



# Pulse Survey

**Consumer Council for  
Northern Ireland**

Research paper  
July 2023

# Contents

List of figures	3
1. Executive summary	4
2. Background and methodology	7
3. Main findings	8
4. Conclusions	22
Appendix – Survey Questionnaire	23

## List of figures

<b>Figure 1:</b> Extent of agreement: <i>As a household, our financial position is better than it was twelve months ago</i>	8
<b>Figure 2:</b> Reasons household is worse off financially compared to 12 months ago	9
<b>Figure 3:</b> Extent of agreement: <i>As a household, our financial position will be better in twelve months' time</i>	10
<b>Figure 4:</b> Extent of agreement: <i>As a household, we can keep up with bills and buy the essentials we need every month</i>	11
<b>Figure 5:</b> Amount left each month after mortgage/rent and all essential bills have been paid	12
<b>Figure 6:</b> Dealing with not having enough money to cover unavoidable expenses	13
<b>Figure 7:</b> Extent of agreement: <i>I try to stick to a budget</i>	13
<b>Figure 8:</b> Extent of agreement: <i>I have savings I can fall back on or use for an unexpected expense</i>	14
<b>Figure 9:</b> Extent of agreement: <i>I find dealing with financial matters a burden</i>	15
<b>Figure 10:</b> Extent of agreement: <i>Recently my mental health has been negatively affected by my financial situation</i>	16
<b>Figure 11:</b> Concern about the prices of goods and services	17
<b>Figure 12:</b> Cut back recently on spending on essentials after mortgage/rent and any loan or overdraft payments have been made	18
<b>Figure 13:</b> Behavioural changes	19
<b>Figure 14:</b> Sources of information about budgeting or saving money	20
<b>Figure 15:</b> Biggest consumer issue faced in the last three months	21

# 1 Executive summary

The Consumer Council commissioned Cognisense to conduct a wave of its Pulse Survey series. A total of 1000 Northern Ireland residents participated in the online survey, some of the key findings from which are detailed in this section of the report. For comparative purposes, the corresponding figures from the November 2022 Pulse Survey have been identified where appropriate.

## Current financial position of household

- **56%** felt that their household was worse off when compared to 12 months ago (November 2022: 74%); **89%** of these individuals attributed this to an increase in the cost of food and groceries, **88%** to a general increase in the cost of living, and **84%** to an increase in energy bills (November 2022: 73%, 39% and 79%, respectively)
- **22%** believed that their household was in a better position than 12 months ago (November 2022: 12%)

## Expectations regarding financial position of household in 12 months' time

- **37%** felt that their household would be worse off in 12 months' time (November 2022: 53%)
- **25%** believed that their household would be better off in 12 months' time (November 2022: 16%)

## Coping with bills and paying for essentials

- **68%** agreed that their household can keep up with bills and buy the essentials that they need every month (November 2022: 45%)
- **15%** felt that their household cannot keep up with bills and buy the essentials they need every month (November 2022: 33%)
- **18%** stated that they have £50 or less remaining each month after their mortgage/rent and all essential bills have been paid (November 2022: 24%)
- **35%** indicated that they have £150 or less left over each month after their mortgage/rent and all essential bills have been paid (November 2022: 41%)
- **33%** stated that they do without if they do not have enough money to cover an unavoidable expense (November 2022: 33%)

- **32%** indicated that they make cutbacks elsewhere in their budget if they do not have enough money to cover an unavoidable expense (November 2022: 27%)

### **Managing finances**

- **80%** agreed that they try to stick to a budget (November 2022: 83%)
- **56%** agreed that they have savings that they can fall back on or use for an unexpected expense (November 2022: 51%)
- **48%** agreed that they find dealing with financial matters a burden (November 2022: 55%)
- **39%** agreed that recently their mental health has been negatively affected by their financial situation (November 2022: 50%)

### **Concern about the prices of goods and services**

- **96%** were concerned about home energy prices (November 2022: 97%)
- **95%** were concerned about food prices (November 2022: 98%)
- **86%** were concerned about petrol and diesel prices (November 2022: 91%)
- **74%** were concerned about product availability/selection in shops (November 2022: 88%)
- **65%** were concerned about delivery options/charges for online products (November 2022: 78%)
- **63%** were concerned about mortgage/rent costs (November 2022: 67%)
- **57%** were concerned about the cost of getting a loan/borrowing money (November 2022: 58%)

### **Cut back on essentials**

- **64%** stated that they have had to cut back on spending on essentials after their mortgage/rent and any loan or overdraft payments have been made (November 2022: 75%)

### **Behavioural changes to improve financial position**

- **43%** stated that they have reduced their home energy usage (November 2022: 68%)

- **40%** stated that they have reduced spend on food shopping (November 2022: 59%)
- **40%** stated that they have cooked more at home rather than getting takeaways or eating out (November 2022: 46%)
- **39%** stated that they have spent more time shopping around to find the best deals (November 2022: 36%)

### **Sources of information about budgeting or saving money**

- **35%** stated that they get information about consumer tips and advice via websites (November 2022: 52%)

### **Biggest consumer issue faced in the last three months**

- **42%** identified the rising price of essentials (food, groceries, petrol, etc.) as their biggest consumer issue in the last three months, **21%** cited the rising rate of inflation/interest rates, **20%** the price of home energy

## 2 Background and methodology

### 2.1 The Consumer Council

The Consumer Council is a non-departmental public body (NDPB) established through the General Consumer Council (Northern Ireland) Order 1984. Its principal statutory duty is to promote and safeguard the interests of consumers in Northern Ireland. The Consumer Council has specific statutory duties in relation to energy, postal services, transport, water and sewerage, and food affordability, which include considering consumer complaints and enquiries, carrying out research and educating and informing consumers.

