

PREPARED FOR:



**AMERICAN
PSYCHOLOGICAL
ASSOCIATION**

PREPARED BY:



Research Method and Reading the Report

Research Method *(to be included in public release materials)*

The 2023 Stress in America™ survey was conducted online within the United States by The Harris Poll on behalf of the American Psychological Association (APA) between August 4 - 26, 2023 among 3,185 adults age 18+ who reside in the U.S. that serves as a nationally representative sample. In addition, oversamples were collected in addition to the national sample to allow for increased totals by race/ethnicity: 805 Black, 811 Hispanic, and 800 Asian. Interviews were conducted in English and Spanish.

Data are weighted where necessary to reflect their proportions in the population based on the 2022 Current Population Survey (CPS) by the U.S. Census Bureau and PEW NPORS 2022 (for frequency of internet use). Weighting variables included age by gender, race/ethnicity, education, region, household income, size of household, and frequency of internet use. Hispanic adults were also weighted for acculturation, taking into account respondents' household language as well as their ability to read and speak in English and Spanish. Country of origin (U.S./non-U.S.) was also included for Hispanic and Asian subgroups. Propensity score weighting was used to adjust for respondents' tendency to be online. A propensity score allows researchers to adjust for attitudinal and behavioral differences between those who are online versus those who are not, those who join online panels versus those who do not, and those who responded to this survey versus those who did not.

Respondents for this survey were selected from among those who have agreed to participate in our surveys. The sampling precision of Harris online polls is measured by using a Bayesian credible interval. For this study, the sample data for the "national sample" is accurate to within ± 2.5 percentage points using a 95% confidence level. This credible interval will be wider among subsets of the surveyed population of interest.

The sample data for the Black sample (national sample and oversample) is accurate to within ± 4.8 percentage points using a 95% confidence level.

The sample data for the Hispanic sample (national sample and oversample) is accurate to within ± 5.5 percentage points using a 95% confidence level.

The sample data for the Asian sample (national sample and oversample) is accurate to within ± 4.8 percentage points using a 95% confidence level.

All sample surveys and polls, whether or not they use probability sampling, are subject to other multiple sources of error which are most often not possible to quantify or estimate, including, but not limited to coverage error, error associated with nonresponse, error associated with question wording and response options, and post-survey weighting and adjustments.

Reading the Report

The percentage of respondents has been included for each item.

- * represents a value of less than one-half percent.
- A dash (-) represents a value of zero.
- Percentages may not always add up to 100% because of computer rounding or the acceptance of multiple responses.

Data Sheeted Questionnaire

Screening Questions

BASE: ALL QUALIFIED RESPONDENTS

Q268C. How do you describe your current gender identity?

	Total
Base	3,185
Female/Woman	51%
Male/Man	48%
Nonbinary	*
Two-spirit	*
Prefer to self-describe	*
Prefer not to answer	*

BASE: ALL QUALIFIED RESPONDENTS

Q268D. Do you identify as transgender?

	Total
Base	3,185
Yes	1%
No	98%
Prefer not to answer	1%

BASE: ALL QUALIFIED RESPONDENTS

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

	Total
Base	3,185
Male	48%
Female	52%

BASE: ALL QUALIFIED RESPONDENTS**AGE.** What is your age?

	Total
Base	3,185
18-34	28%
35-44	17%
45-64	33%
65+	22%
Mean	48.4
Median	47

BASE: ALL QUALIFIED RESPONDENTS**MARITAL STATUS.** What is your current marital status?

	Total
Base	3,185
Never married	28%
MARRIED / LIVING WITH PARTNER (NET)	59%
Married or civil union	51%
Living with partner	9%
DIVORCED / SEPARATED / WIDOWED (NET)	12%
Divorced	7%
Separated	2%
Widowed	4%

BASE: ALL QUALIFIED RESPONDENTS**ADULTS IN HH.** Including yourself, how many people age 18 or older live in your household?

	Total
Base	3,185
1	19%
ANY OTHER THAN RESPONDENT (NET)	81%
2	54%
3	14%
4+	13%
Mean	2.4
Median	2

BASE: ALL QUALIFIED RESPONDENTS**CHILDREN IN HH.** How many people under the age of 18 live in your household?

	Total
Base	3,185
0	66%
ANY (NET)	34%
1	16%
2	12%
3	4%
4+	2%
Mean (including zero)	0.6
Median (including zero)	-
Mean (excluding zero)	1.9
Median (excluding zero)	2

BASE: ALL QUALIFIED RESPONDENTS**HOUSEHOLD SIZE.** Size of Household (Net)

	Total
Base	3,185
1 HH member	14%
2 HH members	39%
3 HH members	17%
4 HH members	15%
5+ HH members	15%

BASE: HAVE AT LEAST ONE CHILD IN HOUSEHOLD

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?

	Total
Base	1,090
0	12%
1	42%
2	30%
3	11%
4	4%
5	1%
6	*
7	*
8	*
Blank	1%
Mean (including zero)	1.6
Median (including zero)	1
Mean (excluding zero)	1.8
Median (excluding zero)	2

BASE: ALL QUALIFIED RESPONDENTS

Employment. Which of the following best describes your employment status?

	Total
Base	3,185
EMPLOYED (NET)	56%
Employed full time	41%
Employed part time	9%
Self-employed full time	4%
Self-employed part time	2%
NOT EMPLOYED (NET)	44%
Not employed, but looking for work	6%
Not employed and not looking for work	1%
Not employed, unable to work due to a disability or illness	4%
Retired	24%
Student	2%
Stay-at-home spouse or partner	6%

BASE: ALL QUALIFIED RESPONDENTS**Race.** What is your race?

	Total
Base	3,185
White	55%
Latino/a	18%
Black or African American	13%
ASIAN (NET)	7%
Chinese	2%
Filipino	1%
South Asian	1%
Japanese	1%
Korean	1%
Vietnamese	1%
Arab / West Asian	*
Asian (multiple)	*
Other Asian	1%
Native American or Alaskan Native	3%
Native Hawaiian or Pacific Islander / Pacific Islander	*
More than one race	3%
Some other race	*

BASE: ALL QUALIFIED RESPONDENTS

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

	Total
Base	3,185
HAS CHRONIC ILLNESS (NET)	66%
High blood pressure	28%
High cholesterol	24%
Depression	20%
Arthritis	17%
An anxiety disorder (such as generalized anxiety disorder, panic disorder or PTSD)	17%
Overweight	16%
Chronic pain	11%
Asthma or other respiratory disease	10%
Type 2 Diabetes	10%
Obesity	9%
Cancer	6%
Heart disease or heart attack	4%
Stroke	2%
Type 1 Diabetes	2%
None of the above	31%
Decline to answer	2%

BASE: ALL QUALIFIED RESPONDENTS

Q2250. In general, would you say your physical health is ...

	Total
Base	3,185
TOP 3 BOX (NET)	81%
TOP 2 BOX (NET)	42%
<i>Excellent</i>	13%
<i>Very good</i>	29%
Good	39%
BOTTOM 2 BOX (NET)	19%
<i>Fair</i>	17%
<i>Poor</i>	2%

BASE: ALL QUALIFIED RESPONDENTS**Q2255.** In general, would you say your mental health is ...

	Total
Base	3,185
TOP 3 BOX (NET)	81%
TOP 2 BOX (NET)	52%
<i>Excellent</i>	22%
<i>Very good</i>	30%
Good	30%
BOTTOM 2 BOX (NET)	19%
<i>Fair</i>	14%
<i>Poor</i>	4%

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?

	Total
Base	3,185
8-10 (NET)	24%
(10) A great deal of stress	6%
(9)	5%
(8)	13%
4-7 (NET)	40%
(7)	10%
(6)	10%
(5)	14%
(4)	7%
1-3 (NET)	35%
(3)	9%
(2)	13%
(1) Little or no stress	12%
Mean	5.0
Median	5

BASE: VARIABLE BASES

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.

Summary of Significant (Top 2 Box)

	Total
Base	Variable Bases
Education [FOR ADULT STUDENTS]	74%
HEALTH-RELATED (NET)	65%
<i>My physical health</i>	50%
<i>Health problems (physical and/or mental) affecting my family</i>	49%
<i>My mental health</i>	46%
Work [FOR THOSE EMPLOYED]	64%
The economy	64%
Money	63%
Family responsibilities	55%
Housing costs (e.g., mortgage or rent)	49%
Relationships (e.g., spouse, kids, girl/boyfriend)	47%
Job stability	41%
Personal safety	39%
Discrimination	27%

Summary of Not Significant (Bottom 2 Box)

	Total
Base	Variable Bases
Discrimination	73%
Personal safety	61%
Job stability	59%
My mental health	54%
Relationships (e.g., spouse, kids, girl/boyfriend)	53%
Health problems (physical and/or mental) affecting my family	51%
Housing costs (e.g., mortgage or rent)	51%
My physical health	50%
Family responsibilities	45%
Money	37%
The economy	36%
Work [FOR THOSE EMPLOYED]	36%
Education [FOR ADULT STUDENTS]	26%

1. Money

	Total
Base	3,185
TOP 2 BOX (NET)	63%
Very significant	34%
Somewhat significant	29%
BOTTOM 2 BOX (NET)	37%
Not very significant	20%
Not at all significant	17%

2. Work [FOR THOSE EMPLOYED]

	Total
Base	1,754
TOP 2 BOX (NET)	64%
Very significant	31%
Somewhat significant	33%
BOTTOM 2 BOX (NET)	36%
Not very significant	20%
Not at all significant	16%

4. Relationships (e.g., spouse, kids, girl/boyfriend)

	Total
Base	3,185
TOP 2 BOX (NET)	47%
Very significant	22%
Somewhat significant	25%
BOTTOM 2 BOX (NET)	53%
Not very significant	23%
Not at all significant	30%

5. Health problems (physical and/or mental) affecting my family

	Total
Base	3,185
TOP 2 BOX (NET)	49%
Very significant	19%
Somewhat significant	29%
BOTTOM 2 BOX (NET)	51%
Not very significant	26%
Not at all significant	26%

6. Family responsibilities

	Total
Base	3,185
TOP 2 BOX (NET)	55%
Very significant	24%
Somewhat significant	31%
BOTTOM 2 BOX (NET)	45%
Not very significant	22%
Not at all significant	23%

