

KANTAR

STADA

HEALTH REPORT 2021

- Globaler Report -

Prepared for: Melanie Aulmich

By: Sandy Popko, Manuela Ullmann, Renate Huber

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Project: 320403848



Content

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Health as pastime	Health influencers	Health system	Health prevention	Medication	Chronic disease	Medical cannabis / CBD	Digital health	Mental health	
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Study Design



Method:
Online Interviews



Field
March/April 2021



30.013
Respondents in the
age of 18-99



Interview length:
20 min

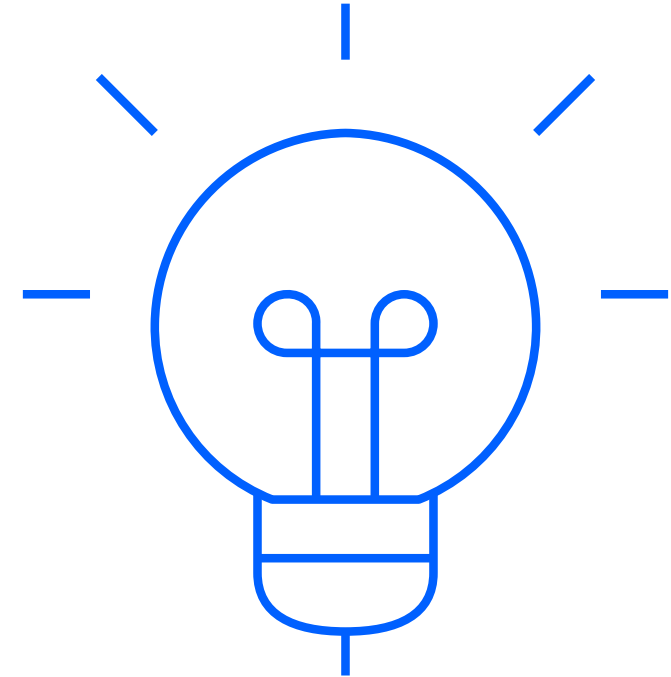
Content of questionnaire:

The questionnaire was divided into **9** subjects:

1. Health as pastime
2. Health influencers
3. Health system
4. Health prevention
5. Medication
6. Chronic diseases
7. Medical cannabis / CBD
8. Digital health
9. Mental health

Key Insights

- **71%** are **(very) satisfied** with their **healthcare system** and **59%** think the **health system** in their country would be **better prepared for a similar pandemic** like the current corona pandemic in the future
- **68%** trust in **conventional medicine**
- Over the past few years for **48%** a **healthy lifestyle** is becoming more and more important, **45%** put more **emphasis on healthy eating** and **42%** have bought **more fresh and high-quality food**. However, **62%** have NOT tried **new nutrition, sports and fitness trends** during the past year.
- A high contribution to the fight against the Corona pandemic is attributed to doctors and hospital staff, **81%** mention this. In general **73%** **trust doctors** on health issues. **49%** think that influencers have NOT gained more influence in the health sector
- **Missing meeting with family and/or friends** is of most concern during the pandemic (**52%**)
- **45%** will **wash their hands** thoroughly more often in the future. **25%** state they have always been meticulous about hygiene
- **32%** don't feel an impact on general and **mental well-being** from the pandemic
- **54%** already experienced **burnout** feelings
- **43%** do generally NOT order **OTC medicines online**. **30%** buy OTC products preferably in a bricks-and-mortar pharmacy



Summary



Summary I

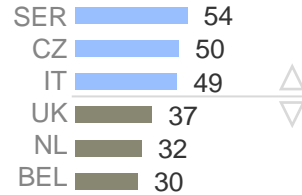
- Over the past few years, for almost half of the respondents, a healthy lifestyle is becoming more and more important, e.g., they put more emphasis on healthy eating. This can be seen mostly in Spain, Portugal and Russia
- Nearly a quarter have bought more and more fresh and high-quality food
- On the other side, almost two third have not tried new nutrition, sport and fitness trends during the past year
- In terms of skin problems, nearly half have not noticed any changes in their skin appearance

Health as a popular pastime



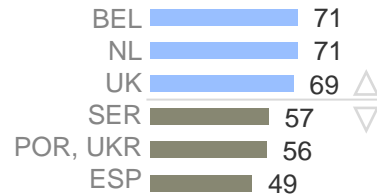
42%

have bought more and more **fresh and high-quality food**



62%

have NOT tried **new nutrition, sports and fitness trends** during the past year

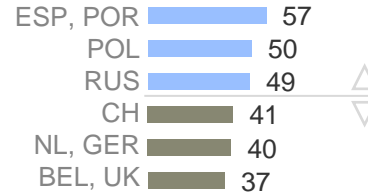


Reaction to the first symptoms of a cold:

1. Rely entirely on home remedies
2. Strengthen the immune system with vitamins
3. Take preventive first-defense product

45%

have put more emphasis on **healthy eating**

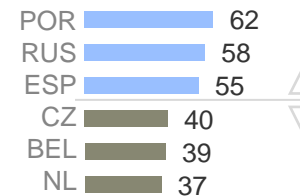


but **17%**

have NOT changed anything

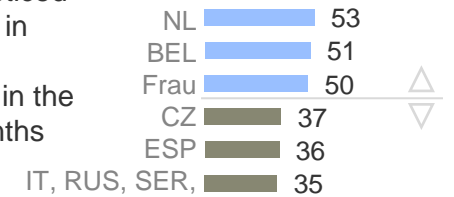
48%

think a **healthy lifestyle** is becoming more and more important



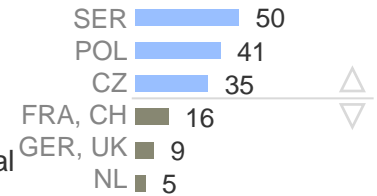
41%

have NOT noticed any changes in their **skin appearance** in the past few months



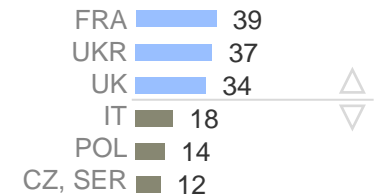
22%

buy **food supplements** primarily at the local pharmacy, but



27%

do NOT buy food supplements



Summary II

- Most of respondents trust their doctors or pharmacists on health issues
- Not all are convinced that influencers on online channels gained influence due to contact restrictions
- The majority read more health information online than usual in the past year
- Doctors, nurses and hospital staff contribute most to the fight against Corona pandemic
- Respondents in most of the countries (except Poland) believe that the health system will be better prepared for a pandemic in the future

Health Influencers

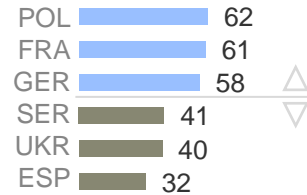


Trusted actors on health issues:

1. Doctors
2. Pharmacists
3. Scientists

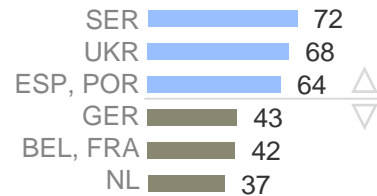
49%

think that **influencers on online channels** gained **NO** more influence in the health sector due to contact restrictions



54%

read more **health information online** than usual in the past year

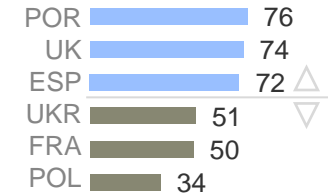


Health system



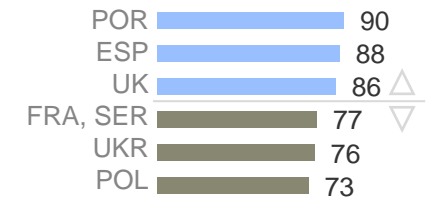
59%

think the **health system** in their country would be better prepared for a similar pandemic like the current corona pandemic in the future



81%

mentioned that doctors, nurses and hospital staff **contribute to the fight against the Corona pandemic** (very) much



Summary III

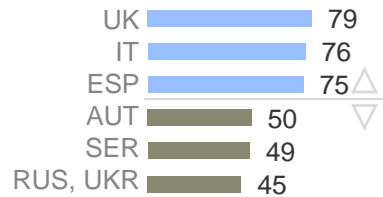
- The vast majority is in favor of compulsory vaccinations, except in Serbia, Russia and the Ukraine
- Due to the pandemic, people are now more aware of the need for hygiene. Also sneezing and coughing became much more of a sensitive topic

Health prevention



61% 

have a positive attitude towards **compulsory vaccinations**



45% 

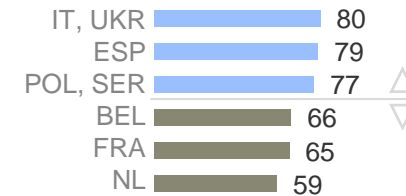
will wash their hands thoroughly more often than they used to, but

25%

have always been very meticulous about **hygiene**, nothing has changed and they will always keep it that way in the future

73% 

think sneezing and coughing became much more of a sensitive topic during the pandemic because many people were afraid of catching Corona



Summary IV

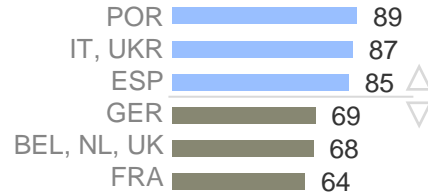
- The majority would use an electronic product information leaflet (e.g., by scanning a code on medicine packages) offered by European authorities
- When buying medications and food supplements, brand awareness and doctor's prescription are the most important criteria
- OTC products are most likely bought in bricks-and-mortar pharmacies, drugstores or supermarkets
- Compared to previous years most of the respondents have not or not ordered more OTC medicines online

Medication



75%

would use an **electronic product information leaflet** offered by European authorities



Source of information for medication intake, their interplay and side effects:

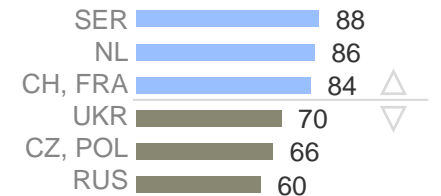
1. Package leaflet
2. Pharmacy
3. Doctor

When **buying medications and food supplements**, for **38%** it is important that it is **from a brand I already know and can trust**, **31%** take what the **doctor prescribes** and **17%** take what the **pharmacist recommends**

Preferred OTC products buying channels:

1. Bricks-and-mortar pharmacy
2. Drugstore
3. Supermarket

77% have NOT ordered (more) **OTC products online** compared to previous years



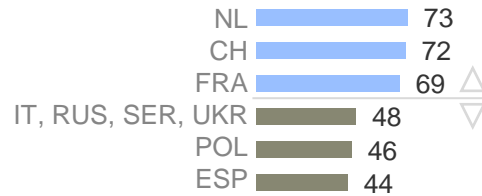
Summary V

- More than half of the respondents did not change their behaviour when visiting a doctor due to the fear of infections. People in Poland and Spain are more cautious than in the Netherlands and in Switzerland.
- The importance of preventive screenings is seen differently in the countries. Especially people in Serbia, Russia and the Ukraine perceive them as less important
- The majority is aware that Parkinson's disease is the most common nervous disease worldwide after Alzheimer's disease. Most respondents don't know anyone with Parkinson's disease

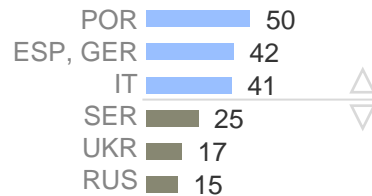
Chronic diseases



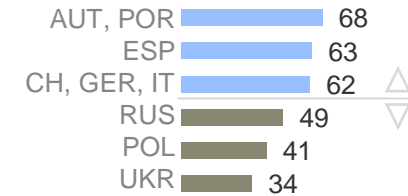
58%  have NOT changed the **behaviour when visiting a doctor** due to the contact restrictions or fear of infection



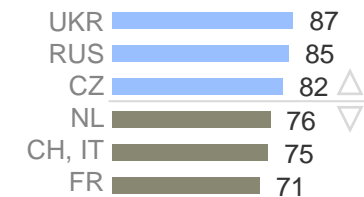
34% believe **preventive screenings** are important and sensible



57%  know that after Alzheimer's disease, **Parkinson's disease** is the most common nervous disease worldwide, and



79% don't know anyone with Parkinson's disease



Summary VI

- About one third knows that medical cannabis is only available on prescription but only a quarter that you cannot get "high" from CBD products
- More than half of the respondents seem to be quite open to medical cannabis being prescribed for pain
- However, there is scepticism when it comes to OTC CBD products

Medical Cannabis / CBD

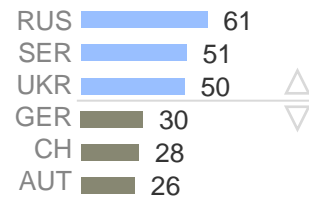
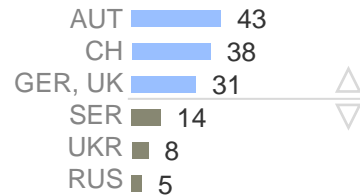
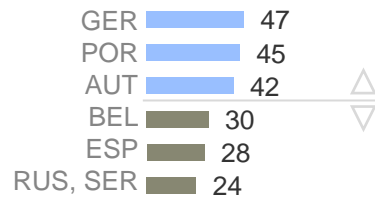


35% 

know that **medical cannabis** is only available on prescription and

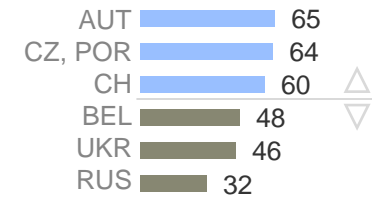
23% know that **CBD products do not contain THC**, therefore they do not make "high"

40% don't know which statements about medical cannabis and CBD are correct



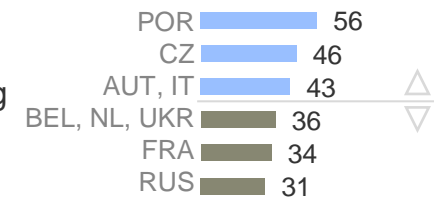
54% 

think it is good that **medical cannabis is prescribed** by doctors for pain as long as the products help affected people



40% 

can imagine using **OTC CBD products** when recommended by the doctor or pharmacists




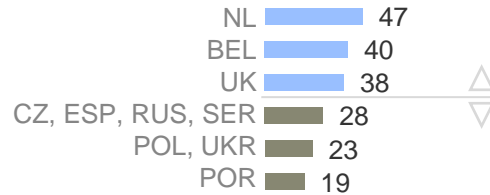
Summary VII


- Health apps are not used widely. Almost one third finds health apps generally pointless, especially people in the Netherlands, Belgium and the UK
- The majority could imagine being treated via webcam for a minor illness. People in Belgium are rather skeptical about this.
- Especially respondents in the Netherlands do not suffer mentally from the lockdown
- More than half of the respondents already experienced burnout feelings
- Seeing the family and/or friends is missed most often during the pandemic

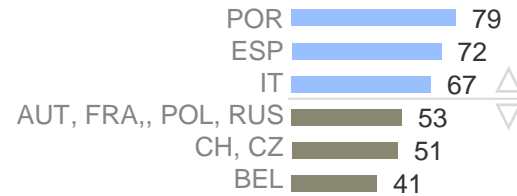
Digital Health



30% 
find **health apps** generally pointless




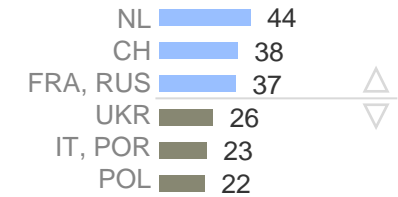
57% 
could imagine being **treated via webcam** for a minor illness or secondary disease




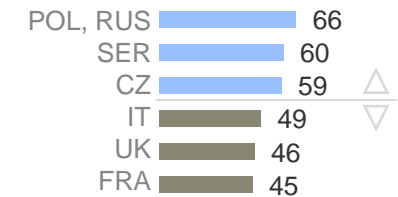
Mental Health



32% 
don't feel an impact on general and mental well-being from the pandemic



54% 
experienced burnout feelings



Concerns during the pandemic:

1. Missing meeting with family and/or friends
2. Fear of a COVID-19 disease
3. Fears about the future and existence (e.g. due to job loss or short-time work)

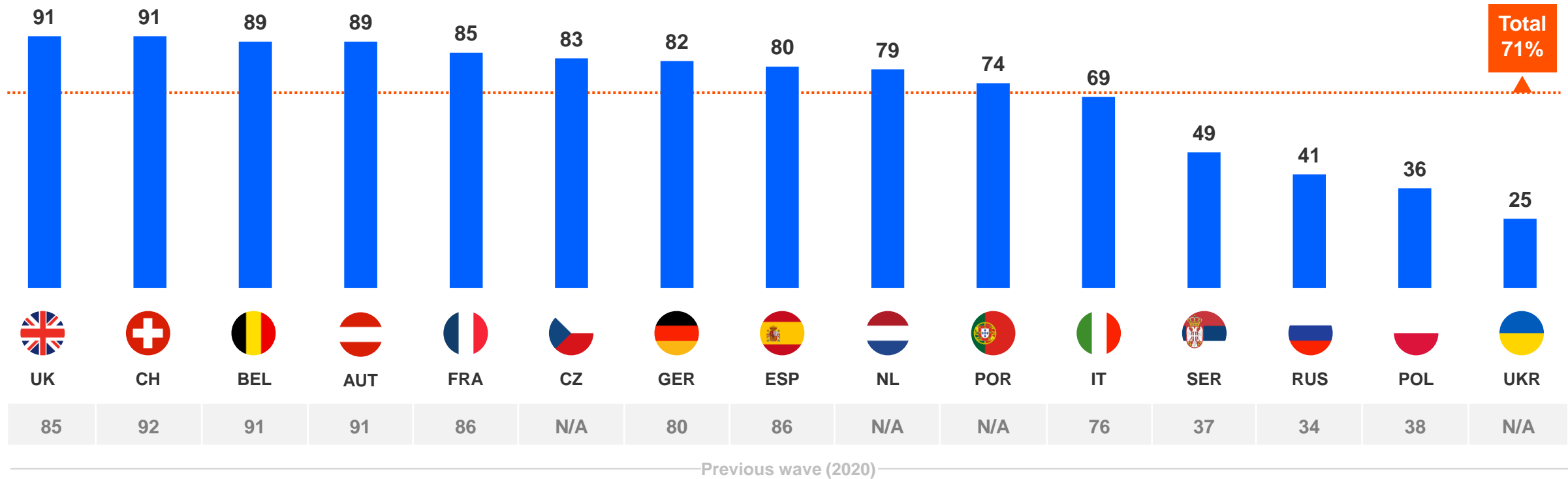
Study results



In general respondents are (very) satisfied with the healthcare system in their country; except in Eastern Europe

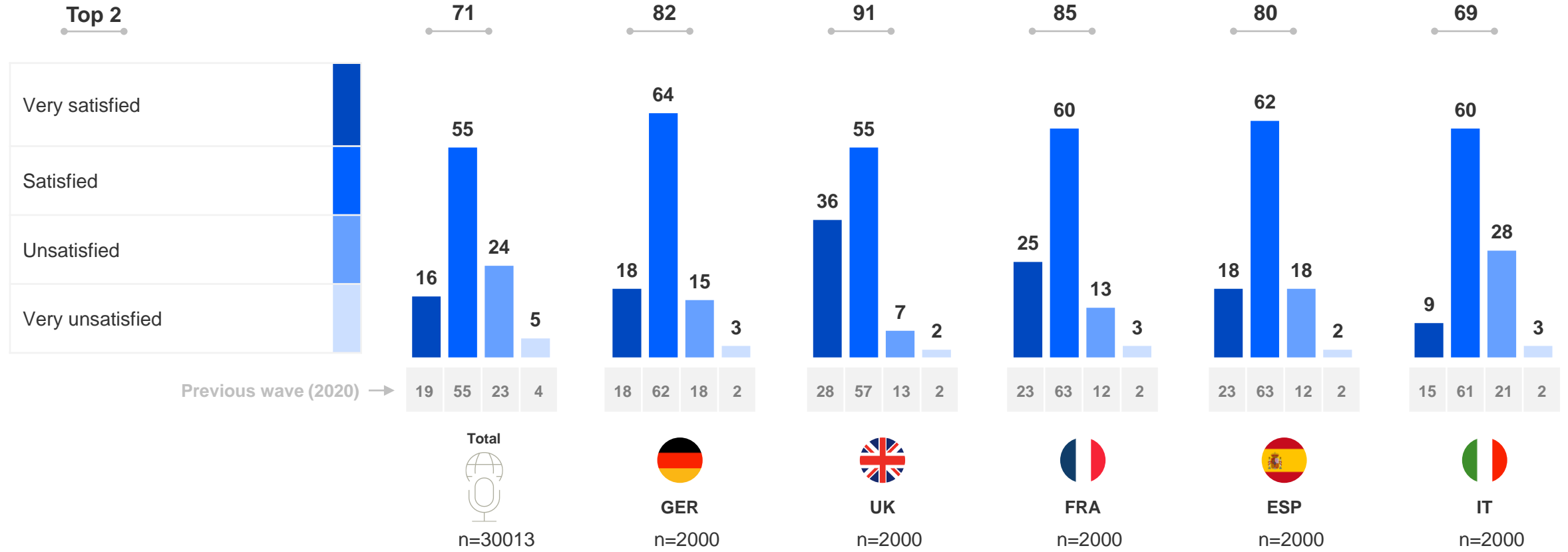
Q1. How satisfied are you with the healthcare system in your country? (single answer) Figures in %

Respondents, who are very satisfied / satisfied with the healthcare system



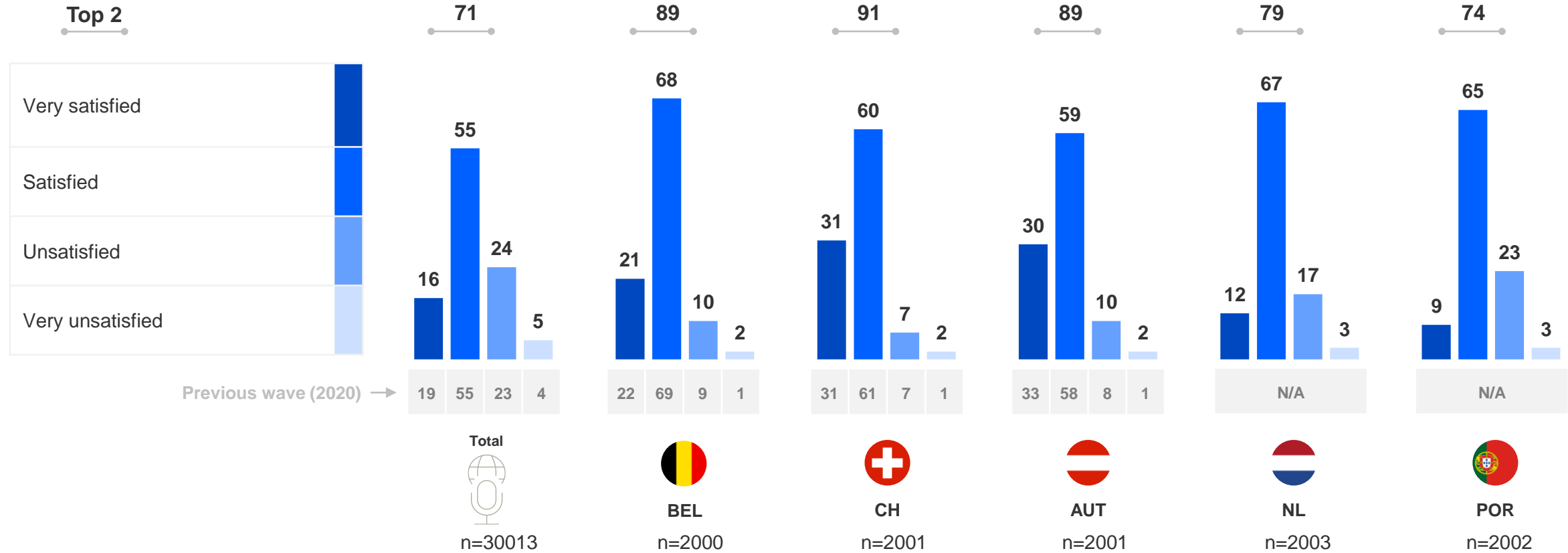
Satisfaction with the healthcare system

Q1. How satisfied are you with the healthcare system in your country? (single answer) Figures in %



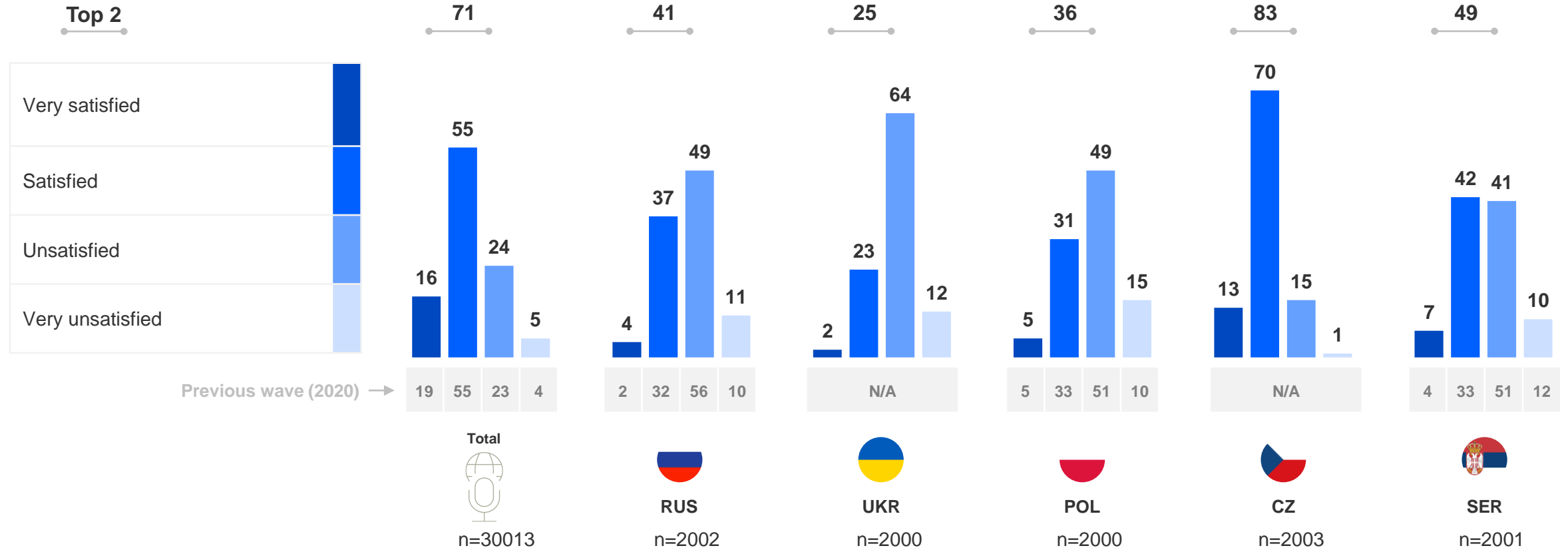
Satisfaction with the healthcare system

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Satisfaction with the healthcare system

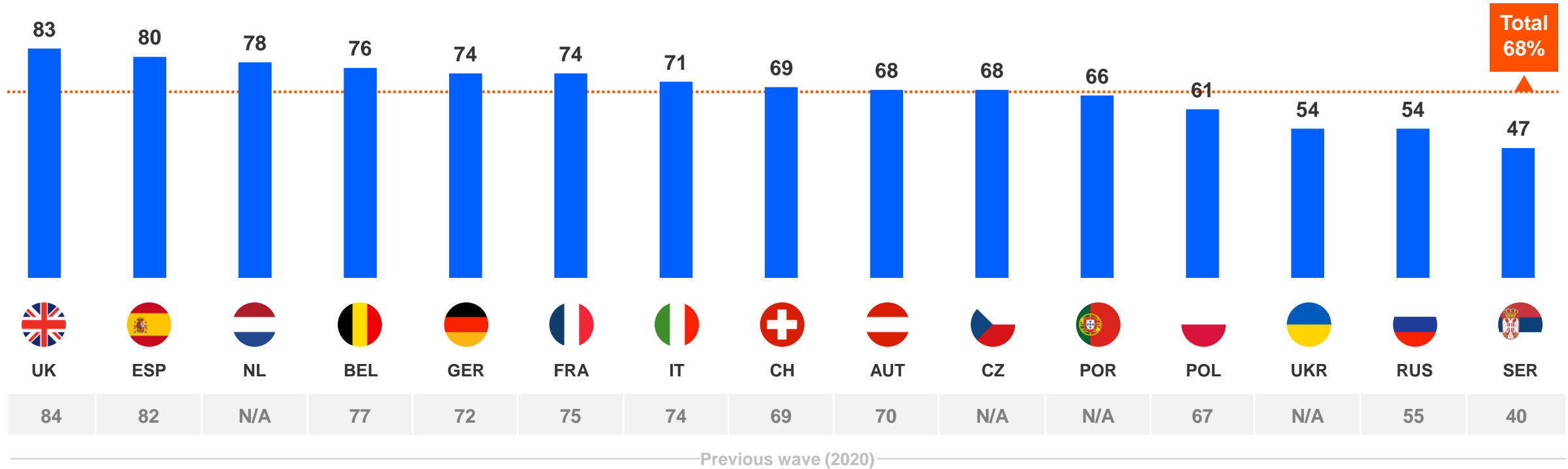
Q1. How satisfied are you with the healthcare system in your country? (single answer) Figures in %



Similar to previous year, majority of the respondents trusts conventional medicine, especially in the UK and Spain.

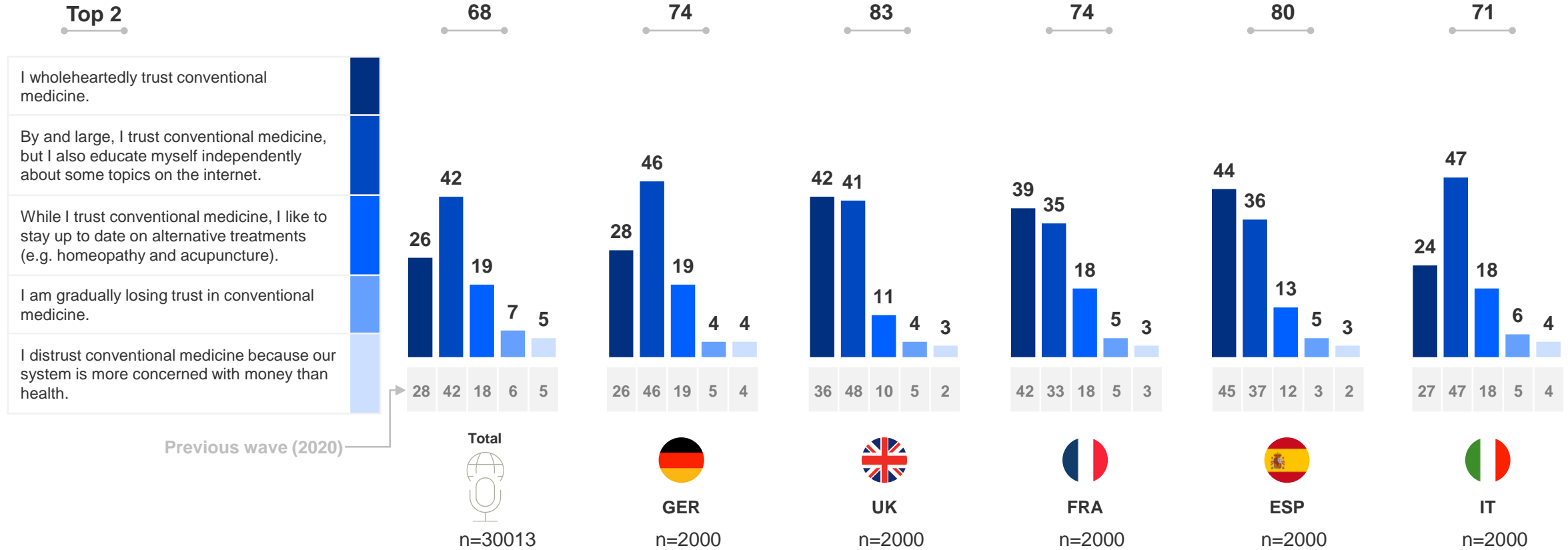
Q2. How much do you trust conventional medicine at the doctor's office and in hospitals? (single answer) Figures in %

Respondents, who mentioned 'I wholeheartedly trust conventional medicine' / 'By and large, I trust conventional medicine, but I also educate myself independently about some topics on the internet'



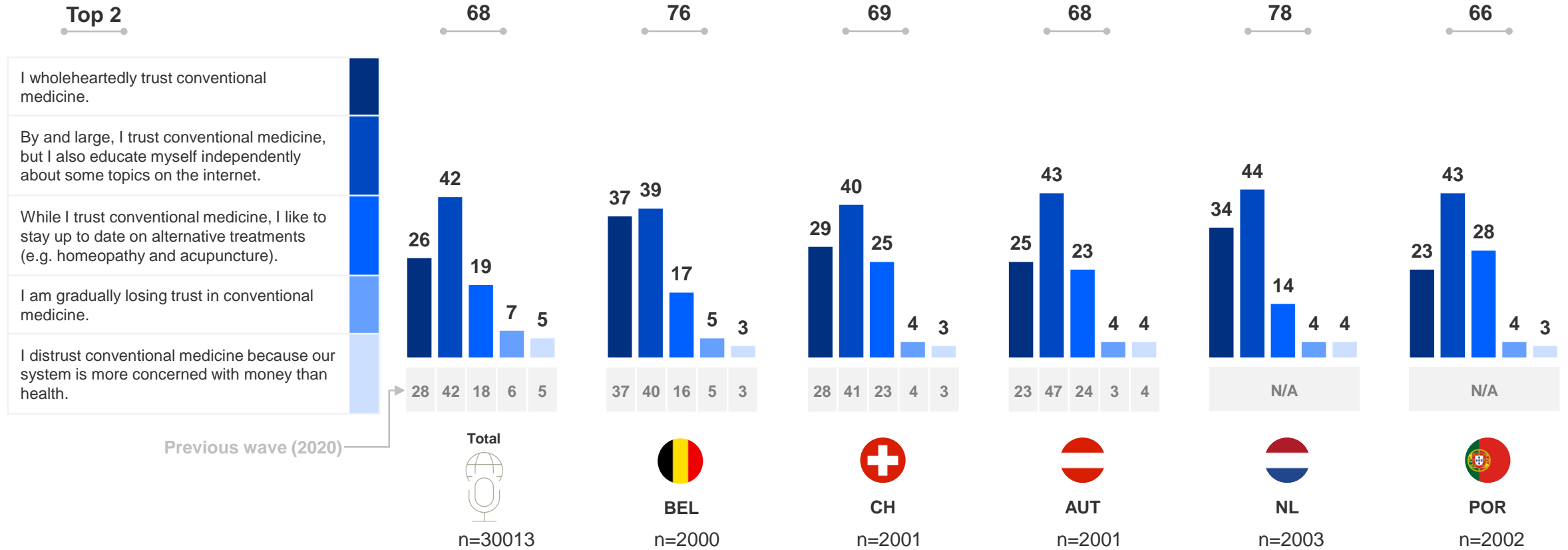
Trust in conventional medicine

Q2. How much do you trust conventional medicine at the doctor's office and in hospitals? (single answer) Figures in %



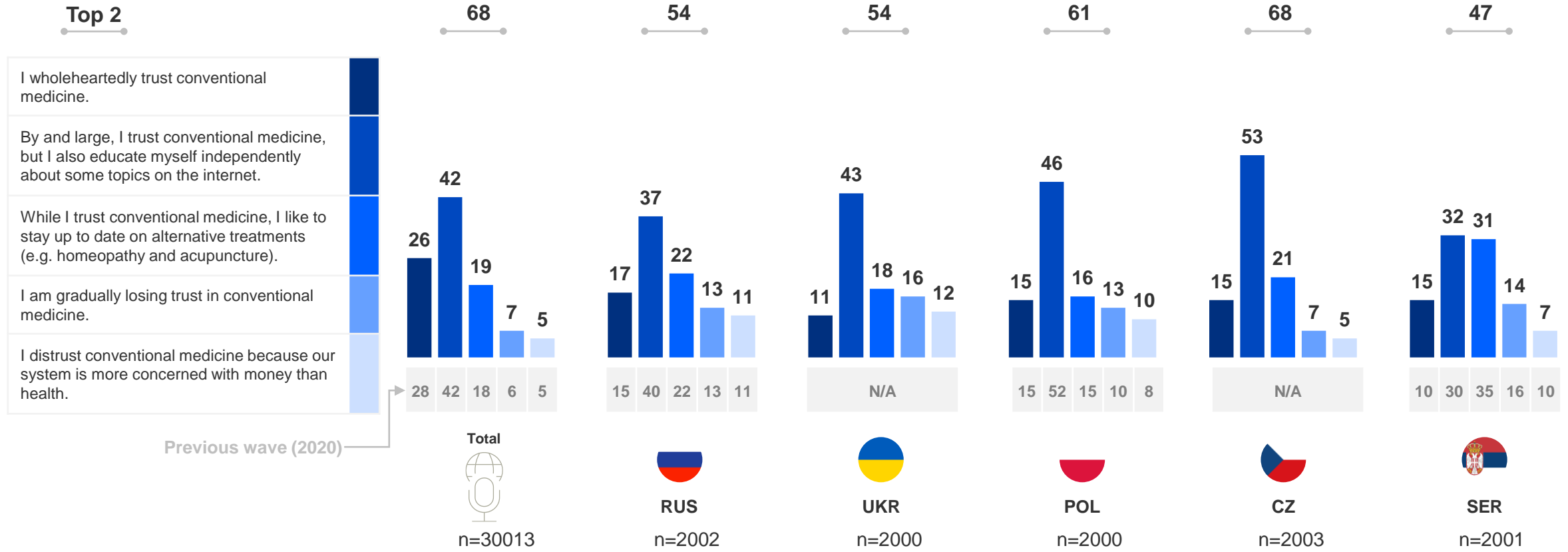
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Trust in conventional medicine

