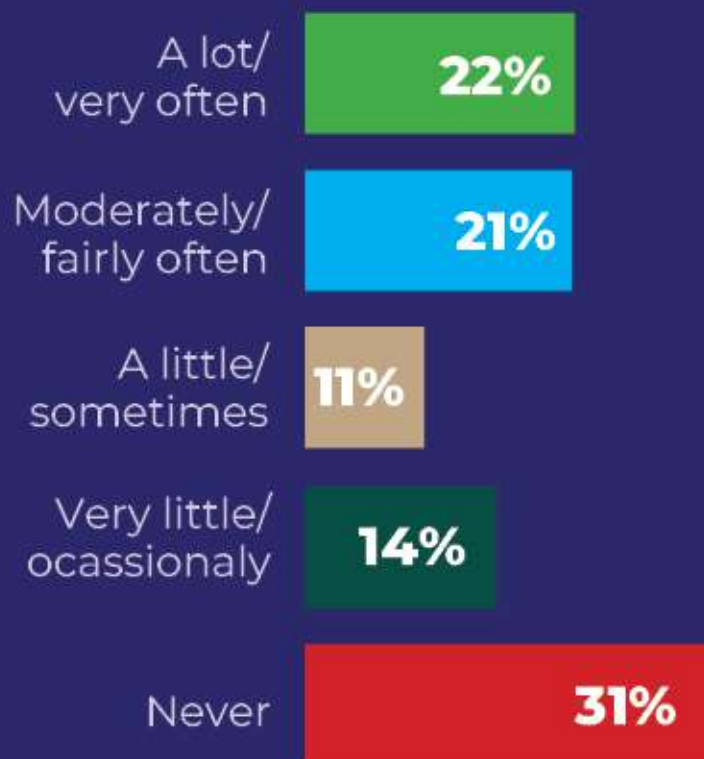


Stress levels in Pakistan lower than that of the global population -64% globally compared to 54% of Pakistanis claim to be suffering from stress
globally females appear to be more stressed than men



Don't know/No response: 1%

Question: "How often would you say that you..? - Suffer from stress"





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(Also emailed*/faxed separately)



PRESS RELEASE

Opinion Poll Health care Stress and Health

Stress: Stress levels in Pakistan lower than that of the global population - 64% globally compared to 54% of Pakistanis claim to be suffering from stress; globally females appear to be more stressed than men (Gallup Pakistan and WIN Worldviews Survey report released)

(Islamabad), 22nd April 2025

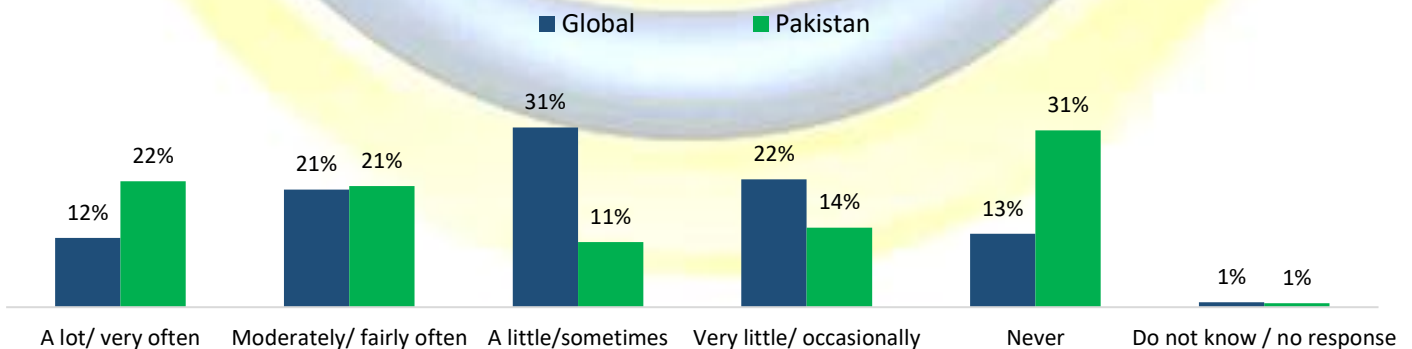
According to a survey conducted by Gallup & Gilani Pakistan (and similar surveys done by Worldwide Independent Network of Market Research (WIN) across the world), Stress levels in Pakistan lower than that of the global population - 64% globally compared to 54% of Pakistanis claim to be suffering from stress; globally females appear to be more stressed than men.

