

Quantitative research was carried out to inform the continual development of the *All Right?* Campaign for greater Christchurch. This summary details the latest research that continues to guide the development of the *All Right?* Campaign. The research was carried out between 21st February and 9th March 2014. This research provides a comparison to data that was collected in 2012.

The research was undertaken through phone interviews with a representative and randomly selected sample of 800 individuals aged 15 years and over and living within greater Christchurch (the Christchurch City, Waimakariri and Selwyn Districts). Although the survey collected responses from a representative sample of 800 residents, the findings may not necessarily be applicable to all individuals living in the Christchurch area. As such, the findings should be interpreted with some caution. Where changes were identified from comparing the 2014 and 2012 results, the changes were statistically significant at the 95% level.

Summary of key findings

Christchurch city residents, in general, were more likely to feel tired or overwhelmed in 2014 compared to 2012. Less than half (48%) of those surveyed reported regularly sleeping well and 65% reported feeling tired (an increase of 10% on 2012).

Significant differences in wellbeing of Christchurch residents were identified depending on whether or not the resident had had their insurance claim settled. Those with settled claims were more likely to report that they felt grateful, felt in control, or felt like they have lots of 'get up and go' than respondents who did not have their claim settled. Residents who had not had their claims settled were more likely to feel tired, stressed, frustrated, that their life was full of uncertainty, insecure and/or angry than those who had had their claim settled.

As in 2012, over three quarters of Christchurch residents believed that authorities were focused on the wrong priorities. Over half of residents felt angry about the decisions being made by the authorities. Fewer residents agreed that they understood the amount of time it is taking for things to get back to normal (than in 2012).

However there were some positive results for Christchurch residents. These included that fewer residents were worrying about another big earthquake happening (than in 2012). Over eighty percent of Christchurch people reported that they had a better sense of what is important to them now compared with three years ago. More residents reported that they felt like their life had been normal over the last 12 months (than in 2012). Residents were less likely to feel angry than in 2012. Residents were less concerned about job security (since the earthquakes) compared with 2012 and fewer residents reported financial problems because of the earthquakes (than in 2012).

The overall research findings were:

How respondent felt

- Words that respondents stated described how they felt at present were generally similar in 2014 to 2012, although in 2014 respondents were more likely to feel tired (65% in 2014, 55% in 2012) or overwhelmed (26% in 2014, 19% in 2013). Respondents were less likely to feel angry (13% in 2014 compared with 17% in 2012).
- Some of the things that respondents found inspiring or that recharged their batteries included: spending time with community/family/friends (39%), hobbies (24%), taking personal time/holidays (18%), healthy habits/exercise (16%), achieving personal goals, learning new habits (8%) and employment (7%).

How respondent felt by property ownership

- Respondents were more likely to feel lucky if they owned property (81%) compared with those who did not own property (74%)
- Respondents were less likely to feel excited about the future if they owned property (68%) compared with those who did not own property (80%)
- Respondents who owned property were more likely to feel frustrated (42%) compared with those who did not own property (31%)
- Respondents who owned property were more likely to feel angry (15%) compared with those who did not own property (8%)

How respondent felt by status of their EQC claim

- Respondents were more likely to feel grateful if their EQC property claim had been settled (94%) compared with those whose claims have not been settled (88%)
- Respondents were more likely to feel in control of their life if their EQC property claim had been settled (87%) compared with those whose claims had not been settled (76%)
- Respondents are more likely to feel like they had lots of 'get up and go' if their EQC property claim had been settled (71%) compared with those whose claims had not been settled (58%)
- Respondents were less likely to feel tired if they have had their EQC claim settled (60%) compared with those who had not been settled (72%)
- Respondents were less likely to feel stressed if they had had their EQC claim settled (32%) compared with those who had not been settled (45%)
- Respondents were less likely to feel frustrated if they had had their EQC claim settled (34%) compared with those who had not been settled (52%)
- Respondents were less likely to feel their life was full of uncertainty if they had had their EQC claim settled (28%) compared with those who had not been settled (46%)
- Respondents were less likely to feel insecure if they had had their EQC claim settled (13%) compared with those who had not been settled (24%)
- Respondents were less likely to feel angry if they had had their EQC claim settled (11%) compared with those who had not been settled (21%)

Attitudes

- Over eighty percent of respondents reported having a better sense of what is important to them now, compared with three years ago (82% in 2014, 83% in 2012)
- Fewer respondents reported worrying about another big earthquake happening than in 2012 (47% compared to 54% in 2012)
- As in 2012, almost half of respondents reported finding it difficult to come to terms with all that had happened as a result of the earthquakes (44% in 2014, 46% in 2012)
- More respondents agreed that it felt like their life has been normal over the last 12 months (66% in 2014, 60% in 2012)
- Over three quarters of respondents agreed that they felt that the gap between the haves and the have nots had widened over the last three years (77% in 2014, not asked in 2012)
- About a quarter of respondents (23% in 2014, 24% in 2012) agreed that their current living condition got them down
- About a quarter of respondents agreed that the poor state of their neighbourhood got them down (23% in 2014, 24% in 2012)
- Almost two thirds of respondents didn't agree that people who live outside of Canterbury understand what we are going through (64% in both 2014 and 2012).

