



COVID-19 and Mental Health:
What We Are Learning from www.mhascreening.org
July 1, 2020



MIIA
Mental Health America
B4Stage4

Mental Health and COVID-19: More than 169,000 People Impacted by Anxiety and Depression

- Through June, more than **169,243** additional people (over pre-pandemic baselines) have screened moderate to severe for depression or anxiety since the start of the pandemic.
- In addition, far more people are now taking mental health screenings – **7,000 per day** in May and June. The per day number of anxiety screenings completed in June was **406% higher** than in January, and the per day number of depression screens was **457% higher**.
- The mental health impacts of the pandemic are not confined to anxiety and depression. There has been a steep increase in the numbers of people screening positive (“at risk”) for psychosis, too. In June, more than **18,000 people screened at risk for psychosis**, more than 4 times the baseline numbers we had seen through March.
- The mental health impacts continue to be **more pronounced in young people (<25)**: roughly 9 in 10 are screening with moderate-to-severe depression, **and** 8 in 10 are screening with moderate-to-severe anxiety.

Mental Health and COVID-19: Thoughts of Suicide & Self-Harm at Epidemic Levels in both May and June

- **“Loneliness and isolation”** is cited by the greatest percent of moderate to severe depression (74%) and anxiety (65%) screeners as contributing to mental health problems “right now.” These percentages have been steady since mid-April.
- Despite a dramatic jump in screeners in May and June (230,822 in June versus 69,626 in April), severity continued to track equal to or higher than our pre-pandemic baselines.
- In June 2020, **25,498 depression screeners reported thinking of suicide or self-harm** on more than half of days to nearly every day, with 14,607 reporting these thoughts nearly every day.
- Special populations are also experiencing high anxiety and depression, including LGBTQ, caregivers, students, veterans/active duty, and trauma survivors.
- For thousands of positive screeners, **racism** and **current events** are cited as factors in their screening results.

MHA Screening (www.mhascreening.org): Nearly 5.5 Million Completed Screens

Depression (PHQ-9)

Anxiety (GAD-7)

Bipolar (MDQ)

PTSD (PC-PTSD)

Youth Screen
(PSC-YR)

Parent Screen
(PSC)

Alcohol and
Substance Use
Screen (CAGE-
AID)

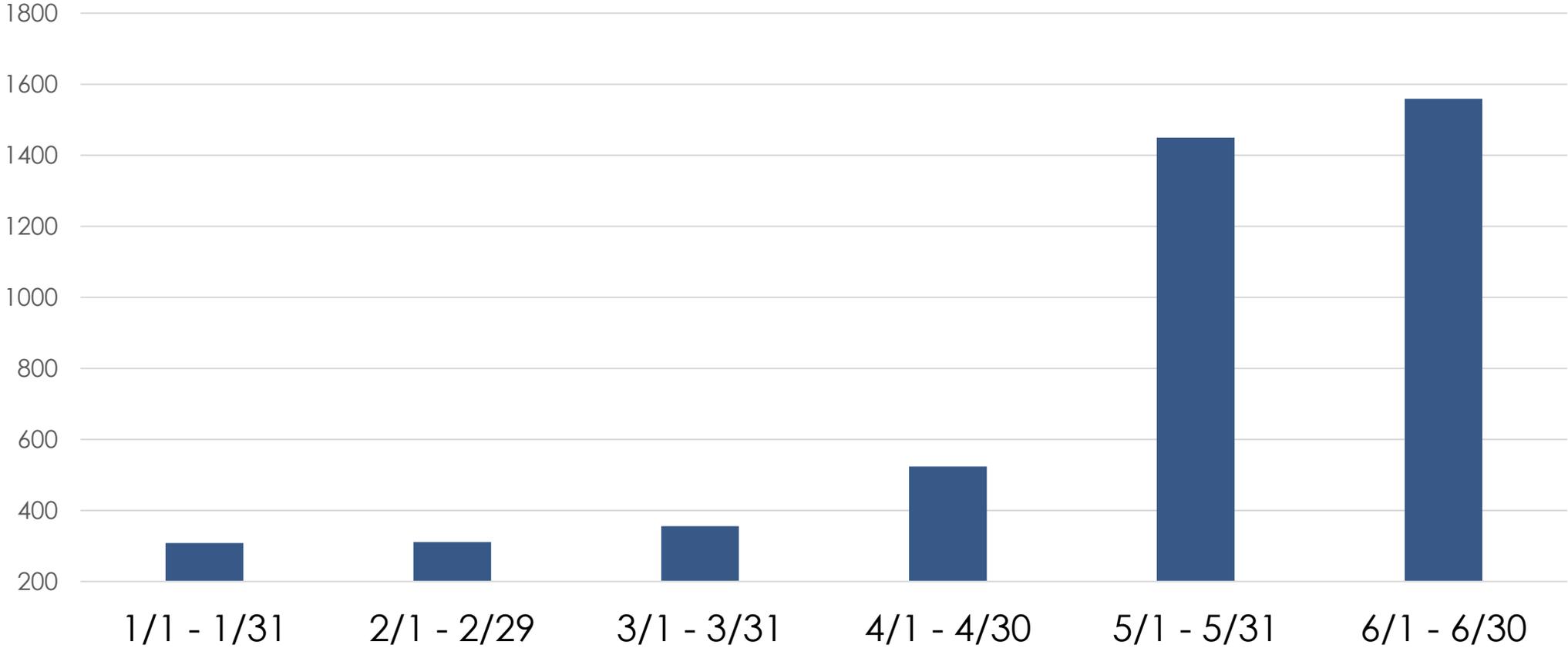
Psychosis Screen
(Ultra-High Risk)
(PQ-B)

