

# MENTAL HEALTH: COVID-19 Anxiety & Worry

## Among Henry County Ohio Adults

BY Krista Westrick Payne, PhD



### Mental Health Measures | Anxiety & Worry

Respondents to the Henry County Pulse Survey and the national Household Pulse Survey were asked the following question:

*| Over the last 7 days, how often have you been bothered by the following problems ...*

- *Feeling nervous, anxious, or on edge?*
- *Not being able to stop or control worrying?*

*Would you say not at all, several days, more than half the days, or nearly every day?*

This information was used to create two separate indicators used throughout this report to measuring whether in the last seven days respondents ever felt...

1. Anxious
2. Unable to stop/control worrying

#### Why Does Worry & Anxiety Matter?

Chronic worry and anxiety can lead to a number of health problems. More specifically, worry and anxiety lead to a stress response (a release of stress hormones such as cortisol) that produces excessive fuel in the blood. This fuel comes in the form blood sugar and blood fats (triglycerides). If that fuel is not used a number of consequences can result, including:

- Suppression of the immune system
- Digestive disorders
- Muscle tension
- Short-term memory loss
- Premature coronary artery disease
- Heart attack.

They can also lead to depression and even suicidal thoughts.

For more information on how anxiety and worry is linked with physical health check out these websites:

<https://www.apa.org/helpcenter/stress>

<https://www.nimh.nih.gov/health/topics/anxiety-disorders/index.shtml#part1>

<https://www.health.harvard.edu/mind-and-mood/pain-anxiety-and-depression>

<https://www.womenshealth.gov/mental-health/good-mental-health/stress-and-your-health>



#### Henry County Pulse Survey

The Henry County Pulse Survey was designed to measure the impact of coronavirus (COVID-19) on employment status, food security, housing security, education disruptions, childcare, dimensions of physical and mental well-being, access to health care. The goal of collecting and analyzing data from this survey is to aid local agencies identify coronavirus (COVID-19) related issues in the Henry County. The survey was implemented by the Henry County Health Department and the Henry County Health Partners and administered on-line via Survey Monkey. Request for completion was made via social media and among those the Henry County Health Partners serve. This survey is NOT representative of the entire county. Instead, it represents a convenience sample of 675 county residents between the ages of 18 and 87.

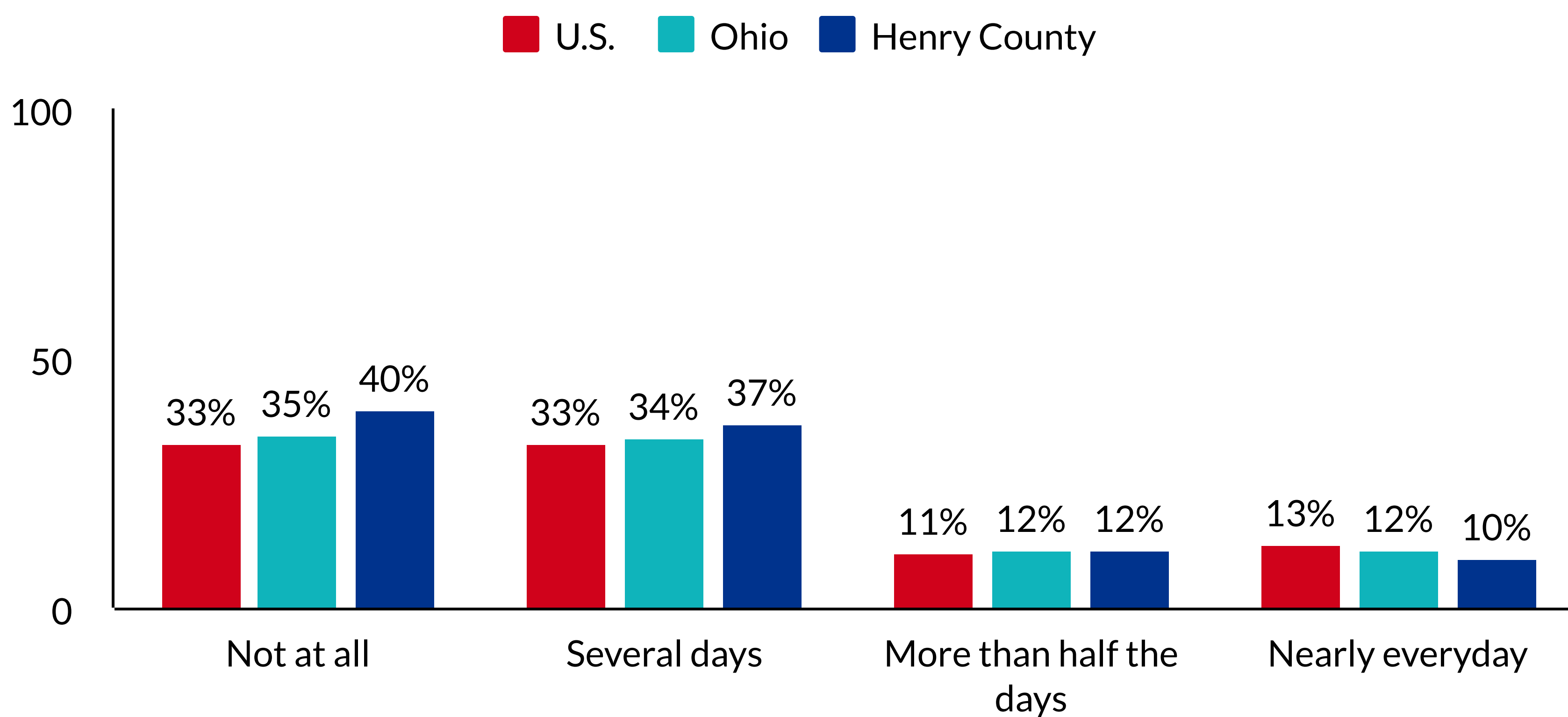
#### Links

- [Henry County Health Department](#)
- [Henry County Ohio Community Health Assessments](#)
- [Health Outcomes](#)

## National, State, and County-level Anxiety

- Compared to the nation (33%), and state (35%), a larger share of Henry County residents (40%) report "not at all" when asked about their frequency of feeling nervous, anxious, or on edge in the last week.
- However, Henry County residents had a slightly higher share reporting "several days" at 37% compare to 33% for the entire nation and 34% for all of Ohio.

**Figure 1** Frequency of Feeling Nervous, Anxious, or on Edge in the Last Seven Days for the U.S., Ohio, and Henry County Ohio.



