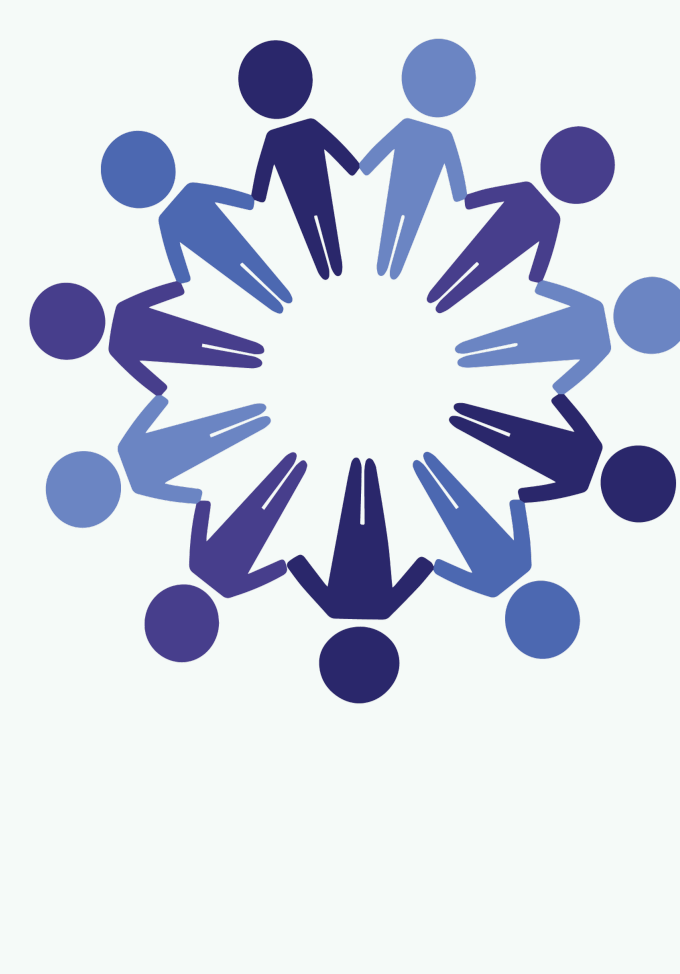


# MY WELLNESS & COVID-19

## Results



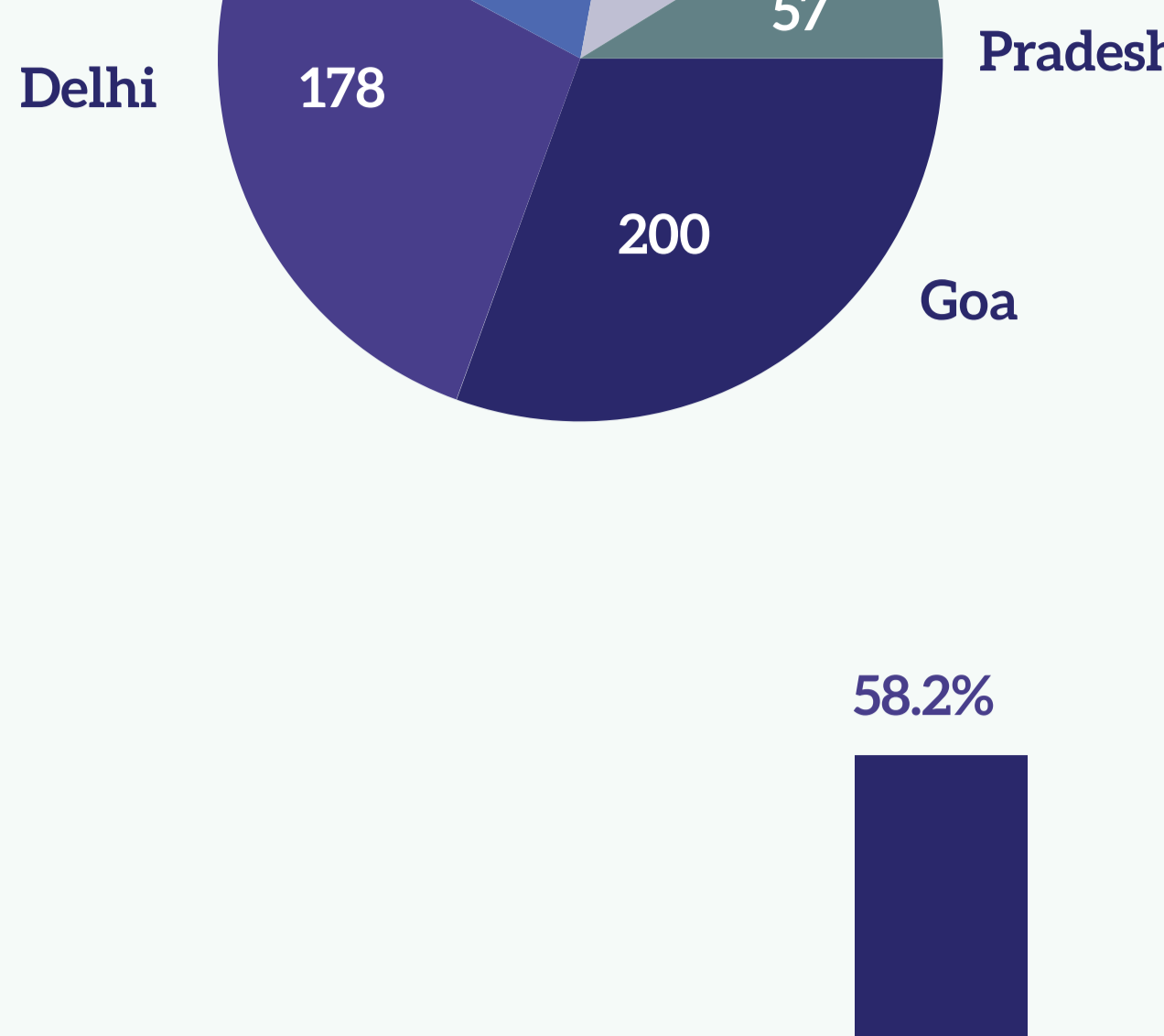
(Month 1 - 6: 11th June - 10th December 2020)

