

A grayscale photograph of a person wearing a hat and boots, holding a watering can and watering a small plant in a field. The background is a blurred field with other plants.

**M MORNING CONSULT®**

AMERICAN  
PSYCHIATRIC  
ASSOCIATION



Medical leadership for mind, brain and body.

# HEALTHY MINDS MONTHLY

## SPRING RE-EMERGENCE AND NEW HABITS

Polling Presentation

FEBRUARY 2022



## BACKGROUND

These findings are from The American Psychiatric Association's (APA) Healthy Minds Monthly, a poll conducted by Morning Consult. This poll was fielded online between February 18-19, 2022 among a nationally representative sample of 2,500 adults. APA's Healthy Minds Monthly tracks timely mental health issues throughout the year.

## RESEARCH OBJECTIVE

The research conducted by Morning Consult on behalf of the American Psychiatric Association (APA) seeks to assess the state of the public following the winter COVID-19 spike and understand changes in mood, new habits, and mental health concerns as spring approaches.

# KEY POINTS

## SPRING RE-EMERGENCE AND NEW HABITS

- **Adults' views on their mental health continue to be positive;** seven-in-ten rate their mental health as *excellent or good* (70%) (-3% from January) and 28% rate their mental health as *fair or poor* (+1% from January).
  - About a third of moms rate their mental health as *fair or poor* (35%), while 39% of dads rate their mental health as *excellent*.
- **Most adults did not experience a major shift in their mood over the last month;** two-thirds of adults say their mood is *about the same* as it was a month ago, where 18% say it is *better* and 15% say it is *worse*.
  - Among those who say their mood is *better* than it was last month, the most likely reasons are generally feeling good, the weather, money, or their kids. In contrast, those who say their mood is *worse* than a month ago are most likely to name COVID-19 and their finances as the strongest influencing factors.
- **Adults are mixed in their views of how spending time at home in the pandemic effected their habits;** half of adults say spending more time at home in the pandemic changed their habits for *neither the better nor the worse* (49%), but modest shares say it changed their habits for the *better* (26%) or *worse* (18%).
- **When it comes to developing habits in the pandemic, adults are most likely to name an increase in cleaning practices;** majorities of adults say they *increased* the amount they *wash their hands* (68%) and *sanitize surfaces* (59%) as a result of the COVID-19 pandemic.
- **Most adults are not concerned their habits may signal larger mental health challenges, but some say they often wonder if this is the case;** a third of adults *often* (35%) wonder if their habits may be related to a more significant mental health issue, while 57% say they wonder about this less often.
  - Almost half of Hispanic adults (46%) *often* wonder if their habits might be related to a more significant mental health issue.

AGENDA

MONTHLY MENTAL HEALTH TRACKING

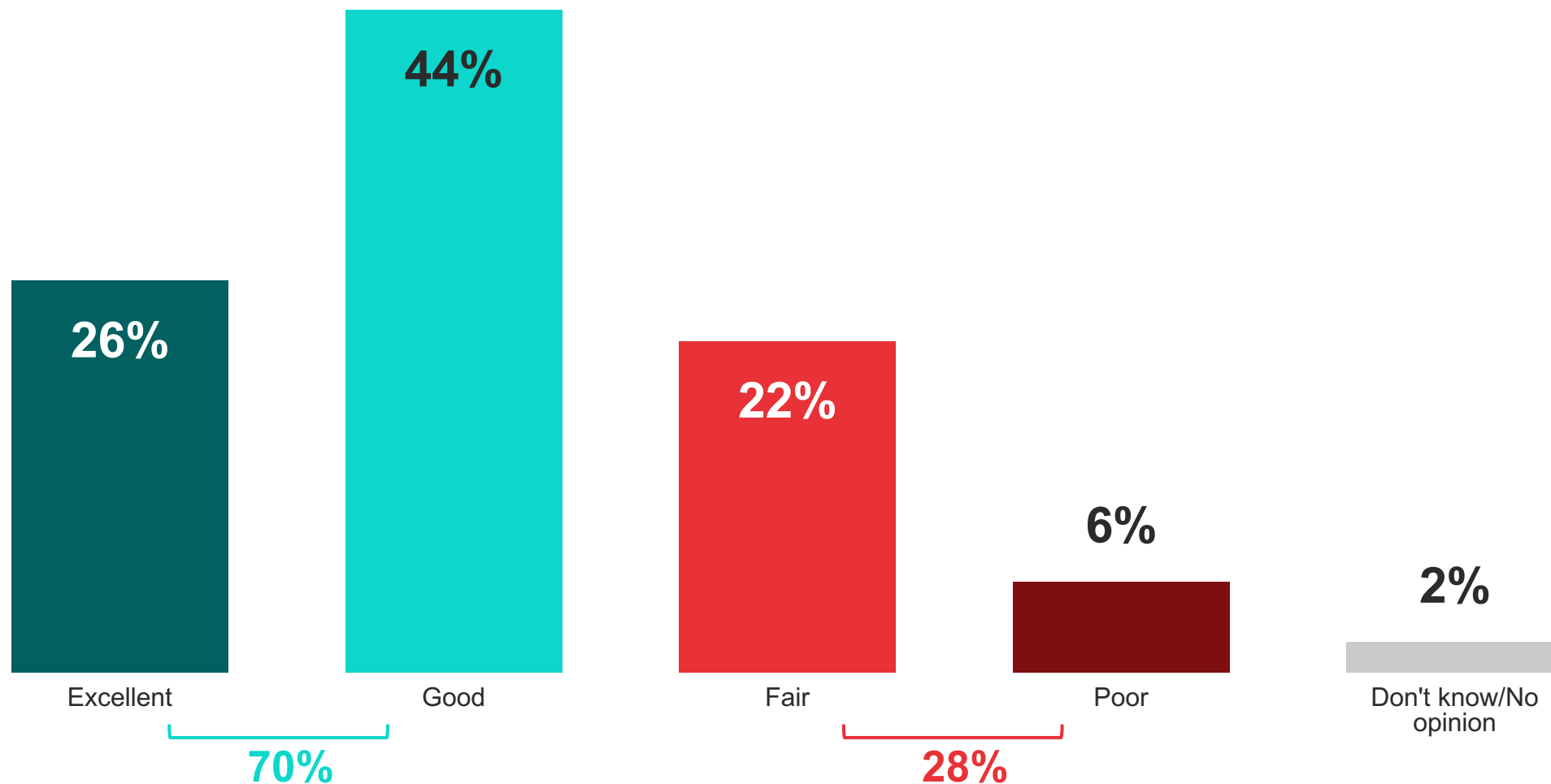
SPRING RE-EMERGENCE AND NEW HABITS



MONTHLY MENTAL HEALTH TRACKING

Seven-in-ten rate their mental health as *excellent or good* (70%), while 28% rate their mental health as *fair or poor*.

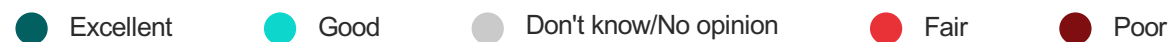
Overall, how would you **rate** your mental health?



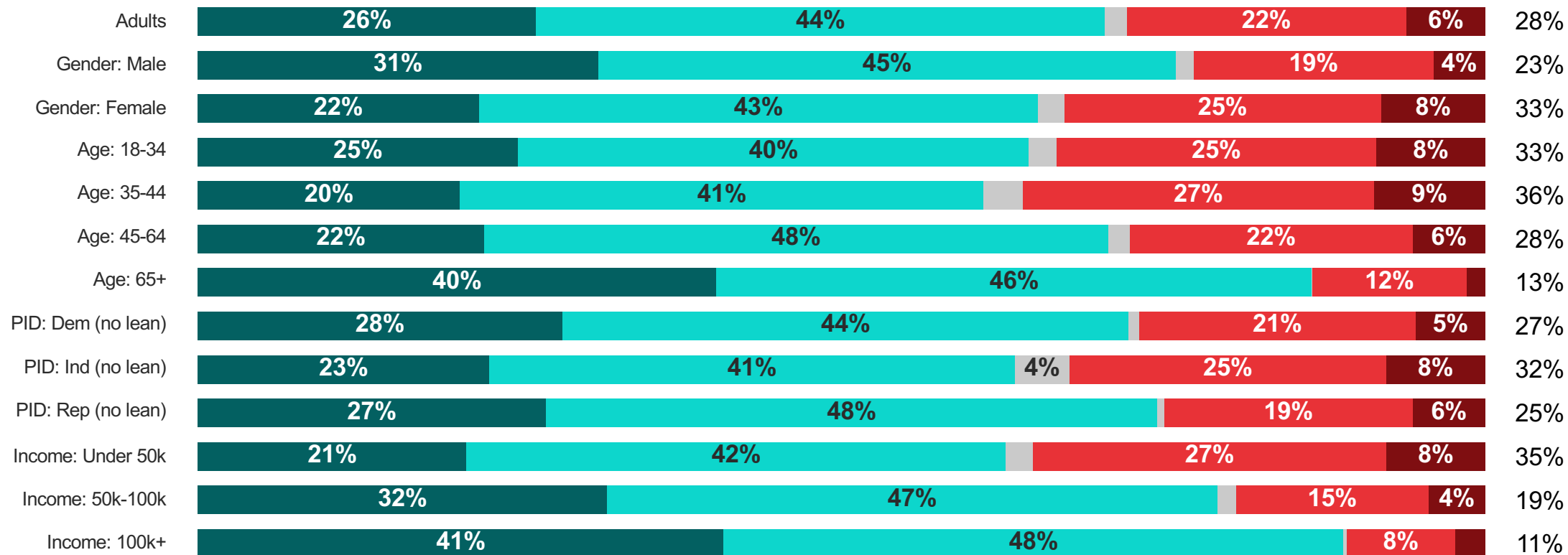
MONTHLY MENTAL HEALTH TRACKING

Adults with an income below \$50k (35%) are more than 3x as likely as those with an income of \$100k+ (11%) to rate their mental health as *fair or poor*.

