

The survey comprised two waves. An identical questionnaire was used for both waves. 15 minute CATI telephone interview

RDD quota sample representative of the GB population (England, Scotland and Wales) aged 16 and above used for Wave 1. Wave 2 comprised as many as possible participants from Wave 1.

Wave 1: n=1,080; 14th January - 21st January. Wave 2: n=621; 28th January - 4th February

All % are rounded up to the nearest whole number. Percentages may not add up to 100% - this is due to rounding, exclusion of not stated, or multiple response answers. *% indicates a finding more than 0 but less than 0.5%. Data are not weighted

Q1	For the first two questions, your options to choose from are: probably yes, not sure and probably no. <i>SINGLE CODE ONLY</i>				
		Probably yes	Not sure	Probably no	No opinion
		%	%	%	%
Wave 1 (n=1080)	As far as you know, have you had flu in the past seven days?	5	1	94	*
Wave 2 (n=621)		4	1	95	0
Wave 1 (n=1080)	As far as you know, have you had flu since the start of October?	13	2	84	0
Wave 2 (n=621)		13	2	85	0

Q2	Can you please tell me what the three most common symptoms of flu are? <i>DO NOT READ OUT</i> <i>MULTICODE</i>		
		Wave 1 (n=1080)	Wave 2 (n=621)
		%	%
1	Fever /temperature	62	66
2	Chills / shivering	20	18
3	Headache / migraine	40	39
4	Aches or pains in your muscles / bones / joints	45	60
5	Fatigue / tiredness / low energy	25	21
6	Diarrhoea	1	1
7	Sore throat	16	17
8	Runny or blocked nose / too much phlegm / snot	31	27
9	Sneezing	8	9
10	Loss of appetite	3	2
11	Difficulty sleeping	*	1
12	Coughing (e.g. dry /chesty / itchy / scratchy)	19	18
13	Sinus problems / pain	3	1
14	Nausea / vomiting	8	6
15	Shortness of breath	1	*
16	Stomach ache	1	*

Q3	Because of the flu that's currently going round, in the past seven days have you... <i>SINGLE CODE ONLY</i> <i>ROTATE ORDER OF STATEMENTS 1-5</i>			
		Yes	No	Not sure
		%	%	%
Wave 1 (n=1080)	Cleaned or disinfected things you might touch (such as door knobs or hard surfaces), more often than usual	19	80	2
Wave 2 (n=621)		19	81	1
Wave 1 (n=1080)	Used sanitising hand gel to clean your hands, more often than usual	24	75	1
Wave 2 (n=621)		22	77	1
Wave 1 (n=1080)	Reduced the amount you touch your eyes, nose or mouth	14	83	3
Wave 2 (n=621)		23	75	2
Wave 1 (n=1080)	Washed your hands more often than usual	30	69	1
Wave 2 (n=621)		31	68	1
Wave 1 (n=1080)	Tried to avoid people who could have flu	41	57	2
Wave 2 (n=621)		39	58	3
Wave 1 (n=1080)	Usually carried tissues with you when out and about	69	30	1
Wave 2 (n=621)		76	24	0
Wave 1 (n=1080)	Usually used tissues when sneezing or coughing	80	19	1
Wave 2 (n=621)		83	16	1

	<i>If yes to previous question:</i> Usually put the tissues in the bin after use			
Wave 1 (n=864)		87	11	1
Wave 2 (n=515)		92	7	1
	Have you done anything else to avoid catching flu that I haven't already mentioned?			
Wave 1 (n=1080)		26	73	1
Wave 2 (n=621)		18	81	1
	And what is that? (open ended, please code as one of the options below			
Wave 1 (n=285)	Wrapping up warm	12		
Wave 2 (n=114)		14		
Wave 1 (n=285)	Not going out in bad weather	4		
Wave 2 (n=114)		2		
Wave 1 (n=285)	Having the central heating on	2		
Wave 2 (n=114)		3		
Wave 1 (n=285)	Avoiding people who seem to have flu symptoms	6		
Wave 2 (n=114)		9		
Wave 1 (n=285)	Other	87		
Wave 2 (n=114)		86		

