

# How Are You Coping with COVID?

## Highlights from Coping Survey #1 – March 24 – 29

Sarah Thorne, President, Decision • Partners

Daniel Kovacs, PhD, Senior Scientist, Decision • Partners

Denise Carpenter, Senior Consultant, Decision • Partners

Katherine Sousa, Research Associate, Decision • Partners

Michael Dunn, President - Dunn & Associates Communications and Public Affairs Inc.

# The Challenge and the Opportunity

- 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 a weekly COVID-19 Coping Survey.
- No one has sponsored this research – we're doing it on our own. The following are highlights of the first week's survey results. We hope this work will generate useful insight to help people cope a little better, and hopefully inform ongoing and future pandemic decision making.

# Survey Overview

## ■ Survey Responses

- » COVID-19 Coping Survey #1 was active from March 24 through March 29, 2020.
- » 662 people responded.
- » Participation was limited to people 18 and over.

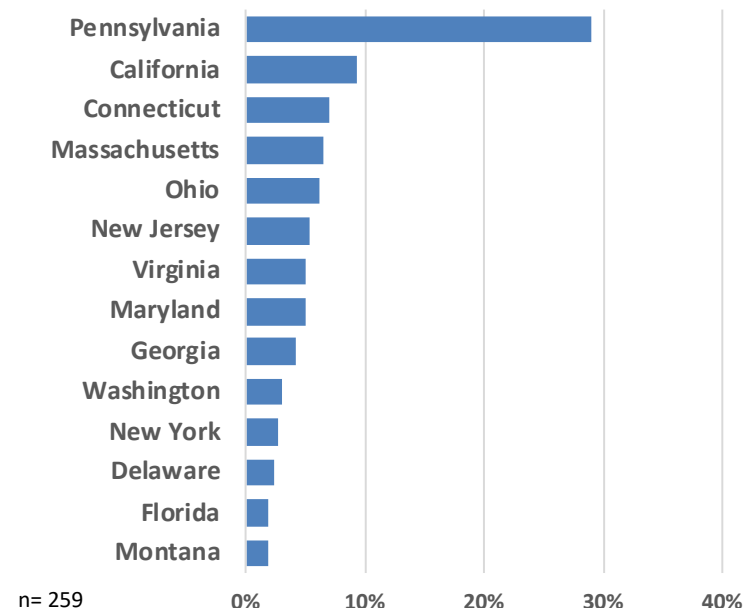
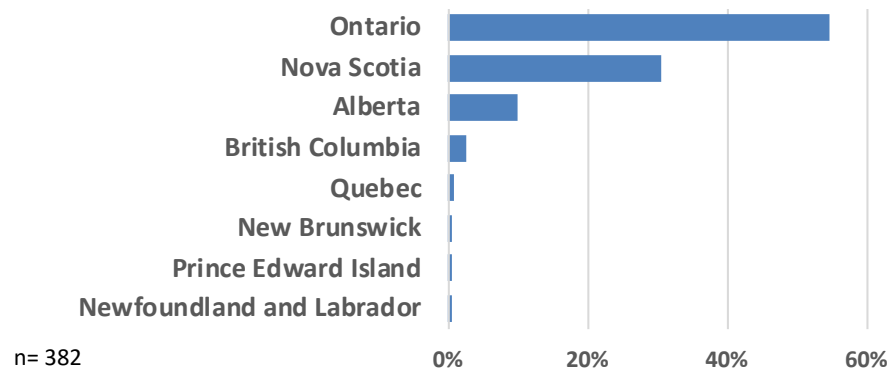
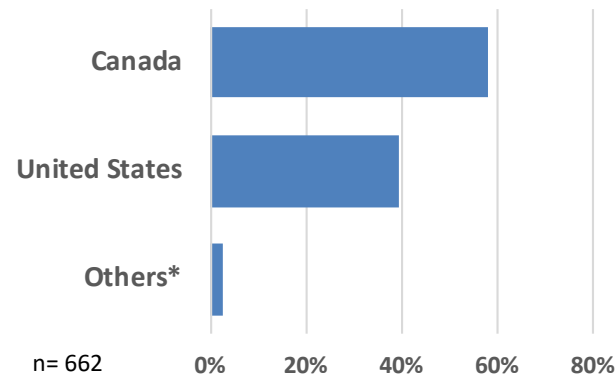
## ■ Survey Sample

