

# COVID-19 POLL

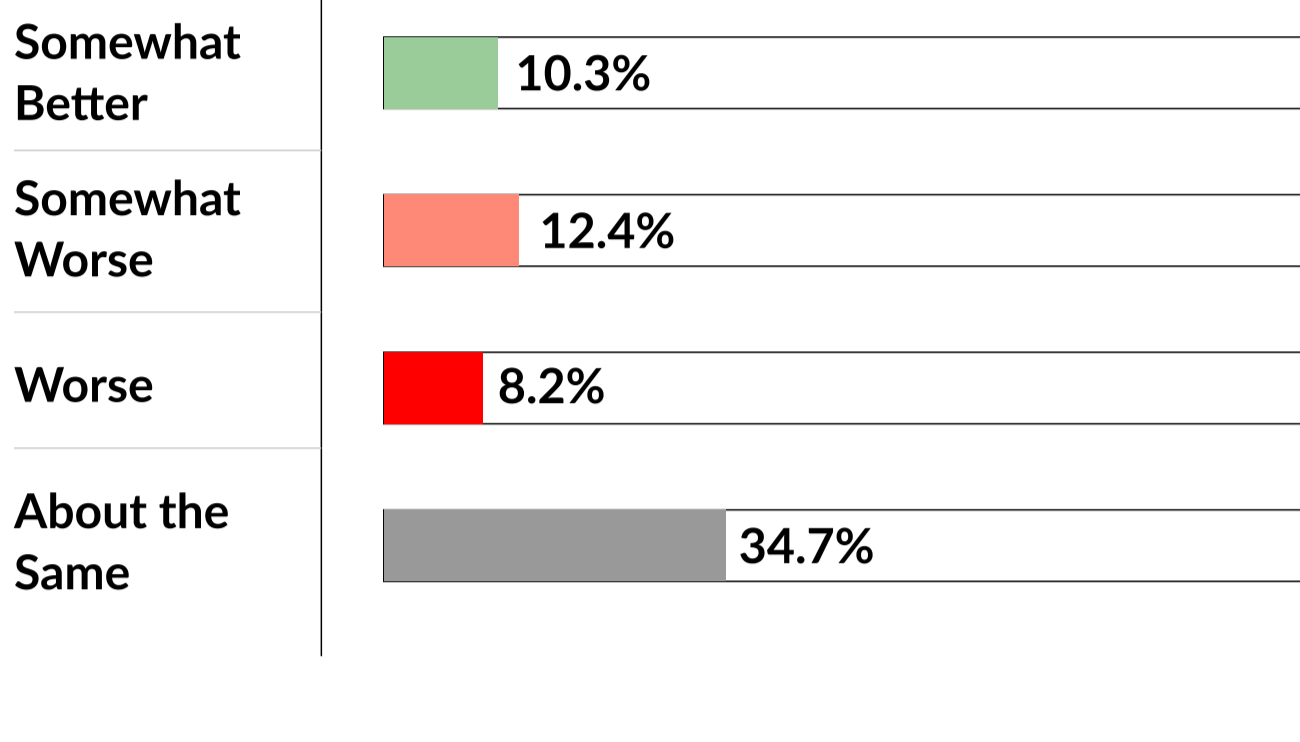
## How has the mental health of Indians changed during the Coronavirus lockdown?

Team CVoter conducted a series of surveys in June 2020 to capture the effect of the Coronavirus pandemic and the lockdown on Indians across the country. In this series of infographics, Team Polstrat will break down the changes in overall levels of mental health of Indians across the country including the main reasons for increased stress and anxiety amongst people in the past 3 months such as loneliness, fear of uncertainty, loss of income, fear of domestic violence as well as steps people are taking to cope.

Overall, roughly 20.6% of Indians reported a decline in their mental health, since the Coronavirus pandemic. At the same time, around 34.7% of respondents also reported having no change in their mental health now as compared to before the Coronavirus pandemic.



