

SCREENING QUESTIONS

BASE: ALL ONLINE RESPONDENTS (srvyMode/1)

dmConsent

Thank you for agreeing to participate in this survey. Your views are important to us and your answers will be kept in strict confidence. Please click here to read our privacy policy before agreeing to continue with the survey.

1. I agree to continue
2. I do not agree

BASE: ALL RESPONDENTS

dmCntry [Country] In which country or region do you currently reside?

[IF US STUDY, US LISTED FIRST ELSE CODES DISPLAYED IN ALPHABETICAL ORDER]

244. United States of America
14. Australia
33. Brazil
42. Canada
48. China
76. France
85. Germany
116. India
123. Italy
126. Japan
157. Mexico
215. Spain
243. United Kingdom
996. Other country

[PN: IF hCntry DOES NOT EQUAL dmCntry TERMINATE IMMEDIATELY. IF dmCntry/NE 244 TERMINATE IMMEDIATELY.]

BASE: ALL US RESPONDENTS

dmStateUS [State (US)] In what state or territory do you currently reside?

[DISPLAY IN DROP DOWN LIST]

- | | |
|-------------------------|------------------------------|
| 1. Alabama | 29. Nevada |
| 2. Alaska | 30. New Hampshire |
| 3. Arizona | 31. New Jersey |
| 4. Arkansas | 32. New Mexico |
| 5. California | 33. New York |
| 6. Colorado | 34. North Carolina |
| 7. Connecticut | 35. North Dakota |
| 8. Delaware | 36. Ohio |
| 9. District of Columbia | 37. Oklahoma |
| 10. Florida | 38. Oregon |
| 11. Georgia | 39. Pennsylvania |
| 12. Hawaii | 40. Rhode Island |
| 13. Idaho | 41. South Carolina |
| 14. Illinois | 42. South Dakota |
| 15. Indiana | 43. Tennessee |
| 16. Iowa | 44. Texas |
| 17. Kansas | 45. Utah |
| 18. Kentucky | 46. Vermont |
| 19. Louisiana | 47. Virginia |
| 20. Maine | 48. Washington |
| 21. Maryland | 49. West Virginia |
| 22. Massachusetts | 50. Wisconsin |
| 23. Michigan | 51. Wyoming |
| 24. Minnesota | 52. American Samoa |
| 25. Mississippi | 54. Guam |
| 26. Missouri | 56. Northern Mariana Islands |
| 27. Montana | 58. Puerto Rico |
| 28. Nebraska | 59. Virgin Islands |

BASE: ALL US RESPONDENTS

dmZipUS [Zip Code (US)] What is your zip code?

[5 DIGITS – DISPLAY ERROR IF ZIP CODE IS NOT VALID]

[Q268C, Q268D, Q268B, dmAge PRESENTED ON SAME SCREEN.]

BASE: US RESPONDENTS

Q268C How do you describe your current gender identity?

[MULTIPLE RESPONSE; EXCLUSIVE 99][CODE 1 CANNOT BE COMBINED WITH CODE 2]

1. Female/Woman
2. Male/Man
3. Nonbinary
4. Two-spirit
5. Prefer to self-describe: [TEXT BOX]
99. Prefer not to answer

BASE: US RESPONDENTS

Q268D Do you identify as transgender?

[SINGLE RESPONSE]

1. Yes
2. No
3. Prefer not to answer

BASE: ALL RESPONDENTS

Q268B What sex were you assigned at birth, on your original birth certificate?

1. Male
2. Female

BASE: US RESPONDENTS

dmAge [Age] What is your age?

Please enter a numeric response only.

[RANGE 0 -120] |_|_|_|

BASE: US RESPONDENTS AND 18+

dmMarStat [Marital Status] What is your current marital status?

1. Never married
2. Married or civil union
3. Divorced
4. Separated
5. Widowed
6. Living with partner

BASE:US RESPONDENTS

dmAdultHh [Adults in Household]

[IF AGE 18 OR OVER (dmAge/>17)]

Including yourself, how many people age 18 or older live in your household?

[IF AGE 17 AND YOUNGER (dmAge/<18)]

How many people age 18 or older live in your household? If you live in more than **one** household, please answer for only one of the households.

[IF AGE (dmAge/>17) RANGE: 1-50]

[IF AGE (dmAge/<18) RANGE: 0-50]

|_|

BASE: US RESPONDENTS

dmChildHh [Children in Household]

[IF AGE 18 OR OVER (dmAge/>17)]

How many people under the age of 18 live in your household?

[IF AGE 17 OR YOUNGER (dmAge/<18)]

Including yourself, how many people under the age of 18 live in your household? If you live in more than one household, please answer for only one of the households.

[IF AGE (dmAge/>17) RANGE: 0-15]

[IF AGE (dmAge/<18) RANGE: 1-15]

[[[

BASE: HAVE AT LEAST ONE CHILD IN HOUSEHOLD (dmChildHh/1+)

Q3004 And, how many people under the age of 18 live in your household at least 50% of the time for whom you are the parent or guardian?

[RANGE: 0-RESPONSE GIVEN AT dmChildHh, NON-MANDATORY]

[[[

BASE: GUARDIAN/PARENT OF CHILD(REN) <18 LIVING IN HOUSEHOLD AT LEAST 50% OF TIME (Q3004/>=1)

Q3015 Next, we would like to find out the age and gender of each child under 18 living in your household at least 50% of the time for whom you are the parent or guardian. Please enter "0" for children less than one year of age.

[RANGE 0-17]

[MANDATORY RESPONSE.]

