

Table 13.5A Perceived COVID-19 Pandemic Negative Effect on Emotional or Mental Health: Among People Aged 18 or Older; by Age Group and Past Year Major Depressive Episode (MDE) and MDE with Severe Impairment Status, Numbers in Thousands, Quarter 4, 2020

Perceived Negative Effect on Emotional or Mental Health	Aged 18+	Aged 18-25	Aged 26+	Aged 26-49	Aged 50+
PERCEPTION OF PANDEMIC'S NEGATIVE EFFECT ON EMOTIONAL OR MENTAL HEALTH AMONG TOTAL POPULATION					
Not at all	66,786	9,292	57,494	25,528	31,966
A little or some	135,206	15,864	119,342	52,456	66,887
Quite a bit or a lot	45,189	7,578	37,611	21,217	16,394
PERCEPTION OF PANDEMIC'S NEGATIVE EFFECT ON EMOTIONAL OR MENTAL HEALTH AMONG PEOPLE WITH PAST YEAR MDE					
Not at all	1,743	455	1,288	776	512
A little or some	8,236	1,905	6,331	3,429	2,902
Quite a bit or a lot	10,547	2,699	7,848	4,735	3,113
PERCEPTION OF PANDEMIC'S NEGATIVE EFFECT ON EMOTIONAL OR MENTAL HEALTH AMONG PEOPLE WITH PAST YEAR MDE WITH SEVERE IMPAIRMENT					
Not at all	1,117	360	758	447	311
A little or some	5,143	1,370	3,774	2,253	*
Quite a bit or a lot	8,174	2,162	6,011	3,649	*
PERCEPTION OF PANDEMIC'S NEGATIVE EFFECT ON EMOTIONAL OR MENTAL HEALTH AMONG PEOPLE WITH NO PAST YEAR MDE					
Not at all	64,741	8,806	55,936	24,750	31,186
A little or some	126,130	13,799	112,331	48,785	63,546
Quite a bit or a lot	33,953	4,789	29,164	16,294	12,870

* = low precision; -- = not available; da = does not apply; nc = not comparable due to methodological changes; nr = not reported due to measurement issues.

NOTE: Estimates in this table for 2020 exclude a subset of respondents who did not complete the questionnaire. The analysis weights and estimates were adjusted for the reduced sample size. See the *2020 National Survey on Drug Use and Health: Methodological Summary and Definitions* for details.

NOTE: Respondents with unknown information on their perception of the COVID-19 pandemic's negative effect on their emotional or mental health were excluded.

NOTE: Respondents with unknown past year Major Depressive Episode (MDE) data were excluded.

NOTE: Respondents with unknown impairment data were excluded.

Definitions: Measures and terms are defined in Appendix A.

Source: SAMHSA, Center for Behavioral Health Statistics and Quality, National Survey on Drug Use and Health, Quarter 4, 2020.

Table 13.5B Perceived COVID-19 Pandemic Negative Effect on Emotional or Mental Health: Among People Aged 18 or Older; by Age Group and Past Year Major Depressive Episode (MDE) and MDE with Severe Impairment Status, Percentages, Quarter 4, 2020

Perceived Negative Effect on Emotional or Mental Health	Aged 18+	Aged 18-25	Aged 26+	Aged 26-49	Aged 50+
PERCEPTION OF PANDEMIC'S NEGATIVE EFFECT ON EMOTIONAL OR MENTAL HEALTH AMONG TOTAL POPULATION					
Not at all	27.0	28.4	26.8	25.7	27.7
A little or some	54.7	48.5	55.7	52.9	58.0
Quite a bit or a lot	18.3	23.2	17.5	21.4	14.2
PERCEPTION OF PANDEMIC'S NEGATIVE EFFECT ON EMOTIONAL OR MENTAL HEALTH AMONG PEOPLE WITH PAST YEAR MDE					
Not at all	8.5	9.0	8.3	8.7	7.8
A little or some	40.1	37.7	40.9	38.4	44.5
Quite a bit or a lot	51.4	53.4	50.7	53.0	47.7
PERCEPTION OF PANDEMIC'S NEGATIVE EFFECT ON EMOTIONAL OR MENTAL HEALTH AMONG PEOPLE WITH PAST YEAR MDE WITH SEVERE IMPAIRMENT					
Not at all	7.7	9.2	7.2	7.0	7.4
A little or some	35.6	35.2	35.8	35.5	*
Quite a bit or a lot	56.6	55.6	57.0	57.5	*
PERCEPTION OF PANDEMIC'S NEGATIVE EFFECT ON EMOTIONAL OR MENTAL HEALTH AMONG PEOPLE WITH NO PAST YEAR MDE					
Not at all	28.8	32.1	28.3	27.6	29.0
A little or some	56.1	50.4	56.9	54.3	59.1
Quite a bit or a lot	15.1	17.5	14.8	18.1	12.0

* = low precision; -- = not available; da = does not apply; nc = not comparable due to methodological changes; nr = not reported due to measurement issues.

NOTE: Estimates in this table for 2020 exclude a subset of respondents who did not complete the questionnaire. The analysis weights and estimates were adjusted for the reduced sample size. See the *2020 National Survey on Drug Use and Health: Methodological Summary and Definitions* for details.

NOTE: Respondents with unknown information on their perception of the COVID-19 pandemic's negative effect on their emotional or mental health were excluded.

NOTE: Respondents with unknown past year Major Depressive Episode (MDE) data were excluded.

NOTE: Respondents with unknown impairment data were excluded.