### 2.2 Research objective

The Consumer Council commissioned Cognisense to conduct a wave of its Pulse Survey series, the purpose of which was to explore the following topics:

- Household financial position when compared to 12 months ago
- Expectations regarding household financial position in 12 months' time
- Ability to keep up with bills and be able to buy household essentials each month
- Amount left after the payment of mortgage/rent and all household essentials
- Dealing with not having enough money to cover unavoidable expenses
- Budgeting, savings and financial resilience
- Impact of current financial position on mental health
- Extent of concern about the prices of goods and services
- Changes in spending behaviour
- Sources used for information about budgeting or saving money
- Biggest consumer issue faced in the last three months

### 2.3 Methodology

An online quantitative survey of 1000 Northern Ireland (NI) residents was administered in July 2023. Quota controls based on official population estimates were employed throughout survey fieldwork and corrective rim weighting was applied during data analysis to ensure that the final sample was representative of the NI population. The questionnaire used for the survey was developed by the Consumer Council and is detailed in the Appendix of this report.

### 3 Main findings

This section of the report provides detailed analysis regarding the main findings of the survey.

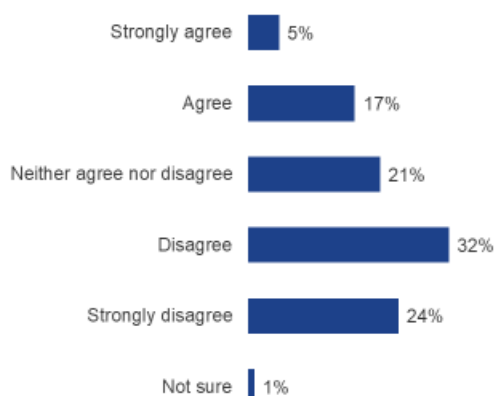
Please note the following:

- Where differences by demographics have been referenced, these have been tested at the 95% confidence level.
- As a result of the rounding of figures or the use of questions for which multiple answers could have been given, the sums on charts may not always add to 100 per cent.
- Socio-economic group (SEG) is a means of classifying respondents based on the employment status, occupation and working pattern (full-time/part-time) of the head of household. There are six socio-economic grades: A, B, C1, C2, D and E. For analysis purposes, these grades have been combined into the following groups: 'ABC1' (more affluent consumers) and 'C2DE' (less affluent consumers).

#### 3.1 Financial position of household compared to 12 months ago

Around a fifth (22%) of respondents agreed that their household was in a better position when compared to 12 months ago, whereas almost three in five (56%) disagreed that this was the case (Figure 1). About a fifth (21%) neither agreed nor disagreed that their household was in a better financial position than 12 months ago, whilst a tiny number (1%) were not sure.

Figure 1: Extent of agreement: *As a household, our financial position is better than it was 12 months ago*



Cognisense

Q. To what extent do you agree or disagree with the following statement: *As a household, our financial position is better than it was 12 months ago*  
Base: all respondents (n=1000)

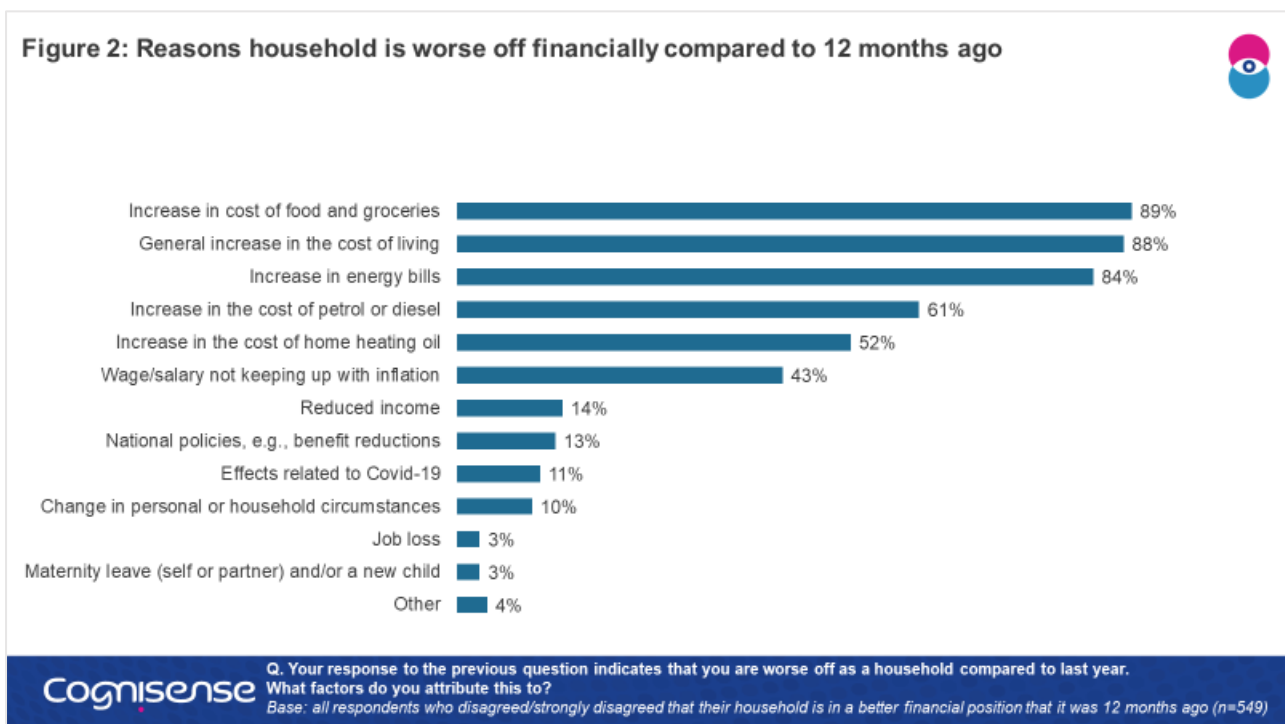


**Disagreement** with the statement *As a household, our financial position is better than it was 12 months ago* was more likely amongst:

