

Appendix Table 1: multivariable regression model of probable generalized anxiety disorder (GAD) and post-traumatic distress symptoms (PTSS) in adults 18 years and older in the U.S. by demographic characteristics and concern for COVID-19.

	Probable GAD		PTSS	
	Odds ratio (95% CI)	P-value	Odds ratio (95% CI)	P-value
Gender				
Male	ref		ref	
Female	1.6 (1.0-2.6)	0.048	1.6 (1.1-2.6)	0.014
Age				
18-39 y	ref		ref	
40-59 y	1.5 (0.3-0.9)	0.012	1.0 (0.7-1.5)	0.949
≥60 y	0.4 (0.2-0.9)	0.028	0.5 (0.3-1.0)	0.028
Race				
Non-Hispanic White	ref		ref	
Non-Hispanic Black	0.6 (0.2-1.5)	0.267	0.5 (0.3-1.0)	0.054
Hispanic	0.7 (0.4-1.2)	0.208	1.0 (0.6-1.7)	0.945
Non-Hispanic Asian	0.1 (0.01-0.7)	0.024	0.3 (0.1-1.4)	0.138
Other Race – Including Multi-Racial	1.2 (0.4-3.1)	0.764	0.6 (0.2-1.1)	0.160
Education				
No high school diploma	1.1 (0.4-3.1)	0.830	0.7 (0.3-1.5)	0.365
High school graduate or equivalent	1.0 (0.5-2.0)	0.985	1.1 (0.7-1.8)	0.711
Some college	1.9 (1.1-3.3)	0.023	1.0 (0.7-1.5)	0.838
College grad or more	ref		ref	
Marital status				
Married	ref		ref	
Widowed, divorced, or separated	1.3 (0.7-2.7)	0.405	1.1 (0.6-1.9)	0.849
Never married	1.5 (0.8-2.8)	0.229	1.1 (0.7-1.8)	0.585
Living with partner	1.4 (0.7-3.1)	0.356	1.0 (0.5-1.7)	0.918
Household income				
\$0 - \$19,999	1.0 (0.5-2.2)	0.975	1.2 (0.7-2.4)	0.509
\$20,000 - \$44,999	0.7 (0.3-1.4)	0.290	0.7 (0.4-1.2)	0.230
\$45,000 - \$74,999	0.7 (0.3-1.4)	0.278	1.0 (0.6-1.7)	0.938
≥\$75,000	ref		ref	
Household savings				
\$0 - \$4,999	2.2 (1.3-3.6)	0.003	1.3 (0.8-2.0)	0.255

≥\$5,000	ref		ref	
Household size	1.0 (0.8-1.1)	0.662	1.0 (0.9-1.1)	0.926
COVID-related stressor score				
Low	ref		ref	
Medium	1.8 (0.9-3.6)	0.100	1.3 (0.8-2.0)	0.347
High	3.5 (1.8-6.9)	<0.0001	2.7 (1.7-4.3)	<0.0001
Concern about COVID-19				
Very concerned	4.1 (1.4-12.4)	0.012	5.3 (1.9-14.6)	0.004
Moderately concerned	2.7 (0.9-8.2)	0.086	4.0 (1.5-11.0)	0.014
A little concerned	0.3 (0.1-1.3)	0.112	1.3 (0.4-3.9)	0.784
Not at all concerned	ref		ref	

All percentages are weighted. Missing data: household income (n=33), household savings (n=45), and COVID-19 stressor score (n=3). GED is the general education diploma. COVID-19 stressor score calculated from stressor summation ranging from 0-13; categories represent low (score of 0-2), medium (score of 3-4), and high (score of 5-14) exposure to stressors due to COVID-19. GAD defined by a GAD-7 score ≥15. PTSS defined by a 4-item PTSD checklist (PCL) score ≥3. This analysis is based on data from our COVID-19 and Life stressors Impact on Mental Health and Well-being Study (CLIMB).

Appendix Table 2: multivariable regression model of probable generalized anxiety disorder (GAD) and post-traumatic distress symptoms (PTSS) in adults 18 years and older in the U.S. by demographic characteristics and COVID-19 related stressors (continuous variable).

	Probable GAD		PTSS	
	Odds ratio (95% CI)	P-value	Odds ratio (95% CI)	P-value
Gender				
Male	ref		ref	
Female	1.5 (1.0 – 2.4)	0.076	1.5 (1.0 – 2.1)	0.034
Age				
18-39 y	ref		ref	
40-59 y	0.6 (0.3 – 1.0)	0.047	1.1 (0.7 – 1.6)	0.805
≥60 y	0.50 (0.2 – 1.1)	0.100	0.6 (0.3 – 1.1)	0.082
Race				
Non-Hispanic White	ref		ref	
Non-Hispanic Black	0.8 (0.3 – 1.9)	0.583	0.7 (0.4 – 1.2)	0.163
Hispanic	0.7 (0.4 – 1.3)	0.229	1.0 (0.6 – 1.7)	0.882
Non-Hispanic Asian	0.1 (0.0 – 0.6)	0.017	0.3 (0.1 – 1.4)	0.126
Other Race – Including Multi-Racial	1.0 (0.4 – 2.5)	0.971	0.5 (0.2 – 1.1)	0.084
Education				
No high school diploma	1.1 (0.4 – 3.1)	0.860	0.7 (0.3 – 1.4)	0.288
High school graduate or equivalent	1.1 (0.5 – 2.2)	0.818	1.1 (0.7 – 1.8)	0.708
Some college	1.8 (1.0 – 3.1)	0.034	1.0 (0.6 – 1.4)	0.822
College grad or more	ref		ref	
Marital status				
Married	ref		ref	
Widowed, divorced, or separated	1.3 (0.7 – 2.6)	0.424	1.1 (0.6 – 1.9)	0.758
Never married	1.3 (0.7 – 2.5)	0.402	1.1 (0.7 – 1.7)	0.753
Living with partner	1.4 (0.7 – 3.0)	0.322	0.9 (0.5 – 1.6)	0.777
Household income				
\$0 - \$19,999	0.9 (0.4 – 1.9)	0.767	1.2 (0.6 – 2.2)	0.652
\$20,000 - \$44,999	0.7 (0.3 – 1.4)	0.295	0.7 (0.4 – 1.2)	0.193

