



The Shingles Action Week 2026 Survey Insights - India

The Shingles Action Week 2026 Global Survey is commissioned and funded by GSK.¹

The survey explored perceptions of shingles risk and burden among people with certain chronic health conditions, as well as attitudes towards discussing shingles at healthcare appointments.

Impact of shingles among adults living with certain chronic health conditions¹



43% of Indian participants report severe, day-disrupting pain[#]



1 in 3 say shingles stopped them from working or attending social events



One in four (24%) participants know little to nothing about shingles

Shingles concerns and conversations¹



Nearly 1 in 3 can't explain why their chronic health conditions may increase their risk of shingles¹



Nearly one in five believe that their chronic health condition does not impact their immune system nor their risk of shingles

Almost three quarters (75%) of participants visit their doctor regularly¹

75%

31% patients with diabetes, 25% patients with Cardiovascular Disease (CVD) and 16% patients with Chronic Obstructive Pulmonary Disease (COPD) showed the lowest levels of awareness about their risk of shingles



48%

Nearly half (48%) say they never have discussed shingles with a healthcare professional (HCP)



Respondents living with diabetes (49%) and CVD (37%) are the least likely to have discussed shingles with their doctors.



About Shingles Action Week



Shingles Action Week (23 February – 1 March 2026) is a global initiative led and funded by GSK in collaboration with global and local partners.

The global initiative aims to **close knowledge gaps about shingles** and empower adults aged 50 and over, especially those living with chronic health conditions, to have **more informed and proactive conversations with healthcare professionals.**

What is shingles?

Shingles is a viral infection, leading to a painful, blistering rash and potential long-lasting nerve-related complications.²

By age 50, most adults will have the varicella-zoster virus (VZV), the same virus that causes chickenpox, waiting to reactivate.²⁻⁵

Intense nerve pain, called post-herpetic neuralgia (PHN), is the most common complication of shingles, affecting a greater proportion of people with chronic health conditions.⁶

Shingles Action Week Survey Methodology – India¹



Participants:
752 adults
aged 50-70



Gender:
Male (28%)
Female (72%)

Survey was conducted
30/09/25 – 21/10/25

Respondents live with these chronic health conditions:

- Diabetes (type 1 or type 2)
- Cardiovascular disease (CVD)
- Chronic kidney disease (CKD)
- Chronic obstructive pulmonary disease (COPD) or Asthma
- Other immunodeficiency disorders

Chronic health conditions and shingles risk – Global data

Adults aged 50 and over living with certain chronic health conditions may have a higher risk of developing shingles^{2,6}



+34%
Cardiovascular Disease⁷



+29% Chronic Kidney Disease^{7,8}



+23% Asthma^{7,10}



+41%
Chronic Obstructive Pulmonary Disease^{6,7}



+38% Diabetes^{7,9}
(type 1 or type 2)

References: 1. Human8 on behalf of GSK. Shingles Action Week 2026 Survey (Australia, Austria, Canada, China, France, Germany, India, Japan, Poland and UAE). Data on file. 2026. 2. Harpaz R, et al. Prevention of herpes zoster: recommendations of the Advisory Committee on Immunization Practices (ACIP). MMWR Recomm Rep. 2008;57(Rr-5):1–30. 3. Johnson RW, et al. Herpes zoster epidemiology, management, and disease and economic burden in Europe: a multidisciplinary perspective. Therapeutic advances in vaccines. 2015;3(4):109–20. 4. Mueller NH, et al. Varicella zoster virus infection: clinical features, molecular pathogenesis of disease, and latency. Neurologic clinics. 2008;26(3):675–97. 5. Bricout H, et al. Herpes zoster-associated mortality in Europe: a systematic review. BMC Public Health. 2015;15:466. 6. Forbes, H.J., et al. Quantification of risk factors for postherpetic neuralgia in herpes zoster patients: A cohort study. Neurology. 2016;87(1):94-102. 7. Marra F, et al. Risk Factors for Herpes Zoster Infection: A Meta-Analysis. Open forum infectious diseases. 2020;7. 8. Lin SY, et al. A comparison of Herpes Zoster incidence across the spectrum of chronic kidney disease, dialysis and transplantation. Am J Nephrol. 2012;36(1):27–33. 9. Huang C-T, et al. Association Between Diabetes Mellitus and the Risk of Herpes. J Clin Endocrinol Metab. 2022;107(2):586–597. 10. Mortimer KJ, et al. Global herpes zoster burden in adults with asthma: a systematic review and meta-analysis. Eur Respir J. 2024;64(2):2400462.

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Individual patients' symptoms of Shingles may vary. These statements are based on some patients' description of their shingles pain and do not represent every patient's experience.

