



# **SURVEY PROJECT REPORT**

**ON**

## **A STUDY TO ASSESS THE MENTAL HEALTH OF COMMUNITY OF INTEGRAL UNIVERSITY DURING COVID-19**

*SUBMITTED IN PARTIAL FULFILLMENT OF THE REQUIREMENTS FOR THE  
AWARD OF THE DEGREE OF*

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# CHAPTER- 1

## INTRODUCTION

### *BACKGROUND*

The COVID-19 pandemic has led to complete shut-down of the entire world and almost all the countries are presently in a *lockdown mode*. While the lockdown strategy is an essential step to curb the exponential rise of COVID-19 cases, the impact of the same on mental health is not well known.

### *AIM*

To study the impact of COVID-19 on the mental health of the community of Integral University with an objective to assess the prevalence of depression, anxiety, perceived stress, well-being and other psychological issues.

### *MATERIALS AND METHODS*

It was an online survey conducted using the Google form. People were invited to fill out the web-based questionnaire via social media. This self-administered web-based questionnaire assessed the mental state of the participants by attempting the questions contained in it regarding COVID-19 and mental health. The survey link was circulated starting from April 25, 2021 and was closed on June 15, 2021.

### *OVERVIEW*

A pandemic is not just a medical phenomenon. It affects individuals and society and causes disruption, anxiety, stress, stigma or xenophobia. The behaviour of an individual as a unit of society or a community has marked effects on the dynamics of a pandemic that involves the level of severity, degree of flow and after effects.

Rapid human-to-human transmission of the *SARS-CoV-2* resulted in the enforcement of regional lockdowns to stem the further spread of the disease. Isolation, social distancing, and closure of educational institutes, workplaces and entertainment venues consigned people to stay in their homes to help break the chain of transmission. However, the restrictive measures undoubtedly have affected the social and mental health of individuals from across the board.

As more and more people are forced to stay at home in self-isolation to prevent the further flow of the pathogen at the societal level, governments must take the necessary measures to provide mental health support as prescribed by the experts.

Professor *Tiago Correia* highlighted in his editorial as the health systems worldwide are assembling exclusively to fight the COVID-19 outbreak, which can drastically affect the management of other diseases including mental health, which usually exacerbates during the pandemic. The psychological state of an individual that contributes toward the community health varies from person-to-person and depends on his background and professional and social standings.

Quarantine and self-isolation can most likely cause a negative impact on one's mental health. A review published in *The Lancet* said that the separation from loved ones, loss of freedom, boredom, and uncertainty can cause deterioration in an individual's mental health status. Under the current global situation, both children and adults are experiencing a mix of emotions. They can be placed in a situation or an environment that may be new and can be potentially damaging to their health.

## **CHILDREN AND TEENS AT RISK**

Children, away from their schools, friends and colleagues, staying at home can have many questions about the outbreak and they look up to their parents or caregivers to get the answer. Not all children and parents respond to stress in the same way. Kids can experience anxiety, distress, social isolation or an abusive environment that can have short or long-term effects on their mental health. Some common changes in their behaviour can be:

- Excessive crying and annoying behaviour
- Increased sadness, depression or worry
- Difficulties with concentration and attention
- Changes in or avoiding activities that they enjoyed in the past
- Unexpected headaches and pain throughout their bodies
- Changes in eating habits

To help offset negative behaviours, parents require to remain calm, deal with the situation wisely and answer all of their child's questions to the best of their abilities. Parents can take some time to talk to their children about this pandemic and help them by:

- Share some positive facts, figures and information
  - Encourage them in some activities, both physical and mental
  - Developing a home schedule that can help their children to keep up with their studies
- Involving in healthy activities with their children

By following all these factors, parents can actually help with not only their children's mental health but their mental health too.

## *ELDERS AND PEOPLE WITH DISABILITIES AT RISK*

Elderly people are more prone to the COVID-19 outbreak due to both clinical and social reasons such as having a weaker immune system or other underlying health conditions and distancing from their families and friends due to their busy schedules. According to medical experts, people aged 60 or above are more likely to get the SARS-CoV-2 and can develop a severe or grave condition even if they are healthy.

Physical distancing due to this pandemic can have drastic negative effects on the mental health of such individuals. It can cause anxiety, distress or induce a traumatic situation for them. They depend on young ones for their daily needs and self-isolation can critically damage a family system. The elderly and disabled people living in nursing homes can face extreme mental health issues.

However, a simple phone call during these times can help to console them. This pandemic is also catastrophic to the mental health of people already dealing with mental health issues.

Family members may witness any of the following changes to the behaviour of older relatives:

- Mood alternations and peevish behaviour
- Change in their sleeping and eating habits
- Emotional outbursts

The World Health Organization suggests that family members should regularly check on senior citizens in their family and at nursing facilities. Younger family members should take some time to talk to older members of the family and become involved in some of their daily routines if possible.

### *HEALTH WORKERS AT RISK*

Doctors, nurses, and paramedics working as a front-line force to fight the COVID-19 outbreak are more susceptible to develop mental health symptoms. Fear of catching a disease, long working hours, unavailability of protective gear and supplies, patient load, unavailability of effective COVID-19 medication, death of their colleagues after exposure to COVID-19, social distancing and isolation from their loved ones and the dire situation of their patients may take a negative toll of their mental health. The working efficiency of health professionals may decrease gradually as the pandemic prevails. Health workers should take short breaks between their working hours and deal with the situation calmly.

### *STIGMATIZATION*

Generally, people released from quarantine lately can experience stigmatization and develop a mix of emotions. Everyone may feel different and have a different welcome by society when they come out of quarantine. People who recently recovered may have to exercise social distancing from their loved ones and relatives to ensure their safety because of unprecedented viral nature. Different age groups respond to this social behaviour differently, which can have both short and long-term effects.

Health workers trying to save lives and protect society also experience social distancing, change in the behaviour of family members and stigmatization for being suspected of carrying COVID-19. COVID-19 warriors and health professionals (dealing pandemic) may develop sadness, anger or frustration because friends or dear ones may have



unfounded fears of contracting the disease from contact with them, even though they have been determined not to be contagious.

However, current situation requires a clear understanding of the effects of the recent outbreak on the mental health of people of different age groups to prevent and avoid the COVID-19 pandemic.

### *TAKING CARE*

Understanding the effects of the COVID-19 outbreak on the mental health of various populations are as important as understanding its clinical features, transmission patterns and management.

Spending time with family members including children and elderly people, involvement in different healthy exercises, following a schedule/routine and taking a break from traditional and social media can all help to overcome mental health issues.

Public awareness campaigns focusing on the maintenance of mental health in the prevailing situation are urgently needed.

## CHAPTER- 2

# SURVEY METHODOLOGY

### INTRODUCTION

Statistical surveys are undertaken with a view towards making statistical inferences about the population being studied, and this depends strongly on the survey questions used. Polls about public opinion, public health surveys, market research surveys, government surveys and censuses are all examples of quantitative research that use contemporary survey methodology to answer questions about a population. Although censuses do not include a "sample". They do include other aspects of survey methodology, like questionnaires, interviewers, and non response follow-up techniques. Surveys provide important information for all kind of public information and research fields e.g., marketing, research, psychology, health professionals and sociology.

The purpose of statistical survey is to obtain information about population. The information about population may be obtained in two ways;

- 1) Information collected only from a group of selected units of the population i.e., from the sample of the population called sample survey.
- 2) Information collected from each unit of the population called census survey.

Sample survey is preferred over the census for the following positive qualities of sample survey:

- 1) Reduced cost as compared to census

- ) Less time as compared to census
- ) Administrative convenience as compared to census
- ) Greater accuracy of results

## *POPULATION*

In statistics, a population is a complete set of items that share at least one property in common that is the subject of a statistical analysis. For example, the populations of German people share a common geographic origin language, literature, and genetic heritage, among other traits, that distinguish them from people of different nationalities. As another example, the Milky Way galaxy comprises a star population. In contrast, a statistical sample is a subset drawn from the population to represent the population in a statistical analysis. If a sample is chosen properly, characteristics of the entire population that the sample is drawn from can be inferred from corresponding characteristics of the sample.

## *SUBPOPULATION*

A subset of a population is called a subpopulation if they share one or more additional properties. For example, if the population is all German people, a subpopulation is all German males; if the population is all pharmacies in the world, a subpopulation is all pharmacies in Egypt.

In contrast, a subset of a population that does not require the sharing of any additional property is called a sample.

Descriptive statistics may yield different results for different subpopulations. For instance, a particular medicine may have different effects on different subpopulations, and these effects may be obscured or

dismissed if such special subpopulations are not identified and examined in isolation.

Similarly, one can often estimate parameters more accurately if one separates out subpopulations: the distribution of heights among people is better modelled by considering men and women as separate subpopulations, for instance.

Populations consisting of subpopulations can be modelled by mixture models, which combine the distributions within subpopulations into an overall population distribution. Even if subpopulations are well-modelled by given simple models, the overall population may be poorly fit by a given simple model. Poor fit may be evidence for existence of subpopulations.

For example, given two equal subpopulations, both normally distributed, if they have the same standard deviation and different means, the overall distribution will exhibit low kurtosis relative to a single normal distribution - the means of the subpopulations fall on the shoulders of the overall distribution. If sufficiently separated, these form a bimodal distribution, otherwise it simply has a wide peak. Further, it will exhibit overdispersion relative to a single normal distribution with the given variation. Alternatively, given two subpopulations with the same mean and different standard deviations, the overall population will exhibit high kurtosis, with a sharper peak and heavier tails (and correspondingly shallower shoulders) than a single distribution.



## *CENSUS*

A census is the procedure of systematically acquiring and recording information about all the members of a given population. It is a regularly occurring and official count of a particular population. The term is used mostly in connection with national population and housing censuses; other common censuses include agriculture, business, and traffic censuses. The United Nations defines the essential features of population and housing censuses as "individual enumeration, universality within a defined territory, simultaneity and defined periodicity", and recommends that population censuses be taken at least every 10 years. United Nations recommendations also cover census topics to be collected, official definitions, classifications and other useful information to coordinate international practice.



## *SAMPLING*

In statistics, quality assurance, & survey methodology, sampling is concerned with the selection of a subset of individuals from within a statistical population to estimate characteristics of the whole population.

Each observation measures one or more properties (such as weight, location, colour) of observable bodies distinguished as independent objects or individuals. In survey sampling, weights can be applied to the data to adjust for the sample design, particularly stratified sampling. Results

from probability theory and statistical theory are employed to guide practice. In business and medical research, sampling is widely used for gathering information about a population

The sampling process comprises several stages:

- ) Defining the population of concern
- ) Specifying a sampling frame, a set of items or events possible to measure.
- ) Specifying a sampling method for selecting items or events from the frame
- ) Determining the sample size
- ) Implementing the sampling plan
- ) Sampling and data collecting
- ) Data which can be selected

## *SAMPLING DESIGN*

A procedure or plan drawn up before any data is collected to obtain a sample from a given population is known as sampling design also known as sampling plan survey design. Sample is a part or fraction of population which gives the maximum information about population. Sample consists of a few individuals of a population. It is best achieved when sample consists all the properties of a population. Then it is called best sample. A sample should be such that it is a true representative of the population. The purpose to take sample is to find maximum information about population at minimum cost, time and human resources

## *SAMPLING FRAME*

A sampling frame is a complete list of all the members of the population that we wish to study. For using sampling methods in the collection of data, it is essential to have a frame of all the sampling units belonging to the population to be studied with their proper identification particulars, such a frame is called the sampling frame. This may be a list of units with their identification particulars. This sampling frame must be updated because there is some information that may be missing or may be replaced by new sampling units or information.

## *SIMPLE RANDOM SAMPLING*

Simple random sampling is the basic selection process of sampling and is easiest to understand.

A random sample is one in which each unit of population has an equal chance of being included in it. Proper care has to be taken to ensure that the selected sample is random. Human bias, which varies from individual to individual, is inherent in any sampling scheme administered by human being.

Fairly good random samples can be obtained by using lottery system.

### *Two types of Simple Random Sampling:*

- i) Simple Random Sampling with Replacement (SRSWR)
- ii) Simple Random Sampling without Replacement (SRSWOR)

Here in our sampling procedure we have used Simple Random Sampling without Replacement.

## *SIMPLE RANDOM SAMPLING WITHOUT REPLACEMENT*

Suppose the population consists of  $N$  unit, then a unit is selected, its content noted and the unit is not return to the population on before the next draw is made.



The process is repeated 'n' times to give a sample of 'n' units. In this method at the rth draw, each of the  $(n-r+1)$  units of the population gets the same probability 1 of being included in the sample  $N-r+1$ .

Here any unit of population cannot occur more than once in the sample.

### *DATA COLLECTION*

There are many methods of data collection such as through post, telephonic interviews, questionnaire, interviews etc.

This is an important aspect of survey and the decision regarding choice of method of data collection is obtained after careful consideration of accuracy, practicability and cost from among the alternative methods.

1. We used the questionnaire to collect the opinion of students.
2. Then analyze the responses on the Google form
3. Conclude out the relevant information.

### *DESIGNING OF QUESTIONNAIRE*

Keeping in mind that the questionnaire is able to realize its objectives and also able to obtain the most complete and accurate information and possible, questions are formulated following the guidelines given as below:

1. Words used should be of general English and also length of questions should not be through long.
2. Questions should be in simple language and easy to understand.

3. Number of questions should be appropriate enough show that the respondents do not get irritated, bored, getting fatigue while answering.
4. Open ended questions should be avoided as these are difficult to analyze.

### *FIELD WORK*

Field work is the most important and indispensable part of any survey as it is backbone of all the surveys that are conducted. So the field work is taken sincerely, honestly and as per the specification laid down by the supervisor in order to have the accurate value in our results.

For the survey, the first task is to get complete list of sampling units of the population, called sampling frame. The sample size,  $n$ , determined as mentioned above is used to select sample by using the R command "sample(c (1, 2, 3, 4, 5... N), size= $n$ , replace=F)\*". After selecting the sampling units and preparation of questionnaire, the job is to collect information from selected sample unit. For this each individual is approached and the investigator introduces himself/herself and explains them the reason of the visit requests to fill the questionnaire. The data is collected with a great deal of surveillance in a very polite manner. Sometimes the respondents desire to have some time for filling up the questionnaire. In that case, the questionnaires are collected after the time given by the respondents. On the spot, checking is made in each and every case.

## 🌈 *TEST OF HYPOTHESIS FOR TESTING THE POPULATION PROPORTION OF RESPONDENTS AGREES WITH THE NOTION*

Null Hypothesis: There is no significant difference between the number of respondents agree/strongly agree and those who disagree/strongly disagree with the stated opinion.

Alternative Hypothesis: The proportion of respondents agreeing/strongly agreeing with the stated opinion is larger than those are disagreeing/strongly disagreeing.

Test

Statistics: 
$$Z = \frac{X - np}{\sqrt{npQ}}$$

Where P is the proportion of respondents under null hypothesis

X is number of respondents who were students

n is the total number of respondents who were other than students of the notion.

$Q = 1 - P$

Under the null hypothesis  $P = 0.5$

Level of Significance (for one tail test-right-tailed):

$= 0.05, Z = 1.645 ;$

Rejection criterion Reject  $H_0$  when  $Z > Z_{\alpha}$

## CHAPTER – 3

# COLLECTION AND ANALYSIS OF DATA

### *TITLE OF THE SURVEY PROJECT*

*“A Study to assess the mental health of community during COVID-19, for the community of Integral University, Lucknow, India”*

### **Objectives:**

- To conduct the sample survey to collect the data about mental health and overall health of the community of Integral University, Lucknow.
- To analyse the data collected from the sample survey with the help of questionnaire
- To present the conclusions obtained in the analysis of the survey.

### *POPULATION UNDER STUDY*

In this survey the population comprises of UG, PG and Research scholars and the faculty members of Integral University.

Integral University is a private University which has two hostels:

- 1.) Girls hostel and
- 2.) Boys hostel

along with non-hostelers and these categories of respondents are allied to our survey.

## *SAMPLING FRAME*

We have list of all the students from department of science, all the sections of B.Sc in Integral University.

As we have complete everything by online mode, we were not able to collect the list all the units of population.

## *SAMPLING TYPE*

We have conducted **simple random sampling**, and the total sample is **500**. And this amount of data is sufficient to draw a proper conclusion about average mental condition of the people of the community.

## *QUESTIONNAIRE*

- It consists of 22 questions seeking about the impact of COVID-19 on the topic “*A study to assess the mental health of community of integral university during COVID-19*”
- Four demographic questions are there in the beginning of the questionnaire, asking about :
  1. Age of the respondent
  2. Their occupation
  3. Their gender
  4. And their residence

- 11 MCQs questions, 11 yes/no type questions; these together comprises the whole questionnaire.

The questionnaire is given at the Appendix A

## *FIELD WORK*

The field work was carried out as detailed in Chapter 2. Since, it is a known fact that no two individuals are alike, it became crystal clear during the survey that each respondent has their own way of expressing about their mental health. Overall, the respondents were helpful and co-operative. They tried their best to make our task easier. Sometimes, due to non-availability of respondents and some other reasons we have asked each individual if they had fill the survey form or not.

## *MS-EXCEL SPREADSHEET*

We have included MS-EXCEL spreadsheet that is showing the response of each and every individual.

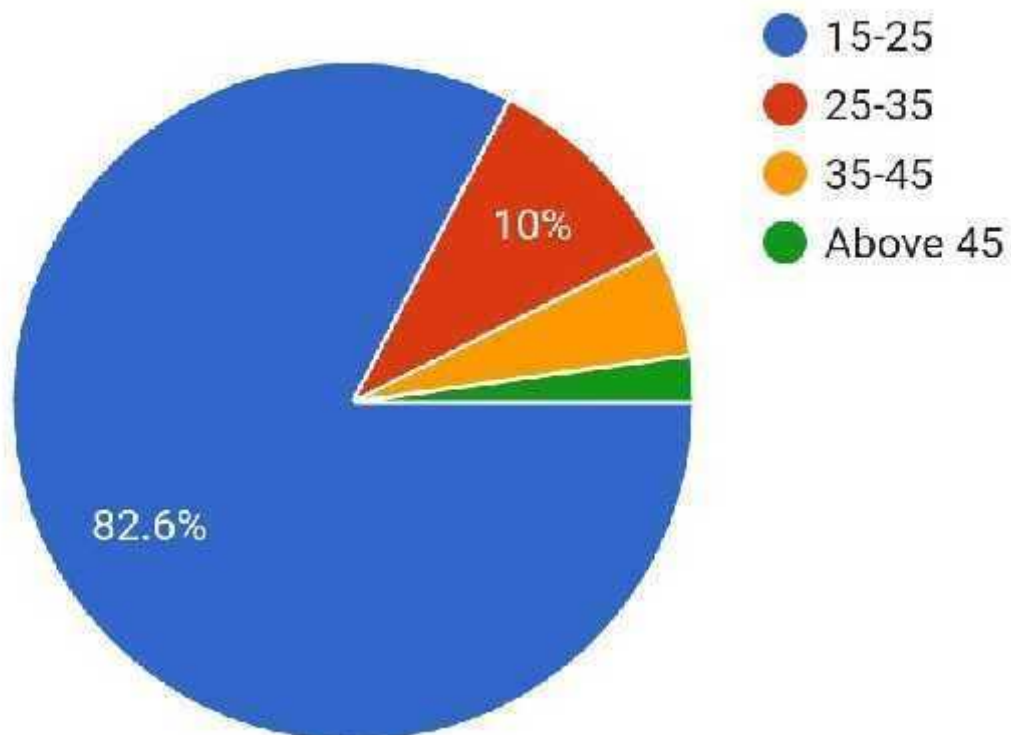
A spreadsheet is a file that exists of cells in rows and columns and help arrange, calculate and sort data.

MS-Excel Spreadsheet is given at the Appendix B.

