

SURVEY DATA



Q1. Have you personally experienced any of the following?

Experiences	All	M	F	18-24 year olds	25-34 year olds	35-44 year olds	45-54 year olds	Over 55 year olds
Work-related stress	69%	58%	78%	67%	61%	79%	47%	61%
Anxiety / panic attacks	54%	58%	51%	57%	45%	53%	67%	39%
Exhaustion / burnout	52%	55%	49%	52%	51%	50%	59%	47%
Physical symptoms brought on by stress	47%	58%	38%	19%	34%	40%	75%	53%
Mild to moderate depression	40%	42%	37%	29%	27%	38%	53%	37%
Severe depression	34%	35%	32%	12%	22%	32%	51%	13%
Suicidal thoughts	29%	28%	30%	7%	17%	27%	44%	29%
Alcohol misuse / problems with alcohol consumption	35%	39%	32%	17%	26%	33%	52%	24%
Drug use / problems with drugs	25%	28%	23%	10%	17%	22%	41%	16%

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Q2. If answered yes to any of the above, have you taken any time of work in the last 2 years as a result?

	All	M	F	18-24 year olds	25-34 year olds	35-44 year olds	45-54 year olds	Over 55 year olds
Yes	85%	85%	86%	79%	70%	88%	91%	58%

Q3. If answered yes to previous question, how much time have you taken off in total?

	A week or less	1-2 weeks	2-4 weeks	1-3 months	More than 3 months
Yes	5%	36%	40%	16%	3%

Q4. How often do you feel stressed?

	All	M	F	18-24 year olds	25-34 year olds	35-44 year olds	45-54 year olds	Over 55 year olds
Constantly	24%	23%	23%	19%	20%	24%	24%	32%
Occasionally	62%	65%	60%	45%	66%	61%	68%	53%
Hardly ever	14%	12%	15%	36%	14%	14%	8%	16%

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Q5. Has work-related stress and/or work-related issues had a negative impact on your personal life?

	All	M	F	18-24 year olds	25-34 year olds	35-44 year olds	45-54 year olds	Over 55 year olds
Yes	87%	85%	89%	83%	88%	87%	91%	55%

Q6. If answered yes to the previous question, which of the following statements do you agree with?

Q6(a). I can never switch off from work.

	All	M	F	18-24 year olds	25-34 year olds	35-44 year olds	45-54 year olds	Over 55 year olds
Yes	30%	24%	35%	34%	22%	32%	26%	43%

Q6(b). I have missed important occasions with friends and family after prioritising work.

	All	M	F	18-24 year olds	25-34 year olds	35-44 year olds	45-54 year olds	Over 55 year olds
Yes	68%	70%	66%	60%	72%	66%	73%	43%

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Q6(c). I am not always 'present' with my family.

	All	M	F	18-24 year olds	25-34 year olds	35-44 year olds	45-54 year olds	Over 55 year olds
Yes	50%	50%	49%	49%	40%	47%	60%	48%

Q6(d). I snap easily at my family.

	All	M	F	18-24 year olds	25-34 year olds	35-44 year olds	45-54 year olds	Over 55 year olds
Yes	44%	52%	38%	49%	38%	41%	54%	43%

Q6(e). I worry that work stress/work-related issues have caused lasting damage to my relationships (eg. with partner, children, wider family).

	All	M	F	18-24 year olds	25-34 year olds	35-44 year olds	45-54 year olds	Over 55 year olds
Yes	61%	64%	60%	51%	48%	59%	77%	43%

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Q6(f). Work stress/work-related issues have led to the breakdown of my relationship with my spouse/partner.

	All	M	F	18-24 year olds	25-34 year olds	35-44 year olds	45-54 year olds	Over 55 year olds
Yes	41%	50%	34%	31%	24%	35%	66%	33%

Q6(g). Work stress/work-related issues have led to the breakdown of relationships with friends and/or family.

	All	M	F	18-24 year olds	25-34 year olds	35-44 year olds	45-54 year olds	Over 55 year olds
Yes	30%	28%	32%	17%	13%	31%	38%	24%

Q7. If you answered yes to Question 1, did you consult a GP or other healthcare professional for medication or support (e.g., counselling, therapy) as a result?

	All	M	F	18-24 year olds	25-34 year olds	35-44 year olds	45-54 year olds	Over 55 year olds
Yes	85%	84%	85%	69%	69%	88%	91%	58%

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Q8. If you consulted a GP or healthcare professional, which of the following apply to you?

