



# How Are You Coping with COVID-19?

**Highlights from Coping Survey #2: March 30 – April 5**

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# Coping Survey #2 – Top Line

- Thanks to all who participated in Survey #2. We hope you'll find this Highlights report interesting and hopefully useful.
- We're in this together and we hope our weekly survey will help everyone cope a little better and give decision makers insight into how people are feeling and how they are coping, so they can make better decisions.
- **So, how is everyone coping? Here are some top line findings:**
  - » It looks like we are seeing a shift in understanding and a **resignation that we are going to be dealing with COVID-19 for a long time**
  - » Respondents are **doing what they have been asked to do**
  - » We're hearing more about **depression** – some are struggling to stay positive with a few people reporting that they feel a lot **more vulnerable** this week
  - » There is more concern about the **seriousness of COVID-19** and the spread
  - » **Family and health** are what people are most grateful for.
- **The top question:** How much longer will this last? When can we get back to “normal” life?”

# Survey Overview

## ▪ Survey Responses

- » COVID-19 Coping Survey #2 was active from March 30 through April 5, 2020.
- » 244 people responded. Participation was limited to people 18 and over.

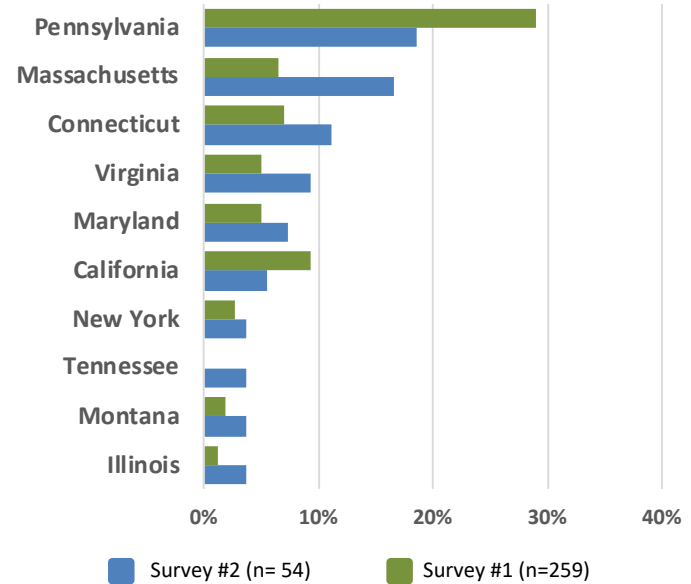
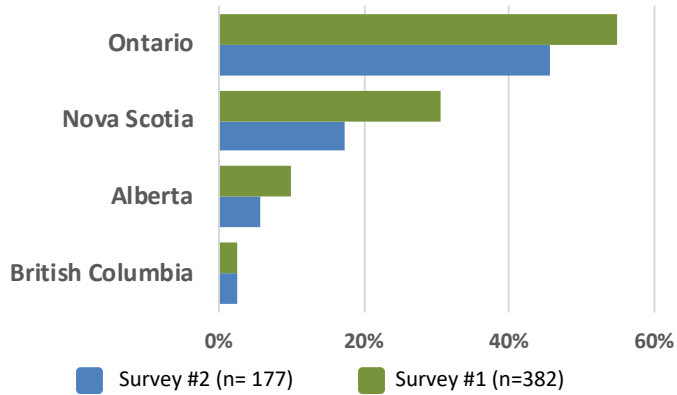
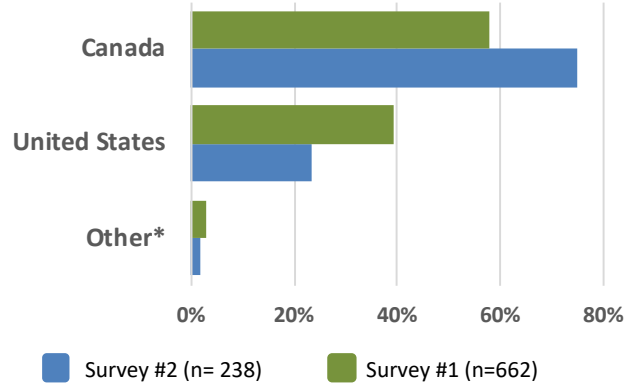
## ▪ Survey Sample

- » Survey participants were recruited through convenience and snowball sampling.
- » The survey was promoted through various avenues starting with our friends, families and professional colleagues via email, LinkedIn, Twitter and other platforms. People were asked to share the survey invitation with others.
- » As such, we make no claims about the representativeness of the survey of any specific population, but we do believe that the results provide meaningful insight into people's experiences and thinking during these difficult times.

