



INFLUENCE WITH INTEGRITY

# ACT Online Survey

4-14 October 2024

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# 1. Methodology

## Data Collection

This study was conducted via online panel 4-14 October 2024.

The study was conducted among a sample of n=1,139 people aged 18 years and over from a population of 455,862.

## Weighting

Following the completion of the surveys, the data was cell-weighted by gender and age to reflect local population proportions.

The effective sample size following weighting is 716 meaning the effective margin of error is +/-3.7%.

For further information or clarification about the methodology of this survey contact:

Eric Goddard

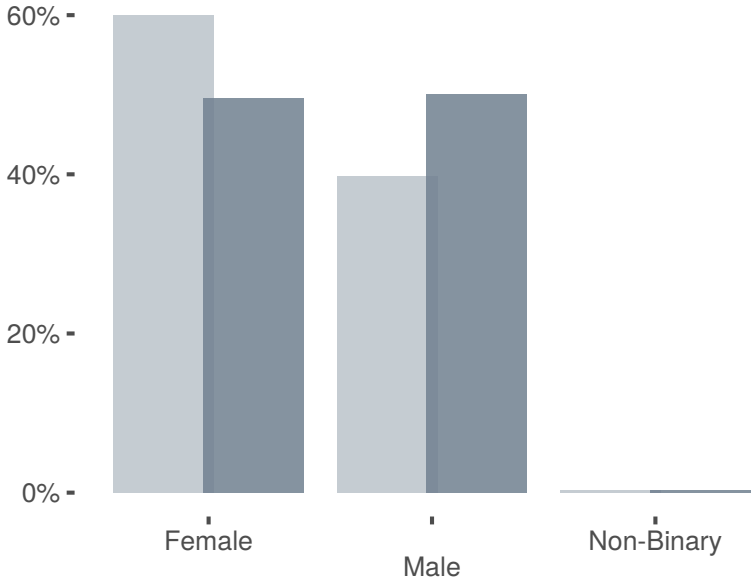
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# Weighting Variables (Gender / Age )

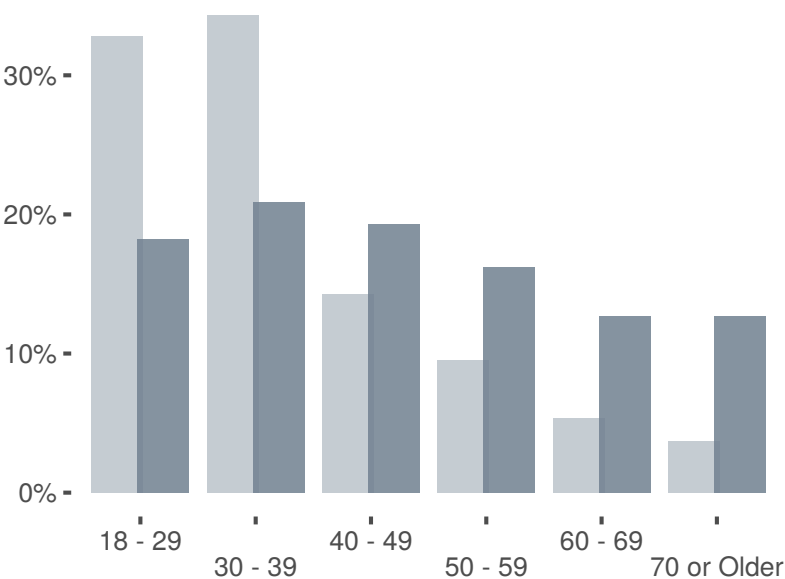
## Gender

Unweighted Weighted



## Age

Unweighted Weighted



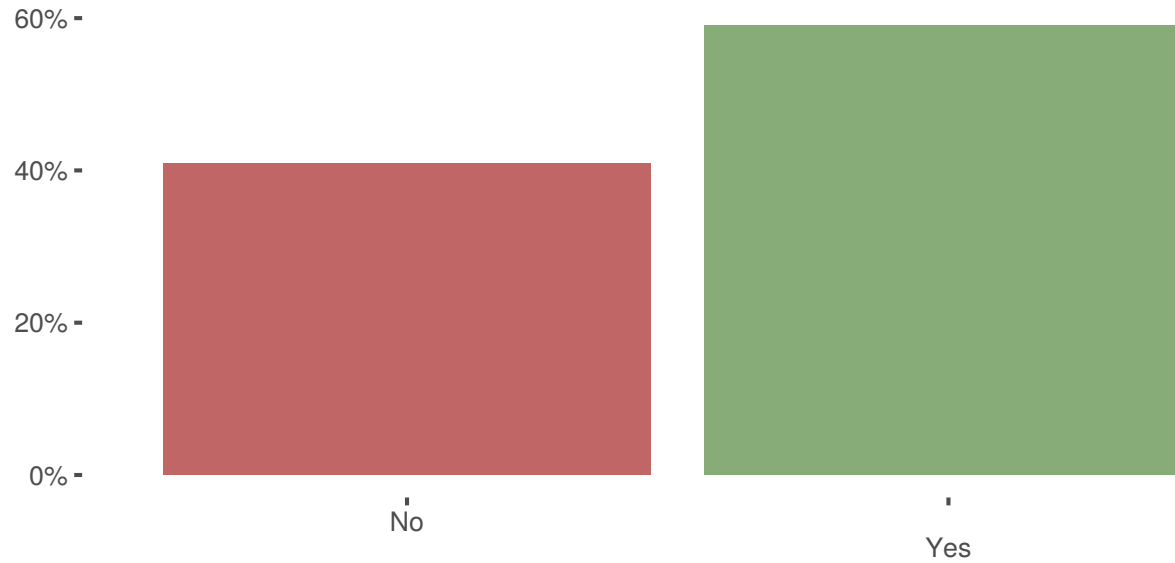
## 2. Social Media



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## 2.1 Parent to Social Media Child

Are you parent to a child who uses social media?



	No	Yes
<b>All Respondents</b>	<b>40.9%</b>	<b>59.1%</b>
<b>Age</b>		
18-39	50%	50%
40-59	27%	73%
60 +	45%	55%
<b>Gender</b>		
Female	43%	57%
Male	39%	61%

# Parent to Social Media Child - Details

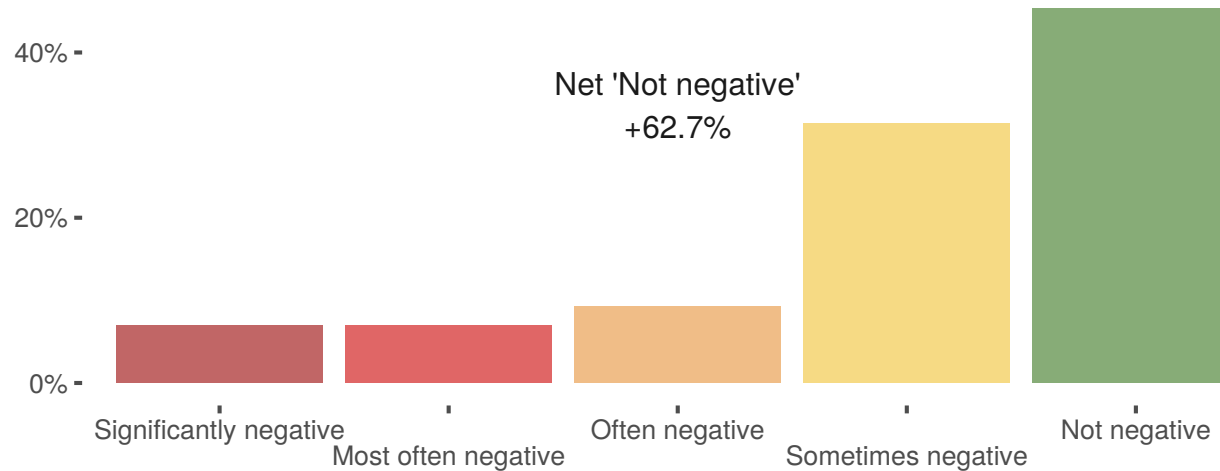
Are you parent to a child who uses social media?

	No	Yes
<b>All Respondents</b>	<b>40.9%</b>	<b>59.1%</b>
<b>Mental Health and Social Media</b>		
Significantly negative	36%	64%
Most often negative	34%	66%
Often negative	39%	61%
Sometimes negative	43%	57%
Not negative	41%	59%
<b>Workplace Happiness</b>		
Not Happy	49%	51%
Often unhappy	49%	51%
Ambivalent	47%	53%
Mostly happy	40%	60%
Happy	30%	70%
<b>Feeling on Cost of Housing</b>		
Main reason	26%	74%
Often concerned	34%	66%
Concerned	44%	56%
Increasingly concerned	43%	57%
Unconcerned	46%	54%
<b>Shorter Work Week</b>		
Negative impact	49%	51%
No difference	48%	52%
Unsure	40%	60%
Yes, somewhat	37%	63%
Yes, significantly	39%	61%



## 2.2 Mental Health and Social Media

Choose the statement best describes your relationship with social media and how it makes you feel:



	Social Media Is Negatively Shaping The Way I Feel About Myself And Is Having A Significant Negative Impact On My Health	More Often Than Not I Am Finding It Difficult To Separate A Negative Online Experience With My Reality	I Often Find Using Social Media Platforms Leave Me Feeling Negatively About Myself And Distressed	I Sometimes Have A Negative Experience On Social Media Where I Feel Distracted Or Unhappy	I Enjoy Using Social Media And It Has No Negative Impact On My Health Or How I View Myself	Net
<b>All Respondents</b>	<b>7.0%</b>	<b>7.0%</b>	<b>9.2%</b>	<b>31.3%</b>	<b>45.4%</b>	<b>62.7%</b>
<b>Age</b>						
18-39	8%	10%	13%	33%	35%	50%
40-59	8%	4%	8%	37%	43%	66%
60 +	3%	5%	5%	21%	65%	77%

## Mental Health and Social Media - Details

Choose the statement best describes your relationship with social media and how it makes you feel:

	Social Media Is Negatively Shaping The Way I Feel About Myself And Is Having A Significant Negative Impact On My Health	More Often Than Not I Am Finding It Difficult To Separate A Negative Online Experience With My Reality	I Often Find Using Social Media Platforms Leave Me Feeling Negatively About Myself And Distressed	I Sometimes Have A Negative Experience On Social Media Where I Feel Distracted Or Unhappy	I Enjoy Using Social Media And It Has No Negative Impact On My Health Or How I View Myself	Net
<b>All Respondents</b>	<b>7.0%</b>	<b>7.0%</b>	<b>9.2%</b>	<b>31.3%</b>	<b>45.4%</b>	<b>62.7%</b>
<b>Gender</b>						
Female	7%	7%	7%	34%	45%	66%
Male	7%	7%	11%	28%	46%	59%
<b>Workplace Happiness</b>						
Not Happy	6%	5%	4%	29%	56%	74%
Often unhappy	8%	5%	9%	54%	24%	64%
Ambivalent	8%	9%	12%	31%	40%	55%
Mostly happy	5%	6%	9%	36%	44%	69%
Happy	10%	8%	9%	14%	60%	57%
<b>Feeling on Cost of Housing</b>						
Main reason	9%	11%	12%	34%	34%	46%
Often concerned	12%	9%	12%	34%	32%	46%
Concerned	6%	8%	16%	35%	35%	57%
Increasingly concerned	5%	9%	9%	41%	36%	63%
Unconcerned	5%	3%	5%	23%	64%	78%
<b>Shorter Work Week</b>						
Negative impact	14%	5%	17%	31%	33%	45%
No difference	6%	5%	8%	23%	58%	71%
Unsure	7%	5%	4%	22%	62%	72%
Yes, somewhat	7%	10%	14%	31%	38%	52%
Yes, significantly	7%	7%	7%	39%	40%	66%

## 2.3 Social Media Feelings - Free text responses

Please tell us more about how social media makes you feel. Summary of 138 free text responses\*

- **Does not use social media:** 13 responses
- **Neutral or Indifferent:** 12 responses
- **Addictive or Time-wasting:** 21 responses
- **Negative impact (toxic, stressful, or negative content):** 29 responses
- **Positive experiences (happy, informed, connected):** 25 responses
- **Feeling of comparison or inadequacy:** 11 responses
- **Informed or entertained:** 8 responses
- **Mixed feelings or conditional use:** 20 responses
- **Social media as a tool for connection:** 14 responses

Survey responses reveal a complex relationship between individuals and social media, highlighting both positive and negative impacts. Some participants appreciate the connectivity and entertainment social media offers, allowing them to stay updated with family, friends, and global events. However, many express concerns over its addictive nature, time-wasting aspects, and the negative feelings it can evoke, such as stress, depression, and comparison to others. A portion of respondents describe social media as toxic, filled with disinformation, and leading to unrealistic expectations.

