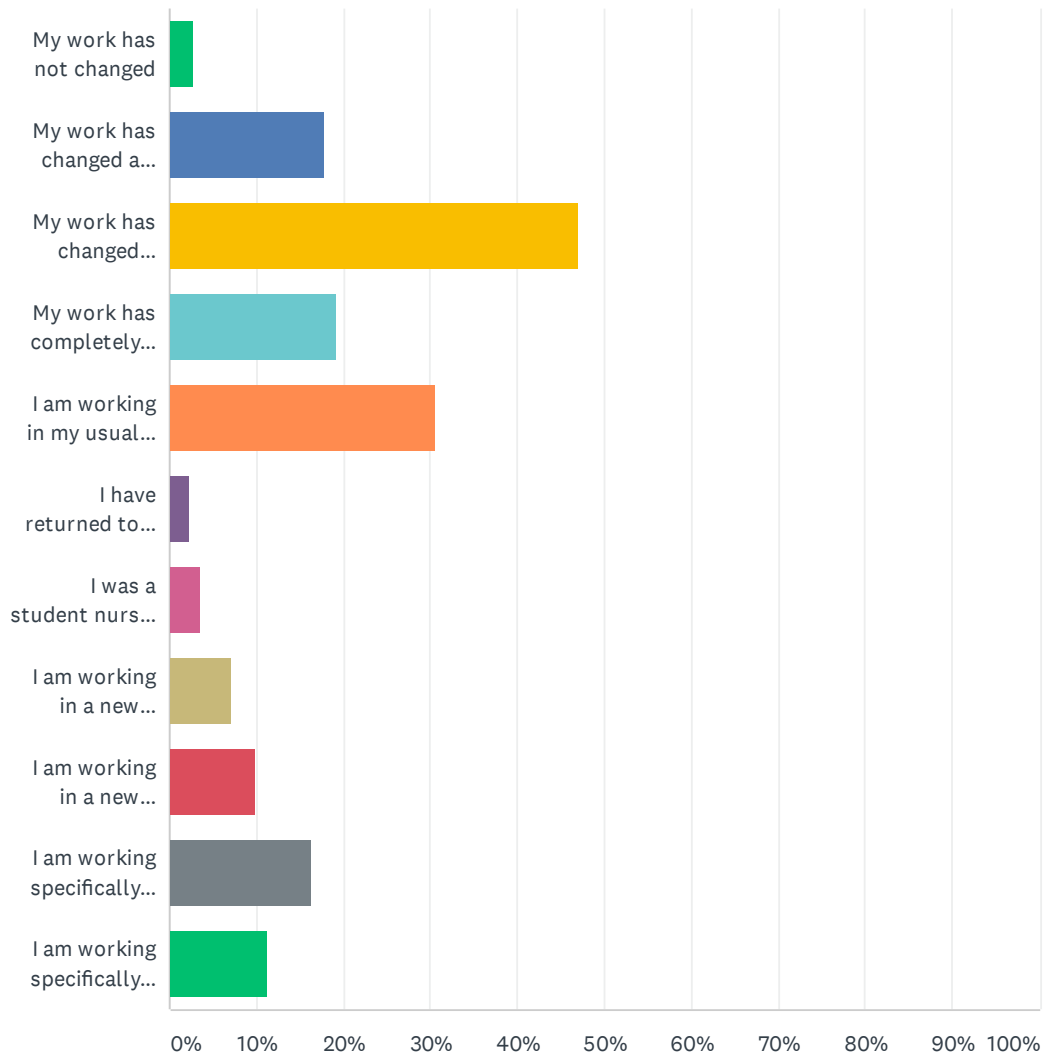


Q1 How does the work you are doing now compare with before the start of the Covid-19 outbreak? Select all that apply

Answered: 3,484 Skipped: 12

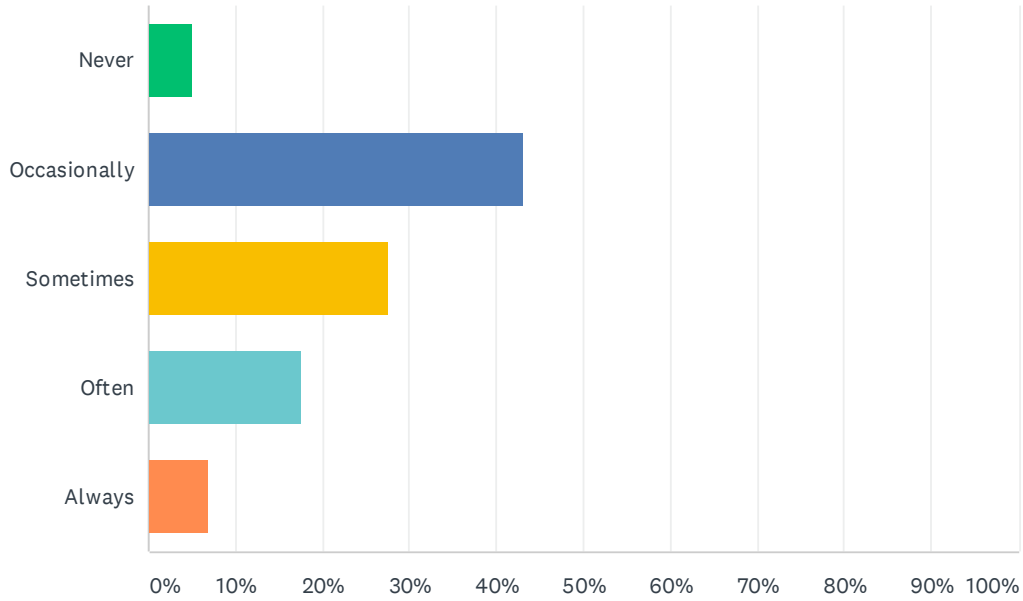


Are You OK? Survey on nurse mental health during and after Covid-19

ANSWER CHOICES	RESPONSES	
My work has not changed	2.67%	93
My work has changed a little	17.77%	619
My work has changed significantly	47.13%	1,642
My work has completely changed	19.20%	669
I am working in my usual setting	30.51%	1,063
I have returned to practice to help address the coronavirus outbreak	2.38%	83
I was a student nurse and have graduated early to help address the coronavirus outbreak	3.62%	126
I am working in a new setting but with a similar patient group and scope of practice	7.09%	247
I am working in a new setting with a different patient group and scope of practice	9.87%	344
I am working specifically with Covid-19 patients who do not require intensive care	16.36%	570
I am working specifically with Covid-19 patients who are receiving intensive care	11.28%	393
Total Respondents: 3,484		

Q2 How often did you feel stressed at work before the Covid-19 pandemic?

