



Mental Health and Wellness Study

General Public Study

March 2016

Prepared for:



Irish Association for Counselling and Psychotherapy

Prepared by:

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J.7119

Confidential

Background & Objectives

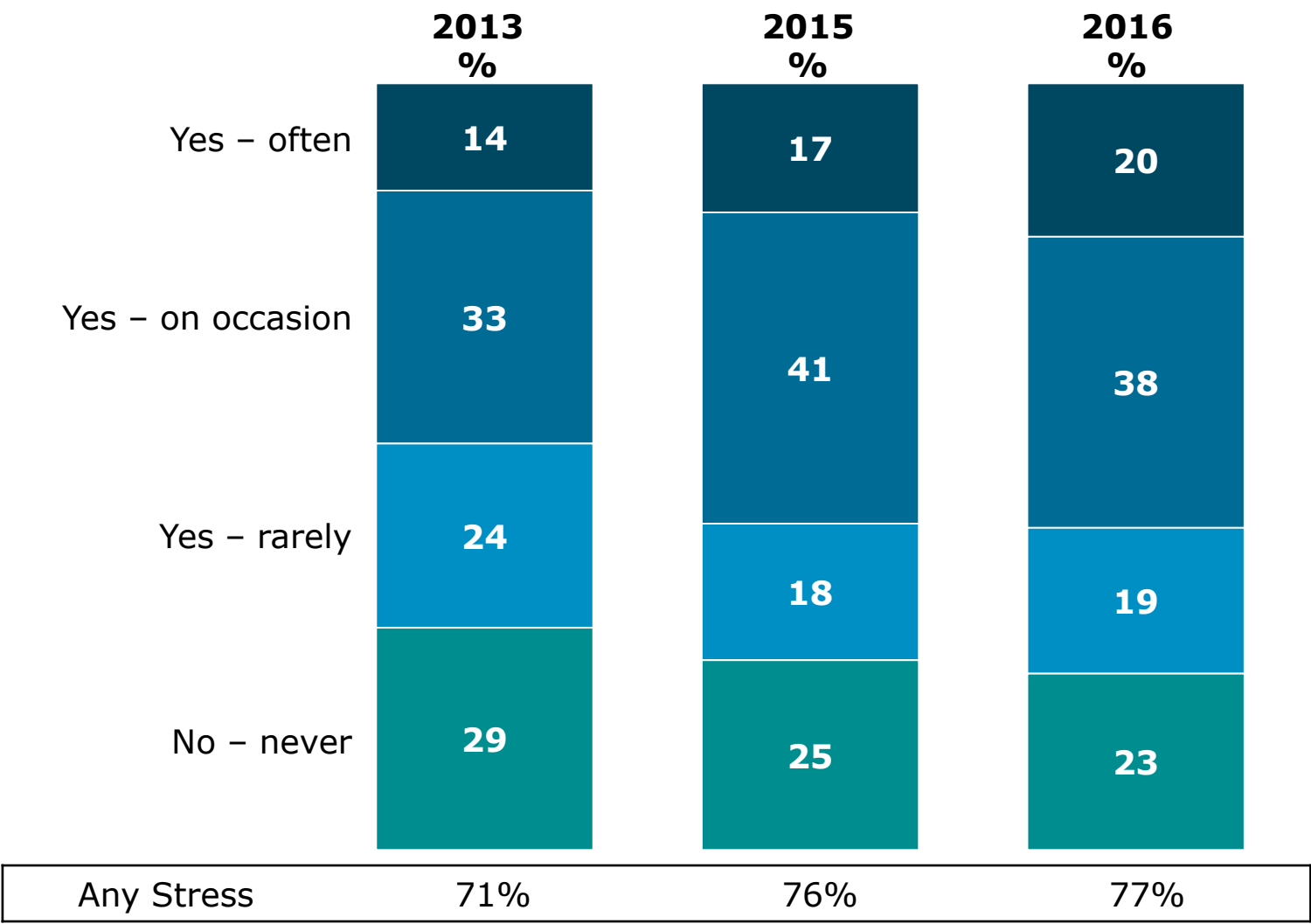
- The IACP are an association dedicated to identifying developing and maintaining professional standards of excellence in counselling and psychotherapy.
- In 2013 and again in 2015, Behaviour & Attitudes undertook nationally representative surveys to gauge public awareness of the organisation and experiences relating to mental health and wellness.
- Now, in 2016, the IACP would like to further investigate the area of mental health and wellness among Irish adults and this year include questions relating to the prevalence of suicide in Ireland.
- This report details the findings of this study and aims to provide insight into the following:
 - Issues causing stress among Irish adults
 - Prevalence of suicide in Ireland
 - Interaction with and trust of various mental health professionals
- Fieldwork for this survey was carried out as part of B&A's Barometer (Omnibus) survey, interviewing a nationally representative sample of 1,000 Irish adults.

Stress in Ireland



Levels of stress have increased over the past 3 years in Ireland

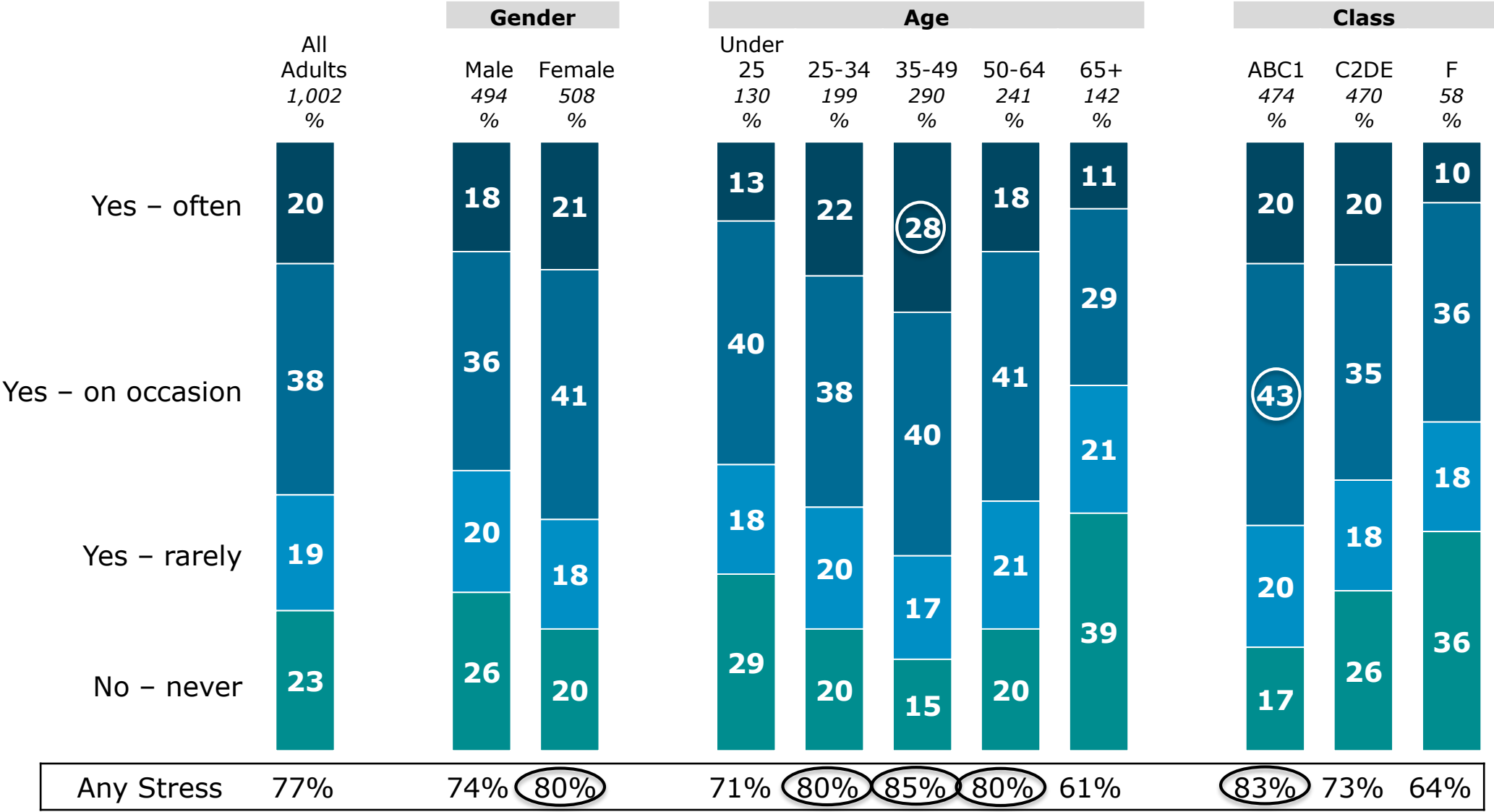
Base: All Adults 18+ - 1,002/3,551,000



The percentage of adults experiencing any stress has risen by 6 percentage points since 2013. This increase has been driven by those claiming to experience stress often/on occasion.

Stress more apparent among women, middle aged and the middle class

Base: All Adults 18+ - 1,002/3,551,000



Those aged between 35 and 50 claim to experience stress more so than other age groups. Middle class adults are more likely to admit experiencing stress than lower classes or farmers.

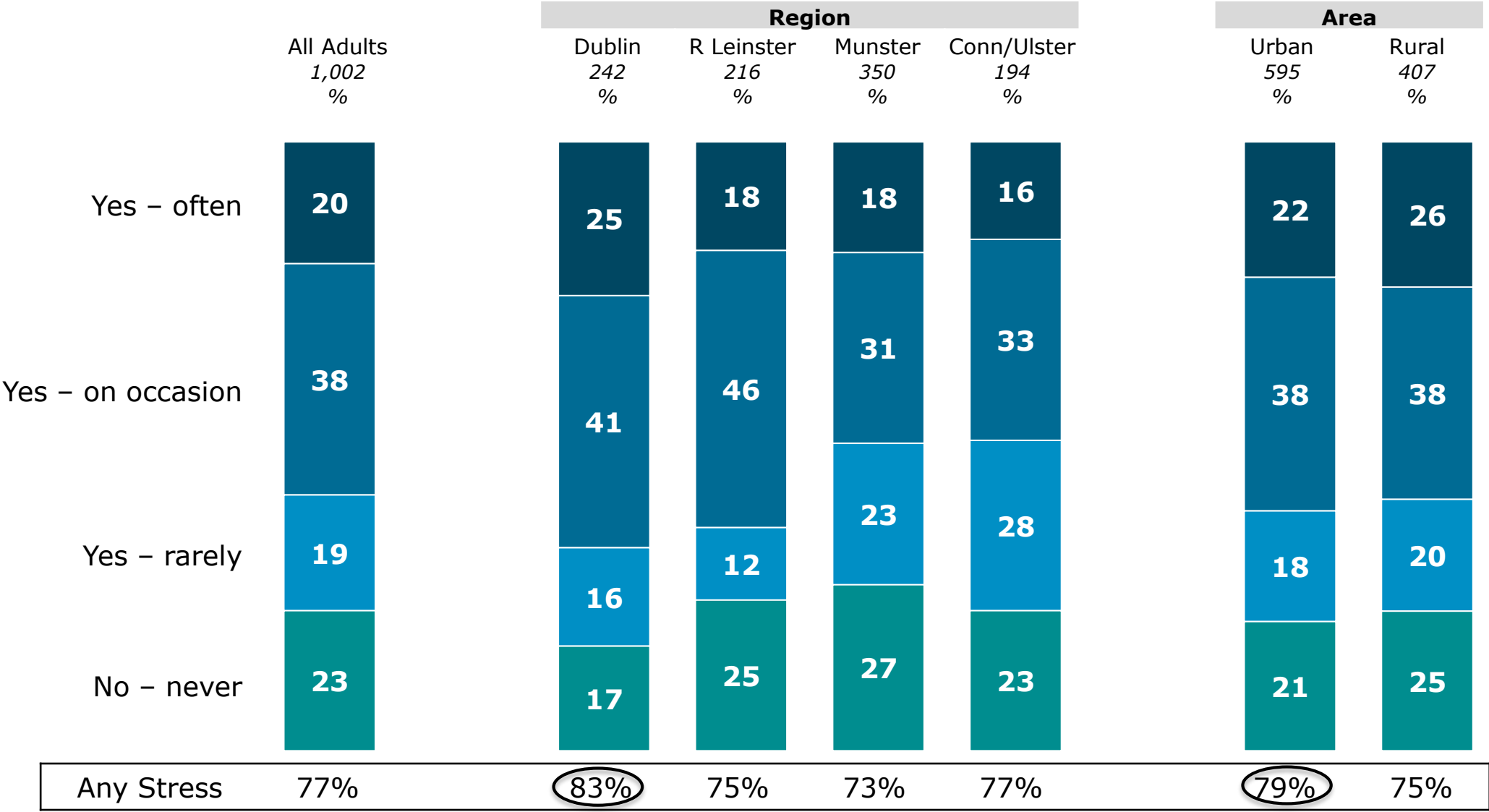


Q.1

Do you ever feel stressed?

Stress appears to be more prevalent in urban areas, particularly in Dublin

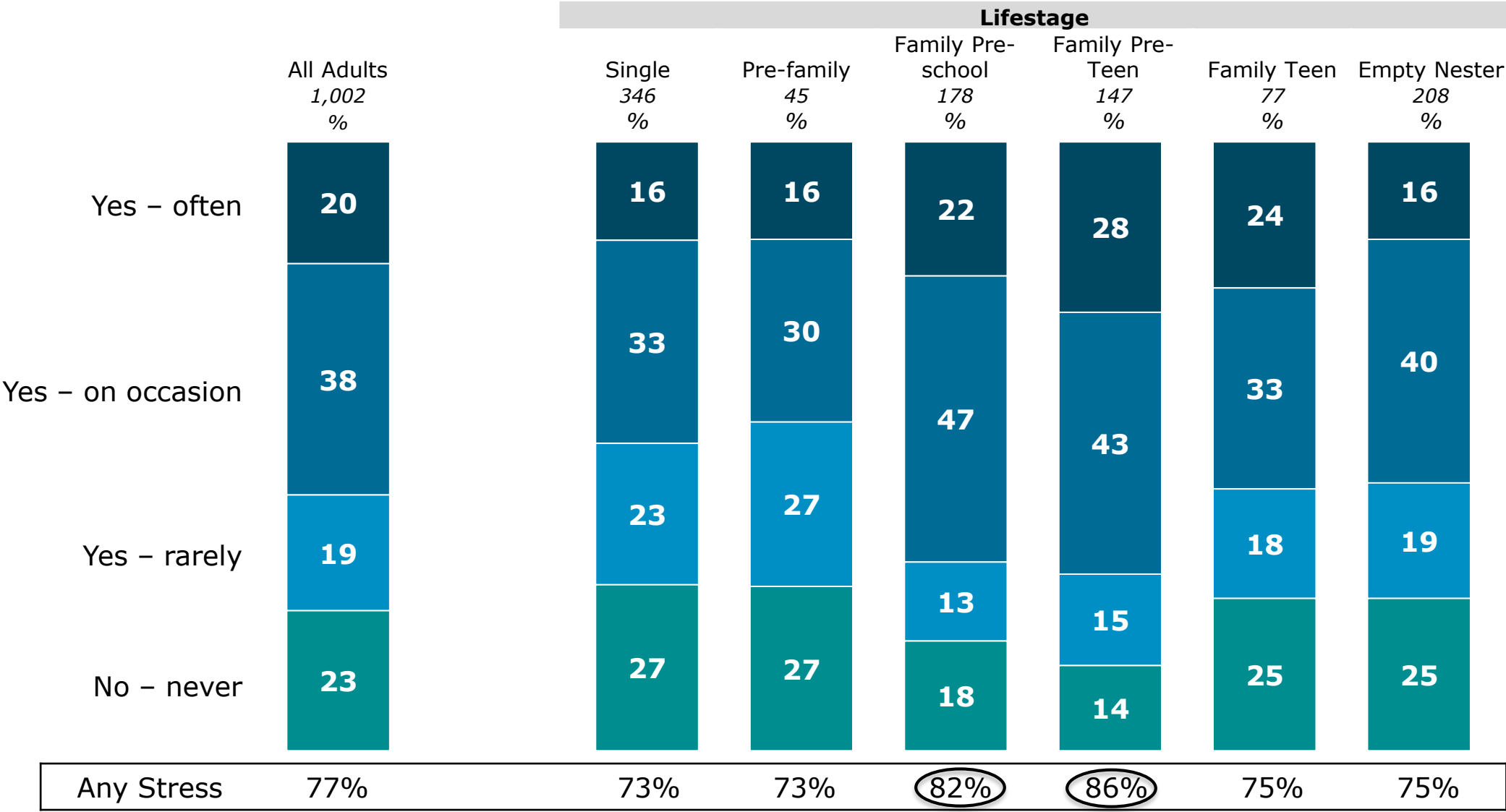
Base: All Adults 18+ - 1,002/3,551,000



Those in Munster appear to suffer least from stress, with three quarters (73%) claiming ever to feel stress. Meanwhile, two thirds (66%) of adults experience stress at least 'on occasion' in Dublin.