Q4	You may have heard of advice that people should thoroughly wash their hands to avoid catching and spreading the flu.		
1	What does the phrase 'thoroughly washing your hands' mean to you? <i>DO NOT READ OUT</i> <i>MULTICODE</i>	Wave 1 (n=1080)	Wave 2 (n=621)
		%	%
	Using warm or hot water	49	62
	Using soap	67	75
	Washing for a long time (more than 20 seconds)	17	51
	Washing all parts of the hand (i.e. front, back, between the fingers, nails)	41	30
	Washing up to the wrists	9	7
	Drying hands properly with a towel or dryer	20	13
	Other. Please specify:	24	16

Q5	<p>I can tell you that the official definition of “thoroughly washing your hands” is using soap and water, and washing them for at least 20 seconds. But many people nowadays find that they don’t always have time to do that.</p> <p><i>SINGLE CODE ONLY</i></p>		
		Wave 1 (n=1080)	Wave 2 (n=621)
1	<p>In the past 24 hours, how many times, if at all, have you washed your hands thoroughly?</p> <p><i>RECORD NUMBER</i></p>	Mean score	Mean score
		8.0	9.1

Q6	I am now going to read out some statements about flu. For each of the following statements, please tell me whether you think they are: probably true, probably false or if you're not sure. <i>SINGLE CODE ONLY</i>				
	An effective way to prevent the spread of flu is to... <i>ROTATE ORDER OF STATEMENTS</i>	Probably true	Not sure	Probably false	No opinion
		%	%	%	%
Wave 1 (n=1080)	Reduce the number of people you meet	65	8	27	1
Wave 2 (n=621)		73	6	21	*
Wave 1 (n=1080)	Clean or disinfect surfaces that you might touch	87	5	8	*
Wave 2 (n=621)		87	5	8	0
Wave 1 (n=1080)	Thoroughly and regularly wash your hands	96	1	3	0
Wave 2 (n=621)		96	2	2	*
Wave 1 (n=1080)	Use sanitising hand gel	80	7	12	*
Wave 2 (n=621)		84	7	9	*
Wave 1 (n=1080)	Cough or sneeze into tissues, instead of your hands	97	1	2	*
Wave 2 (n=621)		97	1	2	*
Wave 1 (n=1080)	Avoid touching your eyes, nose or mouth	77	11	12	1
Wave 2 (n=621)		84	8	7	*
	And are you confident that if you wanted to, you could...				

	<i>ROTATE ORDER OF STATEMENTS</i>				
Wave 1 (n=1080)	Reduce the number of people you meet in the next week	42	8	49	1
Wave 2 (n=621)		47	8	44	0
Wave 1 (n=1080)	Keep things that you might touch clean or disinfected	80	7	13	*
Wave 2 (n=621)		82	6	12	0
Wave 1 (n=1080)	Wash your hands thoroughly and regularly	97	1	2	0
Wave 2 (n=621)		98	1	1	0
Wave 1 (n=1080)	Carry sanitising hand gel with you when out and about	70	5	25	*
Wave 2 (n=621)		75	3	22	*
Wave 1 (n=1080)	Carry tissues with you when out and about	95	1	5	*
Wave 2 (n=621)		95	1	4	0
Wave 1 (n=1080)	Avoid touching your eyes, nose or mouth	67	10	22	*
Wave 2 (n=621)		71	8	21	0

Q7	The next two questions refer to people who are important to you, such as your family or friends. For each of the following statements, please tell me whether you think it is: probably true, probably false or if you're not sure. <i>SINGLE CODE ONLY</i>				
		Probably true	Not sure	Probably false	No opinion
		%	%	%	%
Wave 1 (n=1080)	People who are important to you think that you should thoroughly and regularly wash your hands	85	8	6	1
Wave 2 (n=621)		89	6	5	1
Wave 1 (n=1080)	People who are important to you think that you should cough or sneeze into tissues instead of your hands	91	4	5	*
Wave 2 (n=621)		94	2	3	0

Q8	<p>The next two questions are similar, but this time we are talking about what <i>most people</i> would expect you to do, regardless of whether or not they are your friends or family.</p> <p><i>SINGLE CODE ONLY</i></p>				
		Probably true	Not sure	Probably false	No opinion
		%	%	%	%
Wave 1 (n=1080)	Most people would expect you to thoroughly and regularly wash your hands	82	8	10	*
Wave 2 (n=621)		82	8	9	*
Wave 1 (n=1080)	Most people would expect you to cough or sneeze into tissues instead of your hands	83	5	12	1
Wave 2 (n=621)		84	7	9	*

