



NEWS RELEASE

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Forget 'Bridezilla' there's a new breed of monster in town

Almost 350,000 Australian men believe getting married is the most stressful life event they face compared to just 70,000 Australian women, according to a startling new survey¹.

"While men are four times more likely than women to be most stressed about marriage, women are significantly more stressed than men about having their home and belongings destroyed by a natural disaster," said David Carter, Executive General Manager of Suncorp Life.

The findings debunk the myth of the cool, calm and collected groom, and give rise to a new breed of wedding monster... 'The Groomzilla'. The results may also go some way in explaining the tendency of grooms fainting at the altar.

The survey suggests there are approximately 2.4 million Australian women rated having their home destroyed by a natural disaster as the most stress inducing event, compared to 1.8 million men.

"From these results it can be reasonably suggested that due to the recent natural disasters Queensland women are currently among the most stressed in the country," said Mr Carter.

The Newspoll survey commissioned by Suncorp Life analysed how particular events ranked on an Australian's 'stress barometer' and examined them based on gender and generation.

Respondents were asked to rank the top three most stressful of a series of stressful events. Having your home or belongings destroyed in a natural disaster was most commonly ranked the most stressful overall.

"1.5 million Australians say that have been directly affected by a natural disaster event in the last three months. Unsurprisingly, 800,000 Queenslanders made up the lion's share of this statistic following the tragic cyclone and flood events that ravaged the state earlier this year," said Mr Carter.

Listing the categories in order of most stressful to least, natural disasters were followed by serious illness or injury, losing a job, getting divorced, having a child, moving house and lastly getting married.

Generation (by comparison)

- Baby boomers are relatively more stressed about having a serious illness or injury than the younger generations
- Generation X are more stressed about getting divorced
- While Generation X and Y are relatively more stressed about losing their job than baby boomers.

¹ The Newspoll survey was conducted online over the period of the 24-27 February 2011 among a national sample of 1128 adults aged 18 – 64, who were either the sole financial decision maker or the shared financial decision maker for their household. The sample was post weighted using population data from the Australian Bureau of Statistics based on a population of 14,219,000 adults aged 18-64, of which it is estimated that 13,256,000 are either sole or joint financial decision makers.

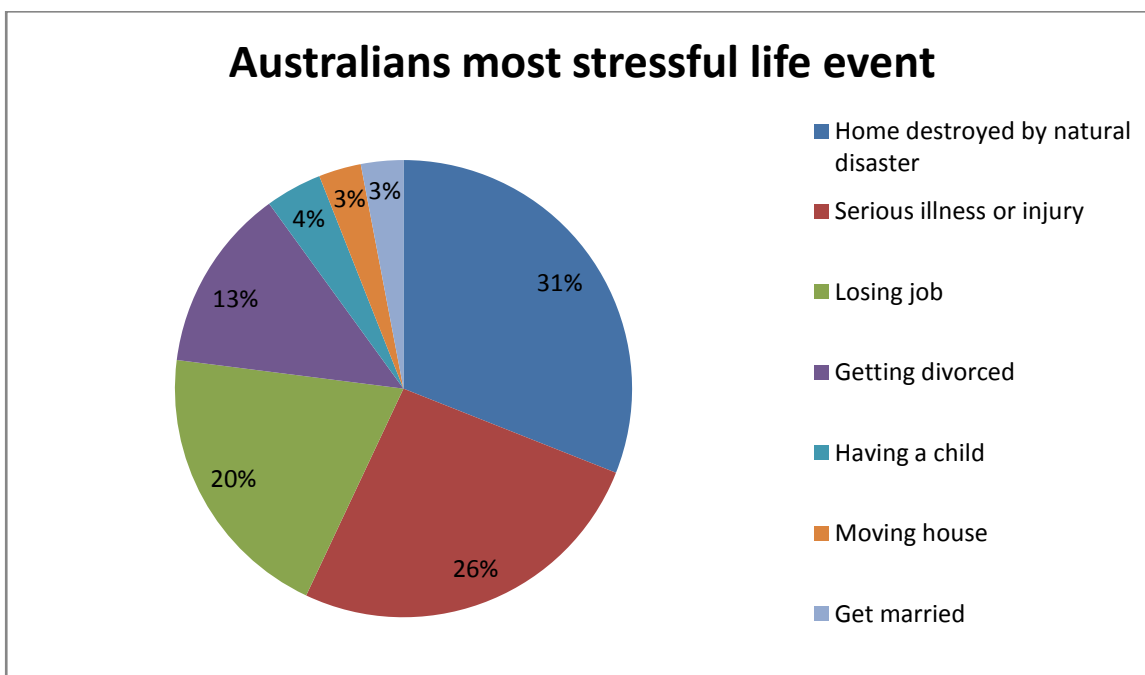
Gender (by comparison)

- Men are relatively more stressed about losing their job or getting married
- Women more stressed about losing their home and belonging to a natural disaster.

