

**American Medical Association**  
Coping with COVID-19 for Caregivers Survey  
**National Comparison Report**

*Prepared May 2021*



NOT FOR DISTRIBUTION OR PUBLICATION

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# COVID-19 Coping Survey National Comparison Report

## Report Overview:

The purpose of this report is to provide an overall, national summary of the preliminary results of the AMA Coping with COVID-19 for Caregivers' survey as a comparison for surveying organizations. This report represents survey results by question including results filtered by four respondent demographic categories: (1) role type, (2) gender, (3) race/ethnicity, (4) practice setting.

## Summary of Data:

This report represents data from over 85 health care organizations and practices collected between April 4<sup>th</sup>, 2020, and April 2<sup>nd</sup>, 2021. Depending on when the questions are introduced, sample sizes for each metric range.

## Report Limitations & Considerations:

The data presented in this report are a subset of the full survey results and are intended to provide preliminary insights to organizations. These data are directional and can be used as a comparison to an individual organization's survey results. Due to the time period over which the data were collected, conditions related to COVID-19 vary by location and time.

## Use of Data and Comparison Report:

This report is not intended for distribution or publication. Organizations should not use results presented within this document for publication purposes and this document should not be widely circulated.

**In the following report, aggregate results from the AMA Coping with COVID-19 for Caregivers' survey are presented by question, with breakdown by practice setting, role type, gender, and race/ethnicity.**

# Summary of Key Observations

**This report includes numerous findings from the Coping with COVID-19 for Caregivers' survey results. Highlighted below are key observations from this analysis.**

**Fear of exposure to COVID-19:** Across all role types and groups, self-reported fear of exposure to COVID-19 is high. About six out of ten survey respondents indicated that they worry "moderately" or "to a great extent" about exposing themselves and their families to COVID-19.

**Symptoms of burnout:** Half of all respondents (50%) reported at least some symptoms of burnout, which includes 16% of all respondents that have persistent symptoms of burnout that will not go away, and 3% of all respondents that reported feeling burned out. Burnout symptoms have been at about the same level since April 2020, with a peak of 61% in January 2021.

**Minimal concerns around childcare:** 67% of all respondents reported "not at all" in response to whether they are experiencing childcare concerns due to the impact of COVID-19.

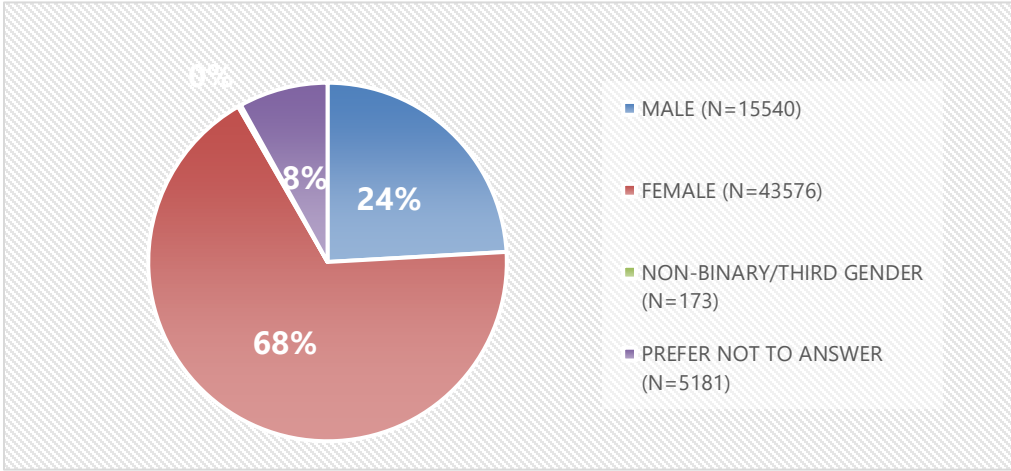
**Symptoms of anxiety and depression due to COVID-19:** Over three in ten respondents (36%) reported experiencing symptoms of anxiety and depression "moderately" or "to a great extent" as a result of the impact of COVID-19. The rate of moderate or 'to a great extent' symptoms of anxiety has been about the same from April 2020 to March 2021.



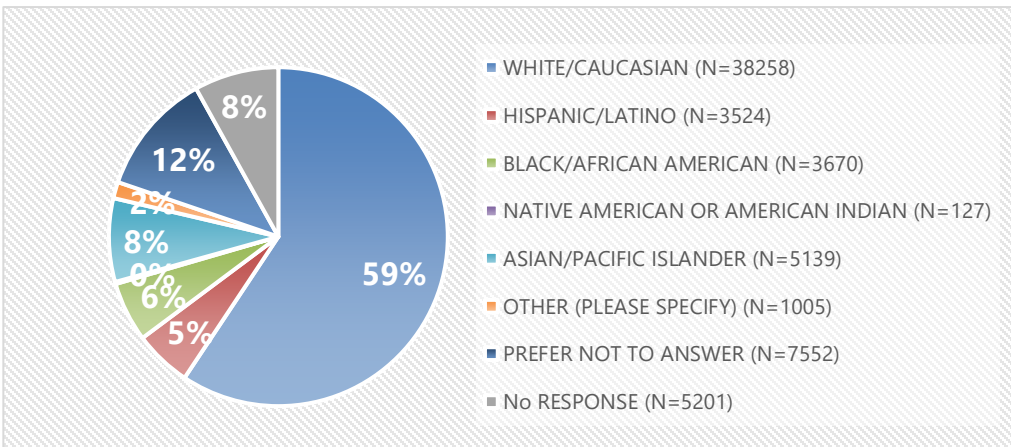
# Summary of Respondent Demographics

This report represents data from 85+ health care organizations and practices collected between April 4th, 2020, and April 2nd, 2021. The tables below represent the frequencies of survey respondents that answered each demographic question..

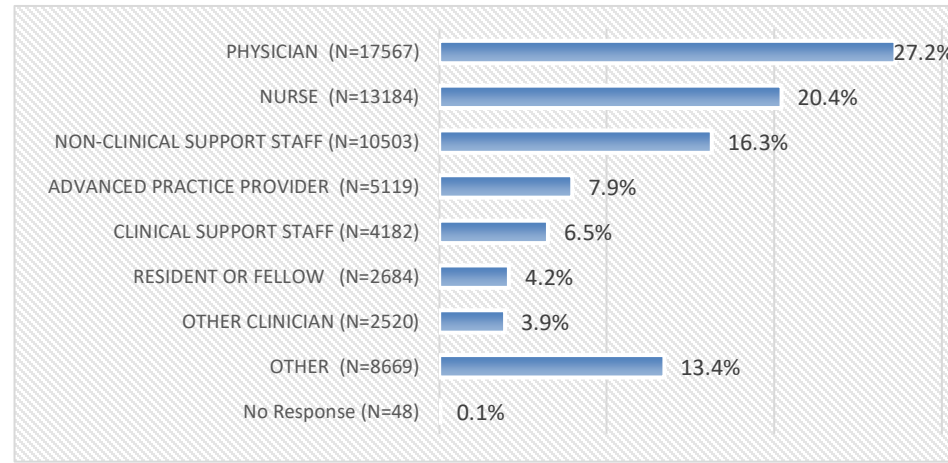
**Gender**  
% of all respondents [Base=64476]



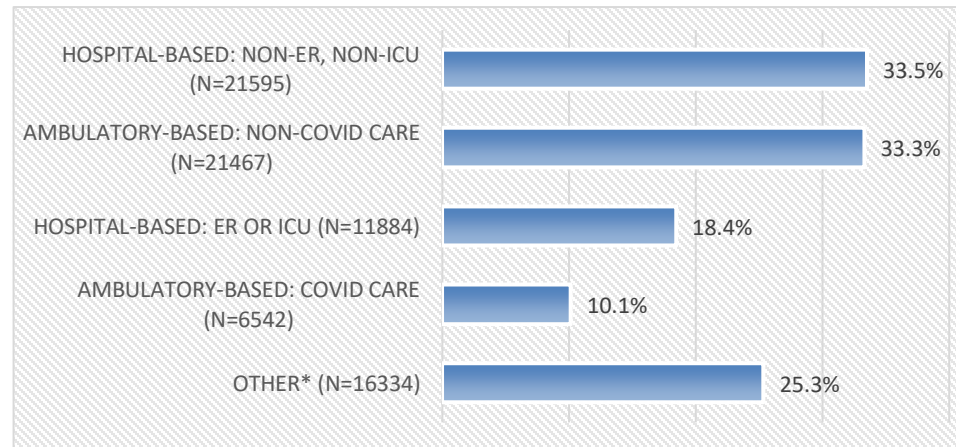
**Race/Ethnicity**  
% of all respondents [Base=64476]



**Role Type\***  
% of all respondents [Base=64476]



**Practice Setting (multi-select)**  
% of all respondents [Base=64476]



**\*Role Type Definitions**

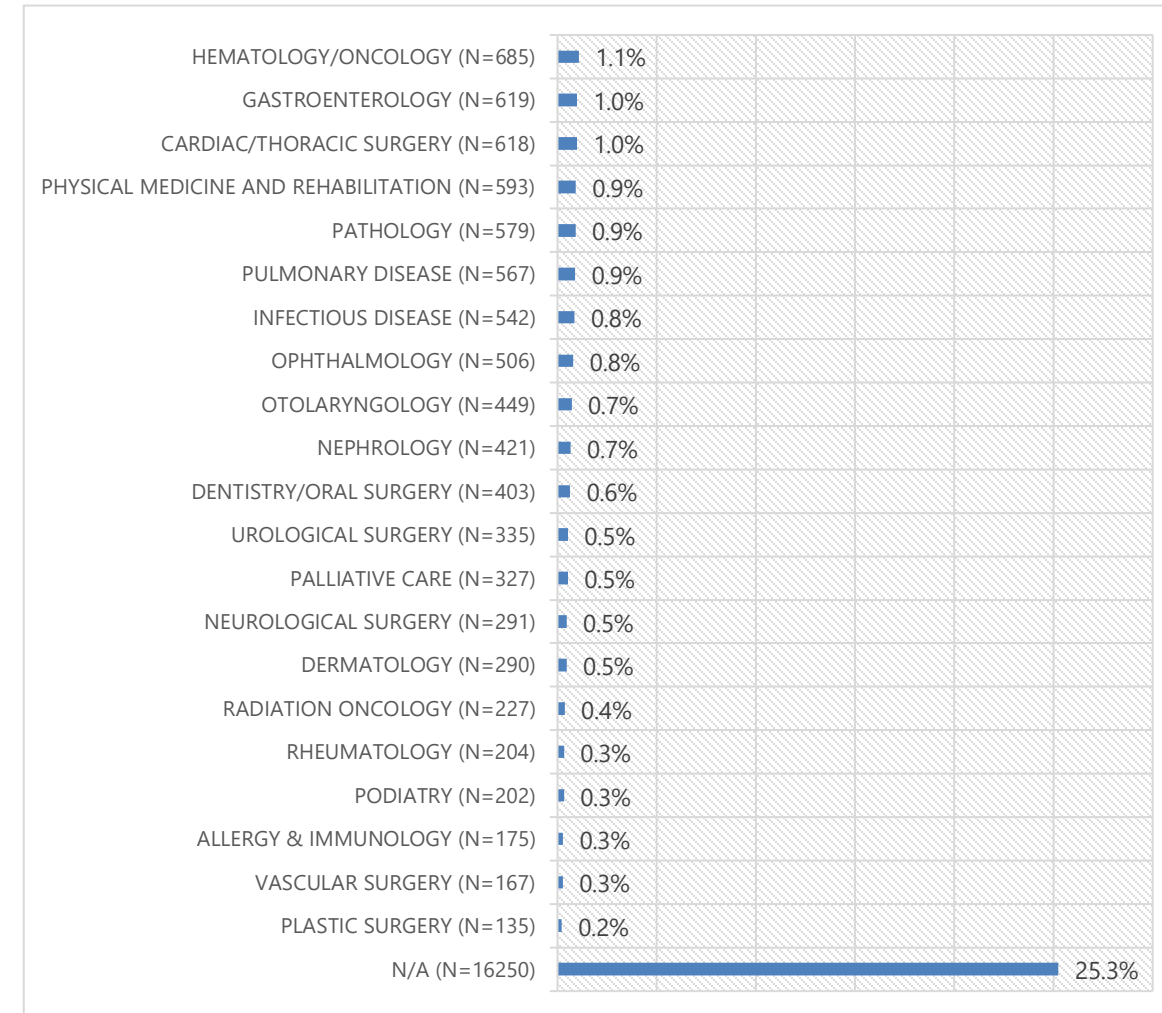
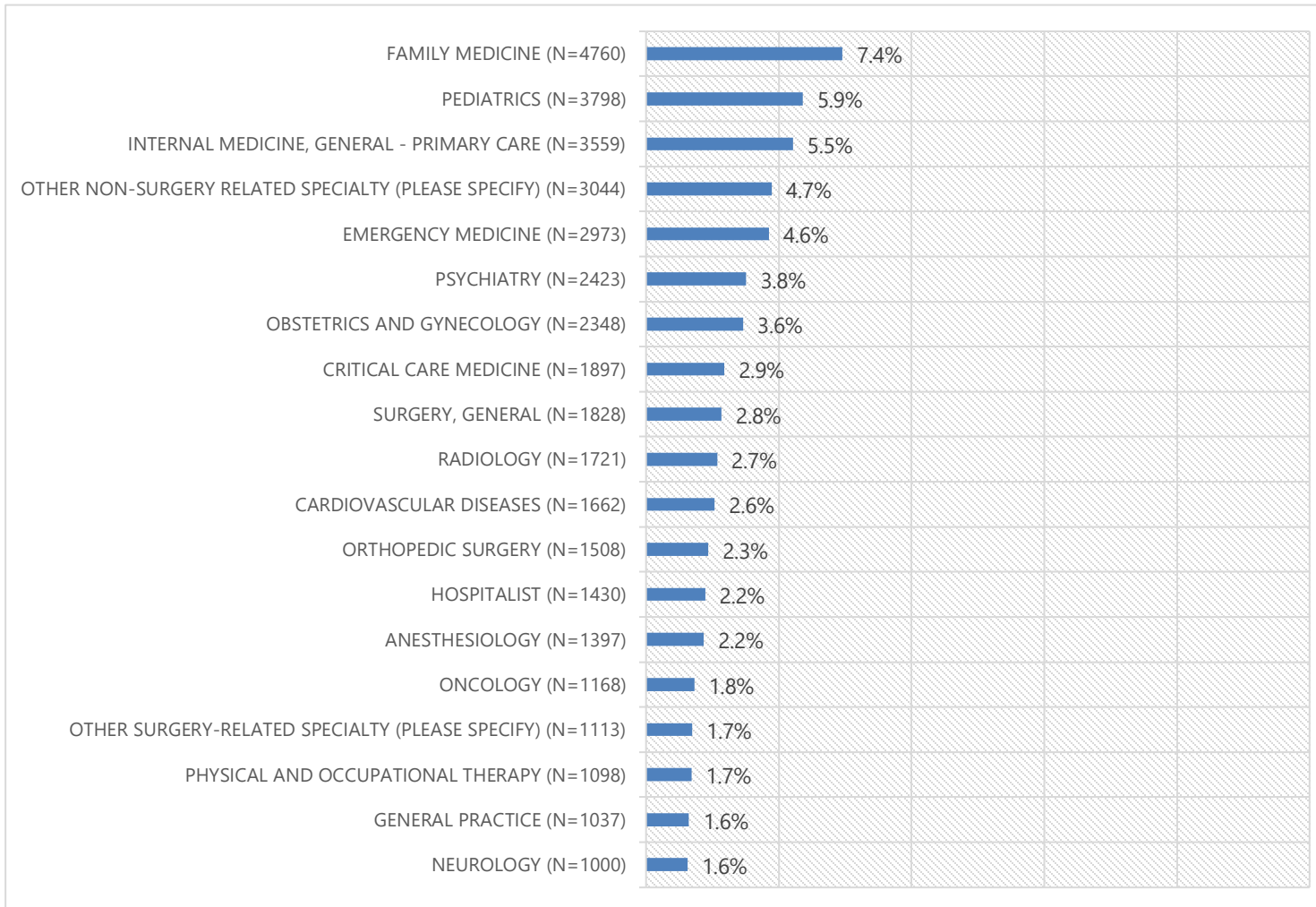
- **Nurse**
- **Physician**
- **Advanced Practice Provider**
- **Other Clinician:** Occupational Therapist, Pharmacist, Physical Therapist, Respiratory Therapist, Speech Therapist, Social Worker
- **Clinical Support Staff:** Medical Assistant, Nursing Assistant, Lab/X-Ray Technician, Laboratory Staff
- **Non-Clinical Support Staff:** Administrative, Finance, Food Service, Housekeeping, IT Support, Reception/Scheduler, Researcher (without a clinical role)
- **Resident/Fellow**
- **Other:** All responses from the "Other/please specify" response option



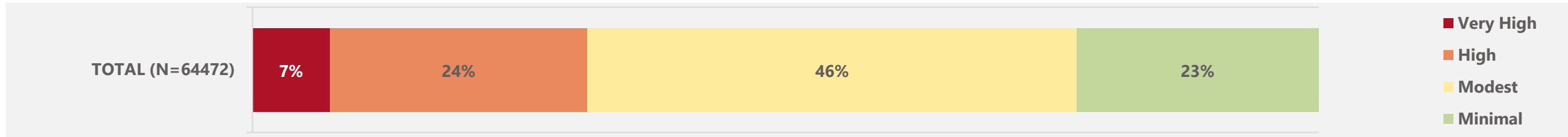
# Summary of Respondent Demographics - Specialty

## Specialties

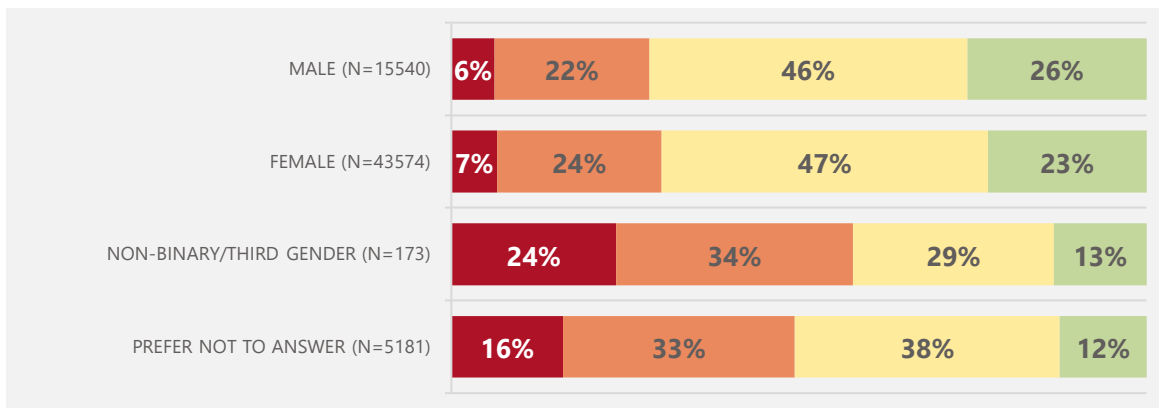
*% of those responding*  
 [Base=64349]



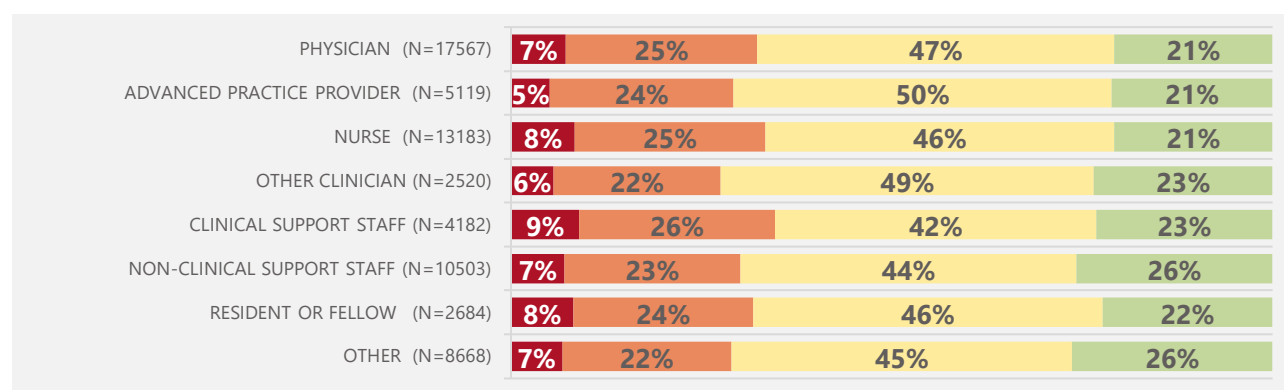
# The stress I experienced today is: [minimal, modest, high, very high]



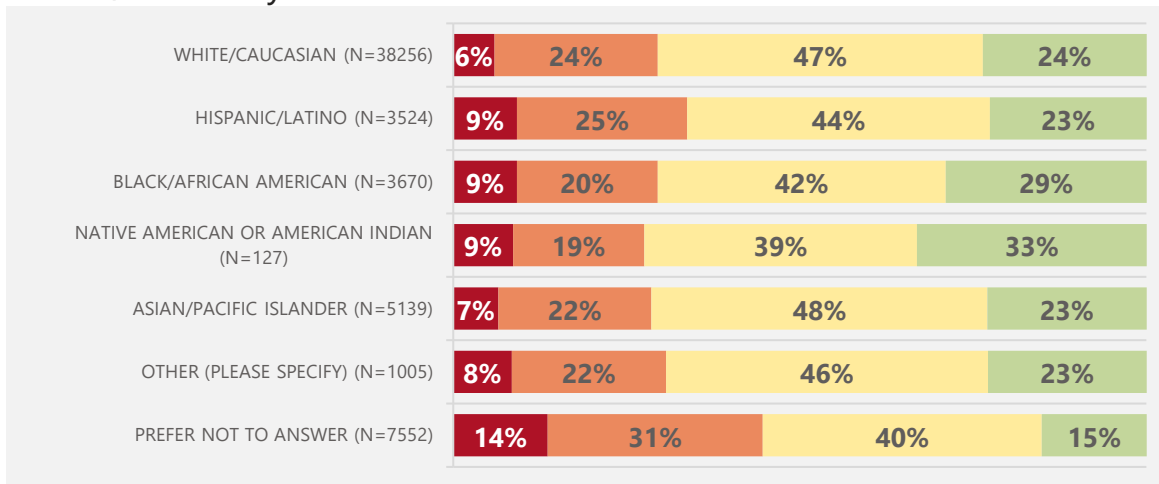
## Gender



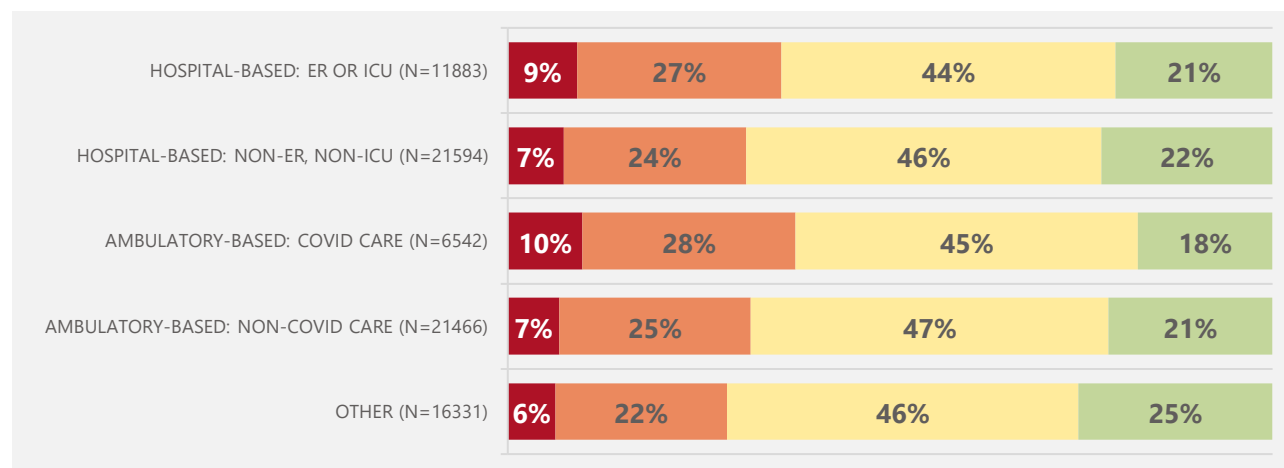
## Role Type



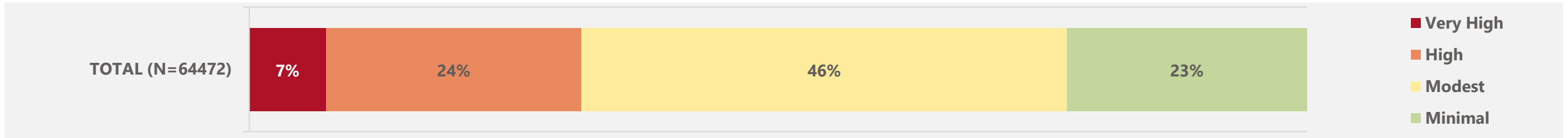
## Race/Ethnicity



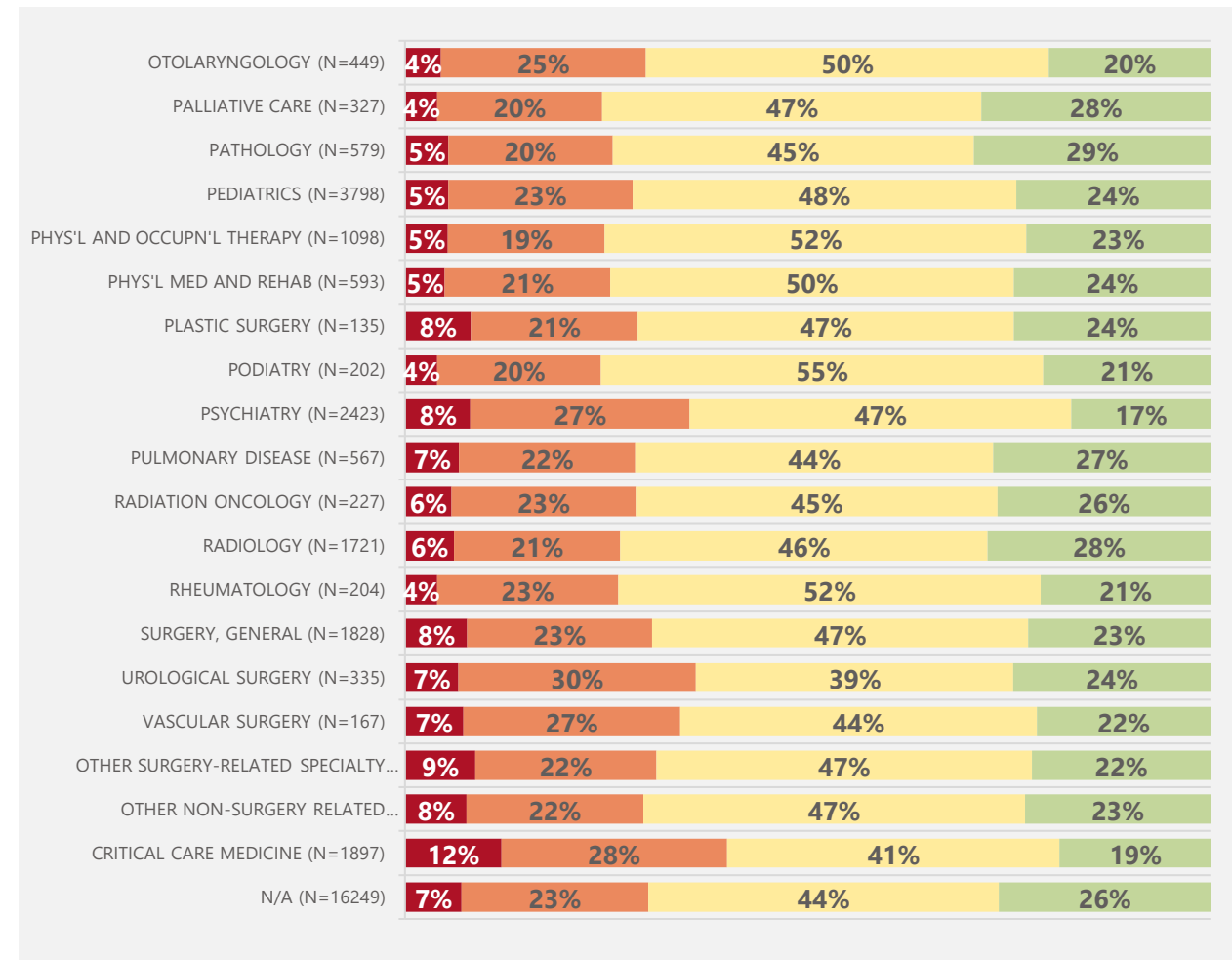
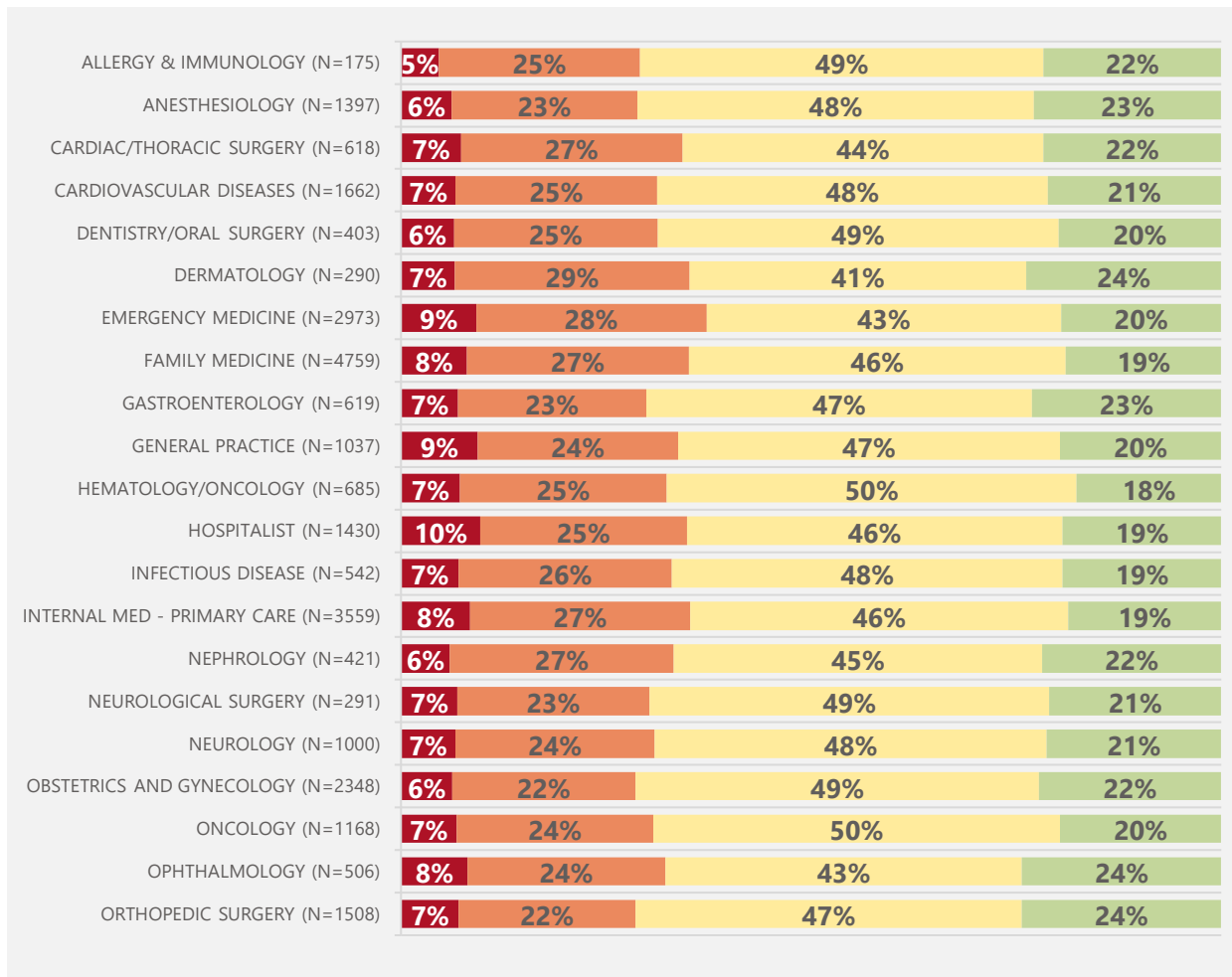
## Practice Setting



# The stress I experienced today is: [minimal, modest, high, very high]

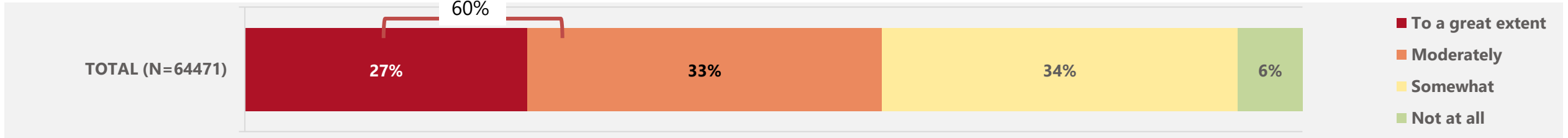


## Specialty

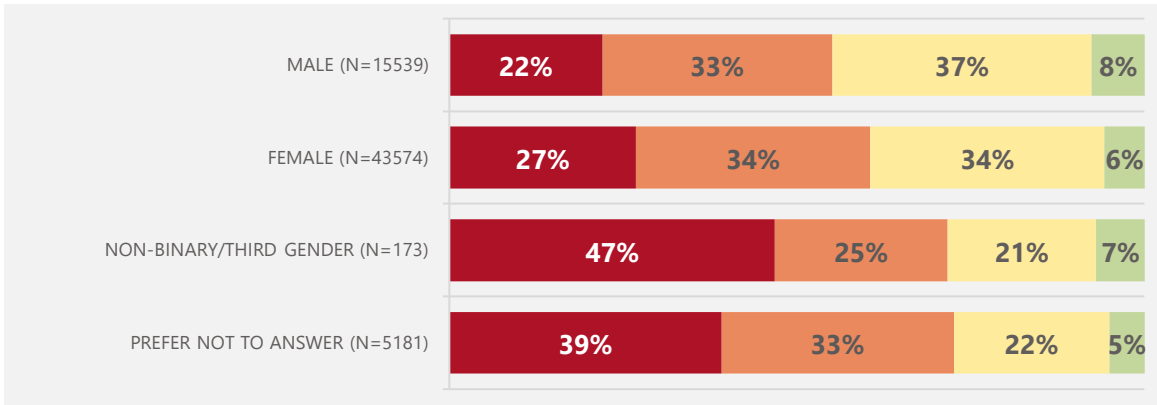




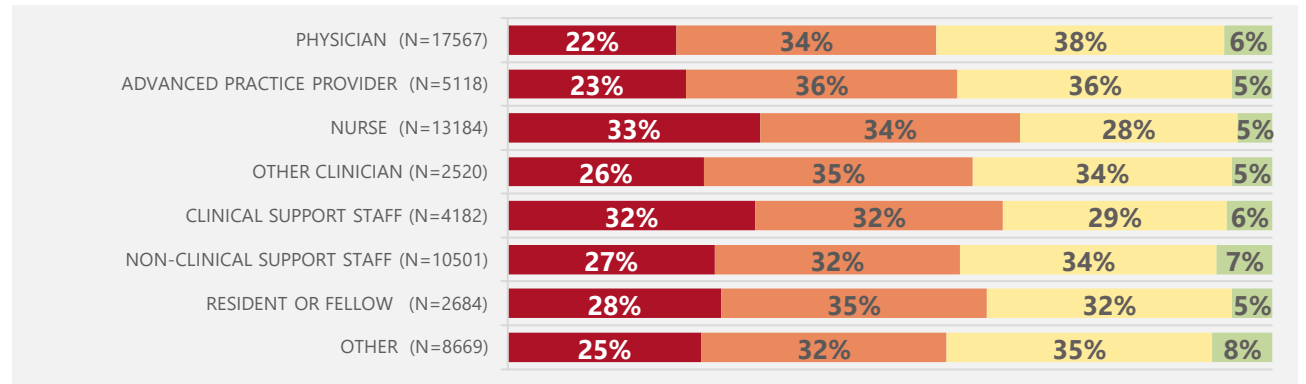
# I worry about exposing myself and my family to COVID-19