Q9		I am now going to read out some general statements about flu. For each of the following statements, please tell me whether you think they are: probably true, probably false or if you're not sure.			
		SINGLE CODE ONLY			
		ROTATE ORDER OF STATEMENTS			
		Probably true	Not sure	Probably false	No Opinion
		%	%	%	%
Wave 1 (n=1080)	Flu would be a serious illness for me	54	11	35	*
Wave 2 (n=621)		45	12	43	*
Wave 1 (n=1080)	If I catch flu, it will have major consequences on my life	39	12	49	*
Wave 2 (n=621)		31	12	57	*
Wave 1 (n=1080)	Flu would be a mild illness for me	45	15	39	1
Wave 2 (n=621)		48	17	35	*
Wave 1 (n=1080)	If I catch flu, it will not have much effect on me	24	14	62	1
Wave 2 (n=621)		32	18	50	1
Wave 1 (n=1080)	If I catch flu, it will have serious financial consequences for me	15	6	78	*
Wave 2 (n=621)		16	6	78	*
Wave 1 (n=1080)	If I catch flu, it will cause difficulties for people who are important to me	65	6	29	*
Wave 2 (n=621)		59	5	36	*
Wave 1 (n=1080)	If I don't take any preventive action, then I am likely to catch flu in the next three months	36	22	41	1
Wave 2 (n=621)		30	22	48	*

Wave 1 (n=1080)	I have little control over whether I will catch flu	50	13	37	*
Wave 2 (n=621)		52	9	38	*
Wave 1 (n=1080)	You can catch flu if you eat food that has been contaminated with flu germs	45	28	26	1
Wave 2 (n=621)		50	24	26	*
Wave 1 (n=1080)	You can catch flu if you touch things that have flu germs on them, and then you touch your eyes, nose or mouth	90	6	4	*
Wave 2 (n=621)		92	5	3	0
Wave 1 (n=1080)	You can catch flu if you are coughed or sneezed on by someone who already has flu	95	2	2	*
Wave 2 (n=621)		96	3	1	*
Wave 1 (n=1080)	It is always easy to spot people who might give you flu	18	11	70	1
Wave 2 (n=621)		17	11	71	0
Wave 1 (n=1080)	Antibiotics are an effective treatment for flu	17	16	68	*
Wave 2 (n=621)		16	13	71	*
Wave 1 (n=1080)	I have enough information about what I can do to avoid catching flu	84	6	9	*
Wave 2 (n=621)		87	7	7	0

Q10	Have you sought help or advice about flu in the past seven days? <i>SINGLE CODE ONLY</i>	Yes	No
		%	%
Wave 1 (n=1080)		4	96
Wave 2 (n=621)		2	98

Q11		IF NOT HAD FLU IN PAST SEVEN DAYS (IE QUESTION ON PAGE 2) Imagine that tomorrow morning, you develop flu. You have a cough, a temperature, your muscles ache and you are feeling tired. We are interested in what you would probably try to do. For each of the following statements, please tell me whether you think they are: probably true, probably false or if you're not sure. <i>SINGLE CODE ONLY</i> <i>ROTATE ORDER OF STATEMENTS 1-8</i>			
		Probably true	Not sure	Probably false	No opinion
		%	%	%	%
Wave 1 (n=1030)	I would try to stay at home	90	3	7	*
Wave 2 (n=597)		92	2	7	0
Wave 1 (n=1030)	I would try to go to school, college, university or work as normal	19	5	71	6
Wave 2 (n=597)		16	5	77	2
Wave 1 (n=1030)	I would try to avoid meeting people from outside of my household	83	3	14	*
Wave 2 (n=597)		86	4	10	0
Wave 1 (n=1030)	I would take over the counter remedies such as painkillers or cold and flu remedies	87	3	11	*
Wave 2 (n=597)		86	3	11	*
Wave 1 (n=1030)	I would take complementary remedies, such as homeopathy or herbal remedies	20	4	75	0
Wave 2 (n=597)		20	6	74	*

Wave 1 (n=1030)	If it came to it, I know someone who would be willing to collect medicines or food for me while I was ill	93	1	6	0
Wave 2 (n=597)		95	1	4	0
Wave 1 (n=1030)	If it came to it, I know someone who could look after me round the clock at home for seven days	56	5	38	*
Wave 2 (n=597)		60	5	35	*
Wave 1 (n=1030)	I would try to get medical advice or treatment	47	7	47	0
Wave 2 (n=597)		45	10	45	*
	IF YES TO GETTING MEDICAL ADVICE OR TREATMENT (STATEMENT8) And where would you turn to first for medical advice or treatment (code only one of the options below)				
Wave 1 (n=479)	GP by phone	47			
Wave 2 (n=267)		49			
Wave 1 (n=479)	GP in person	16			
Wave 2 (n=267)		14			
Wave 1 (n=479)	Doctor or nurse at walk-in centre	4			
Wave 2 (n=267)		3			
Wave 1 (n=479)	Doctor or nurse at hospital	2			
Wave 2 (n=267)		1			

