



PANDEMIC STRESS AND COPING RESPONSES AMONG U.S. ADULTS

SHADAC COVID-19 SURVEY, APRIL 2020



August 2020

SURVEY OVERVIEW

- In light of the sudden arrival of the novel coronavirus, and as part of our mission to collect and leverage sound health data to inform or evaluate policy decisions for states and federal organizations, the State Health Access Data Assistance Center (SHADAC) created a survey to determine the impacts of the coronavirus pandemic on health issues including stress levels and resulting coping mechanisms and responses.
- The SHADAC COVID-19 survey was conducted as part of the AmeriSpeak omnibus survey conducted by NORC at the University of Chicago.
- The survey was conducted using a mix of phone and online modes from April 24 and 26, 2020, among a nationally representative sample of 1,007 respondents age 18 and older.

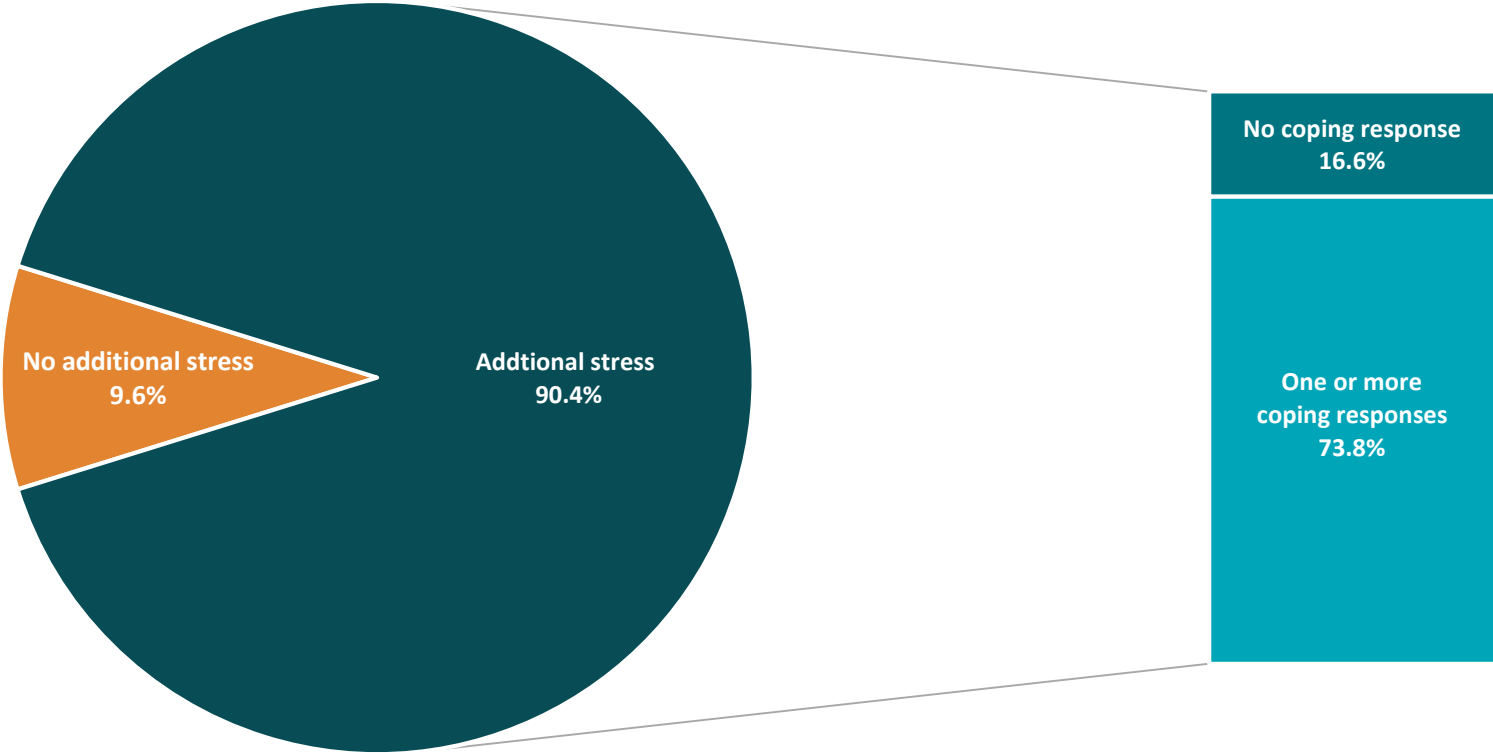
Acknowledgement: We appreciate contributions to the survey by Sarah Gollust of the University of Minnesota School of Public Health and Brendan Saloner of the Johns Hopkins University Bloomberg School of Public Health.



STRESS AND COPING RESPONSES

STRESS LEVELS AND COPING RESPONSES

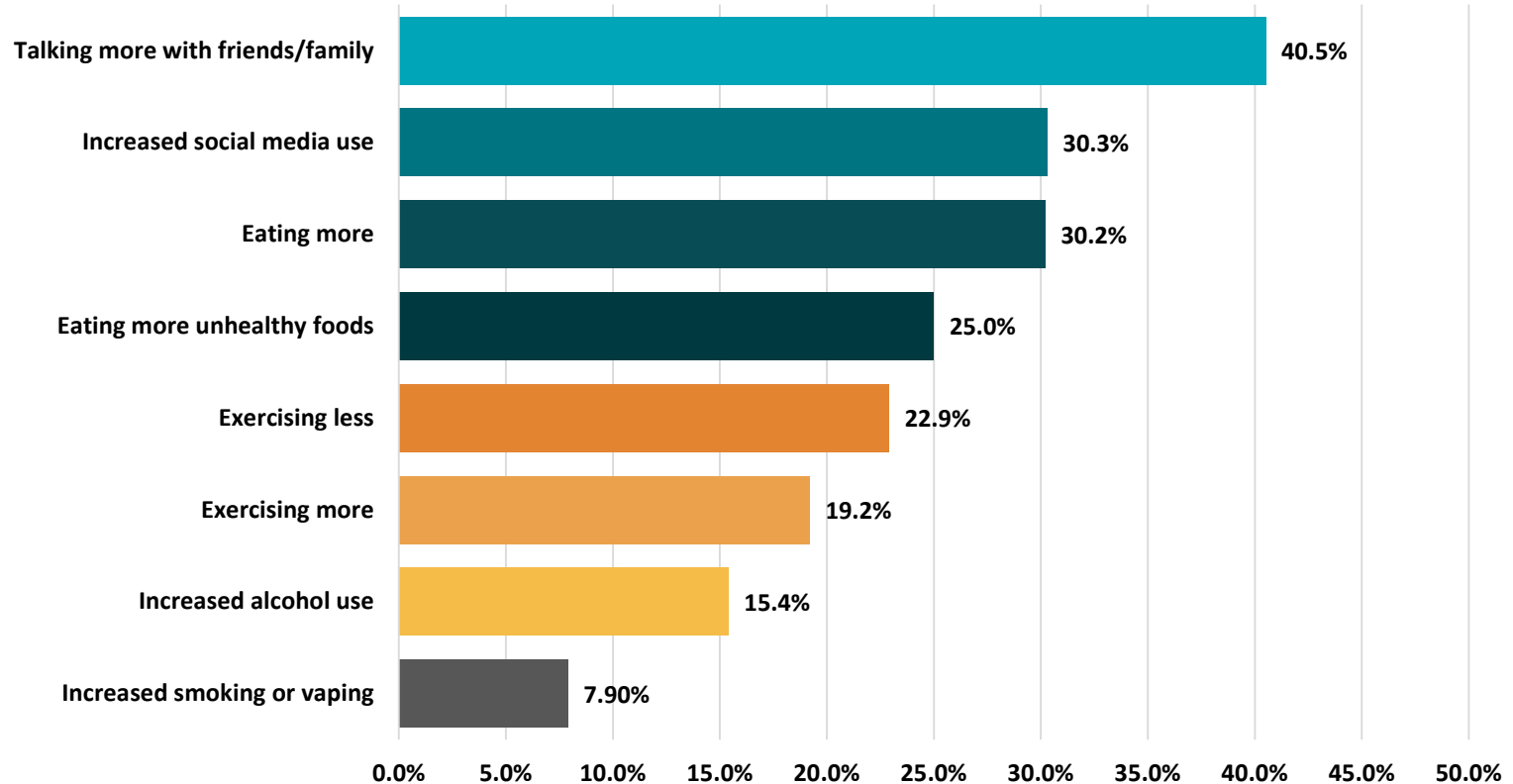
Percent of U.S. Adults who Reported Changes in Stress due to COVID and Resulting Levels of Coping Responses



Source: SHADAC analysis of the SHADAC COVID-19 Survey, April 24-26,2020.

STRESS LEVELS AND COPING RESPONSES

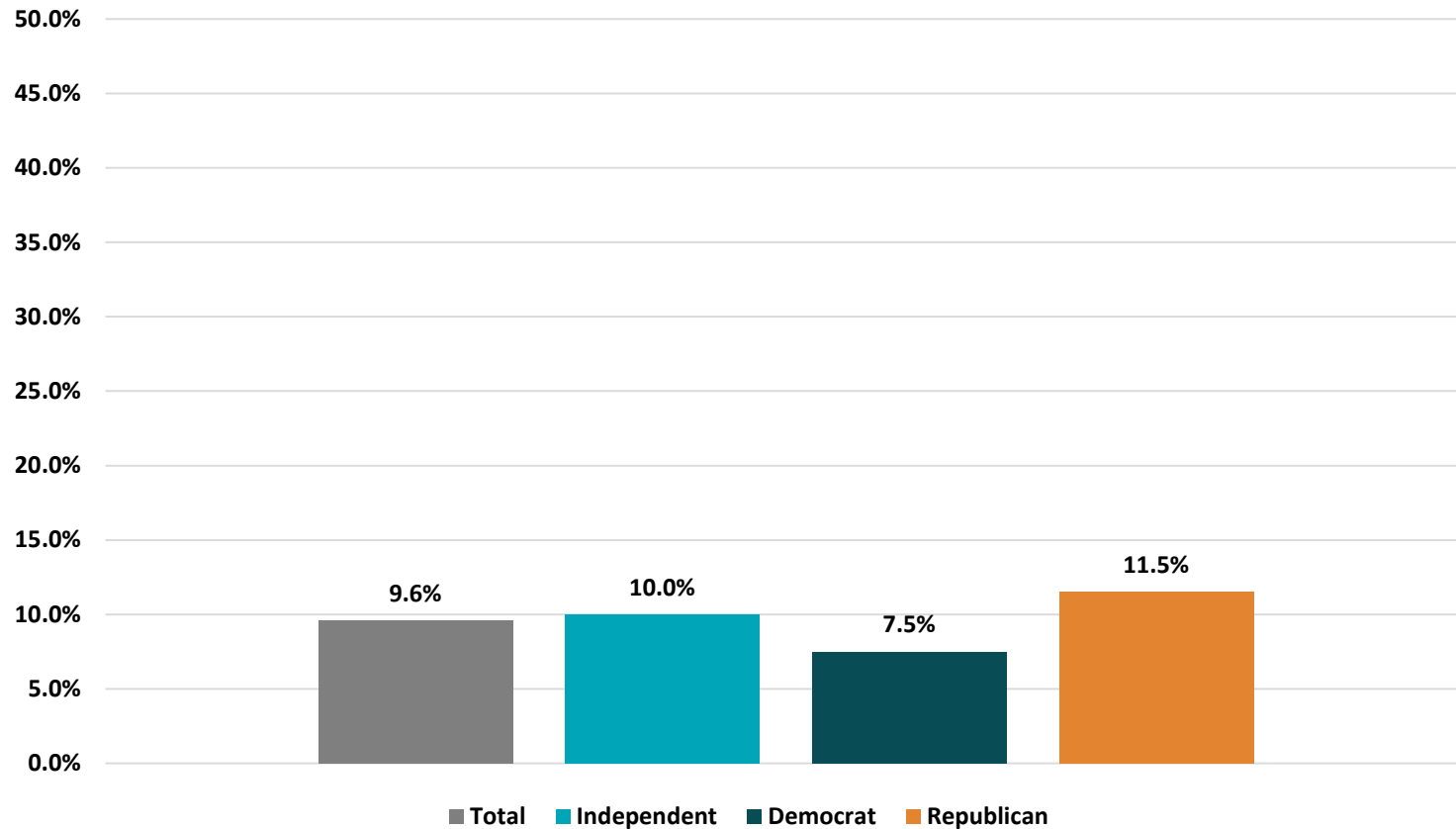
Percent of U.S. Adults who Reported Utilizing a Coping Mechanism in Response to COVID-related Stress



Source: SHADAC analysis of the SHADAC COVID-19 Survey, April 24-26, 2020.

