

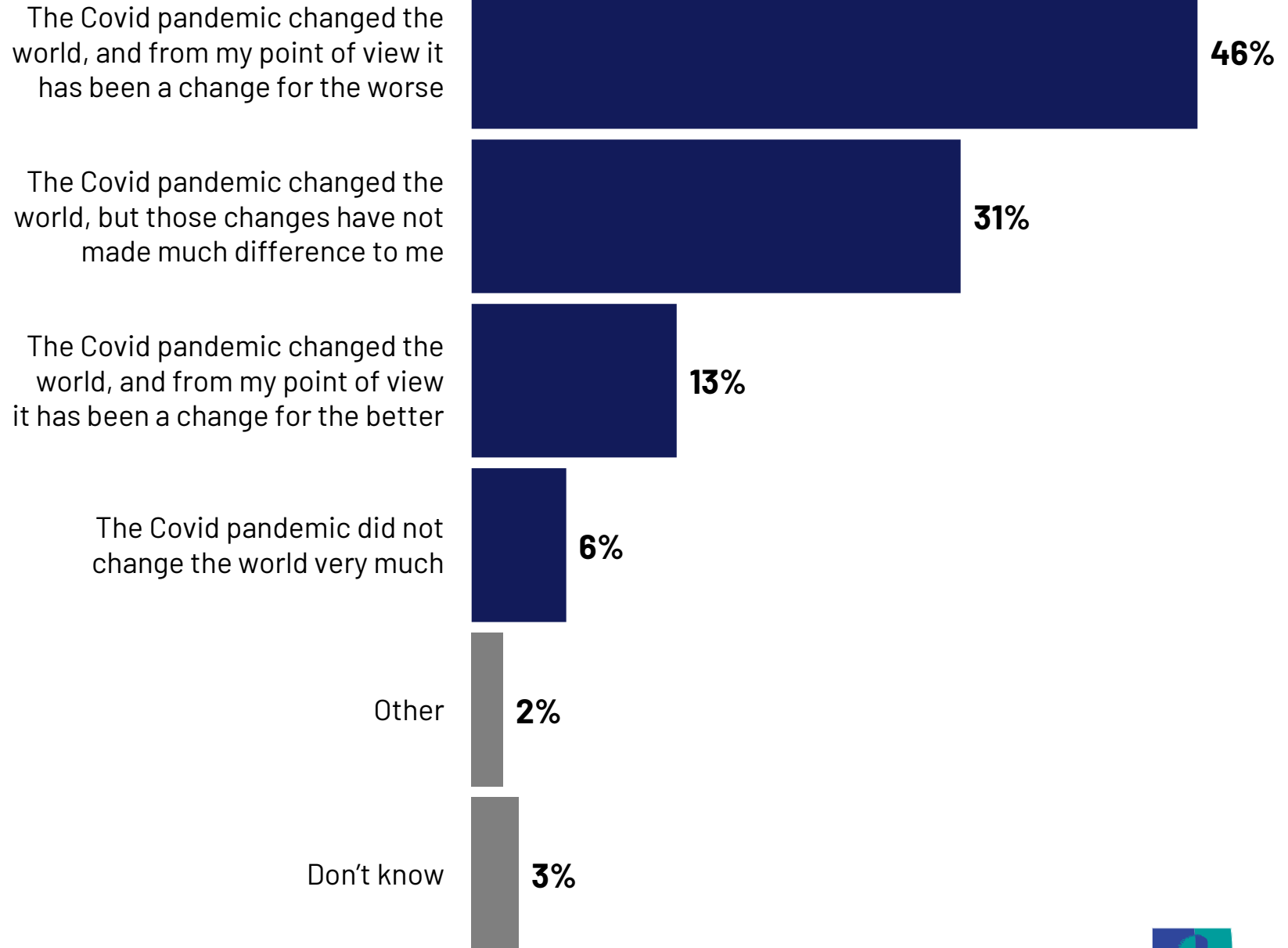
Ipsos Coronavirus 5-year anniversary polling

March 2025

Almost half of UK adults think that the Covid pandemic changed the world for the worse