Wave 1 (n=479)	Pharmacist or chemist by phone	4
Wave 2 (n=267)		4
Wave 1 (n=479)	Pharmacist or chemist in person	6
Wave 2 (n=267)		7
Wave 1 (n=479)	A health telephone line (NHS Direct / NHS 24 / NHS Direct Wales / NI Direct)	7
Wave 2 (n=267)		5
Wave 1 (n=479)	An official health website (Dept of Health, NHS Choices, Health Protection Agency)	4
Wave 2 (n=267)		5
Wave 1 (n=479)	A friend or relative who is a healthcare worker	5
Wave 2 (n=267)		4
Wave 1 (n=479)	Other	6
Wave 2 (n=267)		7

Q12		IF HAS HAD FLU IN PAST SEVEN DAYS (IE QUESTION ON PAGE 2) You said earlier that you think you have had flu in the past seven days. We are interested in what you did while you had flu. For each of the following statements, please tell me whether they are: true, false or if you're not sure. <i>SINGLE CODE ONLY</i> <i>ROTATE ORDER OF STATEMENTS 1-8</i>			
		TRUE	Not sure	FALSE	No opinion
		%	%	%	%
Wave 1 (n=50)	I stayed at home	78	0	22	0
Wave 2 (n=24)		62	0	38	0
Wave 1 (n=50)	I tried to go to school, college, university or work as normal	44	2	50	4
Wave 2 (n=24)		42	0	54	4
Wave 1 (n=50)	I tried to avoid meeting people from outside of my household	68	0	32	0
Wave 2 (n=24)		71	0	29	0
Wave 1 (n=50)	I took over the counter remedies such as painkillers or cold and flu remedies	80	2	18	0
Wave 2 (n=24)		100	0	0	0
Wave 1 (n=50)	I took complementary remedies, such as homeopathy or herbal remedies	24	2	74	0
Wave 2 (n=24)		25	0	75	0
Wave 1 (n=50)	If it had come to it, I know someone who would have been willing to collect medicines or food for me while I was ill	92	0	8	0
Wave 2 (n=24)		96	4	0	0

Wave 1 (n=50)	If it had come to it, I know someone who could have looked after me round the clock at home for seven days	58	2	38	2
Wave 2 (n=24)		79	0	21	0
Wave 1 (n=50)	I tried to get medical advice or treatment	44	4	50	2
Wave 2 (n=24)		25	0	75	0
	IF YES TO GETTING MEDICAL ADVICE OR TREATMENT (STATEMENT 8) And where did you turn to first for medical advice or treatment (code only one of the options below)				
Wave 1 (n=22)	GP by phone	27			
Wave 2 (n=6)		83			
Wave 1 (n=22)	GP in person	32			
Wave 2 (n=6)		0			
Wave 1 (n=22)	Doctor or nurse at walk-in centre	5			
Wave 2 (n=6)		17			
Wave 1 (n=22)	Doctor or nurse at hospital	5			
Wave 2 (n=6)		0			
Wave 1 (n=22)	Pharmacist or chemist by phone	0			
Wave 2 (n=6)		0			
Wave 1 (n=22)	Pharmacist or chemist in person	14			
Wave 2 (n=6)		0			

Wave 1 (n=22)	A health telephone line (NHS Direct / NHS 24 / NHS Direct Wales / NI Direct)	0
Wave 2 (n=6)		0
Wave 1 (n=22)	An official health website (Dept of Health, NHS Choices, Health Protection Agency)	9
Wave 2 (n=6)		0
Wave 1 (n=22)	A friend or relative who is a healthcare worker	5
Wave 2 (n=6)		0
Wave 1 (n=22)	Other	5
Wave 2 (n=6)		0