## ***ANALYSIS OF DATA***

### **1.Age**

AGE	15-25	25-35	35-45	45 AND ABOVE
INDIVIDUAL	413	50	26	11
PERCENTAGE	82.6%	10%	5.2%	2.2%

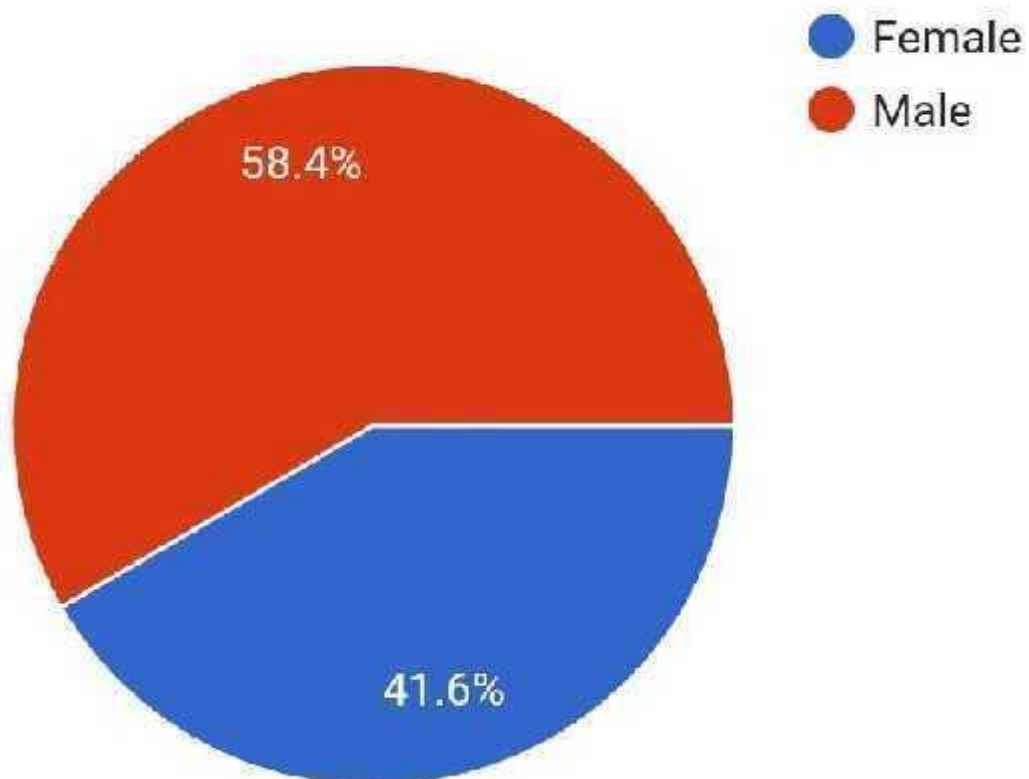


### **Conclusion:-**

We conclude that the average age of respondent is 22.7 years and most of the respondent lies between the age group 15 to 25 years.

## 2.Gender

MALE	FEMALE
292	208
58.4%	41.6%



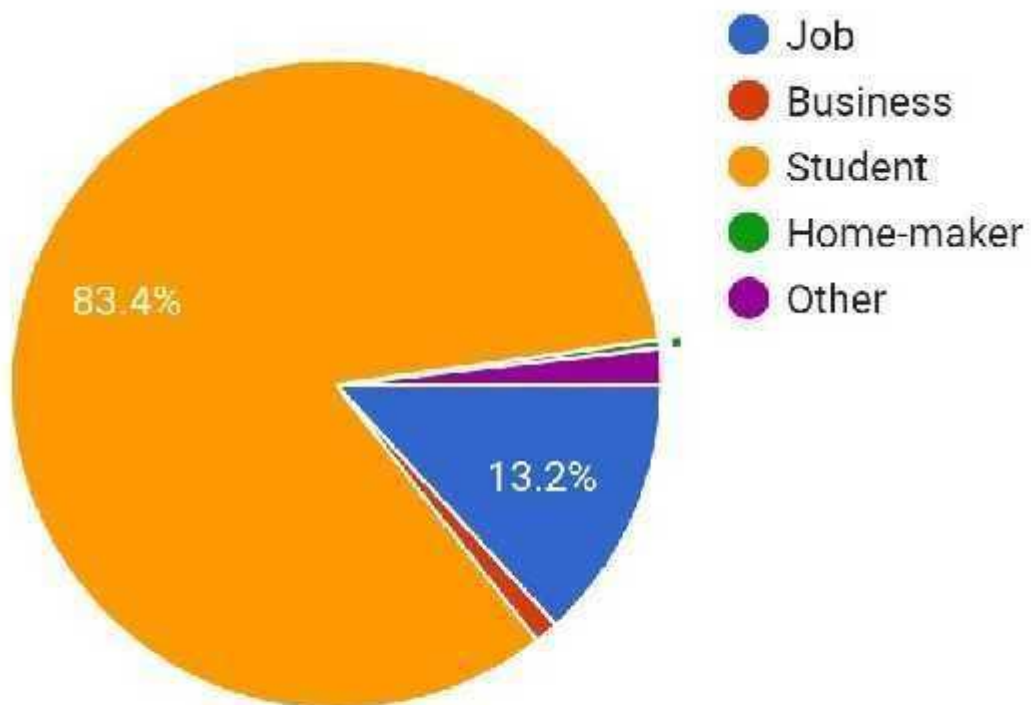
### Conclusion:-

It is evident from the above graph that the most of the respondent are male.



### 3 .Occupation

JOB	BUSINESS	HOMEMAK	STUDENT	OTHERS
66	6	0	417	9
13.2%	1.2%	0%	83.4%	1.8%

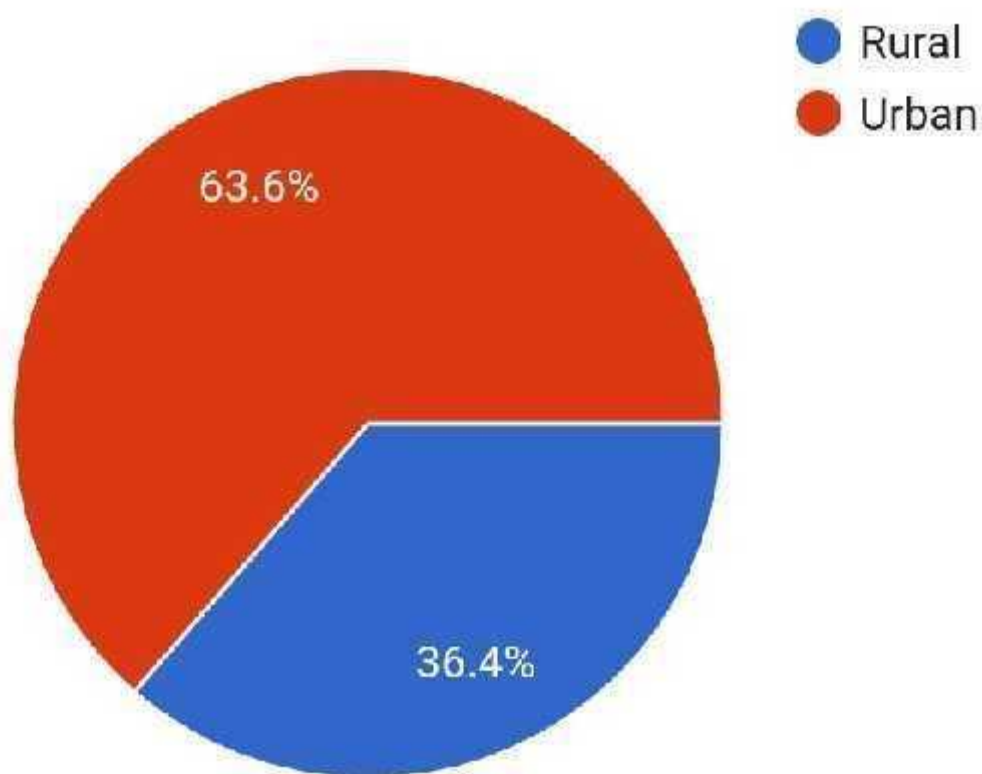


#### **Conclusion:-**

Above pie chart clearly indicates that the respondent are distributed among various occupation classes. Job, business, students, home maker and others. however, the students have a larger scale.

#### 4.Residence

URBAN	RURAL
318	182
63.6%	36.4%

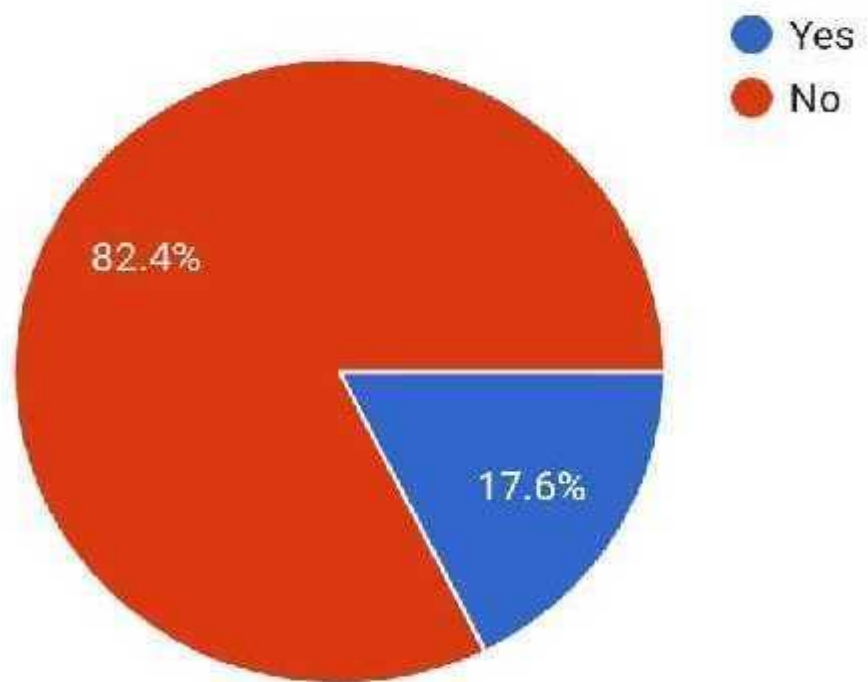


#### Conclusion:-

It is evident from the above graph that most of the respondent belong to urban areas.

### 5.Suffered from Covid-19

YES	NO
88	412
17.6%	82.4%

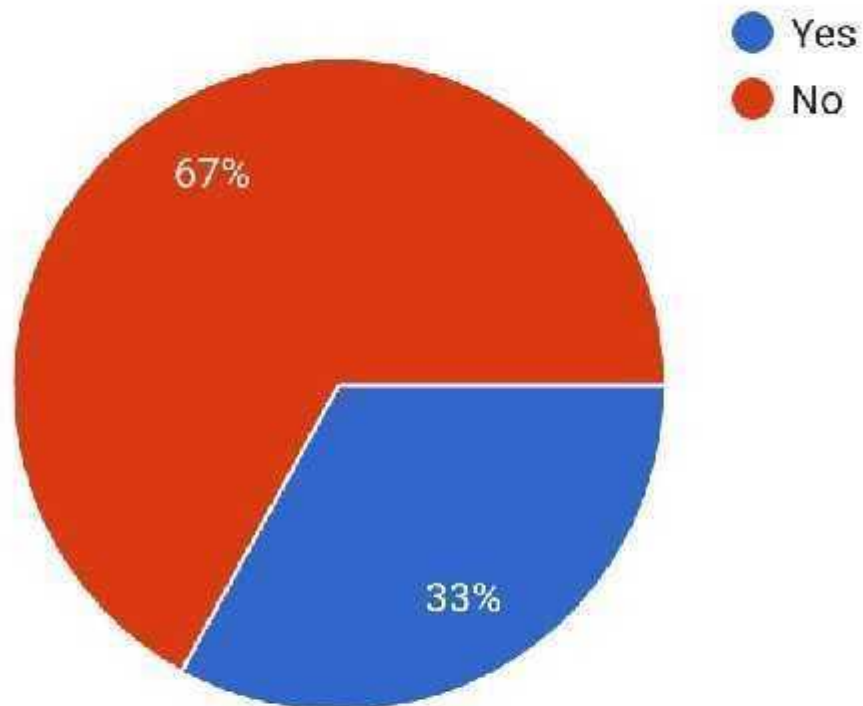


### **Conclusion:-**

We conclude that there is less proportion of respondent who suffered from due to Covid-19.

**6. Individual whom immediate family members suffered from Covid-19**

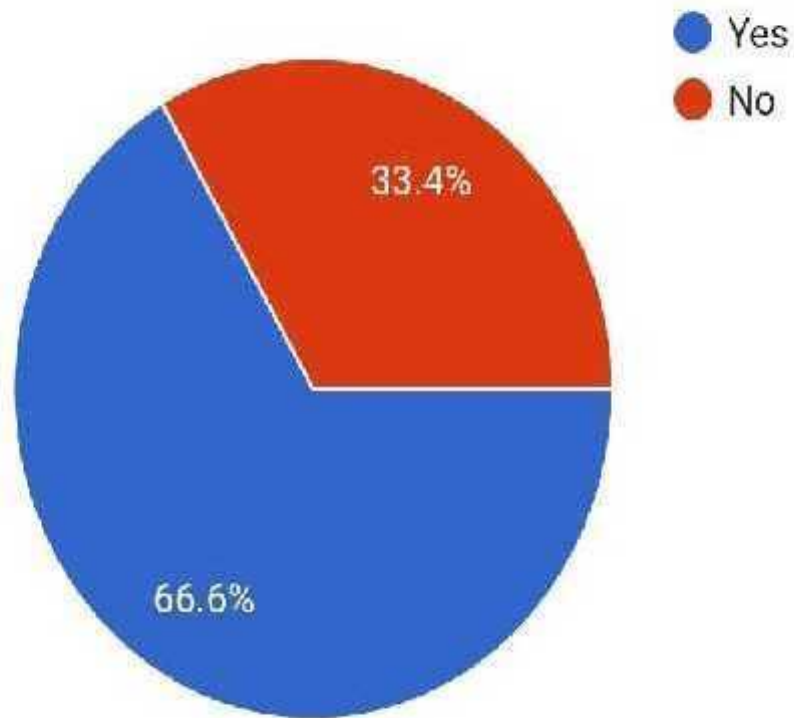
YES	NO
165	335
33%	67%

**Conclusion:-**

Above pie chart clearly indicates that there is approximate one third respondent whose family members suffered from Covid-19.

**7. Close friend / relative suffered from Covid-19?**

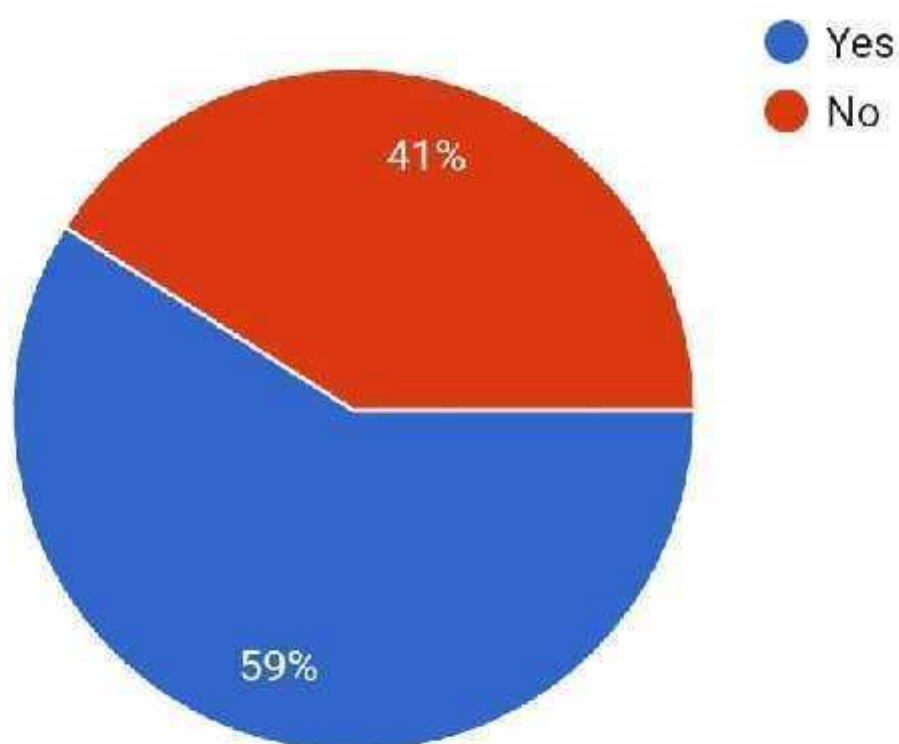
YES	NO
333	167
66.6%	33.4%

**Conclusion:-**

We conclude that there is almost two-third respondent whose known or relative suffered from Covid-19.

**8. Is there any death in your close social circle?**

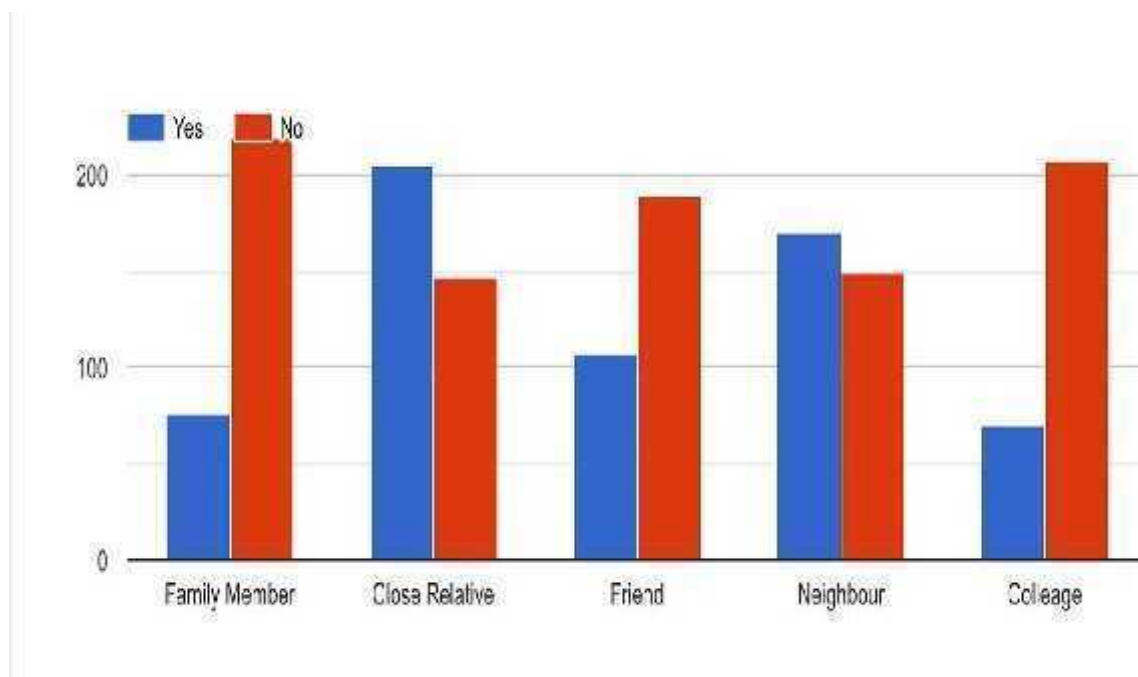
YES	NO
295	205
59%	41%

**Conclusion:-**

Most of the respondent reported that there is death in their close social circle.