While some avoid social media entirely, others use it sparingly or selectively to mitigate its adverse effects. Overall, the responses illustrate mixed sentiments, with some valuing social media's benefits and others critical of its potential harm to mental health.

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\*Automated AI summary produced using Chat-GPT4

# 3. Workplace

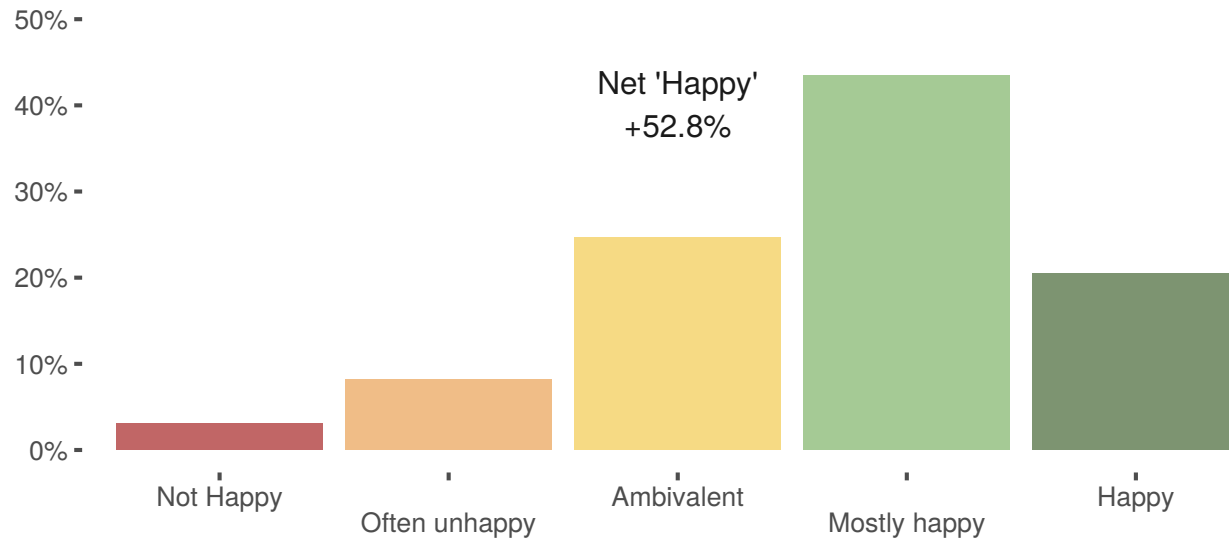


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### 3.4 Workplace Happiness

How often would you say you are fulfilled and happy at work?



	I Feel Fulfilled And Happy At My Workplace None Of The Time	My Workplace Often Makes Me Unhappy And Leaves Me Feeling Unfulfilled	Work Is Neither Fulfilling Or Unfulfilling And I Feel Ambivalent About The Happiness Connected To My Job	I Am Mostly Fulfilled At Work And Happy Most Of The Time	I Am 100 Per Cent Fulfilled And Always Happy In My Workplace	Net
<b>All Respondents</b>	<b>3.1%</b>	<b>8.2%</b>	<b>24.7%</b>	<b>43.5%</b>	<b>20.5%</b>	<b>52.8%</b>
<b>Age</b>						
18-39	1%	9%	22%	47%	21%	58%
40-59	2%	11%	27%	46%	14%	47%
60 +	8%	3%	26%	35%	29%	52%

\*Net values determined using the following formula: ('I feel fulfilled and happy at my workplace none of the time' \* -1) + ('My workplace often makes me unhappy and leaves me feeling unfulfilled' \* -1) + ('Work is neither fulfilling or unfulfilling and I feel ambivalent about the happiness connected to my job' \* 0) + ('I am mostly fulfilled at work and

# Workplace Happiness - Details

How often would you say you are fulfilled and happy at work?

	I Feel Fulfilled And Happy At My Workplace None Of The Time	My Workplace Often Makes Me Unhappy And Leaves Me Feeling Unfulfilled	Work Is Neither Fulfilling Or Unfulfilling And I Feel Ambivalent About The Happiness Connected To My Job	I Am Mostly Fulfilled At Work And Happy Most Of The Time	I Am 100 Per Cent Fulfilled And Always Happy In My Workplace	Net
<b>All Respondents</b>	<b>3.1%</b>	<b>8.2%</b>	<b>24.7%</b>	<b>43.5%</b>	<b>20.5%</b>	<b>52.8%</b>
<b>Gender</b>						
Female	3%	11%	27%	45%	14%	46%
Male	3%	6%	22%	42%	27%	60%
<b>Mental Health and Social Media</b>						
Significantly negative	3%	9%	28%	32%	28%	48%
Most often negative	2%	6%	31%	38%	22%	52%
Often negative	1%	8%	31%	40%	20%	51%
Sometimes negative	3%	14%	25%	50%	9%	42%
Not negative	4%	4%	22%	43%	27%	62%
<b>Feeling on Cost of Housing</b>						
Main reason	0%	8%	26%	44%	22%	58%
Often concerned	1%	12%	20%	52%	16%	55%
Concerned	1%	9%	28%	48%	14%	52%
Increasingly concerned	4%	12%	31%	43%	10%	37%
Unconcerned	5%	4%	21%	39%	30%	60%

# Workplace Happiness - Details continued

How often would you say you are fulfilled and happy at work?

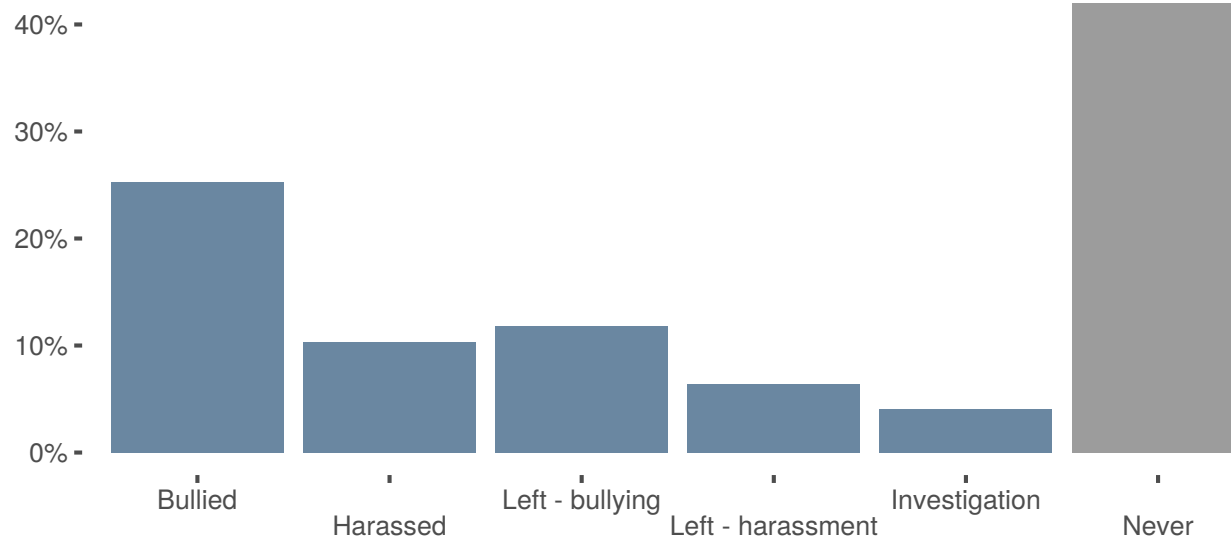
	I Feel Fulfilled And Happy At My Workplace None Of The Time	My Workplace Often Makes Me Unhappy And Leaves Me Feeling Unfulfilled	Work Is Neither Fulfilling Or Unfulfilling And I Feel Ambivalent About The Happiness Connected To My Job	I Am Mostly Fulfilled At Work And Happy Most Of The Time	I Am 100 Per Cent Fulfilled And Always Happy In My Workplace	Net
<b>All Respondents</b>	<b>3.1%</b>	<b>8.2%</b>	<b>24.7%</b>	<b>43.5%</b>	<b>20.5%</b>	<b>52.8%</b>
<b>Shorter Work Week</b>						
Negative impact		13%	25%	52%	10%	48%
No difference	4%	5%	34%	35%	22%	47%
Unsure	8%	9%	25%	32%	26%	42%
Yes, somewhat	2%	7%	20%	54%	18%	63%
Yes, significantly	2%	10%	22%	44%	21%	52%



**Note:** Participants were asked to tick all options that apply. Therefore, figures reflect proportions of total responses, not total participants.

### 3.5 Bullying and Harassment

Have you ever experienced workplace bullying or harassment?



	I Have Been Bullied On One Or More Occasions In The Workplace By A Coworker Or My Boss	I Have Experienced Ongoing Harassment In My Workplace From Coworkers Or My Boss	Bullying Is A Reason That I Have Left A Previous Workplace	Harassment Is A Reason That I Have Left A Previous Workplace	I Have An Active Or Previous Claim Or Investigation For Workplace Bullying Or Harassment	I Have Never Experienced Workplace Bullying Or Harassment
<b>All Respondents</b>	<b>25.3%</b>	<b>10.3%</b>	<b>11.8%</b>	<b>6.4%</b>	<b>4.1%</b>	<b>42.0%</b>
<b>Age</b>						
18-39	25%	11%	12%	8%	4%	39%
40-59	28%	10%	15%	6%	4%	38%
60 +	22%	9%	7%	4%	5%	54%

# Bullying and Harassment - Details

Have you ever experienced workplace bullying or harassment?

	I Have Been Bullied On One Or More Occasions In The Workplace By A Coworker Or My Boss	I Have Experienced Ongoing Harassment In My Workplace From Coworkers Or My Boss	Bullying Is A Reason That I Have Left A Previous Workplace	Harassment Is A Reason That I Have Left A Previous Workplace	I Have An Active Or Previous Claim Or Investigation For Workplace Bullying Or Harassment	I Have Never Experienced Workplace Bullying Or Harassment
<b>All Respondents</b>	<b>25.3%</b>	<b>10.3%</b>	<b>11.8%</b>	<b>6.4%</b>	<b>4.1%</b>	<b>42.0%</b>
<b>Gender</b>						
Female	30%	10%	14%	8%	4%	34%
Male	21%	11%	10%	4%	4%	50%
<b>Mental Health and Social Media</b>						
Significantly negative	16%	16%	19%	8%	6%	34%
Most often negative	26%	13%	12%	6%	3%	41%
Often negative	18%	15%	10%	6%	7%	44%
Sometimes negative	32%	8%	15%	7%	4%	34%
Not negative	24%	9%	9%	6%	3%	49%
<b>Workplace Happiness</b>						
Not Happy	22%	10%	18%	11%	7%	32%
Often unhappy	26%	14%	20%	11%	8%	20%
Ambivalent	32%	14%	15%	7%	4%	28%
Mostly happy	28%	10%	11%	6%	3%	43%
Happy	11%	4%	5%	4%	4%	73%

# Bullying and Harassment - Details continued

Have you ever experienced workplace bullying or harassment?

