

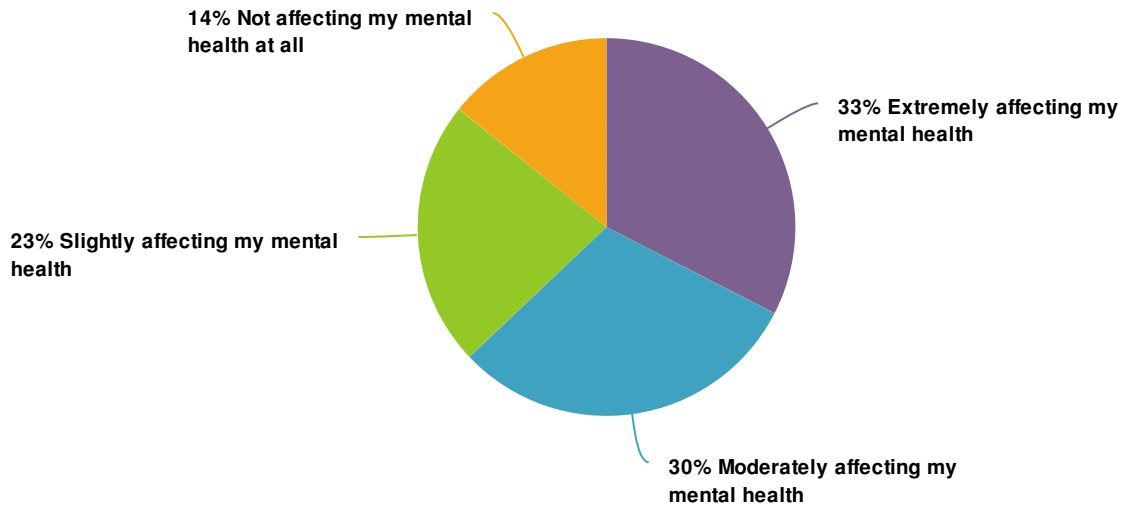
Rehab 4 Addiction Coronavirus & Mental Health Poll: March 2020





As we are currently in one of the largest Health crisis in UK history, we ran a poll to discover how the coronavirus pandemic is affecting people's mental health and lives generally. The poll was conducted between 23^d-28th March 2020 on Facebook. 3,205 responses were collecting from all UK regions. All respondents were aged 18+.

The poll sought to discover how coronavirus is affecting people's mental health in relation to their general mental wellbeing as well as their concerns about their loved ones, finances and access to essentials such as food and medicine.

The survey also sought respondents' level of trust in official Government advice during the epidemic. Given the fast-moving nature of the crisis, it's likely the public's mood will continue to change, and Rehab 4 Addiction aims to continue tracking the public's moods over the coming weeks and months.

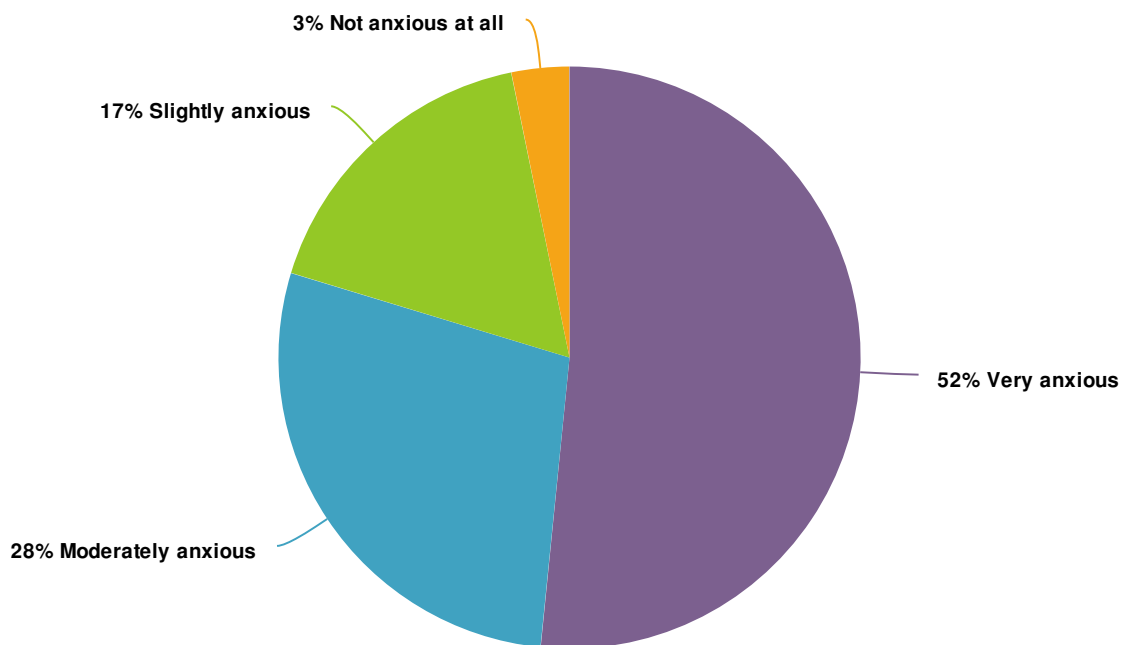
1. How much is the Covid-19 pandemic affecting your mental health?



Value		Percent	Responses
Extremely affecting my mental health		32.6%	1,069
Moderately affecting my mental health		30.4%	998
Slightly affecting my mental health		22.8%	748
Not affecting my mental health at all		14.3%	469

Totals: 3,284

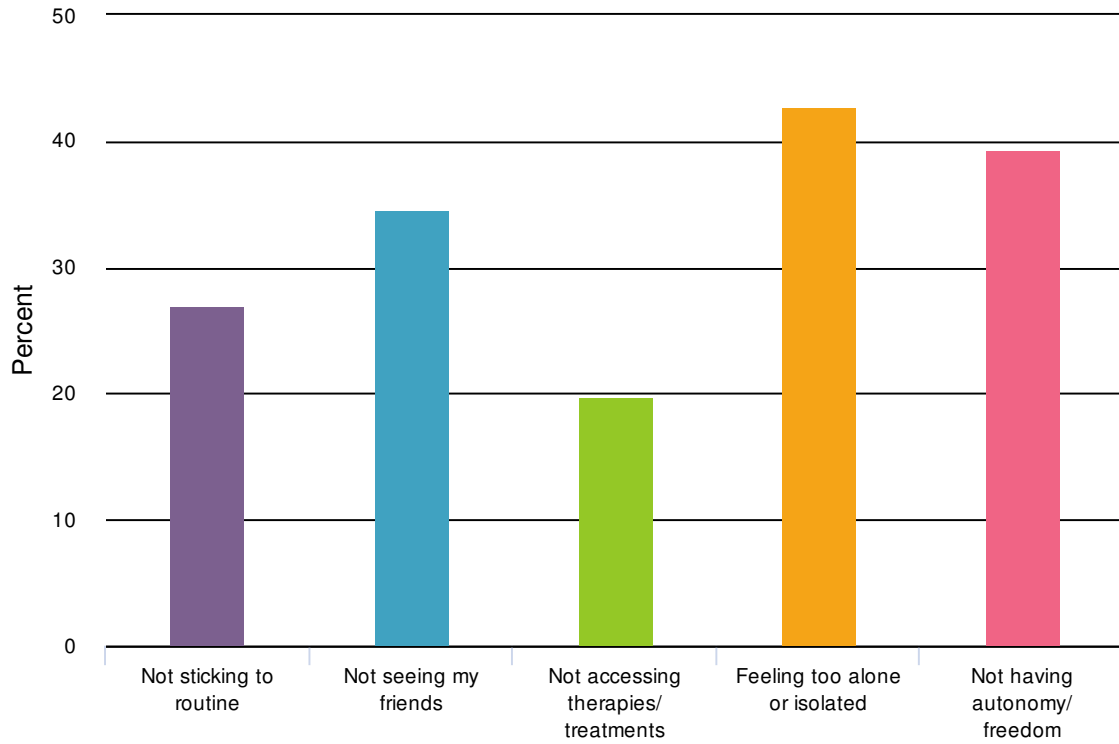
2. To what extent is current media coverage of the Covid-19 pandemic making you feel anxious?