### 8.a).if yes

Family	Close relative	Friend	Neighbour	Colleague
76	205	107	170	69
15.2%	41%	21.4%	34%	13.8%

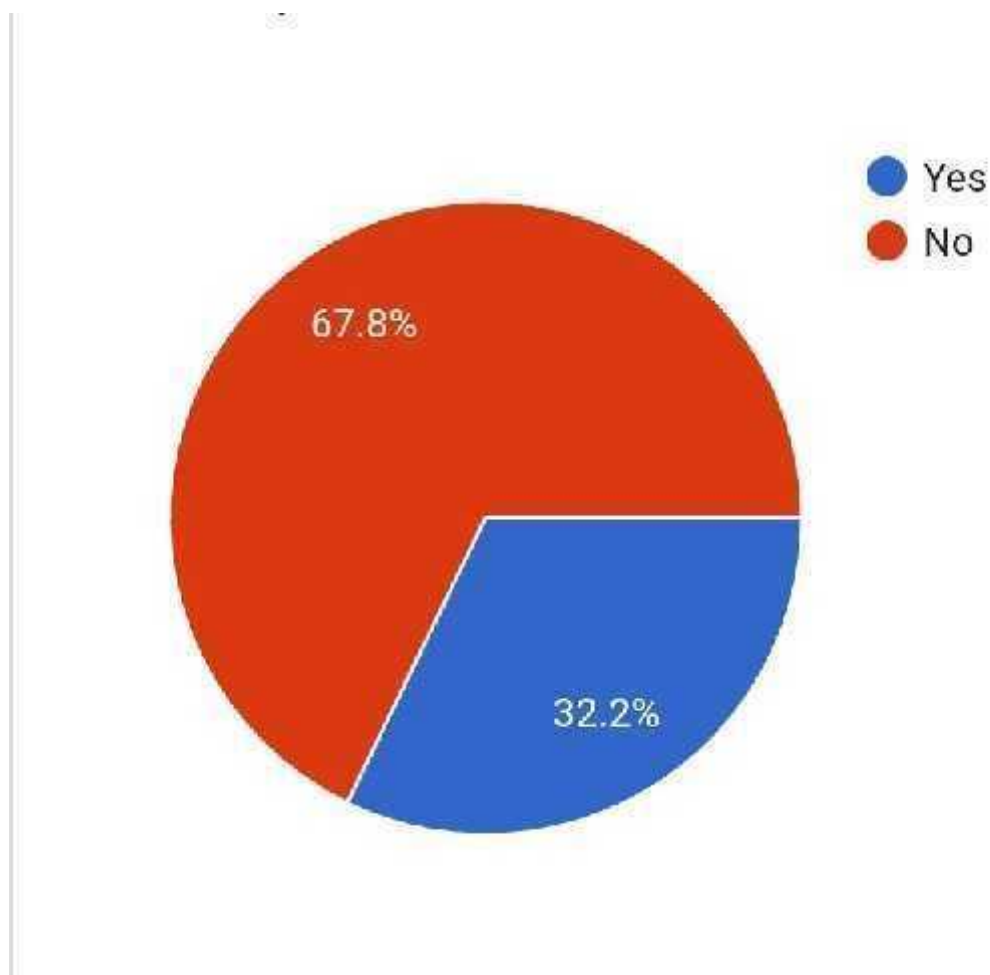


### Conclusion:-

There is high fatality among respondents close relative as compared to friends and family members.

### 9. Are you socially excluded due to COVID-19?

Yes	No
161	339
32.2%	67.8%



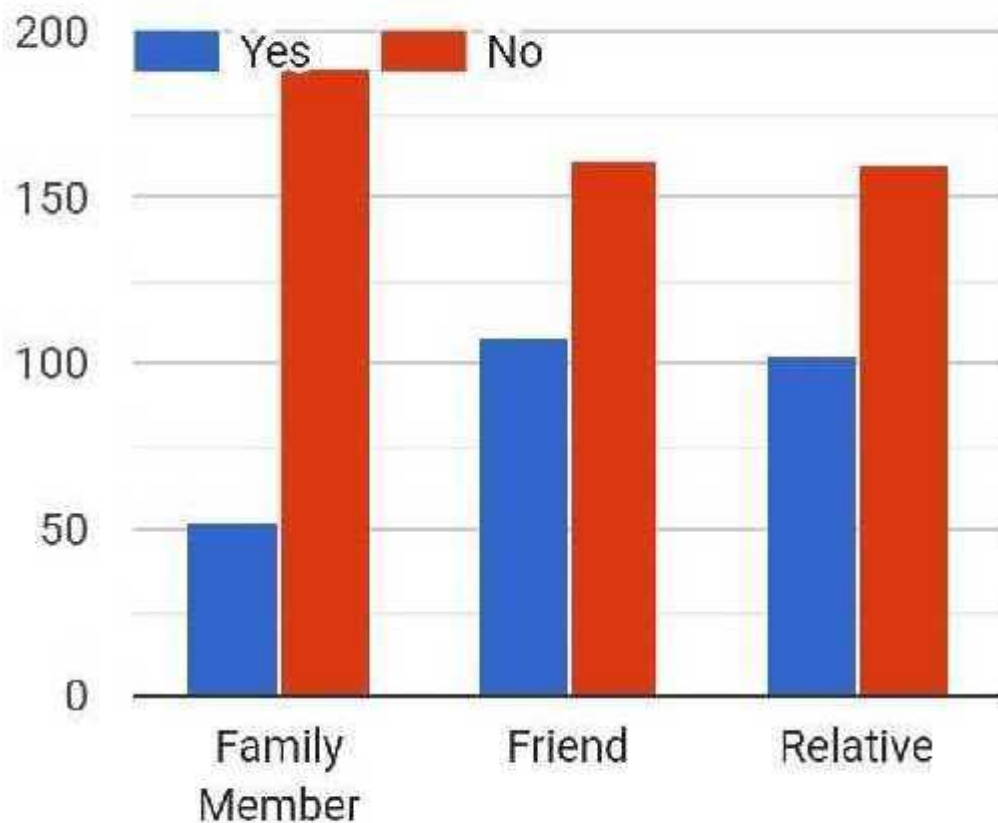
### Conclusion:-

Concerning the graph that not more than one-third respondent feel they are socially excluded from Covid-19.



### 9.a) if yes then whom?

Family member	Friend	Relative
52	108	102

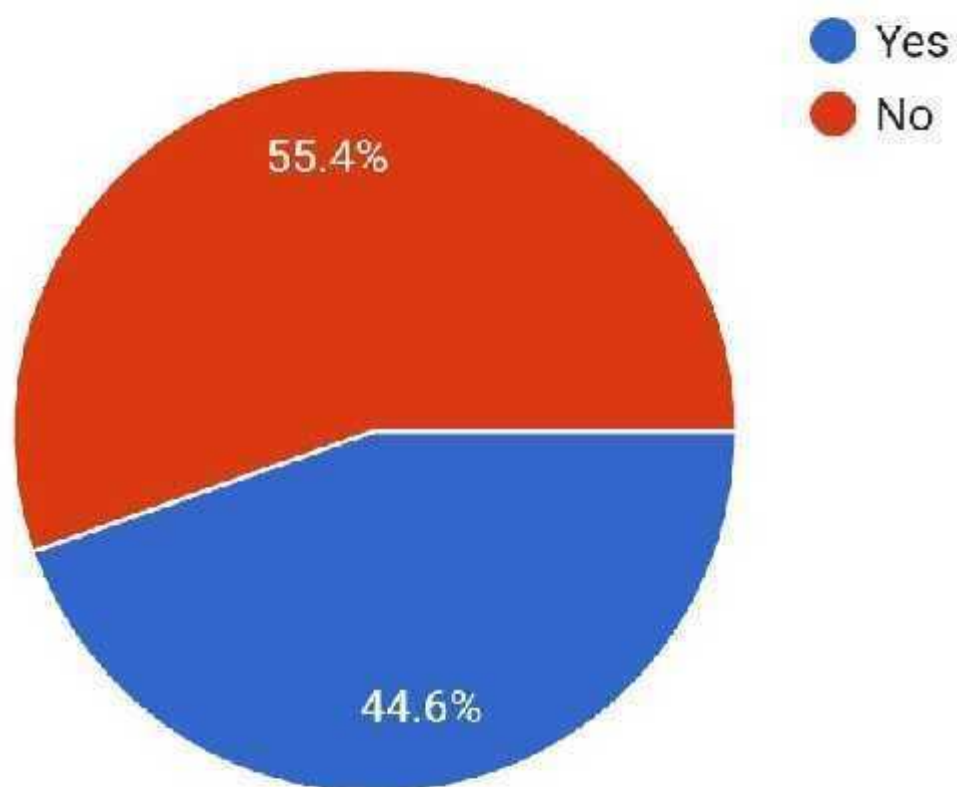


### Conclusion:-

There is high proportion of respondent who are feeling that they are socially excluded from their friends and low proportion of respondent who feel that they are not disconnected from their family members.

### 10. Are you over worked or exhausted due to COVID-19 ?

Yes	No
223	277
44.6%	55.4%

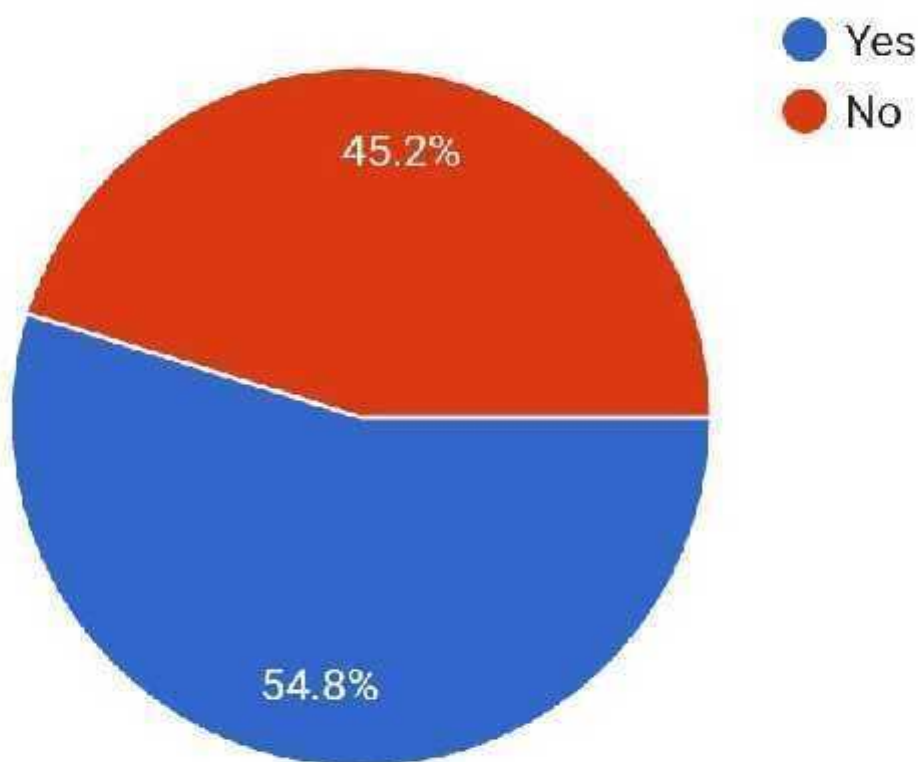


### Conclusion:-

We Conclude that more than fifty percent respondent feels that they are not exhausted from Covid-19 pandemic curfew and restriction.

### 11. Is your sleep routine normal these days?

Yes	No
274	226
54.8%	45.2%

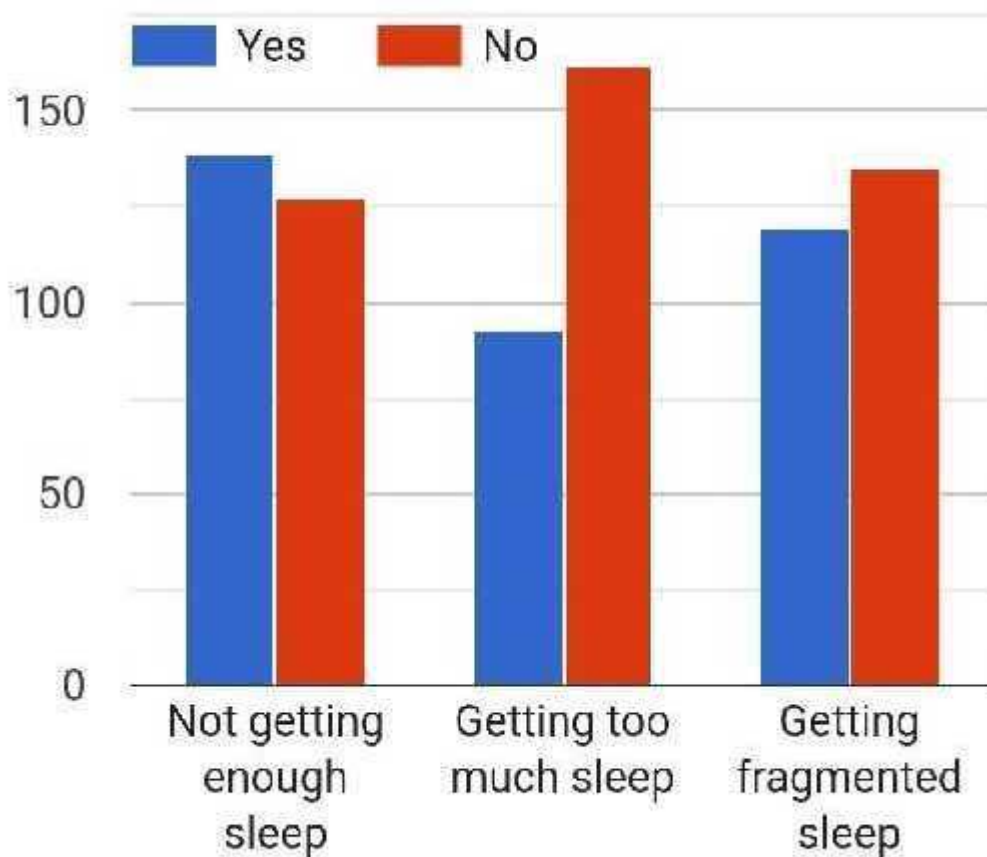


### Conclusion:-

Above pie chart clearly indicate that approximately half of the respondent sleep routine are disturbed due to Covid-19 pandemic.

**11a. If No, then what changes in your sleep routine are you experiencing ?**

Not getting enough sleep	Getting too much sleep	Getting fragmented sleep
139	93	120

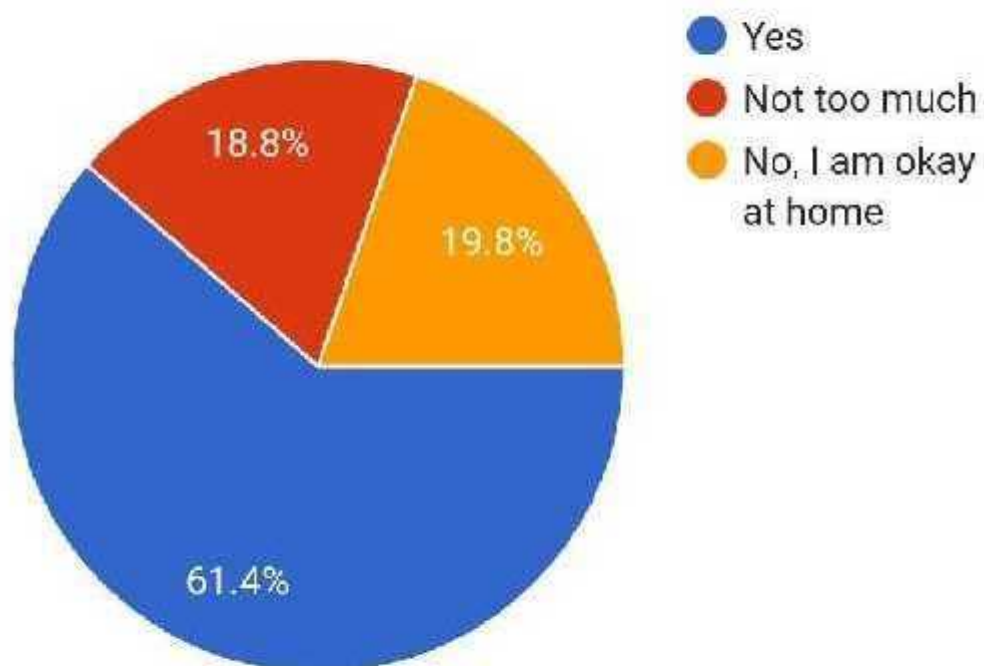


**Conclusion:-**

Most of the respondent are not getting enough sleep.

## 12. Are you missing travelling / going out?

Yes	No	Not to much
307	99	94
61.4%	19.8%	18.8%

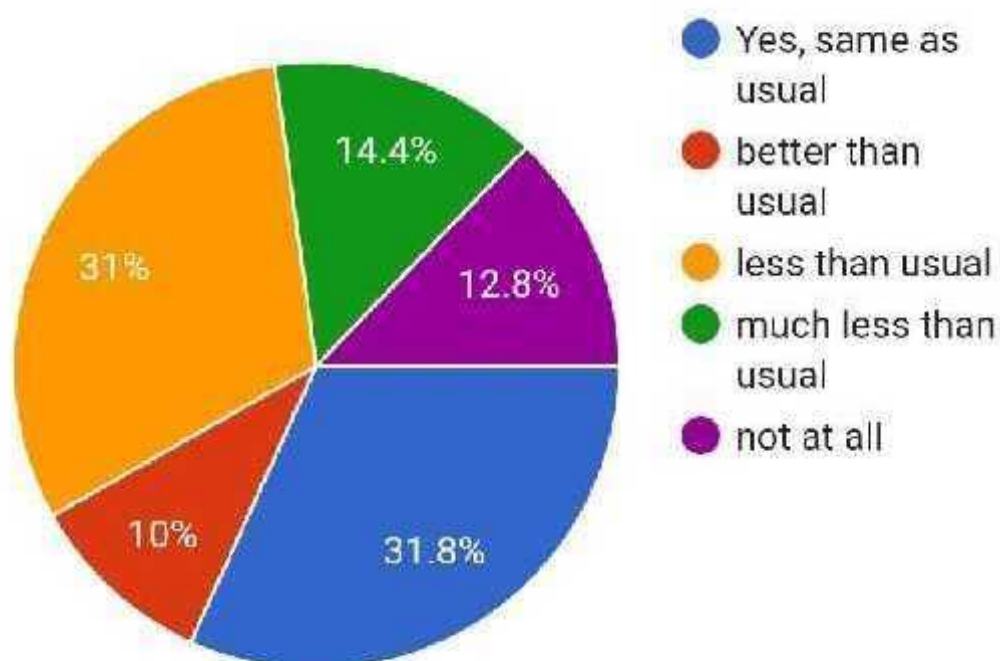


## Conclusion:-

Majority of the respondent are missing going out due to Covid-19 curfew.

### 13. Are you able to concentrate on what you are doing ?

Yes	Better than usual	Less than usual	Much less than	No
159	50	155	72	64
31.8%	10%	31%	14.4%	12.8%

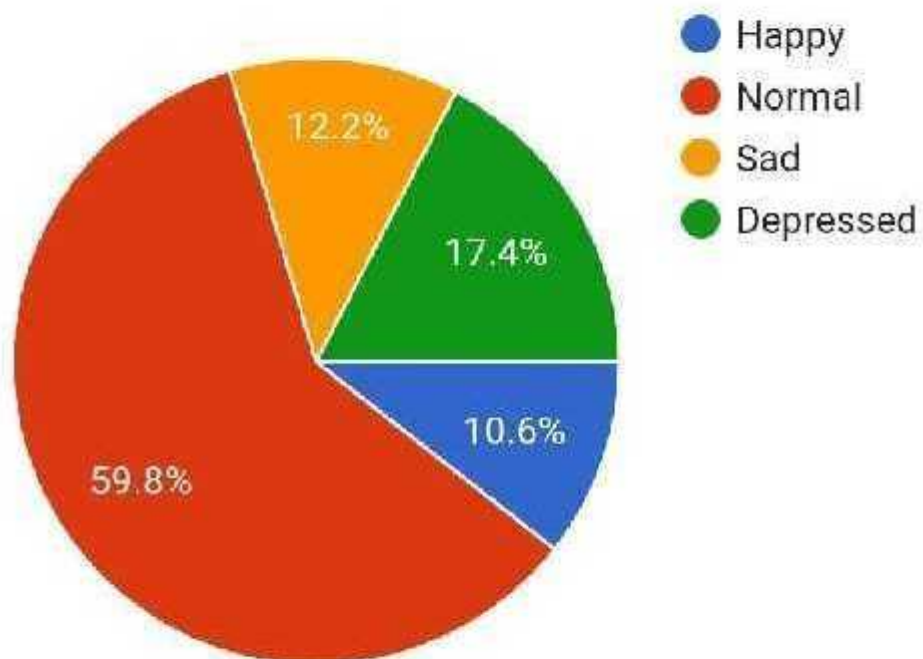


### Conclusion:-

There is majority of respondent who feel that they are not able to concentrate properly on their work.