[GRID CAPTURING AGE AND GENDER OF EACH CHILD]

[PN: PLEASE DISPLAY THE NUMBER OF CHILDREN ROWS BELOW AS MENTIONED AT Q3004]

	Q3016	Q3017
[Column headings]:	"Age"	Boy/Girl/Transgender
Child 1	[[[	1 2 3
Child 2	[[[	1 2 3
Child 3	[[[	1 2 3
Child 4	[[[	1 2 3
Child 5	[[[	1 2 3
Child 6	[[[	1 2 3
Child 7	[[[	1 2 3
Child 8	[[[	1 2 3
Child 9	[[[	1 2 3
Child 10	[[[	1 2 3
Child 11	[[[	1 2 3
Child 12	[[[	1 2 3
Child 13	[[[	1 2 3
Child 14	[[[	1 2 3
Child 15	[[[	1 2 3

BASE: ALL US RESPONDENTS 18+

dmEmploy [Employment Status] Which of the following best describes your employment status?

[SINGLE RESPONSE]

1. Employed full time
2. Employed part time
3. Self-employed full time
4. Self-employed part time
5. Not employed, but looking for work
6. Not employed and not looking for work
7. Not employed, unable to work due to a disability or illness
8. Retired
9. Student
10. Stay-at-home spouse or partner

BASE: ALL US RESPONDENTS 18+

PEW_NPORS_INTFREQ

Q720b About how often do you use the internet?

1. Almost constantly
2. Several times a day
3. About once a day
4. Several times a week
5. Less often

BASE: ALL US RESPONDENTS

dmHispUS [Hispanic Origin (US)] Are you of Hispanic, Latin(a/o), Latinx, or Spanish origin?

1. Yes
2. No

[PROGRAMMER NOTE: INSERT "Why do we ask this question?" pop-up BELOW CHOICES]

BASE: ALL US RESPONDENTS

dmRaceMUS [Race-Multi (US)] What is your race? Please select all that apply.

[PROGRAMMER NOTE: DISPLAY IN ONE COLUMN.]
[MULTIPLE RESPONSE]

1. White
2. Black or African American
3. Native American, Alaskan Native, or Indigenous
4. South Asian
5. Chinese
6. Korean
7. Japanese
8. Filipino
9. Arab/West Asian
12. Vietnamese
11. Other Asian
10. Native Hawaiian or Pacific Islander
13. Other race

[PROGRAMMER NOTE: INSERT "Why do we ask this question?" pop-up BELOW CHOICES]

SECTION 1: MAIN TREND QUESTIONS

TRENDED QUESTION

BASE: ALL QUALIFIED RESPONDENTS

Q2255 In general, would you say your physical health is ...

1. Poor
2. Fair
3. Good
4. Very good
5. Excellent

TRENDED QUESTION

BASE: ALL QUALIFIED RESPONDENTS

Q2255 In general, would you say your mental health is ...

1. Poor
2. Fair
3. Good
4. Very good
5. Excellent

TRENDED QUESTION

BASE: ALL US RESPONDENTS

Q2105 Have you ever been told by a healthcare provider that you have any of the following conditions?
Please select all that apply.

[PN: RANDOMIZE ; MULTIPLE RESPONSES] [HOLD CODE 1 WITH CODE 2 IN THAT ORDER]
[EXCLUSIVE, ANCHOR 14 AND 15]

1. Type 1 Diabetes
2. Type 2 Diabetes
3. Cancer
4. Heart disease or heart attack
5. High cholesterol
6. High blood pressure
7. Overweight
8. Stroke
9. Asthma or other respiratory disease
10. Chronic pain
11. Depression
12. An anxiety disorder (such as generalized anxiety disorder, panic disorder or PTSD)
13. Arthritis
16. Obesity
14. None of the above
15. Decline to answer

SECTION 2: CORE TRENDED STRESS QUESTIONS

TRENDED QUESTION

BASE: ALL QUALIFIED RESPONDENTS

Q605 Next we have some questions about stress.

On a scale of 1 to 10, where 1 means you have "little or no stress" and 10 means you have "a great deal of stress," how would you rate your average level of stress during the past month?

[INSERT NON-MANDATORY] [RANGE 1-10]

TRENDED QUESTION

BASE: ALL QUALIFIED RESPONDENTS

Q625 Below is a list of things people say cause stress in their lives. For each one, please indicate how significant a source of stress it is in your life.

[COLUMNS]

1. Not at all significant
2. Not very significant
3. Somewhat significant
4. Very significant

[ROWS; RANDOMIZE; HOLD CODES R5, 14, AND 15 – RANDOMIZED WITHIN, SHOW SCALE ON TOP AND BOTTOM]
[ONLY SHOW CODE 2 IF EMPLOYED (DMEMPLOY/1-4)] [ONLY SHOW CODE 13 IF ADULT STUDENT (DMAGE 18+ AND DMEMPLOY/09); SUPPRESS CODE 3,12] (RN: r5 UPDATED IN 2023, r14 IS UPDATED VERSION OF r3 IN 2023, r15 ADDED IN 2023)

- r1. Money
- r2. Work
- r3. Personal health concerns
- r4. Relationships (e.g., spouse, kids, girl/boyfriend)
- r5. Health problems (physical and/or mental) affecting my family
- r6. Family responsibilities
- r7. Housing costs (e.g., mortgage or rent)
- r8. The economy
- r9. Job stability
- r10. Personal safety
- r11. Discrimination (NEW IN 2015)
- r12. Use of technology (NEW 2016)
- r13. Education
- r14. My physical health
- r15. My mental health

NEW QUESTION (RN: Q625A AND Q6255 MERGED IN 2023)

BASE: ALL QUALIFIED RESPONDENTS

Q3222 Below is a list of things people say cause stress in their lives. For each one, please indicate how significant a source of stress it is in your life.

[COLUMNS]

1. Not at all significant
2. Not very significant
3. Somewhat significant
4. Very significant

[ROWS; RANDOMIZE; HOLD CODES 1-2, 11-12, AND 13-14 TOGETHER – RANDOMIZED WITHIN, SHOW SCALE TOP AND BOTTOM] [INSERT HOVER DEFINITION FOR “DIVISIVENESS” AT ROW 2 (Considerable, and sometimes unfriendly, division or disagreement between people.)]