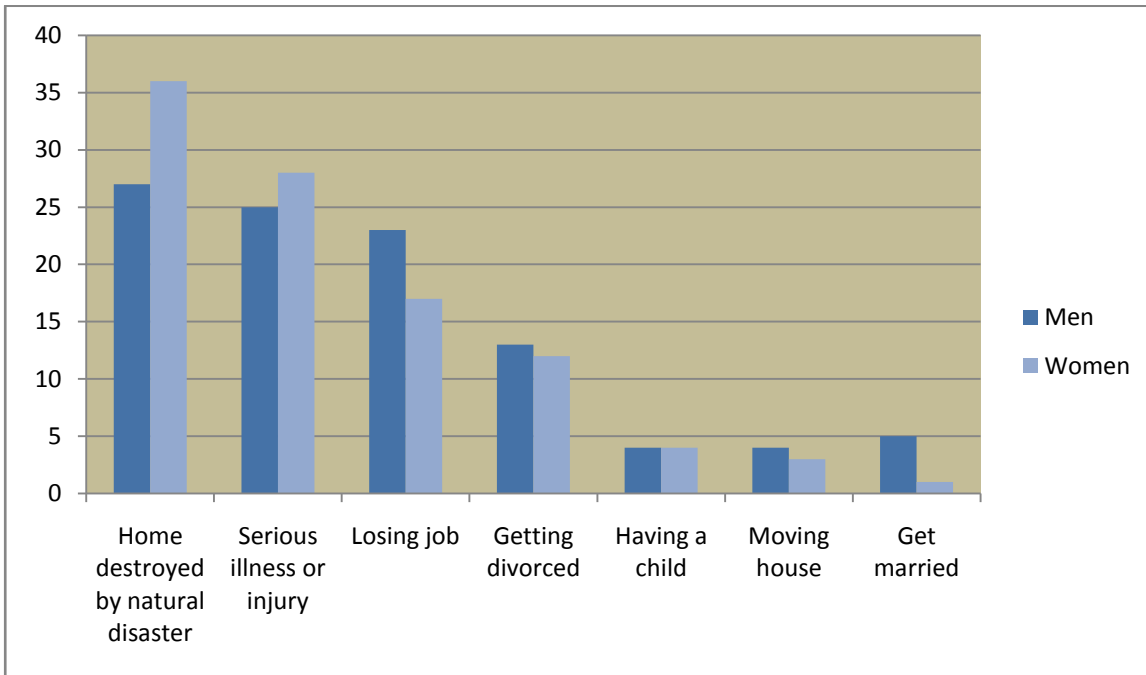
“Stressful events and circumstances are a part of life. What the survey findings have shown is that different groups of people react differently to stress inducing circumstances,” added Mr Carter.

However, there are options available to minimise this stress. Income protection and home and contents insurance can go some way in protecting you and your family from life’s unforeseen and stressful circumstances.

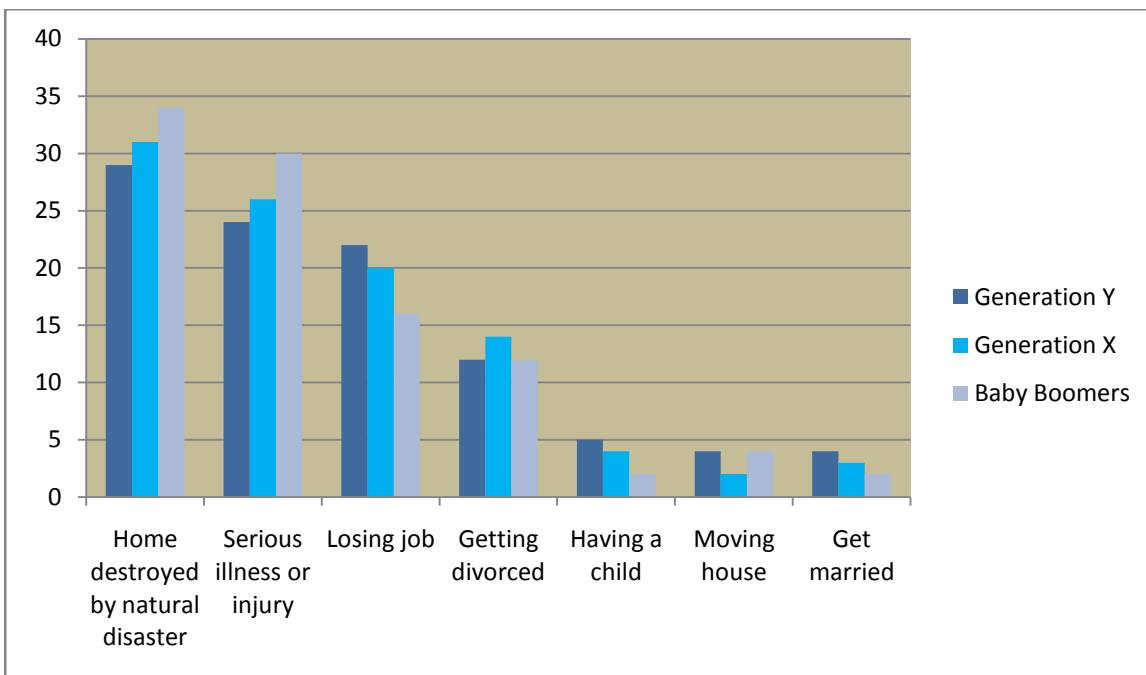
‘The stress barometer’



Appendix 1 - Men v Women (as a percentage)



Appendix 2 - Generation comparison (as a percentage)



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