Overall, how would you **rate** your mental health?



**Total  
Fair/Poor**

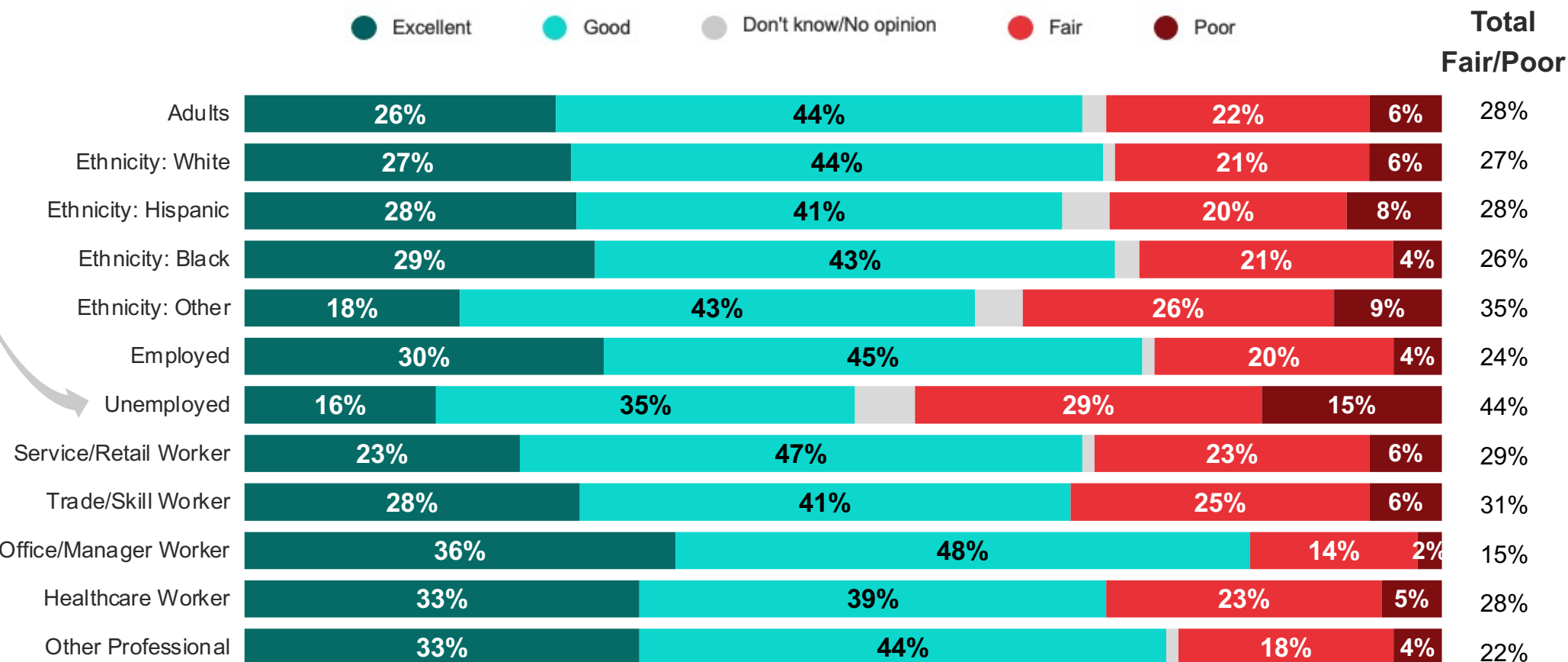


MONTHLY MENTAL HEALTH TRACKING

Roughly a quarter of adults who are white (27%), Hispanic (28%), and Black (26%) rate their mental health as *fair or poor* this month.

Overall, how would you **rate** your mental health?

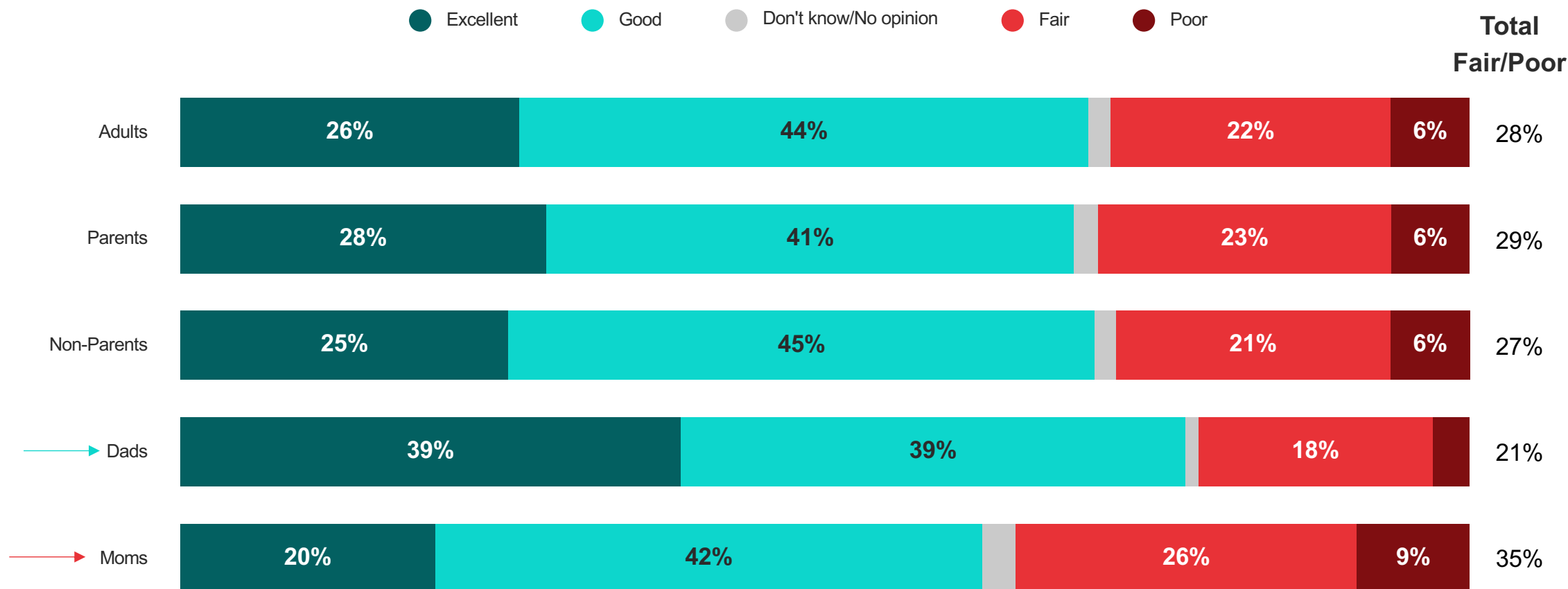
Unemployed adults (44%) are twice as likely as employed adults (24%) to rate their mental health as *fair or poor*.



MONTHLY MENTAL HEALTH TRACKING

About a third of moms rate their mental health as *fair or poor* (35%), while 39% of dads rate their mental health as *excellent*.

Overall, how would you **rate** your mental health?

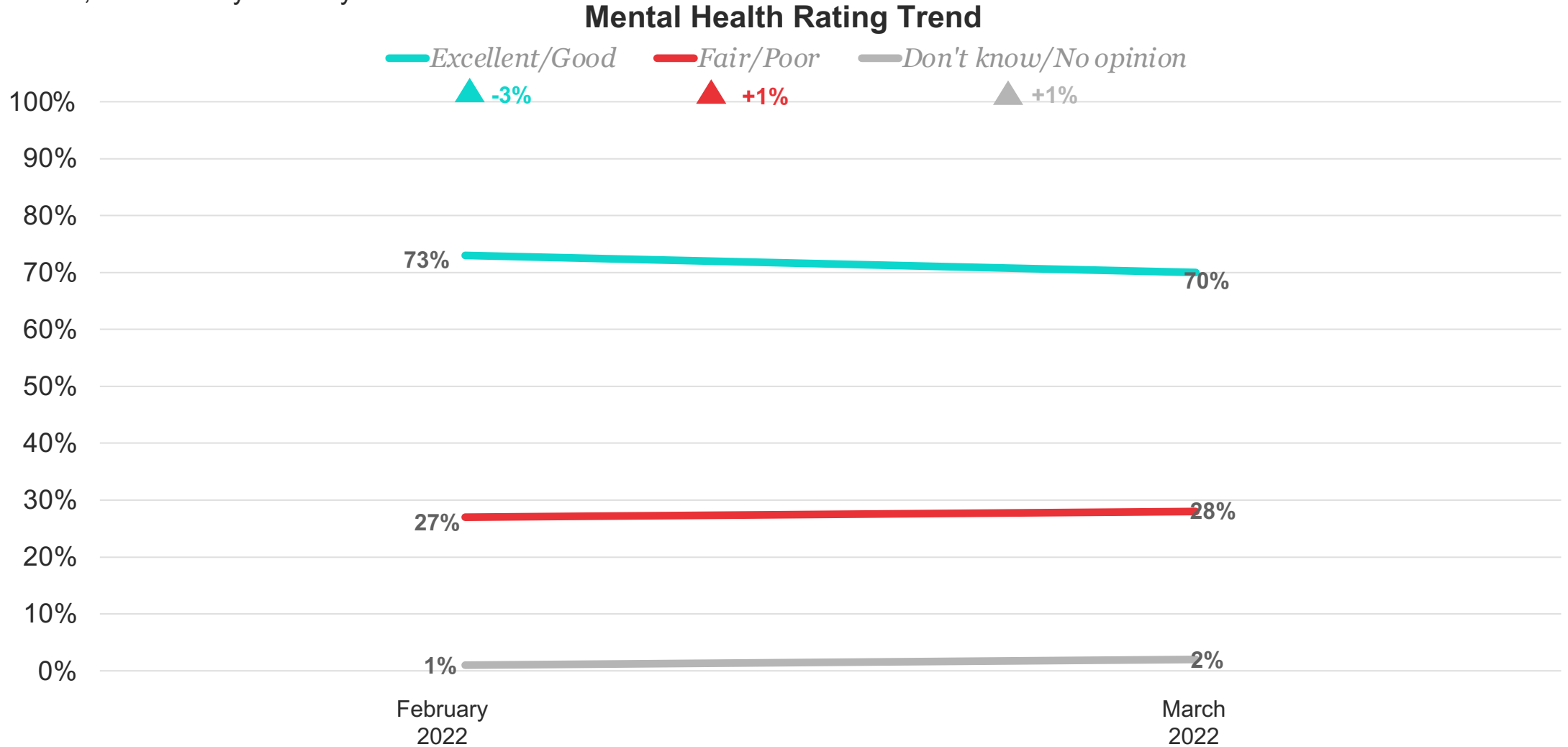




MONTHLY MENTAL HEALTH TRACKING

This month, adults rate their mental health about the same as they did in February.

