

YouGov / HR Media Survey Results

Sample size: 2011 UK adults that work either full or part time

Fieldwork: 30th August - 3rd September 2013

Total	Gender		Age				Social Grade		Region							
	Male	Female	18-34	35-44	45-54	55+	ABC1	C2DE	North	Midlands	East	London	South	Wales	Scotland	Northern Ireland

In general, how happy or unhappy would you say you are in your current job?

Unweighted base	2011	1102	909	336	403	504	768	1348	663	408	318	205	208	572	80	204	16
UK working adults aged 18+	2011	1347	664	348	439	520	703	1293	718	438	326	225	192	533	65	218	14
Very happy [5]	19%	18%	20%	17%	15%	19%	22%	21%	15%	18%	16%	20%	20%	18%	24%	23%	17%
Fairly happy [4]	47%	46%	49%	53%	45%	43%	48%	47%	46%	44%	49%	48%	52%	48%	44%	43%	32%
Neither happy nor unhappy [3]	16%	16%	16%	13%	19%	17%	15%	15%	18%	18%	20%	19%	11%	13%	17%	12%	30%
Fairly unhappy [2]	14%	15%	13%	13%	15%	17%	12%	13%	17%	16%	12%	12%	10%	17%	9%	16%	21%
Very unhappy [1]	4%	4%	3%	4%	6%	4%	3%	4%	4%	4%	4%	1%	6%	4%	6%	6%	-
Net: Happy	66%	64%	68%	70%	60%	62%	70%	68%	61%	61%	65%	68%	72%	67%	67%	67%	49%
Net: Unhappy	18%	20%	16%	17%	21%	21%	16%	17%	21%	20%	16%	13%	16%	21%	15%	22%	21%
Mean	3.62	3.59	3.69	3.66	3.48	3.56	3.73	3.68	3.51	3.55	3.61	3.73	3.70	3.60	3.69	3.62	3.45

In general, how stressful, if at all, do you find your current job?

Unweighted base	2011	1102	909	336	403	504	768	1348	663	408	318	205	208	572	80	204	16
UK working adults aged 18+	2011	1347	664	348	439	520	703	1293	718	438	326	225	192	533	65	218	14
Very stressful [4]	17%	18%	15%	18%	18%	18%	15%	17%	16%	18%	17%	16%	14%	17%	15%	17%	21%
Fairly stressful [3]	47%	45%	52%	50%	48%	50%	43%	50%	42%	49%	49%	43%	50%	44%	36%	54%	54%
Not very stressful [2]	30%	31%	29%	28%	32%	27%	33%	28%	34%	28%	30%	34%	33%	31%	43%	22%	25%
Not at all stressful [1]	5%	6%	4%	4%	2%	4%	9%	4%	8%	5%	3%	5%	3%	7%	6%	7%	-
Don't know	0%	0%	0%	0%	0%	1%	-	0%	0%	0%	0%	1%	-	0%	-	-	-
Net: Stressful	64%	63%	67%	68%	66%	68%	58%	68%	58%	67%	66%	60%	64%	61%	52%	71%	75%
Net: Not Stressful	35%	37%	33%	32%	34%	31%	42%	32%	42%	33%	33%	39%	36%	38%	48%	29%	25%
Mean	2.76	2.75	2.79	2.82	2.82	2.83	2.65	2.81	2.67	2.80	2.81	2.72	2.74	2.72	2.62	2.81	2.96

YouGov / HR Media Survey Results

Sample size: 2011 UK adults that work either full or part time

Fieldwork: 30th August - 3rd September 2013

Total	Marital Status					Children in Household					
	Married/ Civil Partnership	Living as married	Separated/ Divorced	Widowed	Never Married	0	1	2	3+	ALL WITH CHILDREN IN HOUSEHOLD (NET)	Refused

In general, how happy or unhappy would you say you are in your current job?

Unweighted base	2011	1121	282	185	48	375	1494	245	209	43	497	20
UK working adults aged 18+	2011	1104	294	181	32	401	1495	256	199	45	500	16
Very happy [5]	19%	20%	17%	20%	28%	14%	19%	18%	20%	27%	20%	15%
Fairly happy [4]	47%	47%	48%	44%	55%	47%	46%	53%	50%	38%	51%	42%
Neither happy nor unhappy [3]	16%	16%	17%	14%	8%	16%	16%	12%	18%	15%	14%	5%
Fairly unhappy [2]	14%	14%	11%	13%	9%	18%	15%	14%	10%	14%	12%	23%
Very unhappy [1]	4%	3%	7%	9%	-	4%	4%	3%	2%	6%	3%	15%
Net: Happy	66%	67%	66%	64%	83%	62%	64%	71%	70%	65%	70%	57%
Net: Unhappy	18%	17%	18%	22%	9%	22%	19%	17%	12%	20%	15%	38%
Mean	3.62	3.68	3.57	3.54	4.02	3.50	3.59	3.69	3.77	3.66	3.72	3.20

In general, how stressful, if at all, do you find your current job?

Unweighted base	2011	1121	282	185	48	375	1494	245	209	43	497	20
UK working adults aged 18+	2011	1104	294	181	32	401	1495	256	199	45	500	16
Very stressful [4]	17%	19%	12%	17%	8%	16%	16%	20%	15%	27%	19%	44%
Fairly stressful [3]	47%	46%	54%	51%	34%	45%	46%	52%	54%	37%	52%	35%
Not very stressful [2]	30%	29%	31%	28%	57%	32%	32%	25%	27%	26%	26%	21%
Not at all stressful [1]	5%	6%	3%	4%	1%	6%	6%	3%	4%	9%	4%	-
Don't know	0%	0%	-	-	-	1%	0%	-	-	-	-	-
Net: Stressful	64%	65%	66%	67%	42%	61%	62%	72%	69%	65%	70%	79%
Net: Not Stressful	35%	35%	34%	33%	58%	39%	38%	28%	31%	35%	30%	21%
Mean	2.76	2.79	2.75	2.80	2.49	2.70	2.73	2.89	2.81	2.83	2.85	3.23

YouGov / HR Media Survey Results

Sample size: 2011 UK adults that work either full or part time

Fieldwork: 30th August - 3rd September 2013

Total	Government Region											
	North East	North West	Yorkshire and the Humber	East Midlands	West Midlands	East of England	London	South East	South West	Wales	Scotland	Northern Ireland

In general, how happy or unhappy would you say you are in your current job?

Unweighted base	2011	51	202	155	140	178	205	208	358	214	80	204	16
UK working adults aged 18+	2011	49	222	167	146	180	225	192	341	191	65	218	14
Very happy [5]	19%	19%	20%	14%	16%	15%	20%	20%	19%	18%	24%	23%	17%
Fairly happy [4]	47%	42%	43%	45%	54%	45%	48%	52%	46%	53%	44%	43%	32%
Neither happy nor unhappy [3]	16%	23%	17%	19%	18%	21%	19%	11%	12%	14%	17%	12%	30%
Fairly unhappy [2]	14%	16%	15%	17%	7%	16%	12%	10%	20%	11%	9%	16%	21%
Very unhappy [1]	4%	-	5%	5%	5%	3%	1%	6%	4%	4%	6%	6%	-
Net: Happy	66%	61%	63%	59%	70%	60%	68%	72%	64%	71%	67%	67%	49%
Net: Unhappy	18%	16%	20%	21%	12%	19%	13%	16%	24%	15%	15%	22%	21%
Mean	3.62	3.63	3.59	3.47	3.70	3.54	3.73	3.70	3.55	3.70	3.69	3.62	3.45

In general, how stressful, if at all, do you find your current job?

Unweighted base	2011	51	202	155	140	178	205	208	358	214	80	204	16
UK working adults aged 18+	2011	49	222	167	146	180	225	192	341	191	65	218	14
Very stressful [4]	17%	8%	20%	18%	14%	19%	16%	14%	18%	16%	15%	17%	21%
Fairly stressful [3]	47%	54%	46%	50%	52%	47%	43%	50%	46%	40%	36%	54%	54%
Not very stressful [2]	30%	37%	29%	25%	32%	29%	34%	33%	27%	39%	43%	22%	25%
Not at all stressful [1]	5%	1%	4%	7%	2%	4%	5%	3%	8%	6%	6%	7%	-
Don't know	0%	-	0%	-	-	1%	1%	-	1%	-	-	-	-
Net: Stressful	64%	62%	66%	69%	66%	66%	60%	64%	64%	56%	52%	71%	75%
Net: Not Stressful	35%	38%	33%	31%	34%	33%	39%	36%	35%	44%	48%	29%	25%
Mean	2.76	2.70	2.82	2.81	2.79	2.82	2.72	2.74	2.75	2.65	2.62	2.81	2.96

YouGov / HR Media Survey Results

Sample size: 2011 UK adults that work either full or part time

Fieldwork: 30th August - 3rd September 2013

Total	Social Media (monthly or more)				Working parents		Full / part time	
	Facebook	LinkedIn	Google+	Twitter	Full Time	Part Time	Working full time	Working part time

In general, how happy or unhappy would you say you are in your current job?

Unweighted base	2011	1216	440	106	481	379	123	1548	463
UK working adults aged 18+	2011	1218	445	111	484	450	45	1830	181
Very happy [5]	19%	18%	20%	23%	16%	20%	15%	18%	23%
Fairly happy [4]	47%	48%	50%	41%	48%	50%	51%	47%	49%
Neither happy nor unhappy [3]	16%	16%	13%	21%	16%	15%	14%	16%	14%
Fairly unhappy [2]	14%	14%	13%	11%	17%	12%	15%	15%	11%
Very unhappy [1]	4%	4%	4%	4%	3%	3%	5%	4%	3%
Net: Happy	66%	66%	70%	64%	64%	70%	66%	65%	72%
Net: Unhappy	18%	18%	17%	15%	20%	15%	20%	19%	13%
Mean	3.62	3.62	3.69	3.68	3.57	3.72	3.57	3.60	3.79

In general, how stressful, if at all, do you find your current job?

Unweighted base	2011	1216	440	106	481	379	123	1548	463
UK working adults aged 18+	2011	1218	445	111	484	450	45	1830	181
Very stressful [4]	17%	17%	18%	25%	19%	20%	6%	18%	5%
Fairly stressful [3]	47%	47%	52%	48%	48%	54%	44%	48%	39%
Not very stressful [2]	30%	31%	26%	22%	30%	24%	43%	29%	45%
Not at all stressful [1]	5%	5%	3%	5%	3%	2%	6%	5%	10%
Don't know	0%	0%	1%	-	-	-	-	0%	-
Net: Stressful	64%	64%	71%	73%	68%	74%	50%	66%	44%
Net: Not Stressful	35%	36%	29%	27%	32%	26%	50%	34%	56%
Mean	2.76	2.76	2.87	2.93	2.84	2.92	2.50	2.80	2.40

YouGov / HR Media Survey Results

Sample size: 2011 UK adults that work either full or part time

Fieldwork: 30th August - 3rd September 2013

Total	Working status						Length of employment					
	Employee	Self Employed	Full time Employee	Full Time self employed	Part Time Employee	Part Time Self Employed	1 year or less	More than 1 year, up to 2 years	More than 2 years, up to 3 years	More than 3 years, up to 4 years	More than 4 years, up to 5 years	6 years or more

In general, how happy or unhappy would you say you are in your current job?

Unweighted base	2011	1743	268	1373	175	370	93	145	133	106	99	160	1100
UK working adults aged 18+	2011	1767	244	1620	210	147	34	149	137	120	108	160	1094
Very happy [5]	19%	17%	36%	16%	36%	21%	31%	23%	15%	24%	12%	12%	16%
Fairly happy [4]	47%	47%	50%	46%	50%	50%	45%	41%	55%	44%	47%	54%	45%
Neither happy nor unhappy [3]	16%	17%	11%	17%	10%	14%	18%	19%	12%	17%	15%	13%	17%
Fairly unhappy [2]	14%	16%	3%	16%	3%	12%	4%	12%	12%	12%	23%	17%	16%
Very unhappy [1]	4%	5%	0%	5%	0%	3%	2%	4%	7%	2%	4%	5%	5%
Net: Happy	66%	63%	85%	62%	87%	71%	76%	64%	70%	68%	58%	65%	62%
Net: Unhappy	18%	20%	4%	21%	4%	15%	6%	16%	18%	15%	27%	22%	21%
Mean	3.62	3.54	4.17	3.53	4.19	3.74	3.99	3.66	3.60	3.75	3.39	3.50	3.52

In general, how stressful, if at all, do you find your current job?

Unweighted base	2011	1743	268	1373	175	370	93	145	133	106	99	160	1100
UK working adults aged 18+	2011	1767	244	1620	210	147	34	149	137	120	108	160	1094
Very stressful [4]	17%	17%	16%	18%	18%	6%	3%	14%	20%	21%	19%	18%	16%
Fairly stressful [3]	47%	49%	37%	49%	39%	42%	27%	48%	45%	40%	45%	48%	51%
Not very stressful [2]	30%	29%	38%	28%	35%	42%	59%	34%	31%	34%	31%	24%	28%
Not at all stressful [1]	5%	5%	8%	4%	7%	10%	11%	3%	5%	5%	5%	9%	4%
Don't know	0%	0%	1%	0%	1%	-	-	0%	-	-	-	1%	0%
Net: Stressful	64%	66%	53%	67%	57%	48%	30%	62%	64%	61%	64%	66%	67%
Net: Not Stressful	35%	34%	46%	32%	42%	52%	70%	38%	36%	39%	36%	34%	33%
Mean	2.76	2.78	2.62	2.81	2.69	2.44	2.21	2.72	2.79	2.77	2.78	2.74	2.80

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Fieldwork: 30th August - 3rd September 2013

Total	Level of responsibility				Employment sector			
	High Level	Mid Level	Low /Entry Level	Other	Private sector firm or company	Nationalised industry or public corporation	Other public sector employer	Charity/voluntary sector

In general, how happy or unhappy would you say you are in your current job?