- » 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



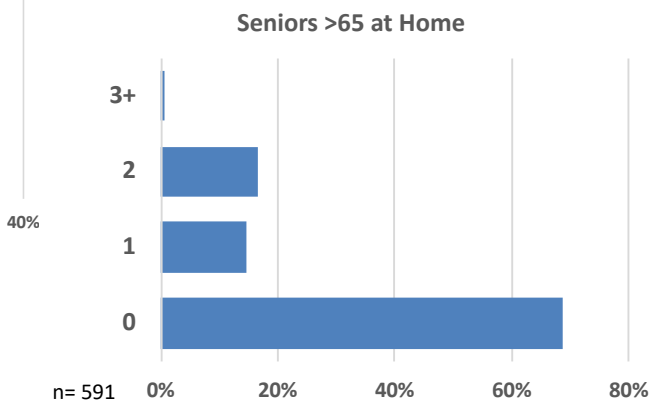
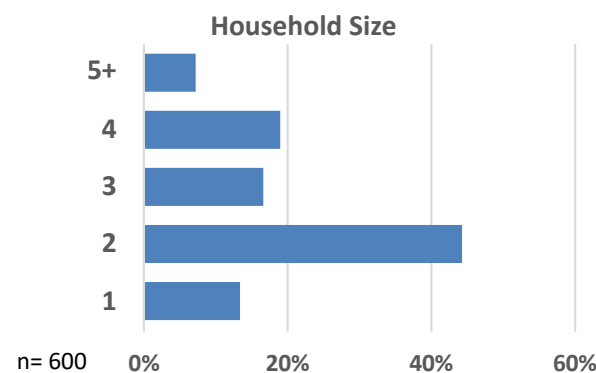
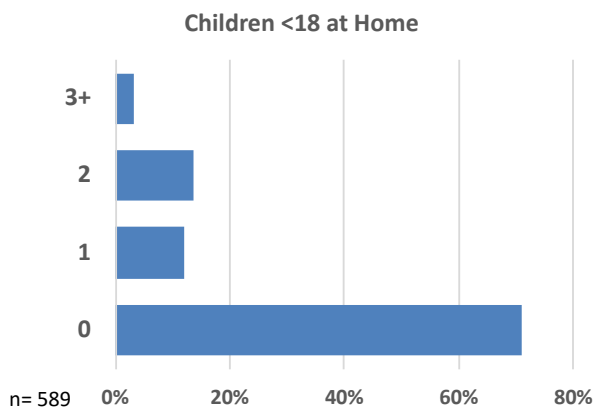
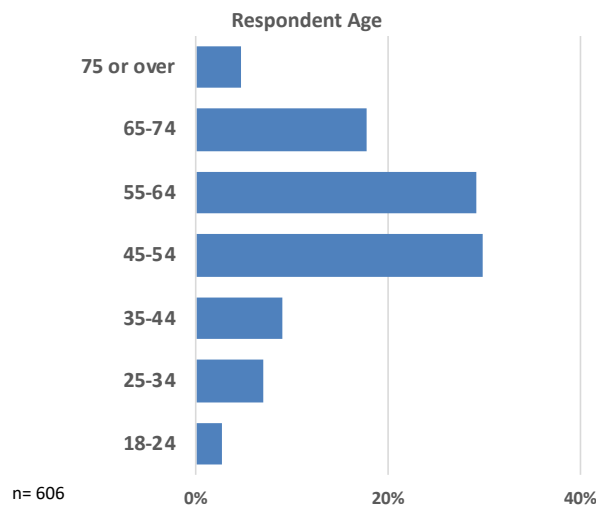
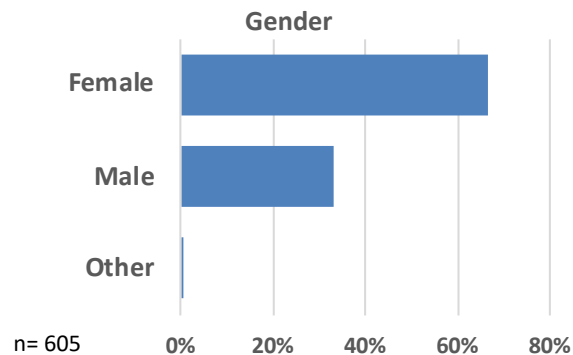
## Other countries represented include:

- Germany, Mexico, Spain, United Kingdom, Azerbaijan, Bermuda, Netherlands, South Africa

## Other states represented include:

- Arizona; Arkansas; Colorado; District of Columbia (DC); Illinois; Kansas; Kentucky; Maine; Michigan; Mississippi; Missouri; Nevada; New Hampshire; North Carolina; North Dakota; Oregon; South Carolina; Utah; Wisconsin

# Survey Demographics



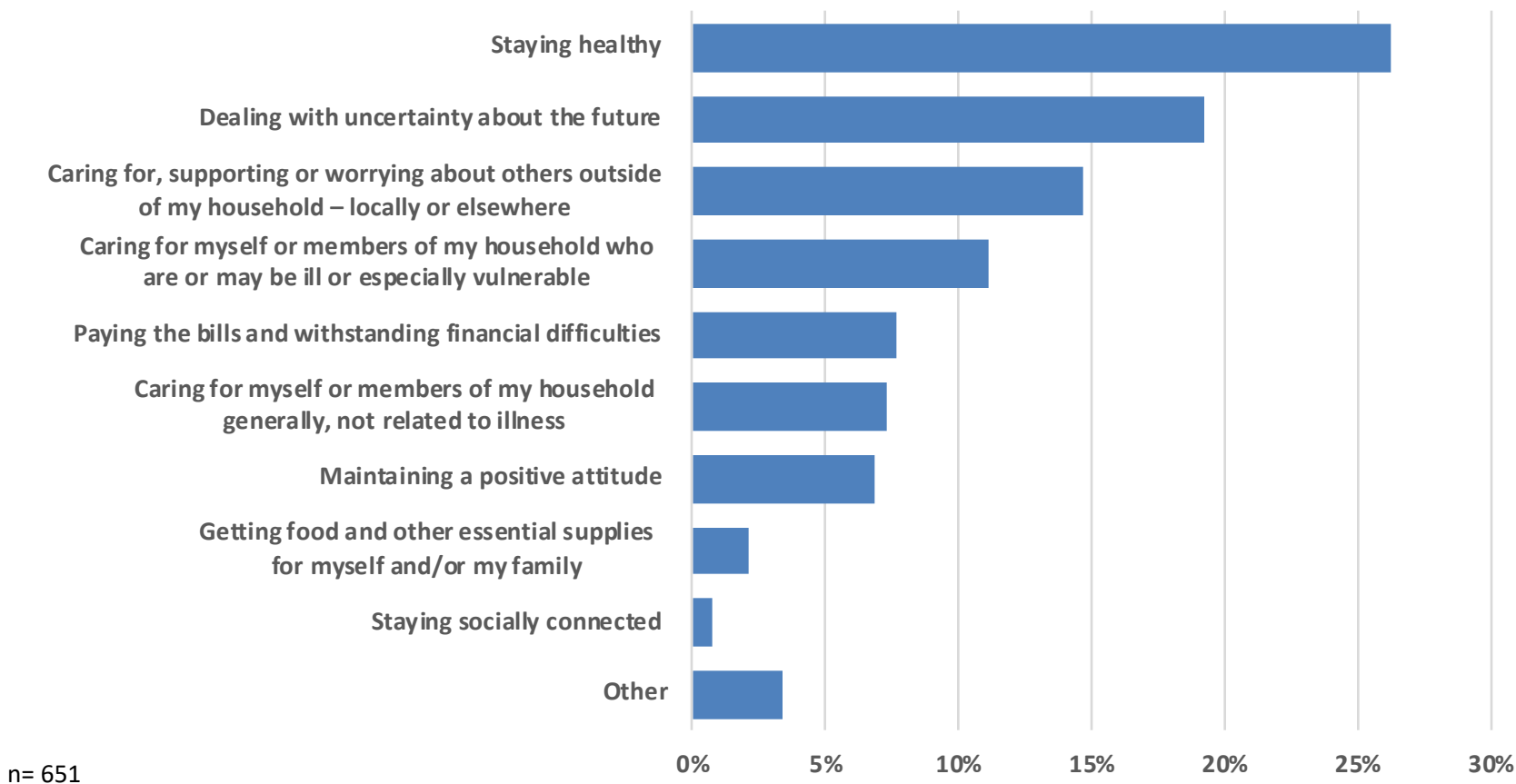
# What one word would you use to describe how you are feeling today?



