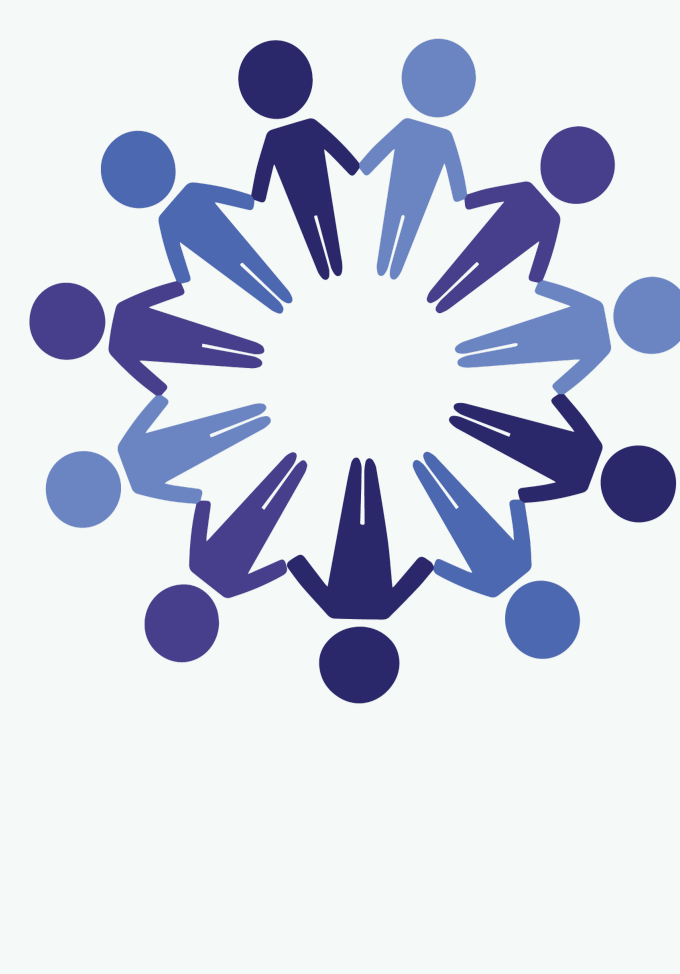


MY WELLNESS & COVID-19

Results

(Month 1- 4: 11th June - 10th October 2020)

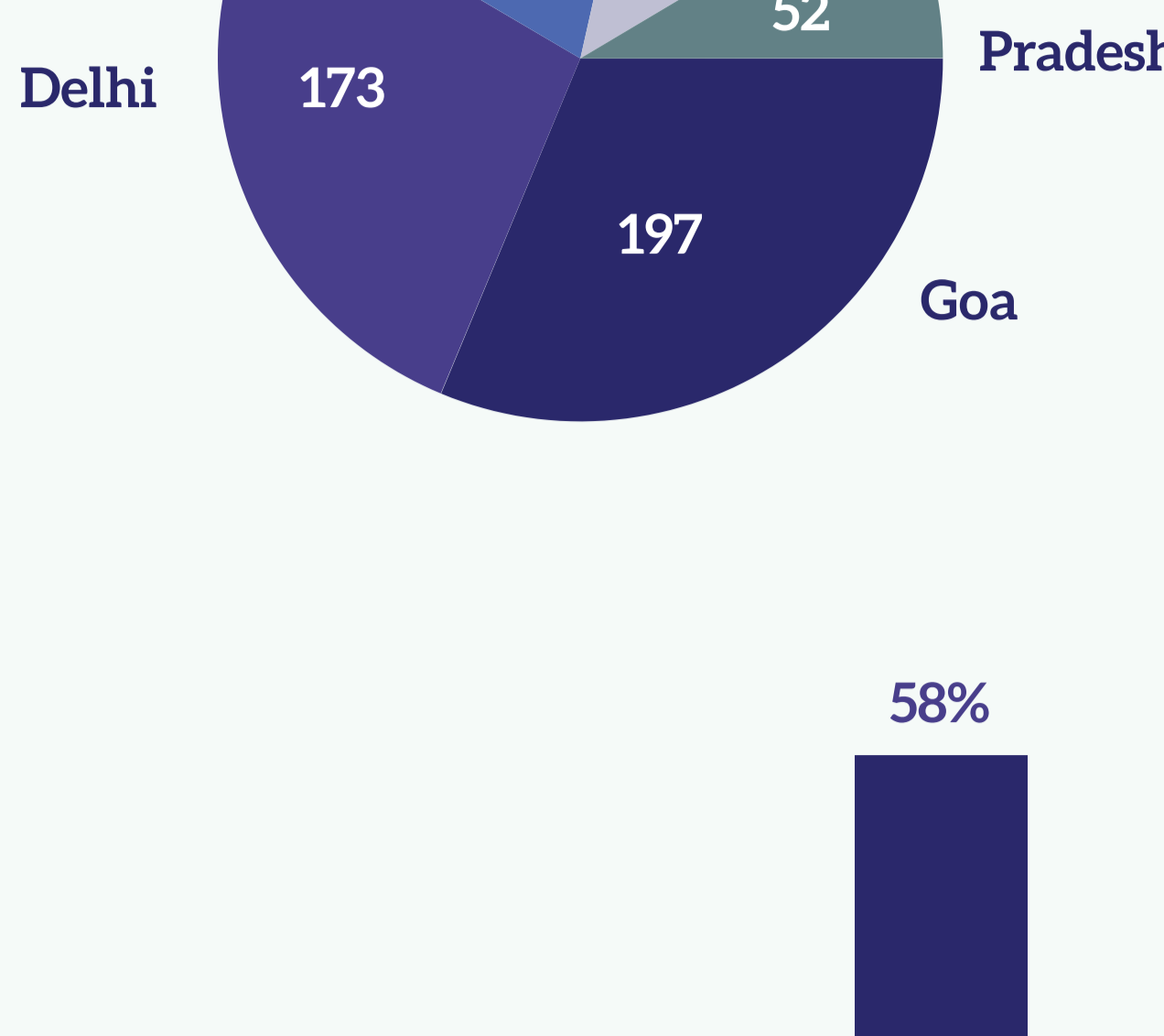


Who are our Survey Respondents?

