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| **Name** | **Start** | **End** | **Duration** | **Time Since Last** | **Unemployment** | **GDP decline** | **Basic Notes** |
| COVID 19 | Feb 2020 | April 2020 | 2 months | 128 months | 14.7% | −19.2% | The outbreak of COVID-19 in November 2019 forced countries to institute travel restrictions and quarantines, closing many businesses. The initial outbreak expanded into the global pandemic in March 2020. |
| GFC | Dec 2007 | June 2009 | 18 months | 73 months | 10.0% | −5.1% | The subprime mortgage crisis led to the collapse of the United States housing bubble. Falling housing-related assets contributed to a global financial crisis, even as oil and food prices soared. |
| Dot Com  (9-11 attack) | Mar 2001 | Nov 2001 | 8 months | 120 months | 6.3% | −0.3% | The 1990s were the longest period of economic growth in American history up to that point. The collapse of the speculative dot-com bubble, a fall in business outlays and investments, and the September 11th attacks, brought the decade of growth to an end. |
| Early 1990s | July 1990 | Mar 1991 | 8 months | 92 months | 7.8% | −1.4% | Inflation began to increase and the Federal Reserve responded by raising interest rates from 1986 to 1989. This weakened but did not stop growth, but some combination of the subsequent 1990 oil price shock, the debt accumulation of the 1980s, and growing consumer pessimism combined with the weakened economy to produce a brief recession. |
| Early 1980s  Part 1 | July 1981 | Nov 1982 | 16 months | 12 months | 10.8% | −2.7% | The Iranian Revolution sharply increased the price of oil around the world in 1979, causing the 1979 energy crisis. This was caused by the new regime in power in Iran, which exported oil at inconsistent intervals and at a lower volume, forcing prices up. Tight monetary policy in the United States to control inflation led to another recession. |
| Early 1980s  Part 2 | Jan 1980 | July 1980 | 6 months | 58 months | 7.8% | −2.2% | The NBER considers a very short recession to have occurred in 1980, followed by a short period of growth and then a deep recession. Unemployment remained relatively elevated in between recessions. The recession began as the Federal Reserve, under Paul Volcker, raised interest rates dramatically to fight the inflation of the 1970s. |