



For Immediate Release

Impacts of Covid-19 Quarantine on General Health & Well-Being

Survey reveals the ancillary impacts of being in quarantine on physical and mental health across a number of countries, including data on back pain, social media usage, and eating and drinking habits

- Respondents in **Italy reported the biggest increase in anxiety and loneliness**, with 46% stating that they felt 'more lonely' in isolation, in comparison with France, Germany, Spain, the UK and the USA.
- In comparison with these same countries, respondents in the **UK are the most concerned about their healthcare system** being able to cope with the crisis (74%), and have cancelled the most medical appointments (58%), while 18% of respondents in the **USA reported no access to medicines**, more than double of any other country included, and reported the highest overall health decline (46%).
- **German** respondents were the **least worried about personal finances** (42%) and protecting the elderly (21%), while **French** respondents were the least worried about their healthcare system being able to cope (34%) and **experienced the lowest overall health decline** while in isolation (12%).
- **54% of respondents in high isolation reported a decrease in mental well-being**, but a 69% increase in communicating online.
- **In all cases, lower back pain increased** more than decreased during isolation, with the highest impact due to watching tv or online video for extended periods, as reported by 53% of those in high isolation and 38% in low isolation.

Berlin, Germany, May 2020 - Digital therapeutics company [Kaia Health](#) has released the results of a new survey asking people in quarantine about how their physical and mental health has been impacted due to Covid-19 lockdown policies. The company distributed the survey to customers who currently suffer from chronic back pain, as well a representative sample of the general public, in order to gauge the differences of experience and commonalities under lockdown. The resulting index provides a snapshot of the indirect and sometimes hidden ways that Covid-19 quarantine policies are impacting people's health and well-being.

How the survey was conducted:

Kaia Health began the survey by asking people around the world a series of questions in relation to their personal experiences in quarantine. Next, they took a representative sample of the responses across these countries to not only see how their experience may differ depending on their degree of isolation, but also what impacts are being encountered in common.

The questions focused on both physical and mental health issues such as musculoskeletal pain, as well as on how spending more time at home had changed their daily habits, particularly in terms of media consumption and eating. Additionally, respondents were asked about their attitudes and concerns about life during the pandemic and their opinions about government responses to the crisis, including any financial stress they may be experiencing, as these issues may contribute to overall stress and well-being.

The final data is split into two data tables, the first illustrating the impacts of quarantine on six major western countries that have implemented significant isolation measures to prevent the spread of Covid-19 (USA, UK, Spain, Germany, Italy and France). The second table presents the aggregate results for all respondents, broken down by level of isolation where High Isolation indicates 'Respondents that reported that they had never left their home in the last seven days' and Low Isolation indicates 'Respondents that had left their apartment at least once'.

Please find the complete methodology and full results on the following page:
<https://www.kaiahealth.com/impacts-of-covid-19-quarantine/>

Findings

The table below reveals a sample of results for the **Impact of Covid-19 lockdown policies in six countries on mental and physical health:**

Country	I am...		I am Worried About...				Physical Health Impacts		
	More Anxious	More Lonely	General Economy	Healthcare System	Early Lifting of Sanctions	Protecting Elderly	Overall Health Decline	Cancelled Medical Appointments	No Access to Medicine
France	31%	31%	69%	34%	49%	49%	12%	24%	7%
Germany	33%	33%	69%	37%	56%	21%	18%	34%	1%
Italy	46%	46%	86%	54%	48%	43%	17%	38%	2%
Spain	40%	40%	80%	61%	46%	70%	32%	35%	7%
United Kingdom	30%	30%	81%	74%	73%	68%	44%	58%	4%
United States	40%	40%	71%	61%	74%	66%	46%	27%	18%

N.B. This table shows a sample of the full results, which can be seen here:

<https://www.kaiahealth.com/impacts-of-covid-19-quarantine/>

The table below reveals a sample of results for the **differences in habits of people in high and low isolation:**