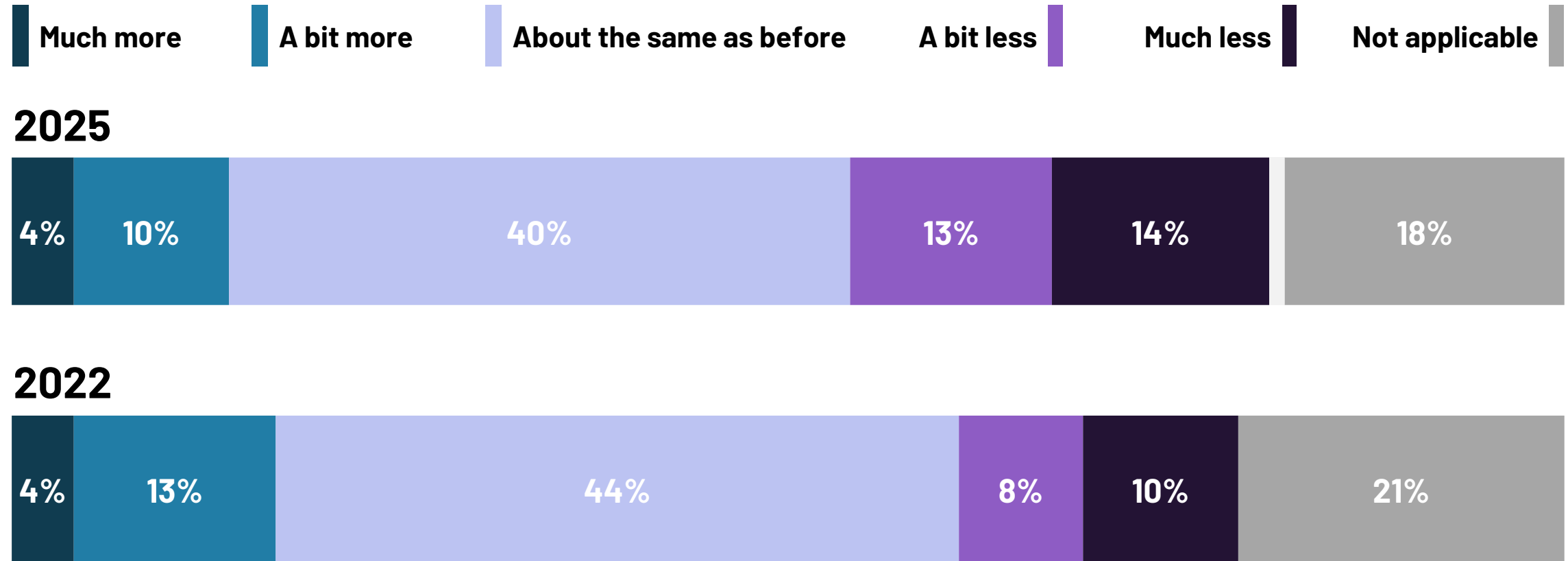
Thinking about the things that most matter to you, and about what if anything has been changed by the Covid pandemic and the reaction to it, which if any of the following statements comes closest to your view?

Base: 1,176 Online adults in the UK aged 16+, 7-11 March 2025



Around 1 in 7 UK adults think they are drinking more alcohol than before the pandemic – but more say they are drinking less or that it hasn't changed. More people think they are drinking less than 3 years ago.

Would you say that the amount of alcohol you drink these days is more or less than it was before the pandemic started, or about the same?



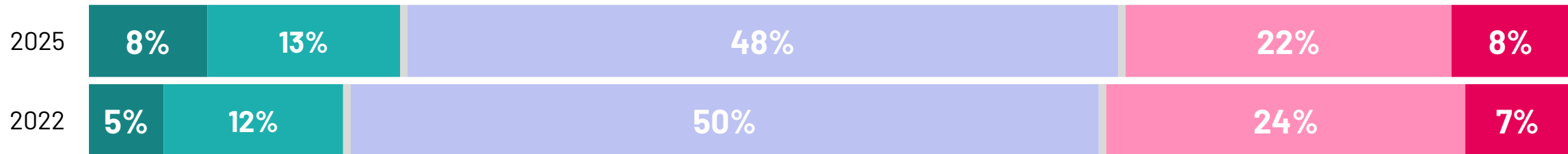
Base: 1,176 Online adults in the UK aged 16+, 7-11 March 2025

Around half say that their physical and mental health is about the same as before the Covid-19 pandemic started. 3 in 10 think it has got worse.

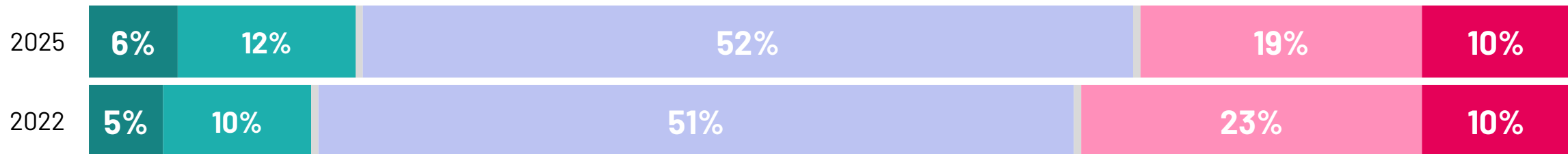
Would you say that each of the following are better or worse than they were before the pandemic started, or about the same?



Your overall physical health



Your overall mental health



Base: 1,176 Online adults in the UK aged 16+, 7-11 March 2025

Almost half of UK adults say they spend more time looking at screens than before the pandemic. Most think there has been little change in how much they see their family and friends, and fewer people think their family connections have slowed than in 2022.

