



Birmingham City University – A-Level & University Admission Stress – August 2019

Methodology: ComRes interviewed 1004 GB adult university students online between 31 July and 8 August 2019. Data were weighted to be representative of all GB adults by gender, region and social grade. ComRes is a member of the British Polling Council and abides by its rules. Full tables at www.comresglobal.com

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Page: i
Table of Contents

S1. Which of the following best describes your current occupational status?	1
BASE: All respondents	
S2. Which of the following did you complete to attend university?	4
BASE: All respondents	
D1. Do you identify as...?	7
BASE: All respondents	
D2. How old are you?	10
BASE: All respondents	
D3. In which of the following regions do you live?	13
BASE: All respondents	
Q1. To what extent, did you feel stressed or relaxed during the month leading up to your pre-university exams?	17
BASE: All respondents	
Q2. Which of the following words, if any, would you use to describe how you felt during your pre-university exams?	20
BASE: All respondents	
Q3. To what extent did you feel prepared or unprepared for your pre-university exam results day?	23
BASE: All respondents	
Q4. Which of the following, if any, are ways you deal with stress?	26
BASE: All respondents	
Q5. How helpful, or unhelpful, did your usual ways of dealing with stress in coping with taking your pre-university exams?	32
BASE: All respondents who experience stress	
Q6. To what extent are you satisfied or dissatisfied with the level of support available for you to deal with pre-university exam stress?	35
BASE: All respondents	
Q7. What was the main source of external support for you, if any, during your pre-university exams?	38
BASE: All respondents	
Q8. SUMMARY: To what extent did you find each of the following stressful or not stressful?	41
BASE: All respondents	
Q8.1. Pre-university exams: To what extent did you find each of the following stressful or not stressful?	42
BASE: All respondents	
Q8.2. Waiting for results: To what extent did you find each of the following stressful or not stressful?	45
BASE: All respondents	
Q8.3. Results day: To what extent did you find each of the following stressful or not stressful?	48
BASE: All respondents	
Q8.4. Selecting a university: To what extent did you find each of the following stressful or not stressful?	51
BASE: All respondents	
Q8.5. Job-searching: To what extent did you find each of the following stressful or not stressful?	54
BASE: All respondents	
Q8.6. Planning for a future career: To what extent did you find each of the following stressful or not stressful?	57
BASE: All respondents	
Q9. What information, if any, do you wish you had in the run up to Results Day?	60
BASE: All respondents	
Q10. SUMMARY: To what extent do you think it is important or unimportant for university staff to receive mental health training?	63
BASE: All respondents	
Q10.1. University staff: To what extent do you think it is important or unimportant for university staff to receive mental health training?	64
BASE: All respondents	
Q10.2. School/ college staff: To what extent do you think it is important or unimportant for university staff to receive mental health training?	67
BASE: All respondents	

Page: ii
Table of Contents

Q11. On a scale of 0 to 10, where 0 = Not at all dependent and 10 = Entirely dependent, to what extent did you feel that your future depended on your pre-university exam results?	70
BASE: All respondents	
Q12. Who, if anyone, did you feel would have been most disappointed if your pre-university exam results were not as good as you wanted them to be?	76
BASE: All respondents	
Q13. Did you go through clearing to get your university place?	79
BASE: All respondents	

Birmingham City University - Exam Stress - Undergraduates ~ 31st July - 8th August 2019

S1. Which of the following best describes your current occupational status?

BASE: All respondents

Significance Level: 95%

	Gender		Age					
	Total	Male	Female	17-18	19	20	21	22+
		a	b	a	b	c	d	e
Total	1004 100%	487 100%	510 100%	128 100%	296 100%	267 100%	133 100%	167 100%
Employed - full-time	5 *	2 *	3 1%	1 1%	1 *	2 1%	- -	1 1%
Employed - part-time	43 4%	20 4%	23 5%	6 5%	14 5%	15 6%	2 2%	6 4%
Student - school	-	-	-	-	-	-	-	-
Student - university undergraduate	1004 100%	487 100%	510 100%	128 100%	296 100%	267 100%	133 100%	167 100%
Student - university other	-	-	-	-	-	-	-	-
Student - other	-	-	-	-	-	-	-	-
Unemployed	-	-	-	-	-	-	-	-
Other	-	-	-	-	-	-	-	-
Prefer not to say	-	-	-	-	-	-	-	-

Birmingham City University - Exam Stress - Undergraduates ~ 31st July - 8th August 2019

S1. Which of the following best describes your current occupational status?

BASE: All respondents

	Region														Pre-university exams		
	Total	NET: England	Scotland	Northern Ireland	Wales	East Midlands	Eastern	London	North East	North West	South East	South West	West Midlands	Yorkshire & Humberside	A Levels	Advanced Highers	International Baccalaureate
	a	b	*c	d	e	*f	g	h	i	j	k	l	m	a	b	c	
Significance Level: 95%																	
Total	1004 100%	856 100%	72 100%	25 100%	51 100%	82 100%	29 100%	156 100%	42 100%	104 100%	160 100%	74 100%	111 100%	98 100%	889 100%	82 100%	33 100%
Employed - full-time	5 *	4 *	1 1%	- -	- -	1 1%	- -	1 1%	- -	1 1%	1 1%	- -	- -	- -	4 *	1 1%	- -
Employed - part-time	43 4%	33 4%	3 4%	3 12%	4 8%	1 1%	4 14%	1 1%	- -	4 4%	8 5%	1 1%	10 9%	4 4%	42 5%	1 1%	- -
		g		g						g		aeghk					
Student - school	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -
Student - university undergraduate	1004 100%	856 100%	72 100%	25 100%	51 100%	82 100%	29 100%	156 100%	42 100%	104 100%	160 100%	74 100%	111 100%	98 100%	889 100%	82 100%	33 100%
Student - university other	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -
Student - other	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -
Unemployed	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -
Other	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -
Prefer not to say	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -

Birmingham City University - Exam Stress - Undergraduates ~ 31st July - 8th August 2019

S1. Which of the following best describes your current occupational status?

BASE: All respondents

Significance Level: 95%

	Stressed leading up to exams		Prepared for results day		Support for exam stress		Clearing		
	Total	NET: Stressed a	NET: Relaxed b	NET: Prepared a	NET: Unprepared b	NET: Satisfied a	NET: Dissatisfied b	Yes a	No b
Total	1004 100%	826 100%	80 100%	697 100%	281 100%	572 100%	354 100%	152 100%	852 100%
Employed - full-time	5 *	4 *	- -	3 *	2 1%	3 1%	1 *	1 1%	4 *
Employed - part-time	43 4%	39 5%	3 4%	27 4%	14 5%	21 4%	18 5%	6 4%	37 4%
Student - school	-	-	-	-	-	-	-	-	-
Student - university undergraduate	1004 100%	826 100%	80 100%	697 100%	281 100%	572 100%	354 100%	152 100%	852 100%
Student - university other	-	-	-	-	-	-	-	-	-
Student - other	-	-	-	-	-	-	-	-	-
Unemployed	-	-	-	-	-	-	-	-	-
Other	-	-	-	-	-	-	-	-	-
Prefer not to say	-	-	-	-	-	-	-	-	-

Birmingham City University - Exam Stress - Undergraduates ~ 31st July - 8th August 2019

S2. Which of the following did you complete to attend university?

BASE: All respondents

Significance Level: 95%

	Gender		Age					
	Total	Male	Female	17-18	19	20	21	22+
		a	b	a	b	c	d	e
Total	1004 100%	487 100%	510 100%	128 100%	296 100%	267 100%	133 100%	167 100%
A Levels	889 89%	439 90%	443 87%	112 88% e	269 91% e	249 93% e	120 90% e	127 76% e
Advanced Highers	82 8%	32 7%	50 10%	9 7%	23 8%	14 5%	5 4%	30 18% abcd
BTEC qualification	- -	- -	- -	- -	- -	- -	- -	- -
International Baccalaureate	33 3%	16 3%	17 3%	7 5% bc	4 1%	4 1%	8 6% bc	10 6% bc
Other	- -	- -	- -	- -	- -	- -	- -	- -

Birmingham City University - Exam Stress - Undergraduates ~ 31st July - 8th August 2019

S2. Which of the following did you complete to attend university?

BASE: All respondents

	Region														Pre-university exams		
	Total	NET: England	Scotland	Northern Ireland	Wales	East Midlands	Eastern	London	North East	North West	South East	South West	West Midlands	Yorkshire & Humberside	A Levels	Advanced Highers	International Baccalaureate
	a	b	*c	d	e	*f	g	h	i	j	k	l	m	a	b	c	
Significance Level: 95%																	
Total	1004 100%	856 100%	72 100%	25 100%	51 100%	82 100%	29 100%	156 100%	42 100%	104 100%	160 100%	74 100%	111 100%	98 100%	889 100%	82 100%	33 100%
A Levels	889 89%	794 93%	22 31%	24 96%	49 96%	77 94%	29 100%	145 93%	39 93%	97 93%	144 90%	68 92%	105 95%	90 92%	889 100%	- -	- -
		b		b	b		b	b	b	b	b	b	b	b	bc		
Advanced Highers	82 8%	32 4%	48 67%	- -	2 4%	3 4%	- -	5 3%	2 5%	3 3%	6 4%	5 7%	2 2%	6 6%	- -	82 100%	- -
			adeghijklm												ac		
BTEC qualification	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -
International Baccalaureate	33 3%	30 4%	2 3%	1 4%	- -	2 2%	- -	6 4%	1 2%	4 4%	10 6%	1 1%	4 4%	2 2%	- -	- -	33 100%
																	ab
Other	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -

Birmingham City University - Exam Stress - Undergraduates ~ 31st July - 8th August 2019

S2. Which of the following did you complete to attend university?

BASE: All respondents

Significance Level: 95%

	Total	Stressed leading up to exams		Prepared for results day		Support for exam stress		Clearing	
		NET: Stressed	NET: Relaxed	NET: Prepared	NET: Unprepared	NET: Satisfied	NET: Dissatisfied	Yes	No
		a	b	a	b	a	b	a	b
Total	1004 100%	826 100%	80 100%	697 100%	281 100%	572 100%	354 100%	152 100%	852 100%
A Levels	889 89%	741 90% b	65 81%	615 88%	248 88%	504 88%	316 89%	127 84%	762 89% a
Advanced Highers	82 8%	57 7%	12 15% a	60 9%	22 8%	46 8%	30 8%	16 11%	66 8%
BTEC qualification	- -	- -	- -	- -	- -	- -	- -	- -	- -
International Baccalaureate	33 3%	28 3%	3 4%	22 3%	11 4%	22 4%	8 2%	9 6% b	24 3%
Other	- -	- -	- -	- -	- -	- -	- -	- -	- -

Birmingham City University - Exam Stress - Undergraduates ~ 31st July - 8th August 2019

D1. Do you identify as...?

BASE: All respondents

Significance Level: 95%

	Total	Gender		Age				
		Male	Female	17-18	19	20	21	22+
		a	b	a	b	c	d	e
Total	1004	487	510	128	296	267	133	167
	100%	100%	100%	100%	100%	100%	100%	100%
Male	487	487	-	52	151	142	62	75
	49%	100%	-	41%	51%	53%	47%	45%
		b			a	a		
Female	510	-	510	76	143	123	70	90
	51%	-	100%	59%	48%	46%	53%	54%
			a	bc				
Other	5	-	-	-	2	-	1	2
	*	-	-	-	1%	-	1%	1%
Prefer not to say	2	-	-	-	-	2	-	-
	*	-	-	-	-	1%	-	-

Birmingham City University - Exam Stress - Undergraduates ~ 31st July - 8th August 2019

D1. Do you identify as...?

BASE: All respondents

Significance Level: 95%

	Region														Pre-university exams		
	NET: England	Scotland	Northern Ireland	Wales	East Midlands	Eastern	London	North East	North West	South East	South West	West Midlands	Yorkshire & Humberside	A Levels	Advanced Highers	International Baccalaureate	
Total	a	b	*c	d	e	*f	g	h	i	j	k	l	m	a	b	c	
Total	1004	856	72	25	51	82	29	156	42	104	160	74	111	98	889	82	33
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Male	487	412	36	13	26	43	16	86	24	48	70	33	49	439	32	16	
	49%	48%	50%	52%	51%	52%	55%	55%	57%	46%	44%	45%	44%	49%	39%	48%	
Female	510	438	35	12	25	37	11	69	18	56	90	40	62	443	50	17	
	51%	51%	49%	48%	49%	45%	38%	44%	43%	54%	56%	54%	56%	50%	61%	52%	
Other	5	4	1	-	-	1	2	1	-	-	-	-	-	5	-	-	
	*	*	1%	-	-	1%	7%	1%	-	-	-	-	-	1%	-	-	
Prefer not to say	2	2	-	-	-	1	-	-	-	-	-	1	-	2	-	-	
	*	*	-	-	-	1%	-	-	-	-	-	1%	-	*	-	-	

Birmingham City University - Exam Stress - Undergraduates ~ 31st July - 8th August 2019

D1. Do you identify as...?

BASE: All respondents

Significance Level: 95%

	Total	Stressed leading up to exams		Prepared for results day		Support for exam stress		Clearing	
		NET: Stressed	NET: Relaxed	NET: Prepared	NET: Unprepared	NET: Satisfied	NET: Dissatisfied	Yes	No
		a	b	a	b	a	b	a	b
Total	1004 100%	826 100%	80 100%	697 100%	281 100%	572 100%	354 100%	152 100%	852 100%
Male	487 49%	361 44%	61 76% a	351 50% b	122 43%	295 52% b	145 41%	83 55%	404 47%
Female	510 51%	461 56% b	17 21%	340 49%	159 57% a	274 48%	206 58% a	69 45%	441 52%
Other	5 *	3 *	2 3% a	5 1%	- -	3 1%	2 1%	- -	5 1%
Prefer not to say	2 *	1 *	- -	1 *	- -	- -	1 *	- -	2 *

Birmingham City University - Exam Stress - Undergraduates ~ 31st July - 8th August 2019

D2. How old are you?

BASE: All respondents

Significance Level: 95%

	Gender		Age					
	Total	Male	Female	17-18	19	20	21	22+
		a	b	a	b	c	d	e
Total	1004 100%	487 100%	510 100%	128 100%	296 100%	267 100%	133 100%	167 100%
17	1 *	1 *	- -	1 1%	- -	- -	- -	- -
18	127 13%	51 10%	76 15% a	127 99% bcde	- -	- -	- -	- -
19	296 29%	151 31%	143 28%	- -	296 100% acde	- -	- -	- -
20	267 27%	142 29%	123 24%	- -	- -	267 100% abde	- -	- -
21	133 13%	62 13%	70 14%	- -	- -	- -	133 100% abce	- -
22+	167 17%	75 15%	90 18%	- -	- -	- -	- -	167 100% abcd
Prefer not to say	13 1%	5 1%	8 2%	- -	- -	- -	- -	- -
Base for stats	991	482	502	128	296	267	133	167
Mean Score	20.55	20.54	20.54	17.99	19.00	20.00	21.00	25.80 a
Standard Deviation	3.480	3.840	3.065	.088	-	-	-	5.877
Standard Error	.111	.175	.137	.008	-	-	-	.455
Error variance	.01	.03	.02	*	-	-	-	.21

Birmingham City University - Exam Stress - Undergraduates ~ 31st July - 8th August 2019

D2. How old are you?

BASE: All respondents

Significance Level: 95%

	Region														Pre-university exams		
	Total	NET: England	Scotland	Northern Ireland	Wales	East Midlands	Eastern	London	North East	North West	South East	South West	West Midlands	Yorkshire & Humberside	A Levels	Advanced Highers	International Baccalaureate
	a	b	*c	d	e	*f	g	h	i	j	k	l	m	a	b	c	
Total	1004 100%	856 100%	72 100%	25 100%	51 100%	82 100%	29 100%	156 100%	42 100%	104 100%	160 100%	74 100%	111 100%	98 100%	889 100%	82 100%	33 100%
17	1 *	1 *	- -	- -	- -	- -	- -	1 1%	- -	- -	- -	- -	- -	- -	1 *	- -	- -
18	127 13%	109 13%	8 11%	1 4%	9 18%	11 13%	1 3%	12 8%	6 14%	19 18%	16 10%	8 11%	22 20%	14 14%	111 12%	9 11%	7 21%
19	296 29%	240 28%	21 29%	15 60%	20 39%	33 40%	4 14%	47 30%	11 26%	27 26%	43 27%	24 32%	28 25%	23 23%	269 30%	23 28%	4 12%
20	267 27%	243 28%	12 17%	5 20%	7 14%	21 26%	14 48%	42 27%	17 40%	26 25%	45 28%	19 26%	28 25%	31 32%	249 28%	14 17%	4 12%
21	133 13%	113 13%	10 14%	2 8%	8 16%	8 10%	4 14%	21 13%	4 10%	12 12%	33 21%	12 16%	14 13%	5 5%	120 13%	5 6%	8 24%
22+	167 17%	137 16%	21 29%	2 8%	7 14%	7 9%	5 17%	33 21%	4 10%	20 19%	19 12%	10 14%	18 16%	21 21%	127 14%	30 37%	10 30%
Prefer not to say	13 1%	13 2%	- -	- -	- -	2 2%	1 3%	- -	- -	- -	4 3%	1 1%	1 1%	4 4%	12 1%	1 1%	- -
Base for stats	991	843	72	25	51	80	28	156	42	104	156	73	110	94	877	81	33
Mean Score	20.55	20.46	21.67	21.36	20.16	19.85	20.71	20.64	20.55	20.29	20.28	20.30	20.33	21.32	20.36	22.28	21.42
Standard Deviation	3.480	3.170	4.348	8.465	2.611	2.057	2.070	2.792	4.318	2.765	2.115	2.696	3.260	5.448	3.214	5.180	3.913
Standard Error	.111	.109	.512	1.693	.366	.230	.391	.224	.666	.271	.169	.316	.311	.562	.109	.576	.681
Error variance	.01	.01	.26	2.87	.13	.05	.15	.05	.44	.07	.03	.10	.10	.32	.01	.33	.46

Birmingham City University - Exam Stress - Undergraduates ~ 31st July - 8th August 2019

D2. How old are you?

BASE: All respondents

Significance Level: 95%

	Total	Stressed leading up to exams		Prepared for results day		Support for exam stress		Clearing	
		NET: Stressed	NET: Relaxed	NET: Prepared	NET: Unprepared	NET: Satisfied	NET: Dissatisfied	Yes	No
		a	b	a	b	a	b	a	b
Total	1004 100%	826 100%	80 100%	697 100%	281 100%	572 100%	354 100%	152 100%	852 100%
17	1 *	1 *	- -	1 *	- -	1 *	- -	- -	1 *
18	127 13%	108 13%	7 9%	85 12%	35 12%	86 15% b	34 10%	16 11%	111 13%
19	296 29%	247 30%	26 33%	209 30%	82 29%	168 29%	108 31%	45 30%	251 29%
20	267 27%	216 26%	22 28%	197 28%	64 23%	139 24%	100 28%	38 25%	229 27%
21	133 13%	113 14%	8 10%	82 12%	48 17% a	67 12%	56 16%	21 14%	112 13%
22+	167 17%	133 16%	16 20%	113 16%	50 18%	101 18%	55 16%	30 20%	137 16%
Prefer not to say	13 1%	8 1%	1 1%	10 1%	2 1%	10 2% b	1 *	2 1%	11 1%
Base for stats	991	818	79	687	279	562	353	150	841
Mean Score	20.55	20.53	20.66	20.57	20.52	20.68	20.36	20.57	20.55
Standard Deviation	3.480	3.565	3.125	3.545	3.345	4.056	2.463	2.755	3.595
Standard Error	.111	.125	.352	.135	.200	.171	.131	.225	.124
Error variance	.01	.02	.12	.02	.04	.03	.02	.05	.02

Birmingham City University - Exam Stress - Undergraduates ~ 31st July - 8th August 2019

D3. In which of the following regions do you live?

