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## STRESS FROM ELECTION ECLIPSES STRESS FROM COVID-19 IN NH

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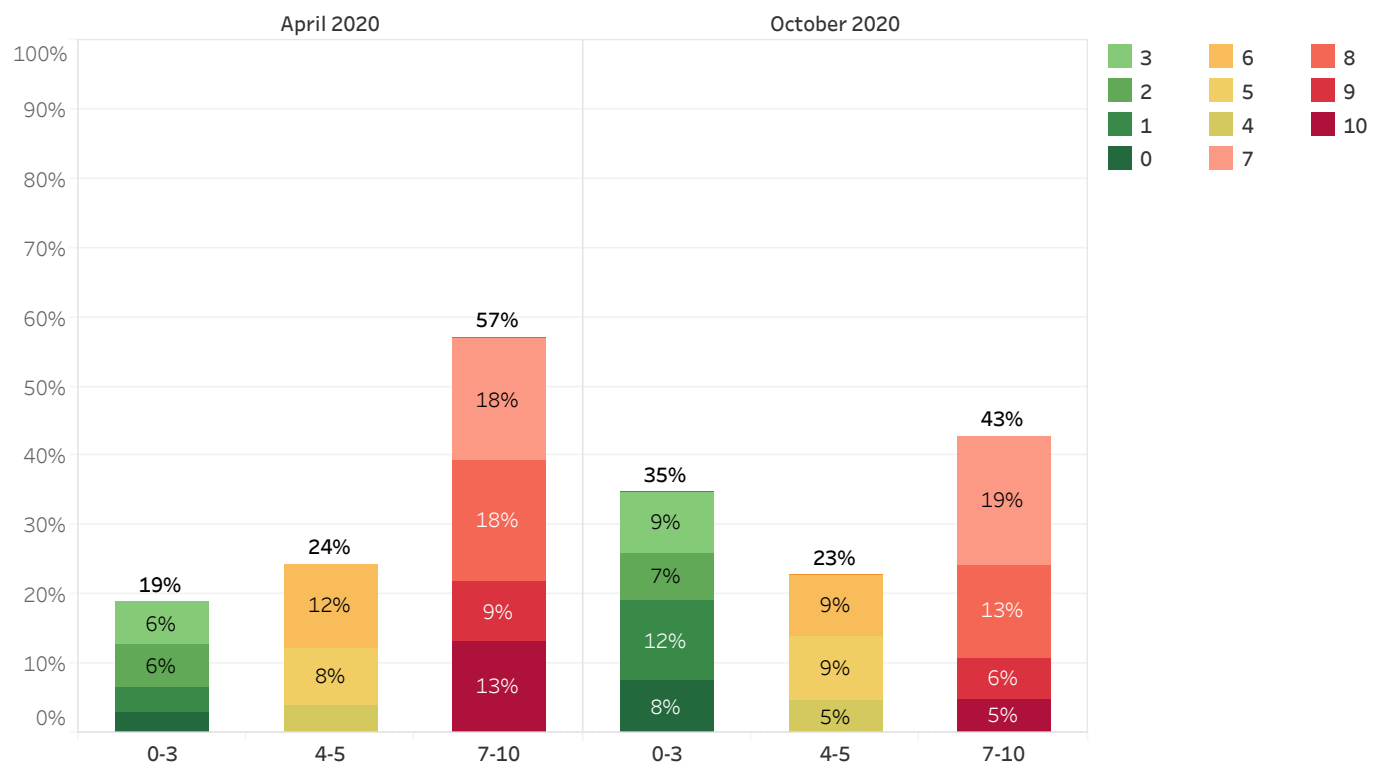
DURHAM, NH – Nearly one-quarter of New Hampshire residents report mental health symptoms consistent with anxiety while one in six report symptoms of depression. Granite Staters report considerably higher levels of stress concerning the 2020 election than the COVID-19 pandemic and Joe Biden supporters feel significantly higher levels of stress stemming from the election than Donald Trump supporters.

These findings are based on the latest **Granite State Poll\***, conducted by the University of New Hampshire Survey Center. Nine hundred thirty-three (933) Granite State Panel members completed the survey online between October 9 and October 12, 2020. The margin of sampling error for the survey is +/- 3.2 percent. Data were weighted by respondent sex, age, education, and region of the state to targets from the most recent American Community Survey (ACS) conducted by the U.S. Census Bureau, as well as party registration levels provided by the New Hampshire Secretary of State and 2016 election results in NH. Granite State Panel members are recruited from randomly-selected landline and cell phone numbers across New Hampshire and surveys are sent periodically to panel members.

### Impact of COVID-19 on Mental Health

Overall stress among New Hampshire residents as a result of the COVID-19 pandemic has declined since April. When asked to place themselves on a 0-10 scale denoting their overall level of stress as a result of COVID-19, 43% place themselves at 7, 8, 9, or 10 while 57% of residents did so in early April. Twenty-three percent of respondents currently place themselves at 4, 5, or 6 on a 0-10 scale, while 35% place themselves at 0, 1, 2, or 3, up from 19% who placed themselves there in April.

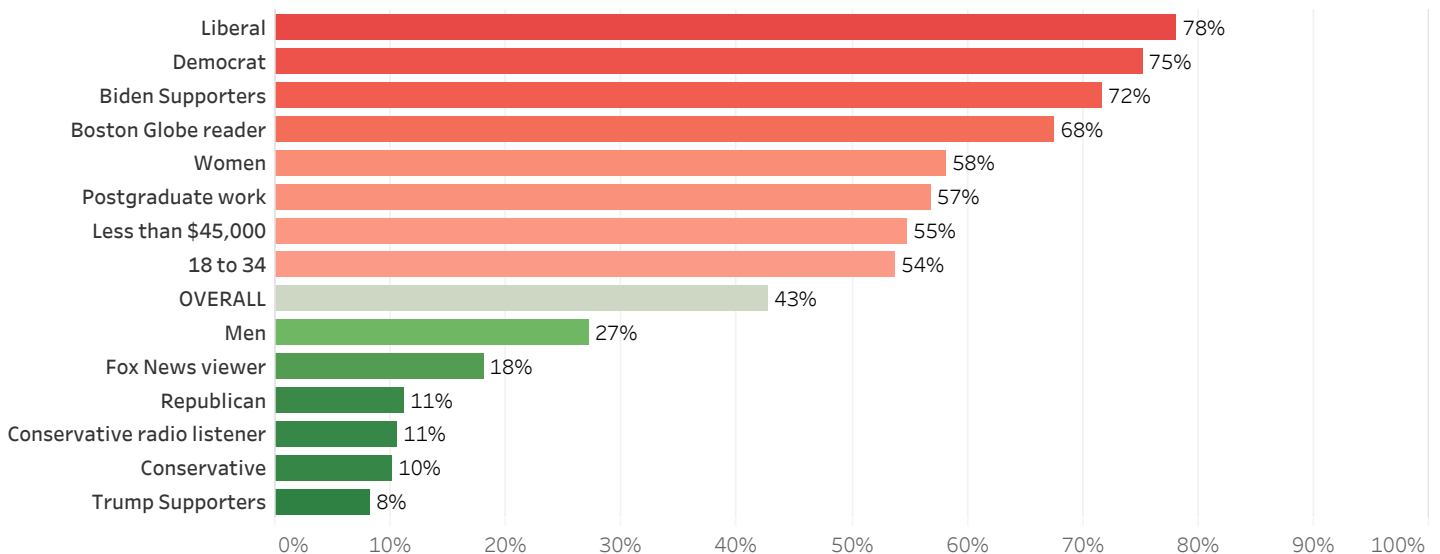
**General Stress as a Result of COVID-19 Pandemic - 0 = not at all stressed, 10 = extremely stressed**



\* We ask that this copyrighted information be referred to as *the Granite State Poll*, conducted by the University of New Hampshire Survey Center.

