 3%	21 6% ADEF	2 1%	5 2%	21 5% AIJ	4 7% **	10 4%	7 2%	7 3%	8 3%	9 3%	4 1%	5 2%	7 5% R	3 5% *	4 4% *
I am used to being alone	10 1% I	7 1%	3 1%	- -	- -	1 1%	1 1%	8 2% A	- -	1 *	8 2% AI	1 3% **	2 1%	6 2%	- -	3 1%	1 *	1 *	5 2%	2 1%	2 4% QR*	- - *
Others on habit / not much has changed	8 1% I	5 1%	3 1%	- -	- -	- -	2 1%	6 2% A	- -	1 *	7 2% AI	- - **	4 1%	1 *	3 1%	- -	- -	2 1%	1 *	4 3% AQ	1 1% *	- - *
SELF-CARE (NET)	32 3% BHK	5 1%	25 5% AB	6 4%	9 4% H	10 5% H	3 1%	4 1%	16 4% K	12 5% K	4 1%	- - **	13 4% P	12 4%	3 1%	4 1%	9 3%	13 4%	4 2%	5 3%	- - *	1 1% *
Eating / drinking / food delivery	16 1% B	2 *	13 2% AB	3 2%	3 1%	6 3% AH	2 1%	2 1%	6 2%	7 3% K	2 1%	- - **	5 2%	9 3% AOP	- -	1 *	7 3% S	3 1%	1 *	4 3% S	- - *	- - *
Getting clean / making sure to shower every day / taking baths	6 1% K	3 1%	4 1%	1 *	3 2% H	3 1%	- -	- -	4 1%	3 1%	- -	- - **	1 *	2 1%	3 1%	1 *	1 *	3 1%	2 1%	1 *	- - *	- - *
Sleeping	6 1% B	- -	6 1% AB	2 1%	1 1%	2 1%	1 *	- -	3 1%	3 1%	- -	- - **	1 *	2 1%	2 1%	1 *	1 *	3 1%	2 1%	1 1%	- - *	- - *
Avoiding PJ days / getting dressed up	6 1%	1 *	3 1%	1 1%	2 1%	- -	1 1%	2 *	3 1%	1 *	2 *	- - **	4 2% A	1 *	- -	- -	- -	5 2% A	1 *	- -	- - *	- - *
Others on self-care	3 *	- -	3 *	1 1%	1 *	1 *	- -	- -	2 *	1 *	- -	- -	1 *	1 *	- -	1 *	1 *	- -	1 *	- -	- -	1 1%

190010091303 - Thursday 26th March 2020

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	(A)	(B)	(C)	(D)	(E)	(F)	(G)	(H)	(I)	(J)	(K)	(L)	(M)	(N)	(O)	(P)	(Q)	(R)	(S)	(T)	(U)	(V)
												**									*	*
SELF-ISOLATION (NET)	24 2%	9 2%	15 3%	2 1%	6 3%	3 2%	7 3%	6 2%	10 2%	4 1%	10 3%	- - **	3 1%	6 2%	9 4%	6 2%	8 3%	4 2%	3 1%	5 3%	3 5% V*	- - *
Self-isolation	24 2%	9 2%	15 3%	2 1%	6 3%	3 2%	7 3%	6 2%	10 2%	4 1%	10 3%	- - **	3 1%	6 2%	9 4%	6 2%	8 3%	4 2%	3 1%	5 3%	3 5% V*	- - *
NOTHING/ NO ANSWER/ DON`T KNOW (NET)	212 19% CT	120 22% AC	90 16%	34 21%	46 23%	35 18%	43 21%	53 16%	86 21%	52 20%	65 17%	9 17% **	46 16%	58 18%	35 15%	72 29% AMNO	57 21% T	52 18%	44 18%	18 11%	15 28% T*	26 28% AT*
Don`t know	151 14% CT	88 16% AC	60 11%	22 14%	33 16%	27 14%	30 15%	38 11%	59 15%	39 15%	48 13%	5 9% **	33 11%	41 13%	21 9%	55 22% AMNO	33 12%	36 13%	36 14% T	10 7%	12 22% T*	23 25% AQRST*
Nothing	55 5%	28 5%	27 5%	9 6%	12 6%	7 4%	11 6%	15 4%	22 5%	12 5%	17 4%	4 8% **	11 4%	14 4%	14 6%	16 6%	21 8% AS	15 5%	7 3%	7 5%	3 6% *	2 2% *
No answer	6 1%	4 1%	2 *	3 2% AH	1 1%	- -	1 1%	- -	4 1%	1 *	1 *	- - **	2 1%	3 1%	- -	1 *	3 1%	1 1%	1 *	- -	- - *	1 1% *
Refused	12 1%	7 1%	5 1%	3 2% H	1 1%	4 2% H	3 1%	1 *	7 2%	4 1%	1 *	- - **	3 1%	4 1%	4 2%	1 1%	5 2%	1 *	2 1%	1 1%	1 2% *	2 2% *

This work was carried out in accordance with the requirements of the international quality standard for market research, ISO 20252 and with the Ipsos MORI Terms and Conditions.

Overlap formulae used

ColumnProportions (5%): A/B/C,A/D/E/F/G/H,A/I/J/K/L,A/M/N/O/P,A/Q/R/S/T/U/V Minimum Base: 30(**) Small Base: 100(*)

ColumnMeans (5%): A/B/C,A/D/E/F/G/H,A/I/J/K/L,A/M/N/O/P,A/Q/R/S/T/U/V Minimum Base: 30(**) Small Base: 100(*)

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		Marital Status			Household Size				Education				Employment status		Pres of children HH (17 or under)		Main Earner	
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	(A)	(B)	(C)	(D)	(E)	(F)	(G)	(H)	(I)	(J)	(K)	(L)	(M)	(N)	(O)	(P)	(Q)	(R)
Unweighted base	1099	619	351	129	229	392	231	247	301	277	448	73	715	384	309	788	787	312
Weighted base	1099	627	346	126	230	397	228	243	311	281	424	82	699	400	303	794	786	313
ENTERTAINMENT (NET)	267 24% MO	140 22%	94 27%	33 26%	64 28%	103 26%	52 23%	48 20%	70 23%	70 25%	110 26%	17 21% *	149 21%	118 30% AM	53 18%	213 27% AO	183 23%	85 27%
Reading	88 8% BHMO	39 6%	27 8%	22 17% ABC	29 13% AH	35 9% H	16 7% H	7 3%	23 7%	21 8%	42 10%	2 2% *	41 6%	47 12% AM	10 3%	78 10% AO	60 8%	28 9%
Hobbies / fun activities / doing things I enjoy	39 4% Q	23 4%	12 3%	4 3%	5 2%	19 5%	8 3%	7 3%	6 2%	13 5%	17 4%	2 2% *	21 3%	18 4%	6 2%	32 4%	20 3%	19 6% AQ
DIY / crafts (crocheting / knitting / decorating)	39 4%	21 3%	12 4%	5 4%	12 5%	10 3%	9 4%	8 3%	9 3%	10 4%	15 4%	4 5% *	23 3%	16 4%	12 4%	26 3%	24 3%	15 5%
(Watching) TV	37 3% O	20 3%	13 4%	3 3%	13 6% G	13 3%	4 2%	7 3%	8 2%	6 2%	20 5%	4 4% *	21 3%	16 4%	3 1%	34 4% AO	25 3%	12 4%
(Listening to) music	32 3%	14 2%	13 4%	5 4%	7 3%	12 3%	6 3%	7 3%	9 3%	9 3%	13 3%	1 2% *	18 3%	14 4%	9 3%	23 3%	21 3%	11 4%
(Watching) movies / Netflix / Youtube	28 3% F	12 2%	13 4%	3 2%	9 4% F	4 1%	7 3%	8 3%	7 2%	4 1%	16 4% A	1 1% *	19 3%	9 2%	7 2%	21 3%	20 3%	8 2%

190010091303 - Thursday 26th March 2020

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(Surfing the) Internet / computer	25 2% HKMO	11 2%	6 2%	7 6% ABC	9 4% H	11 3%	3 1%	1 1%	12 4% AK	7 3%	4 1%	1 1% *	8 1%	16 4% AM	2 1%	23 3% O	18 2%	7 2%
Puzzles / crosswords / sudoku	22 2% HO	12 2%	7 2%	3 2%	6 3%	11 3% H	4 2%	1 *	6 2%	6 2%	8 2%	2 3% *	10 1%	12 3%	1 *	21 3% AO	13 2%	9 3%
(Playing) video games / PS4	21 2%	12 2%	10 3%	- -	5 2%	10 2%	5 2%	2 1%	5 2%	5 2%	7 2%	4 4% *	11 2%	10 3%	4 1%	17 2%	13 2%	8 3%
(Playing) games (board games / cards)	18 2%	12 2%	5 1%	1 1%	2 1%	7 2%	5 2%	4 1%	7 2%	2 1%	9 2%	- - *	12 2%	6 1%	5 2%	13 2%	11 1%	6 2%
Learning new skills / an instrument	13 1%	8 1%	5 2%	- -	2 1%	5 1%	1 1%	4 2%	1 *	2 1%	9 2% AI	1 1% *	7 1%	6 1%	2 1%	11 1%	8 1%	5 2%
(Listening to the) radio / podcasts	11 1% M	7 1%	3 1%	- -	1 *	9 2% AG	- -	1 *	1 *	3 1%	6 1%	1 1% *	4 1%	7 2%	1 *	10 1%	5 1%	6 2%
Alcohol	9 1%	4 1%	4 1%	- -	3 1%	2 *	3 1%	1 *	3 1%	5 2%	2 *	- - *	6 1%	3 1%	2 1%	7 1%	8 1%	1 *
Painting / colouring	7 1%	4 1%	3 1%	- -	- -	4 1%	- -	3 1%	2 1%	- -	5 1%	- - *	4 1%	3 1%	3 1%	4 1%	4 *	4 1%
Doing surveys	6	1	5	-	2	1	1	1	2	2	2	-	3	3	1	5	5	1

190010091303 - Thursday 26th March 2020

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	1%	*	1% AB	-	1%	*	1%	*	1%	1%	1%	- *	*	1%	*	1%	1%	*
Others on entertainment	5 *	4 1%	1 *	- -	1 *	2 *	1 *	2 1%	1 *	1 *	2 1%	1 1% *	1 *	4 1%	1 *	4 1%	2 *	3 1%
Composing music / playing musical instruments	5 * BM	1 *	3 1%	1 1%	1 *	1 *	1 1%	1 *	2 1%	1 1%	1 *	- - *	- -	5 1% AM	- -	5 1%	3 *	2 1%
WORK (NET)	262 24% Q	160 25%	73 21%	30 24%	48 21%	115 29% AEG	47 20%	52 22%	77 25%	78 28% L	95 22%	13 15% *	157 23%	105 26%	60 20%	201 25%	174 22%	88 28% Q
WORKING IN GENERAL	166 15% EQ	102 16%	48 14%	16 13%	24 10%	73 18% AE	28 12%	40 16%	40 13%	49 17%	70 16%	7 9% *	112 16%	54 13%	45 15%	120 15%	107 14%	58 19%
Keeping busy / staying active / getting tasks done	93 8% Q	60 10%	28 8%	6 4%	14 6%	41 10%	14 6%	24 10%	23 7%	30 11%	35 8%	6 7% *	55 8%	38 10%	27 9%	66 8%	52 7%	41 13% AQ
Work (from home)	53 5% N	32 5%	11 3%	10 8% C	8 4%	22 6%	12 5%	10 4%	11 3%	16 6%	25 6%	2 2% *	52 7% AN	1 *	14 4%	39 5%	43 5%	10 3%
Studying / doing schoolwork	16 1% M	6 1%	9 3%	1 1%	1 *	4 1%	5 2%	6 2%	2 1%	3 1%	10 2% A	- - *	4 1%	12 3% AM	4 1%	11 1%	8 1%	7 2%
Others on working in general	9	8	1	-	-	4	2	4	4	2	4	-	5	4	4	4	5	4

190010091303 - Thursday 26th March 2020

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	1%	1%	*	-	-	1%	1%	1%	1%	1%	1%	- *	1%	1%	1%	1%	1%	1%
Writing a book / on my blog	7 1%	2 *	4 1%	1 1%	2 1%	4 1%	1 *	- -	1 *	1 *	4 1%	- - *	3 *	3 1%	- -	7 1%	5 1%	2 *
HOUSEHOLD CHORES	128 12% KM	80 13%	34 10%	15 12%	25 11%	57 14%	22 10%	24 10%	46 15% K	36 13%	39 9%	6 8% *	65 9%	63 16% AM	28 9%	99 13%	86 11%	42 13%
Gardening	87 8% CK	56 9%	19 6%	12 9%	17 7%	39 10%	15 6%	16 7%	32 10% K	26 9%	25 6%	5 6% *	47 7%	40 10%	18 6%	69 9%	59 7%	28 9%
Household chores (cooking / cleaning)	58 5% M	34 5%	16 5%	7 6%	13 6%	25 6%	10 4%	10 4%	19 6%	15 5%	22 5%	2 3% *	28 4%	30 7% AM	13 4%	44 6%	37 5%	21 7%
CONTACT WITH KEY PEOPLE (NET)	246 22% IQ	143 23%	65 19%	38 30% AC	52 22%	86 22%	53 23%	55 23%	55 18%	58 21%	121 29% AIJL	12 14% *	144 21%	102 26%	70 23%	174 22%	158 20%	88 28% AQ
Family (husband / wife / child)	196 18% CQ	123 20% C	44 13%	29 23% C	39 17%	64 16%	42 19%	51 21%	44 14%	46 16%	94 22% AI	12 14% *	114 16%	82 20%	64 21%	130 16%	123 16%	73 23% AQ
Friends	112 10% BHILO	48 8%	42 12% B	22 17% AB	35 15% AH	40 10%	22 10%	15 6%	19 6%	27 10% L	65 15% AIJL	1 1% *	69 10%	43 11%	20 6%	92 12% AO	78 10%	34 11%
Neighbours / community	9 1%	5 1%	2 *	2 2%	4 2%	4 1%	1 *	1 *	2 1%	1 1%	5 1%	- -	4 1%	4 1%	- -	9 1%	4 1%	4 1%

