Anxiety and Depression Parameters for Tabulating Mental Illness During Covid

Based on the Generalized Anxiety Disorder (GAD-2) survey scale and the Patient Health

Questionnaire (PHQ-2) for depression, scores of three or greater, meaning anxiety or

depression symptoms more than half the days or every day in the last 7 days determined

the presence of anxiety or depression in the survey population.

Questions such as “Over the last 7 days, how often have you been bothered by: feeling nervous, anxious or on the edge….” were used to ascertain anxiety. For depression: questions like: “Over the last 7 days how often have you had little interest or pleasure in doing things?

In each case, anxiety or depression, the respondents were asked how many days their symptoms persisted, and specifically for more than half the days or all of the days.

“Data for Phase 1 was collected from April 23 - July 1, 2020. Data for Phase 2 was collected from August 19 - October 26, 2020. Data collection for Phase 3 was collected from October 28, 2020 to March 29, 2021; with a break in collection from December 22, 2020 - January 5, 2021. Data for Phase 3.1 was collected from April 14 - July 5, 2021. Data collection for Phase 3.2 began on July 21, 2021.”

“For comparison, during January to June 2019, 11.0% of adults had symptoms of anxiety and/or depressive disorder, based on data from the [2019 National Health Interview Survey](https://www.cdc.gov/nchs/covid19/pulse/mental-health.htm).”\*

\*Anxiety and Depression, cdc.gov Household Pulse Survey US Census Bureau

Actual data for this github project was derived from KFF.org/other/state-indicator/

Adults-reporting-symptoms-of-anxiety-or-depressive-disorder-during covid-19-pandemic;

Time frame of last data 9/15-27/2021

Table culled from about every three months data from columns with the following headings: “location”, “adults reporting symptoms of anxiety disorder”, adults reporting

depressive disorder”, and adults reporting symptoms of anxiety or depressive disorder. The data from each 3 month interval was stored in a an excel spread sheet and later coded for graphic analysis.