## ▪ How to read “% of Respondents”

- » The number of people who responded to each question varied and is specified for each question. When the results are presented as a “% of Respondents” this is the percentage of those responding to that question.

# Survey Geography



## Other countries represented in Survey #2 include:

- United Kingdom, New Zealand

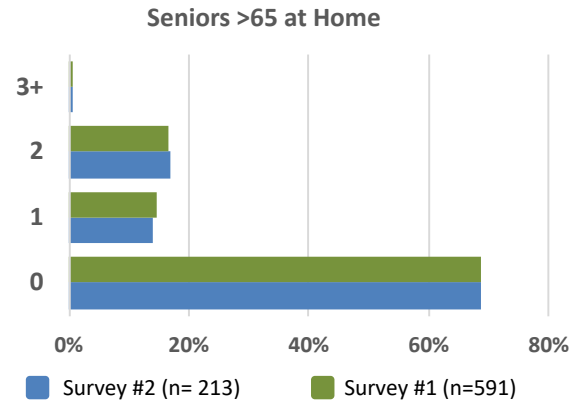
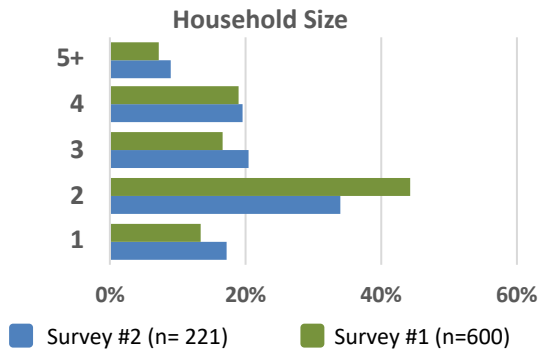
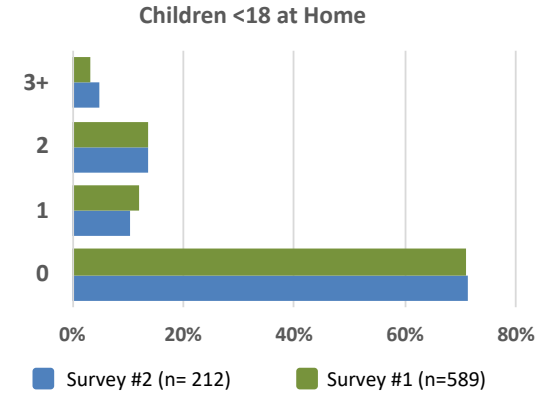
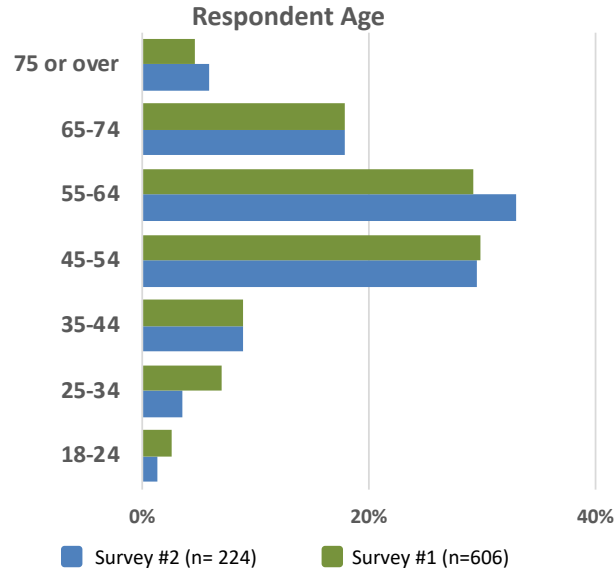
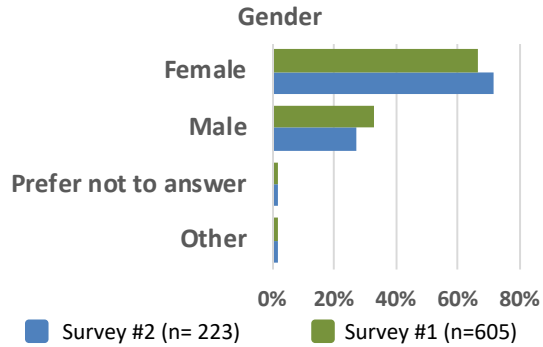
## Other Canadian provinces in Survey #2 include:

- New Brunswick, Newfoundland and Labrador, Prince Edward Island, Quebec, Saskatchewan

## Other US states represented in Survey #2 include:

- Colorado, Delaware, District of Columbia, Georgia, Kentucky, Maine, Missouri, New Jersey, Ohio

# Survey Demographics



# What one word would you use to describe how you are feeling today?

Week #2

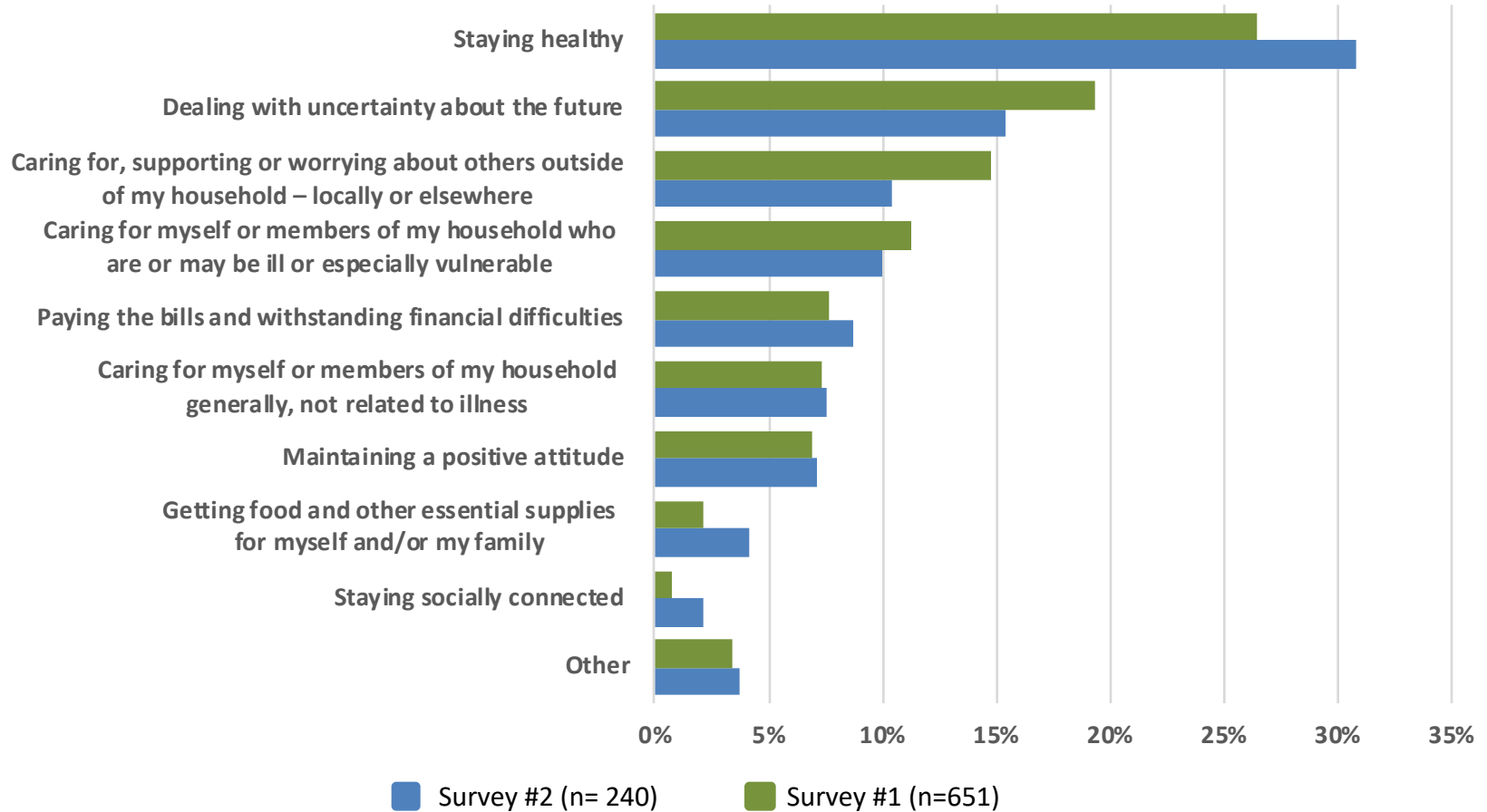


COVID-19 Coping Survey Week #2 Highlights

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# What would you say are your greatest concerns today?





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## ■ Staying healthy

- » *“I am more vulnerable and trying to remain healthy physically and mentally.”*