## COVID-19 Coping Survey Week #1 Highlights

Copyright © 2020 Decision • Partners Inc.  
All rights reserved. Business Proprietary and Confidential

# What would you say are your greatest concerns today?



# What would you say are your greatest concerns today?

- **Staying healthy**

- » *“DO NOT WANT TO GET REALLY SICK - ESPECIALLY AFRAID TO BE HOSPITALIZED”*

- **Dealing with uncertainty about the future**

- » *“Is this the new permanent future?”*
- » *“I wonder if the world is going to be the same after this. Will it be better? Will it be worse? We were thinking about having children. That is DEFINITELY on pause right now, but when might we feel stable enough to do this?”*
- » *“Uncertainty is always the problem. It robs you of any feelings of control. It prevents a person from making plans. Too much uncertainty can lead to anxiety which doesn't help anything.”*
- » *“How long will this last????”*



# What would you say are your greatest concerns today?

## ■ Caring for and taking care of others

- » *“My favorite cousin (over 10 hours away by car) has stage 4 cancer, is dealing with many symptoms, has no more options, and is expected to have a short time now. I wish I could hug her one more time. I'll likely never see her again; I'll miss her very much.”*
- » *“I'm a teacher I've got hundreds of kids that I'm worried about right now.”*
- » *“If I go down, I wouldn't be able to care for my loved ones, family and friends.”*
- » *“Can we continue to cooperate, work together, have compassion on the marginalized.”*
- » *“I have a pet who has complex medical needs. It's important I stay healthy to be able to care for her.”*
- » *“I don't want to lose my husband of over 42 years!!”*
- » *“Worried about my adult children about to launch careers and their job security, their optimism for future.”*
- » *“Need to be healthy to take care of my family.”*

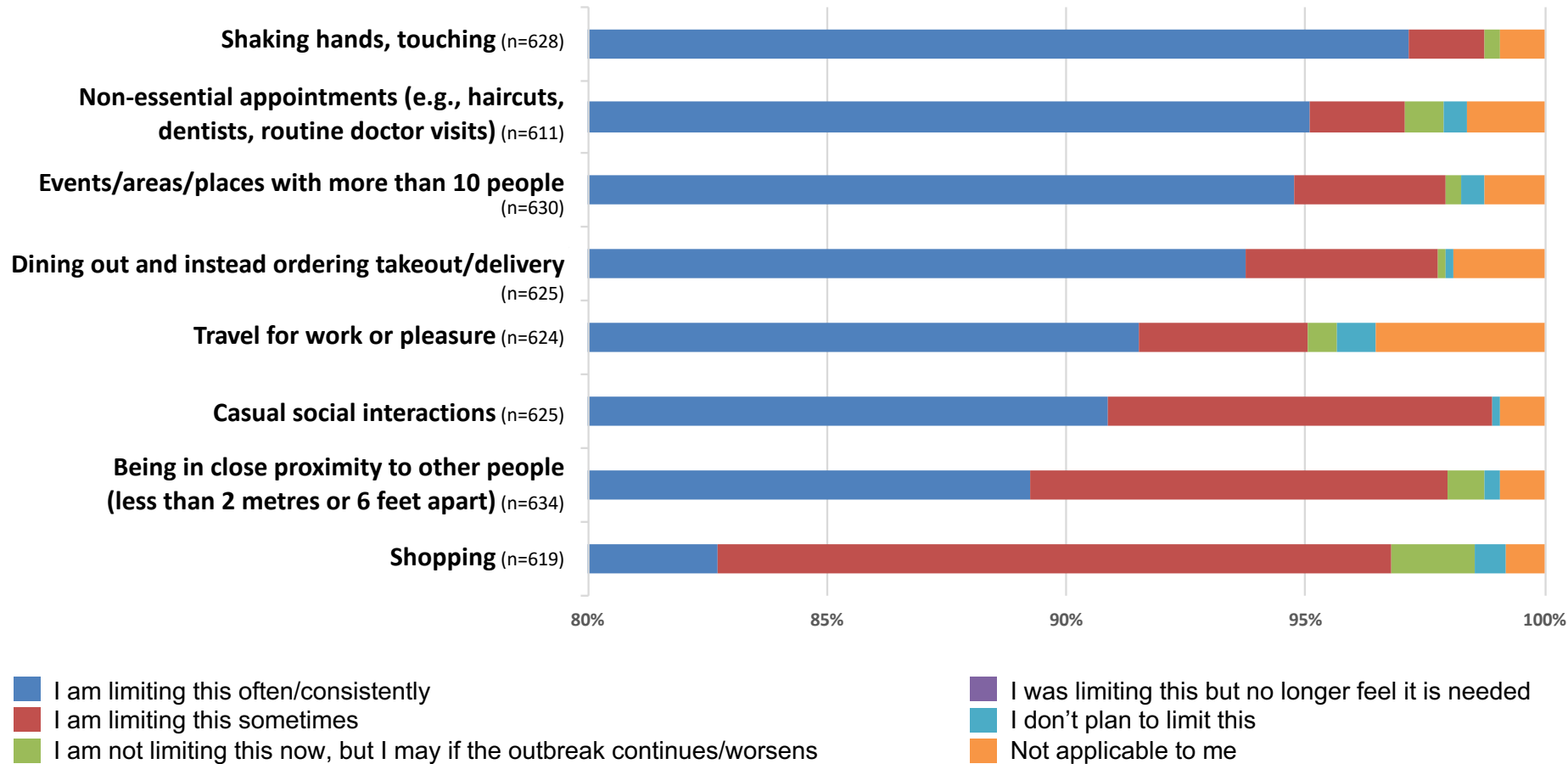
## What are you most grateful for today?



