



Public Polling Methodology Statement: Australians for Mental Health Survey 2021

Publication date: 22nd October 2021

Short Methodology Statement	
Research company	YouGov Galaxy Pty Ltd
Client commissioning the research	Australians for Mental Health
End client	Australians for Mental Health
Fieldwork dates	22 September – 1 October 2021
Mode of data collection	Online recruited from research panel (100%)
Target population	Australians who are eligible to vote
Sample size	1,606
Australian Polling Council compliant	Yes
URL of Long Methodology statement	https://au.yougov.com/results/apc
Is voting intention published?	No

Long Methodology Statement	
Effective sample size after weighting applied	1,330
Margin of error associated with effective sample size	±2.7
Variables used in weighting	Age x gender x location, Age x education, AEC region x income
Weighting method used	Rim weighting
Full question text, responses categories and randomisation	See below
Proportion of landline/mobile completed interviews	N/A
Source of online sample	Selected from previously recruited online panels of research participants to fill quotas loosely based on weighting frame and past vote
Positioning of voting intention questions in questionnaire?	N/A
How were undecided voters handled?	N/A
2PP calculation method	N/A



Q1	In your opinion, what impact do you think the COVID-19 pandemic has had on Australians' mental health?	ASK ALL
	<i>Single select; REVERSE</i>	
1.	It has made things worse	
2.	It has made no difference	
3.	It has made things better	
Q2	Since COVID-19 began, which of the following have you done more of? Please select all that apply.	ASK ALL
	<i>Multi select; RANDOMISE</i>	
1.	Drink alcohol	
2.	Gamble	
3.	Exercise	
4.	Lose my temper	
5.	Spend money on unnecessary things	
6.	None of the above	Fixed exclusive
Q3	Since COVID-19 began, do you think the following things have had a positive or negative impact on Australians' mental health?	ASK ALL
	<i>Dyn Grid; row order RANDOMISE</i>	
1.	Loss of/ reduced work and income	
2.	Working from home	
3.	Home schooling	
4.	Reduced physical activity/ exercise	
5.	Reduced contact with friends, colleagues, community	
6.	Increasing consumption of alcohol and drugs	
7.	Gambling	
8.	Concerns about catching COVID-19	
	<i>Column order REVERSE</i>	
a.	Positive	
b.	Neither positive nor negative	
c.	Negative	
Q4	Do you personally know of anyone (i.e. yourself, family, or friends) who experienced mental health challenges in the past 12 months?	ASK ALL
	<i>Single select; REVERSE</i>	
1.	Yes	
2.	No	
3.	Don't know	Fixed
4.	Prefer not to say	Fixed
Q5	How confident are you that you would be able to support yourself, or someone you care about, through mental health challenges?	ASK ALL
	<i>Single select; REVERSE</i>	
1.	Very confident	
2.	Somewhat confident	
3.	Not confident	
4.	Don't know	Fixed
Q6	If you or someone you care about experienced mental health challenges, how confident are you that you would know where to access the support you need?	ASK ALL
	<i>Single select; REVERSE</i>	



1.	Very confident	
2.	Somewhat confident	
3.	Not confident	
4.	Don't know	Fixed
Q7	Which of the following would you reach out to for support with mental health issues? Please select all that apply.	ASK ALL
	<i>Multi select; RANDOMISE</i>	
1.	Online services/ chat (e.g. Beyond Blue, Black Dog Institute, etc.)	
2.	GP	
3.	Psychologist/ psychiatrist	
4.	Counsellor	
5.	Friends and family	
6.	Employee assistance programme/ HR	
7.	Crisis line (e.g. Lifeline)	
8.	Other (please specify)	Fixed
9.	None of the above	Fixed exclusive
Q8	Which mental health services should be prioritised for funding? Please select all that apply.	ASK ALL
	<i>Multi select; RANDOMISE</i>	
1.	Emergency mental health services in hospitals	
2.	Community mental health care hubs	
3.	Recruiting more mental health specialists/ psychologists	
4.	Telehealth and online consultation services	
5.	Mental health education in schools	
6.	Early intervention programmes	
7.	Other (please specify)	Fixed
8.	None of the above	Fixed exclusive
Q9	When it comes to funding early intervention to prevent mental health problems getting worse, do you think governments in Australia...?	ASK ALL
	<i>Single select; REVERSE</i>	
1.	Need to do much more	
2.	Need to do more	
3.	Are doing enough	
4.	Are doing too much	
5.	Don't know	Fixed

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