

# NORTHAMPTONSHIRE ANXIETY SURVEY

Undertaken by the Northamptonshire Talk Out Loud Programme

## 723

Total Responses

Date Created: Tuesday, February 05, 2019

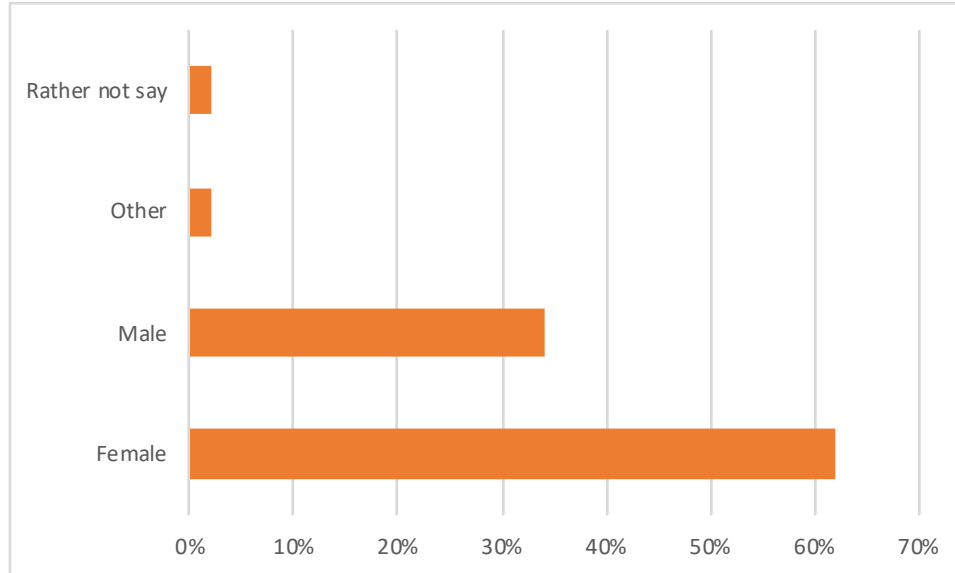
Complete Responses: 723



ABOUT MENTAL HEALTH

# Q1: What is your gender?

Answered: 720 Skipped: 3



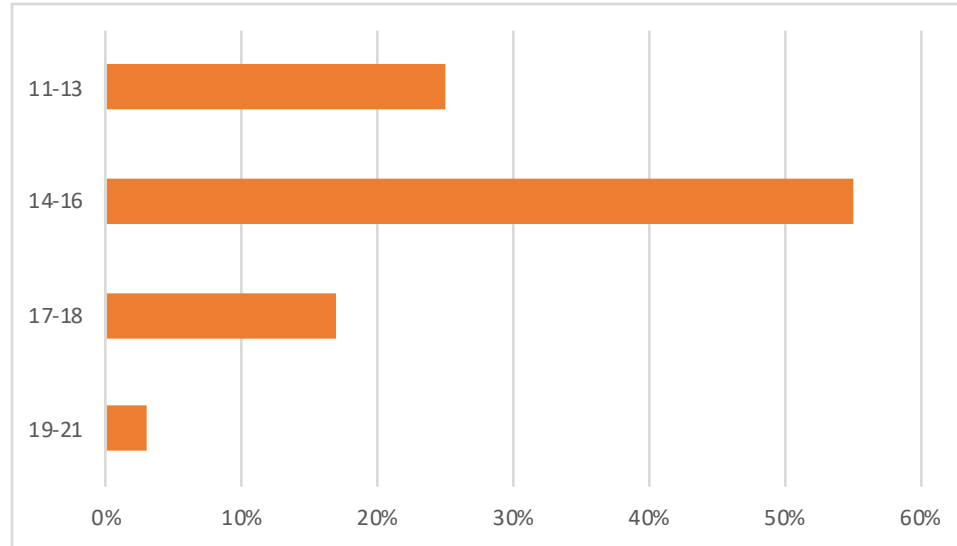
# Q1: What is your gender?