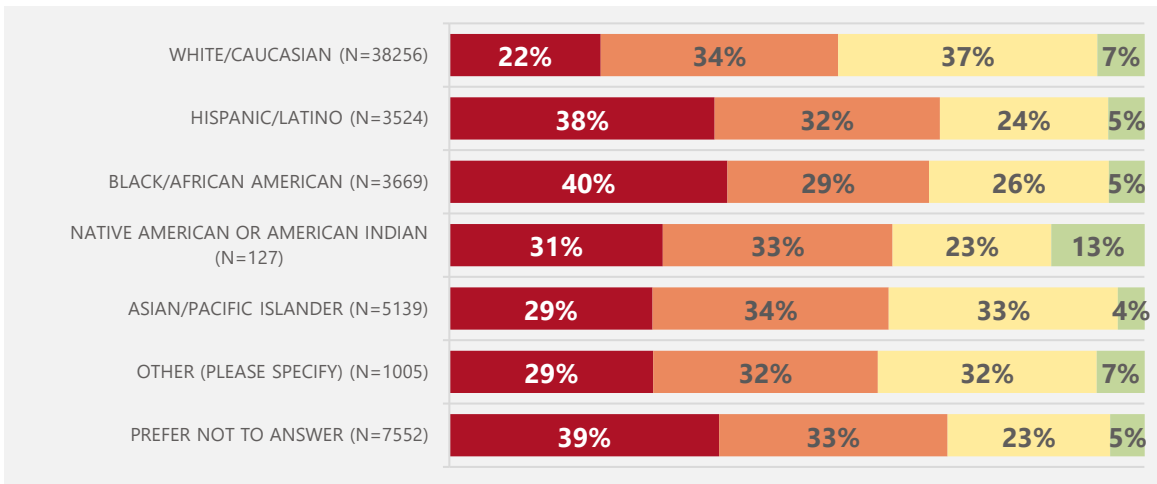
## Gender



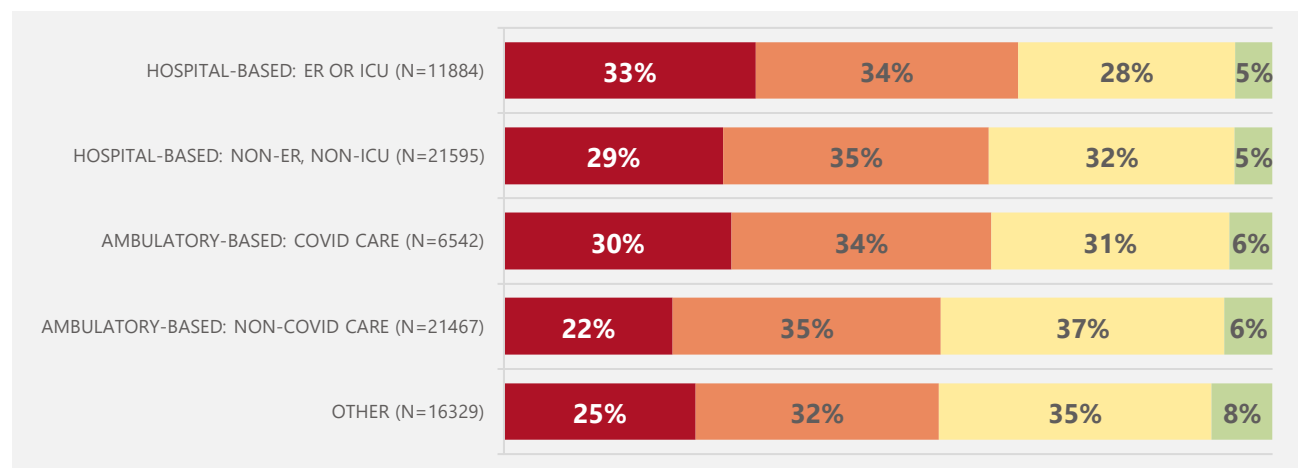
## Role Type



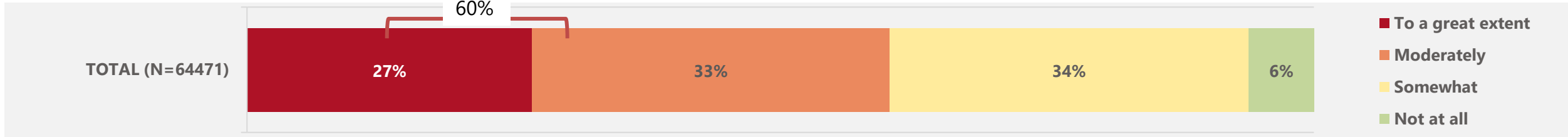
## Race/Ethnicity



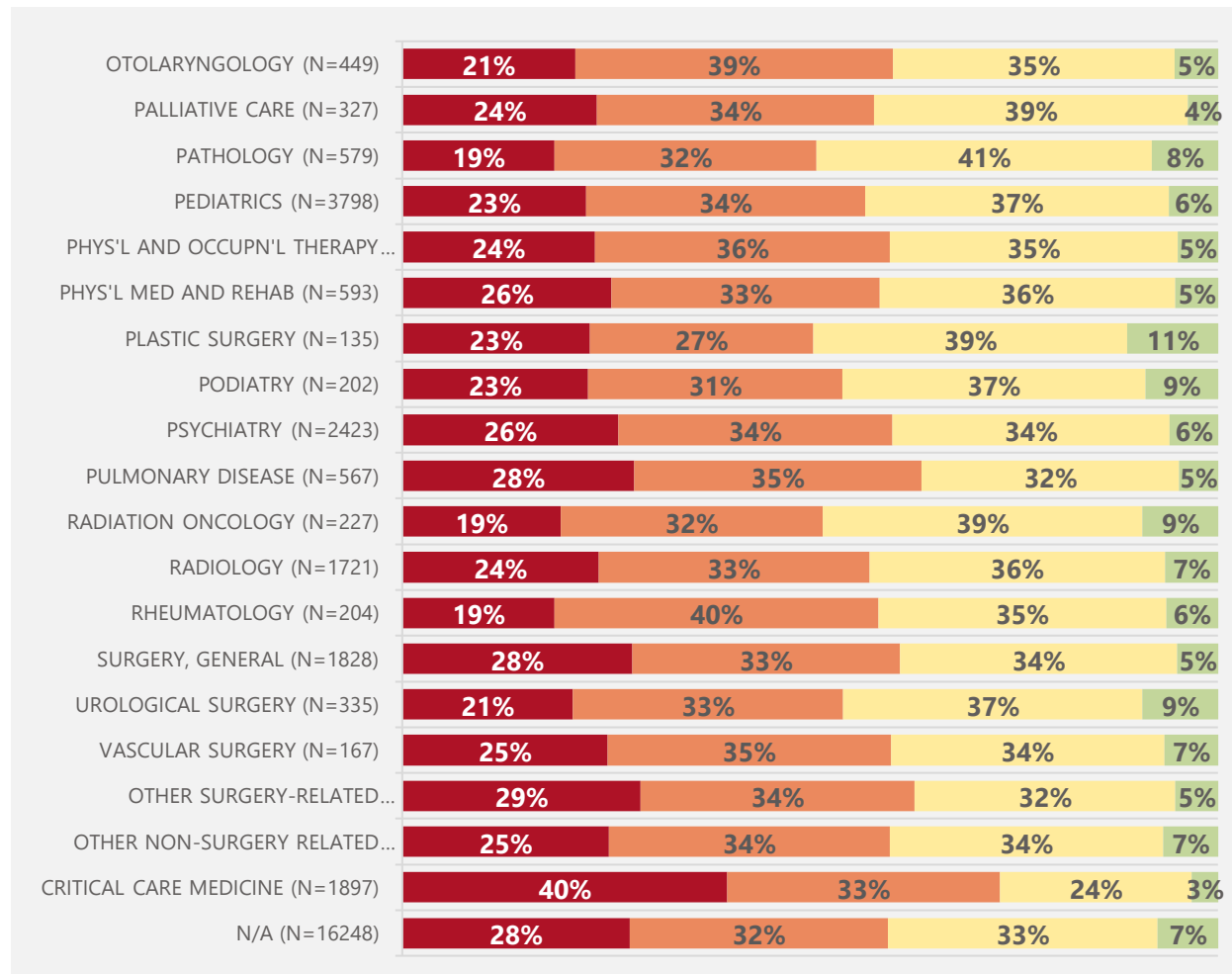
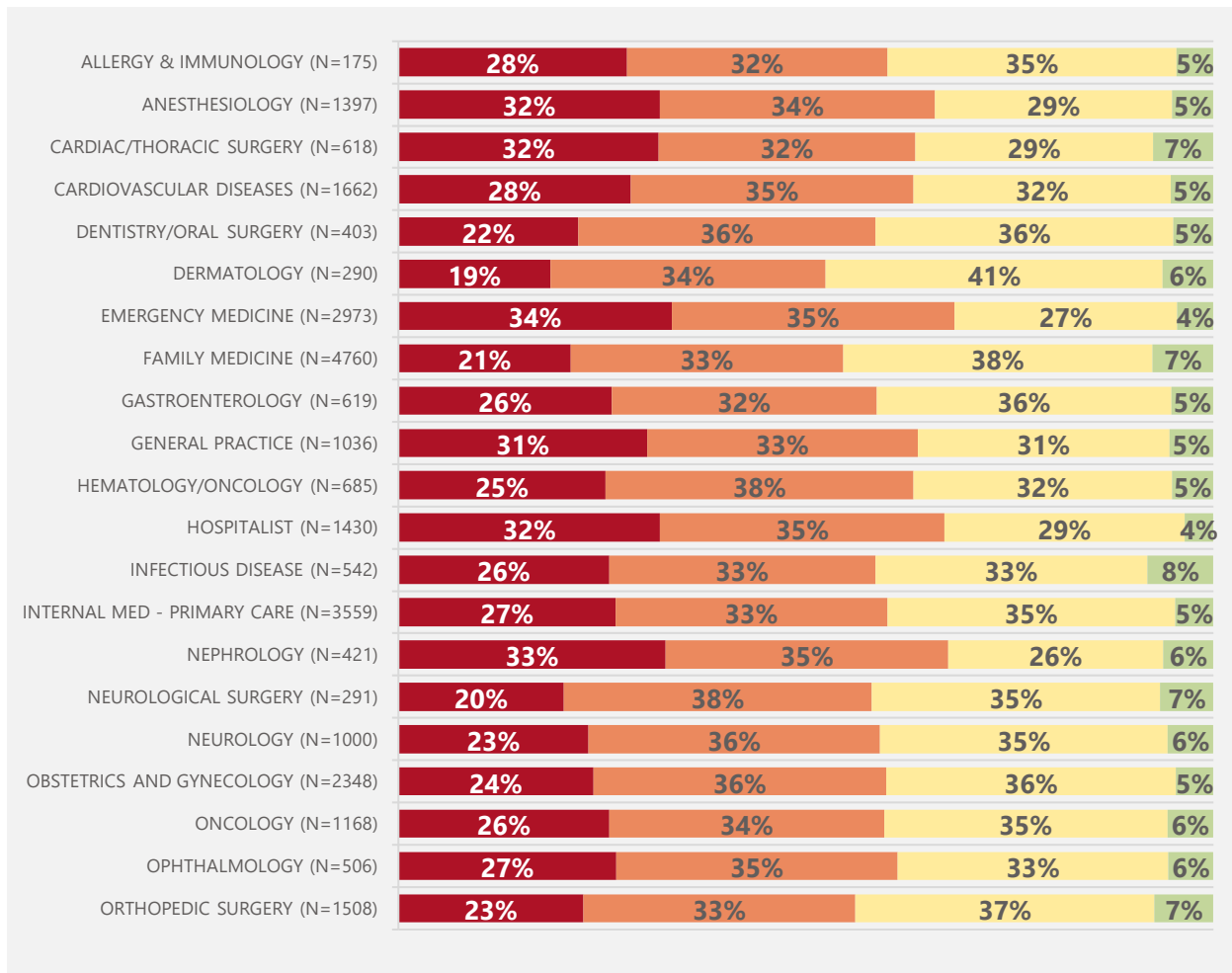
## Practice Setting



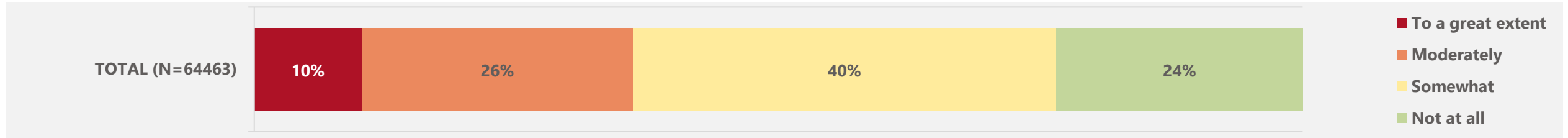
# I worry about exposing myself and my family to COVID-19



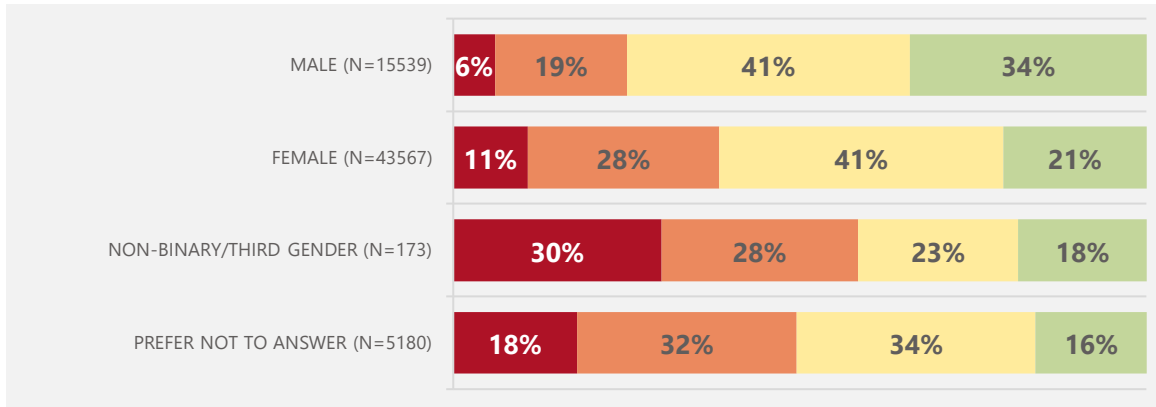
## Specialty



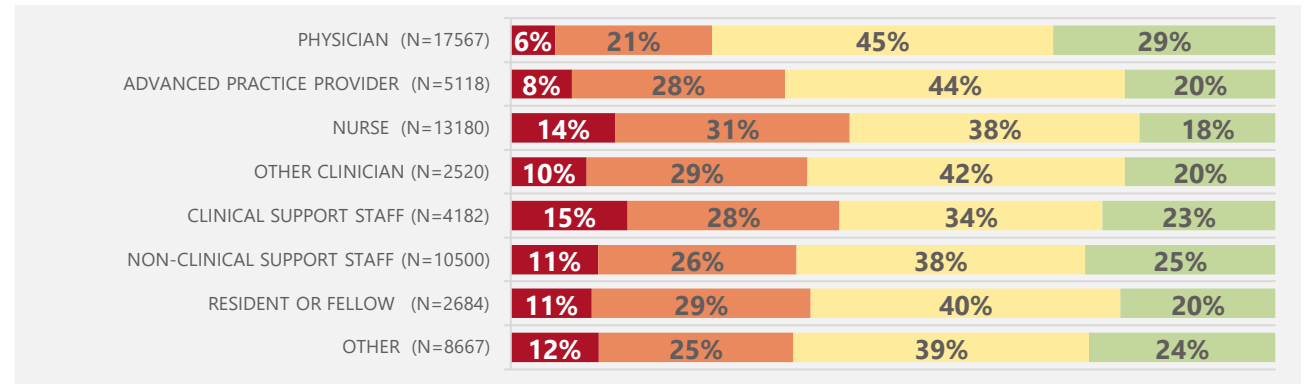
# Due to the impact of COVID-19, I am experiencing: *Anxiety or depression*



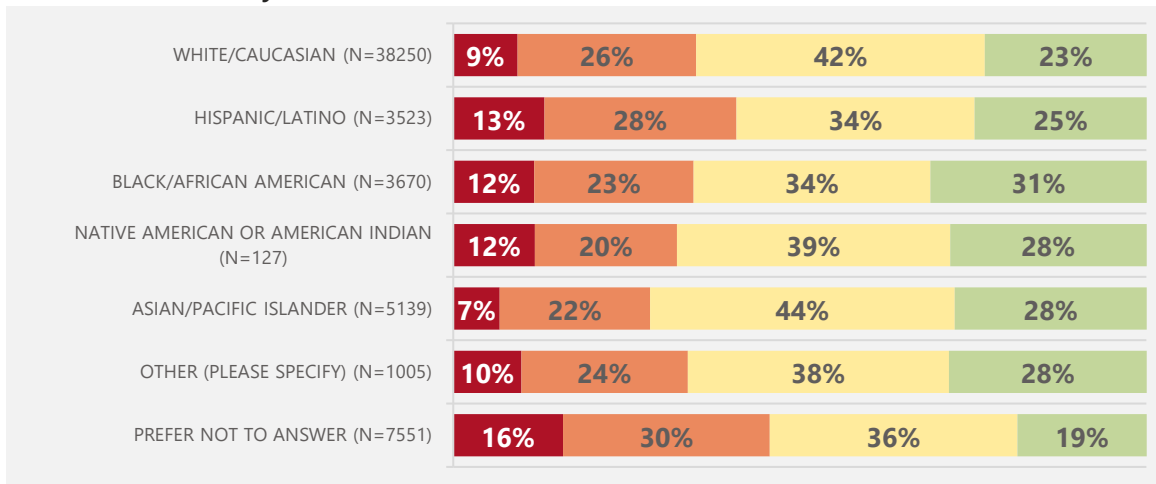
## Gender



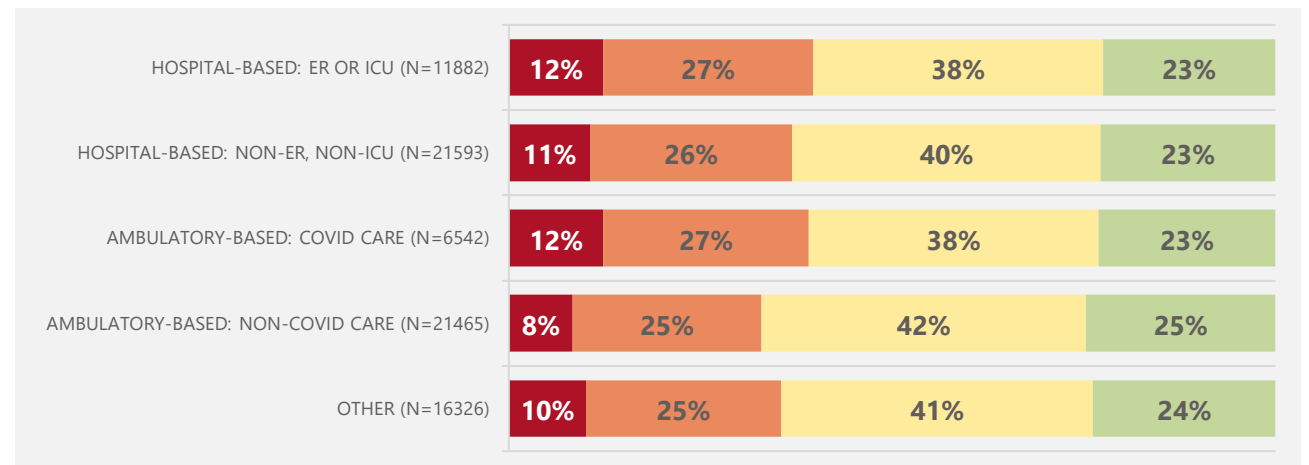
## Role Type



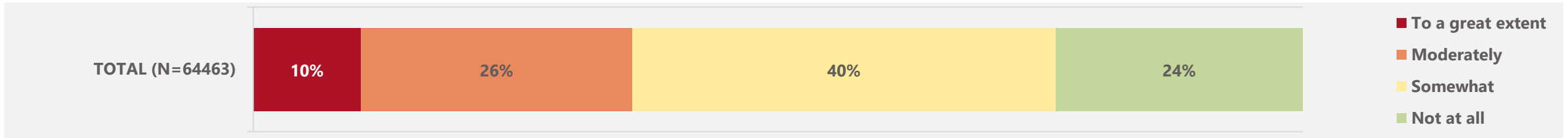
## Race/Ethnicity



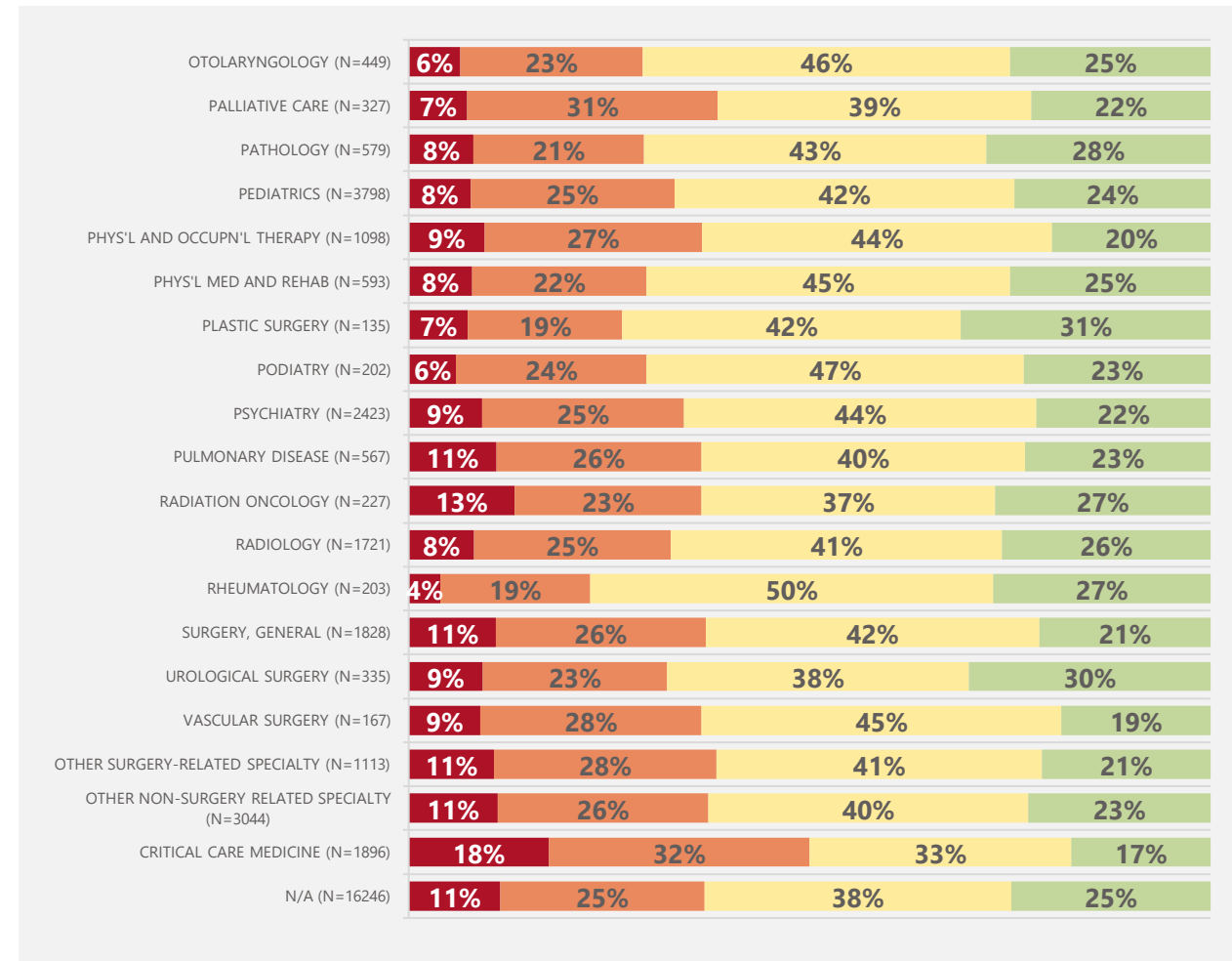
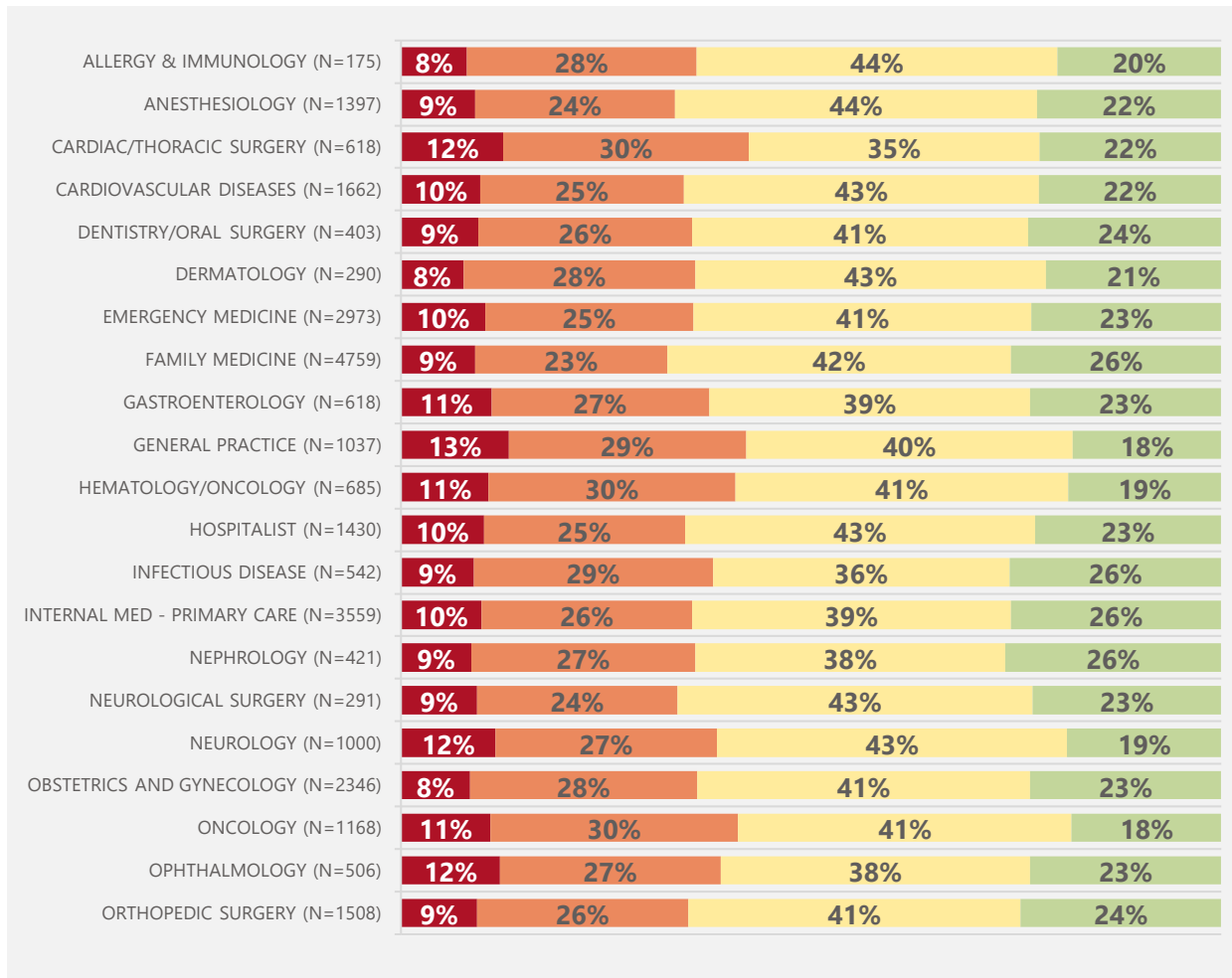
## Practice Setting



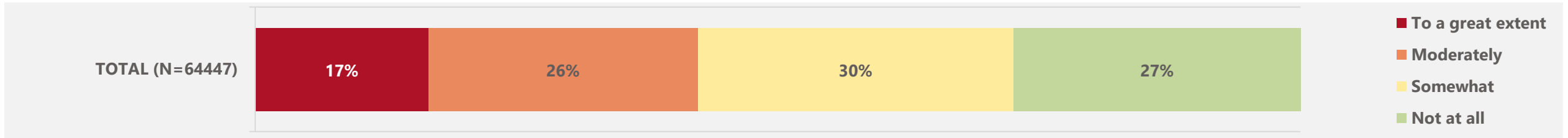
# Due to the impact of COVID-19, I am experiencing: *Anxiety or depression*



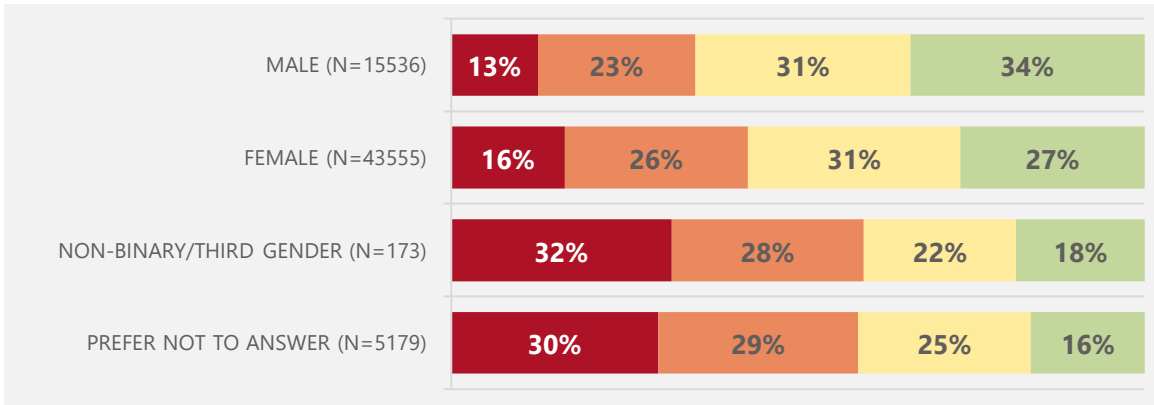
## Specialty



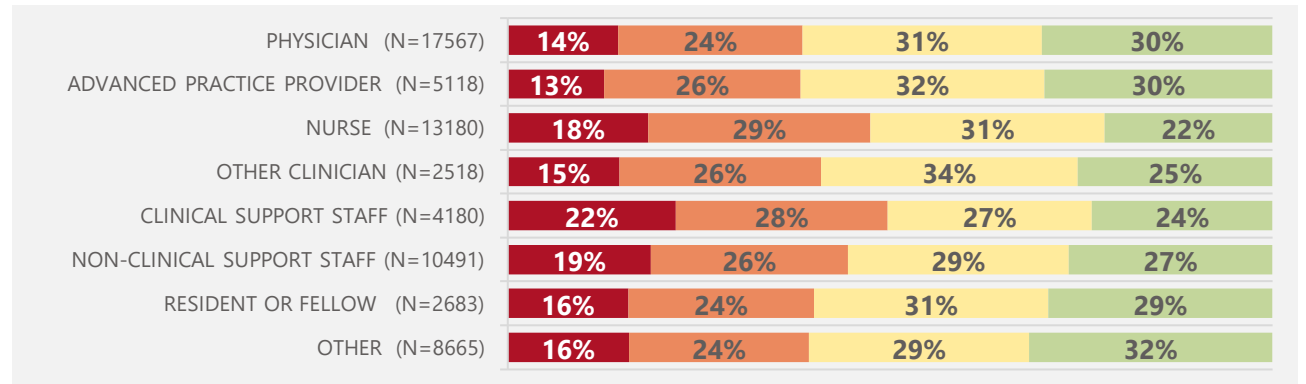
# Due to the impact of COVID-19, I am experiencing: *Work overload*