## COVID-19 Coping Survey Week #1 Highlights

Copyright © 2020 Decision • Partners Inc.  
All rights reserved. Business Proprietary and Confidential

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

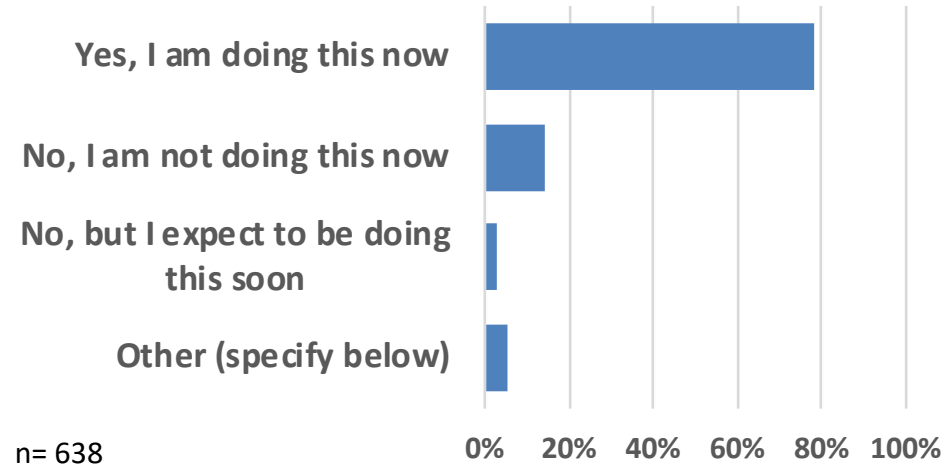


COVID-19 Coping Survey Week #1 Highlights

Copyright © 2020 Decision • Partners Inc.  
All rights reserved. Business Proprietary and Confidential

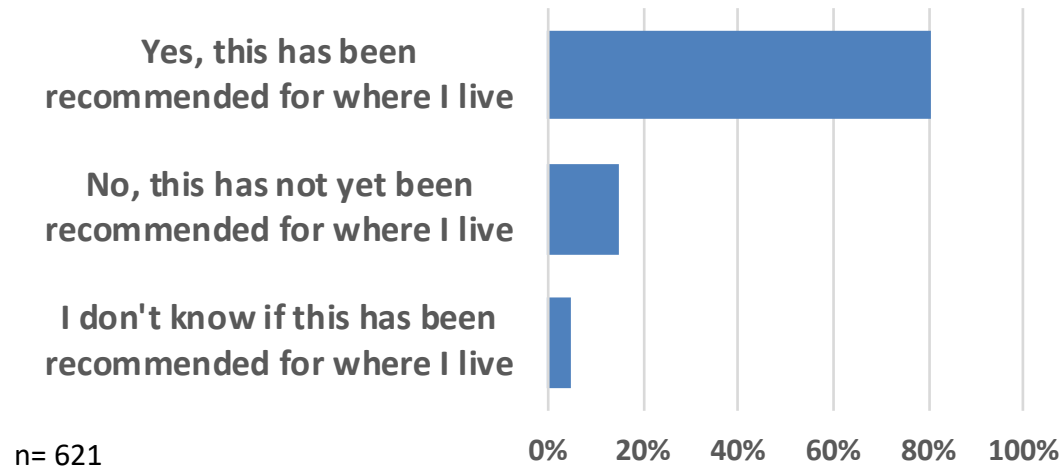
# “Staying at Home”, “Sheltering in Place”