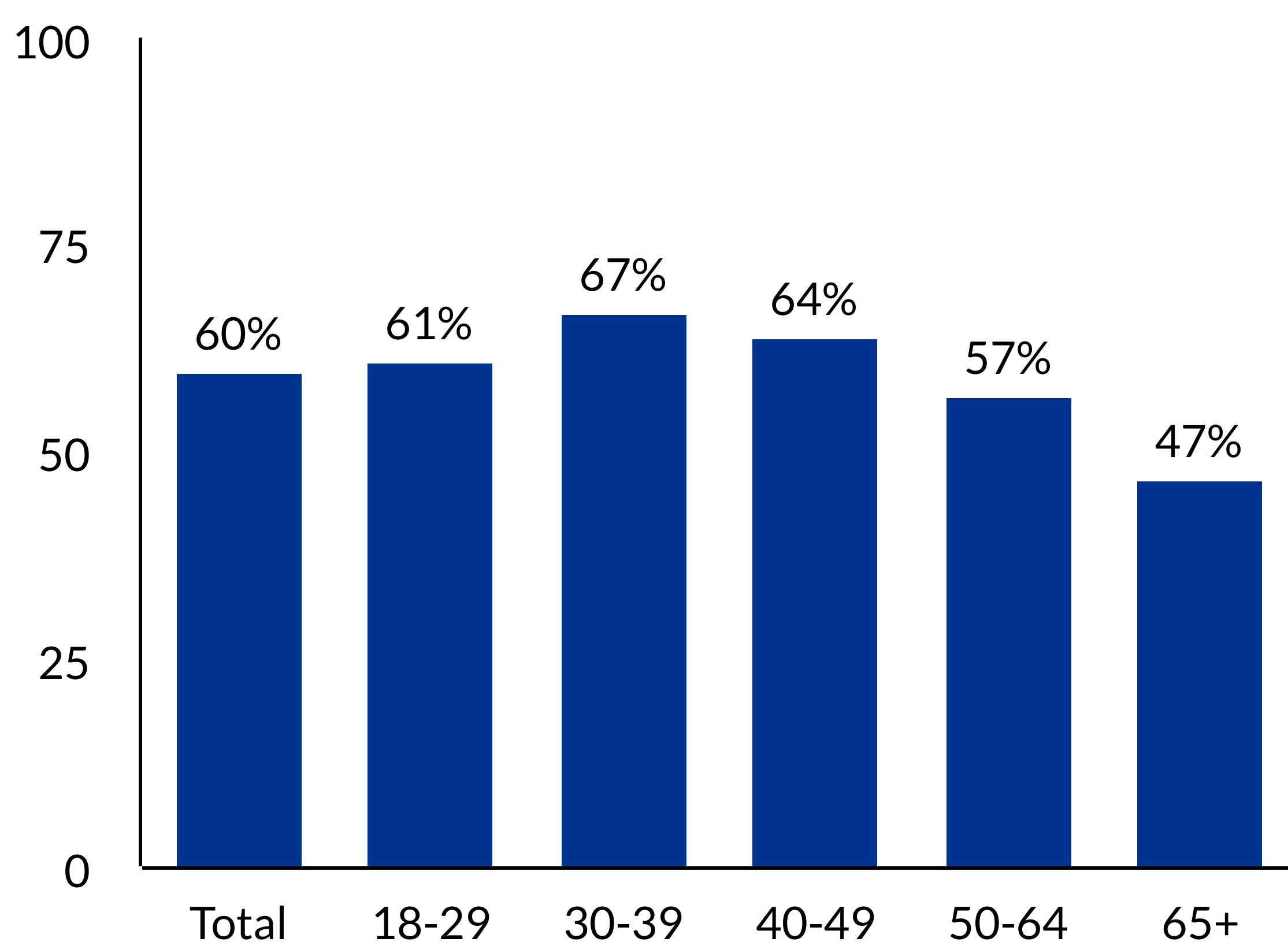
**Data Source:** U.S. Census Bureau Household Pulse Survey, Week 3; Henry County Pulse Survey  
**Note:** The share who did not report a frequency for the U.S. = 10%, Ohio = 7%, and Henry County = 0%

## Anxiety Among Henry County Residents

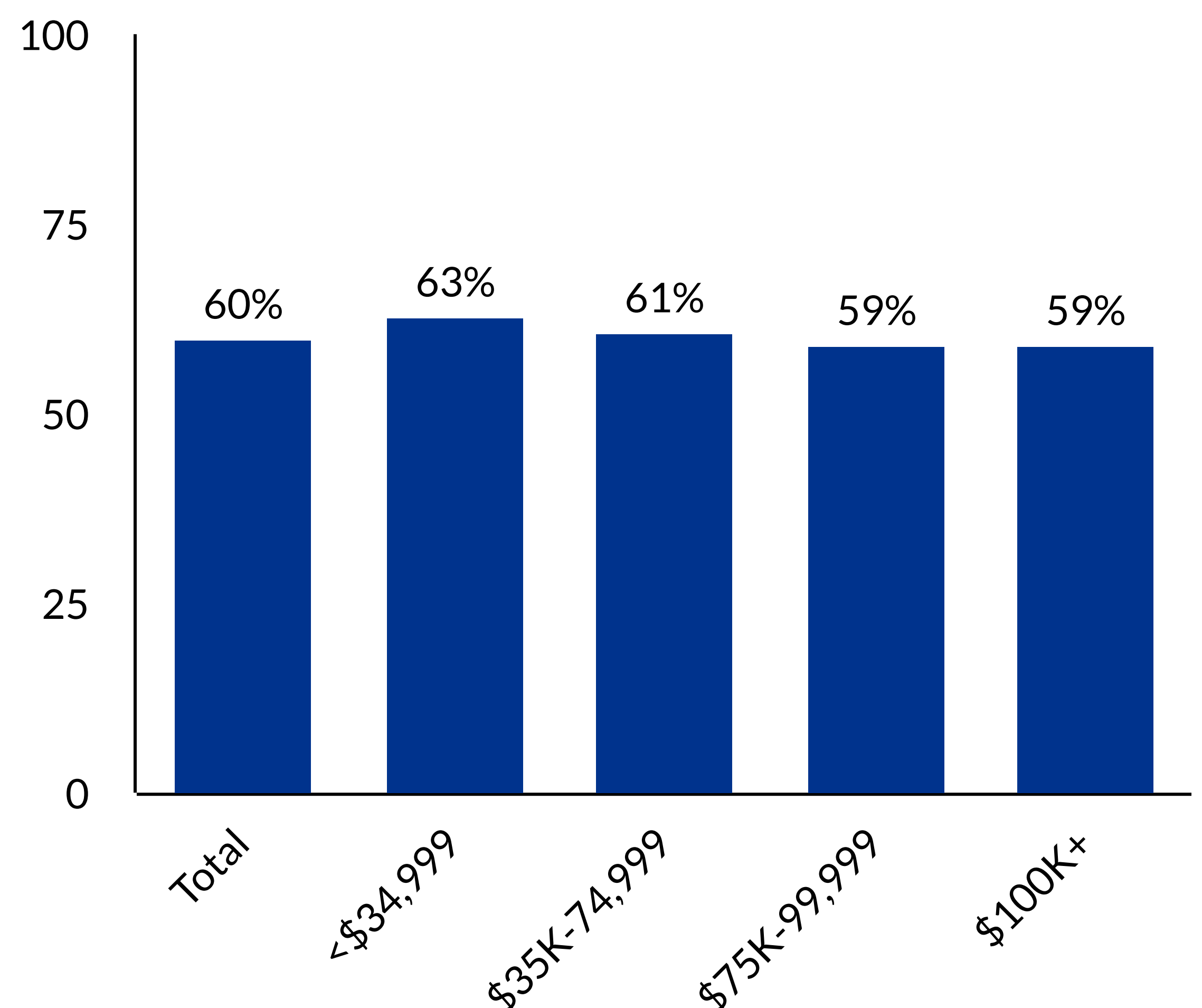
The following figures present the percentage of Henry County residents who report ANY anxiety in the past week by age group and household income. 3/4 of Henry County residents report experiencing any anxiety in the last week.

