

Tennessee Poll: Mental Health Results

Tennessee Department of Mental Health and Substance Abuse Services
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APPLIED SOCIAL
RESEARCH LAB

EAST TENNESSEE STATE UNIVERSITY

Tennessee Poll Overview

- Conducted by the Applied Social Research Lab (ASRL) in the Department of Sociology and Anthropology at East Tennessee State University.
 - The mission of The Tennessee Poll is to provide the citizens and governance of Tennessee with neutral, unbiased information on Tennesseans' perceptions of issues that impact their health, education, and quality of life.
 - The project has been internally funded to date
 - There exists the possibility of outside researchers or organizations being given the option to purchase space for questions on future polls.
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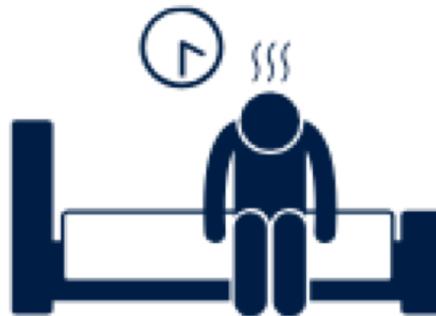
Tennessee Poll Methodology

- Uses random digit dialing (RDD) to ensure that all Tennesseans are represented.
 - Phone numbers were drawn from a dual frame RDD sample of cell phone and landline numbers.
- It is important to note that this particular Tennessee Poll (poll #5) was fielded during the time of the COVID-19 pandemic.
 - Conducted from April 22-May 1
- The final sample includes a total of 618 completed interviews, 188 completed by landline (30.4% percent) and 430 completed by cell phone (69.6% percent).
- The final data are weighted by age, education, gender, and race to adjust for differential response rates in order to assure that the data are as representative of the state's actual adult population as closely as possible.
- The margin of error for a sample of 618 is +/- 3.9 percentage points at the 95% confidence level for the entire sample.
 - Any subpopulation analysis entails a greater margin of error.

MENTAL HEALTH INDICATORS FOR THE WEEK PRIOR TO THE TENNESSEE POLL



53.5% of Tennesseans reported nervous, anxious, or on edge in the seven days prior to taking the survey.



50.4% of Tennesseans reported having trouble sleeping in the seven days prior to taking the survey.

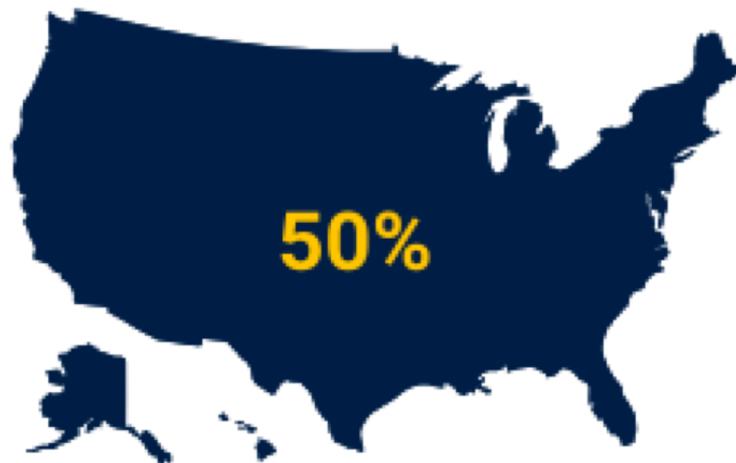


43.4% of Tennesseans reported feeling depressed in the seven days prior to taking the survey.



42.8% of Tennesseans reported feeling lonely in the seven days prior to taking the survey.

