

Nightline Association

**Depressed, anxious, lonely and homesick:
Study reveals darker side to student life**

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YouthSight powered by the **OpinionPanel**
community
Student, youth & young professional research

nightline 
We'll listen, not lecture.

Background

Nightline's unique selling points:

- Offers an out-of-hours service (usually 8pm-8am) when other specialist university welfare services are usually closed
- Offers peer-to-peer support – all our specially trained volunteers are students based at the same university or city as service users
- Offers a confidential, anonymous, non-judgemental, non-directional, non-advisory listening service for students delivered by students
- Is available whenever students are ready to talk (no appointment necessary, no paperwork to complete)

Objectives

Purpose of the research

- To assess the prevalence of negative emotions and mood states in the student population
- To assess the need for an out-of-hours through-the-night listening support service for students during term time
- To assess motivations and barriers to accessing support
- To better understand how the student population perceives Nightline and its services
- To inform Nightline publicity campaigns to ensure services are accessible to all
- To report results in the media and share with organisations interested in the mental health and well-being of young people
- Results regarding preferred sources and methods of support to be published separately

Methodology

Sample definition

- Sample for this research was selected from the Student Panel.
- The Student Omnibus interviews a UK representative sample of 1,000 full time undergraduate students.

Sample size

- The total sample size was 1,000.

Quotas

- For the Student Omnibus - quotas were set to reflect the UK student population in terms of university type (Russell Group, other Old universities, New universities, other HEIs), year group (1, 2, 3+) and gender. Targets for the quotas were acquired using data supplied by the Higher Education Statistics Agency (HESA).

Screening questions

- None.

Questionnaire

- The questions were supplied by Nightline. YouthSight then scripted and hosted the questionnaire.
- The full questionnaire text can be found in the appendix.

Stimulus

- None.

Incentives

- Student Panel members receive £1 in Amazon vouchers.

Timing of fieldwork

- The survey went live on 25th April 2013, and ended on 30th April 2013.

Table NL1
 NL1 During your time at university, do you know anyone who has experienced any of the following feelings?
 Base: All students

	Total	Gender		Course year			University type			
		Male	Female	1st	2nd	3rd+	Russell Group	Pre 1992	Post 1992	Specialist institutions
Sig. Level: 95%		a	b	c	d	e	f	g	h	i
Sig. Level: 99%		A	B	C	D	E	F	G	H	I
Unweighted row	1000	442	558	362	308	330	279	207	469	45
Total	1000	448	552	360	305	335	258	211	485	46
Yes, I have experienced one or more of these feelings	747 75%	309 69%	439 79% A	244 68%	231 76% c	272 81% C	204 79% h	155 73%	351 72%	37 80%
Yes, one or more of my friends has experienced one or more of these feelings	510 51%	212 47%	298 54% a	173 48%	157 52%	179 54%	159 62% gHi	106 50%	223 46%	21 46%
Yes, someone I know at university has experienced one or more of these feelings	337 34%	146 33%	190 34%	126 35%	99 32%	112 33%	107 41% gH	67 32%	147 30%	16 33%
No, I don't know anyone who has experienced these feelings	46 5%	26 6%	20 4%	14 4%	18 6%	14 4%	5 2%	18 8% F	23 5% f	1 2%
Don't know	11 1%	4 1%	7 1%	5 1%	3 1%	3 1%	2 1%	3 1%	6 1%	- -%
Prefer not to say	10 1%	5 1%	5 1%	3 1%	2 1%	5 2%	2 1%	2 1%	6 1%	- -%

Columns Tested: A,B - C,D,E - F,G,H,I

What this means:

- ❖ 75% of those surveyed (n=747) stated that they had experienced some kind of emotional distress whilst at university.
- ❖ 5% of those surveyed (n=46) stated 'No, I don't know anyone who has experienced these feelings whilst at university'

Table NL2

NL2 You said that you have experienced one or more of the feelings below during your time at university, please could you highlight which one/s you have felt:

