

YouGov Survey Results

Sample Size: 2146
Fieldwork: 29th November - 1st December 2011

Total	Gender		Age					Social Grade		Region							
Base	Male	Female	18 to 24	25 to 34	35 to 44	45 to 54	55+	ABC1	C2DE	North	Midlands	East	London	South	Wales	Scotland	Northern Ireland

Overall, how would you describe this year (2011)?

	2146	972	1174	225	287	299	381	954	1287	859	492	307	187	277	506	111	212	54
Unweighted Base	2146	972	1174	225	287	299	381	954	1287	859	492	307	187	277	506	111	212	54
Base: All UK Adults	2146	1032	1114	258	364	363	397	764	1180	966	513	343	200	266	476	105	182	60
My best year ever	1%	1%	2%	5%	4%	0%	0%	0%	2%	1%	2%	1%	1%	2%	1%	4%	2%	-
A good year	15%	15%	14%	29%	20%	15%	9%	10%	16%	13%	12%	13%	14%	20%	13%	21%	18%	19%
Good and bad/ there have been ups and downs	39%	36%	42%	45%	40%	40%	33%	40%	40%	39%	42%	41%	42%	41%	36%	33%	37%	34%
Neither good nor bad (i.e mediocre)	19%	21%	17%	10%	13%	20%	23%	23%	19%	20%	15%	20%	19%	16%	23%	18%	24%	19%
A bad year	19%	19%	19%	6%	18%	17%	26%	21%	19%	19%	20%	20%	19%	13%	22%	17%	15%	21%
My worst year ever	5%	6%	5%	1%	3%	6%	8%	5%	4%	6%	6%	4%	5%	6%	4%	7%	5%	5%
Don't know	1%	1%	2%	4%	2%	1%	0%	0%	0%	2%	2%	1%	0%	3%	0%	-	1%	1%

Which, if any, of the following have you been most worried about over the past year (2011)? (Please tick up to five answer options)

	2146	972	1174	225	287	299	381	954	1287	859	492	307	187	277	506	111	212	54
Unweighted Base	2146	972	1174	225	287	299	381	954	1287	859	492	307	187	277	506	111	212	54
Base: All UK Adults	2146	1032	1114	258	364	363	397	764	1180	966	513	343	200	266	476	105	182	60
Money/ bank balance/ debt	50%	46%	54%	54%	56%	51%	57%	42%	49%	52%	50%	52%	54%	45%	49%	56%	52%	49%
Mortgage/ rent/ housing	16%	12%	19%	20%	24%	17%	15%	10%	14%	18%	13%	16%	19%	15%	17%	17%	14%	18%
Job security/ redundancy	25%	26%	24%	22%	32%	36%	37%	12%	27%	23%	29%	24%	23%	28%	22%	22%	24%	25%
Workplace issues (e.g. stress, pressure to achieve, relationships with colleagues/ boss)	23%	23%	23%	28%	35%	29%	31%	9%	26%	19%	23%	22%	21%	20%	23%	21%	29%	29%
Pressure to achieve marks in studies and exam stress	6%	6%	6%	32%	8%	2%	2%	0%	3%	10%	5%	7%	4%	5%	7%	10%	7%	2%
Bullying (at work, school, college, university, home or online)	2%	2%	2%	3%	2%	3%	2%	1%	2%	2%	3%	2%	2%	2%	2%	-	1%	2%
Family and friends (problems/ issues with partner, parent(s), child(ren), other family, friend(s), boyfriend or girlfriend)	33%	27%	38%	38%	29%	28%	33%	35%	33%	32%	31%	34%	35%	24%	35%	36%	35%	42%
Not being in a relationship/ lack of a sex life	11%	14%	9%	24%	16%	11%	11%	5%	11%	12%	11%	13%	9%	12%	10%	13%	12%	15%
Physical health issues	32%	29%	34%	11%	17%	26%	35%	47%	31%	33%	29%	35%	37%	31%	35%	28%	23%	29%
Ability to cope emotionally	16%	11%	21%	21%	18%	17%	19%	12%	16%	16%	18%	15%	12%	14%	19%	18%	13%	12%
Loneliness	11%	11%	12%	18%	14%	12%	8%	10%	11%	12%	9%	13%	9%	12%	11%	18%	10%	23%
Appearance/ ageing	20%	16%	23%	17%	18%	17%	17%	24%	21%	19%	19%	18%	19%	24%	21%	15%	20%	21%
Neighbourhood issues (e.g. gangs, neighbourhood security, problems with neighbours)	9%	10%	8%	4%	8%	10%	8%	11%	10%	8%	9%	8%	8%	15%	7%	7%	8%	9%
Domestic politics/ current government	29%	35%	24%	17%	15%	25%	30%	41%	29%	29%	30%	30%	29%	27%	29%	28%	31%	18%
World affairs (e.g. climate change, poverty in developing countries, terrorism, world politics, conflict/war)	27%	29%	24%	18%	21%	19%	25%	37%	30%	23%	24%	25%	26%	23%	31%	28%	29%	34%
Sport (e.g. how well my football/ rugby/ cricket etc. team do)	4%	7%	1%	6%	5%	4%	2%	4%	4%	4%	6%	7%	2%	4%	3%	0%	5%	-
Other	2%	2%	2%	2%	1%	1%	3%	3%	2%	2%	1%	3%	2%	2%	2%	2%	3%	3%
Not applicable - I have had nothing to worry about this year/ I don't worry	6%	6%	6%	5%	5%	9%	5%	6%	5%	7%	7%	5%	6%	10%	6%	1%	7%	2%

YouGov Survey Results

Sample Size: 2146
Fieldwork: 29th November - 1st December 2011

Total	Working Status							Marital Status				
	Working full time	Working part time	ALL WORKERS (NET)	Full time student	Retired	Unemployed	Not working/ Other	Married/ Civil Partnership	Living as married	Separated/ Divorced	Widowed	Never Married

Overall, how would you describe this year (2011)?

	2146	948	261	1209	111	560	72	194	1131	236	228	79	472
Unweighted Base	2146	948	261	1209	111	560	72	194	1131	236	228	79	472
Base: All UK Adults	2146	1053	248	1301	103	452	84	206	1075	260	223	66	523
My best year ever	1%	2%	1%	2%	8%	0%	1%	-	1%	3%	-	-	2%
A good year	15%	15%	13%	15%	30%	11%	18%	13%	14%	21%	7%	6%	18%
Good and bad/ there have been ups and downs	39%	42%	44%	42%	41%	40%	21%	27%	39%	39%	40%	47%	39%
Neither good nor bad (i.e mediocre)	19%	19%	17%	19%	11%	22%	11%	23%	20%	16%	23%	17%	17%
A bad year	19%	17%	18%	17%	4%	21%	33%	27%	19%	16%	22%	23%	18%
My worst year ever	5%	5%	5%	5%	1%	5%	14%	8%	6%	5%	7%	7%	3%
Don't know	1%	1%	1%	1%	5%	1%	2%	3%	1%	1%	1%	-	3%

Which, if any, of the following have you been most worried about over the past year (2011)? (Please tick up to five answer options)

	2146	948	261	1209	111	560	72	194	1131	236	228	79	472
Unweighted Base	2146	948	261	1209	111	560	72	194	1131	236	228	79	472
Base: All UK Adults	2146	1053	248	1301	103	452	84	206	1075	260	223	66	523
Money/ bank balance/ debt	50%	51%	51%	51%	45%	42%	72%	60%	47%	55%	60%	42%	52%
Mortgage/ rent/ housing	16%	17%	20%	18%	12%	6%	19%	22%	15%	24%	15%	8%	14%
Job security/ redundancy	25%	36%	26%	34%	10%	5%	41%	12%	25%	29%	25%	10%	25%
Workplace issues (e.g. stress, pressure to achieve, relationships with colleagues/ boss)	23%	38%	25%	35%	16%	1%	8%	2%	19%	34%	17%	6%	30%
Pressure to achieve marks in studies and exam stress	6%	4%	7%	5%	57%	1%	6%	-	2%	4%	1%	-	18%
Bullying (at work, school, college, university, home or online)	2%	2%	3%	2%	4%	1%	2%	3%	1%	4%	3%	3%	2%
Family and friends (problems/ issues with partner, parent(s), child(ren), other family, friend(s), boyfriend or girlfriend)	33%	30%	35%	31%	37%	37%	25%	39%	33%	34%	39%	33%	29%
Not being in a relationship/ lack of a sex life	11%	13%	11%	12%	29%	4%	18%	10%	4%	4%	16%	12%	28%
Physical health issues	32%	21%	32%	23%	18%	49%	34%	54%	36%	22%	44%	45%	22%
Ability to cope emotionally	16%	14%	19%	15%	26%	12%	24%	29%	15%	14%	20%	23%	19%
Loneliness	11%	10%	11%	10%	21%	10%	26%	14%	4%	6%	21%	32%	24%
Appearance/ ageing	20%	19%	19%	19%	26%	25%	16%	14%	18%	20%	22%	33%	20%
Neighbourhood issues (e.g. gangs, neighbourhood security, problems with neighbours)	9%	8%	7%	8%	6%	13%	8%	9%	9%	11%	9%	10%	7%
Domestic politics/ current government	29%	25%	26%	25%	18%	42%	26%	30%	34%	27%	28%	27%	21%
World affairs (e.g. climate change, poverty in developing countries, terrorism, world politics, conflict/war)	27%	24%	23%	24%	26%	37%	17%	24%	31%	24%	15%	40%	22%
Sport (e.g. how well my football/ rugby/ cricket etc. team do)	4%	6%	1%	5%	6%	4%	1%	3%	3%	6%	4%	2%	6%
Other	2%	2%	1%	2%	0%	3%	1%	3%	3%	2%	1%	3%	2%
Not applicable - I have had nothing to worry about this year/ I don't worry	6%	6%	6%	6%	8%	7%	4%	8%	8%	3%	3%	2%	6%

YouGov Survey Results

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 Fieldwork: 29th November - 1st December 2011

Total	Children in Household					
	0	1	2	3+	ALL WITH CHILDREN IN HOUSEHOLD (NET)	Refused

Overall, how would you describe this year (2011)?