1. The future of our nation
2. Social divisiveness of our nation
3. Climate change/Global warming
4. Mass shootings
5. Suicide rates
6. Violence and crime
7. Global tension/conflict
8. Healthcare (e.g., access, affordability, finding time for appointments, etc.)
9. Abortion laws
10. Immigration
11. The current state of race relations
12. The current state of LGBTQ+ inclusivity and acceptance
13. The economy (e.g., inflation, unemployment rates, etc.)
14. U.S. debt (e.g., debt ceiling, government spending, etc.)

NEW QUESTION (RN: LIST COMPRISED OF TOP ITEMS FROM Q625A AND Q6255, CREATED IN 2023)

BASE: ALL QUALIFIED RESPONDENTS

Q3205 Please rank the following sources of stress in your life in order, from the first representing the most significant source of stress and the last representing the least significant source of stress. Even if you aren't sure, please provide your best estimate.

[RANDOMIZE, DRAG AND DROP]

1. The economy
2. Finances/Money
3. Work (e.g., salary, feeling overworked, finding employment, etc.)
4. Family/Caregiver responsibilities
5. Housing costs (e.g., mortgage/rent, maintenance, etc.)
6. Violence and crime
7. Mass shootings
8. Healthcare (e.g., access, affordability, finding time for appointments, etc.)
9. Discrimination (e.g., racism, prejudices, sexism, etc.)
10. Global tension/conflict

NEW QUESTION

BASE: HEALTH IS SIGNIFICANT SOURCE OF STRESS (Q625/C3-4 FOR R5, 14, OR 15)

Q3215 Which of the following items, specifically related to health, are causing you stress?

Please select all that apply.

[RANDOMIZE; MULTIPLE RESPONSE; ANCHOR CODE 96]

1. Taking care of a loved one who is sick/ill
2. Worrying that I will become sick/ill
3. Paying for healthcare (e.g., premiums, medications, procedures, etc.)
4. Worrying about a loved one's health
5. Unknown environmental risks to health (e.g., pollution, water contamination, etc.)
6. Another pandemic/mass illness
7. Accessing the care I need (e.g., getting an appointment in a timely manner, availability of healthcare professionals, etc.)
8. Trusting my healthcare professional(s)
9. Trusting new information shared by healthcare professionals
10. Navigating the healthcare system (e.g., understanding my insurance coverage, understanding how or where to get care, etc.)
11. Changing laws/policies around healthcare
96. Other

TRENDED QUESTION (RN: THIS IS THE STANDARD EVERYDAY DISCRIMINATION SCALE)

BASE: ALL QUALIFIED RESPONDENTS

MQ2 In your day-to-day life, how often have any of the following things happened to you?

[COLUMNS]

1. Never
2. Less than once a year
3. A few times a year
4. A few times a month
5. At least once a week
6. Almost everyday

[ROWS][RANDOMIZE]

[PN: DISPLAY SCALE ON BOTTOM OF GRID AS WELL]

1. You are treated with less courtesy or respect than other people.
2. You receive poorer service than other people at restaurants or stores.
3. People act as if they think you are not smart.
4. People act as if they are afraid of you.
5. You are threatened or harassed.

TRENDED QUESTION (RN: THIS IS THE STANDARD EVERYDAY DISCRIMINATION SCALE)

BASE: EXPERIENCED AT LEAST ONE AT MQ2 (MQ2/2-6)

MQ3 What do you think was the main reason for this/these experience(s)? Would you say...?

[MULTIPLE RESPONSE]

[RANDOMIZE] [ANCHOR 8, 15]

1. My ancestry or national origins
2. My gender
3. My race
4. My age
5. My religion
6. My height
7. My weight
9. My sexual orientation
10. My education or income level
11. A physical disability
12. My shade of skin color
13. My gender identity
14. A mental illness
8. Some other aspect of my physical appearance
15. Other [SPECIFY]

TRENDED QUESTION

BASE: MONEY IS A SIGNIFICANT SOURCE OF STRESS (Q625R1/C3,4)

Q626 Earlier you mentioned that money is a [IF Q625R1/C3: somewhat] [IF Q625R1/C4: very] significant source of stress in your life. Which of the following aspects about money cause you stress? *Please select all that apply.*

[RANDOMIZE] [HOLD 1-2 TOGETHER IN THAT ORDER; HOLD 6,10 TOGETHER IN THAT ORDER; SHOW CODE 4 ONLY TO THOSE WITH CHILDREN (Q3004/1+)] [ANCHOR 96] [MULTIPLE RESPONSE]

1. Personal debt (excluding student loans)
2. Personal student loan debt
3. Childcare expenses
4. Saving or paying for my child(ren)'s college education
5. Saving for retirement
6. Paying for essentials (e.g., utilities, food, housing, etc.)
7. Cost of healthcare
8. Paying for unexpected expenses (i.e., one-time expenses such as a car or home repair, unexpected large medical bill, etc.)
9. Providing financial support/responsibility to family members (e.g., adult children, siblings, parents, etc.)
10. Not being able to pay for non-essential items (e.g., vacation, extracurricular activities, a luxury car, etc.)
96. Other, please specify [TEXTBOX]

TRENDED QUESTION (2022)

BASE: ALL QUALIFIED RESPONDENTS

Q631 Has financial strain in your household increased, decreased, or stayed the same over the past year?

[ROTATE 1-3, 3-1]

1. Increased
2. Stayed the same
3. Decreased

TRENDED QUESTION (2022)

BASE: ALL QUALIFIED RESPONDENTS

Q632 Please indicate the extent to which you agree or disagree with the following statements.