### Who are our Survey Respondents?

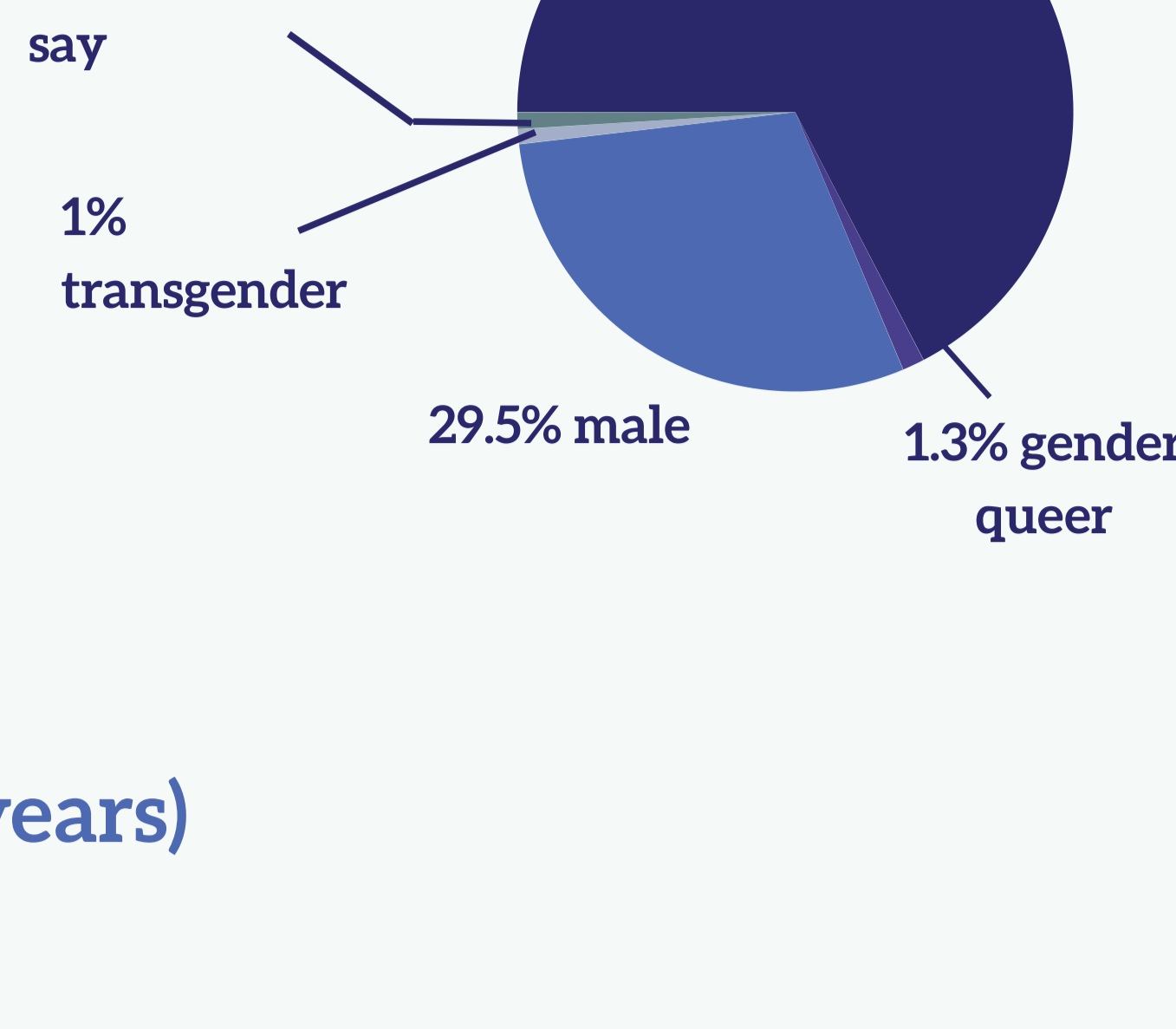
Total number of survey respondents = 939

#### Location

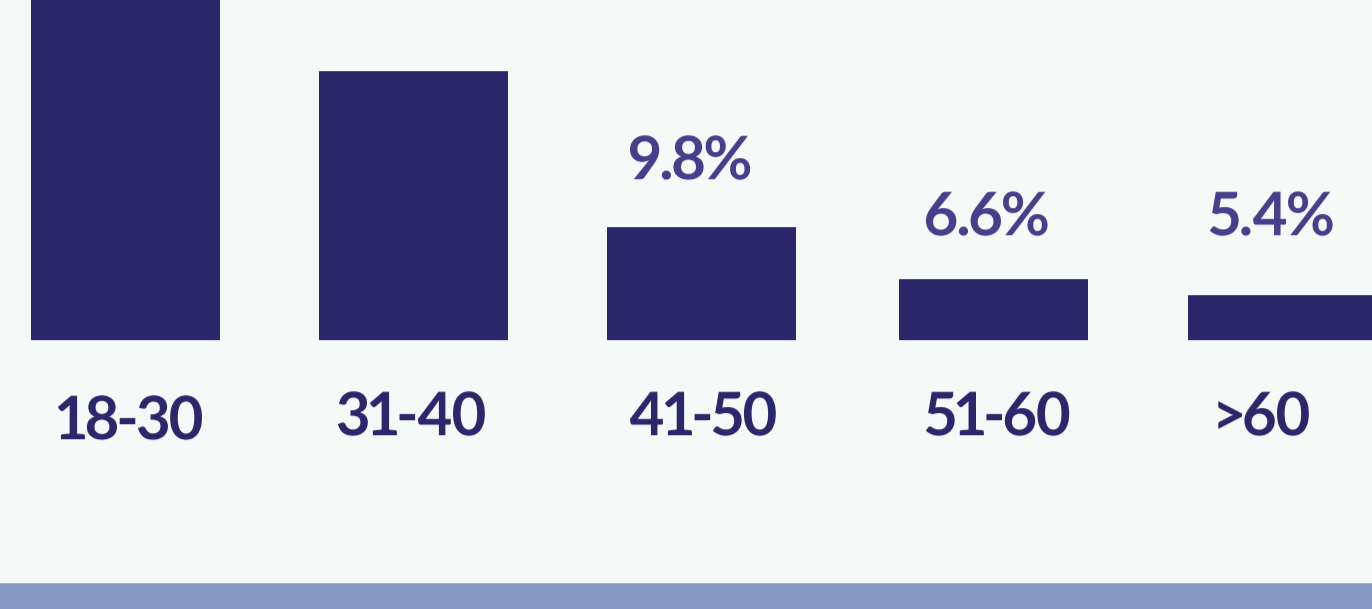
~70% of the survey respondents are from the following states:



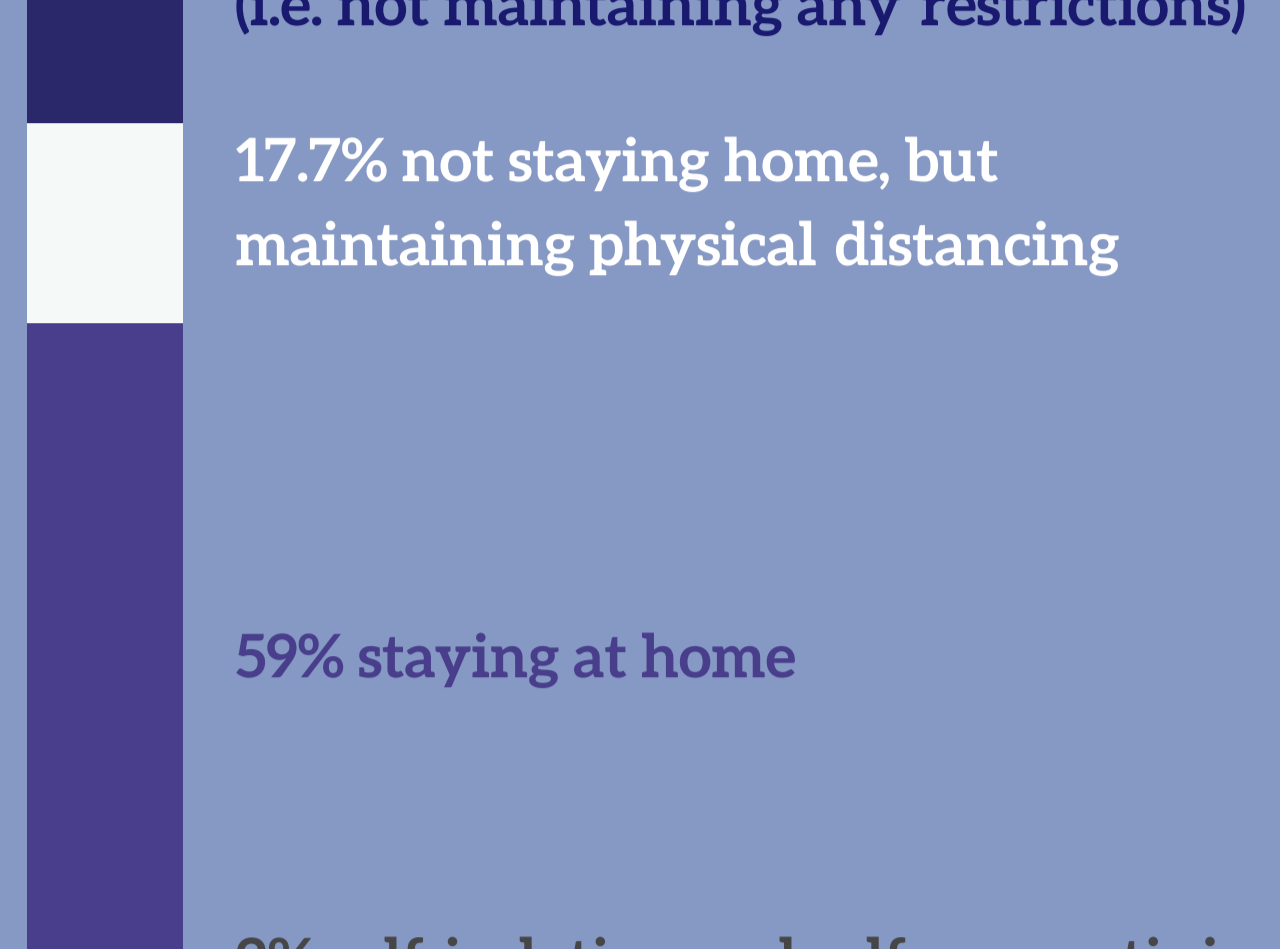
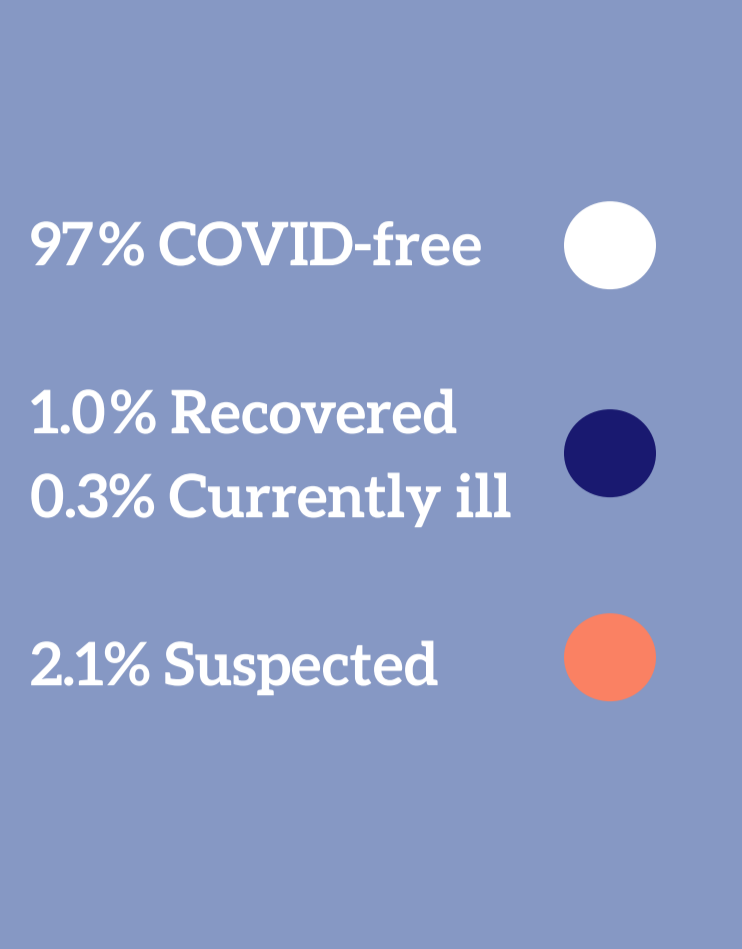
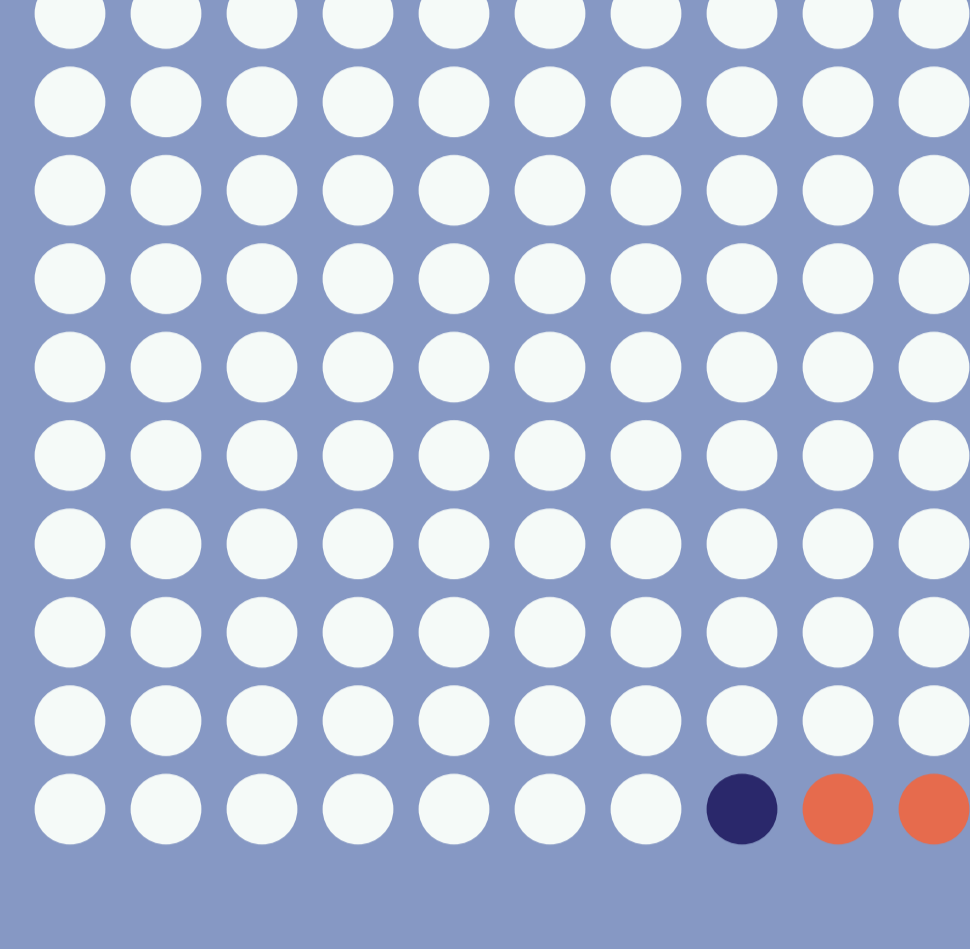
#### Gender