Self-described liberals, self-identified Democrats, Joe Biden supporters, *Boston Globe* readers, women, those who have completed postgraduate work, those with a household income below \$45,000, and those aged 18 to 34 are more likely than others to rate their general level of stress as a result of the COVID-19 pandemic at a 7, 8, 9, or 10 on a 0-10 scale where 0 indicates not stressed at all and 10 indicates extremely stressed. Donald Trump supporters, self-described conservatives, conservative radio listeners, self-identified Republicans, Fox News viewers, and men are less likely to say they are this stressed as a result of COVID-19.

### General Stress Between 7-10 as a Result of COVID-19 Pandemic - By Select Demographics - October 2020



### Overall Mental Health

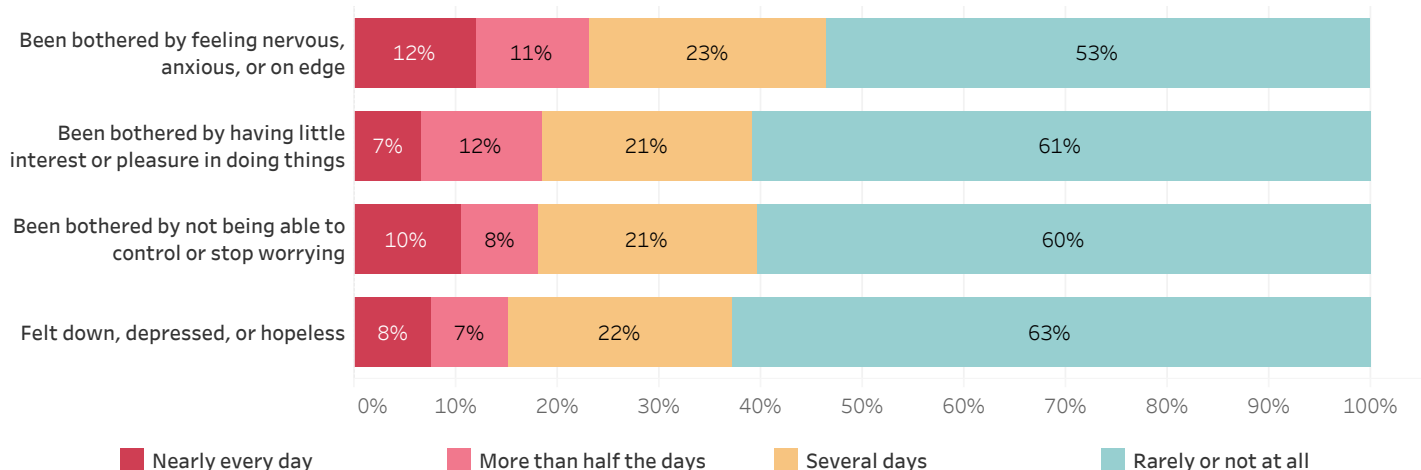
Respondents were asked how frequently they have experienced several mental health symptoms over the past two weeks. Twenty-three percent of New Hampshire residents say they have been bothered by feeling nervous, anxious, or on edge nearly every day (12%) or more than half the days (11%) in the past two weeks; 23% have felt this way for several days and 53% have experienced this rarely or not at all.

Nineteen percent of residents say they have been bothered by having little interest or pleasure in doing things nearly every day (7%) or more than half the days (12%) in the past two weeks; 21% have felt this way for several days and 61% have experienced this rarely or not at all.

Eighteen percent of residents say they have been bothered by not being able to control or stop worrying nearly every day (10%) or more than half the days (8%) in the past two weeks; 21% have felt this way for several days and 60% have experienced this rarely or not at all.

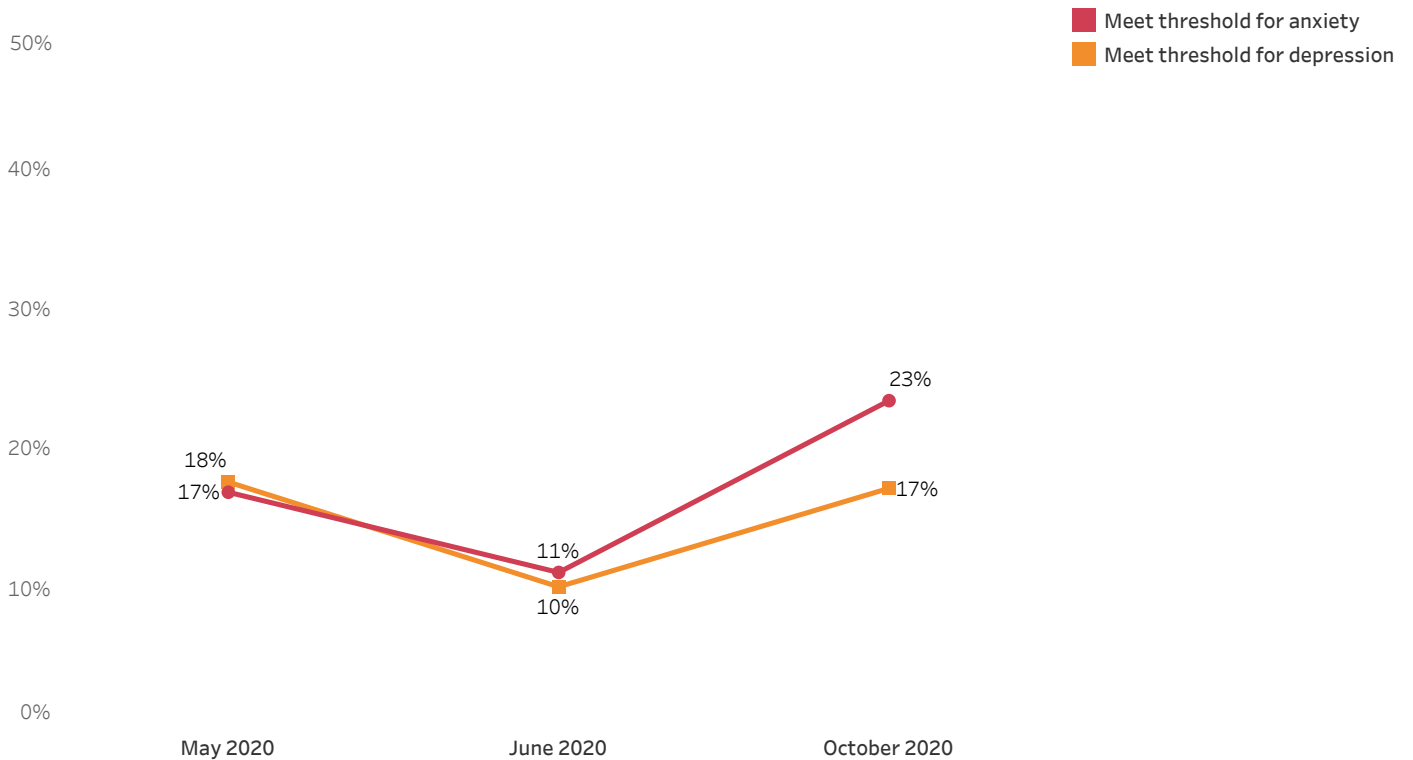
Fifteen percent of residents say they have felt down, depressed, or hopeless nearly every day (8%) or more than half the days (7%) in the past two weeks; 22% have felt this way for several days and 63% have experienced this rarely or not at all.