Base: All students who have experienced one or more of these feelings

	Total	Gender		Course year			University type			
		Male	Female	1st	2nd	3rd+	Russell Group	Pre 1992	Post 1992	Specialist institutions
Sig. Level: 95%		a	b	c	d	e	f	g	h	i
Sig. Level: 99%		A	B	C	D	E	F	G	H	I
Unweighted row	749	305	444	247	233	269	221	152	340	36
Total	747	309	439	244	231	272	204	155	351	37
Stress	650 87%	256 83%	394 90% A	205 84%	195 84%	250 92% CD	184 90% gi	128 83%	310 88% i	28 75%
Anxiety	433 58%	165 54%	268 61% a	133 54%	136 59%	164 60%	119 58%	76 49%	218 62% G	20 53%
Feelings of not being able to cope	430 57%	158 51%	272 62% A	135 55%	130 56%	165 61%	118 58%	83 53%	205 59%	24 64%
Loneliness / isolation	427 57%	166 54%	262 60%	149 61%	121 52%	158 58%	118 58%	91 59%	195 55%	24 64%
Homesick	317 42%	102 33%	215 49% A	115 47%	93 40%	108 40%	89 44%	76 49% h	135 38%	16 44%
Depression	307 41%	131 42%	176 40%	93 38%	99 43%	114 42%	80 39%	64 41%	146 41%	18 48%
Not fitting in	294 39%	111 36%	183 42%	112 46% D	74 32%	108 40%	77 38%	64 41%	135 38%	18 48%
Mental ill-health	93 12%	31 10%	62 14%	29 12%	25 11%	39 14%	31 15%	17 11%	42 12%	3 8%
Suicidal thoughts	85 11%	42 14%	43 10%	30 12%	24 10%	32 12%	24 12%	14 9%	44 13%	3 8%

Columns Tested: A,B - C,D,E - F,G,H,I

	Total	Gender		Course year			University type			
		Male	Female	1st	2nd	3rd+	Russell Group	Pre 1992	Post 1992	Specialist institutions
Sig. Level: 95%		a	b	c	d	e	f	g	h	i
Sig. Level: 99%		A	B	C	D	E	F	G	H	I
Unweighted row	749	305	444	247	233	269	221	152	340	36
Total	747	309	439	244	231	272	204	155	351	37
Prefer not to say	5 1%	4 1%	1 %	3 1%	2 1%	- -%	1 %	1 1%	2 1%	1 3%

Columns Tested: A,B - C,D,E - F,G,H,I

What this means:

Of 1000 students surveyed:

- ❖ 65%(n=650) had experienced stress
- ❖ 43% (n=433) had experienced anxiety
- ❖ 43% (n=430) had experienced feelings of not being able to cope
- ❖ 43% (n=427) had experienced loneliness/isolation
- ❖ 32% (n= 317) had experienced homesicknessor 1 in 3 homesickness
- ❖ 31% (n=307) had experienced depressionaround 1/3 had felt depressed
- ❖ 29% (n=294) had worries about not fitting in
- ❖ 9% (n=93) had experienced mental ill health
- ❖ 9% (n=85) had experienced suicidal thoughtsor nearly 1 in 12 experienced suicidal thoughts

- ❖ Female students were significantly more likely to experience stress, anxiety, homesickness and feelings of not being able to cope than male students.
- ❖ Caution: This is a self-report of depression and not necessarily a clinical diagnosis

NL2 You said that you have experienced one or more of the feelings below during your time at university, please could you highlight which one/s you have felt:
 Base: All students who have experienced one or more of these feelings

	Total	University region											
		North East	North West	Yorkshire and Humberside	East Midlands	West Midlands	Eastern	London	South East	South West	Northern Ireland	Scotland	Wales
Sig. Level: 95%		a	b	c	d	e	f	g	h	i	fj	k	l
Sig. Level: 99%		A	B	C	D	E	F	G	H	I	fJ	K	L
Unweighted row	749	39	80	59	65	67	38	68	123	66	13	90	41
Total	747	39	79	58	64	67	38	67	124	66	13	90	41
Stress	650 87%	34 87%	73 92% e	48 83%	56 88%	54 80%	32 84%	55 82%	110 89%	57 86%	12 93%	83 92% eJ	35 85%
Anxiety	433 58%	23 60%	43 55%	35 60%	40 62%	32 47%	24 63%	42 62%	69 56%	43 65% e	4 29%	52 57%	26 63%
Feelings of not being able to cope	430 57%	21 54%	39 49%	32 56%	37 58%	43 63%	23 60%	38 57%	70 56%	41 62%	9 68%	53 59%	25 59%
Loneliness / isolation	427 57%	20 50%	50 63%	33 56%	30 47%	38 57%	23 61%	43 63%	66 53%	38 57%	7 55%	57 63%	24 59%
Homesick	317 42%	19 48%	33 42%	25 43%	33 52% e	22 32%	16 42%	26 38%	58 46%	27 41%	4 31%	35 39%	20 49%
Depression	307 41%	7 17%	34 42% A	28 49% Ad	20 31%	23 34%	18 47% A	29 43% A	51 41% A	30 46% A	3 23%	43 48% Ad	21 51% Ad
Not fitting in	294 39%	14 35%	36 45%	16 28%	21 32%	27 40%	15 40%	30 45%	46 37%	23 35%	6 46%	41 46% c	19 46%
Mental ill-health	93 12%	3 8%	8 10%	7 12%	8 12%	9 14%	6 15%	8 12%	12 10%	9 14%	2 15%	14 15%	8 19%
Suicidal thoughts	85 11%	3 8%	8 11%	5 9%	12 18% H	12 18% H	5 13%	5 7%	7 6%	7 11%	1 7%	14 16% h	6 14%