Overall, how would you **rate** your mental health?



▲ = Change from February 2022 to March 2022

AGENDA

# MONTHLY MENTAL HEALTH TRACKING

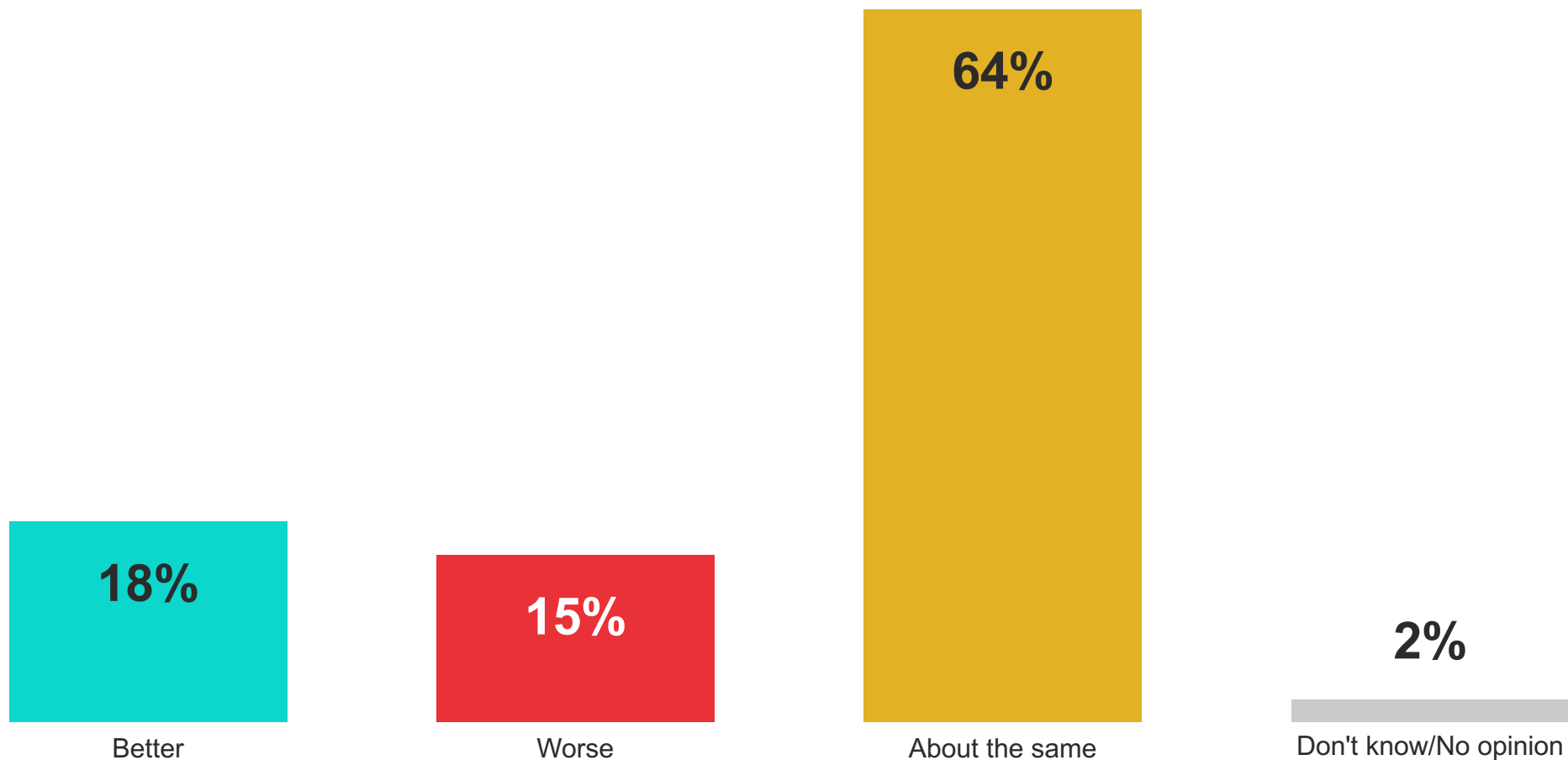
SPRING RE-EMERGENCE AND NEW HABITS



## SPRING RE-EMERGENCE AND NEW HABITS

Two-thirds of adults say their mood is *about the same* (64%) as it was a month ago, where 18% say it is *better* and 15% say it is *worse*.

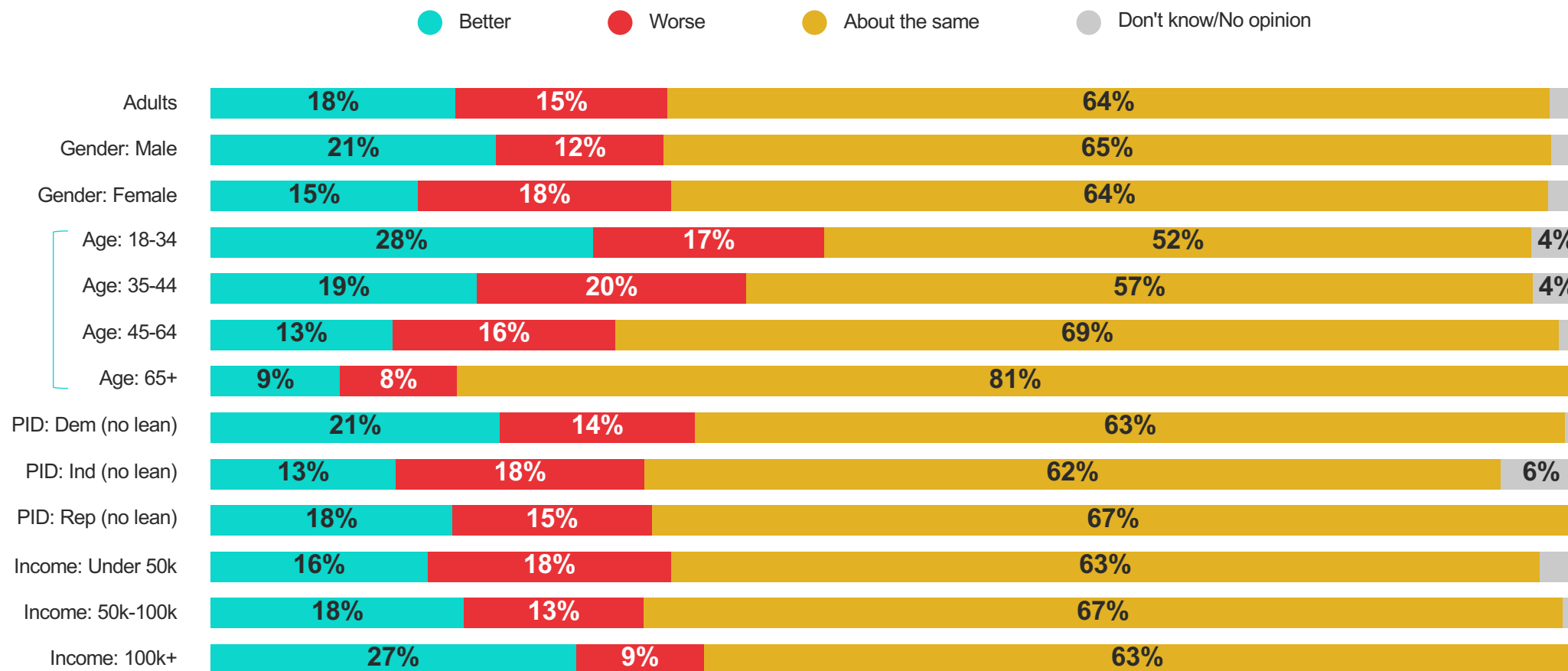
How has your **mood** changed compared to a month ago?



SPRING RE-EMERGENCE AND NEW HABITS

Younger adults are more likely than older adults to say their mood is *better* than it was a month ago, where 81% of adults ages 65+ say their mood is *about the same*.

