

Mind / Populus Workplace Health and Stress Survey, March 2010

Populus interviewed 2,050 adults aged 18+, in England and Wales, in work between 18th and 21st March 2010. Populus is a member of the British Polling Council and abides by its rules, for more information see www.populus.co.uk.

How happy or unhappy are you in your current job?

	Total	Working Status		Sector		
		In full-time employment	In part-time employment	The private sector	The public sector	The third sector / voluntary sector
Very happy	24%	23%	29%	24%	25%	22%
Fairly happy	44%	45%	42%	45%	43%	53%
Neither happy nor unhappy	18%	17%	18%	17%	18%	15%
Fairly unhappy	10%	11%	8%	10%	10%	7%
Very unhappy	4%	5%	2%	4%	4%	3%

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How happy or unhappy are you in your current job?

	Seniority					Contract		Flexitime		Gender	
	Owners / Director	Management	Office workers	Skilled workers	Unskilled workers	Permanent	Temporary	Yes	No	Male	Female
Very happy	44%	25%	19%	19%	24%	25%	20%	31%	19%	25%	24%
Fairly happy	41%	48%	45%	40%	42%	45%	39%	44%	44%	43%	44%
Neither happy nor unhappy	10%	16%	18%	22%	20%	17%	24%	15%	19%	19%	17%
Fairly unhappy	4%	8%	13%	14%	10%	10%	12%	7%	13%	9%	11%
Very unhappy	2%	4%	5%	5%	5%	4%	5%	2%	6%	4%	4%

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How happy or unhappy are you in your current job?

	Age					
	18-24	25-34	35-44	45-54	55-64	65+
Very happy	22%	18%	23%	25%	30%	45%
Fairly happy	48%	47%	44%	42%	42%	45%
Neither happy nor unhappy	16%	20%	18%	18%	17%	5%
Fairly unhappy	11%	9%	11%	11%	8%	3%
Very unhappy	3%	6%	4%	5%	2%	3%

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How happy or unhappy are you in your current job?

	Region									
	London	South	South West England	Wales	East Midlands	Eastern	Yorks & Humberside	North West	North East	West Midlands
Very happy	20%	26%	27%	26%	24%	29%	26%	21%	29%	21%
Fairly happy	49%	43%	45%	39%	43%	44%	40%	47%	34%	44%
Neither happy nor unhappy	18%	17%	15%	23%	18%	9%	22%	19%	23%	16%
Fairly unhappy	9%	10%	6%	8%	11%	14%	9%	10%	13%	15%
Very unhappy	4%	4%	7%	3%	5%	4%	3%	3%	1%	5%

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Which of the following statements do you feel best describes your work/life balance?

	Total	Working Status		Sector		
		In full-time employment	In part-time employment	The private sector	The public sector	The third sector / voluntary sector
I enjoy a good work life balance	54%	50%	66%	53%	56%	54%
I am overworked and don't have enough free time	18%	23%	5%	19%	17%	18%
I have enough free time but work pressure stops me from enjoying it	15%	16%	10%	15%	15%	13%
I would prefer to spend more time at work and less time at home	5%	3%	9%	5%	5%	4%
None of the above	7%	7%	8%	8%	6%	7%
Don't know	1%	1%	2%	1%	1%	3%

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Which of the following statements do you feel best describes your work/life balance?

	Seniority		Seniority		Unskilled workers	Contract	
	Owners / Director	Management	Office workers	Skilled workers		Permanent	Temporary
I enjoy a good work life balance	61%	49%	56%	54%	55%	54%	55%
I am overworked and don't have enough free time	12%	24%	18%	16%	17%	19%	9%
I have enough free time but work pressure stops me from enjoying it	16%	16%	15%	11%	14%	15%	11%
I would prefer to spend more time at work and less time at home	5%	4%	4%	7%	5%	4%	14%
None of the above	5%	5%	7%	11%	6%	7%	8%
Don't know	1%	1%	0%	2%	2%	1%	2%

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Which of the following statements do you feel best describes your work/life balance?

	Flexitime		Gender		Age					
	Yes	No	Male	Female	18-24	25-34	35-44	45-54	55-64	65+
I enjoy a good work life balance	60%	50%	55%	54%	53%	51%	53%	52%	62%	70%
I am overworked and don't have enough free time	14%	22%	18%	18%	16%	20%	22%	20%	12%	10%
I have enough free time but work pressure stops me from enjoying it	14%	15%	14%	15%	15%	17%	13%	16%	14%	5%
I would prefer to spend more time at work and less time at home	6%	4%	6%	4%	9%	7%	4%	4%	3%	10%
None of the above	5%	8%	5%	8%	6%	5%	7%	7%	9%	5%
Don't know	1%	1%	1%	1%	1%	0%	1%	1%	1%	0%

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Which of the following statements do you feel best describes your work/life balance?

	Region				
	London	South	South West England	Wales	East Midlands
I enjoy a good work life balance	53%	57%	57%	46%	50%
I am overworked and don't have enough free time	18%	15%	14%	25%	21%
I have enough free time but work pressure stops me from enjoying it	13%	18%	15%	16%	13%
I would prefer to spend more time at work and less time at home	8%	4%	4%	6%	5%
None of the above	7%	5%	8%	4%	9%
Don't know	1%	0%	1%	2%	2%

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Which of the following statements do you feel best describes your work/life balance?

	Region				
	Eastern	Yorks & Humberside	North West	North East	West Midlands
I enjoy a good work life balance	51%	54%	59%	57%	53%
I am overworked and don't have enough free time	23%	19%	16%	17%	20%
I have enough free time but work pressure stops me from enjoying it	13%	14%	16%	9%	14%
I would prefer to spend more time at work and less time at home	4%	5%	5%	2%	5%
None of the above	7%	8%	4%	10%	9%
Don't know	3%	0%	0%	3%	0%

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To what extent do you agree or disagree that your work life impacts negatively on the following aspects of your personal time?

		Working Status			Sector		
		Total	In full-time employment	In part-time employment	The private sector	The public sector	The third sector / voluntary sector
Time with your partner	Strongly agree	15%	16%	11%	15%	15%	16%
	Tend to agree	21%	23%	16%	22%	21%	21%
	Neither agree nor disagree	16%	15%	17%	14%	18%	13%
	Tend to disagree	15%	14%	19%	16%	14%	15%
	Strongly disagree	11%	9%	17%	11%	10%	13%
	Don't know	1%	1%	1%	1%	1%	0%
	Not applicable to me	22%	22%	20%	22%	22%	22%
Time with your children	Strongly agree	10%	11%	9%	10%	11%	7%
	Tend to agree	14%	14%	13%	13%	16%	9%
	Neither agree nor disagree	13%	13%	14%	13%	14%	13%
	Tend to disagree	11%	9%	16%	11%	11%	15%
	Strongly disagree	8%	6%	13%	7%	8%	7%
	Don't know	1%	1%	1%	1%	1%	0%
	Not applicable to me	43%	46%	34%	45%	39%	49%
Time with your wider family	Strongly agree	12%	14%	7%	12%	13%	9%
	Tend to agree	26%	28%	19%	24%	28%	24%
	Neither agree nor disagree	22%	23%	22%	23%	22%	21%
	Tend to disagree	20%	18%	24%	19%	19%	24%
	Strongly disagree	12%	10%	18%	13%	10%	15%
	Don't know	1%	1%	1%	1%	1%	1%
	Not applicable to me	7%	7%	9%	8%	7%	7%
Time with your friends	Strongly agree	11%	12%	9%	11%	12%	9%
	Tend to agree	27%	29%	21%	27%	27%	21%
	Neither agree nor disagree	24%	26%	20%	23%	26%	28%
	Tend to disagree	20%	18%	23%	19%	20%	24%
	Strongly disagree	13%	10%	20%	14%	11%	16%
	Don't know	1%	1%	1%	1%	1%	0%
	Not applicable to me	4%	3%	5%	5%	3%	3%

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		Working Status			Sector		
		Total	In full-time employment	In part-time employment	The private sector	The public sector	The third sector / voluntary sector
Time for leisure activities	Strongly agree	14%	15%	10%	14%	13%	10%
	Tend to agree	32%	35%	23%	30%	33%	30%
	Neither agree nor disagree	20%	20%	19%	20%	19%	19%
	Tend to disagree	19%	18%	22%	19%	19%	18%
	Strongly disagree	13%	10%	21%	13%	12%	21%
	Don't know	1%	1%	1%	1%	1%	1%
	Not applicable to me	2%	2%	4%	3%	2%	0%

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To what extent do you agree or disagree that your work life impacts negatively on the following aspects of your personal time?

		Seniority		Contract		Flexitime				
		Owners / Director	Management	Office workers	Skilled workers	Unskilled workers	Permanent	Temporary	Yes	No
Time with your partner	Strongly agree	14%	18%	12%	14%	19%	15%	14%	15%	15%
	Tend to agree	18%	27%	21%	19%	19%	22%	18%	21%	22%
	Neither agree nor disagree	17%	14%	14%	18%	17%	16%	14%	16%	15%
	Tend to disagree	21%	13%	15%	14%	13%	15%	18%	16%	14%
	Strongly disagree	12%	9%	11%	13%	9%	11%	9%	11%	10%
	Don't know	0%	1%	1%	0%	1%	1%	1%	1%	1%
	Not applicable to me	17%	18%	26%	22%	22%	21%	26%	20%	23%
Time with your children	Strongly agree	10%	12%	8%	10%	14%	10%	12%	11%	10%
	Tend to agree	15%	17%	11%	15%	13%	15%	8%	14%	14%
	Neither agree nor disagree	17%	12%	11%	17%	16%	13%	14%	14%	13%
	Tend to disagree	14%	13%	11%	8%	8%	11%	13%	11%	11%
	Strongly disagree	7%	7%	8%	8%	8%	8%	5%	8%	8%
	Don't know	1%	1%	1%	1%	1%	1%	0%	1%	0%
	Not applicable to me	36%	38%	50%	41%	41%	42%	48%	41%	44%
Time with your wider family	Strongly agree	11%	14%	10%	12%	14%	12%	12%	12%	12%
	Tend to agree	24%	30%	24%	24%	25%	26%	25%	25%	27%
	Neither agree nor disagree	23%	19%	21%	27%	26%	23%	19%	22%	23%
	Tend to disagree	21%	21%	22%	16%	15%	19%	23%	21%	18%
	Strongly disagree	15%	9%	15%	14%	8%	12%	10%	12%	12%
	Don't know	0%	1%	1%	1%	1%	1%	1%	1%	1%
	Not applicable to me	5%	6%	7%	7%	11%	7%	9%	7%	8%
Time with your friends	Strongly agree	10%	13%	9%	9%	16%	11%	13%	12%	11%
	Tend to agree	25%	32%	27%	25%	23%	27%	22%	28%	26%
	Neither agree nor disagree	26%	23%	22%	29%	27%	25%	21%	22%	26%
	Tend to disagree	20%	19%	23%	16%	17%	19%	26%	19%	20%
	Strongly disagree	15%	11%	15%	14%	10%	13%	12%	15%	11%
	Don't know	0%	1%	1%	1%	1%	1%	0%	1%	1%
	Not applicable to me	3%	1%	4%	7%	5%	4%	5%	4%	4%

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To what extent do you agree or disagree that your work life impacts negatively on the following aspects of your personal time?

		Seniority					Contract		Flexitime	
		Owners / Director	Management	Office workers	Skilled workers	Unskilled workers	Permanent	Temporary	Yes	No
Time for leisure activities	Strongly agree	12%	17%	11%	12%	16%	14%	14%	13%	14%
	Tend to agree	28%	36%	32%	32%	29%	32%	28%	30%	33%
	Neither agree nor disagree	22%	15%	19%	23%	24%	20%	18%	17%	22%
	Tend to disagree	21%	21%	20%	14%	16%	18%	24%	21%	18%
	Strongly disagree	14%	10%	14%	14%	11%	13%	13%	15%	11%
	Don't know	0%	1%	1%	1%	1%	1%	1%	1%	1%
Not applicable to me		3%	1%	3%	4%	3%	2%	2%	3%	2%

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To what extent do you agree or disagree that your work life impacts negatively on the following aspects of your personal time?

		Gender		Age					
		Male	Female	18-24	25-34	35-44	45-54	55-64	65+
Time with your partner	Strongly agree	18%	13%	18%	19%	14%	14%	13%	15%
	Tend to agree	24%	19%	20%	23%	23%	22%	18%	5%
	Neither agree nor disagree	16%	16%	17%	15%	15%	16%	14%	23%
	Tend to disagree	14%	16%	13%	12%	13%	15%	20%	15%
	Strongly disagree	8%	12%	12%	8%	9%	11%	14%	8%
	Don't know	1%	1%	1%	1%	1%	1%	0%	3%
	Not applicable to me	19%	24%	19%	22%	23%	21%	21%	33%
Time with your children	Strongly agree	12%	9%	7%	14%	13%	11%	7%	10%
	Tend to agree	15%	13%	7%	11%	15%	18%	14%	10%
	Neither agree nor disagree	15%	12%	14%	12%	12%	15%	14%	15%
	Tend to disagree	10%	12%	4%	7%	11%	14%	16%	13%
	Strongly disagree	6%	9%	6%	5%	7%	9%	9%	10%
	Don't know	1%	1%	1%	1%	1%	1%	1%	3%
	Not applicable to me	41%	44%	60%	52%	42%	33%	39%	38%
Time with your wider family	Strongly agree	12%	12%	13%	15%	13%	11%	9%	10%
	Tend to agree	26%	25%	25%	30%	28%	26%	21%	15%
	Neither agree nor disagree	25%	20%	26%	20%	21%	23%	23%	21%
	Tend to disagree	18%	21%	18%	17%	19%	20%	23%	15%
	Strongly disagree	10%	14%	13%	10%	11%	11%	15%	21%
	Don't know	1%	1%	1%	1%	1%	1%	0%	0%
	Not applicable to me	8%	7%	3%	7%	7%	7%	10%	18%
Time with your friends	Strongly agree	12%	11%	16%	17%	11%	9%	8%	13%
	Tend to agree	28%	26%	26%	31%	29%	28%	22%	13%
	Neither agree nor disagree	27%	22%	26%	20%	23%	26%	25%	30%
	Tend to disagree	17%	21%	16%	17%	20%	21%	23%	13%
	Strongly disagree	11%	14%	13%	10%	12%	11%	18%	28%
	Don't know	1%	1%	1%	1%	1%	1%	0%	3%
	Not applicable to me	4%	4%	2%	4%	4%	5%	5%	3%

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To what extent do you agree or disagree that your work life impacts negatively on the following aspects of your personal time?