Unweighted base	2011	422	708	386	495	1464	22	421	104
UK working adults aged 18+	2011	419	772	331	489	1467	26	381	138
Very happy [5]	19%	32%	18%	12%	13%	19%	43%	17%	22%
Fairly happy [4]	47%	46%	48%	52%	43%	46%	46%	47%	54%
Neither happy nor unhappy [3]	16%	12%	15%	12%	22%	17%	8%	14%	9%
Fairly unhappy [2]	14%	8%	14%	18%	17%	14%	2%	17%	12%
Very unhappy [1]	4%	1%	5%	6%	4%	4%	-	6%	3%
Net: Happy	66%	79%	66%	64%	56%	65%	90%	64%	76%
Net: Unhappy	18%	9%	19%	24%	22%	18%	2%	23%	15%
Mean	3.62	4.00	3.60	3.46	3.43	3.62	4.31	3.52	3.81

In general, how stressful, if at all, do you find your current job?

Unweighted base	2011	422	708	386	495	1464	22	421	104
UK working adults aged 18+	2011	419	772	331	489	1467	26	381	138
Very stressful [4]	17%	21%	22%	10%	10%	17%	14%	20%	11%
Fairly stressful [3]	47%	43%	52%	45%	45%	46%	70%	52%	46%
Not very stressful [2]	30%	30%	23%	39%	37%	31%	16%	25%	36%
Not at all stressful [1]	5%	5%	4%	6%	7%	5%	-	4%	7%
Don't know	0%	1%	-	-	1%	0%	-	-	-
Net: Stressful	64%	64%	74%	55%	56%	63%	84%	71%	57%
Net: Not Stressful	35%	36%	26%	45%	44%	37%	16%	29%	43%
Mean	2.76	2.80	2.92	2.60	2.60	2.74	2.98	2.87	2.61

Fieldwork: 30th August - 3rd September 2013

Total	Gender		Age				Social Grade		Region							
	Male	Female	18-34	35-44	45-54	55+	ABC1	C2DE	North	Midlands	East	London	South	Wales	Scotland	Northern Ireland

In which, if any, of the following ways do you try to unwind after a stressful day at work?

Unweighted base	1241	671	570	224	259	335	423	875	366	265	206	116	127	334	46	137	10
UK working adults that find their current job stressful	1291	846	446	236	290	354	411	874	418	293	216	135	122	326	34	155	11
Spend time with family	47%	48%	44%	40%	45%	48%	51%	46%	49%	49%	53%	38%	47%	46%	41%	45%	29%
Spend time on my own	43%	41%	48%	49%	47%	44%	37%	45%	39%	37%	36%	55%	54%	44%	39%	43%	74%
Listen to music	38%	40%	34%	42%	44%	37%	32%	39%	35%	40%	36%	36%	49%	32%	24%	44%	48%
Drink alcohol	35%	39%	28%	33%	39%	37%	33%	35%	37%	39%	37%	37%	32%	35%	38%	27%	66%
Exercise (e.g. going for a run, working out at the gym, etc.)	31%	30%	33%	46%	38%	26%	21%	35%	22%	24%	34%	39%	38%	30%	34%	29%	6%
Comfort eat	27%	24%	33%	33%	33%	27%	21%	29%	25%	27%	21%	37%	37%	26%	24%	25%	20%
Spend time with friends	25%	22%	30%	40%	26%	19%	20%	27%	21%	19%	28%	25%	43%	23%	18%	21%	29%
Smoke (e.g. cigarettes, cigars, roll ups, etc.)	11%	10%	13%	10%	9%	10%	14%	9%	14%	10%	12%	4%	13%	11%	16%	11%	20%
Other	20%	20%	20%	15%	19%	22%	23%	20%	21%	19%	22%	16%	13%	21%	25%	25%	25%
Nothing	5%	5%	4%	6%	4%	4%	4%	5%	4%	6%	6%	3%	4%	4%	1%	4%	-

Thinking about the last 12 months, have you ever worked over your contractual hours?

Unweighted base	1743	941	802	321	374	426	622	1168	575	373	266	176	172	497	64	180	15
UK full and part time working employees	1767	1171	596	337	405	445	579	1133	633	404	285	195	165	461	56	189	12
Yes, I have regularly worked over my contractual hours in the last 12 months	53%	56%	48%	59%	55%	52%	50%	57%	47%	48%	58%	56%	55%	53%	38%	60%	66%
Yes, I have sometimes (i.e. more than twice) worked over my contractual hours in the last 12 months	19%	18%	22%	19%	22%	20%	18%	18%	22%	19%	22%	21%	23%	15%	29%	21%	9%
Yes, I have worked over my contractual hours once or twice in the last 12 months	9%	8%	11%	6%	8%	11%	10%	8%	10%	11%	7%	5%	7%	9%	9%	13%	4%
No, I have not worked over my contractual hours in the last 12 months	13%	12%	15%	10%	11%	14%	16%	11%	17%	18%	11%	15%	10%	14%	13%	4%	20%
Don't know	0%	0%	0%	1%	0%	-	1%	1%	0%	0%	1%	-	-	1%	-	-	-
Not applicable - I do not have contractual hours	5%	5%	4%	6%	4%	3%	5%	5%	4%	3%	2%	3%	5%	8%	11%	3%	-
Net: Yes	82%	82%	81%	83%	84%	83%	78%	84%	79%	79%	86%	82%	85%	76%	76%	93%	80%

Fieldwork: 30th August - 3rd September 2013

Total	Marital Status					Children in Household					
	Married/ Civil Partnership	Living as married	Separated/ Divorced	Widowed	Never Married	0	1	2	3+	ALL WITH CHILDREN IN HOUSEHOLD (NET)	Refused

In which, if any, of the following ways do you try to unwind after a stressful day at work?

	Unweighted base	687	184	117	22	231	896	167	136	28	331	14
UK working adults that find their current job stressful	1291	720	193	122	13	243	927	184	138	29	351	13
Spend time with family	47%	57%	48%	31%	34%	24%	42%	56%	63%	66%	60%	25%
Spend time on my own	43%	35%	42%	55%	74%	60%	44%	39%	40%	50%	40%	70%
Listen to music	38%	36%	42%	32%	45%	42%	39%	32%	36%	53%	35%	29%
Drink alcohol	35%	36%	36%	34%	34%	33%	33%	42%	44%	38%	42%	21%
Exercise (e.g. going for a run, working out at the gym, etc.)	31%	29%	41%	26%	1%	33%	31%	27%	30%	44%	30%	39%
Comfort eat	27%	24%	28%	33%	23%	33%	28%	20%	33%	19%	25%	28%
Spend time with friends	25%	17%	31%	31%	34%	39%	27%	23%	13%	23%	19%	28%
Smoke (e.g. cigarettes, cigars, roll ups, etc.)	11%	8%	13%	20%	26%	13%	12%	9%	7%	3%	8%	5%
Other	20%	21%	18%	24%	8%	20%	21%	20%	19%	5%	18%	23%
Nothing	5%	5%	4%	5%	3%	4%	5%	3%	5%	1%	4%	-

Thinking about the last 12 months, have you ever worked over your contractual hours?

	Unweighted base	973	245	151	32	342	1290	210	187	38	435	18
UK full and part time working employees	1767	970	258	147	21	371	1313	228	173	37	438	16
Yes, I have regularly worked over my contractual hours in the last 12 months	53%	55%	51%	53%	42%	52%	52%	59%	55%	41%	56%	78%
Yes, I have sometimes (i.e. more than twice) worked over my contractual hours in the last 12 months	19%	19%	23%	13%	18%	20%	19%	23%	23%	10%	22%	15%
Yes, I have worked over my contractual hours once or twice in the last 12 months	9%	8%	9%	16%	13%	8%	9%	7%	6%	18%	8%	2%
No, I have not worked over my contractual hours in the last 12 months	13%	13%	14%	15%	22%	13%	14%	9%	13%	19%	12%	4%
Don't know	0%	0%	-	-	-	1%	0%	-	0%	-	0%	-
Not applicable - I do not have contractual hours	5%	5%	4%	3%	5%	6%	5%	2%	2%	13%	3%	2%
Net: Yes	82%	82%	82%	82%	73%	80%	80%	89%	84%	69%	85%	95%

Fieldwork: 30th August - 3rd September 2013

Total	Government Region											
	North East	North West	Yorkshire and the Humber	East Midlands	West Midlands	East of England	London	South East	South West	Wales	Scotland	Northern Ireland

In which, if any, of the following ways do you try to unwind after a stressful day at work?

Unweighted base	1241	29	130	106	89	117	116	127	220	114	46	137	10
UK working adults that find their current job stressful	1291	31	148	115	97	119	135	122	220	106	34	155	11
Spend time with family	47%	42%	56%	43%	56%	50%	38%	47%	45%	49%	41%	45%	29%
Spend time on my own	43%	30%	40%	35%	39%	34%	55%	54%	45%	43%	39%	43%	74%
Listen to music	38%	29%	47%	34%	27%	43%	36%	49%	30%	36%	24%	44%	48%
Drink alcohol	35%	30%	34%	47%	42%	33%	37%	32%	38%	29%	38%	27%	66%
Exercise (e.g. going for a run, working out at the gym, etc.)	31%	18%	26%	24%	35%	33%	39%	38%	34%	22%	34%	29%	6%
Comfort eat	27%	33%	23%	31%	26%	16%	37%	37%	24%	30%	24%	25%	20%
Spend time with friends	25%	23%	19%	19%	29%	27%	25%	43%	25%	19%	18%	21%	29%
Smoke (e.g. cigarettes, cigars, roll ups, etc.)	11%	11%	9%	11%	15%	10%	4%	13%	11%	12%	16%	11%	20%
Other	20%	23%	16%	21%	19%	24%	16%	13%	22%	21%	25%	25%	25%
Nothing	5%	9%	4%	7%	3%	9%	3%	4%	5%	2%	1%	4%	-

Thinking about the last 12 months, have you ever worked over your contractual hours?

Unweighted base	1743	45	186	142	109	157	176	172	310	187	64	180	15
UK full and part time working employees	1767	46	207	152	120	165	195	165	301	160	56	189	12
Yes, I have regularly worked over my contractual hours in the last 12 months	53%	43%	41%	60%	58%	57%	56%	55%	54%	50%	38%	60%	66%
Yes, I have sometimes (i.e. more than twice) worked over my contractual hours in the last 12 months	19%	26%	21%	14%	22%	21%	21%	23%	15%	15%	29%	21%	9%
Yes, I have worked over my contractual hours once or twice in the last 12 months	9%	7%	12%	12%	6%	7%	5%	7%	9%	8%	9%	13%	4%
No, I have not worked over my contractual hours in the last 12 months	13%	18%	23%	12%	12%	10%	15%	10%	14%	15%	13%	4%	20%
Don't know	0%	-	0%	0%	1%	1%	-	-	1%	0%	-	-	-
Not applicable - I do not have contractual hours	5%	6%	3%	3%	0%	3%	3%	5%	7%	11%	11%	3%	-
Net: Yes	82%	76%	74%	85%	87%	85%	82%	85%	78%	73%	76%	93%	80%

Fieldwork: 30th August - 3rd September 2013

Total	Social Media (monthly or more)				Working parents		Full / part time	
	Facebook	LinkedIn	Google+	Twitter	Full Time	Part Time	Working full time	Working part time

In which, if any, of the following ways do you try to unwind after a stressful day at work?

	Unweighted base	1241	743	306	70	306	279	60	1033	208
UK working adults that find their current job stressful	1291	778	315	81	327	333	22	1211	80	
Spend time with family	47%	46%	48%	49%	46%	56%	78%	46%	52%	
Spend time on my own	43%	48%	50%	42%	49%	41%	38%	43%	40%	
Listen to music	38%	40%	50%	47%	48%	36%	33%	38%	38%	
Drink alcohol	35%	37%	38%	36%	40%	45%	41%	36%	30%	
Exercise (e.g. going for a run, working out at the gym, etc.)	31%	32%	38%	21%	38%	31%	28%	31%	23%	
Comfort eat	27%	31%	29%	33%	34%	25%	24%	27%	30%	
Spend time with friends	25%	28%	28%	26%	27%	19%	25%	25%	23%	
Smoke (e.g. cigarettes, cigars, roll ups, etc.)	11%	11%	7%	10%	9%	6%	17%	11%	14%	
Other	20%	21%	22%	34%	20%	19%	20%	20%	19%	
Nothing	5%	4%	4%	1%	4%	5%	2%	5%	4%	

Thinking about the last 12 months, have you ever worked over your contractual hours?