Answered: 720 Skipped: 3

ANSWER CHOICES	RESPONSES	
Female	62%	449
Male	34%	244
Other	2%	15
Rather not say	2%	12
TOTAL	100%	720

## Q2: How old are you?

Answered: 718 Skipped: 5



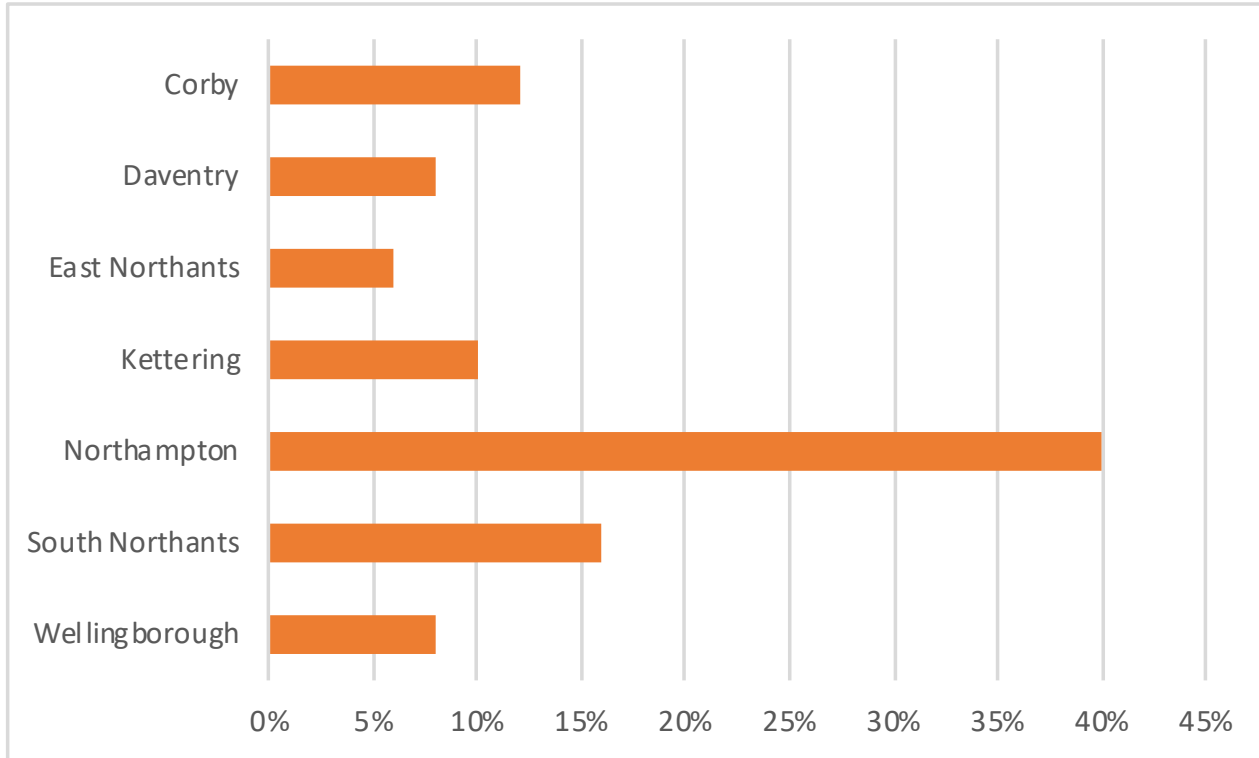
## Q2: How old are you?

