

# YouGov Survey Results

Education Support Partnership

Sample size: 1250 people working in education in the UK

Fieldwork: 9th - 23rd June 2017



Total

Which, if any, of the following best describe symptoms you have experienced in the last two years?

Unweighted base	1241
<b>Base</b>	<b>1241</b>
Panic attacks	19%
Recurring headaches/migraines	31%
High blood pressure	13%
Muscle tension	35%
Dizziness	20%
Insomnia, difficulty sleeping	56%
Changes to appetite	22%
Over-eating	40%
Under-eating	11%
Irritability, mood swings	51%
Tearfulness	42%
Forgetfulness	39%
Difficulty concentrating	41%
Other	4%
None	11%

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Thinking about the past few weeks, how much of the time, if at all, has your job made you feel each of the following? - Stressed

Unweighted base	1250
<b>Base</b>	1250
Never	7%
Occasionally	32%
Some of the time	32%
Most of the time	25%
All of the time	4%
<b>Net: Most/ all</b>	<b>29%</b>
<b>Net: Occasionally/ some</b>	<b>64%</b>

Which of the following, if any, have you ever experienced due to work or where work was a contributing factor? Please tick all that apply.

Unweighted base	1250
<b>Base</b>	1250
Psychological symptoms (e.g. depression, anxiety, panic attacks)	50%
Physical symptoms (e.g. raised blood pressure, muscle tension, sweating, dizziness, headaches or migraines)	50%
Behavioural (e.g. changes to appetite, irritability, procrastination, mood swings)	56%
None of the above	23%
Prefer not to say	1%
<b>Net: Experienced</b>	<b>75%</b>

When you experienced psychological, physical or behavioural problems as a result of work, did any of the following happen?

Unweighted base	947
<b>Base</b>	943
My personal relationships suffered	47%
My personal relationships broke down	9%
My work relationships suffered	25%
My work performance suffered	49%
I had to take time off work	28%
I had to leave my job	12%
I felt suicidal	13%
Other	3%
None of these	21%

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You said your symptoms caused you to take time off work, how long was this for?

Unweighted base	258
<b>Base</b>	<b>261</b>
A day here and there	22%
More than a week in total over the academic year	24%
More than a month in total over the academic year	24%
I was signed off for up to six months	19%
I was signed off for over six months	9%
Other	2%

Over the past two years, have pressures on your health caused you to consider leaving the education sector?

Unweighted base	1250
<b>Base</b>	<b>1250</b>
Yes	53%
No	47%

Thinking about the balance between your work life and your home life, to what extent do you agree or disagree with the following? - I achieve the right balance between my home and work lives

Unweighted base	1250
<b>Base</b>	<b>1250</b>
Strongly agree	6%
Agree	29%
Neither agree nor disagree	18%
Disagree	28%
Strongly disagree	18%
Not sure	1%
<b>Net: Agree</b>	<b>35%</b>
<b>Net: Disagree</b>	<b>45%</b>