		Gender		Age					
		Male	Female	18-24	25-34	35-44	45-54	55-64	65+
Time for leisure activities	Strongly agree	14%	13%	16%	16%	12%	13%	12%	18%
	Tend to agree	33%	30%	30%	39%	32%	33%	26%	13%
	Neither agree nor disagree	20%	19%	22%	17%	21%	19%	20%	18%
	Tend to disagree	18%	19%	15%	14%	19%	21%	23%	20%
	Strongly disagree	11%	14%	14%	11%	11%	12%	15%	25%
	Don't know	1%	1%	1%	1%	1%	0%	1%	3%
	Not applicable to me	2%	3%	1%	2%	3%	3%	4%	5%

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To what extent do you agree or disagree that your work life impacts negatively on the following aspects of your personal time?

		Region									
		London	South	South West England	Wales	East Midlands	Eastern	Yorks & Humberside	North West	North East	West Midlands
Time with your partner	Strongly agree	17%	14%	14%	19%	12%	11%	14%	18%	14%	16%
	Tend to agree	20%	23%	22%	21%	19%	24%	21%	20%	19%	21%
	Neither agree nor disagree	16%	12%	15%	14%	24%	13%	15%	14%	16%	21%
	Tend to disagree	15%	13%	13%	15%	13%	16%	17%	20%	16%	13%
	Strongly disagree	8%	12%	13%	13%	10%	11%	11%	9%	12%	10%
	Don't know	2%	1%	0%	0%	1%	1%	1%	0%	0%	1%
	Not applicable to me	22%	25%	23%	19%	21%	23%	21%	19%	23%	18%
Time with your children	Strongly agree	12%	10%	11%	14%	9%	9%	11%	12%	9%	8%
	Tend to agree	12%	14%	16%	14%	11%	15%	16%	12%	19%	14%
	Neither agree nor disagree	12%	11%	10%	12%	20%	13%	12%	14%	14%	20%
	Tend to disagree	11%	12%	9%	17%	10%	13%	12%	11%	7%	10%
	Strongly disagree	6%	7%	9%	9%	7%	12%	8%	7%	13%	5%
	Don't know	1%	1%	0%	0%	1%	1%	1%	0%	0%	1%
	Not applicable to me	46%	46%	45%	34%	41%	37%	41%	43%	38%	42%
Time with your wider family	Strongly agree	14%	10%	13%	14%	9%	10%	12%	14%	14%	11%
	Tend to agree	25%	28%	26%	29%	22%	24%	30%	25%	19%	26%
	Neither agree nor disagree	22%	22%	19%	18%	30%	20%	18%	21%	28%	29%
	Tend to disagree	18%	20%	20%	16%	17%	21%	20%	22%	23%	20%
	Strongly disagree	11%	11%	12%	12%	14%	16%	11%	13%	13%	11%
	Don't know	2%	1%	0%	1%	1%	1%	1%	1%	0%	0%
	Not applicable to me	7%	8%	10%	11%	8%	8%	9%	4%	3%	4%
Time with your friends	Strongly agree	15%	10%	12%	11%	6%	10%	9%	14%	13%	13%
	Tend to agree	28%	30%	25%	32%	26%	24%	29%	26%	22%	25%
	Neither agree nor disagree	23%	22%	26%	19%	29%	27%	22%	23%	29%	30%
	Tend to disagree	19%	21%	16%	21%	20%	17%	21%	22%	20%	19%
	Strongly disagree	12%	11%	14%	13%	13%	18%	14%	13%	13%	12%
	Don't know	1%	1%	0%	1%	1%	1%	1%	0%	0%	1%
	Not applicable to me	2%	6%	6%	4%	5%	4%	5%	3%	3%	1%

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To what extent do you agree or disagree that your work life impacts negatively on the following aspects of your personal time?

		Region									
		London	South	South West England	Wales	East Midlands	Eastern	Yorks & Humberside	North West	North East	West Midlands
Time for leisure activities	Strongly agree	17%	10%	13%	16%	14%	15%	12%	14%	12%	15%
	Tend to agree	31%	35%	28%	36%	29%	32%	33%	33%	26%	32%
	Neither agree nor disagree	20%	20%	21%	16%	26%	19%	17%	16%	21%	22%
	Tend to disagree	18%	18%	17%	17%	18%	17%	22%	21%	25%	20%
	Strongly disagree	11%	13%	15%	13%	10%	15%	14%	14%	12%	10%
	Don't know	1%	1%	0%	0%	1%	1%	1%	0%	1%	1%
Not applicable to me		1%	3%	5%	3%	3%	2%	2%	3%	4%	1%

Mind / Populus Workplace Health and Stress Survey, March 2010

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Have you ever experienced any of the following scenarios as a result of being stressed or overworked?

	Total	Working Status		Sector		
		In full-time employment	In part-time employment	The private sector	The public sector	The third sector / voluntary sector
Strain on my marriage / relationship with significant other	25%	27%	20%	25%	24%	29%
Divorce	4%	5%	2%	4%	4%	4%
Missed important events in my children's lives e.g. birthday	18%	18%	17%	17%	19%	19%
Unable to get time off for bereavement	7%	8%	5%	7%	7%	1%
Had to miss a medical appointment	19%	21%	14%	20%	19%	16%
Had to cancel a holiday	9%	10%	8%	11%	8%	4%
None of the above	54%	51%	61%	54%	55%	51%

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Have you ever experienced any of the following scenarios as a result of being stressed or overworked?

	Owners / Director	Management	Seniority			Unskilled workers	Contract		Flexitime	
			Office workers	Skilled workers	Permanent		Temporary	Yes	No	
Strain on my marriage / relationship with significant other	28%	31%	24%	17%	21%	25%	24%	26%	24%	
Divorce	6%	6%	3%	3%	4%	4%	6%	5%	4%	
Missed important events in my children's lives e.g. birthday	19%	22%	13%	19%	18%	18%	15%	18%	18%	
Unable to get time off for bereavement	5%	9%	6%	5%	8%	7%	6%	7%	7%	
Had to miss a medical appointment	18%	24%	20%	12%	18%	20%	13%	19%	20%	
Had to cancel a holiday	12%	12%	8%	6%	9%	9%	12%	13%	7%	
None of the above	52%	46%	57%	63%	55%	54%	56%	52%	55%	

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Have you ever experienced any of the following scenarios as a result of being stressed or overworked?

	Gender		Age					
	Male	Female	18-24	25-34	35-44	45-54	55-64	65+
Strain on my marriage / relationship with significant other	25%	25%	27%	23%	27%	26%	22%	20%
Divorce	6%	3%	0%	2%	5%	6%	5%	5%
Missed important events in my children's lives e.g. birthday	19%	16%	10%	15%	21%	22%	15%	20%
Unable to get time off for bereavement	7%	6%	9%	10%	7%	6%	4%	5%
Had to miss a medical appointment	18%	20%	24%	23%	18%	20%	14%	5%
Had to cancel a holiday	11%	8%	15%	14%	10%	7%	6%	8%
None of the above	52%	55%	50%	50%	53%	53%	61%	70%

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Have you ever experienced any of the following scenarios as a result of being stressed or overworked?

	Region						
	London	South	South West England	Wales	East Midlands	Eastern	Yorks & Humberside
Strain on my marriage / relationship with significant other	23%	24%	27%	27%	25%	30%	24%
Divorce	3%	4%	3%	3%	3%	8%	5%
Missed important events in my children's lives e.g. birthday	15%	15%	18%	22%	15%	22%	22%
Unable to get time off for bereavement	8%	7%	6%	6%	7%	8%	4%
Had to miss a medical appointment	22%	18%	21%	18%	22%	18%	17%
Had to cancel a holiday	14%	9%	6%	9%	5%	8%	9%
None of the above	51%	57%	56%	52%	55%	47%	55%

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Have you ever experienced any of the following scenarios as a result of being stressed or overworked?

Region

	North West	North East	West Midlands
Strain on my marriage / relationship with significant other	24%	21%	26%
Divorce	4%	0%	7%
Missed important events in my children's lives e.g. birthday	20%	19%	17%
Unable to get time off for bereavement	6%	6%	7%
Had to miss a medical appointment	17%	19%	21%
Had to cancel a holiday	9%	8%	13%
None of the above	56%	55%	53%

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Have workplace pressures ever affected you in any of the following ways:

	Total	Working Status		Sector		
		In full-time employment	In part-time employment	The private sector	The public sector	The third sector / voluntary sector
Affected my ability to sleep	43%	46%	34%	43%	43%	50%
Affected my appetite	20%	22%	15%	19%	22%	22%
Affected my physical health	21%	22%	20%	18%	25%	31%
I have had panic attacks	11%	12%	9%	11%	12%	10%
I have been signed off sick for workplace stress	11%	12%	11%	9%	14%	13%
I have developed depression or anxiety	20%	20%	20%	19%	21%	22%
I have called a helpline for advice / support	4%	3%	4%	3%	4%	3%
I have started a course of medical treatment for depression	10%	10%	11%	9%	11%	16%
I have seen a counsellor	9%	9%	9%	8%	10%	12%
I have been irritable with loved ones	41%	44%	33%	40%	43%	37%
I have had suicidal thoughts	7%	7%	6%	7%	7%	7%
I have drunk more alcohol than usual	19%	20%	15%	19%	18%	19%
I have cried at work	24%	25%	22%	22%	27%	29%
I have lost my temper with colleagues	26%	28%	17%	27%	24%	26%
I have called in sick to avoid work	19%	19%	18%	18%	20%	19%
None of the above	32%	29%	41%	33%	31%	29%

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Have workplace pressures ever affected you in any of the following ways:

	Owners / Director	Management	Seniority		Unskilled workers	Contract		Flexitime	
			Office workers	Skilled workers		Permanent	Temporary	Yes	No
Affected my ability to sleep	42%	52%	46%	27%	39%	44%	39%	41%	45%
Affected my appetite	17%	23%	21%	11%	23%	20%	22%	21%	20%
Affected my physical health	18%	24%	22%	16%	24%	21%	20%	21%	21%
I have had panic attacks	13%	13%	12%	9%	10%	11%	11%	12%	11%
I have been signed off sick for workplace stress	7%	14%	12%	7%	12%	11%	11%	12%	11%
I have developed depression or anxiety	18%	23%	23%	14%	15%	20%	22%	20%	20%
I have called a helpline for advice / support	3%	4%	5%	1%	2%	4%	2%	3%	4%
I have started a course of medical treatment for depression	9%	12%	10%	8%	11%	10%	8%	10%	11%
I have seen a counsellor	8%	9%	10%	6%	9%	9%	8%	10%	8%
I have been irritable with loved ones	37%	47%	44%	30%	39%	42%	35%	39%	43%
I have had suicidal thoughts	6%	6%	7%	6%	7%	7%	7%	7%	7%
I have drunk more alcohol than usual	24%	21%	20%	12%	16%	19%	15%	19%	19%
I have cried at work	12%	25%	34%	17%	20%	25%	18%	21%	27%
I have lost my temper with colleagues	21%	29%	27%	21%	25%	26%	18%	24%	27%
I have called in sick to avoid work	10%	16%	23%	20%	19%	19%	15%	18%	19%
None of the above	36%	25%	28%	44%	36%	31%	38%	33%	31%

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Have workplace pressures ever affected you in any of the following ways:

	Gender		Age					
	Male	Female	18-24	25-34	35-44	45-54	55-64	65+
Affected my ability to sleep	39%	47%	35%	48%	46%	48%	36%	25%
Affected my appetite	17%	22%	24%	31%	21%	19%	12%	3%
Affected my physical health	19%	23%	19%	22%	23%	24%	16%	13%
I have had panic attacks	9%	14%	9%	12%	11%	14%	10%	8%
I have been signed off sick for workplace stress	10%	12%	8%	10%	13%	13%	11%	3%
I have developed depression or anxiety	16%	22%	18%	22%	19%	24%	15%	10%
I have called a helpline for advice / support	3%	4%	2%	5%	6%	3%	2%	0%
I have started a course of medical treatment for depression	9%	11%	7%	9%	12%	12%	10%	3%
I have seen a counsellor	8%	10%	6%	7%	11%	11%	8%	0%
I have been irritable with loved ones	36%	45%	42%	46%	39%	45%	34%	18%
I have had suicidal thoughts	7%	6%	8%	8%	8%	7%	3%	3%
I have drunk more alcohol than usual	19%	18%	16%	26%	21%	19%	13%	8%
I have cried at work	7%	38%	34%	34%	28%	20%	14%	8%
I have lost my temper with colleagues	25%	26%	26%	31%	27%	27%	19%	10%
I have called in sick to avoid work	15%	21%	23%	28%	18%	17%	13%	5%
None of the above	36%	29%	27%	24%	31%	30%	43%	60%

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Have workplace pressures ever affected you in any of the following ways:

	Region						
	London	South	South West England	Wales	East Midlands	Eastern	Yorks & Humberside
Affected my ability to sleep	42%	38%	47%	44%	45%	42%	48%
Affected my appetite	24%	20%	16%	23%	21%	14%	23%
Affected my physical health	22%	19%	22%	24%	17%	23%	24%
I have had panic attacks	10%	12%	11%	13%	12%	11%	13%
I have been signed off sick for workplace stress	9%	13%	13%	11%	9%	11%	13%
I have developed depression or anxiety	18%	24%	18%	23%	19%	20%	20%
I have called a helpline for advice / support	5%	5%	4%	1%	2%	3%	2%
I have started a course of medical treatment for depression	8%	11%	13%	9%	9%	11%	10%
I have seen a counsellor	9%	9%	11%	4%	9%	11%	8%
I have been irritable with loved ones	37%	38%	44%	45%	40%	39%	50%
I have had suicidal thoughts	7%	7%	5%	6%	9%	4%	6%
I have drunk more alcohol than usual	18%	17%	17%	17%	17%	21%	19%
I have cried at work	24%	24%	26%	23%	22%	26%	29%
I have lost my temper with colleagues	26%	25%	28%	21%	22%	25%	32%
I have called in sick to avoid work	25%	20%	18%	20%	16%	17%	14%
None of the above	29%	35%	32%	32%	33%	34%	32%

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Have workplace pressures ever affected you in any of the following ways:

	Region		
	North West	North East	West Midlands
Affected my ability to sleep	46%	45%	40%
Affected my appetite	20%	16%	18%
Affected my physical health	22%	15%	21%
I have had panic attacks	12%	13%	9%
I have been signed off sick for workplace stress	12%	9%	12%
I have developed depression or anxiety	17%	17%	21%
I have called a helpline for advice / support	3%	1%	5%
I have started a course of medical treatment for depression	10%	9%	11%
I have seen a counsellor	9%	5%	9%
I have been irritable with loved ones	41%	38%	43%
I have had suicidal thoughts	7%	5%	9%
I have drunk more alcohol than usual	22%	21%	21%
I have cried at work	24%	22%	23%
I have lost my temper with colleagues	27%	24%	22%
I have called in sick to avoid work	16%	20%	17%
None of the above	33%	36%	27%

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When you called in sick to avoid working due to workplace stress, what was the reason you gave your employer for your absence? [Those who have called in sick]

	Total	Working Status		Sector		
		In full-time employment	In part-time employment	The private sector	The public sector	The third sector / voluntary sector
I said I was too stressed to work	7%	7%	4%	6%	8%	8%
I said I had a headache	12%	12%	13%	13%	12%	8%
I said I had a cold	13%	15%	8%	17%	9%	0%
I said I had a bad back	5%	5%	8%	6%	5%	8%
I said I had a stomach upset	36%	35%	39%	30%	41%	54%
I said I was too tired	2%	2%	0%	3%	1%	0%
I said a family member was ill	5%	5%	6%	7%	3%	0%
I said I had PMT	1%	1%	1%	1%	1%	8%
I said I had a medical appointment	6%	6%	6%	8%	3%	8%
I said I had a housing problem	4%	5%	1%	5%	3%	0%
Other	10%	9%	14%	6%	15%	8%

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When you called in sick to avoid working due to workplace stress, what was the reason you gave your employer for your absence? [Those who have called in sick]

	Seniority						Contract		Flexitime		Gender	
	Owners / Director	Management	Office workers	Skilled workers	Unskilled workers	Permanent	Temporary	Yes	No	Male	Female	
I said I was too stressed to work	0%	14%	5%	4%	6%	7%	6%	6%	7%	9%	5%	
I said I had a headache	12%	10%	12%	15%	13%	11%	19%	9%	14%	8%	14%	
I said I had a cold	15%	14%	14%	7%	14%	13%	10%	13%	13%	18%	11%	
I said I had a bad back	4%	1%	7%	6%	8%	6%	0%	5%	6%	5%	6%	
I said I had a stomach upset	27%	38%	33%	39%	39%	35%	42%	38%	35%	32%	38%	
I said I was too tired	0%	1%	2%	2%	1%	2%	0%	2%	1%	2%	1%	
I said a family member was ill	8%	6%	3%	9%	6%	5%	6%	6%	5%	7%	4%	
I said I had PMT	0%	1%	1%	2%	0%	1%	0%	1%	1%	0%	2%	
I said I had a medical appointment	12%	9%	5%	4%	4%	6%	6%	6%	6%	7%	5%	
I said I had a housing problem	8%	1%	5%	6%	1%	4%	0%	4%	4%	4%	3%	
Other	15%	5%	13%	7%	8%	10%	10%	11%	9%	8%	11%	

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When you called in sick to avoid working due to workplace stress, what was the reason you gave your employer for your absence? [Those who have called in sick]

	Age					
	18-24	25-34	35-44	45-54	55-64	65+
I said I was too stressed to work	3%	1%	13%	8%	8%	0%
I said I had a headache	10%	16%	11%	11%	12%	0%
I said I had a cold	23%	14%	10%	9%	12%	0%
I said I had a bad back	3%	3%	8%	6%	8%	0%
I said I had a stomach upset	45%	32%	28%	39%	35%	100%
I said I was too tired	0%	3%	0%	1%	4%	0%
I said a family member was ill	3%	7%	6%	4%	6%	0%
I said I had PMT	0%	3%	1%	0%	0%	0%
I said I had a medical appointment	3%	10%	5%	4%	6%	0%
I said I had a housing problem	3%	3%	3%	7%	0%	0%
Other	6%	7%	16%	10%	10%	0%

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When you called in sick to avoid working due to workplace stress, what was the reason you gave your employer for your absence? [Those who have called in sick]

	Region									
	London	South	South West England	Wales	East Midlands	Eastern	Yorks & Humberside	North West	North East	West Midlands
I said I was too stressed to work	4%	4%	10%	5%	14%	11%	7%	11%	0%	3%
I said I had a headache	12%	12%	8%	5%	21%	15%	11%	14%	6%	14%
I said I had a cold	15%	12%	10%	11%	3%	15%	4%	11%	41%	17%
I said I had a bad back	6%	5%	3%	0%	7%	7%	14%	8%	0%	0%
I said I had a stomach upset	32%	38%	38%	58%	28%	30%	50%	32%	29%	31%
I said I was too tired	2%	3%	3%	0%	3%	0%	0%	0%	0%	0%
I said a family member was ill	2%	0%	8%	16%	0%	4%	11%	3%	6%	21%
I said I had PMT	1%	1%	0%	0%	3%	0%	0%	3%	0%	0%
I said I had a medical appointment	12%	4%	5%	5%	3%	4%	0%	8%	0%	3%
I said I had a housing problem	8%	3%	3%	0%	0%	0%	4%	3%	6%	3%
Other	6%	16%	13%	0%	17%	15%	0%	8%	12%	7%

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To what extent do you think your employer does enough to look after the well-being of their staff?

	Total	Working Status		Sector		
		In full-time employment	In part-time employment	The private sector	The public sector	The third sector / voluntary sector
Strongly agree	10%	9%	13%	11%	10%	9%
Agree	28%	27%	29%	27%	27%	40%
Neither agree nor disagree	30%	30%	30%	30%	29%	34%
Disagree	16%	16%	16%	15%	18%	6%
Strongly disagree	12%	13%	8%	11%	13%	6%
Don't know	4%	4%	5%	5%	3%	6%

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To what extent do you think your employer does enough to look after the well-being of their staff?

	Seniority					Contract		Flexitime		Gender	
	Owners / Director	Management	Office workers	Skilled workers	Unskilled workers	Permanent	Temporary	Yes	No	Male	Female
Strongly agree	20%	9%	8%	9%	10%	11%	8%	15%	7%	11%	10%
Agree	25%	32%	30%	23%	24%	27%	30%	31%	26%	27%	29%
Neither agree nor disagree	30%	28%	30%	34%	28%	29%	34%	28%	32%	32%	28%
Disagree	7%	18%	17%	17%	16%	16%	15%	13%	18%	14%	17%
Strongly disagree	5%	10%	12%	14%	16%	13%	6%	7%	15%	11%	12%
Don't know	13%	3%	2%	3%	5%	4%	7%	6%	3%	5%	4%

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To what extent do you think your employer does enough to look after the well-being of their staff?

	Age					
	18-24	25-34	35-44	45-54	55-64	65+
Strongly agree	12%	11%	10%	9%	11%	13%
Agree	38%	31%	25%	24%	26%	33%
Neither agree nor disagree	22%	25%	34%	30%	34%	28%
Disagree	15%	15%	18%	17%	15%	5%
Strongly disagree	10%	15%	10%	14%	11%	8%
Don't know	3%	3%	4%	6%	3%	15%

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To what extent do you think your employer does enough to look after the well-being of their staff?

	Region									
	London	South	South West England	Wales	East Midlands	Eastern	Yorks & Humberside	North West	North East	West Midlands
Strongly agree	12%	12%	8%	12%	8%	10%	10%	11%	8%	9%
Agree	30%	28%	27%	22%	24%	33%	24%	29%	27%	28%
Neither agree nor disagree	29%	30%	31%	29%	34%	25%	31%	26%	36%	30%
Disagree	12%	15%	15%	18%	20%	17%	20%	17%	15%	15%
Strongly disagree	11%	10%	14%	14%	10%	12%	10%	14%	13%	15%
Don't know	6%	5%	5%	5%	4%	3%	4%	3%	1%	4%

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Are you permitted to take a daily lunch break during your working day?

	Total	Working Status		Sector				Seniority			
		In full-time employment	In part-time employment	The private sector	The public sector	The third sector / voluntary sector	Owners / Director	Management	Office workers	Skilled workers	Unskilled workers
Yes	89%	91%	84%	90%	88%	88%	95%	92%	92%	81%	82%
No	11%	9%	16%	10%	12%	12%	5%	8%	8%	19%	18%

Mind / Populus Workplace Health and Stress Survey, March 2010

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Are you permitted to take a daily lunch break during your working day?

	Contract		Flexitime		Gender		Age					
	Permanent	Temporary	Yes	No	Male	Female	18-24	25-34	35-44	45-54	55-64	65+
Yes	89%	90%	92%	86%	91%	87%	90%	89%	89%	87%	91%	100%
No	11%	10%	8%	14%	9%	13%	10%	11%	11%	13%	9%	0%

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Are you permitted to take a daily lunch break during your working day?

	Region										
	London	South	South West England	Wales	East Midlands	Eastern	Yorks & Humberside	North West	North East	West Midlands	
Yes	93%	86%	85%	87%	90%	91%	91%	89%	90%	89%	
No	7%	14%	15%	13%	10%	9%	9%	11%	10%	11%	

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How long is your average daily lunch break? [Those who have a lunch break]

	Total	Working Status		Sector		
		In full-time employment	In part-time employment	The private sector	The public sector	The third sector / voluntary sector
I don't usually have any breaks	6%	6%	8%	7%	6%	7%
1 - 10 minutes	3%	3%	4%	3%	4%	2%
11 - 20 minutes	10%	9%	12%	10%	10%	7%
21 - 30 minutes	31%	31%	32%	29%	32%	42%
31 - 40 minutes	14%	15%	11%	14%	14%	12%
41 - 60 minutes	28%	29%	26%	29%	28%	23%
60 - 90 minutes	5%	5%	6%	6%	4%	7%
90 - 120 minutes	1%	1%	1%	1%	0%	2%
More than 120 minutes	1%	0%	1%	1%	1%	0%

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How long is your average daily lunch break? [Those who have a lunch break]

	Seniority					Contract		Flexitime		Gender	
	Owners / Director	Management	Office workers	Skilled workers	Unskilled workers	Permanent	Temporary	Yes	No	Male	Female
I don't usually have any breaks	7%	9%	6%	5%	5%	6%	7%	7%	6%	6%	7%
1 - 10 minutes	3%	5%	2%	4%	3%	3%	3%	3%	4%	3%	4%
11 - 20 minutes	10%	12%	6%	12%	13%	10%	11%	10%	10%	9%	11%
21 - 30 minutes	26%	27%	31%	39%	36%	31%	31%	31%	31%	31%	31%
31 - 40 minutes	16%	15%	14%	11%	14%	14%	16%	17%	12%	16%	13%
41 - 60 minutes	24%	25%	37%	23%	22%	29%	23%	23%	33%	28%	28%
60 - 90 minutes	11%	6%	4%	4%	5%	5%	6%	6%	5%	5%	6%
90 - 120 minutes	2%	0%	0%	1%	1%	1%	1%	1%	0%	1%	0%
More than 120 minutes	2%	0%	0%	1%	1%	1%	1%	1%	0%	1%	0%

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How long is your average daily lunch break? [Those who have a lunch break]

	Age					
	18-24	25-34	35-44	45-54	55-64	65+
I don't usually have any breaks	5%	7%	5%	7%	7%	10%
1 - 10 minutes	3%	3%	5%	3%	3%	3%
11 - 20 minutes	8%	15%	10%	9%	8%	8%
21 - 30 minutes	35%	26%	32%	33%	29%	25%
31 - 40 minutes	12%	14%	13%	14%	18%	13%
41 - 60 minutes	29%	29%	29%	28%	27%	15%
60 - 90 minutes	7%	5%	5%	4%	6%	18%
90 - 120 minutes	0%	0%	1%	1%	1%	5%
More than 120 minutes	0%	0%	1%	0%	1%	5%

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How long is your average daily lunch break? [Those who have a lunch break]

	Region									
	London	South	South West England	Wales	East Midlands	Eastern	Yorks & Humberside	North West	North East	West Midlands
I don't usually have any breaks	6%	6%	8%	7%	9%	8%	4%	5%	3%	8%
1 - 10 minutes	3%	3%	2%	6%	3%	3%	4%	4%	4%	6%
11 - 20 minutes	9%	9%	10%	8%	10%	15%	11%	9%	12%	8%
21 - 30 minutes	24%	29%	30%	41%	31%	24%	39%	32%	39%	38%
31 - 40 minutes	18%	13%	14%	11%	12%	12%	14%	15%	22%	11%
41 - 60 minutes	31%	31%	28%	24%	28%	34%	23%	30%	17%	24%
60 - 90 minutes	7%	7%	6%	2%	6%	4%	4%	4%	4%	5%
90 - 120 minutes	1%	1%	1%	0%	1%	0%	0%	1%	0%	0%
More than 120 minutes	1%	1%	1%	0%	1%	0%	1%	0%	0%	1%

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Has the recession resulted in you...