	Unweighted base	1743	1076	357	83	421	335	107	1373	370
UK full and part time working employees	1767	1093	380	86	440	397	40	1620	147	
Yes, I have regularly worked over my contractual hours in the last 12 months	53%	54%	66%	47%	55%	58%	37%	55%	36%	
Yes, I have sometimes (i.e. more than twice) worked over my contractual hours in the last 12 months	19%	21%	20%	19%	22%	22%	28%	19%	21%	
Yes, I have worked over my contractual hours once or twice in the last 12 months	9%	9%	2%	10%	7%	7%	8%	9%	11%	
No, I have not worked over my contractual hours in the last 12 months	13%	11%	6%	13%	11%	10%	22%	12%	22%	
Don't know	0%	1%	1%	3%	0%	0%	-	0%	-	
Not applicable - I do not have contractual hours	5%	5%	5%	7%	4%	3%	5%	4%	10%	
Net: Yes	82%	84%	88%	76%	84%	87%	73%	83%	68%	

Fieldwork: 30th August - 3rd September 2013

Total	Working status						Length of employment					
	Employee	Self Employed	Full time Employee	Full Time self employed	Part Time Employee	Part Time Self Employed	1 year or less	More than 1 year, up to 2 years	More than 2 years, up to 3 years	More than 3 years, up to 4 years	More than 4 years, up to 5 years	6 years or more

In which, if any, of the following ways do you try to unwind after a stressful day at work?

Unweighted base	1241	1109	132	928	105	181	27	81	81	66	62	106	713
UK working adults that find their current job stressful	1291	1162	130	1091	120	70	10	92	88	73	69	105	735
Spend time with family	47%	46%	57%	45%	58%	53%	45%	24%	49%	44%	51%	36%	49%
Spend time on my own	43%	43%	42%	44%	41%	40%	43%	43%	43%	41%	56%	51%	42%
Listen to music	38%	38%	41%	38%	39%	35%	59%	29%	51%	49%	43%	34%	36%
Drink alcohol	35%	35%	40%	35%	42%	32%	18%	33%	32%	28%	33%	34%	36%
Exercise (e.g. going for a run, working out at the gym, etc.)	31%	31%	27%	32%	28%	23%	22%	21%	37%	38%	36%	32%	31%
Comfort eat	27%	28%	18%	28%	15%	28%	44%	38%	21%	35%	30%	33%	27%
Spend time with friends	25%	25%	19%	25%	20%	24%	15%	20%	31%	24%	38%	43%	22%
Smoke (e.g. cigarettes, cigars, roll ups, etc.)	11%	10%	15%	10%	15%	14%	17%	12%	12%	11%	9%	17%	9%
Other	20%	20%	19%	20%	18%	18%	32%	28%	16%	26%	22%	13%	20%
Nothing	5%	5%	4%	5%	4%	4%	4%	4%	2%	7%	1%	7%	5%

Thinking about the last 12 months, have you ever worked over your contractual hours?

Unweighted base	1743	1743	-	1373	-	370	-	145	133	106	99	160	1100
UK full and part time working employees	1767	1767	-	1620	-	147	-	149	137	120	108	160	1094
Yes, I have regularly worked over my contractual hours in the last 12 months	53%	53%	-	55%	-	36%	-	55%	49%	50%	49%	63%	53%
Yes, I have sometimes (i.e. more than twice) worked over my contractual hours in the last 12 months	19%	19%	-	19%	-	21%	-	24%	34%	22%	16%	24%	16%
Yes, I have worked over my contractual hours once or twice in the last 12 months	9%	9%	-	9%	-	11%	-	5%	5%	13%	6%	2%	11%
No, I have not worked over my contractual hours in the last 12 months	13%	13%	-	12%	-	22%	-	12%	9%	14%	13%	9%	14%
Don't know	0%	0%	-	0%	-	-	-	0%	-	-	-	1%	0%
Not applicable - I do not have contractual hours	5%	5%	-	4%	-	10%	-	3%	3%	2%	15%	1%	5%
Net: Yes	82%	82%	-	83%	-	68%	-	84%	88%	84%	72%	89%	80%

Fieldwork: 30th August - 3rd September 2013

Total	Level of responsibility				Employment sector			
	High Level	Mid Level	Low /Entry Level	Other	Private sector firm or company	Nationalised industry or public corporation	Other public sector employer	Charity/voluntary sector

In which, if any, of the following ways do you try to unwind after a stressful day at work?

	Unweighted base	1241	246	504	211	280	868	16	294	63
UK working adults that find their current job stressful	1291	266	568	184	273	920	21	271	79	
Spend time with family	47%	51%	48%	41%	43%	46%	51%	51%	39%	
Spend time on my own	43%	42%	42%	50%	42%	44%	53%	37%	58%	
Listen to music	38%	39%	39%	37%	35%	38%	42%	36%	45%	
Drink alcohol	35%	43%	33%	28%	37%	37%	29%	33%	30%	
Exercise (e.g. going for a run, working out at the gym, etc.)	31%	29%	34%	34%	24%	30%	34%	35%	29%	
Comfort eat	27%	25%	28%	29%	26%	25%	51%	31%	35%	
Spend time with friends	25%	19%	25%	32%	25%	22%	14%	32%	40%	
Smoke (e.g. cigarettes, cigars, roll ups, etc.)	11%	14%	10%	11%	9%	12%	6%	8%	5%	
Other	20%	16%	20%	18%	27%	18%	5%	23%	39%	
Nothing	5%	3%	6%	4%	4%	5%	-	4%	5%	

Thinking about the last 12 months, have you ever worked over your contractual hours?

	Unweighted base	1743	193	695	384	471	1214	21	412	96
UK full and part time working employees	1767	210	763	330	464	1240	24	378	125	
Yes, I have regularly worked over my contractual hours in the last 12 months	53%	69%	63%	39%	41%	55%	38%	50%	48%	
Yes, I have sometimes (i.e. more than twice) worked over my contractual hours in the last 12 months	19%	16%	19%	21%	20%	19%	38%	22%	11%	
Yes, I have worked over my contractual hours once or twice in the last 12 months	9%	3%	6%	14%	12%	8%	14%	10%	16%	
No, I have not worked over my contractual hours in the last 12 months	13%	5%	7%	22%	20%	14%	1%	12%	10%	
Don't know	0%	-	0%	0%	1%	0%	-	0%	0%	
Not applicable - I do not have contractual hours	5%	7%	4%	4%	5%	3%	9%	5%	14%	
Net: Yes	82%	88%	88%	74%	74%	82%	91%	83%	75%	

Fieldwork: 30th August - 3rd September 2013

Total	Gender		Age				Social Grade		Region							
	Male	Female	18-34	35-44	45-54	55+	ABC1	C2DE	North	Midlands	East	London	South	Wales	Scotland	Northern Ireland

Which, if any, of the following does your employer do to try create a healthy and fun environment at your place of work?

Unweighted base	1743	941	802	321	374	426	622	1168	575	373	266	176	172	497	64	180	15
UK full and part time working employees	1767	1171	596	337	405	445	579	1133	633	404	285	195	165	461	56	189	12
Free tea, coffee and biscuits	37%	35%	40%	51%	35%	28%	37%	41%	29%	37%	27%	39%	41%	44%	35%	33%	9%
Chill out room/ break out areas	17%	15%	19%	28%	15%	14%	14%	19%	13%	14%	15%	16%	17%	21%	13%	15%	4%
Gym facilities	11%	13%	8%	13%	14%	10%	9%	14%	6%	8%	13%	16%	13%	11%	9%	7%	36%
Free fruit	8%	8%	6%	11%	12%	6%	4%	8%	6%	6%	4%	8%	15%	9%	5%	9%	-
Workplace wellness room (health promotion activity or organisational policy designed to support healthy behavior in the workplace and to improve health outcomes)	7%	8%	6%	7%	9%	8%	5%	9%	4%	5%	8%	5%	13%	7%	3%	10%	-
Pool/ table football	4%	4%	4%	5%	5%	3%	4%	3%	6%	1%	7%	2%	10%	5%	1%	2%	-
Computer games (e.g. Nintendo Wii, Xbox, etc.)	2%	3%	1%	3%	5%	1%	1%	3%	1%	2%	4%	3%	4%	1%	3%	1%	-
Other	4%	4%	4%	4%	5%	3%	4%	5%	2%	4%	2%	4%	7%	4%	1%	3%	18%
Not applicable - My employer does not try to create a healthy and fun environment	47%	47%	46%	35%	44%	53%	51%	41%	58%	48%	53%	48%	37%	41%	54%	55%	33%

Have you ever attended work when you have not felt at your healthy best?

Unweighted base	2011	1102	909	336	403	504	768	1348	663	408	318	205	208	572	80	204	16
UK working adults aged 18+	2011	1347	664	348	439	520	703	1293	718	438	326	225	192	533	65	218	14
Yes, I have attended work whilst feeling unwell because I would not have been paid	25%	23%	29%	21%	22%	24%	30%	18%	39%	26%	25%	30%	21%	26%	23%	21%	11%
Yes, I have attended work whilst feeling unwell due to work commitments	59%	58%	61%	67%	64%	58%	53%	67%	44%	58%	60%	51%	64%	60%	51%	61%	56%
Yes, I have attended work whilst feeling unwell due to another reason	25%	26%	22%	27%	23%	23%	25%	24%	25%	26%	30%	23%	21%	22%	38%	19%	34%
No, and I don't think you should be at work if you are unwell	9%	10%	5%	8%	8%	10%	9%	8%	10%	8%	8%	11%	9%	8%	6%	9%	24%
Can't remember/ Don't know	2%	2%	2%	2%	2%	3%	0%	1%	2%	1%	1%	3%	3%	1%	-	4%	-
Net: Yes	89%	88%	93%	90%	90%	86%	91%	91%	87%	90%	92%	86%	87%	90%	94%	87%	76%

Fieldwork: 30th August - 3rd September 2013

Total	Marital Status					Children in Household					
	Married/ Civil Partnership	Living as married	Separated/ Divorced	Widowed	Never Married	0	1	2	3+	ALL WITH CHILDREN IN HOUSEHOLD (NET)	Refused

Which, if any, of the following does your employer do to try create a healthy and fun environment at your place of work?

Unweighted base	1743	973	245	151	32	342	1290	210	187	38	435	18
UK full and part time working employees	1767	970	258	147	21	371	1313	228	173	37	438	16
Free tea, coffee and biscuits	37%	35%	36%	32%	44%	44%	36%	41%	43%	37%	42%	37%
Chill out room/ break out areas	17%	15%	21%	17%	11%	18%	16%	22%	13%	17%	18%	15%
Gym facilities	11%	11%	10%	8%	1%	13%	10%	11%	15%	21%	13%	4%
Free fruit	8%	8%	9%	4%	-	6%	7%	7%	13%	18%	10%	13%
Workplace wellness room (health promotion activity or organisational policy designed to support healthy behavior in the workplace and to improve health outcomes)	7%	6%	8%	11%	2%	8%	7%	8%	9%	6%	8%	8%
Pool/ table football	4%	4%	2%	2%	5%	7%	4%	4%	3%	7%	4%	-
Computer games (e.g. Nintendo Wii, Xbox, etc.)	2%	3%	1%	1%	-	2%	2%	3%	1%	5%	3%	-
Other	4%	3%	5%	2%	-	6%	4%	3%	3%	4%	3%	14%
Not applicable - My employer does not try to create a healthy and fun environment	47%	49%	48%	50%	41%	40%	49%	39%	42%	43%	41%	37%

Have you ever attended work when you have not felt at your healthy best?

Unweighted base	2011	1121	282	185	48	375	1494	245	209	43	497	20
UK working adults aged 18+	2011	1104	294	181	32	401	1495	256	199	45	500	16
Yes, I have attended work whilst feeling unwell because I would not have been paid	25%	24%	26%	36%	31%	22%	26%	22%	24%	31%	23%	20%
Yes, I have attended work whilst feeling unwell due to work commitments	59%	61%	60%	55%	47%	56%	58%	62%	66%	55%	63%	54%
Yes, I have attended work whilst feeling unwell due to another reason	25%	23%	28%	26%	30%	26%	24%	27%	25%	20%	25%	28%
No, and I don't think you should be at work if you are unwell	9%	8%	10%	5%	-	12%	9%	9%	9%	8%	9%	3%
Can't remember/ Don't know	2%	1%	1%	1%	3%	3%	2%	4%	1%	-	2%	2%
Net: Yes	89%	90%	89%	94%	97%	85%	90%	87%	90%	92%	89%	96%

Fieldwork: 30th August - 3rd September 2013

Total	Government Region											
	North East	North West	Yorkshire and the Humber	East Midlands	West Midlands	East of England	London	South East	South West	Wales	Scotland	Northern Ireland

Which, if any, of the following does your employer do to try create a healthy and fun environment at your place of work?

