

# COVID-19 POLL

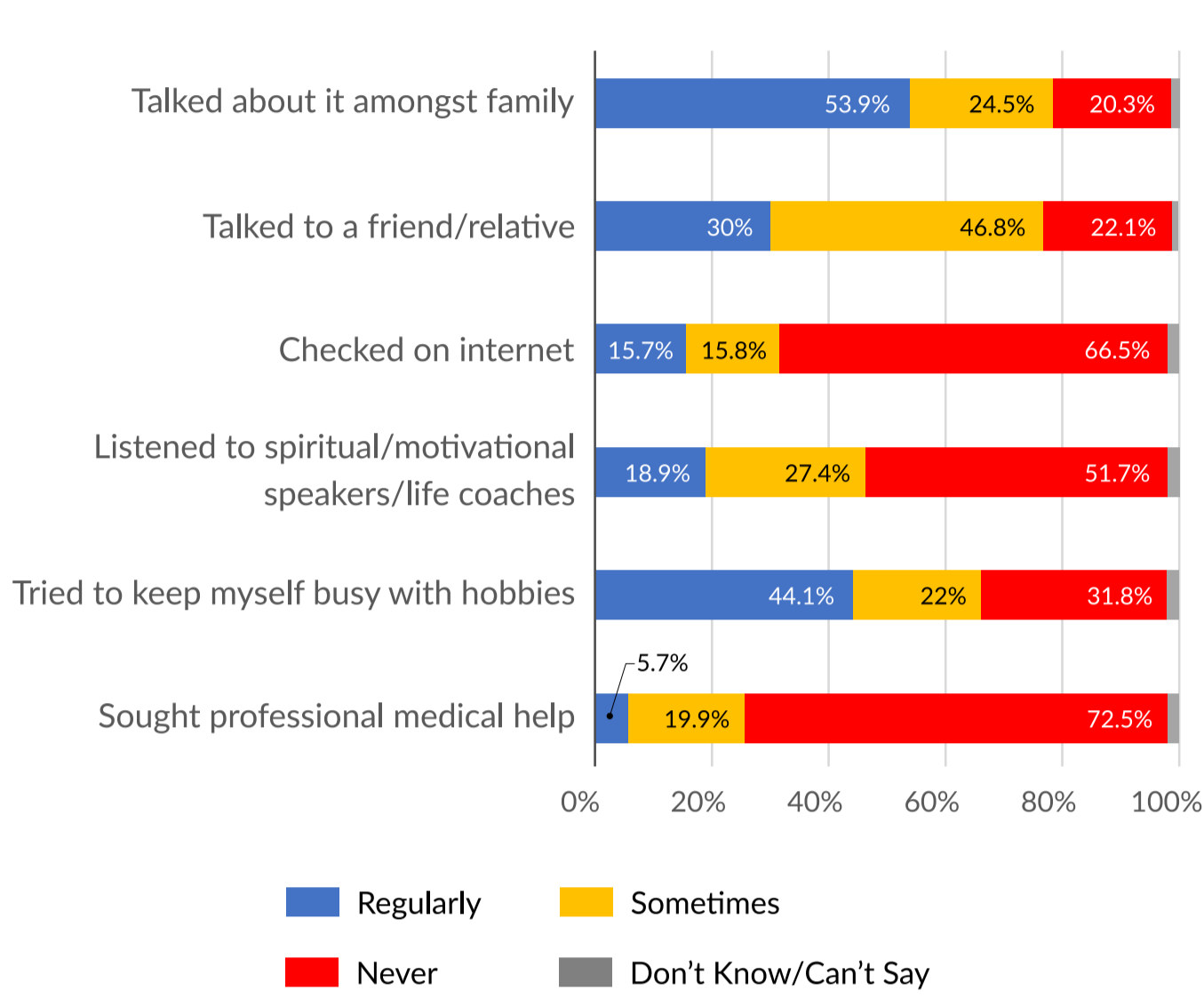
## What steps are Indians taking to improve their mental health during the Coronavirus pandemic?

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 today's infographic Team Polstrat breaks down the steps Indians are taking to deal with the effects of the Coronavirus pandemic and the subsequent lockdown on their mental health.

