



NeuroLifeNow

Brain & Spine
Foundation



THE
NEUROLOGICAL
ALLIANCE

Brain & Spine Foundation registered charity no. 1098528

NEUROLIFENOW

ANALYSIS REPORT

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July and August 2022 Survey Responses

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"I feel trapped in my home as I'm to afford to keep my car on the road or afford public transport but can't walk to work. I can't afford to go out. I have a hole in my roof I can't afford to repair. That's before the worries of food and energy."

- NeuroLifeNow respondent

Foreword

The cost of living is skyrocketing for millions across the UK. The price of food, energy and transport is becoming increasingly unmanageable for the majority of the population. At the same time, the cost of care, medicines and other forms of support are also on the increase. It is expensive to live with a neurological condition – on average you pay £200 a week in extra costs, due to increased spending on heating, aids, adaptations and transport. At the same time, ensuring there is support to manage those extra costs and to maintain financial wellbeing (for example, through employment) is exceptionally challenging. The average overall loss of income due to living with Parkinson's, for example, from being unable to work or not getting the support that should be received, is £10,731 per household in the UK.¹

In July and August, the NeuroLifeNow community made it clear that you are facing unbearable choices now and in the future. 1 in 5 of you told us you are struggling financially, and many more expressed significant concerns about the ability to heat your home and put food on the table. 45% of you said you were concerned about energy costs now – this rises to 59% for future energy costs. 27% of you said you were concerned about meeting the costs of food now. Over half of those who reported concerns about food now said they felt hopeless.

¹ Parkinson's UK (2017) The cost of Parkinson's: the financial impact of living with the condition https://www.parkinsons.org.uk/sites/default/files/2017-07/CS2547%20Cost%20of%20Parkinson%27s%20report%202017%20-%20UK_1.pdf Accessed 24 October 2022

Importantly, the impacts of increases in the cost of living are not being felt evenly – people affected by neurological conditions who have one or more dependents in their household were more likely to report concerns about meeting future food, rent/mortgage and energy costs than those without. Those of working age tended to report greater levels of concern in meeting food, energy and rent/mortgage costs now and in the future too.

In just a couple of weeks' time, the Chancellor will set out the UK Government's fiscal plans. At the heart of this plan, must be a commitment to support those hardest hit by increases to the cost of living – importantly, disability benefits must be uprated in line with inflation, otherwise many people with disabilities will be facing a real term cut in their income and higher risks of poverty. The UK Government must do all it can.

In the meantime, we urge people across the UK to reach out to the Brain and Spine Foundation for support. The free, national Helpline provides a trusted and safe space where you can seek professional insight, emotional support, and guidance from neuroscience nurses. Call **0808 808 1000** (Mon-Thurs, 9am – 4pm) or email helpline@brainandspine.org.uk.

Thank you,

Marc Smith, CEO Brain and Spine Foundation

Georgina Carr, CEO Neurological Alliance (England)

Background

There are more people in the UK living with a neurological condition than cancer, heart disease or diabetes. Change is needed urgently because the current system is under-funded, inadequately resourced, and fails individuals and families too often. NeuroLifeNow is a platform designed to support people with neurological conditions to share experiences of their care. Insights are shared with NHS Commissioners, UK Governments and clinicians to influence how neurological services are delivered and to drive positive change. The data in this report is derived from responses received between 1 July – 30 August 2022. The full questionnaire and data tables are available in the appendices.

Key findings

- 273 people shared their experiences in July and August, with 73% female respondents and 26% male. 1% said they preferred not to say and 1% preferred to self-describe.
- 71 different neurological conditions and symptoms were represented in the survey. Multiple sclerosis, functional neurological disorder (FND) and ataxia were the top three represented.
- Nearly 3 in 10 (28%) said they were struggling to get by financially or did not have enough money. 46% said they were getting by.
- The majority told us they are unable to work (36%), 14% work full time, and 8% work part-time.
- 27% of respondents said they were very concerned or fairly concerned about meeting the costs of food now. 52% of those who reported concerns about food now said they felt hopeless. 39% of all respondents are worried about meeting food costs in the future.
- 45% of respondents said they were very concerned or fairly concerned about energy costs now – this rises to 59% for future energy costs.

- Those of working age tended to report greater levels of concern in meeting food, energy, and rent/mortgage costs now and in the future. For example, 21% of respondents above the age of 55 were very concerned or fairly concerned about meeting the costs of food now – 36% of those aged between 18 and 54 said the same.

Qualitative data

We asked you about your experience of health and care services in this survey. We have created a word cloud graphic below to share with you the words most commonly used, demonstrating the shared experience of our community.



Themes

A thematic analysis was conducted for responses to the question, and 4 main themes emerged. The 4 themes and their sub-themes are summarised in the list below. *TRIGGER WARNING: mention of suicide*

- **Theme 1: Impacts on mental health**
 - Fear and worry about the future

- Depressed mood
- **Theme 2: Tightened purse strings**
 - Avoid social gatherings
 - Hard to afford food
 - Being careful with spending money
 - Can't afford basic needs
 - Impact on savings
- **Theme 3: "The cost of being disabled"**
 - Increasingly unaffordable costs due to health conditions
 - Barriers to cut costs due to health conditions
 - Barriers to work due to health conditions
 - Pressure on carers/family members
- **Theme 4: More support needed**
 - Not receiving enough support
 - Suggestions of support

Theme 1: Impacts on mental health

Fear and worry about the future

It is clear that the rise in cost of living is affecting your mental health and wellbeing. Fear and worry about the future, especially winter, have been reported:

"My anxiety has gone through the roof; I am scared of being very cold this winter."

"I'm fearful of the winter, especially living in a very rural area with a house that really needs some TLC...."

"I am living on my medically retired HM Forces pension - I am unable to work. I am scared that I won't be able to afford to pay for everything soon"

Depressed mood

This includes sleeping problems, suicidal thoughts, and depressed mood.

"...I feel very low and forgotten."

"I can't afford to live once bills go up more and will be ending my own life once that happens, as I'd rather at least go out on my own terms."

"Worries affect sleep"

"... we are all having to do without everyday essentials to make ends meet. I'm stressed all the time and very depressed."

Theme 2: Tightened purse strings

Avoid social gatherings

You've reported that it has been hard to make ends meet due to the rise in cost of living. Many of you have decided to cut down spending by avoiding socialising.

"Can't afford to socialise therefore spend nearly all of the time at home."

"I am having to substitute my social hours to my essential hours, so this means I won't be able to go out to see friends and family, because I live alone this [has affected] my mental health."

Hard to afford food

Food has also become hard to afford. Some of you have skipped meals or switched to less healthy food:

"I cannot afford any extra expenses arising due to my disabilities. I am skipping meals."

"I am choosing low price ready meals or unhealthy foods to meet my budget"

"It's cheaper to eat ready meals/pot noodles/crisps than cook from scratch."

Being careful with spending money

"I have always needed to manage my finances very carefully. Costs are spiraling out of control."

"We have to be careful not to overspend as we don't know how things will be next year"

Can't afford basic needs

"I can't even afford to go to the hairdresser anymore. I am no longer living, merely existing."

"I feel trapped in my home as I'm to afford to keep my car on the road or afford public transport but can't walk to work. I can't afford to go out. I have a hole in my roof I can't afford to repair. That's before the worries of food and energy."

Impact on savings

The rise in cost of living has also impacted on your savings:

"My savings are disappearing quickly, and support is non-existent"

"I have savings intended for a deposit on a shared-ownership property and/or future payment for my hearing aids and mobility equipment. I am now having to use these savings to subsidise my income to pay bills and general cost of living expenses."

Theme 3: "The cost of being disabled"

One important theme that emerged is that there are increased costs and more barriers for those living with neurological conditions:

Increasingly unaffordable costs due to health conditions

"We are using the car far less, but with numerous hospital visits, some thirty miles away, fuel is a major cost."

"Taxi journeys have increased by at least £2 each way so a hospital appointment is costing us around £5 more each visit. Boots, the Pharmacy, have announced that prescription medicines will no longer be delivered to our home free of charge. Collecting medication by Taxi would cost a minimum of £10 a trip with both of us experiencing difficulties with walking."

"When my heating broke down a couple of years ago, I had hypothermia. I don't want that again, so I'll have to be prepared to be in debt for the first time."

“Heat and cold are massive factors in managing neuro conditions/symptoms including Long Covid. They have a direct effect on pain and fatigue levels. Not being able to afford appropriate heating will have a detrimental effect on so many with long term health conditions”

Barriers to cut costs due to health conditions

“It depresses me that I can’t cook from scratch anymore, which would be cheaper. I’m not safe with hot items and end up burned between reduced sensation and sudden arm spasms.”

Barriers to work due to health conditions

“Now with back pain & spinal surgery next month it’s been hard to look for work.”

“Since my surgery, I have only been able to work on a very part time basis and at present I’m only able to work on a minimal basis. This has an impact on the household expenditure.”

Pressure on carers/family members

“My husband is both my paid and unpaid carer. I fear his mental health is being compromised with energy crisis burdens, negative implications from Covid ongoing, and my disability being viewed as a costly burden by statutory care and governmental systems. It’s destructive to my health and well-being and marriage and my confidence and sense of worth is being challenged more.”

“As I no longer work due to MS I am always aware of pressure on husband to provide for us both and family”

Theme 4: More support needed

You have expressed that more support is needed and gave suggestions on how further support can be given.

Not receiving enough support

“Having no income due to having to resign from my job due to my neurological conditions, the cost of living has a huge impact on myself and my family. There is

very little support especially when you are not entitled to any financial support despite life changing conditions.”

“Benefits are designed to help with extra costs due to disabilities and poor health, but benefits have not increased in line with inflation.”

“I have 2 very small pensions, so I am fortunate to be eligible for Enhanced PIP both living and mobility for 10 years. I did have Universal credit, but DWP made errors and I was informed that I had been overpaid and I now have to pay back £400 plus from my meagre funds. I own my own house which drastically works against my situation. Due to this situation, I am and have been supported by a Charity in order to pay my everyday bills for the last 3-4 years since being retired on the grounds of ill health in 2019.”

“My wife is my full time Carer and we find it difficult to pay for fuel for the car for appointments, oxygen therapy, massage and I use PIP to find these. I am very independent, but these disabilities have eaten into our savings, and we have less than £500 left.”

Suggestions of support

Several suggestions of forms of support that can be provided have been found:

“Currently under the NHS Prescription Costs Exemptions, neurological conditions are not listed. Having free prescriptions would be a god send.”

“I would like to see a new system whereby single disabled people and those on legacy benefits are entitled to the same uplift payments as couples/those on UC. My savings will soon be gone, so then I guess I'll qualify for UC but is that really the way the government want people to live? How about a trial of Universal Benefit Income for the disabled community – especially those of us with incurable/progressive/long-term conditions.”

“There should be more support/funding available for those in need (which isn't dependent on benefits, as many of us who have long term conditions aren't in receipt of them).”

“Not all of us on PIP or contribution-based ESA have a partner or other means of bringing in a substantial supplementary income. I’d like to see single legacy benefit recipients get more help and/or a back payment of the uplifts and extra bonuses that UC recipients get.”

Quantitative data

Cost of living concerns

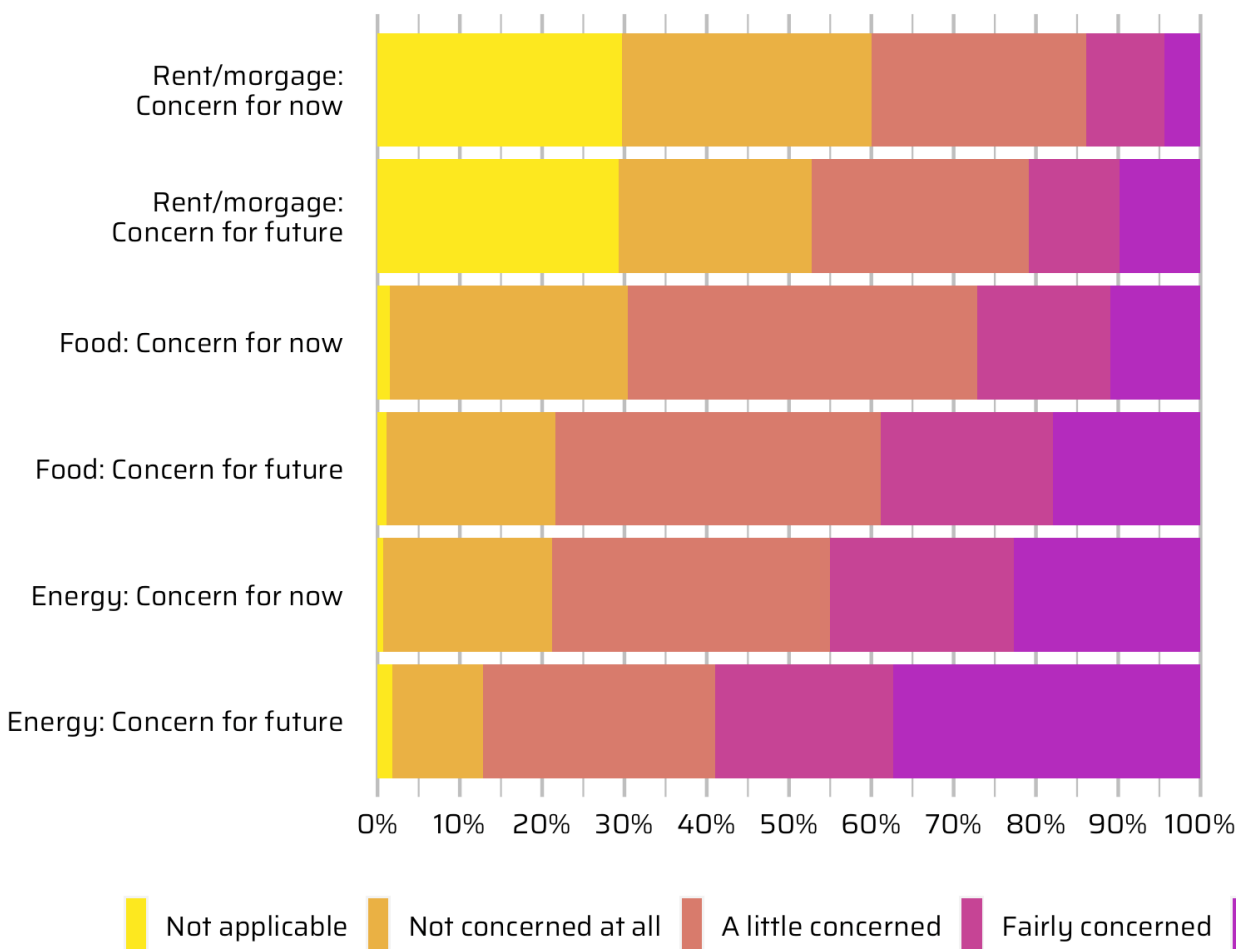


Figure 1: Cost of living concerns of respondents.

Table 1: Cost of living concerns of respondents.

Type of concern	Level of concern	Respondents	Percentage
Rent/mortgage: Concern for now	Very concerned	12	4
Rent/mortgage: Concern for now	Fairly concerned	26	10
Rent/mortgage: Concern for now	A little concerned	71	26
Rent/mortgage: Concern for now	Not concerned at all	83	30
Rent/mortgage: Concern for now	Not applicable	81	30

Type of concern	Level of concern	Respondents	Percentage
Rent/morgage: Concern for future	Very concerned	27	10
Rent/morgage: Concern for future	Fairly concerned	30	11
Rent/morgage: Concern for future	A little concerned	72	26
Rent/morgage: Concern for future	Not concerned at all	64	23
Rent/morgage: Concern for future	Not applicable	80	29
Food: Concern for now	Very concerned	30	11
Food: Concern for now	Fairly concerned	44	16
Food: Concern for now	A little concerned	116	42
Food: Concern for now	Not concerned at all	79	29
Food: Concern for now	Not applicable	4	1
Food: Concern for future	Very concerned	49	18
Food: Concern for future	Fairly concerned	57	21
Food: Concern for future	A little concerned	108	40
Food: Concern for future	Not concerned at all	56	21
Food: Concern for future	Not applicable	3	1
Energy: Concern for now	Very concerned	62	23
Energy: Concern for now	Fairly concerned	61	22
Energy: Concern for now	A little concerned	92	34
Energy: Concern for now	Not concerned at all	56	21
Energy: Concern for now	Not applicable	2	1
Energy: Concern for future	Very concerned	102	37
Energy: Concern for future	Fairly concerned	59	22
Energy: Concern for future	A little concerned	77	28
Energy: Concern for future	Not concerned at all	30	11

Type of concern	Level of concern	Respondents	Percentage
Energy: Concern for future	Not applicable	5	2

Cost of living concerns: Does it differ among people with/without multiple conditions?

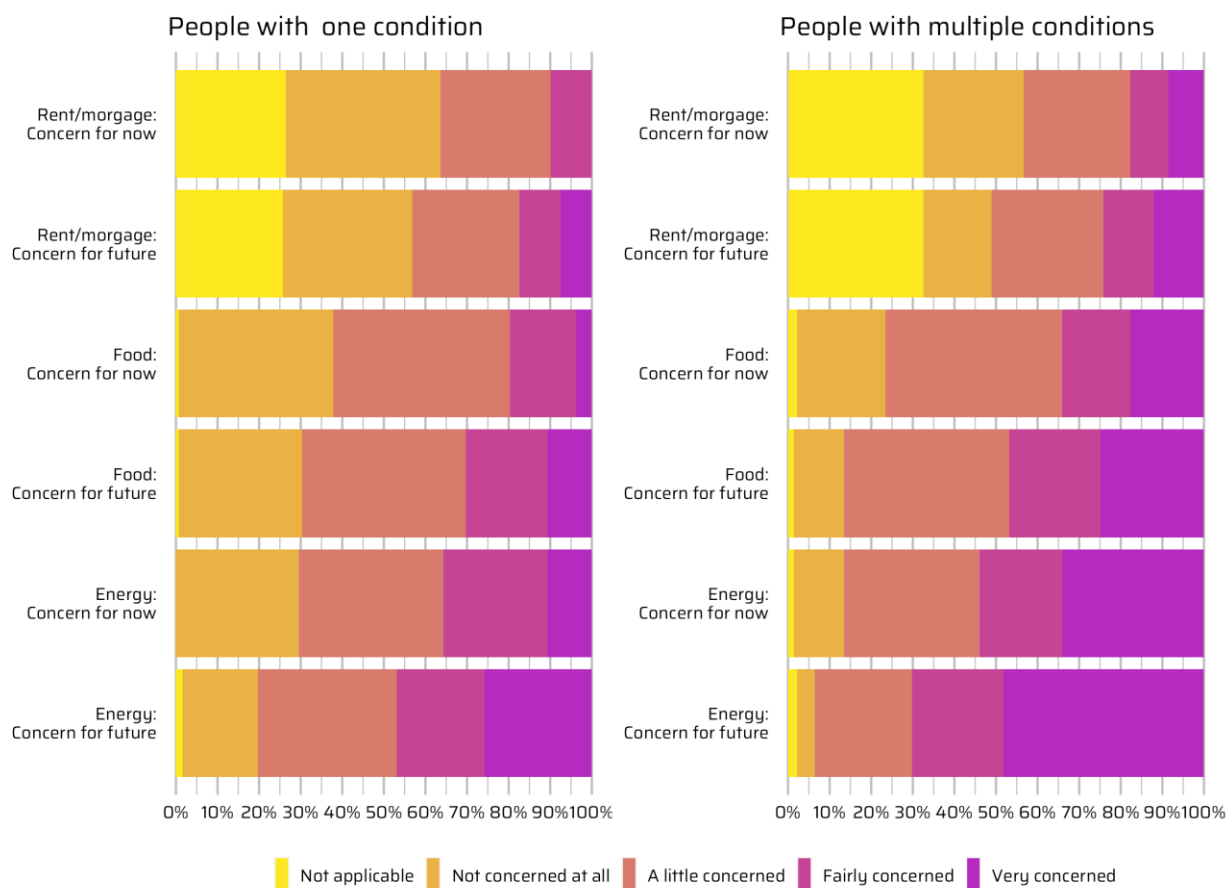


Figure 2: Cost of living concerns of respondents broken down by people with one and multiple conditions.

Table 2: Cost of living concerns of respondents broken down by people with one and multiple conditions.

Group	Type of concern	Level of concern	Respondents	Percentage
Multiple conditions	Rent/mortgage: Concern for now	Very concerned	12	9

Group	Type of concern	Level of concern	Respondents	Percentage
Multiple conditions	Rent/morgage: Concern for now	Fairly concerned	13	9
Multiple conditions	Rent/morgage: Concern for now	A little concerned	36	26
Multiple conditions	Rent/morgage: Concern for now	Not concerned at all	34	24
Multiple conditions	Rent/morgage: Concern for now	Not applicable	46	33
Multiple conditions	Rent/morgage: Concern for future	Very concerned	17	12
Multiple conditions	Rent/morgage: Concern for future	Fairly concerned	17	12
Multiple conditions	Rent/morgage: Concern for future	A little concerned	38	27
Multiple conditions	Rent/morgage: Concern for future	Not concerned at all	23	16
Multiple conditions	Rent/morgage: Concern for future	Not applicable	46	33
Multiple conditions	Food: Concern for now	Very concerned	25	18
Multiple conditions	Food: Concern for now	Fairly concerned	23	16
Multiple conditions	Food: Concern for now	A little concerned	60	43
Multiple conditions	Food: Concern for now	Not concerned at all	30	21
Multiple conditions	Food: Concern for now	Not applicable	3	2
Multiple conditions	Food: Concern for future	Very concerned	35	25
Multiple conditions	Food: Concern for future	Fairly concerned	31	22
Multiple conditions	Food: Concern for future	A little concerned	56	40

Group	Type of concern	Level of concern	Respondents	Percentage
Multiple conditions	Food: Concern for future	Not concerned at all	17	12
Multiple conditions	Food: Concern for future	Not applicable	2	1
Multiple conditions	Energy: Concern for now	Very concerned	48	34
Multiple conditions	Energy: Concern for now	Fairly concerned	28	20
Multiple conditions	Energy: Concern for now	A little concerned	46	33
Multiple conditions	Energy: Concern for now	Not concerned at all	17	12
Multiple conditions	Energy: Concern for now	Not applicable	2	1
Multiple conditions	Energy: Concern for future	Very concerned	68	48
Multiple conditions	Energy: Concern for future	Fairly concerned	31	22
Multiple conditions	Energy: Concern for future	A little concerned	33	23
Multiple conditions	Energy: Concern for future	Not concerned at all	6	4
Multiple conditions	Energy: Concern for future	Not applicable	3	2
One condition	Rent/morgage: Concern for now	Very concerned	0	0
One condition	Rent/morgage: Concern for now	Fairly concerned	13	10
One condition	Rent/morgage: Concern for now	A little concerned	35	27
One condition	Rent/morgage: Concern for now	Not concerned at all	49	37
One condition	Rent/morgage: Concern for now	Not applicable	35	27

Group	Type of concern	Level of concern	Respondents	Percentage
One condition	Rent/morgage: Concern for future	Very concerned	10	8
One condition	Rent/morgage: Concern for future	Fairly concerned	13	10
One condition	Rent/morgage: Concern for future	A little concerned	34	26
One condition	Rent/morgage: Concern for future	Not concerned at all	41	31
One condition	Rent/morgage: Concern for future	Not applicable	34	26
One condition	Food: Concern for now	Very concerned	5	4
One condition	Food: Concern for now	Fairly concerned	21	16
One condition	Food: Concern for now	A little concerned	56	42
One condition	Food: Concern for now	Not concerned at all	49	37
One condition	Food: Concern for now	Not applicable	1	1
One condition	Food: Concern for future	Very concerned	14	11
One condition	Food: Concern for future	Fairly concerned	26	20
One condition	Food: Concern for future	A little concerned	52	39
One condition	Food: Concern for future	Not concerned at all	39	30
One condition	Food: Concern for future	Not applicable	1	1
One condition	Energy: Concern for now	Very concerned	14	11
One condition	Energy: Concern for now	Fairly concerned	33	25
One condition	Energy: Concern for now	A little concerned	46	35
One condition	Energy: Concern for now	Not concerned at all	39	30
One condition	Energy: Concern for now	Not applicable	0	0

Group	Type of concern	Level of concern	Respondents	Percentage
One condition	Energy: Concern for future	Very concerned	34	26
One condition	Energy: Concern for future	Fairly concerned	28	21
One condition	Energy: Concern for future	A little concerned	44	33
One condition	Energy: Concern for future	Not concerned at all	24	18
One condition	Energy: Concern for future	Not applicable	2	2

Cost of living concerns: Does this differ by age groups?

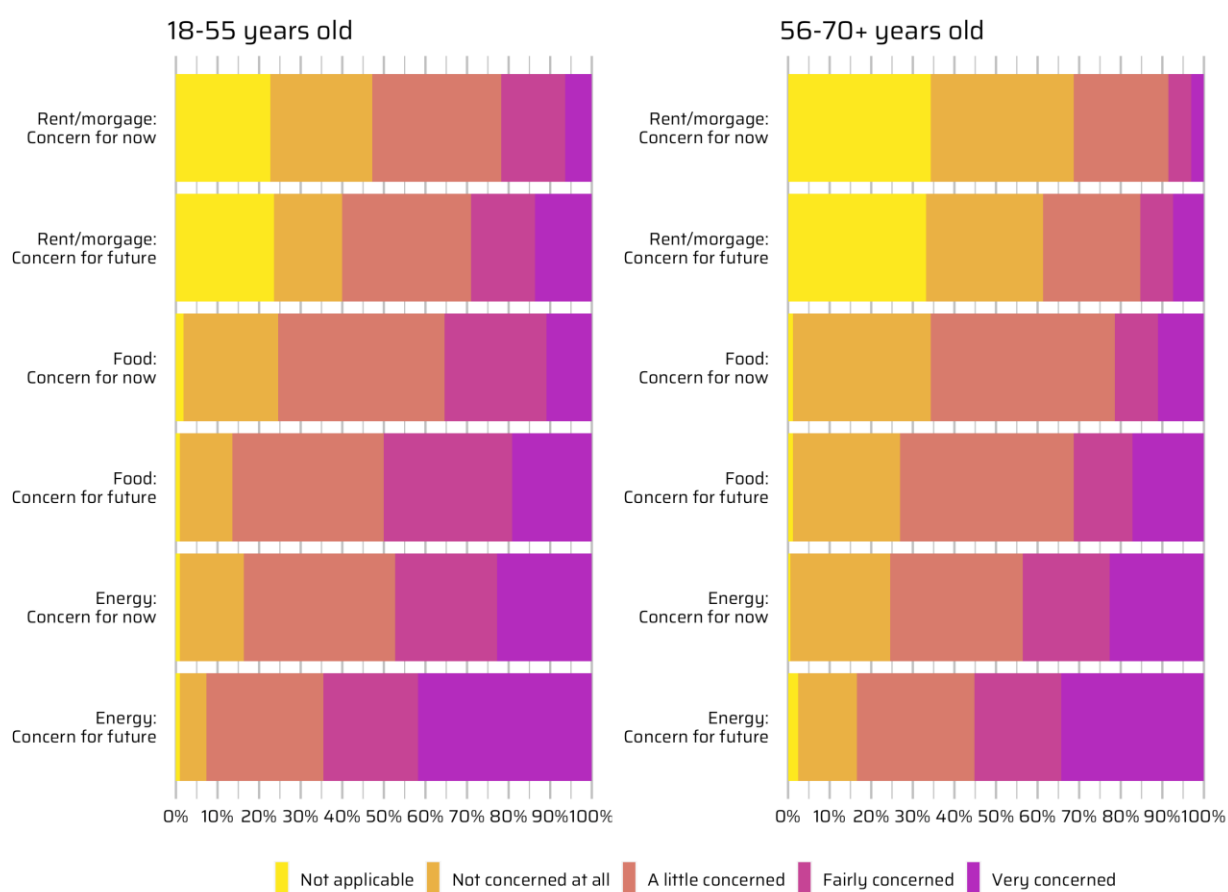


Figure 2: Cost of living concerns of respondents broken down by people with one and multiple conditions.

Table 2: Cost of living concerns of respondents broken down by people with one and multiple conditions.

Age Group	Type of concern	Level of concern	Respondents	Percentage
18-55	Rent/morgage: Concern for now	Very concerned	7	6
18-55	Rent/morgage: Concern for now	Fairly concerned	17	15
18-55	Rent/morgage: Concern for now	A little concerned	34	31
18-55	Rent/morgage: Concern for now	Not concerned at all	27	25
18-55	Rent/morgage: Concern for now	Not applicable	25	23
18-55	Rent/morgage: Concern for future	Very concerned	15	14
18-55	Rent/morgage: Concern for future	Fairly concerned	17	15
18-55	Rent/morgage: Concern for future	A little concerned	34	31
18-55	Rent/morgage: Concern for future	Not concerned at all	18	16
18-55	Rent/morgage: Concern for future	Not applicable	26	24
18-55	Food: Concern for now	Very concerned	12	11
18-55	Food: Concern for now	Fairly concerned	27	25
18-55	Food: Concern for now	A little concerned	44	40
18-55	Food: Concern for now	Not concerned at all	25	23
18-55	Food: Concern for now	Not applicable	2	2
18-55	Food: Concern for future	Very concerned	21	19
18-55	Food: Concern for future	Fairly concerned	34	31
18-55	Food: Concern for future	A little concerned	40	36
18-55	Food: Concern for future	Not concerned at all	14	13
18-55	Food: Concern for future	Not applicable	1	1

Age Group	Type of concern	Level of concern	Respondents	Percentage
18-55	Energy: Concern for now	Very concerned	25	23
18-55	Energy: Concern for now	Fairly concerned	27	25
18-55	Energy: Concern for now	A little concerned	40	36
18-55	Energy: Concern for now	Not concerned at all	17	15
18-55	Energy: Concern for now	Not applicable	1	1
18-55	Energy: Concern for future	Very concerned	46	42
18-55	Energy: Concern for future	Fairly concerned	25	23
18-55	Energy: Concern for future	A little concerned	31	28
18-55	Energy: Concern for future	Not concerned at all	7	6
18-55	Energy: Concern for future	Not applicable	1	1
56-70+	Rent/morgage: Concern for now	Very concerned	5	3
56-70+	Rent/morgage: Concern for now	Fairly concerned	9	6
56-70+	Rent/morgage: Concern for now	A little concerned	37	23
56-70+	Rent/morgage: Concern for now	Not concerned at all	56	34
56-70+	Rent/morgage: Concern for now	Not applicable	56	34
56-70+	Rent/morgage: Concern for future	Very concerned	12	7
56-70+	Rent/morgage: Concern for future	Fairly concerned	13	8
56-70+	Rent/morgage: Concern for future	A little concerned	38	23
56-70+	Rent/morgage: Concern for future	Not concerned at all	46	28
56-70+	Rent/morgage: Concern for future	Not applicable	54	33
56-70+	Food: Concern for now	Very concerned	18	11
56-70+	Food: Concern for now	Fairly concerned	17	10
56-70+	Food: Concern for now	A little concerned	72	44

Age Group	Type of concern	Level of concern	Respondents	Percentage
56-70+	Food: Concern for now	Not concerned at all	54	33
56-70+	Food: Concern for now	Not applicable	2	1
56-70+	Food: Concern for future	Very concerned	28	17
56-70+	Food: Concern for future	Fairly concerned	23	14
56-70+	Food: Concern for future	A little concerned	68	42
56-70+	Food: Concern for future	Not concerned at all	42	26
56-70+	Food: Concern for future	Not applicable	2	1
56-70+	Energy: Concern for now	Very concerned	37	23
56-70+	Energy: Concern for now	Fairly concerned	34	21
56-70+	Energy: Concern for now	A little concerned	52	32
56-70+	Energy: Concern for now	Not concerned at all	39	24
56-70+	Energy: Concern for now	Not applicable	1	1
56-70+	Energy: Concern for future	Very concerned	56	34
56-70+	Energy: Concern for future	Fairly concerned	34	21
56-70+	Energy: Concern for future	A little concerned	46	28
56-70+	Energy: Concern for future	Not concerned at all	23	14
56-70+	Energy: Concern for future	Not applicable	4	2

Cost of living concerns: Does this differ by gender?

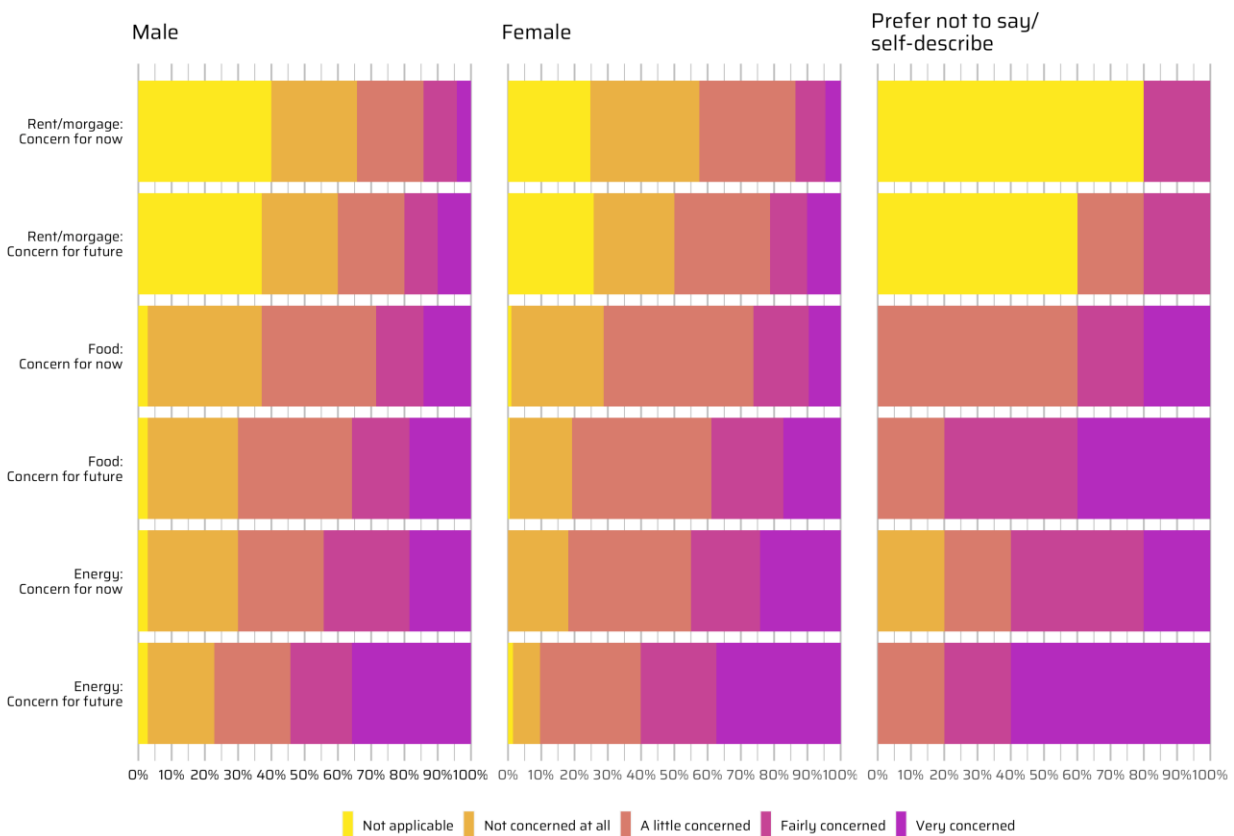


Figure 3: Cost of living concerns of respondents by gender.

Table 3: Cost of living concerns of respondents by gender.