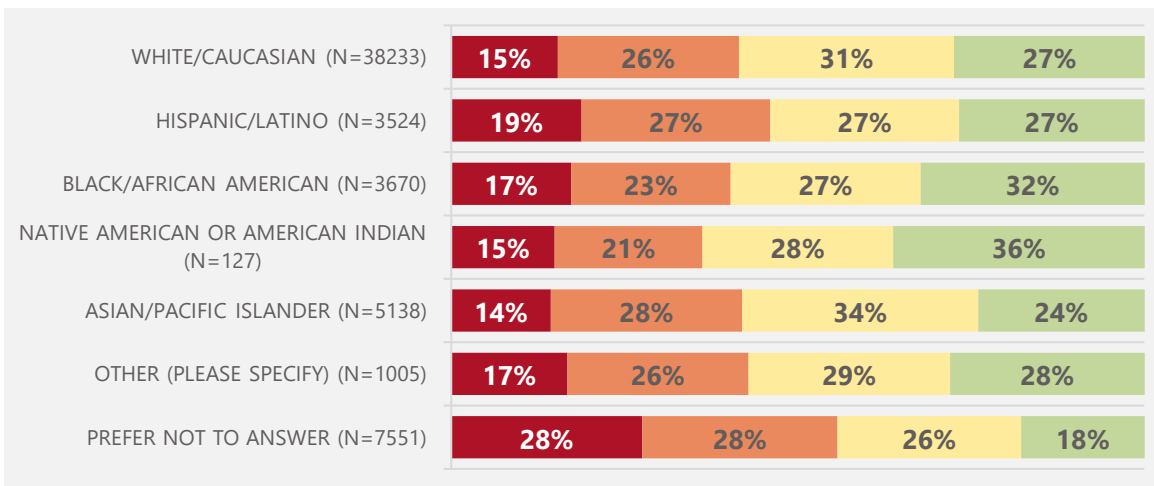
## Gender



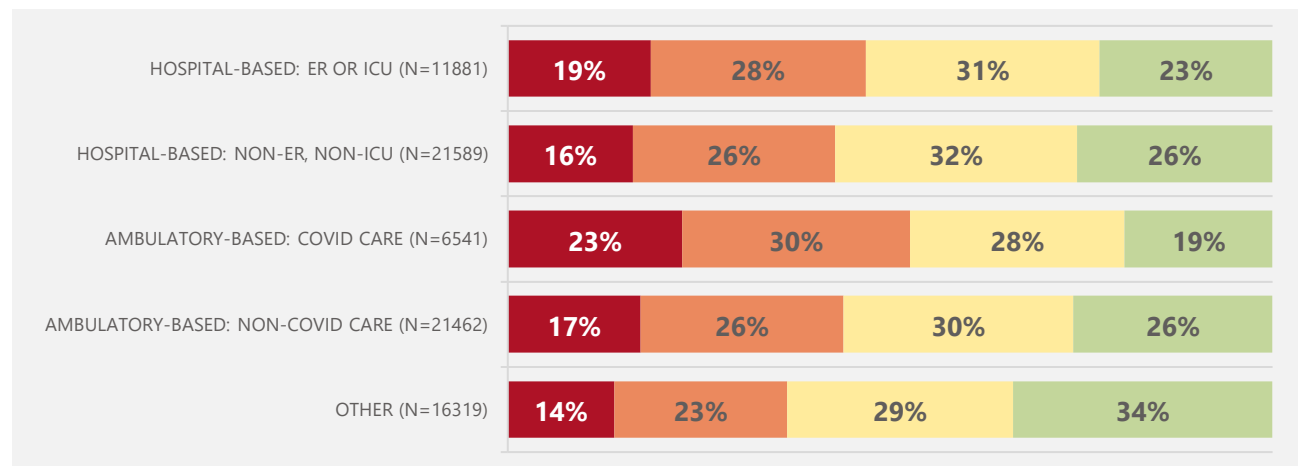
## Role Type



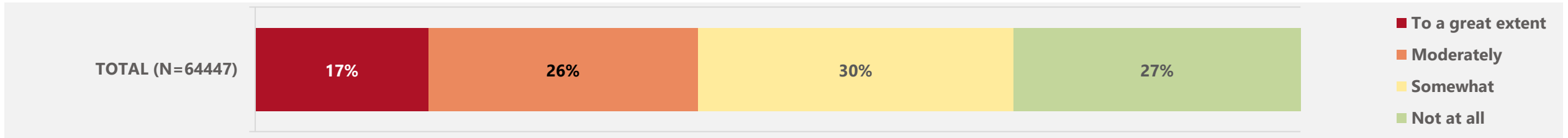
## Race/Ethnicity



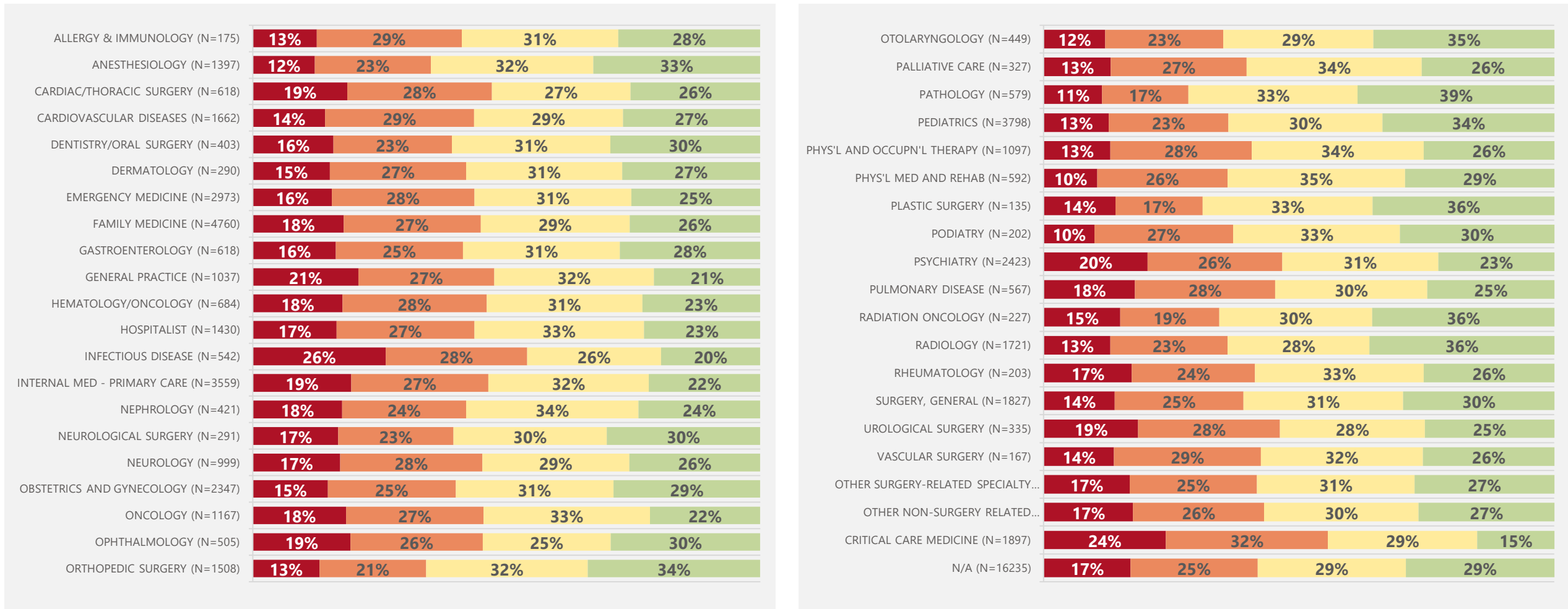
## Practice Setting



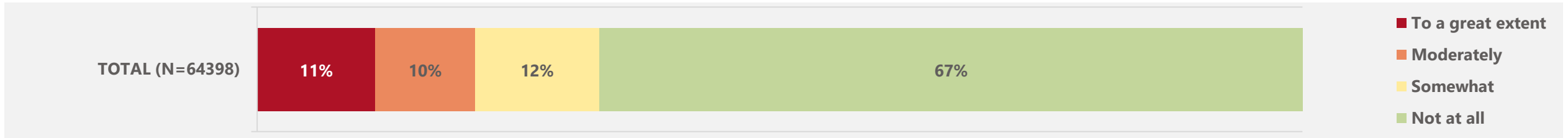
# Due to the impact of COVID-19, I am experiencing: *Work overload*



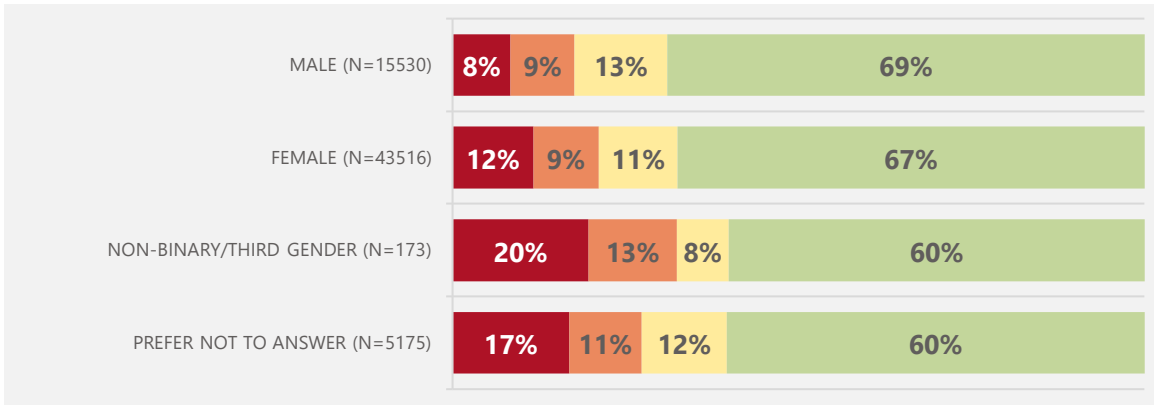
## Specialty



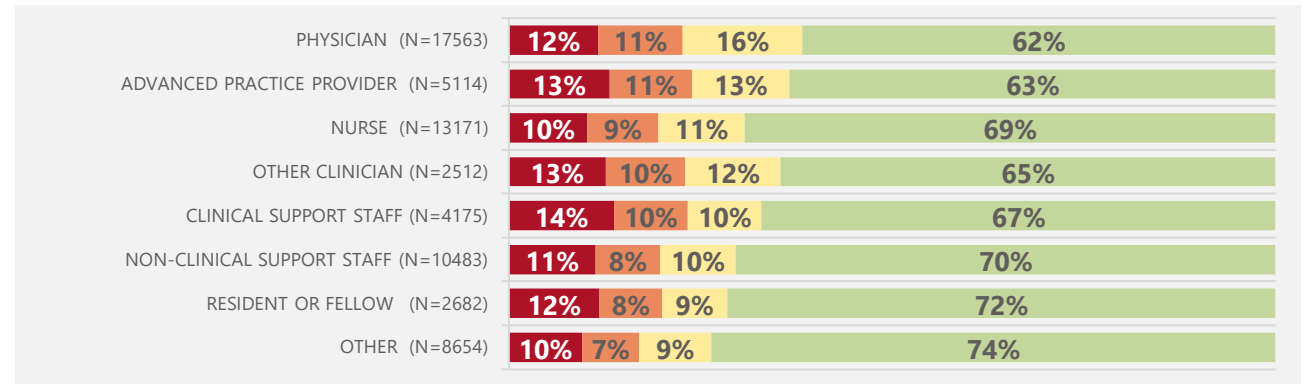
# Due to the impact of COVID-19, I am experiencing: *Concerns about childcare*



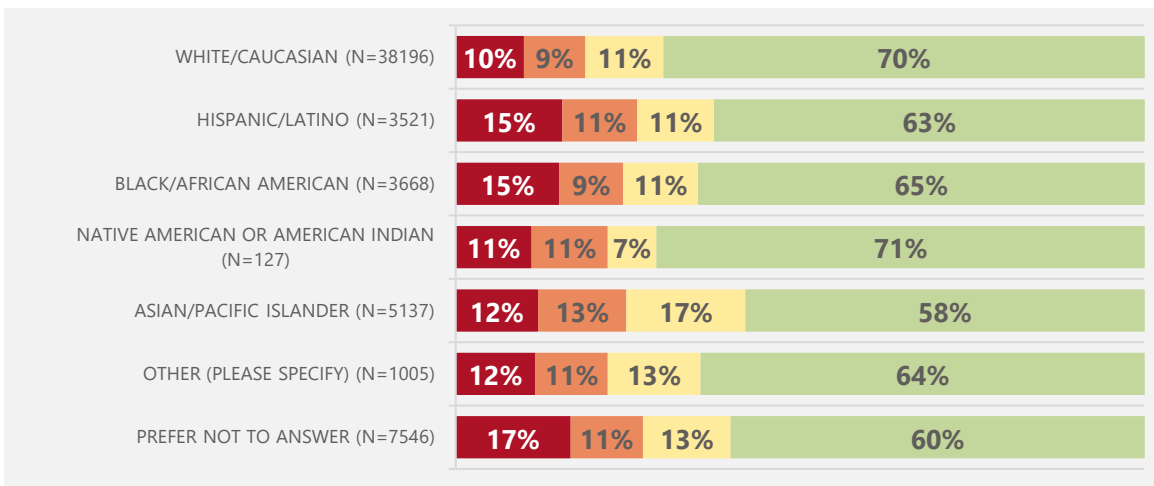
## Gender



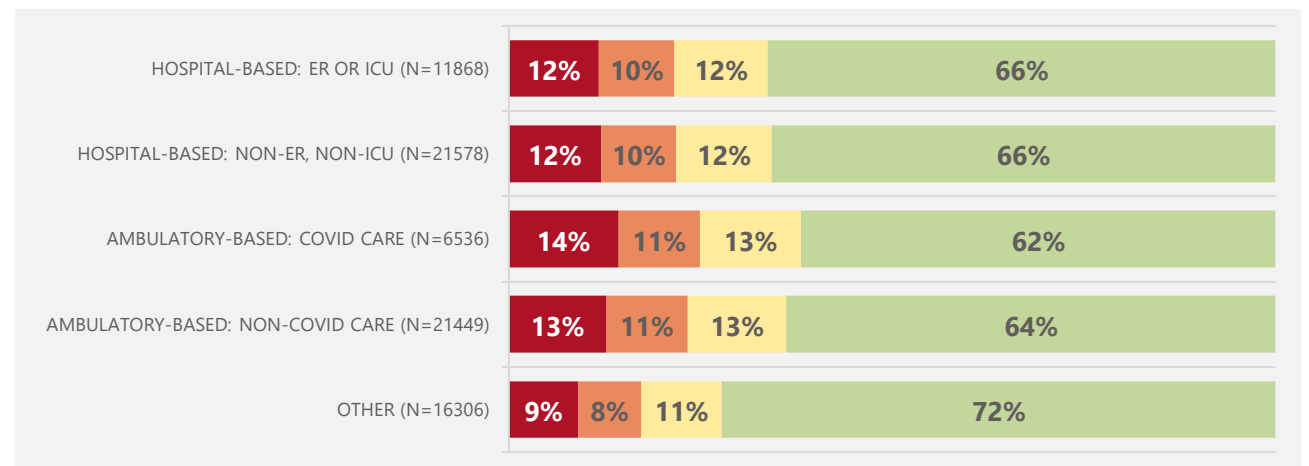
## Role Type



## Race/Ethnicity



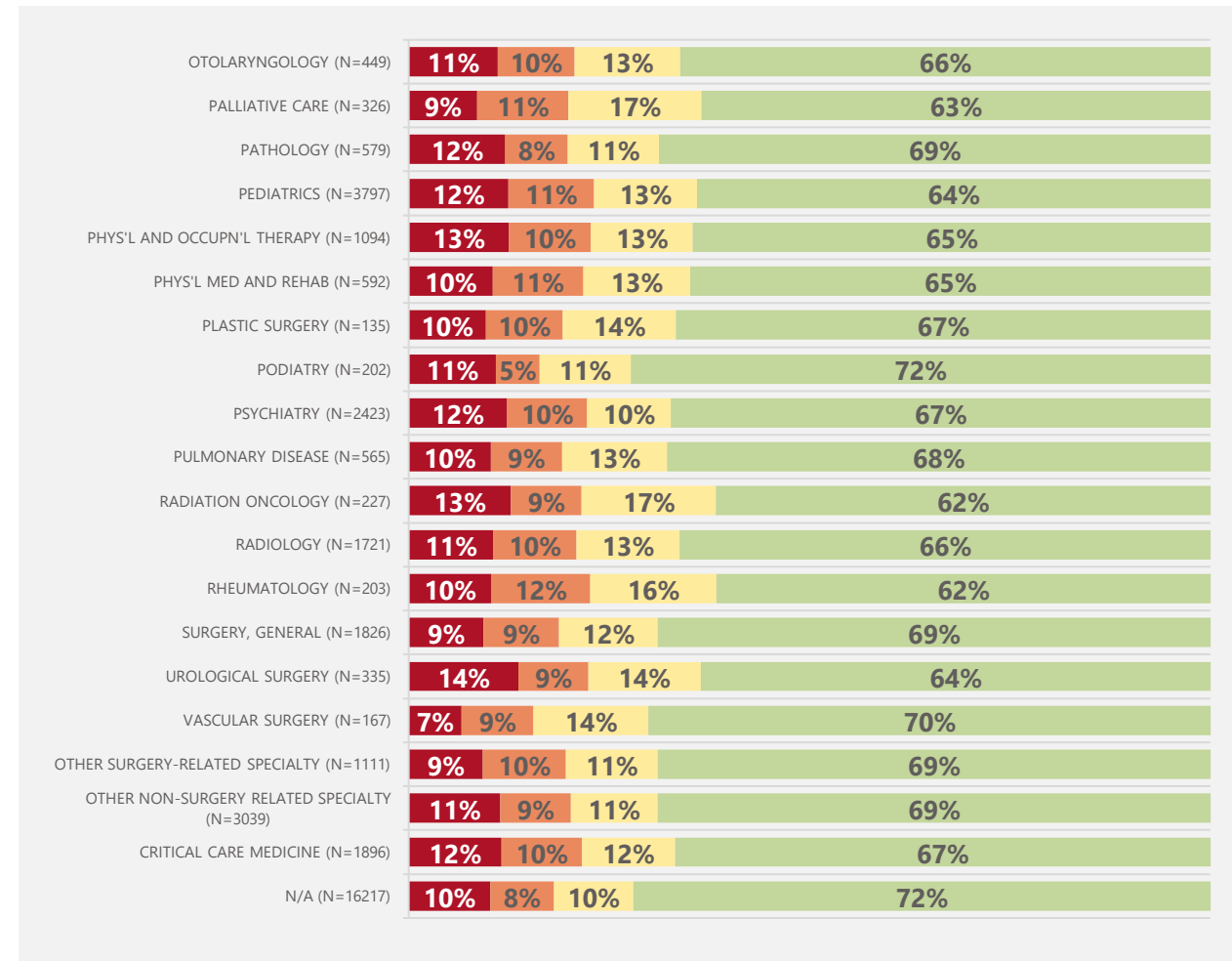
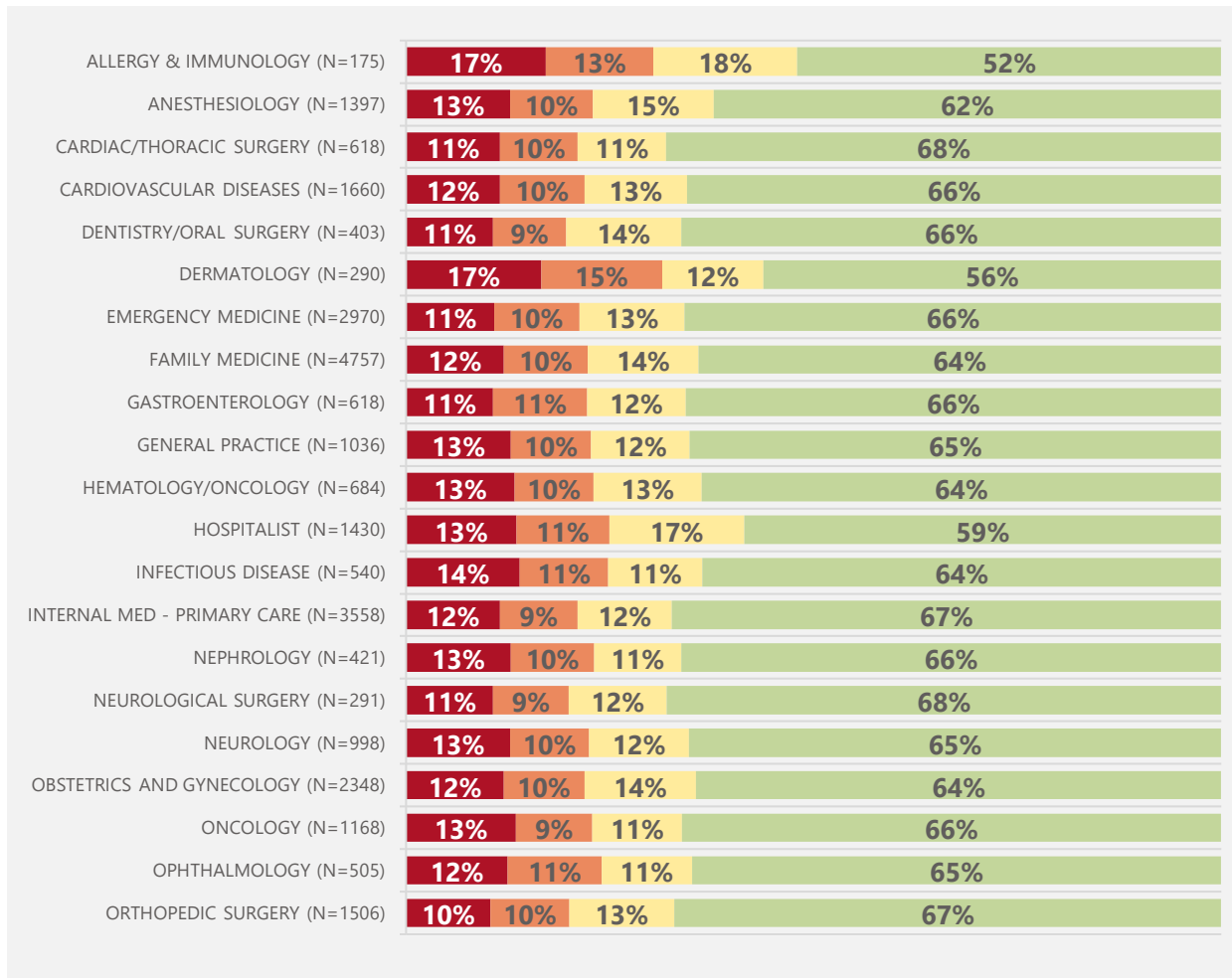
## Practice Setting



# Due to the impact of COVID-19, I am experiencing: *Concerns about childcare*



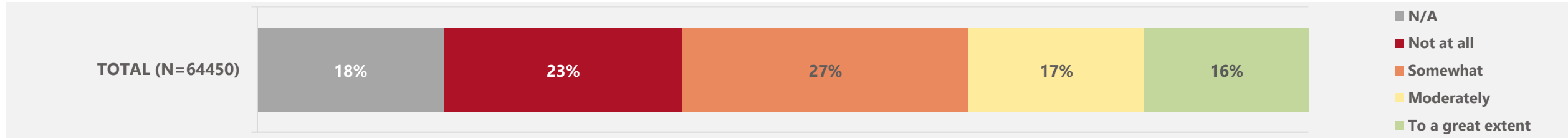
## Specialty



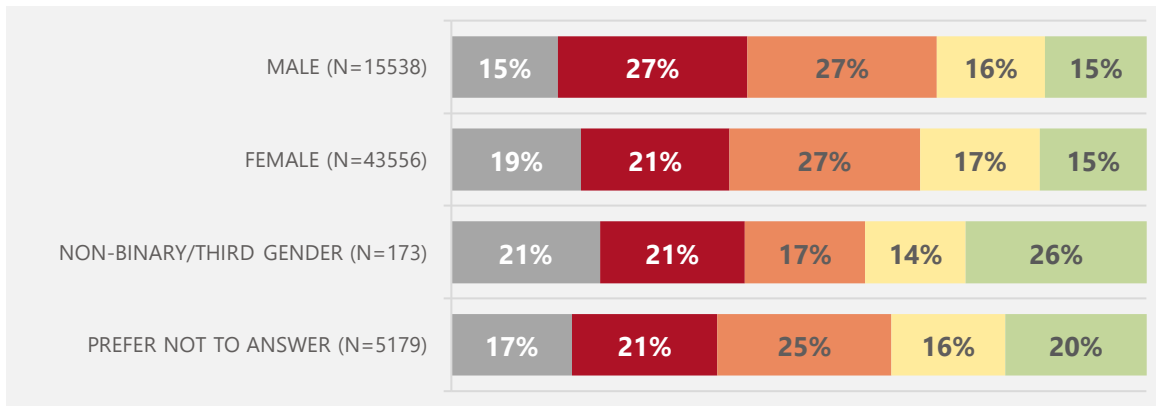


# How would the following improve your ability to sustain through the COVID-19 crisis?

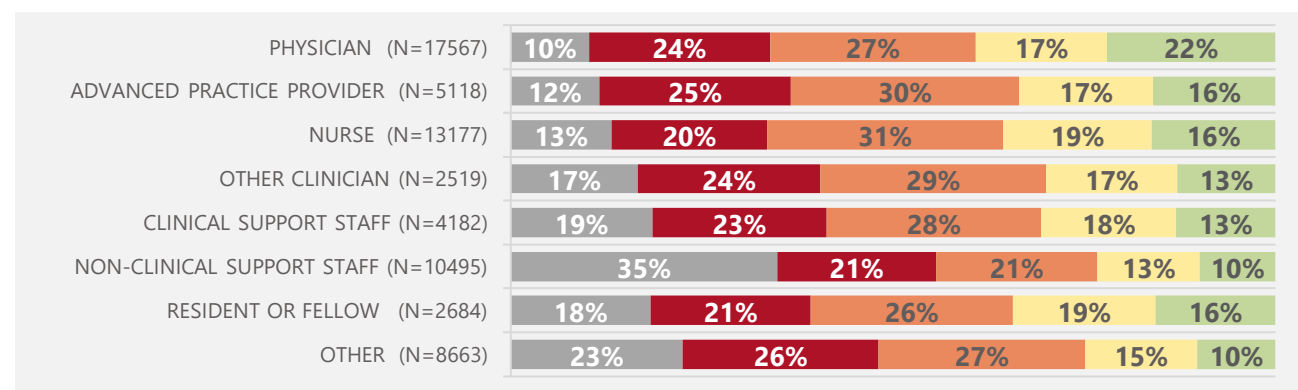
*Staff or colleague support for inbox, documentation, and order entry*



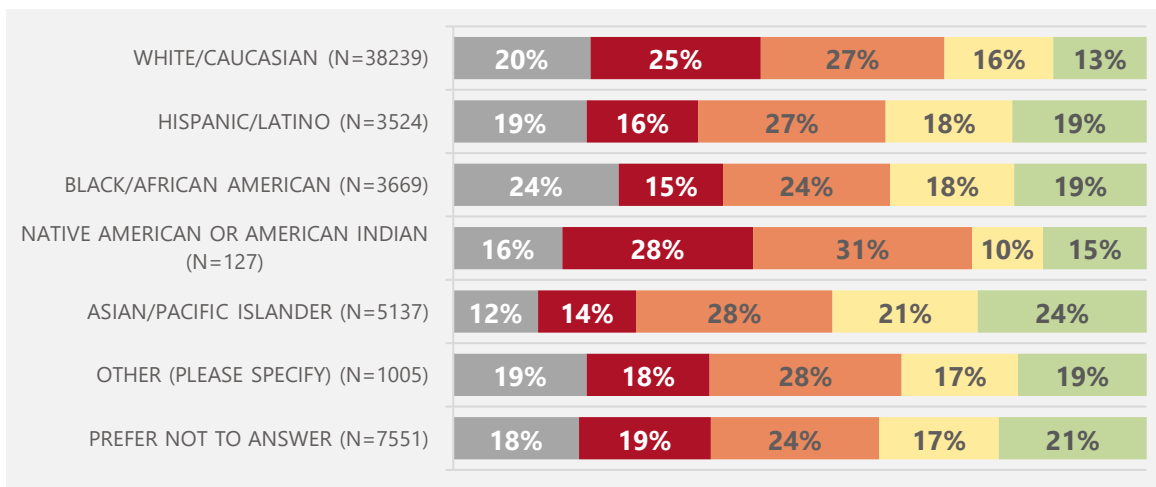
## Gender



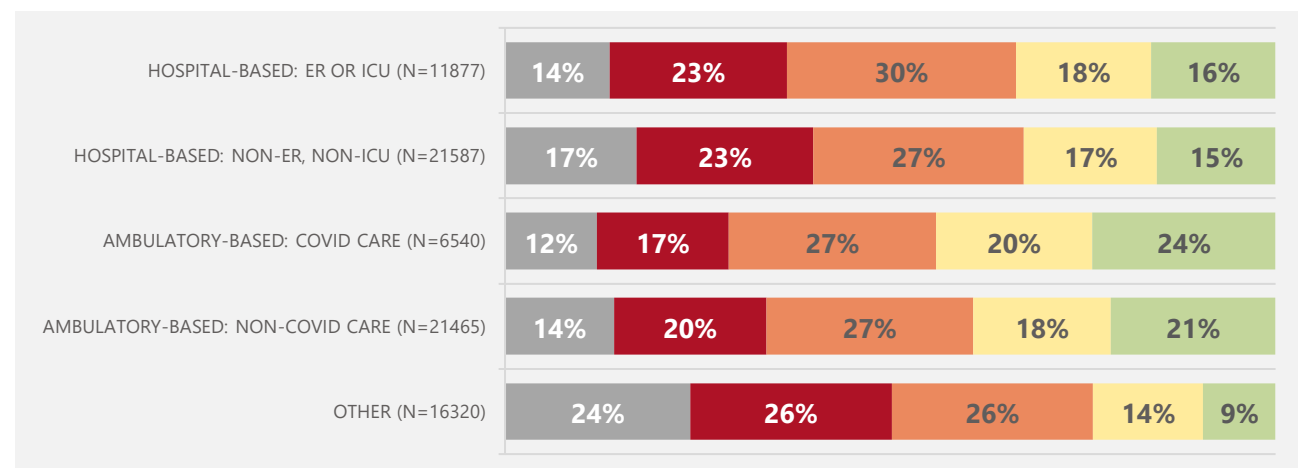
## Role Type



## Race/Ethnicity

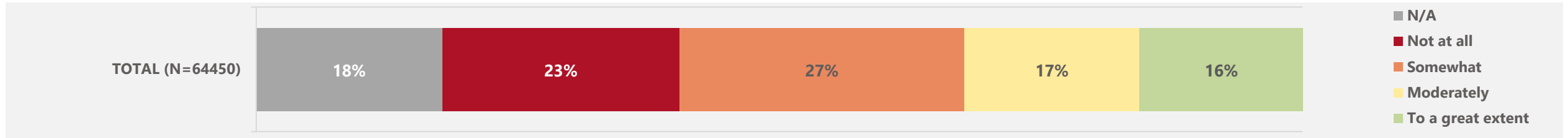


## Practice Setting

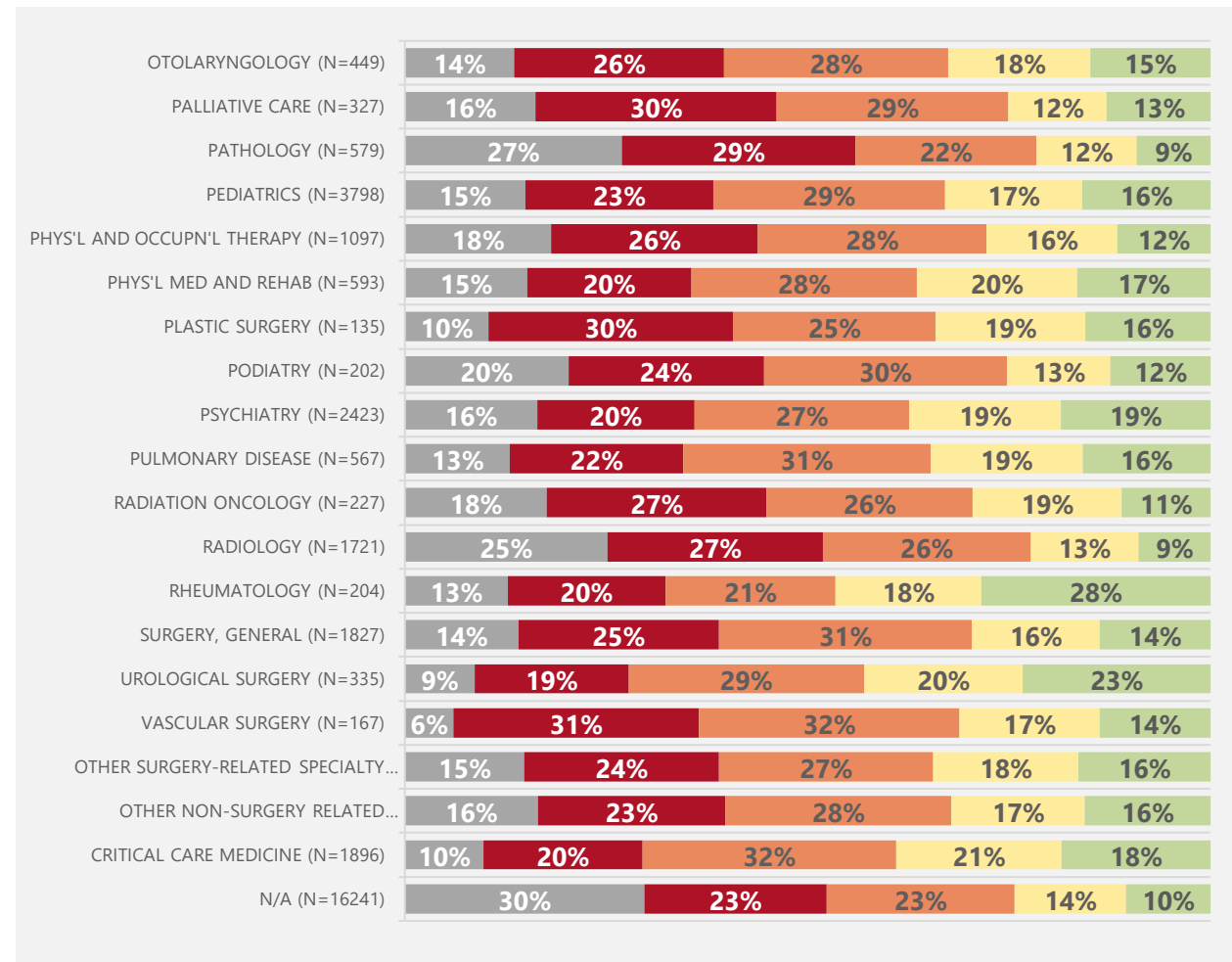
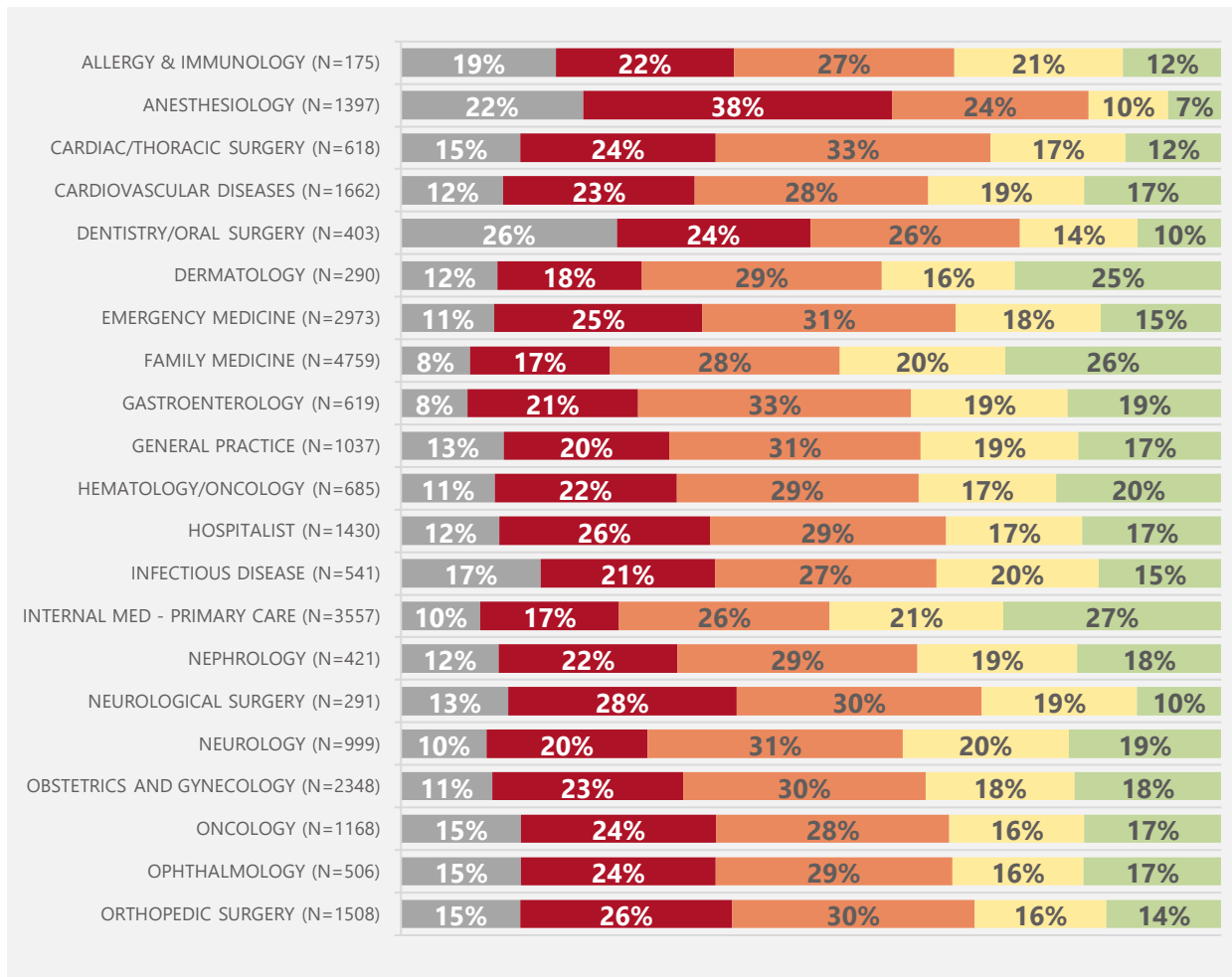