Columns Tested: A,B,C,D,E,F,G,H,I,J,K,L

	Total	University region											
		North East	North West	Yorkshire and Humberside	East Midlands	West Midlands	Eastern	London	South East	South West	Northern Ireland	Scotland	Wales
Sig. Level: 95%		a	b	c	d	e	f	g	h	i	fj	k	l
Sig. Level: 99%		A	B	C	D	E	F	G	H	I	fJ	K	L
Unweighted row	749	39	80	59	65	67	38	68	123	66	13	90	41
Total	747	39	79	58	64	67	38	67	124	66	13	90	41
Prefer not to say	5 1%	- -	- -	- -	- -	1 2%	- -	1 2%	2 2%	1 2%	- -	- -	- -

Columns Tested: A,B,C,D,E,F,G,H,I,J,K,L

What this means:

Of 1000 students surveyed:

- ❖ 9% (n=85) had experienced suicidal thoughtsor nearly 1 in 12 experienced suicidal thoughts
- ❖ Of those students who stated they had experienced suicidal thoughts (n=85), 45% (n=38 or nearly half) were based in the Midlands or Scotland.

Table NL3
 NL3 At what time of the day were you most likely to experience these feelings?
 Base: All students who have experienced one or more of these feelings

	Total	Gender		Course year			University type			
		Male	Female	1st	2nd	3rd+	Russell Group	Pre 1992	Post 1992	Specialist institutions
Sig. Level: 95%		a	b	c	d	e	f	g	h	i
Sig. Level: 99%		A	B	C	D	E	F	G	H	I
Unweighted row	749	305	444	247	233	269	221	152	340	36
Total	747	309	439	244	231	272	204	155	351	37
Day	92	50	42	30	27	36	23	15	51	3
	12%	16%	10%	12%	12%	13%	11%	10%	14%	9%
		B								
Night	242	103	138	85	81	76	68	61	97	15
	32%	33%	32%	35%	35%	28%	33%	40%	28%	42%
								H		
Day or Night	299	101	198	96	86	117	74	60	152	12
	40%	33%	45%	39%	37%	43%	36%	39%	43%	33%
			A							
Can't recall	104	47	57	29	34	41	36	17	46	5
	14%	15%	13%	12%	15%	15%	17%	11%	13%	14%
Prefer not to say	10	7	3	4	4	2	4	1	4	1
	1%	2%	1%	2%	2%	1%	2%	1%	1%	3%

Columns Tested: A,B - C,D,E - F,G,H,I

What this means:

- ❖ Of those students (n=747) who had experienced negative feelings, 32% (around 1/3) experienced them at night – a time when other specialist welfare services are usually closed.

Table NL4
 NL4 Did you get support for the feelings you experienced?
 Base: All students who have experienced one or more of these feelings

	Total	Gender		Course year			University type			
		Male	Female	1st	2nd	3rd+	Russell Group	Pre 1992	Post 1992	Specialist institutions
Sig. Level: 95%		a	b	c	d	e	f	g	h	i
Sig. Level: 99%		A	B	C	D	E	F	G	H	I
Unweighted row	749	305	444	247	233	269	221	152	340	36
Total	747	309	439	244	231	272	204	155	351	37
Yes	253 34%	78 25%	175 40% A	73 30%	74 32%	106 39% C	72 35%	59 38%	110 31%	11 31%
No	459 61%	211 68% B	248 57%	156 64%	145 63%	158 58%	125 61%	89 57%	223 63%	23 61%
Prefer not to say	35 5%	20 6%	16 4%	14 6%	13 5%	9 3%	7 4%	7 5%	18 5%	3 8%

Columns Tested: A,B - C,D,E - F,G,H,I

What this means:

- ❖ Female students were significantly more likely to access support than male students
- ❖ Students in their third year and beyond were significantly more likely to access support than first and second year students.

