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LEARNING TO COPE: MENTAL HEALTH IN NH HAS IMPROVED DESPITE COVID-19 PANDEMIC

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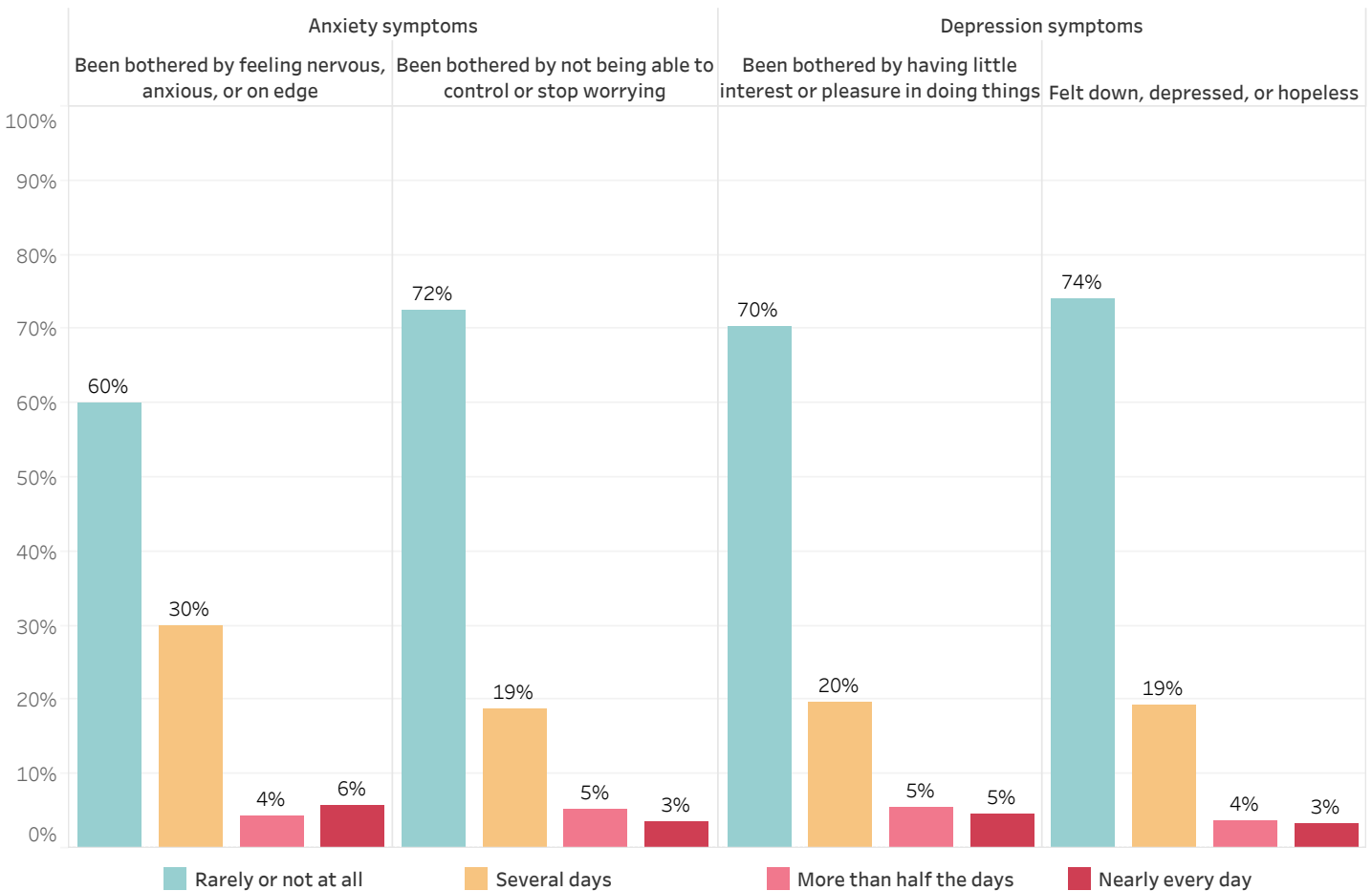
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DURHAM, NH - Feelings of depression and anxiety among New Hampshire adults have declined significantly since March 2021. However, about one in eight Granite Staters meet the threshold to be classified as depressed or anxious and one in five say they are feeling high levels of stress. The decline in anxiety and depression is greatest among women and young people.

Mental Health

In order to understand how the COVID-19 pandemic has impacted the mental health of Granite State adults, the UNH Survey Center has periodically asked how frequently they have experienced several mental health symptoms over the last two weeks. Ten percent say they have been bothered by feeling nervous, anxious, or on edge nearly every day (6%) or more than half the days (4%) in the last two weeks, 30% have felt this way for several days, and 60% have experienced this rarely or not at all. Eight percent have been bothered by not being able to control or stop worrying nearly every day (3%) or more than half the days (5%) in the past two weeks, 10% have been bothered by having little interest or pleasure in doing things at least more than half the days, and 7% have felt down, depressed, or hopeless at least more than half the days.