Q13		The next questions are all about the flu vaccine. Please answer yes, no or not sure for each one. <i>SINGLE CODE ONLY</i>		
		Yes	Not sure	No
		%	%	%
Wave 1 (n=1080)	Have you ever had a flu vaccination, that is before August 2012?	43	3	54
Wave 2 (n=621)		42	2	56
Wave 1 (n=1080)	Have you had a flu vaccination for this winter?	31	1	68
Wave 2 (n=621)		31	*	68
	<i>ROUTING: If yes to this item, go to next page</i>			
Wave 1 (n=740)	Have you been offered a flu vaccination on the NHS for this winter?	19	3	78
Wave 2 (n=427)		22	3	75
Wave 1 (n=740)	As far as you know, are you eligible to have a flu vaccination on the NHS this winter?	29	29	42
Wave 2 (n=427)		30	28	41
Wave 1 (n=740)	Are you thinking about paying to have a flu vaccination outside of the NHS this winter?	5	3	92
Wave 2 (n=427)		2	3	95
Wave 1 (n=740)	Do you intend to have the flu vaccine this winter?	7	6	87
Wave 2 (n=427)		4	4	92

	<i>For those ineligible (no on items 3 and 4):</i> Imagine that the NHS changed its rules, and said that you were eligible to have the flu vaccine this winter, for free. Would you have it?			
Wave 1 (n=302)		48	11	41
Wave 2 (n=175)		42	14	44

Q14	I am going to read out some statements that other people have given about the flu vaccine. For each one, please whether you think they are: true, false or if you're not sure. <i>SINGLE CODE ONLY</i> <i>ROTATE ORDER OF STATEMENTS</i>				
		TRUE	Not sure	FALSE	No Opinion
		%	%	%	%
Wave 1 (n=1080)	I disagree with vaccinations in general	8	6	85	*
Wave 2 (n=621)		8	5	87	*
Wave 1 (n=1080)	I don't like needles	32	3	64	1
Wave 2 (n=621)		33	2	65	1
Wave 1 (n=1080)	I don't need the vaccine because I am generally healthy	48	7	44	*
Wave 2 (n=621)		46	6	47	*
Wave 1 (n=1080)	I don't need the vaccine because I am not likely to get flu	18	13	69	1
Wave 2 (n=621)		20	12	68	1
Wave 1 (n=1080)	I'm too busy to get the flu vaccine	16	4	80	*
Wave 2 (n=621)		16	2	82	*
Wave 1 (n=1080)	It is difficult to get an appointment to get the flu vaccine	18	17	64	1
Wave 2 (n=621)		14	21	64	1
Wave 1 (n=1080)	A health professional has recommended to me to that I <i>should</i> have the vaccine	43	4	53	*
Wave 2 (n=621)		40	3	56	*

Wave 1 (n=1080)	A health professional has recommended that I <i>shouldn't</i> have the vaccine	5	4	91	*
Wave 2 (n=621)		4	4	93	*
Wave 1 (n=1080)	I do not know enough about the flu vaccine	35	11	54	1
Wave 2 (n=621)		29	13	59	*
Wave 1 (n=1080)	I am confused by all the information available about the flu vaccine	14	11	74	1
Wave 2 (n=621)		12	8	79	1
Wave 1 (n=1080)	The flu vaccine has not been tested enough	8	35	56	1
Wave 2 (n=621)		8	30	60	2
Wave 1 (n=1080)	The flu vaccine can cause unpleasant short-term side-effects	44	28	27	1
Wave 2 (n=621)		43	29	28	*
Wave 1 (n=1080)	The flu vaccine can cause long-term health problems	6	30	64	*
Wave 2 (n=621)		5	25	69	1
Wave 1 (n=1080)	The vaccine provides protection for only one flu season	75	18	6	*
Wave 2 (n=621)		81	13	6	*
Wave 1 (n=1080)	The flu vaccine would interact with other medications that I am currently taking	11	30	57	1
Wave 2 (n=621)		10	30	59	1

Wave 1 (n=1080)	The vaccination campaign is just about making money for the manufacturers	9	18	73	1
Wave 2 (n=621)		8	17	74	1
Wave 1 (n=1080)	Having the flu vaccine is an effective way of preventing you from catching flu	73	16	11	*
Wave 2 (n=621)		74	15	10	1

ONLY ASK Q15-18 IF Q15-18 WERE ANSWERED IN WAVE 1

Note to interviewer: Only ask to participants with children aged 17 or under living at home with them

We need to select one of your children to talk about. Please tell me the name of the child aged 17 or under who had the most recent birthday? You can give me a fake name for them if you want.