	2146	1678	220	172	46	438	30
Unweighted Base	2146	1678	220	172	46	438	30
Base: All UK Adults	2146	1591	268	187	54	508	47
My best year ever	1%	1%	3%	0%	-	2%	-
A good year	15%	15%	14%	17%	11%	15%	13%
Good and bad/ there have been ups and downs	39%	40%	39%	46%	31%	40%	17%
Neither good nor bad (i.e mediocre)	19%	20%	17%	19%	22%	18%	12%
A bad year	19%	19%	21%	13%	26%	18%	16%
My worst year ever	5%	5%	6%	4%	9%	5%	9%
Don't know	1%	0%	1%	1%	-	1%	34%

Which, if any, of the following have you been most worried about over the past year (2011)? (Please tick up to five answer options)

	2146	1678	220	172	46	438	30
Unweighted Base	2146	1678	220	172	46	438	30
Base: All UK Adults	2146	1591	268	187	54	508	47
Money/ bank balance/ debt	50%	48%	57%	60%	72%	60%	37%
Mortgage/ rent/ housing	16%	13%	20%	25%	31%	23%	5%
Job security/ redundancy	25%	23%	34%	30%	34%	32%	13%
Workplace issues (e.g. stress, pressure to achieve, relationships with colleagues/ boss)	23%	22%	27%	29%	20%	27%	8%
Pressure to achieve marks in studies and exam stress	6%	7%	6%	3%	4%	5%	4%
Bullying (at work, school, college, university, home or online)	2%	1%	4%	2%	5%	3%	8%
Family and friends (problems/ issues with partner, parent(s), child(ren), other family, friend(s), boyfriend or girlfriend)	33%	33%	36%	33%	28%	34%	23%
Not being in a relationship/ lack of a sex life	11%	13%	6%	10%	3%	7%	10%
Physical health issues	32%	35%	20%	29%	7%	22%	18%
Ability to cope emotionally	16%	16%	21%	15%	15%	18%	9%
Loneliness	11%	13%	8%	9%	-	8%	10%
Appearance/ ageing	20%	21%	14%	24%	12%	17%	8%
Neighbourhood issues (e.g. gangs, neighbourhood security, problems with neighbours)	9%	10%	7%	6%	2%	6%	13%
Domestic politics/ current government	29%	32%	24%	20%	22%	22%	13%
World affairs (e.g. climate change, poverty in developing countries, terrorism, world politics, conflict/war)	27%	29%	25%	17%	9%	20%	18%
Sport (e.g. how well my football/ rugby/ cricket etc. team do)	4%	4%	3%	4%	6%	4%	13%
Other	2%	2%	2%	2%	3%	2%	-
Not applicable - I have had nothing to worry about this year/ I don't worry	6%	5%	7%	7%	3%	7%	45%

YouGov Survey Results

Sample Size: 2146
Fieldwork: 29th November - 1st December 2011

Total	Government Region											
Base	North East	North West	Yorkshire and the Humber	East Midlands	West Midlands	East of England	London	South East	South West	Wales	Scotland	Northern Ireland

Overall, how would you describe this year (2011)?

	2146	101	207	184	154	153	187	277	294	212	111	212	54
Unweighted Base	2146	101	207	184	154	153	187	277	294	212	111	212	54
Base: All UK Adults	2146	99	218	196	169	175	200	266	291	186	105	182	60
My best year ever	1%	2%	2%	2%	1%	1%	1%	2%	1%	2%	4%	2%	-
A good year	15%	16%	12%	10%	15%	11%	14%	20%	12%	14%	21%	18%	19%
Good and bad/ there have been ups and downs	39%	41%	45%	40%	42%	40%	42%	41%	38%	34%	33%	37%	34%
Neither good nor bad (i.e mediocre)	19%	14%	14%	17%	19%	21%	19%	16%	26%	19%	18%	24%	19%
A bad year	19%	22%	18%	22%	18%	19%	19%	13%	19%	25%	17%	15%	21%
My worst year ever	5%	5%	5%	8%	5%	3%	5%	6%	4%	5%	7%	5%	5%
Don't know	1%	-	4%	1%	-	3%	0%	3%	-	0%	-	1%	1%

Which, if any, of the following have you been most worried about over the past year (2011)? (Please tick up to five answer options)

	2146	101	207	184	154	153	187	277	294	212	111	212	54
Unweighted Base	2146	101	207	184	154	153	187	277	294	212	111	212	54
Base: All UK Adults	2146	99	218	196	169	175	200	266	291	186	105	182	60
Money/ bank balance/ debt	50%	49%	54%	47%	48%	56%	54%	45%	45%	54%	56%	52%	49%
Mortgage/ rent/ housing	16%	12%	16%	11%	18%	14%	19%	15%	18%	16%	17%	14%	18%
Job security/ redundancy	25%	31%	27%	29%	27%	22%	23%	28%	22%	22%	22%	24%	25%
Workplace issues (e.g. stress, pressure to achieve, relationships with colleagues/ boss)	23%	25%	22%	23%	22%	22%	21%	20%	26%	19%	21%	29%	29%
Pressure to achieve marks in studies and exam stress	6%	5%	7%	4%	9%	4%	4%	5%	8%	6%	10%	7%	2%
Bullying (at work, school, college, university, home or online)	2%	4%	2%	3%	2%	2%	2%	2%	3%	0%	-	1%	2%
Family and friends (problems/ issues with partner, parent(s), child(ren), other family, friend(s), boyfriend or girlfriend)	33%	28%	32%	33%	44%	24%	35%	24%	35%	33%	36%	35%	42%
Not being in a relationship/ lack of a sex life	11%	17%	12%	7%	8%	18%	9%	12%	11%	9%	13%	12%	15%
Physical health issues	32%	27%	27%	32%	40%	31%	37%	31%	34%	36%	28%	23%	29%
Ability to cope emotionally	16%	19%	19%	17%	17%	14%	12%	14%	22%	16%	18%	13%	12%
Loneliness	11%	11%	11%	6%	17%	10%	9%	12%	13%	7%	18%	10%	23%
Appearance/ ageing	20%	16%	22%	18%	17%	19%	19%	24%	21%	20%	15%	20%	21%
Neighbourhood issues (e.g. gangs, neighbourhood security, problems with neighbours)	9%	8%	7%	11%	6%	11%	8%	15%	8%	7%	7%	8%	9%
Domestic politics/ current government	29%	38%	25%	32%	29%	31%	29%	27%	28%	30%	28%	31%	18%
World affairs (e.g. climate change, poverty in developing countries, terrorism, world politics, conflict/war)	27%	18%	23%	29%	25%	24%	26%	23%	28%	36%	28%	29%	34%
Sport (e.g. how well my football/ rugby/ cricket etc. team do)	4%	2%	5%	8%	7%	6%	2%	4%	3%	2%	0%	5%	-
Other	2%	3%	1%	2%	3%	2%	2%	2%	3%	2%	2%	3%	3%
Not applicable - I have had nothing to worry about this year/ I don't worry	6%	7%	7%	7%	4%	5%	6%	10%	6%	5%	1%	7%	2%

YouGov Survey Results

Sample Size: 2146

Fieldwork: 29th November - 1st December 2011

Samaritans

Total	Gender		Age					Social Grade		Region							
Base	Male	Female	18 to 24	25 to 34	35 to 44	45 to 54	55+	ABC1	C2DE	North	Midlands	East	London	South	Wales	Scotland	Northern Ireland

Which, if any, of the following are you MOST hopeful will improve in the next year (i.e. between now and the end of November 2012)? (Please tick up to five answer options)

Unweighted Base	2146	972	1174	225	287	299	381	954	1287	859	492	307	187	277	506	111	212	54
Base: All UK Adults	2146	1032	1114	258	364	363	397	764	1180	966	513	343	200	266	476	105	182	60
My financial situation (e.g. bank balance/ debt etc.)	31%	34%	29%	39%	34%	30%	29%	30%	28%	36%	34%	28%	35%	29%	32%	31%	36%	20%
My mortgage/ rent/ housing situation	12%	11%	12%	19%	19%	10%	10%	9%	9%	15%	12%	14%	15%	10%	13%	8%	8%	6%
My job security	14%	16%	12%	21%	22%	17%	17%	5%	12%	17%	16%	17%	10%	14%	11%	15%	14%	11%
My workplace issues (e.g. stress, pressure to achieve, relationships with colleagues/ boss)	12%	12%	13%	19%	22%	14%	12%	5%	15%	10%	13%	10%	8%	13%	13%	12%	18%	11%
The pressure on me to achieve marks in studies and exam stress	2%	2%	2%	12%	3%	1%	0%	0%	1%	3%	2%	2%	2%	1%	3%	3%	4%	2%
The level of bullying towards me (e.g. at work, school, colleague, university, home or online)	0%	0%	1%	0%	1%	-	0%	0%	0%	0%	0%	0%	-	2%	0%	-	1%	-
My relationships with my family and friends (e.g. problems/ issues with partner, parent(s), child(ren), other family, friends(s), boyfriend or girlfriend will improve)	17%	15%	19%	24%	17%	12%	15%	18%	17%	17%	16%	16%	11%	13%	19%	22%	24%	22%
My love life/ sex life	13%	15%	12%	27%	19%	14%	12%	6%	12%	15%	12%	17%	14%	13%	11%	15%	14%	18%
My physical health issues	19%	19%	19%	7%	12%	16%	20%	29%	19%	20%	21%	18%	16%	18%	22%	15%	18%	14%
My ability to cope emotionally	12%	9%	14%	17%	10%	12%	13%	10%	11%	13%	13%	13%	9%	7%	13%	10%	14%	16%
My loneliness	8%	7%	8%	12%	10%	8%	6%	6%	7%	9%	6%	10%	6%	10%	7%	7%	6%	17%
My appearance	8%	5%	11%	10%	14%	7%	6%	7%	8%	9%	8%	5%	8%	11%	11%	7%	6%	8%
Issues in my neighbourhood (e.g. gangs, neighbourhood security, problems with neighbours)	4%	5%	4%	1%	4%	3%	3%	7%	4%	4%	4%	5%	5%	7%	4%	1%	6%	1%
Domestic politics/ current Government	14%	17%	12%	11%	10%	8%	13%	21%	13%	15%	15%	16%	12%	13%	14%	6%	17%	7%
World affairs (e.g. climate change, poverty in developing countries, terrorism, world politics, conflict/ war)	12%	14%	9%	11%	9%	9%	9%	16%	11%	12%	14%	12%	10%	7%	14%	8%	15%	7%
How well my sports/ football/ rugby/ cricket team will do	6%	10%	1%	7%	3%	6%	6%	5%	4%	7%	7%	6%	4%	7%	5%	2%	5%	3%
None of these	25%	24%	26%	14%	19%	28%	30%	27%	27%	23%	23%	23%	29%	27%	24%	35%	18%	39%

Thinking about the next year, how worried are you that you will...