Group	Type of concern	Level of concern	Respondents	Percentage
Male	Rent/mortgage: Concern for now	Very concerned	3	4
Male	Rent/mortgage: Concern for now	Fairly concerned	7	10
Male	Rent/mortgage: Concern for now	A little concerned	14	20
Male	Rent/mortgage: Concern for now	Not concerned at all	18	26
Male	Rent/mortgage: Concern for now	Not applicable	28	40

Group	Type of concern	Level of concern	Respondents	Percentage
Male	Rent/morgage: Concern for future	Very concerned	7	10
Male	Rent/morgage: Concern for future	Fairly concerned	7	10
Male	Rent/morgage: Concern for future	A little concerned	14	20
Male	Rent/morgage: Concern for future	Not concerned at all	16	23
Male	Rent/morgage: Concern for future	Not applicable	26	37
Male	Food: Concern for now	Very concerned	10	14
Male	Food: Concern for now	Fairly concerned	10	14
Male	Food: Concern for now	A little concerned	24	34
Male	Food: Concern for now	Not concerned at all	24	34
Male	Food: Concern for now	Not applicable	2	3
Male	Food: Concern for future	Very concerned	13	19
Male	Food: Concern for future	Fairly concerned	12	17
Male	Food: Concern for future	A little concerned	24	34
Male	Food: Concern for future	Not concerned at all	19	27
Male	Food: Concern for future	Not applicable	2	3
Male	Energy: Concern for now	Very concerned	13	19
Male	Energy: Concern for now	Fairly concerned	18	26
Male	Energy: Concern for now	A little concerned	18	26

Group	Type of concern	Level of concern	Respondents	Percentage
Male	Energy: Concern for now	Not concerned at all	19	27
Male	Energy: Concern for now	Not applicable	2	3
Male	Energy: Concern for future	Very concerned	25	36
Male	Energy: Concern for future	Fairly concerned	13	19
Male	Energy: Concern for future	A little concerned	16	23
Male	Energy: Concern for future	Not concerned at all	14	20
Male	Energy: Concern for future	Not applicable	2	3
Female	Rent/morgage: Concern for now	Very concerned	9	5
Female	Rent/morgage: Concern for now	Fairly concerned	18	9
Female	Rent/morgage: Concern for now	A little concerned	57	29
Female	Rent/morgage: Concern for now	Not concerned at all	65	33
Female	Rent/morgage: Concern for now	Not applicable	49	25
Female	Rent/morgage: Concern for future	Very concerned	20	10
Female	Rent/morgage: Concern for future	Fairly concerned	22	11
Female	Rent/morgage: Concern for future	A little concerned	57	29
Female	Rent/morgage: Concern for future	Not concerned at all	48	24
Female	Rent/morgage: Concern for future	Not applicable	51	26
Female	Food: Concern for now	Very concerned	19	10

Group	Type of concern	Level of concern	Respondents	Percentage
Female	Food: Concern for now	Fairly concerned	33	17
Female	Food: Concern for now	A little concerned	89	45
Female	Food: Concern for now	Not concerned at all	55	28
Female	Food: Concern for now	Not applicable	2	1
Female	Food: Concern for future	Very concerned	34	17
Female	Food: Concern for future	Fairly concerned	43	22
Female	Food: Concern for future	A little concerned	83	42
Female	Food: Concern for future	Not concerned at all	37	19
Female	Food: Concern for future	Not applicable	1	1
Female	Energy: Concern for now	Very concerned	48	24
Female	Energy: Concern for now	Fairly concerned	41	21
Female	Energy: Concern for now	A little concerned	73	37
Female	Energy: Concern for now	Not concerned at all	36	18
Female	Energy: Concern for now	Not applicable	0	0
Female	Energy: Concern for future	Very concerned	74	37
Female	Energy: Concern for future	Fairly concerned	45	23
Female	Energy: Concern for future	A little concerned	60	30
Female	Energy: Concern for future	Not concerned at all	16	8

Group	Type of concern	Level of concern	Respondents	Percentage
Female	Energy: Concern for future	Not applicable	3	2
Prefer not to say/self-describe	Rent/morgage: Concern for now	Very concerned	0	0
Prefer not to say/self-describe	Rent/morgage: Concern for now	Fairly concerned	1	20
Prefer not to say/self-describe	Rent/morgage: Concern for now	A little concerned	0	0
Prefer not to say/self-describe	Rent/morgage: Concern for now	Not concerned at all	0	0
Prefer not to say/self-describe	Rent/morgage: Concern for now	Not applicable	4	80
Prefer not to say/self-describe	Rent/morgage: Concern for future	Very concerned	0	0
Prefer not to say/self-describe	Rent/morgage: Concern for future	Fairly concerned	1	20
Prefer not to say/self-describe	Rent/morgage: Concern for future	A little concerned	1	20
Prefer not to say/self-describe	Rent/morgage: Concern for future	Not concerned at all	0	0
Prefer not to say/self-describe	Rent/morgage: Concern for future	Not applicable	3	60
Prefer not to say/self-describe	Food: Concern for now	Very concerned	1	20
Prefer not to say/self-describe	Food: Concern for now	Fairly concerned	1	20
Prefer not to say/self-describe	Food: Concern for now	A little concerned	3	60
Prefer not to say/self-describe	Food: Concern for now	Not concerned at all	0	0
Prefer not to say/self-describe	Food: Concern for now	Not applicable	0	0
Prefer not to say/self-describe	Food: Concern for future	Very concerned	2	40
Prefer not to say/self-describe	Food: Concern for future	Fairly concerned	2	40

Group	Type of concern	Level of concern	Respondents	Percentage
Prefer not to say/self-describe	Food: Concern for future	A little concerned	1	20
Prefer not to say/self-describe	Food: Concern for future	Not concerned at all	0	0
Prefer not to say/self-describe	Food: Concern for future	Not applicable	0	0
Prefer not to say/self-describe	Energy: Concern for now	Very concerned	1	20
Prefer not to say/self-describe	Energy: Concern for now	Fairly concerned	2	40
Prefer not to say/self-describe	Energy: Concern for now	A little concerned	1	20
Prefer not to say/self-describe	Energy: Concern for now	Not concerned at all	1	20
Prefer not to say/self-describe	Energy: Concern for now	Not applicable	0	0
Prefer not to say/self-describe	Energy: Concern for future	Very concerned	3	60
Prefer not to say/self-describe	Energy: Concern for future	Fairly concerned	1	20
Prefer not to say/self-describe	Energy: Concern for future	A little concerned	1	20
Prefer not to say/self-describe	Energy: Concern for future	Not concerned at all	0	0
Prefer not to say/self-describe	Energy: Concern for future	Not applicable	0	0

Cost of living concerns: Does this differ by employment status?

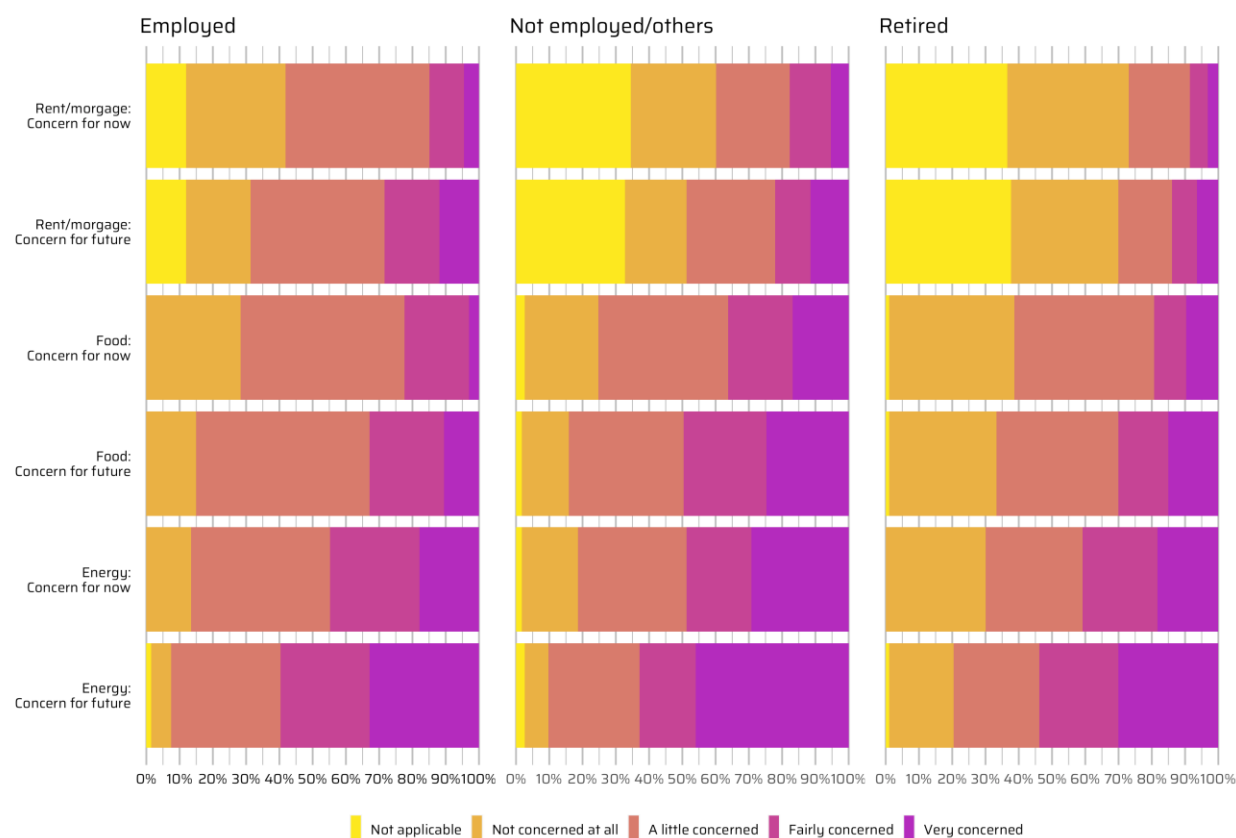


Figure 4: Cost of living concerns of respondents by employment status.

Table 4: Cost of living concerns of respondents by employment status.

Group	Type of concern	Level of concern	Respondents	Percentage
Employed	Rent/mortgage: Concern for now	Very concerned	3	4
Employed	Rent/mortgage: Concern for now	Fairly concerned	7	10
Employed	Rent/mortgage: Concern for now	A little concerned	29	43
Employed	Rent/mortgage: Concern for now	Not concerned at all	20	30
Employed	Rent/mortgage: Concern for now	Not applicable	8	12

Group	Type of concern	Level of concern	Respondents	Percentage
Employed	Rent/morgage: Concern for future	Very concerned	8	12
Employed	Rent/morgage: Concern for future	Fairly concerned	11	16
Employed	Rent/morgage: Concern for future	A little concerned	27	40
Employed	Rent/morgage: Concern for future	Not concerned at all	13	19
Employed	Rent/morgage: Concern for future	Not applicable	8	12
Employed	Food: Concern for now	Very concerned	2	3
Employed	Food: Concern for now	Fairly concerned	13	19
Employed	Food: Concern for now	A little concerned	33	49
Employed	Food: Concern for now	Not concerned at all	19	28
Employed	Food: Concern for now	Not applicable	0	0
Employed	Food: Concern for future	Very concerned	7	10
Employed	Food: Concern for future	Fairly concerned	15	22
Employed	Food: Concern for future	A little concerned	35	52
Employed	Food: Concern for future	Not concerned at all	10	15
Employed	Food: Concern for future	Not applicable	0	0
Employed	Energy: Concern for now	Very concerned	12	18
Employed	Energy: Concern for now	Fairly concerned	18	27
Employed	Energy: Concern for now	A little concerned	28	42

Group	Type of concern	Level of concern	Respondents	Percentage
Employed	Energy: Concern for now	Not concerned at all	9	13
Employed	Energy: Concern for now	Not applicable	0	0
Employed	Energy: Concern for future	Very concerned	22	33
Employed	Energy: Concern for future	Fairly concerned	18	27
Employed	Energy: Concern for future	A little concerned	22	33
Employed	Energy: Concern for future	Not concerned at all	4	6
Employed	Energy: Concern for future	Not applicable	1	1
Not employed/others	Rent/morgage: Concern for now	Very concerned	6	5
Not employed/others	Rent/morgage: Concern for now	Fairly concerned	14	12
Not employed/others	Rent/morgage: Concern for now	A little concerned	25	22
Not employed/others	Rent/morgage: Concern for now	Not concerned at all	29	26
Not employed/others	Rent/morgage: Concern for now	Not applicable	39	35
Not employed/others	Rent/morgage: Concern for future	Very concerned	13	12
Not employed/others	Rent/morgage: Concern for future	Fairly concerned	12	11
Not employed/others	Rent/morgage: Concern for future	A little concerned	30	27
Not employed/others	Rent/morgage: Concern for future	Not concerned at all	21	19
Not employed/others	Rent/morgage: Concern for future	Not applicable	37	33

Group	Type of concern	Level of concern	Respondents	Percentage
Not employed/others	Food: Concern for now	Very concerned	19	17
Not employed/others	Food: Concern for now	Fairly concerned	22	19
Not employed/others	Food: Concern for now	A little concerned	44	39
Not employed/others	Food: Concern for now	Not concerned at all	25	22
Not employed/others	Food: Concern for now	Not applicable	3	3
Not employed/others	Food: Concern for future	Very concerned	28	25
Not employed/others	Food: Concern for future	Fairly concerned	28	25
Not employed/others	Food: Concern for future	A little concerned	39	35
Not employed/others	Food: Concern for future	Not concerned at all	16	14
Not employed/others	Food: Concern for future	Not applicable	2	2
Not employed/others	Energy: Concern for now	Very concerned	33	29
Not employed/others	Energy: Concern for now	Fairly concerned	22	19
Not employed/others	Energy: Concern for now	A little concerned	37	33
Not employed/others	Energy: Concern for now	Not concerned at all	19	17
Not employed/others	Energy: Concern for now	Not applicable	2	2
Not employed/others	Energy: Concern for future	Very concerned	52	46
Not employed/others	Energy: Concern for future	Fairly concerned	19	17

Group	Type of concern	Level of concern	Respondents	Percentage
Not employed/others	Energy: Concern for future	A little concerned	31	27
Not employed/others	Energy: Concern for future	Not concerned at all	8	7
Not employed/others	Energy: Concern for future	Not applicable	3	3
Retired	Rent/morgage: Concern for now	Very concerned	3	3
Retired	Rent/morgage: Concern for now	Fairly concerned	5	5
Retired	Rent/morgage: Concern for now	A little concerned	17	18
Retired	Rent/morgage: Concern for now	Not concerned at all	34	37
Retired	Rent/morgage: Concern for now	Not applicable	34	37
Retired	Rent/morgage: Concern for future	Very concerned	6	6
Retired	Rent/morgage: Concern for future	Fairly concerned	7	8
Retired	Rent/morgage: Concern for future	A little concerned	15	16
Retired	Rent/morgage: Concern for future	Not concerned at all	30	32
Retired	Rent/morgage: Concern for future	Not applicable	35	38
Retired	Food: Concern for now	Very concerned	9	10
Retired	Food: Concern for now	Fairly concerned	9	10
Retired	Food: Concern for now	A little concerned	39	42
Retired	Food: Concern for now	Not concerned at all	35	38
Retired	Food: Concern for now	Not applicable	1	1

Group	Type of concern	Level of concern	Respondents	Percentage
Retired	Food: Concern for future	Very concerned	14	15
Retired	Food: Concern for future	Fairly concerned	14	15
Retired	Food: Concern for future	A little concerned	34	37
Retired	Food: Concern for future	Not concerned at all	30	32
Retired	Food: Concern for future	Not applicable	1	1
Retired	Energy: Concern for now	Very concerned	17	18
Retired	Energy: Concern for now	Fairly concerned	21	23
Retired	Energy: Concern for now	A little concerned	27	29
Retired	Energy: Concern for now	Not concerned at all	28	30
Retired	Energy: Concern for now	Not applicable	0	0
Retired	Energy: Concern for future	Very concerned	28	30
Retired	Energy: Concern for future	Fairly concerned	22	24
Retired	Energy: Concern for future	A little concerned	24	26
Retired	Energy: Concern for future	Not concerned at all	18	19
Retired	Energy: Concern for future	Not applicable	1	1

Cost of living concerns: Does this differ by number of dependents?

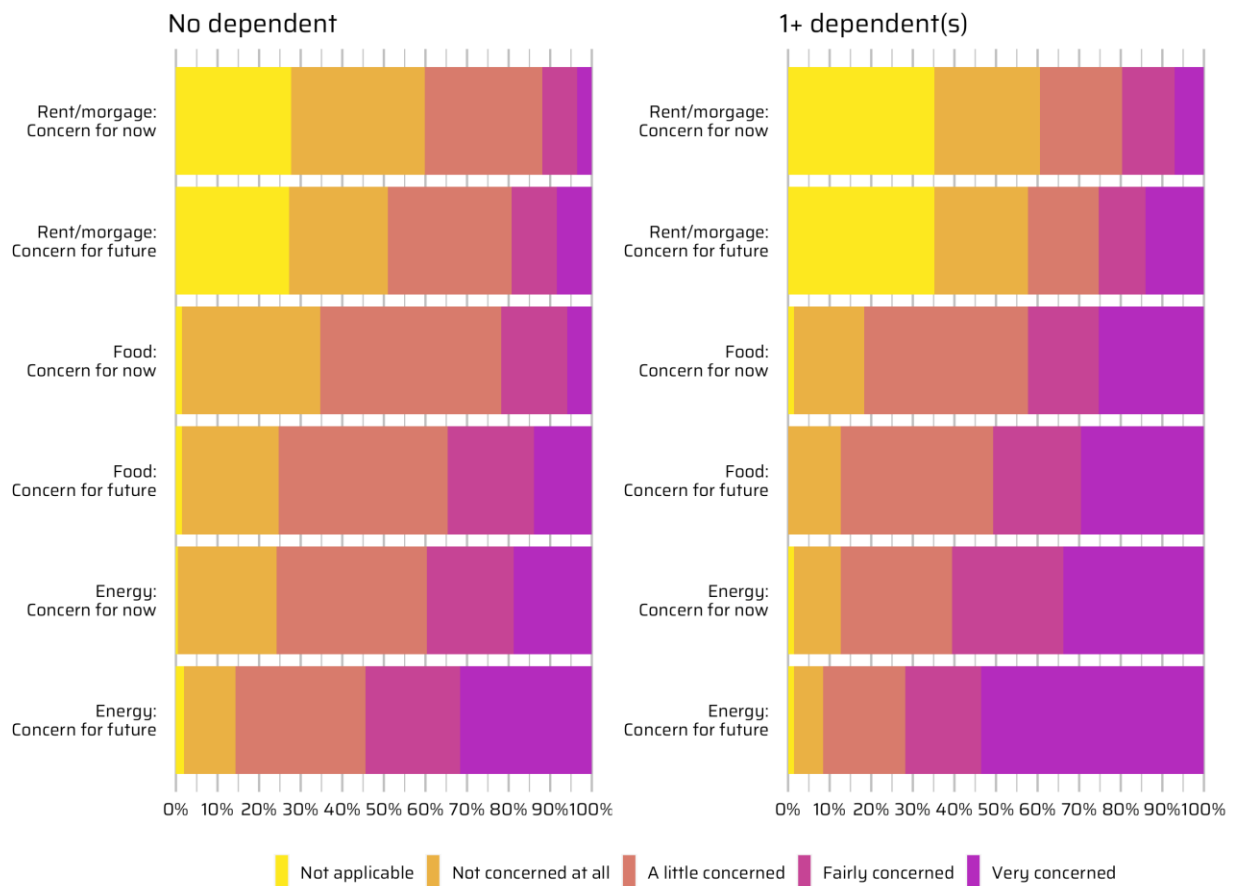


Figure 5: Cost of living concerns of respondents by number of dependents.

Table 5: Cost of living concerns of respondents by number of dependents.

Number of Dependents	Type of concern	Level of concern	Respondents	Percentage
0	Rent/mortgage: Concern for now	Very concerned	7	3
0	Rent/mortgage: Concern for now	Fairly concerned	17	8
0	Rent/mortgage: Concern for now	A little concerned	57	28
0	Rent/mortgage: Concern for now	Not concerned at all	65	32

Number of Dependents	Type of concern	Level of concern	Respondents	Percentage
0	Rent/morgage: Concern for now	Not applicable	56	28
0	Rent/morgage: Concern for future	Very concerned	17	8
0	Rent/morgage: Concern for future	Fairly concerned	22	11
0	Rent/morgage: Concern for future	A little concerned	60	30
0	Rent/morgage: Concern for future	Not concerned at all	48	24
0	Rent/morgage: Concern for future	Not applicable	55	27
0	Food: Concern for now	Very concerned	12	6
0	Food: Concern for now	Fairly concerned	32	16
0	Food: Concern for now	A little concerned	88	44
0	Food: Concern for now	Not concerned at all	67	33
0	Food: Concern for now	Not applicable	3	1
0	Food: Concern for future	Very concerned	28	14
0	Food: Concern for future	Fairly concerned	42	21
0	Food: Concern for future	A little concerned	82	41
0	Food: Concern for future	Not concerned at all	47	23
0	Food: Concern for future	Not applicable	3	1

Number of Dependents	Type of concern	Level of concern	Respondents	Percentage
0	Energy: Concern for now	Very concerned	38	19
0	Energy: Concern for now	Fairly concerned	42	21
0	Energy: Concern for now	A little concerned	73	36
0	Energy: Concern for now	Not concerned at all	48	24
0	Energy: Concern for now	Not applicable	1	0
0	Energy: Concern for future	Very concerned	64	32
0	Energy: Concern for future	Fairly concerned	46	23
0	Energy: Concern for future	A little concerned	63	31
0	Energy: Concern for future	Not concerned at all	25	12
0	Energy: Concern for future	Not applicable	4	2
1+	Rent/morgage: Concern for now	Very concerned	5	7
1+	Rent/morgage: Concern for now	Fairly concerned	9	13
1+	Rent/morgage: Concern for now	A little concerned	14	20
1+	Rent/morgage: Concern for now	Not concerned at all	18	25
1+	Rent/morgage: Concern for now	Not applicable	25	35
1+	Rent/morgage: Concern for future	Very concerned	10	14

Number of Dependents	Type of concern	Level of concern	Respondents	Percentage
1+	Rent/morgage: Concern for future	Fairly concerned	8	11
1+	Rent/morgage: Concern for future	A little concerned	12	17
1+	Rent/morgage: Concern for future	Not concerned at all	16	23
1+	Rent/morgage: Concern for future	Not applicable	25	35
1+	Food: Concern for now	Very concerned	18	25
1+	Food: Concern for now	Fairly concerned	12	17
1+	Food: Concern for now	A little concerned	28	39
1+	Food: Concern for now	Not concerned at all	12	17
1+	Food: Concern for now	Not applicable	1	1
1+	Food: Concern for future	Very concerned	21	30
1+	Food: Concern for future	Fairly concerned	15	21
1+	Food: Concern for future	A little concerned	26	37
1+	Food: Concern for future	Not concerned at all	9	13
1+	Food: Concern for future	Not applicable	0	0
1+	Energy: Concern for now	Very concerned	24	34
1+	Energy: Concern for now	Fairly concerned	19	27

Number of Dependents	Type of concern	Level of concern	Respondents	Percentage
1+	Energy: Concern for now	A little concerned	19	27
1+	Energy: Concern for now	Not concerned at all	8	11
1+	Energy: Concern for now	Not applicable	1	1
1+	Energy: Concern for future	Very concerned	38	54
1+	Energy: Concern for future	Fairly concerned	13	18
1+	Energy: Concern for future	A little concerned	14	20
1+	Energy: Concern for future	Not concerned at all	5	7
1+	Energy: Concern for future	Not applicable	1	1

Cost of living concerns: Does this differ by financial situation?

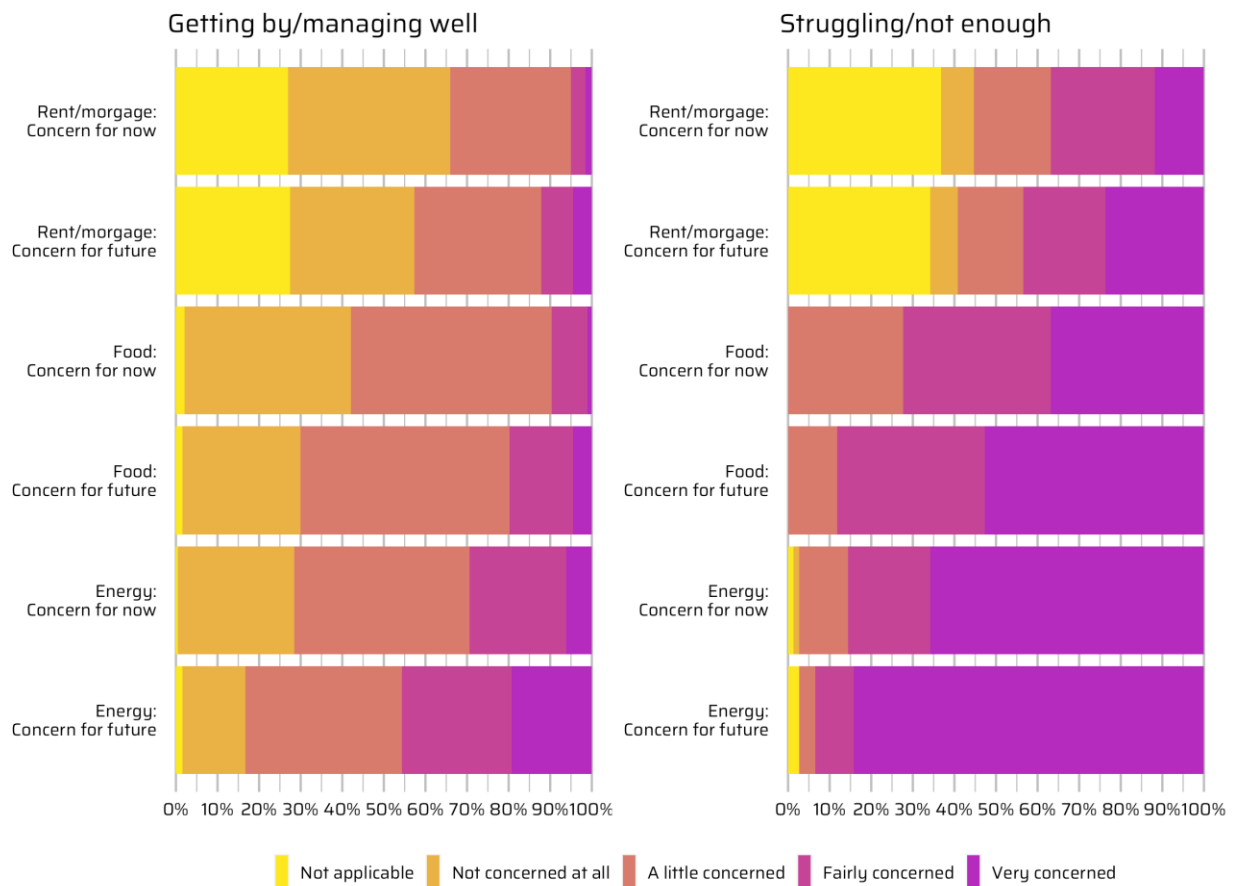


Figure 6: Cost of living concerns of respondents by financial situation.

Table 6: Cost of living concerns of respondents by number of dependents.

Financial situation.	Type of concern	Level of concern	Respondents	Percentage
Getting by/managing well	Rent/mortgage: Concern for now	Very concerned	3	2
Getting by/managing well	Rent/mortgage: Concern for now	Fairly concerned	7	4
Getting by/managing well	Rent/mortgage: Concern for now	A little concerned	57	29

Financial situation.	Type of concern	Level of concern	Respondents	Percentage
Getting by/managing well	Rent/morgage: Concern for now	Not concerned at all	77	39
Getting by/managing well	Rent/morgage: Concern for now	Not applicable	53	27
Getting by/managing well	Rent/morgage: Concern for future	Very concerned	9	5
Getting by/managing well	Rent/morgage: Concern for future	Fairly concerned	15	8
Getting by/managing well	Rent/morgage: Concern for future	A little concerned	60	30
Getting by/managing well	Rent/morgage: Concern for future	Not concerned at all	59	30
Getting by/managing well	Rent/morgage: Concern for future	Not applicable	54	27
Getting by/managing well	Food: Concern for now	Very concerned	2	1
Getting by/managing well	Food: Concern for now	Fairly concerned	17	9
Getting by/managing well	Food: Concern for now	A little concerned	95	48
Getting by/managing well	Food: Concern for now	Not concerned at all	79	40
Getting by/managing well	Food: Concern for now	Not applicable	4	2
Getting by/managing well	Food: Concern for future	Very concerned	9	5
Getting by/managing well	Food: Concern for future	Fairly concerned	30	15

Financial situation.	Type of concern	Level of concern	Respondents	Percentage
Getting by/managing well	Food: Concern for future	A little concerned	99	50
Getting by/managing well	Food: Concern for future	Not concerned at all	56	28
Getting by/managing well	Food: Concern for future	Not applicable	3	2
Getting by/managing well	Energy: Concern for now	Very concerned	12	6
Getting by/managing well	Energy: Concern for now	Fairly concerned	46	23
Getting by/managing well	Energy: Concern for now	A little concerned	83	42
Getting by/managing well	Energy: Concern for now	Not concerned at all	55	28
Getting by/managing well	Energy: Concern for now	Not applicable	1	1
Getting by/managing well	Energy: Concern for future	Very concerned	38	19
Getting by/managing well	Energy: Concern for future	Fairly concerned	52	26
Getting by/managing well	Energy: Concern for future	A little concerned	74	38
Getting by/managing well	Energy: Concern for future	Not concerned at all	30	15
Getting by/managing well	Energy: Concern for future	Not applicable	3	2
Struggling/not enough	Rent/morgage: Concern for now	Very concerned	9	12

Financial situation.	Type of concern	Level of concern	Respondents	Percentage
Struggling/not enough	Rent/morgage: Concern for now	Fairly concerned	19	25
Struggling/not enough	Rent/morgage: Concern for now	A little concerned	14	18
Struggling/not enough	Rent/morgage: Concern for now	Not concerned at all	6	8
Struggling/not enough	Rent/morgage: Concern for now	Not applicable	28	37
Struggling/not enough	Rent/morgage: Concern for future	Very concerned	18	24
Struggling/not enough	Rent/morgage: Concern for future	Fairly concerned	15	20
Struggling/not enough	Rent/morgage: Concern for future	A little concerned	12	16
Struggling/not enough	Rent/morgage: Concern for future	Not concerned at all	5	7
Struggling/not enough	Rent/morgage: Concern for future	Not applicable	26	34
Struggling/not enough	Food: Concern for now	Very concerned	28	37
Struggling/not enough	Food: Concern for now	Fairly concerned	27	36
Struggling/not enough	Food: Concern for now	A little concerned	21	28
Struggling/not enough	Food: Concern for now	Not concerned at all	0	0
Struggling/not enough	Food: Concern for now	Not applicable	0	0

Financial situation.	Type of concern	Level of concern	Respondents	Percentage
Struggling/not enough	Food: Concern for future	Very concerned	40	53
Struggling/not enough	Food: Concern for future	Fairly concerned	27	36
Struggling/not enough	Food: Concern for future	A little concerned	9	12
Struggling/not enough	Food: Concern for future	Not concerned at all	0	0
Struggling/not enough	Food: Concern for future	Not applicable	0	0
Struggling/not enough	Energy: Concern for now	Very concerned	50	66
Struggling/not enough	Energy: Concern for now	Fairly concerned	15	20
Struggling/not enough	Energy: Concern for now	A little concerned	9	12
Struggling/not enough	Energy: Concern for now	Not concerned at all	1	1
Struggling/not enough	Energy: Concern for now	Not applicable	1	1
Struggling/not enough	Energy: Concern for future	Very concerned	64	84
Struggling/not enough	Energy: Concern for future	Fairly concerned	7	9
Struggling/not enough	Energy: Concern for future	A little concerned	3	4
Struggling/not enough	Energy: Concern for future	Not concerned at all	0	0

Financial situation.	Type of concern	Level of concern	Respondents	Percentage
Struggling/not enough	Energy: Concern for future	Not applicable	2	3

Cost of living concerns: Does this differ by extent of mental health needs met?

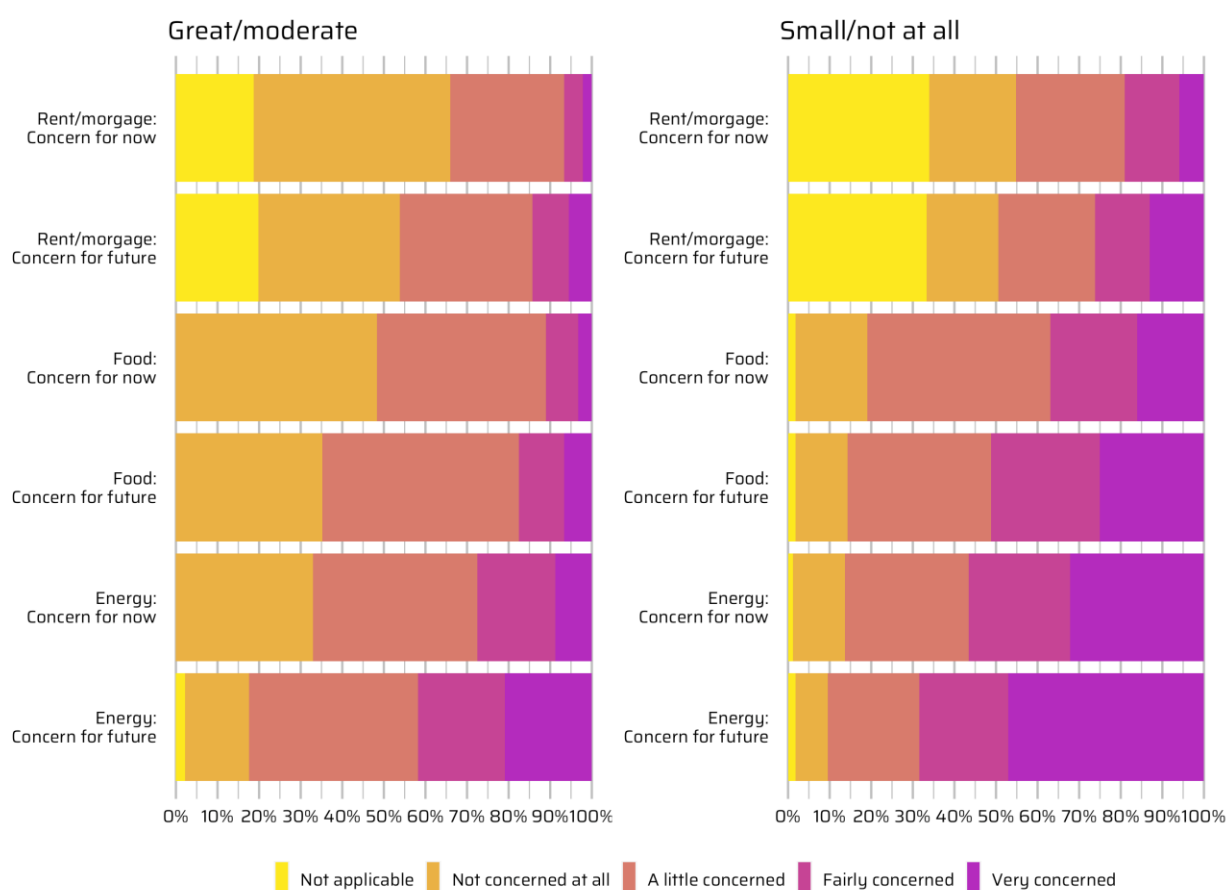


Figure 7: Cost of living concerns of respondents by extent that mental health needs are being met.

Table 7: Cost of living concerns of respondents by extent that mental health needs are being met.

