

Press Release

May 17, 2021

FOR IMMEDIATE RELEASE

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### **SAFE Glen Cove Coalition: COVID-19 Increase in Depression and Anxiety**

A recent report has confirmed that symptoms of anxiety and depression during the COVID-19 pandemic rose from 36.4% to 41.5%, according to the U.S. Census Bureau's Household Pulse Survey (HPS). The Survey is designed to produce data on the social and economic effects of coronavirus on American households and to deploy quickly and efficiently, collecting data to measure household experiences during the coronavirus pandemic.

The researchers analyzed self-reported data from adults age 18 years and older using 2-week periods between August 19, 2020 and February 1, 2021. Questions were based on the Patient Health Questionnaire (PHQ-4) for depression and anxiety. The survey included 2 phases and a total of 790,633 individuals. During August 19–31, 2020, through December 9–21, 2020, significant increases were observed in the percentages of adults who reported experiencing symptoms of an anxiety disorder (from 31.4% to 36.9%), depressive disorder (from 24.5% to 30.2%), and at least one of these disorders (from 36.4% to 42.4%). During that time period, more adults (22.4% to 25%) reported taking prescription medications or receiving mental health counseling. More adults said they needed, but did not receive counseling (9.2% to 12.4%).

While the researchers found an increase in symptoms among all demographic groups, the trend was highest among individuals aged 18 to 29 and those with less than a high school education.

Continued near real-time monitoring of mental health trends by demographic characteristics is critical during the COVID-19 pandemic and these trends might be used to evaluate the impact of strategies that address mental health status and care of adults during the pandemic and to guide interventions for groups that are disproportionately affected.

To learn more about the SAFE Glen Cove Coalition please follow us on [www.facebook.com/safeglencovecoalition](https://www.facebook.com/safeglencovecoalition) or visit SAFE's website to learn more about the COVID-19 Epidemic and its correlation to increased mental illness, alcohol and substance use at [www.safeglencove.org](http://www.safeglencove.org).

