

SURVEY RESULTS: VERMONT HOUSEHOLDS IMPACTS OF COVID-19

Mental Health & Substance Use

A team of researchers from University of Massachusetts Amherst, Amherst College, and Indiana University investigated the socioeconomic impacts of COVID-19 on U.S. households.

Their survey questions covered employment, business operations, household finances, labor productivity, child care and education, mental and physical health, and substance use.

Over 500 Vermonters, 89% self-identifying as female, took part in the survey between October 2020 and February 2021. Among Vermonters' concerns: increases in depression, anxiety, and substance use.

1/4



reported experiencing a panic attack in the last 4 weeks

29%



reported moderate or severe anxiety and depression

21%



of survey respondents with household incomes below \$30,000 reported severe anxiety and depression (vs. 5% in households above \$100,000)

39%



of 18-24 year-old survey respondents reported moderate to severe anxiety and depression

48%



reported increased use of cannabis since the beginning of the pandemic

41%



reported increased use of alcohol since the beginning of the pandemic