2021 Healthy Living Theme Month Mental Health Omni

Annotated Questionnaire

Fielded April 22 to 26, 2021; (n=1,016) adults 50-plus; Margin of Error (MOE): $\pm$ 4.33 percent (total sample)

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*Percentages may not add to 100% due to rounding

**Q1. Over the last two weeks, how often have you been bothered by any of the following problems?
Would you say not at all, several days, more than half the days, or nearly every day?**

Total 50+ (n =1,016)	Not at all	Several days	More than half the days	Nearly every day
Little interest or pleasure in doing things	63%	24%	8%	5%
Feeling down, depressed, or hopeless	67%	25%	5%	2%
Difficulty falling asleep or staying asleep	44%	34%	12%	10%
Feeling anxious about things	50%	36%	7%	6%

50 to 59 (n =309)	Not at all	Several days	More than half the days	Nearly every day
Little interest or pleasure in doing things	60%	22%	12%	5%
Feeling down, depressed, or hopeless	66%	23%	7%	5%
Difficulty falling asleep or staying asleep	40%	38%	14%	9%
Feeling anxious about things	51%	34%	7%	8%

60+ (n =707)	Not at all	Several days	More than half the days	Nearly every day
Little interest or pleasure in doing things	64%	26%	6%	4%
Feeling down, depressed, or hopeless	68%	26%	5%	1%
Difficulty falling asleep or staying asleep	46%	32%	11%	11%
Feeling anxious about things	50%	37%	8%	5%

Q2. On a scale of 1 to 10, where 1 is extremely low and 10 is extremely high, please rate the overall level of stress in your life today.

	Total n=1,016	50 to 59 n=309	60+ n=707
Average	4.63	5.00	4.44
1 to 3 (low)	46%	36%	51%
4 to 7 (medium)	41%	46%	39%
8 to 10 (high)	13%	18%	10%

Q3. To what degree, if any, has the COVID-19 pandemic increased your level of ...

Total 50+ (n =1,016)	A great degree	Some degree	Small degree	No degree at all
Sadness/depression	10%	23%	36%	30%
Stress	12%	28%	37%	24%
Worry	10%	32%	34%	23%
Anxiety	11%	26%	31%	33%
Loneliness	9%	23%	26%	41%
Anger	7%	18%	25%	49%
Concern about the future	16%	32%	29%	22%

50 to 59 (n =309)	A great degree	Some degree	Small degree	No degree at all
Sadness/depression	13%	21%	35%	32%
Stress	12%	27%	37%	24%
Worry	11%	30%	31%	27%
Anxiety	11%	26%	29%	34%
Loneliness	12%	17%	25%	45%
Anger	11%	19%	24%	45%
Concern about the future	18%	29%	33%	20%

60+ (n =707)	A great degree	Some degree	Small degree	No degree at all
Sadness/depression	9%	25%	37%	29%
Stress	12%	28%	36%	23%
Worry	9%	32%	36%	21%
Anxiety	11%	25%	32%	32%
Loneliness	7%	26%	26%	40%
Anger	5%	17%	25%	52%
Concern about the future	15%	34%	28%	23%

Q4. Compared to before the coronavirus pandemic, do you now do more, less, or the same amount of the following activities?

Total 50+ (n =1,016)	More	Less	Same amount	N/A, I never did this
Drink alcoholic beverages	8%	11%	40%	40%
Sleep or nap	19%	9%	61%	11%
Smoke cigarettes	5%	5%	8%	82%
Eat unhealthy foods such as sweets, chips, or candy	25%	12%	56%	7%
Eat “comfort foods” meaning foods that provide a nostalgic/sentimental value	22%	8%	57%	12%
Meditate or pray	27%	2%	49%	21%
Use CBD oils or marijuana for any reason, either recreational or medicinal	6%	1%	12%	81%
Take herbal products or dietary supplements for stress/to relax/sleep	11%	2%	24%	63%
Overreact or lose control	10%	4%	42%	43%
Socialize with friends, family, or community	4%	62%	31%	3%

50 to 59 (n =309)	More	Less	Same amount	N/A, I never did this
Drink alcoholic beverages	12%	13%	40%	35%
Sleep or nap	17%	13%	58%	12%
Smoke cigarettes	8%	6%	9%	78%
Eat unhealthy foods such as sweets, chips, or candy	28%	15%	52%	6%
Eat “comfort foods” meaning foods that provide a nostalgic/sentimental value	27%	9%	55%	9%
Meditate or pray	28%	3%	45%	23%
Use CBD oils or marijuana for any reason, either recreational or medicinal	8%	1%	13%	79%
Take herbal products or dietary supplements for stress/to relax/sleep	15%	2%	21%	62%
Overreact or lose control	12%	5%	44%	37%
Socialize with friends, family, or community	5%	57%	34%	5%

60+ (n =707)	More	Less	Same amount	N/A, I never did this
Drink alcoholic beverages	7%	10%	40%	43%
Sleep or nap	20%	7%	62%	10%
Smoke cigarettes	3%	5%	8%	84%
Eat unhealthy foods such as sweets, chips, or candy	24%	10%	58%	7%
Eat “comfort foods” meaning foods that provide a nostalgic/sentimental value	19%	8%	58%	14%
Meditate or pray	27%	2%	51%	20%
Use CBD oils or marijuana for any reason, either recreational or medicinal	5%	2%	11%	82%
Take herbal products or dietary supplements for stress/to relax/sleep	8%	2%	26%	64%
Overreact or lose control	8%	4%	40%	47%
Socialize with friends, family, or community	3%	66%	29%	2%

Q5. Did you seek care from a mental health professional of any kind in the past 12 months (between March 2020 and March 2021)?

	Total n=1,016	50 to 59 n=309	60+ n=707
Yes, it was for a new issue(s)	3%	5%	2%
Yes, it was for continuation of care from the previous year(s)	7%	11%	5%
No, I wanted it but was unable to get care from a mental health professional in the past 12 months (between March 2020 and March 2021)	2%	2%	2%
No, didn't seek care from a mental health professional in the past 12 months (between March 2020 and March 2021)	87%	80%	91%

Q6. [If yes] Did you seek help as a result of/or relating to the COVID-19 outbreak?*

	Total n=122	50 to 59 n=57	60+ n=65
Yes	32%	24%	41%
No	68%	76%	59%

*Small sample. Use caution when interpreting.

Q7. Prior to the start of the pandemic (that is before March 2020) how likely would you have sought help from a mental health provider if you had mental health concerns?

	Total n=1,016	50 to 59 n=309	60+ n=707
Very likely	19%	25%	15%
Somewhat likely	26%	27%	26%
Not too likely	21%	20%	21%
Not at all likely	34%	28%	38%

Q8. How has experiencing the pandemic impacted the likelihood, if at all, that you would seek help from a mental health provider if you had mental health concerns?

	Total n=1,016	50 to 59 n=309	60+ n=707
Increased the likelihood I'd seek help	15%	17%	14%
Has had no impact on the likelihood that I would seek help	79%	74%	81%
Decreased the likelihood I'd seek help	6%	8%	5%

Methodology

The 2021 AARP April Omni was conducted online from April 22-26, 2021 with a total sample of 1,016 adults ages 50-plus. This national survey was conducted using NORC at the University of Chicago's AmeriSpeak 50+ Omnibus probability-based sample. AmeriSpeak is designed to be representative of the U.S. household population. All data are weighted by age, gender, and race according to the most recent Census population statistics. The margin of error for the national survey is ± 4.33 percent.