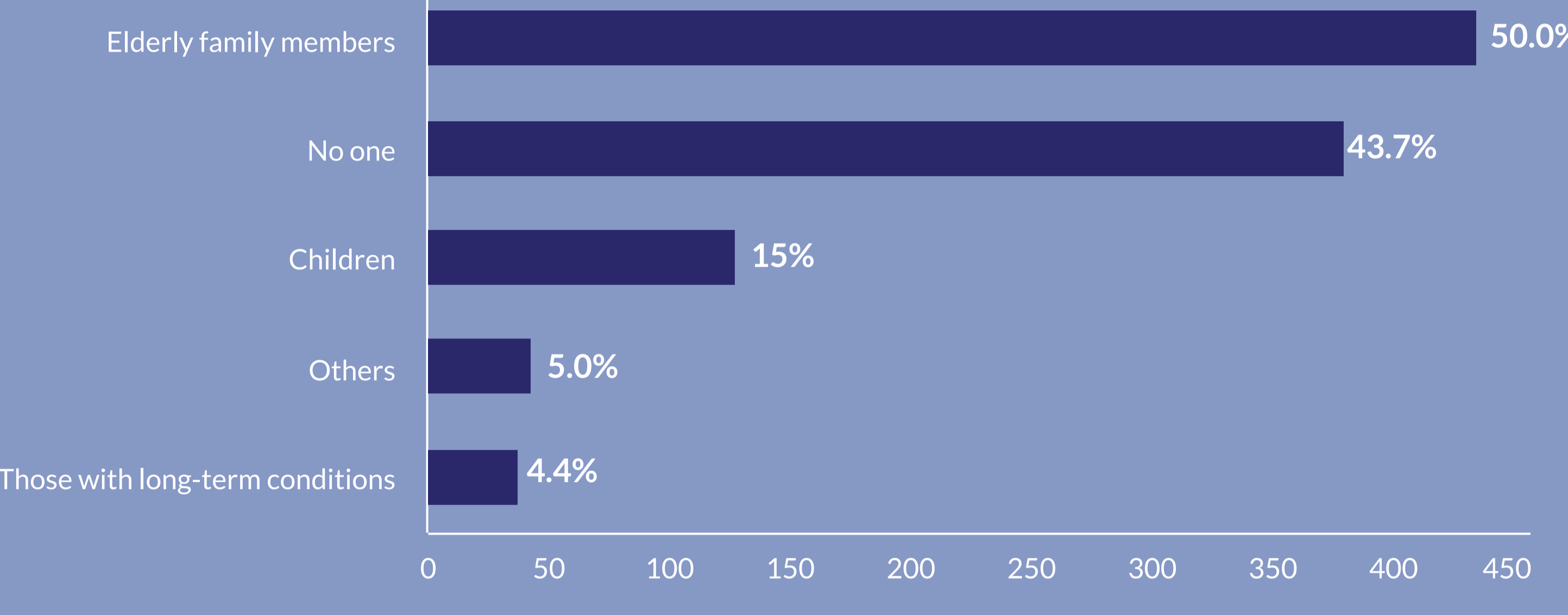
#### Age (years)