Value		Percent	Responses
Very anxious		51.6%	1,693
Moderately anxious		28.1%	923
Slightly anxious		17.1%	563
Not anxious at all		3.2%	105

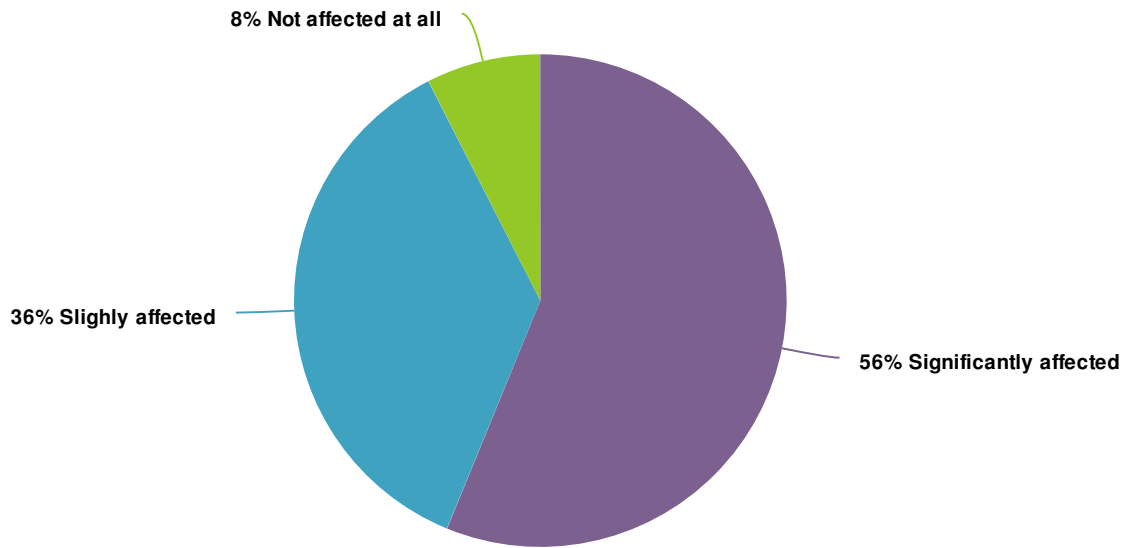
Totals: 3,284




3. In terms of your mental health and wellbeing, what aspect of self-isolation are you most scared about?



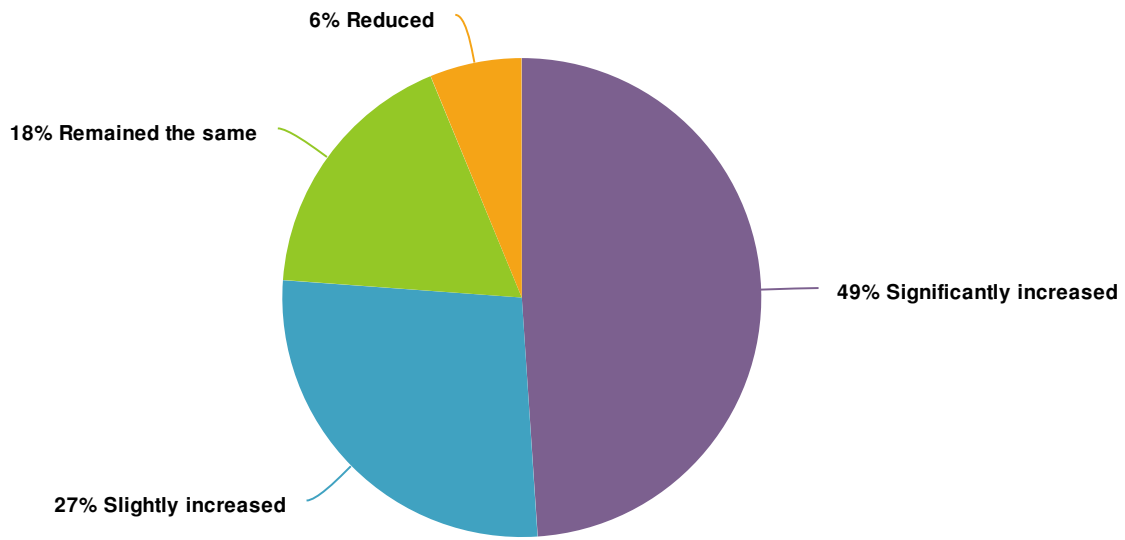
Value		Percent	Responses
Not sticking to routine		27.0%	886
Not seeing my friends		34.6%	1,134
Not accessing therapies/ treatments		19.7%	646
Feeling too alone or isolated		42.8%	1,405
Not having autonomy/ freedom		39.3%	1,290





4. How much would you say coverage of Covid-19 in the media (television, websites, radio, print) is affecting your life negatively?



Value		Percent	Responses
Significantly affected		56.2%	1,844
Slightly affected		36.3%	1,193
Not affected at all		7.5%	247
			Totals: 3,284

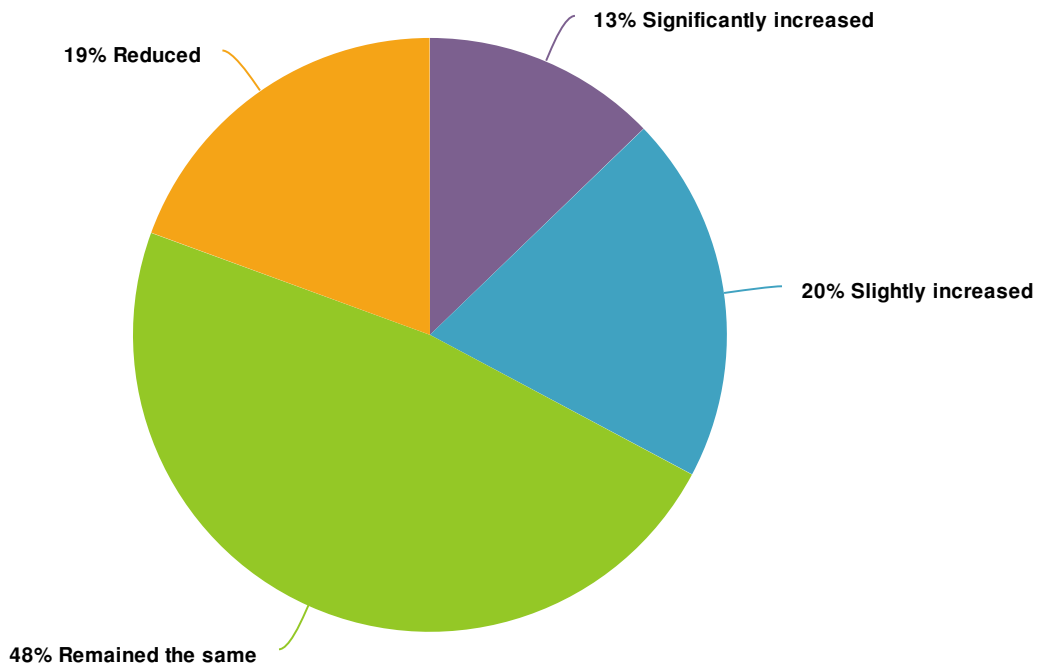
5. How much has your use of social media changed as a result of the pandemic?