	I Have Been Bullied On One Or More Occasions In The Workplace By A Coworker Or My Boss	I Have Experienced Ongoing Harassment In My Workplace From Coworkers Or My Boss	Bullying Is A Reason That I Have Left A Previous Workplace	Harassment Is A Reason That I Have Left A Previous Workplace	I Have An Active Or Previous Claim Or Investigation For Workplace Bullying Or Harassment	I Have Never Experienced Workplace Bullying Or Harassment
<b>All Respondents</b>	<b>25.3%</b>	<b>10.3%</b>	<b>11.8%</b>	<b>6.4%</b>	<b>4.1%</b>	<b>42.0%</b>
<b>Feeling on Cost of Housing</b>						
Main reason	25%	13%	11%	8%	6%	37%
Often concerned	26%	8%	12%	9%	7%	38%
Concerned	26%	15%	13%	8%	5%	32%
Increasingly concerned	32%	11%	13%	8%	4%	33%
Unconcerned	21%	8%	11%	3%	2%	56%
<b>Shorter Work Week</b>						
Negative impact	24%	11%	11%	1%		53%
No difference	25%	13%	10%	5%	1%	45%
Unsure	24%	5%	13%	10%	5%	42%
Yes, somewhat	22%	11%	9%	8%	5%	46%
Yes, significantly	29%	9%	15%	6%	5%	36%

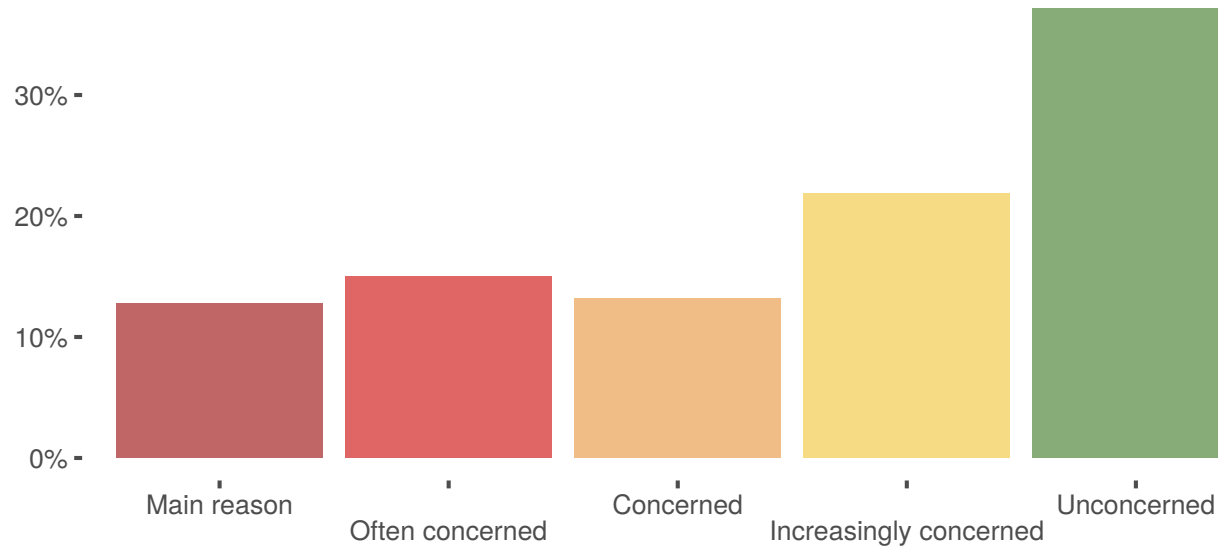
# 4. Mental Health and Housing



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## 4.6 Feeling on Cost of Housing

How do you feel about the cost of housing in the ACT and its impact on your mental health? Choose the statement that best applies to you.



	The Rising Cost Of Housing Is The Main Reason I Feel Stressed Or Concerned	I Am Often Stressed And Concerned Due To The Cost Of My Rent Or Mortgage Repayments	My Rent Or Mortgage Repayments Are Making Me Stressed Or Concerned	The Rising Costs Of Housing Is Making Me Increasingly Stressed Or Concerned	I Don't Feel Stressed Or Concerned About The Cost Of My Rent Or Mortgage
<b>All Respondents</b>	<b>12.8%</b>	<b>15.0%</b>	<b>13.1%</b>	<b>21.9%</b>	<b>37.2%</b>
<b>Age</b>					
18-39	20%	19%	17%	24%	20%
40-59	10%	16%	14%	29%	31%
60 +	6%	7%	6%	8%	73%
<b>Gender</b>					
Female	13%	15%	13%	25%	33%
Male	12%	15%	14%	18%	41%

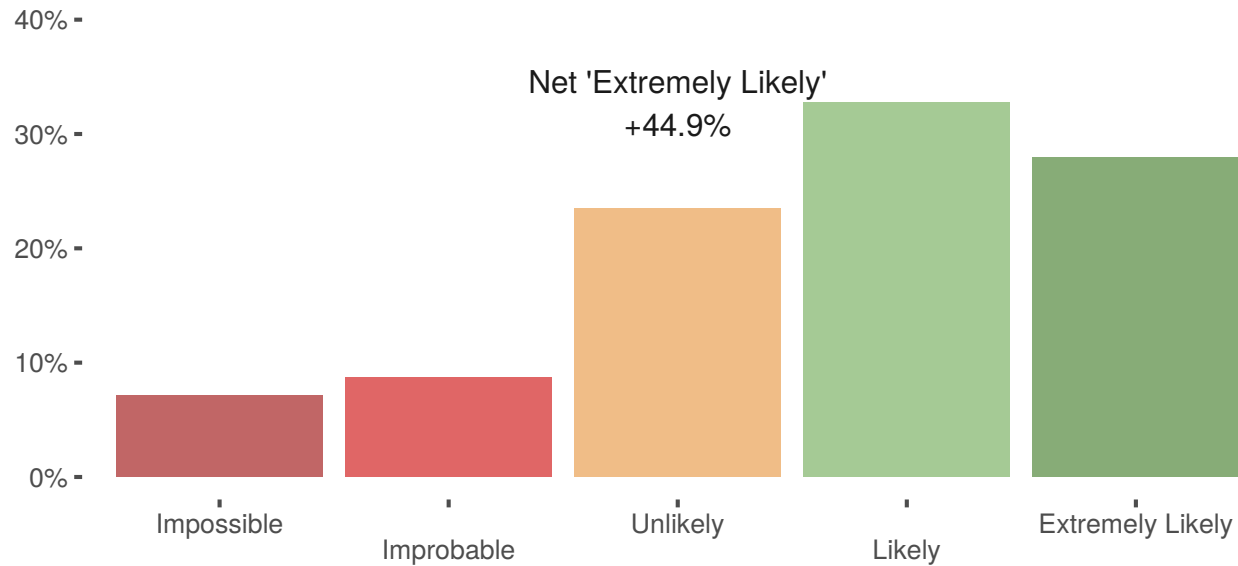
# Feeling on Cost of Housing - Details

How do you feel about the cost of housing in the ACT and its impact on your mental health? Choose the statement that best applies to you.

	The Rising Cost Of Housing Is The Main Reason I Feel Stressed Or Concerned	I Am Often Stressed And Concerned Due To The Cost Of My Rent Or Mortgage Repayments	My Rent Or Mortgage Repayments Are Making Me Stressed Or Concerned	The Rising Costs Of Housing Is Making Me Increasingly Stressed Or Concerned	I Don't Feel Stressed Or Concerned About The Cost Of My Rent Or Mortgage
<b>All Respondents</b>	<b>12.8%</b>	<b>15.0%</b>	<b>13.1%</b>	<b>21.9%</b>	<b>37.2%</b>
<b>Mental Health and Social Media</b>					
Significantly negative	18%	26%	11%	17%	29%
Most often negative	21%	20%	15%	28%	17%
Often negative	17%	20%	23%	21%	20%
Sometimes negative	14%	16%	15%	28%	27%
Not negative	9%	11%	10%	17%	52%
<b>Workplace Happiness</b>					
Not Happy	2%	6%	3%	26%	64%
Often unhappy	12%	21%	15%	33%	19%
Ambivalent	13%	12%	15%	27%	32%
Mostly happy	13%	18%	14%	21%	33%
Happy	14%	11%	9%	11%	55%
<b>Shorter Work Week</b>					
Negative impact	7%	16%	12%	18%	47%
No difference	10%	8%	11%	16%	54%
Unsure	6%	12%	5%	17%	60%
Yes, somewhat	19%	16%	12%	23%	31%
Yes, significantly	12%	19%	18%	26%	24%

## 4.7 Perception of Housing Market

If you currently rent or don't own your own home: please rate your chances of future home ownership.



	Impossible	Improbable	Unlikely	Likely	Extremely Likely	Net
<b>All Respondents</b>	<b>7.1%</b>	<b>8.7%</b>	<b>23.5%</b>	<b>32.8%</b>	<b>27.9%</b>	<b>44.9%</b>
<b>Age</b>						
18-39	3%	7%	20%	45%	25%	60%
40-59	9%	10%	28%	29%	23%	33%
60 +	10%	9%	23%	19%	39%	39%
<b>Gender</b>						
Female	9%	10%	26%	31%	24%	36%
Male	5%	7%	21%	35%	32%	54%

\*Net values determined using the following formula: ('Impossible' \* -1) + ('Improbable' \* -1) + ('Unlikely' \* 0) + ('Likely' \* 1) + ('Extremely Likely' \* 1)

# Perception of Housing Market - Details

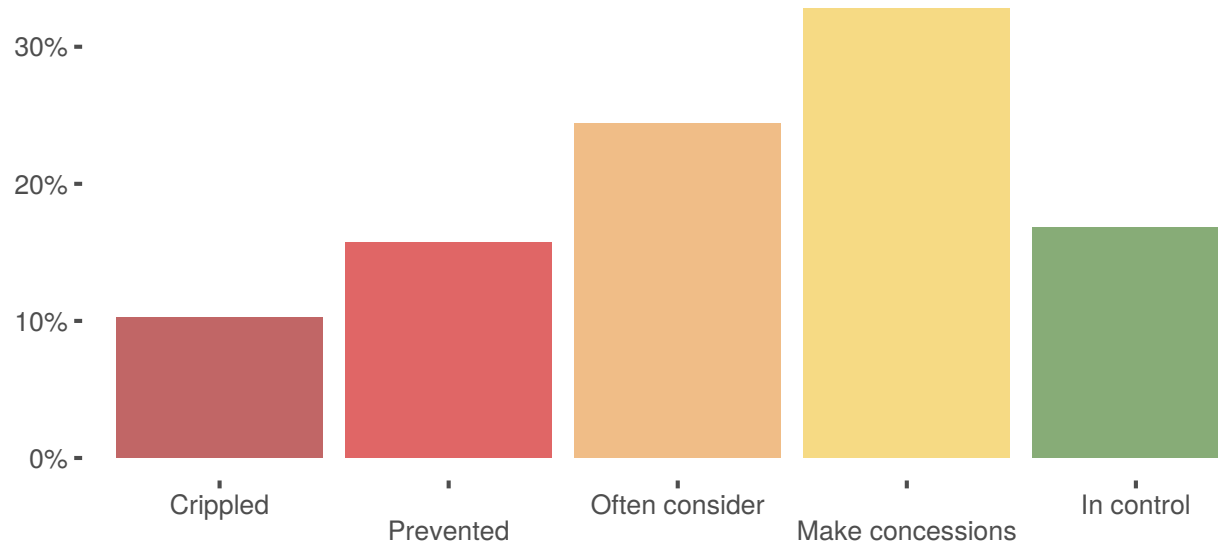
If you currently rent or don't own your own home: please rate your chances of future home ownership.

