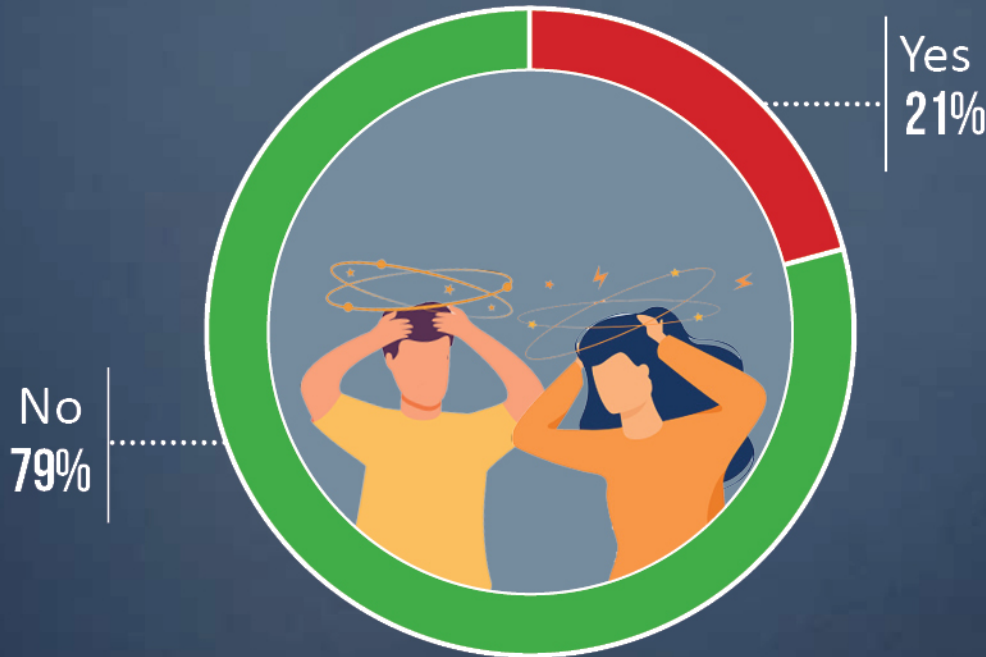


2nd November, 2021

21% PAKISTANIS AGREE THAT THEY THEMSELVES OR THEIR FAMILY MEMBERS HAVE EXPERIENCED RESTLESSNESS IN THE LAST 7 DAYS; MORE PEOPLE AGED BETWEEN 30 TO 50 YEARS (25%) ADMIT TO EXPERIENCING SIMILAR EMOTIONS: GALLUP & GILANI PAKISTAN

تقریباً 21% پاکستانی اس بات سے اتفاق کرتے ہیں کہ پچھلے 7 دنوں میں انہوں نے یا ان کے گھرانے کے کسی فرد نے بے چینی جیسی جذباتی کیفیت کو محسوس کیا ہے؛ 30 سے 50 سال کی عمر کے زیادہ تر لوگ (25%) اس طرح کی جذباتی کیفیت کو محسوس کرنے کا اعتراف کرتے ہیں

Kindly state whether you or your family member(s) have experienced the following emotional states in the last 7 days? (Restlessness)





Opinion Poll Stress and Health

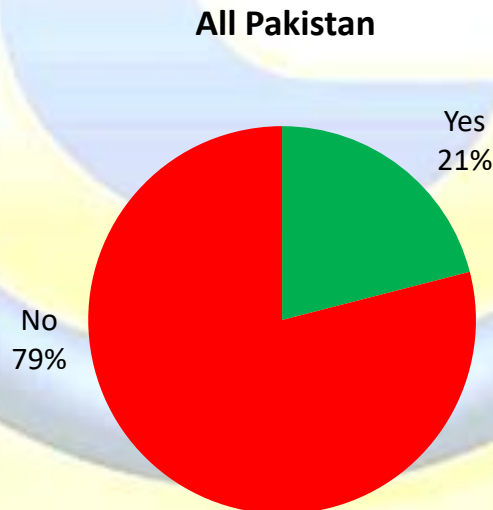
21% Pakistanis agree that they themselves or their family members have experienced restlessness in the last 7 days; more people aged between 30 to 50 years (25%) admit to experiencing similar emotions: Gallup & Gilani Pakistan

(Islamabad), November 2, 2021

According to a survey conducted by Gallup & Gilani Pakistan, 21% Pakistanis agree that they themselves or their family members have experienced restlessness in the last 7 days; more people aged between 30 to 50 years (25%) admit to experiencing similar emotions.

A nationally representative sample of adult men and women from across the four provinces was asked the following question, “*Kindly state whether you or your family member(s) have experienced the following emotional states in the last 7 days? (Restlessness)*”. In response to this question, 21% said yes while 79% said no.

Question: “Kindly state whether you or your family member(s) have experienced the following emotional states in the last 7 days? (Restlessness)”

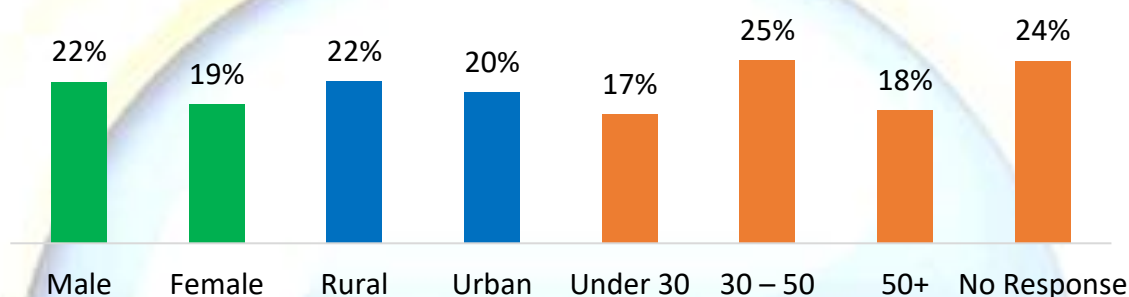


Source: Gallup & Gilani Pakistan
(www.gallup-international.com; www.gallup.com.pk, www.gilanifoundation.com)

Breakdown

Slightly more males (22%) as compared to females (19%) agree that they themselves or their family members have experienced restlessness in the last 7 days. Location-wise, urban (20%) and rural (22%) respondents are almost equally likely to experience restless emotional states. Furthermore, it was observed that 25% of Pakistanis between the ages of 30-50 years agree that they have experienced similar restlessness, while relatively less people aged under 30 (17%) and aged above 50 years old (18%) agreed to experiencing such emotions.

Breakdown (those who responded in the affirmative)



Source: Gallup & Gilani Pakistan
(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 1727 men and women in urban and rural areas of all four provinces of the country, during August 13, 2021 – September 5, 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 CATI.



Opinion Poll from Gallup Pakistan
The Pakistani Affiliate of Gallup International

Tuesday, November 2, 2021

(3 Pages, English version Only)



GILANI RESEARCH
FOUNDATION

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)