190010091303 - Thursday 26th March 2020

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												*						
Work colleagues	7 1% N	2 *	4 1%	1 1%	4 2%	2 *	1 *	1 *	- -	3 1%	4 1%	- - *	7 1%	- -	- -	7 1%	7 1%	- -
Others on key people	6 1%	2 *	2 1%	2 1%	2 1%	2 1%	1 *	1 *	3 1%	2 1%	1 *	- - *	3 *	3 1%	1 *	5 1%	5 1%	1 *
People I care about	6 1%	3 *	2 1%	1 1%	1 *	3 1%	1 *	1 *	1 *	- -	5 1% A	- - *	5 1%	1 *	1 *	5 1%	4 1%	2 1%
COMMUNICATION CHANNELS (NET)	214 19% BHILO	106 17%	73 21%	35 28% AB	59 26% AGH	86 22% H	40 17%	29 12%	41 13%	56 20%	109 26% AIL	8 10% *	130 19%	84 21%	38 12%	175 22% AO	145 18%	69 22%
Social media / keeping in touch online	89 8% HI	49 8%	25 7%	15 12%	25 11% H	33 8% H	22 9% H	9 4%	14 5%	22 8%	48 11% AI	4 5% *	57 8%	32 8%	18 6%	71 9%	62 8%	26 8%
Talking / staying in touch	78 7% O	38 6%	29 8%	12 9%	16 7%	37 9%	12 5%	13 5%	18 6%	18 6%	39 9% A	3 4% *	44 6%	35 9%	11 4%	66 8% AO	50 6%	29 9%
Talking on the phone / video calls	67 6% BHL	29 5%	24 7%	14 11% AB	27 12% AFGH	24 6%	9 4%	8 3%	13 4%	22 8% L	32 8% L	- - *	39 6%	28 7%	12 4%	55 7%	49 6%	18 6%
Texting	21 2%	12 2%	5 2%	3 3%	6 3%	5 1%	5 2%	5 2%	5 2%	6 2%	8 2%	1 1% *	9 1%	11 3%	6 2%	15 2%	14 2%	7 2%

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Email	12 1% I	4 1%	2 *	6 5% ABC	8 3% AFG	3 1%	- -	2 1%	- -	3 1%	9 2% AI	- - *	6 1%	6 1%	2 1%	10 1%	10 1%	2 *
Others on communication channels	2 *	1 *	1 *	- -	1 *	- -	- -	1 *	1 *	- -	1 *	- - *	1 *	1 *	1 *	1 *	2 *	- -
PHYSICAL ACTIVITIES (NET)	202 18% ILQ	114 18%	70 20%	19 15%	33 14%	77 19%	44 19%	48 20%	31 10%	63 23% IL	104 25% AIL	4 5% *	141 20%	61 15%	61 20%	141 18%	129 16%	73 23% AQ
Exercising / fitness	125 11% ILQ	63 10%	53 15% ABD	9 7%	23 10%	49 12%	27 12%	26 10%	14 4%	40 14% IL	69 16% AIL	1 1% *	81 12%	44 11%	31 10%	93 12%	78 10%	46 15% AQ
Walking	62 6%	41 7%	13 4%	8 6%	10 4%	21 5%	13 6%	18 7%	13 4%	18 7%	27 6%	3 3% *	43 6%	19 5%	22 7%	40 5%	39 5%	23 7%
Running	16 1% NP	11 2%	4 1%	1 1%	1 *	6 2%	2 1%	7 3%	4 1%	6 2%	6 1%	- - *	16 2% AN	- -	9 3% AP	7 1%	11 1%	5 2%
Yoga / tai chi	13 1% B	3 *	7 2% B	3 2% B	2 1%	5 1%	2 1%	4 2%	2 1%	4 1%	7 2%	- - *	7 1%	6 1%	4 1%	9 1%	9 1%	3 1%
Riding my bike	4 *	3 1%	1 *	- -	- -	2 *	3 1%	- -	1 *	1 1%	2 *	- - *	4 1%	- -	2 1%	2 *	2 *	2 1%
NATURE (NET)	113	68	32	13	27	42	22	23	27	26	58	3	74	40	31	82	79	34

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	10%	11%	9%	11%	12%	11%	10%	9%	9%	9%	14% AL	3% *	11%	10%	10%	10%	10%	11%
Staying in the garden	53 5%	38 6%	11 3%	5 4%	10 4%	18 5%	12 5%	13 5%	12 4%	16 6%	23 5%	3 3% *	34 5%	19 5%	18 6%	34 4%	34 4%	20 6%
Going outside / getting fresh air	41 4%	20 3%	14 4%	7 5%	10 5%	17 4%	7 3%	6 2%	10 3%	7 2%	24 6% A	- - *	24 3%	16 4%	7 2%	34 4%	29 4%	11 4%
Sunny / nice weather	36 3%	23 4%	11 3%	2 1%	9 4%	15 4%	7 3%	5 2%	12 4%	7 3%	18 4%	- - *	24 3%	13 3%	9 3%	27 3%	25 3%	12 4%
Watching the nature	8 1% M	4 1%	1 *	3 2%	3 1%	4 1%	2 1%	- -	1 *	3 1%	5 1%	- - *	1 *	7 2% AM	- -	8 1%	6 1%	2 1%
RELAXATION TECHNIQUES (NET)	99 9% Q	51 8%	40 12%	9 7%	17 7%	40 10%	19 8%	23 9%	24 8%	24 9%	47 11%	4 4% *	61 9%	39 10%	26 9%	73 9%	62 8%	37 12%
Mindfulness / meditation	34 3% I	14 2%	15 4%	5 4%	5 2%	15 4%	8 4%	6 3%	4 1%	10 3%	20 5% AI	1 1% *	23 3%	11 3%	9 3%	25 3%	20 3%	14 4%
Keeping myself distracted / not thinking too much about it	26 2%	10 2%	13 4% AB	2 2%	6 3%	5 1%	7 3%	7 3%	8 2%	7 2%	9 2%	3 3% *	15 2%	11 3%	6 2%	20 3%	15 2%	11 3%
Relaxing	23 2%	14 2%	8 2%	1 1%	4 2%	9 2%	3 1%	7 3%	9 3%	6 2%	8 2%	- -	16 2%	7 2%	9 3%	14 2%	17 2%	6 2%

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Praying / reading the Bible	13 1% M	7 1%	4 1%	1 1%	3 1%	5 1%	2 1%	3 1%	3 1%	2 1%	8 2%	- - *	5 1%	8 2% M	3 1%	10 1%	7 1%	6 2%
Others on relaxation techniques	9 1%	6 1%	3 1%	- -	2 1%	6 1%	- -	2 1%	2 1%	- -	7 2% AJ	- - *	7 1%	2 *	2 1%	7 1%	6 1%	3 1%
FOCUSING ON REMAINING POSITIVE (NET)	93 8%	61 10%	25 7%	7 6%	14 6%	36 9%	17 7%	26 11%	31 10%	17 6%	42 10%	4 5% *	55 8%	39 10%	24 8%	69 9%	64 8%	30 9%
Good (unsp) / I`m fine (mentally) / no issues	41 4% E	30 5%	9 3%	2 2%	3 1%	17 4%	9 4%	13 5% E	15 5%	6 2%	21 5%	- - *	28 4%	13 3%	11 4%	31 4%	28 4%	13 4%
Trying to stay positive / I`m happy	26 2%	16 3%	7 2%	3 2%	4 2%	10 3%	5 2%	7 3%	9 3%	4 1%	12 3%	1 1% *	14 2%	12 3%	7 2%	19 2%	16 2%	10 3%
Carrying on / trying to act normally	16 1% GK	12 2%	2 1%	3 2%	3 1%	7 2%	- -	6 2% G	7 2% K	6 2%	2 1%	1 1% *	10 1%	6 2%	4 1%	12 2%	13 2%	3 1%
Others on focusing on remaining positive	13 1% M	4 1%	8 2% AB	1 1%	5 2%	5 1%	3 1%	1 *	1 *	2 1%	7 2%	2 3% I*	4 1%	9 2% M	1 *	12 2%	9 1%	4 1%
Staying focused	4 *	3 *	2 *	- -	- -	2 *	1 *	2 1%	1 *	2 1%	2 *	- - *	3 *	2 *	2 1%	2 *	3 *	2 1%

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	(A)	(B)	(C)	(D)	(E)	(F)	(G)	(H)	(I)	(J)	(K)	(L)	(M)	(N)	(O)	(P)	(Q)	(R)
SCHEDULE (NET)	53 5% IQ	25 4%	22 6%	5 4%	14 6%	23 6%	9 4%	7 3%	8 2%	19 7% I	25 6% I	2 2% *	29 4%	24 6%	9 3%	44 6%	30 4%	23 8% AQ
Trying to keep a routine	23 2% IQ	14 2%	8 2%	2 1%	3 1%	15 4% A	3 1%	3 1%	2 1%	6 2%	15 4% AI	- - *	17 2%	7 2%	4 1%	20 2%	12 2%	11 4% Q
Planning ahead	20 2% BM	6 1%	11 3% AB	3 2%	8 4% A	6 2%	2 1%	2 1%	3 1%	10 4% AI	6 1%	1 1% *	7 1%	13 3% AM	2 1%	17 2%	12 2%	8 2%
Trip to grocery store once a week / often (for esentials)	6 1%	3 *	2 1%	1 1%	2 1%	1 *	2 1%	- -	1 *	2 1%	3 1%	1 1% *	2 *	4 1%	1 *	5 1%	3 *	3 1%
Varying my daily routine	6 1%	2 *	3 1%	- -	2 1%	1 *	1 *	2 1%	2 1%	1 *	2 1%	- - *	3 *	3 1%	2 1%	3 *	4 *	2 1%
Others on schedule	4 *	3 *	- -	1 1%	1 *	2 *	- -	1 1%	1 *	- -	3 1%	- - *	4 1%	- -	1 *	3 *	3 *	1 *
ANIMAL COMPANION (NET)	50 5% GHOQ	28 5%	15 4%	6 5%	9 4%	32 8% AGH	3 1%	5 2%	12 4%	12 4%	23 5%	3 3% *	28 4%	22 5%	6 2%	43 5% AO	27 3%	23 7% AQ
Walking the dog	26 2% Q	19 3%	4 1%	4 3%	2 1%	16 4% AE	3 1%	4 2%	4 1%	9 3%	13 3%	1 1% *	15 2%	11 3%	6 2%	21 3%	11 1%	15 5% AQ
Animal companion (dog / cat)	22	9	10	3	6	15	-	1	7	2	11	2	11	11	-	21	14	8

190010091303 - Thursday 26th March 2020

PUBLIC

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	(A)	(B)	(C)	(D)	(E)	(F)	(G)	(H)	(I)	(J)	(K)	(L)	(M)	(N)	(O)	(P)	(Q)	(R)
	2% GHO	2%	3%	2%	3% G	4% AGH	-	*	2%	1%	3%	2% *	2%	3%	-	3% AO	2%	2%
Others on animal companion	3 *	1 *	2 *	1 1%	2 1%	2 *	- -	- -	2 *	1 *	1 *	- - *	2 *	1 *	- -	3 *	2 *	1 *
UPDATES (NET)	47 4% I	27 4%	16 5%	3 3%	6 3%	20 5%	11 5%	10 4%	7 2%	12 4%	25 6% AI	3 3% *	36 5%	11 3%	14 5%	32 4%	37 5%	9 3%
Not watching the news	23 2%	13 2%	8 2%	3 2%	3 1%	12 3%	6 3%	3 1%	3 1%	8 3%	12 3%	- - *	18 3%	5 1%	5 2%	18 2%	19 2%	4 1%
Being kept updated / watching the news	17 2%	11 2%	6 2%	1 1%	2 1%	7 2%	5 2%	3 1%	4 1%	2 1%	9 2%	2 2% *	11 2%	6 1%	5 2%	12 2%	13 2%	4 1%
Staying away from social media	11 1%	4 1%	7 2%	1 1%	4 2%	5 1%	1 *	2 1%	1 *	5 2%	6 1%	- - *	9 1%	3 1%	3 1%	9 1%	9 1%	3 1%
Others on updates	5 *	4 1%	1 *	- -	1 *	2 1%	- -	2 1%	- -	2 1%	2 1%	1 1% *	4 1%	1 *	2 1%	3 *	5 1%	- -
MENTAL WELL-BEING IN GENERAL (NET)	44 4%	21 3%	16 5%	6 5%	12 5%	13 3%	10 4%	9 4%	12 4%	19 7% AK	11 3%	2 2% *	27 4%	17 4%	10 3%	34 4%	34 4%	10 3%
Others on mental well-being	24 2%	12 2%	7 2%	5 4%	8 4%	7 2%	4 2%	5 2%	8 3%	9 3%	7 2%	- -	15 2%	9 2%	3 1%	21 3%	20 2%	5 2%

190010091303 - Thursday 26th March 2020

PUBLIC

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	(A)	(B)	(C)	(D)	(E)	(F)	(G)	(H)	(I)	(J)	(K)	(L)	(M)	(N)	(O)	(P)	(Q)	(R)
												*						
Meds / anti-depressants	12 1% K	5 1%	6 2%	1 1%	4 2%	2 1%	4 2%	3 1%	3 1%	8 3% AK	- -	2 2% K*	8 1%	5 1%	4 1%	9 1%	11 1%	2 1%
Observing rules / keeping to Government guidelines	8 1%	4 1%	4 1%	- -	1 *	3 1%	2 1%	2 1%	1 *	2 1%	5 1%	- - *	5 1%	2 1%	3 1%	5 1%	4 1%	3 1%
OTHER (NET)	43 4% C	27 4%	8 2%	8 7% C	12 5%	13 3%	9 4%	9 4%	9 3%	15 5%	16 4%	3 4% *	26 4%	18 4%	14 5%	29 4%	28 4%	15 5%
Other to support wellbeing	43 4% C	27 4%	8 2%	8 7% C	12 5%	13 3%	9 4%	9 4%	9 3%	15 5%	16 4%	3 4% *	26 4%	18 4%	14 5%	29 4%	28 4%	15 5%
SEEKING HELP / HELPING OTHERS (NET)	40 4% C	24 4%	6 2%	10 8% AC	11 5%	12 3%	11 5%	6 3%	14 4%	7 2%	16 4%	3 4% *	30 4%	10 3%	16 5%	25 3%	28 4%	12 4%
Helping my parents/ others / each other	18 2%	11 2%	2 1%	4 4% C	4 2%	8 2%	4 2%	1 *	6 2%	3 1%	6 1%	2 2% *	13 2%	5 1%	5 2%	13 2%	11 1%	7 2%
Getting support/ calling the doctor	15 1% CP	11 2%	1 *	3 3% C	2 1%	2 1%	6 3% F	5 2%	5 2%	2 1%	7 2%	1 2% *	11 2%	4 1%	11 4% AP	4 1%	10 1%	5 1%
Volunteering	7 1%	2 *	3 1%	2 2%	5 2% AFGH	2 *	- -	- -	2 1%	1 *	5 1%	- - *	4 1%	3 1%	- -	7 1%	5 1%	2 1%