[COLUMNS]

1. Strongly disagree
2. Somewhat disagree
3. Somewhat agree
4. Strongly agree

[ROWS; RANDOMIZE]

- r1. Money is a cause of a lot of the fights or tension in my family.
- r2. I and/or my family have had to make different choices due to lack of money in the past month.
- r3. I feel pressure to measure up to others financially.
- r4. I feel consumed by my worries about money.
- r5. I feel embarrassed talking about money/my financial situation with others.
- r6. I feel like I'm not knowledgeable about finances/money.

NEW QUESTION

BASE: ALL QUALIFIED RESPONDENTS

Q3225 How much do you agree or disagree with each of the following statements?

[COLUMNS]

1. Strongly disagree
2. Somewhat disagree
3. Somewhat agree
4. Strongly agree

[ROWS; RANDOMIZE]

1. It causes me stress that the news is not focusing on what is most important to me day-to-day.
2. It causes me stress that politicians aren't talking about the things that are most important to me.
3. I feel my government representatives have my best interests in mind.
4. I feel confident about the direction our country is going in.
5. The political climate has caused strain between my family members and me.

SECTION 3: IMPACT OF STRESS

TRENDED QUESTION

BASE: ALL QUALIFIED RESPONDENTS

Q810 Which of the following, if any, have you experienced in the last month as a result of stress?

Please select all that apply.

[RANDOMIZE; MULTIPLE RESPONSE; DISPLAY IN TWO COLUMNS] [ONLY DISPLAY CODE 15 IF FEMALE (Q268C/1)]
[ONLY DISPLAY CODE 16 IF MALE (Q268C/2)] [ANCHOR 17, 18, 19] [EXCLUSIVE 18, 19]

1. Headache
2. Upset stomach or indigestion
3. Feeling as though I could cry
4. Muscular tension
5. Tightness in my chest
6. Feeling nervous or anxious
7. Feeling depressed or sad
8. Irritability or anger
9. Lack of interest, motivation or energy
10. Fatigue
11. Teeth grinding
12. Feeling faint or dizzy
13. Change in sex drive
14. Change in appetite
15. Change in menstrual cycle
16. Erectile dysfunction
17. Other
18. Nothing
19. Decline to answer

NEW QUESTION

BASE: ALL QUALIFIED RESPONDENTS

Q3230 As a result of feeling stressed, have you...

[COLUMNS – MULTI-SELECT; EXCLUSIVE COLUMN 3]

1. Ever
2. In the past month
3. I have never done this because of feeling stressed

[ROWS; RANDOMIZE; HOLD CODES 1-2, 5-6, 7-9, AND 11-12 TOGETHER – RANDOMIZED WITHIN]

1. Ignored/Didn't take care of my responsibilities at work, home, or school
2. Ignored/Didn't take care of myself
3. Canceled social plans (e.g., plans with friends or family)
4. Skipped exercising or physical activity
5. Struggled/Had difficulty planning for the future
6. Struggled/Had difficulty making decisions
7. Lost patience or yelled at a stranger
8. Lost patience or yelled at a family member
9. Lost patience or yelled at a coworker
10. Experienced road rage (e.g., yelling, tailgating, purposefully cutting off other cars)
11. Got into a physical altercation
12. Got into a verbal altercation

TRENDED QUESTION (2022)

BASE: ALL QUALIFIED RESPONDENTS

Q730 Please indicate the extent to which you agree or disagree with the following statements.

[COLUMNS]

1. Strongly disagree
2. Somewhat disagree
3. Somewhat agree
4. Strongly agree

[ROWS; RANDOMIZE; DISPLAY SCALE AT BOTTOM; DISPLAY CODE 5 ONLY TO THOSE EMPLOYED OR A STUDENT
(dmEmploy/1-4,9)]

1. When I am stressed, I can't bring myself to do anything.
2. I can get things done even when I am feeling stressed.
3. Most days I am so stressed I can't function.
4. Most days my stress is completely overwhelming.
5. My stress makes going to work/school increasingly difficult.
6. When I feel stressed I can get over it quickly.
7. I am so stressed I feel numb.
8. My stress level has made me have less patience for others.
9. My stress keeps piling up.

SECTION 4: COPING WITH STRESS

TRENDED QUESTION

BASE: ALL QUALIFIED RESPONDENTS

Q1615 Do you feel you are doing enough to manage your stress?

1. Yes
2. No
3. Not sure

TRENDED QUESTION (2022)

BASE: ALL QUALIFIED RESPONDENTS

Q970 In the last 12 months, do you feel you are better, worse, or about the same at managing your stress?

[ROTATE: 1-3; 3-1]

1. Better
2. About the same
3. Worse

TRENDED QUESTION (MODIFIED 2022)

BASE: ALL QUALIFIED RESPONDENTS (TRENDED)

Q704 In the last 12 months, could you have used more emotional support than you received?

1. Yes, I could have used a lot more emotional support
2. Yes, I could have used some more emotional support
3. Yes, I could have used a little more emotional support
4. No

NEW QUESTION

BASE: ALL QUALIFIED RESPONDENTS

Q3300 Do you have the resources (e.g., the financial means, information, time, etc.) needed to take care of yourself?

1. Yes
2. No
3. Not sure

[RN: TRENDQ Q780 FROM PARITY SURVEY, ADDED TO SiA IN 2023]

BASE: ALL QUALIFIED RESPONDENTS

Q3305 Below are some reasons people might choose *not to seek help* from a mental health professional. Please indicate the top three reasons you or a family member might give for *not seeking treatment*. Please indicate your choices by dragging and dropping your top responses.

[PN: RANDOMIZE; ANCHOR 9]

1. Concerns over the cost of treatment
2. Lack of insurance coverage
3. Belief that therapy doesn't work
4. Lack of knowledge about how to find the right professional for my needs
5. Not knowing if it's really appropriate to seek help
6. Belief there is a stigma associated with therapy or concern about what others might think of me
7. Lack of time
8. Concerns over privacy or confidentiality
9. Other [SPECIFY]

TRENDQ QUESTION (2022)

BASE: ALL QUALIFIED RESPONDENTS

Q975 In general, do you feel you have more, fewer, or about the same amount of close relationships (i.e., people you can trust and rely on) than you have had in the past?