7. Housing costs (e.g., mortgage or rent)

	Total
Base	3,185
TOP 2 BOX (NET)	49%
Very significant	25%
Somewhat significant	24%
BOTTOM 2 BOX (NET)	51%
Not very significant	20%
Not at all significant	31%

8. The economy

	Total
Base	3,185
TOP 2 BOX (NET)	64%
Very significant	26%
Somewhat significant	38%
BOTTOM 2 BOX (NET)	36%
Not very significant	23%
Not at all significant	13%

9. Job stability

	Total
Base	3,185
TOP 2 BOX (NET)	41%
Very significant	21%
Somewhat significant	20%
BOTTOM 2 BOX (NET)	59%
Not very significant	17%
Not at all significant	42%

10. Personal safety

	Total
Base	3,185
TOP 2 BOX (NET)	39%
Very significant	15%
Somewhat significant	24%
BOTTOM 2 BOX (NET)	61%
Not very significant	26%
Not at all significant	35%

11. Discrimination

	Total
Base	3,185
TOP 2 BOX (NET)	27%
Very significant	10%
Somewhat significant	16%
BOTTOM 2 BOX (NET)	73%
Not very significant	22%
Not at all significant	52%

13. Education [FOR ADULTS STUDENTS]

	Total
Base	76
TOP 2 BOX (NET)	74%
Very significant	48%
Somewhat significant	25%
BOTTOM 2 BOX (NET)	26%
Not very significant	14%
Not at all significant	12%

14. My physical health

	Total
Base	3,185
TOP 2 BOX (NET)	50%
Very significant	21%
Somewhat significant	30%
BOTTOM 2 BOX (NET)	50%
Not very significant	28%
Not at all significant	22%

15. My mental health

	Total
Base	3,185
TOP 2 BOX (NET)	46%
Very significant	22%
Somewhat significant	24%
BOTTOM 2 BOX (NET)	54%
Not very significant	23%
Not at all significant	31%

BASE: VARIABLE BASES

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.

Summary of Significant (Top 2 Box)

	Total
Base	Variable Bases
The economy (e.g., inflation, unemployment rates, etc.)	70%
The future of our nation	68%
Violence and crime	61%
U.S. debt (e.g., debt ceiling, government spending, etc.)	57%
Mass shootings	56%
Social divisiveness of our nation	55%
Healthcare (e.g., access, affordability, finding time for appointments, etc.)	54%
Climate change/Global warming	50%
Global tension/conflict	50%
The current state of race relations	46%
Immigration	43%
Suicide rates	38%
Abortion laws	38%
The current state of LGBTQ+ inclusivity and acceptance	34%

Summary of Not Significant (Bottom 2 Box)

	Total
Base	Variable Bases
The current state of LGBTQ+ inclusivity and acceptance	66%
Abortion laws	62%
Suicide rates	62%
Immigration	57%
The current state of race relations	54%
Global tension/conflict	50%
Climate change/Global warming	50%
Healthcare (e.g., access, affordability, finding time for appointments, etc.)	46%
Social divisiveness of our nation	45%
Mass shootings	44%
U.S. debt (e.g., debt ceiling, government spending, etc.)	43%
Violence and crime	39%
The future of our nation	32%
The economy (e.g., inflation, unemployment rates, etc.)	30%

1. The future of our nation

	Total
Base	3,185
TOP 2 BOX (NET)	68%
Very significant	29%
Somewhat significant	39%
BOTTOM 2 BOX (NET)	32%
Not very significant	19%
Not at all significant	13%

2. Social divisiveness of our nation

	Total
Base	3,185
TOP 2 BOX (NET)	55%
Very significant	22%
Somewhat significant	33%
BOTTOM 2 BOX (NET)	45%
Not very significant	23%
Not at all significant	22%

3. Climate change/Global warming

	Total
Base	3,185
TOP 2 BOX (NET)	50%
Very significant	21%
Somewhat significant	29%
BOTTOM 2 BOX (NET)	50%
Not very significant	24%
Not at all significant	26%

4. Mass shootings

	Total
Base	3,185
TOP 2 BOX (NET)	56%
Very significant	26%
Somewhat significant	30%
BOTTOM 2 BOX (NET)	44%
Not very significant	24%
Not at all significant	20%

5. Suicide rates

	Total
Base	3,185
TOP 2 BOX (NET)	38%
Very significant	16%
Somewhat significant	22%
BOTTOM 2 BOX (NET)	62%
Not very significant	27%
Not at all significant	35%

6. Violence and crime

	Total
Base	3,185
TOP 2 BOX (NET)	61%
Very significant	26%
Somewhat significant	35%
BOTTOM 2 BOX (NET)	39%
Not very significant	22%
Not at all significant	17%

7. Global tension/conflict

	Total
Base	3,185
TOP 2 BOX (NET)	50%
Very significant	16%
Somewhat significant	33%
BOTTOM 2 BOX (NET)	50%
Not very significant	28%
Not at all significant	22%

8. Healthcare (e.g., access, affordability, finding time for appointments, etc.)

	Total
Base	3,185
TOP 2 BOX (NET)	54%
Very significant	23%
Somewhat significant	31%
BOTTOM 2 BOX (NET)	46%
Not very significant	23%
Not at all significant	23%

9. Abortion laws

	Total
Base	3,185
TOP 2 BOX (NET)	38%
Very significant	17%
Somewhat significant	21%
BOTTOM 2 BOX (NET)	62%
Not very significant	25%
Not at all significant	37%

10. Immigration

	Total
Base	3,185
TOP 2 BOX (NET)	43%
Very significant	17%
Somewhat significant	25%
BOTTOM 2 BOX (NET)	57%
Not very significant	25%
Not at all significant	32%

11. The current state of race relations

	Total
Base	3,185
TOP 2 BOX (NET)	46%
Very significant	19%
Somewhat significant	27%
BOTTOM 2 BOX (NET)	54%
Not very significant	27%
Not at all significant	27%

12. The current state of LGBTQ+ inclusivity and acceptance

	Total
Base	3,185
TOP 2 BOX (NET)	34%
Very significant	13%
Somewhat significant	20%
BOTTOM 2 BOX (NET)	66%
Not very significant	26%
Not at all significant	40%

13. The economy (e.g., inflation, unemployment rates, etc.)

	Total
Base	3,185
TOP 2 BOX (NET)	70%
Very significant	35%
Somewhat significant	35%
BOTTOM 2 BOX (NET)	30%
Not very significant	18%
Not at all significant	11%

14. U.S. debt (e.g., debt ceiling, government spending, etc.)

	Total
Base	3,185
TOP 2 BOX (NET)	57%
Very significant	25%
Somewhat significant	32%
BOTTOM 2 BOX (NET)	43%
Not very significant	24%
Not at all significant	19%

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.

Summary of Ranked in the Top 2 (Top 2 Box)

	Total
Base	3,185
Finances/Money	40%
The economy	32%
Family/Caregiver responsibilities	22%
Housing costs (e.g., mortgage/rent, maintenance, etc.)	20%
Work (e.g., salary, feeling overworked, finding employment, etc.)	19%
Violence and crime	19%
Healthcare (e.g., access, affordability, finding time for appointments, etc.)	18%
Mass shootings	14%
Global tension/conflict	9%
Discrimination (e.g., racism, prejudices, sexism, etc.)	8%

Summary of Ranked in the Bottom 2 (Bottom 2 Box)

	Total
Base	3,185
Discrimination (e.g., racism, prejudices, sexism, etc.)	37%
Work (e.g., salary, feeling overworked, finding employment, etc.)	29%
Global tension/conflict	27%
Mass shootings	25%
Family/Caregiver responsibilities	25%
Housing costs (e.g., mortgage/rent, maintenance, etc.)	16%
Violence and crime	12%
Healthcare (e.g., access, affordability, finding time for appointments, etc.)	11%
Finances/Money	9%
The economy	8%

1. The economy

	Total
Base	3,185
TOP 3 BOX (NET)	45%
TOP 2 BOX (NET)	32%
<i>Most significant</i>	19%
<i>2nd</i>	13%
3rd	13%
MIDDLE BOX (NET)	41%
4th	12%
5th	11%
6th	10%
7th	8%
BOTTOM 3 BOX (NET)	14%
8th	6%
BOTTOM 2 BOX (NET)	8%
<i>9th</i>	4%
<i>10th</i>	4%

2. Finances/Money

	Total
Base	3,185
TOP 3 BOX (NET)	51%
TOP 2 BOX (NET)	40%
<i>Most significant</i>	24%
<i>2nd</i>	16%
3rd	11%
MIDDLE BOX (NET)	32%
4th	9%
5th	8%
6th	8%
7th	7%
BOTTOM 3 BOX (NET)	17%
8th	7%
BOTTOM 2 BOX (NET)	9%
<i>9th</i>	5%
<i>10th</i>	4%

3. Work (e.g., salary, feeling overworked, finding employment, etc.)

	Total
Base	3,185
TOP 3 BOX (NET)	29%
TOP 2 BOX (NET)	19%
<i>Most significant</i>	9%
<i>2nd</i>	11%
3rd	10%
MIDDLE BOX (NET)	34%
4th	9%
5th	9%
6th	9%
7th	7%
BOTTOM 3 BOX (NET)	37%
8th	7%
BOTTOM 2 BOX (NET)	29%
<i>9th</i>	12%
<i>10th</i>	18%

4. Family/Caregiver responsibilities

	Total
Base	3,185
TOP 3 BOX (NET)	30%
TOP 2 BOX (NET)	22%
<i>Most significant</i>	13%
<i>2nd</i>	9%
3rd	8%
MIDDLE BOX (NET)	36%
4th	9%
5th	9%
6th	10%
7th	8%
BOTTOM 3 BOX (NET)	34%
8th	10%
BOTTOM 2 BOX (NET)	25%
<i>9th</i>	12%
<i>10th</i>	13%

5. Housing costs (e.g., mortgage/rent, maintenance, etc.)

	Total
Base	3,185
TOP 3 BOX (NET)	33%
TOP 2 BOX (NET)	20%
<i>Most significant</i>	8%
<i>2nd</i>	12%
3rd	13%
MIDDLE BOX (NET)	41%
4th	12%
5th	11%
6th	9%
7th	9%
BOTTOM 3 BOX (NET)	26%
8th	11%
BOTTOM 2 BOX (NET)	16%
<i>9th</i>	9%
<i>10th</i>	7%