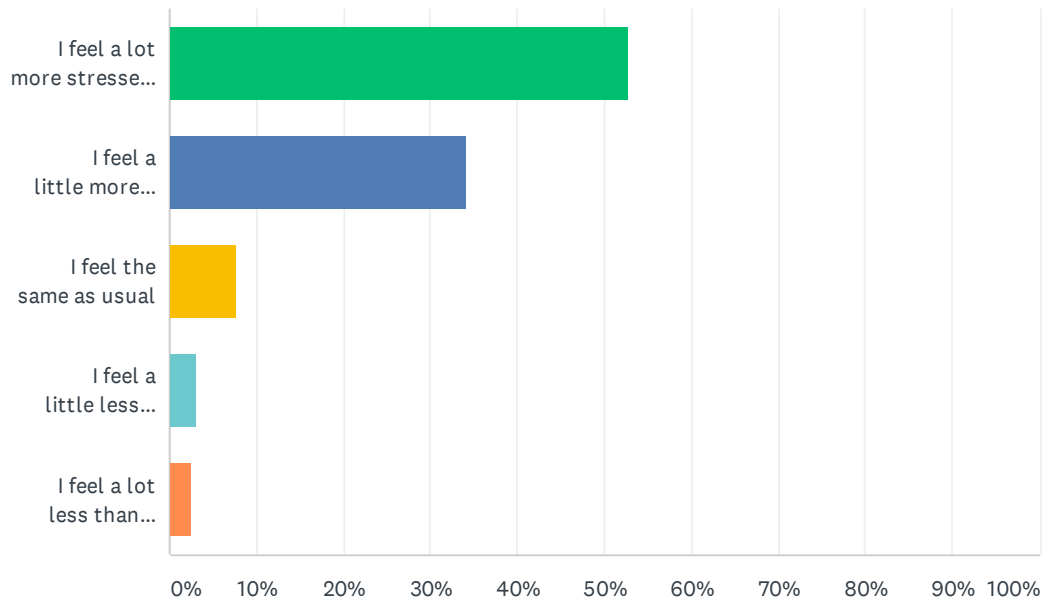
Answered: 3,485 Skipped: 11



ANSWER CHOICES	RESPONSES	
Never	4.94%	172
Occasionally	43.16%	1,504
Sometimes	27.63%	963
Often	17.47%	609
Always	6.80%	237
TOTAL		3,485

Q3 Please rate the level of stress you are experiencing now compared with before the start of the Covid-19 pandemic

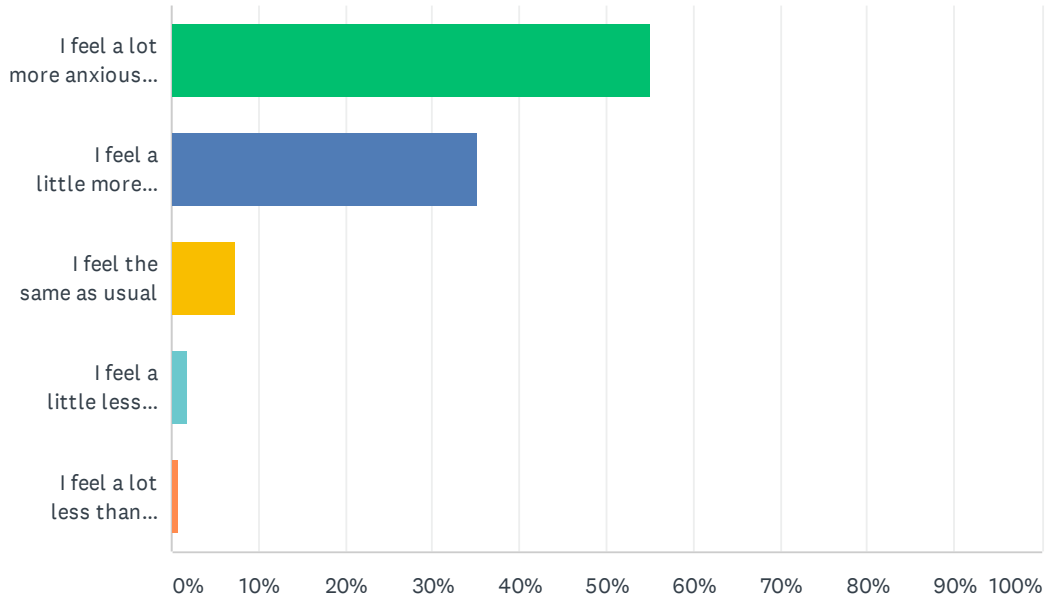
Answered: 3,484 Skipped: 12



ANSWER CHOICES	RESPONSES	
I feel a lot more stressed than usual	52.73%	1,837
I feel a little more stressed than usual	34.01%	1,185
I feel the same as usual	7.81%	272
I feel a little less stressed than usual	3.04%	106
I feel a lot less than stressed usual	2.41%	84
TOTAL		3,484

Q4 Please rate the level of anxiety you are experiencing now compared with before the start of the Covid-19 pandemic