Answered: 718 Skipped: 5

ANSWER CHOICES	RESPONSES	
11-13	25%	183
14-16	55%	394
17-18	17%	125
19-21	3%	16
TOTAL	100%	718

## Q3: Which part of Northamptonshire do you live in?

Answered: 714 Skipped: 9



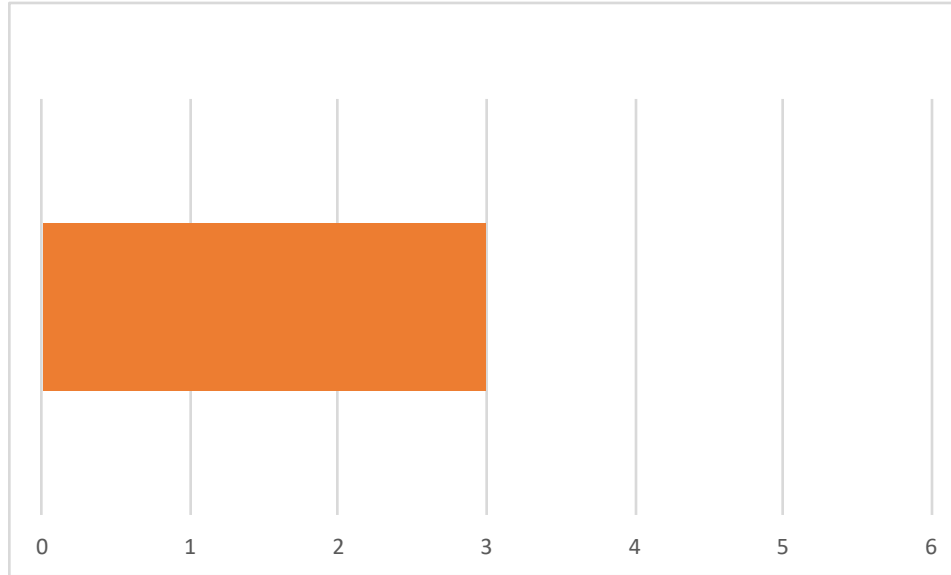
## Q3: Which part of Northamptonshire do you live in?

Answered: 714 Skipped: 9

ANSWER CHOICES	RESPONSES	
Corby	12%	84
Daventry	8%	58
East Northants	6%	41
Kettering	10%	70
Northampton	40%	286
South Northants	16%	119
Wellingborough	8%	56
TOTAL	100%	714

# Q4: How happy do you feel right now? Sliding scale 1 = not all happy (unhappy) 6 = very happy

Answered: 720 Skipped: 3





## Q4: How happy do you feel right now? Sliding scale 1 = not all happy (unhappy) 6 = very happy

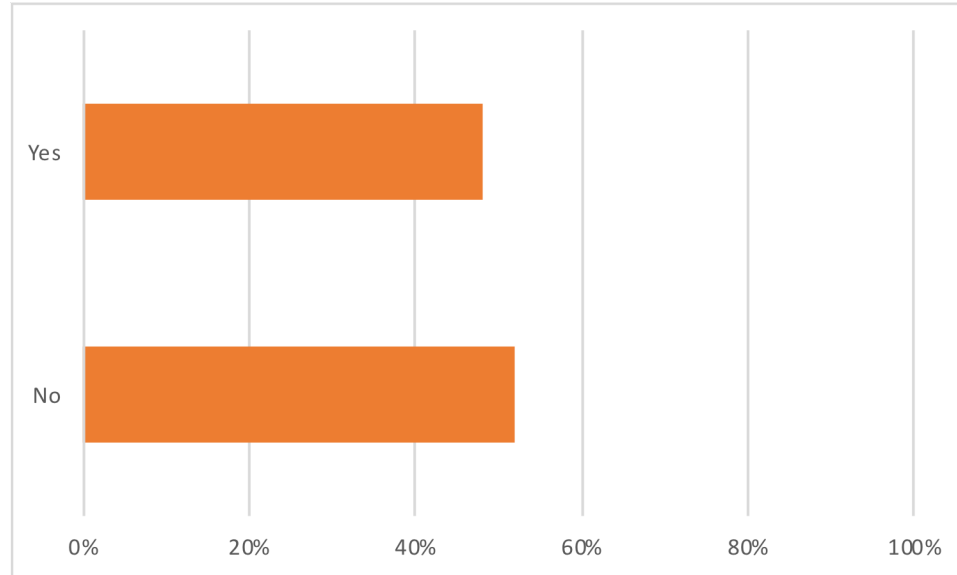


Answered: 720 Skipped: 3

ANSWER CHOICES	AVERAGE NUMBER	TOTAL NUMBER	RESPONSES
	3	2333	720
Total Respondents: 720			

## Q5: Do you feel happier right now than you did 12 months ago?

Answered: 715 Skipped: 8



## Q5: Do you feel happier right now than you did 12 months ago?

Answered: 715 Skipped: 8

ANSWER CHOICES	RESPONSES	
Yes	48%	346
No	52%	369
TOTAL	100%	715

## Q6: Can you explain why this is (answer to question 5)

Answered: 681 Skipped: 42

levels relationship anxiety don't im problems sure yes less stuff mental health mocks  
 stressful home much deal better friends always really nothing don't know  
 unhappy going ve last year school stressful time become change boyfriend  
 bad broke exams pressure people m now depressed  
 school well life new friends stress Exam stress  
 friends happened feel think better older happy surrounded  
 GCSEs moved made Nope lot general things helped year confident  
 family personal know exams coming new since don't things going found also  
 months ago one want levels stressful work need closer issues friendships really know  
 things happened way control

