



MENTAL HEALTH IMPACTS OF COVID-19 ON UNDERPRIVILEGED PAKISTANIS

JUNE 2020

TASKEEN 
SEHATMAND PAKISTAN

GAME CHANGERS



Methodology



SAMPLE SIZE
639
(SEC D & E only)



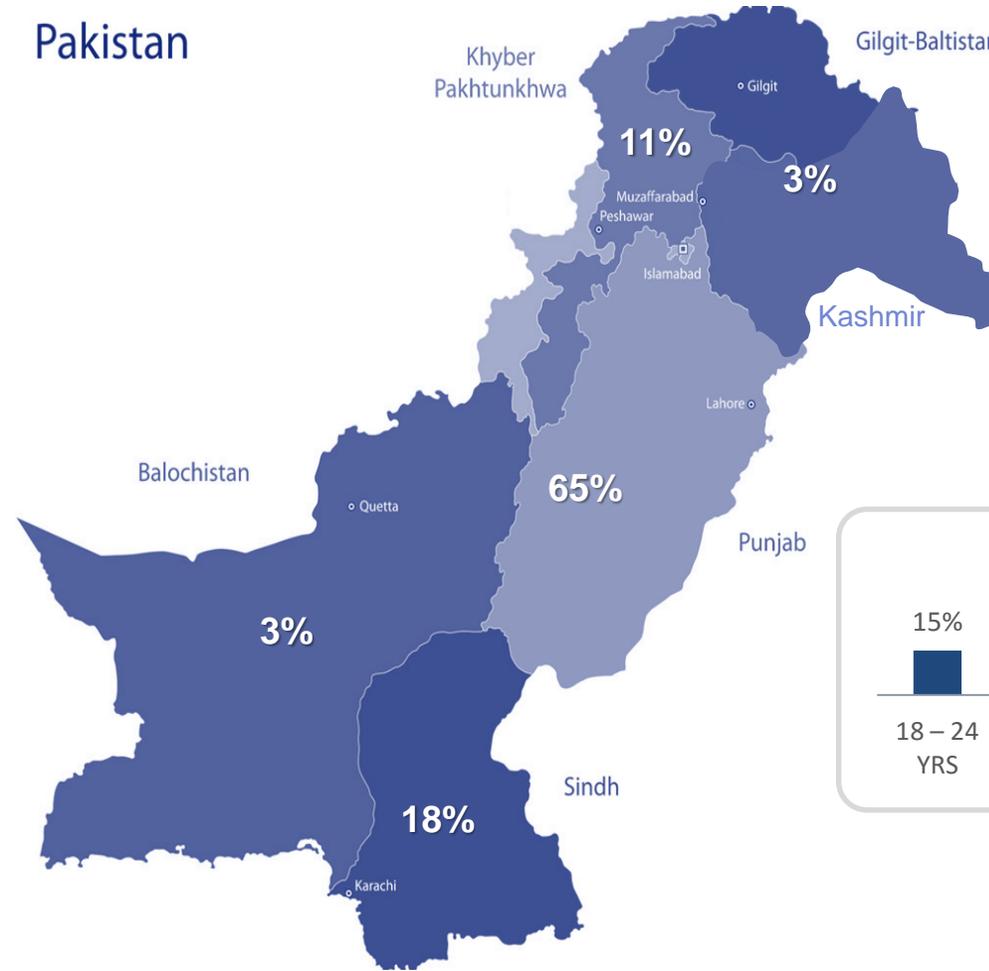
CATI INTERVIEWS



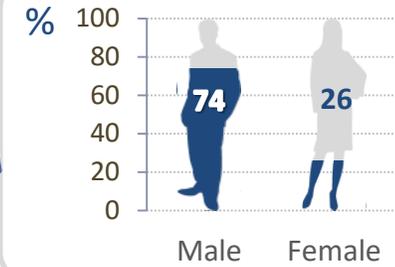
19th – 23rd May

Sample Profile

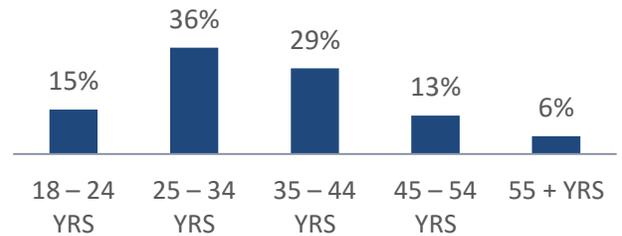
Pakistan



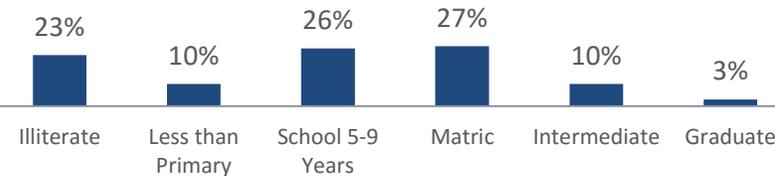
Gender



Age



Education



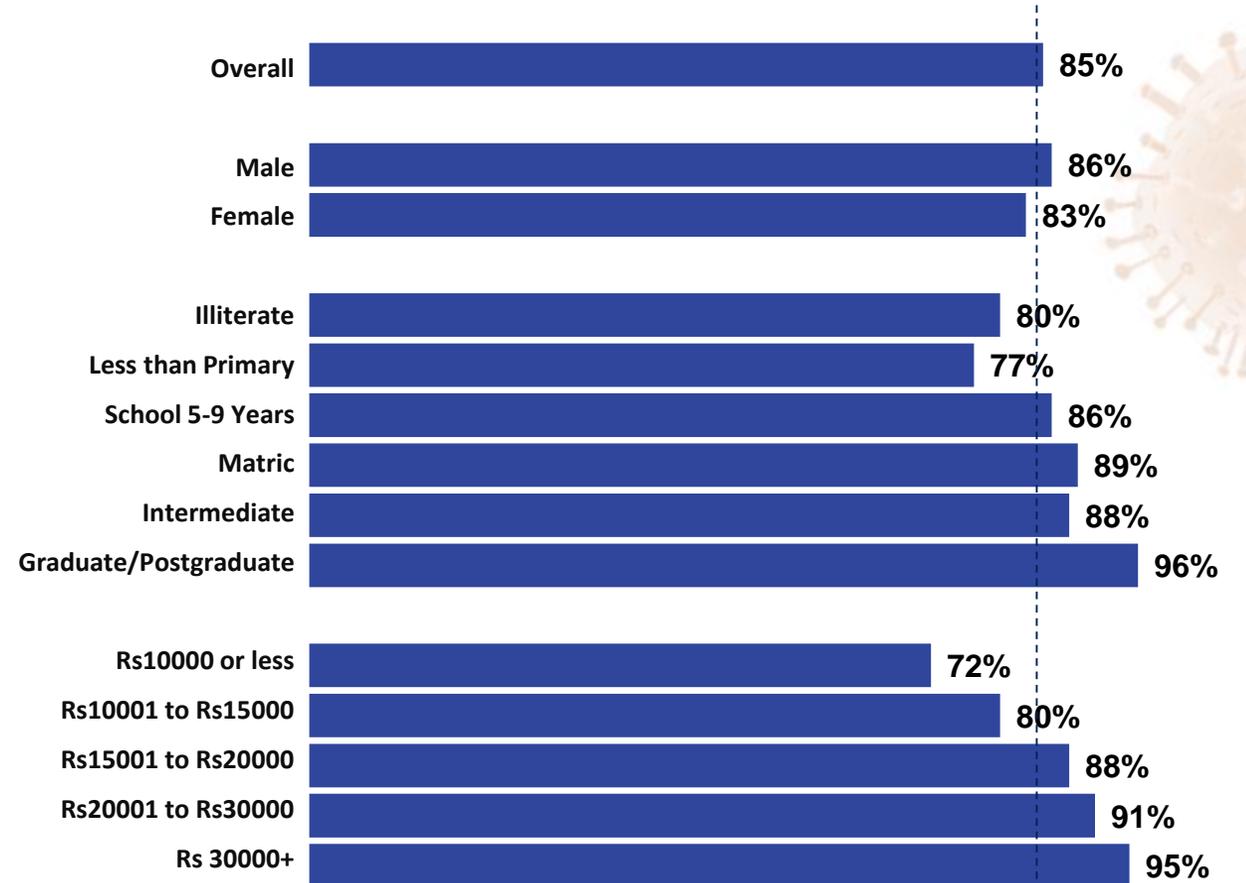
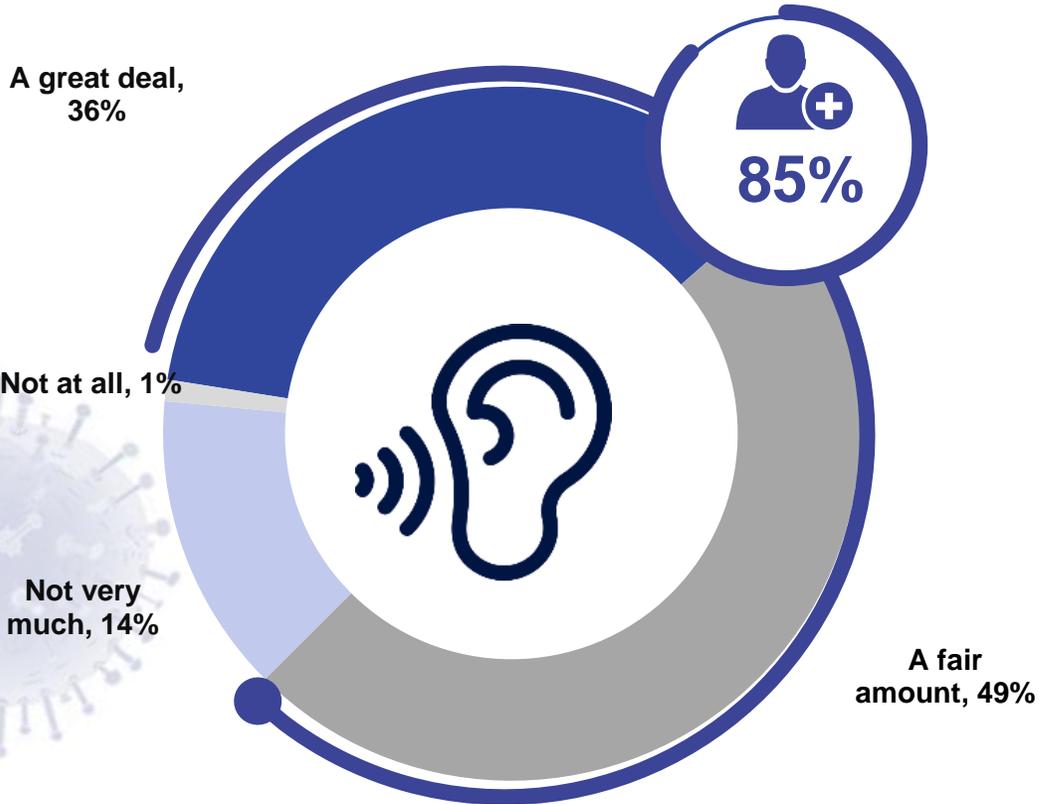
Geography