- those aged 35-49 (68%) or 50-64 (64%) when compared to those from other age groups (18-24: 32%; 25-34: 50%; 65 or older: 53%);
- those from a C2DE background (61%) when compared to those from the ABC1 socio-economic group (48%);
- those with a disability (67%) when compared to those who were not disabled (53%);
- those whose household was in receipt of benefits (64%) when compared to those whose household was not receiving them (51%); and
- those living in a rural area (67%) when compared to those living in an urban area (54%).

### 3.1.1 Reasons household is worse off financially compared to 12 months ago

Amongst those who felt that their household was worse off financially compared to 12 months ago, the contributing factors most likely to have been cited were an increase in the cost of food and groceries (89%), the general increase in the cost of living (88%), and an increase in energy bills (84%) (Figure 2).

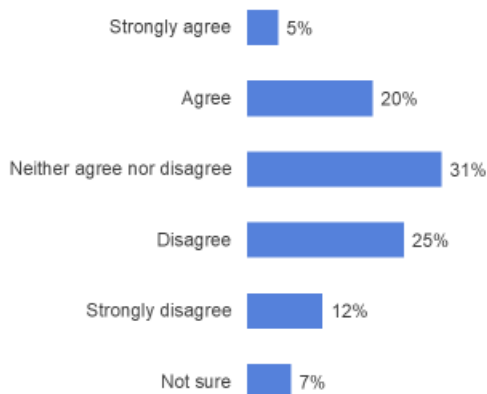


### 3.2 Expectations regarding household financial position in 12 months' time

A quarter (25%) of respondents agreed that their household would be in a better financial position in 12 months' time, whereas nearly two in five (37%) disagreed that this would be the case (Figure 3). Around three in ten (31%) neither agreed nor

disagreed that their household's financial position would be better in 12 months' time, whilst almost one in ten (7%) were not sure.

Figure 3: Extent of agreement: *As a household, our financial position will be better in 12 months' time*



Cognisense

Q. To what extent do you agree or disagree with the following statement: *As a household, our financial position will be better in 12 months' time*  
Base: all respondents (n=1000)

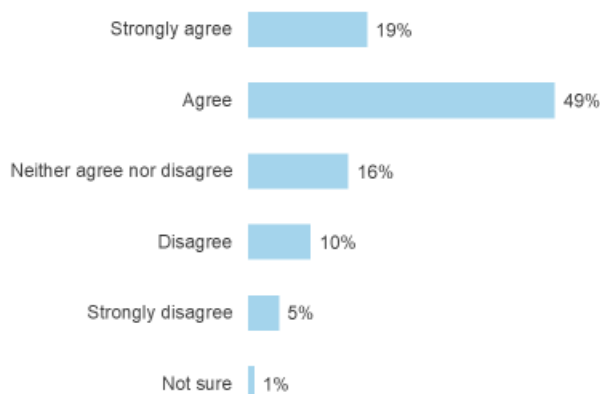
**Disagreement** with the statement *As a household, our financial position will be better in 12 months' time* was more likely amongst:

- those aged 35-49 (47%) or 50-64 (46%) when compared to those from other age groups (18-24: 21%; 25-34: 32%; 65 or older: 31%);
- those with a disability (49%) when compared to those who were not disabled (34%); and
- those whose household was in receipt of benefits (45%) when compared to those whose household was not receiving them (33%).

### 3.3 Keeping up with bills and being able to buy household essentials

Almost seven in ten (68%) agreed that their household can keep up with bills and buy the essentials they need every month, whereas about one in seven (15%) disagreed that this was the case (Figure 4). Around one in six (16%) neither agreed nor disagreed that their household can keep up with bills and buy the essentials that the need, whilst a tiny number (1%) were not sure.

Figure 4: Extent of agreement: *As a household, we can keep up with bills and buy the essentials we need every month*



Cognisense

Q. To what extent do you agree or disagree with the following statement: *As a household, we can keep up with bills and buy the essentials we need every month*  
Base: all respondents (n=1000)

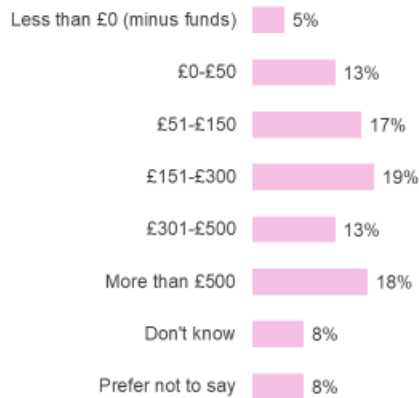
**Disagreement** with the statement *As a household, we can keep up with bills and buy the essentials we need every month* was more likely amongst:

- females (20%) when compared to males (10%);
- those aged 35-49 (23%) when compared to those from other age groups (18-24: 11%; 25-34: 17%; 50-64: 17%; 65 or older: 4%);
- those from a C2DE background (19%) when compared to those from the ABC1 socio-economic group (10%);
- those with a disability (25%) when compared to those who were not disabled (13%); and
- those whose household was in receipt of benefits (26%) when compared to those whose household was not receiving them (9%).