## Q6: Can you explain why this is (answer to question 5)

Answered: 681 Skipped: 42

“I have exams coming up and not much to look forward to”

“My Grandad died”

“More people dislike me because of my actions and fake rumours that have gone round”

“I understand myself”

“I am more confident in myself”

“Cuz I get along with parents more”

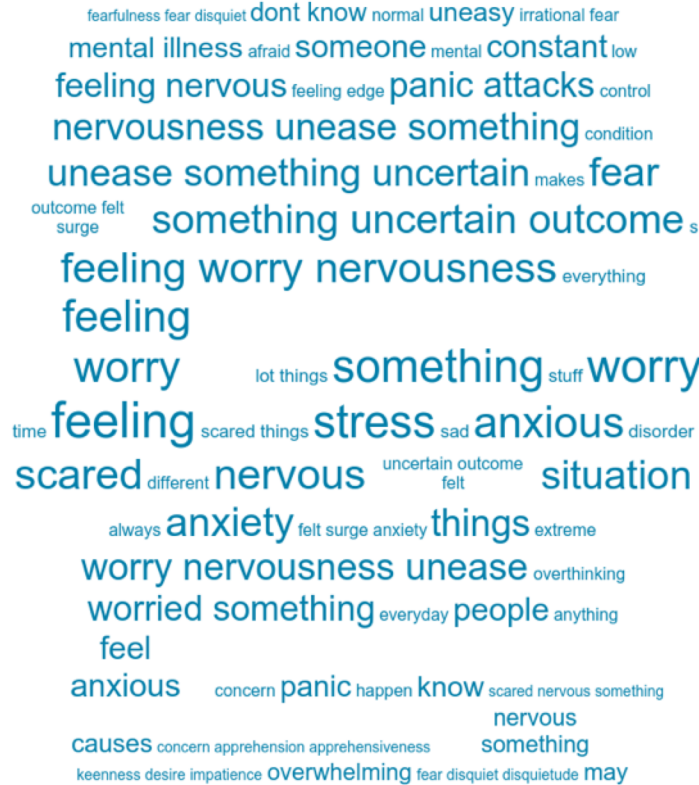
“Because I have become closer with my friends”

“I have been bullied, I self harm, I am always upset for no reason”

“Made more friendships with people and cut toxic ones out my life #positivity”

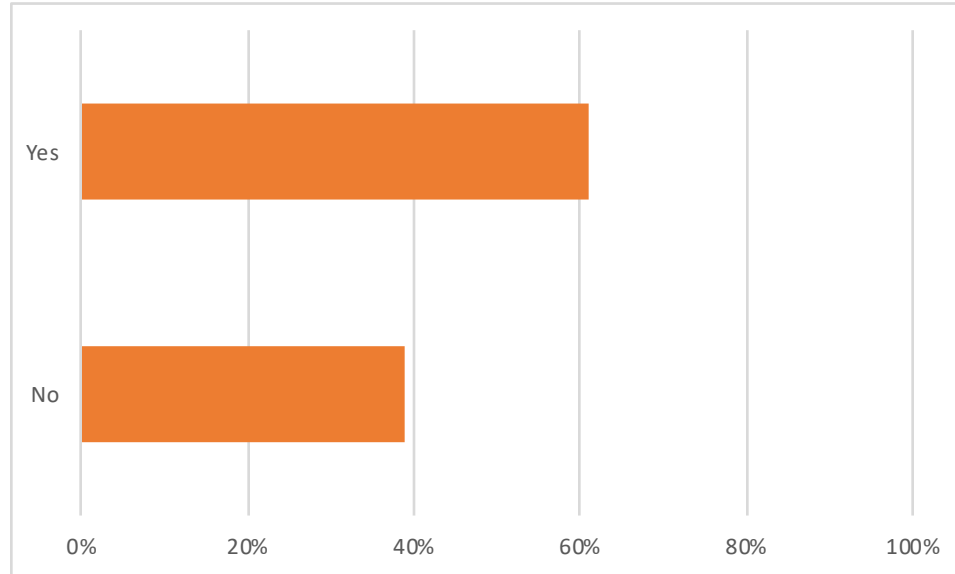
# Q7: What is anxiety?

