A Snapshot of Emotional Well-Being in Orange County during COVID-19

Results from the OC COVID-19 Surveys

Share
YOUR
thoughts
Take the
OC COVID
Parent Survey
Win a
$100
gift card

Background

CDC COVID-19 SURVEY

Among 5,412 US adults responding to a CDC survey in late June 2020…

31%

Reported **anxiety or depressive symptoms**

11%

Seriously considered **suicide**

13%

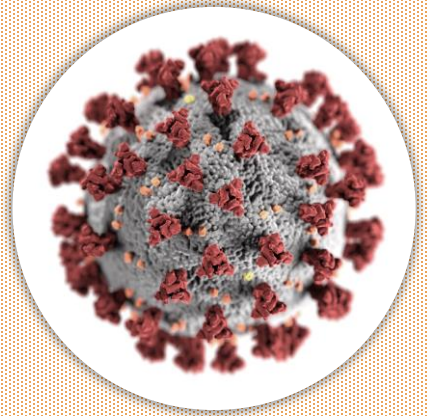
Started or increased **substance use** in a way not recommended by their physician

… in the 30 days preceding the survey

from: "MENTAL HEALTH, SUBSTANCE USE, AND SUICIDAL IDEATION DURING THE COVID-19 PANDEMIC — UNITED STATES, JUNE 24–30, 2020"

https://www.cdc.gov/mmwr/volumes/69/wr/pdfs/mm6932a1-H.pdf

OC COVID-19 SURVEYS: WHY?



Assess emotional well-being of OC residents during COVID-19 pandemic (Nov–Dec 2020)

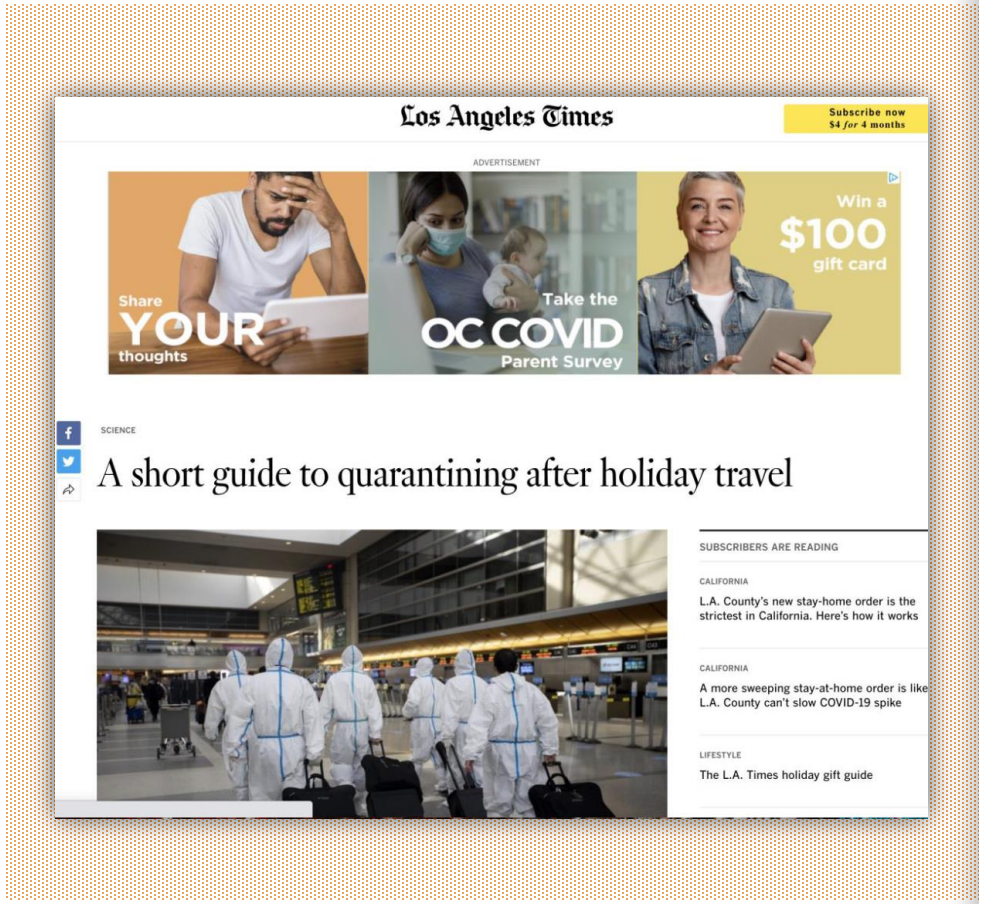
Assist the HCA in anticipating the potential impact of the pandemic on mental health

Help improve responsiveness of county behavioral health services

Share
YOUR
thoughts
Take the
OC COVID
Parent Survey
Win a
$100
gift card

The Surveys

OC COVID-19 SURVEYS: WHAT?

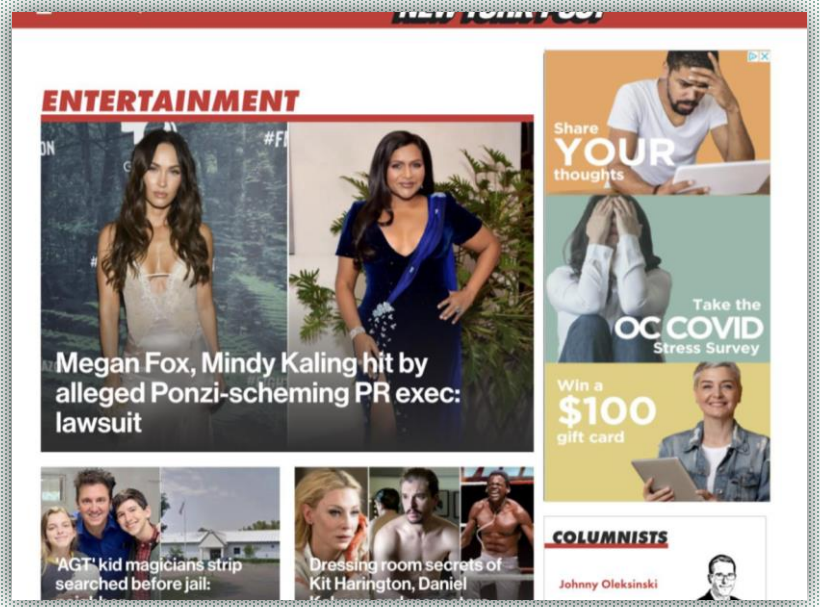


COVID-19 Related Items:
Adapted from CDC survey

Distress Items:
Kessler-6 (*adults*); Pediatric Symptom Checklist-17

Checklists on:
Coping Strategies, Healthcare Access, Barriers

OC COVID-19 SURVEYS: WHO?

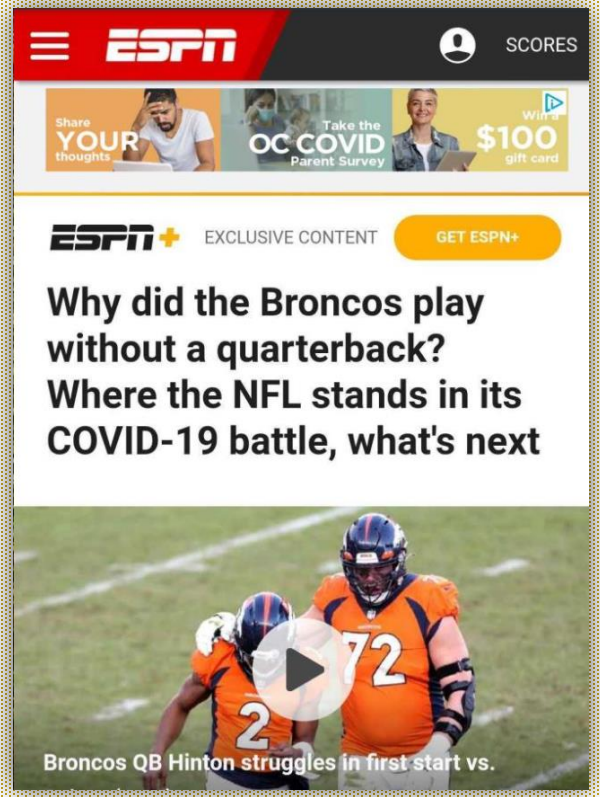


Any Orange County adult ages 18+ years old *or* adult parent of a child ages 4-17 years

If 1+ child in household, parent asked to report on child "most affected" by COVID

Fluent in Arabic, English, Farsi, Khmer, Korean, Mandarin Chinese, Spanish, Vietnamese

OC COVID-19 SURVEYS: HOW?