Eating Disorders

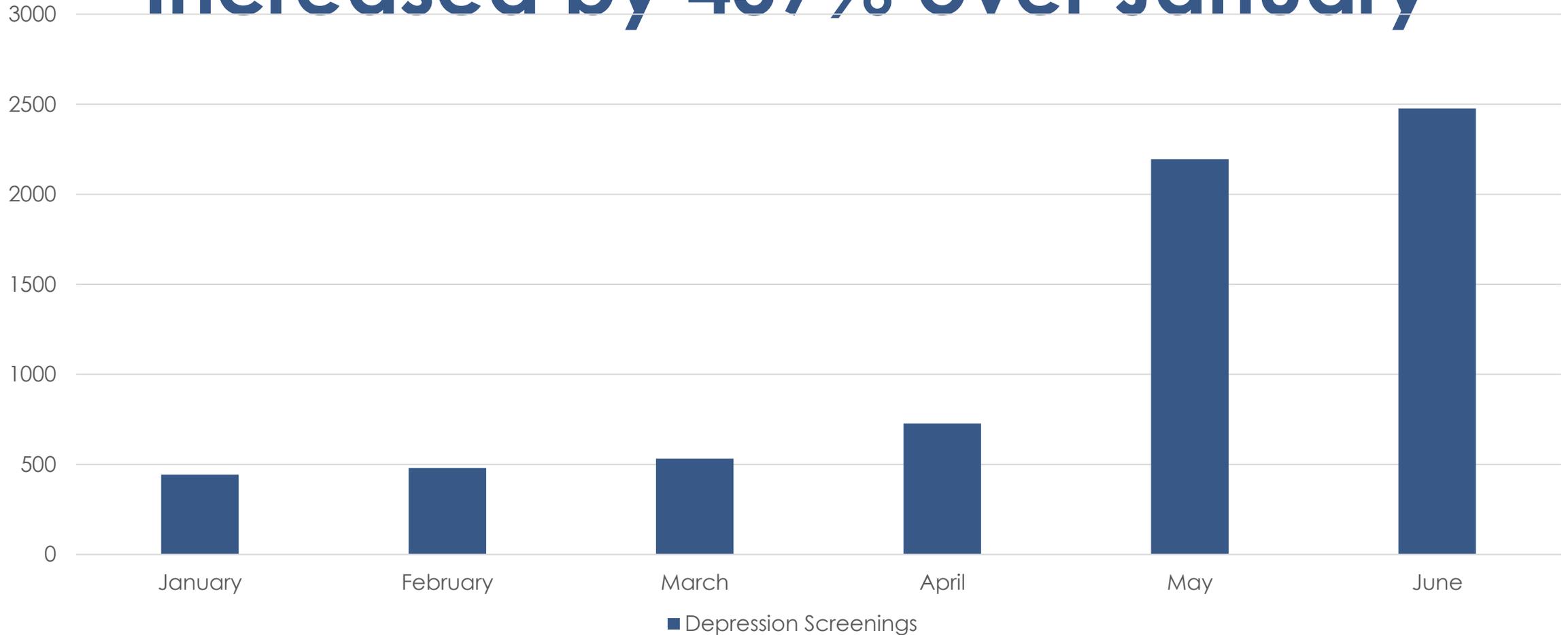
MHA Screening

- Began in April 2014.
- Access to screening tools is free and anonymous at www.mhascreening.org.
- Most screeners voluntarily give de-identified demographic data.
- Screeners are young, (63% < 25 years), female (72%).
- Help-seeking population (74% positive).
- Otherwise representative of the population.

