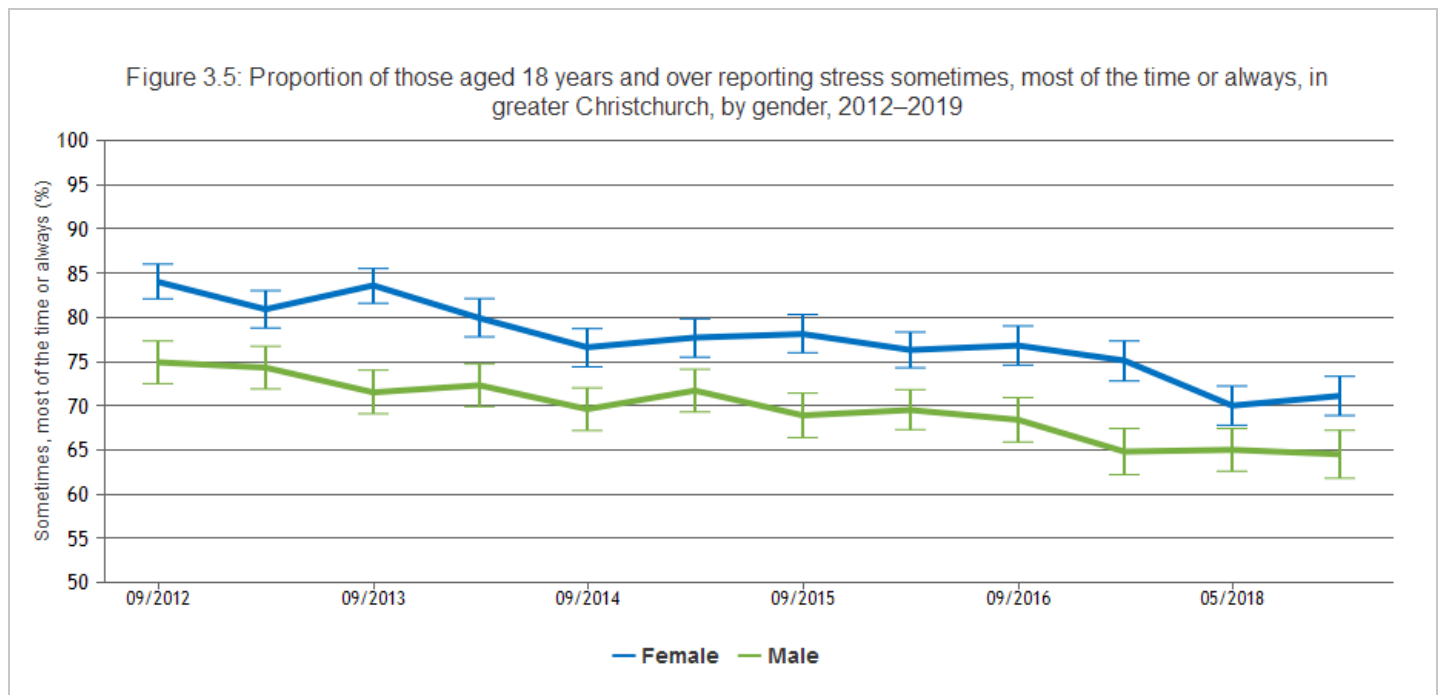


## Stress: Breakdown by gender

Downloaded from <https://www.canterburywellbeing.org.nz/our-wellbeing/subjective-wellbeing/stress/#link-breakdown-by-gender> on 07/07/2022 3:28 AM



The figure shows a clear pattern of a lower proportion of male respondents experiencing stress at least sometimes, compared with female respondents, throughout the time-series. For male respondents, the proportion experiencing stress at least sometimes has been approximately 5 percentage points below that of female respondents, across all years in the time-series (64.5% and 71.1% respectively, in 2019). The difference is statistically significant at all time-points.

### Data Sources for Stress

**Source:** Canterbury District Health Board.

**Survey/data set:** Canterbury Wellbeing Survey to 2019. Access publicly available data from the Community and Public Health (Canterbury DHB) website [www.cph.co.nz/your-health/wellbeing-survey/](http://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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