- » *“The potential for infection seems greater.”*
- » *“I think I've realized that while I'm not in a vulnerable population, I don't want to become sick or have my life threatened.”*

## ■ Dealing with uncertainty about the future

- » *“More worried that this situation is going to last a long time, causing considerable depression.”*
- » *“More certainty that we can get through this.”*
- » *“The reality of it has settled in and the fear that this will be happening for a very long time.”*
- » *“More concerned about just HOW the global economy will ever recover from this blow.”*

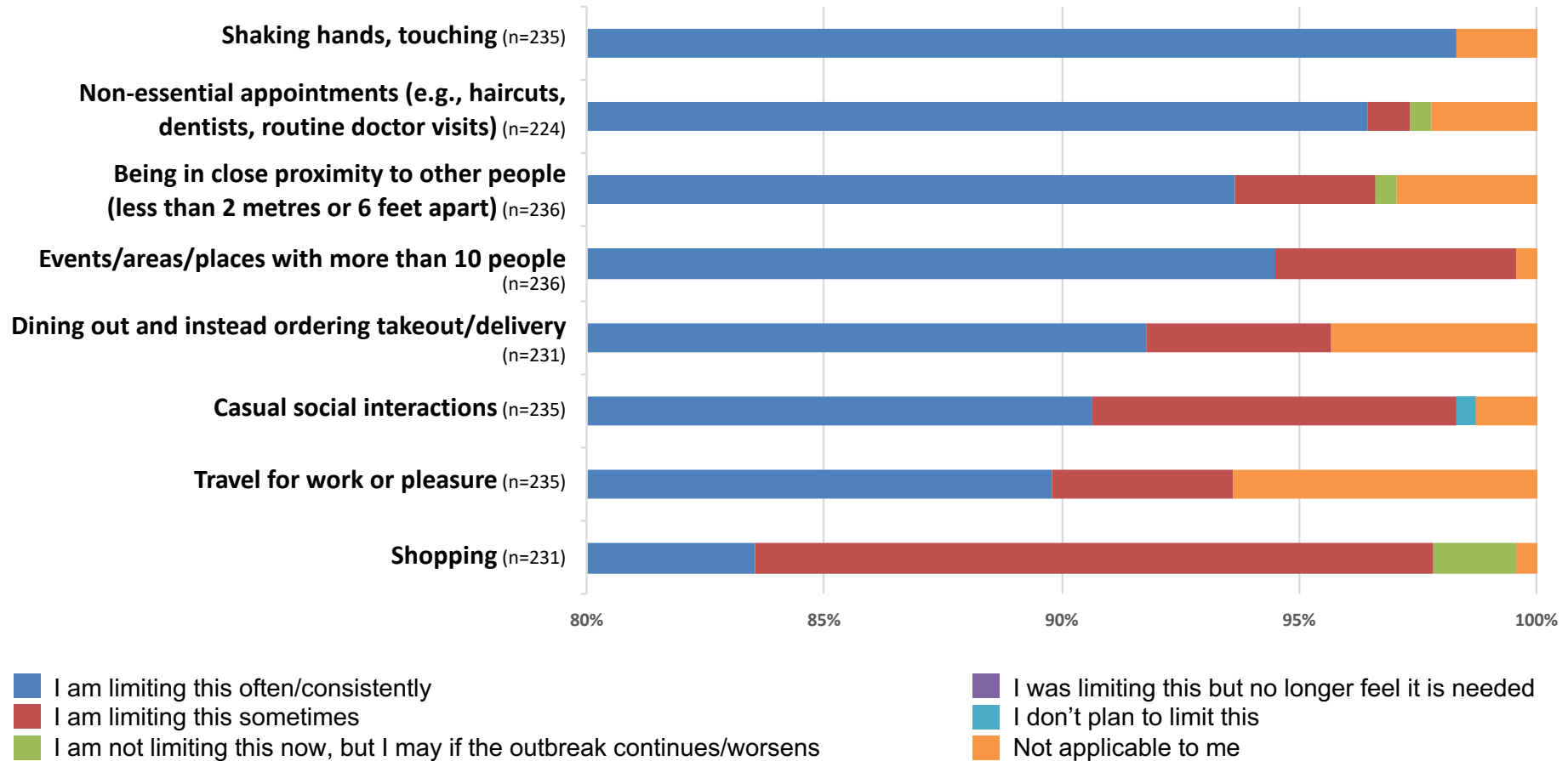
# What would you say are your greatest concerns today?