#### 14. How are you feeling these days?

Happy	Normal	sad	Depressed
53	299	61	87
10.6%	59.8%	12.2%	17.4%

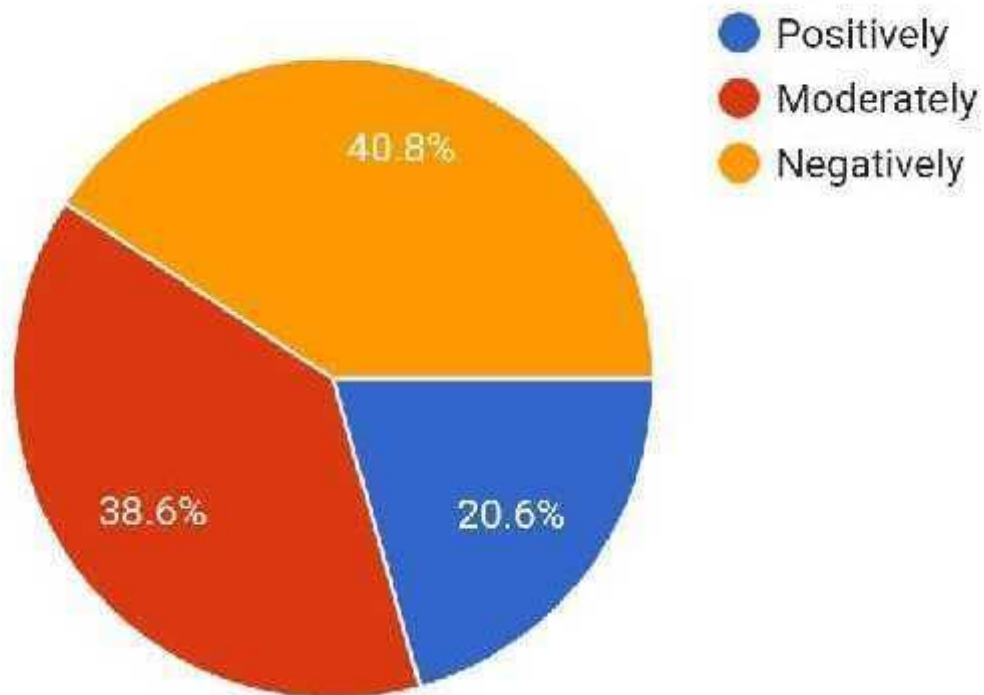


#### Conclusion:-

It is evident that there is less number of respondent who are feeling happy.

**15. How do you think pandemic is affecting your work / study?**

Positively	Negatively	Moderately
103	204	193
20.6%	40.8%	38.6%



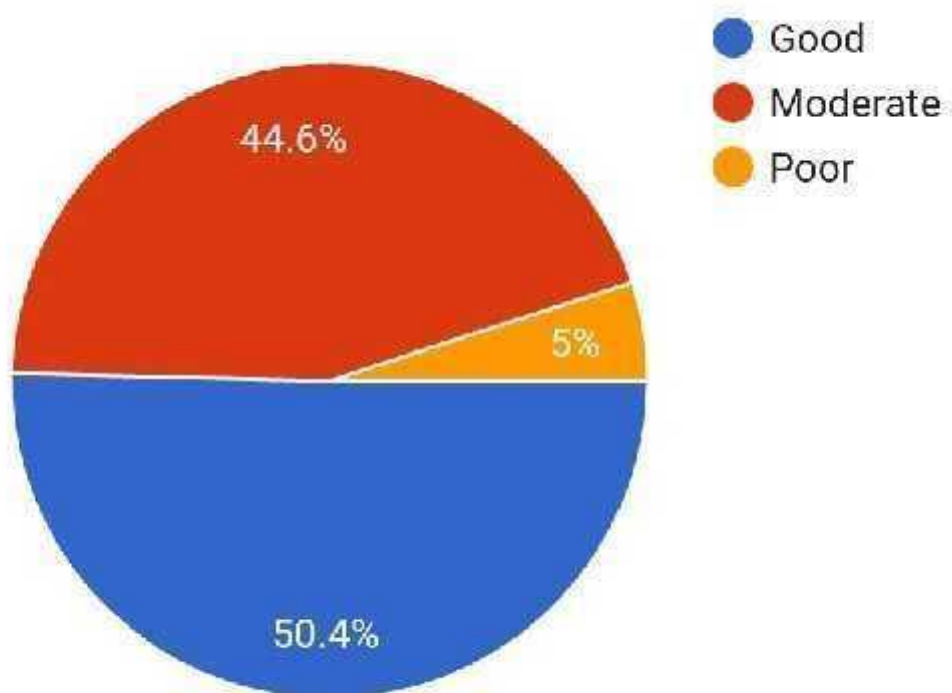
**Conclusion:-**

Most of the respondent work are negatively affected or moderately affected by the Covid-19 pandemic.



### 16. what is your overall health status?

Good	moderate	Poor
252	223	25
50.4%	44.6%	5%

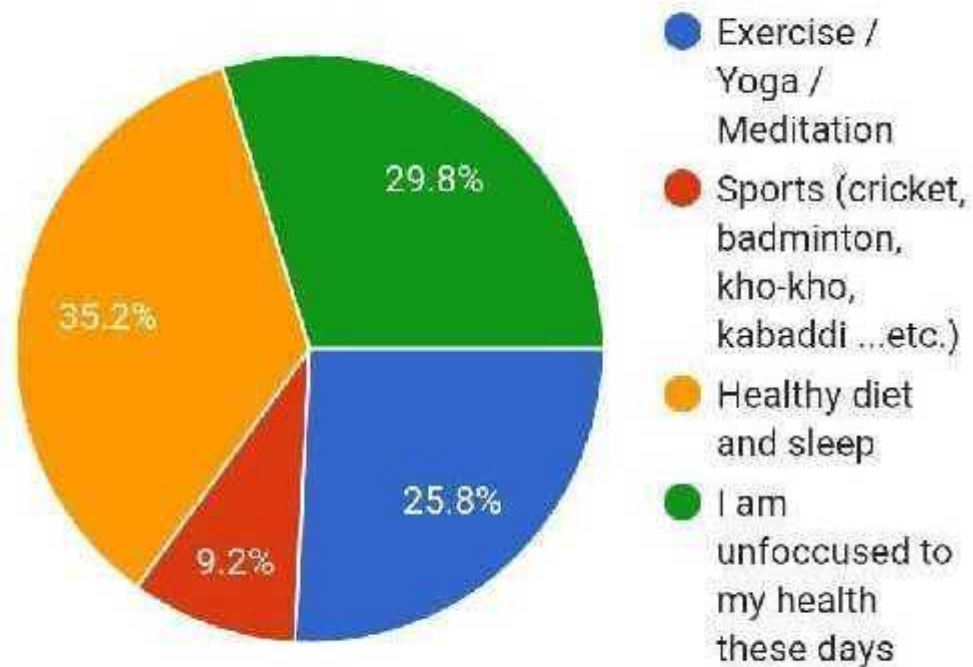


### Conclusion:-

Concerning the graph that there is least number of respondent whose health status is poor.

### 17. What are you preferring to maintain your health?

Exercise /yoga /meditation	Sports	Healthy diet and sleep	I am not focused to my health these days
129	46	176	149
25.8%	9.2%	35.2%	29.8%

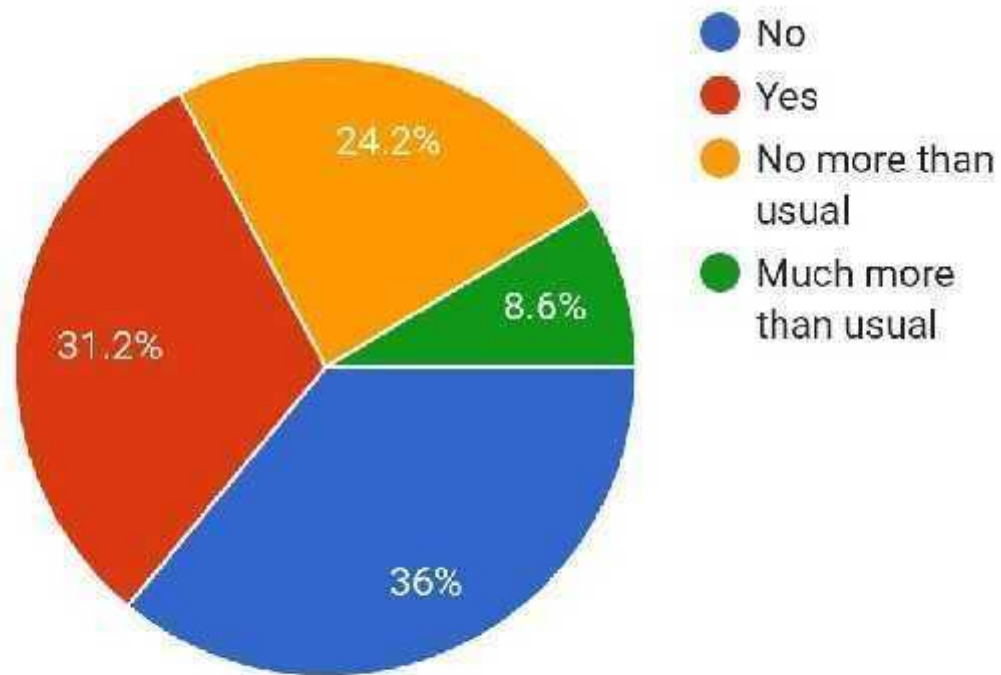


### Conclusion:-

Most of the respondents are maintaining a healthy diet and sleep.

**18. Are you feeling constantly under stress these days?**

Yes	No more than usual	Much more than usual	No
156	121	43	180
31.2%	24.2%	8.6%	36%

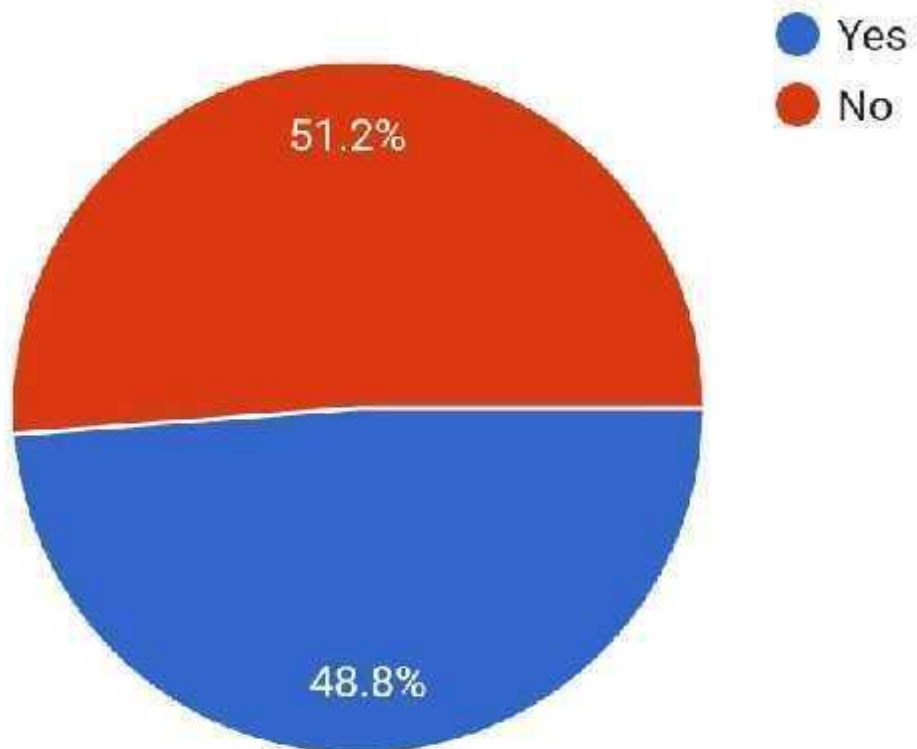


**Conclusion:-**

It is evident that more than of the respondent are not feeling stressed these days.

**19. have you recently felt losing confidence in yourself ?**

Yes	No
244	256
48.8%	51.2%



**Conclusion:-**

Above pie chart indicates that there is no significant differences between the respondents who have lost their confidence in themselves who have not.

## CHAPTER-4

# RESULTS AND CONCLUSION

### *About the respondents:*

Most of the respondents are students of age group 15-25, belong to the urban areas . And most of them are male, although females have also participated in a good amount.

### **CONCLUDING THE RESPONSES:**

- There is very less proportion of respondents who have suffered from Covid-19
- There are approximately one-third of the respondents whose family members suffered from Covid-19.
- There are almost two-third of the respondents whose known or relatives suffered from Covid-19.
- Most of the respondents reported that there is death in their close social circle.
- There is high fatality among the close relatives of the respondents as compared to their friends and family members.
- No more than one-third respondents feel that they are socially excluded due to Covid-19.
- And among those one-third, there is high proportion of respondents who are feeling that they are socially excluded from their friends and very low proportion of the respondents feel that they are disconnected from their family members.

- More than 50% of the respondents feel that they are not exhausted due to Covid-19 pandemic curfew and restrictions.
- Approximately half of the respondents have their sleep routine disturbed due to Covid-19.
- Most of the respondents are not getting enough sleep, and there is low proportion of the respondents who are sleeping more than necessary.
- Majority of the respondents are missing going out due to COVID-19 curfew.
- There is majority of the respondents who feel that they are not able to concentrate on their work properly.
- Most of the respondents are not feeling happy.
- Most of the respondents feel that the pandemic has negatively affected their work/study. Also many respondents feel that the impact of pandemic is moderate to their work/study.
- There is least number of respondents whose health status is poor.
- Most of the respondents are maintaining a healthy diet and sleep.

- Most of the respondents are not stressed.
- There is no significant difference between the respondents whose have lost their confidants in themselves and who have not.

The analysis of the survey reveals that majority respondents are aware to their mental health. Most of the respondents are not de-motivated by the changes in their routine cycle and they are trying their best to adapt in the situation. Although most of them are not able to do their work properly but they have understood the situation and accepted it.

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- 1.<https://www.ncbi.nlm.nih.gov>
- 2.<https://www.en.wikipedia.org>
- 3.<https://www.mentalhealth.gov.in>
- 4.<https://www.helpguide.org>
- 5.<https://www.who.int>



# Appendix-A

## The Questionnaire

To collect opinion of the students, professors and staff members of Integral University, Lucknow.

on

### A study to assess the mental health of the community of Integral University during COVID-19 pandemic

Covid-19 has created a cycle of concern, worry and distress and it is keeping our mind preoccupied with more questions and apprehensions. Therefore this study is to evaluate mental health in times of Covid-19.

Supervisor's Name: Dr. Quazzafi Rabbani and Dr. Abdul Quddoos Sir  
(Department of Mathematics and Statistics, INTEGRAL UNIVERSITY, Lucknow)

**\* Required**

1. Question 1. Age \*

*Mark only one oval.*

- ☐ 15-25
- ☐ 25-35
- ☐ 35-45
- ☐ Above 45

2. Question 2. Gender \*

*Mark only one oval.*

- ☐ Female
- ☐ Male

3. Question 3. Occupation \*

*Mark only one oval.*

- ☐ Job Business
- ☐ Student
- ☐ Home-maker
- ☐ Other
- ☐

## 4. Question 4. Residence \*

*Mark only one oval.*

- ☐ Rural
- ☐ Urban

## 5. Question 5. Have you suffered from COVID-19? \*

*Mark only one oval.*

- ☐ Yes
- ☐ No

## 6. Question 6. Have your immediate family members suffered from COVID-19? \*

*Mark only one oval.*

- ☐ Yes
- ☐ No

## 7. Question 7. Have your close friend / relative suffered from Covid-19? \*

*Mark only one oval.*

- ☐ Yes
- ☐ No

## 8. Question 8. Is there any death in your close social circle? \*

*Mark only one oval.*

- ☐ Yes

☐ No

## 9. Question 8 (a). If Yes

*Mark only one oval per row.*

	Yes	No
Family Member	<input type="radio"/>	<input type="radio"/>
Close Relative	<input type="radio"/>	<input type="radio"/>
Friend	<input type="radio"/>	<input type="radio"/>
Neighbour	<input type="radio"/>	<input type="radio"/>
Colleague	<input type="radio"/>	<input type="radio"/>

## 10. Question 9. Are you socially excluded due to COVID-19? \*

*Mark only one oval.*

☐ Yes

☐ No

## 11. Question 9(a). If yes, then by whom ?

*Mark only one oval per row.*

	Yes	No
Family Member	<input type="radio"/>	<input type="radio"/>
Friend	<input type="radio"/>	<input type="radio"/>
Relative	<input type="radio"/>	<input type="radio"/>

## 12. Question 10. Are you over worked or exhausted due to COVID-19? \*

*Mark only one oval.*

☐ Yes

☐ No

13. Question 11. Is your sleep routine normal these days ? \*

*Mark only one oval.*

☐ Yes

☐ No

14. Question 11(a). If No, then what changes in your sleep routine are you experiencing ?

*Mark only one oval per row.*

	Yes	No
Not getting enough sleep	<input type="radio"/>	<input type="radio"/>
Getting too much sleep	<input type="radio"/>	<input type="radio"/>
Getting fragmented sleep	<input type="radio"/>	<input type="radio"/>

15. Question 12. Are you missing travelling / going out? \*

*Mark only one oval.*

☐ Yes

☐ Not too much

☐ No, I am okay at home

16. Question 13. Are you able to concentrate on what you are doing ? \*

*Mark only one oval.*

☐ Yes, same as usual

☐ better than usual

☐ less than usual

☐ much less than usual

☐ not at all

17. Question 14. How are you feeling these days? \*

*Mark only one oval.*

- ☐ Happy
- ☐ Normal
- ☐ Sad
- ☐ Depressed

18. Question 15. How do you think pandemic is affecting your work / study? \*

*Mark only one oval.*

- ☐ Positively
- ☐ Moderately
- ☐ Negatively

19. Question 16. What is your overall health status? \*

*Mark only one oval.*

- ☐ Good
- ☐ Moderate
- ☐ Poor

20. Question 17. What are you preferring to maintain your health? \*

*Mark only one oval.*

- ☐ Exercise / Yoga / Meditation

- ☐ Sports (cricket, badminton, kho-kho, kabaddi ...etc.)
- ☐ Healthy diet and sleep
- ☐ I am unfocused to my health these days

21. Question 18.Are you feeling constantly under stress these days? \*

*Mark only one oval.*

- ☐ No
- ☐ Yes
- ☐ No more than usual
- ☐ Much more than usual

22. Question 19.Have you recently felt losing confidence in yourself? \*

*Mark only one oval.*

- ☐ Yes
- ☐ No

---

THANK YOU FOR PARTICIPATING. 