- The largest share reporting any anxiety was observed among those aged 30-39 at 67%.
- The smallest share was found among those aged 65 and older at less than half (47%).
- Compared to age, there was considerably less variation in the share experiencing worry by income level.
- The highest share (63%) was found among those with household incomes less than \$35,000 whereas the smallest share was found among those making at least \$75,000 (59%).

**Figure 2** Feeling Nervous, Anxious, or on Edge in the Last Seven Days by Age Group for Henry County Ohio



**Figure 3** Feeling Nervous, Anxious, or on Edge in the Last Seven Days by 2019 Household Income for Henry County Ohio



**Data Source:** Henry County Pulse Survey, April 2020

## Loss of Household Income

Respondents were asked:

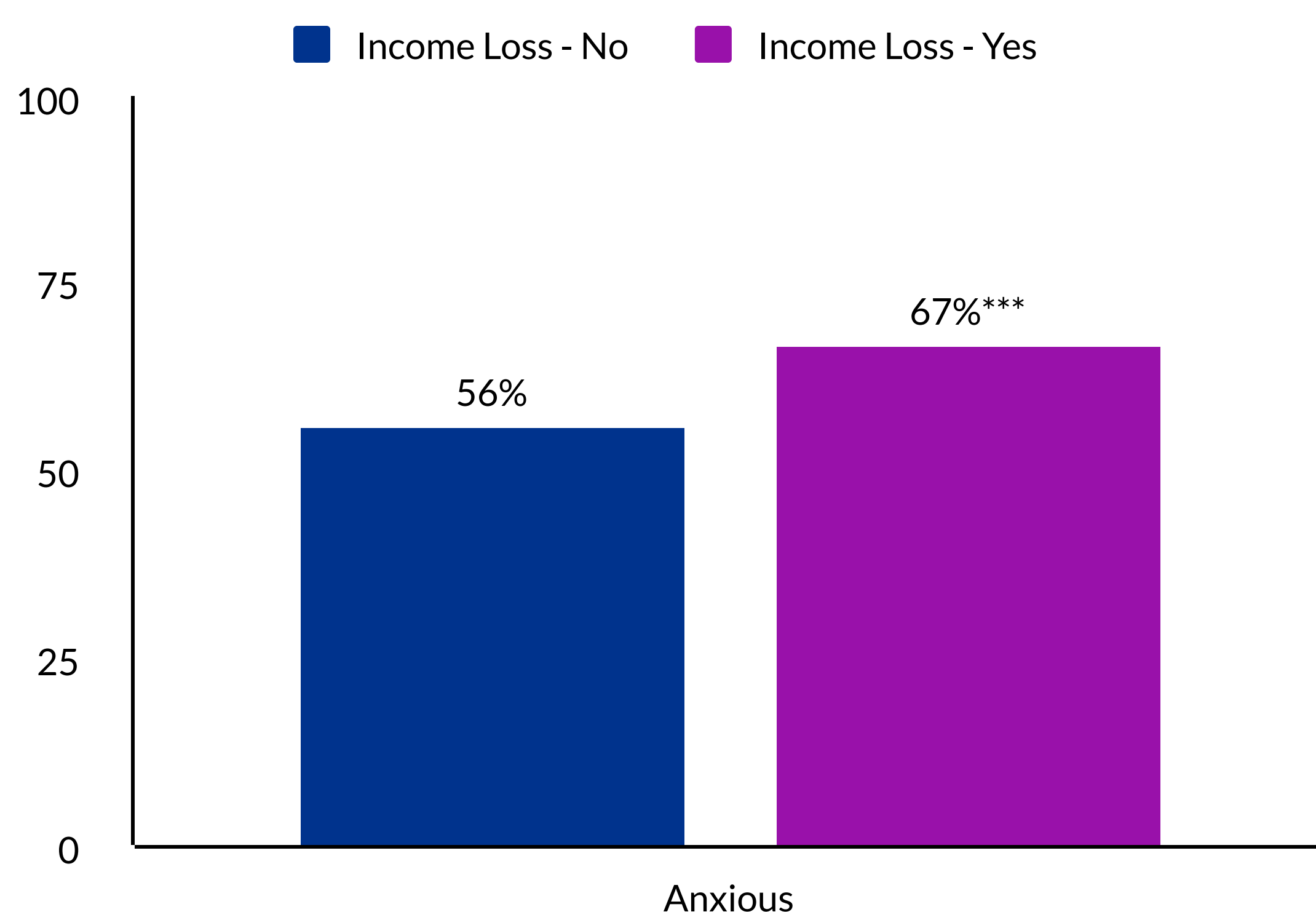
| *Have you, or has anyone in your household experienced a loss of employment income since the coronavirus pandemic began?*

**1/3** of Henry County residents reported a **loss of household income** since the coronavirus pandemic began.

### Anxiety & Loss of Household Income

- Henry County residents who reported a loss of household income had a significantly higher percentage reporting any anxiety, 56% versus 67%.