...not have enough money to live comfortably

Unweighted Base	2146	972	1174	225	287	299	381	954	1287	859	492	307	187	277	506	111	212	54
Base: All UK Adults	2146	1032	1114	258	364	363	397	764	1180	966	513	343	200	266	476	105	182	60
Very worried	20%	17%	24%	14%	15%	25%	28%	20%	18%	23%	20%	20%	25%	16%	23%	17%	21%	19%
Fairly worried	38%	36%	39%	37%	44%	34%	40%	35%	37%	39%	36%	39%	39%	38%	37%	46%	35%	44%
Not very worried	30%	32%	27%	38%	30%	28%	24%	30%	31%	28%	30%	27%	24%	33%	30%	31%	32%	25%
Not at all worried	10%	13%	7%	7%	6%	9%	7%	15%	13%	6%	10%	10%	11%	9%	10%	7%	10%	11%
Don't know	2%	2%	2%	5%	5%	4%	1%	1%	1%	4%	3%	4%	1%	4%	1%	-	2%	2%

...suffer directly from cuts in spending on public services such as health, education and welfare

Unweighted Base	2146	972	1174	225	287	299	381	954	1287	859	492	307	187	277	506	111	212	54
Base: All UK Adults	2146	1032	1114	258	364	363	397	764	1180	966	513	343	200	266	476	105	182	60
Very worried	20%	19%	22%	11%	15%	21%	25%	24%	18%	24%	22%	19%	21%	16%	22%	17%	21%	22%
Fairly worried	36%	32%	40%	25%	35%	38%	39%	38%	37%	34%	32%	40%	39%	37%	37%	34%	38%	32%
Not very worried	29%	32%	26%	41%	35%	26%	23%	27%	30%	28%	29%	24%	26%	31%	31%	42%	29%	27%
Not at all worried	11%	14%	8%	17%	12%	10%	11%	9%	12%	9%	13%	12%	13%	11%	8%	7%	9%	17%
Don't know	3%	3%	4%	6%	4%	5%	3%	2%	2%	5%	5%	5%	1%	6%	1%	1%	3%	2%

YouGov Survey Results

Sample Size: 2146

Fieldwork: 29th November - 1st December 2011

Samaritans

Total	Working Status							Marital Status				
	Working full time	Working part time	ALL WORKERS (NET)	Full time student	Retired	Unemployed	Not working/ Other	Married/ Civil Partnership	Living as married	Separated/ Divorced	Widowed	Never Married

Which, if any, of the following are you MOST hopeful will improve in the next year (i.e. between now and the end of November 2012)? (Please tick up to five answer options)

	2146	948	261	1209	111	560	72	194	1131	236	228	79	472
Unweighted Base	2146	948	261	1209	111	560	72	194	1131	236	228	79	472
Base: All UK Adults	2146	1053	248	1301	103	452	84	206	1075	260	223	66	523
My financial situation (e.g. bank balance/ debt etc.)	31%	30%	28%	30%	33%	31%	51%	32%	29%	34%	33%	26%	35%
My mortgage/ rent/ housing situation	12%	15%	14%	15%	15%	4%	16%	10%	10%	17%	16%	4%	12%
My job security	14%	19%	19%	19%	15%	1%	23%	5%	13%	17%	12%	3%	18%
My workplace issues (e.g. stress, pressure to achieve, relationships with colleagues/ boss)	12%	19%	16%	19%	16%	1%	6%	0%	11%	20%	8%	2%	14%
The pressure on me to achieve marks in studies and exam stress	2%	2%	3%	2%	22%	0%	-	-	1%	1%	1%	-	7%
The level of bullying towards me (e.g. at work, school, colleague, university, home or online)	0%	1%	1%	1%	1%	-	1%	-	0%	-	1%	1%	1%
My relationships with my family and friends (e.g. problems/ issues with partner, parent(s), child(ren), other family, friends(s), boyfriend or girlfriend will improve)	17%	15%	19%	16%	28%	18%	9%	18%	16%	16%	17%	20%	19%
My love life/ sex life	13%	15%	15%	15%	26%	5%	23%	9%	6%	11%	19%	7%	28%
My physical health issues	19%	15%	19%	15%	14%	31%	16%	23%	22%	12%	26%	23%	14%
My ability to cope emotionally	12%	9%	17%	10%	16%	11%	21%	18%	10%	9%	20%	13%	14%
My loneliness	8%	7%	8%	7%	11%	6%	19%	8%	2%	3%	14%	11%	18%
My appearance	8%	9%	8%	9%	11%	6%	8%	9%	6%	10%	9%	11%	11%
Issues in my neighbourhood (e.g. gangs, neighbourhood security, problems with neighbours)	4%	4%	3%	4%	1%	7%	4%	2%	5%	4%	4%	3%	3%
Domestic politics/ current Government	14%	12%	12%	12%	5%	24%	11%	14%	17%	13%	14%	13%	9%
World affairs (e.g. climate change, poverty in developing countries, terrorism, world politics, conflict/ war)	12%	10%	12%	10%	11%	18%	7%	9%	14%	10%	7%	9%	11%
How well my sports/ football/ rugby/ cricket team will do	6%	6%	4%	5%	13%	6%	5%	3%	5%	6%	3%	3%	8%
None of these	25%	24%	18%	22%	18%	29%	21%	36%	28%	22%	23%	28%	20%

Thinking about the next year, how worried are you that you will...

...not have enough money to live comfortably

	2146	948	261	1209	111	560	72	194	1131	236	228	79	472
Unweighted Base	2146	948	261	1209	111	560	72	194	1131	236	228	79	472
Base: All UK Adults	2146	1053	248	1301	103	452	84	206	1075	260	223	66	523
Very worried	20%	17%	23%	18%	11%	18%	40%	39%	19%	19%	31%	19%	19%
Fairly worried	38%	39%	41%	39%	30%	34%	48%	35%	37%	40%	39%	43%	36%
Not very worried	30%	32%	28%	32%	42%	31%	9%	15%	32%	27%	21%	24%	31%
Not at all worried	10%	10%	7%	9%	6%	16%	1%	5%	11%	11%	7%	14%	8%
Don't know	2%	2%	0%	2%	11%	1%	2%	6%	1%	3%	2%	-	6%

...suffer directly from cuts in spending on public services such as health, education and welfare

	2146	948	261	1209	111	560	72	194	1131	236	228	79	472
Unweighted Base	2146	948	261	1209	111	560	72	194	1131	236	228	79	472
Base: All UK Adults	2146	1053	248	1301	103	452	84	206	1075	260	223	66	523
Very worried	20%	18%	20%	18%	10%	21%	30%	36%	22%	18%	27%	26%	15%
Fairly worried	36%	35%	39%	35%	35%	39%	39%	34%	38%	35%	37%	45%	32%
Not very worried	29%	33%	29%	32%	30%	28%	24%	14%	29%	30%	27%	21%	32%
Not at all worried	11%	13%	10%	12%	13%	10%	5%	6%	10%	13%	5%	7%	15%
Don't know	3%	2%	2%	2%	13%	3%	2%	9%	2%	5%	4%	1%	6%

Total	Children in Household					
	0	1	2	3+	ALL WITH CHILDREN IN HOUSEHOLD (NET)	Refused

Which, if any, of the following are you MOST hopeful will improve in the next year (i.e. between now and the end of November 2012)? (Please tick up to five answer options)

	2146	1678	220	172	46	438	30
Unweighted Base	2146	1678	220	172	46	438	30
Base: All UK Adults	2146	1591	268	187	54	508	47
My financial situation (e.g. bank balance/ debt etc.)	31%	31%	33%	31%	32%	32%	23%
My mortgage/ rent/ housing situation	12%	11%	13%	17%	13%	14%	5%
My job security	14%	13%	19%	19%	15%	18%	21%
My workplace issues (e.g. stress, pressure to achieve, relationships with colleagues/ boss)	12%	12%	15%	12%	25%	15%	8%
The pressure on me to achieve marks in studies and exam stress	2%	2%	2%	2%	-	2%	2%
The level of bullying towards me (e.g. at work, school, colleague, university, home or online)	0%	0%	0%	0%	1%	0%	-
My relationships with my family and friends (e.g. problems/ issues with partner, parent(s), child(ren), other family, friends(s), boyfriend or girlfriend will improve)	17%	18%	15%	14%	19%	15%	19%
My love life/ sex life	13%	14%	11%	13%	8%	12%	11%
My physical health issues	19%	22%	11%	12%	18%	12%	23%
My ability to cope emotionally	12%	12%	13%	8%	12%	11%	6%
My loneliness	8%	9%	5%	6%	-	4%	10%
My appearance	8%	9%	7%	9%	6%	8%	2%
Issues in my neighbourhood (e.g. gangs, neighbourhood security, problems with neighbours)	4%	5%	2%	4%	2%	3%	1%
Domestic politics/ current Government	14%	16%	12%	6%	14%	10%	15%
World affairs (e.g. climate change, poverty in developing countries, terrorism, world politics, conflict/ war)	12%	13%	7%	9%	11%	8%	16%
How well my sports/ football/ rugby/ cricket team will do	6%	6%	4%	4%	5%	4%	-
None of these	25%	24%	26%	22%	21%	24%	47%

Thinking about the next year, how worried are you that you will...