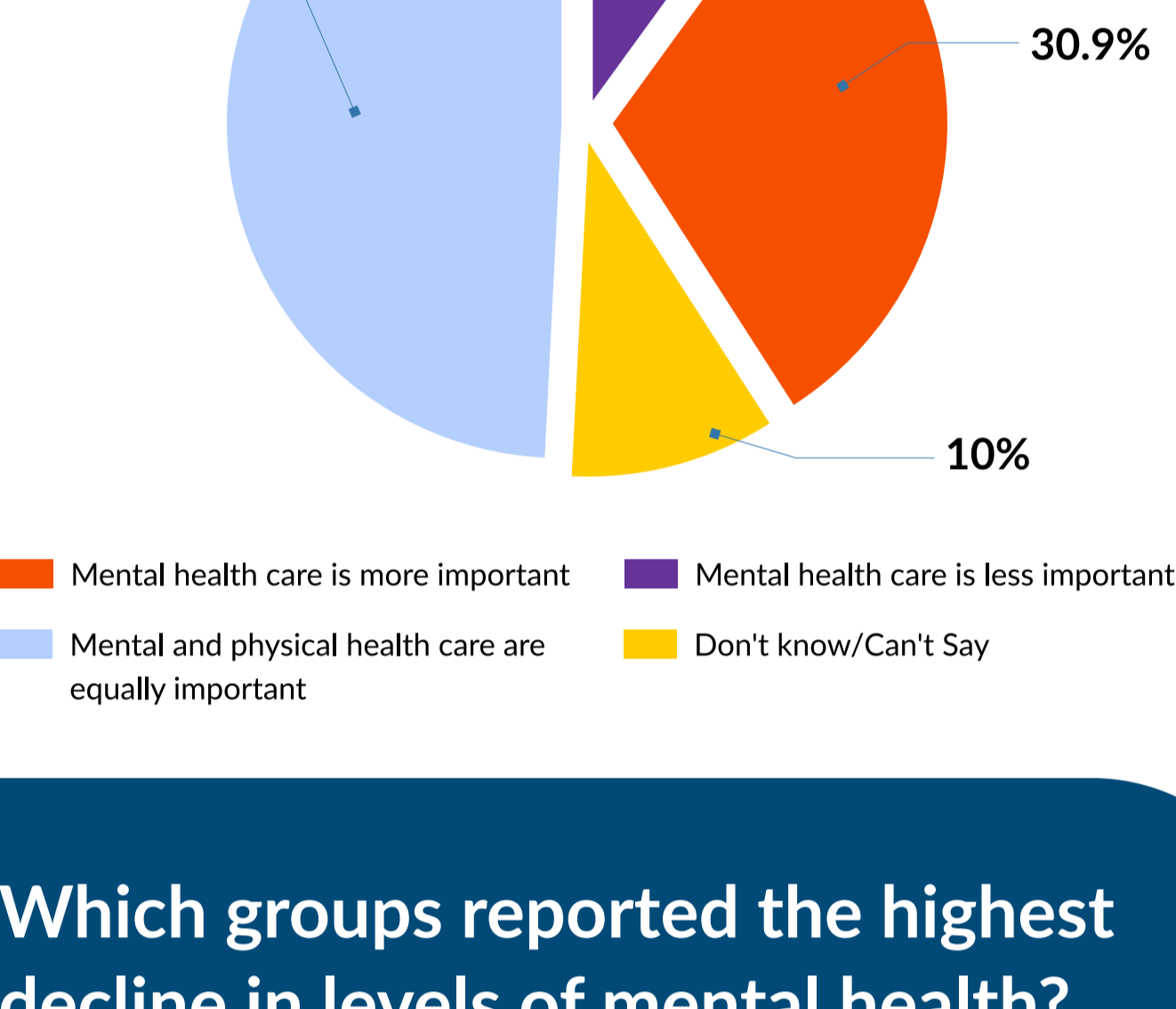
Is your mental health today better, somewhat better, somewhat worse, worse or about the same as before the COVID-19 pandemic?