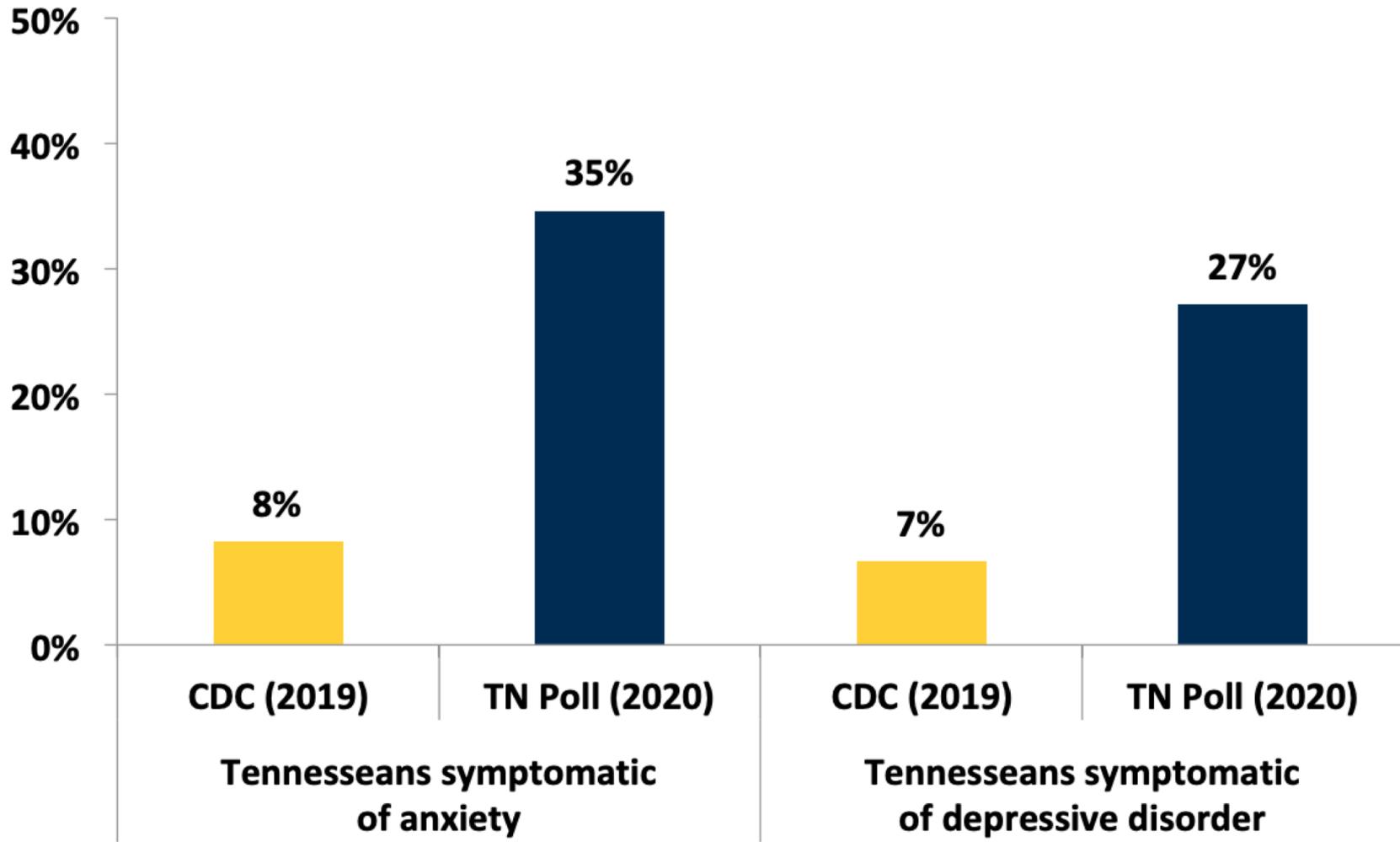
TENNESSEANS ARE HOPEFUL ABOUT THE FUTURE



In a national survey conducted by the Pew, 50% of respondents nationally felt hopeful about the future occasionally or most of the time.



In the 2020 Tennessee Poll conducted by ETSU, 65% of Tennesseans felt hopeful about the future occasionally or most of the time.