6. Violence and crime

	Total
Base	3,185
TOP 3 BOX (NET)	30%
TOP 2 BOX (NET)	19%
<i>Most significant</i>	7%
<i>2nd</i>	12%
3rd	11%
MIDDLE BOX (NET)	47%
4th	12%
5th	11%
6th	12%
7th	14%
BOTTOM 3 BOX (NET)	23%
8th	11%
BOTTOM 2 BOX (NET)	12%
<i>9th</i>	7%
<i>10th</i>	5%

7. Mass shootings

	Total
Base	3,185
TOP 3 BOX (NET)	22%
TOP 2 BOX (NET)	14%
<i>Most significant</i>	7%
<i>2nd</i>	7%
3rd	8%
MIDDLE BOX (NET)	39%
4th	9%
5th	9%
6th	10%
7th	11%
BOTTOM 3 BOX (NET)	39%
8th	13%
BOTTOM 2 BOX (NET)	25%
<i>9th</i>	14%
<i>10th</i>	11%

8. Healthcare (e.g., access, affordability, finding time for appointments, etc.)

	Total
Base	3,185
TOP 3 BOX (NET)	30%
TOP 2 BOX (NET)	18%
<i>Most significant</i>	8%
<i>2nd</i>	10%
3rd	12%
MIDDLE BOX (NET)	51%
4th	12%
5th	15%
6th	12%
7th	12%
BOTTOM 3 BOX (NET)	20%
8th	9%
BOTTOM 2 BOX (NET)	11%
<i>9th</i>	7%
<i>10th</i>	4%

9. Discrimination (e.g., racism, prejudices, sexism, etc.)

	Total
Base	3,185
TOP 3 BOX (NET)	14%
TOP 2 BOX (NET)	8%
<i>Most significant</i>	4%
<i>2nd</i>	4%
3rd	6%
MIDDLE BOX (NET)	36%
4th	7%
5th	9%
6th	9%
7th	12%
BOTTOM 3 BOX (NET)	50%
8th	13%
BOTTOM 2 BOX (NET)	37%
<i>9th</i>	17%
<i>10th</i>	20%

10. Global tension/conflict

	Total
Base	3,185
TOP 3 BOX (NET)	16%
TOP 2 BOX (NET)	9%
<i>Most significant</i>	3%
<i>2nd</i>	6%
3rd	7%
MIDDLE BOX (NET)	43%
4th	10%
5th	9%
6th	11%
7th	13%
BOTTOM 3 BOX (NET)	41%
8th	14%
BOTTOM 2 BOX (NET)	27%
<i>9th</i>	13%
<i>10th</i>	14%

BASE: HEALTH IS A SIGNIFICANT SOURCE OF STRESS

Q3215. Which of the following items, specifically related to health, are causing you stress? Please select all that apply.

	Total
Base	2,065
Worrying about a loved one's health	45%
Worrying that I will become sick/ill	42%
Paying for healthcare (e.g., premiums, medications, procedures, etc.)	39%
Accessing the care I need (e.g., getting an appointment in a timely manner, availability of healthcare professionals, etc.)	33%
Another pandemic/mass illness	29%
Navigating the healthcare system (e.g., understanding my insurance coverage, understanding how or where to get care, etc.)	28%
Unknown environmental risks to health (e.g., pollution, water contamination, etc.)	27%
Taking care of a loved one who is sick/ill	26%
Trusting my healthcare professional(s)	23%
Changing laws/policies around healthcare	21%
Trusting new information shared by healthcare professionals	19%
Other	6%

BASE: ALL QUALIFIED RESPONDENTS

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

Summary of Ever Happened

	Total
Base	3,185
You are treated with less courtesy or respect than other people.	62%
People act as if they think you are not smart.	58%
You receive poorer service than other people at restaurants or stores.	52%
You are threatened or harassed.	42%
People act as if they are afraid of you.	35%

Summary of Once a Week or More Often

	Total
Base	3,185
People act as if they think you are not smart.	16%
You are treated with less courtesy or respect than other people.	14%
You receive poorer service than other people at restaurants or stores.	9%
People act as if they are afraid of you.	7%
You are threatened or harassed.	7%

1. You are treated with less courtesy or respect than other people.

	Total
Base	3,185
EVER HAPPENED (NET)	62%
ONCE A WEEK OR MORE OFTEN (NET)	14%
<i>Almost everyday</i>	7%
<i>At least once a week</i>	7%
A few times a month	9%
A few times a year	19%
Less than once a year	19%
Never	38%

2. You receive poorer service than other people at restaurants or stores.

	Total
Base	3,185
EVER HAPPENED (NET)	52%
ONCE A WEEK OR MORE OFTEN (NET)	9%
<i>Almost everyday</i>	4%
<i>At least once a week</i>	5%
A few times a month	7%
A few times a year	17%
Less than once a year	20%
Never	48%

3. People act as if they think you are not smart.

	Total
Base	3,185
EVER HAPPENED (NET)	58%
ONCE A WEEK OR MORE OFTEN (NET)	16%
<i>Almost everyday</i>	8%
<i>At least once a week</i>	8%
A few times a month	10%
A few times a year	17%
Less than once a year	16%
Never	42%

4. People act as if they are afraid of you.

	Total
Base	3,185
EVER HAPPENED (NET)	35%
ONCE A WEEK OR MORE OFTEN (NET)	7%
<i>Almost everyday</i>	4%
<i>At least once a week</i>	4%
A few times a month	6%
A few times a year	11%
Less than once a year	10%
Never	65%

5. You are threatened or harassed.

	Total
Base	3,185
EVER HAPPENED (NET)	42%
ONCE A WEEK OR MORE OFTEN (NET)	7%
<i>Almost everyday</i>	3%
<i>At least once a week</i>	4%
A few times a month	6%
A few times a year	9%
Less than once a year	19%
Never	58%

BASE: EXPERIENCED AT LEAST ONE ACT OF DISCRIMINATION**QMQ3.** What do you think was the main reason for this/these experience(s)? Would you say...?

	Total
Base	2,341
My age	36%
My race	28%
My gender	22%
My shade of skin color	19%
My weight	17%
My education or income level	15%
My height	13%
My ancestry or national origins	12%
A mental illness	11%
My religion	11%
A physical disability	8%
My sexual orientation	7%
My gender identity	7%
Some other aspect of my physical appearance	15%
Other	12%

BASE: MONEY IS A SIGNIFICANT SOURCE OF STRESS

Q626. Earlier you mentioned that money is a somewhat/very significant source of stress in your life. Which of the following aspects about money cause you stress? Please select all that apply.

	Total
Base	2,084
Paying for essentials (e.g., utilities, food, housing, etc.)	61%
Paying for unexpected expenses (i.e., one-time expenses such as a car or home repair, unexpected large medical bill, etc.)	55%
Saving for retirement	40%
Not being able to pay for non-essential items (e.g., vacation, extracurricular activities, a luxury car, etc.)	39%
Providing financial support/responsibility to family members (e.g., adult children, siblings, parents, etc.)	38%
Cost of healthcare	38%
Personal debt (excluding student loans)	34%
Personal student loan debt	14%
Childcare expenses	14%
Saving or paying for my child(ren)'s college education [FOR PARENTS]	14%
Other	2%

BASE: ALL QUALIFIED RESPONDENTS

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

	Total
Base	3,185
Increased	38%
Stayed the same	52%
Decreased	10%

BASE: AMONG THOSE WHO SAY MONEY IS A SIGNIFICANT SOURCE OF STRESS

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

	Total
Base	2,084
Increased	52%
Stayed the same	40%
Decreased	9%

BASE: AMONG THOSE WHO SAY THE ECONOMY IS A SIGNIFICANT SOURCE OF STRESS

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

	Total
Base	2,055
Increased	49%
Stayed the same	42%
Decreased	9%

BASE: ALL QUALIFIED RESPONDENTS

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

Summary of Strongly/Somewhat Agree (Top 2 Box)

	Total
Base	3,185
I and/or my family have had to make different choices due to lack of money in the past month.	48%
I feel consumed by my worries about money.	47%
I feel embarrassed talking about money/my financial situation with others.	45%
I feel pressure to measure up to others financially.	40%
Money is a cause of a lot of the fights or tension in my family.	39%
I feel like I'm not knowledgeable about finances/money.	38%

Summary of Strongly/Somewhat Disagree (Bottom 2 Box)

	Total
Base	3,185
I feel like I'm not knowledgeable about finances/money.	62%
Money is a cause of a lot of the fights or tension in my family.	61%
I feel pressure to measure up to others financially.	60%
I feel embarrassed talking about money/my financial situation with others.	55%
I feel consumed by my worries about money.	53%
I and/or my family have had to make different choices due to lack of money in the past month.	52%

1. Money is a cause of a lot of the fights or tension in my family.

	Total
Base	3,185
TOP 2 BOX (NET)	39%
Strongly agree	16%
Somewhat agree	22%
BOTTOM 2 BOX (NET)	61%
Somewhat disagree	21%
Strongly disagree	41%

2. I and/or my family have had to make different choices due to lack of money in the past month.

	Total
Base	3,185
TOP 2 BOX (NET)	48%
Strongly agree	19%
Somewhat agree	29%
BOTTOM 2 BOX (NET)	52%
Somewhat disagree	20%
Strongly disagree	32%

3. I feel pressure to measure up to others financially.

	Total
Base	3,185
TOP 2 BOX (NET)	40%
Strongly agree	15%
Somewhat agree	25%
BOTTOM 2 BOX (NET)	60%
Somewhat disagree	20%
Strongly disagree	40%

4. I feel consumed by my worries about money.

	Total
Base	3,185
TOP 2 BOX (NET)	47%
Strongly agree	19%
Somewhat agree	28%
BOTTOM 2 BOX (NET)	53%
Somewhat disagree	20%
Strongly disagree	33%

5. I feel embarrassed talking about money/my financial situation with others.

	Total
Base	3,185
TOP 2 BOX (NET)	45%
Strongly agree	20%
Somewhat agree	25%
BOTTOM 2 BOX (NET)	55%
Somewhat disagree	22%
Strongly disagree	34%

6. I feel like I'm not knowledgeable about finances/money.

	Total
Base	3,185
TOP 2 BOX (NET)	38%
Strongly agree	12%
Somewhat agree	26%
BOTTOM 2 BOX (NET)	62%
Somewhat disagree	26%
Strongly disagree	36%

BASE: AMONG THOSE WHO SAY MONEY IS A SIGNIFICANT SOURCE OF STRESS

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

Summary of Strongly/Somewhat Agree (Top 2 Box)