**Figure 4** Percentage of Henry County Adults Reporting Anxiety by Loss of Household Income



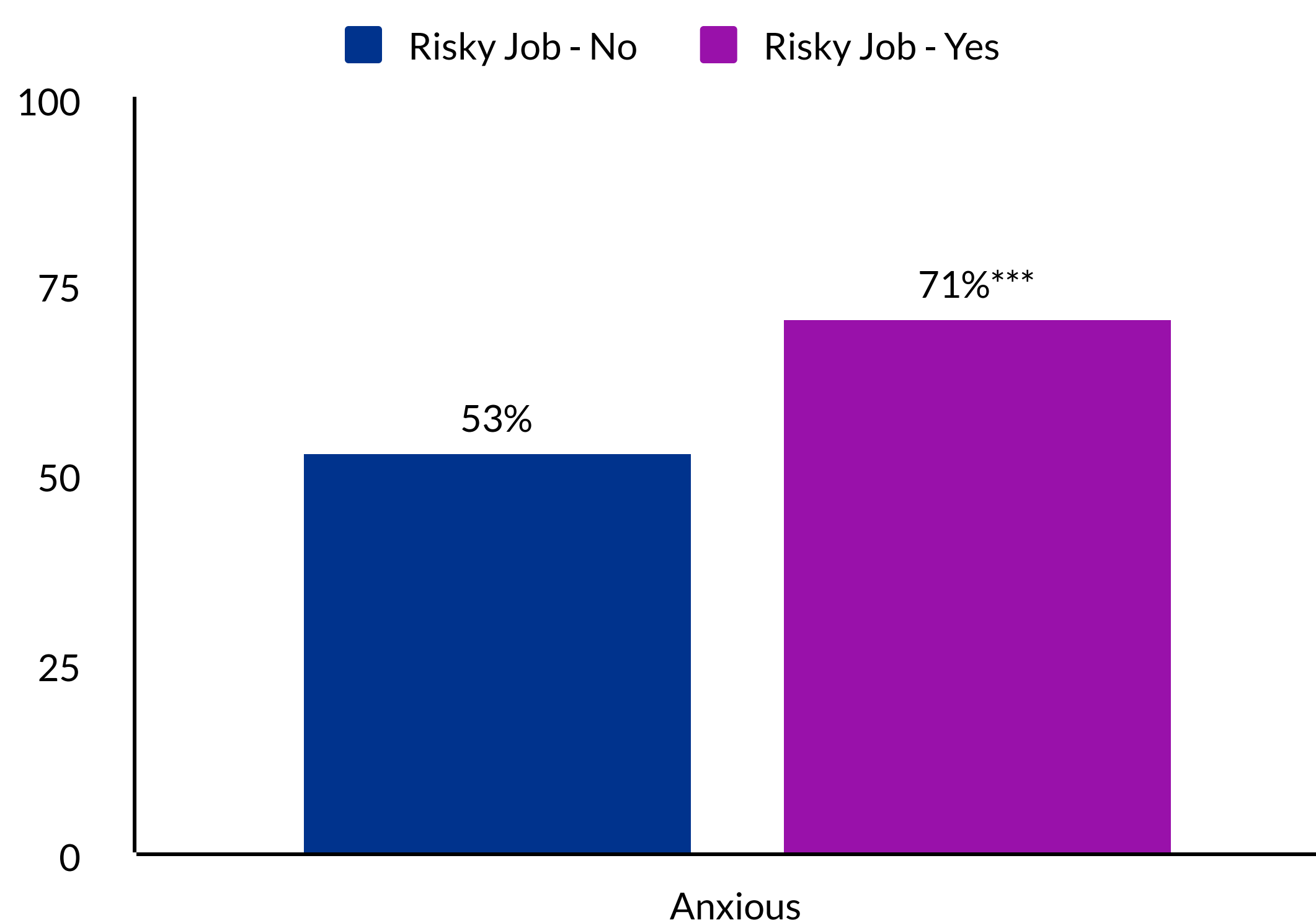
**Data Source:** Henry County Pulse Survey, April 2020  
**Note:** \*\*\* P > .001

### Anxiety & Risky Jobs

Residents were also asked if — during the pandemic — they or anyone in their home were working in a job they considered to be high risk for contracting COVID-19.

- Those who reported a someone in their home working a "risky job" had significantly larger percentage reporting any anxiety, 53% versus 71%.

**Figure 5** Percentage of Henry County Adults Reporting Anxiety by Whether a Household Member is Working a Risky Job



**Data Source:** Henry County Pulse Survey, April 2020  
**Note:** \*\*\* P > .001

**\* Those reporting a loss of household income and a household member in a "risky job" were significantly more likely to report feeling anxious (P > .001).**

### Are you or someone you know having trouble coping with COVID-19 anxiety?

The Ohio Department of Health has information available. Visit their website at:

<https://coronavirus.ohio.gov/wps/portal/gov/covid-19/families-and-individuals/coping-with-covid-19-anxiety/coping-with-covid-19-anxiety>

The Henry County Health Department also has a list of available resources that can be accessed here:

<http://henrycohd.org/wp-content/uploads/2020/05/Resource-Guide-4.14.20.pdf>

### Important local numbers:

Henry County Health Department Social Workers - available 24/7  
419-599-5545 ext 4

4-County Crisis Information & Referral Hotline  
1-800-468-4357

ADAMHS Board Mental Health & Addiction Services  
419-267-3355

Disaster Distress Helpline  
1-800-985-5990 (1-800-8468517 TTY)