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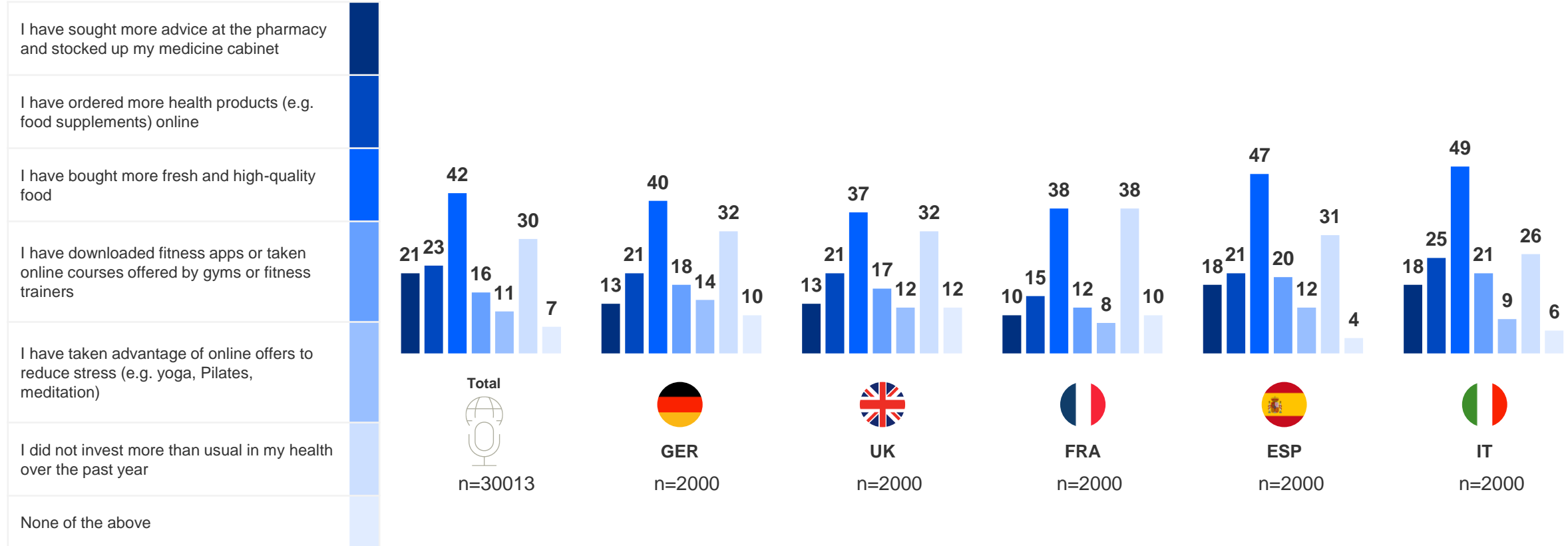
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Health as a popular pastime



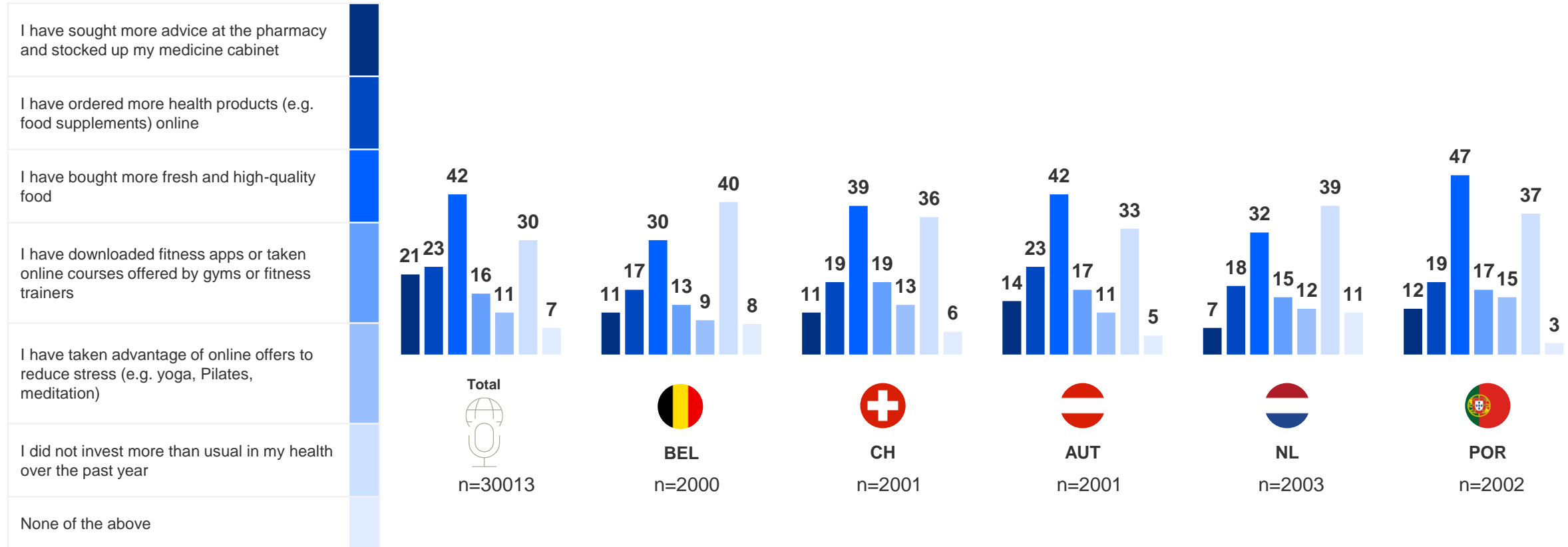
Investment in health during the past year

Q3. Have you invested more in your health during the past year? (multiple choice) Figures in %



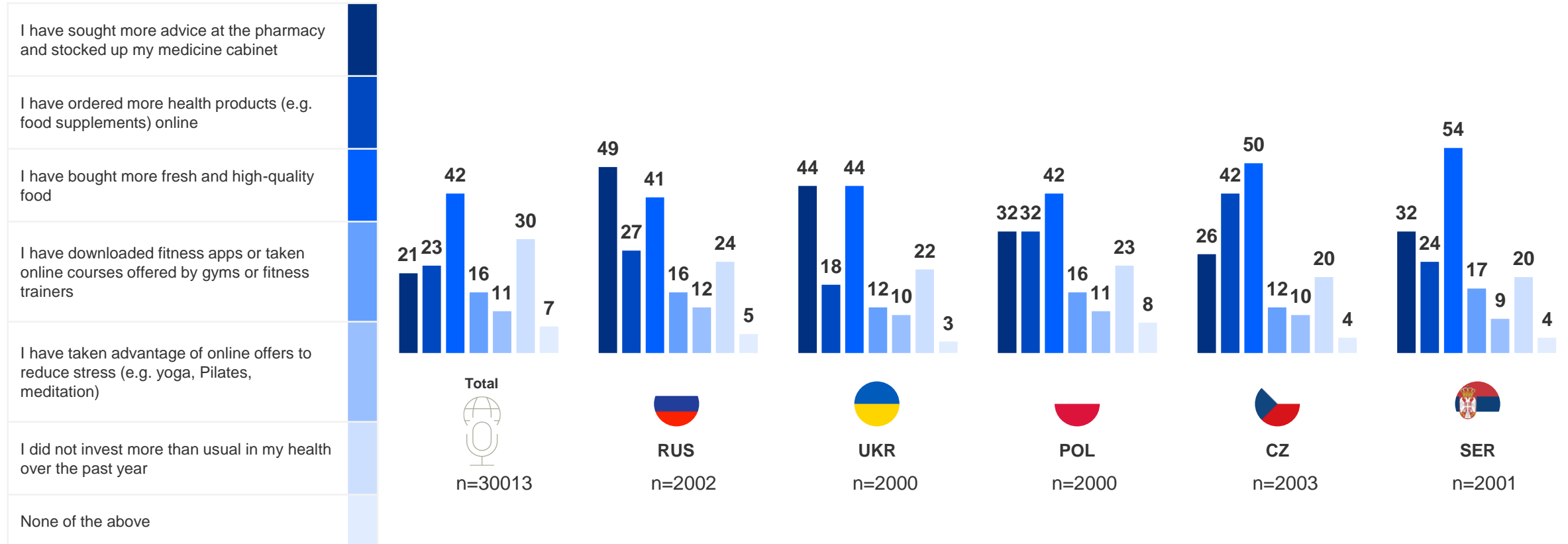
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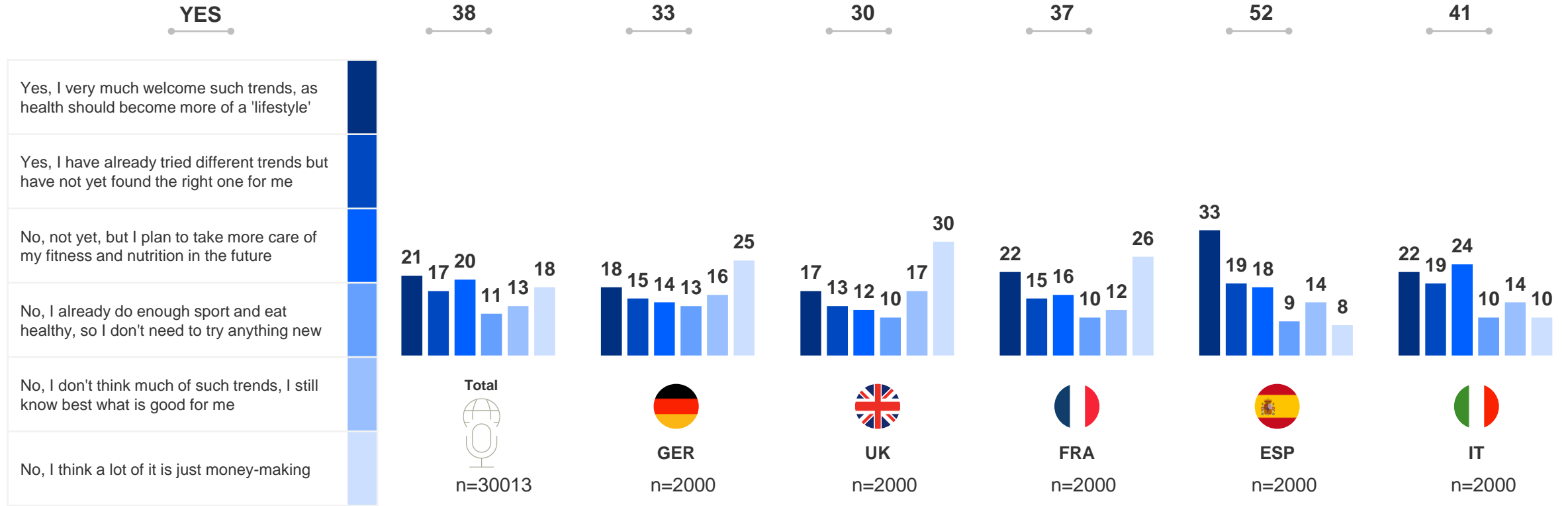
Investment in health during the past year

Q3. Have you invested more in your health during the past year? (multiple choice) Figures in %



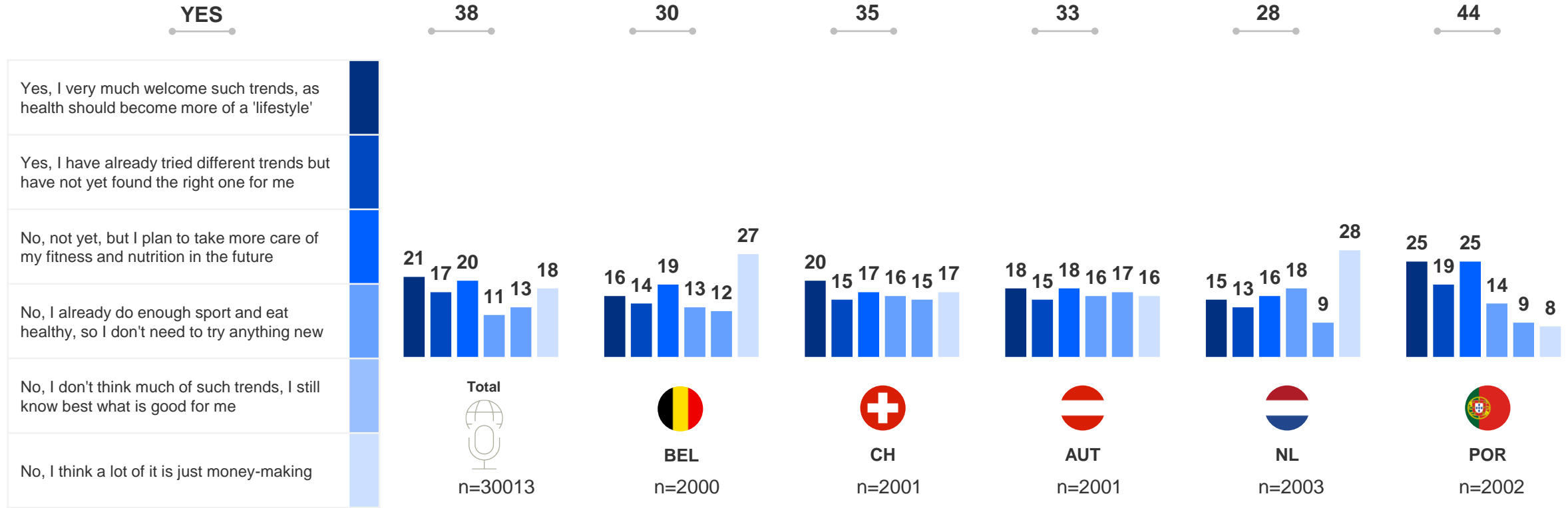
Trying new nutrition, sports and fitness trends during the past year

Q4. Have you tried new nutrition, sports and fitness trends during the past year? (single answer) Figures in %



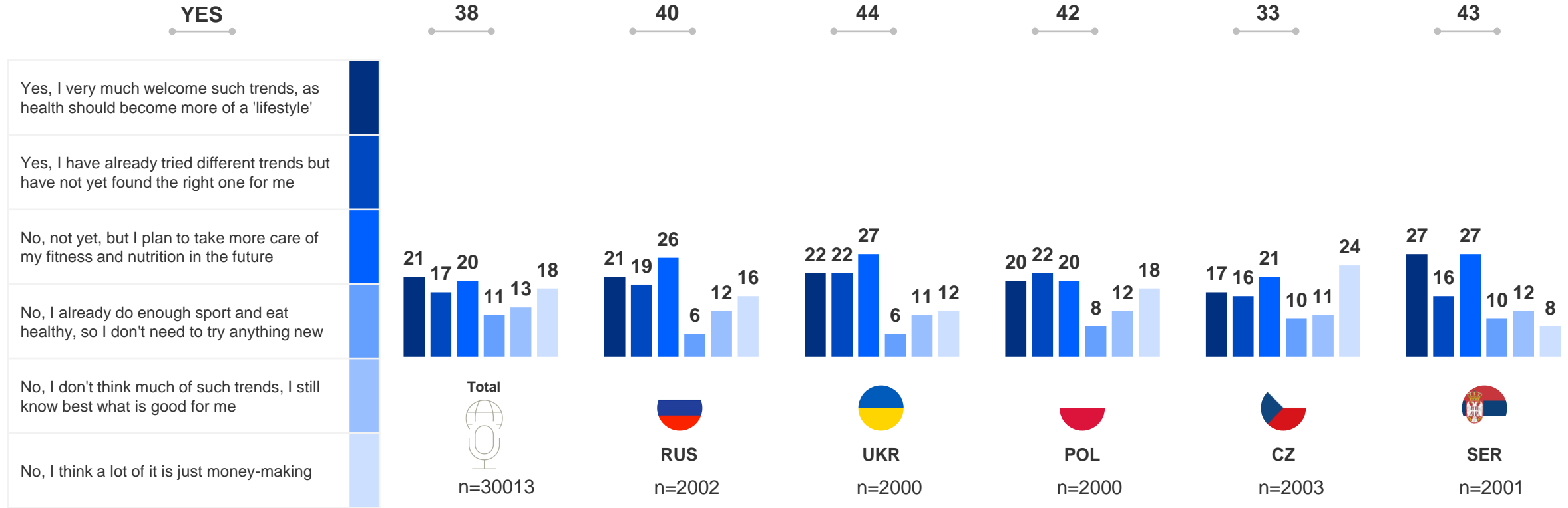
Trying new nutrition, sports and fitness trends during the past year

Q4. Have you tried new nutrition, sports and fitness trends during the past year? (single answer) Figures in %



Trying new nutrition, sports and fitness trends during the past year

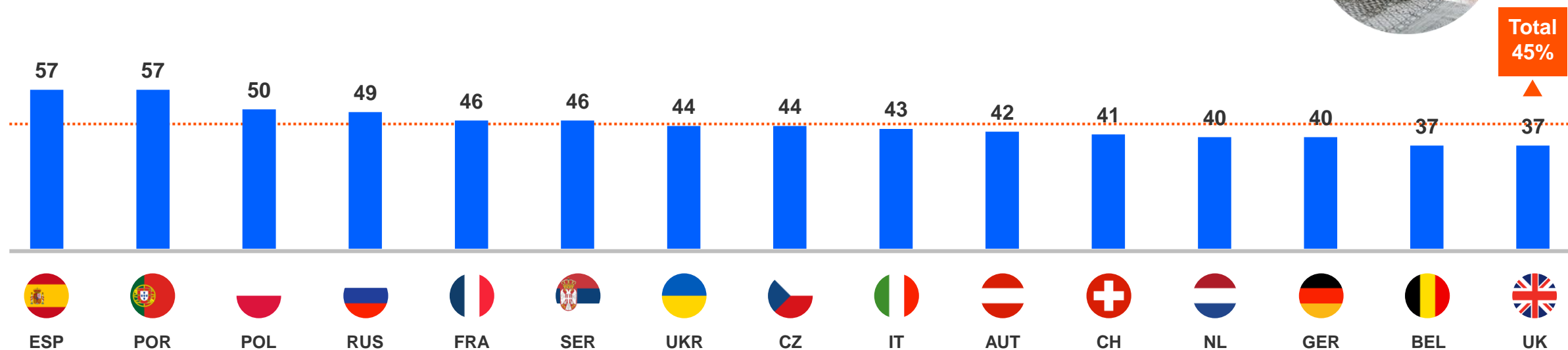
Q4. Have you tried new nutrition, sports and fitness trends during the past year? (single answer) Figures in %



In Spain and Portugal more than half of the population put more emphasis on healthy eating

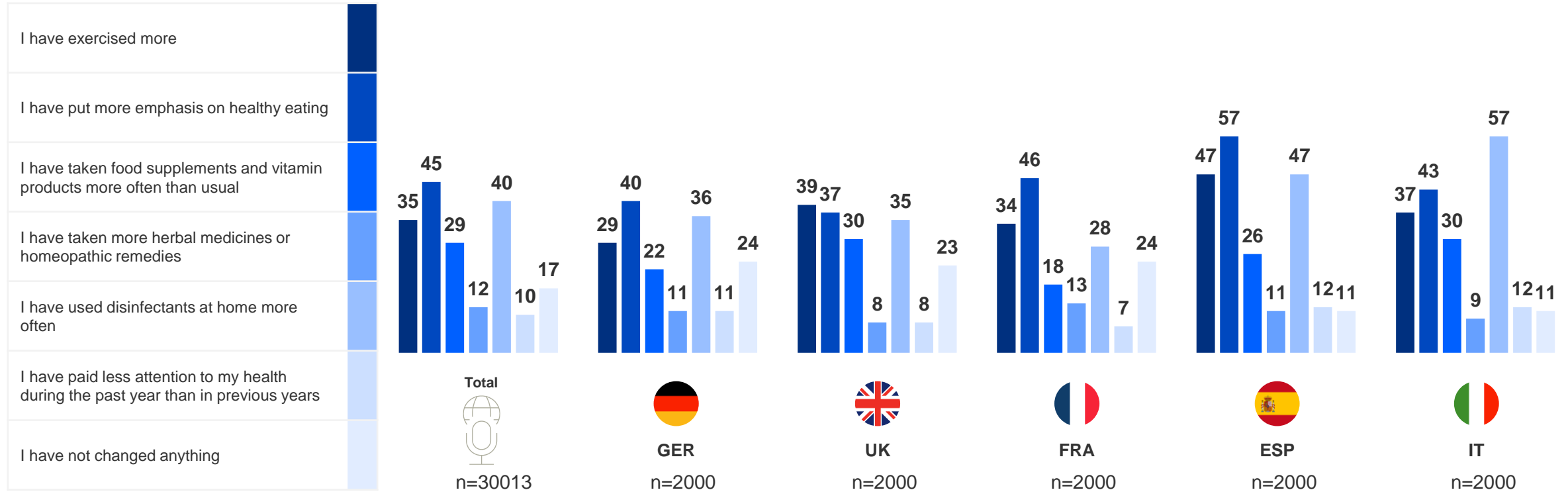
Q5. In the past years, have you changed your behaviour in any of the following ways? (multiple choice) Figures in %

Respondents, who have put more emphasis on healthy eating



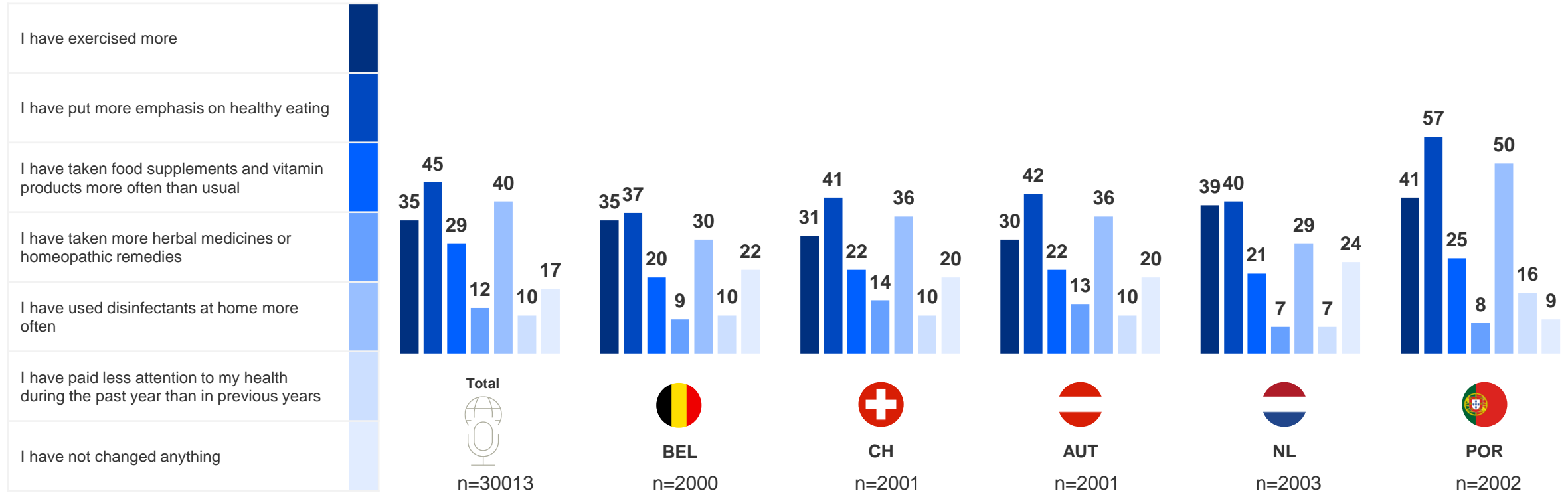
Behaviour change regarding nutrition and health

Q5. In the past years, have you changed your behaviour in any of the following ways? (multiple choice) Figures in %



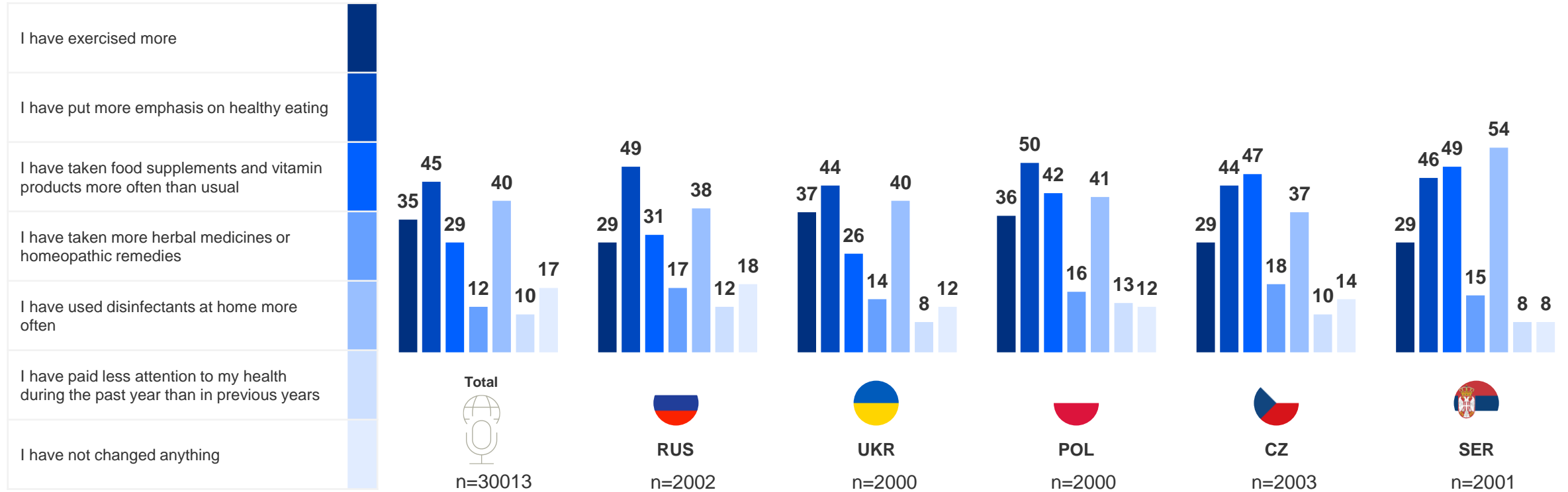
Behaviour change regarding nutrition and health

Q5. In the past years, have you changed your behaviour in any of the following ways? (multiple choice) Figures in %



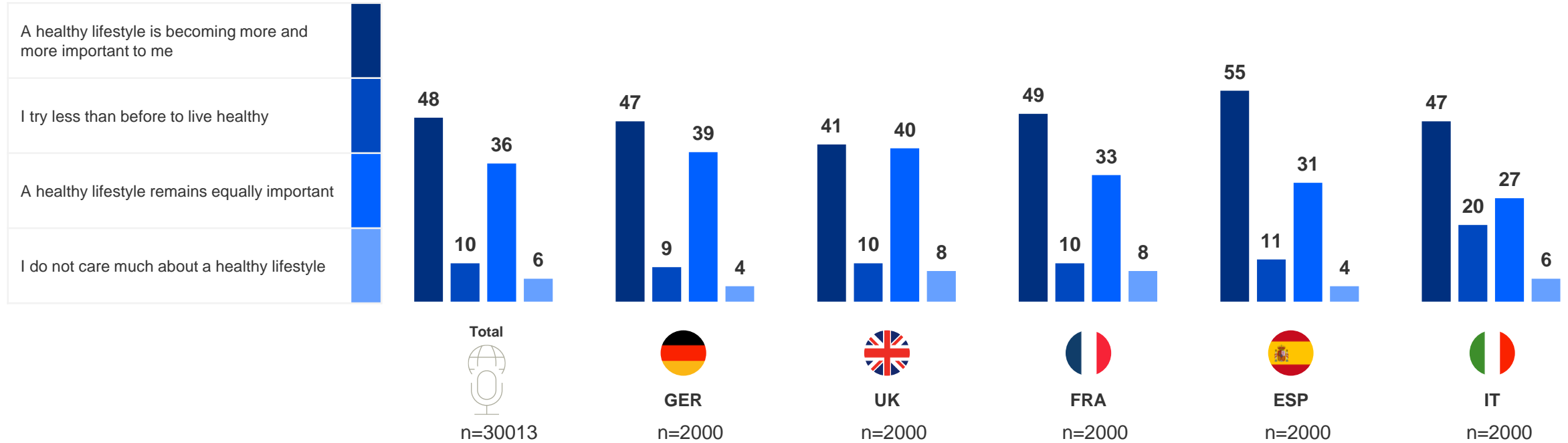
Behaviour change regarding nutrition and health

Q5. In the past years, have you changed your behaviour in any of the following ways? (multiple choice) Figures in %



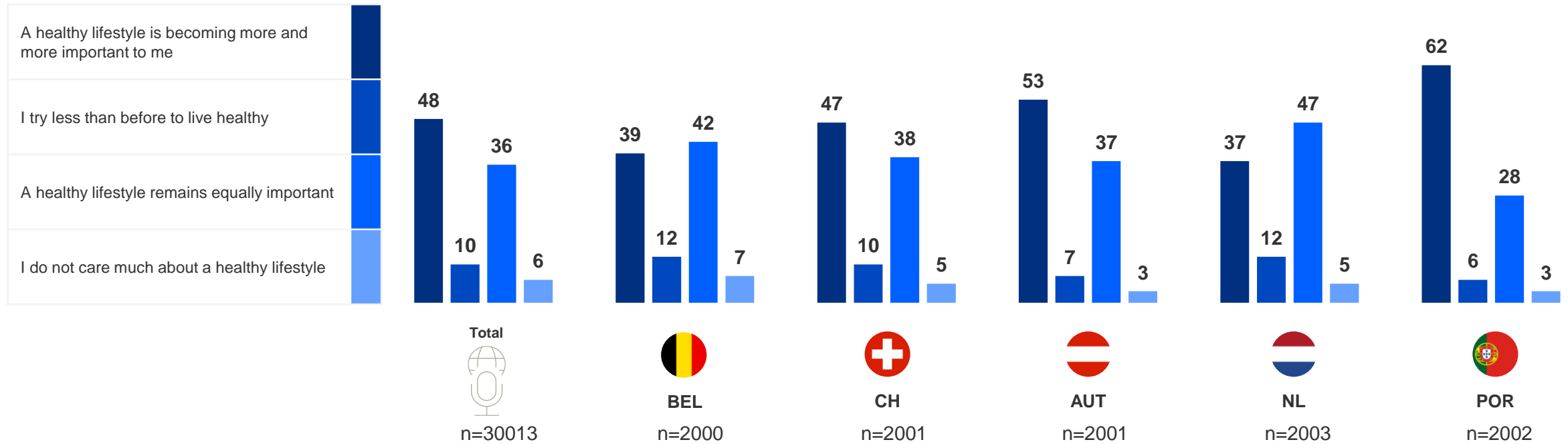
Attitude towards a healthy lifestyle

Q6. How has your overall attitude towards a healthy lifestyle changed over the past few years? (single answer) Figures in %



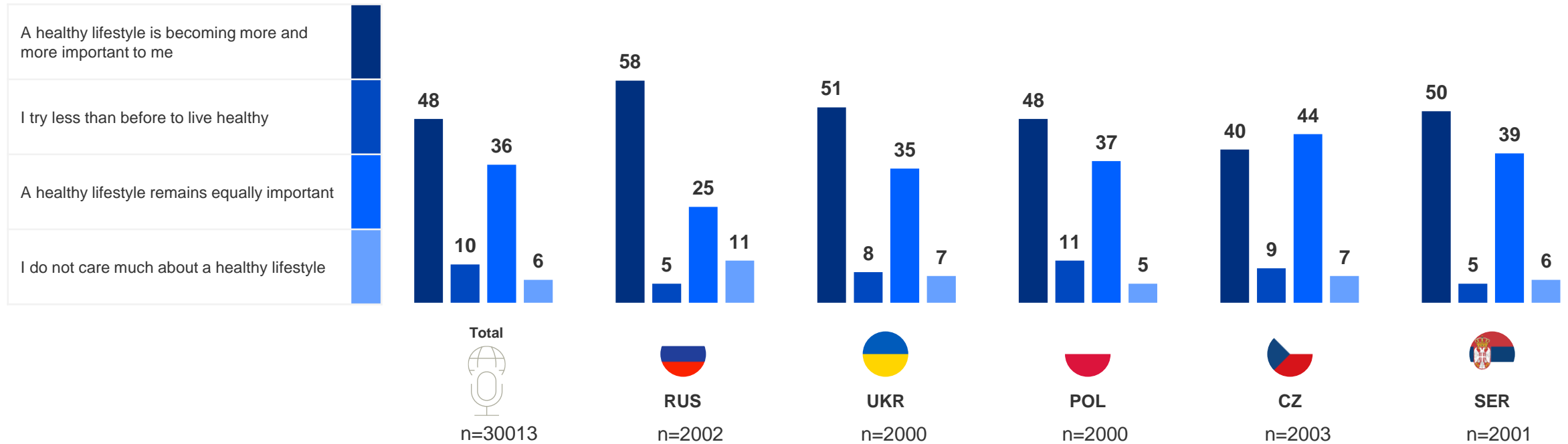
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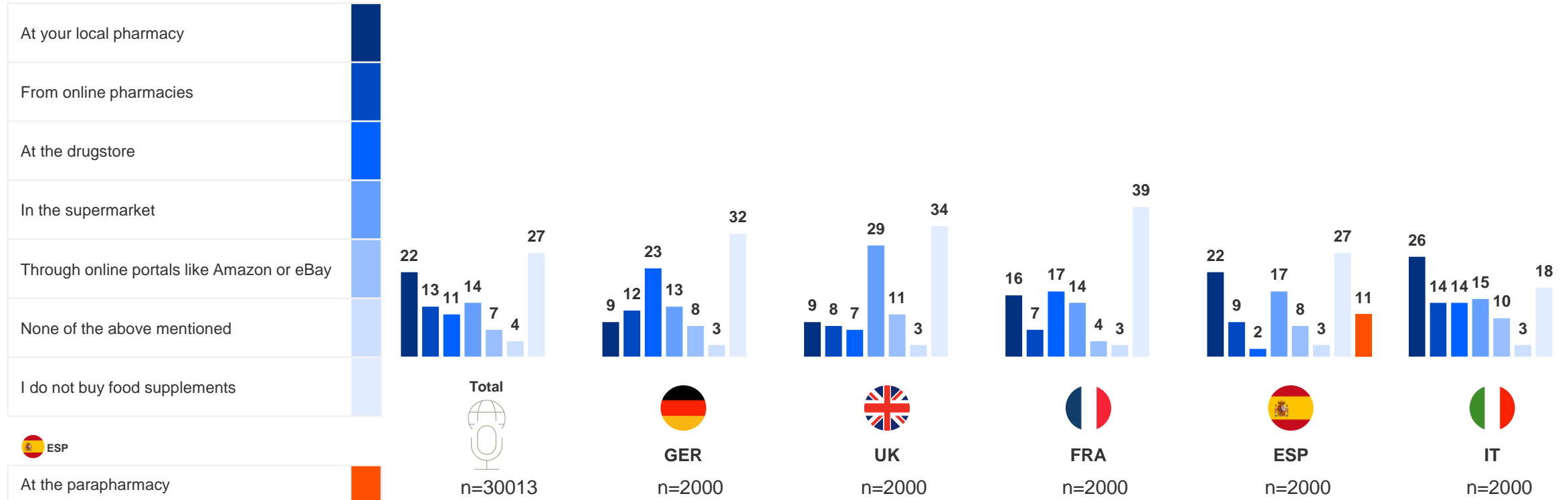
Attitude towards a healthy lifestyle

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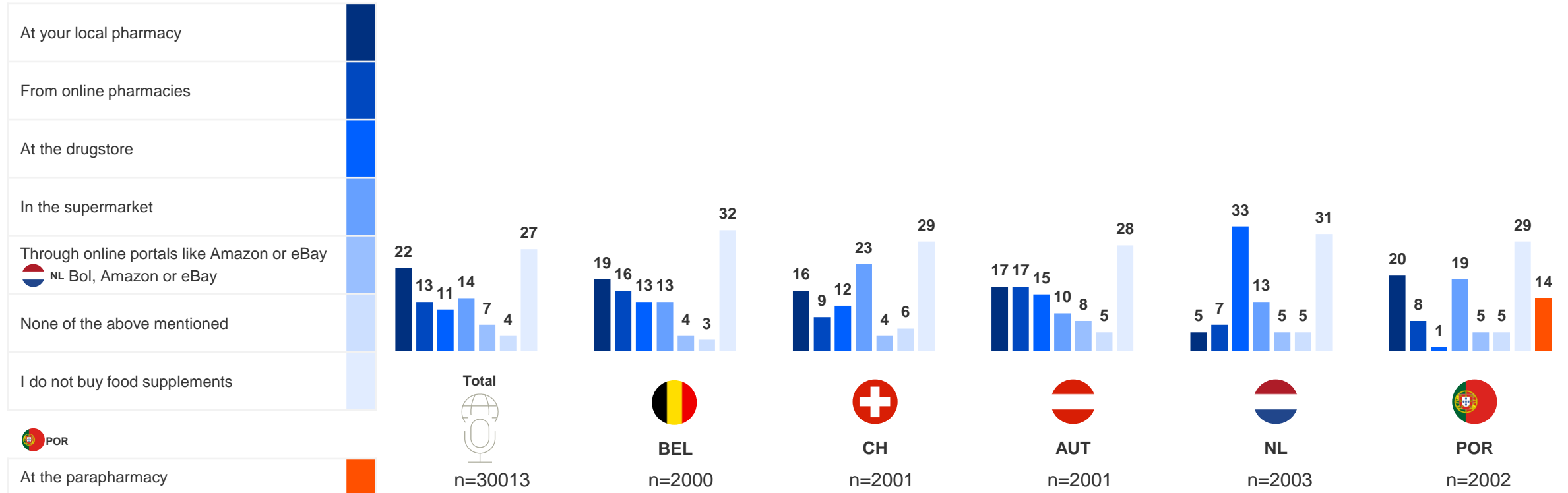
Preferred source for buying food supplements

