# Nearly three-quarters of Brits admit to overthinking home security despite many leaving doors unlocked



Recent research reveals a striking trend among British adults, with nearly three-quarters acknowledging that they tend to overthink various aspects of their daily lives. Notably, a quarter of respondents admitted to frequently questioning whether they have locked their front doors, highlighting a widespread anxiety that can trigger feelings of insecurity. This focus on home security reflects deeper issues of worry, as 55% of adults express concerns about their financial stability, while others find themselves preoccupied with social media interactions, such as messages being left on read.

The impact of such nagging thoughts is substantial. Almost 90% of adults report regularly pondering whether they’ve secured their homes or remembered their essential belongings, leading to unnecessary journeys back to confirm their peace of mind. A survey indicated that many find it difficult to dismiss these worries, with 55% stating they are not at ease until they have double-checked their security measures. Additionally, some individuals are so plagued by these concerns that they resort to enlisting the help of friends or neighbours to ease their minds, or even keep spare keys for reassurance.

This anxiety around home security issues is further underlined by additional studies, which reveal that about one in four people in the UK do not lock their doors when leaving home. Alarmingly, a report highlights that in certain areas, such as London, nearly a third of residents neglect to secure their properties, potentially exposing themselves to increased risk of burglary. Statistics show that while a significant majority of the population values home security, many do not consistently take the basic precautions necessary to protect themselves and their belongings.

Amid these reflections on security, social distractions are equally prominent in the daily musings of the British public. Research commissioned by McCain highlights another common preoccupation: food. The survey notes that Brits devote nearly half an hour each day contemplating their next meal. In an effort to engage with these lighthearted concerns, McCain recently launched a whimsical installation at Battersea Power Station in London, featuring a reimagined version of Rodin’s iconic 'The Thinker'. This playful sculpture, named 'The Thinker Pondering Vibes', was unveiled to promote McCain's new snack, Vibes, which blurs the lines between chips and crisps.

Vicky Pattison, a television personality who has openly identified as an overthinker, unveiled the installation, delightedly reflecting on the unique texture and taste of the new snack. "I took a bite and was like, 'what is this chip/crisp thingy?'. It's hot, it's crispy, it's totally moreish," Pattison remarked during the event. The launch has generated buzz around Vibes, available now in various flavours and designed to be shared in social settings, providing a tasty distraction from life’s weightier concerns.

As today's busy lifestyles continue to foster worry and second-guessing, it appears that the British public is navigating a fine balance between securing their homes and indulging in simple pleasures. Whether grappling with existential inquiries or enjoying a snack, these insights offer a glimpse into the collective consciousness of a nation striving to find comfort in both safety and enjoyment.

### 📌 Reference Map:

* Paragraph 1 – [[1]](https://www.southwalesargus.co.uk/news/25207409.quarter-brits-obsess-whether-locked-front-door/?ref=rss), [[2]](https://www.mirror.co.uk/news/uk-news/top-25-nagging-questions-drive-13443867), [[3]](https://www.independent.co.uk/life-style/lifestyle-lowdown/british-people-forget-doors-unlocked-bills-study-survey-a8591786.html)
* Paragraph 2 – [[3]](https://www.independent.co.uk/life-style/lifestyle-lowdown/british-people-forget-doors-unlocked-bills-study-survey-a8591786.html), [[5]](https://www.locksandsecuritynews.com/pages/18587/one_in_four_dont_lock_their_door_survey_reveals/), [[6]](https://www.adt.co.uk/blog/unlocked-homes)
* Paragraph 3 – [[1]](https://www.southwalesargus.co.uk/news/25207409.quarter-brits-obsess-whether-locked-front-door/?ref=rss), [[7]](https://pressreleases.responsesource.com/news/93114/complacent-brits-risking-their-wellbeing-through-careless-home-security/)
* Paragraph 4 – [[1]](https://www.southwalesargus.co.uk/news/25207409.quarter-brits-obsess-whether-locked-front-door/?ref=rss), [[4]](https://www.biggleswadetoday.co.uk/lifestyle/food-and-drink/mccain-launches-vibes-crisps-combo-4941251)

Source: [Noah Wire Services](https://www.noahwire.com)

## Bibliography

1. <https://www.southwalesargus.co.uk/news/25207409.quarter-brits-obsess-whether-locked-front-door/?ref=rss> - Please view link - unable to able to access data
2. <https://www.mirror.co.uk/news/uk-news/top-25-nagging-questions-drive-13443867> - A study reveals that nearly 90% of adults frequently ponder questions like 'Did I lock the front door?' and 'Do I have my phone?' These recurring thoughts often lead individuals to return home to double-check, even if it adds time and expense to their journey. The survey highlights that 55% of participants find it challenging to dismiss these worries until they can confirm everything is secure. The research underscores the common nature of such concerns among the general population.
3. <https://www.independent.co.uk/life-style/lifestyle-lowdown/british-people-forget-doors-unlocked-bills-study-survey-a8591786.html> - A poll of 2,000 adults indicates that nine out of ten Britons often question whether they've locked their doors or paid their bills, ranking among the top 25 scenarios that cause mental strain. The study also reveals that 55% of respondents can't shake off these worries until they're convinced everything is fine. Additionally, four in ten have been so concerned about leaving something open or unlocked that they've called a friend or neighbour to check, and almost one in four have left a spare key with someone for reassurance.
4. <https://www.biggleswadetoday.co.uk/lifestyle/food-and-drink/mccain-launches-vibes-crisps-combo-4941251> - McCain has introduced 'Vibes', a new hybrid snack combining the textures of crisps and chips. Available in Salt & Vinegar and Firecracker Chilli flavours, Vibes can be cooked in an air fryer in 10 minutes or in an oven in 20 minutes. Initially available at Iceland, the product is set to launch in Tesco, Sainsbury’s, and Morrisons in March, priced at £3 for a 350g bag. The snack is designed for sharing, making it suitable for gatherings and parties.
5. <https://www.locksandsecuritynews.com/pages/18587/one_in_four_dont_lock_their_door_survey_reveals/> - A survey by Smart Home specialist Somfy reveals that one in four UK residents never lock their front door when they go out, despite nearly 17% having experienced a burglary. Alarmingly, 4% of people never lock anything when they go out. The study also highlights regional differences, with Londoners being the least security-conscious, as 33% never lock their front door when they go out. The survey underscores the importance of basic security measures in preventing opportunist burglaries.
6. <https://www.adt.co.uk/blog/unlocked-homes> - A survey by ADT indicates that over two-fifths (41.8%) of Brits leave their front or back door unlocked when they leave their property. Additionally, 67.85% have left their windows open while out. The study highlights the risks associated with such habits, emphasizing the importance of securing all entry points to protect against potential burglaries. The survey also notes that one in three (30%) people leave their keys inside the door lock, making them vulnerable to thieves attempting to 'fish' their keys through the letterbox.
7. <https://pressreleases.responsesource.com/news/93114/complacent-brits-risking-their-wellbeing-through-careless-home-security/> - A study by Everest reveals that while 98.7% of UK homeowners consider feeling secure in their homes important, only 69% of those with window locks always use them, and 14.8% leave their front doors unlocked when the house is unattended. Alarmingly, over half of respondents admitted they can't always remember locking their home when they go out. The survey also found that half of those questioned had been burgled, with the majority making changes to their home security or behaviour as a result.