\$45,000 - \$74,999	0.6 (0.3 – 1.2)	0.162	0.9 (0.6 – 1.5)	0.717
≥\$75,000	ref		ref	
Household savings				
\$0 - \$4,999	2.0 (1.2 – 3.2)	0.008	1.3 (0.8 – 1.9)	0.290
≥\$5,000	ref		ref	
Household size	1.0 (0.8 – 1.1)	0.631	1.0 (0.9 – 1.1)	0.962
COVID-related stressors	1.3 (1.2 – 1.4)	<0.001	1.3 (1.2 – 1.4)	<0.001

All percentages are weighted. Missing data: household income (n=33), household savings (n=45), and COVID-19 stressor score (n=3). GED is the general education diploma. GAD defined by a GAD-7 score ≥15. PTSS defined by a 4-item PTSD checklist (PCL) score ≥3. This analysis is based on data from our COVID-19 and Life stressors Impact on Mental Health and Well-being Study (CLIMB).

Appendix Table 3: multivariable regression model of probable generalized anxiety disorder (GAD) and post-traumatic distress symptoms (PTSS) in adults 18 years and older in the U.S. by demographic characteristics and COVID-19 related financial and social stressors.

	Probable GAD		PTSS	
	Odds ratio (95% CI)	P-value	Odds ratio (95% CI)	P-value
Gender				
Male	ref		ref	
Female	1.6 (1.0 – 2.5)	0.064	1.5 (1.0 – 2.6)	0.032
Age				
18-39 y	ref		ref	
40-59 y	0.6 (0.3 – 1.0)	0.043	1.0 (0.3 – 1.0)	0.818
≥60 y	0.5 (0.2 – 1.1)	0.105	0.6 (0.2 – 1.1)	0.084
Race				
Non-Hispanic White	ref		ref	
Non-Hispanic Black	0.8 (0.3 – 1.8)	0.581	0.6 (0.3 – 1.8)	0.162
Hispanic	0.7 (0.4 – 1.2)	0.180	1.0 (0.4 – 1.2)	0.900
Non-Hispanic Asian	0.1 (0.0 – 0.6)	0.016	0.3 (0.0 – 0.6)	0.120
Other Race – Including Multi-Racial	1.0 (0.4 – 2.4)	0.937	0.5 (0.4 – 2.4)	0.084
Education				
No high school diploma	1.1 (0.4 – 3.0)	0.907	0.6 (0.4 – 3.0)	0.278
High school graduate or equivalent	1.1 (0.5 – 2.1)	0.892	1.1 (0.5 – 2.1)	0.728
Some college	1.8 (1.0 – 3.0)	0.041	1.0 (1.0 – 3.0)	0.809
College grad or more	ref		ref	
Marital status				
Married	ref		ref	
Widowed, divorced, or separated	1.3 (0.7 – 2.6)	0.416	1.1 (0.7 – 2.6)	0.755
Never married	1.3 (0.7 – 2.4)	0.420	1.1 (0.7 – 2.4)	0.764
Living with partner	1.4 (0.7 – 3.0)	0.327	0.9 (0.7 – 3.0)	0.772
Household income				
\$0 - \$19,999	0.9 (0.4 – 1.9)	0.738	1.2 (0.4 – 1.9)	0.668
\$20,000 - \$44,999	0.7 (0.3 – 1.4)	0.276	0.7 (0.3 – 1.4)	0.195

\$45,000 - \$74,999	0.6 (0.3 – 1.2)	0.160	0.9 (0.3 – 1.2)	0.713
≥\$75,000	ref		ref	
Household savings				
\$0 - \$4,999	2.0 (1.2 – 3.2)	0.008	1.3 (1.2 – 3.2)	0.290
≥\$5,000	ref		ref	
Household size	1.0 (0.8– 1.1)	0.627	1.0 (0.8– 1.1)	0.956
COVID-related financial stressors	1.4 (1.2 – 1.6)	<0.001	1.3 (1.2 – 1.6)	<0.001
COVID-related social and emotional stressors	1.2 (1.1 – 1.5)	0.011	1.3 (1.1 – 1.5)	<0.001

All percentages are weighted. Missing data: household income (n=33), household savings (n=45), and COVID-19 stressor score (n=3). GED is the general education diploma. GAD defined by a GAD-7 score ≥ 15 . PTSS defined by a 4-item PTSD checklist (PCL) score ≥ 3 . Financial stressors included losing a job, having difficulty paying rent, having financial problems, a member of your family losing a job, and having hours reduced at your job. Social and emotional stressors included feeling alone, having relationship problems, family or relationship problems, not being able to get food due to shortages, not being able to get supplies due to shortages, challenges finding childcare, not going to school, travel restrictions, seeing family less in person, and death of someone close to you due to COVID-19. This analysis is based on data from our COVID-19 and Life stressors Impact on Mental Health and Well-being Study (CLIMB).