Interviewer should NOT record name, but refer to this child throughout. Referenced as "CHILD" in rest of questionnaire

	Wave 1 (n=315) Mean score	Wave 2 (n=168) Mean score
Q15. Can I ask how old CHILD is? <i>RECORD AGE IN YEARS</i>	9.1	9.1
Q16. And just to check, are they a boy or a girl?	%	%
Boy	55	57
Girl	45	43

Q17	The next questions are all about [CHILD] and the flu vaccine. Please answer yes, no or not sure. SINGLE CODE ONLY			
		Yes	Not sure	No
		%	%	%
Wave 1 (n=315)	Has CHILD had a flu vaccination in previous years, that is, before August 2012?	11	6	83
Wave 2 (n=168)		15	4	81
Wave 1 (n=315)	Has CHILD had a flu vaccination for this winter?	6	3	91
Wave 2 (n=168)		7	4	89
	<i>If yes to this item, go to next box</i>			
Wave 1 (n=295)	Has CHILD been offered a flu vaccination on the NHS for this winter?	3	9	88
Wave 2 (n=156)		1	8	92
Wave 1 (n=295)	As far as you know, is CHILD eligible to have a flu vaccination on the NHS this winter?	11	47	43
Wave 2 (n=156)		8	37	55
Wave 1 (n=295)	Are you thinking about paying to have CHILD vaccinated outside of the NHS this winter?	4	4	92
Wave 2 (n=156)		1	5	94
Wave 1 (n=295)	Do you intend for CHILD to have the flu vaccine this winter?	5	12	83
Wave 2 (n=156)		3	5	92

	<i>For those ineligible (no on all items 3 and 4):</i> Imagine that the NHS changed its rules, and said that CHILD is eligible to have the flu vaccine this winter, for free. Would you have them vaccinated?			
Wave 1 (n=262)		38	27	35
Wave 2 (n143)		36	23	41

Q18	I am going to read out some statements that other people have given about children and the flu vaccine. For each one, please whether you think they are: true, false or if you're not sure. <i>SINGLE CODE ONLY</i> <i>ROTATE ORDER OF STATEMENTS</i>				
		TRUE	Not sure	FALSE	No Opinion
		%	%	%	%
Wave 1 (n=315)	CHILD doesn't like needles	57	9	34	0
Wave 2 (n=168)		62	4	34	1
Wave 1 (n=315)	CHILD doesn't need the vaccine because they are generally healthy	59	13	28	*
Wave 2 (n=168)		60	12	28	0
Wave 1 (n=315)	CHILD doesn't need the vaccine because they are not likely to get flu	17	17	66	*
Wave 2 (n=168)		20	20	60	1
Wave 1 (n=315)	I'm too busy to get CHILD vaccinated	4	3	93	*
Wave 2 (n=168)		7	2	91	0
Wave 1 (n=315)	A health professional has recommended to me that CHILD should be vaccinated	13	9	79	0
Wave 2 (n=168)		12	3	85	0
Wave 1 (n=315)	A health professional has recommended that CHILD shouldn't have the vaccine	5	10	85	*
Wave 2 (n=168)		4	4	92	0

Wave 1 (n=315)	The flu vaccine would interact with other medications that CHILD is currently taking	4	22	74	*
Wave 2 (n=168)		5	12	83	0

Q19		I'd like to ask you some questions about your feelings about the flu that is currently going round. For each of the following, please tell me whether you've been feeling that way when thinking about the flu that's currently going round, in the past 7 days. Your options to choose from are: 'Very much, moderately, somewhat or not at all'. Feeling: <i>SINGLE CODE ONLY</i> <i>ROTATE ORDER OF STATEMENTS</i>				
		Very Much	Moderately	Somewhat	Not at all	Don't know
		%	%	%	%	%
Wave 1 (n=1080)	Calm	50	31	10	8	2
Wave 2 (n=621)		60	24	10	6	1
Wave 1 (n=1080)	Tense	2	8	6	82	1
Wave 2 (n=621)		1	5	3	90	1
Wave 1 (n=1080)	Upset	1	4	2	91	1
Wave 2 (n=621)		1	2	2	94	*
Wave 1 (n=1080)	Relaxed	48	32	10	7	2
Wave 2 (n=621)		54	30	10	5	1
Wave 1 (n=1080)	Content	42	31	9	14	4
Wave 2 (n=621)		50	27	12	11	1
Wave 1 (n=1080)	Worried	3	11	7	78	1
Wave 2 (n=621)		1	6	6	87	*