...not have enough money to live comfortably

	2146	1678	220	172	46	438	30
Unweighted Base	2146	1678	220	172	46	438	30
Base: All UK Adults	2146	1591	268	187	54	508	47
Very worried	20%	19%	29%	18%	29%	25%	25%
Fairly worried	38%	37%	35%	46%	52%	41%	15%
Not very worried	30%	32%	27%	24%	13%	25%	8%
Not at all worried	10%	11%	6%	11%	2%	7%	17%
Don't know	2%	2%	1%	2%	4%	2%	34%

...suffer directly from cuts in spending on public services such as health, education and welfare

	2146	1678	220	172	46	438	30
Unweighted Base	2146	1678	220	172	46	438	30
Base: All UK Adults	2146	1591	268	187	54	508	47
Very worried	20%	20%	24%	17%	32%	22%	27%
Fairly worried	36%	36%	34%	44%	45%	39%	5%
Not very worried	29%	31%	29%	23%	13%	25%	20%
Not at all worried	11%	11%	11%	12%	2%	10%	13%
Don't know	3%	2%	2%	4%	8%	3%	36%

YouGov Survey Results

Sample Size: 2146

Fieldwork: 29th November - 1st December 2011

Samaritans

Total	Government Region											
Base	North East	North West	Yorkshire and the Humber	East Midlands	West Midlands	East of England	London	South East	South West	Wales	Scotland	Northern Ireland

Which, if any, of the following are you MOST hopeful will improve in the next year (i.e. between now and the end of November 2012)? (Please tick up to five answer options)

Unweighted Base	2146	101	207	184	154	153	187	277	294	212	111	212	54
Base: All UK Adults	2146	99	218	196	169	175	200	266	291	186	105	182	60
My financial situation (e.g. bank balance/ debt etc.)	31%	37%	37%	28%	29%	26%	35%	29%	33%	30%	31%	36%	20%
My mortgage/ rent/ housing situation	12%	18%	12%	9%	16%	13%	15%	10%	14%	11%	8%	8%	6%
My job security	14%	18%	19%	13%	18%	17%	10%	14%	12%	11%	15%	14%	11%
My workplace issues (e.g. stress, pressure to achieve, relationships with colleagues/ boss)	12%	14%	15%	11%	10%	10%	8%	13%	15%	10%	12%	18%	11%
The pressure on me to achieve marks in studies and exam stress	2%	1%	3%	1%	3%	1%	2%	1%	3%	3%	3%	4%	2%
The level of bullying towards me (e.g. at work, school, colleague, university, home or online)	0%	-	-	0%	1%	-	-	2%	0%	0%	-	1%	-
My relationships with my family and friends (e.g. problems/ issues with partner, parent(s), child(ren), other family, friends(s), boyfriend or girlfriend will improve)	17%	15%	20%	13%	17%	14%	11%	13%	19%	18%	22%	24%	22%
My love life/ sex life	13%	16%	16%	6%	17%	17%	14%	13%	10%	13%	15%	14%	18%
My physical health issues	19%	20%	22%	21%	21%	16%	16%	18%	22%	23%	15%	18%	14%
My ability to cope emotionally	12%	10%	14%	13%	17%	9%	9%	7%	13%	13%	10%	14%	16%
My loneliness	8%	7%	6%	6%	12%	9%	6%	10%	8%	6%	7%	6%	17%
My appearance	8%	9%	6%	10%	6%	4%	8%	11%	11%	10%	7%	6%	8%
Issues in my neighbourhood (e.g. gangs, neighbourhood security, problems with neighbours)	4%	6%	2%	5%	4%	5%	5%	7%	4%	3%	1%	6%	1%
Domestic politics/ current Government	14%	10%	13%	20%	17%	15%	12%	13%	14%	14%	6%	17%	7%
World affairs (e.g. climate change, poverty in developing countries, terrorism, world politics, conflict/ war)	12%	6%	13%	19%	10%	14%	10%	7%	14%	13%	8%	15%	7%
How well my sports/ football/ rugby/ cricket team will do	6%	3%	8%	8%	6%	5%	4%	7%	6%	4%	2%	5%	3%
None of these	25%	22%	20%	26%	20%	27%	29%	27%	22%	28%	35%	18%	39%

Thinking about the next year, how worried are you that you will...

...not have enough money to live comfortably

Unweighted Base	2146	101	207	184	154	153	187	277	294	212	111	212	54
Base: All UK Adults	2146	99	218	196	169	175	200	266	291	186	105	182	60
Very worried	20%	14%	20%	23%	18%	22%	25%	16%	22%	24%	17%	21%	19%
Fairly worried	38%	43%	33%	36%	40%	38%	39%	38%	38%	35%	46%	35%	44%
Not very worried	30%	33%	29%	31%	31%	24%	24%	33%	31%	29%	31%	32%	25%
Not at all worried	10%	9%	13%	7%	10%	10%	11%	9%	9%	12%	7%	10%	11%
Don't know	2%	1%	5%	3%	1%	7%	1%	4%	1%	0%	-	2%	2%

...suffer directly from cuts in spending on public services such as health, education and welfare

Unweighted Base	2146	101	207	184	154	153	187	277	294	212	111	212	54
Base: All UK Adults	2146	99	218	196	169	175	200	266	291	186	105	182	60
Very worried	20%	19%	21%	24%	17%	22%	21%	16%	21%	25%	17%	21%	22%
Fairly worried	36%	35%	27%	35%	42%	37%	39%	37%	40%	32%	34%	38%	32%
Not very worried	29%	29%	30%	28%	26%	22%	26%	31%	29%	36%	42%	29%	27%
Not at all worried	11%	13%	16%	9%	11%	14%	13%	9%	9%	6%	7%	9%	17%
Don't know	3%	3%	6%	3%	3%	6%	1%	6%	2%	1%	1%	3%	2%

	Total	Gender		Age					Social Grade		Region							
	Base	Male	Female	18 to 24	25 to 34	35 to 44	45 to 54	55+	ABC1	C2DE	North	Midlands	East	London	South	Wales	Scotland	Northern Ireland
...lose your job/ have difficulty finding work																		
Unweighted Base	2146	972	1174	225	287	299	381	954	1287	859	492	307	187	277	506	111	212	54
Base: All UK Adults	2146	1032	1114	258	364	363	397	764	1180	966	513	343	200	266	476	105	182	60
Very worried	12%	11%	12%	15%	10%	18%	16%	6%	9%	14%	10%	14%	12%	13%	11%	12%	7%	15%
Fairly worried	24%	24%	24%	36%	33%	29%	28%	11%	25%	23%	22%	24%	27%	23%	28%	24%	21%	
Not very worried	27%	27%	27%	29%	38%	32%	32%	18%	27%	27%	31%	23%	23%	22%	29%	27%	29%	33%
Not at all worried	29%	31%	27%	16%	16%	14%	16%	54%	32%	26%	27%	30%	31%	29%	29%	31%	32%	24%
Don't know	8%	7%	9%	5%	5%	7%	8%	12%	7%	10%	9%	8%	7%	9%	3%	8%	7%	
...suffer ill-health																		
Unweighted Base	2146	972	1174	225	287	299	381	954	1287	859	492	307	187	277	506	111	212	54
Base: All UK Adults	2146	1032	1114	258	364	363	397	764	1180	966	513	343	200	266	476	105	182	60
Very worried	11%	9%	13%	5%	5%	12%	10%	16%	9%	14%	11%	10%	10%	12%	12%	6%	7%	13%
Fairly worried	29%	28%	29%	17%	18%	24%	30%	39%	28%	29%	26%	31%	32%	26%	31%	22%	31%	29%
Not very worried	43%	45%	41%	45%	55%	44%	42%	36%	45%	40%	41%	40%	41%	42%	46%	55%	42%	40%
Not at all worried	14%	15%	13%	28%	18%	17%	15%	6%	16%	12%	17%	15%	15%	9%	15%	17%	14%	
Don't know	3%	3%	4%	5%	4%	3%	3%	3%	2%	5%	5%	3%	2%	5%	2%	1%	3%	4%
...lose your home																		
Unweighted Base	2146	972	1174	225	287	299	381	954	1287	859	492	307	187	277	506	111	212	54
Base: All UK Adults	2146	1032	1114	258	364	363	397	764	1180	966	513	343	200	266	476	105	182	60
Very worried	4%	4%	4%	2%	4%	5%	3%	4%	4%	4%	4%	4%	1%	4%	4%	3%	4%	5%
Fairly worried	12%	8%	16%	10%	18%	13%	16%	7%	11%	13%	12%	9%	15%	14%	12%	7%	15%	5%
Not very worried	35%	36%	33%	37%	43%	41%	35%	26%	35%	34%	34%	38%	30%	37%	36%	41%	26%	37%
Not at all worried	46%	49%	43%	43%	29%	37%	42%	60%	48%	42%	45%	45%	50%	41%	45%	48%	50%	48%
Don't know	4%	3%	4%	8%	5%	4%	4%	2%	2%	6%	4%	3%	4%	5%	4%	1%	5%	6%

	Total	Working Status						Marital Status					
		Working full time	Working part time	ALL WORKERS (NET)	Full time student	Retired	Unemployed	Not working/ Other	Married/ Civil Partnership	Living as married	Separated/ Divorced	Widowed	Never Married
...lose your job/ have difficulty finding work													
Unweighted Base	2146	948	261	1209	111	560	72	194	1131	236	228	79	472
Base: All UK Adults	2146	1053	248	1301	103	452	84	206	1075	260	223	66	523
Very worried	12%	11%	14%	12%	16%	2%	37%	17%	10%	13%	12%	5%	15%
Fairly worried	24%	33%	28%	32%	32%	3%	32%	12%	21%	29%	23%	8%	31%
Not very worried	27%	36%	39%	36%	20%	8%	14%	20%	27%	30%	25%	14%	27%
Not at all worried	29%	18%	17%	17%	21%	72%	10%	23%	34%	19%	31%	60%	19%
Don't know	8%	3%	3%	3%	11%	14%	7%	29%	9%	8%	9%	13%	7%
...suffer ill-health													
Unweighted Base	2146	948	261	1209	111	560	72	194	1131	236	228	79	472
Base: All UK Adults	2146	1053	248	1301	103	452	84	206	1075	260	223	66	523
Very worried	11%	5%	12%	7%	5%	15%	16%	28%	11%	10%	18%	10%	8%
Fairly worried	29%	24%	33%	26%	13%	40%	29%	31%	31%	22%	38%	37%	22%
Not very worried	43%	49%	44%	48%	45%	34%	39%	29%	44%	41%	31%	38%	46%
Not at all worried	14%	19%	8%	17%	25%	8%	11%	7%	11%	23%	10%	14%	19%
Don't know	3%	3%	3%	3%	12%	3%	5%	5%	3%	4%	3%	1%	6%
...lose your home													
Unweighted Base	2146	948	261	1209	111	560	72	194	1131	236	228	79	472
Base: All UK Adults	2146	1053	248	1301	103	452	84	206	1075	260	223	66	523
Very worried	4%	4%	5%	4%	0%	2%	7%	8%	4%	3%	4%	1%	4%
Fairly worried	12%	14%	11%	13%	7%	6%	23%	14%	11%	10%	21%	5%	11%
Not very worried	35%	39%	41%	39%	33%	21%	39%	32%	34%	41%	29%	22%	37%
Not at all worried	46%	41%	41%	41%	45%	68%	27%	34%	48%	43%	43%	70%	39%
Don't know	4%	2%	2%	2%	14%	3%	4%	12%	2%	4%	3%	1%	8%