190010091303 - Thursday 26th March 2020

PUBLIC

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	(A)	(B)	(C)	(D)	(E)	(F)	(G)	(H)	(I)	(J)	(K)	(L)	(M)	(N)	(O)	(P)	(Q)	(R)
Others on seeking help / helping others	4 * 	3 1% 	- - 	1 * 	1 * 	3 1% 	1 * 	- - 	1 * 	1 * 	2 1% 	- - *	3 * 	1 * 	- - 	4 * 	3 * 	1 *
HABIT/NOT MUCH HAS CHANGED (NET)	40 4% HMO	26 4% 	9 3% 	6 5% 	11 5% H	22 6% AH	5 2% 	2 1% 	8 3% 	10 3% 	17 4% 	5 7% *	13 2% 	27 7% AM	3 1% 	37 5% AO	28 4% 	12 4%
Situation the same as usual	31 3% HMO	24 4% 	6 2% 	2 2% 	4 2% 	22 5% AEGH	4 2% 	2 1% 	5 2% 	8 3% 	13 3% 	5 7% I*	10 1% 	22 5% AM	3 1% 	28 4% O	21 3% 	10 3%
I am used to being alone	10 1% 	4 1% 	3 1% 	3 2% 	6 3% AH	3 1% 	2 1% 	- - 	3 1% 	1 * 	6 1% 	- - *	5 1% 	6 1% 	1 * 	9 1% 	8 1% 	2 1%
Others on habit / not much has changed	8 1% CM	5 1% 	- - 	3 2% C	3 1% 	5 1% 	1 * 	- - 	1 * 	1 * 	3 1% 	3 4% AIJ*	1 * 	6 2% AM	- - 	8 1% 	6 1% 	2 1%
SELF-CARE (NET)	32 3% I	18 3% 	11 3% 	3 2% 	8 3% 	12 3% 	6 2% 	6 3% 	1 * 	5 2% 	25 6% AIJ	1 1% *	19 3% 	13 3% 	6 2% 	26 3% 	18 2% 	14 4%
Eating / drinking / food delivery	16 1% I	9 1% 	4 1% 	3 2% 	4 2% 	7 2% 	3 1% 	1 1% 	1 * 	2 1% 	13 3% AI	- - *	10 1% 	6 2% 	2 1% 	14 2% 	10 1% 	6 2%
Getting clean / making sure to shower every day / taking baths	6 1% 	5 1% 	2 * 	- - 	1 * 	2 1% 	- - 	3 1% 	- - 	2 1% 	5 1% 	- - *	5 1% 	2 * 	3 1% 	3 * 	4 1% 	2 1%
Sleeping	6	3	3	-	2	-	2	3	-	-	5	1	2	4	2	4	2	4

190010091303 - Thursday 26th March 2020

PUBLIC

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	(A)	(B)	(C)	(D)	(E)	(F)	(G)	(H)	(I)	(J)	(K)	(L)	(M)	(N)	(O)	(P)	(Q)	(R)
	1% FMQ	1%	1%	-	1%	-	1%	1% F	-	-	1%	1% *	*	1%	1%	1%	*	1% Q
Avoiding PJ days / getting dressed up	6 1%	3 1%	2 1%	- -	2 1%	3 1%	1 *	- -	- -	1 *	5 1% A	- - *	3 *	3 1%	- -	6 1%	3 *	3 1%
Others on self-care	3 *	2 *	1 *	- -	- -	1 *	1 *	1 *	- -	- -	3 1%	- - *	3 *	- -	1 *	2 *	2 *	1 *
SELF-ISOLATION (NET)	24 2% P	20 3% A	4 1%	- -	3 1%	10 3%	7 3%	4 2%	7 2%	6 2%	6 1%	4 5% *	15 2%	8 2%	12 4% AP	12 1%	14 2%	10 3%
Self-isolation	24 2% P	20 3% A	4 1%	- -	3 1%	10 3%	7 3%	4 2%	7 2%	6 2%	6 1%	4 5% *	15 2%	8 2%	12 4% AP	12 1%	14 2%	10 3%
NOTHING/ NO ANSWER/ DON`T KNOW (NET)	212 19% K	122 19%	73 21%	17 13%	44 19%	68 17%	56 24% AF	43 18%	71 23% K	50 18%	69 16%	22 27% *	142 20%	70 17%	64 21%	147 19%	163 21%	49 16%
Don`t know	151 14%	84 13%	57 16% D	10 8%	32 14%	52 13%	36 16%	30 13%	48 16%	32 11%	52 12%	18 22% J*	99 14%	52 13%	40 13%	111 14%	110 14%	40 13%
Nothing	55 5% KR	33 5%	16 5%	6 5%	12 5%	14 4%	17 7%	12 5%	21 7% K	16 6%	14 3%	4 5% *	39 6%	17 4%	20 7%	35 4%	47 6% AR	8 3%
No answer	6 1%	4 1%	1 *	1 1%	- -	2 1%	3 1%	1 *	1 *	1 1%	3 1%	- -	4 1%	1 *	4 1%	2 *	6 1%	- -

190010091303 - Thursday 26th March 2020

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	(A)	(B)	(C)	(D)	(E)	(F)	(G)	(H)	(I)	(J)	(K)	(L)	(M)	(N)	(O)	(P)	(Q)	(R)
	P											*			AP			
Refused	12	6	6	-	3	1	1	7	5	4	1	2	8	4	6	6	11	1
	1%	1%	2%	-	1%	*	*	3%	2%	1%	*	3%	1%	1%	2%	1%	1%	*
	K							AFG				K*						

This work was carried out in accordance with the requirements of the international quality standard for market research, ISO 20252 and with the Ipsos MORI Terms and Conditions.

Overlap formulae used

ColumnProportions (5%): A/B/C/D,A/E/F/G/H,A/I/J/K/L,A/M/N,A/O/P,A/Q/R Minimum Base: 30(**) Small Base: 100(*)

ColumnMeans (5%): A/B/C/D,A/E/F/G/H,A/I/J/K/L,A/M/N,A/O/P,A/Q/R Minimum Base: 30(**) Small Base: 100(*)

190010091303 - Thursday 26th March 2020

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	Total	Professional	Researcher	None of these roles	Postive test	Suspected based on symptoms	Living with someone	Caring for someone	No direct experience	Lived experience	Support or care for someone	Interest in mental health
Unweighted base	1099	93	28	973	9	107	36	22	933	432	150	203
Weighted base	1099	86	28	982	11	101	34	22	944	431	150	194
ENTERTAINMENT (NET)	267 24%	17 20%	6 21%	246 25%	- -	29 29%	2 7%	3 14%	232 25%	126 29%	37 25%	69 36%
Reading	88 8%	5 6%	1 3%	82 8%	- -	5 5%	- -	2 7%	81 9%	35 8%	14 10%	18 9%
Hobbies / fun activities / doing things I enjoy	39 4%	1 1%	- -	38 4%	- -	3 3%	- -	- -	37 4%	15 4%	5 3%	12 6%
DIY / crafts (crocheting / knitting / decorating)	39 4%	2 2%	- -	37 4%	- -	3 3%	2 5%	- -	34 4%	21 5%	6 4%	16 8%
(Watching) TV	37 3%	2 2%	2 7%	33 3%	- -	7 7%	- -	- -	30 3%	13 3%	5 3%	9 5%
(Listening to) music	32 3%	4 5%	2 7%	27 3%	- -	3 3%	- -	2 11%	27 3%	18 4%	4 3%	7 4%

190010091303 - Thursday 26th March 2020

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(Watching) movies / Netflix / Youtube	28 3%	- -	1 4%	27 3%	- -	6 6%	- -	- -	22 2%	14 3%	2 2%	9 4%
(Surfing the) Internet / computer	25 2%	2 2%	- -	23 2%	- -	5 5%	- -	- -	20 2%	9 2%	4 3%	3 1%
Puzzles / crosswords / sudoku	22 2%	- -	- -	22 2%	- -	2 2%	- -	- -	20 2%	10 2%	4 3%	8 4%
(Playing) video games / PS4	21 2%	4 5%	1 5%	17 2%	- -	2 2%	- -	1 3%	19 2%	10 2%	4 3%	7 4%
(Playing) games (board games / cards)	18 2%	1 1%	- -	16 2%	- -	6 6%	- -	- -	12 1%	9 2%	5 4%	6 3%
Learning new skills / an instrument	13 1%	- -	- -	13 1%	- -	5 5%	- -	- -	8 1%	9 2%	3 2%	6 3%
(Listening to the) radio / podcasts	11 1%	3 4%	- -	7 1%	- -	3 3%	1 2%	- -	7 1%	8 2%	3 2%	5 3%
Alcohol	9	-	-	9	-	1	-	-	7	7	-	1

190010091303 - Thursday 26th March 2020

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	1%	-	-	1%	-	1%	-	-	1%	2%	-	1%
Painting / colouring	7 1%	1 1%	- -	6 1%	- -	1 1%	- -	- -	6 1%	4 1%	1 1%	2 1%
Doing surveys	6 1%	- -	- -	6 1%	- -	1 1%	- -	- -	5 1%	5 1%	- -	4 2%
Others on entertainment	5 *	1 1%	- -	4 *	- -	2 2%	- -	- -	3 *	2 *	2 1%	2 1%
Composing music / playing musical instruments	5 *	- -	- -	5 *	- -	- -	- -	- -	5 1%	3 1%	1 1%	2 1%
WORK (NET)	262 24%	17 19%	2 8%	244 25%	- -	24 24%	6 18%	1 4%	234 25%	96 22%	48 32%	56 29%
WORKING IN GENERAL	166 15%	13 15%	2 8%	151 15%	- -	19 19%	4 11%	1 4%	142 15%	66 15%	30 20%	35 18%
Keeping busy / staying active / getting tasks done	93	8	2	84	-	10	3	-	80	34	13	18

190010091303 - Thursday 26th March 2020

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	8%	9%	6%	9%	-	10%	9%	-	8%	8%	9%	9%
Work (from home)	53 5%	4 5%	- -	49 5%	- -	8 8%	1 3%	- -	44 5%	19 5%	15 10%	12 6%
Studying / doing schoolwork	16 1%	1 1%	1 2%	14 1%	- -	2 2%	- -	- -	13 1%	7 2%	2 2%	3 2%
Others on working in general	9 1%	- -	- -	9 1%	- -	2 2%	- -	1 4%	7 1%	5 1%	3 2%	2 1%
Writing a book / on my blog	7 1%	- -	- -	7 1%	- -	1 1%	- -	- -	6 1%	5 1%	2 1%	3 1%
HOUSEHOLD CHORES	128 12%	7 8%	- -	122 12%	- -	11 11%	3 9%	- -	116 12%	45 10%	25 17%	28 15%
Gardening	87 8%	6 7%	- -	82 8%	- -	8 8%	2 7%	- -	79 8%	25 6%	18 12%	16 8%
Household chores (cooking / cleaning)	58 5%	3 4%	- -	55 6%	- -	7 7%	2 6%	- -	50 5%	25 6%	13 9%	17 9%

190010091303 - Thursday 26th March 2020

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CONTACT WITH KEY PEOPLE (NET)	246 22%	12 14%	- -	231 24%	- -	30 30%	7 20%	2 10%	207 22%	111 26%	41 27%	63 33%
Family (husband / wife / child)	196 18%	7 9%	- -	186 19%	- -	24 24%	3 9%	1 3%	166 18%	86 20%	33 22%	48 25%
Friends	112 10%	9 10%	- -	102 10%	- -	13 13%	3 10%	- -	95 10%	53 12%	17 11%	33 17%
Neighbours / community	9 1%	1 1%	- -	8 1%	- -	1 1%	- -	- -	8 1%	4 1%	2 2%	6 3%
Work colleagues	7 1%	- -	- -	7 1%	- -	2 2%	- -	- -	6 1%	3 1%	1 1%	1 1%
Others on key people	6 1%	- -	- -	6 1%	- -	- -	1 3%	- -	5 1%	4 1%	1 *	4 2%
People I care about	6 1%	1 1%	- -	5 1%	- -	3 3%	1 2%	2 7%	3 *	3 1%	3 2%	4 2%

190010091303 - Thursday 26th March 2020

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AMS and MQ Covid-19 mental wellbeing research

1000 GB adults aged 16 to 75

Q2. We are keen to understand what people are doing to support their mental wellbeing during the coronavirus (COVID-19) pandemic. What, if anything, has been helping your mental wellbeing at this time?

All Adults aged 16-75 in Great Britain

		Health or social care role			Experience of Covid-19					Experience of mental health issues		
	Total	Professional	Researcher	None of these roles	Postive test	Suspected based on symptoms	Living with someone	Caring for someone	No direct experience	Lived experience	Support or care for someone	Interest in mental health
COMMUNICATION CHANNELS (NET)	214 19%	14 16%	1 4%	198 20%	- -	25 24%	4 12%	1 7%	185 20%	94 22%	30 20%	53 27%
Social media / keeping in touch online	89 8%	7 8%	1 4%	81 8%	- -	9 9%	2 6%	- -	78 8%	44 10%	9 6%	19 10%
Talking / staying in touch	78 7%	7 8%	- -	70 7%	- -	12 12%	2 6%	1 7%	65 7%	30 7%	16 11%	24 12%
Talking on the phone / video calls	67 6%	1 2%	- -	66 7%	- -	5 5%	1 2%	- -	61 6%	29 7%	6 4%	16 8%
Texting	21 2%	- -	- -	21 2%	- -	3 3%	1 4%	- -	17 2%	8 2%	4 3%	4 2%
Email	12 1%	- -	- -	12 1%	- -	- -	- -	- -	12 1%	6 1%	1 1%	6 3%
Others on communication channels	2 *	- -	- -	2 *	- -	- -	- -	- -	2 *	1 *	1 1%	1 *
PHYSICAL ACTIVITIES (NET)	202	9	2	192	-	18	3	3	178	94	38	56

190010091303 - Thursday 26th March 2020

PUBLIC

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All Adults aged 16-75 in Great Britain

		Health or social care role			Experience of Covid-19					Experience of mental health issues		
	Total	Professional	Researcher	None of these roles	Postive test	Suspected based on symptoms	Living with someone	Caring for someone	No direct experience	Lived experience	Support or care for someone	Interest in mental health
	18%	11%	6%	20%	-	18%	9%	13%	19%	22%	25%	29%
Exercising / fitness	125 11%	8 9%	2 6%	116 12%	- -	11 11%	3 9%	1 3%	110 12%	60 14%	26 18%	34 18%
Walking	62 6%	1 1%	- -	61 6%	- -	6 6%	- -	1 7%	54 6%	30 7%	4 3%	14 7%
Running	16 1%	1 2%	- -	15 1%	- -	1 1%	- -	- -	15 2%	6 1%	3 2%	6 3%
Yoga / tai chi	13 1%	- -	- -	13 1%	- -	2 2%	- -	1 4%	10 1%	10 2%	5 4%	3 2%
Riding my bike	4 *	1 1%	- -	3 *	- -	- -	- -	- -	4 *	- -	- -	2 1%
NATURE (NET)	113 10%	7 8%	3 12%	103 10%	- -	7 7%	2 5%	3 14%	102 11%	44 10%	25 16%	33 17%
Staying in the garden	53 5%	1 1%	2 7%	50 5%	- -	4 4%	1 2%	1 7%	47 5%	17 4%	12 8%	16 8%

190010091303 - Thursday 26th March 2020

PUBLIC

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All Adults aged 16-75 in Great Britain