STRESS LEVELS AND COPING RESPONSES

Percent of U.S. Adults who Reported No Additional COVID-related Stress by Political Affiliation



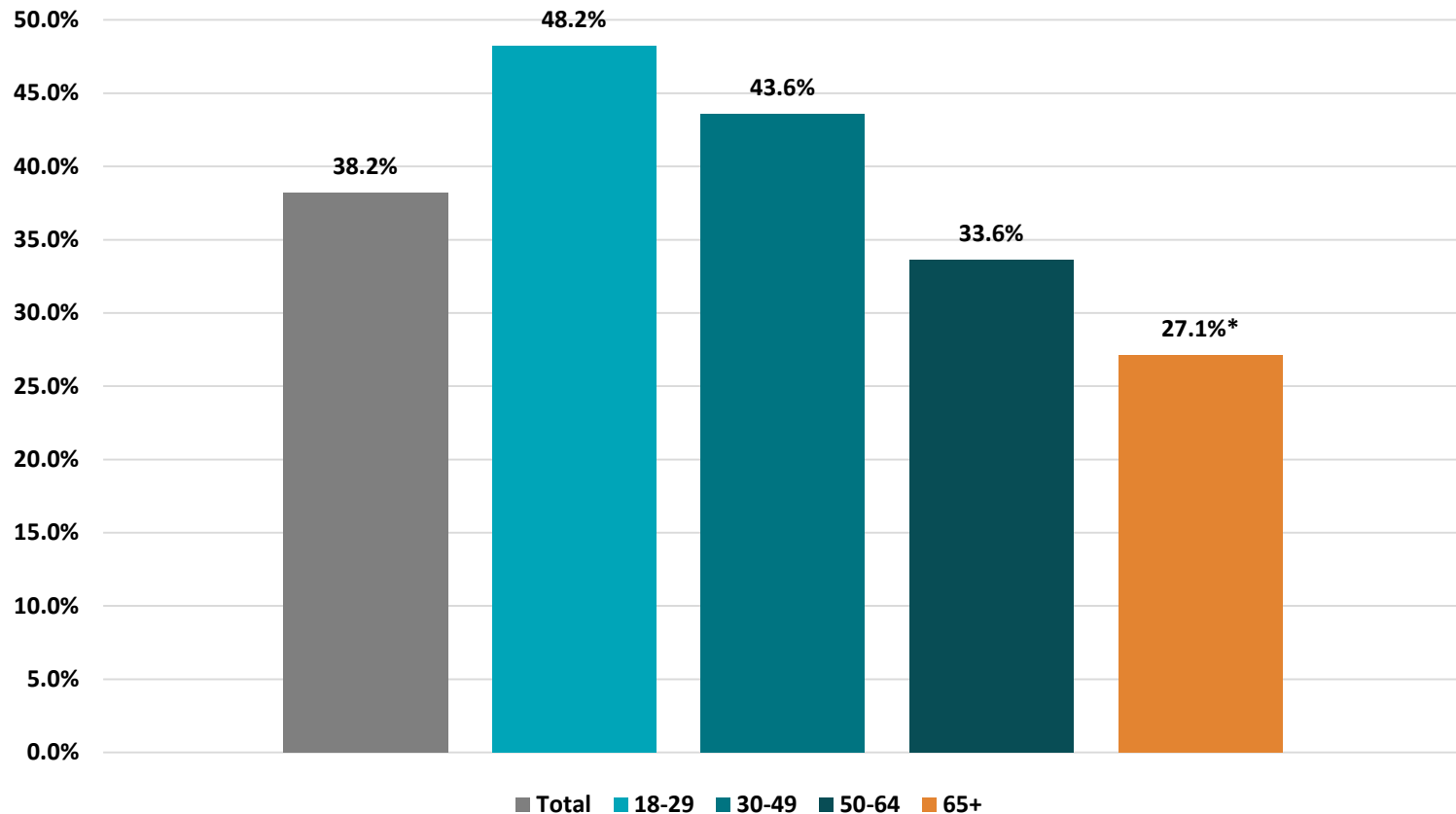
*Statistically significant difference from the Total category at a 95% confidence level.
Source: SHADAC analysis of the SHADAC COVID-19 Survey, April 24-26, 2020.



COPING RESPONSES: EATING MORE

COPING RESPONSES: EATING MORE

Percent of U.S. Adults who Reported Eating More and/or Eating More Unhealthy Foods, due to COVID by Age

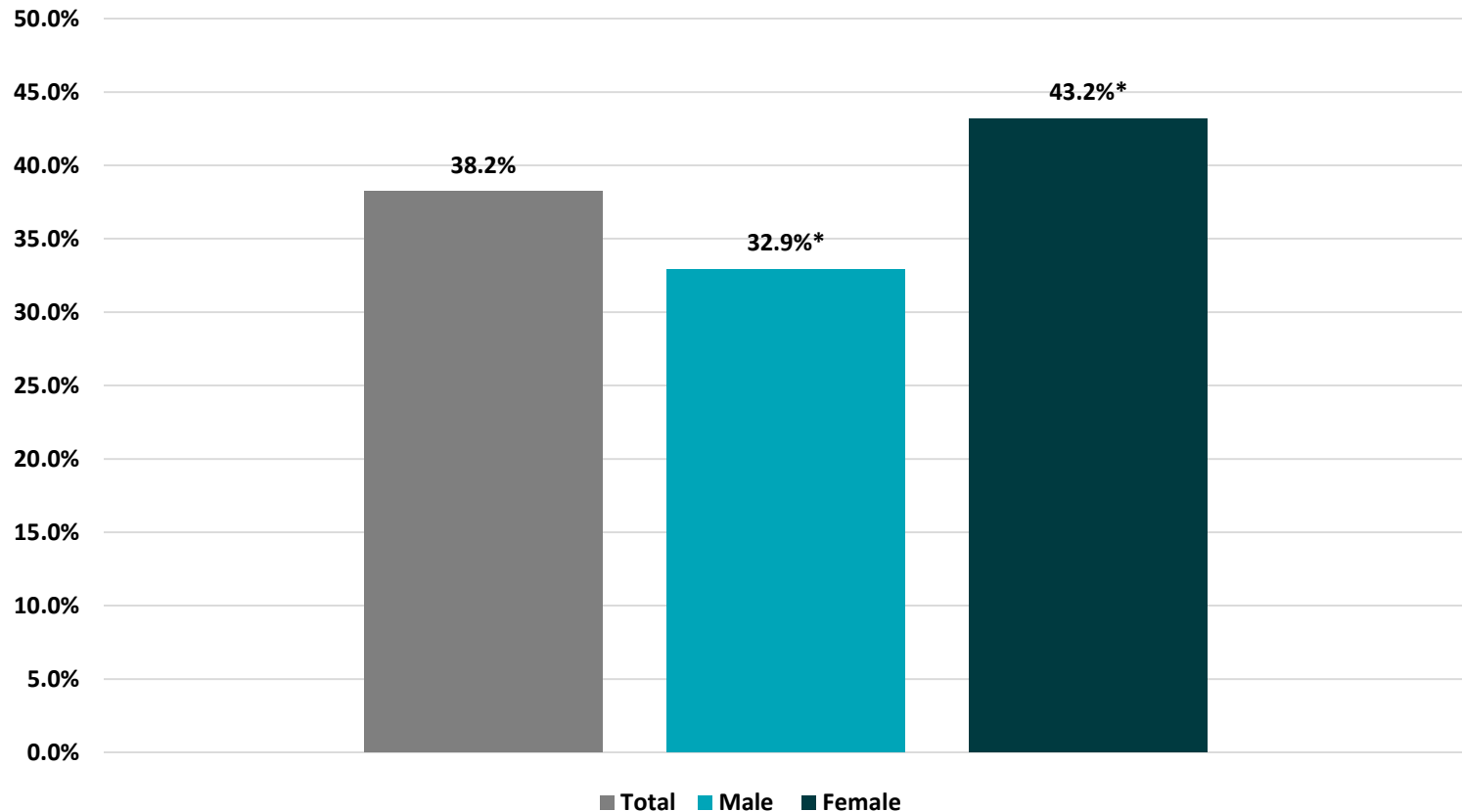


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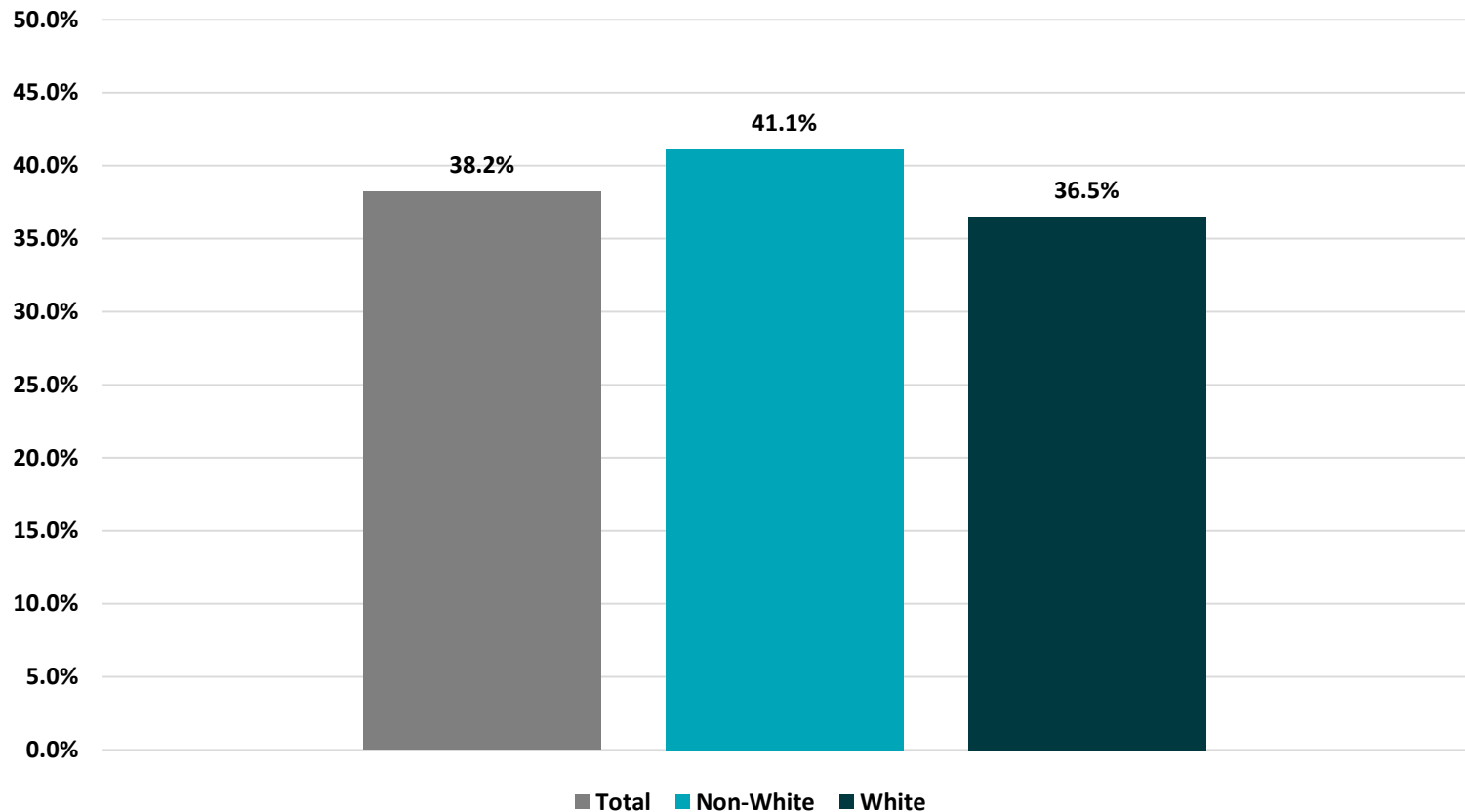
Percent of U.S. Adults who Reported Eating More and/or Eating More Unhealthy Foods, due to COVID by Gender



*Statistically significant difference from the Total category at a 95% confidence level.
Source: SHADAC analysis of the SHADAC COVID-19 Survey, April 24-26, 2020.

COPING RESPONSES: EATING MORE

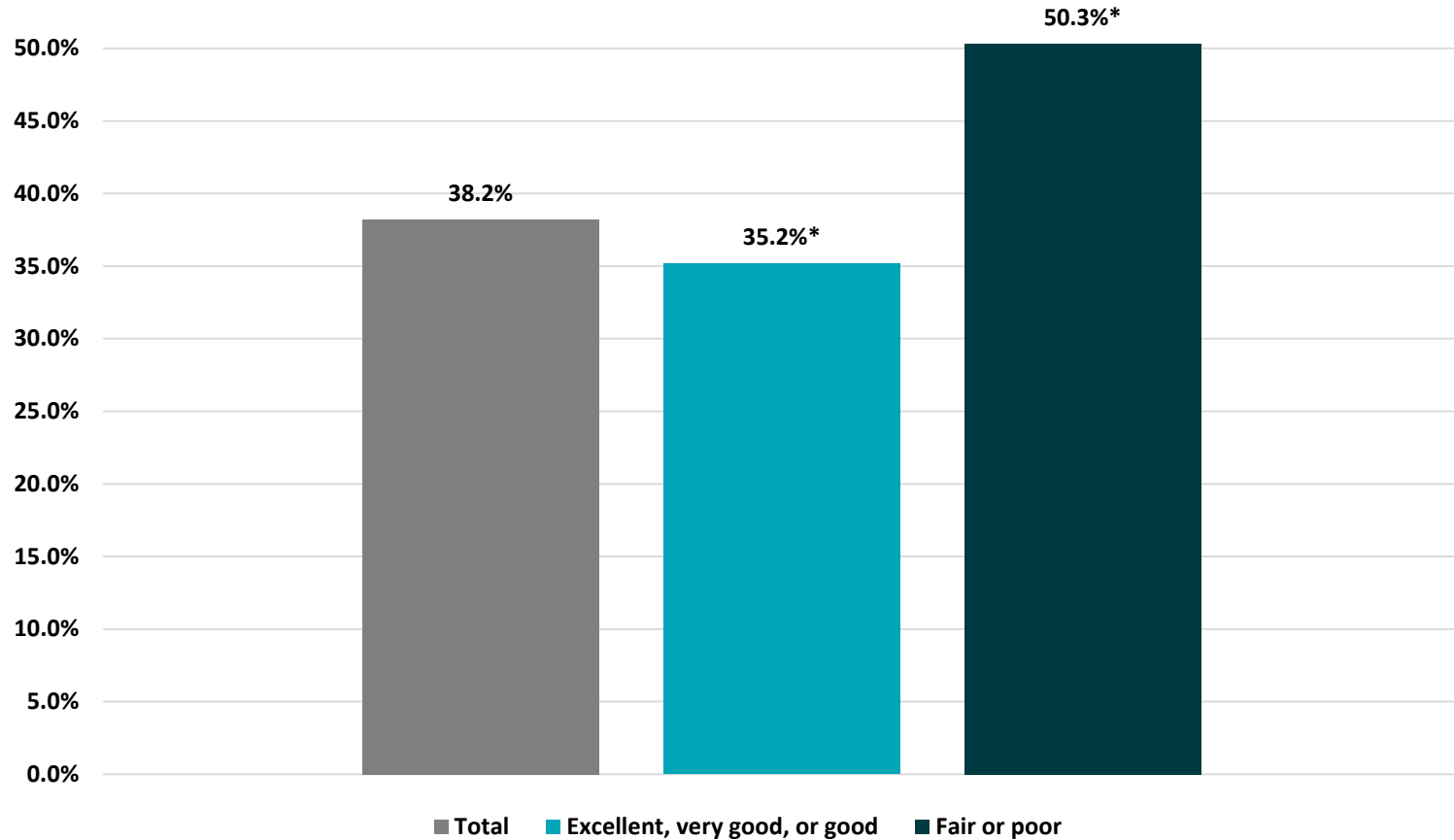
Percent of U.S. Adults who Reported Eating More and/or Eating More Unhealthy Foods due to COVID by Race/Ethnicity



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Source: SHADAC analysis of the SHADAC COVID-19 Survey, April 24-26, 2020.