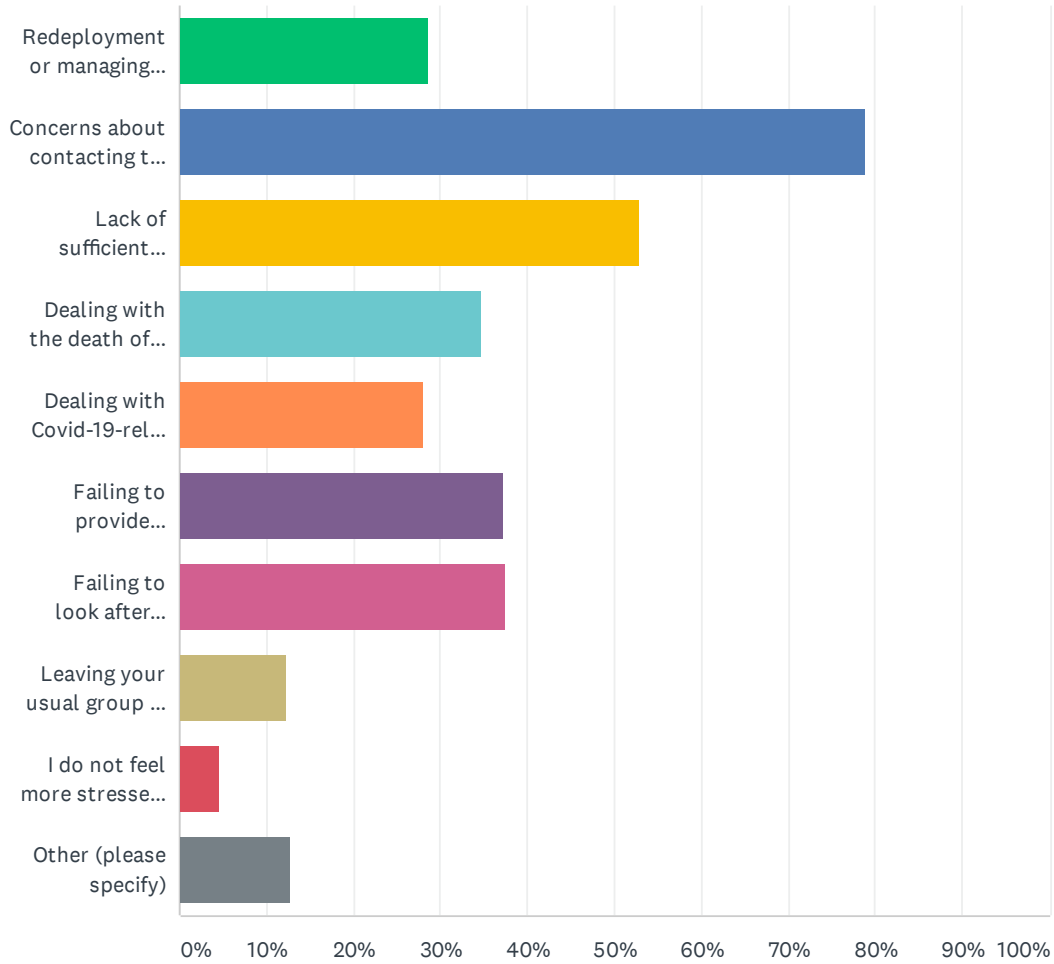
Answered: 3,484 Skipped: 12



ANSWER CHOICES	RESPONSES	
I feel a lot more anxious than usual	55.02%	1,917
I feel a little more anxious than usual	35.16%	1,225
I feel the same as usual	7.23%	252
I feel a little less anxious than usual	1.81%	63
I feel a lot less than anxious usual	0.77%	27
TOTAL		3,484

Q5 If you do feel more stressed and/or anxious, which of the following have been a contributing factor? Select all that apply

