

ANXIETY AND DEPRESSION AMONG DIFFERENT RACES WITH CHRONIC CONDITIONS IN THE US PRIOR TO AND DURING COVID-19

By: Jake Blalock

Research Question

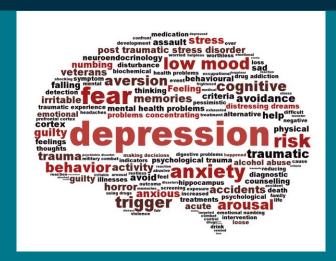
Did different racial/ethnic groups with chronic conditions in the United States experience anxiety and depression differently during the COVID-19 pandemic, compared to pre-COVID?

Background

There is no doubt that COVID affected many peoples' lives drastically. There is plenty of research that illustrates how COVID affected people's anxiety and depression levels. However, research is lacking when it comes to those who suffer from chronic diseases. People who suffer from chronic diseases not only might have been at higher risk for adverse COVID outcomes but were also those who may have lost access to certain medical care.

Materials and Methods

- Health Information National Trends Survey 5 Cycle 4
- N= 37,222,019
- Anxiety and depression assessed using PHQ and compared between the two periods
- Multivariable logistic regression analysis was conducted to adjust for variables



Non-Hispanic Whites were more likely to experience anxiety and depression during the pandemic compared to before the pandemic. Interestingly people of color with chronic conditions showed no significant increase in odds for anxiety or depression.

- Anxiety AOR= 0.59, 95% CI: 0.26-1.34, p=0.201
- Depression AOR= 0.77, 95% CI: 0.39-1.52, p=0.447

Results

- Non-Hispanic Whites (NHW) reported higher rates of anxiety and depression during COVID-19.
- Anxiety rates were 24.3% compared to 11.5% pre-COVID-19
- Depression rates were 20.7% compared to 9.3% pre-COVID-19
- Adjusted odds ratios showed NHWs with chronic conditions during COVID-19 had:
 - 2.02 times higher odds of anxiety (95% CI: 1.10-3.73, p=0.025).
 - 2.33 times higher odds of depression (95% CI: 1.17-4.65, p= 0.018), compared to pre-COVID-19 NHWs.

Future Directions

- Dive deeper into the societal and historical factors contributing to the observed differences between non-Hispanic Black communities vs. non-Hispanic White communities.
- Investigating how societal narratives, media representations, and access to healthcare resources impact mental health perceptions and help seeking behaviors within these communities