



Gilani Research Foundation is a not for profit public service project to provide social science research to students, academia, policy makers and concerned citizens in Pakistan and across the globe.

Gilani Research Foundation is headed by Dr. Ijaz Shafi Gilani who pioneered the field of opinion polling in Pakistan and established Gallup Pakistan in 1980. Currently Dr. Gilani, who holds a PhD from the Massachusetts Institute of Technology (MIT) and has taught at leading universities in Pakistan and abroad, is Chairman of Gallup Pakistan.

48 % Believe Distress Causes Headaches: GILANI POLL / GALLUP PAKISTAN

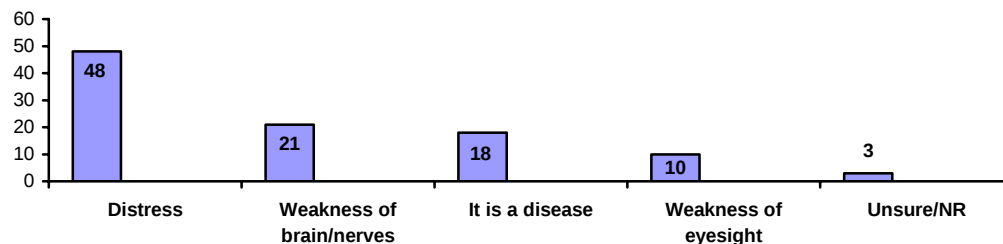
Islamabad, October 7, 2009

According to a Gilani Research Foundation survey carried out by Gallup Pakistan, majority of all Pakistanis (48%) believe that personal lives tribulations make people suffer from headaches. Others believe headaches could be caused by the weakness of brain or nerves (21%), 18% think it is a disease, and 10% feel that weak eyesight can cause a headache. 3% of the respondents gave no response.

A nationally representative sample of men and women from across the country were read out a few possible factors leading to constant headaches, and were asked “*In your view, due to which of the following reasons do people suffer from headaches?*” Forty eight percent (48%) claimed it is because of the stress people take about their personal lives problems, 21% believe it is the ‘Weakness of the brain or nerves’ which causes headaches, 18% believe ‘It is a disease’, where as 10% of the respondents think the major reason causing headaches is the ‘Weakness of eyesight’. The remaining 3% were unsure or gave no response.

The findings of the survey, reveal that an almost equal proportion of respondents across all demographics believe stress is the main source of headaches.

In your view, due to which of the following reasons do people suffer from headaches?”



Source: Gilani Poll conducted by Gallup Pakistan,
the Pakistani affiliate of Gallup International Association (www.gallup-international.com; www.gallup.com.pk)

The study was released by Gilani foundation and carried out by Gallup Pakistan, the Pakistani affiliate of Gallup International. The latest survey was carried out among a sample of 2610 men and women in rural and urban areas of all four provinces of the country, during September 2009. Error margin is estimated to be approximately ± 2 -3 per cent at 95% confidence level.

Gallup Pakistan proposes that its poll results be attributed as Gilani Poll conducted by Gallup Pakistan, the Pakistani affiliate of Gallup International. This is to distinguish our polls from polls on Pakistan sometimes released by other organizations not part of Gallup International Association (www.gallup-international.com) and referred to by the same title. Also please see necessary Disclaimer on our website (www.gallup.com.pk). Gallup Pakistan takes responsibility for only its own polls on Pakistan.

For more survey data on social and other issues see website www.gallup.com.pk

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