Answered: 3,481 Skipped: 15

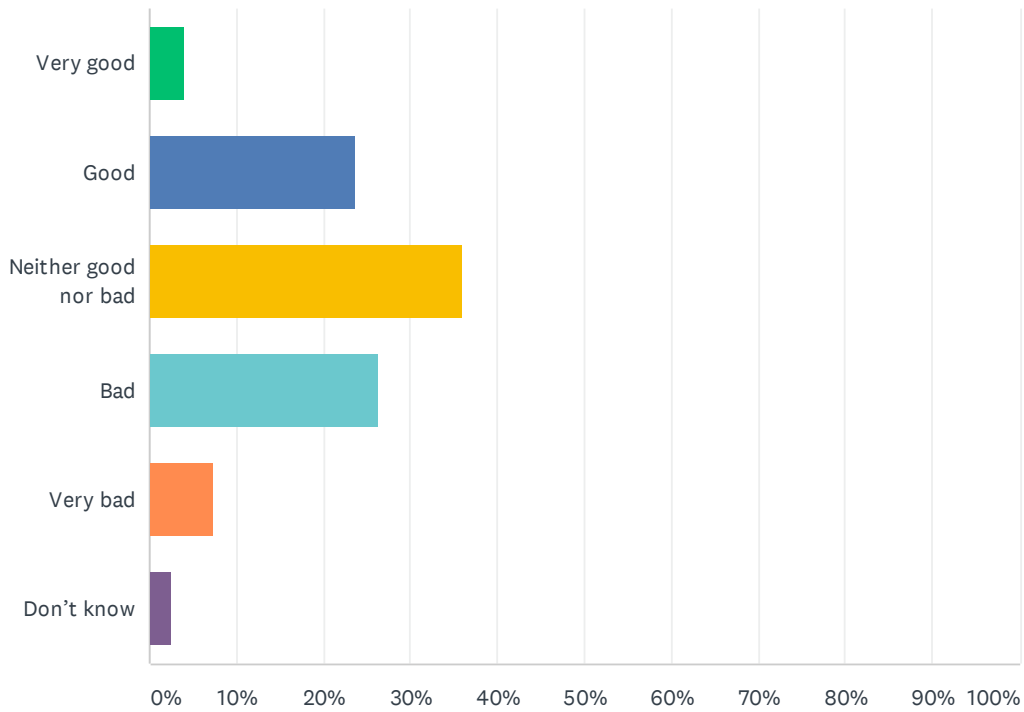


Are You OK? Survey on nurse mental health during and after Covid-19

ANSWER CHOICES	RESPONSES	
Redeployment or managing staff who have been redeployed	28.76%	1,001
Concerns about contacting the virus and the health of family and friends	78.77%	2,742
Lack of sufficient supplies of personal protective equipment	52.92%	1,842
Dealing with the death of patients who may be alone due to social distancing	34.82%	1,212
Dealing with Covid-19-related illness and/or death of a colleague	28.07%	977
Failing to provide effective care because of time or staffing pressures	37.32%	1,299
Failing to look after yourself at work by missing breaks or not eating properly	37.52%	1,306
Leaving your usual group of patients behind if you have been redeployed	12.32%	429
I do not feel more stressed and/or anxious	4.60%	160
Other (please specify)	12.75%	444
Total Respondents: 3,481		

Q6 How would you rate your overall mental health and wellbeing right now?

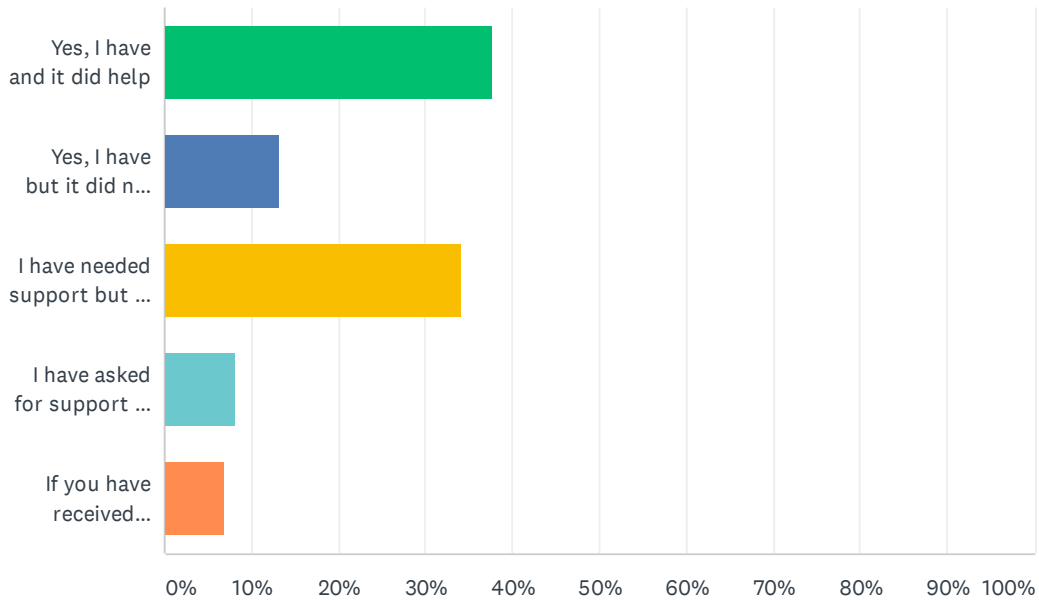
Answered: 3,483 Skipped: 13



ANSWER CHOICES	RESPONSES	
Very good	4.08%	142
Good	23.63%	823
Neither good nor bad	36.00%	1,254
Bad	26.44%	921
Very bad	7.32%	255
Don't know	2.53%	88
TOTAL		3,483

Q7 Have you received support from your line manager or other members of your team related to your work during the Covid-19 pandemic and did it help?