		Total	Working Status		Sector		
			In full-time employment	In part-time employment	The private sector	The public sector	The third sector / voluntary sector
Working harder when you are at work	Yes	35%	38%	27%	37%	33%	27%
	No	55%	53%	60%	52%	57%	66%
	Don't know	4%	4%	3%	4%	4%	3%
	Not applicable	6%	5%	10%	7%	6%	4%
Working longer hours	Yes	28%	32%	17%	31%	24%	25%
	No	61%	58%	69%	59%	64%	68%
	Don't know	3%	3%	2%	3%	3%	3%
	Not applicable	8%	7%	11%	7%	9%	4%
Feeling more worried about your job	Yes	44%	47%	37%	47%	42%	38%
	No	46%	43%	52%	44%	47%	54%
	Don't know	4%	4%	3%	4%	5%	1%
	Not applicable	6%	5%	8%	6%	6%	6%
Contacting a helpline for support	Yes	4%	4%	4%	4%	4%	1%
	No	81%	81%	80%	81%	80%	85%
	Don't know	3%	3%	3%	2%	3%	4%
	Not applicable	13%	12%	13%	13%	13%	9%
Visiting your GP for support	Yes	9%	9%	9%	9%	10%	7%
	No	77%	77%	76%	77%	76%	79%
	Don't know	3%	3%	2%	3%	3%	1%
	Not applicable	11%	11%	12%	11%	11%	12%
Seeing a counsellor	Yes	5%	5%	5%	5%	5%	4%
	No	80%	80%	79%	81%	79%	78%
	Don't know	2%	3%	2%	2%	3%	3%
	Not applicable	13%	12%	14%	12%	13%	15%
Starting a course of medical treatment for depression	Yes	7%	7%	7%	7%	7%	6%
	No	78%	78%	78%	78%	78%	78%
	Don't know	2%	3%	2%	2%	3%	3%
	Not applicable	12%	12%	13%	13%	12%	13%

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Has the recession resulted in you...

		Total	Working Status		The private sector	Sector	
			In full-time employment	In part-time employment		The public sector	The third sector / voluntary sector
Feeling more grateful to have a job	Yes	59%	58%	60%	58%	59%	69%
	No	31%	31%	29%	31%	31%	22%
	Don't know	5%	6%	4%	5%	6%	6%
	Not applicable	5%	4%	7%	6%	4%	3%
Feeling less upset about working long hours	Yes	14%	14%	13%	14%	13%	15%
	No	67%	67%	64%	67%	66%	65%
	Don't know	6%	6%	5%	6%	6%	6%
	Not applicable	14%	13%	19%	14%	15%	15%
Having more time to enjoy your personal life	Yes	14%	12%	18%	15%	12%	15%
	No	73%	75%	66%	72%	74%	68%
	Don't know	5%	5%	4%	4%	5%	9%
	Not applicable	9%	7%	12%	9%	8%	9%
Placing a greater importance on having a good work-life balance	Yes	33%	32%	35%	32%	34%	35%
	No	51%	52%	49%	52%	50%	46%
	Don't know	8%	8%	8%	7%	9%	10%
	Not applicable	8%	7%	9%	9%	7%	9%

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Has the recession resulted in you...

		Seniority					Contract		Flexitime	
		Owners / Director	Management	Office workers	Skilled workers	Unskilled workers	Permanent	Temporary	Yes	No
Working harder when you are at work	Yes	36%	36%	35%	30%	36%	35%	31%	36%	34%
	No	49%	56%	56%	58%	51%	55%	54%	53%	55%
	Don't know	5%	3%	5%	4%	4%	4%	6%	5%	3%
	Not applicable	10%	4%	5%	8%	8%	6%	10%	5%	7%
Working longer hours	Yes	25%	31%	25%	25%	33%	29%	21%	28%	28%
	No	63%	61%	65%	61%	53%	61%	63%	61%	61%
	Don't know	2%	2%	4%	3%	4%	3%	3%	3%	3%
	Not applicable	9%	6%	6%	11%	10%	7%	13%	7%	8%
Feeling more worried about your job	Yes	41%	48%	46%	36%	45%	44%	49%	43%	45%
	No	43%	45%	46%	53%	42%	46%	41%	46%	45%
	Don't know	4%	4%	4%	3%	6%	4%	2%	4%	4%
	Not applicable	12%	3%	4%	8%	7%	6%	9%	6%	6%
Contacting a helpline for support	Yes	4%	5%	3%	4%	4%	4%	4%	6%	2%
	No	78%	83%	85%	75%	77%	81%	77%	79%	83%
	Don't know	2%	3%	2%	2%	3%	2%	5%	3%	2%
	Not applicable	16%	9%	9%	19%	16%	12%	15%	12%	13%
Visiting your GP for support	Yes	9%	11%	9%	9%	9%	9%	13%	11%	8%
	No	73%	79%	80%	71%	74%	77%	71%	75%	78%
	Don't know	4%	2%	3%	2%	4%	3%	3%	3%	3%
	Not applicable	15%	8%	9%	17%	13%	11%	14%	11%	11%
Seeing a counsellor	Yes	6%	5%	4%	5%	5%	5%	5%	7%	3%
	No	77%	83%	84%	73%	76%	80%	75%	79%	81%
	Don't know	2%	3%	2%	2%	3%	2%	3%	3%	2%
	Not applicable	15%	9%	10%	20%	16%	12%	17%	12%	14%
Starting a course of medical treatment for depression	Yes	8%	8%	6%	8%	6%	7%	8%	9%	6%
	No	77%	80%	82%	72%	74%	79%	73%	77%	79%
	Don't know	2%	2%	3%	2%	3%	2%	3%	2%	3%
	Not applicable	14%	9%	9%	18%	16%	12%	16%	12%	13%

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Has the recession resulted in you...

		Seniority		Contract		Flexitime				
		Owners / Director	Management	Office workers	Skilled workers	Unskilled workers	Permanent	Temporary	Yes	No
Feeling more grateful to have a job	Yes	49%	59%	66%	53%	58%	59%	62%	58%	59%
	No	34%	32%	27%	36%	29%	32%	23%	32%	30%
	Don't know	3%	5%	5%	5%	8%	5%	6%	4%	6%
	Not applicable	14%	3%	3%	5%	5%	5%	10%	6%	5%
Feeling less upset about working long hours	Yes	15%	13%	11%	15%	17%	13%	15%	17%	11%
	No	62%	71%	69%	65%	60%	67%	63%	64%	68%
	Don't know	6%	4%	7%	5%	7%	6%	5%	6%	6%
	Not applicable	17%	12%	13%	15%	16%	14%	18%	13%	15%
Having more time to enjoy your personal life	Yes	20%	12%	9%	20%	15%	13%	19%	19%	10%
	No	60%	76%	79%	67%	70%	74%	58%	68%	77%
	Don't know	5%	5%	5%	4%	5%	5%	6%	6%	4%
	Not applicable	15%	6%	7%	10%	10%	8%	17%	8%	9%
Placing a greater importance on having a good work-life balance	Yes	33%	36%	32%	29%	34%	33%	32%	37%	30%
	No	46%	52%	54%	52%	46%	51%	49%	48%	53%
	Don't know	9%	7%	8%	9%	10%	8%	8%	8%	8%
	Not applicable	12%	5%	6%	10%	10%	7%	12%	7%	8%

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Has the recession resulted in you...

		Gender		Age					
		Male	Female	18-24	25-34	35-44	45-54	55-64	65+
Working harder when you are at work	Yes	33%	36%	41%	37%	35%	36%	28%	18%
	No	56%	54%	46%	54%	56%	53%	60%	69%
	Don't know	5%	4%	6%	6%	4%	4%	3%	3%
	Not applicable	6%	7%	6%	4%	6%	6%	9%	10%
Working longer hours	Yes	30%	26%	28%	31%	28%	31%	22%	8%
	No	59%	63%	59%	60%	62%	58%	65%	78%
	Don't know	3%	3%	6%	5%	3%	2%	2%	0%
Feeling more worried about your job	Not applicable	8%	8%	8%	4%	7%	9%	11%	15%
	Yes	45%	44%	45%	47%	49%	48%	34%	23%
	No	45%	46%	42%	46%	42%	43%	54%	67%
	Don't know	4%	4%	8%	3%	3%	4%	3%	0%
Contacting a helpline for support	Not applicable	6%	6%	5%	4%	6%	5%	9%	10%
	Yes	5%	3%	6%	7%	3%	3%	1%	3%
	No	80%	82%	80%	80%	83%	79%	83%	79%
	Don't know	3%	2%	6%	5%	1%	2%	1%	3%
Visiting your GP for support	Not applicable	13%	12%	8%	8%	12%	16%	15%	15%
	Yes	10%	9%	10%	11%	8%	13%	4%	3%
	No	75%	78%	76%	77%	80%	73%	79%	79%
	Don't know	3%	3%	6%	5%	2%	1%	3%	3%
Seeing a counsellor	Not applicable	11%	11%	8%	7%	10%	13%	14%	15%
	Yes	6%	4%	7%	7%	5%	5%	2%	3%
	No	79%	81%	78%	81%	81%	79%	80%	82%
	Don't know	3%	2%	5%	4%	2%	1%	2%	0%
Starting a course of medical treatment for depression	Not applicable	13%	13%	10%	9%	12%	15%	17%	15%
	Yes	8%	7%	8%	8%	7%	9%	4%	0%
	No	76%	80%	75%	80%	80%	75%	81%	85%
	Don't know	3%	2%	6%	4%	2%	1%	1%	3%
Not applicable	13%	12%	11%	9%	11%	15%	14%	13%	

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Has the recession resulted in you...

		Gender		Age					
		Male	Female	18-24	25-34	35-44	45-54	55-64	65+
Feeling more grateful to have a job	Yes	52%	64%	64%	66%	60%	58%	50%	56%
	No	36%	27%	24%	26%	31%	32%	37%	36%
	Don't know	7%	4%	6%	6%	5%	4%	6%	3%
	Not applicable	5%	5%	5%	2%	4%	5%	8%	5%
Feeling less upset about working long hours	Yes	15%	12%	20%	17%	13%	13%	9%	11%
	No	66%	67%	62%	68%	69%	66%	67%	61%
	Don't know	6%	5%	8%	7%	4%	5%	6%	0%
	Not applicable	13%	15%	10%	8%	14%	16%	19%	29%
Having more time to enjoy your personal life	Yes	16%	12%	17%	17%	10%	14%	13%	13%
	No	72%	73%	68%	75%	77%	73%	72%	67%
	Don't know	5%	5%	9%	6%	4%	4%	3%	3%
	Not applicable	8%	9%	6%	3%	9%	9%	12%	18%
Placing a greater importance on having a good work-life balance	Yes	32%	34%	33%	31%	33%	37%	30%	23%
	No	51%	51%	50%	57%	53%	47%	50%	55%
	Don't know	8%	8%	11%	7%	8%	8%	8%	8%
	Not applicable	9%	7%	6%	4%	7%	8%	11%	15%

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Has the recession resulted in you...

		Region									
		London	South	South West England	Wales	East Midlands	Eastern	Yorks & Humberside	North West	North East	West Midlands
Working harder when you are at work	Yes	34%	39%	32%	35%	38%	30%	37%	35%	28%	33%
	No	53%	50%	57%	57%	51%	59%	56%	55%	63%	55%
	Don't know	5%	5%	4%	2%	3%	6%	3%	4%	2%	5%
	Not applicable	7%	6%	6%	7%	9%	6%	4%	6%	6%	8%
Working longer hours	Yes	30%	30%	26%	27%	28%	27%	28%	26%	21%	31%
	No	59%	61%	64%	61%	58%	65%	64%	62%	67%	55%
	Don't know	3%	3%	2%	1%	3%	4%	2%	3%	4%	5%
	Not applicable	8%	6%	8%	12%	11%	4%	7%	9%	8%	8%
Feeling more worried about your job	Yes	45%	43%	39%	51%	48%	46%	42%	49%	37%	44%
	No	44%	48%	50%	41%	38%	44%	50%	42%	49%	48%
	Don't know	5%	4%	3%	4%	5%	4%	4%	3%	6%	4%
	Not applicable	6%	6%	8%	3%	9%	6%	5%	6%	7%	4%
Contacting a helpline for support	Yes	9%	4%	1%	4%	3%	3%	1%	5%	1%	4%
	No	75%	84%	82%	82%	78%	81%	87%	83%	82%	78%
	Don't know	5%	3%	2%	0%	2%	4%	2%	1%	2%	4%
	Not applicable	12%	10%	14%	14%	17%	13%	10%	11%	14%	15%
Visiting your GP for support	Yes	14%	8%	9%	8%	7%	10%	10%	9%	2%	9%
	No	71%	79%	79%	75%	75%	76%	80%	79%	81%	74%
	Don't know	3%	3%	2%	1%	4%	4%	2%	3%	2%	4%
	Not applicable	12%	10%	9%	16%	14%	10%	9%	10%	14%	13%
Seeing a counsellor	Yes	7%	6%	4%	4%	3%	4%	4%	6%	2%	2%
	No	76%	80%	83%	81%	77%	80%	83%	81%	80%	80%
	Don't know	3%	3%	2%	0%	2%	3%	3%	1%	4%	4%
	Not applicable	14%	11%	12%	15%	18%	13%	10%	11%	13%	14%
Starting a course of medical treatment for depression	Yes	11%	7%	7%	8%	4%	5%	4%	6%	4%	8%
	No	73%	79%	78%	77%	76%	78%	87%	82%	79%	75%
	Don't know	3%	3%	2%	1%	2%	3%	2%	1%	4%	4%
	Not applicable	13%	11%	13%	14%	18%	14%	8%	11%	13%	12%

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Has the recession resulted in you...