Value		Percent	Responses
Significantly increased		48.9%	1,607
Slightly increased		27.2%	894
Remained the same		17.6%	578
Reduced		6.2%	205

Totals: 3,284

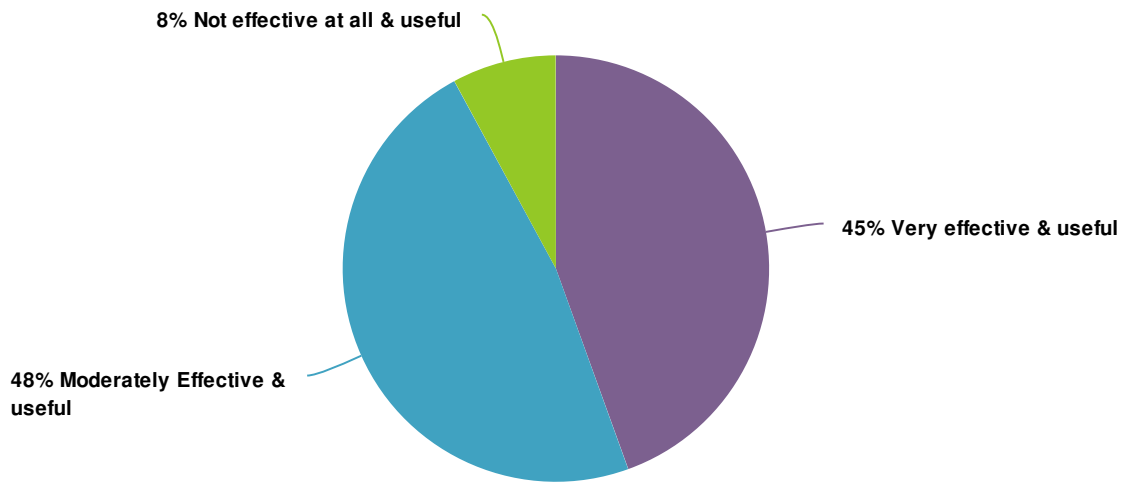
6. How much has your alcohol, tobacco, or other recreational drug use changed since the beginning of the coronavirus outbreak?






Value		Percent	Responses
Significantly increased		12.8%	420
Slightly increased		20.0%	656
Remained the same		47.8%	1,570
Reduced		19.4%	637

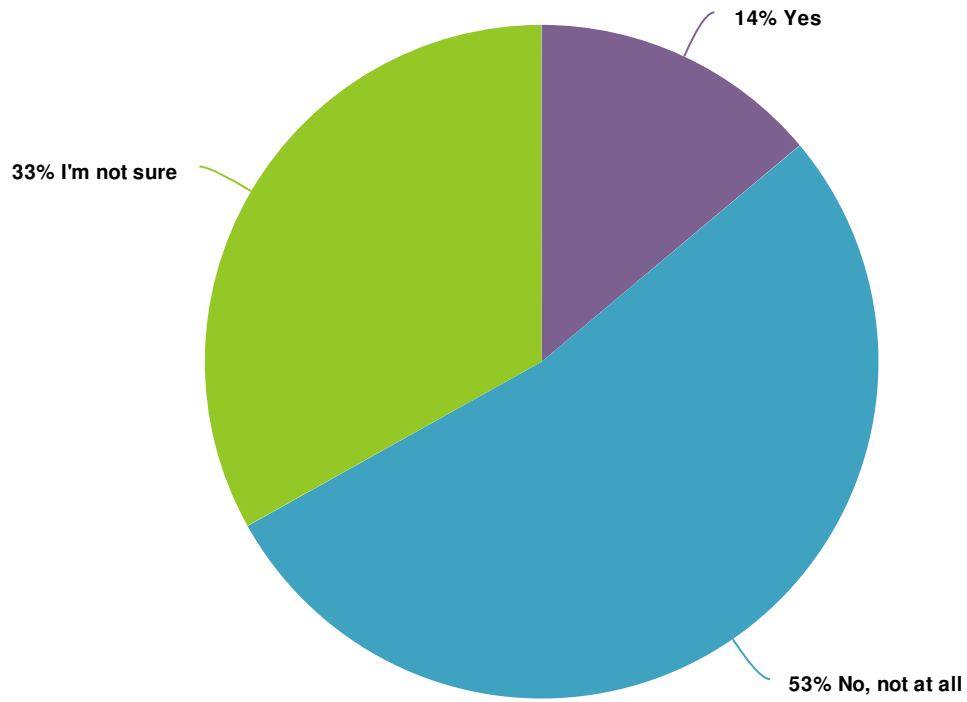
Totals: 3,283

7. How effective do you think Government advice is in regard to the pandemic?



Value		Percent	Responses
Very effective & useful		44.5%	1,463
Moderately Effective & useful		47.6%	1,562
Not effective at all & useful		7.9%	259
			Totals: 3,284

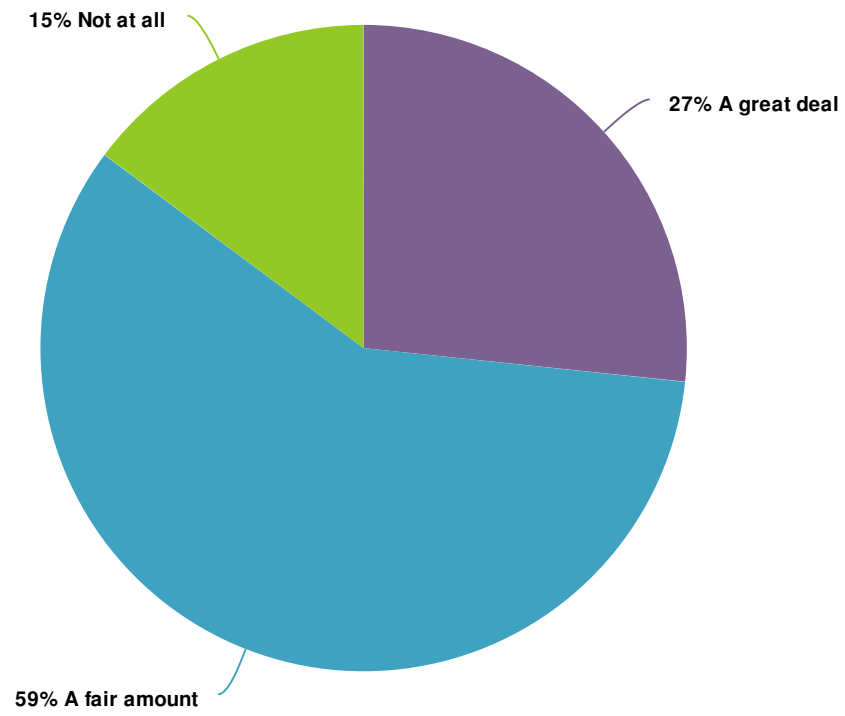
8. Do you think there is enough focus on mental health and mental wellbeing from the government and related public bodies during the pandemic?






Value		Percent	Responses
Yes		13.9%	456
No, not at all		53.0%	1,742
I'm not sure		33.1%	1,086