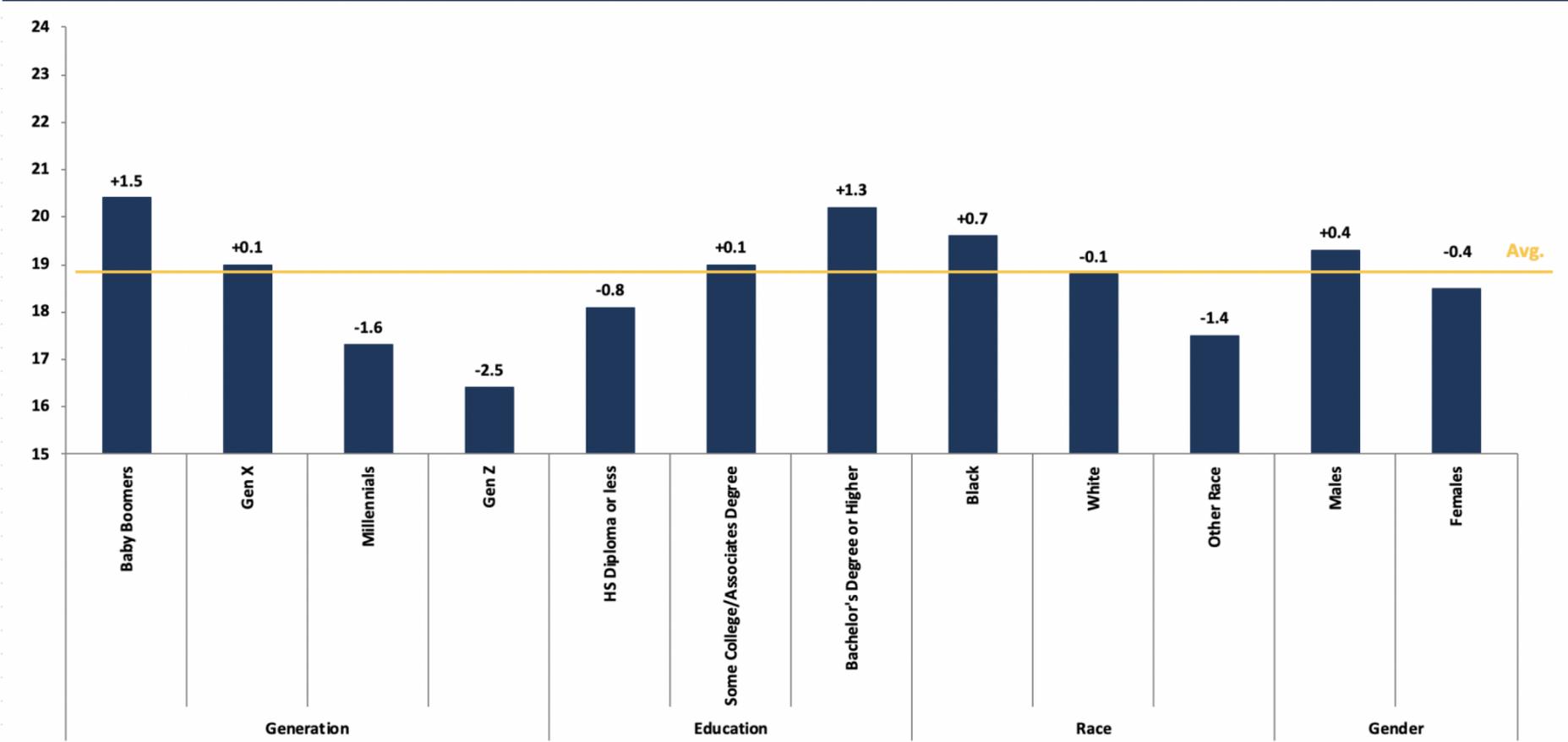
Hopeful about Future

- It is possible, however, that many respondents felt these emotions were temporary as 44.2% expressed that they felt hopeful about the future most or all of the time.
 - An additional 20.5% felt hopeful occasionally or a moderate amount of time and an additional 17.9% felt hopeful some or a little of the time.
