

# WE ASKED, STUDENTS VOTED

Between 8th April-16th April 2020, The Student Room conducted an on site poll with students about their mental health during Covid-19.

**1,009**

**UNIQUE VOTERS TOOK PART IN THE POLL**

## WHAT FACTORS AFFECT YOUR MENTAL HEALTH RIGHT NOW?

Students voted **4399** times on the following responses:

- 15.64%** Uncertainty around my education
- 15.64%** Lack of purpose or routine
- 10.23%** Uncertainty around my future career prospects
- 10.18%** Loneliness
- 8.64%** Lack of real life entertainment (e.g. cinema, gigs, restaurants)
- 8.46%** Concern about myself or my loved ones getting ill
- 7.82%** Lack of exercise/ability to be outside
- 7.59%** Isolating with family
- 6.75%** Exposure to negative news/social media
- 4.91%** Lack of support system (e.g. teachers, counsellors)
- 4.14%** Financial worries



## VOTES BY AGE GROUP

- Year 13s made up **28%** of voters
- Year 12s made up **15%** of voters
- 1st Year Uni made up **12%** of voters
- Year 11 made up **11%** of voters
- Aged 25+ made up **10%** of voters
- Aged 22-24 made up **8.72%** of voters

## BREAKING DOWN THE TOP 4 ISSUES

**1**

**Of all voters impacted by uncertainty around education:**

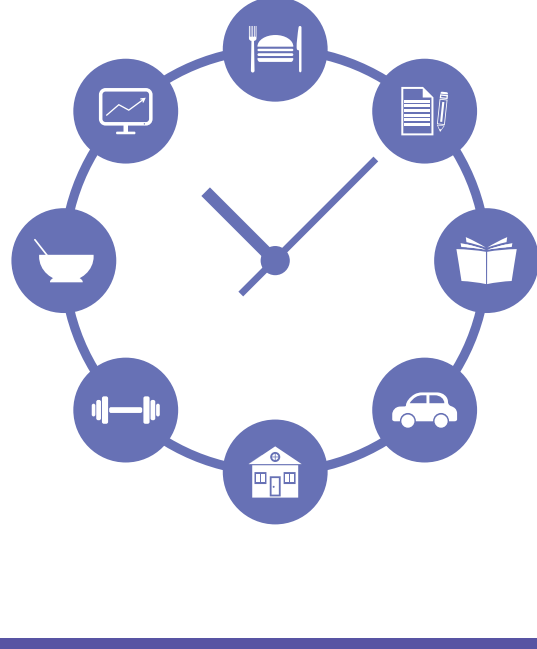
Of all voters in Year 13, **71%** referenced uncertainty around their education.

“Uncertainty regarding my education definitely affected me I now always feel anxious about whether I’ll get the A-levels needed to go to uni.”

“uncertainty around education has definitely been a big one for me...”