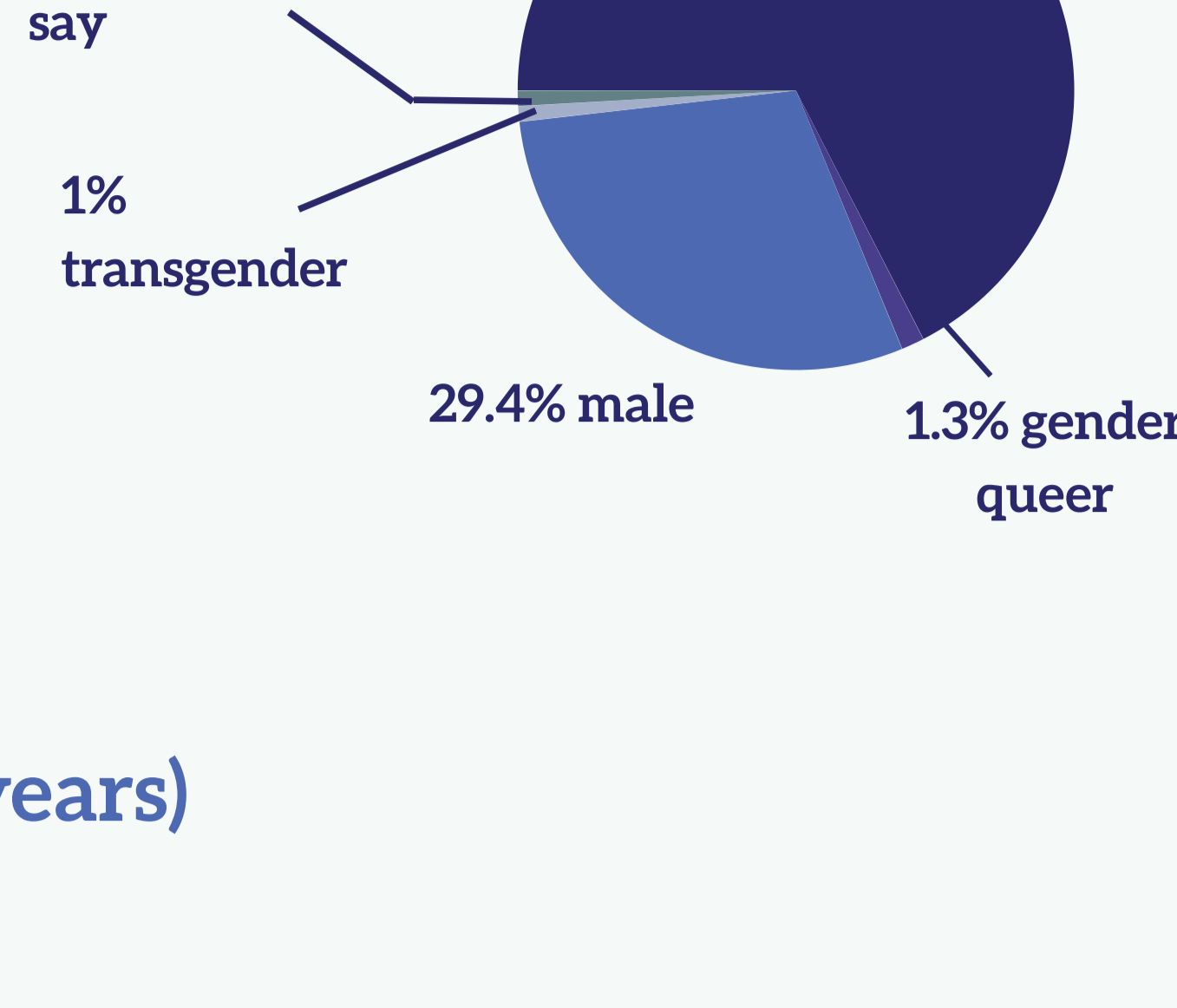
Total number of survey respondents = 906

Location

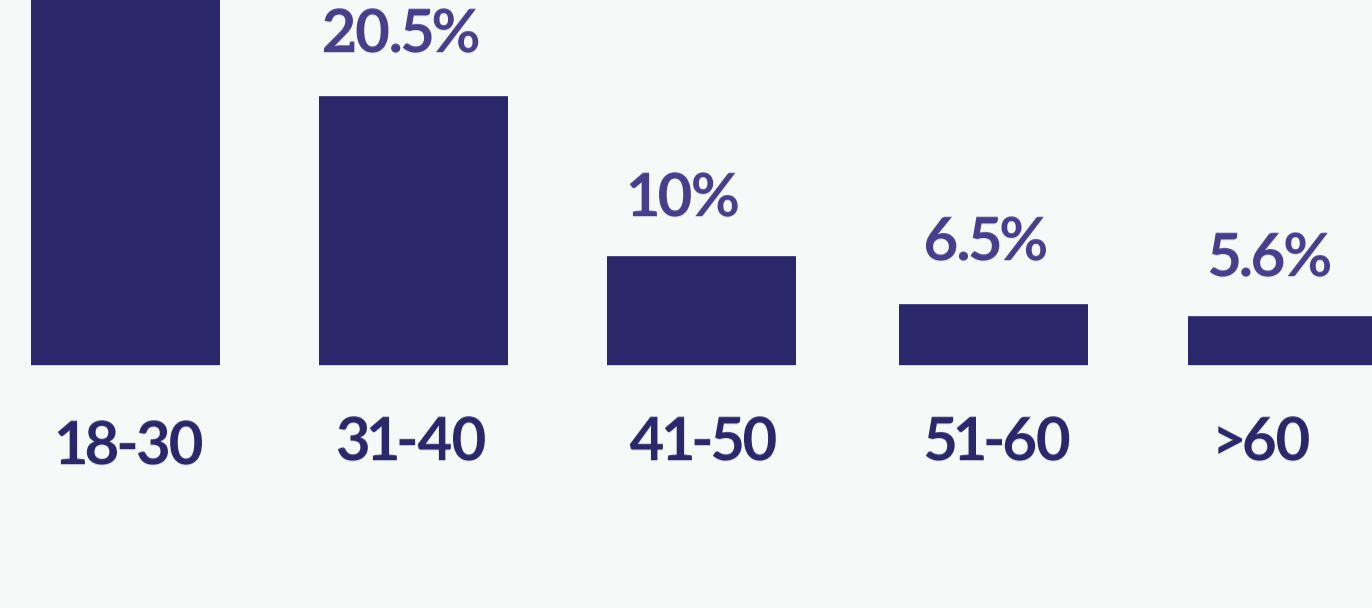
~70% of the survey respondents are from the following states:



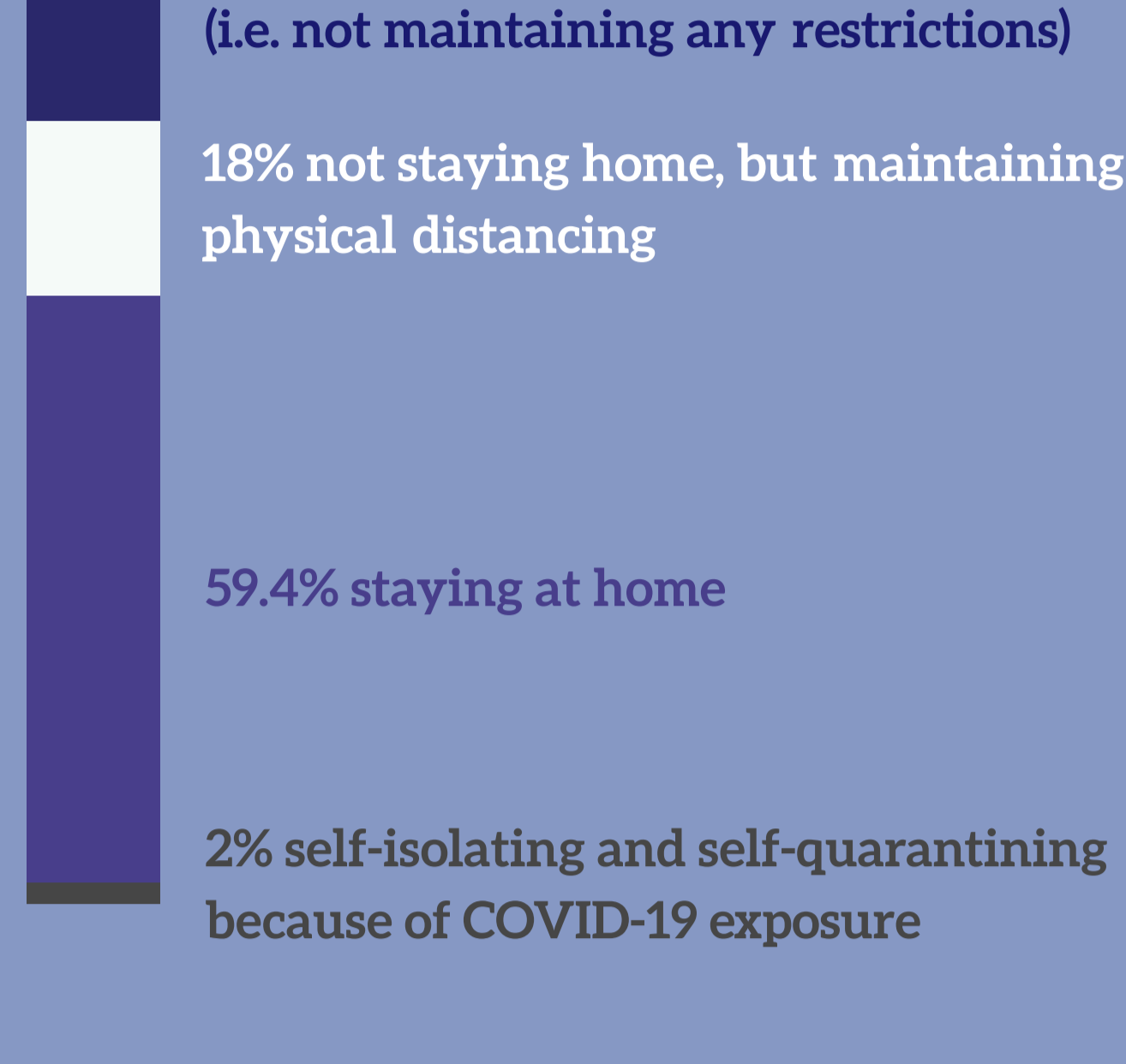
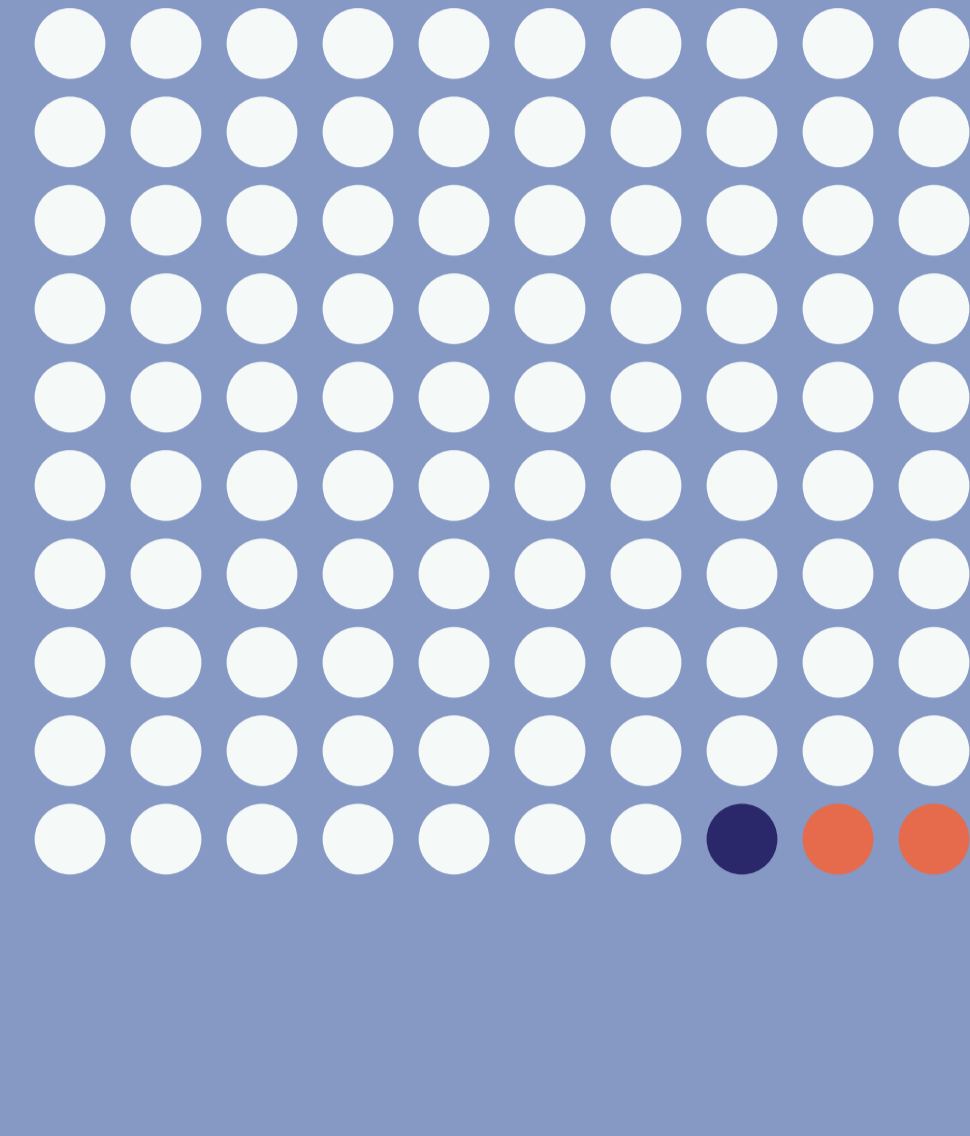
Gender



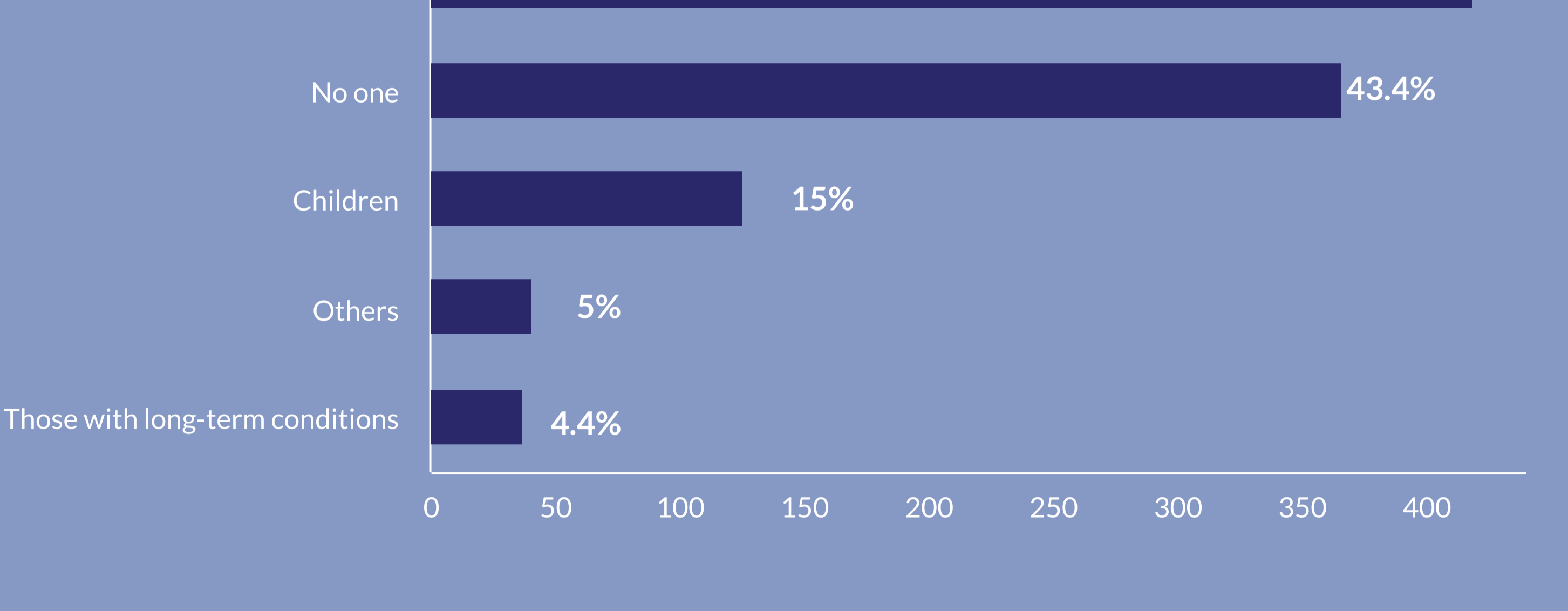
Age (years)



