



PRESS RELEASE

More suffering from under exercising, anxiety than other health concerns due to COVID-19: Poll

Under exercising, anxiety, overeating top the list with women more likely to say they are impacted

Paris, France May 25, 2020 — More people across 16 major countries say they are suffering from not exercising enough and anxiety out of 11 possible ailments as a result of the coronavirus pandemic, according to the latest Ipsos survey.

In a global poll of more than 16,000 people conducted from May 7 to 10, about one third of the respondents in 10 countries say they are under exercising because of COVID-19 with this sentiment highest in Japan (38%), South Korea (37%), Italy (33%), China (31%), Mexico and Russia (30%).

The second most cited health concern on the list is anxiety with at least about a quarter of people in 11 countries saying they are suffering from this because of the pandemic. Respondents in Brazil (41%), Mexico (35%), Russia and South Africa (32%) and Canada (29%) are more likely to say this.

HOW IS COVID-19 IMPACTING PEOPLE?

	AU	BR	CA	CN	DE	ES	FR	IN	IT	JP	MX	RU	KR	UK	US	ZA
Insomnia	12%	26%	17%	16%	14%	25%	18%	14%	22%	6%	38%	17%	10%	16%	15%	25%
Anxiety	23%	41%	30%	23%	7%	26%	19%	20%	25%	6%	35%	32%	15%	28%	28%	31%
Depression	17%	11%	17%	4%	8%	10%	5%	19%	12%	5%	15%	18%	13%	16%	19%	20%
Migraines	7%	14%	7%	6%	5%	10%	7%	11%	11%	6%	14%	8%	8%	7%	9%	10%
Over eating	19%	39%	29%	14%	10%	23%	9%	19%	19%	9%	30%	23%	14%	25%	19%	29%
Under eating	4%	8%	4%	8%	1%	6%	2%	14%	4%	1%	9%	4%	5%	4%	7%	7%
Increased smoking	7%	10%	7%	7%	9%	13%	6%	10%	11%	5%	12%	14%	9%	7%	9%	8%
Over exercising	2%	4%	3%	5%	2%	10%	3%	14%	11%	2%	5%	2%	3%	3%	5%	4%
Under exercising	20%	35%	29%	31%	25%	29%	17%	18%	34%	39%	30%	30%	38%	25%	19%	29%
Increasing alcohol use	10%	9%	13%	8%	8%	9%	6%	10%	6%	9%	5%	9%	9%	13%	10%	3%
Decreasing alcohol use	5%	6%	4%	9%	3%	5%	3%	11%	5%	1%	13%	4%	4%	4%	4%	17%
None of these	43%	22%	36%	37%	53%	29%	52%	37%	27%	44%	22%	28%	37%	38%	41%	30%
Prefer not to answer	6%	5%	4%	6%	4%	5%	4%	11%	3%	6%	6%	7%	4%	4%	5%	3%

Q: Are you suffering from any of the following as a result of COVID-19?

16,038 adults polled in 16 countries from May 7-10, 2020



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Stewart Shankman, Chief of Psychology at Northwestern University’s Feinberg School of Medicine in Chicago, said the pandemic is fraught with uncertainty – about how long it will last, who will catch it, etc., and uncertainty is one of the biggest precipitants of anxiety.

“We also know that physical activity has important cardiovascular and health benefits, including supporting our body’s natural immune system,” said Prof. Shankman. “Thus, the high rate of under exercising will actually hinder our ability to fight any virus it comes in contact with.”

Added to this, overeating and insomnia were the next two highest conditions people said they are suffering from as a result of COVID-19. Respondents in Brazil (39%) were most likely to say they’re overeating, followed by South Africa and Mexico (29%), Canada (28%) and the United Kingdom (25%). Those in Mexico (38%), Brazil (26%), Spain and South Africa (25%) were most likely to say they’re suffering from insomnia.

Dr. William Schaffner, Professor of Preventive Medicine and Infectious Diseases at Vanderbilt University Medical Centre in Nashville, said if you’re home with food, and feeling sad and lonely from being isolated, there is a greater tendency to snack.

“You will reduce your physical fitness and there is a tendency to gain some weight,” said Prof. Schaffner.

HOW IS COVID-19 IMPACTING PEOPLE BY GENDER?

