Following the outbreak, lockdowns have flattened the curve in many countries, but they have also created significant emotional stress. Statistics shared by Mental Health America reveals that over half of adults received no treatment1; the inadequacy of care motivated our data exploration. We believe that quantifying factors affecting mental health can better show the urgency of subject, and why it is a cause worthy of more investment.

**Dataset 1:***Stable psychological traits predict perceived stress related to the COVID-19 outbreak.* Merylin Monaro, Luca Flesia, Valentina Fietta, Barbara Segatto, Elena Colicino. Apr. 15th, 2020. **University of Padova, Italy**. <https://zenodo.org/record/3753552>

Our first dataset was a survey in Italy regarding mental health after the COVID-19 outbreak. We divided populations based on their employment status to explore the impact of unemployment. We found that unemployed people were more likely to say they would benefit from psychological services, and unemployed individuals not receiving pay were more likely to say they would benefit from these services than unemployed individuals still receiving pay. This also suggests that financial problems may be a significant stressor in these populations.

**Dataset 2**: *Employment status of the civilian noninstitutional population by race, Hispanic or Latino ethnicity, sex, and age, seasonally adjusted*. May 11th, 2020. U.S Bureau of Labor. <https://www.bls.gov/web/empsit/cpseea04.htm>

With researches including Batic-Mujanovic et al’s on the impact of unemployment on mental health2, we utilized the US household unemployment data by demographics to identify groups potentially in greater need of access to psychological services. We found an alarming spike in unemployment in all ethnicities and age groups, to varying degrees, and urge similar US studies to dataset 1 to better utilize US unemployment data to predict mental health.

**Dataset 3:** *Evaluating COVID-19 Public Health Messaging in Italy: Self-Reported Compliance and*

*Growing Mental Health Concerns.* Barari, Soubhik; Caria, Stefano; Davola, Antonio; Falco, Paolo; Fetzer, Thiemo; Fiorin, Stefano; Hensel, Lukas; Ivchenko, Andriy; Jachimowicz, Jon; King, Gary; Kraft-Todd, Gordon; Ledda, Alice; MacLennan, Mary; Mutoi, Lucian; Pagani, Claudio; Reutskaja, Elena; Roth, Christopher; Slepoi, Federico Raimondi. 2020. Harvard Dataverse <https://dataverse.harvard.edu/dataset.xhtml?persistentId=doi:10>. 7910/DVN/1SBQCX

Our third dataset was also a survey taken in Italy, based on questions regarding mental health due to the COVID-19 pandemic. The primary age group was 39-48 years old. About 44% of the population were extremely nervous about the current situation and that 31% disagreed with feeling calm and relaxed. This dataset enabled us to understand how people’s lifestyle changed and allowed us to assess their mental health status.

**Dataset 4:** COVID-19 Questionnaire. Samy Allal, Natsharee Pulkes, Christopher Dimapasok, Adam Young. May 11th, 2020. <https://forms.office.com/Pages/ResponsePage.aspx?id=DQSIkWdsW0yxEjajBLZtrQAAAAAAAAAAAAMAACyUDLZUQ0w5NEJZNEY3MUZIQ1k0NE1YRzRMVFlJQi4u>

We surveyed our direct community and found heightened perceived stress in the span of five months and that the majority of those surveyed perceived their future well-being will not return to levels prior to COVID-19.

From our research, we expect to see a significant increase in the demand for the already insufficient mental health care. The next steps to this study would be to investigate more factors correlated with mental health such as substance abuse and turn data into action, meaning more research on identifying the extent of mental health needs for various groups and testing for effective methods to widely distribute resources according to those needs.