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**Google** Forms



# APPENDIX-B

## MS-EXCEL SPREADSHEET

Q. 1	Q. 2	Q. 1	Q. 4	Q. 5	Q. 6	Q. 7	Q. 8	Family Member	Close Relative	(Friend)	(Neighbour)	(Colleague)	Q. 9	Family Member	(Friend)	(Relative)	Other	Q. 10	Q. 11	getting along too long	frag	Q. 12	Q. 13	Q. 14	Q. 15	Q. 16	Q. 17	Q. 18	Q. 19	
15-25	Male	15-25	Urban	No	Yes	Yes	No					No	Yes	No	Yes	No	No	No	Yes		Yes	Yes	much less than usual	Sad	Negatively	Moderate	Exercise / Yoga / Meditation	Yes	Yes	
15-25	Male	15-25	Urban	No	Yes	Yes	Yes	Yes					No					No	No	Yes	Not too much	less than usual	Normal	Moderately	Good	Healthy diet and sleep	Yes	Yes		
15-25	Male	15-25	Urban	No	No	No	No					No						No	Yes		Not too much	Yes, same as usual	Happy	Positively	Good	Healthy diet and sleep	No	No		
15-25	Female	15-25	Urban	No	No	Yes	Yes	No	Yes	No	Yes	No	Yes	No	No	Yes	Yes	Yes	No	Yes		Yes	less than usual	Normal	Negatively	Good	Healthy diet and sleep	No	Yes	
15-25	Male	15-25	Urban	No	No	Yes	No						No					No	Yes		Yes	less than usual	Normal	Negatively	Good	Exercise / Yoga / Meditation	No	Yes		
15-25	Male	15-25	Rural	No	No	Yes	Yes					Yes	No					No	Yes		Not too much	less than usual	Normal	Moderately	Good	Exercise / Yoga / Meditation	Yes	No		
15-25	Female	15-25	Rural	No	No	Yes	Yes		Yes		Yes		No					No	No	Yes	Yes	much less than usual	Depressed	Negatively	Moderate	I am unfocused to my health these days	Yes	Yes		
15-25	Female	15-25	Urban	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	Yes	No	No	Yes	not at all	Normal	Negatively	Good	I am unfocused to my health these days	Yes	Yes	
15-25	Male	15-25	Urban	No	No	No	No						No					No	Yes		Not too much	less than usual	Normal	Negatively	Good	Healthy diet and sleep	No more than usual	Yes		
15-25	Male	15-25	Urban	Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	Yes	No	No	Yes	much less than usual	Normal	Moderately	Good	I am unfocused to my health these days	No	Yes	
35-45	Male	35-45	Rural	No	No	No	Yes	No	No	No	No	Yes	No	No	No	No	No	No	Yes	No	No	No	No, I am okay at home	not at all	Normal	Positively	Good	Healthy diet and sleep	No more than usual	No
15-25	Male	15-25	Urban	No	No	Yes	No	No	No	No	Yes	No	No	No	No	No	No	No	Yes	No	Yes	Yes	not at all	Sad	Moderately	Moderate	Sports (cricket, badminton, kho-kho, ka)	No	Yes	
15-25	Female	15-25	Urban	No	No	Yes	Yes	No	No	No	Yes	No	No					No	Yes		Yes	not at all	Sad	Negatively	Good	Healthy diet and sleep	No	No		
15-25	Male	15-25	Urban	No	No	Yes	Yes		Yes		Yes		Yes		Yes	Yes	Yes	Yes	No		Yes	Yes	less than usual	Sad	Negatively	Moderate	Healthy diet and sleep	No more than usual	Yes	
15-25	Male	15-25	Urban	No	No	No	Yes	No	No	No	Yes	No	No	No	No	No	No	No	Yes	No	Yes	Yes	Yes, same as usual	Sad	Negatively	Moderate	Sports (cricket, badminton, kho-kho, ka)	Much more than usual	No	
15-25	Male	15-25	Rural	No	Yes	Yes	Yes	No	Yes	Yes	Yes	Yes	No	No	No	No	No	Yes	No	Yes	No	No	No, I am okay at home	much less than usual	Depressed	Negatively	Moderate	Healthy diet and sleep	No more than usual	Yes
15-25	Male	15-25	Urban	Yes	Yes	Yes	Yes	No	Yes	Yes	No	No	No	No	No	No	No	Yes	No	Yes	Yes	Yes	better than usual	Happy	Positively	Moderate	Exercise / Yoga / Meditation	Much more than usual	No	
15-25	Female	15-25	Urban	No	No	No	No	No	No	No	No	No	No	No	No	No	No	Yes	No	Yes	No	No	Yes	better than usual	Normal	Moderately	Good	Healthy diet and sleep	No	No
25-35	Male	25-35	Urban	No	No	No	No						No					No	Yes		Not too much	less than usual	Normal	Moderately	Good	Healthy diet and sleep	No	No		
15-25	Male	15-25	Rural	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No	No	Yes	Yes	No	No	Yes	much less than usual	Normal	Negatively	Moderate	Sports (cricket, badminton, kho-kho, ka)	No	Yes
15-25	Male	15-25	Urban	Yes	No	Yes	Yes					Yes	No					No	Yes		Yes	Yes, same as usual	Normal	Moderately	Moderate	Exercise / Yoga / Meditation	No	No		
25-35	Male	25-35	Rural	No	No	No	No						No					Yes	Yes		Yes	Yes	less than usual	Sad	Moderately	Good	Healthy diet and sleep	Yes	No	
15-25	Male	15-25	Urban	No	No	No	No						No					No	Yes		No, I am okay at home	better than usual	Normal	Moderately	Good	Exercise / Yoga / Meditation	No	No		
15-25	Male	15-25	Urban	No	Yes	Yes	Yes	No	No	No	Yes	Yes	No					No	No	Yes	Yes	Yes	less than usual	Normal	Negatively	Good	Sports (cricket, badminton, kho-kho, ka)	Yes	Yes	
15-25	Male	15-25	Urban	No	No	Yes	Yes		Yes				No					No	Yes		No, I am okay at home	Yes, same as usual	Happy	Negatively	Poor	Sports (cricket, badminton, kho-kho, ka)	No	No		
15-25	Male	15-25	Rural	No	Yes	Yes	Yes	No	Yes	No	No	No	No	No	No	No	No	No	Yes	No	No	No	Yes	Yes, same as usual	Normal	Moderately	Good	Sports (cricket, badminton, kho-kho, ka)	No	No
15-25	Male	15-25	Urban	No	Yes	Yes	No	No	Yes	No	Yes	No	No	No	No	No	No	No	Yes	No	No	No	No, I am okay at home	better than usual	Normal	Positively	Moderate	Sports (cricket, badminton, kho-kho, ka)	Much more than usual	Yes
25-35	Male	25-35	Urban	No	Yes	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes	No	Yes	Yes	Yes	Yes	No		Yes	Yes	much less than usual	Sad	Negatively	Moderate	I am unfocused to my health these days	Yes	Yes	
15-25	Female	15-25	Rural	No	Yes	Yes	Yes	Yes	Yes	No	No	No	No					Yes	No	Yes		Yes	less than usual	Normal	Negatively	Moderate	I am unfocused to my health these days	Yes	Yes	
15-25	Male	15-25	Rural	No	No	Yes	Yes		Yes				No					Yes	No		Yes	No, I am okay at home	not at all	Normal	Moderately	Good	Sports (cricket, badminton, kho-kho, ka)	No	No	
25-35	Male	25-35	Rural	No	No	Yes	Yes		Yes				No					Yes	Yes		Yes	less than usual	Normal	Negatively	Moderate	Sports (cricket, badminton, kho-kho, ka)	No more than usual	Yes		
15-25	Male	15-25	Urban	No	No	Yes	Yes		Yes				No		Yes			Yes	Yes		No	Yes	Yes, same as usual	Happy	Positively	Good	Sports (cricket, badminton, kho-kho, ka)	No	No	
Above 45	Male	Above 45	Urban	No	No	No	Yes	Yes				Yes	Yes					Yes	No	Yes	Yes	Yes	better than usual	Normal	Positively	Good	Exercise / Yoga / Meditation	Much more than usual	No	
15-25	Male	15-25	Urban	No	No	Yes	Yes	No	No	Yes	Yes	No	No	No	No	No	No	Yes	No	Yes	No	No	Yes	much less than usual	Normal	Positively	Good	Healthy diet and sleep	Yes	Yes
15-25	Male	15-25	Rural	No	No	No	No						No					No	No	Yes	Yes	less than usual	Depressed	Negatively	Moderate	Exercise / Yoga / Meditation	No	No		
15-25	Male	15-25	Rural	No	No	Yes	Yes		Yes		Yes		No					Yes	No		Yes	Yes	not at all	Depressed	Negatively	Moderate	I am unfocused to my health these days	Yes	Yes	
15-25	Male	15-25	Urban	Yes	Yes	Yes	No	Yes		Yes			Yes		Yes	Yes	Yes	Yes	No	Yes	Yes	Yes	less than usual	Depressed	Moderately	Moderate	I am unfocused to my health these days	Much more than usual	Yes	
15-25	Male	15-25	Urban	No	No	Yes	No	No	No	No	No	No	No	No	No	No	No	No	Yes	No	No	No	Yes	better than usual	Normal	Moderately	Good	Healthy diet and sleep	No	No
15-25	Male	15-25	Urban	Yes	Yes	Yes	Yes	No	Yes	Yes	Yes	Yes	No					Yes	No	Yes	Yes	Not too much	less than usual	Depressed	Negatively	Poor	I am unfocused to my health these days	Much more than usual	Yes	
15-25	Male	15-25	Rural	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No	Yes	Yes	No	No	No	Yes	less than usual	Normal	Positively	Good	Exercise / Yoga / Meditation	Yes	Yes



35-45	Male	35-45	Rural	No	No	No	Yes	No	No	No	Yes		Yes	No	No	No	Yes	No	Yes	No	Yes	No	No, I am okay at home	ndt at all	Normal	Negatively	Moderate	Healthy diet and sleep	No	No
15-25	Male	15-25	Urban	No	No	No	No	No	No	No	No	No	No	No	No	No	No	Yes	No	No	No	Yes	Yes	Yes, same as usual	Normal	Negatively	Good	I am unfocused to my health these da	No more than usual	Yes
15-25	Female	15-25	Urban	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	Yes	No	Not too much	less than usual	Sad	Negatively	Moderate	I am unfocused to my health these da	Yes	Yes
15-25	Female	15-25	Rural	No	No	Yes	Yes		Yes				No				No	Yes			No, I am okay at home	Yes, same as usual	Depressed	Negatively	Moderate	Healthy diet and sleep	Yes	No		
15-25	Female	15-25	Urban	No	No	No	No					Yes		Yes	Yes	Yes	No	Yes			No, I am okay at home	Yes, same as usual	Normal	Positively	Moderate	Exercise / Yoga / Meditation	No more than usual	No		
15-25	Male	15-25	Rural	No	No	Yes	No					No					No	Yes			Yes	much less than usual	Sad	Positively	Moderate	I am unfocused to my health these da	Yes	Yes		
15-25	Female	15-25	Rural	No	No	No	Yes	No	Yes	No	Yes	No	No	No	No	No	No	No		No	Yes	ndt at all	Depressed	Negatively	Moderate	I am unfocused to my health these da	Yes	Yes		
15-25	Male	15-25	Urban	No	Yes	No	Yes	Yes					No				Yes	Yes			Yes	much less than usual	Normal	Moderately	Moderate	Healthy diet and sleep	Yes	Yes		
15-25	Male	15-25	Urban	No	No	Yes	No										No	Yes	No	No	Yes	less than usual	Normal	Negatively	Moderate	Sports (cricket, badminton, kho-kho, ka	No more than usual	No		
15-25	Male	15-25	Urban	No	Yes	Yes	Yes		Yes		Yes	Yes	Yes	Yes	Yes	Yes	No	Yes		Yes	Yes	much less than usual	Depressed	Negatively	Moderate	Sports (cricket, badminton, kho-kho, ka	Yes	Yes		
15-25	Male	15-25	Rural	No	No	No	No						No				Yes	No	No		Yes	less than usual	Normal	Negatively	Good	I am unfocused to my health these da	Yes	Yes		
15-25	Female	15-25	Urban	No	Yes	Yes	Yes	Yes					No				No	No	Yes	No	Yes	less than usual	Normal	Moderately	Moderate	I am unfocused to my health these da	No	Yes		
15-25	Male	15-25	Rural	No	No	Yes	Yes	No	Yes	Yes	Yes	No	Yes	No	Yes	Yes	Yes	No	Yes	No	No	less than usual	Normal	Positively	Good	Sports (cricket, badminton, kho-kho, ka	No	No		
15-25	Female	15-25	Urban	Yes	Yes	Yes	Yes	Yes	Yes			No					Yes	No	Yes		Not too much	Yes, same as usual	Normal	Negatively	Moderate	I am unfocused to my health these da	Yes	No		
15-25	Female	15-25	Urban	No	Yes	Yes	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	better than usual	Normal	Negatively	Moderate	I am unfocused to my health these da	No	Yes		
15-25	Female	15-25	Urban	No	Yes	Yes	Yes	No	Yes	No	No	No	No	No	No	No	Yes	No	Yes	No	Yes	Yes	ndt at all	Depressed	Negatively	Moderate	Healthy diet and sleep	Yes	Yes	
15-25	Male	15-25	Urban	Yes	Yes	Yes	No						No				No	Yes	No	Yes	No	Not too much	Yes, same as usual	Happy	Moderately	Good	Exercise / Yoga / Meditation	No more than usual	No	
15-25	Female	15-25	Rural	No	Yes	Yes	Yes	No	Yes	No	Yes	No	No	No	No	No	Yes	No	Yes	No	No	Yes	Yes	Yes, same as usual	Depressed	Negatively	Moderate	Exercise / Yoga / Meditation	No more than usual	Yes
25-35	Male	25-35	Urban	Yes	No	No	Yes				Yes		No				No	Yes			Yes	better than usual	Happy	Moderately	Good	Healthy diet and sleep	No	No		
15-25	Male	15-25	Urban	No	No	Yes	Yes					Yes		Yes		No	No	Yes			Yes	better than usual	Normal	Positively	Poor	I am unfocused to my health these da	No more than usual	Yes		
15-25	Male	15-25	Rural	No	No	Yes	No					No	No	No	No	No	Yes	Yes		Yes	No, I am okay at home	Yes, same as usual	Normal	Negatively	Good	I am unfocused to my health these da	No	No		
15-25	Male	15-25	Rural	No	No	Yes	Yes		Yes		Yes	Yes		Yes		No	Yes		Yes		Yes	less than usual	Normal	Negatively	Moderate	I am unfocused to my health these da	Yes	Yes		

Q. 1	Q. 2	Q. 3	Q. 4	Q. 5	Q. 6	Q. 7	Q. 8	Family M	Close R	a (Frie)	Neig a	(Coll)	Q. 9	Family M	a (Frie)	Rel	then b	Q. 10	Q. 11	getting	ling too	frag	Q. 12	Q. 13	Q. 14	Q. 15	Q. 16	Q. 17	Q. 18	Q. 19
15-25	Male	15-25	Urban	No	Yes	Yes	No	Yes	No	No	Yes	No	Yes	No	Yes	Yes	Yes	No	Yes				Yes	better than usual	Normal	Negatively	Moderate	I am unfocused to my health thes e da	Yes	Yes
15-25	Male	15-25	Rural	No	No	No	No	No	No	No	No	No	No	No	No	No	No	Yes	No	No	Yes	No	Yes	ndt at all	Depressed	Negatively	Moderate	I am unfocused to my health thes e da	No more than usual	Yes
15-25	Female	15-25	Urban	No	No	Yes	Yes		Yes				Yes		Yes			Yes	No	Yes			Yes	ndt at all	Depressed	Moderately	Moderate	I am unfocused to my health thes e da	No	Yes
15-25	Female	15-25	Urban	No	No	Yes	No						No					Yes	Yes				Yes	less than usual	Sad	Negatively	Good	I am unfocused to my health thes e da	No	No
15-25	Male	15-25	Rural	Yes	No	Yes	Yes	Yes	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No, I am okay at home	Yes, same as usual	Normal	Positively	Good	Healthy diet and sleep	No	Yes
15-25	Male	15-25	Rural	No	No	No	Yes	No	Yes	No	Yes	No	No	No	No	No	No	Yes	Yes				Not too much	less than usual	Normal	Negatively	Moderate	I am unfocused to my health thes e da	No more than usual	Yes
15-25	Female	15-25	Rural	No	Yes	Yes	Yes		Yes				No	No	No	No	No	Yes	Yes	No	No	No	Yes	Yes, same as usual	Normal	Negatively	Moderate	Healthy diet and sleep	No	No
15-25	Female	15-25	Rural	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	Yes	No	No	No	No, I am okay at home	Yes, same as usual	Happy	Moderately	Good	Healthy diet and sleep	No	No
15-25	Male	15-25	Urban	No	No	Yes	Yes		Yes				No	No	No	No	No	No	No	Yes	Yes	Yes	Yes	much less than usual	Normal	Negatively	Moderate	Sports (cricket, badminton, kho-kho, ka	No more than usual	Yes
15-25	Male	15-25	Rural	No	No	Yes	Yes	No	Yes	Yes	Yes	No	Yes	No	Yes	Yes	No	No	Yes	No	Yes	Yes	Yes	ndt at all	Normal	Positively	Moderate	Healthy diet and sleep	Yes	No
15-25	Male	15-25	Urban	No	Yes	Yes	No	Yes	Yes	No	No	No	No					Yes	Yes		Yes	Yes	Yes	much less than usual	Sad	Moderately	Good	Healthy diet and sleep	No	No
15-25	Female	15-25	Urban	No	No	Yes	Yes	No	Yes	No	No	No	No					Yes	No		Yes		Yes	better than usual	Normal	Negatively	Moderate	I am unfocused to my health thes e da	No more than usual	Yes
15-25	Male	15-25	Urban	No	No	Yes	No		No	No	No	No	No	No	No	No	No	Yes	No	Yes			Yes	ndt at all	Normal	Negatively	Moderate	I am unfocused to my health thes e da	Yes	Yes
15-25	Male	15-25	Urban	No	No	Yes	Yes		Yes				No					Yes	No	Yes			Yes	much less than usual	Depressed	Negatively	Poor	Healthy diet and sleep	Yes	Yes
15-25	Male	15-25	Urban	No	Yes	Yes	Yes	Yes	Yes				No					No	No				Yes	better than usual	Normal	Positively	Moderate	Healthy diet and sleep	No more than usual	No
15-25	Male	15-25	Urban	No	Yes	Yes	Yes	Yes	Yes	Yes			No					Yes	No			Yes	Yes	less than usual	Depressed	Negatively	Moderate	I am unfocused to my health thes e da	No more than usual	No
15-25	Male	15-25	Urban	No	No	Yes	Yes		Yes				Yes					Yes	Yes				Yes	less than usual	Normal	Negatively	Moderate	Healthy diet and sleep	No more than usual	No
15-25	Female	15-25	Urban	No	No	No	No	Yes	No	No	No	No	Yes	Yes	Yes	Yes	Yes	No	Yes	No	No	No	Yes	Yes, same as usual	Depressed	Positively	Good	Exercise / Yoga / Meditation	Yes	Yes
15-25	Female	15-25	Urban	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	Yes	No	No	No	Yes	Yes, same as usual	Normal	Moderately	Good	Healthy diet and sleep	No	No
15-25	Male	15-25	Rural	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No, I am okay at home	ndt at all	Normal	Negatively	Moderate	I am unfocused to my health thes e da	No	No
15-25	Female	15-25	Urban	Yes	Yes	Yes	Yes	No	No	Yes	No	No	No	No	No	No	No	Yes	Yes				Yes	less than usual	Normal	Moderately	Good	Healthy diet and sleep	No more than usual	No
15-25	Male	15-25	Rural	No	Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	Yes	No			Yes	Yes	better than usual	Normal	Moderately	Good	I am unfocused to my health thes e da	No more than usual	Yes
15-25	Male	15-25	Rural	No	No	No	No						No					Yes	Yes				Yes	Yes, same as usual	Sad	Positively	Good	Sports (cricket, badminton, kho-kho, ka	No	No
15-25	Male	15-25	Urban	No	No	Yes	Yes	Yes	Yes	Yes			No					Yes	Yes				Yes	ndt at all	Normal	Moderately	Good	Exercise / Yoga / Meditation	Yes	Yes
15-25	Female	15-25	Urban	No	Yes	No							Yes					Yes	No	Yes			Yes	better than usual	Happy	Positively	Good	Healthy diet and sleep	Much more than usual	Yes
15-25	Female	15-25	Urban	No	No	Yes	Yes	No	Yes	Yes	Yes	No	No	No	No	No	No	No	Yes	No	No	No	Yes	better than usual	Normal	Positively	Moderate	I am unfocused to my health thes e da	No	No
15-25	Male	15-25	Urban	No	No	Yes	No	No	Yes	Yes	Yes	No	No	No	No	No	No	Yes	No				Yes	Yes, same as usual	Sad	Positively	Moderate	I am unfocused to my health thes e da	Yes	Yes
15-25	Female	15-25	Urban	No	No	Yes	Yes	No	No	No	Yes	No	No	No	No	No	No	Yes	No	Yes	No	No	Yes	better than usual	Normal	Moderately	Moderate	Exercise / Yoga / Meditation	Yes	Yes
15-25	Male	15-25	Rural	No	Yes	Yes	No	No	Yes	Yes	No	Yes	No	Yes	No	Yes	Yes	Yes	No	Yes			Yes	better than usual	Depressed	Positively	Moderate	I am unfocused to my health thes e da	Yes	Yes
15-25	Male	15-25	Rural	No	No	No	No	No	No	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No, I am okay at home	Yes, same as usual	Normal	Negatively	Good	Healthy diet and sleep	No	No
15-25	Male	15-25	Urban	Yes	Yes	Yes	Yes	No	Yes	No	No	Yes	Yes	No	Yes	No	No	No	Yes				Yes	much less than usual	Depressed	Negatively	Moderate	I am unfocused to my health thes e da	Yes	Yes
15-25	Female	15-25	Urban	Yes	Yes	Yes	Yes	Yes	Yes				No					Yes	No		Yes	Yes	Yes	much less than usual	Depressed	Negatively	Moderate	Exercise / Yoga / Meditation	Much more than usual	Yes
15-25	Male	15-25	Rural	No	No	No	Yes		Yes		Yes		No					No	No	Yes			Not too much	better than usual	Normal	Positively	Good	I am unfocused to my health thes e da	Yes	No
15-25	Female	15-25	Urban	No	Yes	Yes	Yes		Yes				Yes		Yes			Yes	No	Yes			Yes	ndt at all	Normal	Negatively	Good	Exercise / Yoga / Meditation	Much more than usual	Yes
15-25	Male	15-25	Urban	No	Yes	Yes	Yes		Yes				No		Yes			Yes	No	Yes			Yes	ndt at all	Normal	Positively	Good	Exercise / Yoga / Meditation	No	No
15-25	Female	15-25	Urban	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	Yes	No	No	No	No, I am okay at home	Yes, same as usual	Happy	Positively	Good	Sports (cricket, badminton, kho-kho, ka	No	No
15-25	Female	15-25	Urban	No	No	No	Yes	No	No	No	Yes	No	No	No	No	No	No	No	Yes	No	No	No	Yes	less than usual	Normal	Moderately	Good	Exercise / Yoga / Meditation	No	No
15-25	Female	15-25	Rural	No	No	Yes	No						Yes					Yes	No	Yes	Yes	Yes	Yes	ndt at all	Depressed	Negatively	Moderate	I am unfocused to my health thes e da	Yes	Yes
15-25	Male	15-25	Urban	No	No	Yes	No	No	Yes	No	Yes	No	No					Yes	Yes				Yes	less than usual	Normal	Moderately	Moderate	Exercise / Yoga / Meditation	No more than usual	No
15-25	Male	15-25	Urban	No	Yes	Yes	No						No					Yes	Yes				Not too much	Yes, same as usual	Normal	Moderately	Good	Sports (cricket, badminton, kho-kho, ka	No	No
15-25	Male	15-25	Urban	No	No	Yes	Yes				Yes		No					No	No		Yes	No, I am okay at home	Yes, same as usual	Normal	Positively	Good	Exercise / Yoga / Meditation		No	Yes
15-25	Male	15-25	Rural	No	No	Yes	Yes		Yes				No		Yes			No	Yes	Yes			Not too much	Yes, same as usual	Normal	Moderately	Moderate	I am unfocused to my health thes e da	Yes	Yes
15-25	Female	15-25	Rural	No	No	No	No						No					No	Yes				Yes	Yes, same as usual	Normal	Moderately	Moderate	I am unfocused to my health thes e da	Yes	Yes
15-25	Male	15-25	Urban	No	No	Yes	No						No					No	No	Yes	Yes		Yes	less than usual	Normal	Moderately	Moderate	I am unfocused to my health thes e da	No	Yes
15-25	Female	15-25	Rural	No	No	Yes	Yes			Yes			No	No				Yes	No		Yes		Yes	much less than usual	Depressed	Negatively	Good	Exercise / Yoga / Meditation	No more than usual	Yes
15-25	Female	15-25	Urban	No	No	Yes	No						No					No	Yes				Not too much	Yes, same as usual	Normal	Positively	Good	Exercise / Yoga / Meditation	No	No
15-25	Male	15-25	Urban	Yes	No	Yes	Yes	No	Yes	No	Yes	No	Yes	No	No	No	Yes	No	Yes				Yes	less than usual	Sad	Negatively	Moderate	Exercise / Yoga / Meditation	Yes	Yes
15-25	Male	15-25	Urban	No	No	Yes	Yes			Yes			No					No	No	Yes			Not too much	less than usual	Normal	Moderately	Good	Healthy diet and sleep	No	Yes
15-25	Male	15-25	Urban	Yes	No	Yes	No						Yes					No	Yes		Yes	Yes	Yes	Yes, same as usual	Normal	Positively	Moderate	Healthy diet and sleep	Yes	No
15-25	Male	15-25	Urban	No	No	No	No	No	No	No	No	No	Yes	No	Yes	No	No	No	No		Yes	Yes	Yes	ndt at all	Sad	Negatively	Moderate	Exercise / Yoga / Meditation	Yes	Yes
15-25	Female	15-25	Rural	Yes	Yes	Yes	Yes		Yes				Yes		Yes			Yes	Yes				No, I am okay at home	ndt at all	Depressed	Negatively	Good	Exercise / Yoga / Meditation	Yes	Yes
15-25	Male	15-25	Urban	No	No	No	No	No	No	No	No	No	No	No	No	No	No	Yes	No	No	No	No	Yes	less than usual	Normal	Positively	Good	Exercise / Yoga / Meditation	Yes	No
15-25	Male	15-25	Rural	No	Yes	No	No						Yes					Yes	Yes				No, I am okay at home	better than usual	Normal	Moderately	Moderate	I am unfocused to my health thes e da	Yes	Yes
15-25	Female	15-25	Rural	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No	No	Yes	No	Yes	Yes	Yes	less than usual	Normal	Moderately	Moderate	Healthy diet and sleep	No more than usual	Yes
15-25	Female	15-25	Urban	No	No	Yes	Yes						No					Yes	No	Yes			Yes	Yes, same as usual	Normal	Negatively	Good	Healthy diet and sleep	Yes	No
15-25	Male	15-25	Rural	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No	No	Yes			Yes	ndt at all	Sad	Moderately	Moderate	Healthy diet and sleep	No more than usual	Yes
15-25	Female	15-25	Urban	No	No	Yes	No						No					No	No	Yes	Yes		Yes	Yes, same as usual	Normal	Moderately	Good	Healthy diet and sleep	No	No
15-25	Female	15-25	Urban	No	No	Yes	Yes		Yes	Yes			Yes	Yes	Yes			No	No		Yes		Yes	much less than usual	Depressed	Negatively	Moderate	Exercise / Yoga / Meditation	Yes	Yes
15-25	Female	15-25	Urban	No	No	Yes	No						No					No	Yes				No, I am okay at home	less than usual	Normal	Moderately	Good	Exercise / Yoga / Meditation	No more than usual	No
15-25	Male	25-35	Urban	No	No	Yes	No						No					No	Yes				Yes	Yes, same as usual	Happy	Moderately	Moderate	Healthy diet and sleep	No	No
15-25	Female	15-25	Urban	No	Yes	Yes	Yes	No	Yes	Yes	No	No	No					Yes	No	Yes			Yes	less than usual	Normal	Moderately	Good	Healthy diet and sleep	Yes	Yes
15-25	Male	15-25	Urban	Yes	Yes	Yes	Yes	Yes	Yes				No					Yes	No	Yes			No, I am okay at home	Yes, same as usual	Normal	Negatively	Moderate	Exercise / Yoga / Meditation	No	No



