

Stockton Polling Institute
Mental Health Poll Weighted Results
Mar. 20-Apr. 3, 2023

Note: Totals may not add to 100% due to rounding.

Q1 - Which statement best describes your mental health in relation to the COVID-19 pandemic?

#	Answer	%	Count
1	Living through the pandemic improved my mental health	7%	47
2	Living through the pandemic caused a new mental health problem I didn't previously have.	15%	96
3	Living through the pandemic worsened a mental health problem I already had.	15%	100
4	The pandemic had no effect on my mental health.	63%	416
5	Refuse	1%	5
	Total	100%	664

Q1A - Which type of mental health problem(s) did the COVID-19 pandemic cause you to have and/or worsen?

#	Answer	%	Count
1	DEPRESSION	48%	91
2	ANXIETY	64%	123
3	OBSESSIVE-COMPULSIVE DISORDER	8%	16
4	FEAR OF INTERACTING WITH PEOPLE AND/OR LEAVING HOME	20%	39
5	FEAR OF GERMS	14%	26
6	OTHER	14%	27
7	REFUSE	7%	14
	Total	100%	191

OTHER – Text Entry

Loss on top of loss, hardship, stress, sickness, depression all worsened in ways I had previously controlled for years

I have little interest in doing things outside my house other than work. I made my home so convenient, I don't have to leave for entertainment, food, or any products. I do not socialize with people other than online. I ride my motorcycle but not to social events like I use to bc I feel like what's the point. I feel more introvert than ever.

Overall physical health

Not sure, just overall mindset

I started to drink heavily due to COVID anxiety.

I was really afraid of the side effects that COVID could have, as well as the vaccination side effects.

I keep forgetting more and I'm tired.

The Government.

Anger.

PTSD.

Generational mental health issues.

Panic attacks.

All of the above has caused my mental health problem to worsen.

Sense of smell and lack of independence.

I was angry due to the killing of many people by the Republican party!! 325,000 people died as a result of ignoring this. As a result of the problem, I got COVID and in 2020 my husband had wound care due to a fever and stayed there 6 days.

Social anxiety.

I got sick with COVID and then fired. I been out of work since.

Workplace trauma for medical professionals.

Postpartum Depression.

ADHD

PTSD

Stress

Stress

daily reminders of covid, climate change, inflation, war, social injustice impact our mental health

Substance Use Disorder

Stress

ADHD

Military PTSD

Q2 - Did you feel the need to obtain mental health treatment during the COVID-19 pandemic regardless of whether you obtained it or not?

#	Answer	%	Count
1	Yes	21%	138
2	No	79%	526
3	Refuse	0%	0
	Total	100%	664

Q2A - At any point did an anxiety or fear of COVID-19 impact your decision to seek mental health treatment?

#	Answer	%	Count
1	Yes	42%	58
2	No	57%	79
3	Refuse	1%	2
	Total	100%	139

Q2B - Please choose the statement that most accurately describes your experience:

#	Answer	%	Count
1	COVID-19 prevented me from seeking out mental health treatment that I otherwise would have sought out.	41%	24
2	COVID-19 influenced me to seek out mental health treatment that I otherwise would not have sought out.	52%	30
3	Refuse	7%	4
	Total	100%	58

Q3 - Did you receive mental health treatment during the COVID-19 pandemic?

#	Answer	%	Count
1	Yes	16%	106
2	No	84%	556
3	Refuse	0%	1
	Total	100%	663

Q3A - What kind of mental health treatment did you receive during the COVID-19 pandemic? Choose all that apply.

#	Answer	%	Count
1	Counseling or therapy	57%	89
3	Hospitalization	7%	11
2	Prescribed medication	30%	46
5	Refuse	2%	3
4	Some other treatment	4%	7
	Total	100%	155

Some other treatment – Text Entry

both talk therapy and medication

I took the vaccines.

3 days a week even now.

informal through my doctor, health coach, and other professional volunteers and social media speakers on zoom

Substance abuse rehab

Q3B - Did you use telehealth services for mental health treatment during the COVID-19 pandemic?

