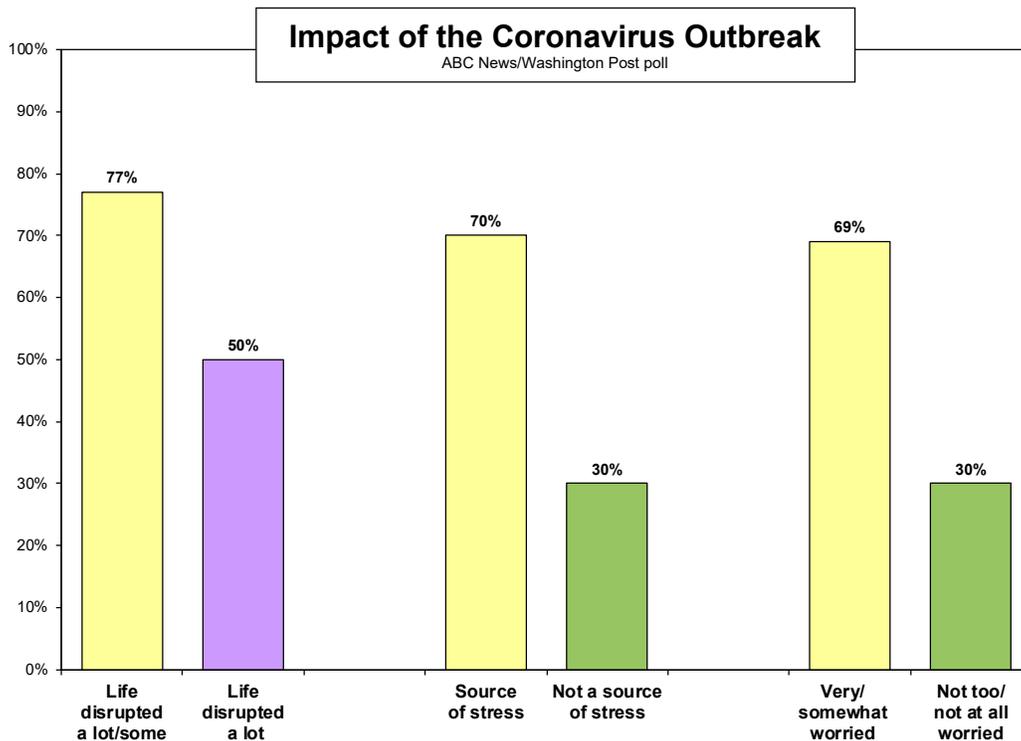


## **Coronavirus Impacts: Disrupted Lives, Elevated Stress and Soaring Worry**

The coronavirus crisis weighs heavily on the American public: Seventy-seven percent in an ABC News/Washington Post poll say their lives have been disrupted, seven in 10 report personal stress and as many are worried that they or an immediate family member may become infected.