COVID-19 Status



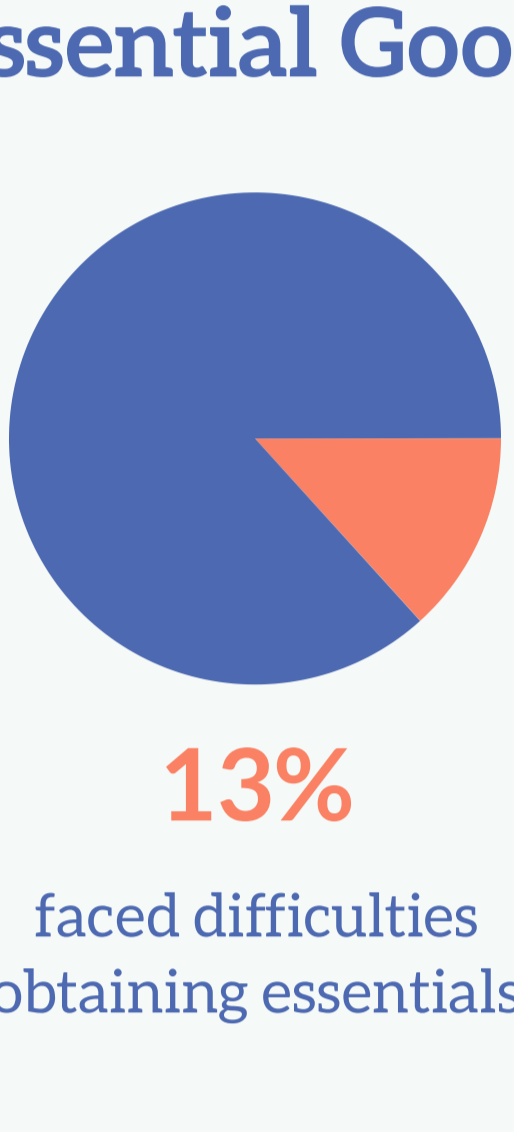
Care-giving Responsibilities *



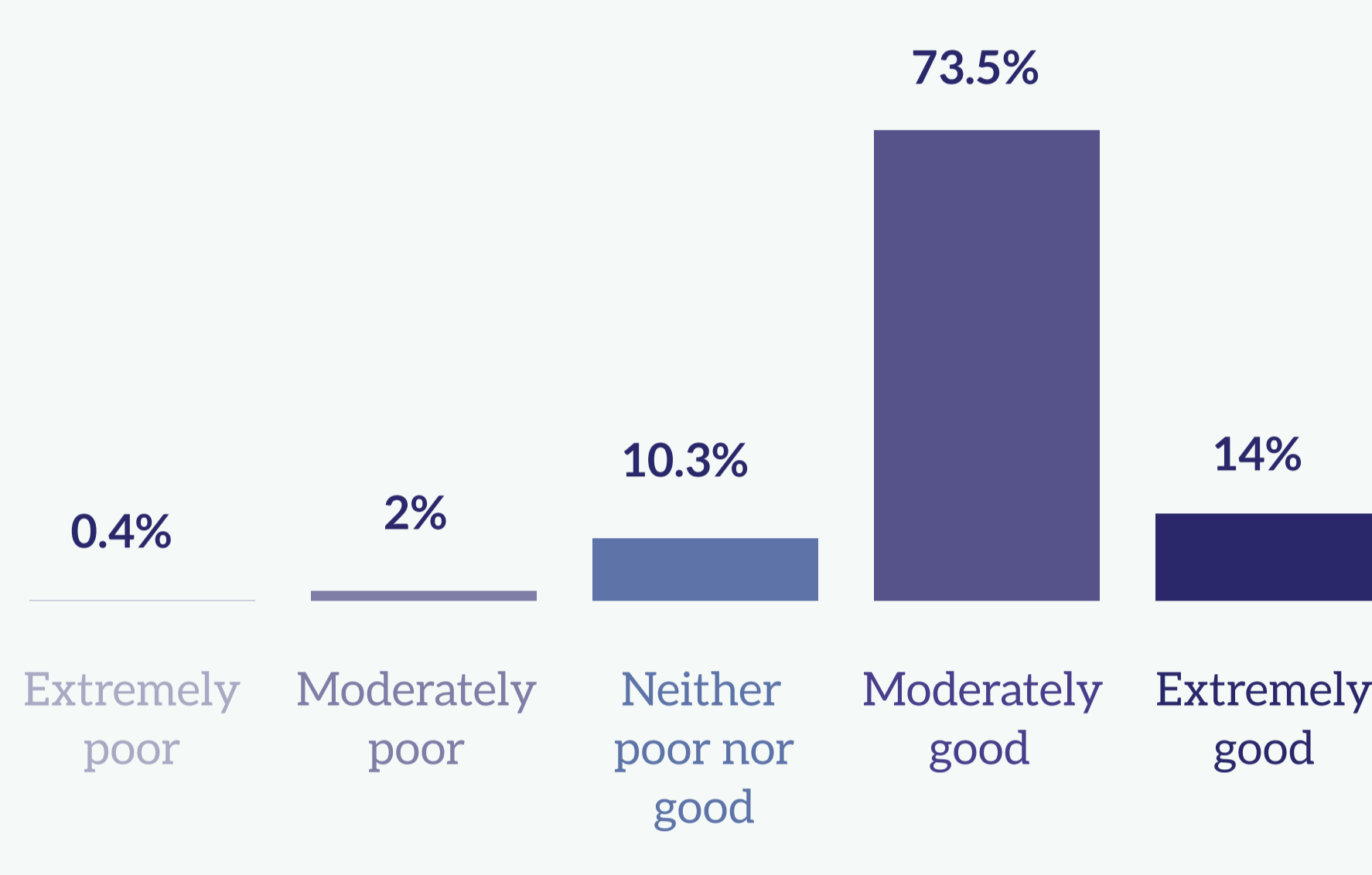
* Respondents could select more than one option, thus, percentage total is more than 100%.

