

# Patients with Depression and Anxiety Surge as Psychologists Respond to the Coronavirus Pandemic

In a survey conducted in September 2020,<sup>1</sup> most psychologists reported seeing more patients in the treatment areas of anxiety (74%) and depression (60%) since the COVID-19 pandemic began. Psychologists also reported significant increases in patients being treated for trauma and stressor-related disorders and sleep-wake disorders.

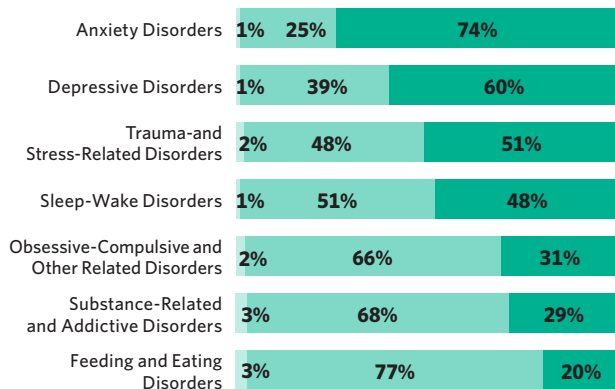
More than a third (37%) of U.S. psychologists reported having more patient referrals and 44% reported having fewer no-shows and cancellations. Compared to before the pandemic, 29% of psychologists were seeing more patients overall, 43% were seeing the same number of patients, and 28% were seeing fewer patients.

While most psychologists reported no changes in the number of patients within particular racial/ethnic groups, some reported increases. For example, 11% of psychologists reported seeing more African American/Black patients and 9% reported seeing more Asian patients. By age group, 29% of psychologists reported seeing more adult patients (ages 18-64) while 30% of psychologists reported seeing fewer children (under 13).

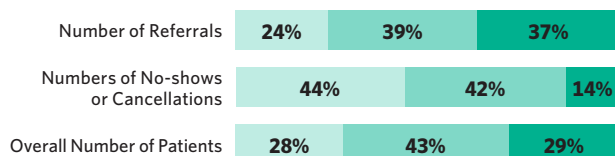
## CORONAVIRUS PANDEMIC IMPACT ON PATIENT CHARACTERISTICS

Fewer Same Number More

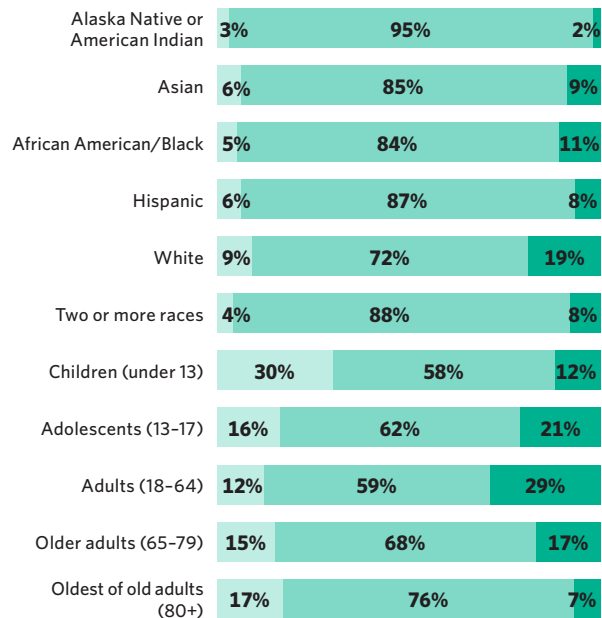
### Has the number of patients in the following treatment areas changed since the pandemic began?



### Has the number patients, referrals, and no-shows changed since the pandemic began?



### Has the number of patients in the following demographic categories changed since the pandemic began?



<sup>1</sup> Results were from the American Psychological Association's COVID-19 Telehealth Practitioner Survey. The survey was distributed to a geographically representative sample of U.S. psychologists including both APA Members and non-Members. The survey was fielded from Aug. 28 - Oct. 5, 2020. A total of 1,787 psychologists responded to the survey. This is a non-probability sample, and as such it is not possible to calculate confidence intervals or margins of error.

Recommended Citation: American Psychological Association. (2020). Patients with Depression and Anxiety Surge as Psychologists Respond to the Coronavirus Pandemic. <http://www.apa.org/workforce/publications/depression-anxiety-coronavirus.pdf>