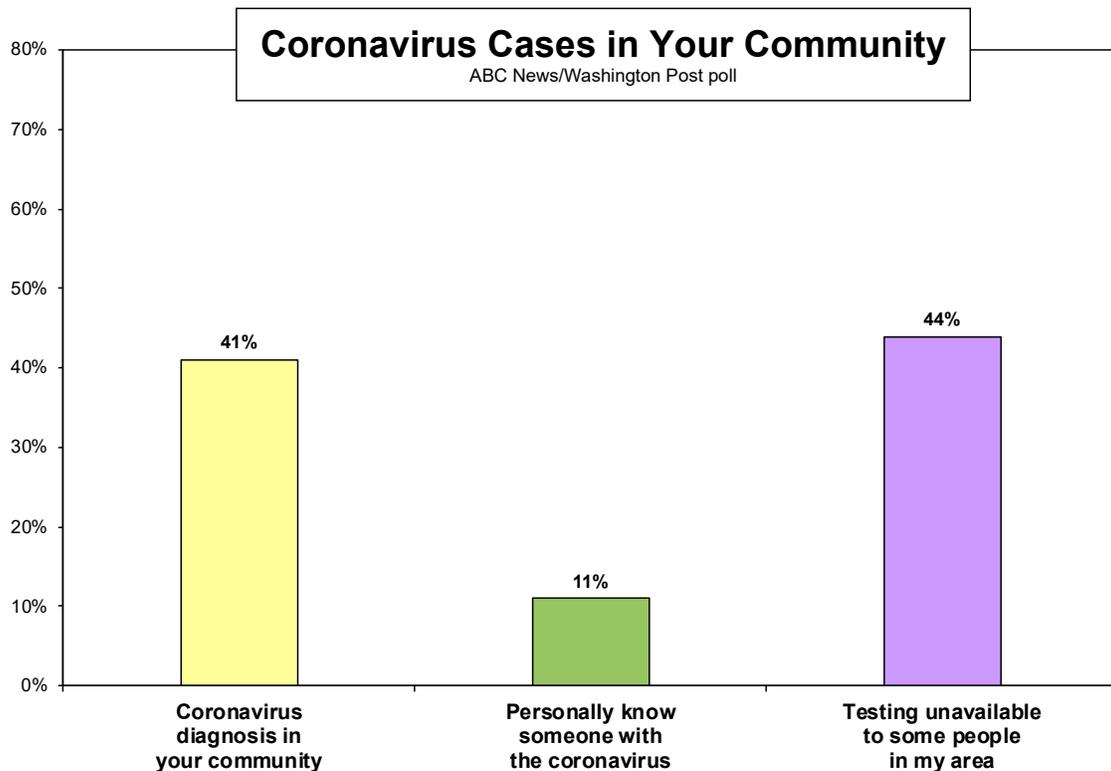
Forty-one percent in this national survey, conducted Sunday through Wednesday, say someone in their own community has been diagnosed with the new coronavirus; one in 10 (11 percent) personally knows someone who has been diagnosed with the disease.

Testing remained an issue at the time of these interviews; 44 percent said there were people in their area who wanted a test but couldn't get one. Reported unavailability of tests rises to 58 percent among those who reported diagnosed cases in their community, vs. 35 percent of those with no known local cases.



Personal concerns are amplified by painful economic disruption. As [reported](#) yesterday, the poll, produced for ABC by [Langer Research Associates](#), finds that one in three Americans say they or

an immediate family member have been laid off or lost their job as a result of the pandemic, and 51 percent report a cut in pay or work hours. Ninety-two percent expect a recession.



In the political arena, Donald Trump’s overall job approval rating advanced to his best on record in ABC/Post polls, 48 percent, even as 58 percent say he acted too slowly in the early days of the outbreak. This is the first time since he took office that Trump’s approval rating has exceeded disapproval of his work, 46 percent (though the difference isn’t statistically significant).

Fifty-one percent approve specifically of Trump’s handling of the outbreak; 45 percent don’t.

That said, there are substantial risks to the president. Trump’s overall approval rating drops among people who are more worried about catching the coronavirus, report severe local economic impacts, say their lives have been especially disrupted or know someone who’s caught the virus. He also has lower approval in states with higher per-capita infection rates.

Some of this relates to the demographics of the affected states, and some reflects greater levels of apprehension among Trump’s critics. Nonetheless, the results suggest that as the crisis deepens, the risks to views of his performance likely rise.

Two comparisons underscore the extent of the crisis on a personal level. The number of adults who report experiencing stress as a result of the pandemic (70 percent) exceeds the highest level of stress caused by the Great Recession as measured in ABC/Post polls (61 percent in March 2009). And the 69 percent who are worried about infection in their immediate family far

surpasses the highest level of such fears in past epidemics, 52 percent for swine flu in October 2009.

