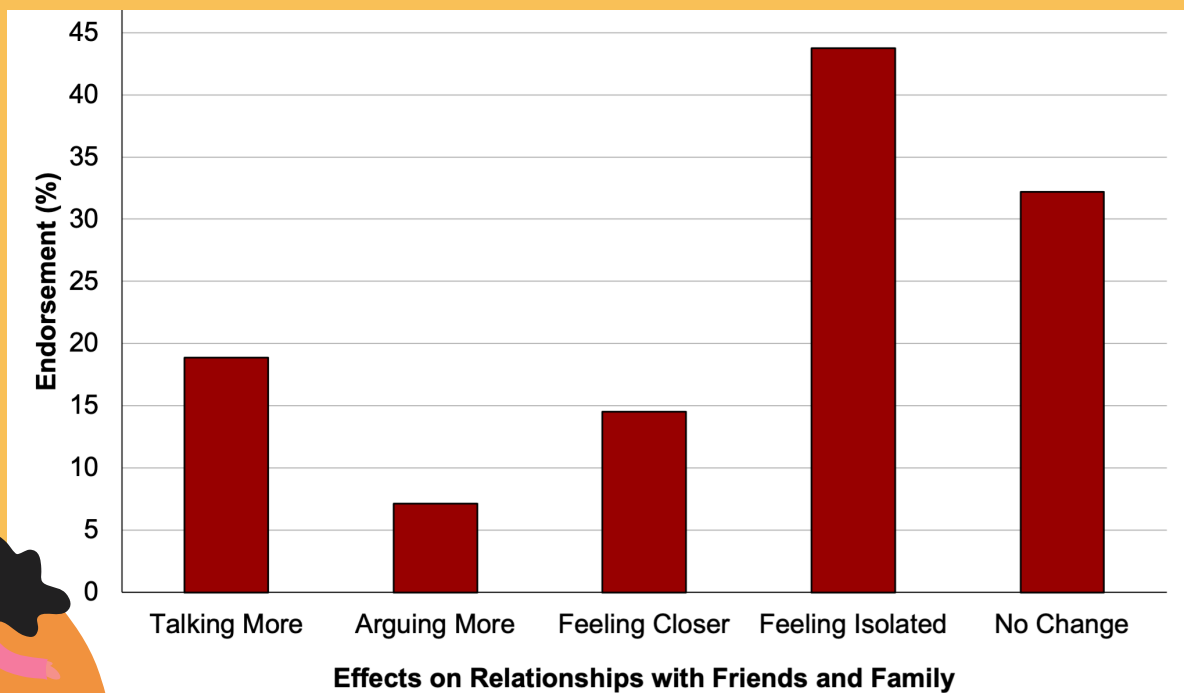


# MAINTAINING MEANINGFUL CONNECTIONS DURING THE COVID-19 PANDEMIC

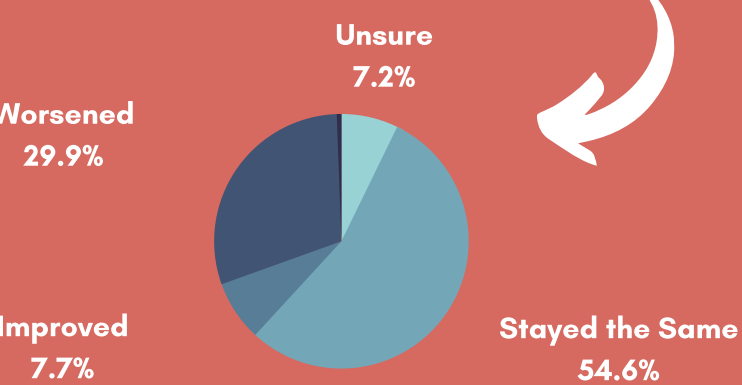
## WAVE TWO

How is the COVID-19 pandemic affecting relationships with family and friends?

