

Impact of COVID-19 on Australians' lives – Australian Summary

Prepared for:

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YouGov[®]

Methodology

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- This study was conducted online between 9-13 April 2020.
- Respondents comprise a nationally representative sample of 2,085 Australians 18 years and older.
- YouGov Galaxy designed the questionnaire, a copy of which has been included in this report.
- Following the completion of interviewing, the data was weighted by age, gender and region to reflect the latest ABS population estimates.

Section 1: Confidence in supermarkets

Crisis of confidence in supermarkets hitting women, retirees and rural or regional Australians the hardest

- There is a crisis of confidence in supermarkets amongst Australians with three in ten (30%) not at all confident that if they went to the supermarket this week they would be able to access all or almost all of the food and other essential items they need. Of the remainder, one in two (49%) are just somewhat confident and only one in five people (21%) are very confident.
- Women (34%) are experiencing more distress than men (26%) when it comes to shopping and feeling not at all confident about the availability of food and other essential items in supermarkets while 17% feel very confident compared to 25% of men.
- Confidence in supermarkets is also very low amongst people 65 years and older and those living in rural and regional areas, with 33% and 36% respectively, being not at all confident that if they went to the supermarket this week they would be able to access all or almost all of the food and other essential items they need with just one in five of people 65 years and older (20%) and those living in rural and regional areas (22%) feeling very confident.
- The vast majority (94%) of Australians identified at least one item they are still having difficulty accessing in supermarkets.
- The most common non-food items people are struggling to find include hand sanitiser (69%), toilet paper (60%), antiseptic hand wipes (48%), and antiseptic cleaning liquids (45%) while the hardest to find food items were reported to be pasta (43%), flour (34%), rice (31%), and frozen vegetables (18%).

Section 2: Impact of social isolation on Exercise and Eating patterns

Restrictions on outdoor gatherings is making it difficult for many to maintain a healthy lifestyle however having more time is benefiting others

- More than a third (35%) of Australians are exercising less since the new restrictions on outdoor gatherings to groups of no more than two people was introduced with 15% reporting they are now exercising a lot less.
- However, the news is not all bad with four in ten (40%) saying there has been no change to the amount of exercise they are getting and one in four (25%) believe they are getting more exercise now.
- The hardest hit group appears to be 25-34 year olds with more than four in ten (44%) saying they are exercising less since the new restrictions on outdoor gatherings to groups of no more than two people was introduced, including one in five (22%) who say they are now exercising a lot less.
- Parents (34%) are more likely than those without children (22%) to be exercising more.
- The impact of restrictions on outdoor gatherings appears to have hit those living in the capital cities disproportionately with 37% reporting a decline in the amount of exercise they are getting compared to 30% of people living in regional and rural areas.
- Exercise regimes of those living in NSW (39%) and Victoria (36%) have also been hit the hardest as they are more likely than those living in Queensland (28%) to report a decline in the amount of exercise that they are getting, while those living in Queensland (46%) are more likely than those living in NSW (37%) and Victoria (36%) to say there has been no change to the amount of exercise that they are getting.

Restrictions on outdoor gatherings is making it difficult for many to maintain a healthy lifestyle however having more time is benefiting others

- When it comes to diet, half (49%) of Australians say there has been no change in how healthily they are eating while the remainder are equally divided between those who say they are eating more healthily (24%) and less healthily (27%).
- While the main positive benefits to diet have occurred amongst 25-34 year olds (33%), 25-34 years olds (36%) as well as 18-24 year olds (36%) are also most likely to say they are eating less healthily since the escalation of the COVID-19 pandemic.
- Other groups who have experienced an improvement in diet include parents with children under 18 and people working full time with 32% and 33% respectively reporting that they are eating more healthily since the escalation of the COVID-19 pandemic. This may in part be explained by having more time to prepare meals.