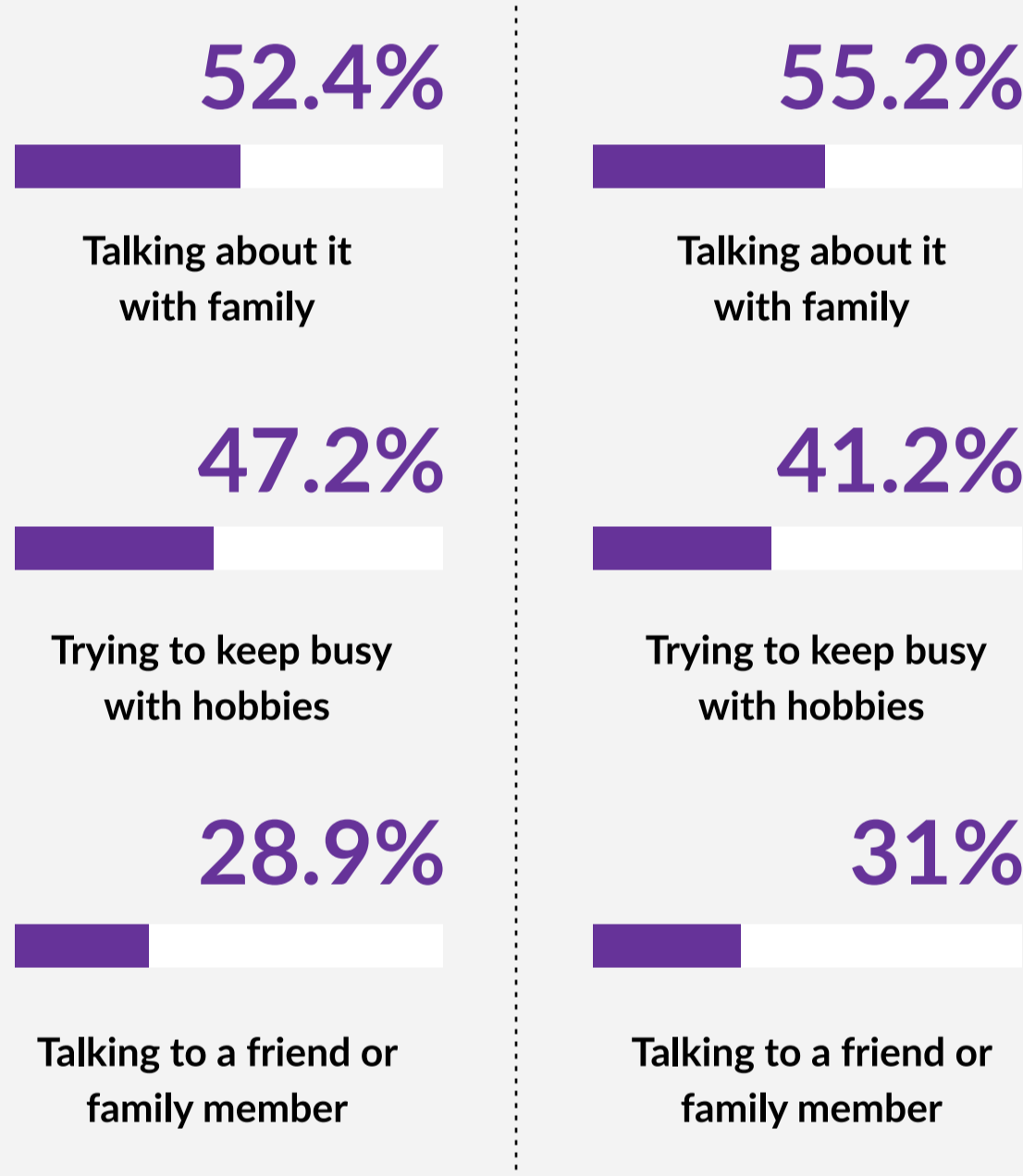


### In the last 3 months, how often have you done the following to improve your/your family's mental



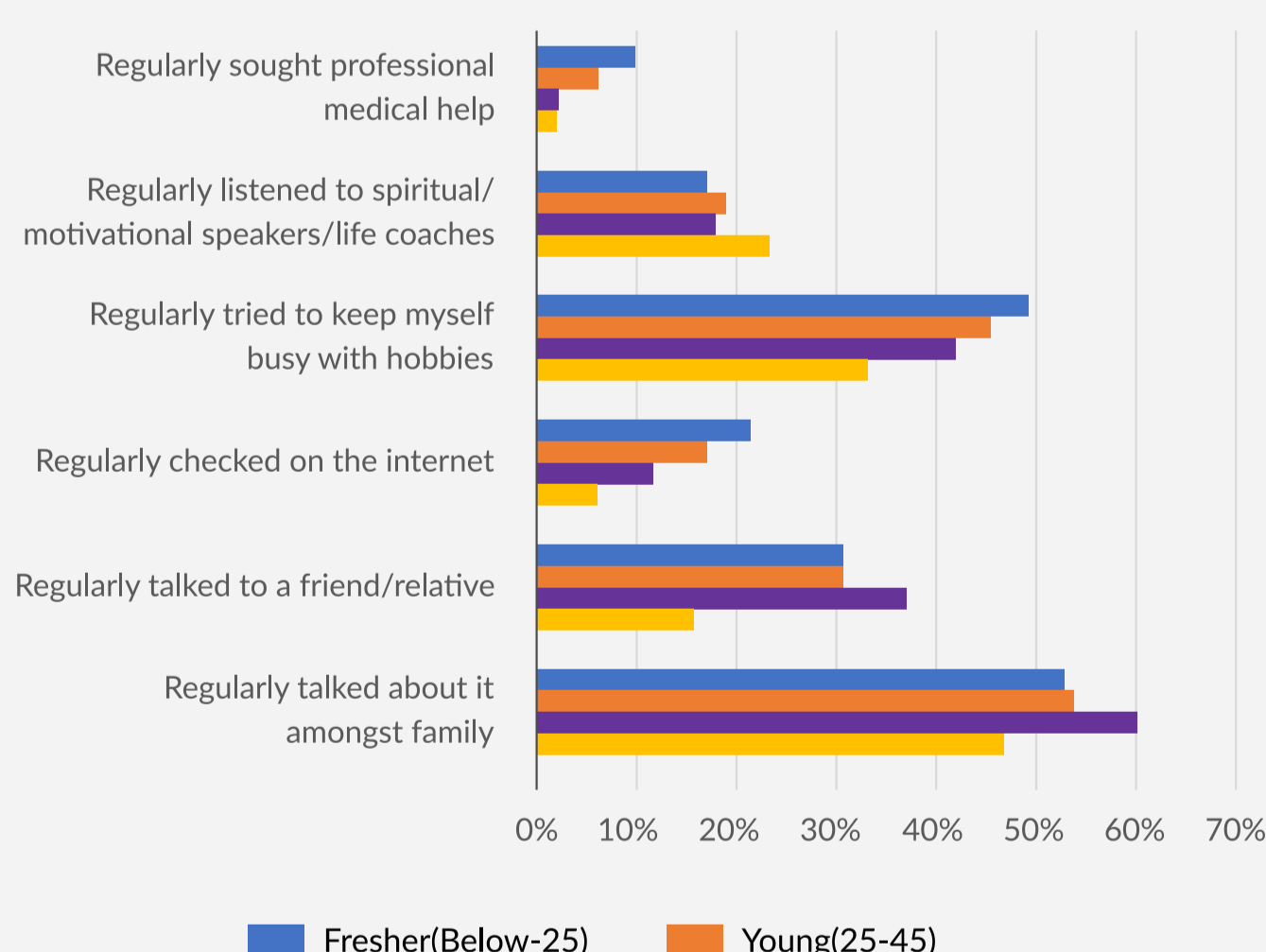
Overall, the most common method cited by respondents to improve their mental health is talking about it with family (53.9%), followed by keeping themselves busy with hobbies (44.1%) while the least common is seeking medical help (5.7%).

### Females vs. Males: What have they been doing to improve their mental health?



For both males and female the least common is seeking medical help.

### Are those in older age groups less likely to take steps towards improving their mental health?



Percentage of people in the older age groups (60 and above) undertaking various methods regularly to improve their mental health over the past 3 months is much lower than those in other age groups.



However, those in the older age group are more likely to listen to spiritual/motivational speakers/life coaches regularly (23.3%) regularly when compared to those in other age groups.



For all the other age groups, talking about it amongst family members is the most commonly cited method, followed by keeping busy with hobbies.



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)