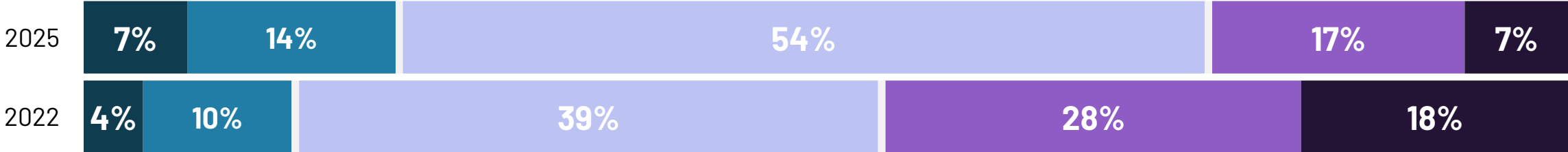
Would you say that you are doing each of the following more or less than before the pandemic started, or about the same?



The amount of time you spend looking at screens (for example, watching TV, using the internet or on social media)



How much you see your family and friends

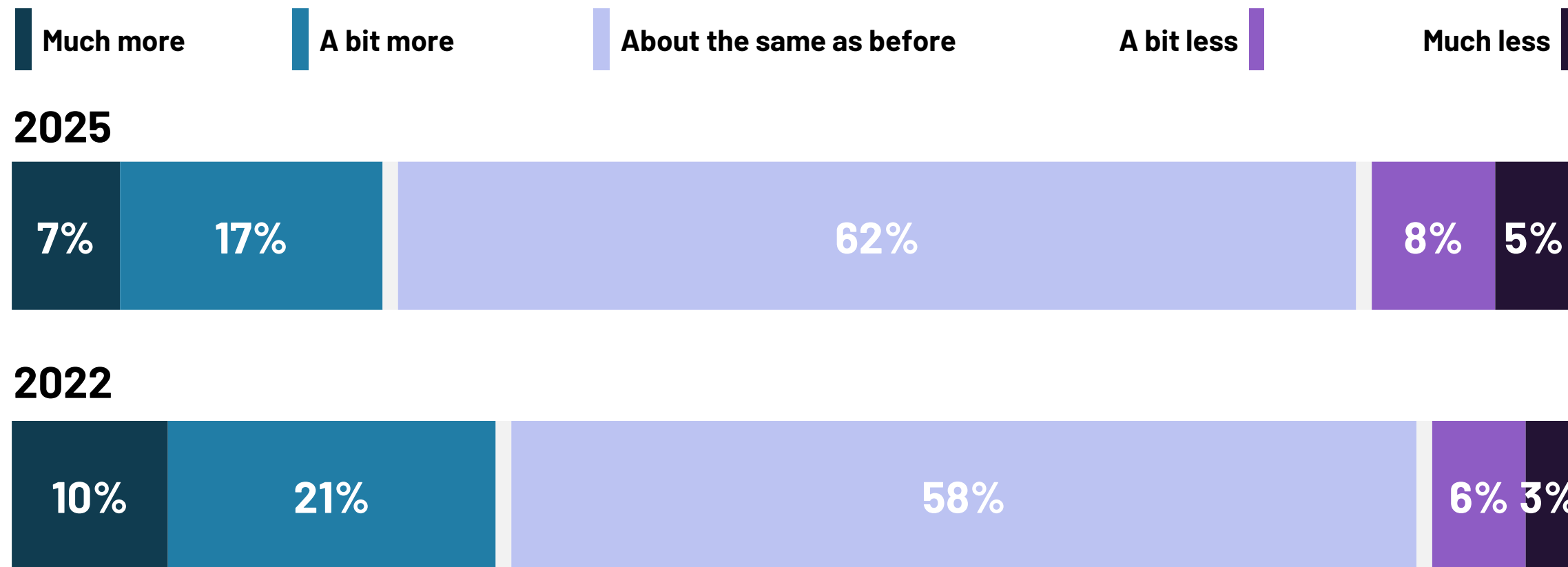


Base: 1,176 Online adults in the UK aged 16+, 7-11 March 2025



A quarter say they feel more lonely than they did before the pandemic started, but most say there has been no difference.

Would you say that you feel more or less lonely than you did before the pandemic started, or about the same?



Base: 1,176 Online adults in the UK aged 16+, 7-11 March 2025

Young people tend to be more likely to feel their lives have changed since before the pandemic, for both better and worse, while older people are most likely to say things are the same.

Think about whether the way you live your life has changed compared with before the coronavirus pandemic started about five years ago. Please compare your personal situation now with your personal situation before the pandemic started: if there are any differences, it doesn't matter whether the change has been caused by the pandemic or not, please tell us about them anyway. Would you say that you are doing each of the following more or less/are better or worse than before the pandemic started, or are they about the same?

