

Things causing an uncomfortable level of stress

1. Some amount of stress in our day-to-day lives is normal and even good for us. But stress can also be excessive and harmful over the long-term. Which, if any, of the following areas are currently causing you to experience a level of stress you are uncomfortable with?

		National by Gender, Age, Longevity, Age of Retirement, Education																						
	National	Gender		Age						Longevity			Age of Retirement						Education					
	Total	Male	Female	18-24	25-34	35-44	45-54	55-64	65+	<80	80-89	90+	<60	60-64	65-69	70-74	75+	Don't know	Grade School	High School	College or Trade	University Degree	Post-Graduate Degree	
		A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	
Base: All respondents	3113	1544	1569	183	452	624	753	572	529	718	1046	676	606	499	868	319	212	609	75	917	1116	749	256	
Weighted	3113	1507	1606	291	577	535	700	542	467	750	1031	603	574	457	843	301	203	735	97*	1344	1015	501	156	
Personal or household finances	1372	635	737	168	300	281	330	193	99	414	435	192	201	158	385	147	102	379	40	649	443	192	48	
	44%	42%	46%	58%	52%	52%	47%	36%	21%	55%	42%	32%	35%	34%	46%	49%	50%	52%	41%	48%	44%	38%	31%	
				FGH	GH	GH	GH	H		JK	K				LM	LM	LM	LM		UV	V			
Personal relationships (i.e. spouse, significant other, family)	919	433	487	143	213	183	217	87	77	289	287	155	176	110	255	92	73	214	26	424	284	147	40	
	30%	29%	30%	49%	37%	34%	31%	16%	16%	39%	28%	26%	31%	24%	30%	30%	36%	29%	26%	32%	28%	29%	25%	
				DEFGH	GH	GH	GH			JK							M							
My work life	805	443	362	134	208	166	200	82	14	253	267	111	89	126	257	93	62	179	12	326	272	146	49	
	26%	29%	23%	46%	36%	31%	29%	15%	3%	34%	26%	18%	15%	27%	30%	31%	31%	24%	13%	24%	27%	29%	31%	
		B		EFGH	FGH	GH	GH	H		JK	K			L	LQ	L	L	L			R	R	R	
A health condition/personal health issues (i.e. physical or psychological)	797	375	423	76	139	148	209	119	107	292	218	80	175	96	196	65	45	221	34	383	257	98	26	
	26%	25%	26%	26%	24%	28%	30%	22%	23%	39%	21%	13%	31%	21%	23%	21%	22%	30%	35%	28%	25%	19%	17%	
							GH			JK	K		MNO					MNO	UV	UV	UV			
Caring for dependent children and/or dependent adults (i.e. looking after elderly parents)	376	152	224	42	88	82	90	40	33	105	132	71	73	45	107	35	26	89	16	170	111	58	22	
	12%	10%	14%	15%	15%	15%	13%	7%	7%	14%	13%	12%	13%	10%	13%	12%	13%	12%	16%	13%	11%	11%	14%	
			A	GH	GH	GH	GH																	
Other please specify...	203	68	135	40	41	26	31	31	35	44	80	39	40	39	46	28	14	36	2	95	62	34	11	
	7%	5%	8%	14%	7%	5%	4%	6%	7%	6%	8%	6%	7%	8%	5%	9%	7%	5%	2%	7%	6%	7%	7%	
			A	DEFGH												Q								
Nothing is causing me excessive/uncomfortable levels of stress at this time.	876	446	430	29	117	107	161	230	231	116	309	243	185	159	212	71	59	189	27	370	284	147	47	
	28%	30%	27%	10%	20%	20%	23%	43%	49%	15%	30%	40%	32%	35%	25%	24%	29%	26%	28%	28%	28%	29%	30%	
				C	C	C	C	CDEF	CDEF		I	IJ	NO	NOQ										

Proportions/Mean: Columns Tested (5% risk level) - A/B - C/D/E/F/G/H - I/J/K - LM/N/O/P/Q - R/S/T/U/V Overlap formulae used. * small base

Extent of support needed to manage stress

2. How much do you feel you have access to the support you need to manage the stress in your life and maintain emotional/psychological well-being?

