

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

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

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

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

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

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

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

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

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

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.