BASE: All respondents

Significance Level: 95%

	Gender			Age				
	Total	Male	Female	17-18	19	20	21	22+
		a	b	a	b	c	d	e
Total	1004 100%	487 100%	510 100%	128 100%	296 100%	267 100%	133 100%	167 100%
Scotland	72 7%	36 7%	35 7%	8 6%	21 7%	12 4%	10 8%	21 13% bc
North East	42 4%	24 5%	18 4%	6 5%	11 4%	17 6%	4 3%	4 2%
North West	104 10%	48 10%	56 11%	19 15%	27 9%	26 10%	12 9%	20 12%
Yorkshire & Humberside	98 10%	43 9%	55 11%	14 11% d	23 8%	31 12% d	5 4%	21 13% d
West Midlands	111 11%	49 10%	62 12%	22 17% b	28 9%	28 10%	14 11%	18 11%
East Midlands	82 8%	43 9%	37 7%	11 9%	33 11% e	21 8%	8 6%	7 4%
Wales	51 5%	26 5%	25 5%	9 7% c	20 7% c	7 3%	8 6%	7 4%
Eastern	29 3%	16 3%	11 2%	1 1%	4 1%	14 5% ab	4 3%	5 3%
London	156 16%	86 18%	69 14%	13 10%	47 16%	42 16%	21 16%	33 20% a
South East	160 16%	70 14%	90 18%	16 13%	43 15%	45 17%	33 25% abe	19 11%
South West	74 7%	33 7%	40 8%	8 6%	24 8%	19 7%	12 9%	10 6%
Northern Ireland	25 2%	13 3%	12 2%	1 1%	15 5% ace	5 2%	2 2%	2 1%
Outside UK	- -	- -	- -	- -	- -	- -	- -	- -

Birmingham City University - Exam Stress - Undergraduates ~ 31st July - 8th August 2019

D3. In which of the following regions do you live?

BASE: All respondents

Significance Level: 95%

	Region														Pre-university exams												
	Total	NET: England	Scotland	Northern Ireland	Wales	East Midlands	Eastern	London	North East	North West	South East	South West	West Midlands	Yorkshire & Humberside	A Levels	Advanced Highers	International Baccalaureate										
		a	b	*c	d	e	*f	g	h	i	j	k	l	m	a	b	c										
Total	1004 100%	856 100%	72 100%	25 100%	51 100%	82 100%	29 100%	156 100%	42 100%	104 100%	160 100%	74 100%	111 100%	98 100%	889 100%	82 100%	33 100%										
Scotland	72 7%	- -	72 100%	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	22 2%	48 59%	2 6%										
			adehijklm																								
North East	42 4%	42 5%	- -	- -	- -	- -	- -	- -	42 100%	- -	- -	- -	- -	- -	39 4%	2 2%	1 3%										
		egijlm		abdegijklm																							
North West	104 10%	104 12%	- -	- -	- -	- -	- -	- -	- -	104 100%	- -	- -	- -	- -	97 11%	3 4%	4 12%										
		bdeghijklm		abdeghijklm																							
Yorkshire & Humberside	98 10%	98 11%	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	98 100%	90 10%	6 7%	2 6%										
		bdeghijkl		abdeghijkl																							
West Midlands	111 11%	111 13%	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	111 100%	- -	105 12%	2 2%	4 12%										
		bdeghijklm		abdeghijklm																							
East Midlands	82 8%	82 10%	- -	- -	- -	82 100%	- -	- -	- -	- -	- -	- -	- -	- -	77 9%	3 4%	2 6%										
		bdghijklm		abdghijklm																							
Wales	51 5%	- -	- -	- -	51 100%	- -	- -	- -	- -	- -	- -	- -	- -	- -	49 6%	2 2%	- -										
				abeghijklm																							
Eastern	29 3%	29 3%	- -	- -	- -	- -	29 100%	- -	- -	- -	- -	- -	- -	- -	29 3%	- -	- -										
		gjl																									
London	156 16%	156 18%	- -	- -	- -	- -	- -	156 100%	- -	- -	- -	- -	- -	- -	145 16%	5 6%	6 18%										
		bdehijklm		abdehijklm																							
South East	160 16%	160 19%	- -	- -	- -	- -	- -	- -	- -	- -	160 100%	- -	- -	- -	144 16%	6 7%	10 30%										
		bdeghiklm		abdeghiklm																							
South West	74 7%	74 9%	- -	- -	- -	- -	- -	- -	- -	- -	- -	74 100%	- -	- -	68 8%	5 6%	1 3%										
		bdeghijlm		abdeghijlm																							

Birmingham City University - Exam Stress - Undergraduates ~ 31st July - 8th August 2019

D3. In which of the following regions do you live?

BASE: All respondents

Significance Level: 95%

	Region														Pre-university exams		
	Total	NET: England	Scotland	Northern Ireland	Wales	East Midlands	Eastern	London	North East	North West	South East	South West	West Midlands	Yorkshire & Humberside	A Levels	Advanced Highers	International Baccalaureate
	a	b	*c	d	e	*f	g	h	i	j	k	l	m	a	b	c	
Total	1004	856	72	25	51	82	29	156	42	104	160	74	111	98	889	82	33
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Northern Ireland	25	-	-	25	-	-	-	-	-	-	-	-	-	-	24	-	1
	2%	-	-	100%	-	-	-	-	-	-	-	-	-	-	3%	-	3%
Outside UK	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-

Birmingham City University - Exam Stress - Undergraduates ~ 31st July - 8th August 2019

D3. In which of the following regions do you live?

BASE: All respondents

Significance Level: 95%

	Total	Stressed leading up to exams		Prepared for results day		Support for exam stress		Clearing	
		NET: Stressed	NET: Relaxed	NET: Prepared	NET: Unprepared	NET: Satisfied	NET: Dissatisfied	Yes	No
		a	b	a	b	a	b	a	b
Total	1004 100%	826 100%	80 100%	697 100%	281 100%	572 100%	354 100%	152 100%	852 100%
Scotland	72 7%	56 7%	8 10%	53 8%	18 6%	39 7%	27 8%	5 3%	67 8% a
North East	42 4%	37 4%	2 3%	29 4%	12 4%	21 4%	19 5%	7 5%	35 4%
North West	104 10%	91 11%	7 9%	64 9%	36 13%	55 10%	41 12%	19 13%	85 10%
Yorkshire & Humberside	98 10%	84 10%	4 5%	70 10%	25 9%	53 9%	35 10%	12 8%	86 10%
West Midlands	111 11%	94 11%	10 13%	79 11%	31 11%	60 10%	43 12%	18 12%	93 11%
East Midlands	82 8%	61 7%	8 10%	65 9% b	13 5%	46 8%	29 8%	13 9%	69 8%
Wales	51 5%	43 5%	3 4%	27 4%	22 8% a	30 5%	16 5%	6 4%	45 5%
Eastern	29 3%	21 3%	6 8% a	21 3%	8 3%	14 2%	11 3%	1 1%	28 3%
London	156 16%	130 16%	12 15%	110 16%	43 15%	97 17%	48 14%	36 24% b	120 14%
South East	160 16%	133 16%	10 13%	118 17%	40 14%	97 17%	53 15%	23 15%	137 16%
South West	74 7%	54 7%	9 11%	43 6%	28 10% a	44 8%	25 7%	9 6%	65 8%
Northern Ireland	25 2%	22 3%	1 1%	18 3%	5 2%	16 3%	7 2%	3 2%	22 3%
Outside UK	- -	- -	- -	- -	- -	- -	- -	- -	- -

Birmingham City University - Exam Stress - Undergraduates ~ 31st July - 8th August 2019

Q1. To what extent, did you feel stressed or relaxed during the month leading up to your pre-university exams?

BASE: All respondents

		Gender		Age					
		Total	Male	Female	17-18	19	20	21	22+
			a	b	a	b	c	d	e
Significance Level: 95%									
Total		1004	487	510	128	296	267	133	167
		100%	100%	100%	100%	100%	100%	100%	100%
Very stressed	(1.0)	388	114	272	41	125	112	51	53
		39%	23%	53%	32%	42%	42%	38%	32%
			a	a		ae	e		
Fairly stressed	(2.0)	438	247	189	68	122	104	62	80
		44%	51%	37%	53%	41%	39%	47%	48%
			b	b	bc				
Neither stressed nor relaxed	(3.0)	92	64	28	11	23	27	11	16
		9%	13%	5%	9%	8%	10%	8%	10%
			b						
Fairly relaxed	(4.0)	64	46	16	6	19	19	6	13
		6%	9%	3%	5%	6%	7%	5%	8%
			b						
Very relaxed	(5.0)	16	15	1	1	7	3	2	3
		2%	3%	*	1%	2%	1%	2%	2%
			b						
Don't know		6	1	4	1	-	2	1	2
		1%	*	1%	1%	-	1%	1%	1%
NET: Stressed		826	361	461	109	247	216	113	133
		82%	74%	90%	85%	83%	81%	85%	80%
				a					
NET: Relaxed		80	61	17	7	26	22	8	16
		8%	13%	3%	5%	9%	8%	6%	10%
			b						
Base for stats		998	486	506	127	296	265	132	165
Mean Score		1.88	2.18	1.59	1.88	1.85	1.86	1.83	1.99
			b						
Standard Deviation		.932	.996	.753	.813	.976	.947	.875	.950
Standard Error		.029	.045	.033	.072	.057	.058	.076	.074
Error variance		*	*	*	.01	*	*	.01	.01

Birmingham City University - Exam Stress - Undergraduates ~ 31st July - 8th August 2019

Q1. To what extent, did you feel stressed or relaxed during the month leading up to your pre-university exams?

BASE: All respondents

	Total	Region													Pre-university exams		
		NET: England	Scotland	Northern Ireland	Wales	East Midlands	Eastern	London	North East	North West	South East	South West	West Midlands	Yorkshire & Humberside	A Levels	Advanced Highers	International Baccalaureate
		a	b	*c	d	e	*f	g	h	i	j	k	l	m	a	b	c
Significance Level: 95%																	
Total	1004 100%	856 100%	72 100%	25 100%	51 100%	82 100%	29 100%	156 100%	42 100%	104 100%	160 100%	74 100%	111 100%	98 100%	889 100%	82 100%	33 100%
Very stressed (1.0)	388 39%	336 39%	21 29%	9 36%	22 43%	32 39%	9 31%	55 35%	19 45%	46 44%	66 41%	29 39%	45 41%	35 36%	358 40%	21 26%	9 27%
Fairly stressed (2.0)	438 44%	369 43%	35 49%	13 52%	21 41%	29 35%	12 41%	75 48%	18 43%	45 43%	67 42%	25 34%	49 44%	49 50%	383 43%	36 44%	19 58%
Neither stressed nor relaxed (3.0)	92 9%	77 9%	8 11%	2 8%	5 10%	13 16%	2 7%	12 8%	3 7%	6 6%	16 10%	9 12%	7 6%	9 9%	78 9%	12 15%	2 6%
Fairly relaxed (4.0)	64 6%	53 6%	7 10%	1 4%	3 6%	7 9%	5 17%	8 5%	1 2%	6 6%	5 3%	8 11%	9 8%	4 4%	52 6%	11 13%	1 3%
Very relaxed (5.0)	16 2%	15 2%	1 1%	- -	- -	1 1%	1 3%	4 3%	1 2%	1 1%	5 3%	1 1%	1 1%	- -	13 1%	1 1%	2 6%
Don't know	6 1%	6 1%	- -	- -	- -	- -	- -	2 1%	- -	- -	1 1%	2 3%	- -	1 1%	5 1%	1 1%	- -
NET: Stressed	826 82%	705 82%	56 78%	22 88%	43 84%	61 74%	21 72%	130 83%	37 88%	91 88%	133 83%	54 73%	94 85%	84 86%	741 83%	57 70%	28 85%
NET: Relaxed	80 8%	68 8%	8 11%	1 4%	3 6%	8 10%	6 21%	12 8%	2 5%	7 7%	10 6%	9 12%	10 9%	4 4%	65 7%	12 15%	3 9%
Base for stats	998	850	72	25	51	82	29	154	42	104	159	72	111	97	884	81	33
Mean Score	1.88	1.87	2.06 i	1.80	1.78	1.98	2.21	1.90	1.74	1.76	1.84	1.99	1.85	1.81	1.85	2.20 a	2.03
Standard Deviation	.932	.938	.963	.764	.856	1.006	1.177	.934	.885	.876	.952	1.055	.926	.768	.915	1.018	1.015
Standard Error	.029	.032	.113	.153	.120	.111	.218	.075	.137	.086	.075	.124	.088	.078	.031	.113	.177
Error variance	*	*	.01	.02	.01	.01	.05	.01	.02	.01	.01	.02	.01	.01	*	.01	.03

Birmingham City University - Exam Stress - Undergraduates ~ 31st July - 8th August 2019

Q1. To what extent, did you feel stressed or relaxed during the month leading up to your pre-university exams?

BASE: All respondents

	Total	Stressed leading up to exams		Prepared for results day		Support for exam stress		Clearing	
		NET: Stressed	NET: Relaxed	NET: Prepared	NET: Unprepared	NET: Satisfied	NET: Dissatisfied	Yes	No
		a	b	a	b	a	b	a	b
Significance Level: 95%									
Total	1004 100%	826 100%	80 100%	697 100%	281 100%	572 100%	354 100%	152 100%	852 100%
Very stressed (1.0)	388 39%	388 47%	- -	238 34%	139 49%	157 27%	213 60%	61 40%	327 38%
Fairly stressed (2.0)	438 44%	438 53%	- -	324 46%	107 38%	289 51%	115 32%	65 43%	373 44%
Neither stressed nor relaxed (3.0)	92 9%	- -	- -	76 11%	14 5%	70 12%	11 3%	14 9%	78 9%
Fairly relaxed (4.0)	64 6%	- -	64 80%	49 7%	13 5%	43 8%	10 3%	4 3%	60 7%
Very relaxed (5.0)	16 2%	- -	16 20%	10 1%	6 2%	11 2%	4 1%	8 5%	8 1%
Don't know	6 1%	- -	- -	- -	2 1%	2 *	1 *	- -	6 1%
NET: Stressed	826 82%	826 100%	- -	562 81%	246 88%	446 78%	328 93%	126 83%	700 82%
NET: Relaxed	80 8%	- -	80 100%	59 8%	19 7%	54 9%	14 4%	12 8%	68 8%
Base for stats	998	826	80	697	279	570	353	152	846
Mean Score	1.88	1.53	4.20	1.95	1.71	2.06	1.52	1.90	1.88
Standard Deviation	.932	.499	.403	.927	.920	.934	.787	1.034	.913
Standard Error	.029	.017	.045	.035	.055	.039	.042	.084	.031
Error variance	*	*	*	*	*	*	*	.01	*

Birmingham City University - Exam Stress - Undergraduates ~ 31st July - 8th August 2019

Q2. Which of the following words, if any, would you use to describe how you felt during your pre-university exams?

BASE: All respondents

Significance Level: 95%

	Gender		Age					
	Total	Male	Female	17-18	19	20	21	22+
		a	b	a	b	c	d	e
Total	1004 100%	487 100%	510 100%	128 100%	296 100%	267 100%	133 100%	167 100%
Nervous	717 71%	306 63%	408 80% a	97 76%	213 72%	187 70%	97 73%	114 68%
Scared	360 36%	112 23%	247 48% a	50 39%	107 36%	93 35%	49 37%	58 35%
Fearful	339 34%	113 23%	223 44% a	46 36%	104 35%	82 31%	46 35%	58 35%
Pessimistic	239 24%	89 18%	149 29% a	23 18%	74 25%	65 24%	38 29% a	37 22%
Optimistic	236 24%	146 30% b	90 18%	33 26%	72 24%	56 21%	34 26%	37 22%
Excited	123 12%	67 14%	56 11%	18 14%	43 15%	29 11%	15 11%	18 11%
Neutral	114 11%	77 16% b	35 7%	20 16%	27 9%	39 15% b	11 8%	17 10%
Comfortable	80 8%	60 12% b	19 4%	7 5%	22 7%	26 10%	9 7%	15 9%
Happy	35 3%	26 5% b	9 2%	3 2%	11 4%	7 3%	5 4%	8 5%
Other	29 3%	12 2%	16 3%	4 3%	10 3%	6 2%	6 5%	3 2%
None of the above	7 1%	5 1%	1 * b	1 1%	- -	2 1%	2 2% b	1 1%
NET: Positive	361 36%	215 44% b	145 28%	50 39%	111 38%	90 34%	47 35%	59 35%
NET: Negative	823 82%	352 72%	467 92% a	109 85%	251 85%	211 79%	107 80%	134 80%

Birmingham City University - Exam Stress - Undergraduates ~ 31st July - 8th August 2019

Q2. Which of the following words, if any, would you use to describe how you felt during your pre-university exams?

BASE: All respondents

	Region														Pre-university exams		
	Total	NET: England	Scotland	Northern Ireland	Wales	East Midlands	Eastern	London	North East	North West	South East	South West	West Midlands	Yorkshire & Humberside	A Levels	Advanced Highers	International Baccalaureate
	a	b	*c	d	e	*f	g	h	i	j	k	l	m	a	b	c	
Significance Level: 95%																	
Total	1004 100%	856 100%	72 100%	25 100%	51 100%	82 100%	29 100%	156 100%	42 100%	104 100%	160 100%	74 100%	111 100%	98 100%	889 100%	82 100%	33 100%
Nervous	717 71%	609 71%	55 76%	19 76%	34 67%	55 67%	14 48%	112 72%	31 74%	78 75%	120 75%	46 62%	82 74%	71 72%	638 72%	56 68%	23 70%
Scared	360 36%	309 36%	22 31%	9 36%	20 39%	32 39%	10 34%	55 35%	11 26%	43 41%	54 34%	23 31%	43 39%	38 39%	330 37%	22 27%	8 24%
Fearful	339 34%	292 34%	24 33%	5 20%	18 35%	20 24%	7 24%	51 33%	16 38%	43 41%	62 39%	18 24%	43 39%	32 33%	305 34%	22 27%	12 36%
Pessimistic	239 24%	201 23%	18 25%	4 16%	16 31%	16 20%	4 14%	32 21%	11 26%	28 27%	39 24%	16 22%	31 28%	24 24%	213 24%	18 22%	8 24%
Optimistic	236 24%	196 23%	20 28%	9 36%	11 22%	23 28%	5 17%	36 23%	11 26%	19 18%	37 23%	21 28%	18 16%	26 27%	203 23%	24 29%	9 27%
Excited	123 12%	105 12%	10 14%	3 12%	5 10%	15 18%	3 10%	28 18%	5 12%	8 8%	20 13%	7 9%	9 8%	10 10%	104 12%	14 17%	5 15%
Neutral	114 11%	99 12%	6 8%	3 12%	6 12%	13 16%	7 24%	20 13%	5 12%	7 7%	14 9%	11 15%	6 5%	16 16%	101 11%	11 13%	2 6%
Comfortable	80 8%	69 8%	6 8%	1 4%	4 8%	9 11%	8 28%	13 8%	1 2%	5 5%	12 8%	8 11%	7 6%	6 6%	69 8%	8 10%	3 9%
Happy	35 3%	31 4%	2 3%	- -	2 4%	2 2%	1 3%	6 4%	1 2%	7 7%	7 4%	2 3%	3 3%	2 2%	28 3%	5 6%	2 6%
Other	29 3%	25 3%	2 3%	- -	2 4%	3 4%	2 7%	5 3%	1 2%	4 4%	4 3%	2 3%	1 1%	3 3%	25 3%	2 2%	2 6%
None of the above	7 1%	5 1%	2 3%	- -	- -	- -	- -	- -	- -	1 1%	1 1%	1 1%	1 1%	1 1%	7 1%	- -	- -
NET: Positive	361 36%	306 36%	28 39%	10 40%	17 33%	36 44%	12 41%	59 38%	12 29%	31 30%	58 36%	27 36%	32 29%	39 40%	309 35%	36 44%	16 48%
NET: Negative	823 82%	701 82%	59 82%	22 88%	41 80%	64 78%	18 62%	128 82%	35 83%	89 86%	138 86%	56 76%	93 84%	80 82%	734 83%	64 78%	25 76%



Birmingham City University - Exam Stress - Undergraduates ~ 31st July - 8th August 2019

Q2. Which of the following words, if any, would you use to describe how you felt during your pre-university exams?