	Total	Children in Household					
	Base	0	1	2	3+	ALL WITH CHILDREN IN HOUSEHOLD (NET)	Refused
...lose your job/ have difficulty finding work							
Unweighted Base	2146	1678	220	172	46	438	30
Base: All UK Adults	2146	1591	268	187	54	508	47
Very worried	12%	11%	14%	11%	22%	14%	10%
Fairly worried	24%	21%	33%	32%	34%	33%	13%
Not very worried	27%	27%	28%	35%	19%	29%	18%
Not at all worried	29%	33%	17%	16%	20%	17%	18%
Don't know	8%	8%	8%	6%	5%	7%	41%
...suffer ill-health							
Unweighted Base	2146	1678	220	172	46	438	30
Base: All UK Adults	2146	1591	268	187	54	508	47
Very worried	11%	11%	11%	6%	6%	9%	16%
Fairly worried	29%	30%	22%	29%	29%	25%	5%
Not very worried	43%	42%	47%	46%	53%	47%	25%
Not at all worried	14%	13%	18%	16%	8%	16%	19%
Don't know	3%	3%	2%	3%	4%	3%	35%
...lose your home							
Unweighted Base	2146	1678	220	172	46	438	30
Base: All UK Adults	2146	1591	268	187	54	508	47
Very worried	4%	4%	4%	4%	10%	5%	-
Fairly worried	12%	10%	17%	14%	31%	17%	7%
Not very worried	35%	33%	39%	46%	38%	41%	16%
Not at all worried	46%	50%	35%	33%	18%	33%	39%
Don't know	4%	3%	5%	3%	4%	4%	37%

	Total	Government Region											
	Base	North East	North West	Yorkshire and the Humber	East Midlands	West Midlands	East of England	London	South East	South West	Wales	Scotland	Northern Ireland
...lose your job/ have difficulty finding work													
Unweighted Base	2146	101	207	184	154	153	187	277	294	212	111	212	54
Base: All UK Adults	2146	99	218	196	169	175	200	266	291	186	105	182	60
Very worried	12%	12%	10%	11%	17%	12%	12%	13%	10%	12%	12%	7%	15%
Fairly worried	24%	20%	23%	22%	26%	22%	27%	27%	25%	20%	28%	24%	21%
Not very worried	27%	28%	33%	30%	23%	23%	23%	22%	31%	25%	27%	29%	33%
Not at all worried	29%	29%	25%	29%	27%	33%	31%	29%	27%	32%	31%	32%	24%
Don't know	8%	11%	10%	8%	6%	10%	7%	9%	7%	10%	3%	8%	7%
...suffer ill-health													
Unweighted Base	2146	101	207	184	154	153	187	277	294	212	111	212	54
Base: All UK Adults	2146	99	218	196	169	175	200	266	291	186	105	182	60
Very worried	11%	5%	11%	15%	12%	9%	10%	12%	11%	15%	6%	7%	13%
Fairly worried	29%	34%	26%	22%	32%	31%	32%	26%	30%	31%	22%	31%	29%
Not very worried	43%	41%	37%	47%	39%	40%	41%	42%	46%	46%	55%	42%	40%
Not at all worried	14%	18%	20%	12%	15%	16%	15%	15%	11%	6%	15%	17%	14%
Don't know	3%	2%	6%	5%	2%	5%	2%	5%	2%	2%	1%	3%	4%
...lose your home													
Unweighted Base	2146	101	207	184	154	153	187	277	294	212	111	212	54
Base: All UK Adults	2146	99	218	196	169	175	200	266	291	186	105	182	60
Very worried	4%	4%	6%	3%	4%	5%	1%	4%	5%	3%	3%	4%	5%
Fairly worried	12%	13%	9%	14%	9%	9%	15%	14%	12%	12%	7%	15%	5%
Not very worried	35%	37%	33%	34%	37%	38%	30%	37%	36%	34%	41%	26%	37%
Not at all worried	46%	44%	46%	45%	48%	43%	50%	41%	44%	46%	48%	50%	48%
Don't know	4%	2%	5%	5%	2%	5%	4%	5%	4%	4%	1%	5%	6%

YouGov Survey Results

Sample Size: 2146

Fieldwork: 29th November - 1st December 2011

Samaritans

Total	Gender		Age					Social Grade		Region							
Base	Male	Female	18 to 24	25 to 34	35 to 44	45 to 54	55+	ABC1	C2DE	North	Midlands	East	London	South	Wales	Scotland	Northern Ireland

And now on a slightly different topic...

Over which ONE, if any, of the following do you bicker with your family the MOST about at Christmas?

Unweighted Base	2146	972	1174	225	267	299	361	954	1267	859	492	307	187	277	506	111	212	54
Base: All UK Adults	2146	1032	1114	258	364	363	397	764	1180	966	513	343	200	266	476	105	182	60
Over who's doing the washing up	2%	1%	3%	4%	2%	2%	3%	1%	2%	2%	1%	4%	2%	2%	1%	1%	1%	-
Over who's doing the cooking	1%	1%	1%	1%	1%	1%	1%	1%	1%	1%	0%	1%	1%	2%	1%	2%	3%	-
Over where to spend Christmas Day	7%	6%	7%	5%	12%	4%	6%	6%	9%	4%	9%	6%	4%	10%	4%	9%	3%	11%
Over who to invite on Christmas Day	3%	3%	2%	1%	2%	5%	3%	2%	3%	3%	1%	3%	2%	1%	4%	4%	5%	-
Over the games that you play	1%	1%	2%	4%	2%	1%	0%	0%	1%	1%	1%	0%	2%	1%	2%	1%	2%	-
Over presents	2%	2%	1%	6%	2%	2%	1%	1%	2%	2%	2%	3%	-	1%	3%	-	1%	-
Over what you watch on TV	4%	5%	4%	5%	10%	2%	4%	3%	4%	5%	4%	4%	5%	6%	5%	4%	4%	1%
Over how much money to spend on Christmas	10%	11%	9%	7%	7%	13%	13%	8%	9%	10%	10%	11%	8%	7%	10%	8%	12%	15%
Over who to buy presents for	2%	2%	1%	0%	1%	3%	1%	2%	1%	2%	1%	2%	3%	0%	2%	1%	2%	2%
Over whether to have a real or fake Christmas tree	1%	1%	1%	2%	1%	1%	-	1%	1%	1%	0%	1%	3%	0%	2%	-	1%	-
Over decorating the tree	1%	1%	1%	2%	1%	1%	2%	1%	1%	1%	1%	1%	1%	-	2%	2%	3%	-
Over how big a turkey to buy	0%	1%	0%	1%	0%	-	-	1%	0%	1%	0%	-	0%	1%	1%	-	1%	1%
Over people falling asleep	1%	2%	1%	4%	2%	1%	0%	1%	1%	2%	2%	1%	2%	3%	2%	1%	-	-
Over someone getting drunk	3%	3%	4%	3%	6%	2%	4%	2%	4%	3%	6%	2%	3%	4%	1%	1%	5%	7%
Other	4%	4%	5%	9%	6%	4%	2%	3%	4%	5%	2%	5%	4%	7%	5%	7%	4%	3%
Not applicable - I never bicker with my family at Christmas	50%	48%	52%	39%	40%	51%	51%	59%	52%	49%	54%	48%	57%	41%	49%	55%	52%	54%
Not applicable - I don't celebrate with any family over Christmas	7%	9%	6%	10%	7%	5%	7%	8%	6%	9%	6%	8%	4%	14%	8%	5%	3%	6%

YouGov Survey Results

Sample Size: 2146

Fieldwork: 29th November - 1st December 2011

Samaritans

Total	Working Status							Marital Status				
Base	Working full time	Working part time	ALL WORKERS (NET)	Full time student	Retired	Unemployed	Not working/ Other	Married/ Civil Partnership	Living as married	Separated/ Divorced	Widowed	Never Married

And now on a slightly different topic...

Over which ONE, if any, of the following do you bicker with your family the MOST about at Christmas?

	2146	948	261	1209	111	560	72	194	1131	236	228	79	472
Unweighted Base	2146	948	261	1209	111	560	72	194	1131	236	228	79	472
Base: All UK Adults	2146	1053	248	1301	103	452	84	206	1075	260	223	66	523
Over who's doing the washing up	2%	3%	1%	2%	3%	1%	3%	-	1%	2%	3%	-	2%
Over who's doing the cooking	1%	1%	1%	1%	-	1%	-	2%	1%	1%	0%	1%	1%
Over where to spend Christmas Day	7%	8%	7%	8%	1%	5%	8%	4%	5%	12%	9%	7%	5%
Over who to invite on Christmas Day	3%	3%	4%	3%	0%	1%	-	2%	4%	3%	2%	-	1%
Over the games that you play	1%	1%	1%	1%	5%	0%	-	2%	1%	2%	1%	-	2%
Over presents	2%	2%	4%	2%	1%	1%	2%	-	1%	3%	2%	-	3%
Over what you watch on TV	4%	5%	7%	5%	4%	3%	5%	3%	4%	5%	3%	1%	6%
Over how much money to spend on Christmas	10%	10%	8%	10%	6%	9%	15%	10%	12%	13%	6%	11%	5%
Over who to buy presents for	2%	1%	1%	1%	-	3%	5%	0%	2%	2%	1%	0%	1%
Over whether to have a real or fake Christmas tree	1%	1%	1%	1%	2%	1%	-	1%	1%	-	2%	-	1%
Over decorating the tree	1%	1%	2%	2%	3%	0%	-	0%	2%	-	-	-	1%
Over how big a turkey to buy	0%	0%	0%	0%	-	1%	1%	-	1%	-	-	-	0%
Over people falling asleep	1%	1%	1%	1%	7%	1%	0%	0%	1%	1%	0%	1%	3%
Over someone getting drunk	3%	4%	5%	4%	6%	1%	-	3%	3%	6%	3%	1%	4%
Other	4%	5%	5%	5%	8%	2%	5%	4%	4%	2%	4%	-	7%
Not applicable - I never bicker with my family at Christmas	50%	48%	48%	48%	40%	61%	41%	53%	53%	43%	50%	70%	46%
Not applicable - I don't celebrate with any family over Christmas	7%	5%	4%	5%	13%	9%	14%	14%	4%	5%	14%	7%	14%

YouGov Survey Results

Sample Size: 2146

Fieldwork: 29th November - 1st December 2011

Samaritans

Total	Children in Household					
Base	0	1	2	3+	ALL WITH CHILDREN IN HOUSEHOLD (NET)	Refused

And now on a slightly different topic...