	Total
Base	2,084
I and/or my family have had to make different choices due to lack of money in the past month.	68%
I feel consumed by my worries about money.	68%
I feel embarrassed talking about money/my financial situation with others.	62%
I feel pressure to measure up to others financially.	56%
Money is a cause of a lot of the fights or tension in my family.	54%
I feel like I'm not knowledgeable about finances/money.	48%

Summary of Strongly/Somewhat Disagree (Bottom 2 Box)

	Total
Base	2,084
I feel like I'm not knowledgeable about finances/money.	52%
Money is a cause of a lot of the fights or tension in my family.	46%
I feel pressure to measure up to others financially.	44%
I feel embarrassed talking about money/my financial situation with others.	38%
I feel consumed by my worries about money.	32%
I and/or my family have had to make different choices due to lack of money in the past month.	32%

1. Money is a cause of a lot of the fights or tension in my family.

	Total
Base	2,084
TOP 2 BOX (NET)	54%
Strongly agree	24%
Somewhat agree	30%
BOTTOM 2 BOX (NET)	46%
Somewhat disagree	23%
Strongly disagree	23%

2. I and/or my family have had to make different choices due to lack of money in the past month.

	Total
Base	2,084
TOP 2 BOX (NET)	68%
Strongly agree	29%
Somewhat agree	40%
BOTTOM 2 BOX (NET)	32%
Somewhat disagree	19%
Strongly disagree	12%

3. I feel pressure to measure up to others financially.

	Total
Base	2,084
TOP 2 BOX (NET)	56%
Strongly agree	21%
Somewhat agree	35%
BOTTOM 2 BOX (NET)	44%
Somewhat disagree	20%
Strongly disagree	24%

4. I feel consumed by my worries about money.

	Total
Base	2,084
TOP 2 BOX (NET)	68%
Strongly agree	28%
Somewhat agree	40%
BOTTOM 2 BOX (NET)	32%
Somewhat disagree	20%
Strongly disagree	13%

5. I feel embarrassed talking about money/my financial situation with others.

	Total
Base	2,084
TOP 2 BOX (NET)	62%
Strongly agree	28%
Somewhat agree	33%
BOTTOM 2 BOX (NET)	38%
Somewhat disagree	20%
Strongly disagree	18%

6. I feel like I'm not knowledgeable about finances/money.

	Total
Base	2,084
TOP 2 BOX (NET)	48%
Strongly agree	16%
Somewhat agree	33%
BOTTOM 2 BOX (NET)	52%
Somewhat disagree	28%
Strongly disagree	24%

BASE: AMONG THOSE WHO SAY THE ECONOMY IS A SIGNIFICANT SOURCE OF STRESS

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

Summary of Strongly/Somewhat Agree (Top 2 Box)

	Total
Base	2,055
I and/or my family have had to make different choices due to lack of money in the past month.	59%
I feel consumed by my worries about money.	59%
I feel embarrassed talking about money/my financial situation with others.	55%
I feel pressure to measure up to others financially.	49%
Money is a cause of a lot of the fights or tension in my family.	48%
I feel like I'm not knowledgeable about finances/money.	43%

Summary of Strongly/Somewhat Disagree (Bottom 2 Box)

	Total
Base	2,055
I feel like I'm not knowledgeable about finances/money.	57%
Money is a cause of a lot of the fights or tension in my family.	52%
I feel pressure to measure up to others financially.	51%
I feel embarrassed talking about money/my financial situation with others.	45%
I feel consumed by my worries about money.	41%
I and/or my family have had to make different choices due to lack of money in the past month.	41%

1. Money is a cause of a lot of the fights or tension in my family.

	Total
Base	2,055
TOP 2 BOX (NET)	48%
Strongly agree	22%
Somewhat agree	26%
BOTTOM 2 BOX (NET)	52%
Somewhat disagree	21%
Strongly disagree	31%

2. I and/or my family have had to make different choices due to lack of money in the past month.

	Total
Base	2,055
TOP 2 BOX (NET)	59%
Strongly agree	26%
Somewhat agree	34%
BOTTOM 2 BOX (NET)	41%
Somewhat disagree	21%
Strongly disagree	20%

3. I feel pressure to measure up to others financially.

	Total
Base	2,055
TOP 2 BOX (NET)	49%
Strongly agree	19%
Somewhat agree	30%
BOTTOM 2 BOX (NET)	51%
Somewhat disagree	20%
Strongly disagree	31%

4. I feel consumed by my worries about money.

	Total
Base	2,055
TOP 2 BOX (NET)	59%
Strongly agree	25%
Somewhat agree	34%
BOTTOM 2 BOX (NET)	41%
Somewhat disagree	20%
Strongly disagree	21%

5. I feel embarrassed talking about money/my financial situation with others.

	Total
Base	2,055
TOP 2 BOX (NET)	55%
Strongly agree	25%
Somewhat agree	29%
BOTTOM 2 BOX (NET)	45%
Somewhat disagree	21%
Strongly disagree	25%

6. I feel like I'm not knowledgeable about finances/money.

	Total
Base	2,055
TOP 2 BOX (NET)	43%
Strongly agree	14%
Somewhat agree	29%
BOTTOM 2 BOX (NET)	57%
Somewhat disagree	27%
Strongly disagree	31%

BASE: ALL QUALIFIED RESPONDENTS

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

Summary of Strongly/Somewhat Agree (Top 2 Box)

	Total
Base	3,185
It causes me stress that politicians aren't talking about the things that are most important to me.	59%
It causes me stress that the news is not focusing on what is most important to me day-to-day.	50%
I feel confident about the direction our country is going in.	34%
I feel my government representatives have my best interests in mind.	31%
The political climate has caused strain between my family members and me.	29%

Summary of Strongly/Somewhat Disagree (Bottom 2 Box)

	Total
Base	3,185
The political climate has caused strain between my family members and me.	71%
I feel my government representatives have my best interests in mind.	69%
I feel confident about the direction our country is going in.	66%
It causes me stress that the news is not focusing on what is most important to me day-to-day.	50%
It causes me stress that politicians aren't talking about the things that are most important to me.	41%

1. It causes me stress that the news is not focusing on what is most important to me day-to-day.

	Total
Base	3,185
TOP 2 BOX (NET)	50%
Strongly agree	17%
Somewhat agree	33%
BOTTOM 2 BOX (NET)	50%
Somewhat disagree	28%
Strongly disagree	22%

2. It causes me stress that politicians aren't talking about the things that are most important to me.

	Total
Base	3,185
TOP 2 BOX (NET)	59%
Strongly agree	24%
Somewhat agree	35%
BOTTOM 2 BOX (NET)	41%
Somewhat disagree	23%
Strongly disagree	18%

3. I feel my government representatives have my best interests in mind.

	Total
Base	3,185
TOP 2 BOX (NET)	31%
Strongly agree	9%
Somewhat agree	22%
BOTTOM 2 BOX (NET)	69%
Somewhat disagree	30%
Strongly disagree	39%

4. I feel confident about the direction our country is going in.

	Total
Base	3,185
TOP 2 BOX (NET)	34%
Strongly agree	10%
Somewhat agree	24%
BOTTOM 2 BOX (NET)	66%
Somewhat disagree	26%
Strongly disagree	40%

5. The political climate has caused strain between my family members and me.

	Total
Base	3,185
TOP 2 BOX (NET)	29%
Strongly agree	9%
Somewhat agree	20%
BOTTOM 2 BOX (NET)	71%
Somewhat disagree	27%
Strongly disagree	45%

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.

	Total
Base	3,185
ANY (NET)	74%
Headache	35%
Feeling nervous or anxious	35%
Fatigue	33%
Feeling depressed or sad	33%
Irritability or anger	33%
Lack of interest, motivation or energy	31%
Feeling as though I could cry	26%
Upset stomach or indigestion	22%
Change in appetite	21%
Muscular tension	18%
Feeling faint or dizzy	14%
Tightness in my chest	14%
Change in sex drive	13%
Teeth grinding	13%
Change in menstrual cycle [FOR FEMALES]	13%
Erectile dysfunction [FOR MALES]	9%
Other	2%
Nothing	25%
Decline to answer	1%

BASE: VARIABLE BASES

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

Summary Table of Ever

	Total
Base	3,185
Lost patience or yelled at a family member	26%
Canceled social plans (e.g., plans with friends or family)	23%
Struggled/Had difficulty planning for the future	22%
Struggled/Had difficulty making decisions	22%
Got into a verbal altercation	22%
Skipped exercising or physical activity	21%
Ignored/Didn't take care of myself	21%
Experienced road rage (e.g., yelling, tailgating, purposefully cutting off other cars)	17%
Ignored/Didn't take care of my responsibilities at work, home, or school	17%
Lost patience or yelled at a stranger	16%
Lost patience or yelled at a coworker	16%
Got into a physical altercation	14%

Summary of In the Past Month

	Total
Base	3,185
Skipped exercising or physical activity	31%
Struggled/Had difficulty making decisions	30%
Lost patience or yelled at a family member	30%
Struggled/Had difficulty planning for the future	28%
Ignored/Didn't take care of myself	27%
Canceled social plans (e.g., plans with friends or family)	25%
Got into a verbal altercation	25%
Ignored/Didn't take care of my responsibilities at work, home, or school	23%
Experienced road rage (e.g., yelling, tailgating, purposefully cutting off other cars)	19%
Lost patience or yelled at a stranger	15%
Lost patience or yelled at a coworker	14%
Got into a physical altercation	11%

1. Ignored/Didn't take care of my responsibilities at work, home, or school

	Total
Base	3,185
Ever	17%
In the past month	23%
I have never done this because of feeling stressed	62%

2. Ignored/Didn't take care of myself

	Total
Base	3,185
Ever	21%
In the past month	27%
I have never done this because of feeling stressed	55%

3. Canceled social plans (e.g., plans with friends or family)

	Total
Base	3,185
Ever	23%
In the past month	25%
I have never done this because of feeling stressed	55%

4. Skipped exercising or physical activity

	Total
Base	3,185
Ever	21%
In the past month	31%
I have never done this because of feeling stressed	51%

5. Struggled/Had difficulty planning for the future

	Total
Base	3,185
Ever	22%
In the past month	28%
I have never done this because of feeling stressed	53%

6. Struggled/Had difficulty making decisions

	Total
Base	3,185
Ever	22%
In the past month	30%
I have never done this because of feeling stressed	51%

