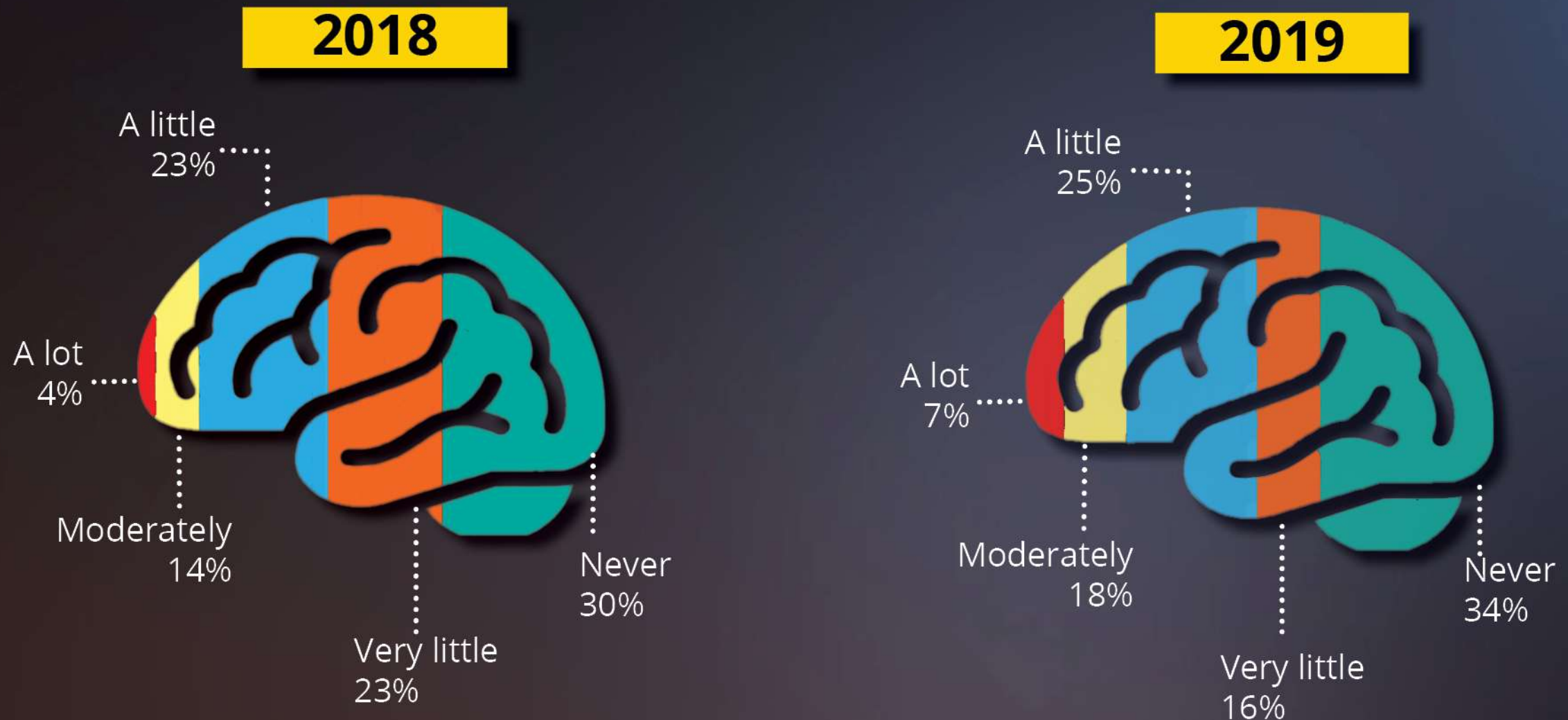


**2018-2019: 1 in 4 Pakistanis (25%) report feeling stressed very/
fairly often. 7% rise since the past year**

How often do you take stress?