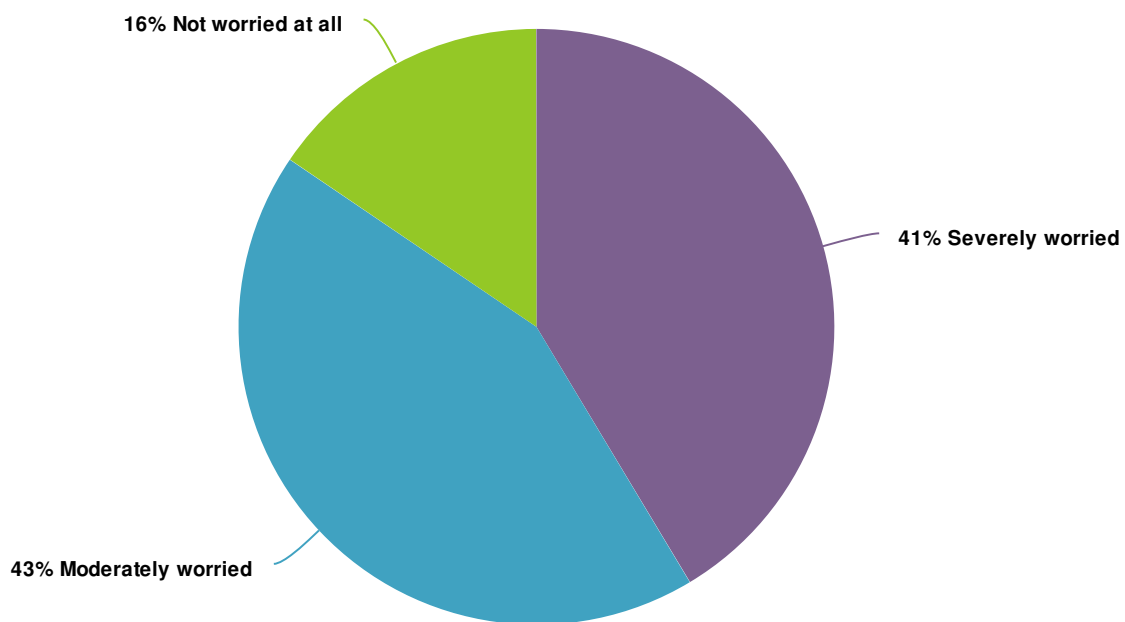
Totals: 3,284




9. How much do you trust official Government advice in relation to the pandemic?



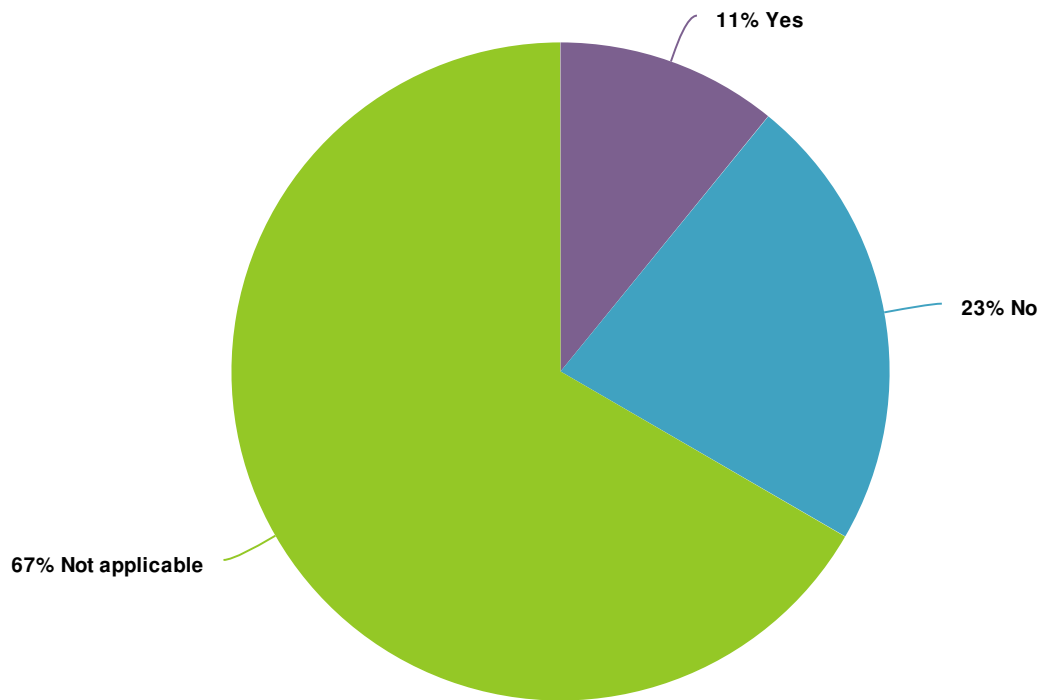
Value		Percent	Responses
A great deal		26.7%	876
A fair amount		58.6%	1,923
Not at all		14.8%	485
			Totals: 3,284

10. How worried are you about the financial impact of Covid-19 on your individual/family's funding?



Value		Percent	Responses
Severely worried		41.4%	1,360
Moderately worried		43.1%	1,416
Not worried at all		15.5%	508
			Totals: 3,284

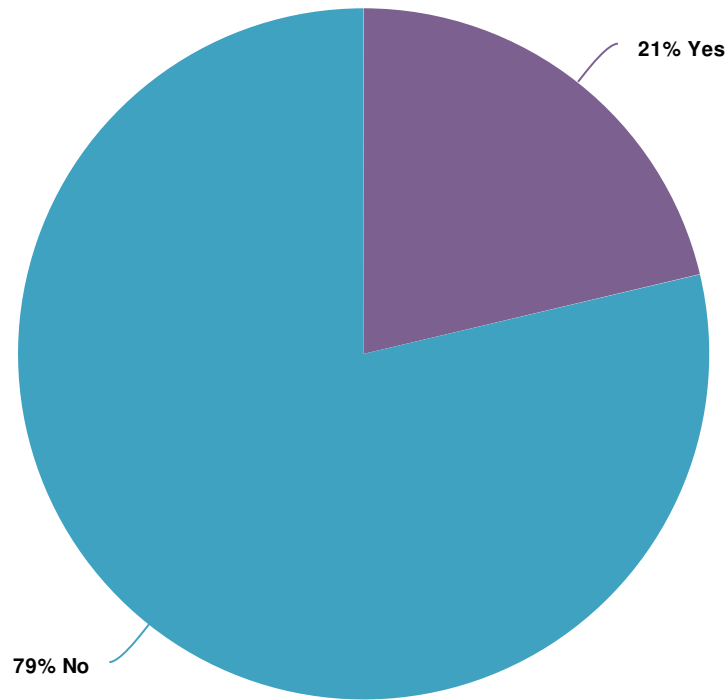
11. Has your employer given you the option to work from home during this period?



Value	Percent	Responses
Yes	10.9%	357
No	22.5%	738
Not applicable	66.7%	2,189

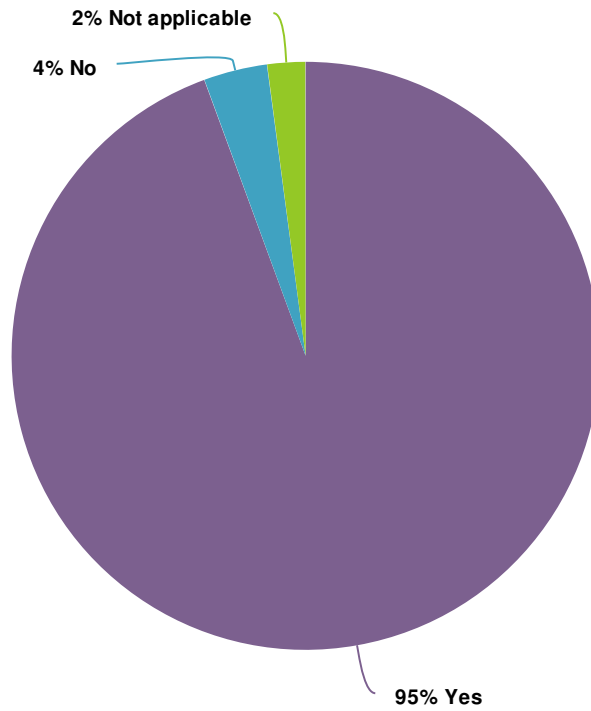
Totals: 3,284

12. Are you a parent of guardian of a minor aged under 18?



Value	Percent	Responses
Yes	21.3%	701
No	78.7%	2,583
		Totals: 3,284

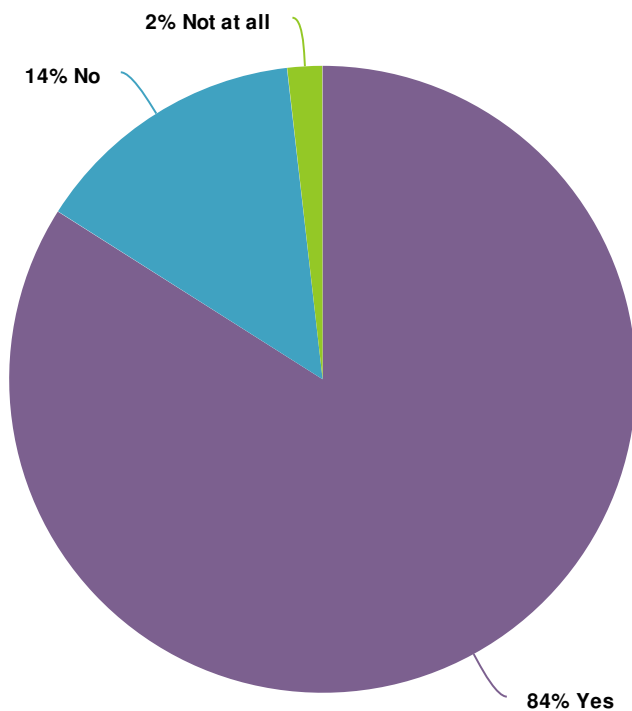
13. Are you worried about a loved one contracting Covid-19?