BASE: All respondents

Significance Level: 95%

	Stressed leading up to exams		Prepared for results day		Support for exam stress		Clearing		
	Total	NET: Stressed	NET: Relaxed	NET: Prepared	NET: Unprepared	NET: Satisfied	NET: Dissatisfied	Yes	No
		a	b	a	b	a	b	a	b
Total	1004	826	80	697	281	572	354	152	852
	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nervous	717	655	22	502	199	393	273	97	620
	71%	79%	28%	72%	71%	69%	77%	64%	73%
		b					a		a
Scared	360	346	5	229	121	166	174	58	302
	36%	42%	6%	33%	43%	29%	49%	38%	35%
		b			a		a		
Fearful	339	327	3	197	131	146	174	48	291
	34%	40%	4%	28%	47%	26%	49%	32%	34%
		b			a		a		
Pessimistic	239	232	2	130	103	97	132	25	214
	24%	28%	3%	19%	37%	17%	37%	16%	25%
		b			a		a		a
Optimistic	236	164	31	200	36	169	54	39	197
	24%	20%	39%	29%	13%	30%	15%	26%	23%
		a		b		b			
Excited	123	100	14	93	29	82	32	29	94
	12%	12%	18%	13%	10%	14%	9%	19%	11%
						b		b	
Neutral	114	61	20	83	25	68	32	10	104
	11%	7%	25%	12%	9%	12%	9%	7%	12%
			a						a
Comfortable	80	23	33	64	15	53	16	15	65
	8%	3%	41%	9%	5%	9%	5%	10%	8%
			a	b		b			
Happy	35	25	7	23	11	25	7	9	26
	3%	3%	9%	3%	4%	4%	2%	6%	3%
			a						
Other	29	26	2	15	13	9	19	1	28
	3%	3%	3%	2%	5%	2%	5%	1%	3%
					a		a		
None of the above	7	3	1	2	-	3	-	-	7
	1%	*	1%	*	-	1%	-	-	1%
NET: Positive	361	251	55	288	70	250	84	70	291
	36%	30%	69%	41%	25%	44%	24%	46%	34%
			a	b		b		b	
NET: Negative	823	747	27	559	245	448	319	115	708
	82%	90%	34%	80%	87%	78%	90%	76%	83%
		b			a		a		a

Birmingham City University - Exam Stress - Undergraduates ~ 31st July - 8th August 2019

Q3. To what extent did you feel prepared or unprepared for your pre-university exam results day?

BASE: All respondents

	Significance Level: 95%	Gender		Age					
		Total	Male	Female	17-18	19	20	21	22+
			a	b	a	b	c	d	e
Total		1004	487	510	128	296	267	133	167
		100%	100%	100%	100%	100%	100%	100%	100%
Very unprepared	(1.0)	74	26	48	9	19	13	19	13
		7%	5%	9%	7%	6%	5%	14%	8%
				a			bc		
Fairly unprepared	(2.0)	207	96	111	26	63	51	29	37
		21%	20%	22%	20%	21%	19%	22%	22%
Fairly prepared	(3.0)	552	263	284	68	156	160	66	94
		55%	54%	56%	53%	53%	60%	50%	56%
Very prepared	(4.0)	145	88	56	18	53	37	16	19
		14%	18%	11%	14%	18%	14%	12%	11%
			b						
Don't know		26	14	11	7	5	6	3	4
		3%	3%	2%	5%	2%	2%	2%	2%
					b				
NET: Prepared		697	351	340	86	209	197	82	113
		69%	72%	67%	67%	71%	74%	62%	68%
							d		
NET: Unprepared		281	122	159	35	82	64	48	50
		28%	25%	31%	27%	28%	24%	36%	30%
				a			c		
Base for stats		978	473	499	121	291	261	130	163
Mean Score		2.79	2.87	2.70	2.79	2.84	2.85	2.61	2.73
			b			d	d		
Standard Deviation		.786	.771	.793	.787	.797	.718	.885	.770
Standard Error		.025	.035	.036	.072	.047	.044	.078	.060
Error variance		*	*	*	.01	*	*	.01	*

Birmingham City University - Exam Stress - Undergraduates ~ 31st July - 8th August 2019

Q3. To what extent did you feel prepared or unprepared for your pre-university exam results day?

BASE: All respondents

	Total	Region													Pre-university exams		
		NET: England	Scotland	Northern Ireland	Wales	East Midlands	Eastern	London	North East	North West	South East	South West	West Midlands	Yorkshire & Humberside	A Levels	Advanced Highers	International Baccalaureate
		a	b	*c	d	e	*f	g	h	i	j	k	l	m	a	b	c
Significance Level: 95%																	
Total	1004 100%	856 100%	72 100%	25 100%	51 100%	82 100%	29 100%	156 100%	42 100%	104 100%	160 100%	74 100%	111 100%	98 100%	889 100%	82 100%	33 100%
Very unprepared (1.0)	74 7%	61 7%	6 8%	1 4%	6 12%	4 5%	3 10%	9 6%	5 12%	11 11%	9 6%	10 14%	4 4%	6 6%	66 7%	6 7%	2 6%
Fairly unprepared (2.0)	207 21%	175 20%	12 17%	4 16%	16 31%	9 11%	5 17%	34 22%	7 17%	25 24%	31 19%	18 24%	27 24%	19 19%	182 20%	16 20%	9 27%
Fairly prepared (3.0)	552 55%	483 56%	39 54%	12 48%	18 35%	50 61%	18 62%	85 54%	23 55%	53 51%	92 58%	33 45%	68 61%	61 62%	487 55%	45 55%	20 61%
Very prepared (4.0)	145 14%	116 14%	14 19%	6 24%	9 18%	15 18%	3 10%	25 16%	6 14%	11 11%	26 16%	10 14%	11 10%	9 9%	128 14%	15 18%	2 6%
Don't know	26 3%	21 2%	1 1%	2 8%	2 4%	4 5%	- -	3 2%	1 2%	4 4%	2 1%	3 4%	1 1%	3 3%	26 3%	- -	- -
NET: Prepared	697 69%	599 70%	53 74%	18 72%	27 53%	65 79%	21 72%	110 71%	29 69%	64 62%	118 74%	43 58%	79 71%	70 71%	615 69%	60 73%	22 67%
NET: Unprepared	281 28%	236 28%	18 25%	5 20%	22 43%	13 16%	8 28%	43 28%	12 29%	36 35%	40 25%	28 38%	31 28%	25 26%	248 28%	22 27%	11 33%
Base for stats	978	835	71	23	49	78	29	153	41	100	158	71	110	95	863	82	33
Mean Score	2.79	2.78	2.86	3.00	2.61	2.97	2.72	2.82	2.73	2.64	2.85	2.61	2.78	2.77	2.78	2.84	2.67
Standard Deviation	.786	.771	.833	.798	.931	.720	.797	.770	.867	.823	.756	.902	.669	.706	.787	.808	.692
Standard Error	.025	.027	.099	.166	.133	.082	.148	.062	.135	.082	.060	.107	.064	.072	.027	.089	.120
Error variance	*	*	.01	.03	.02	.01	.02	*	.02	.01	*	.01	*	.01	*	.01	.01

Birmingham City University - Exam Stress - Undergraduates ~ 31st July - 8th August 2019

Q3. To what extent did you feel prepared or unprepared for your pre-university exam results day?

BASE: All respondents

	Total	Stressed leading up to exams		Prepared for results day		Support for exam stress		Clearing	
		NET: Stressed	NET: Relaxed	NET: Prepared	NET: Unprepared	NET: Satisfied	NET: Dissatisfied	Yes	No
		a	b	a	b	a	b	a	b
Significance Level: 95%									
Total	1004 100%	826 100%	80 100%	697 100%	281 100%	572 100%	354 100%	152 100%	852 100%
Very unprepared (1.0)	74 7%	68 8%	5 6%	- -	74 26% a	18 3%	54 15% a	12 8%	62 7%
Fairly unprepared (2.0)	207 21%	178 22%	14 18%	- -	207 74% a	94 16%	97 27% a	41 27% b	166 19%
Fairly prepared (3.0)	552 55%	460 56%	41 51%	552 79% b	- -	340 59% b	171 48%	75 49%	477 56%
Very prepared (4.0)	145 14%	102 12%	18 23% a	145 21% b	- -	113 20% b	22 6%	21 14%	124 15%
Don't know	26 3%	18 2%	2 3%	- -	- -	7 1%	10 3%	3 2%	23 3%
NET: Prepared	697 69%	562 68%	59 74%	697 100% b	- -	453 79% b	193 55%	96 63%	601 71%
NET: Unprepared	281 28%	246 30%	19 24%	- -	281 100% a	112 20%	151 43% a	53 35% b	228 27%
Base for stats	978	808	78	697	281	565	344	149	829
Mean Score	2.79	2.74	2.92 a	3.21 b	1.74	2.97 b	2.47	2.70	2.80
Standard Deviation	.786	.784	.818 a	.406 b	.441	.703 b	.832	.810	.781
Standard Error	.025	.028	.093 a	.015 b	.026	.030 b	.045	.066	.027
Error variance	*	*	.01 a	* b	*	*	*	*	*

Birmingham City University - Exam Stress - Undergraduates ~ 31st July - 8th August 2019

Q4. Which of the following, if any, are ways you deal with stress?

BASE: All respondents

	Gender			Age				
	Total	Male	Female	17-18	19	20	21	22+
		a	b	a	b	c	d	e
Significance Level: 95%								
Total	1004 100%	487 100%	510 100%	128 100%	296 100%	267 100%	133 100%	167 100%
Rest or sleep	568 57%	230 47%	335 66% a	73 57%	170 57%	148 55%	81 61%	89 53%
Take some time for myself	456 45%	202 41%	250 49% a	66 52% e	129 44%	130 49% e	64 48% e	59 35%
Comfort eating	423 42%	145 30%	277 54% a	56 44%	132 45%	112 42%	51 38%	67 40%
Exercise	381 38%	200 41%	180 35%	51 40%	106 36%	100 37%	50 38%	66 40%
Hobbies	374 37%	210 43% b	162 32%	53 41%	100 34%	102 38%	54 41%	58 35%
Spend time with friends	366 36%	182 37%	184 36%	52 41% e	111 38%	104 39% e	48 36%	49 29%
Talk to a friend or family member	332 33%	136 28%	196 38% a	39 30%	87 29%	91 34%	52 39% b	56 34%
Drink more water	286 28%	120 25%	166 33% a	48 38% ce	89 30% e	65 24%	48 36% ce	32 19%
Spend time with family	255 25%	108 22%	146 29% a	37 29%	73 25%	73 27%	35 26%	32 19%
Healthy eating	145 14%	65 13%	80 16%	18 14%	42 14%	38 14%	24 18%	21 13%
Drink more caffeine	134 13%	45 9%	87 17% a	23 18%	40 14%	31 12%	20 15%	20 12%
Drink more alcohol	130 13%	67 14%	62 12%	13 10%	35 12%	42 16%	18 14%	20 12%
Meditation	109 11%	38 8%	71 14% a	13 10%	23 8%	30 11%	15 11%	23 14% b
Take medication	80 8%	18 4%	61 12% a	5 4%	19 6%	23 9%	13 10%	20 12% ab

Birmingham City University - Exam Stress - Undergraduates ~ 31st July - 8th August 2019

Q4. Which of the following, if any, are ways you deal with stress?

BASE: All respondents

Significance Level: 95%

Total

Other

I don't tend to get stressed

Don't know

	Gender		Age					
	Total	Male	Female	17-18	19	20	21	22+
		a	b	a	b	c	d	e
Total	1004	487	510	128	296	267	133	167
	100%	100%	100%	100%	100%	100%	100%	100%
Other	37	16	19	6	12	9	4	6
	4%	3%	4%	5%	4%	3%	3%	4%
I don't tend to get stressed	29	27	2	3	13	7	3	3
	3%	6%	*	2%	4%	3%	2%	2%
		b						
Don't know	14	11	2	2	3	4	3	2
	1%	2%	*	2%	1%	1%	2%	1%
		b						

Birmingham City University - Exam Stress - Undergraduates ~ 31st July - 8th August 2019

Q4. Which of the following, if any, are ways you deal with stress?

BASE: All respondents

	Region														Pre-university exams		
	Total	NET: England	Scotland	Northern Ireland	Wales	East Midlands	Eastern	London	North East	North West	South East	South West	West Midlands	Yorkshire & Humberside	A Levels	Advanced Highers	International Baccalaureate
	a	b	*c	d	e	*f	g	h	i	j	k	l	m	a	b	c	
Significance Level: 95%																	
Total	1004 100%	856 100%	72 100%	25 100%	51 100%	82 100%	29 100%	156 100%	42 100%	104 100%	160 100%	74 100%	111 100%	98 100%	889 100%	82 100%	33 100%
Rest or sleep	568 57%	490 57%	36 50%	13 52%	29 57%	44 54%	17 59%	88 56%	22 52%	57 55%	101 63%	39 53%	68 61%	54 55%	504 57%	42 51%	22 67%
Take some time for myself	456 45%	399 47%	28 39%	10 40%	19 37%	42 51%	14 48%	75 48%	16 38%	46 44%	75 47%	30 41%	50 45%	51 52%	406 46%	36 44%	14 42%
Comfort eating	423 42%	365 43%	28 39%	10 40%	20 39%	39 48%	8 28%	64 41%	18 43%	39 38%	75 47%	31 42%	50 45%	41 42%	376 42%	35 43%	12 36%
Exercise	381 38%	330 39%	24 33%	12 48%	15 29%	30 37%	15 52%	60 38%	11 26%	34 33%	75 47%	32 43%	38 34%	35 36%	339 38%	28 34%	14 42%
Hobbies	374 37%	317 37%	27 38%	10 40%	20 39%	37 45%	11 38%	54 35%	10 24%	33 32%	66 41%	24 32%	38 34%	44 45%	330 37%	27 33%	17 52%
Spend time with friends	366 36%	320 37%	22 31%	10 40%	14 27%	35 43%	9 31%	58 37%	11 26%	38 37%	58 36%	24 32%	42 38%	45 46%	330 37%	27 33%	9 27%
Talk to a friend or family member	332 33%	285 33%	23 32%	11 44%	13 25%	28 34%	8 28%	41 26%	12 29%	37 36%	56 35%	22 30%	49 44%	32 33%	299 34%	25 30%	8 24%
Drink more water	286 28%	248 29%	13 18%	9 36%	16 31%	24 29%	6 21%	48 31%	6 14%	27 26%	55 34%	18 24%	40 36%	24 24%	255 29%	24 29%	7 21%
Spend time with family	255 25%	219 26%	10 14%	12 48%	14 27%	28 34%	6 21%	33 21%	6 14%	28 27%	44 28%	16 22%	27 24%	31 32%	235 26%	15 18%	5 15%
Healthy eating	145 14%	129 15%	8 11%	3 12%	5 10%	12 15%	6 21%	20 13%	2 5%	13 13%	35 22%	10 14%	16 14%	15 15%	133 15%	9 11%	3 9%
Drink more caffeine	134 13%	113 13%	8 11%	6 24%	7 14%	9 11%	4 14%	16 10%	9 21%	15 14%	18 11%	11 15%	17 15%	14 14%	121 14%	10 12%	3 9%
Drink more alcohol	130 13%	116 14%	8 11%	2 8%	4 8%	12 15%	3 10%	15 10%	5 12%	12 12%	20 13%	13 18%	19 17%	17 17%	121 14%	8 10%	1 3%
Meditation	109 11%	95 11%	6 8%	4 16%	4 8%	11 13%	2 7%	18 12%	1 2%	7 7%	26 16%	9 12%	9 8%	12 12%	92 10%	12 15%	5 15%
Take medication	80 8%	66 8%	7 10%	1 4%	6 12%	8 10%	- -	11 7%	4 10%	3 3%	15 9%	9 12%	9 8%	7 7%	68 8%	9 11%	3 9%



Birmingham City University - Exam Stress - Undergraduates ~ 31st July - 8th August 2019

Q4. Which of the following, if any, are ways you deal with stress?

BASE: All respondents

Significance Level: 95%

	Region														Pre-university exams		
	NET: England	Scotland	Northern Ireland	Wales	East Midlands	Eastern	London	North East	North West	South East	South West	West Midlands	Yorkshire & Humberside	A Levels	Advanced Highers	International Baccalaureate	
Total	a	b	*c	d	e	*f	g	h	i	j	k	l	m	a	b	c	
Total	1004	856	72	25	51	82	29	156	42	104	160	74	111	98	889	82	33
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Other	37	32	1	-	4	2	2	4	-	5	7	3	3	6	34	1	2
	4%	4%	1%	-	8%	2%	7%	3%	-	5%	4%	4%	3%	6%	4%	1%	6%
I don't tend to get stressed	29	23	3	1	2	2	1	4	2	2	5	3	1	3	26	3	-
	3%	3%	4%	4%	4%	2%	3%	3%	5%	2%	3%	4%	1%	3%	3%	4%	-
Don't know	14	11	2	1	-	2	1	3	1	1	1	2	-	-	13	1	-
	1%	1%	3%	4%	-	2%	3%	2%	2%	1%	1%	3%	-	-	1%	1%	-

Birmingham City University - Exam Stress - Undergraduates ~ 31st July - 8th August 2019

Q4. Which of the following, if any, are ways you deal with stress?

BASE: All respondents

Significance Level: 95%

	Stressed leading up to exams		Prepared for results day		Support for exam stress		Clearing		
	Total	NET: Stressed	NET: Relaxed	NET: Prepared	NET: Unprepared	NET: Satisfied	NET: Dissatisfied	Yes	No
		a	b	a	b	a	b	a	b
Total	1004 100%	826 100%	80 100%	697 100%	281 100%	572 100%	354 100%	152 100%	852 100%
Rest or sleep	568 57%	487 59%	29 36%	402 58%	150 53%	327 57%	200 56%	85 56%	483 57%
Take some time for myself	456 45%	386 47%	25 31%	332 48%	110 39%	263 46%	161 45%	64 42%	392 46%
Comfort eating	423 42%	380 46%	18 23%	279 40%	133 47%	208 36%	188 53%	53 35%	370 43%
Exercise	381 38%	306 37%	35 44%	278 40%	94 33%	221 39%	138 39%	51 34%	330 39%
Hobbies	374 37%	307 37%	24 30%	280 40%	81 29%	229 40%	114 32%	65 43%	309 36%
Spend time with friends	366 36%	311 38%	24 30%	274 39%	85 30%	222 39%	120 34%	36 24%	330 39%
Talk to a friend or family member	332 33%	293 35%	15 19%	231 33%	93 33%	197 34%	120 34%	50 33%	282 33%
Drink more water	286 28%	241 29%	18 23%	200 29%	80 28%	167 29%	107 30%	45 30%	241 28%
Spend time with family	255 25%	219 27%	13 16%	175 25%	72 26%	167 29%	74 21%	33 22%	222 26%
Healthy eating	145 14%	121 15%	9 11%	102 15%	39 14%	95 17%	41 12%	23 15%	122 14%
Drink more caffeine	134 13%	120 15%	10 13%	84 12%	43 15%	73 13%	54 15%	25 16%	109 13%
Drink more alcohol	130 13%	113 14%	11 14%	78 11%	47 17%	60 10%	62 18%	14 9%	116 14%
Meditation	109 11%	93 11%	5 6%	71 10%	34 12%	55 10%	45 13%	19 13%	90 11%
Take medication	80 8%	73 9%	- -	47 7%	31 11%	31 5%	44 12%	15 10%	65 8%

Birmingham City University - Exam Stress - Undergraduates ~ 31st July - 8th August 2019

Q4. Which of the following, if any, are ways you deal with stress?

BASE: All respondents

Significance Level: 95%

Total

Other

I don't tend to get stressed

Don't know

	Stressed leading up to exams		Prepared for results day		Support for exam stress		Clearing		
	Total	NET: Stressed	NET: Relaxed	NET: Prepared	NET: Unprepared	NET: Satisfied	NET: Dissatisfied	Yes	No
		a	b	a	b	a	b	a	b
Total	1004	826	80	697	281	572	354	152	852
	100%	100%	100%	100%	100%	100%	100%	100%	100%
Other	37	31	3	24	12	20	15	6	31
	4%	4%	4%	3%	4%	3%	4%	4%	4%
I don't tend to get stressed	29	11	13	24	5	18	4	5	24
	3%	1%	16%	3%	2%	3%	1%	3%	3%
Don't know	14	10	2	8	3	5	3	2	12
	1%	1%	3%	1%	1%	1%	1%	1%	1%

Birmingham City University - Exam Stress - Undergraduates ~ 31st July - 8th August 2019

Q5. How helpful, or unhelpful, did your usual ways of dealing with stress in coping with taking your pre-university exams?