Table NL7
 NL7 Have you heard of Nightline?
 Base: All students

	Total	Gender		Course year			University type			
		Male	Female	1st	2nd	3rd+	Russell Group	Pre 1992	Post 1992	Specialist institutions
Sig. Level: 95%		a	b	c	d	e	f	g	h	i
Sig. Level: 99%		A	B	C	D	E	F	G	H	I
Unweighted row	1000	442	558	362	308	330	279	207	469	45
Total	1000	448	552	360	305	335	258	211	485	46
Yes	400 40%	174 39%	227 41%	122 34%	122 40%	157 47%	202 78%	112 53%	74 15%	12 27%
No	586 59%	267 60%	318 58%	235 65%	177 58%	173 52%	54 21%	94 44%	403 83%	34 73%
Don't know	14 1%	7 2%	7 1%	3 1%	6 2%	5 1%	2 1%	5 2%	7 1%	- -%

Columns Tested: A,B - C,D,E - F,G,H,I

What this means:

- ❖ 40% of respondents (n=400) were aware of Nightline.
- ❖ NOTE: Nightline does not operate at all universities. Nightlines currently operate at over 90 universities and colleges.

Table NL8
 NL8 (Summary Table) Now knowing what services Nightline offer, how likely would you be to use the service?
 Base: All students

		...for information?	...to talk to someone about a problem?
Unweighted row		1000	1000
Total		1000	1000
Very likely	(5.0)	35 4%	34 3%
Likely	(4.0)	217 22%	166 17%
Not sure	(3.0)	323 32%	320 32%
Unlikely	(2.0)	279 28%	295 29%
Very unlikely	(1.0)	145 14%	185 19%
NET Likely		252 25%	200 20%
NET Not likely		424 42%	480 48%
Answered		1000	1000
Mean		2.7	2.6
Std. dev.		1.1	1.1

What this means:

After a brief explanation of what Nightline does,

- ❖ 1 in 4 (n=252 or 25%) stated that they would be likely to use the service for information in the future.
- ❖ Nearly half (n=424 or 42%) stated that they would be unlikely to use the service for information in the future.
- ❖ 1 in 5 (n=200 or 20%) stated that they would be likely to use the service to talk to someone about a problem in the future.
- ❖ Nearly half (n=480 or 48%) stated that they would be unlikely to use the service to talk to someone about a problem in the future.

Table NL9
 NL9 You just said that you would be unlikely or very unlikely to use Nightline for information, why's that?
 Base: All students who said they would be unlikely, or very unlikely to use Nightline for information

	Total	Gender		Course year			University type			
		Male	Female	1st	2nd	3rd+	Russell Group	Pre 1992	Post 1992	Specialist institutions
Sig. Level: 95%		a	b	c	d	e	f	g	h	i
Sig. Level: 99%		A	B	C	D	E	F	G	H	I
Unweighted row	425	216	209	139	134	152	128	96	179	22
Total	424	218	206	138	132	154	119	98	185	23
I think other people's problems are worse than mine	146	73	73	49	46	51	44	34	60	7
	34%	33%	36%	36%	35%	33%	37%	35%	33%	32%
I'll never need to	131	67	64	46	39	46	37	27	59	7
	31%	30%	31%	33%	30%	30%	31%	28%	32%	32%
I'd be too embarrassed	97	40	57	34	34	29	29	29	35	5
	23%	18%	28%	24%	26%	19%	24%	29%	19%	22%
			a					h		
I'd be too nervous	81	36	45	32	27	22	19	20	37	5
	19%	16%	22%	23%	20%	14%	16%	21%	20%	22%
			e							
They wouldn't be any use	71	45	26	26	25	20	19	20	28	4
	17%	21%	13%	18%	19%	13%	16%	21%	15%	18%
		b								
I don't have time	32	16	16	13	11	9	12	7	12	1
	8%	7%	8%	9%	8%	6%	10%	7%	7%	5%
Other	98	49	49	23	32	42	32	20	42	4
	23%	22%	24%	17%	25%	27%	27%	21%	23%	18%
					c					

Columns Tested: A,B - C,D,E - F,G,H,I

What this means:

- ❖ Factors which would deter students from using Nightline for information included: other people's problems are worse than mine; I'll never need to; I'd be too embarrassed.
- ❖ Female students were significantly more likely to state that they would be too embarrassed to use Nightline for information compared to male students.