### 3.4 Amount left each month after mortgage/rent and all essential bills have been paid

Nearly a fifth (18%) of respondents stated that they had less than £50 remaining each month after their mortgage/rent and all essential bills were paid, a similar number had £51-£150 (17%) or £151-£300 (19%) left over, whilst around three in ten (31%) had over £300 remaining (Figure 5). Almost one in ten (8%) did not know the amount left after their mortgage/rent and all essential bills were paid, whilst the same number (8%) preferred not to say.

Figure 5: Amount left each month after mortgage/rent and all essential bills have been paid



Cognisense

Q. In a typical month, after you have paid your mortgage/rent and all essential bills, how much money do you have left as a household?  
Base: all respondents (n=1,000)

The following groups were more likely to have stated that they have **£50 or less remaining** each month after their mortgage and all essential bills were paid:

- females (22%) when compared to males (12%);
- those from a C2DE background (25%) when compared to those from the ABC1 socio-economic group (9%);
- those with a disability (35%) when compared to those who were not disabled (13%); and
- those whose household was in receipt of benefits (32%) when compared to those whose household was not receiving them (10%).

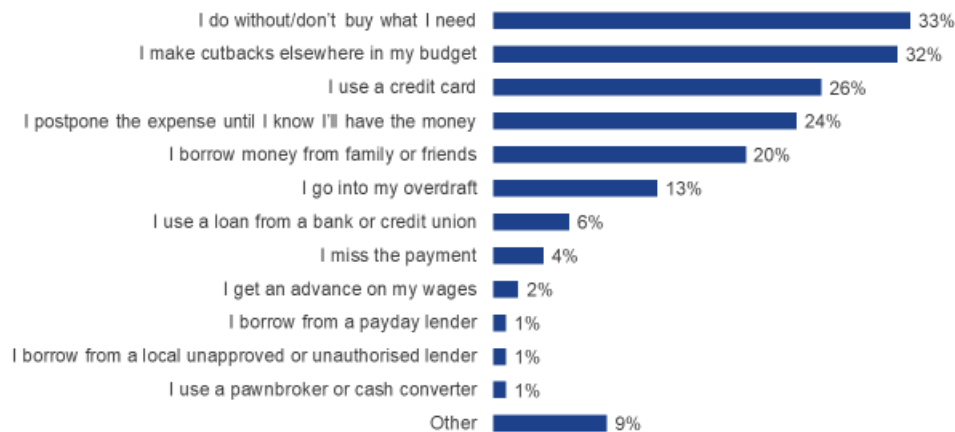
### 3.5 Dealing with not having enough money to cover unavoidable expenses

A third (33%) of respondents stated that they do without if they do not have enough money to cover an unavoidable expense, whilst a similar number (32%) indicated that they make cutbacks elsewhere in their budget (Figure 6). Around a quarter (26%) stated that they use a credit card to cover an unavoidable expense if they do not have the money, a similar number (24%) stated that they postpone the expense until they know they will have the money, a fifth (20%) stated that they borrow money from family or friends, whilst about one in eight (13%) stated that they go into their overdraft.

Respondents were less likely to have indicated that they do the following to cover an unavoidable expense if they do not have the money: use a loan from a bank or credit union (6%); get an advance on their wages (2%); borrow from a payday lender (1%); borrow from a local unapproved or unauthorised lender (1%); use a pawnbroker or cash converter (1%).

Around one in twenty (4%) respondents stated that if they do not have enough money to cover an unavoidable expense then they miss the payment.

**Figure 6: Dealing with not having enough money to cover unavoidable expenses**

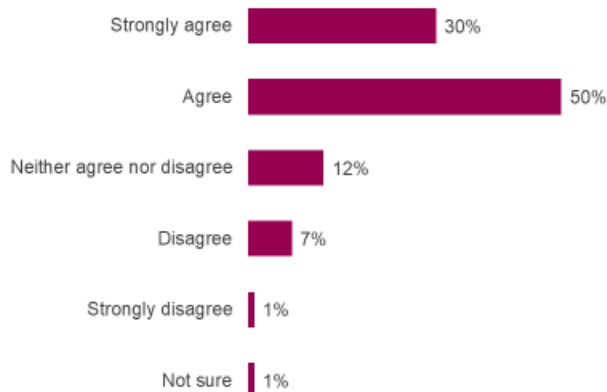


**Cognisense** Q. If you don't have enough money to cover an unavoidable expense, how do you deal with this?  
 Base: all respondents (n=1000)

### 3.6 Financial management: sticking to a budget

Four in five (80%) respondents agreed that they try to stick to a budget, whereas nearly one in ten (8%) disagreed that this is the case (Figure 7). Around one in eight (12%) neither agreed nor disagreed that they try to stick to a budget, whilst a tiny number (1%) were not sure.

**Figure 7: Extent of agreement: I try to stick to a budget**

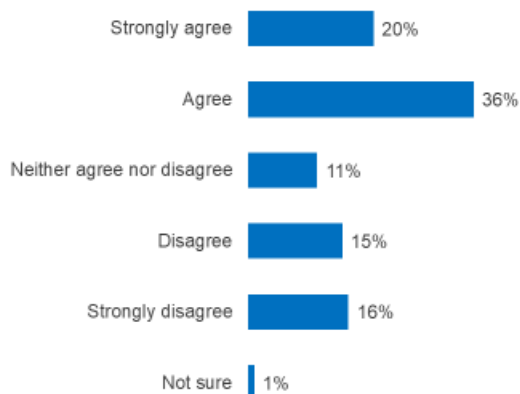


**Cognisense** Q. To what extent do you agree or disagree with the following statement: I try to stick to a budget  
 Base: all respondents (n=1000)

### 3.6.1 Financial management: savings to fall back on or to use for an unexpected expense

Nearly three in five (56%) respondents agreed that they have savings they can fall back on or use for an unexpected expense, whereas around three in ten (31%) disagreed that this was so (Figure 8). About one in ten (11%) neither agreed nor disagreed that they have savings they can fall back on or use for an unexpected expense, whilst a tiny number (1%) were not sure.