		National by Gender, Age, Longevity, Age of Retirement, Education																					
	National	Gender		Age						Longevity			Age of Retirement						Education				
	Total	Male	Female	18-24	25-34	35-44	45-54	55-64	65+	<80	80-89	90+	<60	60-64	65-69	70-74	75+	Don't know	Grade School	High School	College or Trade	University Degree	Post-Graduate Degree
		A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V
Base: All respondents	3113	1544	1569	183	452	624	753	572	529	718	1046	676	606	499	868	319	212	609	75	917	1116	749	256
Weighted	3113	1507	1606	291	577	535	700	542	467	750	1031	603	574	457	843	301	203	735	97*	1344	1015	501	156
10 - I have all the support I need to manage stress	568	276	292	32	85	64	124	121	143	79	169	174	117	96	152	46	38	119	17	252	178	91	29
	18%	18%	18%	11%	15%	12%	E	CDE	CDEFG	11%	16%	29%	20%	21%	18%	15%	19%	16%	18%	19%	18%	18%	19%
9	363	170	193	10	60	47	62	95	89	55	145	88	67	65	109	39	27	56	7	145	131	56	24
	12%	11%	12%	3%	10%	9%	9%	18%	19%	7%	14%	15%	12%	14%	13%	13%	13%	8%	8%	11%	13%	11%	15%
8	582	269	313	48	111	91	128	110	93	102	235	119	110	102	157	57	41	115	21	227	199	104	31
	19%	18%	19%	16%	19%	17%	18%	20%	20%	14%	23%	20%	19%	22%	19%	19%	20%	16%	22%	17%	20%	21%	20%
7	398	189	209	52	80	75	92	55	43	96	160	68	69	50	124	48	21	84	11	189	107	69	21
	13%	13%	13%	18%	14%	14%	13%	10%	9%	13%	16%	11%	12%	11%	15%	16%	10%	11%	12%	14%	11%	14%	14%
6	330	167	163	39	77	68	76	44	25	120	91	37	70	40	88	30	10	92	8	152	105	52	12
	11%	11%	10%	13%	13%	13%	11%	8%	5%	16%	9%	6%	12%	9%	10%	10%	5%	13%	8%	11%	10%	10%	7%
5	243	107	136	32	36	55	61	28	31	77	77	27	50	34	53	14	12	79	1	120	74	39	8
	8%	7%	8%	11%	6%	10%	9%	5%	7%	10%	7%	5%	9%	7%	6%	5%	6%	11%	1%	9%	7%	8%	5%
4	188	98	90	24	31	44	49	30	11	65	56	21	26	22	66	17	15	43	4	82	63	29	10
	6%	7%	6%	8%	5%	8%	7%	5%	2%	9%	5%	4%	5%	5%	8%	6%	7%	6%	4%	6%	6%	6%	6%
3	134	66	68	22	30	20	42	16	4	52	34	22	26	11	38	21	12	26	6	51	50	18	10
	4%	4%	4%	7%	5%	4%	6%	3%	1%	7%	3%	4%	5%	2%	5%	7%	6%	4%	6%	4%	5%	4%	6%
2	94	47	48	9	33	24	16	7	4	39	15	15	6	8	23	11	11	35	9	36	31	14	3
	3%	3%	3%	3%	6%	5%	2%	1%	1%	5%	1%	2%	1%	2%	3%	4%	6%	5%	9%	3%	3%	3%	2%
1 - I do not have the support I need to manage stress	122	69	53	15	22	30	35	11	8	52	26	16	19	15	16	12	12	49	4	52	45	17	4
	4%	5%	3%	5%	4%	6%	5%	2%	2%	7%	3%	3%	3%	3%	2%	4%	6%	7%	4%	4%	4%	3%	3%
(DK/NS)	92	49	43	9	12	17	15	24	15	13	23	17	14	12	18	7	4	37	7	38	32	11	4
	3%	3%	3%	3%	2%	3%	2%	4%	3%	2%	2%	3%	2%	3%	2%	2%	2%	5%	7%	3%	3%	2%	2%
Summary																		N	U				
Top3Box (8-10)	1513	715	798	90	256	201	314	327	325	236	549	381	294	264	418	141	105	291	46	624	508	251	84
	49%	47%	50%	31%	44%	38%	45%	60%	70%	31%	53%	63%	51%	58%	50%	47%	52%	40%	47%	46%	50%	50%	54%
Low3Box (1-3)	350	182	168	46	85	75	93	34	17	142	75	52	51	34	77	43	35	109	19	139	126	49	18
	11%	12%	10%	16%	15%	14%	13%	6%	4%	19%	7%	9%	9%	8%	9%	14%	17%	15%	19%	10%	12%	10%	11%
Net score (T3B - L3B)	1163	533	630	44	172	126	221	292	308	93	474	328	244	230	340	98	70	181	27	485	382	202	66
	37%	35%	39%	15%	30%	24%	32%	54%	66%	12%	46%	54%	42%	50%	40%	33%	35%	25%	28%	36%	38%	40%	42%
Mean	7	6.9	7	6.2	6.7	6.4	6.7	7.6	8.1	6	7.3	7.7	7.2	7.4	7.1	6.8	6.8	6.5	6.7	7	6.9	7.1	7.2
Std. Dev.	2.5	2.6	2.5	2.4	2.5	2.5	2.6	2.3	2.1	2.6	2.2	2.4	2.4	2.4	2.4	2.5	2.8	2.7	2.8	2.5	2.6	2.4	2.5
Std. Err.	0	0.1	0.1	0.2	0.1	0.1	0.1	0.1	0.1	0.1	0.1	0.1	0.1	0.1	0.1	0.1	0.2	0.1	0.3	0.1	0.1	0.1	0.2

Proportions/Means: Columns Tested (5% risk level) - A/B - C/D/E/F/G/H - I/J/K - L/M/N/O/P/Q - R/S/T/U/V Overlap formulae used. * small base

Should employers have a role in helping employees manage stress

3. Should employers have a role in helping their employees manage stress and promote good emotional/psychological wellbeing?