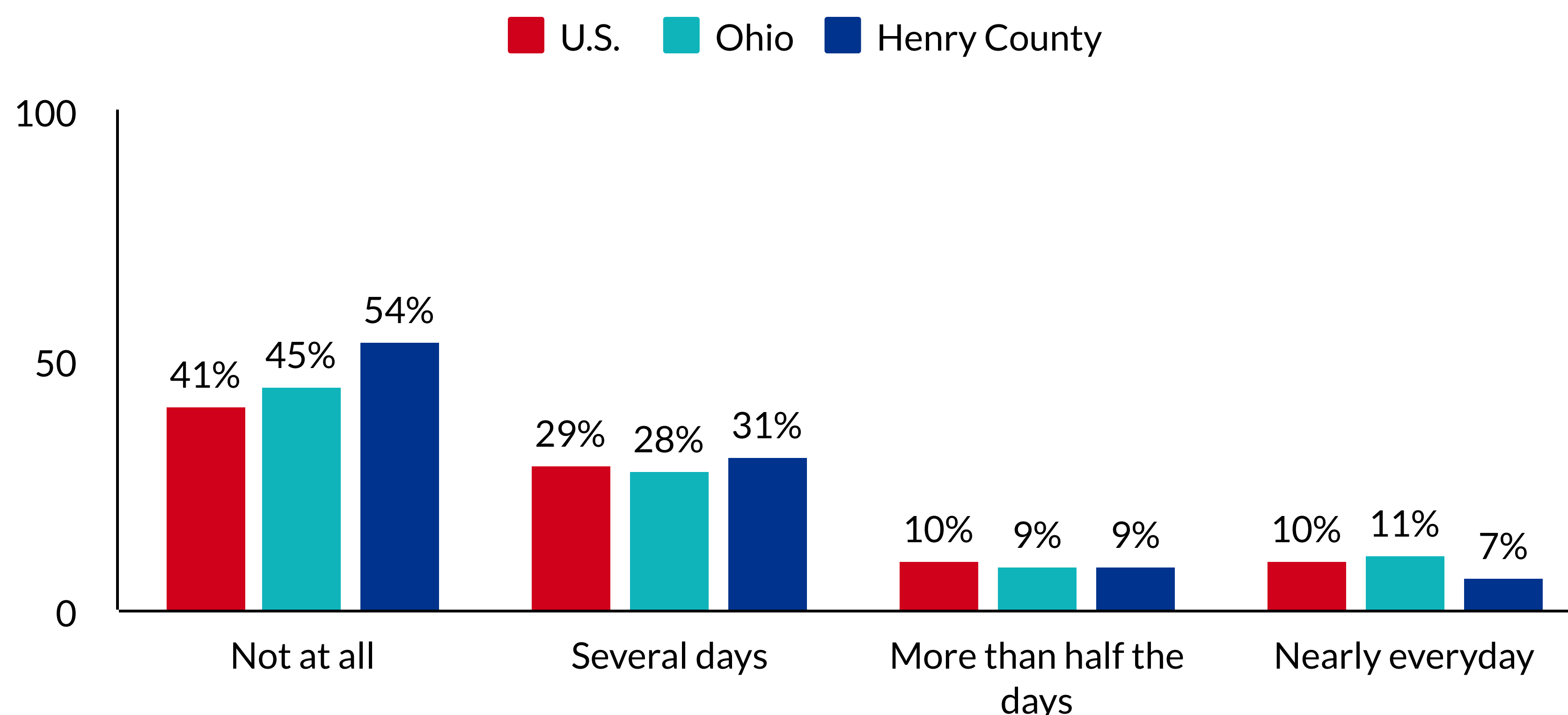
Ohio Crisis Text Line  
Text "4HOPE" to 741-741

Ohio Department of Mental Health & Addiction  
1-877-275-6364

## National, State, and County-level Worry

- Compared to the nation (41%), and state (45%), a larger share of Henry County residents (54%) report "not at all" when asked about their frequency of not being able to stop or control worrying in the last week.

**Figure 6** Frequency of Not Being Able to Stop or Control Worrying in the Last Seven Days for the U.S., Ohio, and Henry County Ohio.



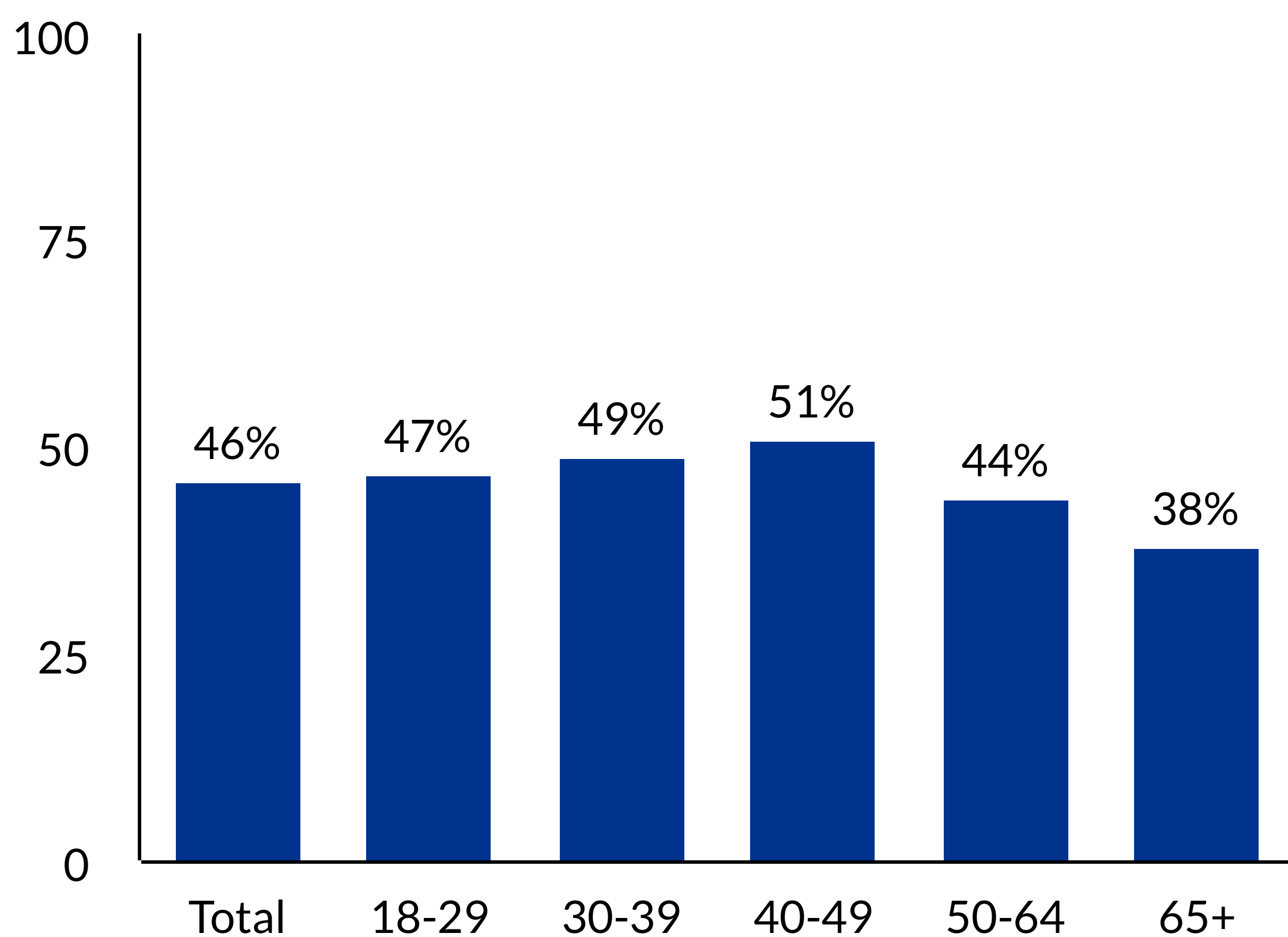
**Data Source:** U.S. Census Bureau Household Pulse Survey, Week 3; Henry County Pulse Survey  
**Note:** The share who did not report a frequency for the U.S. = 10%, Ohio = 7%, and Henry County = 0%