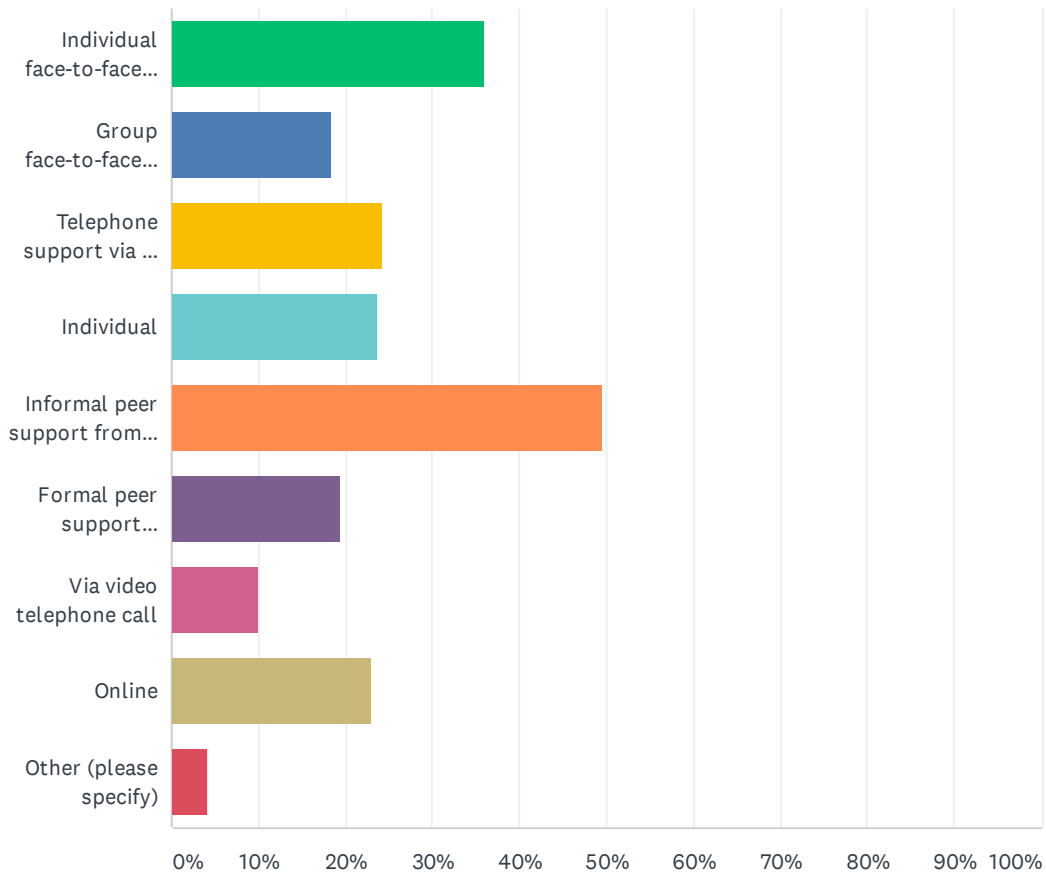
Answered: 3,338 Skipped: 158



ANSWER CHOICES	RESPONSES	
Yes, I have and it did help	37.75%	1,260
Yes, I have but it did not help	13.21%	441
I have needed support but not felt able to ask	34.09%	1,138
I have asked for support but did not receive any	8.15%	272
If you have received support please briefly describe it	6.80%	227
TOTAL		3,338

Q8 If you could receive mental health and wellbeing support, which of the following would help? Select all that apply

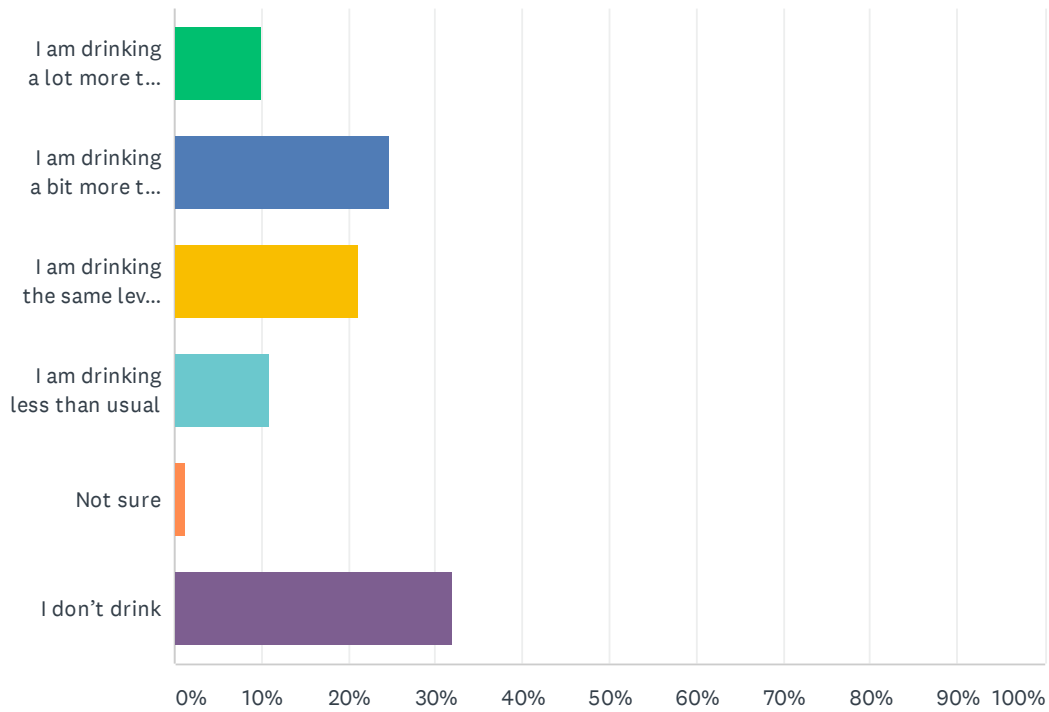
Answered: 3,441 Skipped: 55



ANSWER CHOICES	RESPONSES	
Individual face-to-face support with a mental health professional	35.98%	1,238
Group face-to-face support with a mental health professional	18.51%	637
Telephone support via a dedicated helpline	24.32%	837
Individual	23.63%	813
Informal peer support from my colleagues	49.58%	1,706
Formal peer support organised by my manager or employer	19.53%	672
Via video telephone call	10.11%	348
Online	22.96%	790
Other (please specify)	4.16%	143
Total Respondents: 3,441		

Q9 Have your levels of alcohol intake changed to help you cope with work during the Covid-19 pandemic?