	Unweighted base	North East	North West	Yorkshire and the Humber	East Midlands	West Midlands	East of England	London	South East	South West	Wales	Scotland	Northern Ireland
	1743	45	186	142	109	157	176	172	310	187	64	180	15
UK full and part time working employees	1767	46	207	152	120	165	195	165	301	160	56	189	12
Free tea, coffee and biscuits	37%	45%	36%	35%	27%	27%	39%	41%	43%	45%	35%	33%	9%
Chill out room/ break out areas	17%	29%	12%	13%	16%	15%	16%	17%	25%	13%	13%	15%	4%
Gym facilities	11%	13%	5%	11%	17%	11%	16%	13%	12%	10%	9%	7%	36%
Free fruit	8%	13%	6%	3%	5%	4%	8%	15%	9%	7%	5%	9%	-
Workplace wellness room (health promotion activity or organisational policy designed to support healthy behavior in the workplace and to improve health outcomes)	7%	6%	7%	2%	13%	5%	5%	13%	8%	4%	3%	10%	-
Pool/ table football	4%	-	2%	1%	5%	8%	2%	10%	5%	5%	1%	2%	-
Computer games (e.g. Nintendo Wii, Xbox, etc.)	2%	-	2%	3%	4%	5%	3%	4%	1%	0%	3%	1%	-
Other	4%	3%	4%	5%	2%	2%	4%	7%	5%	3%	1%	3%	18%
Not applicable - My employer does not try to create a healthy and fun environment	47%	36%	50%	49%	46%	57%	48%	37%	40%	44%	54%	55%	33%

Have you ever attended work when you have not felt at your healthy best?

	Unweighted base	North East	North West	Yorkshire and the Humber	East Midlands	West Midlands	East of England	London	South East	South West	Wales	Scotland	Northern Ireland
	2011	51	202	155	140	178	205	208	358	214	80	204	16
UK working adults aged 18+	2011	49	222	167	146	180	225	192	341	191	65	218	14
Yes, I have attended work whilst feeling unwell because I would not have been paid	25%	17%	26%	30%	26%	25%	30%	21%	18%	41%	23%	21%	11%
Yes, I have attended work whilst feeling unwell due to work commitments	59%	51%	59%	59%	59%	62%	51%	64%	64%	54%	51%	61%	56%
Yes, I have attended work whilst feeling unwell due to another reason	25%	32%	27%	24%	30%	29%	23%	21%	20%	26%	38%	19%	34%
No, and I don't think you should be at work if you are unwell	9%	15%	7%	7%	12%	4%	11%	9%	11%	4%	6%	9%	24%
Can't remember/ Don't know	2%	-	1%	2%	2%	-	3%	3%	1%	2%	-	4%	-
Net: Yes	89%	85%	91%	91%	86%	96%	86%	87%	88%	94%	94%	87%	76%

Fieldwork: 30th August - 3rd September 2013

Total	Social Media (monthly or more)				Working parents		Full / part time	
	Facebook	LinkedIn	Google+	Twitter	Full Time	Part Time	Working full time	Working part time

Which, if any, of the following does your employer do to try create a healthy and fun environment at your place of work?

Unweighted base	1743	1076	357	83	421	335	107	1373	370
UK full and part time working employees	1767	1093	380	86	440	397	40	1620	147
Free tea, coffee and biscuits	37%	40%	44%	31%	44%	39%	42%	37%	37%
Chill out room/ break out areas	17%	17%	20%	16%	17%	18%	18%	17%	15%
Gym facilities	11%	12%	14%	4%	13%	16%	8%	12%	5%
Free fruit	8%	7%	15%	11%	9%	12%	5%	8%	5%
Workplace wellness room (health promotion activity or organisational policy designed to support healthy behavior in the workplace and to improve health outcomes)	7%	7%	10%	5%	8%	11%	3%	8%	2%
Pool/ table football	4%	4%	3%	6%	5%	4%	7%	4%	5%
Computer games (e.g. Nintendo Wii, Xbox, etc.)	2%	2%	2%	1%	4%	3%	1%	2%	1%
Other	4%	5%	7%	10%	3%	3%	3%	4%	3%
Not applicable - My employer does not try to create a healthy and fun environment	47%	44%	38%	57%	39%	39%	46%	47%	50%

Have you ever attended work when you have not felt at your healthy best?

Unweighted base	2011	1216	440	106	481	379	123	1548	463
UK working adults aged 18+	2011	1218	445	111	484	450	45	1830	181
Yes, I have attended work whilst feeling unwell because I would not have been paid	25%	25%	18%	30%	20%	24%	29%	25%	31%
Yes, I have attended work whilst feeling unwell due to work commitments	59%	61%	72%	62%	67%	65%	51%	60%	48%
Yes, I have attended work whilst feeling unwell due to another reason	25%	27%	21%	25%	27%	24%	25%	24%	28%
No, and I don't think you should be at work if you are unwell	9%	8%	8%	2%	6%	9%	7%	9%	11%
Can't remember/ Don't know	2%	1%	1%	1%	2%	2%	2%	2%	1%
Net: Yes	89%	91%	91%	96%	92%	89%	91%	90%	89%

Fieldwork: 30th August - 3rd September 2013

Total	Working status						Length of employment						
	Employee	Self Employed	Full time Employee	Full Time self employed	Part Time Employee	Part Time Self Employed	1 year or less	More than 1 year, up to 2 years	More than 2 years, up to 3 years	More than 3 years, up to 4 years	More than 4 years, up to 5 years	6 years or more	

Which, if any, of the following does your employer do to try create a healthy and fun environment at your place of work?

Unweighted base	1743	1743	-	1373	-	370	-	145	133	106	99	160	1100
UK full and part time working employees	1767	1767	-	1620	-	147	-	149	137	120	108	160	1094
Free tea, coffee and biscuits	37%	37%	-	37%	-	37%	-	47%	36%	37%	45%	44%	34%
Chill out room/ break out areas	17%	17%	-	17%	-	15%	-	18%	19%	17%	17%	21%	16%
Gym facilities	11%	11%	-	12%	-	5%	-	10%	6%	13%	13%	13%	11%
Free fruit	8%	8%	-	8%	-	5%	-	11%	10%	14%	5%	8%	6%
Workplace wellness room (health promotion activity or organisational policy designed to support healthy behavior in the workplace and to improve health outcomes)	7%	7%	-	8%	-	2%	-	10%	11%	5%	0%	10%	7%
Pool/ table football	4%	4%	-	4%	-	5%	-	3%	3%	5%	4%	9%	4%
Computer games (e.g. Nintendo Wii, Xbox, etc.)	2%	2%	-	2%	-	1%	-	2%	0%	6%	4%	5%	1%
Other	4%	4%	-	4%	-	3%	-	6%	5%	5%	4%	4%	4%
Not applicable - My employer does not try to create a healthy and fun environment	47%	47%	-	47%	-	50%	-	38%	41%	46%	45%	38%	50%

Have you ever attended work when you have not felt at your healthy best?

Unweighted base	2011	1743	268	1373	175	370	93	145	133	106	99	160	1100
UK working adults aged 18+	2011	1767	244	1620	210	147	34	149	137	120	108	160	1094
Yes, I have attended work whilst feeling unwell because I would not have been paid	25%	22%	44%	22%	47%	31%	30%	31%	34%	33%	27%	20%	19%
Yes, I have attended work whilst feeling unwell due to work commitments	59%	59%	60%	60%	59%	45%	62%	56%	51%	44%	59%	63%	61%
Yes, I have attended work whilst feeling unwell due to another reason	25%	25%	23%	24%	23%	29%	23%	17%	17%	20%	23%	24%	27%
No, and I don't think you should be at work if you are unwell	9%	9%	9%	9%	9%	10%	11%	11%	11%	14%	8%	9%	8%
Can't remember/ Don't know	2%	2%	1%	2%	2%	1%	-	4%	3%	2%	-	1%	2%
Net: Yes	89%	89%	90%	90%	90%	88%	89%	85%	86%	84%	92%	90%	91%

Fieldwork: 30th August - 3rd September 2013

Total	Level of responsibility				Employment sector			
	High Level	Mid Level	Low /Entry Level	Other	Private sector firm or company	Nationalised industry or public corporation	Other public sector employer	Charity/voluntary sector

Which, if any, of the following does your employer do to try create a healthy and fun environment at your place of work?

Unweighted base	1743	193	695	384	471	1214	21	412	96
UK full and part time working employees	1767	210	763	330	464	1240	24	378	125
Free tea, coffee and biscuits	37%	50%	37%	42%	27%	43%	34%	13%	53%
Chill out room/ break out areas	17%	14%	19%	21%	12%	18%	19%	16%	9%
Gym facilities	11%	14%	12%	11%	9%	9%	25%	17%	15%
Free fruit	8%	9%	9%	9%	3%	9%	23%	2%	6%
Workplace wellness room (health promotion activity or organisational policy designed to support healthy behavior in the workplace and to improve health outcomes)	7%	9%	8%	7%	5%	6%	32%	11%	4%
Pool/ table football	4%	2%	3%	6%	5%	6%	12%	0%	-
Computer games (e.g. Nintendo Wii, Xbox, etc.)	2%	2%	3%	3%	1%	3%	12%	1%	-
Other	4%	7%	4%	3%	3%	4%	10%	4%	3%
Not applicable - My employer does not try to create a healthy and fun environment	47%	34%	45%	41%	60%	45%	40%	58%	35%

Have you ever attended work when you have not felt at your healthy best?

Unweighted base	2011	422	708	386	495	1464	22	421	104
UK working adults aged 18+	2011	419	772	331	489	1467	26	381	138
Yes, I have attended work whilst feeling unwell because I would not have been paid	25%	30%	20%	24%	30%	30%	25%	11%	13%
Yes, I have attended work whilst feeling unwell due to work commitments	59%	66%	66%	56%	43%	56%	40%	68%	73%
Yes, I have attended work whilst feeling unwell due to another reason	25%	19%	22%	29%	30%	24%	14%	30%	16%
No, and I don't think you should be at work if you are unwell	9%	8%	8%	8%	11%	8%	18%	9%	12%
Can't remember/ Don't know	2%	1%	2%	2%	3%	2%	10%	0%	0%
Net: Yes	89%	91%	90%	90%	87%	90%	72%	91%	87%

Fieldwork: 30th August - 3rd September 2013

Total	Gender		Age				Social Grade		Region							
	Male	Female	18-34	35-44	45-54	55+	ABC1	C2DE	North	Midlands	East	London	South	Wales	Scotland	Northern Ireland

Which, if any, of the following public figures would you choose as your dream line manager/ boss?

Unweighted base	1743	941	802	321	374	426	622	1168	575	373	266	176	172	497	64	180	15
UK full and part time working employees	1767	1171	596	337	405	445	579	1133	633	404	285	195	165	461	56	189	12
Richard Branson	23%	25%	18%	20%	27%	21%	23%	23%	23%	22%	28%	18%	25%	24%	13%	18%	14%
Karen Brady	6%	6%	6%	10%	5%	6%	5%	6%	6%	5%	4%	9%	7%	6%	10%	7%	19%
Alan Sugar	3%	3%	3%	3%	2%	1%	4%	3%	3%	4%	3%	2%	0%	2%	11%	2%	-
Mary Portas	3%	2%	4%	5%	2%	3%	1%	3%	2%	2%	1%	4%	2%	1%	13%	5%	-
Sharon Osbourne	2%	1%	4%	3%	3%	1%	2%	1%	4%	3%	2%	3%	1%	1%	3%	4%	-
Duncan Bannatyne	2%	2%	2%	1%	1%	3%	2%	2%	2%	1%	1%	4%	2%	2%	5%	2%	-
Victoria Beckham	2%	2%	1%	2%	2%	2%	1%	2%	2%	2%	0%	2%	2%	2%	-	2%	0%
David Brent	2%	2%	1%	3%	1%	2%	1%	1%	2%	2%	2%	0%	4%	1%	-	0%	-
Simon Cowell	1%	0%	2%	1%	0%	2%	0%	0%	1%	1%	1%	2%	2%	0%	3%	-	-
My current line manager/ boss	14%	12%	17%	14%	14%	12%	15%	14%	12%	16%	14%	14%	14%	12%	11%	12%	22%
None of the above	37%	38%	35%	33%	38%	39%	37%	38%	35%	35%	34%	39%	35%	41%	27%	39%	45%
Don't know	7%	7%	7%	7%	5%	8%	8%	6%	9%	6%	10%	6%	4%	7%	3%	10%	-

Now thinking in general, have you EVER had to cancel annual leave which was already booked due to work commitments?

Unweighted base	1743	941	802	321	374	426	622	1168	575	373	266	176	172	497	64	180	15
UK full and part time working employees	1767	1171	596	337	405	445	579	1133	633	404	285	195	165	461	56	189	12
Yes, I have at some stage had to cancel annual leave which was already booked due to work commitments	29%	29%	29%	27%	31%	31%	27%	32%	24%	26%	30%	27%	29%	32%	19%	31%	22%
No, I have never had to cancel annual leave which was already booked due to work commitments	70%	69%	70%	72%	66%	67%	73%	66%	75%	73%	69%	69%	69%	67%	80%	67%	60%
Don't know	2%	2%	1%	2%	3%	2%	0%	2%	1%	1%	1%	4%	2%	1%	1%	1%	18%

Fieldwork: 30th August - 3rd September 2013

Total	Marital Status					Children in Household					
	Married/ Civil Partnership	Living as married	Separated/ Divorced	Widowed	Never Married	0	1	2	3+	ALL WITH CHILDREN IN HOUSEHOLD (NET)	Refused

Which, if any, of the following public figures would you choose as your dream line manager/ boss?