Group	Type of concern	Level of concern	Respondents	Percentage
Moderate/great	Rent/mortgage: Concern for now	Very concerned	2	2

Group	Type of concern	Level of concern	Respondents	Percentage
Moderate/great	Rent/morgage: Concern for now	Fairly concerned	4	4
Moderate/great	Rent/morgage: Concern for now	A little concerned	25	27
Moderate/great	Rent/morgage: Concern for now	Not concerned at all	43	47
Moderate/great	Rent/morgage: Concern for now	Not applicable	17	19
Moderate/great	Rent/morgage: Concern for future	Very concerned	5	5
Moderate/great	Rent/morgage: Concern for future	Fairly concerned	8	9
Moderate/great	Rent/morgage: Concern for future	A little concerned	29	32
Moderate/great	Rent/morgage: Concern for future	Not concerned at all	31	34
Moderate/great	Rent/morgage: Concern for future	Not applicable	18	20
Moderate/great	Food: Concern for now	Very concerned	3	3
Moderate/great	Food: Concern for now	Fairly concerned	7	8
Moderate/great	Food: Concern for now	A little concerned	37	41
Moderate/great	Food: Concern for now	Not concerned at all	44	48
Moderate/great	Food: Concern for now	Not applicable	0	0
Moderate/great	Food: Concern for future	Very concerned	6	7
Moderate/great	Food: Concern for future	Fairly concerned	10	11
Moderate/great	Food: Concern for future	A little concerned	43	47
Moderate/great	Food: Concern for future	Not concerned at all	32	35
Moderate/great	Food: Concern for future	Not applicable	0	0
Moderate/great	Energy: Concern for now	Very concerned	8	9

Group	Type of concern	Level of concern	Respondents	Percentage
Moderate/great	Energy: Concern for now	Fairly concerned	17	19
Moderate/great	Energy: Concern for now	A little concerned	36	40
Moderate/great	Energy: Concern for now	Not concerned at all	30	33
Moderate/great	Energy: Concern for now	Not applicable	0	0
Moderate/great	Energy: Concern for future	Very concerned	19	21
Moderate/great	Energy: Concern for future	Fairly concerned	19	21
Moderate/great	Energy: Concern for future	A little concerned	37	41
Moderate/great	Energy: Concern for future	Not concerned at all	14	15
Moderate/great	Energy: Concern for future	Not applicable	2	2
Not at all/small	Rent/morgage: Concern for now	Very concerned	10	6
Not at all/small	Rent/morgage: Concern for now	Fairly concerned	22	13
Not at all/small	Rent/morgage: Concern for now	A little concerned	44	26
Not at all/small	Rent/morgage: Concern for now	Not concerned at all	35	21
Not at all/small	Rent/morgage: Concern for now	Not applicable	57	34
Not at all/small	Rent/morgage: Concern for future	Very concerned	22	13
Not at all/small	Rent/morgage: Concern for future	Fairly concerned	22	13
Not at all/small	Rent/morgage: Concern for future	A little concerned	39	23
Not at all/small	Rent/morgage: Concern for future	Not concerned at all	29	17

Group	Type of concern	Level of concern	Respondents	Percentage
Not at all/small	Rent/morgage: Concern for future	Not applicable	56	33
Not at all/small	Food: Concern for now	Very concerned	27	16
Not at all/small	Food: Concern for now	Fairly concerned	35	21
Not at all/small	Food: Concern for now	A little concerned	74	44
Not at all/small	Food: Concern for now	Not concerned at all	29	17
Not at all/small	Food: Concern for now	Not applicable	3	2
Not at all/small	Food: Concern for future	Very concerned	42	25
Not at all/small	Food: Concern for future	Fairly concerned	44	26
Not at all/small	Food: Concern for future	A little concerned	58	35
Not at all/small	Food: Concern for future	Not concerned at all	21	12
Not at all/small	Food: Concern for future	Not applicable	3	2
Not at all/small	Energy: Concern for now	Very concerned	54	32
Not at all/small	Energy: Concern for now	Fairly concerned	41	24
Not at all/small	Energy: Concern for now	A little concerned	50	30
Not at all/small	Energy: Concern for now	Not concerned at all	21	12
Not at all/small	Energy: Concern for now	Not applicable	2	1
Not at all/small	Energy: Concern for future	Very concerned	79	47
Not at all/small	Energy: Concern for future	Fairly concerned	36	21
Not at all/small	Energy: Concern for future	A little concerned	37	22
Not at all/small	Energy: Concern for future	Not concerned at all	13	8

Group	Type of concern	Level of concern	Respondents	Percentage
Not at all/small	Energy: Concern for future	Not applicable	3	2

Cost of living concerns: Does this differ by feeling of anxiety?

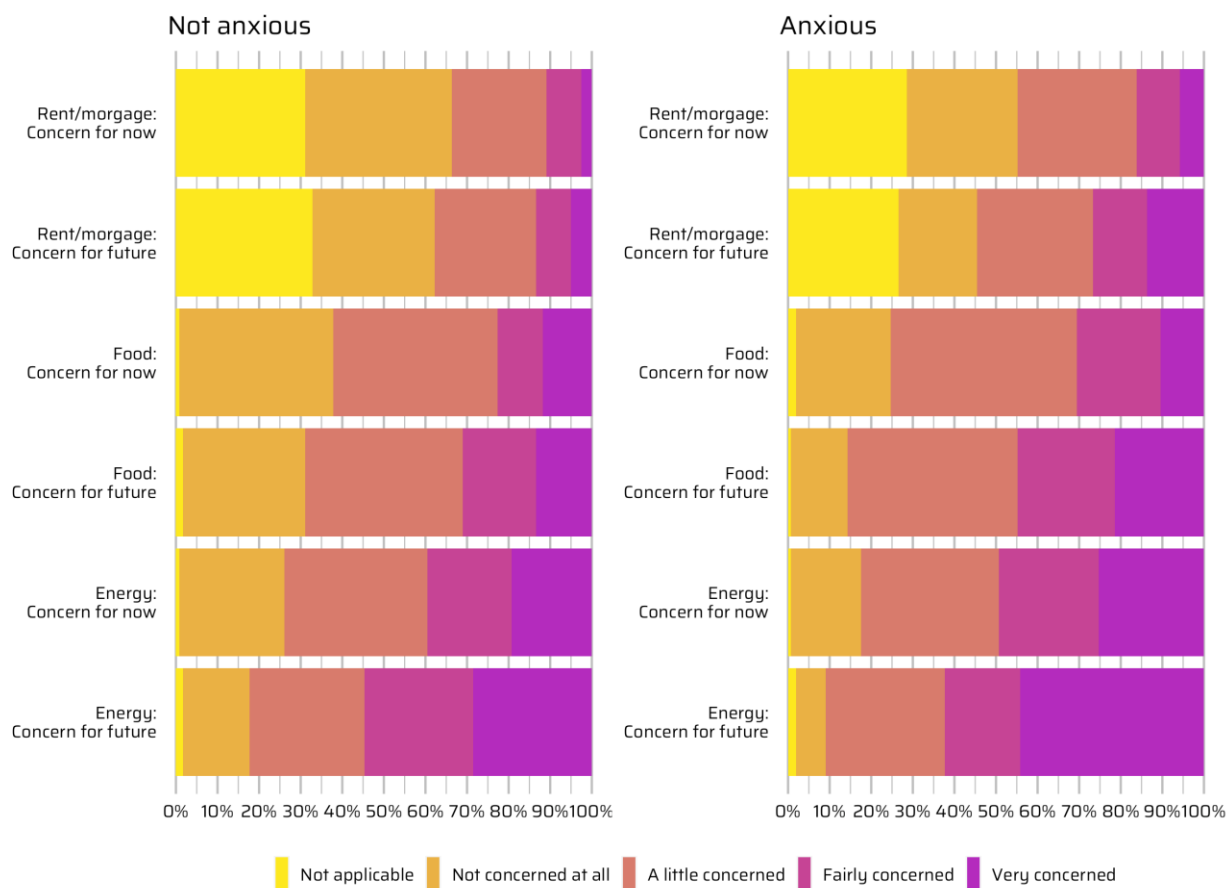


Figure 8: Cost of living concerns of respondents by feeling of anxiety

Table 8: Cost of living concerns of respondents by feeling of anxiety.

Group	Type of concern	Level of concern	Respondents	Percentage
Not anxious	Rent/mortgage: Concern for now	Very concerned	3	3
Not anxious	Rent/mortgage: Concern for now	Fairly concerned	10	8

Group	Type of concern	Level of concern	Respondents	Percentage
Not anxious	Rent/morgage: Concern for now	A little concerned	27	23
Not anxious	Rent/morgage: Concern for now	Not concerned at all	42	35
Not anxious	Rent/morgage: Concern for now	Not applicable	37	31
Not anxious	Rent/morgage: Concern for future	Very concerned	6	5
Not anxious	Rent/morgage: Concern for future	Fairly concerned	10	8
Not anxious	Rent/morgage: Concern for future	A little concerned	29	24
Not anxious	Rent/morgage: Concern for future	Not concerned at all	35	29
Not anxious	Rent/morgage: Concern for future	Not applicable	39	33
Not anxious	Food: Concern for now	Very concerned	14	12
Not anxious	Food: Concern for now	Fairly concerned	13	11
Not anxious	Food: Concern for now	A little concerned	47	39
Not anxious	Food: Concern for now	Not concerned at all	44	37
Not anxious	Food: Concern for now	Not applicable	1	1
Not anxious	Food: Concern for future	Very concerned	16	13
Not anxious	Food: Concern for future	Fairly concerned	21	18
Not anxious	Food: Concern for future	A little concerned	45	38

Group	Type of concern	Level of concern	Respondents	Percentage
Not anxious	Food: Concern for future	Not concerned at all	35	29
Not anxious	Food: Concern for future	Not applicable	2	2
Not anxious	Energy: Concern for now	Very concerned	23	19
Not anxious	Energy: Concern for now	Fairly concerned	24	20
Not anxious	Energy: Concern for now	A little concerned	41	34
Not anxious	Energy: Concern for now	Not concerned at all	30	25
Not anxious	Energy: Concern for now	Not applicable	1	1
Not anxious	Energy: Concern for future	Very concerned	34	29
Not anxious	Energy: Concern for future	Fairly concerned	31	26
Not anxious	Energy: Concern for future	A little concerned	33	28
Not anxious	Energy: Concern for future	Not concerned at all	19	16
Not anxious	Energy: Concern for future	Not applicable	2	2
Anxious	Rent/morgage: Concern for now	Very concerned	9	6
Anxious	Rent/morgage: Concern for now	Fairly concerned	16	10
Anxious	Rent/morgage: Concern for now	A little concerned	44	29
Anxious	Rent/morgage: Concern for now	Not concerned at all	41	27

Group	Type of concern	Level of concern	Respondents	Percentage
Anxious	Rent/morgage: Concern for now	Not applicable	44	29
Anxious	Rent/morgage: Concern for future	Very concerned	21	14
Anxious	Rent/morgage: Concern for future	Fairly concerned	20	13
Anxious	Rent/morgage: Concern for future	A little concerned	43	28
Anxious	Rent/morgage: Concern for future	Not concerned at all	29	19
Anxious	Rent/morgage: Concern for future	Not applicable	41	27
Anxious	Food: Concern for now	Very concerned	16	10
Anxious	Food: Concern for now	Fairly concerned	31	20
Anxious	Food: Concern for now	A little concerned	69	45
Anxious	Food: Concern for now	Not concerned at all	35	23
Anxious	Food: Concern for now	Not applicable	3	2
Anxious	Food: Concern for future	Very concerned	33	21
Anxious	Food: Concern for future	Fairly concerned	36	23
Anxious	Food: Concern for future	A little concerned	63	41
Anxious	Food: Concern for future	Not concerned at all	21	14
Anxious	Food: Concern for future	Not applicable	1	1
Anxious	Energy: Concern for now	Very concerned	39	25
Anxious	Energy: Concern for now	Fairly concerned	37	24
Anxious	Energy: Concern for now	A little concerned	51	33
Anxious	Energy: Concern for now	Not concerned at all	26	17

Group	Type of concern	Level of concern	Respondents	Percentage
Anxious	Energy: Concern for now	Not applicable	1	1
Anxious	Energy: Concern for future	Very concerned	68	44
Anxious	Energy: Concern for future	Fairly concerned	28	18
Anxious	Energy: Concern for future	A little concerned	44	29
Anxious	Energy: Concern for future	Not concerned at all	11	7
Anxious	Energy: Concern for future	Not applicable	3	2

Cost of living concerns: Does this differ by feeling of hopelessness?

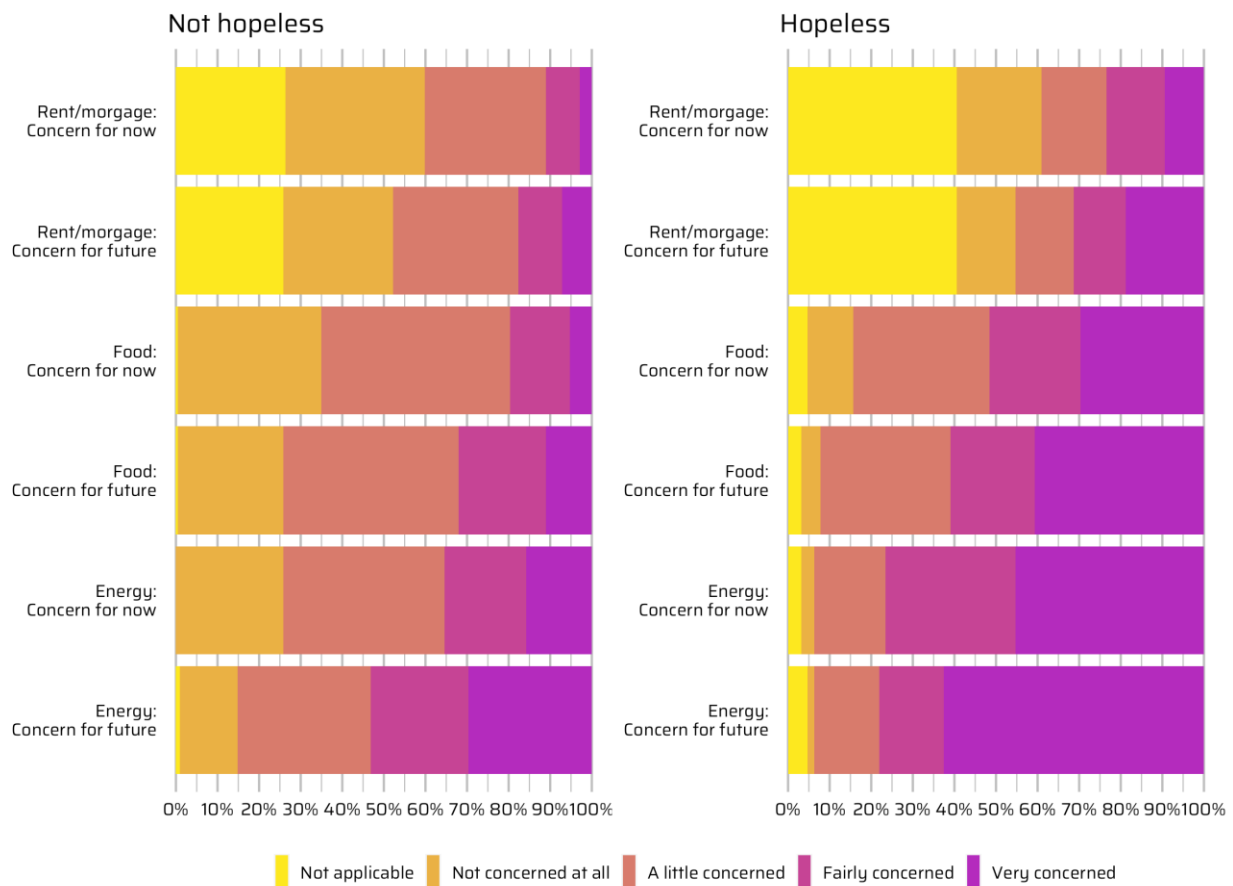


Figure 9: Cost of living concerns of respondents by feeling of hopelessness.

Table 9: Cost of living concerns of respondents by feeling of hopelessness.

Group	Type of concern	Level of concern	Respondents	Percentage
Not hopeless	Rent/morgage: Concern for now	Very concerned	6	3
Not hopeless	Rent/morgage: Concern for now	Fairly concerned	17	8
Not hopeless	Rent/morgage: Concern for now	A little concerned	61	29
Not hopeless	Rent/morgage: Concern for now	Not concerned at all	70	33
Not hopeless	Rent/morgage: Concern for now	Not applicable	55	26
Not hopeless	Rent/morgage: Concern for future	Very concerned	15	7
Not hopeless	Rent/morgage: Concern for future	Fairly concerned	22	11
Not hopeless	Rent/morgage: Concern for future	A little concerned	63	30
Not hopeless	Rent/morgage: Concern for future	Not concerned at all	55	26
Not hopeless	Rent/morgage: Concern for future	Not applicable	54	26
Not hopeless	Food: Concern for now	Very concerned	11	5
Not hopeless	Food: Concern for now	Fairly concerned	30	14
Not hopeless	Food: Concern for now	A little concerned	95	45
Not hopeless	Food: Concern for now	Not concerned at all	72	34
Not hopeless	Food: Concern for now	Not applicable	1	0
Not hopeless	Food: Concern for future	Very concerned	23	11

Group	Type of concern	Level of concern	Respondents	Percentage
Not hopeless	Food: Concern for future	Fairly concerned	44	21
Not hopeless	Food: Concern for future	A little concerned	88	42
Not hopeless	Food: Concern for future	Not concerned at all	53	25
Not hopeless	Food: Concern for future	Not applicable	1	0
Not hopeless	Energy: Concern for now	Very concerned	33	16
Not hopeless	Energy: Concern for now	Fairly concerned	41	20
Not hopeless	Energy: Concern for now	A little concerned	81	39
Not hopeless	Energy: Concern for now	Not concerned at all	54	26
Not hopeless	Energy: Concern for now	Not applicable	0	0
Not hopeless	Energy: Concern for future	Very concerned	62	30
Not hopeless	Energy: Concern for future	Fairly concerned	49	23
Not hopeless	Energy: Concern for future	A little concerned	67	32
Not hopeless	Energy: Concern for future	Not concerned at all	29	14
Not hopeless	Energy: Concern for future	Not applicable	2	1
Hopeless	Rent/morgage: Concern for now	Very concerned	6	9
Hopeless	Rent/morgage: Concern for now	Fairly concerned	9	14

Group	Type of concern	Level of concern	Respondents	Percentage
Hopeless	Rent/morgage: Concern for now	A little concerned	10	16
Hopeless	Rent/morgage: Concern for now	Not concerned at all	13	20
Hopeless	Rent/morgage: Concern for now	Not applicable	26	41
Hopeless	Rent/morgage: Concern for future	Very concerned	12	19
Hopeless	Rent/morgage: Concern for future	Fairly concerned	8	12
Hopeless	Rent/morgage: Concern for future	A little concerned	9	14
Hopeless	Rent/morgage: Concern for future	Not concerned at all	9	14
Hopeless	Rent/morgage: Concern for future	Not applicable	26	41
Hopeless	Food: Concern for now	Very concerned	19	30
Hopeless	Food: Concern for now	Fairly concerned	14	22
Hopeless	Food: Concern for now	A little concerned	21	33
Hopeless	Food: Concern for now	Not concerned at all	7	11
Hopeless	Food: Concern for now	Not applicable	3	5
Hopeless	Food: Concern for future	Very concerned	26	41
Hopeless	Food: Concern for future	Fairly concerned	13	20
Hopeless	Food: Concern for future	A little concerned	20	31
Hopeless	Food: Concern for future	Not concerned at all	3	5
Hopeless	Food: Concern for future	Not applicable	2	3
Hopeless	Energy: Concern for now	Very concerned	29	45
Hopeless	Energy: Concern for now	Fairly concerned	20	31

Group	Type of concern	Level of concern	Respondents	Percentage
Hopeless	Energy: Concern for now	A little concerned	11	17
Hopeless	Energy: Concern for now	Not concerned at all	2	3
Hopeless	Energy: Concern for now	Not applicable	2	3
Hopeless	Energy: Concern for future	Very concerned	40	62
Hopeless	Energy: Concern for future	Fairly concerned	10	16
Hopeless	Energy: Concern for future	A little concerned	10	16
Hopeless	Energy: Concern for future	Not concerned at all	1	2
Hopeless	Energy: Concern for future	Not applicable	3	5

Extent Mental Health Needs Met

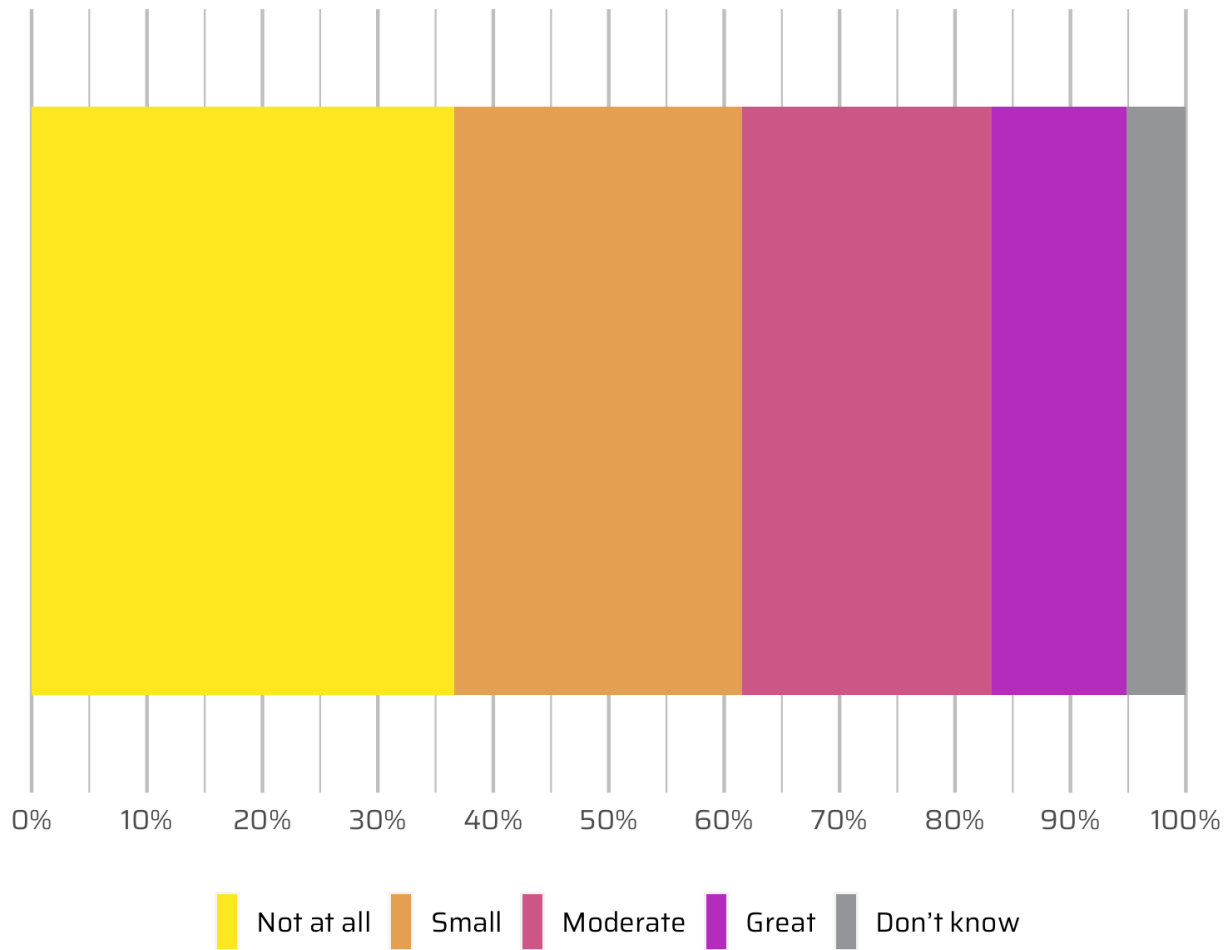


Figure 10: Respondents feeling their mental health needs are being met.

Table 10: Respondents feeling their mental health needs are being met.

Extent	Respondents	Percentage
Great	32	12
Moderate	59	22
Small	68	25
Not at all	100	37
Don't know	14	5

Gender: Extent Mental Health Needs Met

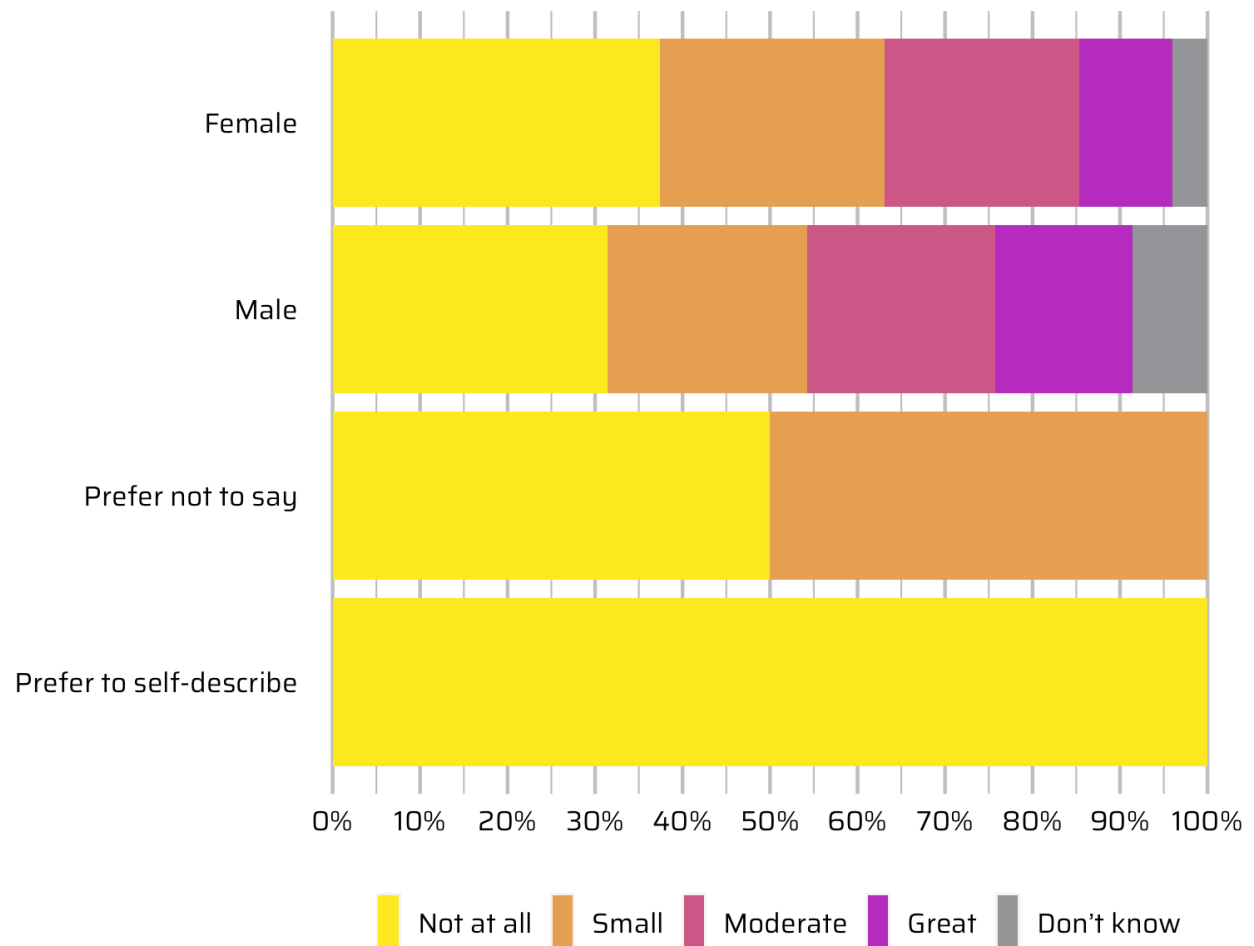


Figure 11: Respondents feeling their mental health needs are being met by gender.

Table 11: Respondents feeling their mental health needs are being met by gender.

Gender	Extent	Respondents	Percentage
Female	Great	21	11
Female	Moderate	44	22
Female	Small	51	26
Female	Not at all	74	37
Female	Don't know	8	4
Male	Great	11	16
Male	Moderate	15	21
Male	Small	16	23

Gender	Extent	Respondents	Percentage
Male	Not at all	22	31
Male	Don't know	6	9
Prefer not to say	Great	0	0
Prefer not to say	Moderate	0	0
Prefer not to say	Small	1	50
Prefer not to say	Not at all	1	50
Prefer not to say	Don't know	0	0
Prefer to self-describe	Great	0	0
Prefer to self-describe	Moderate	0	0
Prefer to self-describe	Small	0	0
Prefer to self-describe	Not at all	3	100
Prefer to self-describe	Don't know	0	0

Employment Status: Extent Mental Health Needs Met

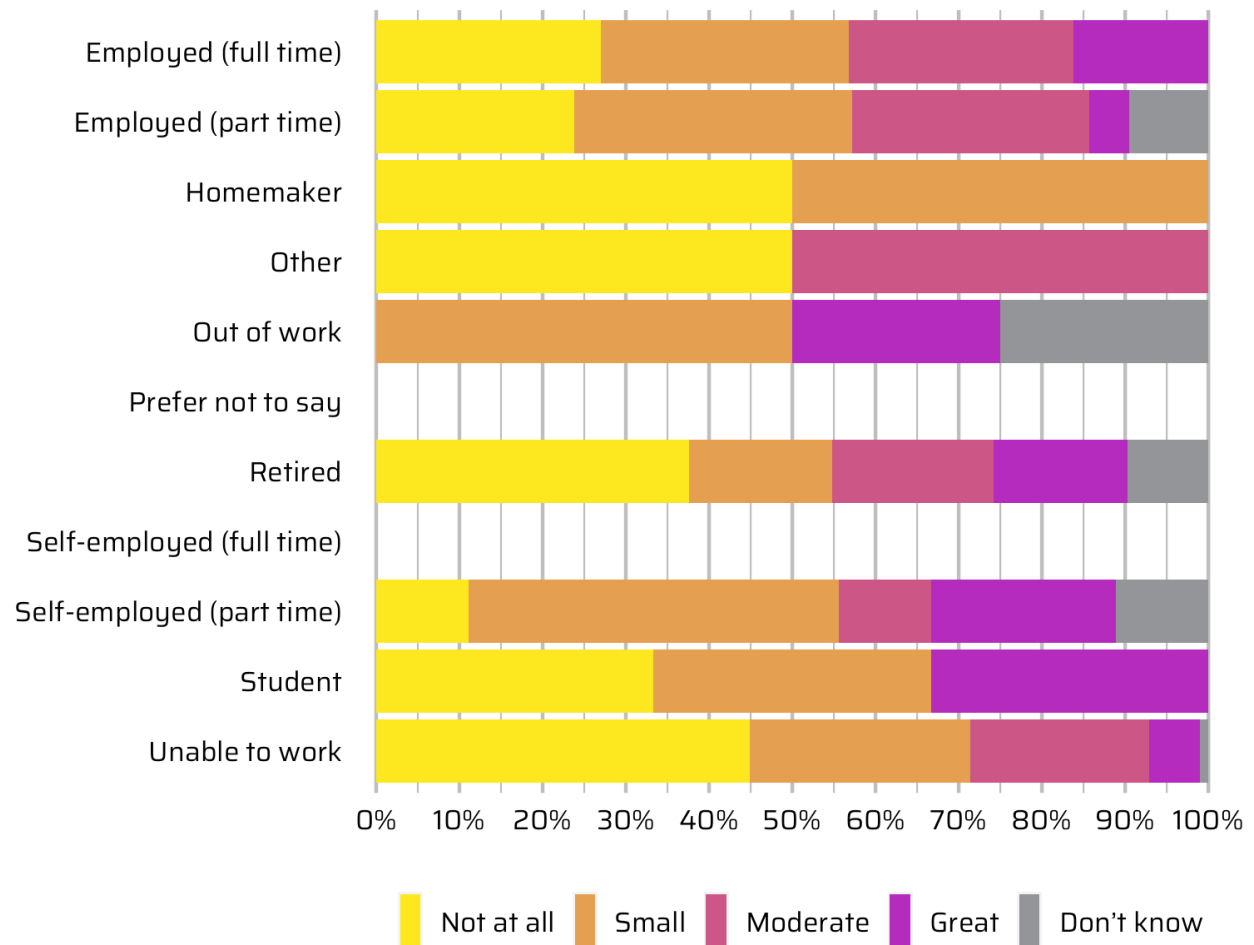


Figure 12: Respondents feeling their mental health needs are being met by employment status.

Table 12 Respondents feeling their mental health needs are being met by gender employment status.

Employment Status	Extent	Respondents	Percentage
Employed (full time)	Great	6	16
Employed (full time)	Moderate	10	27
Employed (full time)	Small	11	30
Employed (full time)	Not at all	10	27
Employed (full time)	Don't know	0	0

Employment Status	Extent	Respondents	Percentage
Employed (part time)	Great	1	5
Employed (part time)	Moderate	6	29
Employed (part time)	Small	7	33
Employed (part time)	Not at all	5	24
Employed (part time)	Don't know	2	10
Homemaker	Great	0	0
Homemaker	Moderate	0	0
Homemaker	Small	1	50
Homemaker	Not at all	1	50
Homemaker	Don't know	0	0
Other	Great	0	0
Other	Moderate	3	50
Other	Small	0	0
Other	Not at all	3	50
Other	Don't know	0	0
Out of work	Great	1	25
Out of work	Moderate	0	0
Out of work	Small	2	50
Out of work	Not at all	0	0
Out of work	Don't know	1	25
Prefer not to say	Great	0	NaN
Prefer not to say	Moderate	0	NaN
Prefer not to say	Small	0	NaN
Prefer not to say	Not at all	0	NaN
Prefer not to say	Don't know	0	NaN
Retired	Great	15	16
Retired	Moderate	18	19
Retired	Small	16	17
Retired	Not at all	35	38
Retired	Don't know	9	10
Self-employed (full time)	Great	0	NaN
Self-employed (full time)	Moderate	0	NaN
Self-employed (full time)	Small	0	NaN

Employment Status	Extent	Respondents	Percentage
Self-employed (full time)	Not at all	0	NaN
Self-employed (full time)	Don't know	0	NaN
Self-employed (part time)	Great	2	22
Self-employed (part time)	Moderate	1	11
Self-employed (part time)	Small	4	44
Self-employed (part time)	Not at all	1	11
Self-employed (part time)	Don't know	1	11
Student	Great	1	33
Student	Moderate	0	0
Student	Small	1	33
Student	Not at all	1	33
Student	Don't know	0	0
Unable to work	Great	6	6
Unable to work	Moderate	21	21
Unable to work	Small	26	27
Unable to work	Not at all	44	45
Unable to work	Don't know	1	1

Number of Dependents: Extent Mental Health Needs Met

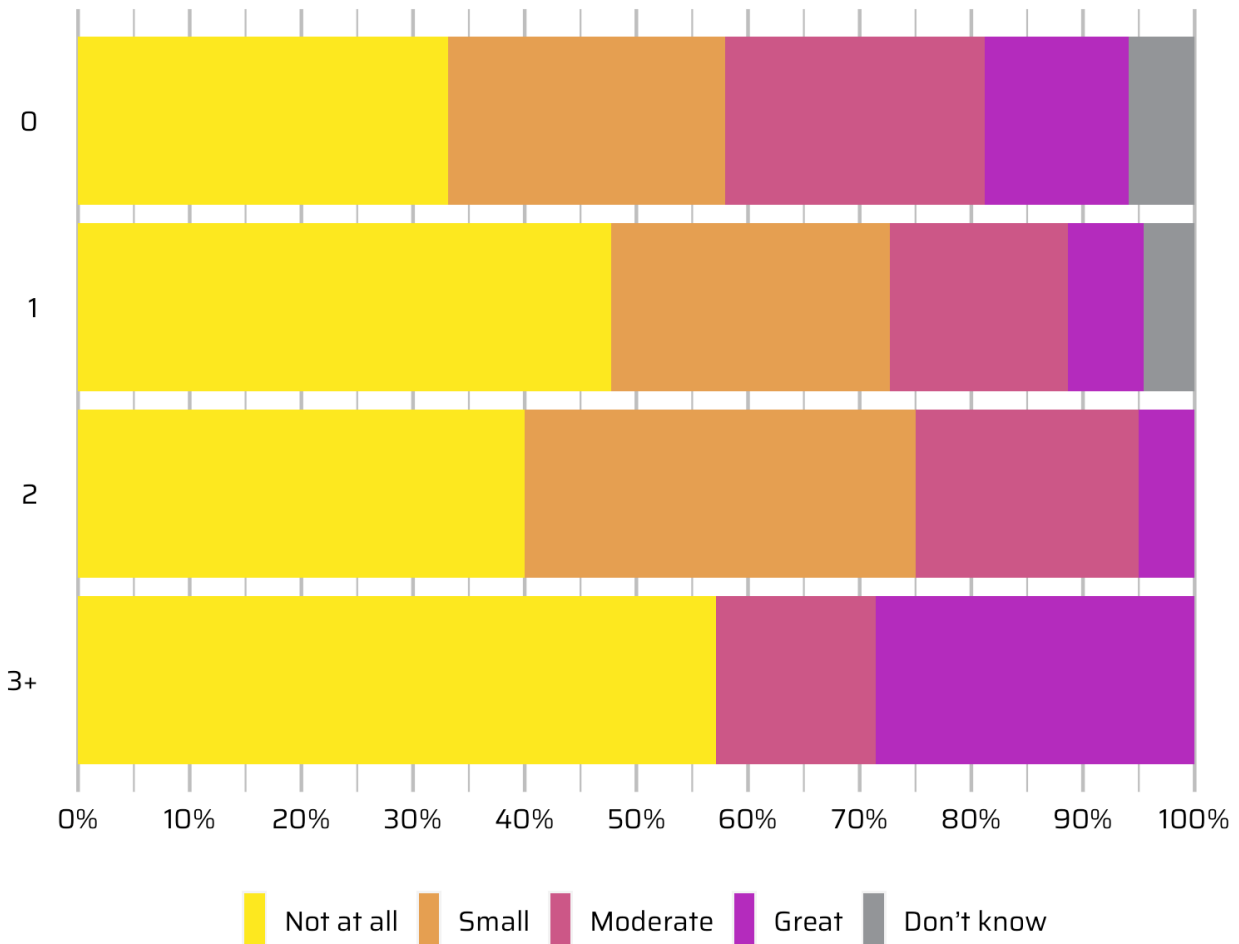


Figure 13: Respondents feeling their mental health needs are being met by number of dependents.