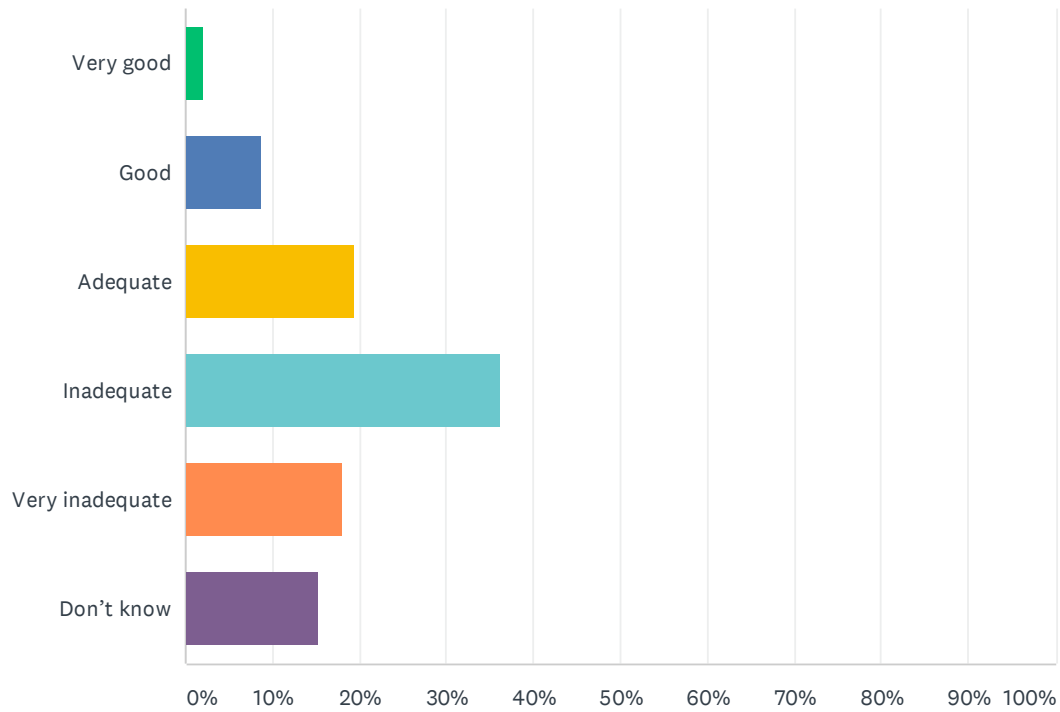
Answered: 3,493 Skipped: 3



ANSWER CHOICES	RESPONSES	
I am drinking a lot more than usual	10.13%	354
I am drinking a bit more than usual	24.62%	860
I am drinking the same level as usual	21.04%	735
I am drinking less than usual	10.96%	383
Not sure	1.20%	42
I don't drink	32.04%	1,119
TOTAL		3,493

Q10 How do you feel about the current level of support being provided nationally to health and social care staff on mental health and wellbeing?

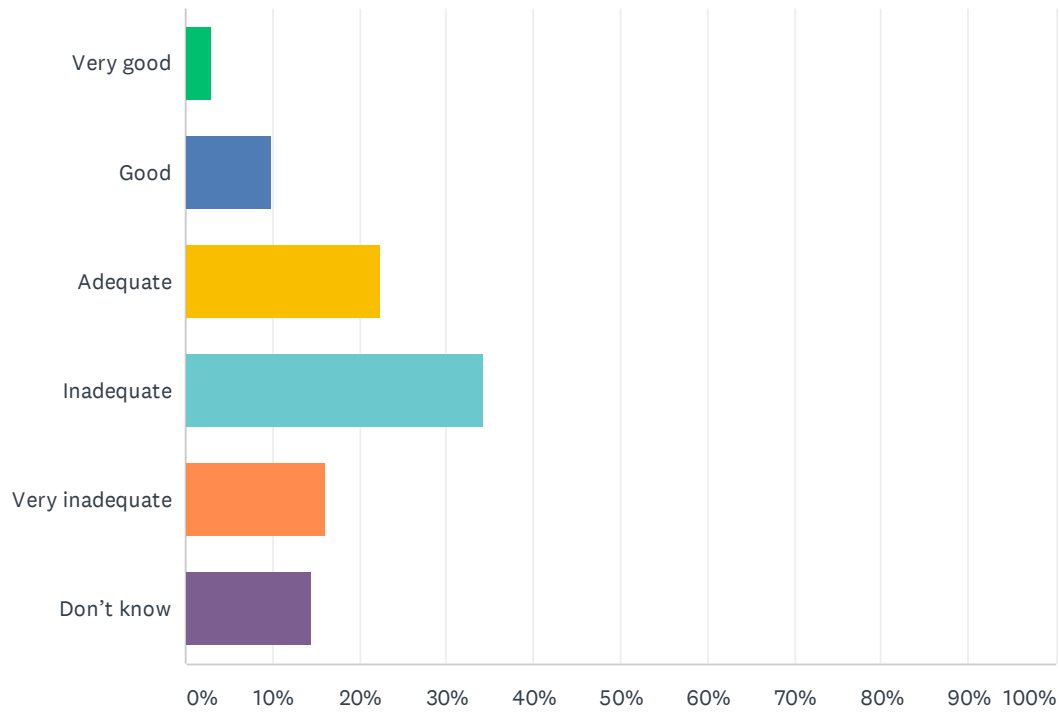
Answered: 3,488 Skipped: 8



ANSWER CHOICES	RESPONSES	
Very good	2.04%	71
Good	8.69%	303
Adequate	19.55%	682
Inadequate	36.27%	1,265
Very inadequate	18.09%	631
Don't know	15.37%	536
TOTAL		3,488

Q11 How do you feel about the current level of support being provided locally to health and social care staff on mental health and wellbeing?

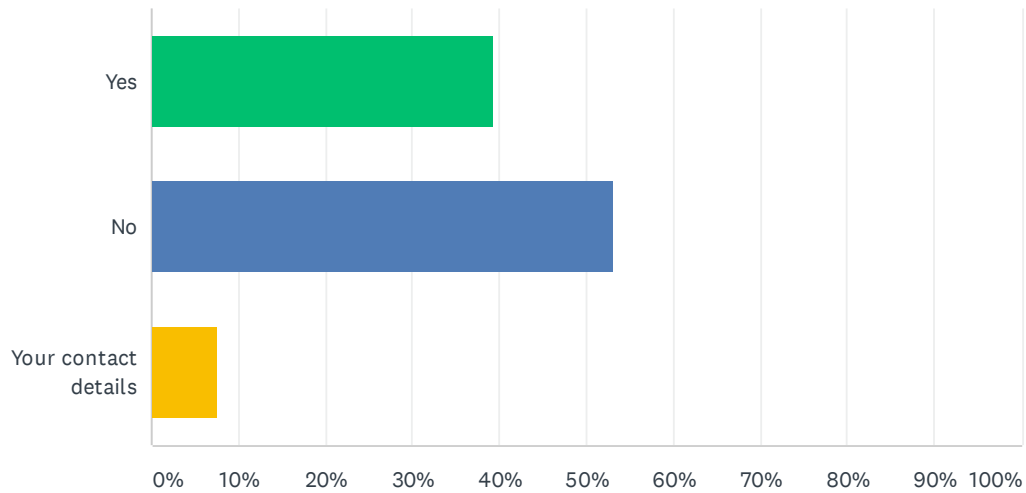
Answered: 3,490 Skipped: 6



ANSWER CHOICES	RESPONSES	
Very good	2.89%	101
Good	9.91%	346
Adequate	22.29%	778
Inadequate	34.30%	1,197
Very inadequate	16.16%	564
Don't know	14.44%	504
TOTAL		3,490

Q12 We would like to create a core group of respondents who will answer more in-depth questions in future and act as a barometer for the nursing workforce throughout the pandemic and beyond. Would you be willing to join this group?