Q7. Where do you primarily buy food supplements? (single answer) Figures in %



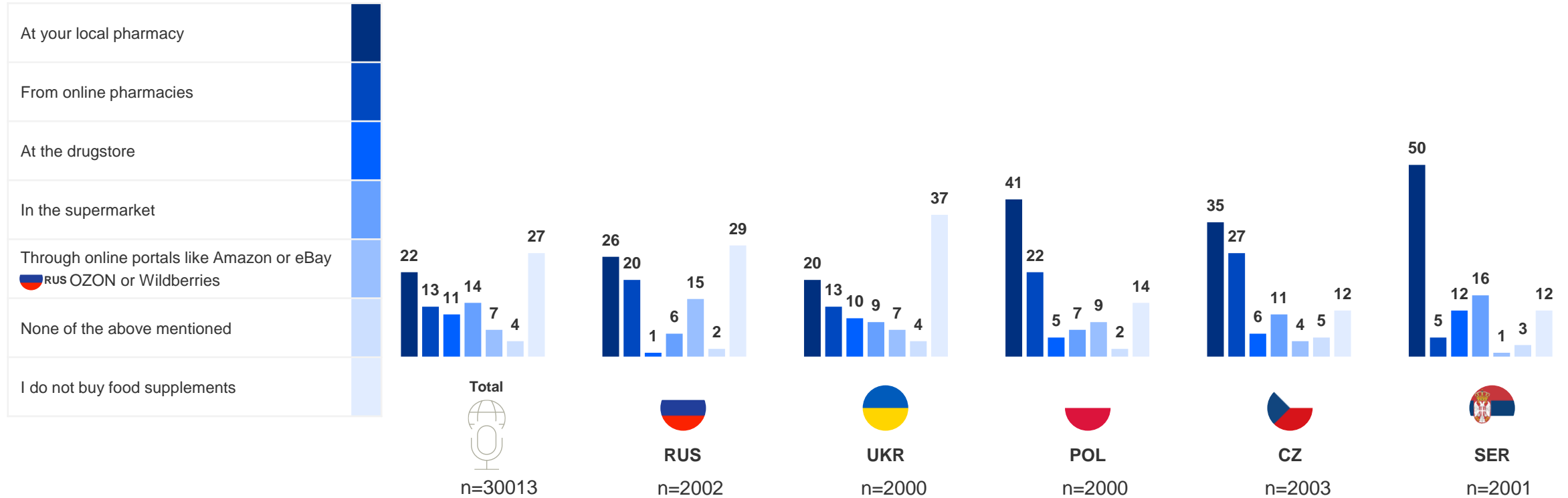
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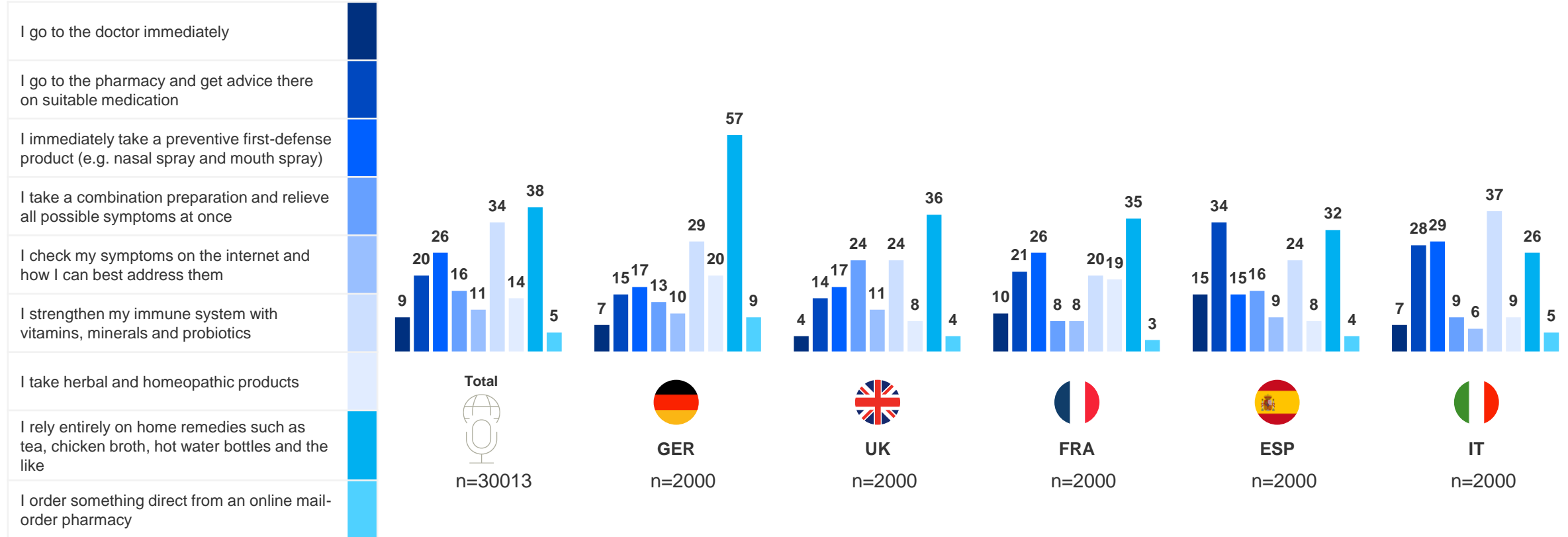
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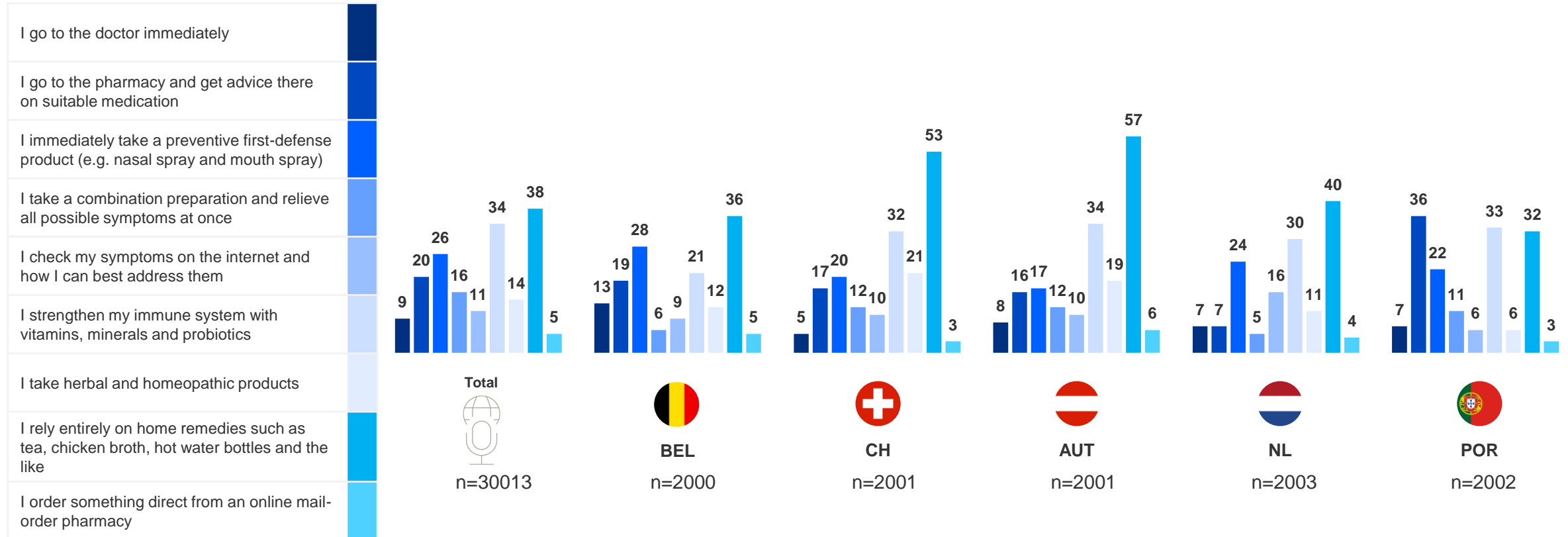
Reactions to first symptoms of a cold

Q8. How do you react to the first symptoms of a cold? (multiple choice) Figures in %



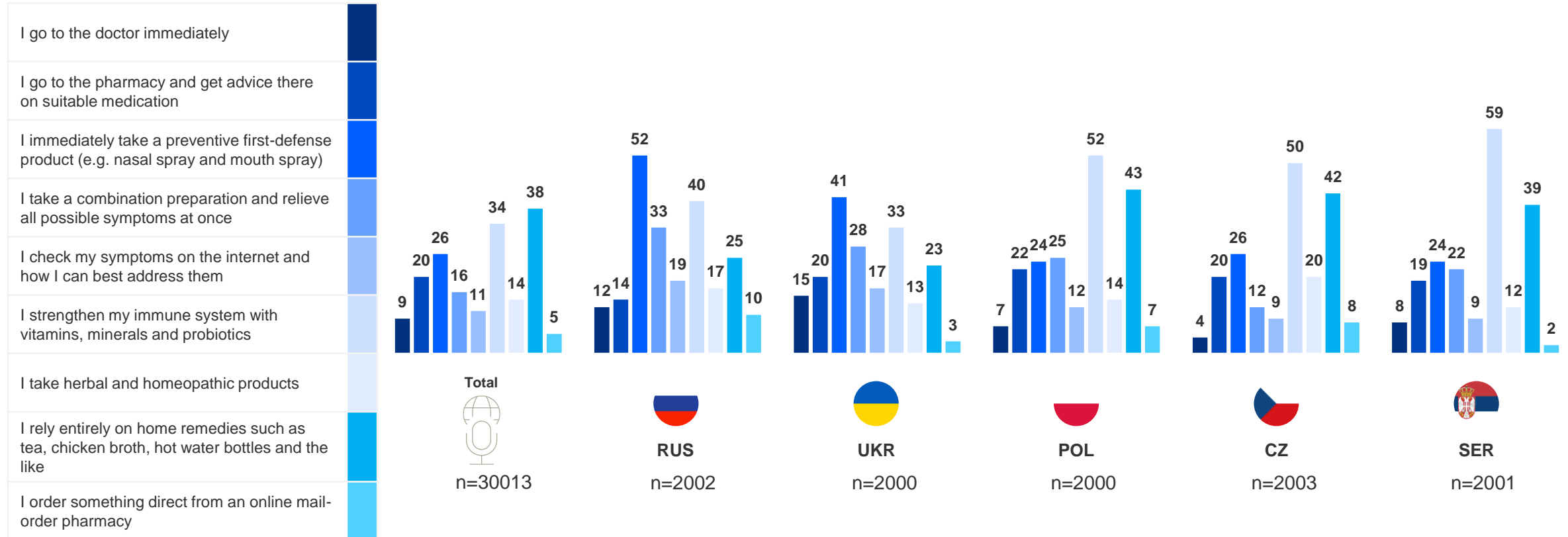
Reactions to first symptoms of a cold

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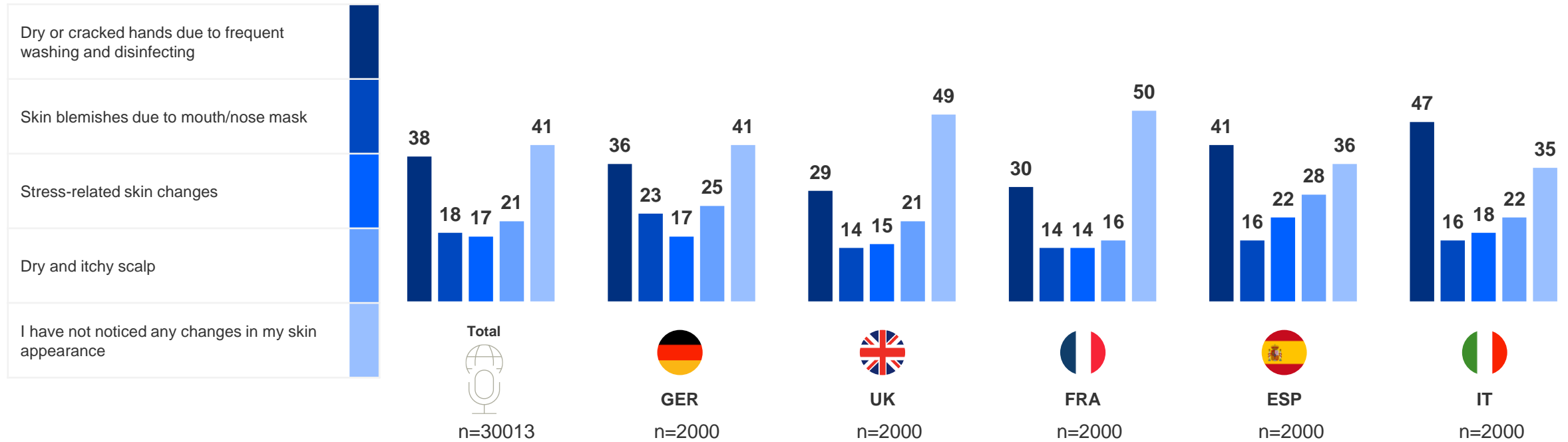
Reactions to first symptoms of a cold

Q8. How do you react to the first symptoms of a cold? (multiple choice) Figures in %



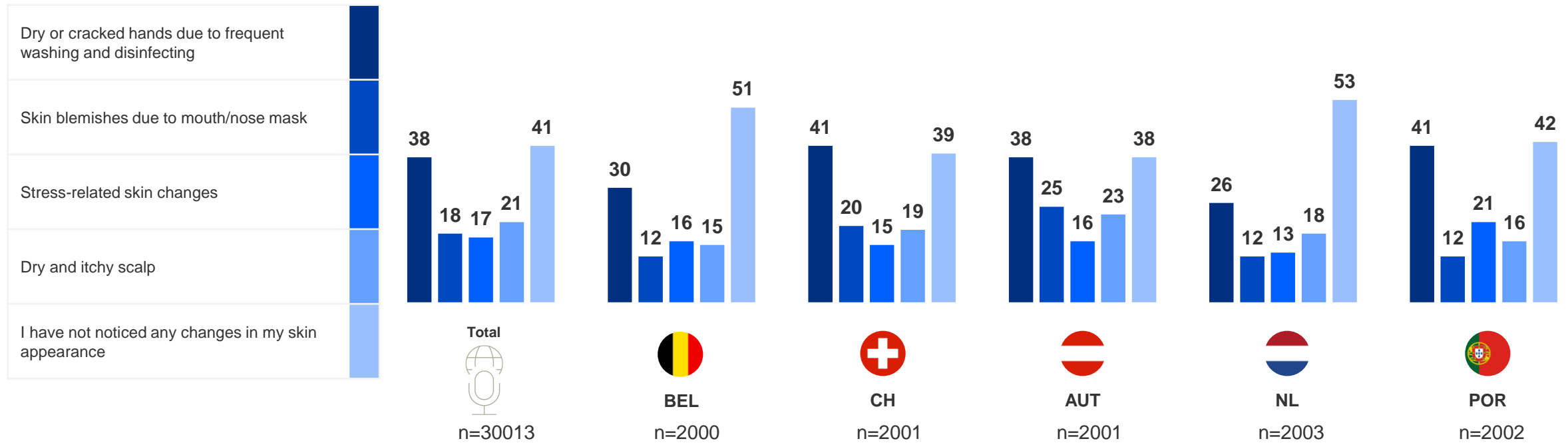
Appearance of skin problems in the past few months

Q9. Have you suffered from one or more of the following skin problems in the past few months? (multiple choice) Figures in %



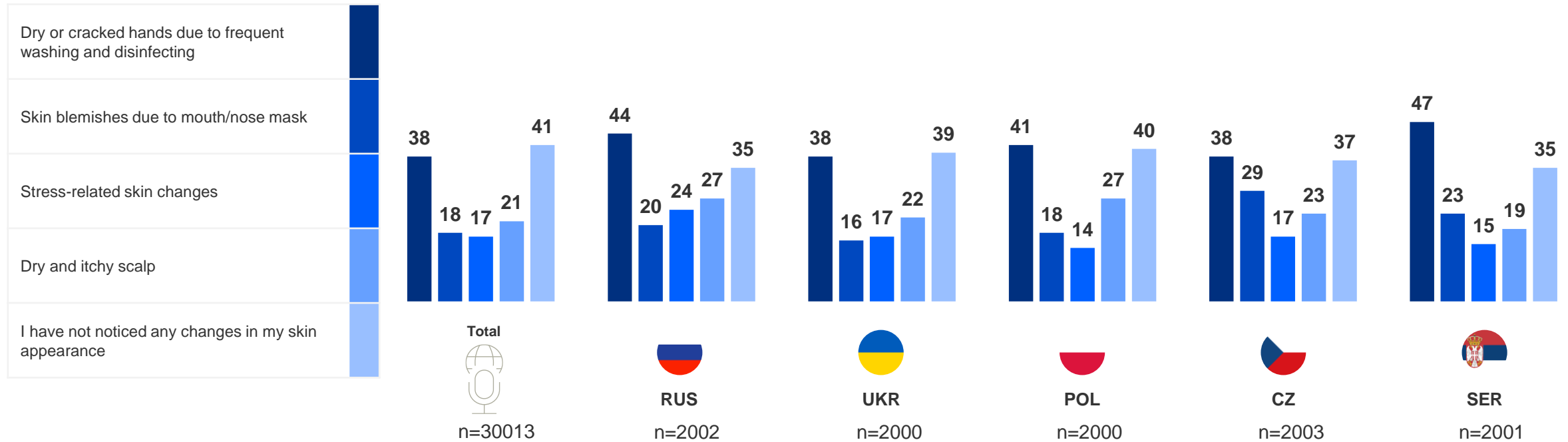
Appearance of skin problems in the past few months

Q9. Have you suffered from one or more of the following skin problems in the past few months? (multiple choice) Figures in %



Appearance of skin problems in the past few months

Q9. Have you suffered from one or more of the following skin problems in the past few months? (multiple choice) Figures in %



2

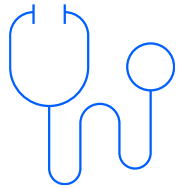
Health influencers



Most respondents trust their doctors, pharmacists and also scientists on health issues across all countries

Q10. How much do you trust the following actors on health issues? [\(single answer\)](#)

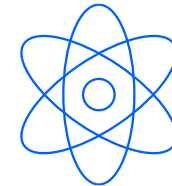
Doctors



Pharmacists



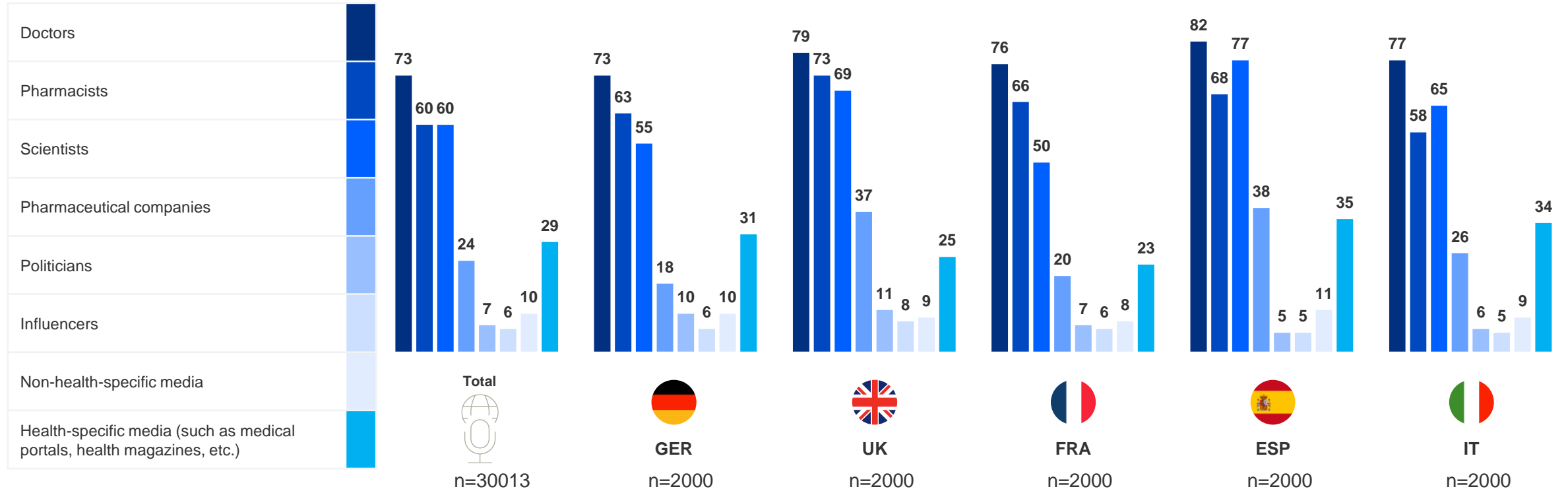
Scientists



Trust in various actors on health issues

Q10. How much do you trust the following actors on health issues? (single answer), TOP 2 (4+5)

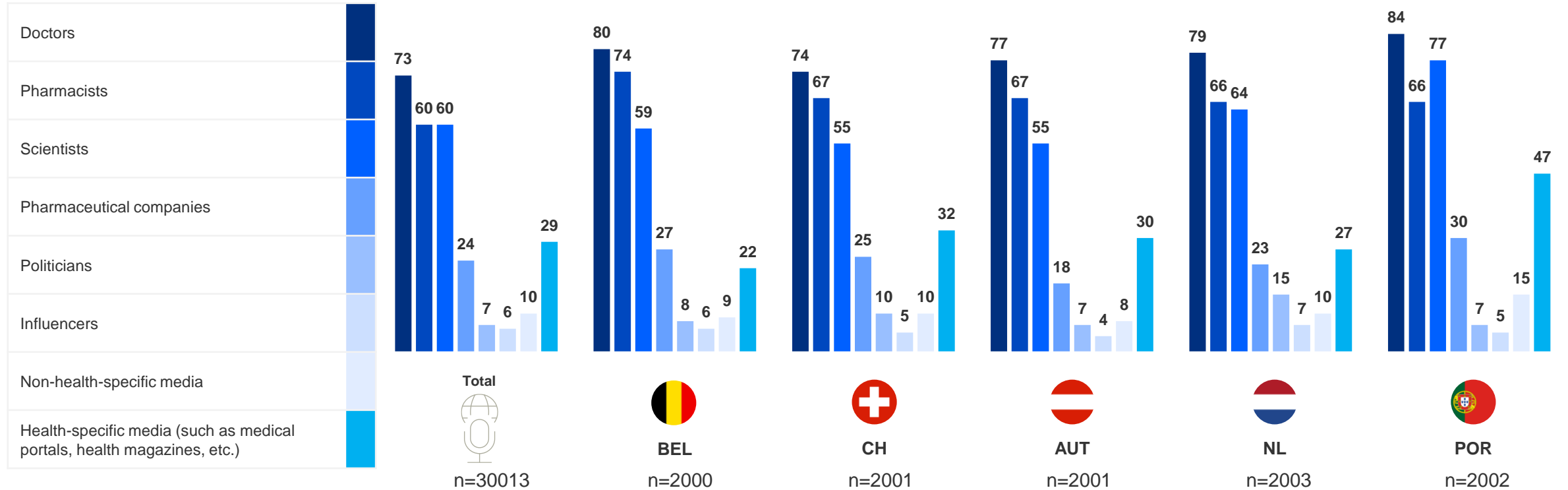
Trust not at all 1 ————— scale used ————— 5 Trust very much



Trust in various actors on health issues

Q10. How much do you trust the following actors on health issues? (single answer), TOP 2 (4+5)

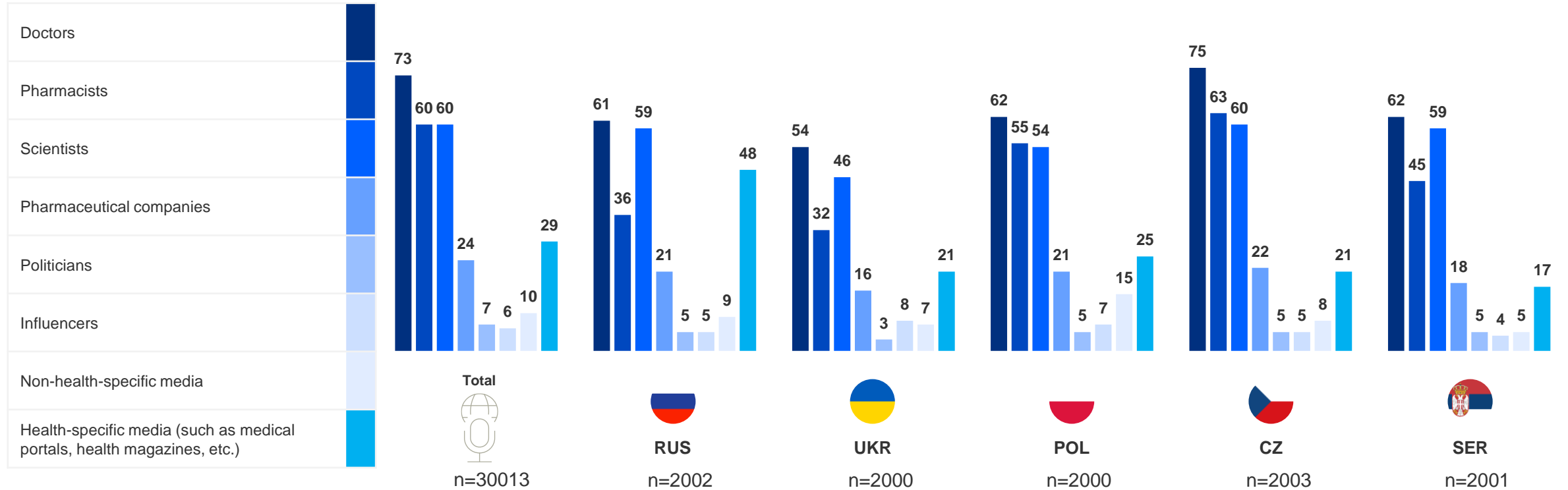
Trust not at all 1 scale used 5 Trust very much



Trust in various actors on health issues

Q10. How much do you trust the following actors on health issues? (single answer), TOP 2 (4+5)

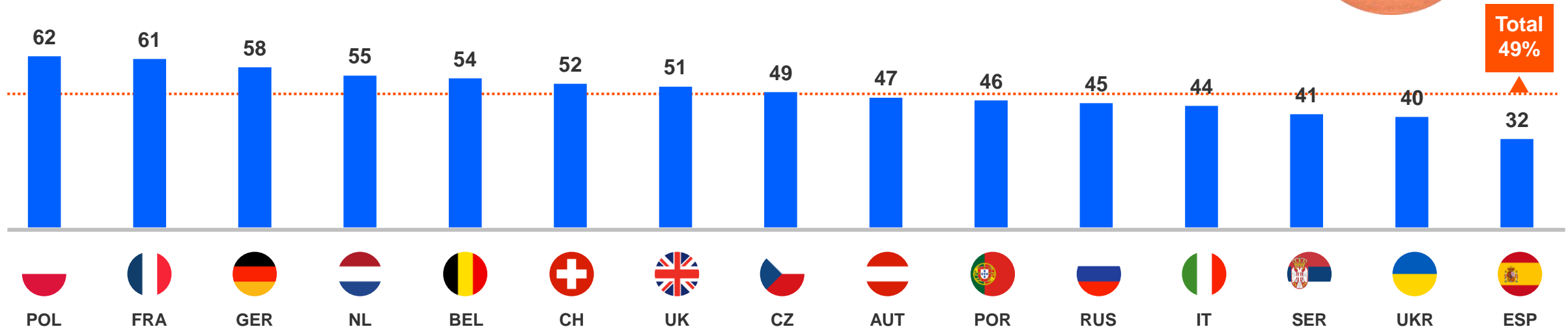
Trust not at all 1 — scale used — 5 Trust very much



Influencers did not gain more influence in the health sector, especially in Poland and France

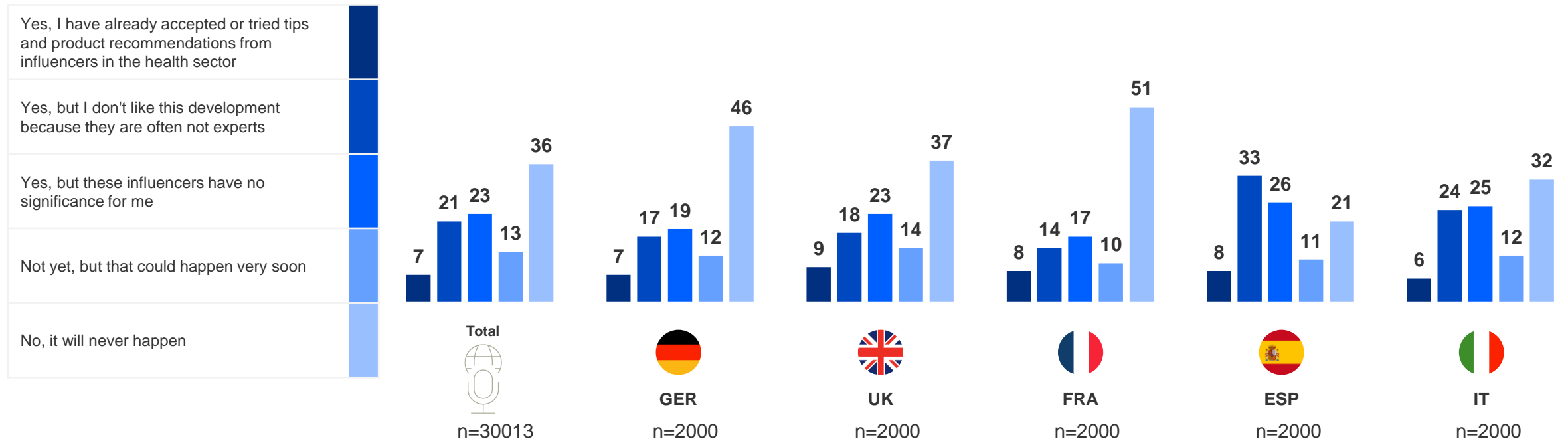
Q11. Have influencers on online channels gained more influence in the health sector due to contact restrictions? (single answer) Figures in %

Respondents, who think that influencers on online channels gained NO more influence in the health sector due to contact restrictions



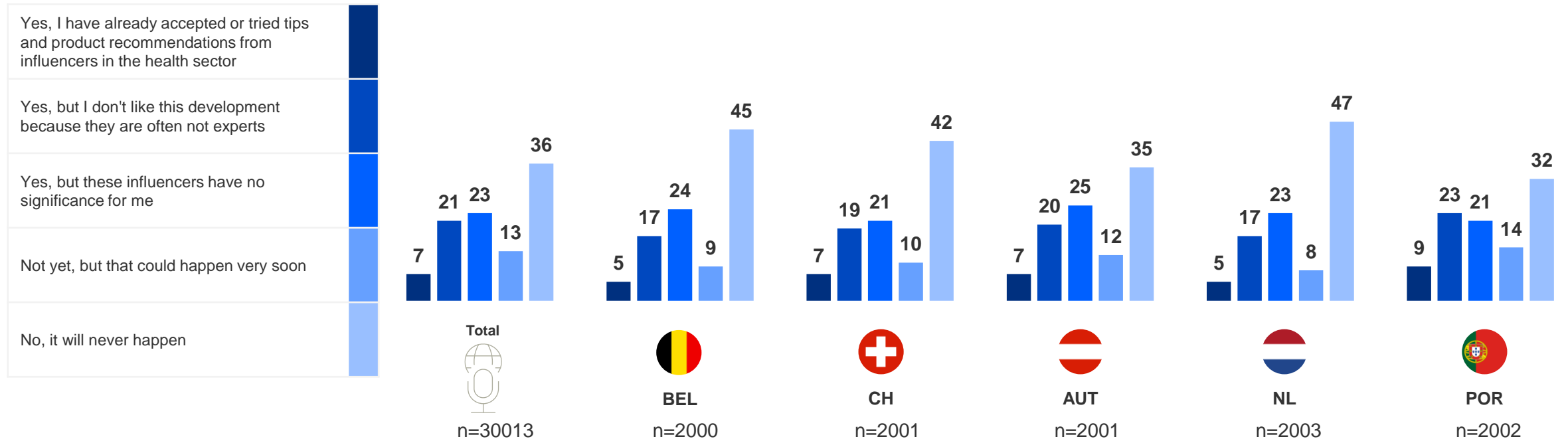
Influence of influencers in the health sector

Q11. Have influencers on online channels gained more influence in the health sector due to contact restrictions? (single answer) Figures in %



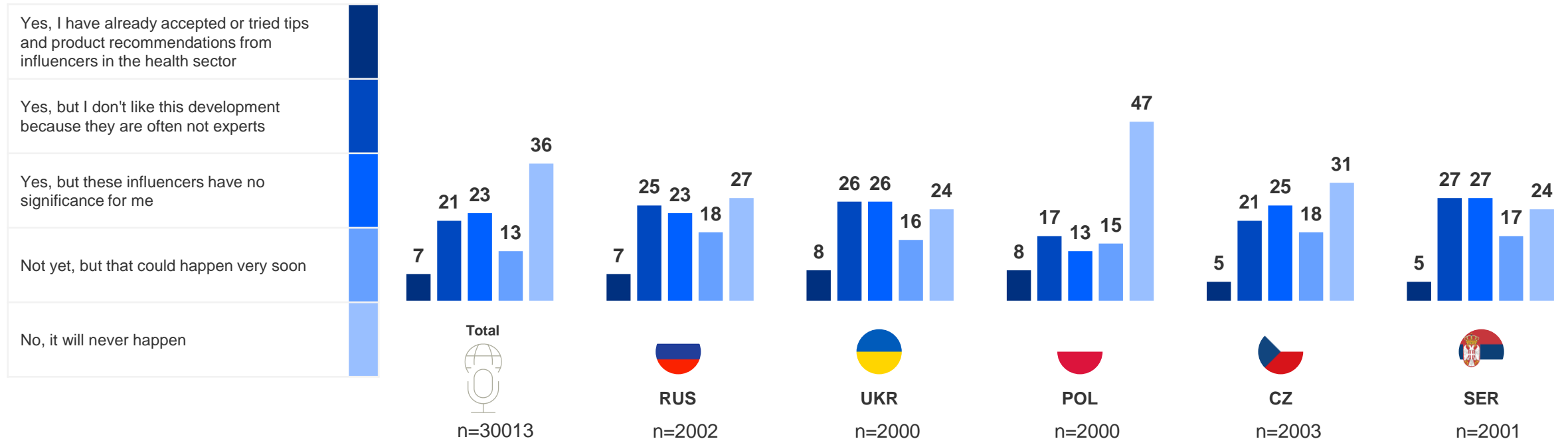
Influence of influencers in the health sector

Q11. Have influencers on online channels gained more influence in the health sector due to contact restrictions? (single answer) Figures in %



Influence of influencers in the health sector

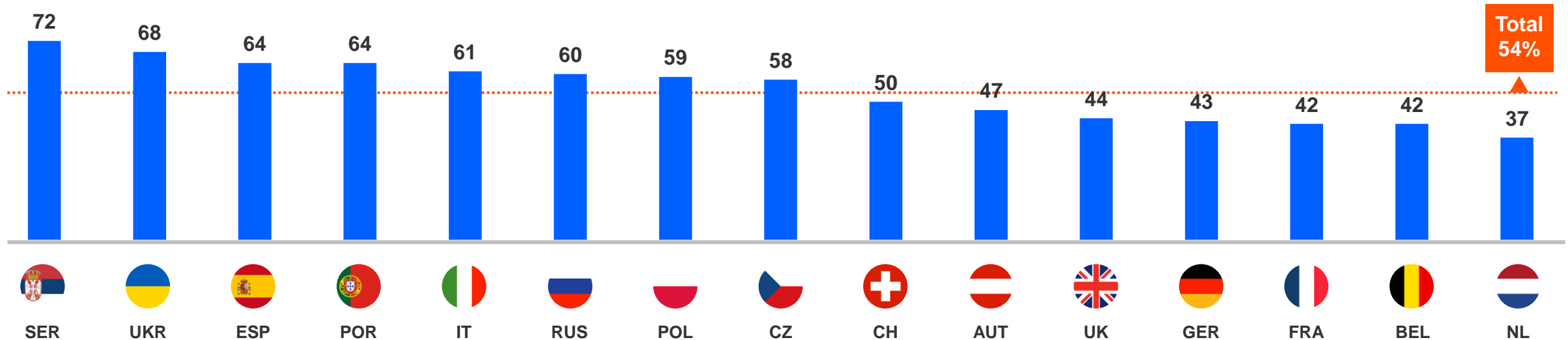
Q11. Have influencers on online channels gained more influence in the health sector due to contact restrictions? (single answer) Figures in %



Almost three quarters of Serbians read more health information than usual. On average, more than half of the respondents change their reading habits

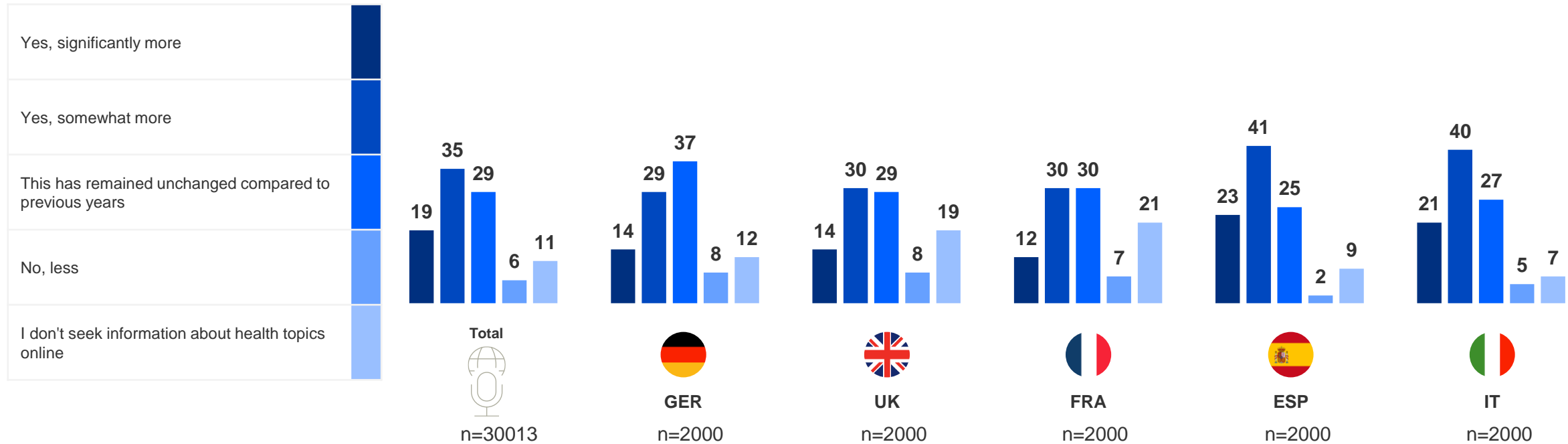
Q12. Have you read more health information online than usual in the past year? (single answer) Figures in %

Respondents, who read more health information online than usual in the past year (yes, significantly more / yes, somewhat more)