- **Caring for myself or household members who may be ill or especially vulnerable**
  - » *“Severity of the virus.”*
  - » *“My spouse is working more shifts in the hospital, so my level of concern about our health has gone up.”*
  - » *“I’m feeling more vulnerable this week.”*
- **Maintaining a positive attitude**
  - » *“My main concern at first was staying socially connected, but now it’s changed to staying positive.”*
- **Getting food and other essential supplies for myself and/or my family**
  - » *“I now think this is going to last much longer than I thought it would.”*





# Which of the following actions or activities are you limiting/avoiding as a part of physical distancing to reduce exposure to the virus?

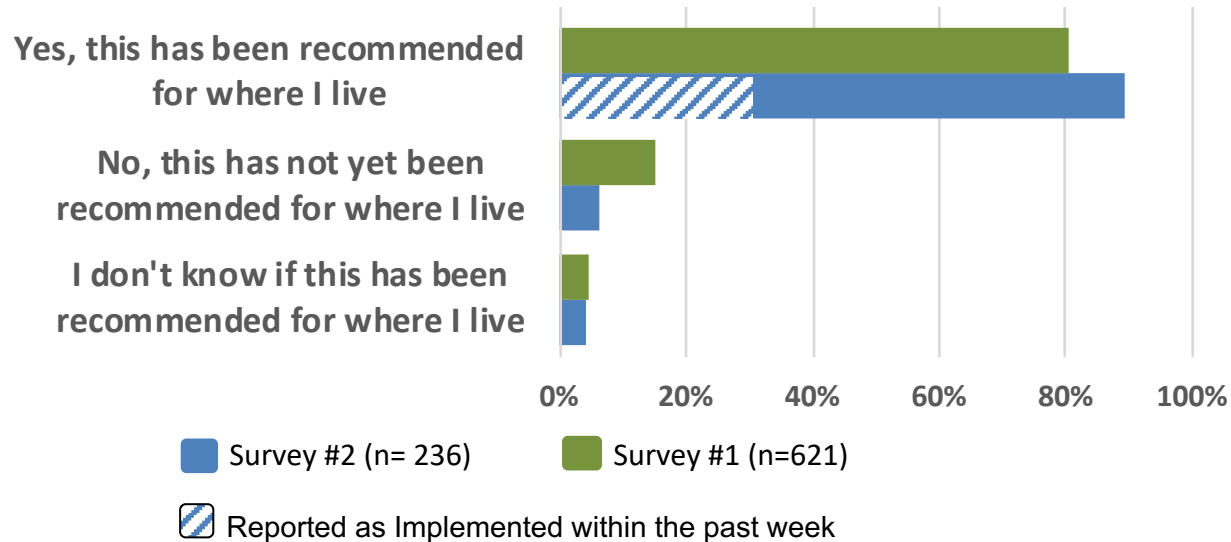


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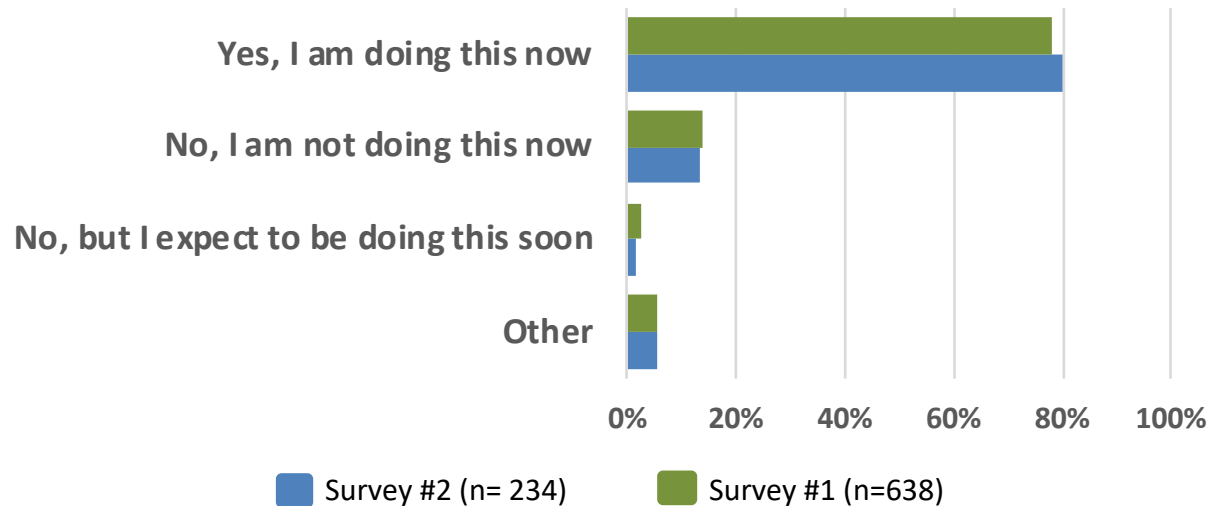
# “Stay at Home”, “Shelter in Place” Orders

In some areas, officials are recommending or mandating that individuals “stay at home” or “sheltering in place”. Has this been recommended for your area?

