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 restrictions1.

Nearly two thirds (66%) of people admitted their mood had declined. Italy and Poland reporting the highest levels of impacted mood, and feelings of anxiety and depression 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.

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Concerns about their families health

24%

23%

Concerns about their career or financial situation

24%

23%

What Improved Mood?

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

Getting more sleep 31%

Eating and drinking more healthily 30%

Using exercise 27%

Coffee as Part of a Mood-Boosting Routine

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

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

Nearly a third said that coffee helped motivate them to exercise and that it helped enhance their physical performance.

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

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32% said they tend to drink coffee at regular intervals to break up the day at home.

35% of coffee drinkers said they appreciated their coffee breaks more during Lockdown and associated restrictions.

Coffee and Mood

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There is a perceived link between mood and coffee intake. 32% said they tend to drink coffee at regular intervals to break up the day at home.

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43% said they tend to have coffee to start the day.

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