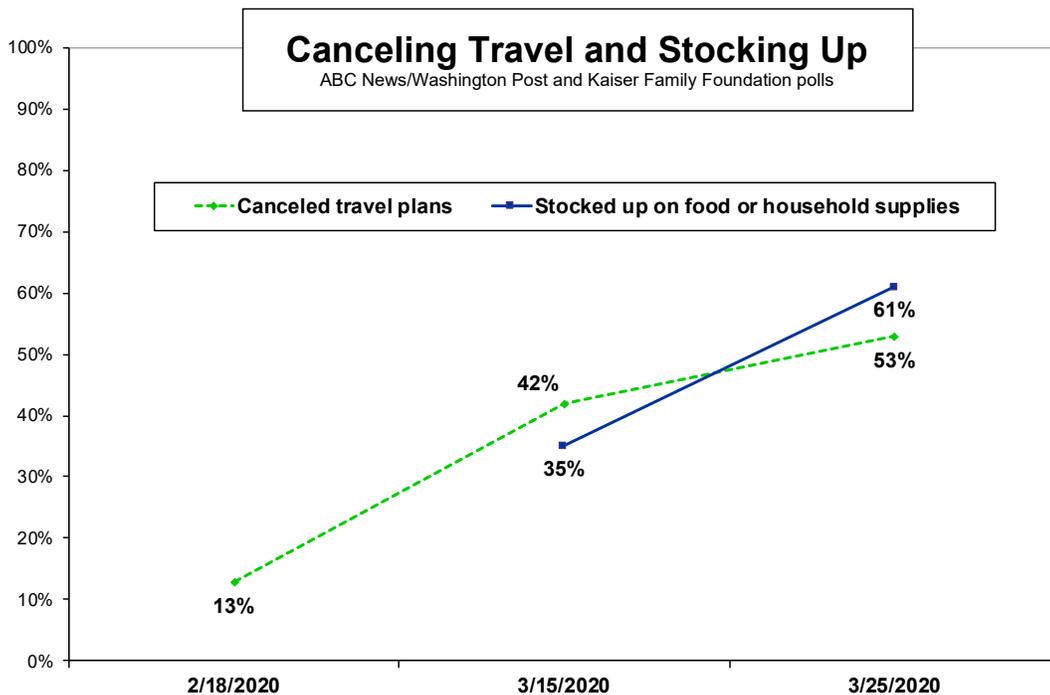
**IMPACTS** – One dramatic impact is on work: Twelve percent of Americans say they’ve started teleworking – working online from home for pay – since the outbreak began. That’s the rough equivalent of about 30 million adults.

Teleworking is twice as prevalent among people who say there’s been a diagnosed case in their community compared with those who don’t know of any local cases, 29 percent vs. 14 percent. Indeed, 18 percent in affected communities say they started teleworking just since the outbreak began, vs. 7 percent in other communities. Working remotely also is highest by far among higher-income and more-educated adults.

Another impact is on students. Seventy-one percent say they or someone in their immediate family has had school or college classes canceled or moved online. That jumps to nearly all of those with a child under age 18 living in their household, 93 percent.

Vast numbers report taking action. About nine in 10 adults say they’re practicing social distancing, staying home as much as possible and not going to restaurants and bars; 82 percent report washing their hands more frequently; and 61 percent have stocked up on supplies, up vastly from 35 percent in a similar question in a Kaiser Family Foundation poll 10 days ago.

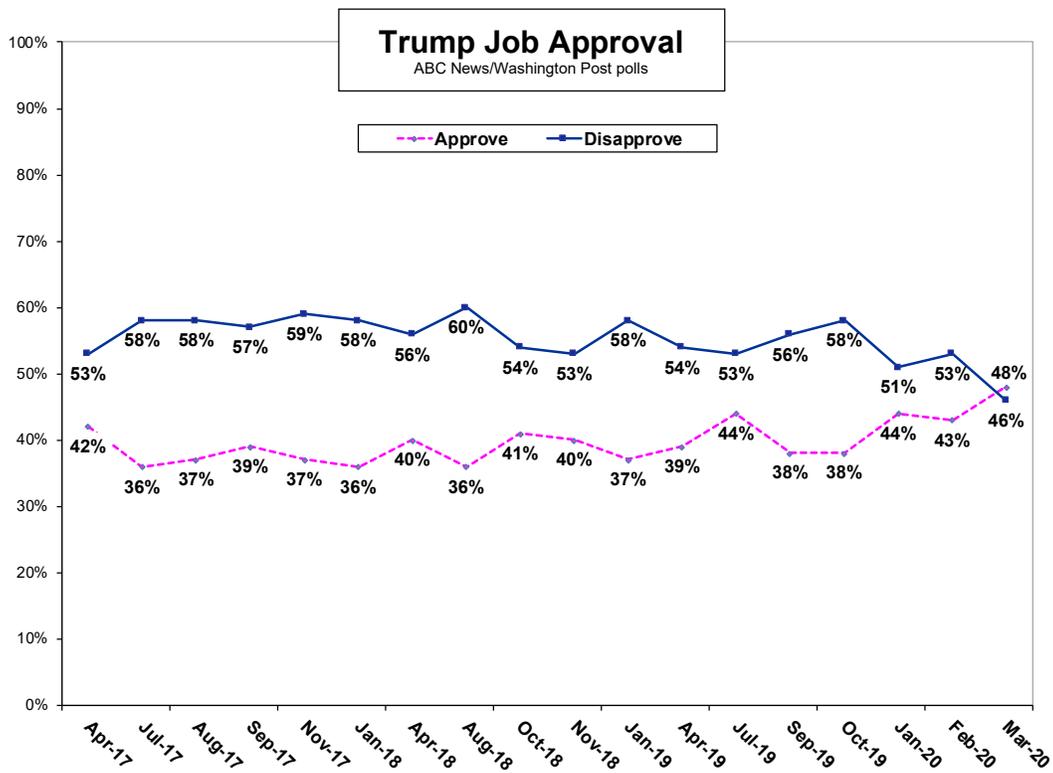
Underscoring tremendous stress on the travel industry, 53 percent also have canceled travel plans, a number that’s grown from 13 percent in mid-February and 42 percent in mid-March, again in KFF polls.