BASE: All respondents who experience stress

	Significance Level: 95%	Gender		Age					
		Total	Male	Female	17-18	19	20	21	22+
			a	b	a	b	c	d	e
Total		961 100%	449 100%	506 100%	123 100%	280 100%	256 100%	127 100%	162 100%
Very unhelpful	(1.0)	61 6%	23 5%	38 8%	6 5%	22 8%	14 5%	6 5%	12 7%
Fairly unhelpful	(2.0)	191 20%	59 13%	130 26%	24 20%	54 19%	57 22%	28 22%	27 17%
Fairly helpful	(3.0)	524 55%	265 59%	255 50%	63 51%	158 56%	131 51%	66 52%	96 59%
Very helpful	(4.0)	128 13%	72 16%	56 11%	24 20%	25 9%	40 16%	16 13%	22 14%
Don't know		57 6%	30 7%	27 5%	6 5%	21 8%	14 5%	11 9%	5 3%
NET: Helpful		652 68%	337 75%	311 61%	87 71%	183 65%	171 67%	82 65%	118 73%
NET: Unhelpful		252 26%	82 18%	168 33%	30 24%	76 27%	71 28%	34 27%	39 24%
Base for stats		904	419	479	117	259	242	116	157
Mean Score		2.80	2.92	2.69	2.90	2.72	2.81	2.79	2.82
Standard Deviation		.763	.726	.780	.781	.753	.775	.740	.766
Standard Error		.025	.035	.036	.072	.047	.050	.069	.061
Error variance		*	*	*	.01	*	*	*	*

Birmingham City University - Exam Stress - Undergraduates ~ 31st July - 8th August 2019

Q5. How helpful, or unhelpful, did your usual ways of dealing with stress in coping with taking your pre-university exams?

BASE: All respondents who experience stress

	Total	Region													Pre-university exams		
		NET: England	Scotland	Northern Ireland	Wales	East Midlands	Eastern	London	North East	North West	South East	South West	West Midlands	Yorkshire & Humberside	A Levels	Advanced Highers	International Baccalaureate
	a	b	*c	d	e	*f	g	h	i	j	k	l	m	a	b	c	
Significance Level: 95%																	
Total	961 100%	822 100%	67 100%	23 100%	49 100%	78 100%	27 100%	149 100%	39 100%	101 100%	154 100%	69 100%	110 100%	95 100%	850 100%	78 100%	33 100%
Very unhelpful (1.0)	61 6%	46 6%	7 10% lm	2 9% lm	6 12% lm	5 6%	1 4%	12 8%	3 8%	7 7%	10 6%	3 4%	3 3%	2 2%	54 6%	5 6%	2 6%
Fairly unhelpful (2.0)	191 20%	172 21% b	7 10%	4 17%	8 16%	14 18%	4 15%	34 23% b	10 26% b	21 21%	32 21%	11 16%	26 24% b	20 21%	177 21%	11 14%	3 9%
Fairly helpful (3.0)	524 55%	443 54%	42 63%	13 57%	26 53%	43 55%	15 56%	78 52%	19 49%	51 50%	80 52%	43 62%	64 58%	50 53%	455 54%	47 60%	22 67%
Very helpful (4.0)	128 13%	111 14%	6 9%	3 13%	8 16%	12 15%	6 22%	16 11%	4 10%	11 11%	26 17%	9 13%	14 13%	13 14%	111 13%	12 15%	5 15%
Don't know	57 6%	50 6%	5 7%	1 4%	1 2%	4 5%	1 4%	9 6%	3 8%	11 11% jl	6 4%	3 4%	3 3%	10 11% jl	53 6%	3 4%	1 3%
NET: Helpful	652 68%	554 67%	48 72%	16 70%	34 69%	55 71%	21 78%	94 63%	23 59%	62 61%	106 69%	52 75%	78 71%	63 66%	566 67%	59 76%	27 82%
NET: Unhelpful	252 26%	218 27%	14 21%	6 26%	14 29%	19 24%	5 19%	46 31%	13 33%	28 28%	42 27%	14 20%	29 26%	22 23%	231 27%	16 21%	5 15%
Base for stats	904	772	62	22	48	74	26	140	36	90	148	66	107	85	797	75	32
Mean Score	2.80	2.80	2.76	2.77	2.75	2.84	3.00	2.70	2.67	2.73	2.82	2.88	2.83	2.87	2.78	2.88	2.94
Standard Deviation	.763	.753	.783	.813	.887	.777	.748	.784	.793	.776	.797	.691	.680	.686	.765	.753	.716
Standard Error	.025	.027	.099	.173	.128	.090	.147	.066	.132	.082	.066	.085	.066	.074	.027	.087	.127
Error variance	*	*	.01	.03	.02	.01	.02	*	.02	.01	*	.01	*	.01	*	.01	.02

Birmingham City University - Exam Stress - Undergraduates ~ 31st July - 8th August 2019

Q5. How helpful, or unhelpful, did your usual ways of dealing with stress in coping with taking your pre-university exams?

BASE: All respondents who experience stress

	Total	Stressed leading up to exams		Prepared for results day		Support for exam stress		Clearing	
		NET: Stressed	NET: Relaxed	NET: Prepared	NET: Unprepared	NET: Satisfied	NET: Dissatisfied	Yes	No
		a	b	a	b	a	b	a	b
Significance Level: 95%									
Total	961 100%	805 100%	65 100%	665 100%	273 100%	549 100%	347 100%	145 100%	816 100%
Very unhelpful (1.0)	61 6%	55 7%	3 5%	24 4%	37 14% a	19 3%	39 11% a	11 8%	50 6%
Fairly unhelpful (2.0)	191 20%	177 22%	8 12%	111 17%	77 28% a	71 13%	111 32% a	36 25%	155 19%
Fairly helpful (3.0)	524 55%	446 55%	28 43%	389 58% b	125 46%	335 61% b	161 46%	68 47%	456 56% a
Very helpful (4.0)	128 13%	84 10%	22 34% a	103 15% b	21 8%	99 18% b	17 5%	26 18%	102 13%
Don't know	57 6%	43 5%	4 6%	38 6%	13 5%	25 5%	19 5%	4 3%	53 6%
NET: Helpful	652 68%	530 66%	50 77%	492 74% b	146 53%	434 79% b	178 51%	94 65%	558 68%
NET: Unhelpful	252 26%	232 29% b	11 17%	135 20%	114 42% a	90 16%	150 43% a	47 32%	205 25%
Base for stats	904	762	61	627	260	524	328	141	763
Mean Score	2.80	2.73	3.13 a	2.91 b	2.50	2.98 b	2.48	2.77	2.80
Standard Deviation	.763	.749	.826	.698	.836	.686	.770	.840	.748
Standard Error	.025	.027	.106	.028	.052	.030	.043	.071	.027
Error variance	*	*	.01	*	*	*	*	.01	*

Birmingham City University - Exam Stress - Undergraduates ~ 31st July - 8th August 2019

Q6. To what extent are you satisfied or dissatisfied with the level of support available for you to deal with pre-university exam stress?

BASE: All respondents

	Significance Level: 95%	Gender		Age					
		Total	Male	Female	17-18	19	20	21	22+
			a	b	a	b	c	d	e
Total		1004	487	510	128	296	267	133	167
		100%	100%	100%	100%	100%	100%	100%	100%
Very dissatisfied	(1.0)	82	24	55	8	24	22	14	14
		8%	5%	11%	6%	8%	8%	11%	8%
				a					
Fairly dissatisfied	(2.0)	272	121	151	26	84	78	42	41
		27%	25%	30%	20%	28%	29%	32%	25%
							a		
Fairly satisfied	(3.0)	454	237	215	71	122	114	60	80
		45%	49%	42%	55%	41%	43%	45%	48%
			b		bc				
Very satisfied	(4.0)	118	58	59	16	46	25	7	21
		12%	12%	12%	13%	16%	9%	5%	13%
					d	cd			d
Don't know		78	47	30	7	20	28	10	11
		8%	10%	6%	5%	7%	10%	8%	7%
			b						
NET: Satisfied		572	295	274	87	168	139	67	101
		57%	61%	54%	68%	57%	52%	50%	60%
			b		bcd				
NET: Dissatisfied		354	145	206	34	108	100	56	55
		35%	30%	40%	27%	36%	37%	42%	33%
				a		a	a		
Base for stats		926	440	480	121	276	239	123	156
Mean Score		2.66	2.75	2.58	2.79	2.69	2.59	2.49	2.69
			b		cd	d			d
Standard Deviation		.811	.750	.849	.755	.851	.798	.772	.816
Standard Error		.027	.036	.039	.069	.051	.052	.070	.065
Error variance		*	*	*	*	*	*	*	*

Birmingham City University - Exam Stress - Undergraduates ~ 31st July - 8th August 2019

Q6. To what extent are you satisfied or dissatisfied with the level of support available for you to deal with pre-university exam stress?

BASE: All respondents

	Total	Region													Pre-university exams		
		NET: England	Scotland	Northern Ireland	Wales	East Midlands	Eastern	London	North East	North West	South East	South West	West Midlands	Yorkshire & Humberside	A Levels	Advanced Highers	International Baccalaureate
	a	b	*c	d	e	*f	g	h	i	j	k	l	m	a	b	c	
Significance Level: 95%																	
Total	1004 100%	856 100%	72 100%	25 100%	51 100%	82 100%	29 100%	156 100%	42 100%	104 100%	160 100%	74 100%	111 100%	98 100%	889 100%	82 100%	33 100%
Very dissatisfied (1.0)	82 8%	69 8%	7 10%	2 8%	4 8%	6 7%	3 10%	12 8%	4 10%	11 11% m	13 8%	6 8%	11 10% m	3 3%	78 9%	3 4%	1 3%
Fairly dissatisfied (2.0)	272 27%	235 27%	20 28%	5 20%	12 24%	23 28%	8 28%	36 23%	15 36%	30 29%	40 25%	19 26%	32 29%	32 33%	238 27%	27 33%	7 21%
Fairly satisfied (3.0)	454 45%	387 45%	31 43%	14 56%	22 43%	36 44%	11 38%	77 49%	15 36%	39 38%	79 49%	36 49%	52 47%	42 43%	398 45%	37 45%	19 58%
Very satisfied (4.0)	118 12%	100 12%	8 11%	2 8%	8 16%	10 12%	3 10%	20 13%	6 14%	16 15%	18 11%	8 11%	8 7%	11 11%	106 12%	9 11%	3 9%
Don't know	78 8%	65 8%	6 8%	2 8%	5 10%	7 9%	4 14%	11 7%	2 5%	8 8%	10 6%	5 7%	8 7%	10 10%	69 8%	6 7%	3 9%
NET: Satisfied	572 57%	487 57%	39 54%	16 64%	30 59%	46 56%	14 48%	97 62%	21 50%	55 53%	97 61%	44 59%	60 54%	53 54%	504 57%	46 56%	22 67%
NET: Dissatisfied	354 35%	304 36%	27 38%	7 28%	16 31%	29 35%	11 38%	48 31%	19 45%	41 39%	53 33%	25 34%	43 39%	35 36%	316 36%	30 37%	8 24%
Base for stats	926	791	66	23	46	75	25	145	40	96	150	69	103	88	820	76	30
Mean Score	2.66	2.65	2.61	2.70	2.74	2.67	2.56	2.72	2.58	2.63	2.68	2.67	2.55	2.69	2.65	2.68	2.80
Standard Deviation	.811	.809	.839	.765	.855	.811	.870	.803	.874	.897	.797	.798	.789	.733	.823	.734	.664
Standard Error	.027	.029	.103	.159	.126	.094	.174	.067	.138	.092	.065	.096	.078	.078	.029	.084	.121
Error variance	*	*	.01	.03	.02	.01	.03	*	.02	.01	*	.01	.01	.01	*	.01	.01

Birmingham City University - Exam Stress - Undergraduates ~ 31st July - 8th August 2019

Q6. To what extent are you satisfied or dissatisfied with the level of support available for you to deal with pre-university exam stress?

BASE: All respondents

	Total	Stressed leading up to exams		Prepared for results day		Support for exam stress		Clearing	
		NET: Stressed	NET: Relaxed	NET: Prepared	NET: Unprepared	NET: Satisfied	NET: Dissatisfied	Yes	No
		a	b	a	b	a	b	a	b
Significance Level: 95%									
Total	1004 100%	826 100%	80 100%	697 100%	281 100%	572 100%	354 100%	152 100%	852 100%
Very dissatisfied (1.0)	82 8%	77 9%	3 4%	36 5%	45 16% a	- -	82 23% a	12 8%	70 8%
Fairly dissatisfied (2.0)	272 27%	251 30% b	11 14%	157 23%	106 38% a	- -	272 77% a	47 31%	225 26%
Fairly satisfied (3.0)	454 45%	363 44%	39 49%	349 50% b	98 35%	454 79% b	- -	65 43%	389 46%
Very satisfied (4.0)	118 12%	83 10%	15 19% a	104 15% b	14 5%	118 21% b	- -	24 16%	94 11%
Don't know	78 8%	52 6%	12 15% a	51 7%	18 6%	- -	- -	4 3%	74 9% a
NET: Satisfied	572 57%	446 54%	54 68% a	453 65% b	112 40%	572 100% b	- -	89 59%	483 57%
NET: Dissatisfied	354 35%	328 40% b	14 18%	193 28%	151 54% a	- -	354 100% a	59 39%	295 35%
Base for stats	926	774	68	646	263	572	354	148	778
Mean Score	2.66	2.58	2.97 a	2.81 b	2.31	3.21 b	1.77	2.68	2.65
Standard Deviation	.811	.811	.753	.768	.815	.405	.422	.841	.806
Standard Error	.027	.029	.091	.030	.050	.017	.022	.069	.029
Error variance	*	*	.01	*	*	*	*	*	*

Birmingham City University - Exam Stress - Undergraduates ~ 31st July - 8th August 2019

Q7. What was the main source of external support for you, if any, during your pre-university exams?

BASE: All respondents

Significance Level: 95%

	Gender		Age					
	Total	Male	Female	17-18	19	20	21	22+
		a	b	a	b	c	d	e
Total	1004 100%	487 100%	510 100%	128 100%	296 100%	267 100%	133 100%	167 100%
Friends	333 33%	162 33%	169 33%	46 36%	104 35%	84 31%	47 35%	50 30%
A parent(s) or guardian	298 30%	139 29%	159 31%	37 29%	85 29%	77 29%	45 34%	49 29%
My school/college	119 12%	62 13%	57 11%	12 9%	44 15%	35 13%	12 9%	13 8%
Another family member	49 5%	25 5%	24 5%	6 5%	9 3%	12 4%	4 3%	17 10%
					e			bcd
A sibling	47 5%	18 4%	29 6%	6 5%	8 3%	16 6%	4 3%	12 7%
								b
A medical professional	19 2%	7 1%	11 2%	4 3%	2 1%	7 3%	5 4%	1 1%
							b	
Other	23 2%	9 2%	14 3%	2 2%	11 4%	3 1%	3 2%	4 2%
					c			
No source of external support	99 10%	53 11%	43 8%	13 10%	29 10%	28 10%	10 8%	19 11%
Don't know	17 2%	12 2%	4 1%	2 2%	4 1%	5 2%	3 2%	2 1%
		b						

Birmingham City University - Exam Stress - Undergraduates ~ 31st July - 8th August 2019

Q7. What was the main source of external support for you, if any, during your pre-university exams?

BASE: All respondents

	Total	Region													Pre-university exams		
		NET: England	Scotland	Northern Ireland	Wales	East Midlands	Eastern	London	North East	North West	South East	South West	West Midlands	Yorkshire & Humberside	A Levels	Advanced Highers	International Baccalaureate
		a	b	*c	d	e	*f	g	h	i	j	k	l	m	a	b	c
Significance Level: 95%																	
Total	1004 100%	856 100%	72 100%	25 100%	51 100%	82 100%	29 100%	156 100%	42 100%	104 100%	160 100%	74 100%	111 100%	98 100%	889 100%	82 100%	33 100%
Friends	333 33%	292 34%	23 32%	6 24%	12 24%	33 40%	12 41%	55 35%	15 36%	31 30%	50 31%	22 30%	39 35%	35 36%	299 34%	23 28%	11 33%
A parent(s) or guardian	298 30%	247 29%	27 38%	8 32%	16 31%	26 32%	8 28%	35 22%	14 33%	30 29%	54 34%	22 30%	34 31%	24 24%	261 29%	27 33%	10 30%
My school/college	119 12%	107 13%	3 4%	3 12%	6 12%	8 10%	4 14%	23 15%	4 10%	18 17%	16 10%	11 15%	12 11%	11 11%	112 13%	4 5%	3 9%
Another family member	49 5%	41 5%	4 6%	1 4%	3 6%	2 2%	2 7%	4 3%	4 10%	6 6%	7 4%	4 5%	3 3%	9 9%	41 5%	7 9%	1 3%
A sibling	47 5%	42 5%	1 1%	2 8%	2 4%	3 4%	- -	8 5%	1 2%	4 4%	11 7%	4 5%	7 6%	4 4%	39 4%	6 7%	2 6%
A medical professional	19 2%	14 2%	3 4%	1 4%	1 2%	2 2%	- -	2 1%	2 5%	1 1%	5 3%	- -	1 1%	1 1%	12 1%	4 5%	3 9%
Other	23 2%	18 2%	2 3%	1 4%	2 4%	2 2%	- -	2 1%	1 2%	3 3%	5 3%	1 1%	3 3%	1 1%	19 2%	3 4%	1 3%
No source of external support	99 10%	83 10%	7 10%	2 8%	7 14%	4 5%	3 10%	24 15%	- -	11 11%	12 8%	8 11%	10 9%	11 11%	90 10%	7 9%	2 6%
Don't know	17 2%	12 1%	2 3%	1 4%	2 4%	2 2%	- -	3 2%	1 2%	- -	- -	2 3%	2 2%	2 2%	16 2%	1 1%	- -

Birmingham City University - Exam Stress - Undergraduates ~ 31st July - 8th August 2019

Q7. What was the main source of external support for you, if any, during your pre-university exams?

BASE: All respondents

Significance Level: 95%

	Total	Stressed leading up to exams		Prepared for results day		Support for exam stress		Clearing	
		NET: Stressed	NET: Relaxed	NET: Prepared	NET: Unprepared	NET: Satisfied	NET: Dissatisfied	Yes	No
		a	b	a	b	a	b	a	b
Total	1004 100%	826 100%	80 100%	697 100%	281 100%	572 100%	354 100%	152 100%	852 100%
Friends	333 33%	281 34%	26 33%	232 33%	94 33%	185 32%	125 35%	45 30%	288 34%
A parent(s) or guardian	298 30%	255 31%	25 31%	208 30%	83 30%	176 31%	107 30%	42 28%	256 30%
My school/college	119 12%	100 12%	8 10%	93 13%	26 9%	85 15%	27 8%	27 18%	92 11%
Another family member	49 5%	40 5%	3 4%	36 5%	11 4%	34 6%	13 4%	9 6%	40 5%
A sibling	47 5%	33 4%	3 4%	30 4%	13 5%	26 5%	16 5%	9 6%	38 4%
A medical professional	19 2%	15 2%	- -	12 2%	7 2%	10 2%	9 3%	4 3%	15 2%
Other	23 2%	19 2%	1 1%	16 2%	7 2%	13 2%	9 3%	1 1%	22 3%
No source of external support	99 10%	74 9%	11 14%	59 8%	38 14%	35 6%	45 13%	15 10%	84 10%
Don't know	17 2%	9 1%	3 4%	11 2%	2 1%	8 1%	3 1%	- -	17 2%

Birmingham City University - Exam Stress - Undergraduates ~ 31st July - 8th August 2019

Q8. SUMMARY: To what extent did you find each of the following stressful or not stressful?

BASE: All respondents

	Total	Not at all stressful	Not very stressful	Fairly stressful	Very stressful	Don't know	NET: Stressful	NET: Not stressful
Pre-university exams	1004	20	116	437	419	12	856	136
	100%	2%	12%	44%	42%	1%	85%	14%
Waiting for results	1004	39	211	354	393	7	747	250
	100%	4%	21%	35%	39%	1%	74%	25%
Results day	1004	57	192	320	412	23	732	249
	100%	6%	19%	32%	41%	2%	73%	25%
Selecting a university	1004	101	433	319	144	7	463	534
	100%	10%	43%	32%	14%	1%	46%	53%
Job-searching	1004	50	181	335	292	146	627	231
	100%	5%	18%	33%	29%	15%	62%	23%
Planning for a future career	1004	35	183	375	365	46	740	218
	100%	3%	18%	37%	36%	5%	74%	22%

Birmingham City University - Exam Stress - Undergraduates ~ 31st July - 8th August 2019

Q8.1. Pre-university exams: To what extent did you find each of the following stressful or not stressful?

