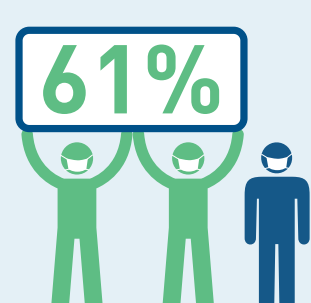


# Impact of coffee on mood in Lockdown and associated restrictions



New survey of over 5,000 adults aged over 18, across the UK, Italy, Finland, Germany and Poland, funded by the Institute for Scientific Information on Coffee, explores the impact of COVID-19 Lockdowns and associated restrictions on mental health wellbeing.

## Mental and Physical Health



Nearly two thirds concerned about their worsening mood in Lockdown and associated restrictions<sup>1</sup>.

**24%** concerned that not exercising negatively affected their mood.



Worsening mood higher in women than men



**34%** admitted to having felt more anxious.



**28%** admitted to having felt more depressed<sup>1</sup>.

**7x increase**

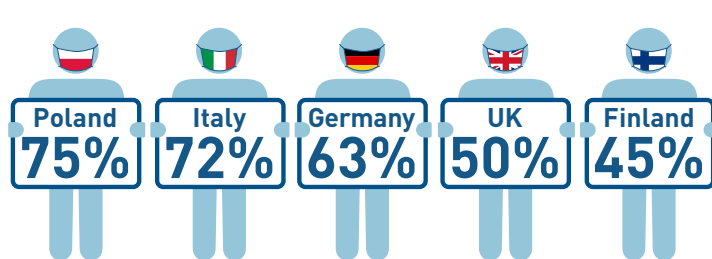


Findings mirror other recent research on the impact of Lockdown and associated restrictions on mental wellbeing, which shows a three-fold increase to the prevalence of anxiety in the general population<sup>2</sup> and a seven-fold increase in the prevalence of depression<sup>3</sup> globally.

## European Comparisons

Italy and Poland reporting the highest levels of impacted mood, and feelings of anxiety and depression<sup>1</sup> which is likely to be, for Italy in particular, reflective of the scale of the COVID-19 crisis and the severity of the imposed Lockdown.

Differences across countries:



of people admitted their mood had declined.

## Impact on Mood

Particular aspects that impacted people's mood in Lockdown:



**40% overall**

Concerns about not being able to do things they typically enjoyed

**39%**

Concerns about their families health

**39%**

Feeling uncertainty about the future

**37%**

Feeling restricted in day to day life

**24%**

Concerns about their friend's health

**23%**

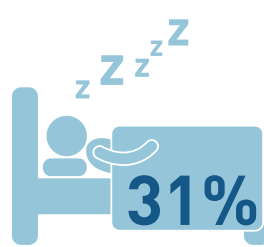
Concerns about their career or financial situation

**24%**

Feeling a lack of physical exercise

## What Improved Mood?

The research revealed ways people had found helped improve their mood during Lockdown and associated restrictions.



Getting more sleep

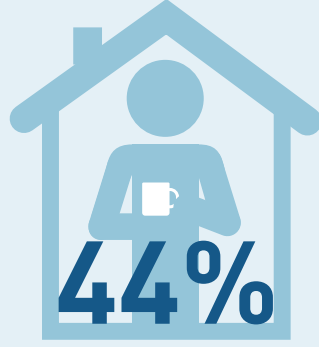


Eating and drinking more healthily



Using exercise<sup>1</sup>

## Coffee and Mood



Nearly half of respondents said that taking time to enjoy a few cups of coffee a day helped<sup>1</sup>.

Around half of people in Italy and Poland agreed that drinking a few cups of coffee a day helped to lift their mood.



**28%**

Nearly a third said that coffee helped motivate them to exercise and that it helped enhance their physical performance<sup>1</sup>.



## Coffee as Part of a Mood-Boosting Routine

**32%**

A third of coffee drinkers said they tended to drink coffee at regular intervals to break up the day at home.

**43%**

said they relied on coffee to start the day.



**30%**

drank coffee at times where they could relax.

**35%**

of they appreciated their coffee breaks more during Lockdown and associated restrictions<sup>1</sup>.



Half of coffee drinkers increased their intake in Lockdown and associated restrictions.

This was particularly the case in Italy with over half (52%) increasing their daily intake, compared to Finland (33%), Germany (39%), Poland (44%) and the UK (38%)<sup>1</sup>.



1. Censuwide pan European adults survey (March, 2021)

2. Santabárbara, J. et al. (2021) Prevalence of anxiety in the COVID-19 pandemic: An updated meta-analysis of community-based studies. *Progress in Neuro-Psychopharmacology and Biological Psychiatry*, 109.

3. Bueno-Notivol, J. et al. (2021), Prevalence of depression during the COVID-19 outbreak: A meta-analysis of community-based studies. *International Journal of Clinical and Health Psychology*, 21(1).