



## Knitting Survey

Thanks to all of you who responded to our recent online survey investigating the impact of knitting on well-being. We received 3,545 responses from knitters world-wide between 25th June and 15th July 2010. A fantastic result!

A preliminary analysis of the results as a whole reveals that knitting does have a positive impact on mood and feelings. Respondents felt that knitting made them happier, helped them to feel calmer and less stressed. Knitting is also considered to be good for memory, helps people to think things through more clearly, organise thoughts and improve concentration. It also encourages people to develop new skills in other crafts and transferable skills such as problem-solving and analysis; organisation and time-management. Respondents felt that knitting helped them to develop patience, persistence and perseverance. It improves motivation and self-confidence, helps relaxation and fosters creativity. Knitting socially, with others or in groups, gives a feeling of belonging, enjoyment and friendship.

As a whole the results are promising, but we now need to do some further statistical analysis to establish their significance and the relationships between different factors. We'll be in touch with further feedback once data has been analysed in more detail.

Thank you again for your help

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