Countywide digital media marketing campaign, ads on internet and social media

Anonymous, multiple choice, *no text/fill-in responses*

Opportunity to win $100 Amazon gift card

RESPONSE RATES

Adults

8,594	86%
Started	% Completed

Parents

2,191	65%
Started	% Completed

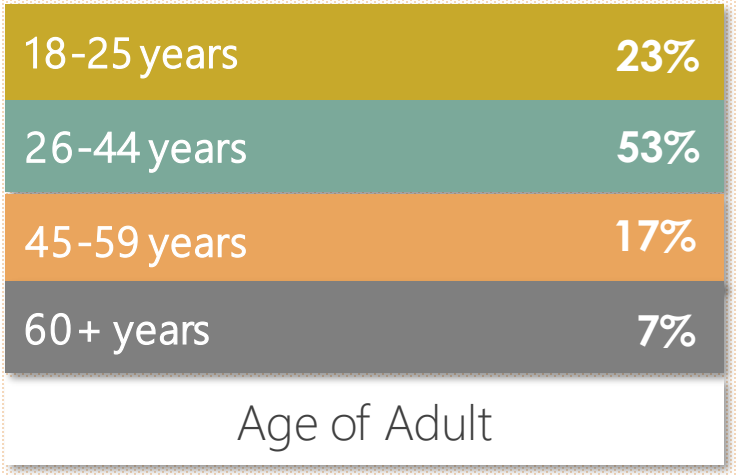
Surveys Answered in English

96%	97%
Adult	Parent

Share
YOUR
thoughts
Take the
OC COVID
Parent Survey
Win a
$100
gift card

The People

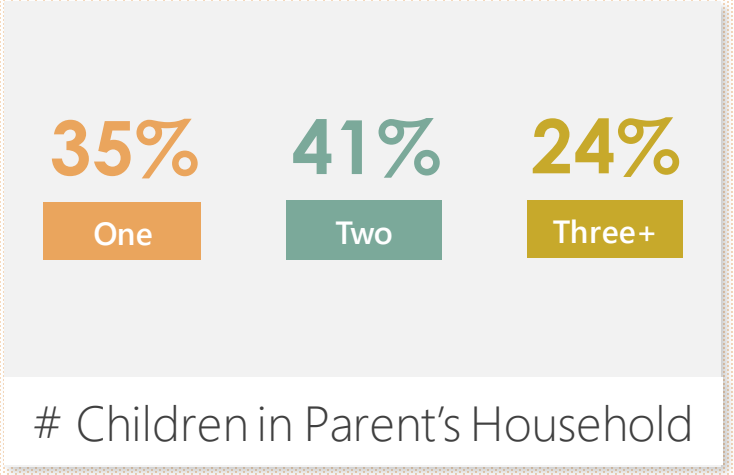
RESPONDENT CHARACTERISTICS



Age of Adult

n=1,110 unknown

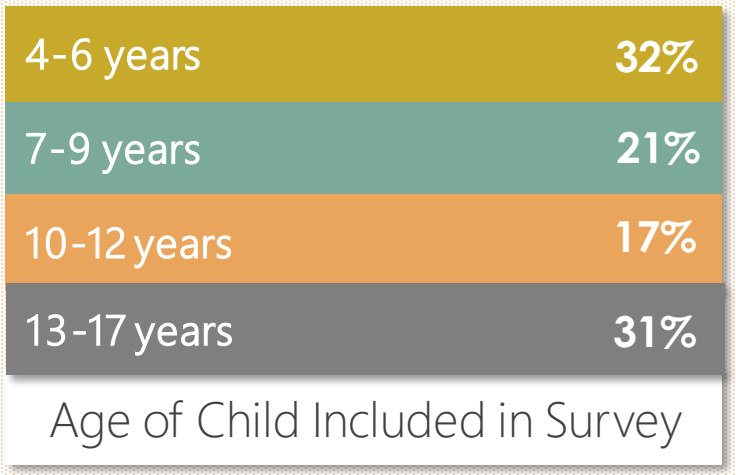
n=7,491



Children in Parent's Household

n=268 unknown

n=2,056



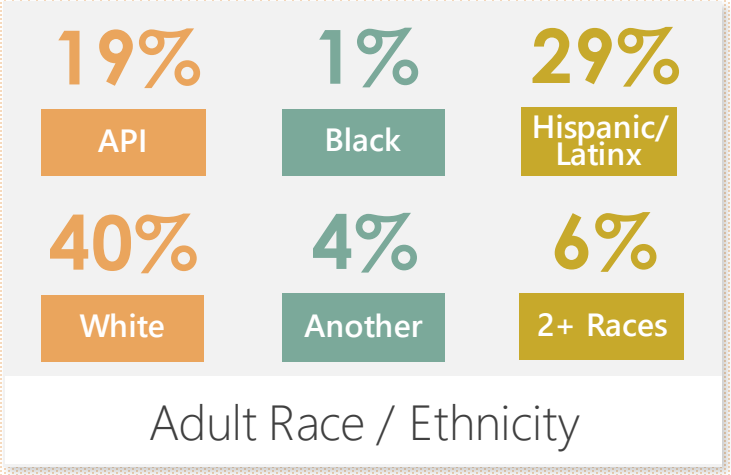
Age of Child Included in Survey

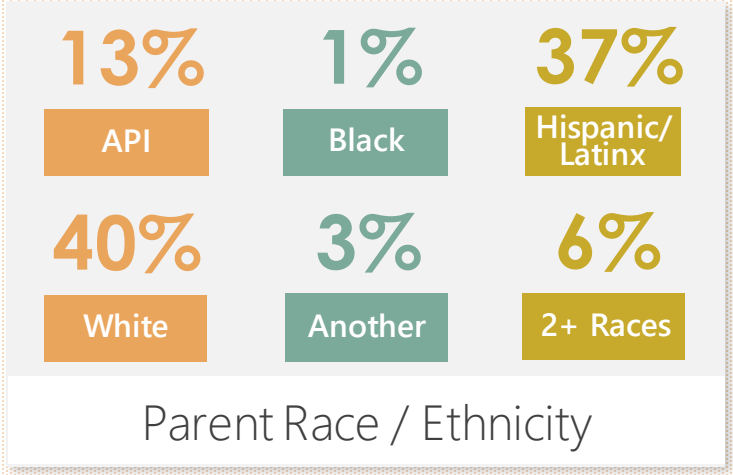
n=570 unknown

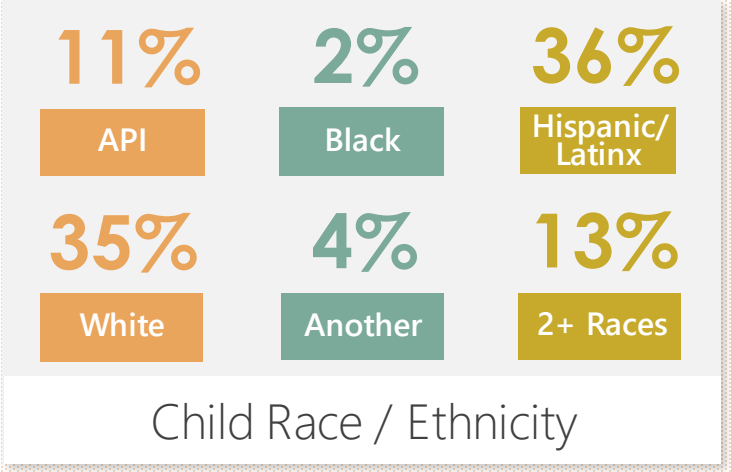
n=1,763

Numbers may not total 100% due to rounding.

RESPONDENT CHARACTERISTICS

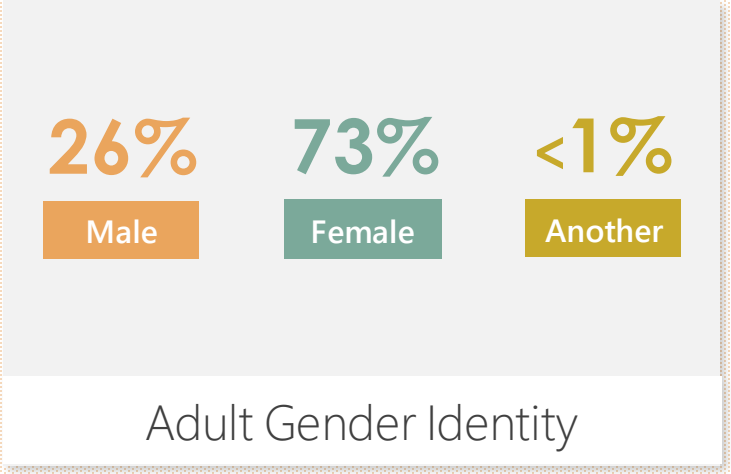






Numbers may not total 100% due to rounding.

