Stockton Polling Insti82stoe

Q1A - Which type of mental health problem(s) did the COVID-19 pandemic cause you to have and/or worsen?

#	Answer	%	Count
1	DEPRESSION	48%	91
2	ANXIETY	64%	123
3	OBSESSIVE-COMPULSIVE DISORDER	8%	16
4	FEAR OF INTERACTING WITH PEOPLE AND/OR LEAVING HOME	20%	39
5	FEAR OF GERMS	14%	26
6	OTHER	14%	27
7	REFUSE	7%	14
	Total	100%	191

Q2 - Did you feel the need to obtain mental health treatment during the COVID-19 pandemic regardless of whether you obtained it or not?

#	Answer	%	Count
1	Yes	21%	138
2	No	79%	526
3	Refuse	0%	0
	Total	100%	664

Q3A - What kind of mental health treatment did you receive during the COVID-19 pandemic? Choose all that apply.

#	Answer	%	Count
1	Counseling or therapy	57%	89
3	Hospitalization	7%	11
2	Prescribed medication	30%	46
5	Refuse	2%	3
4	Some other treatment	4%	7
	Total	100%	155

Q3B - Did you use telehealth services for mental health treatment during the COVID-19 pandemic?

#	Answer	%	Count
1	Yes	72%	76
2	No	28%	30
3	Refuse	1%	1
	Total	100%	106

Q3C - How would you describe the effectiveness of your telehealth compared to previous in-

#			
3	Telehealth was about the same	42%	32
4	Never received in-person services	12%	9
5	Refuse	0%	0
	Total	100%	76

Q2C - Which of the following best describes why you did not obtain the mental health treatment that you needed? Choose all that apply.

#	Answer	%	Count
1	I was not able to afford it due to no health insurance.	8%	4
2	I was not able to afford it even with health insurance.	11%	6
3	I sought out services, but for whatever reason they were not available to me (e.g. no appointments available, no provider nearby, etc.).	9%	5
4	I did not know how to go about locating or contacting a treatment center	15%	8
5	I was afraid of visiting a treatment center because I did not want to contract and/or spread COVID-19.	25%	13
6	Some other reason	25%	13
7	Refuse	8%	4
	Total	100%	53

Q4 - If you felt the need to manage stress caused by the COVID-19 pandemic, which of the following methods, if any, did you use? Choose all that apply.

#	Answer	%	Count
1	Prescribed medication or therapy	6%	78
2	Alcohol or recreational drugs	6%	83
3	Exercise	19%	245
4	Wa 9% 245		

#		Answer	%	Count
6		Hobby	10%	132
7		Engaged more with family or friends	20%	266
8		Something else	5%	70
9		None, did not need to manage stress	8%	107
10		Refuse	0%	6
		Total	100%	1302

Q5 - Compared to before the pandemic began, did the amount of alcohol and/or recreational drugs you consumed increase, decrease, or remain about the same during the pandemic?

#		Answer	%	Count
1		Increased	19%	128
2		Decreased	7%	45
3		Remained about the same	54%	360
4		Refuse	20%	131
		Total	100%	664

Q5A - Has your consumption since returned to pre-pandemic levels or has it remained elevated to this day?

#		Answer	%	Count
1		Back to previous levels	57%	73
2		Still elevated	40%	52
3		Refuse	3%	3
		Total	100%	128

Q6 - Did you have a change of employment during the COVID-19 pandemic?

#	Answer	%	Count
1	Yes	28%	188
2	No	72%	475
3	Refuse	0%	2
	Total	100%	664

Q6A - Which of the following best describes your change of employment during the COVID-19 pandemic? If multiple responses apply, select the one that occurred earliest during the course of the pandemic.

#	Answer	%	Count
1	I temporarily lost my job.	17%	31
2	I permanently lost my job.	29%	52
3	I retired.	3%	6
4	I started a new career.	25%	45
5	I did not lose my job, but my job changed from an in-person to remote position.	10%	17
6	Some other change	13%	24
7	Refuse	2%	3
	Total	100%	178

Q6B - How did this change of employment impact your mental health, if at all? Did it make your mental health worse, better, or have no impact?

#	Answer	%	Count
1	Worse	38%	72
2	Better	26%	48

3	No impact	35%	65
4	Refuse	1%	3
	Total	100%	188

Q7 - Which best describes your religious or spiritual life during the COVID-19 pandemic?

#	Answer	%	Count

Q8 - Did the COVID-19 pandemic cause disruptions in any of your pre-existing lifestyle-routines?

#	Answer	%	Count
1	Yes, permanently.	16%	107
2	Yes, temporarily.	49%	327
3	No	34%	226
4	Refuse	1%	5
	Total	100%	664

Q8A - From the following list, select the one or two pre-existing lifestyles routines that were most disrupted by COVID-19.

#	Answer	%	Count
1	Exercise	24%	105
2	Diet	15%	66
3	Social life	70%	307
4	Sleep	14%	62
5	Hobby	11%	50
6	Child-rearing	13%	55
7	Something else	18%	78
8	Refuse	2%	9
	Total	100%	440

Q8B -

Q9A -

Q10 - Which most closely describes you? Are you:

#	Answer
1	Mostly introverted
2	Mostly extroverted
3	
4	Refuse 6%0

DEMOGRAPHICS:

PHONE_TYPE -

D2 -

#	Answer	%	Count
3	Independent	26%	175
4	Something else	14%	92
5	Refuse	14%	93
	Total	100%	664

D5 - What is your gender?

#	Answer	%	Count
1	Man	48%	320
2	Woman	50%	334
3	Identify another way	1%	7
4	Refuse	1%	3
	Total	100%	664

Methodology