### COVID-19 Status



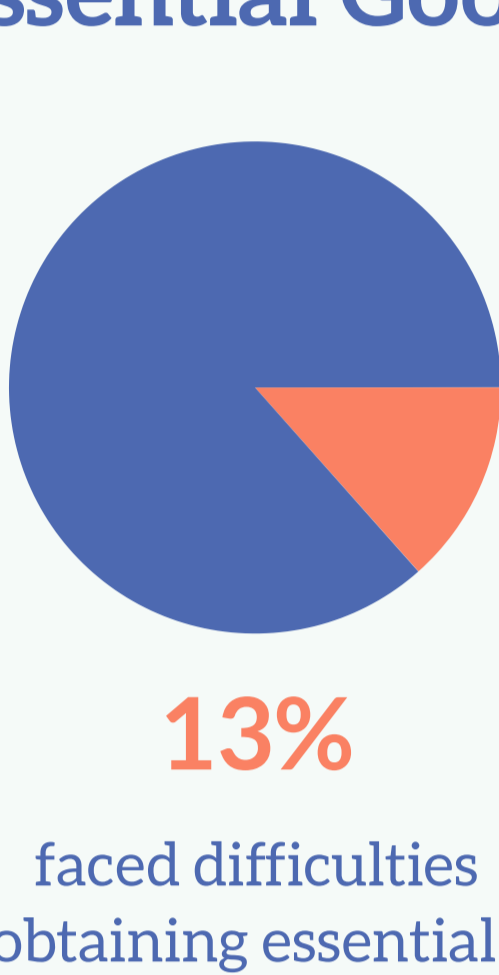
### Care-giving Responsibilities \*



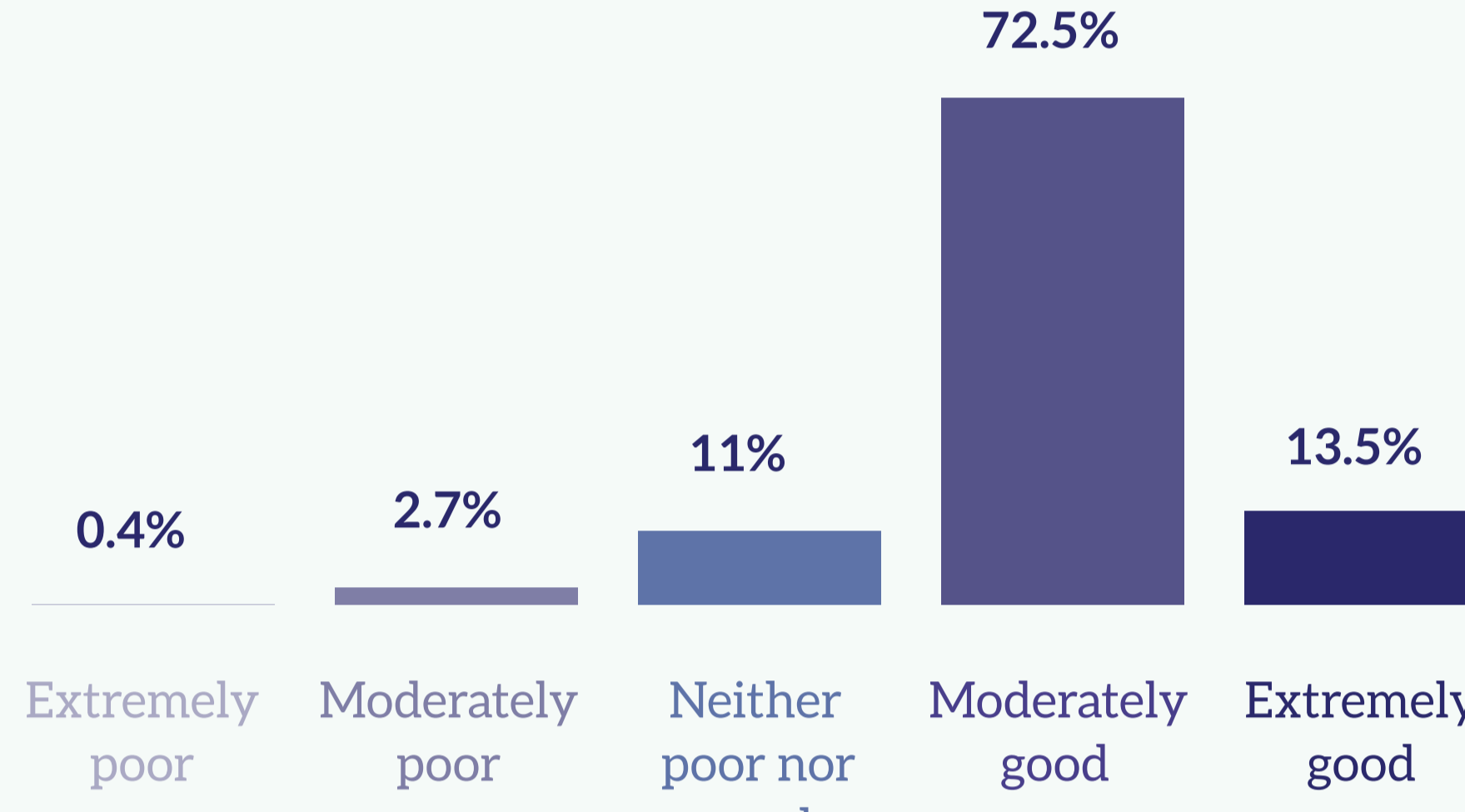
\* Respondents could select more than one option, thus, percentage total is more than 100%.