BASE: All respondents

		Gender		Age					
		Total	Male	Female	17-18	19	20	21	22+
			a	b	a	b	c	d	e
Significance Level: 95%									
Total		1004 100%	487 100%	510 100%	128 100%	296 100%	267 100%	133 100%	167 100%
Not at all stressful	(4.0)	20 2%	13 3%	7 1%	1 1%	6 2%	7 3%	4 3%	2 1%
Not very stressful	(3.0)	116 12%	87 18% b	27 5%	10 8%	33 11%	29 11%	16 12%	27 16% a
Fairly stressful	(2.0)	437 44% b	239 49% b	196 38%	64 50% b	112 38%	118 44%	58 44%	79 47% b
Very stressful	(1.0)	419 42%	141 29%	276 54% a	50 39%	143 48% e	109 41%	53 40%	59 35%
Don't know		12 1%	7 1%	4 1%	3 2% e	2 1%	4 1%	2 2%	- -
NET: Stressful		856 85%	380 78%	472 93% a	114 89%	255 86%	227 85%	111 83%	138 83%
NET: Not stressful		136 14% b	100 21% b	34 7%	11 9%	39 13%	36 13%	20 15%	29 17% a
Base for stats		992	480	506	125	294	263	131	167
Mean Score		1.73	1.94 b	1.54	1.70	1.67	1.75	1.78	1.83 b
Standard Deviation		.742	.762	.663	.650	.756	.755	.777	.733
Standard Error		.024	.035	.029	.058	.044	.047	.068	.057
Error variance		*	*	*	*	*	*	*	*

Birmingham City University - Exam Stress - Undergraduates ~ 31st July - 8th August 2019

Q8.1. Pre-university exams: To what extent did you find each of the following stressful or not stressful?

BASE: All respondents

	Total	Region													Pre-university exams		
		NET: England	Scotland	Northern Ireland	Wales	East Midlands	Eastern	London	North East	North West	South East	South West	West Midlands	Yorkshire & Humberside	A Levels	Advanced Highers	International Baccalaureate
		a	b	*c	d	e	*f	g	h	i	j	k	l	m	a	b	c
Significance Level: 95%																	
Total	1004 100%	856 100%	72 100%	25 100%	51 100%	82 100%	29 100%	156 100%	42 100%	104 100%	160 100%	74 100%	111 100%	98 100%	889 100%	82 100%	33 100%
Not at all stressful (4.0)	20 2%	18 2%	2 3%	- -	- -	1 1%	- -	4 3%	1 2%	- -	5 3%	- -	5 5%	2 2%	16 2%	3 4%	1 3%
Not very stressful (3.0)	116 12%	95 11%	12 17%	3 12%	6 12%	14 17%	7 24%	16 10%	3 7%	7 7%	16 10%	12 16%	11 10%	9 9%	95 11%	15 18%	6 18%
Fairly stressful (2.0)	437 44%	376 44%	30 42%	13 52%	18 35%	30 37%	11 38%	71 46%	22 52%	45 43%	69 43%	28 38%	45 41%	55 56%	387 44%	34 41%	16 48%
Very stressful (1.0)	419 42%	356 42%	27 38%	9 36%	27 53%	37 45%	11 38%	63 40%	15 36%	52 50%	68 43%	32 43%	46 41%	32 33%	380 43%	29 35%	10 30%
Don't know	12 1%	11 1%	1 1%	- -	- -	- -	- -	2 1%	1 2%	- -	2 1%	2 3%	4 4%	- -	11 1%	1 1%	- -
NET: Stressful	856 85%	732 86%	57 79%	22 88%	45 88%	67 82%	22 76%	134 86%	37 88%	97 93%	137 86%	60 81%	91 82%	87 89%	767 86%	63 77%	26 79%
NET: Not stressful	136 14%	113 13%	14 19%	3 12%	6 12%	15 18%	7 24%	20 13%	4 10%	7 7%	21 13%	12 16%	16 14%	11 11%	111 12%	18 22%	7 21%
Base for stats	992	845	71	25	51	82	29	154	41	104	158	72	107	98	878	81	33
Mean Score	1.73	1.73	1.85	1.76	1.59	1.74	1.86	1.75	1.76	1.57	1.73	1.72	1.77	1.81	1.71	1.90	1.94
Standard Deviation	.742	.741	.804	.663	.698	.783	.789	.746	.699	.619	.769	.736	.819	.684	.729	.831	.788
Standard Error	.024	.025	.095	.133	.098	.086	.147	.060	.109	.061	.061	.087	.079	.069	.025	.092	.137
Error variance	*	*	.01	.02	.01	.01	.02	*	.01	*	*	.01	.01	*	*	.01	.02

Birmingham City University - Exam Stress - Undergraduates ~ 31st July - 8th August 2019

Q8.1. Pre-university exams: To what extent did you find each of the following stressful or not stressful?

BASE: All respondents

	Total	Stressed leading up to exams		Prepared for results day		Support for exam stress		Clearing	
		NET: Stressed	NET: Relaxed	NET: Prepared	NET: Unprepared	NET: Satisfied	NET: Dissatisfied	Yes	No
Significance Level: 95%		a	b	a	b	a	b	a	b
Total	1004 100%	826 100%	80 100%	697 100%	281 100%	572 100%	354 100%	152 100%	852 100%
Not at all stressful (4.0)	20 2%	9 1%	7 9% a	15 2%	5 2%	12 2%	7 2%	7 5% b	13 2%
Not very stressful (3.0)	116 12%	33 4%	44 55% a	75 11%	37 13%	76 13% b	24 7%	26 17% b	90 11%
Fairly stressful (2.0)	437 44%	367 44% b	24 30%	332 48% b	97 35%	287 50% b	113 32%	59 39%	378 44%
Very stressful (1.0)	419 42%	409 50% b	5 6%	270 39%	139 49% a	191 33%	208 59% a	58 38%	361 42%
Don't know	12 1%	8 1%	- -	5 1%	3 1%	6 1%	2 1%	2 1%	10 1%
NET: Stressful	856 85%	776 94% b	29 36%	602 86%	236 84%	478 84%	321 91% a	117 77%	739 87% a
NET: Not stressful	136 14%	42 5%	51 64% a	90 13%	42 15%	88 15% b	31 9%	33 22% b	103 12%
Base for stats	992	818	80	692	278	566	352	150	842
Mean Score	1.73	1.56	2.66 a	1.76	1.67	1.84 b	1.52	1.88 b	1.71
Standard Deviation	.742	.627	.728	.727	.773	.729	.712	.859	.716
Standard Error	.024	.022	.081	.028	.046	.031	.038	.070	.025
Error variance	*	*	.01	*	*	*	*	*	*

Birmingham City University - Exam Stress - Undergraduates ~ 31st July - 8th August 2019

Q8.2. Waiting for results: To what extent did you find each of the following stressful or not stressful?

BASE: All respondents

		Gender		Age					
		Total	Male	Female	17-18	19	20	21	22+
			a	b	a	b	c	d	e
Significance Level: 95%									
Total		1004	487	510	128	296	267	133	167
		100%	100%	100%	100%	100%	100%	100%	100%
Not at all stressful	(4.0)	39	24	14	4	14	8	7	5
		4%	5%	3%	3%	5%	3%	5%	3%
Not very stressful	(3.0)	211	132	77	31	55	60	29	34
		21%	27%	15%	24%	19%	22%	22%	20%
Fairly stressful	(2.0)	354	171	181	42	101	96	46	64
		35%	35%	35%	33%	34%	36%	35%	38%
Very stressful	(1.0)	393	159	233	50	126	102	49	61
		39%	33%	46%	39%	43%	38%	37%	37%
Don't know		7	1	5	1	-	1	2	3
		1%	*	1%	1%	-	*	2%	2%
NET: Stressful		747	330	414	92	227	198	95	125
		74%	68%	81%	72%	77%	74%	71%	75%
NET: Not stressful		250	156	91	35	69	68	36	39
		25%	32%	18%	27%	23%	25%	27%	23%
Base for stats		997	486	505	127	296	266	131	164
Mean Score		1.90	2.04	1.75	1.91	1.85	1.90	1.95	1.90
Standard Deviation		.867	.892	.814	.873	.884	.850	.902	.833
Standard Error		.027	.040	.036	.077	.051	.052	.079	.065
Error variance		*	*	*	.01	*	*	.01	*

Birmingham City University - Exam Stress - Undergraduates ~ 31st July - 8th August 2019

Q8.2. Waiting for results: To what extent did you find each of the following stressful or not stressful?

BASE: All respondents

	Total	Region													Pre-university exams		
		NET: England	Scotland	Northern Ireland	Wales	East Midlands	Eastern	London	North East	North West	South East	South West	West Midlands	Yorkshire & Humberside	A Levels	Advanced Highers	International Baccalaureate
		a	b	*c	d	e	*f	g	h	i	j	k	l	m	a	b	c
Significance Level: 95%																	
Total	1004 100%	856 100%	72 100%	25 100%	51 100%	82 100%	29 100%	156 100%	42 100%	104 100%	160 100%	74 100%	111 100%	98 100%	889 100%	82 100%	33 100%
Not at all stressful (4.0)	39 4%	32 4%	6 8% d	1 4%	- -	2 2%	2 7%	5 3%	- -	4 4%	7 4%	3 4%	5 5%	4 4%	31 3%	6 7%	2 6%
Not very stressful (3.0)	211 21%	182 21%	16 22%	5 20%	8 16%	20 24%	6 21%	29 19%	8 19%	16 15%	41 26% i	19 26%	20 18%	23 23%	183 21%	18 22%	10 30%
Fairly stressful (2.0)	354 35%	298 35%	27 38%	11 44%	18 35%	33 40%	13 45%	51 33%	16 38%	35 34%	56 35%	25 34%	38 34%	31 32%	316 36%	27 33%	11 33%
Very stressful (1.0)	393 39%	337 39%	23 32%	8 32%	25 49%	27 33%	8 28%	71 46%	17 40%	48 46%	56 35%	24 32%	48 43%	38 39%	352 40%	31 38%	10 30%
Don't know	7 1%	7 1%	- -	- -	- -	- -	- -	- -	1 2%	1 1%	- -	3 4%	- -	2 2%	7 1%	- -	- -
NET: Stressful	747 74%	635 74%	50 69%	19 76%	43 84% jk	60 73%	21 72%	122 78%	33 79%	83 80% k	112 70%	49 66%	86 77%	69 70%	668 75%	58 71%	21 64%
NET: Not stressful	250 25%	214 25%	22 31%	6 24%	8 16%	22 27%	8 28%	34 22%	8 19%	20 19%	48 30% d	22 30%	25 23%	27 28%	214 24%	24 29%	12 36%
Base for stats	997	849	72	25	51	82	29	156	41	103	160	71	111	96	882	82	33
Mean Score	1.90	1.89	2.07 dgi	1.96	1.67	1.96 d	2.07	1.79	1.78	1.77	1.99 dgi	2.01 d	1.84	1.93	1.88	1.99	2.12
Standard Deviation	.867	.867	.939	.841	.739	.823	.884	.855	.759	.854	.887	.886	.879	.897	.856	.949	.927
Standard Error	.027	.030	.111	.168	.104	.091	.164	.068	.118	.084	.070	.105	.083	.092	.029	.105	.161
Error variance	*	*	.01	.03	.01	.01	.03	*	.01	.01	*	.01	.01	.01	*	.01	.03

Birmingham City University - Exam Stress - Undergraduates ~ 31st July - 8th August 2019

Q8.2. Waiting for results: To what extent did you find each of the following stressful or not stressful?

BASE: All respondents

	Total	Stressed leading up to exams		Prepared for results day		Support for exam stress		Clearing	
		NET: Stressed	NET: Relaxed	NET: Prepared	NET: Unprepared	NET: Satisfied	NET: Dissatisfied	Yes	No
		a	b	a	b	a	b	a	b
Significance Level: 95%									
Total	1004 100%	826 100%	80 100%	697 100%	281 100%	572 100%	354 100%	152 100%	852 100%
Not at all stressful (4.0)	39 4%	19 2%	8 10%	35 5%	3 1%	26 5%	7 2%	6 4%	33 4%
Not very stressful (3.0)	211 21%	146 18%	31 39%	159 23%	48 17%	137 24%	49 14%	28 18%	183 21%
Fairly stressful (2.0)	354 35%	293 35%	28 35%	255 37%	90 32%	212 37%	113 32%	53 35%	301 35%
Very stressful (1.0)	393 39%	362 44%	13 16%	246 35%	137 49%	193 34%	183 52%	62 41%	331 39%
Don't know	7 1%	6 1%	- -	2 *	3 1%	4 1%	2 1%	3 2%	4 *
NET: Stressful	747 74%	655 79%	41 51%	501 72%	227 81%	405 71%	296 84%	115 76%	632 74%
NET: Not stressful	250 25%	165 20%	39 49%	194 28%	51 18%	163 28%	56 16%	34 22%	216 25%
Base for stats	997	820	80	695	278	568	352	149	848
Mean Score	1.90	1.78	2.43	1.98	1.70	1.99	1.66	1.85	1.90
Standard Deviation	.867	.816	.883	.886	.788	.875	.790	.865	.868
Standard Error	.027	.028	.099	.034	.047	.037	.042	.071	.030
Error variance	*	*	.01	*	*	*	*	.01	*

Birmingham City University - Exam Stress - Undergraduates ~ 31st July - 8th August 2019

Q8.3. Results day: To what extent did you find each of the following stressful or not stressful?

BASE: All respondents

		Gender		Age					
		Total	Male	Female	17-18	19	20	21	22+
			a	b	a	b	c	d	e
Significance Level: 95%									
Total		1004 100%	487 100%	510 100%	128 100%	296 100%	267 100%	133 100%	167 100%
Not at all stressful	(4.0)	57 6%	32 7%	25 5%	3 2%	16 5%	18 7%	9 7%	11 7%
Not very stressful	(3.0)	192 19%	113 23%	75 15%	19 15%	60 20%	56 21%	20 15%	33 20%
Fairly stressful	(2.0)	320 32%	165 34%	154 30%	34 27%	87 29%	89 33%	43 32%	63 38% a
Very stressful	(1.0)	412 41%	166 34%	245 48% a	58 45%	132 45%	100 37%	59 44%	59 35%
Don't know		23 2%	11 2%	11 2%	14 11% bcde	1 *	4 1%	2 2%	1 1%
NET: Stressful		732 73%	331 68%	399 78% a	92 72%	219 74%	189 71%	102 77%	122 73%
NET: Not stressful		249 25%	145 30% b	100 20%	22 17%	76 26%	74 28% a	29 22%	44 26%
Base for stats		981	476	499	114	295	263	131	166
Mean Score		1.89	2.02 b	1.76	1.71	1.86	1.97 a	1.84	1.98 a
Standard Deviation		.915	.925	.886	.838	.923	.932	.927	.908
Standard Error		.029	.042	.040	.079	.054	.057	.081	.070
Error variance		*	*	*	.01	*	*	.01	*

Birmingham City University - Exam Stress - Undergraduates ~ 31st July - 8th August 2019

Q8.3. Results day: To what extent did you find each of the following stressful or not stressful?

BASE: All respondents

	Total	Region													Pre-university exams		
		NET: England	Scotland	Northern Ireland	Wales	East Midlands	Eastern	London	North East	North West	South East	South West	West Midlands	Yorkshire & Humberside	A Levels	Advanced Highers	International Baccalaureate
		a	b	*c	d	e	*f	g	h	i	j	k	l	m	a	b	c
Significance Level: 95%																	
Total	1004 100%	856 100%	72 100%	25 100%	51 100%	82 100%	29 100%	156 100%	42 100%	104 100%	160 100%	74 100%	111 100%	98 100%	889 100%	82 100%	33 100%
Not at all stressful (4.0)	57 6%	48 6%	7 10% dg	2 8%	- -	6 7%	1 3%	4 3%	1 2%	5 5%	14 9%	4 5%	7 6%	6 6%	47 5%	7 9%	3 9%
Not very stressful (3.0)	192 19%	165 19%	15 21%	4 16%	8 16%	14 17%	8 28%	26 17%	7 17%	17 16%	34 21%	22 30% agil	18 16%	19 19%	166 19%	17 21%	9 27%
Fairly stressful (2.0)	320 32%	274 32%	19 26%	9 36%	18 35%	33 40% jm	8 28%	55 35%	17 40%	31 30%	42 26%	23 31%	40 36%	25 26%	291 33%	22 27%	7 21%
Very stressful (1.0)	412 41%	348 41%	30 42% k	10 40% k	24 47% k	28 34%	11 38%	68 44% k	16 38%	48 46% k	66 41% k	20 27% k	45 41% k	46 47% k	364 41%	34 41%	14 42%
Don't know	23 2%	21 2%	1 1%	- -	1 2%	1 1%	1 3%	3 2%	1 2%	3 3%	4 3%	5 7% al	1 1%	2 2%	21 2%	2 2%	- -
NET: Stressful	732 73%	622 73% k	49 68%	19 76%	42 82% jk	61 74% k	19 66%	123 79% jk	33 79% k	79 76% k	108 68%	43 58%	85 77% k	71 72%	655 74%	56 68%	21 64%
NET: Not stressful	249 25%	213 25%	22 31%	6 24%	8 16%	20 24%	9 31%	30 19%	8 19%	22 21%	48 30% dg	26 35% dgi	25 23%	25 26%	213 24%	24 29%	12 36%
Base for stats	981	835	71	25	50	81	28	153	41	101	156	69	110	96	868	80	33
Mean Score	1.89	1.90	1.99	1.92	1.68	1.98	1.96	1.78	1.83	1.79	1.97	2.14 adgim	1.88	1.84	1.88	1.96	2.03
Standard Deviation	.915	.913	1.021	.954	.741	.908	.922	.821	.803	.898	1.003	.912	.906	.955	.902	.999	1.045
Standard Error	.029	.032	.121	.191	.105	.101	.174	.066	.125	.089	.080	.110	.086	.097	.031	.112	.182
Error variance	*	*	.01	.04	.01	.01	.03	*	.02	.01	.01	.01	.01	.01	*	.01	.03

Birmingham City University - Exam Stress - Undergraduates ~ 31st July - 8th August 2019

Q8.3. Results day: To what extent did you find each of the following stressful or not stressful?

BASE: All respondents

	Total	Stressed leading up to exams		Prepared for results day		Support for exam stress		Clearing	
		NET: Stressed	NET: Relaxed	NET: Prepared	NET: Unprepared	NET: Satisfied	NET: Dissatisfied	Yes	No
		a	b	a	b	a	b	a	b
Significance Level: 95%									
Total	1004 100%	826 100%	80 100%	697 100%	281 100%	572 100%	354 100%	152 100%	852 100%
Not at all stressful (4.0)	57 6%	36 4%	11 14% a	48 7% b	8 3%	31 5%	18 5%	11 7%	46 5%
Not very stressful (3.0)	192 19%	120 15%	37 46% a	157 23% b	28 10%	129 23% b	43 12%	16 11%	176 21% a
Fairly stressful (2.0)	320 32%	265 32%	22 28%	241 35% b	74 26%	187 33%	101 29%	46 30%	274 32%
Very stressful (1.0)	412 41%	388 47% b	9 11%	240 34%	164 58% a	216 38%	182 51% a	78 51% b	334 39%
Don't know	23 2%	17 2%	1 1%	11 2%	7 2%	9 2%	10 3%	1 1%	22 3%
NET: Stressful	732 73%	653 79% b	31 39%	481 69%	238 85% a	403 70%	283 80% a	124 82% b	608 71%
NET: Not stressful	249 25%	156 19%	48 60% a	205 29% b	36 13%	160 28% b	61 17%	27 18%	222 26% a
Base for stats	981	809	79	686	274	563	344	151	830
Mean Score	1.89	1.76	2.63 a	2.02 b	1.56	1.96 b	1.70	1.74	1.92 a
Standard Deviation	.915	.865	.865	.927	.792	.912	.881	.922	.911
Standard Error	.029	.030	.097	.035	.048	.038	.047	.075	.032
Error variance	*	*	.01	*	*	*	*	.01	*

Birmingham City University - Exam Stress - Undergraduates ~ 31st July - 8th August 2019

Q8.4. Selecting a university: To what extent did you find each of the following stressful or not stressful?