		Low Isolation		High Isolation	
		Decreased	Increased	Decreased	Increased
Mental Health	Mental well-being	25%	17%	54%	8%
	Keeping my home tidy	7%	31%	18%	41%
	Continuously scrolling through social media and newsfeeds	11%	35%	13%	51%
	Drinking alcohol	18%	13%	22%	19%
Social Health	Relationships	2%	46%	28%	27%
	Talking to friends and family	12%	47%	20%	50%
	Communicating online	1%	68%	4%	69%
Physical Health	Regular outdoor walks	39%	24%	45%	29%
	Light indoor exercise	9%	28%	14%	42%
	Eating healthy food	15%	18%	29%	30%
	Smoking	4%	3%	9%	13%
Lower Back Pain	Remote working ergonomics	11%	23%	18%	14%
	Working from sofa	5%	28%	10%	37%
	Watching TV or online video for extended periods	7%	38%	13%	53%
	Playing computer games for extended periods	6%	23%	17%	38%

Further Findings

- While **regular outdoor exercise has declined** no matter the degree of isolation, light and moderate indoor exercise has increased.
- **Drinking alcohol decreased** more than increased in both low and high isolation, while **smoking slightly increased** in those in high isolation.
- 51% of respondents in high isolation reported an **increase in continually scrolling through social media** and newsfeeds, compared to 35% in low isolation.
- 46% of those in low isolation reported improved relationships, compared to 27% of those in high isolation.
- **Talking to friends and family increased** by 50% in those in high isolation, and 47% for those in low isolation.
- More respondents reported an **increase in keeping their homes tidy** than a decrease, while maintaining a regular routine had similar levels of decrease and increase no matter the degree of isolation.
- Similar percentages of respondents reported an increase in eating healthy food versus those who reported a decrease, in both low and high isolation.
- **Respondents in high isolation reported experiencing a higher level of increased back pain** from working from the sofa and bed, and watching tv or playing video games for extended periods were, as compared to those in low isolation.

- Overall, respondents in the USA, UK, Spain, Germany, Italy and France are **most worried about the general economy and early lifting of sanctions**, the latter being most worrisome to the USA (74%) and the UK (73%).

Quotes:

“We were especially interested in how different forms of isolation and habits might have impacted back pain, and from the results, we are able to build a clearer picture. Those in high isolation have experienced significantly more back pain than those in low isolation, with working from the sofa, and watching TV, online streaming or gaming for extended periods of time having the largest impacts on respondents’ experiences of back pain,” comments Konstantin Mehl, Founder and President Kaia Health Software Inc. “We hope that the results of this survey can help to highlight the impacts of back pain on overall well-being and that there is help available, even in the time of a pandemic, with more and more services being offered digitally.”

“The Covid-19 crisis has led to changed habits and new challenges for millions of people across the world. For people with underlying health conditions like musculoskeletal pain this has meant the extra challenge of managing them alone, especially when they have to work from home in unsuitable ergonomic positions, or are prevented from outdoor activities and access to physical therapy,” says Konstantin Mehl, Founder and President Kaia Health Software Inc., “With the effects of the crisis requiring remote ways of working and communicating, the results of the study indicate that it’s important to adapt and develop online physical and mental health care services so that people with chronic conditions are able to get the support and treatment they may need during this difficult time.”

“While there appear to be some clear patterns forming about people’s habits during isolation, for instance, increased time on social media, watching television and talking to friends online, there are some stark differences in concerns and anxieties from respondents based on which country they’re experiencing lockdown in,” comments Konstantin Mehl, Founder and President Kaia Health Software Inc. “When we look at the two nations where our headquarters are based, USA and Germany, the data shows that people are far more anxious and lonely in America than Germany. Around 20% of American respondents are more worried about the healthcare system coping, personal finances and health, early lifting of sanctions and protecting the elderly, while respondents in the USA also reported 28% more of an overall health decline compared to German respondents. We hope that these results can help policymakers in the future to understand where their countrymen’s anxieties lay during these difficult times and respond accordingly.”

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Instructions

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<https://www.kaiahealth.com/impacts-of-covid-19-quarantine/>

About Kaia Health: Kaia Health is a digital therapeutics company that creates accessible, evidence-based treatments for a range of chronic disorders driving top healthcare costs including chronic

pain and COPD. By blending expert medical knowledge and technology, such as computer vision algorithms, Kaia Health delivers individualized app interventions that aim to empower and motivate patients to take control and self-manage their condition with digital alternatives from their home - using devices they already own (i.e., smartphones and tablets).

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