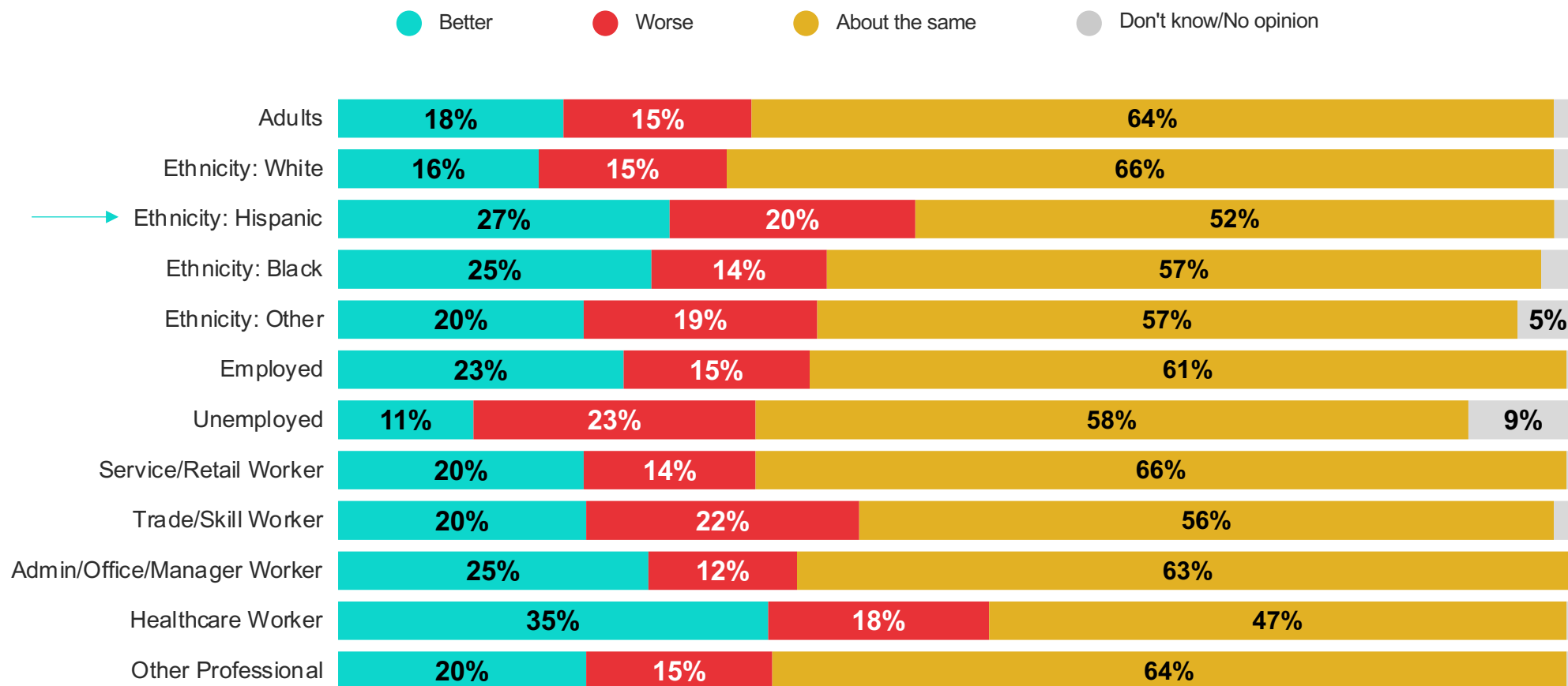
How has your **mood** changed compared to a month ago?



SPRING RE-EMERGENCE AND NEW HABITS

A fifth of Hispanic adults (20%) say their mood has gotten *worse* compared to a month ago, compared to 15% of white adults and 14% of Black adults who say the same.

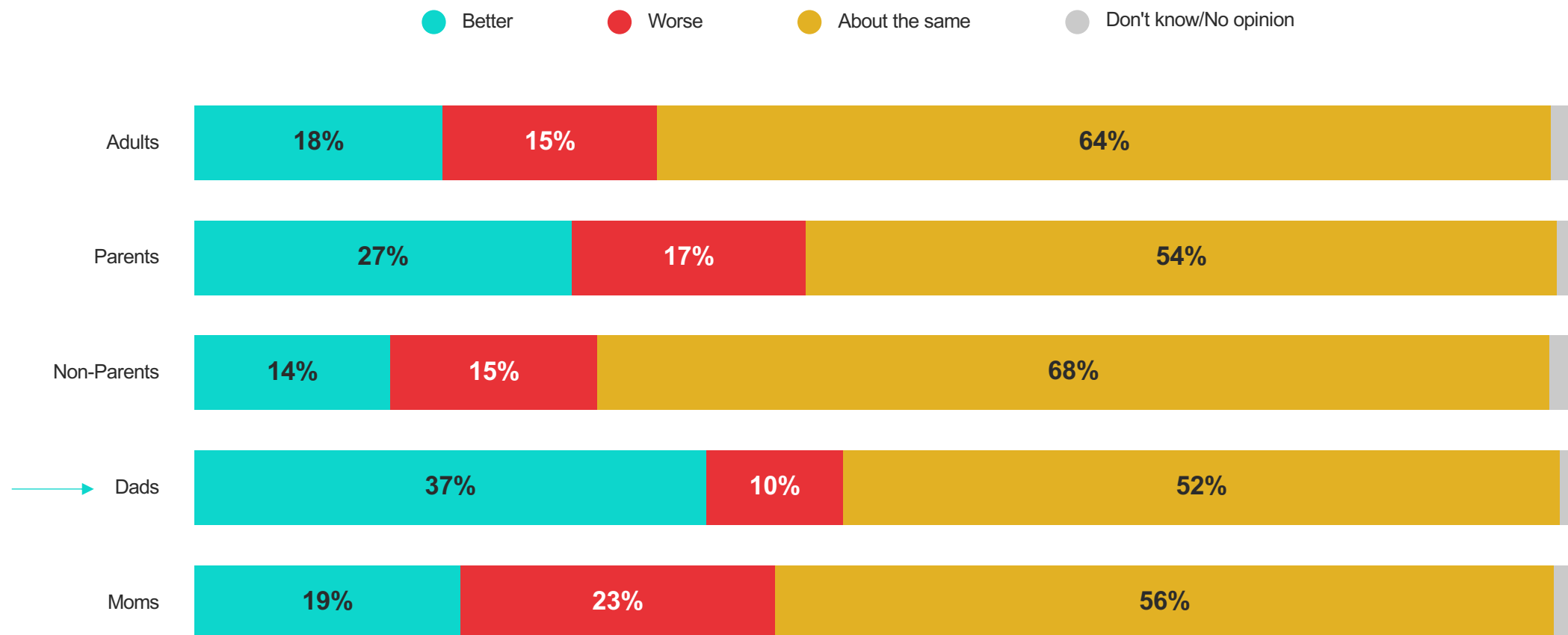
How has your **mood** changed compared to a month ago?



SPRING RE-EMERGENCE AND NEW HABITS

Dads (37%) are almost twice as likely as moms (19%) to say their mood has changed for the *better* in the past month.

How has your **mood** changed compared to a month ago?

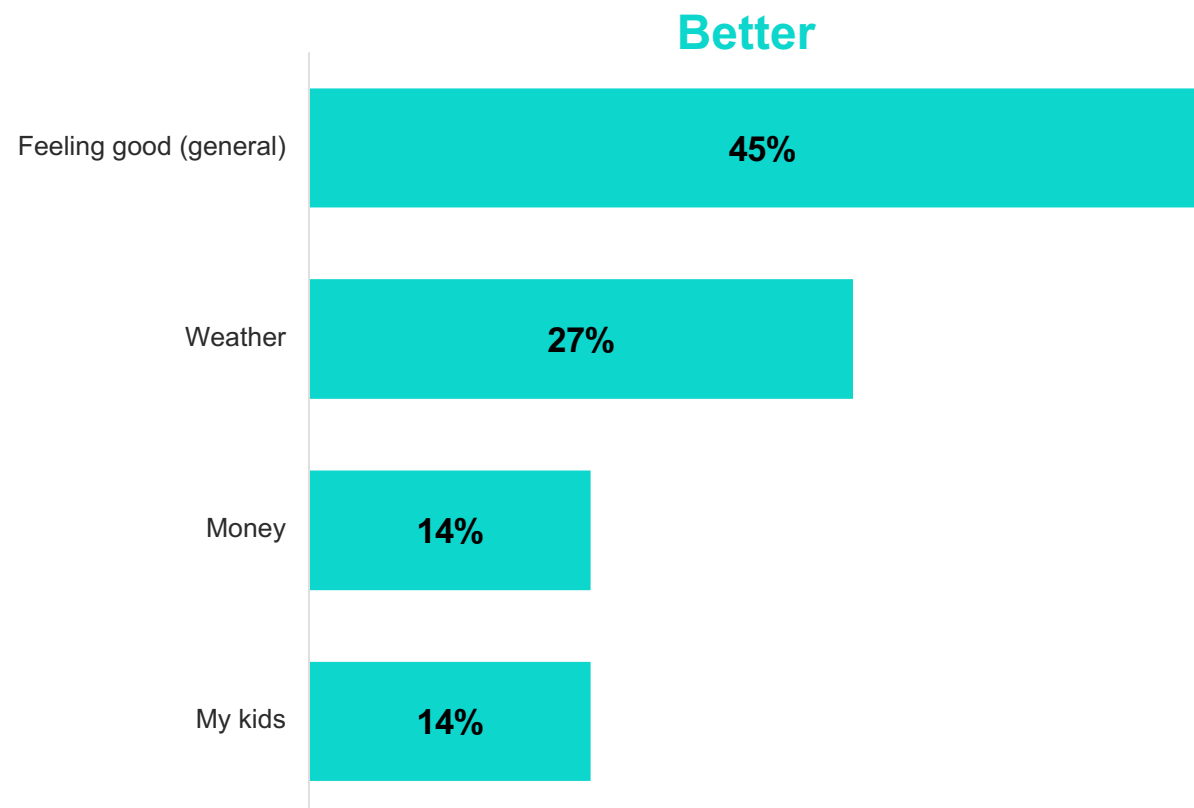


## SPRING RE-EMERGENCE AND NEW HABITS

Adults who report being in a *better* mood this past month attribute this to generally feeling good, the weather, money, or their kids.

