IMPACT OF COVID-19 ON MENTAL HEALTH
Survey Highlights: All Respondents

Survey conducted May 13 – May 28, 2020, 818 responses

- 58% of respondents reported their mental health has gotten worse during the pandemic
- 87% of respondents are hopeful the pandemic will end soon

PERSONAL MENTAL HEALTH

- Changes in our family routine have been stressful: 39% very true, 43% somewhat true, 18% not at all true
- Worried about being infected with the virus: 32% very true, 49% somewhat true, 19% not at all true
- Concerned about someone else’s mental health: 41% very true, 38% somewhat true, 22% not at all true
- More irritable or easily angered than usual: 28% very true, 41% somewhat true, 31% not at all true
- More sad or depressed than usual: 27% very true, 38% somewhat true, 35% not at all true
- Concerned about the stability of our living situation: 17% very true, 25% somewhat true, 58% not at all true

CHILD MENTAL HEALTH

(Among 549 parent respondents)

- Changes in routine have been stressful for child: 30% very true, 48% somewhat true, 22% not at all true
- Distance learning has been stressful for child: 37% very true, 33% somewhat true, 31% not at all true
- Child more irritable or easily angered than usual: 29% very true, 36% somewhat true, 35% not at all true
- Child worried about being infected with the virus: 21% very true, 43% somewhat true, 36% not at all true
- Child more sad or depressed than usual: 22% very true, 35% somewhat true, 43% not at all true

ALCOHOL & DRUG USE

- 30% used alcohol or drugs to cope with a difficulty caused by the pandemic.
- 33% reported using MORE alcohol than before the pandemic (among households that consume alcohol)
- 28% reported using MORE marijuana than before the pandemic (among households that consume marijuana)

RESILIENCE

- I am able to find information and plan accordingly to address concerns over the COVID-19 pandemic: 52% very true, 42% somewhat true, 7% not at all true
- I have found new ways of connecting with family and friends: 34% very true, 50% somewhat true, 17% not at all true
- I have helped others with financial or practical support: 36% very true, 46% somewhat true, 18% not at all true
- I have had sufficient emotional connections with family and friends: 28% very true, 49% somewhat true, 23% not at all true
- I have received tangible support (e.g., financial, practical) from family or friends when needed: 24% very true, 35% somewhat true, 41% not at all true

For more information, visit http://dhss.alaska.gov/dph/wcfh/Pages/mchepi

06-09-2020
IMPACT OF COVID-19 ON MENTAL HEALTH
Personal Mental Health, by working status

Survey conducted: May 13 – May 28, 2020

ALL RESPONDENTS (N=763)

- 58% reported their mental health has gotten worse
- 87% are hopeful the pandemic will end soon

<table>
<thead>
<tr>
<th></th>
<th>Very true</th>
<th>Somewhat true</th>
<th>Not at all true</th>
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</thead>
<tbody>
<tr>
<td>Changes in our family routine have been stressful</td>
<td>39%</td>
<td>43%</td>
<td>18%</td>
</tr>
<tr>
<td>Worried about being infected with the virus</td>
<td>32%</td>
<td>49%</td>
<td>19%</td>
</tr>
<tr>
<td>Concerned about someone else's mental health</td>
<td>41%</td>
<td>38%</td>
<td>22%</td>
</tr>
<tr>
<td>More irritable or easily angered than usual</td>
<td>28%</td>
<td>41%</td>
<td>31%</td>
</tr>
<tr>
<td>More sad or depressed than usual</td>
<td>27%</td>
<td>38%</td>
<td>35%</td>
</tr>
<tr>
<td>Concerned about the stability of our living situation</td>
<td>17%</td>
<td>25%</td>
<td>58%</td>
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STILL WORKING (N=526)

- 60% reported their mental health has gotten worse
- 85% are hopeful the pandemic will end soon

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<tbody>
<tr>
<td>Changes in our family routine have been stressful</td>
<td>41%</td>
<td>41%</td>
<td>17%</td>
</tr>
<tr>
<td>Worried about being infected with the virus</td>
<td>31%</td>
<td>50%</td>
<td>19%</td>
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<tr>
<td>Concerned about someone else's mental health</td>
<td>42%</td>
<td>37%</td>
<td>21%</td>
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<tr>
<td>More irritable or easily angered than usual</td>
<td>30%</td>
<td>40%</td>
<td>31%</td>
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<tr>
<td>More sad or depressed than usual</td>
<td>27%</td>
<td>38%</td>
<td>35%</td>
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<tr>
<td>Concerned about the stability of our living situation</td>
<td>15%</td>
<td>24%</td>
<td>61%</td>
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NO LONGER WORKING (N=107)