Individuals with a higher level of education and higher income are more aware of the coronavirus

How much are you aware about coronavirus, would you say that a great deal, a fair amount, not very much, not at all?

یہ بتائیے کہ آپ نے کورونا وائرس یا COVID-19 سے کس حد تک واقف ہیں؟ کیا آپ کہیں گے / گی کہ بہت اچھی طرح، مناسب حد تک، زیادہ نہیں یا بالکل بھی نہیں؟



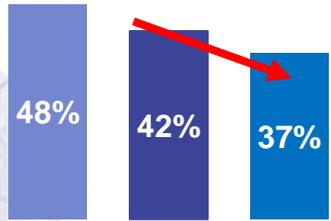
Since March, the perceived level of threat associated with COVID-19 has decreased in all aspects

What level of threat do you think the coronavirus poses to each of the following?

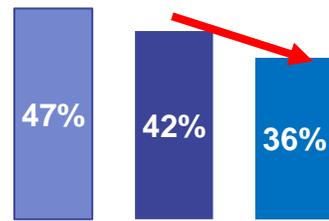
یہ بتائیے کہ آپ کے خیال میں مندرجہ ذیل افراد کو کس حد تک کورونا وائرس سے متاثر ہونے کا خطرہ ہے؟ جواب دینے کے لئے 1 سے 5 کا اسکیل استعمال کریں جہاں 1 کا مطلب کوئی خطرہ نہیں جبکہ 5 کا مطلب بہت زیادہ خطرہ ہے

% Very High + High Threat

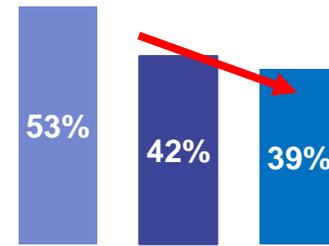
■ March ■ April ■ May



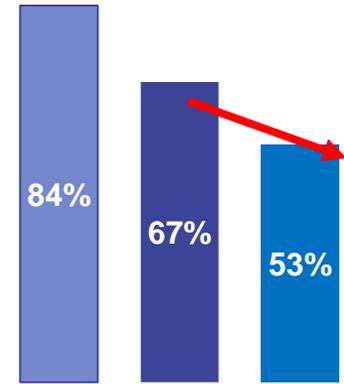
Personally



Family



Community



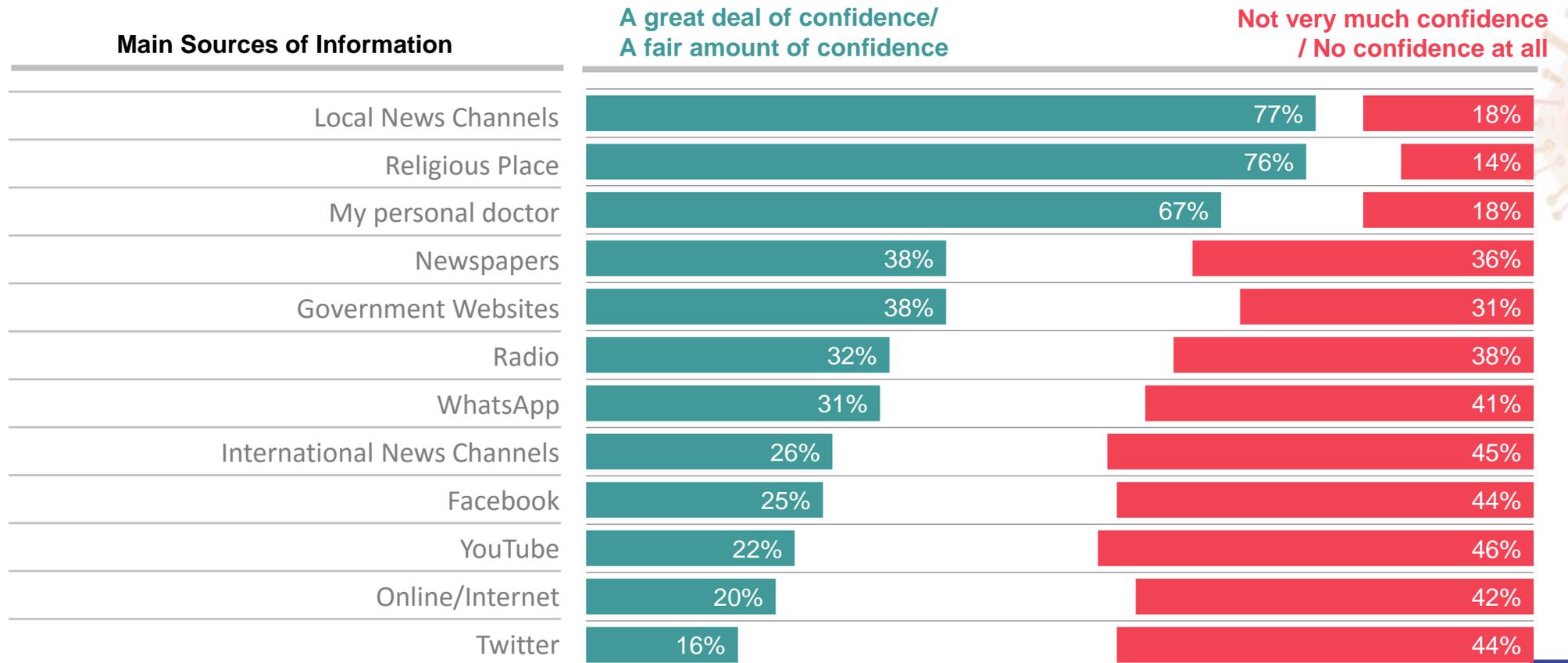
Pakistan



Local news channels and religious places are the most reliable sources of information for underprivileged Pakistanis

How much confidence, if any, do you have in the accuracy of the following sources of information on the coronavirus?