[ROTATE: 1-3; 3-1]

1. More
2. About the same amount
3. Fewer

TRENDQ QUESTION (2022)

BASE: ALL QUALIFIED RESPONDENTS

Q980 Please indicate the extent to which you agree or disagree with the following statements.

[COLUMNS]

1. Strongly disagree
2. Somewhat disagree
3. Somewhat agree
4. Strongly agree

[ROWS; RANDOMIZE; DISPLAY SCALE AT BOTTOM]

1. I don't know where to start when it comes to managing my stress.
2. I wish I had someone to help me manage my stress.
3. I have healthy ways I manage my stress.
4. I make it a point to work on how to manage my stress.
5. The relationships I have help me cope with my stress.
6. Stress is just something I have to live with.
7. I feel completely stressed out no matter what I do to manage my stress.
8. People around me just expect me to get over my stress.
9. I feel like there is too much focus on stress.
10. I feel like no one understands how stressed out I am.

SECTION 5: CONVERSATIONS AND CONNECTIONS

NEW QUESTION

BASE: ALL QUALIFIED RESPONDENTS

Q3500 Do you have people in your life you can talk to about what's happening in your life (e.g., stress, relationships, etc.)?

1. Yes
2. No

NEW QUESTION

BASE: HAVE PEOPLE WHOM THEY CAN TALK TO (Q3500/1)

Q3505 How many people can you talk to about what's happening in your life (e.g., stress, relationships, etc.)? Please provide your best estimate.

[RANGE: 1-99] |__| people

NEW QUESTION

BASE: HAVE PEOPLE THAT THEY CAN TALK TO (Q3500/1)

Q3510 How often do you talk with these people about what's happening in your life?

1. Never
2. Yearly
3. Monthly
4. Weekly
5. Daily

NEW QUESTION

BASE: ALL QUALIFIED RESPONDENTS

Q3515 How often do you talk with others about your stress related to each of the following?

[COLUMN]

1. Never
2. Yearly
3. Monthly
4. Weekly
5. Daily

[ROWS; RANDOMIZE]

1. Money/Finances
2. Work (e.g., salary, feeling overworked, finding employment, etc.)
3. Relationships (e.g., spouse, kids, friendships)
4. Physical health
5. Mental health
6. Family responsibilities
7. The economy
8. Personal safety
9. Discrimination
10. Politics

NEW QUESTION

BASE: PARENTS

Q3520 How much do you agree or disagree with each of the following statements?

[COLUMNS]

1. Strongly disagree
2. Somewhat disagree
3. Somewhat agree
4. Strongly agree

[ROWS; RANDOMIZE]

1. I take the initiative to talk to my child(ren) about stress they experience.
2. I try not to burden my child(ren) with the stress I experience.
3. I feel confident that my child(ren) would talk to me about stress they experience.
4. The stress my child(ren) experiences is different than the stress I experienced at their age.
5. I find it difficult to help my child(ren) with their stress.

NEW QUESTION

BASE: ALL QUALIFIED RESPONDENTS

Q3525 Generally speaking, do you feel it's harder to connect with people (e.g., talk with others, make friends, build relationships) today than in the past?

1. Yes, a lot harder
2. Yes, somewhat harder
3. No

NEW QUESTION

BASE: ALL QUALIFIED RESPONDENTS

Q3530 How comfortable do you feel talking openly with others about each of the following?

[COLUMNS]

1. Not at all comfortable
2. Not very comfortable
3. Somewhat comfortable
4. Very comfortable

[ROWS; RANDOMIZE]

1. Your physical health
2. Your mental health
3. Your money/finances
4. Politics
5. Social inequalities (e.g., discrimination, gender gaps/disparities)
6. Relationship troubles (e.g., splitting up/divorce, no longer talking to a family member)

NEW QUESTION

BASE: ARE COMFORTABLE TALKING OPENLY ABOUT CERTAIN TOPICS (Q3530/R1-6 = C3,4)

Q3535 Who do you talk openly with about each of the following?

[COLUMNS – MULTI-SELECT]

1. My spouse/partner
2. My family (e.g., parents, children, siblings, etc.)
3. My friends
4. Other social groups (e.g., from church, sports, etc.)
5. My colleagues (e.g., peers, coworkers)
6. Healthcare professionals (e.g., primary care provider, therapist, etc.)
7. Someone else

[ROWS; RANDOMIZE; ONLY SHOW CODES 1-6 IF C3,4 AT Q3535]

1. Your physical health
2. Your mental health
3. Your money/finances
4. Politics
5. Social inequalities (e.g., discrimination, gender gaps/disparities)
6. Relationship troubles (e.g., splitting up/divorce, no longer talking to a family member)

NEW QUESTION

BASE: FEEL COMFORTABLE TALKING OPENLY WITH OTHERS (Q3530/R1-6 = C3,4)

Q3540 Why do you feel comfortable talking openly with others about [Q3536]?

[INSERT LARGE MANDATORY TEXT BOX]

[NEW QUESTION]

BASE: DO NOT FEEL COMFORTABLE TALKING OPENLY WITH OTHERS (Q3530/R1-6 = C1,2)

Q3545 Why do you not feel comfortable talking openly with others about [Q3637]?

[INSERT LARGE MANDATORY TEXT BOX]

NEW QUESTION**BASE: ALL QUALIFIED RESPONDENTS****Q3550** Please indicate the extent to which you agree or disagree with the following statements.