		Region									
		London	South	South West England	Wales	East Midlands	Eastern	Yorks & Humberside	North West	North East	West Midlands
Feeling more grateful to have a job	Yes	63%	57%	56%	60%	60%	59%	58%	57%	61%	58%
	No	27%	32%	32%	33%	28%	32%	34%	34%	29%	29%
	Don't know	5%	5%	7%	2%	6%	6%	4%	4%	5%	7%
	Not applicable	5%	6%	5%	5%	6%	3%	5%	5%	5%	6%
Feeling less upset about working long hours	Yes	19%	14%	11%	16%	14%	13%	11%	12%	7%	10%
	No	62%	68%	68%	66%	67%	69%	66%	67%	70%	67%
	Don't know	6%	6%	5%	2%	5%	8%	5%	7%	2%	8%
	Not applicable	13%	12%	16%	16%	14%	10%	18%	14%	20%	14%
Having more time to enjoy your personal life	Yes	16%	15%	14%	18%	9%	12%	9%	15%	11%	17%
	No	69%	74%	74%	71%	76%	74%	77%	72%	72%	69%
	Don't know	6%	4%	4%	1%	5%	7%	6%	3%	5%	6%
	Not applicable	9%	7%	8%	10%	10%	7%	8%	10%	12%	8%
Placing a greater importance on having a good work-life bala	Yes	34%	34%	33%	36%	32%	31%	34%	35%	31%	27%
	No	49%	51%	52%	49%	49%	54%	54%	49%	51%	53%
	Don't know	9%	7%	7%	7%	10%	11%	5%	8%	11%	10%
	Not applicable	8%	7%	8%	9%	9%	4%	7%	8%	7%	10%

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Which, if any, of the following do you think have happened in your workplace as a result of the recession?

		Total	Working Status		Sector		
			In full-time employment	In part-time employment	The private sector	The public sector	The third sector / voluntary sector
My relationships with my colleagues have suffered	Yes	15%	18%	9%	17%	14%	13%
	No	67%	66%	69%	63%	70%	75%
	Don't know	7%	7%	6%	6%	8%	3%
	Not applicable	11%	10%	16%	14%	8%	9%
My relationship with my manager has suffered	Yes	16%	18%	11%	16%	16%	15%
	No	62%	62%	64%	60%	66%	71%
	Don't know	7%	7%	7%	6%	9%	3%
	Not applicable	14%	13%	18%	18%	9%	12%
My relationships with my colleagues are stronger	Yes	26%	26%	24%	24%	27%	31%
	No	52%	53%	48%	50%	53%	54%
	Don't know	10%	10%	11%	10%	11%	7%
	Not applicable	13%	11%	17%	15%	10%	7%
My relationship with my manager is stronger	Yes	16%	16%	16%	16%	15%	24%
	No	60%	62%	54%	57%	63%	56%
	Don't know	10%	9%	10%	8%	11%	10%
	Not applicable	15%	13%	20%	19%	10%	10%
Staff morale is low	Yes	47%	50%	36%	46%	49%	32%
	No	35%	33%	41%	34%	35%	51%
	Don't know	8%	8%	9%	8%	9%	9%
	Not applicable	10%	9%	14%	13%	7%	7%
Staff are less friendly with each other	Yes	21%	23%	15%	21%	20%	18%
	No	60%	60%	62%	59%	62%	68%
	Don't know	8%	8%	7%	6%	10%	7%
	Not applicable	11%	10%	15%	14%	8%	7%
Staff morale is high	Yes	15%	14%	17%	15%	14%	15%
	No	65%	67%	57%	62%	68%	66%
	Don't know	10%	9%	14%	10%	10%	12%
	Not applicable	10%	9%	13%	13%	7%	7%
Staff are having to compete against each other	Yes	29%	31%	22%	28%	30%	24%
	No	51%	50%	55%	50%	52%	62%
	Don't know	7%	8%	6%	6%	9%	9%
	Not applicable	12%	11%	17%	16%	8%	6%

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Which, if any, of the following do you think have happened in your workplace as a result of the recession?

		Seniority						Contract		Flexitime		Gender	
		Owners / Director	Management	Office workers	Skilled workers	Unskilled workers	Permanent	Temporary	Yes	No	Male	Female	
My relationships with my colleagues have suffered	Yes	14%	18%	16%	13%	14%	16%	11%	16%	15%	16%	15%	
	No	41%	72%	70%	70%	67%	67%	60%	62%	70%	65%	67%	
	Don't know	4%	4%	8%	8%	8%	7%	8%	6%	8%	7%	7%	
	Not applicable	42%	5%	5%	10%	10%	10%	21%	16%	8%	12%	11%	
My relationship with my manager has suffered	Yes	8%	19%	16%	16%	20%	17%	11%	16%	16%	18%	15%	
	No	32%	69%	70%	62%	61%	63%	58%	58%	66%	59%	65%	
	Don't know	4%	5%	9%	9%	9%	7%	7%	6%	8%	7%	7%	
My relationships with my colleagues are stronger	Yes	17%	31%	25%	25%	26%	26%	19%	26%	25%	25%	26%	
	No	32%	55%	57%	53%	51%	52%	47%	48%	54%	52%	52%	
	Don't know	5%	8%	12%	11%	12%	10%	11%	9%	11%	10%	10%	
My relationship with my manager is stronger	Yes	9%	21%	14%	14%	17%	16%	12%	18%	14%	16%	15%	
	No	30%	63%	68%	61%	61%	61%	50%	53%	65%	59%	61%	
	Don't know	4%	8%	11%	11%	12%	9%	13%	8%	10%	9%	10%	
Staff morale is low	Yes	22%	49%	56%	45%	46%	48%	35%	42%	50%	46%	48%	
	No	29%	40%	33%	34%	35%	34%	38%	35%	35%	34%	35%	
	Don't know	5%	8%	7%	11%	12%	8%	10%	8%	9%	9%	8%	
	Not applicable	44%	4%	3%	10%	7%	9%	16%	16%	6%	11%	9%	
Staff are less friendly with each other	Yes	13%	23%	22%	17%	23%	21%	18%	20%	21%	21%	20%	
	No	36%	66%	65%	64%	59%	61%	56%	56%	64%	59%	61%	
	Don't know	5%	6%	9%	9%	9%	8%	7%	7%	8%	8%	8%	
	Not applicable	45%	5%	4%	10%	9%	10%	19%	17%	7%	12%	11%	
Staff morale is high	Yes	16%	17%	11%	15%	17%	15%	14%	18%	12%	17%	13%	
	No	35%	69%	75%	62%	62%	66%	55%	57%	71%	62%	67%	
	Don't know	5%	10%	10%	14%	12%	10%	13%	10%	11%	9%	11%	
	Not applicable	43%	4%	3%	9%	9%	10%	17%	15%	7%	12%	9%	
Staff are having to compete against each other	Yes	17%	37%	31%	24%	26%	29%	27%	31%	27%	30%	28%	
	No	32%	52%	55%	55%	54%	52%	48%	45%	56%	48%	54%	
	Don't know	3%	6%	8%	9%	9%	8%	6%	7%	8%	8%	7%	
	Not applicable	48%	5%	5%	11%	11%	12%	19%	18%	8%	14%	11%	

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Which, if any, of the following do you think have happened in your workplace as a result of the recession?

		Age					
		18-24	25-34	35-44	45-54	55-64	65+
My relationships with my colleagues have suffered	Yes	15%	20%	13%	18%	11%	5%
	No	67%	65%	71%	64%	68%	55%
	Don't know	10%	9%	6%	6%	5%	3%
	Not applicable	7%	7%	10%	12%	16%	38%
My relationship with my manager has suffered	Yes	18%	17%	14%	21%	11%	5%
	No	64%	65%	66%	56%	65%	48%
	Don't know	9%	10%	7%	7%	4%	0%
	Not applicable	9%	8%	13%	15%	20%	48%
My relationships with my colleagues are stronger	Yes	29%	27%	24%	26%	25%	15%
	No	55%	57%	54%	50%	47%	36%
	Don't know	9%	10%	10%	11%	9%	10%
	Not applicable	8%	6%	13%	13%	19%	38%
My relationship with my manager is stronger	Yes	20%	22%	15%	11%	16%	10%
	No	62%	61%	60%	63%	54%	33%
	Don't know	9%	10%	12%	10%	7%	8%
	Not applicable	9%	7%	13%	16%	23%	50%
Staff morale is low	Yes	37%	50%	47%	51%	46%	20%
	No	45%	36%	35%	30%	33%	35%
	Don't know	11%	8%	9%	7%	8%	5%
	Not applicable	6%	5%	9%	12%	12%	40%
Staff are less friendly with each other	Yes	20%	23%	21%	22%	17%	5%
	No	64%	62%	61%	57%	62%	53%
	Don't know	9%	9%	7%	8%	7%	5%
	Not applicable	7%	6%	11%	13%	14%	38%
Staff morale is high	Yes	21%	16%	12%	13%	13%	23%
	No	61%	67%	68%	65%	62%	40%
	Don't know	12%	11%	10%	10%	11%	5%
	Not applicable	5%	6%	9%	11%	15%	33%
Staff are having to compete against each other	Yes	31%	29%	28%	31%	25%	5%
	No	54%	57%	51%	48%	51%	50%
	Don't know	9%	8%	9%	7%	6%	3%
	Not applicable	6%	6%	12%	13%	18%	43%

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Which, if any, of the following do you think have happened in your workplace as a result of the recession?

		Region									
		London	South	South West England	Wales	East Midlands	Eastern	Yorks & Humberside	North West	North East	West Midlands
My relationships with my colleagues have suffered	Yes	17%	15%	13%	16%	12%	11%	17%	18%	13%	17%
	No	66%	66%	69%	64%	68%	70%	67%	67%	65%	64%
	Don't know	6%	7%	6%	10%	6%	9%	6%	5%	6%	10%
	Not applicable	11%	13%	12%	10%	13%	10%	10%	11%	16%	9%
My relationship with my manager has suffered	Yes	16%	16%	19%	16%	12%	15%	17%	18%	14%	17%
	No	63%	63%	61%	57%	66%	61%	66%	61%	62%	60%
	Don't know	8%	7%	5%	10%	5%	11%	5%	7%	6%	10%
	Not applicable	13%	14%	15%	17%	16%	12%	12%	14%	18%	14%
My relationships with my colleagues are stronger	Yes	33%	28%	21%	24%	26%	20%	23%	25%	25%	21%
	No	46%	48%	55%	51%	48%	56%	59%	54%	51%	54%
	Don't know	11%	10%	11%	11%	12%	13%	8%	8%	8%	11%
	Not applicable	10%	14%	13%	15%	14%	10%	10%	13%	15%	14%
My relationship with my manager is stronger	Yes	21%	17%	13%	9%	13%	14%	14%	16%	12%	16%
	No	57%	57%	63%	62%	59%	62%	62%	60%	63%	59%
	Don't know	9%	9%	9%	12%	10%	11%	8%	10%	8%	11%
	Not applicable	13%	16%	14%	17%	18%	13%	16%	14%	17%	14%
Staff morale is low	Yes	41%	46%	50%	47%	51%	43%	46%	50%	45%	51%
	No	39%	35%	30%	31%	32%	39%	38%	35%	33%	32%
	Don't know	10%	9%	8%	12%	7%	9%	6%	6%	8%	9%
	Not applicable	9%	11%	11%	11%	10%	9%	10%	9%	14%	8%
Staff are less friendly with each other	Yes	20%	20%	20%	18%	17%	18%	21%	26%	16%	27%
	No	61%	61%	61%	61%	62%	61%	63%	58%	55%	56%
	Don't know	9%	7%	7%	11%	7%	11%	7%	5%	11%	8%
	Not applicable	10%	12%	13%	10%	13%	10%	10%	11%	18%	9%
Staff morale is high	Yes	19%	18%	14%	10%	13%	10%	13%	14%	16%	10%
	No	60%	62%	65%	67%	62%	68%	67%	70%	65%	68%
	Don't know	11%	10%	11%	14%	12%	11%	11%	7%	5%	12%
	Not applicable	10%	10%	11%	10%	13%	10%	9%	9%	14%	10%
Staff are having to compete against each other	Yes	28%	28%	28%	28%	24%	28%	30%	34%	29%	31%
	No	53%	51%	53%	48%	53%	51%	54%	49%	48%	50%
	Don't know	8%	7%	6%	12%	9%	10%	5%	6%	6%	8%
	Not applicable	11%	13%	13%	12%	15%	11%	11%	10%	17%	11%

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If you were experiencing stress at work, would you want your employer to be proactive in approaching you to offer support?

	Total	Working Status		Sector		
		In full-time employment	In part-time employment	The private sector	The public sector	The third sector / voluntary sector
Yes, I would want my line manager / boss to approach me	33%	35%	29%	31%	36%	37%
Yes, I would want HR to approach me	8%	8%	8%	8%	7%	7%
No, I would prefer to approach them when ready	29%	28%	30%	28%	29%	29%
No, I'd prefer to deal with it alone	17%	17%	17%	20%	14%	9%
Not sure / don't know	13%	12%	15%	13%	13%	18%

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If you were experiencing stress at work, would you want your employer to be proactive in approaching you to offer support?

	Seniority						Contract		Flexitime	
	Owners / Director	Management	Office workers	Skilled workers	Unskilled workers	Permanent	Temporary	Yes	No	
Yes, I would want my line manager / boss to approach me	21%	38%	39%	29%	31%	34%	27%	33%	34%	
Yes, I would want HR to approach me	9%	9%	7%	5%	9%	8%	8%	9%	7%	
No, I would prefer to approach them when ready	23%	33%	32%	25%	25%	28%	33%	27%	30%	
No, I'd prefer to deal with it alone	26%	13%	14%	24%	16%	17%	18%	18%	16%	
Not sure / don't know	21%	8%	9%	17%	18%	13%	14%	13%	13%	

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If you were experiencing stress at work, would you want your employer to be proactive in approaching you to offer support?