7. Lost patience or yelled at a stranger

	Total
Base	3,185
Ever	16%
In the past month	15%
I have never done this because of feeling stressed	70%

8. Lost patience or yelled at a family member

	Total
Base	3,185
Ever	26%
In the past month	30%
I have never done this because of feeling stressed	47%

9. Lost patience or yelled at a coworker

	Total
Base	3,185
Ever	16%
In the past month	14%
I have never done this because of feeling stressed	71%

10. Experienced road rage (e.g., yelling, tailgating, purposefully cutting off other cars)

	Total
Base	3,185
Ever	17%
In the past month	19%
I have never done this because of feeling stressed	66%

11. Got into a physical altercation

	Total
Base	3,185
Ever	14%
In the past month	11%
I have never done this because of feeling stressed	75%

12. Got into a verbal altercation

	Total
Base	3,185
Ever	22%
In the past month	25%
I have never done this because of feeling stressed	56%

BASE: VARIABLE BASES

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

Summary of Strongly/Somewhat Agree (Top 2 Box)

	Total
Base	Variable Bases
I can get things done even when I am feeling stressed.	73%
When I feel stressed I can get over it quickly.	59%
My stress level has made me have less patience for others.	50%
My stress makes going to work/school increasingly difficult. [FOR THOSE EMPLOYED OR STUDENTS]	47%
My stress keeps piling up.	43%
When I am stressed, I can't bring myself to do anything.	34%
Most days my stress is completely overwhelming.	33%
I am so stressed I feel numb.	28%
Most days I am so stressed I can't function.	26%

Summary of Strongly/Somewhat Disagree (Bottom 2 Box)

	Total
Base	Variable Bases
Most days I am so stressed I can't function.	74%
I am so stressed I feel numb.	72%
Most days my stress is completely overwhelming.	67%
When I am stressed, I can't bring myself to do anything.	66%
My stress keeps piling up.	57%
My stress makes going to work/school increasingly difficult. [FOR THOSE EMPLOYED OR STUDENTS]	53%
My stress level has made me have less patience for others.	50%
When I feel stressed I can get over it quickly.	41%
I can get things done even when I am feeling stressed.	27%

1. When I am stressed, I can't bring myself to do anything.

	Total
Base	3,185
TOP 2 BOX (NET)	34%
Strongly agree	12%
Somewhat agree	23%
BOTTOM 2 BOX (NET)	66%
Somewhat disagree	26%
Strongly disagree	40%

2. I can get things done even when I am feeling stressed.

	Total
Base	3,185
TOP 2 BOX (NET)	73%
Strongly agree	30%
Somewhat agree	43%
BOTTOM 2 BOX (NET)	27%
Somewhat disagree	14%
Strongly disagree	13%

3. Most days I am so stressed I can't function.

	Total
Base	3,185
TOP 2 BOX (NET)	26%
Strongly agree	10%
Somewhat agree	16%
BOTTOM 2 BOX (NET)	74%
Somewhat disagree	22%
Strongly disagree	52%

4. Most days my stress is completely overwhelming.

	Total
Base	3,185
TOP 2 BOX (NET)	33%
Strongly agree	12%
Somewhat agree	21%
BOTTOM 2 BOX (NET)	67%
Somewhat disagree	21%
Strongly disagree	46%

5. My stress makes going to work/school increasingly difficult. [FOR THOSE EMPLOYED OR ADULT STUDENTS]

	Total
Base	1,830
TOP 2 BOX (NET)	47%
Strongly agree	17%
Somewhat agree	30%
BOTTOM 2 BOX (NET)	53%
Somewhat disagree	22%
Strongly disagree	31%

6. When I feel stressed I can get over it quickly.

	Total
Base	3,185
TOP 2 BOX (NET)	59%
Strongly agree	21%
Somewhat agree	38%
BOTTOM 2 BOX (NET)	41%
Somewhat disagree	25%
Strongly disagree	16%

7. I am so stressed I feel numb.

	Total
Base	3,185
TOP 2 BOX (NET)	28%
Strongly agree	10%
Somewhat agree	18%
BOTTOM 2 BOX (NET)	72%
Somewhat disagree	22%
Strongly disagree	50%

8. My stress level has made me have less patience for others.

	Total
Base	3,185
TOP 2 BOX (NET)	50%
Strongly agree	16%
Somewhat agree	34%
BOTTOM 2 BOX (NET)	50%
Somewhat disagree	20%
Strongly disagree	30%

9. My stress keeps piling up.

	Total
Base	3,185
TOP 2 BOX (NET)	43%
Strongly agree	13%
Somewhat agree	30%
BOTTOM 2 BOX (NET)	57%
Somewhat disagree	21%
Strongly disagree	36%

BASE: ALL QUALIFIED RESPONDENTS

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

	Total
Base	3,185
Yes	64%
No	20%
Not sure	16%

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?

	Total
Base	3,185
Better	25%
About the same	62%
Worse	12%

BASE: ALL QUALIFIED RESPONDENTS

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

	Total
Base	3,185
YES (NET)	66%
Yes, I could have used a lot more emotional support	26%
Yes, I could have used some more emotional support	22%
Yes, I could have used a little more emotional support	18%
No	34%

BASE: ALL QUALIFIED RESPONDENTS

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

	Total
Base	3,185
Yes	68%
No	21%
Not sure	11%

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.

Summary of Top Reason

	Total
Base	Variable Bases
Belief that therapy doesn't work	40%
Lack of time	39%
Lack of insurance coverage	37%
Concerns over privacy or confidentiality	34%
Not knowing if it's really appropriate to seek help	33%
Concerns over the cost of treatment	30%
Belief there is a stigma associated with therapy or concern about what others might think of me	26%
Lack of knowledge about how to find the right professional for my needs	24%
Other	64%

1. Concerns over the cost of treatment

	Total
Base	1,616
Top reason	30%
2nd reason	37%
3rd reason	32%

2. Lack of insurance coverage

	Total
Base	1,094
Top reason	37%
2nd reason	33%
3rd reason	30%

3. Belief that therapy doesn't work

	Total
Base	1,051
Top reason	40%
2nd reason	30%
3rd reason	30%

4. Lack of knowledge about how to find the right professional for my needs

	Total
Base	1,320
Top reason	24%
2nd reason	36%
3rd reason	40%

5. Not knowing if it's really appropriate to seek help

	Total
Base	1,178
Top reason	33%
2nd reason	31%
3rd reason	36%

6. Belief there is a stigma associated with therapy or concern about what others might think of me

	Total
Base	864
Top reason	26%
2nd reason	36%
3rd reason	38%

7. Lack of time

	Total
Base	1,178
Top reason	39%
2nd reason	30%
3rd reason	31%

8. Concerns over privacy or confidentiality

	Total
Base	1,044
Top reason	34%
2nd reason	36%
3rd reason	31%

9. Other

	Total
Base	210
Top reason	64%
2nd reason	9%
3rd reason	26%

BASE: ALL QUALIFIED RESPONDENTS

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

	Total
Base	3,185
More	10%
About the same amount	64%
Fewer	25%

BASE: ALL QUALIFIED RESPONDENTS

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

Summary of Strongly/Somewhat Agree (Top 2 Box)

	Total
Base	3,185
I have healthy ways I manage my stress.	75%
I make it a point to work on how to manage my stress.	74%
The relationships I have help me cope with my stress.	73%
Stress is just something I have to live with.	65%
People around me just expect me to get over my stress.	61%
I feel like no one understands how stressed out I am.	48%
I feel like there is too much focus on stress.	48%
I wish I had someone to help me manage my stress.	47%
I don't know where to start when it comes to managing my stress.	36%
I feel completely stressed out no matter what I do to manage my stress.	33%

Summary of Strongly/Somewhat Disagree (Bottom 2 Box)

	Total
Base	3,185
I feel completely stressed out no matter what I do to manage my stress.	67%
I don't know where to start when it comes to managing my stress.	64%
I wish I had someone to help me manage my stress.	53%
I feel like there is too much focus on stress.	52%
I feel like no one understands how stressed out I am.	52%
People around me just expect me to get over my stress.	39%
Stress is just something I have to live with.	35%
The relationships I have help me cope with my stress.	27%
I make it a point to work on how to manage my stress.	26%
I have healthy ways I manage my stress.	25%

1. I don't know where to start when it comes to managing my stress.

	Total
Base	3,185
TOP 2 BOX (NET)	36%
Strongly agree	13%
Somewhat agree	23%
BOTTOM 2 BOX (NET)	64%
Somewhat disagree	30%
Strongly disagree	34%

2. I wish I had someone to help me manage my stress.

	Total
Base	3,185
TOP 2 BOX (NET)	47%
Strongly agree	18%
Somewhat agree	29%
BOTTOM 2 BOX (NET)	53%
Somewhat disagree	27%
Strongly disagree	26%

3. I have healthy ways I manage my stress.

	Total
Base	3,185
TOP 2 BOX (NET)	75%
Strongly agree	31%
Somewhat agree	44%
BOTTOM 2 BOX (NET)	25%
Somewhat disagree	17%
Strongly disagree	8%

4. I make it a point to work on how to manage my stress.

	Total
Base	3,185
TOP 2 BOX (NET)	74%
Strongly agree	27%
Somewhat agree	47%
BOTTOM 2 BOX (NET)	26%
Somewhat disagree	17%
Strongly disagree	10%

5. The relationships I have help me cope with my stress.

	Total
Base	3,185
TOP 2 BOX (NET)	73%
Strongly agree	30%
Somewhat agree	43%
BOTTOM 2 BOX (NET)	27%
Somewhat disagree	17%
Strongly disagree	10%

6. Stress is just something I have to live with.

	Total
Base	3,185
TOP 2 BOX (NET)	65%
Strongly agree	21%
Somewhat agree	44%
BOTTOM 2 BOX (NET)	35%
Somewhat disagree	19%
Strongly disagree	16%

7. I feel completely stressed out no matter what I do to manage my stress.

	Total
Base	3,185
TOP 2 BOX (NET)	33%
Strongly agree	11%
Somewhat agree	22%
BOTTOM 2 BOX (NET)	67%
Somewhat disagree	27%
Strongly disagree	40%

8. People around me just expect me to get over my stress.

	Total
Base	3,185
TOP 2 BOX (NET)	61%
Strongly agree	24%
Somewhat agree	37%
BOTTOM 2 BOX (NET)	39%
Somewhat disagree	22%
Strongly disagree	17%

9. I feel like there is too much focus on stress.

	Total
Base	3,185
TOP 2 BOX (NET)	48%
Strongly agree	15%
Somewhat agree	33%
BOTTOM 2 BOX (NET)	52%
Somewhat disagree	29%
Strongly disagree	22%

10. I feel like no one understands how stressed out I am.

	Total
Base	3,185
TOP 2 BOX (NET)	48%
Strongly agree	19%
Somewhat agree	29%
BOTTOM 2 BOX (NET)	53%
Somewhat disagree	23%
Strongly disagree	29%

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.)?