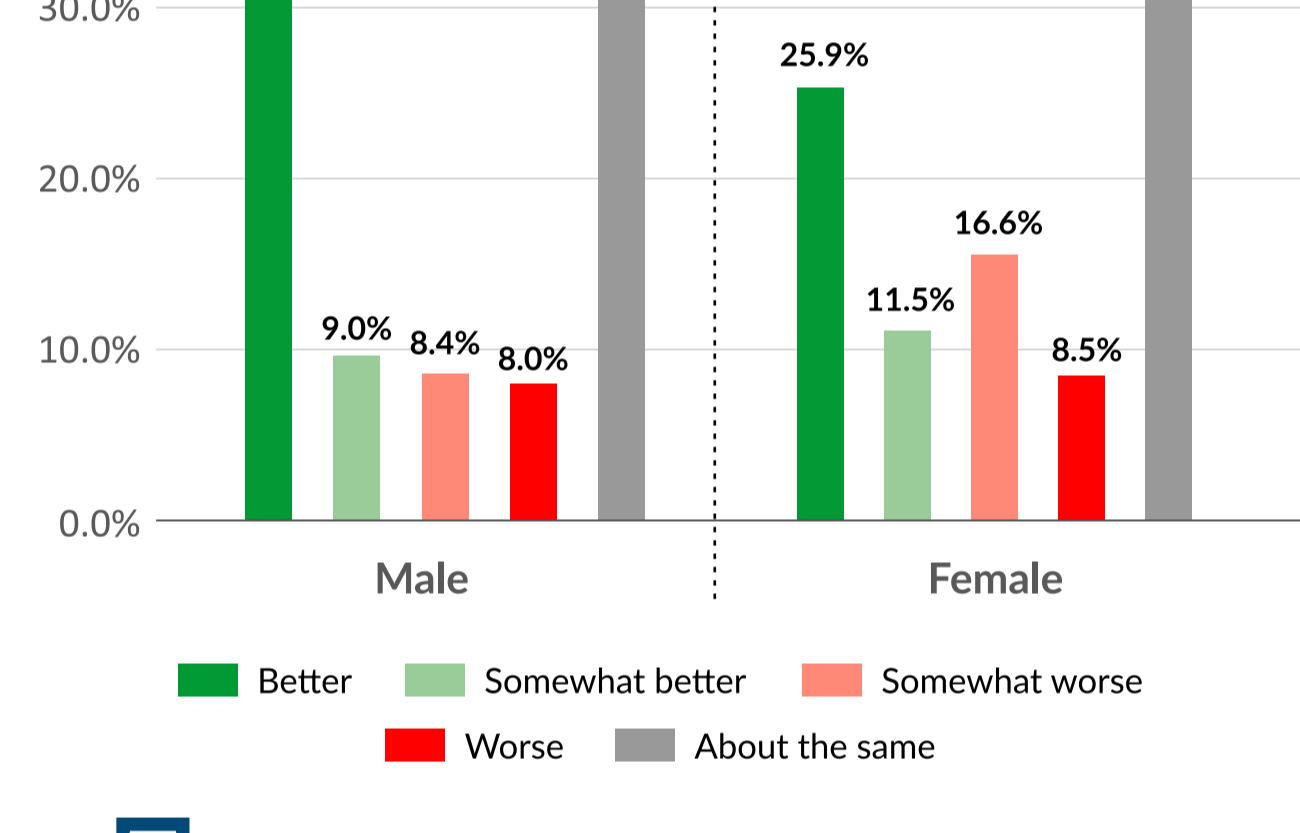
## Do Indians think physical health is more important than mental health?