		Health or social care role			Experience of Covid-19					Experience of mental health issues		
	Total	Professional	Researcher	None of these roles	Postive test	Suspected based on symptoms	Living with someone	Caring for someone	No direct experience	Lived experience	Support or care for someone	Interest in mental health
Going outside / getting fresh air	41 4%	4 5%	- -	36 4%	- -	1 1%	1 2%	1 3%	38 4%	14 3%	10 7%	13 7%
Sunny / nice weather	36 3%	2 2%	1 5%	34 3%	- -	2 2%	- -	1 4%	33 4%	15 3%	8 5%	9 5%
Watching the nature	8 1%	- -	- -	8 1%	- -	- -	- -	- -	8 1%	3 1%	2 1%	1 1%
RELAXATION TECHNIQUES (NET)	99 9%	2 3%	1 5%	94 10%	- -	4 4%	2 7%	1 4%	90 10%	48 11%	16 11%	34 17%
Mindfulness / meditation	34 3%	1 1%	1 5%	32 3%	- -	4 4%	- -	1 4%	30 3%	20 5%	6 4%	15 8%
Keeping myself distracted / not thinking too much about it	26 2%	1 1%	- -	24 2%	- -	- -	2 5%	- -	23 2%	12 3%	2 1%	7 4%
Relaxing	23 2%	1 1%	- -	22 2%	- -	1 1%	- -	- -	21 2%	9 2%	3 2%	6 3%

190010091303 - Thursday 26th March 2020

PUBLIC

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All Adults aged 16-75 in Great Britain

		Health or social care role			Experience of Covid-19					Experience of mental health issues		
	Total	Professional	Researcher	None of these roles	Postive test	Suspected based on symptoms	Living with someone	Caring for someone	No direct experience	Lived experience	Support or care for someone	Interest in mental health
Praying / reading the Bible	13 1%	- -	- -	13 1%	- -	- -	1 2%	- -	12 1%	4 1%	3 2%	4 2%
Others on relaxation techniques	9 1%	- -	- -	9 1%	- -	- -	- -	- -	9 1%	5 1%	2 2%	5 2%
FOCUSING ON REMAINING POSITIVE (NET)	93 8%	9 10%	3 12%	83 8%	4 38%	8 8%	4 11%	4 19%	78 8%	30 7%	16 11%	14 7%
Good (unsp) / I`m fine (mentally) / no issues	41 4%	8 9%	3 10%	34 3%	4 38%	4 4%	4 11%	3 16%	32 3%	13 3%	10 7%	6 3%
Trying to stay positive / I`m happy	26 2%	- -	- -	25 3%	- -	- -	- -	- -	25 3%	11 3%	3 2%	6 3%
Carrying on / trying to act normally	16 1%	1 1%	- -	16 2%	- -	2 2%	- -	1 3%	14 1%	3 1%	1 *	- -
Others on focusing on remaining positive	13 1%	- -	1 2%	12 1%	- -	2 2%	- -	- -	11 1%	4 1%	2 1%	4 2%

190010091303 - Thursday 26th March 2020

PUBLIC

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All Adults aged 16-75 in Great Britain

		Health or social care role			Experience of Covid-19					Experience of mental health issues		
	Total	Professional	Researcher	None of these roles	Postive test	Suspected based on symptoms	Living with someone	Caring for someone	No direct experience	Lived experience	Support or care for someone	Interest in mental health
Staying focused	4 *	- -	- -	4 *	- -	- -	- -	- -	4 *	1 *	1 *	- -
SCHEDULE (NET)	53 5%	3 3%	- -	50 5%	- -	4 4%	- -	- -	49 5%	27 6%	7 5%	14 7%
Trying to keep a routine	23 2%	2 2%	- -	22 2%	- -	2 2%	- -	- -	21 2%	11 3%	4 3%	5 3%
Planning ahead	20 2%	1 1%	- -	18 2%	- -	1 1%	- -	- -	18 2%	11 3%	2 1%	8 4%
Trip to grocery store once a week / often (for esentials)	6 1%	- -	- -	6 1%	- -	- -	- -	- -	6 1%	2 1%	- -	1 *
Varying my daily routine	6 1%	- -	- -	6 1%	- -	- -	- -	- -	6 1%	4 1%	1 1%	2 1%
Others on schedule	4 *	- -	- -	4 *	- -	1 1%	- -	- -	3 *	2 1%	- -	2 1%

190010091303 - Thursday 26th March 2020

PUBLIC

AMS and MQ Covid-19 mental wellbeing research

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All Adults aged 16-75 in Great Britain

		Health or social care role			Experience of Covid-19					Experience of mental health issues		
	Total	Professional	Researcher	None of these roles	Postive test	Suspected based on symptoms	Living with someone	Caring for someone	No direct experience	Lived experience	Support or care for someone	Interest in mental health
ANIMAL COMPANION (NET)	50 5%	2 2%	1 3%	45 5%	- -	7 7%	- -	- -	42 4%	27 6%	13 9%	10 5%
Walking the dog	26 2%	1 1%	1 3%	25 3%	- -	3 2%	- -	- -	24 3%	10 2%	9 6%	4 2%
Animal companion (dog / cat)	22 2%	1 1%	- -	19 2%	- -	5 5%	- -	- -	17 2%	16 4%	4 3%	5 3%
Others on animal companion	3 *	- -	1 3%	2 *	- -	1 1%	- -	- -	2 *	1 *	- -	1 *
UPDATES (NET)	47 4%	4 5%	1 3%	42 4%	- -	6 5%	3 8%	- -	38 4%	22 5%	11 8%	11 6%
Not watching the news	23 2%	2 2%	- -	22 2%	- -	2 2%	1 3%	- -	20 2%	13 3%	5 3%	6 3%
Being kept updated / watching the news	17 2%	2 2%	1 3%	14 1%	- -	2 2%	1 3%	- -	14 1%	6 1%	4 2%	3 2%
Staying away from social media	11	1	-	10	-	2	1	-	8	6	3	6

190010091303 - Thursday 26th March 2020

PUBLIC

AMS and MQ Covid-19 mental wellbeing research

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All Adults aged 16-75 in Great Britain

		Health or social care role			Experience of Covid-19					Experience of mental health issues		
	Total	Professional	Researcher	None of these roles	Postive test	Suspected based on symptoms	Living with someone	Caring for someone	No direct experience	Lived experience	Support or care for someone	Interest in mental health
	1%	2%	-	1%	-	2%	3%	-	1%	1%	2%	3%
Others on updates	5 *	- -	- -	5 1%	- -	- -	- -	- -	5 1%	1 *	3 2%	- -
MENTAL WELL-BEING IN GENERAL (NET)	44 4%	5 6%	2 7%	37 4%	1 11%	5 5%	3 9%	2 7%	36 4%	20 5%	8 6%	10 5%
Others on mental well-being	24 2%	3 4%	2 7%	19 2%	1 11%	4 3%	2 6%	2 7%	20 2%	10 2%	7 4%	7 4%
Meds / anti-depressants	12 1%	2 2%	- -	11 1%	- -	1 1%	1 3%	- -	11 1%	9 2%	2 1%	1 1%
Observing rules / keeping to Government guidelines	8 1%	- -	- -	8 1%	- -	1 1%	- -	- -	7 1%	2 *	- -	2 1%
OTHER (NET)	43 4%	3 4%	1 3%	39 4%	- -	7 7%	4 13%	- -	35 4%	23 5%	10 7%	4 2%
Other to support wellbeing	43	3	1	39	-	7	4	-	35	23	10	4

190010091303 - Thursday 26th March 2020

PUBLIC

AMS and MQ Covid-19 mental wellbeing research

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All Adults aged 16-75 in Great Britain

		Health or social care role			Experience of Covid-19					Experience of mental health issues		
	Total	Professional	Researcher	None of these roles	Postive test	Suspected based on symptoms	Living with someone	Caring for someone	No direct experience	Lived experience	Support or care for someone	Interest in mental health
	4%	4%	3%	4%	-	7%	13%	-	4%	5%	7%	2%
SEEKING HELP / HELPING OTHERS (NET)	40 4%	6 8%	- -	34 3%	2 20%	6 6%	1 2%	1 4%	30 3%	20 5%	10 7%	15 7%
Helping my parents/ others / each other	18 2%	3 4%	- -	15 1%	1 11%	5 5%	- -	- -	12 1%	9 2%	7 5%	6 3%
Getting support/ calling the doctor	15 1%	3 4%	- -	12 1%	1 9%	2 2%	1 2%	- -	12 1%	7 2%	3 2%	5 3%
Volunteering	7 1%	- -	- -	7 1%	- -	2 2%	- -	- -	5 1%	4 1%	2 2%	5 2%
Others on seeking help / helping others	4 *	2 2%	- -	2 *	- -	1 1%	- -	1 4%	2 *	2 *	1 1%	2 1%
HABIT/NOT MUCH HAS CHANGED (NET)	40 4%	1 1%	- -	39 4%	- -	4 4%	- -	- -	36 4%	12 3%	1 1%	4 2%
Situation the same as usual	31 3%	1 1%	- -	30 3%	- -	3 3%	- -	- -	29 3%	9 2%	1 1%	3 2%

190010091303 - Thursday 26th March 2020

PUBLIC

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All Adults aged 16-75 in Great Britain

		Health or social care role			Experience of Covid-19					Experience of mental health issues		
	Total	Professional	Researcher	None of these roles	Postive test	Suspected based on symptoms	Living with someone	Caring for someone	No direct experience	Lived experience	Support or care for someone	Interest in mental health
I am used to being alone	10 1%	1 1%	- -	9 1%	- -	3 3%	- -	- -	8 1%	2 *	- -	1 *
Others on habit / not much has changed	8 1%	- -	- -	8 1%	- -	2 2%	- -	- -	6 1%	3 1%	- -	- -
SELF-CARE (NET)	32 3%	3 4%	- -	28 3%	- -	3 3%	- -	- -	29 3%	17 4%	8 6%	13 7%
Eating / drinking / food delivery	16 1%	3 3%	- -	13 1%	- -	1 1%	- -	- -	15 2%	8 2%	7 5%	7 3%
Getting clean / making sure to shower every day / taking baths	6 1%	- -	- -	6 1%	- -	1 1%	- -	- -	6 1%	2 *	- -	2 1%
Sleeping	6 1%	- -	- -	6 1%	- -	1 1%	- -	- -	5 1%	2 *	- -	3 2%
Avoiding PJ days / getting dressed up	6 1%	- -	- -	6 1%	- -	- -	- -	- -	6 1%	4 1%	1 1%	3 1%

190010091303 - Thursday 26th March 2020

PUBLIC

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		Health or social care role			Experience of Covid-19					Experience of mental health issues		
	Total	Professional	Researcher	None of these roles	Postive test	Suspected based on symptoms	Living with someone	Caring for someone	No direct experience	Lived experience	Support or care for someone	Interest in mental health
Others on self-care	3 *	1 1%	- -	2 *	- -	- -	- -	- -	3 *	3 1%	1 *	- -
SELF-ISOLATION (NET)	24 2%	2 3%	- -	22 2%	- -	2 2%	- -	- -	22 2%	4 1%	8 6%	3 2%
Self-isolation	24 2%	2 3%	- -	22 2%	- -	2 2%	- -	- -	22 2%	4 1%	8 6%	3 2%
NOTHING/ NO ANSWER/ DON`T KNOW (NET)	212 19%	23 26%	13 46%	173 18%	3 31%	17 17%	9 26%	4 20%	180 19%	70 16%	23 15%	27 14%
Don`t know	151 14%	16 19%	9 33%	123 13%	3 31%	13 13%	7 19%	1 5%	129 14%	48 11%	13 9%	17 9%
Nothing	55 5%	3 3%	2 8%	49 5%	- -	3 3%	2 5%	2 9%	49 5%	21 5%	8 6%	9 5%
No answer	6 1%	4 4%	1 5%	1 *	- -	2 2%	1 2%	1 6%	2 *	1 *	1 1%	2 1%

190010091303 - Thursday 26th March 2020

PUBLIC

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All Adults aged 16-75 in Great Britain

		Health or social care role			Experience of Covid-19					Experience of mental health issues		
	Total	Professional	Researcher	None of these roles	Postive test	Suspected based on symptoms	Living with someone	Caring for someone	No direct experience	Lived experience	Support or care for someone	Interest in mental health
Refused	12 1%	1 1%	- -	10 1%	- -	2 2%	1 2%	3 12%	8 1%	3 1%	1 1%	3 1%

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Overlap formulae used

ColumnProportions (5%): Minimum Base: 30(**) Small Base: 100(*)

ColumnMeans (5%): Minimum Base: 30(**) Small Base: 100(*)

190010091303 - Thursday 26th March 2020

PUBLIC

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Q3.We would also like to know a little about you so we can better understand the responses people give. This information will be kept secure and confidential so you cannot be identified. You don't have to answer these questions if you don't want to.Which, if any, of the following roles do you currently work in?

All Adults aged 16-75 in Great Britain

		Gender		Age					Generations				Social Grade				Region					
	Total	Male	Female	16 to 24	25 to 34	35 to 44	45 to 54	55 to 75	Gen Y	Gen X	Baby Boomer	Pre-war	AB	C1	C2	DE	North	Midlands	South	London	Wales	Scotland
	(A)	(B)	(C)	(D)	(E)	(F)	(G)	(H)	(I)	(J)	(K)	(L)	(M)	(N)	(O)	(P)	(Q)	(R)	(S)	(T)	(U)	(V)
Unweighted base	1099	515	573	173	206	174	214	332	417	254	396	32	330	378	137	254	264	284	249	152	54	96
Weighted base	1099	539	549	162	202	189	204	341	406	263	380	50	293	324	235	248	264	283	252	154	52	94
Health or social care professional	86 8% HK	39 7%	47 8%	20 12% AGH	26 13% AGH	13 7%	13 6%	14 4%	50 12% AJK	18 7%	16 4%	2 3% **	35 12% AOP	27 8%	11 5%	13 5%	21 8%	23 8%	18 7%	13 8%	2 3% *	9 10% *
Health or social care researcher	28 3% GHJKN	17 3%	10 2%	12 7% AFGH	11 5% AGH	5 3% GH	- -	- -	26 6% AJK	2 1%	- -	- - **	14 5% AN	3 1%	4 2%	7 3%	11 4%	7 2%	3 1%	4 2%	1 2% *	3 3% *
I do not currently work in any of these roles	982 89% DEIM	483 90%	489 89%	126 77%	170 84%	170 90% D	190 93% ADE	327 96% ADEF	330 81%	240 91% I	363 96% AIJ	49 97% **	246 84%	292 90% M	220 94% M	224 90% M	234 89%	251 88%	228 91%	136 89%	51 97% *	82 88% *
Prefer not to say	12 1% K	6 1%	5 1%	6 4% AGH	2 1%	2 1%	1 1%	1 *	8 2% AK	3 1%	1 *	- - **	3 1%	1 *	3 1%	5 2% N	4 2%	3 1%	3 1%	1 1%	- - *	- - *

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ColumnMeans (5%): A/B/C,A/D/E/F/G/H,A/I/J/K/L,A/M/N/O/P,A/Q/R/S/T/U/V Minimum Base: 30(**) Small Base: 100(*)

190010091303 - Thursday 26th March 2020

PUBLIC

AMS and MQ Covid-19 mental wellbeing research

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All Adults aged 16-75 in Great Britain