Those with young children appear to be more stressed than other lifestage cohorts

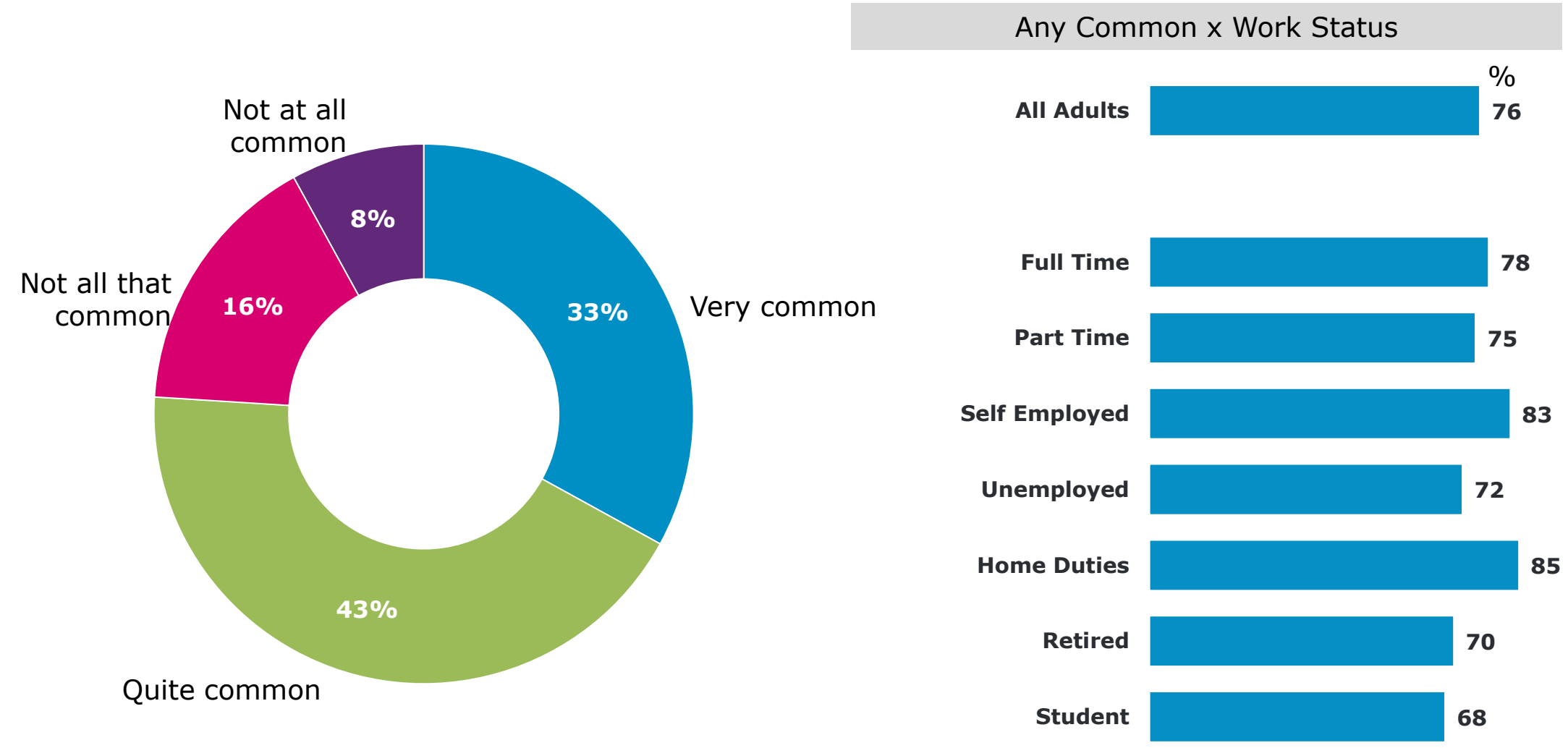
Base: All Adults 18+ - 1,002/3,551,000



Those with very young children and those with children of national school age most likely to ever experience stress. Stress level lowest among those who have not had children.

Three quarters believe that stress is either very or quite common among people in their particular occupation

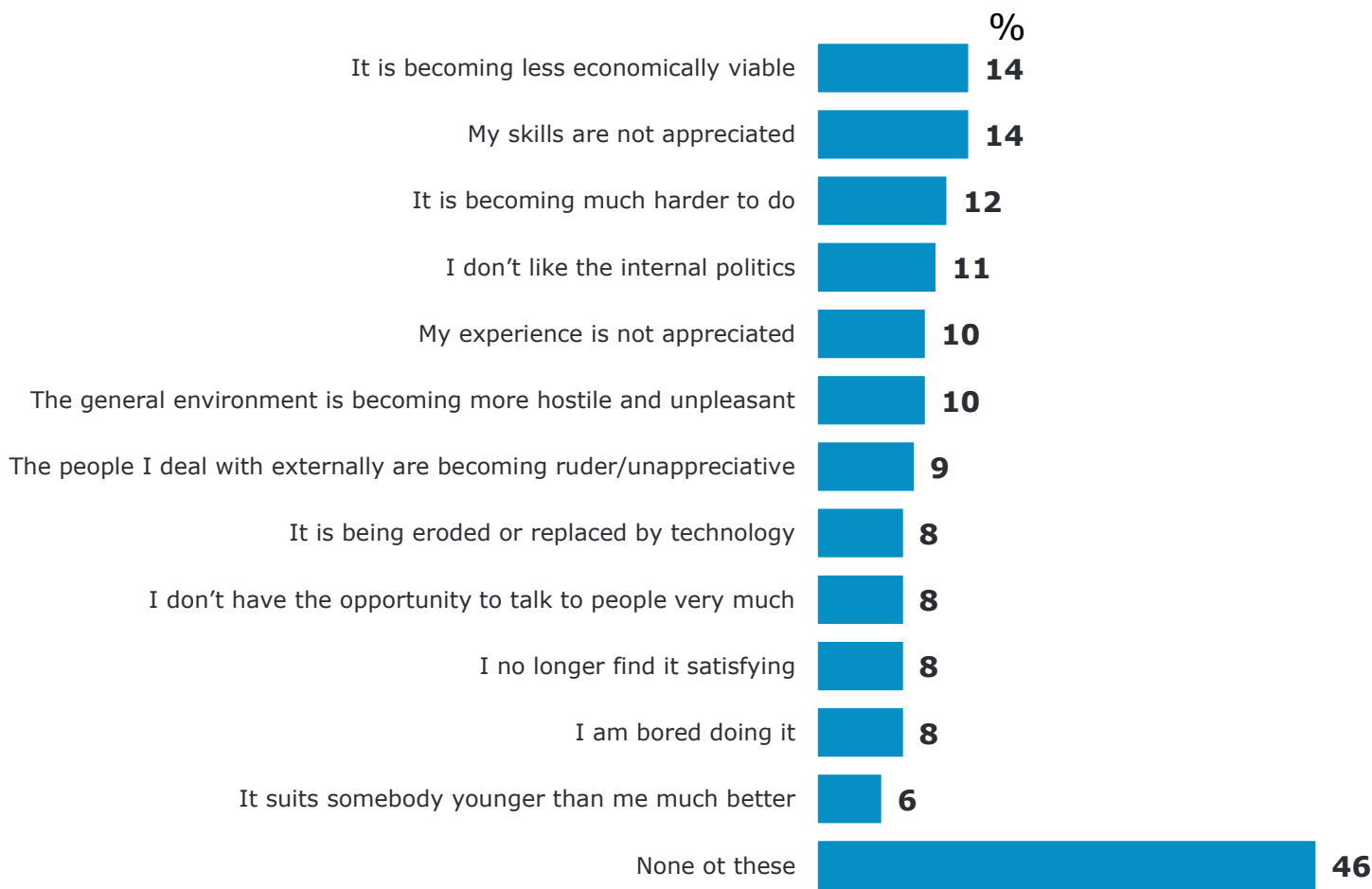
Base: All adults 18+ 1,002/3,551,000



Those who are self-employed along with home-makers would appear to be most likely to see stress as common in their occupation.

Farmers most likely to claim that their work becoming less economically viable is an apparent source of stress in the workplace

Base: All adults 18+ 1,002/3,551,000



Social Class		
ABC1	C2DE	F
474	470	58
%	%	%
15	13	22
14	15	7
14	12	8
15	9	-
12	10	6
8	13	5
10	8	3
9	8	6
7	9	8
9	8	7
8	8	6
4	6	5
41	49	55

A fifth of farmers claim that their work becoming less economically viable is apparent. Middle class respondents are the most likely to cite 'internal politics'.

Women are more likely to feel that their skills are not appreciated in the workplace than men

Base: All adults 18+ 1,002/3,551,000

	Total	Gender		Age					Area	
		Male	Female	-24	25-34	35-49	50-64	65+	Urban	Rural
Base:	1002	494	508	130	199	290	241	142	595	407
	%	%	%	%	%	%	%	%	%	%
It is becoming less economically viable	14	15	14	10	16	17	16	8	12	19
My skills are not appreciated	14	12	16	11	15	16	19	7	15	14
It is becoming much harder to do	12	12	13	6	13	17	12	9	11	15
I don't like the internal politics	11	10	11	4	12	16	12	4	11	10
My experience is not appreciated	10	10	11	6	13	11	14	6	10	10
The general environment is becoming more hostile and unpleasant	10	11	10	6	11	14	10	7	10	11
The people I deal with externally are becoming ruder/unappreciative	9	7	10	9	7	10	10	4	7	11
It is being eroded or replaced by technology	8	8	8	5	7	9	11	7	7	9
I don't have the opportunity to talk to people very much	8	7	9	6	9	7	8	8	10	5
I no longer find it satisfying	8	8	8	6	8	10	10	4	9	7
I am bored doing it	8	9	6	8	7	8	9	7	8	7
It suits somebody younger than me much better	6	6	5	3	3	5	9	9	5	6
None of these	46	45	48	55	41	40	42	62	44	50

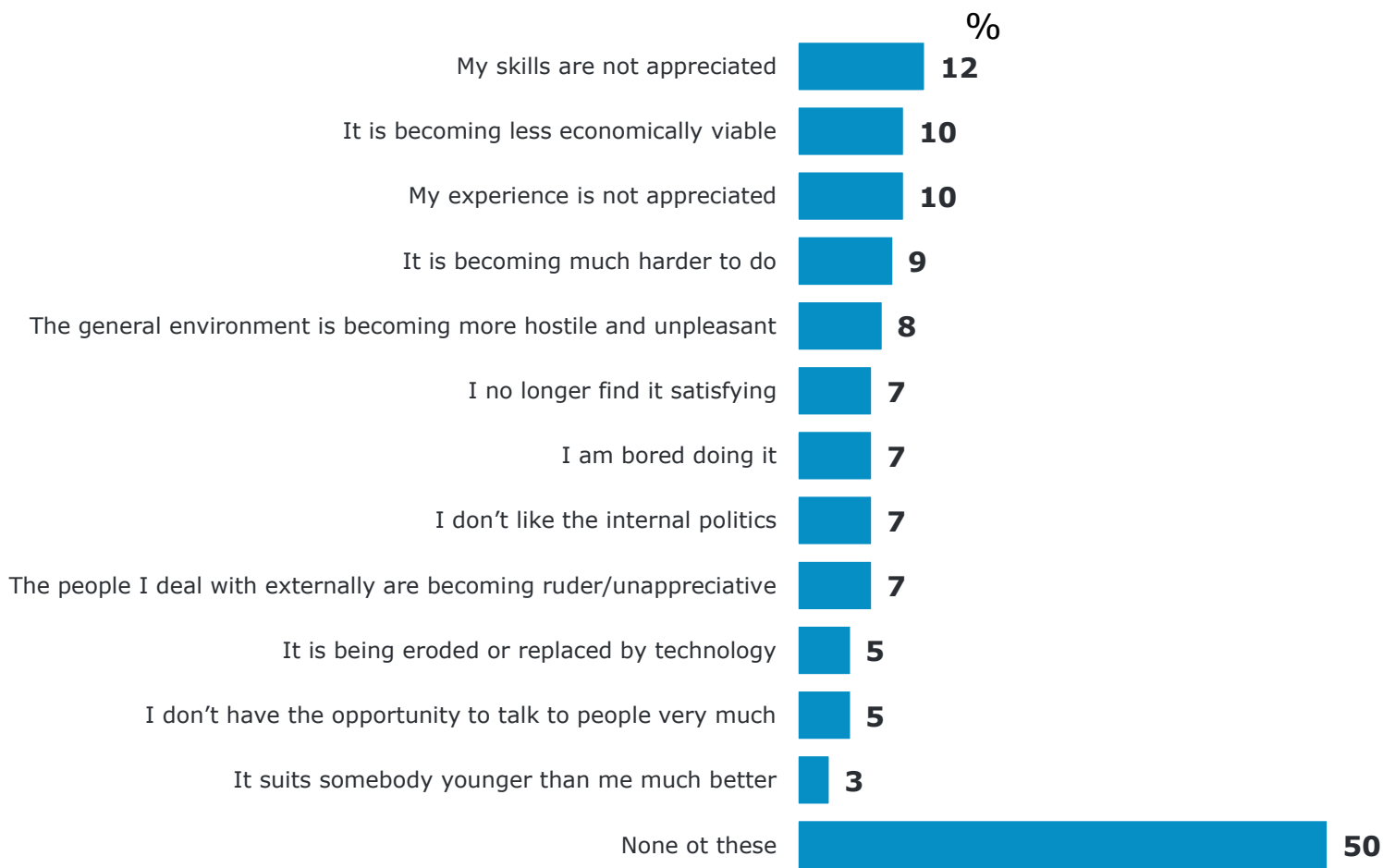
Middle aged and those in rural areas most likely to say their work is becoming less economically viable. 17% of those between ages of 35 and 50 finding work is becoming much harder to do, while those aged between 50 and 65 are most likely to feel their experience is not appreciated.



Q.3a Thinking still about your work or occupation, (or if you are a housewife, student, a carer, how you spend your time), are any of the following apparent of your own occupation/role?

A fifth of farmers (19%) concede that their work becoming less economically viable is causing them personal stress

Base: All adults 18+ 1,002/3,551,000



Social Class		
ABC1	C2DE	F
474	470	58
%	%	%
11	13	8
9	10	19
11	11	3
9	9	2
9	9	2
8	7	5
7	7	2
10	6	-
8	7	-
5	5	4
4	5	6
3	4	3
47	51	67

Overall, the main cause of personal stress to Irish adults in the workplace is the feeling that their skills are not appreciated.

Those likely to be either in the early stages or later stages of their careers most likely to feel unappreciated in the workplace

Base: All adults 18+ 1,002/3,551,000

	Total	Gender		Age					Area	
		Male	Female	-24	25-34	35-49	50-64	65+	Urban	Rural
Base:	1002	494	508	130	199	290	241	142	595	407
	%	%	%	%	%	%	%	%	%	%
My skills are not appreciated	12	12	12	5	15	12	17	7	12	11
It is becoming less economically viable	10	11	9	5	11	12	15	5	8	14
My experience is not appreciated	10	10	11	7	11	11	13	8	11	8
It is becoming much harder to do	9	9	8	10	11	10	6	6	9	9
The general environment is becoming more hostile and unpleasant	8	9	8	4	9	11	9	5	10	5
I no longer find it satisfying	7	7	7	7	8	8	6	5	8	7
I am bored doing it	7	8	5	8	5	5	11	6	7	6
I don't like the internal politics	7	7	8	2	7	12	8	3	8	6
The people I deal with externally are becoming ruder/unappreciative	7	6	8	7	8	9	8	3	6	8
It is being eroded or replaced by technology	5	5	6	5	3	6	7	6	6	5
I don't have the opportunity to talk to people very much	5	4	5	3	7	4	5	6	6	3
It suits somebody younger than me much better	3	3	4	2	0	3	6	5	4	3
None of these	50	49	51	58	46	44	45	67	47	56

Those between ages of 35 and 50 most likely to be stressed by internal politics, while urbanites more likely to say that their general work environment is becoming more hostile and unpleasant.



Q.3b And which of these aspects, if any, personally cause you stress?

Financial pressures, work and children are the top three issues which cause stress among Irish adults

Base: All Adults 18+ - 1,016



4 in 5 likely to be stressed due to financial pressures, while half (49%) say they are personally stressed for this reason. A quarter are stressed due to bringing up children and or pressure at work.



Q.4 As I read out the following list of issues, can you tell me whether you feel any of these would be **likely to cause you stress** (whether you experience them or not?)
Q.5 And as I read back the ones that you might find stressful, can you indicate the ones that **do apply to you personally**; just call back the letter to me.

