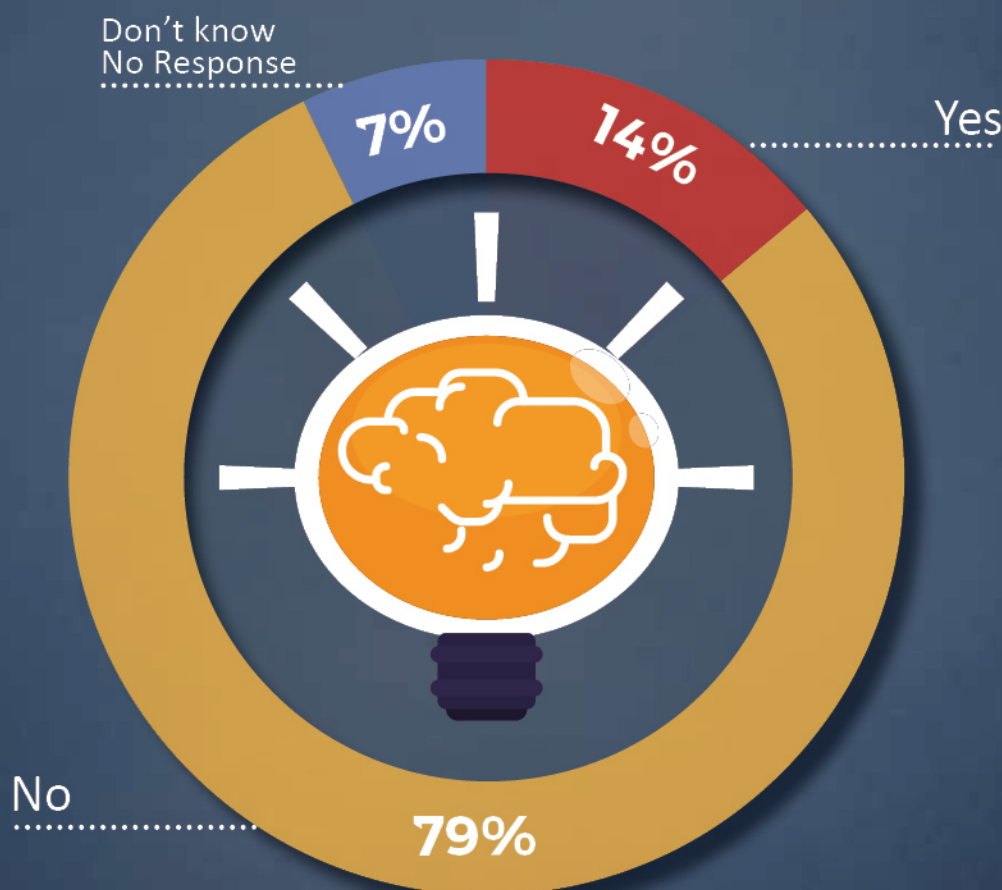


28 April, 2021

14% PAKISTANIS SAID THAT EITHER THEY OR THEIR FAMILY MEMBER(S) EXPERIENCED STRESS IN THE PAST 7 DAYS: GALLUP & GILANI PAKISTAN

Have you or your family member(s) experienced stress in the last 7 days?





Special Press Release
Health
Stress

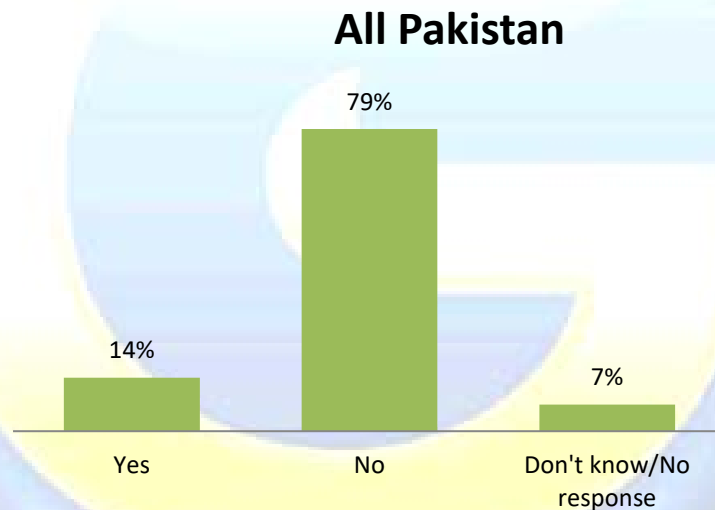
14% Pakistanis said that either they or their family member(s) experienced stress in the past 7 days: Gallup & Gilani Pakistan

