

**Table 13.5C 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, Standard Errors of Numbers in Thousands, Quarter 4, 2020**

<b>Perceived Negative Effect on Emotional or Mental Health</b>	<b>Aged 18+</b>	<b>Aged 18-25</b>	<b>Aged 26+</b>	<b>Aged 26-49</b>	<b>Aged 50+</b>
<b>PERCEPTION OF PANDEMIC'S NEGATIVE EFFECT ON EMOTIONAL OR MENTAL HEALTH AMONG TOTAL POPULATION</b>					
Not at all	1,654	412	1,612	897	1,360
A little or some	1,752	419	1,718	943	1,453
Quite a bit or a lot	1,412	316	1,371	783	1,105
<b>PERCEPTION OF PANDEMIC'S NEGATIVE EFFECT ON EMOTIONAL OR MENTAL HEALTH AMONG PEOPLE WITH PAST YEAR MDE</b>					
Not at all	233	82	217	163	156
A little or some	690	184	653	309	539
Quite a bit or a lot	688	231	646	378	503
<b>PERCEPTION OF PANDEMIC'S NEGATIVE EFFECT ON EMOTIONAL OR MENTAL HEALTH AMONG PEOPLE WITH PAST YEAR MDE WITH SEVERE IMPAIRMENT</b>					
Not at all	169	73	146	101	125
A little or some	496	154	463	269	*
Quite a bit or a lot	600	201	560	320	*
<b>PERCEPTION OF PANDEMIC'S NEGATIVE EFFECT ON EMOTIONAL OR MENTAL HEALTH AMONG PEOPLE WITH NO PAST YEAR MDE</b>					
Not at all	2,049	533	1,946	1,085	1,615
A little or some	2,858	579	2,716	1,435	2,212
Quite a bit or a lot	1,458	307	1,422	796	1,133

\* = 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 13.5D 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, Standard Errors of Percentages, Quarter 4, 2020**

<b>Perceived Negative Effect on Emotional or Mental Health</b>	<b>Aged 18+</b>	<b>Aged 18-25</b>	<b>Aged 26+</b>	<b>Aged 26-49</b>	<b>Aged 50+</b>
<b>PERCEPTION OF PANDEMIC'S NEGATIVE EFFECT ON EMOTIONAL OR MENTAL HEALTH AMONG TOTAL POPULATION</b>					
Not at all	0.67	1.26	0.75	0.90	1.18
A little or some	0.71	1.28	0.80	0.95	1.26
Quite a bit or a lot	0.57	0.96	0.64	0.79	0.96
<b>PERCEPTION OF PANDEMIC'S NEGATIVE EFFECT ON EMOTIONAL OR MENTAL HEALTH AMONG PEOPLE WITH PAST YEAR MDE</b>					
Not at all	1.10	1.53	1.39	1.76	2.38
A little or some	2.47	2.87	3.08	2.75	5.77
Quite a bit or a lot	2.42	3.01	3.04	2.83	5.70
<b>PERCEPTION OF PANDEMIC'S NEGATIVE EFFECT ON EMOTIONAL OR MENTAL HEALTH AMONG PEOPLE WITH PAST YEAR MDE WITH SEVERE IMPAIRMENT</b>					
Not at all	1.12	1.76	1.36	1.55	2.96
A little or some	2.73	3.13	3.49	3.30	*
Quite a bit or a lot	2.69	3.35	3.49	3.33	*
<b>PERCEPTION OF PANDEMIC'S NEGATIVE EFFECT ON EMOTIONAL OR MENTAL HEALTH AMONG PEOPLE WITH NO PAST YEAR MDE</b>					
Not at all	0.72	1.43	0.79	0.98	1.23
A little or some	0.74	1.41	0.83	1.02	1.30
Quite a bit or a lot	0.57	0.97	0.64	0.79	0.95

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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.