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?

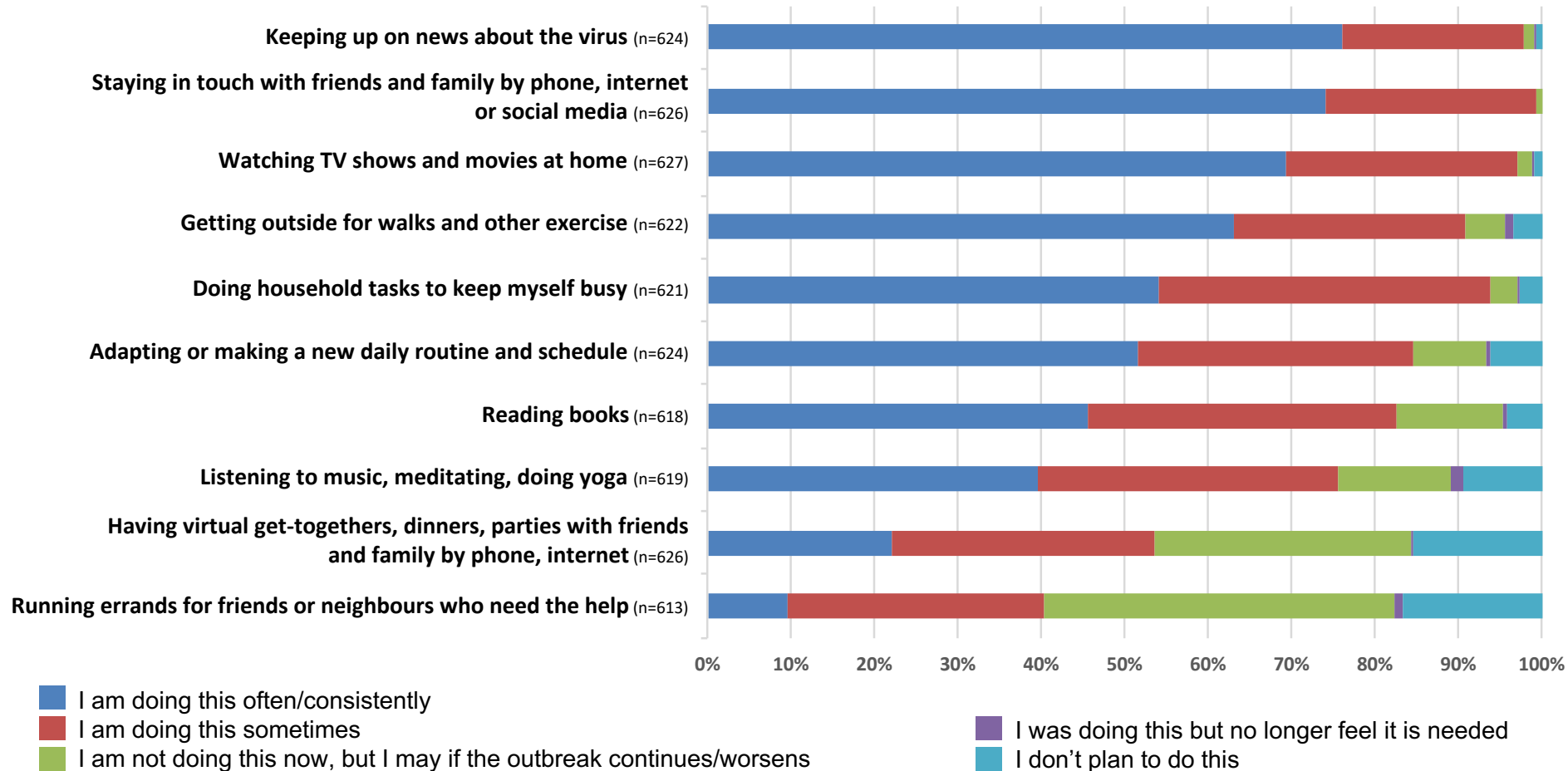


# “Stay at Home”, “Shelter in Place” Orders

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



# 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?



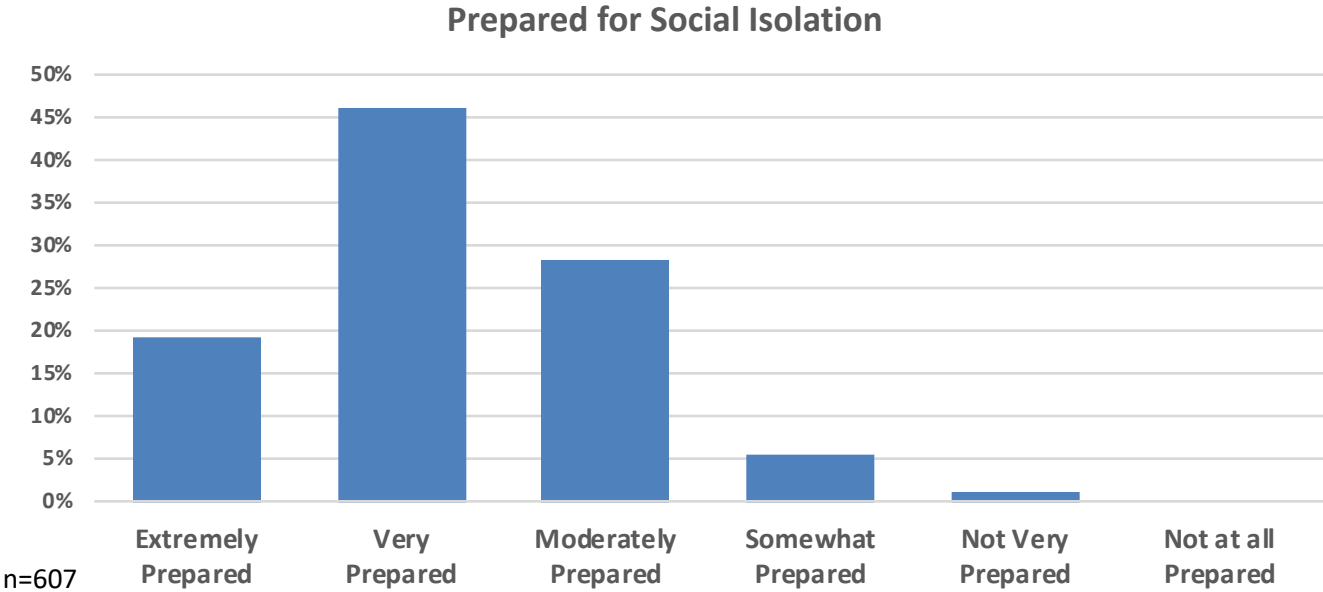
COVID-19 Coping Survey Week #1 Highlights

Copyright © 2020 Decision • Partners Inc.  
All rights reserved. Business Proprietary and Confidential

# Other activities to cope and maintain your spirit and mood

- **Hobbies:** sewing, knitting, crafting, jigsaw puzzles, crosswords
- **Cooking/Baking/Eating:**
  - » *“Trying new recipes now that I have time to cook and bake!”*
  - » *“Comfort foods – good for mood, bad for weight”*
- **Writing/Journaling/Blogging**
- **Music:** Playing piano, guitar
- **Learning:** Online classes, learning software
- **Art:** Painting, sculpture
  - » *“Art therapy - making cards for people, putting encouraging sayings in the house window, creating ‘chalk walk’ art, small paintings for people.”*
- **Gardening**
- **Teaching:** Home schooling, preparing online classes
- **Videogames**
- **Helping address the outbreak:** Sewing surgical masks

# 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?





# 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>

For more information contact:

Sarah Thorne, President, Decision • Partners

Daniel Kovacs, PhD, Senior Scientist, Decision • Partners

[dprc@decisionpartners.co](mailto:dprc@decisionpartners.co)