	All	M	F	18-24 year olds	25-34 year olds	35-44 year olds	45-54 year olds	Over 55 year olds
I was prescribed medication	50%	46%	53%	41%	43%	55%	42%	45%
I was prescribed counselling or other treatment / support	50%	46%	53%	41%	43%	55%	42%	45%
I sought private help	45%	51%	40%	28%	36%	39%	63%	45%
I consulted an online / telephone support group (anonymous)	53%	62%	46%	34%	40%	47%	75%	55%
I consulted a support group (face to face or virtual but not anonymous)	40%	48%	33%	31%	19%	32%	69%	18%
I attended a rehab facility	20%	18%	21%	10%	13%	20%	23%	23%

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Q9. If you have experienced any of the issues listed in Question 2, did you tell anyone (APART FROM healthcare professionals) about your condition?

	All	M	F	18-24 year olds	25-34 year olds	35-44 year olds	45-54 year olds	Over 55 year olds
Yes	81%	77%	84%	71%	67%	80%	94%	61%

Q10. If you answered yes to the previous question, who did you share the information with?

	All	M	F	18-24 year olds	25-34 year olds	35-44 year olds	45-54 year olds	Over 55 year olds
Spouse/ partner	59%	61%	58%	30%	59%	60%	59%	74%
A friend	51%	61%	43%	47%	47%	45%	67%	52%
A family member	51%	56%	48%	53%	45%	47%	63%	43%
HR/ occupational health department at work	46%	54%	39%	23%	37%	38%	68%	48%
A colleague	43%	52%	37%	23%	30%	37%	64%	39%
Other	11%	20%	4%	3%	10%	3%	29%	17%
None of the above	1%	0%	1%	0%	0%	0%	0%	4%

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Q11. If you didn't tell anyone, what was the reason for this?

I was worried about...	All	M	F	18-24 year olds	25-34 year olds	35-44 year olds	45-54 year olds	Over 55 year olds
Losing my job	40%	47%	33%	33%	47%	41%	31%	31%
Damaging relationships with family and friends	54%	53%	55%	33%	58%	56%	63%	38%
Damaging my reputation	45%	45%	46%	17%	39%	52%	31%	50%
What others would say/think	37%	37%	37%	42%	44%	33%	44%	44%
Other reason	15%	14%	16%	17%	11%	10%	31%	38%

Q12. How would you describe your attitudes/behaviour towards alcohol?

	All	M	F	18-24 year olds	25-34 year olds	35-44 year olds	45-54 year olds	Over 55 year olds
I do not/I rarely drink	10%	8%	12%	26%	6%	12%	3%	21%
I drink at weekends	49%	49%	49%	17%	35%	52%	57%	37%
I sometimes drink during the week as well as weekends	45%	50%	40%	31%	37%	38%	69%	32%

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Q12(b). How would you describe your behaviour towards alcohol?

	All	M	F	18-24 year olds	25-34 year olds	35-44 year olds	45-54 year olds	Over 55 year olds
I drink more when I'm stressed	43%	47%	41%	29%	51%	41%	50%	34%
I sometimes drink alone	39%	47%	31%	26%	36%	34%	55%	32%
I have drunk alcohol during the working day (not including events)	36%	41%	31%	10%	23%	30%	64%	21%
I believe my relationship with alcohol is problematic	25%	27%	23%	12%	11%	21%	41%	37%
I would like to reduce my alcohol intake	27%	26%	27%	5%	18%	25%	39%	24%
I have sought help for my drinking	11%	13%	10%	7%	10%	10%	14%	18%

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Q13. How would you describe your attitudes/behaviour towards drugs, including 'recreational' drugs such as cannabis and cocaine?

	All	M	F	18-24 year olds	25-34 year olds	35-44 year olds	45-54 year olds	Over 55 year olds
I've never taken drugs or haven't since I was much younger	26%	31%	22%	81%	31%	27%	9%	47%
I have taken drugs in the last two years	45%	39%	50%	7%	28%	46%	59%	26%
I have taken drugs recreationally	28%	31%	25%	5%	17%	24%	47%	16%
I take recreational drugs once a week or more	37%	34%	40%	7%	20%	36%	55%	21%
I take drugs when I am stressed	33%	36%	30%	2%	27%	29%	54%	21%
I have taken drugs during the working day	31%	33%	30%	2%	20%	26%	57%	13%
I believe my drug use is problematic	22%	23%	20%	2%	13%	17%	39%	32%
I believe I have a problem with prescription drugs specifically	28%	27%	28%	0%	14%	26%	47%	18%
I have sought help for my drug taking	8%	10%	6%	5%	10%	5%	14%	18%

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Q14. Have you ever used any of the following to help cope with work stress?