Over which ONE, if any, of the following do you bicker with your family the MOST about at Christmas?

	Unweighted Base	2146	1678	220	172	46	438	30
Base: All UK Adults		2146	1591	268	187	54	508	47
Over who's doing the washing up	2%	1%	4%	1%	4%	3%	3%	
Over who's doing the cooking	1%	1%	1%	2%	-	2%	-	
Over where to spend Christmas Day	7%	7%	7%	1%	3%	5%	6%	
Over who to invite on Christmas Day	3%	2%	5%	7%	4%	5%	-	
Over the games that you play	1%	1%	1%	3%	4%	2%	-	
Over presents	2%	1%	3%	4%	3%	3%	-	
Over what you watch on TV	4%	5%	4%	3%	3%	4%	-	
Over how much money to spend on Christmas	10%	8%	14%	18%	15%	15%	-	
Over who to buy presents for	2%	1%	1%	4%	9%	3%	-	
Over whether to have a real or fake Christmas tree	1%	1%	0%	1%	5%	1%	-	
Over decorating the tree	1%	1%	2%	1%	3%	2%	-	
Over how big a turkey to buy	0%	0%	1%	-	1%	0%	-	
Over people falling asleep	1%	1%	2%	1%	-	2%	3%	
Over someone getting drunk	3%	3%	6%	3%	2%	4%	7%	
Other	4%	5%	3%	3%	4%	3%	5%	
Not applicable - I never bicker with my family at Christmas	50%	53%	44%	46%	38%	44%	42%	
Not applicable - I don't celebrate with any family over Christmas	7%	8%	2%	2%	2%	2%	34%	

YouGov Survey Results

Sample Size: 2146

Fieldwork: 29th November - 1st December 2011

Samaritans

Total	Government Region											
Base	North East	North West	Yorkshire and the Humber	East Midlands	West Midlands	East of England	London	South East	South West	Wales	Scotland	Northern Ireland

And now on a slightly different topic...

Over which ONE, if any, of the following do you bicker with your family the MOST about at Christmas?

Unweighted Base	2146	101	207	184	154	153	187	277	294	212	111	212	54
Base: All UK Adults	2146	99	218	196	169	175	200	266	291	186	105	182	60
Over who's doing the washing up	2%	-	1%	2%	5%	4%	2%	2%	2%	1%	1%	1%	-
Over who's doing the cooking	1%	-	0%	1%	1%	0%	1%	2%	1%	1%	2%	3%	-
Over where to spend Christmas Day	7%	10%	9%	8%	5%	6%	4%	10%	3%	6%	9%	3%	11%
Over who to invite on Christmas Day	3%	-	2%	1%	4%	2%	2%	1%	4%	3%	4%	5%	-
Over the games that you play	1%	2%	1%	1%	1%	-	2%	1%	1%	3%	1%	2%	-
Over presents	2%	0%	0%	4%	3%	2%	-	1%	4%	3%	-	1%	-
Over what you watch on TV	4%	4%	4%	3%	6%	3%	5%	6%	5%	5%	4%	4%	1%
Over how much money to spend on Christmas	10%	9%	9%	11%	11%	11%	8%	7%	9%	10%	8%	12%	15%
Over who to buy presents for	2%	-	1%	1%	1%	3%	3%	0%	3%	2%	1%	2%	2%
Over whether to have a real or fake Christmas tree	1%	1%	-	1%	-	1%	3%	0%	1%	2%	-	1%	-
Over decorating the tree	1%	1%	2%	0%	1%	2%	1%	-	1%	3%	2%	3%	-
Over how big a turkey to buy	0%	-	1%	-	-	-	0%	1%	0%	1%	-	1%	1%
Over people falling asleep	1%	1%	1%	2%	1%	0%	2%	3%	2%	1%	1%	-	-
Over someone getting drunk	3%	9%	3%	7%	-	5%	3%	4%	-	3%	1%	5%	7%
Other	4%	2%	4%	2%	5%	5%	4%	7%	6%	3%	7%	4%	3%
Not applicable - I never bicker with my family at Christmas	50%	55%	53%	53%	46%	49%	57%	41%	53%	43%	55%	52%	54%
Not applicable - I don't celebrate with any family over Christmas	7%	7%	9%	4%	10%	7%	4%	14%	5%	12%	5%	3%	6%

Total	Gender		Age					Social Grade		Region							
	Male	Female	18 to 24	25 to 34	35 to 44	45 to 54	55+	ABC1	C2DE	North	Midlands	East	London	South	Wales	Scotland	Northern Ireland

Which, if any, of the following will be your New Year's Resolutions for 2012? (Please tick all that apply)

	2146	972	1174	225	267	299	361	954	1267	859	492	307	187	277	506	111	212	54
Unweighted Base	2146	972	1174	225	267	299	361	954	1267	859	492	307	187	277	506	111	212	54
Base: All UK Adults	2146	1032	1114	258	364	363	397	764	1180	966	513	343	200	266	476	105	182	60
Find a new job	9%	10%	8%	20%	15%	10%	9%	3%	10%	9%	10%	10%	9%	11%	11%	6%	5%	3%
Start getting more exercise	25%	22%	28%	32%	22%	24%	22%	26%	26%	24%	24%	25%	29%	23%	28%	18%	25%	20%
Lose weight	31%	24%	37%	27%	30%	34%	32%	31%	33%	28%	30%	30%	37%	27%	32%	32%	31%	34%
Stop getting stressed	16%	12%	20%	19%	16%	17%	16%	14%	15%	17%	17%	16%	13%	14%	17%	15%	17%	8%
Stop biting my nails	3%	3%	3%	5%	2%	4%	2%	2%	2%	4%	1%	6%	2%	3%	3%	5%	1%	5%
Spend less money on clothes	3%	2%	5%	4%	3%	3%	3%	4%	4%	3%	2%	4%	3%	4%	4%	3%	2%	6%
Eat out less	5%	5%	4%	6%	6%	5%	4%	4%	5%	5%	3%	5%	8%	4%	4%	6%	4%	8%
Save money	18%	16%	20%	31%	29%	19%	12%	12%	17%	20%	19%	13%	16%	19%	20%	21%	24%	18%
Spend more time with family/ friends	9%	9%	10%	12%	10%	12%	6%	9%	9%	10%	10%	7%	8%	10%	8%	9%	14%	9%
Stop doing extra hours at work	2%	2%	3%	2%	2%	2%	2%	2%	3%	1%	1%	2%	1%	1%	3%	5%	3%	2%
Start a new hobby/ learn something new	9%	9%	9%	16%	10%	9%	5%	9%	9%	9%	8%	8%	11%	12%	10%	13%	7%	10%
Quit smoking	7%	6%	7%	3%	8%	11%	7%	5%	6%	7%	6%	7%	3%	6%	7%	7%	10%	6%
Quit drinking/ drink less alcohol	7%	8%	7%	5%	8%	9%	6%	8%	9%	6%	7%	6%	8%	10%	6%	10%	9%	4%
Pay off debts	14%	13%	15%	14%	21%	15%	17%	8%	14%	14%	13%	12%	16%	15%	14%	17%	18%	17%
Start volunteering	4%	4%	3%	10%	3%	3%	3%	3%	3%	5%	5%	4%	4%	2%	4%	5%	2%	1%
Get more sleep	11%	9%	13%	16%	8%	12%	11%	12%	11%	12%	9%	8%	11%	11%	15%	8%	16%	14%
Be more organised	11%	9%	14%	16%	8%	13%	11%	11%	11%	12%	8%	9%	12%	10%	16%	17%	11%	11%
Read more	10%	11%	9%	16%	9%	7%	10%	9%	9%	10%	12%	7%	7%	9%	11%	10%	12%	9%
Travel more	8%	9%	7%	14%	5%	9%	5%	10%	8%	9%	8%	8%	10%	6%	9%	7%	10%	10%
Tackle DIY	6%	7%	5%	3%	4%	7%	5%	8%	6%	6%	6%	6%	9%	6%	5%	5%	5%	2%
Find love	5%	6%	5%	13%	6%	6%	4%	2%	5%	6%	5%	5%	7%	7%	4%	9%	3%	4%
Be more positive about life in general	17%	13%	21%	22%	14%	17%	17%	17%	18%	16%	18%	16%	17%	15%	15%	23%	20%	14%
Other	2%	2%	2%	4%	5%	1%	1%	1%	3%	2%	2%	3%	3%	2%	2%	4%	1%	3%
Not applicable - I won't have any New Year's resolutions	29%	32%	26%	19%	18%	28%	34%	36%	30%	27%	27%	32%	29%	29%	26%	34%	32%	29%
Don't know	5%	6%	4%	5%	10%	6%	3%	3%	3%	8%	6%	7%	2%	6%	5%	6%	3%	5%

YouGov Survey Results

Sample Size: 2146

Fieldwork: 29th November - 1st December 2011

Samaritans

Total	Working Status							Marital Status				
Base	Working full time	Working part time	ALL WORKERS (NET)	Full time student	Retired	Unemployed	Not working/ Other	Married/ Civil Partnership	Living as married	Separated/ Divorced	Widowed	Never Married

Which, if any, of the following will be your New Year's Resolutions for 2012? (Please tick all that apply)