# How would the following improve your ability to sustain through the COVID-19 crisis?

*Staff or colleague support for inbox, documentation, and order entry*

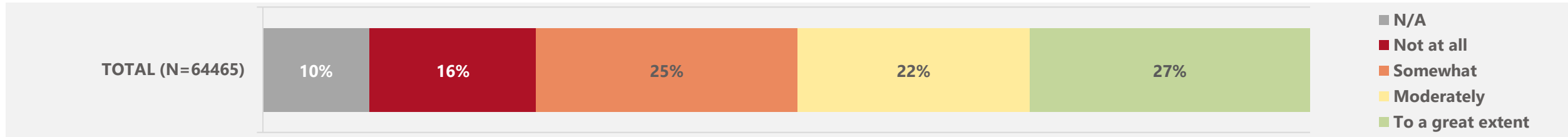


## Specialty

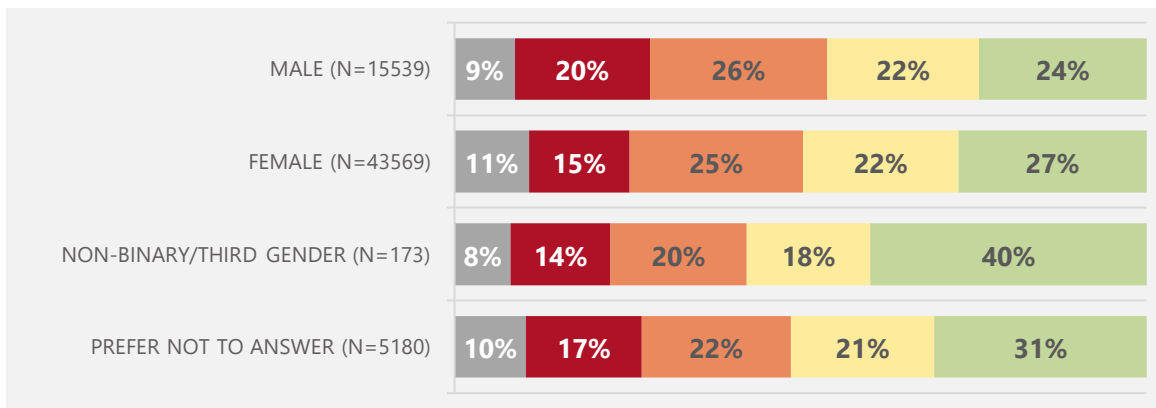


# How would the following improve your ability to sustain through the COVID-19 crisis?

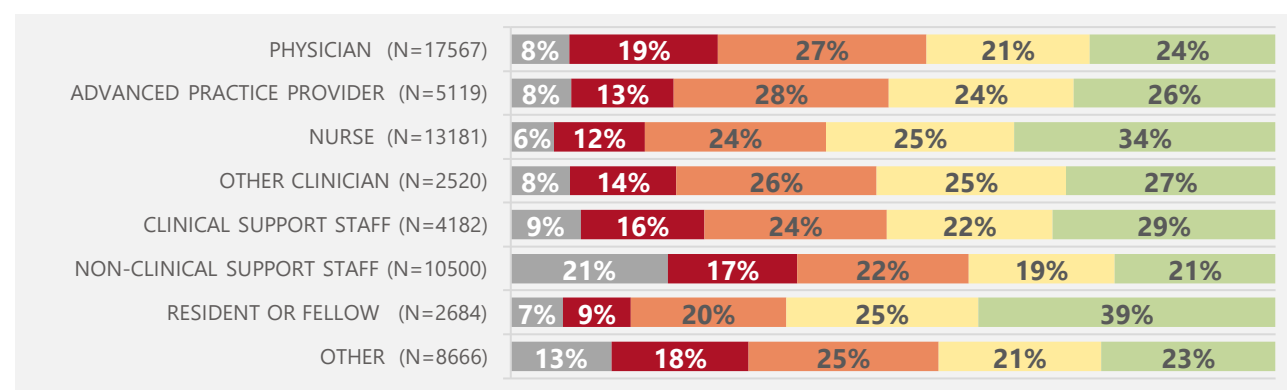
## Healthy food available at all hours



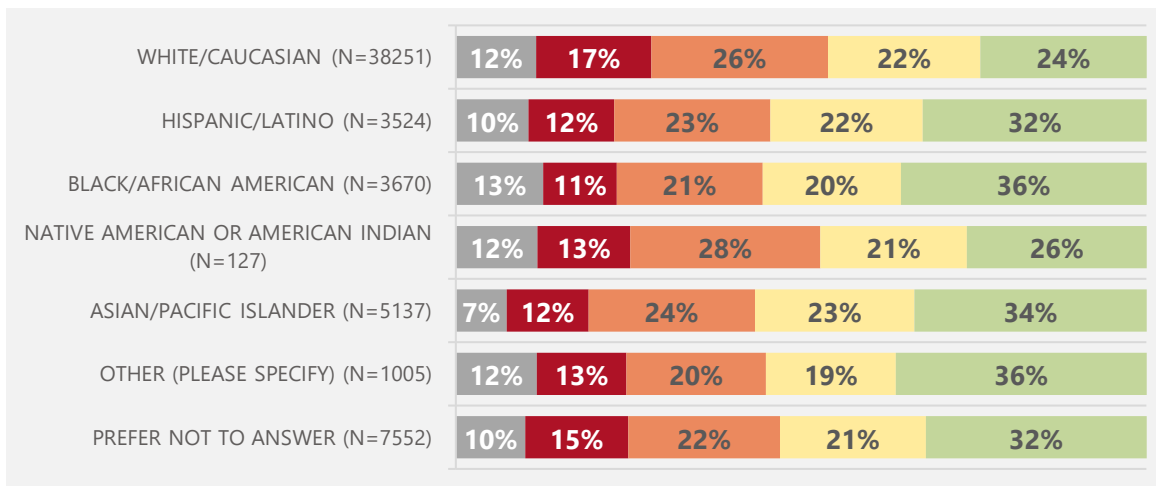
### Gender



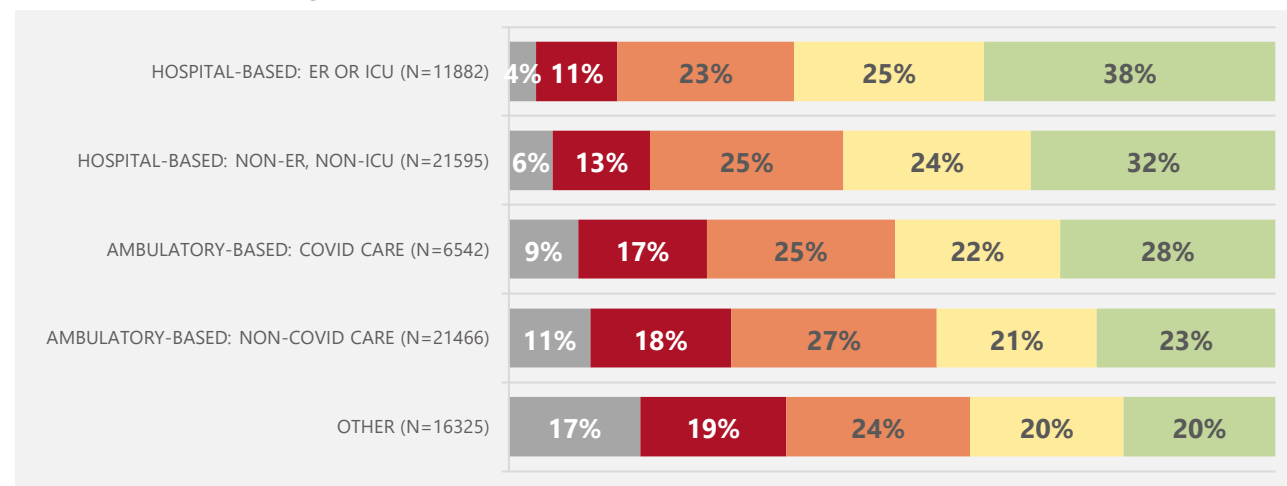
### Role Type



### Race/Ethnicity

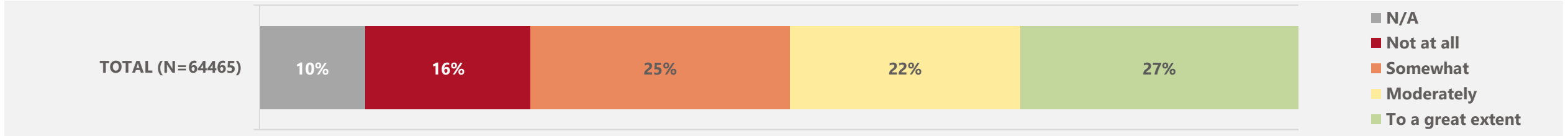


### Practice Setting

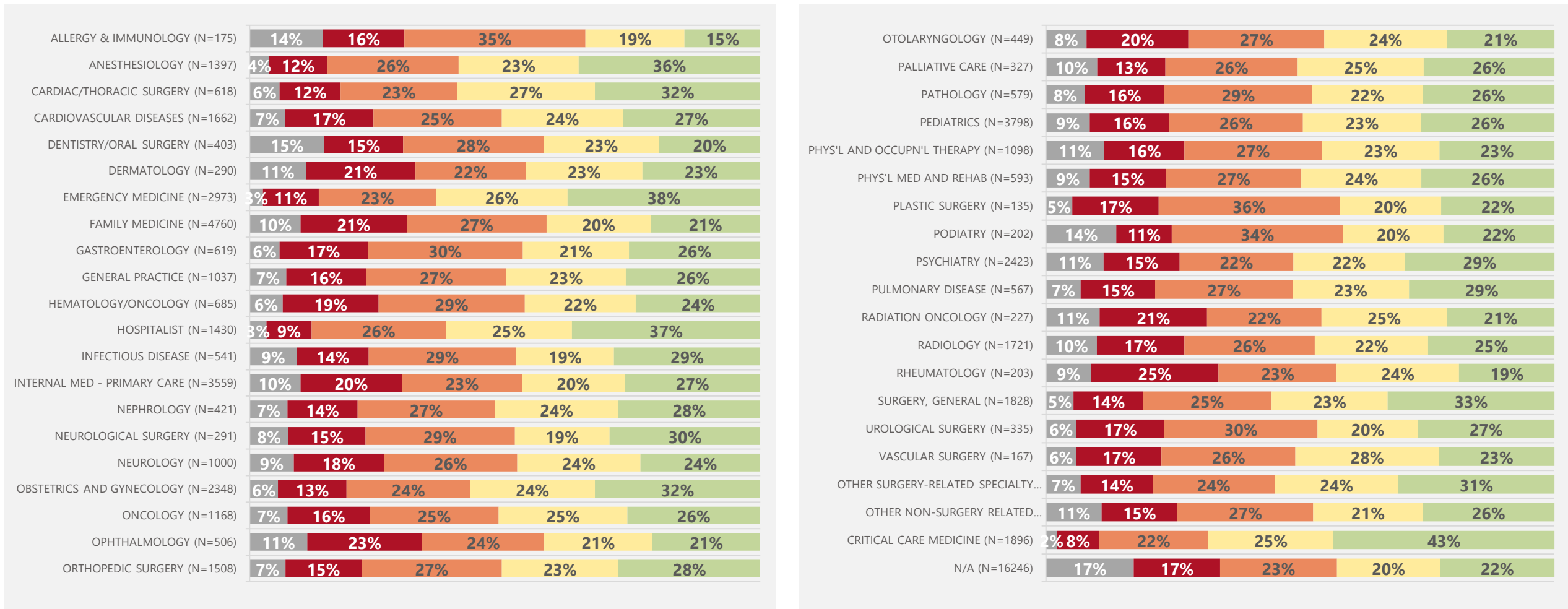


# How would the following improve your ability to sustain through the COVID-19 crisis?

## Healthy food available at all hours

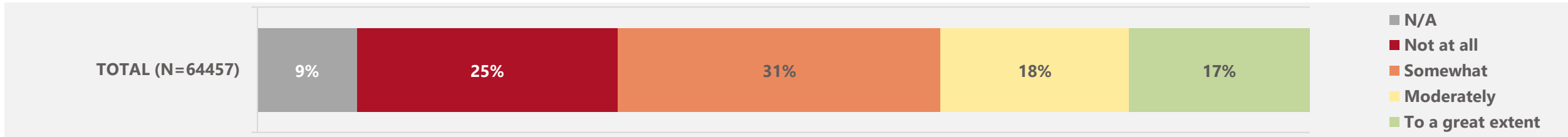


### Specialty

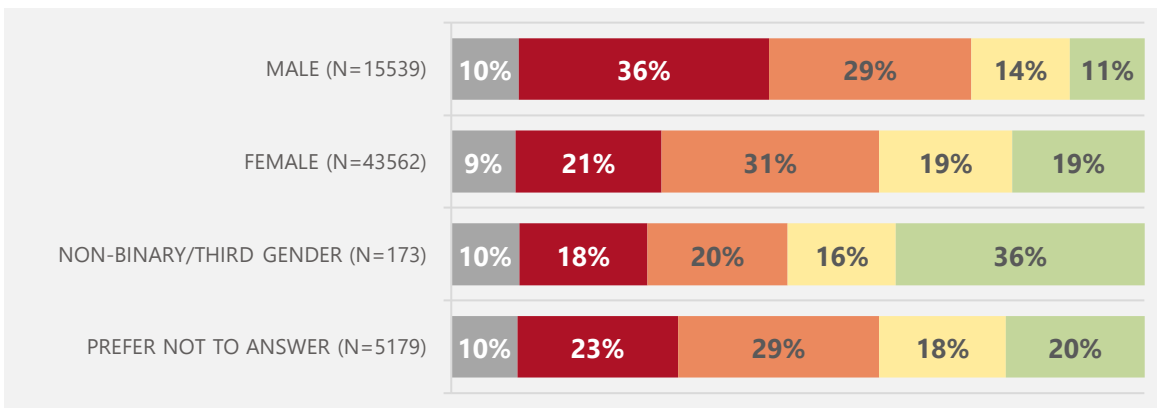


# How would the following improve your ability to sustain through the COVID-19 crisis?

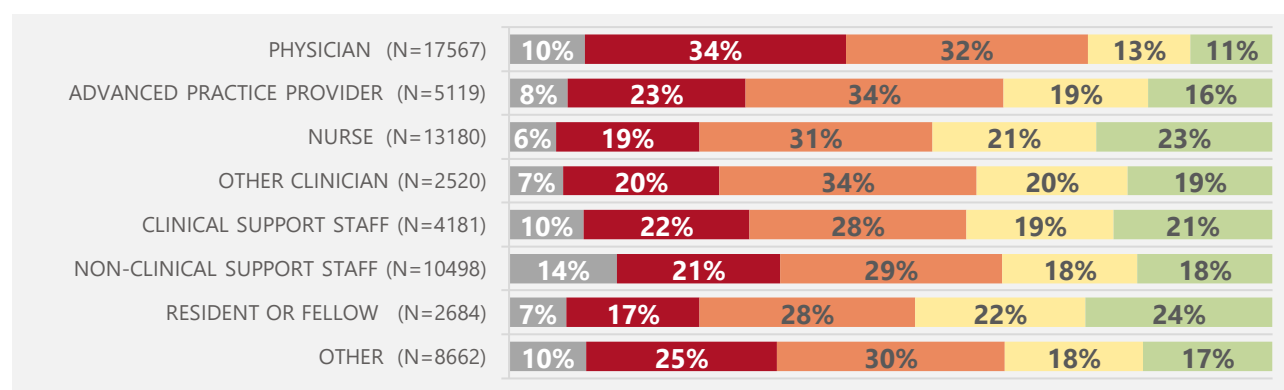
## Personal access to mental health care



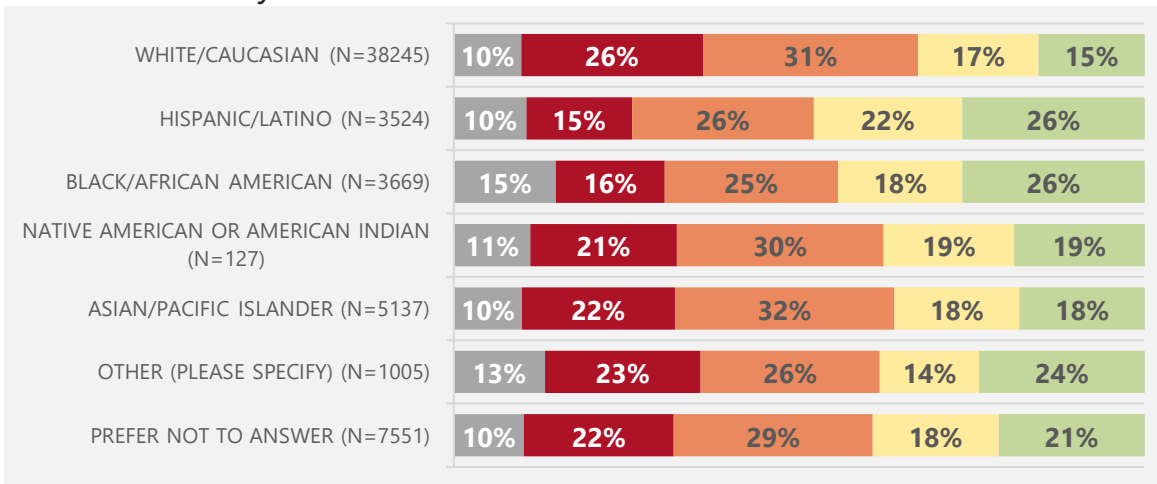
### Gender



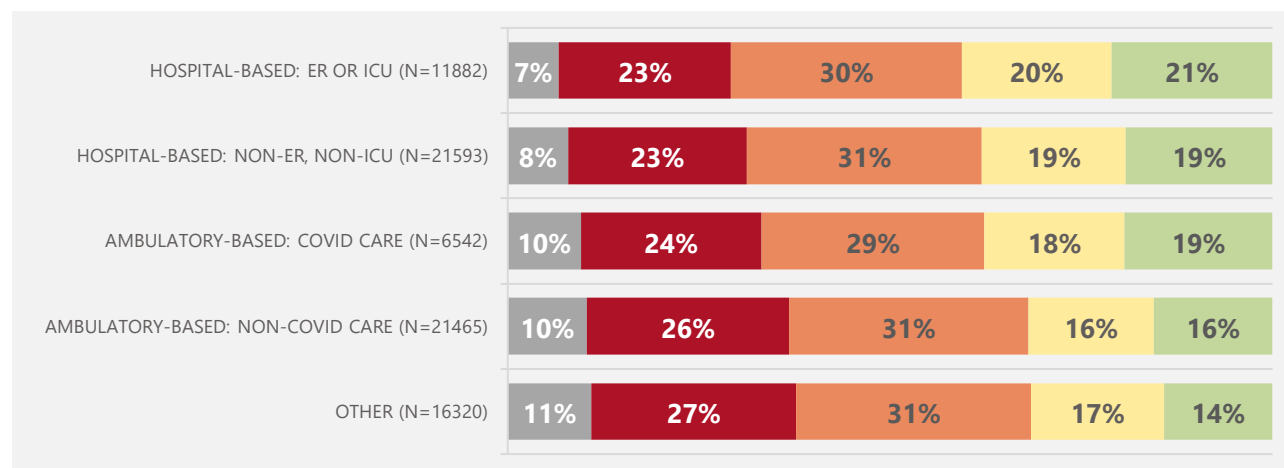
### Role Type



### Race/Ethnicity

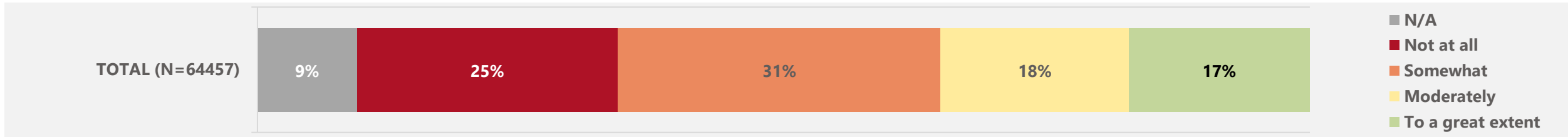


### Practice Setting

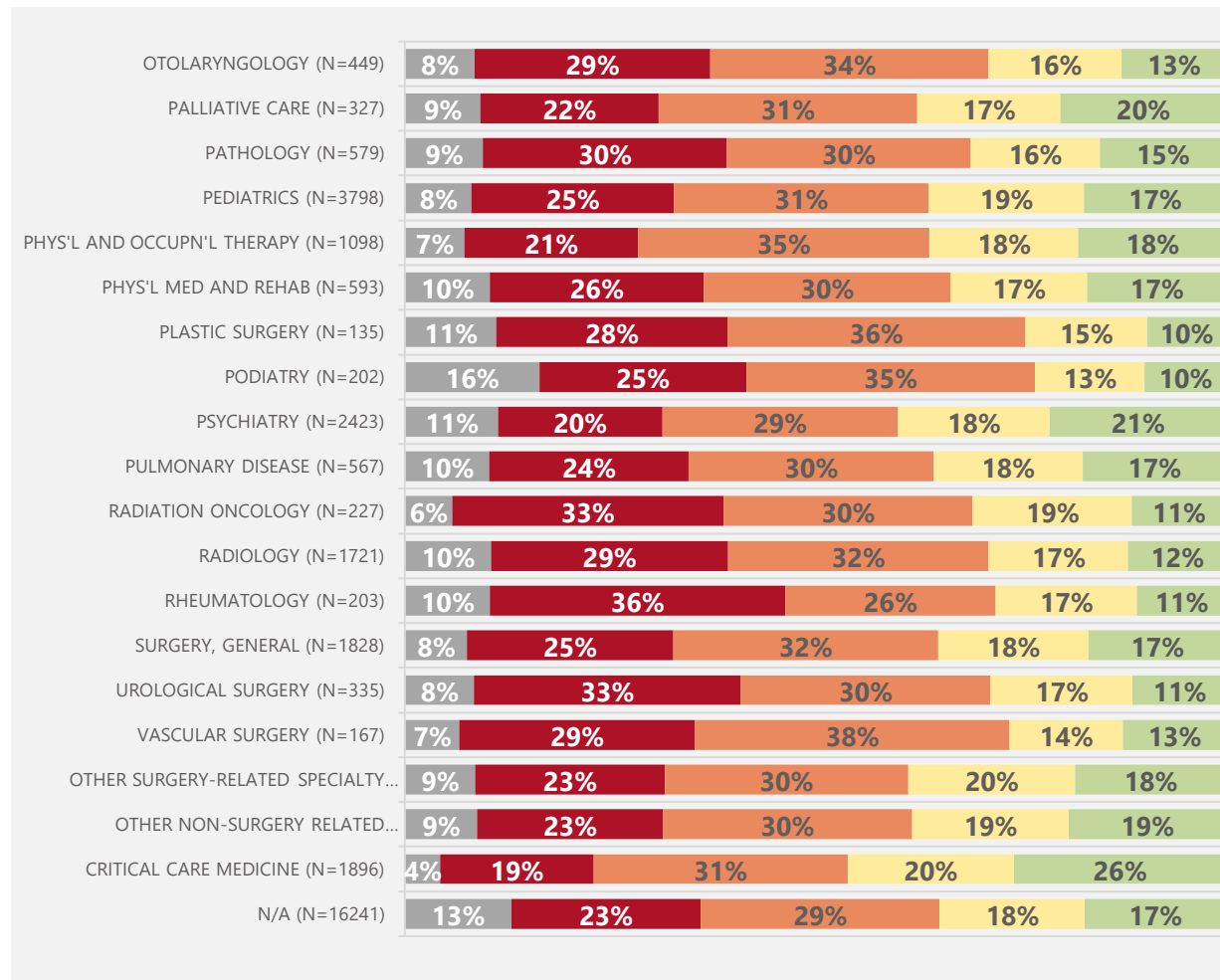
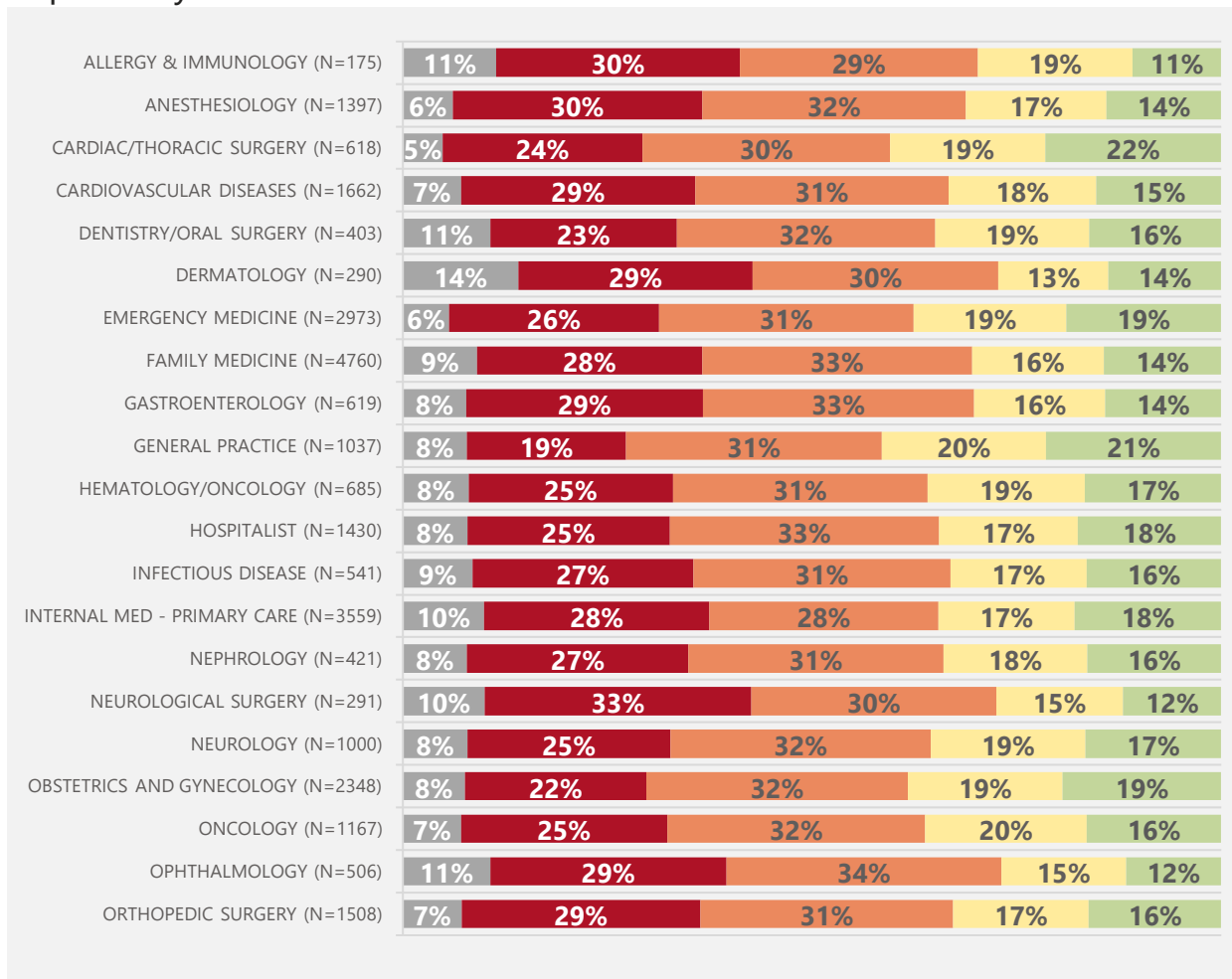


# How would the following improve your ability to sustain through the COVID-19 crisis?

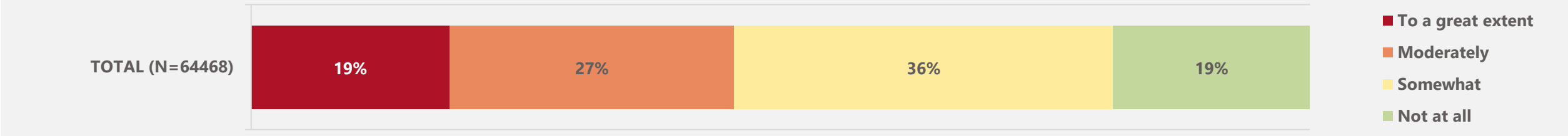
## Personal access to mental health care



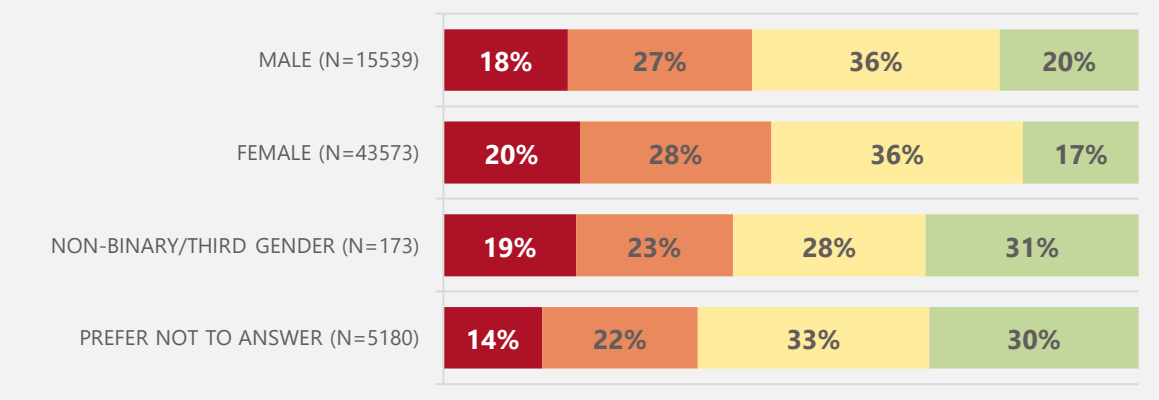
### Specialty



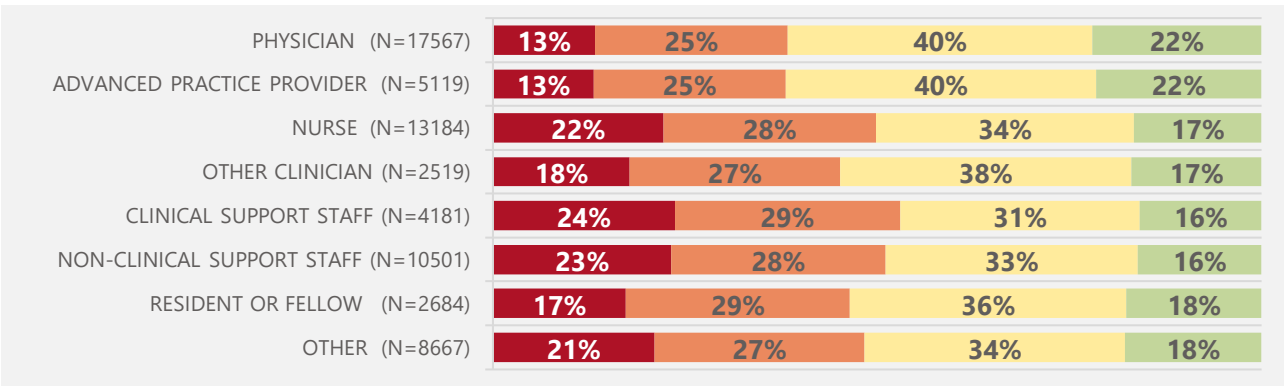
# Being part of COVID-19 response has increased my sense of meaning and purpose