 - In all, 65% of Tennesseans felt hopeful about the future occasionally or most of the time
 - Pew found this level of optimism in 50% of national respondents, indicating Tennesseans are perhaps more hopeful about the future than the national average.
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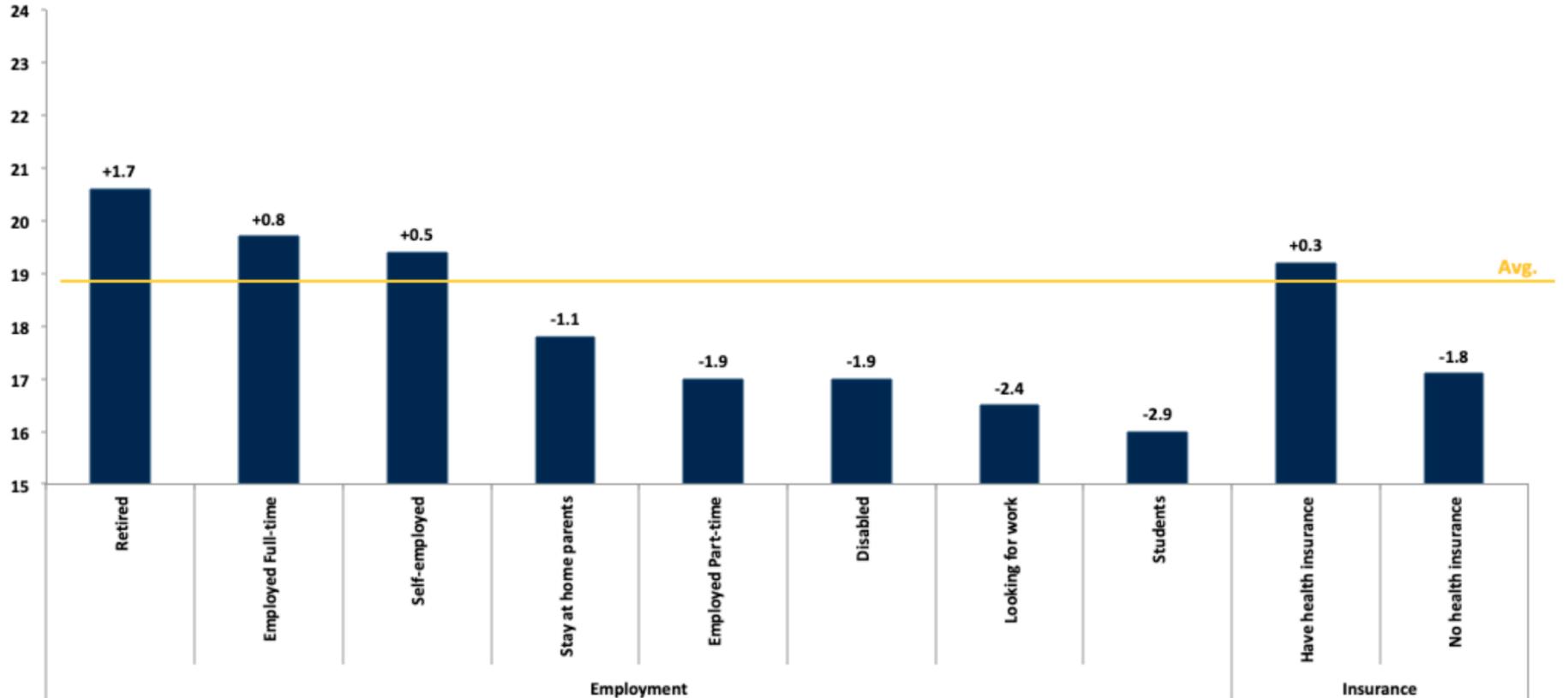
Mental Health Score

