

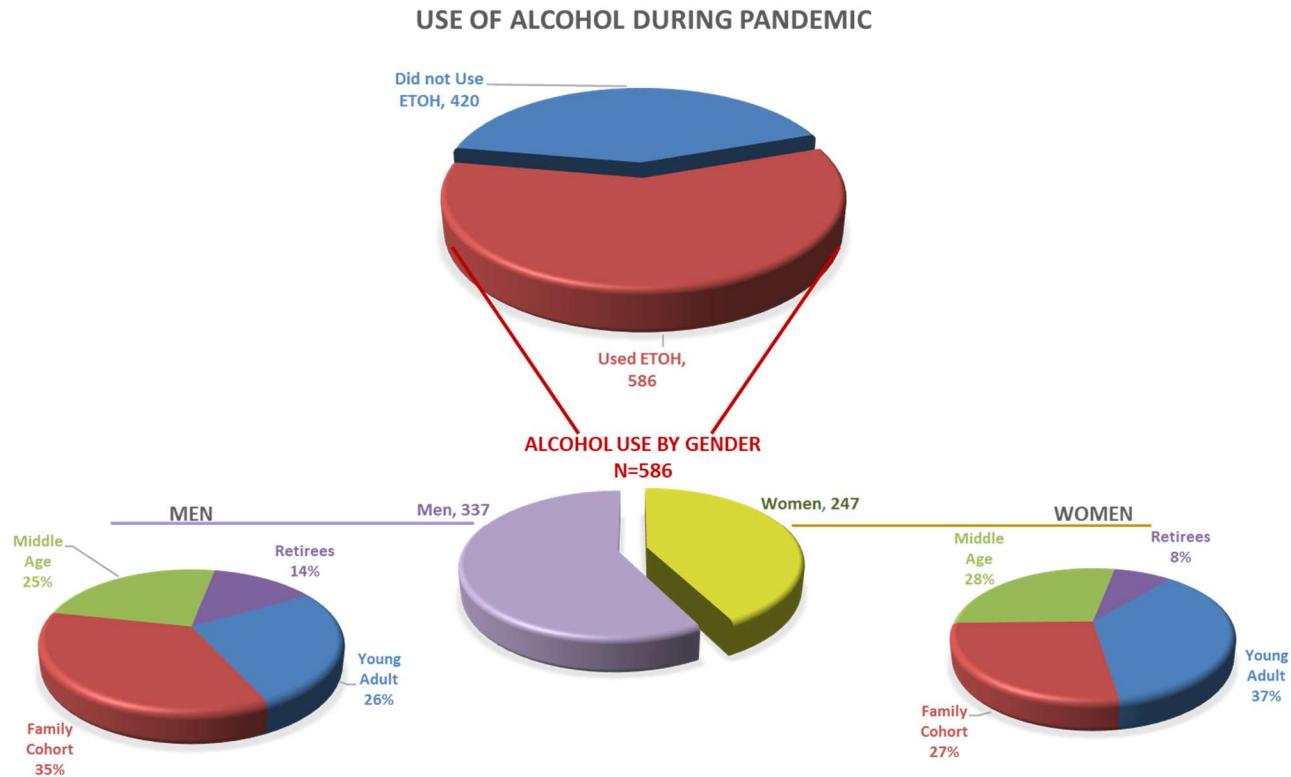
Results from Sierra Tucson's Self-Medication Nation Survey

Alcohol Use

Of the 1,011 participants in the ST Survey, 58.5% reported using Alcohol during the pandemic. Of these 586 users of alcohol, 42% were women and 57.5% were men. Chi-square analyses significantly revealed that women in the 18-35 age cohort were more likely to use ETOH in comparison to other women from older age cohorts ($\chi^2 < .001$). 67.4% of men reported using ETOH, and like the women, the younger age-cohort of 18-35 were more likely to use in comparison to other men from older age cohorts ($\chi^2 = .016$).

