



**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.*

## **Views on the Effects of Different Mood Swings on Eating Habits; Majority Claim (82 %) Their Eating Patterns Change: GILANI POLL / GALLUP PAKISTAN**

Islamabad, February 16, 2010

According to a Gilani Research Foundation survey carried out by Gallup Pakistan, 3 out of 4 of all Pakistanis claim that different mood swings have different effects on their eating habits. With varying mood swings, it is seen that a higher percentage of people claim they usually eat less; When in stress, majority (52%) say they eat less, 43% claim to eat less when they are sad, 41% eat less when angry, when worried another 48% claim to eat less, and only when happy a higher percentage (48%) say they eat more.

A nationally representative sample of men and women from across the country were asked “Mood swings have various effects on every individual. For each of the moods listed below please tell us if you eat more, eat less, do not eat, or there is no difference in your eating habits when you experience any of these mood swings?” Nine percent (9%) said they eat more when in “Stress/Tension”, 52% eat less, 23% eat nothing at all, whereas 13% said there is no difference in their eating habits and 3% were unsure.

When experiencing “Happiness” 48% claimed to eat more, 24% said they eat less, whereas only 8% eat nothing and 19% claimed there is no difference. The remaining 1% of the respondents were unsure.

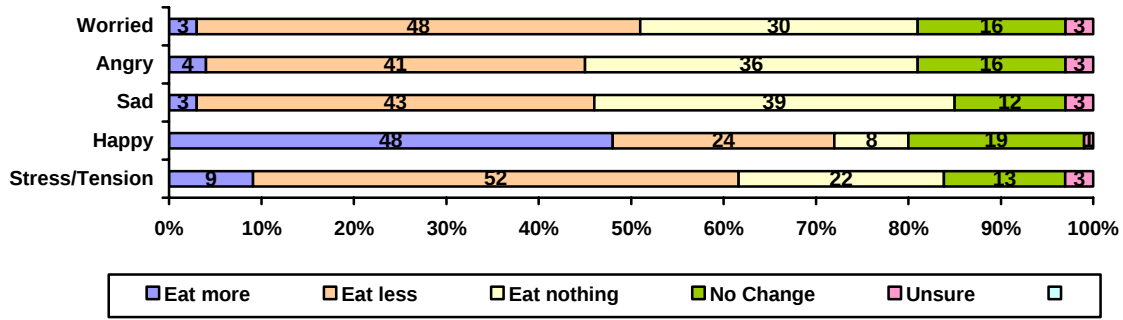
When the respondents were asked how much they eat when they are “Sad”, 3% said they eat more, 43% eat less, 39% eat nothing, 12% feel no different and 3% were unsure.

It is seen that 4% eat more when they are “Angry”, 41% eat less, 36% eat nothing whereas 16% said there is no difference in their eating habits when they are angry. The remaining 3% of the respondents were unsure.

Three percent (3%) claimed to eat more when they are “Worried” about something, 48% eat less, 30% eat nothing and 16% experience no difference. The remaining 3% were unsure.

The findings of the survey reveal no significant difference in the eating habits of people from across various demographics.

*“Mood swings have various effects on every individual. For each of the moods listed below please tell us if you eat more, eat less, do not eat, or there is no different in your eating habits when you experience any of these mood swings?”*



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

The study was released by Gilani foundation and carried out by Gallup Pakistan, the Pakistani affiliate of Gallup International. The recent survey was carried out among a sample of 2755 men and women in rural and urban areas of all four provinces of the country, during January 2010. Error margin is estimated to be approximately  $\pm 2-3$  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](http://www.gallup-international.com)) and referred to by the same title. Also please see necessary Disclaimer on our website ([www.gallup.com.pk](http://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](http://www.gallup.com.pk)

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