

Q18. During 2020, many people have spent more time working at home. With this in mind, to what extent do you agree or disagree with the following statements: - Working from home puts undue pressure on my health and wellbeing

Filter:

WFH 1+ day / week AND

All working from home at least once per week

20-091774-01 - Friday 8th - Tuesday 12th January 2021

Public

Nationwide Futures Survey

Adults aged 16-75 in the UK

	Marital Status				Household size				Pres of children HH (17 or under)		Count of children HH (17 or under)				Main Shopper	
	Total	Married/ Living as Married	Single	Widowed/ Divorced/ Separated	1	2	3	4+	ANY	NONE	1 Child	2 Children	3 Children	4 Children +	Yes, mainshop per	No, not mainshop per
	(A)	(B)	(C)	(D)	(E)	(F)	(G)	(H)	(I)	(J)	(K)	(L)	(M)	(N)	(O)	(P)
Unweighted base	807	508	223	76	133	240	192	242	326	481	177	114	30	5	755	52
Weighted base	765	482	212	71	125	227	184	228	306	459	168	106	28	5	718	47
Strongly agree	80 10%	46 10%	26 12%	8 11% *	11 9%	19 8%	17 9%	33 15% F	42 14% J	38 8%	20 12%	15 14%	5 19% **	2 38% **	79 11%	1 3% *
Tend to agree	172 22%	105 22%	58 27% D	9 13% *	19 15%	40 18%	52 28% EF	61 27% EF	87 28% J	85 19%	51 30%	25 24%	9 30% **	2 40% **	161 22%	11 23% *
Neither agree nor disagree	174 23%	110 23%	46 21%	18 25% *	30 24%	54 24%	46 25%	44 19%	73 24%	101 22%	44 26%	22 21%	6 20% **	1 22% **	167 23%	7 15% *
Tend to disagree	180 24%	116 24%	49 23%	15 21% *	37 30% G	54 24%	33 18%	56 24%	60 20%	120 26% I	29 17%	27 25%	5 17% **	- **	163 23%	17 37% O*
Strongly disagree	133 17%	87 18%	27 13%	19 27% C*	24 19%	51 22%	31 17%	27 12%	39 13%	94 20% I	22 13%	14 13%	3 10% **	- **	126 17%	7 16% *
Don't know / Not applicable	26 3%	18 4%	6 3%	2 3% *	5 4%	10 4%	4 2%	7 3%	5 2%	21 4% I	2 1%	3 3%	1 4% **	- **	23 3%	3 6% *
NET Agree	252 33%	151 31%	84 40% BD	17 24% *	29 24%	59 26%	69 38% EF	94 41% EF	129 42% J	123 27%	71 42%	40 38%	14 49% **	4 78% **	240 33%	12 26% *
NET Disagree	313 41%	203 42%	76 36%	34 48% *	61 49% GH	105 46% GH	65 35%	83 36%	99 32%	214 47% I	51 31%	40 38%	8 27% **	- **	289 40%	25 53% *

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 Minimum Base: 30(**) Small Base: 100(*)

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

Q18. During 2020, many people have spent more time working at home. With this in mind, to what extent do you agree or disagree with the following statements: - On the whole, remote working allows me to achieve a better work-life balance

Filter:

WFH 1+ day / week AND

All working from home at least once per week

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	Total	Marital Status				Household size				Pres of children HH (17 or under)		Count of children HH (17 or under)				Main Shopper	
		Married/ Living as Married	Single	Widowed/ Divorced/ S eparated	1	2	3	4+	ANY	NONE	1 Child	2 Children	3 Children	4 Children +	Yes, mainshop per	No, not mainshop per	
	(A)	(B)	(C)	(D)	(E)	(F)	(G)	(H)	(I)	(J)	(K)	(L)	(M)	(N)	(O)	(P)	
Unweighted base	807	508	223	76	133	240	192	242	326	481	177	114	30	5	755	52	
Weighted base	765	482	212	71	125	227	184	228	306	459	168	106	28	5	718	47	
Strongly agree	210 27%	142 29%	49 23%	19 26% *	35 28%	57 25%	57 31%	61 27%	91 30%	119 26%	50 30%	31 29%	8 29% **	2 40% **	201 28%	9 19% *	
Tend to agree	254 33%	162 34%	66 31%	25 36% *	37 29%	76 33%	60 33%	80 35%	99 32%	154 34%	54 32%	37 35%	8 30% **	- **	237 33%	17 37% *	
Neither agree nor disagree	166 22%	104 22%	47 22%	15 21% *	29 23%	53 23%	34 18%	50 22%	65 21%	101 22%	36 22%	21 20%	6 20% **	2 42% **	155 22%	11 23% *	
Tend to disagree	70 9%	39 8%	23 11%	7 10% *	12 10%	19 8%	15 8%	23 10%	31 10%	39 9%	14 8%	11 10%	5 18% **	1 18% **	65 9%	5 11% *	
Strongly disagree	28 4%	12 3%	14 6% B	2 3% *	5 4%	12 5%	6 3%	5 2%	11 4%	16 4%	7 4%	4 4%	- **	- **	28 4%	- *	
Don't know / Not applicable	38 5%	22 5%	13 6%	3 5% *	7 6%	11 5%	12 6%	8 4%	9 3%	29 6% I	7 4%	1 1%	1 4% **	- **	33 5%	5 11% *	

NET Agree	464 61%	304 63% C	116 55%	44 62% *	71 57%	133 59%	118 64%	141 62%	190 62%	273 60%	104 62%	68 64%	17 58% **	2 40% **	438 61%	26 56% *
NET Disagree	97 13%	52 11%	37 17% B	9 13% *	17 14%	31 14%	21 11%	29 13%	42 14%	56 12%	20 12%	15 15%	5 18% **	1 18% **	92 13%	5 11% *

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

Kids / Gender / Mental health

Filter: KidsNEW = true

Weighted by: Weight variable

To what extent, if at all, has Covid-19 impacted your overall mental health?

	Male	Female
Unweighted Base	283	399
Base	295	359
	100%	100%
Got a lot better	19	11
	6%	3%
Got a little better	23	29
	8%	8%
Stayed about the same	141	106
	48%	30%
Got a little worse	79	139
	27%	39%
Got a lot worse	30	70
	10%	19%
Don't know / Not applicable	3	5
	1%	1%
Net : {Got a lot better, Got a little better}	42	40
	14%	11%
Net : {Got a little worse, Got a lot worse}	110	209
	37%	58%

Kids / Gender / Mental health / WFH

Filter: KidsNEW = true And Q14_nat.ContainsAny({_#Q14_insert2_nat_from_home_5_days_a_week, _#Q14_insert2_nat_from_home_4_days_a_week, _#Q14_insert2_nat_from_home_3_days_a_week, _#Q14_insert2_nat_from_home_2_days_a_week, _#Q14_insert2_nat_from_home_1_days_a_week})

Weighted by: Weight variable

To what extent, if at all, has Covid-19 impacted your overall mental health?

	Male	Female
Unweighted Base	160	159
Base	162	137
	100%	100%
Got a lot better	11	8
	7%	6%
Got a little better	13	18
	8%	13%
Stayed about the same	79	42
	49%	31%
Got a little worse	45	49
	28%	35%
Got a lot worse	14	21
	9%	15%
Don't know / Not applicable	-	-
	-	-
Net : {Got a lot better, Got a little better}	24	26
	15%	19%
Net : {Got a little worse, Got a lot worse}	58	69
	36%	50%