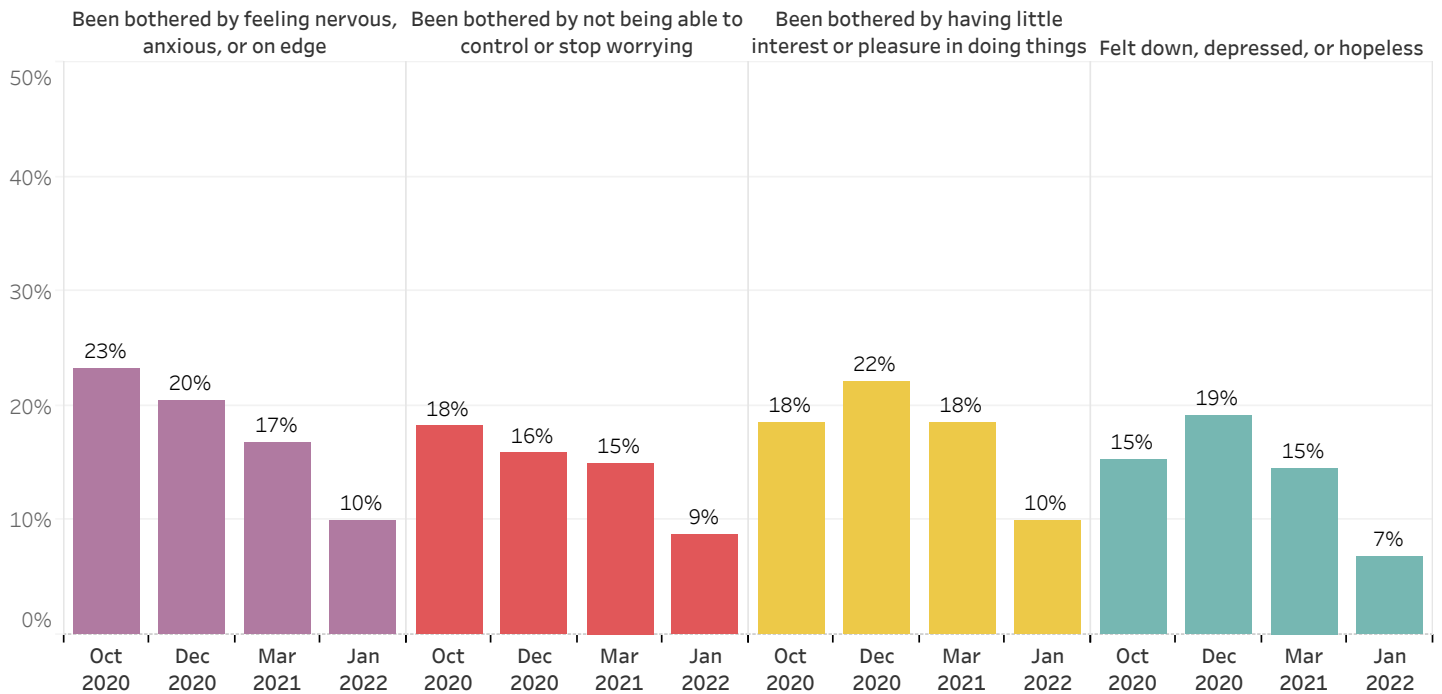
Frequency Feeling the Following Over Last 2 Weeks - January 2022