Answered: 3,487 Skipped: 9



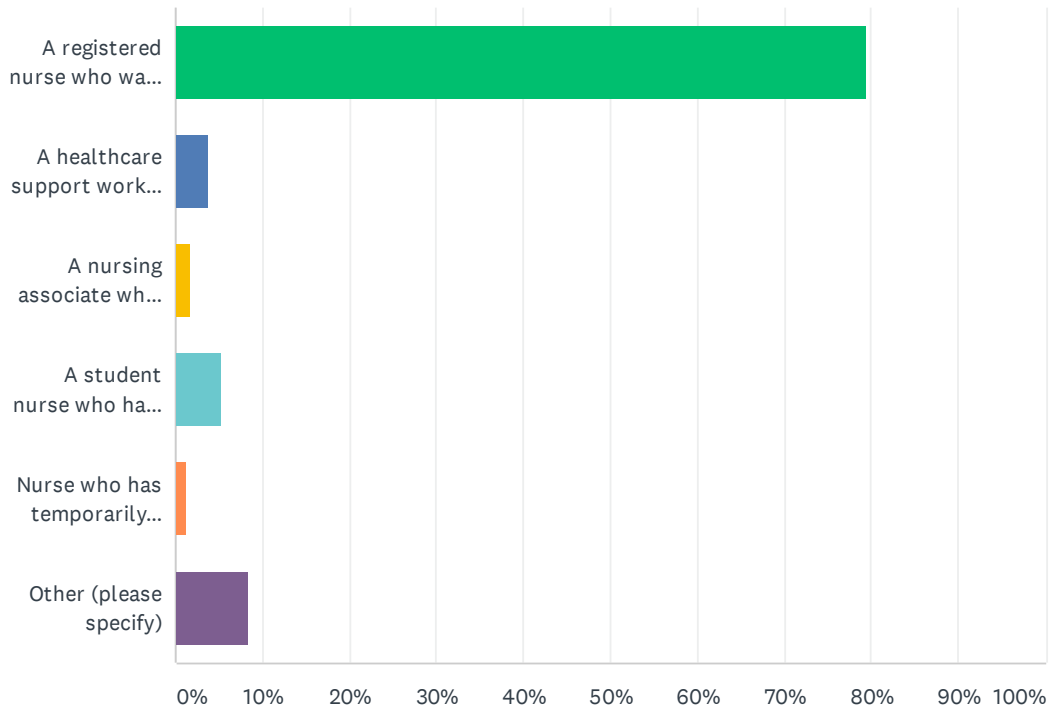
ANSWER CHOICES	RESPONSES	
Yes	39.32%	1,371
No	53.11%	1,852
Your contact details	7.57%	264
TOTAL		3,487

**Q13 Please feel free to comment in more depth on the issues raised in
this survey**

Answered: 1,089 Skipped: 2,407

Q14 Which of the following best describes your role?

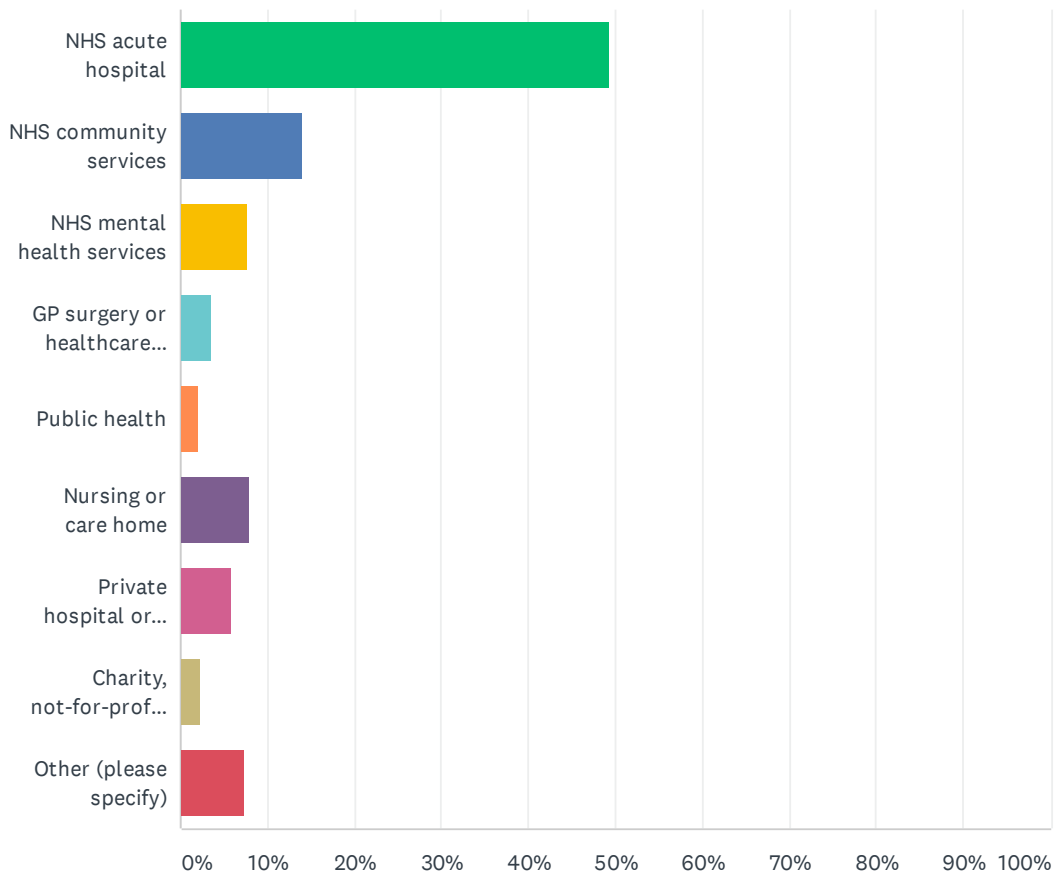
Answered: 3,473 Skipped: 23



ANSWER CHOICES	RESPONSES	
A registered nurse who was already part of the workforce	79.50%	2,761
A healthcare support worker who was already part of the workforce	3.80%	132
A nursing associate who was already part of the workforce	1.73%	60
A student nurse who has taken up a paid clinical placement to help out	5.30%	184
Nurse who has temporarily returned to practice to help out	1.24%	43
Other (please specify)	8.44%	293
TOTAL		3,473