Answered: 700 Skipped: 23



## Q8: Have you ever suffered from anxiety?

Answered: 716 Skipped: 7



## Q8: Have you ever suffered from anxiety?

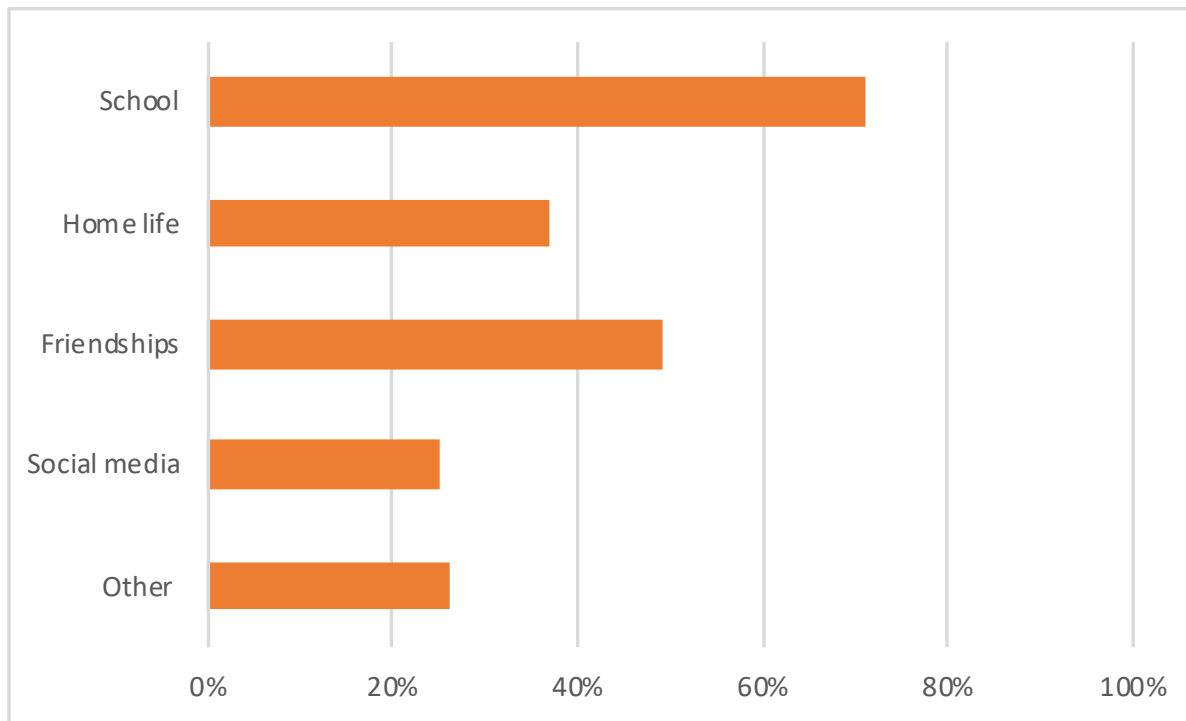
Answered: 716 Skipped: 7

ANSWER CHOICES	RESPONSES	
Yes	61%	436
No	39%	280
TOTAL	100%	716



## Q9: What do you think contributed to your anxiety? (you can select more than one answer)

Answered: 677 Skipped: 46



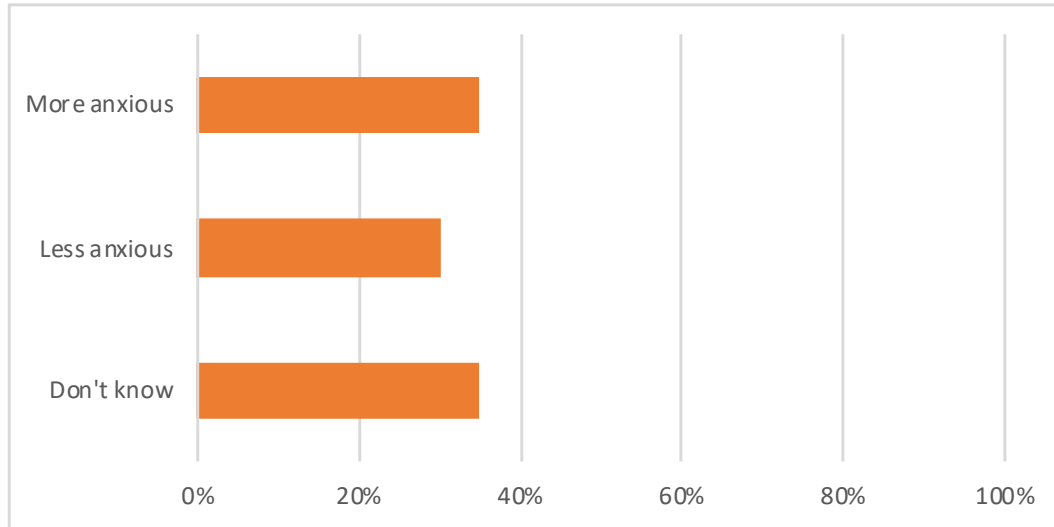
## Q9: What do you think contributed to your anxiety? (you can select more than one answer)