Unweighted base	1743	973	245	151	32	342	1290	210	187	38	435	18
UK full and part time working employees	1767	970	258	147	21	371	1313	228	173	37	438	16
Richard Branson	23%	22%	26%	19%	21%	23%	22%	22%	26%	17%	23%	16%
Karen Brady	6%	6%	6%	6%	-	8%	7%	4%	6%	11%	6%	-
Alan Sugar	3%	3%	1%	4%	-	2%	2%	5%	2%	1%	4%	-
Mary Portas	3%	2%	6%	2%	-	2%	2%	4%	2%	1%	3%	-
Sharon Osbourne	2%	2%	3%	4%	-	2%	2%	3%	2%	7%	3%	-
Duncan Bannatyne	2%	2%	1%	5%	10%	1%	2%	1%	1%	-	1%	-
Victoria Beckham	2%	2%	1%	2%	2%	2%	2%	2%	2%	-	2%	2%
David Brent	2%	2%	4%	-	-	1%	2%	2%	1%	4%	2%	-
Simon Cowell	1%	1%	0%	3%	-	1%	1%	1%	1%	-	1%	2%
My current line manager/ boss	14%	15%	12%	14%	26%	10%	14%	15%	11%	23%	14%	4%
None of the above	37%	37%	36%	36%	37%	38%	37%	35%	36%	33%	35%	62%
Don't know	7%	7%	6%	6%	3%	9%	7%	6%	9%	1%	7%	14%

Now thinking in general, have you EVER had to cancel annual leave which was already booked due to work commitments?

Unweighted base	1743	973	245	151	32	342	1290	210	187	38	435	18
UK full and part time working employees	1767	970	258	147	21	371	1313	228	173	37	438	16
Yes, I have at some stage had to cancel annual leave which was already booked due to work commitments	29%	29%	23%	41%	15%	28%	28%	36%	26%	28%	31%	42%
No, I have never had to cancel annual leave which was already booked due to work commitments	70%	69%	75%	58%	84%	70%	71%	61%	72%	71%	67%	54%
Don't know	2%	1%	2%	1%	1%	2%	1%	3%	1%	1%	2%	4%

Fieldwork: 30th August - 3rd September 2013

Total	Government Region											
	North East	North West	Yorkshire and the Humber	East Midlands	West Midlands	East of England	London	South East	South West	Wales	Scotland	Northern Ireland

Which, if any, of the following public figures would you choose as your dream line manager/ boss?

Unweighted base	1743	45	186	142	109	157	176	172	310	187	64	180	15
UK full and part time working employees	1767	46	207	152	120	165	195	165	301	160	56	189	12
Richard Branson	23%	20%	25%	19%	20%	33%	18%	25%	24%	25%	13%	18%	14%
Karen Brady	6%	-	5%	6%	7%	2%	9%	7%	4%	11%	10%	7%	19%
Alan Sugar	3%	2%	5%	5%	5%	1%	2%	0%	1%	3%	11%	2%	-
Mary Portas	3%	-	3%	3%	1%	1%	4%	2%	1%	1%	13%	5%	-
Sharon Osbourne	2%	3%	4%	1%	3%	1%	3%	1%	2%	1%	3%	4%	-
Duncan Bannatyne	2%	-	0%	3%	2%	-	4%	2%	2%	3%	5%	2%	-
Victoria Beckham	2%	4%	3%	1%	1%	0%	2%	2%	2%	1%	-	2%	0%
David Brent	2%	-	3%	1%	3%	2%	0%	4%	2%	0%	-	0%	-
Simon Cowell	1%	1%	0%	1%	-	1%	2%	2%	0%	0%	3%	-	-
My current line manager/ boss	14%	15%	14%	19%	13%	15%	14%	14%	10%	16%	11%	12%	22%
None of the above	37%	47%	30%	37%	34%	33%	39%	35%	45%	34%	27%	39%	45%
Don't know	7%	9%	8%	4%	11%	10%	6%	4%	7%	5%	3%	10%	-

Now thinking in general, have you EVER had to cancel annual leave which was already booked due to work commitments?

Unweighted base	1743	45	186	142	109	157	176	172	310	187	64	180	15
UK full and part time working employees	1767	46	207	152	120	165	195	165	301	160	56	189	12
Yes, I have at some stage had to cancel annual leave which was already booked due to work commitments	29%	26%	26%	26%	23%	34%	27%	29%	32%	31%	19%	31%	22%
No, I have never had to cancel annual leave which was already booked due to work commitments	70%	74%	72%	74%	74%	65%	69%	69%	67%	69%	80%	67%	60%
Don't know	2%	-	2%	-	3%	0%	4%	2%	1%	-	1%	1%	18%

Fieldwork: 30th August - 3rd September 2013

Total	Social Media (monthly or more)				Working parents		Full / part time	
	Facebook	LinkedIn	Google+	Twitter	Full Time	Part Time	Working full time	Working part time

Which, if any, of the following public figures would you choose as your dream line manager/ boss?

Unweighted base	1743	1076	357	83	421	335	107	1373	370
UK full and part time working employees	1767	1093	380	86	440	397	40	1620	147
Richard Branson	23%	23%	28%	15%	28%	22%	15%	23%	14%
Karen Brady	6%	7%	7%	6%	8%	6%	7%	6%	5%
Alan Sugar	3%	3%	2%	-	2%	3%	2%	3%	3%
Mary Portas	3%	3%	2%	5%	3%	3%	7%	2%	3%
Sharon Osbourne	2%	2%	1%	6%	2%	2%	6%	2%	3%
Duncan Bannatyne	2%	2%	1%	1%	2%	1%	-	2%	1%
Victoria Beckham	2%	2%	1%	4%	2%	2%	2%	2%	1%
David Brent	2%	1%	2%	1%	1%	2%	2%	2%	1%
Simon Cowell	1%	1%	0%	-	0%	1%	1%	1%	1%
My current line manager/ boss	14%	14%	11%	13%	12%	15%	12%	13%	20%
None of the above	37%	36%	40%	41%	34%	35%	44%	37%	40%
Don't know	7%	6%	5%	8%	6%	7%	3%	7%	7%

Now thinking in general, have you EVER had to cancel annual leave which was already booked due to work commitments?

Unweighted base	1743	1076	357	83	421	335	107	1373	370
UK full and part time working employees	1767	1093	380	86	440	397	40	1620	147
Yes, I have at some stage had to cancel annual leave which was already booked due to work commitments	29%	30%	40%	37%	31%	36%	10%	30%	12%
No, I have never had to cancel annual leave which was already booked due to work commitments	70%	69%	59%	62%	68%	62%	89%	68%	86%
Don't know	2%	1%	1%	1%	1%	2%	1%	2%	1%

Fieldwork: 30th August - 3rd September 2013

Total	Working status						Length of employment						
	Employee	Self Employed	Full time Employee	Full Time self employed	Part Time Employee	Part Time Self Employed	1 year or less	More than 1 year, up to 2 years	More than 2 years, up to 3 years	More than 3 years, up to 4 years	More than 4 years, up to 5 years	6 years or more	

Which, if any, of the following public figures would you choose as your dream line manager/ boss?

Unweighted base	1743	1743	-	1373	-	370	-	145	133	106	99	160	1100
UK full and part time working employees	1767	1767	-	1620	-	147	-	149	137	120	108	160	1094
Richard Branson	23%	23%	-	23%	-	14%	-	11%	17%	25%	24%	16%	25%
Karen Brady	6%	6%	-	6%	-	5%	-	6%	3%	7%	14%	6%	6%
Alan Sugar	3%	3%	-	3%	-	3%	-	5%	4%	2%	1%	2%	2%
Mary Portas	3%	3%	-	2%	-	3%	-	1%	1%	3%	10%	4%	2%
Sharon Osbourne	2%	2%	-	2%	-	3%	-	5%	2%	3%	6%	2%	2%
Duncan Bannatyne	2%	2%	-	2%	-	1%	-	2%	1%	2%	2%	1%	2%
Victoria Beckham	2%	2%	-	2%	-	1%	-	2%	1%	-	1%	4%	2%
David Brent	2%	2%	-	2%	-	1%	-	1%	4%	3%	1%	2%	1%
Simon Cowell	1%	1%	-	1%	-	1%	-	-	2%	1%	2%	1%	1%
My current line manager/ boss	14%	14%	-	13%	-	20%	-	19%	13%	9%	6%	19%	14%
None of the above	37%	37%	-	37%	-	40%	-	41%	44%	36%	29%	35%	37%
Don't know	7%	7%	-	7%	-	7%	-	6%	8%	11%	4%	9%	7%

Now thinking in general, have you EVER had to cancel annual leave which was already booked due to work commitments?

Unweighted base	1743	1743	-	1373	-	370	-	145	133	106	99	160	1100
UK full and part time working employees	1767	1767	-	1620	-	147	-	149	137	120	108	160	1094
Yes, I have at some stage had to cancel annual leave which was already booked due to work commitments	29%	29%	-	30%	-	12%	-	24%	30%	29%	26%	25%	30%
No, I have never had to cancel annual leave which was already booked due to work commitments	70%	70%	-	68%	-	86%	-	73%	68%	68%	74%	74%	68%
Don't know	2%	2%	-	2%	-	1%	-	3%	1%	3%	1%	0%	2%

Fieldwork: 30th August - 3rd September 2013

Total	Level of responsibility				Employment sector			
	High Level	Mid Level	Low /Entry Level	Other	Private sector firm or company	Nationalised industry or public corporation	Other public sector employer	Charity/voluntary sector

Which, if any, of the following public figures would you choose as your dream line manager/ boss?

Unweighted base	1743	193	695	384	471	1214	21	412	96
UK full and part time working employees	1767	210	763	330	464	1240	24	378	125
Richard Branson	23%	24%	24%	25%	17%	24%	24%	15%	28%
Karen Brady	6%	7%	7%	5%	6%	6%	9%	6%	10%
Alan Sugar	3%	1%	3%	2%	4%	3%	14%	2%	1%
Mary Portas	3%	1%	3%	2%	2%	2%	7%	3%	0%
Sharon Osbourne	2%	2%	1%	3%	4%	2%	2%	2%	-
Duncan Bannatyne	2%	2%	2%	1%	2%	2%	-	1%	0%
Victoria Beckham	2%	1%	2%	3%	1%	2%	-	2%	0%
David Brent	2%	1%	1%	2%	2%	2%	-	2%	-
Simon Cowell	1%	0%	1%	1%	0%	1%	10%	1%	-
My current line manager/ boss	14%	13%	15%	13%	12%	11%	4%	20%	21%
None of the above	37%	42%	33%	33%	43%	37%	15%	40%	33%
Don't know	7%	6%	6%	11%	7%	7%	15%	6%	5%

Now thinking in general, have you EVER had to cancel annual leave which was already booked due to work commitments?

Unweighted base	1743	193	695	384	471	1214	21	412	96
UK full and part time working employees	1767	210	763	330	464	1240	24	378	125
Yes, I have at some stage had to cancel annual leave which was already booked due to work commitments	29%	43%	36%	21%	17%	30%	37%	25%	24%
No, I have never had to cancel annual leave which was already booked due to work commitments	70%	55%	63%	78%	81%	68%	53%	73%	74%
Don't know	2%	2%	1%	1%	2%	1%	10%	3%	1%

Fieldwork: 30th August - 3rd September 2013

Total	Gender		Age				Social Grade		Region							
	Male	Female	18-34	35-44	45-54	55+	ABC1	C2DE	North	Midlands	East	London	South	Wales	Scotland	Northern Ireland

Which, if any, of the following BEST describes where you normally eat your lunch?

	Unweighted base	2011	1102	909	336	403	504	768	1348	663	408	318	205	208	572	80	204	16
	UK working adults aged 18+	2011	1347	664	348	439	520	703	1293	718	438	326	225	192	533	65	218	14
I normally eat my lunch at my desk/ at my place of work	46%	46%	47%	54%	55%	45%	38%	56%	30%	47%	44%	56%	45%	46%	50%	39%	47%	
I normally eat my lunch at work but away from my desk/ from my place of work	31%	30%	33%	30%	30%	31%	32%	26%	40%	31%	33%	29%	33%	28%	24%	37%	26%	
I normally eat my lunch away from work (i.e. pub, cafe, park, etc.)	8%	9%	6%	8%	7%	8%	9%	9%	7%	6%	6%	6%	11%	10%	12%	10%	-	
Other	5%	4%	5%	2%	1%	6%	7%	3%	7%	5%	4%	4%	3%	5%	4%	6%	-	
Not applicable - I do not have time for lunch	3%	3%	4%	4%	2%	4%	3%	2%	5%	3%	4%	2%	2%	5%	6%	3%	16%	
Not applicable - I do not tend to eat lunch when I am at work / do not have a lunch break	6%	7%	6%	3%	4%	5%	11%	4%	11%	8%	8%	4%	7%	6%	4%	5%	10%	

On a typical working day, which drinks, if any, of the following do you tend to have whilst at work?