Q15 Which of the following best describes the setting you work in?

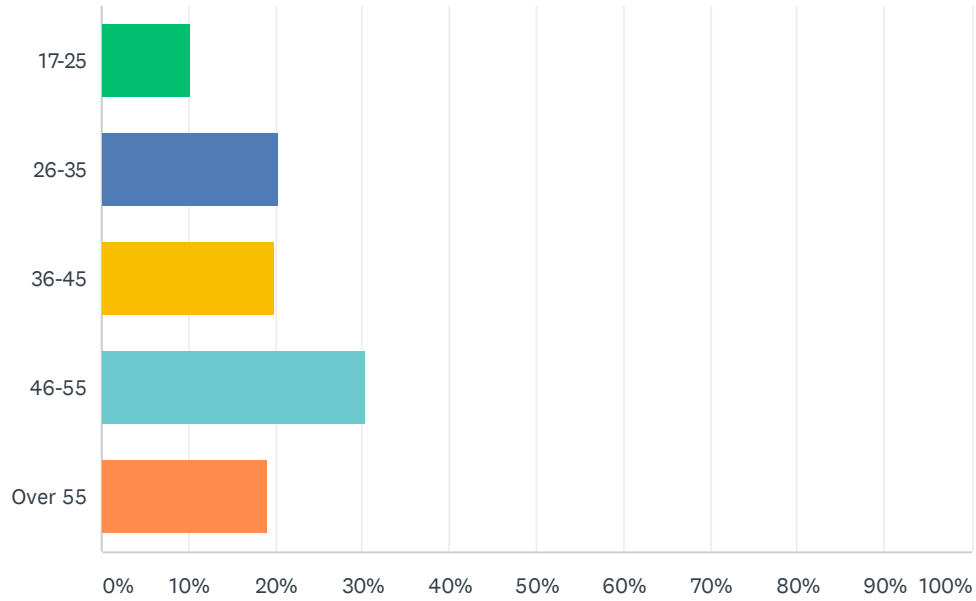
Answered: 3,471 Skipped: 25



ANSWER CHOICES	RESPONSES	
NHS acute hospital	49.32%	1,712
NHS community services	13.92%	483
NHS mental health services	7.75%	269
GP surgery or healthcare centre	3.63%	126
Public health	2.13%	74
Nursing or care home	7.92%	275
Private hospital or other independent sector setting	5.76%	200
Charity, not-for-profit or social enterprise	2.25%	78
Other (please specify)	7.32%	254
TOTAL		3,471

Q16 How old are you?

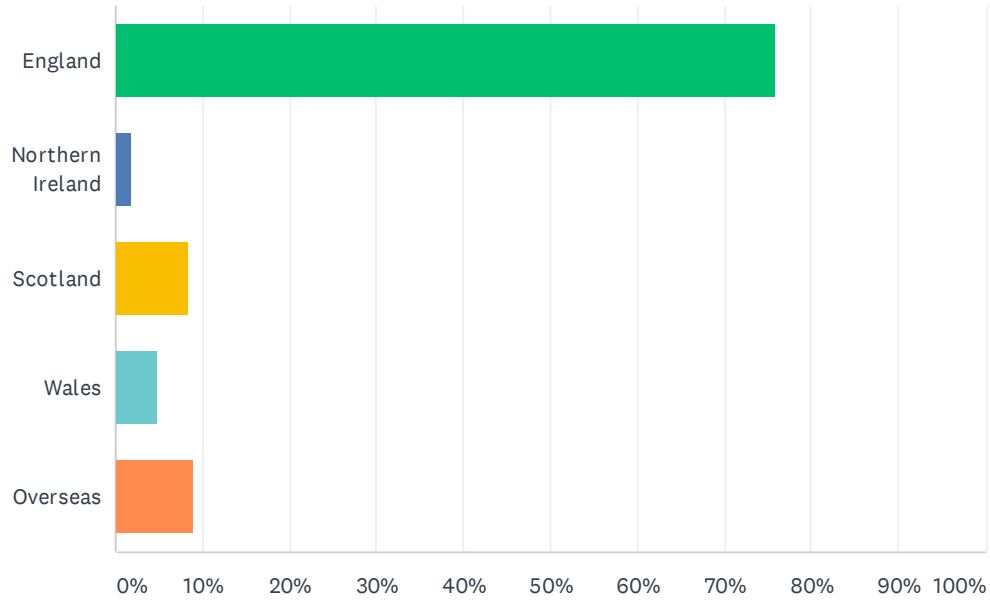
Answered: 3,487 Skipped: 9



ANSWER CHOICES	RESPONSES	
17-25	10.35%	361
26-35	20.39%	711
36-45	19.87%	693
46-55	30.37%	1,059
Over 55	19.01%	663
TOTAL		3,487

Q17 Which country do you work in?

Answered: 3,453 Skipped: 43



ANSWER CHOICES	RESPONSES	
England	75.85%	2,619
Northern Ireland	1.94%	67
Scotland	8.31%	287
Wales	4.87%	168
Overseas	9.04%	312
TOTAL		3,453