

# Mass shootings have changed how 1 in 4 adults live, poll finds

August 19 2019, by Tom Avri

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It is no surprise that Tiffany Burris was distraught Wednesday. Her 3-year-old son, Tyaan, was among those confined to the Precious Babies day care center in North Philadelphia for hours while a gunman was

locked in a standoff with police nearby.

"I couldn't stop crying and shaking," she said. "Bullets have no name on them."

But [mass shootings](#) in the United States are causing stress and [behavioral changes](#) for millions who are not directly impacted, suggests a [national survey](#) conducted just days before six officers were shot in North Philadelphia.

One in 3 adults said they agreed "strongly" or "somewhat" with the statement "Fear of a mass shooting prevents me from going to certain places and/or events," according to the nonprofit American Psychological Association, which commissioned the poll in the wake of the shootings in El Paso, Texas, and Dayton, Ohio.

One in 5 adults said they "often" or "constantly" experienced stress from the possibility of a mass shooting, though the responses varied by race or ethnic group. The proportion that reported such stress was highest among Hispanic adults, at 32%, followed by 25% of blacks/African Americans and 15% of non-Hispanic whites.

"We don't have to experience these events directly for them to affect us," said Arthur C. Evans Jr., chief executive officer of the psychology organization and a past commissioner of Philadelphia's Department of Behavioral Health and Intellectual disAbility Services.

Asked if they allowed fear of a mass shooting to change how they lived, 24% of survey respondents said they strongly or somewhat agreed.

And 32% said they agreed strongly or somewhat with the statement "I can't go anywhere without worrying about being a victim of a mass [shooting](#)."

The [online survey](#) was conducted on behalf of the psychological association by the Harris Poll between Aug. 8 and 12. Responses from the 2,017 participants were weighted as necessary to match the age, sex and other demographic traits of the nation as a whole.

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