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

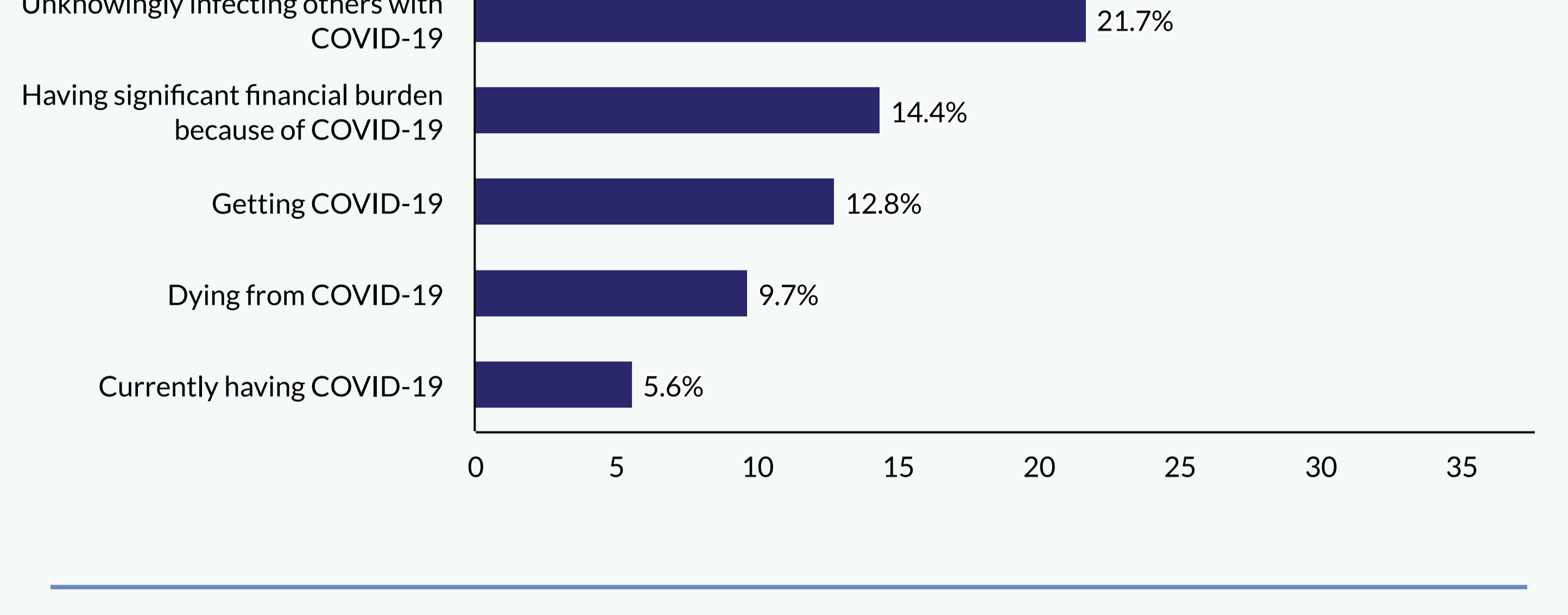
Access to Essential Goods



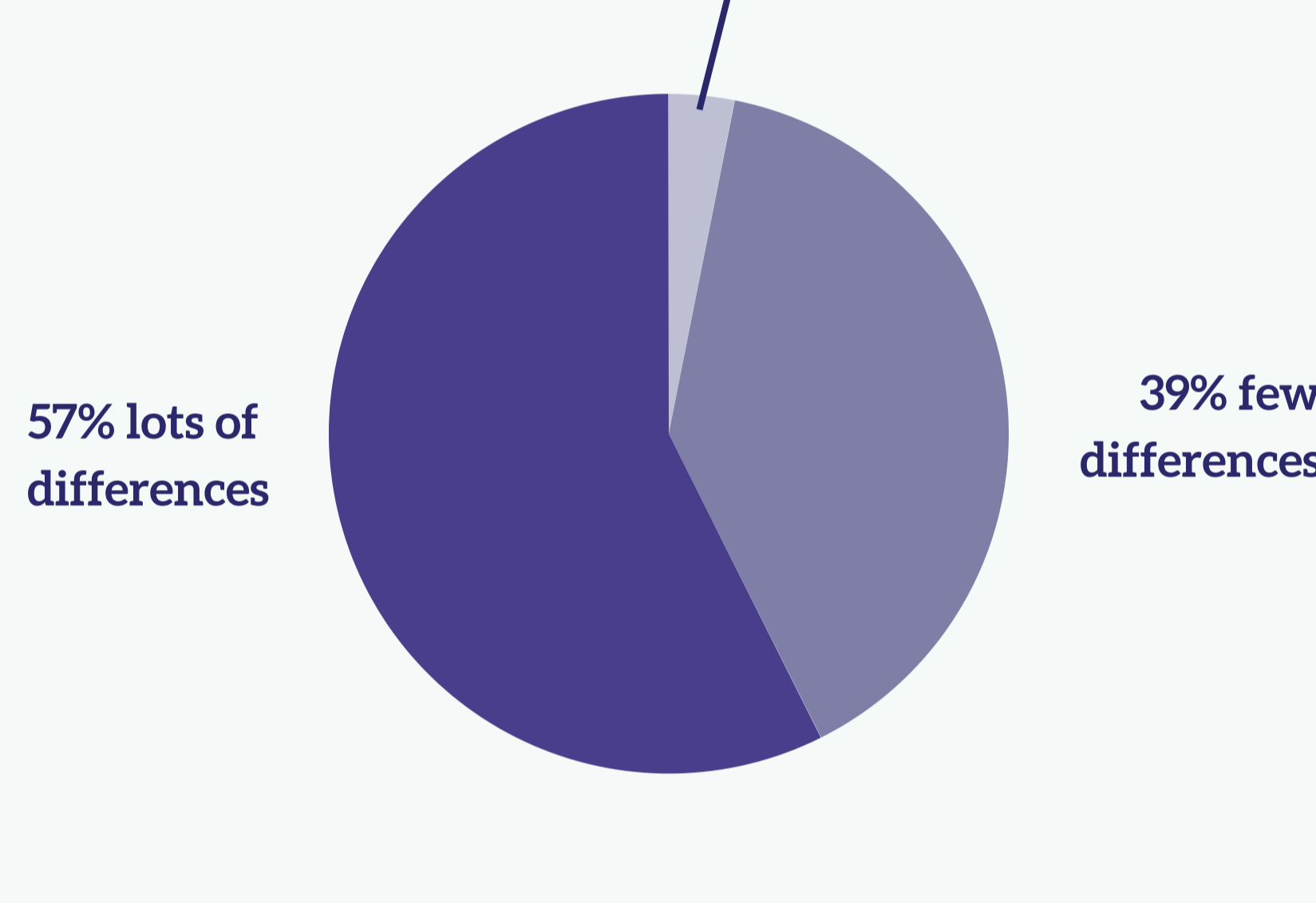
COVID-19 Knowledge



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