BASE: All respondents

		Gender		Age					
		Total	Male	Female	17-18	19	20	21	22+
			a	b	a	b	c	d	e
Significance Level: 95%									
Total		1004	487	510	128	296	267	133	167
		100%	100%	100%	100%	100%	100%	100%	100%
Not at all stressful	(4.0)	101	57	44	9	38	25	11	17
		10%	12%	9%	7%	13%	9%	8%	10%
Not very stressful	(3.0)	433	228	202	54	119	125	57	72
		43%	47%	40%	42%	40%	47%	43%	43%
Fairly stressful	(2.0)	319	145	171	52	91	89	36	48
		32%	30%	34%	41%	31%	33%	27%	29%
Very stressful	(1.0)	144	53	91	12	47	26	28	28
		14%	11%	18%	9%	16%	10%	21%	17%
Don't know		7	4	2	1	1	2	1	2
		1%	1%	*	1%	*	1%	1%	1%
NET: Stressful		463	198	262	64	138	115	64	76
		46%	41%	51%	50%	47%	43%	48%	46%
NET: Not stressful		534	285	246	63	157	150	68	89
		53%	59%	48%	49%	53%	56%	51%	53%
Base for stats		997	483	508	127	295	265	132	165
Mean Score		2.49	2.60	2.39	2.47	2.50	2.56	2.39	2.47
Standard Deviation		.861	.835	.878	.765	.911	.796	.913	.894
Standard Error		.027	.038	.039	.068	.053	.049	.080	.070
Error variance		*	*	*	*	*	*	.01	*

Birmingham City University - Exam Stress - Undergraduates ~ 31st July - 8th August 2019

Q8.4. Selecting a university: To what extent did you find each of the following stressful or not stressful?

BASE: All respondents

	Total	Region													Pre-university exams		
		NET: England	Scotland	Northern Ireland	Wales	East Midlands	Eastern	London	North East	North West	South East	South West	West Midlands	Yorkshire & Humberside	A Levels	Advanced Highers	International Baccalaureate
		a	b	*c	d	e	*f	g	h	i	j	k	l	m	a	b	c
Significance Level: 95%																	
Total	1004 100%	856 100%	72 100%	25 100%	51 100%	82 100%	29 100%	156 100%	42 100%	104 100%	160 100%	74 100%	111 100%	98 100%	889 100%	82 100%	33 100%
Not at all stressful (4.0)	101 10%	84 10%	7 10%	5 20%	5 10%	6 7%	3 10%	13 8%	6 14%	11 11%	19 12%	8 11%	10 9%	8 8%	91 10%	8 10%	2 6%
Not very stressful (3.0)	433 43%	366 43%	33 46%	14 56%	20 39%	41 50%	10 34%	65 42%	16 38%	43 41%	66 41%	29 39%	50 45%	46 47%	388 44%	34 41%	11 33%
Fairly stressful (2.0)	319 32%	277 32%	19 26%	6 24%	17 33%	26 32%	13 45%	52 33%	13 31%	30 29%	46 29%	28 38%	34 31%	35 36%	280 31%	24 29%	15 45%
Very stressful (1.0)	144 14%	123 14%	13 18%	- -	8 16%	9 11%	3 10%	26 17%	5 12%	20 19%	28 18%	8 11%	17 15%	7 7%	124 14%	15 18%	5 15%
Don't know	7 1%	6 1%	- -	- -	1 2%	- -	- -	- -	2 5%	- -	1 1%	1 1%	- -	2 2%	6 1%	1 1%	- -
									aegijl								
NET: Stressful	463 46%	400 47%	32 44%	6 24%	25 49%	35 43%	16 55%	78 50%	18 43%	50 48%	74 46%	36 49%	51 46%	42 43%	404 45%	39 48%	20 61%
NET: Not stressful	534 53%	450 53%	40 56%	19 76%	25 49%	47 57%	13 45%	78 50%	22 52%	54 52%	85 53%	37 50%	60 54%	54 55%	479 54%	42 51%	13 39%
Base for stats	997	850	72	25	50	82	29	156	40	104	159	73	111	96	883	81	33
Mean Score	2.49	2.48	2.47	2.96	2.44	2.54	2.45	2.42	2.58	2.43	2.48	2.51	2.48	2.57	2.51	2.43	2.30
Standard Deviation	.861	.859	.903	.676	.884	.789	.827	.865	.903	.922	.920	.835	.862	.750	.859	.907	.810
Standard Error	.027	.029	.106	.135	.125	.087	.154	.069	.143	.090	.073	.098	.082	.077	.029	.101	.141
Error variance	*	*	.01	.02	.02	.01	.02	*	.02	.01	.01	.01	.01	.01	*	.01	.02

Birmingham City University - Exam Stress - Undergraduates ~ 31st July - 8th August 2019

Q8.4. Selecting a university: To what extent did you find each of the following stressful or not stressful?

BASE: All respondents

	Total	Stressed leading up to exams		Prepared for results day		Support for exam stress		Clearing	
		NET: Stressed	NET: Relaxed	NET: Prepared	NET: Unprepared	NET: Satisfied	NET: Dissatisfied	Yes	No
		a	b	a	b	a	b	a	b
Significance Level: 95%									
Total	1004 100%	826 100%	80 100%	697 100%	281 100%	572 100%	354 100%	152 100%	852 100%
Not at all stressful (4.0)	101 10%	73 9%	17 21% a	74 11%	21 7%	51 9%	40 11%	10 7%	91 11%
Not very stressful (3.0)	433 43%	366 44%	30 38%	314 45%	111 40%	251 44%	147 42%	48 32%	385 45% a
Fairly stressful (2.0)	319 32%	262 32%	22 28%	219 31%	94 33%	190 33%	103 29%	55 36%	264 31%
Very stressful (1.0)	144 14%	121 15%	11 14%	86 12%	54 19% a	76 13%	63 18%	39 26% b	105 12%
Don't know	7 1%	4 *	- -	4 1%	1 *	4 1%	1 *	- -	7 1%
NET: Stressful	463 46%	383 46%	33 41%	305 44%	148 53% a	266 47%	166 47%	94 62% b	369 43%
NET: Not stressful	534 53%	439 53%	47 59%	388 56% b	132 47%	302 53%	187 53%	58 38%	476 56% a
Base for stats	997	822	80	693	280	568	353	152	845
Mean Score	2.49	2.48	2.66	2.54 b	2.35	2.49	2.46	2.19	2.55 a
Standard Deviation	.861	.850	.967	.843 b	.876	.836	.914	.897	.844 a
Standard Error	.027	.030	.108	.032	.052	.035	.049	.073	.029
Error variance	*	*	.01	*	*	*	*	.01	*

Birmingham City University - Exam Stress - Undergraduates ~ 31st July - 8th August 2019

Q8.5. Job-searching: To what extent did you find each of the following stressful or not stressful?

BASE: All respondents

	Significance Level: 95%	Total	Gender		Age				
			Male	Female	17-18	19	20	21	22+
			a	b	a	b	c	d	e
Total		1004 100%	487 100%	510 100%	128 100%	296 100%	267 100%	133 100%	167 100%
Not at all stressful	(4.0)	50 5%	25 5%	25 5%	9 7%	12 4%	11 4%	7 5%	11 7%
Not very stressful	(3.0)	181 18%	110 23%	71 14%	20 16%	57 19%	41 15%	34 26%	25 15%
Fairly stressful	(2.0)	335 33%	173 36%	161 32%	40 31%	91 31%	95 36%	48 36%	57 34%
Very stressful	(1.0)	292 29%	98 20%	191 37%	35 27%	91 31%	76 28%	31 23%	56 34%
Don't know		146 15%	81 17%	62 12%	24 19%	45 15%	44 16%	13 10%	18 11%
NET: Stressful		627 62%	271 56%	352 69%	75 59%	182 61%	171 64%	79 59%	113 68%
NET: Not stressful		231 23%	135 28%	96 19%	29 23%	69 23%	52 19%	41 31%	36 22%
Base for stats		858	406	448	104	251	223	120	149
Mean Score		1.99	2.15	1.84	2.03	1.96	1.94	2.14	1.94
Standard Deviation		.886	.859	.886	.939	.885	.850	.873	.917
Standard Error		.030	.043	.042	.092	.056	.057	.080	.075
Error variance		*	*	*	.01	*	*	.01	.01

Birmingham City University - Exam Stress - Undergraduates ~ 31st July - 8th August 2019

Q8.5. Job-searching: To what extent did you find each of the following stressful or not stressful?

BASE: All respondents

	Total	Region													Pre-university exams		
		NET: England	Scotland	Northern Ireland	Wales	East Midlands	Eastern	London	North East	North West	South East	South West	West Midlands	Yorkshire & Humberside	A Levels	Advanced Highers	International Baccalaureate
		a	b	*c	d	e	*f	g	h	i	j	k	l	m	a	b	c
Significance Level: 95%																	
Total	1004 100%	856 100%	72 100%	25 100%	51 100%	82 100%	29 100%	156 100%	42 100%	104 100%	160 100%	74 100%	111 100%	98 100%	889 100%	82 100%	33 100%
Not at all stressful (4.0)	50 5%	40 5%	5 7%	3 12%	2 4%	1 1%	1 3%	7 4%	5 12%	3 3%	10 6%	3 4%	3 3%	7 7%	42 5%	6 7%	2 6%
Not very stressful (3.0)	181 18%	153 18%	12 17%	7 28%	9 18%	15 18%	6 21%	24 15%	8 19%	22 21%	28 18%	10 14%	21 19%	19 19%	161 18%	16 20%	4 12%
Fairly stressful (2.0)	335 33%	282 33%	30 42%	5 20%	18 35%	32 39%	7 24%	57 37%	16 38%	27 26%	52 33%	28 38%	34 31%	29 30%	294 33%	31 38%	10 30%
Very stressful (1.0)	292 29%	260 30%	17 24%	5 20%	10 20%	18 22%	11 38%	48 31%	9 21%	41 39%	45 28%	21 28%	38 34%	29 30%	259 29%	19 23%	14 42%
Don't know	146 15%	121 14%	8 11%	5 20%	12 24%	16 20%	4 14%	20 13%	4 10%	11 11%	25 16%	12 16%	15 14%	14 14%	133 15%	10 12%	3 9%
NET: Stressful	627 62%	542 63%	47 65%	10 40%	28 55%	50 61%	18 62%	105 67%	25 60%	68 65%	97 61%	49 66%	72 65%	58 59%	553 62%	50 61%	24 73%
NET: Not stressful	231 23%	193 23%	17 24%	10 40%	11 22%	16 20%	7 24%	31 20%	13 31%	25 24%	38 24%	13 18%	24 22%	26 27%	203 23%	22 27%	6 18%
Base for stats	858	735	64	20	39	66	25	136	38	93	135	62	96	84	756	72	30
Mean Score	1.99	1.96	2.08	2.40	2.08	1.98	1.88	1.93	2.24	1.86	2.02	1.92	1.89	2.05	1.98	2.13	1.80
Standard Deviation	.886	.883	.878	1.046	.839	.754	.927	.857	.971	.892	.918	.836	.857	.956	.882	.903	.925
Standard Error	.030	.033	.110	.234	.134	.093	.185	.074	.157	.092	.079	.106	.087	.104	.032	.106	.169
Error variance	*	*	.01	.05	.02	.01	.03	.01	.02	.01	.01	.01	.01	.01	*	.01	.03



Birmingham City University - Exam Stress - Undergraduates ~ 31st July - 8th August 2019

Q8.5. Job-searching: To what extent did you find each of the following stressful or not stressful?

BASE: All respondents

	Total	Stressed leading up to exams		Prepared for results day		Support for exam stress		Clearing	
		NET: Stressed	NET: Relaxed	NET: Prepared	NET: Unprepared	NET: Satisfied	NET: Dissatisfied	Yes	No
		a	b	a	b	a	b	a	b
Significance Level: 95%									
Total	1004 100%	826 100%	80 100%	697 100%	281 100%	572 100%	354 100%	152 100%	852 100%
Not at all stressful (4.0)	50 5%	36 4%	6 8%	39 6%	11 4%	30 5%	15 4%	7 5%	43 5%
Not very stressful (3.0)	181 18%	144 17%	19 24%	130 19%	48 17%	110 19%	57 16%	28 18%	153 18%
Fairly stressful (2.0)	335 33%	273 33%	27 34%	237 34%	92 33%	194 34%	117 33%	59 39%	276 32%
Very stressful (1.0)	292 29%	260 31%	17 21%	175 25%	108 38% a	149 26%	124 35% a	47 31%	245 29%
Don't know	146 15%	113 14%	11 14%	116 17% b	22 8%	89 16%	41 12%	11 7%	135 16% a
NET: Stressful	627 62%	533 65%	44 55%	412 59%	200 71% a	343 60%	241 68% a	106 70% b	521 61%
NET: Not stressful	231 23%	180 22%	25 31%	169 24%	59 21%	140 24%	72 20%	35 23%	196 23%
Base for stats	858	713	69	581	259	483	313	141	717
Mean Score	1.99	1.94	2.20 a	2.06 b	1.85	2.04 b	1.88	1.96	1.99
Standard Deviation	.886	.875	.917	.890	.868	.886	.871	.857	.892
Standard Error	.030	.033	.110	.037	.054	.040	.049	.072	.033
Error variance	*	*	.01	*	*	*	*	.01	*

Birmingham City University - Exam Stress - Undergraduates ~ 31st July - 8th August 2019

Q8.6. Planning for a future career: To what extent did you find each of the following stressful or not stressful?

BASE: All respondents

	Significance Level: 95%	Total	Gender		Age				
			Male	Female	17-18	19	20	21	22+
			a	b	a	b	c	d	e
Total		1004 100%	487 100%	510 100%	128 100%	296 100%	267 100%	133 100%	167 100%
Not at all stressful	(4.0)	35 3%	17 3%	18 4%	8 6% b	6 2%	10 4%	5 4%	6 4%
Not very stressful	(3.0)	183 18%	118 24% b	65 13%	25 20%	47 16%	41 15%	32 24% bc	35 21%
Fairly stressful	(2.0)	375 37%	181 37%	192 38%	43 34%	128 43% de	99 37%	42 32%	55 33%
Very stressful	(1.0)	365 36%	140 29%	222 44% a	42 33%	96 32%	103 39%	53 40%	69 41%
Don't know		46 5%	31 6% b	13 3%	10 8% de	19 6% de	14 5% de	1 1%	2 1%
NET: Stressful		740 74%	321 66%	414 81% a	85 66%	224 76% a	202 76%	95 71%	124 74%
NET: Not stressful		218 22%	135 28% b	83 16%	33 26%	53 18%	51 19%	37 28% bc	41 25%
Base for stats		958	456	497	118	277	253	132	165
Mean Score		1.88	2.03 b	1.76	1.99	1.87	1.83	1.92	1.87
Standard Deviation		.840	.846	.815	.920	.766	.838	.891	.873
Standard Error		.027	.040	.037	.085	.046	.053	.078	.068
Error variance		*	*	*	.01	*	*	.01	*

Birmingham City University - Exam Stress - Undergraduates ~ 31st July - 8th August 2019

Q8.6. Planning for a future career: To what extent did you find each of the following stressful or not stressful?

BASE: All respondents

	Total	Region													Pre-university exams		
		NET: England	Scotland	Northern Ireland	Wales	East Midlands	Eastern	London	North East	North West	South East	South West	West Midlands	Yorkshire & Humberside	A Levels	Advanced Highers	International Baccalaureate
	a	b	*c	d	e	*f	g	h	i	j	k	l	m	a	b	c	
Significance Level: 95%																	
Total	1004 100%	856 100%	72 100%	25 100%	51 100%	82 100%	29 100%	156 100%	42 100%	104 100%	160 100%	74 100%	111 100%	98 100%	889 100%	82 100%	33 100%
Not at all stressful (4.0)	35 3%	32 4%	1 1%	1 4%	1 2%	2 2%	- -	7 4%	2 5%	5 5%	7 4%	4 5%	2 2%	3 3%	31 3%	2 2%	2 6%
Not very stressful (3.0)	183 18%	160 19%	9 13%	6 24%	8 16%	18 22%	8 28%	26 17%	6 14%	18 17%	31 19%	14 19%	20 18%	19 19%	166 19%	9 11%	8 24%
Fairly stressful (2.0)	375 37%	314 37%	31 43%	12 48%	18 35%	28 34%	8 28%	64 41%	21 50%	36 35%	55 34%	25 34%	44 40%	33 34%	327 37%	40 49%	8 24%
Very stressful (1.0)	365 36%	310 36%	28 39%	6 24%	21 41%	28 34%	13 45%	54 35%	11 26%	38 37%	62 39%	24 32%	42 38%	38 39%	324 36%	28 34%	13 39%
Don't know	46 5%	40 5%	3 4%	- -	3 6%	6 7%	- -	5 3%	2 5%	7 7%	5 3%	7 9%	3 3%	5 5%	41 5%	3 4%	2 6%
NET: Stressful	740 74%	624 73%	59 82%	18 72%	39 76%	56 68%	21 72%	118 76%	32 76%	74 71%	117 73%	49 66%	86 77%	71 72%	651 73%	68 83%	21 64%
NET: Not stressful	218 22%	192 22%	10 14%	7 28%	9 18%	20 24%	8 28%	33 21%	8 19%	23 22%	38 24%	18 24%	22 20%	22 22%	197 22%	11 13%	10 30%
Base for stats	958	816	69	25	48	76	29	151	40	97	155	67	108	93	848	79	31
Mean Score	1.88	1.89	1.75	2.08	1.77	1.92	1.83	1.91	1.98	1.90	1.89	1.97	1.83	1.86	1.89	1.81	1.97
Standard Deviation	.840	.850	.736	.812	.805	.845	.848	.843	.800	.884	.880	.904	.791	.855	.844	.735	.983
Standard Error	.027	.030	.089	.162	.116	.097	.157	.069	.127	.090	.071	.110	.076	.089	.029	.083	.176
Error variance	*	*	.01	.03	.01	.01	.02	*	.02	.01	*	.01	.01	.01	*	.01	.03

Birmingham City University - Exam Stress - Undergraduates ~ 31st July - 8th August 2019

Q8.6. Planning for a future career: To what extent did you find each of the following stressful or not stressful?

BASE: All respondents

	Total	Stressed leading up to exams		Prepared for results day		Support for exam stress		Clearing	
		NET: Stressed	NET: Relaxed	NET: Prepared	NET: Unprepared	NET: Satisfied	NET: Dissatisfied	Yes	No
		a	b	a	b	a	b	a	b
Significance Level: 95%									
Total	1004 100%	826 100%	80 100%	697 100%	281 100%	572 100%	354 100%	152 100%	852 100%
Not at all stressful (4.0)	35 3%	26 3%	4 5%	29 4%	6 2%	25 4%	8 2%	11 7% b	24 3%
Not very stressful (3.0)	183 18%	133 16%	24 30% a	140 20% b	37 13%	113 20% b	51 14%	25 16%	158 19%
Fairly stressful (2.0)	375 37%	304 37%	30 38%	287 41% b	85 30%	236 41% b	113 32%	53 35%	322 38%
Very stressful (1.0)	365 36%	326 39% b	21 26%	213 31%	144 51% a	183 32%	159 45% a	57 38%	308 36%
Don't know	46 5%	37 4%	1 1%	28 4%	9 3%	15 3%	23 6% a	6 4%	40 5%
NET: Stressful	740 74%	630 76% b	51 64%	500 72%	229 81% a	419 73%	272 77%	110 72%	630 74%
NET: Not stressful	218 22%	159 19% a	28 35% a	169 24% b	43 15%	138 24% b	59 17%	36 24%	182 21%
Base for stats	958	789	79	669	272	557	331	146	812
Mean Score	1.88	1.82	2.14 a	1.98 b	1.65	1.96 b	1.72	1.93	1.87
Standard Deviation	.840	.826	.873	.838	.796	.843	.810	.930	.823
Standard Error	.027	.029	.098	.032	.048	.036	.045	.077	.029
Error variance	*	*	.01	*	*	*	*	.01	*

Birmingham City University - Exam Stress - Undergraduates ~ 31st July - 8th August 2019

Q9. What information, if any, do you wish you had in the run up to Results Day?