Answered: 677 Skipped: 46

ANSWER CHOICES	RESPONSES	
School	71%	483
Home life	37%	250
Friendships	49%	333
Social media	25%	171
Other	26%	178

# Q10: Thinking back 12 months, do you feel more, or less anxious now than you did back then?

Answered: 710 Skipped: 13



## Q10: Thinking back 12 months, do you feel more, or less anxious now than you did back then?

Answered: 710 Skipped: 13

ANSWER CHOICES	RESPONSES	
More anxious	35%	249
Less anxious	30%	215
Don't know	35%	246
	100%	710

# Q11: Can you explain why this is (answer to question 10)

Answered: 659 Skipped: 64

back scared moved mocks coming situations happy stressful amount work confident help  
 overthinking want ways deal anxiety pressure hate don t know grew year s changed  
 m sure coming family dont far think put worse made feel GCSE keep  
 time exams coming worried different lot used now issues people  
 well anxiety said dont know home life things homework  
 feel cope school make exams problems better need  
 stress less anxious really Exam stress know months ago  
 anxious idk life explain going home sure older less hard also nice  
 im depends much relationship friends able friendships teachers m self happen  
 always never everything school work year ago levels friends now last year cause  
 feel anxious felt anxious sorted friends family learnt remember

## Q11: Can you explain why this is (answer to question 10)

Answered: 659 Skipped: 64

“Exams are coming up soon” “My cat came back”

“Because everything I do seems to badly affect others”

“I am more body conscious”

“I don’t know”

“Because there is more pressure”

“Parents are not fighting any more”

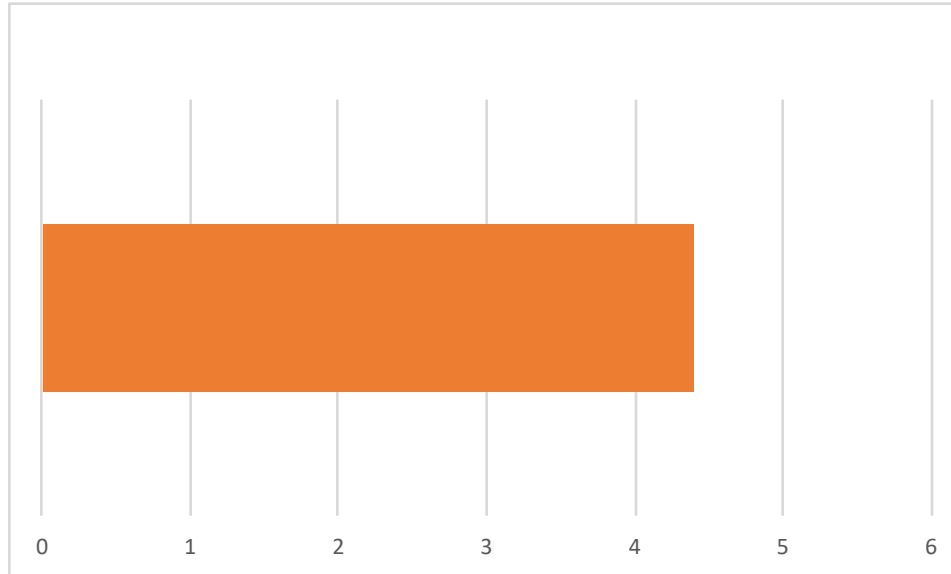
“I have self confidence and self belief and I care so much less about what other people think”

