

COVID-19, Anxiety, and Depression: Evidence from the U.S. Household Pulse Survey

Xiaoyan Zhang

A large share of U.S. adults report feelings of anxiety and depression during COVID-19. In a recent survey conducted by the U.S. Census Bureau from May 21st to May 26th, 63% of U.S. adults reported feeling nervous, anxious, or on edge several days in the past week. Fifty-four percent reported not being able to stop or control worrying, 51% reported feeling down, depressed, or hopeless, and 54% reported having little interest or pleasure in doing things. There are important demographic differences in these outcomes. For example, females were more likely than males to report more severe feelings of anxiety and depression. Hispanics/Latinos and adults aged 18-29 were most likely to report daily feelings of anxiety and depression. Despite their much higher COVID-19 health risk, older adults (age 70+) were the least likely to report feelings of anxiety or depression. Click on this [link to explore differences across other demographic characteristics](#), including educational attainment, income, employment, marital status, and presence of children.

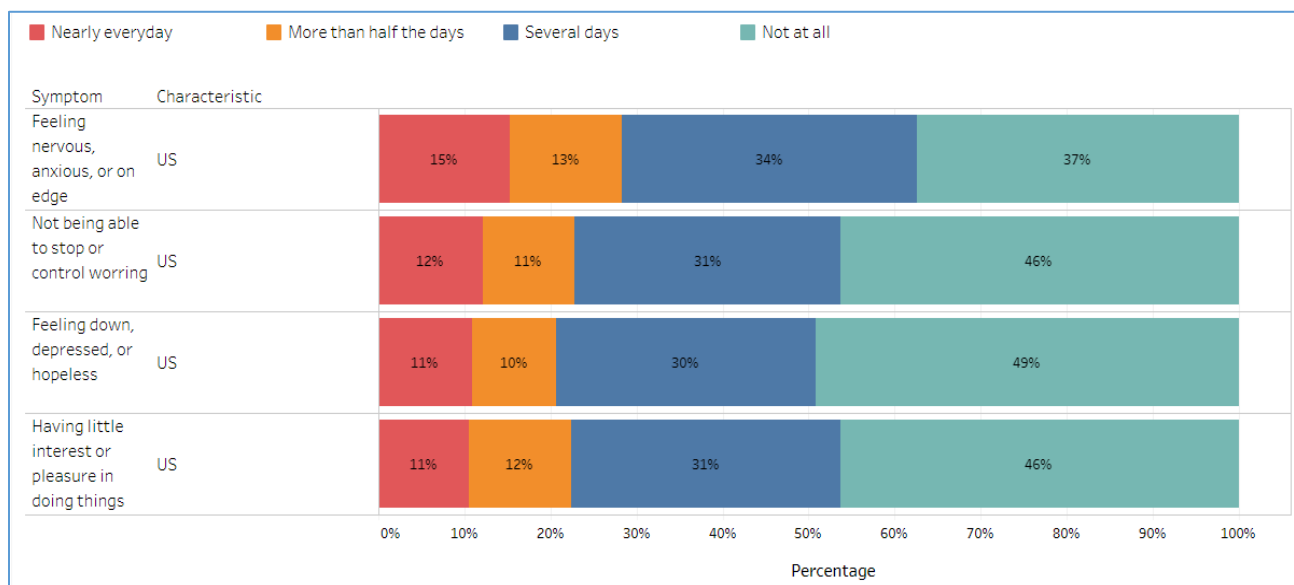


Figure 1. Reported Anxiety and Depression for U.S. Adults during COVID-19

Data Source: U.S. Census Bureau. Health Tables for Household Pulse Survey: May 21 - May26, N = 101,215; percentages are weighted; <https://www.census.gov/data/tables/2020/demo/hhp/hhp4.html>; Interactive visualization: Xiaoyan Zhang

About the Author

Xiaoyan Zhang is a PhD candidate in the Department of Human Development and Family Science and a Lerner Graduate Fellow at the Lerner Center for Public Health Promotion in the Maxwell School at Syracuse University (xzhan147@syr.edu).

The mission of the Lerner Center for Public Health Promotion at Syracuse University is to improve population health through applied research and evaluation, education, engaged service, and advocating for evidence-based policy and practice change. syracuse.edu | lernercenter.syr.edu