COPING RESPONSES: EATING MORE

Percent of U.S. Adults who Reported Eating More and/or Eating More Unhealthy Foods due to COVID by Health Status



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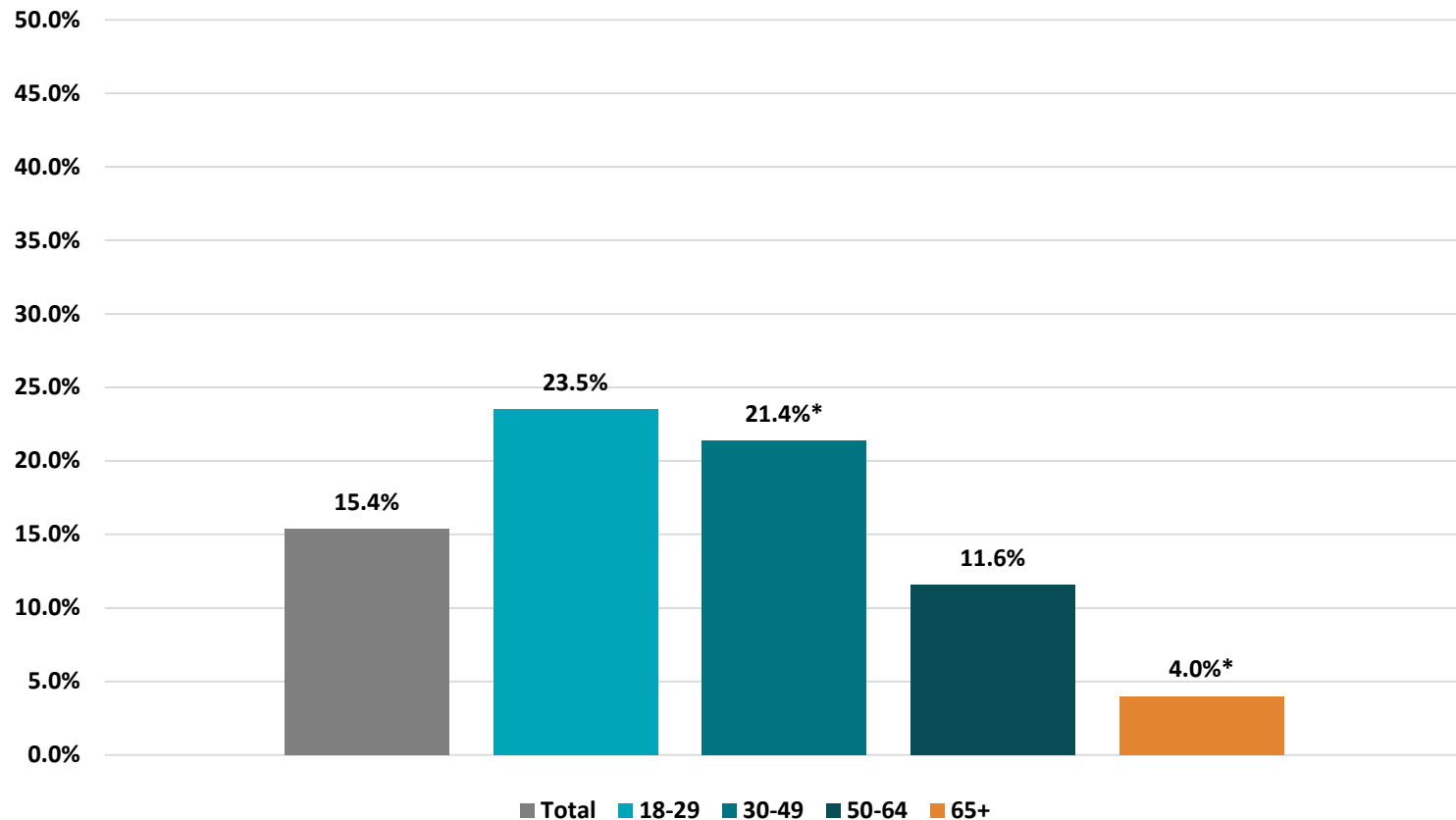
Source: SHADAC analysis of the SHADAC COVID-19 Survey, April 24-26, 2020.



COPING RESPONSES: DRINKING MORE

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Percent of U.S. Adults who Reported Increased Alcohol Consumption due to COVID by Age

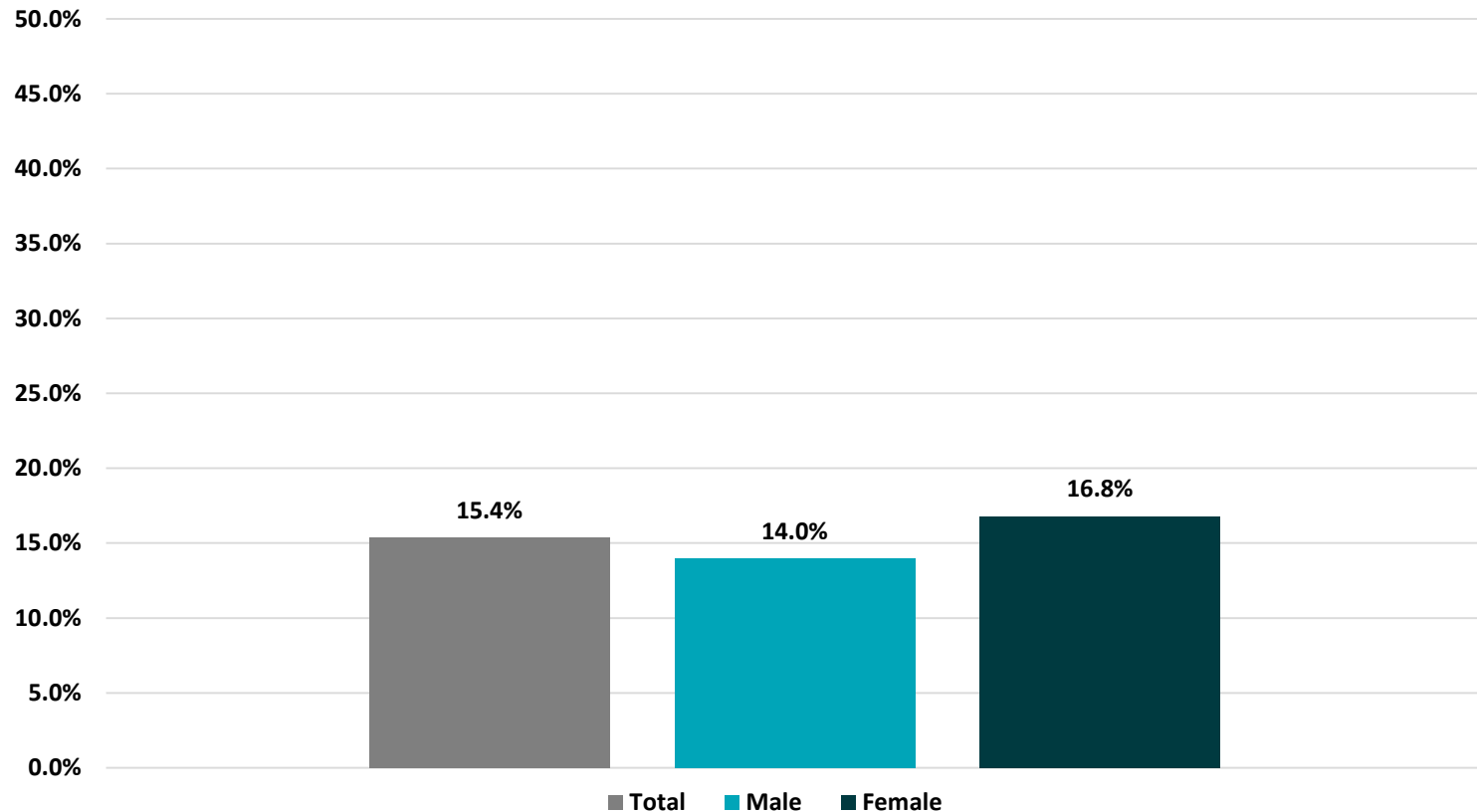


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Percent of U.S. Adults who Reported Increased Alcohol Consumption due to COVID by Gender

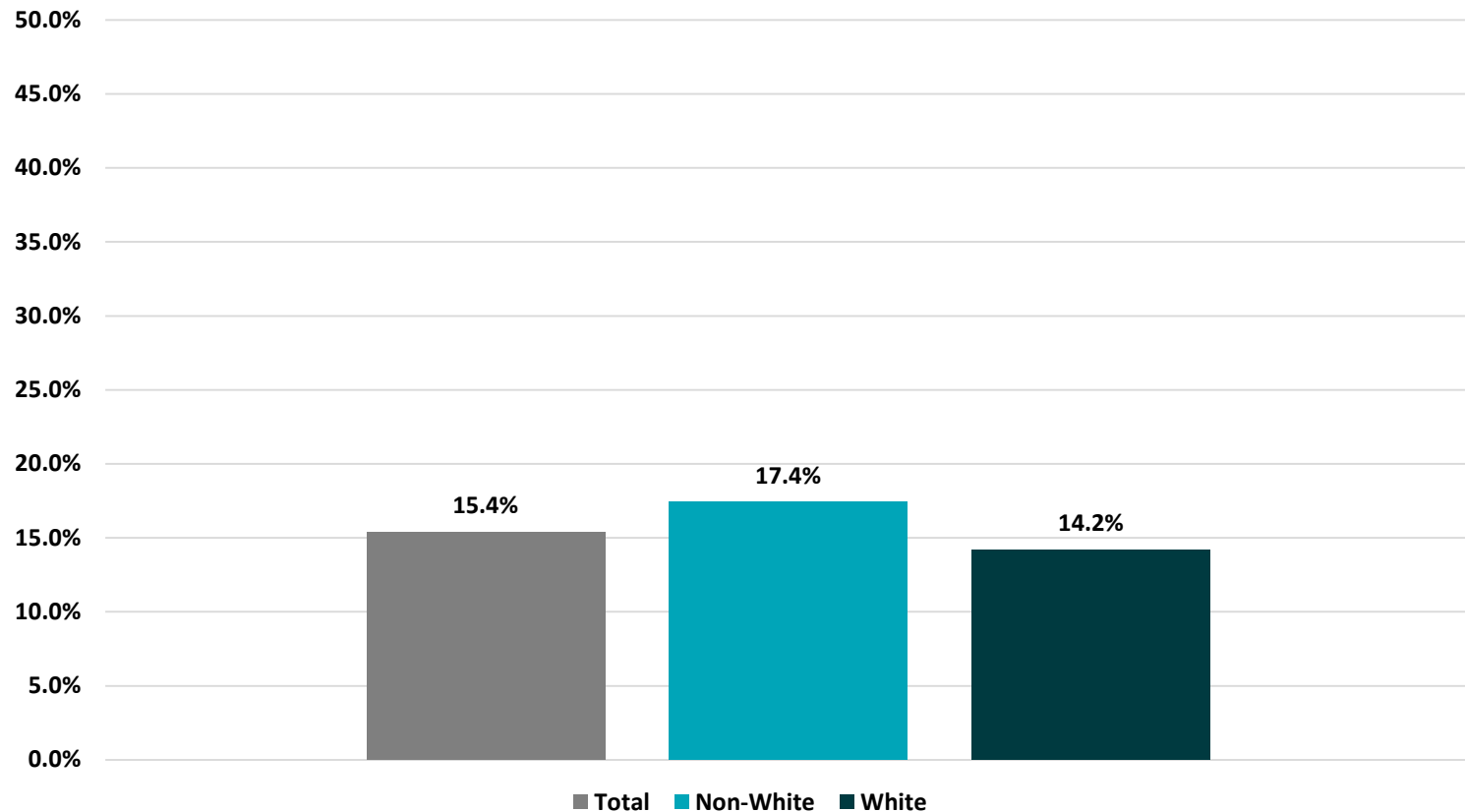


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COPING RESPONSES: DRINKING MORE

Percent of U.S. Adults who Reported Increased Alcohol Consumption due to COVID by Race/Ethnicity