#	Answer	%	Count
1	Yes	72%	76
2	No	28%	30
3	Refuse	1%	1
	Total	100%	106

Q3C - How would you describe the effectiveness of your telehealth compared to previous in-person medical services?

#	Answer	%	Count
1	Telehealth was better than in-person services	28%	21
2	Telehealth was worse than in-person services	18%	13
3	Telehealth was about the same	42%	32
4	Never received in-person services	12%	9
5	Refuse	0%	0
	Total	100%	76

Q2C - Which of the following best describes why you did not obtain the mental health treatment that you needed? Choose all that apply.

#	Answer	%	Count
1	I was not able to afford it due to no health insurance.	8%	4
2	I was not able to afford it even with health insurance.	11%	6
3	I sought out services, but for whatever reason they were not available to me (e.g. no appointments available, no provider nearby, etc.).	9%	5
4	I did not know how to go about locating or contacting a treatment center	15%	8
5	I was afraid of visiting a treatment center because I did not want to contract and/or spread COVID-19.	25%	13

6	Some other reason	25%	13
7	Refuse	8%	4
	Total	100%	53

Some other reason – Text Entry

I felt ashamed to seek help

I hate people

I was a minor when the pandemic happened, and I was not ready to tell my parents about my mental health just to get help from somewhere else.

I considered it, but not strongly enough to want to do it.

It was due to other perspectives.

I didn't need any treatment.

For the panic attacks I went to the doctor and received medicine.

I just don't like going anywhere with my problems, I like to handle things myself. It seems like all they wanna do is medicate people.

I just didn't want to. I wasn't up to the task of locating a place.

I did not need it.

I felt like I couldn't handle it, going through with finding it.

I was working full time at my job, and I didn't really have the time.

Q4 - If you felt the need to manage stress caused by the COVID-19 pandemic, which of the following methods, if any, did you use? Choose all that apply.

#	Answer	%	Count
1	Prescribed medication or therapy	6%	78
2	Alcohol or recreational drugs	6%	83
3	Exercise	19%	245
4	Watched TV	16%	213
5	Followed the news	8%	102
6	Hobby	10%	132
7	Engaged more with family or friends	20%	266
8	Something else	5%	70
9	None, did not need to manage stress	8%	107
10	Refuse	0%	6
	Total	100%	1302

Something else – Text Entry

Things like playing with kids. shopping at Wawa's I cannot do.

I went to work during the pandemic

Excess Food and books with happy endings

Motorcycle riding and building motorcycle projects

Exercises

Read, meditate

Got outside and explored trails more than I'd ever done due to being stuck in the house working.

Sleeping.

I just worked and kept busy.

In my country I was in the the armed forces, so I spent a lot of time helping my country out.

I worked all the time.

I prayed more.

Journaling.

I wrote in my journal.

Eating more often.

You tube, just scrolling to see what's interesting in finding new things.

I listened to Gospel music.

Prayer and online church worships.

Sports.

Watching less TV.

My I-pad use increased.

My wife and I had more sex.

Praying mostly, I believe in Jesus Christ and All Mighty God.

I did projects with my little ones.

Reading.

I engaged in employment.

Prayer.

Video games.

I was more on the internet.

I worked on my home.

Kept myself busy, either knitting or doing a puzzle.

Cooking

Mainly it was reading the bible.

Looking for other communities online.

Doing research.

Going to church.

I did nothing for it.

Social media.

Crying.

Stayed home.

I was spending time with family. I had to remain outside, due to living conditions though, so no physical contact.

I smoked marijuana.

Work.

Reading.

Eating.

Being outside.

Eating lots of food.

Reading stuff geared toward nonfiction and spirituality.

I became more involved in kids school activities and singalongs from home.

Comfort food.

I watched less news and just stayed by my husband to help him. So you know, my husband was a news junky.

Eating all the time.

Meditation and reading.

I started a business.

Just feeling isolated.

Cooking.

My religious life became much stronger.

My Pastor.

Isolated.

Online Gambling.

Music.

Drawing.

healthy diet, cooking

Bottle everything up

Q5 - Compared to before the pandemic began, did the amount of alcohol and/or recreational drugs you consumed increase, decrease, or remain about the same during the pandemic?