Q. 1	Q. 2	Q. 3	Q. 4	Q. 5	Q. 6	Q. 7	Q. 8	Family M	Close R	a (Frie)	Neig a	Coll	Q. 9	Family M	a (Frie)	Rel	then b	Q. 10	Q. 11	getting	ing too	frag	Q. 12	Q. 13	Q. 14	Q. 15	Q. 16	Q. 17	Q. 18	Q. 19	
15-25	Female	15-25	Urban	Yes	No	Yes	No	No	No	No	No	No	Yes			Yes		No	No		Yes		Yes	much less than usual	Normal	Moderately	Moderate	I am unfocused to my health thes e da	No more than usual	Yes	
15-25	Male	15-25	Urban	No	No	Yes	Yes	No	No	No	No	No	No					Yes	Yes		Yes		No, I am okay at home	less than usual	Normal	Moderately	Moderate	Healthy diet and sleep	No	No	
15-25	Female	15-25	Urban	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No	Yes		Yes		Yes	less than usual	Normal	Moderately	Moderate	Healthy diet and sleep	Yes	Yes
25-35	Male	25-35	Urban	No	No	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes	No	No	No	No	No	Yes	No	No	Yes	Yes	Yes, same as usual	Normal	Moderately	Moderate	Exercise / Yoga / Meditation	Yes	Yes	
15-25	Male	15-25	Rural	No	No	Yes	No	No	Yes	No	No	No	No	No	No	No	No	No	Yes	No	Yes	No	No	less than usual	Normal	Negatively	Moderate	Healthy diet and sleep	Yes	Yes	
15-25	Female	15-25	Urban	No	Yes	Yes	Yes		Yes	Yes	Yes	Yes	No					Yes	No		Yes	Not too much	much less than usual	Depressed	Negatively	Moderate	I am unfocused to my health thes e da	Much more than usual	Yes		
25-35	Female	25-35	Rural	No	No	Yes	Yes	No	Yes	Yes	Yes	No	No					Yes	No	Yes		Yes	Yes	less than usual	Normal	Moderately	Good	Healthy diet and sleep	No	Yes	
15-25	Male	15-25	Rural	No	Yes	Yes	No	Yes		Yes			No	No	No	No	No	No	Yes	Yes	No	No	No	much less than usual	Sad	Negatively	Poor	Sports (cricket, badminton, kho-kho, ka	Yes	No	
15-25	Female	15-25	Urban	Yes	Yes	Yes	Yes		Yes		Yes		No					Yes	No	Yes		Yes	Yes	less than usual	Sad	Negatively	Moderate	Healthy diet and sleep	Yes	Yes	
25-35	Male	25-35	Rural	No	No	No	No						No					No	No			Yes	Yes	less than usual	Normal	Negatively	Moderate	I am unfocused to my health thes e da	Yes	No	
15-25	Male	15-25	Urban	No	No	No	No	No	No	No	No	No	No	No	No	No	No	Yes	No	No	Yes	No	Yes	much less than usual	Normal	Moderately	Moderate	Healthy diet and sleep	Yes	Yes	
15-25	Male	15-25	Urban	No	No	Yes	Yes		Yes	Yes			No					No	No		Yes	Yes	Yes, same as usual	Normal	Moderately	Moderate	I am unfocused to my health thes e da	No more than usual	No		
15-25	Male	15-25	Urban	No	No	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	Yes	Yes	No	Yes	No		No	Yes	ndt at all	Depressed	Negatively	Poor	I am unfocused to my health thes e da	Yes	Yes	
15-25	Female	15-25	Rural	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	Yes	No	Yes	No	Yes	less than usual	Happy	Negatively	Good	Healthy diet and sleep	No more than usual	No	
15-25	Male	15-25	Urban	No	No	Yes	Yes				Yes		No	No	No	No	No	Yes	No	Yes	Yes		Yes	less than usual	Normal	Moderately	Good	I am unfocused to my health thes e da	Yes	Yes	
15-25	Male	15-25	Urban	No	Yes	Yes	Yes		Yes				Yes					Yes	Yes	Yes	Yes	No, I am okay at home	ndt at all	Normal	Moderately	Good	Healthy diet and sleep	Yes	No		
15-25	Male	15-25	Rural	Yes	Yes	Yes	No	No	No	No	No	No	No	No	No	No		Yes	Yes	Yes	No	No	Yes	better than usual	Happy	Negatively	Good	Healthy diet and sleep	No	No	
15-25	Female	15-25	Urban	Yes	Yes	Yes	Yes	No	Yes		Yes		Yes	Yes	Yes	Yes	Yes	Yes	No	No	Yes	Yes	Yes	less than usual	Happy	Negatively	Good	Exercise / Yoga / Meditation	No	No	
15-25	Male	15-25	Rural	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	Yes	Yes	No	No	Yes	Yes, same as usual	Normal	Moderately	Good	Exercise / Yoga / Meditation	No	No	
15-25	Female	15-25	Urban	Yes	Yes	Yes	Yes		No				Yes					Yes	No		Yes	Yes	Yes	less than usual	Depressed	Negatively	Moderate	Exercise / Yoga / Meditation	Yes	Yes	
15-25	Female	15-25	Rural	No	No	No	Yes	Yes		Yes			Yes	Yes	Yes	Yes		Yes	No		Yes	No, I am okay at home	Yes, same as usual	Normal	Moderately	Moderate	Exercise / Yoga / Meditation	No	No		
15-25	Female	15-25	Urban	Yes	Yes	Yes	Yes		Yes				No					Yes	Yes	Yes	Yes	Yes	Yes	ndt at all	Depressed	Negatively	Poor	I am unfocused to my health thes e da	Yes	Yes	
15-25	Female	15-25	Urban	No	No	Yes	Yes		Yes				Yes	Yes				Yes	No	Yes		Yes	Not too much	Yes, same as usual	Normal	Negatively	Moderate	I am unfocused to my health thes e da	No more than usual	No	
15-25	Female	15-25	Urban	No	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes	No	No	No	No	No	No	No	No	Yes	Yes	No, I am okay at home	much less than usual	Normal	Moderately	Moderate	Sports (cricket, badminton, kho-kho, ka	No more than usual	Yes	
15-25	Female	15-25	Urban	No	No	Yes	Yes				Yes		Yes					Yes	Yes	No	Yes	Yes	Not too much	less than usual	Depressed	Negatively	Moderate	I am unfocused to my health thes e da	Yes	Yes	
15-25	Female	15-25	Rural	No	No	No	No						No					No	Yes			Yes	Yes	Yes, same as usual	Normal	Moderately	Good	Healthy diet and sleep	No	No	
35-45	Female	35-45	Urban	No	Yes	Yes	Yes		Yes	Yes	Yes	Yes	No					Yes	Yes		Yes	Yes	Yes	Yes, same as usual	Normal	Negatively	Good	I am unfocused to my health thes e da	No more than usual	No	
15-25	Female	15-25	Urban	No	No	Yes	Yes	No	Yes	No	No	No	No					Yes	Yes			Yes	Not too much	Yes, same as usual	Normal	Moderately	Good	Exercise / Yoga / Meditation	No	No	
25-35	Female	25-35	Urban	No	No	Yes	Yes	No	Yes	No	No	No	No	No	No	No	No	No	Yes	No	Yes	No	No	less than usual	Depressed	Moderately	Moderate	I am unfocused to my health thes e da	Yes	Yes	
15-25	Female	15-25	Urban	No	No	Yes	Yes	Yes	Yes		Yes		No					Yes	No		Yes	Yes	Yes	less than usual	Normal	Negatively	Moderate	I am unfocused to my health thes e da	Yes	Yes	
15-25	Male	15-25	Rural	Yes	No	Yes	No	No	Yes	No	No	No	No	No	No	No	Yes	No	Yes	No	No	No	No, I am okay at home	better than usual	Normal	Moderately	Good	Healthy diet and sleep	No	No	
15-25	Male	15-25	Urban	No	No	Yes	Yes		Yes	Yes	Yes	Yes	Yes					Yes	No		Yes	Yes	Not too much	much less than usual	Depressed	Negatively	Good	Sports (cricket, badminton, kho-kho, ka	No more than usual	Yes	
15-25	Male	15-25	Urban	No	No	Yes	Yes	No	No	No	No	No	No	No	No	No	No	Yes	No	No	No	No	Yes	Yes, same as usual	Normal	Positively	Good	Healthy diet and sleep	No	No	
15-25	Female	15-25	Urban	No	No	No	No	No	No	No	No	No	Yes					No	Yes			Yes	Yes	much less than usual	Sad	Negatively	Moderate	I am unfocused to my health thes e da	No more than usual	Yes	
15-25	Male	15-25	Urban	No	No	Yes	Yes						No	No	No	No	No	No	No		Yes	Yes	Yes	less than usual	Normal	Moderately	Moderate	I am unfocused to my health thes e da	No more than usual	No	
15-25	Male	15-25	Rural	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes, same as usual	Happy	Positively	Good	Exercise / Yoga / Meditation	Yes	Yes	
25-35	Female	25-35	Rural	No	No	Yes	Yes	No	No	No	Yes	No	No	No	No	No	No	Yes	No	Yes	No	No	Yes	less than usual	Normal	Negatively	Good	Healthy diet and sleep	No	No	
15-25	Male	15-25	Urban	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No	No	Yes	Yes	Yes	much less than usual	Normal	Moderately	Good	Exercise / Yoga / Meditation	No more than usual	Yes	
15-25	Male	15-25	Urban	No	Yes	Yes	Yes		Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No		Yes	Yes	Yes	Yes, same as usual	Normal	Positively	Moderate	Exercise / Yoga / Meditation	No	No	
15-25	Female	15-25	Urban	Yes	Yes	Yes	Yes	Yes	Yes				No					Yes	Yes			Yes	Yes	much less than usual	Sad	Moderately	Good	Healthy diet and sleep	Yes	Yes	
15-25	Male	15-25	Urban	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	Yes	Yes, same as usual	Happy	Positively	Good	Healthy diet and sleep	No	No	
35-45	Male	35-45	Rural	No	No	Yes	No						No					No	Yes			No, I am okay at home	Yes, same as usual	Happy	Positively	Good	Exercise / Yoga / Meditation	No	No		
15-25	Male	15-25	Urban	No	No	Yes	Yes		Yes				Yes		Yes	Yes	Yes	Yes	No		Yes	Yes	Yes	better than usual	Depressed	Positively	Moderate	Exercise / Yoga / Meditation	Yes	Yes	
15-25	Female	15-25	Urban	No	Yes	Yes	Yes	Yes	Yes				No					Yes	Yes		Yes	Yes	Yes	less than usual	Depressed	Negatively	Moderate	Healthy diet and sleep	No	Yes	
15-25	Female	15-25	Urban	No	Yes	Yes	Yes		Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No	Yes		Yes	Yes	much less than usual	Normal	Negatively	Good	I am unfocused to my health thes e da	No	No	
15-25	Male	15-25	Urban	No	No	Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	Yes	No	No	No	No, I am okay at home	Yes, same as usual	Normal	Positively	Good	Exercise / Yoga / Meditation	Yes	No	
15-25	Male	15-25	Urban	No	No	Yes	No	No	No	No	No	No	Yes	No	No	No	No	Yes	Yes	No	No	No	No, I am okay at home	much less than usual	Normal	Moderately	Moderate	Healthy diet and sleep	Much more than usual	Yes	
15-25	Male	15-25	Rural	Yes	No	No	No	No	Yes	Yes	Yes	Yes	No	No	No	No	No	No	Yes	No	No	No	No, I am okay at home	ndt at all	Normal	Positively	Good	Exercise / Yoga / Meditation	No more than usual	Yes	
15-25	Male	15-25	Rural	No	No	No	No	Yes		Yes		Yes	No	Yes	Yes	Yes	Yes	No	Yes	Yes		Yes	Not too much	less than usual	Happy	Moderately	Moderate	Sports (cricket, badminton, kho-kho, ka	No more than usual	Yes	
15-25	Male	15-25	Urban	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No	No	Yes	Yes	Yes	Yes	much less than usual	Normal	Moderately	Good	Exercise / Yoga / Meditation	No more than usual	Yes	
25-35	Male	25-35	Urban	No	No	Yes	No						No					No	Yes			Yes	Yes	Yes, same as usual	Normal	Positively	Moderate	Exercise / Yoga / Meditation	No	No	
15-25	Female	15-25	Urban	Yes	Yes	Yes	Yes	Yes	Yes	No	No	No	Yes	No	Yes	Yes	Yes	No	Yes			Yes	Yes	much less than usual	Sad	Moderately	Good	Healthy diet and sleep	Yes	Yes	
15-25	Male	15-25	Rural	No	No	Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	Yes	Yes	Yes	No	Yes	Yes, same as usual	Sad	Moderately	Moderate	Exercise / Yoga / Meditation	No	Yes	
15-25	Male	15-25	Urban	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	Yes	Yes, same as usual	Happy	Positively	Good	Healthy diet and sleep	No	No	
35-45	Male	35-45	Rural	No	No	Yes	No						No					No	Yes			No, I am okay at home	Yes, same as usual	Happy	Positively	Good	Exercise / Yoga / Meditation	No	No		
15-25	Male	15-25	Urban	No	No	Yes	Yes		Yes				Yes		Yes	Yes	Yes	Yes	No		Yes	Yes	Yes	better than usual	Depressed	Positively	Moderate	Exercise / Yoga / Meditation	Yes	Yes	
15-25	Female	15-25	Urban	No	Yes	Yes	Yes	Yes	Yes				No					Yes	Yes		Yes	Yes	Yes	less than usual	Depressed	Negatively	Moderate	Healthy diet and sleep	No	Yes	
15-25	Female	15-25	Urban	No	Yes	Yes	Yes		Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No	Yes		Yes	Yes	Yes	much less than usual	Normal	Negatively	Good	I am unfocused to my health thes e da	No	No	
35-45	Male	35-45	Urban	Yes	No	Yes	Yes		Yes	Yes	No	No	No	No	No	No	No	No	Yes	Yes	Yes	Yes	Yes	Not too much	Yes, same as usual	Normal	Moderately	Good	Exercise / Yoga / Meditation	No	No
15-25	Male	15-25	Rural	No	No	No	No						No					No	Yes				Yes	Yes, same as usual	Happy	Moderately	Good	Healthy diet and sleep	No	No	
15-25	Male	15-25	Urban	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	Yes	No	No	No	No, I am okay at home	Yes, same as usual	Normal	Negatively	Good	Healthy diet and sleep	No	No	
15-25	Male	15-25	Urban	No	No	Yes	No	No	Yes	Yes	Yes	Yes	No	No	No	No	No	No	Yes	No	No	No	No, I am okay at home	ndt at all	Normal	Posit					