[COLUMNS]

1. Strongly disagree
2. Somewhat disagree
3. Somewhat agree
4. Strongly agree

[ROWS; RANDOMIZE; SHOW SCALE TOP AND BOTTOM]

1. I don't feel comfortable voicing my experiences around others for fear of how they would react.
2. I don't feel it is socially acceptable to discuss stress.
3. I don't feel anyone understands what I'm going through.
4. I wish I had someone to turn to for advice/support.
5. Connections with others are essential to my wellbeing.
6. I can feel a weight being lifted off my shoulders when I talk to others about my stress.
7. I don't talk about my stress because I don't want to burden others.
8. My stress makes it hard for me to focus.
9. I don't feel like my problems are "bad enough" to be stressed about because I know others have it worse.
10. I feel understood when I hear from others with similar experiences.
11. I wish someone would check in with me (e.g., asking how I'm doing) more frequently.
12. It's important for people to be given the space/opportunity to verbalize their thoughts/experiences.
13. I don't feel accepted in my community.

SECTION 6: LOOKING TO THE FUTURE**TRENDED QUESTION (2022)****BASE: ALL QUALIFIED RESPONDENTS****Q1161** In general, do you feel the following are getting worse, better, or are about the same in the United States?

[ROTATE: 1-3; 3-1]

1. Worse
2. About the same
3. Better

[ROWS; RANDOMIZE; DISPLAY SCALE AT BOTTOM]

- r1. Race relations (i.e., relations between members or communities of different races)
- r2. LGBTQIA+ rights (i.e., rights that promote lesbian, gay, bisexual, transgender and queer people can live openly without discrimination and enjoy equal rights)
- r3. Women's rights (i.e., rights that promote a position of legal and social equality of women with men)
- r4. Disability rights (i.e., ensuring there is not discrimination on the basis of disability in employment, state and local government, public accommodations, commercial facilities, transportation, and telecommunications)
- r5. Religious freedom (i.e., the right to choose what religion to follow and to worship without interference)
- r6. Digital rights (e.g., data privacy and rights, data ownership, etc.) (RN: ADDED IN 2023)

NEW QUESTION**BASE: ALL QUALIFIED RESPONDENTS****Q3605** Please indicate the extent to which you agree or disagree with the following statements.

[COLUMNS]

1. Strongly disagree
2. Somewhat disagree
3. Somewhat agree
4. Strongly agree

[ROWS; RANDOMIZE]

1. I have too much stress in my day-to-day life to think about the future.
2. I care about what happens in my community, but my day-to-day stress distracts me from taking action.

NEW QUESTION**BASE: ALL QUALIFIED RESPONDENTS****Q3610** Please describe what the future looks like to you personally.

[INSERT LARGE MANDATORY TEXT BOX]

SECTION 7: CUSTOM DEMOGRAPHICS

BASE: ALL QUALIFIED RESPONDENTS

Q1220 Next, to help us better understand your health and medical information, we would like to ask about your height and weight.

What is your current height?

Q1221

[NON-MANDATORY RANGE = (feet = 0-8) (inches = 0-11)]

feet inches

BASE: ALL QUALIFIED RESPONDENTS

Q1222 What is your current weight? If you do not want to answer, you may leave the space blank.

[NON-MANDATORY RANGE: 25 – 800]

pounds

BASE: ALL QUALIFIED RESPONDENTS

Q2000 Which of the following best describes the area where you currently reside?

1. In an urban or city area
2. In a suburban area next to a city
3. In a small town or rural area

BASE: ALL QUALIFIED RESPONDENTS

Q3055 Do you currently... ?

[DISPLAY CODE 9 AFTER CODE 2; DISPLAY CODE 8 ONLY IF IN SCHOOL (dmEmploy/9); ANCHOR CODE 7]
(RN: CODES 8,9 NEW IN 2018)

1. Own your own home and pay mortgage on your own or with a spouse
2. Own your home and pay mortgage with others (excluding a spouse)
3. Rent on your own
4. Rent with someone else
5. Live in your parents' home
6. Live in your adult children's home
7. Other [specify]
8. Live in a dorm/Live in college/university housing or apartment for the majority of the year (i.e., during the school year)
9. Own your home and are not paying a mortgage

BASE: ALL QUALIFIED RESPONDENTS AGE 18+

Q6521 Which of the following income categories best describes your total 2022 household income before taxes?

[RESEARCHER NOTE: [200% from source https://aspe.hhs.gov/2022-poverty-guidelines](https://aspe.hhs.gov/2022-poverty-guidelines) [SHOW IN 2 COLUMNS]

- | | |
|----|---------------------|
| 1 | \$15,000 or less |
| 2 | \$15,001-\$27,180 |
| 3 | \$27,181-\$36,620 |
| 4 | \$36,621-\$46,060 |
| 5 | \$46,061-\$55,500 |
| 6 | \$55,501-\$64,940 |
| 7 | \$64,941-\$74,380 |
| 8 | \$74,381-\$83,820 |
| 9 | \$83,821-\$93,260 |
| 10 | \$93,261-\$102,700 |
| 11 | \$102,701-\$112,140 |
| 12 | \$112,141-\$121,580 |
| 13 | \$121,581-\$131,020 |
| 14 | \$131,021-\$140,460 |
| 15 | \$140,461-\$149,900 |
| 16 | \$149,901-\$150,000 |
| 17 | \$150,001-\$175,000 |
| 18 | \$175,001-\$200,000 |
| 19 | \$200,001-\$225,000 |
| 20 | \$225,001-\$250,000 |
| 21 | \$250,001-\$275,000 |
| 22 | \$275,001-\$300,000 |
| 23 | \$300,001-\$325,000 |
| 24 | \$325,001-\$350,000 |
| 25 | \$350,001-\$375,000 |
| 26 | \$375,001-\$400,000 |
| 27 | \$400,001-\$425,000 |
| 28 | \$425,001-\$450,000 |
| 29 | \$450,001-\$475,000 |
| 30 | \$475,001-\$500,000 |
| 31 | \$500,001 or more |
| 98 | Not sure |
| 99 | Decline to answer |

BASE: ALL QUALIFIED RESPONDENTS

Q498 Of the following, which do you consider yourself to be?