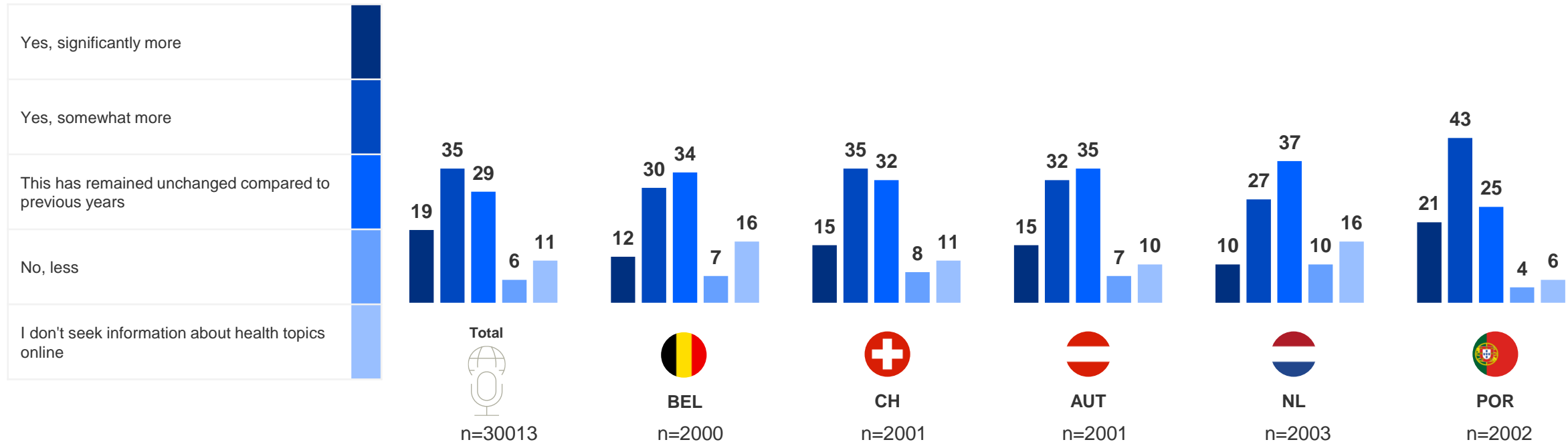
Change in online health information reading habits

Q12. Have you read more health information online than usual in the past year? (single answer) Figures in %



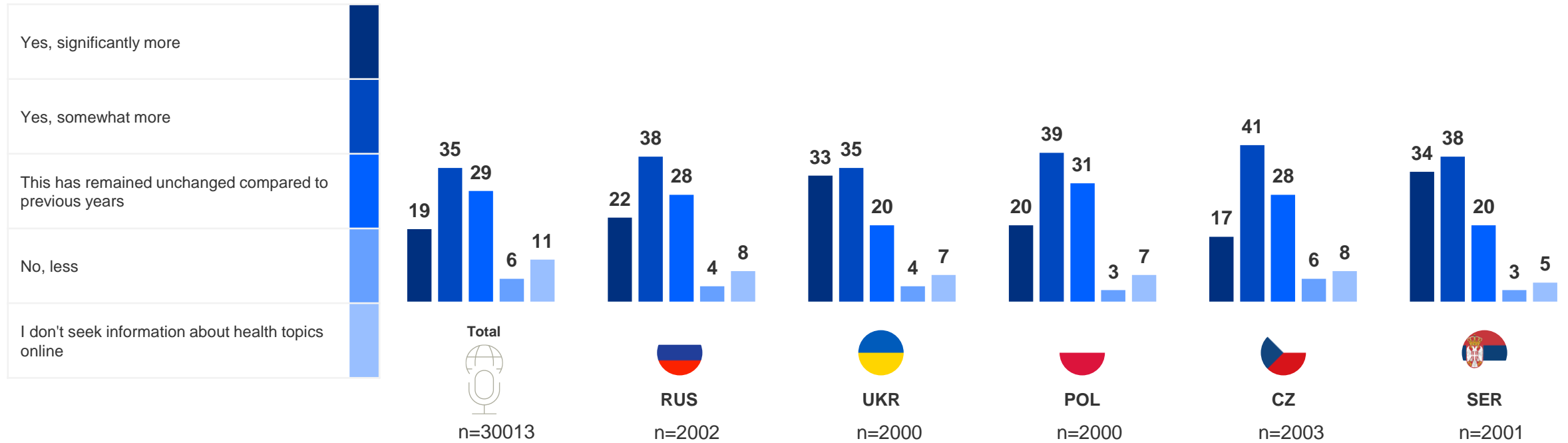
Change in online health information reading habits

Q12. Have you read more health information online than usual in the past year? (single answer) Figures in %



Change in online health information reading habits

Q12. Have you read more health information online than usual in the past year? (single answer) Figures in %



3

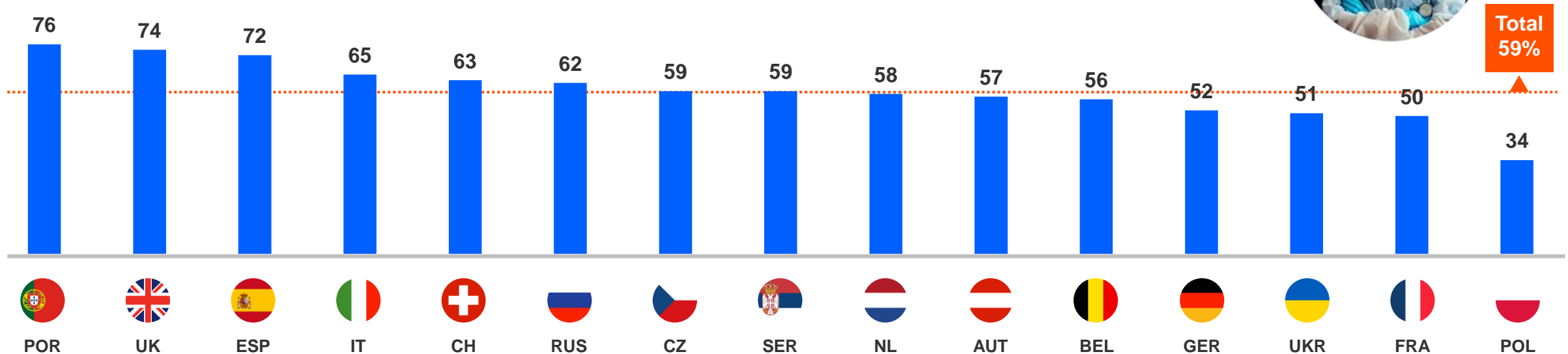
Health system



In Portugal, the UK and Spain the majority believe the health care system would be better prepared for a similar pandemic

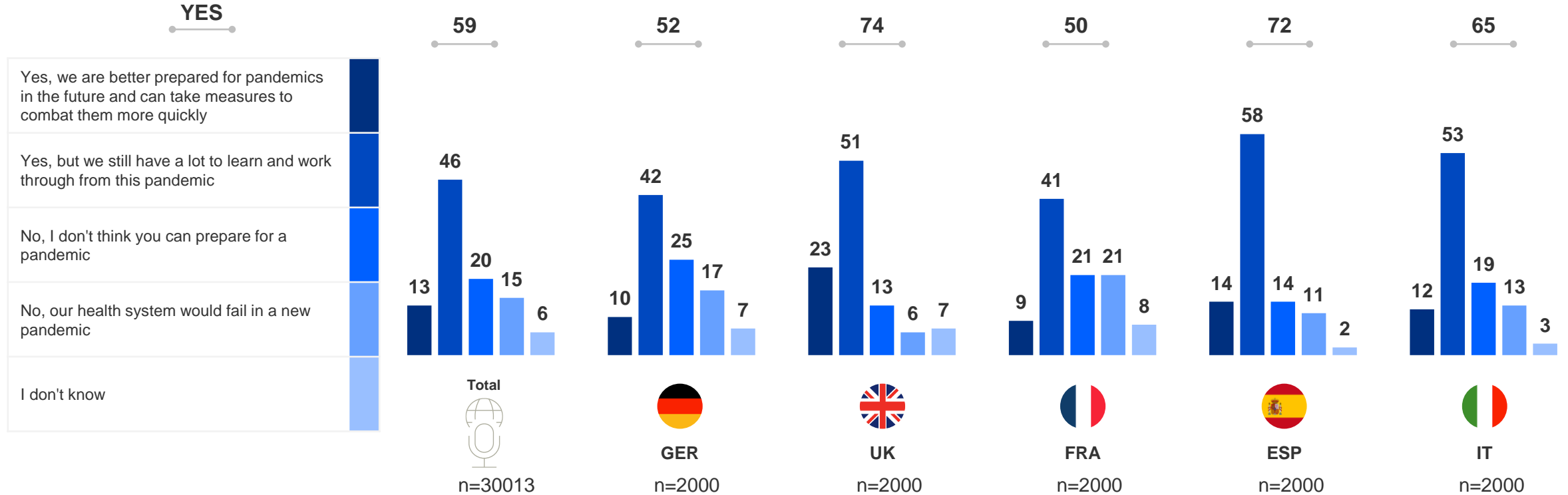
Q13. Do you think the health system in your country would be better prepared for a similar pandemic like the current corona pandemic in the future? (single answer) Figures in %

Respondents, who think the health system in their country would be better prepared for a similar pandemic like the current corona pandemic in the future (yes, we are better prepared for pandemics in the future and can take measures to combat them more quickly / yes, but we still have a lot to learn and work through from this pandemic)



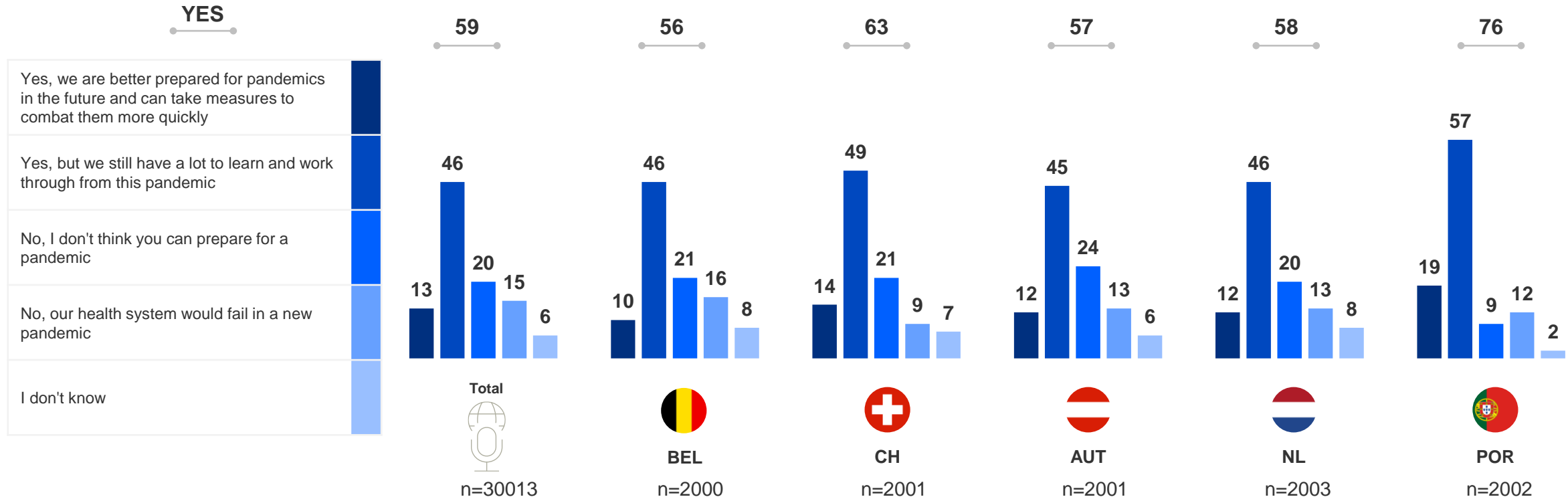
Preparedness of health system for future pandemics

Q13. Do you think the health system in your country would be better prepared for a similar pandemic like the current corona pandemic in the future? (single answer) Figures in %



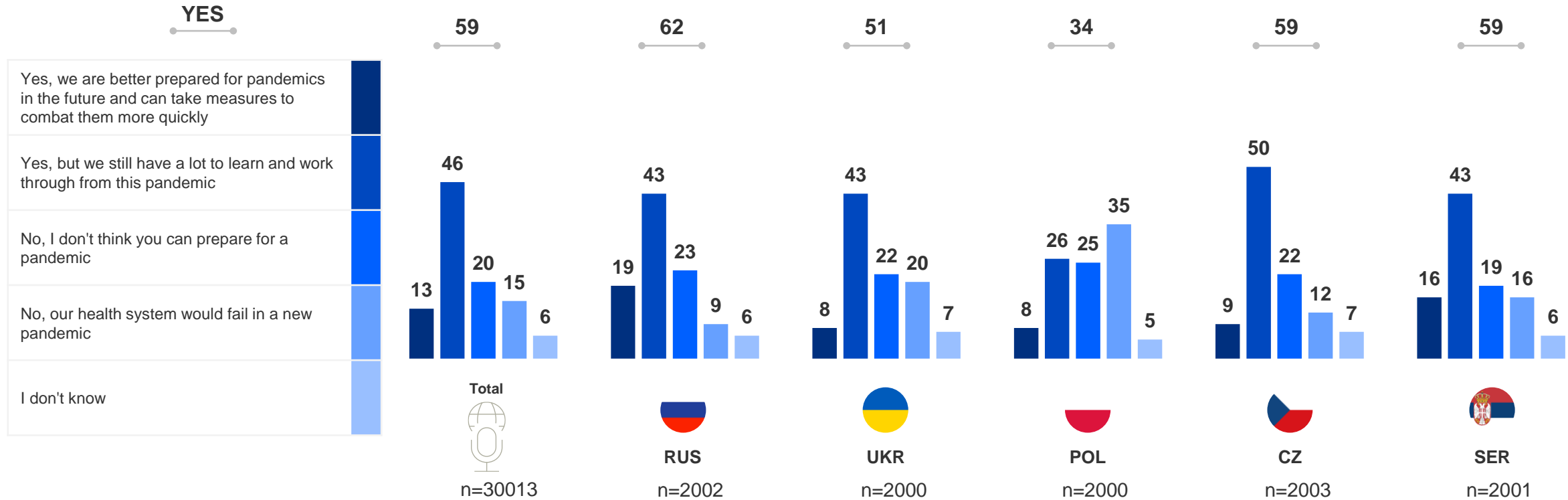
Preparedness of health system for future pandemics

Q13. Do you think the health system in your country would be better prepared for a similar pandemic like the current corona pandemic in the future? (single answer) Figures in %



Preparedness of health system for future pandemics

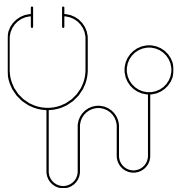
Q13. Do you think the health system in your country would be better prepared for a similar pandemic like the current corona pandemic in the future? (single answer) Figures in %



For the majority of respondents, doctors, nurses and hospital staff contribute to the fight against the Corona pandemic (very) much

Q14. In your opinion, how much did the following groups contribute to the fight against the Corona pandemic? (single answer)

Doctors, nurses and hospital staff



Pharmacy staff



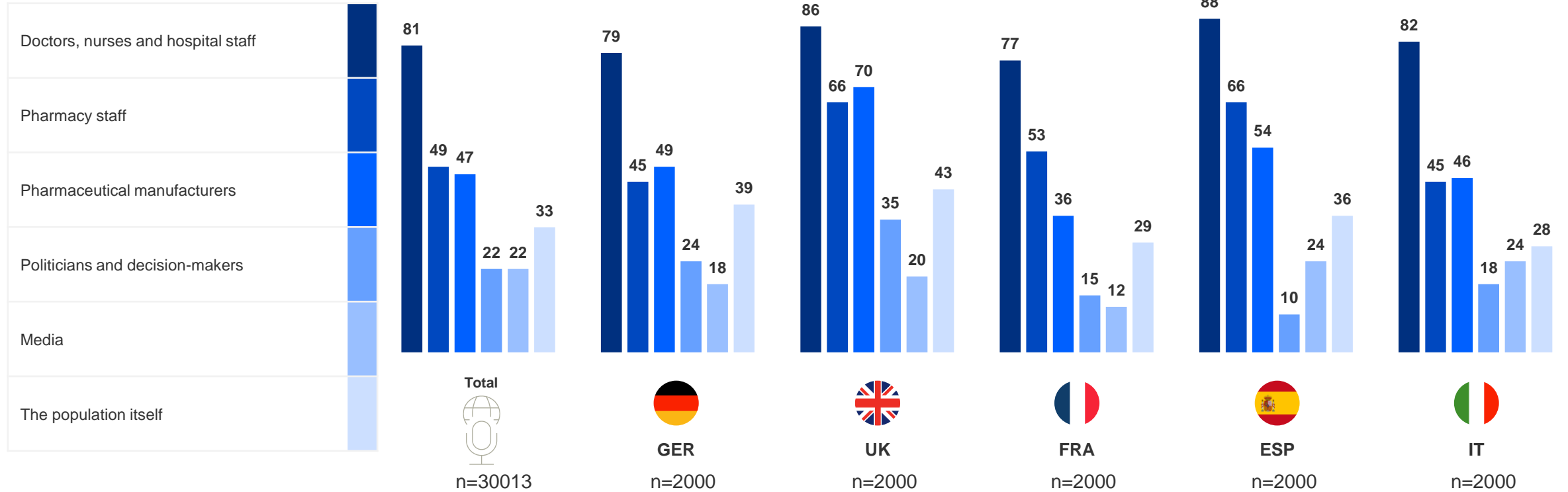
Pharmaceutical manufacturers



Contribution of various groups to the fight against the Corona pandemic

Q14. In your opinion, how much did the following groups contribute to the fight against the Corona pandemic? (single answer), TOP 2 (4+5)

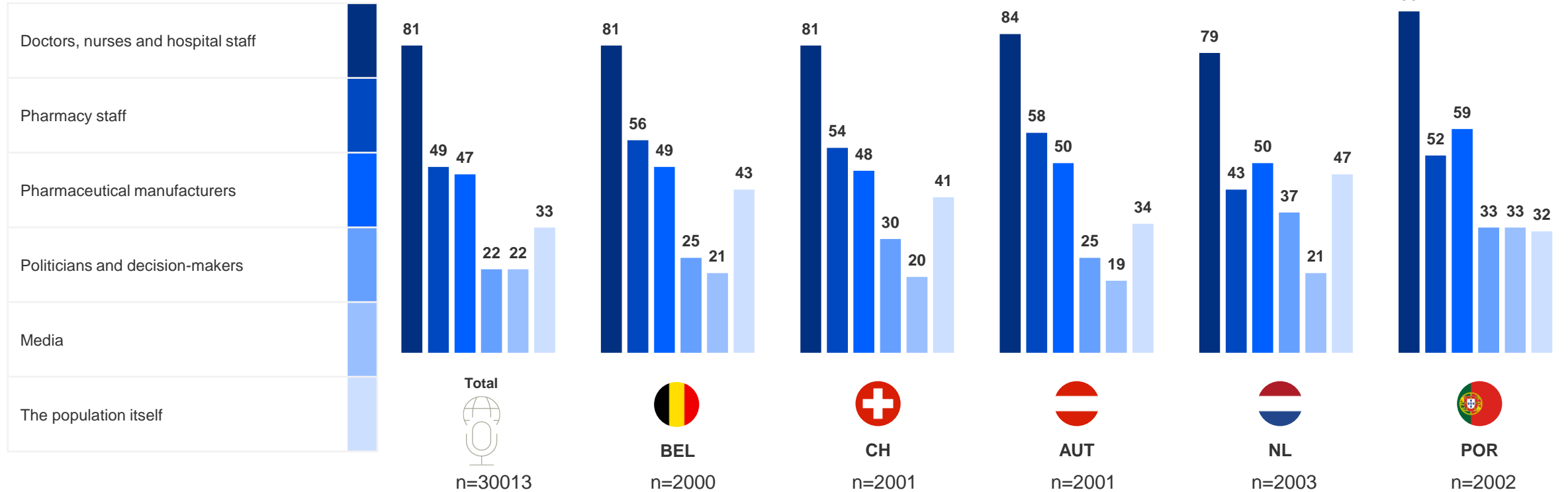
Nothing at all 1 scale used 5 Very much



Contribution of various groups to the fight against the Corona pandemic

Q14. In your opinion, how much did the following groups contribute to the fight against the Corona pandemic? (single answer), TOP 2 (4+5)

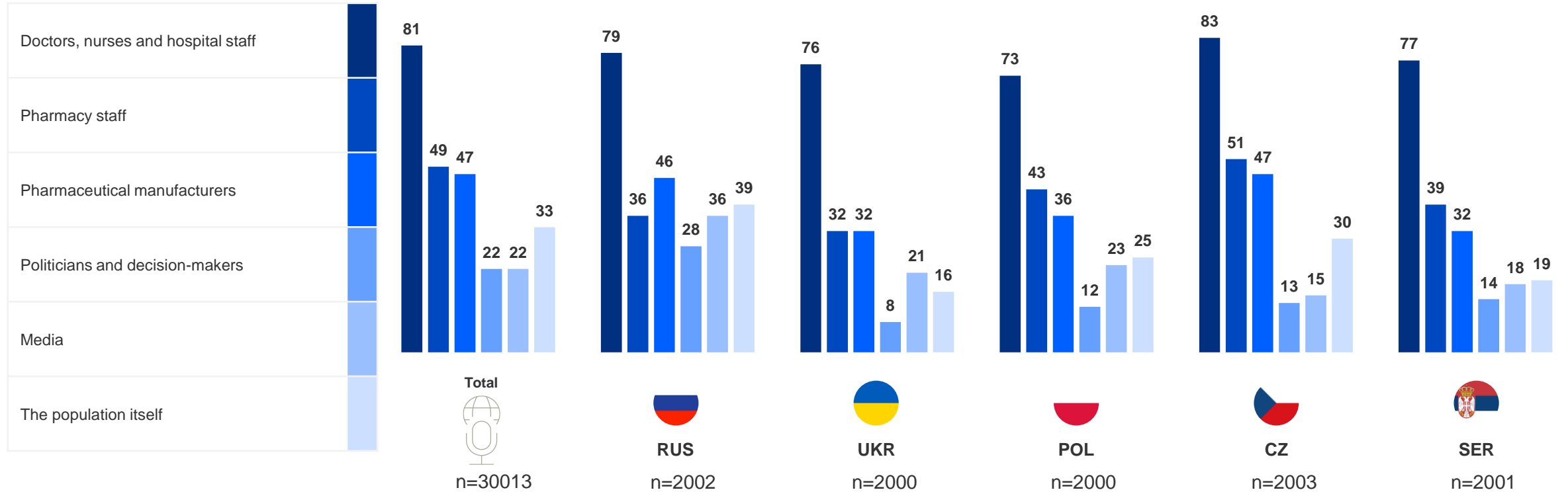
Nothing at all 1 scale used 5 Very much



Contribution of various groups to the fight against the Corona pandemic

Q14. In your opinion, how much did the following groups contribute to the fight against the Corona pandemic? (single answer), TOP 2 (4+5)

Nothing at all 1 scale used 5 Very much



4

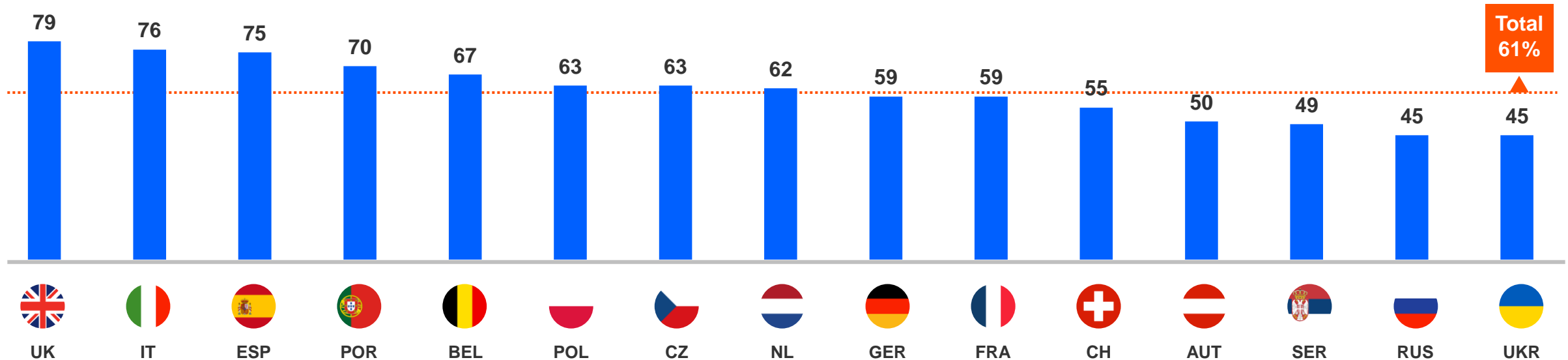
Health prevention



A high positive attitude towards compulsory vaccinations is to be seen in the UK, Italy and Spain

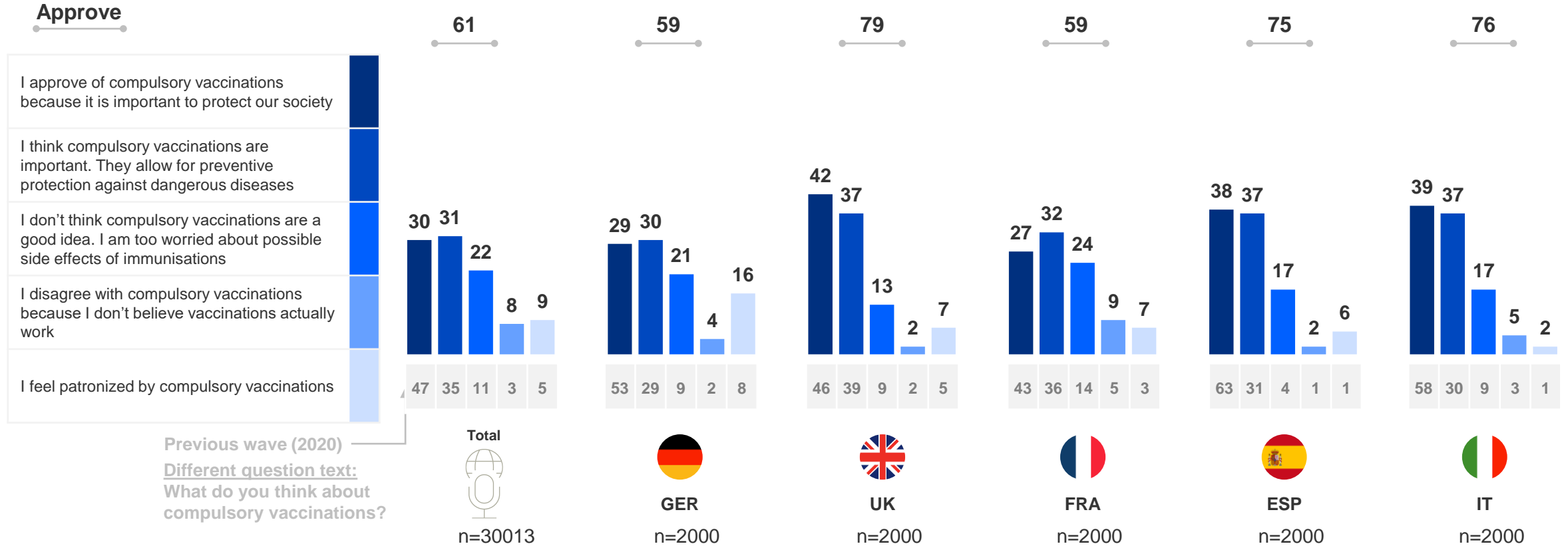
Q15. Some European countries already have compulsory vaccination against one or more diseases. A general compulsory vaccination would range from the COVID-19 vaccination to the standard vaccinations. What do you think of such compulsory vaccination? (single answer) Figures in %

Respondents, who have a positive attitude towards compulsory vaccinations (I approve of compulsory vaccinations because it is important to protect our society / I think compulsory vaccinations are important. They allow for preventive protection against dangerous diseases)



Attitude to compulsory vaccination

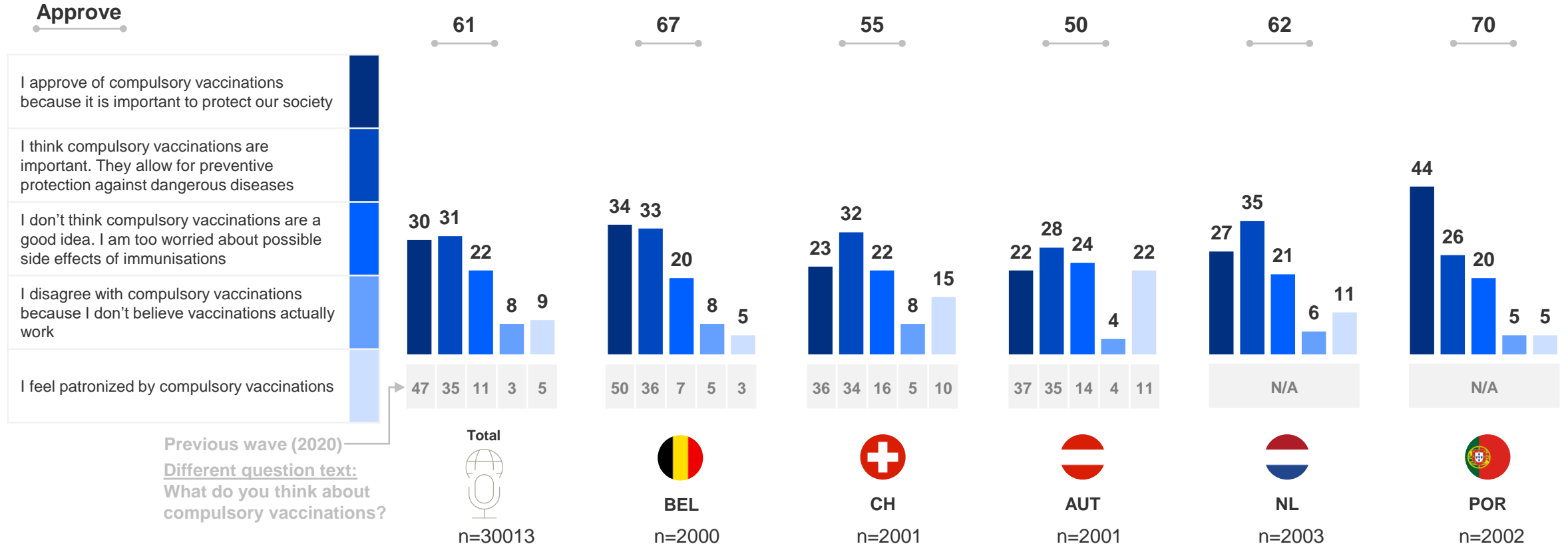
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COVID-19 vaccinations were not available yet in first half of 2020. Please consider, when interpreting differences compared to previous wave.

Attitude to compulsory vaccination

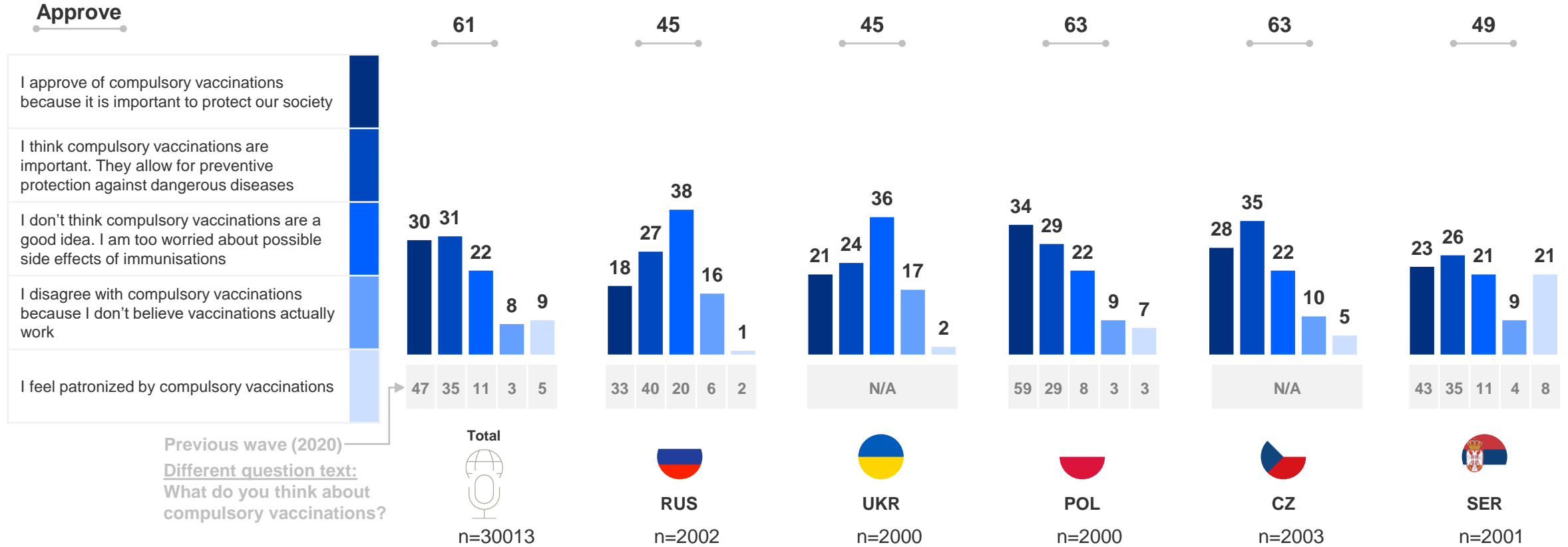
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Attitude to compulsory vaccination

Q15. Some European countries already have compulsory vaccination against one or more diseases. A general compulsory vaccination would range from the COVID-19 vaccination to the standard vaccinations. What do you think of such compulsory vaccination? (single answer) Figures in %

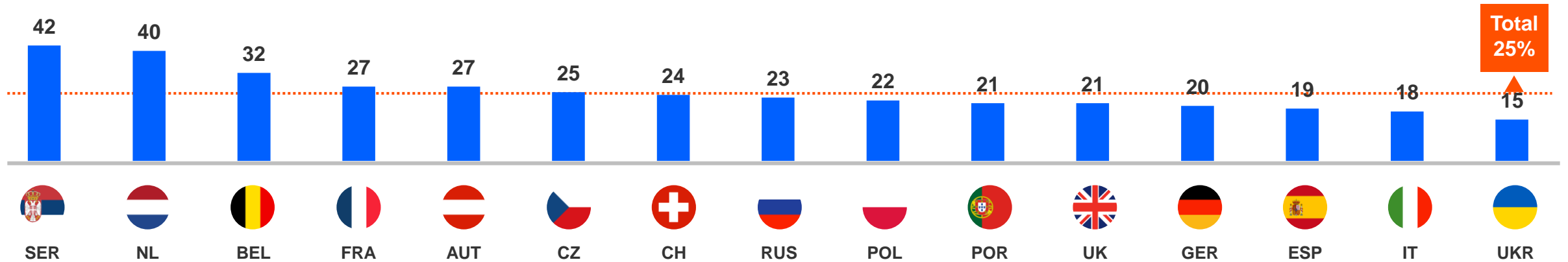


COVID-19 vaccinations were not available yet in first half of 2020. Please consider, when interpreting differences compared to previous wave.