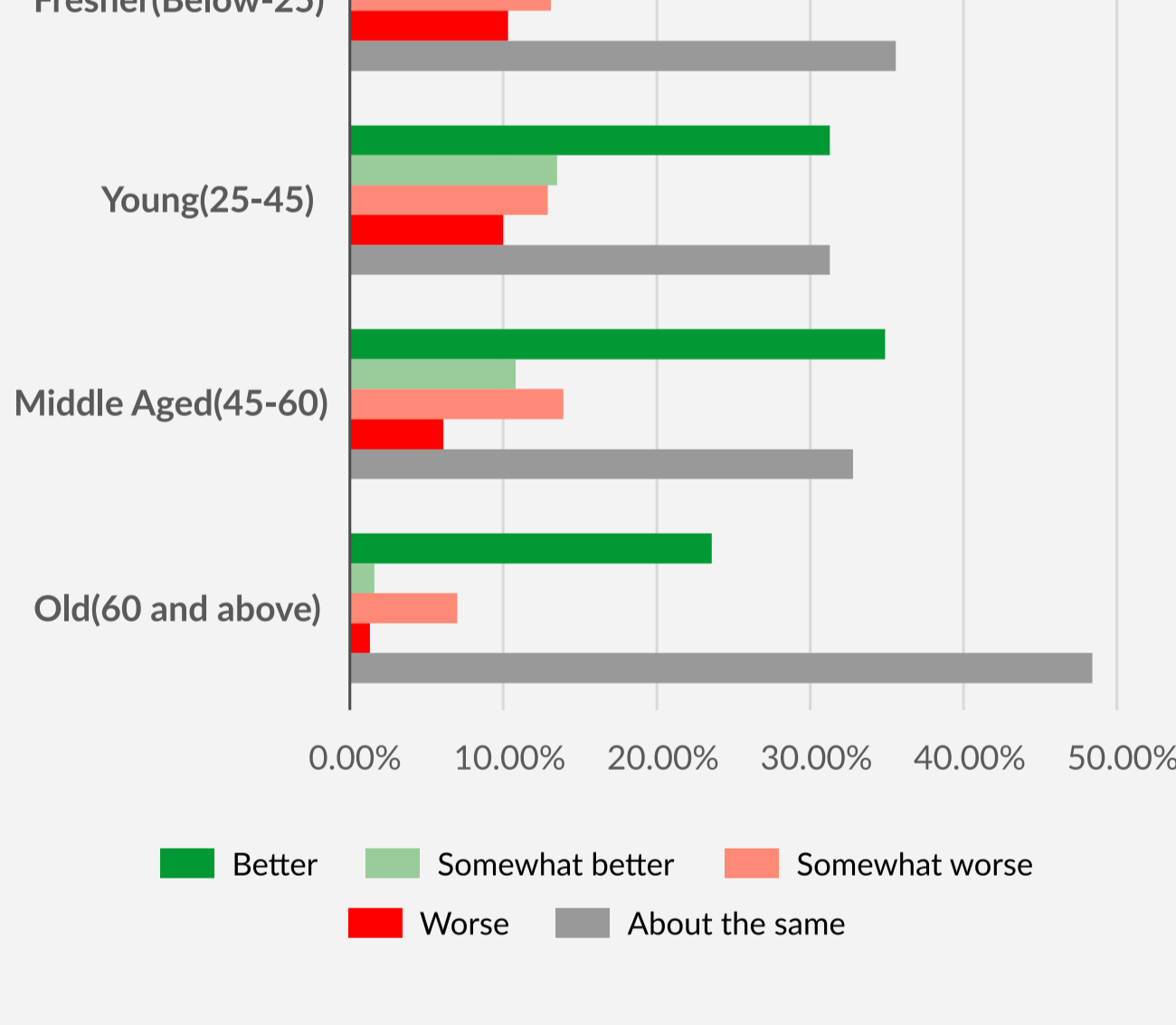
According to you, how important is mental health in comparison to physical health: is mental health more important than physical health; is mental health less important than physical health or is it equally as important as physical health?



Which groups reported the highest decline in levels of mental health?



