

Stress: Breakdown by gender

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The figure shows a clear pattern of a lower proportion of male respondents experiencing stress at least some of the time, compared with female respondents, throughout the time-series. For male respondents, the proportion experiencing stress at least some of the time has been approximately 5 percentage points below that of female respondents, across all years in the time-series (70.2% and 75.8% respectively, in 2022). The difference is statistically significant at all time-points.

Data Sources for Stress

Source: Te Whatu Ora Waitaha Canterbury.

Survey/data set: Canterbury Wellbeing Survey to 2022. Access publicly available data from Te Mana Ora | Community and Public Health website www.cph.co.nz/your-health/wellbeing-survey/

Source data frequency: Annually.

Metadata for the Stress indicator is available at <https://www.canterburywellbeing.org.nz/index-data>

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