



Mortgage pressure: Tristan and Stacey Quick, with Ethan, outside their Girrawheen home.

Picture: Ben Crabtree

Rates blamed for rise in stress levels

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Many West Australians let out a collective sigh of relief when the Reserve Bank announced yesterday that it would hold interest rates.

According to a new survey, 21 per cent of West Australians consider interest rates a major worry contributing significantly to their stress levels.

The survey of 800 people by Painted Dog Research for health insurer HBF and *The West Australian* revealed that parents with dependants were under the most



pressure when it came to interest rates with 30 per cent saying they were a major worry but even 17 per cent of "empty nesters", and 13 per cent of singles said interest rates were a major stress trigger.

The WA Wellness Survey found that overall stress levels were up, with 35 per cent of people saying the day-to-day stress in their life was

either high or very high. IT Manager Tristan Quick, 27, and his wife Stacey, 26, said interest rate pressure had only got worse since the birth of their son, Ethan, a year ago.

"We went from being a double-income household to a single income with a baby to support," Mr Quick said.

"My wife and I consider ourselves very clever with money, we don't smoke, we don't drink, we do all the right things, and account for every dollar but its still not enough to keep us afloat."