	Unweighted base	2011	1102	909	336	403	504	768	1348	663	408	318	205	208	572	80	204	16
	UK working adults aged 18+	2011	1347	664	348	439	520	703	1293	718	438	326	225	192	533	65	218	14
Water	64%	61%	72%	73%	71%	63%	57%	69%	55%	64%	63%	73%	73%	62%	67%	53%	55%	
Coffee	55%	58%	47%	43%	49%	61%	59%	58%	49%	57%	51%	57%	51%	57%	37%	54%	44%	
Tea	49%	49%	50%	51%	45%	47%	53%	52%	44%	51%	45%	59%	46%	51%	69%	34%	45%	
Fizzy drink (i.e. coke, lemonade, etc.)	14%	13%	16%	17%	19%	15%	9%	13%	16%	15%	12%	13%	14%	13%	5%	21%	21%	
Hot chocolate	3%	3%	3%	3%	4%	2%	2%	3%	3%	1%	4%	3%	2%	3%	4%	3%	4%	
Other	7%	8%	6%	9%	8%	6%	7%	5%	11%	6%	12%	6%	2%	7%	10%	10%	15%	
Not applicable - I do not tend to drink whilst at work	2%	2%	1%	3%	0%	2%	2%	1%	4%	2%	2%	1%	5%	1%	1%	3%	-	

Fieldwork: 30th August - 3rd September 2013

Total	Marital Status					Children in Household					
	Married/ Civil Partnership	Living as married	Separated/ Divorced	Widowed	Never Married	0	1	2	3+	ALL WITH CHILDREN IN HOUSEHOLD (NET)	Refused

Which, if any, of the following BEST describes where you normally eat your lunch?

	Unweighted base	2011	1121	282	185	48	375	1494	245	209	43	497	20
	UK working adults aged 18+	2011	1104	294	181	32	401	1495	256	199	45	500	16
I normally eat my lunch at my desk/ at my place of work		46%	48%	48%	34%	44%	45%	45%	49%	50%	66%	51%	50%
I normally eat my lunch at work but away from my desk/ from my place of work		31%	30%	28%	37%	22%	34%	31%	36%	26%	11%	30%	46%
I normally eat my lunch away from work (i.e. pub, cafe, park, etc.)		8%	7%	8%	13%	3%	10%	8%	5%	10%	17%	9%	2%
Other		5%	5%	5%	5%	14%	3%	5%	2%	5%	-	3%	-
Not applicable - I do not have time for lunch		3%	4%	3%	5%	1%	3%	4%	3%	4%	-	3%	-
Not applicable - I do not tend to eat lunch when I am at work / do not have a lunch break		6%	6%	9%	7%	16%	6%	7%	4%	5%	6%	4%	2%

On a typical working day, which drinks, if any, of the following do you tend to have whilst at work?

	Unweighted base	2011	1121	282	185	48	375	1494	245	209	43	497	20
	UK working adults aged 18+	2011	1104	294	181	32	401	1495	256	199	45	500	16
Water		64%	62%	67%	64%	57%	69%	64%	66%	64%	75%	66%	51%
Coffee		55%	57%	50%	53%	74%	49%	53%	61%	60%	55%	60%	49%
Tea		49%	51%	47%	49%	49%	46%	49%	51%	47%	48%	49%	52%
Fizzy drink (i.e. coke, lemonade, etc.)		14%	12%	21%	12%	7%	16%	14%	17%	13%	6%	14%	19%
Hot chocolate		3%	2%	5%	0%	2%	4%	3%	2%	3%	1%	2%	10%
Other		7%	6%	9%	8%	1%	8%	8%	6%	6%	6%	6%	-
Not applicable - I do not tend to drink whilst at work		2%	2%	1%	4%	-	3%	2%	1%	2%	2%	1%	2%

Fieldwork: 30th August - 3rd September 2013

Total	Government Region											
	North East	North West	Yorkshire and the Humber	East Midlands	West Midlands	East of England	London	South East	South West	Wales	Scotland	Northern Ireland

Which, if any, of the following BEST describes where you normally eat your lunch?

	Unweighted base	2011	51	202	155	140	178	205	208	358	214	80	204	16
	UK working adults aged 18+	2011	49	222	167	146	180	225	192	341	191	65	218	14
I normally eat my lunch at my desk/ at my place of work	46%	61%	40%	51%	37%	50%	56%	45%	51%	38%	50%	39%	47%	
I normally eat my lunch at work but away from my desk/ from my place of work	31%	24%	35%	29%	42%	26%	29%	33%	26%	33%	24%	37%	26%	
I normally eat my lunch away from work (i.e. pub, cafe, park, etc.)	8%	8%	7%	5%	6%	6%	6%	11%	9%	10%	12%	10%	-	
Other	5%	0%	5%	7%	4%	5%	4%	3%	4%	6%	4%	6%	-	
Not applicable - I do not have time for lunch	3%	-	5%	1%	3%	5%	2%	2%	4%	6%	6%	3%	16%	
Not applicable - I do not tend to eat lunch when I am at work / do not have a lunch break	6%	6%	9%	7%	8%	8%	4%	7%	6%	6%	4%	5%	10%	

On a typical working day, which drinks, if any, of the following do you tend to have whilst at work?

	Unweighted base	2011	51	202	155	140	178	205	208	358	214	80	204	16
	UK working adults aged 18+	2011	49	222	167	146	180	225	192	341	191	65	218	14
Water	64%	70%	62%	66%	61%	65%	73%	73%	66%	55%	67%	53%	55%	
Coffee	55%	57%	58%	57%	47%	54%	57%	51%	54%	64%	37%	54%	44%	
Tea	49%	47%	52%	51%	53%	39%	59%	46%	51%	52%	69%	34%	45%	
Fizzy drink (i.e. coke, lemonade, etc.)	14%	22%	14%	13%	9%	15%	13%	14%	12%	14%	5%	21%	21%	
Hot chocolate	3%	4%	1%	1%	3%	5%	3%	2%	4%	2%	4%	3%	4%	
Other	7%	4%	6%	6%	18%	7%	6%	2%	7%	6%	10%	10%	15%	
Not applicable - I do not tend to drink whilst at work	2%	-	3%	1%	4%	0%	1%	5%	1%	1%	1%	3%	-	

Fieldwork: 30th August - 3rd September 2013

Total	Social Media (monthly or more)				Working parents		Full / part time	
	Facebook	LinkedIn	Google+	Twitter	Full Time	Part Time	Working full time	Working part time

Which, if any, of the following BEST describes where you normally eat your lunch?

Unweighted base	2011	1216	440	106	481	379	123	1548	463
UK working adults aged 18+	2011	1218	445	111	484	450	45	1830	181
I normally eat my lunch at my desk/ at my place of work	46%	48%	59%	44%	54%	54%	31%	48%	30%
I normally eat my lunch at work but away from my desk/ from my place of work	31%	30%	25%	27%	31%	28%	37%	31%	32%
I normally eat my lunch away from work (i.e. pub, cafe, park, etc.)	8%	9%	7%	12%	9%	8%	9%	8%	8%
Other	5%	4%	4%	3%	1%	3%	7%	4%	10%
Not applicable - I do not have time for lunch	3%	3%	1%	5%	1%	3%	4%	4%	3%
Not applicable - I do not tend to eat lunch when I am at work / do not have a lunch break	6%	6%	3%	9%	5%	4%	11%	5%	17%

On a typical working day, which drinks, if any, of the following do you tend to have whilst at work?

Unweighted base	2011	1216	440	106	481	379	123	1548	463
UK working adults aged 18+	2011	1218	445	111	484	450	45	1830	181
Water	64%	68%	71%	61%	73%	66%	65%	64%	61%
Coffee	55%	54%	60%	55%	56%	62%	44%	55%	50%
Tea	49%	49%	52%	48%	51%	48%	43%	50%	45%
Fizzy drink (i.e. coke, lemonade, etc.)	14%	14%	14%	21%	16%	15%	14%	14%	11%
Hot chocolate	3%	3%	2%	6%	3%	3%	5%	3%	4%
Other	7%	8%	6%	11%	7%	7%	5%	8%	4%
Not applicable - I do not tend to drink whilst at work	2%	2%	1%	-	0%	1%	2%	2%	2%

Fieldwork: 30th August - 3rd September 2013

Total	Working status						Length of employment					
	Employee	Self Employed	Full time Employee	Full Time self employed	Part Time Employee	Part Time Self Employed	1 year or less	More than 1 year, up to 2 years	More than 2 years, up to 3 years	More than 3 years, up to 4 years	More than 4 years, up to 5 years	6 years or more

Which, if any, of the following BEST describes where you normally eat your lunch?

	Unweighted base	2011	1743	268	1373	175	370	93	145	133	106	99	160	1100
	UK working adults aged 18+	2011	1767	244	1620	210	147	34	149	137	120	108	160	1094
I normally eat my lunch at my desk/ at my place of work		46%	48%	34%	50%	34%	31%	28%	59%	54%	47%	45%	49%	46%
I normally eat my lunch at work but away from my desk/ from my place of work		31%	32%	28%	32%	27%	32%	33%	32%	27%	39%	33%	34%	31%
I normally eat my lunch away from work (i.e. pub, cafe, park, etc.)		8%	8%	10%	8%	10%	7%	9%	7%	9%	7%	12%	6%	8%
Other		5%	3%	14%	3%	13%	8%	20%	1%	2%	3%	4%	1%	4%
Not applicable - I do not have time for lunch		3%	3%	4%	3%	5%	3%	-	0%	3%	2%	4%	6%	4%
Not applicable - I do not tend to eat lunch when I am at work / do not have a lunch break		6%	6%	10%	5%	10%	18%	11%	1%	5%	1%	2%	5%	8%

On a typical working day, which drinks, if any, of the following do you tend to have whilst at work?

	Unweighted base	2011	1743	268	1373	175	370	93	145	133	106	99	160	1100
	UK working adults aged 18+	2011	1767	244	1620	210	147	34	149	137	120	108	160	1094
Water		64%	66%	54%	66%	52%	61%	62%	79%	72%	63%	68%	72%	62%
Coffee		55%	54%	57%	55%	58%	49%	53%	51%	44%	48%	53%	58%	56%
Tea		49%	48%	60%	48%	61%	44%	53%	49%	42%	46%	50%	49%	48%
Fizzy drink (i.e. coke, lemonade, etc.)		14%	14%	14%	14%	15%	11%	10%	15%	17%	16%	18%	13%	13%
Hot chocolate		3%	3%	0%	3%	-	4%	1%	6%	3%	2%	4%	3%	3%
Other		7%	7%	8%	7%	8%	3%	9%	3%	6%	11%	7%	8%	7%
Not applicable - I do not tend to drink whilst at work		2%	2%	2%	2%	2%	2%	3%	1%	2%	2%	2%	2%	2%

Fieldwork: 30th August - 3rd September 2013

Total	Level of responsibility				Employment sector			
	High Level	Mid Level	Low /Entry Level	Other	Private sector firm or company	Nationalised industry or public corporation	Other public sector employer	Charity/voluntary sector

Which, if any, of the following BEST describes where you normally eat your lunch?

Unweighted base	2011	422	708	386	495	1464	22	421	104
UK working adults aged 18+	2011	419	772	331	489	1467	26	381	138
I normally eat my lunch at my desk/ at my place of work	46%	43%	54%	49%	36%	44%	41%	54%	45%
I normally eat my lunch at work but away from my desk/ from my place of work	31%	27%	29%	34%	37%	31%	39%	28%	39%
I normally eat my lunch away from work (i.e. pub, cafe, park, etc.)	8%	12%	6%	7%	8%	9%	15%	7%	6%
Other	5%	9%	1%	2%	7%	6%	-	1%	5%
Not applicable - I do not have time for lunch	3%	4%	4%	2%	3%	3%	4%	4%	1%
Not applicable - I do not tend to eat lunch when I am at work / do not have a lunch break	6%	5%	6%	6%	9%	7%	1%	6%	5%

On a typical working day, which drinks, if any, of the following do you tend to have whilst at work?

Unweighted base	2011	422	708	386	495	1464	22	421	104
UK working adults aged 18+	2011	419	772	331	489	1467	26	381	138
Water	64%	61%	66%	70%	59%	62%	79%	70%	72%
Coffee	55%	64%	58%	45%	48%	56%	59%	52%	43%
Tea	49%	58%	46%	50%	47%	48%	60%	48%	61%
Fizzy drink (i.e. coke, lemonade, etc.)	14%	13%	17%	14%	10%	14%	16%	13%	13%
Hot chocolate	3%	3%	3%	3%	3%	3%	13%	2%	-
Other	7%	5%	6%	8%	10%	8%	5%	5%	9%
Not applicable - I do not tend to drink whilst at work	2%	1%	1%	3%	3%	2%	-	2%	2%

Fieldwork: 30th August - 3rd September 2013

Total	Gender		Age				Social Grade		Region							
	Male	Female	18-34	35-44	45-54	55+	ABC1	C2DE	North	Midlands	East	London	South	Wales	Scotland	Northern Ireland

Which ONE, if any, of the following biscuits would you say is your favourite to eat whilst at work?