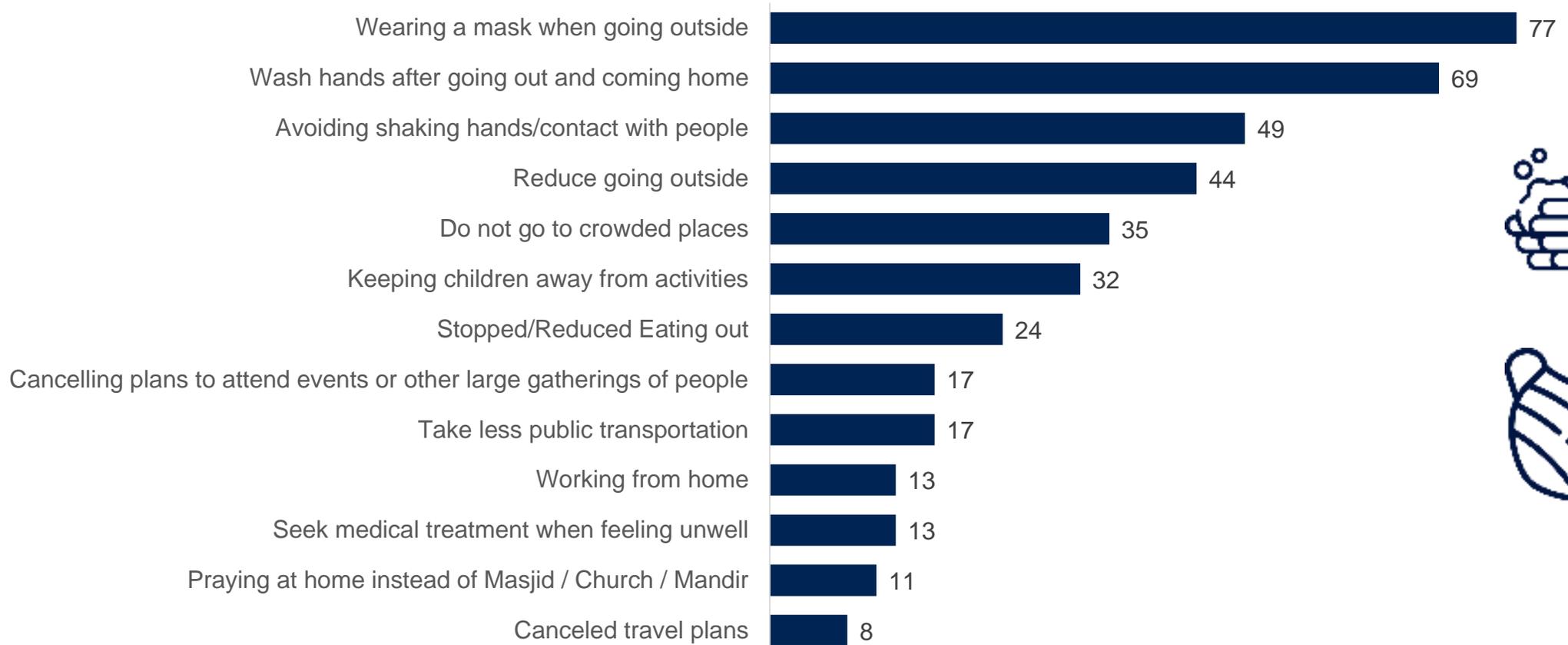
یہ بتائیے کہ آپ کورونا وائرس کے پھیلاؤ سے باخبر رہنے کے حوالے سے مندرجہ ذیل ذرائع پر کس حد تک اعتماد کرتے/کرتی ہیں؟



At least 7 in 10 individuals wear a mask or wash their hands after going out and coming home

Which measures have you taken to prevent the infection of the coronavirus?

یہ بتائیے کہ آپ نے کورونا وائرس سے بچاؤ کے لئے کون کون سے حفاظتی اقدامات کئے ہیں؟



1 in 2 believe they will lose their job in the next 6 months

Now look ahead at the next six months How likely is it that you, someone in your family/someone else you know personally will lose their job as a result of economic conditions due to coronavirus outbreak?

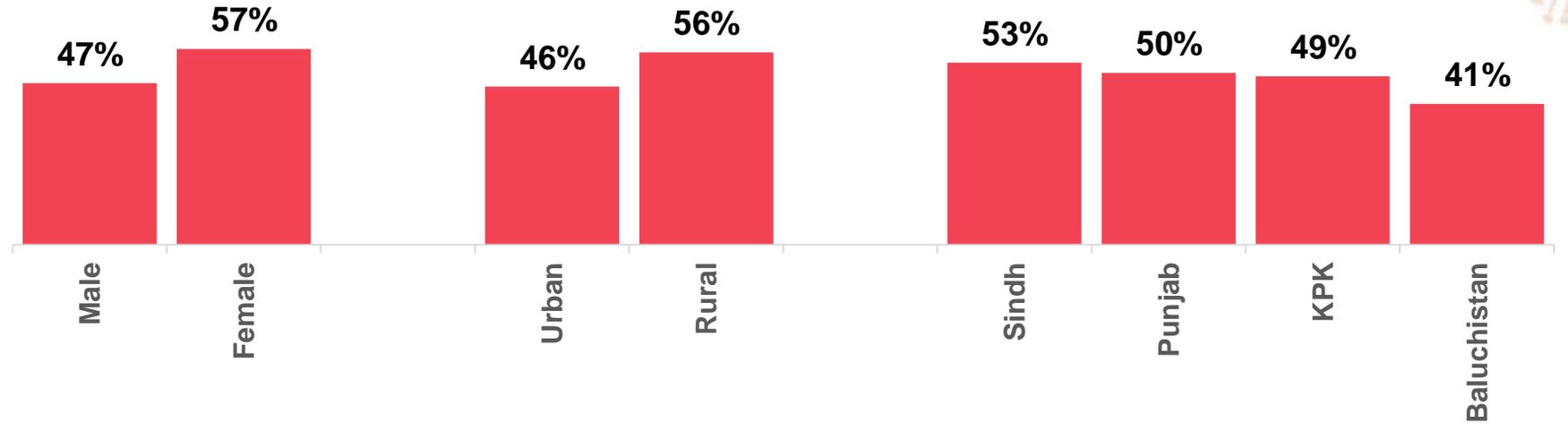
یہ بتائیے کہ آپ کے خیال میں اس بات کا کس حد تک امکان ہے کہ آئندہ چھ ماہ کے دوران آپ یا آپ کے گھرانے کے کسی فرد یا آپ کے کسی جاننے والے کو کورونا وائرس کی وباء سے پیدا ہونے والی معاشی صورتحال کے باعث اپنے ذریعہ معاش مثلاً ملازمت، کاروبار وغیرہ سے ہاتھ دھونا پڑیں گے؟

% Somewhat likely+ Very likely + Extremely likely



50%

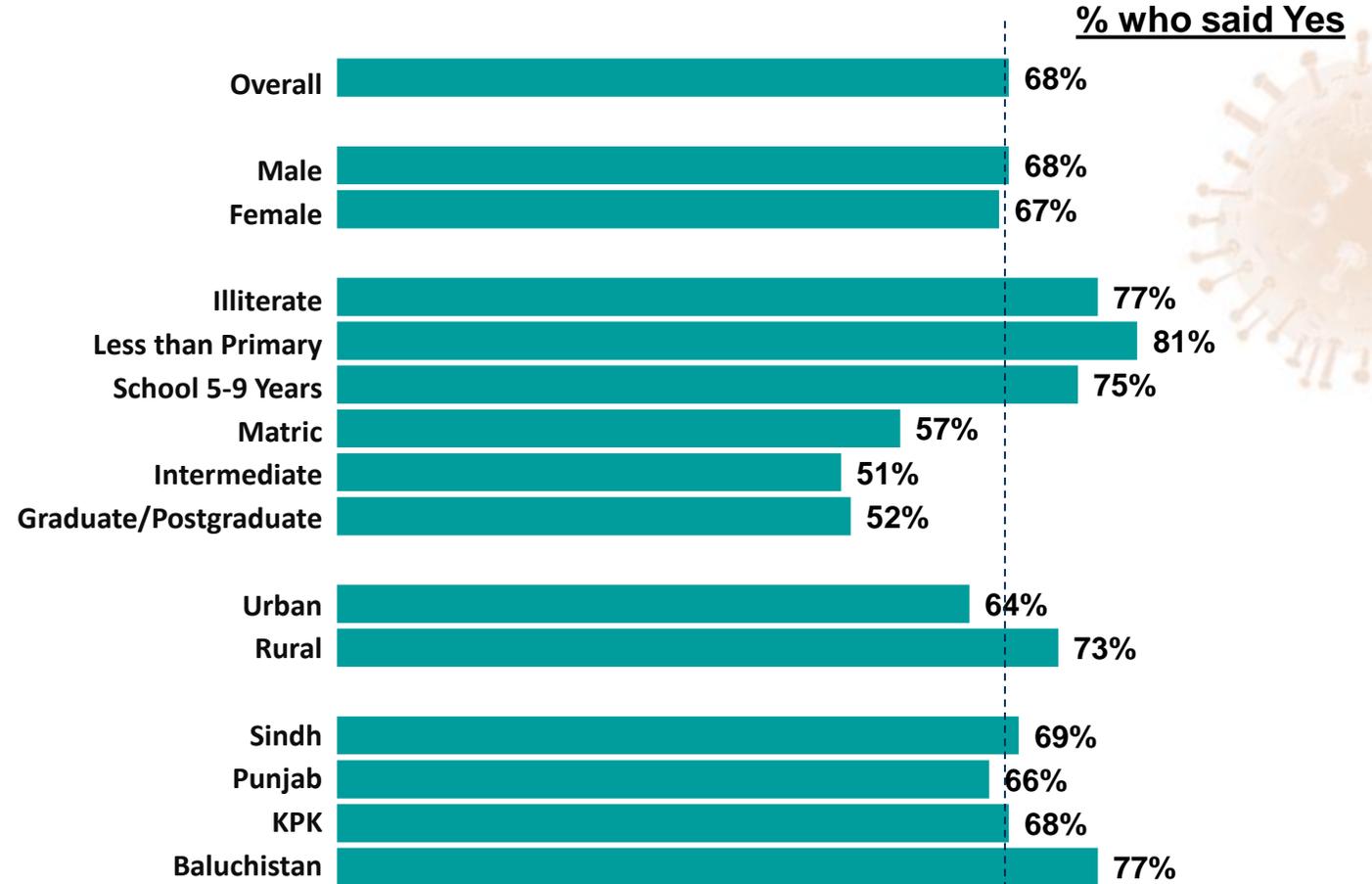
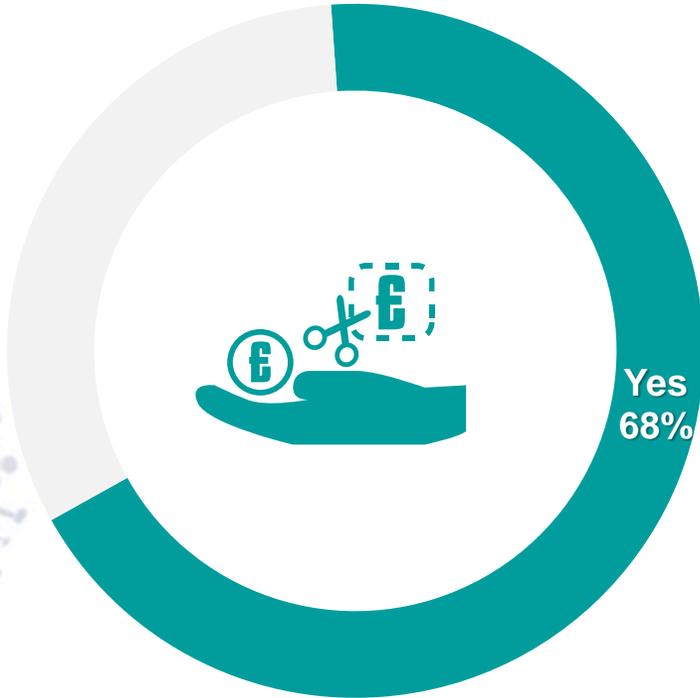
Believe that they will lose their job in next 6 months