### Frequency Feeling the Following Over Last 2 Weeks - October 2020



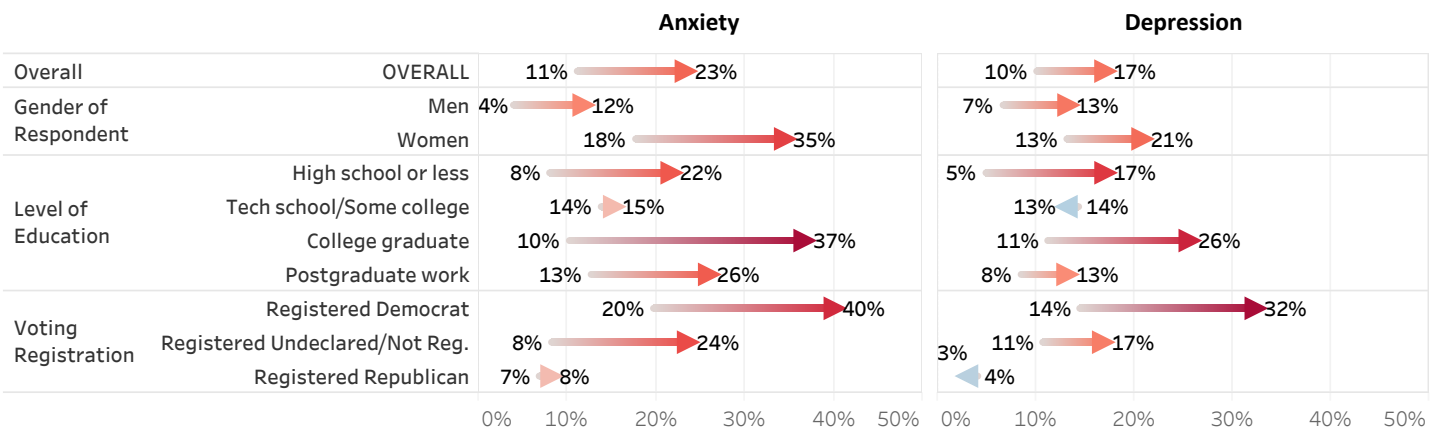
Applying a standard formula based on these responses to screen for generalized anxiety and depressed mood,\* 23% of New Hampshire residents meet the threshold for identifying possible cases of generalized anxiety disorder and 17% meet the threshold for depression. For comparison, past-year estimates for the prevalence of generalized anxiety and depression at the national level are 3% and 7% respectively.\*\*

### Mental Health - October 2020



The percentages of New Hampshire residents who meet the threshold for identifying possible cases of generalized anxiety disorder and depression have increased by 12 percentage points and 7 percentage points respectively since June. Women (+17 percentage points), college graduates (+27), registered Democrats (+20), and those registered as undeclared or are not registered (+16) are a good deal more likely than in June to meet the threshold for possible anxiety, while those who attended technical school or have some college education (+1) and registered Republicans (+1) are no more likely to meet the threshold for anxiety than they were in June. Those with a high school education or less (+12 percentage points), college graduates (+15), and registered Democrats are more likely than in June to meet the threshold for depression, while reported symptoms of depression among those who attended technical school or have some college education (-1) and registered Republicans (-1) are largely unchanged since June.

### Change from June 2020 to October 2020

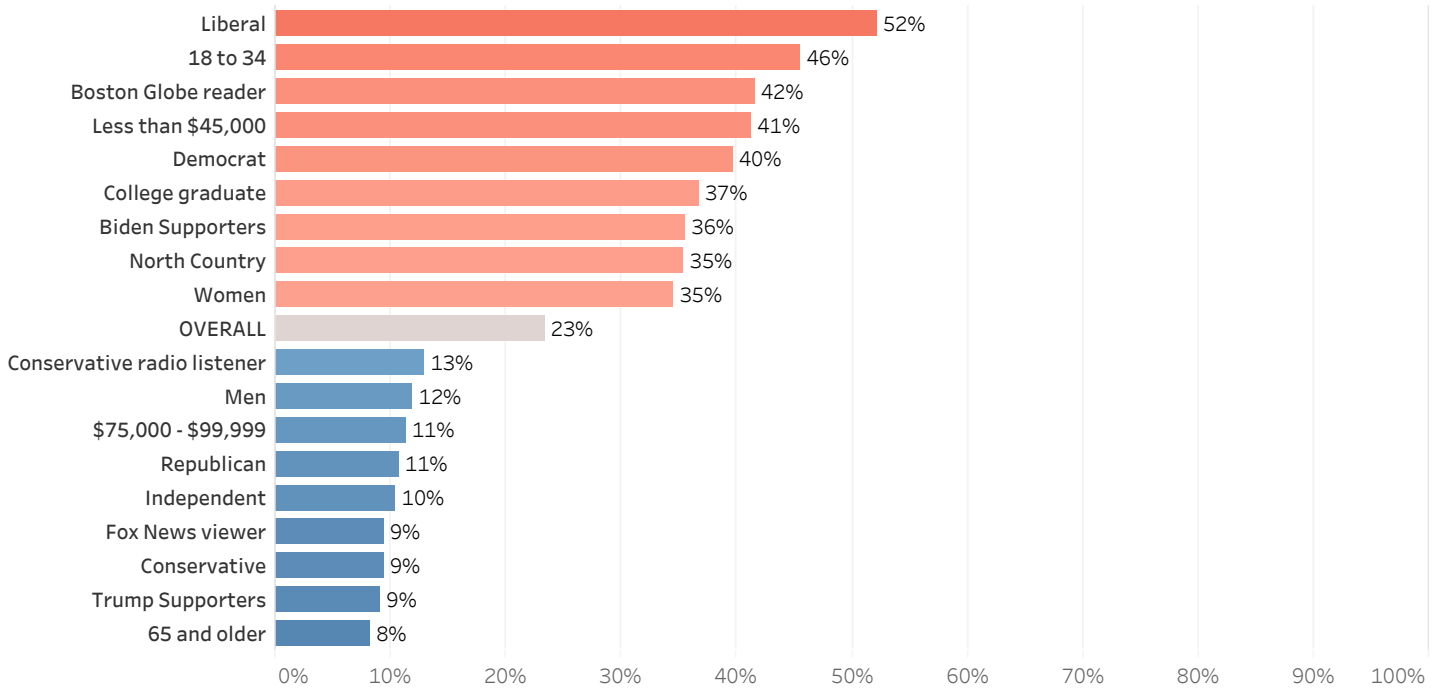


\*Kroenke K, Spitzer RL, Williams JB. The Patient Health Questionnaire-2: Validity of a Two-Item Depression Screener. Medical Care. 2003;41:1284-92.