- Composite score: 1) trouble sleeping, (2) felt nervous, anxious, or on edge, (3) felt depressed, (4) feeling lonely, (5) experienced physical reactions, and (6) a reverse score of feeling hopeful about the future.
 - The average respondent had a mental health score of 18.9 out of 24, where a higher score indicated greater mental health.
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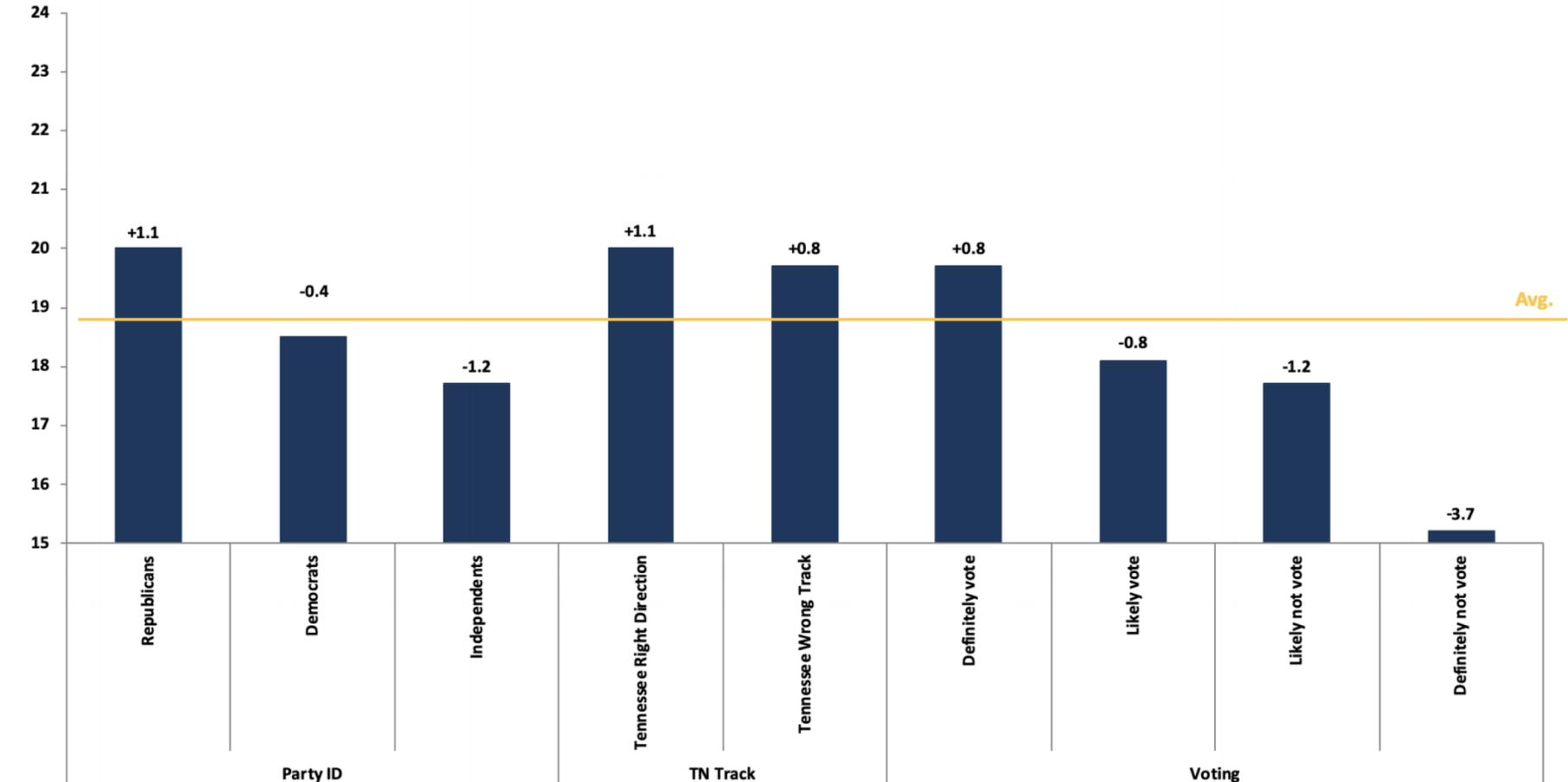
Mental Health by Demographics