One out of four across all countries state they have always been meticulous about hygiene

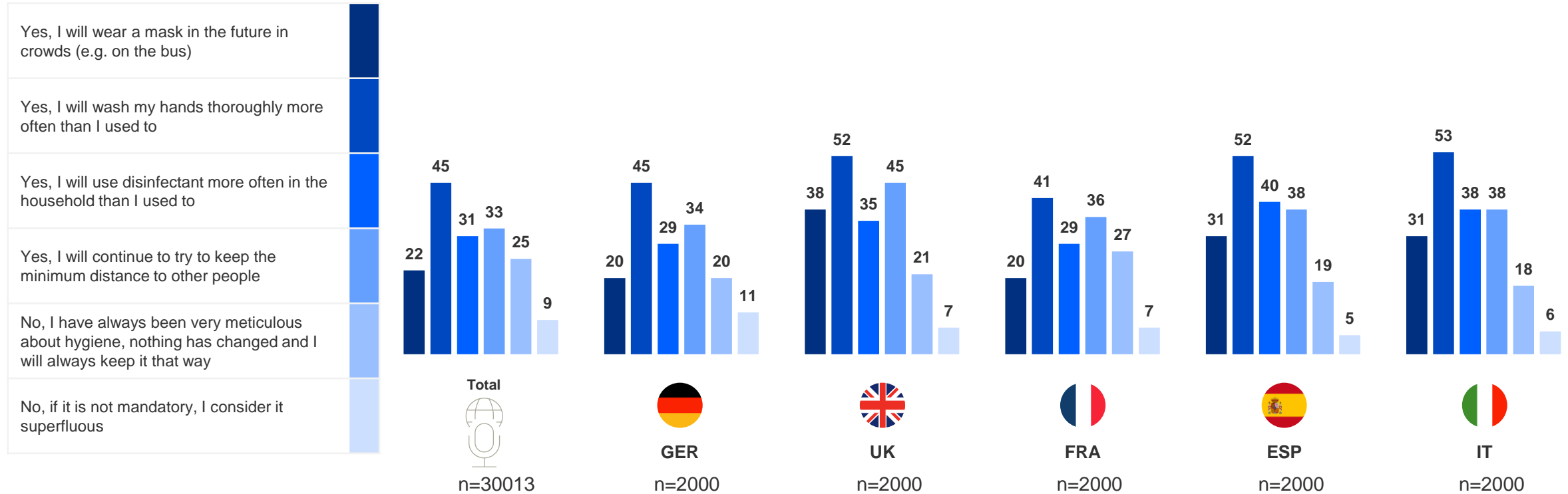
Q16. After the pandemic: Will you pay more attention to hygiene in the future? (multiple choice) Figures in %

Respondents, who mentioned that they have always been very meticulous about hygiene, nothing has changed and they will always keep it that way in the future



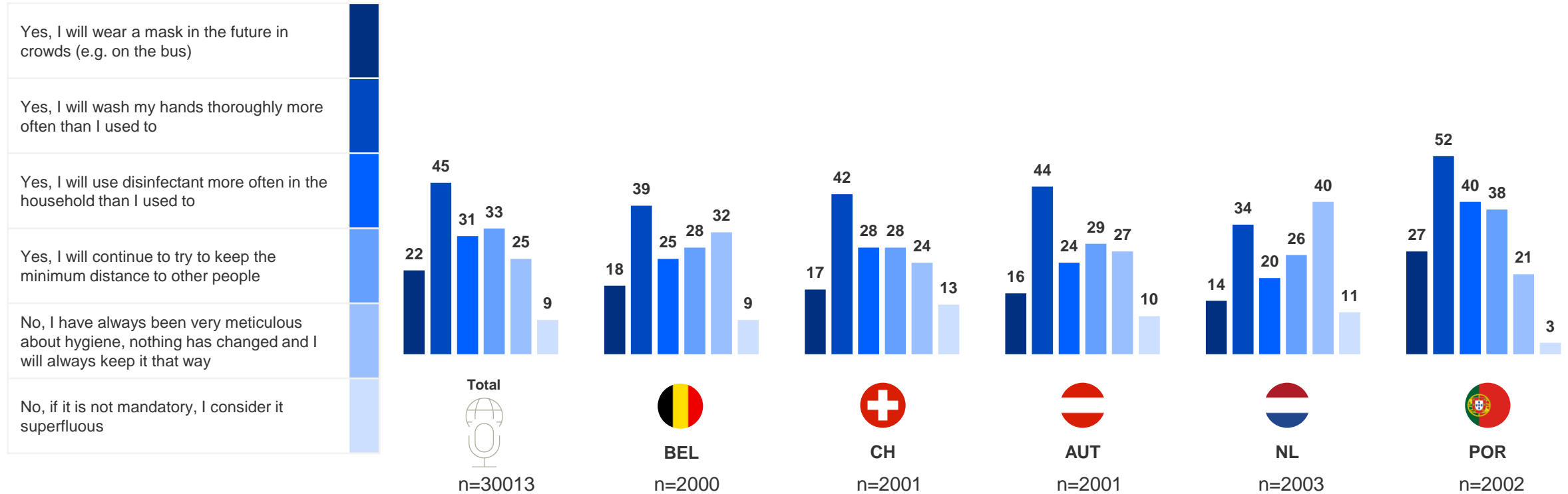
Future hygiene behaviour

Q16. After the pandemic: Will you pay more attention to hygiene in the future? (multiple choice) Figures in %



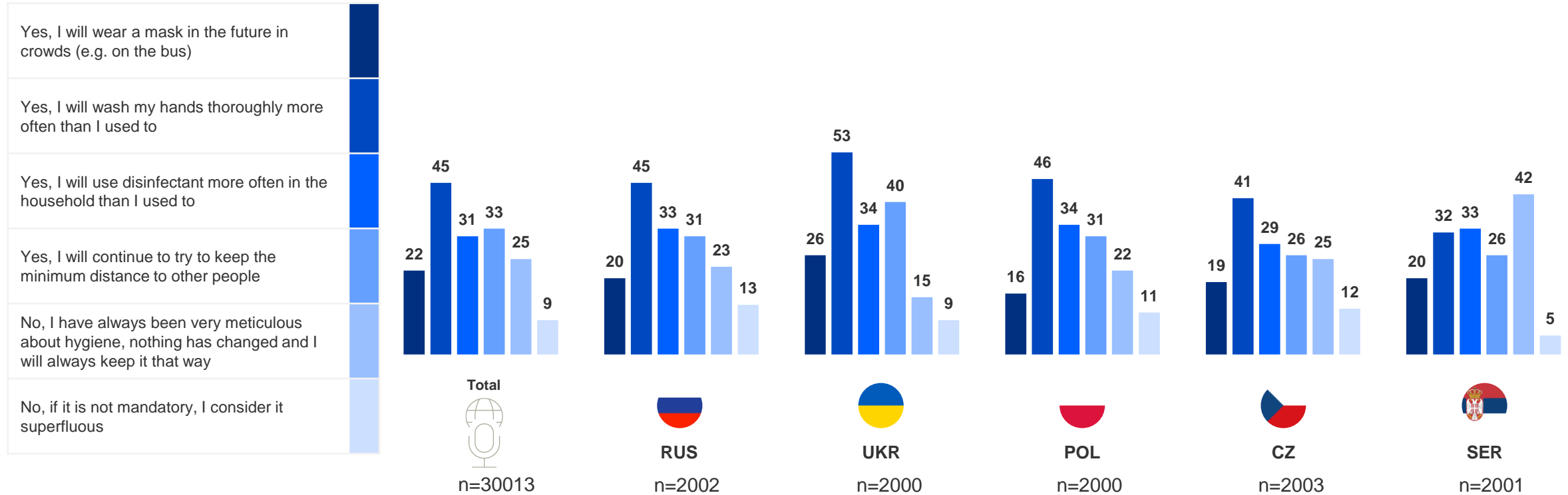
Future hygiene behaviour

Q16. After the pandemic: Will you pay more attention to hygiene in the future? (multiple choice) Figures in %



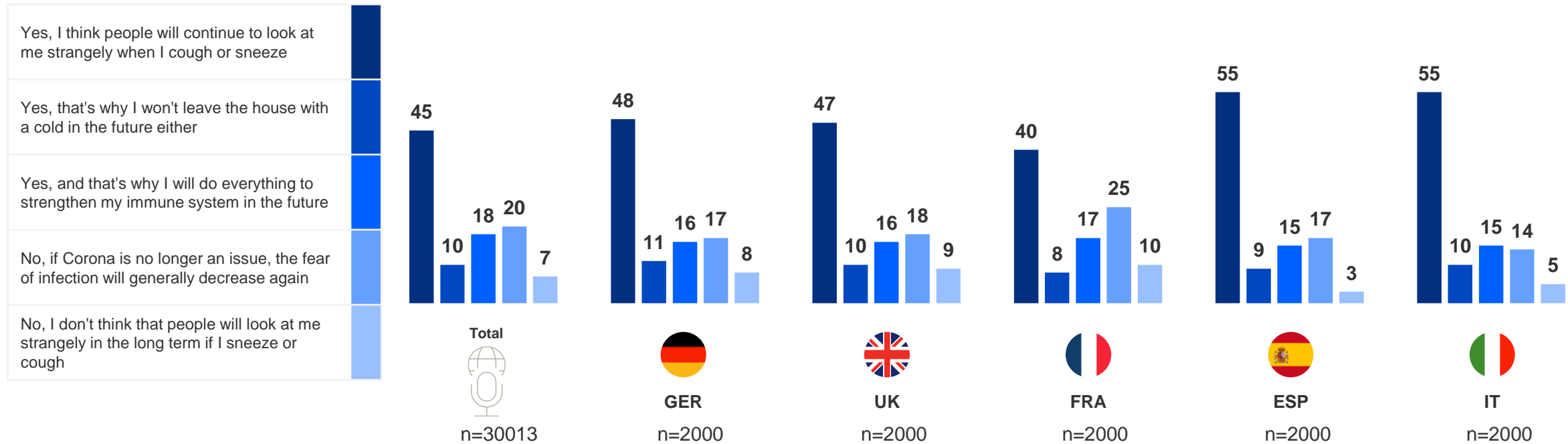
Future hygiene behaviour

Q16. After the pandemic: Will you pay more attention to hygiene in the future? (multiple choice) Figures in %



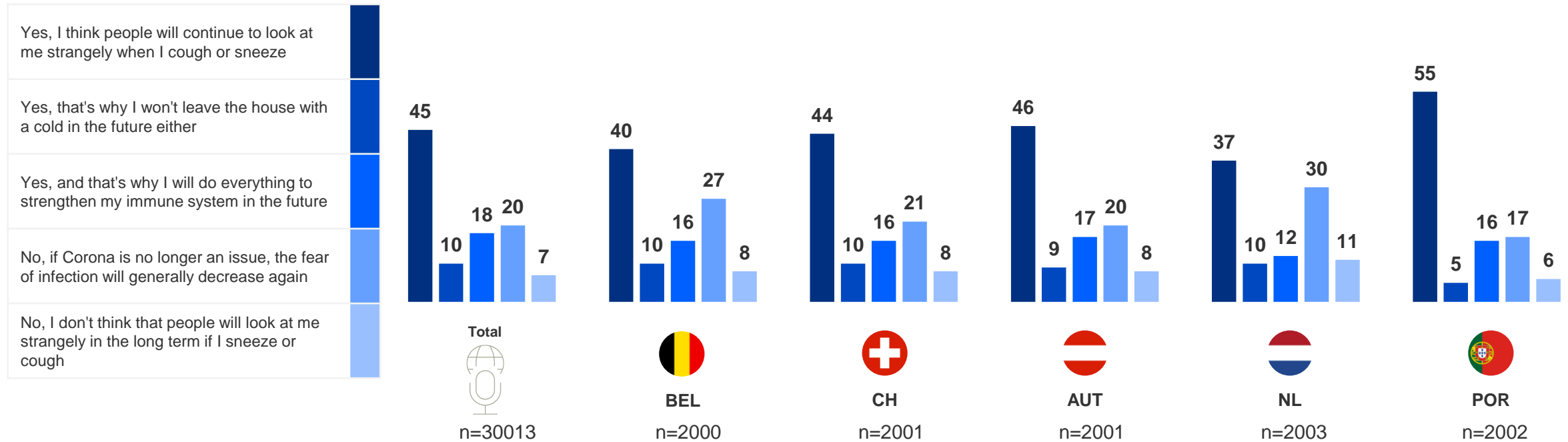
Sneezing and coughing as sensitive topics during the pandemic

Q17. Sneezing and coughing became much more of a sensitive topic during the pandemic because many people were afraid of catching Corona. Do you think that it will stay that way in 2021?
 (single answer) Figures in %



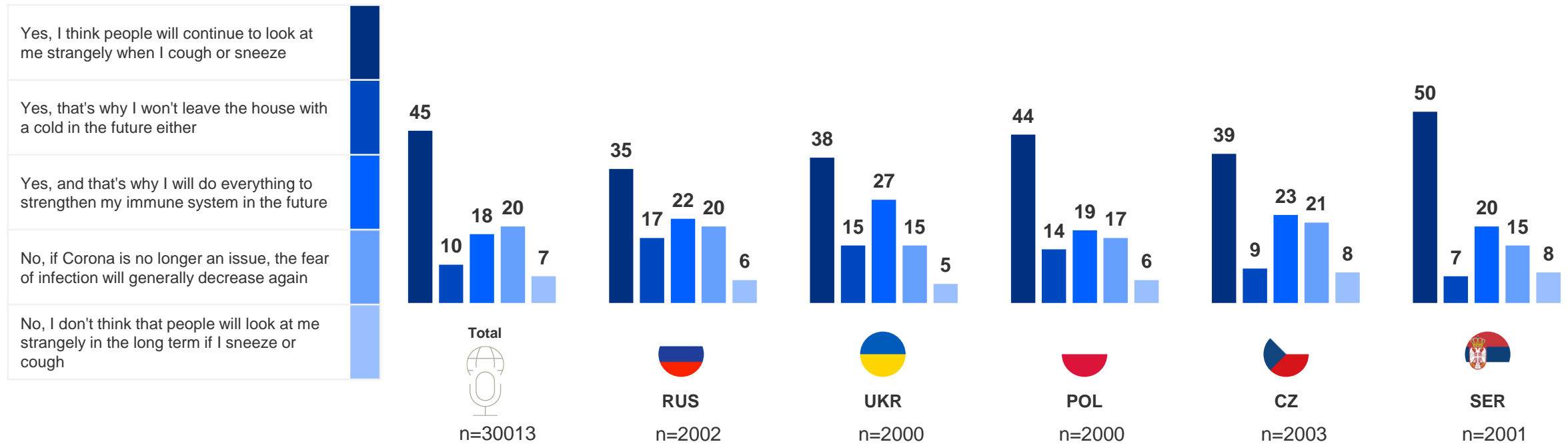
Sneezing and coughing as sensitive topics during the pandemic

Q17. Sneezing and coughing became much more of a sensitive topic during the pandemic because many people were afraid of catching Corona. Do you think that it will stay that way in 2021?
 (single answer) Figures in %



Sneezing and coughing as sensitive topics during the pandemic

Q17. Sneezing and coughing became much more of a sensitive topic during the pandemic because many people were afraid of catching Corona. Do you think that it will stay that way in 2021?
 (single answer) Figures in %



5

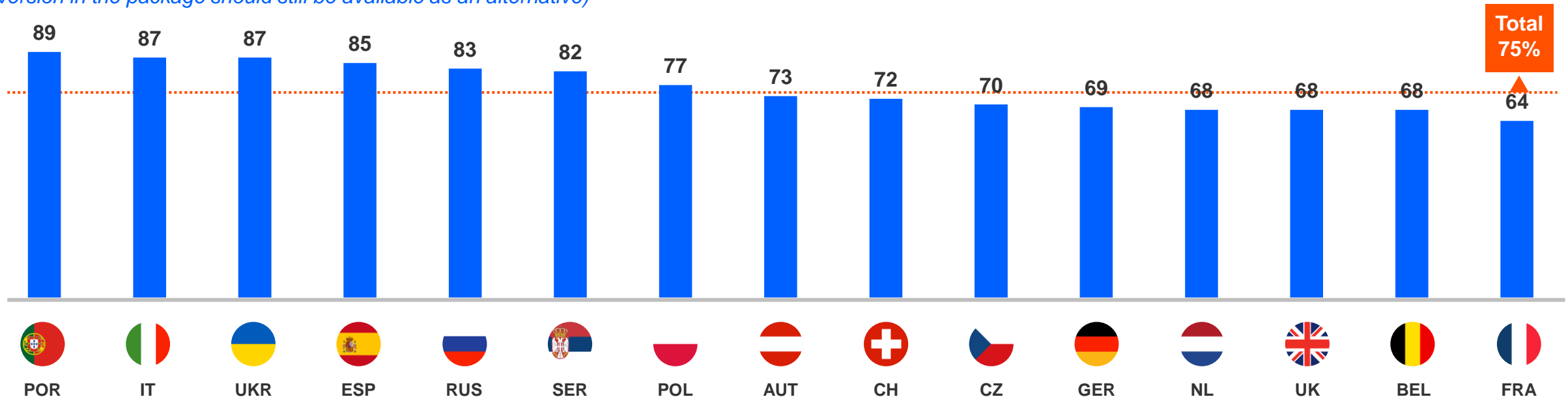
Medication



There is a high willingness to use an electronic product information leaflet across all countries

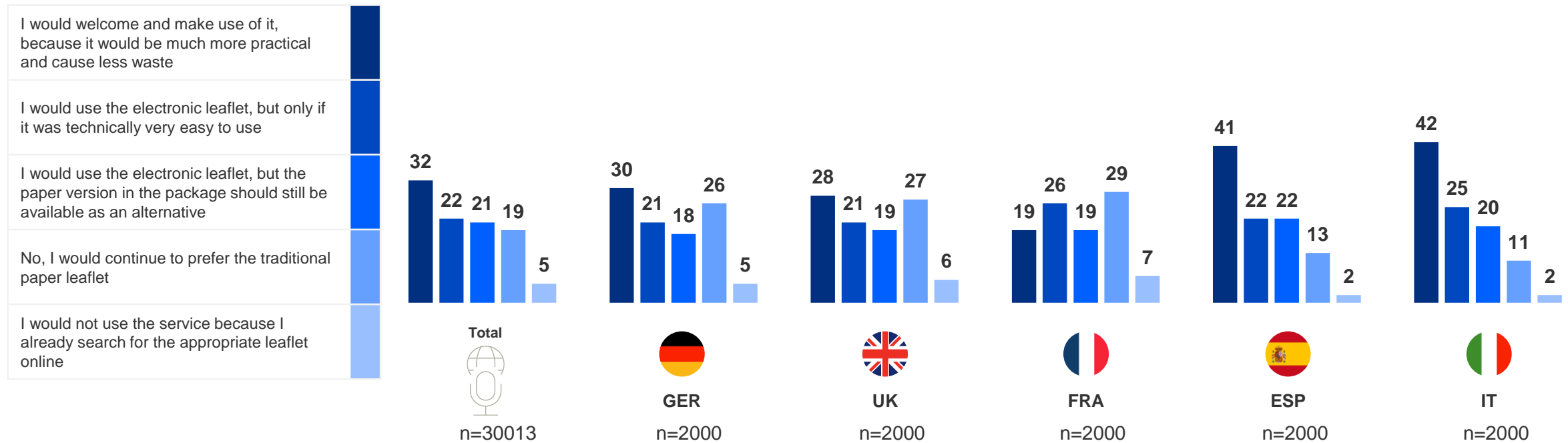
Q18. European authorities are considering offering electronic product information leaflets, e.g. by scanning a code on medicine packages. Would you use such a service? (single answer) Figures in %

Respondents, who would use an electronic product information leaflet offered by European authorities (I would welcome and make use of it, because it would be much more practical and cause less waste / I would use the electronic leaflet, but only if it was technically very easy to use / I would use the electronic leaflet, but the paper version in the package should still be available as an alternative)



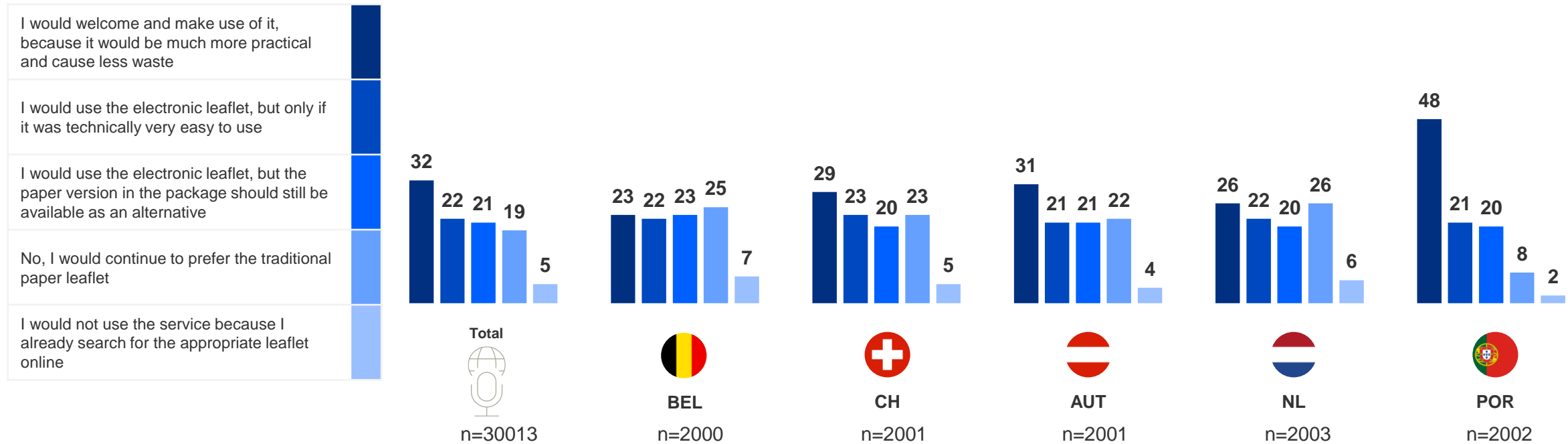
Electronic product information leaflets

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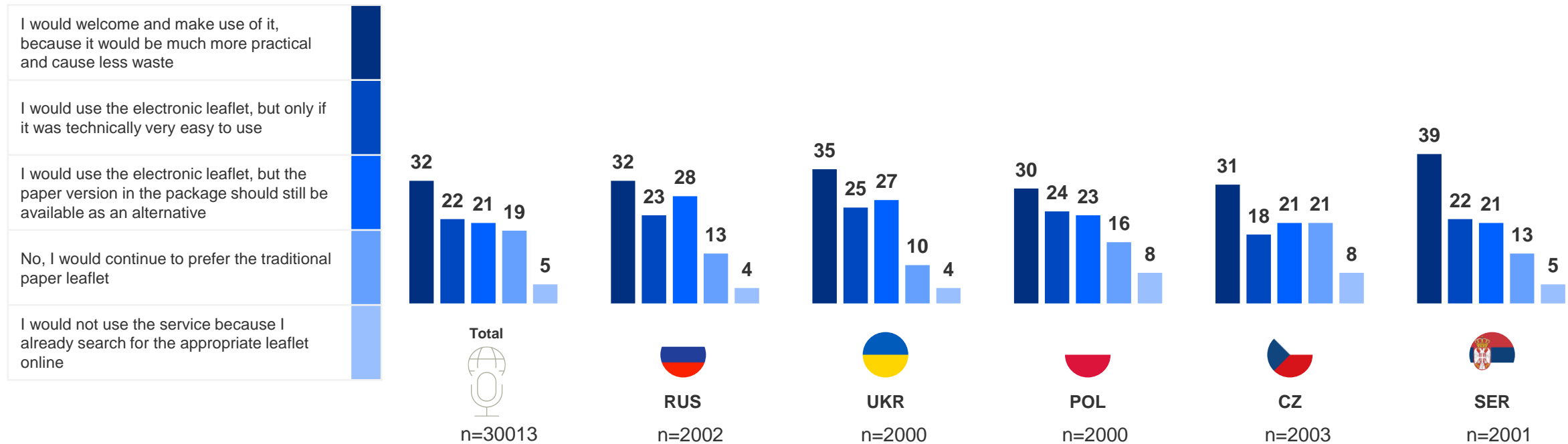
Electronic product information leaflets

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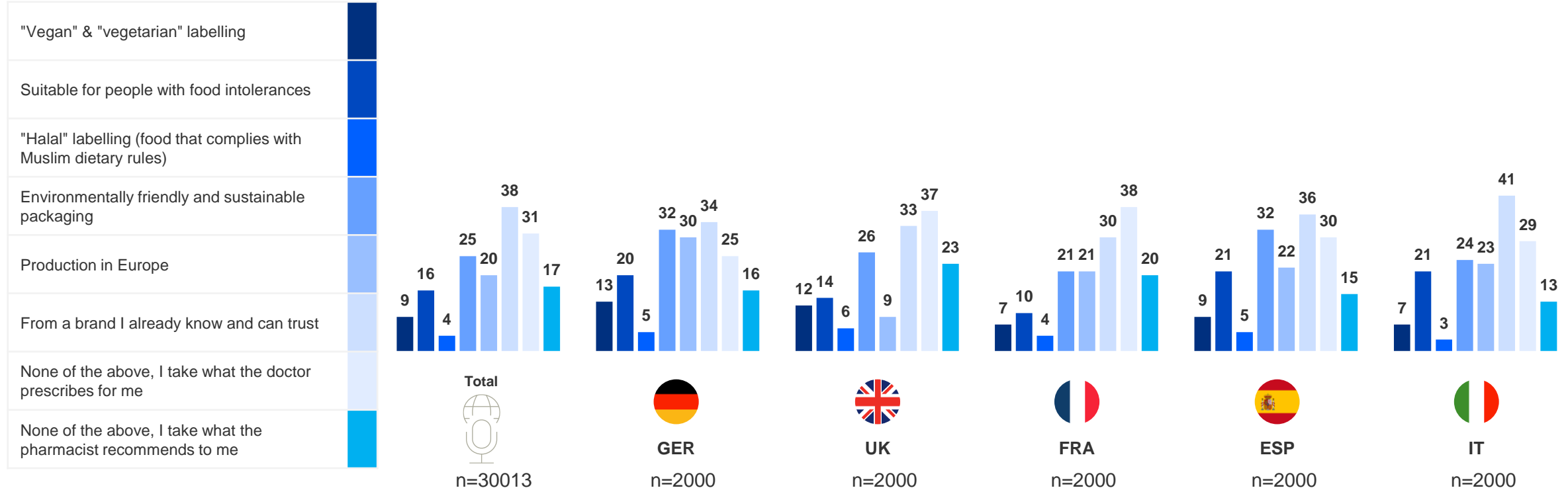
Electronic product information leaflets

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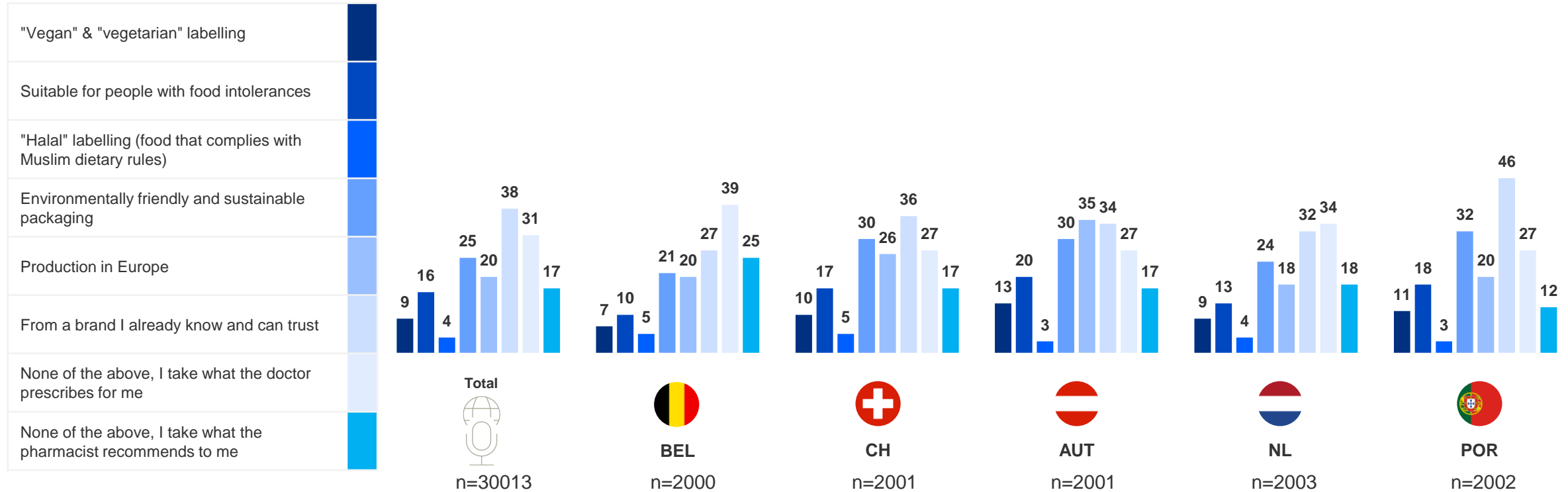
Important aspects when buying medicines and food supplements

Q19. What is particularly important to you when buying medicines and food supplements? (multiple choice) Figures in %



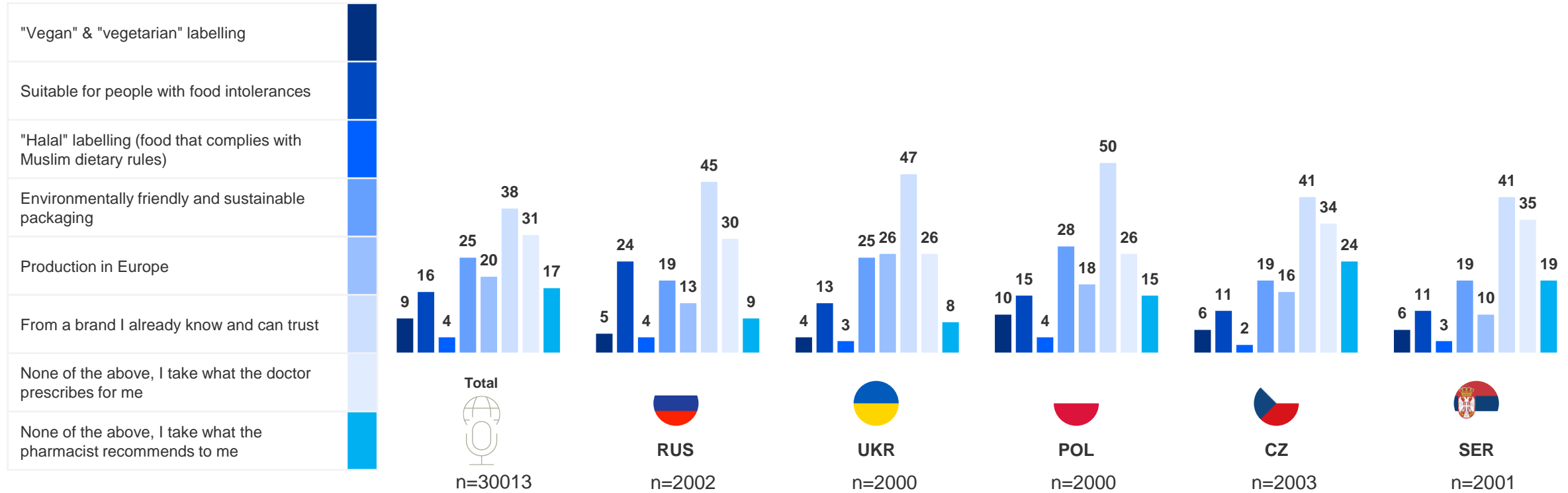
Important aspects when buying medicines and food supplements

Q19. What is particularly important to you when buying medicines and food supplements? (multiple choice) Figures in %



Important aspects when buying medicines and food supplements

Q19. What is particularly important to you when buying medicines and food supplements? (multiple choice) Figures in %



Depending on the country, respondents prefer different channels to buy OTC products – on average in a bricks-and-mortar pharmacy, a drugstore or in the supermarket

Q20. Where would you most likely buy over-the-counter medicines (e.g. cold remedies and painkillers) if you had the free choice? (single answer) Figures in %



In a bricks-and-mortar pharmacy



At the drugstore

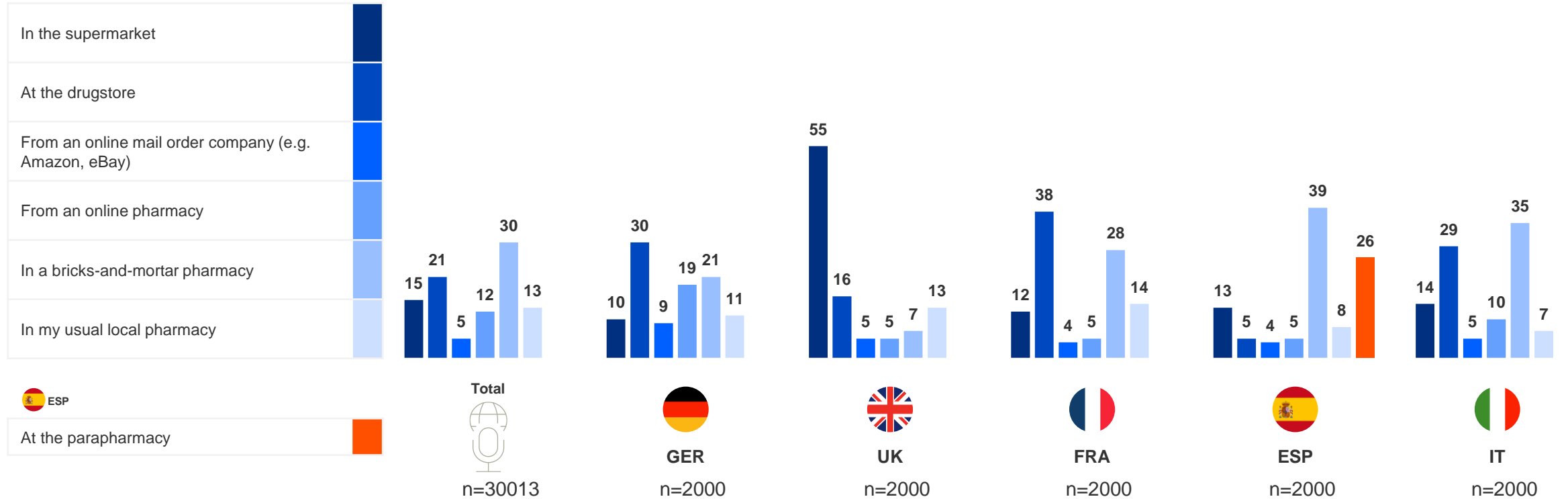


In the supermarket



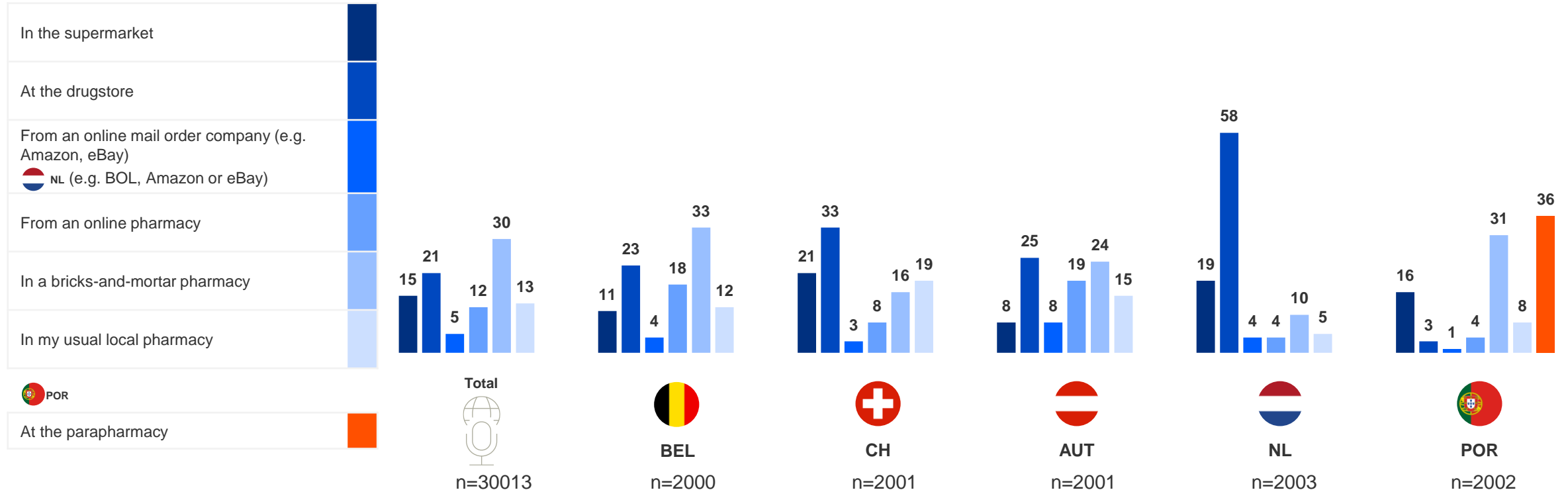
Preferred channels for buying OTC products

Q20. Where would you most likely buy over-the-counter medicines (e.g. cold remedies and painkillers) if you had the free choice? (single answer) Figures in %



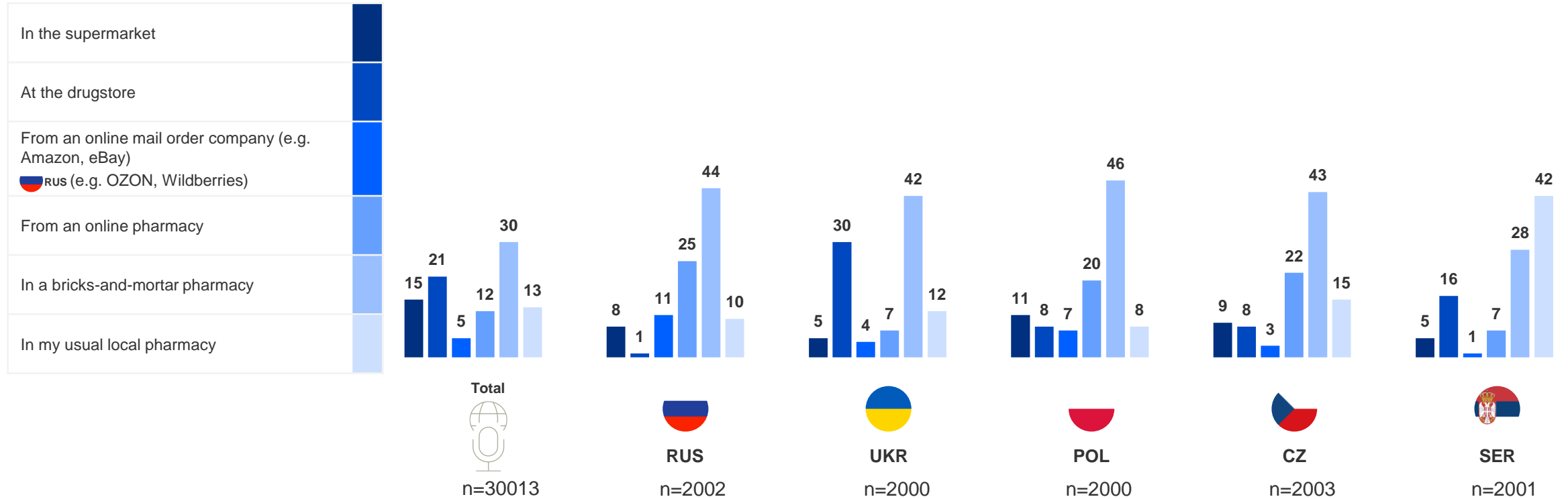
Preferred channels for buying OTC products

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Preferred channels for buying OTC products

Q20. Where would you most likely buy over-the-counter medicines (e.g. cold remedies and painkillers) if you had the free choice? (single answer) Figures in %



To find out more about medication intake, their interplay and side effects, respondents mainly read the package leaflet, ask a pharmacist or their doctor

Q21. Where do you look for information on medication intake, their interplay and side effects? (multiple choice) Figures in %

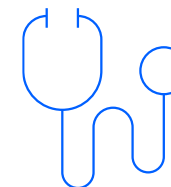
Package leaflet



At the pharmacy

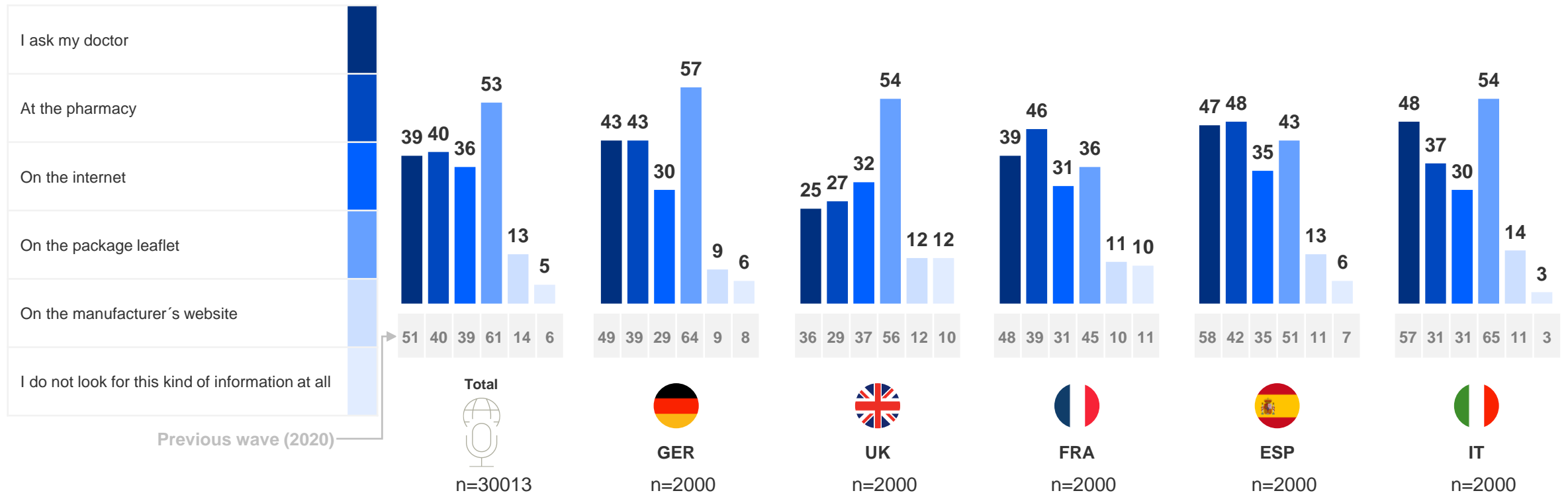


Asking the doctor



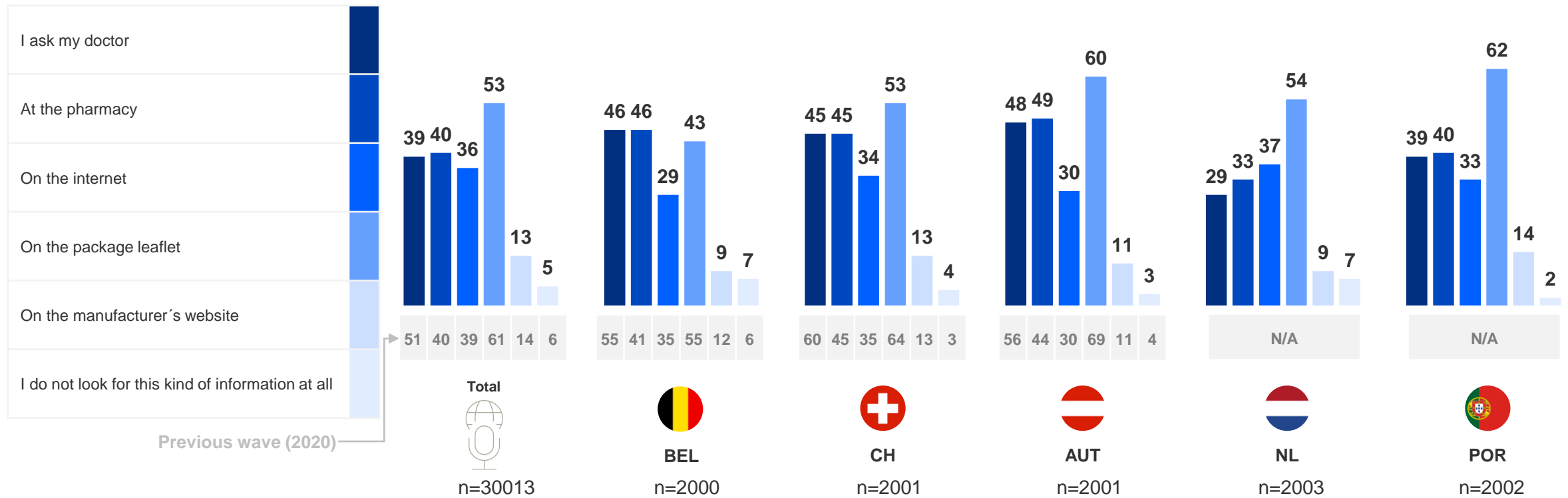
Information sources for medication intake, interplay and side effects