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

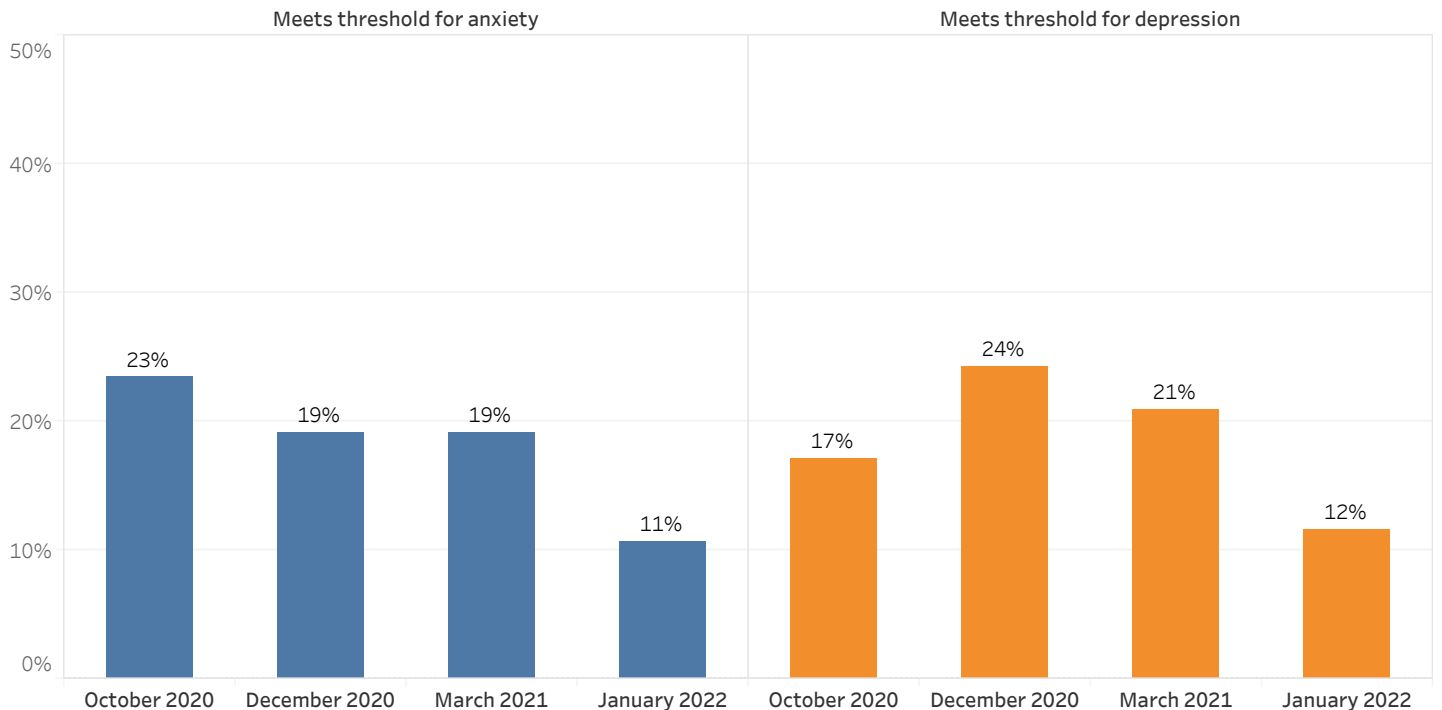
Granite Staters are less likely than earlier in the COVID-19 pandemic to say that they have felt these depression and anxiety symptoms in the last two weeks.

Felt the Following At Least More Than Half the Days Over Last 2 Weeks



Applying a standard formula based on these responses to screen for generalized anxiety and depressed mood,* 11% of New Hampshire residents meet the threshold for identifying possible cases of generalized anxiety disorder, down from 19% in March 2021, and 12% meet the threshold for depression, down from 21% in March. For comparison, past-year estimates for the prevalence of generalized anxiety and depression at the national level are 3% and 7% respectively.**

Meets Threshold for Anxiety & Depression

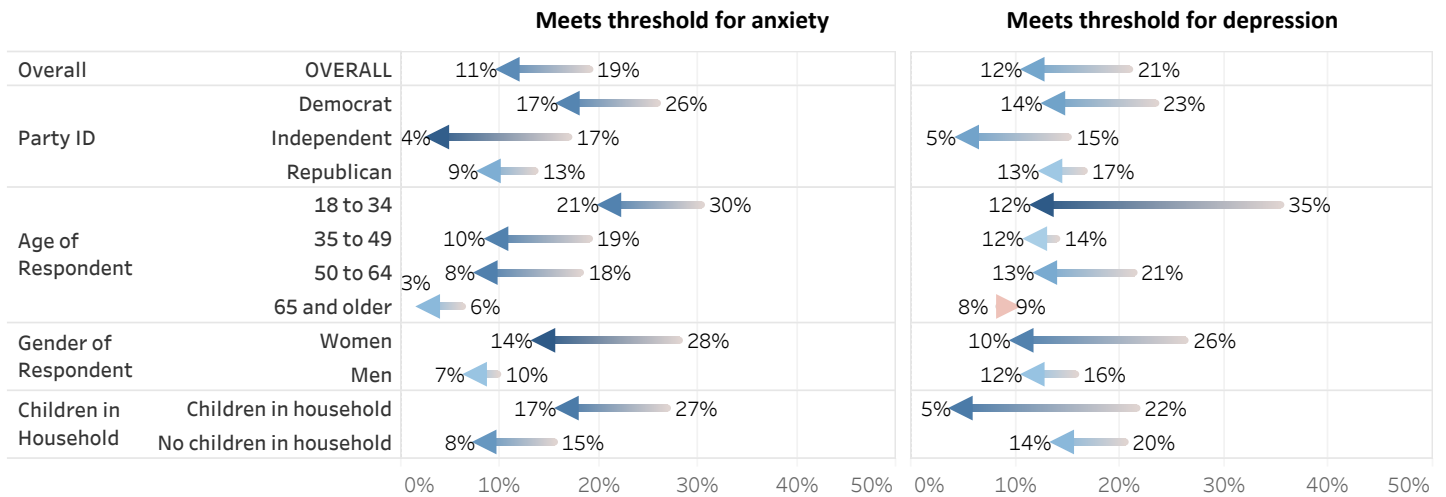


*Kroenke K, Spitzer RL, Williams JB. The Patient Health Questionnaire-2: Validity of a Two-Item Depression Screener. Medical Care. 2003;41:1284-92.