Definitions: Measures and terms are defined in Appendix A.

Source: SAMHSA, Center for Behavioral Health Statistics and Quality, National Survey on Drug Use and Health, Quarter 4, 2020.

Table 13.6A Perceived COVID-19 Pandemic Negative Effect on Emotional or Mental Health: Among People Aged 18 or Older; by Age Group and Past Year Level of Mental Illness, Numbers in Thousands, Quarter 4, 2020

Perceived Negative Effect on Emotional or Mental Health	Aged 18+	Aged 18-25	Aged 26+	Aged 26-49	Aged 50+
PERCEPTION OF PANDEMIC'S NEGATIVE EFFECT ON EMOTIONAL OR MENTAL HEALTH AMONG TOTAL POPULATION					
Not at all	66,786	9,292	57,494	25,528	31,966
A little or some	135,206	15,864	119,342	52,456	66,887
Quite a bit or a lot	45,189	7,578	37,611	21,217	16,394
PERCEPTION OF PANDEMIC'S NEGATIVE EFFECT ON EMOTIONAL OR MENTAL HEALTH AMONG PEOPLE WITH PAST YEAR ANY MENTAL ILLNESS					
Not at all	5,591	858	4,733	2,681	2,052
A little or some	23,948	3,906	20,042	11,871	8,170
Quite a bit or a lot	24,324	4,479	19,844	12,127	7,717
PERCEPTION OF PANDEMIC'S NEGATIVE EFFECT ON EMOTIONAL OR MENTAL HEALTH AMONG PEOPLE WITH PAST YEAR SERIOUS MENTAL ILLNESS					
Not at all	1,340	252	1,088	747	341
A little or some	5,145	1,177	3,968	2,445	*
Quite a bit or a lot	7,880	1,595	6,286	3,837	*
PERCEPTION OF PANDEMIC'S NEGATIVE EFFECT ON EMOTIONAL OR MENTAL HEALTH AMONG PEOPLE WITH NO PAST YEAR MENTAL ILLNESS					
Not at all	61,195	8,434	52,761	22,847	29,914
A little or some	111,258	11,957	99,301	40,584	58,717
Quite a bit or a lot	20,866	3,099	17,767	9,090	8,677

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NOTE: Estimates in this table for 2020 exclude a subset of respondents who did not complete the questionnaire. The analysis weights and estimates were adjusted for the reduced sample size. See the *2020 National Survey on Drug Use and Health: Methodological Summary and Definitions* for details.

NOTE: Respondents with unknown information on their perception of the COVID-19 pandemic's negative effect on their emotional or mental health were excluded.

Definitions: Measures and terms are defined in Appendix A.

Source: SAMHSA, Center for Behavioral Health Statistics and Quality, National Survey on Drug Use and Health, Quarter 4, 2020.

Table 13.6B Perceived COVID-19 Pandemic Negative Effect on Emotional or Mental Health: Among People Aged 18 or Older; by Age Group and Past Year Level of Mental Illness, Percentages, Quarter 4, 2020

Perceived Negative Effect on Emotional or Mental Health	Aged 18+	Aged 18-25	Aged 26+	Aged 26-49	Aged 50+
PERCEPTION OF PANDEMIC'S NEGATIVE EFFECT ON EMOTIONAL OR MENTAL HEALTH AMONG TOTAL POPULATION					
Not at all	27.0	28.4	26.8	25.7	27.7
A little or some	54.7	48.5	55.7	52.9	58.0
Quite a bit or a lot	18.3	23.2	17.5	21.4	14.2
PERCEPTION OF PANDEMIC'S NEGATIVE EFFECT ON EMOTIONAL OR MENTAL HEALTH AMONG PEOPLE WITH PAST YEAR ANY MENTAL ILLNESS					
Not at all	10.4	9.3	10.6	10.0	11.4
A little or some	44.5	42.3	44.9	44.5	45.5
Quite a bit or a lot	45.2	48.5	44.5	45.5	43.0
PERCEPTION OF PANDEMIC'S NEGATIVE EFFECT ON EMOTIONAL OR MENTAL HEALTH AMONG PEOPLE WITH PAST YEAR SERIOUS MENTAL ILLNESS					
Not at all	9.3	8.3	9.6	10.6	7.9
A little or some	35.8	38.9	35.0	34.8	*
Quite a bit or a lot	54.9	52.7	55.4	54.6	*
PERCEPTION OF PANDEMIC'S NEGATIVE EFFECT ON EMOTIONAL OR MENTAL HEALTH AMONG PEOPLE WITH NO PAST YEAR MENTAL ILLNESS					
Not at all	31.7	35.9	31.1	31.5	30.7
A little or some	57.6	50.9	58.5	56.0	60.3
Quite a bit or a lot	10.8	13.2	10.5	12.5	8.9

* = low precision; -- = not available; da = does not apply; nc = not comparable due to methodological changes; nr = not reported due to measurement issues.

NOTE: Estimates in this table for 2020 exclude a subset of respondents who did not complete the questionnaire. The analysis weights and estimates were adjusted for the reduced sample size. See the *2020 National Survey on Drug Use and Health: Methodological Summary and Definitions* for details.

NOTE: Respondents with unknown information on their perception of the COVID-19 pandemic's negative effect on their emotional or mental health were excluded.

Definitions: Measures and terms are defined in Appendix A.

Source: SAMHSA, Center for Behavioral Health Statistics and Quality, National Survey on Drug Use and Health, Quarter 4, 2020.