

Depression Survey

ONLINE Fieldwork : 13th-15th April 2012

Absolutes/col percents

Table 1

Q.1 The NHS defines depression as being characterised by persistent sadness or low mood nearly every day and a loss of interest and pleasure in ordinary things and experiences. Symptoms must have been present for at least 2 weeks. Depression can be classed as mild, moderate or severe. Thinking about your health, which of the following best applies to you?

Base: All respondents

	Gender		Age							Social Grade				Employment Sector	
	Total	Male	Female	18-24	25-34	35-44	45-54	55-64	65+	AB	C1	C2	DE	Public	Pri- vate
Unweighted base	2028	899	1129	172	335	410	368	331	412	774	470	311	473	288	788
Weighted base	2028	994	1034	243	324	385	345	304	426	548	588	426	466	303	833
NET: Ever had depression	874 43%	361 36%	513 50%	107 44%	164 50%	186 48%	164 48%	122 40%	132 31%	202 37%	232 39%	187 44%	253 54%	153 51%	326 39%
NET: Currently have depression	481 24%	200 20%	281 27%	57 24%	97 30%	119 31%	99 29%	62 20%	47 11%	104 19%	102 17%	114 27%	161 34%	90 30%	180 22%
I currently have depression, and have developed this condition during the last 3 years	214 11%	89 9%	125 12%	36 15%	49 15%	57 15%	35 10%	24 8%	13 3%	45 8%	41 7%	53 12%	75 16%	36 12%	82 10%
I currently have depression, and have developed this condition more than 3 years ago	268 13%	111 11%	157 15%	21 9%	48 15%	63 16%	65 19%	38 12%	34 8%	59 11%	62 10%	61 14%	86 18%	54 18%	98 12%
I used to have depression, but do not have it anymore	393 19%	161 16%	232 22%	50 20%	66 20%	67 17%	65 19%	60 20%	85 20%	98 18%	130 22%	72 17%	92 20%	63 21%	146 18%
I do not have, and have never had depression	992 49%	555 56%	437 42%	109 45%	139 43%	175 45%	154 45%	150 49%	265 62%	307 56%	302 51%	213 50%	171 37%	130 43%	433 52%
Not sure	162 8%	78 8%	84 8%	28 11%	21 7%	24 6%	27 8%	33 11%	29 7%	39 7%	54 9%	27 6%	42 9%	19 6%	74 9%

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Base: All respondents

	Region												Which of the following best describes your current working status?								
	Total	Scot-land	North East	North West	York-shire & Humber-side	West Mid-lands	East Mid-lands	Wales	East-ern	London	South East	South West	NET: Work-ing	Work-ing full time	Work-ing part time	NET: Not work-ing	Not working seeking work	Not working and not seeking work	Retired on a state pension only	Retired with a private pension	House person
Unweighted base	2028	170	102	246	173	192	155	112	186	224	280	188	1076	743	333	952	141	102	122	374	213
Weighted base	2028	176	92	238	179	188	158	107	190	255	260	185	1136	892	243	892	136	111	122	351	172
NET: Ever had depression	874 43%	71 40%	43 47%	94 40%	78 44%	75 40%	68 43%	54 50%	91 48%	103 40%	109 42%	88 48%	479 42%	377 42%	102 42%	395 44%	95 70%	52 47%	45 37%	112 32%	91 53%
NET: Currently have depression	481 24%	31 18%	28 30%	55 23%	40 22%	38 20%	32 20%	30 28%	52 28%	62 24%	68 26%	44 24%	270 24%	217 24%	53 22%	211 24%	71 52%	25 22%	21 17%	37 11%	58 34%
I currently have depression, and have developed this condition during the last 3 years	214 11%	12 7%	18 20%	26 11%	23 13%	19 10%	12 8%	12 11%	13 7%	28 11%	31 12%	20 11%	118 10%	92 10%	26 11%	95 11%	36 27%	15 14%	6 5%	9 2%	30 18%
I currently have depression, and have developed this condition more than 3 years ago	268 13%	19 11%	9 10%	29 12%	18 10%	20 10%	19 12%	18 17%	40 21%	34 13%	37 14%	24 13%	152 13%	125 14%	27 11%	116 13%	35 26%	10 9%	15 13%	28 8%	28 16%
I used to have depression, but do not have it anymore	393 19%	39 22%	15 17%	39 16%	38 21%	36 19%	36 23%	24 22%	39 20%	41 16%	41 16%	44 24%	209 18%	160 18%	49 20%	184 21%	24 18%	27 25%	24 19%	75 21%	34 20%
I do not have, and have never had depression	992 49%	88 50%	43 46%	124 52%	87 49%	101 54%	75 48%	50 47%	86 45%	122 48%	126 48%	90 49%	563 50%	448 50%	115 47%	429 48%	31 23%	47 43%	65 53%	214 61%	72 42%
Not sure	162 8%	17 10%	6 6%	20 8%	13 7%	12 6%	15 9%	4 3%	13 7%	30 12%	25 10%	7 4%	94 8%	68 8%	26 11%	68 8%	10 8%	12 11%	13 10%	25 7%	8 5%