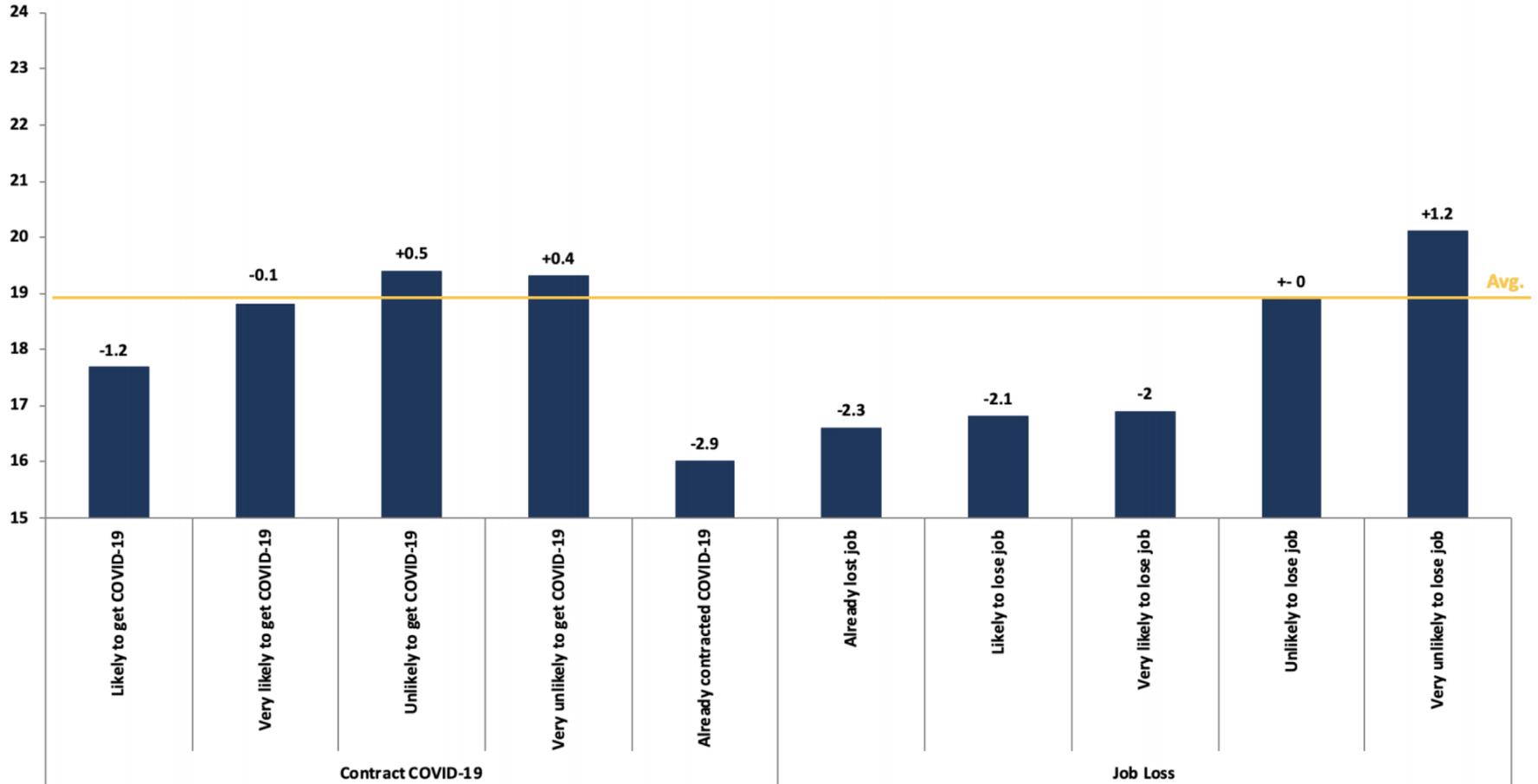
Mental Health by Employment



Mental Health and Politics



Mental Health and COVID-19



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