

YouGov / Royal College of Psychiatrists Survey Results

Sample Size: 2149 UK Adults
Fieldwork: 29th - 30th July 2024

| | Vote in 2024 GE | | | | | EU Ref 2016 | | Gender | | Age | | | | Social Grade | | Country | | | | Region in England | | | | |
|--------------------------|-----------------|-----|---------|-----------|--------|-------------|------|--------|-------|-------|-------|-----|------|--------------|---------|---------|----------|-----------------|-------|-------------------|--------|-------|-----|---|
| Total | Con | Lab | Lib Dem | Reform UK | Remain | Leave | Male | Female | 18-24 | 25-49 | 50-64 | 65+ | ABC1 | C2DE | England | Wales | Scotland | Nothern Ireland | North | Midlands | London | South | | |
| Weighted Sample | 2149 | 374 | 536 | 193 | 226 | 754 | 797 | 1042 | 1107 | 226 | 888 | 533 | 503 | 1225 | 924 | 1799 | 112 | 178 | 60 | 494 | 342 | 247 | 716 | |
| Unweighted Sample | 2149 | 323 | 573 | 230 | 278 | 902 | 796 | 1011 | 1138 | 139 | 888 | 556 | 566 | 1301 | 848 | 1801 | 113 | 181 | 54 | 521 | 362 | 208 | 710 | |
| | % | % | % | % | % | % | % | % | % | % | % | % | % | % | % | % | % | % | % | % | % | % | % | % |

In your current workplace, how comfortable or uncomfortable would you feel asking for time off from work due to mental ill-health?

| | | | | | | | | | | | | | | | | | | | | | | | |
|-------------------------------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|
| Very comfortable | 9 | 8 | 9 | 12 | 13 | 10 | 10 | 11 | 8 | 3 | 11 | 14 | 4 | 10 | 8 | 9 | 9 | 11 | 12 | 8 | 9 | 6 | 10 |
| Fairly comfortable | 21 | 17 | 25 | 20 | 16 | 26 | 14 | 21 | 20 | 18 | 30 | 23 | 4 | 24 | 17 | 21 | 15 | 21 | 19 | 20 | 25 | 26 | 19 |
| TOTAL COMFORTABLE | 30 | 25 | 34 | 32 | 29 | 36 | 24 | 32 | 28 | 21 | 41 | 37 | 8 | 34 | 25 | 30 | 24 | 32 | 31 | 28 | 34 | 32 | 29 |
| Fairly uncomfortable | 19 | 12 | 20 | 23 | 19 | 20 | 15 | 17 | 20 | 26 | 25 | 19 | 4 | 22 | 15 | 19 | 16 | 18 | 30 | 19 | 16 | 19 | 20 |
| Very uncomfortable | 12 | 8 | 13 | 9 | 15 | 10 | 12 | 13 | 12 | 18 | 16 | 12 | 3 | 12 | 12 | 12 | 13 | 12 | 10 | 12 | 12 | 14 | 12 |
| TOTAL UNCOMFORTABLE | 31 | 20 | 33 | 32 | 34 | 30 | 27 | 30 | 32 | 44 | 41 | 31 | 7 | 34 | 27 | 31 | 29 | 30 | 40 | 31 | 28 | 33 | 32 |
| N/A – I do not currently work | 35 | 53 | 28 | 32 | 36 | 29 | 45 | 34 | 37 | 32 | 13 | 28 | 84 | 28 | 45 | 35 | 45 | 34 | 25 | 38 | 36 | 29 | 34 |
| Don't know | 4 | 2 | 4 | 4 | 2 | 4 | 3 | 4 | 3 | 2 | 6 | 4 | 1 | 4 | 3 | 4 | 3 | 3 | 4 | 2 | 3 | 6 | 5 |

Have you, or someone in your household, had to take time off work due to mental ill-health in the last 12 months? Please select all that apply.