		Marital Status			Household Size				Education				Employment status		Pres of children HH (17 or under)		Main Earner	
	Total	Married/ Living as Married	Single	Widowed/ Divorced/ Separated	1	2	3	4+	GCSE/O Level/NVQ 12	A Level or equivalent	Degree/Masters/PhD	No formal qualifications	Working	Not working	At least one child present	No children present	Yes, main earner	No, not the main earner
	(A)	(B)	(C)	(D)	(E)	(F)	(G)	(H)	(I)	(J)	(K)	(L)	(M)	(N)	(O)	(P)	(Q)	(R)
Unweighted base	1099	619	351	129	229	392	231	247	301	277	448	73	715	384	309	788	787	312
Weighted base	1099	627	346	126	230	397	228	243	311	281	424	82	699	400	303	794	786	313
Health or social care professional	86 8% INPR	52 8%	24 7%	9 8%	13 5%	30 8%	18 8%	25 10%	12 4%	19 7%	48 11% AI	7 8% *	78 11% AN	8 2%	39 13% AP	47 6%	74 9% AR	11 4%
Health or social care researcher	28 3% IR	18 3%	10 3%	- -	6 3%	7 2%	6 3%	9 4%	2 1%	4 2%	18 4% AI	3 4% I*	18 3%	9 2%	12 4%	16 2%	26 3% AR	2 *
I do not currently work in any of these roles	982 89% HKMOQ	556 89%	310 89%	116 92%	213 92% H	355 89%	206 90%	208 85%	290 93% AK	259 92% K	361 85%	72 88% *	601 86%	380 95% AM	252 83%	728 92% AO	687 87%	295 94% AQ
Prefer not to say	12 1%	6 1%	6 2%	- -	- -	6 2%	- -	6 2% EG	7 2% AK	2 1%	2 1%	- - *	8 1%	4 1%	5 2%	7 1%	7 1%	5 2%

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ColumnMeans (5%): A/B/C/D,A/E/F/G/H,A/I/J/K/L,A/M/N,A/O/P,A/Q/R Minimum Base: 30(**) Small Base: 100(*)

190010091303 - Thursday 26th March 2020

PUBLIC

AMS and MQ Covid-19 mental wellbeing research

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All Adults aged 16-75 in Great Britain

		Health or social care role			Experience of Covid-19					Experience of mental health issues		
	Total	Professional	Researcher	None of these roles	Postive test	Suspected based on symptoms	Living with someone	Caring for someone	No direct experience	Lived experience	Support or care for someone	Interest in mental health
Unweighted base	1099	93	28	973	9	107	36	22	933	432	150	203
Weighted base	1099	86	28	982	11	101	34	22	944	431	150	194
Health or social care professional	86 8%	86 100%	8 29%	- -	10 89%	15 15%	13 37%	11 51%	46 5%	39 9%	26 17%	22 11%
Health or social care researcher	28 3%	8 9%	28 100%	- -	5 50%	8 8%	7 20%	7 33%	9 1%	10 2%	8 5%	11 5%
I do not currently work in any of these roles	982 89%	- -	- -	982 100%	- -	78 77%	18 55%	8 36%	881 93%	380 88%	119 80%	165 85%
Prefer not to say	12 1%	- -	- -	- -	- -	- -	- -	- -	9 1%	7 2%	1 *	- -

carried out in accordance with the requirements of the international quality standard for market research, ISO 20252 and with the Ipsos MORI Terms and Conditions

Overlap formulae used

ColumnProportions (5%): Minimum Base: 30(**) Small Base: 100(*)

ColumnMeans (5%): Minimum Base: 30(**) Small Base: 100(*)

190010091303 - Thursday 26th March 2020

PUBLIC

AMS and MQ Covid-19 mental wellbeing research

1000 GB adults aged 16 to 75

Q4.Which of the following experiences of COVID-19, if any, apply to you?

All Adults aged 16-75 in Great Britain

		Gender		Age					Generations				Social Grade				Region					
	Total	Male	Female	16 to 24	25 to 34	35 to 44	45 to 54	55 to 75	Gen Y	Gen X	Baby Boomer	Pre-war	AB	C1	C2	DE	North	Midlands	South	London	Wales	Scotland
	(A)	(B)	(C)	(D)	(E)	(F)	(G)	(H)	(I)	(J)	(K)	(L)	(M)	(N)	(O)	(P)	(Q)	(R)	(S)	(T)	(U)	(V)
Unweighted base	1099	515	573	173	206	174	214	332	417	254	396	32	330	378	137	254	264	284	249	152	54	96
Weighted base	1099	539	549	162	202	189	204	341	406	263	380	50	293	324	235	248	264	283	252	154	52	94
I have been tested for coronavirus (COVID-19) and received a positive diagnosis	11 1% CHKN	9 2% C	2 *	2 1%	7 4% AGH	2 1%	- -	- -	10 2% AK	1 *	- -	- **	5 2% N	- -	3 1%	3 1% N	6 2% A	3 1%	1 *	- -	- *	1 1% *
I suspect I have had coronavirus (COVID-19) based on symptoms, but have not been tested	101 9% HK	50 9%	48 9%	30 19% AEFGH	17 9%	18 10%	17 9%	17 5%	52 13% AK	22 8%	25 7%	1 3% **	26 9%	33 10%	12 5%	30 12% O	19 7%	19 7%	30 12%	16 11%	6 12% *	10 10% *
I currently live with someone with suspected or diagnosed coronavirus (COVID-19)	34 3% HK	17 3%	17 3%	13 8% AFGH	12 6% AFH	2 1%	5 2%	2 1%	25 6% AJK	6 2%	3 1%	- - **	14 5%	9 3%	5 2%	6 3%	14 5% ARS	5 2%	4 2%	5 3%	1 2% *	4 5% *
I am caring for someone with suspected or diagnosed coronavirus (COVID-19)	22 2% FHJK	10 2%	12 2%	12 8% AFGH	7 3% FH	- -	2 1%	- -	19 5% AJK	1 *	2 *	- - **	5 2%	4 1%	9 4%	4 2%	11 4% AR	2 1%	4 2%	2 2%	1 2% *	1 1% *
None of the above	944 86% DI	463 86%	473 86%	108 67%	168 83% D	167 88% D	179 88% D	323 95% ADEFG	311 77%	233 89% I	351 92% AI	49 97% **	243 83%	282 87%	212 90% M	207 84%	219 83%	254 89% Q	215 85%	132 86%	46 88% *	79 84% *
Prefer not to say	3 *	2 *	1 *	3 2% A	- -	- -	- -	1 *	3 1%	- -	1 *	- - **	1 1%	- -	1 1%	1 *	3 1%	1 *	- -	- -	- - *	- - *

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Overlap formulae used

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ColumnMeans (5%): A/B/C,A/D/E/F/G/H,A/I/J/K/L,A/M/N/O/P,A/Q/R/S/T/U/V Minimum Base: 30(**) Small Base: 100(*)

190010091303 - Thursday 26th March 2020

PUBLIC

AMS and MQ Covid-19 mental wellbeing research

1000 GB adults aged 16 to 75

Q4.Which of the following experiences of COVID-19, if any, apply to you?

All Adults aged 16-75 in Great Britain

		Marital Status			Household Size				Education				Employment status		Pres of children HH (17 or under)		Main Earner	
	Total	Married/ Living as Married	Single	Widowed/ Divorced/ Separated	1	2	3	4+	GCSE/O Level/NVQ 12	A Level or equivalent	Degree/Masters/PhD	No formal qualifications	Working	Not working	At least one child present	No children present	Yes, main earner	No, not the main earner
	(A)	(B)	(C)	(D)	(E)	(F)	(G)	(H)	(I)	(J)	(K)	(L)	(M)	(N)	(O)	(P)	(Q)	(R)
Unweighted base	1099	619	351	129	229	392	231	247	301	277	448	73	715	384	309	788	787	312
Weighted base	1099	627	346	126	230	397	228	243	311	281	424	82	699	400	303	794	786	313
I have been tested for coronavirus (COVID-19) and received a positive diagnosis	11 1% NR	10 2%	2 *	- -	2 1%	5 1%	- -	4 2%	3 1%	2 1%	7 2%	- - *	11 2% AN	- -	3 1%	8 1%	11 1%	- -
I suspect I have had coronavirus (COVID-19) based on symptoms, but have not been tested	101 9%	55 9%	33 9%	13 10%	16 7%	37 9%	22 9%	26 10%	26 8%	18 7%	46 11%	10 12% *	60 9%	40 10%	36 12%	64 8%	81 10%	20 6%
I currently live with someone with suspected or diagnosed coronavirus (COVID-19)	34 3% FP	22 3%	12 3%	1 1%	3 1%	6 1%	8 4%	17 7% AEF	7 2%	13 5%	12 3%	1 2% *	25 4%	9 2%	18 6% AP	16 2%	26 3%	8 2%
I am caring for someone with suspected or diagnosed coronavirus (COVID-19)	22 2%	13 2%	7 2%	2 2%	1 1%	5 1%	6 2%	10 4% AEF	4 1%	4 1%	11 3%	3 4% *	16 2%	5 1%	8 3%	13 2%	20 2%	2 1%
None of the above	944 86% HOQ	539 86%	296 85%	109 87%	208 90% AH	349 88% H	195 85%	192 79%	272 88%	246 88%	356 84%	70 84% *	596 85%	348 87%	243 80%	701 88% AO	664 84%	281 90% AQ
Prefer not to say	3 * Q	2 *	1 *	- -	- -	1 *	- -	3 1%	2 1%	1 *	- -	- - *	3 *	1 *	1 *	2 *	1 *	3 1%

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190010091303 - Thursday 26th March 2020

PUBLIC

AMS and MQ Covid-19 mental wellbeing research

1000 GB adults aged 16 to 75

Q4.Which of the following experiences of COVID-19, if any, apply to you?

All Adults aged 16-75 in Great Britain

		Marital Status			Household Size				Education				Employment status		Pres of children HH (17 or under)		Main Earner	
	Total	Married/ Living as Married	Single	Widowed/ Divorced/ Separated	1	2	3	4+	GCSE/O Level/NVQ 12	A Level or equivalent	Degree/Masters/PhD	No formal qualifications	Working	Not working	At least one child present	No children present	Yes, main earner	No, not the main earner
	(A)	(B)	(C)	(D)	(E)	(F)	(G)	(H)	(I)	(J)	(K)	(L)	(M)	(N)	(O)	(P)	(Q)	(R)

Overlap formulae used

ColumnProportions (5%): A/B/C/D,A/E/F/G/H,A/I/J/K/L,A/M/N,A/O/P,A/Q/R Minimum Base: 30(**) Small Base: 100(*)

ColumnMeans (5%): A/B/C/D,A/E/F/G/H,A/I/J/K/L,A/M/N,A/O/P,A/Q/R Minimum Base: 30(**) Small Base: 100(*)

190010091303 - Thursday 26th March 2020

PUBLIC

AMS and MQ Covid-19 mental wellbeing research

1000 GB adults aged 16 to 75

Q4.Which of the following experiences of COVID-19, if any, apply to you?

All Adults aged 16-75 in Great Britain

		Health or social care role			Experience of Covid-19					Experience of mental health issues		
	Total	Professional	Researcher	None of these roles	Postive test	Suspected based on symptoms	Living with someone	Caring for someone	No direct experience	Lived experience	Support or care for someone	Interest in mental health
Unweighted base	1099	93	28	973	9	107	36	22	933	432	150	203
Weighted base	1099	86	28	982	11	101	34	22	944	431	150	194
I have been tested for coronavirus (COVID-19) and received a positive diagnosis	11 1%	10 11%	5 20%	- -	11 100%	- -	4 12%	3 13%	- -	8 2%	5 3%	3 1%
I suspect I have had coronavirus (COVID-19) based on symptoms, but have not been tested	101 9%	15 18%	8 30%	78 8%	- -	101 100%	6 17%	3 15%	- -	52 12%	24 16%	26 13%
I currently live with someone with suspected or diagnosed coronavirus (COVID-19)	34 3%	13 15%	7 25%	18 2%	4 38%	6 6%	34 100%	4 16%	- -	16 4%	8 6%	14 7%
I am caring for someone with suspected or diagnosed coronavirus (COVID-19)	22 2%	11 13%	7 26%	8 1%	3 25%	3 3%	4 10%	22 100%	- -	9 2%	7 4%	7 4%

190010091303 - Thursday 26th March 2020

PUBLIC

AMS and MQ Covid-19 mental wellbeing research

1000 GB adults aged 16 to 75

Q4.Which of the following experiences of COVID-19, if any, apply to you?

All Adults aged 16-75 in Great Britain

		Health or social care role			Experience of Covid-19					Experience of mental health issues		
	Total	Professional	Researcher	None of these roles	Postive test	Suspected based on symptoms	Living with someone	Caring for someone	No direct experience	Lived experience	Support or care for someone	Interest in mental health
None of the above	944 86%	46 54%	9 31%	881 90%	- -	- -	- -	- -	944 100%	353 82%	114 76%	153 79%
Prefer not to say	3 *	- -	- -	1 *	- -	- -	- -	- -	- -	2 *	- -	1 *

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Overlap formulae used

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190010091303 - Thursday 26th March 2020

PUBLIC

AMS and MQ Covid-19 mental wellbeing research

1000 GB adults aged 16 to 75

Q5.Finally, which of the following apply to you ….?

All Adults aged 16-75 in Great Britain

		Gender		Age					Generations				Social Grade				Region					
	Total	Male	Female	16 to 24	25 to 34	35 to 44	45 to 54	55 to 75	Gen Y	Gen X	Baby Boomer	Pre-war	AB	C1	C2	DE	North	Midlands	South	London	Wales	Scotland
	(A)	(B)	(C)	(D)	(E)	(F)	(G)	(H)	(I)	(J)	(K)	(L)	(M)	(N)	(O)	(P)	(Q)	(R)	(S)	(T)	(U)	(V)
Unweighted base	1099	515	573	173	206	174	214	332	417	254	396	32	330	378	137	254	264	284	249	152	54	96
Weighted base	1099	539	549	162	202	189	204	341	406	263	380	50	293	324	235	248	264	283	252	154	52	94
I have lived experience of a mental health issue	431 39% BHK	193 36%	230 42%	87 54% AEGH	80 40% H	97 51% AEGH	79 39% H	88 26%	185 46% AK	126 48% AK	116 31%	4 9% **	114 39%	114 35%	95 40%	108 44% N	103 39%	117 41%	102 41%	55 36%	21 40% *	32 34% *
I support or care for someone with experience of a mental health issue	150 14% BHK	59 11%	88 16% AB	25 15%	32 16% H	29 15%	31 15% H	32 9%	64 16% K	41 15%	39 10%	6 12% **	40 14%	49 15%	28 12%	34 14%	46 17% R	30 11%	35 14%	19 12%	7 14% *	13 14% *
I am a member of the public with an interest in mental health	194 18% HKP	90 17%	101 18%	47 29% AEGH	40 20% H	40 21% H	30 15%	37 11%	95 23% AK	49 19% K	46 12%	4 8% **	66 23% AOP	68 21% AOP	29 12%	31 12%	48 18%	50 18%	45 18%	26 17%	8 16% *	16 17% *
None of the above	467 43% DFIJ	248 46% A	218 40%	32 20%	88 43% DF	59 31% D	84 41% D	204 60% ADEFG	134 33%	94 36%	198 52% AIJ	42 83% **	115 39%	140 43%	102 44%	109 44%	105 40%	119 42%	102 40%	81 53% AQRS	20 37% *	41 44% *
Prefer not to say	13 1%	9 2%	4 1%	1 1%	2 1%	4 2%	2 1%	4 1%	6 2%	1 *	5 1%	- - **	4 1%	2 1%	5 2%	2 1%	4 2%	2 1%	2 1%	1 *	2 3% *	2 2% *

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Overlap formulae used

ColumnProportions (5%): A/B/C,A/D/E/F/G/H,A/I/J/K/L,A/M/N/O/P,A/Q/R/S/T/U/V Minimum Base: 30(**) Small Base: 100(*)

ColumnMeans (5%): A/B/C,A/D/E/F/G/H,A/I/J/K/L,A/M/N/O/P,A/Q/R/S/T/U/V Minimum Base: 30(**) Small Base: 100(*)

190010091303 - Thursday 26th March 2020

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AMS and MQ Covid-19 mental wellbeing research

1000 GB adults aged 16 to 75

Q5.Finally, which of the following apply to you ….?