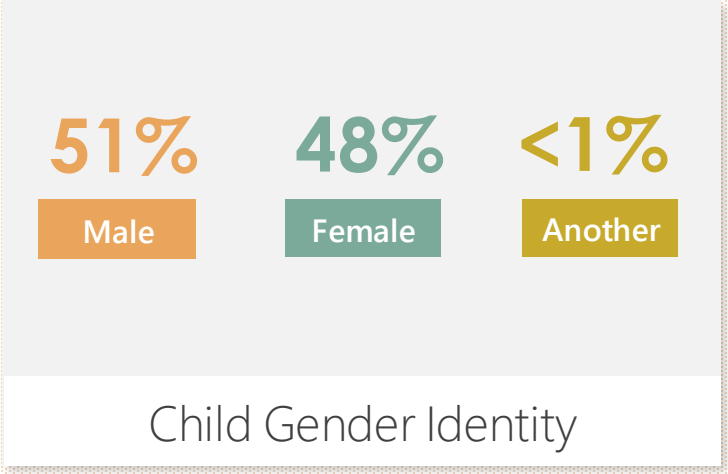
RESPONDENT CHARACTERISTICS



Adult Gender Identity

n=1,135 unknown

n=7,466



Child Gender Identity

n=550 unknown

n=1,783

Numbers may not total 100% due to rounding.

RESPONDENT CHARACTERISTICS

	Adult	Parent
Employed	**70%**	**70%**
Unemployed	26%	29%
Retired	4%	<1%

Employment Status

n=7,457 adults
n=1,144 unknown

n=1,425 parents
n=908 unknown

	Adult	Parent
North	38%	29%
Central	35%	32%
South	26%	39%

County Region

n=7,408 adults
n=1,193 unknown

n=1,415 parents
n=918 unknown

	Adult	Parent
Commercial	**65%**	**62%**
Public	25%	34%
None	10%	4%

Insurance Status

n=7,442 adults
n=1,159 unknown

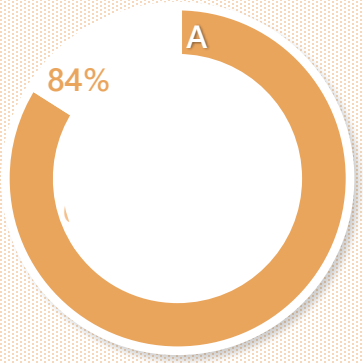
n=1,785 parents
n=548 unknown

Numbers may not total 100% due to rounding.

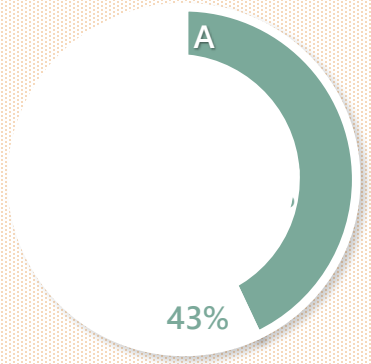
Their Experiences

EXPERIENCES WITH COVID-19

"I (My child), or someone I (my child) know(s)..."

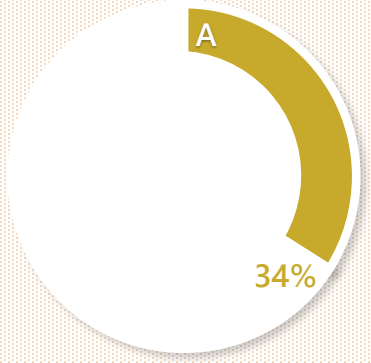


Tested Positive [1,7]



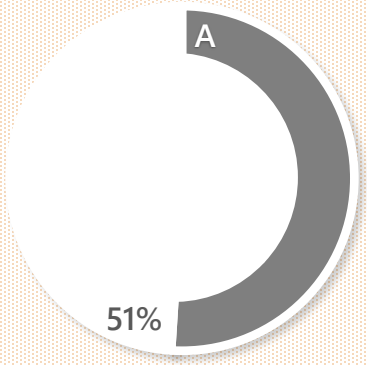
Was Hospitalized [1,4,6,7]

"I (My child) knew someone who..."



Died [1,3,6]

"I or, someone in my (my child's) immediate family..."



Delayed Healthcare [2,5,7]

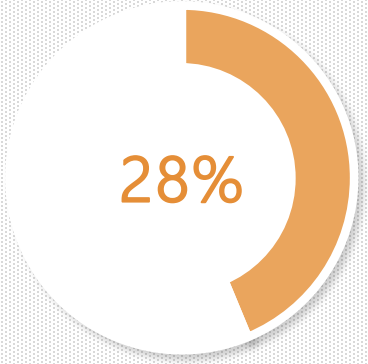
A = Adults **C** = Children

[1] Hispanic Adults, Children > Those from other racial/ethnic backgrounds
[2] White Adults, Children > Those from other racial/ethnic backgrounds
[3] Adults w/ Public Insurance > No or Commercial Insurance
[4] Children w/ Public Insurance > No or Commercial Insurance
[5] Adults in South County > Adults in North, Central County
[6] Children in North County > Children in Central, South County
[7] Parents of 13-17 year olds > Parents of younger children

n = 8,322 Adults 18+Year of Age /n = 1,728 Children

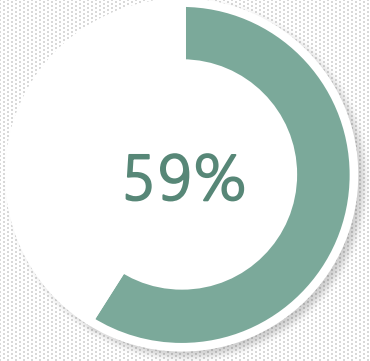
ADULTS' DISTRESS & EMOTIONAL WELL-BEING

Serious Psychological Distress
Kessler-6 (K-6)

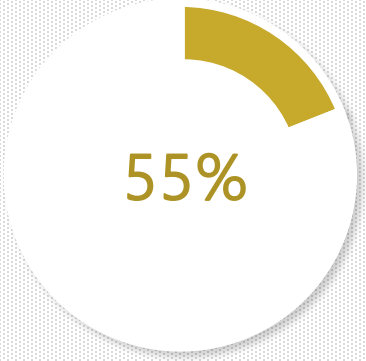


Elevated SPD

"Past 30 days, I felt..."

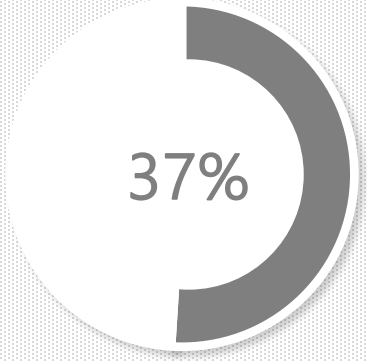


Stressed



Angry

"To cope with COVID-19 related stress or emotions, have you started or increased..."



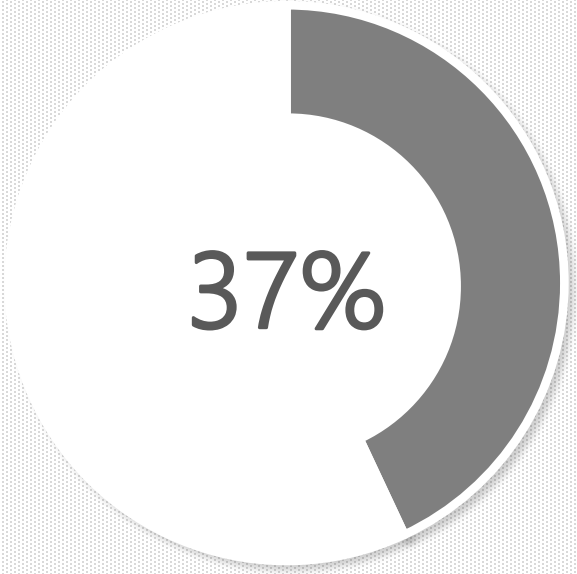
Harmful Behaviors

Each measure converted into a dichotomous variable:

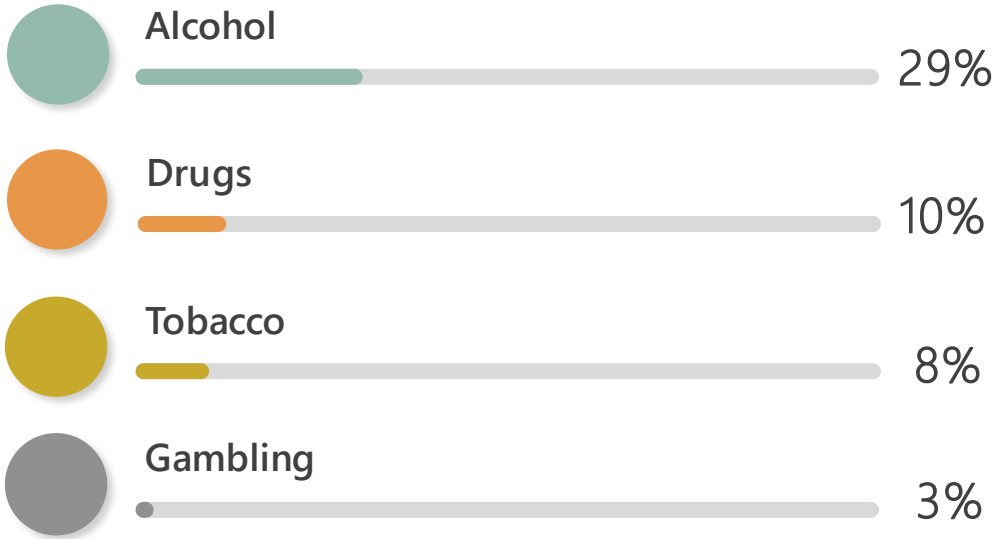
- Kessler-6 total score converted into Serious Psychological Distress (SPD) – elevated or not elevated, n = 7,324
- Stressed item rated using same scale as K-6 – high (most, all) low (none, a little, some), n = 7,461
- Angry item rated using same scale as K-6 – high (some, most, all) low (none, a little), n = 7,438
- Harmful Behaviors – started or increased use of one or more included behaviors, n = 7,533 (see next slide for details)

ADULTS' ONSET / INCREASE IN HARMFUL BEHAVIOR

One+ Harmful Behaviors



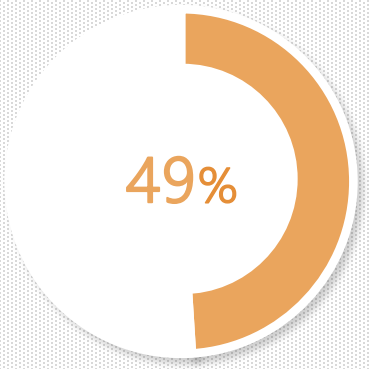
"To cope with COVID-19 related stress or emotions, have you started or increased..."



