

















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



HOW IS COVID-19 IMPACTING PEOPLE BY GENDER?

M – Male F – Female

																																
	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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