#	Answer	%	Count
1	Increased	19%	128
2	Decreased	7%	45
3	Remained about the same	54%	360
4	Refuse	20%	131
	Total	100%	664

Q5A - Has your consumption since returned to pre-pandemic levels or has it remained elevated to this day?

#	Answer	%	Count
1	Back to previous levels	57%	73
2	Still elevated	40%	52
3	Refuse	3%	3
	Total	100%	128

Q6 - Did you have a change of employment during the COVID-19 pandemic?

#	Answer	%	Count
1	Yes	28%	188
2	No	72%	475
3	Refuse	0%	2
	Total	100%	664

Q6A - Which of the following best describes your change of employment during the COVID-19 pandemic? If multiple responses apply, select the one that occurred earliest during the course of the pandemic.

#	Answer	%	Count
1	I temporarily lost my job.	17%	31
2	I permanently lost my job.	29%	52
3	I retired.	3%	6
4	I started a new career.	25%	45
5	I did not lose my job, but my job changed from an in-person to remote position.	10%	17
6	Some other change	13%	24
7	Refuse	2%	3
	Total	100%	178

Some other change – Text Entry

I worked through COVID the start of pandemic everyday CNA long term care facility lost over 147 patients lost 4 coworkers lost dear residents lost my cousin my best friends sister my godfather and my very best friend my sister at only 49 this coming after losing our mom in 2017 my sister died and employees didn't like me because I'm a CNA [cont'd...]

I started a new job

I lost my job, but I ended up getting a much better one

DNA.

I moved to a new state.

I became a manager.

It was not directly related.

I relocated.

I switched companies.

I quit and applied somewhere else.

None of the above.

I quit and started my own business. Then I ended up back at my old job.

I was pregnant at the start of pandemic, and I was scared to apply for another job because I didn't know how serious it was.

There was a better offer in the same industry.

There wasn't enough work.

I switched companies.

Increased income.

Same job just a different company.

Q6B - How did this change of employment impact your mental health, if at all? Did it make your mental health worse, better, or have no impact?

#	Answer	%	Count
1	Worse	38%	72
2	Better	26%	48
3	No impact	35%	65
4	Refuse	1%	3
	Total	100%	188

Q7 - Which best describes your religious or spiritual life during the COVID-19 pandemic?

#	Answer	%	Count
1	My religious or spiritual practices did not change during the pandemic.	75%	498
2	I began a new religious or spiritual practice during the pandemic that I did not engage in before.	5%	36
3	The pandemic led me to permanently stop religious or spiritual practices.	4%	24
4	The pandemic led me to temporarily stop religious or spiritual practices, but I have since returned to them.	9%	61
5	Refuse	7%	45
	Total	100%	664

Q7A - How did this change of religious or spiritual life impact your mental health, if at all? Did it make your mental health worse, better, or have no impact?

#	Answer	%	Count
1	Worse	23%	27
2	Better	32%	38
3	No impact	45%	54
4	Refuse	1%	1
	Total	100%	121

Q8 - Did the COVID-19 pandemic cause disruptions in any of your pre-existing lifestyle-routines?

#	Answer	%	Count
1	Yes, permanently.	16%	107
2	Yes, temporarily.	49%	327
3	No	34%	226
4	Refuse	1%	5
	Total	100%	664

Q8A - From the following list, select the one or two pre-existing lifestyles routines that were most disrupted by COVID-19.

#	Answer	%	Count
1	Exercise	24%	105
2	Diet	15%	66
3	Social life	70%	307
4	Sleep	14%	62
5	Hobby	11%	50

6	Child-rearing	13%	55
7	Something else	18%	78
8	Refuse	2%	9
	Total	100%	440

Something else – Text Entry

Working financial stability and self-sufficiency lack of community support because of prejudice and workplace harassment in the worst way for being a whistle blower and for have a degree for making them do the job they signed up for

Work

In person church was not possible.

Planned travel, amount of income — I had to cut expenses

Overall, it made things harder.

Work.

Care giving.

Transportation became a hassle.

Friends.

Church activities.

Work because of the hours and stress.

Work life.

There were changes in my job.

Work was the only thing really disrupted.

I was going out on walks.

Work life.