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

Anxiety and depression have fallen since March 2021 among nearly all of the following demographic groups in New Hampshire, with the largest declines in anxiety among women (-14 percentage points) and self-identified Independents (-13) and the largest declines in depression among those aged 18 to 34 (-23), those with children in their household (-17), and women (-16).

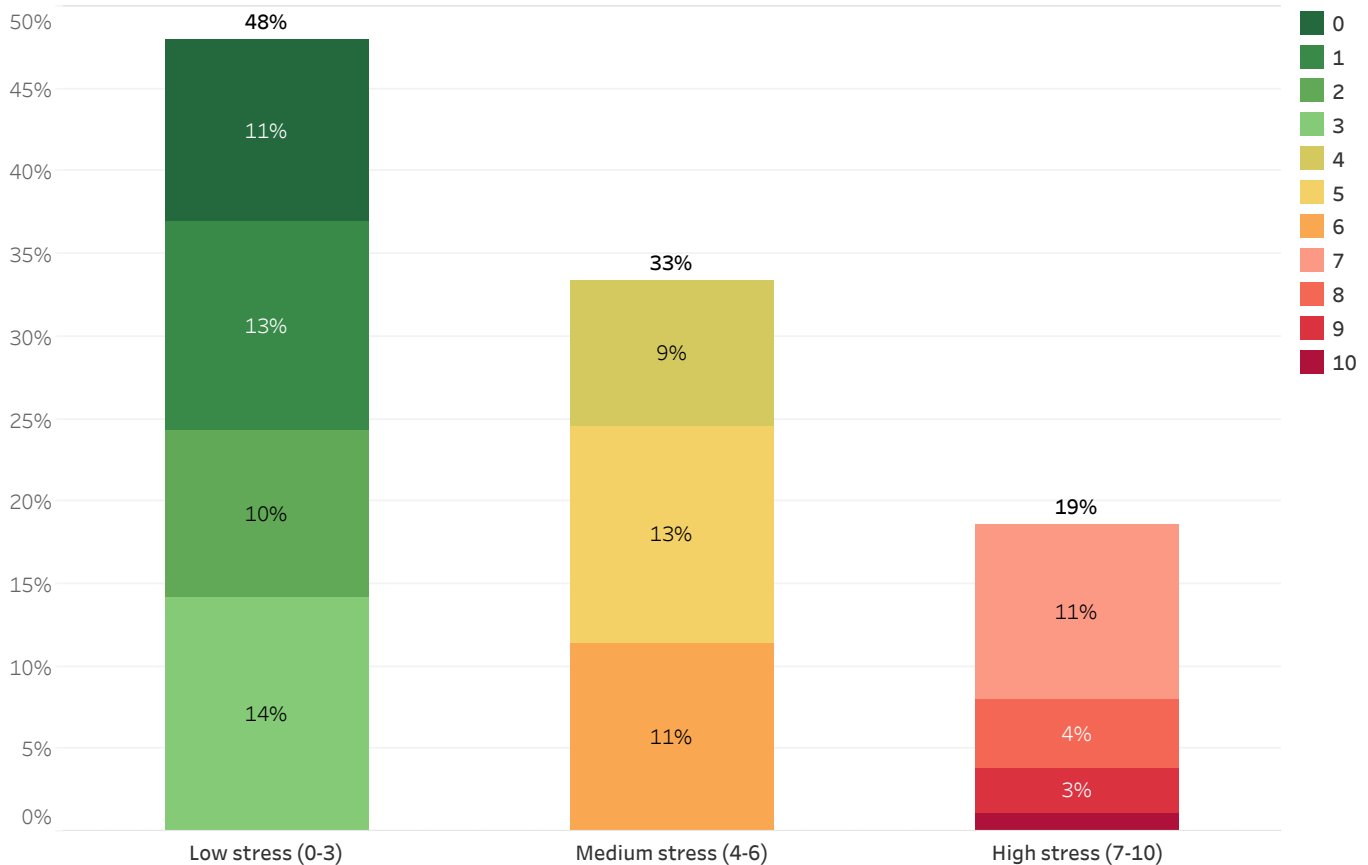
Change from March 2021 to January 2022 - By Demographics



Nearly half (48%) of New Hampshire residents say they are currently experiencing low levels of stress (0-3 on a 0-10 scale), 33% are experiencing medium stress (4-6), and 19% are experiencing high levels of stress (7-10).

Self-identified Democrats (29%), those aged 18 to 34 (29%), college graduates (27%), those with children in their household (24%), and women (23%) are most likely to say they are suffering from high levels of stress, while those aged 65 and older (70%) are most likely to say they are experiencing low stress.

