

# The Impact of COVID-19 on Overall Quality of Life in California among Adults in California

Meri Avetisyan, Krista Del Rosario, Elizabeth Gabrielyan, Arpi Garibyan, & Yaseen Rasheed  
University of California, San Diego (UCSD), Department of Family Medicine and Public Health

## Introduction

- COVID-19 resulted in a drastic change in lifestyle for the whole world, forcing decreased social interactions and isolation<sup>1</sup>.
  - It is the leading cause of death in the United States<sup>2</sup>.
- Quality of life can be defined as one's physical and mental health status that's perceived over time<sup>3</sup>.
- A U.S. study depicted that mental health of young adults was heavily impacted by the pandemic and resulted in decreased QOL<sup>4</sup>.
- Data from a Chinese study show that patients had poor QOL from physical and psychological damage from COVID-19<sup>5</sup>.

## Objective

- To examine the impact of COVID-19 on the QOL of adults aged 18+ in California.

## Methodology

- Data was collected from April - May 2022, resulting in a total of 185 adults in California participating in this cross-sectional study.
- The Google Survey was posted on various social media platforms.
- Data collected included demographic questions, such as age, gender, race/ethnicity, and residence (Figure 1).
- We used a previously validated survey from PATH Study Wave 1 to ask QOL questions.
- Data collected compared before and after percentages.

## Results

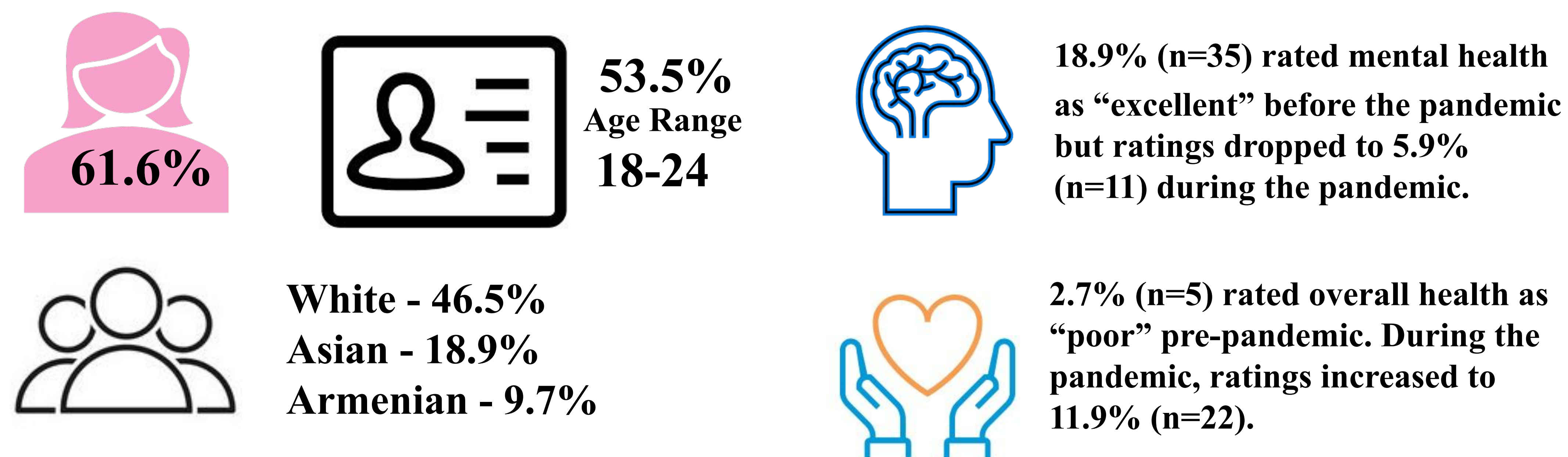


Figure 1:

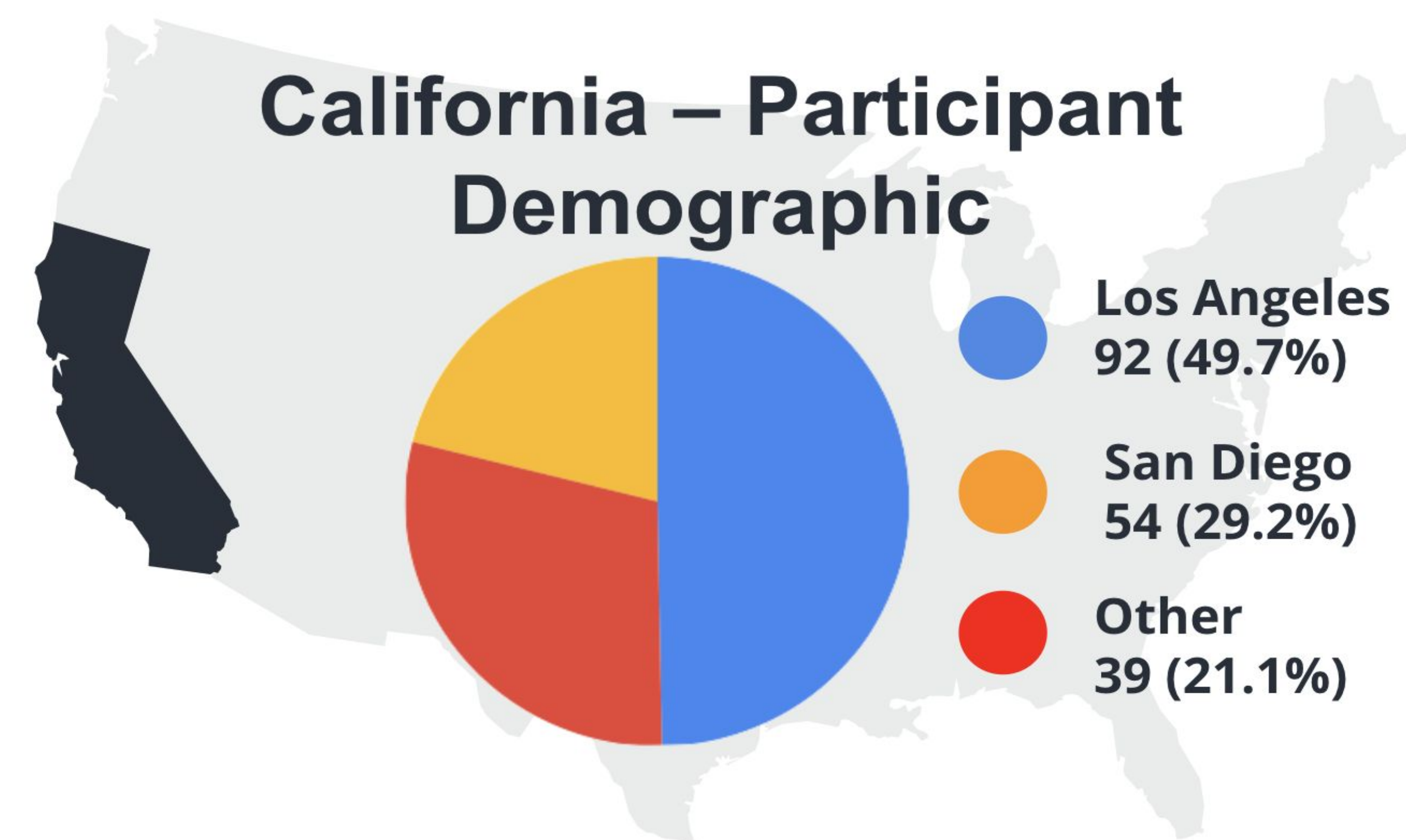


Figure 3:

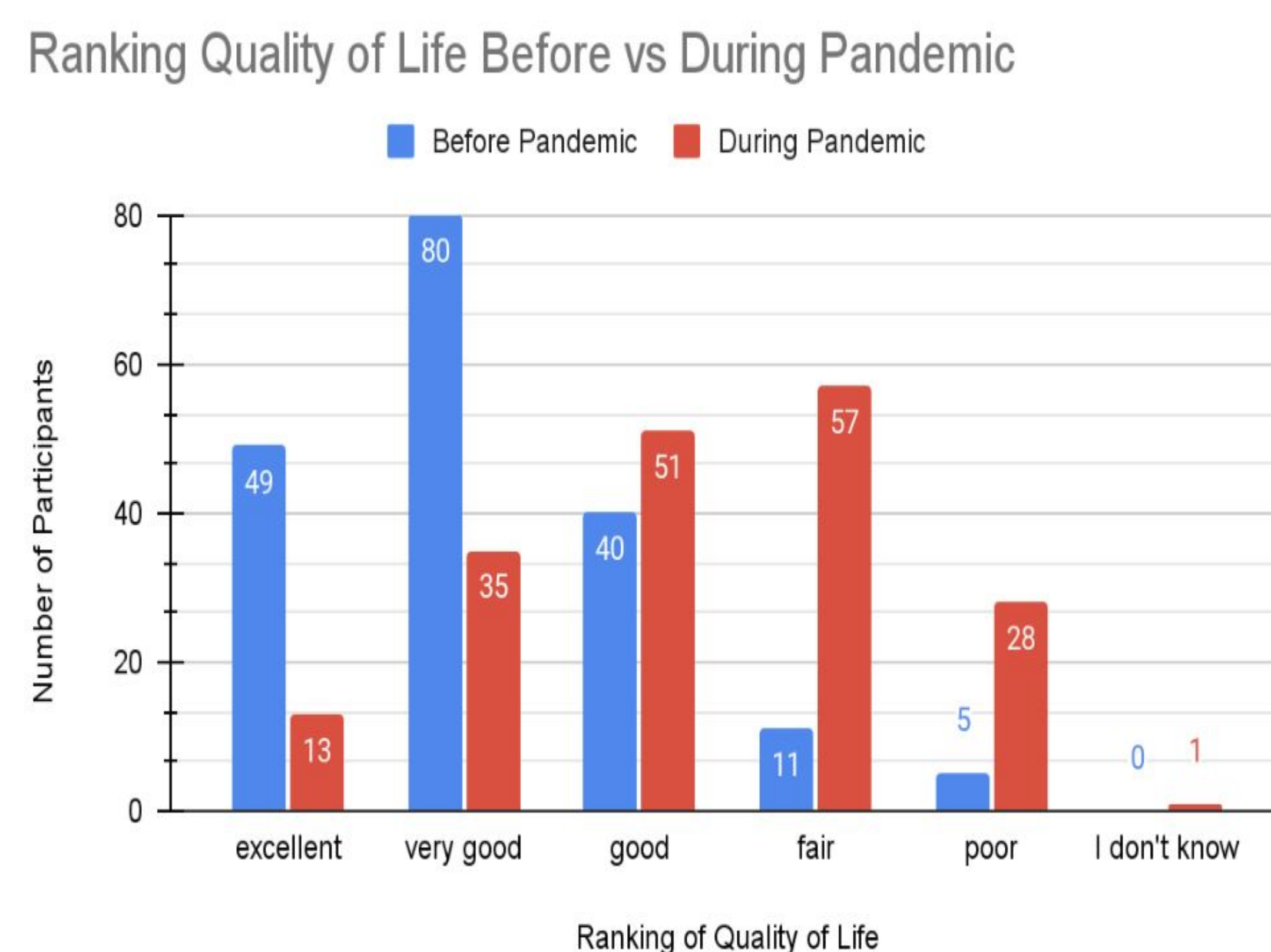
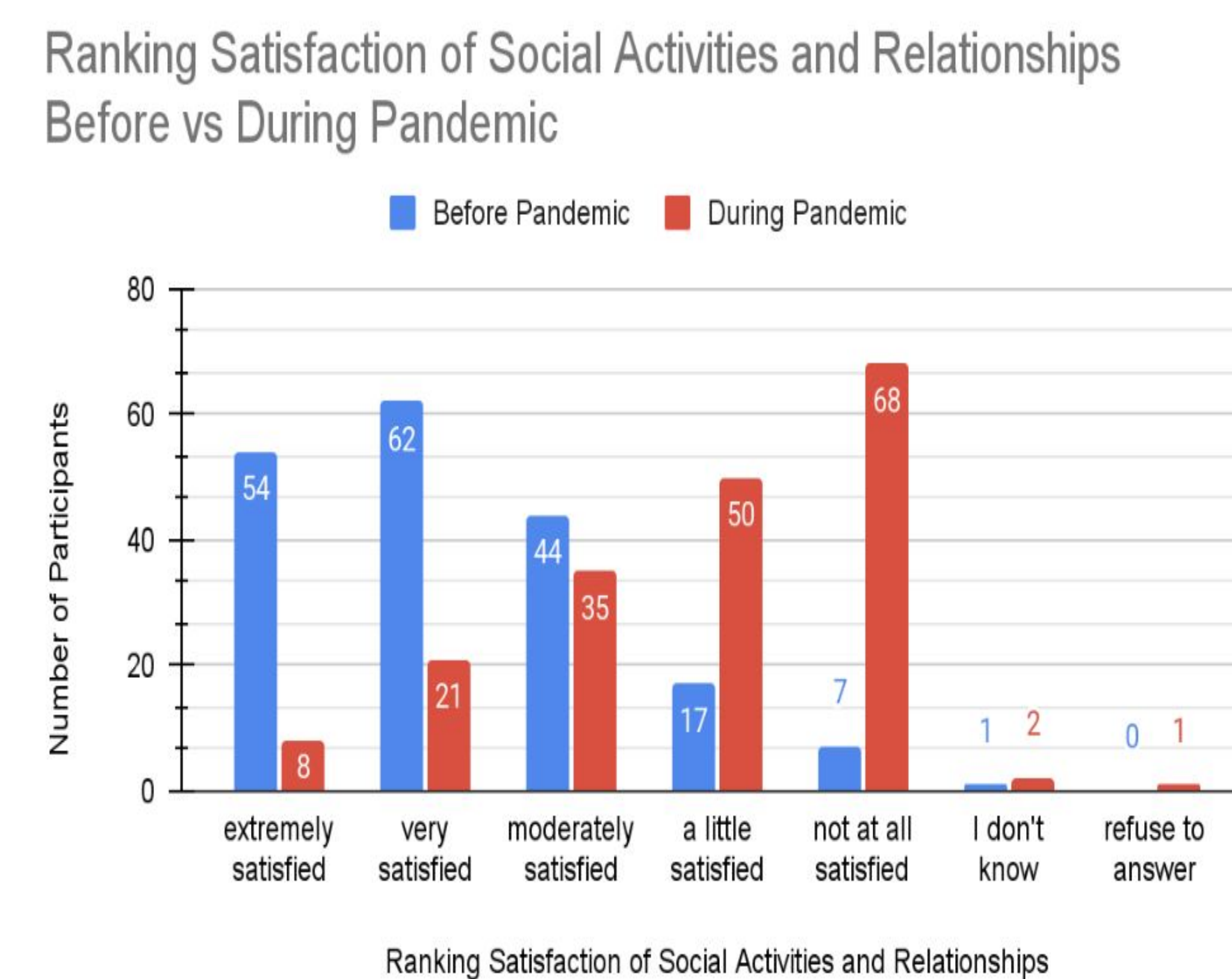


Figure 4:



## Conclusion

- The overall quantitative results showed a general trend that participants' health related qualities of life decreased from where it was before the pandemic.
- Results showed participants rated their mental health as “excellent” at a higher rate pre-pandemic than during the pandemic. Participants’ overall health showed a similar trend where rates dropped pre vs. post-pandemic. This showed that COVID-19 directly led to a decrease in overall health related quality of life for a majority of participants.
- These results show that changes must be made to provide more health related quality of life resources for individuals in California to help mitigate the effects that COVID-19 had on their overall quality of life.

## Policy Implications

- With this data, we should begin forming policies to improve individuals’ quality of life.
- We can help people who reported a poor quality of life by offering resources.
- The resources pertaining to mental health are most important, therefore we should offer therapy and free mental health clinics to help improve individuals quality of life .

## References

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