Being able to watch movies.

Church life, because I couldn't go to church because they shut down the building.

Isolation and stuck more in a reserved condition.

I lost my small business.

Traveling

My husband died from Covid.

Going to work.

My wife was in Virginia.

I don't know.

School.

Just my social life being disrupted.

My father passed away.

Shopping.

School.

We couldn't come down to the rental property in Cape May. It disrupted my business.

Laid off from job.

School.

The change to online school was most disruptive.

My job was disrupted.

Eating.

Work.

College.

College.

Traveling.

I stopped going out to eat.

Vacation and eating out.

Seeing family and the ability to travel.

Just work.

Feels like it affected her career.

Going out to eat.

I couldn't be a basketball coach.

My church's services.

I gained weight through the pandemic.

Church.

Stopped going to temple.

Shortages of everything, not being able to buy things.

Working from home.

Work mode.

Family visits.

My husband died.

School.

My work routine.

Wearing a mask disrupted going places.

Taking vacations.

School.

Traveling.

Employment.

Socializing.

I don't remember anything else being disrupted really.

Going to church.

Family life and children visiting.

Nothing else.

Class.

Attending school.

Seeing family.

Working in the education field.

driving to work, having co-workers, coffee talk, lunch, social engagement

physical therapy

We moved

Stopped Regularly Leaving My House

Q8B - Overall, how did these lifestyle changes impact your mental health?

#	Answer	%	Count
1	They made my mental health better.	6%	24
2	They made my mental health worse.	32%	138
3	They did not impact my mental health.	32%	137
4	Some changes made it better and some made it worse.	30%	129
5	Refuse	2%	7
	Total	100%	434

Q9 - Did the COVID-19 pandemic cause you to start a new lifestyle-routine or activity?

#	Answer	%	Count
1	Yes, permanently.	19%	129
2	Yes, temporarily.	19%	126
3	No	61%	406
4	Refuse	0%	2
	Total	100%	663

Q9A - From the following list, select the most important one or two new lifestyle routines or activities that you began during the pandemic.

#	Answer	%	Count
1	Exercise	44%	115
2	Diet	20%	53
3	Social life	29%	77
4	Sleep	23%	60
5	Hobby	31%	81
6	Child-rearing	9%	23
7	Something else	20%	52
8	Refuse	5%	13
	Total	100%	262

Something else – Text Entry

Trading selling walking and causing my health to get worse

More free time but less money for fun

Work has changed the most. I used to go to an area close by the hardware store to adventure and see if anyone needed help in exchange for pay.

Reading.

My taste buds were messed up.

Nothing else.

My whole life changed I was married 33 years, My life with my husband was everything.

Drinking.

Watching TV excessively.

Sitting at home.

Video games.

Praying.

I began to practice the magical arts.

Started a business.

Cooking.

Using hand sanitizers lot more.

Started a business.

Caring for a pet.

Meditation.

Watching more movies on television.

Therapy.

Nothing.

Organizing home more often.

Praying more.

Lifestyle changes to lose weight, but not exercise.

I did outside activities.

Family time.

Being more careful with my health.

Nothing much.

Working at home.

Reading and knitting.

Hybrid work.

Spending too much time watching TV and on my phone for social media.

Sex.

Watched more TV.

I moved during the pandemic.

Psych ward.

Reading.

Traveling.

Trying to find work.

We picked up voting.

Nothing else.

I began praying and reading the bible more. Also, being more social.

I won't touch anything and staying healthy.

Work.

I moved states.

Reading.

lowered expectations, survival mode is now a de facto lifestyle

Stopped Leaving My House Regularly

Q9B - Overall, how did these changes impact your mental health?