Figure 8: Extent of agreement: *I have savings I can fall back on or use for an unexpected expense*



Cognisense

Q. To what extent do you agree or disagree with the following statement: *I have savings I can fall back on or use for an unexpected expense*  
Base: all respondents (n=1000)

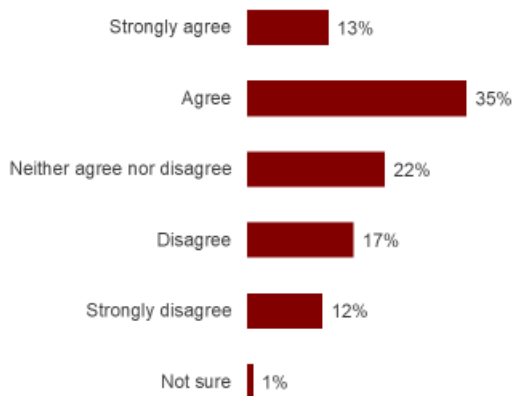
**Disagreement** with the statement *I have savings I can fall back on or use for an unexpected expense* was more likely amongst:

- females (43%) when compared to males (20%);
- those aged 35-49 (46%) when compared to those from other age groups (18-24: 27%; 25-34: 38%; 50-64: 35%; 65 or older: 10%);
- those from a C2DE background (43%) when compared to those from the ABC1 socio-economic group (18%);
- those with a disability (53%) when compared to those who were not disabled (26%);
- those whose household was in receipt of benefits (49%) when compared to those whose household was not receiving them (22%); and
- those living in a rural area (38%) when compared to those living in an urban area (31%).

### 3.6.2 Financial management: impact of dealing with financial matters

Almost half (48%) of respondents agreed that they find dealing with financial matters a burden, whereas about three in ten (29%) disagreed that this is the case (Figure 9). Around a fifth (22%) neither agreed nor disagreed that they find dealing with financial matters a burden, whilst a tiny number (1%) were not sure.

Figure 9: Extent of agreement: *I find dealing with financial matters a burden*



Cognisense

Q. To what extent do you agree or disagree with the following statement: *I find dealing with financial matters a burden*  
Base: all respondents (n=1000)

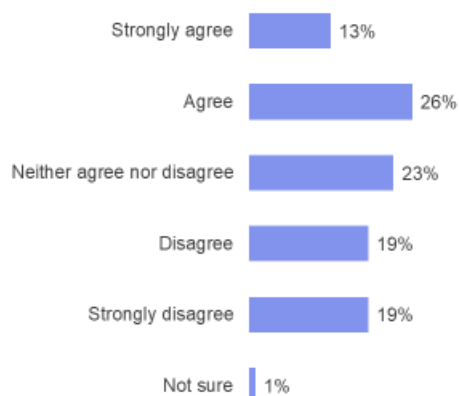
**Agreement** with the statement *I find dealing with financial matters a burden* was more likely amongst:

- females (59%) when compared to males (37%);
- those aged 18-24 (68%) or 25-34 (70%) when compared to those from other age groups (35-49: 53%; 50-64: 42%; 65 or older: 19%);
- those from a C2DE background (55%) when compared to those from the ABC1 socio-economic group (39%); and
- those whose household was in receipt of benefits (56%) when compared to those whose household was not receiving them (44%).

### 3.6.3 Financial management: financial situation affecting mental health

Nearly two in five (39%) respondents agreed that recently their mental health has been negatively affected by their financial situation, whereas a similar number (38%) disagreed that this is so (Figure 10). Almost a quarter (23%) neither agreed nor disagreed that recently their mental health has been negatively affected by their financial situation, whilst a tiny number (1%) were not sure.

Figure 10: Extent of agreement: *Recently my mental health has been negatively affected by my financial situation*



Cognisense

Q. To what extent do you agree or disagree with the following statement: *Recently my mental health has been negatively affected by my financial situation*  
Base: all respondents (n=1000)