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Table 2

Q.2 Who, if anyone, have you spoken to about it/ did you speak to about it?**Base: All respondents who have ever had depression**

	Gender			Age						Social Grade				Employment Sector	
	Total	Male	Female	18-24	25-34	35-44	45-54	55-64	65+	AB	C1	C2	DE	Public	Private
Unweighted base	885	327	558	72	165	196	181	139	132	297	195	137	256	139	319
Weighted base	874	361	513	107	164	186	164	122	132	202	232	187	253	153	326
NET: Anyone	768	303	465	93	144	153	151	109	118	177	207	155	229	140	270
	88%	84%	91%	87%	88%	82%	92%	89%	89%	87%	89%	83%	90%	92%	83%
Doctor/ GP	598	224	374	66	94	126	123	91	97	139	152	122	185	108	200
	68%	62%	73%	62%	57%	68%	75%	75%	74%	69%	65%	65%	73%	71%	61%
Partner	379	158	221	51	72	78	78	41	59	102	98	86	92	72	135
	43%	44%	43%	47%	44%	42%	48%	34%	45%	50%	42%	46%	36%	47%	41%
Family	351	120	231	65	76	60	60	54	36	79	96	58	118	72	117
	40%	33%	45%	60%	46%	33%	36%	44%	28%	39%	42%	31%	47%	47%	36%
Friend	298	100	198	52	56	59	60	40	32	68	78	46	106	60	94
	34%	28%	39%	49%	34%	32%	36%	33%	24%	33%	34%	25%	42%	39%	29%
A specialist mental health organisation, telephone help-line or website	199	88	110	32	46	44	45	21	11	52	47	39	60	55	65
	23%	24%	22%	30%	28%	24%	27%	17%	8%	26%	20%	21%	24%	36%	20%
Someone else	85	33	52	4	21	24	12	13	12	31	21	15	17	15	32
	10%	9%	10%	4%	13%	13%	8%	11%	9%	15%	9%	8%	7%	10%	10%
None - I have not spoken to anyone about my depression	102	54	48	14	17	33	13	11	14	25	25	31	21	13	55
	12%	15%	9%	13%	11%	18%	8%	9%	11%	12%	11%	17%	8%	8%	17%
Don't know	4	4	*	-	3	-	-	1	-	1	-	-	3	-	1
	*	1%	*	-	2%	-	-	1%	-	*	-	-	1%	-	*

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Table 2

Q.2 Who, if anyone, have you spoken to about it/ did you speak to about it?**Base: All respondents who have ever had depression**