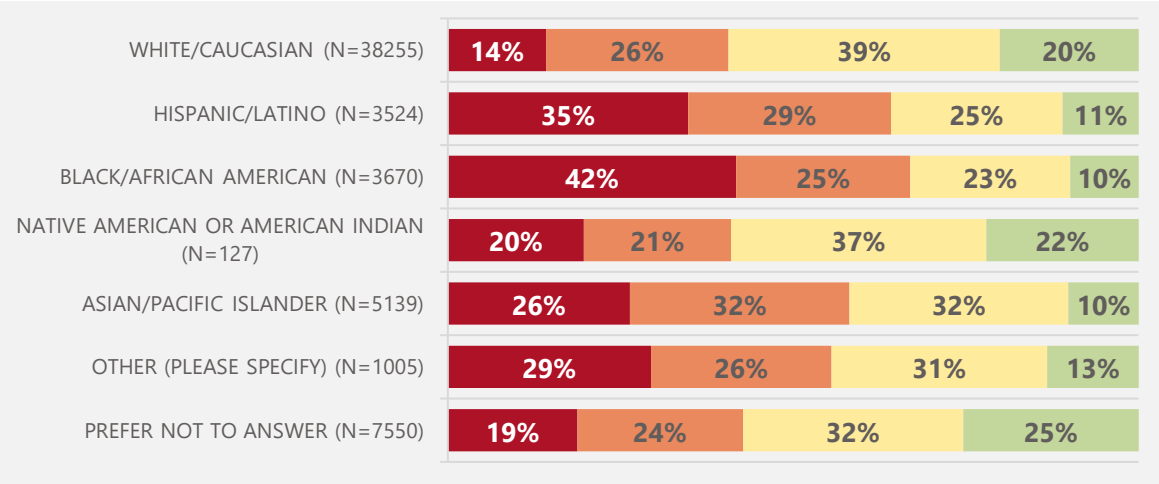
## Gender



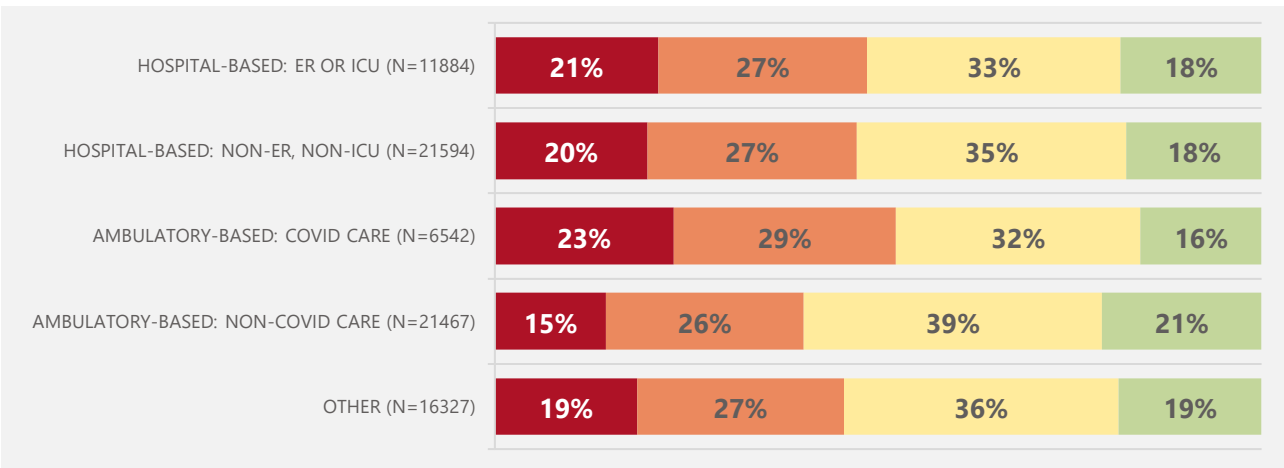
## Role Type



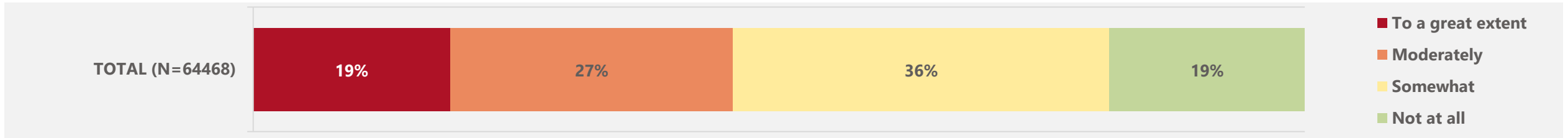
## Race/Ethnicity



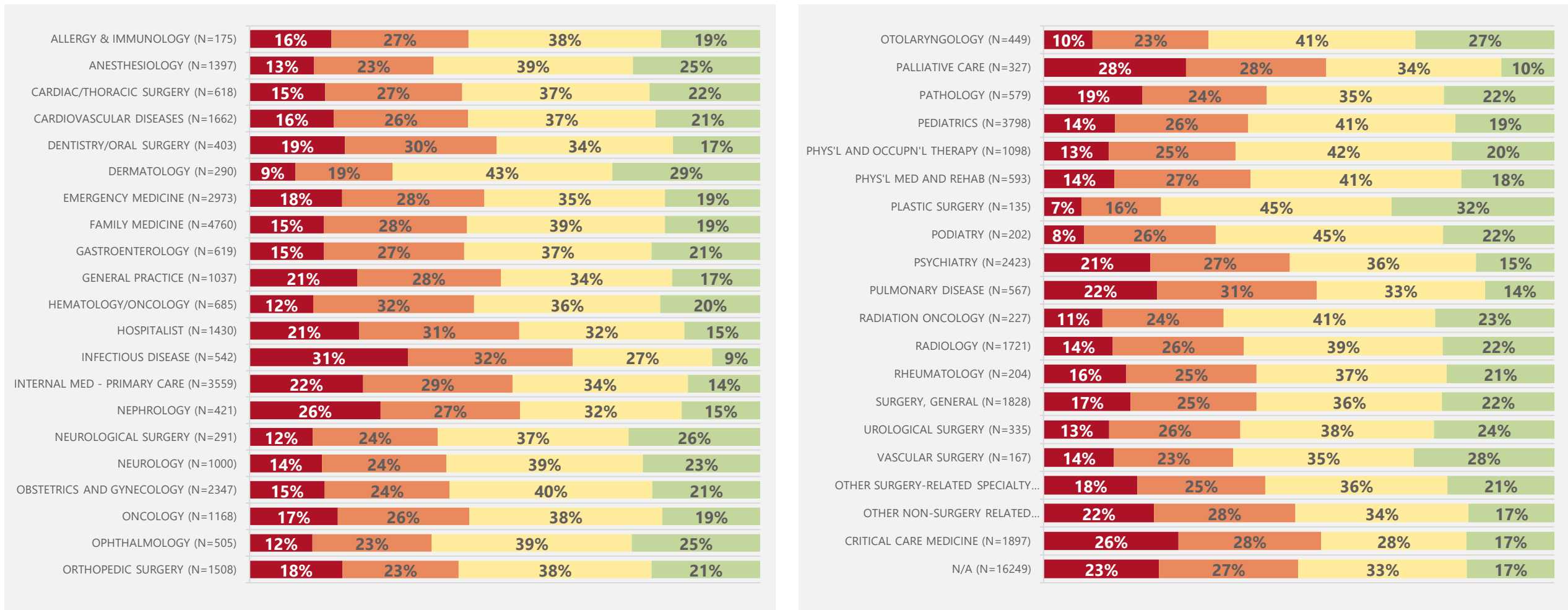
## Practice Setting



# Being part of COVID-19 response has increased my sense of meaning and purpose

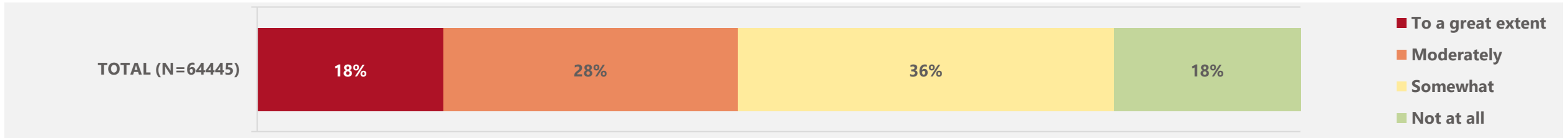


## Specialty

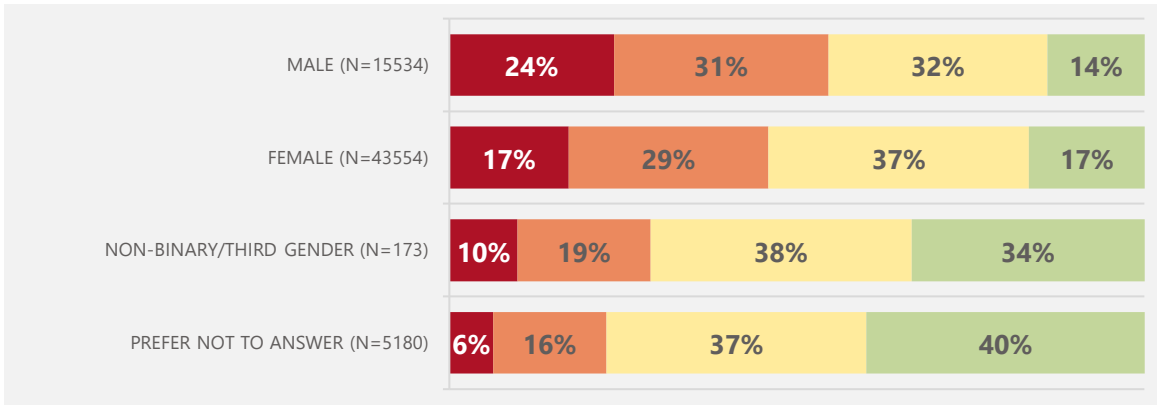




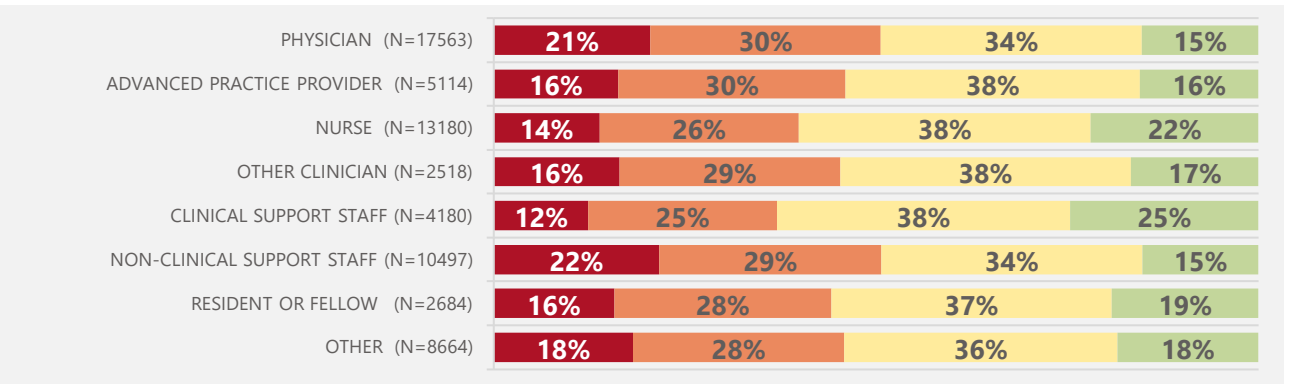
# I feel valued by my organization



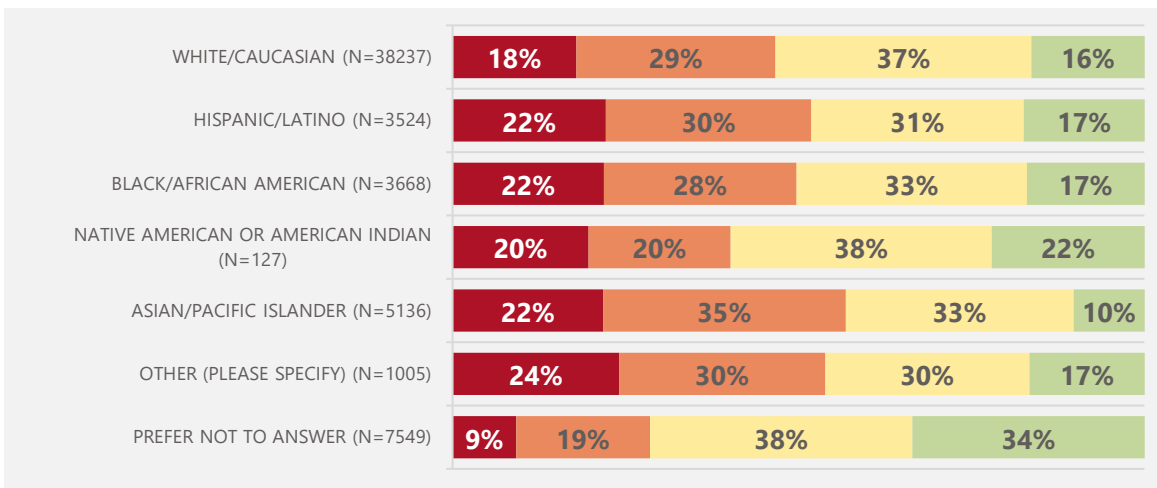
## Gender



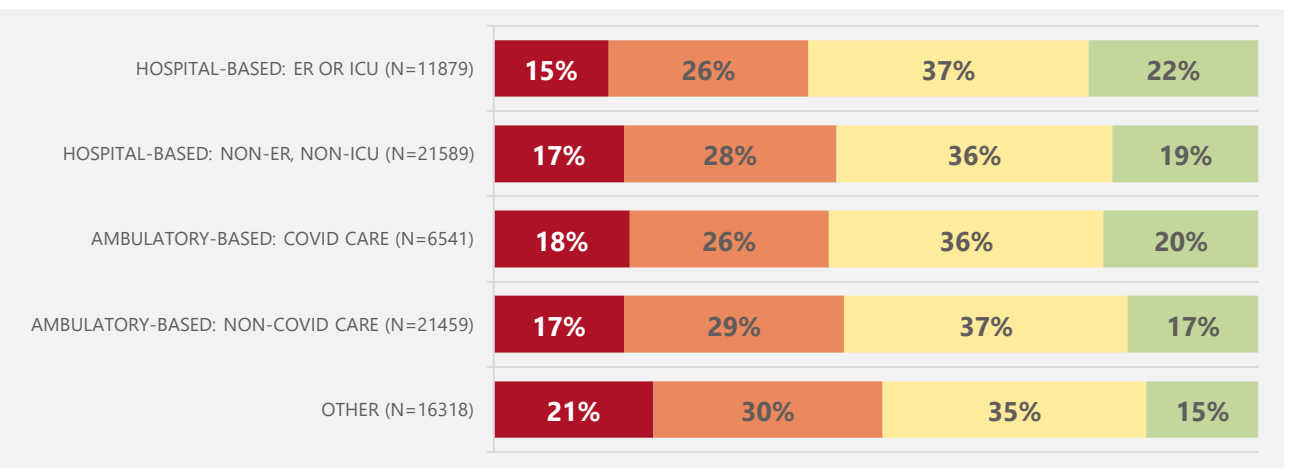
## Role Type



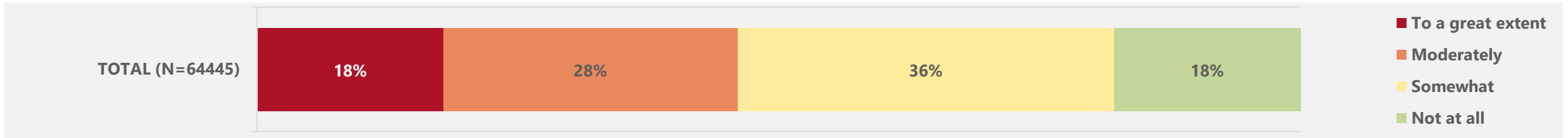
## Race/Ethnicity



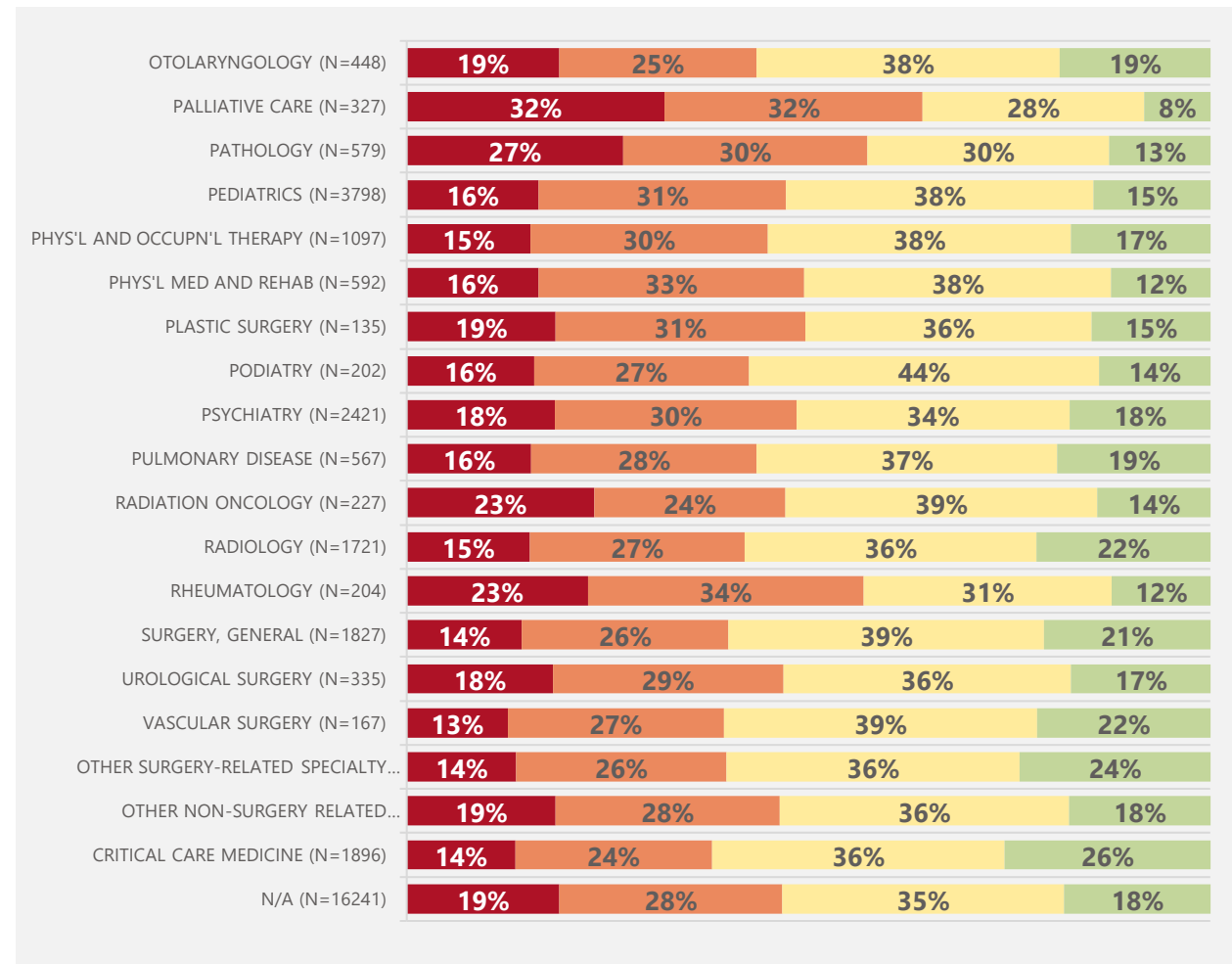
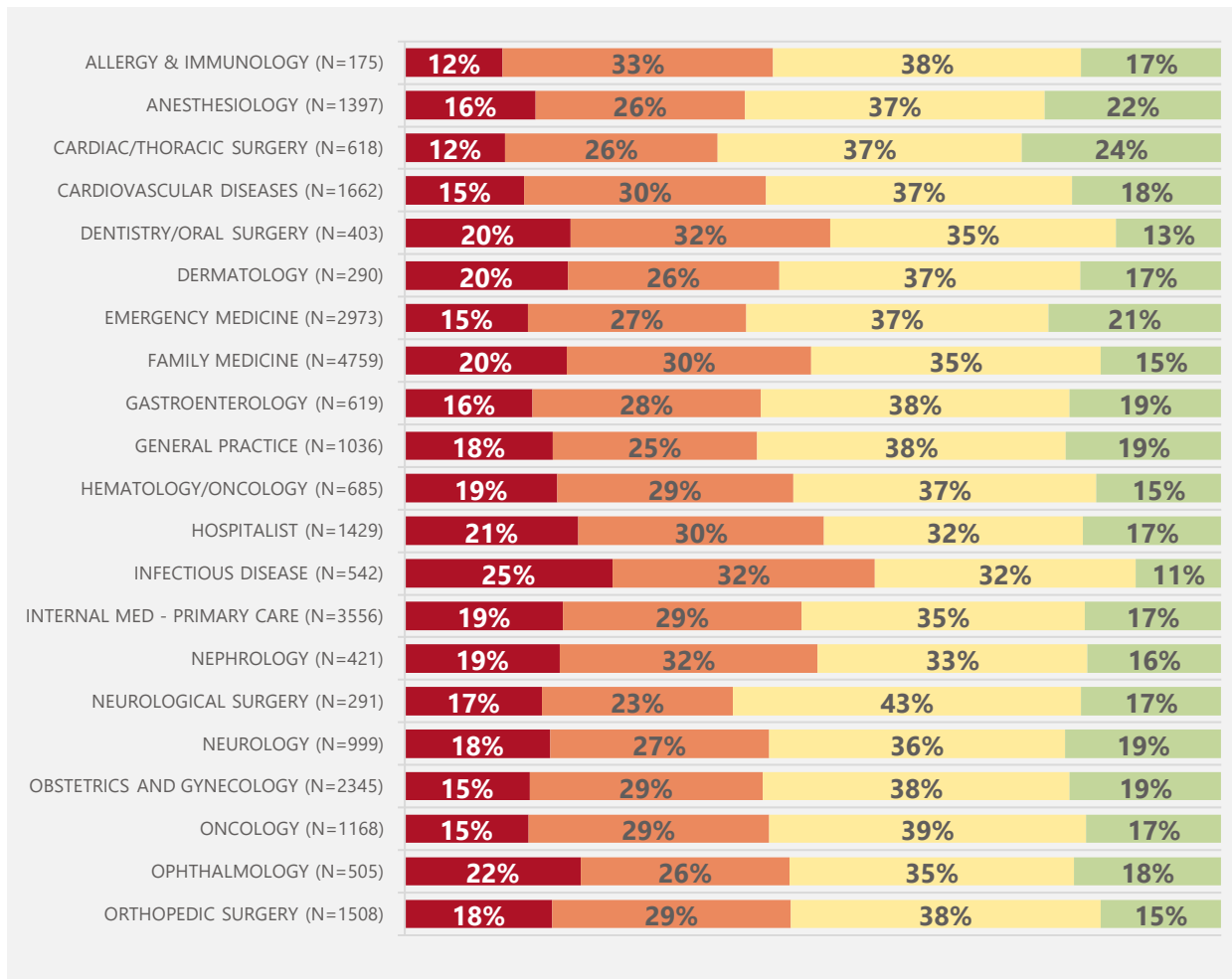
## Practice Setting



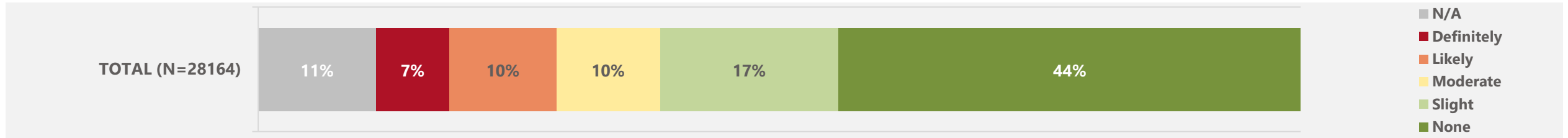
# I feel valued by my organization



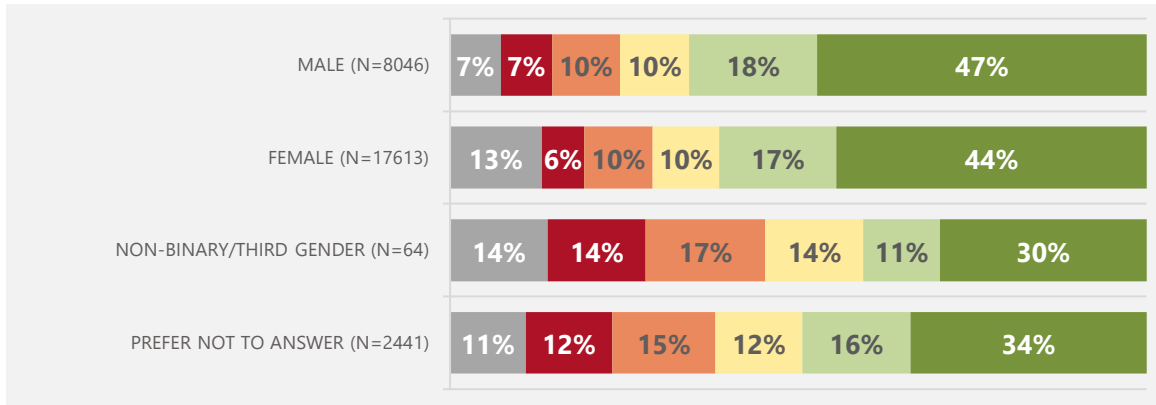
## Specialty



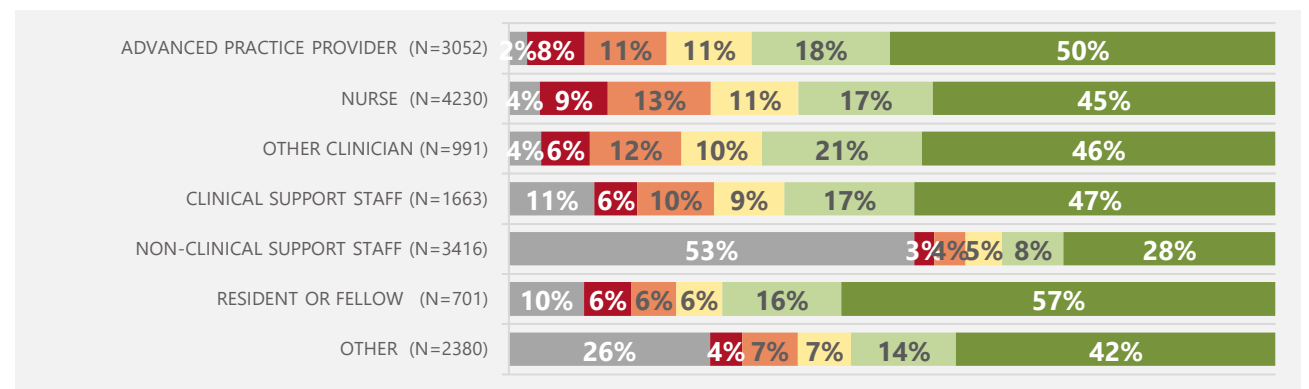
# What is the likelihood that you will reduce the number of hours you devote to clinical care over the next 12 months?



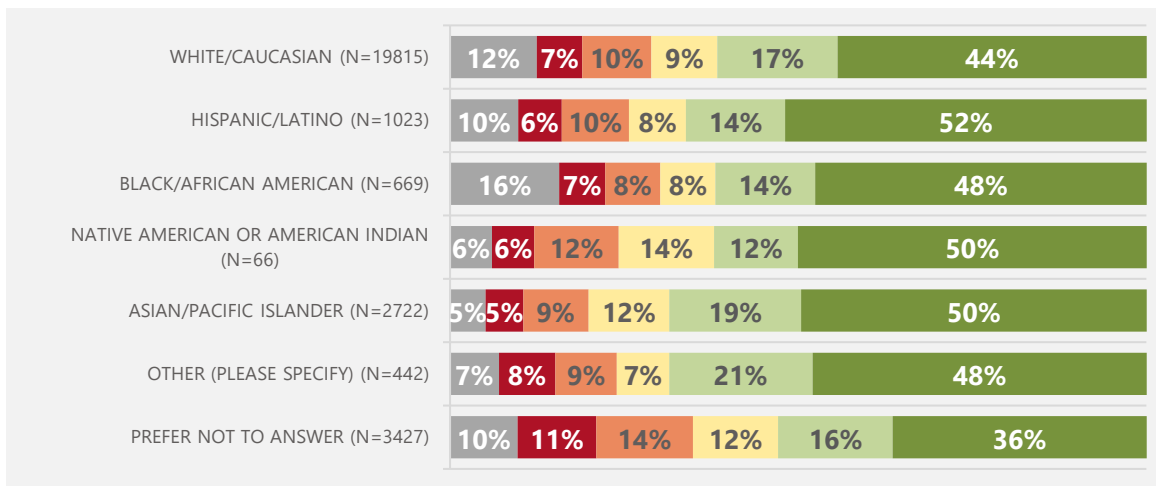
## Gender



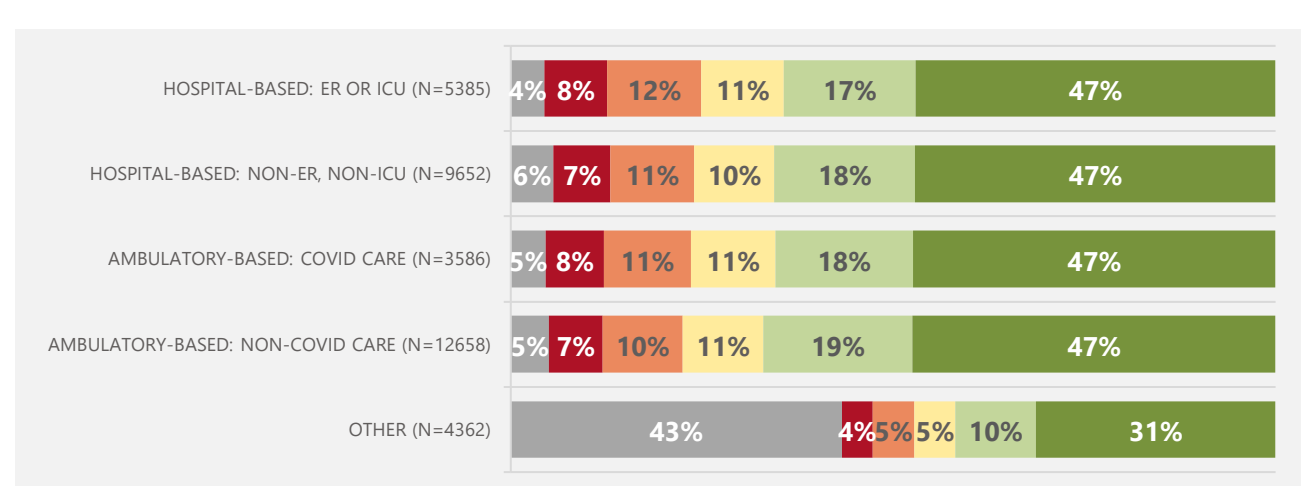
## Role Type



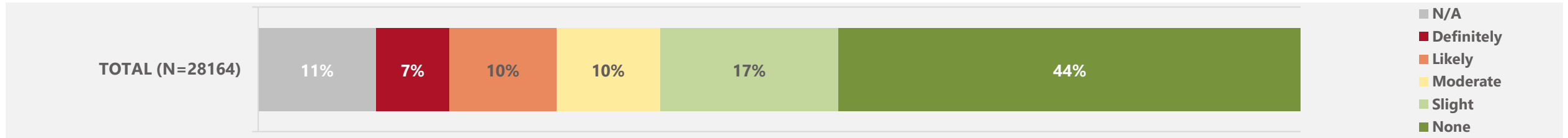
## Race/Ethnicity



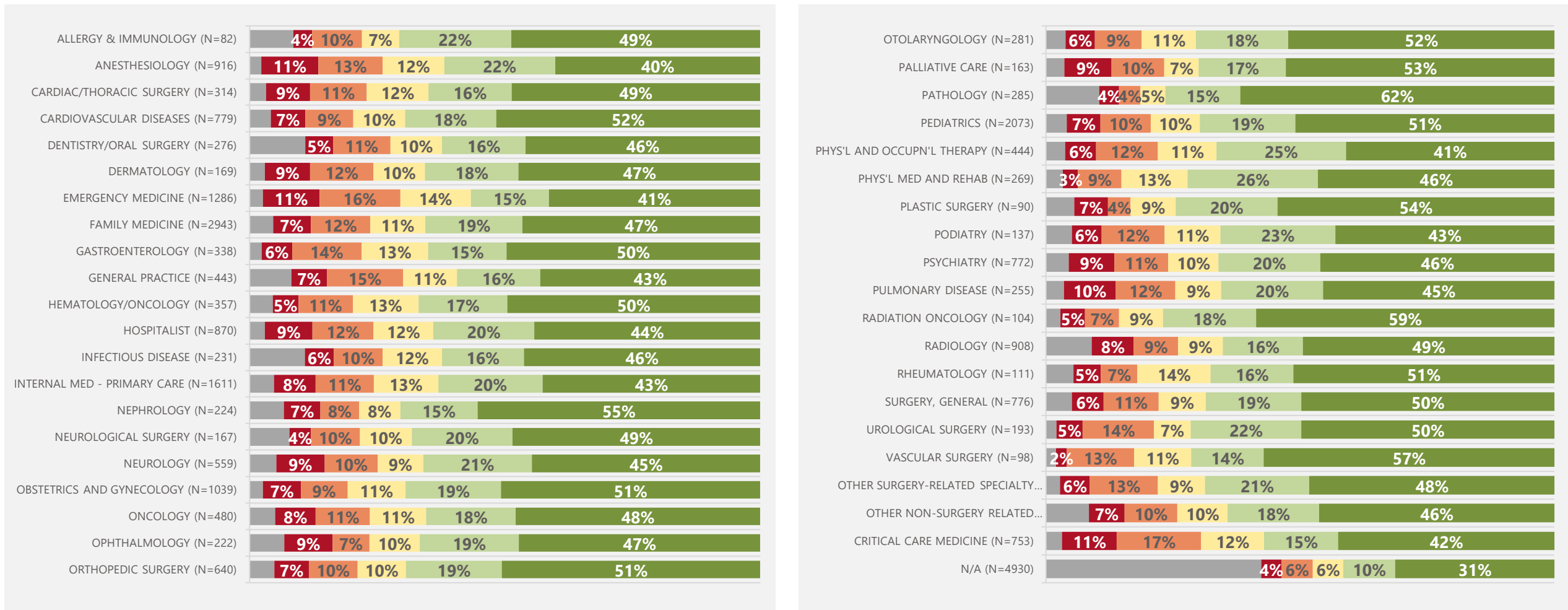
## Practice Setting



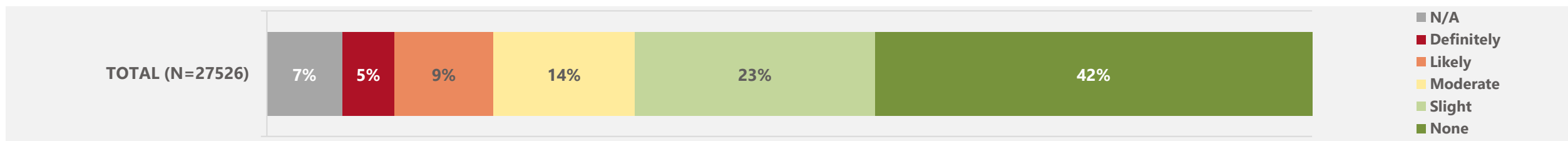
# What is the likelihood that you will reduce the number of hours you devote to clinical care over the next 12 months?