7 in 10 individuals believe they deserve aid from government due to COVID-19; specifically those who have a lower level of literacy, live in rural areas or reside in Baluchistan

Do you think, you or your family truly deserves the aid from government because of problems caused by coronavirus?

یہ بتائیے کہ کیا آپ خود کو یا اپنے گھرانے کو کورونا وائرس سے پیدا شدہ مسائل کی وجہ سے حکومتی امداد کا صحیح طور پر مستحق سمجھتے/سمجھتی ہیں؟



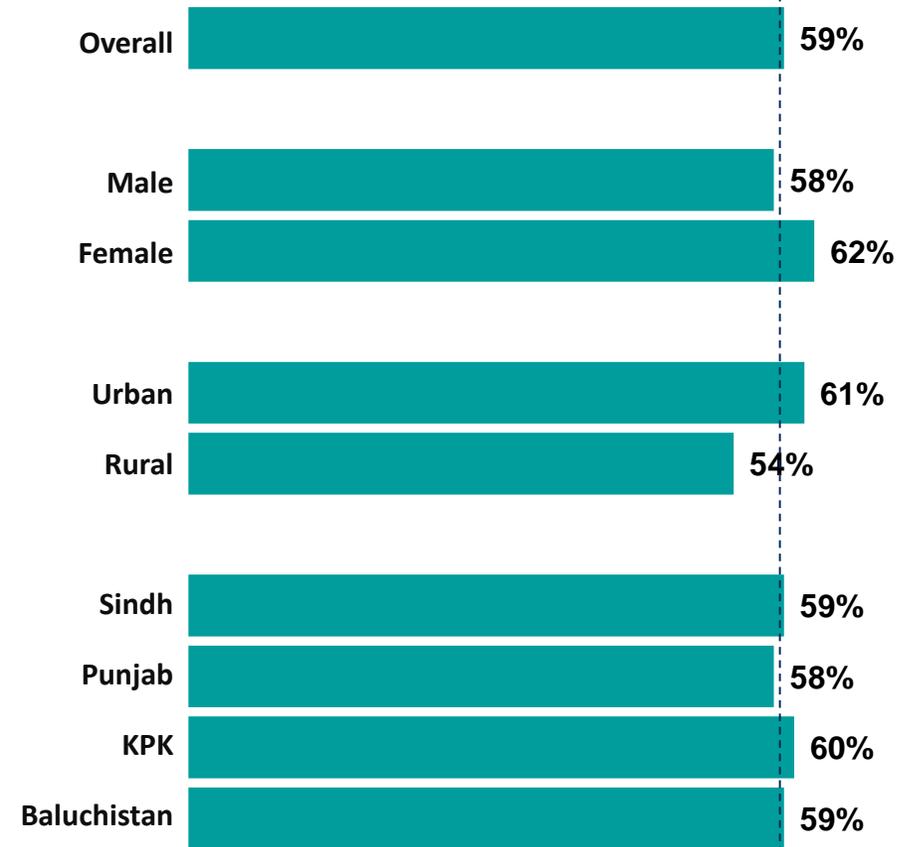
3 in 5 individuals have experienced anxiety, depression or tension due to COVID-19; the proportion is higher in urban areas

During the past one month, have you experienced any anxiety/depression/tension due to the lockdown and corona virus?

یہ بتائیے کہ کیا گزشتہ ایک ماہ کے دوران کورونا وائرس اور لاک ڈاؤن کے باعث آپ کو کسی قسم کے ذہنی دباؤ / ٹینشن / پریشانی کا سامنا ہوا ہے؟

Respondents have experienced anxiety/depression/tension

 **59%**



Economic downturns are the major reasons for stress

Thinking about the past month, which of the following have been the main causes of stress for you during COVID-19?

گذشتہ ایک ماہ کے بارے میں سوچتے ہوئے یہ بتائیے کہ کورونا وائرس اور لاک ڈاؤن کے دوران آپ کو کن وجوہات کی بناء پر ذہنی دباؤ محسوس ہوا ہے؟

% of all respondents who experienced any anxiety/depression/tension

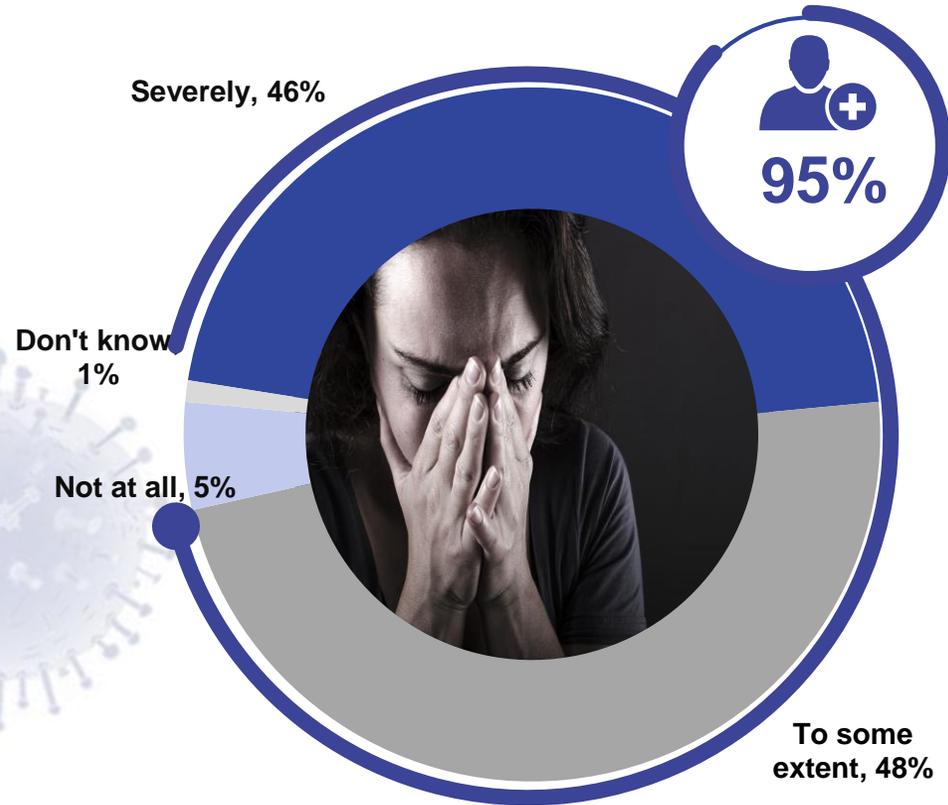
Causes		Male	Female
	Financial problems	72%	72%
	Employment/Business related problems	61%	58%
	Stress caused by the lockdown	36%	31%
	Domestic problems/violence	23%	35%
	Fear of getting sick due to COVID	24%	18%
	Fear of loved one getting sick due to COVID	16%	14%
	Unhealthy relationships with loved ones	17%	9%
	Fear of people who have contracted COVID	17%	11%
	Stress caused by lack of access to healthcare	12%	5%

Almost every individual feels that the stress from lockdown has adversely affected their lives