Apart from their reported actions and their levels of worry, people assign themselves differing levels of risk of coming down with the coronavirus. Just 20 percent see themselves as having a high risk, 36 percent a moderate risk, 35 percent low risk and 8 percent no risk.

Among people who personally know someone who’s been infected, 75 percent see themselves as being at high or moderate risk, compared with 54 percent of others; and risk assessment is higher, by 12 percentage points, among those living in states with the highest per-capita infection rates, compared with those in states with the lowest rates.

GOV’T RESPONSE – Trump’s 51-45 percent rating specifically for handling the coronavirus crisis finds approval 10 points higher than in a CNN poll three weeks ago. That said, many more, 66 percent, express confidence in the federal government’s ability to handle the outbreak; that includes just 26 percent who are very confident.



Others attract greater confidence. Seventy-eight percent are confident in the ability of their state government to handle the outbreak and the same number express confidence in their local hospitals and health agencies. Again, many fewer (three in 10) are very confident.

Comparisons are challenging given the differing nature of national crises, but there’s a general tendency for Americans to rally to the president’s side at such moments, at least initially. Trump’s approval rating is up 5 points from mid-February. George W. Bush’s approval rating soared by 31 points after the 9/11 attacks; George Bush’s, by 16 points at the start of Operation Desert Storm in 1991.

Notably, Trump's approval rating among Democrats is up 13 points since mid-February to a new high, albeit just 17 percent; and up 10 points among liberals to 19 percent, also a high. He remains vastly more popular among Republicans (86 percent approve) and conservatives (75 percent) with middling approval from independents (49 percent approve) and lower among moderates (40 percent).

As mentioned, the president's ratings are lower among harder-hit Americans. His approval rating is 55 percent among those who report moderate or lighter economic impacts in their community, vs. 41 percent among those who see severe impacts. It's 62 percent among those who have experienced only limited disruption to their lives, vs. 38 percent among those who report a lot of disruption. It's 12 points lower among those who personally know someone who's contracted coronavirus vs. those who don't, 38 vs. 50 percent. And it's 12 points lower among people in states with eight or more cases per 100,000 residents (as of Sunday), compared with people in the comparatively lightly affected states (fewer than four cases per 100,000). Part of this may reflect the fact that Democrats are more populous in states that are harder hit; nonetheless, it shows a risk for Trump to the extent that conditions worsen.

The view that Trump acted too slowly in the early days of the crisis – 58 percent overall – is higher in the hardest-hit states. In states with 1,000 or more cases as of Sunday (when interviews began), 67 percent say he moved too slowly, compared with 51 percent of those in states with fewer than 200 cases. Similarly, it was 67 percent in states with the highest number of cases per capita (eight or more per 100,000 residents) vs. 52 percent in those with fewer than four cases per 100,000. And 68 percent of those in states with non-essential business closures (again, as of Sunday) say Trump moved too slowly, vs. 53 percent in states without these closures.

