



# Survey questions

**How often do you visit a barber shop or men's hair salon?**

*Weekly – 179 people (10.37%)*

*Fortnightly – 276 people (15.99%)*

*Monthly – 1140 people (66.04%)*

*Two months or more – 86 people (4.98%)*

*Never – 35 people (2.02%)*

**Do you always visit the same barber shop or men's hair salon?**

*Yes – 1537 people (89.04%)*

*No – 189 people (10.95%)*

**Do you always use the same barber?**

*Yes – 1243 people (72.01%)*

*No – 483 people (27.98%)*

**How often do you visit a local pub?**

*Weekly – 397 people (23.00%)*

*Fortnightly – 309 people (17.90%)*

*Monthly – 515 people (29.83%)*

*Two months or more – 228 people (13.20%)*

*Never – 277 people (16.04%)*

**Do you always visit the same local pub?**

*Yes – 932 people (53.99%)*

*No – 794 people (46.00%)*

**Do you have a better relationship with your barber or your pub landlord?**

*Barber – 1191 people (69.00%)*

*Landlord – 535 people (30.99%)*

**How easy do you find it to discuss personal issues such as depression with your partner and/or close friends?**

*Very easy* – 172 people (9.96%)

*Easy* – 414 people (23.98%)

*Average* – 579 people (33.54%)

*Difficult* – 475 people (27.52%)

*Very difficult* – 86 people (4.98%)

**How easy do you find it to discuss personal issues such as depression with your barber?**

*Very easy* – 160 people (9.26%)

*Easy* – 598 people (34.64%)

*Average* – 621 people (35.97%)

*Difficult* – 209 people (12.10%)

*Very difficult* – 138 people (7.99%)

**For those aged 35 and over, do you feel more stressed today than you did 10-years ago? (1012 people)**

*Yes* – 627 people (61.95%)

*No* – 385 people 38.04%

**If you do feel more stressed, why? Participants were allowed up to five answers.**

*Social media* – 357 people (35.27%)

*Work* – 493 people (48.71%)

*Money* – 279 people (27.56%)

*Lack of socialising* – 153 people (15.11%)

*Expectations* – 277 people (27.37%)

*Health* – 62 people (6.12%)

**Would you/have you ever asked openly for help with stress, depression, or other signs of mental illness?**

*Yes* – 535 people (30.99%)

*No* – 1015 people (58.80%)

*Rather not say* – 176 people (10.01%)

**The email survey sampled 1726 men that are currently living in Britain between August 21<sup>st</sup> and September 4<sup>th</sup>. The men were aged between 20 and 70.**