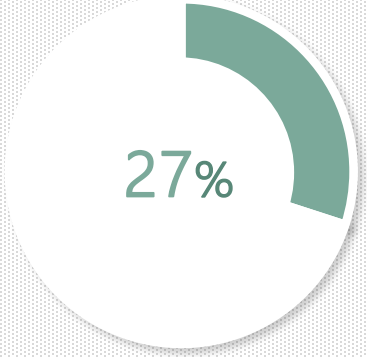
% Reporting 2 or more: 4%

n = 7,480 Adults 18+Year of Age

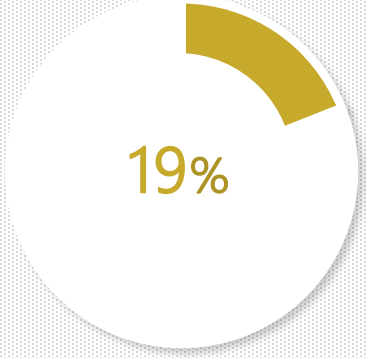
CHILDREN'S DISTRESS & EMOTIONAL WELL-BEING



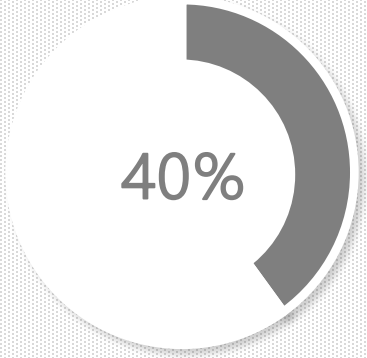
PSC-17 Internalizing



PSC-17 Inattention



PSC-17 Externalizing

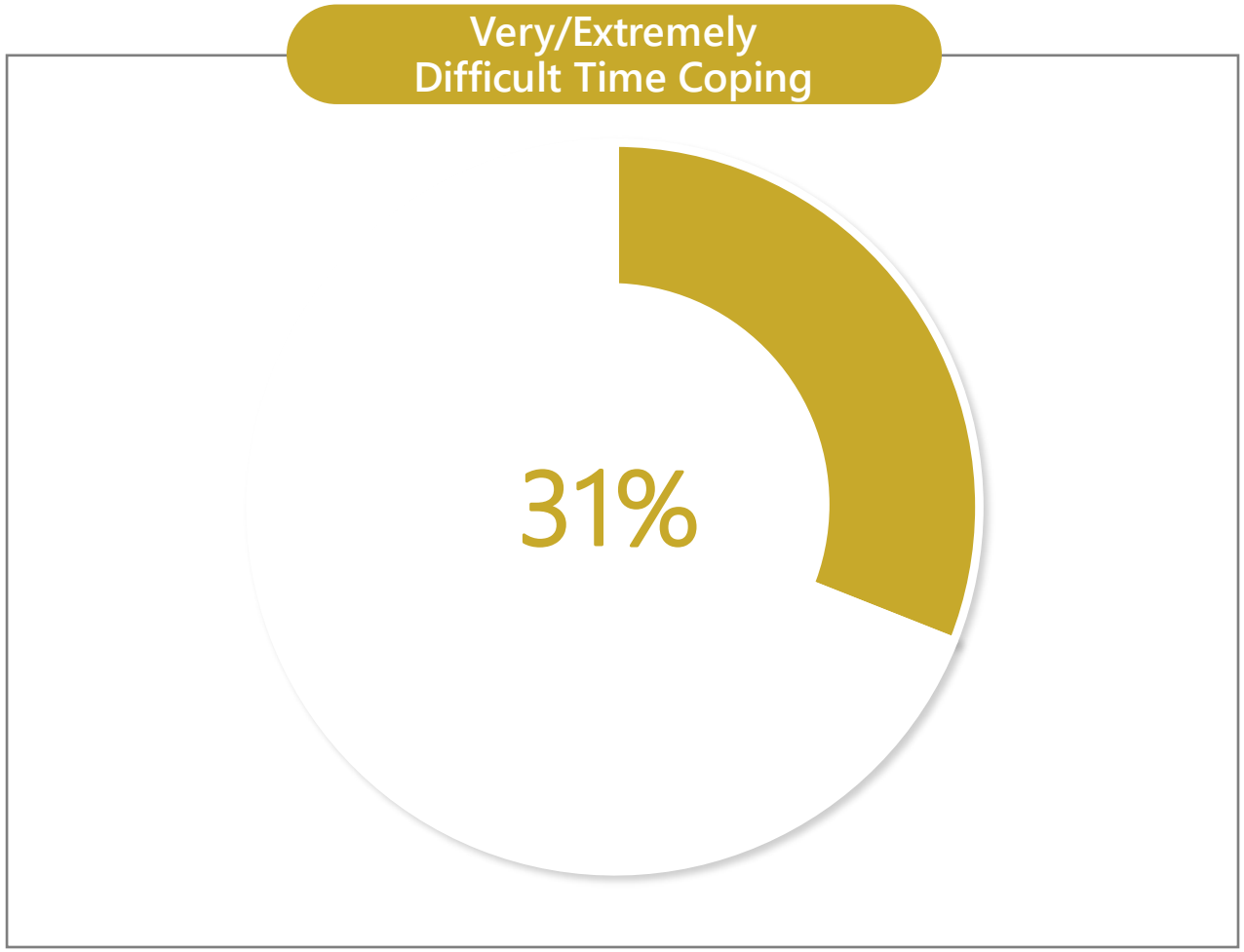


PSC-17 Overall Distress

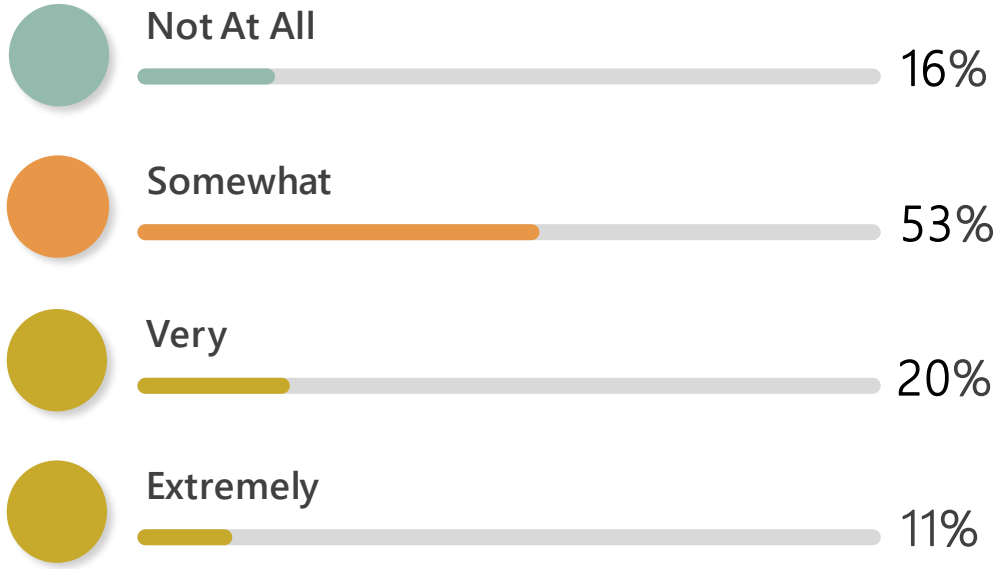
n = 1,474 Children 4-17 Year of Age

Challenges & Coping

ADULTS' COPING WITH STRESS & EMOTIONS

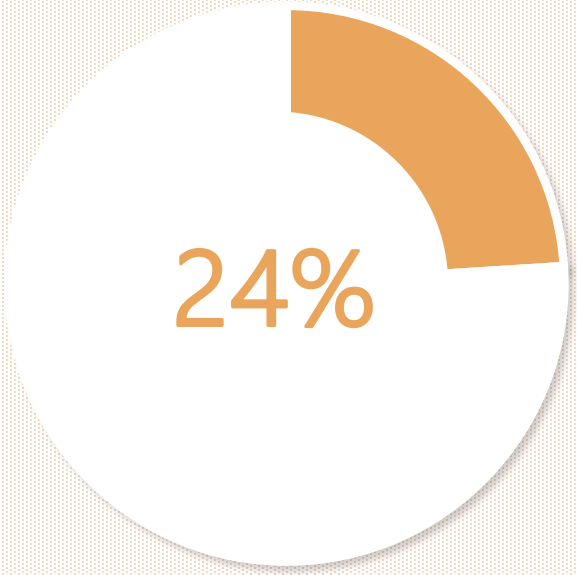


"How difficult have these feelings made it for you to do your work, take care of things at home, or get along with other people?"