STRESS and WORRY – As noted, 70 percent of adults report personal stress as a result of the pandemic; this includes 36 percent – more than one in three Americans – who call it serious stress. There's a substantial gender gap, with women 16 points more likely than men to say the virus is a source of stress, 77 vs. 61 percent. The gap is especially large between Republican women – 73 percent with coronavirus-related stress – and Republican men, 49 percent.

Stress also is more prevalent in urban and suburban areas (72 and 73 percent, respectively) than in rural areas (59 percent).

There also are differences among groups in worry about catching the coronavirus. Seventy-seven percent of Democrats and about as many independents (73 percent) are very or somewhat worried, compared with 56 percent of Republicans. Similarly, about three quarters of liberals and moderates alike express worry, compared with 59 percent of conservatives (including 64 percent of somewhat conservative Americans, dropping to 53 percent of strong conservatives).

Compared with an NBC News/Wall Street Journal poll of registered voters in mid-March, worry is up most steeply among independents – 45 percent worried then, 73 percent now – but also up 16 points among Republicans and 9 points (from a higher starting point) among Democrats.

There are a variety of explanations for partisan and ideological differences in response to the virus. Republicans and conservatives are far more apt to respond positively to Trump's handling

of the crisis, and so may see less reason to worry. Also, worry is 11 points higher in states with non-essential business closures and 9 points higher in states with the most cases per capita, compared with states with the fewest per-capita cases. As noted, more Democrats and fewer Republicans live in those higher-concern states.

METHODOLOGY – This ABC News/Washington Post poll was conducted by landline and cellular telephone March 22-25, 2020, in English and Spanish, among a random national sample of 1,003 adults. Results have a margin of [sampling error](#) of 3.5 points, including the design effect. Partisan divisions are 30-24-37 percent, Democrats-Republicans-independents.

The survey was produced for ABC News by [Langer Research Associates](#) of New York, N.Y., with sampling and data collection by Abt Associates of Rockville, Md. See details on the survey’s methodology [here](#).

Analysis by Gary Langer. Christine Filer, Sofi Sinozich and Allison De Jong contributed to this report.

ABC News polls can be found at ABCNEWS.com. Join our [mailing list](#) to get updates on all new poll releases.

Media contacts: [Van Scott](#) (212-456-7243) or [Caragh Fisher](#) (212-456-3437).

Full results follow.

24-29b, 30-31 previously released. 2, 4-8 held for release. \* = < 0.5 percent.

1. Do you approve or disapprove of the way Donald Trump is handling his job as president? Do you approve/disapprove strongly or somewhat?

	----- Approve -----			----- Disapprove -----			No opinion
	NET	Strongly	Somewhat	NET	Somewhat	Strongly	
3/25/20	48	34	15	46	11	35	6
2/17/20	43	31	12	53	11	42	4
1/23/20	44	35	10	51	9	42	4
10/30/19	38	30	8	58	10	48	5
9/5/19	38	27	11	56	8	48	6
7/1/19	44	32	12	53	8	45	3
4/25/19	39	28	12	54	9	45	6
1/24/19	37	28	9	58	9	49	5
11/1/18	40	28	12	53	9	43	8
10/11/18	41	29	12	54	7	46	6
8/29/18	36	24	12	60	7	53	4
4/11/18	40	25	15	56	10	46	4
1/18/18	36	24	13	58	9	49	5
11/1/17	37	25	12	59	8	50	4
9/21/17	39	26	13	57	9	48	4
8/20/17	37	22	15	58	13	45	5
7/13/17	36	25	11	58	10	48	6
4/20/17	42	27	15	53	10	43	5

3. Do you approve or disapprove of the way Trump is handling the coronavirus outbreak? Do you approve/disapprove strongly or somewhat?

----- Approve -----      ----- Disapprove -----      No

	NET	Strongly	Somewhat	NET	Somewhat	Strongly	opinion
3/25/20	51	36	15	45	8	36	4
3/7/20*	41	NA	NA	48	NA	NA	11

\*CNN

Compare to:

Do you approve or disapprove of the way Obama is handling the federal government's response to the outbreak of the Ebola virus? Do you feel that way strongly or somewhat?