37.6% of those reporting ETOH use during the pandemic also reported their use of alcohol "increased." The majority (70%) of this group (n=220), indicated increasing their use up to 2 drinks per day. Of the 42% of women reporting ETOH use, a significant increase among women aged 18-50 was observed in comparison to older women ($\chi^2 < .001$). A similar finding was observed among men, with 18-50 year olds reporting greater increase in ETOH in comparison to older age cohorts; in fact, 80% of those reporting an increase in ETOH among men were from the 18-50 year-old cohorts.

In terms of regions throughout the United States, nearly half of those reporting having used ETOH during the pandemic were from the south (41%, $\chi^2 = .06$). This trend in the data was not observed in reported increased use nor the amount of that increase, as was seen in age and gender. However, men from the South reported more use than did women from the same region ($\chi^2 < .001$).

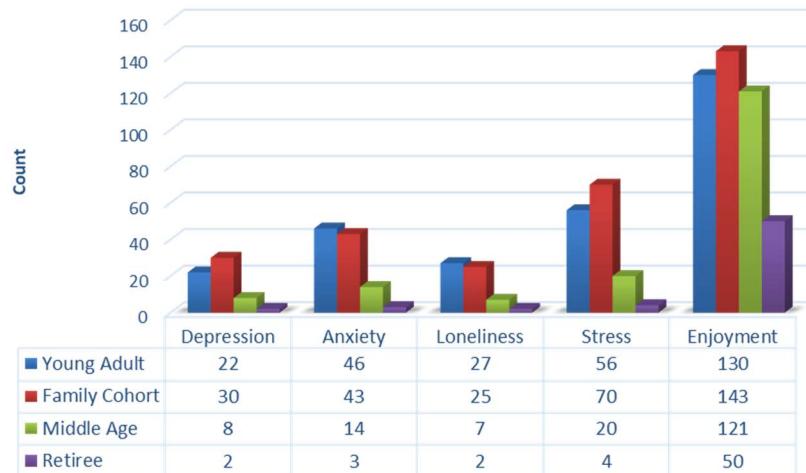


Reasons to Use Alcohol

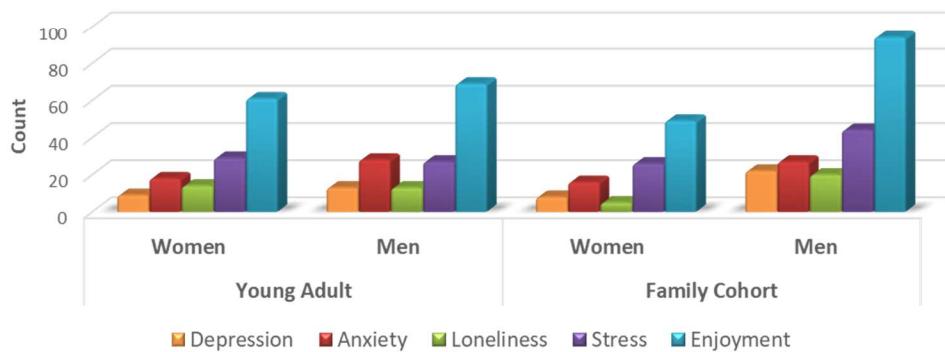
Chi-square analyses were run on specific groups by age cohorts, gender, and both combined to determine frequencies in use justification. Of the five options why participants would use ETOH in this Survey (i.e., Coping with Anxiety, Stress, Depression, Loneliness, or using for enjoyment), the most common reason to drink was for one's own enjoyment. 76% reported using Alcohol for this latter reason. This finding was significant when comparing gender by age cohorts, with Young Adult women (18-35), Family-Aged men (35-50) and Retired men (65-90) reporting ETOH for enjoyment.

Those within the Family-Age cohort (35-50) reported using ETOH to cope with depression ($\chi^2 = .002$), and this finding was also observed among men within this age cohort ($\chi^2 = .016$). Alcohol was significantly used among those in the Young Adult and Family-Age groups (18-50) to help cope with loneliness ($\chi^2 = .001$), primarily among Young Adult women ($\chi^2 = .014$) and Family-Aged men ($\chi^2 = .035$). Also among those in the Young Adult and Family-Age cohorts, ETOH was more likely to be used for stress coping ($\chi^2 < .001$). Both women and men within the latter cohort (Family-aged) reported using ETOH for stress more than expected ($\chi^2 < .001$). Young adults reported using ETOH for Anxiety ($\chi^2 < .001$), and this finding was observed mostly among men in this age group.

