

## SWEDES' MENTAL HEALTH STRONGLY AFFECTED BY CORONA

[Stockholm, Sweden, February 26, 2021.] A new survey shows that more than half of Swedes have been negatively affected mentally by the corona pandemic. One in six Swedes states that they have had serious mental problems such as anxiety, worry and depression.

A majority, 56 percent, of those surveyed by health tech company [FRISQ](#) state that their mental health has deteriorated during the corona pandemic.

Four out of ten Swedes say that they have had mild mental problems such as irritation, restlessness and boredom. 16 percent state that they have experienced more serious mental problems such as anxiety, worry and depression.

Only one in three Swedes, 37 percent, state that they have not been mentally affected by the pandemic at all. (Six percent answer "do not know".)

The survey measured Swedes' attitudes to health care and was conducted by FRISQ with the help of the survey company [Netigate](#) at the end of January / beginning of February. The number of respondents was just over 2,000. FRISQ develops solutions for digital care plans.

“These are very insightful results, almost shocking,” said George Thaw, CEO of FRISQ. “It shows that the pandemic has had, and still has, a massive negative impact on the lives of many people in addition to those who have fallen ill. Society must be aware of these effects and be prepared to deal with them.”

***Read more about the survey [here](#) and to download images.***

The same survey also shows that more than half of the respondents state that they have refrained from seeking care or been denied care during the past year, despite the fact that they have felt a need for care. A majority of Swedes say that they intend to seek care as soon as the pandemic is over, which indicates that a large "care debt" has been built up.

The survey also shows that many Swedes believe that Swedish healthcare has deteriorated in recent years, and that it has become more unequal. One third of those surveyed state that they do not receive the care they need within a reasonable time. Swedes also request more digital tools for their care.

### About FRISQ

FRISQ is a medtech company based in Sweden that aims to be the leading force in the digitalization of care plans. Its [FRISQ Care](#) software solution allows for the sharing of information between caregivers and patients through the same platform. FRISQ has been listed on Nasdaq First North – Stockholm since 2016 under the ticker "FRISQ".

### Attachments

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[Swedes' mental health strongly affected by corona](#)