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 13.6C 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, Standard Errors of Numbers in Thousands, Quarter 4, 2020**

<b>Perceived Negative Effect on Emotional or Mental Health</b>	<b>Aged 18+</b>	<b>Aged 18-25</b>	<b>Aged 26+</b>	<b>Aged 26-49</b>	<b>Aged 50+</b>
<b>PERCEPTION OF PANDEMIC'S NEGATIVE EFFECT ON EMOTIONAL OR MENTAL HEALTH AMONG TOTAL POPULATION</b>					
Not at all	1,654	412	1,612	897	1,360
A little or some	1,752	419	1,718	943	1,453
Quite a bit or a lot	1,412	316	1,371	783	1,105
<b>PERCEPTION OF PANDEMIC'S NEGATIVE EFFECT ON EMOTIONAL OR MENTAL HEALTH AMONG PEOPLE WITH PAST YEAR ANY MENTAL ILLNESS</b>					
Not at all	552	124	542	331	428
A little or some	1,118	284	1,079	611	838
Quite a bit or a lot	1,067	288	1,015	610	818
<b>PERCEPTION OF PANDEMIC'S NEGATIVE EFFECT ON EMOTIONAL OR MENTAL HEALTH AMONG PEOPLE WITH PAST YEAR SERIOUS MENTAL ILLNESS</b>					
Not at all	230	55	219	175	129
A little or some	532	145	504	266	*
Quite a bit or a lot	635	178	606	319	*
<b>PERCEPTION OF PANDEMIC'S NEGATIVE EFFECT ON EMOTIONAL OR MENTAL HEALTH AMONG PEOPLE WITH NO PAST YEAR MENTAL ILLNESS</b>					
Not at all	1,985	516	1,891	1,044	1,561
A little or some	2,670	543	2,561	1,277	2,109
Quite a bit or a lot	1,123	254	1,101	579	915

\* = 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.

**Table 13.6D 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, Standard Errors of Percentages, Quarter 4, 2020**

<b>Perceived Negative Effect on Emotional or Mental Health</b>	<b>Aged 18+</b>	<b>Aged 18-25</b>	<b>Aged 26+</b>	<b>Aged 26-49</b>	<b>Aged 50+</b>
<b>PERCEPTION OF PANDEMIC'S NEGATIVE EFFECT ON EMOTIONAL OR MENTAL HEALTH AMONG TOTAL POPULATION</b>					
Not at all	0.67	1.26	0.75	0.90	1.18
A little or some	0.71	1.28	0.80	0.95	1.26
Quite a bit or a lot	0.57	0.96	0.64	0.79	0.96
<b>PERCEPTION OF PANDEMIC'S NEGATIVE EFFECT ON EMOTIONAL OR MENTAL HEALTH AMONG PEOPLE WITH PAST YEAR ANY MENTAL ILLNESS</b>					
Not at all	0.94	1.24	1.11	1.14	2.21
A little or some	1.45	2.18	1.70	1.67	3.42
Quite a bit or a lot	1.49	2.14	1.73	1.70	3.49
<b>PERCEPTION OF PANDEMIC'S NEGATIVE EFFECT ON EMOTIONAL OR MENTAL HEALTH AMONG PEOPLE WITH PAST YEAR SERIOUS MENTAL ILLNESS</b>					
Not at all	1.55	1.74	1.87	2.31	2.99
A little or some	2.91	3.68	3.51	3.05	*
Quite a bit or a lot	2.93	3.82	3.59	3.18	*
<b>PERCEPTION OF PANDEMIC'S NEGATIVE EFFECT ON EMOTIONAL OR MENTAL HEALTH AMONG PEOPLE WITH NO PAST YEAR MENTAL ILLNESS</b>					
Not at all	0.80	1.58	0.89	1.14	1.30
A little or some	0.81	1.53	0.91	1.16	1.35
Quite a bit or a lot	0.54	0.96	0.60	0.76	0.87

\* = 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.