Middle class most likely to stress due to raising children, whereas working class more concerned about the possibility of rent increases

Base: All adults 18+ 1,002/3,551,000

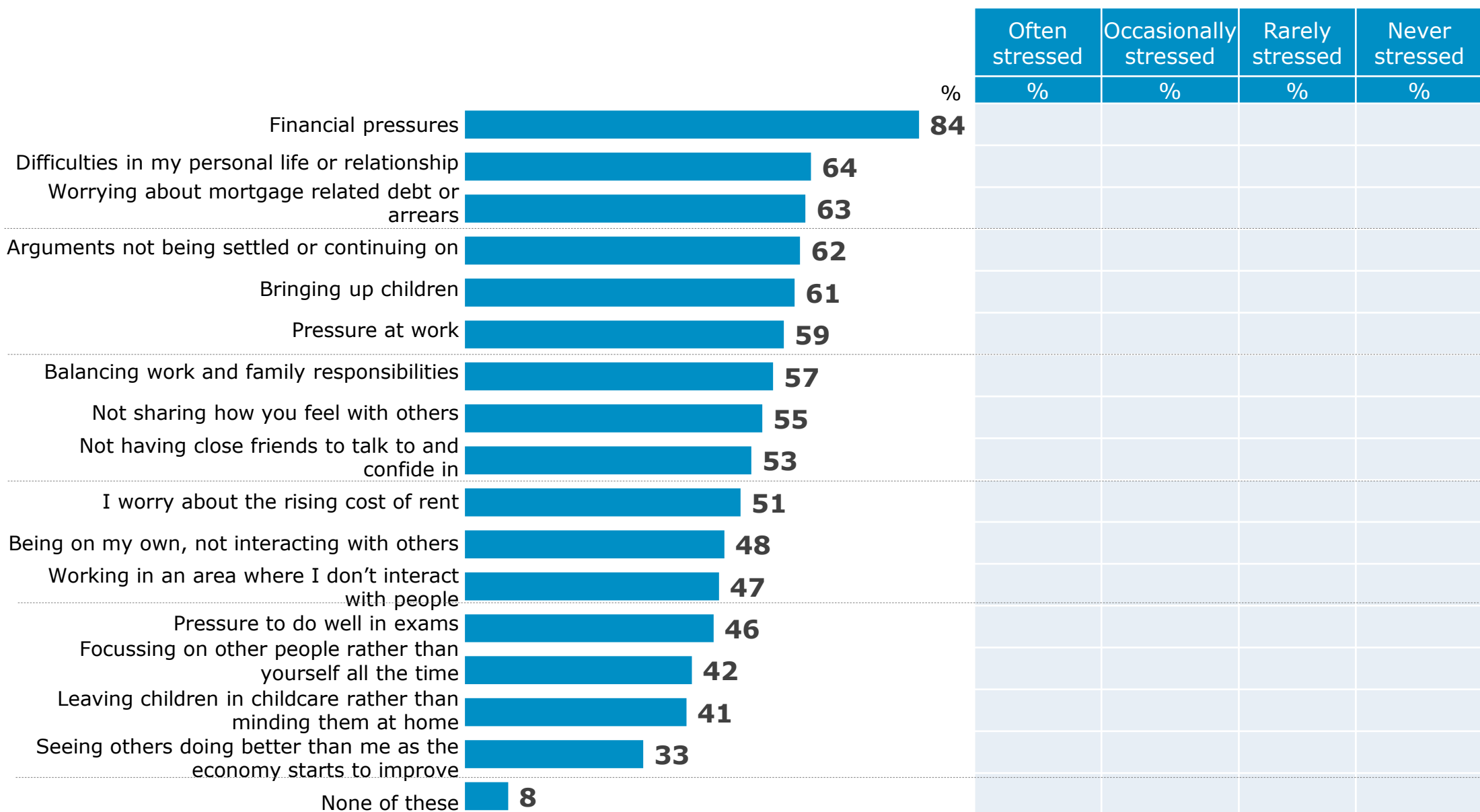
	Total	Gender		Kids in H/Hold		Age					Class		
		Male	Female	Yes	No	-24	25-34	35-49	50-64	65+	ABC1	C2DE	F
Base:	1002	494	508	372	630	130	199	290	241	142	474	470	58
	%	%	%	%	%	%	%	%	%	%	%	%	%
Financial pressures	49	46	52	60	42	33	59	59	55	26	51	50	35
Bringing up children	27	23	30	51	11	11	38	40	20	9	32	23	20
Pressure at work	27	30	24	31	24	22	39	32	24	8	36	20	23
Worrying about mortgage related debt or arrears	26	24	28	36	19	12	28	40	24	12	28	25	20
Arguments not being settled or continuing on	25	23	27	27	24	20	30	30	22	19	26	25	22
Balancing work and family responsibilities	24	24	25	40	14	10	33	34	20	11	29	21	19
I worry about the rising cost of rent	24	23	25	26	22	23	32	27	20	12	19	28	17
Difficulties in my personal life or relationship	23	21	25	26	21	19	27	26	23	14	23	23	20
Not sharing how you feel with others	19	18	20	17	20	18	21	19	20	14	21	17	17
Focussing on other people rather than yourself all the time	17	13	22	22	14	13	20	21	15	12	20	16	9
Being on my own, not interacting with others	16	13	18	15	16	15	17	14	16	19	15	17	15
Not having close friends to talk to and confide in	14	12	16	14	15	13	16	14	15	14	16	14	11
Pressure to do well in exams	13	13	13	14	13	42	14	9	6	4	17	11	13
Leaving children in childcare rather than minding them at home	12	12	12	20	7	7	18	17	5	7	13	11	10
Working in an area where I don't interact with people	11	11	10	11	11	10	10	11	12	11	12	10	12
Seeing others doing better than me as the economy starts to improve	9	10	8	10	8	8	15	8	7	6	9	9	10
None of these	30	34	26	20	36	31	20	23	29	56	23	33	50

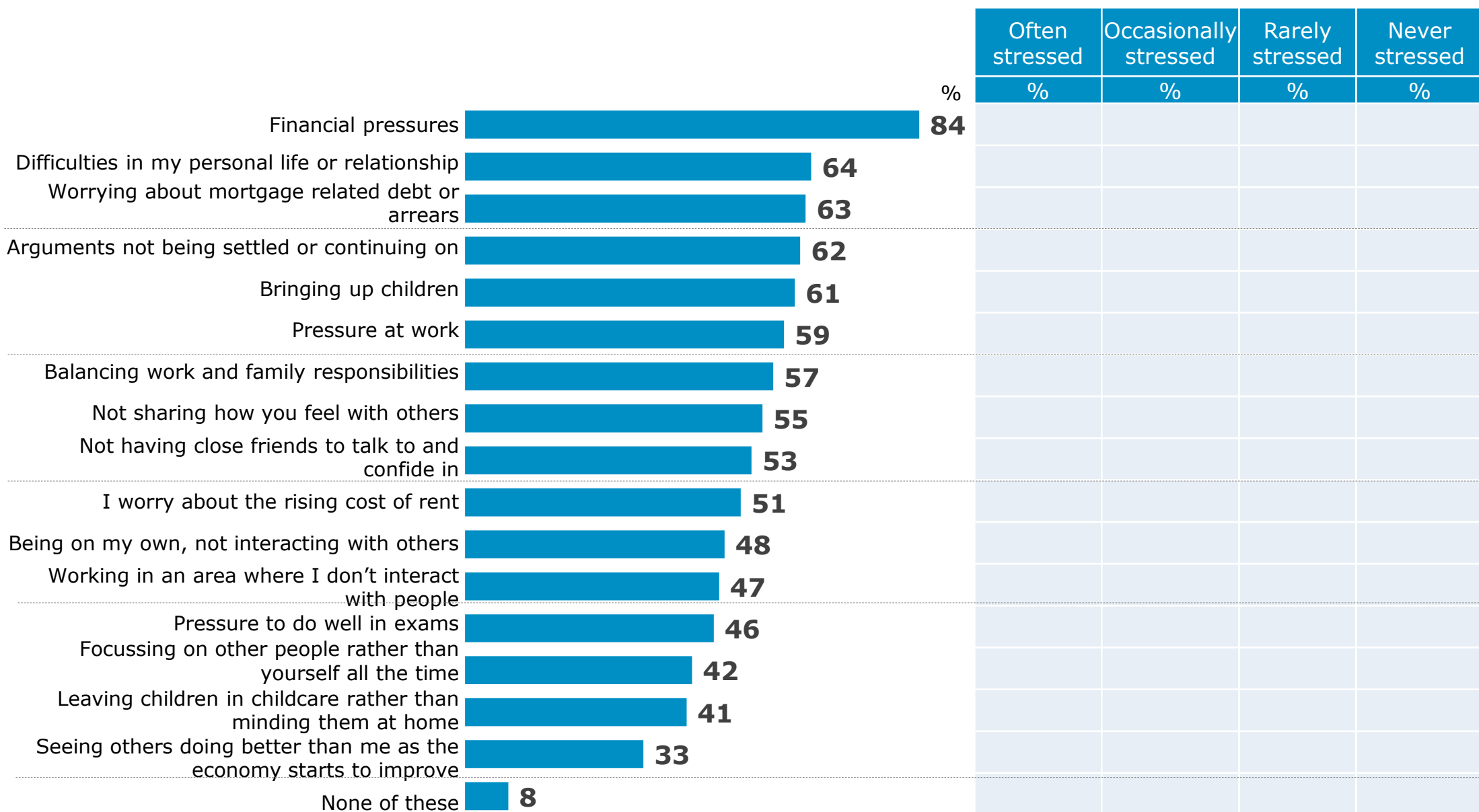
Those with kids in the household much more worried by financial pressures and mortgage related debt and arrears. Those between the ages of 25 and 50 most likely to be stressed for a variety of reasons, while 2 in 5 of those under 25 are stressed because of exam pressure.



Q.5

And as I read back the ones that you might find stressful, can you indicate the ones that **do apply to you personally**; just call back the letter to me.

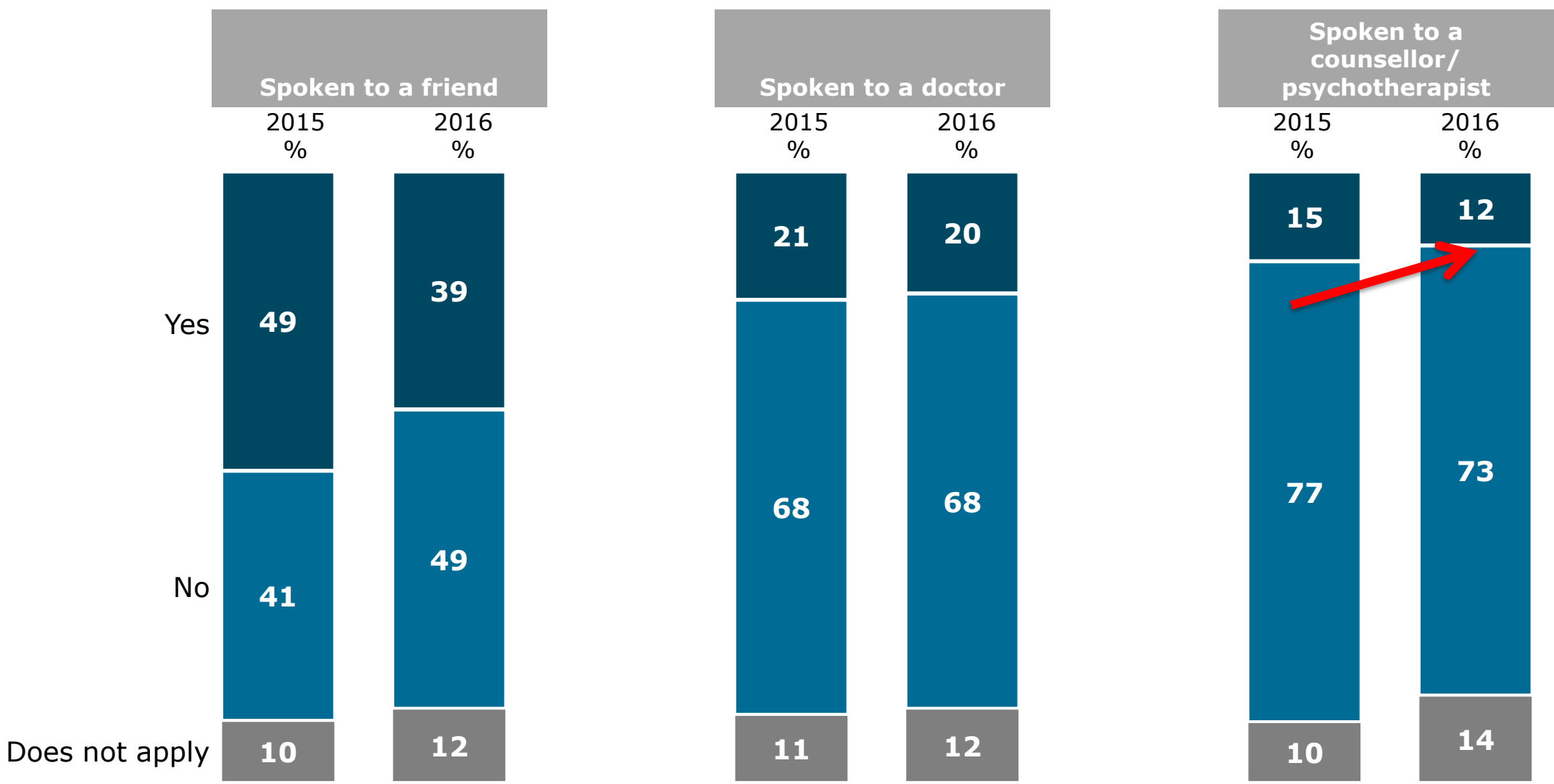




Openness to Counselling

2016 has seen a decrease in willingness to speak to friends, and/or counsellors/psychotherapists

Base: All adults 18+ 1,002/3,551,000



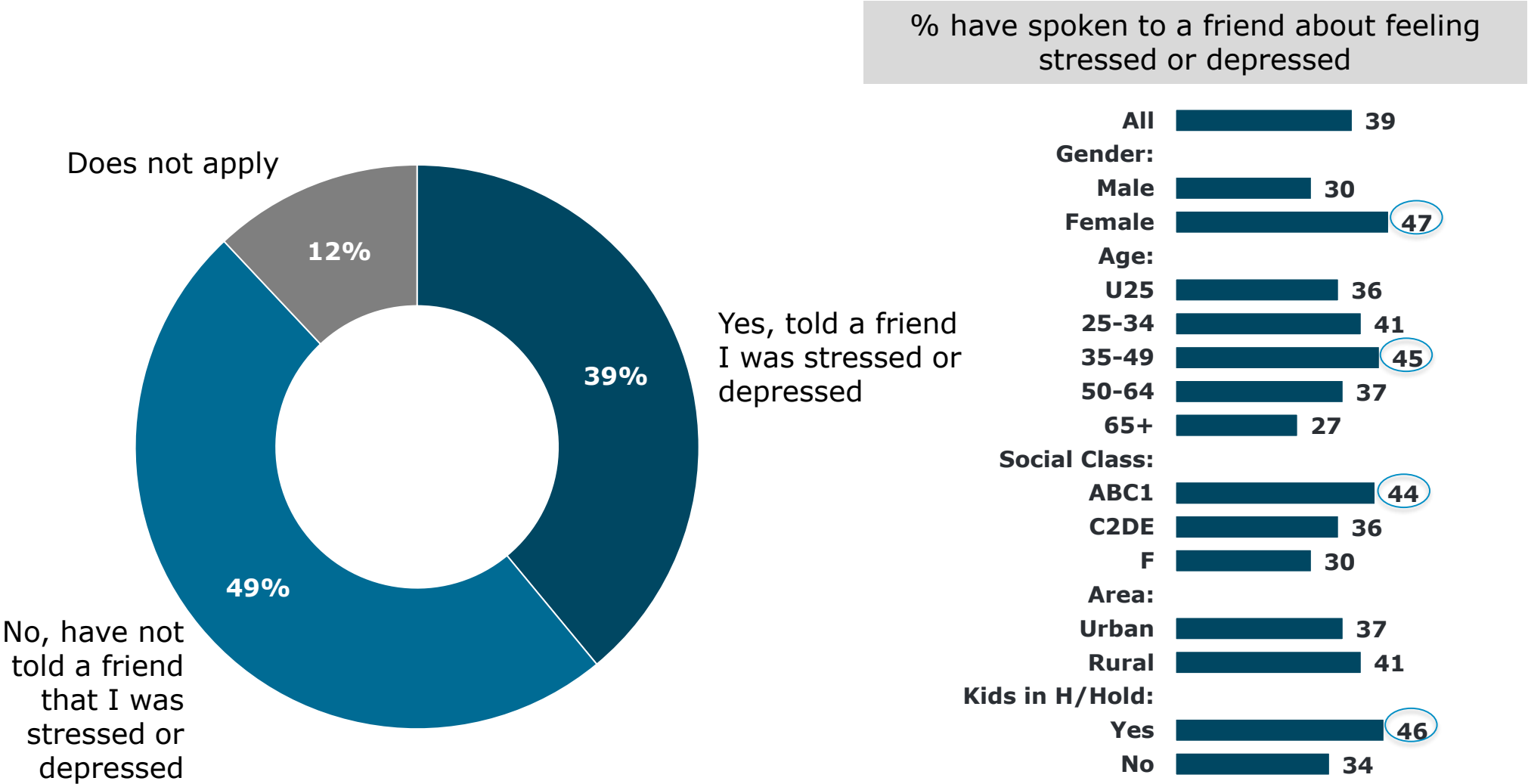
Irish adults are less likely now than they were in 2015 to have spoken to a friend about feelings of stress. Numbers who have spoken to a doctor remain static, while numbers visiting counsellors/psychotherapists appears to be in decline.



- Q.6a Have you ever talked to a friend and told them you were stressed or depressed?
- Q.6b Have you ever visited the doctor because you were feeling stressed or depressed?
- Q.6c Have you ever visited a counsellor or psychotherapist because you were feeling stressed or depressed?