General Stress - January 2022



Granite State Poll Methodology

These findings are based on the latest Granite State Poll, conducted by the University of New Hampshire Survey Center. One thousand, one hundred and twenty-one (1,121) Granite State Panel members completed the survey online between January 20 and January 24, 2022. The margin of sampling error for the survey is +/- 2.9 percent. These MSE's have not been adjusted for design effect. The response rate for the January 2022 Granite State Poll is 30%. The design effect for the survey is 2.6%.

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 NH Secretary of State and to 2020 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 7,500 New Hampshire adults have been 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.

January 2022 Granite State Poll Demographics

| | | % | N |
|------------------------|--------------------------------|-----|-----|
| Gender of Respondent | Men | 49% | 532 |
| | Women | 51% | 552 |
| Age of Respondent | 18 to 34 | 27% | 293 |
| | 35 to 49 | 21% | 231 |
| | 50 to 64 | 32% | 349 |
| | 65 and older | 21% | 225 |
| Level of Education | High school or less | 36% | 398 |
| | Tech school/Some college | 31% | 341 |
| | College graduate | 21% | 230 |
| | Postgraduate work | 13% | 139 |
| Party ID | Democrat | 40% | 418 |
| | Independent | 16% | 168 |
| | Republican | 44% | 469 |
| Voting Registration | Registered Democrat | 28% | 302 |
| | Registered Undeclared/Not Reg. | 42% | 452 |
| | Registered Republican | 30% | 316 |
| 2020 Presidential Vote | Voted for Biden | 51% | 573 |
| | Voted for Trump | 44% | 493 |
| | Voted for other 2020 candidate | 2% | 17 |
| | Did not vote in 2020 | 3% | 31 |

Frequency Having Little Interest or Pleasure in Last 2 Weeks

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

| | | <u>Rarely or not at all</u> | <u>Several days</u> | <u>More than half the days</u> | <u>Nearly every day</u> | <u>N</u> |
|-----------------------------------|--------------------------------|-----------------------------|---------------------|--------------------------------|-------------------------|----------|
| STATEWIDE | January 2022 | 70% | 20% | 5% | 5% | 1,104 |
| Voting Registration | Registered Democrat | 62% | 29% | 5% | 3% | 300 |
| | Registered Undeclared/Not Reg. | 71% | 20% | 4% | 5% | 445 |
| | Registered Republican | 77% | 13% | 5% | 6% | 309 |
| Party ID | Democrat | 61% | 26% | 6% | 7% | 415 |
| | Independent | 66% | 30% | 3% | 1% | 167 |
| | Republican | 77% | 13% | 6% | 4% | 457 |
| Age of Respondent | 18 to 34 | 66% | 22% | 4% | 7% | 293 |
| | 35 to 49 | 64% | 26% | 8% | 2% | 226 |
| | 50 to 64 | 69% | 22% | 4% | 6% | 341 |
| | 65 and older | 81% | 10% | 7% | 2% | 223 |
| Gender of Respondent | Men | 74% | 15% | 6% | 6% | 530 |
| | Women | 67% | 25% | 4% | 4% | 538 |
| Level of Education | High school or less | 70% | 21% | 5% | 4% | 392 |
| | Tech school/Some college | 74% | 13% | 7% | 6% | 337 |
| | College graduate | 62% | 28% | 4% | 6% | 227 |
| | Postgraduate work | 72% | 23% | 4% | 1% | 135 |
| Children in Household | Children in household | 82% | 14% | 2% | 1% | 309 |
| | No children in household | 65% | 22% | 7% | 6% | 785 |
| Race/Ethnic Identification | Identify as Caucasian/White | 70% | 20% | 5% | 5% | 1,005 |
| | Identify as Non-White | 85% | 15% | | | 62 |
| 2020 Presidential Vote | Voted for Biden | 60% | 27% | 7% | 5% | 568 |
| | Voted for Trump | 81% | 11% | 4% | 4% | 484 |
| | Voted for other 2020 candidate | 70% | 30% | 0% | | 17 |
| | Did not vote in 2020 | 81% | 13% | 6% | 0% | 31 |