**2**

**Of all voters impacted by a lack of purpose or routine:**



Of all voters in Year 13 **66%** were impacted by a lack of purpose or routine

Of all voters in Year 12 **58.7%** were impacted by a lack of purpose or routine

**3**

**Of all voters affected by uncertainty around future career prospects:**

**53%** of 22-24 olds were concerned **VS** **38%** of year 13s were concerned

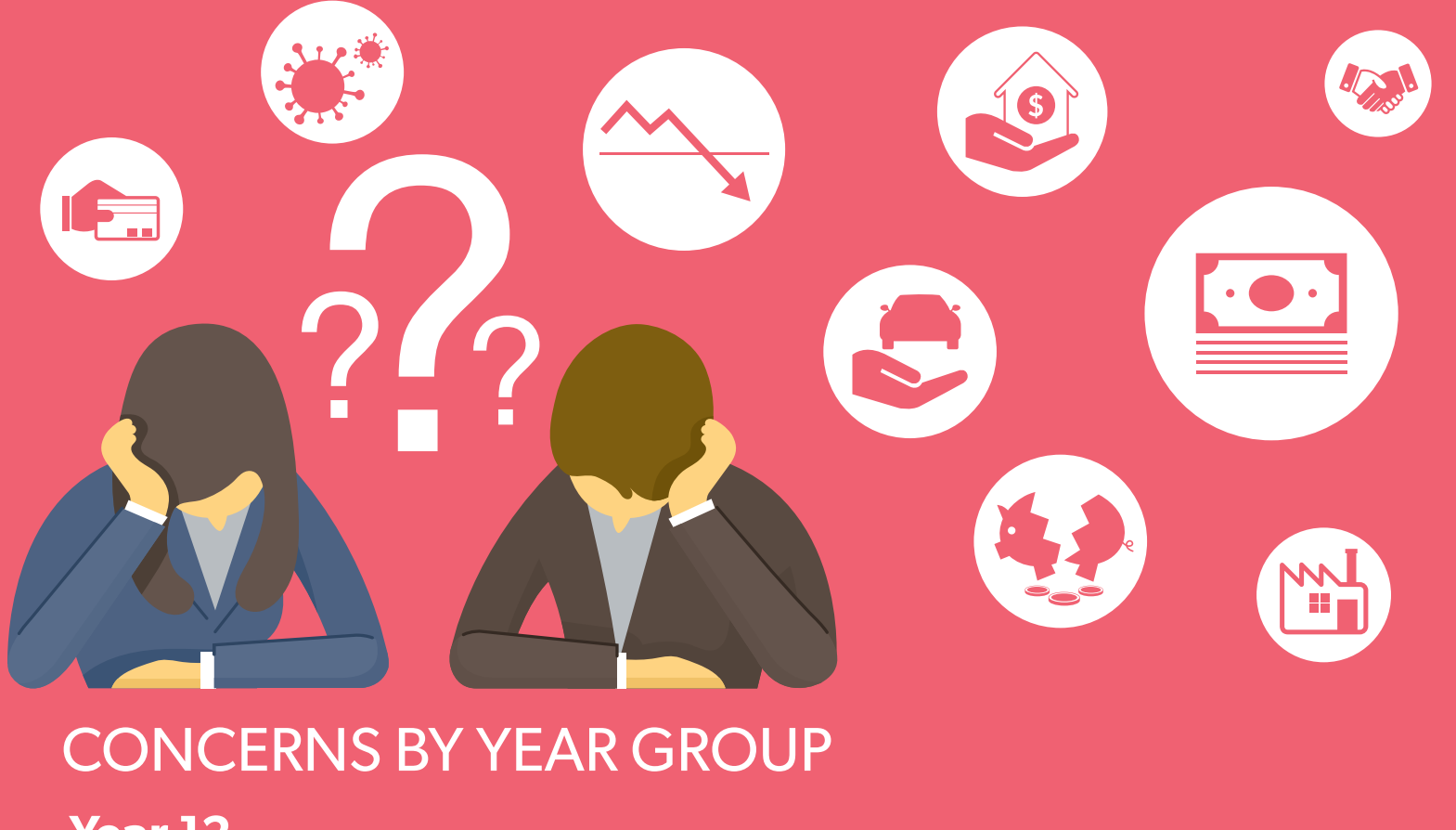
“I am pretty concerned with career prospects. I did an msc to enhance my career prospects but may end up in a worse place than 12 months ago...”

**4**

**The groups suffering the most from loneliness were:**

**59%** Year 8-10 **42%** Year 11 **37%** 1st Year Uni

“I have been completely alone for the last 3 weeks, talking to family and friends via video etc is not a replacement for company. I cope with light drinking and escapism, it works.”



## CONCERNS BY YEAR GROUP

### Year 12

- 38%** are experiencing loneliness
- 29%** are struggling with isolating with family
- 30%** are negatively affected by a lack of exercise and outdoor space

“ [concerned about ] education purely because I am in Y12. Would be in a win-win situation if I was in Y13...”

### Year 13

- 33%** are concerned with the illness of themselves or a loved one
- 34%** are impacted by lack of real-life entertainment
- 38%** are impacted by the uncertainty of future career prospects

“Uncertainty regarding my education definitely affected me I now always feel anxious about whether I’ll get the A-levels needed to go to uni.”