

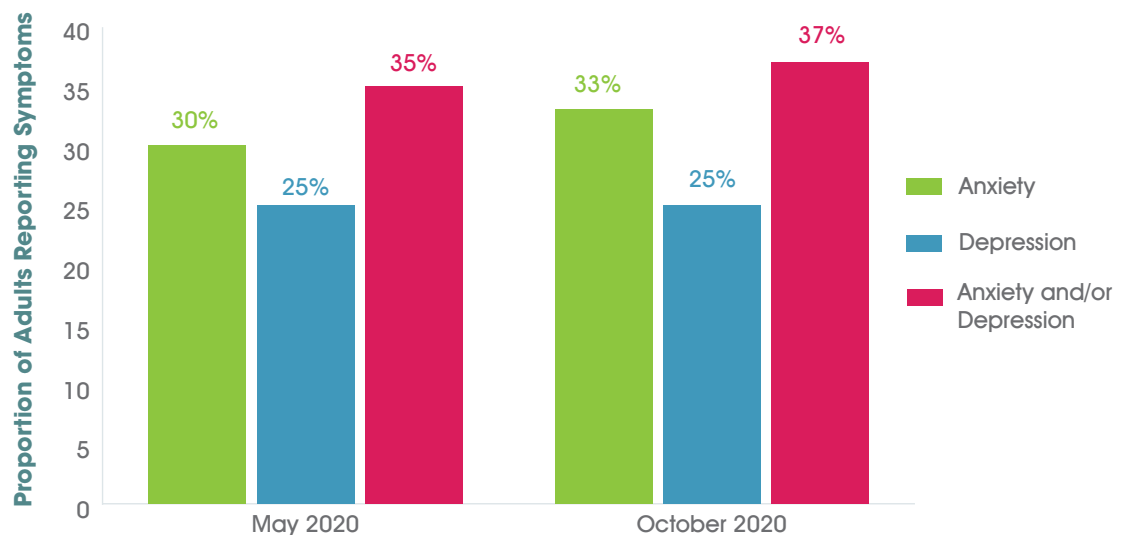


Anxiety & Depression Among NYers

ACROSS ALL NEW YORKERS

In October 2020, 33% of adult New Yorkers reported symptoms of an anxiety disorder, 25% reported symptoms of depressive disorder, and 37% reported symptoms of anxiety and/or depressive disorder in the prior week (**Figure 1**). The proportion of New Yorkers reporting these symptoms has stayed consistently high over the course of the pandemic; self-reported rates in May were similar to those in October. These estimates are substantially higher than levels reported prior to the pandemic. Before the pandemic (January–June 2019), 8.2% of adults nationwide had symptoms of anxiety disorder, 6.6% had symptoms of depressive disorder, and 11.0% had symptoms of either or both disorders.²⁹ Using a broader measure of mental health, 19.5% of New Yorkers before the pandemic (2018–2019) reported any mental illness in the previous year.³⁰

FIGURE 1. Proportion of Adult New Yorkers Reporting Symptoms of Anxiety or Depression During COVID-19



Note: Only adults who responded to mental health questions are included in the denominator. Data for May are the average of the following weeks of data: May 7–12, May 14–19, May 21–26, and May 28–June 2. Data for October are the average of the following weeks of data: September 30–October 12, October 14–October 26. See **Methods** section for the survey questions and scoring.

Source: NYSHealth analysis of U.S. Census Bureau Household Pulse Survey.

²⁹ National Center for Health Statistics, “Early Release of Selected Mental Health Estimates Based on Data from the January–June 2019 National Health Interview Survey,” May 2020, <https://www.cdc.gov/nchs/data/nhis/earlyrelease/ERmentalhealth-508.pdf>.

³⁰ Substance Abuse and Mental Health Services Administration, “2018-2019 National Survey On Drug Use And Health: Model-Based Prevalence Estimates (50 States And The District Of Columbia),” December 15, 2020, <https://www.samhsa.gov/data/report/2018-2019-nsduh-state-prevalence-estimates>.