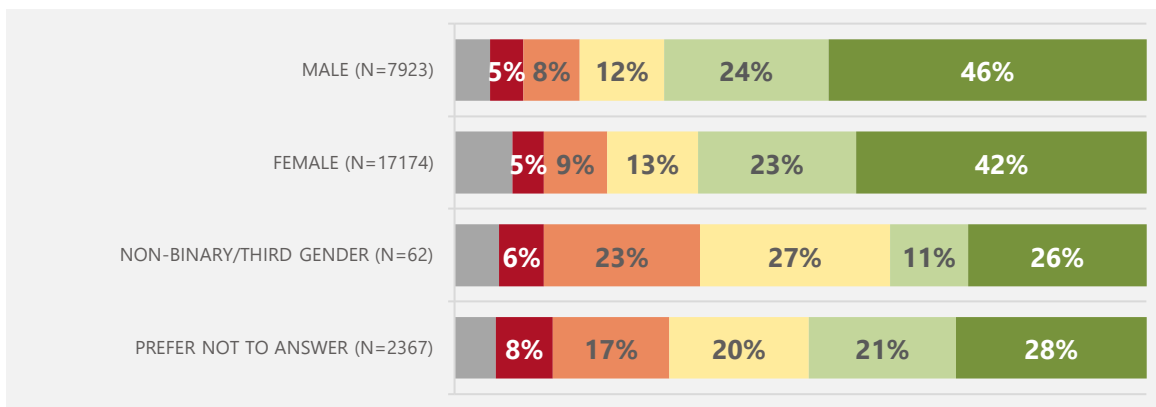
## Specialty



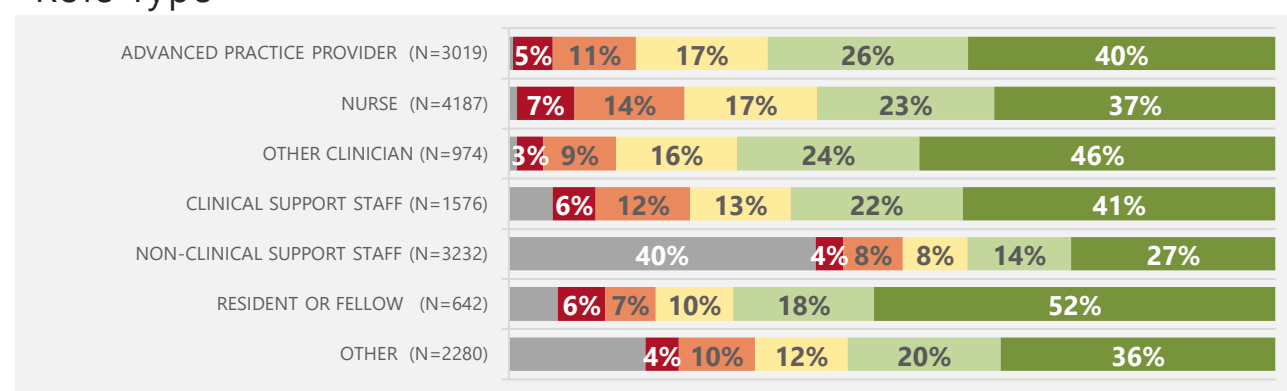
# What is the likelihood that you would leave your practice within two years?



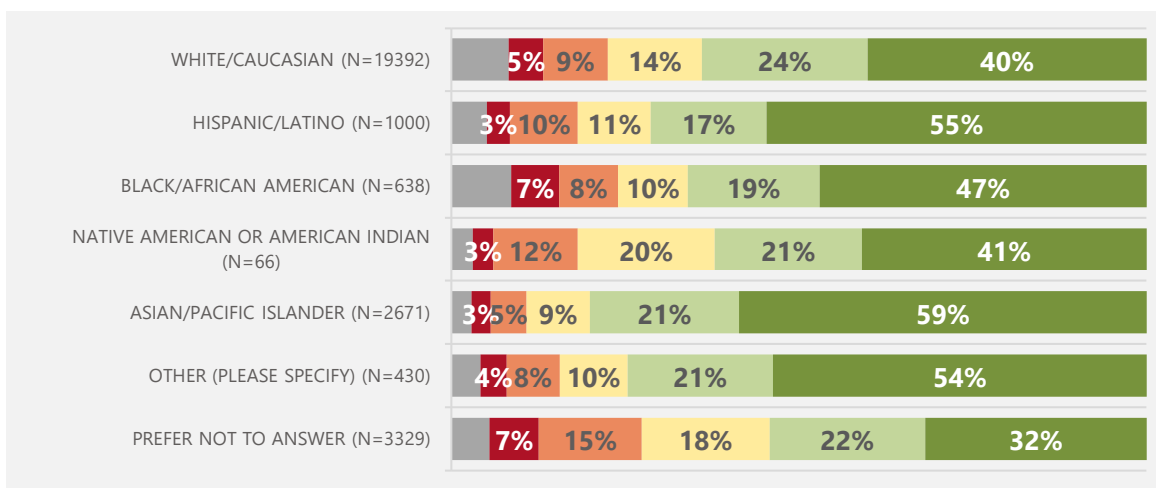
## Gender



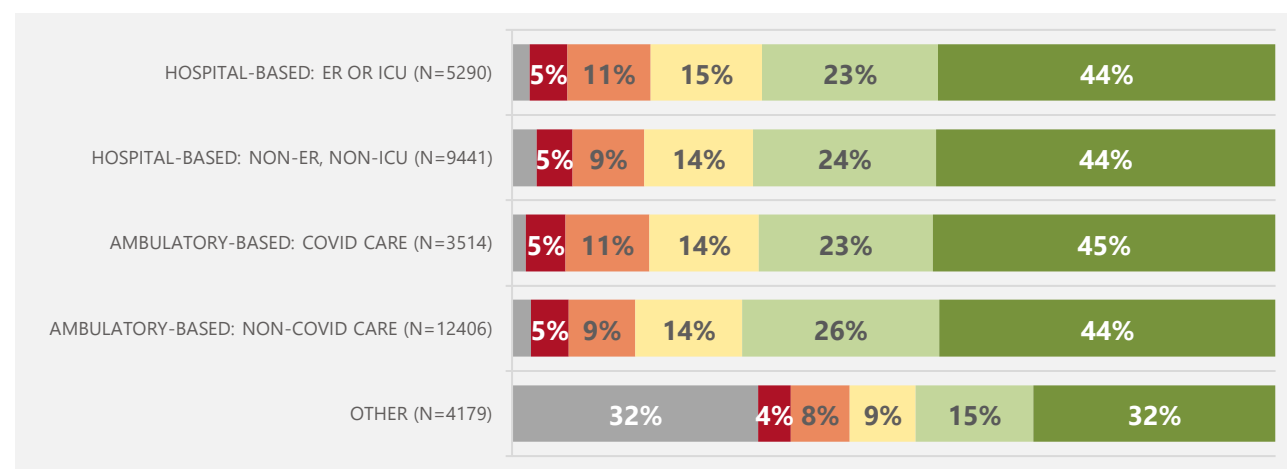
## Role Type



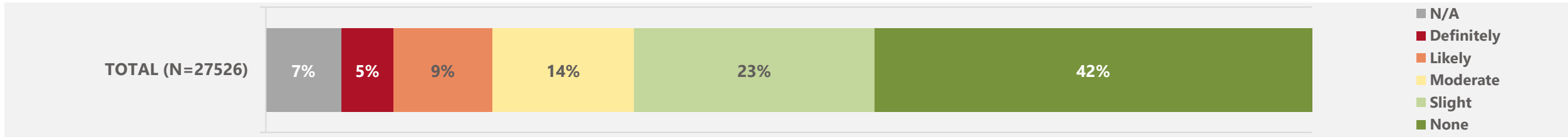
## Race/Ethnicity



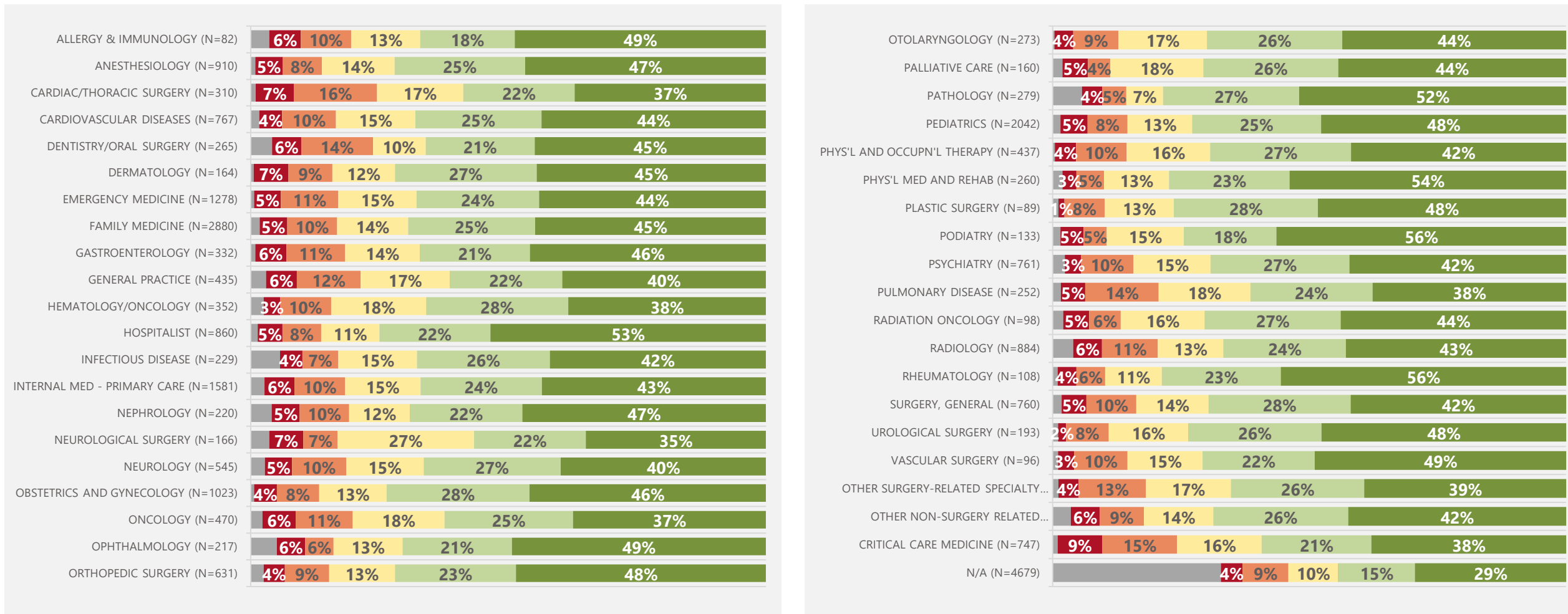
## Practice Setting



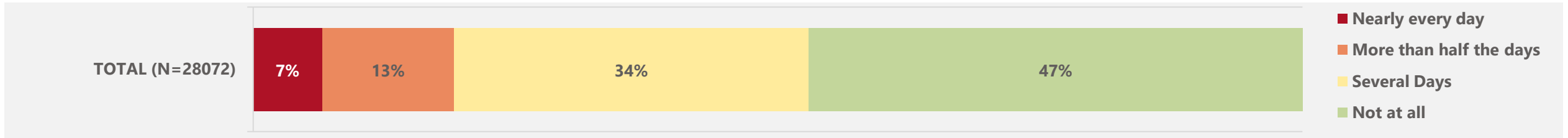
# What is the likelihood that you would leave your practice within two years?



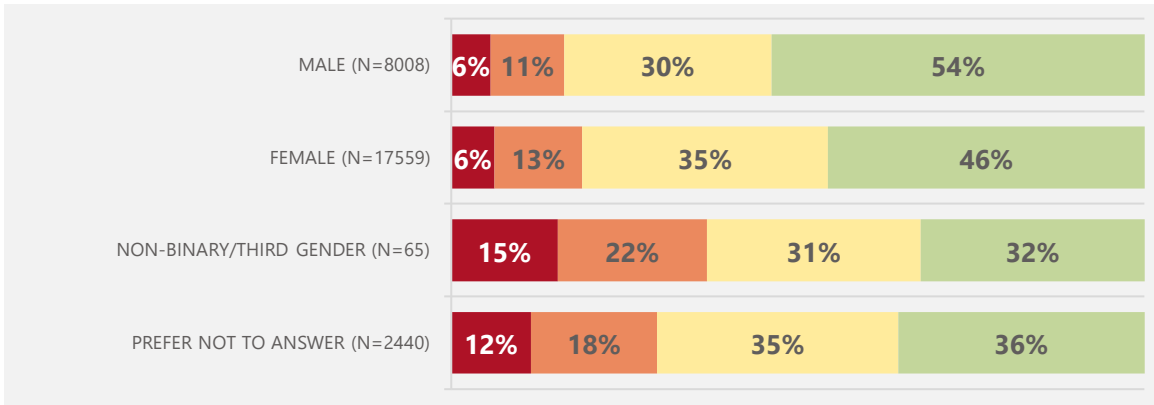
## Specialty



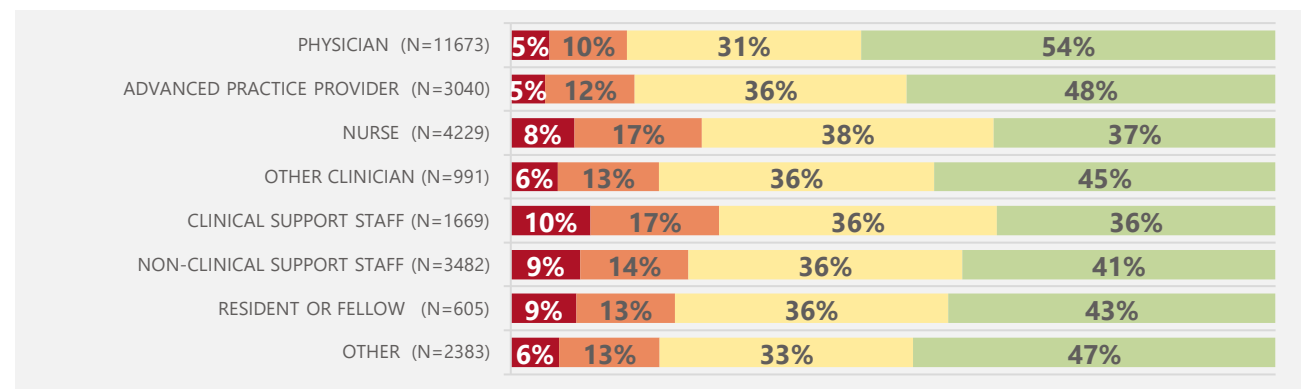
# Over the past two weeks, how often have you been bothered by little interest or pleasure in doing things?



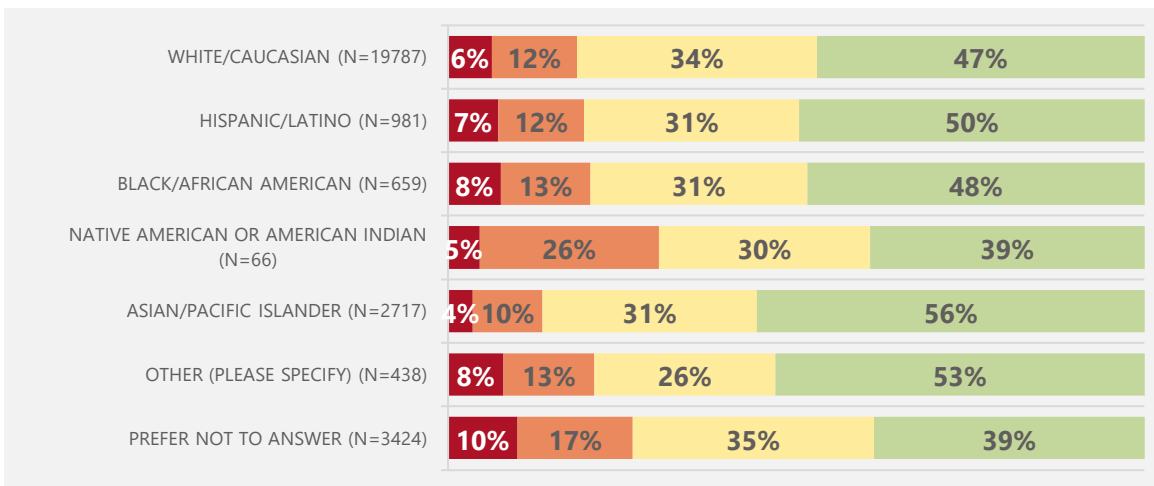
## Gender



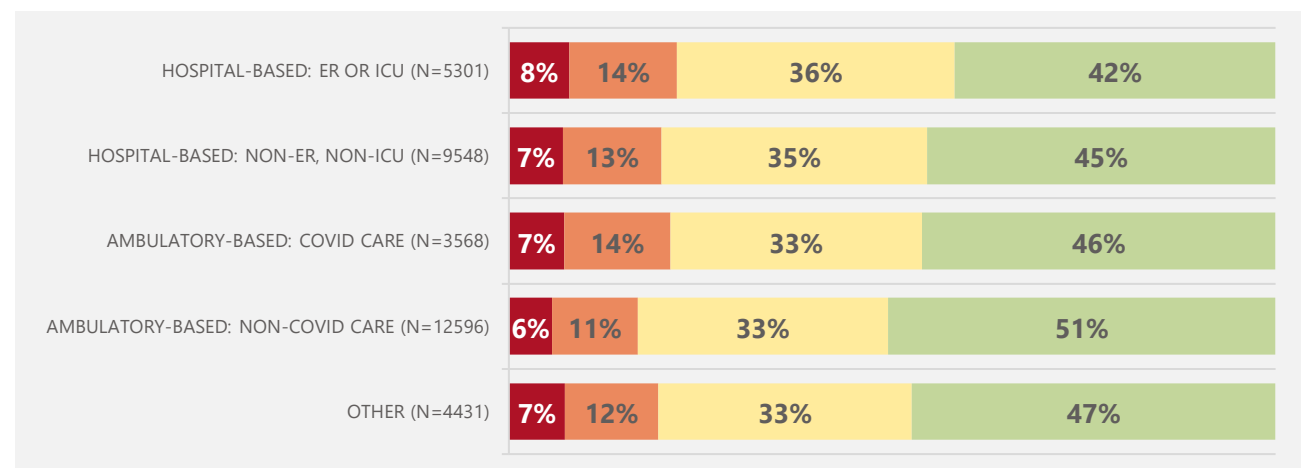
## Role Type



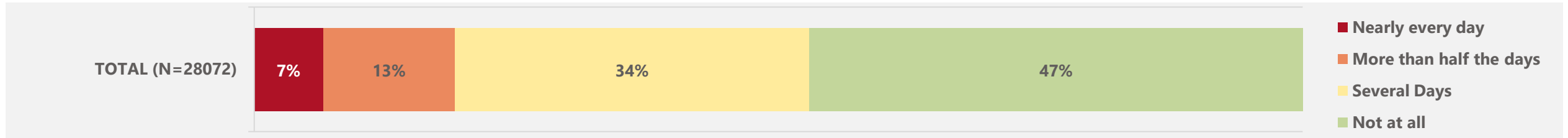
## Race/Ethnicity



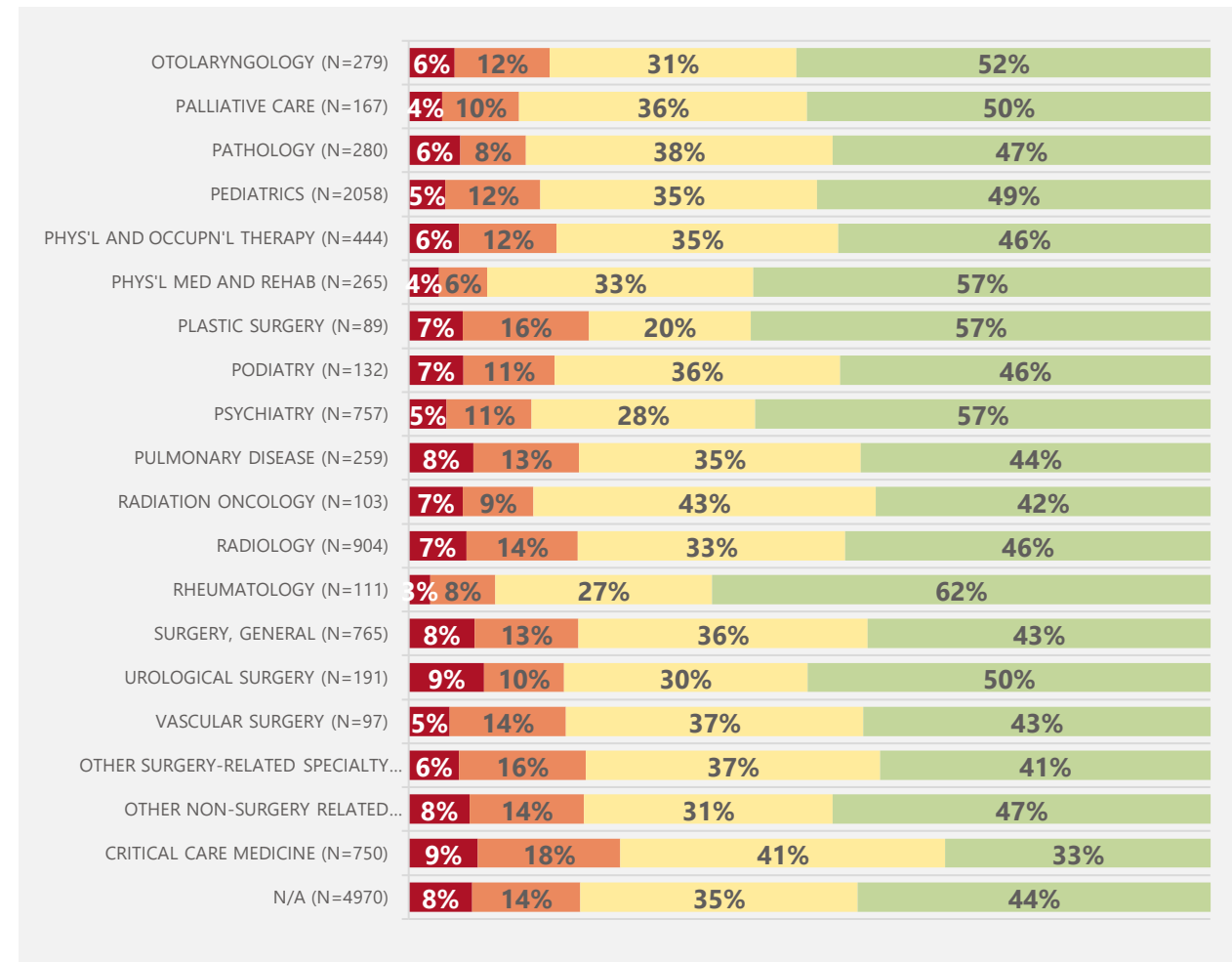
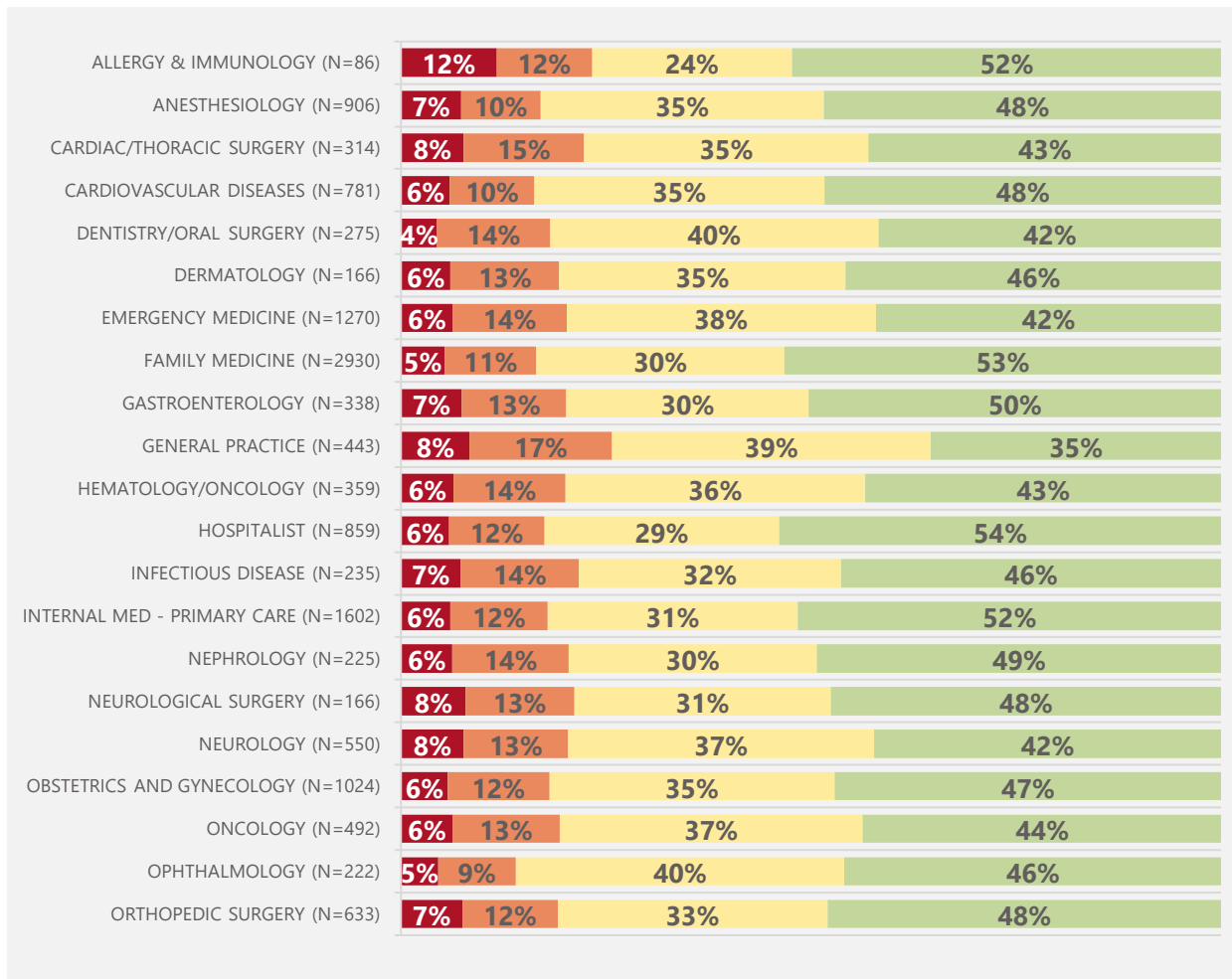
## Practice Setting



# Over the past two weeks, how often have you been bothered by little interest or pleasure in doing things?

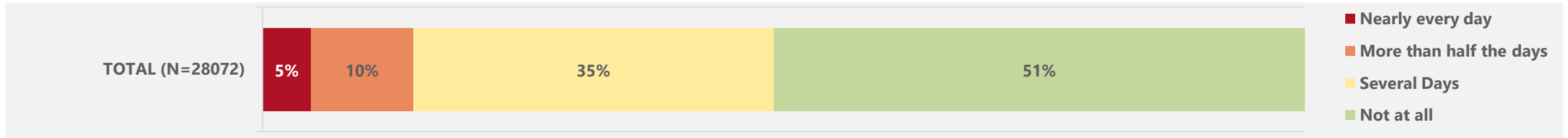


## Specialty

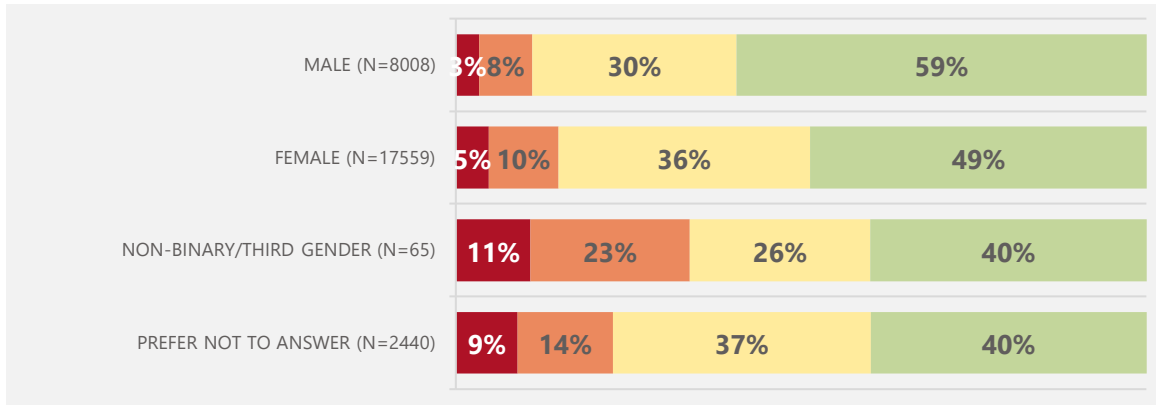




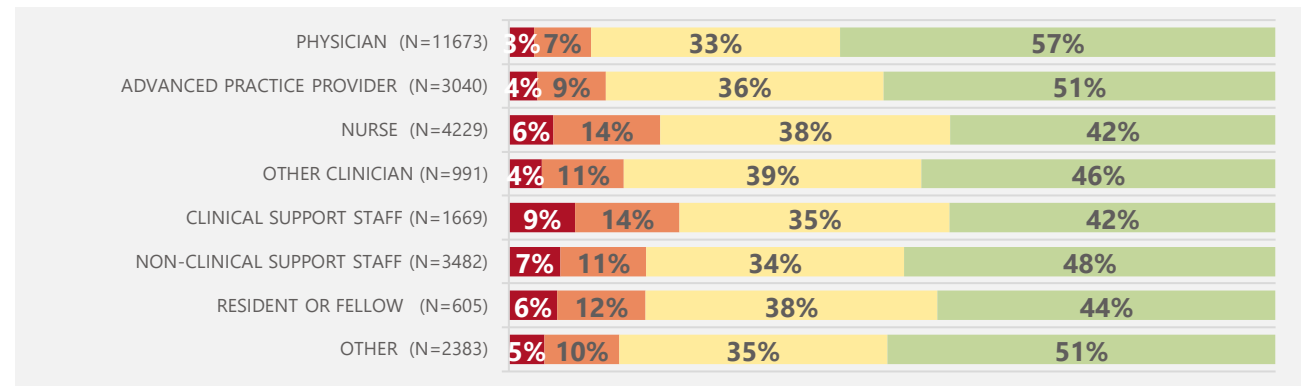
# Over the past two weeks, how often have you been bothered by feeling down, depressed, or hopeless?