BASE: All respondents

Significance Level: 95%

	Gender		Age					
	Total	Male	Female	17-18	19	20	21	22+
		a	b	a	b	c	d	e
Total	1004 100%	487 100%	510 100%	128 100%	296 100%	267 100%	133 100%	167 100%
Information about dealing with disappointment	343 34%	113 23%	229 45% a	46 36%	107 36%	85 32%	41 31%	60 36%
Information from my school about the clearing process	335 33%	131 27%	202 40% a	51 40% e	109 37% e	83 31%	43 32%	44 26%
Information about alternative options if I wanted to change my mind about university	329 33%	124 25%	204 40% a	34 27%	92 31%	82 31%	54 41% ac	63 38% a
Advice on alternatives to university	316 31%	120 25%	195 38% a	37 29%	84 28%	84 31%	47 35%	61 37%
Information from my university about the process of Results Day	291 29%	125 26%	164 32% a	47 37% e	92 31% e	76 28%	39 29%	35 21%
Information from my university about deferring my place	226 23%	98 20%	128 25%	30 23%	63 21%	61 23%	34 26%	36 22%
Other	9 1%	3 1%	6 1%	- -	4 1%	3 1%	2 2%	- -
I had all the information I needed	225 22%	142 29% b	81 16%	26 20%	72 24%	65 24%	29 22%	31 19%
Don't know	42 4%	22 5%	19 4%	9 7%	9 3%	8 3%	6 5%	9 5%

Birmingham City University - Exam Stress - Undergraduates ~ 31st July - 8th August 2019

Q9. What information, if any, do you wish you had in the run up to Results Day?

BASE: All respondents

	Total	Region													Pre-university exams		
		NET: England	Scotland	Northern Ireland	Wales	East Midlands	Eastern	London	North East	North West	South East	South West	West Midlands	Yorkshire & Humberside	A Levels	Advanced Highers	International Baccalaureate
	a	b	*c	d	e	*f	g	h	i	j	k	l	m	a	b	c	
Significance Level: 95%																	
Total	1004 100%	856 100%	72 100%	25 100%	51 100%	82 100%	29 100%	156 100%	42 100%	104 100%	160 100%	74 100%	111 100%	98 100%	889 100%	82 100%	33 100%
Information about dealing with disappointment	343 34%	283 33%	32 44% gk	9 36%	19 37%	33 40%	8 28%	46 29%	12 29%	32 31%	52 33%	21 28%	40 36%	39 40%	304 34%	31 38%	8 24%
Information from my school about the clearing process	335 33%	286 33%	21 29%	8 32%	20 39%	30 37%	8 28%	43 28%	17 40%	38 37%	55 34%	28 38%	41 37%	26 27%	297 33%	27 33%	11 33%
Information about alternative options if I wanted to change my mind about university	329 33%	277 32% m	25 35%	9 36%	18 35%	27 33%	6 21%	53 34% m	11 26%	42 40% lm	57 36% m	32 43% lm	28 25%	21 21%	289 33%	31 38%	9 27%
Advice on alternatives to university	316 31%	265 31%	30 42% dim	9 36%	12 24%	32 39%	8 28%	49 31%	10 24%	27 26%	57 36%	22 30%	35 32%	25 26%	276 31%	30 37%	10 30%
Information from my university about the process of Results Day	291 29%	245 29% m	18 25%	9 36%	19 37% m	22 27%	9 31%	45 29%	10 24%	38 37% m	45 28%	20 27%	38 34% m	18 18%	262 29%	22 27%	7 21%
Information from my university about deferring my place	226 23%	192 22%	16 22%	6 24%	12 24%	20 24%	7 24%	35 22%	6 14%	27 26%	36 23%	19 26%	26 23%	16 16%	204 23%	16 20%	6 18%
Other	9 1%	9 1%	- -	- -	- -	- -	- -	2 1%	- -	2 2%	3 2%	- -	2 2%	- -	9 1%	- -	- -
I had all the information I needed	225 22%	193 23%	15 21%	6 24%	11 22%	17 21%	8 28%	33 21%	12 29%	23 22%	39 24%	18 24%	23 21%	20 20%	204 23%	15 18%	6 18%
Don't know	42 4%	35 4%	4 6%	- -	3 6%	2 2%	- -	8 5%	2 5%	1 1%	4 3%	4 5%	7 6% i	7 7% i	38 4%	3 4%	1 3%

Birmingham City University - Exam Stress - Undergraduates ~ 31st July - 8th August 2019

Q9. What information, if any, do you wish you had in the run up to Results Day?

BASE: All respondents

	Total	Stressed leading up to exams		Prepared for results day		Support for exam stress		Clearing	
		NET: Stressed	NET: Relaxed	NET: Prepared	NET: Unprepared	NET: Satisfied	NET: Dissatisfied	Yes	No
		a	b	a	b	a	b	a	b
Significance Level: 95%									
Total	1004 100%	826 100%	80 100%	697 100%	281 100%	572 100%	354 100%	152 100%	852 100%
Information about dealing with disappointment	343 34%	316 38%	15 19%	211 30%	126 45%	149 26%	178 50%	60 39%	283 33%
Information from my school about the clearing process	335 33%	295 36%	24 30%	201 29%	126 45%	155 27%	163 46%	70 46%	265 31%
Information about alternative options if I wanted to change my mind about university	329 33%	292 35%	24 30%	216 31%	107 38%	161 28%	149 42%	53 35%	276 32%
Advice on alternatives to university	316 31%	281 34%	19 24%	208 30%	98 35%	151 26%	142 40%	43 28%	273 32%
Information from my university about the process of Results Day	291 29%	254 31%	20 25%	187 27%	101 36%	147 26%	127 36%	44 29%	247 29%
Information from my university about deferring my place	226 23%	201 24%	13 16%	137 20%	83 30%	116 20%	101 29%	32 21%	194 23%
Other	9 1%	9 1%	- -	3 *	6 2%	3 1%	6 2%	- -	9 1%
I had all the information I needed	225 22%	167 20%	21 26%	188 27%	31 11%	160 28%	39 11%	10 7%	215 25%
Don't know	42 4%	28 3%	3 4%	23 3%	12 4%	25 4%	9 3%	5 3%	37 4%

Birmingham City University - Exam Stress - Undergraduates ~ 31st July - 8th August 2019

Q10. SUMMARY: To what extent do you think it is important or unimportant for university staff to receive mental health training?

BASE: All respondents

	Total	Very unimportant	Fairly unimportant	Fairly important	Very important	Don't know	NET: Important	NET: Unimportant
University staff	1004	35	59	329	565	16	894	94
	100%	3%	6%	33%	56%	2%	89%	9%
School/ college staff	1004	28	35	278	646	17	924	63
	100%	3%	3%	28%	64%	2%	92%	6%

Birmingham City University - Exam Stress - Undergraduates ~ 31st July - 8th August 2019

Q10.1. University staff: To what extent do you think it is important or unimportant for university staff to receive mental health training?

BASE: All respondents

		Gender		Age					
		Total	Male	Female	17-18	19	20	21	22+
			a	b	a	b	c	d	e
Significance Level: 95%									
Total		1004	487	510	128	296	267	133	167
		100%	100%	100%	100%	100%	100%	100%	100%
Very unimportant	(1.0)	35	22	13	5	11	8	2	9
		3%	5%	3%	4%	4%	3%	2%	5%
Fairly unimportant	(2.0)	59	41	18	4	18	13	9	14
		6%	8%	4%	3%	6%	5%	7%	8%
			b						
Fairly important	(3.0)	329	199	126	46	93	92	49	44
		33%	41%	25%	36%	31%	34%	37%	26%
			b						
Very important	(4.0)	565	215	348	70	171	147	72	98
		56%	44%	68%	55%	58%	55%	54%	59%
			a						
Don't know		16	10	5	3	3	7	1	2
		2%	2%	1%	2%	1%	3%	1%	1%
NET: Important		894	414	474	116	264	239	121	142
		89%	85%	93%	91%	89%	90%	91%	85%
				a					
NET: Unimportant		94	63	31	9	29	21	11	23
		9%	13%	6%	7%	10%	8%	8%	14%
			b					c	
Base for stats		988	477	505	125	293	260	132	165
Mean Score		3.44	3.27	3.60	3.45	3.45	3.45	3.45	3.40
				a					
Standard Deviation		.761	.805	.683	.745	.773	.731	.691	.861
Standard Error		.024	.037	.030	.067	.045	.045	.060	.067
Error variance		*	*	*	*	*	*	*	*

Birmingham City University - Exam Stress - Undergraduates ~ 31st July - 8th August 2019

Q10.1. University staff: To what extent do you think it is important or unimportant for university staff to receive mental health training?

BASE: All respondents

	Total	Region													Pre-university exams		
		NET: England	Scotland	Northern Ireland	Wales	East Midlands	Eastern	London	North East	North West	South East	South West	West Midlands	Yorkshire & Humberside	A Levels	Advanced Highers	International Baccalaureate
		a	b	*c	d	e	*f	g	h	i	j	k	l	m	a	b	c
Significance Level: 95%																	
Total	1004 100%	856 100%	72 100%	25 100%	51 100%	82 100%	29 100%	156 100%	42 100%	104 100%	160 100%	74 100%	111 100%	98 100%	889 100%	82 100%	33 100%
Very unimportant (1.0)	35 3%	27 3%	4 6%	- -	4 8%	1 1%	- -	4 3%	1 2%	4 4%	9 6%	3 4%	2 2%	3 3%	30 3%	2 2%	3 9%
Fairly unimportant (2.0)	59 6%	50 6%	6 8%	1 4%	2 4%	2 2%	2 7%	12 8%	- -	1 1%	15 9%	9 12%	3 3%	6 6%	50 6%	7 9%	2 6%
Fairly important (3.0)	329 33%	287 34%	24 33%	5 20%	13 25%	27 33%	6 21%	55 35%	15 36%	34 33%	46 29%	25 34%	47 42%	32 33%	288 32%	32 39%	9 27%
Very important (4.0)	565 56%	479 56%	35 49%	19 76%	32 63%	52 63%	20 69%	83 53%	24 57%	63 61%	90 56%	36 49%	57 51%	54 55%	508 57%	38 46%	19 58%
Don't know	16 2%	13 2%	3 4%	- -	- -	- -	1 3%	2 1%	2 5%	2 2%	- -	1 1%	2 2%	3 3%	13 1%	3 4%	- -
NET: Important	894 89%	766 89%	59 82%	24 96%	45 88%	79 96%	26 90%	138 88%	39 93%	97 93%	136 85%	61 82%	104 94%	86 88%	796 90%	70 85%	28 85%
NET: Unimportant	94 9%	77 9%	10 14%	1 4%	6 12%	3 4%	2 7%	16 10%	1 2%	5 5%	24 15%	12 16%	5 5%	9 9%	80 9%	9 11%	5 15%
Base for stats	988	843	69	25	51	82	28	154	40	102	160	73	109	95	876	79	33
Mean Score	3.44	3.44	3.30	3.72	3.43	3.59	3.64	3.41	3.55	3.53	3.36	3.29	3.46	3.44	3.45	3.34	3.33
Standard Deviation	.761	.747	.863	.542	.900	.608	.621	.746	.639	.713	.871	.841	.646	.754	.754	.749	.957
Standard Error	.024	.026	.104	.108	.126	.067	.117	.060	.101	.071	.069	.098	.062	.077	.025	.084	.167
Error variance	*	*	.01	.01	.02	*	.01	*	.01	*	*	.01	*	.01	*	.01	.03

Birmingham City University - Exam Stress - Undergraduates ~ 31st July - 8th August 2019

Q10.1. University staff: To what extent do you think it is important or unimportant for university staff to receive mental health training?

BASE: All respondents

	Total	Stressed leading up to exams		Prepared for results day		Support for exam stress		Clearing	
		NET: Stressed	NET: Relaxed	NET: Prepared	NET: Unprepared	NET: Satisfied	NET: Dissatisfied	Yes	No
		a	b	a	b	a	b	a	b
Significance Level: 95%									
Total	1004 100%	826 100%	80 100%	697 100%	281 100%	572 100%	354 100%	152 100%	852 100%
Very unimportant (1.0)	35 3%	19 2%	7 9% a	26 4%	6 2%	20 3%	14 4%	5 3%	30 4%
Fairly unimportant (2.0)	59 6%	44 5%	7 9%	40 6%	18 6%	39 7%	14 4%	10 7%	49 6%
Fairly important (3.0)	329 33%	246 30%	34 43% a	238 34%	87 31%	214 37% b	86 24%	59 39%	270 32%
Very important (4.0)	565 56%	506 61% b	30 38%	384 55%	167 59%	294 51%	237 67% a	78 51%	487 57%
Don't know	16 2%	11 1%	2 3%	9 1%	3 1%	5 1%	3 1%	- -	16 2%
NET: Important	894 89%	752 91% b	64 80%	622 89%	254 90%	508 89%	323 91%	137 90%	757 89%
NET: Unimportant	94 9%	63 8%	14 18% a	66 9%	24 9%	59 10%	28 8%	15 10%	79 9%
Base for stats	988	815	78	688	278	567	351	152	836
Mean Score	3.44	3.52 b	3.12	3.42	3.49	3.38	3.56 a	3.38	3.45
Standard Deviation	.761	.706 b	.911	.767	.715	.765	.753 a	.754	.762
Standard Error	.024	.025	.103	.029	.043	.032	.040	.061	.026
Error variance	*	*	.01	*	*	*	*	*	*

Birmingham City University - Exam Stress - Undergraduates ~ 31st July - 8th August 2019

Q10.2. School/ college staff: To what extent do you think it is important or unimportant for university staff to receive mental health training?

BASE: All respondents

	Significance Level: 95%	Total	Gender		Age				
			Male	Female	17-18	19	20	21	22+
			a	b	a	b	c	d	e
Total		1004	487	510	128	296	267	133	167
		100%	100%	100%	100%	100%	100%	100%	100%
Very unimportant	(1.0)	28	17	11	4	8	6	2	8
		3%	3%	2%	3%	3%	2%	2%	5%
Fairly unimportant	(2.0)	35	22	13	5	8	9	7	6
		3%	5%	3%	4%	3%	3%	5%	4%
Fairly important	(3.0)	278	170	105	36	75	76	42	46
		28%	35%	21%	28%	25%	28%	32%	28%
Very important	(4.0)	646	268	375	81	200	169	81	105
		64%	55%	74%	63%	68%	63%	61%	63%
Don't know		17	10	6	2	5	7	1	2
		2%	2%	1%	2%	2%	3%	1%	1%
NET: Important		924	438	480	117	275	245	123	151
		92%	90%	94%	91%	93%	92%	92%	90%
NET: Unimportant		63	39	24	9	16	15	9	14
		6%	8%	5%	7%	5%	6%	7%	8%
Base for stats		987	477	504	126	291	260	132	165
Mean Score		3.56	3.44	3.67	3.54	3.60	3.57	3.53	3.50
Standard Deviation		.698	.744	.635	.723	.679	.674	.670	.786
Standard Error		.022	.034	.028	.064	.040	.042	.058	.061
Error variance		*	*	*	*	*	*	*	*

Birmingham City University - Exam Stress - Undergraduates ~ 31st July - 8th August 2019

Q10.2. School/ college staff: To what extent do you think it is important or unimportant for university staff to receive mental health training?

BASE: All respondents

	Total	Region													Pre-university exams		
		NET: England	Scotland	Northern Ireland	Wales	East Midlands	Eastern	London	North East	North West	South East	South West	West Midlands	Yorkshire & Humberside	A Levels	Advanced Highers	International Baccalaureate
		a	b	*c	d	e	*f	g	h	i	j	k	l	m	a	b	c
Significance Level: 95%																	
Total	1004 100%	856 100%	72 100%	25 100%	51 100%	82 100%	29 100%	156 100%	42 100%	104 100%	160 100%	74 100%	111 100%	98 100%	889 100%	82 100%	33 100%
Very unimportant (1.0)	28 3%	21 2%	3 4%	- -	4 8%	- -	- -	4 3%	1 2%	2 2%	8 5%	1 1%	2 2%	3 3%	22 2%	1 1%	5 15%
Fairly unimportant (2.0)	35 3%	29 3%	3 4%	- -	3 6%	- -	2 7%	3 2%	- -	5 5%	9 6%	4 5%	5 5%	1 1%	29 3%	3 4%	3 9%
Fairly important (3.0)	278 28%	240 28%	22 31%	4 16%	12 24%	27 33%	4 14%	48 31%	14 33%	24 23%	39 24%	28 38%	30 27%	26 27%	236 27%	33 40%	9 27%
Very important (4.0)	646 64%	551 64%	42 58%	21 84%	32 63%	55 67%	22 76%	98 63%	25 60%	70 67%	104 65%	39 53%	73 66%	65 66%	587 66%	43 52%	16 48%
Don't know	17 2%	15 2%	2 3%	- -	- -	- -	1 3%	3 2%	2 5%	3 3%	- -	2 3%	1 1%	3 3%	15 2%	2 2%	- -
NET: Important	924 92%	791 92%	64 89%	25 100%	44 86%	82 100%	26 90%	146 94%	39 93%	94 90%	143 89%	67 91%	103 93%	91 93%	823 93%	76 93%	25 76%
NET: Unimportant	63 6%	50 6%	6 8%	- -	7 14%	- -	2 7%	7 4%	1 2%	7 7%	17 11%	5 7%	7 6%	4 4%	51 6%	4 5%	8 24%
Base for stats	987	841	70	25	51	82	28	153	40	101	160	72	110	95	874	80	33
Mean Score	3.56	3.57	3.47	3.84	3.41	3.67	3.71	3.57	3.58	3.60	3.49	3.46	3.58	3.61	3.59	3.48	3.09
Standard Deviation	.698	.681	.775	.374	.920	.473	.600	.667	.636	.679	.816	.670	.669	.673	.678	.636	1.100
Standard Error	.022	.023	.093	.075	.129	.052	.113	.054	.101	.068	.065	.079	.064	.069	.023	.071	.192
Error variance	*	*	.01	.01	.02	*	.01	*	.01	*	*	.01	*	*	*	.01	.04

Birmingham City University - Exam Stress - Undergraduates ~ 31st July - 8th August 2019

Q10.2. School/ college staff: To what extent do you think it is important or unimportant for university staff to receive mental health training?

BASE: All respondents

	Total	Stressed leading up to exams		Prepared for results day		Support for exam stress		Clearing	
		NET: Stressed	NET: Relaxed	NET: Prepared	NET: Unprepared	NET: Satisfied	NET: Dissatisfied	Yes	No
		a	b	a	b	a	b	a	b
Significance Level: 95%									
Total	1004 100%	826 100%	80 100%	697 100%	281 100%	572 100%	354 100%	152 100%	852 100%
Very unimportant (1.0)	28 3%	19 2%	2 3%	20 3%	5 2%	15 3%	11 3%	2 1%	26 3%
Fairly unimportant (2.0)	35 3%	25 3%	4 5%	22 3%	12 4%	20 3%	12 3%	8 5%	27 3%
Fairly important (3.0)	278 28%	198 24%	35 44%	197 28%	76 27%	189 33%	64 18%	55 36%	223 26%
Very important (4.0)	646 64%	572 69%	38 48%	448 64%	184 65%	342 60%	264 75%	85 56%	561 66%
Don't know	17 2%	12 1%	1 1%	10 1%	4 1%	6 1%	3 1%	2 1%	15 2%
NET: Important	924 92%	770 93%	73 91%	645 93%	260 93%	531 93%	328 93%	140 92%	784 92%
NET: Unimportant	63 6%	44 5%	6 8%	42 6%	17 6%	35 6%	23 6%	10 7%	53 6%
Base for stats	987	814	79	687	277	566	351	150	837
Mean Score	3.56	3.63	3.38	3.56	3.58	3.52	3.66	3.49	3.58
Standard Deviation	.698	.661	.704	.697	.663	.693	.695	.663	.704
Standard Error	.022	.023	.079	.027	.040	.029	.037	.054	.024
Error variance	*	*	.01	*	*	*	*	*	*

Birmingham City University - Exam Stress - Undergraduates ~ 31st July - 8th August 2019

Q11. On a scale of 0 to 10, where 0 = Not at all dependent and 10 = Entirely dependent, to what extent did you feel that your future depended on your pre-university exam results?