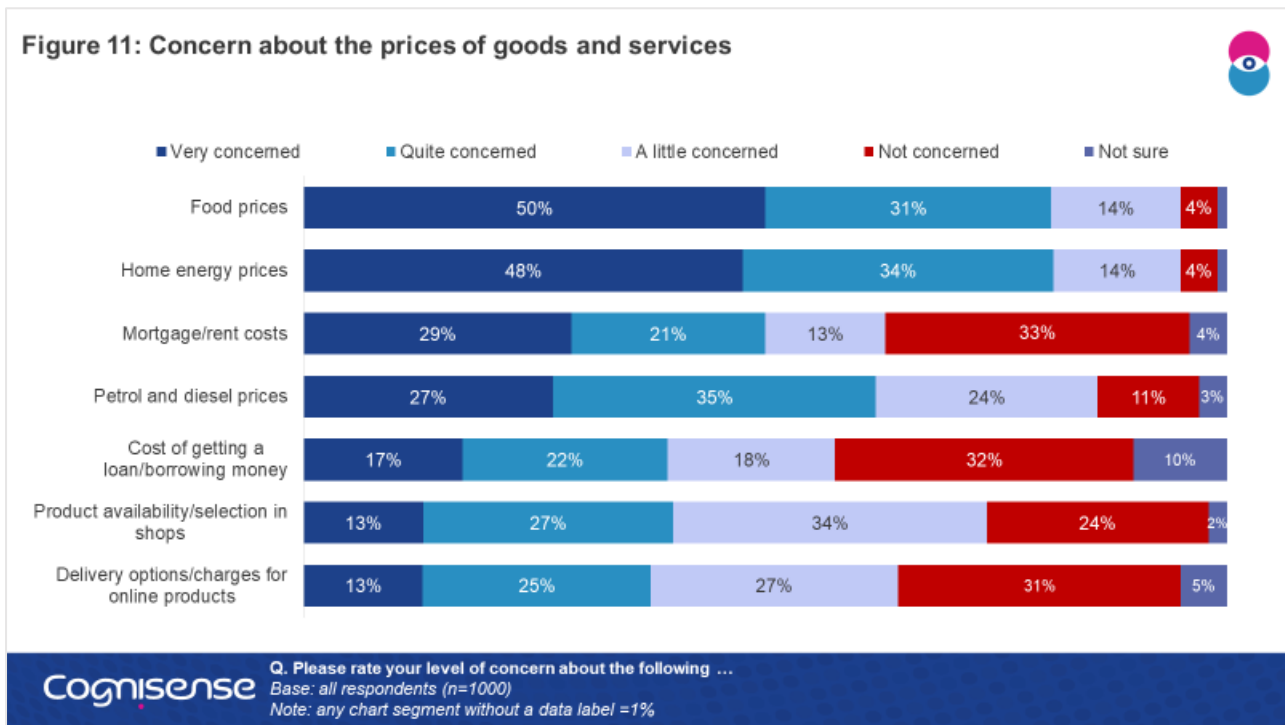
**Agreement** with the statement *Recently my mental health has been negatively affected by my financial situation* was more likely amongst:

- females (47%) when compared to males (30%);
- those aged 18-24 (59%) or 25-34 (64%) when compared to those from other age groups (35-49: 42%; 50-64: 34%; 65 or older: 4%);
- those from a C2DE background (45%) when compared to those from the ABC1 socio-economic group (31%);
- those with a disability (48%) when compared to those who were not disabled (36%); and
- those whose household was in receipt of benefits (48%) when compared to those whose household was not receiving them (33%).



### 3.7 Concern about the prices of goods and services

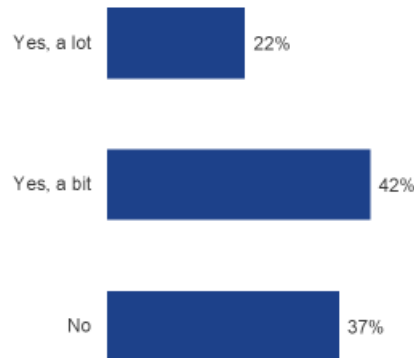
Home energy prices (96%) were a concern for the overwhelming majority of respondents, as were food prices (95%) (Figure 11). Almost nine in ten (86%) were concerned about petrol and diesel prices, around three-quarters (74%) about product availability/selection in shops, whilst delivery options/charges for online products (65%) and mortgage/rent costs (63%) were each a concern for around two-thirds of respondents. About three in five (57%) were concerned about the cost of getting a loan/borrowing money.



### 3.8 Had to cut back spending on essentials after mortgage/rent and any loan or overdraft payments have been made

Nearly two-thirds (64%) of respondents stated that recently they have had to cut back spending on essentials after mortgage/rent and any loan or overdraft payments have been made, whereas this was not the case for the remainder (37%) of respondents (Figure 12).

Figure 12: Cut back recently on spending on essentials after mortgage/rent and any loan or overdraft payments have been made



Cognisense

Q. Recently, after paying your mortgage/rent and any loan or overdraft payments, have you had to cut back on spending on other essentials (such as food, utilities, fuel)?  
Base: all respondents (n=1000)

The likelihood of stating that recently they **have had to cut back spending** on essentials after paying their mortgage/rent and any loan or overdraft payments was higher amongst:

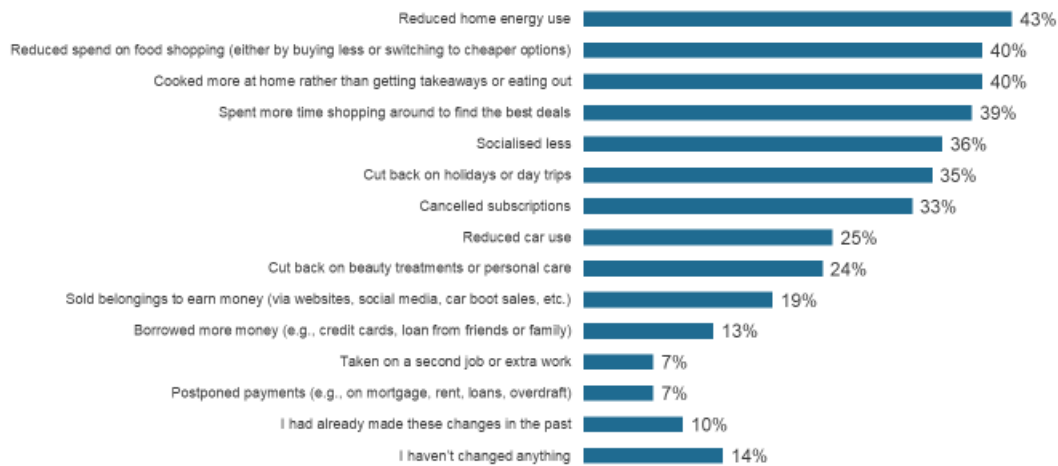
- females (73%) when compared to males (53%);
- those from a C2DE background (70%) when compared to those from the ABC1 socio-economic group (55%); and
- those whose household was in receipt of benefits (74%) when compared to those whose household was not receiving them (58%).