	Impossible	Improbable	Unlikely	Likely	Extremely Likely	Net
<b>All Respondents</b>	<b>7.1%</b>	<b>8.7%</b>	<b>23.5%</b>	<b>32.8%</b>	<b>27.9%</b>	<b>44.9%</b>
<b>Mental Health and Social Media</b>						
Significantly negative	4%	10%	19%	37%	30%	53%
Most often negative	5%	8%	32%	30%	26%	42%
Often negative	5%	9%	26%	41%	18%	45%
Sometimes negative	7%	10%	25%	34%	24%	42%
Not negative	9%	7%	21%	30%	32%	46%
<b>Workplace Happiness</b>						
Not Happy	16%	25%	26%	12%	21%	-8%
Often unhappy	17%	11%	31%	22%	18%	12%
Ambivalent	10%	12%	31%	23%	25%	26%
Mostly happy	5%	8%	22%	41%	24%	51%
Happy	3%	2%	14%	35%	46%	75%
<b>Feeling on Cost of Housing</b>						
Main reason	8%	9%	22%	43%	18%	43%
Often concerned	8%	10%	32%	34%	16%	33%
Concerned	5%	12%	28%	36%	19%	38%
Increasingly concerned	15%	11%	26%	35%	13%	22%
Unconcerned	3%	5%	17%	27%	48%	67%
<b>Shorter Work Week</b>						
Negative impact	6%	15%	25%	21%	33%	32%
No difference	7%	7%	32%	28%	27%	40%
Unsure	11%	11%	25%	18%	35%	31%
Yes, somewhat	6%	7%	20%	46%	21%	54%
Yes, significantly	7%	9%	21%	31%	31%	46%



## 4.8 Mental Health and Cost of Living

Choose the statement that best fits how you feel about the future with the current cost-of-living in the ACT:



	I Don't Have The Space To Think About My Dreams Or My Future Because I Am Crippled By The Cost Of Living	I Feel A Lack Of Control Over My Future And The Cost Of Living Prevents Me From Achieving My Dreams	I Often Consider The Cost Of Living And Whether I Can Achieve My Dreams Because Of The Costs Associated With Them	The Rising Cost Of Living Means I Sometimes Make Concessions Or Different Choices About My Future	I Feel Total Control Over My Future And There Is Nothing That Prevents Me From Achieving My Dreams
<b>All Respondents</b>	<b>10.2%</b>	<b>15.7%</b>	<b>24.4%</b>	<b>32.8%</b>	<b>16.8%</b>
<b>Age</b>					
18-39	13%	19%	26%	28%	14%
40-59	11%	18%	26%	34%	12%
60 +	4%	7%	21%	39%	29%
<b>Gender</b>					
Female	11%	16%	25%	36%	12%
Male	10%	15%	24%	30%	22%

## Mental Health and Cost of Living - Details

Choose the statement that best fits how you feel about the future with the current cost-of-living in the ACT:

	I Don't Have The Space To Think About My Dreams Or My Future Because I Am Crippled By The Cost Of Living	I Feel A Lack Of Control Over My Future And The Cost Of Living Prevents Me From Achieving My Dreams	I Often Consider The Cost Of Living And Whether I Can Achieve My Dreams Because Of The Costs Associated With Them	The Rising Cost Of Living Means I Sometimes Make Concessions Or Different Choices About My Future	I Feel Total Control Over My Future And There Is Nothing That Prevents Me From Achieving My Dreams
<b>All Respondents</b>	<b>10.2%</b>	<b>15.7%</b>	<b>24.4%</b>	<b>32.8%</b>	<b>16.8%</b>
<b>Mental Health and Social Media</b>					
Significantly negative	14%	27%	19%	31%	9%
Most often negative	19%	15%	20%	32%	14%
Often negative	15%	15%	24%	28%	18%
Sometimes negative	11%	16%	31%	35%	7%
Not negative	6%	14%	21%	33%	25%
<b>Workplace Happiness</b>					
Not Happy	1%	7%	21%	42%	29%
Often unhappy	17%	29%	17%	29%	8%
Ambivalent	15%	22%	23%	27%	14%
Mostly happy	8%	13%	26%	38%	14%
Happy	7%	10%	27%	28%	28%
<b>Feeling on Cost of Housing</b>					
Main reason	13%	15%	30%	28%	14%
Often concerned	12%	24%	24%	32%	7%
Concerned	19%	18%	18%	35%	10%
Increasingly concerned	12%	25%	24%	32%	6%
Unconcerned	4%	6%	25%	34%	31%
<b>Shorter Work Week</b>					
Negative impact	7%	16%	24%	22%	31%
No difference	12%	11%	25%	33%	19%
Unsure	13%	9%	20%	23%	34%
Yes, somewhat	11%	18%	25%	31%	15%
Yes, significantly	8%	19%	25%	37%	11%

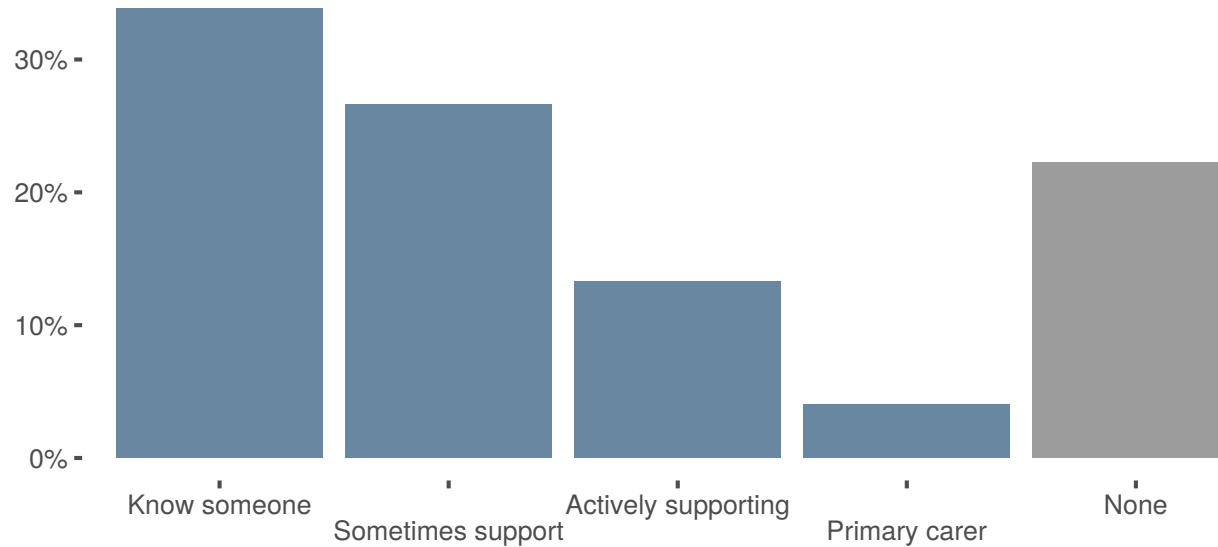
# 5. Mental Health



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## 5.9 Mental Health Baseline - Carer

Do any of the following apply to you:



	I Know Someone Who Experiences Mental Health Challenges	I Sometimes Support Someone (a Friend, Family Member, Co-worker Etc) With Their Mental Health	I Am Actively Supporting Someone With Regular Care For Their Mental Health	I Am Someone Else's Primary Carer	None Of This Applies To Me
<b>All Respondents</b>	<b>33.9%</b>	<b>26.6%</b>	<b>13.3%</b>	<b>4.0%</b>	<b>22.2%</b>
<b>Age</b>					
18-39	35%	33%	15%	5%	12%
40-59	37%	24%	15%	3%	20%
60 +	27%	20%	8%	4%	41%
<b>Gender</b>					
Female	34%	31%	13%	4%	17%
Male	34%	22%	13%	4%	27%

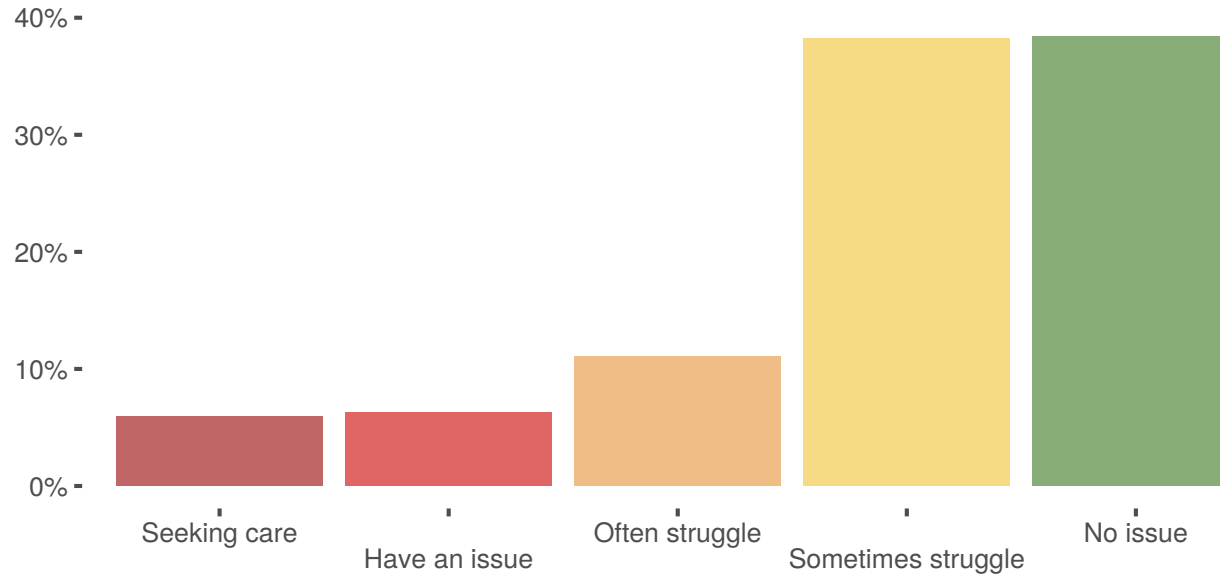
## Mental Health Baseline - Carer - Details

Do any of the following apply to you:

	I Know Someone Who Experiences Mental Health Challenges	I Sometimes Support Someone (a Friend, Family Member, Co-worker Etc) With Their Mental Health	I Am Actively Supporting Someone With Regular Care For Their Mental Health	I Am Someone Else's Primary Carer	None Of This Applies To Me
<b>All Respondents</b>	<b>33.9%</b>	<b>26.6%</b>	<b>13.3%</b>	<b>4.0%</b>	<b>22.2%</b>
<b>Mental Health and Social Media</b>					
Significantly negative	32%	29%	19%	3%	18%
Most often negative	26%	32%	15%	7%	20%
Often negative	32%	34%	12%	3%	19%
Sometimes negative	37%	25%	15%	3%	20%
Not negative	34%	25%	11%	5%	25%
<b>Workplace Happiness</b>					
Not Happy	25%	7%	4%	3%	62%
Often unhappy	40%	17%	15%	3%	25%
Ambivalent	34%	28%	16%	5%	17%
Mostly happy	32%	31%	13%	4%	20%
Happy	36%	23%	13%	2%	26%
<b>Feeling on Cost of Housing</b>					
Main reason	34%	31%	23%	4%	8%
Often concerned	32%	26%	17%	5%	20%
Concerned	38%	34%	11%	5%	12%
Increasingly concerned	36%	33%	11%	3%	16%
Unconcerned	32%	19%	10%	4%	35%
<b>Shorter Work Week</b>					
Negative impact	20%	28%	15%	5%	31%
No difference	31%	22%	15%	4%	28%
Unsure	17%	20%	6%	8%	49%
Yes, somewhat	31%	35%	13%	4%	18%
Yes, significantly	44%	24%	15%	3%	14%

## 5.10 Mental Health General Baseline - Individual

How would you describe your mental health?