\*\*<https://www.nimh.nih.gov/health/statistics/index.shtml>

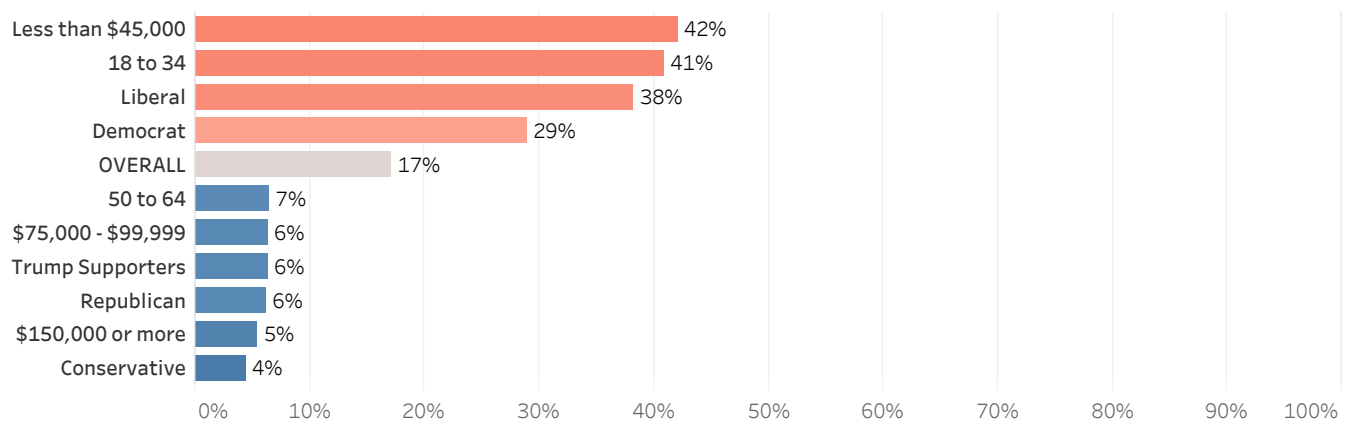
Self-described liberals, those aged 18 to 34, *Boston Globe* readers, those with a household income below \$45,000, self-identified Democrats, those with a college degree, Joe Biden supporters, North Country residents, and women are more likely than others to report symptoms that meet the threshold for identifying possible cases of generalized anxiety disorder. Residents aged 65 and older, Donald Trump supporters, self-described conservatives, Fox News viewers, self-identified Independents and Republicans, those with a household income between \$75,000 and \$99,999, men, and conservative radio listeners are less likely to report symptoms that meet the threshold for identifying anxiety.

**Meet Threshold for Anxiety - By Select Demographics - October 2020**



Residents with a household income below \$45,000, those aged 18 to 34, self-described liberals, and self-identified Democrats are more likely than others to report symptoms that meet the threshold for identifying possible cases of depression. Self-described conservatives, those with a household income between \$75,000 and \$99,999 or of \$150,000 or more, self-identified Republicans, Donald Trump supporters, and those aged 50 to 64 are less likely to report symptoms that meet the threshold for identifying depression.

**Meet Threshold for Depression - By Select Demographics - October 2020**

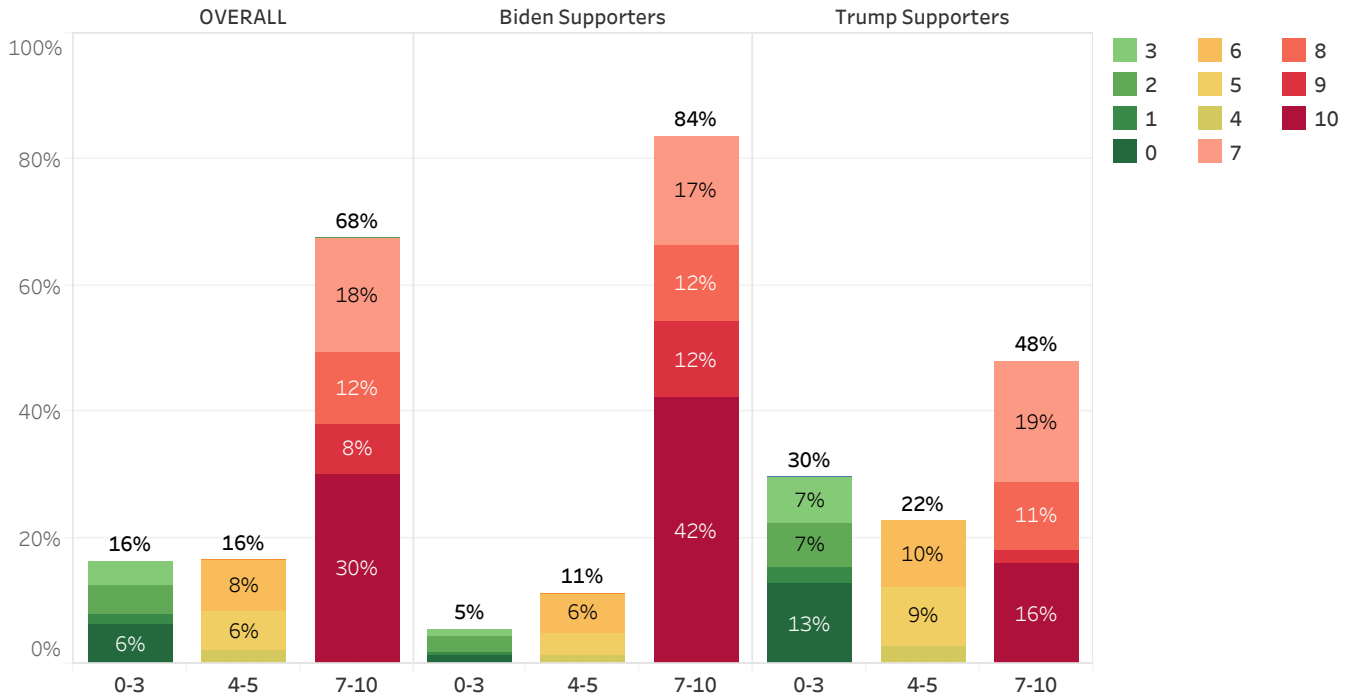


## Impact of 2020 Election on Mental Health

Overall stress among New Hampshire residents as a result of the 2020 election is considerably higher than reported stress concerning the COVID-19 pandemic. When asked to place themselves on a 0-10 scale denoting their overall level of stress as a result of the election, more than two-thirds (68%) place themselves at 7, 8, 9, or 10, 16% place themselves at 4, 5, or 6, and 16% place themselves at 0, 1, 2, or 3. By contrast, only 43% say their level of stress related to the COVID-19 pandemic is between 7 and 10 while 35% place themselves between 0 and 3.