Table 13: Respondents feeling their mental health needs are being met by number of dependents.

Dependents	Extent	Respondents	Percentage
0	Great	26	13
0	Moderate	47	23
0	Small	50	25
0	Not at all	67	33
0	Don't know	12	6
1	Great	3	7

Dependents	Extent	Respondents	Percentage
1	Moderate	7	16
1	Small	11	25
1	Not at all	21	48
1	Don't know	2	5
2	Great	1	5
2	Moderate	4	20
2	Small	7	35
2	Not at all	8	40
2	Don't know	0	0
3+	Great	2	29
3+	Moderate	1	14
3+	Small	0	0
3+	Not at all	4	57
3+	Don't know	0	0

Anxious or Hopeless Feeling: Extent Mental Health Needs Met

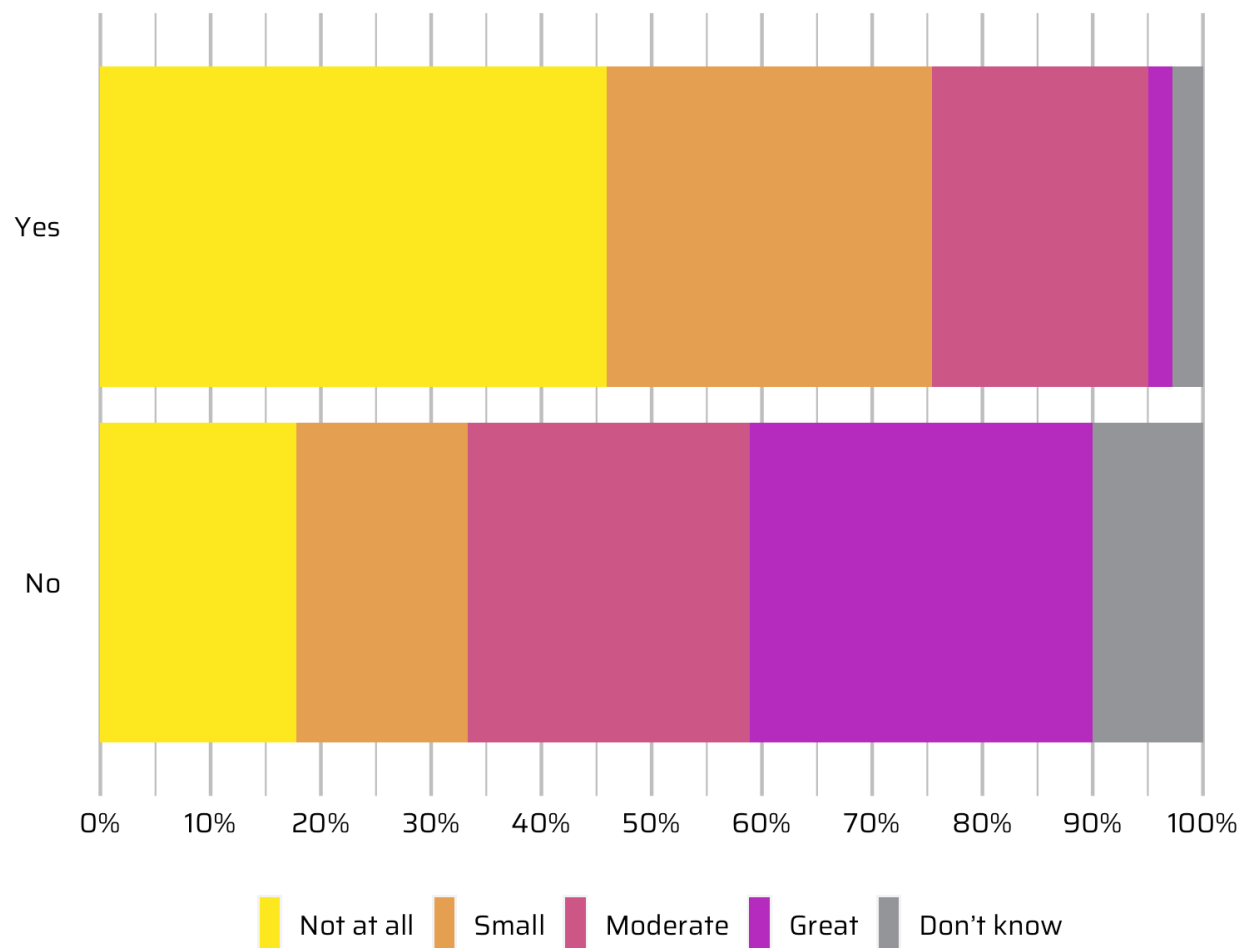


Figure 14: Respondents feeling their mental health needs are being met by feeling anxious or hopeless.

Table 14: Respondents feeling their mental health needs are being met by feeling anxious or hopeless.

Anxious or Hopeless	Extent	Respondents	Percentage
Yes	Great	4	2
Yes	Moderate	36	20
Yes	Small	54	30
Yes	Not at all	84	46
Yes	Don't know	5	3

Anxious or Hopeless	Extent	Respondents	Percentage
No	Great	28	31
No	Moderate	23	26
No	Small	14	16
No	Not at all	16	18
No	Don't know	9	10

Financial Status: Extent Mental Health Needs Met

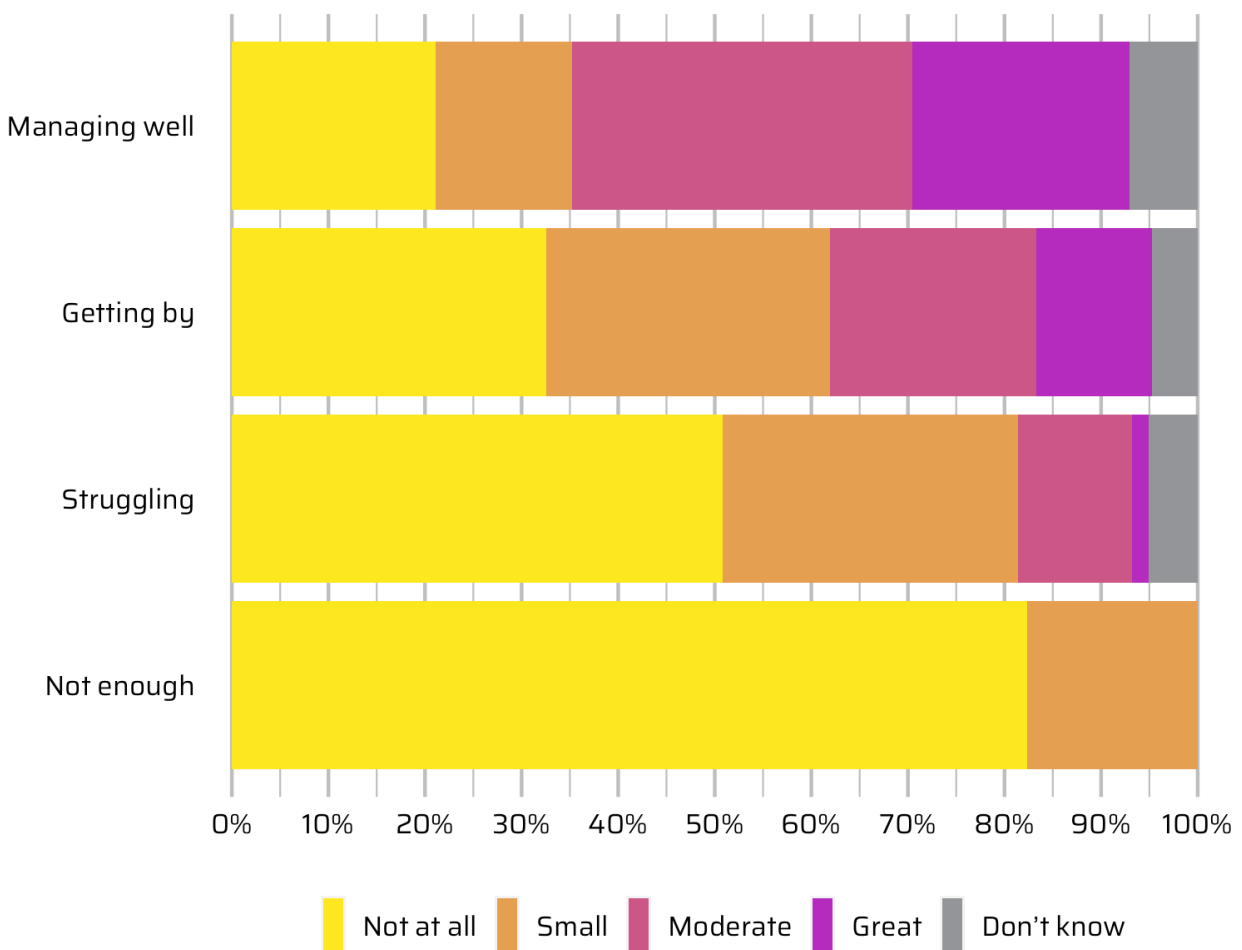


Figure 15: Respondents feeling their mental health needs are being met by financial status.

Table 15: Respondents feeling their mental health needs are being met by financial status.

Financial Status	Extent	Respondents	Percentage
Managing well	Great	16	23
Managing well	Moderate	25	35
Managing well	Small	10	14
Managing well	Not at all	15	21
Managing well	Don't know	5	7
Getting by	Great	15	12
Getting by	Moderate	27	21
Getting by	Small	37	29
Getting by	Not at all	41	33
Getting by	Don't know	6	5
Struggling	Great	1	2
Struggling	Moderate	7	12
Struggling	Small	18	31
Struggling	Not at all	30	51
Struggling	Don't know	3	5
Not enough	Great	0	0
Not enough	Moderate	0	0
Not enough	Small	3	18
Not enough	Not at all	14	82
Not enough	Don't know	0	0

Age: Extent Mental Health Needs Met

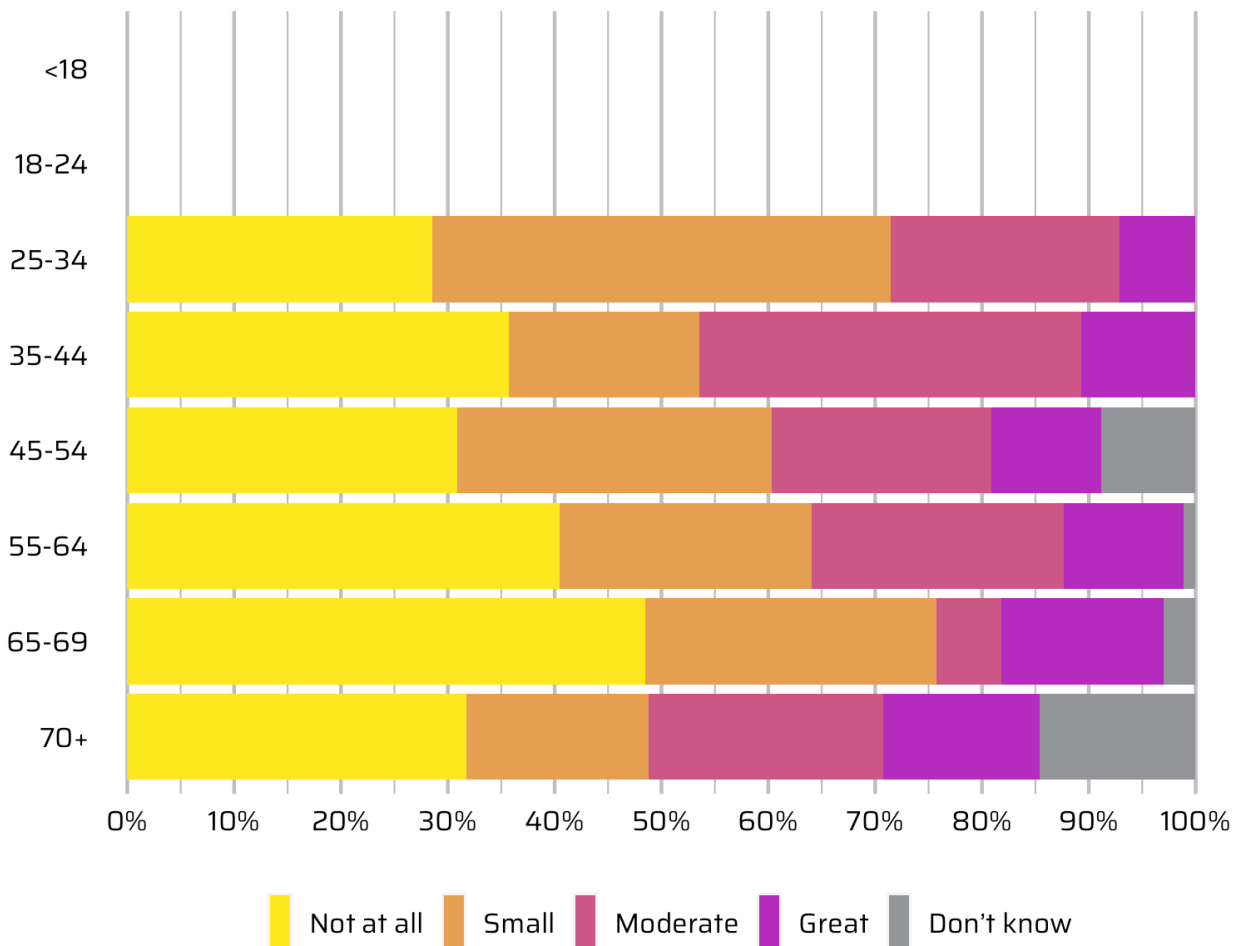


Figure 16: Respondents feeling their mental health needs are being met by age.

Table 16: Respondents feeling their mental health needs are being met by age.

Age	Extent	Respondents	Percentage
<18	Great	0	NaN
<18	Moderate	0	NaN
<18	Small	0	NaN
<18	Not at all	0	NaN
<18	Don't know	0	NaN
18-24	Great	0	NaN
18-24	Moderate	0	NaN
18-24	Small	0	NaN

Age	Extent	Respondents	Percentage
18-24	Not at all	0	NaN
18-24	Don't know	0	NaN
25-34	Great	1	7
25-34	Moderate	3	21
25-34	Small	6	43
25-34	Not at all	4	29
25-34	Don't know	0	0
35-44	Great	3	11
35-44	Moderate	10	36
35-44	Small	5	18
35-44	Not at all	10	36
35-44	Don't know	0	0
45-54	Great	7	10
45-54	Moderate	14	21
45-54	Small	20	29
45-54	Not at all	21	31
45-54	Don't know	6	9
55-64	Great	10	11
55-64	Moderate	21	24
55-64	Small	21	24
55-64	Not at all	36	40
55-64	Don't know	1	1
65-69	Great	5	15
65-69	Moderate	2	6
65-69	Small	9	27
65-69	Not at all	16	48
65-69	Don't know	1	3
70+	Great	6	15
70+	Moderate	9	22
70+	Small	7	17
70+	Not at all	13	32
70+	Don't know	6	15

Anxious or Hopeless Feeling

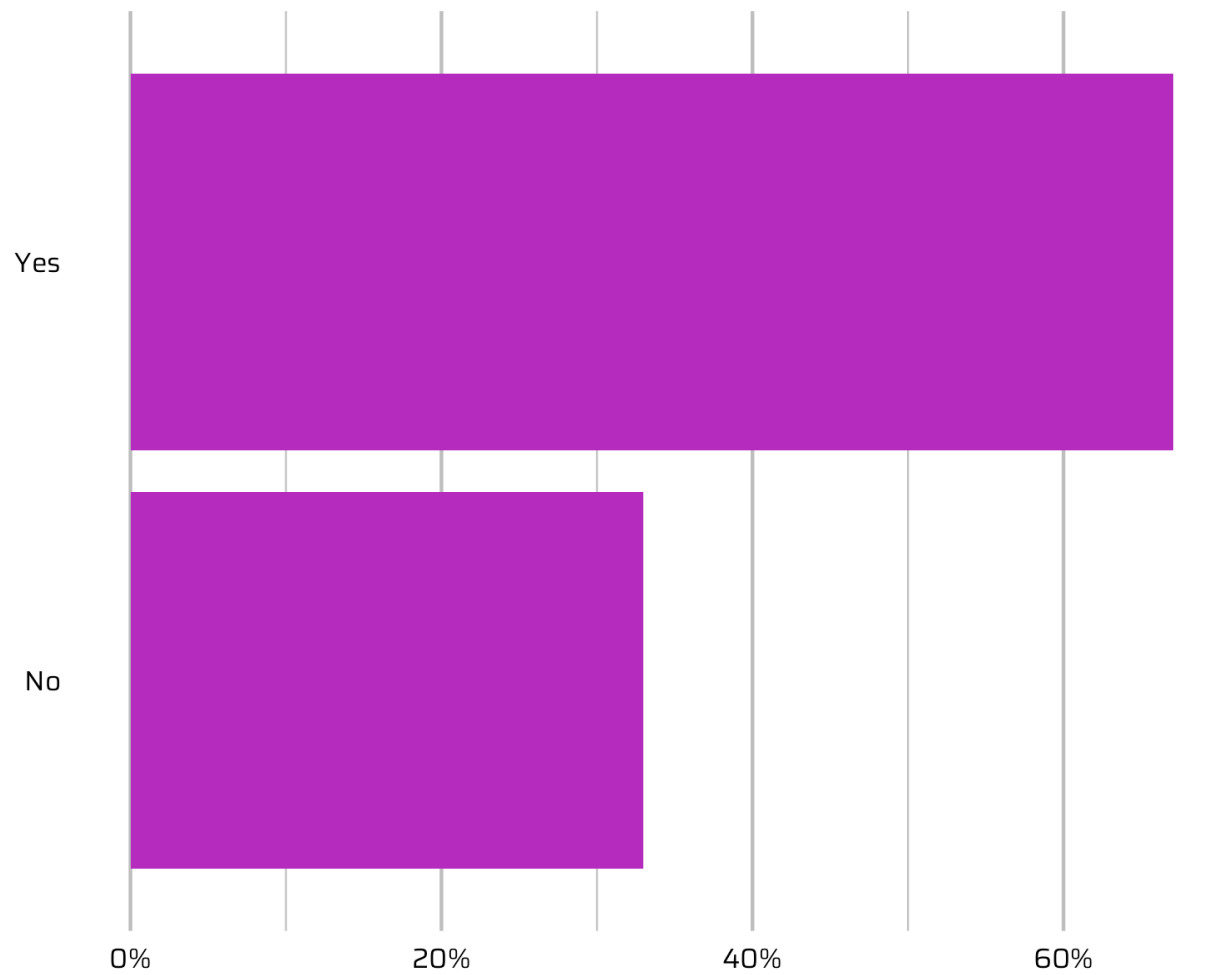


Figure 17: Respondents reporting feeling anxious or hopeless.

Table 17: Respondents reporting feeling anxious or hopeless.

Anxious or Hopeless	Respondents	Percentage
Yes	183	67
No	90	33

Employment Status: Anxious or Hopeless Feeling

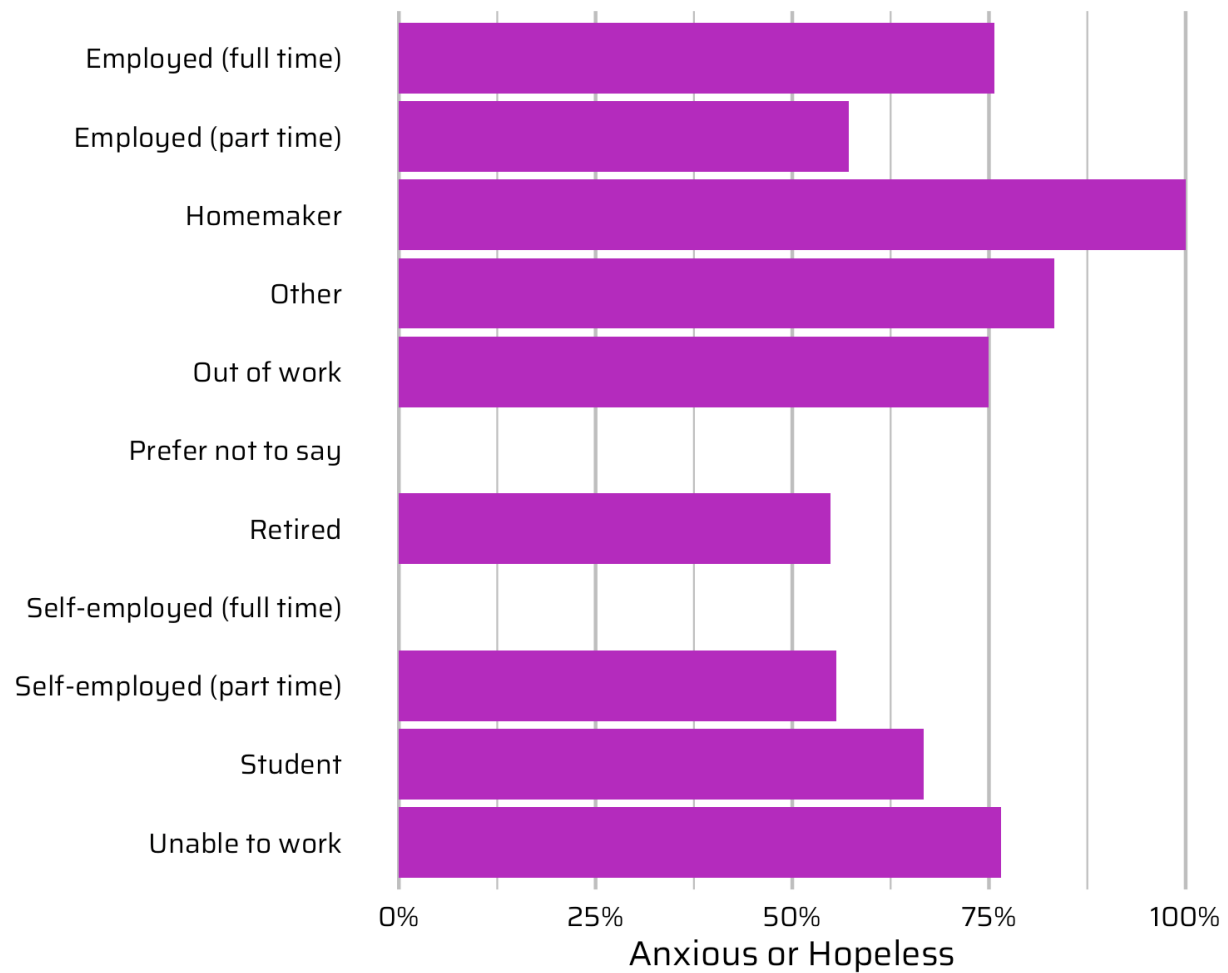


Figure 18: Respondents reporting feeling anxious or hopeless by employment status.

Table 18: Respondents reporting feeling anxious or hopeless by employment status.

Employment Status	Anxious or Hopeless	Respondents	Percentage
Employed (full time)	Yes	28	76
Employed (full time)	No	9	24
Employed (part time)	Yes	12	57
Employed (part time)	No	9	43
Homemaker	Yes	2	100
Homemaker	No	0	0

Employment Status	Anxious or Hopeless	Respondents	Percentage
Other	Yes	5	83
Other	No	1	17
Out of work	Yes	3	75
Out of work	No	1	25
Prefer not to say	Yes	0	NaN
Prefer not to say	No	0	NaN
Retired	Yes	51	55
Retired	No	42	45
Self-employed (full time)	Yes	0	NaN
Self-employed (full time)	No	0	NaN
Self-employed (part time)	Yes	5	56
Self-employed (part time)	No	4	44
Student	Yes	2	67
Student	No	1	33
Unable to work	Yes	75	77
Unable to work	No	23	23

Financial Status: Anxious or Hopeless Feeling

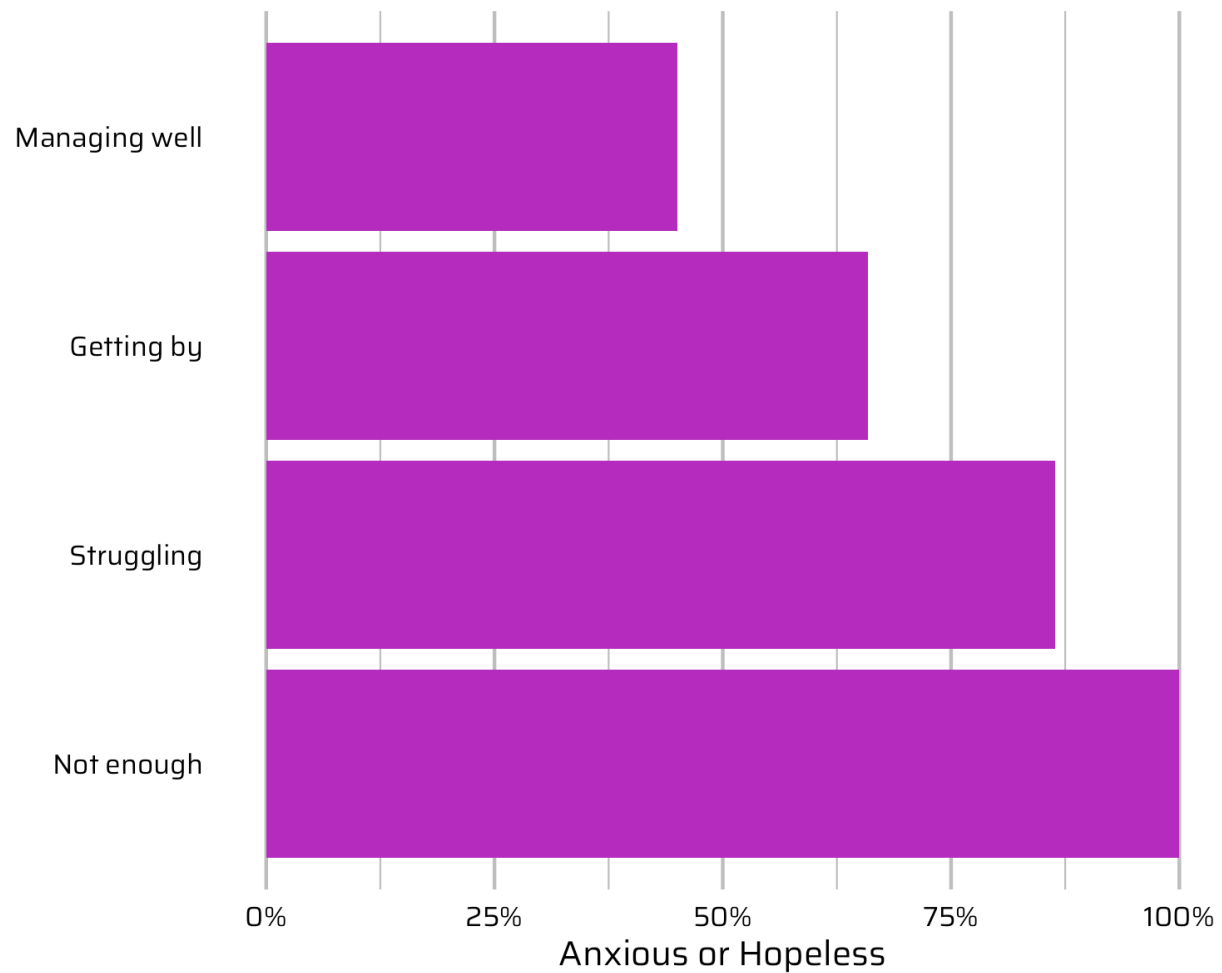


Figure 19: Respondents reporting feeling anxious or hopeless by financial status.

Table 19: Respondents reporting feeling anxious or hopeless by financial status.

Financial Status	Anxious or Hopeless	Respondents	Percentage
Managing well	Yes	32	45
Managing well	No	39	55
Getting by	Yes	83	66
Getting by	No	43	34
Struggling	Yes	51	86
Struggling	No	8	14
Not enough	Yes	17	100
Not enough	No	0	0

Frequency NHS A&E/Emergency Support Sought

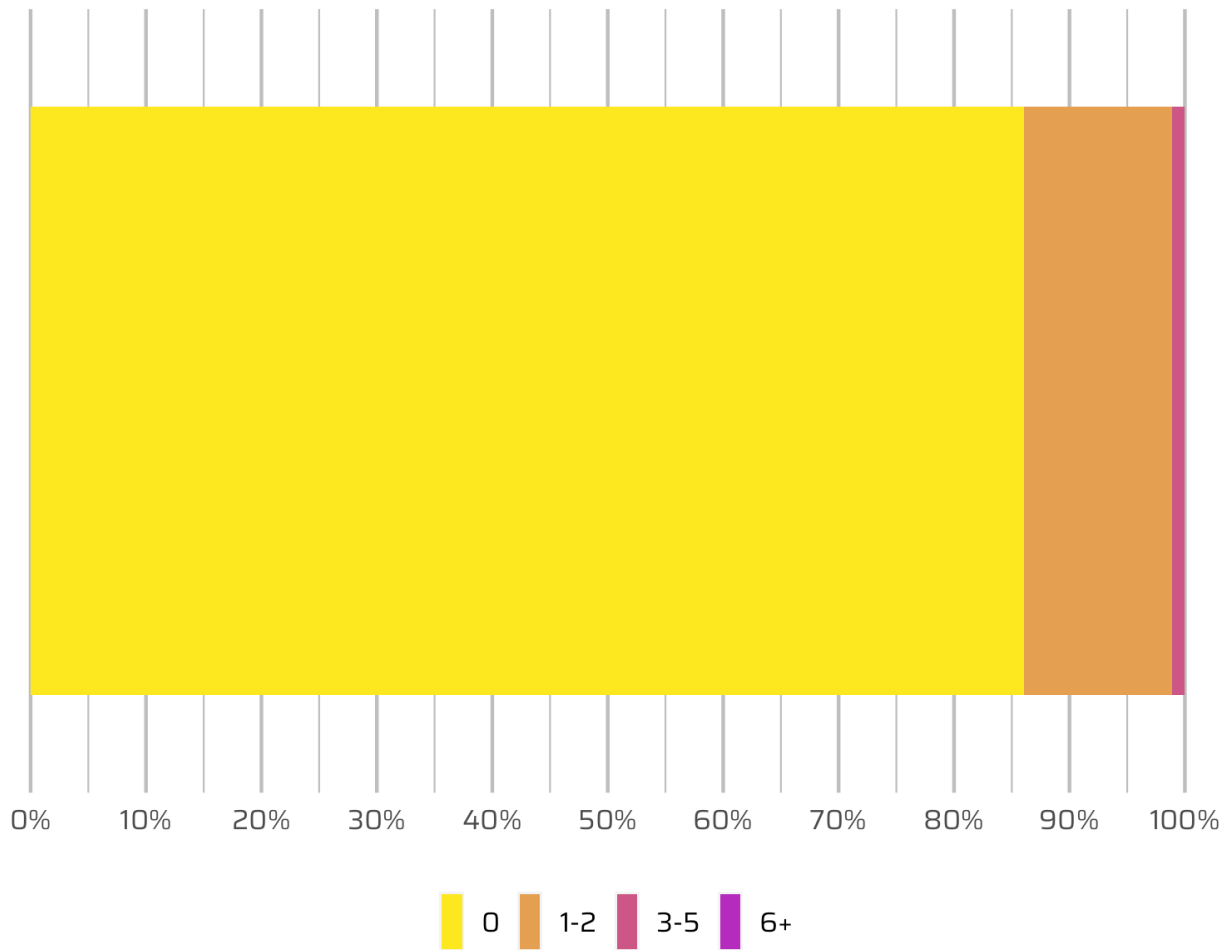


Figure 20: Frequency respondents have sought NHS A&E/Emergency Support.

Table 20: Frequency respondents have sought NHS A&E/Emergency Support.