Section 3: Understanding of social isolation measures and frequency and reasons leaving home

More than a third of Australians do not fully understand the restrictions on their movement that have been introduced to enforce social isolation

- There is a high level of uncertainty amongst Australians about what the restrictions introduced to enforce social isolation actually mean. Four in ten (40%) Australians do not fully understand what they can and can't do, 39% where they can and can't go and three in ten (30%) for what reasons they are allowed to leave their homes.
- People 65 years and older are more likely to understand each of the restrictions on their movement with just 28% saying they don't fully understand what they can and can't do, 25% where they can and can't go and 21% for what reasons they are allowed to leave their home.
- While men and women have similar understandings of restrictions as to what they can and can't do and where they can and can't go, women are less likely than men to have clear understanding as to the reasons they are allowed to leave their homes (27% compared to 33%).
- The main reasons why Australians are leaving their homes are to buy food and other groceries (96%), buy medicine or other pharmacy supplies (82%), exercise (76%), go to work (42%), care for a family member/friend (41%), or attend an educational institution (17%).
- One in ten (8%) people are leaving home to **buy food** daily, 35% several times a week, 40% once a week, 4% less often and 4% not at all.
- 3% of people are leaving home daily to **go to the pharmacy**, 7% several times a week, 18% once a week, 31% less often and 18% not at all.

More than a third of Australians do not fully understand the restrictions on their movement that have been introduced to enforce social isolation

- Three in ten (30%) are leaving home daily to exercise, one in four (26%) several times a week, 8% once a week, 11% less often and 24% not at all.
- One in eight (13%) people are leaving home daily to **go to work**, one in five (18%) several times a week, 5% less often and 58% not at all.
- Just 4% are leaving home daily to **attend an education institution**, a similar proportion (5%) several times a week, 4% less often and 83% never.
- Less than one in ten (8%) are leaving home daily to **care for a family member or friend**, 11% several times a week, 10% once a week 9% less often and 59% not at all.

Men are leaving home much more often than women while older people are heeding the warnings

- Men are more likely than women to leave home several times a week or more often to buy food and other groceries (50% compared to 37%), go to the pharmacy (14% compared to 8%), exercise (59% compared to 52%), to go to work (36% compared to 26%), attend an education institution (11% compared to 7%) and care for a family member or friend (22% compared to 14%).
- Older people appear to be heeding the warnings that they are more at risk from COVID-19 and should stay at home as much as possible with people 65 years and older much less likely to be leaving home several times a week or more often to buy food and groceries (35%) and go to the pharmacy (4%), however, they are just as likely as younger people to be leaving home several times a week or more often to exercise (55%).

Section 4: Impacts on sleep patterns

Workers finding it difficult to adjust to working from home are suffering most from loss of sleep

- The impact of the escalation of the COVID-19 pandemic on sleeping patterns has been mixed. While three in ten (29%) Australians report sleeping less/having poorer quality sleep, a quarter (26%) report sleeping more and the remainder (45%) say there has been no change.
- The main beneficiary of enhanced sleep has been 18-24 year olds with 49% reporting they are sleeping more, while 35-49 year olds most likely to report sleeping less/having poorer quality sleep (34%), including one in ten (9%) who report sleeping a lot less/ just a few hours per night.
- People who are now working from home and have adjusted well to the change (40%) are also twice as likely as those still travelling to work (17%) to be sleeping more since the escalation of the COVID-19 pandemic.
- However, the story is very different for those working from home who have found it very difficult to adjust with 40% reporting they are sleeping less/the quality of sleep has suffered compared to 25% who have adapted quickly and easily to working from home.
- Increased anxiety and stress (61%), regular routines being disrupted (50%), and worrying about money and how they are going to pay their bills (46%) are the top three reasons people gave for experiencing a decline in the amount and quality of sleep they are getting.

