



Summary of Findings

YouGov National Poll on Addiction Behaviours in Lockdown
Nationally Representative based on +18 population of 52,383,965

Impact of lockdown on recovery

39% of people surveyed who were in recovery from an addiction prior to lockdown have experienced a relapse or a re-occurrence of their addictive behaviour since lockdown. On a national scale this may mean more than one million people have experienced some form of relapse during lockdown.

26% of people surveyed with a family member in recovery prior to lockdown reported their loved one experiencing relapse or a re-occurrence of their addictive behaviour since lockdown
28% of people surveyed with a friend in recovery prior to lockdown reported their loved one experiencing relapse or a re-occurrence of their addictive behaviour since lockdown.

Children and young adults

4% of those surveyed have a close relative between the ages of 12-25 who have shown an increase in an addictive behaviour since lockdown. On a national scale this would mean over 2 million children and young people of these ages are showing an increase in addictive behaviour during lockdown.

Of those who have a close relative aged between 12-25 showing an increase in addictive behaviour, 35% polled said they believe their relative will need support (e.g. treatment, therapy and advice services) as a result of this behaviour.

30% of those people who have seen an increase in addictive behaviour in a child or young adult relative said that the individual's close family are likely to need support services as a result. For the UK this would mean 612,892 families needing support and access to services.

Impact of lockdown on addiction behaviour in UK adults not in recovery

A quarter of adults not in recovery from an addiction prior to lockdown say they have increased the amount of alcohol they are drinking since lockdown started. For the UK as a whole that would mean just under 12.5 million people increasing their intake of alcohol during lockdown.

15% of adults who have increased the amount of alcohol they are drinking are experiencing related problems (such as relationship difficulties, managing work, sleeping problems, physical symptoms of withdrawal, debt etc.) That is up to 1.9 million people experiencing problems associated with increased drinking of alcohol during lockdown

4% of people surveyed say they have increased the amount of online gambling they are doing. For the UK this would mean 2 million people have increased their online gambling during lockdown. Of those who have increased the amount 16% say they have experienced problems associated with their increased online gambling during lockdown. Over 319,000 people experiencing problems associated with increase in gambling.



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Addictive behaviour after lockdown

Of all adults surveyed who identified a problem with an addictive behaviour during lockdown (either new or a re-occurrence) 24% identified that they would need support or treatment to resolve the problems they are experiencing with this behaviour. When looking at the UK population, this is 691,468 adults.

Of the adults who are experiencing problems associated with their increased alcohol during lockdown, 9% said it would be difficult to resolve these problems after lockdown, and 6% reported they did not know how easy or difficult it would be to resolve the problems. Given the high numbers of responses this would be expected. In terms of the UK population this would mean over 167,000 people, who have not previously been in recovery from an addiction, finding it difficult to resolve problems associated with their increased alcohol intake.

Access to treatment

All respondents were asked to consider the situation in which they needed help for an increase in an addictive behaviour. They were then asked how easy or difficult they think it would be to find access to support or treatment. 39% said they think they would find it difficult to access support or treatment were they to need it.