Women more likely to discuss stresses with friends

Base: All adults 18+ 1,002/3,551,000

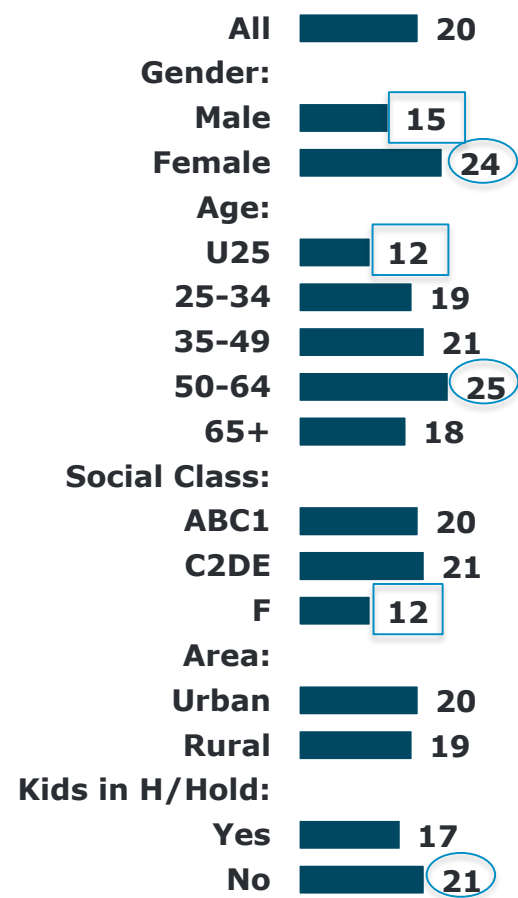
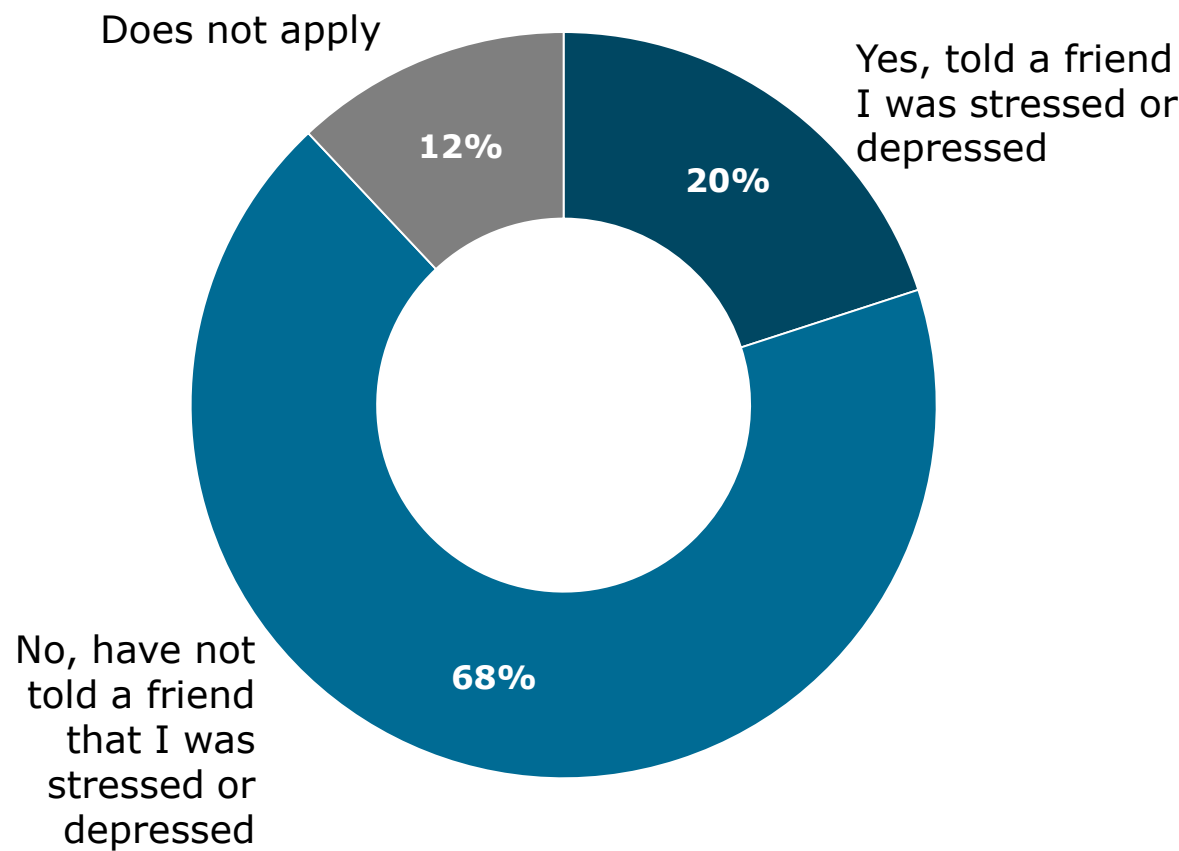


Those who are middle aged, those who are middle class and those with kids in the household most likely to have expressed feelings of stress or depression to a friend. Urban adults slightly less likely to speak to friends than those in urban areas.

Women and those without kids in the household most likely to visit a doctor due to stress or depression

Base: All adults 18+ 1,002/3,551,000

% have spoken to a friend about feeling stressed or depressed

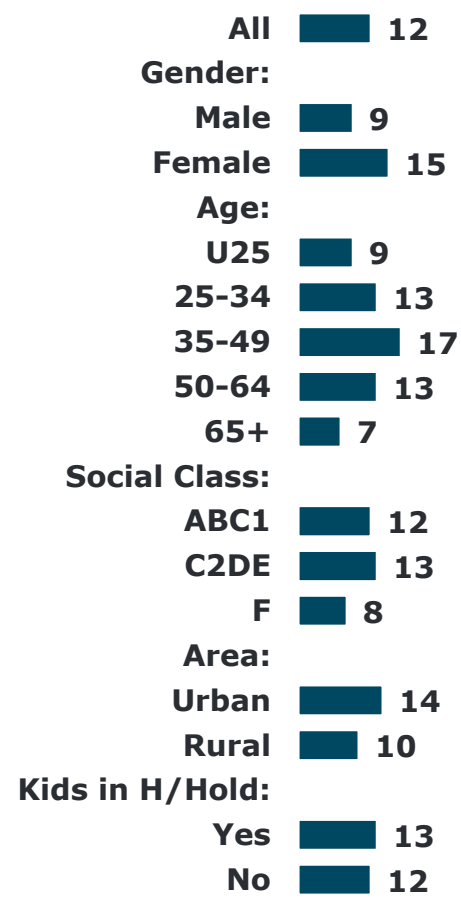
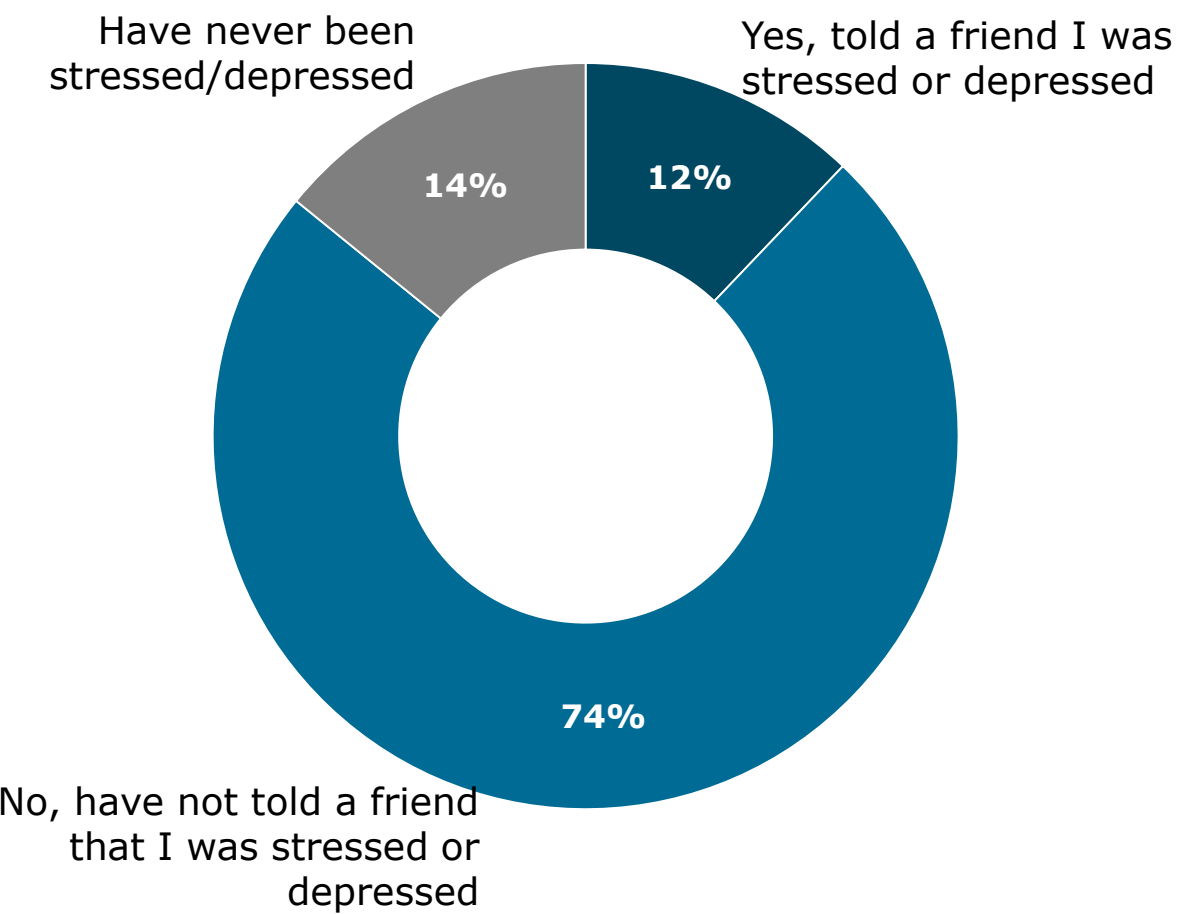


Those aged 50-64 most likely to have sought help from a doctor in relation to stress or depression. Meanwhile men, those under 25 and farmers are the least likely to have spoken to a doctor.

Women and those aged 35-49 the most likely to have visited a counsellor or psychotherapist

Base: All adults 18+ 1,002/3,551,000

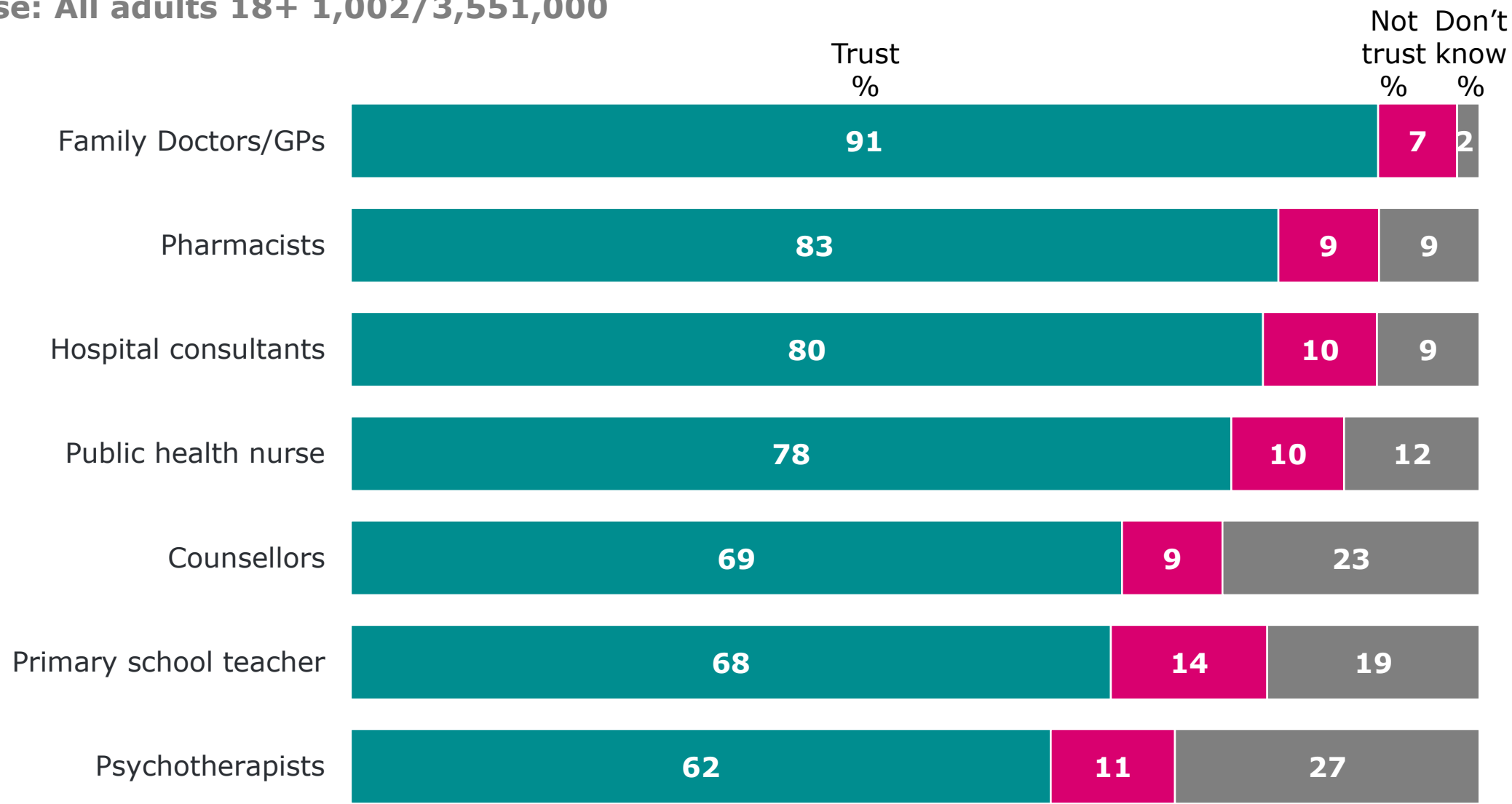
% have spoken to a friend about feeling stressed or depressed



Those on the youngest and oldest ends of the age spectrum least likely to have visited a counsellor or psychotherapist. Farmers and those in Munster also show low incidence levels.

Psychotherapists are least trusted mental health professionals, albeit with a quarter (27%) unsure of whether they would trust them or not

Base: All adults 18+ 1,002/3,551,000



9 in 10 trust their family doctor/GP, while 4 in 5 trust their pharmacist and/or hospital consultants. 3 in 5 (62%) trust psychotherapists, however there are a quarter of Irish adults who don't know whether or not they would trust them.



Q.7 Which of the following occupations would you personally tend to trust or not trust?

Trust in psychotherapists is higher among those aged 25-34 and those with kids in the household

Base: All adults 18+ 1,002/3,551,000

	Total	Gender		Age					Class			Region				Kids in H/Hold	
		Male	Female	-24	25-34	35-49	50-64	65+	ABC1	C2DE	F	Dublin	Leinster	Munster	Conn/Ulster	Yes	No
Base:	1002	494	508	130	199	290	241	142	474	470	58	242	216	350	194	372	630
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
Family Doctors/GPs	91	90	92	91	93	90	92	89	93	89	93	88	88	95	93	93	90
Pharmacists	83	82	83	73	82	83	86	88	86	79	88	80	79	90	81	80	84
Hospital consultants	80	80	81	77	78	82	83	80	82	78	89	75	82	86	78	83	79
Public health nurse	78	77	79	70	76	78	82	83	78	76	92	70	79	86	77	82	76
Counsellors	69	66	71	71	71	68	68	67	71	66	78	73	66	69	67	71	67
Primary school teacher	68	68	67	68	67	67	67	70	67	66	87	63	64	73	73	71	66
Psychotherapists	62	61	64	62	69	63	60	55	65	59	72	65	57	66	62	66	60
None of these/DK	2	3	1	4	2	2	1	1	1	2	5	2	2	2	3	1	2

Counsellors tend to be trusted moreso by women, those who are younger and the middle class. Dubliners and those living in Munster would appear to trust counsellors or psychotherapists more than their Leinster and Conn/Ulster counterparts.