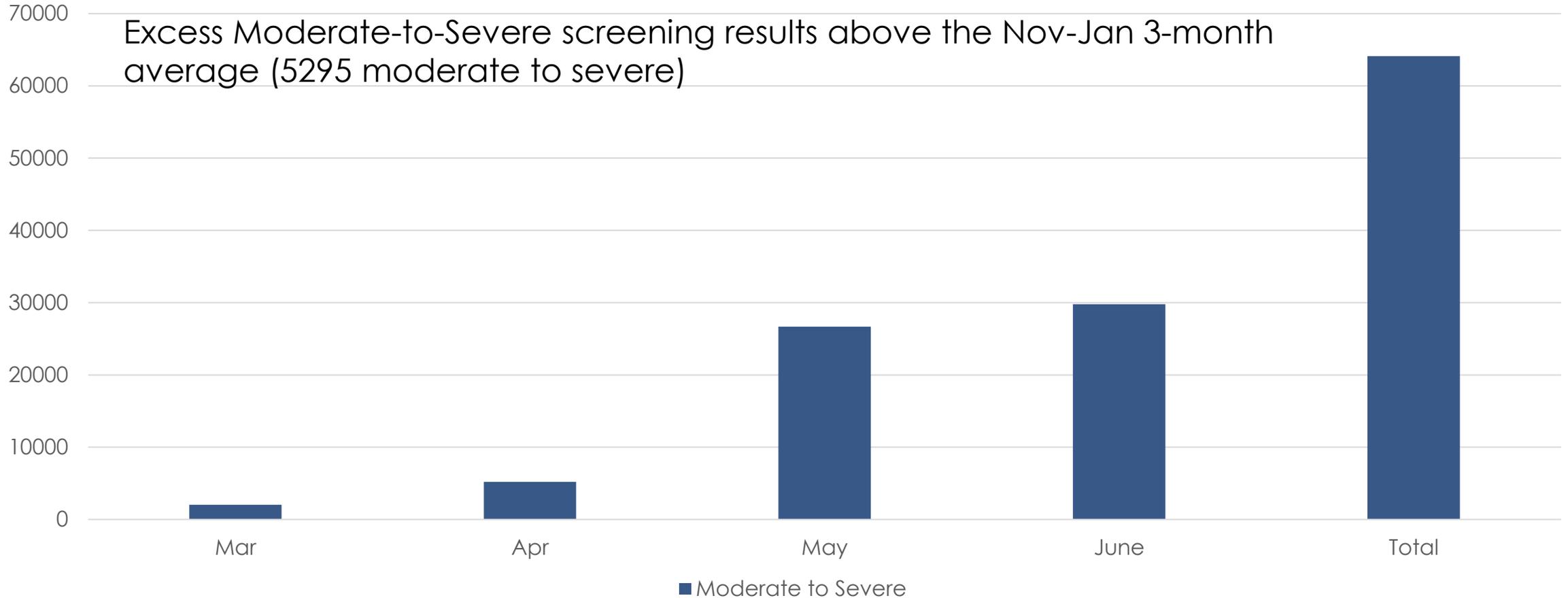
In June, Per Day Anxiety Screenings Increased by 406% over January