| | | | | | | | | | | | | | | | | | | | | | | | |
|---|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|
| Yes, I have | 9 | 5 | 12 | 9 | 7 | 12 | 6 | 8 | 10 | 10 | 13 | 9 | 2 | 8 | 10 | 9 | 10 | 11 | 12 | 10 | 10 | 8 | 8 |
| Yes, someone in my household has | 6 | 5 | 7 | 7 | 5 | 6 | 5 | 5 | 7 | 8 | 9 | 4 | 3 | 7 | 4 | 6 | 5 | 9 | 3 | 7 | 7 | 4 | 6 |
| TOTAL YES | 15 | 10 | 17 | 15 | 12 | 16 | 11 | 12 | 17 | 17 | 21 | 13 | 4 | 15 | 14 | 14 | 15 | 20 | 14 | 16 | 16 | 13 | 13 |
| No – neither myself nor someone in my household has | 80 | 88 | 78 | 81 | 84 | 79 | 86 | 82 | 78 | 70 | 73 | 82 | 94 | 81 | 79 | 81 | 78 | 71 | 79 | 80 | 79 | 82 | 82 |
| Don't know | 2 | 1 | 3 | 3 | 2 | 2 | 1 | 3 | 2 | 7 | 3 | 1 | 1 | 2 | 3 | 2 | 4 | 3 | 0 | 2 | 2 | 3 | 2 |
| Prefer not to say | 3 | 1 | 2 | 1 | 2 | 3 | 2 | 3 | 3 | 6 | 3 | 4 | 1 | 2 | 4 | 3 | 3 | 6 | 7 | 2 | 3 | 2 | 3 |

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| | Total | Con | Lab | Lib Dem | Reform UK | Remain | Leave | Male | Female | 18-24 | 25-49 | 50-64 | 65+ | ABC1 | C2DE | England | Wales | Scotland | Nothern Ireland | North | Midlands | London | South | |
| Weighted Sample | 2149 | 374 | 536 | 193 | 226 | 754 | 797 | 1042 | 1107 | 226 | 888 | 533 | 503 | 1225 | 924 | 1799 | 112 | 178 | 60 | 494 | 342 | 247 | 716 | |
| Unweighted Sample | 2149 | 323 | 573 | 230 | 278 | 902 | 796 | 1011 | 1138 | 139 | 888 | 556 | 566 | 1301 | 848 | 1801 | 113 | 181 | 54 | 521 | 362 | 208 | 710 | |
| | % | % | % | % | % | % | % | % | % | % | % | % | % | % | % | % | % | % | % | % | % | % | % | % |

What is the longest amount of time either you, or someone in your household, has had to take off due to mental ill-health in one consecutive period within the last 12 months?

[Asked only to those who said 'Yes'; n=317]

| | | | | | | | | | | | | | | | | | | | | | | | |
|--------------------------------|-----------|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|
| Up to a week | 25 | 14 | 33 | 32 | 20 | 29 | 12 | 24 | 26 | 44 | 29 | 7 | 12 | 29 | 20 | 24 | 21 | 33 | 15 | 30 | 21 | 28 | 21 |
| Between a week and a month | 21 | 20 | 22 | 23 | 13 | 22 | 23 | 22 | 21 | 18 | 21 | 24 | 27 | 24 | 19 | 22 | 13 | 23 | 0 | 21 | 26 | 9 | 26 |
| Between one to three months | 18 | 25 | 16 | 13 | 18 | 17 | 25 | 14 | 21 | 13 | 14 | 25 | 37 | 18 | 18 | 16 | 26 | 23 | 35 | 19 | 11 | 9 | 19 |
| Between three to six months | 10 | 24 | 10 | 10 | 15 | 9 | 13 | 10 | 11 | 16 | 9 | 11 | 9 | 13 | 7 | 11 | 14 | 6 | 0 | 10 | 14 | 12 | 10 |
| Between six months to one year | 17 | 10 | 10 | 10 | 18 | 16 | 16 | 20 | 15 | 0 | 17 | 29 | 5 | 10 | 27 | 17 | 20 | 10 | 51 | 19 | 16 | 29 | 12 |
| Don't know | 3 | 0 | 4 | 6 | 6 | 4 | 3 | 4 | 3 | 4 | 4 | 2 | 2 | 3 | 4 | 4 | 0 | 3 | 0 | 1 | 6 | 5 | 5 |
| Prefer not to say | 5 | 7 | 3 | 5 | 8 | 3 | 7 | 6 | 4 | 5 | 5 | 4 | 7 | 4 | 5 | 5 | 7 | 2 | 0 | 1 | 6 | 8 | 7 |