Table NL10
 NL10 You just said that you would be unlikely or very unlikely to use Nightline to talk to someone about a problem, why's that?
 Base: All students who said they would be unlikely, or very unlikely to use Nightline to talk to someone about their problem

	Gender		Course year			University type				
	Total	Male	Female	1st	2nd	3rd+	Russell Group	Pre 1992	Post 1992	Specialist institutions
Sig. Level: 95%		a	b	c	d	e	f	g	h	i
Sig. Level: 99%		A	B	C	D	E	F	G	H	I
Unweighted row	479	233	246	167	147	165	131	111	215	22
Total	480	237	243	167	145	168	121	113	223	23
I think other people's problems are worse than mine	174 36%	76 32%	99 41%	64 38%	51 35%	59 35%	46 38%	44 39%	76 34%	8 36%
I'd be too embarrassed	141 29%	53 22%	88 36%	54 32%	44 30%	43 26%	40 33%	35 31%	57 25%	10 45%
I'd be too nervous	114 24%	45 19%	70 29%	43 26%	35 24%	36 21%	34 28%	27 24%	44 20%	9 40%
I'll never need to	109 23%	60 25%	49 20%	44 27%	30 20%	35 21%	32 27%	23 20%	50 22%	4 18%
They wouldn't be any use	100 21%	55 23%	45 19%	30 18%	36 25%	34 20%	25 21%	26 23%	43 19%	6 27%
I don't have time	32 7%	20 8%	12 5%	11 6%	13 9%	8 5%	12 10%	11 10%	9 4%	- -6%
Other	99 21%	49 21%	50 20%	29 17%	29 20%	41 25%	28 23%	19 17%	51 23%	1 5%

Columns Tested: A,B - C,D,E - F,G,H,I

What this means:

- ❖ Factors which would deter students from using Nightline to talk to someone about a problem included: other people's problems are worse than mine; I'd be too embarrassed; I'd be too nervous.
- ❖ Female students were significantly more likely to state that they would be embarrassed or too nervous to use Nightline to talk to someone about a problem compared to male students.

Conclusions:

what this research tells us

- Negative feelings and mood states including depression, anxiety, and stress are prevalent in the UK's student population.
- In a nationally representative sample of 1000 students, 75% of them had personally experienced some kind of emotional distress while at university. Only 5% of students surveyed agreed with the statement 'No, I don't know anyone who has experienced these feelings whilst at university'.
- Stress topped the list at 65% whilst 43% of students stated that they had experienced anxiety, loneliness and feelings of not being able to cope. Around 1/3 of students had felt depressed or homesick at some time whilst 29% had worried about not fitting in at university.
- Of those surveyed, 1 in 12 stated that they had experienced suicidal thoughts – nearly half of which (45%) were based in the Midlands or Scotland.
- Of those students who reported negative feelings, around 1/3 (32%) had experienced them at night – a time when other specialist welfare services are usually closed.
- This research shows us the importance of having a through-the-night support service like Nightline for students wishing to talk to another student at night about any negative feelings in addition to other specialist welfare services open in the day.
- Following information on Nightline services, 1 in 4 said they would be likely to use Nightline in the future for information and 1 in 5 stated they would be likely to use Nightline in the future to talk to someone about a problem.
- This research suggests that we need to further increase awareness and understanding of the services Nightlines offer in universities in which we operate.
- This research suggests that we need to do more to reduce the stigma of accessing support – especially for male students who are significantly less likely than female students to seek help when faced with negative feelings.
- This research suggests that we need to do more to reach out to first and second year students who are significantly less likely than third year plus students to access support.

Conclusions:

what this research doesn't tell us

- This research doesn't explain how, in a digital age when many students are connected through social media, why so many of them appear to feel lonely or isolated when at university.

Appendix 1

Questionnaire excl questions on preferred sources and methods of support

INTRO 1

Our client, a charitable organisation working within the higher education sector is keen to investigate the mental well being of students which is a topic that is becoming increasingly important to charities working within the higher education sector.