In June, Per Day Depression Screenings Increased by 457% over January

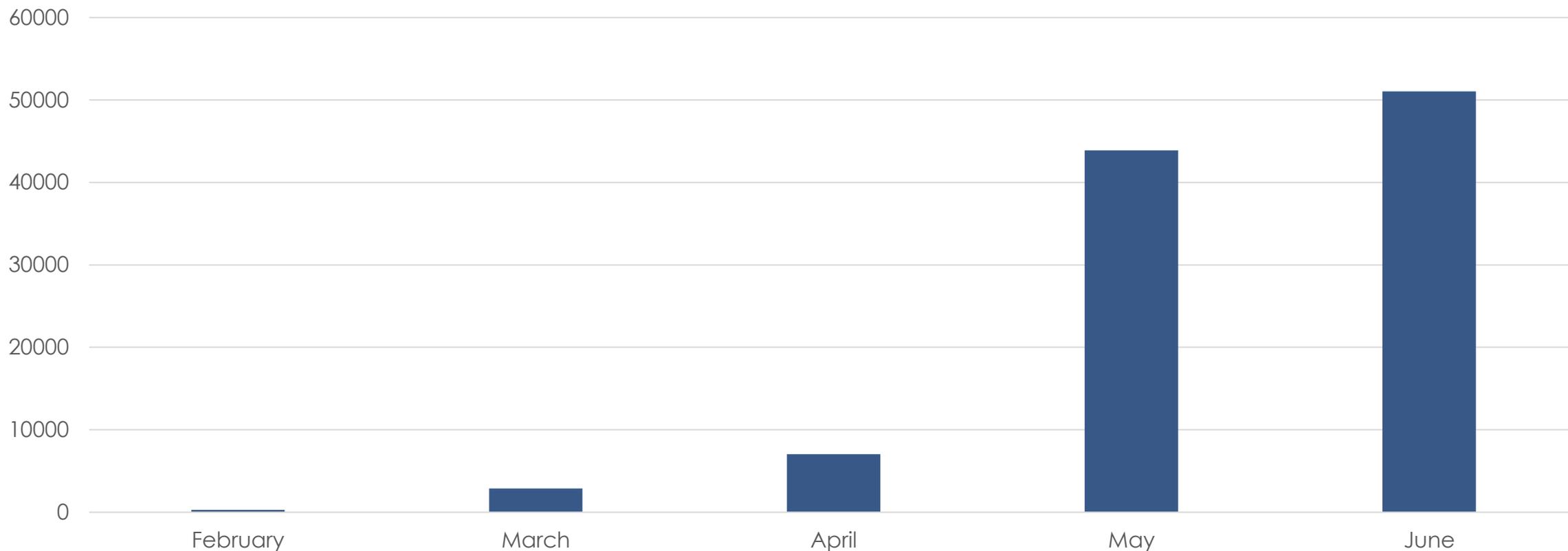


More Than 64,108 Additional Screeners Have Anxiety Since COVID-19 Pandemic

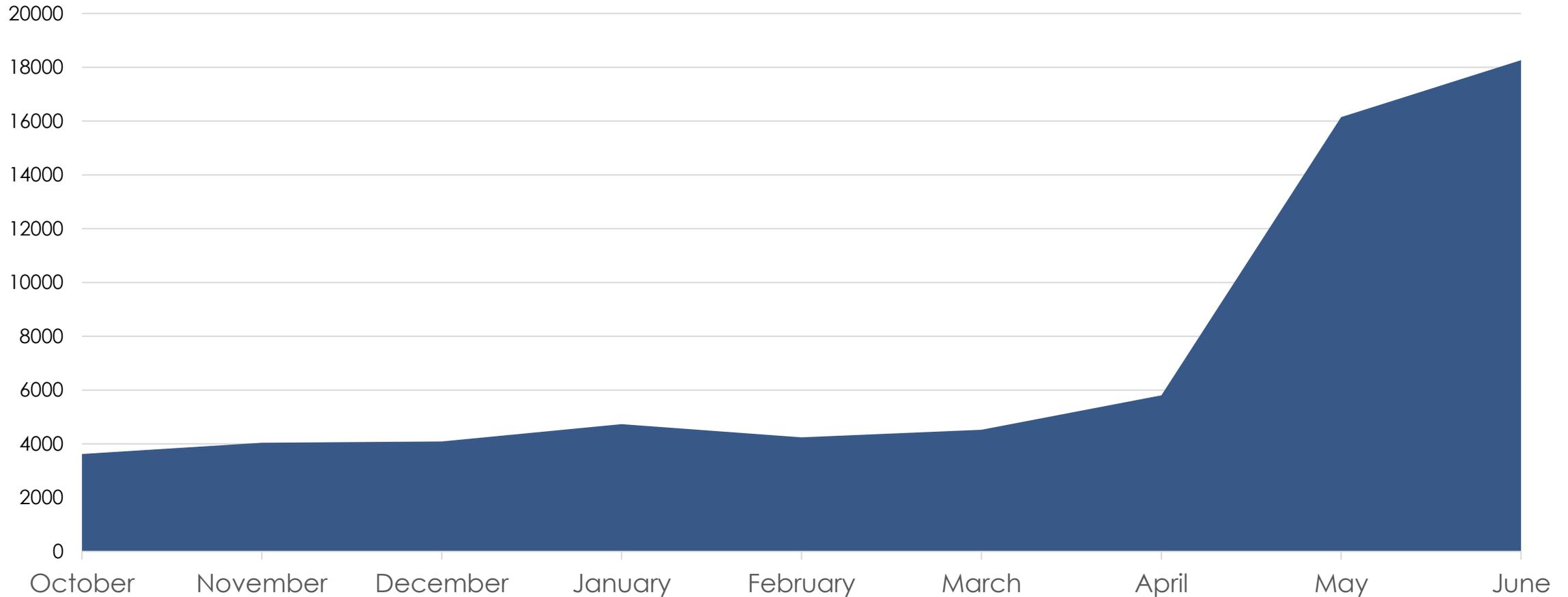


More Than 105,135 Additional Screeners Have Depression Since COVID-19 Pandemic

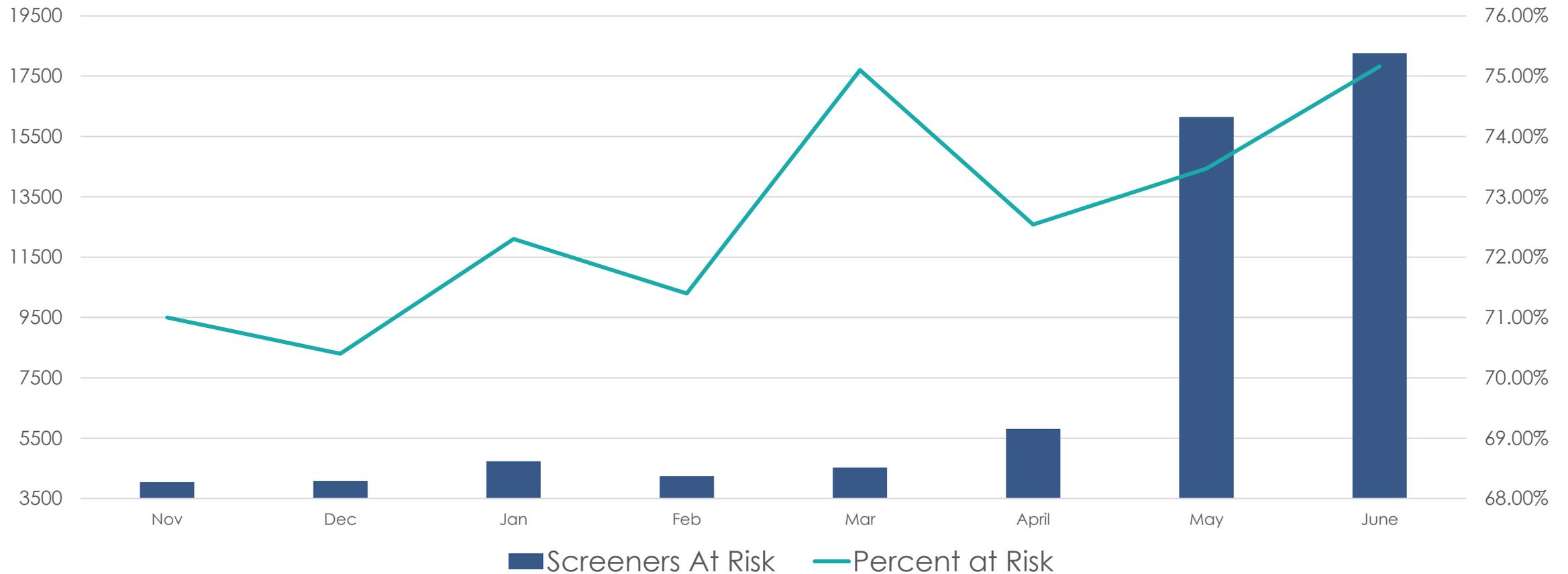
Excess Moderate to Severe Depression Screens above the Nov-Jan 3-month average (10,867 moderate to severe)



Psychosis: Those Screening “Positive” Increased Dramatically in May & June



Psychosis Screening: Severity Also Up in June 2020



May Anxiety Screeners: The Main Things Contributing to Mental Health Problems Right Now

Reason	Number of Responders	Percent of Respondents
Loneliness or isolation	15934	62.14%
Past trauma	12219	47.65%
Relationship problems	10540	41.10%
Coronavirus	9326	36.37%
Current events (news, politics, etc.)	7542	29.41%
Grief or loss	6489	25.31%
Financial Problems	6315	24.63%

N=25,643, scoring moderate to severe 5/1-5/31,
"Choose up to 3"

June Anxiety Screeners: The Main Things Contributing to Mental Health Problems Right Now

Reason	Number of Responders	Percent of Respondents
Loneliness or isolation	17637	64.74%
Past trauma	12700	46.62%
Relationship problems	11111	40.79%
Current events (news, politics, etc.)	9838	36.11%
Coronavirus	7878	28.92%
Grief or Loss	6723	24.68%
Financial Problems	6588	24.18%
Racism	2097	7.70%