Q. 1	Q. 2	Q. 3	Q. 4	Q. 5	Q. 6	Q. 7	Q. 8	Family M	Close R	Rela (Frie)	Neiga	Coll	Q. 9	Family Ma	Fre	Rel	then b	Q. 10	Q. 11	getting	ding too	ing frag	Q. 12	Q. 13	Q. 14	Q. 15	Q. 16	Q. 17	Q. 18	Q. 19	
15-25	Male	15-25	Rural	No	No	No	No						Yes				Yes	No	Yes				No, I am okay at home	Yes, same as usual	Normal	Negatively	Good	Exercise / Yoga / Meditation	No more than usual	No	
35-45	Female	35-45	Urban	No	Yes	Yes	Yes	Yes	Yes	No	Yes	No	No					Yes	Yes				Yes	less than usual	Sad	Moderately	Good	Exercise / Yoga / Meditation	No	Yes	
15-25	Female	15-25	Urban	No	No	Yes	Yes	No	Yes	No	No	No	Yes			Yes	Yes	No	No	Yes	Yes	Yes	Not too much	nd, at all	Depressed	Negatively	Poor	I am unfocused to my health thes e da	Yes	Yes	
15-25	Female	15-25	Urban	No	No	No	No	No	No	No	No	No	No					Yes	No	Yes	Yes	Yes	Yes	much less than usual	Depressed	Positively	Moderate	I am unfocused to my health thes e da	Yes	Yes	
15-25	Male	15-25	Urban	No	No	Yes	Yes	No	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No	No	Yes	Not too much	nd, at all	Normal	Moderately	Good	Exercise / Yoga / Meditation	Much more than usual	Yes	
15-25	Male	15-25	Rural	No	Yes	Yes	Yes		Yes	Yes	Yes	Yes	Yes			Yes	Yes	Yes	No		Yes	Yes	nd, at all	Depressed	Negatively	Poor	I am unfocused to my health thes e da	Much more than usual	Yes		
25-35	Female	25-35	Urban	Yes	No	No	Yes				Yes	No	No					Yes	No		No		No, I am okay at home	less than usual	Normal	Negatively	Moderate	Healthy diet and sleep	No	No	
25-35	Female	25-35	Urban	No	No	No	No						No					No	Yes				Not too much	Yes, same as usual	Normal	Moderately	Good	Healthy diet and sleep	No	No	
15-25	Male	25-35	Rural	No	No	Yes	No	No	No	No	No	No	Yes	No	Yes	Yes	Yes	No	No	No	No	No	Not too much	better than usual	Normal	Positively	Good	Exercise / Yoga / Meditation	No	Yes	
15-25	Female	15-25	Rural	No	Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	Yes	No	No	No, I am okay at home	better than usual	Happy	Moderately	Good	Exercise / Yoga / Meditation	No	No	
15-25	Male	15-25	Rural	Yes	Yes	Yes	Yes	No	Yes	No	No	No	No	No	No	No	No	No	Yes	Yes		Yes	Not too much	less than usual	Normal	Negatively	Moderate	Healthy diet and sleep	No more than usual	No	
25-35	Male	25-35	Urban	Yes	No	Yes	Yes	No	Yes	Yes	No	No	No	No	No	No	No	No	Yes	No	Yes	No	Yes	Yes	Yes, same as usual	Normal	Positively	Moderate	Healthy diet and sleep	Yes	No
15-25	Female	15-25	Rural	No	No	Yes	Yes		Yes				Yes			Yes		No	No	No	No	No	Not too much	much less than usual	Normal	Moderately	Moderate	Healthy diet and sleep	Yes	No	
15-25	Female	15-25	Rural	No	No	Yes	Yes	No	Yes	No	No	No	No	No	No	No	No	No	Yes	No	Yes	No	Yes	Yes	less than usual	Normal	Negatively	Poor	Exercise / Yoga / Meditation	Yes	Yes
15-25	Male	15-25	Urban	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	Yes	No	Yes	Not too much	Yes, same as usual	Normal	Moderately	Good	Exercise / Yoga / Meditation	No	No	
15-25	Female	15-25	Urban	No	No	Yes	Yes		Yes				No					No	No		Yes	Yes	Not too much	nd, at all	Normal	Negatively	Moderate	I am unfocused to my health thes e da	Yes	Yes	
15-25	Female	15-25	Urban	No	No	Yes	Yes				Yes		Yes					Yes	No			Yes	Yes	less than usual	Normal	Negatively	Moderate	Exercise / Yoga / Meditation	No more than usual	Yes	
15-25	Male	15-25	Rural	Yes	Yes	Yes	No						No					No	Yes			No	Yes	better than usual	Happy	Moderately	Good	Healthy diet and sleep	No	No	
15-25	Male	15-25	Rural	Yes	No	No	No	Yes	No	Yes	No	No	Yes					Yes	Yes		No		Yes	less than usual	Sad	Positively	Good	Sports (cricket, badminton, kho-kho, ka	No	Yes	
15-25	Male	15-25	Urban	No	Yes	Yes	Yes	Yes	Yes	No	Yes	No	Yes					No	Yes				Yes	Yes, same as usual	Normal	Moderately	Moderate	I am unfocused to my health thes e da	Yes	No	
15-25	Female	15-25	Rural	No	No	No	Yes				Yes		Yes				Yes	No	Yes	Yes			No, I am okay at home	Yes, same as usual	Normal	Negatively	Good	Exercise / Yoga / Meditation	Yes	No	
15-25	Male	15-25	Urban	No	No	Yes	Yes		Yes				No					No	Yes				Yes	less than usual	Sad	Negatively	Good	Healthy diet and sleep	Yes	Yes	
15-25	Male	15-25	Rural	No	No	Yes	Yes	No	Yes	No	No	No	Yes	No	No	Yes	Yes	Yes	Yes	No	No	No	Yes	Yes, same as usual	Normal	Positively	Good	Healthy diet and sleep	No more than usual	Yes	
15-25	Female	15-25	Urban	No	Yes	Yes	Yes						Yes					No	Yes			No	Not too much	less than usual	Depressed	Moderately	Good	Exercise / Yoga / Meditation	No more than usual	No	
Above 45	Male	Above 45	Rural	No	No	No	Yes		Yes	Yes	No	No	No					No	No	Yes		Yes	Yes	less than usual	Normal	Moderately	Good	Healthy diet and sleep	No	No	
15-25	Female	15-25	Urban	No	No	Yes	Yes	No	No	Yes		Yes	Yes	Yes	Yes	Yes	Yes	Yes	No	No	Yes	Yes	Yes	less than usual	Happy	Moderately	Good	Exercise / Yoga / Meditation	No	Yes	
15-25	Male	15-25	Rural	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	Yes	No	No	No, I am okay at home	Yes, same as usual	Happy	Moderately	Good	Exercise / Yoga / Meditation	No	No	
15-25	Female	15-25	Urban	No	No	No	Yes	No	No	Yes	Yes	No	No					Yes	No	Yes	Yes	Yes	Yes	less than usual	Normal	Negatively	Moderate	I am unfocused to my health thes e da	No more than usual	Yes	
15-25	Female	15-25	Rural	No	No	Yes	No						No					No	No		Yes		Yes	much less than usual	Normal	Positively	Moderate	I am unfocused to my health thes e da	Yes	Yes	
15-25	Male	15-25	Rural	No	No	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No	Yes	No	Yes	Yes	much less than usual	Sad	Positively	Moderate	I am unfocused to my health thes e da	Yes	Yes	
15-25	Male	15-25	Urban	No	No	No	No	No	Yes	Yes	Yes	Yes	No	Yes				No	Yes	Yes			No, I am okay at home	Yes, same as usual	Normal	Positively	Good	Healthy diet and sleep	No	No	
15-25	Male	15-25	Rural	Yes	Yes	No	No	No	No	No	No	No	Yes	No	No	No	No	Yes	Yes	No	No	No	Yes	better than usual	Happy	Positively	Good	Sports (cricket, badminton, kho-kho, ka	Yes	Yes	
15-25	Male	15-25	Urban	No	No	Yes	Yes		Yes		Yes	No	No					Yes	Yes				Yes	Yes, same as usual	Normal	Moderately	Good	Exercise / Yoga / Meditation	No more than usual	No	
15-25	Female	15-25	Urban	Yes	Yes	Yes	Yes	No	Yes	No	Yes	No	Yes			Yes	Yes	Yes	Yes	Yes			Not too much	less than usual	Normal	Moderately	Poor	I am unfocused to my health thes e da	No	No	
15-25	Male	15-25	Urban	No	Yes	Yes	Yes	Yes					No	Yes				No	Yes				No, I am okay at home	better than usual	Normal	Positively	Good	Healthy diet and sleep	No	No	
15-25	Female	15-25	Rural	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No	Yes				No	No		Yes	Yes	better than usual	Normal	Positively	Good	I am unfocused to my health thes e da	No	No		
35-45	Male	35-45	Urban	No	No	Yes	Yes	No	No	No	No	No	No					No	Yes				Not too much	much less than usual	Depressed	Positively	Good	Exercise / Yoga / Meditation	No more than usual	No	
15-25	Male	15-25	Urban	Yes	Yes	Yes	Yes				Yes	No	No					No	No	Yes			Yes	nd, at all	Normal	Positively	Moderate	I am unfocused to my health thes e da	No	Yes	
25-35	Male	25-35	Urban	No	No	No	No	No	No	No	No	No	No	No	No	No	No	Yes	Yes	No	No	No	Yes	Yes, same as usual	Normal	Negatively	Moderate	I am unfocused to my health thes e da	Yes	No	
25-35	Female	25-35	Urban	Yes	Yes	Yes	Yes	No	Yes	Yes	Yes	Yes	No					Yes	No	Yes	Yes	Yes	Yes	much less than usual	Normal	Moderately	Moderate	Healthy diet and sleep	Yes	No	
15-25	Male	15-25	Urban	No	No	Yes	Yes		Yes				No					No	No		Yes	Yes	Yes	less than usual	Normal	Moderately	Good	Sports (cricket, badminton, kho-kho, ka	No more than usual	Yes	
15-25	Male	15-25	Urban	No	No	No	No	No	No	No	No	No	Yes					Yes	No	No	No		Yes	less than usual	Depressed	Negatively	Moderate	I am unfocused to my health thes e da	Yes	No	
25-35	Male	25-35	Rural	No	No	Yes	No	No	No	Yes	No	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes			No, I am okay at home	Yes, same as usual	Normal	Moderately	Good	I am unfocused to my health thes e da	No	No	
15-25	Female	15-25	Urban	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes	No	No	Yes	Yes	No	No	No	Yes	Yes	Yes	No	Yes	less than usual	Depressed	Moderately	Moderate	I am unfocused to my health thes e da	Yes	Yes	
15-25	Male	15-25	Urban	No	No	Yes	Yes	No	No	No	No	Yes	No	No	No	No	Yes	Yes	No	Yes	No	No	Yes	less than usual	Normal	Negatively	Good	I am unfocused to my health thes e da	No	Yes	
15-25	Female	15-25	Urban	No	No	Yes	No						No					No	No		No	No	Not too much	nd, at all	Normal	Negatively	Good	I am unfocused to my health thes e da	No more than usual	Yes	
15-25	Female	15-25	Urban	No	Yes	Yes	Yes	Yes	Yes				Yes	Yes				Yes	Yes				Yes	less than usual	Sad	Negatively	Moderate	I am unfocused to my health thes e da	Yes	No	
15-25	Female	15-25	Urban	Yes	Yes	No	No				No	Yes					No	No	Yes	No	Yes	Yes	Yes, same as usual	Normal	Moderately	Moderate	Exercise / Yoga / Meditation	Yes	No		
15-25	Female	15-25	Urban	No	No	Yes	Yes	No	Yes	No	Yes	No	Yes	No	Yes	Yes	Yes	No	Yes	No	Yes	Yes	nd, at all	Depressed	Moderately	Moderate	I am unfocused to my health thes e da	Much more than usual	Yes		
15-25	Male	15-25	Rural	Yes	Yes	Yes	Yes		Yes	Yes	Yes	Yes	Yes					Yes	No	Yes			Yes	much less than usual	Sad	Negatively	Moderate	I am unfocused to my health thes e da	Yes	Yes	
25-35	Male	25-35	Rural	No	No	No	No						Yes					No	Yes				Yes	Yes, same as usual	Normal	Positively	Good	Sports (cricket, badminton, kho-kho, ka	No more than usual	No	
35-45	Male	35-45	Urban	Yes	Yes	Yes	Yes	No	No	Yes	Yes	No	No					No	Yes				Not too much	less than usual	Sad	Negatively	Moderate	Healthy diet and sleep	Much more than usual	No	
15-25	Male	15-25	Urban	No	No	Yes	Yes		Yes				No					Yes	Yes				Yes	Yes, same as usual	Normal	Moderately	Good	Exercise / Yoga / Meditation	Much more than usual	No	
15-25	Male	15-25	Rural	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	Not too much	nd, at all	Normal	Moderately	Good	Sports (cricket, badminton, kho-kho, ka	No more than usual	No	
15-25	Male	15-25	Rural	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	Yes	No	No	No	Yes	Yes, same as usual	Normal	Moderately	Good	Exercise / Yoga / Meditation	No	No	
15-25	Male	15-25	Rural	No	No	Yes	Yes	No	Yes	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes	No	No	No	Yes	Yes	nd, at all	Normal	Positively	Good	Healthy diet and sleep	No more than usual	No	
15-25	Female	15-25	Urban	No	No	No	No						No					No	Yes			No	Not too much	Yes, same as usual	Normal	Moderately	Good	Healthy diet and sleep	No more than usual	Yes	
15-25	Male	15-25	Rural	Yes	No	No	Yes		Yes				Yes					No	No		No	No	Not too much	less than usual	Normal	Moderately	Poor	Healthy diet and sleep	No more than usual	Yes	
Above 45	Male	Above 45	Urban	No	No	No	Yes	Yes					Yes					No	Yes				No, I am okay at home	Yes, same as usual	Normal	Moderately	Moderate	Healthy diet and sleep	Yes	No	
15-25	Female	15-25	Urban	No	No	No	Yes						No					No	Yes				Yes	less than usual	Normal	Negatively	Moderate	Exercise / Yoga / Meditation	Yes	No	
35-45	Male	35-45	Urban	Yes	Yes	Yes	No						No					No	Yes				No, I am okay at home	less than usual	Normal	Moderately	Moderate	I am unfocused to my health thes e da	Yes	No	
15-25	Female	15-25	Urban	No	No	Yes	Yes	No	No	Yes	Yes	Yes	Yes	No	Yes	Yes	Yes	Yes	No	No	No	No	Yes	less than usual	Depressed	Negatively	Poor	I am unfocused to my health thes e da	Yes	No	
15-25	Male	15-25	Rural	No	No	No	No																								