These findings emerge from an international survey conducted across the globe by The Worldwide Independent Network of Market Research (WIN) - a global network conducting market research and opinion polls in every continent. WIN International has published the Annual WIN Worldviews Survey (WWS – 2024), exploring the views and beliefs of 34,946 individuals, among citizens from 39 countries across the globe. On International Health Day, WIN releases the latest results of the survey to understand health self-perception and related habits and attitudes toward healthy living. The fieldwork for Pakistan was conducted between 6th December 2024 and 2nd January 2025, and the sample size was 1000 individuals.

The detailed report on Health can be accessed [here](#).

A nationally representative sample of adult men and women from across the Pakistan was asked the following question, “How often would you say that you...? - Suffer from stress”. In response to this question in Pakistan, 22% said very often, 21% said fairly often, 11% said sometimes, 14% said occasionally and 31% said never, while 1% didn’t know or didn’t respond.

Question: “How often would you say that you..? - Suffer from stress”



Source: Gallup Pakistan & WIN World Survey 2025
(www.gallup-international.com; www.gallup.com.pk, www.gilanifoundation.com)

The study in Pakistan was conducted and released by Gallup & Gilani Pakistan, the Pakistani affiliate of Gallup International. The recent survey was carried out among a sample of 1000 men and women in urban and rural areas of all four provinces of the country, conducted from 6th December 2024 – 2nd January 2025. The error margin is estimated to be approximately ± 2 -3 percent at the 95% confidence level. The methodology used for data collection was telephonic surveys (CATI).

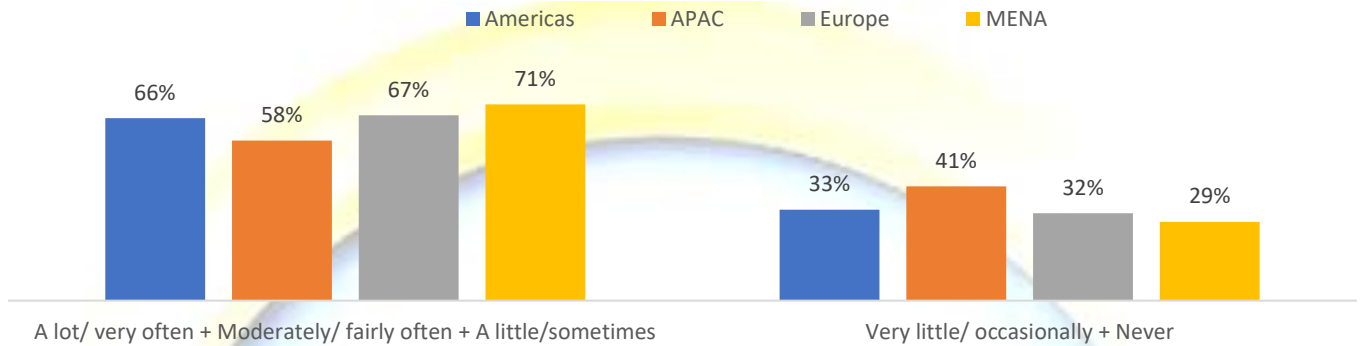


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Global Comparison: The results of the worldview survey 2025 reveal that countries in the MENA region (71%) suffer more from stress, followed by Europe (67%) and the Americas (66%). However, stress appears to be lowest in the APAC region (58%).