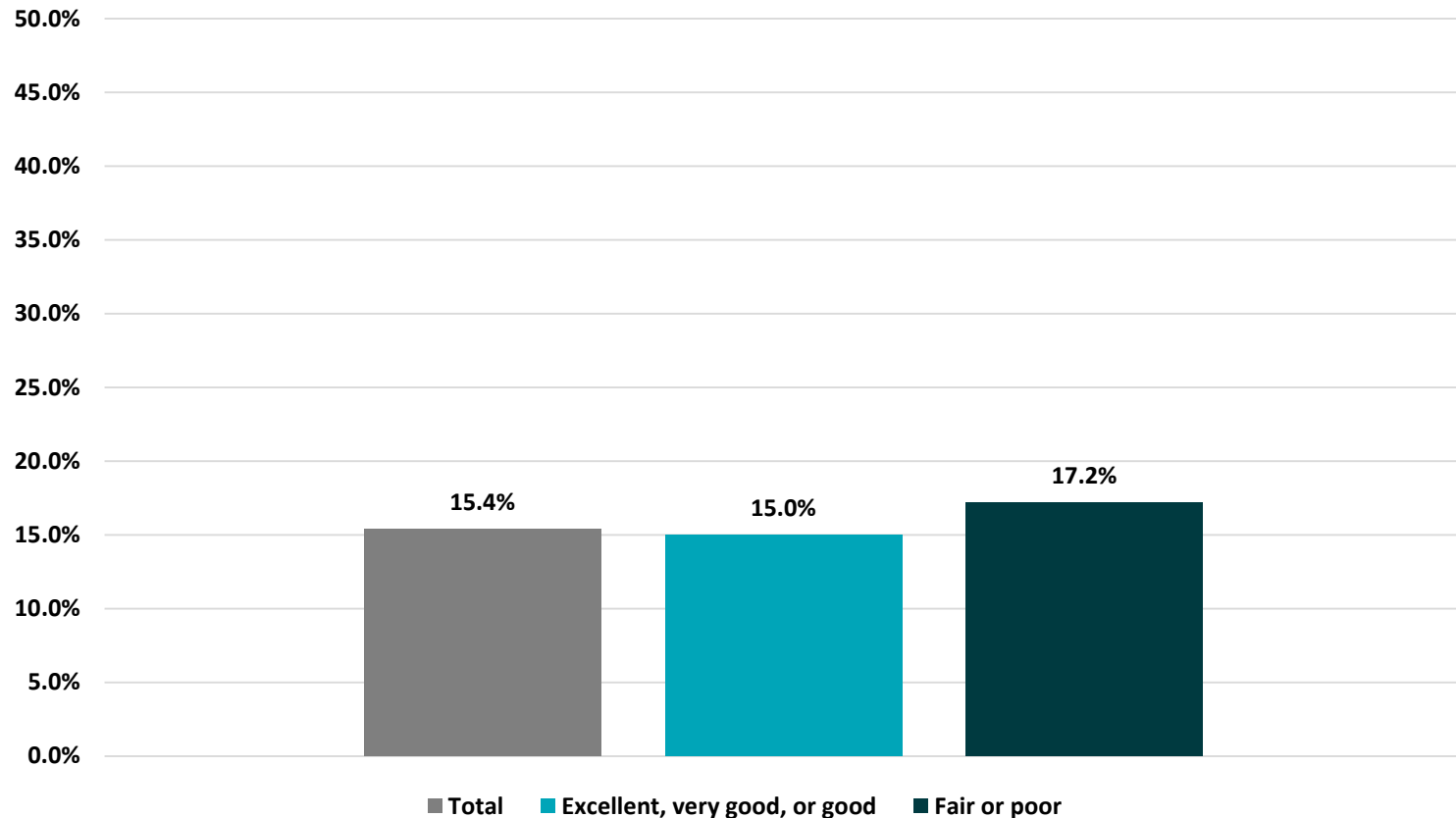


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COPING RESPONSES: DRINKING MORE

Percent of U.S. Adults who Reported Increased Alcohol Consumption due to COVID by Health Status

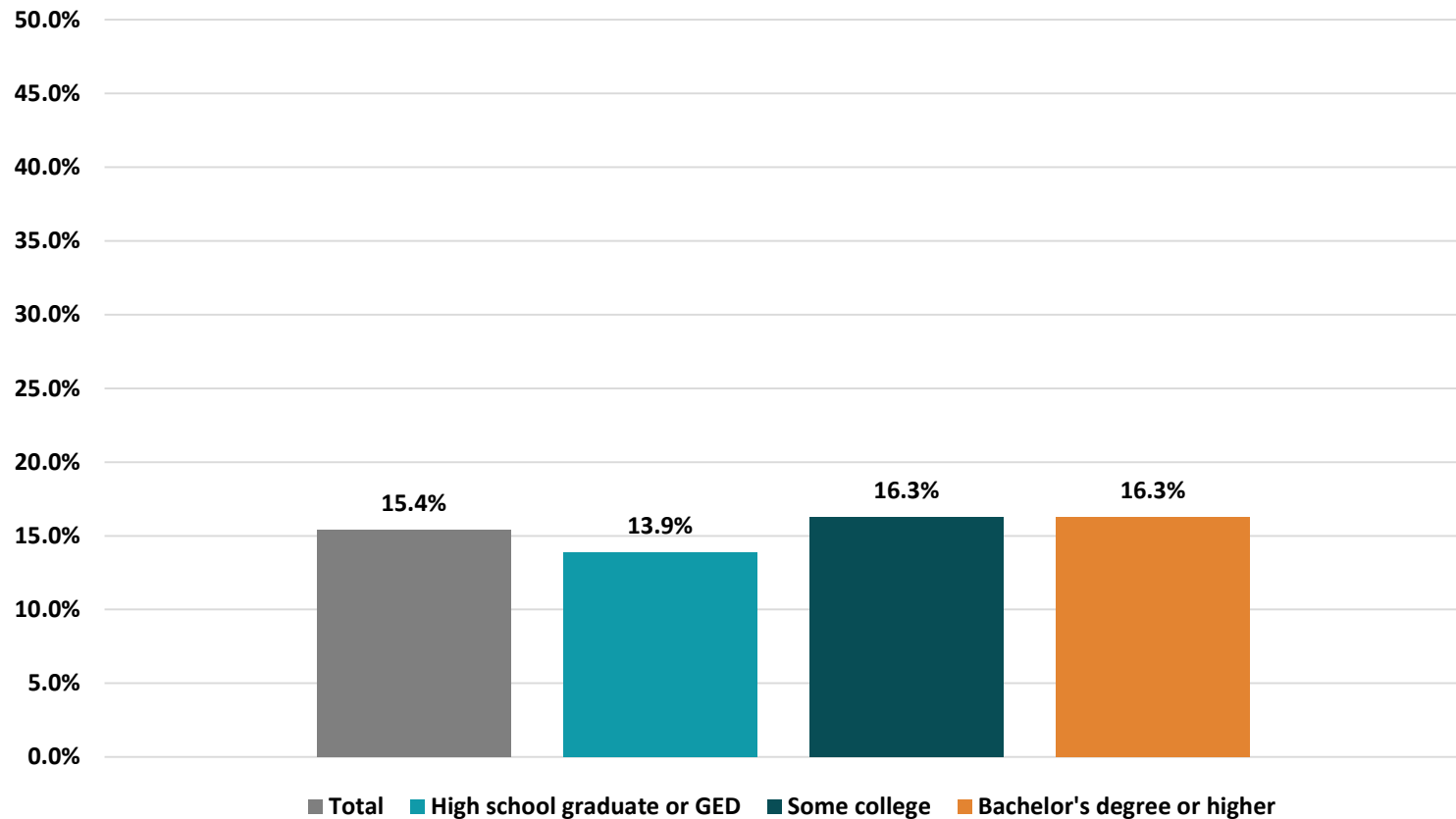


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Source: SHADAC analysis of the SHADAC COVID-19 Survey, April 24-26, 2020.

COPING RESPONSES: DRINKING MORE

Percent of U.S. Adults who Reported Increased Alcohol Consumption due to COVID by Education Level

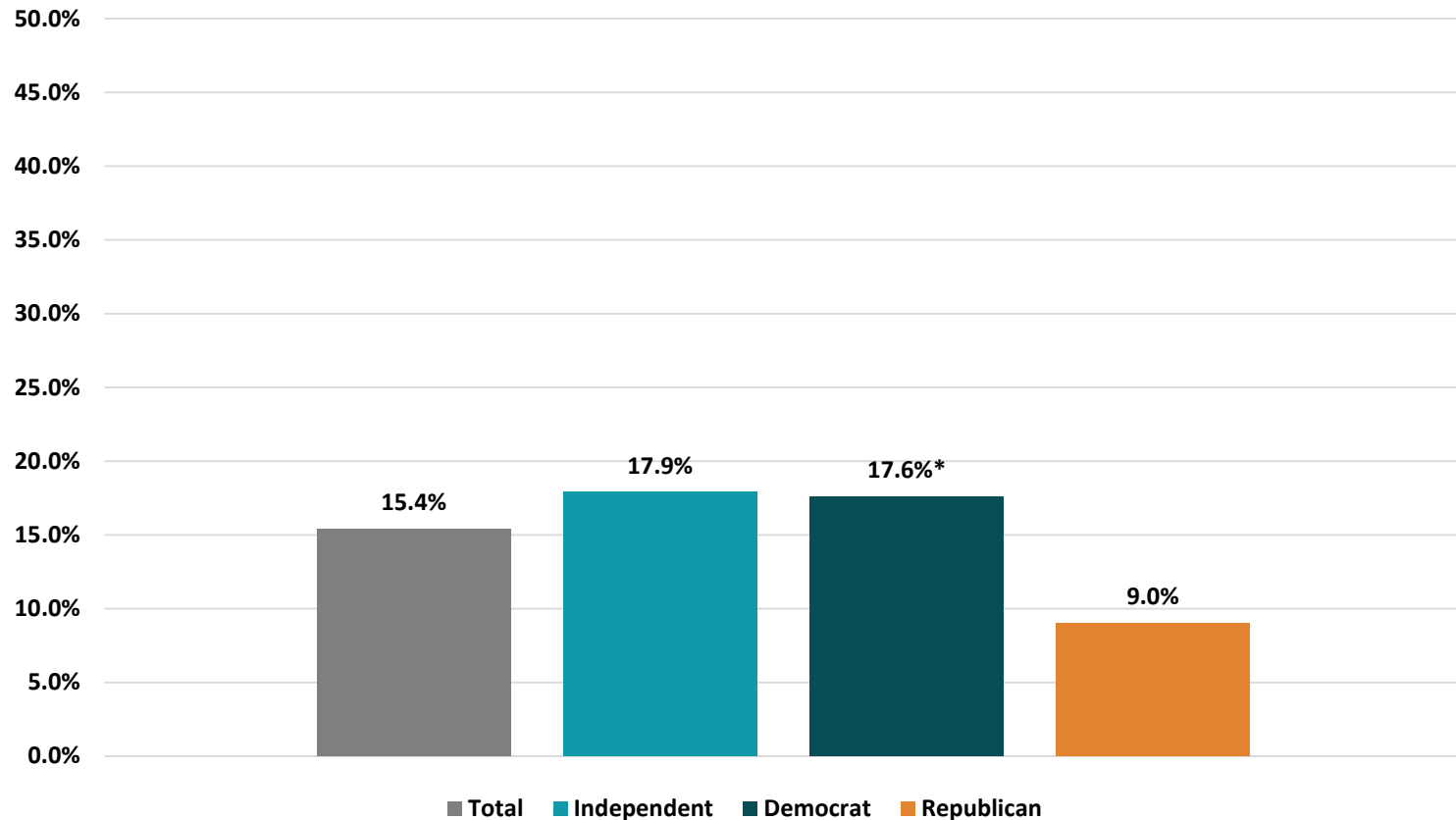


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COPING RESPONSES: DRINKING MORE

Percent of U.S. Adults who Reported Increased Alcohol Consumption due to COVID by Political Affiliation



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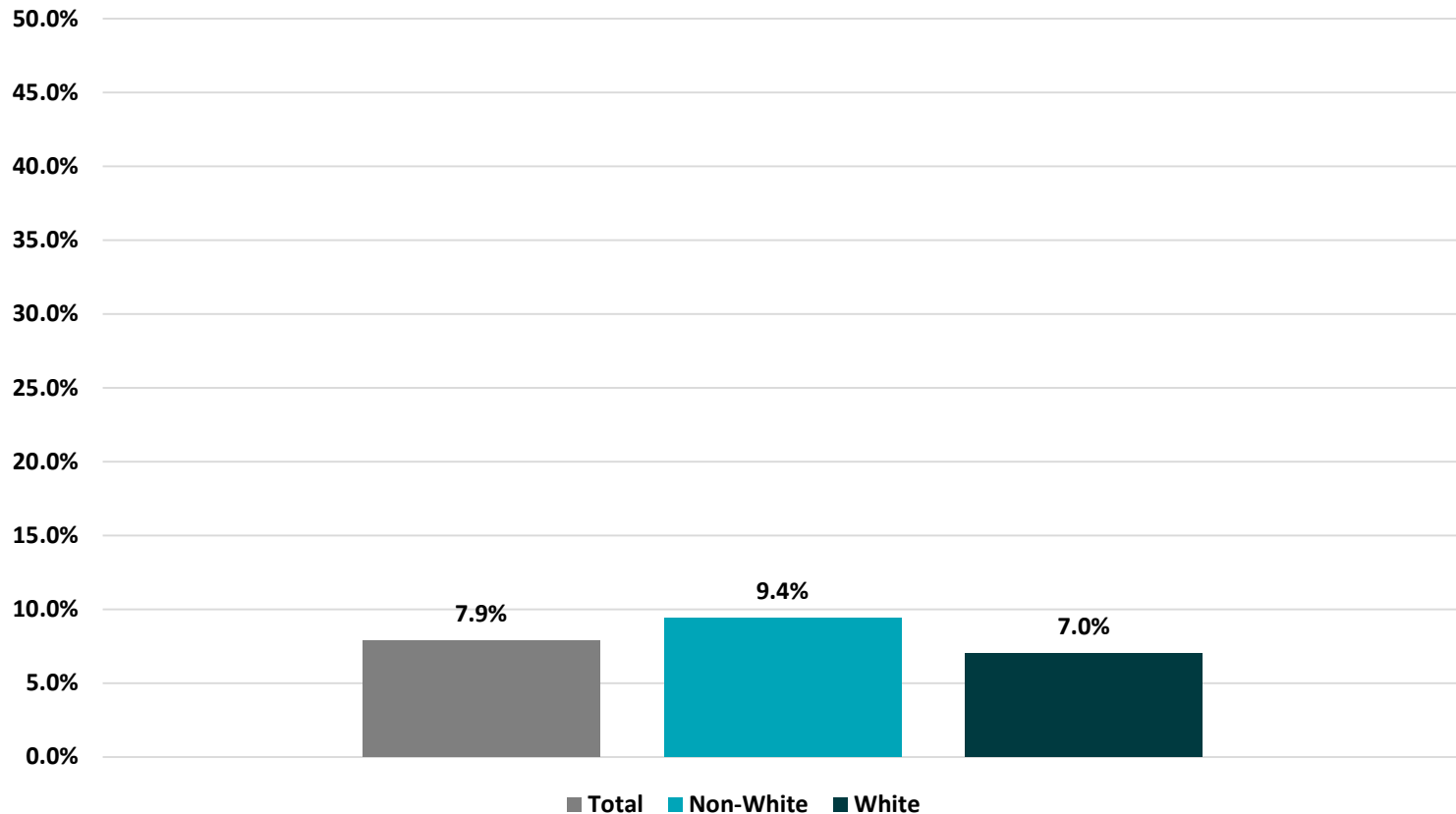
Source: SHADAC analysis of the SHADAC COVID-19 Survey, April 24-26, 2020.