Attitudes towards Children

- About three quarters of respondents reported enjoying spending time with their children now (75% in 2014, 80% in 2012)
- About three quarters of respondents reported trying not to let their children see them worried or anxious (74% in 2014, 76% in 2012)
- Just over half of respondents agreed that they feel anxious about their children's safety (54% in 2014, 56% in 2012)
- Almost half of respondents reported feeling they don't have the time they would like to spend with their children (45% in 2014, 49% in 2012)
- About a third of respondents (that have children) agreed that their children were anxious or clingy (30% in 2014, 38% in 2012)
- About one fifth of respondents (that have children) agreed that their children had more health issues than they did three years ago (18% in 2014, 23% in 2012).

Attitudes towards Physical and Mental Health

- Over a third of respondents agreed that they did fewer leisure activities that they did three years ago (37% in 2014, 41% in 2012)
- About a third of respondents agreed that they had more health issues than they did before the earthquakes (35% in 2014, 33% in 2012)
- Almost one fifth of respondents agreed that they drink more alcohol than they did before the earthquakes (18% in 2014, 17% in 2012)
- Fewer people agreed that they smoked more than they did before the earthquakes (8% in 2014 compared to 11% in 2012)
- Four fifths of respondents agreed that they valued others more now than before the earthquakes (80% in 2014, 83% in 2012)

- Almost one half of respondents agreed that they spent more time with their family than they did three years ago (48% in both 2014 and 2012)
- More respondents agreed that they had more to do with their neighbours than before the earthquakes (47% in 2014, 41% in 2012)
- A third of respondents agreed that they didn't socialise with people as much as three years ago (33% in 2014, 31% in 2012)
- More respondents agreed that they argued more than they did before the earthquakes (12% in 2014, 8% in 2012)
- Fewer respondents agreed that their job was more uncertain since the earthquakes (11% in 2014, 15% in 2012)
- Over one tenth of respondents agreed that they had had problems finding a job in the last two years (11% in 2014, 13% in 2012)
- Fewer respondents agreed that they were experiencing more financial problems because of the earthquakes (24% in 2014, 30% in 2012)
- Almost all respondents agreed that they appreciated the small things in life (98% in 2014, 96% in 2012)
- More respondents agreed that they had access to all the support they need to cope (89% in 2014, 83% in 2012)
- More respondents agreed that they valued what they had more now than before the earthquakes (82% in 2014, 78% in 2012)
- About two thirds of respondents agreed that they are grieving for 'what we have lost of Christchurch' (64% in 2014, 67% in 2012)
- Over half of respondents saw lots of opportunities for themselves (60% in 2014, 58% in 2012)
- About three quarters of respondents agreed that the house where they live or were living was damaged by the earthquakes (74% in 2014, 77% in 2012)
- Over two thirds of respondents agreed that the neighbourhood where they live or were living was damaged by the earthquakes (67% in 2014, 71% in 2012)
- Over one tenth of respondents agreed that it was difficult at present for them to find somewhere suitable to live (12% in 2014, 11% in 2012).

Attitude towards recovery

- Fewer respondents agreed that they were 'able to make up their own mind about important things in my life' (93% in 2014 compared with 96% in 2012)
- Fewer respondents agreed that they understood the amount of time it is taking for things to get back to normal (76% in 2014, 82% in 2012)
- Over three quarters of respondents continued to agree that authorities are focused on wrong priorities (76% in 2014, 78% in 2014)
- Fewer respondents agreed that earthquakes are a convenient excuse for government to pursue its own agenda eg school closures (59% in 2014, 68% in 2012)
- Over half of respondents agreed that that they felt angry about the decisions being made by the 'powers that be' (55% in 2014, 59% in 2012)
- More respondents agreed that they felt they were given the opportunity to contribute to the recovery of greater Christchurch (54% in 2014, 47% in 2012)

- Fewer respondents agreed that they were tired of waiting for the authorities or companies to fix their home (36% in 2014, 42% in 2012).

Behaviour

Connectedness

- Four fifths of respondents felt connected to their family (80% in 2014, 76% in 2012), while 17% felt a little connected (21% in 2012) and a few (3% in both 2014 and 2012) felt not at all connected
- Three quarters of respondents felt connected to their friends (66% in 2014, 71% in 2012), while 30% felt a little connected (27% in 2012) and a few (4% in 2014, 3% in 2012) felt not at all connected to their friends
- Almost a third of respondents felt connected to their neighbours (30% in both 2014 and 2012), while 49% felt a little connected (42% in 2012) and over one fifth (22% in 2014, 28% in 2012) felt not at all connected to their neighbours
- Fewer respondents felt connected to greater Christchurch than in 2012 (38% in 2014, 46% in 2012), while 42% felt a little connected (35% in 2012) and about one fifth (19% in both 2014 and 2012) of respondents felt not at all connected
- Fewer respondents felt connected to nature than in 2012 (40% in 2014, 46% in 2012), while 39% felt a little connected (33% in 2012) and about one fifth (22% in 2014, 20% in 2012) of respondents felt not at all connected to nature
- Almost two thirds of respondents did not feel connected to church, worship, prayer or karakia (64%), however this has decreased from 73% in 2012.