Workers finding it difficult to adjust to working from home are suffering most from loss of sleep

- Other reasons given included not getting as much exercise as they used to (31%), reading/catching up on news about the COVID-19 pandemic before bed and not being able to sleep (28%), worrying about losing their job (20%) and worrying about their children's education and future (18%).
- Just under half (47%) of parents with children under 18 years are worrying about their children's education and future.
- Almost a third of workers (32%) who are experiencing loss of sleep attribute the cause to worrying about losing their job.
- Women (32%) are more likely than men (23%) to report their sleep is suffering as a result of them reading the latest news on the COVID-19 pandemic in the evening and then being unable to sleep.
- 18-24 year olds (73%) are most likely to report their sleep is suffering as a result of their regular routines being disrupted.

Section 5: Adjusting to working from home

Working from home is a breeze for some and a challenge for others without the right technology or sufficient space to work in

- Three quarters of Australian workers (74%) report they are now working from home.
- Among those working from home, almost half (47%) report the transition has been somewhat (22%) or very easy (25%), while three in ten (31%) report the change has been somewhat (23%) or very difficult (8%) due to a lack of technology or not having a sufficient space to work in.
- 18-34 year olds (24%) are more likely to report having found it very easy to adapt to working from home as they have all of the technology they need and a space to work in.
- Parents with children under 18 (37%) are more likely than those without children (28%) to report having difficulty adapting to working from home.
- Those living in NSW (38%) are more likely than those living in Victoria (28%) and Queensland (28%) to report having difficulty adapting to working from home.

Section 6: Impacts on parents and children

Parents are bearing the brunt of child care, with the majority experiencing increased stress and tension in their household

- Half (51%) of parents in NSW are caring for their children either on their own or with the help of their partner, one in ten have enlisted the help of grandparents (9%), another relative (9%) or a friend (6%), while just one in ten (11%) are still sending them to school and one in five (21%) believe their children are old enough to care for themselves.
- Parents with primary school-aged children (60%) are more likely than those with high school-aged children (45%) to be caring for their children themselves and/or with the help of their partner, while those with pre-school aged children (20%) are most likely to still be sending their children to day care.
- More than half (54%) of parents claim the new child care arrangements are causing tension and stress in their household with one in five (21%) saying they are causing a lot of tension and stress. Men (26%) report experiencing a lot more tension/stress in their household than women (15%) from the new child care arrangements.
- Parents with pre-school (26%) and primary school-aged children (23%) are more likely than parents with children 13-17 years (13%) to be experiencing a lot more tension and stress in their household from the new child care arrangements.

Nine in ten parents want more help and support with the transition to home schooling proving difficult for nearly half of parents and a quarter saying the education material they have received is not adequate

- The majority (87%) of parents with school-aged children have started home schooling them.
- More than four in ten of parents (41%) who are home-schooling their children are finding it difficult with one in six (15%) finding it very difficult.
- Only half (49%) of parents believe that the education material provided by their child's school and education department is adequate to support them in home schooling their child, however, as many as one in five (21%) do not and 30% are unsure.
- Parents who believe that the education material they are receiving to support them in home schooling is not adequate or they are unsure whether it is adequate (55%) are much more likely than those who believe it is adequate (29%) to be finding home schooling difficult.
- The majority of Australian parents (85%) want more help and support with their kids while at home during the COVID-19 pandemic.
- The areas where parents are most likely to want more help and support with their kids are daily lesson plans/ a clearer structure (46%), more feedback from schools/teachers (35%), more video support for teaching (35%) and advice on how to teach their children (34%).
- Other areas where parents want more help and support include more school work/lessons for their kids (30%) and fitness advice/exercise plans (27%).

