



## Mental Health Outcomes in the COVID-19 Era

In the United States, one in five adults has a mental illness that prevents them from functioning normally. This includes depression, anxiety, and other mental illnesses. Data show that the COVID-19 pandemic and its social and economic impacts contributed to growth in the mental health challenges that impact every population group in our community.

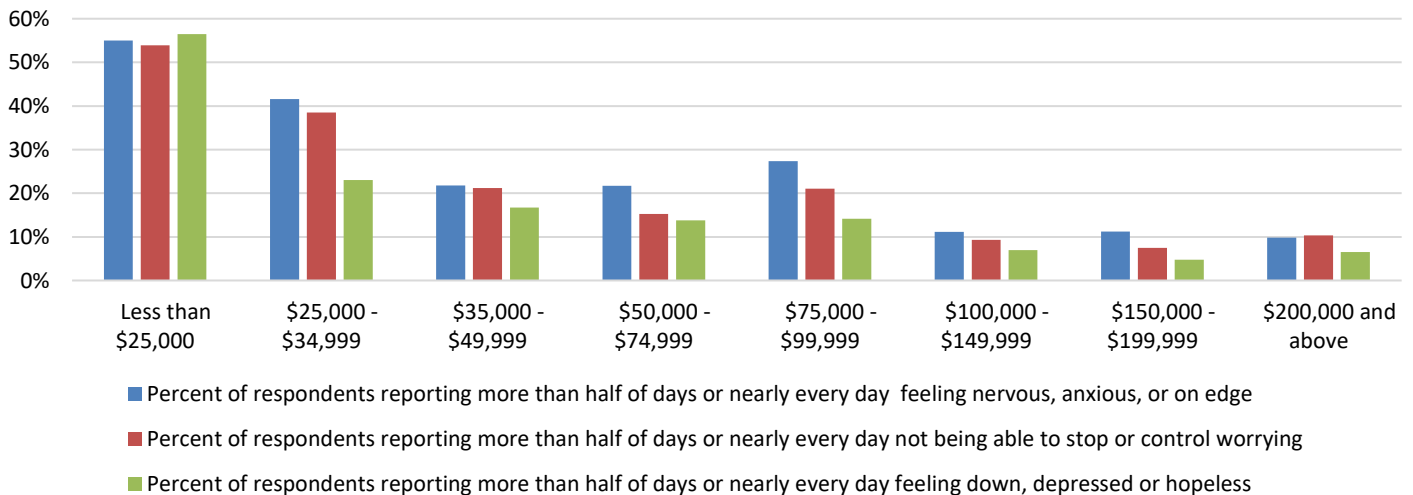
The U.S. Census Bureau has measured and monitored pandemic effects since 2020 with the Household Pulse Survey. The Household Pulse Survey is a 20-minute online survey studying how the coronavirus pandemic is impacting households across the country from a social and economic perspective. The survey asks questions about how childcare, education, employment, energy use, food security, health, housing, household spending, Child Tax Credit payments, and intention to receive a COVID-19 vaccination, have been affected by the ongoing crisis. Data from this survey demonstrates widespread effects of the coronavirus pandemic on individuals, families, and communities across the country.

According to the most recent Household Pulse Survey (data collected March 30 – April 11, 2022), more than 1 in 4 Kansans reported feeling nervous, anxious, on edge, or unable to stop worrying most of the time when surveyed about their experience over the prior two weeks. One in five Kansas residents reported feeling down, depressed or hopeless over most of the prior two weeks. These experiences vary significantly by income. Those in the lowest income category (less than \$25,000 annually) are more than five times as likely than those in the highest income category (\$200,000 and above) to experience anxiety and depression. Further, populations under the age of 40 are more likely to experience mental health struggles than older Kansans. Socially marginalized groups also experience the disproportionate impact of mental health challenges, as well. Kansas residents who self-identify as lesbian, gay, bisexual and transgender (LGBT) experience anxiety at more than twice the rate of other identities, and experience depression at three times the rate of other identities.

### Experiences of Anxiety and Depression in the Last Two Weeks

Population: Kansas Residents 18 Years and Older, by annual household income

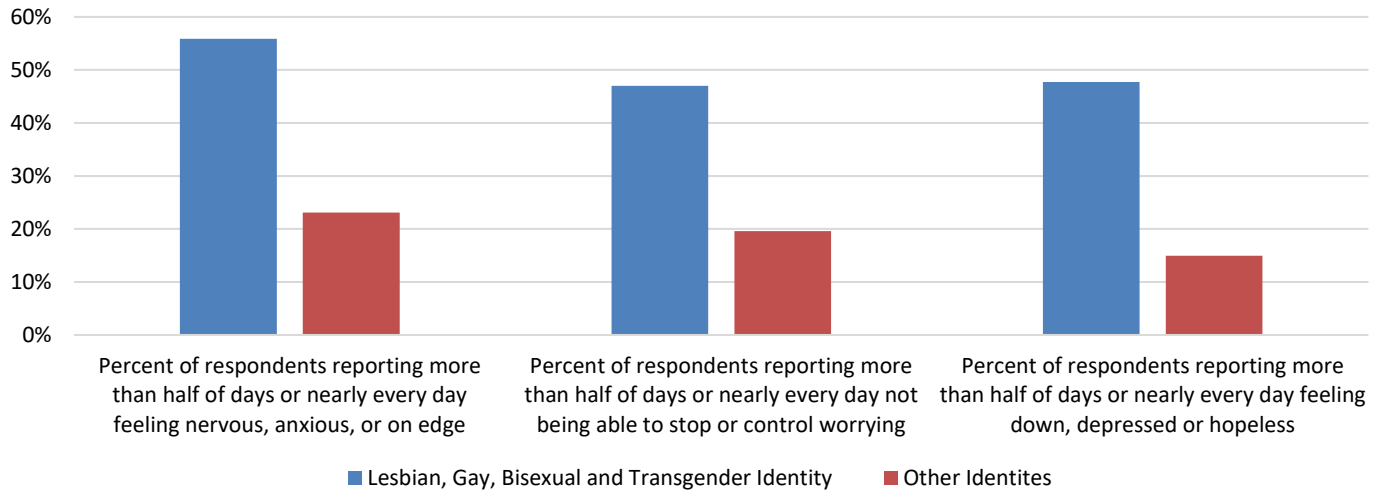
Source: U.S. Census Bureau Household Pulse Survey, Week 44



## Experiences of Anxiety and Depression in the Last Two Weeks

Population: Kansas Residents 18 Years and Older, by LGBT Identity

Source: U.S. Census Bureau Household Pulse Survey, Week 44



Despite the high incidence of mental health symptoms that Kansas residents are experiencing, few are actually receiving the treatment they need. Only 13% of Kansans reported receiving counseling or therapy in the prior month. There are many reasons that one might not seek treatment, including stigma and cost. Some cannot afford the costs of treatments and interventions, while others associate their feelings with shame and embarrassment causing them to keep their symptoms hidden. Untreated mental illness can have direct and indirect effects which may worsen over time, leading to physical health issues, financial problems, lack of stability, and suicide.

Published May 2022