Learning

- Fewer residents continued to do a lot to “stimulate their minds” (62% in 2014, 68% in 2012), while 33% did a little (27% in 2012)
- Fewer respondents had a lot of hobbies or interests than in 2012 (54% in 2014, 63% in 2012), while 36% had a few hobbies or interests (30% in 2012) and one tenth (10% in 2014, 7% in 2012) had no hobbies or interests
- About one fifth of respondents reported that they did not try new experiences (20% in 2014, 22% in 2012).

Self care

- Fewer respondents reported that they regularly ate well (75% in 2014, 80% in 2012), 23% ate well ‘a little’ (19% in 2012), 1% in both 2012 and 2014 reported they did not eat well
- About one half of respondents reported regularly sleeping well in both 2014 and 2012 (48% in 2014, 50% in 2012), 41% reported sleeping well ‘a little’ (36% in 2012), 11% reported not sleeping well (14% in 2012)
- Fewer respondents reported having a lot of humour in their life in 2014 (72% in 2014, 79% in 2012), 27% had a little humour in their life (compared to 20% in 2012), 2% reported having no humour in their life (1% in 2012)

- More respondents did not notice the simple things that give them joy (6% compared with 3% in 2012), 31% noticed the simple things that give them joy 'a little' (compared to 26% in 2012), 63% noticed the simple things that give joy 'a lot' (71% in 2012)
- Fewer respondent reported keeping physically active regularly (50% in 2014 compared with 56% in 2012), 43% reported keeping physically active 'a little' (36% in 2012), 7% reported not keeping physically active (8% in 2012)
- Over a third of respondents reported giving time to helping others regularly (36% in both 2014 and 2012), one half gave time to helping others 'a little' (50% in 2014, 48% in 2012), 14% did not give time to help others (16% in 2012).

Perception of helpful behaviours and life changes

- Almost all respondents felt being connected to their family was helpful for maintaining or improving their wellbeing (98%), this was an increase from 95% in 2012.
- Almost all respondents felt being connected to their friends was helpful for maintaining or improving their wellbeing (98%), this was similar to the 2012 result (97%)
- About four fifth of respondents felt that being connected to their neighbours was helpful for maintaining or improving their wellbeing (79% in 2014, 80% in 2012)
- More respondents felt being connected to other people was helpful for maintaining or improving their wellbeing (86% in 2014, 81% in 2012)
- About three quarters of respondents felt being connected to where they lived was helpful for maintaining or improving their wellbeing (73% in both 2014 and 2012)
- About four fifth of respondents thought connection with nature was helpful for maintaining or improving their wellbeing (79% in 2014, 80% in 2012)
- In both 2014 and 2012 93% of respondents felt stimulating their minds was helpful for maintaining or improving their wellbeing
- More respondents than in 2012 believed that life is better now than compared to before September 2010 (34% in 2014, 26% in 2012)
- In 2014, 43% of respondents agreed their life was better than 12 months ago
- Of the respondents who reported their life was better in 2014 (compared to 12 months prior) the reasons that life was better included: earthquake repairs completed (22%), better employment (22%), more time with family and friends (20%), better psychological/emotional/mental state (19%), moved on/excited about the future (14%), getting back to normal routine (10%).
- Of the respondents who reported that life was worse in 2014 (compared to 12 months prior) the reasons that life was worse included: poor health (31%), financial hardship (25%), job changed/poor job opportunities (16%), finding it difficult to move on (14%), relationship broken up/family moved away (13%).

Support networks

- For respondents who lived with a partner, 92% reported that their partner provided them with 'lots' of support (90% in 2012)
- More respondents reported that their family provided them with 'lots' of support in 2014 (79% compared with 74% in 2012)

- Two thirds of respondents reported that their friends provided them with lots of support (66% in 2014, 69% in 2012).

Children's behaviour and parenting

- Almost all respondents with children aged under 18 in the household reported that the children were doing quite well or very well (93% in 2014, 94% in 2012)
- The challenges that these children had in 2014 (identified by respondents with children aged under 18 in the household) included:
 - similar levels of school issues/closure/rebuild (16% in 2014, 19% in 2012)
 - more physical/mental health issues (10% in 2014, 2% in 2012)
 - more social problems/personal challenges (8% in 2014, 3% in 2012)
- Over three quarters of respondents with children aged under 18 reported that it was currently 'very' or 'quite' easy for them personally to parent (77% in 2014, 79% in 2012)