	Total
Base	3,185
Yes	83%
No	17%

BASE: HAVE PEOPLE WITH WHOM THEY CAN TALK

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.

	Total
Base	2,614
1	18%
2-3	43%
4-5	24%
6-7	7%
8-9	3%
10+	6%
Mean	3.7

BASE: HAVE PEOPLE WITH WHOM THEY CAN TALK

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

	Total
Base	2,614
EVER (NET)	95%
WEEKLY OR MORE OFTEN (NET)	64%
<i>Daily</i>	23%
<i>Weekly</i>	41%
MONTHLY OR LESS OFTEN (NET)	36%
<i>Monthly</i>	25%
<i>Yearly</i>	6%
Never	5%

BASE: ALL QUALIFIED RESPONDENTS**Q3515.** How often do you talk with others about your stress related to each of the following?***Summary of Ever***

	Total
Base	3,185
Physical health	73%
Relationships (e.g., spouse, kids, friendships)	73%
Family responsibilities	73%
The economy	72%
Money/Finances	71%
Politics	65%
Mental health	60%
Work (e.g., salary, feeling overworked, finding employment, etc.)	57%
Personal safety	53%
Discrimination	42%

Summary of Weekly or More Often

	Total
Base	3,185
Family responsibilities	44%
Relationships (e.g., spouse, kids, friendships)	43%
The economy	40%
Money/Finances	40%
Politics	36%
Physical health	36%
Work (e.g., salary, feeling overworked, finding employment, etc.)	34%
Mental health	29%
Personal safety	24%
Discrimination	16%

1. Money/Finances

	Total
Base	31,85
EVER (NET)	71%
WEEKLY OR MORE OFTEN (NET)	40%
<i>Daily</i>	16%
<i>Weekly</i>	24%
MONTHLY OR LESS OFTEN (NET)	60%
<i>Monthly</i>	22%
<i>Yearly</i>	10%
Never	29%

2. Work (e.g., salary, feeling overworked, finding employment, etc.)

	Total
Base	3,185
EVER (NET)	57%
WEEKLY OR MORE OFTEN (NET)	34%
<i>Daily</i>	12%
<i>Weekly</i>	22%
MONTHLY OR LESS OFTEN (NET)	66%
<i>Monthly</i>	16%
<i>Yearly</i>	6%
Never	43%

3. Relationships (e.g., spouse, kids, friendships)

	Total
Base	3,185
EVER (NET)	73%
WEEKLY OR MORE OFTEN (NET)	43%
<i>Daily</i>	17%
<i>Weekly</i>	26%
MONTHLY OR LESS OFTEN (NET)	57%
<i>Monthly</i>	21%
<i>Yearly</i>	9%
Never	27%

4. Physical health

	Total
Base	3,185
EVER (NET)	73%
WEEKLY OR MORE OFTEN (NET)	36%
Daily	12%
Weekly	24%
MONTHLY OR LESS OFTEN (NET)	64%
Monthly	25%
Yearly	12%
Never	27%

5. Mental health

	Total
Base	3,185
EVER (NET)	60%
WEEKLY OR MORE OFTEN (NET)	29%
Daily	11%
Weekly	19%
MONTHLY OR LESS OFTEN (NET)	71%
Monthly	20%
Yearly	11%
Never	40%

6. Family responsibilities

	Total
Base	3,185
EVER (NET)	73%
WEEKLY OR MORE OFTEN (NET)	44%
Daily	18%
Weekly	26%
MONTHLY OR LESS OFTEN (NET)	56%
Monthly	21%
Yearly	8%
Never	27%

7. The economy

	Total
Base	3,185
EVER (NET)	72%
WEEKLY OR MORE OFTEN (NET)	40%
<i>Daily</i>	13%
<i>Weekly</i>	27%
MONTHLY OR LESS OFTEN (NET)	60%
<i>Monthly</i>	23%
<i>Yearly</i>	9%
Never	28%

8. Personal safety

	Total
Base	3,185
EVER (NET)	53%
WEEKLY OR MORE OFTEN (NET)	24%
<i>Daily</i>	9%
<i>Weekly</i>	15%
MONTHLY OR LESS OFTEN (NET)	76%
<i>Monthly</i>	19%
<i>Yearly</i>	11%
Never	47%

9. Discrimination

	Total
Base	3,185
EVER (NET)	42%
WEEKLY OR MORE OFTEN (NET)	16%
<i>Daily</i>	5%
<i>Weekly</i>	11%
MONTHLY OR LESS OFTEN (NET)	84%
<i>Monthly</i>	13%
<i>Yearly</i>	13%
Never	58%

10. Politics

	Total
Base	3,185
EVER (NET)	65%
WEEKLY OR MORE OFTEN (NET)	36%
Daily	12%
Weekly	25%
MONTHLY OR LESS OFTEN (NET)	64%
Monthly	19%
Yearly	9%
Never	35%

BASE: PARENTS

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

Summary of Strongly/Somewhat Agree (Top 2 Box)

	Total
Base	954
I try not to burden my child(ren) with the stress I experience.	82%
I feel confident that my child(ren) would talk to me about stress they experience.	82%
I take the initiative to talk to my child(ren) about stress they experience.	80%
The stress my child(ren) experiences is different than the stress I experienced at their age.	73%
I find it difficult to help my child(ren) with their stress.	43%

Summary of Strongly/Somewhat Disagree (Bottom 2 Box)

	Total
Base	954
I find it difficult to help my child(ren) with their stress.	57%
The stress my child(ren) experiences is different than the stress I experienced at their age.	27%
I take the initiative to talk to my child(ren) about stress they experience.	20%
I feel confident that my child(ren) would talk to me about stress they experience.	18%
I try not to burden my child(ren) with the stress I experience.	18%

1. I take the initiative to talk to my child(ren) about stress they experience.

	Total
Base	954
TOP 2 BOX (NET)	80%
Strongly agree	43%
Somewhat agree	37%
BOTTOM 2 BOX (NET)	20%
Somewhat disagree	12%
Strongly disagree	8%

2. I try not to burden my child(ren) with the stress I experience.

	Total
Base	954
TOP 2 BOX (NET)	82%
Strongly agree	54%
Somewhat agree	28%
BOTTOM 2 BOX (NET)	18%
Somewhat disagree	9%
Strongly disagree	9%

3. I feel confident that my child(ren) would talk to me about stress they experience.

	Total
Base	954
TOP 2 BOX (NET)	82%
Strongly agree	46%
Somewhat agree	36%
BOTTOM 2 BOX (NET)	18%
Somewhat disagree	11%
Strongly disagree	8%

4. The stress my child(ren) experiences is different than the stress I experienced at their age.

	Total
Base	954
TOP 2 BOX (NET)	73%
Strongly agree	38%
Somewhat agree	35%
BOTTOM 2 BOX (NET)	27%
Somewhat disagree	17%
Strongly disagree	10%

5. I find it difficult to help my child(ren) with their stress.

	Total
Base	954
TOP 2 BOX (NET)	43%
Strongly agree	16%
Somewhat agree	27%
BOTTOM 2 BOX (NET)	57%
Somewhat disagree	22%
Strongly disagree	35%

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?

	Total
Base	3,185
YES (NET)	61%
Yes, a lot harder	27%
Yes, somewhat harder	34%
No	39%

BASE: ALL QUALIFIED RESPONDENTS

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

Summary of Very/Somewhat Comfortable (Top 2 Box)

	Total
Base	3,185
Your physical health	72%
Social inequalities (e.g., discrimination, gender gaps/disparities)	68%
Politics	65%
Your mental health	60%
Relationship troubles (e.g., splitting up/divorce, no longer talking to a family member)	59%
Your money/finances	52%

Summary of Not At All/Not Very Comfortable (Bottom 2 Box)

	Total
Base	3,185
Your money/finances	48%
Relationship troubles (e.g., splitting up/divorce, no longer talking to a family member)	41%
Your mental health	40%
Politics	35%
Social inequalities (e.g., discrimination, gender gaps/disparities)	32%
Your physical health	28%

1. Your physical health

	Total
Base	3,185
TOP 2 BOX (NET)	72%
Very comfortable	31%
Somewhat comfortable	40%
BOTTOM 2 BOX (NET)	28%
Not very comfortable	19%
Very comfortable	10%

2. Your mental health

	Total
Base	3,185
TOP 2 BOX (NET)	60%
Very comfortable	27%
Somewhat comfortable	33%
BOTTOM 2 BOX (NET)	40%
Not very comfortable	23%
Very comfortable	17%

3. Your money/finances

	Total
Base	3,185
TOP 2 BOX (NET)	52%
Very comfortable	21%
Somewhat comfortable	31%
BOTTOM 2 BOX (NET)	48%
Not very comfortable	29%
Very comfortable	19%

4. Politics

	Total
Base	3,185
TOP 2 BOX (NET)	65%
Very comfortable	30%
Somewhat comfortable	35%
BOTTOM 2 BOX (NET)	35%
Not very comfortable	19%
Very comfortable	17%

5. Social inequalities (e.g., discrimination, gender gaps/disparities)

	Total
Base	3,185
TOP 2 BOX (NET)	68%
Very comfortable	29%
Somewhat comfortable	38%
BOTTOM 2 BOX (NET)	32%
Not very comfortable	19%
Very comfortable	13%

6. Relationship troubles (e.g., splitting up/divorce, no longer talking to a family member)

	Total
Base	3,185
TOP 2 BOX (NET)	59%
Very comfortable	24%
Somewhat comfortable	35%
BOTTOM 2 BOX (NET)	41%
Not very comfortable	24%
Very comfortable	17%

BASE: ARE COMFORTABLE TALKING OPENLY ABOUT CERTAIN TOPICS**Q3535.** Who do you talk openly with about each of the following?**1. Your physical health**