Q21. Where do you look for information on medication intake, their interplay and side effects? (multiple choice) Figures in %



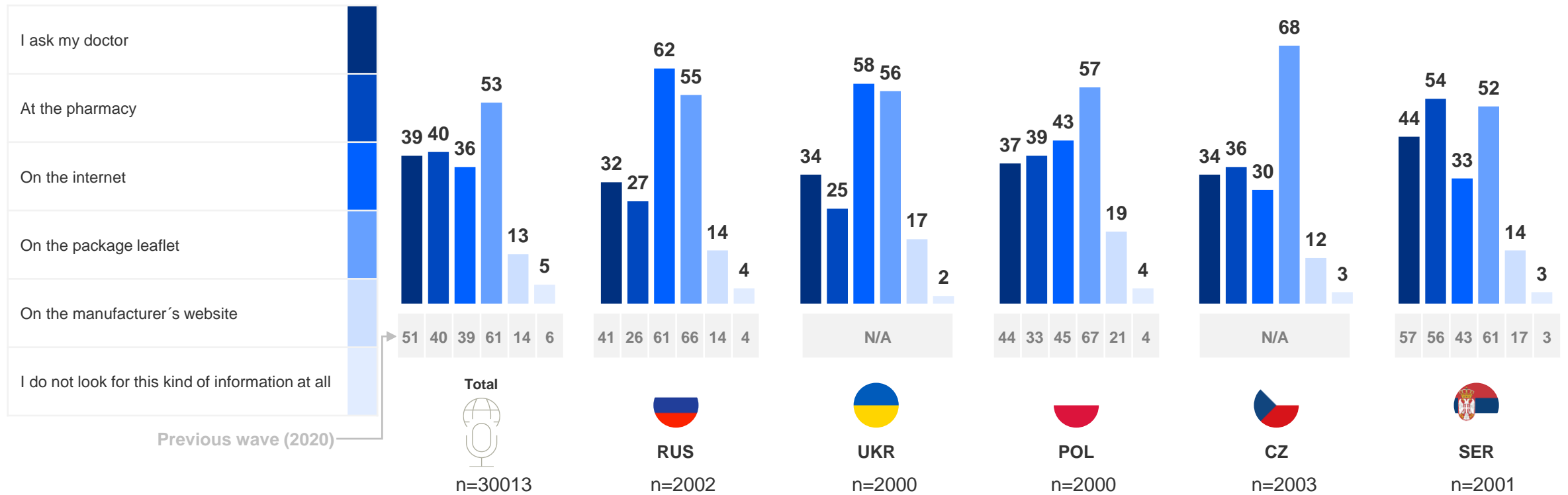
Information sources for medication intake, interplay and side effects

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Information sources for medication intake, interplay and side effects

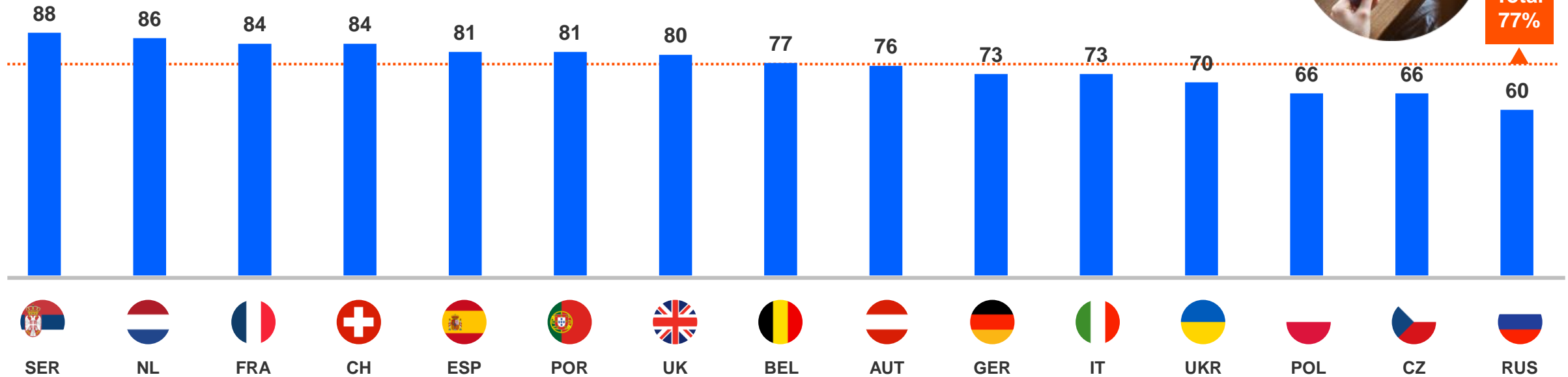
Q21. Where do you look for information on medication intake, their interplay and side effects? (multiple choice) Figures in %



Online order of OTC products did not increase much, particularly in Serbia, the Netherlands, France and Switzerland

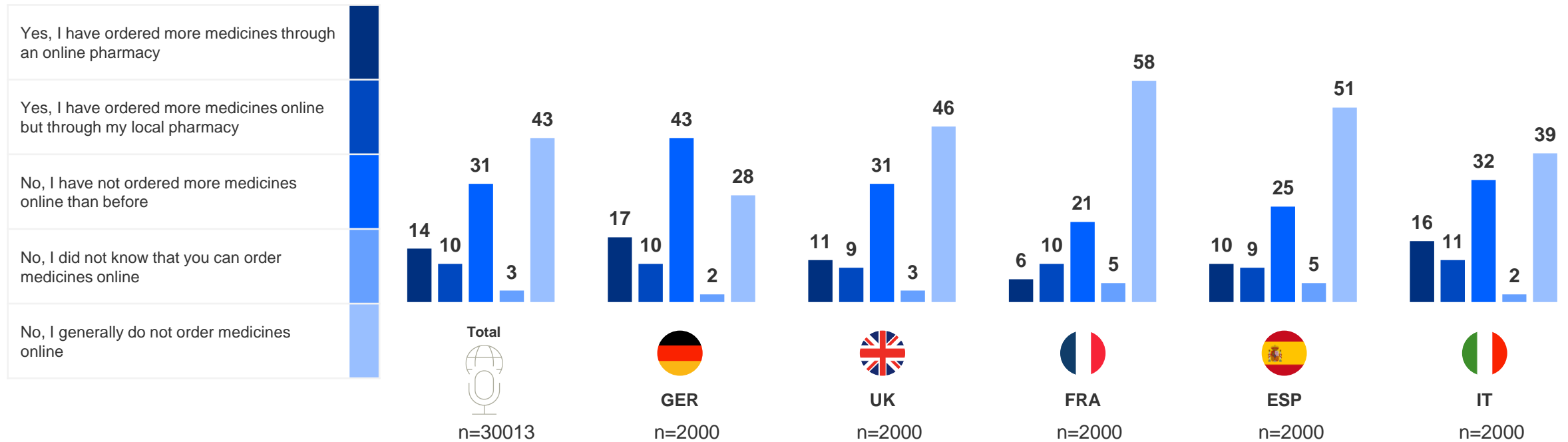
Q22. Have you ordered more over-the-counter medicines online compared to previous years? (single answer) Figures in %

Respondents, who have NOT ordered more OTC products online compared to previous years (no, I have not ordered more medicines online than before / no, I did not know that you can order medicines online / no, I generally do not order medicines online)



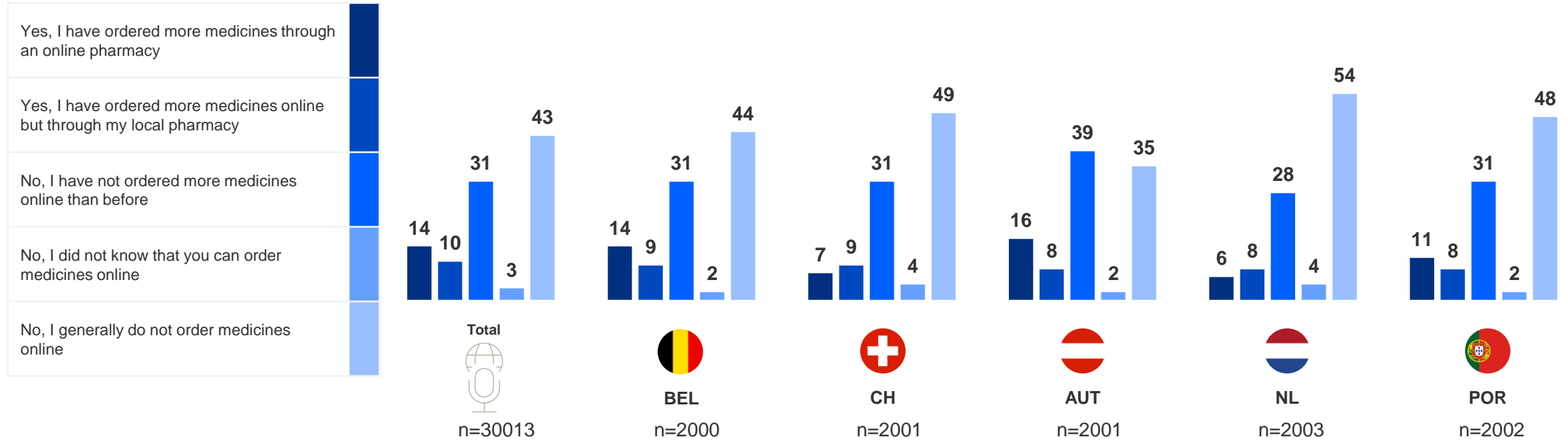
Ordering OTC medicines online

Q22. Have you ordered more over-the-counter medicines online compared to previous years? (single answer) Figures in %



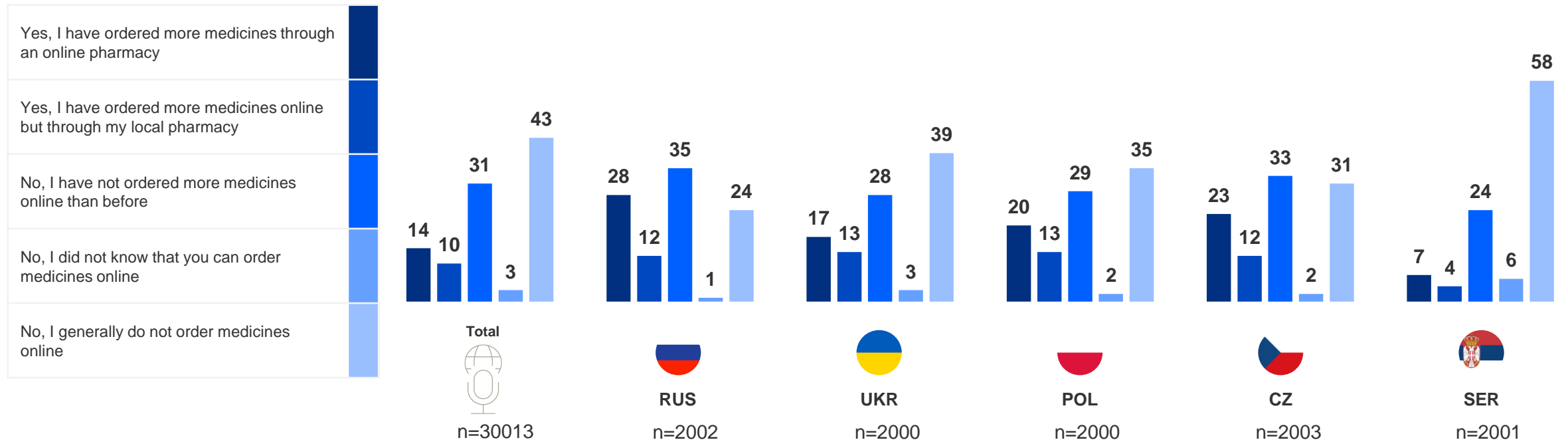
Ordering OTC medicines online

Q22. Have you ordered more over-the-counter medicines online compared to previous years? (single answer) Figures in %



Ordering OTC medicines online

Q22. Have you ordered more over-the-counter medicines online compared to previous years? (single answer) Figures in %



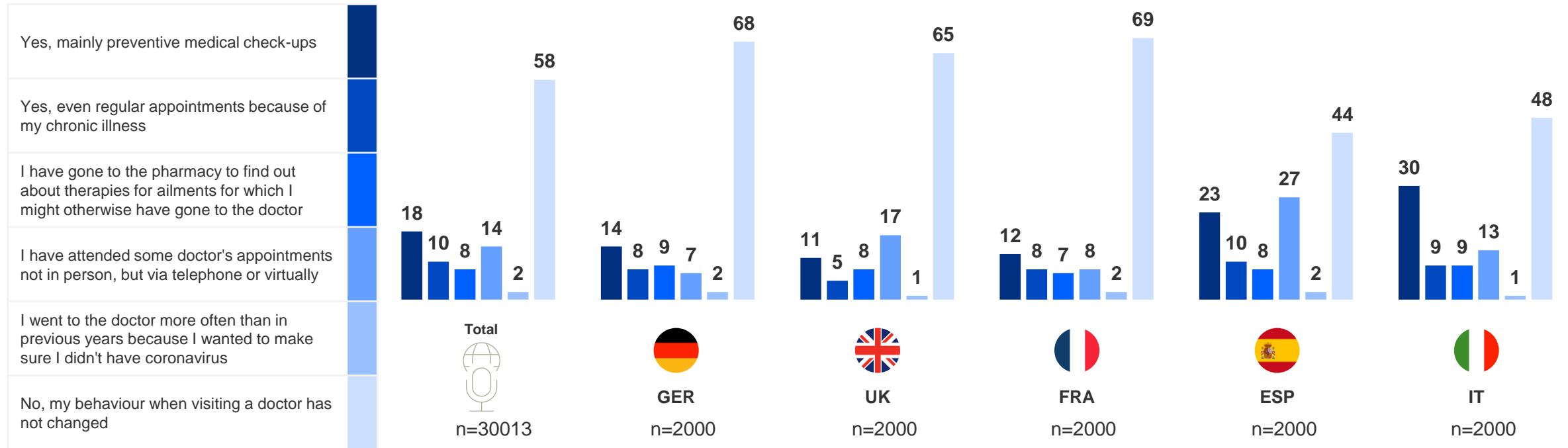
6

Chronic diseases



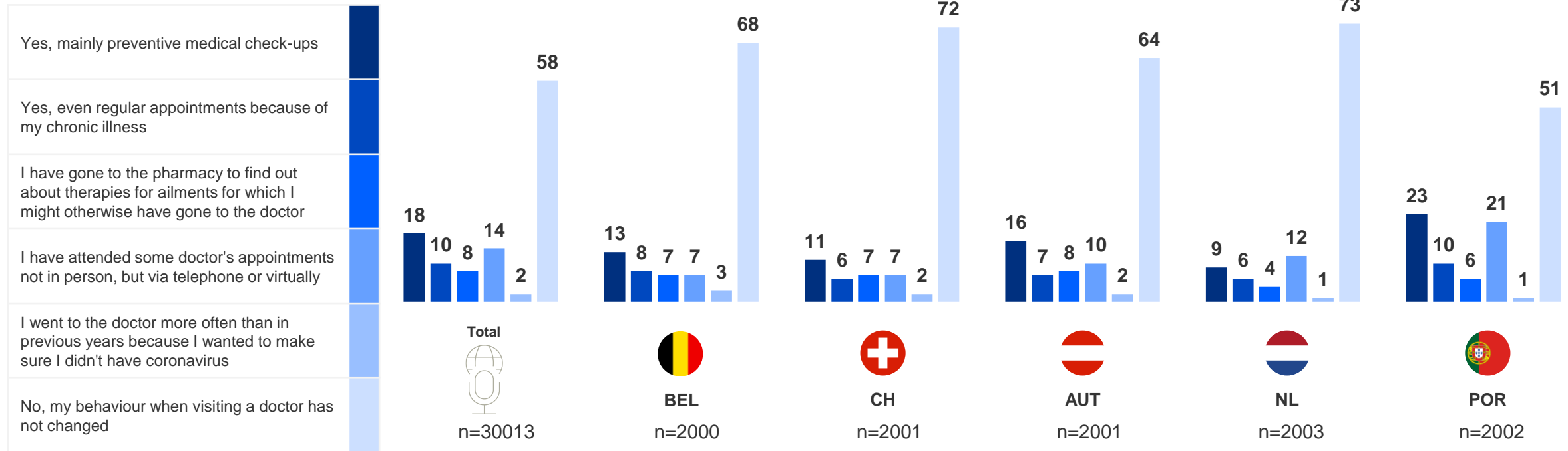
Impact of the pandemic on doctor's appointments

Q23. Have you cancelled or postponed doctor's appointments in the past few months because of contact restrictions or fear of infection? (multiple choice) Figures in %



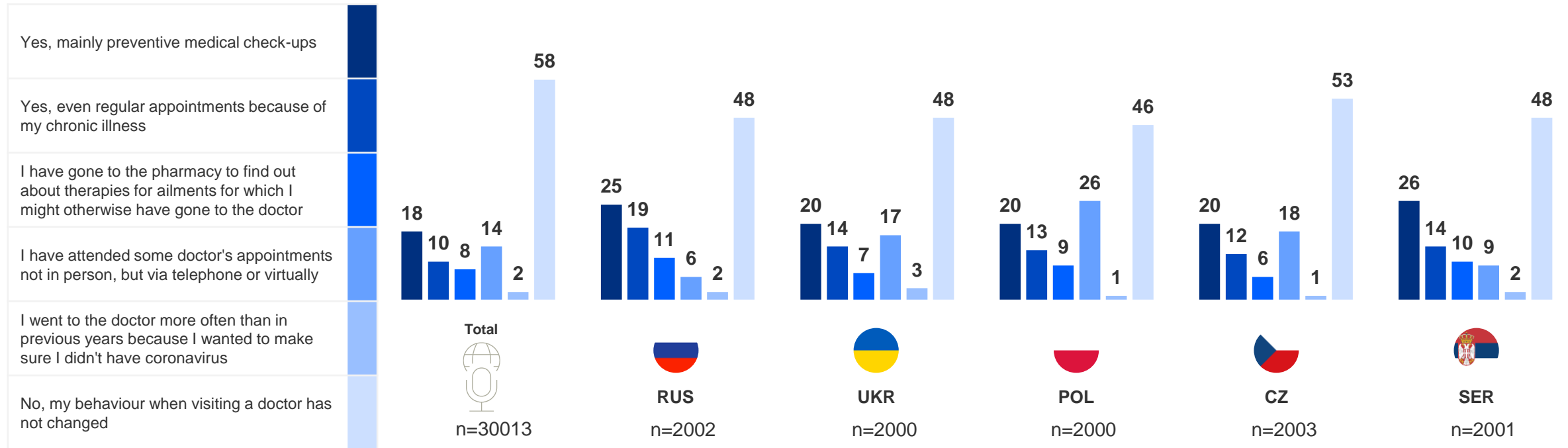
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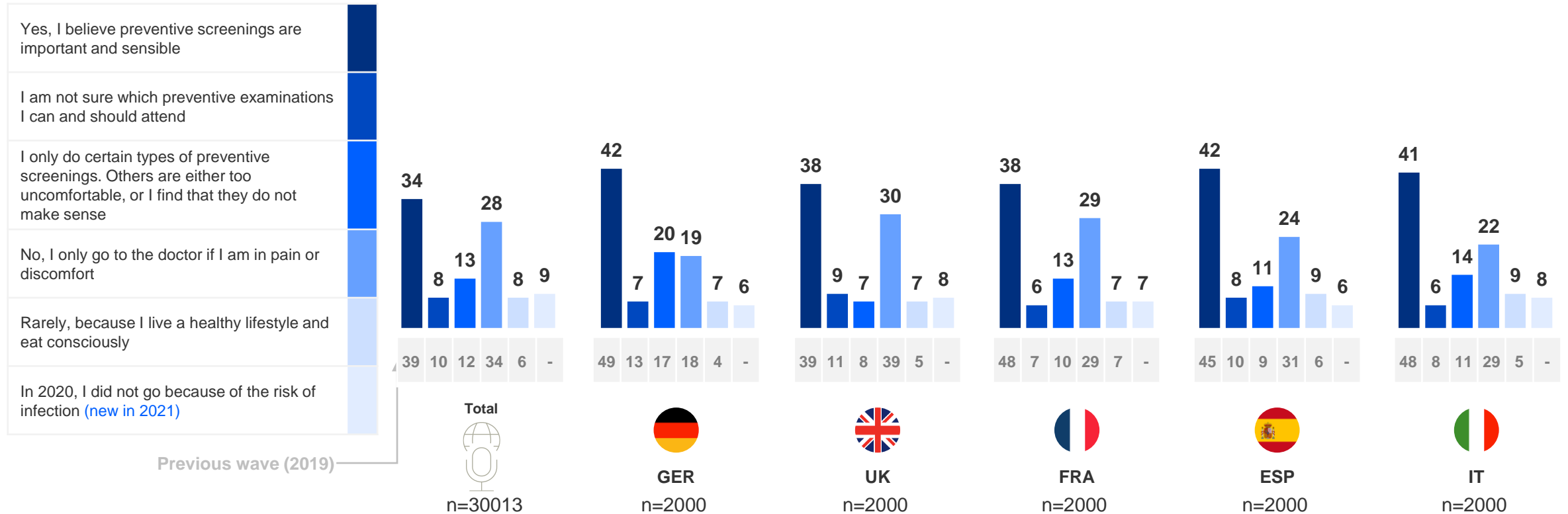
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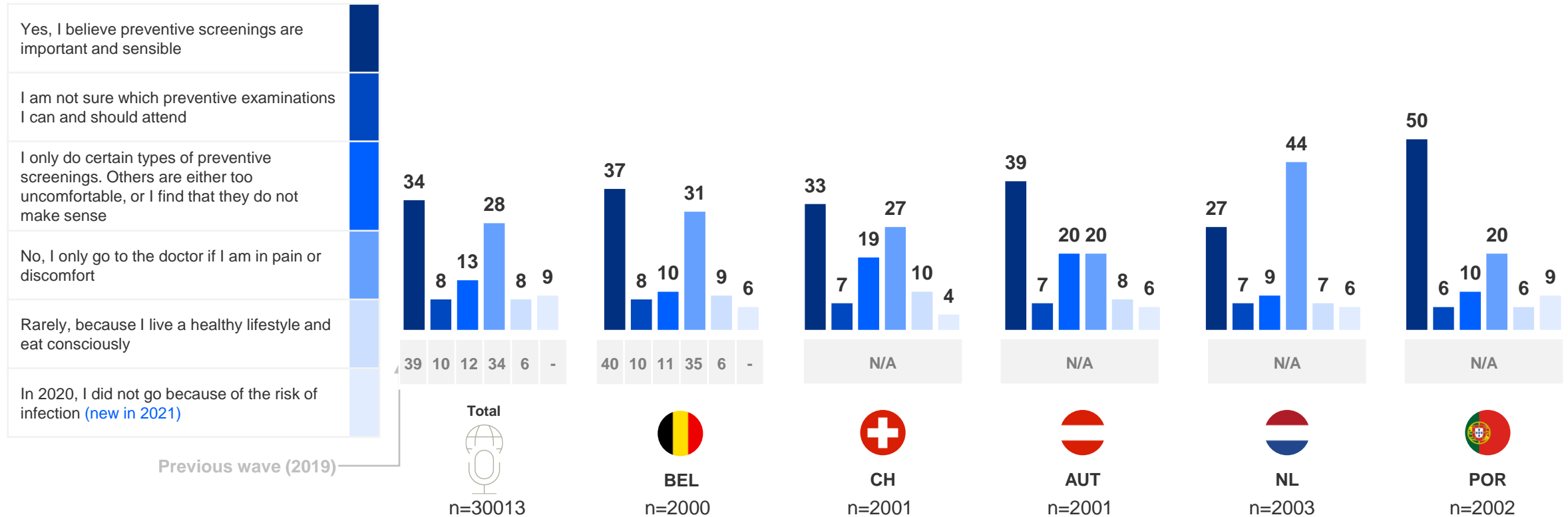
Attending health screenings for breast, skin, colon or prostate cancer

Q24. Do you regularly attend preventive health screenings for breast, skin, colon or prostate cancer? (multiple choice) Figures in %



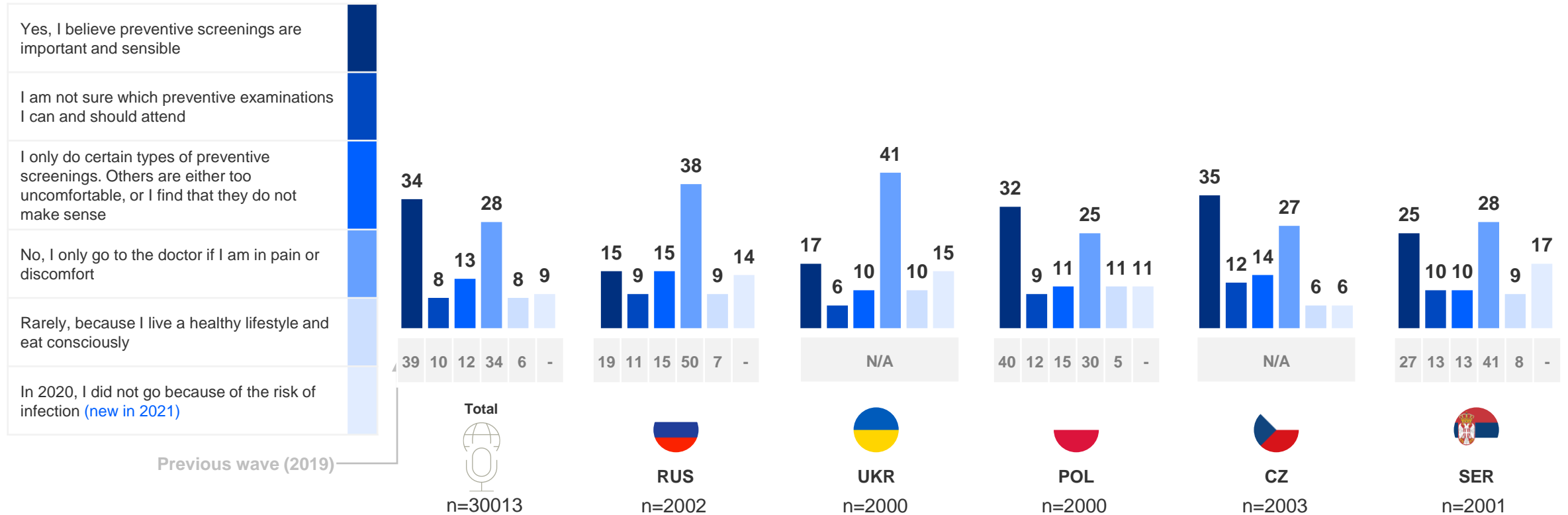
Attending health screenings for breast, skin, colon or prostate cancer

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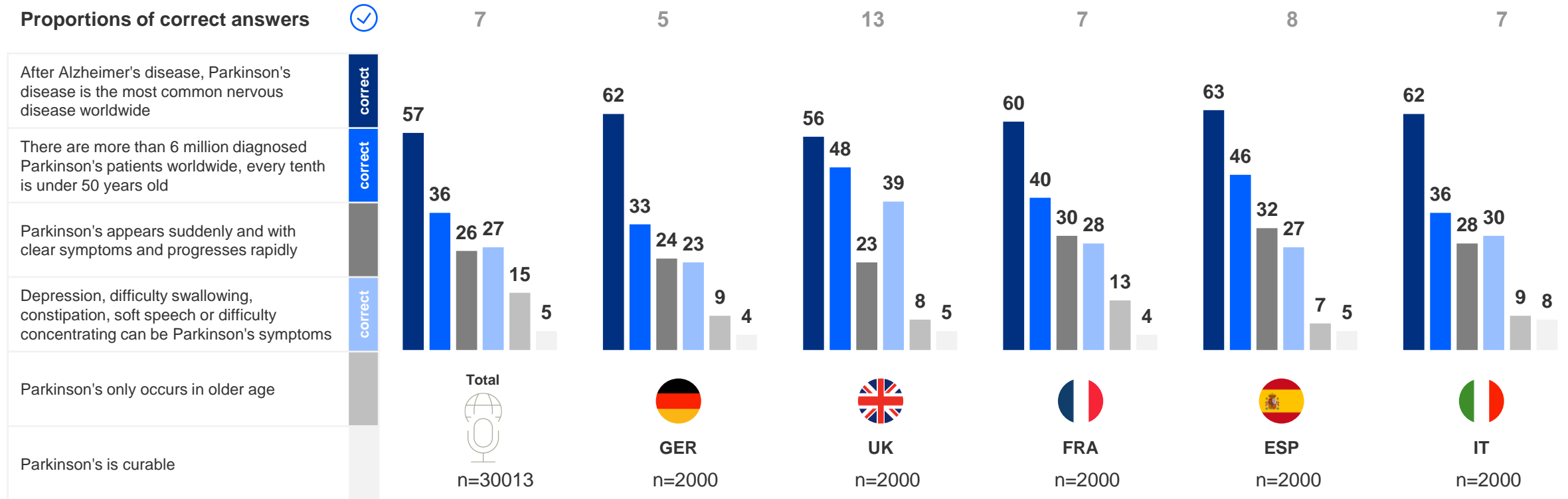
Attending health screenings for breast, skin, colon or prostate cancer

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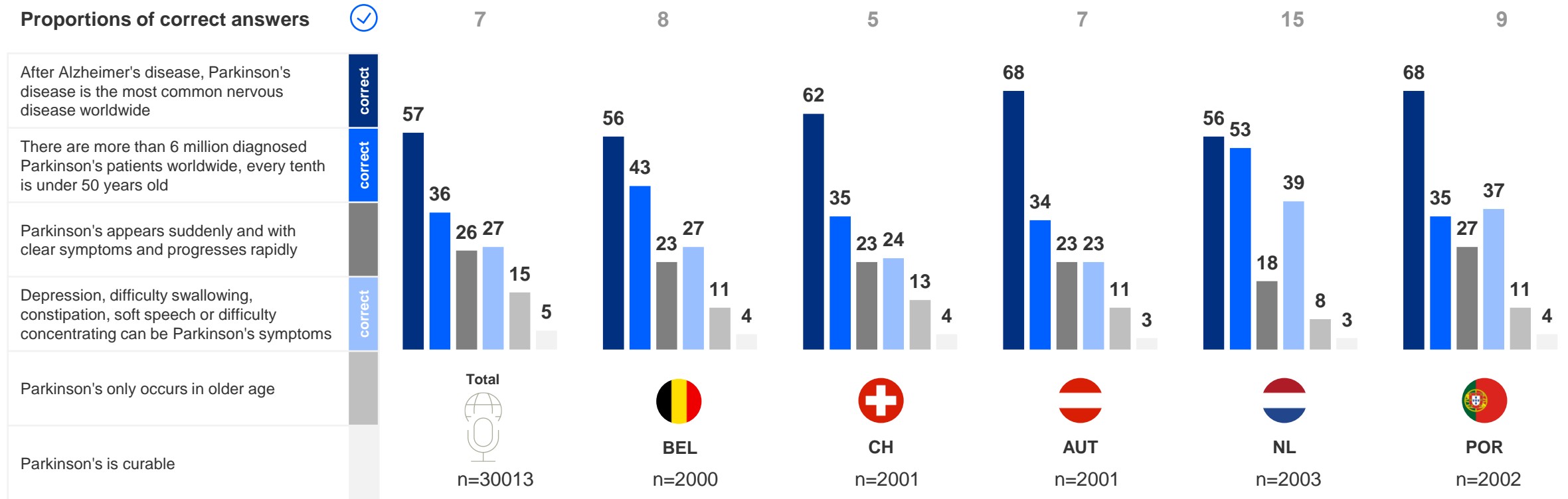
Awareness of Parkinson's disease

Q25. Which statements about Parkinson's disease are true? (multiple choice) Figures in %



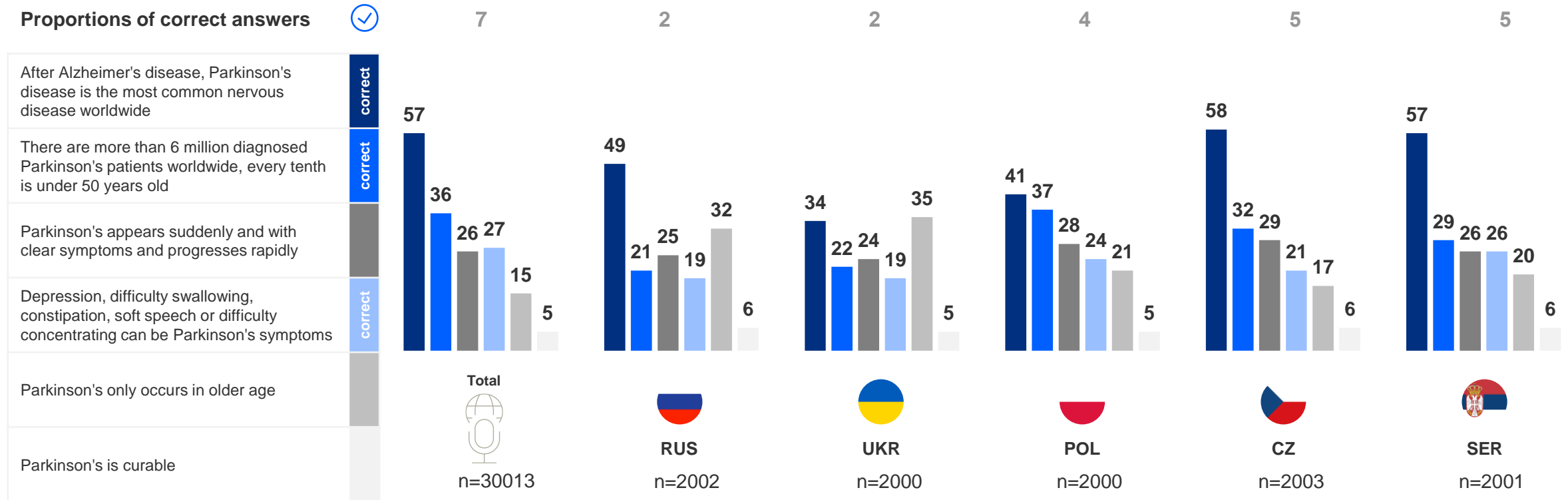
Awareness of Parkinson's disease

Q25. Which statements about Parkinson's disease are true? (multiple choice) Figures in %



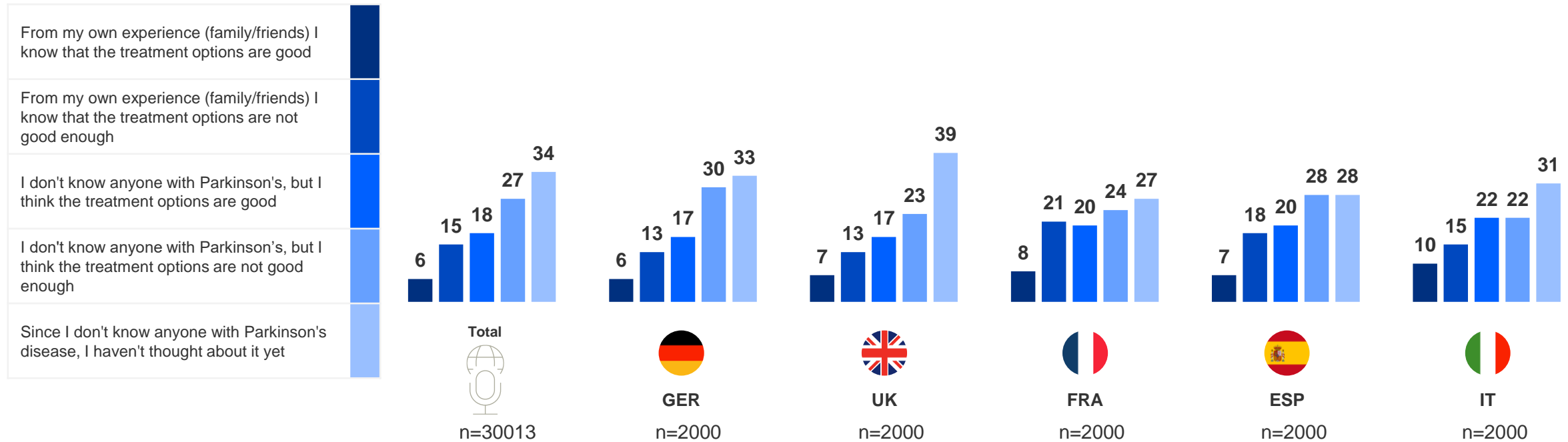
Awareness of Parkinson's disease

Q25. Which statements about Parkinson's disease are true? (multiple choice) Figures in %