n = 7,688 Adults 18+Year of Age

ADULTS SEEKING PROFESSIONAL HEALTHCARE



Adults experiencing elevated distress were more likely to seek professional help

% ELEVATED, BY DISTRESS INDICATOR

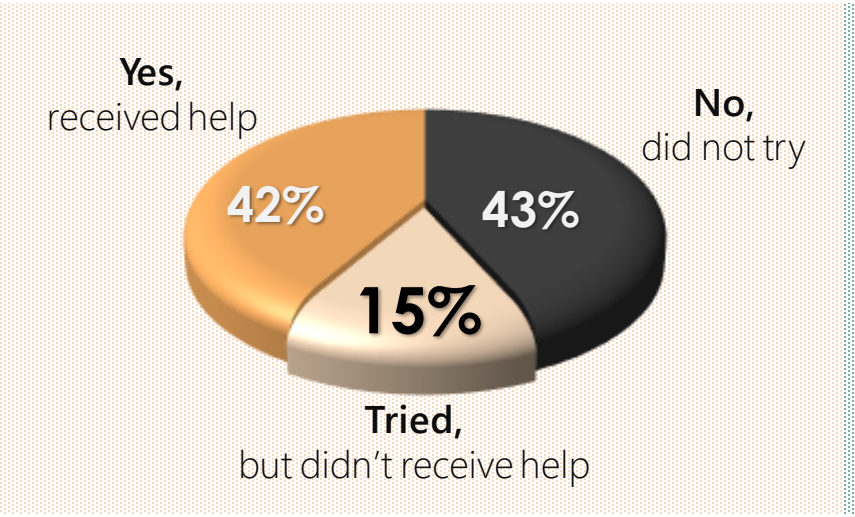
K6 SPD:	Stress:	Anger:	Harmful Behaviors:
44%	26%	24%	47%

Help-seeking differed by age and insurance status, and was less influenced by gender or race/ethnicity

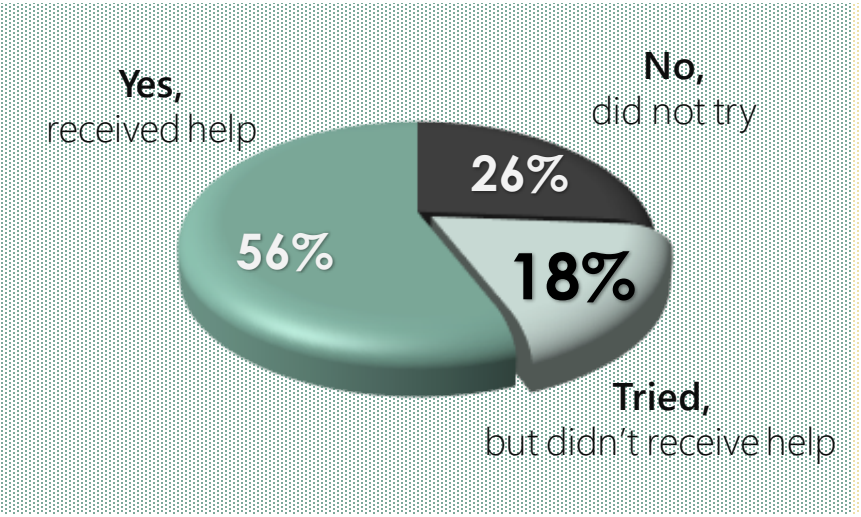
n = 7,603 Adults 18+Year of Age

ADULTS SEEKING PROFESSIONAL HEALTHCARE

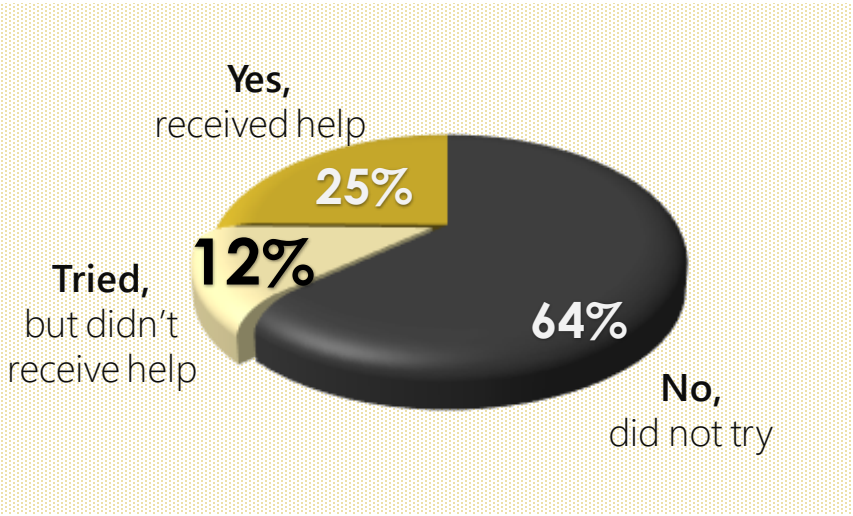
Primary Care Physician



Therapist



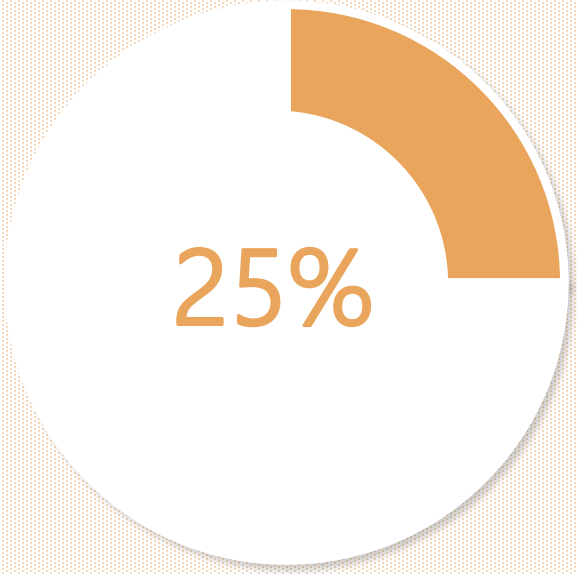
Psychiatrist



n = 1,786 Adults 18+Year of Age

FAMILIES SEEKING PROFESSIONAL HEALTHCARE

"Since COVID-19 began, have you tried to get help from a healthcare professional regarding your child's stress or emotions?"



Children experiencing some type of distress (or their parent) were more likely to seek professional help

% ELEVATED, BY PSC-17 INDICATOR

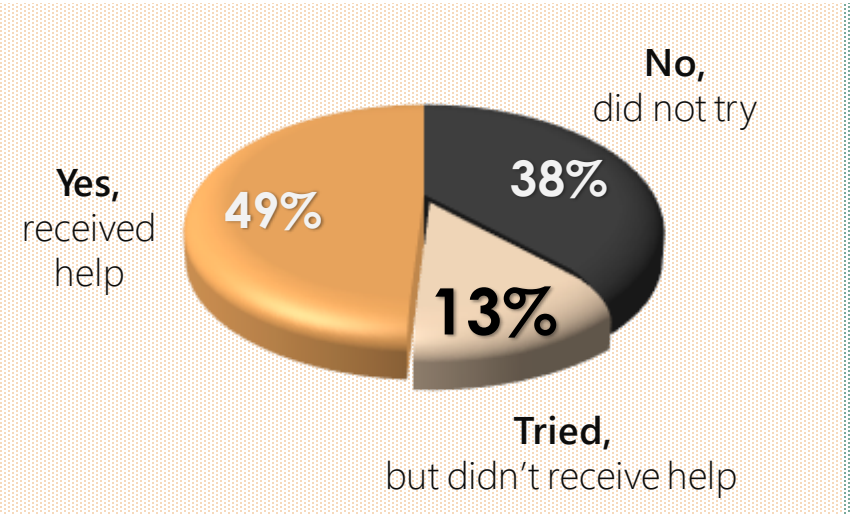
Internalizing:	Inattention:	Externalizing:	Total:
70%	39%	38%	84%

Help-seeking differed by age and insurance status, and was less influenced by gender or race/ethnicity