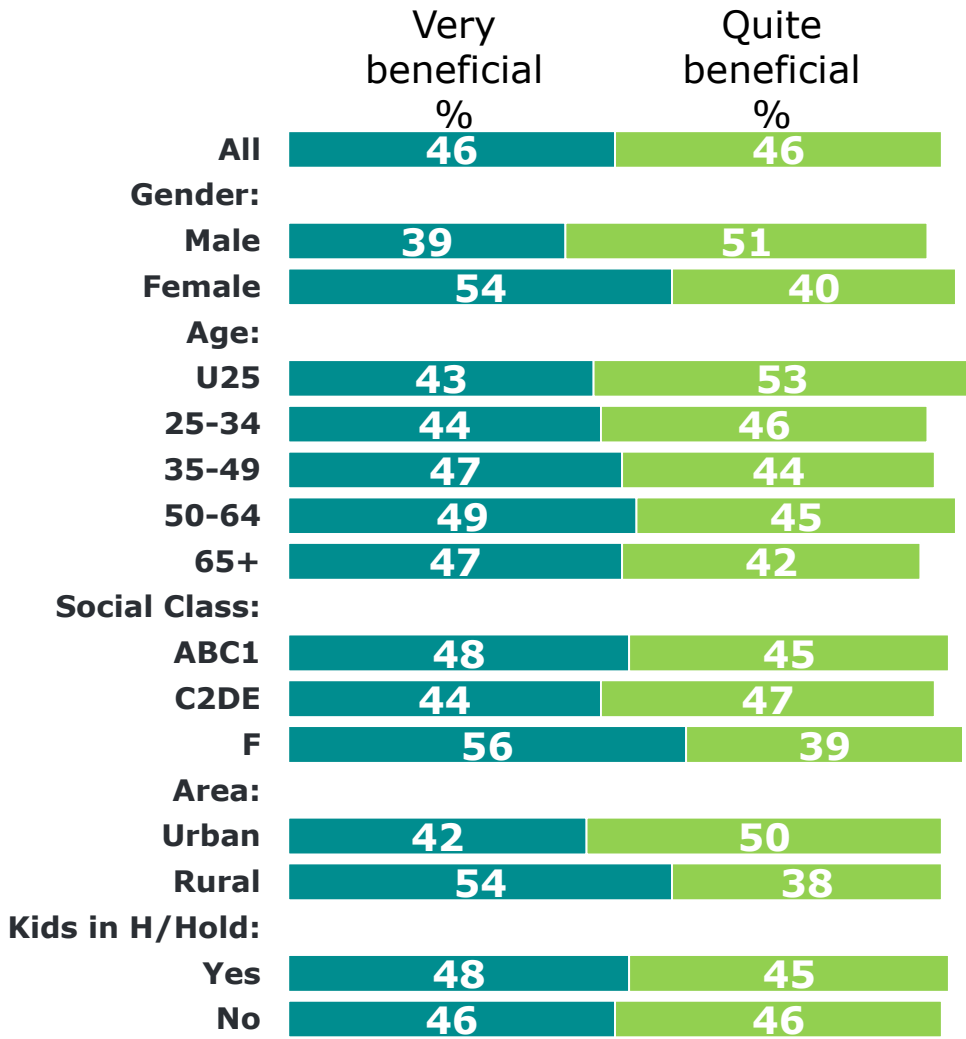
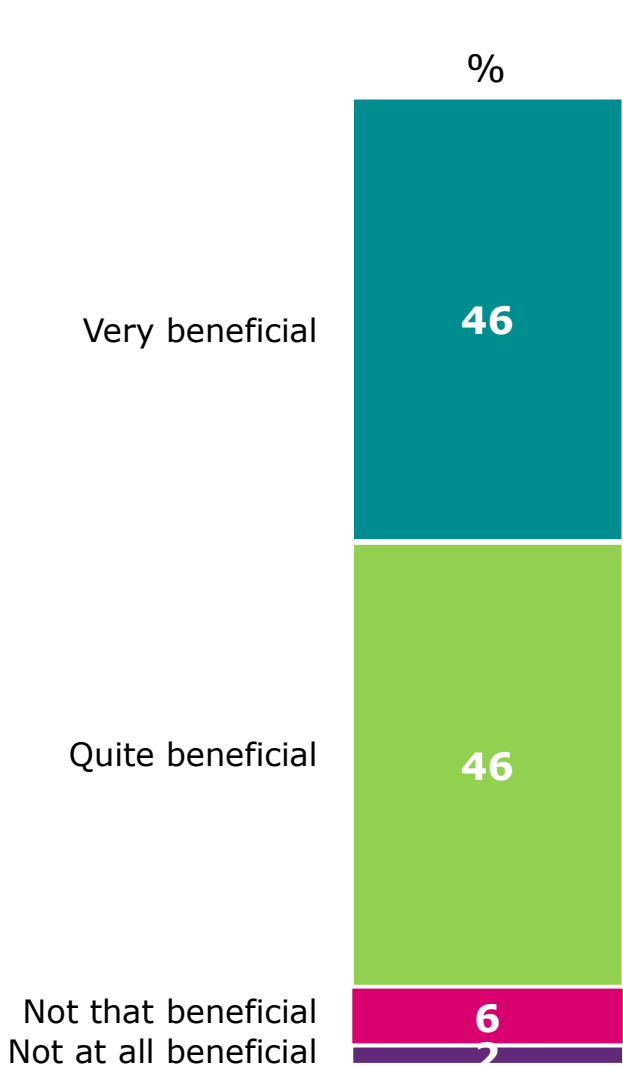


Q.7

Which of the following occupations would you personally tend to trust or not trust?

9 in 10 (92%) of Irish adults believe speaking to a counsellor or psychotherapist would be very/quite beneficial

Base: All adults 18+ 1,002/3,551,000



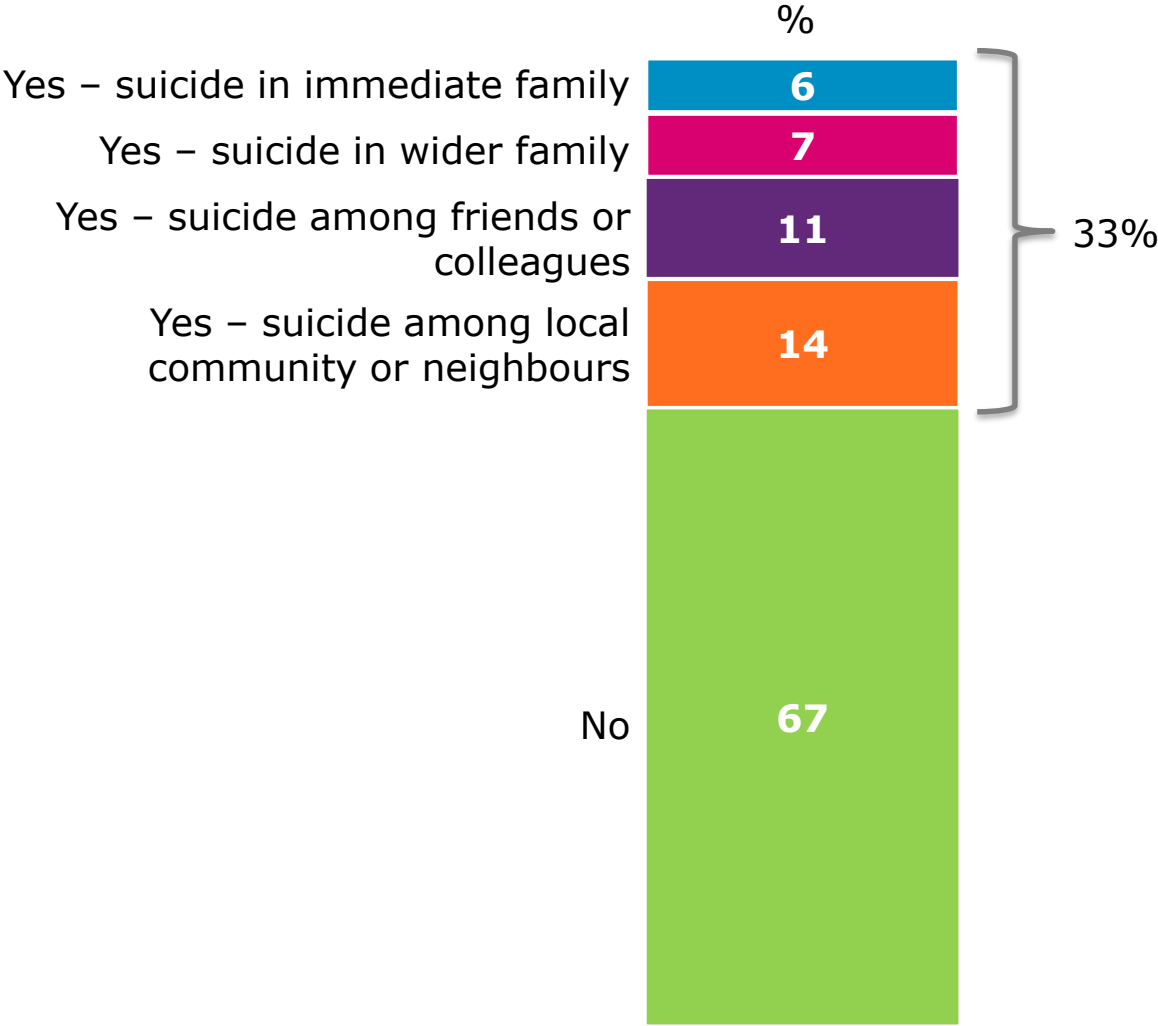
Those living in rural areas more strongly in agreement with the benefits of speaking to counsellors/psychotherapists.

Suicide in Ireland

The background of the slide is a solid magenta color. Overlaid on this are several large, soft-edged, organic shapes in a lighter pink shade. These shapes are layered and curved, creating a sense of movement and depth. They appear to be stylized, flowing forms that might represent clouds, water, or abstract human figures. The overall aesthetic is modern and somewhat ethereal.

One third of Irish adults have been directly affected by suicide

Base: All adults 16+ 1,002/3,551,000



One in seven communities have been affected by suicide in Ireland.

Those who have been affected by suicide among friends/colleagues tend to be male and are more likely to be under the age of 35

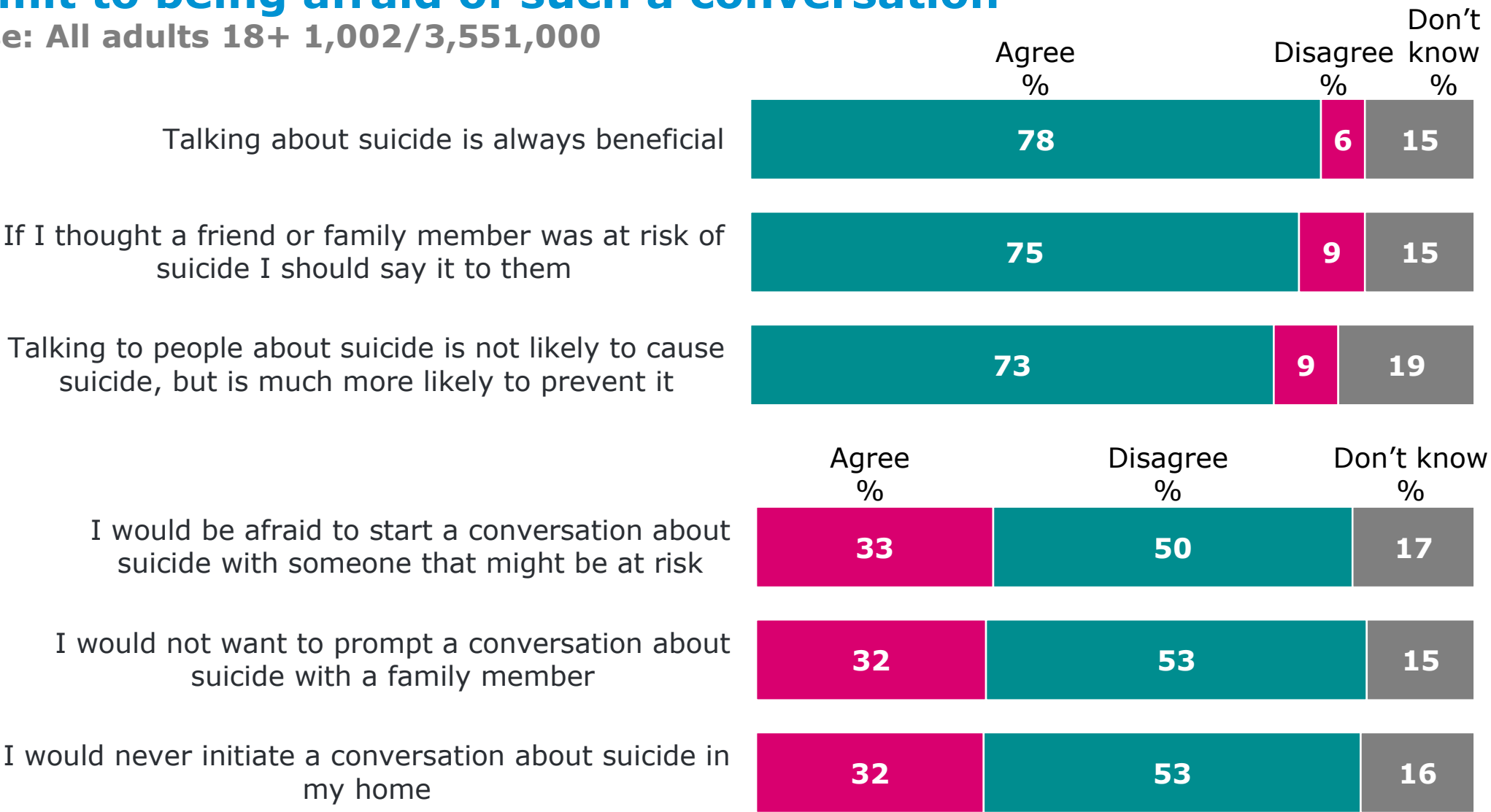
Base: All adults 18+ 1,002/3,551,000

	Total	Gender		Age					Class			Region				Area	
		Male	Female	-24	25-34	35-49	50-64	65+	ABC1	C2DE	F	Dublin	Leinster	Munster	Conn/Ulster	Urban	Rural
Base:	1002	494	508	130	199	290	241	142	474	470	58	242	216	350	194	595	407
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
- ANY YES	33	32	34	37	37	37	25	26	32	32	51	25	39	29	41	28	41
Yes – suicide in immediate family	6	4	8	5	7	8	3	6	5	7	4	4	10	5	5	5	7
Yes – suicide in wider family	7	7	8	8	10	9	7	2	8	7	6	8	10	4	9	7	8
Yes – suicide among friends or colleagues	11	12	9	14	14	9	8	10	8	13	12	10	13	6	16	10	12
Yes – suicide among local community or neighbours	14	14	14	16	13	15	13	12	15	11	36	4	16	18	21	10	20
No	67	68	66	63	63	63	75	74	68	68	49	75	61	71	59	72	59

Likelihood to have been affected by suicide much more prevalent in rural areas as opposed to urban areas. Half of farmers (51%) have been affected by suicide in some way.

While the majority would agree that they would speak to a friend or family member if they felt there was a risk of suicide, a third admit to being afraid of such a conversation

Base: All adults 18+ 1,002/3,551,000



Three quarters believe that talking about suicide is always beneficial. A further 75% say they would speak to a family/friend about suicide if they felt they were at risk. Nonetheless, approximately 1 in 6 are unsure whether speaking to someone is a good idea, while a third appear to be fearful of such conversations.

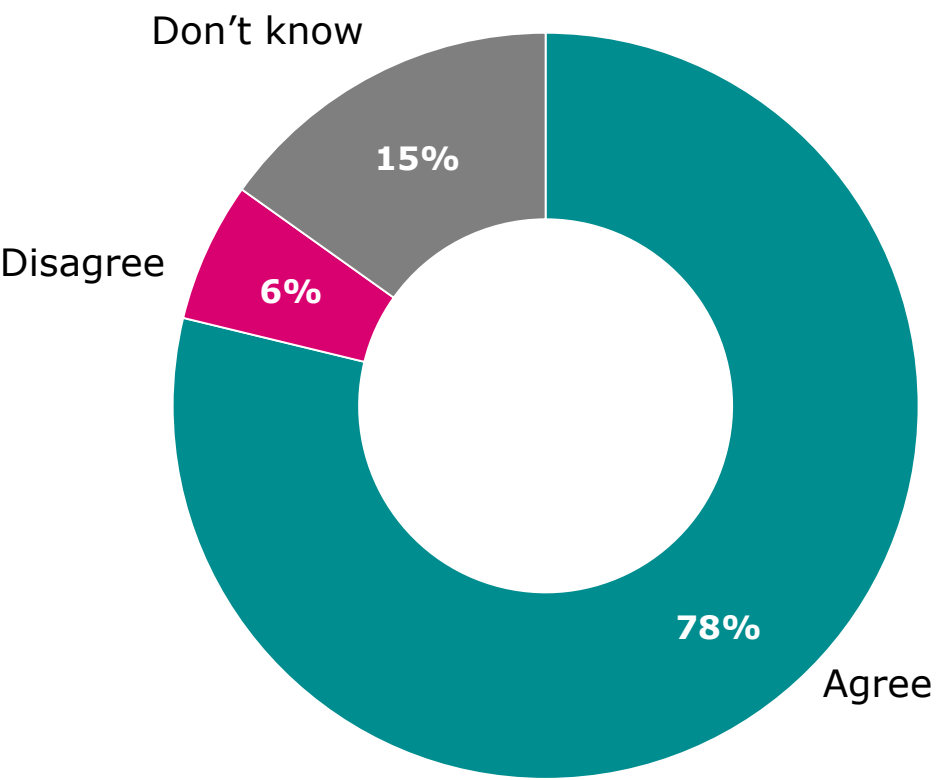


Q.7 Which of the following occupations would you personally tend to trust or not trust?

