# Pitch text total

# Intro

***(Maßnahmen Bild)*** - Covid took a toll on all of us, preventing **some aspects that** constitute human freedom, from free movement to being able to physically meet friends and family. It would thus be unsurprising that these stringent measures to contain the spread of Sars-Cov2 might have impacted societal well-being.

***(Happiness-picture).*** This is vital to understand, because happiness is an important indicator of societal well-being, such as for productivity and mental-health. We therefore want to know how the stringency of Covid-measures affected happiness during the pandemic. Specifically, we aim to understand if more stringent measures decreased our happiness on a societal level or not.

Our aim is to generate insights ***(WHO)*** to support policy makers with data-driven information to make informed decisions in future pandemics - to understand how to strike the right balance between virus containment and societal well-being.

# Data

To analyse the effect of Stringency measures on Happiness worldwide, we obtained happiness and stringency data for 115 countries. Happiness consists of several indicators, such as freedom-to-make choices, health expectancy and others. Stringency is the composite measure of nine indicators, including restrictions to movement and other stay-at-home requirements.

Our visual output consisted of three sets of graphs, one for each year between 2020 and 2022 showing the relationship between happiness and stringency. To account for inherent pre-pandemic happiness differences, we compared the happiness changes per pandemic year relative to the average pre-pandemic happiness levels for each country.

In the graph, you will see that happiness ratings centre around 0. Countries above 0 mean that they were happier during than before the pandemic and vice versa for countries where happiness is below 0. For stringency, higher scores equate to higher stringency measures.

Our prediction was that happiness ratings in countries that applied more stringent measures would in turn have lower happiness ratings and that this effect would increase as the pandemic went on.

# Results and Implications

Contrary to our initial assumption, stringency did not affect happiness.

As you can see, there are almost no differences between years 2020 and 2021 with a mean stringency overall of ~50 and 2022 with lowered stringency ~30.You can see slight negative correlations for each year, but these were statistically not significant (p = xxx).

***What does this mean?***

The data seems to suggest that people were fairly “resilient” and that stringent measures did not affect people’s happiness overall over the course of the pandemic.

While these are promising results, we need to be cautious about their interpretation. This is because our happiness ratings were collected only once a year. Given the frequent fluctuations in stringency measures, it could mean that some variation in happiness was missed, and thus might decrease the meaningfulness of this happiness measure. This could help to inform governments about making micro changes to stringent measures and how these affect people’s daily lives on a more short-term basis.

***Take Home Message:***

Therefore, we would advise governments to one be optimistic about people’s ability to handle stringent measures during pandemic. However, governments should account for differences in happiness and measure it as a construct in accordance with changes in stringency during the next pandemic. Important questions to consider with this are further: who coordinates the collection of data on such an international level and also, what indicators should constitute happiness scores? Either way, it is extremely important get a clearer understanding of how stringent measures affect happiness on a smaller scale. WHY? 🡪 important indicator; next pandemic may not be like the last (“citation small virus” (Tedros, Reuters Artikel)?)

[*"A commitment from this generation (to a pandemic accord) is important, because it is this generation that experienced how awful a small virus could be," said Tedros.*](https://www.reuters.com/business/healthcare-pharmaceuticals/dont-delay-reforms-prepare-next-pandemic-who-chief-2023-05-22/)

hints: Ukraine became happier even in 2022 when the war started in February that year