Value	Percent	Responses
Yes	94.5%	3,102
No	3.5%	114
Not applicable	2.1%	68

Totals: 3,284

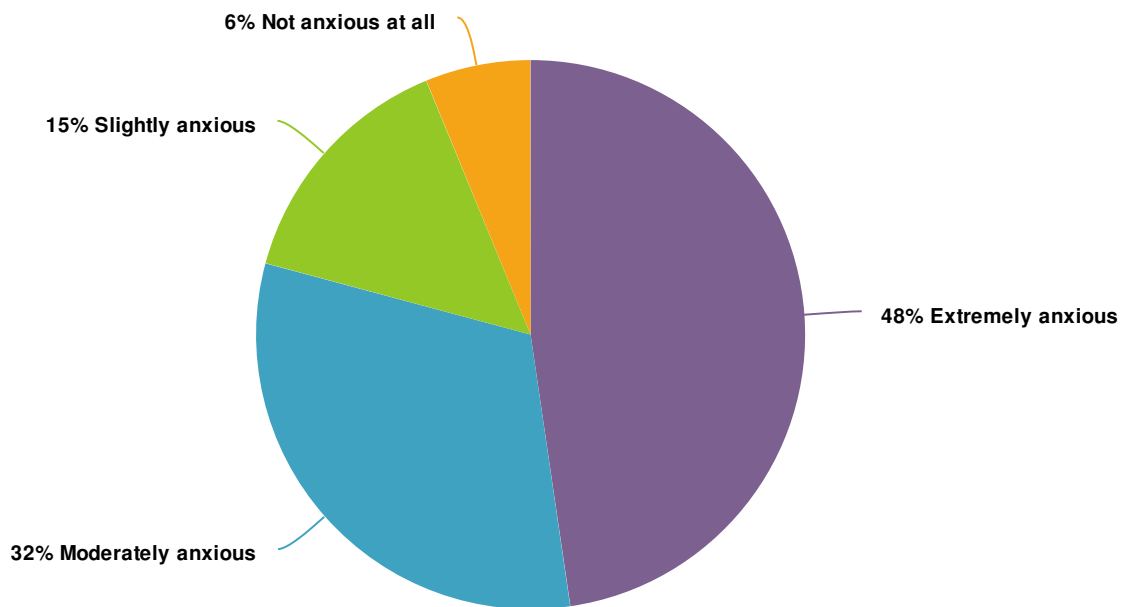
14. Are you worried about yourself contracting Covid-19?







Value	Percent	Responses
Yes	84.0%	2,758
No	14.2%	467
Not at all	1.8%	59

Totals: 3,284

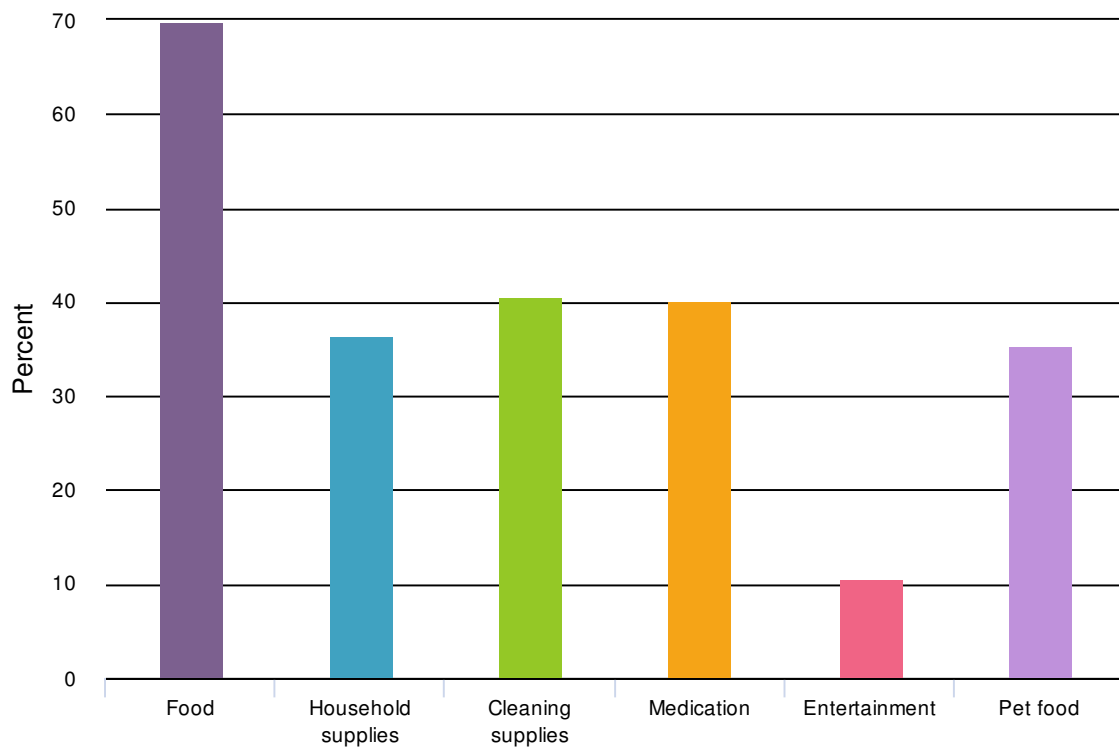
15. How anxious are you about the potential lack of access to essential medication for yourself and/or loved ones?



Value		Percent	Responses
Extremely anxious		47.7%	1,565
Moderately anxious		31.5%	1,033
Slightly anxious		14.6%	480
Not anxious at all		6.2%	205