All Adults aged 16-75 in Great Britain

		Marital Status			Household Size				Education				Employment status		Pres of children HH (17 or under)		Main Earner	
	Total	Married/ Living as Married	Single	Widowed/ Divorced/ Separated	1	2	3	4+	GCSE/O Level/NVQ 12	A Level or equivalent	Degree/Masters/PhD	No formal qualifications	Working	Not working	At least one child present	No children present	Yes, main earner	No, not the main earner
	(A)	(B)	(C)	(D)	(E)	(F)	(G)	(H)	(I)	(J)	(K)	(L)	(M)	(N)	(O)	(P)	(Q)	(R)
Unweighted base	1099	619	351	129	229	392	231	247	301	277	448	73	715	384	309	788	787	312
Weighted base	1099	627	346	126	230	397	228	243	311	281	424	82	699	400	303	794	786	313
I have lived experience of a mental health issue	431 39% BL	205 33%	170 49% AB	55 44% B	103 45% F	143 36%	92 40%	93 38%	116 37% L	120 43% L	175 41% L	20 24% *	262 38%	169 42%	124 41%	306 39%	309 39%	122 39%
I support or care for someone with experience of a mental health issue	150 14% EP	95 15%	38 11%	17 13%	12 5%	51 13% E	39 17% E	48 20% AEF	35 11%	44 16%	61 14%	10 12% *	104 15%	46 11%	53 17% AP	97 12%	105 13%	45 14%
I am a member of the public with an interest in mental health	194 18% BI	94 15%	83 24% ABD	17 13%	47 20%	57 14%	45 20%	45 18%	35 11%	45 16%	105 25% AIJL	8 10% *	120 17%	74 18%	58 19%	136 17%	141 18%	53 17%
None of the above	467 43% CKO	297 47% AC	120 35%	51 40%	100 43%	189 48% AGH	88 38%	91 37%	151 49% AJK	111 39%	156 37%	49 59% AJK*	297 43%	170 42%	108 36%	358 45% AO	332 42%	135 43%
Prefer not to say	13 1%	8 1%	4 1%	1 1%	2 1%	5 1%	2 1%	4 2%	2 1%	4 1%	5 1%	1 2% *	9 1%	4 1%	5 2%	8 1%	10 1%	3 1%

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Overlap formulae used

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ColumnMeans (5%): A/B/C/D,A/E/F/G/H,A/I/J/K/L,A/M/N,A/O/P,A/Q/R Minimum Base: 30(**) Small Base: 100(*)

190010091303 - Thursday 26th March 2020

PUBLIC

AMS and MQ Covid-19 mental wellbeing research

1000 GB adults aged 16 to 75

Q5.Finally, which of the following apply to you ….?

All Adults aged 16-75 in Great Britain

		Health or social care role			Experience of Covid-19					Experience of mental health issues		
	Total	Professional	Researcher	None of these roles	Postive test	Suspected based on symptoms	Living with someone	Caring for someone	No direct experience	Lived experience	Support or care for someone	Interest in mental health
Unweighted base	1099	93	28	973	9	107	36	22	933	432	150	203
Weighted base	1099	86	28	982	11	101	34	22	944	431	150	194
I have lived experience of a mental health issue	431 39%	39 45%	10 35%	380 39%	8 68%	52 52%	16 47%	9 40%	353 37%	431 100%	65 44%	85 44%
I support or care for someone with experience of a mental health issue	150 14%	26 30%	8 29%	119 12%	5 46%	24 23%	8 24%	7 30%	114 12%	65 15%	150 100%	42 22%
I am a member of the public with an interest in mental health	194 18%	22 26%	11 38%	165 17%	3 25%	26 25%	14 41%	7 33%	153 16%	85 20%	42 28%	194 100%
None of the above	467 43%	18 21%	5 17%	442 45%	1 10%	22 22%	6 17%	5 25%	434 46%	- -	- -	- -

190010091303 - Thursday 26th March 2020

PUBLIC

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1000 GB adults aged 16 to 75

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All Adults aged 16-75 in Great Britain

		Health or social care role			Experience of Covid-19					Experience of mental health issues		
	Total	Professional	Researcher	None of these roles	Postive test	Suspected based on symptoms	Living with someone	Caring for someone	No direct experience	Lived experience	Support or care for someone	Interest in mental health
Prefer not to say	13	1	-	12	-	1	-	-	11	-	-	-
	1%	1%	-	1%	-	1%	-	-	1%	-	-	-

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ColumnMeans (5%): Minimum Base: 30(**) Small Base: 100(*)

190010091303 - Thursday 26th March 2020

PUBLIC

AMS and MQ Covid-19 mental wellbeing research

1000 GB adults aged 16 to 75

Sample Profile

All Adults aged 16-75 in Great Britain

		Gender		Age					Generations				Social Grade				Region					
	Total	Male	Female	16 to 24	25 to 34	35 to 44	45 to 54	55 to 75	Gen Y	Gen X	Baby Boomer	Pre-war	AB	C1	C2	DE	North	Midlands	South	London	Wales	Scotland
	(A)	(B)	(C)	(D)	(E)	(F)	(G)	(H)	(I)	(J)	(K)	(L)	(M)	(N)	(O)	(P)	(Q)	(R)	(S)	(T)	(U)	(V)
Gender	1099	539	549	162	202	189	204	341	406	263	380	50	293	324	235	248	264	283	252	154	52	94
Male	539 49%	539 100% C	- -	82 51%	101 50%	92 49%	99 49%	165 48%	202 50%	120 46%	184 48%	32 64% **	148 51%	148 46%	128 55%	114 46%	137 52%	138 49%	115 46%	69 45%	30 57% *	51 54% *
Female	549 50%	- -	549 100% B	79 49%	99 49%	93 49%	102 50%	176 52%	200 49%	136 52%	196 52%	18 36% **	141 48%	171 53%	106 45%	131 53%	123 47%	145 51%	132 52%	83 54%	23 43% *	43 46% *
Age	1099	539	549	162	202	189	204	341	406	263	380	50	293	324	235	248	264	283	252	154	52	94
16 to 24	162 15%	82 15%	79 14%	162 100% EFGH	- -	- -	- -	- -	162 40% JK	- -	- -	- - **	53 18% N	32 10%	37 16%	40 16% N	35 13%	40 14%	35 14%	31 20% U	3 6% *	18 19% U*
25 to 34	202 18%	101 19%	99 18%	- -	202 100% DFGH	- -	- -	- -	202 50% JK	- -	- -	- - **	77 26% NP	49 15%	42 18%	34 14%	56 21% S	52 18%	33 13%	34 22% S	13 24% *	16 17% *
35 to 44	189 17%	92 17%	93 17%	- -	- -	189 100% DEGH	- -	- -	42 10% K	148 56% IK	- -	- - **	43 15%	64 20%	29 12%	53 22% MO	47 18%	47 17%	55 22% V	21 14%	10 18% *	10 10% *
45 to 54	204 19%	99 18%	102 19%	- -	- -	- -	204 100% DEFH	- -	- -	115 44% IK	88 23% I	- - **	47 16%	64 20%	49 21%	44 18%	54 20% T	55 19%	47 19%	18 12%	12 22% *	18 19% *
55 to 75	341 31%	165 31%	176 32%	- -	- -	- -	- -	341 100% DEFG	- -	- -	291 77% IJ	50 100% **	73 25%	114 35% M	78 33%	77 31%	71 27%	90 32%	82 33%	50 33%	16 30% *	33 35% *
Generations	1099	539	549	162	202	189	204	341	406	263	380	50	293	324	235	248	264	283	252	154	52	94
Gen Y	406 37%	202 38%	200 36%	162 100% FGH	202 100% FGH	42 22% GH	- -	- -	406 100% JK	- -	- -	- - **	142 49% NOP	96 30%	86 37%	82 33%	101 38%	101 35%	82 33%	70 45% S	18 35% *	35 37% *
Gen X	263 24%	120 22%	136 25%	- -	- -	148 78% DEGH	115 57% DEH	- -	- -	263 100% IK	- -	- - **	57 20%	88 27% M	54 23%	64 26%	67 25% T	71 25% T	69 27% T	24 16%	13 24% *	19 20% *
Baby Boomer	380	184	196	-	-	-	88	291	-	-	380	-	83	122	85	89	86	98	88	54	21	33

190010091303 - Thursday 26th March 2020

PUBLIC

AMS and MQ Covid-19 mental wellbeing research

1000 GB adults aged 16 to 75

Sample Profile

All Adults aged 16-75 in Great Britain

		Gender		Age					Generations				Social Grade				Region					
	Total	Male	Female	16 to 24	25 to 34	35 to 44	45 to 54	55 to 75	Gen Y	Gen X	Baby Boomer	Pre-war	AB	C1	C2	DE	North	Midlands	South	London	Wales	Scotland
	(A)	(B)	(C)	(D)	(E)	(F)	(G)	(H)	(I)	(J)	(K)	(L)	(M)	(N)	(O)	(P)	(Q)	(R)	(S)	(T)	(U)	(V)
	35%	34%	36%	-	-	-	43% DEF	85% DEFG	-	-	100% IJ	- **	28%	38% M	36%	36%	33%	35%	35%	35%	39% *	36% *
Pre-war	50 5%	32 6% C	18 3%	- -	- -	- -	- -	50 15% DEFG	- -	- -	- -	50 100% **	10 3%	17 5%	10 4%	13 5%	10 4%	13 5%	13 5%	6 4%	1 2% *	7 7% *
Social grade	1099	539	549	162	202	189	204	341	406	263	380	50	293	324	235	248	264	283	252	154	52	94
AB	293 27%	148 27%	141 26%	53 33% FGH	77 38% FGH	43 23%	47 23%	73 21%	142 35% JK	57 22%	83 22%	10 20% **	293 100% NOP	- -	- -	- -	65 25%	69 24%	67 27%	60 39% QRSUV	12 23% *	20 21% *
C1	324 29%	148 28%	171 31%	32 20%	49 24%	64 34% D	64 31% D	114 33% DE	96 24%	88 33% I	122 32% I	17 35% **	- -	324 100% MOP	- -	- -	85 32%	78 27%	78 31%	40 26%	14 27% *	28 30% *
C2	235 21%	128 24%	106 19%	37 23%	42 21%	29 15%	49 24% F	78 23%	86 21%	54 20%	85 22%	10 21% **	- -	- -	235 100% MNP	- -	61 23% T	67 24% T	49 20%	20 13%	15 28% T*	22 24% *
DE	248 23%	114 21%	131 24%	40 24%	34 17%	53 28% E	44 22%	77 22%	82 20%	64 24%	89 23%	13 25% **	- -	- -	- -	248 100% MNO	53 20%	70 25%	57 23%	32 21%	11 21% *	24 25% *
Region	1099	539	549	162	202	189	204	341	406	263	380	50	293	324	235	248	264	283	252	154	52	94
North	264 24%	137 25%	123 22%	35 22%	56 28%	47 25%	54 26%	71 21%	101 25%	67 26%	86 23%	10 20% **	65 22%	85 26%	61 26%	53 21%	264 100% RSTUV	- -	- -	- -	- - *	- - *
Midlands	283 26%	138 26%	145 26%	40 25%	52 26%	47 25%	55 27%	90 26%	101 25%	71 27%	98 26%	13 27% **	69 23%	78 24%	67 28%	70 28%	- -	283 100% QSTUV	- -	- -	- - *	- - *
South	252 23%	115 21%	132 24%	35 22%	33 16%	55 29% E	47 23%	82 24%	82 20%	69 26%	88 23%	13 26% **	67 23%	78 24%	49 21%	57 23%	- -	- -	252 100% QRTUV	- -	- - *	- - *
London	154 14%	69 13%	83 15%	31 19% FG	34 17% G	21 11%	18 9%	50 15%	70 17% J	24 9%	54 14%	6 12% **	60 21% NOP	40 12%	20 9%	32 13%	- -	- -	- -	154 100% QRSUV	- - *	- - *
Wales	52	30	23	3	13	10	12	16	18	13	21	1	12	14	15	11	-	-	-	-	52	-

190010091303 - Thursday 26th March 2020

PUBLIC

AMS and MQ Covid-19 mental wellbeing research

1000 GB adults aged 16 to 75

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All Adults aged 16-75 in Great Britain