Amount of alcohol drunk

	16-34 %	34-54 %	55+ %
More	23	13	9
Same	29	42	46
Less	26	29	27

Amount of time looking at screens

	16-34 %	34-54 %	55+ %
More	60	44	38
Same	29	45	57
Less	9	10	5

Physical health

	16-34 %	34-54 %	55+ %
Better	37	19	9
Same	31	48	62
Worse	31	31	29

Seeing family and friends

	16-34 %	34-54 %	55+ %
More	34	21	13
Same	38	51	68
Less	26	27	19

Mental health

	16-34 %	34-54 %	55+ %
Better	33	16	9
Same	30	50	70
Worse	35	34	21

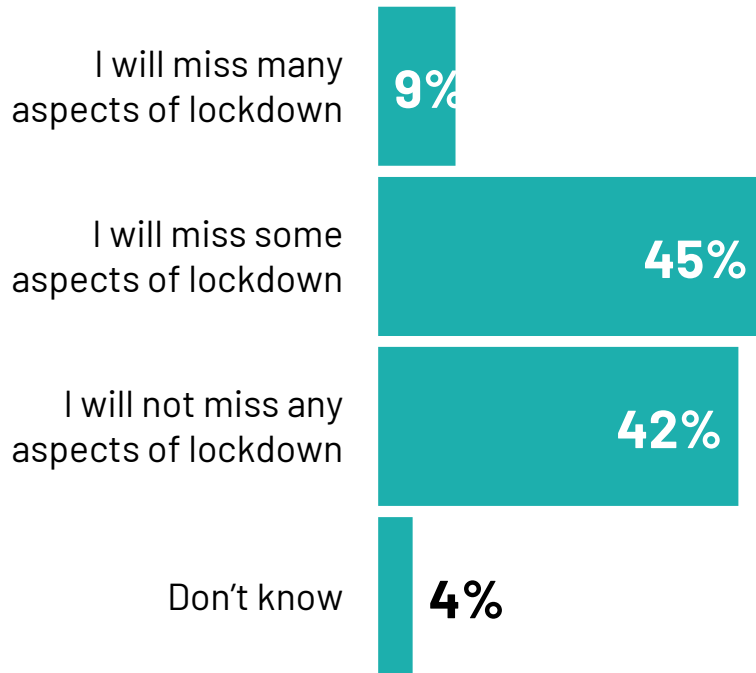
Feeling lonely

	16-34 %	34-54 %	55+ %
More	35	21	17
Same	39	63	78
Less	24	13	4

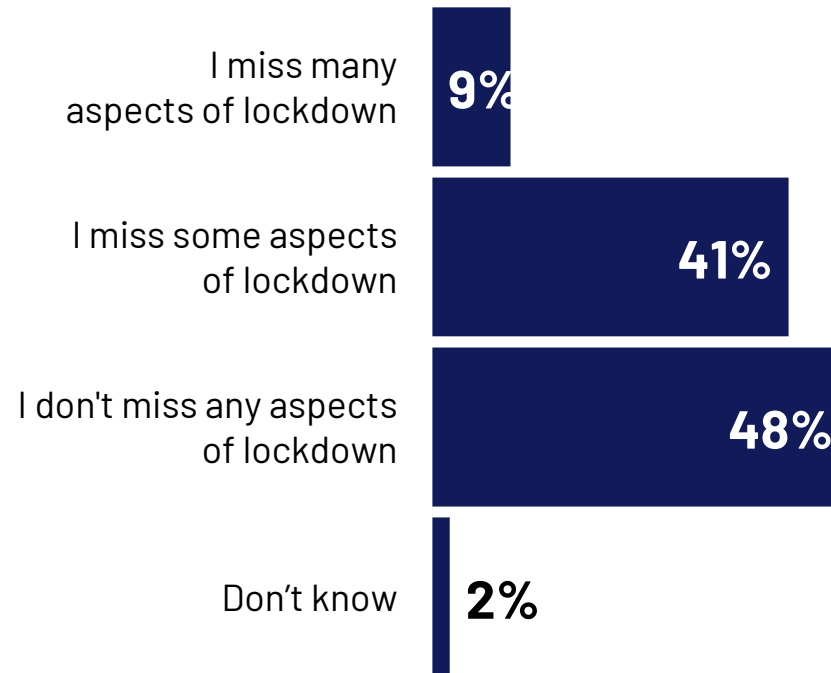
Base: 1,176 Online adults in the UK aged 16+ (including 357 aged 16-34, 415 aged 35-54, 404 aged 55+), 7-11 March 2025.

Around half of UK adults – especially younger people – say they miss at least some aspects of lockdown

2021: Do you think you will or will not miss any aspects of lockdown when it is over?