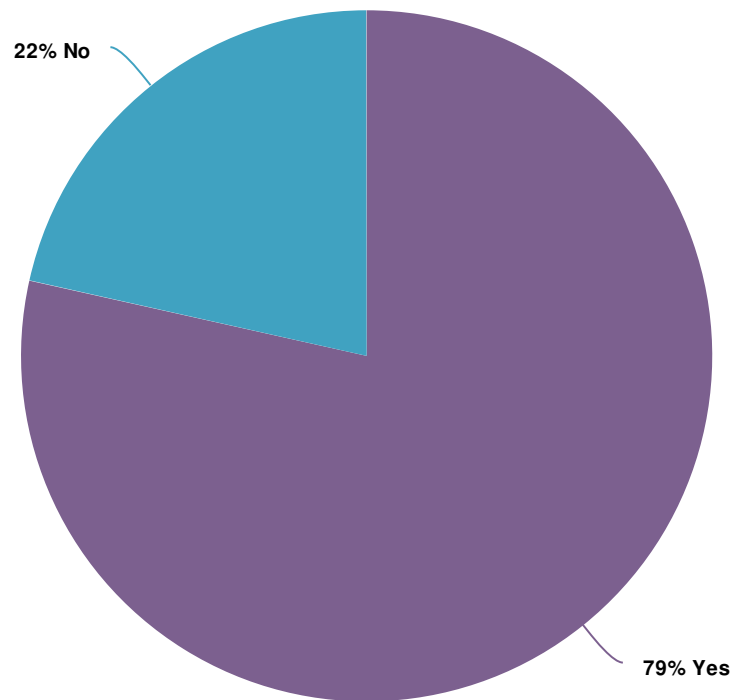
Totals: 3,283

16. Have you stocked up on groceries ahead of the lockdown?



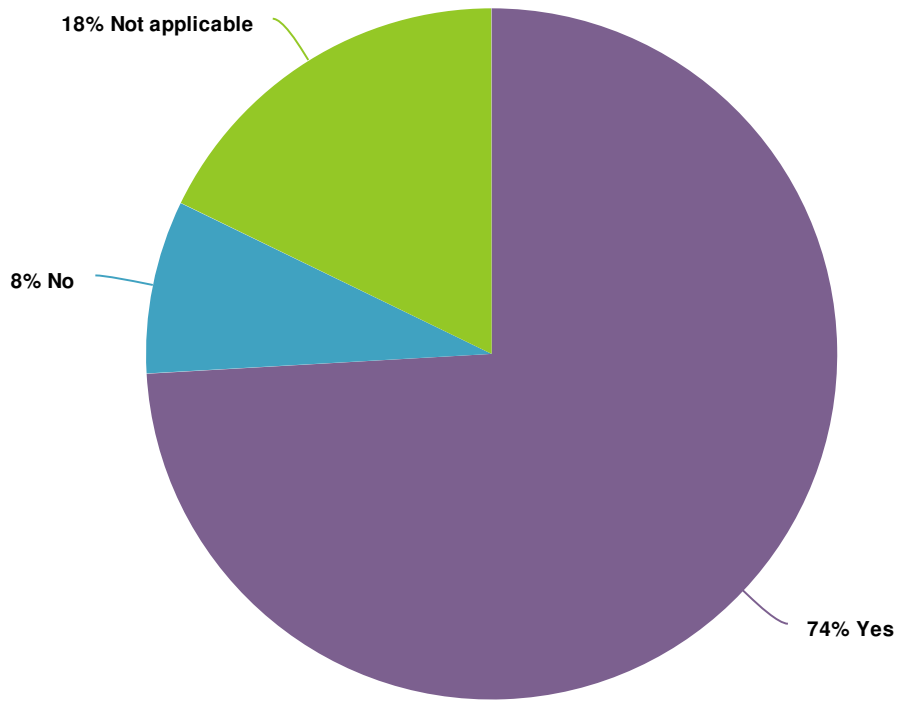
Value	Percent	Responses
Food	69.7%	2,287
Household supplies	36.4%	1,195
Cleaning supplies	40.5%	1,331
Medication	40.1%	1,318
Entertainment	10.5%	346
Pet food	35.5%	1,167

17. Have you stayed at home instead of going to work, school, or other activities?



Value	Percent	Responses
Yes	78.5%	2,577
No	21.5%	707
		Totals: 3,284

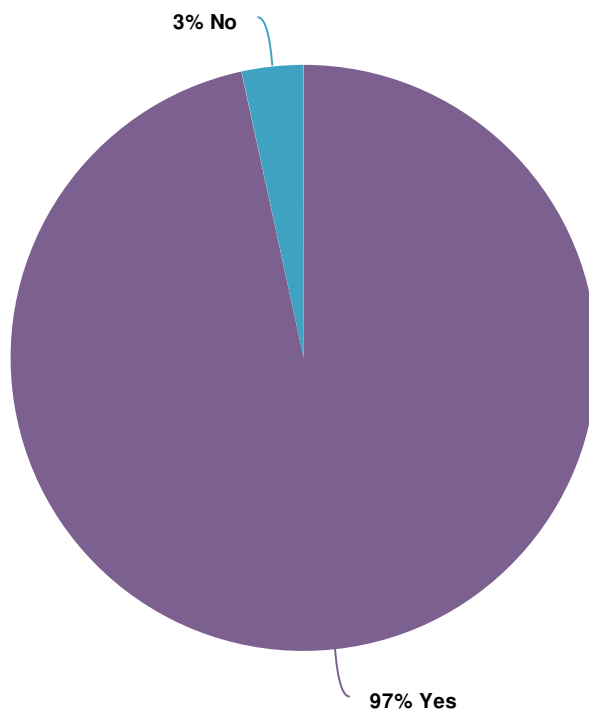
18. Have you decided not to travel or changed travel plans as a result of the outbreak?



Value	Percent	Responses
Yes	74.1%	2,434
No	8.1%	266
Not applicable	17.8%	583

Totals: 3,283

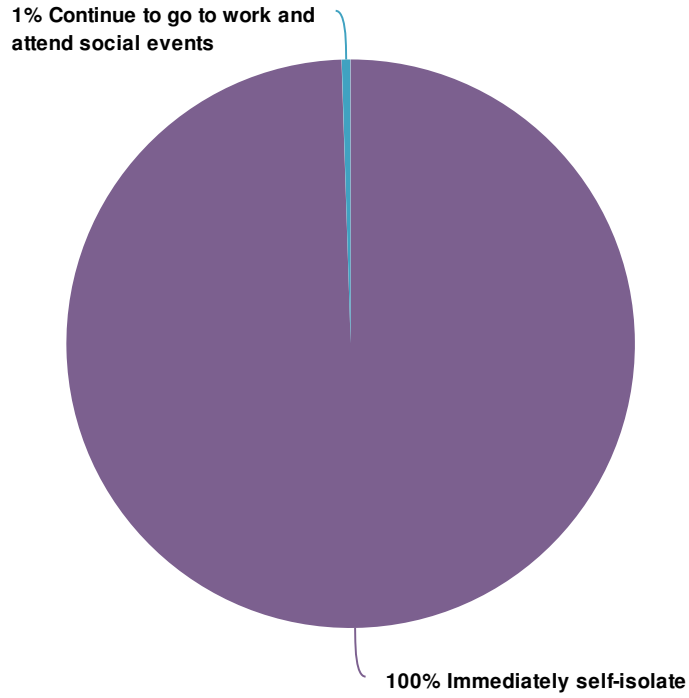
19. Are you aware of the main symptoms of COVID-19?



Value	Percent	Responses
Yes	96.6%	3,172
No	3.4%	112

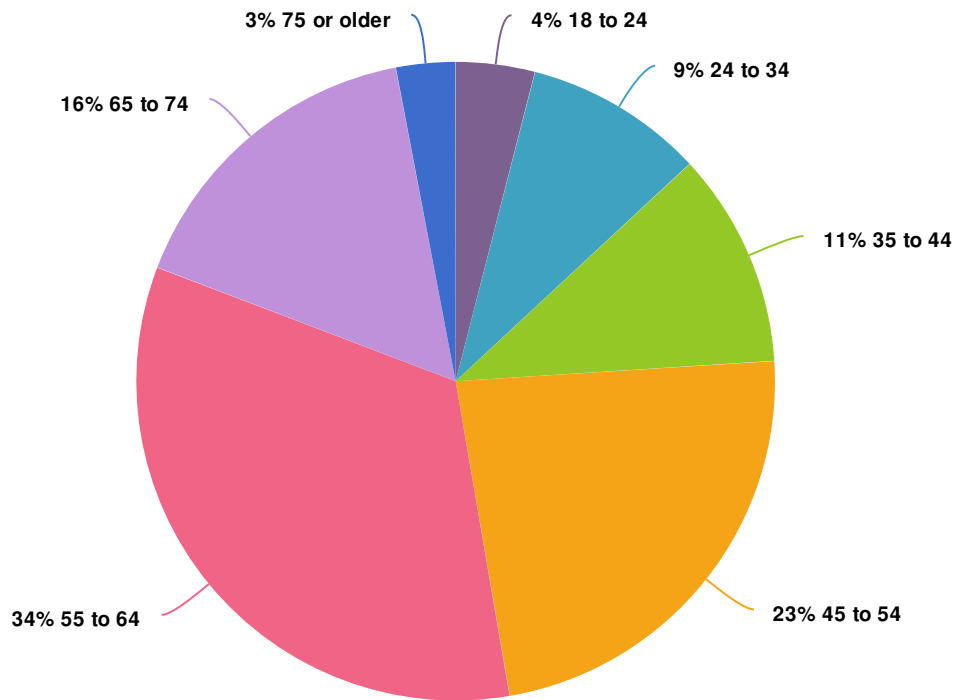
Totals: 3,284

20. If you began to experience the symptoms of COVID-19 would you:



Value	Percent	Responses
Immediately self-isolate	99.5%	3,267
Continue to go to work and attend social events	0.5%	17
		Totals: 3,284