	Gender		Age					
	Male	Female	18-24	25-34	35-44	45-54	55-64	65+
Yes, I would want my line manager / boss to approach me	31%	35%	38%	45%	32%	30%	28%	10%
Yes, I would want HR to approach me	9%	7%	15%	8%	6%	8%	6%	5%
No, I would prefer to approach them when ready	26%	31%	27%	26%	30%	29%	31%	30%
No, I'd prefer to deal with it alone	20%	15%	10%	9%	16%	20%	22%	38%
Not sure / don't know	14%	12%	10%	11%	16%	13%	13%	18%

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If you were experiencing stress at work, would you want your employer to be proactive in approaching you to offer support?

	Region						
	London	South	South West England	Wales	East Midlands	Eastern	Yorks & Humberside
Yes, I would want my line manager / boss to approach me	35%	36%	33%	36%	24%	41%	34%
Yes, I would want HR to approach me	11%	9%	6%	9%	10%	3%	8%
No, I would prefer to approach them when ready	27%	26%	25%	22%	34%	31%	30%
No, I'd prefer to deal with it alone	14%	16%	20%	18%	20%	14%	16%
Not sure / don't know	14%	13%	16%	15%	12%	11%	13%

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If you were experiencing stress at work, would you want your employer to be proactive in approaching you to offer support?

Region

	North West	North East	West Midlands
Yes, I would want my line manager / boss to approach me	33%	33%	29%
Yes, I would want HR to approach me	7%	6%	8%
No, I would prefer to approach them when ready	32%	29%	32%
No, I'd prefer to deal with it alone	18%	16%	20%
Not sure / don't know	9%	16%	12%

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Which, if any, of the following issues have contributed significantly towards you leaving an employed position in the past?

	Total	Working Status		Sector		
		In full-time employment	In part-time employment	The private sector	The public sector	The third sector / voluntary sector
Excessive workload	17%	18%	15%	19%	16%	16%
Friction with other staff	15%	14%	16%	15%	14%	19%
Not enough support from colleagues	12%	12%	10%	12%	12%	12%
Not enough support from managers	25%	26%	22%	26%	24%	19%
Being bullied by a colleague	8%	7%	9%	7%	9%	10%
Being bullied by a manager	15%	15%	14%	16%	12%	25%
Working excessive hours	18%	18%	18%	20%	15%	18%
Working unpaid overtime	16%	17%	13%	18%	14%	21%
Frustration with management decisions	29%	30%	27%	31%	26%	25%
Work interfering with personal life	17%	17%	19%	18%	17%	26%
I have never left an employment position	15%	16%	14%	13%	18%	6%
None of the above	32%	32%	35%	31%	34%	35%

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Which, if any, of the following issues have contributed significantly towards you leaving an employed position in the past?

	Owners / Director	Management	Seniority			Unskilled workers	Contract		Flexitime	
			Office workers	Skilled workers	Permanent		Temporary	Yes	No	
Excessive workload	17%	19%	19%	12%	16%	17%	17%	18%	17%	
Friction with other staff	15%	12%	17%	12%	17%	14%	21%	15%	15%	
Not enough support from colleagues	12%	10%	13%	9%	13%	12%	12%	12%	12%	
Not enough support from managers	24%	26%	26%	19%	25%	25%	24%	25%	24%	
Being bullied by a colleague	6%	7%	8%	8%	10%	7%	10%	9%	7%	
Being bullied by a manager	14%	16%	17%	10%	12%	15%	15%	16%	14%	
Working excessive hours	19%	20%	17%	15%	20%	18%	20%	19%	18%	
Working unpaid overtime	19%	18%	17%	10%	16%	16%	19%	16%	16%	
Frustration with management decisions	36%	30%	29%	20%	29%	28%	36%	30%	29%	
Work interfering with personal life	17%	18%	16%	15%	21%	17%	21%	19%	17%	
I have never left an employment position	11%	17%	15%	17%	15%	16%	11%	14%	16%	
None of the above	29%	27%	32%	41%	35%	33%	28%	32%	33%	

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Which, if any, of the following issues have contributed significantly towards you leaving an employed position in the past?

	Gender		Age					
	Male	Female	18-24	25-34	35-44	45-54	55-64	65+
Excessive workload	17%	18%	14%	20%	19%	19%	14%	3%
Friction with other staff	12%	17%	18%	20%	13%	16%	9%	3%
Not enough support from colleagues	9%	14%	13%	18%	10%	11%	10%	0%
Not enough support from managers	23%	26%	20%	29%	24%	27%	23%	5%
Being bullied by a colleague	5%	10%	11%	8%	7%	8%	6%	0%
Being bullied by a manager	11%	18%	15%	19%	13%	14%	13%	13%
Working excessive hours	20%	17%	14%	22%	19%	19%	16%	10%
Working unpaid overtime	16%	16%	15%	20%	17%	16%	14%	10%
Frustration with management decisions	30%	28%	18%	29%	29%	34%	30%	18%
Work interfering with personal life	18%	17%	17%	22%	15%	21%	13%	10%
I have never left an employment position	15%	15%	19%	14%	15%	15%	13%	20%
None of the above	33%	32%	31%	25%	32%	29%	43%	50%

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Which, if any, of the following issues have contributed significantly towards you leaving an employed position in the past?

	Region										
	London	South	South West England	Wales	East Midlands	Eastern	Yorks & Humberside	North West	North East	West Midlands	
Excessive workload	18%	18%	17%	16%	18%	16%	14%	19%	10%	20%	
Friction with other staff	16%	13%	12%	16%	17%	19%	14%	14%	13%	18%	
Not enough support from colleagues	13%	13%	6%	15%	11%	13%	10%	14%	7%	14%	
Not enough support from managers	24%	22%	26%	29%	28%	22%	24%	27%	22%	24%	
Being bullied by a colleague	9%	9%	10%	6%	5%	7%	5%	8%	3%	8%	
Being bullied by a manager	14%	18%	12%	17%	15%	13%	13%	14%	10%	17%	
Working excessive hours	20%	18%	19%	21%	18%	18%	15%	20%	10%	18%	
Working unpaid overtime	18%	14%	14%	21%	14%	18%	14%	18%	10%	21%	
Frustration with management decisions	27%	29%	29%	28%	33%	35%	27%	30%	23%	28%	
Work interfering with personal life	18%	17%	16%	23%	19%	15%	14%	22%	12%	17%	
I have never left an employment position	13%	13%	14%	14%	18%	11%	18%	16%	21%	18%	
None of the above	29%	38%	36%	24%	25%	36%	37%	29%	37%	28%	

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Which, if any, of the following actions do you think you would take if your job was causing you considerable stress?

	Total	Working Status		Sector		
		In full-time employment	In part-time employment	The private sector	The public sector	The third sector / voluntary sector
Take sick leave	17%	17%	17%	15%	20%	18%
Take holiday	25%	27%	22%	25%	26%	22%
Look for another job	50%	48%	53%	51%	47%	49%
Quit my job	17%	15%	21%	19%	13%	16%
Keep it to myself and wait for it to pass	13%	14%	10%	13%	13%	12%
Complain about it to others, but not do anything about it	9%	10%	7%	9%	9%	15%
Talk to my employer about the problem	43%	43%	44%	39%	48%	56%
Talk to my GP about the problem	21%	21%	22%	18%	24%	28%
None of the above	8%	8%	8%	8%	8%	1%
Other	2%	3%	1%	2%	3%	4%

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Which, if any, of the following actions do you think you would take if your job was causing you considerable stress?

	Owners / Director	Management	Seniority			Unskilled workers	Contract		Flexitime	
			Office workers	Skilled workers	Permanent		Temporary	Yes	No	
Take sick leave	10%	19%	20%	14%	18%	18%	14%	15%	19%	
Take holiday	25%	27%	25%	26%	24%	25%	25%	27%	24%	
Look for another job	42%	47%	54%	55%	46%	49%	55%	45%	53%	
Quit my job	24%	15%	14%	19%	16%	16%	25%	19%	15%	
Keep it to myself and wait for it to pass	13%	15%	12%	12%	12%	13%	8%	12%	14%	
Complain about it to others, but not do anything about it	2%	9%	11%	10%	9%	9%	9%	7%	11%	
Talk to my employer about the problem	30%	47%	49%	36%	44%	44%	40%	43%	44%	
Talk to my GP about the problem	14%	25%	25%	17%	18%	22%	15%	20%	22%	
None of the above	14%	5%	5%	13%	8%	8%	8%	10%	6%	
Other	5%	2%	2%	1%	3%	2%	3%	3%	2%	

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Which, if any, of the following actions do you think you would take if your job was causing you considerable stress?

	Gender		Age					
	Male	Female	18-24	25-34	35-44	45-54	55-64	65+
Take sick leave	17%	18%	18%	17%	17%	19%	17%	3%
Take holiday	25%	26%	32%	35%	24%	20%	22%	23%
Look for another job	45%	53%	44%	55%	53%	52%	43%	33%
Quit my job	18%	16%	18%	16%	16%	16%	17%	30%
Keep it to myself and wait for it to pass	15%	12%	13%	14%	10%	16%	11%	10%
Complain about it to others, but not do anything about it	8%	10%	13%	13%	7%	8%	7%	3%
Talk to my employer about the problem	38%	48%	38%	44%	44%	42%	49%	28%
Talk to my GP about the problem	20%	22%	15%	18%	22%	22%	27%	3%
None of the above	10%	6%	9%	8%	8%	6%	7%	25%
Other	3%	2%	1%	2%	2%	4%	3%	8%

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Which, if any, of the following actions do you think you would take if your job was causing you considerable stress?

	Region						
	London	South	South West England	Wales	East Midlands	Eastern	Yorks & Humberside
Take sick leave	21%	16%	19%	17%	18%	15%	16%
Take holiday	34%	24%	25%	21%	23%	22%	23%
Look for another job	48%	48%	52%	58%	55%	55%	49%
Quit my job	17%	18%	19%	32%	18%	10%	14%
Keep it to myself and wait for it to pass	13%	14%	13%	13%	11%	13%	12%
Complain about it to others, but not do anything about it	9%	8%	11%	13%	5%	13%	9%
Talk to my employer about the problem	40%	44%	45%	41%	45%	42%	45%
Talk to my GP about the problem	15%	22%	21%	17%	24%	16%	25%
None of the above	8%	8%	5%	3%	6%	9%	8%
Other	3%	2%	4%	1%	2%	1%	2%

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Which, if any, of the following actions do you think you would take if your job was causing you considerable stress?

Region

	North West	North East	West Midlands
Take sick leave	16%	20%	18%
Take holiday	22%	33%	23%
Look for another job	50%	41%	43%
Quit my job	14%	13%	14%
Keep it to myself and wait for it to pass	13%	10%	14%
Complain about it to others, but not do anything about it	11%	10%	5%
Talk to my employer about the problem	42%	51%	43%
Talk to my GP about the problem	23%	26%	25%
None of the above	10%	7%	9%
Other	3%	3%	2%

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Would you take a pay cut in exchange for more annual leave?

	Total	Working Status		Sector				Seniority			
		In full-time employment	In part-time employment	The private sector	The public sector	The third sector / voluntary sector	Owners / Director	Management	Office workers	Skilled workers	Unskilled workers
Yes	16%	15%	18%	18%	13%	18%	23%	16%	15%	12%	14%
No	70%	72%	64%	68%	74%	65%	59%	74%	71%	69%	72%
Don't know	14%	13%	18%	15%	13%	18%	18%	10%	13%	20%	14%

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Would you take a pay cut in exchange for more annual leave?

	Contract		Flexitime		Gender		Age					
	Permanent	Temporary	Yes	No	Male	Female	18-24	25-34	35-44	45-54	55-64	65+
Yes	15%	19%	19%	13%	17%	15%	18%	16%	14%	14%	18%	13%
No	71%	64%	66%	73%	71%	70%	66%	69%	67%	74%	71%	73%
Don't know	14%	17%	14%	14%	12%	16%	17%	15%	19%	11%	10%	15%

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Would you take a pay cut in exchange for more annual leave?

	Region										
	London	South	South West England	Wales	East Midlands	Eastern	Yorks & Humberside	North West	North East	West Midlands	
Yes	18%	18%	12%	7%	16%	15%	17%	18%	12%	14%	
No	69%	67%	71%	76%	70%	70%	68%	72%	79%	73%	
Don't know	13%	15%	17%	17%	15%	15%	15%	11%	9%	13%	

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Which of the following best describes your experience of overtime in your current job?

	Total	Working Status		Sector		
		In full-time employment	In part-time employment	The private sector	The public sector	The third sector / voluntary sector
I don't do overtime	33%	29%	43%	31%	35%	38%
All my overtime is paid for	30%	28%	35%	29%	32%	12%
I do a mixture of paid and unpaid overtime	13%	14%	11%	14%	12%	15%
I do overtime but none of it is paid for	24%	29%	10%	26%	21%	35%

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Which of the following best describes your experience of overtime in your current job?

	Seniority					Contract		Flexitime	
	Owners / Director	Management	Office workers	Skilled workers	Unskilled workers	Permanent	Temporary	Yes	No
I don't do overtime	42%	22%	40%	35%	28%	32%	44%	36%	31%
All my overtime is paid for	19%	20%	24%	47%	48%	30%	28%	31%	29%
I do a mixture of paid and unpaid overtime	12%	17%	12%	10%	14%	13%	11%	13%	13%
I do overtime but none of it is paid for	27%	42%	24%	8%	9%	25%	17%	21%	27%

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Which of the following best describes your experience of overtime in your current job?

	Gender		Age					
	Male	Female	18-24	25-34	35-44	45-54	55-64	65+
I don't do overtime	32%	34%	31%	31%	36%	29%	37%	45%
All my overtime is paid for	32%	29%	46%	28%	27%	30%	25%	18%
I do a mixture of paid and unpaid overtime	13%	13%	12%	12%	14%	14%	13%	8%
I do overtime but none of it is paid for	23%	25%	12%	29%	24%	26%	24%	30%

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Which of the following best describes your experience of overtime in your current job?

