The Ten Tips – September 2015

Mental Health Australia
Executive Summary
The research tested Mental Health Australia’s ‘Ten Tips’, asking Australians whether they were things they did ‘regularly’, ‘sometimes’, ‘hardly ever’ or ‘never’.

• The scale was deliberately non-specific because the nature of the activities tested is varied – a person might not ‘seek out advice or support when they’re feeling stressed or down’ regularly for example because they seldom feel stressed or down, whereas ‘getting a good night’s sleep’ is something everyone could potentially do every day (assuming they had the time).

• Responses do need to be viewed in this context, and in analysing the results we should pay most attention to things Australians seem to be doing less often than we might expect they would.

• In this context, the fact that only 30% of Australians say they regularly make a conscious choice to have time periods away from electronic devices is interesting, as is the fact that 18% say they hardly ever or never get a good night’s sleep.

The survey shows good numbers of Australians claiming to do several of these activities regularly.

• 65% say they regularly keep their consumption of alcohol, cigarettes and drugs as low as possible.

• 58% say they regularly make an effort to eat healthily

• 51% regularly make time to socialise with their family and/or friends

• 47% say they regularly get a good night’s sleep.
The demographics consistently show that those who describe themselves as poor, and to a lesser extent those who feel under financial pressure, are less likely to do most of the activities identified in the Ten Tips.

- 38% of the self-described poor say they regularly socialise with family or friends, compared with 64% of those who say they are wealthy.
- Only 12% of the poor regularly participate in clubs and societies, compared with 43% of the wealthy.

Results from those with dependent children are also interesting.

- 47% of those with dependent children say they regularly make an effort to eat healthily, compared with 63% of those who do not have dependent children.
- 26% of those with dependent children say they hardly ever or never get a good night’s sleep, compared with 15% of those who do not have dependent children.
Lifestyle Attitudes
### Most regular lifestyle attitudes

How often do you do each of the following?

<table>
<thead>
<tr>
<th>Activity</th>
<th>Regularly</th>
<th>Only Sometimes</th>
<th>Hardly Ever</th>
<th>Never</th>
</tr>
</thead>
<tbody>
<tr>
<td>Keeping your consumption of alcohol, cigarettes and other drugs as limited as possible</td>
<td>65%</td>
<td>22%</td>
<td>7%</td>
<td>6%</td>
</tr>
<tr>
<td>Make an effort to eat healthily</td>
<td>58%</td>
<td>32%</td>
<td>8%</td>
<td>2%</td>
</tr>
<tr>
<td>Make time to socialise with your family and/or friends</td>
<td>51%</td>
<td>35%</td>
<td>11%</td>
<td>4%</td>
</tr>
<tr>
<td>Get a good night's sleep</td>
<td>47%</td>
<td>35%</td>
<td>15%</td>
<td>3%</td>
</tr>
<tr>
<td>Exercise for at least ten minutes at one time</td>
<td>46%</td>
<td>33%</td>
<td>15%</td>
<td>6%</td>
</tr>
</tbody>
</table>

Base: All respondents
Less regular lifestyle attitudes

How often do you do each of the following?

- Taking time out to carefully plan and prioritise your work and personal commitments
  - Regularly: 40%
  - Only sometimes: 39%
  - Hardly ever: 14%
  - Never: 7%

- Listen to music while working or studying
  - Regularly: 33%
  - Only sometimes: 36%
  - Hardly ever: 19%
  - Never: 11%

- Consciously have time periods where you don’t use any electronic devices
  - Regularly: 30%
  - Only sometimes: 37%
  - Hardly ever: 23%
  - Never: 10%

- Participate in a club, society or sporting activity
  - Regularly: 25%
  - Only sometimes: 24%
  - Hardly ever: 25%
  - Never: 25%

- Seek out advice and support when you're feeling stressed or down
  - Regularly: 18%
  - Only sometimes: 39%
  - Hardly ever: 27%
  - Never: 16%

Base: All respondents
Who claims they regularly limit consumption of alcohol & cigarettes?

