# Appendix Table 4: % report depression and anxiety symptoms prior to and during COVID-19 pandemic, by age group and item

| Timing of assessments | Age groups | Age groups | Age groups |
|-----------------------|-----------|------------|------------|
|                       | 18-29y    | 30-39y     | ≥55y       | 18-29y    | 30-39y     | ≥55y       | 18-29y    | 30-39y     | ≥55y       |
|                       | [1]       | [2]        | [3]        | [4]       | [1]        | [2]        | [3]        | [4]       | [1]        |
| **A. Trouble Concentrate** | 14.4      | 9.7        | 9.4        | 6.1       | 37.5       | 27.2       | 24.8       | 17.7      | 18.3       |
|                       | [12.4 - 16.3] | [8.24 - 11.2] | [7.97 - 10.8] | [4.92 - 7.28] | [34.8 - 40.2] | [24.8 - 29.6] | [22.5 - 27.1] | [15.6 - 19.7] | [16.2 - 20.4] | [9.93 - 13.3] | [9.77 - 12.9] | [8.66 - 11.8] |
| **B. Anxious**        | 83.7      | 77.6       | 67.5       | 55.9      | 85.9       | 80.2       | 68.1       | 57.9      | 63.4       |
|                       | [81.7 - 85.7] | [75.1 - 80.0] | [65.1 - 69.8] | [52.6 - 59.2] | [84.0 - 87.7] | [77.8 - 82.5] | [65.7 - 70.4] | [54.6 - 61.2] | [60.8 - 65.9] | [52.6 - 58.4] | [45.7 - 50.7] | [32.4 - 38.7] |
| **C. Little Interest**| 69.3      | 67.8       | 58.1       | 49.8      | 52.9       | 43.3       | 40.2       | 45.1      | 43.9       |
|                       | [66.6 - 72.1] | [65.0 - 70.7] | [55.3 - 60.8] | [46.3 - 53.3] | [45.1 - 51.6] | [49.6 - 56.3] | [40.0 - 46.6] | [36.4 - 44.1] | [41.7 - 48.4] | [40.5 - 47.2] | [33.9 - 39.8] | [21.8 - 28.8] |
| **D. Sleep Problems** | 0.000     | 0.000      | 0.000      | 0.000     | 0.000      | 0.000      | 0.000      | 0.000     | 0.000      |
|                       | 481%      | 697%       | 617%       | 816%      | 129%       | 195%       | 175%       | 227%      | 246%       |
|                       | [35.5 - 38.2] | [30.6 - 33.1] | [29.8 - 34.6] | [27.8 - 32.7] | [17.9 - 22.3] | [11.3 - 15.0] | [11.4 - 14.9] | [10.1 - 13.5] | [29.8 - 34.9] | [27.2 - 32.3] | [25.8 - 30.5] | [15.6 - 19.6] |
| **E. Depressed**      | 70.3      | 70.6       | 70.4       | 64.9      | 61.1       | 50.9       | 46.8       | 39.6      | 62.1       |
|                       | [67.9 - 72.7] | [67.0 - 73.2] | [68.1 - 72.7] | [61.7 - 68.1] | [58.5 - 63.7] | [47.9 - 53.8] | [44.3 - 49.3] | [36.3 - 42.8] | [59.5 - 64.6] | [61.9 - 67.5] | [55.9 - 60.8] | [36.9 - 43.4] |
| **F. Irritable/Angry**| 34.8      | 40         | 38.2       | 34.7      | 41         | 37.7       | 33.6       | 27.8      | 29.7       |
|                       | [31.2 - 38.4] | [36.3 - 43.7] | [34.9 - 41.5] | [30.7 - 38.7] | [37.6 - 44.4] | [34.3 - 41.1] | [30.6 - 36.7] | [24.1 - 31.5] | [26.1 - 33.4] | [31.2 - 38.7] | [26.9 - 33.6] | [18.7 - 26.4] |
| **G. Low Energy**     | 0.000     | 0.000      | 0.000      | 0.000     | 0.000      | 0.000      | 0.000      | 0.000     | 0.000      |
|                       | 98%       | 131%       | 119%       | 115%      | 204%       | 286%       | 257%       | 236%      | 92%        |
|                       | [49.5 - 52.2] | [46.7 - 48.9] | [37.0 - 42.1] | [28.6 - 33.5] | [18.8 - 23.4] | [11.9 - 15.6] | [12.5 - 15.9] | [9.20 - 12.2] | [17.9 - 22.4] | [10.7 - 14.3] | [11.3 - 14.8] | [7.10 - 10.1] |
| **H. Appetite Problems** | 78.9      | 69.1       | 59.1       | 43.7      | 40.5       | 21.5       | 18.2       | 13.1      | 29.3       |
|                       | [76.9 - 81.1] | [66.4 - 71.8] | [56.7 - 61.6] | [40.4 - 47.0] | [37.9 - 43.1] | [19.1 - 23.9] | [16.3 - 20.2] | [10.9 - 15.3] | [26.8 - 31.7] | [18.8 - 23.5] | [13.9 - 17.6] | [10.00 - 14.3] |
| **I. Feel Bad About Self** | 29.4      | 23.0       | 19.6       | 12.6      | 19.4       | 7.8        | 4.1        | 2.4       | 9.1        |
|                       | [25.9 - 32.9] | [19.1 - 26.8] | [16.0 - 23.1] | [8.50 - 16.7] | [16.0 - 22.9] | [4.73 - 10.8] | [1.49 - 6.63] | [-3.28 - 5.08] | [5.78 - 12.4] | [5.61 - 11.6] | [0.14 - 5.19] | [0.95 - 6.18] |
| **p-value**           | 0.000     | 0.000      | 0.000      | 0.000     | 0.000      | 0.000      | 0.000      | 0.000     | 0.000      |
|                       | 0.05%     | 50%        | 49%        | 41%       | 92%        | 57%        | 28%        | 22%       | 45%        |
|                       | [98 - 102] | [50 - 52] | [49 - 51] | [41 - 43] | [92 - 94] | [57 - 59] | [28 - 30] | [22 - 24] | [45 - 47] |

Notes: Pre-pandemic data from National Health Interview Survey, 2019. Sample restricted to workers age 18-69y. Reweighted to match pandemic sample. Sample assessed during pandemic from ROUSE, Oct/Nov 2020. Sample is workers age 19-70y employed by Duke University. Age groups based on 2019 age. Means and confidence intervals [in parentheses] adjusted for age; confidence intervals and p-values robust to heteroskedasticity. Critical p-value for 0.05 size of test that takes into account multiple testing for all symptoms in each age group is 0.025.