	Total
Base	2,308
FAMILY (NET)	81%
My spouse/partner	60%
My family (e.g., parents, children, siblings, etc.)	51%
My friends	47%
Healthcare professionals (e.g., primary care provider, therapist, etc.)	29%
My colleagues (e.g., peers, coworkers)	8%
Other social groups (e.g., from church, sports, etc.)	8%
Someone else	4%

2. Your mental health

	Total
Base	1,954
FAMILY (NET)	77%
My spouse/partner	56%
My family (e.g., parents, children, siblings, etc.)	42%
My friends	42%
Healthcare professionals (e.g., primary care provider, therapist, etc.)	20%
Other social groups (e.g., from church, sports, etc.)	9%
My colleagues (e.g., peers, coworkers)	7%
Someone else	5%

3. Your money/finances

	Total
Base	1,647
FAMILY (NET)	82%
My spouse/partner	60%
My family (e.g., parents, children, siblings, etc.)	44%
My friends	33%
My colleagues (e.g., peers, coworkers)	8%
Healthcare professionals (e.g., primary care provider, therapist, etc.)	7%
Other social groups (e.g., from church, sports, etc.)	7%
Someone else	6%

4. Politics

	Total
Base	2,022
FAMILY (NET)	75%
My spouse/partner	53%
My family (e.g., parents, children, siblings, etc.)	51%
My friends	58%
My colleagues (e.g., peers, coworkers)	16%
Other social groups (e.g., from church, sports, etc.)	13%
Healthcare professionals (e.g., primary care provider, therapist, etc.)	6%
Someone else	6%

5. Social inequalities (e.g., discrimination, gender gaps/disparities)

	Total
Base	2,189
FAMILY (NET)	73%
My spouse/partner	53%
My family (e.g., parents, children, siblings, etc.)	45%
My friends	51%
My colleagues (e.g., peers, coworkers)	11%
Other social groups (e.g., from church, sports, etc.)	10%
Healthcare professionals (e.g., primary care provider, therapist, etc.)	6%
Someone else	7%

6. Relationship troubles (e.g., splitting up/divorce, no longer talking to a family member)

	Total
Base	1,881
FAMILY (NET)	73%
My spouse/partner	49%
My family (e.g., parents, children, siblings, etc.)	47%
My friends	49%
Healthcare professionals (e.g., primary care provider, therapist, etc.)	10%
Other social groups (e.g., from church, sports, etc.)	8%
My colleagues (e.g., peers, coworkers)	6%
Someone else	6%

BASE: ALL QUALIFIED RESPONDENTS

Q3550. Please indicate the extent to which you agree or disagree with the following statements.

Summary of Strongly/Somewhat Agree (Top 2 Box)

	Total
Base	3,185
It's important for people to be given the space/opportunity to verbalize their thoughts/experiences.	87%
I feel understood when I hear from others with similar experiences.	83%
Connections with others are essential to my wellbeing.	80%
I can feel a weight being lifted off my shoulders when I talk to others about my stress.	70%
I don't feel like my problems are "bad enough" to be stressed about because I know others have it worse.	67%
I don't talk about my stress because I don't want to burden others.	62%
I wish someone would check in with me (e.g., asking how I'm doing) more frequently.	53%
I wish I had someone to turn to for advice/support.	52%
I don't feel comfortable voicing my experiences around others for fear of how they would react.	46%
I don't feel anyone understands what I'm going through.	44%
My stress makes it hard for me to focus.	44%
I don't feel it is socially acceptable to discuss stress.	37%
I don't feel accepted in my community.	28%

Summary of Strongly/Somewhat Disagree (Bottom 2 Box)

	Total
Base	3,185
I don't feel accepted in my community.	72%
I don't feel it is socially acceptable to discuss stress.	63%
My stress makes it hard for me to focus.	56%
I don't feel anyone understands what I'm going through.	56%
I don't feel comfortable voicing my experiences around others for fear of how they would react.	54%
I wish I had someone to turn to for advice/support.	48%
I wish someone would check in with me (e.g., asking how I'm doing) more frequently.	47%
I don't talk about my stress because I don't want to burden others.	38%
I don't feel like my problems are "bad enough" to be stressed about because I know others have it worse.	33%
I can feel a weight being lifted off my shoulders when I talk to others about my stress.	30%
Connections with others are essential to my wellbeing.	20%
I feel understood when I hear from others with similar experiences.	17%
It's important for people to be given the space/opportunity to verbalize their thoughts/experiences.	13%

1. I don't feel comfortable voicing my experiences around others for fear of how they would react.

	Total
Base	3,185
TOP 2 BOX (NET)	46%
Strongly agree	14%
Somewhat agree	32%
BOTTOM 2 BOX (NET)	54%
Somewhat disagree	29%
Strongly disagree	25%

2. I don't feel it is socially acceptable to discuss stress.

	Total
Base	3,185
TOP 2 BOX (NET)	37%
Strongly agree	12%
Somewhat agree	25%
BOTTOM 2 BOX (NET)	63%
Somewhat disagree	32%
Strongly disagree	31%

3. I don't feel anyone understands what I'm going through.

	Total
Base	3,185
TOP 2 BOX (NET)	44%
Strongly agree	18%
Somewhat agree	27%
BOTTOM 2 BOX (NET)	56%
Somewhat disagree	26%
Strongly disagree	30%

4. I wish I had someone to turn to for advice/support.

	Total
Base	3,185
TOP 2 BOX (NET)	52%
Strongly agree	18%
Somewhat agree	33%
BOTTOM 2 BOX (NET)	48%
Somewhat disagree	24%
Strongly disagree	24%

5. Connections with others are essential to my wellbeing.

	Total
Base	3,185
TOP 2 BOX (NET)	80%
Strongly agree	37%
Somewhat agree	43%
BOTTOM 2 BOX (NET)	20%
Somewhat disagree	13%
Strongly disagree	7%

6. I can feel a weight being lifted off my shoulders when I talk to others about my stress.

	Total
Base	3,185
TOP 2 BOX (NET)	70%
Strongly agree	23%
Somewhat agree	47%
BOTTOM 2 BOX (NET)	30%
Somewhat disagree	19%
Strongly disagree	11%

7. I don't talk about my stress because I don't want to burden others.

	Total
Base	3,185
TOP 2 BOX (NET)	62%
Strongly agree	24%
Somewhat agree	38%
BOTTOM 2 BOX (NET)	38%
Somewhat disagree	20%
Strongly disagree	18%

8. My stress makes it hard for me to focus.

	Total
Base	3,185
TOP 2 BOX (NET)	44%
Strongly agree	14%
Somewhat agree	30%
BOTTOM 2 BOX (NET)	56%
Somewhat disagree	24%
Strongly disagree	32%

9. I don't feel like my problems are "bad enough" to be stressed about because I know others have it worse.

	Total
Base	3,185
TOP 2 BOX (NET)	67%
Strongly agree	23%
Somewhat agree	44%
BOTTOM 2 BOX (NET)	33%
Somewhat disagree	19%
Strongly disagree	13%

10. I feel understood when I hear from others with similar experiences.

	Total
Base	3,185
TOP 2 BOX (NET)	83%
Strongly agree	30%
Somewhat agree	53%
BOTTOM 2 BOX (NET)	17%
Somewhat disagree	11%
Strongly disagree	6%

11. I wish someone would check in with me (e.g., asking how I'm doing) more frequently.

	Total
Base	3,185
TOP 2 BOX (NET)	53%
Strongly agree	19%
Somewhat agree	34%
BOTTOM 2 BOX (NET)	47%
Somewhat disagree	25%
Strongly disagree	22%

12. It's important for people to be given the space/opportunity to verbalize their thoughts/experiences.

	Total
Base	3,185
TOP 2 BOX (NET)	87%
Strongly agree	44%
Somewhat agree	42%
BOTTOM 2 BOX (NET)	13%
Somewhat disagree	8%
Strongly disagree	5%

13. I don't feel accepted in my community.

	Total
Base	3,185
TOP 2 BOX (NET)	28%
Strongly agree	10%
Somewhat agree	18%
BOTTOM 2 BOX (NET)	72%
Somewhat disagree	26%
Strongly disagree	46%

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?

Summary of Worse

	Total
Base	3,185
Race relations (i.e., relations between members or communities of different races)	38%
Digital rights (e.g., data privacy and rights, data ownership, etc.)	34%
LGBTQIA+ rights (i.e., rights that promote lesbian, gay, bisexual, transgender and queer people can live openly without discrimination and enjoy equal rights)	34%
Women's rights (i.e., rights that promote a position of legal and social equality of women with men)	32%
Religious freedom (i.e., the right to choose what religion to follow and to worship without interference)	30%
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)	21%

Summary of About The Same

	Total
Base	3,185
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)	57%
Religious freedom (i.e., the right to choose what religion to follow and to worship without interference)	54%
Digital rights (e.g., data privacy and rights, data ownership, etc.)	52%
Race relations (i.e., relations between members or communities of different races)	46%
Women's rights (i.e., rights that promote a position of legal and social equality of women with men)	45%
LGBTQIA+ rights (i.e., rights that promote lesbian, gay, bisexual, transgender and queer people can live openly without discrimination and enjoy equal rights)	42%

Summary of Better

	Total
Base	3,185
LGBTQIA+ rights (i.e., rights that promote lesbian, gay, bisexual, transgender and queer people can live openly without discrimination and enjoy equal rights)	24%
Women's rights (i.e., rights that promote a position of legal and social equality of women with men)	22%
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)	22%
Race relations (i.e., relations between members or communities of different races)	16%
Religious freedom (i.e., the right to choose what religion to follow and to worship without interference)	16%
Digital rights (e.g., data privacy and rights, data ownership, etc.)	14%

1. Race relations (i.e., relations between members or communities of different races)

	Total
Base	3,185
Worse	38%
About the same	46%
Better	16%

2. LGBTQIA+ rights (i.e., rights that promote lesbian, gay, bisexual, transgender and queer people can live openly without discrimination and enjoy equal rights)

	Total
Base	3,185
Worse	34%
About the same	42%
Better	24%

3. Women's rights (i.e., rights that promote a position of legal and social equality of women with men)

	Total
Base	3,185
Worse	32%
About the same	45%
Better	22%

4. 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)

	Total
Base	3,185
Worse	21%
About the same	57%
Better	22%

5. Religious freedom (i.e., the right to choose what religion to follow and to worship without interference)

	Total
Base	3,185
Worse	30%
About the same	54%
Better	16%

6. Digital rights (e.g., data privacy and rights, data ownership, etc.)

	Total
Base	3,185
Worse	34%
About the same	52%
Better	14%

BASE: ALL QUALIFIED RESPONDENTS

Q3605. Please indicate the extent to which you agree or disagree with the following statements.