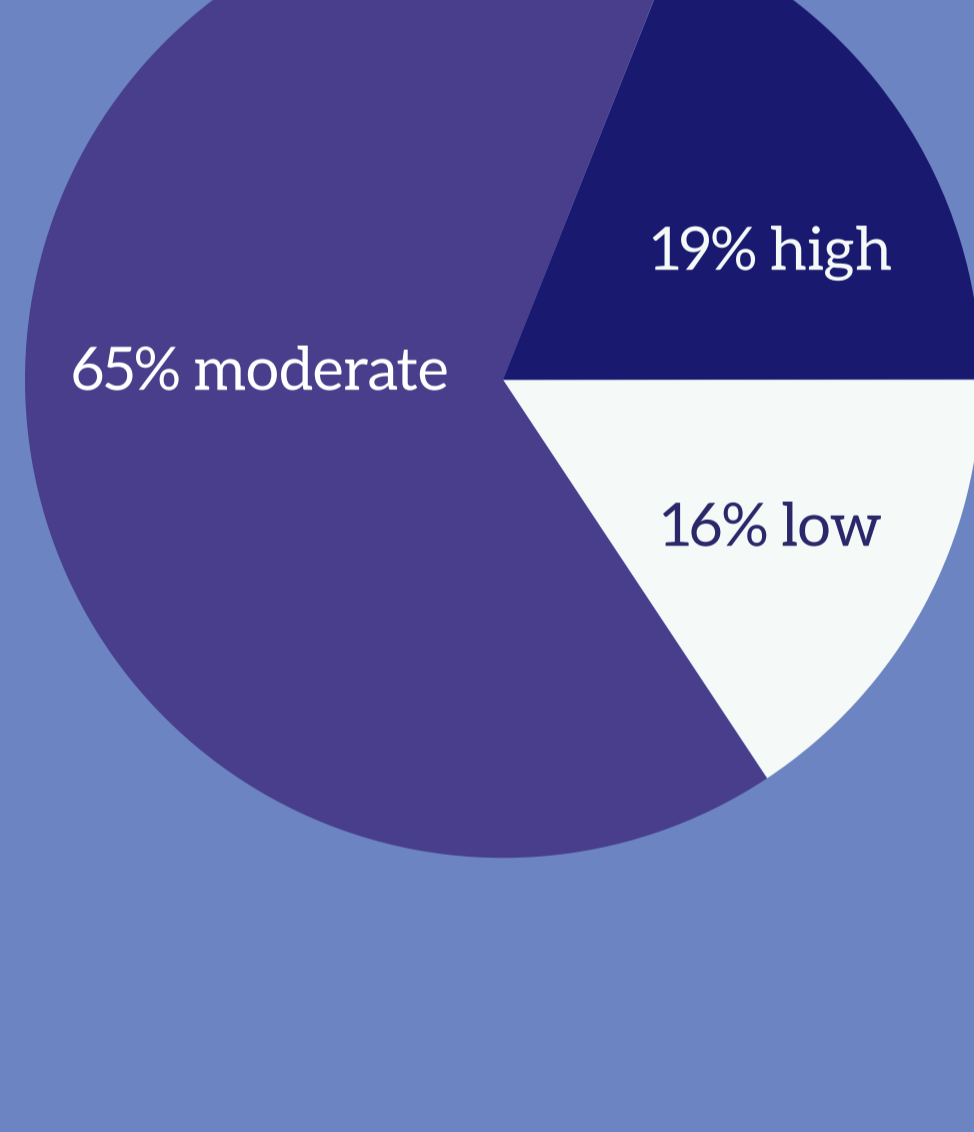
Differences in life since COVID-19



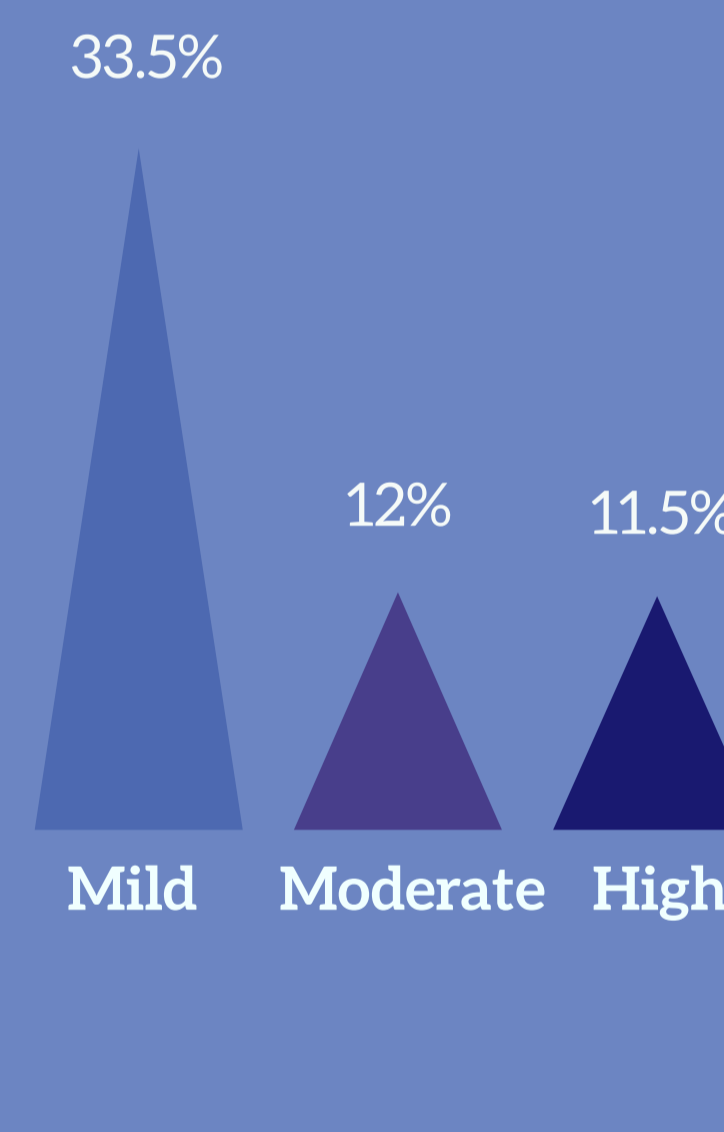
* Percentage of responses under "A great deal" for the question "To what degree are you worried about the following?"

What were the Mental Health Impacts?