	Region									
	London	South	South West England	Wales	East Midlands	Eastern	Yorks & Humberside	North West	North East	West Midlands
I don't do overtime	27%	32%	29%	36%	32%	37%	36%	37%	40%	37%
All my overtime is paid for	34%	30%	32%	28%	32%	22%	28%	29%	34%	25%
I do a mixture of paid and unpaid overtime	12%	13%	16%	13%	11%	16%	13%	13%	12%	14%
I do overtime but none of it is paid for	27%	25%	23%	23%	26%	25%	22%	21%	15%	24%

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On average, how many hours of unpaid overtime do you work a week? [Those who do unpaid overtime]

	Working Status		Sector			
	Total	In full-time employment	In part-time employment	The private sector	The public sector	The third sector / voluntary sector
Up to two hours	31%	29%	41%	29%	34%	32%
Between 2 and 5 hours	30%	30%	33%	29%	31%	38%
Between 5 and 7 hours	13%	14%	9%	15%	12%	6%
Between 7 and 10 hours	12%	12%	7%	11%	13%	6%
Between 10 and 15 hours	6%	6%	4%	6%	6%	6%
Between 15 and 20 hours	4%	3%	5%	4%	2%	12%
More than 20 hours	4%	5%	1%	6%	2%	0%

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On average, how many hours of unpaid overtime do you work a week? [Those who do unpaid overtime]

	Seniority					Contract		Flexitime		Gender	
	Owners / Director	Management	Office workers	Skilled workers	Unskilled workers	Permanent	Temporary	Yes	No	Male	Female
Up to two hours	18%	25%	38%	44%	41%	30%	40%	26%	34%	27%	34%
Between 2 and 5 hours	28%	25%	34%	38%	33%	30%	28%	31%	29%	26%	33%
Between 5 and 7 hours	14%	15%	12%	10%	13%	14%	11%	14%	13%	16%	11%
Between 7 and 10 hours	17%	16%	8%	4%	6%	12%	11%	12%	11%	15%	9%
Between 10 and 15 hours	7%	8%	5%	4%	2%	6%	4%	7%	5%	7%	5%
Between 15 and 20 hours	9%	5%	1%	0%	2%	4%	5%	6%	2%	4%	3%
More than 20 hours	8%	6%	3%	0%	2%	4%	2%	4%	5%	5%	4%

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On average, how many hours of unpaid overtime do you work a week? [Those who do unpaid overtime]

	Age					
	18-24	25-34	35-44	45-54	55-64	65+
Up to two hours	41%	39%	32%	27%	27%	20%
Between 2 and 5 hours	35%	27%	26%	33%	33%	7%
Between 5 and 7 hours	8%	11%	15%	12%	16%	33%
Between 7 and 10 hours	10%	11%	13%	14%	8%	7%
Between 10 and 15 hours	2%	6%	8%	6%	6%	0%
Between 15 and 20 hours	0%	2%	4%	4%	6%	13%
More than 20 hours	5%	4%	2%	5%	3%	20%

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On average, how many hours of unpaid overtime do you work a week? [Those who do unpaid overtime]

	Region										
	London	South	South West England	Wales	East Midlands	Eastern	Yorks & Humberside	North West	North East	West Midlands	
Up to two hours	32%	30%	34%	29%	33%	26%	34%	32%	35%	25%	
Between 2 and 5 hours	27%	28%	31%	29%	30%	31%	26%	31%	48%	36%	
Between 5 and 7 hours	18%	16%	7%	21%	9%	17%	10%	10%	9%	13%	
Between 7 and 10 hours	12%	13%	8%	9%	14%	8%	14%	12%	4%	13%	
Between 10 and 15 hours	5%	5%	8%	0%	9%	9%	6%	5%	0%	9%	
Between 15 and 20 hours	3%	5%	2%	6%	0%	5%	7%	5%	0%	2%	
More than 20 hours	3%	3%	8%	6%	4%	5%	3%	5%	4%	3%	

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Which of the following would you say are reasons for you doing unpaid overtime? [Those who do unpaid overtime]

	Total	Working Status		Sector		
		In full-time employment	In part-time employment	The private sector	The public sector	The third sector / voluntary sector
I've got too much work to do for my allotted hours	51%	52%	44%	49%	55%	42%
It's the culture among staff to do some overtime	24%	25%	18%	24%	25%	27%
It's expected of me by my boss / employer	35%	37%	27%	34%	38%	24%
Voluntarily to make a good impression on my boss	9%	9%	10%	9%	9%	12%
To pick up the slack from other colleagues	14%	16%	6%	15%	13%	12%
I enjoy doing extra work beyond my allotted hours	11%	10%	16%	12%	9%	21%
None of the above	15%	14%	19%	15%	14%	9%
Don't know	2%	2%	4%	3%	1%	6%

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Which of the following would you say are reasons for you doing unpaid overtime? [Those who do unpaid overtime]

	Seniority					Contract		Flexitime	
	Owners / Director	Management	Office workers	Skilled workers	Unskilled workers	Permanent	Temporary	Yes	No
I've got too much work to do for my allotted hours	40%	57%	54%	40%	45%	52%	40%	52%	51%
It's the culture among staff to do some overtime	17%	31%	26%	10%	14%	24%	25%	23%	25%
It's expected of me by my boss / employer	17%	41%	34%	31%	40%	36%	30%	28%	39%
Voluntarily to make a good impression on my boss	5%	8%	13%	10%	7%	9%	12%	8%	10%
To pick up the slack from other colleagues	8%	16%	14%	17%	15%	14%	12%	17%	13%
I enjoy doing extra work beyond my allotted hours	18%	12%	10%	6%	9%	11%	12%	15%	9%
None of the above	26%	11%	13%	27%	13%	15%	12%	18%	13%
Don't know	4%	1%	3%	2%	1%	2%	4%	2%	2%

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Which of the following would you say are reasons for you doing unpaid overtime? [Those who do unpaid overtime]

	Gender		Age					
	Male	Female	18-24	25-34	35-44	45-54	55-64	65+
I've got too much work to do for my allotted hours	44%	56%	51%	60%	55%	53%	40%	29%
It's the culture among staff to do some overtime	26%	23%	21%	27%	27%	24%	21%	21%
It's expected of me by my boss / employer	39%	32%	30%	43%	35%	35%	33%	7%
Voluntarily to make a good impression on my boss	7%	10%	32%	16%	7%	3%	5%	0%
To pick up the slack from other colleagues	13%	15%	17%	20%	13%	17%	5%	14%
I enjoy doing extra work beyond my allotted hours	15%	8%	14%	13%	7%	8%	17%	21%
None of the above	14%	15%	5%	10%	14%	15%	22%	43%
Don't know	3%	2%	5%	2%	2%	1%	1%	7%

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Which of the following would you say are reasons for you doing unpaid overtime? [Those who do unpaid overtime]

	Region									
	London	South	South West England	Wales	East Midlands	Eastern	Yorks & Humberside	North West	North East	West Midlands
I've got too much work to do for my allotted hours	48%	57%	51%	47%	45%	60%	50%	52%	48%	48%
It's the culture among staff to do some overtime	30%	22%	18%	26%	20%	20%	21%	33%	13%	28%
It's expected of me by my boss / employer	35%	29%	34%	32%	30%	42%	39%	42%	35%	38%
Voluntarily to make a good impression on my boss	9%	12%	8%	15%	9%	6%	9%	9%	13%	3%
To pick up the slack from other colleagues	17%	11%	12%	21%	20%	14%	14%	11%	9%	16%
I enjoy doing extra work beyond my allotted hours	12%	13%	10%	3%	10%	11%	14%	16%	4%	8%
None of the above	15%	14%	22%	15%	17%	12%	11%	9%	26%	16%
Don't know	5%	1%	2%	0%	3%	0%	1%	1%	0%	2%

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How often, if ever, do you worry or feel apprehensive the night before returning to work after your weekend / weekly allocation of days off?

	Total	Working Status		Sector				Seniority			
		In full-time employment	In part-time employment	The private sector	The public sector	The third sector / voluntary sector	Owners / Director	Management	Office workers	Skilled workers	Unskilled workers
Every week	14%	15%	9%	14%	14%	6%	9%	14%	16%	13%	13%
Most weeks	12%	13%	11%	12%	12%	9%	10%	16%	11%	12%	10%
Some weeks	12%	12%	11%	11%	13%	12%	9%	14%	13%	10%	11%
Occasionally	30%	31%	28%	29%	31%	41%	26%	33%	30%	30%	30%
Never	32%	29%	41%	34%	29%	32%	47%	23%	29%	34%	37%

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How often, if ever, do you worry or feel apprehensive the night before returning to work after your weekend / weekly allocation of days off?

	Contract		Flexitime		Gender		Age					
	Permanent	Temporary	Yes	No	Male	Female	18-24	25-34	35-44	45-54	55-64	65+
Every week	14%	11%	11%	16%	12%	15%	19%	17%	13%	14%	8%	0%
Most weeks	12%	12%	14%	11%	12%	12%	19%	18%	14%	10%	5%	3%
Some weeks	12%	13%	12%	12%	12%	12%	15%	16%	12%	11%	8%	5%
Occasionally	31%	27%	29%	32%	30%	31%	26%	30%	30%	32%	34%	13%
Never	31%	37%	35%	30%	34%	30%	21%	19%	32%	33%	44%	80%

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How often, if ever, do you worry or feel apprehensive the night before returning to work after your weekend / weekly allocation of days off?

	Region									
	London	South	South West England	Wales	East Midlands	Eastern	Yorks & Humberside	North West	North East	West Midlands
Every week	15%	11%	14%	24%	11%	8%	12%	14%	13%	19%
Most weeks	14%	11%	6%	12%	12%	18%	9%	13%	14%	16%
Some weeks	13%	11%	16%	8%	13%	9%	14%	11%	8%	11%
Occasionally	32%	33%	25%	21%	34%	29%	35%	30%	30%	25%
Never	25%	33%	39%	35%	30%	35%	30%	32%	35%	30%

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		Total	Working Status		Sector		
			In full-time employment	In part-time employment	The private sector	The public sector	The third sector / voluntary sector
Working Status	Total	2050	1520	530	1128	854	68
		100%	100%	100%	100%	100%	100%
	In full-time employment	1520	1520	0	867	611	42
		74%	100%	0%	77%	72%	62%
	In part-time employment	530	0	530	261	243	26
		26%	0%	100%	23%	28%	38%
Sector	The private sector	1128	867	261	1128	0	0
		55%	57%	49%	100%	0%	0%
	The public sector	854	611	243	0	854	0
		42%	40%	46%	0%	100%	0%
	The third sector / voluntary sector	68	42	26	0	0	68
		3%	3%	5%	0%	0%	100%
Seniority	Owners / Director	259	189	70	213	37	9
		13%	12%	13%	19%	4%	13%
	Management	492	424	68	252	216	24
		24%	28%	13%	22%	25%	35%
	Office workers	659	490	169	346	296	17
		32%	32%	32%	31%	35%	25%
	Skilled workers	270	149	121	137	127	6
		13%	10%	23%	12%	15%	9%
	Unskilled workers	370	268	102	180	178	12
		18%	18%	19%	16%	21%	18%
Contract	Permanent	1845	1434	411	1020	773	52
		90%	94%	78%	90%	91%	76%
	Temporary	205	86	119	108	81	16
		10%	6%	22%	10%	9%	24%
Flexitime	Yes	885	619	266	492	353	40
		43%	41%	50%	44%	41%	59%
	No	1165	901	264	636	501	28
		57%	59%	50%	56%	59%	41%

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		Total	Working Status		Sector		
			In full-time employment	In part-time employment	The private sector	The public sector	The third sector / voluntary sector
Gender	Male	900	773	127	593	283	24
		44%	51%	24%	53%	33%	35%
	Female	1150	747	403	535	571	44
		56%	49%	76%	47%	67%	65%
Age	18-24	268	186	82	140	116	12
		13%	12%	15%	12%	14%	18%
	25-34	322	268	54	182	136	4
		16%	18%	10%	16%	16%	6%
	35-44	437	327	110	231	189	17
		21%	22%	21%	20%	22%	25%
	45-54	592	459	133	307	268	17
		29%	30%	25%	27%	31%	25%
	55-64	390	264	126	237	139	14
		19%	17%	24%	21%	16%	21%
	65+	40	15	25	30	6	4
		2%	1%	5%	3%	1%	6%

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Region		Total	Working Status		Sector		
			In full-time employment	In part-time employment	The private sector	The public sector	The third sector / voluntary sector
London		337	246	91	191	128	18
		16%	16%	17%	17%	15%	26%
South		368	285	83	219	135	14
		18%	19%	16%	19%	16%	21%
South West England		216	144	72	120	87	9
		11%	9%	14%	11%	10%	13%
Wales		95	65	30	41	52	2
		5%	4%	6%	4%	6%	3%
East Midlands		187	144	43	102	80	5
		9%	9%	8%	9%	9%	7%
Eastern		158	116	42	85	69	4
		8%	8%	8%	8%	8%	6%
Yorks & Humberside		197	148	49	100	92	5
		10%	10%	9%	9%	11%	7%
North West		237	179	58	133	98	6
		12%	12%	11%	12%	11%	9%
North East		86	62	24	38	46	2
		4%	4%	5%	3%	5%	3%
West Midlands		169	131	38	99	67	3
		8%	9%	7%	9%	8%	4%