#	Answer	%	Count
1	They made my mental health better.	39%	98
2	They made my mental health worse.	17%	44
3	They did not impact my mental health.	21%	53
4	Some changes made it better and some made it worse.	21%	54
5	Refuse	2%	6
	Total	100%	255

Q10 - Which most closely describes you? Are you:

#	Answer	%	Count
1	Mostly introverted	17%	113
2	Mostly extroverted	20%	135
3	Equally introverted and extroverted depending on the situation	56%	372
4	Refuse	6%	43
	Total	100%	662

DEMOGRAPHICS:

PHONE_TYPE - Phone type:

#	Answer	%	Count
1	Landline	10%	63
2	Cell	90%	600
	Total	100%	663

AGE - Are you:

#	Answer	%	Count
1	18-29	19%	127
2	30-49	33%	216
3	50-64	25%	166
4	65 or older	22%	147
5	Refuse	1%	9
	Total	100%	664

D1 - Which of the following best describes your race:

#	Answer	%	Count
1	White	54%	360
2	Black or African American	15%	100
3	Asian or Pacific Islander	7%	46
4	Mixed-race	4%	27
5	Refuse	4%	25
6	Hispanic	16%	107
	Total	100%	664

D1_6_TEXT - Other (please specify)

Other (please specify) – Text Entry

Puerto Rican native American muskie Indian and dutch

Hispanic

Latino

Hispanic

Hispanic

D2 - What's the highest level of education you have completed?

#	Answer	%	Count
1	Less than high school	9%	60
2	High school or vo-tech	26%	174
3	Some college or associate's degree	22%	143
4	A four year college degree	24%	162
5	Graduate degree	16%	110
6	Refuse	2%	15
	Total	100%	664

D3 - Which of the following categories fit your household income last year before taxes:

#	Answer	%	Count
1	Less than \$25,000	14%	94
2	\$25,000 to \$50,000	15%	100
3	\$50,000 to \$100,000	23%	151
4	\$100,000 to \$150,000	11%	76
5	More than \$150,000	16%	107
6	Refuse	21%	137
	Total	100%	664

D4 - Do you identify as a:

#	Answer	%	Count
1	Democrat	29%	196
2	Republican	17%	110
3	Independent	26%	175
4	Something else	14%	92

5	Refuse	14%	93
	Total	100%	664

D5 - What is your gender?

#	Answer	%	Count
1	Man	48%	320
2	Woman	50%	334
3	Identify another way	1%	7
4	Refuse	1%	3
	Total	100%	664

D6 - What is your current employment status?

#	Answer	%	Count
1	Full-time	41%	271
2	Part-time	10%	68
3	Unemployed	11%	70
4	Self-employed	8%	55
5	Student	6%	40
6	Other	22%	143
7	Refuse	2%	16
	Total	100%	663

D7 - At the beginning of the COVID-19 pandemic, did you have any children that were 18 years old or younger that lived with you?

#	Answer	%	Count
1	Yes, 7 days per week	30%	196
2	Yes, less than 7 days per week	2%	13
3	No	67%	445
4	Refuse	1%	10
	Total	100%	664

D8 - At the beginning of the COVID-19 pandemic, which of the following describes your marital status?

#	Answer	%	Count
1	Not married but in a long-term relationship	14%	93
2	Single and not in a long-term relationship	30%	201
3	Married	41%	274
4	Divorced	6%	39

5	Widowed	5%	36
6	Refuse	3%	21
	Total	100%	664

D9 - Lastly, at the beginning of the COVID-19 pandemic, how many other people lived with you in your house (not including yourself)?

#	Answer	%	Count
1	0	13%	84
2	1	24%	159
3	2	19%	125
4	3	20%	134
5	4	11%	76
6	5	4%	26
7	6 or more	5%	30
8	Refuse	4%	29
	Total	100%	663

Methodology

The poll of New Jersey adult residents was conducted by the Stockton Polling Institute of the William J. Hughes Center for Public Policy from March 20-April 3, 2023. Stockton University students texted cell phones with invitations to take the survey online and Opinion Services supplemented the dialing portion of the fieldwork, which consisted of cell and landline telephone calls. Overall, 90% of interviews were conducted on cell phones and 10% on landline phones. In terms of mode, 83% were reached via dialing and 17% were reached via text-to-web. A total of 663 New Jersey adult residents were interviewed. Both cell and landline samples consisted of random digit dialing (RDD) sample from MSG. Data are weighted based on U.S. Census Bureau ACS 2021 data for New Jersey on variables of age, race, education level, and sex. The poll's margin of error is +/- 3.8 percentage points at a 95% confidence level. MOE is higher for subsets.