“I feel like sometimes I’m not good enough”

“I stopped worrying about exams and put less pressure on myself”

# Q12: How comfortable do you feel talking to someone about your mental health needs Sliding scale 1 = not all comfortable 6 = very comfortable

Answered: 702 Skipped: 21



## Q12: How comfortable do you feel talking to someone about your mental health needs

Sliding scale 1 = not all comfortable 6 = very comfortable



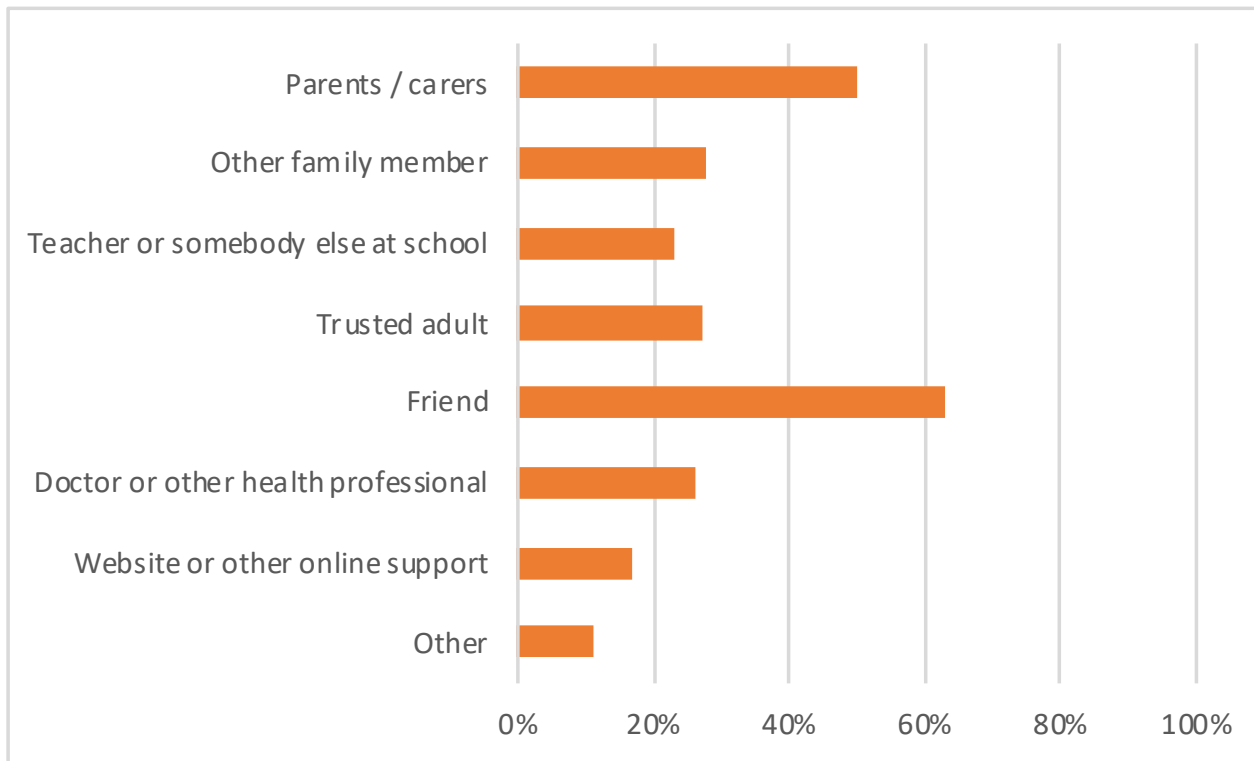
Answered: 702 Skipped: 21

ANSWER CHOICES	AVERAGE NUMBER	TOTAL NUMBER	RESPONSES
	4	3106	702
Total Respondents: 702			



# Q13: Who would you talk to about your mental health? (you can select more than one answer)

Answered: 714 Skipped: 9



## Q13: Who would you talk to about your mental health? (you can select more than one answer)

Answered: 714 Skipped: 9

ANSWER CHOICES	RESPONSES	
Parents / carers	50%	357
Other family member	28%	200
Teacher or somebody else at school	23%	198
Trusted adult	27%	193
Friend	63%	451
Doctor or other health professional	26%	186
Counsellor	24%	171
Website or other online support	17%	121
Other	11%	79
Total respondents: 714		