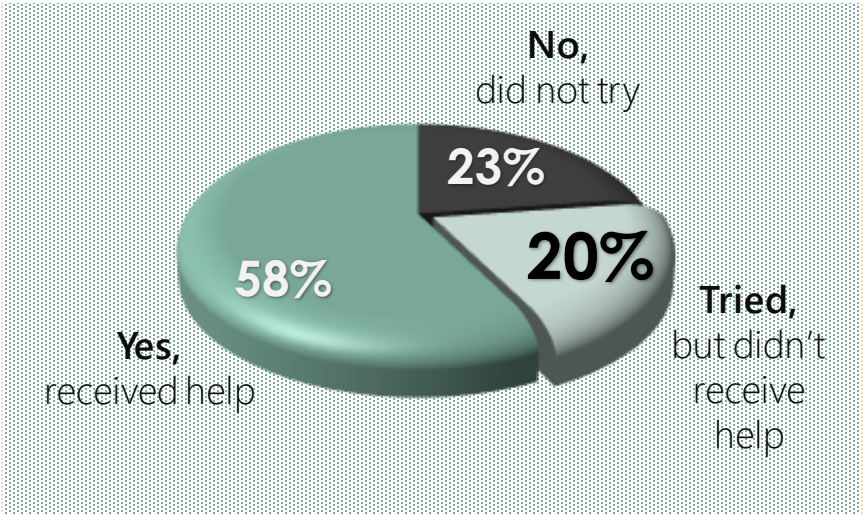
n = 7,603 Adults 18+Year of Age

FAMILIES SEEKING PROFESSIONAL HEALTHCARE

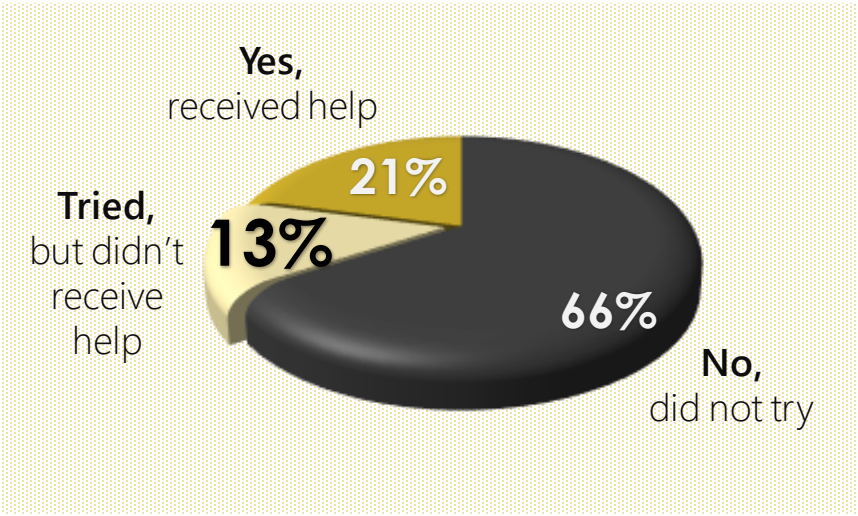
Pediatrician



Therapist



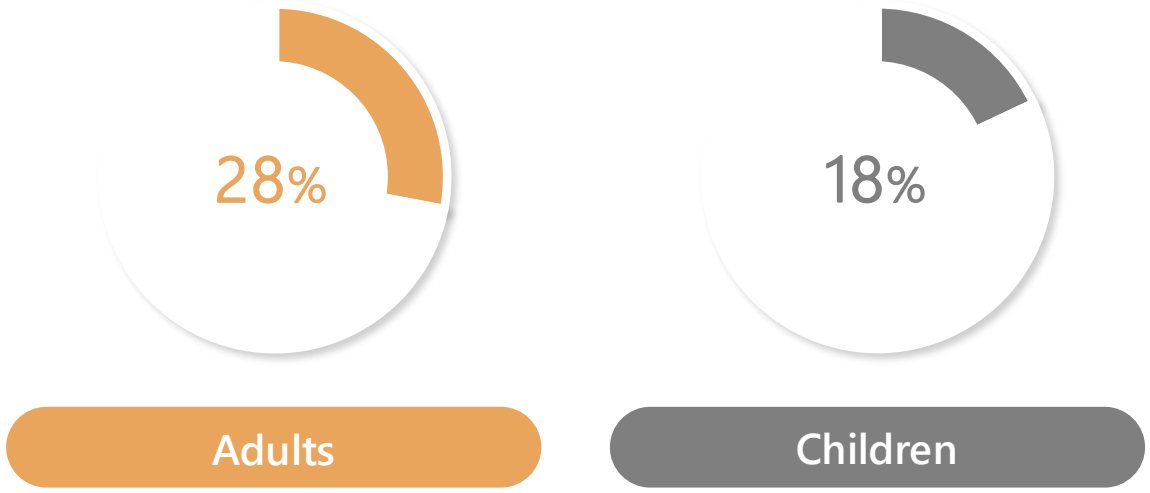
Psychiatrist



n = 362 4-17 Year Olds

BARRIERS TO PROFESSIONAL HEALTHCARE

Faced Two or More Barriers



List of Potential Barriers

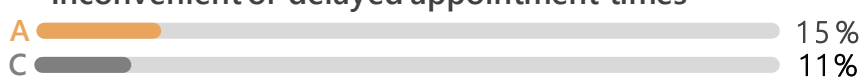
- Prefer face-to-face
- No childcare
- No insurance/can't afford
- Inconvenient/delayed appt times
- Don't know who to call
- People think something wrong w/ us
- No transportation
- Problems w/ accessing telehealth
- Provider doesn't speak child's language
- Other