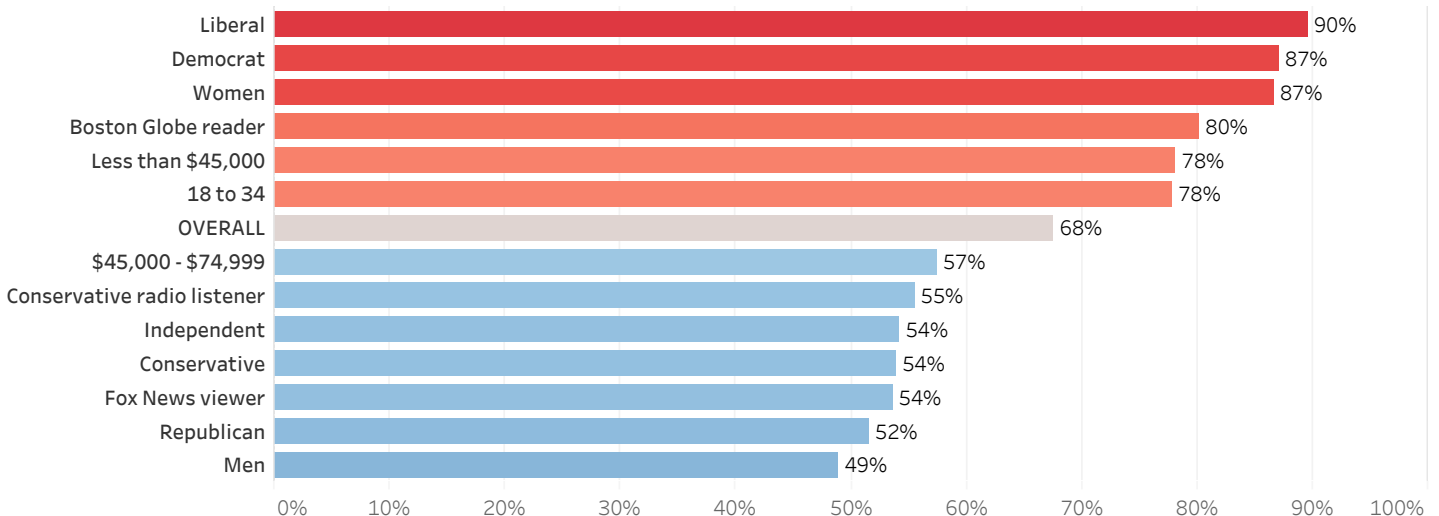
Supporters of Joe Biden indicate that they are considerably more stressed as a result of the 2020 election than supporters of Donald Trump - 84% of Biden supporters place themselves between 7 and 10 while only 48% of Trump supporters say the same.

### General Stress as a Result of 2020 Election - October 2020



Self-described liberals, self-identified Democrats, women, *Boston Globe* readers, those with a household income below \$45,000, and those aged 18 to 34 are more likely than others to rate their general level of stress as a result of the 2020 election at 7, 8, 9, or 10 on a 0-10 scale where 0 indicates not stressed at all and 10 indicates extremely stressed. Men, self-identified Republicans and Independents, Fox News viewers, self-described conservatives, conservative radio listeners, and those with a household income between \$45,000 and \$74,999 are less likely to say they are this stressed as a result of the 2020 election.

### General Stress Between 7-10 as a Result of 2020 Election - By Select Demographics - October 2020



## Granite State Poll Methodology

These findings are based on the latest Granite State Poll, conducted by the University of New Hampshire Survey Center. Nine hundred thirty-three (933) Granite State Panel members completed the survey online between October 9 and October 12, 2020. The margin of sampling error for the survey is +/- 3.2 percent. These MSE's have not been adjusted for design effect. The response rate for the October 2020 Granite State Poll is 35%. The design effect for the survey is 2.7%.

Data were weighted by respondent sex, age, education, and region of the state to targets from the most recent American Community Survey (ACS) conducted by the U.S. Census Bureau, as well as party registration levels provided by the New Hampshire Secretary of State and to 2016 election results in New Hampshire.

The Granite State Panel is part of an effort by the University of New Hampshire Survey Center to investigate new ways of gathering and understanding the opinion of New Hampshire residents. Approximately 5,750 New Hampshire adults were recruited from randomly selected landline and cell phone numbers to participate in the panel. Panelists are then asked to participate in online surveys sponsored by the UNH Survey Center.

The number of respondents in each demographic below may not equal the number reported in cross-tabulation tables as some respondents choose not to answer some questions. Due to rounding, percentages may not sum to 100%.

For more information about the methodology used in the Granite State Panel, contact Dr. Andrew Smith at (603) 862-2226 or by email at [andrew.smith@unh.edu](mailto:andrew.smith@unh.edu).

### Granite State Poll, October 2020 Demographics

		%	N
Gender of Respondent	Men	49%	449
	Women	51%	466
Age of Respondent	18 to 34	27%	248
	35 to 49	22%	201
	50 to 64	31%	287
	65 and older	21%	190
Level of Education	High school or less	36%	334
	Tech school/Some college	31%	287
	College graduate	21%	193
	Postgraduate work	13%	117
Region of State	Connecticut Valley	15%	143
	Manchester Area	26%	245
	Mass Border	21%	197
	North Country	8%	70
	Seacoast	13%	120
	Central/Lakes	17%	156
Party ID	Democrat	43%	390
	Independent	15%	133
	Republican	42%	381
Voting Registration	Registered Democrat	28%	258
	Registered Undeclared/Not Reg.	42%	383
	Registered Republican	30%	271

### General Stress as a Result of COVID-19 Pandemic

Switching topics, in general, on a scale from 0 to 10, where 0 means not at all stressed and 10 means extremely stressed, how stressed are you as a result of the COVID-19 pandemic?

	<u>0</u>	<u>1</u>	<u>2</u>	<u>3</u>	<u>4</u>	<u>5</u>	<u>6</u>	<u>7</u>	<u>8</u>	<u>9</u>	<u>10</u>	<u>N</u>
April 2020	3%	3%	6%	6%	4%	8%	12%	18%	18%	9%	13%	1,002
October 2020	8%	12%	7%	9%	5%	9%	9%	19%	13%	6%	5%	930

### Frequency Over Last 2 Weeks - Feeling Bothered Or Having Little Interest or Pleasure in Doing Things

Over the last 2 weeks, how often have you been bothered by having little interest or pleasure in doing things?

	<u>Nearly every day</u>	<u>More than half the days</u>	<u>Several days</u>	<u>Rarely or not at all</u>	<u>N</u>
October 2020	7%	12%	21%	61%	932

### Frequency Over Last 2 Weeks - Feeling Down, Depressed, or Hopeless

Over the last 2 weeks, how often have you felt down, depressed, or hopeless?

	<u>Nearly every day</u>	<u>More than half the days</u>	<u>Several days</u>	<u>Rarely or not at all</u>	<u>N</u>
October 2020	8%	7%	22%	63%	928

### Frequency Over Last 2 Weeks - Feeling Nervous, Anxious, or on Edge

Over the last 2 weeks, how often have you been bothered by feeling nervous, anxious, or on edge?

	<u>Nearly every day</u>	<u>More than half the days</u>	<u>Several days</u>	<u>Rarely or not at all</u>	<u>N</u>
October 2020	12%	11%	23%	53%	929

### Frequency Over Last 2 Weeks - Feeling Not Able to Control or Stop Worrying

Over the last 2 weeks, how often have you been bothered by not being able to control or stop worrying?