In a word or short phrase, what has **most strongly influenced** your mood changing for the better or worse? [OPEN-END]

AMONG THOSE WHOSE MOOD CHANGED FOR THE BETTER [N=450]

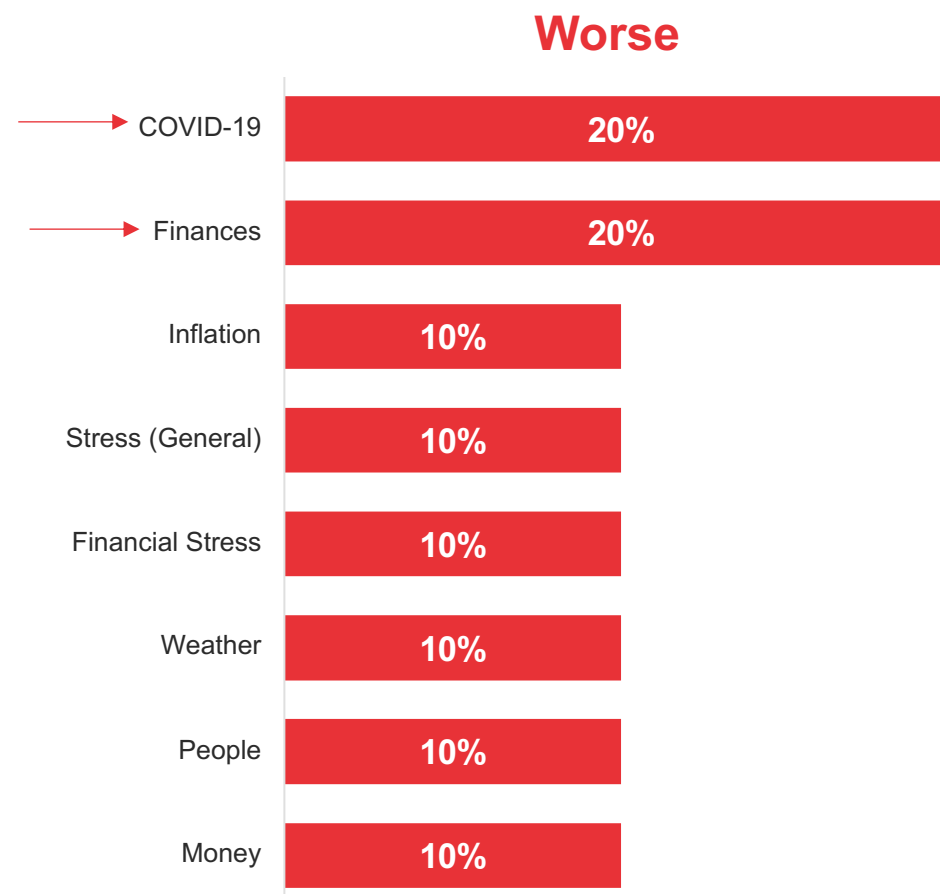


SPRING RE-EMERGENCE AND NEW HABITS

Among those whose mood has been *worse* in the past month, they are most likely to name COVID-19 and their finances as the strongest influencing factors.

In a word or short phrase, what has **most strongly influenced** your mood changing for the better or worse? [OPEN-END]

AMONG THOSE WHOSE MOOD CHANGED FOR THE WORSE [N=375]

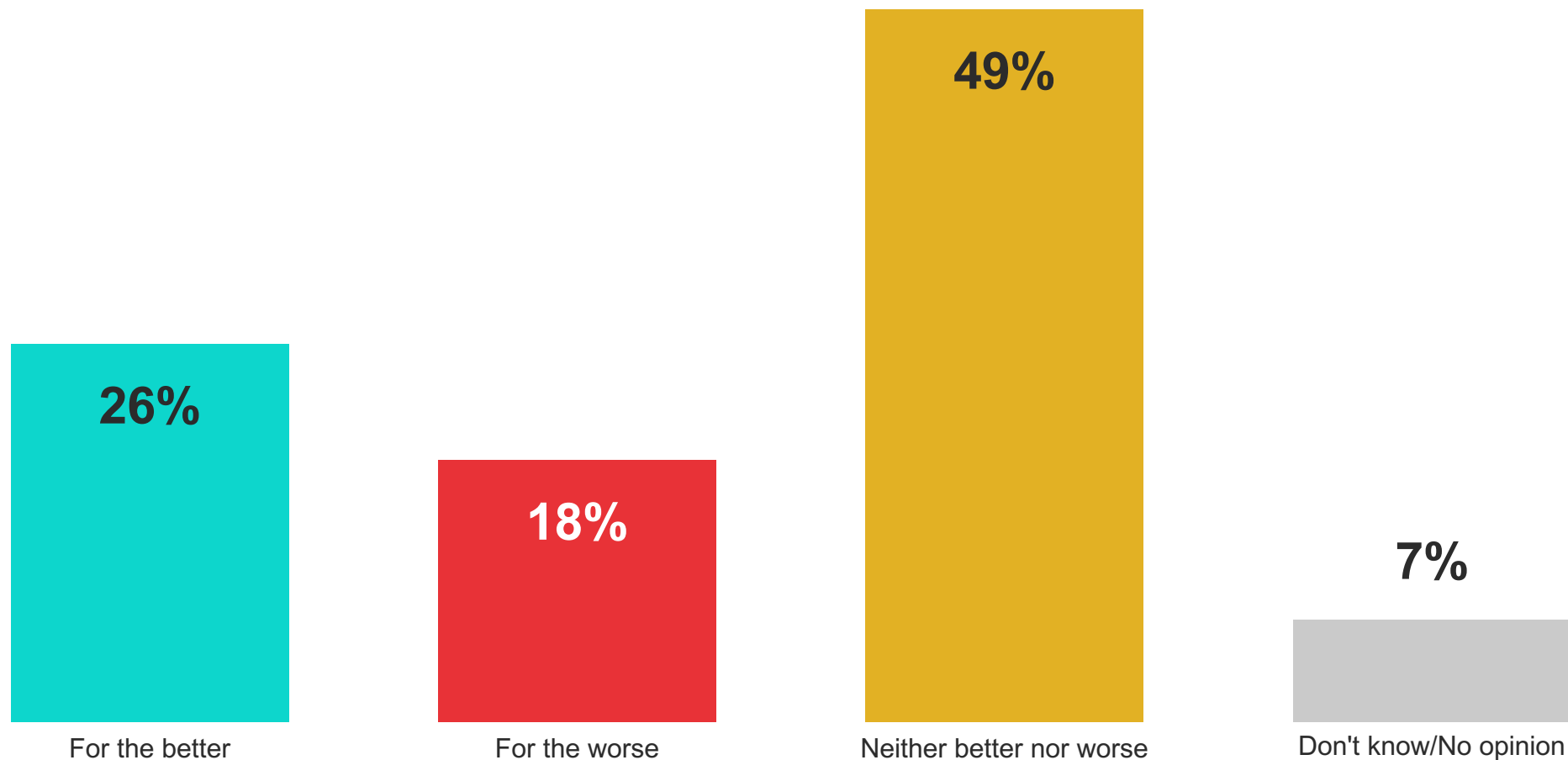




## SPRING RE-EMERGENCE AND NEW HABITS

Half of adults say spending more time at home in the pandemic changed their daily habits for *neither the better nor the worse* (49%), where fewer say their habits changed for the *better* (26%) or *worse* (18%).

Has spending more time at home during the pandemic changed your daily habits for the **better** or **worse**?

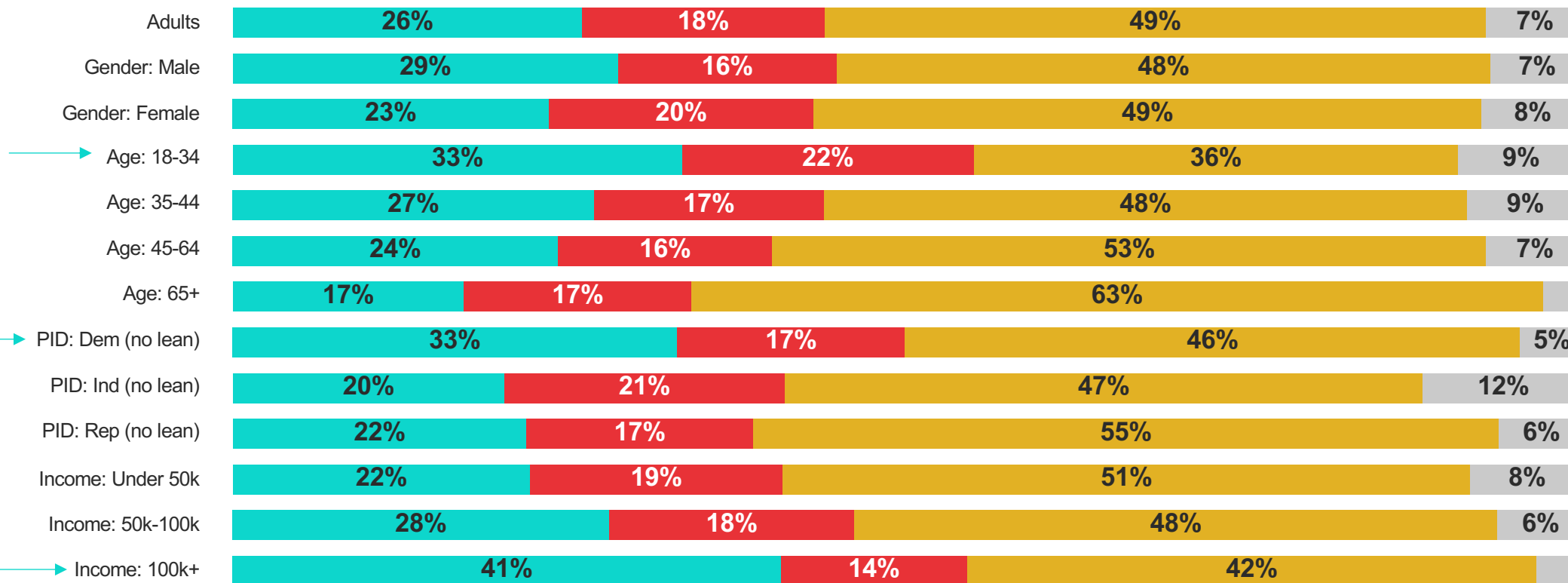


SPRING RE-EMERGENCE AND NEW HABITS

Adults ages 18-34 (33%), Democrats (33%), and high-earners (41%) are most likely to say spending time at home during the pandemic changed their daily habits for the better.