COPING RESPONSES: SMOKING/VAPING MORE

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Percent of U.S. Adults who Reported Increased Smoking/Vaping Use due to COVID by Race/Ethnicity

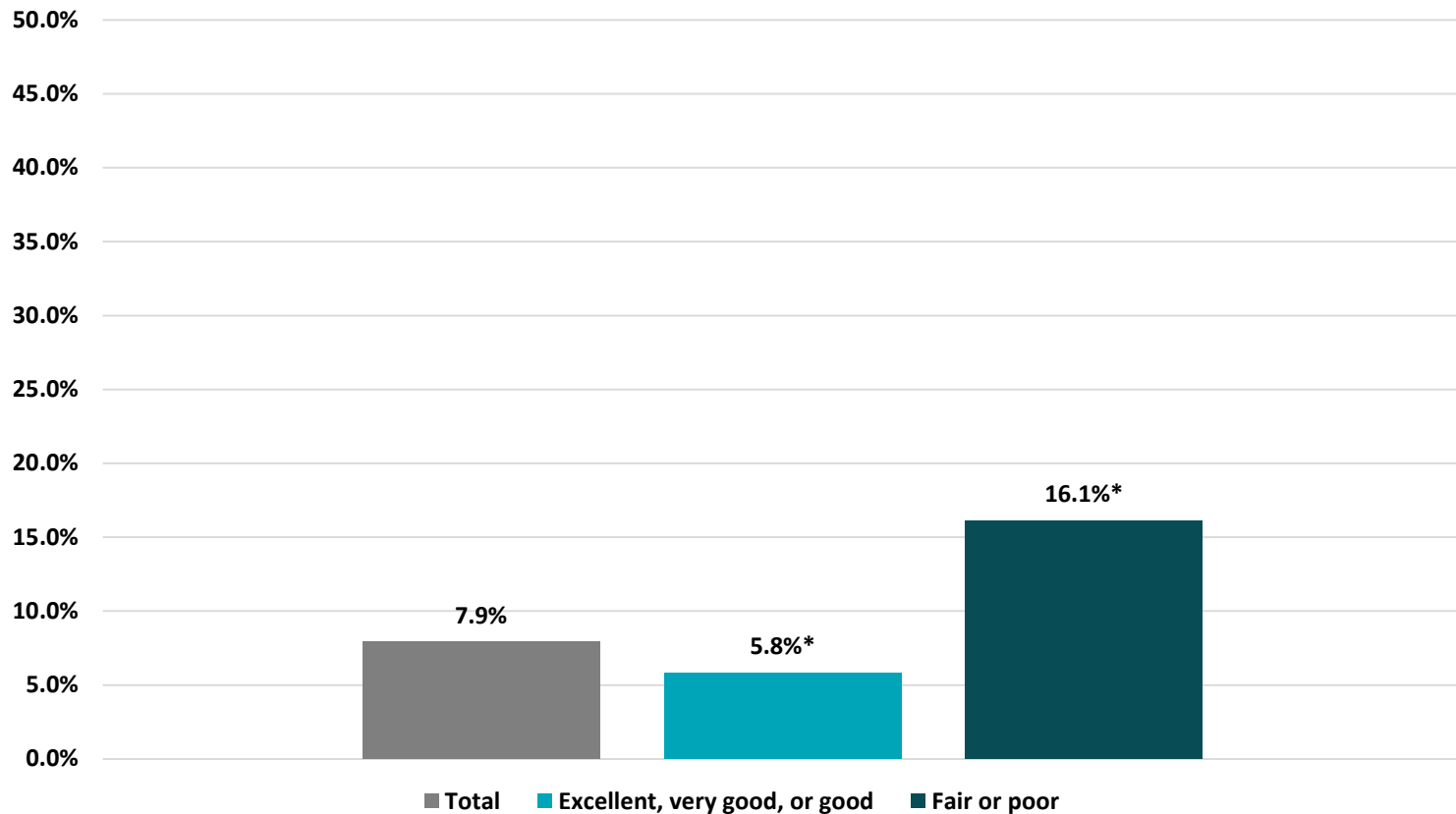


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Percent of U.S. Adults who Reported Increased Smoking/Vaping Use due to COVID by Health Status

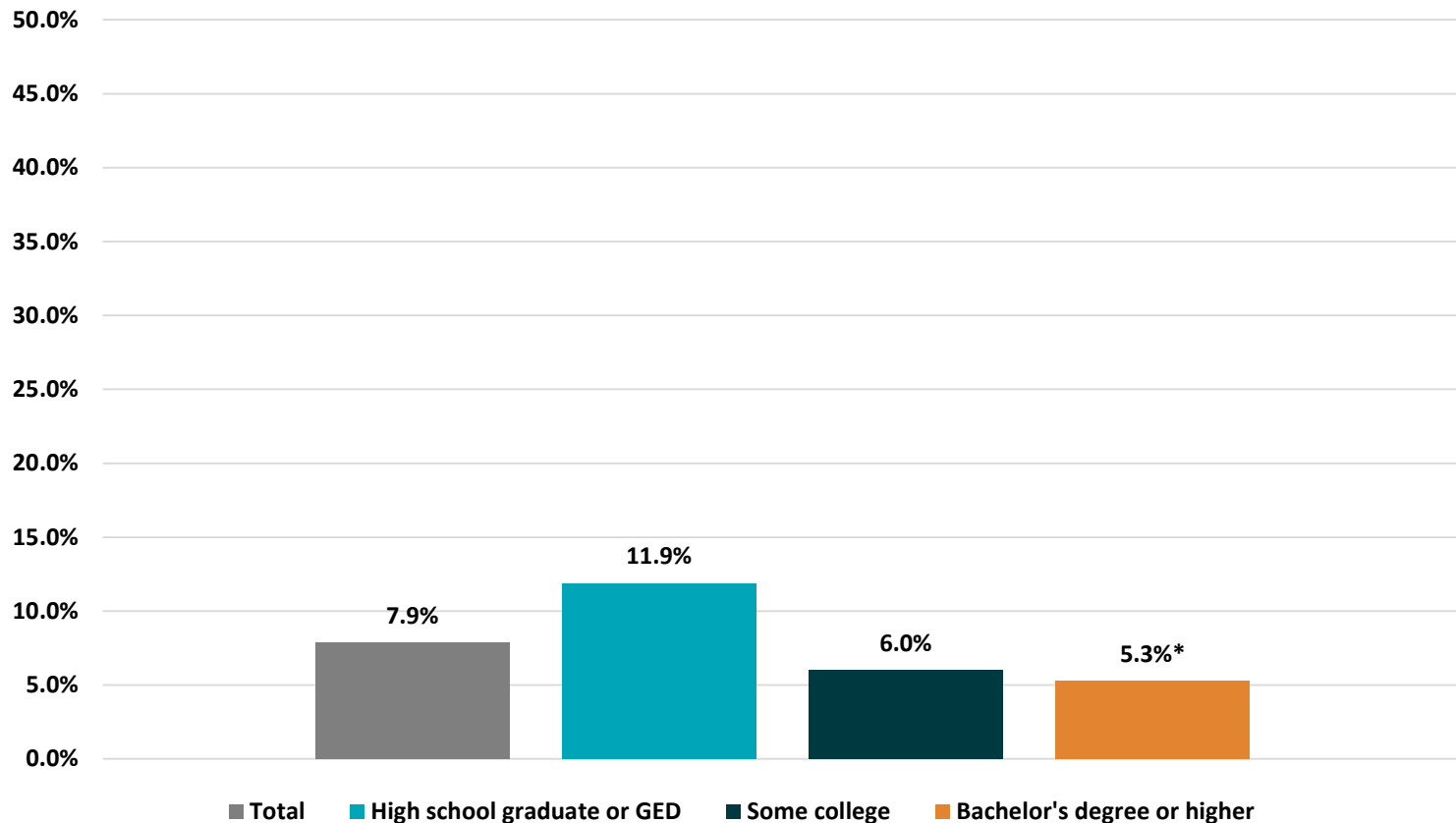


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COPING RESPONSES: SMOKING/VAPING MORE

Percent of U.S. Adults who Reported Increased Smoking/Vaping Use due to COVID by Education Level



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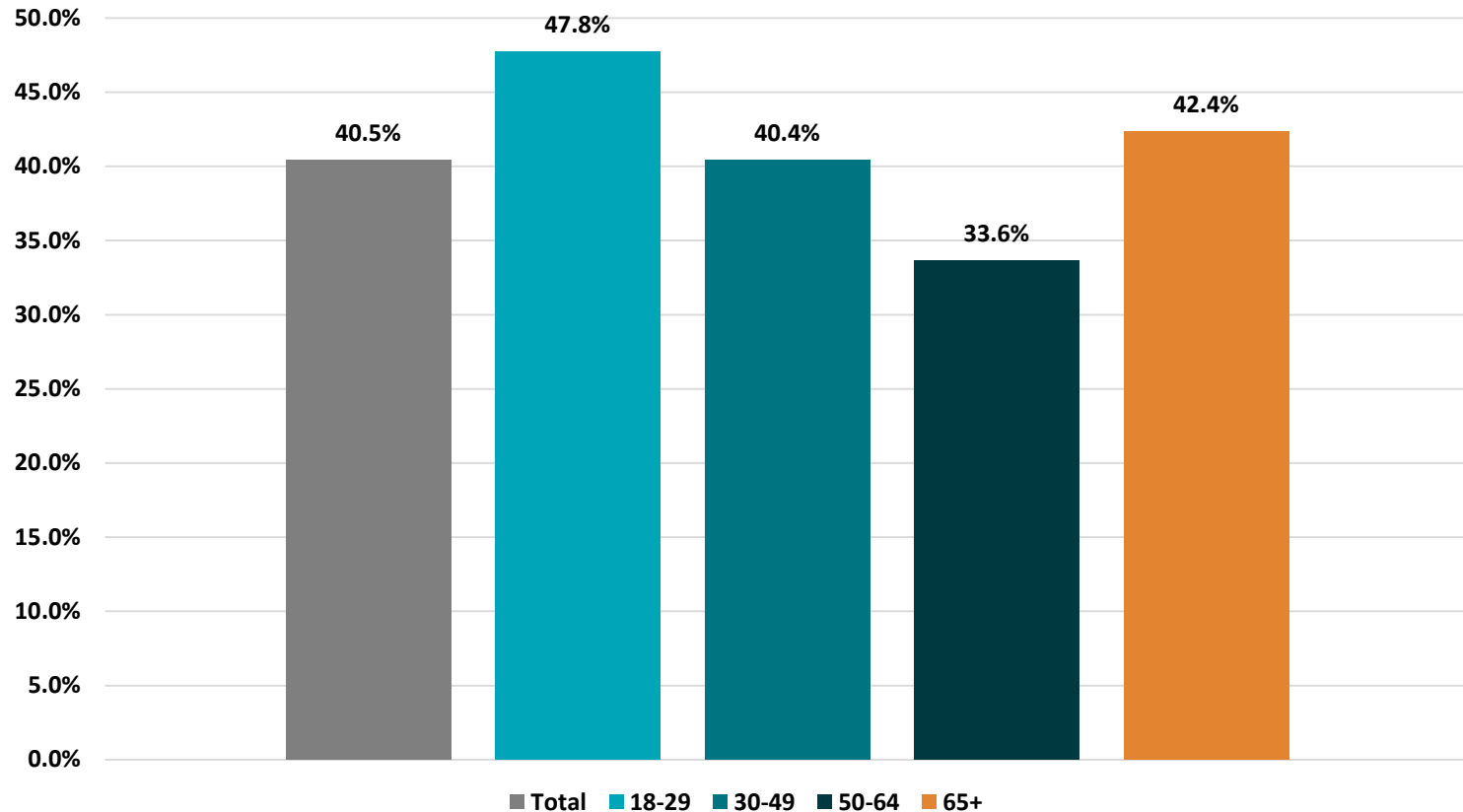
Source: SHADAC analysis of the SHADAC COVID-19 Survey, April 24-26, 2020.