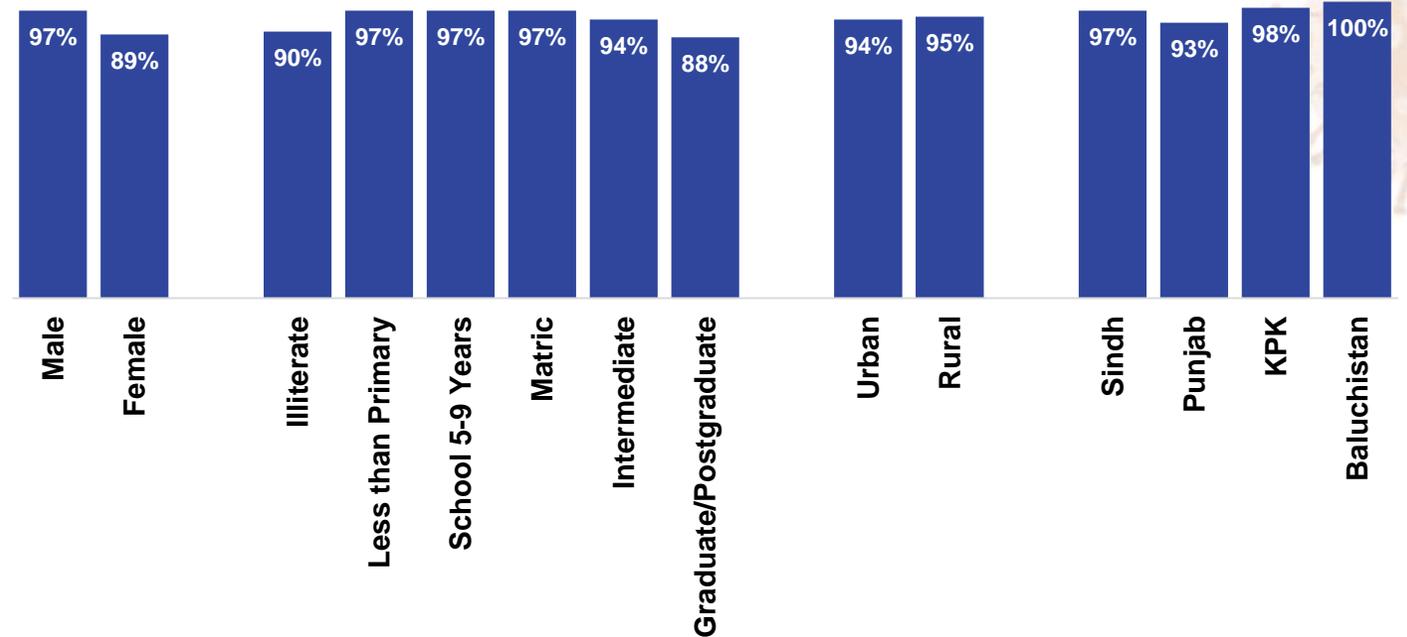
To what extent, has the stress caused by COVID and the lock-down adversely affected your life?

کورونا وائرس اور لاک ڈاؤن کے باعث پیدا ہونے والے ذہنی دباؤ کی وجہ سے آپ کی زندگی کس حد تک متاثر ہوئی ہے؟

% of all respondents who experienced any anxiety/depression/tension



■ To some extent affected & Severely affected

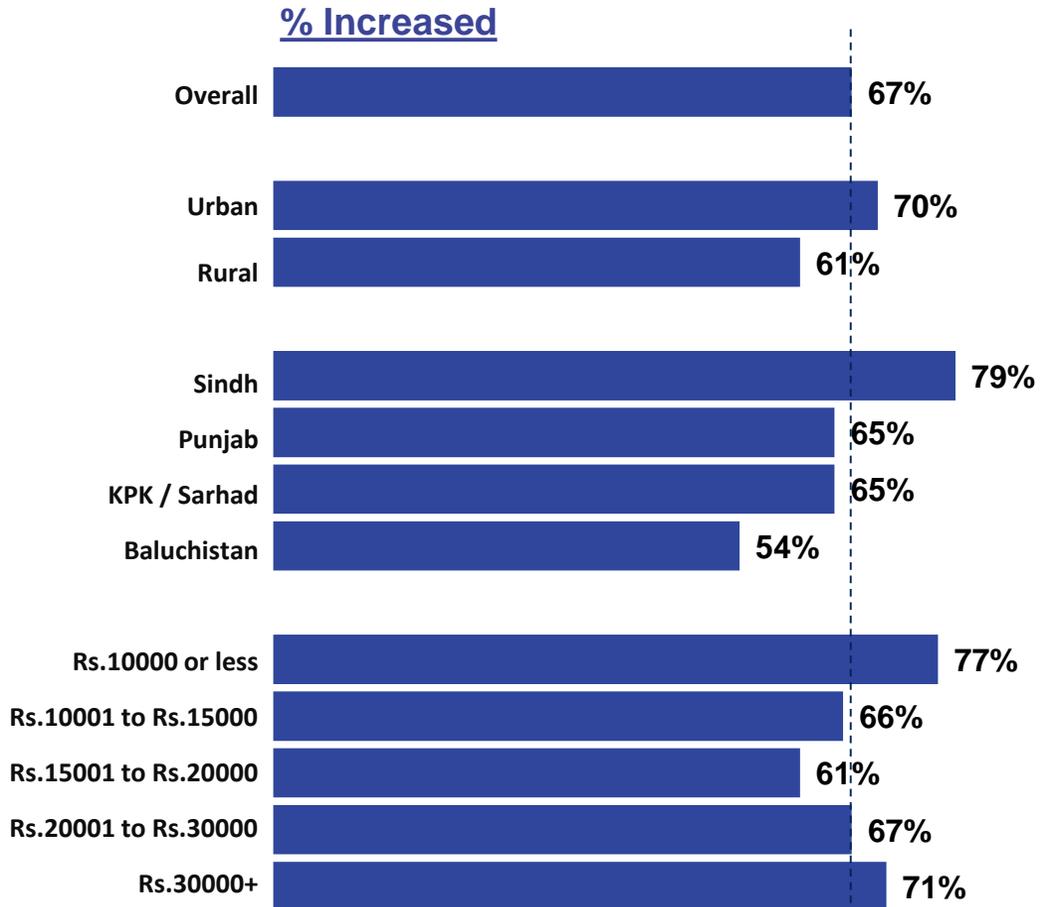
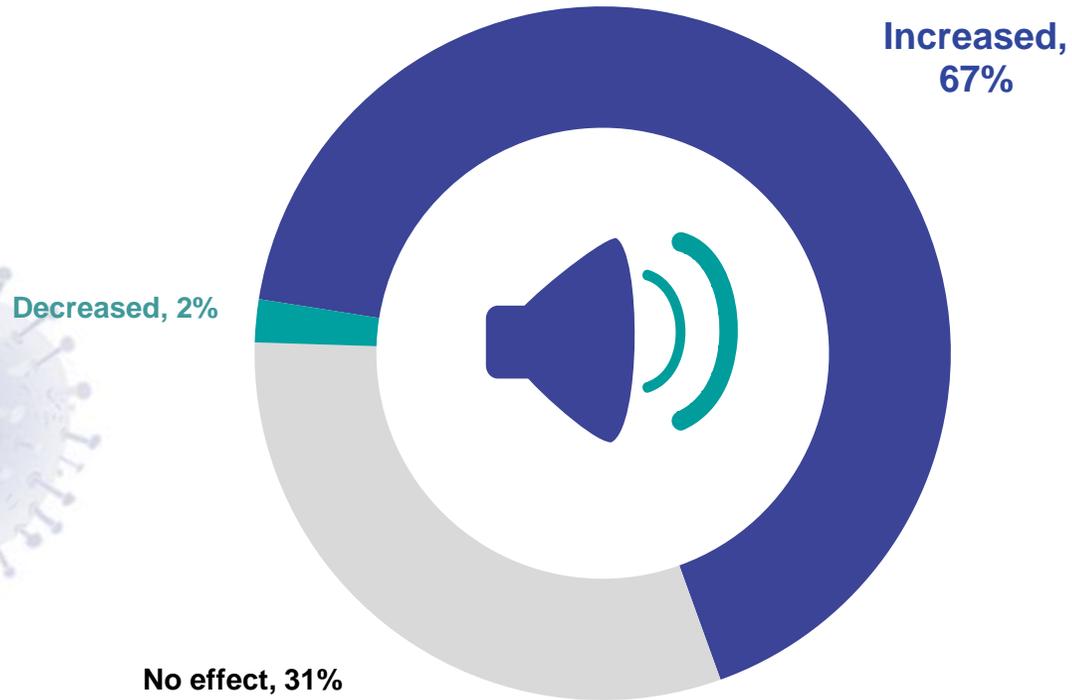


Government statements and media messages have increased the stress level amongst individuals

How have government statements and media messages affected your stress level?

یہ بتائیے کہ حکومتی اقدامات یا میڈیا پر خبروں کی وجہ سے آپ کے ذہنی دباؤ پر کیا اثر پڑا ہے؟

% of all respondents who experienced any anxiety/depression/tension



8 in 10 individuals have experienced symptoms of mental illnesses

During the past month, what symptoms are you experiencing because of the stress caused by COVID-19?