	<u>Nearly every day</u>	<u>More than half the days</u>	<u>Several days</u>	<u>Rarely or not at all</u>	<u>N</u>
October 2020	10%	8%	21%	60%	929

### General Stress as a Result of the 2020 Election

In general, on a scale from 0 to 10, where 0 means not at all stressed and 10 means extremely stressed, how stressed are you as a result of the 2020 election?

	<u>0</u>	<u>1</u>	<u>2</u>	<u>3</u>	<u>4</u>	<u>5</u>	<u>6</u>	<u>7</u>	<u>8</u>	<u>9</u>	<u>10</u>	<u>N</u>
October 2020	6%	2%	4%	4%	2%	6%	8%	18%	12%	8%	30%	899

**General Stress as a Result of COVID-19 Pandemic**

		<u>0</u>	<u>1</u>	<u>2</u>	<u>3</u>	<u>4</u>	<u>5</u>	<u>6</u>	<u>7</u>	<u>8</u>	<u>9</u>	<u>10</u>	<u>N</u>
<b>STATEWIDE</b>	<b>October 2020</b>	8%	12%	7%	9%	5%	9%	9%	19%	13%	6%	5%	930
<b>Voting Registration</b>	Registered Democrat	1%	0%	2%	2%	3%	8%	13%	33%	20%	7%	10%	258
	Registered Undeclared/Not Reg.	5%	10%	5%	13%	3%	11%	6%	20%	13%	9%	5%	382
	Registered Republican	18%	23%	13%	9%	8%	9%	8%	3%	8%	1%	1%	269
<b>Party ID</b>	Democrat	0%	0%	2%	2%	3%	8%	11%	33%	21%	11%	9%	389
	Independent	4%	14%	6%	17%	5%	8%	8%	22%	10%	1%	5%	133
	Republican	17%	23%	12%	13%	7%	12%	4%	3%	5%	1%	1%	380
<b>Ideology</b>	Liberal	0%	0%	2%	1%	2%	10%	7%	32%	25%	16%	5%	229
	Moderate	2%	14%	5%	11%	5%	6%	13%	18%	12%	3%	10%	339
	Conservative	23%	22%	15%	13%	8%	7%	3%	3%	7%	0%	0%	271
<b>Media Usage</b>	Boston Globe reader	0%	0%	1%	1%	3%	16%	10%	9%	23%	24%	11%	63
	Conservative radio listener	20%	20%	13%	14%	8%	11%	3%	2%	6%	1%	1%	271
	Fox News viewer	13%	23%	10%	15%	4%	12%	4%	6%	9%	1%	2%	425
	Local newspapers reader	2%	10%	10%	7%	2%	8%	11%	15%	15%	10%	9%	206
	NHPR listener	5%	12%	5%	9%	3%	10%	8%	17%	17%	7%	7%	579
	Union Leader reader	6%	6%	6%	15%	2%	6%	13%	12%	25%	5%	5%	149
	WMUR viewer	5%	10%	6%	10%	6%	10%	9%	16%	15%	6%	6%	711
<b>Age of Respondent</b>	18 to 34	6%	9%	2%	8%		9%	12%	27%	14%	12%	1%	248
	35 to 49	17%	15%	11%	6%	2%	4%	8%	11%	17%	5%	6%	201
	50 to 64	3%	17%	8%	11%	10%	11%	5%	14%	11%	2%	8%	285
	65 and older	5%	4%	7%	10%	6%	13%	11%	23%	12%	4%	5%	188
<b>Gender of Respondent</b>	Men	14%	15%	11%	10%	4%	12%	7%	9%	10%	4%	5%	449
	Women	2%	9%	3%	6%	5%	7%	10%	29%	16%	8%	6%	463
<b>Level of Education</b>	High school or less	6%	23%	7%	6%	6%	8%	8%	26%	5%	3%	3%	334
	Tech school/Some college	10%	7%	7%	16%	4%	12%	6%	11%	16%	3%	7%	285
	College graduate	7%	4%	8%	5%	4%	7%	12%	17%	19%	11%	5%	193
	Postgraduate work	7%	2%	2%	7%	2%	10%	13%	19%	20%	11%	6%	117
<b>Region of State</b>	Connecticut Valley	3%	24%	12%	1%	4%	4%	6%	10%	16%	17%	3%	143
	Manchester Area	4%	10%	4%	15%	0%	9%	6%	29%	15%	2%	6%	245
	Mass Border	10%	7%	10%	12%	9%	9%	5%	20%	9%	2%	7%	196
	North Country	2%	3%	5%	3%	21%	5%	25%	11%	16%	7%	2%	70
	Seacoast	12%	1%	7%	10%	2%	13%	14%	14%	19%	5%	4%	119
	Central/Lakes	13%	21%	3%	3%	1%	13%	10%	16%	8%	7%	5%	156
<b>Gender &amp; Education</b>	Men, no college degree	15%	19%	12%	12%	4%	12%	4%	6%	9%	4%	4%	317
	Men, college degree	10%	6%	8%	7%	5%	11%	16%	15%	13%	4%	5%	130
	Women, no college degree	1%	13%	2%	6%	7%	7%	11%	34%	12%	2%	5%	290
	Women, college degree	4%	2%	5%	5%	2%	6%	10%	21%	23%	17%	6%	173
<b>2016 Presidential Vote</b>	Voted for Trump	15%	24%	12%	16%	7%	11%	5%	2%	5%	1%	1%	418
	Voted for Hillary Clinton	0%	0%	2%	3%	3%	8%	9%	37%	22%	8%	9%	422
	Did not vote in 2016	22%	29%		2%	7%	5%	8%	12%	1%	3%	11%	27



**Frequency Over Last 2 Weeks - Feeling Bothered Or Having Little Interest or Pleasure in Doing Things**

		<u>Nearly every day</u>	<u>More than half the days</u>	<u>Several days</u>	<u>Rarely or not at all</u>	<u>N</u>
<b>STATEWIDE</b>	<b>October 2020</b>	7%	12%	21%	61%	932
<b>Voting Registration</b>	Registered Democrat	20%	10%	29%	41%	258
	Registered Undeclared/Not Reg.	3%	19%	13%	65%	382
	Registered Republican	0%	3%	21%	76%	271
<b>Party ID</b>	Democrat	14%	15%	27%	44%	390
	Independent	2%	8%	10%	80%	133
	Republican	1%	9%	19%	72%	381
<b>Ideology</b>	Liberal	22%	18%	21%	39%	229
	Moderate	2%	12%	25%	60%	339
	Conservative	2%	3%	14%	81%	273
<b>Media Usage</b>	Boston Globe reader	6%	4%	33%	56%	63
	Conservative radio listener		15%	16%	69%	273
	Fox News viewer	2%	11%	11%	76%	426
	Local newspapers reader	2%	7%	27%	64%	205
	NHPR listener	3%	16%	20%	61%	579
	Union Leader reader	3%	9%	24%	64%	151
	WMUR viewer	2%	13%	23%	62%	713
<b>Age of Respondent</b>	18 to 34	20%	28%	17%	36%	248
	35 to 49	3%	4%	21%	71%	201
	50 to 64	1%	5%	27%	67%	287
	65 and older	1%	8%	16%	74%	189
<b>Gender of Respondent</b>	Men	2%	14%	16%	68%	449
	Women	11%	9%	25%	54%	465
<b>Level of Education</b>	High school or less	13%	3%	20%	64%	334
	Tech school/Some college	1%	17%	16%	65%	286
	College graduate	6%	21%	26%	47%	193
	Postgraduate work	4%	6%	26%	64%	117
<b>Region of State</b>	Connecticut Valley	2%	18%	21%	58%	143
	Manchester Area	19%	11%	22%	48%	244
	Mass Border	2%	8%	17%	73%	197
	North Country	0%	12%	33%	54%	70
	Seacoast	3%	11%	29%	57%	120
	Central/Lakes	4%	11%	10%	75%	156
<b>Gender &amp; Education</b>	Men, no college degree	0%	15%	14%	71%	317
	Men, college degree	6%	13%	23%	58%	130
	Women, no college degree	16%	4%	24%	56%	291
	Women, college degree	4%	18%	27%	51%	174
<b>2016 Presidential Vote</b>	Voted for Trump	1%	8%	18%	74%	419
	Voted for Hillary Clinton	13%	15%	23%	48%	423
	Did not vote in 2016	2%	8%	52%	38%	27