### What COVID-19-related concerns did our respondents have?

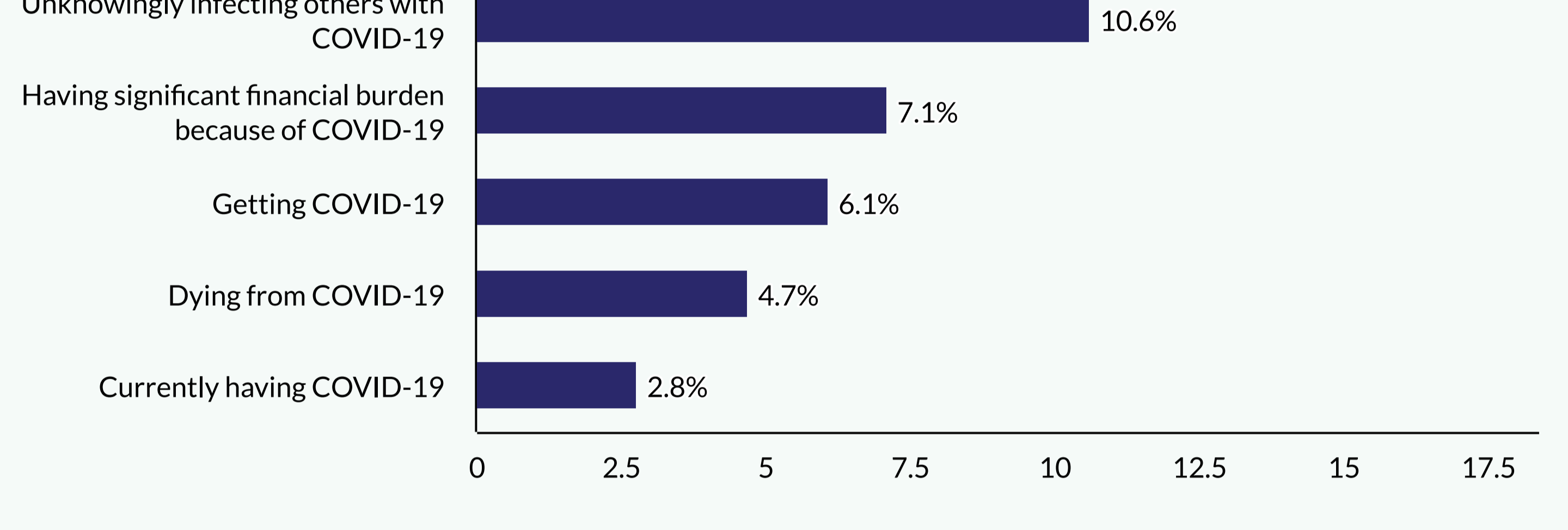
#### Access to Essential Goods



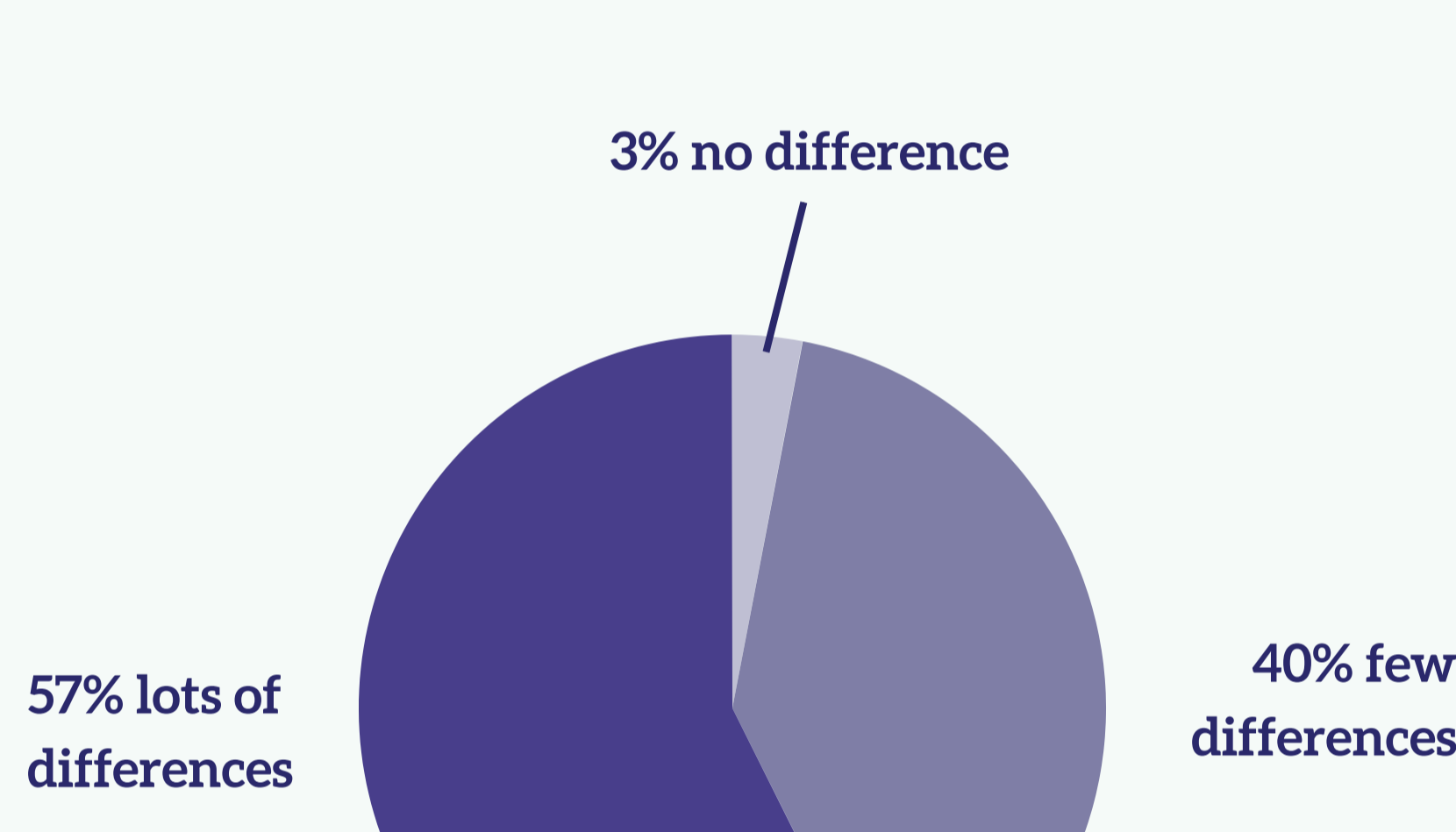
#### COVID-19 Knowledge



### What were the respondents most worried about regarding COVID-19? \*



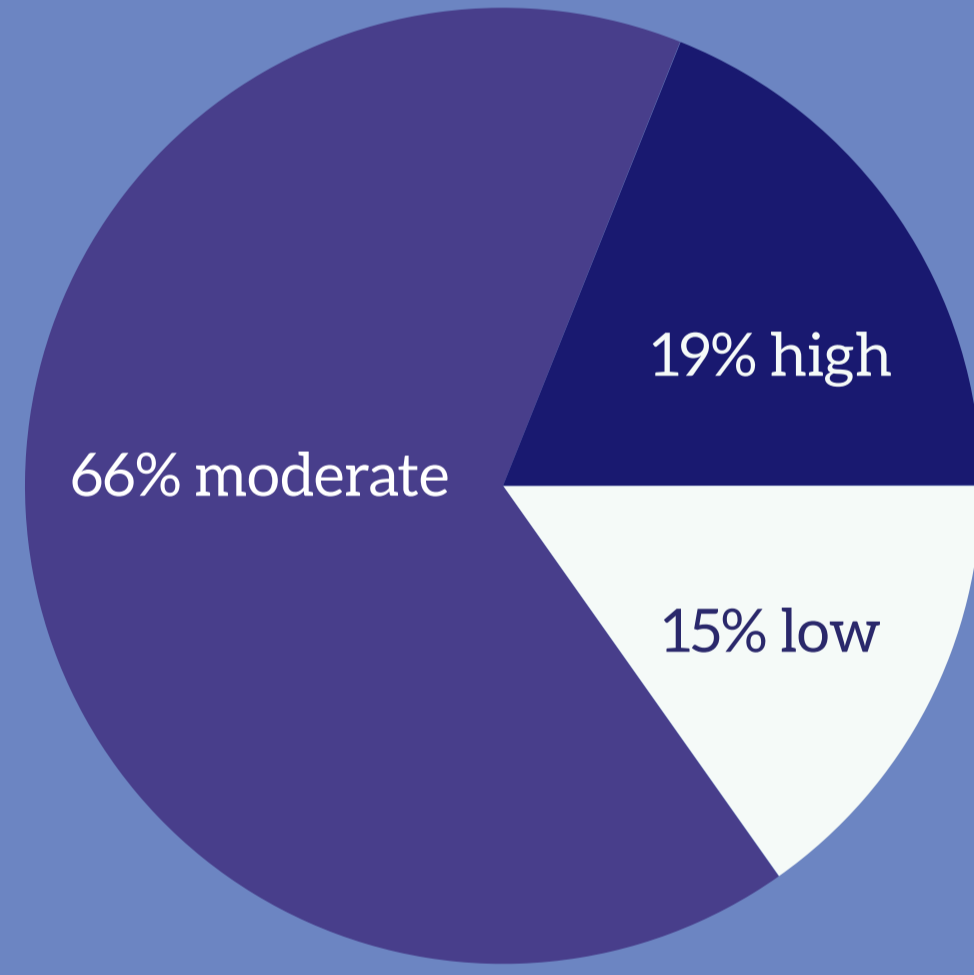
### Differences in life since COVID-19



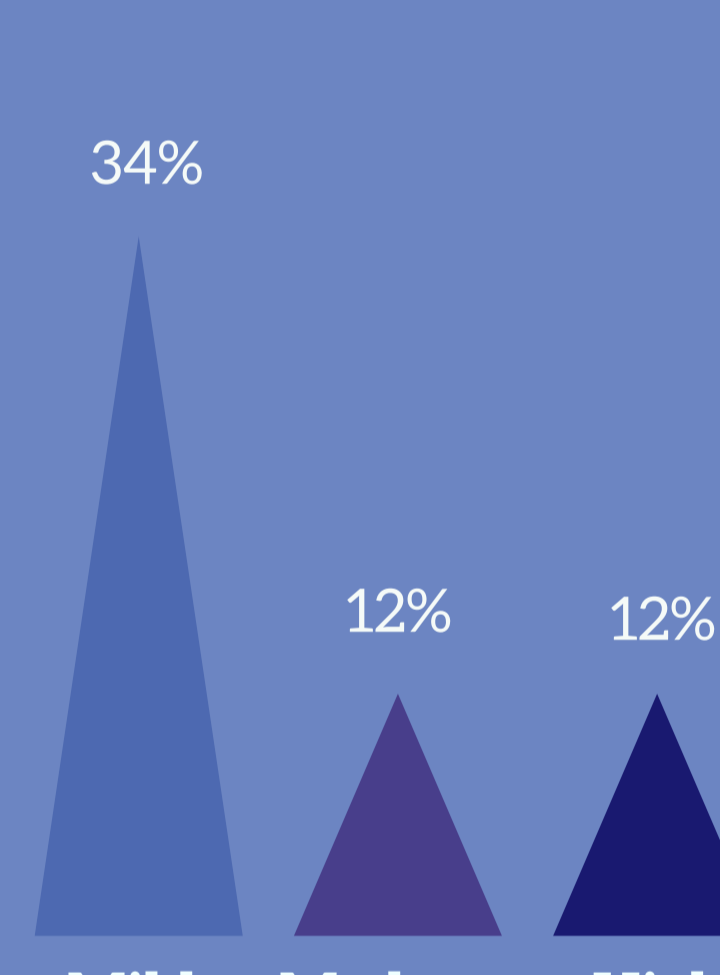
\* Percentage of responses under "A great deal" for the question "To what degree are you worried about the following?"