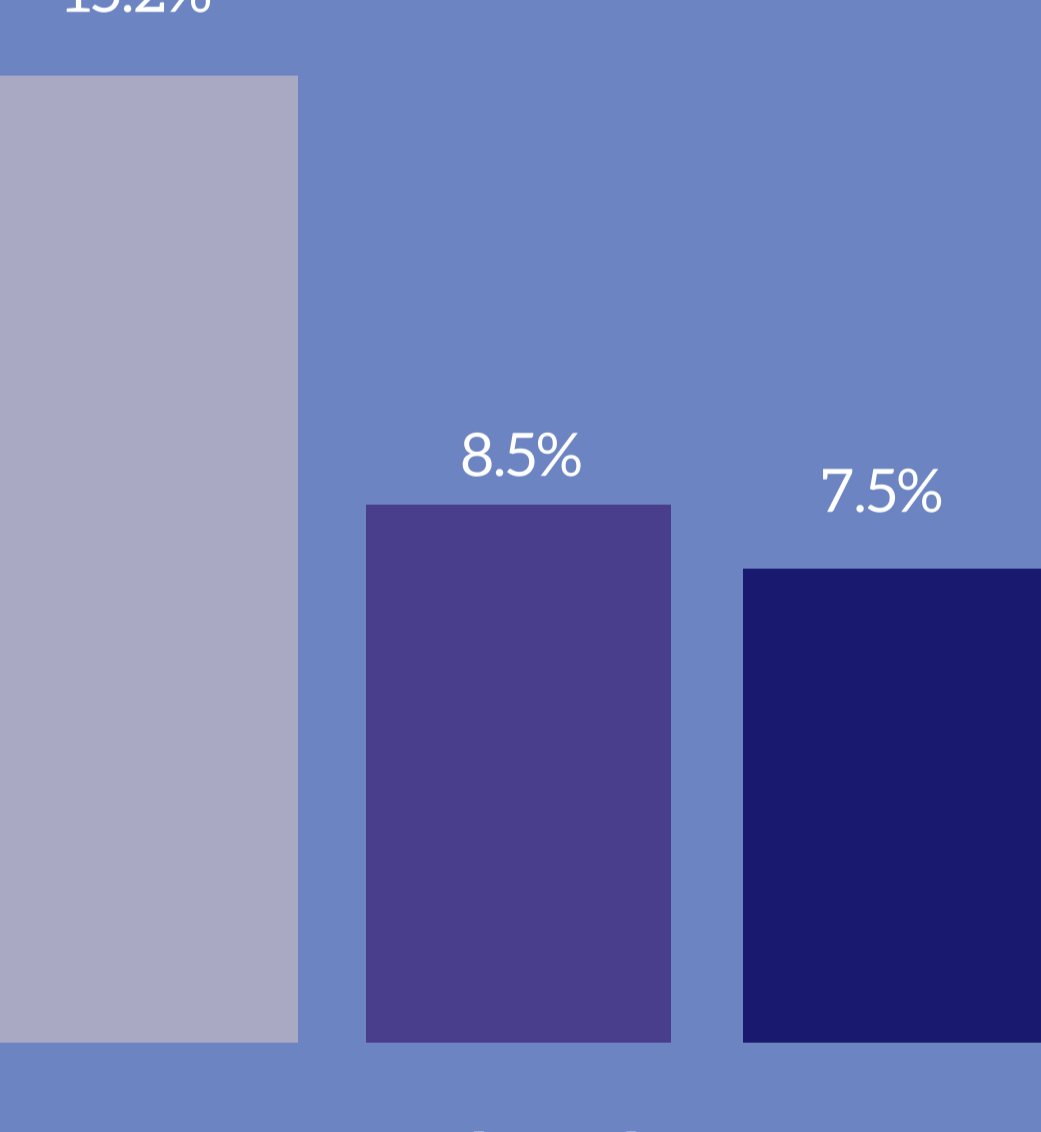
Stress



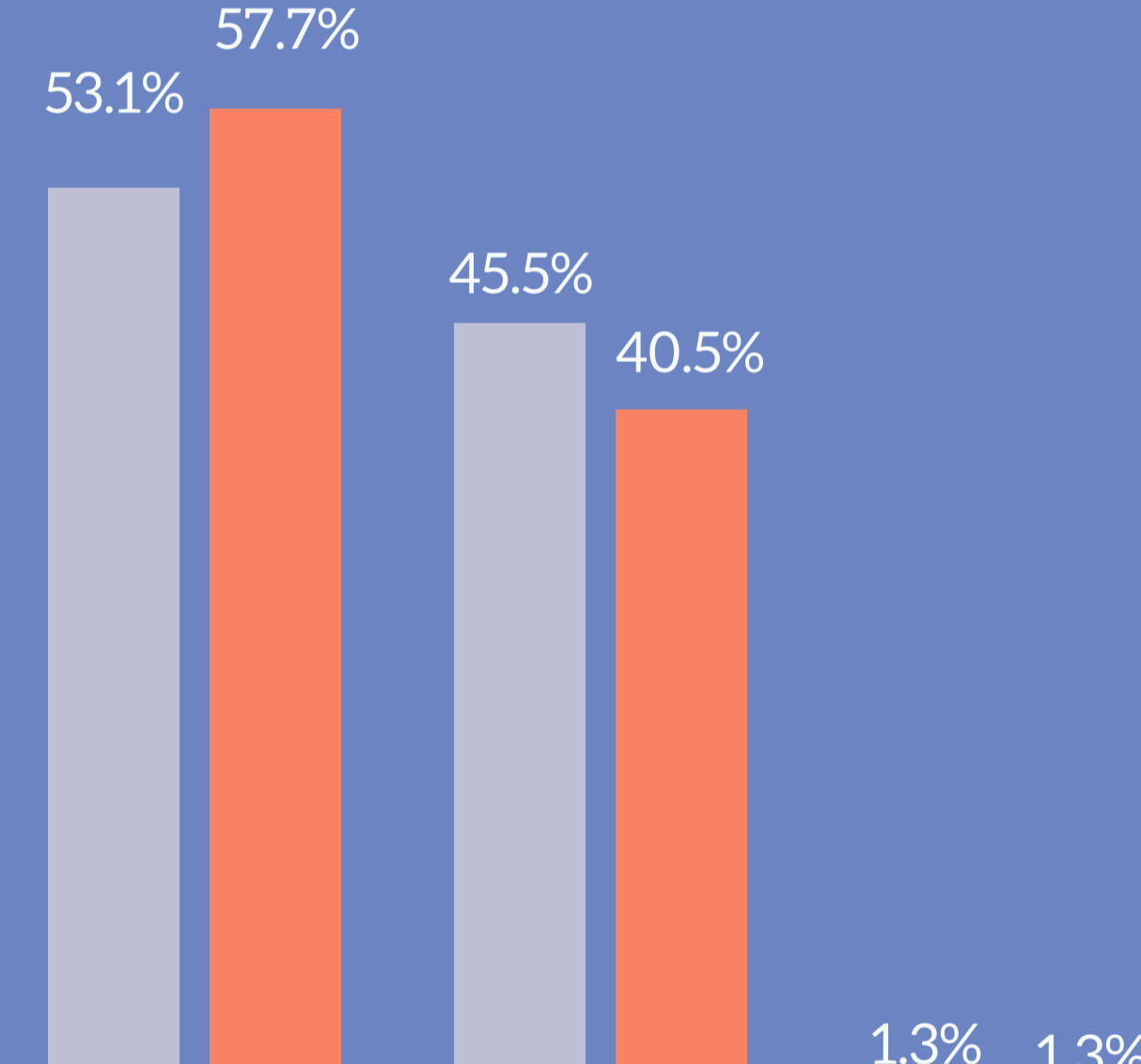
Anxiety



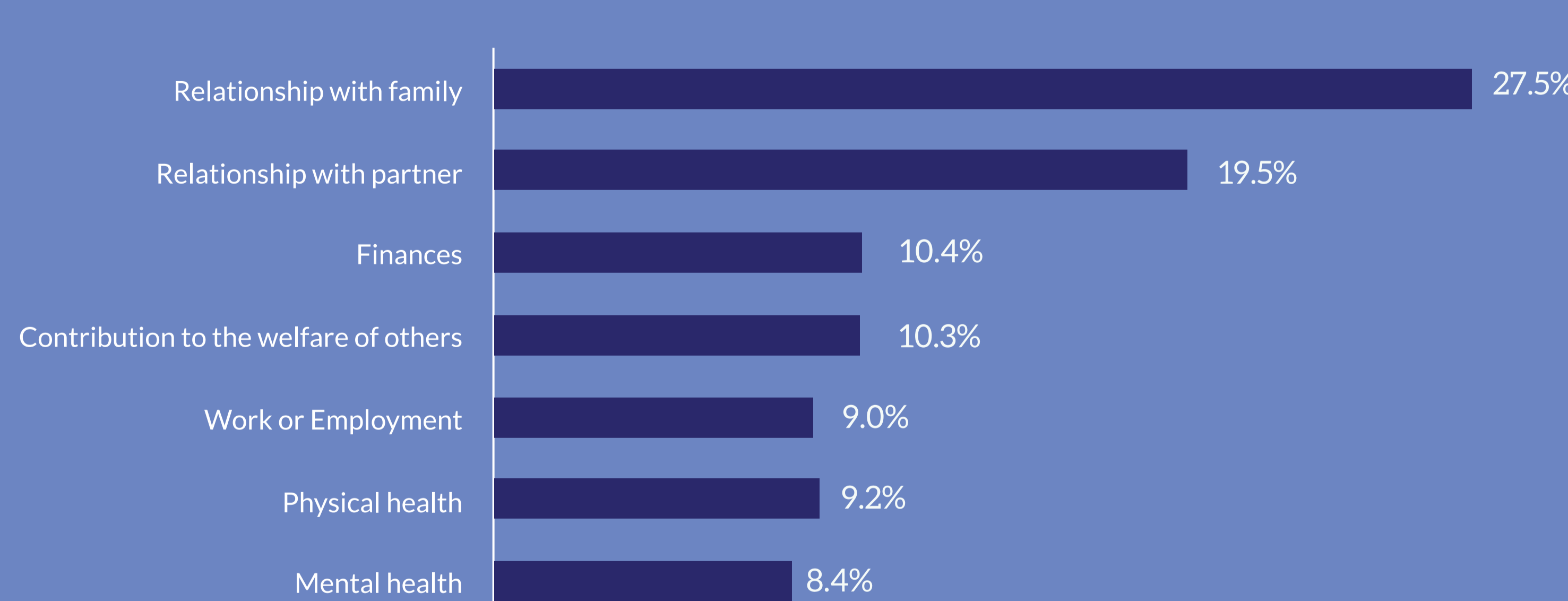
Depression



Use of Substances Tobacco * & Alcohol **



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



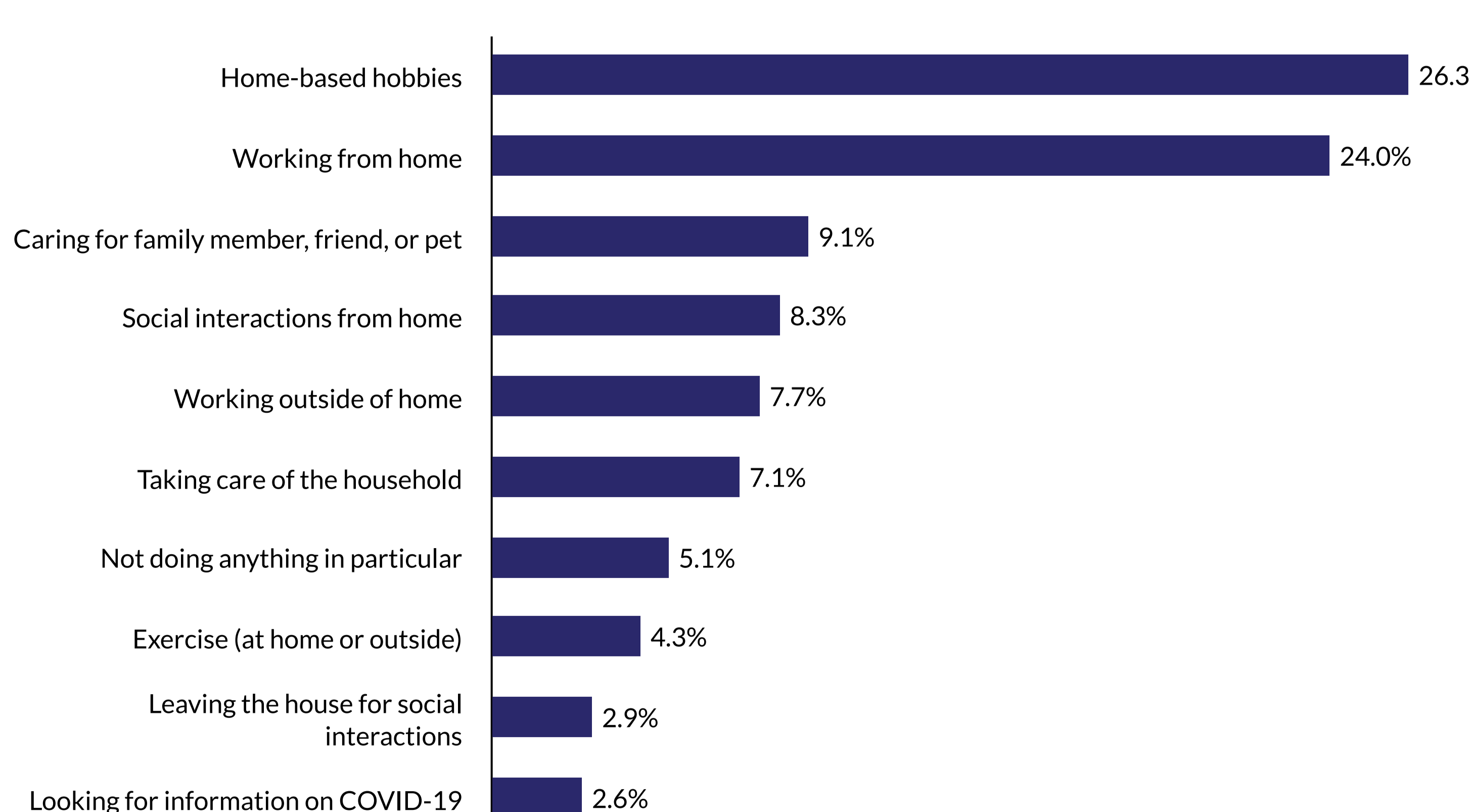
* Number of people who use tobacco = 224