**Frequency Over Last 2 Weeks - Feeling Down, Depressed, or Hopeless**

		<u>Nearly every day</u>	<u>More than half the days</u>	<u>Several days</u>	<u>Rarely or not at all</u>	<u>N</u>
<b>STATEWIDE</b>	<b>October 2020</b>	8%	7%	22%	63%	928
<b>Voting Registration</b>	Registered Democrat	22%	9%	28%	41%	256
	Registered Undeclared/Not Reg.	4%	12%	18%	66%	380
	Registered Republican	0%	0%	22%	77%	270
<b>Party ID</b>	Democrat	15%	13%	25%	46%	388
	Independent	1%	1%	19%	80%	131
	Republican	1%	4%	21%	75%	380
<b>Ideology</b>	Liberal	24%	12%	26%	38%	229
	Moderate	2%	7%	21%	70%	336
	Conservative	2%	1%	20%	78%	272
<b>Media Usage</b>	Boston Globe reader	3%	5%	37%	55%	62
	Conservative radio listener	2%	5%	21%	73%	270
	Fox News viewer	3%	5%	15%	78%	423
	Local newspapers reader	3%	6%	26%	64%	202
	NHPR listener	4%	9%	26%	60%	575
	Union Leader reader	7%	3%	27%	63%	150
	WMUR viewer	3%	8%	24%	65%	709
<b>Age of Respondent</b>	18 to 34	22%	15%	23%	41%	248
	35 to 49	3%	6%	24%	67%	200
	50 to 64	3%	3%	25%	69%	286
	65 and older	1%	7%	14%	77%	186
<b>Gender of Respondent</b>	Men	2%	7%	20%	70%	448
	Women	14%	7%	24%	55%	462
<b>Level of Education</b>	High school or less	15%	3%	17%	66%	334
	Tech school/Some college	2%	9%	22%	67%	284
	College graduate	8%	14%	29%	49%	191
	Postgraduate work	3%	7%	26%	64%	116
<b>Region of State</b>	Connecticut Valley	1%	12%	12%	76%	143
	Manchester Area	18%	4%	35%	42%	244
	Mass Border	3%	5%	17%	76%	196
	North Country	9%	10%	21%	60%	70
	Seacoast	7%	8%	25%	60%	119
	Central/Lakes	5%	11%	14%	71%	153
<b>Gender &amp; Education</b>	Men, no college degree	1%	6%	18%	75%	317
	Men, college degree	5%	10%	26%	58%	129
	Women, no college degree	18%	4%	21%	57%	289
	Women, college degree	7%	12%	28%	53%	172
<b>2016 Presidential Vote</b>	Voted for Trump	1%	3%	19%	77%	419
	Voted for Hillary Clinton	15%	12%	25%	48%	419
	Did not vote in 2016	1%	2%	27%	69%	27

**Frequency Over Last 2 Weeks - Feeling Nervous, Anxious, or on Edge**

		<u>Nearly every day</u>	<u>More than half the days</u>	<u>Several days</u>	<u>Rarely or not at all</u>	<u>N</u>
<b>STATEWIDE</b>	<b>October 2020</b>	12%	11%	23%	53%	929
<b>Voting Registration</b>	Registered Democrat	24%	16%	30%	30%	258
	Registered Undeclared/Not Reg.	9%	14%	23%	53%	380
	Registered Republican	5%	3%	19%	74%	270
<b>Party ID</b>	Democrat	20%	20%	30%	30%	389
	Independent	1%	10%	27%	62%	131
	Republican	8%	3%	12%	77%	380
<b>Ideology</b>	Liberal	28%	23%	25%	24%	229
	Moderate	4%	11%	25%	60%	336
	Conservative	7%	2%	9%	82%	272
<b>Media Usage</b>	Boston Globe reader	13%	26%	26%	35%	62
	Conservative radio listener	9%	4%	13%	74%	270
	Fox News viewer	5%	5%	12%	78%	423
	Local newspapers reader	8%	16%	23%	52%	203
	NHPR listener	8%	16%	25%	51%	576
	Union Leader reader	4%	15%	21%	60%	150
	WMUR viewer	7%	13%	25%	55%	710
<b>Age of Respondent</b>	18 to 34	30%	16%	21%	34%	248
	35 to 49	7%	9%	24%	61%	201
	50 to 64	7%	13%	19%	62%	287
	65 and older	2%	5%	33%	60%	186
<b>Gender of Respondent</b>	Men	6%	7%	15%	72%	448
	Women	19%	15%	31%	35%	462
<b>Level of Education</b>	High school or less	17%	6%	21%	56%	334
	Tech school/Some college	6%	8%	20%	66%	284
	College graduate	11%	25%	24%	39%	192
	Postgraduate work	15%	11%	36%	39%	117
<b>Region of State</b>	Connecticut Valley	7%	19%	11%	62%	143
	Manchester Area	19%	8%	26%	47%	244
	Mass Border	5%	10%	21%	64%	196
	North Country	22%	13%	35%	30%	70
	Seacoast	6%	13%	42%	38%	120
	Central/Lakes	13%	9%	13%	66%	154
<b>Gender &amp; Education</b>	Men, no college degree	5%	4%	11%	81%	317
	Men, college degree	8%	14%	27%	51%	130
	Women, no college degree	21%	10%	32%	38%	289
	Women, college degree	15%	24%	30%	31%	173
<b>2016 Presidential Vote</b>	Voted for Trump	7%	2%	13%	78%	419
	Voted for Hillary Clinton	18%	20%	32%	29%	420
	Did not vote in 2016	0%	9%	18%	73%	26

