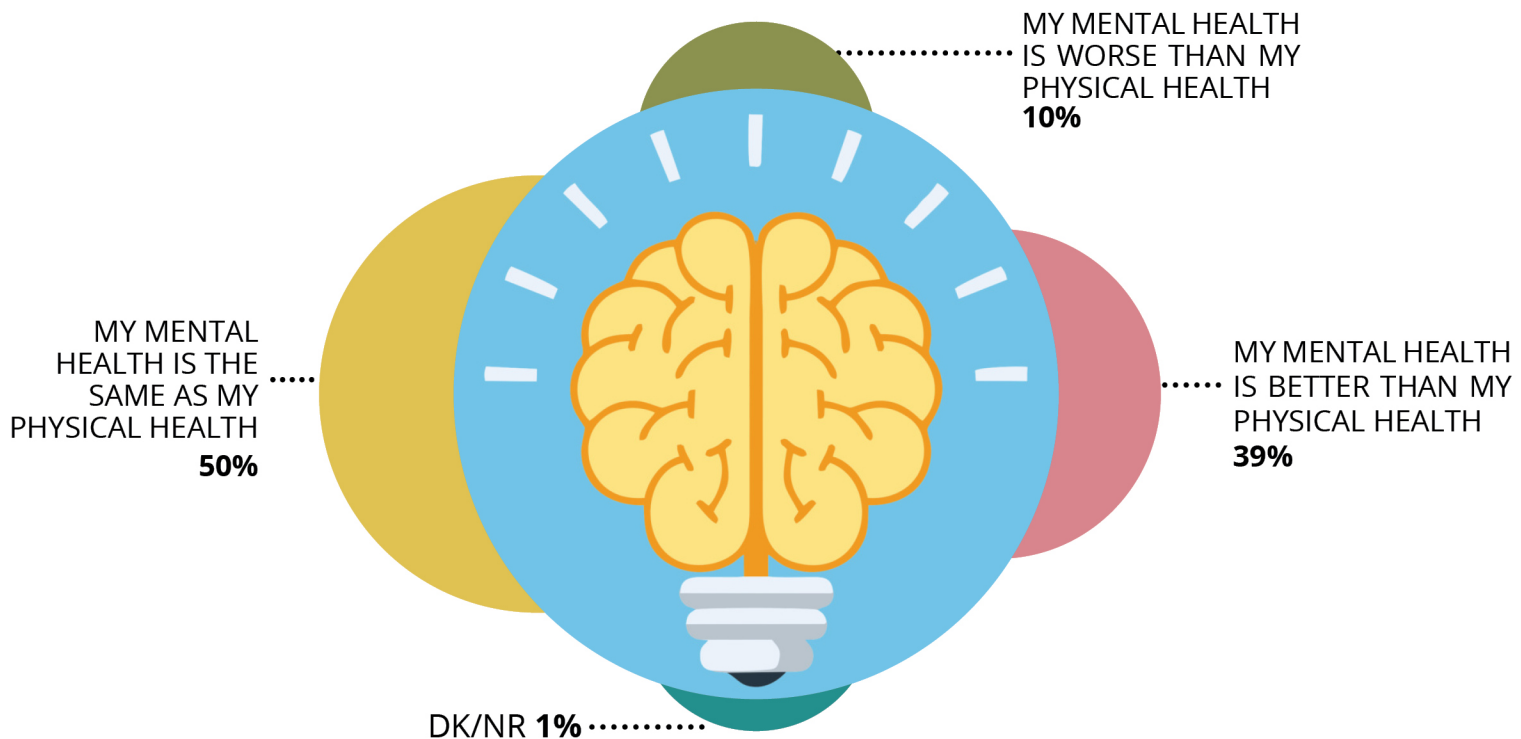


JANUARY 9, 2020

10% OF PAKISTANIS BELIEVE THEIR MENTAL HEALTH IS WORSE THAN THEIR PHYSICAL HEALTH

How is your mental health compared to your physical health?