n = 7,514 Adults 18+Year of Age

MOST COMMON BARRIERS ENCOUNTERED

Can't pay for it / No insurance

Inconvenient or delayed appointment times

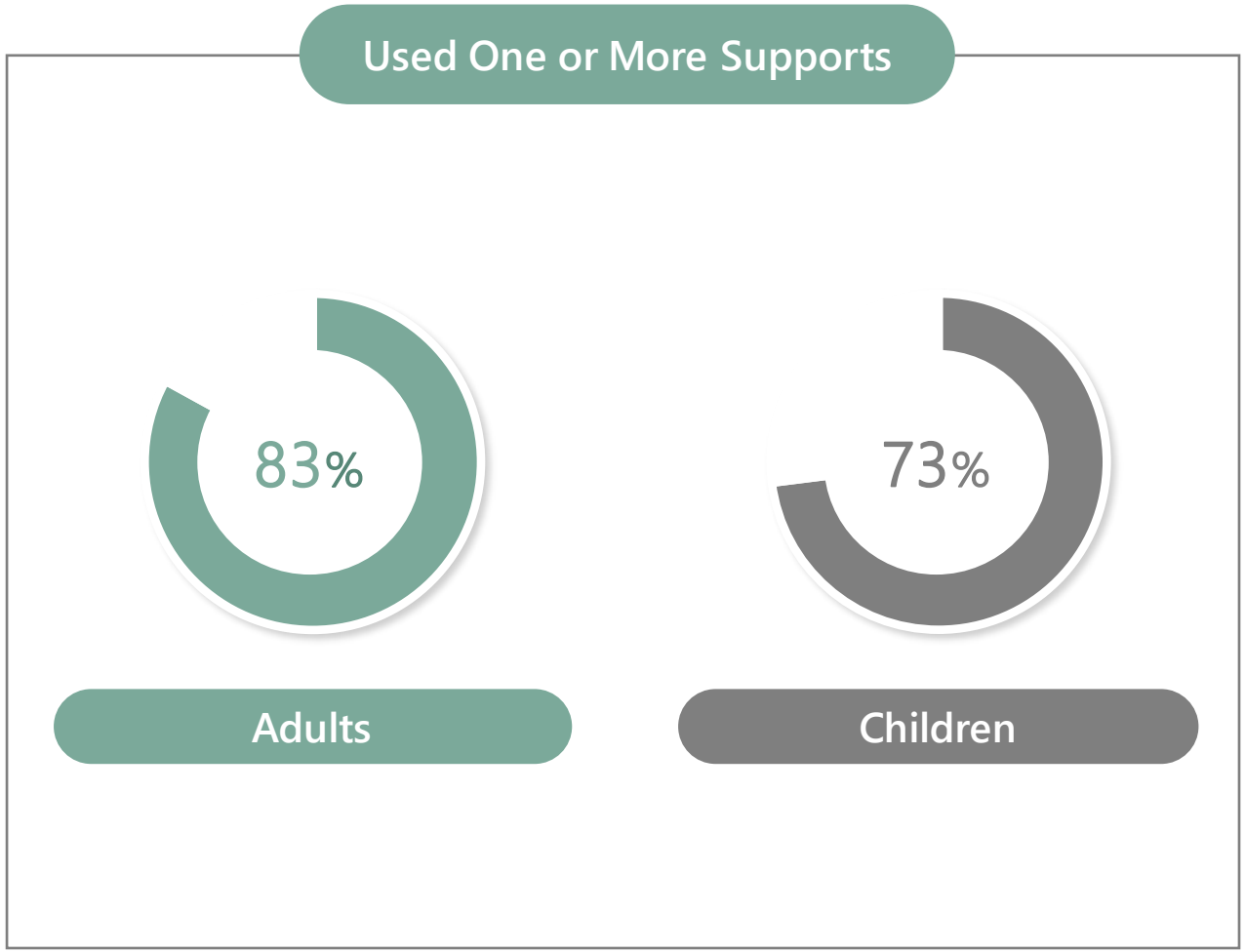


Don't know who to call

Need / Prefer face-to-face services

n = 7,603 Adults 18+Year of Age /n = 1,474 6-17 Year Olds

USE OF INFORMAL SUPPORTS DURING COVID-19



Family, friends, social network
A 78%
C 62%

Faith/Spiritual leader
A 17%
C 14%

Teacher, professor, coach, mentor, etc.**
A 11%
C 24%

Hotlines, Crisis lines, Warmline, etc
A 4%
C 3%

Support groups
A 3%
C 6%

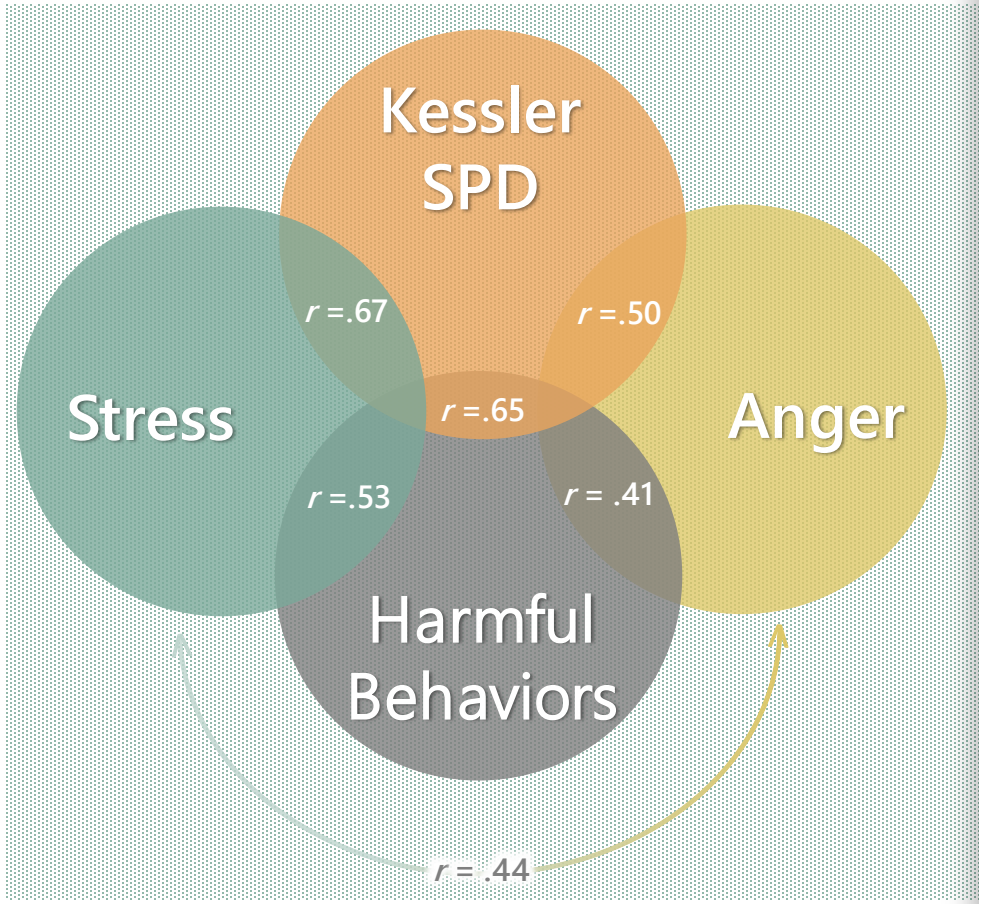
Other support
A 10%
C 13%

AA, NA, other 12-step programs/sponsors
A 2%
C N/A

n = 7,603 Adults 18+Year of Age /n = 1,474 6-17 Year Olds

Their “Journey”

OVERLAP BETWEEN ADULT DISTRESS INDICATORS



If a person scored "high" on one distress item, they were likely to score "high" on another item

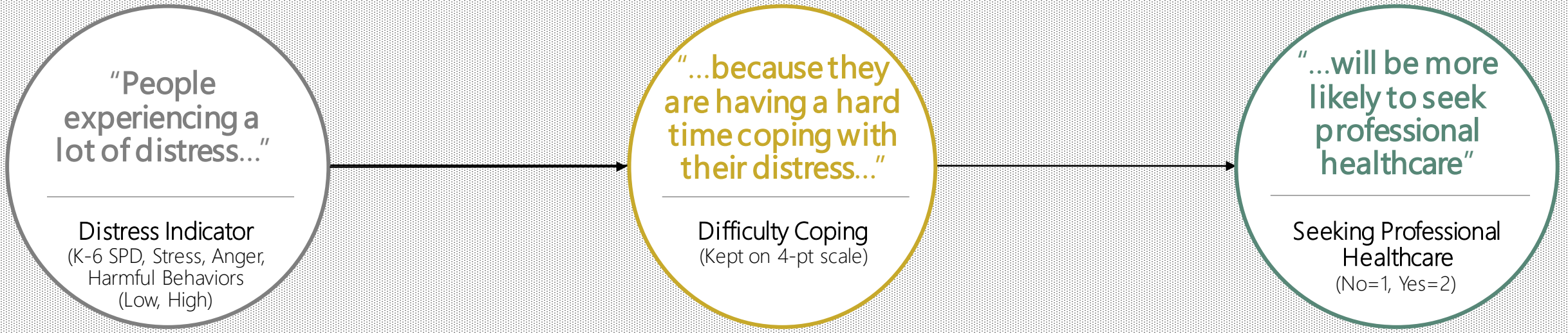
The strongest relationships were between Kessler SPD and Stress, and SPD and Harmful Behaviors

While the measures appear to be inter-related, they do not appear to be inter*changeable*

Venn diagram illustrative, not to scale

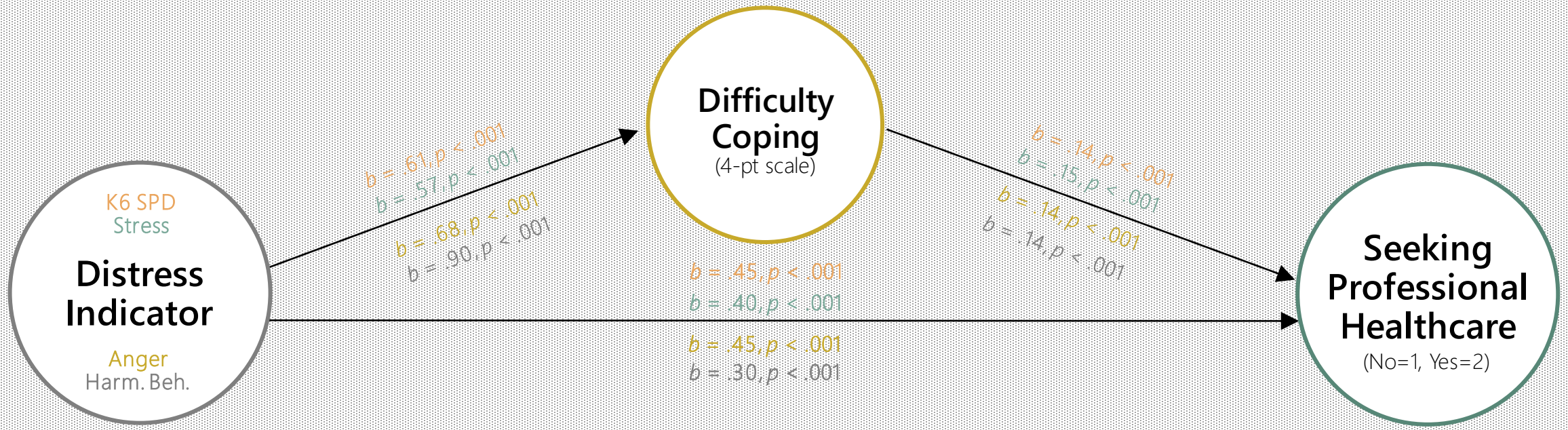
n = 7,465 to 7,691, *** $p < 0.001$ (2-tailed)