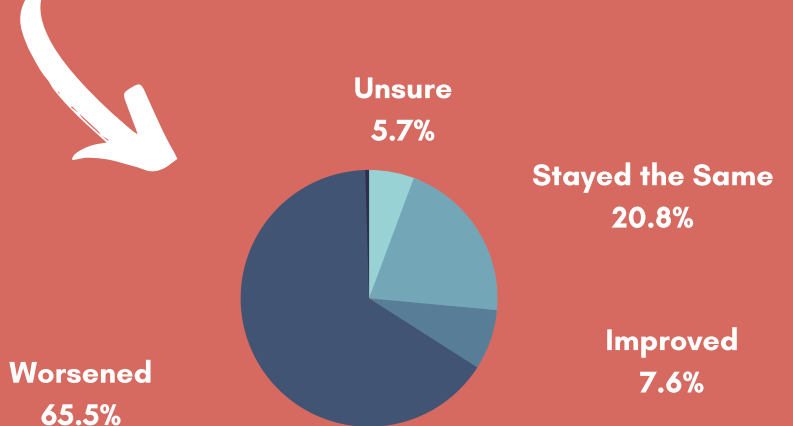


## Changes in Mental Health as a Result of COVID-19

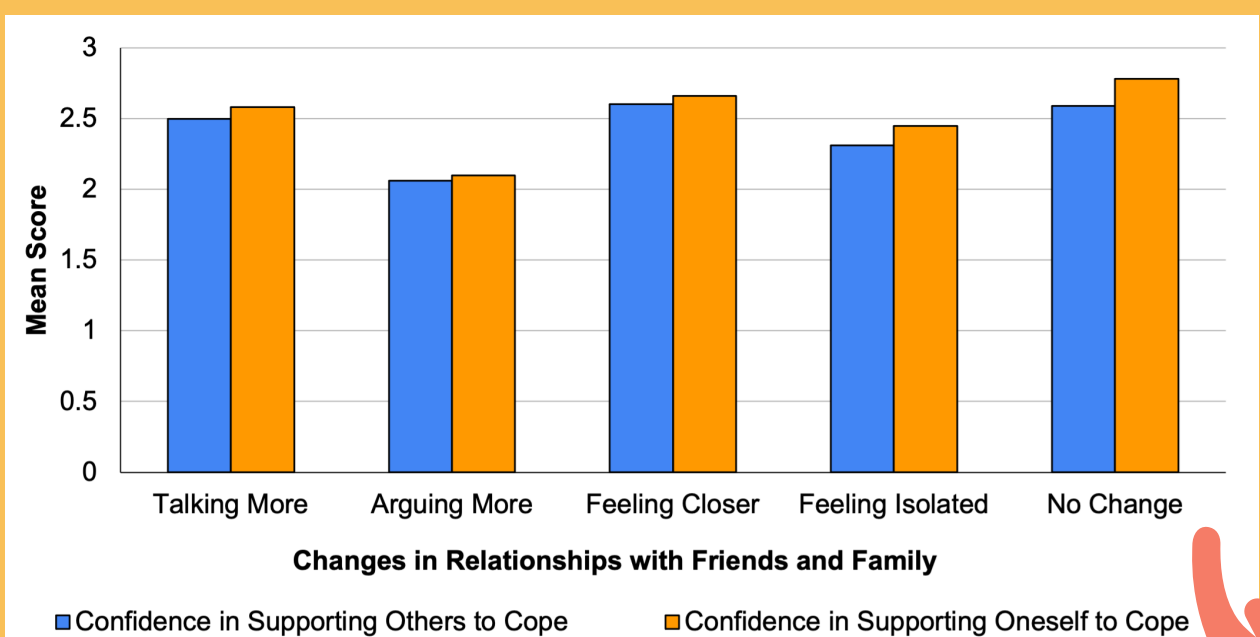
Reported changes for individuals who feel closer to friends and family



Reported changes for individuals who argue more with friends and family



Among participants experiencing one or more relationship changes, how confident are they in supporting themselves and others to cope during COVID-19?



\*Higher score indicates higher confidence

## Demographic Differences

- **Men** were **10.7%** more likely than women to report **no change** in their relationships
- **Women** were **12.4%** more likely than men to report feeling more **isolated** from others
- Of those **21 to 24 years**, **16.4%** reported **arguing more**, the highest of any age group
- Of **25 to 34 years olds**, **23.6%** reported **talking more**, the highest of any age group
- **47.4%** of those aged **55 to 64 years** reported **isolation**, the highest of any age group