Reasons to Use Alcohol (n=584)



**Reasons to Use Alcohol
Among Young Adults & Family-Aged Cohorts (n=186)**

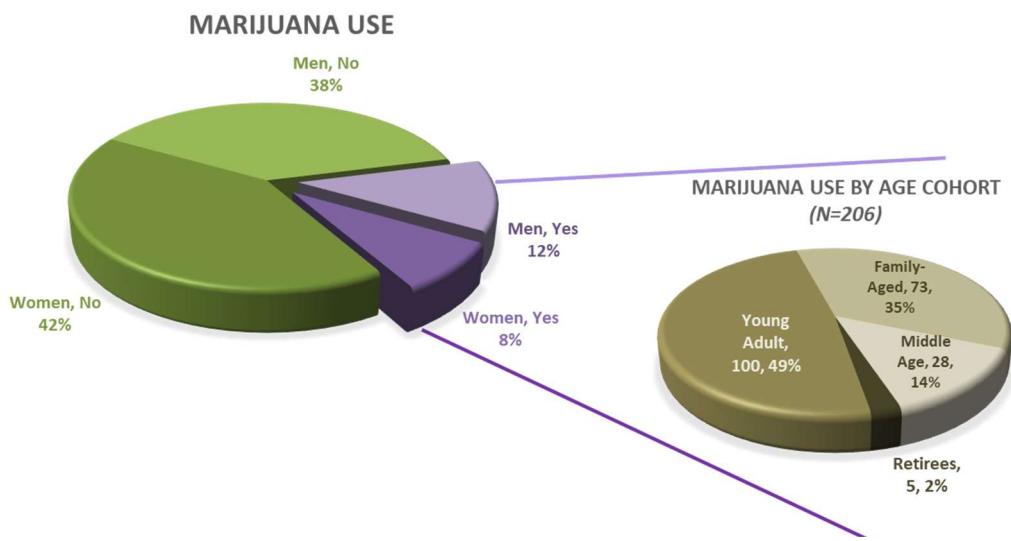


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Marijuana Use

21% of ST Survey participants reported using Marijuana during the pandemic. In general, more men reported using, comprising 59% of the sub-sample of 206 ($\chi^2 = .013$). Although not statistically significant, 39% of those from the South reported using Marijuana, which was 13%-to-23% greater than the other regions. Similar to reported Alcohol consumption, those in the age-cohorts comprising 18-50 years, more than expected reported using Marijuana in comparison to older age cohorts ($\chi^2 < .001$). A trend in the distribution was observed with more men from the Family-Aged cohort and more women from the Young Adult cohort reporting more use in comparison to other gender-by-age groups ($\chi^2 = .077$)



52% of those reporting Marijuana use during the pandemic also reported their use had “increased.” The majority of those reporting increase use were among men (66%), and this approached significance ($\chi^2 = .077$). Of those reporting increased use, 64% reported having doubled their Marijuana intake.

Among Marijuana users, 81% reported also consuming Alcohol and 19% using Recreational drugs. 57.4% of Marijuana users reported that their ETOH consumption increased; 34% reported increasing ETOH by 1 drink per day, whereas 50% of Marijuana users reported increasing ETOH intake between 2 to 3 drinks per day.