M – Male F – Female

	AU		BR		CA		CN		DE		ES		FR		IN		IT		JP		MX		RU		KR		UK		US		ZA	
	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F		
Insomnia	8%	15%	19%	33%	13%	20%	15%	16%	12%	15%	23%	27%	15%	21%	9%	18%	18%	26%	5%	7%	30%	46%	13%	21%	10%	9%	11%	20%	12%	17%	19%	30%
Anxiety	18%	27%	33%	49%	24%	35%	24%	21%	5%	8%	22%	29%	14%	24%	15%	24%	19%	31%	4%	8%	31%	39%	24%	40%	14%	16%	21%	34%	23%	32%	22%	40%
Depression	15%	19%	7%	14%	14%	20%	4%	3%	7%	9%	10%	9%	3%	6%	17%	21%	11%	13%	5%	5%	11%	19%	14%	21%	10%	16%	13%	19%	16%	21%	18%	21%
Migraines	5%	8%	9%	18%	5%	9%	5%	6%	4%	6%	8%	12%	5%	8%	8%	13%	7%	15%	4%	7%	9%	18%	5%	10%	5%	10%	4%	9%	8%	9%	7%	13%
Over eating	14%	23%	36%	42%	22%	35%	14%	13%	10%	10%	22%	24%	7%	11%	14%	24%	15%	23%	6%	12%	26%	33%	16%	29%	9%	18%	19%	31%	14%	23%	25%	33%
Under eating	3%	5%	8%	7%	3%	4%	9%	7%	1%	1%	5%	7%	2%	1%	11%	17%	3%	5%	1%	1%	7%	10%	3%	4%	5%	5%	4%	4%	6%	8%	6%	8%
Increased smoking	7%	7%	10%	9%	6%	7%	13%	1%	9%	8%	15%	11%	5%	6%	7%	12%	12%	9%	7%	3%	12%	12%	16%	11%	13%	5%	5%	8%	10%	8%	9%	7%
Over exercising	1%	2%	5%	3%	2%	3%	5%	4%	3%	1%	10%	10%	2%	3%	9%	18%	10%	11%	2%	2%	5%	5%	3%	1%	4%	2%	3%	3%	5%	4%	4%	4%
Under exercising	18%	21%	37%	33%	24%	33%	32%	30%	24%	25%	31%	27%	16%	17%	16%	19%	32%	35%	35%	42%	30%	30%	28%	32%	32%	44%	22%	28%	17%	21%	26%	32%
Increasing alcohol use	10%	10%	11%	7%	12%	14%	10%	5%	9%	6%	10%	7%	7%	4%	7%	13%	7%	4%	12%	5%	5%	5%	9%	8%	12%	5%	14%	11%	10%	10%	3%	2%
Decreasing alcohol use	5%	4%	9%	3%	4%	3%	12%	5%	3%	2%	7%	3%	3%	2%	10%	12%	6%	3%	1%	1%	18%	8%	5%	2%	5%	3%	3%	4%	5%	2%	19%	14%
None of these	48%	37%	23%	20%	42%	29%	30%	43%	53%	53%	29%	29%	55%	49%	42%	31%	32%	22%	45%	42%	25%	18%	31%	25%	41%	32%	44%	31%	43%	38%	33%	27%
Prefer not to answer	6%	6%	6%	3%	3%	4%	7%	5%	3%	4%	5%	4%	4%	4%	10%	11%	3%	3%	7%	5%	7%	4%	8%	6%	4%	4%	4%	3%	6%	3%	5%	1%

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Meanwhile, women are more likely than men to say they are impacted in all of the categories except for alcohol consumption and increased smoking. The percentage of younger women – those aged 34 and under – were also more likely to cite insomnia, anxiety and depression as result of the outbreak.

Overall though, more people across the 16 countries said they were not affected by any of these conditions because of the pandemic. This sentiment was in the majority in Germany (53%) and France (52%), followed by higher numbers in Japan (44%), Australia (43%) and the United States (41%).

Prof. Shankman said these results highlight people's resilience and something we've seen in response to numerous other natural disasters and traumas in the past.

Still, Prof. Schaffer advises people to move around as much as they can while keeping a social distance.

"Try to get out there and try to restore some of the normal rhythms of your life and make that associated with physical activity to keep moving," he said.



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About the Study

These are the results of an Ipsos survey conducted May 7th to 10th, 2020 on the Global Advisor online platform among 16,000 adults aged 18-74 in Canada and the United States and 16-74 in Australia, Brazil, China, France, Germany, Italy, Spain, India, Japan, Mexico, Russia, South Africa, South Korea and the United Kingdom. Where available, tracking results from previous studies conducted through March and April, as well as selected results from February, are referenced by date.

The sample for this study consists of approximately 1,000 individuals in each country. The samples in Australia, Canada, France, Germany, Italy, Spain, Japan, South Korea, the U.K. and the U.S. can be taken as representative of these countries' general adult population over age 16 or 18 (as above) and under the age of 75. The sample in Brazil, China, India, Mexico, Russia, and South Africa is more urban, more educated and/or more affluent than the general population and should be viewed as reflecting the views of the more "connected" segment of the population. The data is weighted so that each market's sample composition best reflects the demographic profile of the adult population according to the most recent census data.

Where results do not sum up to 100 or the 'difference' appears to be +/-1 more/less than the actual, this may be due to rounding, multiple responses or the exclusion of don't knows or not stated responses. The precision of Ipsos online polls is calculated using a credibility interval with a poll of 1,000 accurate to +/- 3.5 percentage points. For more information on the Ipsos use of credibility intervals, please visit the Ipsos website (www.ipsos.com).

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About Ipsos

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