	I Am Actively Seeking Care Or Treatment For My Mental Health	I Identify As Having A Mental Health Issue	I Often Struggle With My Mental Health	I Sometimes Struggle With My Mental Health	I Have No Experiences Of Mental Ill-health
<b>All Respondents</b>	<b>6.0%</b>	<b>6.3%</b>	<b>11.1%</b>	<b>38.2%</b>	<b>38.4%</b>
<b>Age</b>					
18-39	6%	7%	17%	36%	34%
40-59	7%	8%	11%	43%	31%
60 +	5%	2%	3%	35%	55%
<b>Gender</b>					
Female	10%	6%	11%	43%	29%
Male	2%	6%	11%	33%	48%

# Mental Health General Baseline - Individual - Details

How would you describe your mental health?

	I Am Actively Seeking Care Or Treatment For My Mental Health	I Identify As Having A Mental Health Issue	I Often Struggle With My Mental Health	I Sometimes Struggle With My Mental Health	I Have No Experiences Of Mental Ill-health
<b>All Respondents</b>	<b>6.0%</b>	<b>6.3%</b>	<b>11.1%</b>	<b>38.2%</b>	<b>38.4%</b>
<b>Mental Health and Social Media</b>					
Significantly negative	4%	6%	25%	28%	37%
Most often negative	10%	10%	16%	31%	34%
Often negative	9%	2%	20%	32%	36%
Sometimes negative	8%	11%	13%	44%	25%
Not negative	4%	3%	5%	38%	49%
<b>Workplace Happiness</b>					
Not Happy	15%	5%		30%	49%
Often unhappy	11%	22%	15%	42%	10%
Ambivalent	8%	6%	15%	46%	25%
Mostly happy	4%	5%	11%	44%	35%
Happy	4%	2%	6%	17%	70%
<b>Feeling on Cost of Housing</b>					
Main reason	7%	5%	15%	41%	33%
Often concerned	8%	5%	15%	40%	32%
Concerned	7%	9%	14%	40%	31%
Increasingly concerned	7%	12%	13%	43%	24%
Unconcerned	4%	3%	6%	33%	54%
<b>Shorter Work Week</b>					
Negative impact	9%	16%	18%	24%	33%
No difference	4%	2%	9%	38%	46%
Unsure	5%	7%	8%	29%	51%
Yes, somewhat	5%	6%	13%	40%	37%
Yes, significantly	7%	8%	11%	42%	32%

# 6. Ranking Challenges



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**Note:** Participants were asked to rank challenges to mental health. Therefore, participants assigned a value to every option, and each response was given in competition with the other options.

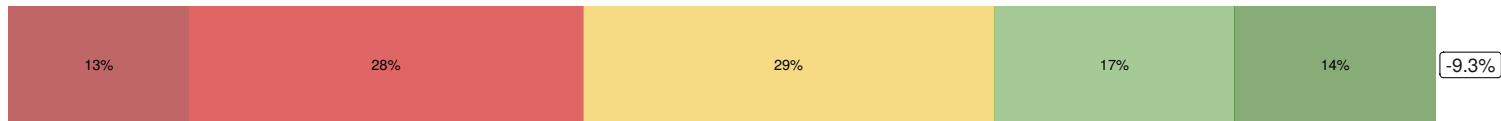
## 6.11 Ranking Challenges

From 1-5 what is the biggest challenge for your mental health right now?

Rank: Bullying or Harassment



Rank: Climate Change



Rank: Cost of Living



Rank: Other



Rank: Rental or Mortgage Stress

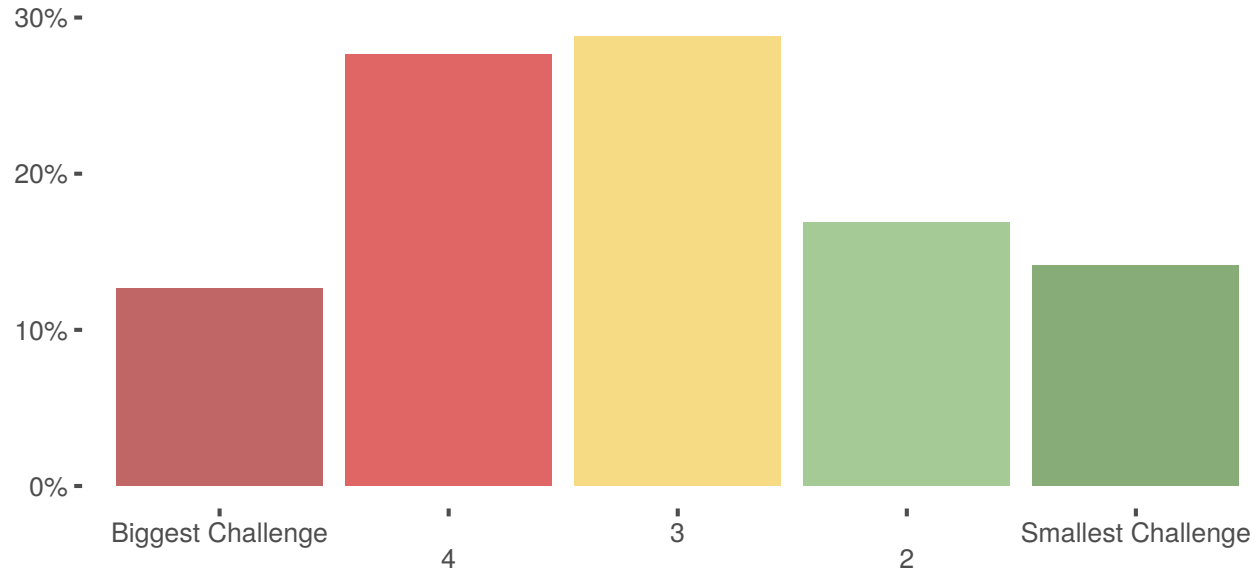


0% 25% 50% 75% 100%

Biggest Challenge 4 3 2 Smallest Challenge

## 6.12 Rank: Climate Change

Climate change - From 1-5 what is the biggest challenge for your mental health right now?



	Biggest Challenge	4	3	2	Smallest Challenge
<b>All Respondents</b>	<b>12.6%</b>	<b>27.6%</b>	<b>28.8%</b>	<b>16.8%</b>	<b>14.1%</b>
<b>Age</b>					
18-39	10%	36%	28%	12%	14%
40-59	17%	30%	32%	12%	10%
60 +	11%	12%	26%	31%	20%
<b>Gender</b>					
Female	11%	29%	29%	17%	13%
Male	14%	26%	29%	16%	15%

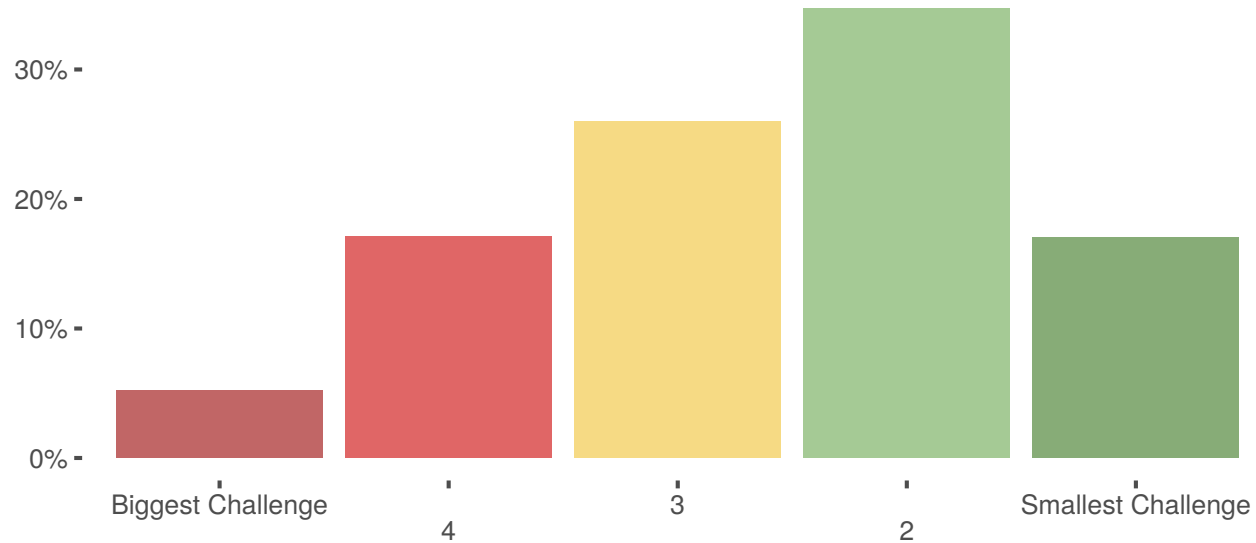
# Rank: Climate Change - Details

Climate change - From 1-5 what is the biggest challenge for your mental health right now?

	Biggest Challenge	4	3	2	Smallest Challenge
<b>All Respondents</b>	<b>12.6%</b>	<b>27.6%</b>	<b>28.8%</b>	<b>16.8%</b>	<b>14.1%</b>
<b>Mental Health and Social Media</b>					
Significantly negative	13%	35%	22%	23%	8%
Most often negative	17%	32%	21%	13%	16%
Often negative	12%	34%	27%	14%	13%
Sometimes negative	12%	28%	35%	14%	10%
Not negative	12%	24%	27%	19%	18%
<b>Workplace Happiness</b>					
Not Happy	11%	43%	11%	22%	13%
Often unhappy	20%	35%	34%	8%	4%
Ambivalent	15%	29%	29%	15%	12%
Mostly happy	13%	29%	30%	16%	11%
Happy	6%	18%	26%	23%	27%
<b>Feeling on Cost of Housing</b>					
Main reason	8%	40%	32%	10%	10%
Often concerned	15%	29%	32%	13%	11%
Concerned	14%	32%	33%	10%	12%
Increasingly concerned	16%	35%	28%	13%	7%
Unconcerned	11%	17%	25%	25%	22%
<b>Shorter Work Week</b>					
Negative impact	22%	29%	27%	19%	3%
No difference	14%	21%	24%	19%	21%
Unsure	8%	22%	23%	32%	14%
Yes, somewhat	9%	34%	31%	13%	13%
Yes, significantly	14%	28%	32%	14%	12%

### 6.13 Rank: Rental or Mortgage Stress

Rental or mortgage stress - From 1-5 what is the biggest challenge for your mental health right now?