	2146	948	261	1209	111	560	72	194	1131	236	228	79	472
Unweighted Base	2146	948	261	1209	111	560	72	194	1131	236	228	79	472
Base: All UK Adults	2146	1053	248	1301	103	452	84	206	1075	260	223	66	523
Find a new job	9%	11%	8%	11%	13%	3%	31%	4%	6%	13%	8%	2%	16%
Start getting more exercise	25%	25%	22%	25%	27%	27%	28%	20%	23%	31%	28%	27%	25%
Lose weight	31%	32%	32%	32%	20%	32%	38%	25%	30%	38%	33%	32%	28%
Stop getting stressed	16%	14%	17%	15%	18%	15%	27%	20%	14%	16%	20%	13%	17%
Stop biting my nails	3%	3%	2%	3%	3%	3%	4%	3%	3%	3%	2%	2%	2%
Spend less money on clothes	3%	3%	4%	3%	4%	4%	5%	2%	3%	2%	6%	6%	3%
Eat out less	5%	6%	4%	5%	5%	3%	6%	2%	5%	5%	6%	2%	3%
Save money	18%	20%	21%	20%	31%	10%	29%	16%	16%	22%	16%	8%	25%
Spend more time with family/ friends	9%	10%	8%	10%	13%	8%	8%	8%	8%	8%	11%	6%	12%
Stop doing extra hours at work	2%	3%	2%	3%	1%	-	2%	-	2%	1%	3%	1%	2%
Start a new hobby/ learn something new	9%	8%	10%	9%	15%	9%	14%	9%	7%	11%	9%	7%	13%
Quit smoking	7%	8%	8%	8%	2%	3%	6%	9%	6%	8%	7%	8%	7%
Quit drinking/ drink less alcohol	7%	8%	7%	8%	8%	8%	9%	2%	7%	13%	6%	6%	6%
Pay off debts	14%	19%	15%	18%	4%	5%	15%	13%	14%	18%	13%	9%	13%
Start volunteering	4%	3%	4%	3%	13%	3%	10%	3%	3%	3%	3%	2%	6%
Get more sleep	11%	11%	16%	12%	13%	10%	11%	10%	10%	11%	11%	16%	14%
Be more organised	11%	10%	12%	11%	19%	10%	19%	11%	9%	12%	13%	15%	15%
Read more	10%	9%	10%	9%	19%	10%	14%	7%	9%	8%	10%	12%	13%
Travel more	8%	7%	12%	8%	8%	9%	16%	5%	7%	8%	11%	5%	11%
Tackle DIY	6%	5%	10%	6%	1%	8%	5%	5%	6%	8%	7%	9%	3%
Find love	5%	6%	6%	6%	18%	1%	11%	2%	1%	1%	9%	2%	16%
Be more positive about life in general	17%	17%	21%	17%	22%	16%	18%	14%	15%	14%	22%	21%	21%
Other	2%	3%	1%	3%	3%	1%	1%	0%	2%	3%	1%	1%	3%
Not applicable - I won't have any New Year's resolutions	29%	29%	25%	28%	20%	35%	15%	31%	32%	23%	32%	31%	24%
Don't know	5%	5%	2%	4%	6%	3%	15%	10%	4%	4%	4%	7%	8%

YouGov Survey Results

Sample Size: 2146

Fieldwork: 29th November - 1st December 2011

Samaritans

Total	Children in Household					
	0	1	2	3+	ALL WITH CHILDREN IN HOUSEHOLD (NET)	Refused

Which, if any, of the following will be your New Year's Resolutions for 2012? (Please tick all that apply)

	2146	1678	220	172	46	438	30
Unweighted Base	2146	1678	220	172	46	438	30
Base: All UK Adults	2146	1591	268	187	54	508	47
Find a new job	9%	9%	11%	10%	18%	11%	5%
Start getting more exercise	25%	25%	24%	27%	28%	25%	11%
Lose weight	31%	32%	28%	30%	36%	29%	14%
Stop getting stressed	16%	15%	19%	15%	17%	17%	13%
Stop biting my nails	3%	3%	3%	4%	10%	4%	-
Spend less money on clothes	3%	3%	4%	3%	10%	4%	-
Eat out less	5%	4%	4%	7%	25%	7%	-
Save money	18%	18%	20%	19%	16%	19%	20%
Spend more time with family/ friends	9%	9%	7%	10%	15%	9%	15%
Stop doing extra hours at work	2%	2%	2%	3%	4%	3%	1%
Start a new hobby/ learn something new	9%	10%	5%	8%	8%	7%	8%
Quit smoking	7%	6%	8%	10%	7%	9%	17%
Quit drinking/ drink less alcohol	7%	8%	8%	3%	16%	7%	-
Pay off debts	14%	13%	16%	16%	35%	18%	21%
Start volunteering	4%	4%	3%	2%	2%	3%	2%
Get more sleep	11%	11%	12%	12%	6%	12%	5%
Be more organised	11%	11%	13%	11%	14%	13%	3%
Read more	10%	11%	7%	7%	6%	7%	19%
Travel more	8%	9%	6%	7%	3%	6%	1%
Tackle DIY	6%	6%	6%	7%	12%	7%	-
Find love	5%	6%	1%	4%	5%	2%	2%
Be more positive about life in general	17%	18%	15%	15%	13%	15%	12%
Other	2%	2%	2%	2%	-	2%	-
Not applicable - I won't have any New Year's resolutions	29%	31%	27%	22%	9%	24%	22%
Don't know	5%	4%	5%	6%	2%	5%	30%

YouGov Survey Results

Sample Size: 2146

Fieldwork: 29th November - 1st December 2011

Samaritans

Total	Government Region											
Base	North East	North West	Yorkshire and the Humber	East Midlands	West Midlands	East of England	London	South East	South West	Wales	Scotland	Northern Ireland

Which, if any, of the following will be your New Year's Resolutions for 2012? (Please tick all that apply)

	2146	101	207	184	154	153	187	277	294	212	111	212	54
Unweighted Base	2146	101	207	184	154	153	187	277	294	212	111	212	54
Base: All UK Adults	2146	99	218	196	169	175	200	266	291	186	105	182	60
Find a new job	9%	11%	9%	9%	12%	8%	9%	11%	12%	8%	6%	5%	3%
Start getting more exercise	25%	35%	25%	18%	24%	27%	29%	23%	29%	26%	18%	25%	20%
Lose weight	31%	34%	27%	33%	31%	29%	37%	27%	30%	35%	32%	31%	34%
Stop getting stressed	16%	10%	18%	21%	13%	18%	13%	14%	18%	14%	15%	17%	8%
Stop biting my nails	3%	-	1%	2%	6%	5%	2%	3%	3%	2%	5%	1%	5%
Spend less money on clothes	3%	1%	3%	2%	5%	3%	3%	4%	4%	4%	3%	2%	6%
Eat out less	5%	4%	3%	3%	3%	7%	8%	4%	3%	5%	6%	4%	8%
Save money	18%	22%	20%	17%	11%	14%	16%	19%	22%	17%	21%	24%	18%
Spend more time with family/ friends	9%	15%	11%	8%	9%	5%	8%	10%	8%	10%	9%	14%	9%
Stop doing extra hours at work	2%	2%	1%	1%	2%	3%	1%	1%	2%	4%	5%	3%	2%
Start a new hobby/ learn something new	9%	11%	6%	8%	8%	7%	11%	12%	10%	9%	13%	7%	10%
Quit smoking	7%	8%	6%	6%	5%	8%	3%	6%	6%	7%	7%	10%	6%
Quit drinking/ drink less alcohol	7%	9%	7%	7%	5%	7%	8%	10%	7%	6%	10%	9%	4%
Pay off debts	14%	18%	9%	14%	10%	14%	16%	15%	15%	10%	17%	18%	17%
Start volunteering	4%	8%	5%	5%	3%	5%	4%	2%	5%	2%	5%	2%	1%
Get more sleep	11%	7%	6%	13%	7%	10%	11%	11%	16%	12%	8%	16%	14%
Be more organised	11%	7%	7%	9%	10%	9%	12%	10%	18%	14%	17%	11%	11%
Read more	10%	13%	12%	13%	6%	8%	7%	9%	10%	12%	10%	12%	9%
Travel more	8%	8%	8%	7%	9%	7%	10%	6%	9%	9%	7%	10%	10%
Tackle DIY	6%	8%	6%	5%	3%	8%	9%	6%	5%	5%	5%	5%	2%
Find love	5%	9%	5%	3%	5%	6%	7%	7%	5%	2%	9%	3%	4%
Be more positive about life in general	17%	21%	18%	18%	17%	16%	17%	15%	16%	15%	23%	20%	14%
Other	2%	1%	3%	1%	1%	4%	3%	2%	1%	3%	4%	1%	3%
Not applicable - I won't have any New Year's resolutions	29%	23%	24%	33%	37%	27%	29%	29%	25%	28%	34%	32%	29%
Don't know	5%	7%	6%	4%	5%	8%	2%	6%	6%	5%	6%	3%	5%

YouGov Survey Results

Sample Size: 2146

Fieldwork: 29th November - 1st December 2011

Samaritans

Total	Gender		Age					Social Grade		Region							
Base	Male	Female	18 to 24	25 to 34	35 to 44	45 to 54	55+	ABC1	C2DE	North	Midlands	East	London	South	Wales	Scotland	Northern Ireland

All of the following could be described as "small acts of kindness"...