Unweighted base	2011	1102	909	336	403	504	768	1348	663	408	318	205	208	572	80	204	16
UK working adults aged 18+	2011	1347	664	348	439	520	703	1293	718	438	326	225	192	533	65	218	14
Chocolate digestive	11%	10%	13%	12%	11%	9%	13%	11%	12%	12%	12%	9%	8%	13%	11%	9%	24%
Hob Nob	6%	7%	4%	10%	7%	5%	4%	7%	5%	6%	5%	4%	4%	9%	7%	4%	-
Ginger nut	4%	4%	3%	2%	3%	4%	5%	3%	5%	5%	4%	0%	4%	5%	4%	2%	-
Custard cream	4%	4%	3%	6%	4%	3%	2%	4%	4%	3%	3%	8%	6%	2%	3%	3%	-
Plain digestive	4%	4%	3%	1%	2%	4%	5%	4%	4%	3%	3%	6%	4%	3%	3%	4%	4%
Bourbon biscuit	3%	2%	3%	3%	3%	3%	2%	3%	2%	3%	2%	4%	3%	2%	3%	3%	-
Rich tea	2%	2%	4%	3%	2%	2%	2%	2%	2%	1%	3%	1%	2%	3%	10%	2%	-
Jammie dodger	1%	1%	2%	1%	1%	1%	1%	1%	1%	0%	2%	2%	0%	1%	3%	1%	-
Other	5%	5%	4%	3%	4%	7%	5%	5%	5%	7%	4%	4%	1%	6%	4%	6%	8%
Not applicable - I do not eat biscuits at work	51%	52%	49%	46%	51%	51%	52%	50%	52%	49%	51%	54%	55%	48%	47%	54%	64%
Not applicable - I do not eat biscuits at all	10%	9%	13%	12%	12%	11%	8%	11%	9%	10%	12%	8%	14%	9%	6%	13%	-

In your current job and during a typical day at work, do you take any breaks other than your lunch break?

Unweighted base	2011	1102	909	336	403	504	768	1348	663	408	318	205	208	572	80	204	16
UK working adults aged 18+	2011	1347	664	348	439	520	703	1293	718	438	326	225	192	533	65	218	14
Yes, I take one or more breaks during a typical day at work	46%	49%	39%	41%	45%	46%	49%	42%	53%	46%	45%	42%	51%	47%	33%	50%	29%
No, I do not take breaks during a typical day at work	54%	51%	61%	59%	55%	54%	51%	58%	47%	54%	55%	58%	49%	53%	67%	50%	71%

Fieldwork: 30th August - 3rd September 2013

Total	Marital Status					Children in Household					
	Married/ Civil Partnership	Living as married	Separated/ Divorced	Widowed	Never Married	0	1	2	3+	ALL WITH CHILDREN IN HOUSEHOLD (NET)	Refused

Which ONE, if any, of the following biscuits would you say is your favourite to eat whilst at work?

Unweighted base	2011	1121	282	185	48	375	1494	245	209	43	497	20
UK working adults aged 18+	2011	1104	294	181	32	401	1495	256	199	45	500	16
Chocolate digestive	11%	10%	11%	11%	10%	16%	13%	8%	6%	9%	7%	10%
Hob Nob	6%	5%	6%	7%	-	8%	6%	6%	8%	13%	7%	2%
Ginger nut	4%	4%	1%	4%	6%	4%	3%	5%	4%	5%	5%	25%
Custard cream	4%	3%	5%	3%	2%	5%	3%	4%	3%	8%	4%	3%
Plain digestive	4%	4%	2%	4%	8%	2%	4%	3%	4%	4%	3%	2%
Bourbon biscuit	3%	2%	4%	1%	6%	3%	2%	1%	6%	3%	3%	-
Rich tea	2%	2%	4%	4%	2%	1%	2%	3%	2%	8%	3%	6%
Jammie dodger	1%	1%	1%	2%	1%	1%	1%	2%	0%	1%	1%	7%
Other	5%	6%	4%	5%	5%	3%	5%	8%	2%	-	5%	0%
Not applicable - I do not eat biscuits at work	51%	53%	54%	47%	44%	45%	51%	51%	54%	44%	51%	33%
Not applicable - I do not eat biscuits at all	10%	10%	8%	12%	17%	13%	10%	9%	12%	6%	10%	12%

In your current job and during a typical day at work, do you take any breaks other than your lunch break?

Unweighted base	2011	1121	282	185	48	375	1494	245	209	43	497	20
UK working adults aged 18+	2011	1104	294	181	32	401	1495	256	199	45	500	16
Yes, I take one or more breaks during a typical day at work	46%	45%	48%	54%	44%	45%	46%	39%	49%	52%	44%	49%
No, I do not take breaks during a typical day at work	54%	55%	52%	46%	56%	55%	54%	61%	51%	48%	56%	51%

Fieldwork: 30th August - 3rd September 2013

Total	Government Region											
	North East	North West	Yorkshire and the Humber	East Midlands	West Midlands	East of England	London	South East	South West	Wales	Scotland	Northern Ireland

Which ONE, if any, of the following biscuits would you say is your favourite to eat whilst at work?

	Unweighted base	2011	51	202	155	140	178	205	208	358	214	80	204	16
	UK working adults aged 18+	2011	49	222	167	146	180	225	192	341	191	65	218	14
Chocolate digestive		11%	13%	18%	5%	15%	9%	9%	8%	12%	14%	11%	9%	24%
Hob Nob		6%	2%	7%	5%	5%	6%	4%	4%	9%	7%	7%	4%	-
Ginger nut		4%	9%	3%	6%	5%	3%	0%	4%	5%	4%	4%	2%	-
Custard cream		4%	2%	5%	1%	4%	2%	8%	6%	3%	0%	3%	3%	-
Plain digestive		4%	1%	3%	4%	1%	4%	6%	4%	4%	2%	3%	4%	4%
Bourbon biscuit		3%	4%	3%	3%	0%	4%	4%	3%	1%	2%	3%	3%	-
Rich tea		2%	-	0%	3%	2%	3%	1%	2%	2%	4%	10%	2%	-
Jammie dodger		1%	-	0%	1%	3%	1%	2%	0%	1%	1%	3%	1%	-
Other		5%	2%	6%	9%	3%	4%	4%	1%	7%	4%	4%	6%	8%
Not applicable - I do not eat biscuits at work		51%	63%	45%	51%	50%	51%	54%	55%	47%	51%	47%	54%	64%
Not applicable - I do not eat biscuits at all		10%	5%	9%	12%	12%	12%	8%	14%	8%	12%	6%	13%	-

In your current job and during a typical day at work, do you take any breaks other than your lunch break?

	Unweighted base	2011	51	202	155	140	178	205	208	358	214	80	204	16
	UK working adults aged 18+	2011	49	222	167	146	180	225	192	341	191	65	218	14
Yes, I take one or more breaks during a typical day at work		46%	41%	48%	46%	51%	40%	42%	51%	44%	51%	33%	50%	29%
No, I do not take breaks during a typical day at work		54%	59%	52%	54%	49%	60%	58%	49%	56%	49%	67%	50%	71%

Fieldwork: 30th August - 3rd September 2013

Total	Social Media (monthly or more)				Working parents		Full / part time	
	Facebook	LinkedIn	Google+	Twitter	Full Time	Part Time	Working full time	Working part time

Which ONE, if any, of the following biscuits would you say is your favourite to eat whilst at work?

Unweighted base	2011	1216	440	106	481	379	123	1548	463
UK working adults aged 18+	2011	1218	445	111	484	450	45	1830	181
Chocolate digestive	11%	11%	8%	10%	11%	7%	19%	11%	15%
Hob Nob	6%	6%	8%	2%	8%	8%	5%	6%	4%
Ginger nut	4%	3%	3%	0%	3%	4%	2%	4%	4%
Custard cream	4%	3%	3%	4%	4%	5%	1%	4%	2%
Plain digestive	4%	3%	3%	11%	3%	4%	3%	4%	3%
Bourbon biscuit	3%	3%	3%	2%	2%	3%	7%	3%	3%
Rich tea	2%	3%	1%	0%	2%	3%	1%	2%	4%
Jammie dodger	1%	2%	1%	-	1%	1%	-	1%	1%
Other	5%	5%	6%	2%	5%	5%	3%	5%	5%
Not applicable - I do not eat biscuits at work	51%	52%	51%	58%	52%	49%	55%	51%	47%
Not applicable - I do not eat biscuits at all	10%	9%	13%	12%	9%	11%	4%	10%	12%

In your current job and during a typical day at work, do you take any breaks other than your lunch break?

Unweighted base	2011	1216	440	106	481	379	123	1548	463
UK working adults aged 18+	2011	1218	445	111	484	450	45	1830	181
Yes, I take one or more breaks during a typical day at work	46%	46%	46%	49%	45%	47%	36%	46%	42%
No, I do not take breaks during a typical day at work	54%	54%	54%	51%	55%	53%	64%	54%	58%

Fieldwork: 30th August - 3rd September 2013

Total	Working status						Length of employment					
	Employee	Self Employed	Full time Employee	Full Time self employed	Part Time Employee	Part Time Self Employed	1 year or less	More than 1 year, up to 2 years	More than 2 years, up to 3 years	More than 3 years, up to 4 years	More than 4 years, up to 5 years	6 years or more

Which ONE, if any, of the following biscuits would you say is your favourite to eat whilst at work?

Unweighted base	2011	1743	268	1373	175	370	93	145	133	106	99	160	1100
UK working adults aged 18+	2011	1767	244	1620	210	147	34	149	137	120	108	160	1094
Chocolate digestive	11%	12%	8%	12%	7%	15%	12%	12%	11%	10%	20%	11%	12%
Hob Nob	6%	6%	4%	7%	3%	3%	8%	6%	7%	9%	4%	8%	6%
Ginger nut	4%	4%	4%	4%	4%	4%	2%	5%	2%	4%	5%	5%	3%
Custard cream	4%	4%	3%	4%	3%	2%	3%	4%	9%	2%	3%	2%	3%
Plain digestive	4%	4%	3%	4%	3%	3%	3%	4%	-	6%	4%	1%	4%
Bourbon biscuit	3%	3%	1%	3%	1%	3%	4%	7%	2%	4%	1%	2%	2%
Rich tea	2%	2%	1%	2%	0%	3%	7%	1%	2%	4%	4%	2%	2%
Jammie dodger	1%	1%	-	1%	-	1%	-	0%	4%	-	2%	0%	1%
Other	5%	5%	5%	5%	5%	5%	6%	4%	4%	2%	4%	9%	5%
Not applicable - I do not eat biscuits at work	51%	50%	56%	50%	58%	48%	41%	43%	48%	50%	40%	50%	52%
Not applicable - I do not eat biscuits at all	10%	10%	14%	10%	15%	12%	13%	13%	11%	8%	13%	11%	9%

In your current job and during a typical day at work, do you take any breaks other than your lunch break?

Unweighted base	2011	1743	268	1373	175	370	93	145	133	106	99	160	1100
UK working adults aged 18+	2011	1767	244	1620	210	147	34	149	137	120	108	160	1094
Yes, I take one or more breaks during a typical day at work	46%	44%	57%	45%	56%	37%	64%	37%	45%	41%	45%	48%	45%
No, I do not take breaks during a typical day at work	54%	56%	43%	55%	44%	63%	36%	63%	55%	59%	55%	52%	55%

Fieldwork: 30th August - 3rd September 2013

Total	Level of responsibility				Employment sector			
	High Level	Mid Level	Low /Entry Level	Other	Private sector firm or company	Nationalised industry or public corporation	Other public sector employer	Charity/voluntary sector

Which ONE, if any, of the following biscuits would you say is your favourite to eat whilst at work?

Unweighted base	2011	422	708	386	495	1464	22	421	104
UK working adults aged 18+	2011	419	772	331	489	1467	26	381	138
Chocolate digestive	11%	8%	12%	11%	14%	11%	13%	11%	18%
Hob Nob	6%	5%	7%	6%	5%	5%	8%	8%	9%
Ginger nut	4%	5%	4%	3%	3%	4%	-	3%	5%
Custard cream	4%	3%	3%	5%	3%	3%	11%	4%	3%
Plain digestive	4%	5%	4%	3%	2%	4%	-	3%	1%
Bourbon biscuit	3%	2%	4%	1%	3%	2%	15%	3%	4%
Rich tea	2%	2%	3%	2%	1%	2%	6%	2%	6%
Jammie dodger	1%	2%	1%	1%	1%	1%	5%	2%	-
Other	5%	4%	6%	4%	5%	5%	-	4%	4%
Not applicable - I do not eat biscuits at work	51%	48%	49%	53%	54%	52%	37%	51%	36%
Not applicable - I do not eat biscuits at all	10%	15%	9%	11%	9%	10%	5%	11%	14%

In your current job and during a typical day at work, do you take any breaks other than your lunch break?

Unweighted base	2011	422	708	386	495	1464	22	421	104
UK working adults aged 18+	2011	419	772	331	489	1467	26	381	138
Yes, I take one or more breaks during a typical day at work	46%	54%	43%	41%	47%	48%	62%	42%	37%
No, I do not take breaks during a typical day at work	54%	46%	57%	59%	53%	52%	38%	58%	63%

Fieldwork: 30th August - 3rd September 2013

Total	Gender		Age				Social Grade		Region							
	Male	Female	18-34	35-44	45-54	55+	ABC1	C2DE	North	Midlands	East	London	South	Wales	Scotland	Northern Ireland

Which, if any, of the following habits do you find annoying about your work colleagues?