- Regularly: 65%

Gender:
- Men: 56%
- Women: 74%

Own home outright:
- 76%

Age:
- 18-29: 55%
- 30-49: 59%
- 50-69: 72%
- 70+: 82%

66% of those who live in outer metro areas

63% of those who are under financial pressure

79% of the retired

Keeping your consumption of alcohol, cigarettes and other drugs as limited as possible
Who claims they hardly ever / never limit consumption of alcohol & cigarettes?

- **TOTAL Hardly Ever/Never:** 13%
  - **Gender:**
    - Male: 16%
    - Female: 10%
  - **Own home outright:** 9%
  - **University:** 13%
  - **TAFE:** 13%
  - **No Tertiary:** 11%

- **Age:**
  - 18-29: 17%
  - 30-49: 15%
  - 50-69: 11%
  - 70+: 7%

- **10% of those who live in provincial areas**

- **12% of those who are under financial pressure**

- **8% of the retired**

Keeping your consumption of alcohol, cigarettes and other drugs as limited as possible
Who claims they regularly make an effort to eat healthily?

Regularly: 58%

Gender: 49% Male, 66% Female

Own home outright: 73%

With dependent kids: 47%

Age:
- 18-29: 40%
- 30-49: 52%
- 50-69: 67%
- 70+: 80%

56% of those who live in metropolitan areas

78% of the retired

Gender:
- University: 58%
- TAFE: 58%
- No Tertiary: 59%

Own home outright:
- Wealthy: 61%
- Middle: 64%
- Lower Middle: 54%
- Poor: 52%

Make an effort to eat healthily
Who claims they hardly ever/never make an effort to eat healthily?

**TOTAL Hardly Ever/Never**
- 10%

**Gender**
- Male: 13%
- Female: 7%

**Have a mortgage**
- University: 9%
- TAFE: 10%
- No Tertiary: 8%

**Age**
- 18-29: 17%
- 30-49: 11%
- 50-69: 7%
- 70+: 

**Class**
- Wealthy: 8%
- Middle: 4%
- Lower Middle: 13%
- Poor: 13%

11% of those who live in metropolitan areas

10% of those who are under financial pressure

13% of those who are in full time work

Make an effort to eat healthily
Who claims they regularly socialise with family/friends?

- Regularly: 51%
- Gender: 43% Male, 58% Female
- Own home outright: 65%
- No dependent kids: 51%
- University: 52%
- TAFE: 51%
- No Tertiary: 51%
- Age:
  - 18-29: 42%
  - 30-49: 43%
  - 50-69: 55%
  - 70+: 78%
- Class:
  - Wealthy: 64%
  - Middle: 59%
  - Lower Middle: 45%
  - Poor: 38%

Make time to socialise with your family and/or friends.
Who claims they hardly ever/never socialise with family/friends?

TOTAL Hardly Ever/Never

Gender

- Male: 19%
- Female: 10%

Renters

- University: 12%
- TAFE: 16%
- No Tertiary: 13%

With dependent kids

16% of those who are under financial pressure

Age

- 18-29: 17%
- 30-49: 17%
- 50-69: 14%
- 70+: 5%

Class

- Wealthy: 11%
- Middle: 10%
- Lower Middle: 15%
- Poor: 25%

15% of those who are in full time work

Make time to socialise with your family and/or friends
Who claims they regularly get a good night’s sleep?

- Regularly: 47%
  - Gender: 47% Male, 48% Female
  - Own home outright: 59%
  - No dependent kids: 51%
  - University: 51%
  - TAFE: 43%
  - No Tertiary: 50%
  - Age:
    - 18-29: 38%
    - 30-49: 39%
    - 50-69: 54%
    - 70+: 67%
  - Class:
    - Wealthy: 66%
    - Middle: 53%
    - Lower Middle: 42%
    - Poor: 35%

Get a good night’s sleep
Who claims they hardly ever/never get a good night’s sleep?

**TOTAL Hardly Ever/Never**
- 18%

**Gender**
- 19%
- 17%

**Renters**
- 22%
- University: 15%
- TAFE: 21%
- No Tertiary: 16%

**With dependent kids**
- 26%

**Age**
- 18-29: 23%
- 30-49: 22%
- 50-69: 15%
- 70+: 9%

**Class**
- Wealthy: 6%
- Middle: 14%
- Lower Middle: 20%
- Poor: 28%

Get a good night’s sleep
Who claims they regularly exercise for at least ten minutes?