PRESS RELEASE (also emailed/ faxed seperately)

Public Opinion in Pakistan Since Year 2018

SOCIAL Stress & Healthcare

2018-2019: 1 in 4 Pakistanis (25%) report feeling stressed very/fairly often. 7% rise since the past year (Gallup & Gilani Pakistan Poll)

Islamabad, May 19, 2020

In a Gallup & Gilani Pakistan National Survey conducted in the year 2018, respondents were asked “How often do you take stress?” In response 30% said never, 23% occasionally, 23% said sometimes, 14% said fairly often and 4% said very often.

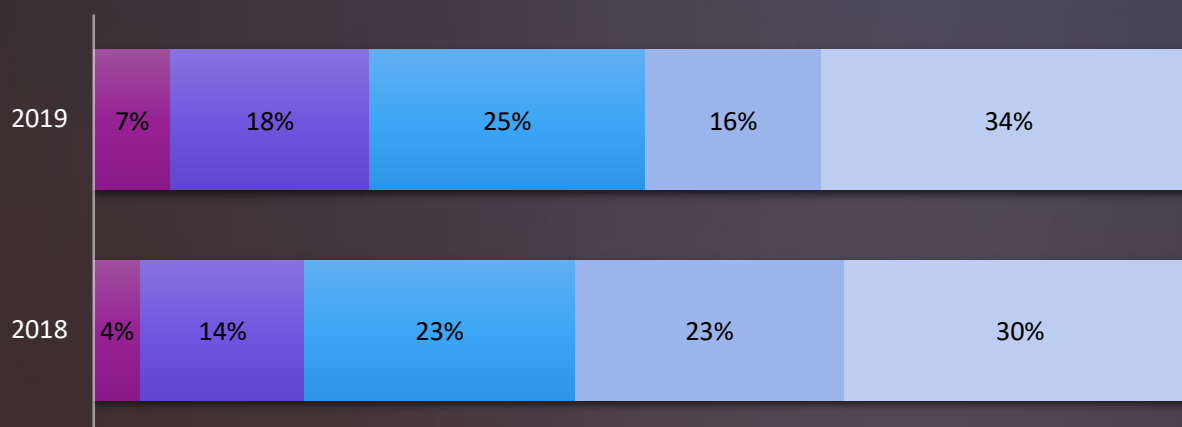
Comparative Picture: This question was asked again in 2019 to enable a comparison to be made across the years. In 2019, 34% said never, 16% occasionally, 25% said sometimes, 18% said fairly often and 7% said very often.

Trend Analysis: Overall, 1 in 3 Pakistanis reported never taking stress, while the remaining population reported feeling stressed at least occasionally.

This press release has been made as part of the Gallup Pakistan History Project which aims to release historical empirical polling data to wider audiences. The objective is to sustain and encourage empirical decision making in Pakistan.

Question: “How often do you take stress?”

■ A lot/ very often ■ Moderately/ fairly often ■ A little/ sometimes ■ Very little/ occasionally ■ Never



Don't Know/ No Response not shown

Source: Gallup & Gilani Pakistan Poll

The Pakistani affiliate of Gallup International Association

(www.gallup-international.com; www.gallup.com.pk; www.gilanifoundation.com)

Aim and Rationale for Gallup Pakistan History Project

Bilal I Gilani, who is Executive Director at Gallup Pakistan and is Director of Gallup Pakistan History Project explains the aim of the Project as follows: ‘Gallup Pakistan has been polling in Pakistan since 1979 (over 40 years). During this time millions of Pakistanis have been surveyed by over a thousand interviewers of Gallup. In 2014, Gallup Pakistan has decided to release historical Public Opinion data and this Press Release is part of Gallup Pakistan’s History Project. This endeavor is dedicated to all those who hope for a more empirical understanding of Pakistani Issues. For more information about Gallup History Project, please contact caf@gallup.com.pk

Opinion Poll from Gallup Pakistan



The Pakistani Affiliate of Gallup International



Tuesday, May 19, 2020

(3 Pages including this)

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,

Bilal I Gilani

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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.



of Gallup Pakistan
(1980-2020)