N=27,241, scoring moderate to severe 6/1-6/30, "Choose up to 3"

"Racism" added as option on 6/16

May Depression Screeners: The Main Things Contributing to Mental Health Problems Right Now

Reason	Number of Responders	Percent of Respondents
Loneliness or isolation	32910	72.59%
Past trauma	20931	46.17%
Relationship problems	20100	44.34%
Coronavirus	13703	30.23%
Grief or loss	12413	27.38%
Financial Problems	10142	22.37%
Current events (news, politics, etc.)	9868	21.77%

N=45,335, scoring moderate to severe 5/1-5/31,
"Choose up to 3"

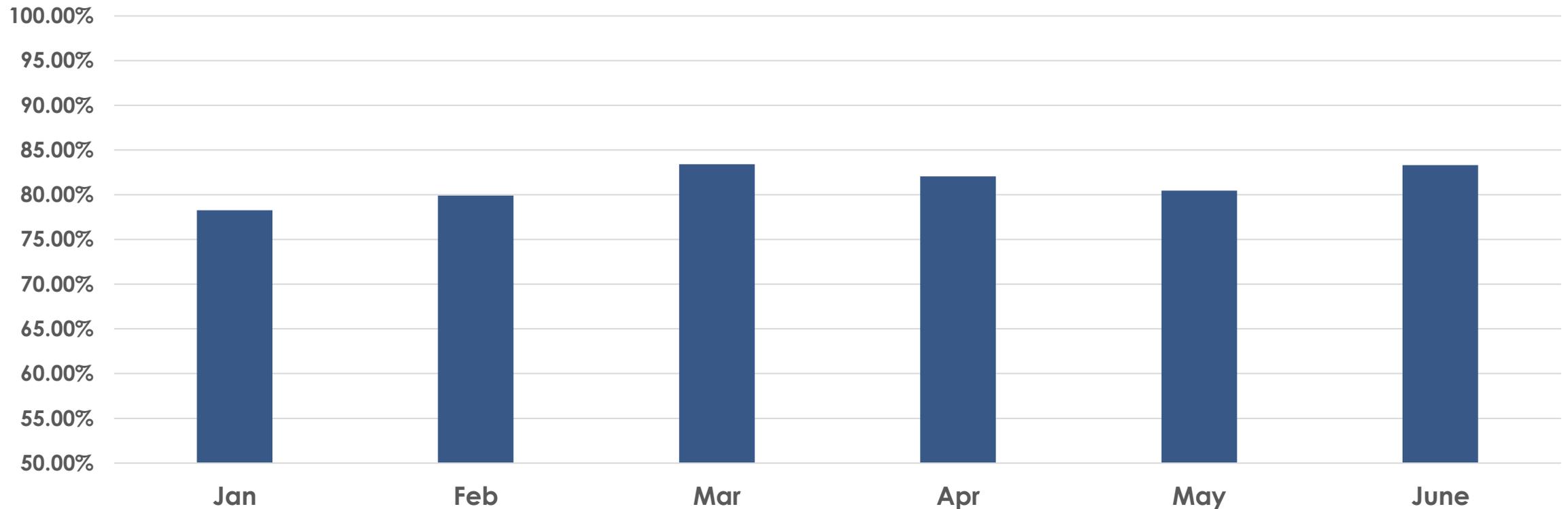
June Depression Screeners: The Main Things Contributing to Mental Health Problems Right Now

Reason	Number of Responders	Percent of Respondents
Loneliness or isolation	37237	73.92%
Past trauma	22653	44.97%
Relationship problems	22058	43.79%
Current events (news, politics, etc.)	14674	29.13%
Grief or loss	13366	26.53%
Coronavirus	11926	23.67%
Financial Problems	11767	23.36%
Racism	2704	5.37%

N=50,376, scoring moderate to severe 6/1-6/30, "Choose up to 3"
 "Racism" added as option on 6/16

