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

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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


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