(Islamabad), April 28, 2021

According to a survey conducted by Gallup & Gilani Pakistan, 14% said that they or their family member(s) have experienced stress in the last 7 days.

A nationally representative sample of adult men and women from across the four provinces was asked the following question, “*Have you or your family member(s) experienced stress in the last 7 days?*” In response to this question, 14% said ‘Yes’, 79% said ‘No’ while 7% gave no response.

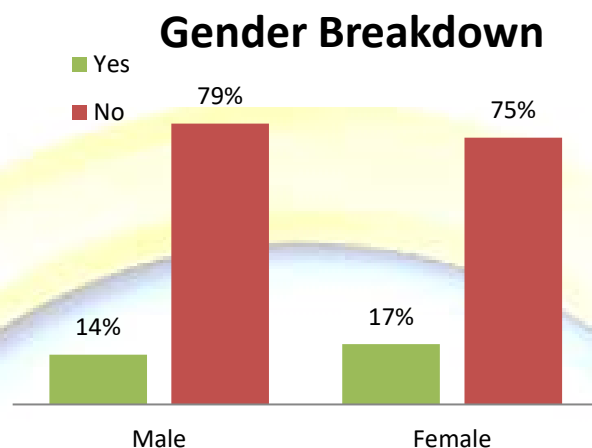
Question: “Have you or your family member(s) experienced stress in the last 7 days?”



Source: Gallup & Gilani Pakistan
(www.gallup-international.com; www.gallup.com.pk, www.gilanifoundation.com)

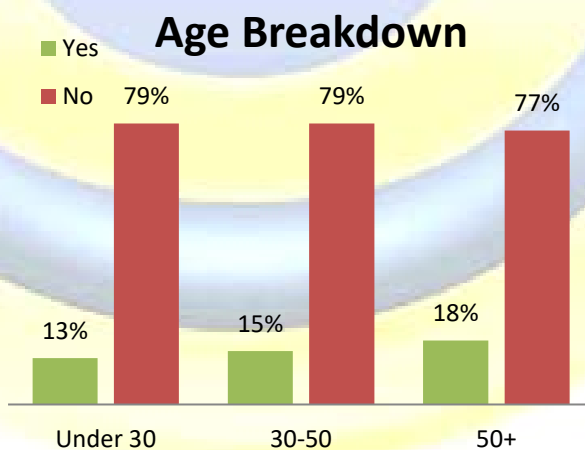
Gender Breakdown: Compared to males, 3% more females reported that they or their family members felt stressed in the past 7 days

Data reveals that females are relatively more likely to report that they or their family members experienced stress in the last 7 days.



Age Breakdown: 50+ more likely to say that they or their family members experienced stress in the past 7 days

Disaggregating the data shows that 18% people who are 50+ report that they or their family members felt stressed in the past week. This is higher compared to 15% of Pakistanis in the 30-50 age bracket and 13% who are under 30.



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 1,590 men and women in urban and rural areas of all four provinces of the country, during March 19, 2021 – April 6, 2021. The error margin is estimated to be approximately $\pm 2-3$ percent at the 95% confidence level. The methodology used for data collection was phone interviews. Respondents hailed from over 100 districts of Pakistan.



Opinion Poll from Gallup Pakistan
The Pakistani Affiliate of Gallup

Wednesday, April 28, 2021

(2 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,
Gallup Pakistan*

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



Daily Gilani Poll
2021



of Gallup Pakistan
(1980-2021)