Has spending more time at home during the pandemic changed your daily habits for the **better** or **worse**?

● For the better    
 ● For the worse    
 ● Neither better nor worse    
 ● Don't know/No opinion



Older adults are more likely than younger adults to say spending more time at home during the pandemic changed their habits for *neither the better nor the worse*.

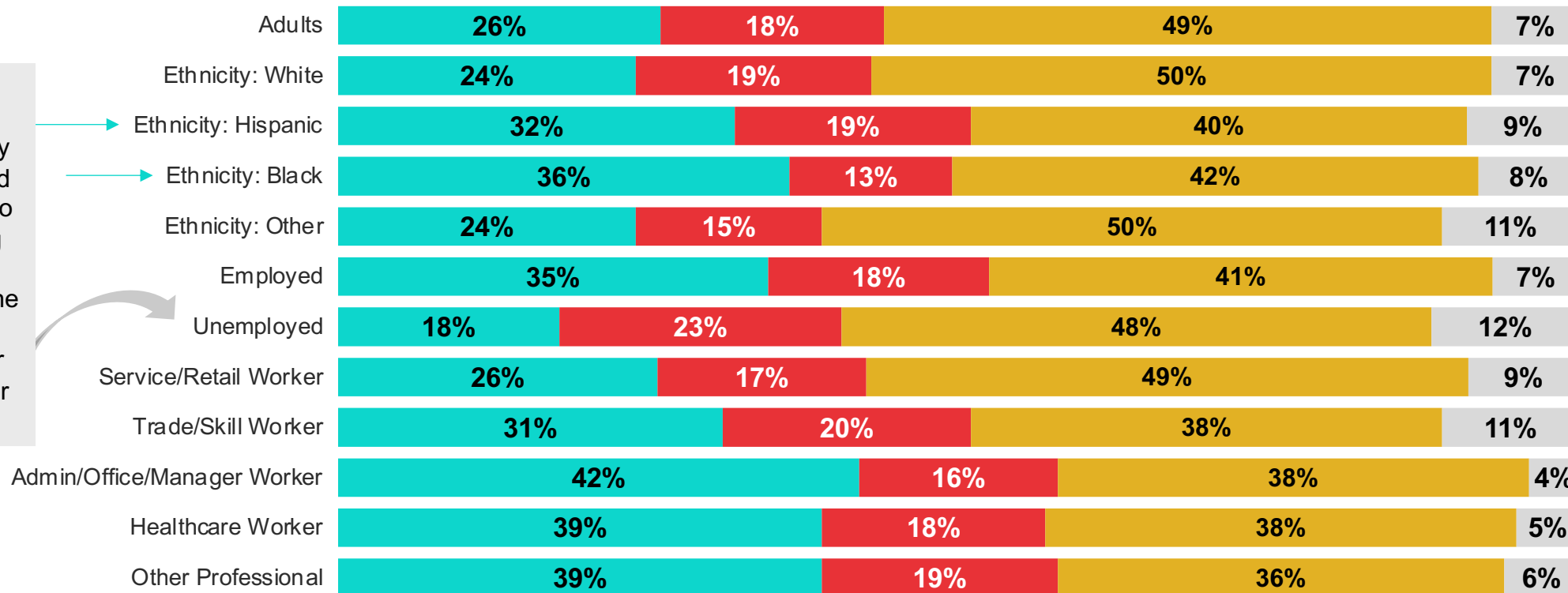
SPRING RE-EMERGENCE AND NEW HABITS

Hispanic adults (32%) and Black adults (36%) are more likely than adults of other ethnicities to say spending more time at home during the pandemic changed their daily habits for the *better*.

Has spending more time at home during the pandemic changed your daily habits for the **better** or **worse**?

● For the better    
 ● For the worse    
 ● Neither better nor worse    
 ● Don't know/No opinion

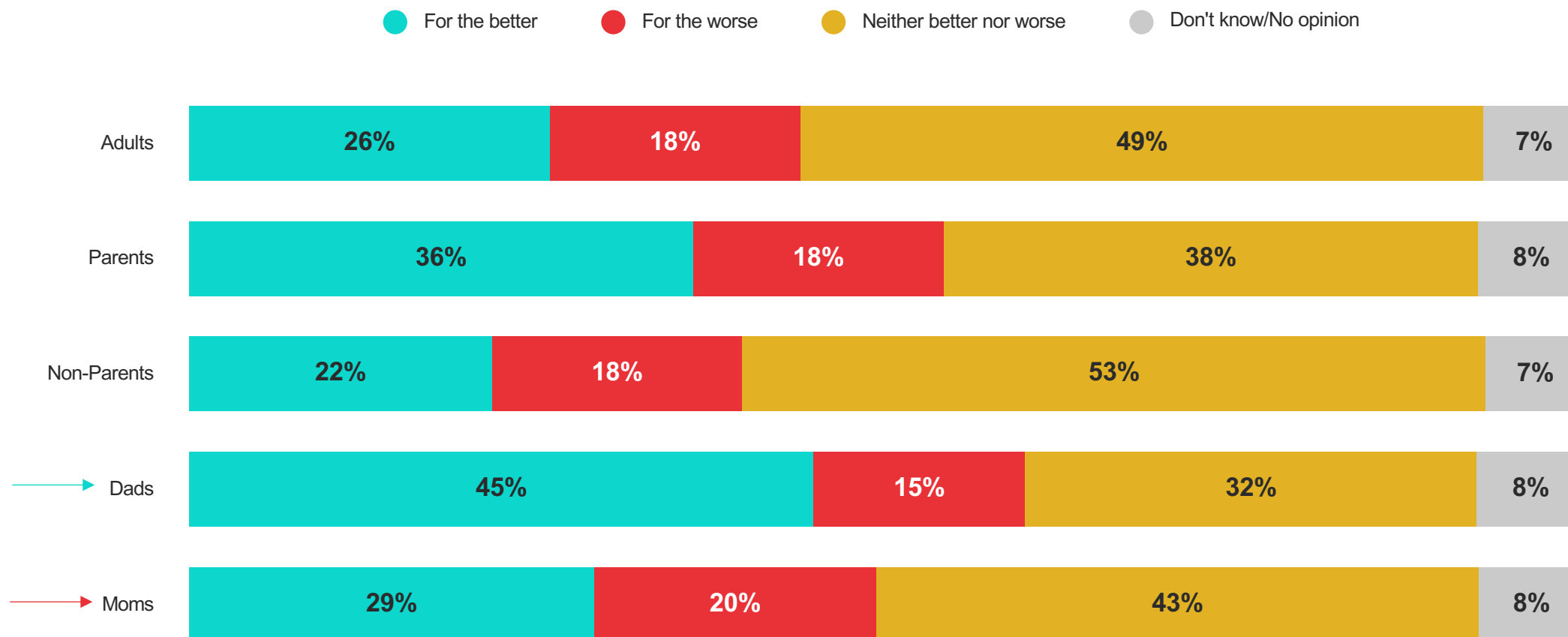
Unemployed adults (23%) are more likely than employed adults (18%) to say spending more time at home during the pandemic changed their daily habits for the *worse*.



SPRING RE-EMERGENCE AND NEW HABITS

More dads (45%) than moms (29%) say spending more time at home during the pandemic changed their daily habits for the *better*, where more moms (20%) than dads (15%) say their habits changed for the *worse*.

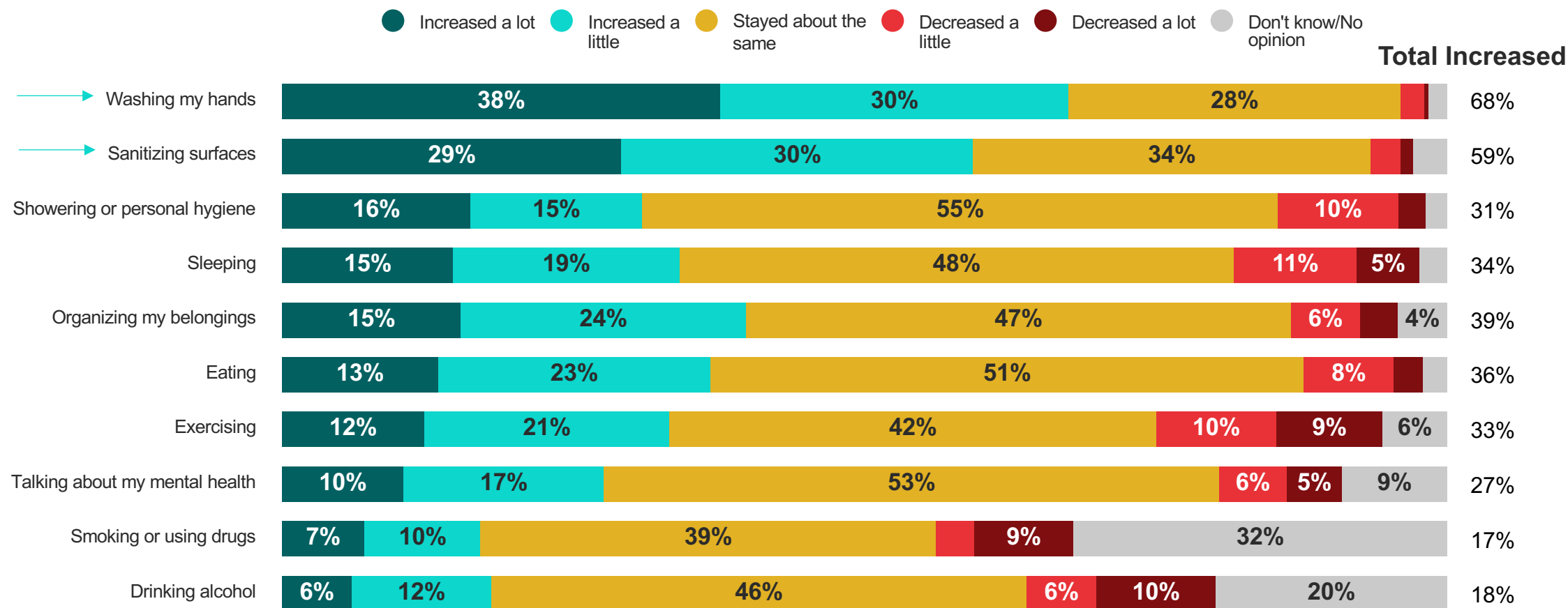
Has spending more time at home during the pandemic changed your daily habits for the **better** or **worse**?