[ALWAYS SHOW CODE 1 FIRST, AND CODE 7 LAST BEFORE 96,98,94, RANDOMIZING 2-6 WITHIN BUT KEEPING 2,3 TOGETHER] [ANCHOR 96, 98, 94]

- | | |
|-----|--------------------------|
| 1. | Heterosexual (straight) |
| 2. | Lesbian |
| 3. | Gay |
| 4. | Bisexual |
| 5. | Queer |
| 6. | Pansexual |
| 7. | Asexual |
| 96. | Other sexual orientation |
| 98. | Not sure |
| 94. | Decline to answer |

BASE: ALL QUALIFIED RESPONDENTS AGE 18+

Q1550 Do you, or does anyone in your household, have any of the following conditions?

[COLUMN]

- c1. Yes, myself only
- c2. Yes, someone else only
- c3. Yes, both myself and someone else
- c4. No
- c5. Decline to answer

[ROWS; RANDOMIZE]

- r1. Blindness or a severe visual impairment in either eye
- r2. Deafness or hard of hearing in either ear
- r3. A long-lasting condition that substantially limits one or more basic physical activities, such as walking, climbing stairs, reaching, lifting, or carrying
- r4. A long-lasting physical, mental, or emotional condition that increases the difficulty of learning, remembering, or concentrating

FROM 143999 VERSION

BASE: ALL QUALIFIED RESPONDENTS

Q2106 Have you ever been diagnosed with any of the following? *Please select all that apply.*

[DISPLAY IN ALPHABETICAL ORDER; MULTIPLE RESPONSE; ANCHOR 15, 16, 17 & 18; 16, 17 & 18 ARE EXCLUSIVE]

- 1. Anxiety disorder (such as generalized anxiety disorder, social anxiety disorder, or panic attacks)
- 2. Schizophrenia
- 3. Eating disorder (such as anorexia, bulimia nervosa, or binge eating)
- 4. Bipolar disorder
- 5. Depression (including major depressive disorder)
- 6. Attention-deficit/hyperactivity disorder (ADD/ADHD)
- 7. Autism spectrum disorder
- 8. Post-traumatic stress disorder (PTSD)
- 9. Impulse control disorder
- 10. Obsessive-compulsive disorder (OCD)
- 11. Personality disorder (such as borderline personality disorder, anti-social personality disorder, or dependent personality disorder)
- 12. Addiction (such as substance use or gambling)
- 13. Sleep disorder (such as insomnia or hypersomnia)
- 14. Tic disorder
- 15. Other mental health disorder
- 16. I have not been diagnosed with a mental health disorder but think that I may have one
- 17. I have not been diagnosed with a mental health disorder
- 18. Decline to answer

TRENDED QUESTION 2012

BASE: ALL QUALIFIED RESPONDENTS

Q1540 Have you ever received treatment or therapy from a psychologist or other mental health professional?

- 1. Yes, I am currently being treated or in therapy
- 2. Yes, but I am not currently being treated or in therapy
- 3. No
- 4. Decline to answer

BASE: ALL QUALIFIED RESPONDENTS

Q1553 (Q31) What is the primary way you receive health insurance today?

[SINGLE RESPONSE] [ANCHOR 10,8,11, 9 IN THAT ORDER]

1. Health insurance provided by current or former employer
2. Health insurance provided by family member's employer
3. Individual insurance policy bought by myself/my family
4. Medicare
5. Medicaid
6. Health insurance provided to students
7. Veterans benefits (active military, veterans, TriCare, reserve, etc.)
10. Health insurance from an exchange [NEW IN 2015]
8. Other, please specify [TEXT BOX]
11. I have health insurance, but I don't know what type of organization provides it and/or how it is obtained
9. None; do not have health insurance

BASE: ALL QUALIFIED RESPONDENTS

Q1554a What political party are you currently registered as?

[ROTATE 1 AND 2]

1. Democrat
2. Republican
3. Independent
4. Other
5. I am not registered
6. Decline to answer

BASE: ALL QUALIFIED RESPONDENTS

Q1555a In politics today, which of the following best describes your political ideology on most issues?

[KEEP 1,2 TOGETHER BUT ROTATE WITH 4,5 (ALWAYS KEEP 1,5 ON ENDS, ANCHOR 6,7)]

1. Strong Conservative
2. Somewhat Conservative
3. Moderate
4. Somewhat Liberal
5. Strong Liberal
6. None of the above/not sure
7. Decline to answer

BASE: ALL QUALIFIED RESPONDENTS

Q1560 What is your present religion, if any?

1. Protestant
2. Roman Catholic
3. Mormon
4. Orthodox
5. Jewish
6. Muslim
7. Buddhist
8. Hindu
9. Atheist
10. Agnostic
11. Something else, specify: [TEXT BOX]
12. Nothing in particular

SECTION 8: WEIGHTING QUESTIONS FOR RACIAL/ETHNIC SUBGROUPS

BASE: ALL QUALIFIED RESPONDENTS

Q1554 Which of the following best describes you?

1. I was born outside of the U.S.
2. I was born in the U.S.
3. Decline to answer

BASE: ALL QUALIFIED RESPONDENTS

Q1555 Which of the following best describes your parents?

1. One of my parents was born outside of the U.S.
2. Both of my parents were born outside of the U.S.
3. Both of my parents were born in the U.S.
4. Decline to answer

BASE: BORN OUTSIDE THE US (Q1554/1)

Q1556 You mentioned you were born outside of the U.S. In which year did you move to the U.S.?

|||||
[RANGE 1900 – 2023]
[MUST BE GREATER THAN OR EQUAL TO 2023-DMAGE]

NEW IN 2017**BASE: ALL QUALIFIED RESPONDENTS**

Q1557. Which of the following best describes your status in the U.S.? Please keep in mind your results are confidential.