Which, if any, of the following has someone done to you in the past year (i.e. since the end of November 2010) that brightened your day? (Please tick all that apply)

	2146	972	1174	225	287	299	381	954	1287	859	492	307	187	277	506	111	212	54
Unweighted Base	2146	972	1174	225	287	299	381	954	1287	859	492	307	187	277	506	111	212	54
Base: All UK Adults	2146	1032	1114	258	364	363	397	764	1180	966	513	343	200	266	476	105	182	60
Held the door open for me	39%	29%	48%	51%	44%	38%	37%	34%	42%	35%	42%	38%	34%	39%	38%	33%	42%	37%
Gave me some flowers	22%	3%	39%	15%	21%	19%	21%	25%	25%	17%	19%	21%	26%	18%	27%	20%	20%	16%
Listened to me	44%	38%	50%	51%	46%	43%	43%	42%	45%	43%	45%	40%	41%	44%	48%	36%	45%	48%
Gave me a hug	52%	42%	61%	61%	48%	54%	48%	52%	53%	51%	51%	51%	49%	46%	59%	44%	58%	43%
Gave up their seat on the bus/ train/ tube	9%	5%	13%	7%	11%	4%	8%	12%	10%	8%	6%	7%	9%	18%	9%	6%	10%	5%
Smiled at me	53%	52%	55%	57%	55%	49%	55%	53%	56%	50%	56%	49%	55%	54%	53%	57%	56%	37%
Remembered my birthday	46%	39%	51%	47%	42%	42%	46%	49%	48%	43%	48%	42%	46%	48%	43%	50%	51%	41%
Sent me a card	37%	29%	45%	39%	31%	32%	36%	43%	39%	34%	36%	37%	36%	35%	40%	40%	34%	38%
Made me a cup of tea	42%	36%	47%	36%	44%	43%	46%	40%	43%	39%	43%	45%	41%	40%	41%	36%	43%	37%
Had time to chat	44%	37%	51%	51%	45%	36%	44%	46%	45%	44%	44%	45%	40%	40%	47%	49%	49%	34%
Made me a cake	19%	18%	20%	22%	20%	21%	16%	17%	20%	17%	17%	18%	19%	21%	21%	24%	15%	8%
Let me jump in/ skip the queue	23%	18%	27%	21%	22%	26%	24%	21%	24%	21%	22%	22%	25%	17%	21%	31%	28%	28%
Gave me a compliment	52%	43%	60%	64%	55%	52%	45%	49%	56%	47%	54%	52%	52%	51%	50%	50%	52%	48%
Gave me directions when I was lost	16%	14%	18%	18%	18%	14%	17%	15%	17%	15%	15%	16%	14%	21%	15%	18%	15%	15%
Said 'Good Morning' to me	44%	43%	46%	49%	42%	41%	46%	45%	46%	43%	45%	44%	43%	44%	43%	48%	51%	28%
Cooked for me	41%	33%	48%	52%	39%	41%	42%	37%	42%	39%	41%	37%	35%	42%	43%	45%	44%	34%
Asked me how I was feeling when I seemed down	40%	32%	47%	45%	46%	33%	39%	38%	41%	38%	42%	38%	36%	35%	40%	41%	49%	29%
None of these	4%	5%	2%	1%	4%	5%	5%	3%	4%	4%	3%	5%	4%	4%	5%	2%	3%	4%
Can't recall	6%	8%	4%	5%	6%	7%	5%	6%	6%	6%	6%	4%	4%	8%	6%	5%	5%	9%

YouGov Survey Results

Sample Size: 2146

Fieldwork: 29th November - 1st December 2011

Samaritans

Total	Working Status							Marital Status				
	Working full time	Working part time	ALL WORKERS (NET)	Full time student	Retired	Unemployed	Not working/ Other	Married/ Civil Partnership	Living as married	Separated/ Divorced	Widowed	Never Married

All of the following could be described as "small acts of kindness"...

Which, if any, of the following has someone done to you in the past year (i.e. since the end of November 2010) that brightened your day? (Please tick all that apply)

	2146	948	261	1209	111	560	72	194	1131	236	228	79	472
Unweighted Base	2146	948	261	1209	111	560	72	194	1131	236	228	79	472
Base: All UK Adults	2146	1053	248	1301	103	452	84	206	1075	260	223	66	523
Held the door open for me	39%	41%	42%	41%	56%	32%	25%	35%	36%	48%	32%	38%	42%
Gave me some flowers	22%	20%	25%	21%	18%	24%	20%	22%	20%	25%	35%	35%	15%
Listened to me	44%	43%	52%	45%	57%	41%	33%	45%	41%	44%	48%	49%	49%
Gave me a hug	52%	52%	55%	52%	62%	52%	48%	46%	50%	54%	56%	71%	52%
Gave up their seat on the bus/ train/ tube	9%	7%	7%	7%	11%	12%	4%	17%	9%	8%	10%	12%	9%
Smiled at me	53%	55%	47%	53%	60%	56%	32%	52%	52%	52%	53%	60%	57%
Remembered my birthday	46%	45%	42%	44%	54%	51%	32%	45%	43%	47%	52%	60%	46%
Sent me a card	37%	34%	39%	35%	44%	45%	22%	36%	35%	37%	47%	50%	36%
Made me a cup of tea	42%	43%	41%	42%	45%	39%	30%	45%	43%	44%	41%	50%	38%
Had time to chat	44%	43%	47%	44%	61%	46%	20%	46%	43%	41%	46%	53%	47%
Made me a cake	19%	20%	18%	20%	22%	16%	14%	18%	19%	18%	16%	17%	19%
Let me jump in/ skip the queue	23%	23%	25%	24%	24%	23%	9%	21%	23%	27%	21%	27%	20%
Gave me a compliment	52%	54%	49%	53%	72%	50%	33%	45%	47%	54%	54%	60%	58%
Gave me directions when I was lost	16%	17%	17%	17%	18%	15%	7%	15%	15%	18%	16%	8%	19%
Said 'Good Morning' to me	44%	46%	42%	45%	54%	46%	29%	39%	44%	47%	40%	55%	45%
Cooked for me	41%	41%	41%	41%	56%	39%	29%	40%	38%	46%	44%	39%	43%
Asked me how I was feeling when I seemed down	40%	41%	45%	42%	49%	35%	31%	35%	37%	41%	45%	43%	42%
None of these	4%	3%	2%	3%	2%	4%	10%	7%	4%	4%	3%	-	5%
Can't recall	6%	5%	4%	5%	7%	6%	6%	8%	6%	1%	5%	4%	7%

YouGov Survey Results

Sample Size: 2146

Fieldwork: 29th November - 1st December 2011

Samaritans

Total	Children in Household					
	0	1	2	3+	ALL WITH CHILDREN IN HOUSEHOLD (NET)	Refused

All of the following could be described as "small acts of kindness"...

Which, if any, of the following has someone done to you in the past year (i.e. since the end of November 2010) that brightened your day? (Please tick all that apply)

	Unweighted Base	2146	1678	220	172	46	438	30
Base: All UK Adults		2146	1591	268	187	54	508	47
Held the door open for me	39%	40%	40%	40%	37%	32%	38%	23%
Gave me some flowers	22%	23%	23%	20%	24%	12%	21%	4%
Listened to me	44%	45%	45%	44%	37%	35%	40%	38%
Gave me a hug	52%	53%	53%	51%	52%	43%	50%	35%
Gave up their seat on the bus/ train/ tube	9%	9%	9%	10%	8%	7%	9%	12%
Smiled at me	53%	55%	55%	48%	54%	51%	50%	33%
Remembered my birthday	46%	48%	48%	43%	41%	22%	40%	28%
Sent me a card	37%	40%	40%	29%	36%	23%	31%	17%
Made me a cup of tea	42%	42%	42%	43%	45%	37%	43%	27%
Had time to chat	44%	47%	47%	40%	38%	35%	39%	24%
Made me a cake	19%	18%	18%	22%	22%	25%	22%	10%
Let me jump in/ skip the queue	23%	22%	22%	26%	28%	18%	26%	8%
Gave me a compliment	52%	54%	54%	49%	43%	41%	46%	28%
Gave me directions when I was lost	16%	17%	17%	14%	10%	13%	13%	10%
Said 'Good Morning' to me	44%	46%	46%	41%	44%	21%	40%	27%
Cooked for me	41%	42%	42%	38%	43%	22%	38%	21%
Asked me how I was feeling when I seemed down	40%	41%	41%	40%	32%	26%	36%	35%
None of these	4%	4%	4%	3%	5%	3%	4%	7%
Can't recall	6%	6%	6%	4%	5%	3%	4%	29%

YouGov Survey Results

Sample Size: 2146

Fieldwork: 29th November - 1st December 2011

Samaritans

Total	Government Region											
Base	North East	North West	Yorkshire and the Humber	East Midlands	West Midlands	East of England	London	South East	South West	Wales	Scotland	Northern Ireland

All of the following could be described as "small acts of kindness"...

Which, if any, of the following has someone done to you in the past year (i.e. since the end of November 2010) that brightened your day? (Please tick all that apply)

Unweighted Base	2146	101	207	184	154	153	187	277	294	212	111	212	54
Base: All UK Adults	2146	99	218	196	169	175	200	266	291	186	105	182	60
Held the door open for me	39%	48%	43%	39%	39%	36%	34%	39%	39%	36%	33%	42%	37%
Gave me some flowers	22%	20%	19%	18%	25%	18%	26%	18%	25%	28%	20%	20%	16%
Listened to me	44%	42%	46%	45%	41%	39%	41%	44%	43%	55%	36%	45%	48%
Gave me a hug	52%	56%	51%	48%	52%	50%	49%	46%	59%	59%	44%	58%	43%
Gave up their seat on the bus/ train/ tube	9%	5%	5%	7%	10%	5%	9%	18%	8%	11%	6%	10%	5%
Smiled at me	53%	61%	57%	52%	47%	50%	55%	54%	51%	55%	57%	56%	37%
Remembered my birthday	46%	46%	46%	50%	46%	37%	46%	48%	39%	50%	50%	51%	41%
Sent me a card	37%	33%	34%	40%	40%	34%	36%	35%	35%	48%	40%	34%	38%
Made me a cup of tea	42%	38%	41%	47%	41%	48%	41%	40%	40%	43%	36%	43%	37%
Had time to chat	44%	51%	41%	43%	46%	45%	40%	40%	44%	52%	49%	49%	34%
Made me a cake	19%	21%	17%	15%	20%	17%	19%	21%	18%	24%	24%	15%	8%
Let me jump in/ skip the queue	23%	22%	22%	22%	22%	23%	25%	17%	20%	24%	31%	28%	28%
Gave me a compliment	52%	60%	51%	54%	54%	51%	52%	51%	47%	54%	50%	52%	48%
Gave me directions when I was lost	16%	16%	16%	13%	15%	17%	14%	21%	13%	19%	18%	15%	15%
Said 'Good Morning' to me	44%	57%	42%	43%	46%	42%	43%	44%	43%	44%	48%	51%	28%
Cooked for me	41%	43%	38%	43%	41%	33%	35%	42%	44%	42%	45%	44%	34%
Asked me how I was feeling when I seemed down	40%	43%	41%	42%	44%	32%	36%	35%	36%	46%	41%	49%	29%
None of these	4%	2%	4%	2%	3%	7%	4%	4%	4%	6%	2%	3%	4%
Can't recall	6%	2%	8%	6%	4%	4%	4%	8%	7%	4%	5%	5%	9%