Frequency	Respondents	Percentage
6+	0	0
3-5	3	1
1-2	35	13
0	235	86

Gender: Frequency NHS A&E/Emergency Support Sought

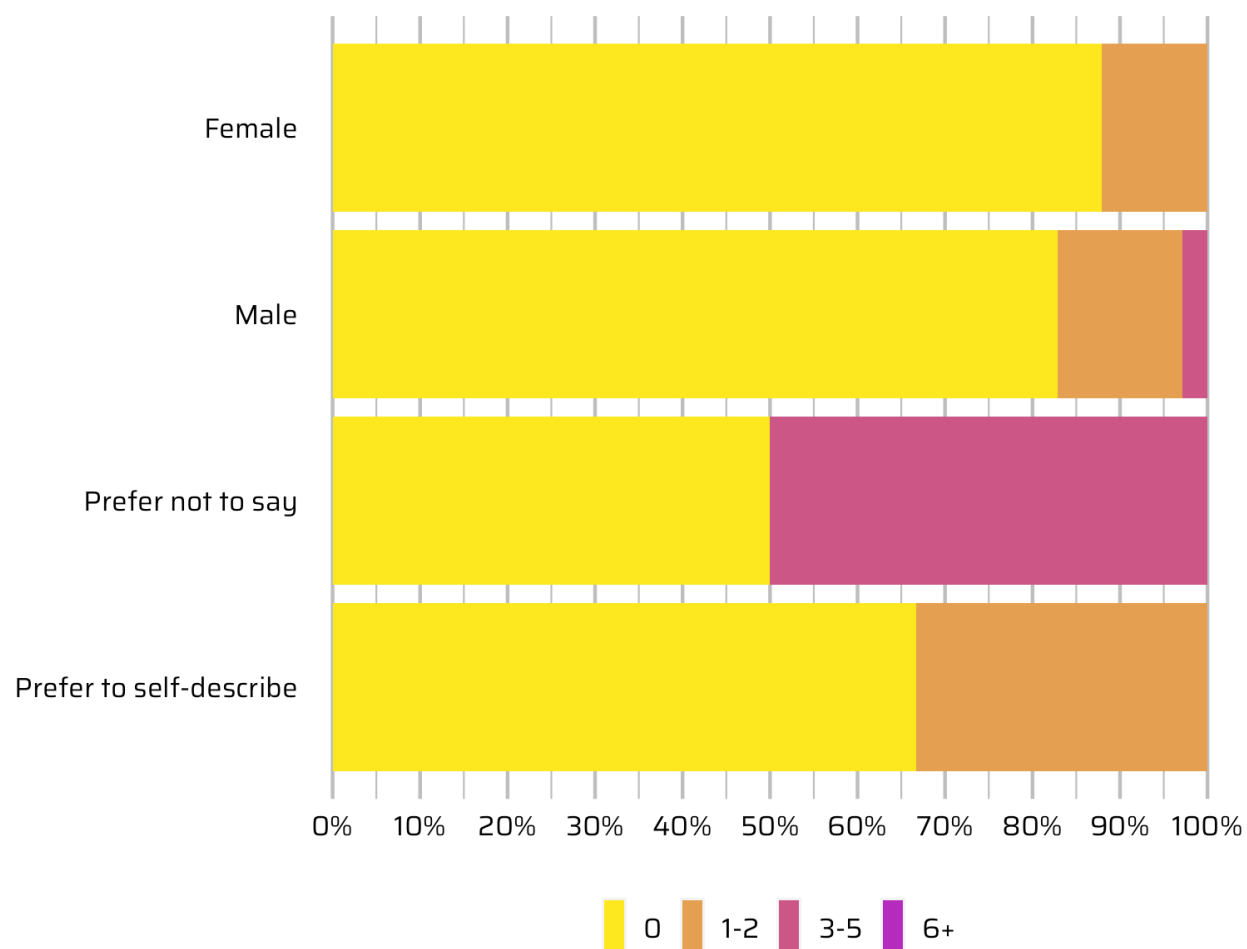


Figure 21: Frequency respondents have sought NHS A&E/Emergency Support by gender.

Table 21: Frequency respondents have sought NHS A&E/Emergency Support by gender.

Gender	Frequency	Respondents	Percentage
Female	6+	0	0
Female	3-5	0	0
Female	1-2	24	12
Female	0	174	88
Male	6+	0	0
Male	3-5	2	3

Gender	Frequency	Respondents	Percentage
Male	1-2	10	14
Male	0	58	83
Prefer not to say	6+	0	0
Prefer not to say	3-5	1	50
Prefer not to say	1-2	0	0
Prefer not to say	0	1	50
Prefer to self-describe	6+	0	0
Prefer to self-describe	3-5	0	0
Prefer to self-describe	1-2	1	33
Prefer to self-describe	0	2	67

Employment Status: Frequency NHS A&E/Emergency Support Sought

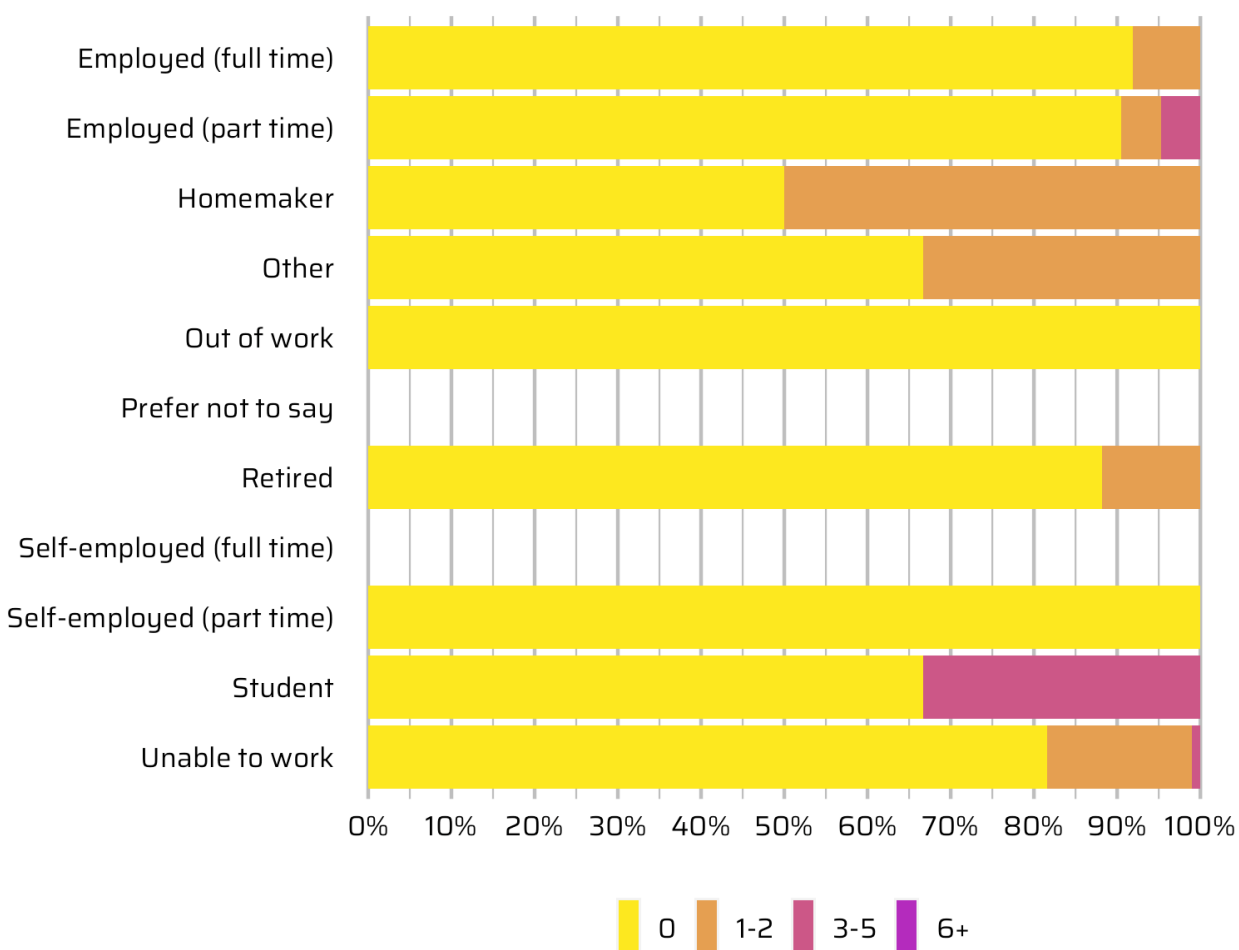


Figure 22: Frequency respondents have sought NHS A&E/Emergency Support by employment status.

Table 22: Frequency respondents have sought NHS A&E/Emergency Support by employment status.

Employment Status	Frequency	Respondents	Percentage
Employed (full time)	6+	0	0
Employed (full time)	3-5	0	0
Employed (full time)	1-2	3	8
Employed (full time)	0	34	92
Employed (part time)	6+	0	0
Employed (part time)	3-5	1	5
Employed (part time)	1-2	1	5
Employed (part time)	0	19	90
Homemaker	6+	0	0
Homemaker	3-5	0	0
Homemaker	1-2	1	50
Homemaker	0	1	50
Other	6+	0	0
Other	3-5	0	0
Other	1-2	2	33
Other	0	4	67
Out of work	6+	0	0
Out of work	3-5	0	0
Out of work	1-2	0	0
Out of work	0	4	100
Prefer not to say	6+	0	NaN
Prefer not to say	3-5	0	NaN
Prefer not to say	1-2	0	NaN
Prefer not to say	0	0	NaN
Retired	6+	0	0
Retired	3-5	0	0
Retired	1-2	11	12
Retired	0	82	88

Employment Status	Frequency	Respondents	Percentage
Self-employed (full time)	6+	0	NaN
Self-employed (full time)	3-5	0	NaN
Self-employed (full time)	1-2	0	NaN
Self-employed (full time)	0	0	NaN
Self-employed (part time)	6+	0	0
Self-employed (part time)	3-5	0	0
Self-employed (part time)	1-2	0	0
Self-employed (part time)	0	9	100
Student	6+	0	0
Student	3-5	1	33
Student	1-2	0	0
Student	0	2	67
Unable to work	6+	0	0
Unable to work	3-5	1	1
Unable to work	1-2	17	17
Unable to work	0	80	82

Number of Dependents: Frequency NHS A&E/Emergency Support Sought

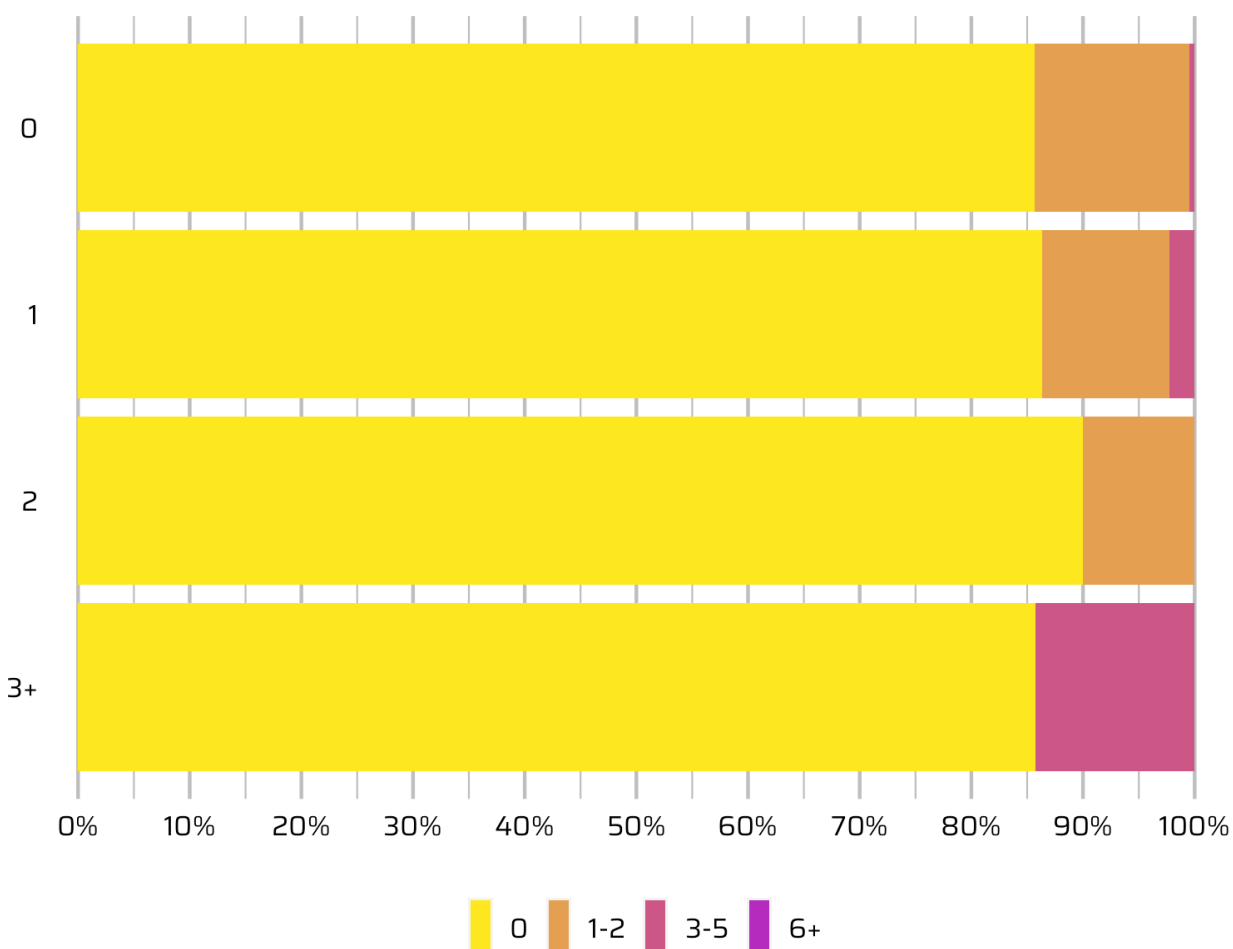


Figure 23: Frequency respondents have sought NHS A&E/Emergency Support by number of dependents.

Table 23: Frequency respondents have sought NHS A&E/Emergency Support by number of dependents.

Dependents	Frequency	Respondents	Percentage
0	6+	0	0
0	3-5	1	0
0	1-2	28	14
0	0	173	86
1	6+	0	0

Dependents	Frequency	Respondents	Percentage
1	3-5	1	2
1	1-2	5	11
1	0	38	86
2	6+	0	0
2	3-5	0	0
2	1-2	2	10
2	0	18	90
3+	6+	0	0
3+	3-5	1	14
3+	1-2	0	0
3+	0	6	86

Anxious or Hopeless Feeling: Frequency NHS A&E/Emergency Support Sought

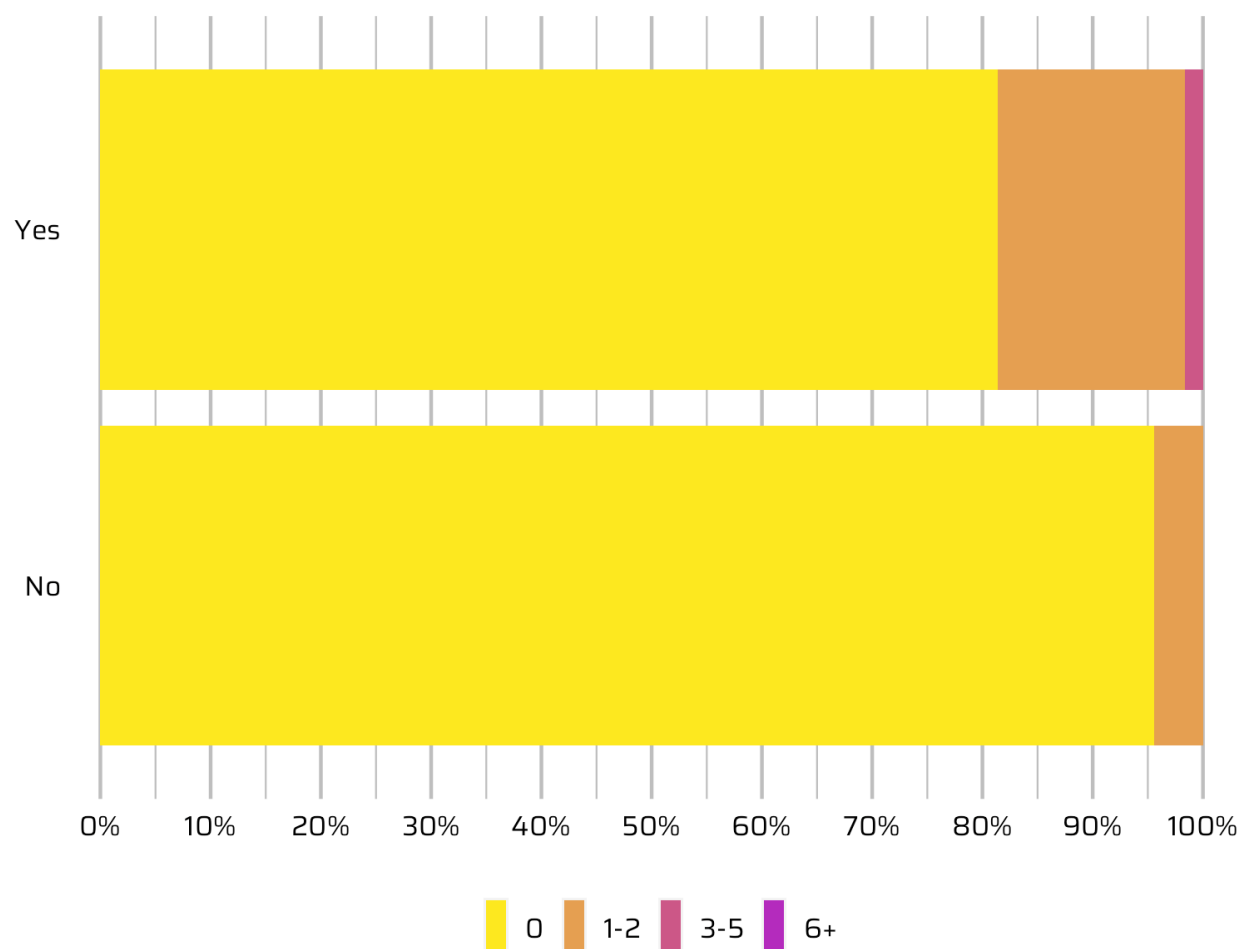


Figure 24: Frequency respondents have sought NHS A&E/Emergency Support by feeling anxious or hopeless.

Table 24: Frequency respondents have sought NHS A&E/Emergency Support by feeling anxious or hopeless.

Anxious or Hopeless	Frequency	Respondents	Percentage
Yes	6+	0	0
Yes	3-5	3	2
Yes	1-2	31	17
Yes	0	149	81
No	6+	0	0
No	3-5	0	0

Anxious or Hopeless	Frequency	Respondents	Percentage
No	1-2	4	4
No	0	86	96

Financial Status: Frequency NHS A&E/Emergency Support Sought

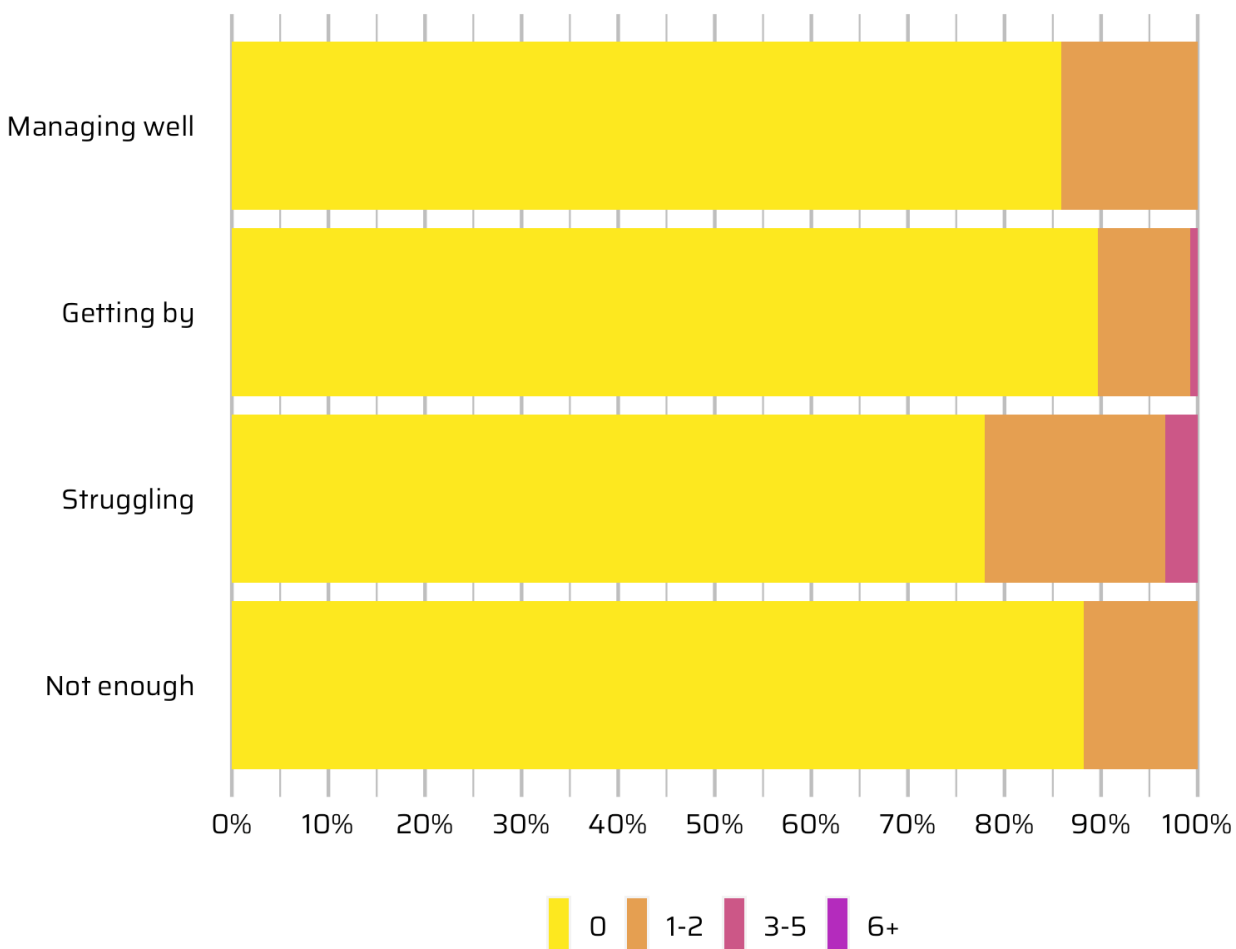


Figure 25: Frequency respondents have sought NHS A&E/Emergency Support by financial status.

Table 25: Frequency respondents have sought NHS A&E/Emergency Support by financial status.

Financial Status	Frequency	Respondents	Percentage
Managing well	6+	0	0
Managing well	3-5	0	0
Managing well	1-2	10	14

Financial Status	Frequency	Respondents	Percentage
Managing well	0	61	86
Getting by	6+	0	0
Getting by	3-5	1	1
Getting by	1-2	12	10
Getting by	0	113	90
Struggling	6+	0	0
Struggling	3-5	2	3
Struggling	1-2	11	19
Struggling	0	46	78
Not enough	6+	0	0
Not enough	3-5	0	0
Not enough	1-2	2	12
Not enough	0	15	88

Age: Frequency NHS A&E/Emergency Support Sought

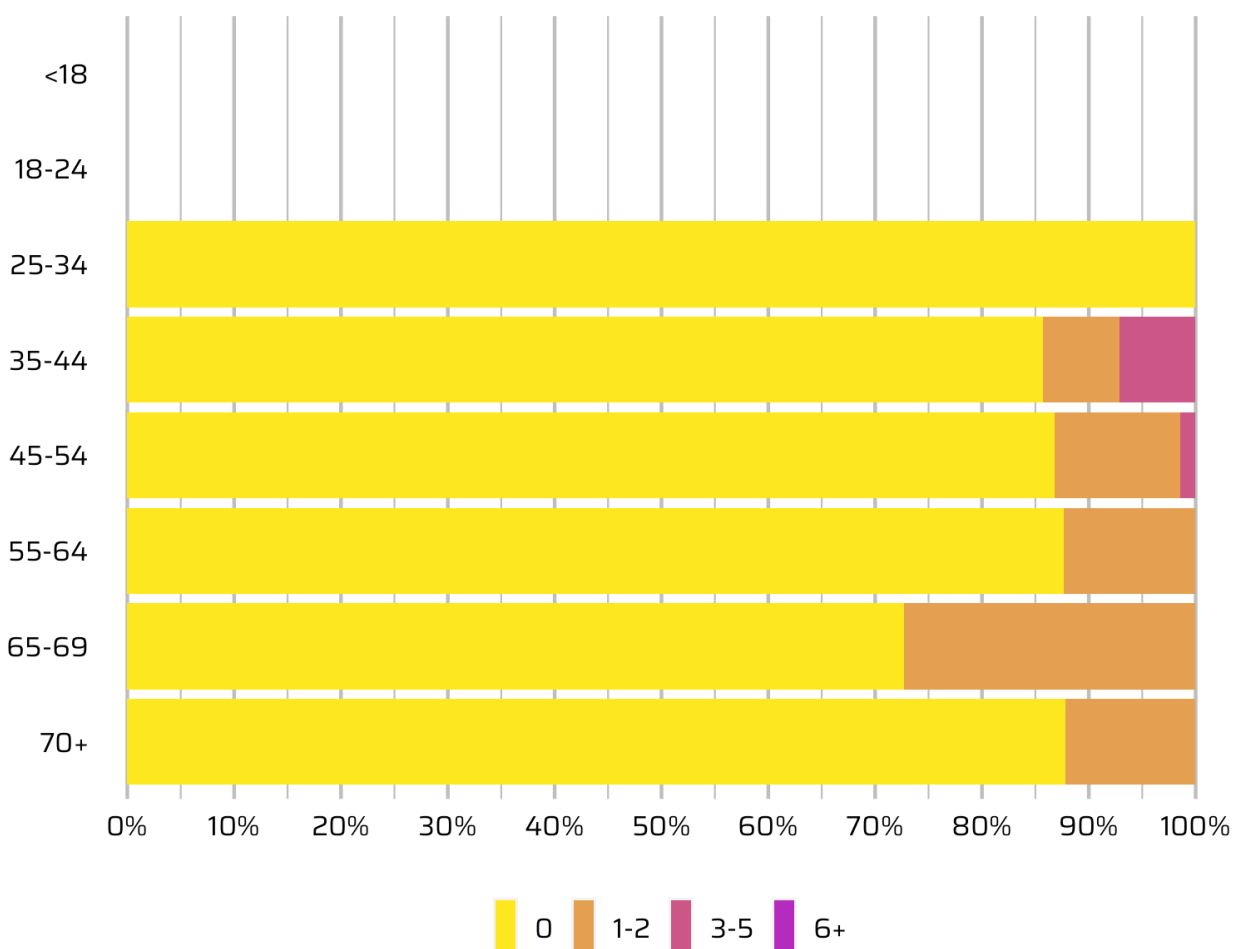


Figure 26: Frequency respondents have sought NHS A&E/Emergency Support by age.

Table 26: Frequency respondents have sought NHS A&E/Emergency Support by age.

Age	Frequency	Respondents	Percentage
<18	6+	0	NaN
<18	3-5	0	NaN
<18	1-2	0	NaN
<18	0	0	NaN
18-24	6+	0	NaN
18-24	3-5	0	NaN

Age	Frequency	Respondents	Percentage
18-24	1-2	0	NaN
18-24	0	0	NaN
25-34	6+	0	0
25-34	3-5	0	0
25-34	1-2	0	0
25-34	0	14	100
35-44	6+	0	0
35-44	3-5	2	7
35-44	1-2	2	7
35-44	0	24	86
45-54	6+	0	0
45-54	3-5	1	1
45-54	1-2	8	12
45-54	0	59	87
55-64	6+	0	0
55-64	3-5	0	0
55-64	1-2	11	12
55-64	0	78	88
65-69	6+	0	0
65-69	3-5	0	0
65-69	1-2	9	27
65-69	0	24	73
70+	6+	0	0
70+	3-5	0	0
70+	1-2	5	12
70+	0	36	88

Treatment, Care, or Support Accessed

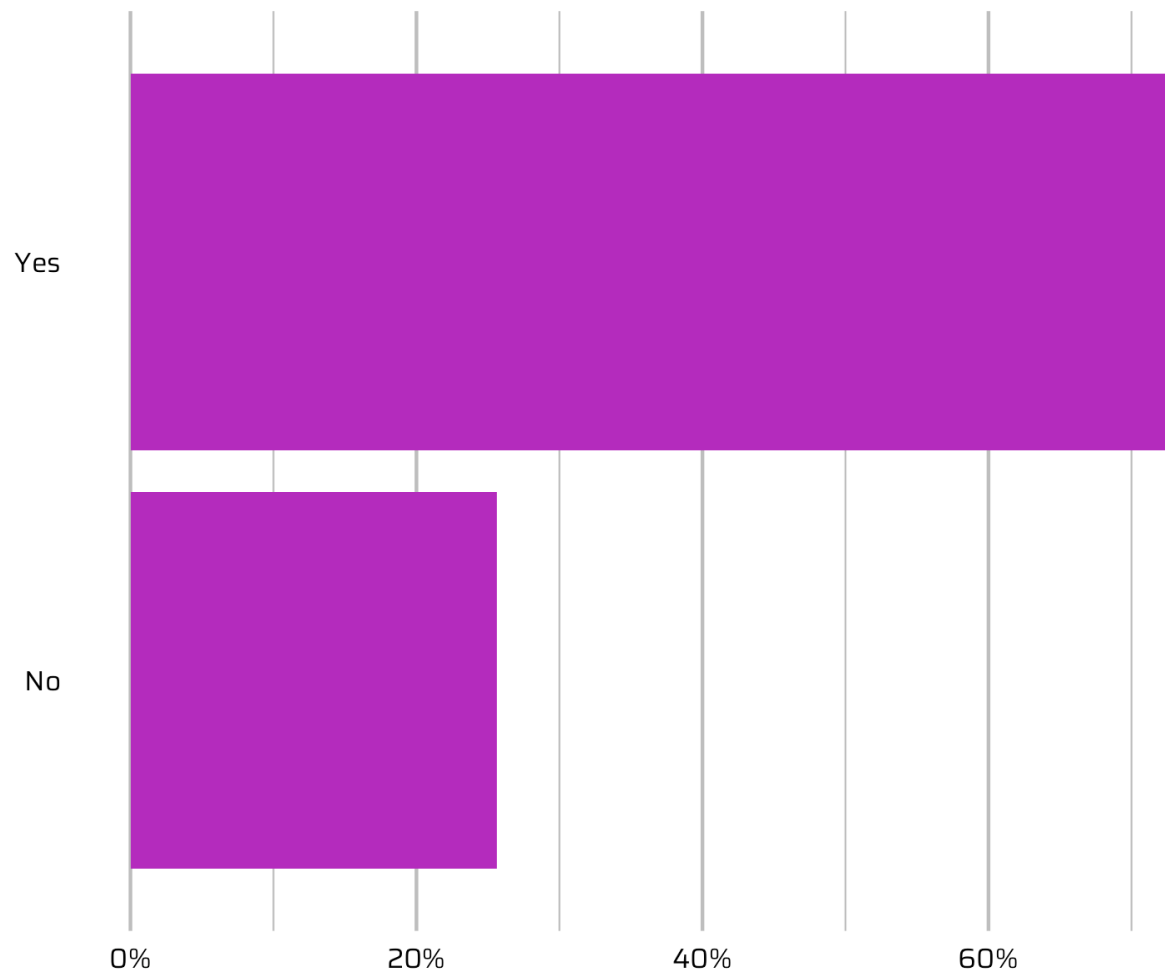


Figure 27: Respondents that have accessed treatment, care or support.

Table 27: Respondents that have accessed treatment, care or support.

Access	Respondents	Percentage
Yes	199	73
No	70	26
NA	4	1

Overall Experience Treatment, Care, or Support

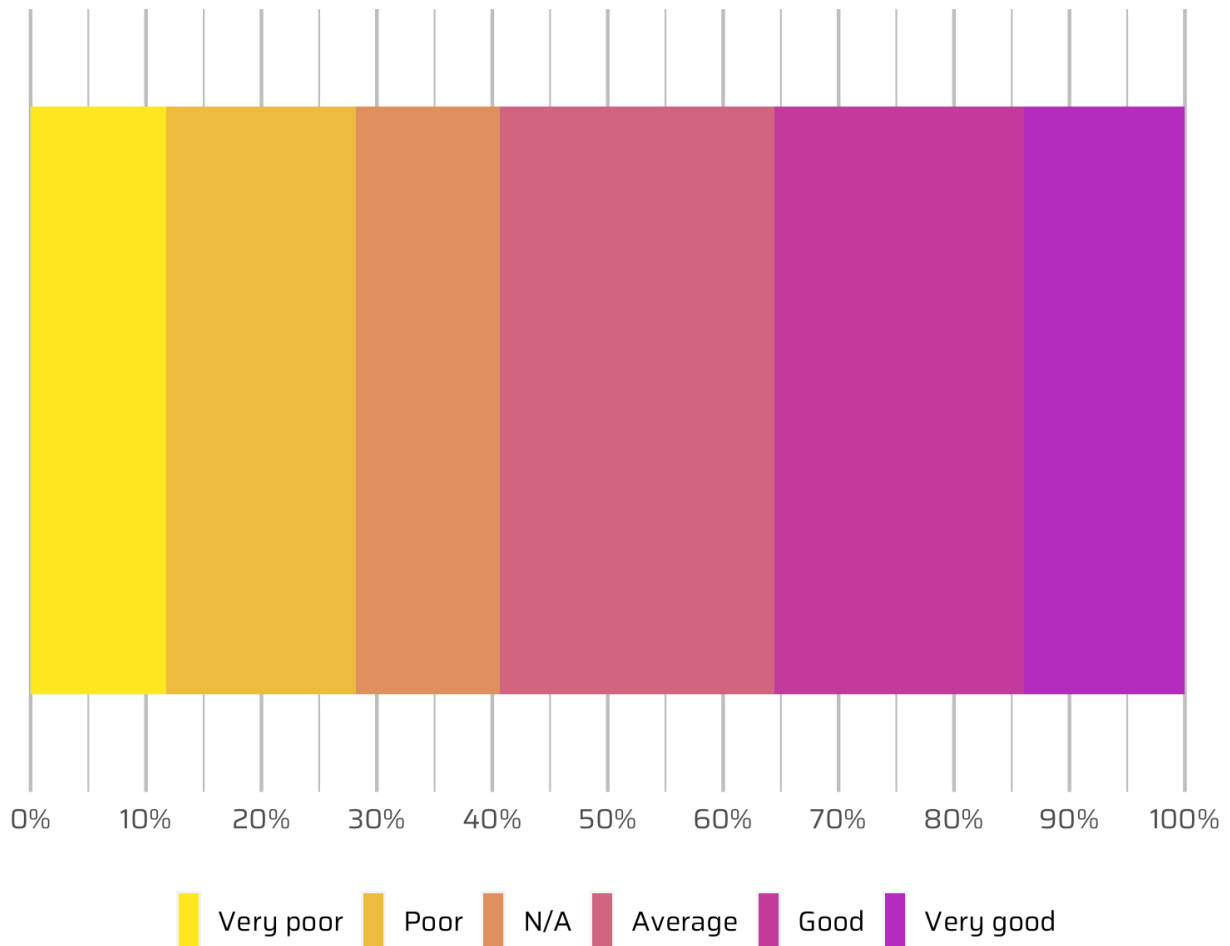


Figure 28: Overall experience of respondents that have accessed treatment, care or support.

Table 28: Overall experience of respondents that have accessed treatment, care or support.

Experience	Respondents	Percentage
Very good	38	14
Good	59	22
Average	65	24
N/A	34	12
Poor	45	16
Very poor	32	12

Gender: Experience Overall

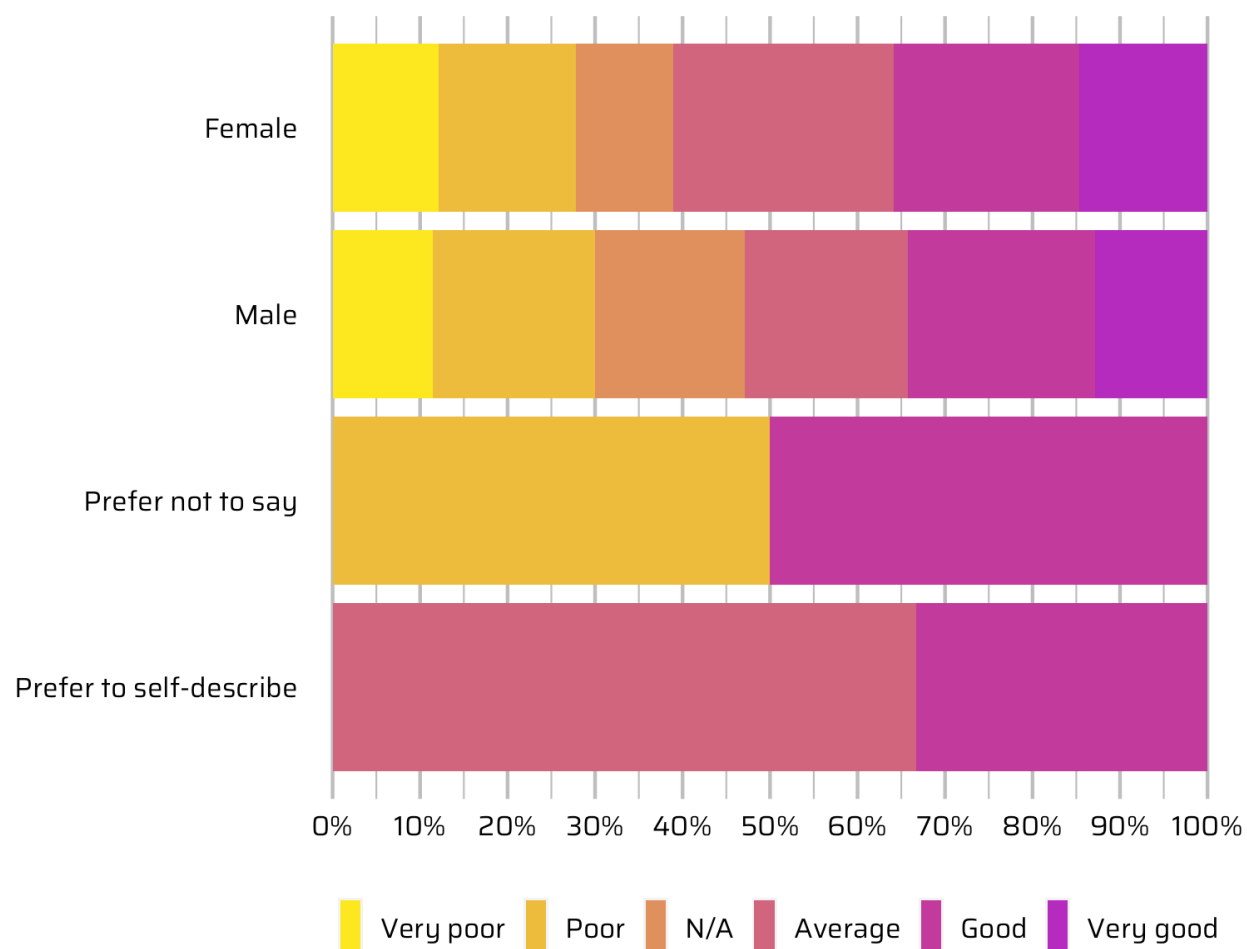


Figure 29: Overall experience of respondents that have accessed treatment, care or support by gender.