[SINGLE RESPONSE][PLEASE SHOW ORDER AS 1, 2, 3, 4, 6, 5. DO NOT RANDOMIZE]

1. U.S. citizen
2. Permanent resident / Lawful Permanent Resident (LPR) (e.g., Permanent Resident Alien, Permanent Resident, Resident Alien, Resident Alien Permit Holder, and Green Card Holder)
- 3.
4. Undocumented Individual
6. Non-immigrant (e.g., visiting students, business visitors, or temporary protected status, etc.)
5. Decline to answer

Hispanic Respondents**BASE: HISPANIC RESPONDENTS (finRaceMUS/14)**

Q1570 Is English your native language?

1. Yes
2. No

BASE: HISPANIC RESPONDENTS (finRaceMUS/14)

QH1 Which language do you usually speak at home?

[DISPLAY IN ORDER FROM 5 TO 1]

1. Only Spanish
2. Spanish more than English
3. Spanish and English equally
4. English more than Spanish
5. Only English
9. Decline to answer

BASE: HISPANIC RESPONDENTS (finRaceMUS/14)

QH2 Would you say you can carry on a conversation in Spanish, both understanding and speaking...?

1. Not at all
2. Just a little
3. Pretty well
4. Very well

BASE: HISPANIC RESPONDENTS (finRaceMUS/14)

QH3 Would you say you can carry on a conversation in English, both understanding and speaking...?

1. Not at all
2. Just a little
3. Pretty well
4. Very well

BASE: HISPANIC RESPONDENTS (finRaceMUS/14)

QH4 Would you say you can read a newspaper or book in Spanish...?

1. Not at all
2. Just a little
3. Pretty well
4. Very well

BASE: HISPANIC RESPONDENTS (finRaceMUS/14)

QH5 Would you say you can read a newspaper or book in English...?

1. Not at all
2. Just a little
3. Pretty well
4. Very well

BASE: HISPANIC RESPONDENTS (finRaceMUS/14)

QH6 You indicated that you consider yourself Hispanic. From what country or region did you or your ancestors come? *Please select all that apply.*

[MULTIPLE RESPONSE] [EXCLUSIVE 9]

1. Cuba
2. Mexico
3. Puerto Rico
4. Central or South America
6. Another country or region
9. Decline to answer

[PROGRAMMER NOTE: IF SELECTED ANOTHER COUNTRY OR REGION (QH6/6), ASK QH7.]

BASE: SELECTED ANOTHER COUNTRY OR REGION (QH6/6)

QH7 From what country or region did you or your ancestors come?

[NON-MANDATORY TEXT BOX]

BASE: ALL NON-HISPANIC RESPONDENTS (finRaceMUS/NE 14)

QA1 Which language do you usually speak at home?

1. Only a language other than English
2. Another language more than English
3. Another language and English equally
4. English more than another language
5. Only English
9. Decline to answer

BASE: SPEAKS OTHER THAN ENGLISH ONLY (QA1/NE 5)

QA2 Would you say you can read a newspaper or book in English...?

1. Not at all
2. Just a little
3. Pretty well
4. Very well

BASE: SPEAKS OTHER THAN ENGLISH ONLY (QA1/NE 5)

QA3 Would you say you can carry on a conversation in English, both understanding and speaking...?

1. Not at all
2. Just a little
3. Pretty well
4. Very well

Asian Respondents

BASE: ASIAN RESPONDENTS (netRaceMUS/3)

QA4 You indicated that you consider yourself Asian. From what country or region did you or your ancestors come? *Please select all that apply.*

[MULTIPLE RESPONSE]

1. South Asia
2. China
3. Korea
4. Japan
5. Other Southeast Asia country
6. Philippines
7. Arab world/West Asia
8. Another country or region
9. Decline to answer

SECTION 10: DEMOGRAPHICS

BASE: ALL US RESPONDENTS AND AGE 18+

dmEduUS [Education (US)] What is the highest level of education you have completed?

[SINGLE RESPONSE]

[PROGRAMMER NOTE: DISPLAY IN ONE [COLUMNS], GOING DOWN.]

1. Less than high school
2. Completed some high school
3. High school graduate
4. Job-specific training program(s) after high school
5. Some college, but no degree
6. Associate degree
7. Bachelor's degree (such as B.A., B.S.)
8. Some graduate school, but no degree
9. Graduate degree (such as MBA, MS, M.D., Ph.D.)

BASE: ALL US RESPONDENTS AGE 18+

dmHhIncUS [Household Income (US)] How much total combined income did all members of your household earn before taxes last year?

This includes money from jobs; net income from business, farm, or rent; pensions; dividends; interest; social security payments; and any other money income received by members of your household who are eighteen (18) years of age or older.

[PROGRAMMER NOTE: DISPLAY IN ONE [COLUMNS], GOING DOWN.]

1. Less than \$15,000
2. \$15,000 to \$24,999
3. \$25,000 to \$34,999
4. \$35,000 to \$49,999
5. \$50,000 to \$74,999
6. \$75,000 to \$99,999
7. \$100,000 to \$124,999
8. \$125,000 to \$149,999
9. \$150,000 to \$199,999
10. \$200,000 to \$249,999
11. \$250,000 or more
99. Prefer not to answer

[PROGRAMMER NOTE: INSERT "Why do we ask this question?" pop-up BELOW CHOICES]

BASE: ALL RESPONDENTS

dmNetUse [Internet Usage] Please indicate how much time you spend on the Internet in an average week. (Please include all places you might log on, such as at home/work/elsewhere by desktop, laptop, tablet, smartphone, etc.)

1. Less than 1 hour
2. 1 - 4 hours
3. 5 - 9 hours
4. 10 - 19 hours
5. 20 hours or more