	Biggest Challenge	4	3	2	Smallest Challenge
<b>All Respondents</b>	<b>5.2%</b>	<b>17.1%</b>	<b>26.0%</b>	<b>34.7%</b>	<b>17.0%</b>
<b>Age</b>					
18-39	3%	12%	22%	41%	22%
40-59	4%	15%	24%	38%	19%
60 +	11%	27%	35%	21%	6%
<b>Gender</b>					
Female	5%	18%	24%	36%	16%
Male	5%	17%	27%	33%	18%

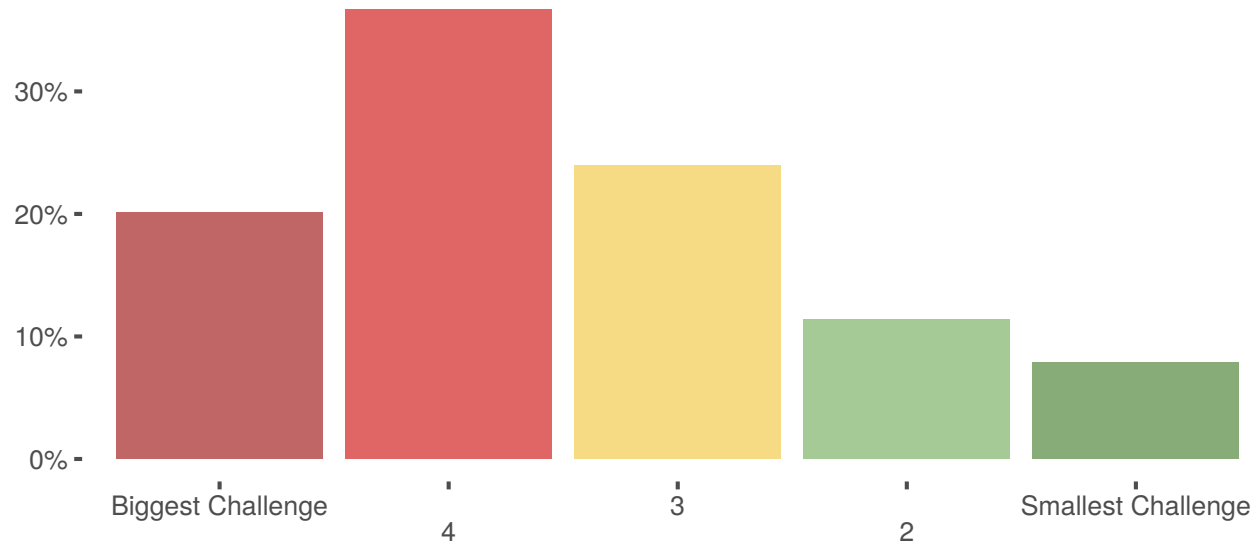
# Rank: Rental or Mortgage Stress - Details

Rental or mortgage stress - From 1-5 what is the biggest challenge for your mental health right now?

	Biggest Challenge	4	3	2	Smallest Challenge
<b>All Respondents</b>	<b>5.2%</b>	<b>17.1%</b>	<b>26.0%</b>	<b>34.7%</b>	<b>17.0%</b>
<b>Mental Health and Social Media</b>					
Significantly negative	8%	9%	25%	40%	18%
Most often negative	3%	15%	27%	33%	22%
Often negative	3%	17%	23%	43%	14%
Sometimes negative	4%	16%	21%	37%	21%
Not negative	6%	19%	30%	31%	14%
<b>Workplace Happiness</b>					
Not Happy	12%	29%	38%	14%	7%
Often unhappy	9%	18%	19%	40%	13%
Ambivalent	4%	22%	26%	33%	14%
Mostly happy	3%	14%	24%	38%	21%
Happy	7%	16%	31%	31%	15%
<b>Feeling on Cost of Housing</b>					
Main reason	0%	8%	17%	38%	37%
Often concerned	1%	12%	22%	43%	22%
Concerned	2%	8%	20%	48%	24%
Increasingly concerned	3%	11%	24%	43%	19%
Unconcerned	11%	29%	34%	21%	4%
<b>Shorter Work Week</b>					
Negative impact	10%	2%	40%	31%	17%
No difference	8%	22%	30%	26%	14%
Unsure	5%	32%	20%	38%	5%
Yes, somewhat	4%	12%	24%	39%	21%
Yes, significantly	4%	15%	25%	37%	19%

## 6.14 Rank: Bullying or Harassment

Bullying or harassment in the workplace - From 1-5 what is the biggest challenge for your mental health right now?



	Biggest Challenge	4	3	2	Smallest Challenge
<b>All Respondents</b>	<b>20.1%</b>	<b>36.7%</b>	<b>24.0%</b>	<b>11.4%</b>	<b>7.9%</b>
<b>Age</b>					
18-39	16%	32%	28%	13%	11%
40-59	22%	35%	24%	12%	8%
60 +	23%	47%	18%	7%	4%
<b>Gender</b>					
Female	21%	38%	24%	9%	7%
Male	18%	36%	24%	14%	9%

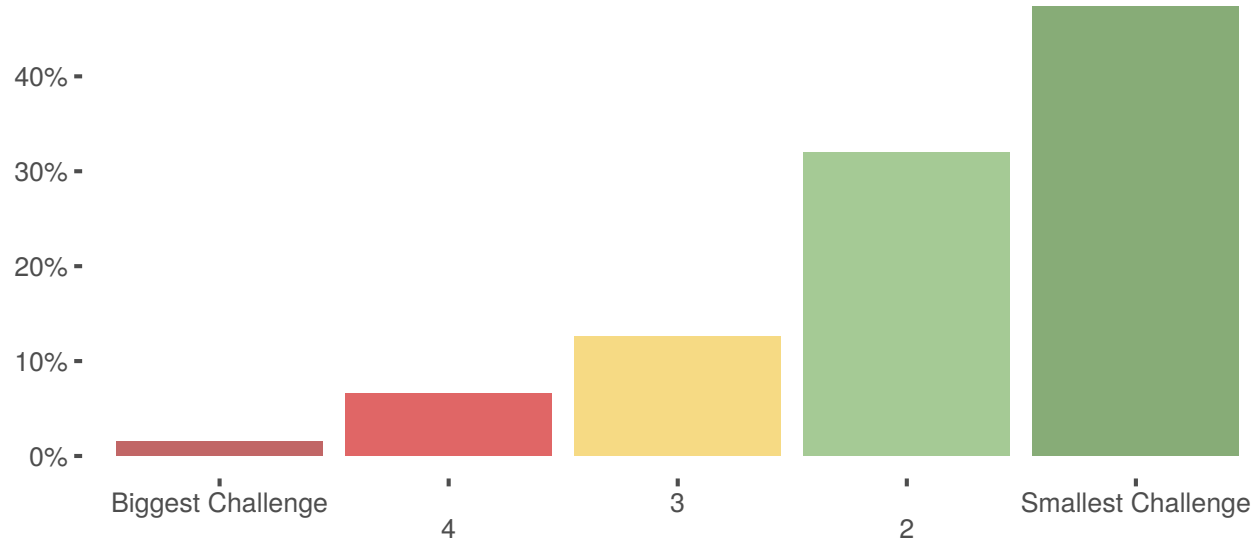
# Rank: Bullying or Harassment - Details

Bullying or harassment in the workplace - From 1-5 what is the biggest challenge for your mental health right now?

	Biggest Challenge	4	3	2	Smallest Challenge
<b>All Respondents</b>	<b>20.1%</b>	<b>36.7%</b>	<b>24.0%</b>	<b>11.4%</b>	<b>7.9%</b>
<b>Mental Health and Social Media</b>					
Significantly negative	9%	32%	29%	18%	12%
Most often negative	16%	23%	31%	16%	15%
Often negative	17%	26%	27%	15%	15%
Sometimes negative	23%	40%	24%	8%	5%
Not negative	21%	39%	22%	11%	7%
<b>Workplace Happiness</b>					
Not Happy	32%	13%	24%	14%	17%
Often unhappy	21%	25%	25%	13%	17%
Ambivalent	15%	34%	28%	14%	8%
Mostly happy	22%	38%	25%	10%	5%
Happy	19%	45%	17%	10%	9%
<b>Feeling on Cost of Housing</b>					
Main reason	6%	34%	33%	17%	10%
Often concerned	19%	31%	25%	15%	9%
Concerned	12%	44%	27%	9%	8%
Increasingly concerned	23%	35%	24%	9%	10%
Unconcerned	27%	39%	19%	10%	5%
<b>Shorter Work Week</b>					
Negative impact	11%	51%	18%	14%	6%
No difference	21%	41%	21%	12%	5%
Unsure	34%	28%	29%	2%	8%
Yes, somewhat	19%	32%	28%	13%	8%
Yes, significantly	18%	39%	21%	12%	9%

## 6.15 Rank: Cost of Living

Cost of living - From 1-5 what is the biggest challenge for your mental health right now?



	Biggest Challenge	4	3	2	Smallest Challenge
<b>All Respondents</b>	<b>1.5%</b>	<b>6.5%</b>	<b>12.6%</b>	<b>32.0%</b>	<b>47.4%</b>
<b>Age</b>					
18-39	2%	9%	15%	29%	45%
40-59	2%	6%	10%	34%	48%
60 +		3%	13%	34%	50%
<b>Gender</b>					
Female	1%	4%	12%	32%	51%
Male	2%	9%	13%	32%	44%



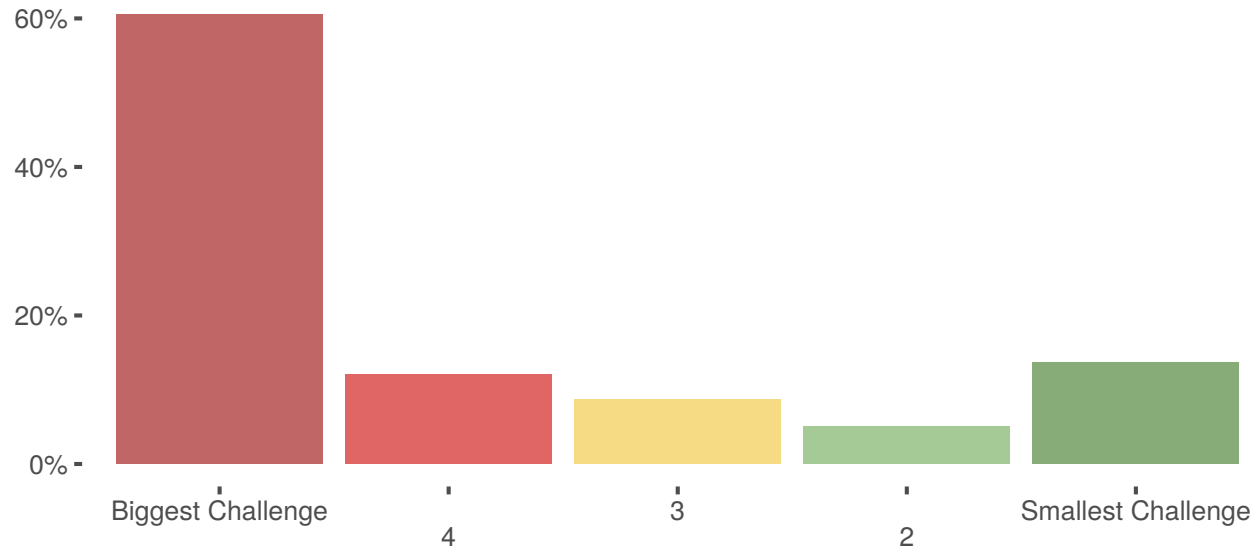
# Rank: Cost of Living - Details

Cost of living - From 1-5 what is the biggest challenge for your mental health right now?