Section 7: Helping others

Hard times are bringing out the best in people with the majority helping other family members, friends and neighbours by checking on them and/or buying them food and medicine

- Two thirds (66%) of Australians have provided assistance to a family member outside of their household since the escalation of the COVID-19 pandemic while six in ten (61%) have assisted a friend and four in ten (38%) have assisted a neighbour.
- The most common ways people have assisted another family member outside their household are by calling, emailing or messaging them to check they are okay/if they need anything (55%), sharing food/other essential items with them (27%), buying and/or delivering food for them (26%), and buying and/or delivering medicine for them (19%).
- The most common ways people have assisted a friend are by calling, emailing or messaging them to check they are okay/if they need anything (51%), sharing food/other essential items with them (19%), buying and/or delivering food for them (15%), and buying and/or delivering medicine for them (11%).
- The most common ways people have assisted a neighbour are by calling, emailing or messaging them to check they are okay/if they need anything (22%), sharing food/other essential items with them (12%), buying and/or delivering food for them (10%), and buying and/or delivering medicine for them (7%).

Section 8: Impact on mental health and wellbeing

Parents and especially those with pre-school aged children are experiencing more strain on household relationships

- The restrictions on freedom of movement requiring people to stay at home following the escalation of the COVID-19 pandemic have had mixed effects on the quality of relationships people have with other household members. While 22% report their relationships with other household members are closer/stronger, slightly more (25%) report the close proximity has resulted in them being more difficult/strained with the remainder (53%) saying there has been no change.
- Parents (30%) are more likely than those without children (23%) to say their relationships with other household members have been more difficult/strained as well as more likely to say they have been very difficult/strained (8% compared to 5%).
- Parents with pre-school aged children appear to have been hit hardest with 12% saying their relationships with other household members are a lot more difficult/strained.
- Interestingly, for those now working from home, some report that relationships with other household members are closer/stronger (29%), while for others they are more difficult/strained (27%).

The majority of Australians are feeling more stressed since the escalation of the COVID-19 pandemic with just over 1 million people feeling a lot more stressed

- Levels of stress have risen markedly since the escalation of the COVID-19 pandemic with six in ten people (57%) reporting higher levels of stress and as many as 15%, the equivalent of just over 2.8 million Australians, reporting they are feeling a lot more stressed than they usually do day-to-day.
- Women are more likely to be feeling a lot more stressed (18% compared to 11% for men), comprising almost 1.8 million of the just 2.8 million people in Australia that are feeling a lot more stressed.
- The most prevalent causes of stress for Australians are not being able to see family members (77%) or friends (71%), concerns they may not be able to afford to pay their bills (60%), they may lose their job (49%), they may not be able to feed their family (48%) and they may lose their home (38%).
- Women are more likely than men to be experiencing stress from not being able to see members of their family (80% compared to 73%), while men are more likely than women to be experiencing stress that they may lose their homes (40% compared to 35%).
- Gen Z (83%) are most likely to be feeling stressed because they cannot see their friends.
- Parents are much more likely than those without children to be feeling stressed/concerned about not being able to pay their bills (73% compared to 55%), losing their job (67% compared to 43%), not being able to feed their family (67% compared to 42%), and losing their home (56% compared to 31%).

The majority of Australians are feeling lonely and isolated more often since the escalation of the COVID-19 pandemic with almost 3.8 million people feeling lonely and isolated a lot more of the time

- The majority (94%) of Australians admit that there are times when they feel lonely and isolated.
- Since the escalation of the COVID-19 pandemic, more than half of these people (57%) say the amount of time they feel lonely and isolated has increased and one in five (20%) say it has increased a lot. This represents almost 3.8 million Australians who are feeling lonely and isolated a lot more of the time.
- People who are not married (60%) are more likely than those who are (48%) to say the amount of time they are feeling lonely and isolated has increased since the escalation of the COVID-19 pandemic.
- Those who say their relationships with other people in their household are more difficult/strained (69%) are more likely to say the amount of time they feel lonely/isolated has increased.