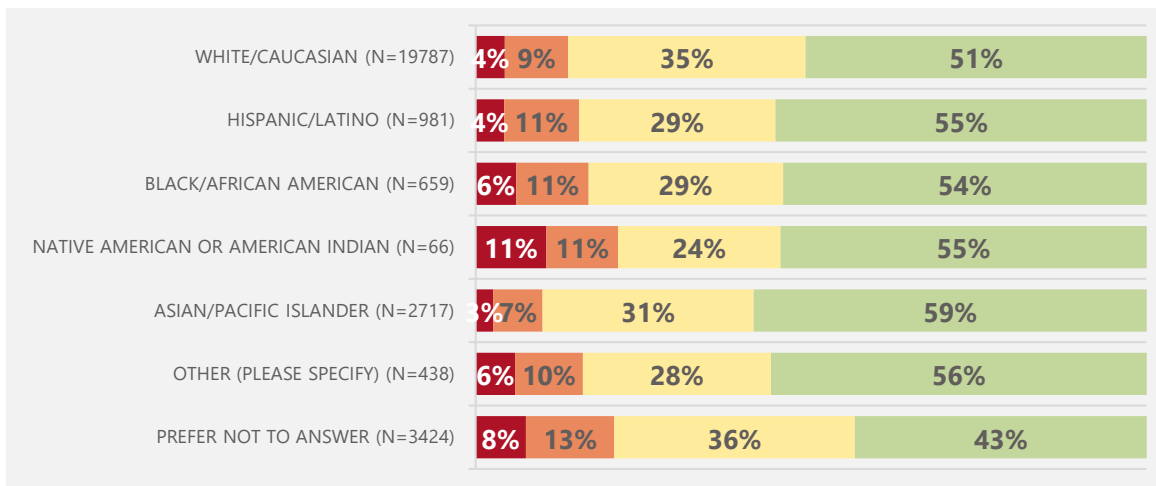
## Gender



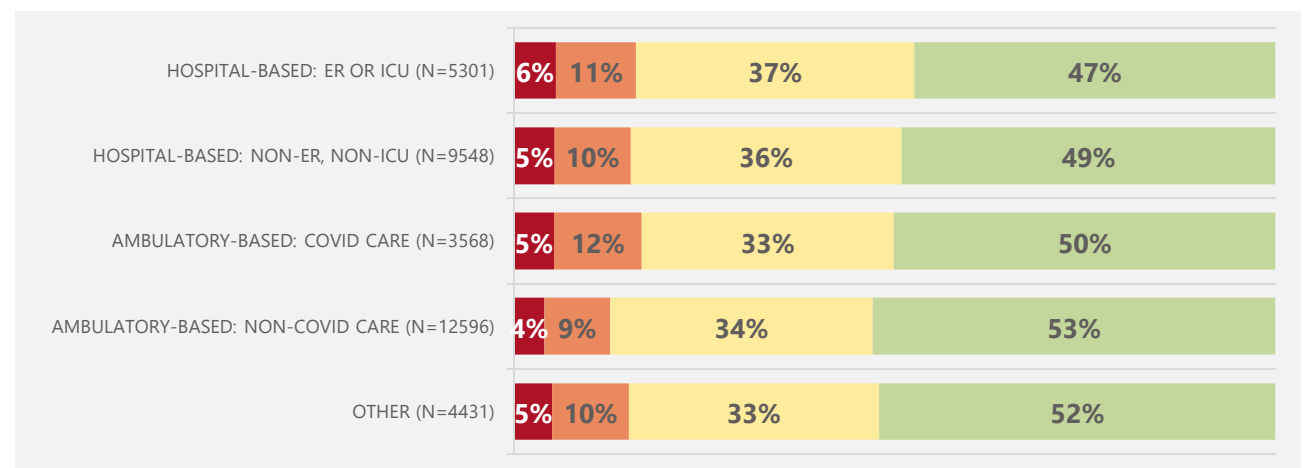
## Role Type



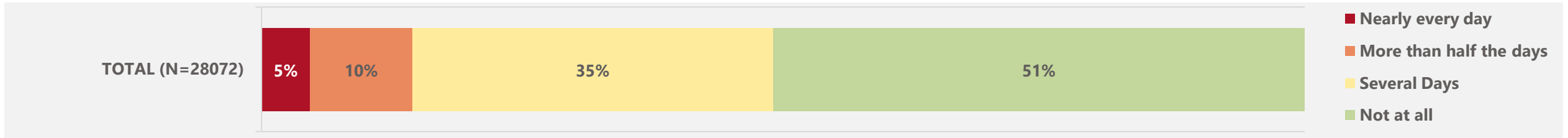
## Race/Ethnicity



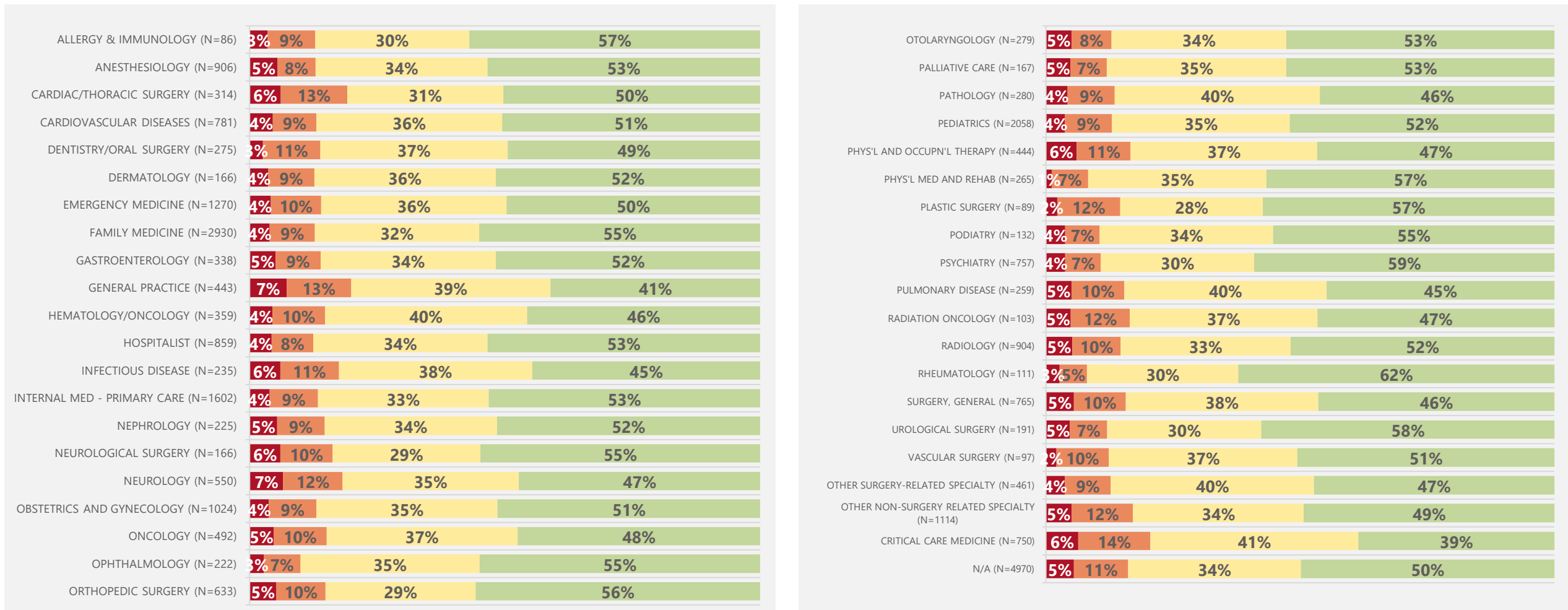
## Practice Setting



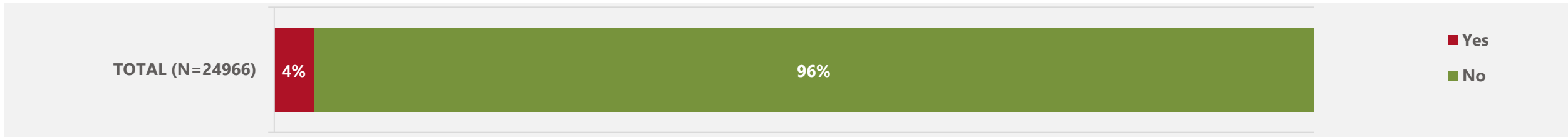
# Over the past two weeks, how often have you been bothered by feeling down, depressed, or hopeless?



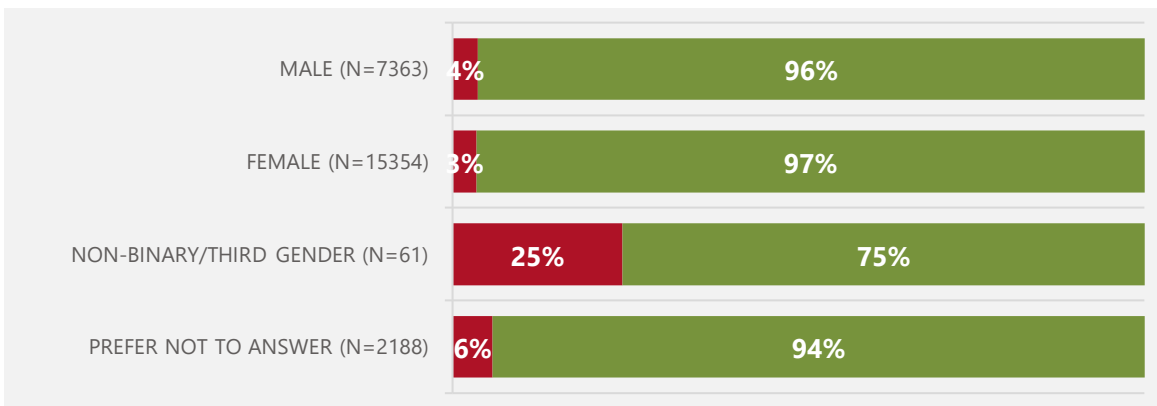
## Specialty



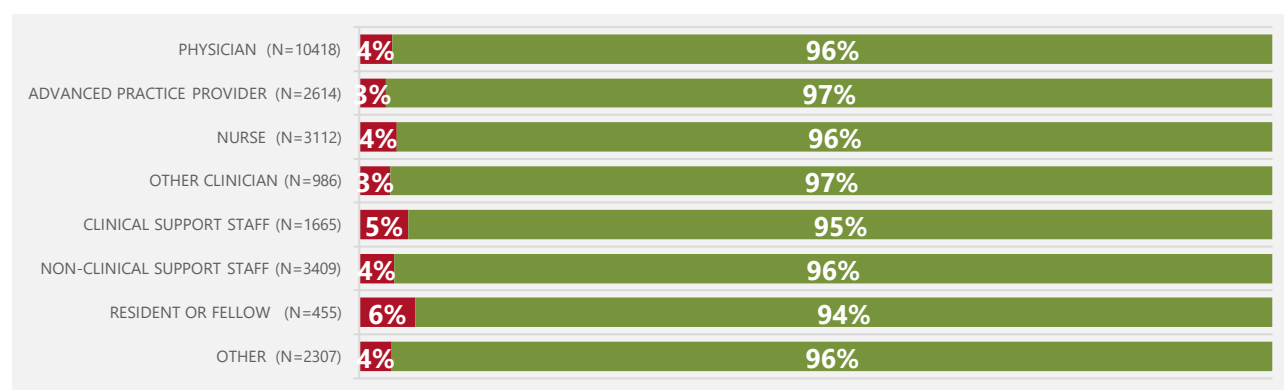
# During the past 12 months have you had thoughts of taking your own life?



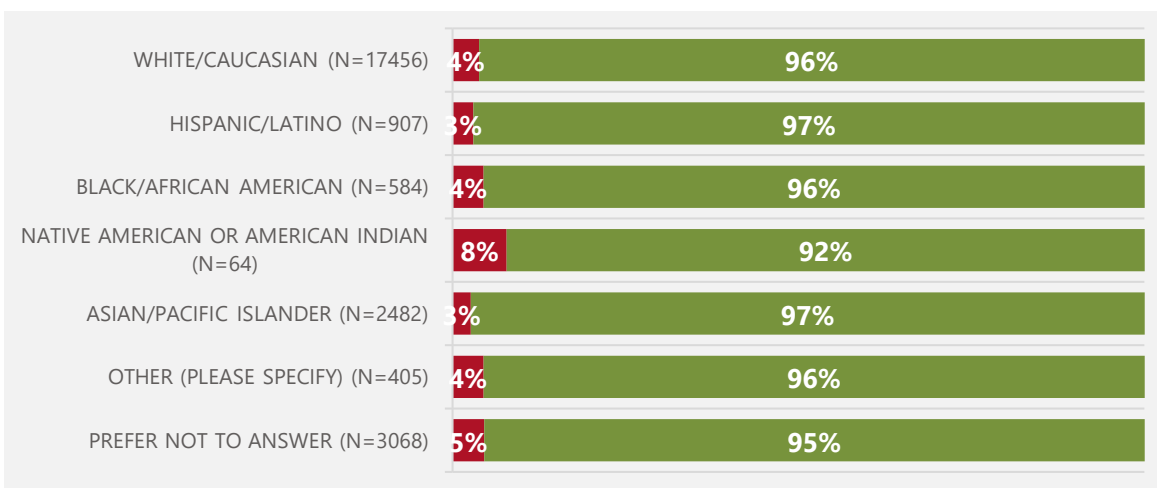
## Gender



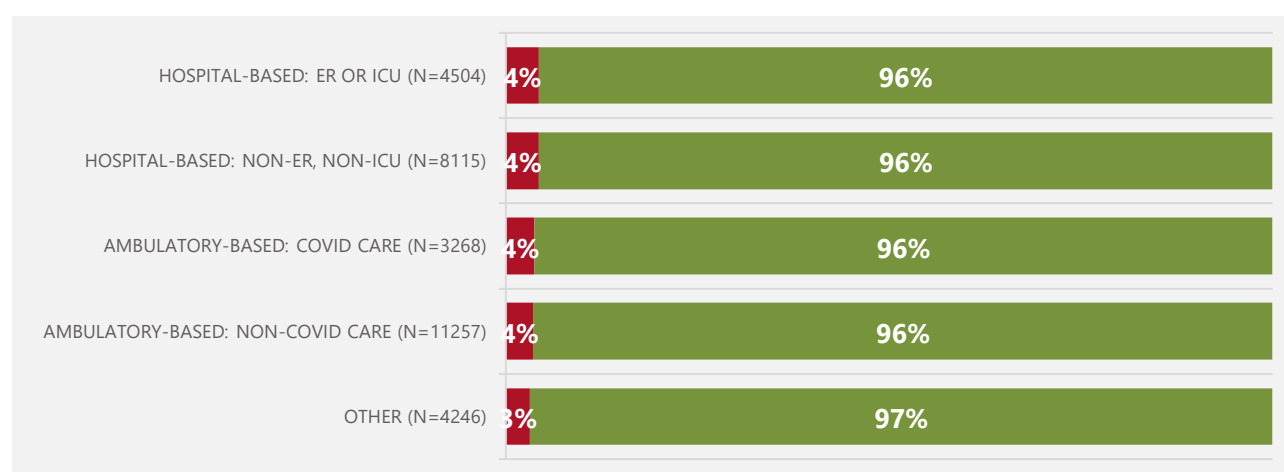
## Role Type



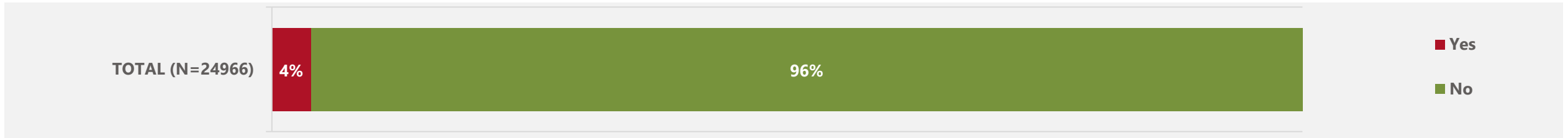
## Race/Ethnicity



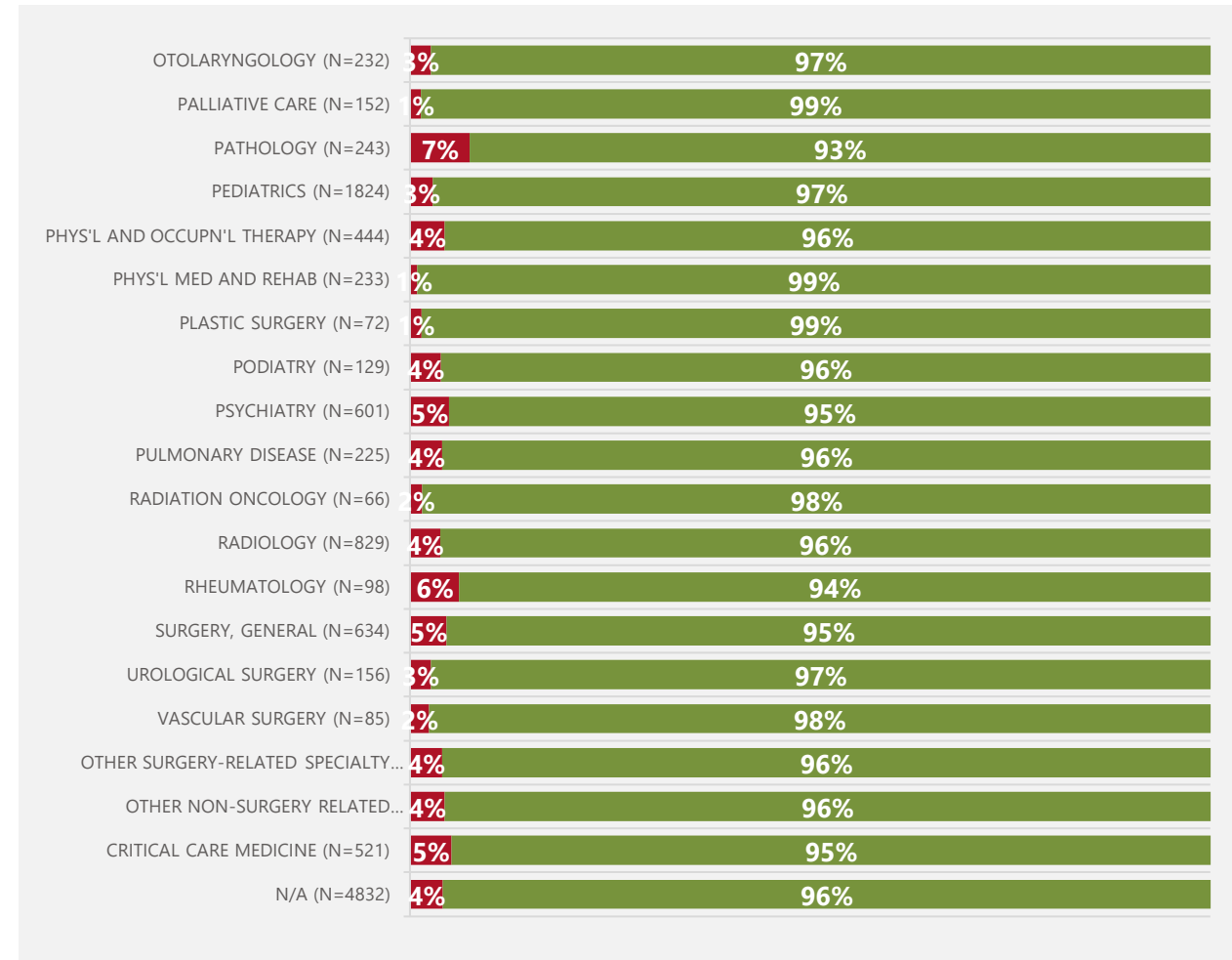
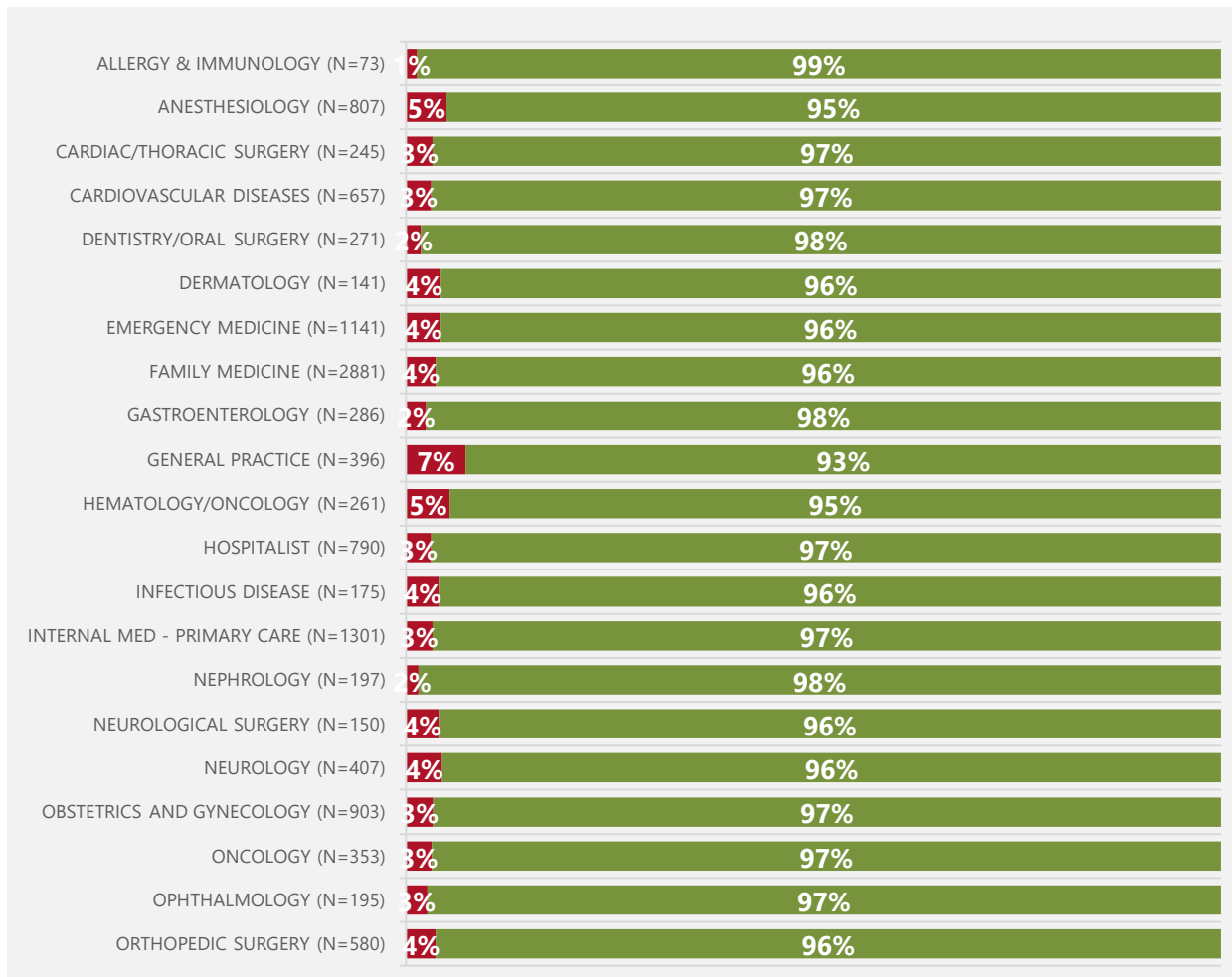
## Practice Setting



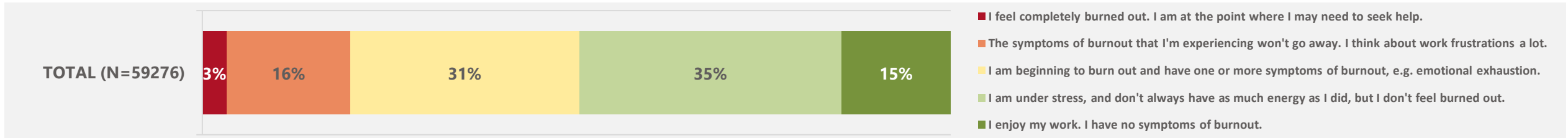
# During the past 12 months have you had thoughts of taking your own life?



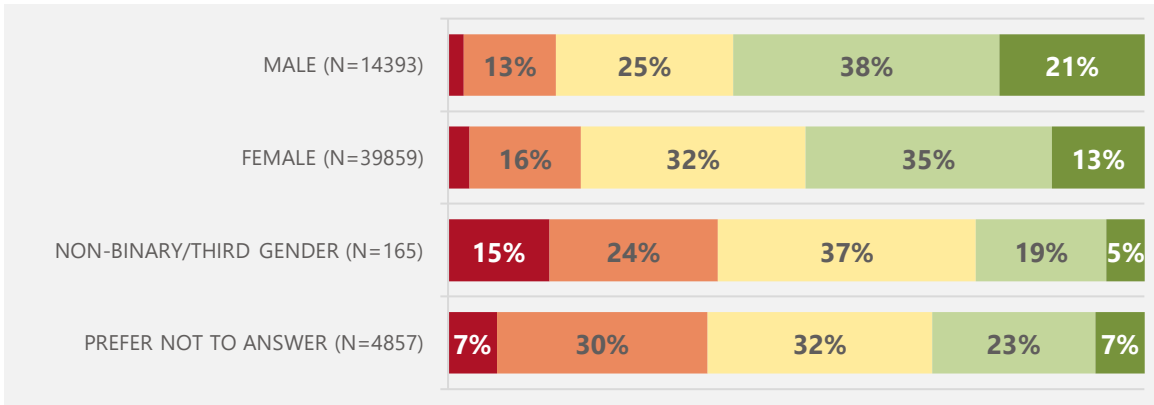
## Specialty



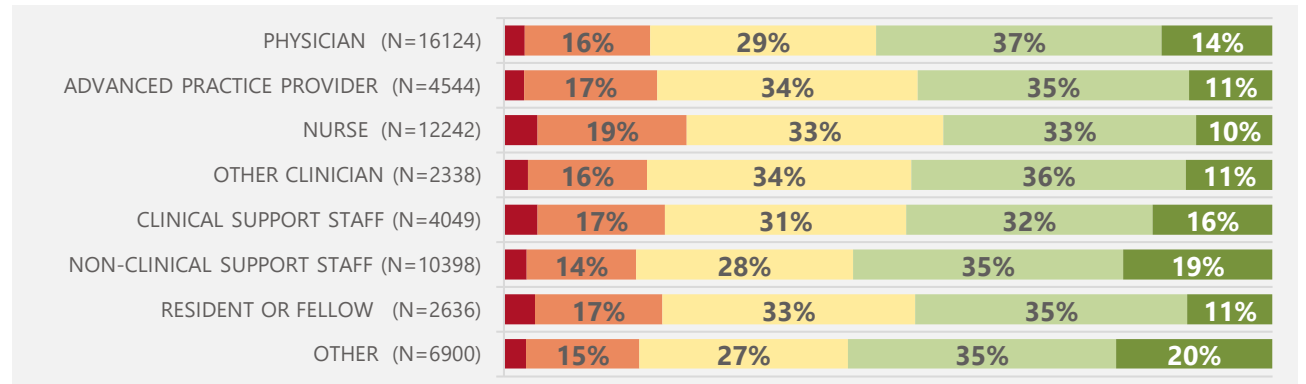
# Using your own definition of "burnout", please choose one of the numbers below:



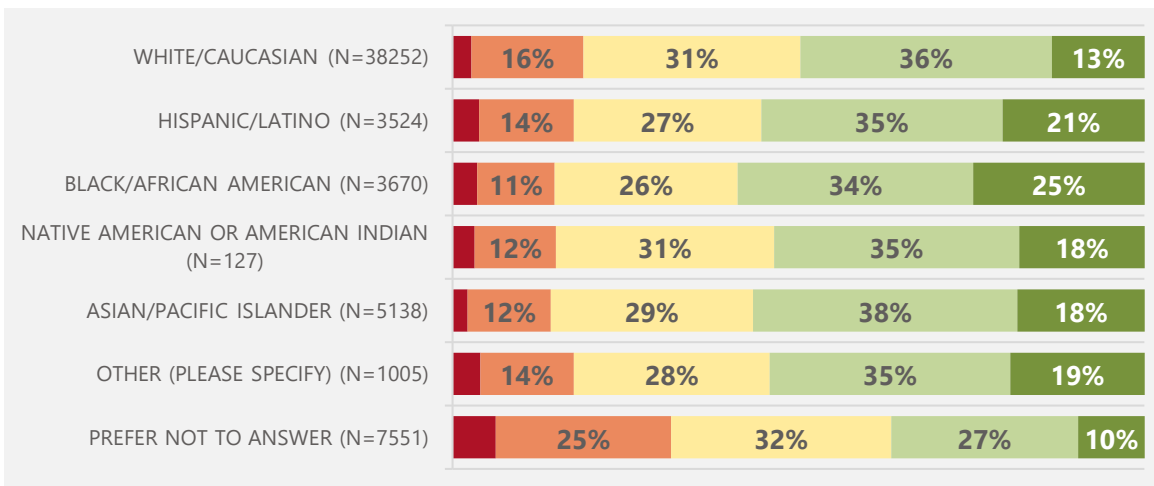
## Gender



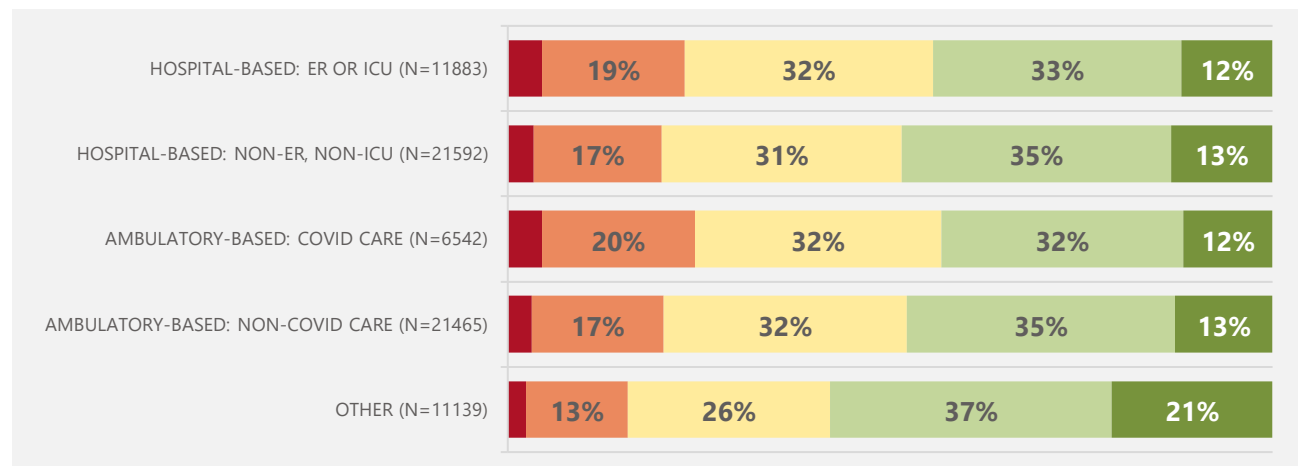
## Role Type



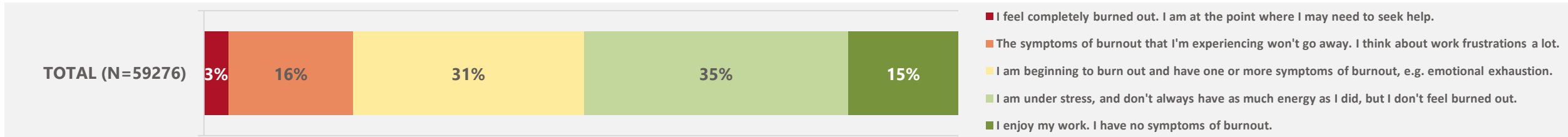
## Race/Ethnicity



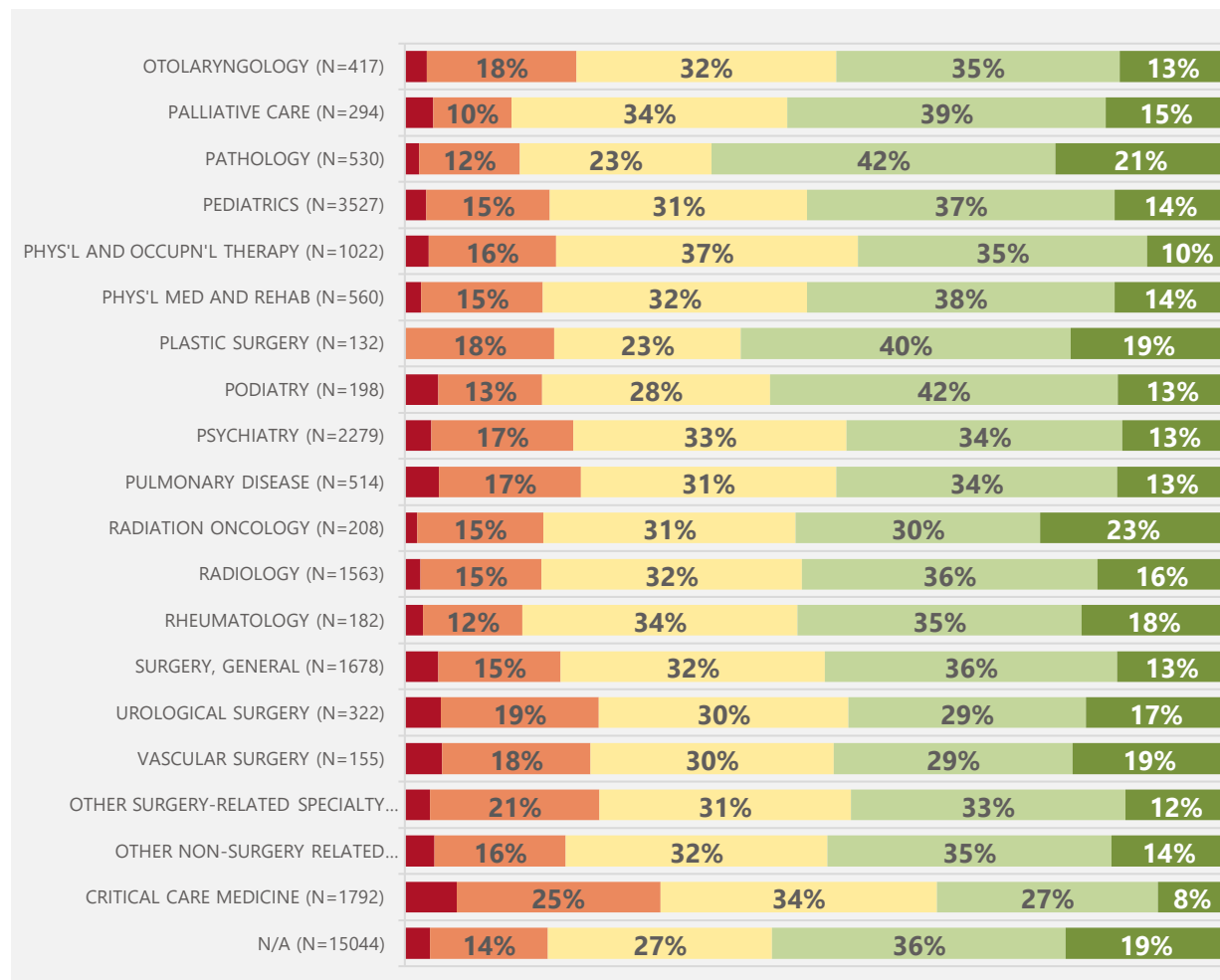
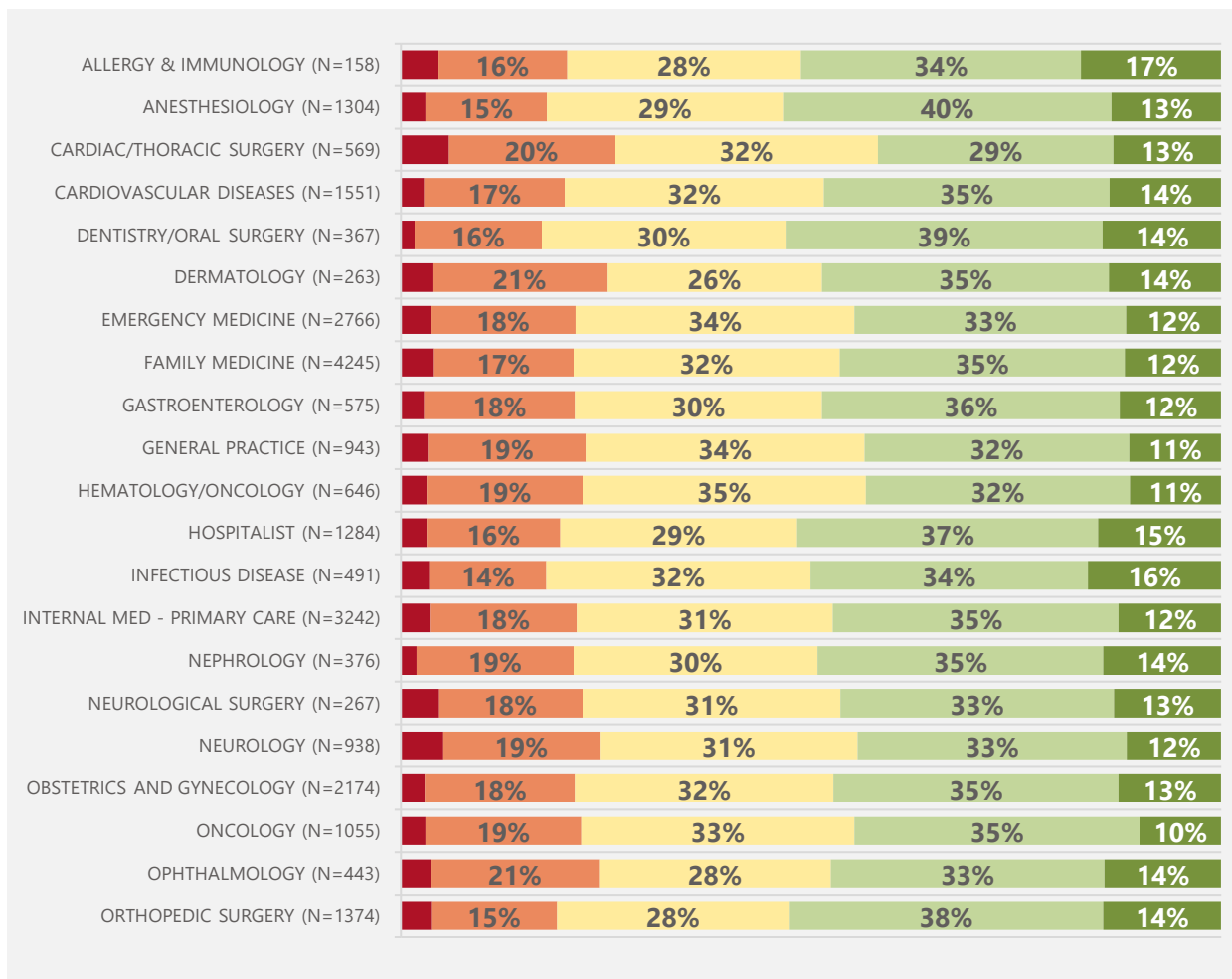
## Practice Setting