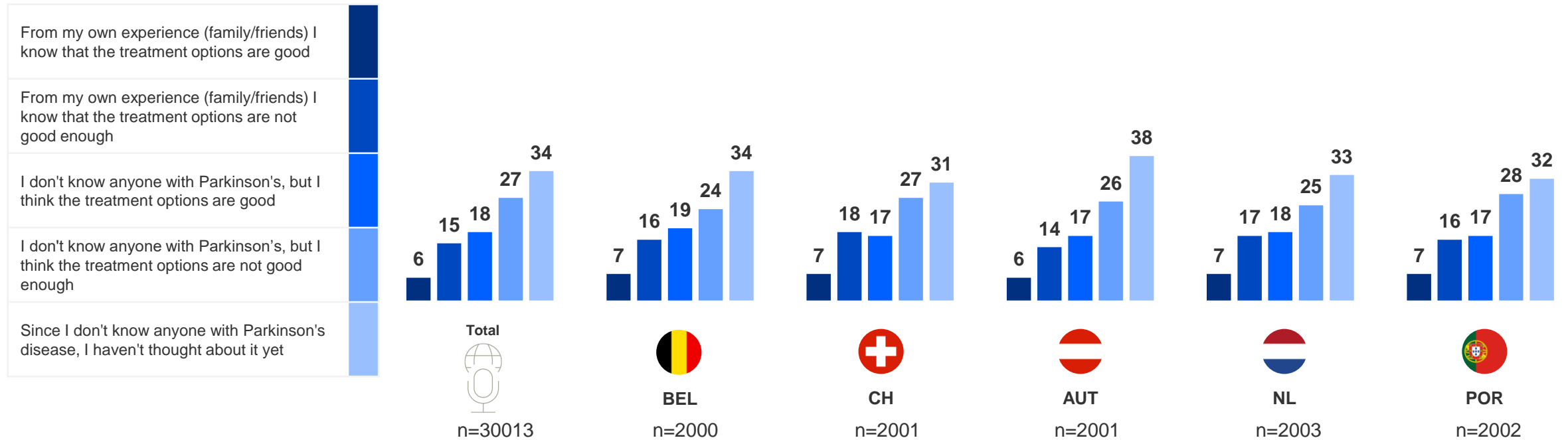
Knowledge of treatment options for Parkinson's disease

Q26. What do you know about treatment options for Parkinson's disease? (single answer) Figures in %



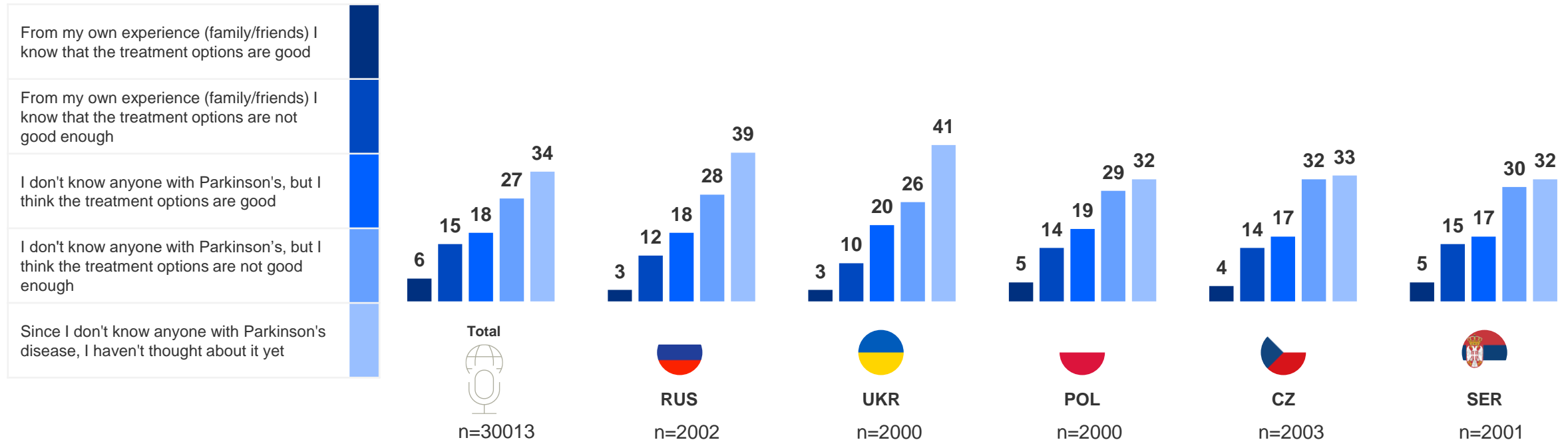
Knowledge of treatment options for Parkinson's disease

Q26. What do you know about treatment options for Parkinson's disease? (single answer) Figures in %



Knowledge of treatment options for Parkinson's disease

Q26. What do you know about treatment options for Parkinson's disease? (single answer) Figures in %



7

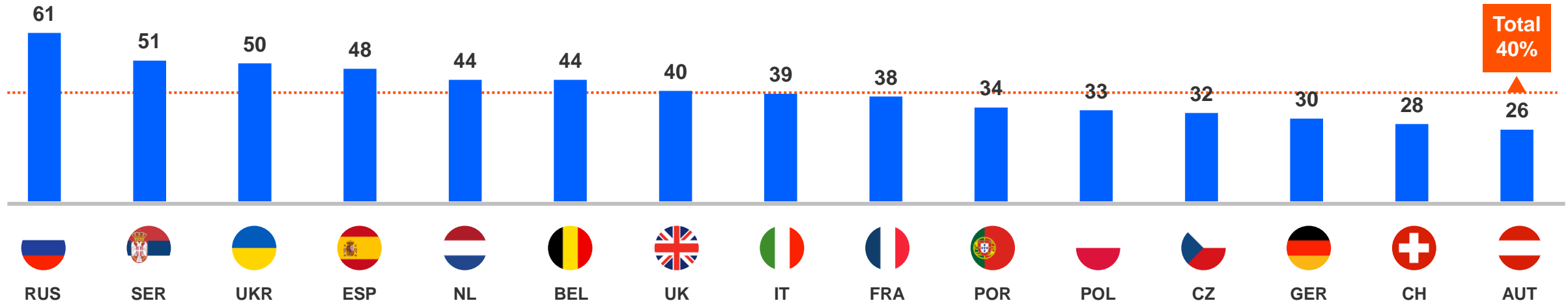
Medical cannabis / CBD



The knowledge of medical cannabis is especially low in Russia

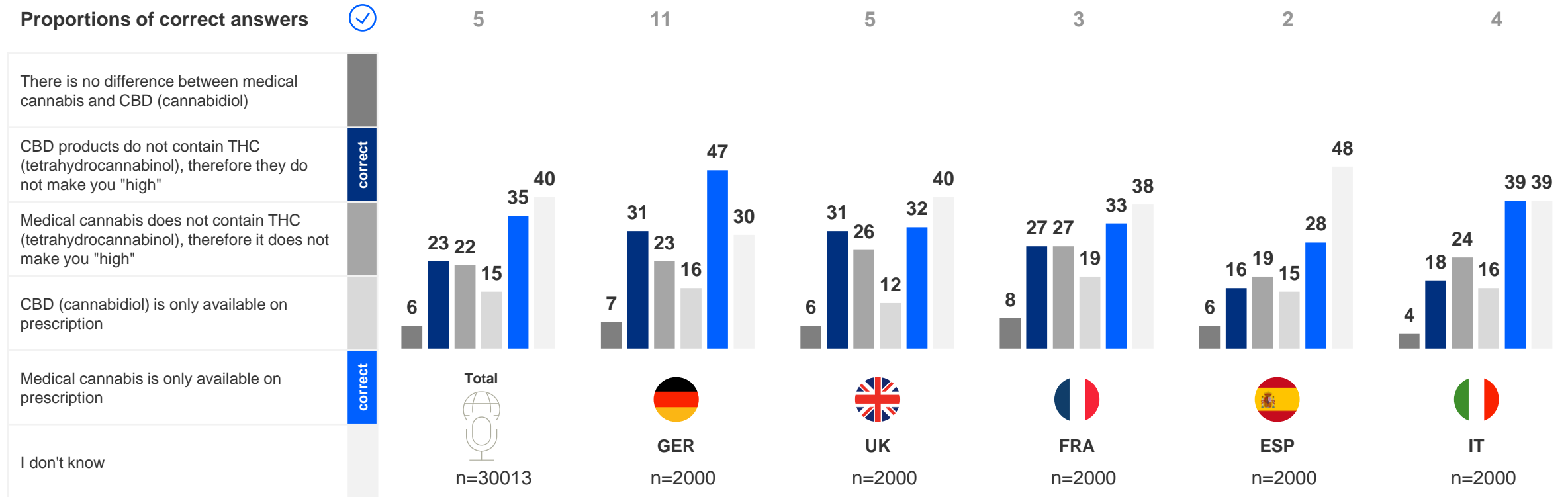
Q27. Which of the following statements about medical cannabis and CBD (cannabidiol) are correct? (multiple choice) Figures in %

Respondents, who don't know which statements about medical cannabis and CBD are correct



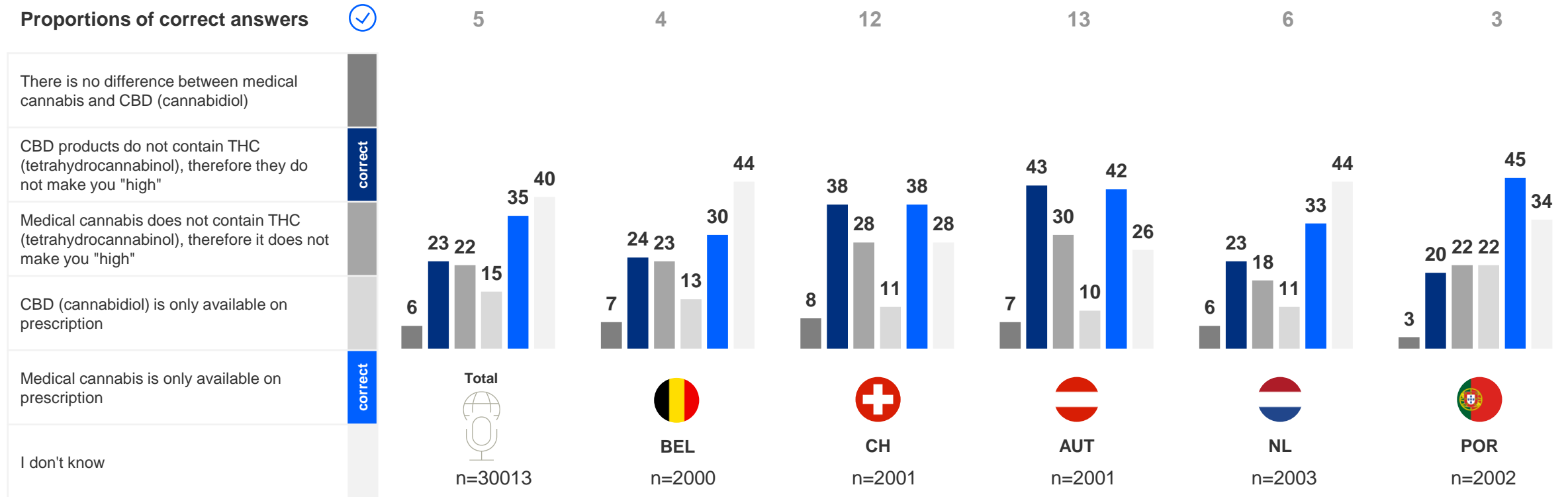
Knowledge of medical cannabis and CBD

Q27. Which of the following statements about medical cannabis and CBD (cannabidiol) are correct? (multiple choice) Figures in %



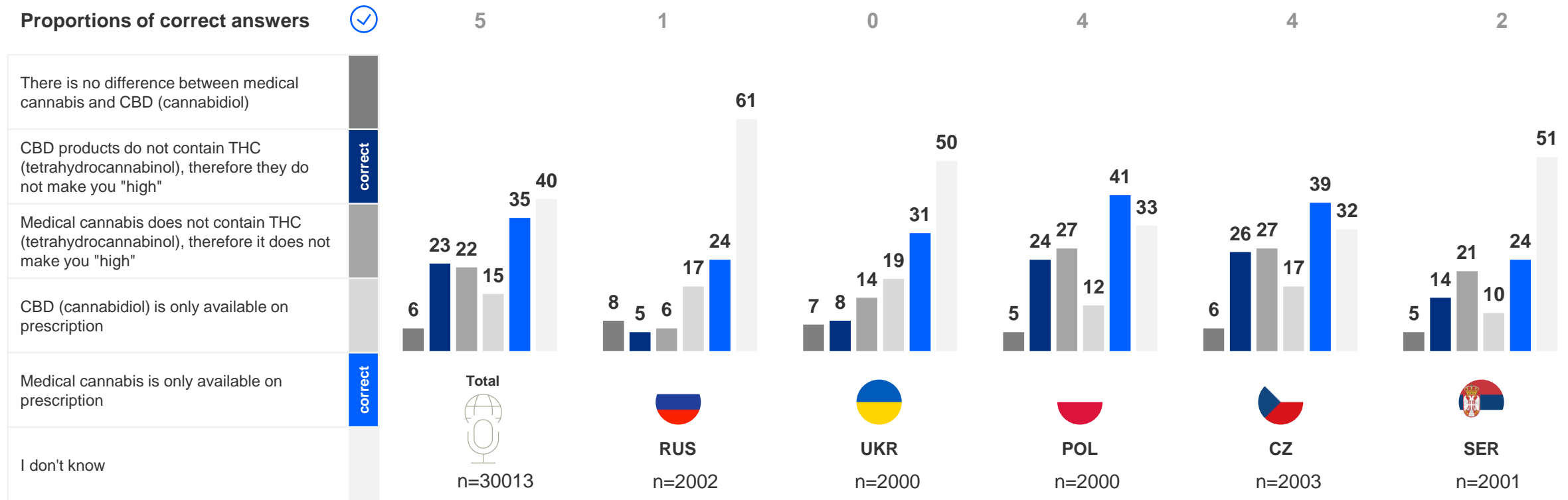
Knowledge of medical cannabis and CBD

Q27. Which of the following statements about medical cannabis and CBD (cannabidiol) are correct? (multiple choice) Figures in %



Knowledge of medical cannabis and CBD

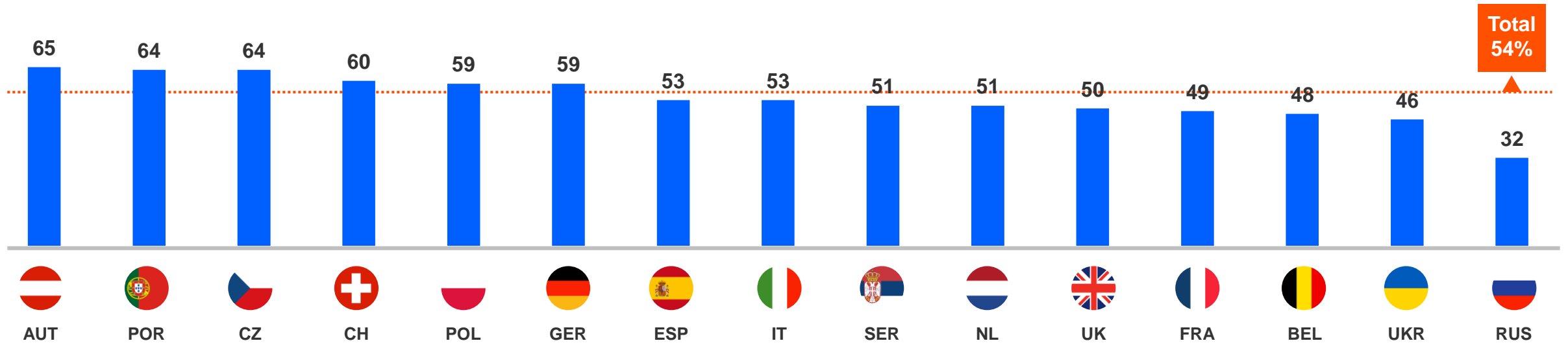
Q27. Which of the following statements about medical cannabis and CBD (cannabidiol) are correct? (multiple choice) Figures in %



Positive attitude for medical cannabis if it is prescribed by doctors for pain

Q28. How do you feel about medical cannabis being prescribed by doctors for pain? (single answer) Figures in %

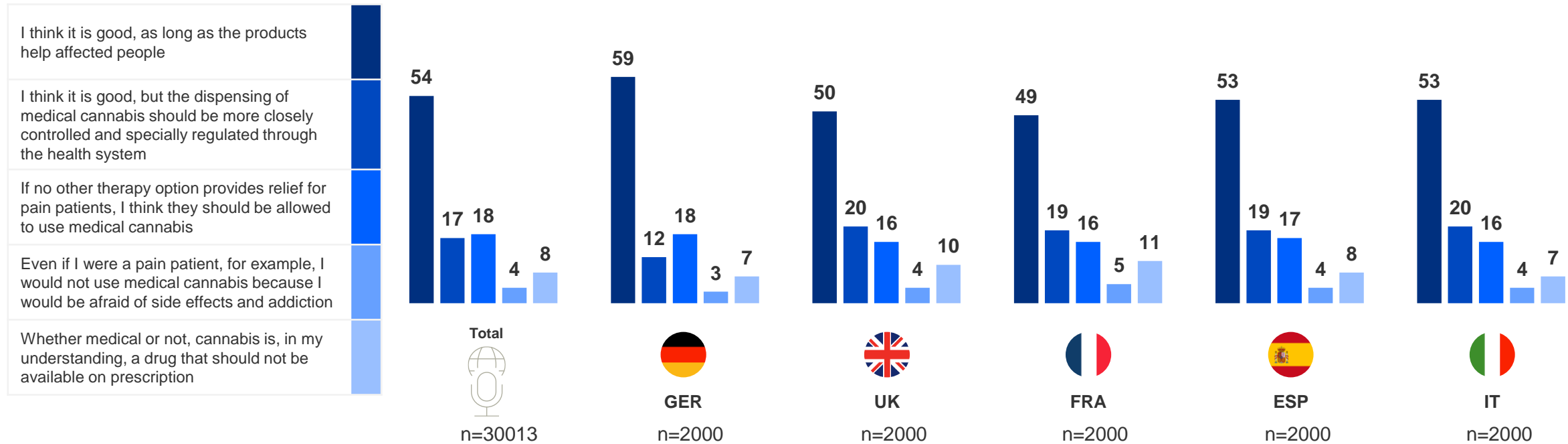
Respondents, who think it is good that medical cannabis is prescribed by doctors for pain as long as the products help affected people



Attitude to prescription of medical cannabis for pain

Q28. How do you feel about medical cannabis being prescribed by doctors for pain? (single answer) Figures in %

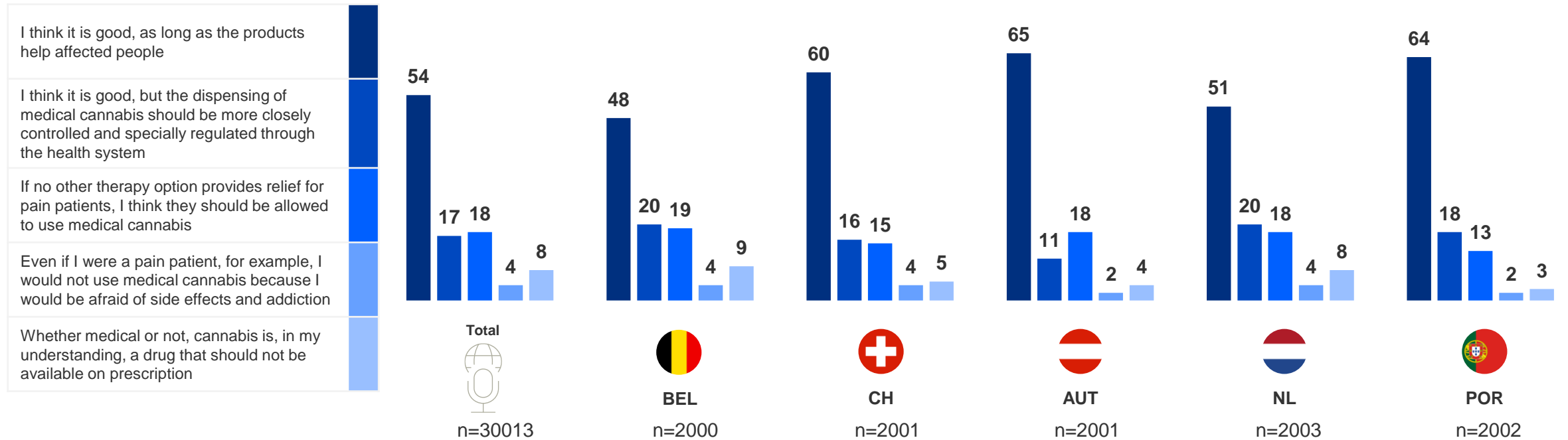
Approve



Attitude to prescription of medical cannabis for pain

Q28. How do you feel about medical cannabis being prescribed by doctors for pain? (single answer) Figures in %

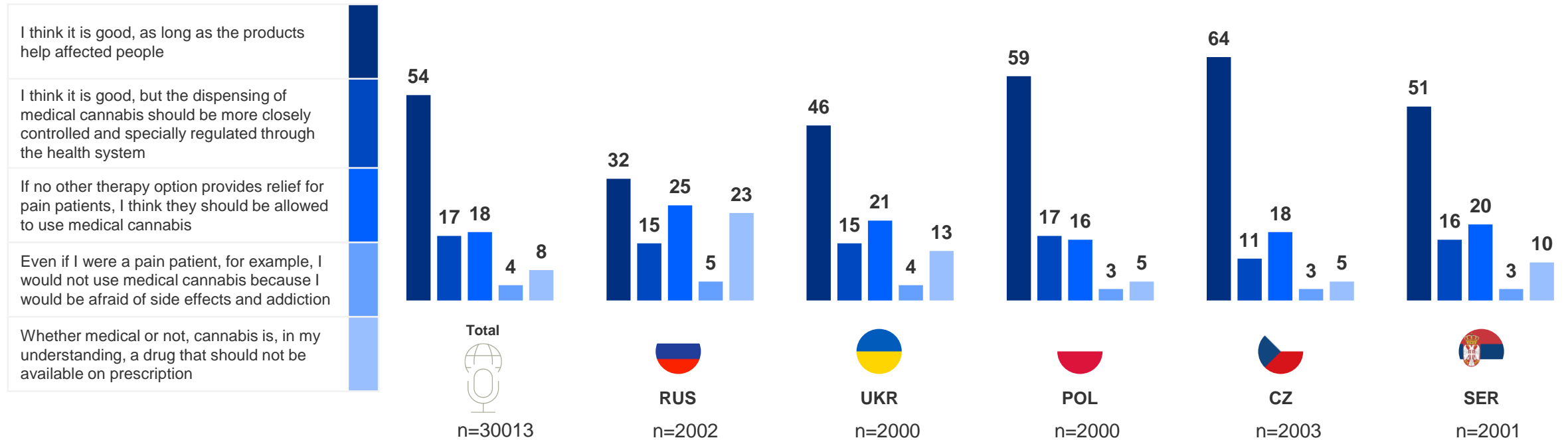
Approve



Attitude to prescription of medical cannabis for pain

Q28. How do you feel about medical cannabis being prescribed by doctors for pain? (single answer) Figures in %

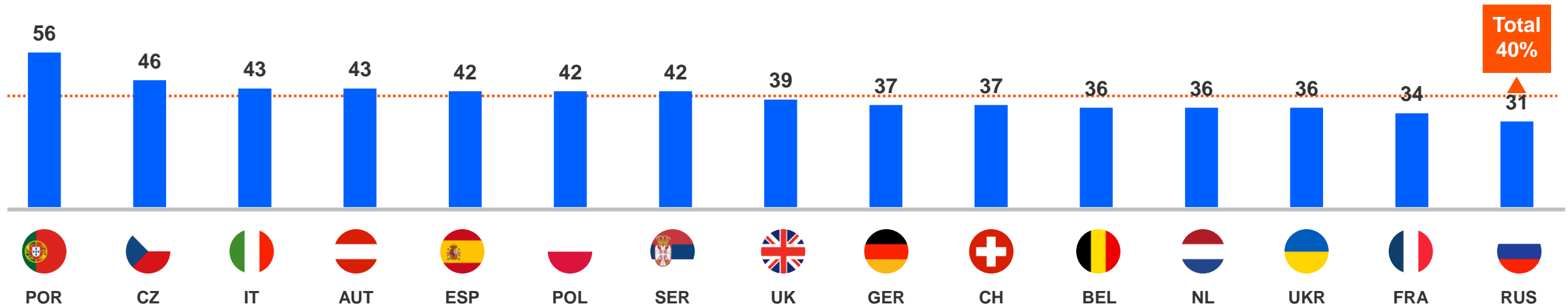
Approve



Respondents can imagine to use OTC CBD products especially if they are recommended by the doctor or the pharmacists

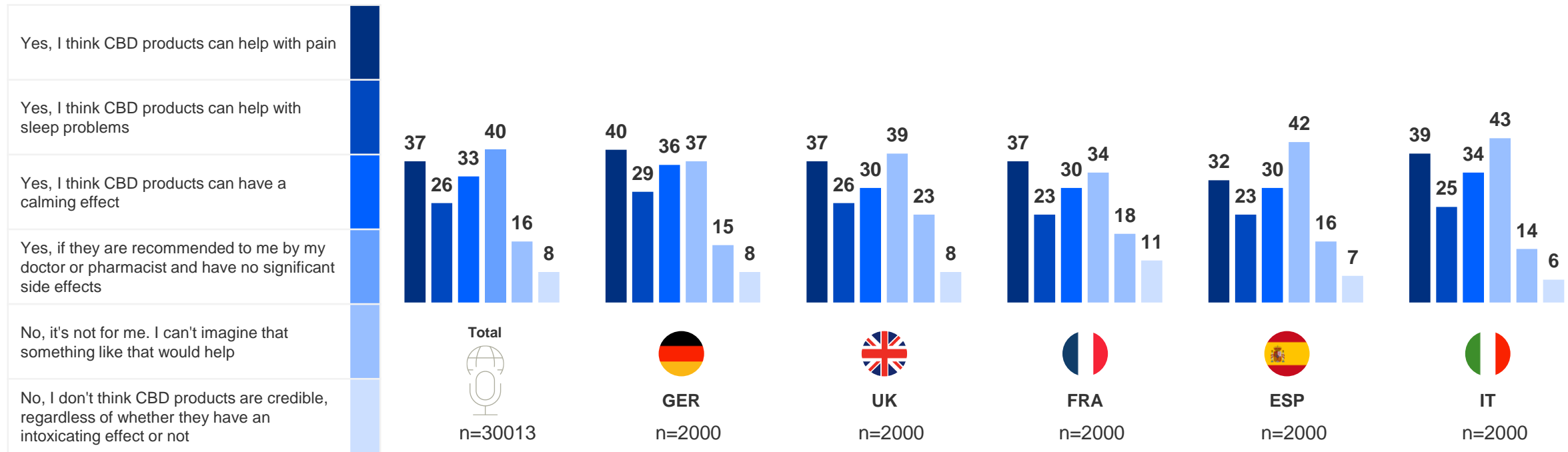
Q29. CBD products, mostly derived from the oil of the flowers of the female hemp plant, are credited with being anti-inflammatory, sleep-inducing and anxiety-reducing - without the intoxicating effects of cannabis. Can you imagine using over-the-counter CBD products (CBD= cannabidiol)? (multiple choice) Figures in %

Respondents, who can imagine using OTC CBD products if they are recommended by the doctor or pharmacist and have no significant side effects



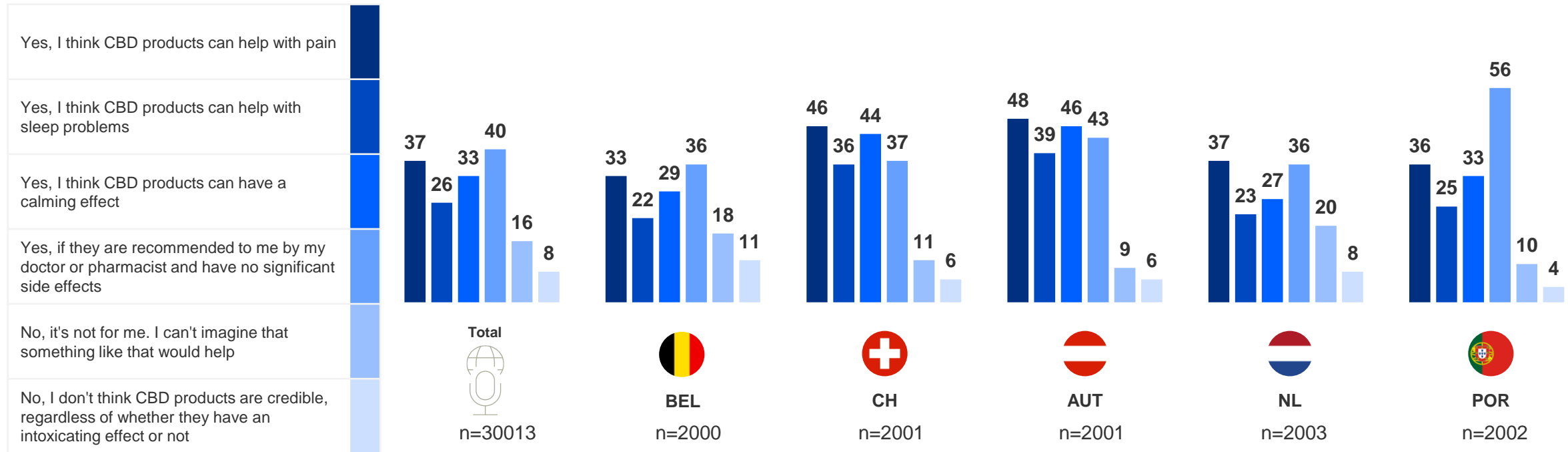
Use of over-the-counter CBD products

Q29. CBD products, mostly derived from the oil of the flowers of the female hemp plant, are credited with being anti-inflammatory, sleep-inducing and anxiety-reducing - without the intoxicating effects of cannabis. Can you imagine using over-the-counter CBD products (CBD= cannabidiol)? (multiple choice) Figures in %



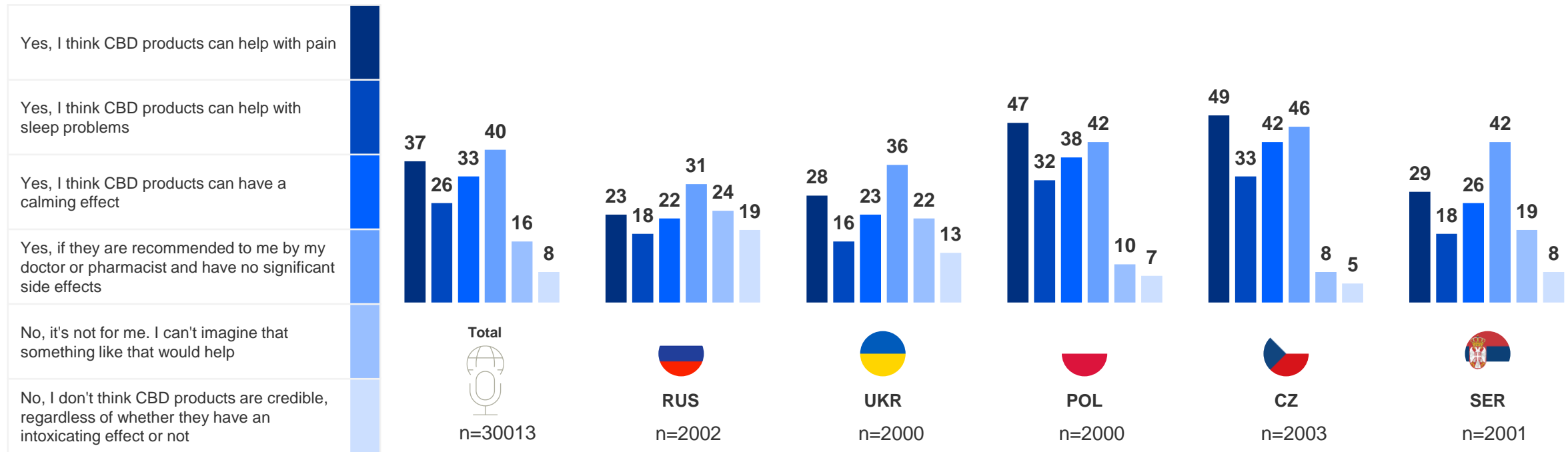
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8

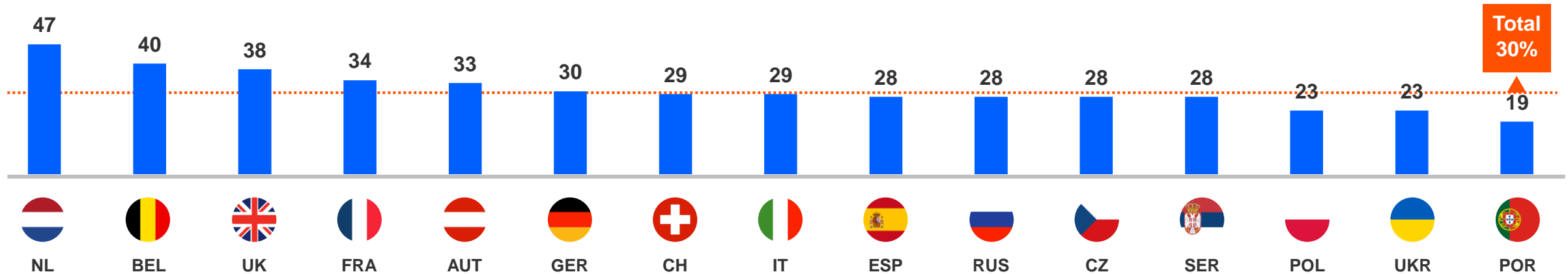
Digital health



The Dutch population is the least convinced of the advantages of health apps

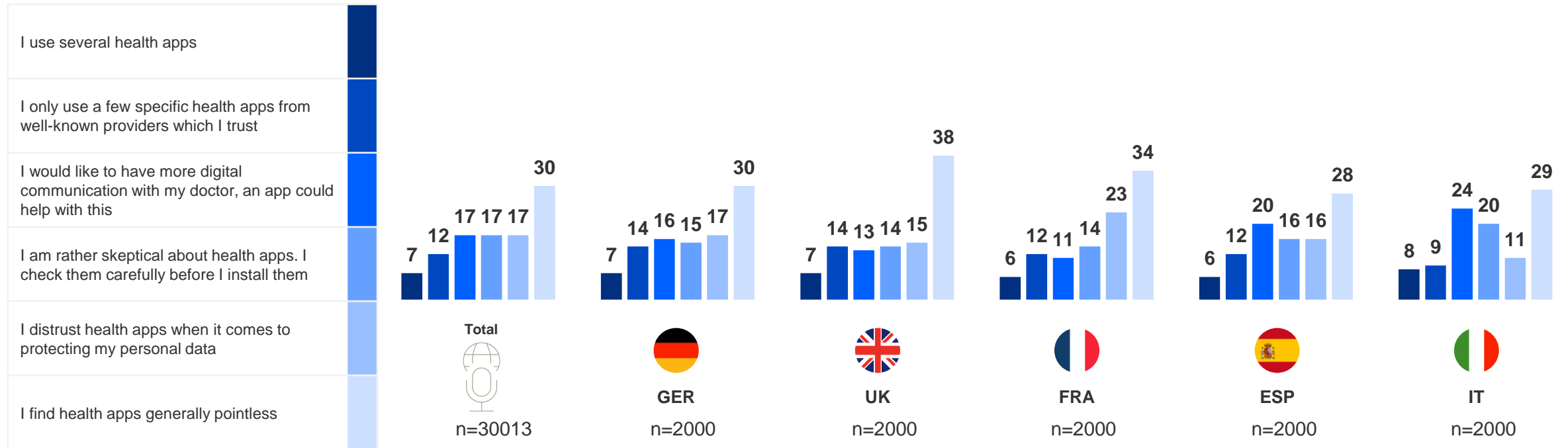
Q30. How do you feel about health apps on your mobile phone? (single answer) Figures in %

Respondents, who find health apps generally pointless



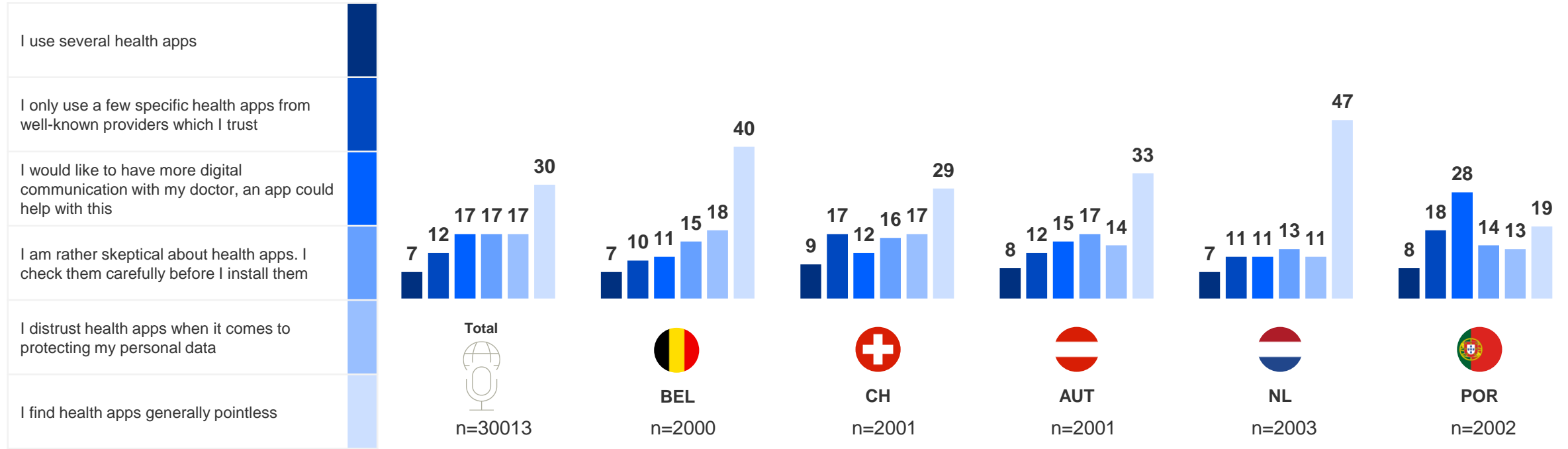
Use of health apps

Q30. How do you feel about health apps on your mobile phone? (single answer) Figures in %