		National by Gender, Age, Longevity, Age of Retirement, Education																						
	National	Gender		Age						Longevity			Age of Retirement						Education					
	Total	Male	Female	18-24	25-34	35-44	45-54	55-64	65+	<80	80-89	90+	<60	60-64	65-69	70-74	75+	Don't know	Grade School	High School	College or Trade	University Degree	Post-Graduate Degree	
		A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	
Base: All respondents	3113	1544	1569	183	452	624	753	572	529	718	1046	676	606	499	868	319	212	609	75	917	1116	749	256	
Weighted	3113	1507	1606	291	577	535	700	542	467	750	1031	603	574	457	843	301	203	735	97*	1344	1015	501	156	
Yes	2494	1216	1278	231	458	433	573	442	356	575	852	502	465	376	691	234	168	559	68	1033	834	421	138	
	80%	81%	80%	79%	79%	81%	82%	82%	76%	77%	83%	83%	81%	82%	82%	78%	83%	76%	71%	77%	82%	84%	88%	
No	208	118	90	22	58	27	38	28	35	72	64	36	48	29	52	27	14	37	13	109	51	29	6	
	7%	8%	6%	8%	10%	5%	5%	5%	8%	10%	6%	6%	8%	6%	6%	9%	7%	5%	13%	8%	5%	6%	4%	
Don't know					EFG					J									TUV	T				
	412	173	239	38	61	76	89	72	76	103	115	65	61	51	100	40	21	139	15	203	130	51	12	
	13%	11%	15%	13%	11%	14%	13%	13%	16%	14%	11%	11%	11%	11%	12%	13%	10%	19%	16%	15%	13%	10%	8%	
			A						D									LMNP		UV				

Proportions/Means: Columns Tested (5% risk level) - A/B - C/D/E/F/G/H - I/J/K - L/M/N/O/P/Q - R/S/T/U/V Overlap formulae used. * small base

Given your employment status do you feel

4. Thinking about your current situation, you mentioned earlier you ..., would you say you are...

		National by Gender, Age, Longevity, Age of Retirement, Education																					
	National	Gender		Age						Longevity			Age of Retirement						Education				
	Total	Male	Female	18-24	25-34	35-44	45-54	55-64	65+	<80	80-89	90+	<60	60-64	65-69	70-74	75+	Don't know	Grade School	High School	College or Trade	University Degree	Post-Graduate Degree
		A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V
Base: All respondents	3113	1544	1569	183	452	624	753	572	529	718	1046	676	606	499	868	319	212	609	75	917	1116	749	256
Weighted	3113	1507	1606	291	577	535	700	542	467	750	1031	603	574	457	843	301	203	735	97*	1344	1015	501	156
Currently over-extended/ over-employed (i.e. have an excessive workload, feel overstretched)?	484	263	221	77	128	117	104	47	11	151	151	79	69	92	135	60	25	103	10	186	164	92	31
	16%	17%	14%	26%	22%	22%	15%	9%	2%	20%	15%	13%	12%	20%	16%	20%	12%	14%	10%	14%	16%	18%	20%
		B		FGH	FGH	FGH	GH	H		JK				LQ		L						S	S
Just about right (doing what you have chosen, happy/satisfied with your current role)?	1748	773	975	101	229	263	374	375	407	311	637	384	358	286	470	135	107	391	57	790	556	262	83
	56%	51%	61%	35%	40%	49%	53%	69%	87%	41%	62%	64%	62%	63%	56%	45%	53%	53%	59%	59%	55%	52%	53%
			A			CD	CD	CDEF	CDEFG		I	I	OQ	OQ	O						U		
Currently under-employed/ under-utilized(i.e. not able to make full use of your skills and abilities)?	881	471	410	114	221	155	222	120	49	288	243	140	147	79	238	105	71	241	30	368	295	147	42
	28%	31%	26%	39%	38%	29%	32%	22%	10%	38%	24%	23%	26%	17%	28%	35%	35%	33%	31%	27%	29%	29%	27%
		B		EGH	EGH	GH	GH	H		JK			M		M	LM	LM	LM					

Proportions/Mean: Columns Tested (5% risk level) - A/B - C/D/E/F/G/H - I/J/K - L/M/N/O/P/Q - R/S/T/U/V Overlap formulae used. * small base