SOURCE: GALLUP & GILANI SURVEYS - SAMPLE SIZE: 1225
Nationally Representative Sample covering both rural and urban respondents across
Pakistan's four provinces.

Opinion Poll
Health
Mental Health

10 % of Pakistanis believe their mental health is worse than their physical health (Gallup & Gilani Pakistan Poll)

Islamabad, 09 January, 2020

According to a Gilani Research Foundation Survey carried out by Gallup & Gilani Pakistan, 10% of Pakistanis believe their mental health is worse than their physical health.

A nationally representative sample of men and women from across the four provinces was asked, “How is your mental health compared to your physical health?” In response, 10% said their mental health is worse than their physical health, 39% said their mental health is better than their physical health and 50% said their mental health is the same as their physical health. 1% did not know or wish to respond.

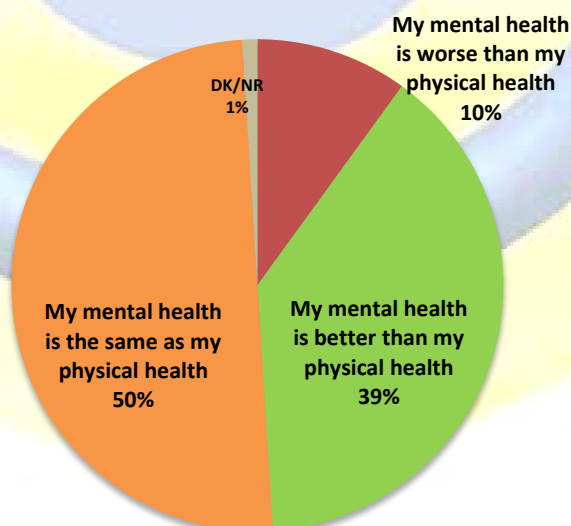
Urban-Rural Breakdown:

Out of the total respondents that belonged to rural Pakistan, 12% said that their mental health is worse than their physical health, 39% say it is better and 48% say that their mental health is the same as their physical health. Out of all the respondents from urban Pakistan, 7% said their mental health is worse than their physical health, 39% said their mental health is better and a higher 53% say their mental health is the same as their physical health.

Gender Breakdown:

Out of the total males that responded, 13% say their mental health is worse than their physical health, 39% say it is better and 47% say it is the same. Out of the females that answered, only 5% say their mental health is worse, 38% say it is better than their physical health and 56% say it is the same.

Question: “How is your mental health compared to your physical health?”



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

The study was released by Gilani Research Foundation and carried out by Gallup & Gilani Pakistan, the Pakistani affiliate of Gallup International. The recent survey was carried out among a sample of 1,225 men and women in urban and rural areas of all four provinces of the country, during December 15 – December 21, 2019. The error margin is estimated to be approximately $\pm 2-3$ percent at the 95% confidence level.

Opinion Poll from Gallup Pakistan



The Pakistani Affiliate of Gallup International

Thursday, 09 January, 2020

(3 Pages, English version only)



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.

If you have any further questions regarding this poll, please feel free to contact us.

Best Regards,

Ms. Fatima Idrees

Phone: +92-51-2655630

E-mail: fatima.idrees@gilanifoundation.com

Disclaimer: Gallup Pakistan is not related to Gallup Inc. headquartered in Washington D.C. USA. We require that our surveys be credited fully as Gallup Pakistan (not Gallup or Gallup Poll). We disclaim any responsibility for surveys pertaining to Pakistani public opinion except those carried out by Gallup Pakistan, the Pakistani affiliate of Gallup International Association. For details on Gallup International Association see website: www.gallup-international.com

Disclaimer: Gallup Pakistan and Gilani Research foundation are a nonpartisan fact tank and think tank respectively. As a neutral source of data and analysis, both organizations do not take policy positions.



Daily Gilani Poll
2020



of Gallup Pakistan
(1980-2020)