- Regularly: 46%
  - Gender: 43% male, 49% female
  - Own home outright: 54%
  - No dependant kids: 49% of those who live in inner metro areas
  - Age:
    - 18-29: 42%
    - 30-49: 45%
    - 50-69: 50%
    - 70+: 47%
  - No Tertiary: 43%
  - University: 51%
  - TAFE: 45%

- Exercise for at least ten minutes at one time:
  - 52% of those who are Not under financial pressure
  - 48% of those who own homes outright

- Class:
  - Wealthy: 51%
  - Middle: 52%
  - Lower Middle: 43%
  - Poor: 37%
Who claims they hardly ever/never exercise for at least ten minutes?

TOTAL Hardly Ever/Never

- 21% of the total population

Gender

- 23% Male
- 19% Female

Have a mortgage

- 22% of those who have a mortgage

Age

- 18-29: 20%
- 30-49: 20%
- 50-69: 22%
- 70+: 22%

23% of those who live in outer metro areas

24% of those who are under financial pressure

23% of the retired

Class

- Wealthy: 21%
- Middle: 15%
- Lower Middle: 24%
- Poor: 25%

Exercise for at least ten minutes at one time
Who claims they regularly take time out to plan and prioritise?

- **Regularly**: 40%
  - Male: 36%
  - Female: 43%

- **Own home outright**: 43%

- **With dependent kids**: 38%

- **Age**:
  - 18-29: 36%
  - 30-49: 40%
  - 50-69: 41%
  - 70+: 42%

- **Gender**:
  - Male: 36%
  - Female: 43%

- **Tertiary Education**:
  - University: 39%
  - TAFE: 43%
  - No Tertiary: 38%

- **Wealth**:
  - Wealthy: 52%
  - Middle: 44%
  - Lower Middle: 36%
  - Poor: 35%

- **Financial Pressure**:
  - Not under financial pressure: 43%

Taking time out to carefully plan and prioritise your work and personal commitments.
Who claims they hardly ever/never take time out to plan and prioritise?

TOTAL Hardly Ever/Never
- 22% of those who are in full time work

Gender
- 24% Male
- 19% Female

Have a mortgage
- 23% of those who are under financial pressure

Age
- 27% 18-29
- 18% 30-49
- 24% 50-69
- 18% 70+

Class
- Wealthy 19%
- Middle 18%
- Lower Middle 23%
- Poor 30%

University 18%
TAFE 22%
No Tertiary 23%

Taking time out to carefully plan and prioritise your work and personal commitments
Who claims they regularly listen to music while working or studying?

- Regularly: 33%
- Gender: 32% Male, 34% Female
- Own home outright: 37%
- No dependent kids: 35%
- Age: 18-29: 40%, 30-49: 31%, 50-69: 32%, 70+: 34%
- Class: Wealthy: 46%, Middle: 32%, Lower Middle: 33%, Poor: 28%
- University: 30%
- TAFE: 33%
- No Tertiary: 39%

34% of those who are Not under financial pressure.

Listen to music while working or studying.
Who claims they hardly ever/never listen to music while working or studying?

TOTAL Hardly Ever/Never
- 31%

Gender
- Male: 31%
- Female: 30%

Have a mortgage
- 30%

Age
- 18-29: 22%
- 30-49: 30%
- 50-69: 38%
- 70+: 27%

33% of those who live in rural areas

31% of those who are under financial pressure

31% of those who are in full time work

Class
- Wealthy: 22%
- Middle: 29%
- Lower Middle: 31%
- Poor: 39%

University: 30%
TAFE: 33%
No Tertiary: 28%
Who claims they regularly have time away from electronic devices?

Regularly: 30%

Gender:
- Male: 26%
- Female: 34%

Own home outright: 38%

No dependent kids: 32%

Age:
- 18-29: 14%
- 30-49: 27%
- 50-69: 37%
- 70+: 44%

Gender:
- Male: 26%
- Female: 34%

Own home outright: 38%

No dependent kids: 32%

Age:
- 18-29: 14%
- 30-49: 27%
- 50-69: 37%
- 70+: 44%

Consciously have time periods where you don’t use any electronic devices.
Who claims they hardly ever/never have time away from electronic devices?