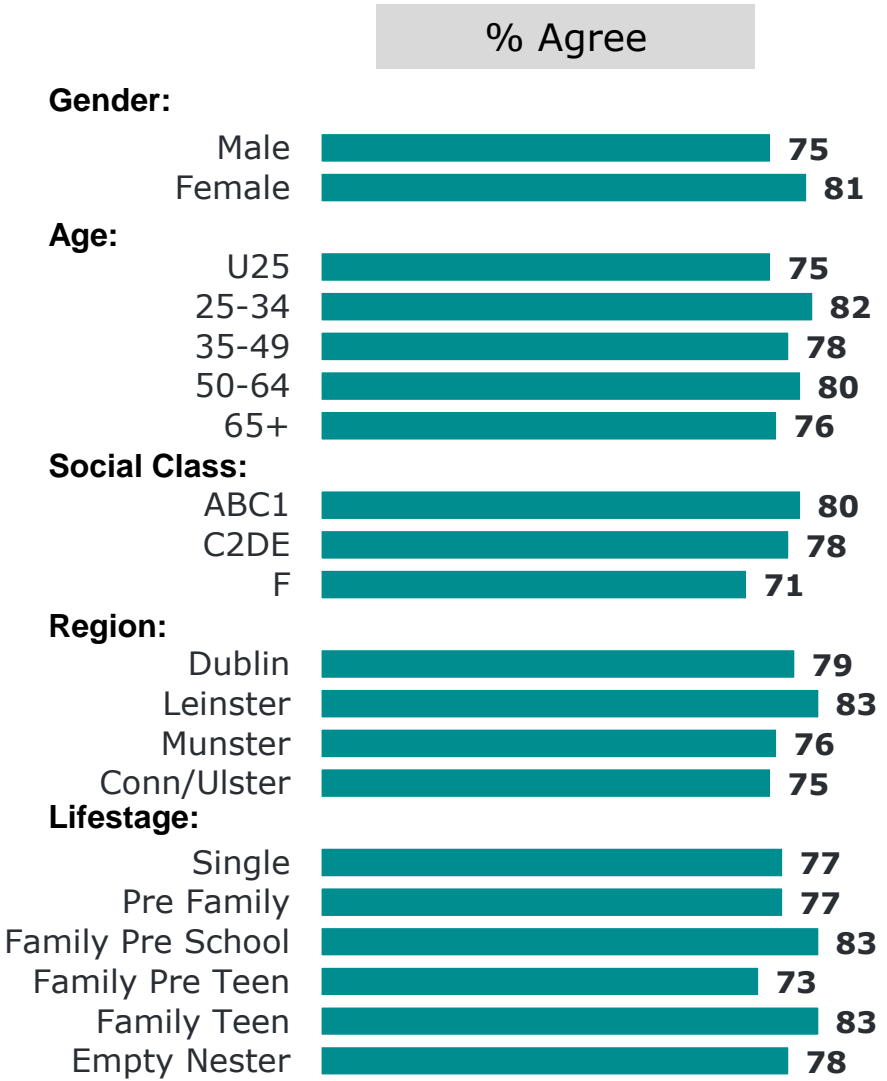
Women more likely to see the benefits of talking about suicide

Base: All adults 18+ 1,002/3,551,000

"Talking about suicide is always beneficial"



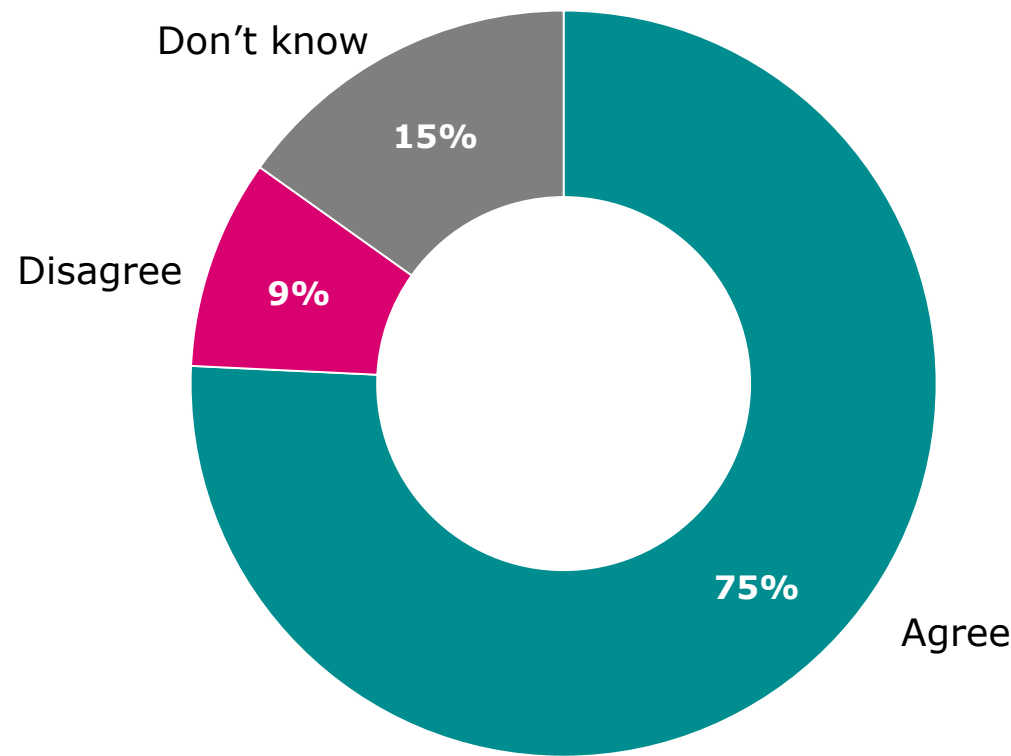
Men, those under the age of 25 and farmers are the least likely to see talking about suicide as always beneficial.



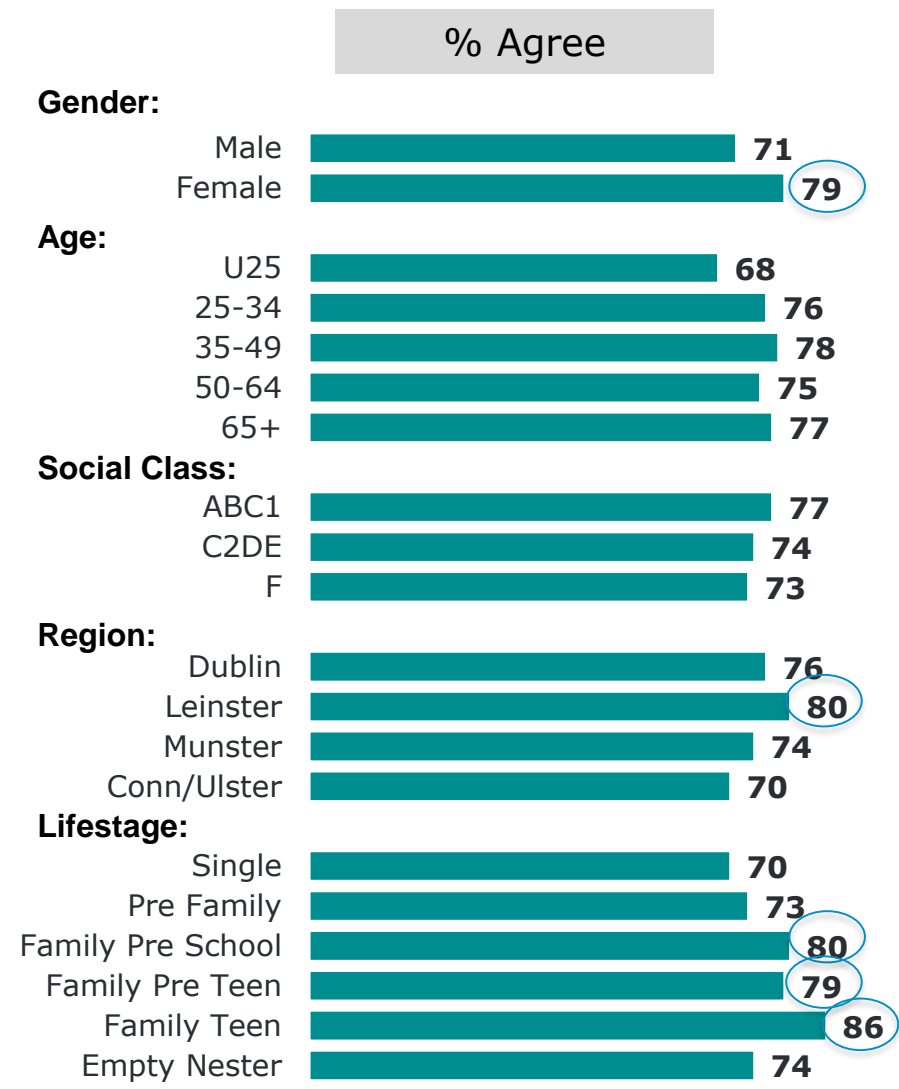
Again, men and those under the age of 25 less likely to converse about suicide. Lower likelihood claimed in Connacht/Ulster also.

Base: All adults 18+ 1,002/3,551,000

"If I thought a friend or family member was at risk of suicide I should say it to them"



Those with kids in the household, particularly teens, most likely to agree that they should speak to a family member/friend if they felt was at risk of suicide.

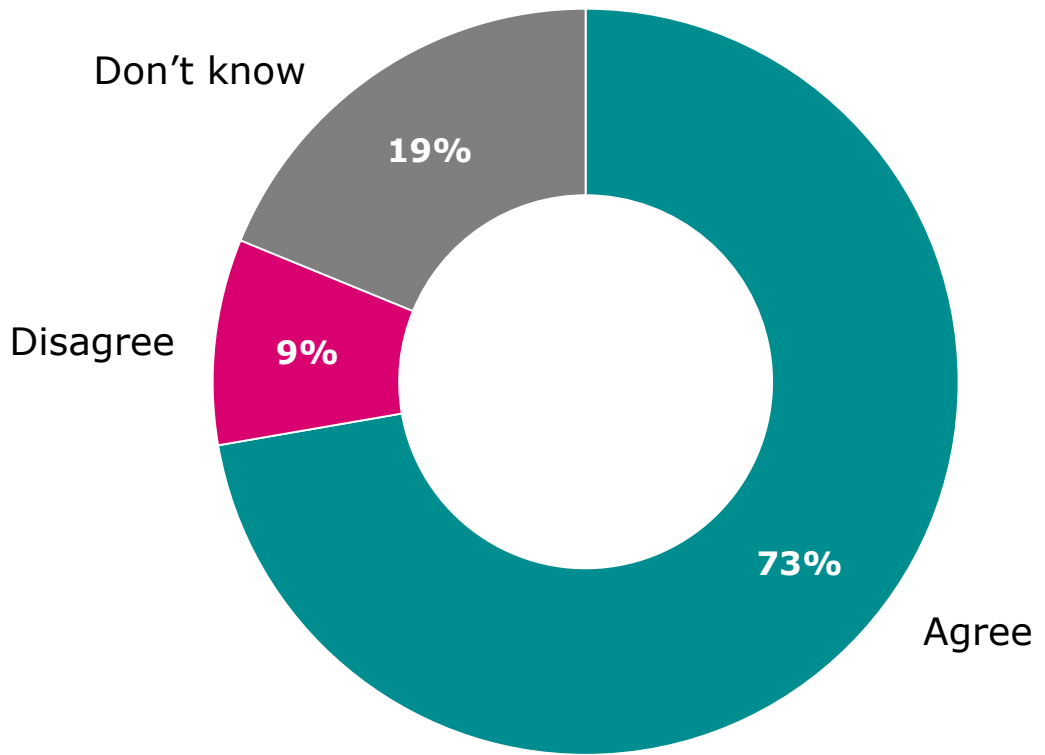


Q.10 With which of the following points of view do you agree with, if any?

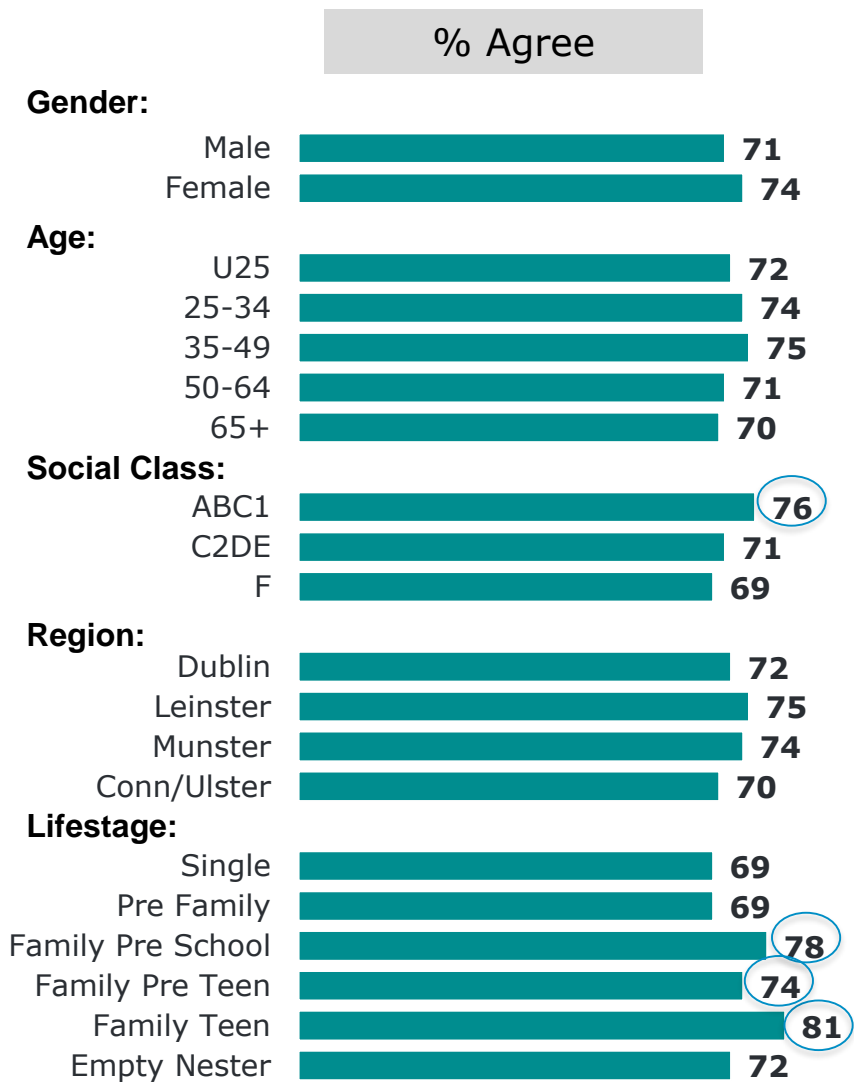
Family lifestages more in agreement that talking to people about suicide is a preventive measure

Base: All adults 18+ 1,002/3,551,000

"Talking to people about suicide is not likely to cause suicide, but is much more likely to prevent it"



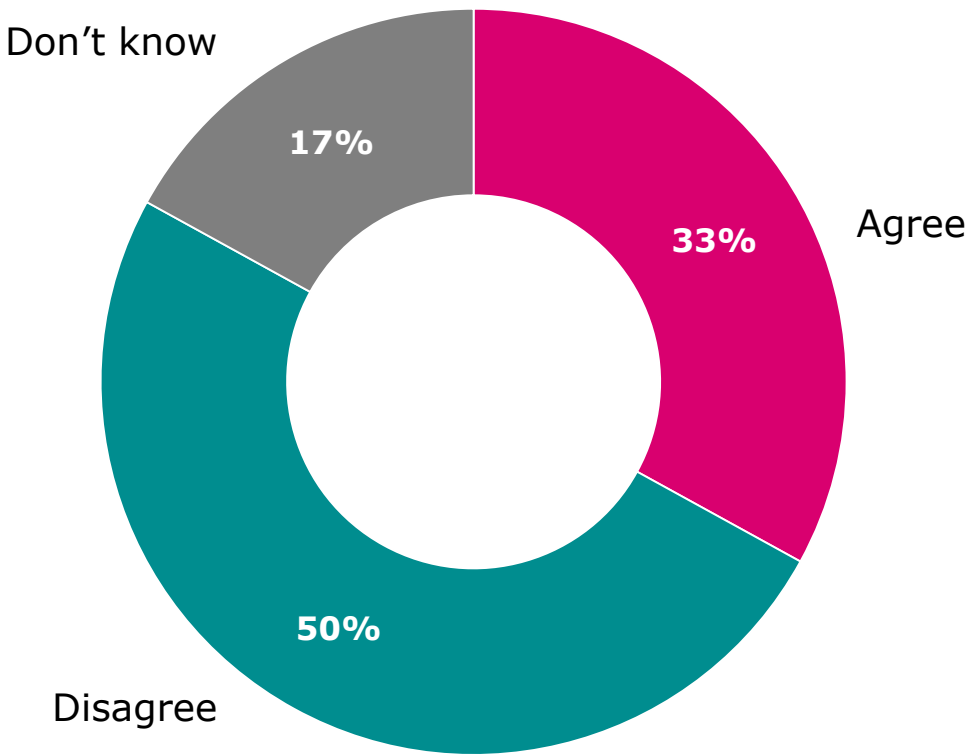
Older people, the working class, farmers and those living in rural areas less likely to be in agreement with this statement.