	----- Approve -----			----- Disapprove -----			No
	NET	Strongly	Somewhat	NET	Somewhat	Strongly	opinion
10/26/14 LV	49	29	20	43	9	34	8
10/26/14	49	26	23	41	11	30	10
10/12/14	41	19	22	43	13	30	16

9. How confident are you that the federal government will be able to handle the outbreak of the coronavirus in this country - very confident, somewhat confident, not so confident, or not confident at all?

	--- More confident ---			----- Less confident -----			No
	NET	Very	Somewhat	NET	Not so	Not at all	opinion
3/25/20	66	26	40	32	20	12	2
3/13/20*	61	24	37	38	22	16	*
2/16/20*	77	31	46	22	16	6	*

\* Gallup; "not so confident" rather than "not too confident"

Compare to:

How confident are you in the federal government's ability to respond effectively to an outbreak of Zika virus in the United States - very confident, somewhat confident, not so confident or not confident at all?

	--- More confident ---			----- Less confident -----			No
	NET	Very	Somewhat	NET	Not so	Not at all	opinion
8/4/16	69	24	45	29	15	14	2
6/23/16	66	18	48	33	21	12	1

The Ebola virus

10/26/14	63	18	44	36	22	14	2
10/12/14	62	19	43	37	21	16	*

The H1N1 virus known as swine flu:

10/18/09	69	19	50	31	18	12	1
8/17/09	73	23	50	26	18	9	1

Bird flu:

3/5/06	59	16	44	40	25	15	*
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10. How about [ITEM]- how confident are you in their ability to respond effectively to the coronavirus outbreak - very confident, somewhat confident, not so confident, or not confident at all?

3/25/20 - Summary Table

	--- More confident ---			----- Less confident -----			No
	NET	Very	Somewhat	NET	Not so	Not at all	op.
a. your state government	78	30	48	21	10	10	1
b. your local hospitals and health agencies	78	31	47	20	12	8	2

\*half sample asked item a, other half asked item b

Compare to:

How much confidence do you have in your state government to deal with the outbreak of the coronavirus - a great deal, a fair amount, not very much, or no confidence at all?

	----- More confidence -----					
	NET	Great deal	Fair amount	Not very much	Not at all	Not sure
3/13/20* RV	75	22	53	15	8	2

\*NBC/Wall Street Journal

11. In the early days of the outbreak, do you think Trump (was too slow to take action to address the problem), or do you think he (acted with the right amount of speed)?

	Too slow	Right speed	No opinion
3/25/20	58	38	4

12. How do you feel about the possibility that you or someone in your immediate family might catch the coronavirus - very worried, somewhat worried, not too worried, or not worried at all?

	----- Worried -----			----- Not worried -----			Already caught	No
	NET	Very	Somewhat	NET	Not too	Not at all	it (vol.)	op
3/25/20	69	30	39	30	20	10	1	*
3/13/20* RV	53	15	38	47	31	16	*	*

\*NBC/Wall Street Journal

Compare to:

	----- Worried -----			----- Not worried -----			No
	NET	Very	Somewhat	NET	Not too	Not at all	opinion
The Zika virus							
8/4/16*	35	12	23	65	37	28	*
6/23/16*	33	11	22	67	39	28	*
* "be infected by"							
The Ebola virus							
10/26/14	36	13	23	63	29	34	1
10/12/14	43	20	23	57	27	29	*
The H1N1 virus known as swine flu:*							
10/18/09*	52	21	30	46	26	20	*
8/17/09	39	13	26	61	30	31	*
* 2 percent volunteered "already have"							
Bird flu:							
3/5/06	41	13	28	59	36	23	*
The SARS virus:							
4/27/03	33	11	22	67	34	33	1
4/3/03	38	11	27	62	37	24	3

13. How much, if at all, has your life been disrupted by the coronavirus outbreak - a lot, some, just a little, or not at all?

	--- A lot/Some ---			----- Less disrupted -----			No
	NET	A lot	Some	NET	Just a little	Not at all	opinion
3/25/20	77	50	27	23	15	8	*
3/15/20*	40	16	24	59	29	31	*

\*KFF

14. Would you describe the coronavirus outbreak as a source of stress in your life or not? (ASK IF YES) Is it a source of serious stress, or stress, but not serious?