COPING RESPONSES: TALKING MORE WITH FRIENDS/FAMILY

COPING RESPONSES: TALKING MORE

Percent of U.S. Adults who Reported Talking More with Friends and Family due to COVID by Age

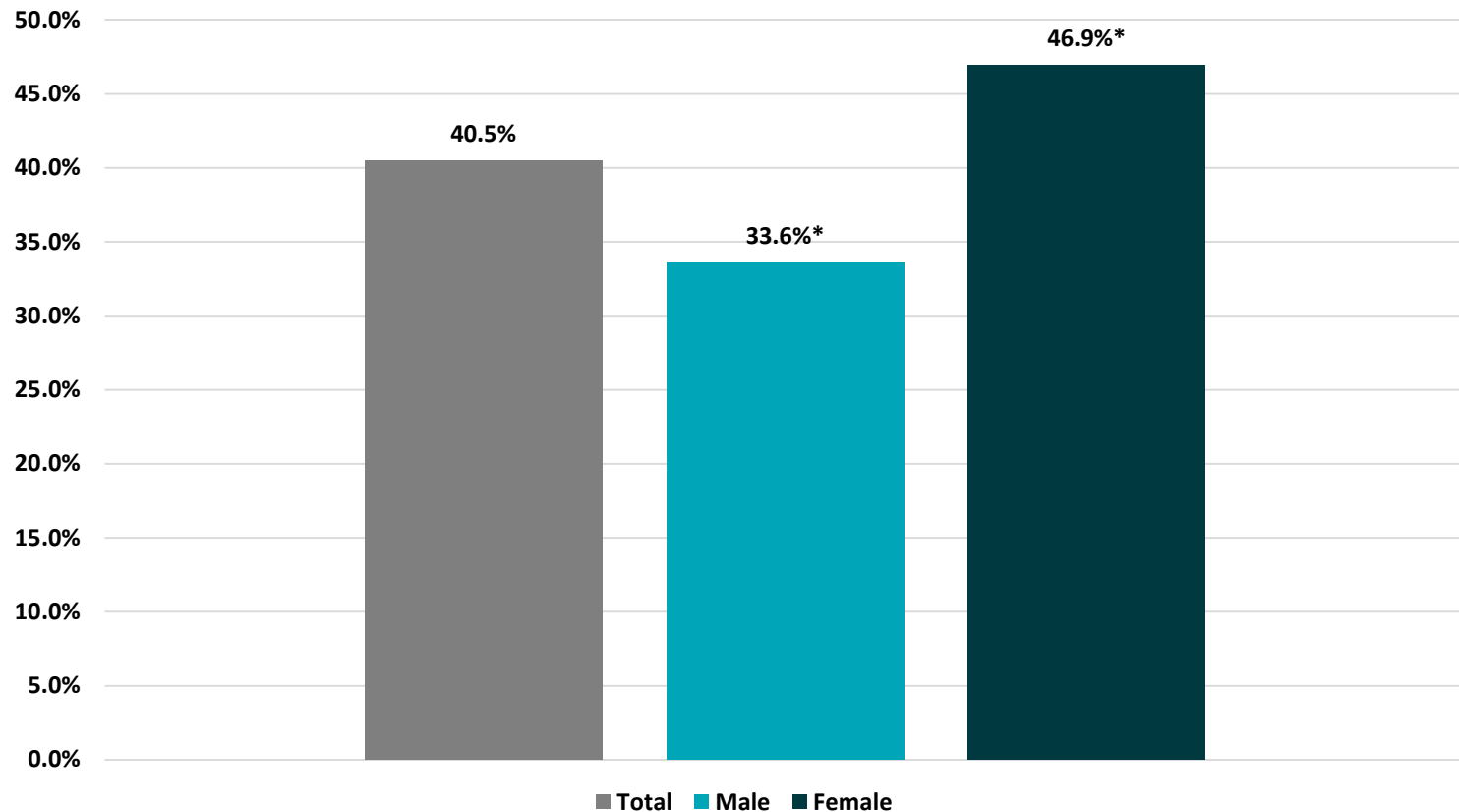


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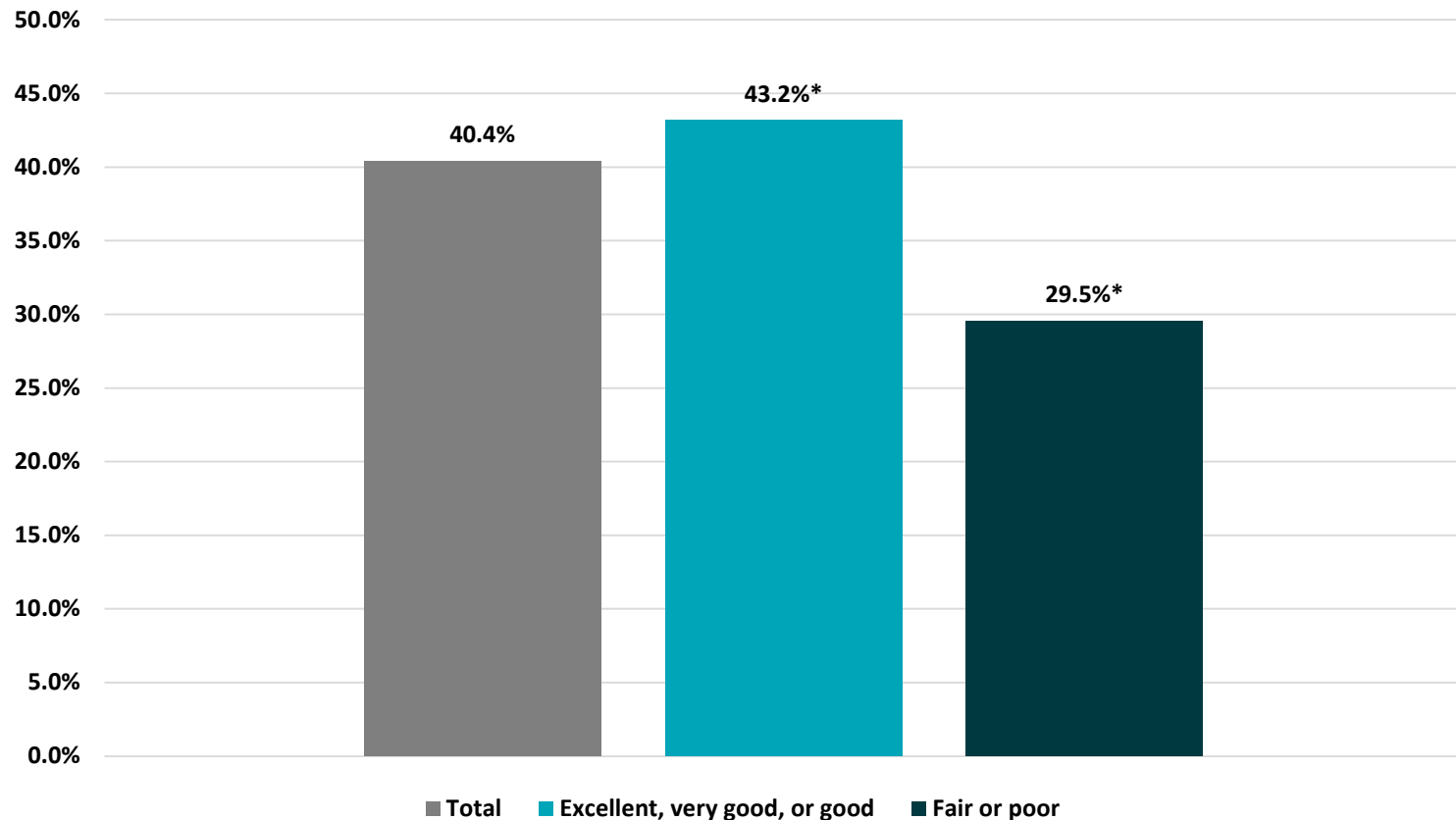
Percent of U.S. Adults who Reported Talking More with Friends and Family due to COVID by Gender



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Percent of U.S. Adults who Reported Talking More with Friends and Family due to COVID by Health Status



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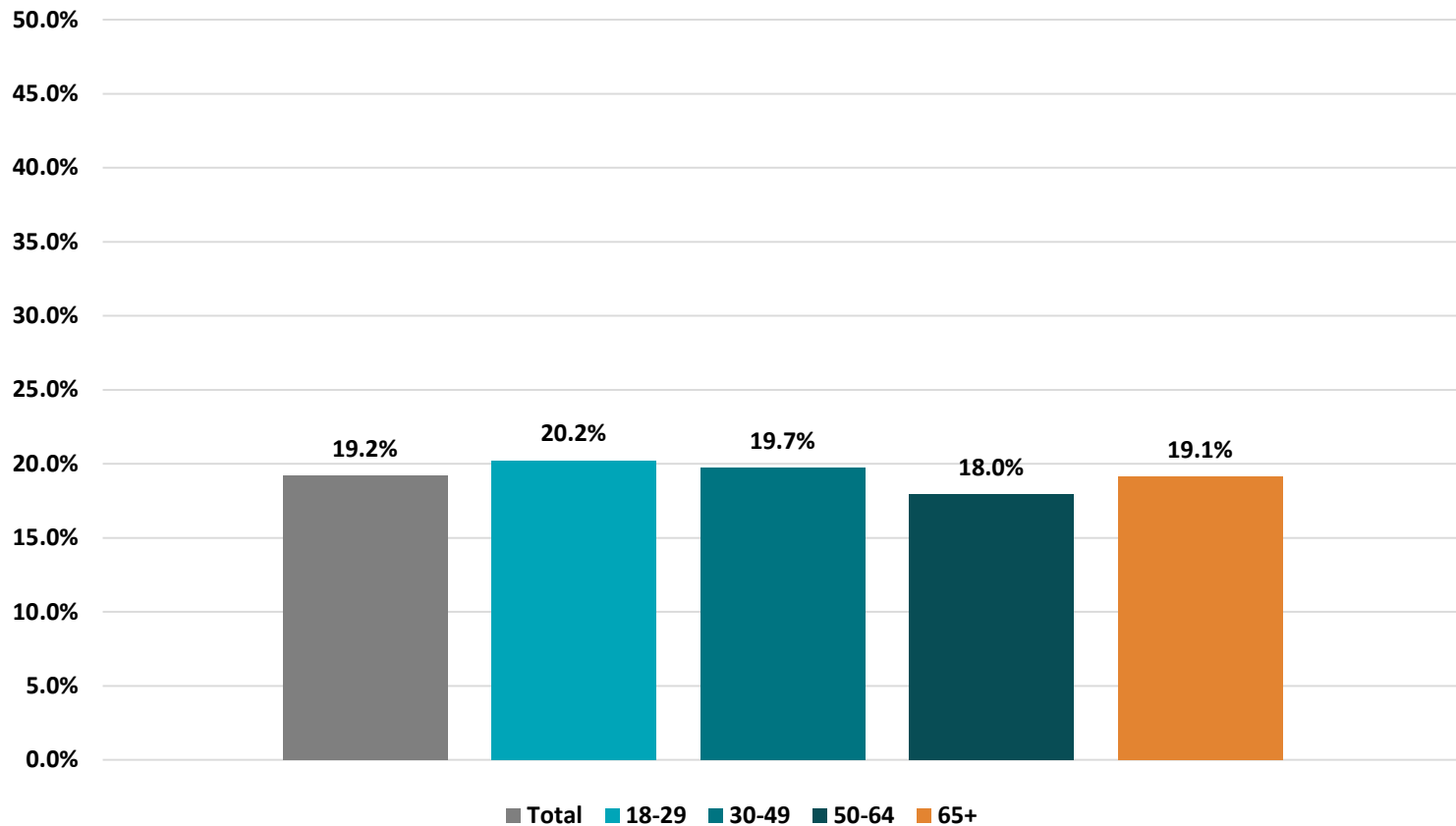
Source: SHADAC analysis of the SHADAC COVID-19 Survey, April 24-26, 2020.



COPING RESPONSES: EXERCISING MORE

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Percent of U.S. Adults who Reported Exercising More due to COVID by Age