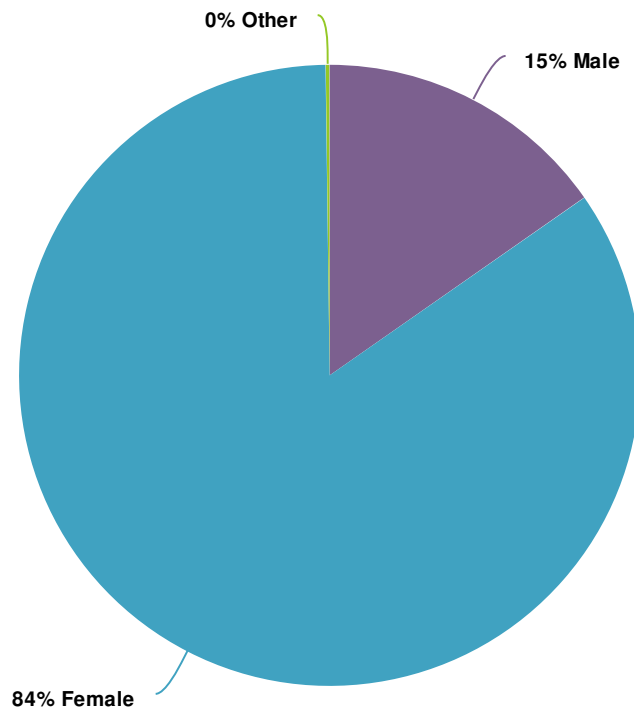
21. What is your age?



Value	Percent	Responses
18 to 24	4.0%	133
24 to 34	9.1%	300
35 to 44	10.9%	357
45 to 54	23.3%	764
55 to 64	33.5%	1,100
65 to 74	16.2%	532
75 or older	3.0%	98

Totals: 3,284

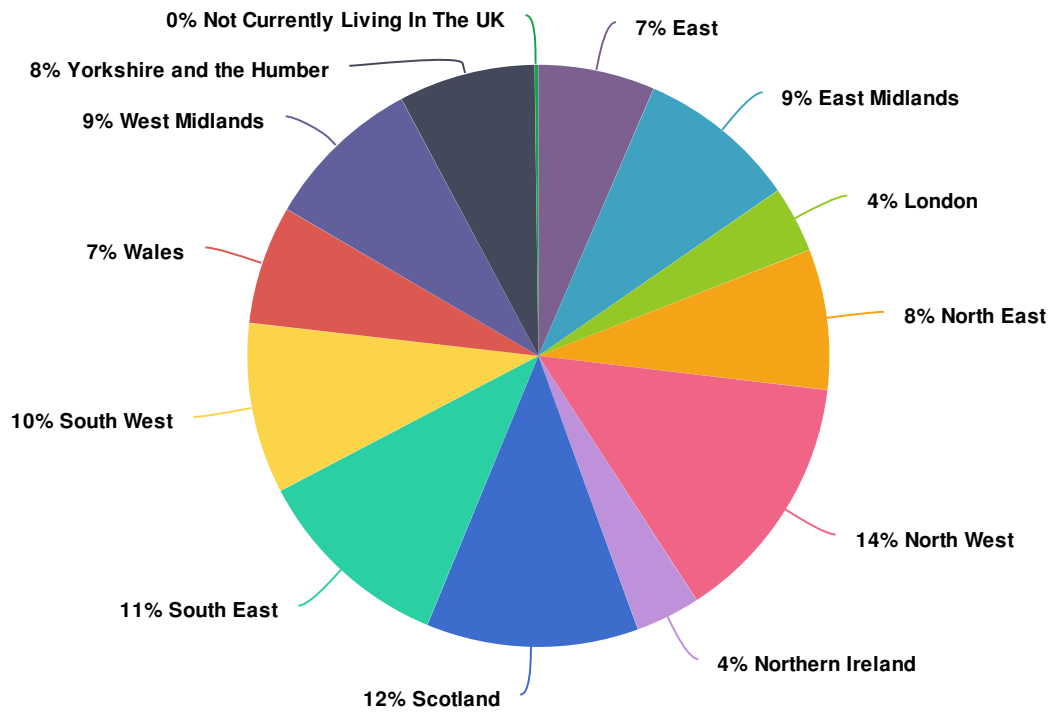
22. What is your gender?
















Value		Percent	Responses
Male		15.3%	504
Female		84.4%	2,773
Other		0.2%	7

Totals: 3,284

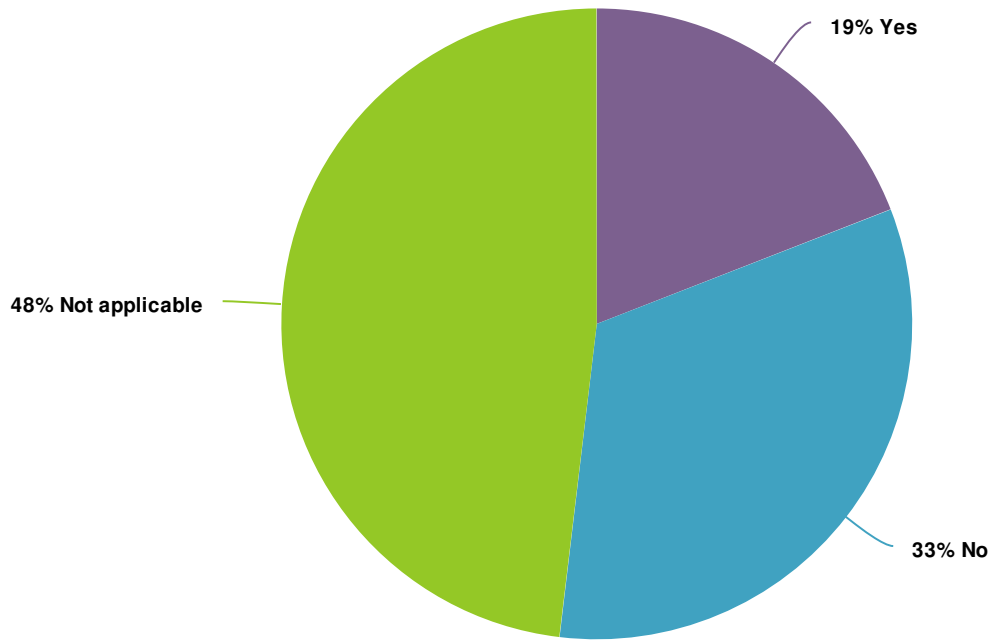
23. Which UK region are you from?