	Region												Which of the following best describes your current working status?								
	Total	Scot-land	North East	North West	York-shire & Humb-erside	West Mid-lands	East Mid-lands	Wales	East-ern	London	South East	South West	NET: Work-ing	Work-ing full time	Work-ing part time	NET: Not work-ing	Not working seeking work	Not working and not seeking work	Retired on a state pension only	Retired with a private pension	House person
Unweighted base	885	71	47	93	79	79	68	57	87	91	119	94	458	319	139	427	98	50	49	120	110
Weighted base	874	71	43	94	78	75	68	54	91	103	109	88	479	377	102	395	95	52	45	112	91
NET: Anyone	768 88%	63 89%	37 86%	84 90%	71 90%	66 88%	60 89%	48 90%	79 86%	93 90%	91 83%	76 87%	410 86%	325 86%	85 83%	358 91%	87 92%	46 88%	40 89%	101 90%	84 92%
Doctor/ GP	598 68%	48 68%	33 77%	61 65%	58 73%	56 75%	48 72%	38 71%	66 73%	61 59%	73 66%	56 63%	308 64%	241 64%	67 65%	290 74%	79 84%	33 63%	36 80%	82 73%	60 66%
Partner	379 43%	27 39%	22 50%	36 39%	37 47%	36 49%	26 38%	25 46%	46 50%	42 41%	49 45%	32 37%	207 43%	170 45%	37 36%	172 43%	38 40%	15 30%	16 37%	53 47%	49 53%
Family	351 40%	26 36%	20 46%	38 40%	37 47%	33 44%	27 40%	23 43%	35 39%	40 39%	41 38%	32 36%	188 39%	147 39%	41 40%	163 41%	49 52%	28 54%	17 38%	34 30%	34 38%
Friend	298 34%	27 39%	16 37%	31 33%	27 34%	24 32%	30 44%	15 29%	26 29%	37 36%	36 33%	29 33%	154 32%	119 32%	35 34%	144 36%	43 45%	25 48%	12 28%	28 25%	36 39%
A specialist mental health organisation, telephone help-line or website	199 23%	10 14%	13 31%	26 27%	21 27%	16 22%	11 17%	9 17%	25 27%	26 25%	23 21%	18 20%	120 25%	93 25%	27 27%	79 20%	31 32%	16 30%	4 8%	13 12%	15 17%
Someone else	85 10%	10 14%	1 3%	14 15%	9 11%	4 6%	4 5%	4 7%	8 9%	10 10%	12 11%	8 10%	47 10%	37 10%	10 10%	38 10%	14 15%	7 13%	6 12%	10 9%	1 2%
None - I have not spoken to anyone about my depression	102 12%	8 11%	6 14%	10 10%	5 6%	9 12%	7 11%	5 10%	12 13%	10 10%	18 17%	12 13%	68 14%	51 14%	17 16%	35 9%	5 5%	6 12%	5 11%	11 10%	8 8%
Don't know	4 *	- -	- -	- -	3 3%	- -	- -	- -	1 1%	- -	* *	- -	1 *	1 *	* *	3 1%	3 3%	- -	- -	- -	- -

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Table 3

Q.3 Do you agree or disagree with each of the following statements?**Base: All respondents**

	Gender			Age						Social Grade				Employment Sector	
	Total	Male	Female	18-24	25-34	35-44	45-54	55-64	65+	AB	C1	C2	DE	Public	Private
Unweighted base	2028	899	1129	172	335	410	368	331	412	774	470	311	473	288	788
Weighted base	2028	994	1034	243	324	385	345	304	426	548	588	426	466	303	833

I think that people who have depression are often embarrassed about admitting that they have the illness

Agree	1660	786	874	178	248	310	295	257	372	464	482	335	379	246	667
	82%	79%	85%	73%	77%	80%	86%	84%	87%	85%	82%	79%	81%	81%	80%
Disagree	163	88	75	29	42	33	17	21	20	37	52	36	38	33	76
	8%	9%	7%	12%	13%	9%	5%	7%	5%	7%	9%	9%	8%	11%	9%
Don't know	205	120	85	36	35	42	32	26	34	47	54	55	50	24	90
	10%	12%	8%	15%	11%	11%	9%	8%	8%	9%	9%	13%	11%	8%	11%

If someone were to talk to me about having depression, I would be able to give them useful advice about where to seek help and support

Agree	1095	458	637	112	187	210	219	166	203	292	321	214	268	202	419
	54%	46%	62%	46%	58%	54%	63%	54%	48%	53%	55%	50%	57%	67%	50%
Disagree	522	327	195	74	76	100	77	74	120	155	162	114	92	67	246
	26%	33%	19%	31%	23%	26%	22%	24%	28%	28%	27%	27%	20%	22%	29%
Don't know	411	208	203	57	61	76	49	64	104	101	105	98	106	34	168
	20%	21%	20%	24%	19%	20%	14%	21%	24%	19%	18%	23%	23%	11%	20%

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Q.3 Do you agree or disagree with each of the following statements?**Base: All respondents**