## Worry Among Henry County Residents

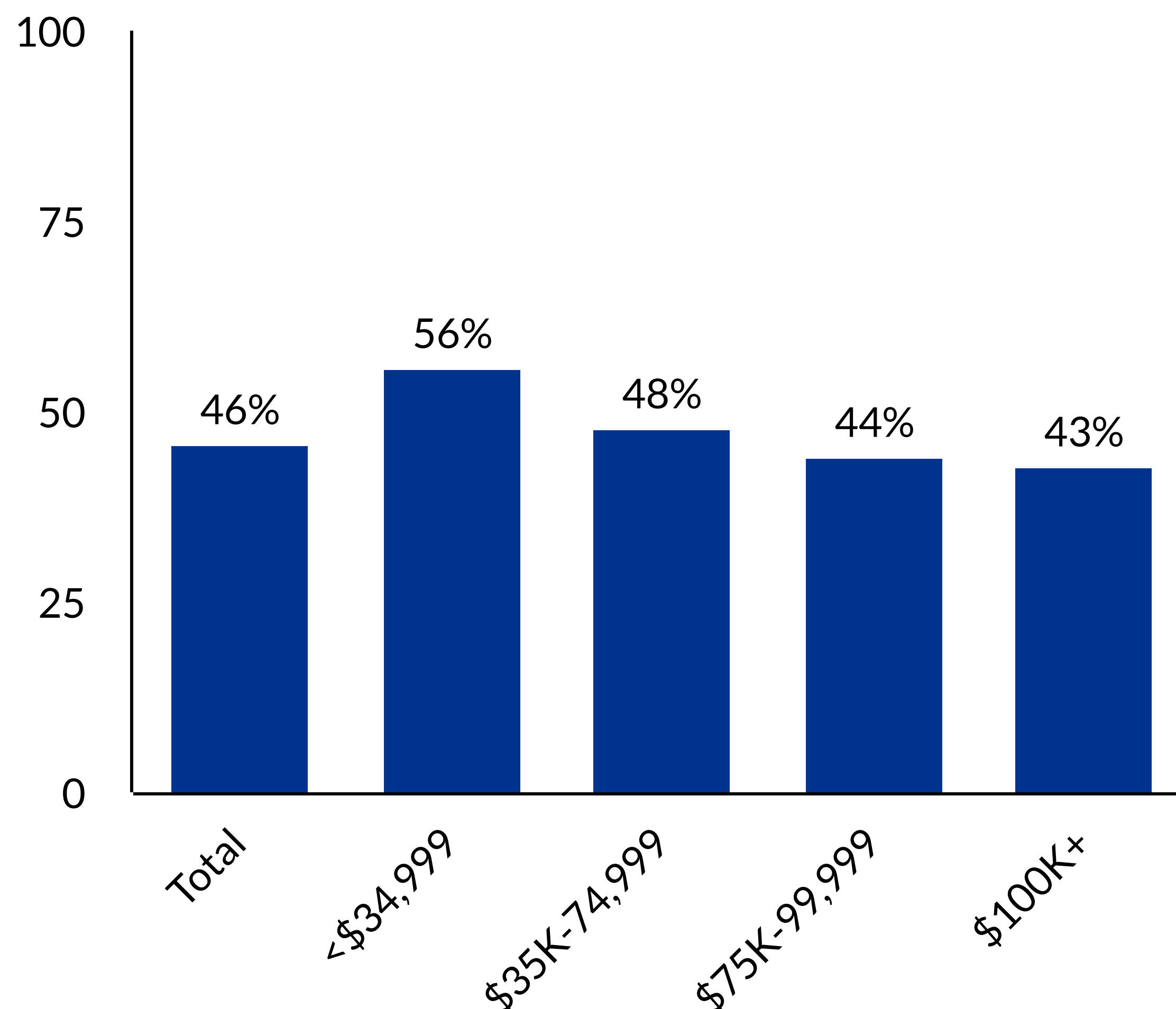
The following figures present the percentage of Henry County residents who report ANY uncontrollable worry in the past week by age group and household income. Less than half (46%) of Henry County residents report being unable to control worrying in the last week.

- The largest share reporting any uncontrollable worry was observed among those aged 40-49 at 51%.
- The smallest share is found among those aged 65 and older at less than half (38%).
- Compared to age, there was considerably less variation in the share experiencing worry by income level.
- The highest share (63%) was found among those with household incomes less than \$35,000 whereas the smallest share was found among those making at least \$75,000 (59%).

**Figure 7** Feeling Uncontrollable Worry in the Last Seven Days by Age Group for Henry County Ohio



**Figure 8** Feeling Uncontrollable Worry in the Last Seven Days by Age Group for Henry County Ohio



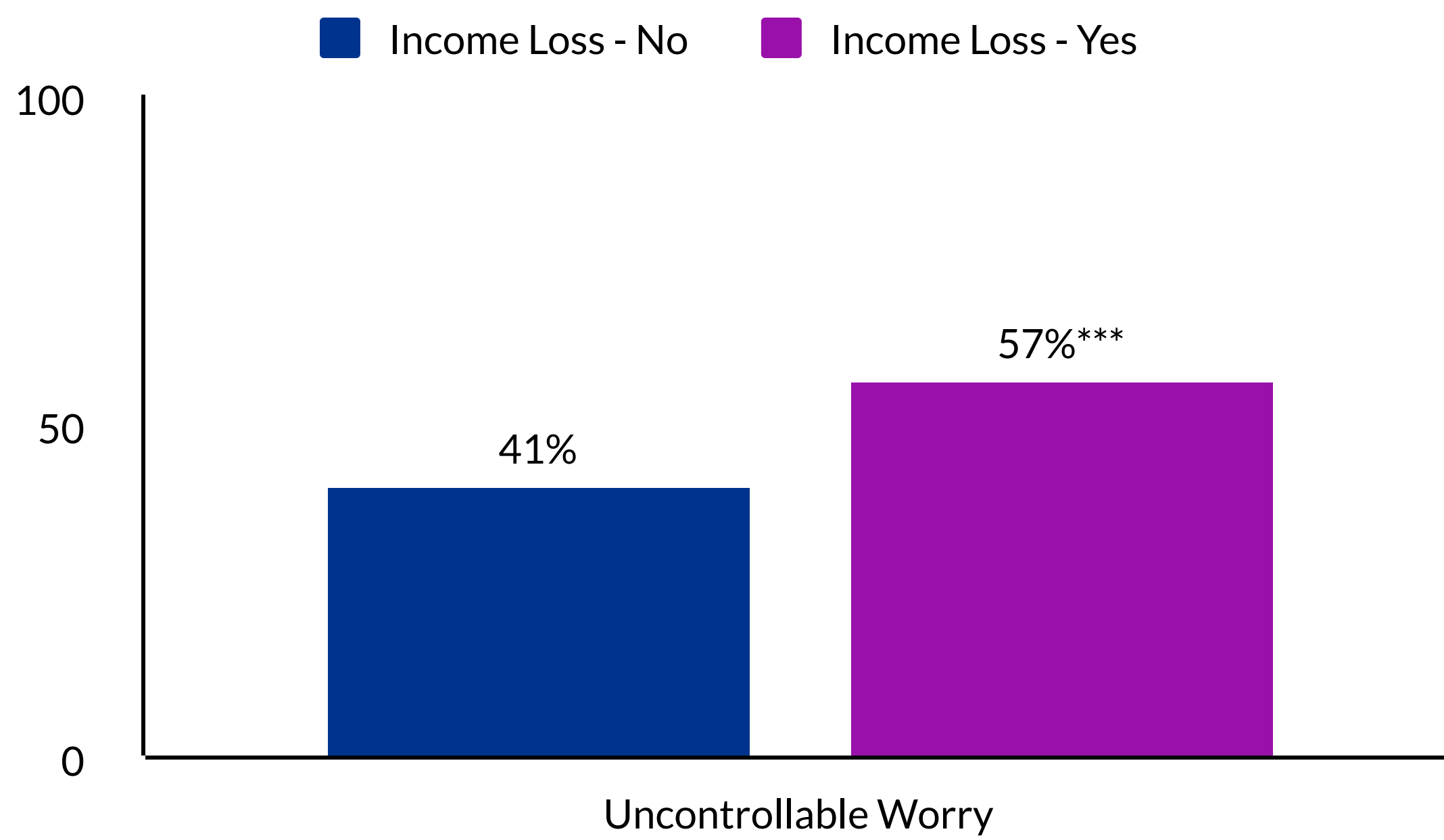
**Data Source:** Henry County Pulse Survey, April 2020