BASE: All respondents

		Gender			Age				
		Total	Male	Female	17-18	19	20	21	22+
			a	b	a	b	c	d	e
Significance Level: 95%									
Total		1004 100%	487 100%	510 100%	128 100%	296 100%	267 100%	133 100%	167 100%
0 = Not at all dependent	(0.0)	6 1%	4 1%	2 *	3 2%	1 *	1 *	- -	1 1%
1	(1.0)	4 *	3 1%	1 *	1 1%	- -	1 *	1 1%	1 1%
2	(2.0)	16 2%	11 2%	5 1%	1 1%	8 3%	4 1%	- -	3 2%
3	(3.0)	33 3%	22 5%	10 2%	5 4%	7 2%	10 4%	9 7%	2 1%
4	(4.0)	28 3%	16 3%	12 2%	7 5%	3 1%	4 1%	2 2%	10 6%
5	(5.0)	51 5%	20 4%	31 6%	9 7%	15 5%	13 5%	7 5%	6 4%
6	(6.0)	91 9%	53 11%	37 7%	10 8%	20 7%	29 11%	8 6%	23 14%
7	(7.0)	197 20%	99 20%	97 19%	24 19%	56 19%	52 19%	23 17%	36 22%
8	(8.0)	242 24%	128 26%	113 22%	36 28%	69 23%	77 29%	37 28%	22 13%
9	(9.0)	163 16%	64 13%	98 19%	16 13%	57 19%	38 14%	24 18%	27 16%
10 = Entirely dependent	(10.0)	145 14%	49 10%	95 19%	13 10%	55 19%	30 11%	15 11%	31 19%
Don't know		28 3%	18 4%	9 2%	3 2%	5 2%	8 3%	7 5%	5 3%
NET: 0-3		59 6%	40 8%	18 4%	10 8%	16 5%	16 6%	10 8%	7 4%
NET: 4-6		170 17%	89 18%	80 16%	26 20%	38 13%	46 17%	17 13%	39 23%
NET: 7-10		747 74%	340 70%	403 79%	89 70%	237 80%	197 74%	99 74%	116 69%

Birmingham City University - Exam Stress - Undergraduates ~ 31st July - 8th August 2019

Q11. On a scale of 0 to 10, where 0 = Not at all dependent and 10 = Entirely dependent, to what extent did you feel that your future depended on your pre-university exam results?

BASE: All respondents

Significance Level: 95%

Total

Base for stats

Mean Score

Standard Deviation

Standard Error

Error variance

	Gender		Age					
	Total	Male	Female	17-18	19	20	21	22+
		a	b	a	b	c	d	e
Total	1004	487	510	128	296	267	133	167
	100%	100%	100%	100%	100%	100%	100%	100%
Base for stats	976	469	501	125	291	259	126	162
Mean Score	7.46	7.16	7.75	7.05	7.74	7.40	7.48	7.42
			a		ac			
Standard Deviation	2.002	2.078	1.881	2.225	1.950	1.888	1.946	2.099
Standard Error	.064	.096	.084	.199	.114	.117	.173	.165
Error variance	*	.01	.01	.04	.01	.01	.03	.03

Birmingham City University - Exam Stress - Undergraduates ~ 31st July - 8th August 2019

Q11. On a scale of 0 to 10, where 0 = Not at all dependent and 10 = Entirely dependent, to what extent did you feel that your future depended on your pre-university exam results?

BASE: All respondents

		Region														Pre-university exams		
Total		NET: England	Scotland	Northern Ireland	Wales	East Midlands	Eastern	London	North East	North West	South East	South West	West Midlands	Yorkshire & Humberside	A Levels	Advanced Highers	International Baccalaureate	
		a	b	*c	d	e	*f	g	h	i	j	k	l	m	a	b	c	
Significance Level: 95%																		
Total		1004 100%	856 100%	72 100%	25 100%	51 100%	82 100%	29 100%	156 100%	42 100%	104 100%	160 100%	74 100%	111 100%	98 100%	889 100%	82 100%	33 100%
0 = Not at all dependent	(0.0)	6 1%	4 *	1 1%	- -	1 2%	- -	- -	1 1%	- -	- -	- -	- -	1 1%	2 2%	5 1%	1 1%	- -
1	(1.0)	4 *	2 *	1 1%	- -	1 2% a	- -	- -	1 1%	- -	- -	- -	- -	- -	1 1%	3 *	1 1%	- -
2	(2.0)	16 2%	15 2%	- -	- -	1 2%	3 4%	- -	3 2%	- -	1 1%	2 1%	- -	6 5% abjkm	- -	14 2%	1 1%	1 3%
3	(3.0)	33 3%	29 3%	2 3%	- -	2 4%	3 4%	1 3%	2 1%	1 2%	3 3%	10 6% gm	5 7% gm	3 3%	1 1%	29 3%	2 2%	2 6%
4	(4.0)	28 3%	26 3%	2 3%	- -	- -	4 5% g	1 3%	1 1%	- -	4 4%	6 4%	4 5% g	3 3%	3 3%	23 3%	3 4%	2 6%
5	(5.0)	51 5%	45 5%	4 6%	1 4%	1 2%	6 7%	3 10%	11 7%	3 7%	2 2%	9 6%	3 4%	6 5%	2 2%	45 5%	5 6%	1 3%
6	(6.0)	91 9%	81 9%	6 8%	- -	4 8%	12 15% h	3 10%	15 10%	1 2%	10 10%	13 8%	5 7%	9 8%	13 13%	73 8%	10 12%	8 24% a
7	(7.0)	197 20%	174 20%	12 17%	4 16%	7 14%	18 22%	4 14%	30 19%	8 19%	19 18%	35 22%	20 27%	21 19%	19 19%	178 20%	15 18%	4 12%
8	(8.0)	242 24%	205 24%	12 17%	10 40%	15 29%	13 16%	6 21%	43 28% e	8 19%	28 27%	35 22%	15 20%	32 29% e	25 26%	219 25%	17 21%	6 18%
9	(9.0)	163 16%	138 16%	12 17%	8 32%	5 10%	17 21%	5 17%	26 17%	9 21%	19 18%	23 14%	10 14%	16 14%	13 13%	142 16%	14 17%	7 21%
10 = Entirely dependent	(10.0)	145 14%	113 13%	17 24% aegl	2 8%	13 25% aegl	6 7%	6 21%	16 10%	9 21% e	15 14%	25 16%	11 15%	12 11%	13 13%	130 15%	13 16%	2 6%
Don't know		28 3%	24 3%	3 4%	- -	1 2%	- -	- -	7 4%	3 7% ej	3 3%	2 1%	1 1%	2 2%	6 6% ej	28 3%	- -	- -
NET: 0-3		59 6%	50 6%	4 6%	- -	5 10%	6 7%	1 3%	7 4%	1 2%	4 4%	12 8%	5 7%	10 9%	4 4%	51 6%	5 6%	3 9%
NET: 4-6		170 17%	152 18%	12 17%	1 4%	5 10%	22 27% adh	7 24%	27 17%	4 10%	16 15%	28 18%	12 16%	18 16%	18 18%	141 16%	18 22%	11 33% a



Birmingham City University - Exam Stress - Undergraduates ~ 31st July - 8th August 2019

Q11. On a scale of 0 to 10, where 0 = Not at all dependent and 10 = Entirely dependent, to what extent did you feel that your future depended on your pre-university exam results?

BASE: All respondents

Significance Level: 95%

	Region														Pre-university exams		
	NET: England	Scotland	Northern Ireland	Wales	East Midlands	Eastern	London	North East	North West	South East	South West	West Midlands	Yorkshire & Humberside	A Levels	Advanced Highers	International Baccalaureate	
	a	b	*c	d	e	*f	g	h	i	j	k	l	m	a	b	c	
Total	1004	856	72	25	51	82	29	156	42	104	160	74	111	98	889	82	33
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
NET: 7-10	747	630	53	24	40	54	21	115	34	81	118	56	81	70	669	59	19
	74%	74%	74%	96%	78%	66%	72%	74%	81%	78%	74%	76%	73%	71%	75%	72%	58%
															c		
Base for stats	976	832	69	25	50	82	29	149	39	101	158	73	109	92	861	82	33
Mean Score	7.46	7.41	7.67	8.20	7.64	7.02	7.62	7.45	8.08	7.67	7.36	7.34	7.19	7.43	7.49	7.35	6.91
									aejl	e							
Standard Deviation	2.002	1.974	2.234	1.080	2.397	2.018	1.971	1.876	1.692	1.789	2.026	1.967	2.167	2.029	1.982	2.162	2.082
Standard Error	.064	.068	.269	.216	.339	.223	.366	.154	.271	.178	.161	.230	.208	.212	.068	.239	.362
Error variance	*	*	.07	.05	.11	.05	.13	.02	.07	.03	.03	.05	.04	.04	*	.06	.13

Birmingham City University - Exam Stress - Undergraduates ~ 31st July - 8th August 2019

Q11. On a scale of 0 to 10, where 0 = Not at all dependent and 10 = Entirely dependent, to what extent did you feel that your future depended on your pre-university exam results?

BASE: All respondents

		Stressed leading up to exams		Prepared for results day		Support for exam stress		Clearing		
		Total	NET: Stressed	NET: Relaxed	NET: Prepared	NET: Unprepared	NET: Satisfied	NET: Dissatisfied	Yes	No
			a	b	a	b	a	b	a	b
Significance Level: 95%										
Total		1004 100%	826 100%	80 100%	697 100%	281 100%	572 100%	354 100%	152 100%	852 100%
0 = Not at all dependent	(0.0)	6 1%	2 *	3 4% a	6 1%	- -	6 1%	- -	1 1%	5 1%
1	(1.0)	4 *	3 *	- -	1 *	2 1%	2 *	2 1%	1 1%	3 *
2	(2.0)	16 2%	13 2%	3 4%	12 2%	4 1%	11 2%	5 1%	2 1%	14 2%
3	(3.0)	33 3%	20 2%	6 8% a	27 4%	5 2%	20 3%	9 3%	2 1%	31 4%
4	(4.0)	28 3%	22 3%	2 3%	21 3%	7 2%	15 3%	10 3%	6 4%	22 3%
5	(5.0)	51 5%	32 4%	6 8%	35 5%	15 5%	34 6%	13 4%	8 5%	43 5%
6	(6.0)	91 9%	68 8%	13 16% a	65 9%	25 9%	51 9%	26 7%	20 13%	71 8%
7	(7.0)	197 20%	156 19%	15 19%	136 20%	57 20%	131 23% b	53 15%	29 19%	168 20%
8	(8.0)	242 24%	209 25%	16 20%	184 26% b	56 20%	147 26%	79 22%	27 18%	215 25% a
9	(9.0)	163 16%	146 18%	9 11%	110 16%	47 17%	82 14%	73 21% a	33 22% b	130 15%
10 = Entirely dependent	(10.0)	145 14%	132 16% b	6 8%	89 13%	53 19% a	59 10%	77 22% a	19 13%	126 15%
Don't know		28 3%	23 3%	1 1%	11 2%	10 4%	14 2%	7 2%	4 3%	24 3%
NET: 0-3		59 6%	38 5%	12 15% a	46 7%	11 4%	39 7%	16 5%	6 4%	53 6%
NET: 4-6		170 17%	122 15%	21 26% a	121 17%	47 17%	100 17%	49 14%	34 22%	136 16%

Birmingham City University - Exam Stress - Undergraduates ~ 31st July - 8th August 2019

Q11. On a scale of 0 to 10, where 0 = Not at all dependent and 10 = Entirely dependent, to what extent did you feel that your future depended on your pre-university exam results?

BASE: All respondents

Significance Level: 95%

Total

NET: 7-10

Base for stats

Mean Score

Standard Deviation

Standard Error

Error variance

	Total	Stressed leading up to exams		Prepared for results day		Support for exam stress		Clearing	
		NET: Stressed	NET: Relaxed	NET: Prepared	NET: Unprepared	NET: Satisfied	NET: Dissatisfied	Yes	No
		a	b	a	b	a	b	a	b
Total	1004	826	80	697	281	572	354	152	852
	100%	100%	100%	100%	100%	100%	100%	100%	100%
NET: 7-10	747	643	46	519	213	419	282	108	639
	74%	78%	58%	74%	76%	73%	80%	71%	75%
Base for stats	976	803	79	686	271	558	347	148	828
Mean Score	7.46	7.65	6.51	7.37	7.67	7.24	7.87	7.44	7.46
Standard Deviation	2.002	1.897	2.428	2.016	1.925	2.013	1.947	1.977	2.007
Standard Error	.064	.067	.273	.077	.117	.085	.105	.162	.070
Error variance	*	*	.07	.01	.01	.01	.01	.03	*

Birmingham City University - Exam Stress - Undergraduates ~ 31st July - 8th August 2019

Q12. Who, if anyone, did you feel would have been most disappointed if your pre-university exam results were not as good as you wanted them to be?

BASE: All respondents

Significance Level: 95%

	Gender		Age					
	Total	Male	Female	17-18	19	20	21	22+
		a	b	a	b	c	d	e
Total	1004 100%	487 100%	510 100%	128 100%	296 100%	267 100%	133 100%	167 100%
Me	604 60%	291 60%	309 61%	76 59%	179 60%	155 58%	76 57%	107 64%
Parents/guardians	294 29%	149 31%	143 28%	32 25%	97 33%	76 28%	38 29%	49 29%
My school or college	35 3%	13 3%	22 4%	7 5% b	5 2%	14 5% b	5 4%	4 2%
Relatives	32 3%	13 3%	19 4%	7 5%	7 2%	10 4%	5 4%	3 2%
No one	17 2%	9 2%	8 2%	3 2%	4 1%	5 2%	4 3%	1 1%
Friends	13 1%	8 2%	5 1%	- -	4 1%	5 2%	3 2%	1 1%
Other	1 *	1 *	- -	- -	- -	- -	- -	1 1%
Don't know	8 1%	3 1%	4 1%	3 2% b	- -	2 1%	2 2% b	1 1%

Birmingham City University - Exam Stress - Undergraduates ~ 31st July - 8th August 2019

Q12. Who, if anyone, did you feel would have been most disappointed if your pre-university exam results were not as good as you wanted them to be?

BASE: All respondents

	Total	Region													Pre-university exams		
		NET: England	Scotland	Northern Ireland	Wales	East Midlands	Eastern	London	North East	North West	South East	South West	West Midlands	Yorkshire & Humberside	A Levels	Advanced Highers	International Baccalaureate
		a	b	*c	d	e	*f	g	h	i	j	k	l	m	a	b	c
Significance Level: 95%																	
Total	1004 100%	856 100%	72 100%	25 100%	51 100%	82 100%	29 100%	156 100%	42 100%	104 100%	160 100%	74 100%	111 100%	98 100%	889 100%	82 100%	33 100%
Me	604 60%	513 60%	45 63%	19 76%	27 53%	47 57%	24 83%	73 47%	22 52%	62 60%	110 69%	51 69%	64 58%	60 61%	536 60%	49 60%	19 58%
Parents/guardians	294 29%	256 30%	19 26%	5 20%	14 27%	24 29%	4 14%	65 42%	15 36%	34 33%	39 24%	13 18%	30 27%	32 33%	265 30%	20 24%	9 27%
My school or college	35 3%	25 3%	2 3%	- -	8 16%	3 4%	- -	4 3%	1 2%	2 2%	3 2%	3 4%	8 7%	1 1%	27 3%	6 7%	2 6%
Relatives	32 3%	26 3%	4 6%	1 4%	1 2%	4 5%	1 3%	4 3%	3 7%	2 2%	4 3%	1 1%	5 5%	2 2%	29 3%	3 4%	- -
No one	17 2%	16 2%	1 1%	- -	- -	4 5%	- -	6 4%	- -	2 2%	2 1%	1 1%	- -	1 1%	15 2%	1 1%	1 3%
Friends	13 1%	12 1%	- -	- -	1 2%	- -	- -	2 1%	- -	2 2%	1 1%	3 4%	2 2%	2 2%	10 1%	2 2%	1 3%
Other	1 *	1 *	- -	- -	- -	- -	- -	- -	- -	- -	1 1%	- -	- -	- -	- -	- -	1 3%
Don't know	8 1%	7 1%	1 1%	- -	- -	- -	- -	2 1%	1 2%	- -	- -	2 3%	2 2%	- -	7 1%	1 1%	- -



Birmingham City University - Exam Stress - Undergraduates ~ 31st July - 8th August 2019

Q12. Who, if anyone, did you feel would have been most disappointed if your pre-university exam results were not as good as you wanted them to be?

BASE: All respondents

Significance Level: 95%

	Total	Stressed leading up to exams		Prepared for results day		Support for exam stress		Clearing	
		NET: Stressed	NET: Relaxed	NET: Prepared	NET: Unprepared	NET: Satisfied	NET: Dissatisfied	Yes	No
		a	b	a	b	a	b	a	b
Total	1004 100%	826 100%	80 100%	697 100%	281 100%	572 100%	354 100%	152 100%	852 100%
Me	604 60%	505 61%	46 58%	444 64%	146 52%	359 63%	198 56%	69 45%	535 63%
Parents/guardians	294 29%	241 29%	26 33%	194 28%	95 34%	151 26%	118 33%	60 39%	234 27%
My school or college	35 3%	31 4%	1 1%	20 3%	14 5%	20 3%	13 4%	8 5%	27 3%
Relatives	32 3%	26 3%	2 3%	16 2%	16 6%	17 3%	15 4%	6 4%	26 3%
No one	17 2%	11 1%	3 4%	13 2%	2 1%	14 2%	3 1%	4 3%	13 2%
Friends	13 1%	10 1%	- -	8 1%	5 2%	7 1%	6 2%	4 3%	9 1%
Other	1 *	- -	1 1%	- -	1 *	1 *	- -	1 1%	- -
Don't know	8 1%	2 *	1 1%	2 *	2 1%	3 1%	1 *	- -	8 1%

Birmingham City University - Exam Stress - Undergraduates ~ 31st July - 8th August 2019

Q13. Did you go through clearing to get your university place?

BASE: All respondents

Significance Level: 95%

Total

Yes

No

	Gender		Age					
	Total	Male	Female	17-18	19	20	21	22+
		a	b	a	b	c	d	e
Total	1004	487	510	128	296	267	133	167
	100%	100%	100%	100%	100%	100%	100%	100%
Yes	152	83	69	16	45	38	21	30
	15%	17%	14%	13%	15%	14%	16%	18%
No	852	404	441	112	251	229	112	137
	85%	83%	86%	88%	85%	86%	84%	82%

Birmingham City University - Exam Stress - Undergraduates ~ 31st July - 8th August 2019

Q13. Did you go through clearing to get your university place?

BASE: All respondents

Significance Level: 95%

	Region														Pre-university exams		
	Total	NET: England	Scotland	Northern Ireland	Wales	East Midlands	Eastern	London	North East	North West	South East	South West	West Midlands	Yorkshire & Humberside	A Levels	Advanced Highers	International Baccalaureate
	a	b	*c	d	e	*f	g	h	i	j	k	l	m	a	b	c	
Total	1004 100%	856 100%	72 100%	25 100%	51 100%	82 100%	29 100%	156 100%	42 100%	104 100%	160 100%	74 100%	111 100%	98 100%	889 100%	82 100%	33 100%
Yes	152 15%	138 16% b	5 7%	3 12%	6 12%	13 16%	1 3%	36 23% abjm	7 17%	19 18% b	23 14%	9 12%	18 16%	12 12%	127 14%	16 20%	9 27% a
No	852 85%	718 84% g	67 93% agi	22 88%	45 88%	69 84%	28 97%	120 77%	35 83%	85 82%	137 86% g	65 88%	93 84%	86 88% g	762 86% c	66 80%	24 73%

Birmingham City University - Exam Stress - Undergraduates ~ 31st July - 8th August 2019

Q13. Did you go through clearing to get your university place?

BASE: All respondents

Significance Level: 95%

	Total	Stressed leading up to exams		Prepared for results day		Support for exam stress		Clearing	
		NET: Stressed	NET: Relaxed	NET: Prepared	NET: Unprepared	NET: Satisfied	NET: Dissatisfied	Yes	No
		a	b	a	b	a	b	a	b
Total	1004 100%	826 100%	80 100%	697 100%	281 100%	572 100%	354 100%	152 100%	852 100%
Yes	152 15%	126 15%	12 15%	96 14%	53 19% a	89 16%	59 17%	152 100% b	- -
No	852 85%	700 85%	68 85%	601 86% b	228 81%	483 84%	295 83%	- -	852 100% a