COVID-19
MENTAL HEALTH IMPACT
ON MIDDLE EAST PR PROFESSIONALS
MAY 2020

Employment status of respondents

- Freelancer: 1%
- On leave due to COVID-19 outbreak: 2%
- Recently made redundant following COVID-19 outbreak: 7%
- Working in-house for a Government/Semi-Government Body: 8%
- Other: 8%
- On reduced working hours due to COVID: 10%
- Working in-house for a corporate: 12%
- Working for a PR/Comms Agency: 52%

Top 3 reasons why respondents currently feel stressed or anxious

- Uncertainty of when COVID-19 impacts will end: 61%
- Job insecurity: 52%
- Financial issues: 35%

% of respondents who were diagnosed with a mental health condition or suffered from mental health issues before COVID 19: 28%

% of respondents who felt ‘very stressed’ before the lockdown started vs now

- Before Lockdown: 10%
- Now: 30%

% of respondents who said their mental health “often” interfered with their ability to complete work-related tasks during COVID-19: 43%

Top 3 challenges faced by respondents during lockdown period?

1. Anxiety & panic: 51%
2. Financial stress & pressure: 42%
3. Depression: 24%

% of organisations who currently have wellness programmes

- Have a wellness programme: 48%
- Do not have a wellness programme: 52%

% of respondents who don’t feel well supported with their health and wellbeing at work?: 38%

Frequency of workplace checking in on respondents’ mental wellbeing

- Everyday: 6%
- 3-4 times per week: 6%
- Twice per week: 9%
- Once per week: 40%
- Not at all: 44%

Top 3 mental wellness programmes respondents would like to see in their organisation

1. Training for management and leadership to better equip them to handle employee issues around mental health: 36%
2. Stress management programmes: 30%
3. Meditation programmes: 10%

108 Industry Professionals Surveyed
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