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		Seniority					Contract		Flexitime		Gender	
		Owners / Director	Management	Office workers	Skilled workers	Unskilled workers	Permanent	Temporary	Yes	No	Male	Female
Working Status	Total	259	492	659	270	370	1845	205	885	1165	900	1150
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
	In full-time employment	189	424	490	149	268	1434	86	619	901	773	747
In part-time employment		73%	86%	74%	55%	72%	78%	42%	70%	77%	86%	65%
		70	68	169	121	102	411	119	266	264	127	403
		27%	14%	26%	45%	28%	22%	58%	30%	23%	14%	35%
Sector	The private sector	213	252	346	137	180	1020	108	492	636	593	535
		82%	51%	53%	51%	49%	55%	53%	56%	55%	66%	47%
	The public sector	37	216	296	127	178	773	81	353	501	283	571
The third sector / voluntary sector		14%	44%	45%	47%	48%	42%	40%	40%	43%	31%	50%
		9	24	17	6	12	52	16	40	28	24	44
		3%	5%	3%	2%	3%	3%	8%	5%	2%	3%	4%
Seniority	Owners / Director	259	0	0	0	0	229	30	214	45	161	98
		100%	0%	0%	0%	0%	12%	15%	24%	4%	18%	9%
	Management	0	492	0	0	0	457	35	212	280	239	253
		0%	100%	0%	0%	0%	25%	17%	24%	24%	27%	22%
	Office workers	0	0	659	0	0	601	58	243	416	177	482
		0%	0%	100%	0%	0%	33%	28%	27%	36%	20%	42%
Skilled workers		0	0	0	270	0	232	38	100	170	124	146
		0%	0%	0%	100%	0%	13%	19%	11%	15%	14%	13%
	Unskilled workers	0	0	0	0	370	326	44	116	254	199	171
Contract		0%	0%	0%	0%	100%	18%	21%	13%	22%	22%	15%
	Permanent	229	457	601	232	326	1845	0	758	1087	811	1034
		88%	93%	91%	86%	88%	100%	0%	86%	93%	90%	90%
Temporary		30	35	58	38	44	0	205	127	78	89	116
		12%	7%	9%	14%	12%	0%	100%	14%	7%	10%	10%
	Flexitime	214	212	243	100	116	758	127	885	0	429	456
Flexitime	Yes											
		83%	43%	37%	37%	31%	41%	62%	100%	0%	48%	40%
	No	45	280	416	170	254	1087	78	0	1165	471	694
	17%	57%	63%	63%	69%	59%	38%	0%	100%	52%	60%	

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		Seniority					Contract		Flexitime		Gender	
		Owners / Director	Management	Office workers	Skilled workers	Unskilled workers	Permanent	Temporary	Yes	No	Male	Female
Gender	Male	161	239	177	124	199	811	89	429	471	900	0
		62%	49%	27%	46%	54%	44%	43%	48%	40%	100%	0%
	Female	98	253	482	146	171	1034	116	456	694	0	1150
		38%	51%	73%	54%	46%	56%	57%	52%	60%	0%	100%
Age	18-24	16	46	111	42	53	224	44	130	138	76	192
		6%	9%	17%	16%	14%	12%	21%	15%	12%	8%	17%
	25-34	20	80	141	36	45	293	29	127	195	109	213
		8%	16%	21%	13%	12%	16%	14%	14%	17%	12%	19%
	35-44	47	117	134	58	81	408	29	172	265	177	260
		18%	24%	20%	21%	22%	22%	14%	19%	23%	20%	23%
	45-54	85	151	158	85	113	543	49	251	341	294	298
		33%	31%	24%	31%	31%	29%	24%	28%	29%	33%	26%
	55-64	72	90	109	45	74	347	43	176	214	221	169
		28%	18%	17%	17%	20%	19%	21%	20%	18%	25%	15%
	65+	19	7	6	4	4	29	11	29	11	23	17
		7%	1%	1%	1%	1%	2%	5%	3%	1%	3%	1%

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Region		Seniority					Contract		Flexitime		Gender	
		Owners / Director	Management	Office workers	Skilled workers	Unskilled workers	Permanent	Temporary	Yes	No	Male	Female
London		44	97	117	34	45	285	52	174	163	137	200
		17%	20%	18%	13%	12%	15%	25%	20%	14%	15%	17%
South		58	86	118	45	61	343	25	162	206	170	198
		22%	17%	18%	17%	16%	19%	12%	18%	18%	19%	17%
South West England		28	45	63	38	42	193	23	101	115	89	127
		11%	9%	10%	14%	11%	10%	11%	11%	10%	10%	11%
Wales		3	21	31	21	19	82	13	37	58	30	65
		1%	4%	5%	8%	5%	4%	6%	4%	5%	3%	6%
East Midlands		20	34	59	31	43	175	12	78	109	86	101
		8%	7%	9%	11%	12%	9%	6%	9%	9%	10%	9%
Eastern		21	35	50	17	35	145	13	61	97	66	92
		8%	7%	8%	6%	9%	8%	6%	7%	8%	7%	8%
Yorks & Humberside		29	53	55	27	33	183	14	73	124	84	113
		11%	11%	8%	10%	9%	10%	7%	8%	11%	9%	10%
North West		26	60	82	31	38	211	26	104	133	109	128
		10%	12%	12%	11%	10%	11%	13%	12%	11%	12%	11%
North East		9	18	31	7	21	77	9	34	52	39	47
		3%	4%	5%	3%	6%	4%	4%	4%	4%	4%	4%
West Midlands		21	43	53	19	33	151	18	61	108	90	79
		8%	9%	8%	7%	9%	8%	9%	7%	9%	10%	7%

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		Age					
		18-24	25-34	35-44	45-54	55-64	65+
Working Status	Total	268	322	437	592	390	40
		100%	100%	100%	100%	100%	100%
	In full-time employment	186	268	327	459	264	15
		69%	83%	75%	78%	68%	38%
	In part-time employment	82	54	110	133	126	25
		31%	17%	25%	22%	32%	63%
Sector	The private sector	140	182	231	307	237	30
		52%	57%	53%	52%	61%	75%
	The public sector	116	136	189	268	139	6
		43%	42%	43%	45%	36%	15%
	The third sector / voluntary sector	12	4	17	17	14	4
		4%	1%	4%	3%	4%	10%
Seniority	Owners / Director	16	20	47	85	72	19
		6%	6%	11%	14%	18%	48%
	Management	46	80	117	151	90	7
		17%	25%	27%	26%	23%	18%
	Office workers	111	141	134	158	109	6
		41%	44%	31%	27%	28%	15%
	Skilled workers	42	36	58	85	45	4
		16%	11%	13%	14%	12%	10%
	Unskilled workers	53	45	81	113	74	4
		20%	14%	19%	19%	19%	10%
Contract	Permanent	224	293	408	543	347	29
		84%	91%	93%	92%	89%	73%
	Temporary	44	29	29	49	43	11
		16%	9%	7%	8%	11%	28%
Flexitime	Yes	130	127	172	251	176	29
		49%	39%	39%	42%	45%	73%
	No	138	195	265	341	214	11
		51%	61%	61%	58%	55%	28%

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		Age					
		18-24	25-34	35-44	45-54	55-64	65+
Gender	Male	76	109	177	294	221	23
		28%	34%	41%	50%	57%	58%
	Female	192	213	260	298	169	17
		72%	66%	59%	50%	43%	43%
Age	18-24	268	0	0	0	0	0
		100%	0%	0%	0%	0%	0%
	25-34	0	322	0	0	0	0
		0%	100%	0%	0%	0%	0%
	35-44	0	0	437	0	0	0
		0%	0%	100%	0%	0%	0%
	45-54	0	0	0	592	0	0
		0%	0%	0%	100%	0%	0%
55-64	0	0	0	0	390	0	
	0%	0%	0%	0%	100%	0%	
65+	0	0	0	0	0	40	
	0%	0%	0%	0%	0%	100%	

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		Age					
		18-24	25-34	35-44	45-54	55-64	65+
Region	London	58	80	69	83	41	6
		22%	25%	16%	14%	11%	15%
	South	54	47	81	108	68	10
		20%	15%	19%	18%	17%	25%
	South West England	23	28	35	68	56	6
		9%	9%	8%	11%	14%	15%
	Wales	11	13	19	32	17	3
		4%	4%	4%	5%	4%	8%
	East Midlands	19	24	54	55	32	3
		7%	7%	12%	9%	8%	8%
	Eastern	20	25	32	51	27	3
		7%	8%	7%	9%	7%	8%
	Yorks & Humberside	20	23	46	60	45	3
		7%	7%	11%	10%	12%	8%
	North West	29	42	45	68	51	2
		11%	13%	10%	11%	13%	5%
	North East	13	15	17	23	16	1
		5%	5%	4%	4%	4%	3%
	West Midlands	21	25	39	44	37	3
		8%	8%	9%	7%	9%	8%

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		Region									
		London	South	South West England	Wales	East Midlands	Eastern	Yorks & Humberside	North West	North East	West Midlands
Working Status	Total	337	368	216	95	187	158	197	237	86	169
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
	In full-time employment	246	285	144	65	144	116	148	179	62	131
In part-time employment		73%	77%	67%	68%	77%	73%	75%	76%	72%	78%
		91	83	72	30	43	42	49	58	24	38
		27%	23%	33%	32%	23%	27%	25%	24%	28%	22%
Sector	The private sector	191	219	120	41	102	85	100	133	38	99
		57%	60%	56%	43%	55%	54%	51%	56%	44%	59%
	The public sector	128	135	87	52	80	69	92	98	46	67
The third sector / voluntary sector		38%	37%	40%	55%	43%	44%	47%	41%	53%	40%
		18	14	9	2	5	4	5	6	2	3
		5%	4%	4%	2%	3%	3%	3%	3%	2%	2%
Seniority	Owners / Director	44	58	28	3	20	21	29	26	9	21
		13%	16%	13%	3%	11%	13%	15%	11%	10%	12%
	Management	97	86	45	21	34	35	53	60	18	43
Office workers		29%	23%	21%	22%	18%	22%	27%	25%	21%	25%
		117	118	63	31	59	50	55	82	31	53
		35%	32%	29%	33%	32%	32%	28%	35%	36%	31%
Skilled workers		34	45	38	21	31	17	27	31	7	19
		10%	12%	18%	22%	17%	11%	14%	13%	8%	11%
	Unskilled workers	45	61	42	19	43	35	33	38	21	33
Contract		13%	17%	19%	20%	23%	22%	17%	16%	24%	20%
	Permanent	285	343	193	82	175	145	183	211	77	151
		85%	93%	89%	86%	94%	92%	93%	89%	90%	89%
Temporary		52	25	23	13	12	13	14	26	9	18
		15%	7%	11%	14%	6%	8%	7%	11%	10%	11%
	Yes	174	162	101	37	78	61	73	104	34	61
Flexitime		52%	44%	47%	39%	42%	39%	37%	44%	40%	36%
	No	163	206	115	58	109	97	124	133	52	108
		48%	56%	53%	61%	58%	61%	63%	56%	60%	64%

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		Region										
		London	South	South West England	Wales	East Midlands	Eastern	Yorks & Humberside	North West	North East	West Midlands	
Gender	Male	137	170	89	30	86	66	84	109	39	90	
		41%	46%	41%	32%	46%	42%	43%	46%	45%	53%	
	Female	200	198	127	65	101	92	113	128	47	79	
		59%	54%	59%	68%	54%	58%	57%	54%	55%	47%	
Age	18-24	58	54	23	11	19	20	20	29	13	21	
		17%	15%	11%	12%	10%	13%	10%	12%	15%	12%	
	25-34	80	47	28	13	24	25	23	42	15	25	
		24%	13%	13%	14%	13%	16%	12%	18%	18%	15%	
	35-44	69	81	35	19	54	32	46	45	17	39	
		20%	22%	16%	20%	29%	20%	23%	19%	20%	23%	
	45-54	83	108	68	32	55	51	60	68	23	44	
		25%	29%	31%	34%	29%	32%	30%	29%	27%	26%	
	55-64	41	68	56	17	32	27	45	51	16	37	
		12%	18%	26%	18%	17%	17%	23%	22%	19%	22%	
	65+	6	10	6	3	3	3	3	2	1	3	
		2%	3%	3%	3%	2%	2%	2%	1%	1%	2%	

Mind / Populus Workplace Health and Stress Survey, March 2010

Populus interviewed 2,050 adults aged 18+, in England and Wales, in work between 18th and 21st March 2010. Populus is a member of the British Polling Council and abides by its rules, for more information see www.populus.co.uk.

How often, if ever, do you worry or feel apprehensive the night before returning to work after your weekend / weekly allocation of days off?

		Region										
		London	South	South West England	Wales	East Midlands	Eastern	Yorks & Humberside	North West	North East	West Midlands	
Region	London	337	0	0	0	0	0	0	0	0	0	0
		100%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%
	South	0	368	0	0	0	0	0	0	0	0	0
		0%	100%	0%	0%	0%	0%	0%	0%	0%	0%	0%
	South West England	0	0	216	0	0	0	0	0	0	0	0
		0%	0%	100%	0%	0%	0%	0%	0%	0%	0%	0%
	Wales	0	0	0	95	0	0	0	0	0	0	0
		0%	0%	0%	100%	0%	0%	0%	0%	0%	0%	0%
	East Midlands	0	0	0	0	187	0	0	0	0	0	0
		0%	0%	0%	0%	100%	0%	0%	0%	0%	0%	0%
	Eastern	0	0	0	0	0	158	0	0	0	0	0
		0%	0%	0%	0%	0%	100%	0%	0%	0%	0%	0%
	Yorks & Humberside	0	0	0	0	0	0	197	0	0	0	0
		0%	0%	0%	0%	0%	0%	100%	0%	0%	0%	0%
	North West	0	0	0	0	0	0	0	237	0	0	0
		0%	0%	0%	0%	0%	0%	0%	100%	0%	0%	0%
	North East	0	0	0	0	0	0	0	0	86	0	0
		0%	0%	0%	0%	0%	0%	0%	0%	100%	0%	0%
	West Midlands	0	0	0	0	0	0	0	0	0	169	0
		0%	0%	0%	0%	0%	0%	0%	0%	0%	100%	0%