	---- Source of stress ----			Not a source	No
	NET	Serious	Not serious	of stress	opinion
3/25/20	70	36	33	30	*

Compare to:

Is the current economic situation a cause of stress in your life, or not? (IF YES) Is it a cause of serious stress, or stress, but not serious?

	--- Yes, cause of stress ---			Not a cause	No
	NET	Serious	Not serious	of stress	opinion
12/13/09	57	28	30	42	*
9/12/09	55	33	23	44	*
3/29/09	61	33	28	39	*
2/22/09	57	27	30	43	0

15. As far as you are aware, can everyone in your area who wants a coronavirus test get one, or are there some people in your area who cannot get a coronavirus test even if they want one?

	Everyone	Some people	No
	can get test	cannot get test	opinion
3/25/20	23	44	33

16. Have you or any members of your immediate family been refused a coronavirus test when you or they wanted one?

	Yes, have been	No, have not been	No
	refused test	refused test	opinion
3/25/20	6	92	3

Compare to:

Have you, yourself, or someone in your household experienced any of the following because of coronavirus? Tried to be tested for coronavirus and haven't been able to.

	Yes	No	Unsure
3/14/20	2	97	1

\*NPR/PBS NewsHour/Marist

17. Do you personally know anyone who has been diagnosed with the coronavirus, or not?

	Yes	No	No opinion
3/25/20	11	89	*

18. As far as you are aware, has anyone in your local community been diagnosed with the coronavirus, or not?

	Yes	No	No opinion
3/25/20	41	55	4

19. How would you rate your own risk of coming down with the coronavirus - do you think there's a high risk of that, a moderate risk, a low risk or no risk?

	- High/Moderate risk -			---- Lower risk ---			No
	NET	High	Moderate	NET	Low	No risk	opinion
3/25/20	56	20	36	43	35	8	1

20. Please tell me if you have done or if you are doing any of these things because of the coronavirus outbreak. [ITEM], or not?

3/25/20 - Summary Table

	Yes	No	No opinion
a. Have you canceled travel plans	53	46	1
b. Are you maintaining distance from other people	93	7	0
c. Are you staying home as much as possible	91	9	0
d. Have you stocked up on food or household supplies	61	39	*
e. Have you stopped going to restaurants or bars	88	11	1
f. Are you washing your hands more often than usual	82	18	0

\*half sample asked items a-c, other half asked d-f

Trend where available:

a. Have you canceled travel plans?

	Yes	No	No opinion
3/25/20	53	46	1
3/15/20*	42	57	1
2/18/20*	13	86	1

\*KFF: "Decided not to travel or changed travel plans"

b-c. No trend.

d. Have you stocked up on food or household supplies?

	Yes	No	No opinion
3/25/20	61	39	*
3/15/20*	35	65	*

\*KFF: "Stocked up on items such as food, household supplies, or prescription medications"

e-f. No trend.

21. Have you been teleworking in the past week, which is working online from home for pay, or is this something you have not been doing?

	Yes	No	No opinion
3/25/20	20	80	*

22. (ASK IF TELEWORKING) Were you teleworking previously, or have you only started teleworking since the coronavirus outbreak began?

	Teleworking previously	Started teleworking since outbreak began	No opinion
3/25/20	41	59	0

Q21/22 NET

	NET	Previously	Just started	No op.	Not teleworking	No opinion
3/25/20	20	8	12	*	80	*

23. (ASK IF TELEWORKED PREVIOUSLY) Since the coronavirus outbreak, have you been teleworking more than you did previously, less, or about the same amount?

	More	Less	Same	No opinion
3/25/20	36	9	55	0

Q21/22/23 NET

	----- Teleworking -----								
	-- Teleworked previously --				Just		Not	No	
	NET	More	Less	Same	No op.	started	No op.	teleworking	op.
3/25/20	20	3	1	4	0	12	*	80	*

29. Because of the coronavirus outbreak, have you or has anyone in your immediate family [ITEM]?

3/25/20 - Summary Table

	Yes	No	No opinion
c. had any school or college classes canceled or moved online	71	28	1

\*\*\* END \*\*\*