یہ بتائیے کہ گذشتہ ایک ماہ کے دوران کورونا وائرس اور لاک ڈاؤن کے باعث آپ کے ذہنی دباؤ کی مندرجہ ذیل علامات میں اضافہ ہوا یا کمی ہوئی یا کوئی فرق نہیں پڑا؟

% of all respondents who experienced any anxiety/depression/tension

Symptoms of Stress	Highly increased / Increased to some extent	Male	Female
Depression/mental stress	80%	82%	74%
Intense worry	77%	75%	83%
Anger/irritability	67%	71%	58%
Intense Sadness	59%	60%	59%
Loss of interest in activities which you used to enjoy doing	48%	48%	49%
Difficulty controlling thoughts	47%	48%	43%
Sleep problems	41%	44%	34%
Appetite problems	40%	44%	31%



85% of individuals have increased their religious practices to manage stress

Can you tell me if you have increased or decreased the time spent doing the following activities to manage your stress over the past month?

یہ بتائیے کہ گذشتہ ایک ماہ کے دوران کورونا وائرس اور لاک ڈاؤن کے باعث مندرجہ ذیل کاموں میں اضافہ ہوا یا کمی ہوئی یا کوئی فرق نہیں پڑا؟

% of all respondents who experienced any anxiety/depression/tension



Activities for managing Stress	Highly increased / Increased to some extent	Male	Female
Religious practices	85%	84%	88%
Discussing your problems with someone	53%	53%	54%
Taking out your anger on others	44%	47%	37%
Using addictive substances	44%	41%	53%
Listening to Music, or watching films/ drama	42%	42%	42%
Using medication	35%	38%	28%
Practicing reading	30%	29%	31%
Learning a new skill	27%	24%	33%
Self-harm	26%	26%	25%

Videos related to stress management, aired on social media and TV are likely to help with stress management

What services will help you manage your stress, if provided?

یہ بتائیے کہ مندرجہ ذیل میں کون کونسی سہولیات آپ کو فراہم ہوں تو آپ کے ذہنی دباؤ میں کمی آسکتی ہے؟

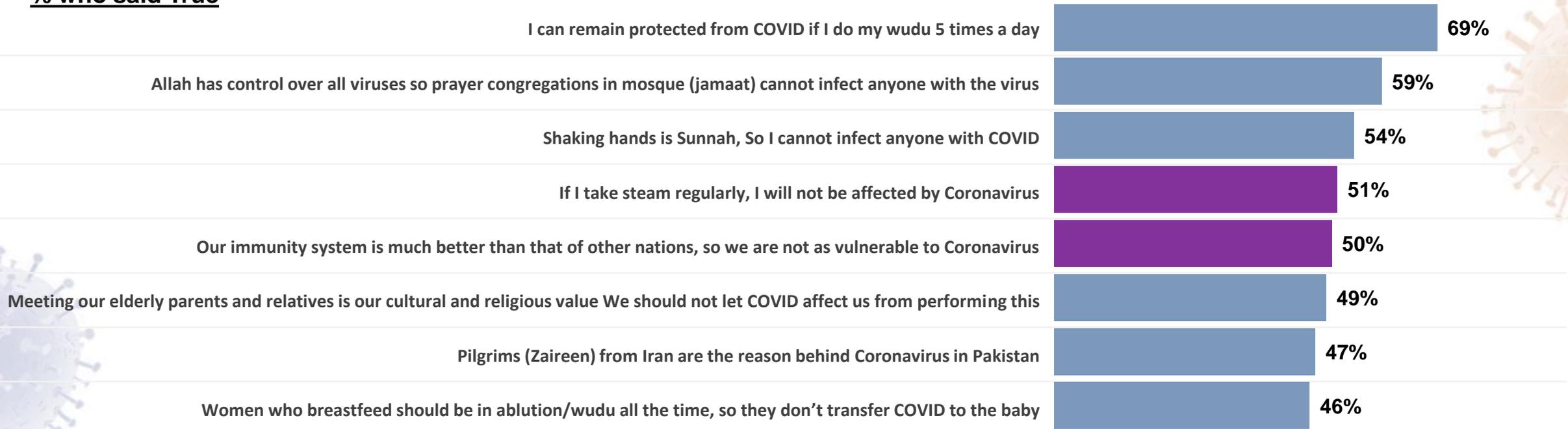
% of all respondents who experienced any anxiety/depression/tension



Individuals believe that religious practices will save them from the coronavirus

Now I will read some opinion statements said by Pakistani nationals Please tell me for each opinion statement, which one is true or false as per your information?

% who said True




Religious Misconception

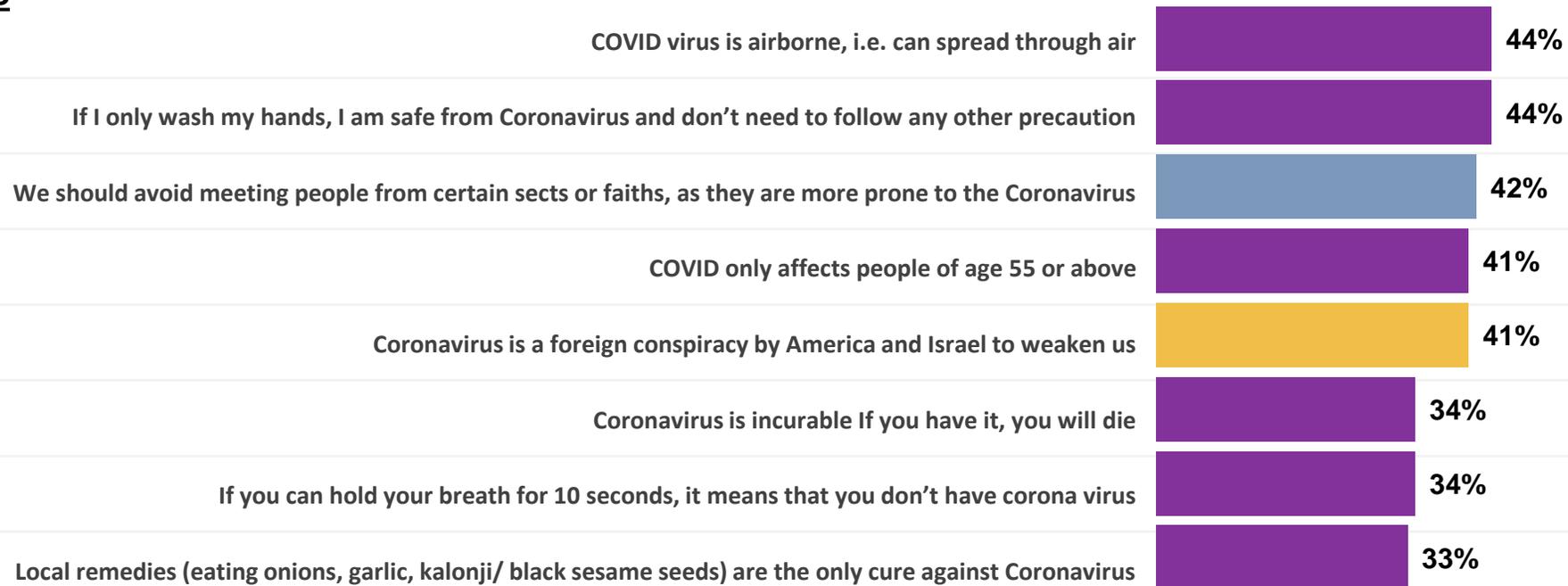

Scientific Misconceptions


Conspiracy Theories

Approximately 50% of individuals have scientific misconceptions associated with the coronavirus

Now I will read some opinion statements said by Pakistani nationals Please tell me for each opinion statement, which one is true or false as per your information?