# Using your own definition of "burnout", please choose one of the numbers below:



## Specialty

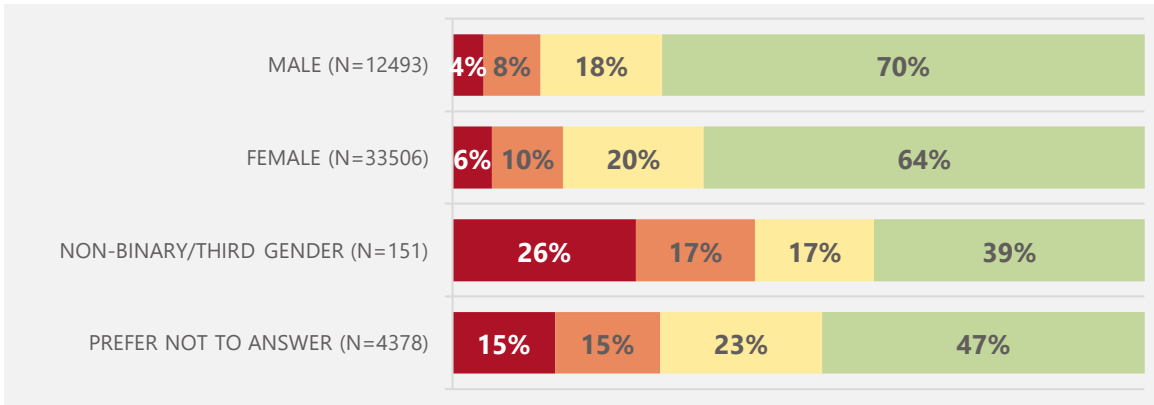


# Due to the impact of COVID-19, I am experiencing the following:

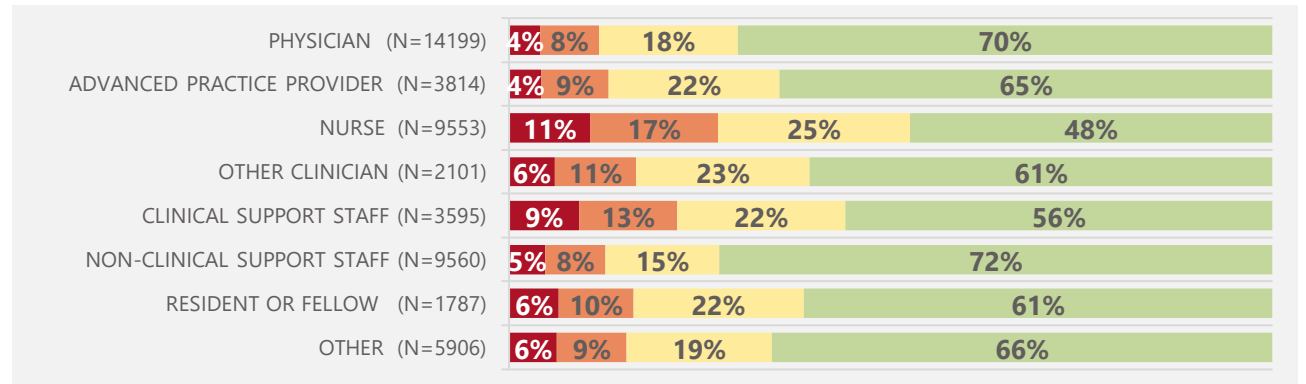
## Worry that I have had to do things at work that compromise my integrity



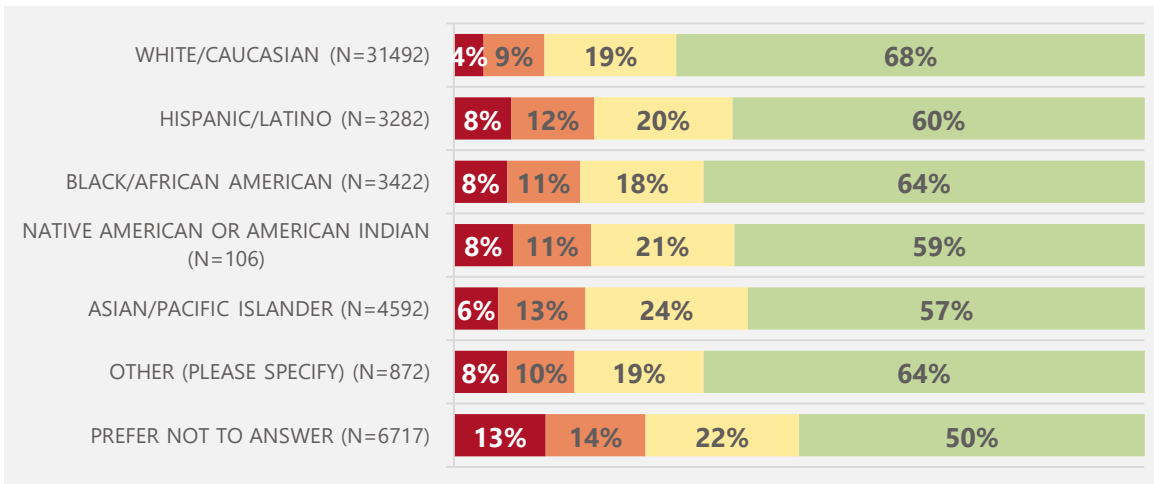
### Gender



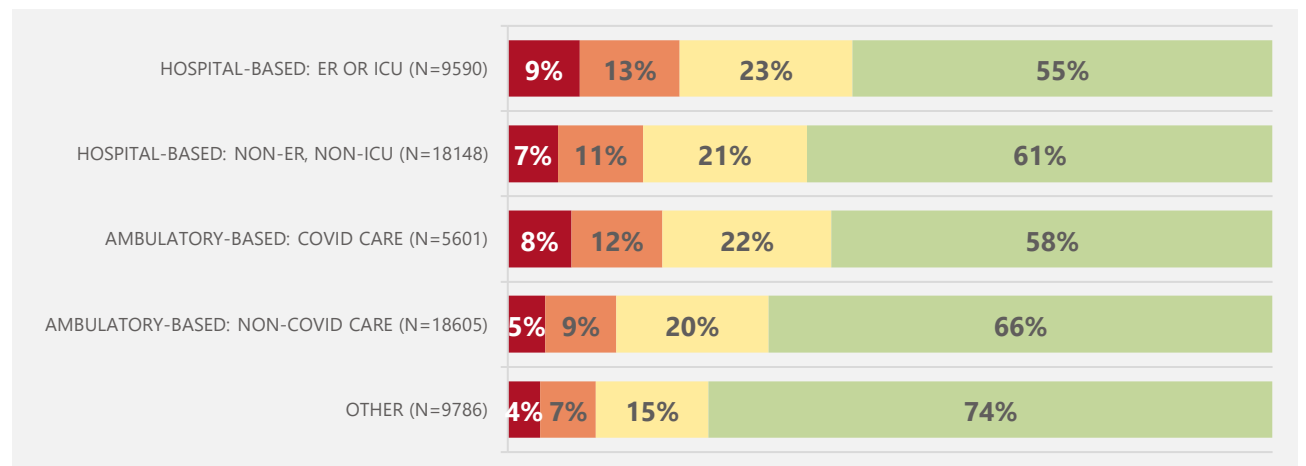
### Role Type



### Race/Ethnicity



### Practice Setting

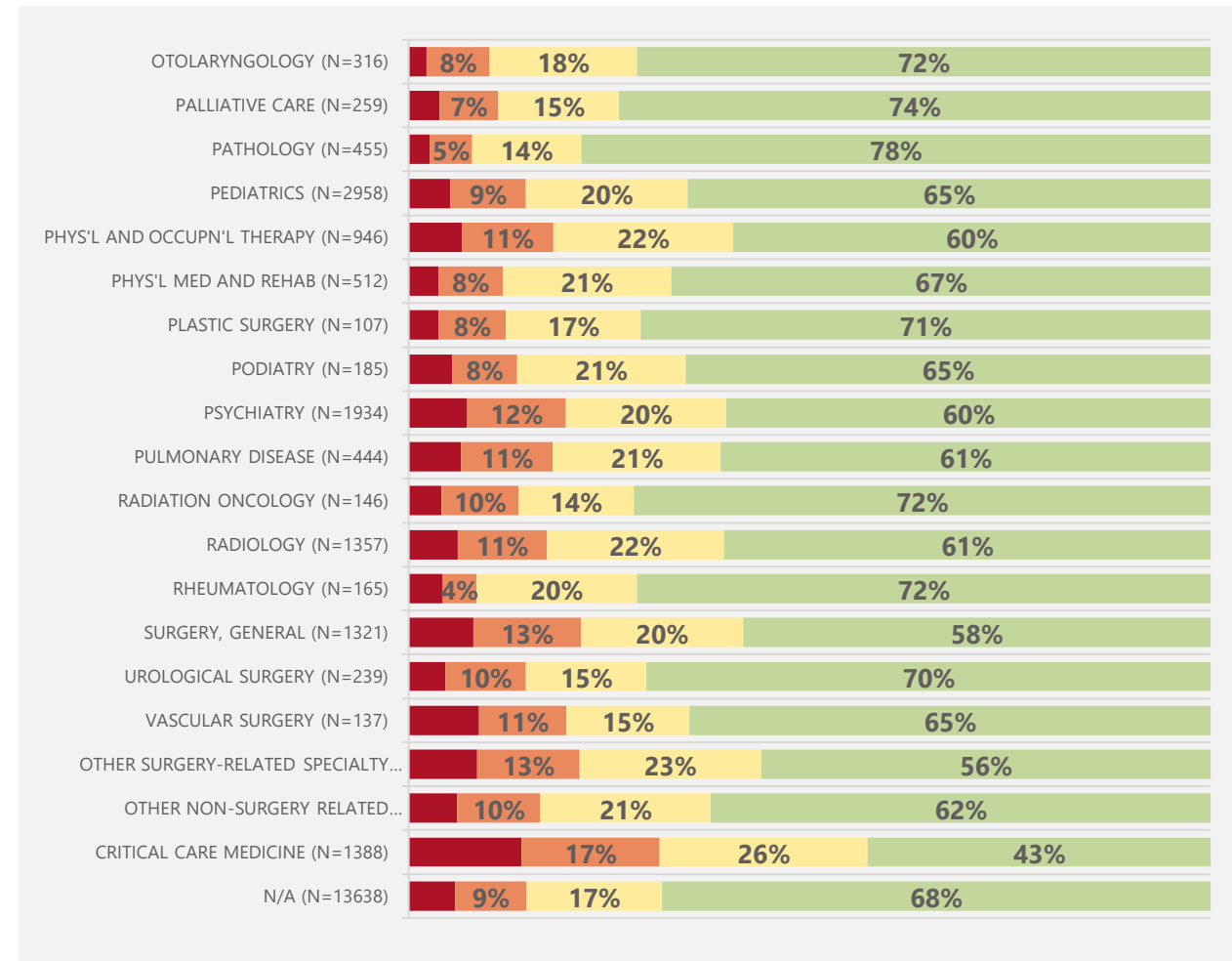
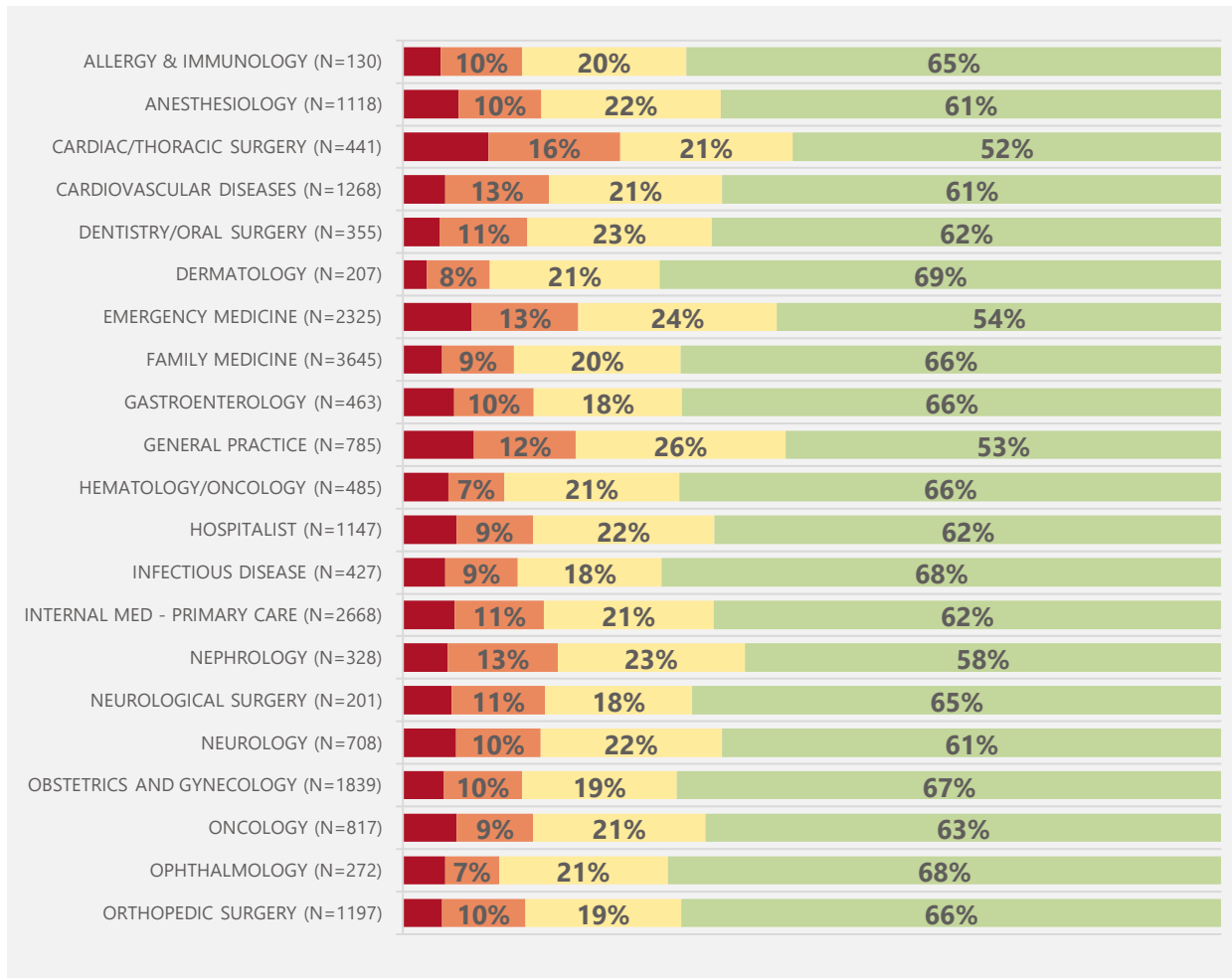


# Due to the impact of COVID-19, I am experiencing the following:

## Worry that I have had to do things at work that compromise my integrity



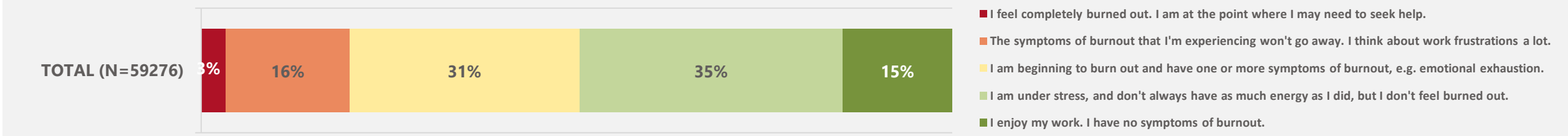
### Specialty



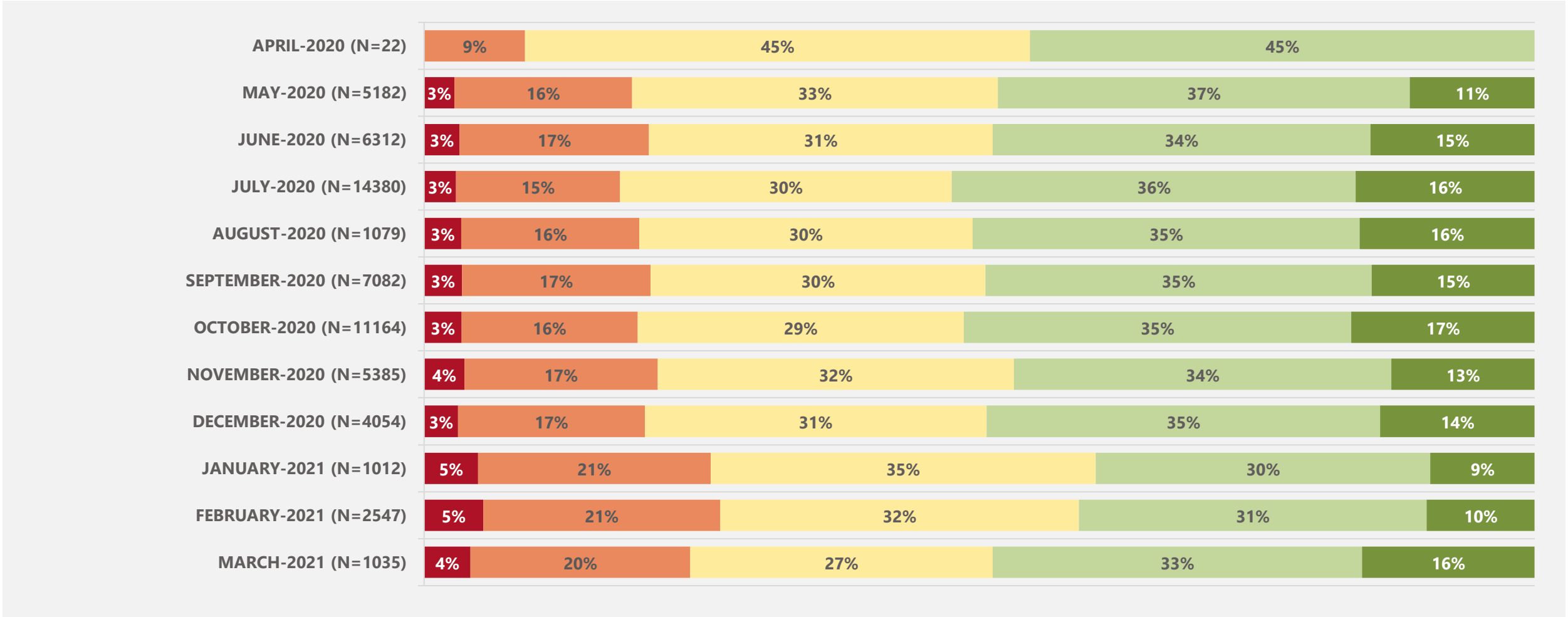


# Monthly Trends

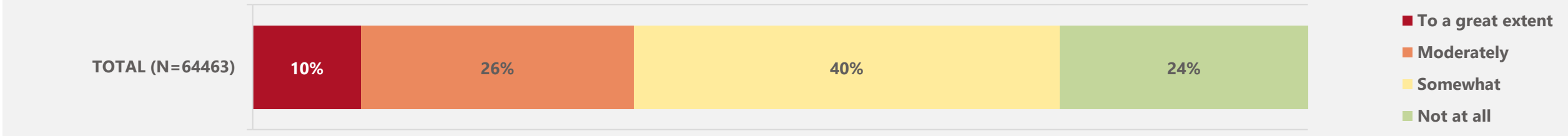
# Using your own definition of "burnout", please choose one of the numbers below:



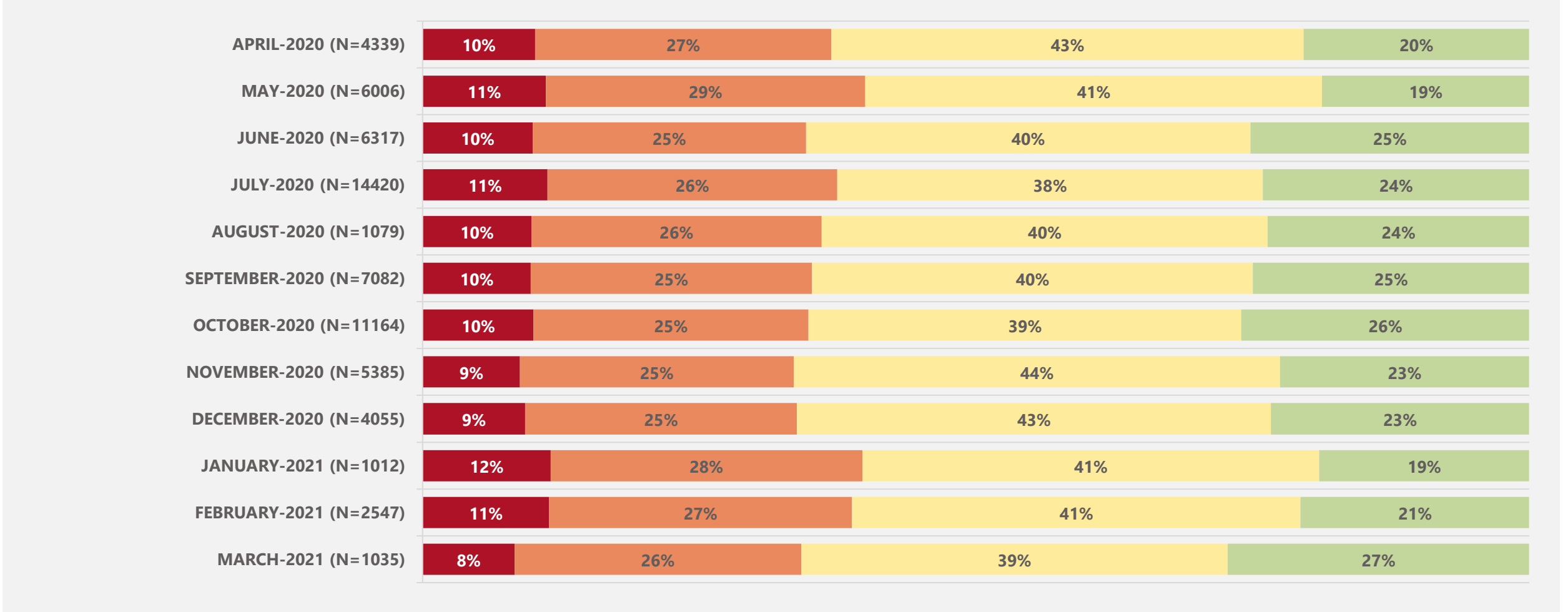
## By Month



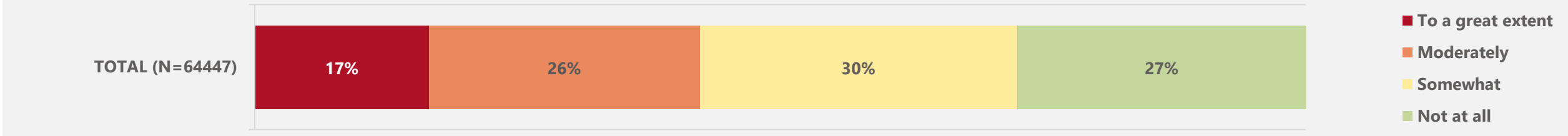
# Due to the impact of COVID-19, I am experiencing: *Anxiety or depression*



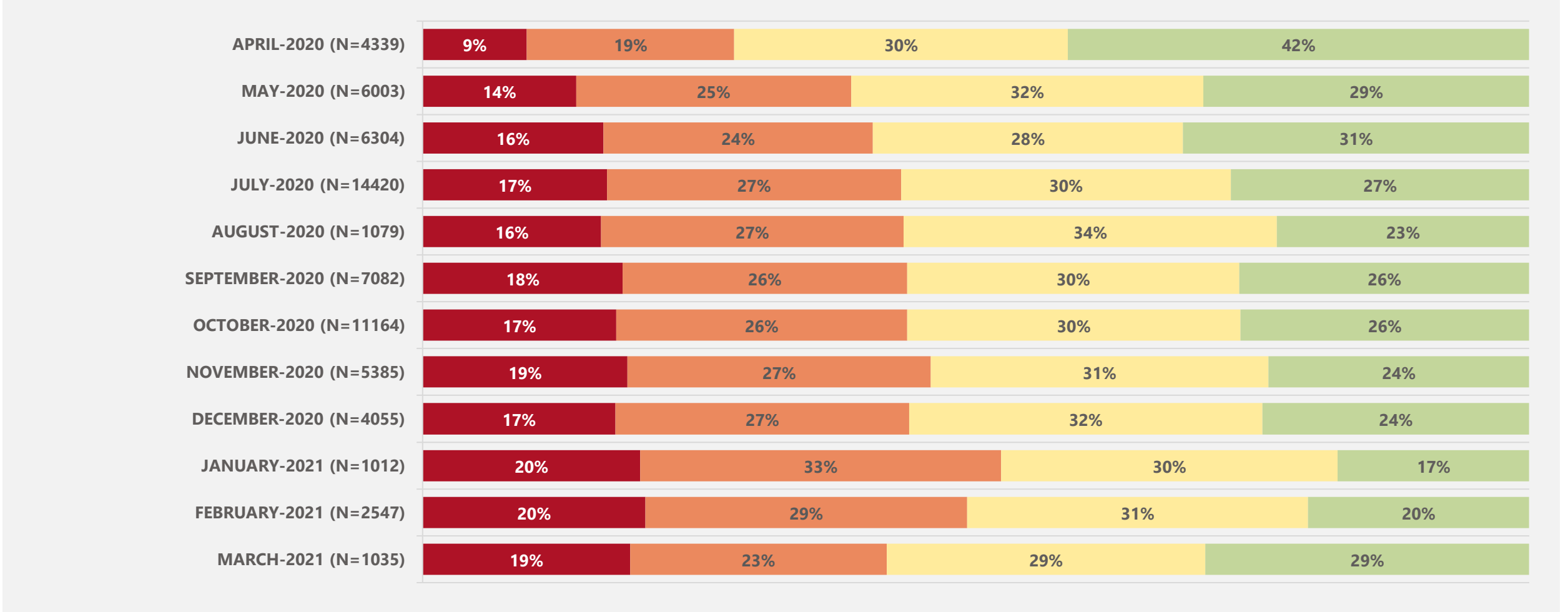
## By Month



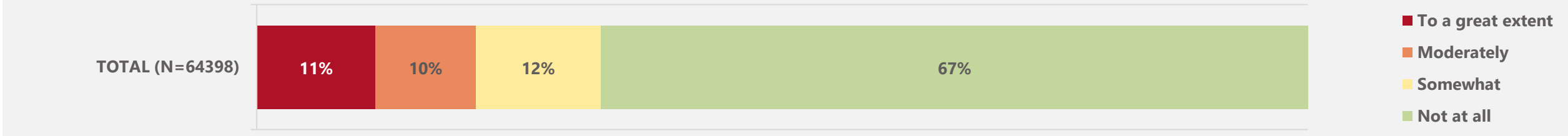
# Due to the impact of COVID-19, I am experiencing: *Work overload*



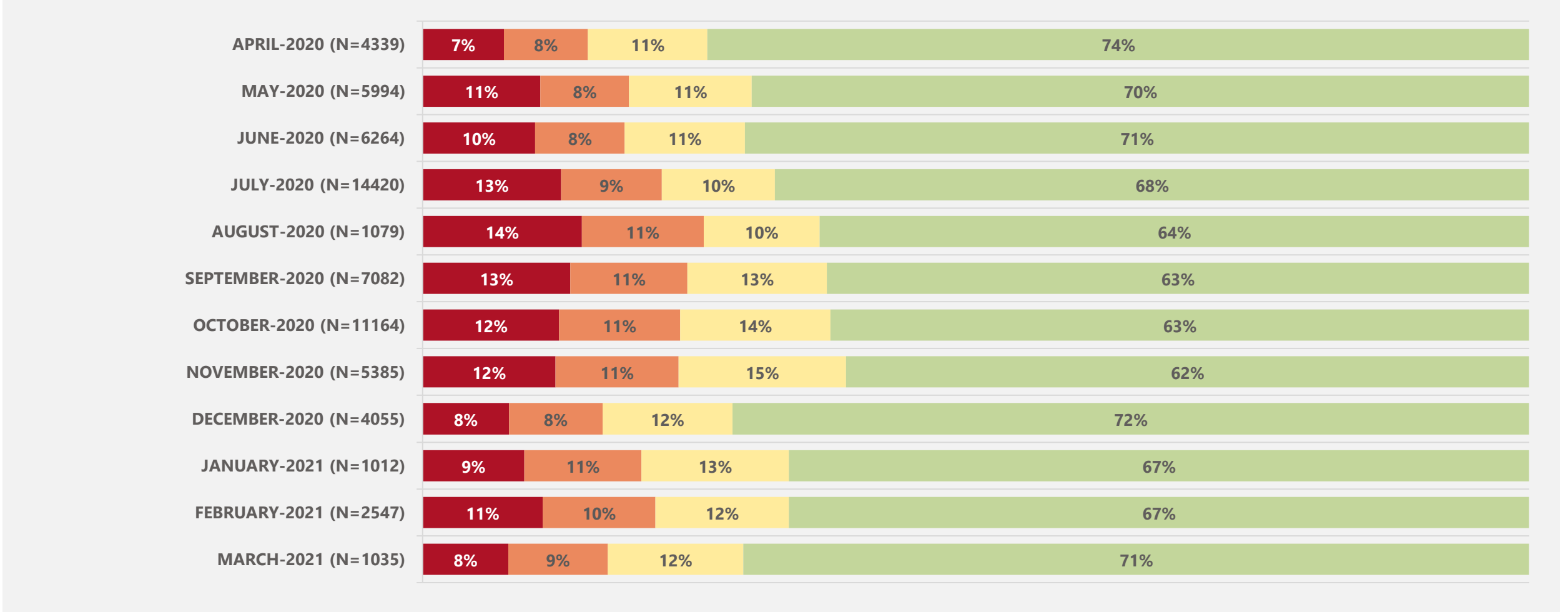
## By Month



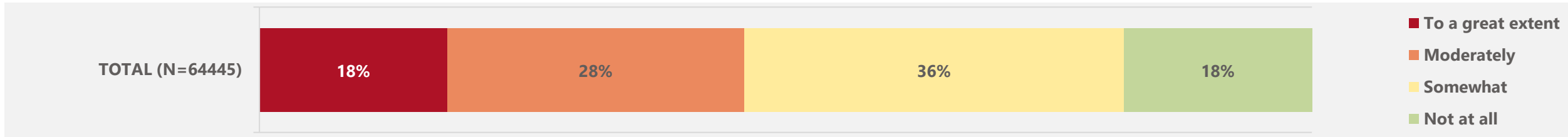
# Due to the impact of COVID-19, I am experiencing: *Concerns about childcare*



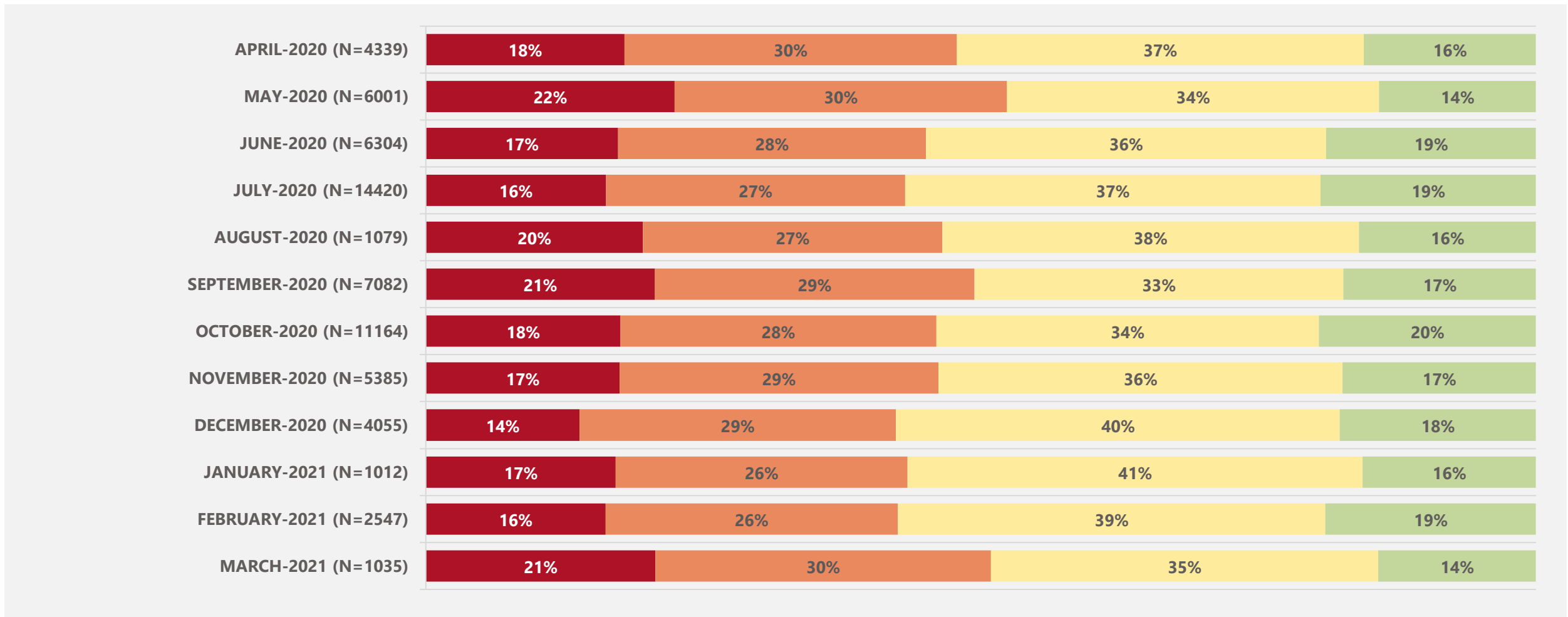
## By Month



# I feel valued by my organization



## Specialty



**If you have questions about this report or its contents, please  
contact Kyra Cappelucci at [kyra.cappelucci@ama-assn.org](mailto:kyra.cappelucci@ama-assn.org)**

For additional resources to support your physicians and staff during this crisis, please visit the [AMA COVID-19 Resource Page for physicians](#) and our guide on [Caring for Caregivers during COVID-19](#).



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