Frequency Feeling Down, Depressed, or Hopeless in Last 2 Weeks

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

| | | <u>Rarely or not at all</u> | <u>Several days</u> | <u>More than half the days</u> | <u>Nearly every day</u> | <u>N</u> |
|-----------------------------------|--------------------------------|-----------------------------|---------------------|--------------------------------|-------------------------|----------|
| STATEWIDE | January 2022 | 74% | 19% | 4% | 3% | 1,096 |
| Voting Registration | Registered Democrat | 69% | 24% | 2% | 4% | 300 |
| | Registered Undeclared/Not Reg. | 75% | 18% | 4% | 3% | 444 |
| | Registered Republican | 80% | 13% | 4% | 2% | 301 |
| Party ID | Democrat | 66% | 24% | 5% | 6% | 415 |
| | Independent | 81% | 17% | 0% | 2% | 167 |
| | Republican | 78% | 16% | 4% | 2% | 449 |
| Age of Respondent | 18 to 34 | 60% | 29% | 4% | 6% | 293 |
| | 35 to 49 | 76% | 18% | 3% | 3% | 226 |
| | 50 to 64 | 78% | 15% | 5% | 2% | 331 |
| | 65 and older | 82% | 15% | 2% | 1% | 225 |
| Gender of Respondent | Men | 79% | 16% | 2% | 3% | 521 |
| | Women | 71% | 21% | 5% | 4% | 538 |
| Level of Education | High school or less | 85% | 10% | 3% | 2% | 382 |
| | Tech school/Some college | 64% | 28% | 5% | 3% | 339 |
| | College graduate | 68% | 23% | 1% | 8% | 226 |
| | Postgraduate work | 75% | 19% | 4% | 1% | 136 |
| Children in Household | Children in household | 74% | 23% | 1% | 2% | 313 |
| | No children in household | 74% | 18% | 5% | 4% | 773 |
| Race/Ethnic Identification | Identify as Caucasian/White | 76% | 18% | 2% | 3% | 997 |
| | Identify as Non-White | 68% | 32% | | | 62 |
| 2020 Presidential Vote | Voted for Biden | 68% | 23% | 4% | 5% | 570 |
| | Voted for Trump | 82% | 13% | 3% | 2% | 473 |
| | Voted for other 2020 candidate | 64% | 36% | | | 17 |
| | Did not vote in 2020 | 69% | 20% | 11% | 0% | 31 |

Frequency Feeling Nervous, Anxious, or On Edge in Last 2 Weeks

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

| | | <u>Rarely or not at all</u> | <u>Several days</u> | <u>More than half the days</u> | <u>Nearly every day</u> | <u>N</u> |
|-----------------------------------|--------------------------------|-----------------------------|---------------------|--------------------------------|-------------------------|----------|
| STATEWIDE | January 2022 | 60% | 30% | 4% | 6% | 1,105 |
| Voting Registration | Registered Democrat | 42% | 40% | 10% | 9% | 299 |
| | Registered Undeclared/Not Reg. | 62% | 32% | 3% | 4% | 444 |
| | Registered Republican | 77% | 17% | 1% | 6% | 311 |
| Party ID | Democrat | 44% | 38% | 9% | 9% | 414 |
| | Independent | 55% | 42% | 1% | 2% | 167 |
| | Republican | 73% | 21% | 2% | 4% | 460 |
| Age of Respondent | 18 to 34 | 41% | 40% | 9% | 10% | 293 |
| | 35 to 49 | 54% | 37% | 5% | 4% | 226 |
| | 50 to 64 | 64% | 27% | 2% | 6% | 341 |
| | 65 and older | 81% | 16% | 1% | 1% | 225 |
| Gender of Respondent | Men | 71% | 22% | 2% | 5% | 531 |
| | Women | 51% | 36% | 6% | 7% | 537 |
| Level of Education | High school or less | 66% | 27% | 3% | 4% | 392 |
| | Tech school/Some college | 58% | 29% | 7% | 7% | 339 |
| | College graduate | 54% | 36% | 4% | 7% | 226 |
| | Postgraduate work | 61% | 29% | 5% | 5% | 135 |
| Children in Household | Children in household | 64% | 23% | 6% | 6% | 312 |
| | No children in household | 58% | 33% | 3% | 5% | 783 |
| Race/Ethnic Identification | Identify as Caucasian/White | 62% | 28% | 4% | 6% | 1,006 |
| | Identify as Non-White | 55% | 45% | 1% | | 62 |
| 2020 Presidential Vote | Voted for Biden | 49% | 39% | 4% | 8% | 569 |
| | Voted for Trump | 76% | 19% | 2% | 4% | 483 |
| | Voted for other 2020 candidate | 49% | 49% | 2% | | 17 |
| | Did not vote in 2020 | 33% | 25% | 41% | 1% | 31 |