Table 29: Overall experience of respondents that have accessed treatment, care or support by gender.

Gender	Experience	Respondents	Percentage
Female	Very good	29	15
Female	Good	42	21
Female	Average	50	25
Female	N/A	22	11
Female	Poor	31	16
Female	Very poor	24	12

Gender	Experience	Respondents	Percentage
Male	Very good	9	13
Male	Good	15	21
Male	Average	13	19
Male	N/A	12	17
Male	Poor	13	19
Male	Very poor	8	11
Prefer not to say	Very good	0	0
Prefer not to say	Good	1	50
Prefer not to say	Average	0	0
Prefer not to say	N/A	0	0
Prefer not to say	Poor	1	50
Prefer not to say	Very poor	0	0
Prefer to self-describe	Very good	0	0
Prefer to self-describe	Good	1	33
Prefer to self-describe	Average	2	67
Prefer to self-describe	N/A	0	0
Prefer to self-describe	Poor	0	0
Prefer to self-describe	Very poor	0	0

Employment Status: Experience Overall

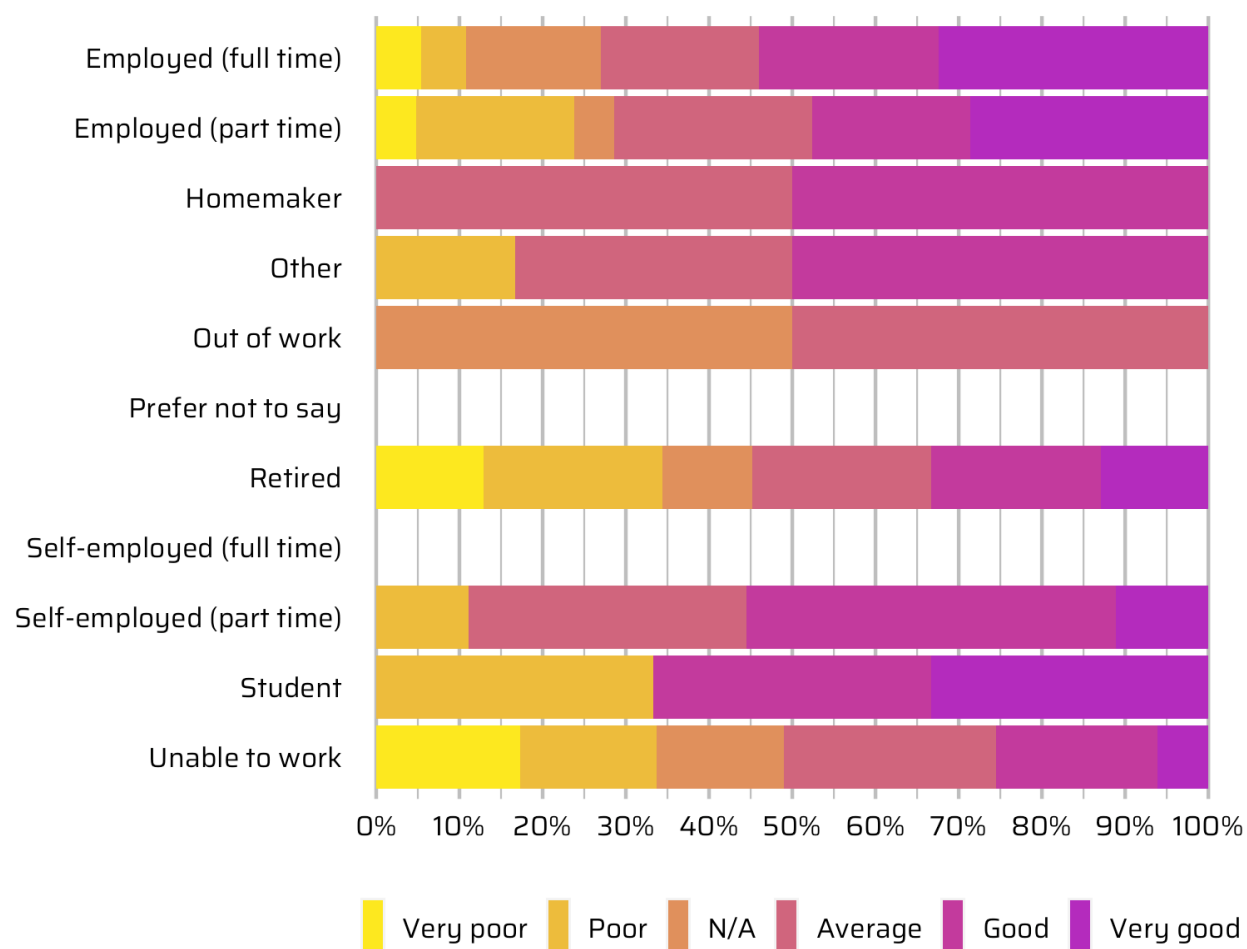


Figure 30: Overall experience of respondents that have accessed treatment, care or support by employment status.

Table 30: Overall experience of respondents that have accessed treatment, care or support by employment status.

Employment Status	Experience	Respondents	Percentage
Employed (full time)	Very good	12	32
Employed (full time)	Good	8	22
Employed (full time)	Average	7	19
Employed (full time)	N/A	6	16
Employed (full time)	Poor	2	5
Employed (full time)	Very poor	2	5

Employment Status	Experience	Respondents	Percentage
Employed (part time)	Very good	6	29
Employed (part time)	Good	4	19
Employed (part time)	Average	5	24
Employed (part time)	N/A	1	5
Employed (part time)	Poor	4	19
Employed (part time)	Very poor	1	5
Homemaker	Very good	0	0
Homemaker	Good	1	50
Homemaker	Average	1	50
Homemaker	N/A	0	0
Homemaker	Poor	0	0
Homemaker	Very poor	0	0
Other	Very good	0	0
Other	Good	3	50
Other	Average	2	33
Other	N/A	0	0
Other	Poor	1	17
Other	Very poor	0	0
Out of work	Very good	0	0
Out of work	Good	0	0
Out of work	Average	2	50
Out of work	N/A	2	50
Out of work	Poor	0	0
Out of work	Very poor	0	0
Prefer not to say	Very good	0	NaN
Prefer not to say	Good	0	NaN
Prefer not to say	Average	0	NaN
Prefer not to say	N/A	0	NaN
Prefer not to say	Poor	0	NaN
Prefer not to say	Very poor	0	NaN
Retired	Very good	12	13
Retired	Good	19	20
Retired	Average	20	22

Employment Status	Experience	Respondents	Percentage
Retired	N/A	10	11
Retired	Poor	20	22
Retired	Very poor	12	13
Self-employed (full time)	Very good	0	NaN
Self-employed (full time)	Good	0	NaN
Self-employed (full time)	Average	0	NaN
Self-employed (full time)	N/A	0	NaN
Self-employed (full time)	Poor	0	NaN
Self-employed (full time)	Very poor	0	NaN
Self-employed (part time)	Very good	1	11
Self-employed (part time)	Good	4	44
Self-employed (part time)	Average	3	33
Self-employed (part time)	N/A	0	0
Self-employed (part time)	Poor	1	11
Self-employed (part time)	Very poor	0	0
Student	Very good	1	33
Student	Good	1	33
Student	Average	0	0
Student	N/A	0	0
Student	Poor	1	33
Student	Very poor	0	0
Unable to work	Very good	6	6
Unable to work	Good	19	19
Unable to work	Average	25	26
Unable to work	N/A	15	15
Unable to work	Poor	16	16
Unable to work	Very poor	17	17

Number of Dependents: Experience Overall

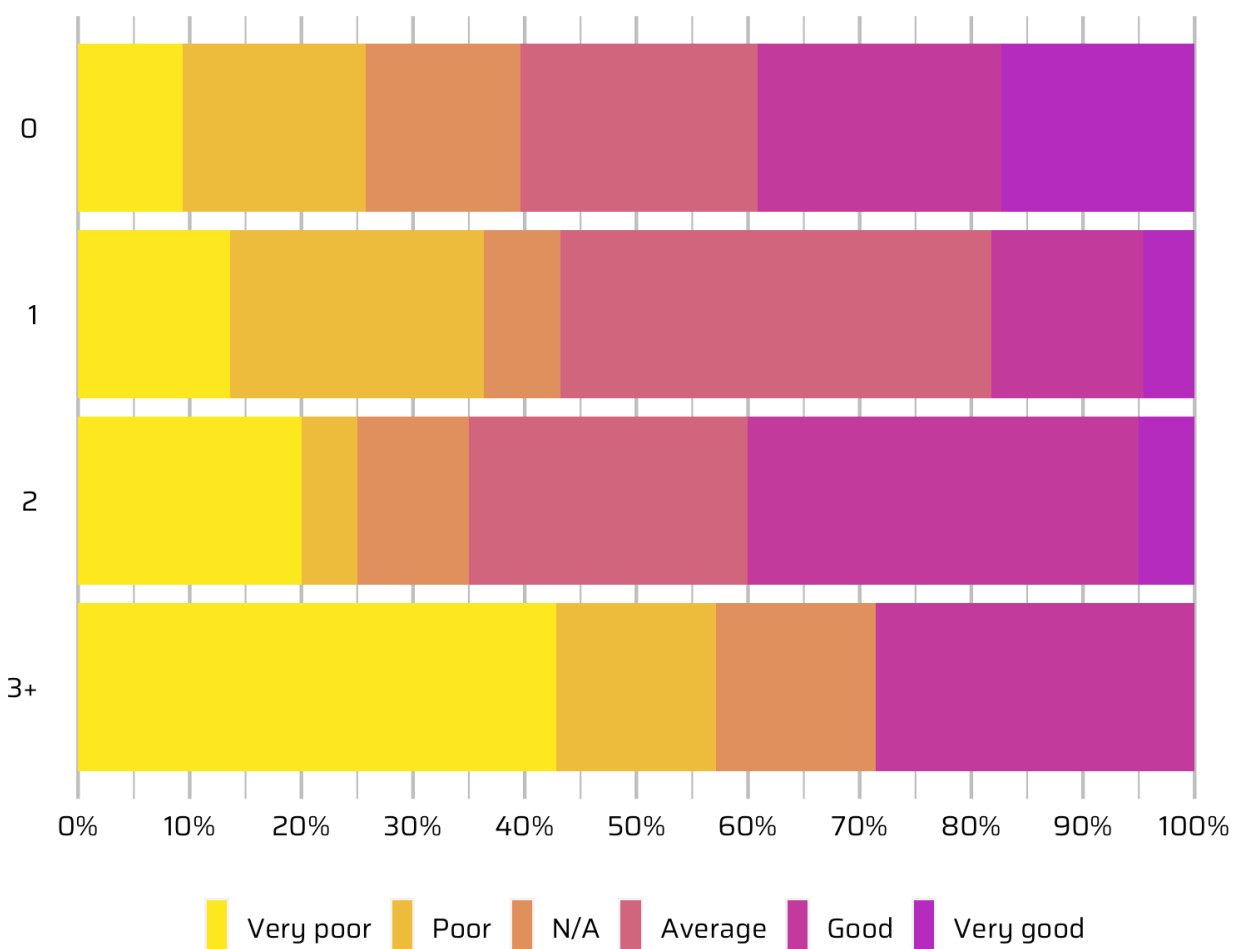


Figure 31: Overall experience of respondents that have accessed treatment, care or support by number of dependents.

Table 31: Overall experience of respondents that have accessed treatment, care or support by number of dependents.

Dependents	Experience	Respondents	Percentage
0	Very good	35	17
0	Good	44	22
0	Average	43	21
0	N/A	28	14
0	Poor	33	16
0	Very poor	19	9

Dependents	Experience	Respondents	Percentage
1	Very good	2	5
1	Good	6	14
1	Average	17	39
1	N/A	3	7
1	Poor	10	23
1	Very poor	6	14
2	Very good	1	5
2	Good	7	35
2	Average	5	25
2	N/A	2	10
2	Poor	1	5
2	Very poor	4	20
3+	Very good	0	0
3+	Good	2	29
3+	Average	0	0
3+	N/A	1	14
3+	Poor	1	14
3+	Very poor	3	43

Anxious or Hopeless Feeling: Experience Overall

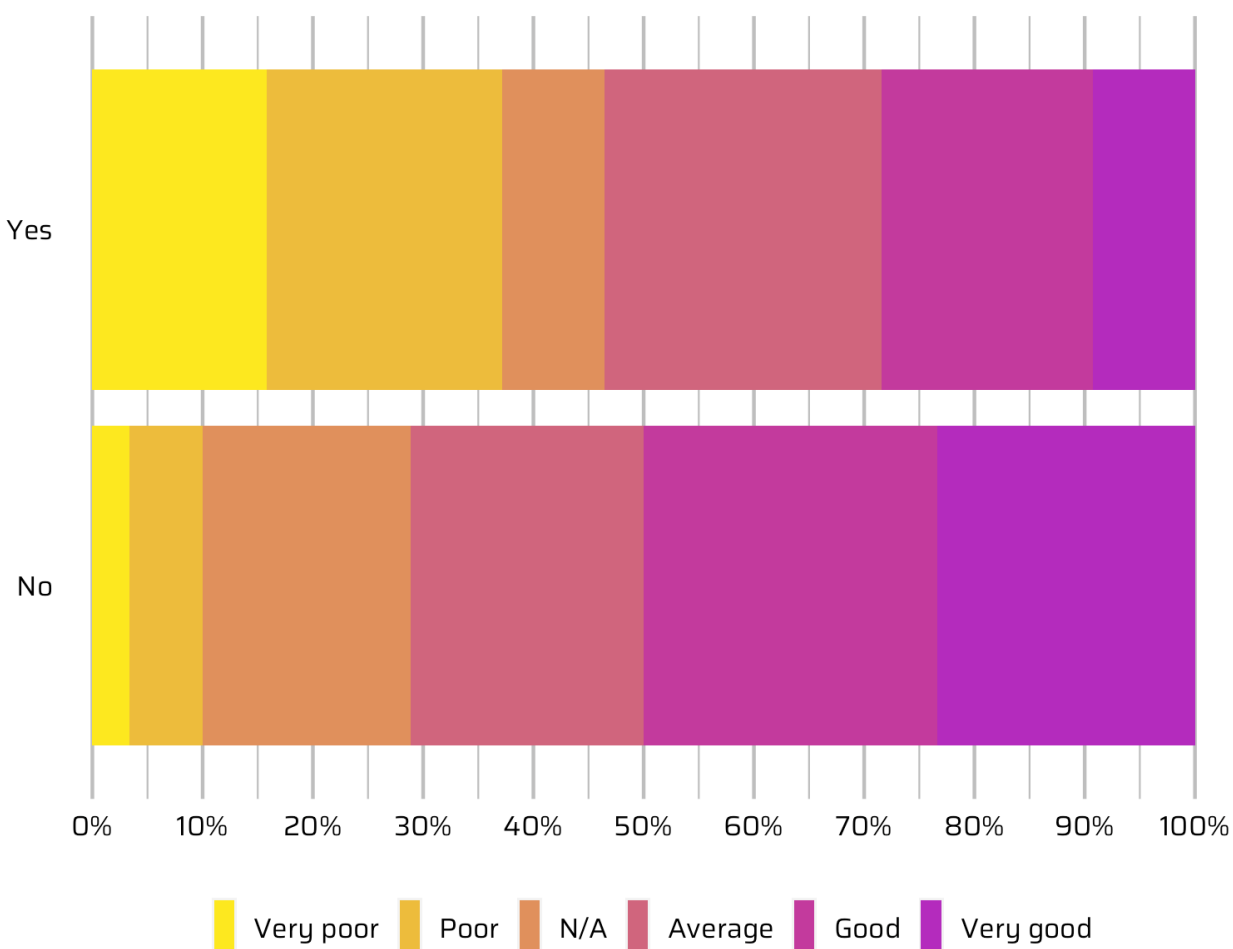


Figure 32: Overall experience of respondents that have accessed treatment, care or support by feeling anxious or hopeless.

Table 32: Overall experience of respondents that have accessed treatment, care or support by feeling anxious or hopeless.

Anxious or Hopeless	Experience	Respondents	Percentage
Yes	Very good	17	9
Yes	Good	35	19
Yes	Average	46	25
Yes	N/A	17	9
Yes	Poor	39	21
Yes	Very poor	29	16

Anxious or Hopeless	Experience	Respondents	Percentage
No	Very good	21	23
No	Good	24	27
No	Average	19	21
No	N/A	17	19
No	Poor	6	7
No	Very poor	3	3

Financial Status: Experience Overall

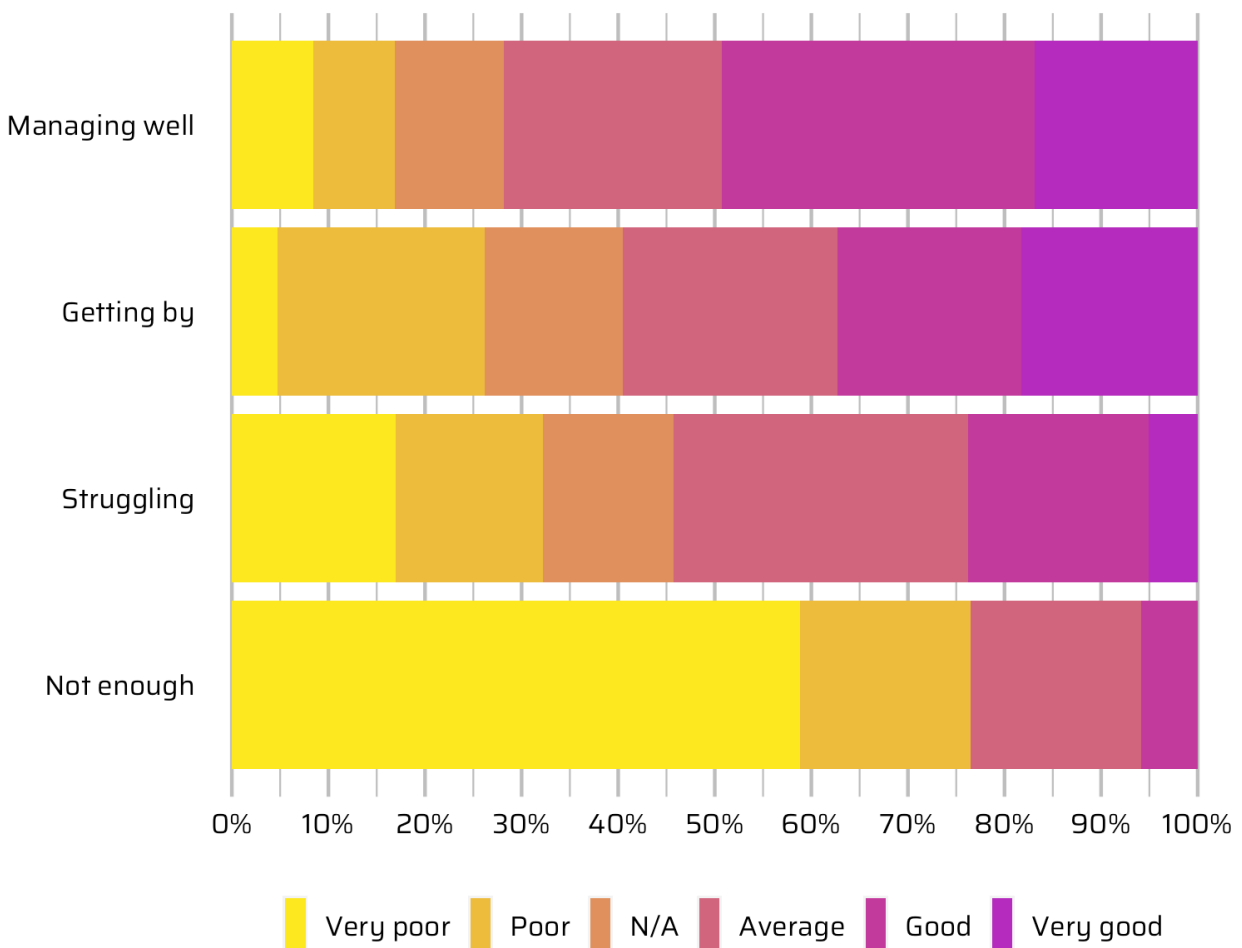


Figure 33: Overall experience of respondents that have accessed treatment, care or support by financial status.

Table 33: Overall experience of respondents that have accessed treatment, care or support by financial status.

Financial Status	Experience	Respondents	Percentage
Managing well	Very good	12	17
Managing well	Good	23	32
Managing well	Average	16	23
Managing well	N/A	8	11
Managing well	Poor	6	8
Managing well	Very poor	6	8
Getting by	Very good	23	18
Getting by	Good	24	19
Getting by	Average	28	22
Getting by	N/A	18	14
Getting by	Poor	27	21
Getting by	Very poor	6	5
Struggling	Very good	3	5
Struggling	Good	11	19
Struggling	Average	18	31
Struggling	N/A	8	14
Struggling	Poor	9	15
Struggling	Very poor	10	17
Not enough	Very good	0	0
Not enough	Good	1	6
Not enough	Average	3	18
Not enough	N/A	0	0
Not enough	Poor	3	18
Not enough	Very poor	10	59

Age: Experience Overall

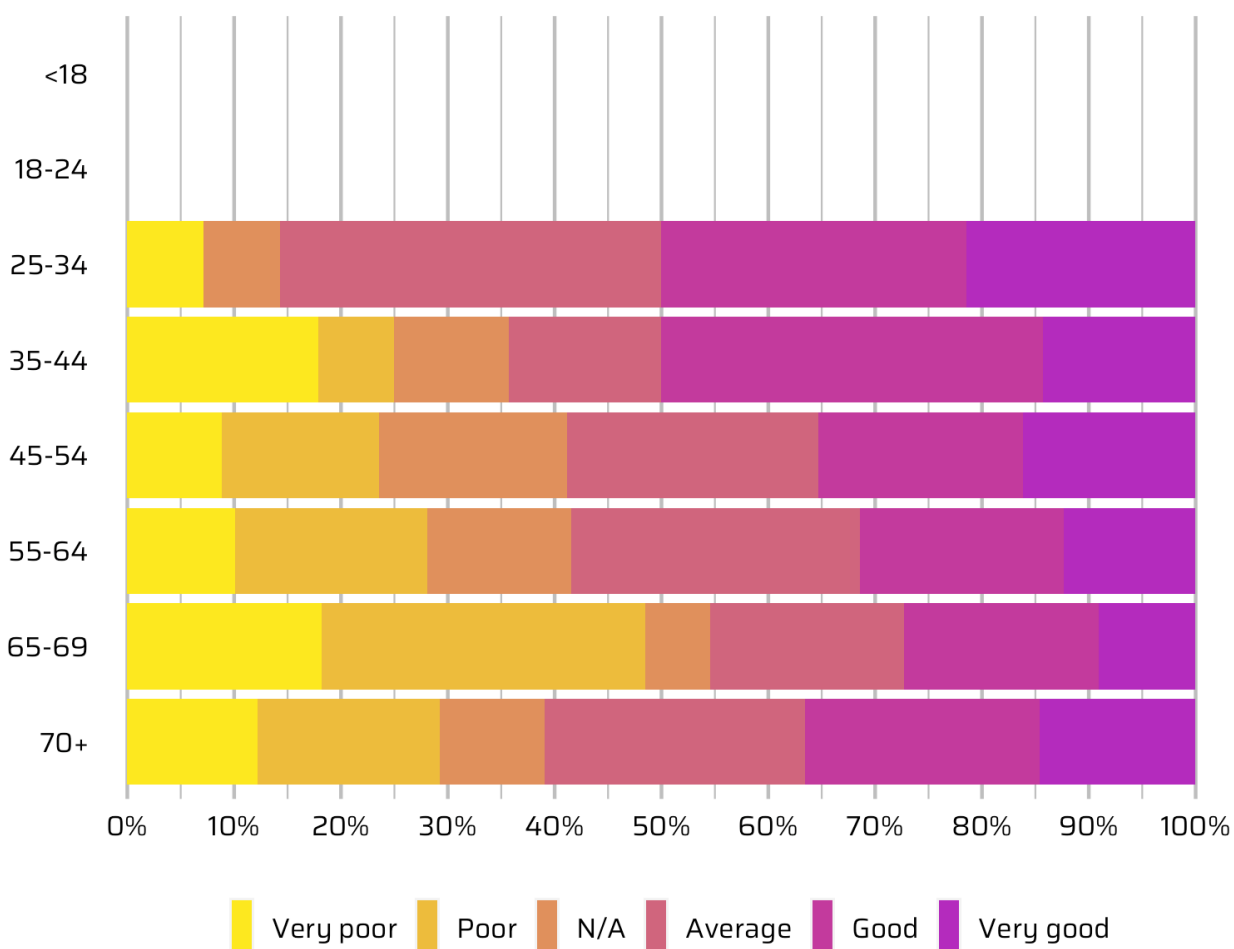


Figure 34: Overall experience of respondents that have accessed treatment, care or support by age.

Table 34: Overall experience of respondents that have accessed treatment, care or support by age.

Age	Experience	Respondents	Percentage
<18	Very good	0	NaN
<18	Good	0	NaN
<18	Average	0	NaN
<18	N/A	0	NaN
<18	Poor	0	NaN
<18	Very poor	0	NaN

Age	Experience	Respondents	Percentage
18-24	Very good	0	NaN
18-24	Good	0	NaN
18-24	Average	0	NaN
18-24	N/A	0	NaN
18-24	Poor	0	NaN
18-24	Very poor	0	NaN
25-34	Very good	3	21
25-34	Good	4	29
25-34	Average	5	36
25-34	N/A	1	7
25-34	Poor	0	0
25-34	Very poor	1	7
35-44	Very good	4	14
35-44	Good	10	36
35-44	Average	4	14
35-44	N/A	3	11
35-44	Poor	2	7
35-44	Very poor	5	18
45-54	Very good	11	16
45-54	Good	13	19
45-54	Average	16	24
45-54	N/A	12	18
45-54	Poor	10	15
45-54	Very poor	6	9
55-64	Very good	11	12
55-64	Good	17	19
55-64	Average	24	27
55-64	N/A	12	13
55-64	Poor	16	18
55-64	Very poor	9	10
65-69	Very good	3	9
65-69	Good	6	18
65-69	Average	6	18

Age	Experience	Respondents	Percentage
65-69	N/A	2	6
65-69	Poor	10	30
65-69	Very poor	6	18
70+	Very good	6	15
70+	Good	9	22
70+	Average	10	24
70+	N/A	4	10
70+	Poor	7	17
70+	Very poor	5	12

Medical Appointments

Number of Medical Appointments

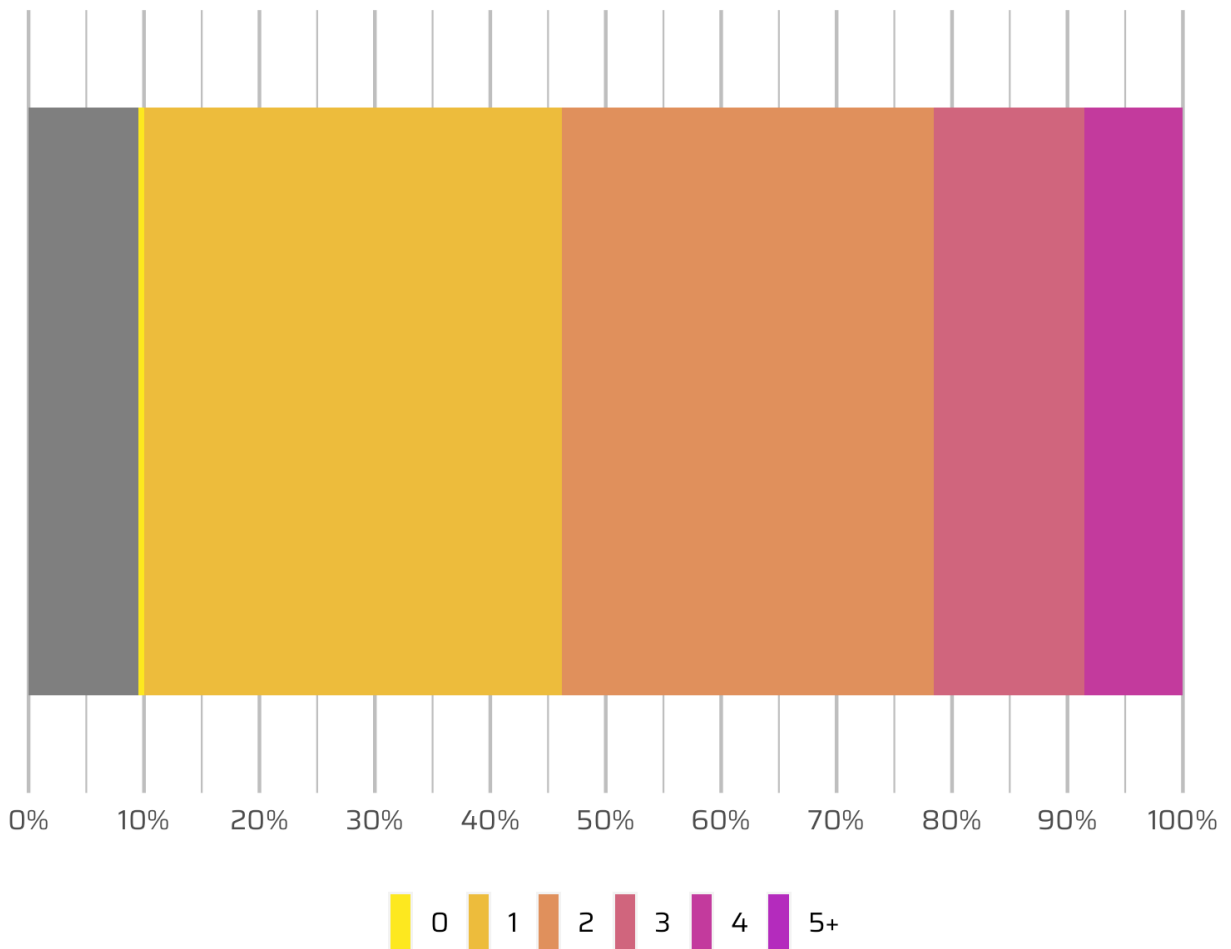


Figure 35: Number of medical appointments attended by respondents.

Table 35: Number of medical appointments attended by respondents.

Number	Respondents	Percentage
5+	0	0
4	17	9
3	26	13
2	64	32
1	72	36
0	1	1
NA	19	10

Nota bene: The basis for the percentages in this section is the number of observations as opposed to the number of respondents. A single respondent may have had multiple medical appointments and thus multiple observations.

Helpfulness Medical Appointments

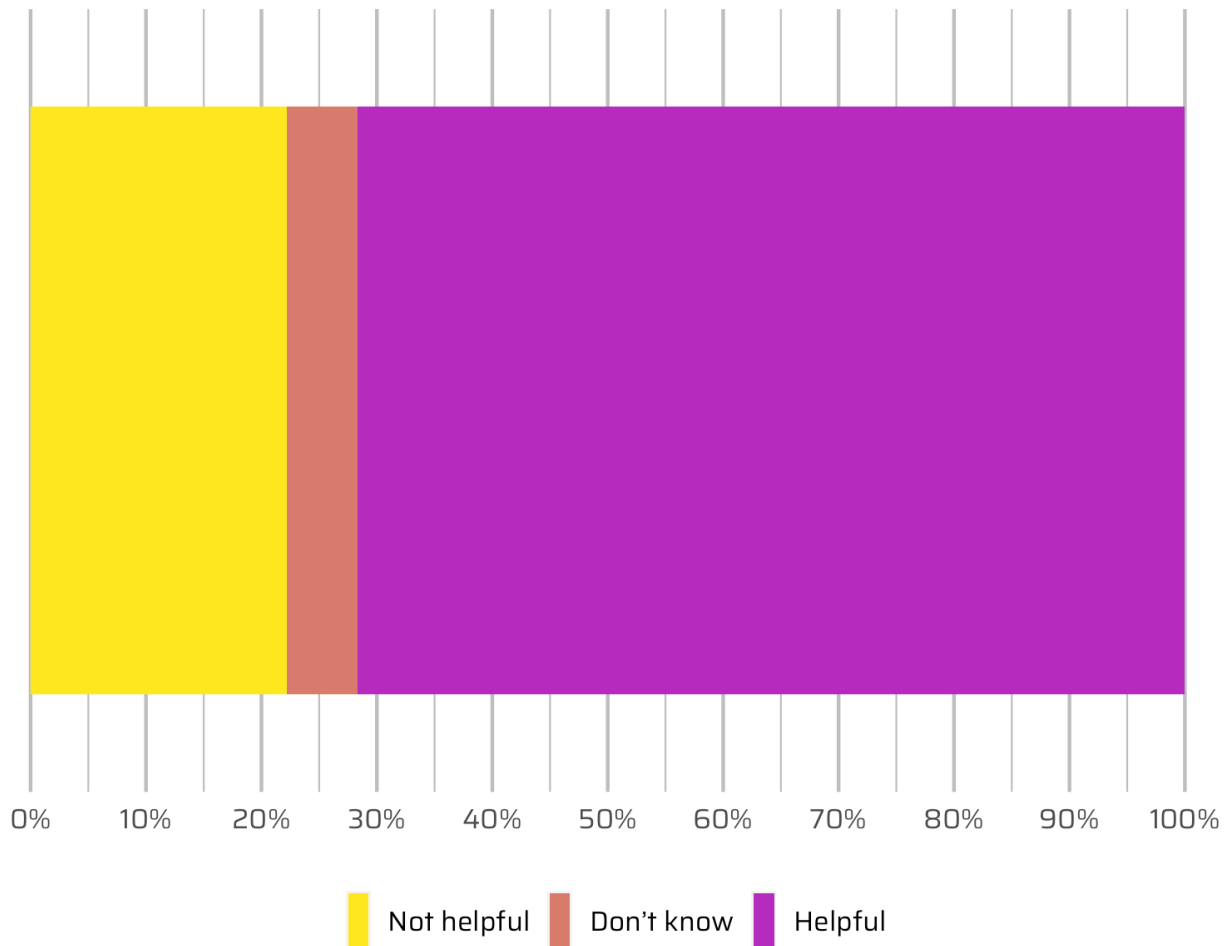


Figure 36: Helpfulness of medical appointments attended by respondents.