	All	M	F	18-24 year olds	25-34 year olds	35-44 year olds	45-54 year olds	Over 55 year olds
Gambling	46%	40%	50%	17%	30%	54%	41%	32%
Food (e.g. overeating, bingeing)	63%	77%	51%	50%	58%	55%	88%	55%
Shopping	57%	66%	50%	50%	59%	48%	81%	53%
Sex	44%	32%	54%	38%	40%	54%	22%	37%

Q15. Which of the following statements do you agree with?

Q15(a). I dream of 'giving it all up' and living a simpler life with less money and less stress.

	All	M	F	18-24 year olds	25-34 year olds	35-44 year olds	45-54 year olds	Over 55 year olds
Yes	52%	46%	58%	33%	39%	55%	52%	58%

Q15(b). I feel trapped by my job and status.

	All	M	F	18-24 year olds	25-34 year olds	35-44 year olds	45-54 year olds	Over 55 year olds
Yes	48%	60%	37%	33%	39%	41%	72%	47%

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Q15(c). I never feel truly content.

	All	M	F	18-24 year olds	25-34 year olds	35-44 year olds	45-54 year olds	Over 55 year olds
Yes	46%	50%	43%	38%	40%	41%	66%	39%

Q15(d). I regret the career path and/or lifestyle I've chosen.

	All	M	F	18-24 year olds	25-34 year olds	35-44 year olds	45-54 year olds	Over 55 year olds
Yes	39%	45%	35%	10%	19%	36%	64%	32%

Q15(e). I wish I'd chosen a more meaningful job.

	All	M	F	18-24 year olds	25-34 year olds	35-44 year olds	45-54 year olds	Over 55 year olds
Yes	29%	30%	28%	40%	32%	27%	64%	26%

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Q16. Do you feel issues such as stress, depression, anxiety, burnout, drug and alcohol misuse common within your industry and/or among high earners?

	All	M	F	18-24 year olds	25-34 year olds	35-44 year olds	45-54 year olds	Over 55 year olds
Yes	86%	84%	87%	76%	72%	89%	90%	58%

	Business, consulting, management	Accountancy, banking, finance	IT	Education	Engineering, manufacturing
Yes	96%	58%	84%	97%	94%

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Q17. If you answered yes to the previous question, which of the following do you think are common?

	All	M	F	18-24 year olds	25-34 year olds	35-44 year olds	45-54 year olds	Over 55 year olds
Work-related stress	69%	56%	80%	75%	63%	82%	40%	68%
Anxiety/panic attacks	48%	56%	42%	50%	41%	42%	66%	45%
Exhaustion or burnout	51%	57%	46%	56%	62%	47%	54%	73%
Physical symptoms brought on by stress	41%	52%	32%	6%	28%	32%	74%	27%
Depression	48%	52%	45%	38%	38%	47%	57%	45%
Problems with alcohol	38%	46%	31%	22%	35%	30%	61%	32%
Problems with drug use	31%	31%	31%	6%	15%	30%	47%	5%
Gambling problems	26%	29%	23%	16%	18%	22%	42%	9%
Issues with food	18%	16%	19%	9%	14%	17%	22%	14%

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Q17(b). If you answered yes to the previous question, which of the following do you think are common?

	Business, consulting, management	Accountancy, banking, finance	IT	Education	Engineering, manufacturing
Work-related stress	70%	70%	84%	72%	78%
Anxiety/panic attacks	29%	48%	73%	48%	41%
Exhaustion or burnout	28%	55%	74%	57%	65%
Physical symptoms brought on by stress	22%	23%	69%	53%	26%
Depression	23%	44%	74%	50%	78%
Problems with alcohol	20%	37%	71%	32%	37%
Problems with drug use	15%	17%	60%	33%	62%
Gambling problems	13%	19%	54%	28%	25%
Issues with food	6%	19%	22%	22%	48%