		Gender		Age					Generations				Social Grade				Region					
	Total	Male	Female	16 to 24	25 to 34	35 to 44	45 to 54	55 to 75	Gen Y	Gen X	Baby Boomer	Pre-war	AB	C1	C2	DE	North	Midlands	South	London	Wales	Scotland
	(A)	(B)	(C)	(D)	(E)	(F)	(G)	(H)	(I)	(J)	(K)	(L)	(M)	(N)	(O)	(P)	(Q)	(R)	(S)	(T)	(U)	(V)
	5%	6%	4%	2%	6% D	5%	6%	5%	4%	5%	5%	2% **	4%	4%	6%	5%	-	-	-	-	100% QRSTV*	- *
Scotland	94 9%	51 9%	43 8%	18 11% F	16 8%	10 5%	18 9%	33 10%	35 9%	19 7%	33 9%	7 13% **	20 7%	28 9%	22 10%	24 10%	- -	- -	- -	- -	- - *	94 100% QRSTU*
Marital Status	1099	539	549	162	202	189	204	341	406	263	380	50	293	324	235	248	264	283	252	154	52	94
Married/ Living as Married	627 57%	292 54%	329 60%	43 26%	127 63% D	112 59% D	137 67% D	208 61% D	198 49%	165 63% I	231 61% I	33 66% **	180 62% NP	175 54%	153 65% NP	120 48%	179 68% RST	152 54%	135 54%	78 51%	30 58% *	53 56% *
Single	346 32%	204 38% C	140 25%	119 73% EFGH	72 35% GH	60 31% GH	45 22% H	51 15%	203 50% JK	73 28% K	63 17%	7 15% **	89 30%	98 30%	62 27%	97 39% MNO	61 23%	94 33% Q	80 32% Q	61 40% Q	20 39% Q*	30 32% *
Widowed/Divorced/Separated	126 11%	44 8%	81 15% B	1 *	3 2%	18 9% DE	21 11% DE	82 24% DEFG	5 1%	25 9% I	86 23% IJ	10 19% **	24 8%	51 16% MO	20 8%	31 13%	23 9%	38 13%	36 14% U	15 10%	2 4% *	12 12% *
Household Size	1099	539	549	162	202	189	204	341	406	263	380	50	293	324	235	248	264	283	252	154	52	94
1	230 21%	129 24% C	100 18%	22 13%	20 10%	40 21% E	42 21% E	106 31% DEFG	47 11%	53 20% I	113 30% IJ	17 34% **	51 17%	84 26% MO	37 16%	58 23%	36 14%	67 24% Q	60 24% Q	34 22% Q	13 25% *	20 21% *
2	397 36%	193 36%	198 36%	35 22%	67 33% D	55 29%	60 30%	180 53% DEFG	111 27%	83 31%	174 46% IJ	30 60% **	104 36%	122 38%	82 35%	88 36%	109 41%	95 34%	85 34%	53 35%	14 27% *	41 44% *
3	228 21%	109 20%	117 21%	47 29% H	57 28% H	44 23% H	45 22% H	35 10%	116 29% JK	56 21% K	53 14%	3 6% **	66 23%	55 17%	53 22%	54 22%	64 24%	52 19%	50 20%	29 19%	16 31% *	16 17% *
4+	243 22%	108 20%	133 24%	58 36% H	58 29% H	51 27% H	55 27% H	20 6%	133 33% K	71 27% K	40 10%	- - **	71 24%	63 19%	63 27%	47 19%	54 21%	69 24%	56 22%	37 24%	10 18% *	17 18% *
Education	1099	539	549	162	202	189	204	341	406	263	380	50	293	324	235	248	264	283	252	154	52	94
GCSE/O Level/NVQ12	311 28%	166 31%	143 26%	48 30%	43 21%	46 24%	69 34%	105 31%	100 25%	78 29%	110 29%	23 46%	52 18%	77 24%	76 32%	106 43%	79 30%	96 34%	68 27%	33 22%	9 16%	26 28%

190010091303 - Thursday 26th March 2020

PUBLIC

AMS and MQ Covid-19 mental wellbeing research

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All Adults aged 16-75 in Great Britain

		Gender		Age					Generations				Social Grade				Region					
	Total	Male	Female	16 to 24	25 to 34	35 to 44	45 to 54	55 to 75	Gen Y	Gen X	Baby Boomer	Pre-war	AB	C1	C2	DE	North	Midlands	South	London	Wales	Scotland
	(A)	(B)	(C)	(D)	(E)	(F)	(G)	(H)	(I)	(J)	(K)	(L)	(M)	(N)	(O)	(P)	(Q)	(R)	(S)	(T)	(U)	(V)
							EF	E				**			M	MNO		TU			*	*
A Level or equivalent	281 26%	132 24%	148 27%	52 32%	46 23%	44 23%	57 28%	83 24%	104 26%	71 27%	102 27%	4 9% **	69 24%	77 24%	75 32%	61 24%	62 24%	70 25% V	80 32% V	38 25% V	19 37% V*	13 13% *
Degree/Masters/PhD	424 39%	206 38%	211 38%	50 31%	109 54% DGH	87 46% DGH	69 34%	109 32%	184 45% K	98 37%	128 34%	14 29% **	162 55% OP	155 48% OP	61 26%	47 19%	105 40%	96 34%	89 35%	73 47% RS	21 39% *	41 44% *
No formal qualifications	82 8%	35 6%	48 9%	13 8% E	5 2%	13 7% E	8 4%	44 13% EG	18 4%	16 6%	40 10% I	8 17% **	9 3%	15 5%	24 10% MN	35 14% MN	18 7%	21 7%	16 6%	10 6%	4 7% *	14 15% QRST*
Employment status	1099	539	549	162	202	189	204	341	406	263	380	50	293	324	235	248	264	283	252	154	52	94
Working	699 64%	374 69% C	317 58%	92 56%	156 77% DH	139 74% DH	145 71% DH	167 49%	278 68% K	190 72% K	216 57%	15 30% **	197 67% P	221 68% P	153 65% P	128 52%	166 63%	197 70% V	155 62%	97 63%	34 66% *	49 53% *
Not working	400 36%	165 31%	232 42% B	71 44% EFG	46 23%	50 26%	59 29%	175 51% EFG	128 32%	73 28%	163 43% IJ	35 70% **	95 33%	102 32%	82 35%	120 48% MNO	99 37%	86 30%	97 38%	57 37%	18 34% *	45 47% R*
Pres of children HH (17 or under)	1099	539	549	162	202	189	204	341	406	263	380	50	293	324	235	248	264	283	252	154	52	94
At least one child present	303 28%	130 24%	171 31% B	40 25% H	91 45% DH	82 43% DH	74 36% DH	17 5%	154 38% K	111 42% K	39 10%	- - **	95 32% NP	79 24%	70 30%	61 24%	83 31% V	82 29%	75 30% V	36 23%	10 18% *	17 18% *
No children present	794 72%	409 76% C	377 69%	121 74% EFG	111 55%	108 57%	130 64%	324 95% DEFG	250 62%	152 58%	341 90% IJ	50 100% **	197 67%	245 76% M	165 70%	186 75% M	180 68%	201 71%	175 70%	118 77%	43 82% *	77 82% QS*
Main earner	1099	539	549	162	202	189	204	341	406	263	380	50	293	324	235	248	264	283	252	154	52	94
Yes, main earner	786 72%	461 85% C	319 58%	91 56%	151 75% D	142 75% D	142 70% D	260 76% D	274 67%	188 71%	282 74% I	42 83% **	208 71% O	255 79% MO	142 61%	180 73% O	185 70%	208 73%	182 72%	107 70%	40 76% *	64 68% *
No, not the main earner	313 28%	78 15%	230 42% B	71 44% EFGH	51 25%	48 25%	61 30%	82 24%	132 33% K	75 29%	97 26%	8 17% **	84 29% N	69 21%	92 39% MNP	67 27%	79 30%	76 27%	69 28%	46 30%	13 24% *	30 32% *

190010091303 - Thursday 26th March 2020

PUBLIC

AMS and MQ Covid-19 mental wellbeing research

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		Gender		Age					Generations				Social Grade				Region					
	Total	Male	Female	16 to 24	25 to 34	35 to 44	45 to 54	55 to 75	Gen Y	Gen X	Baby Boomer	Pre-war	AB	C1	C2	DE	North	Midlands	South	London	Wales	Scotland
	(A)	(B)	(C)	(D)	(E)	(F)	(G)	(H)	(I)	(J)	(K)	(L)	(M)	(N)	(O)	(P)	(Q)	(R)	(S)	(T)	(U)	(V)
Health or social care role	1099	539	549	162	202	189	204	341	406	263	380	50	293	324	235	248	264	283	252	154	52	94
Professional	86 8%	39 7%	47 8%	20 12% GH	26 13% GH	13 7%	13 6%	14 4%	50 12% JK	18 7%	16 4%	2 3% **	35 12% OP	27 8%	11 5%	13 5%	21 8%	23 8%	18 7%	13 8%	2 3% *	9 10% *
Researcher	28 3%	17 3%	10 2%	12 7% FGH	11 5% GH	5 3% GH	- -	- -	26 6% JK	2 1%	- -	- **	14 5% N	3 1%	4 2%	7 3%	11 4%	7 2%	3 1%	4 2%	1 2% *	3 3% *
None of these roles	982 89%	483 90%	489 89%	126 77%	170 84%	170 90% D	190 93% DE	327 96% DEF	330 81%	240 91% I	363 96% IJ	49 97% **	246 84%	292 90% M	220 94% M	224 90% M	234 89%	251 88%	228 91%	136 89%	51 97% *	82 88% *
Experience of Covid-19	1099	539	549	162	202	189	204	341	406	263	380	50	293	324	235	248	264	283	252	154	52	94
Postive test	11 1%	9 2% C	2 *	2 1%	7 4% GH	2 1%	- -	- -	10 2% K	1 *	- -	- **	5 2% N	- -	3 1%	3 1% N	6 2%	3 1%	1 *	- -	- *	1 1% *
Suspected based on symptoms	101 9%	50 9%	48 9%	30 19% EFGH	17 9%	18 10%	17 9%	17 5%	52 13% K	22 8%	25 7%	1 3% **	26 9%	33 10%	12 5%	30 12% O	19 7%	19 7%	30 12%	16 11%	6 12% *	10 10% *
Living with someone	34 3%	17 3%	17 3%	13 8% FGH	12 6% FH	2 1%	5 2%	2 1%	25 6% JK	6 2%	3 1%	- **	14 5%	9 3%	5 2%	6 3%	14 5% RS	5 2%	4 2%	5 3%	1 2% *	4 5% *
Caring for someone	22 2%	10 2%	12 2%	12 8% FGH	7 3% FH	- -	2 1%	- -	19 5% JK	1 *	2 *	- **	5 2%	4 1%	9 4%	4 2%	11 4% R	2 1%	4 2%	2 2%	1 2% *	1 1% *
No direct experience	944 86%	463 86%	473 86%	108 67%	168 83% D	167 88% D	179 88% D	323 95% DEFG	311 77%	233 89% I	351 92% I	49 97% **	243 83%	282 87%	212 90% M	207 84%	219 83%	254 89% Q	215 85%	132 86%	46 88% *	79 84% *
Experience of mental health issues	1099	539	549	162	202	189	204	341	406	263	380	50	293	324	235	248	264	283	252	154	52	94
Lived experience	431 39%	193 36%	230 42%	87 54% EGH	80 40% H	97 51% EGH	79 39% H	88 26%	185 46% K	126 48% K	116 31%	4 9% **	114 39%	114 35%	95 40%	108 44% N	103 39%	117 41%	102 41%	55 36%	21 40% *	32 34% *
Support or care for someone	150	59	88	25	32	29	31	32	64	41	39	6	40	49	28	34	46	30	35	19	7	13

190010091303 - Thursday 26th March 2020

PUBLIC

AMS and MQ Covid-19 mental wellbeing research

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		Gender		Age					Generations				Social Grade				Region					
	Total	Male	Female	16 to 24	25 to 34	35 to 44	45 to 54	55 to 75	Gen Y	Gen X	Baby Boomer	Pre-war	AB	C1	C2	DE	North	Midlands	South	London	Wales	Scotland
	(A)	(B)	(C)	(D)	(E)	(F)	(G)	(H)	(I)	(J)	(K)	(L)	(M)	(N)	(O)	(P)	(Q)	(R)	(S)	(T)	(U)	(V)
	14%	11%	16% B	15%	16% H	15%	15% H	9%	16% K	15%	10%	12% **	14%	15%	12%	14%	17% R	11%	14%	12%	14% *	14% *
Interest in mental health	194 18%	90 17%	101 18%	47 29% EGH	40 20% H	40 21% H	30 15%	37 11%	95 23% K	49 19% K	46 12%	4 8% **	66 23% OP	68 21% OP	29 12%	31 12%	48 18%	50 18%	45 18%	26 17%	8 16% *	16 17% *

This work was carried out in accordance with the requirements of the international quality standard for market research, ISO 20252 and with the Ipsos MORI Terms and Conditions.

Overlap formulae used

ColumnProportions (5%): A,B/C,D/E/F/G/H,I/J/K/L,M/N/O/P,Q/R/S/T/U/V Minimum Base: 30(**) Small Base: 100(*)

ColumnMeans (5%): A,B/C,D/E/F/G/H,I/J/K/L,M/N/O/P,Q/R/S/T/U/V Minimum Base: 30(**) Small Base: 100(*)

190010091303 - Thursday 26th March 2020

PUBLIC

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All Adults aged 16-75 in Great Britain

		Marital Status			Household Size				Education				Employment status		Pres of children HH (17 or under)		Main Earner	
	Total	Married/ Living as Married	Single	Widowed/ Divorced/ Separated	1	2	3	4+	GCSE/O Level/NVQ 12	A Level or equivalent	Degree/Masters/PhD	No formal qualifications	Working	Not working	At least one child present	No children present	Yes, main earner	No, not the main earner
	(A)	(B)	(C)	(D)	(E)	(F)	(G)	(H)	(I)	(J)	(K)	(L)	(M)	(N)	(O)	(P)	(Q)	(R)
Gender	1099	627	346	126	230	397	228	243	311	281	424	82	699	400	303	794	786	313
Male	539 49%	292 46% D	204 59% BD	44 35%	129 56% H	193 49%	109 48%	108 44%	166 53%	132 47%	206 49%	35 42% *	374 54% N	165 41%	130 43%	409 51% O	461 59% R	78 25%
Female	549 50%	329 52% C	140 40%	81 64% BC	100 43%	198 50%	117 51%	133 55% E	143 46%	148 53%	211 50%	48 58% *	317 45%	232 58% M	171 56% P	377 47%	319 41%	230 73% Q
Age	1099	627	346	126	230	397	228	243	311	281	424	82	699	400	303	794	786	313
16 to 24	162 15%	43 7% D	119 34% BD	1 1%	22 9%	35 9%	47 21% EF	58 24% EF	48 15%	52 18% K	50 12%	13 15% *	92 13%	71 18%	40 13%	121 15%	91 12%	71 23% Q
25 to 34	202 18%	127 20% D	72 21% D	3 3%	20 9%	67 17% E	57 25% EF	58 24% EF	43 14%	46 16% L	109 26% IJL	5 6% *	156 22% N	46 12%	91 30% P	111 14%	151 19%	51 16%
35 to 44	189 17%	112 18%	60 17%	18 14%	40 18%	55 14%	44 19%	51 21% F	46 15%	44 16%	87 20%	13 16% *	139 20% N	50 12%	82 27% P	108 14%	142 18%	48 15%
45 to 54	204 19%	137 22% C	45 13%	21 17%	42 18%	60 15%	45 20%	55 23% F	69 22% L	57 20%	69 16%	8 10% *	145 21% N	59 15%	74 24% P	130 16%	142 18%	61 20%
55 to 75	341 31%	208 33% C	51 15%	82 66% BC	106 46% GH	180 45% GH	35 16% H	20 8%	105 34% K	83 29%	109 26%	44 53% IJK*	167 24%	175 44% M	17 6%	324 41% O	260 33% R	82 26%