Table 36: Helpfulness of medical appointments attended by respondents.

Helpfulness	Observations	Percentage
Helpful	336	72
Don't know	29	6
Not helpful	104	22

Specialism of appointment

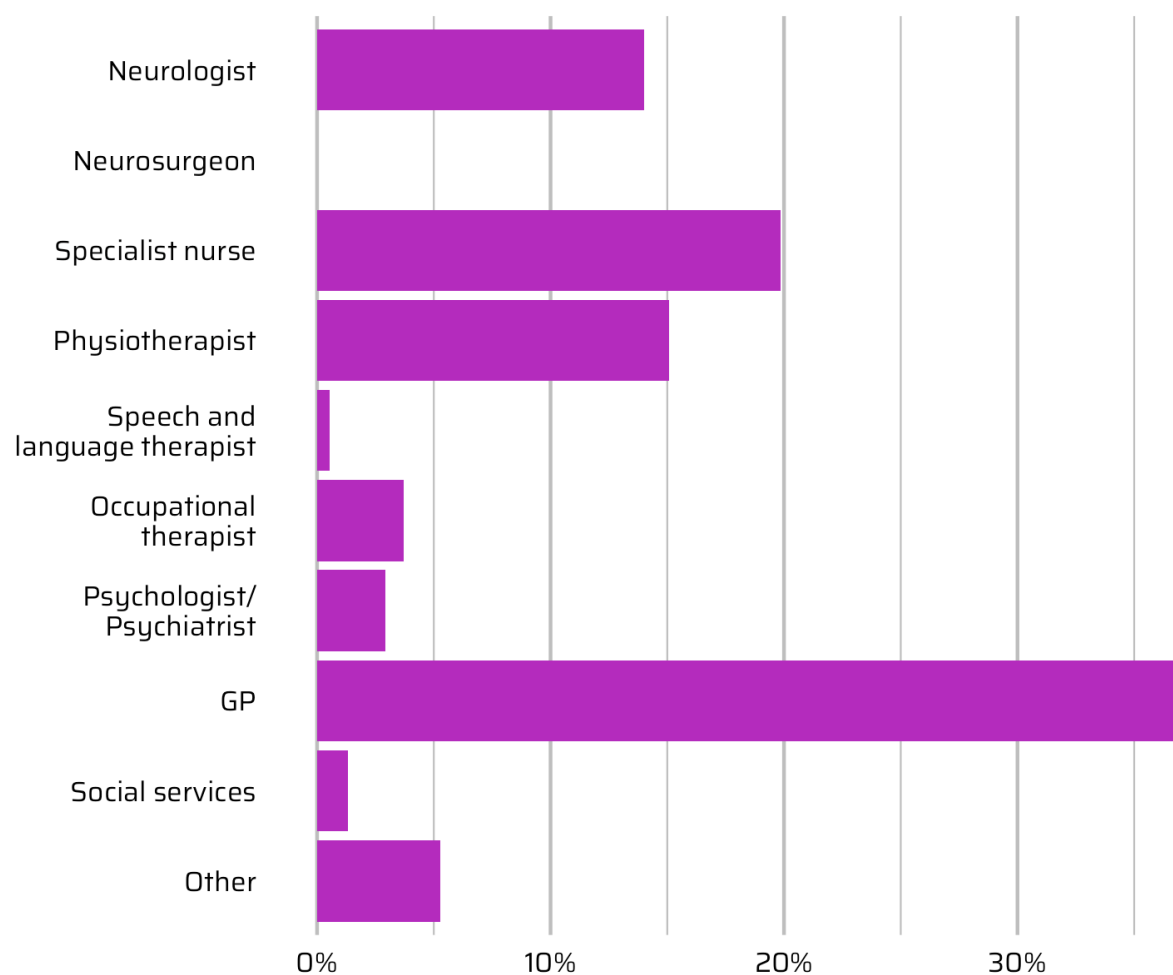


Figure 37: Specialism of medical appointments attended.

Table 37: Specialism of medical appointments attended.

Specialty	Observations	Percentage
Neurologist	53	14
Neurosurgeon	0	0
Specialist nurse	75	20
Physiotherapist	57	15
Speech and language therapist	2	1
Occupational therapist	14	4
Psychologist/Psychiatrist	11	3
GP	140	37

Specialty	Observations	Percentage
Social services	5	1
Other	20	5
NA	1	0

Specialism of appointment: Helpfulness Medical Appointment

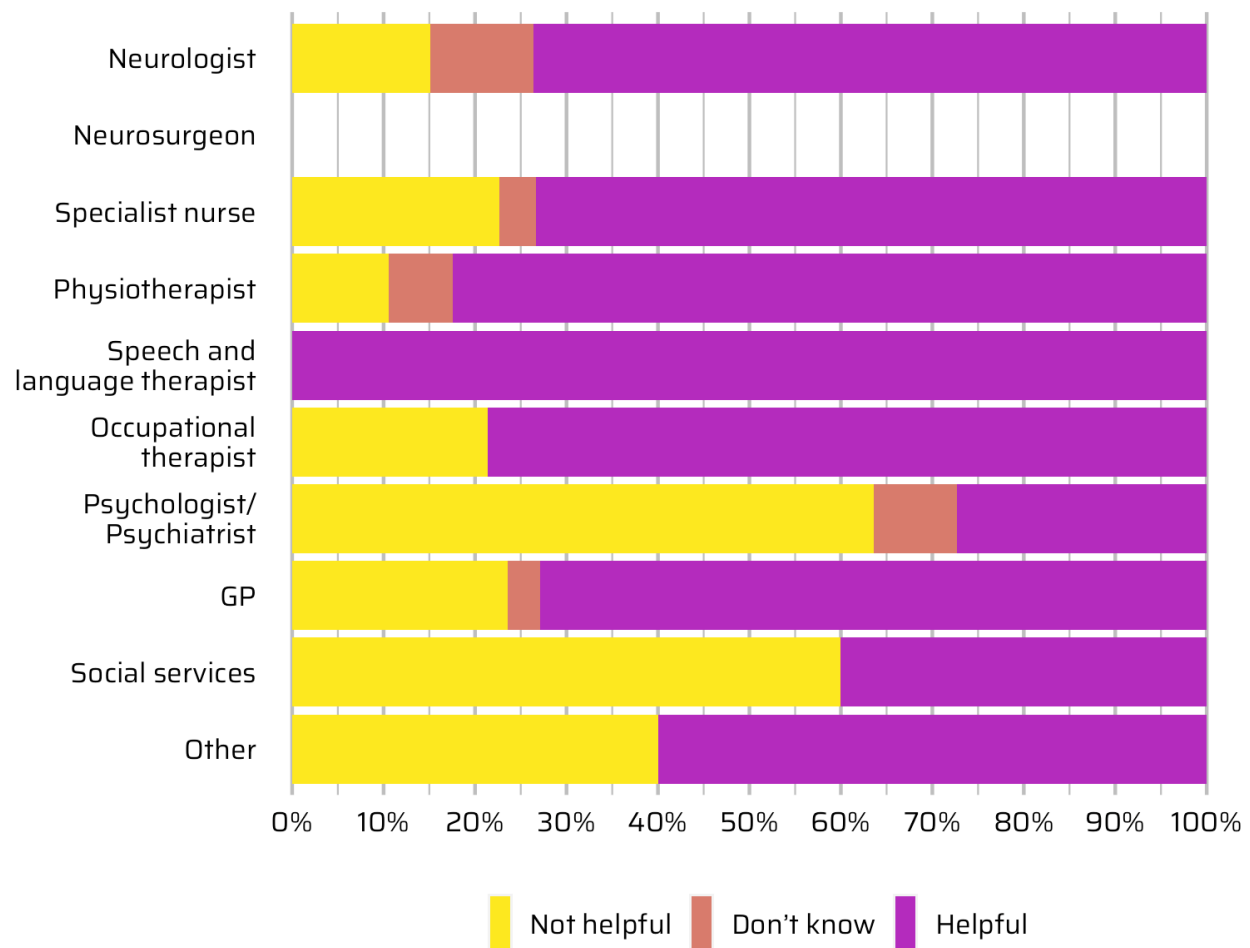


Figure 38: Helpfulness of medical appointments attended by respondents by specialism.

Table 38: Helpfulness of medical appointments attended by respondents by specialism.

Specialism	Helpfulness	Observations	Percentage
Neurologist	Helpful	39	74
Neurologist	Don't know	6	11

Specialism	Helpfulness	Observations	Percentage
Neurologist	Not helpful	8	15
Neurosurgeon	Helpful	0	NaN
Neurosurgeon	Don't know	0	NaN
Neurosurgeon	Not helpful	0	NaN
Specialist nurse	Helpful	55	73
Specialist nurse	Don't know	3	4
Specialist nurse	Not helpful	17	23
Physiotherapist	Helpful	47	82
Physiotherapist	Don't know	4	7
Physiotherapist	Not helpful	6	11
Speech and language therapist	Helpful	2	100
Speech and language therapist	Don't know	0	0
Speech and language therapist	Not helpful	0	0
Occupational therapist	Helpful	11	79
Occupational therapist	Don't know	0	0
Occupational therapist	Not helpful	3	21
Psychologist/Psychiatrist	Helpful	3	27
Psychologist/Psychiatrist	Don't know	1	9
Psychologist/Psychiatrist	Not helpful	7	64
GP	Helpful	102	73
GP	Don't know	5	4
GP	Not helpful	33	24
Social services	Helpful	2	40
Social services	Don't know	0	0
Social services	Not helpful	3	60
Other	Helpful	12	60
Other	Don't know	0	0
Other	Not helpful	8	40
NA	Helpful	1	100

Mode of appointment delivery

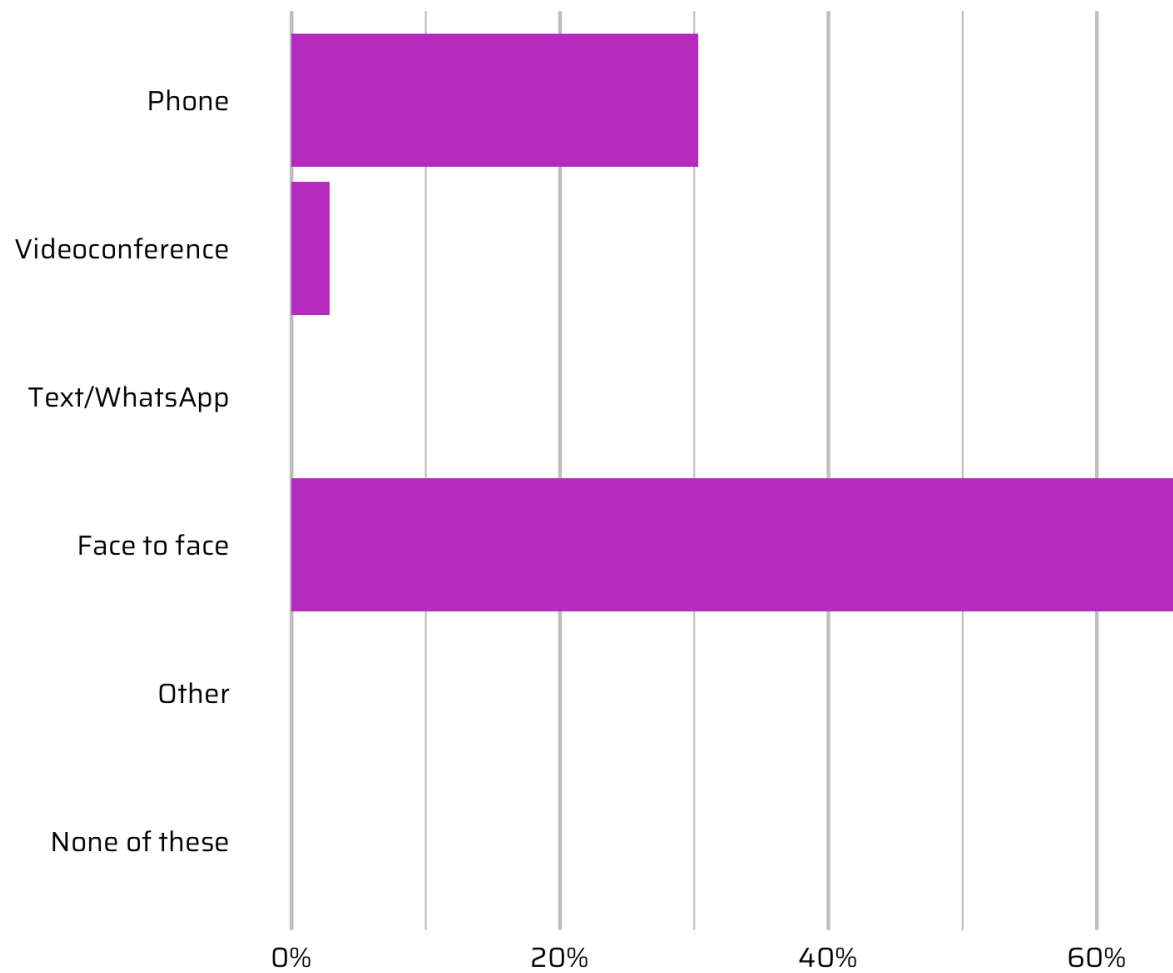


Figure 39: Mode of delivery of medical appointments attended by respondents.

Table 39: Mode of delivery of medical appointments attended by respondents.

Mode	Observations	Percentage
Phone	140	30
Videoconference	13	3
Text/WhatsApp	0	0
Face to face	306	66
Other	0	0
None of these	0	0
NA	3	1

Mode of Delivery: Helpfulness Medical Appointment

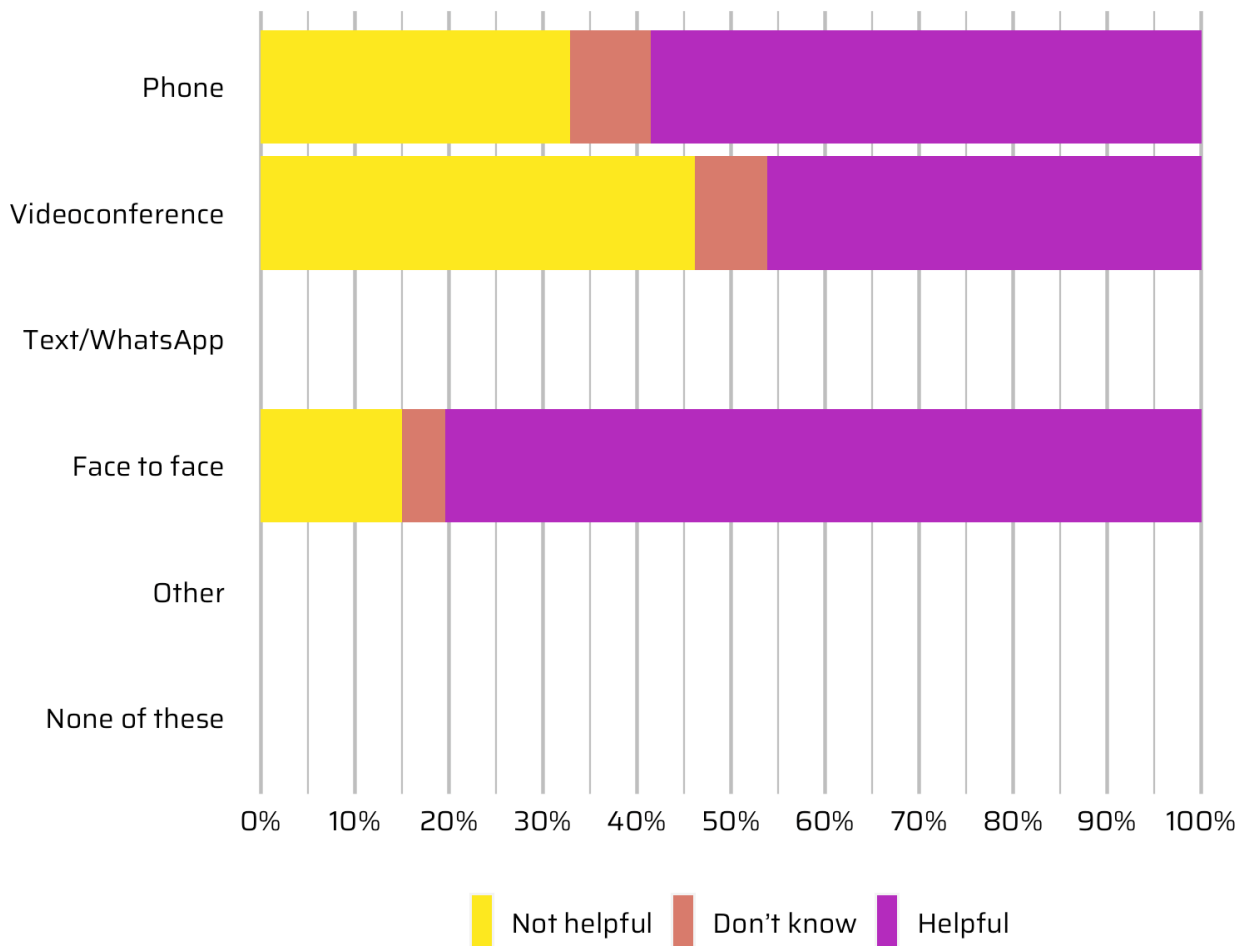


Figure 40: Helpfulness of medical appointments attended by mode of delivery.

Table 40: Helpfulness of medical appointments attended by mode of delivery.

Mode	Helpfulness	Observations	Percentage
Phone	Helpful	82	59
Phone	Don't know	12	9
Phone	Not helpful	46	33
Videoconference	Helpful	6	46
Videoconference	Don't know	1	8
Videoconference	Not helpful	6	46
Text/WhatsApp	Helpful	0	NaN
Text/WhatsApp	Don't know	0	NaN

Mode	Helpfulness	Observations	Percentage
Text/WhatsApp	Not helpful	0	NaN
Face to face	Helpful	246	80
Face to face	Don't know	14	5
Face to face	Not helpful	46	15
Other	Helpful	0	NaN
Other	Don't know	0	NaN
Other	Not helpful	0	NaN
None of these	Helpful	0	NaN
None of these	Don't know	0	NaN
None of these	Not helpful	0	NaN
NA	Don't know	1	33
NA	Not helpful	2	67

Demographics

Sample size

Total number of respondents: 273

Neurological Conditions

Nota bene: A single respondent may have multiple neurological conditions, therefore for this analysis the number of respondents per condition do not add up to the total number of respondents and the percentages do not add up to 100%.

A total of 141 respondents, equating to 52% of respondents, indicated that they have multiple (i.e., more than one) neurological conditions. In total, there are 77 conditions reported.

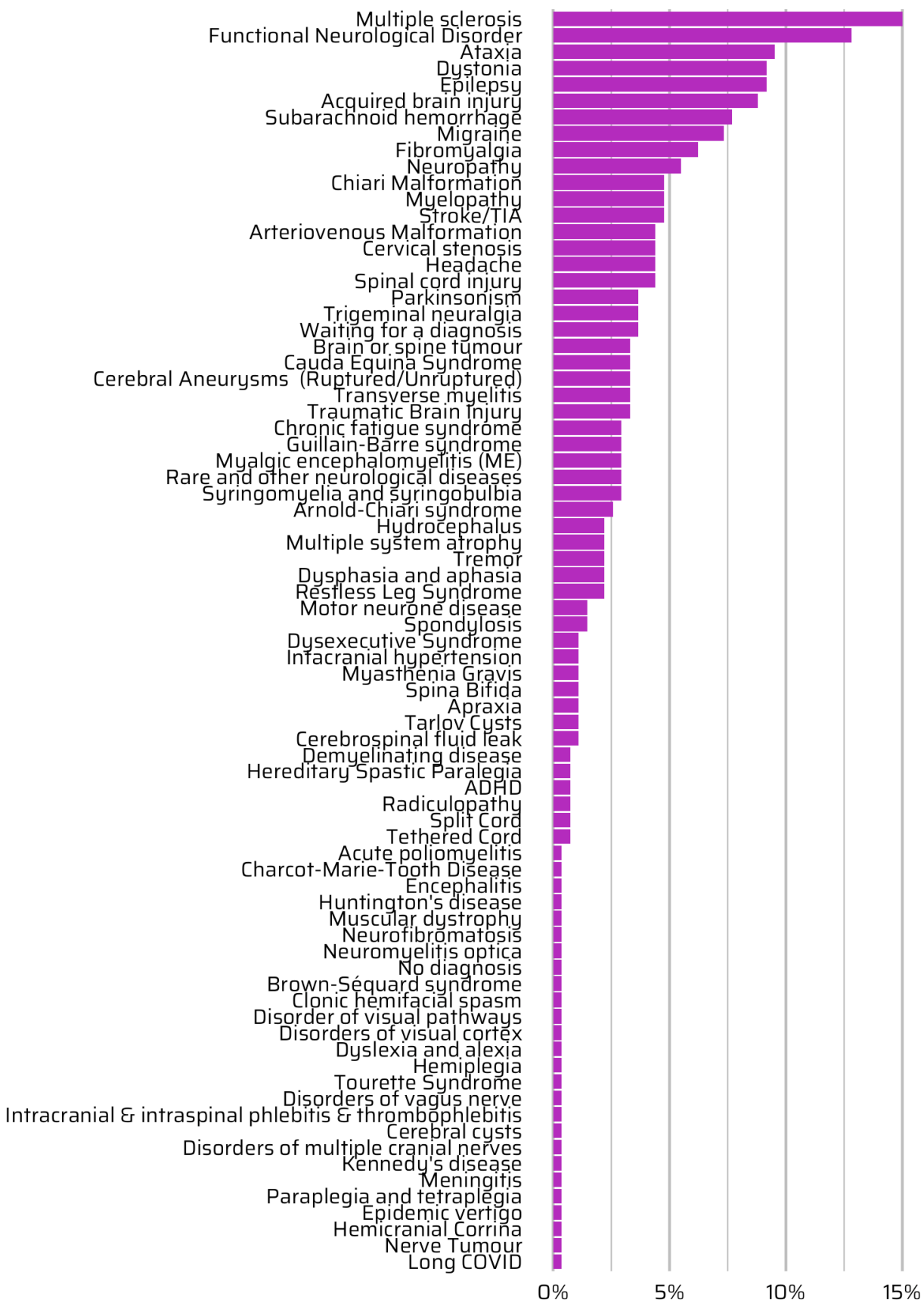


Figure 41: Helpfulness of medical appointments attended by mode of delivery.

Table 41: Helpfulness of medical appointments attended by mode of delivery.

Condition	Respondents	Percentage
Multiple sclerosis	41	15
Functional Neurological Disorder	35	13
Ataxia	26	10
Dystonia	25	9
Epilepsy	25	9
Acquired brain injury	24	9
Subarachnoid hemorrhage	21	8
Migraine	20	7
Fibromyalgia	17	6
Neuropathy	15	5
Chiari Malformation	13	5
Myelopathy	13	5
Stroke/TIA	13	5
Arteriovenous Malformation	12	4
Cervical stenosis	12	4
Headache	12	4
Spinal cord injury	12	4
Parkinsonism	10	4
Trigeminal neuralgia	10	4
Waiting for a diagnosis	10	4
Brain or spine tumour	9	3
Cauda Equina Syndrome	9	3
Cerebral Aneurysms (Ruptured/Unruptured)	9	3
Transverse myelitis	9	3
Traumatic Brain Injury	9	3
Chronic fatigue syndrome	8	3
Guillain-Barre syndrome	8	3
Myalgic encephalomyelitis (ME)	8	3
Rare and other neurological diseases	8	3
Syringomyelia and syringobulbia	8	3

Condition	Respondents	Percentage
Arnold-Chiari syndrome	7	3
Hydrocephalus	6	2
Multiple system atrophy	6	2
Tremor	6	2
Dysphasia and aphasia	6	2
Restless Leg Syndrome	6	2
Motor neurone disease	4	1
Spondylosis	4	1
Dysexecutive Syndrome	3	1
Intacranial hypertension	3	1
Myasthenia Gravis	3	1
Spina Bifida	3	1
Apraxia	3	1
Tarlov Cysts	3	1
Cerebrospinal fluid leak	3	1
Demyelinating disease	2	1
Hereditary Spastic Paralegia	2	1
ADHD	2	1
Radiculopathy	2	1
Split Cord	2	1
Tethered Cord	2	1
Acute poliomyelitis	1	0
Charcot-Marie-Tooth Disease	1	0
Encephalitis	1	0
Huntington's disease	1	0
Muscular dystrophy	1	0
Neurofibromatosis	1	0
Neuromyelitis optica	1	0
No diagnosis	1	0
Brown-Séquard syndrome	1	0
Clonic hemifacial spasm	1	0
Disorder of visual pathways	1	0
Disorders of visual cortex	1	0

Condition	Respondents	Percentage
Dyslexia and alexia	1	0
Hemiplegia	1	0
Tourette Syndrome	1	0
Disorders of vagus nerve	1	0
Intracranial & intraspinal phlebitis & thrombophlebitis	1	0
Cerebral cysts	1	0
Disorders of multiple cranial nerves	1	0
Kennedy's disease	1	0
Meningitis	1	0
Paraplegia and tetraplegia	1	0
Epidemic vertigo	1	0
Hemicranial Corrina	1	0
Nerve Tumour	1	0
Long COVID	1	0

Number of non-neurological co-occurring conditions

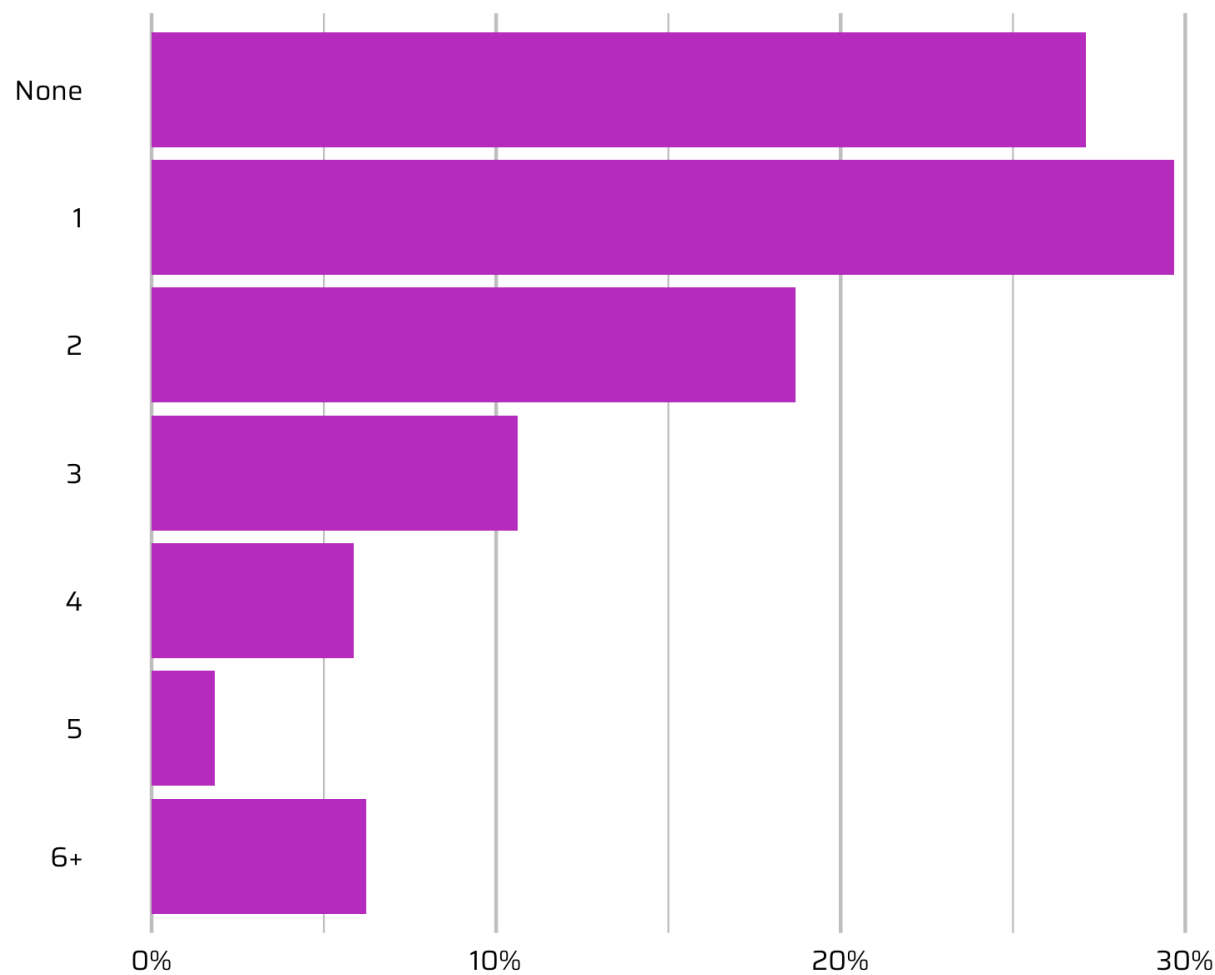


Figure 42: Number of co-occurring non-neurological conditions reported by respondents.

Table 42: Number of co-occurring non-neurological conditions reported by respondents.

Co-occurring Conditions	Respondents	Percentage
None	74	27
1	81	30
2	51	19
3	29	11
4	16	6
5	5	2

Co-occurring Conditions	Respondents	Percentage
6+	17	6

Gender

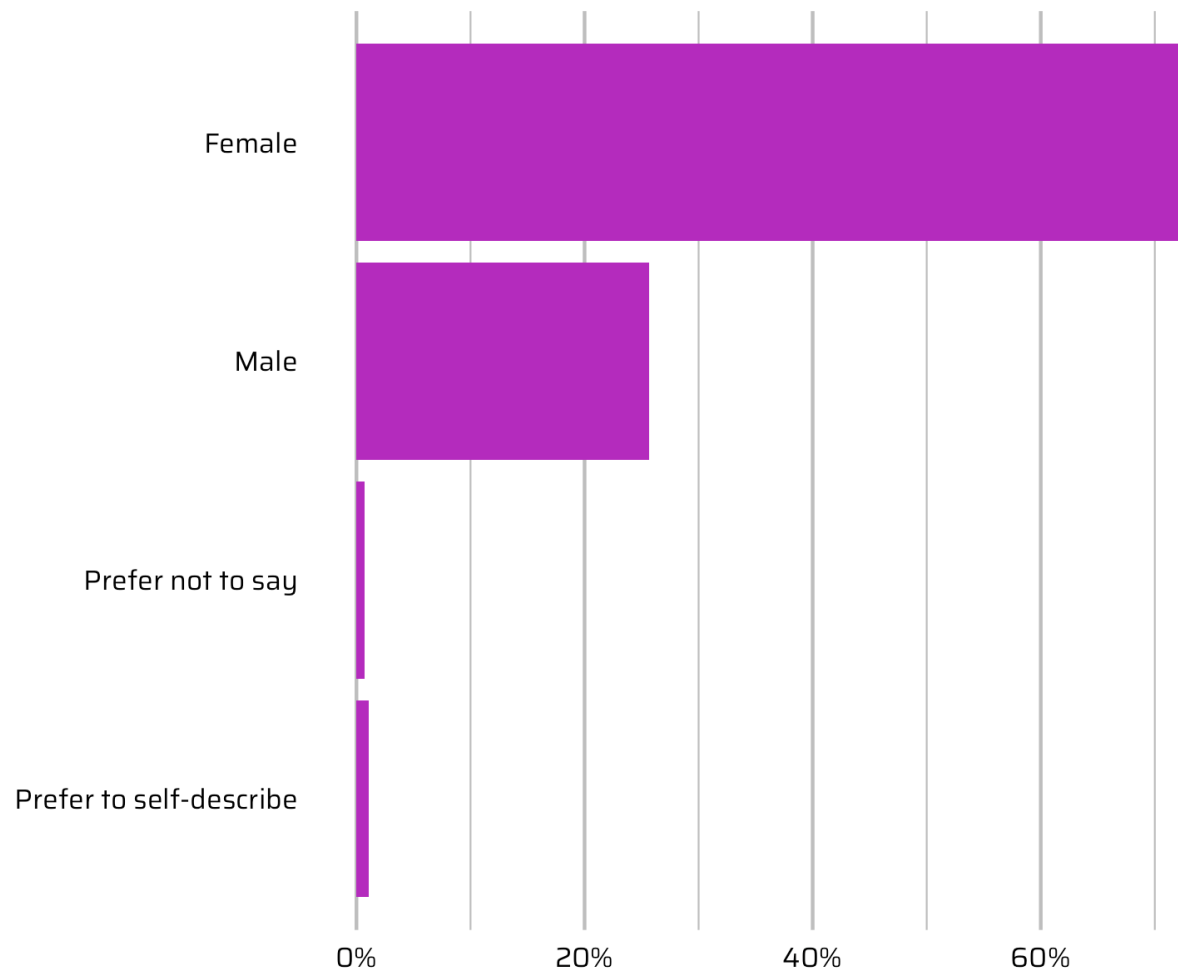


Figure 43: Gender of respondents.

Table 43: Gender of respondents.

Gender	Respondents	Percentage
Female	198	73
Male	70	26
Prefer not to say	2	1
Prefer to self-describe	3	1

Age

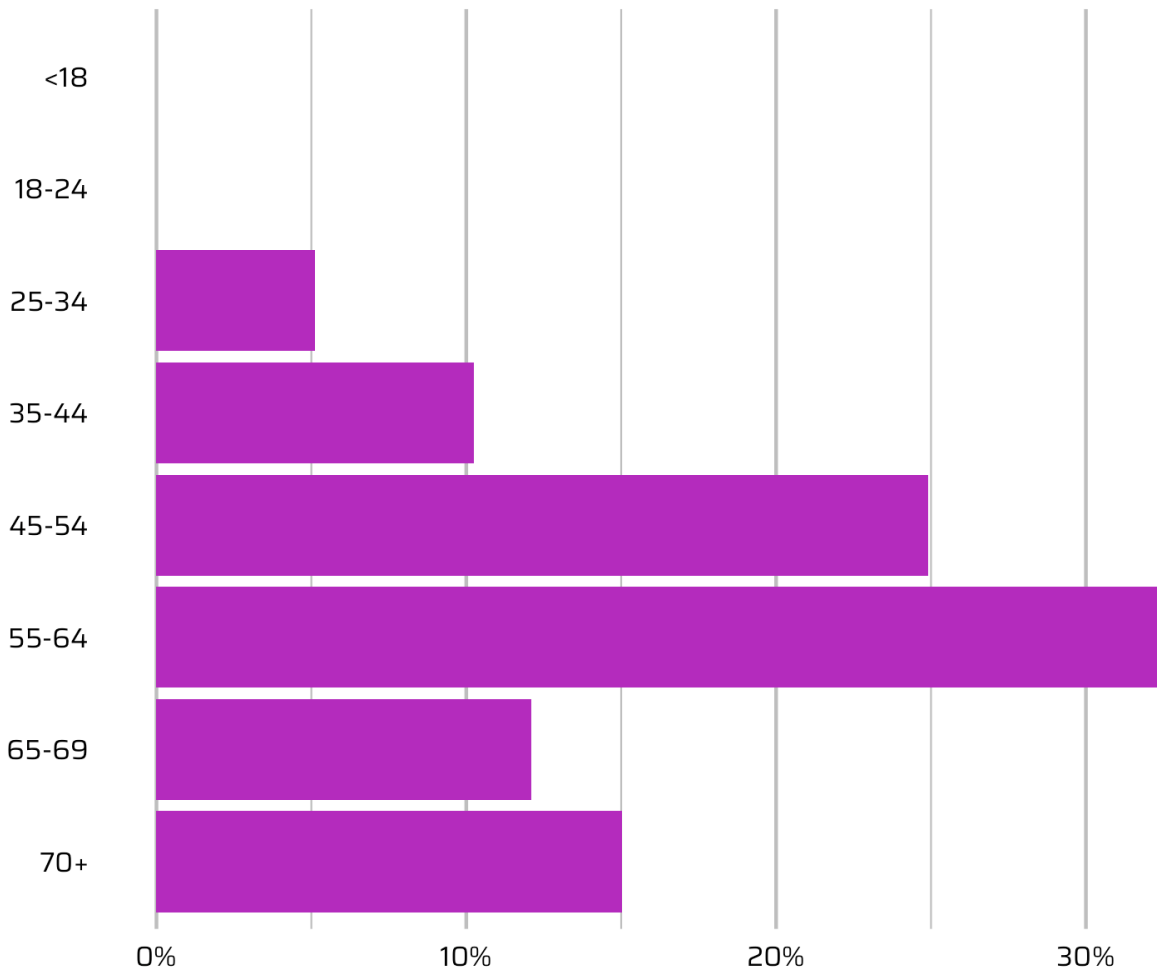


Figure 44: Age of respondents.