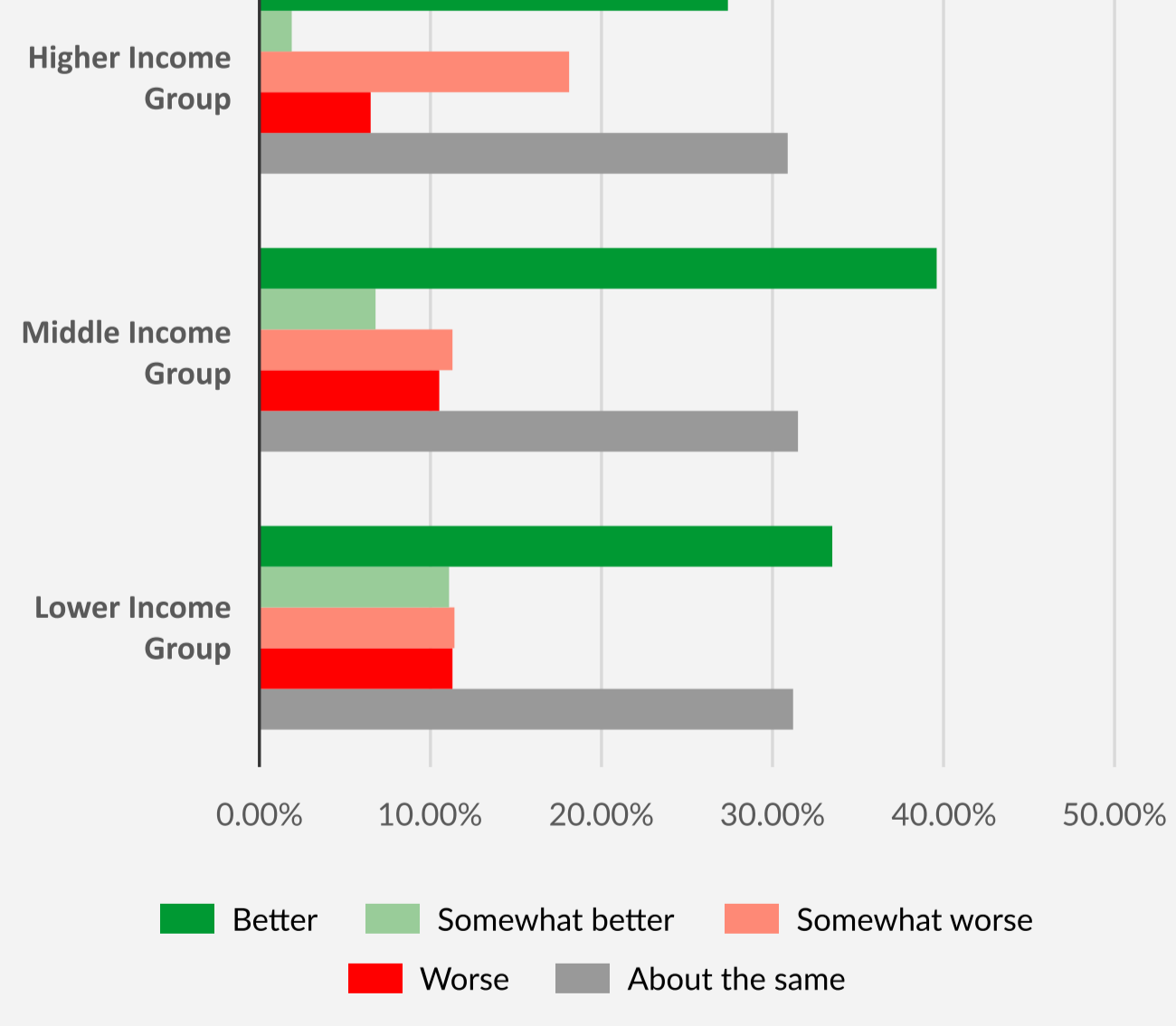
Around 25.1% of females reported a decline in their mental health while only 16.4% of males reported the same.



Levels of decline in mental health also varied by age groups. Those in the youngest age group (below 25) reported the highest decline in their mental health (23.4%) while those in the oldest age group (60 and above) reported the lowest decline (8.3%).



At the same time, the percentage of respondents in younger and middle age groups who reported an improvement in their mental health was much higher than those in the older age group. Majority of respondents in the older age group (48.4%) reported a somewhat same level of mental health now and before the Coronavirus crisis.



When comparing mental health across income groups, we observe that 42.5% of respondents in the lower-income group reported better or somewhat better mental health now than before the Coronavirus pandemic. However, this is lower in the higher income group, whereby, only 37.4% of respondents reported an improvement.



22.5% of respondents in the lower-income group reported a decline in their mental health, followed by 20% in the higher income group. Those in the middle-income group reported the lowest decline in their mental health (18.1%).



All survey findings and projections are based on the Team CVoter Corona Tracker Mental Health survey waves 1-3 carried out in June 2020 among 18+ adults statewide, including every major demographic.

The data is weighted to the known demographic profile of every state, including age group, social group, income, region, gender and education levels. (Sample Size: 4640)