- 63% reported their mental health has gotten worse
- 93% are hopeful the pandemic will end soon

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<tbody>
<tr>
<td>Changes in our family routine have been stressful</td>
<td>40%</td>
<td>48%</td>
<td>12%</td>
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<td>Worried about being infected with the virus</td>
<td>30%</td>
<td>50%</td>
<td>21%</td>
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<td>Concerned about someone else's mental health</td>
<td>47%</td>
<td>36%</td>
<td>18%</td>
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<tr>
<td>More irritable or easily angered than usual</td>
<td>31%</td>
<td>44%</td>
<td>25%</td>
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<tr>
<td>More sad or depressed than usual</td>
<td>31%</td>
<td>47%</td>
<td>22%</td>
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<tr>
<td>Concerned about the stability of our living situation</td>
<td>34%</td>
<td>34%</td>
<td>33%</td>
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LAID OFF (N=76)

- 66% reported their mental health has gotten worse
- 92% are hopeful the pandemic will end soon

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<tr>
<td>Changes in our family routine have been stressful</td>
<td>42%</td>
<td>49%</td>
<td>9%</td>
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<tr>
<td>Worried about being infected with the virus</td>
<td>25%</td>
<td>51%</td>
<td>24%</td>
</tr>
<tr>
<td>Concerned about someone else's mental health</td>
<td>51%</td>
<td>30%</td>
<td>18%</td>
</tr>
<tr>
<td>More irritable or easily angered than usual</td>
<td>33%</td>
<td>41%</td>
<td>26%</td>
</tr>
<tr>
<td>More sad or depressed than usual</td>
<td>30%</td>
<td>51%</td>
<td>18%</td>
</tr>
<tr>
<td>Concerned about the stability of our living situation</td>
<td>36%</td>
<td>37%</td>
<td>28%</td>
</tr>
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</table>

For more information, visit http://dhss.alaska.gov/dph/wcfh/Pages/mchepi
**USE OF ALCOHOL OR DRUGS TO COPE WITH A DIFFICULTY CAUSED BY THE PANDEMIC, BY WORKING STATUS**

![Graph showing use of alcohol or drugs to cope with a difficulty caused by the pandemic, by working status.]

**HOUSEHOLD CONSUMPTION**

- Among households that consume alcohol (n=583) or marijuana (n=184)

![Graph showing household consumption of alcohol and marijuana.]

**MENTAL HEALTH AND DRUG/ALCOHOL TREATMENT SERVICES**

- 13% of respondents who needed services reported being unable to obtain services.

**Difficulty obtaining services**

- Among those who sought services (n=145)

![Bar chart showing difficulty obtaining services.]

**What helped get needed services?**

* (Top 3 responses)

1. Appointment availability (50%)
2. Insurance coverage (48%)
3. Adequate internet service (42%)

**What prevented getting needed services?**

* (Top 3 responses)

1. Appointments were cancelled or postponed (24%)
2. Not comfortable seeking help (14%)
3. Not available in my community or long wait list (13%)

*Among those who needed services (n=152)
IMPACT OF COVID-19 ON MENTAL HEALTH

Survey Questions

Emotional Health of Adults
• How would you rate your overall emotional health before the COVID-19 pandemic?
  • Poor, Fair, Good, Very good, Excellent
• During the COVID-19 pandemic, my overall emotional health has...
  • Improved, Stayed the same, Gotten worse
• To what extent are the following statements true for you?
  • I have been worried about being infected with the virus
  • Changes in our family routine have been stressful for me
  • I am concerned about the stability of our living situation
  • I am concerned about someone else’s mental health
  • I have been more irritable or easily angered than usual
  • I have been more sad or depressed than usual
  • I am hopeful that the COVID-19 pandemic will end soon

Emotional Health of Children
• To what extent are the following statements true for your child?
  • My child has been worried about being infected with the virus
  • Changes in our family routine have been stressful for my child
  • Distance learning has been stressful for my child
  • My child has been more irritable or easily angered than usual
  • My child has been more sad or depressed than usual
  • My child is hopeful that the COVID-19 pandemic will end soon

Substance Use
• The amount of alcohol consumed in my household is...
  • Less than before the pandemic, The same as before the pandemic, More than before the pandemic, No one in my household consumes alcohol
• The amount of marijuana or cannabis consumed in any form in my household is...
  • Less than before the pandemic, The same as before the pandemic, More than before the pandemic, No one in my household consumes marijuana
• I have used alcohol or drugs to cope with a difficulty caused by COVID-19.
  • Very True, Somewhat True, Not at all True

Resilience
• Since the beginning of the COVID-19 pandemic, to what extent are the following statements true for you?
  • I have found new ways of connecting with family and friends
  • I have had sufficient emotional connections with family and friends
  • I have received tangible support (e.g. financial, practical) from family or friends when needed
  • I have helped others with financial or practical support
  • I am able to find information and plan accordingly to address concerns over the COVID-19 pandemic
IMPACT OF COVID-19 ON MENTAL HEALTH

Survey Questions, cont.