Which of the following, if any, do you think are the main causes of poor mental health in the workplace?

Please select up to three.

| | | | | | | | | | | | | | | | | | | | | | | | |
|---------------------------------|-----------|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|
| Poor work/life balance | 51 | 40 | 57 | 51 | 47 | 54 | 44 | 51 | 51 | 57 | 60 | 50 | 34 | 54 | 46 | 50 | 54 | 50 | 62 | 47 | 55 | 52 | 50 |
| Excessive workloads | 50 | 45 | 56 | 61 | 48 | 57 | 49 | 46 | 54 | 46 | 54 | 52 | 43 | 53 | 46 | 51 | 47 | 46 | 45 | 48 | 48 | 49 | 55 |
| Demanding management | 36 | 41 | 38 | 38 | 33 | 38 | 37 | 35 | 37 | 23 | 34 | 40 | 41 | 37 | 35 | 37 | 29 | 35 | 35 | 38 | 34 | 33 | 38 |
| Long or inflexible hours | 27 | 23 | 27 | 25 | 28 | 27 | 24 | 25 | 29 | 35 | 28 | 26 | 22 | 26 | 28 | 27 | 25 | 19 | 36 | 30 | 28 | 31 | 24 |
| Discrimination and harassment | 24 | 20 | 25 | 27 | 23 | 25 | 22 | 24 | 24 | 24 | 22 | 25 | 26 | 22 | 26 | 24 | 32 | 18 | 19 | 25 | 26 | 24 | 23 |
| Job insecurity | 18 | 19 | 22 | 18 | 16 | 19 | 18 | 19 | 17 | 13 | 19 | 17 | 21 | 20 | 16 | 19 | 14 | 15 | 15 | 19 | 19 | 22 | 18 |
| Lack of support from colleagues | 15 | 16 | 15 | 14 | 11 | 14 | 14 | 10 | 18 | 17 | 16 | 12 | 13 | 14 | 15 | 15 | 16 | 13 | 6 | 14 | 20 | 12 | 14 |
| Lack of career progression | 7 | 6 | 8 | 7 | 4 | 7 | 5 | 8 | 5 | 10 | 10 | 3 | 4 | 8 | 6 | 7 | 4 | 9 | 11 | 6 | 5 | 12 | 6 |
| Unsafe working conditions | 5 | 6 | 5 | 3 | 5 | 5 | 5 | 5 | 6 | 8 | 5 | 6 | 4 | 5 | 5 | 5 | 2 | 9 | 6 | 4 | 4 | 10 | 5 |
| Other [See Tab 1] | 7 | 7 | 5 | 4 | 12 | 6 | 9 | 7 | 6 | 7 | 5 | 9 | 7 | 6 | 8 | 6 | 12 | 8 | 7 | 7 | 5 | 7 | 6 |
| Don't know | 11 | 14 | 7 | 10 | 12 | 8 | 13 | 13 | 8 | 10 | 8 | 8 | 18 | 9 | 13 | 10 | 6 | 16 | 5 | 11 | 10 | 7 | 11 |

*Any percentages calculated on bases fewer than 100 respondents do not represent a wide enough cross-section of the target population to be considered statistically reliable. These figures should not be used.