Almost half (46%) say their outlook for their longer term future, 5-10 years from now, is more negative with 14%, the equivalent of almost 2.8 million people saying they feel a lot more negative

- Almost half (46%) of Australians say their outlook for their longer term future, 5-10 years from now is more negative with 14%, the equivalent of almost 2.8 million people saying they feel a lot more negative about their longer term future while just 15% are feeling more positive, 31% say there has been no change and 9% have not thought about it.
- Interestingly, despite their current struggles with managing child care and home schooling, parents (22%) are more likely than those without children (12%) to say their outlook for their longer term future 5-10 years from now is more positive since the COVID-19 pandemic.
- Maintaining good self-care also appears to be benefiting people's longer term outlook. Those who are exercising more (23%), sleeping more (25%) and eating more healthily (29%) since the escalation of the COVID-19 pandemic are more than twice as likely to say their outlook for their longer term future 5-10 years from now is more positive.
- In contrast, those feeling more stressed (57%) and more lonely (55%) since the escalation of the COVID-19 pandemic are more likely to say their outlook for their longer term future 5-10 years from now is more negative.

Questionnaire

YOUGOV COVID-19 STUDY

MARKET	Australia
SAMPLE	n=2,085, 18+ years; Nationally representative
QUESTIONNAIRE NAME	200400 Covid-19 Study Questionnaire_FINAL
USE AU DEMO TEMPLATE	Yes

Qtn #	Question Text	Logic
S1	Age	Ask all
S2	Gender	Ask all
S3	Location	Ask all
S4	Do you have children aged 17 years or younger living in your household? Please select one option only <i>Single select</i>	Ask all qualifying respondents
	1. Yes	
	2. No	
S5	Are you the parent/ of any of the children aged 0-17 years in your household? Please select one option only <i>Single select</i>	Ask if have children 17 years or younger in household, i.e. code 1 in S4
	1. Yes	
	2. No	
S6	In which of these age groups is your child/are your children? Please select all that apply <i>Multi select</i>	Ask if parent of children 0-17 years i.e. code 1 in S5
	1. 0-4 years	
	2. 5-12 years	
	3. 13-17 years	

This survey is about your personal experiences during the Covid-19 pandemic. There are no right or wrong answers, your honest opinions are what is most valuable.

- Q1 Thinking now about shopping. How confident are you that if you went to the supermarket this week you would be able to access all or almost all of the food and other essential items you need?

Ask all qualifying respondents

Please select one option only

Single select

1. Very confident
2. Somewhat confident
3. Not at all confident

- Q2 Which of the following items are you still having difficulty accessing/finding in supermarkets?

Ask all qualifying respondents

Please select all that apply

Multi select; randomise

1. Rice
2. Pasta
3. Bread
4. Flour
5. Meat (e.g. mince)
6. Tinned vegetables
7. Frozen vegetables
8. Bottled water
9. Paper towel
10. Toilet paper
11. Antiseptic hand wipes
12. Hand sanitiser
13. Antiseptic cleaning liquids
14. Other (Please specify) _____
15. None of the above/ I am not having difficulty accessing any items in the supermarket

Fixed
Fixed and exclusive

- Q3 How has the amount of exercise you get each day or week changed since the new restrictions on outdoor gatherings, e.g. to groups of no more than two people?

Ask all qualifying respondents

Please select one option only

Single select; rotate 1-5 and 5-1

1. I am exercising a lot more
2. I am exercising a little more
3. No change
4. I am exercising a little less
5. I am exercising a lot less

- Q4 How clear to you are the current restrictions on your behaviour, i.e. the reasons why you are allowed to leave your home, who you can and cannot visit, where you are allowed to go and not allowed to go?

Ask all qualifying respondents

Please select one option per row

Rows; randomise

- a. Reasons why you are allowed to leave your home
- b. What you can and can't do
- c. Where you can and can't go

Columns

- 1. Very clear
- 2. Somewhat clear
- 3. Not clear at all

- Q5 How often are you leaving your home to do any of the following?