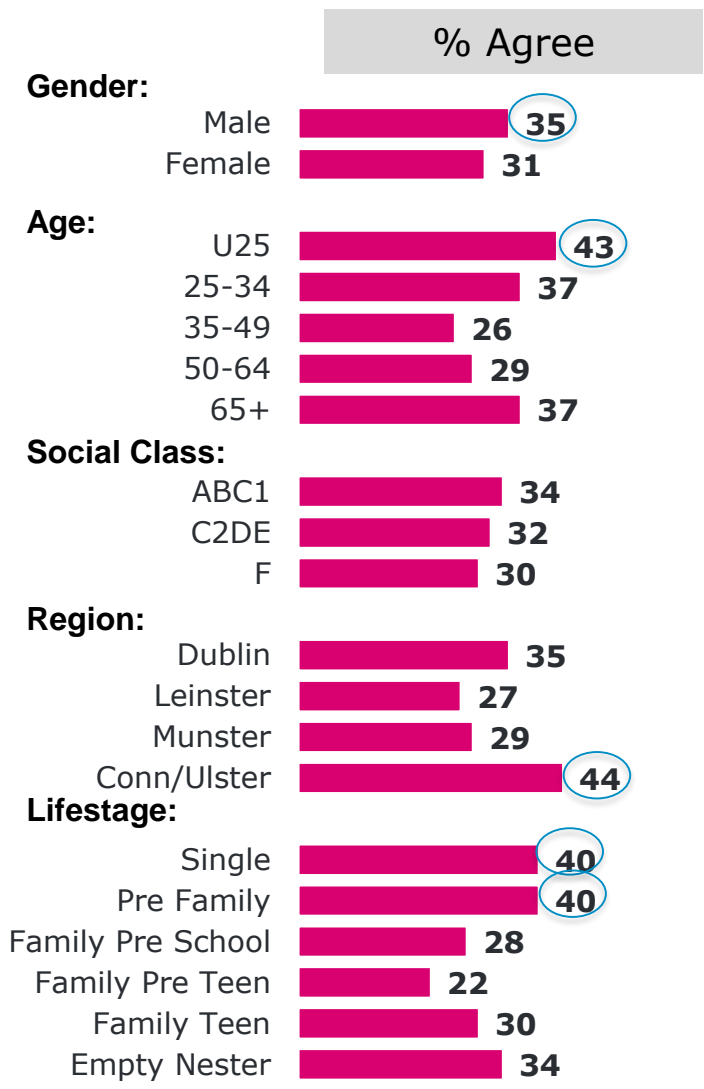
Men and those under the age of 25 most inclined to say they would be afraid to start a conversation about suicide

Base: All adults 18+ 1,002/3,551,000

"I would be afraid to start a conversation about suicide with someone that might be at risk"



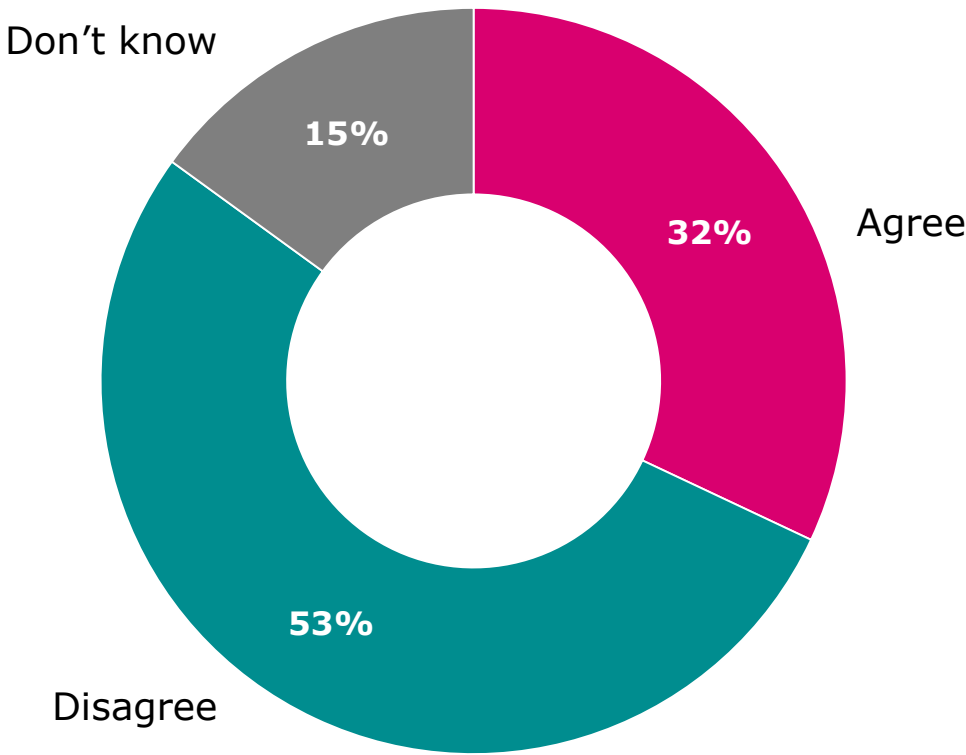
Those who are living in Dublin or Conn/Ulster and those who are in the pre family lifestages are more likely to claim that they would be fearful of starting a conversation about suicide with someone that might be at risk.



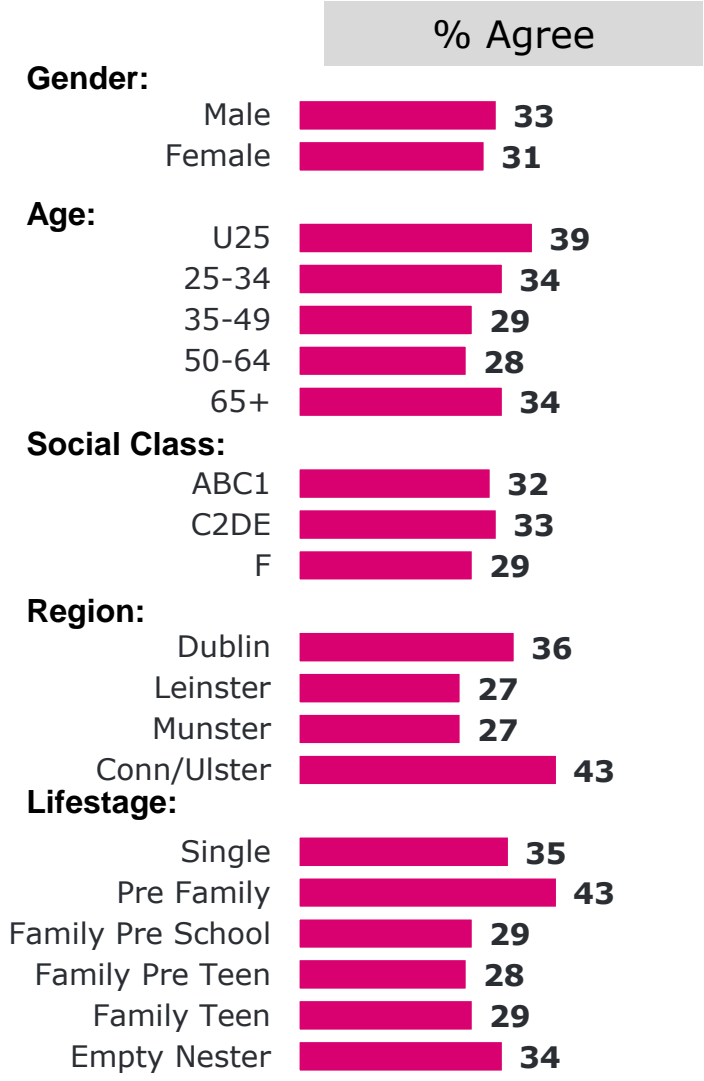
Younger people more likely to admit they would not want to prompt a conversation about suicide with a family member

Base: All adults 18+ 1,002/3,551,000

"I would not want to prompt a conversation about suicide with a family member"



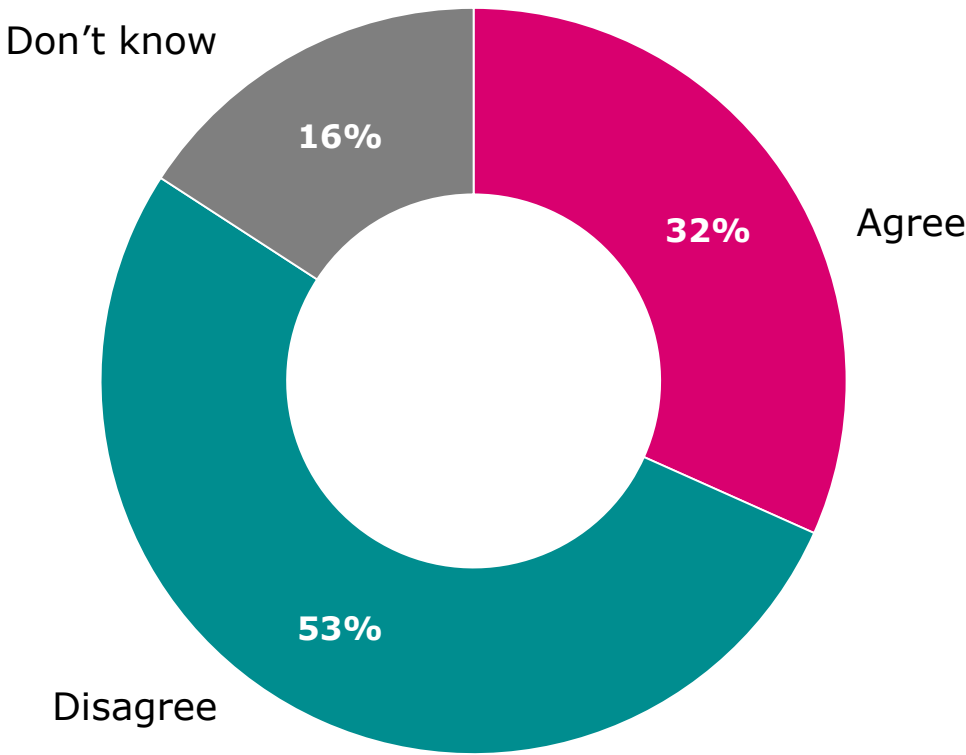
Those who are living in Dublin or Conn/Ulster and those who are in the pre family lifestages are more likely to claim that they would be fearful of starting a conversation about suicide with someone that might be at risk.



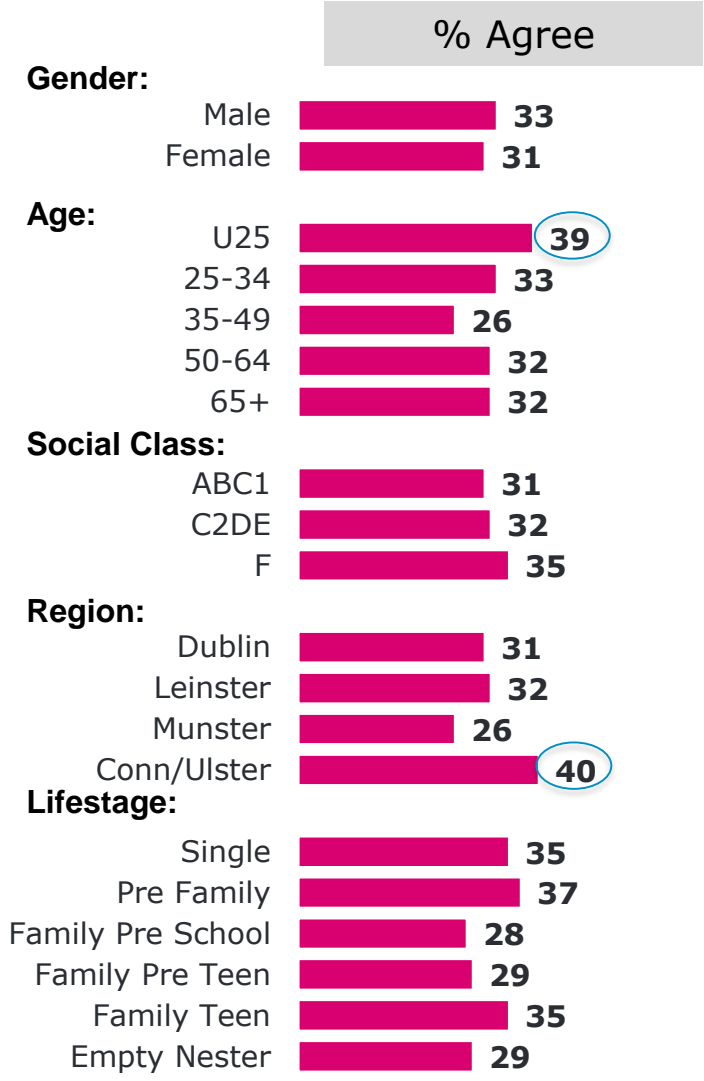
Those aged between 35 and 50 the most likely to initiate a conversation about suicide in the home

Base: All adults 18+ 1,002/3,551,000

"I would never initiate a conversation about suicide in my home"



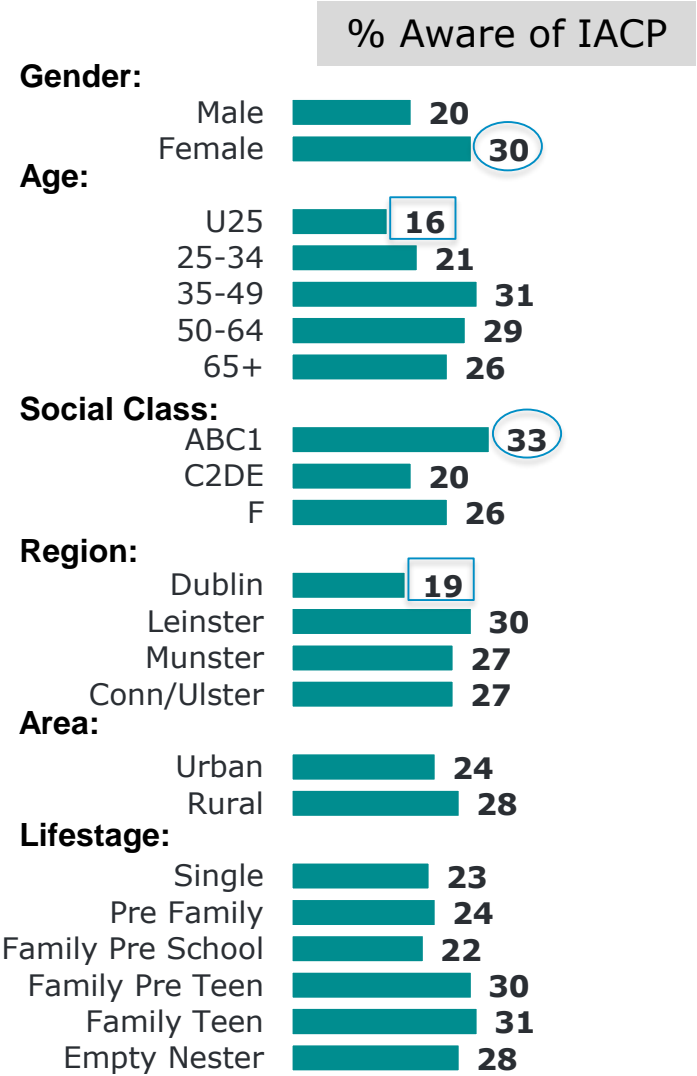
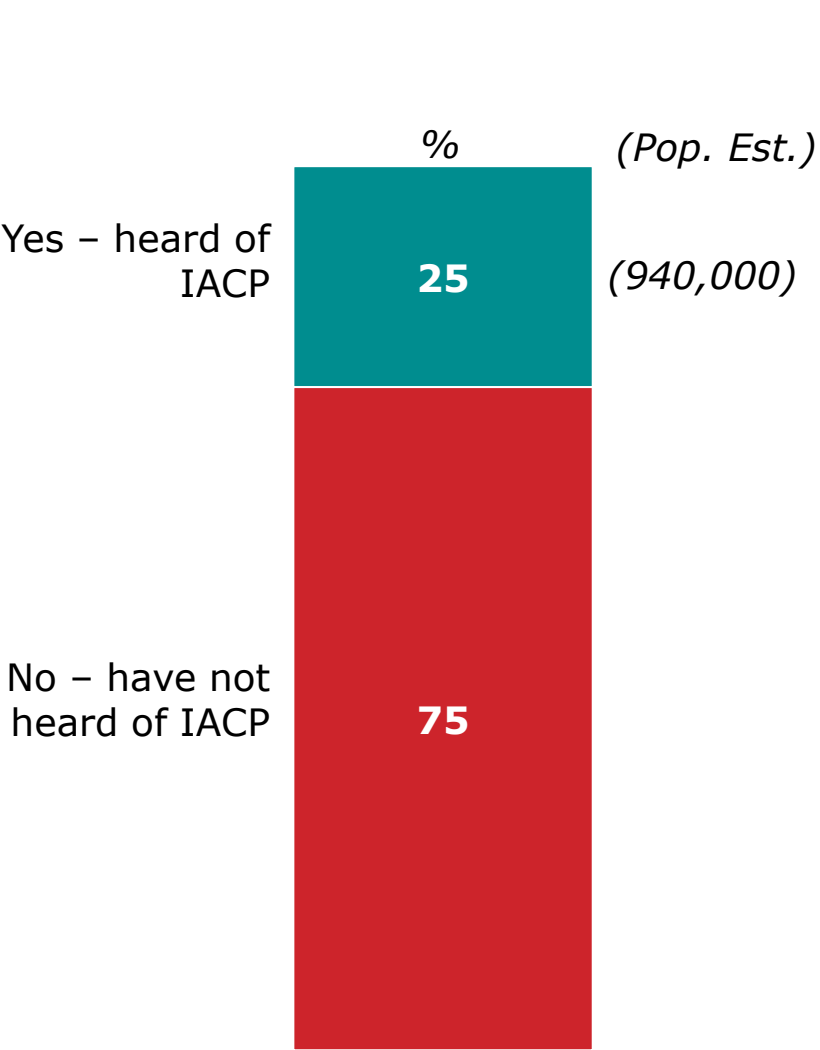
2 in 5 people under the age of 25 would never initiate a conversation about suicide in their home. Those in Conn/Ulster are similar in their view, with 40% in agreement here also.



