

Table 3 Effects of the lockdown on depression and physical and spiritual life distributed according to age among a sample of 365 literate Pakistani individuals aged 10+ years, Pakistan, 2020

Variable	Age (years)						
	10–20 (n = 79)	21–30 (n = 80)	31–40 (n = 64)	41–50 (n = 89)	51–60 (n = 38)	61–70 (n = 10)	71–80 (n = 5)
	No. (%)	No. (%)	No. (%)	No. (%)	No. (%)	No. (%)	No. (%)
Physical							
Bad	25 (31.6)	22 (27.5)	14 (21.8)	13 (14.6)	1 (2.6)	0 (0.0)	1 (20.0)
Good	31 (39.2)	28 (35.0)	32 (50.0)	40 (44.9)	20 (52.6)	5 (50.0)	2 (40.0)
Excellent	23 (29.1)	30 (37.5)	18 (28.1)	36 (40.4)	17 (44.7)	5 (50.0)	2 (40.0)
Spiritual							
Bad	5 (6.0)	6 (7.5)	7 (10.9)	10 (11.2)	1 (2.6)	0 (0.0)	0 (0.0)
Good	23 (29.1)	20 (25.0)	10 (15.6)	20 (22.5)	8 (21.0)	4 (40.0)	0 (0.0)
Excellent	51 (64.5)	54 (67.5)	47 (73.4)	59 (66.2)	29 (76.3)	6 (60.0)	5 (100.0)
Depression							
Mild	37 (46.8)	28 (35.0)	24 (37.5)	53 (59.5)	24 (63.1)	4 (40.0)	4 (80.0)
Moderate	20 (25.3)	28 (35.0)	20 (31.2)	17 (19.1)	10 (26.3)	4 (40.0)	0 (0.0)
Severe	22 (27.8)	24 (30.0)	20 (31.2)	19 (21.3)	4 (10.5)	2 (20.0)	1 (20.0)