Ask all qualifying respondents

Please select one option per row

Rows; randomise

- a. Buy food and other groceries
- b. Buy medicine/other pharmacy supplies
- c. Exercise
- d. Go to work
- e. Attend an education institution (e.g. university, college, school)
- f. Care for a family member/friend

Columns

- 1. Several times a day
- 2. Once a day
- 3. 4-6 times a week
- 4. 2-3 times a week
- 5. Once a week
- 6. Once a fortnight
- 7. Less often
- 8. Not at all

- Q6 How, if at all, have your sleeping patterns changed since the escalation of the COVID-19 pandemic?

Ask all qualifying respondents

Please select one option only

Single select; rotate 1-5 and 5-1

- 1. I am sleeping a lot less/ just a few hours a night
- 2. I am sleeping a little less/the quality of my sleep is not as good
- 3. No change
- 4. I am sleeping a little more/the quality of my sleep has improved
- 5. I am sleeping a lot more/I have more time to relax now I am just at home a lot

- Q7 What is causing you to sleep less/ have poorer quality sleep? Ask if sleeping less, i.e. code 1-2 in Q6
- Please select all that apply**
Multi select; randomise
1. Worrying about losing my job
 2. Worrying about losing my home
 3. Worrying about money generally and how I am going to pay my bills
 4. Worrying about my children's education and future
 5. My whole routine has been thrown out and my body is still catching up with the changes
 6. My level of anxiety/stress has increased across the board
 7. I'm not getting as much exercise as I used to
 8. I'm reading/ catching up on all the news on the Coronavirus (COVID-19) pandemic in the evening and then I just can't sleep
 9. Other (Please specify) _____ Fixed
- Q8 How easy or difficult have you found adapting to working from home since the escalation of the COVID-19 pandemic? Ask if work full or part time
- Please select one option only**
Single select; rotate 1-5 and 5-1
1. Very easy/I have adapted quickly and have all of the technology I need and a space to work in
 2. Somewhat easy
 3. Neither easy nor difficult
 4. Somewhat difficult
 5. Very difficult/I do not have all the technology I need nor a sufficient space to work in
 6. I am not working from home/I still travel to my work site/place of business Fixed
- Q9 How are you mainly managing your child care now that there have been changes to school/day care access or a requirement to keep your children at home? Ask all parents with children 0-17 years i.e. code 1 in S5
- Please select all that apply**
Multi select; randomise
1. I am still sending them to school/day care Exclusive
 2. A friend is caring for them
 3. Their grandparents are caring for them
 4. Another relative is caring for them (not grandparents)
 5. I and/or my partner are caring for them
 6. They are old enough to look after themselves
 7. Other (Please specify) _____ Fixed
 8. I am still deciding/have not organised alternate care yet Fixed and exclusive

Q10 Are your new child care arrangements causing any tension/stress in your household?

Please select one option only

Single select

1. Yes, a lot of tension/stress
2. Yes, some tension/stress
3. No

Ask if have new child care arrangements i.e. code 2-7 in Q9

Q11 How easy or difficult have you found home schooling?

Please select one option only

Single select; rotate 1-5 and 5-1

1. Very easy
2. Somewhat easy
3. Neither easy nor difficult
4. Somewhat difficult
5. Very difficult
6. I have not tried to home school them yet

Ask if parent of children 5-17 years, i.e. code 2-3 in S6 and not code 1 in Q9 i.e. not still sending them to school

Fixed

Q12 Do you believe that the education material provided by your child's/children's school and education department in your state/territory is adequate to support you in home schooling your child?

Please select one option only

Single select

1. Yes
2. No
3. Not sure

Ask if parent of children 5-17 years i.e. code 2-3 in S6 and not code 1 in Q9 i.e. not still sending them to school

Q12A Which of the following would you like more help and support with for your kids while they are at home during the COVID-19 pandemic?