Awareness of the IACP

A quarter of Irish adults have heard of the IACP

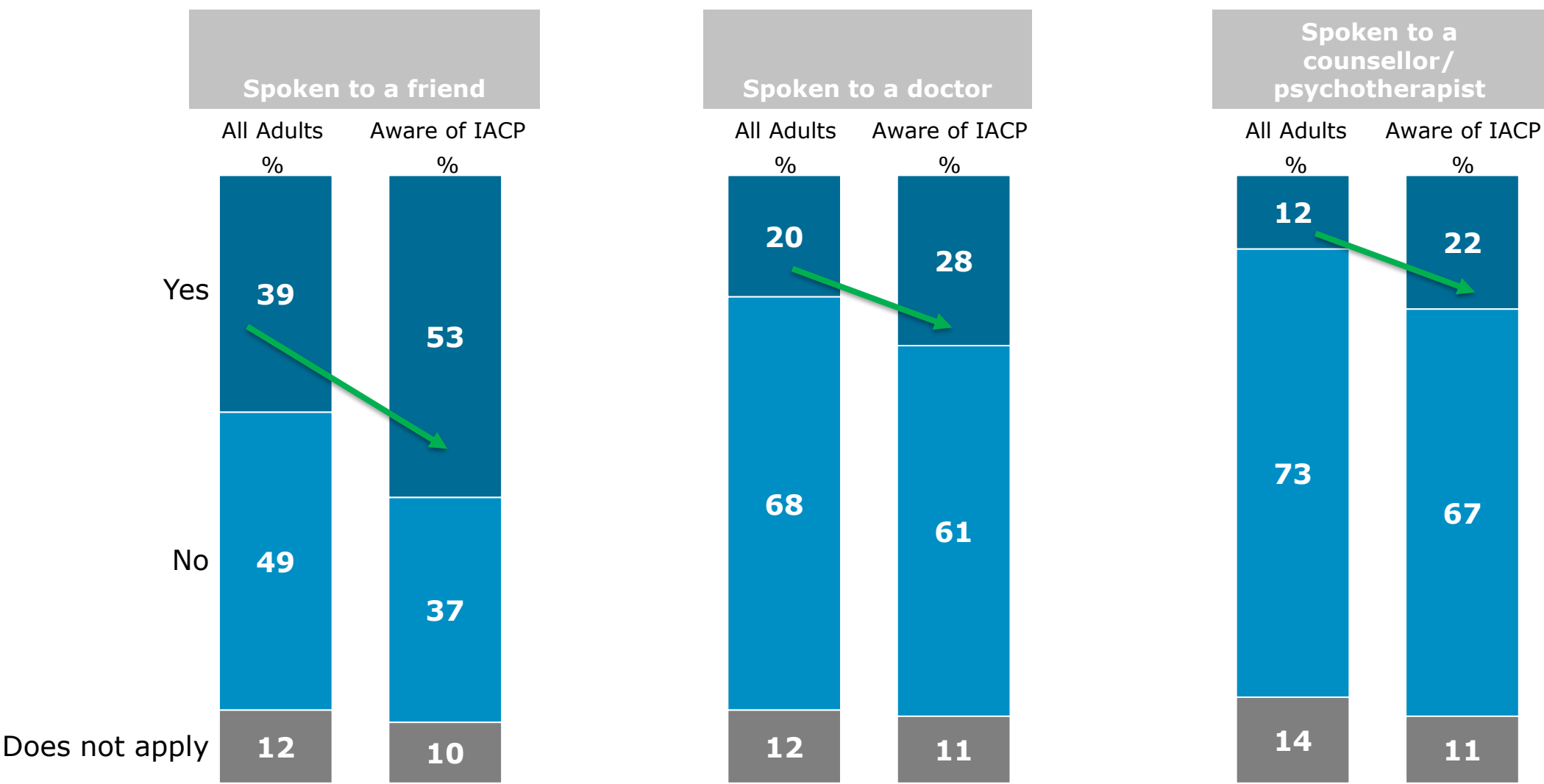
Base: All adults 18+ 1,002/3,551,000



Women and those in the middle class are the most likely to have heard of the IACP previously. Awareness of the organisation is lowest among under 25s and those living in Dublin.

Awareness of the IACP would appear to drive likelihood to speak to someone in times of stress

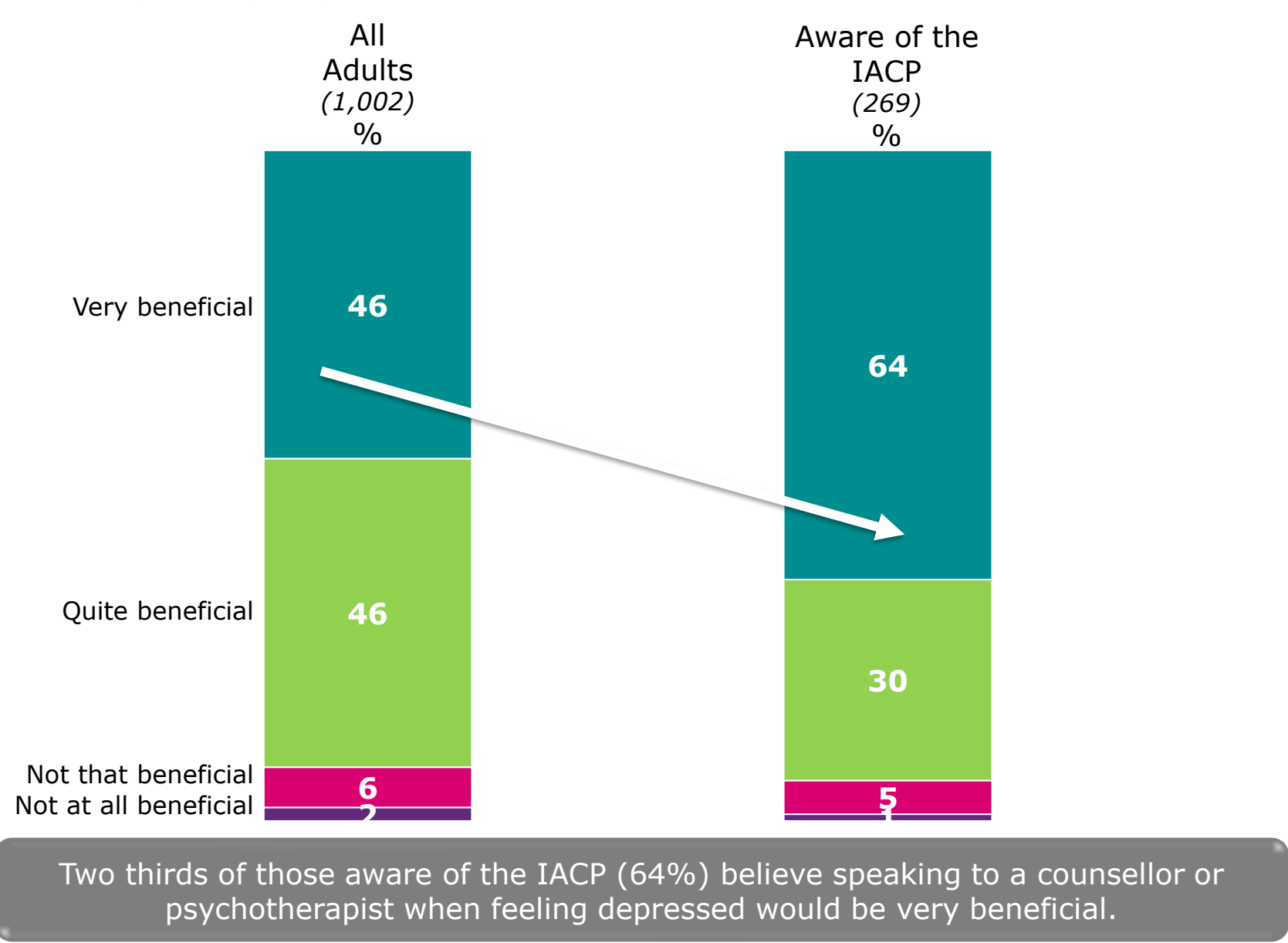
Base: All adults 18+ 1,002/3,551,000; aware of IACP 269/904,000



Those aware of the IACP are more likely to have sought help from a friend, doctor or counsellor/psychologist if and when they had feelings of stress or depression.

Those who are aware of the IACP are more likely to see the benefits of counsellors/psychotherapists to those who are stressed or depressed

Base: All adults 18+ 1,002/3,551,000

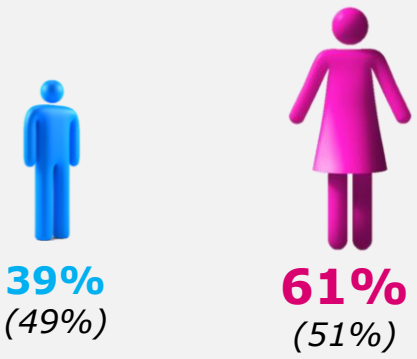


Q.8 To what extent do you feel that talking to a counsellor or psychotherapist might be beneficial for people who may be depressed or emotionally unsettled?

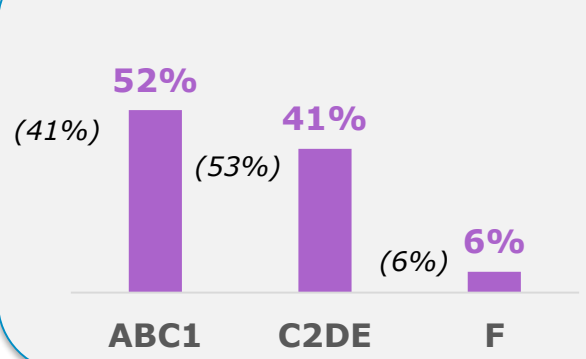
Profile of those aware of the IACP

Base: All adults aware of the IACP – 269/904,000

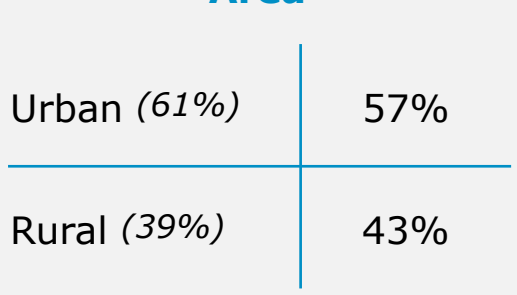
Gender



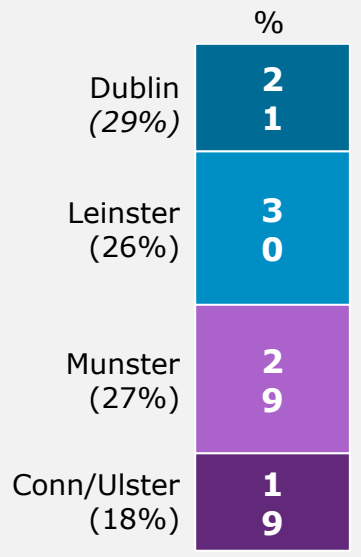
Social Class



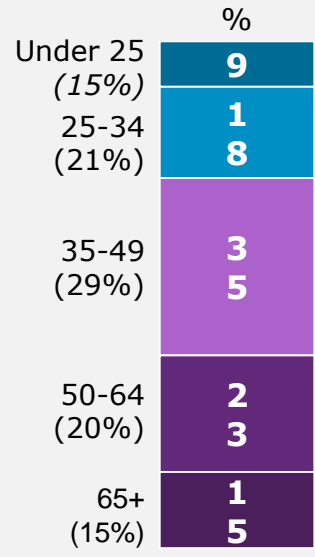
Area



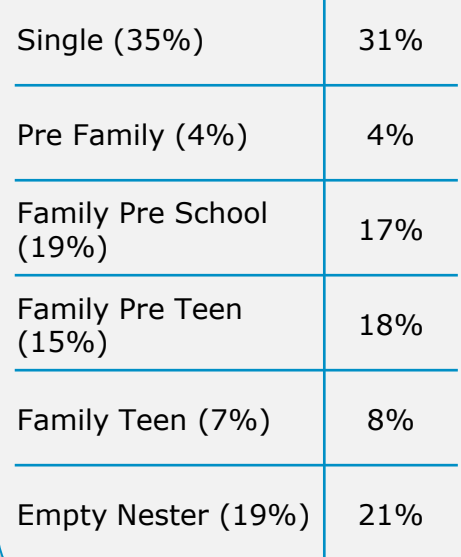
Region



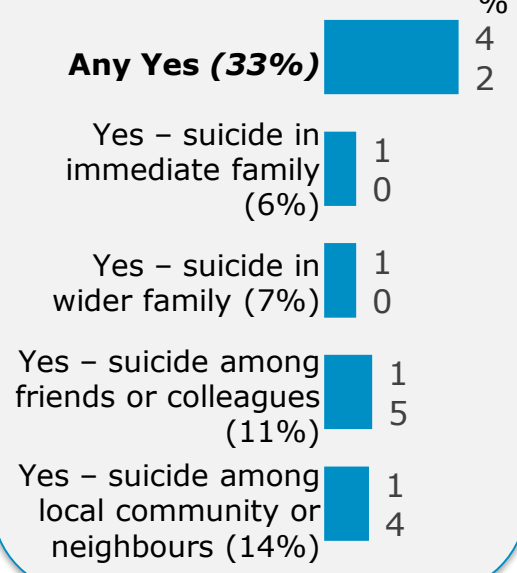
Age



Lifestage



Experience of Suicide



(Total Adults)

Summary



Summary

- The percentage of Irish adults under stress is on the increase in Ireland. A fifth (20%) now claim to feel stressed often, compared to 14% in 2013. Women, those aged between 35 and 50, the middle class and those living in Dublin would appear to suffer most from stress. Those with pre-school and primary level children would appear to suffer more from stress than parents of teens and adult children and those without kids.
- In terms of stress in the workplace, home makers and those who are self employed are most likely to be of the opinion that stress is common in their environment.
- Farmers are most likely to stress about the economic viability of their profession, with a fifth (19%) admitting to this worry causing them personal stress. Outside of farming, workers' skills not being appreciated is the reason causing most stress for the Irish workforce - 12% overall would say that this causes them personal stress. Internal politics is of particular concern to middle class workers, with 10% of this cohort feeling personally stressed because of this.
- When asked about life in general, financial pressures are most likely to cause Irish adults stress, with over 4 in 5 (84%) stating this to be the case. Just under half (49%) of adults are stressed because of financial pressures, rising to 3 in 5 (60%) of those with kids in the household.
- Of the age groups we looked at, those aged between 25 and 50 over index on stress levels due to a number of reasons, particularly financial pressures and bringing up children.

Summary

- Although stress levels in Ireland are rising year on year, the percentages of people opening up to a friend or Counsellor/Psychotherapist have declined, while the numbers speaking to a doctor about feelings of stress or depression have remained static.
- When we look at those who have spoken to people, be it family or friends, those likely to seek help are much more likely to be female, 30 to 50, middle class and with kids in the household. In terms of speaking to mental health professionals and GPs, similar trends appear; men, those under 25 and the farming community are much less likely to speak to someone about issues with stress or depression they may be experiencing.
- Family doctors/GPs are the most trusted mental health professionals, with 9 in 10 (91%) saying they would trust them. Pharmacists and hospital consultants with, on average, 4 in 5 trusting in these professions.
- Psychotherapists are the least trusted mental health professionals, albeit with a quarter (27%) who say they 'don't know' if they would trust them or not. Meanwhile, a fifth (23%) are unsure if they would trust Counsellors. There is very little by way of distrust towards Counsellors/ Psychotherapists and this would suggest that more information about the professions would increase levels of trust placed in each.
- 9 in 10 (92%) of Irish adults say they feel that speaking to a Counsellor or Psychotherapist would be beneficial to people who are depressed or emotionally unsettled. Strength of belief in how beneficial this would be is strongest among women and those living in rural areas (who as we see later in the study are the most likely to have been affected by suicide).

Summary

- A third of Irish adults (33%) have been directly affected by suicide, with 1 in 7 saying that their community/neighbourhood has suffered a loss through suicide.
- Those under the age of 35 are most likely to have been affected by suicide among friends or colleagues, while those in rural areas and those in Connacht/Ulster are most likely to have been affected by suicide in their local community.
- Overall, the majority of Irish adults are convinced that talking about suicide is always beneficial (78% in agreement). However, when we look at the act of talking about suicide with people who might be at risk, a third (33%) say that they would be afraid to initiate such a conversation.
- Women and those over the age of 25 are open to conversations about suicide, whereas men and those under the age of 25 are less likely to be. (71% of men would speak to a family or friend they felt were at risk of suicide compared with 79% of women. While 68% of under 25s would do the same compared with 75%+ among other age cohorts.)
- The reason for these reservations held among men and under 25s would appear to be fear – 35% of men and 43% of under 25s agree that they would be 'afraid to start a conversation about suicide with someone they thought might be at risk'. Reassurance and information on how to conduct such conversations would surely benefit these cohorts, which incidentally are the two cohorts where suicide is most prevalent.

Summary

- A quarter (25%) are aware of the IACP – this equates to approximately 940,000 Irish adults. Awareness of the association is strongest among women, those aged between 35 and 64, the middle class and those outside Dublin.
- Those aware of the IACP are much more likely to have spoken to a friend, doctor or counsellor/psychotherapist in times of stress than the general population. They are also more likely to be more convinced of the benefits of speaking to a counsellor/psychotherapist if you are stressed or emotionally unsettled, with 64% seeing agreeing it is very beneficial.



THANK YOU

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