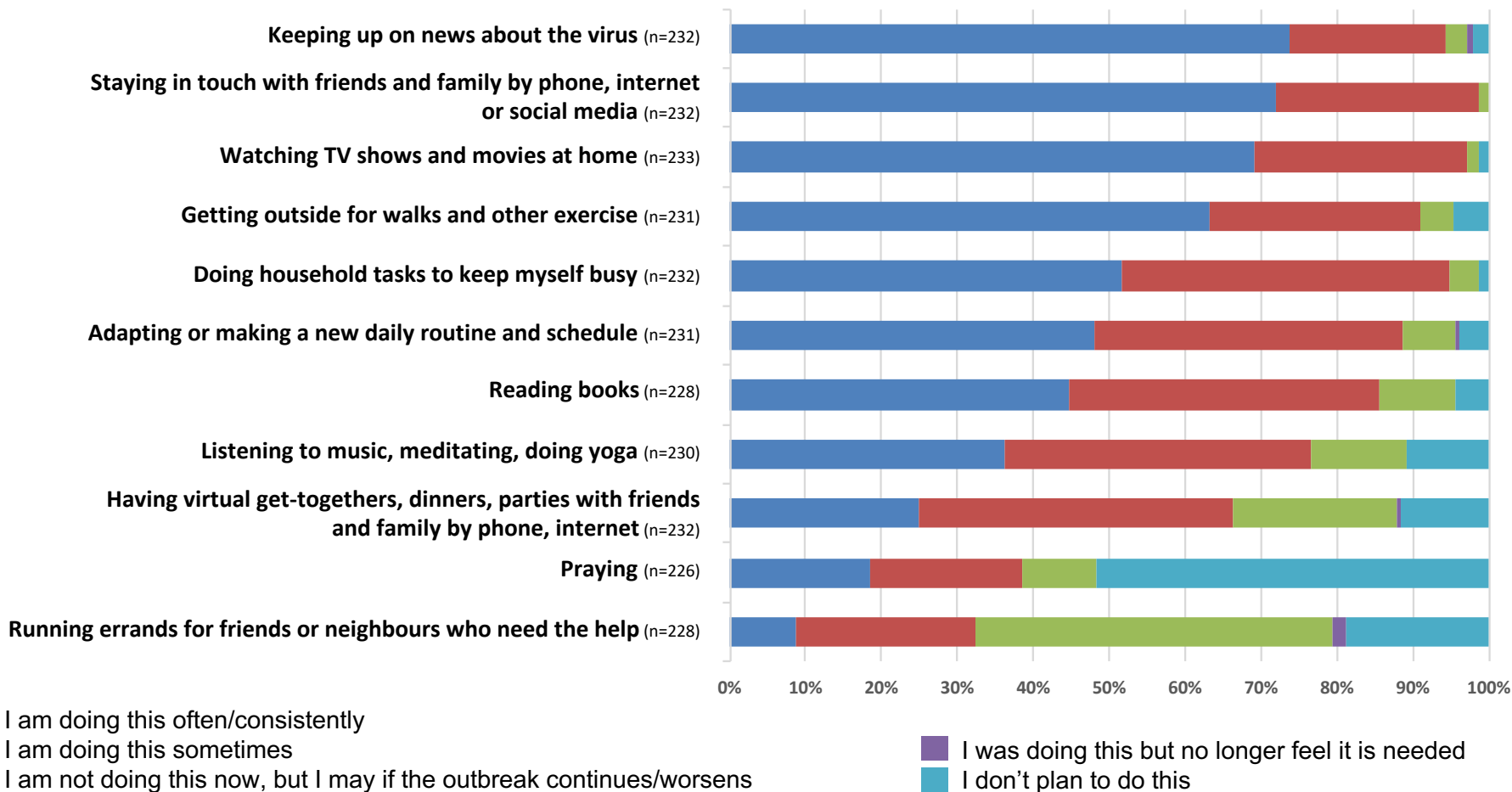


# “Staying at Home”, “Sheltering in Place”

Some individuals are taking more extreme physical distancing actions sometimes called “stay at home”, “sheltering in place” or even “self-isolation”. Are you doing this?



# To what extent are you taking each of the following actions to cope and maintain your spirit and mood and/or that of your friends and family?