Please select all that apply

Multi select; randomise

1. More school work/lessons for kids
2. Advice on how to teach your children
3. More video support for teaching
4. Daily lesson plans/a clearer structure
5. Fitness advice/ exercise plans
6. More feedback from schools/teachers
7. Other (Please specify) _____
8. None of the above/ I do not need more help and support for my children

Ask if parent of children 5-17 years i.e. code 2-3 in S6 and not code 1 in Q9 i.e. not still sending them to school

Fixed
Fixed and exclusive

Q13 How would you describe your diet since the escalation of the COVID-19 pandemic?

Please select one option only

Single select; rotate 1-5 and 5-1

1. I am eating a lot more healthily
2. I am eating a little more healthily
3. No change
4. I am eating a little less healthily
5. I am eating a lot less healthily

Ask all qualifying respondents

Q14 Since the escalation of the COVID-19 pandemic, have you assisted another family member outside of your household, a friend or a neighbour in any of the following ways?

Please select all that apply for each column

Columns

- a. Another family member outside of your household
- b. A friend
- c. A neighbour

Rows; multi-select; randomise

1. Called, emailed or messaged them to check they are okay/if they need anything
2. Bought and/or delivered food for them
3. Bought and/or delivered medicine for them
4. Shared food/other essential items with them
5. Some other assistance
6. None of the above

Ask all qualifying respondents

Fixed
Fixed and exclusive

- Q15 How has the quality of your relationships with other people/family members in your household changed since the escalation of the COVID-19 pandemic has required you to stay at home except for essential travel/outings e.g. for food, work, medicine and exercise?

Ask all qualifying respondents

Please select one option only

Single select; rotate 1-5 and 5-1

1. A lot closer/stronger
2. A little closer/stronger
3. No change
4. A little more difficult/strained
5. A lot more difficult/strained

- Q16 How has the level of stress you typically feel day-to-day changed since the escalation of the COVID-19 pandemic?

Ask all qualifying respondents

Please select one option only

Single select; rotate 1-5 and 5-1

1. I feel a lot more stressed
2. I feel a little more stressed
3. No change
4. I feel a little less stressed
5. I feel a lot less stressed

- Q17 How stressed/concerned are you that the COVID-19 pandemic may lead, or has led, to you...?

Ask all qualifying respondents

Please select one option per row

Rows; randomise

- a. Losing your job
- b. Losing your home
- c. Not being able to afford to feed your family
- d. Not being able to afford to pay your bills
- e. Not being able to see members of your family
- f. Not being able to see your friends

Column

1. Very stressed/concerned
2. Somewhat stressed/concerned
3. Not stressed/concerned at all

- Q18 Since the escalation of the COVID-19 pandemic, has the amount of time you feel lonely and isolated increased, decreased or has there been no change?
- Ask all qualifying respondents
- Please select one option only
Single select; rotate 1-5 and 5-1
1. Increased a lot
 2. Increased a little
 3. No change
 4. Decreased a little
 5. Decreased a lot
 6. I never feel lonely and isolated
- Fixed
- Q19 How has your outlook for your longer term future, i.e. 5-10 years from now, changed since the COVID-19 pandemic?
- Ask all qualifying respondents
- Please select one option only
Single select; rotate 1-5 and 5-1
1. I feel a lot more positive
 2. I feel a little more positive
 3. No change
 4. I feel a little more negative
 5. I feel a lot more negative
 6. Don't know/I haven't thought about it
- Fixed
- Q20 Do you know anyone who has been diagnosed with COVID-19?
- Ask all qualifying respondents
- Please select all that apply
Multi select
1. I have been diagnosed with COVID-19
 2. Another person/family member in my household
 3. Another family member I do not live with
 4. A friend
 5. A co-worker
 6. A neighbour
 7. Someone else I know (e.g. from a community group or sporting club I belong to)
 8. None of the above
- Exclusive

Thank you

Contact information

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Thank you for your attention!

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