### 3.9 Behavioural changes

Regarding behavioural changes to improve their financial position, reducing home energy use (43%) was most likely to have been mentioned by respondents (Figure 13). Two in five (40%) stated that they had reduced spend on food shopping, the same number (40%) stated that they had cooked more at home rather than getting takeaways or eating out, whilst a similar number stated the following: shopping around more to find the best deals (39%); socialising less (36%); cutting back on holidays or day trips (35%).

A third (33%) of respondents stated that they had cancelled subscriptions, a quarter (25%) stated that they had reduced their car usage, whilst a similar number (24%) stated that they had cut back on beauty treatments or personal care. Almost a fifth (19%) stated that they had sold belongings to earn money, around one in eight (13%) stated that they had borrowed more money, nearly one in ten (7%) stated that they had taken on a second job or extra work, whilst the same number (7%) stated that they had postponed payments.

Figure 13: Behavioural changes



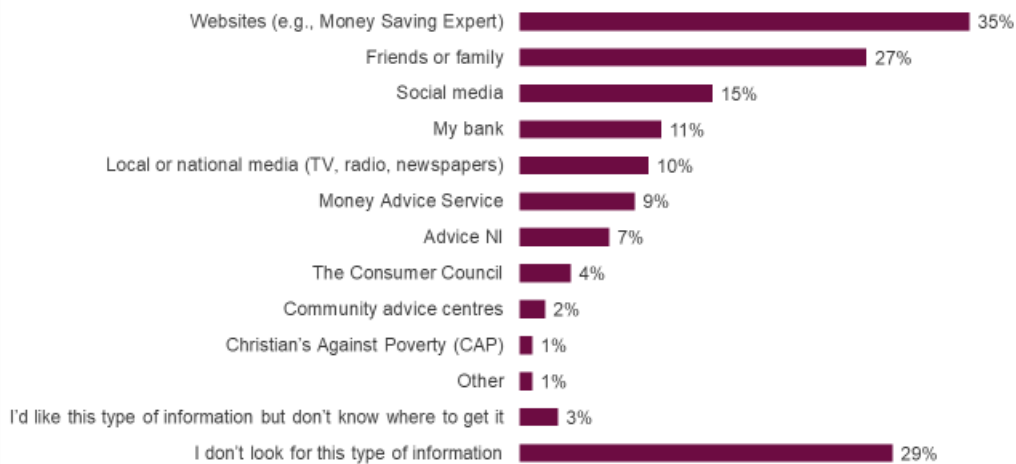
**Cognisense** Q. Have you made any of the following behaviour changes recently?  
Base: all respondents (n=1000)

### 3.10 Sources of information about budgeting or saving money

Nearly two in five (35%) respondents stated that they go to websites for information about budgeting or saving money, almost three in ten (27%) stated that they go to friends or family, whilst about one in seven (15%) stated that they use social media (Figure 14). Fewer respondents stated that they use the following sources: their bank (11%); local or national media (10%); Money Advice Service (9%); Advice NI (7%); The Consumer Council (4%); community advice centres (2%); Christians Against Poverty (1%).

A small number (3%) of respondents stated that they would like information about budgeting or saving money but do not know where to get it, whilst almost three in ten (29%) said that they do not look for this type of information.

Figure 14: Sources of information about budgeting or saving money

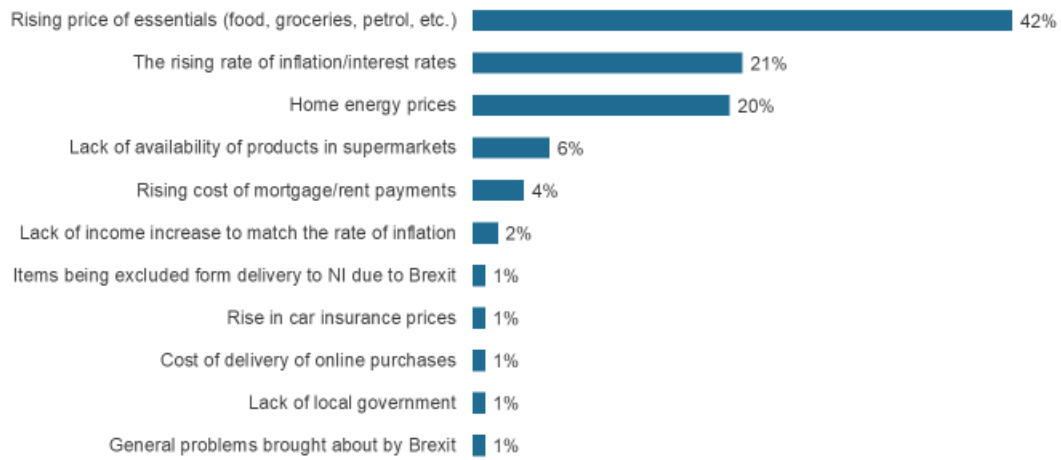


**Cognisense** Q. Where do you go for information about budgeting or saving money?  
Base: all respondents (n=1000)

### 3.11 Biggest consumer issue faced in the last three months

Around two in five (42%) respondents identified the rising price of essentials (food, groceries, petrol, etc.) as their biggest consumer issue in the last three months, about a fifth (21%) cited the rising rate of inflation/interest rates, whilst a similar number (20%) stated that the price of home energy was the biggest consumer issue they had faced in the last three months (Figure 15).