190010091303 - Thursday 26th March 2020

PUBLIC

AMS and MQ Covid-19 mental wellbeing research

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	(A)	(B)	(C)	(D)	(E)	(F)	(G)	(H)	(I)	(J)	(K)	(L)	(M)	(N)	(O)	(P)	(Q)	(R)
Generations	1099	627	346	126	230	397	228	243	311	281	424	82	699	400	303	794	786	313
Gen Y	406 37%	198 32% D	203 59% BD	5 4%	47 20%	111 28% E	116 51% EF	133 55% EF	100 32%	104 37% L	184 43% IL	18 22% *	278 40% N	128 32%	154 51% P	250 32%	274 35%	132 42% Q
Gen X	263 24%	165 26%	73 21%	25 20%	53 23%	83 21%	56 25%	71 29% F	78 25%	71 25%	98 23%	16 20% *	190 27% N	73 18%	111 36% P	152 19%	188 24%	75 24%
Baby Boomer	380 35%	231 37% C	63 18%	86 69% BC	113 49% GH	174 44% GH	53 23%	40 16%	110 35%	102 36%	128 30%	40 48% K*	216 31%	163 41% M	39 13%	341 43% O	282 36%	97 31%
Pre-war	50 5%	33 5% C	7 2%	10 8% C	17 7% GH	30 8% GH	3 1%	- -	23 7% JK	4 2%	14 3%	8 10% JK*	15 2%	35 9% M	- -	50 6% O	42 5%	8 3%
Social grade	1099	627	346	126	230	397	228	243	311	281	424	82	699	400	303	794	786	313
AB	293 27%	180 29% D	89 26%	24 19%	51 22%	104 26%	66 29%	71 29%	52 17%	69 25% IL	162 38% IJL	9 11% *	197 28%	95 24%	95 31% P	197 25%	208 26%	84 27%
C1	324 29%	175 28%	98 28%	51 40% BC	84 36% GH	122 31%	55 24%	63 26%	77 25%	77 27%	155 37% IJL	15 18% *	221 32%	102 26%	79 26%	245 31%	255 32% R	69 22%
C2	235 21%	153 24% C	62 18%	20 16%	37 16%	82 21%	53 23%	63 26% E	76 24% K	75 27% K	61 14%	24 29% K*	153 22%	82 21%	70 23%	165 21%	142 18%	92 30% Q

190010091303 - Thursday 26th March 2020

PUBLIC

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		Marital Status			Household Size				Education				Employment status		Pres of children HH (17 or under)		Main Earner	
	Total	Married/ Living as Married	Single	Widowed/ Divorced/ Separated	1	2	3	4+	GCSE/O Level/NVQ 12	A Level or equivalent	Degree/Masters/PhD	No formal qualifications	Working	Not working	At least one child present	No children present	Yes, main earner	No, not the main earner
	(A)	(B)	(C)	(D)	(E)	(F)	(G)	(H)	(I)	(J)	(K)	(L)	(M)	(N)	(O)	(P)	(Q)	(R)
DE	248 23%	120 19%	97 28% B	31 25%	58 25%	88 22%	54 24%	47 19%	106 34% JK	61 22% K	47 11%	35 42% JK*	128 18%	120 30% M	61 20%	186 23%	180 23%	67 22%
Region	1099	627	346	126	230	397	228	243	311	281	424	82	699	400	303	794	786	313
North	264 24%	179 29% CD	61 18%	23 19%	36 16%	109 27% E	64 28% E	54 22%	79 25%	62 22%	105 25%	18 22% *	166 24%	99 25%	83 27%	180 23%	185 24%	79 25%
Midlands	283 26%	152 24%	94 27%	38 30%	67 29%	95 24%	52 23%	69 28%	96 31% K	70 25%	96 23%	21 26% *	197 28% N	86 21%	82 27%	201 25%	208 26%	76 24%
South	252 23%	135 22%	80 23%	36 29%	60 26%	85 21%	50 22%	56 23%	68 22%	80 28% K	89 21%	16 19% *	155 22%	97 24%	75 25%	175 22%	182 23%	69 22%
London	154 14%	78 12%	61 18% B	15 12%	34 15%	53 13%	29 13%	37 15%	33 11%	38 13%	73 17% I	10 12% *	97 14%	57 14%	36 12%	118 15%	107 14%	46 15%
Wales	52 5%	30 5%	20 6%	2 2%	13 6%	14 4%	16 7%	10 4%	9 3%	19 7% I	21 5%	4 5% *	34 5%	18 4%	10 3%	43 5%	40 5%	13 4%
Scotland	94 9%	53 8%	30 9%	12 9%	20 9%	41 10%	16 7%	17 7%	26 9%	13 4%	41 10% J	14 17% J*	49 7%	45 11% M	17 6%	77 10% O	64 8%	30 10%
Marital Status	1099	627	346	126	230	397	228	243	311	281	424	82	699	400	303	794	786	313

190010091303 - Thursday 26th March 2020

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AMS and MQ Covid-19 mental wellbeing research

1000 GB adults aged 16 to 75

Sample Profile

All Adults aged 16-75 in Great Britain

		Marital Status			Household Size				Education				Employment status		Pres of children HH (17 or under)		Main Earner	
	Total	Married/ Living as Married	Single	Widowed/ Divorced/ Separated	1	2	3	4+	GCSE/O Level/NVQ 12	A Level or equivalent	Degree/Masters/PhD	No formal qualifications	Working	Not working	At least one child present	No children present	Yes, main earner	No, not the main earner
	(A)	(B)	(C)	(D)	(E)	(F)	(G)	(H)	(I)	(J)	(K)	(L)	(M)	(N)	(O)	(P)	(Q)	(R)
Married/ Living as Married	627 57%	627 100% CD	- -	- -	5 2%	299 75% EG	139 61% E	184 76% EG	171 55%	145 52%	255 60% J	55 67% J*	412 59%	215 54%	241 79% P	386 49%	416 53%	211 68% Q
Single	346 32%	- -	346 100% BD	- -	144 63% FGH	70 18%	75 33% FH	57 23%	99 32%	105 37% KL	124 29%	18 22% *	206 30%	140 35%	48 16%	297 37% O	250 32%	96 31%
Widowed/Divorced/Separated	126 11%	- -	- -	126 100% BC	81 35% FGH	27 7% H	14 6% H	3 1%	41 13%	31 11%	45 11%	9 11% *	80 11%	46 11%	15 5%	111 14% O	120 15% R	5 2%
Household Size	1099	627	346	126	230	397	228	243	311	281	424	82	699	400	303	794	786	313
1	230 21%	5 1%	144 42% B	81 65% BC	230 100% FGH	- -	- -	- -	76 24%	59 21%	82 19%	13 16% *	140 20%	90 23%	- -	230 29% O	230 29% R	- -
2	397 36%	299 48% CD	70 20%	27 22%	- -	397 100% EGH	- -	- -	98 31%	89 32%	164 39%	46 56% IJK*	238 34%	159 40%	25 8%	372 47% O	276 35%	121 39%
3	228 21%	139 22% D	75 22% D	14 11%	- -	- -	228 100% EFH	- -	58 19%	60 21%	101 24% L	9 11% *	155 22%	73 18%	98 32% P	131 16%	138 18%	90 29% Q
4+	243 22%	184 29% CD	57 16% D	3 2%	- -	- -	- -	243 100% EFG	80 26% K	73 26% K	77 18%	14 17% *	166 24%	78 19%	181 60% P	61 8%	141 18%	102 33% Q
Education	1099	627	346	126	230	397	228	243	311	281	424	82	699	400	303	794	786	313

190010091303 - Thursday 26th March 2020

PUBLIC

AMS and MQ Covid-19 mental wellbeing research

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		Marital Status			Household Size				Education				Employment status		Pres of children HH (17 or under)		Main Earner	
	Total	Married/ Living as Married	Single	Widowed/ Divorced/ Separated	1	2	3	4+	GCSE/O Level/NVQ 12	A Level or equivalent	Degree/Masters/PhD	No formal qualifications	Working	Not working	At least one child present	No children present	Yes, main earner	No, not the main earner
	(A)	(B)	(C)	(D)	(E)	(F)	(G)	(H)	(I)	(J)	(K)	(L)	(M)	(N)	(O)	(P)	(Q)	(R)
GCSE/O Level/NVQ12	311 28%	171 27%	99 29%	41 33%	76 33% F	98 25%	58 25%	80 33% F	311 100% JKL	- -	- -	- - *	183 26%	128 32%	94 31%	215 27%	229 29%	82 26%
A Level or equivalent	281 26%	145 23%	105 30% B	31 25%	59 26%	89 22%	60 26%	73 30% F	- -	281 100% IKL	- -	- - *	189 27%	93 23%	78 26%	203 26%	187 24%	95 30% Q
Degree/Masters/PhD	424 39%	255 41%	124 36%	45 35%	82 36%	164 41% H	101 44% H	77 31%	- -	- -	424 100% IJL	- - *	296 42% N	128 32%	115 38%	309 39%	313 40%	111 35%
No formal qualifications	82 8%	55 9%	18 5%	9 7%	13 6%	46 12% EGH	9 4%	14 6%	- -	- -	- -	82 100% IJK*	31 4%	51 13% M	15 5%	67 8%	57 7%	25 8%
Employment status	1099	627	346	126	230	397	228	243	311	281	424	82	699	400	303	794	786	313
Working	699 64%	412 66%	206 60%	80 64%	140 61%	238 60%	155 68%	166 68%	183 59% L	189 67% L	296 70% IL	31 38% *	699 100% N	- -	230 76% P	469 59%	563 72% R	136 44%
Not working	400 36%	215 34%	140 40%	46 36%	90 39%	159 40%	73 32%	78 32%	128 41% K	93 33%	128 30%	51 62% IJK*	- -	400 100% M	73 24%	325 41% O	223 28%	177 56% Q
Pres of children HH (17 or under)	1099	627	346	126	230	397	228	243	311	281	424	82	699	400	303	794	786	313
At least one child present	303 28%	241 38% CD	48 14%	15 12%	- -	25 6% E	98 43% EF	181 74% EFG	94 30%	78 28%	115 27%	15 19% *	230 33% N	73 18%	303 100% P	- -	210 27%	94 30%

190010091303 - Thursday 26th March 2020

PUBLIC

AMS and MQ Covid-19 mental wellbeing research

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Sample Profile

All Adults aged 16-75 in Great Britain

		Marital Status			Household Size				Education				Employment status		Pres of children HH (17 or under)		Main Earner	
	Total	Married/ Living as Married	Single	Widowed/ Divorced/ Separated	1	2	3	4+	GCSE/O Level/NVQ 12	A Level or equivalent	Degree/Masters/PhD	No formal qualifications	Working	Not working	At least one child present	No children present	Yes, main earner	No, not the main earner
	(A)	(B)	(C)	(D)	(E)	(F)	(G)	(H)	(I)	(J)	(K)	(L)	(M)	(N)	(O)	(P)	(Q)	(R)
No children present	794 72%	386 61%	297 86% B	111 88% B	230 100% FGH	372 94% GH	131 57% H	61 25%	215 69%	203 72%	309 73%	67 81% *	469 67%	325 81% M	- -	794 100% O	576 73%	218 70%
Main earner	1099	627	346	126	230	397	228	243	311	281	424	82	699	400	303	794	786	313
Yes, main earner	786 72%	416 66%	250 72%	120 96% BC	230 100% FGH	276 70% GH	138 60%	141 58%	229 74%	187 66%	313 74% J	57 69% *	563 81% N	223 56%	210 69%	576 73%	786 100% R	- -
No, not the main earner	313 28%	211 34% D	96 28% D	5 4%	- -	121 30% E	90 40% EF	102 42% EF	82 26%	95 34% K	111 26%	25 31% *	136 19%	177 44% M	94 31%	218 27%	- -	313 100% Q
Health or social care role	1099	627	346	126	230	397	228	243	311	281	424	82	699	400	303	794	786	313
Professional	86 8%	52 8%	24 7%	9 8%	13 5%	30 8%	18 8%	25 10%	12 4%	19 7%	48 11% I	7 8% *	78 11% N	8 2%	39 13% P	47 6%	74 9% R	11 4%
Researcher	28 3%	18 3%	10 3%	- -	6 3%	7 2%	6 3%	9 4%	2 1%	4 2%	18 4% I	3 4% I*	18 3%	9 2%	12 4%	16 2%	26 3% R	2 *
None of these roles	982 89%	556 89%	310 89%	116 92%	213 92% H	355 89%	206 90%	208 85%	290 93% K	259 92% K	361 85%	72 88% *	601 86%	380 95% M	252 83%	728 92% O	687 87%	295 94% Q
Experience of Covid-19	1099	627	346	126	230	397	228	243	311	281	424	82	699	400	303	794	786	313
Postive test	11	10	2	-	2	5	-	4	3	2	7	-	11	-	3	8	11	-

190010091303 - Thursday 26th March 2020

PUBLIC

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All Adults aged 16-75 in Great Britain

		Marital Status			Household Size				Education				Employment status		Pres of children HH (17 or under)		Main Earner	
	Total	Married/ Living as Married	Single	Widowed/ Divorced/ Separated	1	2	3	4+	GCSE/O Level/NVQ 12	A Level or equivalent	Degree/Masters/PhD	No formal qualifications	Working	Not working	At least one child present	No children present	Yes, main earner	No, not the main earner
	(A)	(B)	(C)	(D)	(E)	(F)	(G)	(H)	(I)	(J)	(K)	(L)	(M)	(N)	(O)	(P)	(Q)	(R)
	1%	2%	*	-	1%	1%	-	2%	1%	1%	2%	- *	2% N	-	1%	1%	1%	-
Suspected based on symptoms	101 9%	55 9%	33 9%	13 10%	16 7%	37 9%	22 9%	26 10%	26 8%	18 7%	46 11%	10 12% *	60 9%	40 10%	36 12%	64 8%	81 10%	20 6%
Living with someone	34 3%	22 3%	12 3%	1 1%	3 1%	6 1%	8 4%	17 7% EF	7 2%	13 5%	12 3%	1 2% *	25 4%	9 2%	18 6% P	16 2%	26 3%	8 2%
Caring for someone	22 2%	13 2%	7 2%	2 2%	1 1%	5 1%	6 2%	10 4% EF	4 1%	4 1%	11 3%	3 4% *	16 2%	5 1%	8 3%	13 2%	20 2%	2 1%
No direct experience	944 86%	539 86%	296 85%	109 87%	208 90% H	349 88% H	195 85%	192 79%	272 88%	246 88%	356 84%	70 84% *	596 85%	348 87%	243 80%	701 88% O	664 84%	281 90% Q
Experience of mental health issues	1099	627	346	126	230	397	228	243	311	281	424	82	699	400	303	794	786	313
Lived experience	431 39%	205 33%	170 49% B	55 44% B	103 45% F	143 36%	92 40%	93 38%	116 37% L	120 43% L	175 41% L	20 24% *	262 38%	169 42%	124 41%	306 39%	309 39%	122 39%
Support or care for someone	150 14%	95 15%	38 11%	17 13%	12 5%	51 13% E	39 17% E	48 20% EF	35 11%	44 16%	61 14%	10 12% *	104 15%	46 11%	53 17% P	97 12%	105 13%	45 14%
Interest in mental health	194 18%	94 15%	83 24% BD	17 13%	47 20%	57 14%	45 20%	45 18%	35 11%	45 16%	105 25% IJL	8 10% *	120 17%	74 18%	58 19%	136 17%	141 18%	53 17%