### What were the Mental Health Impacts?

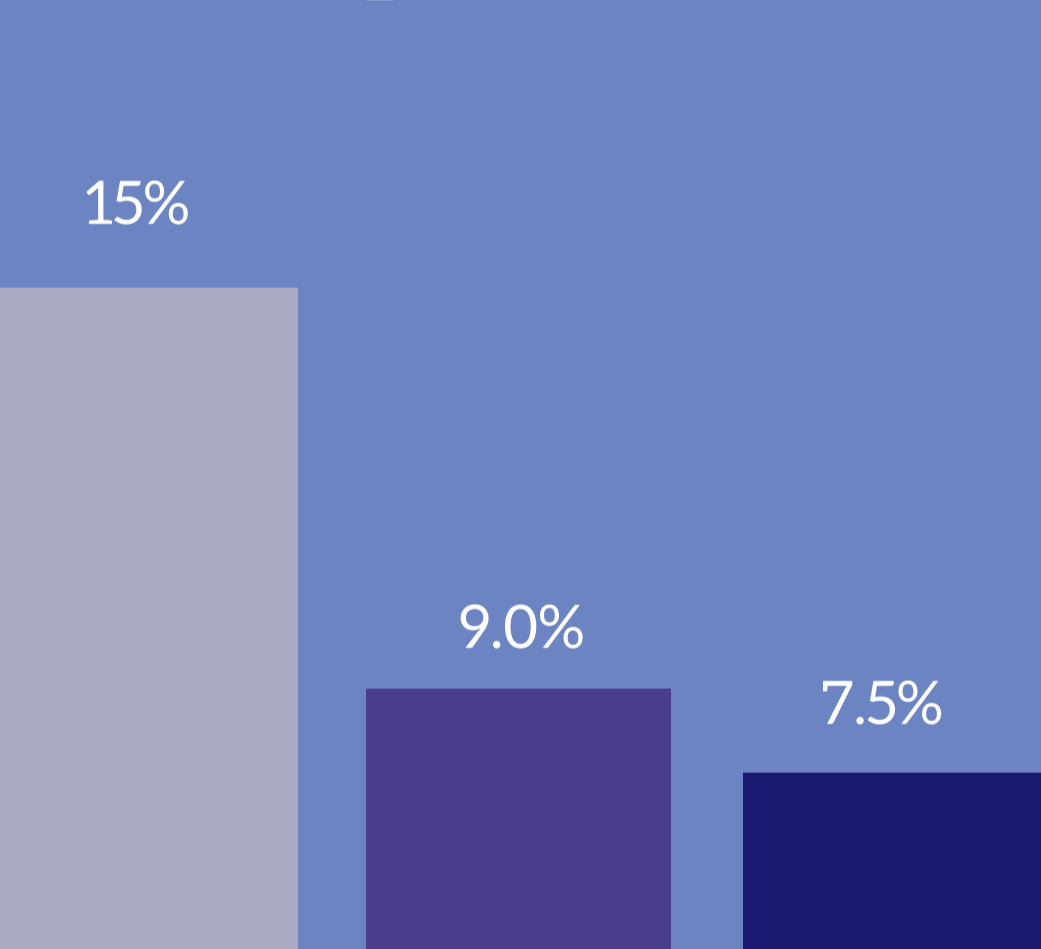
#### Stress



#### Anxiety



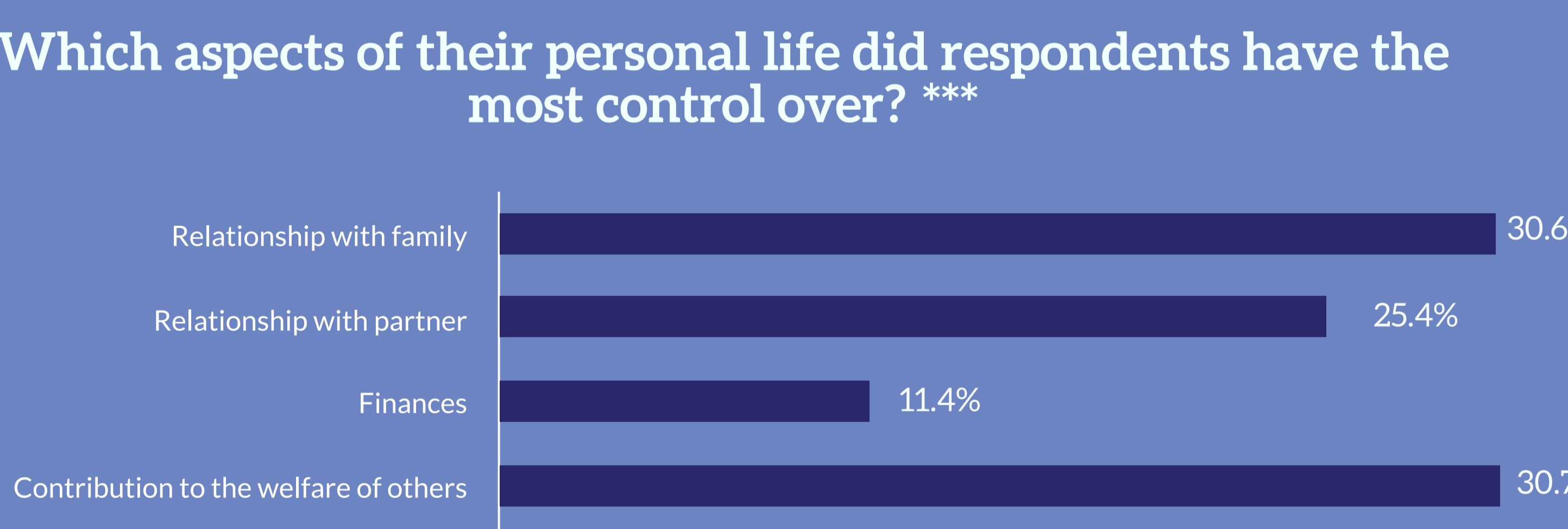
#### Depression



#### Use of Substances Tobacco \* & Alcohol \*\*



### Which aspects of their personal life did respondents have the most control over? \*\*\*



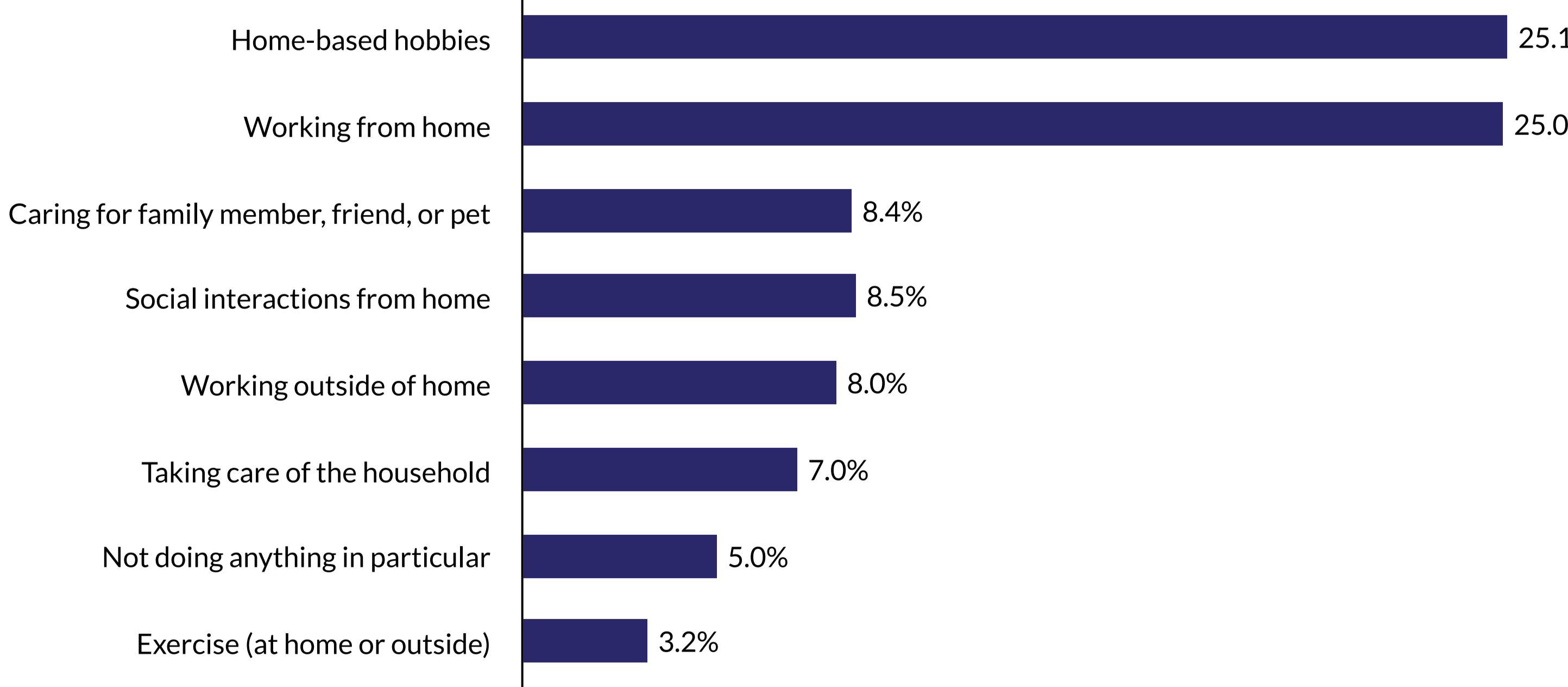
\* Number of people who use tobacco = 230

\*\* Number of people who use alcohol = 396

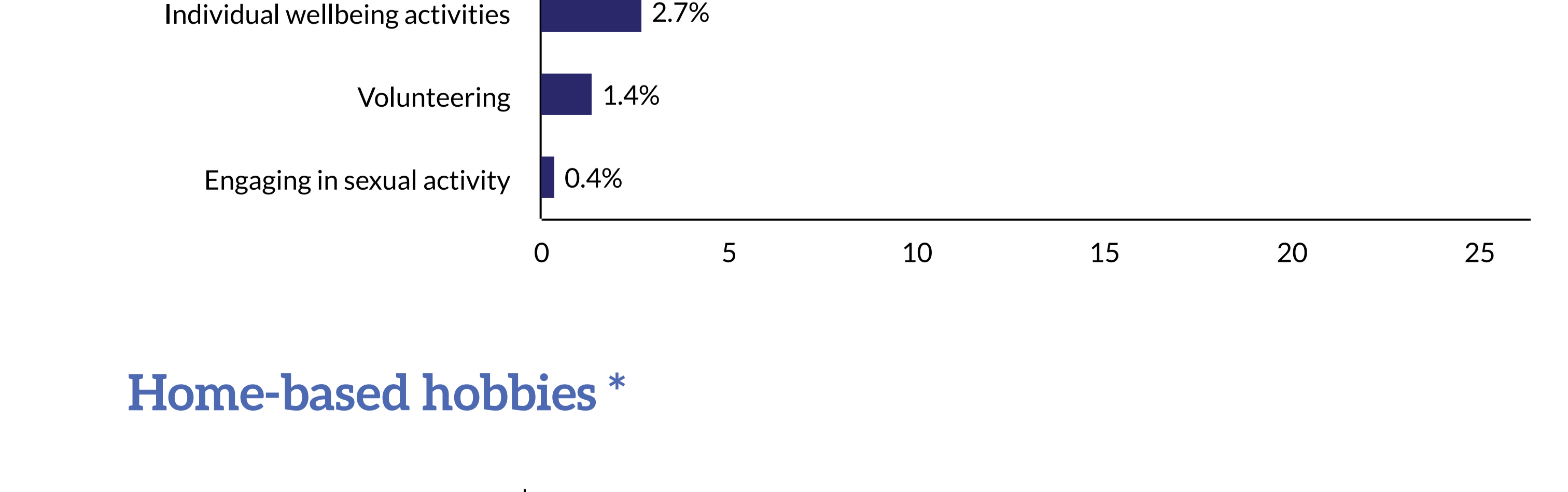
\*\*\* Percentage of responses under "Entirely" for the question "How much have you felt in control of these aspects of your life?"

### Home Based Activities

Respondents spent more than 6 hours per day on the following activities



#### Home-based hobbies \*



\*These are the home-based hobbies that respondents engaged in for more than 6 hours/day .

Please visit [www.sangath surveys.com](http://www.sangath surveys.com) to take the My Wellness and COVID-19 Survey, and read more about it. You can also view all forthcoming survey results on our website, as well as gain access to support resources and helplines.