2025: Thinking back to the lockdown periods that were enforced within Britain during 2020 and 2021, are there any aspects of lockdown that you miss, or are there not?

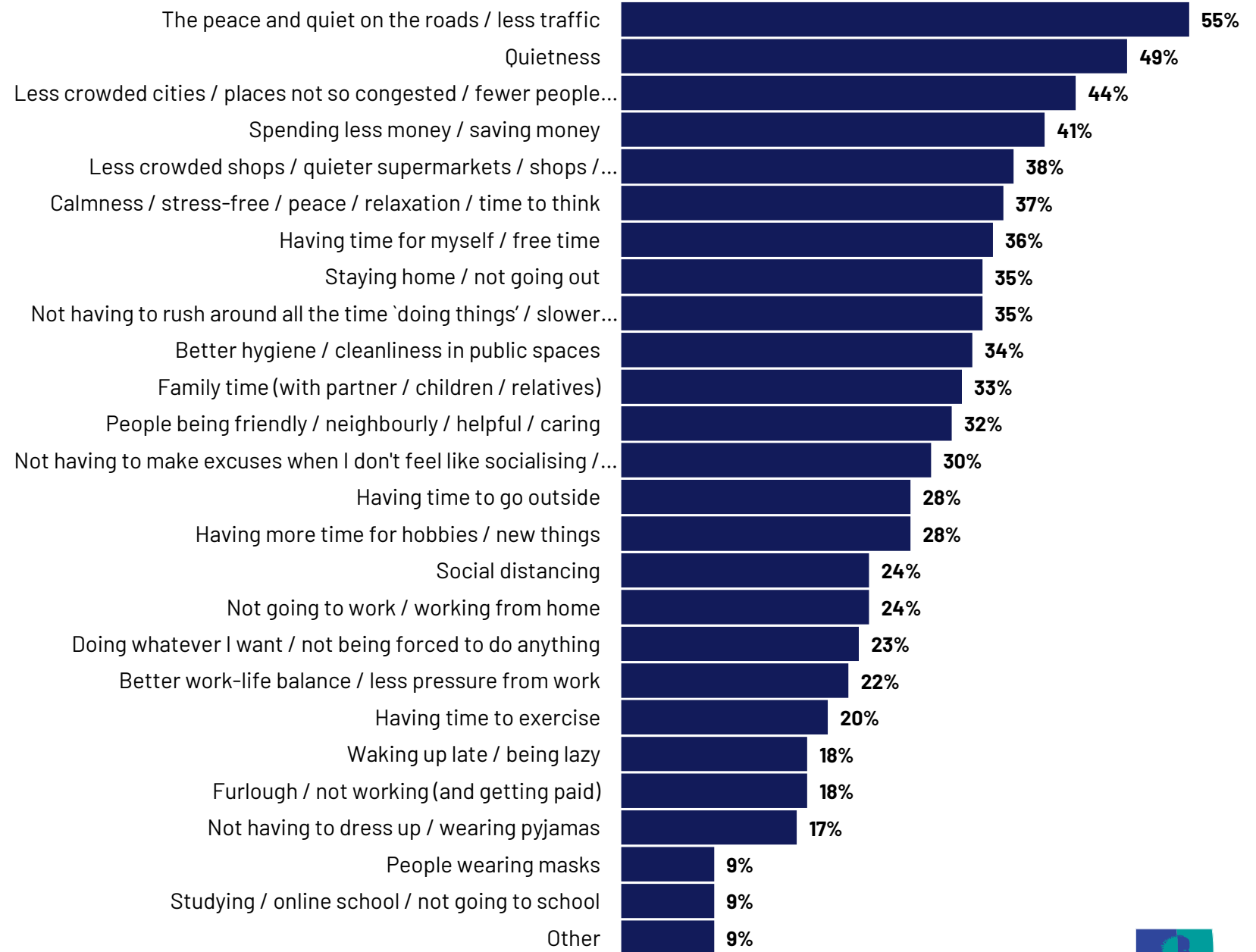


	16-34 %	34-54 %	55+ %
Miss many	12	12	5
Miss some	55	44	28
Don't miss any	31	41	66

Base: 1,176 Online adults in the UK aged 16+, 7-11 March 2025.