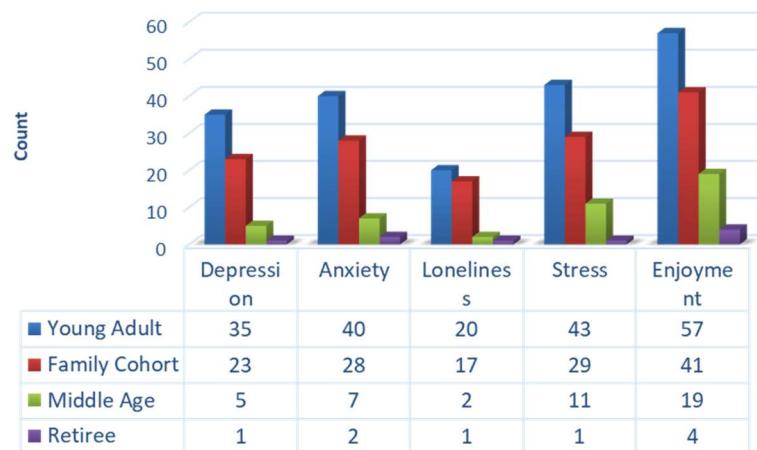
Recreational Drug Use

Although a small sample of Survey participants reported having used Recreational drugs (6.5%) during the pandemic, their reported use of ETOH and Marijuana is notable at 70% of this group also reporting using ETOH and 59% using Marijuana. 60% of Recreational users reported having increased their Alcohol consumption between 1-2 drinks per day, whereas 26% reported an increase of 3 drinks per day. The majority reported that their drug use had doubled during the pandemic (66%). These findings may suggest that polysubstance use likely increased during the pandemic.

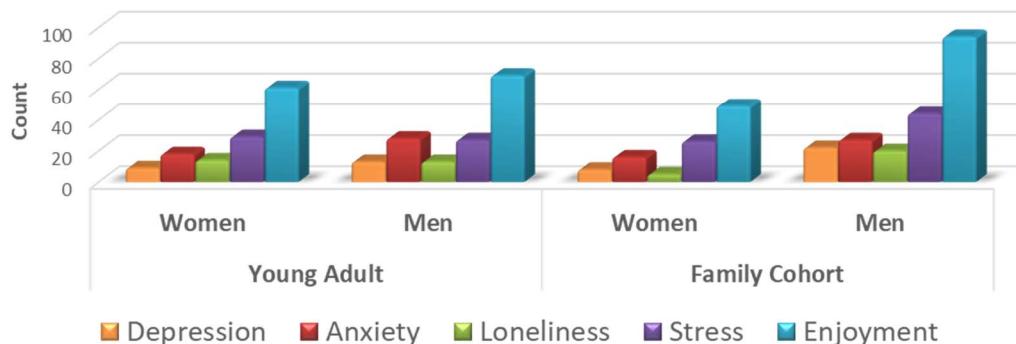
Reasons to Use

Chi-square analyses were run on specific groups by age cohorts, gender, and both combined to determine frequencies in use justification. Of the five options why participants would use Marijuana in this Survey (i.e., Coping with Anxiety, Stress, Depression, Loneliness, or using for enjoyment), the most reported reason to use Marijuana was for one's own enjoyment. 59% reported using Marijuana for this latter reason, although only a trend in statistics was observed ($\chi^2 = .099$) and specifically among Young Adult women and Family-Aged men. Also within these two age-gender groups was a trend to use Marijuana to cope with Depression ($\chi^2 = .082$). Women in general were observed to use Marijuana to cope with Stress, greater than expected ($\chi^2 = .052$).

Reasons to Use Marijuana (n=206)



**Reasons to Use Marijuana
Among Young Adults & Family-Aged Cohorts (n=174)**



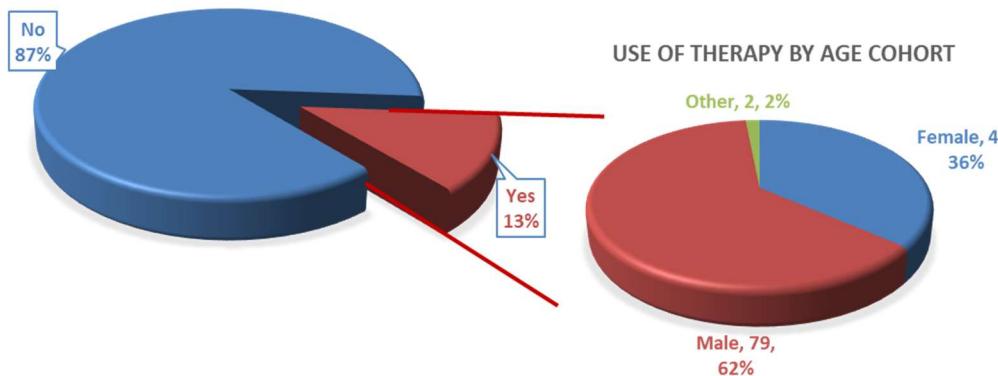
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Use of Therapy