Work
• Are any adults living in the home an essential worker (e.g., healthcare, delivery worker, store worker, security, building maintenance)?
• If yes, Are they a first responder, healthcare provider or other worker in a facility treating COVID-19 patients?
• If you were working prior to the COVID-19 pandemic, are you still working?
  • Choices: Yes [Still working], No [No longer working], I was not working prior to the pandemic
• Among those still working,
  • Are you still going to your workplace?
  • Are you teleworking or working from home?
• Among those no longer working,
  • Were you laid off or forced to close your business? [Laid off]

Access to Services
• Since the beginning of the COVID-19 pandemic, has anyone in your household needed mental health or drug/alcohol treatment services?
• What type(s) of service(s) were needed? (Check all that apply)
  • Crisis hotline (e.g., Careline/suicide prevention line)
  • Emergency mental health care from a hospital
  • Inpatient or residential treatment
  • Outpatient counseling or individual therapy (including telehealth visits)
  • Group or other recovery program (e.g. 12-step program or support group)
  • Other: please tell us
• How difficult was it to obtain any of these service(s)?
  • Choices: Not at all difficult, Somewhat difficult, Very difficult, Did not seek services
• What helped you or a household member get the mental health or drug/alcohol treatment services that were needed? (Check all that apply.)
  • Encouragement from a friend or family member
  • Referral from crisis hotline (e.g., Careline or 2-1-1)
  • Insurance coverage
  • Appointment availability
  • Adequate internet service
  • I or the other household member did not get the services that were needed or wanted
  • Other: (please tell us)
• What prevented you or a household member from getting the mental health or drug/alcohol treatment services that were needed? (Check all that apply)
  • Didn’t know where to go
  • Lack of insurance coverage or could not afford it
  • Not available in my community or long wait list
  • Appointments were cancelled or postponed
  • Not comfortable seeking help
  • No problems
  • Other: (please tell us)
Appendix.

Respondents by region and parent roles.

<table>
<thead>
<tr>
<th>Region</th>
<th>% of responses</th>
<th># responses</th>
<th>% Alaska population*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Anchorage Municipality</td>
<td>46.6%</td>
<td>379</td>
<td>39.9%</td>
</tr>
<tr>
<td>Fairbanks North Star Borough</td>
<td>17.8%</td>
<td>145</td>
<td>13.1%</td>
</tr>
<tr>
<td>Matanuska-Susitna Borough</td>
<td>12.2%</td>
<td>99</td>
<td>14.6%</td>
</tr>
<tr>
<td>City and Borough of Juneau</td>
<td>6.3%</td>
<td>51</td>
<td>8.0%</td>
</tr>
<tr>
<td>Kenai Peninsula Region</td>
<td>6.0%</td>
<td>49</td>
<td>4.4%</td>
</tr>
<tr>
<td>Other Interior Region</td>
<td>3.3%</td>
<td>27</td>
<td>2.8%</td>
</tr>
<tr>
<td>Other Southeast Region - Southern</td>
<td>2.2%</td>
<td>18</td>
<td>2.7%</td>
</tr>
<tr>
<td>Southwest Region</td>
<td>2.1%</td>
<td>17</td>
<td>4.0%</td>
</tr>
<tr>
<td>Other Southeast Region - Northern</td>
<td>1.6%</td>
<td>13</td>
<td>3.8%</td>
</tr>
<tr>
<td>Northwest Region</td>
<td>1.2%</td>
<td>10</td>
<td>3.2%</td>
</tr>
<tr>
<td>Y-K Delta Region</td>
<td>0.7%</td>
<td>6</td>
<td>3.6%</td>
</tr>
</tbody>
</table>

*Alaska population percentages based on Alaska Department of Labor 2019 population census area estimates

Parent/Guardian Roles

- Parent of 0-12 month old baby: 5%
- Pre-kindergarten-aged child: 24%
- Elementary school-aged child: 36%
- Middle school-aged child: 18%
- High school-aged child: 25%
- Young adult (18-25 years) currently in home: 16%
- Child or youth with special health care needs: 7%

For more information, visit [http://dhss.alaska.gov/dph/wcfr/Pages/mchepi](http://dhss.alaska.gov/dph/wcfr/Pages/mchepi)