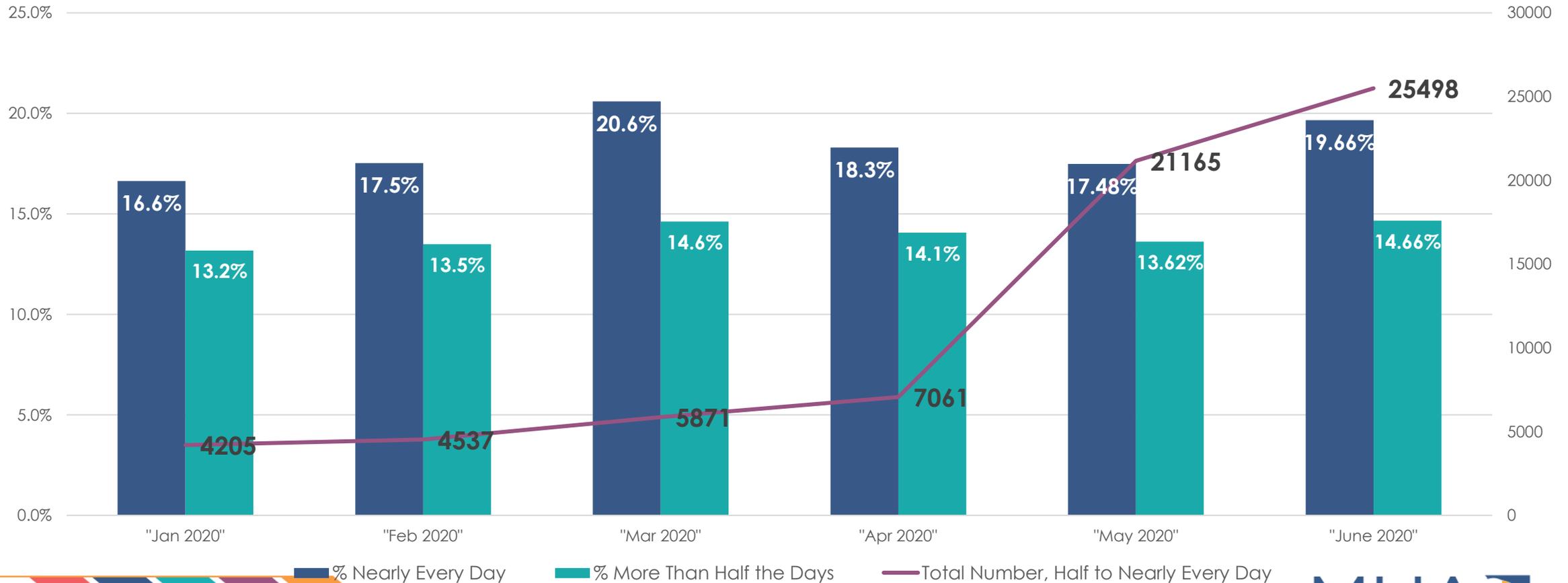
Screeners Are Not “Worried Well”: Depression Severity Higher In March-June v. Jan-Feb