SPRING RE-EMERGENCE AND NEW HABITS

Adults are most likely to say they *increased* the amount they *wash their hands* (68%) and *sanitize surfaces* (59%) as a result of the COVID-19 pandemic.

As a result of the COVID-19 pandemic, has the amount you do each of the following **increased**, **decreased**, or **stayed about the same**?



## SPRING RE-EMERGENCE AND NEW HABITS

Men are more likely than women to say they they have *increased* the amount they *exercise, shower, drink alcohol, and smoke or use drugs* due to the pandemic.

As a result of the COVID-19 pandemic, has the amount you do each of the following **increased, decreased, or stayed about the same?** % **Increased**

% Increased	Adults	Gender: Male	Gender: Female	Age: 18-34	Age: 35-44	Age: 45-64	Age: 65+
Washing my hands	68%	65%	70%	66%	66%	70%	66%
Sanitizing surfaces	59%	56%	62%	58%	58%	63%	56%
Organizing my belongings	39%	36%	43%	46%	45%	38%	31%
Eating	36%	36%	37%	46%	34%	35%	28%
Sleeping	34%	35%	32%	45%	35%	30%	23%
Exercising	33%	39%	28%	40%	30%	32%	27%
Showering or personal hygiene	31%	34%	28%	39%	36%	27%	21%
Talking about my mental health	27%	29%	26%	40%	32%	22%	16%
Drinking alcohol	18%	22%	14%	26%	21%	15%	9%
Smoking or using drugs	17%	20%	14%	28%	22%	13%	5%

## SPRING RE-EMERGENCE AND NEW HABITS

Hispanic adults (36%) and Black adults (33%) are more likely than adults of other ethnicities to say the amount they *talk about their mental health* (36%) has *increased* as a result of the pandemic.

As a result of the COVID-19 pandemic, has the amount you do each of the following **increased, decreased, or stayed about the same?** % **Increased**

% Increased	Adults	Income: Under 50k	Income: 50k-100k	Income: 100k+	Ethnicity: White	Ethnicity: Hispanic	Ethnicity: Black	Ethnicity: Other
Washing my hands	68%	65%	70%	76%	68%	73%	71%	66%
Sanitizing surfaces	59%	57%	62%	69%	58%	62%	65%	56%
Organizing my belongings	39%	38%	40%	51%	39%	44%	45%	41%
Eating	36%	36%	36%	42%	36%	43%	44%	31%
Sleeping	34%	33%	34%	38%	33%	43%	41%	34%
Exercising	33%	29%	37%	49%	32%	44%	40%	37%
Showering or personal hygiene	31%	31%	29%	32%	29%	41%	44%	34%
Talking about my mental health	27%	26%	28%	39%	26%	36%	33%	27%
Drinking alcohol	18%	17%	17%	24%	18%	24%	21%	12%
Smoking or using drugs	17%	18%	15%	16%	17%	25%	23%	12%

A quarter of Hispanic adults have *increased* the amount they *drink alcohol* (24%) and *smoke or use drugs* (25%) as a result of the pandemic.

## SPRING RE-EMERGENCE AND NEW HABITS

Dads are more likely than moms to say they have *increased* the amount they *eat, sleep, exercise, shower, talk about their mental health, drink alcohol, and smoke or use drugs* as a result of the pandemic.

As a result of the COVID-19 pandemic, has the amount you do each of the following **increased, decreased, or stayed about the same?** **% Increased**

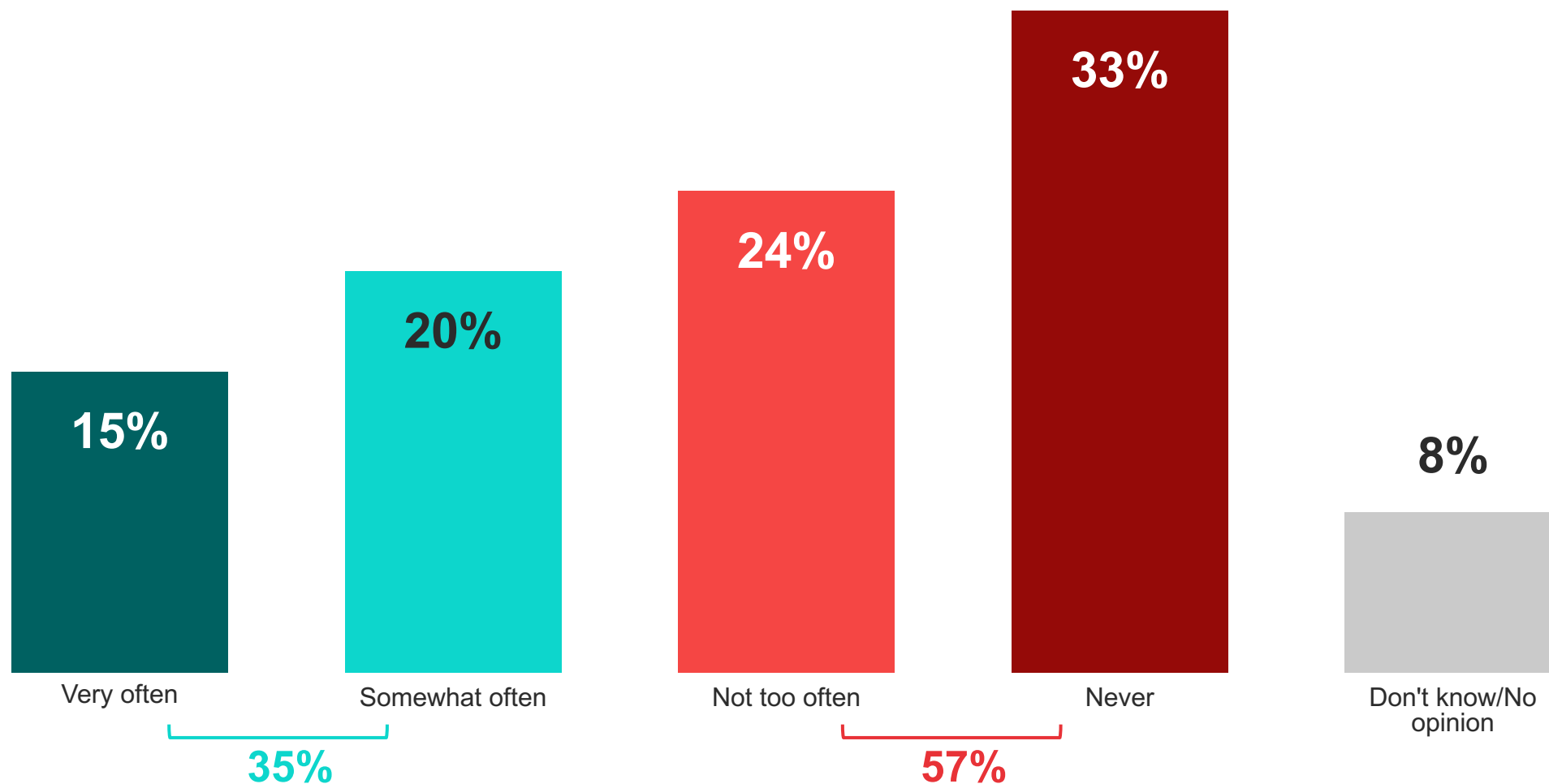
<i>% Increased</i>	Adults	Parents	Not Parents	Dads	Moms
Washing my hands	68%	69%	67%	68%	69%
Sanitizing surfaces	59%	64%	58%	63%	63%
Organizing my belongings	39%	50%	36%	51%	48%
Eating	36%	45%	34%	53%	39%
Sleeping	34%	39%	32%	45%	34%
Exercising	33%	41%	30%	53%	30%
Showering or personal hygiene	31%	41%	27%	48%	35%
Talking about my mental health	27%	40%	23%	47%	34%
Drinking alcohol	18%	27%	14%	38%	19%
Smoking or using drugs	17%	27%	13%	35%	20%



## SPRING RE-EMERGENCE AND NEW HABITS

About a third of adults say they *often* (35%) wonder if their habits might be related to a more significant mental health issue (such as OCD, anxiety, substance use disorder, etc.).