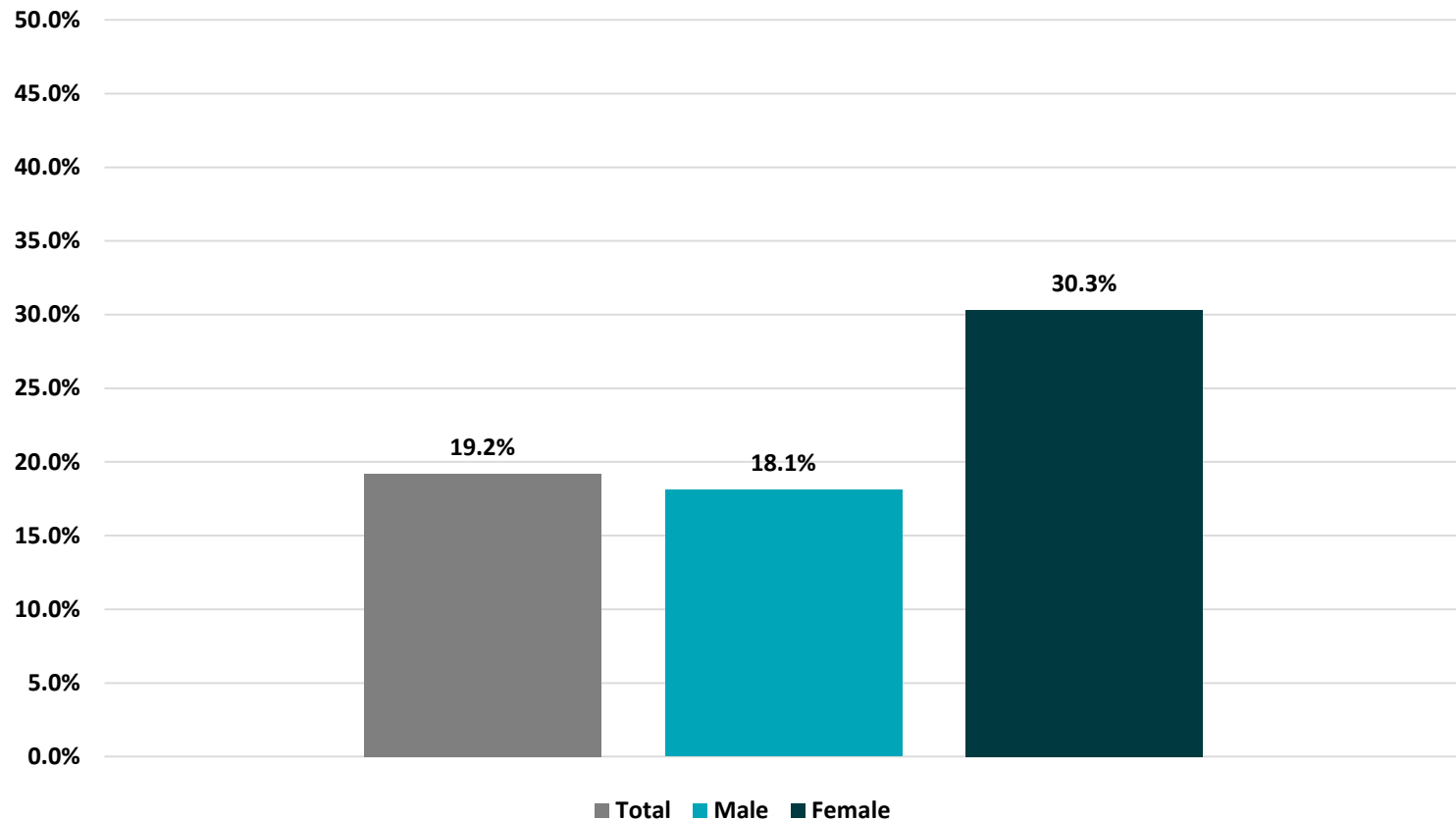


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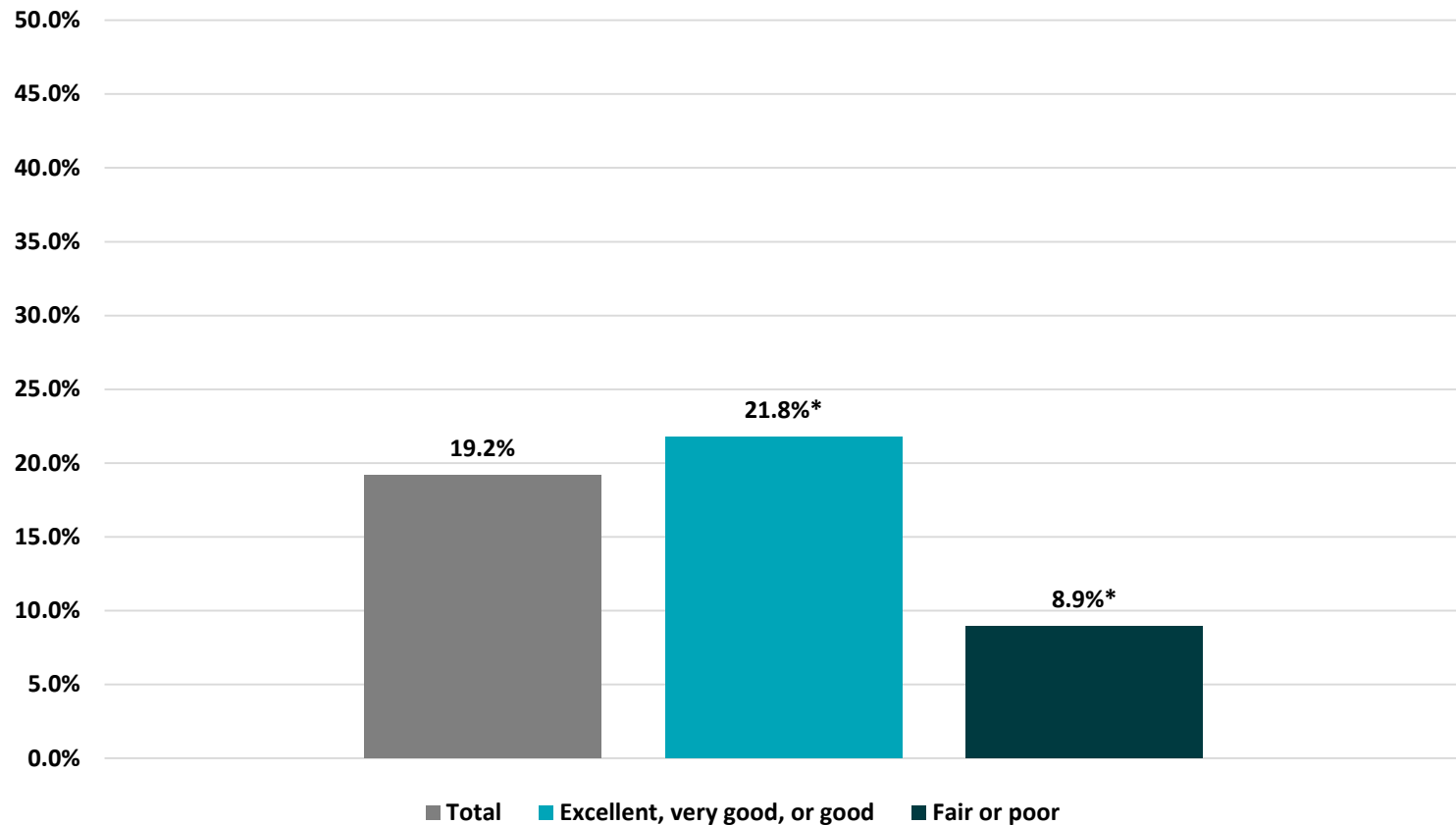
Percent of U.S. Adults who Reported Exercising More due to COVID by Gender



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Percent of U.S. Adults who Reported Exercising More due to COVID by Health Status

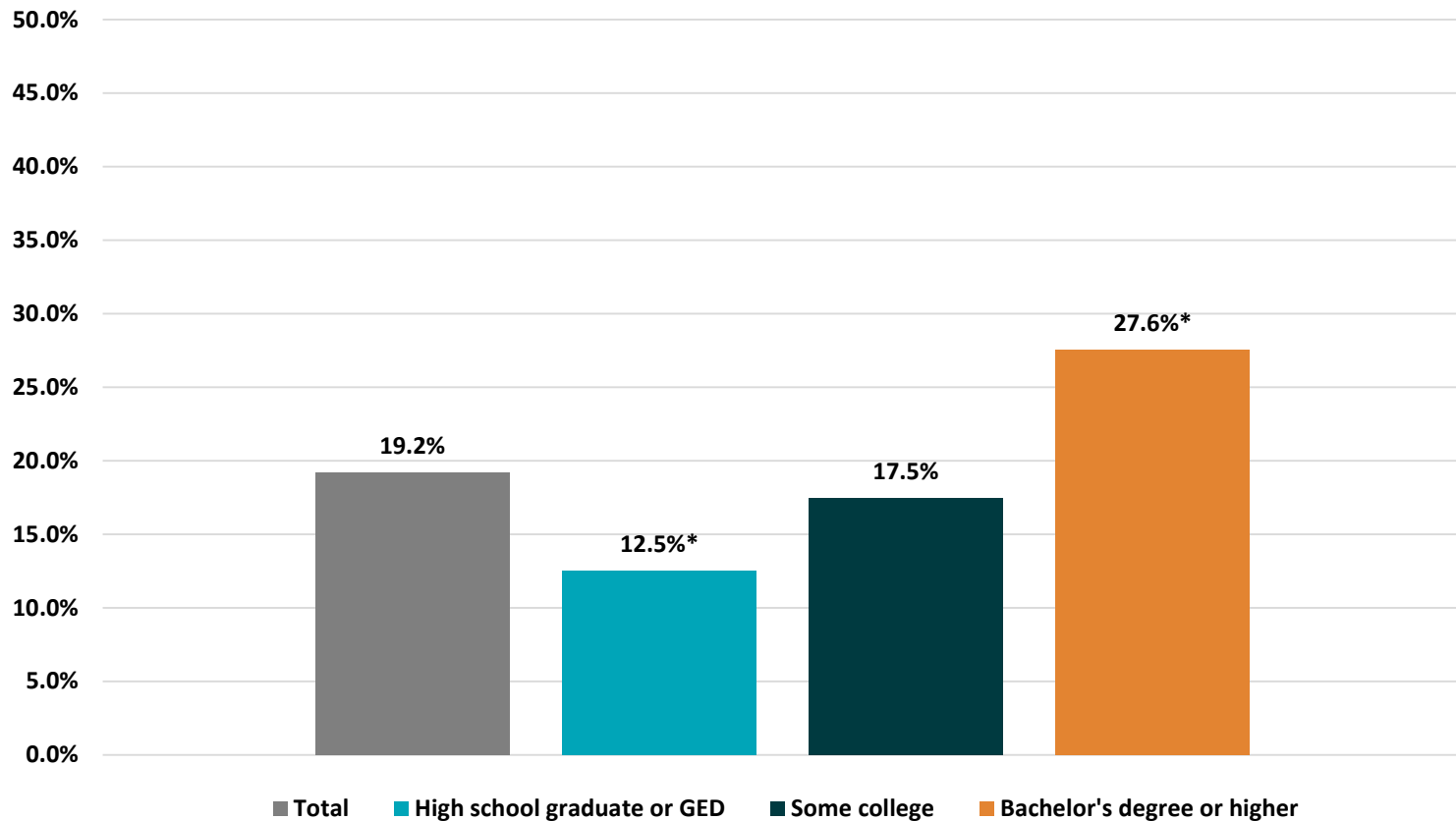


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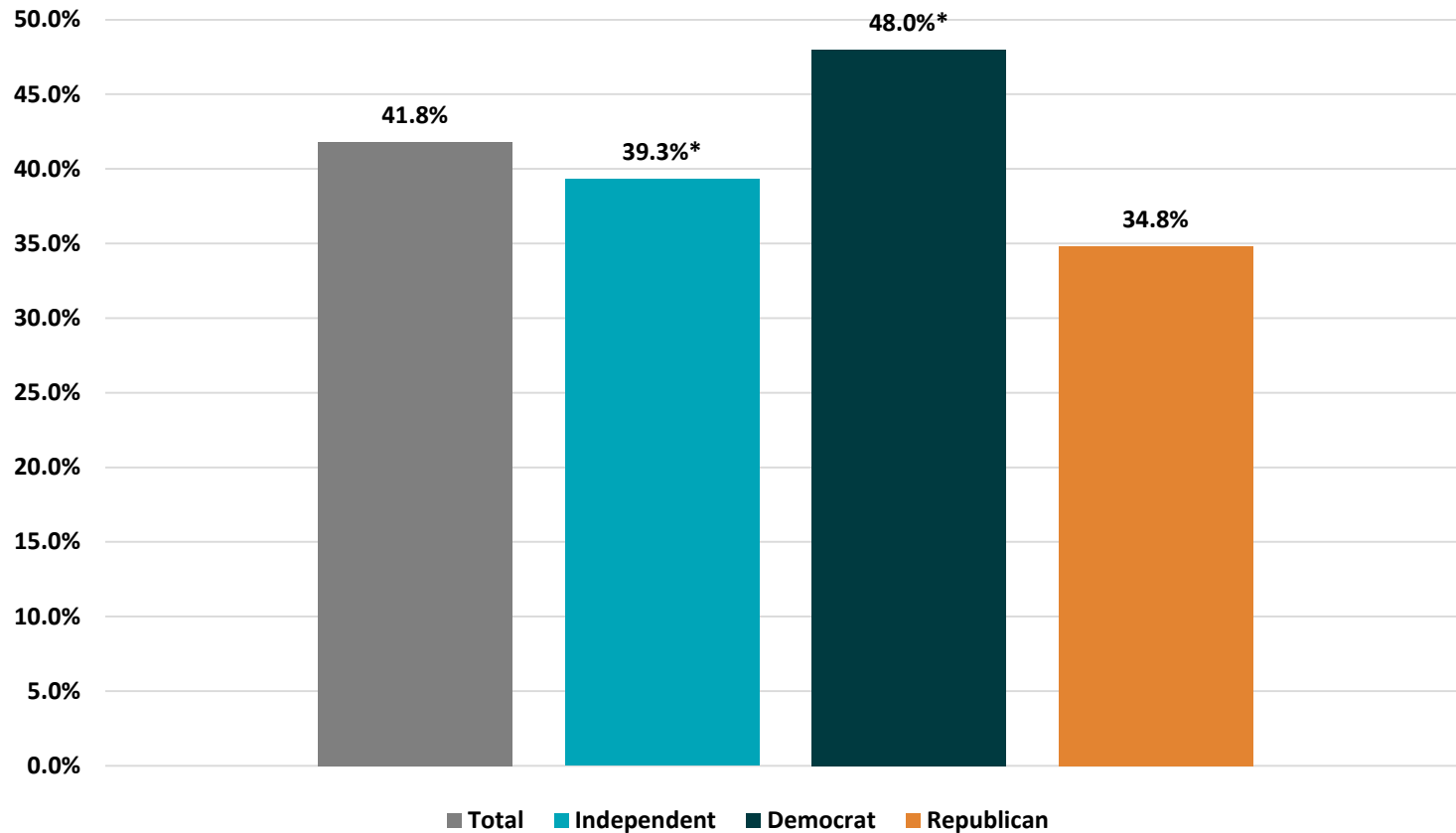


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COPING RESPONSES: EXERCISING MORE

Percent of U.S. Adults who Reported Changing Exercising Frquency due to COVID by Political Affiliation