	<u>Gender</u>		<u>Age</u>							<u>Social Grade</u>				<u>Employment Sector</u>	
	<u>Total</u>	<u>Male</u>	<u>Female</u>	<u>18-24</u>	<u>25-34</u>	<u>35-44</u>	<u>45-54</u>	<u>55-64</u>	<u>65+</u>	<u>AB</u>	<u>C1</u>	<u>C2</u>	<u>DE</u>	<u>Public</u>	<u>Pri-vate</u>
Weighted base	2028	994	1034	243	324	385	345	304	426	548	588	426	466	303	833
<u>I don't really understand what depression is and how it effects those who have it</u>															
Agree	360	248	112	50	62	69	58	42	79	99	103	85	73	46	174
	18%	25%	11%	21%	19%	18%	17%	14%	19%	18%	18%	20%	16%	15%	21%
Disagree	1472	634	838	154	238	271	254	235	319	408	432	280	352	235	565
	73%	64%	81%	63%	73%	70%	74%	77%	75%	74%	74%	66%	76%	78%	68%
Don't know	196	112	84	39	24	45	32	27	28	41	52	62	41	22	95
	10%	11%	8%	16%	8%	12%	9%	9%	6%	7%	9%	14%	9%	7%	11%

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	Total	Scot-land	North East	North West	York-shire & Humb-erside	West Mid-lands	East Mid-lands	Wales	East-ern	London	South East	South West	NET: Work-ing	Work-ing full time	Work-ing part time	NET: Not work-ing	Not working seeking work	Not working and not seeking work	Retired on a state pension only	Retired with a private pension	House person
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Weighted base	2028	176	92	238	179	188	158	107	190	255	260	185	1136	892	243	892	136	111	122	351	172
<u>I think that people who have depression are often embarrassed about admitting that they have the illness</u>																					
Agree	1660 82%	141 80%	72 78%	199 84%	152 85%	146 78%	134 85%	84 78%	164 86%	193 75%	218 84%	157 85%	912 80%	709 79%	204 84%	748 84%	108 79%	85 76%	105 86%	310 88%	141 82%
Disagree	163 8%	13 8%	7 8%	15 6%	9 5%	18 10%	17 11%	15 14%	9 5%	31 12%	20 8%	8 5%	109 10%	91 10%	18 8%	54 6%	12 9%	8 7%	8 7%	14 4%	12 7%
Don't know	205 10%	22 13%	13 14%	24 10%	17 10%	23 12%	6 4%	9 8%	17 9%	32 13%	22 9%	19 10%	114 10%	93 10%	21 9%	91 10%	16 12%	19 17%	9 7%	28 8%	19 11%
<u>If someone were to talk to me about having depression, I would be able to give them useful advice about where to seek help and support</u>																					
Agree	1095 54%	92 52%	57 62%	134 56%	107 60%	99 53%	83 52%	59 55%	95 50%	125 49%	136 52%	109 59%	621 55%	489 55%	132 54%	474 53%	89 66%	54 49%	65 53%	167 47%	99 58%
Disagree	522 26%	43 24%	16 18%	62 26%	43 24%	56 30%	50 32%	23 22%	51 27%	73 29%	56 21%	48 26%	313 28%	257 29%	56 23%	209 23%	21 16%	28 25%	29 24%	100 28%	31 18%
Don't know	411 20%	41 23%	19 21%	42 18%	28 16%	33 18%	25 16%	25 23%	44 23%	57 22%	68 26%	28 15%	202 18%	147 16%	55 23%	209 23%	25 18%	30 27%	28 23%	85 24%	42 24%

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Weighted base	2028	176	92	238	179	188	158	107	190	255	260	185	1136	892	243	892	136	111	122	351	172
I don't really understand what depression is and how it effects those who have it																					
Agree	360 18%	31 18%	11 12%	44 18%	36 20%	36 19%	23 14%	18 16%	30 16%	46 18%	52 20%	34 18%	220 19%	176 20%	43 18%	140 16%	18 13%	23 21%	19 15%	61 17%	19 11%
Disagree	1472 73%	127 72%	72 79%	182 76%	128 71%	129 69%	127 81%	77 72%	134 71%	179 70%	180 69%	136 73%	799 70%	619 69%	180 74%	673 75%	105 78%	74 67%	95 78%	269 76%	129 75%
Don't know	196 10%	18 10%	9 10%	12 5%	15 8%	23 12%	7 5%	13 12%	25 13%	31 12%	28 11%	15 8%	117 10%	97 11%	20 8%	79 9%	12 9%	13 12%	9 7%	21 6%	23 14%