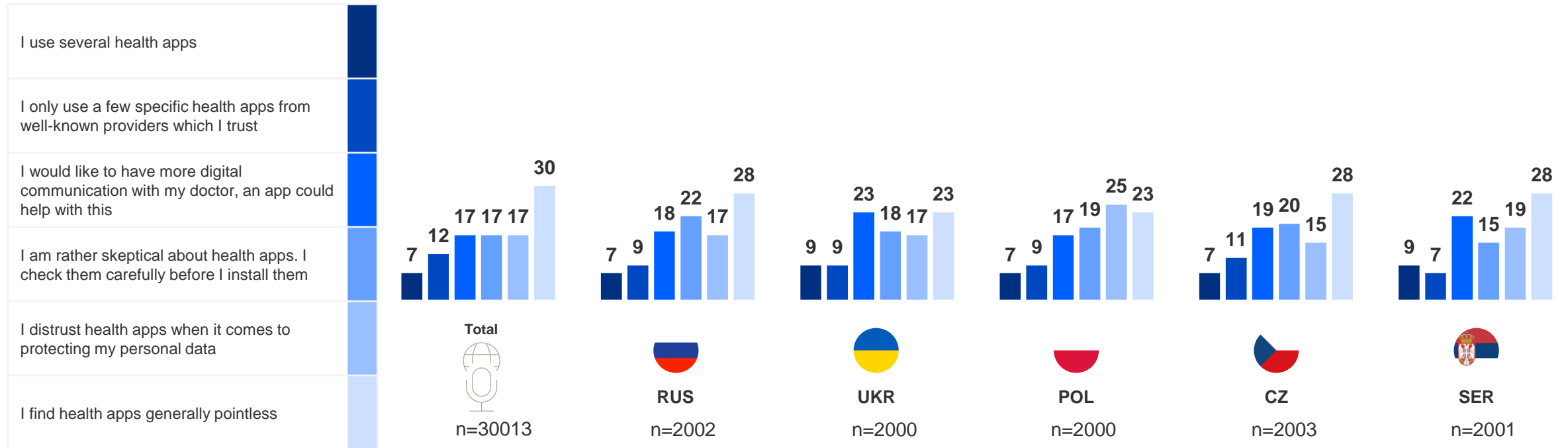
Use of health apps

Q30. How do you feel about health apps on your mobile phone? (single answer) Figures in %



Use of health apps

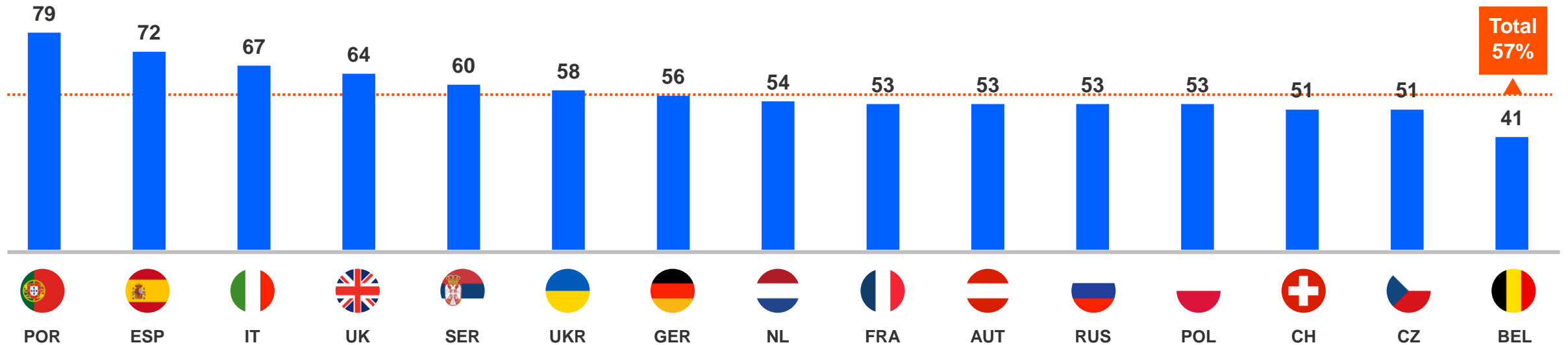
Q30. How do you feel about health apps on your mobile phone? (single answer) Figures in %



The population in Portugal and Spain favour the most being treated via webcam

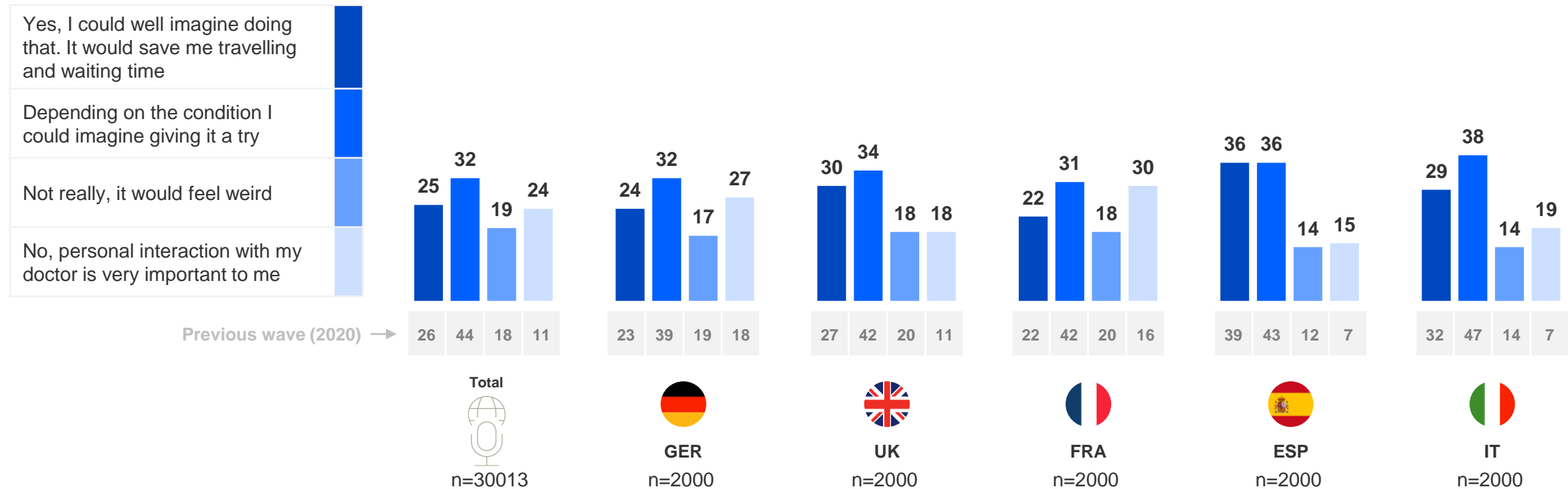
Q31. Could you imagine being treated by your doctor via webcam or the internet for a minor illness or secondary disease? (single answer) Figures in %

Respondents, who could imagine being treated via webcam for a minor illness or secondary disease (Yes, I could well imagine doing that. It would save me travelling and waiting time / Depending on the condition I could imagine giving it a try)



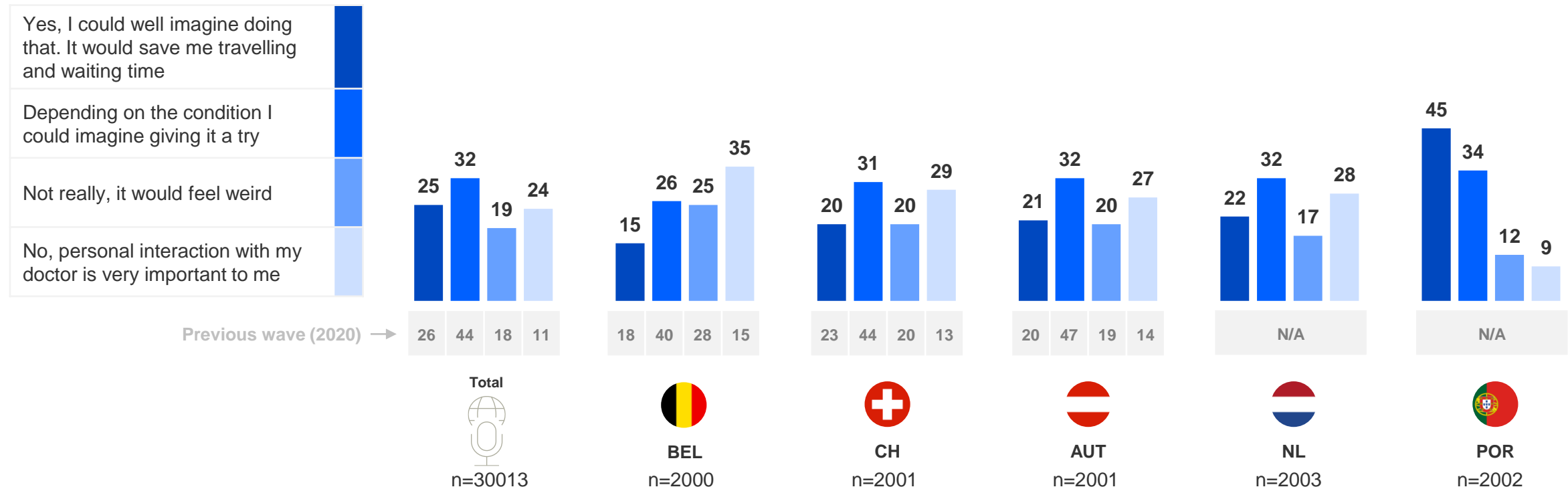
Treatment by a doctor via webcam for a minor illness

Q31. Could you imagine being treated by your doctor via webcam or the internet for a minor illness or secondary disease? (single answer) Figures in %



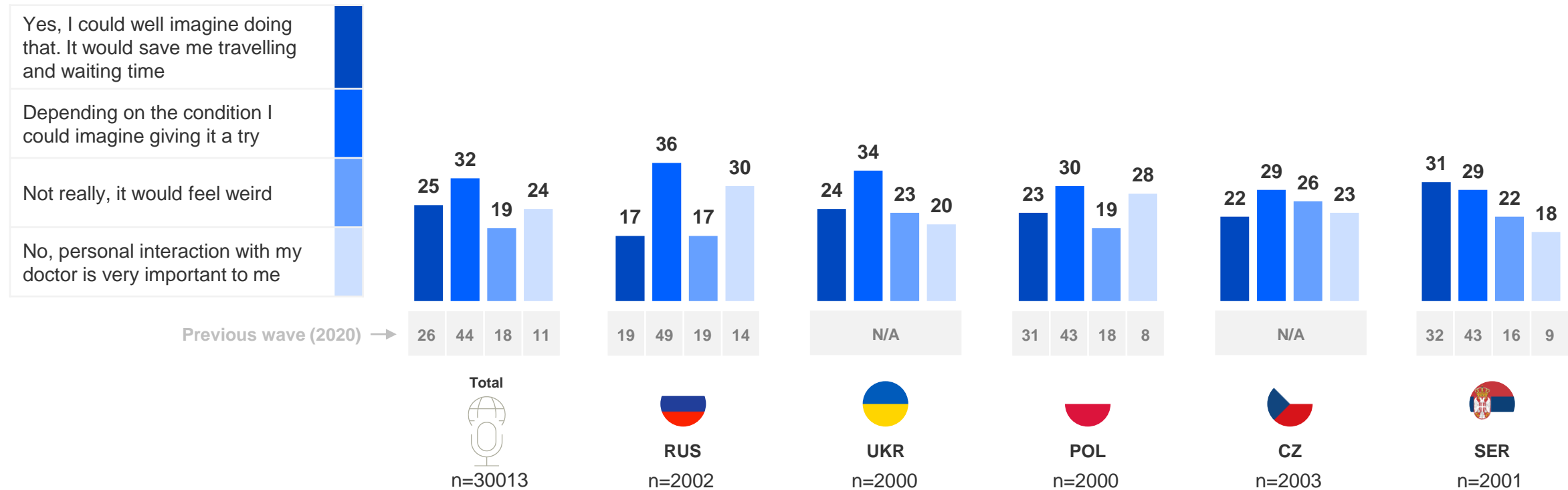
Treatment by a doctor via webcam for a minor illness

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Treatment by a doctor via webcam for a minor illness

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9

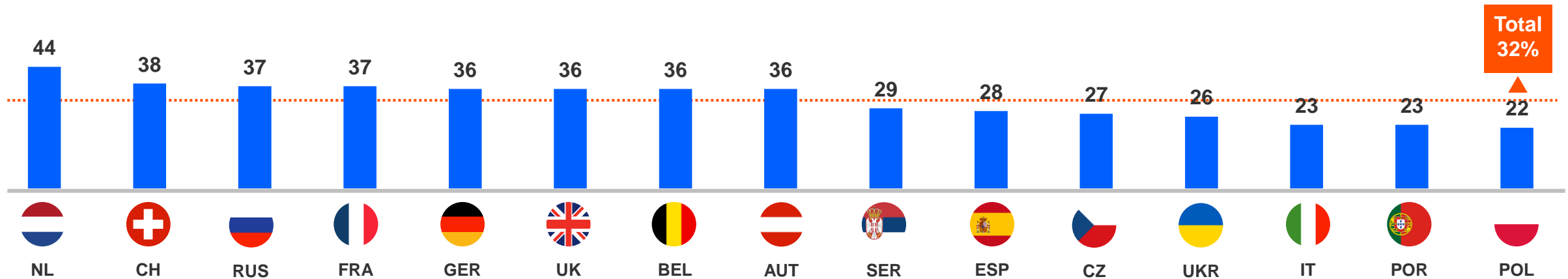
Mental health



One third state they do not suffer mentally from the lockdown, even more say so in the Netherlands

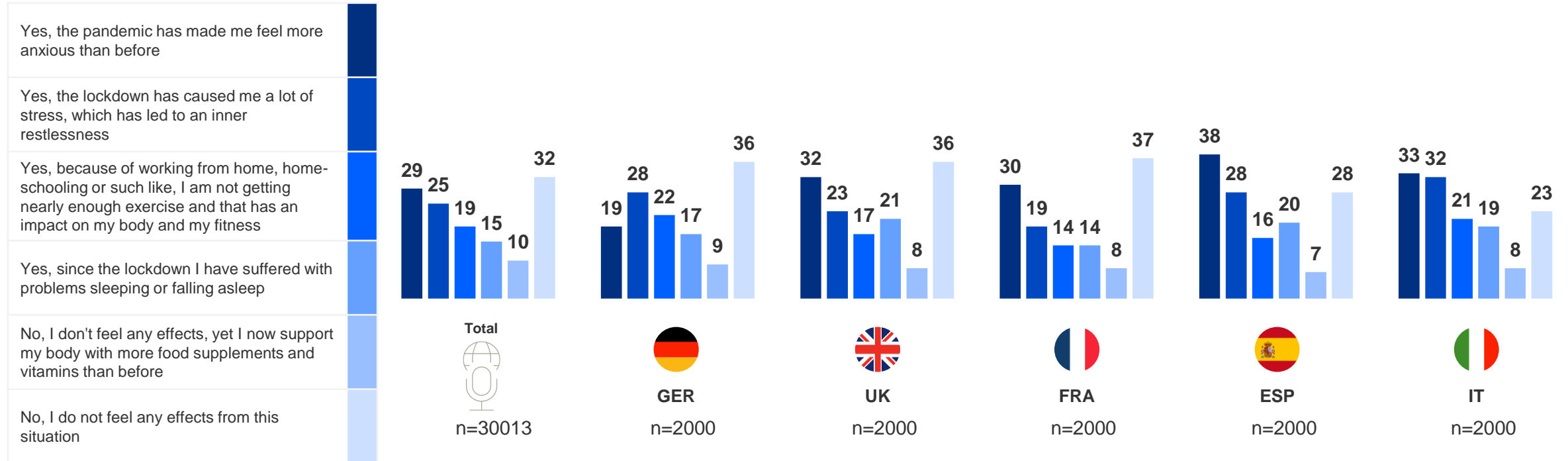
Q32. Has the pandemic and the lockdown that comes with it had an impact on your general and mental well-being? (multiple choice) Figures in %

Respondents, who don't feel an impact on general and mental well-being from the pandemic



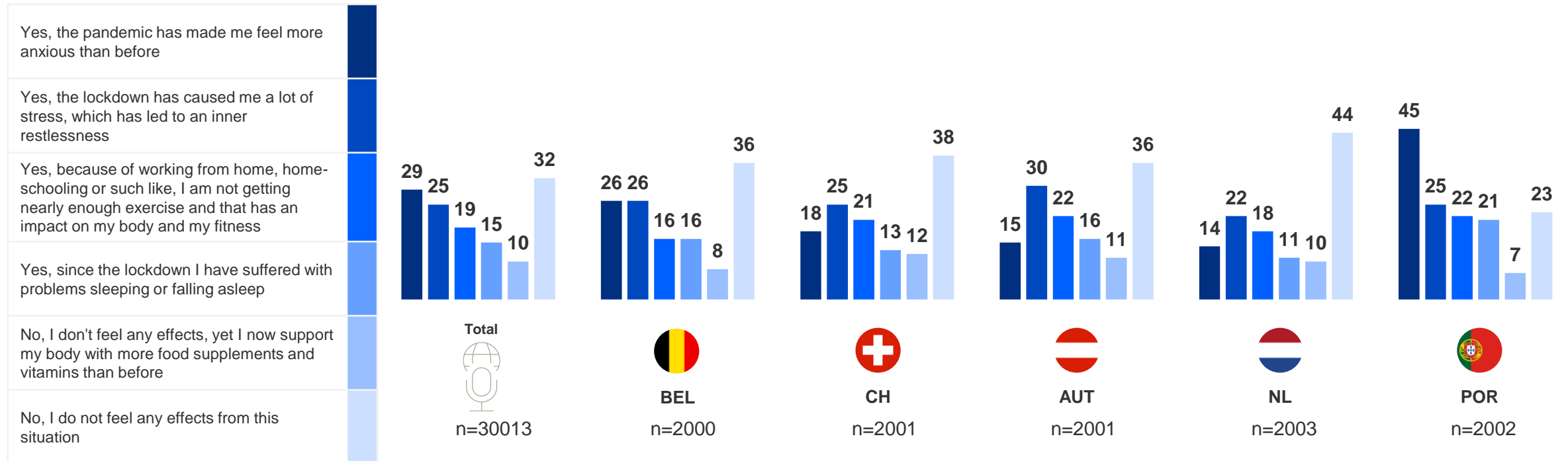
Effects of the pandemic on mental well-being

Q32. Has the pandemic and the lockdown that comes with it had an impact on your general and mental well-being? (multiple choice) Figures in %



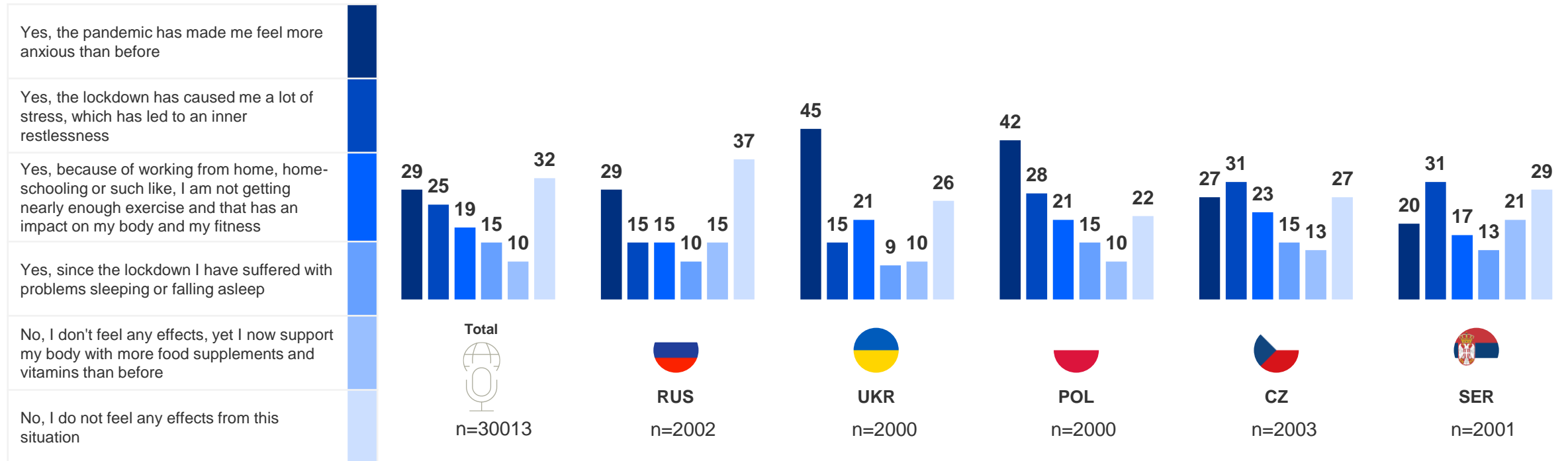
Effects of the pandemic on mental well-being

Q32. Has the pandemic and the lockdown that comes with it had an impact on your general and mental well-being? (multiple choice) Figures in %



Effects of the pandemic on mental well-being

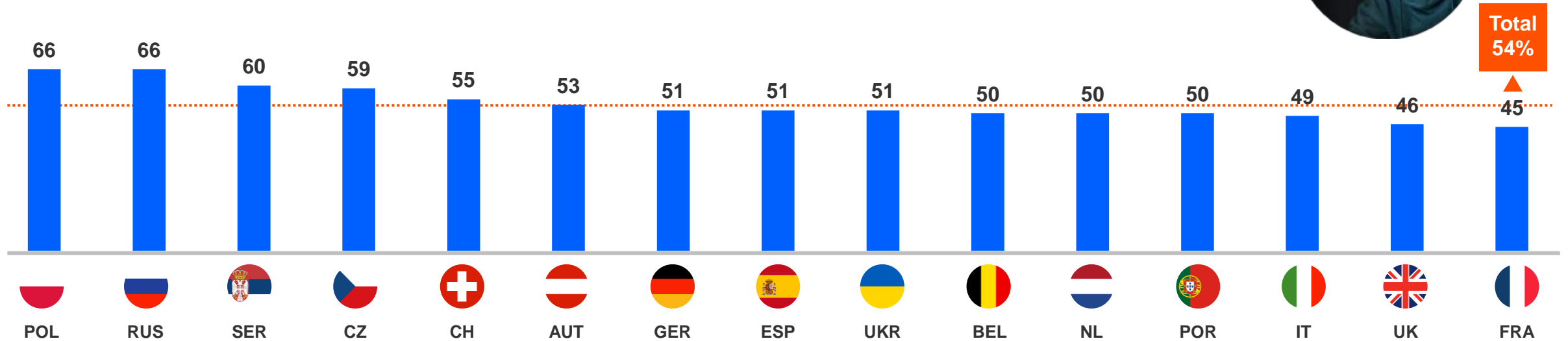
Q32. Has the pandemic and the lockdown that comes with it had an impact on your general and mental well-being? (multiple choice) Figures in %



More than half of the respondents already experienced burnout feelings

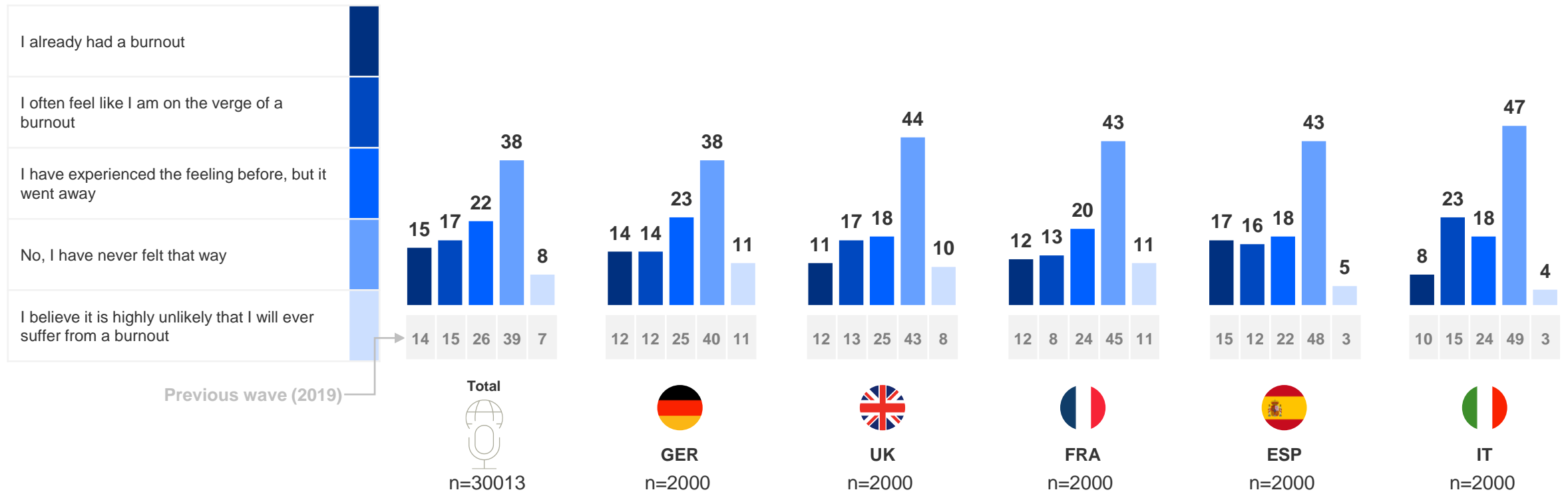
Q33. Did you ever feel like you were close to experiencing a burnout? (single answer) Figures in %

Respondents, who already had a burnout, often feel like they are on the verge of a burnout or have experienced the feeling before, but it went away



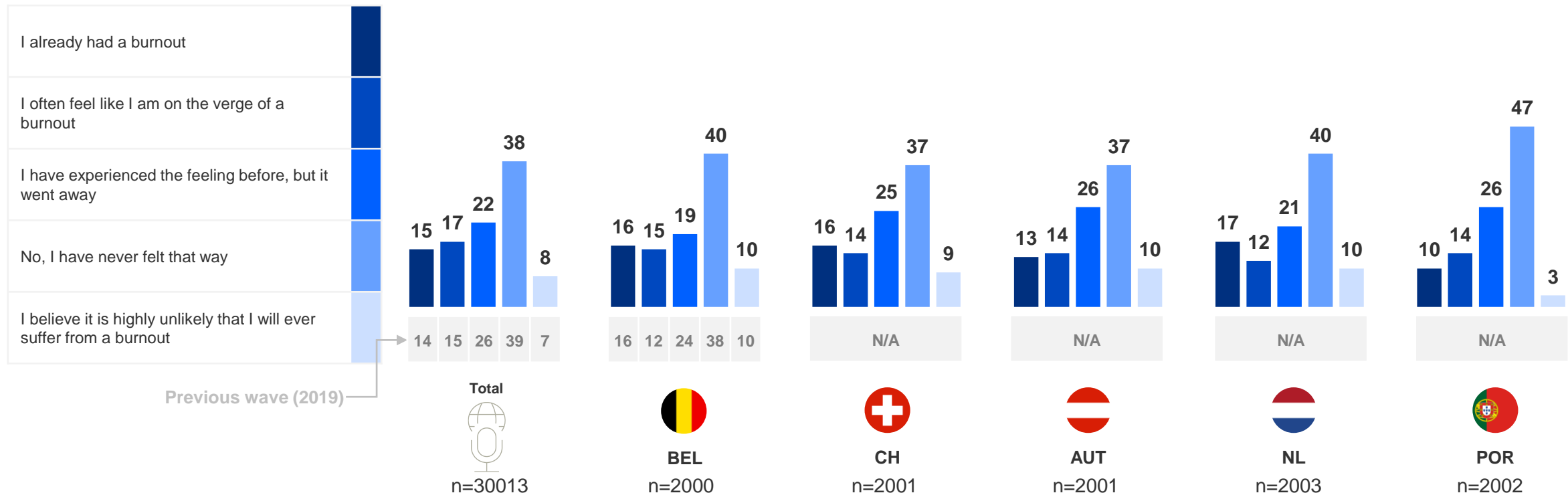
Experiences with burnout syndromes

Q33. Did you ever feel like you were close to experiencing a burnout? (single answer) Figures in %



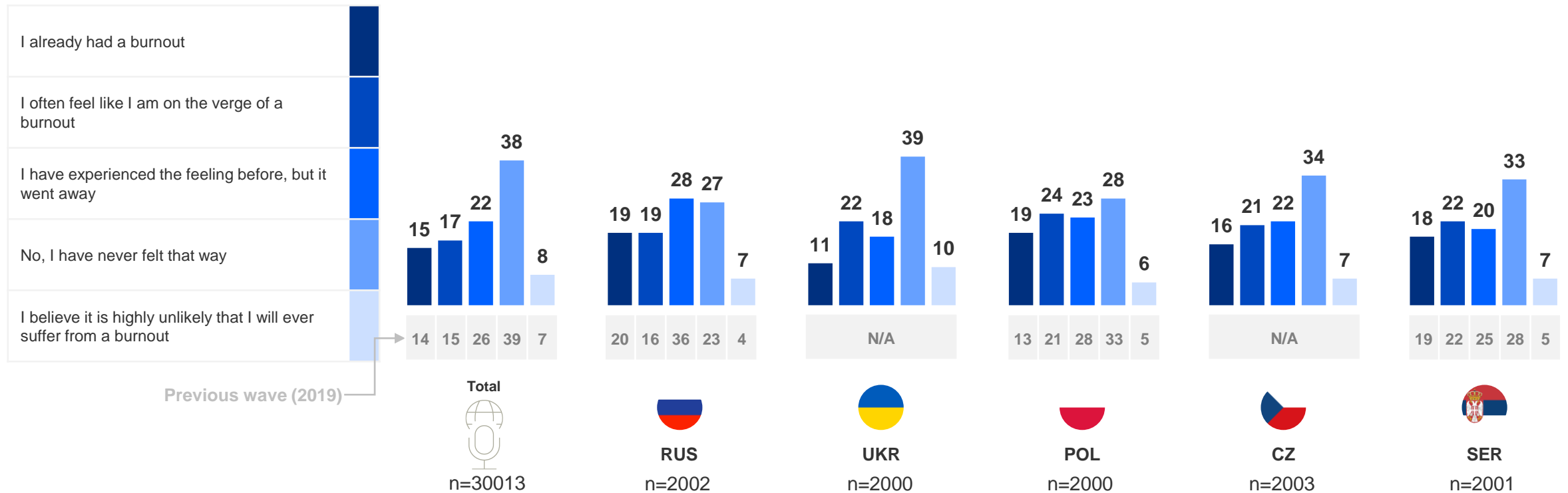
Experiences with burnout syndromes

Q33. Did you ever feel like you were close to experiencing a burnout? (single answer) Figures in %



Experiences with burnout syndromes

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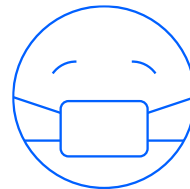
Missing meetings with family or friends is of most concern during the pandemic

Q34. What concerned you the most during the pandemic? (multiple choice) Figures in %

Missing meetings with my family
and/or friends



Fear of a COVID-19 disease

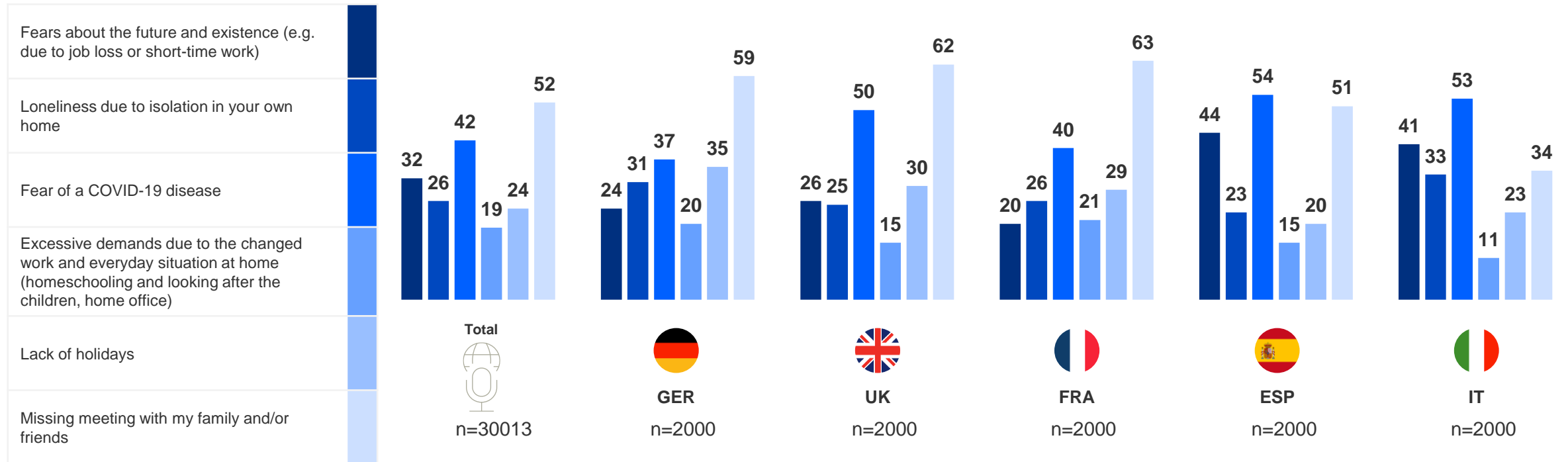


Fears about the future and one's
existence



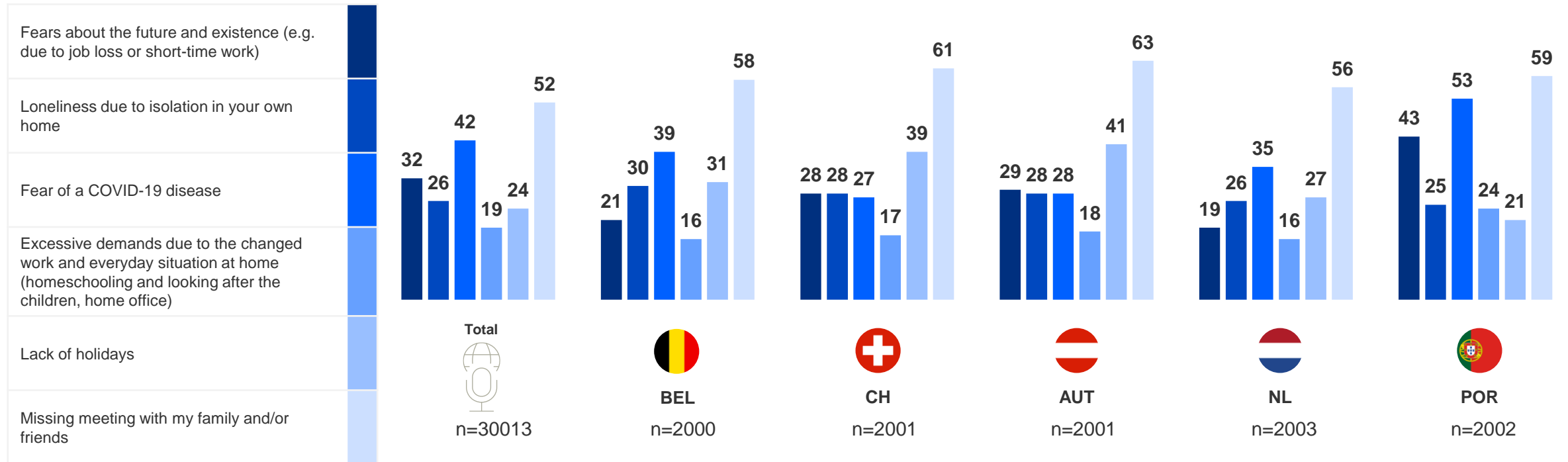
Concerns during the pandemic

Q34. What concerned you the most during the pandemic? (multiple choice) Figures in %



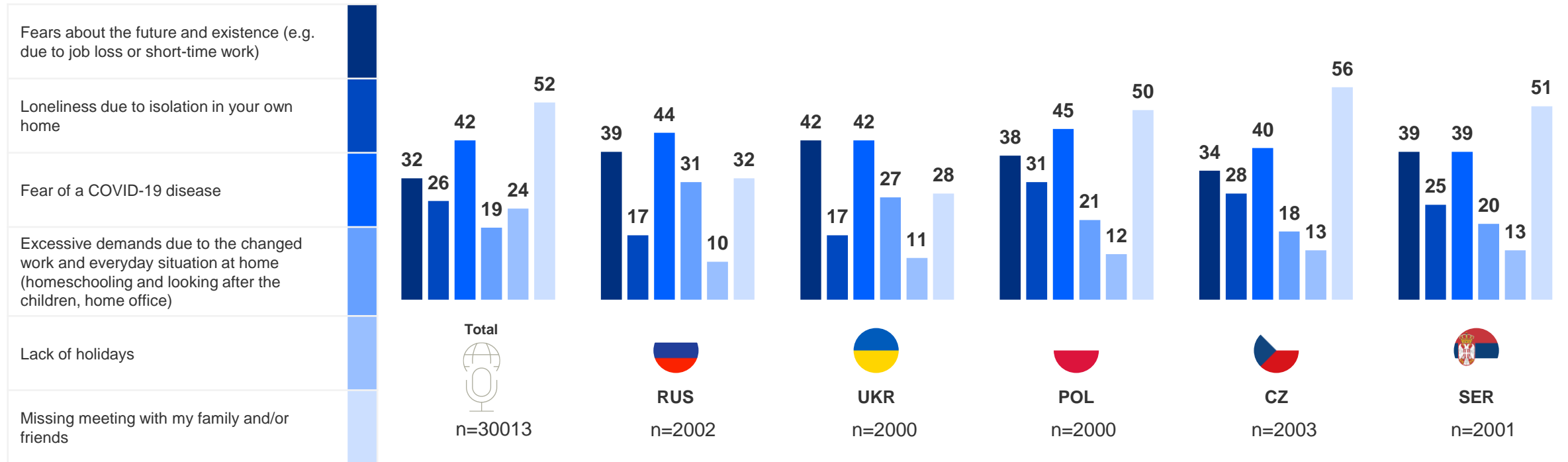
Concerns during the pandemic

Q34. What concerned you the most during the pandemic? (multiple choice) Figures in %



Concerns during the pandemic

Q34. What concerned you the most during the pandemic? (multiple choice) Figures in %





All research is conducted in accordance with the requirements of our Quality System, which confirms to ISO 20252:2019 the International Standard for Market Research, Certification Number : 1019

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