TOTAL Hardly Ever/Never

Gender

<table>
<thead>
<tr>
<th></th>
<th>Male</th>
<th>Female</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hardly Ever/Never</td>
<td>36%</td>
<td>31%</td>
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</table>

Have a mortgage

<table>
<thead>
<tr>
<th></th>
<th>University</th>
<th>TAFE</th>
<th>No Tertiary</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hardly Ever/Never</td>
<td>32%</td>
<td>32%</td>
<td>35%</td>
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Age

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<tr>
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<th>30-49</th>
<th>50-69</th>
<th>70+</th>
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</thead>
<tbody>
<tr>
<td>Hardly Ever/Never</td>
<td>43%</td>
<td>33%</td>
<td>29%</td>
<td>31%</td>
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</tbody>
</table>

33% of those who live in outer metro areas

34% of those who are NOT under financial pressure

34% of those who have a mortgage

34% of those who are in full time work

Consciously have time periods where you don’t use any electronic devices

Class

<table>
<thead>
<tr>
<th></th>
<th>Wealthy</th>
<th>Middle</th>
<th>Lower Middle</th>
<th>Poor</th>
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<tr>
<td>Hardly Ever/Never</td>
<td>23%</td>
<td>33%</td>
<td>36%</td>
<td>32%</td>
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</tbody>
</table>
Who claims they regularly participate in clubs/societies?

**Regularly:** 25%

**Gender:**
- Male: 25%
- Female: 26%

**Own home outright:** 34%

**Age Groups:***
- 18-29: 24%
- 30-49: 22%
- 50-69: 22%
- 70+: 43%

**27%** of those who live in inner metro areas

**No dependent kids:** 28%

**No Tertiary:** 23%

**University:** 29%
**TAFE:** 25%

**Class:**
- Wealthy: 43%
- Middle: 28%
- Lower Middle: 23%
- Poor: 12%

Participate in a club, society or sporting activity
Who claims they hardly ever/never participate in clubs/societies?

**TOTAL Hardly Ever/Never**
- 51%

**Gender**
- 48% Male
- 52% Female

**Have a mortgage**
- 48% Yes

**Age**
- 18-29: 46%
- 30-49: 49%
- 50-69: 59%
- 70+: 42%

**58%** of those who live in rural areas

**55%** of those who are under financial pressure

**44%** of those who are in full time work

**University**
- 43%

**TAFE**
- 49%

**No Tertiary**
- 62%

**Participate in a club, society or sporting activity**
Who claims they regularly seek out advice & support when feeling stressed?

- Regularly: 18%
- Gender: 13% Male, 23% Female
- 19% of those who are under financial pressure
- 18% of those who live in inner metro areas
- 20% of those who are in full time work
- Age: 18-29: 19%, 30-49: 22%, 50-69: 15%, 70+: 17%
- Class: Wealthy: 31%, Middle: 18%, Lower Middle: 15%, Poor: 21%
- Gender: 26% Male, 74% Female
- University: 21%, TAFE: 19%, No Tertiary: 14%
Who claims they hardly ever/never seek out advice & support when feeling stressed?

<table>
<thead>
<tr>
<th>TOTAL Hardly Ever/Never</th>
<th>Gender</th>
<th>Have a mortgage</th>
<th>Age</th>
<th>Class</th>
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<tbody>
<tr>
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<td>49%</td>
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<td>43%</td>
<td>38%</td>
<td>43%</td>
<td>46%</td>
</tr>
</tbody>
</table>

Seek out advice and support when you’re feeling stressed or down.
UMR Australian Nationwide OmniSurvey

- n=1233 interviews; interviewed online as a component of the UMR Strategic Research’s Australian Nationwide OmniSurvey
- Australians aged 18+; nationally representative sample
- Fieldwork: 25th–29th September 2015
- Data is weighted so the sample matches ABS census data to ensure a nationally representative sample
- Online panel members are primarily recruited offline and by invitation only
- Maximum theoretical margin of error at 95% confidence level: ±2.8%
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