THEORETICAL MODEL



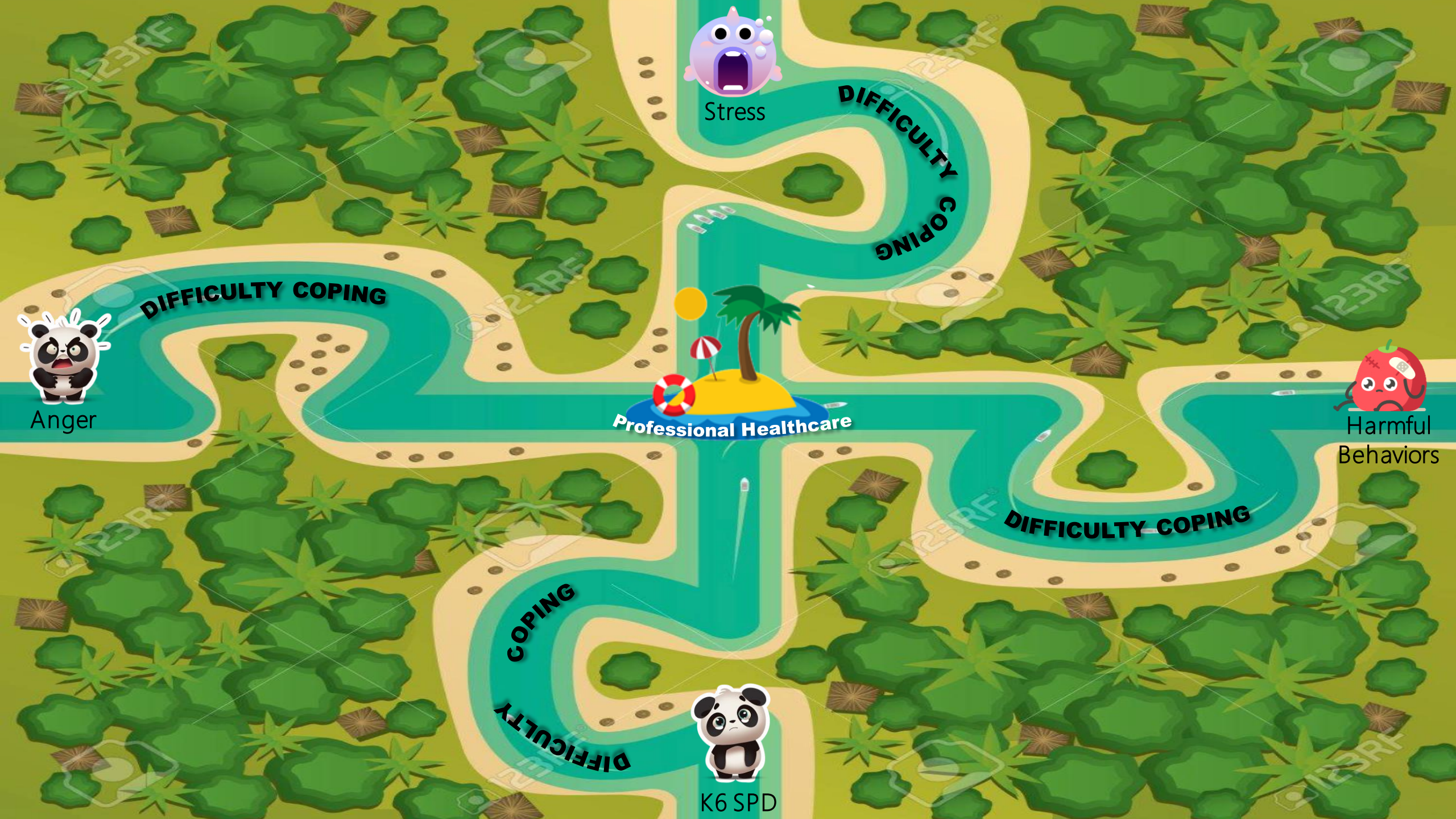
n = 6,067

MODEL 1



Distress Indicators separately run

n = 6,067


Stress
DIFFICULTY COPING
DIFFICULTY COPING
Anger
Professional Healthcare
Harmful Behaviors
DIFFICULTY COPING
DIFFICULTY COPING
K6 SPD

Share
YOUR
thoughts
Take the
OC COVID
Parent Survey
Win a
$100
gift card

Next Steps

NEXT STEPS

OC health CARE AGENCY

Include survey results in the MHSA Annual Plan Update

Further develop the model to include population details, including:

- Use of informal support (separate the components of the variable, include consideration of the timing in which informal support is received)
- Add socioeconomic status (based on OC At a Glance to better build upper / lower bound)

Continue to explore the following questions:

- How can we better understand the heightened rate of stress, anger, distress, barriers, and substance use?
- Can it be attributed to COVID illness, or more of the biopsychosocial and economic ramifications of the pandemic?
- Will a better understanding of external / internal sources of stress and anxiety help program development?
- What will this look like in the context of the "new normal"?

Share
YOUR
thoughts
Take the
OC COVID
Parent Survey
Win a
$100
gift card

Questions?

OC health CARE AGENCY

THANK YOU

SCAN ME

OC COVID-19 Resources

SCAN ME

OC MHSA Office

Appendix

OC health CARE AGENCY

RELATIONSHIP BETWEEN DISTRESS & SUPPORT ITEMS

Correlations (Spearman's rho)

		Kessler (K-6)	Stressed	Angry	Coping	Informal Support	Professional Help
Kessler (K-6)	Correlation Coefficient	1.000	**.672****	**.503****	**.646****	**-.099****	**.239****
	Sig. (2-tailed)		0.000	0.000	0.000	0.000	0.000
	N	7611	7609	7595	7548	7465	7465
Stressed	Correlation Coefficient		1.000	**.435****	**.529****	**-.097****	**.194****
	Sig. (2-tailed)			0.000	0.000	0.000	0.000
	N		7745	7722	7681	7597	7597
Angry	Correlation Coefficient			1.000	**.406****	**-.046****	**.110****
	Sig. (2-tailed)				0.000	0.000	0.000
	N			7724	7660	7576	7576
Coping	Correlation Coefficient				1.000	**-.068****	**.214****
	Sig. (2-tailed)					0.000	0.000
	N				7688	7603	7603
Informal Support	Correlation Coefficient					1.000	**-.176****
	Sig. (2-tailed)						0.000
	N					7603	7603
Professional Help	Correlation Coefficient						1.000
	Sig. (2-tailed)						
	N						7603

**. Correlation is significant at the 0.01 level (2-tailed).

DIFFICULTY COPING BY DISTRESS GROUPS

Kruskal Wallis ANOVA	df	H	η^2	*p*
K-6	1	364.35	.10	< .001
Stress	1	334.03	.10	< .001
Anger	1	364.35	.10	< .001
Harmful Behaviors	1	493.38	.10	< .001

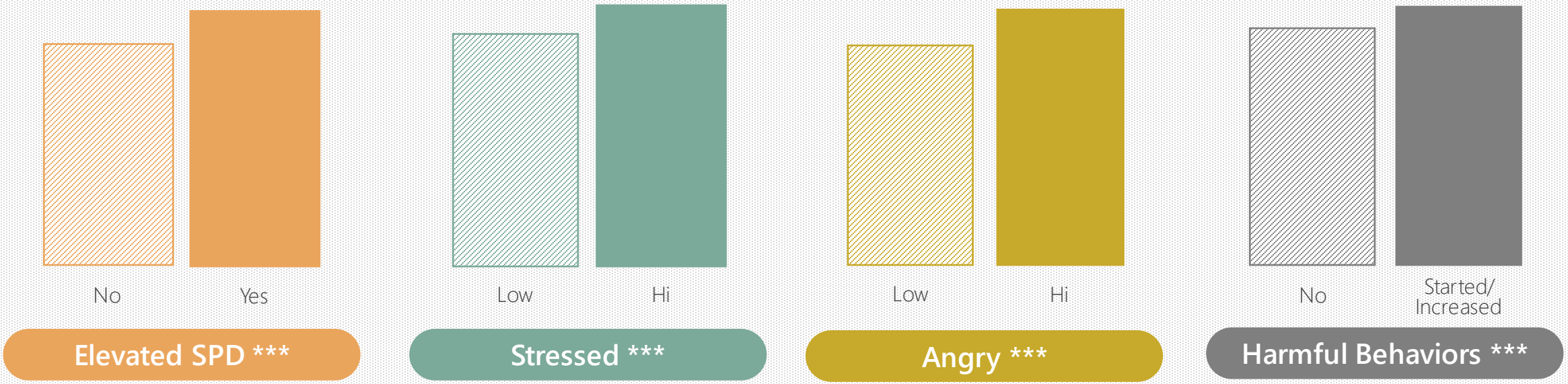
***epsilon*-squared**

Small effect	0.01 to < 0.08
Medium effect	0.08 to < 0.26
Large effect	≥ 0.26

*** $p < 0.001$ (2-tailed), Kruskal Wallis Non-parametric ANOVA

n = 6,067 Adults 18+Year of Age

LIKELIHOOD OF SEEKING HEALTHCARE BY DISTRESS



Kruskal Wallis ANOVA	df	H	η^2	*p*
K-6	1	224.08	.04	< .001
Stress	1	177.60	.03	< .001
Anger	1	224.08	.04	< .001
Harmful Behaviors	1	91.00	.01	< .001

***epsilon*-squared**

Small effect	0.01 to < 0.08
Medium effect	0.08 to < 0.26
Large effect	≥ 0.26

*** $p < 0.001$ (2-tailed), Kruskal Wallis Non-parametric ANOVA

n = 6,067 Adults 18+Year of Age