Value		Percent	Responses
East		6.5%	212
East Midlands		8.9%	291
London		3.7%	120
North East		7.8%	255
North West		14.0%	459
Northern Ireland		3.6%	119
Scotland		11.8%	387
South East		11.1%	363
South West		9.5%	312
Wales		6.6%	218
West Midlands		8.8%	290
Yorkshire and the Humber		7.6%	250
Not Currently Living In The UK		0.2%	8

Totals: 3,284

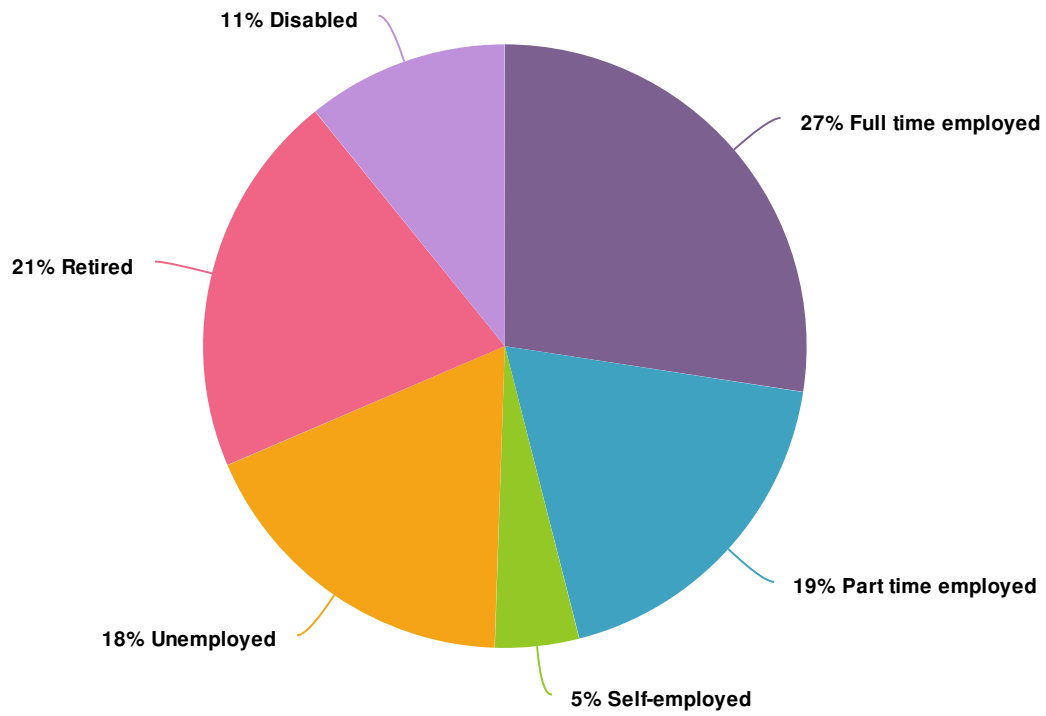
24. Are your children currently in full-time education? (during normal term times)



Value	Percent	Responses
Yes	19.1%	626
No	32.8%	1,077
Not applicable	48.1%	1,581

Totals: 3,284

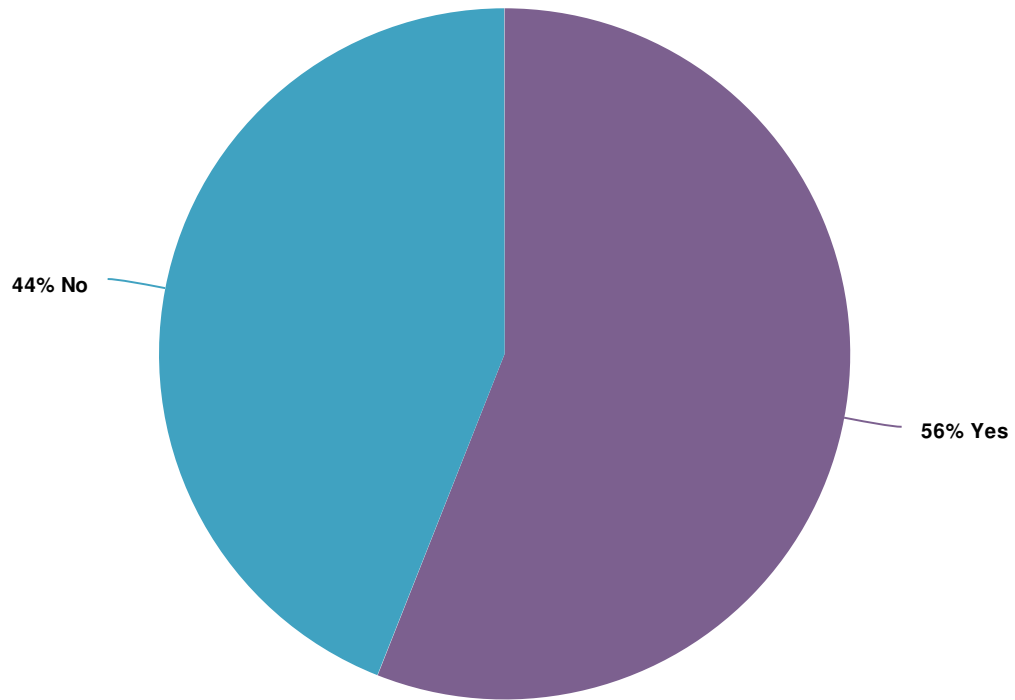
25. What is your current employment status?





Value	Percent	Responses
Full time employed	27.4%	901
Part time employed	18.6%	612
Self-employed	4.5%	148
Unemployed	18.0%	592
Retired	20.6%	677
Disabled	10.8%	354

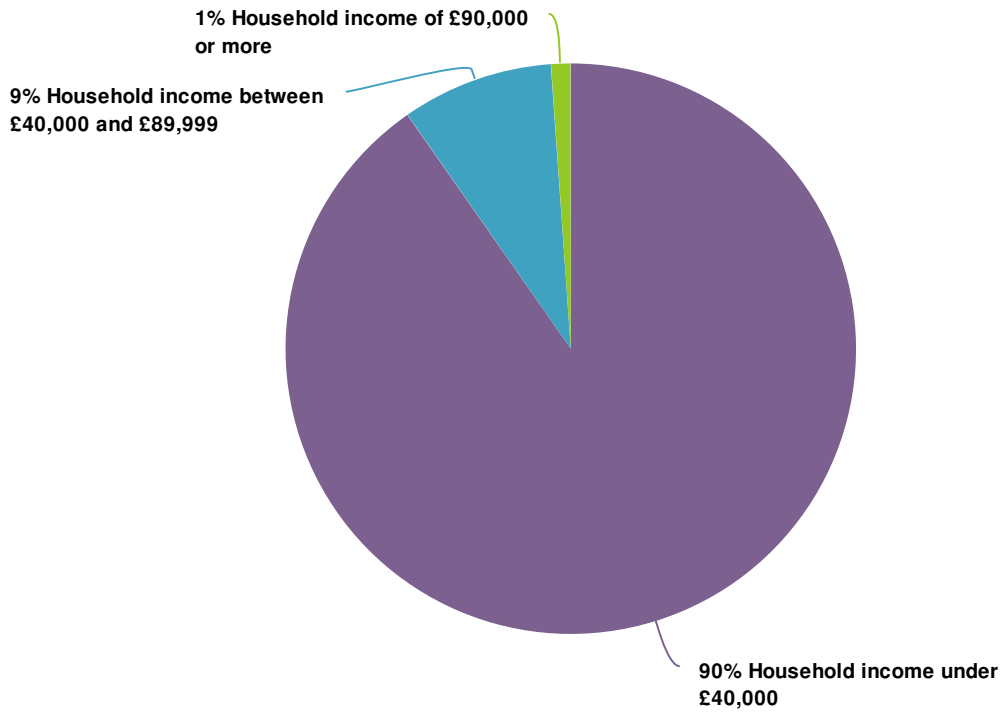
Totals: 3,284




26. Do you suffer from an underlying health condition?



Value		Percent	Responses
Yes		56.0%	1,838
No		44.0%	1,445
			Totals: 3,283

27. What is your level of yearly household income?



Value		Percent	Responses
Household income under £40,000		90.3%	2,966
Household income between £40,000 and £89,999		8.6%	283
Household income of £90,000 or more		1.1%	35

Totals: 3,284