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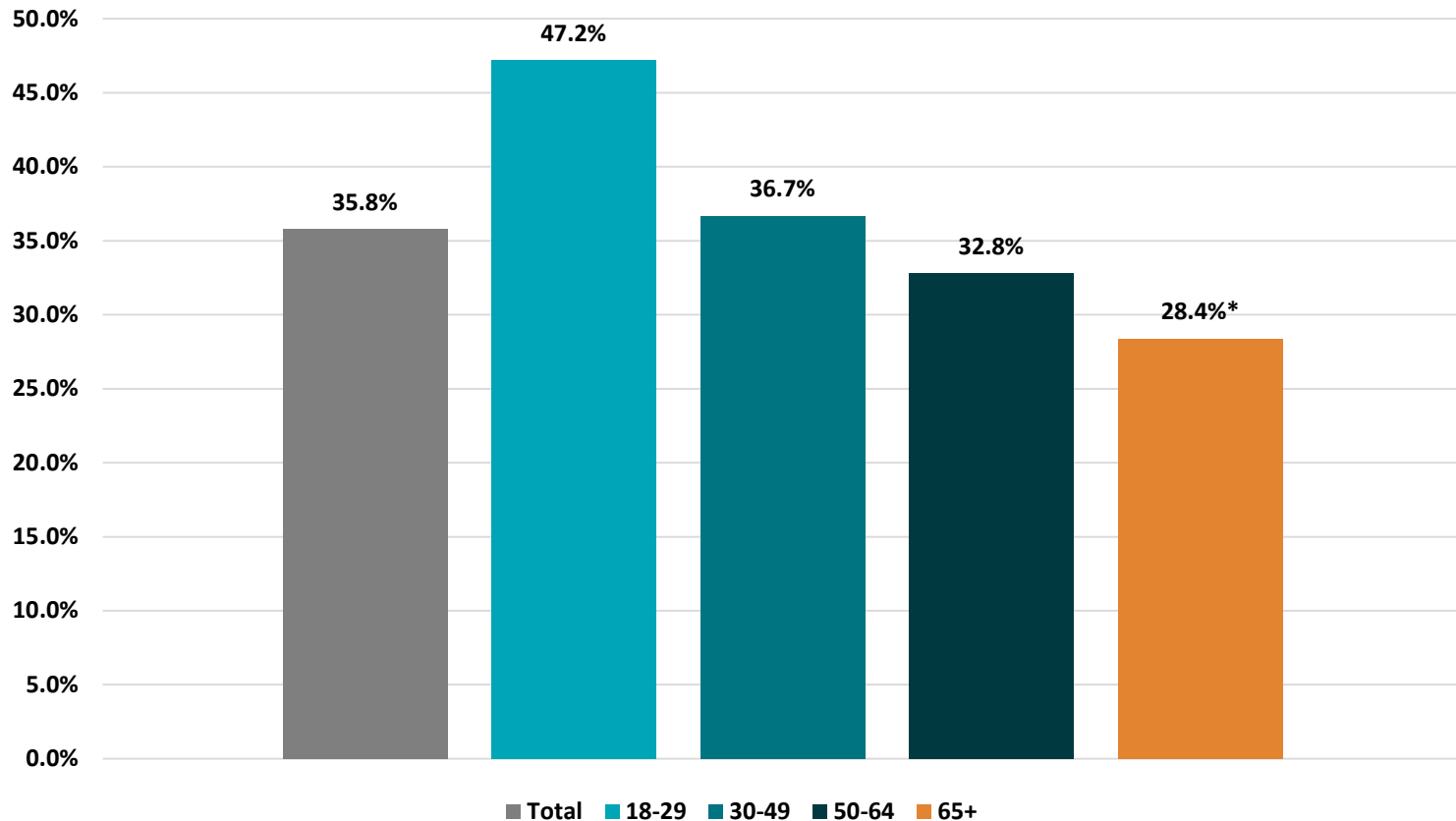
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COPING RESPONSES: CHANGING SOCIAL MEDIA USE

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Percent of U.S. Adults who Reported Changing Social Media Use (Increase/Decrease) due to COVID by Age

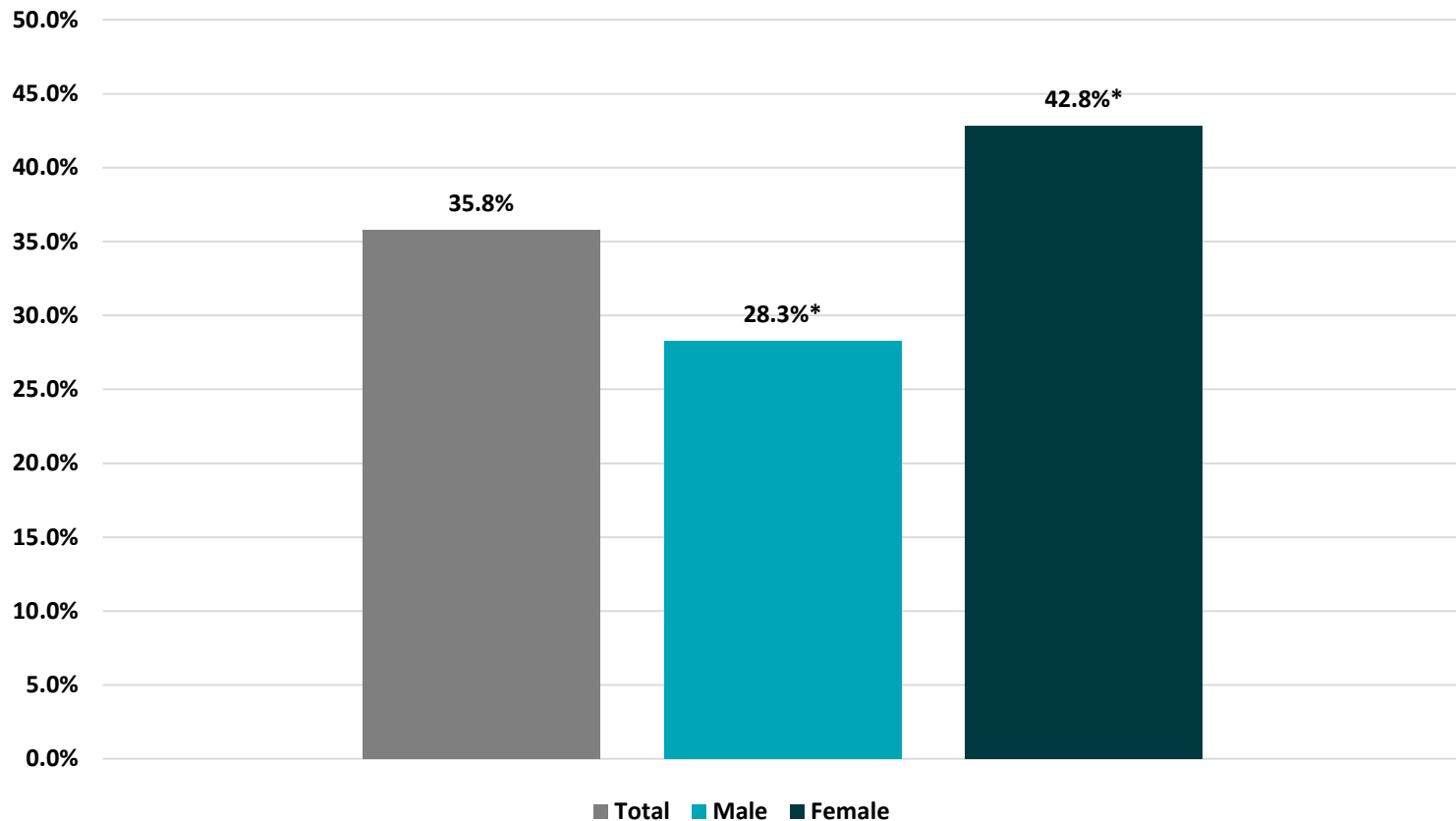


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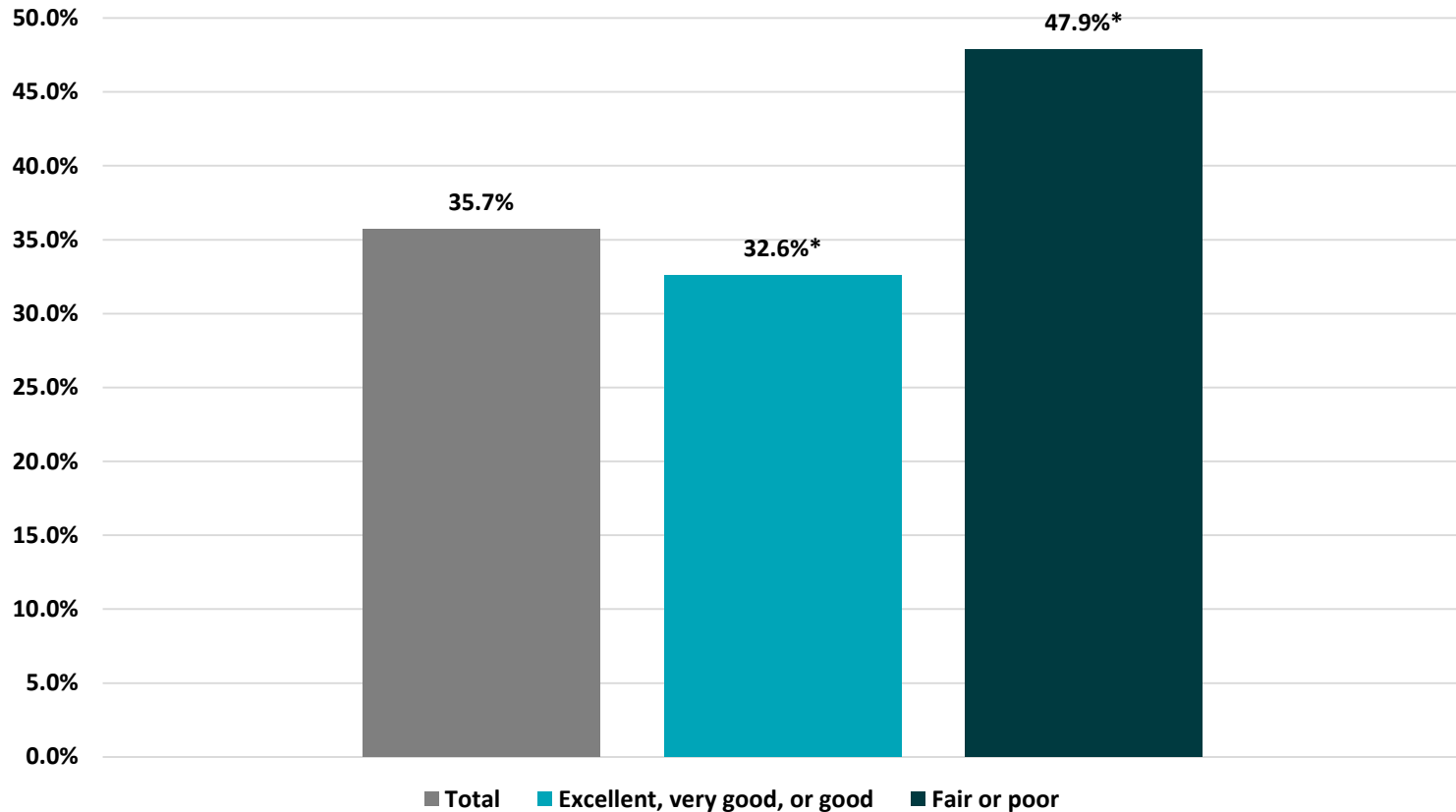
Percent of U.S. Adults who Reported Changing Social Media Use (Increase/Decrease) due to COVID by Gender



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Percent of U.S. Adults who Reported Changing Social Media Use (Increase/Decrease) due to COVID by Health Status

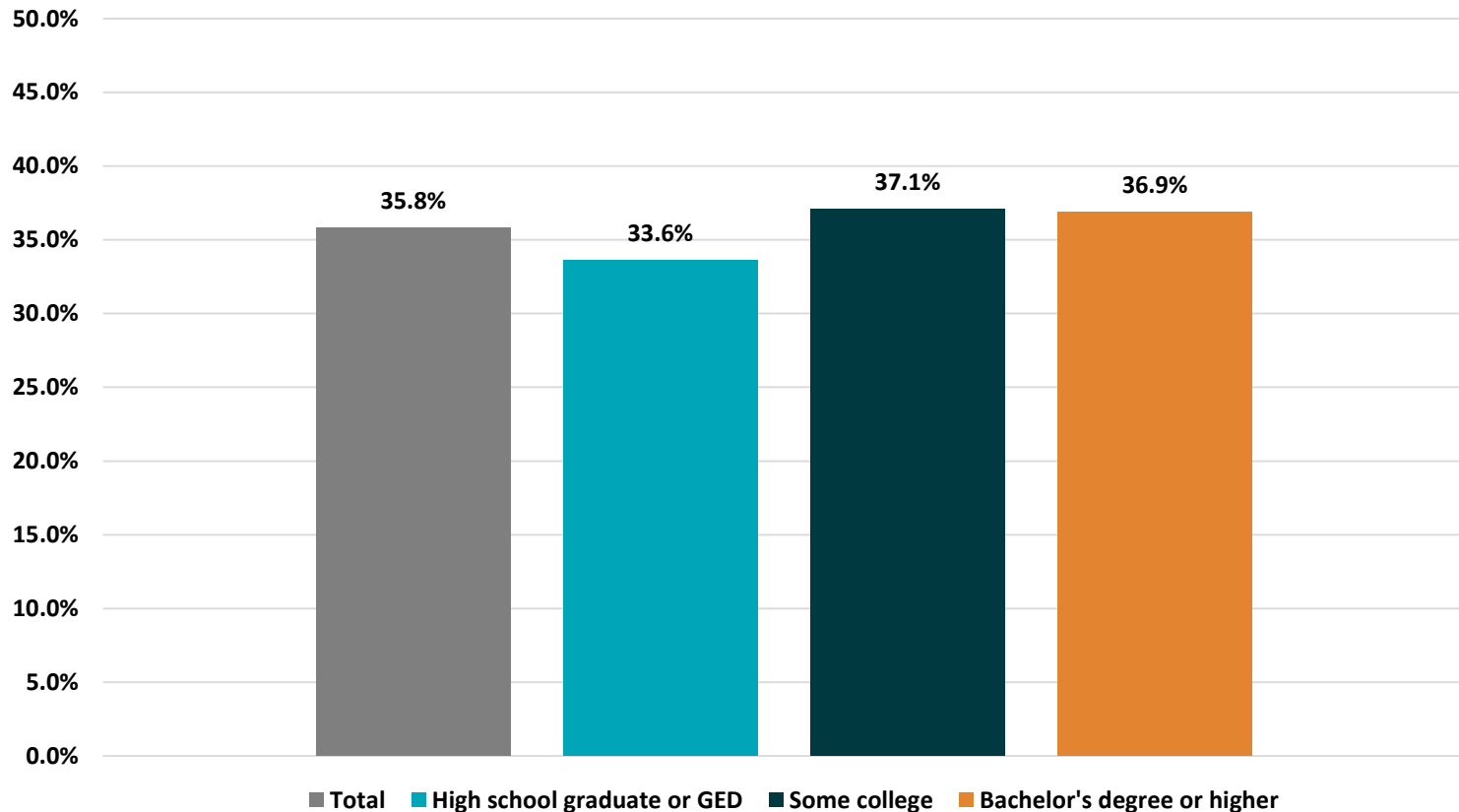


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