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 Vermonter's concerns: increases in depression, anxiety, and substance use.

SURVEY RESULTS: VERMONT HOUSEHOLDS IMPACTS OF COVID-19

**Mental Health & 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)
- 48% reported increased use of cannabis since the beginning of the pandemic
- 41% reported increased use of alcohol since the beginning of the pandemic
- 39% of 18-24 year-old survey respondents reported moderate to severe anxiety and depression

Vicarelli, Marta, Meredith Canada, Yu Ya Htut Tin, Anna Gishin, Madeline Leue, Elizabeth Murphy, Aryen Shrestha, Yash Tyagi. 2021. “Impacts of COVID-19 on Vermont Households: a Survey Analysis.” School of Public Policy, University of Massachusetts Amherst, MA, USA.