

Table 2 Demographic characteristics of the study participants (n = 49, adults who received tele-mental health services), Karachi, April–August 2020

Characteristic	Frequency (%)
Sex	
Male	25 (51)
Female	24 (49)
Age (years)	
≤ 20	12 (24.5)
21–40	27 (55.1)
41–60	4 (8.2)
61 & above	6 (12.2)
Education	
Matriculated	8 (16.3)
Intermediate	8 (16.3)
Undergraduate	5 (10.2)
Graduate	14 (28.6)
Postgraduate	6 (12.2)
Not known	8 (16.3)
Occupation	
Student	13 (26.5)
Professional	5 (10.2)
Business	6 (12.2)
Private work	5 (10.2)
Unemployed	10 (20.4)
Housewife	5 (10.2)
Not known	5 (10.2)
Type of service	
Telepsychiatry	26 (53.1)
Tele-psychotherapy	23 (46.9)