

Table 2 Distribution of the effect of lockdown on quality of life among literate males and females aged 10+ years, Pakistan, 2020

Domain	Males (n = 179)	Females (n = 186)	Total (n = 365)
	No. (%)	No. (%)	No. (%)
Physical life			
Mild	45 (25)	31 (17)	76 (21)
Moderate	79 (44)	79 (42)	158 (43)
Severe	55 (31)	76 (41)	131(36)
Emotional life			
Mild	33 (19)	41 (22)	74 (21)
Moderate	79 (44)	79 (44)	158 (43)
Severe	67 (37)	66 (34)	133 (36)
Social life			
Mild	21 (12)	25 (14)	46 (13)
Moderate	60 (33)	55 (30)	115 (31)
Severe	98 (55)	106 (56)	204 (56)
Spiritual life			
Mild	19 (11)	10 (5)	29 (08)
Moderate	40 (22)	45 (24)	85 (23)
Severe	120 (67)	131 (71)	251 (69)
Financial life			
Mild	59 (33)	45 (25)	104 (28)
Moderate	74 (41)	88 (47)	162 (45)
Severe	46 (26)	53 (28)	99 (27)
Depression			
Mild	86 (48)	87 (47)	173 (47)
Moderate	49 (27)	49 (26)	98 (27)
Severe	44 (25)	50 (27)	94 (26)
Sad			
Mild	75 (42)	74 (41)	149 (41)
Moderate	47 (26)	52 (28)	99 (27)
Severe	57 (32)	60 (31)	117 (32)
Worried			
Mild	70 (39)	68 (37)	138 (38)
Moderate	47 (26)	47 (25)	94 (26)
Severe	62 (35)	71 (38)	133 (36)
Felt supported			
Minimally	38 (21)	31 (17)	67 (18)
Moderately	59 (33)	65 (35)	122 (34)
Strongly	82 (46)	90 (48)	176 (48)