Depression Screeners, Percent Moderate to Severe



More Than 25,000 People Considered Self-Harm or Suicide in June

Suicidal/Self-Harm Thinking



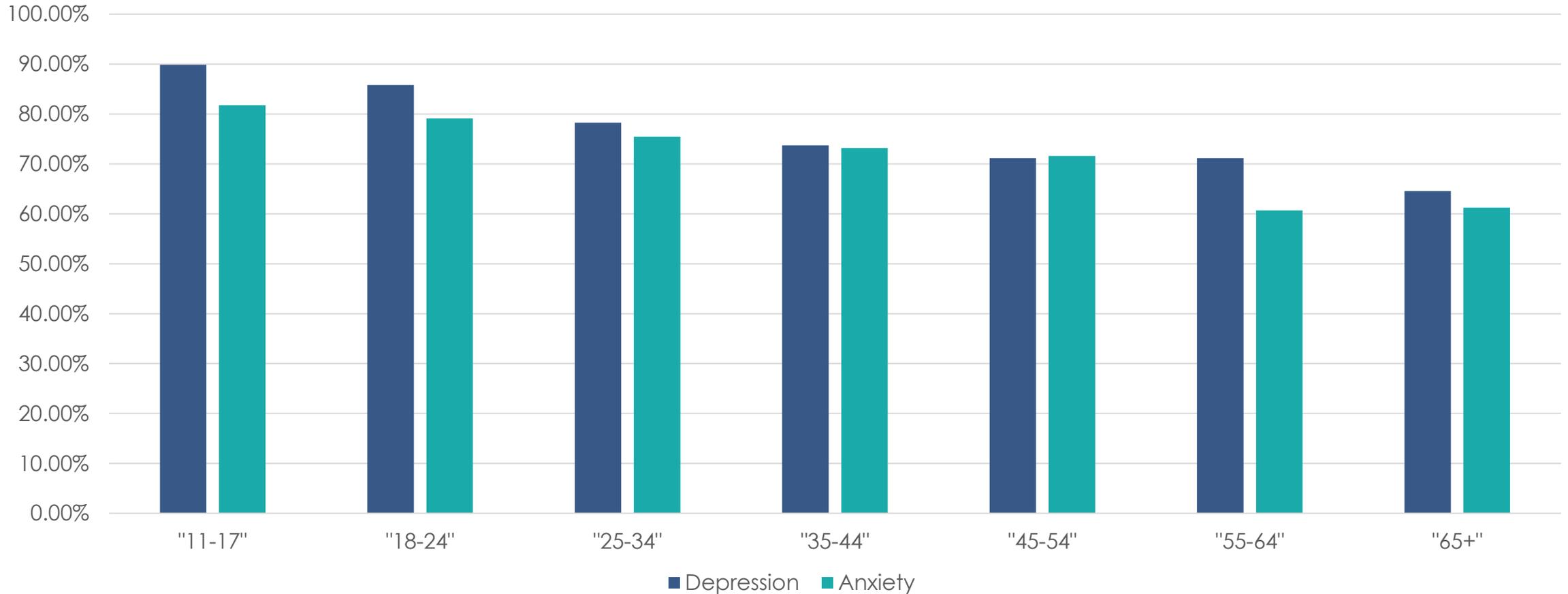
■ % Nearly Every Day

■ % More Than Half the Days

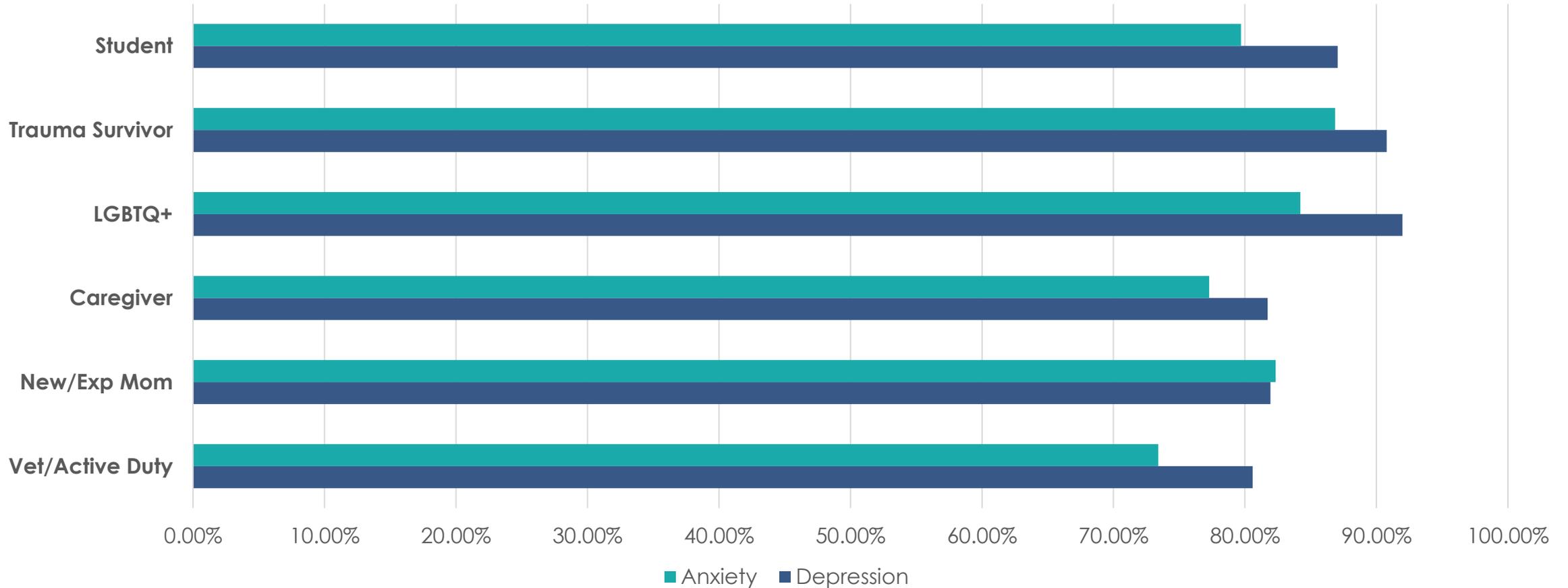
— Total Number, Half to Nearly Every Day

Young People in June Still Disproportionately Experiencing Depression and Anxiety

Percent Moderate to Severe



Special Populations: Positive for Depression and Anxiety



For More Resources

- For MHA COVID-19 resources:
<https://www.mhanational.org/covid19>
- For other mental health COVID-19 resources:
<https://psychhub.com/covid-19/>
- To take a free mental health screen:
<https://screening.mhanational.org>

Contact Us



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