Q. 1	Q. 2	Q. 3	Q. 4	Q. 5	Q. 6	Q. 7	Q. 8	Family M	Close R	Rela (Frie)	Neiga (a)	Coll	Q. 9	Family Ma	Rela (Frie)	Rela (Frie)	Rela (Frie)	Q. 10	Q. 11	getting	being	too	frag	Q. 12	Q. 13	Q. 14	Q. 15	Q. 16	Q. 17	Q. 18	Q. 19
15-25	Male	15-25	Rural	No	No	Yes	No		Yes		Yes		Yes		Yes		Yes	No	Yes	Yes	No	Yes	Yes	Yes	Yes	Sad	Moderately	Good	Exercise / Yoga / Meditation	No more than usual	No
15-25	Female	15-25	Urban	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No	Yes	Yes				No	No	No	No	Yes	No	No	No	Normal	Moderately	Good	Healthy diet and sleep	No	No
15-25	Male	15-25	Rural	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No	No					No	No	Yes	No	Yes	Yes	Yes	Yes	Normal	Negatively	Good	Healthy diet and sleep	No	Yes
25-35	Male	25-35	Urban	Yes	Yes	Yes	Yes	Yes	Yes	No	Yes	Yes	No					Yes	No	Yes	No	Yes	Yes	Yes	Yes	Sad	Moderately	Moderate	I am unfocused to my health thes e da	Yes	Yes
15-25	Female	15-25	Urban	No	No	Yes	Yes			Yes			Yes		Yes			No	Yes	Yes					Yes	Normal	Moderately	Good	Exercise / Yoga / Meditation	No	No
15-25	Male	15-25	Urban	No	Yes	Yes	No						No					Yes	No	Yes					Yes	Normal	Moderately	Good	I am unfocused to my health thes e da	Much more than usual	Yes
15-25	Male	15-25	Rural	No	No	Yes	No	No	No	No	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No	No	Happy	Positively	Good	Sports (cricket, badminton, kho-kho, ka	No	No
25-35	Female	25-35	Urban	No	Yes	Yes	Yes		Yes				No					No	No				Yes	Yes	Sad	Moderately	Good	Healthy diet and sleep	No more than usual	No	
15-25	Female	15-25	Rural	No	No	Yes	Yes	No	Yes	Yes	No	No	Yes					Yes	Yes						Yes	Happy	Positively	Moderate	Healthy diet and sleep	No more than usual	Yes
15-25	Female	15-25	Urban	No	Yes	Yes	Yes		Yes		Yes		No					Yes	No	Yes					Yes	Sad	Moderately	Moderate	I am unfocused to my health thes e da	Yes	Yes
15-25	Male	15-25	Rural	No	No	No	No						No					No	Yes						Yes	Normal	Negatively	Good	Exercise / Yoga / Meditation	Yes	Yes
25-35	Male	25-35	Urban	Yes	Yes	Yes	Yes	No	Yes	No	No	No	No	No	No	No	No	Yes	Yes	No	No	No	No	Yes	Yes	Happy	Moderately	Good	Healthy diet and sleep	No	No
15-25	Male	15-25	Rural	Yes	Yes	No	Yes		Yes				Yes		Yes		Yes	Yes	No	No	Yes	No	No	No	No	Depressed	Negatively	Moderate	I am unfocused to my health thes e da	Yes	Yes
25-35	Male	25-35	Rural	No	No	Yes	Yes			Yes			Yes		Yes			Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Normal	Moderately	Good	Exercise / Yoga / Meditation	No	No
15-25	Female	15-25	Urban	No	No	No	No	No	No	No	Yes	Yes	No	No	No	No	No	Yes	Yes	No	No	Yes	Yes	Yes	Yes	Normal	Positively	Moderate	Exercise / Yoga / Meditation	No	No
15-25	Female	15-25	Urban	No	No	Yes	Yes		Yes				Yes				Yes	No	No	Yes					Yes	Moderately	Moderate	Exercise / Yoga / Meditation	No more than usual	Yes	
15-25	Female	15-25	Rural	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	Yes	Yes	No	No	No	No	Normal	Moderately	Good	Healthy diet and sleep	No more than usual	No
15-25	Male	15-25	Rural	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No	No	Happy	Positively	Good	Healthy diet and sleep	No more than usual	No
15-25	Female	15-25	Urban	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	Yes	Yes	Yes	Normal	Moderately	Moderate	I am unfocused to my health thes e da	No	Yes
15-25	Female	15-25	Urban	No	No	Yes	Yes		Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	Yes	Yes	Sad	Negatively	Moderate	I am unfocused to my health thes e da	No more than usual	Yes	
15-25	Male	15-25	Urban	No	Yes	No	Yes	No	No	No	Yes	No	No	No	No	No	No	No	Yes	Yes					Yes	Happy	Positively	Good	Healthy diet and sleep	No more than usual	No
15-25	Female	15-25	Rural	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	Depressed	Moderately	Moderate	I am unfocused to my health thes e da	Yes	No
15-25	Female	15-25	Rural	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	Normal	Moderately	Good	Exercise / Yoga / Meditation	No more than usual	No
15-25	Male	15-25	Urban	No	No	Yes	Yes	No	No	No	Yes	No	No	No	No	No	No	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Normal	Moderately	Good	Exercise / Yoga / Meditation	Yes	No
15-25	Female	15-25	Urban	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Happy	Moderately	Good	Exercise / Yoga / Meditation	No	No
25-35	Male	25-35	Urban	No	No	No	No	No	No	No	Yes	Yes	Yes	No	No	No	No	No	Yes	Yes	No	Yes	Yes	Yes	Yes	Normal	Moderately	Good	Healthy diet and sleep	No	No
15-25	Male	15-25	Rural	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	Happy	Moderately	Good	Healthy diet and sleep	No	Yes
15-25	Female	15-25	Urban	Yes	Yes	Yes	Yes		Yes	Yes			Yes	Yes	Yes	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Sad	Negatively	Moderate	I am unfocused to my health thes e da	Much more than usual	Yes
35-45	Male	35-45	Urban	No	No	Yes	No						No					Yes	No		No				Yes	Depressed	Moderately	Good	I am unfocused to my health thes e da	Yes	Yes
35-45	Male	35-45	Urban	No	No	No	No	No	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Sad	Moderately	Moderate	Exercise / Yoga / Meditation	No	No
15-25	Male	15-25	Rural	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Normal	Positively	Good	Sports (cricket, badminton, kho-kho, ka	No	No
25-35	Male	25-35	Urban	Yes	Yes	Yes	Yes		Yes		Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Sad	Moderately	Moderate	Healthy diet and sleep	No more than usual	No
15-25	Female	15-25	Urban	Yes	Yes	Yes	No						No					Yes	Yes						Yes	Normal	Moderately	Good	Healthy diet and sleep	No	No
15-25	Male	15-25	Rural	No	No	Yes	Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	Yes	Yes	Yes	Yes	Yes	Normal	Moderately	Good	Exercise / Yoga / Meditation	No more than usual	Yes
15-25	Male	15-25	Urban	No	Yes	Yes	Yes	No	Yes	No	No	No	No	No	No	No	No	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Normal	Negatively	Moderate	Exercise / Yoga / Meditation	No more than usual	No
15-25	Male	15-25	Urban	No	No	Yes	Yes	No	Yes	No	No	No	No	No	No	No	No	No	Yes	Yes					Yes	Normal	Moderately	Good	Healthy diet and sleep	No	No
15-25	Male	15-25	Urban	No	Yes	Yes	Yes		Yes		Yes	Yes	Yes					No	No	Yes					Yes	Normal	Moderately	Good	Exercise / Yoga / Meditation	No more than usual	Yes
15-25	Female	15-25	Rural	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	Normal	Negatively	Good	Healthy diet and sleep	No more than usual	No
15-25	Male	15-25	Urban	No	No	Yes	Yes		Yes		Yes	Yes	Yes					No	Yes						Yes	Normal	Moderately	Moderate	Exercise / Yoga / Meditation	No more than usual	Yes
Above 45	Female	Above 45	Urban	Yes	Yes	Yes	Yes	No	No	No	Yes	Yes	No					No	Yes	No	Yes	No	No	No	No	Normal	Moderately	Good	Healthy diet and sleep	No	No
35-45	Male	35-45	Urban	No	Yes	Yes	No						No					No	No	Yes	Yes	Yes	Yes	Yes	Yes	Normal	Moderately	Moderate	I am unfocused to my health thes e da	Yes	No
15-25	Male	15-25	Rural	No	No	No	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	Normal	Positively	Good	Sports (cricket, badminton, kho-kho, ka	No	No
15-25	Male	15-25	Urban	No	No	Yes	Yes		Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Depressed	Moderately	Moderate	Healthy diet and sleep	Yes	Yes
35-45	Female	35-45	Urban	No	Yes	Yes	Yes		Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No	Yes						Yes	Normal	Moderately	Good	Healthy diet and sleep	No	No
15-25	Female	15-25	Rural	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	Normal	Positively	Good	Exercise / Yoga / Meditation	No	No
15-25	Male	15-25	Urban	No	No	Yes	Yes		Yes		Yes	Yes	Yes					No	Yes						Yes	Normal	Moderately	Good	Healthy diet and sleep	No more than usual	No
15-25	Female	15-25	Rural	No	No	No	No						No					No	Yes						Yes	Normal	Moderately	Moderate	Exercise / Yoga / Meditation	No more than usual	Yes
Above 45	Female	Above 45	Urban	Yes	Yes	Yes	Yes	No	No	No	Yes	Yes	No					No	Yes	No	Yes	No	No	No	No	Normal	Moderately	Good	Healthy diet and sleep	No	No
35-45	Male	35-45	Urban	No	Yes	Yes	No						No					No	No	Yes	Yes	Yes	Yes	Yes	Yes	Normal	Moderately	Moderate	I am unfocused to my health thes e da	Yes	No
15-25	Male	15-25	Rural	No	No	No	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	Normal	Positively	Good	Sports (cricket, badminton, kho-kho, ka	No	No
15-25	Male	15-25	Urban	No	No	Yes	No				No	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Normal	Negatively	Moderate	I am unfocused to my health thes e da	Yes	Yes
15-25	Female	15-25	Urban	No	Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	Normal	Negatively	Good	Healthy diet and sleep	No	No
15-25	Female	15-25	Rural	Yes	Yes	Yes	Yes	No	Yes	No	Yes	No	No	No	No	No	No	No	Yes	Yes					Yes	Normal	Negatively	Moderate	I am unfocused to my health thes e da	Yes	Yes
15-25	Male	15-25	Urban	No	Yes	Yes	Yes		Yes		Yes	Yes	Yes					No	Yes						Yes	Normal	Negatively	Good	I am unfocused to my health thes e da	No more than usual	No
15-25	Female	15-25	Rural	No	No	No	No						No					No	Yes						Yes	Normal	Negatively	Good	I am unfocused to my health thes e da	No more than usual	Yes
35-45	Male	35-45	Urban	No	No	No	Yes	No	Yes	Yes	Yes	Yes	Yes	No	Yes	Yes	Yes	No	Yes						Yes	Sad	Moderately	Good	Healthy diet and sleep	No more than usual	No
Above 45	Female	Above 45	Urban	Yes	Yes	Yes	Yes	Yes	Yes				No					No	Yes						Yes	Normal	Moderately	Good	Healthy diet and sleep	No more than usual	No
15-25	Female	15-25	Urban	No	Yes	Yes	Yes	No	No	No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No	Normal	Moderately	Good	I am unfocused to my health thes e da	No more than usual	Yes
15-25	Male	15-25	Rural	No	No	Yes	No	No	No	No	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No	Normal	Negatively	Moderate	Healthy diet and sleep	Yes	Yes
15-25	Female	15-25	Urban	Yes	No	Yes	No						No					No	Yes						Yes	Normal	Moderately	Moderate	I am unfocused to my health thes e da	Yes	Yes
15-25	Male	15-25	Urban	No	Yes	Yes	No		Yes				No					No	No	Yes					Yes	Normal	Moderately	Good	Healthy diet and sleep	No more than usual	Yes
15-25	Female	15-25	Rural	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	Normal	Negatively	Good	Healthy diet and sleep	No more than usual	No
15-25	Male	15-25	Urban	No	No	Yes	Yes		Yes		Yes																				



Q. 1	Q. 2	Q. 3	Q. 4	Q. 5	Q. 6	Q. 7	Q. 8	Family M	Close R	Rela (Frie)	Neig a	Coll	Q. 9	Family Ma	(Fie)	Rel	then b	Q. 10	Q. 11	getting	king too	ing frag	Q. 12	Q. 13	Q. 14	Q. 15	Q. 16	Q. 17	Q. 18	Q. 19
35-45	Male	35-45	Rural	No	No	Yes	Yes	No	No	Yes	No	Yes	No	No	Yes	Yes	No	Yes	No	No	Yes	Yes	Yes	Normal	Negatively	Moderate	Healthy diet and sleep	No more than usual	No	
15-25	Male	15-25	Rural	No	No	No	Yes	Yes	Yes	No	No	No	Yes	Yes	Yes	Yes	Yes	Yes	No	Yes	No	Yes	Positively	Good	Exercise / Yoga / Meditation	Yes	Yes			
15-25	Male	15-25	Urban	No	No	Yes	Yes	No	Yes	Yes	No	No	No	No	Yes	Yes	Yes	Yes	No	Yes	No	Yes	Negatively	Good	I am unfocused to my health these da	Yes	Yes			
15-25	Female	15-25	Rural	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	Negatively	Good	Exercise / Yoga / Meditation	No more than usual	No		
15-25	Male	15-25	Urban	No	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No	Yes	No	No	Yes	Happy	Moderately	Good	Healthy diet and sleep	No	No		
15-25	Female	15-25	Urban	No	No	Yes	No	No	No	Yes	Yes	Yes	Yes	No	Yes	Yes	Yes	Yes	No	Yes	No	No	Depressed	Negatively	Moderate	I am unfocused to my health these da	Yes	Yes		
15-25	Male	15-25	Rural	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	Normal	Positively	Moderate	Sports (cricket, badminton, kho-kho, ka	Yes	No		
15-25	Male	15-25	Urban	No	No	No	No	No	No	No	No	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Normal	Moderately	Good	Exercise / Yoga / Meditation	No	No		
15-25	Female	15-25	Urban	No	No	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No	Yes	No	Yes	Normal	Moderately	Good	Exercise / Yoga / Meditation	No	No		
Above 45	Male	Above 45	Urban	No	Yes	Yes	Yes	No	Yes	No	No	No	No	No	Yes	Yes	Yes	No	Yes	Yes	No	Yes	Normal	Moderately	Moderate	Exercise / Yoga / Meditation	No more than usual	No		
25-35	Female	25-35	Rural	Yes	No	Yes	No	Yes	No	No	No	No	No	No	No	No	No	Yes	No	No	Yes	Yes	Normal	Negatively	Moderate	Healthy diet and sleep	Yes	Yes		
15-25	Male	15-25	Rural	No	Yes	Yes	No	No	No	No	No	No	Yes	No	No	No	No	Yes	No	Yes	No	Yes	Normal	Moderately	Good	I am unfocused to my health these da	No more than usual	No		
15-25	Male	15-25	Urban	No	No	No	No	No	No	No	No	No	No	No	No	No	No	Yes	No	Yes	Yes	Yes	Negatively	Good	I am unfocused to my health these da	No	No			
Above 45	Female	Above 45	Urban	No	No	Yes	No	No	No	No	No	No	No	No	No	No	No	No	Yes	No	Yes	Yes	Normal	Moderately	Good	Healthy diet and sleep	No	No		
15-25	Male	15-25	Rural	No	Yes	Yes	No	Yes	No	Yes	No	No	No	Yes	Yes	Yes	Yes	Yes	No	No	Yes	Yes	Normal	Moderately	Good	I am unfocused to my health these da	No more than usual	Yes		
15-25	Male	15-25	Rural	Yes	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Normal	Positively	Good	Sports (cricket, badminton, kho-kho, ka	No more than usual	Yes		
15-25	Male	15-25	Rural	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	Normal	Negatively	Good	Healthy diet and sleep	No more than usual	No		
15-25	Male	15-25	Urban	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	Normal	Positively	Good	Exercise / Yoga / Meditation	No more than usual	Yes		
15-25	Male	15-25	Rural	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	Normal	Negatively	Good	Healthy diet and sleep	No more than usual	No		
35-45	Female	35-45	Rural	No	No	No	Yes	Yes	No	No	No	No	No	No	No	No	No	No	Yes	No	No	No	Normal	Moderately	Poor	I am unfocused to my health these da	Much more than usual	No		
15-25	Male	15-25	Rural	Yes	Yes	Yes	No	No	No	No	No	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Normal	Moderately	Good	Sports (cricket, badminton, kho-kho, ka	No	Yes		
15-25	Male	15-25	Rural	No	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No	Yes	Yes	Yes	Yes	Happy	Moderately	Good	Exercise / Yoga / Meditation	Yes	Yes		
15-25	Male	15-25	Urban	No	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No	No	No	No	No	No	Yes	No	Yes	Depressed	Moderately	Moderate	I am unfocused to my health these da	Much more than usual	Yes		
15-25	Male	15-25	Urban	No	No	No	No	No	No	No	No	No	No	No	No	No	No	Yes	No	Yes	Yes	Yes	Normal	Negatively	Good	I am unfocused to my health these da	No	Yes		
15-25	Male	15-25	Urban	No	No	Yes	No	No	No	No	No	No	Yes	Yes	Yes	Yes	Yes	No	No	No	Yes	Yes	Normal	Positively	Good	I am unfocused to my health these da	No more than usual	No		
15-25	Female	15-25	Urban	No	No	Yes	No	No	No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	Sad	Moderately	Moderate	Healthy diet and sleep	Much more than usual	Yes		
15-25	Male	15-25	Rural	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	Yes	Yes	Yes	No	Happy	Moderately	Good	Sports (cricket, badminton, kho-kho, ka	No	No		
15-25	Male	15-25	Rural	No	No	No	No	No	No	No	No	No	Yes	No	No	No	No	Yes	Yes	No	Yes	No	Normal	Moderately	Good	Healthy diet and sleep	Yes	Yes		
15-25	Male	15-25	Urban	No	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No	No	No	No	No	No	No	No	No	No	Normal	Moderately	Good	I am unfocused to my health these da	No	No		
15-25	Male	15-25	Urban	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	Normal	Positively	Good	I am unfocused to my health these da	No	No		
35-45	Male	35-45	Urban	No	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No	No	No	Yes	Sad	Negatively	Moderate	Healthy diet and sleep	No more than usual	Yes	
15-25	Male	15-25	Urban	No	Yes	Yes	Yes	No	Yes	No	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes	No	Yes	No	No	Yes	Sad	Negatively	Moderate	Sports (cricket, badminton, kho-kho, ka	No	Yes	
35-45	Female	35-45	Urban	Yes	Yes	Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	Depressed	Negatively	Moderate	Healthy diet and sleep	Yes	Yes		
15-25	Female	15-25	Rural	Yes	Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	Yes	No	No	No	Happy	Moderately	Good	Healthy diet and sleep	No	No		
25-35	Male	25-35	Urban	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No	Yes	Yes	Yes	Yes	Depressed	Negatively	Poor	Exercise / Yoga / Meditation	Yes	Yes	
15-25	Female	15-25	Urban	No	No	No	Yes	No	No	No	No	No	No	No	No	No	No	No	Yes	Yes	No	No	Sad	Positively	Moderate	I am unfocused to my health these da	Yes	No		
25-35	Male	25-35	Rural	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No	Yes	No	No	Yes	Depressed	Positively	Good	Healthy diet and sleep	No more than usual	Yes		
15-25	Female	15-25	Urban	No	Yes	Yes	Yes	Yes	No	No	No	No	Yes	No	No	No	No	No	No	Yes	Yes	Yes	Depressed	Negatively	Moderate	Healthy diet and sleep	Much more than usual	Yes		
15-25	Female	15-25	Urban	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	Normal	Positively	Good	Exercise / Yoga / Meditation	No	No		
15-25	Female	15-25	Urban	No	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No	No	No	No	No	No	No	No	Yes	Happy	Moderately	Good	Healthy diet and sleep	No	No		
15-25	Female	15-25	Urban	No	No	Yes	No	No	No	No	No	No	No	No	No	No	No	No	Yes	No	No	No	Normal	Positively	Good	Exercise / Yoga / Meditation	No	No		
15-25	Male	15-25	Urban	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	Normal	Positively	Good	Exercise / Yoga / Meditation	Yes	No		
15-25	Male	15-25	Urban	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	Normal	Positively	Good	Exercise / Yoga / Meditation	No	No		
15-25	Male	15-25	Urban	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No	No	No	No	No	No	No	Yes	No	Yes	Happy	Moderately	Good	Sports (cricket, badminton, kho-kho, ka	No	No		
15-25	Male	15-25	Rural	No	No	Yes	No	No	No	No	No	No	No	No	No	No	No	No	Yes	Yes	Yes	No	Happy	Moderately	Good	Sports (cricket, badminton, kho-kho, ka	No	Yes		
15-25	Female	15-25	Urban	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No	No	No	No	No	No	Yes	No	Yes	No	Depressed	Negatively	Moderate	I am unfocused to my health these da	Yes	Yes		
15-25	Male	15-25	Urban	Yes	Yes	Yes	No	Yes	Yes	Yes	No	No	No	No	No	No	No	No	No	Yes	No	Yes	Happy	Negatively	Good	Healthy diet and sleep	No more than usual	Yes		
15-25	Male	15-25	Urban	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	Yes	No	Yes	Normal	Negatively	Good	Sports (cricket, badminton, kho-kho, ka	No	No		
15-25	Female	15-25	Urban	No	Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	Yes	No	No	Yes	Depressed	Negatively	Moderate	I am unfocused to my health these da	Much more than usual	Yes		
25-35	Female	25-35	Urban	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No	No	No	No	No	No	Yes	No	No	No	Sad	Negatively	Good	Exercise / Yoga / Meditation	No	No		
15-25	Male	15-25	Urban	No	No	Yes	Yes	No	Yes	No	Yes	No	Yes	No	No	No	No	No	No	Yes	No	Yes	Normal	Negatively	Good	Exercise / Yoga / Meditation	No	No		
15-25	Male	15-25	Urban	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	Normal	Negatively	Good	Exercise / Yoga / Meditation	No	No		
15-25	Female	15-25	Urban	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No	Yes	No	Yes	Normal	Negatively	Good	Healthy diet and sleep	Yes	Yes		
15-25	Female	15-25	Rural	Yes	Yes	Yes	No	No	No	No	No	No	Yes	No	Yes	Yes	Yes	No	Yes	No	Yes	Yes	Normal	Negatively	Good	Healthy diet and sleep	Yes	No		
15-25	Female	15-25	Urban	No	No	Yes	Yes	No	Yes	No	No	No	No	No	No	No	No	No	Yes	No	Yes	No	Normal	Negatively	Good	I am unfocused to my health these da	No more than usual	Yes		
15-25	Male	15-25	Urban	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	Normal	Negatively	Good	Exercise / Yoga / Meditation	No	No		
25-35	Female	25-35	Urban	No	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Happy	Positively	Good	Sports (cricket, badminton, kho-kho, ka	No	No		
15-25	Female	15-25	Urban	No	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No	Yes	No	No	Yes	Depressed	Negatively	Moderate	I am unfocused to my health these da	Much more than usual	No		
15-25	Male	15-25	Rural	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	Normal	Negatively	Good	Healthy diet and sleep	No	No		
15-25	Female	15-25	Urban	No	Yes	Yes	Yes	Yes	Yes	No	No	No	Yes	No	No	No	No	No	No	Yes	No	Yes	Normal	Negatively	Moderate	Exercise / Yoga / Meditation	Yes	No		
Above 45	Male	Above 45	Urban	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No	No	No	No	No	No	Yes	No	Yes	No	Depressed	Negatively	Poor	Healthy diet and sleep	Yes	No		
15-25	Male	15-25	Rural	No	No	No	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No	Yes	Depressed	Moderately	Moderate	I am unfocused to my health these da	Yes	Yes		
15-25	Female	15-25	Urban	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No	No	No	No	No	No	Yes	No	Yes	No	Depressed	Negatively	Moderate	I am unfocused to my health these da	Much more than usual	Yes		
15-25	Male	15-25	Rural	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	Normal	Positively	Good	Exercise / Yoga / Meditation	No	No		
15-25	Female	15-25	Urban	Yes	No	Yes	Yes	No	Yes	No	No	No	Yes	No	No	No	No	No	No	No	No	No	Normal	Positively	Good	Exercise / Yoga / Meditation	Much more than usual	Yes		
15-25	Male	15-25	Urban	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	Normal	Moderately	Good	Healthy diet and sleep	No	Yes		