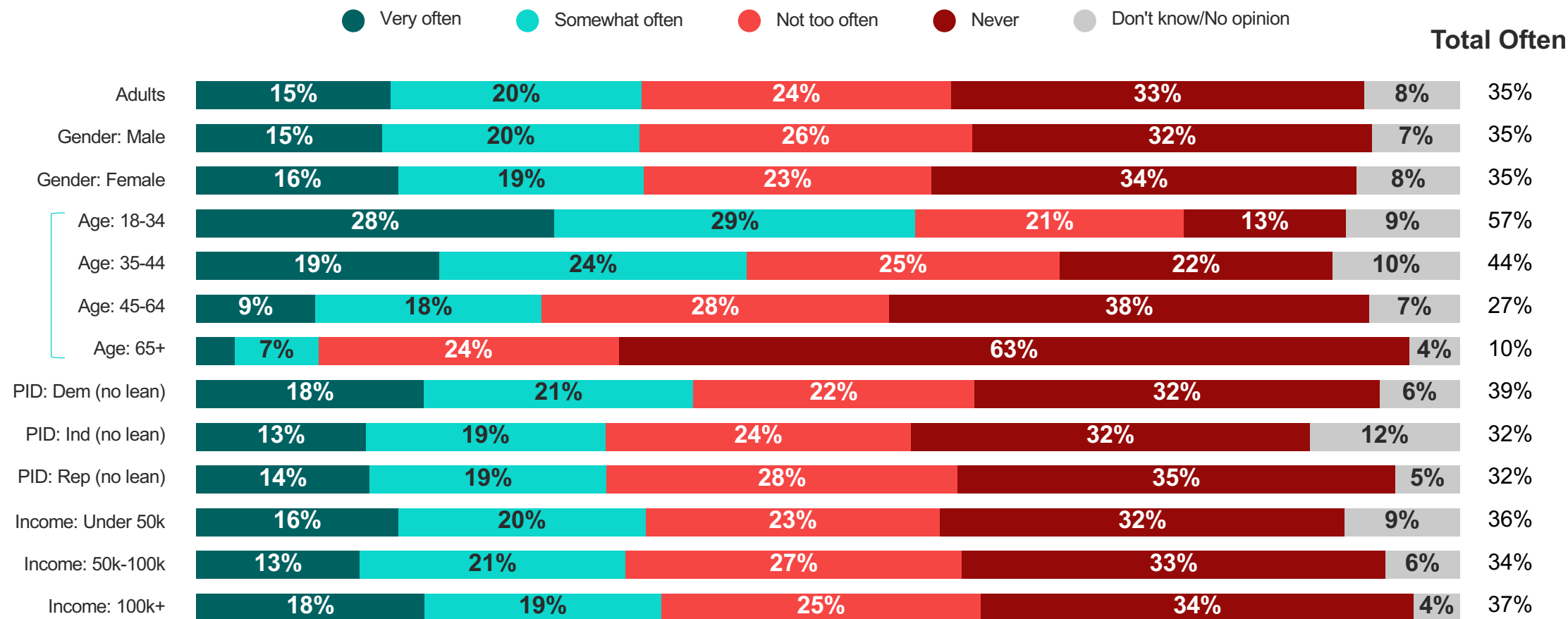
How often, if ever, do you **wonder** if your habits might be related to a more significant mental health issue (such as OCD, anxiety, substance use disorder, etc.)?



SPRING RE-EMERGENCE AND NEW HABITS

Younger adults are more likely than older adults to say they *often* wonder if their habits might be related to a more significant mental health issue, including 28% of adults 18-34 who say they wonder *very often*.

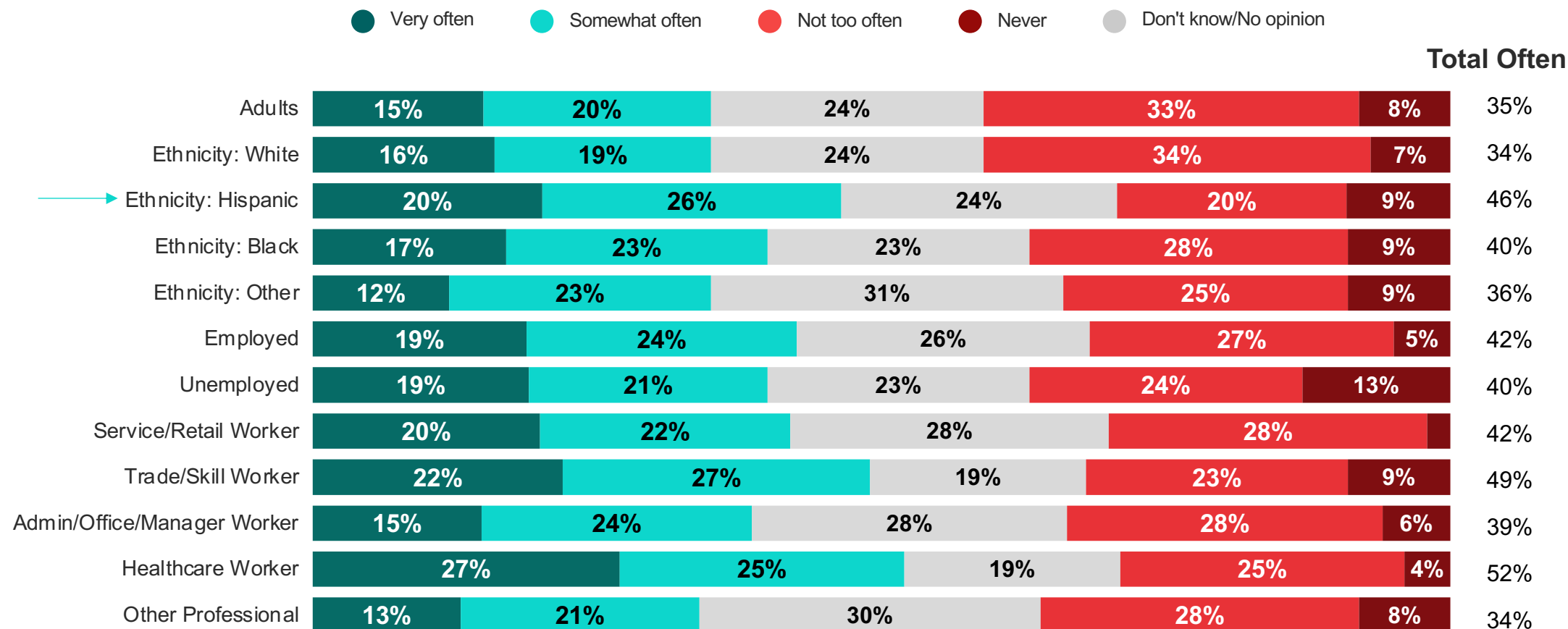
How often, if ever, do you **wonder** if your habits might be related to a more significant mental health issue (such as OCD, anxiety, substance use disorder, etc.)?



SPRING RE-EMERGENCE AND NEW HABITS

Nearly half of Hispanic adults (46%) *often* wonder if their habits might be related to a more significant mental health issue, compared to fewer who are white (34%), Black (40%), or of another ethnicity (36%).

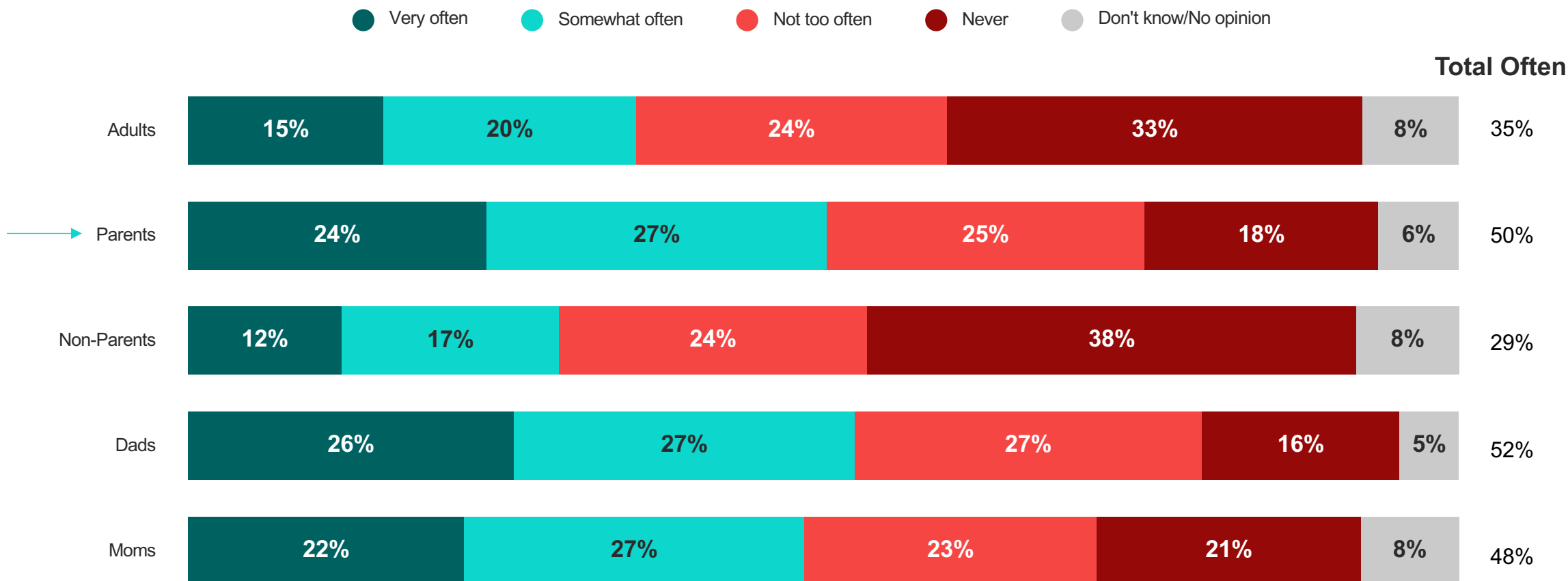
How often, if ever, do you **wonder** if your habits might be related to a more significant mental health issue (such as OCD, anxiety, substance use disorder, etc.)?



SPRING RE-EMERGENCE AND NEW HABITS

Parents (50%) are more likely than non-parents (29%) to say they *often* wonder if their habits might be related to a more significant mental health issue.

How often, if ever, do you **wonder** if your habits might be related to a more significant mental health issue (such as OCD, anxiety, substance use disorder, etc.)?





MORNING CONSULT®