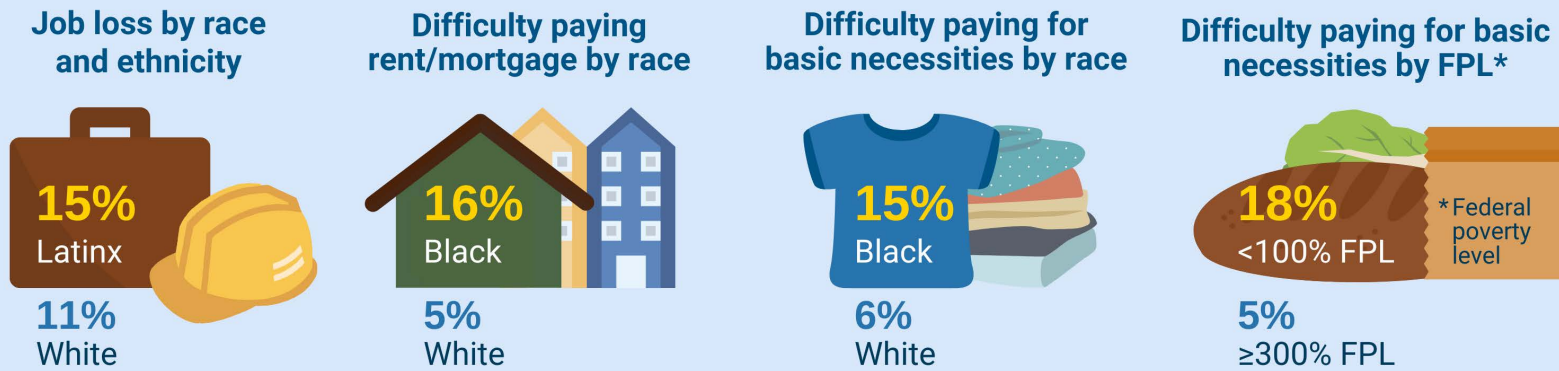


Increased Risk of Poor Mental Health and Severe Mental Health-Related Impairment Among California Adults Impacted by COVID-19

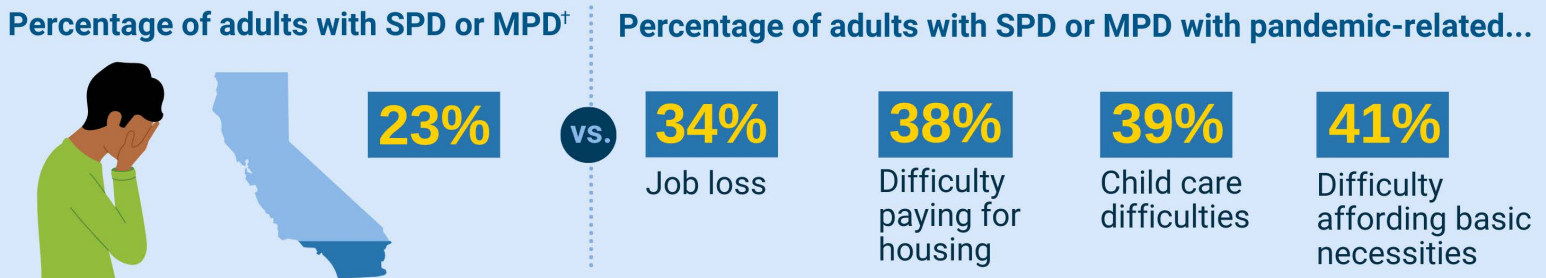
Economic losses from the COVID-19 lockdown made it harder for many Californians to afford housing and basic necessities or obtain child care. This increased the risk of poor mental health and ability to function, according to a UCLA Center for Health Policy Research study.

COVID-19 Economic Disruption

Percentage of adults with pandemic-related economic disruption in 2020 (highest and lowest shown):



Effect of COVID-Related Economic Stressors on Mental Health and Functioning



[†]SPD = Severe Psychological Distress, MPD = Moderate Psychological Distress

Adults with SPD or MPD with COVID-19-related child care disruption had an additional risk of functional impairment compared to all adults with SPD or MPD[‡]

Adults with SPD or MPD	Personal relationship impairment	Household chore impairment	Social life impairment	Work/school impairment
All	34%	34%	42%	30%
vs.				
With COVID-related child care difficulties	55%	55%	53%	42%

[‡]The study measured additional risk of SPD or MPD based on 3 stressors: difficulty with child care, difficulty paying for housing, and difficulty paying for basic necessities. Only child care data are shown.