Frequency Feeling Not Able to Control or Stop Worrying in Last 2 Weeks

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

| | | <u>Rarely or not at all</u> | <u>Several days</u> | <u>More than half the days</u> | <u>Nearly every day</u> | <u>N</u> |
|-----------------------------------|--------------------------------|-----------------------------|---------------------|--------------------------------|-------------------------|----------|
| STATEWIDE | January 2022 | 72% | 19% | 5% | 3% | 1,100 |
| Voting Registration | Registered Democrat | 61% | 27% | 8% | 4% | 301 |
| | Registered Undeclared/Not Reg. | 77% | 15% | 5% | 3% | 444 |
| | Registered Republican | 80% | 14% | 3% | 3% | 305 |
| Party ID | Democrat | 60% | 26% | 8% | 6% | 416 |
| | Independent | 82% | 16% | 1% | 2% | 167 |
| | Republican | 77% | 16% | 6% | 2% | 453 |
| Age of Respondent | 18 to 34 | 62% | 21% | 10% | 6% | 292 |
| | 35 to 49 | 66% | 27% | 5% | 2% | 225 |
| | 50 to 64 | 75% | 17% | 4% | 4% | 340 |
| | 65 and older | 86% | 12% | 1% | 1% | 224 |
| Gender of Respondent | Men | 83% | 11% | 4% | 3% | 525 |
| | Women | 65% | 24% | 7% | 4% | 538 |
| Level of Education | High school or less | 75% | 21% | 3% | 2% | 392 |
| | Tech school/Some college | 68% | 18% | 10% | 3% | 334 |
| | College graduate | 72% | 18% | 4% | 7% | 224 |
| | Postgraduate work | 78% | 15% | 4% | 4% | 137 |
| Children in Household | Children in household | 70% | 18% | 11% | 2% | 313 |
| | No children in household | 73% | 19% | 3% | 4% | 780 |
| Race/Ethnic Identification | Identify as Caucasian/White | 75% | 16% | 5% | 4% | 1,000 |
| | Identify as Non-White | 76% | 23% | 1% | | 62 |
| 2020 Presidential Vote | Voted for Biden | 68% | 22% | 6% | 5% | 571 |
| | Voted for Trump | 78% | 14% | 5% | 2% | 477 |
| | Voted for other 2020 candidate | 66% | 32% | 2% | | 17 |
| | Did not vote in 2020 | 68% | 31% | 1% | 0% | 30 |

Meets Threshold for Anxiety

Meet threshold for anxiety

| | | <u>Meets threshold for anxiety</u> | <u>Do not meet threshold for anxiety</u> | <u>N</u> |
|-----------------------------------|--------------------------------|------------------------------------|--|----------|
| STATEWIDE | January 2022 | 11% | 89% | 1,108 |
| Voting Registration | Registered Democrat | 17% | 83% | 301 |
| | Registered Undeclared/Not Reg. | 10% | 90% | 445 |
| | Registered Republican | 6% | 94% | 311 |
| Party ID | Democrat | 17% | 83% | 417 |
| | Independent | 4% | 96% | 167 |
| | Republican | 9% | 91% | 460 |
| Age of Respondent | 18 to 34 | 21% | 79% | 293 |
| | 35 to 49 | 10% | 90% | 227 |
| | 50 to 64 | 8% | 92% | 341 |
| | 65 and older | 3% | 97% | 225 |
| Gender of Respondent | Men | 7% | 93% | 532 |
| | Women | 14% | 86% | 539 |
| Level of Education | High school or less | 4% | 96% | 392 |
| | Tech school/Some college | 18% | 82% | 339 |
| | College graduate | 12% | 88% | 227 |
| | Postgraduate work | 9% | 91% | 137 |
| Children in Household | Children in household | 17% | 83% | 313 |
| | No children in household | 8% | 92% | 784 |
| Race/Ethnic Identification | Identify as Caucasian/White | 11% | 89% | 1,008 |
| | Identify as Non-White | 1% | 99% | 62 |
| 2020 Presidential Vote | Voted for Biden | 13% | 87% | 572 |
| | Voted for Trump | 9% | 91% | 483 |
| | Voted for other 2020 candidate | 2% | 98% | 17 |
| | Did not vote in 2020 | 6% | 94% | 31 |

Meets Threshold for Depression

Meet threshold for depression

| | | <u>Meets threshold for depression</u> | <u>Do not meet threshold for depression</u> | <u>N</u> |
|-----------------------------------|--------------------------------|---------------------------------------|---|----------|
| STATEWIDE | January 2022 | 12% | 88% | 1,108 |
| Voting Registration | Registered Democrat | 8% | 92% | 301 |
| | Registered Undeclared/Not Reg. | 10% | 90% | 446 |
| | Registered Republican | 14% | 86% | 311 |
| Party ID | Democrat | 14% | 86% | 417 |
| | Independent | 5% | 95% | 167 |
| | Republican | 13% | 87% | 460 |
| Age of Respondent | 18 to 34 | 12% | 88% | 293 |
| | 35 to 49 | 12% | 88% | 227 |
| | 50 to 64 | 13% | 87% | 342 |
| | 65 and older | 9% | 91% | 225 |
| Gender of Respondent | Men | 12% | 88% | 532 |
| | Women | 10% | 90% | 539 |
| Level of Education | High school or less | 12% | 88% | 392 |
| | Tech school/Some college | 14% | 86% | 339 |
| | College graduate | 11% | 89% | 228 |
| | Postgraduate work | 6% | 94% | 137 |
| Children in Household | Children in household | 5% | 95% | 313 |
| | No children in household | 14% | 86% | 785 |
| Race/Ethnic Identification | Identify as Caucasian/White | 10% | 90% | 1,009 |
| | Identify as Non-White | | 100% | 62 |
| 2020 Presidential Vote | Voted for Biden | 13% | 87% | 572 |
| | Voted for Trump | 10% | 90% | 484 |
| | Voted for other 2020 candidate | 0% | 100% | 17 |
| | Did not vote in 2020 | 16% | 84% | 31 |