% who said True



Religious Misconception



Scientific Misconceptions

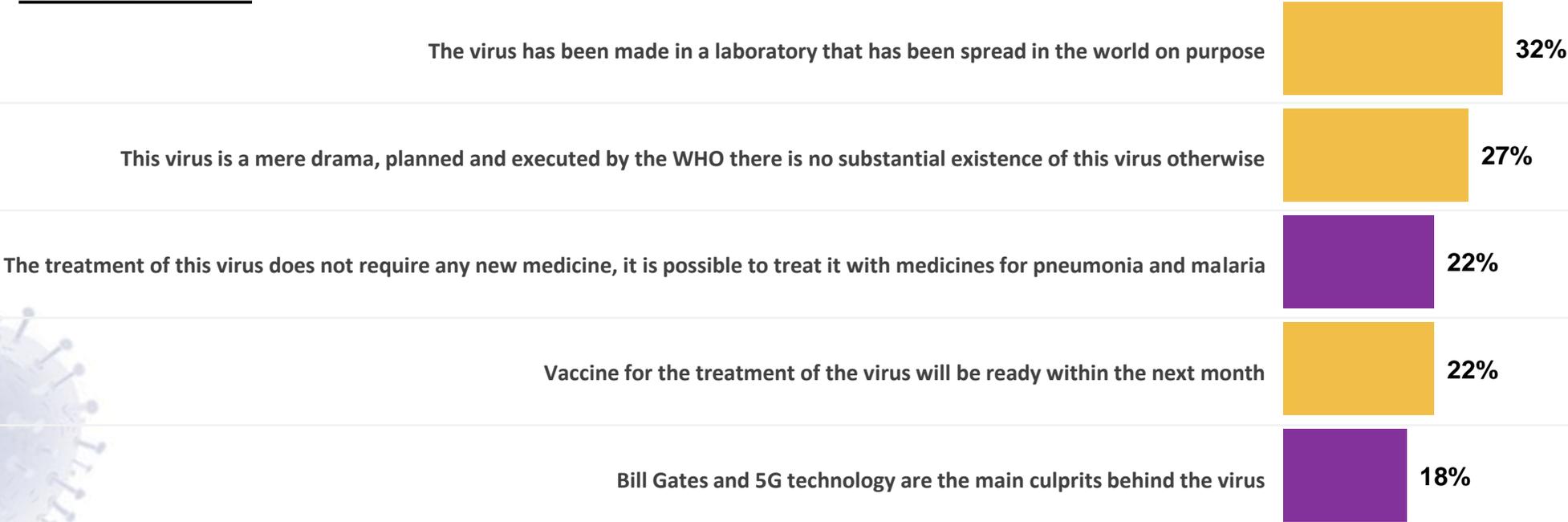


Conspiracy Theories

1 in 3 individuals believe in conspiracy theories associated with the coronavirus

Now I will read some opinion statements said by Pakistani nationals Please tell me for each opinion statement, which one is true or false as per your information?

% who said True




Religious Misconception

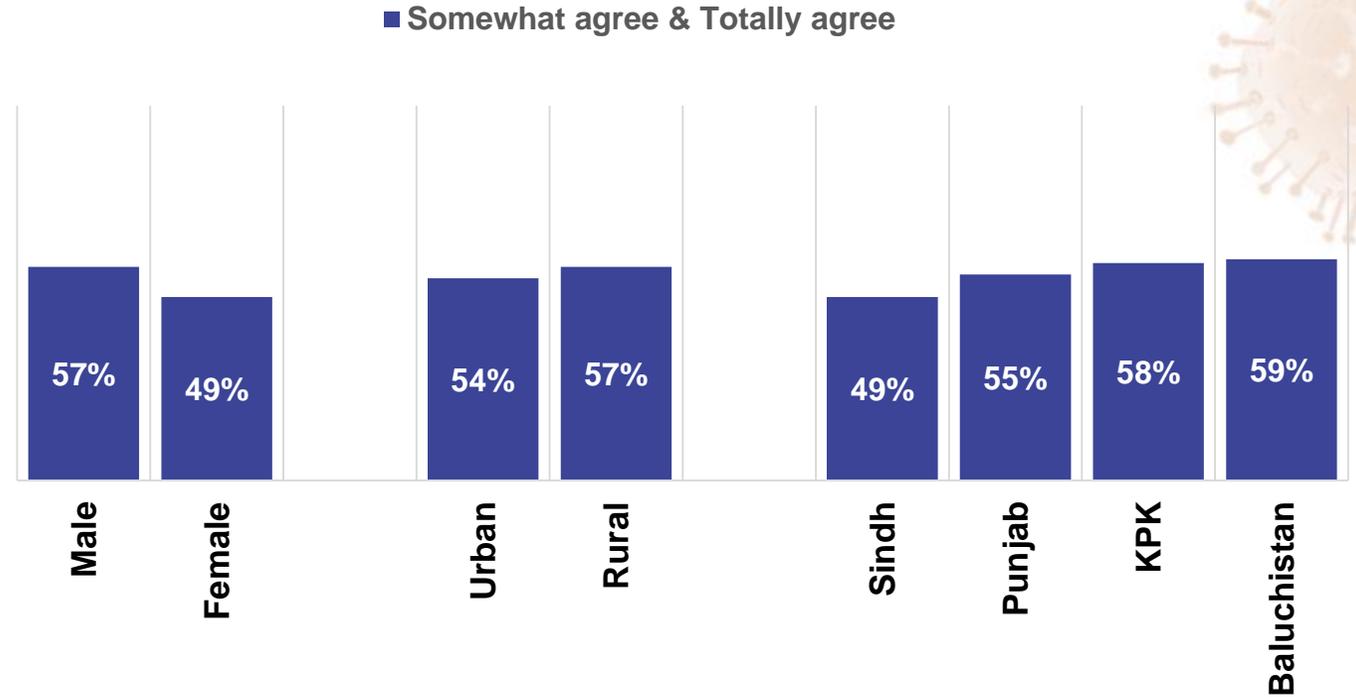
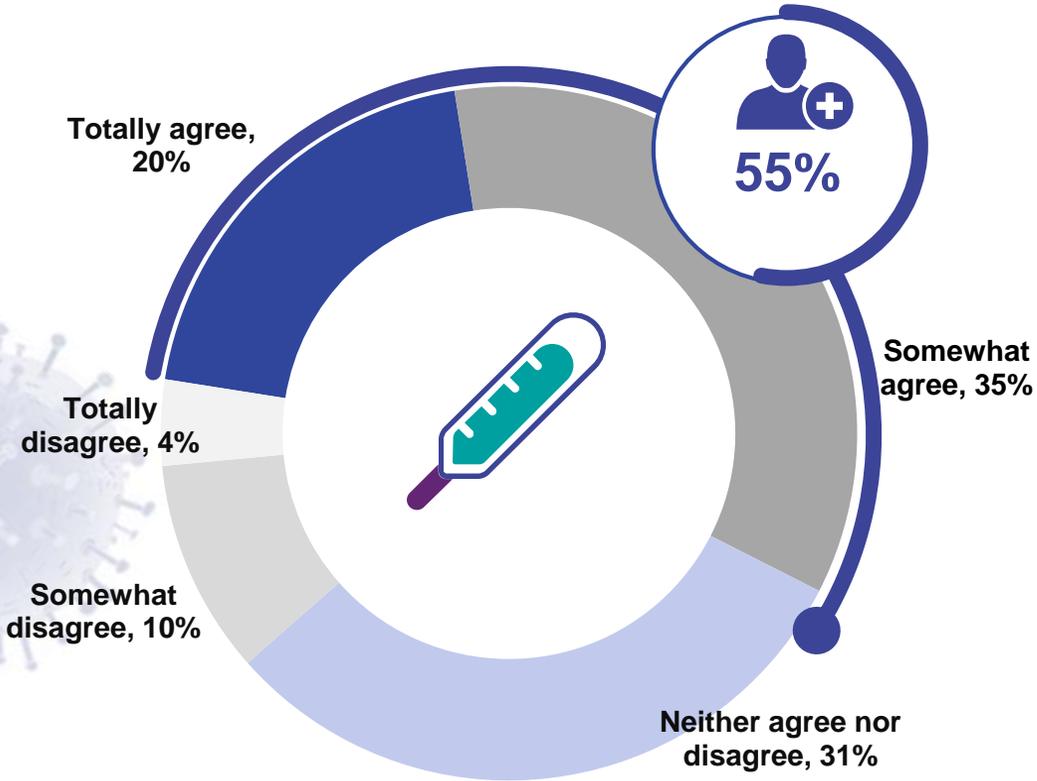

Scientific Misconceptions


Conspiracy Theories

1 in 2 individuals believe that the ease in lockdown will increase the number of corona cases and deaths

Now that the lockdown has been lifted, please tell me against each of the following statements, to what extent you agree or disagree with each of them respectively **There will be an heightened increase in corona cases /death toll**