** Number of people who use alcohol = 386

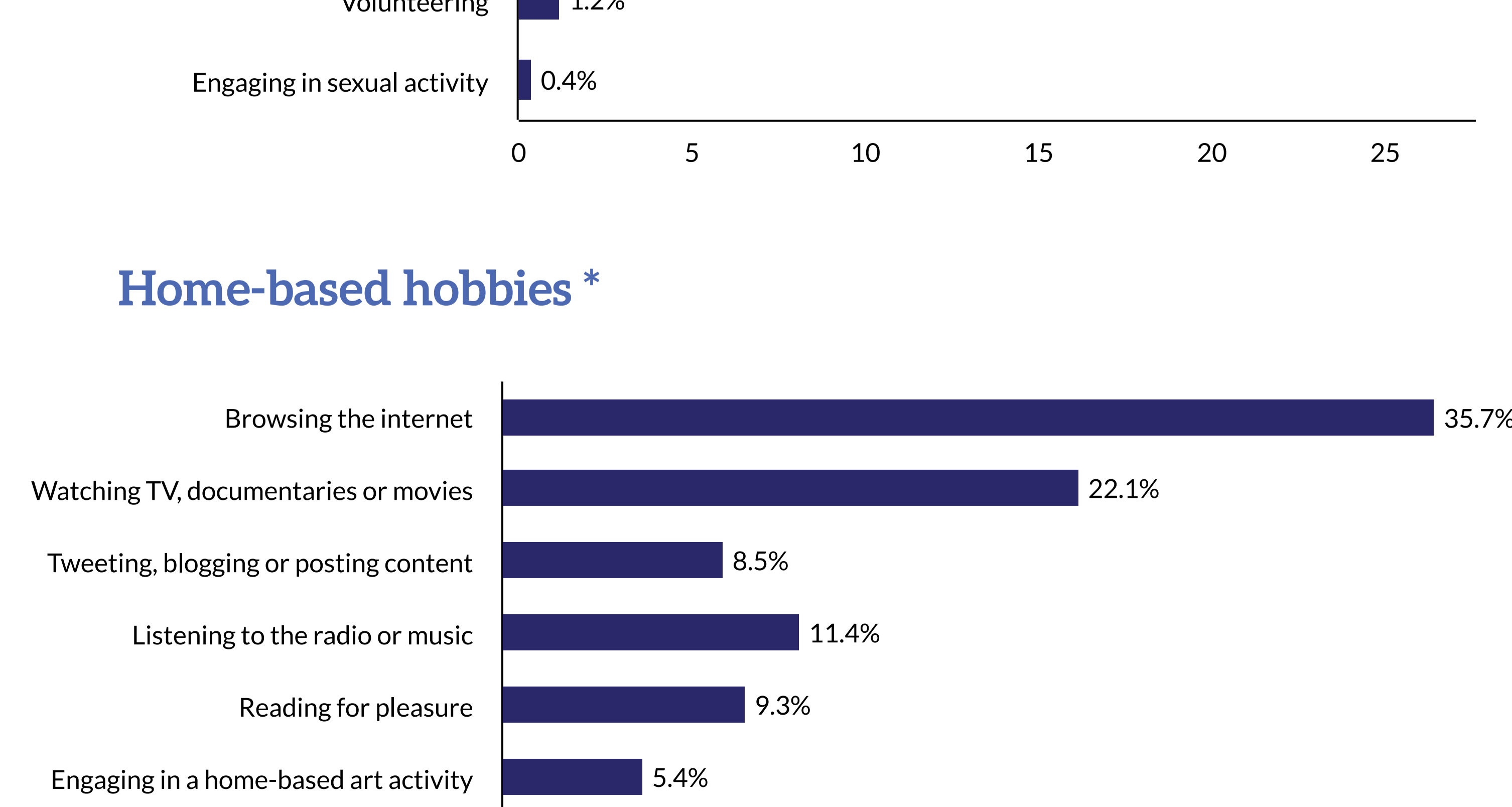
*** Percentage of responses under "Entirely" for the question "How much have you felt in control of these aspects of your life?"

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 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.