Global Comparison



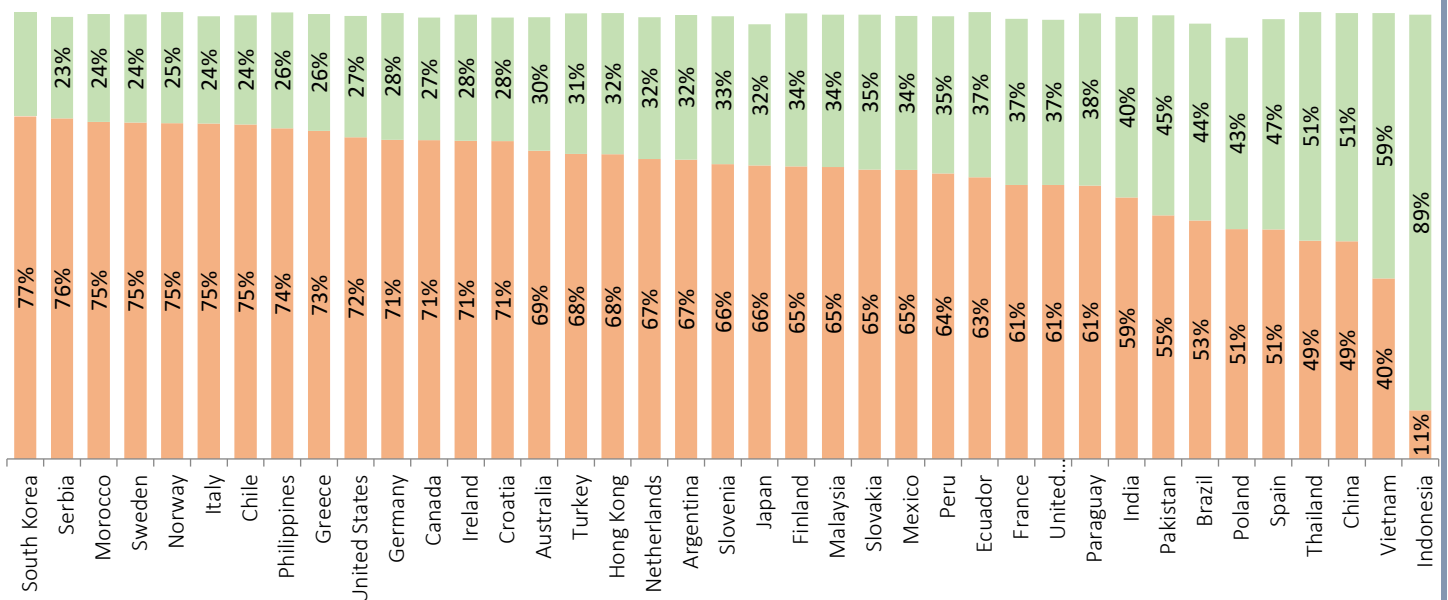
NOTE: The percentages of Don't Know / No Responses have not been plotted

Source: Gallup Pakistan & WIN World Survey 2025
(www.gallup-international.com; www.gallup.com.pk, www.gilanifoundation.com)

Country Breakdown: South Korea (77%) leads the countries with the highest proportion of people suffering from stress, followed by Serbia at 76%. However, a lower level of stress is observed in Indonesia, where only 11% of respondents report suffering from it.

Country Breakdown

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



NOTE: The percentages of Don't Know / No Responses have not been plotted

Source: Gallup Pakistan & WIN World Survey 2025
(www.gallup-international.com; www.gallup.com.pk, www.gilanifoundation.com)

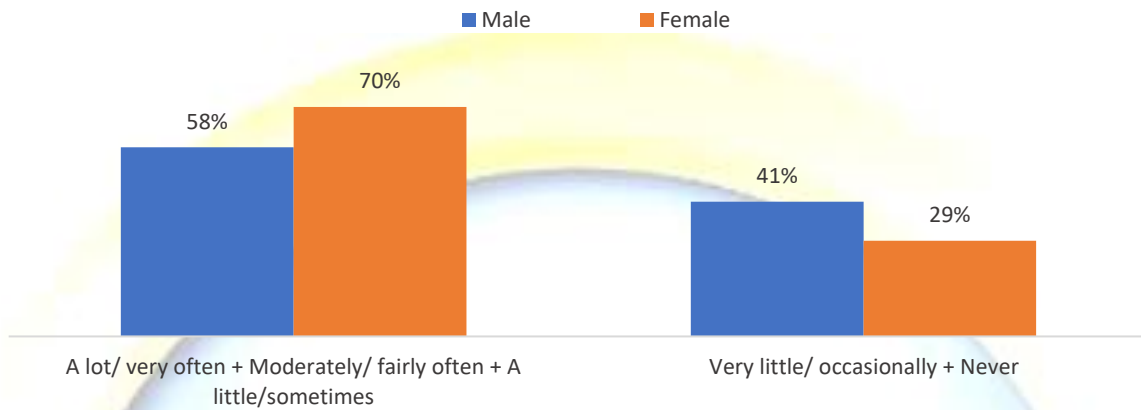


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Gender Breakdown: Globally, more females (70%) compared to males (58%) report to be suffering from stress.

Gender Breakdown



NOTE: The percentages of Don't Know / No Responses have not been plotted

Source: Gallup Pakistan & WIN World Survey 2025
(www.gallup-international.com; www.gallup.com.pk, www.gilanifoundation.com)



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Opinion Poll from Gallup Pakistan
*The Pakistani Affiliate of Gallup
International*



GILANI RESEARCH
FOUNDATION

Tuesday, 22nd April 2025

(4 Pages, English version Only)

Gilani Research Foundation is a not-for-profit public service project to provide social science research to students, academia, policymakers, 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 Ph.D. 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*

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Daily Gilani Poll
2025



of Gallup Pakistan
(1980-2025)