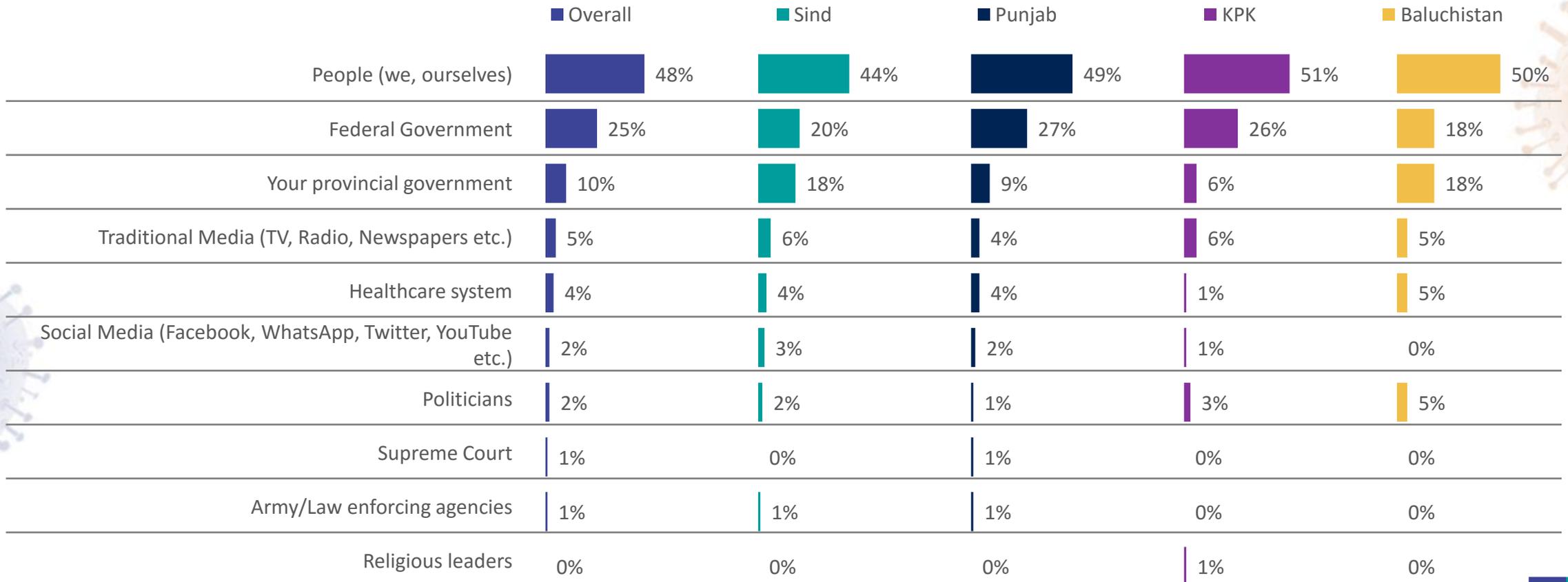
اب میں آپ کو حکومت کی جانب سے لاک ڈاؤن میں نرمی کے حوالے سے چند جملے پڑھ کر سناؤں گا/گی، برائے مہربانی ہر جملے کے لئے یہ بتائیے کہ کیا آپ اس جملے سے مکمل اتفاق کرتے/ کرتی ہیں، کچھ حد تک اتفاق کرتے/ کرتی ہیں، نہ اتفاق کرتے/ کرتی ہیں نہ ہی اختلاف کرتے/ کرتی ہیں، کچھ حد تک اختلاف کرتے/ کرتی ہیں یا مکمل اختلاف کرتے/ کرتی ہیں؟ کورونا کے کیسز / اموات میں خطرناک حد تک اضافہ ہوسکتا ہے



1 in 2 individuals hold themselves accountable if they were to contract coronavirus; only 1 in 4 would blame the Federal government

God forbids, if Corona infected cases/deaths get increased very significantly in coming weeks/months, who would you consider MOST responsible?

اگر لاک ڈاؤن میں کمی کی جانے والی نرمی کے باعث خدانخواستہ اگلے ہفتوں/مہینوں کے دوران کورونا وائرس سے متاثرہ افراد کی تعداد/اموات میں نمایاں اضافہ ہوتا ہے تو آپ کے خیال میں اس کا سب سے زیادہ ذمہ دار کون ہوگا؟

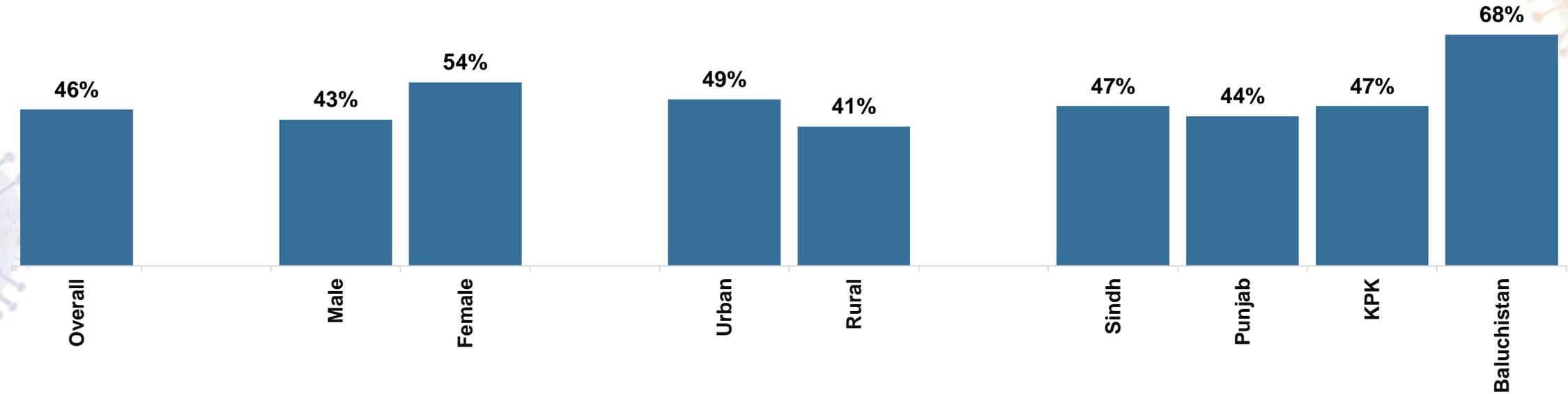


1 in 2 individuals are not comfortable with sending their children back to school

How comfortable would you feel doing each of the following in the coming weeks? **Allowing children to return to school**

یہ بتائیے کہ آپ آنے والے ہفتوں کے دوران مندرجہ ذیل کام کرنے کے حوالے سے کس حد تک آسانی محسوس کریں گے / گی؟ اپنے بچوں کو دوبارہ اسکول بھیجنا

■ % Strongly/somewhat agree

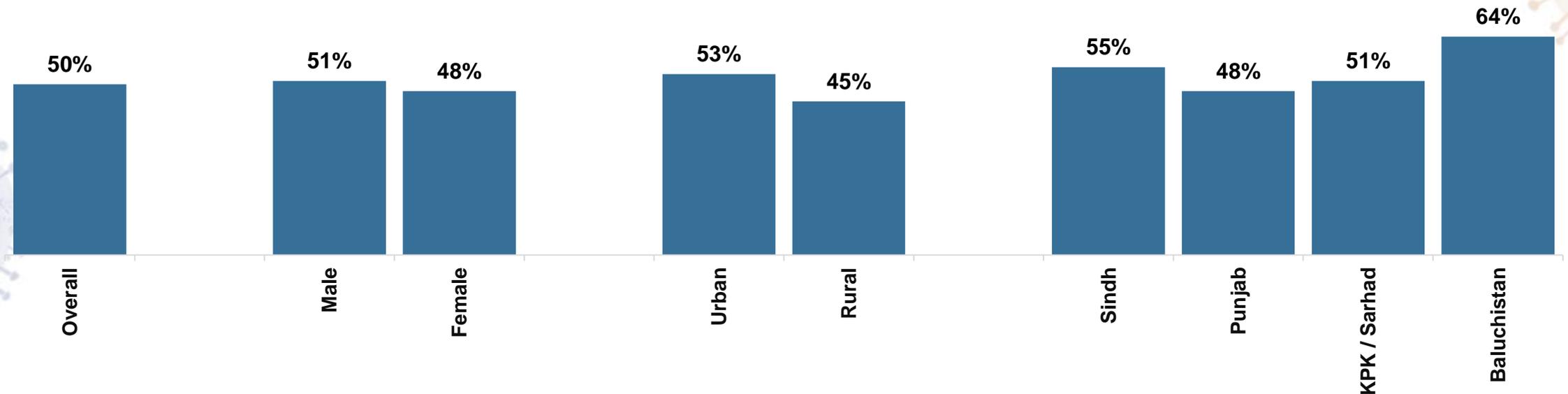


1 in 2 individuals are not comfortable going back to work

How comfortable would you feel doing each of the following in the coming weeks? **Going to your place of work**

یہ بتائیے کہ آپ آنے والے ہفتوں کے دوران مندرجہ ذیل کام کرنے کے حوالے سے کس حد تک آسانی محسوس کریں گے / گی؟ دوبارہ سے اپنے کام پر جانا

■ % Strongly/somewhat agree



ABOUT IPSOS

Ipsos is the third largest market research company in the world, present in 90 markets and employing more than 18,000 people

Our research professionals, analysts and scientists have built unique multi-specialist capabilities that provide powerful insights into the actions, opinions and motivations of citizens, consumers, patients, customers or employees Our 75 business solutions are based on primary data coming from our surveys, social media monitoring, and qualitative or observational techniques

“Game Changers” – our tagline – summarises our ambition to help our 5,000 clients to navigate more easily our deeply changing world

Founded in France in 1975, Ipsos is listed on the Euronext Paris since July 1st, 1999 The company is part of the SBF 120 and the Mid-60 index and is eligible for the Deferred Settlement Service (SRD)

ISIN code FR0000073298, Reuters ISOSPA, Bloomberg IPSFP
www.ipsos.com

GAME CHANGERS

In our world of rapid change, the need for reliable information to make confident decisions has never been greater

At Ipsos we believe our clients need more than a data supplier, they need a partner who can produce accurate and relevant information and turn it into actionable truth

This is why our passionately curious experts not only provide the most precise measurement, but shape it to provide True Understanding of Society, Markets and People

To do this we use the best of science, technology and know-how and apply the principles of security, simplicity, speed and substance to everything we do

So that our clients can act faster, smarter and bolder
Ultimately, success comes down to a simple truth
You act better when you are sure

THANK

YOU

GAME CHANGERS