Those who do miss lockdown are most likely to say they miss the peace and quiet on the roads/ less traffic, quietness in general / the lack of crowding, and spending less money

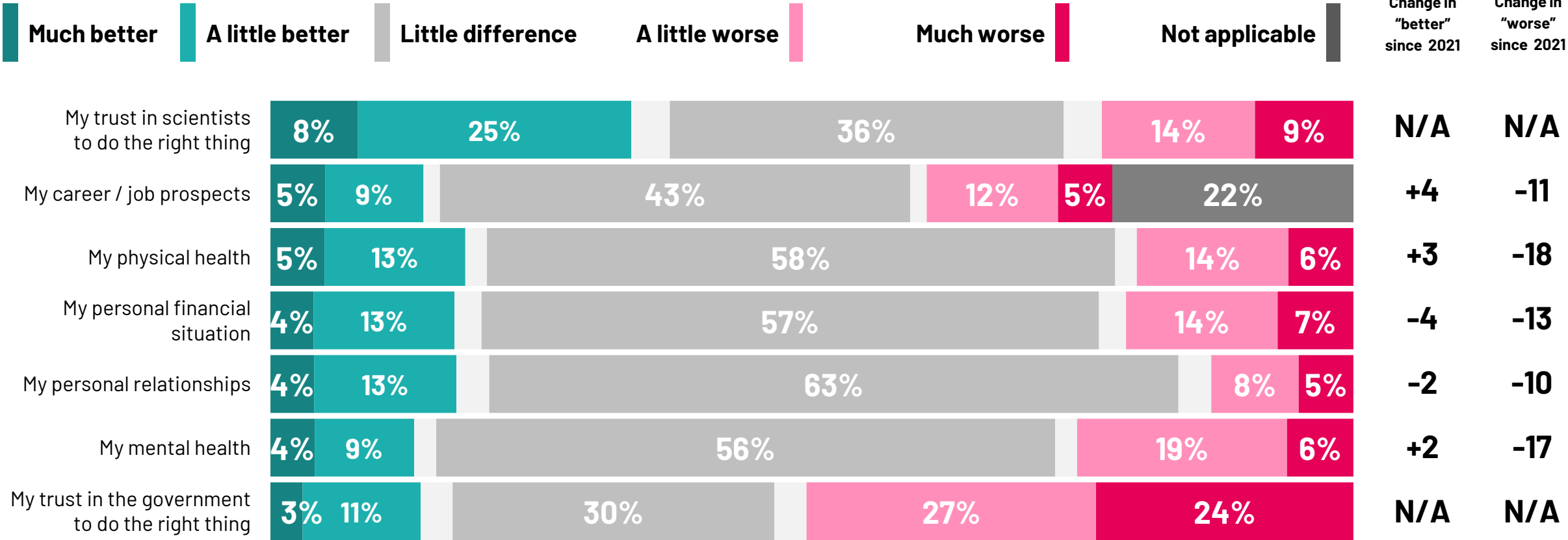
Which aspects of lockdown do you miss? Please select all that apply.



Base: 621 Online adults in the UK aged 16+ who miss aspects of lockdown, 7-11 March 2025

Most people now think the pandemic has made little difference to their physical and mental health, personal relationships and personal finances – and perceptions of the pandemic’s negative impact have dropped since 2021. Around half believe it damaged their trust in government, though some feel it had a more positive impact on their trust in scientists.

For each of the following, do you think they are better or worse than they would have been if the coronavirus pandemic had never happened, or has the pandemic made little difference?



Base: 1,176 Online adults in the UK aged 16+, 7-11 March 2025



Again, younger people tend to be most likely to say that the pandemic has had an impact on their lives – including for the better for some – while older people are most likely to say it has made little difference.

For each of the following, do you think they are better or worse than they would have been if the coronavirus pandemic had never happened, or has the pandemic made little difference?

Career/job prospects

	16-34 %	34-54 %	55+ %
Better	26	15	4
Little difference	38	56	38
Worse	24	18	11

Personal financial situation

	16-34 %	34-54 %	55+ %
Better	28	17	7
Little difference	40	53	73
Worse	23	25	17

Personal relationships

	16-34 %	34-54 %	55+ %
Better	31	17	8
Little difference	44	59	81
Worse	17	17	8

Physical health

	16-34 %	34-54 %	55+ %
Better	33	15	9
Little difference	42	55	74
Worse	18	27	15

Mental health

	16-34 %	34-54 %	55+ %
Better	22	14	6
Little difference	38	51	75
Worse	32	30	17

2024 Reform UK voters are the most likely to say the pandemic has damaged their trust in government and scientists to do the right thing

For each of the following, do you think they are better or worse than they would have been if the coronavirus pandemic had never happened, or has the pandemic made little difference?

Trust in government

By age	16-34 %	34-54 %	55+ %
Better	21	13	9
Little difference	25	29	34
Worse	45	52	54

Trust in scientists

By age	16-34 %	34-54 %	55+ %
Better	34	33	34
Little difference	34	35	39
Worse	20	25	23

Trust in government

By 2024 vote	Con %	Lab %	LibDem %	Reform %
Better	19	20	6	10
Little difference	36	22	36	27
Worse	43	53	55	61