Figure 15: Biggest consumer issue faced in the last three months



Cognisense

Q. As a consumer living in Northern Ireland, what has been your biggest consumer issue in the last three months?  
Base: all respondents who cited a consumer issue that they have faced in the last three months (n=840)

## 4 Conclusions

The findings from this survey reveal that a considerable number of respondents were being affected adversely by the challenging economic environment. Almost three in five (56%) felt that their household was worse off relative to 12 months ago, nearly two in five (37%) were pessimistic about the financial position of their household in 12 months' time, whilst a similar number (39%) agreed that recently their mental health had been negatively affected by their financial situation. Encouragingly, however, the number of respondents holding these views decreased when compared to the results from the November 2022 survey (down from 74%, 53% and 50%, respectively).

For nearly two-thirds (64%) of respondents, it was necessary to cut back spending on essentials after their mortgage/rent and any loan or overdraft payments had been made – the rising price of essentials (42%) was most likely to have been identified as the biggest consumer issue faced in the last three months. When their mortgage/rent and all essential bills had been paid, almost a fifth (18%) of respondents stated that they have £50 or less remaining each month.

The vast majority of respondents were concerned about the prices of home energy (96%), food (95%), and petrol and diesel (86%). In order to improve their financial situation, reducing home energy usage (43%) and reducing the amount spent on food shopping (40%) were the changes that respondents were most likely to have made recently. When seeking information on budgeting or saving money, websites (35%) were the source most likely to have been used.

## Appendix – Pulse Survey Questionnaire

The following questions relate to your experience as a consumer in Northern Ireland.

### 1. To what extent do you agree or disagree with the following statements?

- a) *As a household, our financial position is better than it was twelve months ago*
- b) *As a household, our financial position will be better in twelve months' time*
- c) *As a household, we can keep up with bills and buy the essentials we need every month*

[Strongly agree, Agree, Neither agree nor disagree, Disagree, Strongly disagree]

[If Q1a = disagree or strongly disagree]

### 2. Your response to the previous question indicates that you are worse-off as a household compared to last year. What factors do you attribute this to? (Please select all that apply)

- Increase in energy bills
- Increase in the cost of home heating oil
- Increase in cost of food and groceries
- Increase in the cost of petrol or diesel
- General increase in the cost of living
- Wage/salary not keeping up with inflation
- Change in personal or household circumstances
- Effects related to Covid-19
- Job loss
- Reduced income
- National policies, e.g., benefit reductions, changes to tax/national insurance
- Maternity leave (self or partner) and/or a new child
- Don't know
- Other (please specify)

### 3. In a typical month, after you have paid your mortgage/rent and all essential bills, how much money do you have left as a household?

- Less than £0 (minus funds)
- £0-£50
- £51-£150
- £151-£300
- £301-£500
- More than £500
- Don't know
- Prefer not to say

### 4. If you don't have enough money to cover an unavoidable expense, how do you deal with this?

- I miss the payment
- I do without/don't buy what I need
- I postpone the expense until I know I'll have the money
- I borrow money from family or friends
- I make cutbacks elsewhere in my budget
- I get an advance on my wages
- I go into my overdraft
- I borrow from a payday lender
- I use a credit card
- I use a loan from a bank or credit union
- I borrow from a local unapproved or unauthorised lender
- I use a pawnbroker or cash converter
- Other (please specify)

**5. To what extent do you agree or disagree with the following statements?**

- I try to stick to a budget*
- I have savings I can fall back on, or use for an unexpected expense*
- I find dealing with financial matters a burden*
- Recently my mental health has been negatively affected by my financial situation*

[Strongly agree, Agree, Neither agree nor disagree, Disagree, Strongly disagree]

**6. Please rate your level of concern about the following:**

- Petrol and diesel prices
- Food prices
- Home energy prices
- Mortgage/rent costs
- Delivery options/charges for online products
- Product availability/selection in shops
- Cost of getting a loan/borrowing money

[Very concerned; Quite concerned; A little concerned; Not concerned]

**7. Recently after paying your mortgage/rent and any loan or overdraft payments, have you had to cut back on spending on other essentials (such as food, utilities, fuel)?**

- Yes, a lot
- Yes, a bit
- No

**8. Have you made any of the following behaviour changes recently?**

(Please select all that apply)

- Reduced home energy use
- Reduced car use
- Cancelled subscriptions
- Reduced spend on food shopping (either by buying less or switching to cheaper options)
- Taken on a second job or extra work



- Borrowed more money (e.g., credit cards, loan from friends or family)
- Postponed payments (e.g., on mortgage, rent, loans, overdraft)
- Sold belongings to earn money (via websites, social media, car boot sales, etc.)
- Socialised less
- Cut back on holidays or day trips
- Cooked more at home rather than getting takeaways or eating out
- Spent more time shopping around to find the best deals
- Cut back on beauty treatments or personal care
- I had already made these changes in the past
- I haven't changed anything
- Other (please specify)

**9. Where do you go for information about budgeting or saving money?**

(Please select all that apply)

- Friends or family
- Websites (e.g., Money Saving Expert)
- Social media
- Local or national media (TV, radio, newspapers)
- Christian's Against Poverty (CAP)
- Community advice centres
- Advice NI
- The Consumer Council
- Money Advice Service
- My bank
- Other (please specify)
- I'd like this type of information but don't know where to get it
- I don't look for this type of information

**10. As a consumer living in Northern Ireland, what has been your biggest consumer issue in the last 3 months? [\[Open\]](#)**



**T: 028 9025 1600**

**E: [contact@consumercouncil.org.uk](mailto:contact@consumercouncil.org.uk)**

**[consumercouncil.org.uk](http://consumercouncil.org.uk)**