Table 44: Age of respondents.

Age	Respondents	Percentage
<18	0	0
18-24	0	0
25-34	14	5
35-44	28	10
45-54	68	25
55-64	89	33
65-69	33	12
70+	41	15

Age of diagnosis

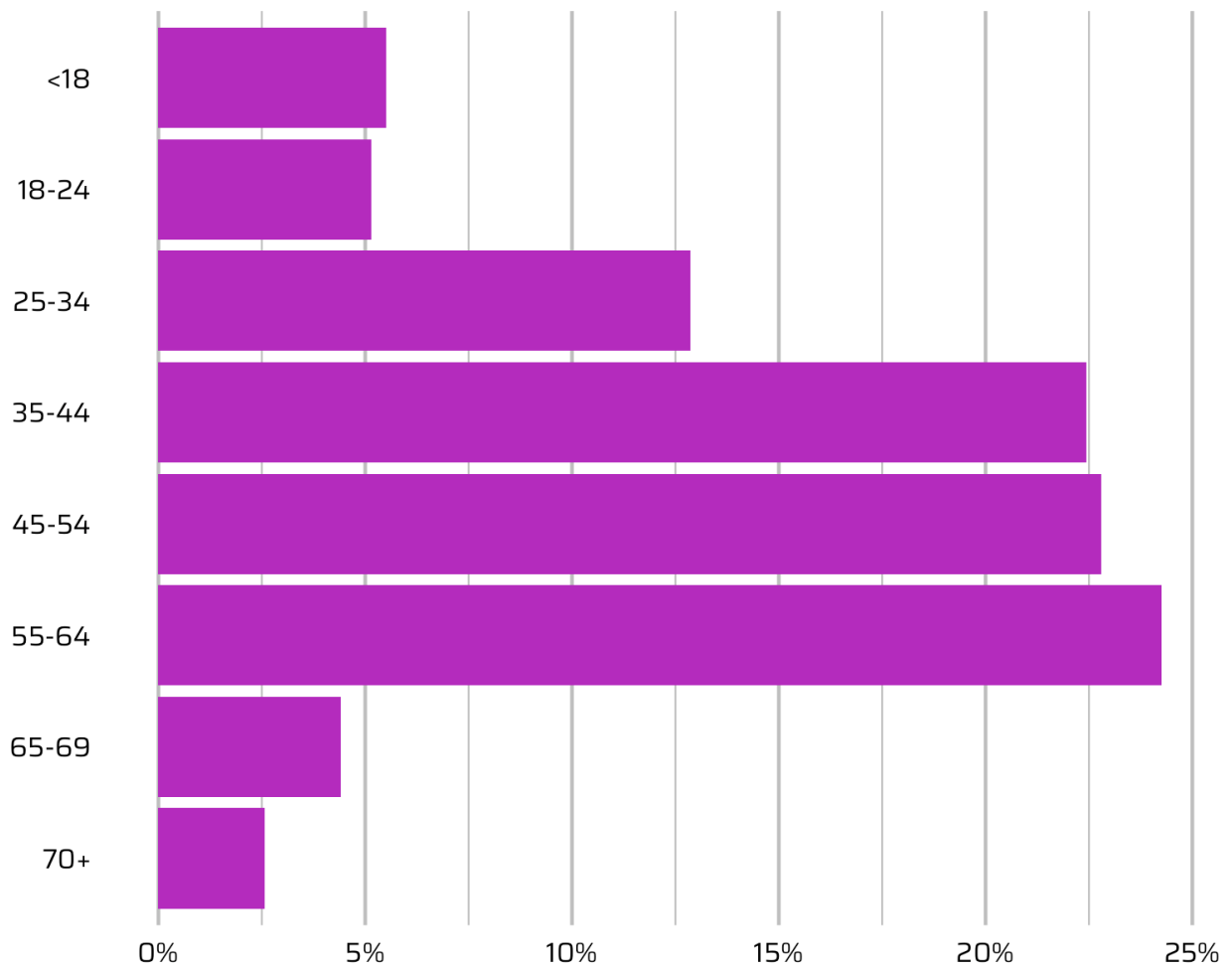


Figure 45: Respondents age when diagnosed with a neurological condition.

Table 45: Respondents age when diagnosed with a neurological condition.

Age when diagnosed	Respondents	Percentage
<18	15	6
18-24	14	5
25-34	35	13
35-44	61	22
45-54	62	23
55-64	66	24
65-69	12	4
70+	7	3

Employment Status

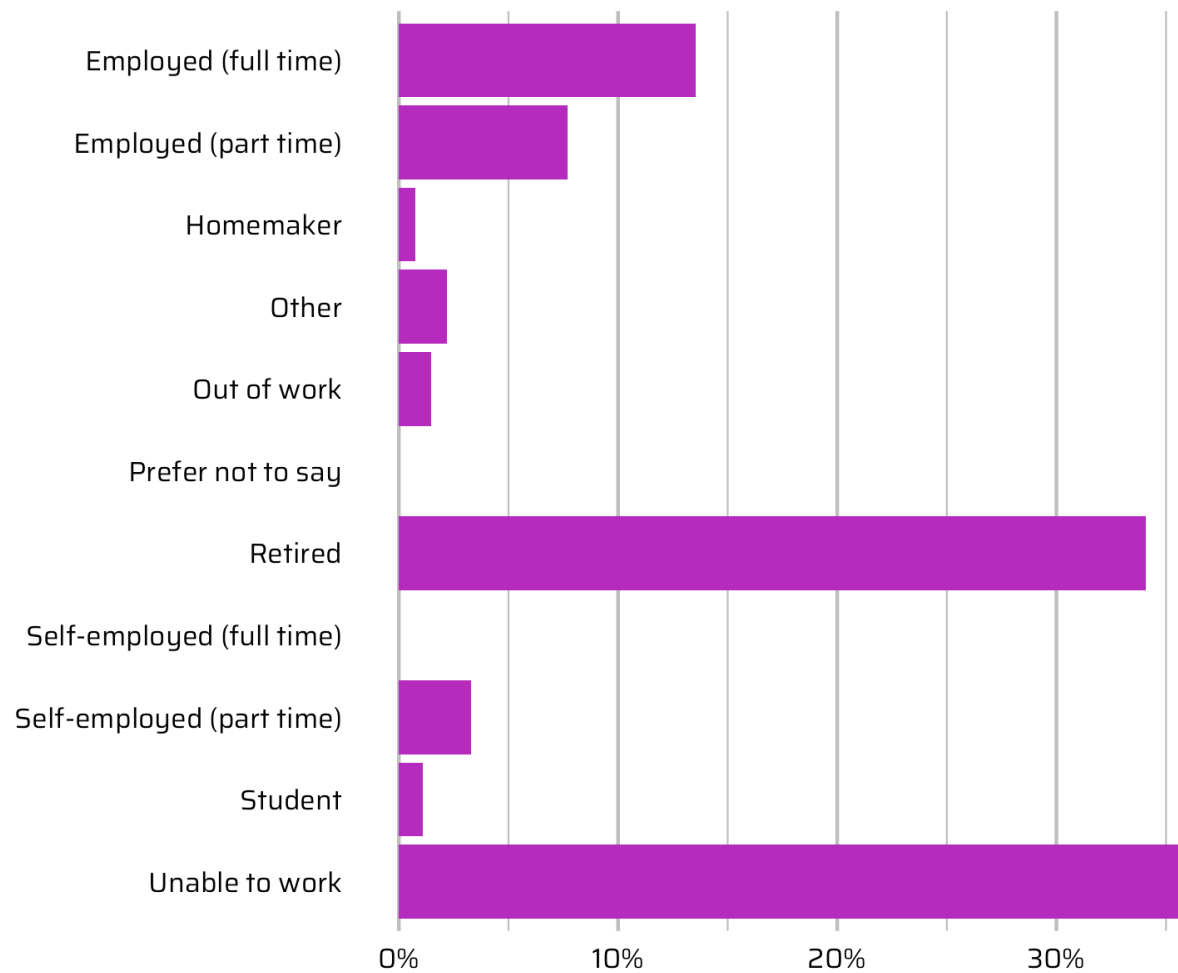


Figure 46: Employment status of respondents.

Table 46: Employment status of respondents.

Employment Status	Respondents	Percentage
Employed (full time)	37	14
Employed (part time)	21	8
Homemaker	2	1
Other	6	2
Out of work	4	1
Prefer not to say	0	0
Retired	93	34
Self-employed (full time)	0	0

Employment Status	Respondents	Percentage
Self-employed (part time)	9	3
Student	3	1
Unable to work	98	36

Financial Status

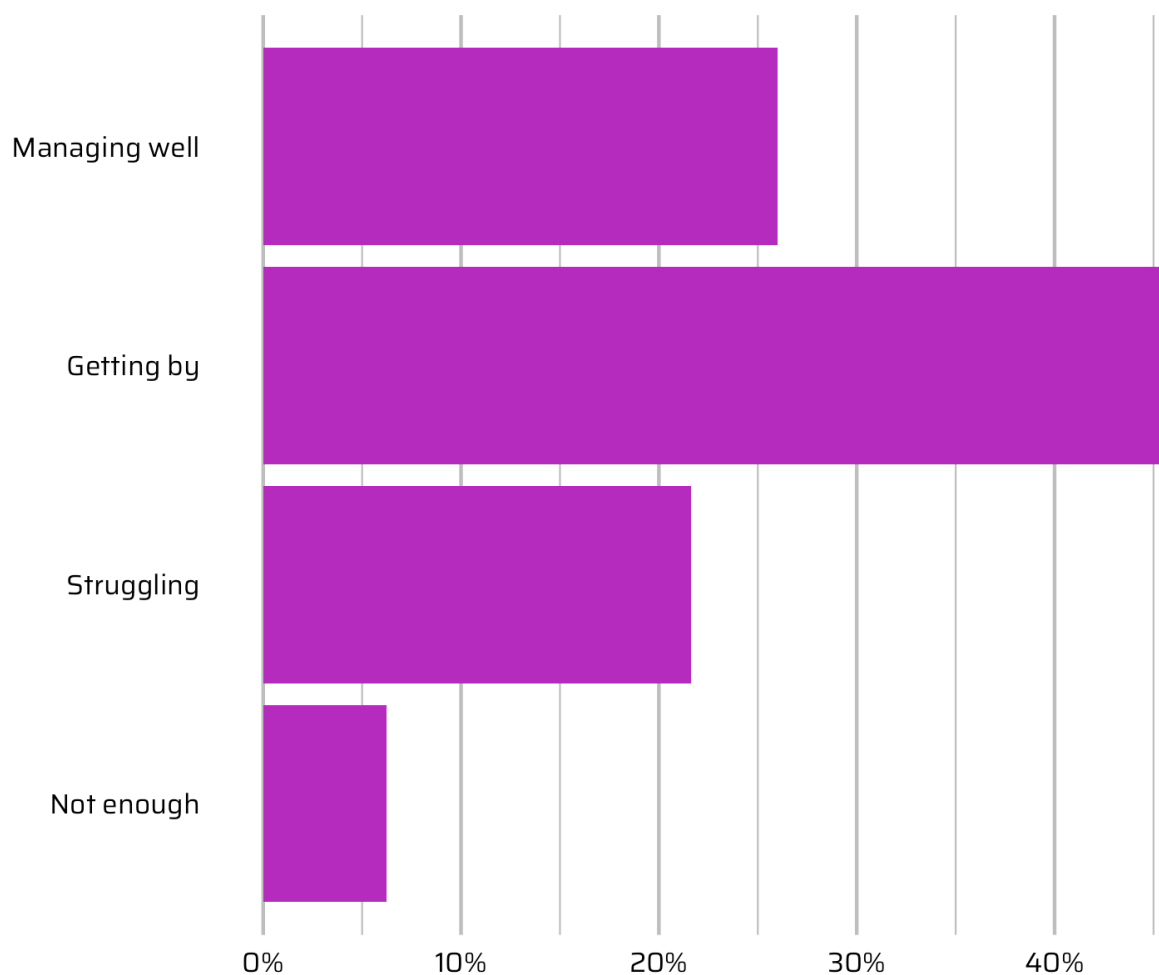


Figure 47: Financial status of respondents.

Table 47: Financial status of respondents.

Financial Status	Respondents	Percentage
Managing well	71	26
Getting by	126	46
Struggling	59	22

Financial Status	Respondents	Percentage
Not enough	17	6

Ethnicity

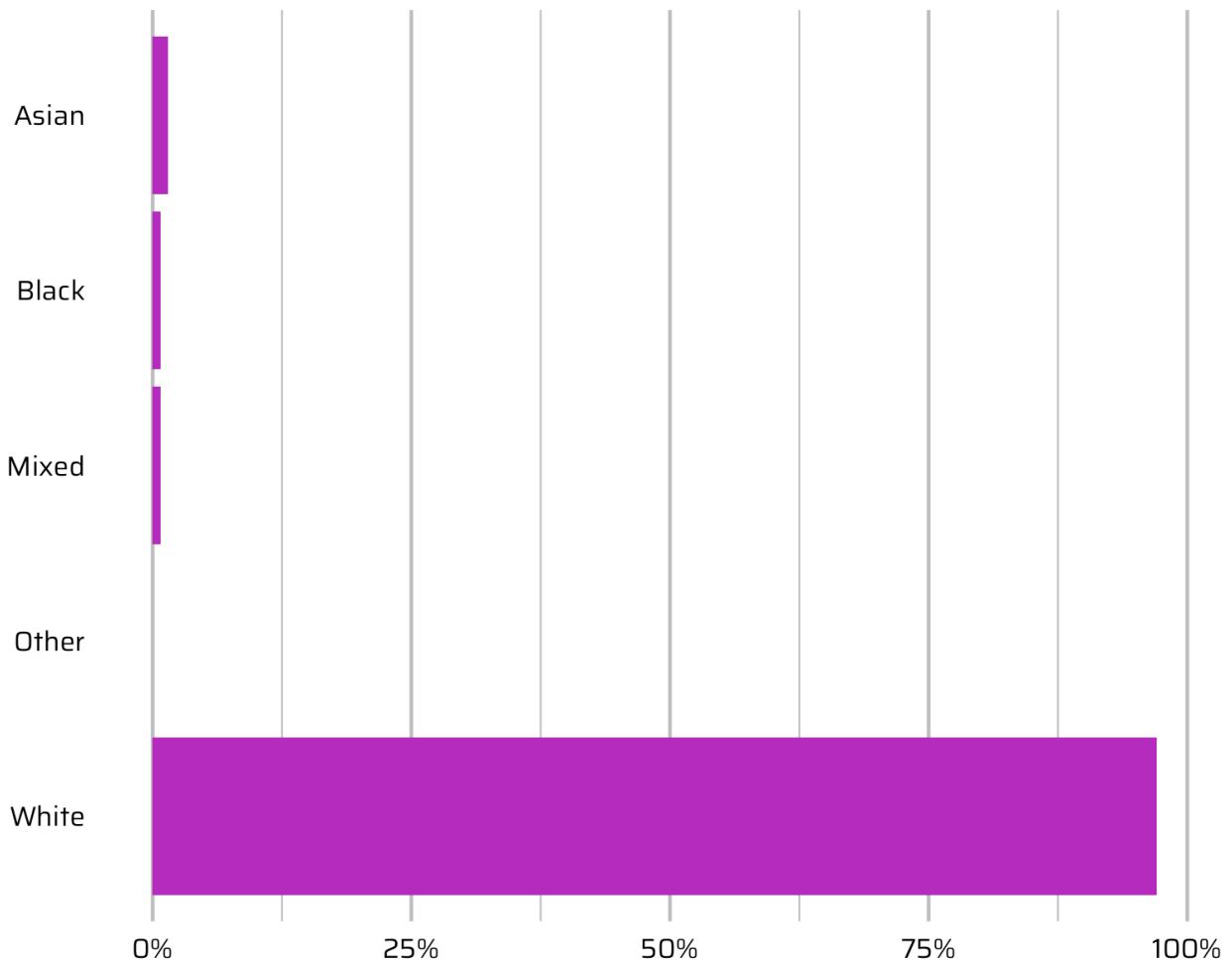


Figure 48: Ethnicity of respondents.

Table 48: Ethnicity of respondents.

Ethnicity	Respondents	Percentage
Asian	4	1
Black	2	1
Mixed	2	1
Other	0	0
White	265	97

Number of dependents

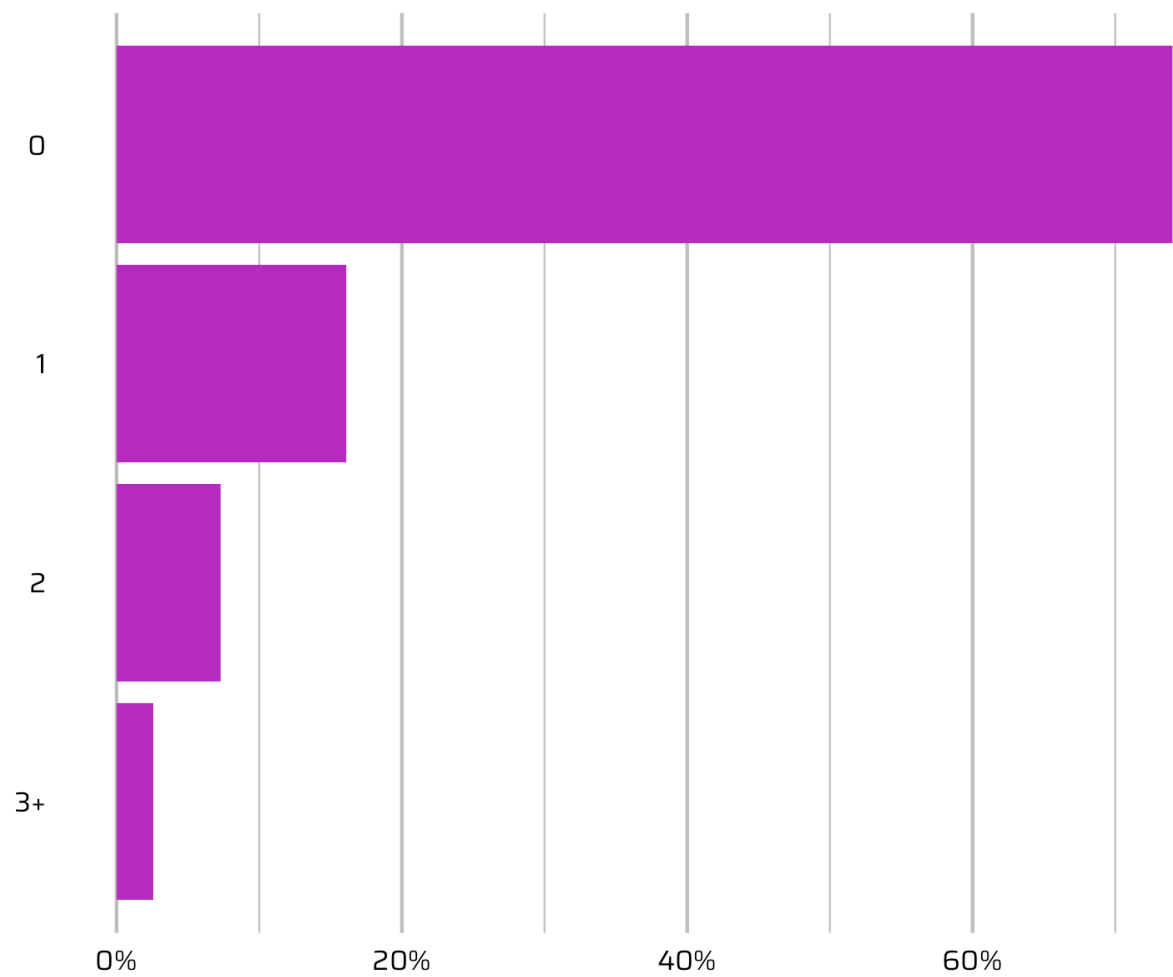


Figure 49: Number of dependents of respondents.

Table 49: Number of dependents of respondents.

Dependents	Respondents	Percentage
0	202	74
1	44	16
2	20	7
3+	7	3

Source

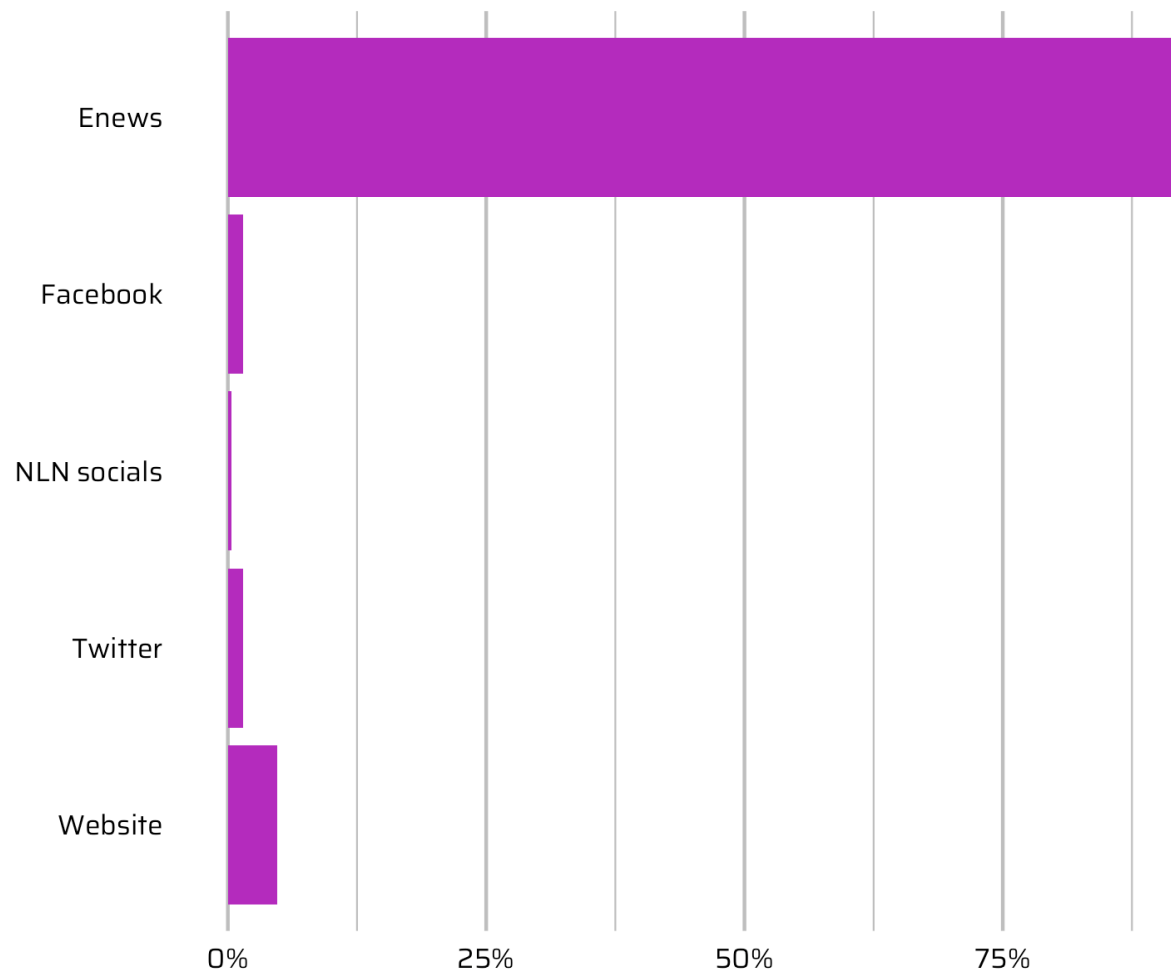


Figure 50: Where respondents came to the survey from.

Table 50: Where respondents came to the survey from.

Source	Respondents	Percentage
Enews	250	92
Facebook	4	1
NLN socials	1	0
Twitter	4	1
Website	13	5

Appendix A – Survey Questions

Question	Response options		
Are you filling in this questionnaire for yourself?	Yes	No	
Which year were you diagnosed with your primary neurological condition?	Free text		
About your condition(s)			
Please tell us your first neurological condition and/or symptom you have.	See Appendix B for a list of conditions and symptoms		
Do you have any other neurological condition(s) and/or symptoms you would like to add?	Yes	No	
Please tell us a second neurological condition and/or symptom you have.	See Appendix B for a list of conditions and symptoms		
Do you have any other neurological condition(s) and/or symptoms you would like to add?	Yes	No	
Please tell us a third neurological condition and/or symptom you have.	See Appendix B for a list of conditions and symptoms		
Do you have any other neurological condition(s) and/or symptoms you would like to add?	Yes	No	
Please tell us a fourth neurological condition and/or symptom you have.	See Appendix B for a list of conditions and symptoms		
Do you have any other neurological condition(s) and/or symptoms you would like to add?	Yes	No	

Please tell us a fifth neurological condition and/or symptom you have.	See Appendix B for a list of conditions and symptoms			
Do you have any other neurological condition(s) and/or symptoms you would like to add?	Yes	No		
Please tell us a sixth neurological condition and/or symptom you have.	See Appendix B for a list of conditions and symptoms			
Do you live with conditions other than your neurological condition(s)? If so, how many:	None	1	2	3
	4	5	6+	
About your current financial wellbeing				
Thinking about your finances how are you coping at the moment?	I have enough money to manage well	I have enough money to get by	I am struggling to cover costs	I do not have enough money to cover my basic needs
How concerned are you about your ability to pay your rent or mortgage now?	No concerned at all	A little concerned	Not applicable	Fairly concerned
	Very concerned			
How concerned are you about your ability to pay your rent or mortgage in 12 months' time?	No concerned at all	A little concerned	Not applicable	Fairly concerned
	Very concerned			
How concerned are you about your ability to pay for food for yourself and/or your family now?	No concerned at all	A little concerned	Not applicable	Fairly concerned
	Very concerned			
How concerned are you about your ability to pay for food for yourself and/or your family in 12 months' time?	No concerned at all	A little concerned	Not applicable	Fairly concerned
	Very concerned			
How concerned are you about your ability to pay your energy bills now?	No concerned at all	A little concerned	Not applicable	Fairly concerned
	Very concerned			
How concerned are you about your ability to pay your energy bills in 12 months?	No concerned at all	A little concerned	Not applicable	Fairly concerned

	Very concerned			
In your own words, please let us know how increases in the price of food, energy and general cost of living are affecting you and your household?	Free text			
About your recent experiences of care and support.				
Overall, how would you describe your experience of health or care in the last eight weeks?	Very good	Good	Average	Poor
	Very Poor	N/A		
How many times have you sought A&E/emergency support from the NHS as a result of your neurological condition in the last eight weeks?	None	1-2 times	3-5 times	5 or more times
Have you had any medical appointments (including remote appointments) in the last eight weeks?	Yes	No	Don't Know	
How many medical appointments have you had in the last eight weeks?	0	1	2	3
	4	5	6+	
Who was your first medical appointment with?	Neurologist	Specialist Nurse	Physiotherapist	Speech and Language Therapist
	Occupational Therapist	Psychologist/ Psychiatrist	GP	Social Services
	Neurosurgery	Other AHP	Other	
How was your first medical appointment delivered?	Phone	Videoconference	Via text/WhatsApp	Face to face
	Other			
How helpful was your first medical appointment?	It was helpful	It was not helpful	Don't Know	
Who was your second medical appointment with?	Neurologist	Specialist Nurse	Physiotherapist	Speech and Language Therapist

	Occupational Therapist	Psychologist/ Psychiatrist	GP	Social Services
	Neurosurgery	Other AHP	Other	
How was your second medical appointment delivered?	Phone	Videoconference	Via text/WhatsApp	Face to face
	Other			
How helpful was your second medical appointment?	It was helpful	It was not helpful	Don't Know	
Who was your third medical appointment with?	Neurologist	Specialist Nurse	Physiotherapist	Speech and Language Therapist
	Occupational Therapist	Psychologist/ Psychiatrist	GP	Social Services
	Neurosurgery	Other AHP	Other	
How was your third medical appointment delivered?	Phone	Videoconference	Via text/WhatsApp	Face to face
	Other			
How helpful was your third medical appointment?	It was helpful	It was not helpful	Don't Know	
Who was your fourth medical appointment with?	Neurologist	Specialist Nurse	Physiotherapist	Speech and Language Therapist
	Occupational Therapist	Psychologist/ Psychiatrist	GP	Social Services
	Neurosurgery	Other AHP	Other	
How was your fourth medical appointment delivered?	Phone	Videoconference	Via text/WhatsApp	Face to face
	Other			
How helpful was your fourth medical appointment?	It was helpful	It was not helpful	Don't Know	
Who was your fifth medical appointment with?	Neurologist	Specialist Nurse	Physiotherapist	Speech and Language Therapist
	Occupational Therapist	Psychologist/ Psychiatrist	GP	Social Services

	Neurosurgery	Other AHP	Other	
How was your fifth medical appointment delivered?	Phone	Videoconference	Via text/WhatsApp	Face to face
	Other			
How helpful was your fifth medical appointment?	It was helpful	It was not helpful	Don't Know	
Who was your sixth medical appointment with?	Neurologist	Specialist Nurse	Physiotherapist	Speech and Language Therapist
	Occupational Therapist	Psychologist/ Psychiatrist	GP	Social Services
	Neurosurgery	Other AHP	Other	
How was your sixth medical appointment delivered?	Phone	Videoconference	Via text/WhatsApp	Face to face
	Other			
How helpful was your sixth medical appointment?	It was helpful	It was not helpful	Don't Know	
To what extent do you feel your mental wellbeing needs are being met?	To a great extent	To a moderate extent	To a small extent	Not at all
	Don't Know			
Which of the following describes how you feel at the moment?	Calm	Well supported	Anxious	Hopeless
	Lonely			
About you				
What year were you born?	Free text			
To which of these ethnic groups do you belong?	White British	White Irish	Any other White background	White and Black Caribbean
	White and Asian	Any other mixed background	Indian	Pakistani
	Bangladeshi	Any other Asian background	Caribbean	African
	Any other Black background	Chinese	Any other ethnic background	

What is your gender?	Male	Female	Prefer to self-describe	Prefer not to say
What best describes your employment status?	Employed (full time)	Employed (part time)	Self-employed (full-time)	Self-employed (part-time)
	Homemaker	Student	Out of work	Unable to work
	Retired	Prefer not to say	Other	
How many dependents live with you?	1	2	3	4
	5	6+		
Communicating with you.				
What is your first name?	Free text			
What is your surname?	Free text			
What is your Email Address?	Free text			
What is the first line of your address?	Free text			
What is your postcode?	Free text			

Appendix B – List of Neurological Conditions & Symptoms

Acquired brain injury	Hemicranial Corrina	Stroke/TIA
Acute poliomyelitis	Hemiplegia	Subacute sclerosing panencephalitis
ADHD	Hereditary Spastic Paralegia	Subarachnoid hemorrhage
Agnosia	Huntington's disease	Syringomyelia and syringobulbia
Amoebic brain abscess	Hydrocephalus	Tarlov Cysts
Apraxia	Hydromyelia	Tethered Cord
Arnold-Chiari syndrome	Intracranial hypertension	Tourette Syndrome
Arteriovenous Malformation	Intracranial abscess and granuloma	Toxic encephalopathy
Ataxia	Intracranial and intraspinal abscess and granuloma in diseases classified elsewhere	Toxoplasma meningoencephalitis
Bell's palsy	Intracranial and intraspinal phlebitis and thrombophlebitis	Transverse myelitis
Bipolar	Intracranial and intraspinal phlebitis and thrombophlebitis	Traumatic Brain Injury
Brain or spine tumour	Intraspinal abscess and granuloma	Tremor
Brown-Séquard syndrome	Kennedy's disease	Trigeminal neuralgia
Cauda Equina Syndrome	Leukoencephalitis	Tuberculous meningitis
Cavernoma	Long COVID	Vascular myelopathies

Cerebral Aneurysms (Ruptured/Unruptured)	Malaria	Waiting for a diagnosis
Cerebral cysts	Melkersson's syndrome	Postzoster neuralgia
Cerebrospinal fluid leak	Meningeal tuberculoma	Progressive multifocal leukoencephalopathy
Cervical stenosis	Meningitis	Rabies
Chagas' disease	Migraine	Radiculopathy
Charcot-Marie-Tooth Disease	Motor neurone disease	Rare and other neurological diseases
Chiari Malformation	Multiple sclerosis	Rare and other neurological diseases
Chronic fatigue syndrome	Multiple system atrophy	Refsum's Disease
Clonic hemifacial spasm	Muscular dystrophy	Restless Leg Syndrome
Cranial nerve disorder	Myalgic encephalomyelitis (ME)	Short Fibre Neuropathy
Creutzfeldt-Jakob disease	Myasthenia Gravis	Spina Bifida
Cysticercosis of central nervous system	Mycoses	Spinal cord injury
Dementia	Myelopathy	Spinal muscular atrophy
Demyelinating disease	Myopathy	Split Cord
Disorder of visual pathways	Myositis	Spondylosis
Disorders of hypoglossal nerve	Myotonic disorders	Stroke/TIA
Disorders of multiple cranial nerves	Narcolepsy and cataplexy	Subacute sclerosing panencephalitis

Disorders of olfactory nerve	Nerve palsy	Subarachnoid hemorrhage
Disorders of optic chiasm	Nerve Tumour	Syringomyelia and syringobulbia
Disorders of other specified cranial nerves	Neurofibromatosis	Tarlov Cysts
Disorders of other visual pathways	Neuromyelitis optica	Tethered Cord
Disorders of vagus nerve	Neuropathy	Tourette Syndrome
Disorders of visual cortex	No diagnosis	Toxic encephalopathy
Down's Syndrome	Optic atrophy	Toxoplasma meningoencephalitis
Dysarthria and anarthria	Papilloedema	Transverse myelitis
Dyslexia and alexia	Paraplegia and tetraplegia	Traumatic Brain Injury
Dysphasia and aphasia	Parkinsonism	Tremor
Dystonia	Post-polio syndrome	Trigeminal neuralgia
Eaton-Lambert syndrome	Postzoster neuralgia	Tuberculous meningitis
Ehlers Danlos Syndromes	Progressive multifocal leukoencephalopathy	Vascular myelopathies
Encephalitis	Rabies	Waiting for a diagnosis
Epidemic vertigo	Radiculopathy	Tourette Syndrome
Epilepsy	Rare and other neurological diseases	Toxic encephalopathy
Extradural and subdural abscess	Rare and other neurological diseases	Toxoplasma meningoencephalitis
Extrapyramidal disorder	Refsum's Disease	Transverse myelitis
Facial myokymia	Restless Leg Syndrome	Traumatic Brain Injury

Faetal Alcohol Spectrum Disorders (FASD)	Short Fibre Neuropathy	Tremor
Fibromyalgia	Spina Bifida	Trigeminal neuralgia
Functional Neurological Disorder	Spinal cord injury	Tuberculous meningitis
Geniculate ganglionitis	Spinal muscular atrophy	Vascular myelopathies
Guillain-Barre syndrome	Split Cord	Waiting for a diagnosis
Headache	Spondylosis	