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## Worry & Loss of Household Income

- Henry County residents who reported a loss of household income had a significantly higher percentage reporting any uncontrollable worrying, 41% versus 57%.

**Figure 6** Percentage of Henry County Adults Reporting Uncontrollable Worry by Loss of Household Income

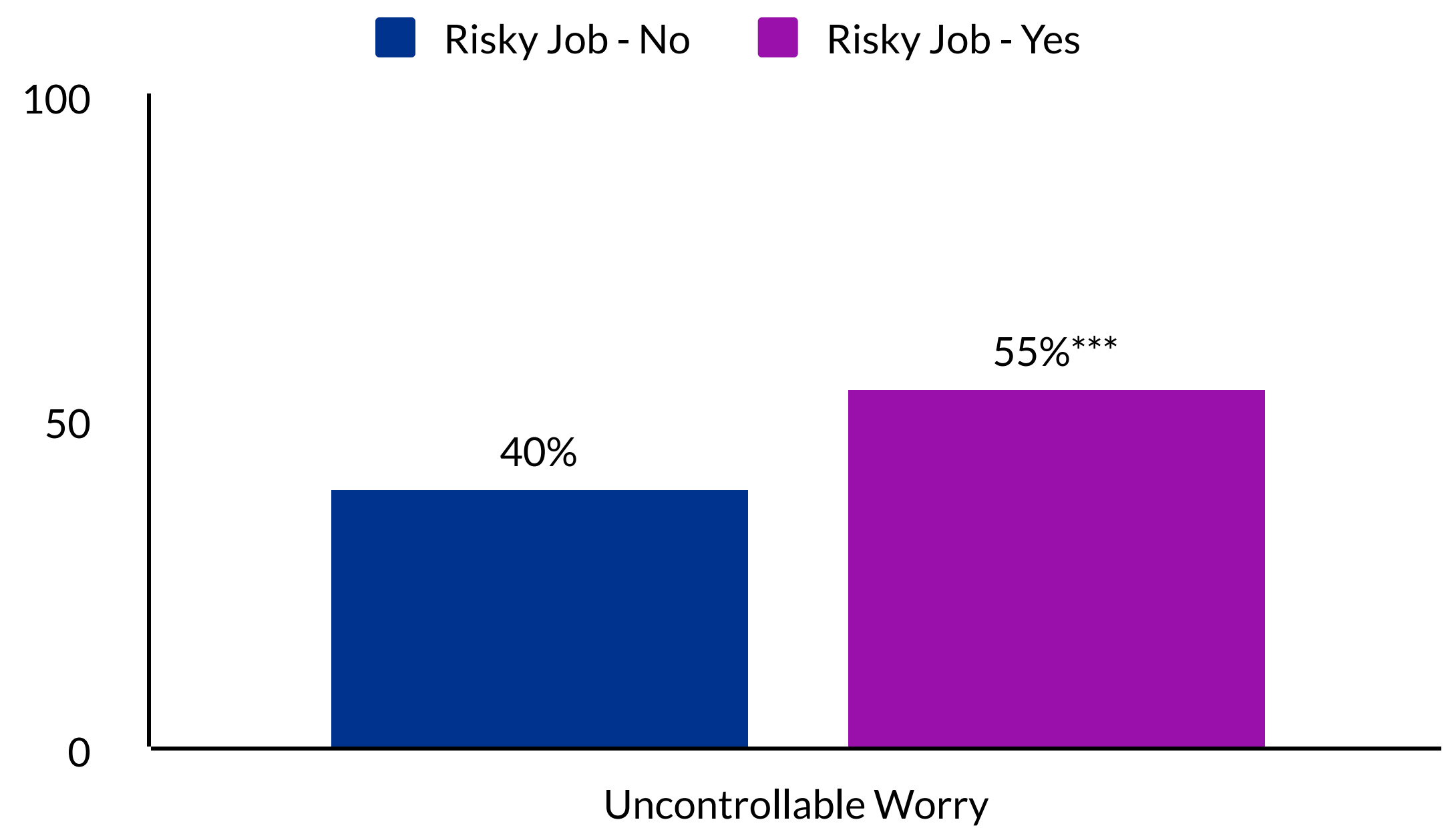


Data Source: Henry County Pulse Survey, April 2020  
Note: \*\*\* P > .001

## Worry & Risky Jobs

- Those who reported a someone in their home working a "risky job" had significantly larger percentage reporting any uncontrollable worrying, 40% versus 55%.