COVID-19 Coping Survey Week #2 Highlights

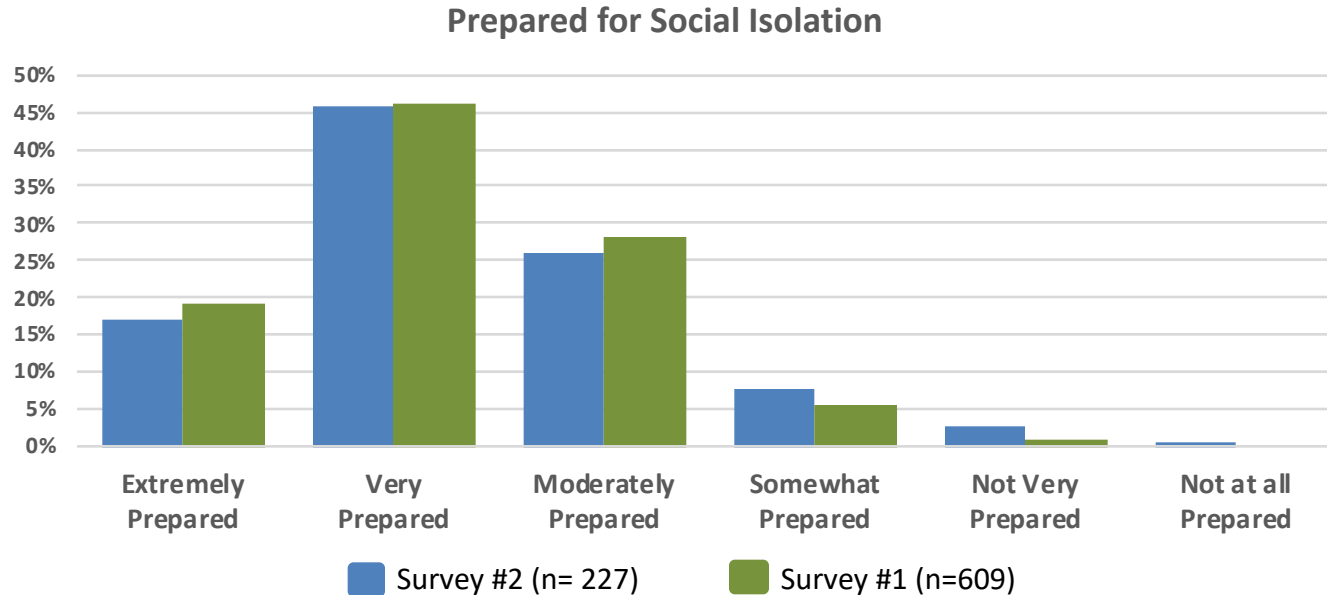
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# Other activities to cope and maintain your spirit and mood

- **Many of the ‘other activities’ that people are doing to maintain spirit and mood, were also mentioned in last week’s survey, including**
  - » *Hobbies, games*
  - » *Indoor exercise: running on the treadmills, TaiChi, Zumba*
  - » *Cooking/baking*
  - » *Being artistic: Paint class*
  - » *Teaching/learning*
- **New ‘other activities’ mentioned this week, include:**
  - » *Avoiding the news: “My best self care is staying away from the news unless necessary. Not focusing on the sad stories but taking the information given by the government, adjusting my behaviour accordingly and moving on.”*
  - » *Supporting/Donating to organizations that are helping out: “Contributing my talents to a pro bono pandemic project to help my community.”*
  - » *Visualization: “Visualizing what this will be like when it's over.”*

# How prepared do you feel that you (and those in your household) are to handle the impacts of social isolation over the next four weeks?



# Questions and Trusted Sources

- **People have a lot of questions about the outbreak that they would like to have answered. Here are a few of the most common:**
  - » *How much longer will this last? When can we expect to get back to “normal”?*
  - » *When will mass scale testing for the virus or its antibodies be available?*
  - » *Will the virus return annually? When will there be a vaccine?*
  - » *What will things look like “after”? Will we see things as they were before or will some of the physical distancing measures that we’re adopting have to be continued?*
- **In both Canada and the US, government health officials were the most frequently mentioned as people’s most trusted sources of information about the pandemic.**
  - » *In Canada, government elected officials were mentioned second most frequently.*
  - » *In the US, media sources were mentioned second most frequently.*

# Why We're Doing the Coping Survey

- Like many others we are trying to understand and cope with the practical, psychological and emotional effects of physical distancing, self-isolation, symptom monitoring and general uncertainty during this COVID-19 pandemic.
- Our team at Decision Partners believes we can help, in a small way, by doing what we do best – listening and learning about how people are feeling and what they are doing to cope with the changes and challenges we are all facing. That's why we launched the weekly COVID-19 Coping Survey on March 24.
- No one has sponsored this research – we're doing it on our own. We hope this work will generate useful insight to help people cope a little better, and hopefully inform ongoing and future pandemic decision making. [Please share the survey link and the results!](#)

# About Us

Our team at Decision Partners believes our world is a better place when people make better-informed decisions. We specialize in behavioural research designed to better understand how people think about and respond to complex topics, including social and health-related issues. We are a small business that has been doing this work for 30 years.

You can learn more about us, and our COVID-19 Coping Survey at <http://www.decisionpartners.co>

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