Unweighted base	2011	1102	909	336	403	504	768	1348	663	408	318	205	208	572	80	204	16
UK working adults aged 18+	2011	1347	664	348	439	520	703	1293	718	438	326	225	192	533	65	218	14
Regular lateness	31%	31%	30%	37%	32%	28%	30%	31%	31%	31%	33%	36%	32%	28%	21%	34%	29%
Gossiping	27%	26%	30%	35%	26%	26%	25%	26%	29%	29%	30%	26%	28%	25%	27%	27%	38%
Loud talking	26%	25%	29%	33%	26%	25%	23%	29%	20%	24%	25%	30%	35%	22%	22%	28%	38%
Bodily odours	25%	26%	24%	26%	23%	26%	26%	23%	30%	29%	29%	28%	19%	26%	20%	19%	10%
Too many cigarette/ tea or coffee breaks	25%	26%	23%	27%	21%	26%	26%	22%	30%	23%	28%	34%	18%	25%	18%	22%	27%
Unwanted banter	20%	21%	18%	24%	20%	17%	20%	19%	21%	19%	27%	17%	21%	20%	15%	16%	19%
Foul language (i.e. swearing)	17%	16%	19%	14%	13%	14%	23%	14%	23%	17%	22%	20%	14%	14%	25%	16%	41%
Untidy appearance	14%	15%	14%	14%	13%	16%	14%	15%	14%	12%	14%	10%	17%	17%	9%	18%	-
Annoying ringtones	14%	16%	11%	13%	12%	15%	16%	17%	10%	14%	16%	15%	18%	15%	4%	11%	10%
Eating strong-smelling food	14%	14%	14%	14%	15%	11%	17%	16%	11%	12%	17%	18%	19%	13%	15%	9%	3%
Using speakerphones	9%	10%	8%	12%	7%	10%	9%	11%	7%	9%	8%	14%	13%	9%	3%	5%	-
Playing music too loudly	7%	8%	6%	7%	5%	9%	9%	7%	9%	6%	8%	8%	8%	8%	6%	6%	16%
Using/ taking other peoples' stationery	6%	6%	8%	12%	5%	4%	6%	7%	4%	5%	7%	6%	9%	7%	5%	5%	0%
Borrowing money	5%	6%	4%	5%	2%	5%	7%	5%	5%	4%	6%	6%	7%	5%	1%	3%	7%
None of the above	21%	20%	23%	18%	22%	22%	22%	21%	22%	21%	21%	17%	17%	25%	31%	20%	20%
Not applicable - I do not have any work colleagues	7%	7%	8%	2%	5%	7%	10%	7%	7%	6%	7%	5%	10%	8%	9%	8%	-

Fieldwork: 30th August - 3rd September 2013

Total	Marital Status					Children in Household					
	Married/ Civil Partnership	Living as married	Separated/ Divorced	Widowed	Never Married	0	1	2	3+	ALL WITH CHILDREN IN HOUSEHOLD (NET)	Refused

Which, if any, of the following habits do you find annoying about your work colleagues?

Unweighted base	2011	1121	282	185	48	375	1494	245	209	43	497	20
UK working adults aged 18+	2011	1104	294	181	32	401	1495	256	199	45	500	16
Regular lateness	31%	30%	39%	22%	33%	31%	32%	32%	31%	12%	30%	21%
Gossiping	27%	23%	30%	39%	33%	32%	27%	28%	29%	13%	27%	55%
Loud talking	26%	24%	29%	25%	19%	31%	27%	26%	20%	21%	23%	41%
Bodily odours	25%	27%	28%	21%	35%	22%	24%	29%	31%	27%	30%	15%
Too many cigarette/ tea or coffee breaks	25%	26%	27%	22%	19%	23%	25%	25%	25%	12%	24%	41%
Unwanted banter	20%	20%	16%	22%	19%	22%	20%	19%	20%	27%	20%	46%
Foul language (i.e. swearing)	17%	18%	16%	17%	10%	16%	18%	15%	12%	14%	14%	25%
Untidy appearance	14%	15%	14%	12%	16%	13%	14%	16%	15%	5%	14%	10%
Annoying ringtones	14%	14%	13%	19%	6%	14%	15%	13%	9%	20%	12%	46%
Eating strong-smelling food	14%	14%	16%	17%	8%	13%	15%	10%	12%	13%	12%	19%
Using speakerphones	9%	8%	11%	12%	6%	12%	10%	8%	10%	12%	9%	2%
Playing music too loudly	7%	7%	8%	10%	1%	8%	8%	6%	5%	6%	6%	-
Using/ taking other peoples' stationery	6%	5%	8%	5%	11%	8%	6%	7%	1%	7%	5%	38%
Borrowing money	5%	5%	3%	6%	4%	7%	5%	3%	6%	4%	4%	-
None of the above	21%	22%	20%	21%	21%	20%	21%	24%	22%	14%	22%	19%
Not applicable - I do not have any work colleagues	7%	7%	7%	8%	21%	5%	8%	2%	6%	13%	5%	3%

Fieldwork: 30th August - 3rd September 2013

Total	Government Region											
	North East	North West	Yorkshire and the Humber	East Midlands	West Midlands	East of England	London	South East	South West	Wales	Scotland	Northern Ireland

Which, if any, of the following habits do you find annoying about your work colleagues?

	Unweighted base	2011	51	202	155	140	178	205	208	358	214	80	204	16
	UK working adults aged 18+	2011	49	222	167	146	180	225	192	341	191	65	218	14
Regular lateness	31%	27%	30%	34%	31%	34%	36%	32%	30%	24%	21%	34%	29%	
Gossiping	27%	16%	31%	30%	30%	29%	26%	28%	27%	21%	27%	27%	38%	
Loud talking	26%	18%	28%	22%	32%	18%	30%	35%	22%	22%	22%	28%	38%	
Bodily odours	25%	22%	27%	33%	30%	28%	28%	19%	27%	24%	20%	19%	10%	
Too many cigarette/ tea or coffee breaks	25%	18%	20%	28%	34%	23%	34%	18%	24%	28%	18%	22%	27%	
Unwanted banter	20%	12%	23%	16%	31%	24%	17%	21%	20%	20%	15%	16%	19%	
Foul language (i.e. swearing)	17%	8%	20%	15%	27%	17%	20%	14%	15%	12%	25%	16%	41%	
Untidy appearance	14%	18%	10%	14%	15%	12%	10%	17%	16%	20%	9%	18%	-	
Annoying ringtones	14%	9%	13%	16%	19%	15%	15%	18%	15%	14%	4%	11%	10%	
Eating strong-smelling food	14%	13%	13%	11%	14%	19%	18%	19%	12%	15%	15%	9%	3%	
Using speakerphones	9%	1%	11%	9%	10%	7%	14%	13%	11%	6%	3%	5%	-	
Playing music too loudly	7%	2%	6%	8%	12%	5%	8%	8%	7%	8%	6%	6%	16%	
Using/ taking other peoples' stationery	6%	1%	6%	5%	13%	3%	6%	9%	7%	8%	5%	5%	0%	
Borrowing money	5%	2%	4%	4%	7%	5%	6%	7%	5%	5%	1%	3%	7%	
None of the above	21%	34%	18%	20%	18%	24%	17%	17%	25%	24%	31%	20%	20%	
Not applicable - I do not have any work colleagues	7%	5%	6%	6%	10%	4%	5%	10%	6%	11%	9%	8%	-	

Fieldwork: 30th August - 3rd September 2013

Total	Social Media (monthly or more)				Working parents		Full / part time	
	Facebook	LinkedIn	Google+	Twitter	Full Time	Part Time	Working full time	Working part time

Which, if any, of the following habits do you find annoying about your work colleagues?

	Unweighted base	2011	1216	440	106	481	379	123	1548	463
	UK working adults aged 18+	2011	1218	445	111	484	450	45	1830	181
Regular lateness	31%	30%	33%	22%	33%	29%	26%	32%	26%	
Gossiping	27%	27%	26%	32%	30%	28%	28%	27%	28%	
Loud talking	26%	27%	32%	22%	27%	23%	23%	27%	20%	
Bodily odours	25%	26%	29%	20%	29%	31%	21%	26%	22%	
Too many cigarette/ tea or coffee breaks	25%	24%	25%	22%	27%	25%	26%	25%	23%	
Unwanted banter	20%	19%	18%	18%	20%	22%	13%	21%	14%	
Foul language (i.e. swearing)	17%	16%	12%	17%	14%	13%	19%	17%	21%	
Untidy appearance	14%	14%	18%	10%	16%	16%	7%	15%	11%	
Annoying ringtones	14%	13%	18%	21%	14%	12%	4%	15%	8%	
Eating strong-smelling food	14%	14%	17%	15%	18%	11%	17%	14%	14%	
Using speakerphones	9%	9%	12%	15%	11%	8%	5%	10%	4%	
Playing music too loudly	7%	7%	9%	11%	9%	5%	3%	7%	6%	
Using/ taking other peoples' stationery	6%	6%	4%	3%	8%	5%	6%	6%	4%	
Borrowing money	5%	4%	5%	9%	4%	5%	2%	5%	5%	
None of the above	21%	23%	17%	23%	18%	22%	24%	21%	22%	
Not applicable - I do not have any work colleagues	7%	7%	9%	7%	5%	5%	11%	6%	14%	

Fieldwork: 30th August - 3rd September 2013

Total	Working status						Length of employment					
	Employee	Self Employed	Full time Employee	Full Time self employed	Part Time Employee	Part Time Self Employed	1 year or less	More than 1 year, up to 2 years	More than 2 years, up to 3 years	More than 3 years, up to 4 years	More than 4 years, up to 5 years	6 years or more

Which, if any, of the following habits do you find annoying about your work colleagues?

Unweighted base	2011	1743	268	1373	175	370	93	145	133	106	99	160	1100
UK working adults aged 18+	2011	1767	244	1620	210	147	34	149	137	120	108	160	1094
Regular lateness	31%	32%	22%	33%	22%	27%	21%	39%	29%	33%	26%	30%	33%
Gossiping	27%	29%	18%	28%	18%	31%	18%	30%	35%	24%	37%	35%	27%
Loud talking	26%	27%	18%	28%	19%	21%	14%	32%	22%	22%	18%	24%	29%
Bodily odours	25%	26%	24%	26%	24%	22%	25%	32%	20%	30%	27%	20%	26%
Too many cigarette/ tea or coffee breaks	25%	26%	14%	27%	13%	24%	19%	29%	28%	18%	28%	24%	27%
Unwanted banter	20%	21%	15%	21%	17%	16%	6%	18%	18%	16%	30%	21%	21%
Foul language (i.e. swearing)	17%	17%	16%	17%	15%	21%	22%	18%	11%	18%	15%	17%	18%
Untidy appearance	14%	14%	15%	15%	16%	12%	9%	19%	8%	17%	15%	16%	14%
Annoying ringtones	14%	15%	12%	15%	12%	6%	14%	18%	11%	9%	13%	15%	15%
Eating strong-smelling food	14%	15%	10%	15%	9%	13%	16%	15%	16%	15%	15%	12%	15%
Using speakerphones	9%	10%	8%	10%	9%	4%	2%	13%	4%	9%	9%	7%	10%
Playing music too loudly	7%	7%	10%	7%	10%	6%	9%	17%	4%	2%	5%	4%	7%
Using/ taking other peoples' stationery	6%	6%	7%	6%	7%	5%	2%	4%	11%	7%	4%	6%	6%
Borrowing money	5%	5%	8%	5%	8%	4%	8%	5%	4%	10%	3%	5%	4%
None of the above	21%	22%	14%	22%	15%	25%	8%	16%	26%	23%	20%	22%	23%
Not applicable - I do not have any work colleagues	7%	2%	39%	2%	38%	6%	48%	2%	2%	0%	1%	4%	3%

Fieldwork: 30th August - 3rd September 2013

Total	Level of responsibility				Employment sector			
	High Level	Mid Level	Low /Entry Level	Other	Private sector firm or company	Nationalised industry or public corporation	Other public sector employer	Charity/voluntary sector

Which, if any, of the following habits do you find annoying about your work colleagues?

	Unweighted base	2011	422	708	386	495	1464	22	421	104
UK working adults aged 18+	2011	419	772	331	489	1467	26	381	138	
Regular lateness		31%	27%	39%	30%	23%	31%	33%	31%	30%
Gossiping		27%	22%	30%	30%	27%	26%	34%	31%	27%
Loud talking		26%	21%	26%	31%	27%	25%	38%	28%	23%
Bodily odours		25%	25%	28%	19%	27%	27%	25%	23%	20%
Too many cigarette/ tea or coffee breaks		25%	18%	27%	27%	25%	27%	25%	19%	25%
Unwanted banter		20%	17%	21%	22%	20%	20%	20%	22%	17%
Foul language (i.e. swearing)		17%	17%	15%	17%	21%	18%	28%	16%	12%
Untidy appearance		14%	17%	17%	9%	13%	15%	30%	12%	11%
Annoying ringtones		14%	14%	15%	14%	14%	15%	21%	12%	12%
Eating strong-smelling food		14%	14%	13%	17%	14%	14%	16%	16%	9%
Using speakerphones		9%	12%	9%	8%	9%	10%	12%	6%	9%
Playing music too loudly		7%	7%	8%	5%	9%	8%	15%	5%	9%
Using/ taking other peoples' stationery		6%	6%	5%	12%	4%	7%	5%	5%	7%
Borrowing money		5%	6%	6%	4%	3%	5%	15%	4%	3%
None of the above		21%	14%	22%	25%	24%	19%	15%	30%	24%
Not applicable - I do not have any work colleagues		7%	25%	1%	2%	4%	9%	-	2%	4%