**Frequency Over Last 2 Weeks - Feeling Not Able to Control or Stop Worrying**

		<u>Nearly every day</u>	<u>More than half the days</u>	<u>Several days</u>	<u>Rarely or not at all</u>	<u>N</u>
<b>STATEWIDE</b>	<b>October 2020</b>	10%	8%	21%	60%	929
<b>Voting Registration</b>	Registered Democrat	24%	10%	30%	36%	258
	Registered Undeclared/Not Reg.	9%	10%	22%	59%	380
	Registered Republican	0%	2%	15%	83%	269
<b>Party ID</b>	Democrat	18%	14%	30%	38%	390
	Independent	1%	8%	23%	68%	131
	Republican	5%	2%	12%	81%	379
<b>Ideology</b>	Liberal	27%	17%	26%	30%	229
	Moderate	4%	7%	22%	67%	337
	Conservative	2%	2%	11%	85%	271
<b>Media Usage</b>	Boston Globe reader	17%	19%	19%	45%	63
	Conservative radio listener	6%	2%	12%	80%	269
	Fox News viewer	5%	3%	8%	83%	422
	Local newspapers reader	8%	9%	24%	60%	204
	NHPR listener	8%	10%	23%	58%	575
	Union Leader reader	8%	9%	15%	69%	150
	WMUR viewer	5%	8%	25%	62%	709
<b>Age of Respondent</b>	18 to 34	28%	12%	18%	42%	248
	35 to 49	4%	9%	19%	68%	201
	50 to 64	4%	6%	23%	67%	286
	65 and older	3%	4%	25%	68%	186
<b>Gender of Respondent</b>	Men	6%	3%	14%	77%	449
	Women	16%	12%	29%	44%	461
<b>Level of Education</b>	High school or less	15%	2%	23%	61%	334
	Tech school/Some college	7%	7%	17%	69%	283
	College graduate	8%	18%	23%	50%	192
	Postgraduate work	10%	11%	25%	54%	117
<b>Region of State</b>	Connecticut Valley	8%	15%	11%	65%	143
	Manchester Area	19%	5%	25%	51%	245
	Mass Border	3%	7%	25%	65%	195
	North Country	9%	8%	27%	57%	70
	Seacoast	6%	6%	32%	56%	120
	Central/Lakes	13%	8%	9%	70%	154
<b>Gender &amp; Education</b>	Men, no college degree	5%	1%	12%	82%	317
	Men, college degree	8%	9%	20%	63%	130
	Women, no college degree	19%	6%	30%	45%	288
	Women, college degree	10%	21%	26%	43%	173
<b>2016 Presidential Vote</b>	Voted for Trump	4%	2%	12%	82%	418
	Voted for Hillary Clinton	18%	14%	30%	38%	421
	Did not vote in 2016	2%	0%	31%	66%	26

**General Stress as a Result of the 2020 Election**

		<u>0</u>	<u>1</u>	<u>2</u>	<u>3</u>	<u>4</u>	<u>5</u>	<u>6</u>	<u>7</u>	<u>8</u>	<u>9</u>	<u>10</u>	<u>N</u>
<b>STATEWIDE</b>	<b>October 2020</b>	6%	2%	4%	4%	2%	6%	8%	18%	12%	8%	30%	899
<b>Voting Registration</b>	Registered Democrat	1%	0%	0%	1%	1%	3%	7%	10%	11%	15%	51%	256
	Registered Undeclared/Not Reg.	10%	0%	7%	4%	3%	6%	7%	23%	9%	5%	26%	376
	Registered Republican	6%	4%	5%	6%	3%	9%	11%	19%	16%	4%	16%	258
<b>Party ID</b>	Democrat	1%	0%	0%	0%	1%	4%	6%	13%	13%	13%	48%	389
	Independent	21%	0%	15%	1%	5%	2%	2%	35%	4%	3%	12%	128
	Republican	7%	3%	5%	8%	3%	9%	12%	18%	13%	2%	18%	371
<b>Ideology</b>	Liberal	0%	0%	0%	0%	0%	2%	7%	11%	9%	13%	57%	228
	Moderate	12%	1%	10%	3%	3%	8%	4%	13%	13%	8%	27%	330
	Conservative	6%	4%	3%	6%	3%	8%	16%	18%	14%	2%	19%	269
<b>Media Usage</b>	Boston Globe reader	1%	1%	0%	0%	11%	2%	4%	9%	18%	7%	47%	63
	Conservative radio listener	6%	2%	6%	8%	3%	7%	12%	22%	6%	5%	22%	271
	Fox News viewer	9%	3%	8%	7%	3%	7%	11%	18%	11%	5%	20%	422
	Local newspapers reader	12%	1%	3%	1%	2%	6%	6%	16%	18%	7%	29%	203
	NHPR listener	6%	2%	5%	3%	1%	5%	8%	19%	16%	9%	28%	570
	Union Leader reader	5%	5%	12%	3%	4%	4%	7%	19%	11%	12%	20%	150
	WMUR viewer	6%	2%	5%	3%	3%	7%	8%	22%	10%	9%	26%	680
<b>Age of Respondent</b>	18 to 34	2%		2%	2%	2%	1%	12%	12%	5%	7%	54%	224
	35 to 49	8%	2%	7%	1%	1%	10%	9%	7%	18%	8%	30%	197
	50 to 64	11%	1%	3%	6%	1%	8%	4%	28%	12%	10%	16%	286
	65 and older	3%	4%	7%	6%	5%	6%	8%	22%	13%	4%	22%	186
<b>Gender of Respondent</b>	Men	9%	2%	6%	7%	3%	10%	14%	12%	7%	5%	25%	432
	Women	3%	1%	1%	1%	2%	3%	3%	25%	16%	10%	36%	448
<b>Level of Education</b>	High school or less	6%	2%	3%	6%	2%	4%	8%	19%	16%	5%	30%	312
	Tech school/Some college	5%	1%	9%	2%	2%	7%	9%	20%	5%	8%	31%	281
	College graduate	11%	2%	2%	3%	2%	7%	8%	16%	12%	7%	30%	189
	Postgraduate work	3%	1%	1%	3%	5%	8%	5%	13%	16%	15%	28%	115
<b>Region of State</b>	Connecticut Valley	3%	1%	2%	2%	1%	6%	12%	16%	31%	5%	21%	133
	Manchester Area	4%	3%	7%	3%	1%	7%	11%	12%	7%	6%	39%	242
	Mass Border	3%	0%	8%	6%	2%	5%	7%	27%	13%	4%	26%	197
	North Country	1%	3%	2%	0%	1%	15%	6%	30%	8%	18%	15%	55
	Seacoast	11%	1%	3%	1%	6%	6%	7%	14%	11%	10%	30%	119
	Central/Lakes	14%	2%	1%	7%	3%	3%	3%	16%	4%	10%	36%	154
<b>Gender &amp; Education</b>	Men, no college degree	9%	2%	8%	7%	2%	9%	16%	11%	5%	3%	27%	302
	Men, college degree	9%	2%	3%	6%	4%	11%	8%	14%	12%	10%	19%	129
	Women, no college degree	1%	1%	1%	1%	1%	2%	0%	30%	17%	11%	35%	279
	Women, college degree	7%	1%	1%	1%	3%	5%	7%	16%	15%	10%	36%	169
<b>2016 Presidential Vote</b>	Voted for Trump	12%	3%	7%	7%	3%	10%	10%	18%	11%	2%	18%	415
	Voted for Hillary Clinton	1%	1%	1%	0%	2%	3%	6%	19%	13%	13%	42%	423
	Did not vote in 2016	4%	1%	27%	18%			26%	1%	6%		17%	15