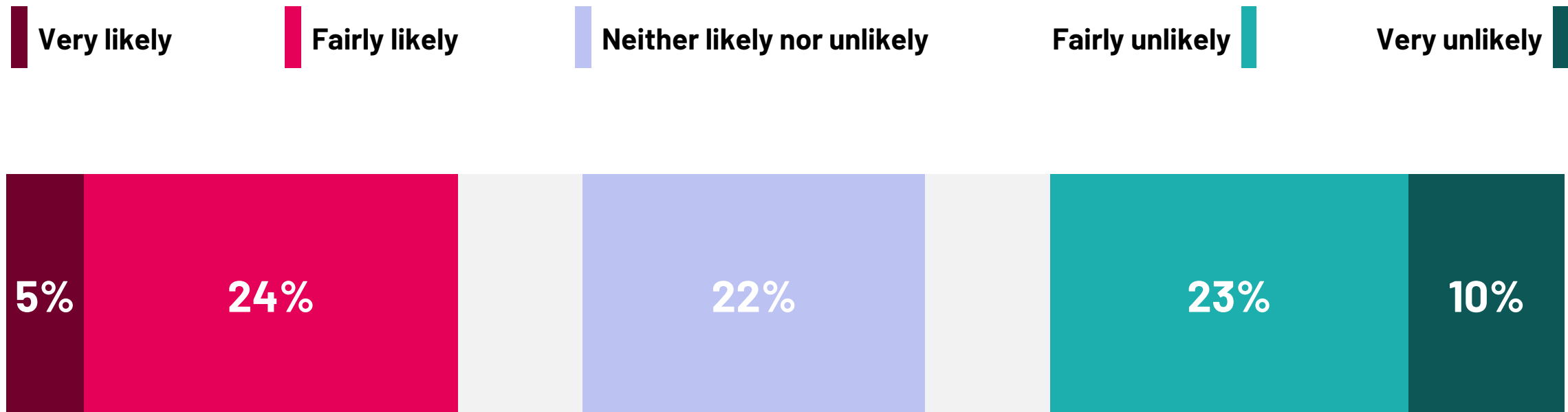
Trust in scientists

By 2024 vote	Con %	Lab %	LibDem %	Reform %
Better	36	42	42	24
Little difference	43	34	41	37
Worse	20	18	16	36

Base: 1,176 Online adults in the UK aged 16+ (including 357 aged 16-34, 415 aged 35-54, 404 aged 55+, and 178 2024 Conservative voters, 362 Labour, 110 LibDem and 113 Reform UK), 7-11 March 2025.

3 in 10 think it is likely that Britain will experience another pandemic within the next 5 years

How likely or unlikely do you think it is that Britain will experience another pandemic within the next 5 years?

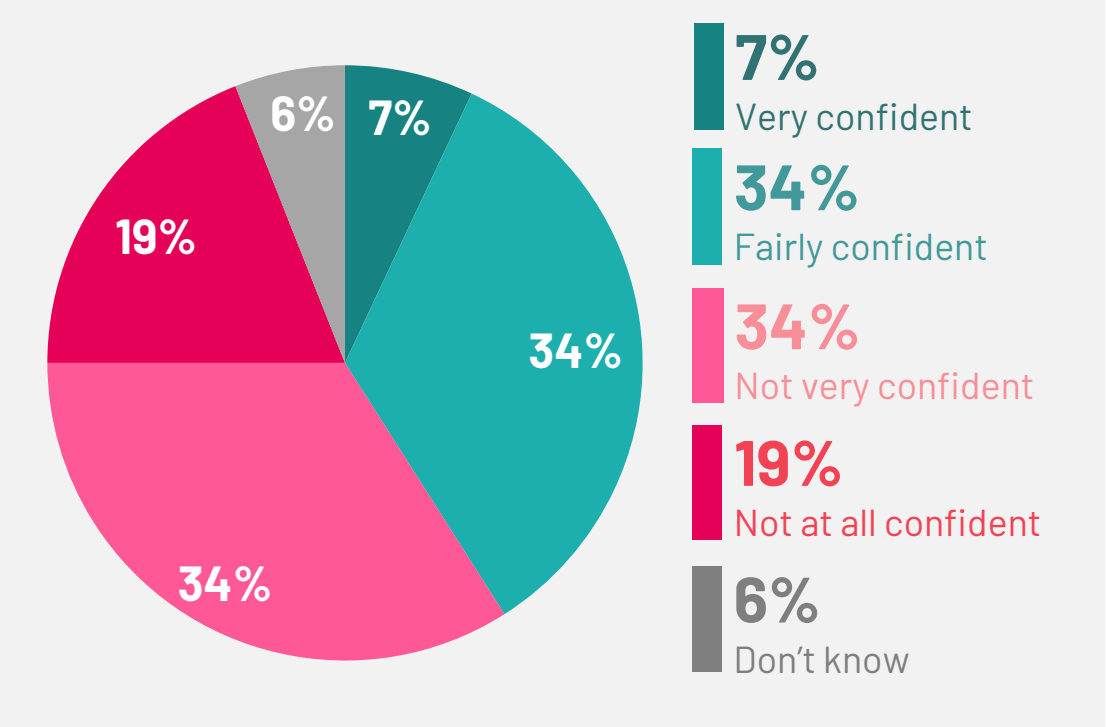


Base: 1,176 Online adults in the UK aged 16+, 7-11 March 2025

Against a backdrop of low public satisfaction, confidence in the NHS to deal with a future pandemic is lower than it was over its handling of Covid