**Figure 7** Percentage of Henry County Adults Reporting Uncontrollable Worry by Whether a Household Member is Working a Risky Job



Data Source: Henry County Pulse Survey, April 2020  
Note: \*\*\* P > .001

## Worry & Pre-Existing Condition

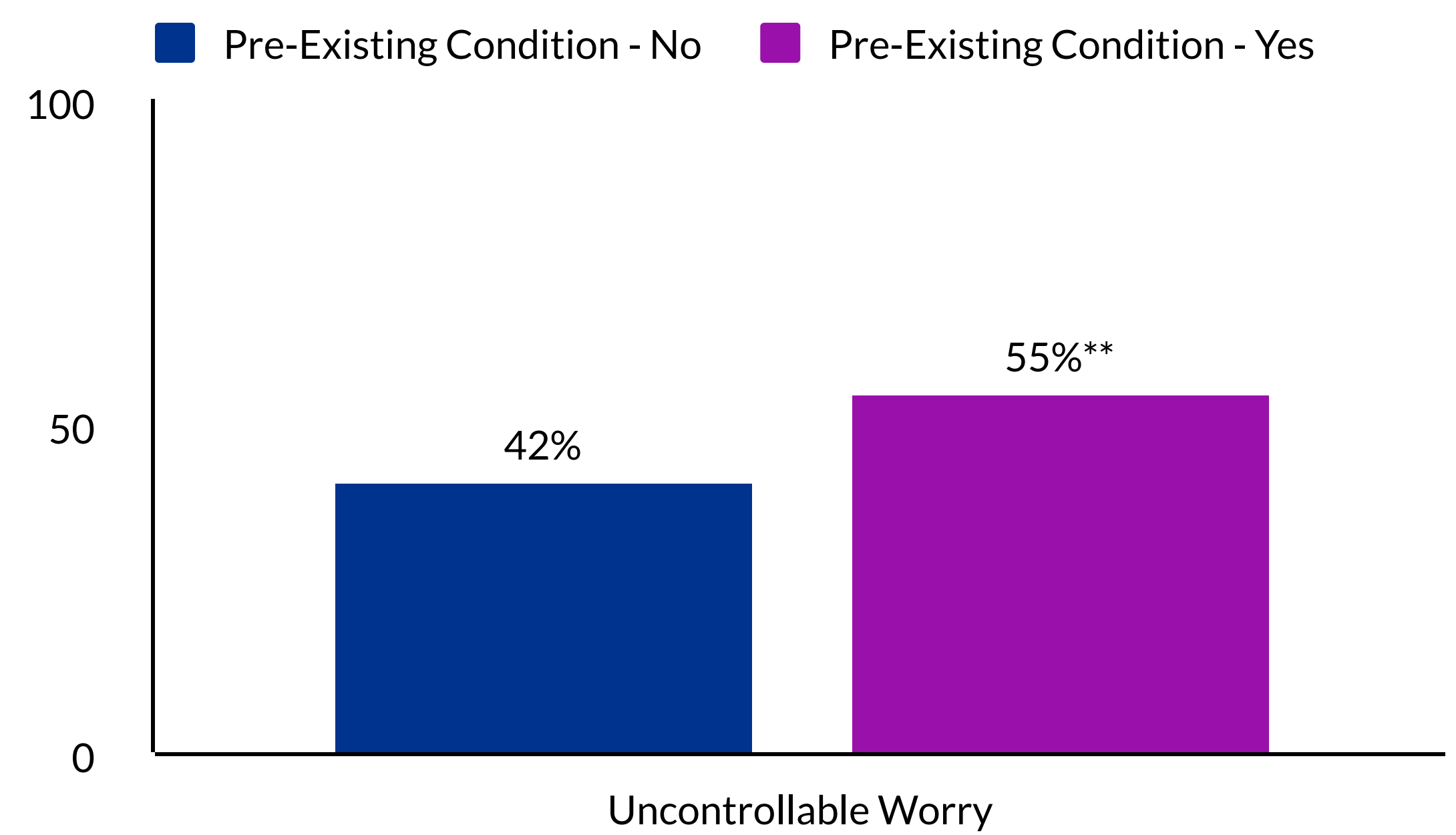
Respondents were asked:

*Has a health care provider ever diagnosed you with any of the following? Select all that apply.*

- Asthma
- Chronic kidney disease
- Chronic lung disease
- Cancer in the past year
- Chronic heart disease
- Immunosuppressive condition
- Diabetes
- None of these

- Those who reported they had been diagnosed with any pre-existing condition had significantly larger percentage reporting any uncontrollable worrying, 42% versus 55%.

**Figure 7** Percentage of Henry County Adults Reporting Uncontrollable Worry by Whether They had Been Diagnosed with a Pre-Existing Condition



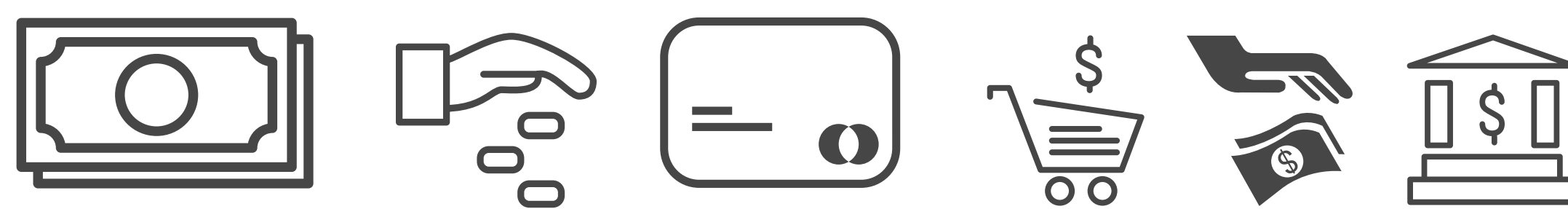
Data Source: Henry County Pulse Survey, April 2020  
Note: \*\* P > .01

### Data Sources:

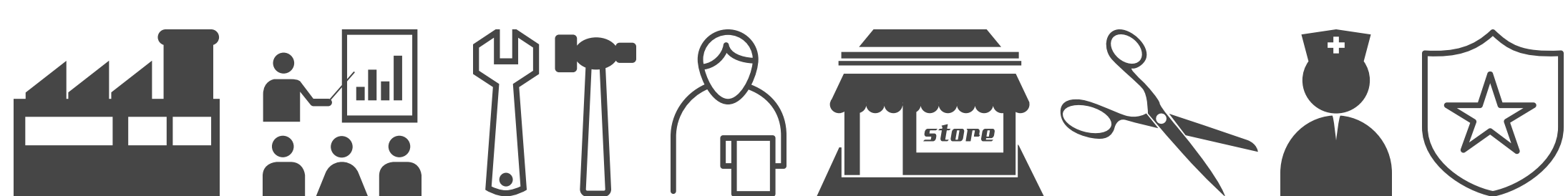
U.S. Census Bureau Household Pulse Survey, Week 3, <https://www.census.gov/data/tables/2020/demo/hhp/hhp3.html>

Henry County Health Department . Henry County Pulse Survey, April 2020. <http://henrycohd.org/>

**Income Loss** → **More Anxiety & Worry**



**Risky Job** → **More Worry & Anxiety**



**Pre-Existing Condition** → **More Worry**