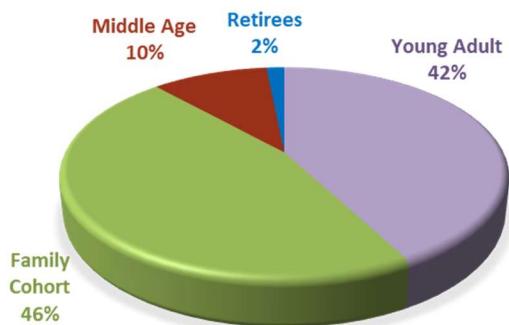
Of the 1,011 participants in the ST Survey, 13% reported seeking therapy during the pandemic. Of the 878 who did not seek therapy, 10.5% reported already having a therapist. Together, these data may suggest that a total of 23.5% of participants actually were engaged in some form of psychotherapy during the pandemic. Of the 13% (or 128) who reported doing therapy, more men than expected reported receiving therapy (62%), which was significant per Chi-square analysis ($\chi^2 < .001$).

RECEIVED THERAPY DURING PANDEMIC

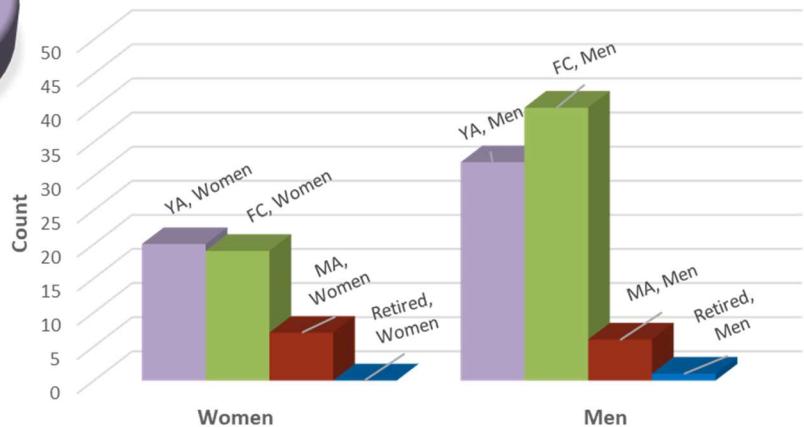


A significant number of Young Adults (42%) and Family-Aged participants (46%) reported engaging in therapy greater than expected when compared to older age cohorts ($\chi^2 < .001$). Chi-square analyses revealed significant findings within each age cohort, with more men than expected seeking therapy in both age categories in comparison to women ($\chi^2 = .019$, and $\chi^2 = .030$, respectively.)

USE OF THERAPY BY AGE COHORT



Distribution of Therapy by Gender & Age Cohort



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Reasons to Seek Therapy

Significant findings were observed among those who sought therapy for reasons of addiction and anxiety. More men than expected sought therapy for addiction ($\chi^2 = .023$), and young adults reported seeking therapy for anxiety more than expected ($\chi^2 = .023$). Significant findings were observed among those not seeking therapy for reasons of 1) not having access, 2) concerns about stigma, and 3) thinking therapy was not necessary. These reasons were found only among age-cohorts, specifically younger adults not having access ($\chi^2 = .004$), family-aged cohorts concerned about stigmatization ($\chi^2 < .001$), and middle-age and retirees considering therapy not necessary ($\chi^2 < .001$). The latter reasons, that therapy is not necessary, was the major reason among participants not to engage in therapy.