We appreciate that the following questions may be difficult for you to answer, but if you are able to, our client would be very grateful. Your answers, along with the answer from many other students, will be used to evaluate and improve the services that our charitable organisation offers to students.

For your reassurance your individual answers will be kept confidential. They will be collated into national information for external use and you will not be able to be identified by the data.

Questionnaire (cont).

NL1.

During your time at university, do you know anyone who has experienced any of the following feelings?

- Stress
- Loneliness / isolation
- Anxiety
- Depression
- Feelings of not being able to cope
- Homesick
- Not fitting in
- Mental ill-health
- Suicidal thoughts

Please tick all that apply

- Yes, I have experienced one or more of these feelings
- Yes, one or more of my friends has experienced one or more of these feelings
- Yes, someone I know at university has experienced one or more of these feelings
- No, I don't know anyone who has experienced these feelings – exclusive answer category
- Don't know – exclusive answer category
- Prefer not to say – exclusive answer category

Questionnaire (cont).

NL2.

You said that you have experienced one or more of the feelings below during your time at university, please could you highlight which one/s you have felt:

Please remember that your results will be kept confidentially.

Please tick all that apply.

- Stress
- Loneliness / isolation
- Anxiety
- Depression
- Feelings of not being able to cope
- Homesick
- Not fitting in
- Mental ill-health
- Suicidal thoughts
- Prefer not to say – exclusive answer category

Questionnaire (cont).

NL3.

At what time of the day were you most likely to experience these feelings?

Please tick only ONE answer.

- Day
- Night
- Day or Night
- Can't recall
- Prefer not to say

NL4.

Did you get support for the feelings you experienced?

- Yes
- No
- Prefer not to say

Questionnaire (cont).

NL 5.

Who did you get support from regarding these feelings?

Please tick all that apply

- Another student
- Family
- University counselling service
- Personal/pastoral tutor
- Peer mentor
- Medical doctor or nurse
- A confidential and anonymous listening service
- Nightline
- Other (please specify)
- Prefer not to say

Questionnaire (cont).

NL6.

Text for those who selected “Yes, I have experienced one or more of these feelings” at NL1: If you were to experience any of the feelings below again, who do you think you would be most likely to contact?

Text for all others: If you were to experience any of the feelings below, who do you think you would be most likely to contact?

- Stress
- Loneliness / isolation
- Anxiety
- Depression
- Feelings of not being able to cope
- Homesick
- Not fitting in
- Mental ill-health
- Suicidal thoughts
- Prefer not to say – exclusive answer category

Please rank the following sources in order of how likely you would be to contact them. You do not need to rank all of them – just the ones you would consider using.

- Another student
- Family
- University counselling service
- Personal/pastoral tutor
- Peer mentor
- Medical doctor/nurse
- A confidential and anonymous listening service
- Nightline
- I would not contact any of the above – exclusive answer category

Questionnaire (cont).

NL7.

Have you heard of Nightline?

- Yes
- No
- Don't know

INTRO 2

Nightline offers a confidential, anonymous, non-judgemental, non-directional and non-advisory listening service for students delivered by students at their university at night.

Nightline volunteers don't judge, give advice or tell callers what to do – they just listen and because Nightline is confidential and anonymous, students accessing the service don't even have to give their name.

Some Nightlines also offer information on local facilities and amenities (e.g. numbers for take-aways, local cinemas, doctors and taxis) or other sources of support (e.g. helplines for specific issues). Some Nightlines also offer a supplies service (e.g. free condoms, attack alarms, Chlamydia and pregnancy test kits).

NL8.

Now knowing what services Nightline offer, how likely would you be to use the service.

	Very likely	Likely	Not sure	Unlikely	Very unlikely
For information					
To talk to someone about a problem					

Questionnaire (cont).

NL9.

You just said that you would be unlikely or very unlikely to use Nightlight for information, why's that?

- I'd be too embarrassed
- I'd be too nervous
- I think other people's problems are worse than mine
- I'll never need to
- I don't have time
- They wouldn't be any use
- Other (please specify)

NL10.

You just said that you would be unlikely or very unlikely to use Nightlight to talk to someone about a problem, why's that?

- I'd be too embarrassed
- I'd be too nervous
- I think other people's problems are worse than mine
- I'll never need to
- I don't have time
- They wouldn't be any use
- Other (please specify)