	Biggest Challenge	4	3	2	Smallest Challenge
<b>All Respondents</b>	<b>1.5%</b>	<b>6.5%</b>	<b>12.6%</b>	<b>32.0%</b>	<b>47.4%</b>
<b>Mental Health and Social Media</b>					
Significantly negative	5%	6%	16%	16%	58%
Most often negative	4%	14%	12%	34%	36%
Often negative	1%	11%	13%	25%	49%
Sometimes negative	1%	4%	12%	34%	49%
Not negative	1%	6%	12%	34%	46%
<b>Workplace Happiness</b>					
Not Happy			9%	47%	45%
Often unhappy		4%	13%	32%	51%
Ambivalent	2%	7%	8%	34%	49%
Mostly happy	2%	5%	12%	31%	50%
Happy	2%	11%	18%	30%	39%
<b>Feeling on Cost of Housing</b>					
Main reason	2%	11%	13%	34%	41%
Often concerned	2%	7%	11%	27%	53%
Concerned	1%	3%	12%	31%	53%
Increasingly concerned	2%	5%	9%	29%	55%
Unconcerned	1%	7%	15%	36%	41%
<b>Shorter Work Week</b>					
Negative impact	6%	4%	9%	33%	49%
No difference	1%	5%	16%	34%	44%
Unsure	2%	4%	16%	24%	53%
Yes, somewhat	1%	9%	11%	33%	45%
Yes, significantly	1%	7%	11%	32%	50%

## 6.16 Rank: Other

Other - From 1-5 what is the biggest challenge for your mental health right now?



	Biggest Challenge	4	3	2	Smallest Challenge
<b>All Respondents</b>	<b>60.6%</b>	<b>12.1%</b>	<b>8.7%</b>	<b>5.1%</b>	<b>13.6%</b>
<b>Age</b>					
18-39	69%	12%	8%	4%	7%
40-59	55%	14%	10%	5%	15%
60 +	55%	10%	7%	7%	21%
<b>Gender</b>					
Female	61%	11%	11%	5%	13%
Male	61%	13%	7%	5%	14%

# Rank: Other - Details

Other - From 1-5 what is the biggest challenge for your mental health right now?

	Biggest Challenge	4	3	2	Smallest Challenge
<b>All Respondents</b>	<b>60.6%</b>	<b>12.1%</b>	<b>8.7%</b>	<b>5.1%</b>	<b>13.6%</b>
<b>Mental Health and Social Media</b>					
Significantly negative	66%	18%	9%	3%	5%
Most often negative	59%	17%	9%	4%	11%
Often negative	67%	11%	10%	3%	8%
Sometimes negative	59%	11%	7%	7%	15%
Not negative	60%	11%	9%	4%	16%
<b>Workplace Happiness</b>					
Not Happy	45%	15%	18%	4%	18%
Often unhappy	51%	18%	9%	7%	15%
Ambivalent	64%	8%	8%	4%	17%
Mostly happy	59%	14%	8%	5%	13%
Happy	66%	10%	9%	6%	10%
<b>Feeling on Cost of Housing</b>					
Main reason	84%	7%	6%	1%	3%
Often concerned	63%	21%	9%	2%	5%
Concerned	72%	14%	9%	3%	3%
Increasingly concerned	56%	14%	14%	6%	9%
Unconcerned	50%	8%	6%	8%	28%
<b>Shorter Work Week</b>					
Negative impact	52%	14%	6%	3%	25%
No difference	56%	10%	8%	9%	16%
Unsure	50%	15%	12%	4%	19%
Yes, somewhat	66%	13%	6%	2%	12%
Yes, significantly	62%	11%	11%	5%	10%

## 6.17 Other Challenges - Free text responses

If 'other' ranked high on your list, please share what other challenges there are to your mental health. Summary of 161 free text responses\*

- **Health-Related Concerns:** 44 responses
  - Physical health issues, medical access, chronic conditions, aging.
- **Family and Relationship Issues:** 36 responses
  - Parenting, family disharmony, family responsibilities, relationship problems.
- **Work and Career:** 24 responses
  - Work stress, career satisfaction, job security.
- **Economic and Financial Concerns:** 20 responses
  - Cost of living, financial security, global economy.
- **Global and Political Climate:** 14 responses
  - Political climate, international conflicts, state of the world.
- **Self-Worth and Identity:** 10 responses
  - Self-confidence, purpose in life, identity issues.
- **Other Personal Circumstances:** 20 responses
  - Mental health conditions, past trauma, loss or grief.

The survey responses showcase a wide range of personal and societal challenges affecting mental health in the ACT, Australia. Common themes include financial pressures, such as the rising cost of living and energy prices, work-related stress, and health issues, both physical and mental.

Many individuals cite family responsibilities, relationship problems, and parenting as significant stressors.

Societal concerns like global conflict, political climate, and social issues also weigh heavily on respondents' minds.

Some individuals express feelings of loneliness, trauma, grief, and a lack of purpose or fulfillment in life, while others are impacted by personal circumstances, including chronic illness, disability, and caregiving responsibilities.

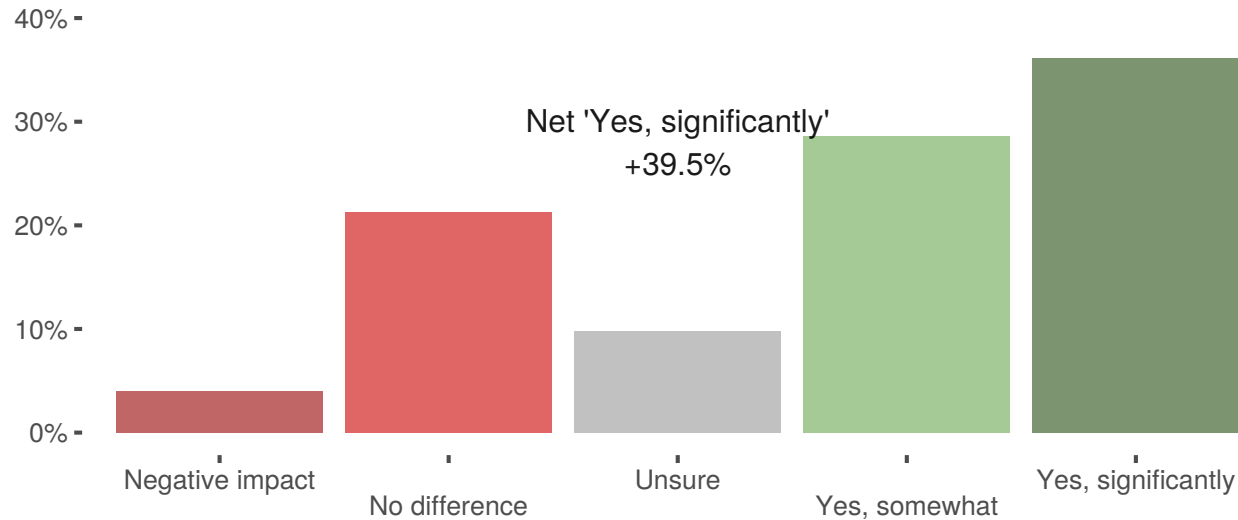
# 7. Short Work Week



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## 7.18 Shorter Work Week

Do you think that if we moved to a shorter workweek (with no loss of pay), this move would positively impact your mental health and reduce loneliness?



	No, It Might Even Have A Negative Effect	No, It Wouldn't Make A Difference	Unsure	Yes, Somewhat	Yes, Significantly	Net
<b>All Respondents</b>	<b>4.0%</b>	<b>21.3%</b>	<b>9.8%</b>	<b>28.6%</b>	<b>36.2%</b>	<b>39.5%</b>
Redistributed	4%	24%		32%	40%	
<b>Age</b>						
18-39	3%	12%	3%	39%	43%	67%
40-59	5%	17%	9%	25%	44%	47%
60 +	4%	43%	21%	16%	15%	-16%

\*Net values determined using the following formula: ('No, it might even have a negative effect' \* -1) + ('No, it wouldn't make a difference' \* -1) + ('Unsure' \* 0) + ('Yes, somewhat' \* 1) + ('Yes, significantly' \* 1)

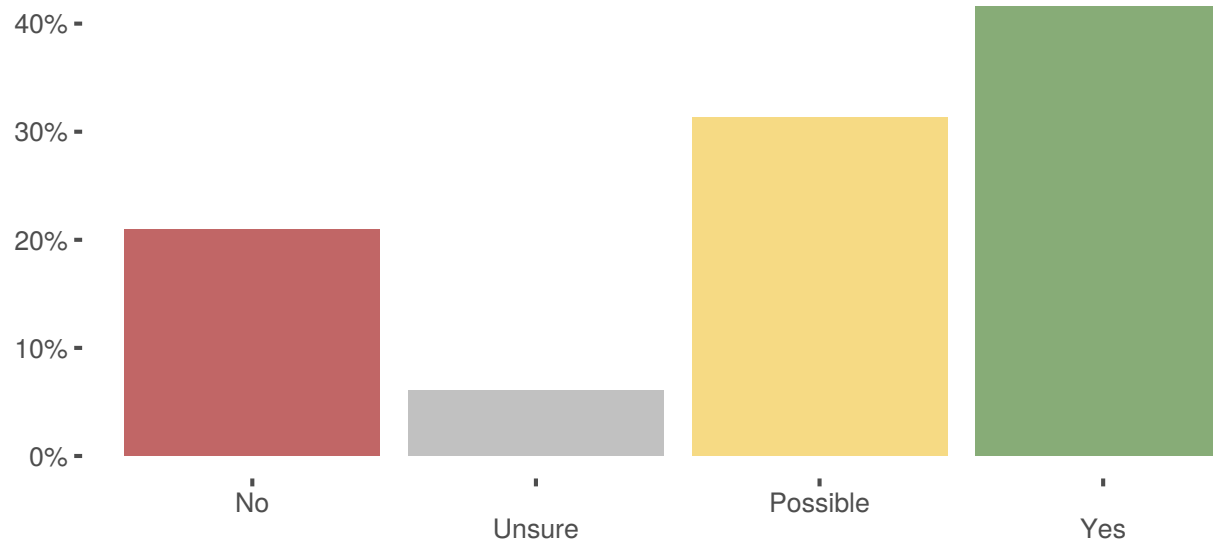
# Shorter Work Week - Details

Do you think that if we moved to a shorter workweek (with no loss of pay), this move would positively impact your mental health and reduce loneliness?

	No, It Might Even Have A Negative Effect	No, It Wouldn't Make A Difference	Unsure	Yes, Somewhat	Yes, Significantly	Net
<b>All Respondents</b>	<b>4.0%</b>	<b>21.3%</b>	<b>9.8%</b>	<b>28.6%</b>	<b>36.2%</b>	<b>39.5%</b>
Redistributed	4%	24%		32%	40%	
<b>Gender</b>						
Female	3%	21%	11%	24%	42%	42%
Male	5%	21%	9%	33%	31%	37%
<b>Mental Health and Social Media</b>						
Significantly negative	8%	17%	10%	28%	36%	38%
Most often negative	3%	15%	7%	42%	33%	57%
Often negative	8%	18%	4%	42%	28%	45%
Sometimes negative	4%	16%	7%	28%	45%	54%
Not negative	3%	27%	14%	24%	32%	26%
<b>Workplace Happiness</b>						
Not Happy		29%	25%	18%	28%	17%
Often unhappy	7%	14%	10%	23%	46%	49%
Ambivalent	4%	30%	10%	24%	33%	23%
Mostly happy	5%	17%	7%	35%	36%	49%
Happy	2%	23%	13%	25%	38%	38%
<b>Feeling on Cost of Housing</b>						
Main reason	2%	17%	4%	42%	34%	57%
Often concerned	4%	12%	8%	30%	46%	60%
Concerned	4%	18%	4%	25%	50%	53%
Increasingly concerned	3%	16%	8%	30%	43%	54%
Unconcerned	5%	31%	16%	24%	24%	11%

## 7.19 Join a Campaign

Would you join a campaign advocating for a 3-day weekend?