General Stress

In general, on a scale from 0 to 10, where 0 means not at all stressed and 10 means extremely stressed, how stressed would you say you generally are in your daily life?

| | | <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>Mean</u> | <u>N</u> |
|-----------------------------------|--------------------------------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|-----------|-------------|----------|
| STATEWIDE | January 2022 | 11% | 13% | 10% | 14% | 9% | 13% | 11% | 11% | 4% | 3% | 1% | 3.8 | 1,106 |
| Voting Registration | Registered Democrat | 7% | 6% | 11% | 8% | 9% | 13% | 19% | 16% | 4% | 6% | 1% | 4.3 | 302 |
| | Registered Undeclared/Not Reg. | 11% | 14% | 8% | 18% | 7% | 11% | 9% | 13% | 5% | 2% | 1% | 3.7 | 445 |
| | Registered Republican | 16% | 16% | 13% | 14% | 10% | 16% | 7% | 3% | 4% | 1% | 1% | 2.9 | 309 |
| Party ID | Democrat | 5% | 6% | 8% | 13% | 10% | 11% | 17% | 16% | 5% | 6% | 2% | 4.2 | 417 |
| | Independent | 18% | 6% | 10% | 22% | 6% | 17% | 8% | 12% | 3% | 0% | | 3.6 | 167 |
| | Republican | 15% | 12% | 12% | 14% | 10% | 15% | 9% | 7% | 5% | 1% | 0% | 3.1 | 458 |
| Age of Respondent | 18 to 34 | 6% | 19% | 5% | 14% | 8% | 4% | 15% | 20% | 4% | 4% | 2% | 4.9 | 293 |
| | 35 to 49 | 4% | 13% | 15% | 13% | 6% | 16% | 17% | 9% | 4% | 1% | 2% | 4.3 | 229 |
| | 50 to 64 | 11% | 5% | 7% | 14% | 13% | 19% | 10% | 8% | 6% | 5% | 1% | 4.0 | 342 |
| | 65 and older | 24% | 13% | 17% | 16% | 7% | 12% | 5% | 4% | 1% | 1% | 0% | 3.2 | 225 |
| Gender of Respondent | Men | 11% | 16% | 12% | 18% | 12% | 11% | 6% | 6% | 4% | 2% | 1% | 3.4 | 532 |
| | Women | 11% | 9% | 9% | 11% | 6% | 14% | 17% | 13% | 4% | 4% | 1% | 4.2 | 542 |
| Level of Education | High school or less | 15% | 23% | 4% | 7% | 7% | 19% | 13% | 6% | 4% | 3% | | 3.7 | 392 |
| | Tech school/Some college | 9% | 7% | 16% | 15% | 10% | 10% | 14% | 9% | 4% | 5% | 1% | 3.5 | 340 |
| | College graduate | 8% | 7% | 10% | 23% | 10% | 8% | 7% | 19% | 4% | 1% | 3% | 4.0 | 227 |
| | Postgraduate work | 9% | 9% | 13% | 20% | 10% | 11% | 11% | 10% | 6% | 1% | 0% | 3.7 | 137 |
| Children in Household | Children in household | 12% | 17% | 6% | 12% | 8% | 7% | 15% | 12% | 5% | 5% | 1% | 4.2 | 313 |
| | No children in household | 11% | 11% | 12% | 15% | 9% | 15% | 10% | 10% | 4% | 2% | 1% | 3.6 | 786 |
| Race/Ethnic Identification | Identify as Caucasian/White | 10% | 13% | 10% | 15% | 10% | 12% | 11% | 11% | 5% | 3% | 1% | 3.8 | 1,009 |
| | Identify as Non-White | 12% | 15% | 13% | 11% | 15% | 1% | 16% | 16% | | | | 2.6 | 62 |
| 2020 Presidential Vote | Voted for Biden | 6% | 12% | 9% | 14% | 8% | 14% | 14% | 12% | 4% | 4% | 2% | 4.1 | 573 |
| | Voted for Trump | 18% | 12% | 12% | 15% | 10% | 13% | 8% | 7% | 4% | 1% | 0% | 2.9 | 482 |
| | Voted for other 2020 candidate | 5% | 11% | 17% | 11% | 12% | 8% | 12% | 23% | 1% | | | 3.9 | 17 |
| | Did not vote in 2020 | 1% | 25% | 1% | 4% | 0% | 0% | 22% | 47% | 1% | | | 4.7 | 31 |