If there was another pandemic, how confident, if at all, would you say you would be in the ability of the NHS to deal with those who are ill as a result of getting the disease? *Before 2025 asked as How confident, if at all, would you say you are in the ability of the NHS to deal with those who are ill as a result of getting the Coronavirus?*

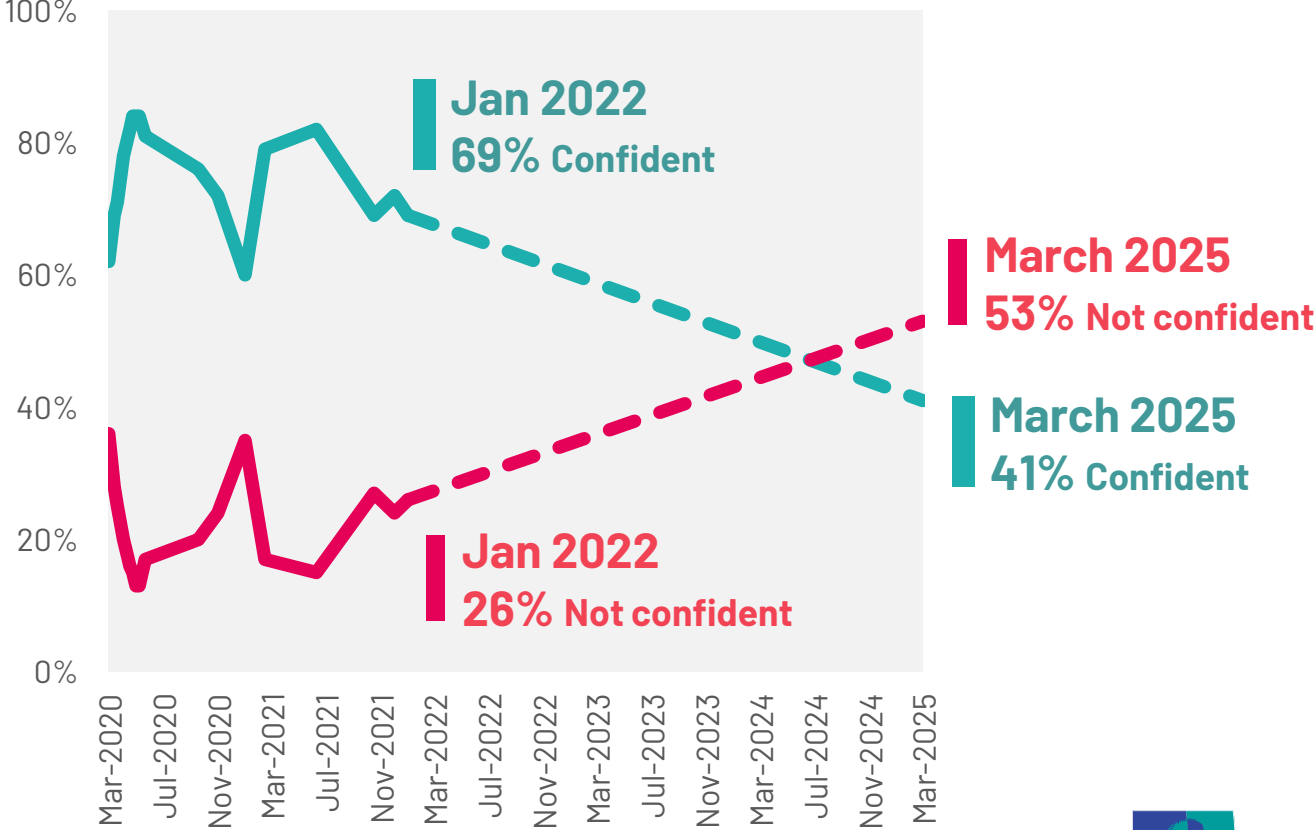
7-11 March 2025



Base: 1,176 Online adults in the UK aged 16+, 7-11 March 2025

March 2020 – Jan 2022: Confidence in dealing with coronavirus.

March 2025: Confidence in dealing with a future pandemic.





March 2025
Coronavirus 5-year anniversary polling

For more information

Gideon Skinner

Research Director

gideon.skinner@ipsos.com

Cameron Garrett

Associate Director

cameron.garrett@ipsos.com

Keiran Pedley

Research Director

keiran.pedley@ipsos.com

Ben Roff

Senior Research Executive

ben.roff@ipsos.com

Laura King

Research Executive

laura.king@ipsos.com