	No, I Don't Think It Would Help	Unsure	Possibly, If More Information Was Provided	Yes, Absolutely
<b>All Respondents</b>	<b>20.9%</b>	<b>6.1%</b>	<b>31.3%</b>	<b>41.6%</b>
Redistributed	22%		33%	44%
<b>Age</b>				
18-39	8%	4%	40%	48%
40-59	18%	6%	26%	49%
60 +	45%	9%	24%	22%
<b>Gender</b>				
Female	17%	7%	32%	44%
Male	25%	5%	30%	39%



## Join a Campaign - Details

Would you join a campaign advocating for a 3-day weekend?

	No, I Don't Think It Would Help	Unsure	Possibly, If More Information Was Provided	Yes, Absolutely
<b>All Respondents</b>	<b>20.9%</b>	<b>6.1%</b>	<b>31.3%</b>	<b>41.6%</b>
Redistributed	22%		33%	44%
<b>Mental Health and Social Media</b>				
Significantly negative	18%	8%	29%	46%
Most often negative	14%	5%	36%	45%
Often negative	20%	9%	39%	32%
Sometimes negative	16%	4%	35%	46%
Not negative	26%	7%	27%	40%
<b>Workplace Happiness</b>				
Not Happy	37%		22%	41%
Often unhappy	16%	7%	31%	46%
Ambivalent	27%	5%	29%	39%
Mostly happy	17%	7%	37%	38%
Happy	22%	5%	22%	51%
<b>Feeling on Cost of Housing</b>				
Main reason	11%	5%	42%	42%
Often concerned	15%	8%	27%	49%
Concerned	15%	3%	33%	49%
Increasingly concerned	17%	2%	33%	48%
Unconcerned	32%	9%	28%	32%
<b>Shorter Work Week</b>				
Negative impact	82%	2%	16%	
No difference	43%	7%	29%	21%
Unsure	38%	35%	20%	7%
Yes, somewhat	8%	2%	54%	37%
Yes, significantly	7%	1%	20%	72%

# 8. Mental Health Crisis Causes



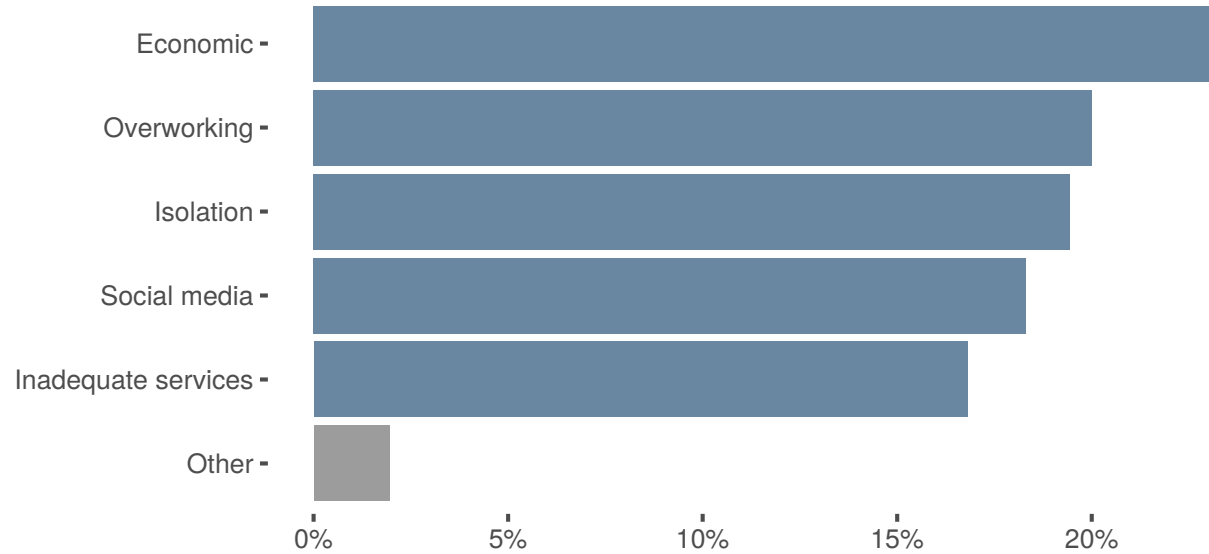
INFLUENCE WITH INTEGRITY



**Note:** Participants were asked to tick all options that apply. Therefore, figures reflect proportions of total responses, not total participants.

## 8.20 Mental Health Crisis Causes

In your opinion, what is the main cause of the current mental health crisis?



	Economic Hardship (cost Of Living, Housing Prices)	Overworking / Lack Of Work-life Balance	Social Isolation / Loneliness	The Rise Of Social Media And Technology	Inadequate Mental Health Services	Other
<b>All Respondents</b>	<b>23.5%</b>	<b>20.0%</b>	<b>19.4%</b>	<b>18.3%</b>	<b>16.8%</b>	<b>2.0%</b>
<b>Age</b>						
18-39	24%	24%	18%	17%	17%	0%
40-59	24%	20%	19%	18%	17%	3%
60 +	22%	14%	22%	22%	15%	4%
<b>Gender</b>						
Female	24%	20%	19%	18%	18%	2%
Male	23%	20%	20%	19%	15%	2%

# Mental Health Crisis Causes - Details

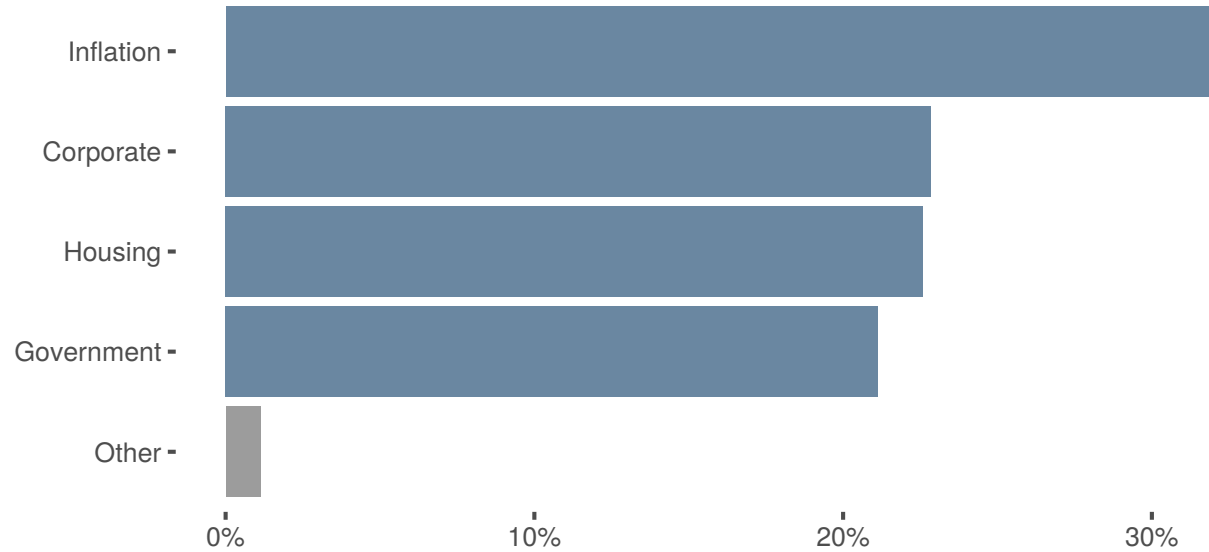
In your opinion, what is the main cause of the current mental health crisis?

	Economic Hardship (cost Of Living, Housing Prices)	Overworking / Lack Of Work-life Balance	Social Isolation / Loneliness	The Rise Of Social Media And Technology	Inadequate Mental Health Services	Other
<b>All Respondents</b>	<b>23.5%</b>	<b>20.0%</b>	<b>19.4%</b>	<b>18.3%</b>	<b>16.8%</b>	<b>2.0%</b>
<b>Mental Health and Social Media</b>						
Significantly negative	20%	24%	17%	18%	18%	3%
Most often negative	22%	21%	20%	18%	18%	1%
Often negative	25%	22%	17%	20%	15%	1%
Sometimes negative	25%	21%	20%	17%	16%	1%
Not negative	23%	18%	20%	19%	17%	3%
<b>Workplace Happiness</b>						
Not Happy	23%	18%	15%	23%	17%	3%
Often unhappy	24%	21%	21%	17%	17%	0%
Ambivalent	24%	21%	17%	18%	17%	3%
Mostly happy	24%	20%	20%	18%	17%	1%
Happy	22%	18%	21%	19%	17%	3%
<b>Feeling on Cost of Housing</b>						
Main reason	24%	22%	20%	18%	17%	0%
Often concerned	25%	22%	18%	16%	17%	1%
Concerned	26%	22%	18%	16%	18%	0%
Increasingly concerned	26%	21%	17%	19%	16%	1%
Unconcerned	20%	17%	22%	20%	17%	5%
<b>Shorter Work Week</b>						
Negative impact	25%	16%	18%	20%	12%	10%
No difference	19%	17%	22%	21%	17%	4%
Unsure	27%	15%	22%	18%	17%	2%
Yes, somewhat	23%	21%	20%	18%	17%	1%
Yes, significantly	25%	22%	18%	17%	17%	1%

**Note:** Participants were asked to tick all options that apply. Therefore, figures reflect proportions of total responses, not total participants.

## 8.21 Political and Economic Factors

What political or economic factors do you believe are most contributing to both the cost of living crisis and its impact on mental health?



	Inflation / Global Economic Instability	Corporate Profits / Inequality	Housing Market Issues	Government Policies	Other
<b>All Respondents</b>	<b>32.3%</b>	<b>22.8%</b>	<b>22.6%</b>	<b>21.1%</b>	<b>1.1%</b>
<b>Age</b>					
18-39	31%	24%	23%	22%	0%
40-59	32%	23%	22%	22%	2%
60 +	37%	19%	24%	18%	3%
<b>Gender</b>					
Female	33%	22%	23%	20%	1%
Male	31%	23%	22%	22%	1%

## Political and Economic Factors - Details

What political or economic factors do you believe are most contributing to both the cost of living crisis and its impact on mental health?

	Inflation / Global Economic Instability	Corporate Profits / Inequality	Housing Market Issues	Government Policies	Other
<b>All Respondents</b>	<b>32.3%</b>	<b>22.8%</b>	<b>22.6%</b>	<b>21.1%</b>	<b>1.1%</b>
<b>Mental Health and Social Media</b>					
Significantly negative	29%	25%	20%	24%	2%
Most often negative	27%	24%	25%	23%	
Often negative	29%	27%	22%	21%	2%
Sometimes negative	32%	25%	23%	20%	0%
Not negative	35%	20%	22%	21%	2%
<b>Workplace Happiness</b>					
Not Happy	40%	32%	14%	12%	3%
Often unhappy	30%	24%	25%	21%	
Ambivalent	32%	22%	21%	22%	2%
Mostly happy	32%	23%	23%	21%	1%
Happy	33%	21%	24%	20%	1%
<b>Feeling on Cost of Housing</b>					
Main reason	31%	23%	20%	26%	
Often concerned	32%	24%	23%	21%	0%
Concerned	34%	23%	21%	21%	
Increasingly concerned	30%	24%	23%	22%	1%
Unconcerned	34%	21%	24%	19%	3%
<b>Shorter Work Week</b>					
Negative impact	29%	23%	19%	18%	10%
No difference	36%	21%	21%	18%	3%
Unsure	33%	21%	28%	18%	
Yes, somewhat	32%	24%	22%	23%	0%
Yes, significantly	31%	23%	23%	22%	1%