Summary of Strongly/Somewhat Agree (Top 2 Box)

	Total
Base	3,185
I care about what happens in my community, but my day-to-day stress distracts me from taking action.	46%
I have too much stress in my day-to-day life to think about the future.	33%

Summary of Strongly/Somewhat Disagree (Bottom 2 Box)

	Total
Base	3,185
I have too much stress in my day-to-day life to think about the future.	67%
I care about what happens in my community, but my day-to-day stress distracts me from taking action.	54%

1. I have too much stress in my day-to-day life to think about the future.

	Total
Base	3,185
TOP 2 BOX (NET)	33%
Strongly agree	10%
Somewhat agree	23%
BOTTOM 2 BOX (NET)	67%
Somewhat disagree	27%
Strongly disagree	40%

2. I care about what happens in my community, but my day-to-day stress distracts me from taking action.

	Total
Base	3,185
TOP 2 BOX (NET)	46%
Strongly agree	14%
Somewhat agree	31%
BOTTOM 2 BOX (NET)	54%
Somewhat disagree	26%
Strongly disagree	28%

BASE: ALL QUALIFIED RESPONDENTS AGE 18+
Q1220 and Q1222. BMI

	Total
Base	3,185
Underweight	7%
Normal weight	35%
Overweight	30%
Obesity	23%
Decline to answer	5%
Mean	42.5
Median	26

BASE: ALL QUALIFIED RESPONDENTS

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

	Total
Base	3,185
In a suburban area next to a city	44%
In an urban or city area	34%
In a small town or rural area	22%

BASE: ALL QUALIFIED RESPONDENTS

Q3055. Do you currently...?

	Total
Base	3,185
Own your own home and pay mortgage on your own or with a spouse	30%
Own your home and are not paying a mortgage	29%
Rent on your own	16%
Rent with someone else	12%
Live in your parents' home	8%
Own your home and pay mortgage with others (excluding a spouse)	2%
Live in your adult children's home	1%
Live in a dorm/ Live in college/university housing or apartment for the majority of the year (i.e., during the school year) - [Respondents In School]	*
Other	2%

BASE: ALL QUALIFIED RESPONDENTS**Q6522. POVERTY LEVEL**

	Total
Base	3,185
200% POVERTY OR BELOW	25%
ABOVE 200% LEVEL	70%
NOT SURE/DECLINE TO ANSWER	4%

BASE: ALL QUALIFIED RESPONDENTS**Q498. Of the following, which do you consider yourself to be?**

	Total
Base	3,185
Heterosexual (straight)	88%
LGBTQIA+ (NET)	10%
Bisexual	5%
Gay	3%
Lesbian	1%
Pansexual	*
Queer	*
Asexual	1%
Other sexual orientation	*
Not sure	*
Decline to answer	2%

BASE: ALL QUALIFIED RESPONDENTS**Q1550. Do you, or does anyone in your household, have any of the following conditions?****Summary of Yes, Myself Only**

	Total
Base	3,185
ANY (NET)	26%
A long-lasting condition that substantially limits one or more basic physical activities, such as walking, climbing stairs, reaching, lifting, or carrying	14%
A long-lasting physical, mental, or emotional condition that increases the difficulty of learning, remembering, or concentrating	11%
Deafness or hard of hearing in either ear	10%
Blindness or a severe visual impairment in either eye	5%

Summary of Yes, Myself Only/Yes, Both Myself And Someone Else

	Total
Base	3,185
ANY (NET)	35%
A long-lasting condition that substantially limits one or more basic physical activities, such as walking, climbing stairs, reaching, lifting, or carrying	19%
A long-lasting physical, mental, or emotional condition that increases the difficulty of learning, remembering, or concentrating	18%
Deafness or hard of hearing in either ear	14%
Blindness or a severe visual impairment in either eye	8%

Summary of No

	Total
Base	3,185
ANY (NET)	92%
Blindness or a severe visual impairment in either eye	85%
Deafness or hard of hearing in either ear	76%
A long-lasting physical, mental, or emotional condition that increases the difficulty of learning, remembering, or concentrating	74%
A long-lasting condition that substantially limits one or more basic physical activities, such as walking, climbing stairs, reaching, lifting, or carrying	70%

1. Blindness or a severe visual impairment in either eye

	Total
Base	3,185
YES, MYSELF ONLY /YES, BOTH MYSELF AND SOMEONE ELSE (NET)	8%
Yes, myself only	5%
Yes, both myself and someone else	3%
Yes, someone else only	5%
No	85%
Decline to answer	1%

2. Deafness or hard of hearing in either ear

	Total
Base	3,185
YES, MYSELF ONLY /YES, BOTH MYSELF AND SOMEONE ELSE (NET)	14%
Yes, myself only	10%
Yes, both myself and someone else	4%
Yes, someone else only	8%
No	76%
Decline to answer	1%

3. A long-lasting condition that substantially limits one or more basic physical activities, such as walking, climbing stairs, reaching, lifting, or carrying

	Total
Base	3,185
YES, MYSELF ONLY /YES, BOTH MYSELF AND SOMEONE ELSE (NET)	19%
Yes, myself only	14%
Yes, both myself and someone else	5%
Yes, someone else only	9%
No	70%
Decline to answer	2%

4. A long-lasting physical, mental, or emotional condition that increases the difficulty of learning, remembering, or concentrating

	Total
Base	3,185
YES, MYSELF ONLY /YES, BOTH MYSELF AND SOMEONE ELSE (NET)	18%
Yes, myself only	11%
Yes, both myself and someone else	6%
Yes, someone else only	7%
No	74%
Decline to answer	2%

BASE: ALL QUALIFIED RESPONDENTS

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

	Total
Base	3,185
ANY (NET)	37%
Anxiety disorder (such as generalized anxiety disorder, social anxiety disorder, or panic attacks)	24%
Depression (including major depressive disorder)	23%
Post-traumatic stress disorder (PTSD)	8%
Sleep disorder (such as insomnia or hypersomnia)	8%
Attention-deficit/hyperactivity disorder (ADD/ADHD)	7%
Addiction (such as substance use or gambling)	7%
Bipolar disorder	6%
Obsessive-compulsive disorder (OCD)	4%
Personality disorder (such as borderline personality disorder, anti-social personality disorder, or dependent personality disorder)	3%
Eating disorder (such as anorexia, bulimia nervosa, or binge eating)	2%
Impulse control disorder	2%
Schizophrenia	2%
Autism spectrum disorder	2%
Tic disorder	*
Other mental health disorder	2%
I have not been diagnosed with a mental health disorder but think that I may have one	3%
I have not been diagnosed with a mental health disorder	57%
Decline to answer	5%

BASE: ALL QUALIFIED RESPONDENTS

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

	Total
Base	3,185
YES (NET)	33%
Yes, I am currently being treated or in therapy	13%
Yes, but I am not currently being treated or in therapy	19%
No	66%
Decline to answer	2%

BASE: ALL QUALIFIED RESPONDENTS

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

	Total
Base	3,185
Health insurance provided by current or former employer	27%
Medicare	26%
Medicaid	13%
Health insurance provided by family member's employer	10%
Individual insurance policy bought by myself/my family	9%
Veterans benefits (active military, veterans, TriCare, reserve, etc.)	2%
Health insurance provided to students	*
Health insurance from an exchange	1%
Other	1%
I have health insurance, but I don't know what type of organization provides it and/or how it is obtained	1%
None; do not have health insurance	9%

BASE: ALL QUALIFIED RESPONDENTS**Q1554a.** What political party are you currently registered as?

	Total
Base	3,185
Democrat	37%
Republican	27%
Independent	23%
Other	3%
I am not registered	9%
Decline to answer	3%

BASE: ALL QUALIFIED RESPONDENTS AGE 18+**Q1555a.** In politics today, which of the following best describes your political ideology on most issues?

	Total
Base	3,185
CONSERVATIVE (NET)	30%
Strong Conservative	14%
Somewhat Conservative	16%
Moderate	32%
LIBERAL (NET)	27%
Somewhat Liberal	15%
Strong Liberal	11%
None of the above/not sure	7%
Decline to answer	4%

BASE: ALL QUALIFIED RESPONDENTS**Q1560.** What is your present religion, if any?

	Total
Base	3,185
ANY (NET)	77%
Roman Catholic	25%
Protestant	24%
Atheist	4%
Agnostic	4%
Jewish	4%
Buddhist	1%
Muslim	1%
Orthodox	1%
Hindu	1%
Mormon	1%
Something else	11%
Nothing in particular	23%

BASE: ALL QUALIFIED RESPONDENTS**Q1554.** Which of the following best describes you?

	Total
Base	3,185
I was born outside of the U.S.	11%
I was born in the U.S.	88%
Decline to answer	1%

BASE: ALL QUALIFIED RESPONDENTS**Q1555.** Which of the following best describes your parents?

	Total
Base	3,185
One of my parents was born outside of the U.S.	9%
Both of my parents were born outside of the U.S.	16%
Both of my parents were born in the U.S.	73%
Decline to answer	2%

BASE: BORN OUTSIDE OF THE US**Q1556.** You mentioned you were born outside of the U.S. In which year did you move to the U.S.?

	Total
Base	547
Before 1965	7%
1965-1969	5%
1970-1979	9%
1980-1989	13%
1990-1999	19%
2000-2009	16%
2010-2023	31%

BASE: BORN OUTSIDE OF THE US**Q1556.** Count of Years Since Moved to U.S.

	Total
Base	547
0	4%
1-2	7%
3-4	5%
5-7	6%
8-10	5%
11-15	8%
16-20	4%
More than 20 years	61%

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.

	Total
Base	3,185
U.S. citizen	94%
Permanent resident / Lawful Permanent Resident (LPR) (e.g., Permanent Resident Alien, Permanent Resident, Resident Alien, Resident Alien Permit Holder, and Green Card Holder)	3%
Undocumented Individual	1%
Non-immigrant (e.g., visiting students, business visitors, or temporary protected status, etc.)	1%
Decline to answer	2%

BASE: LATINO/A RESPONDENTS**Q1570.** Is English your native language?

	Total
Base	704
Yes	65%
No	35%

BASE: LATINO/A RESPONDENTS**QH1.** Which language do you usually speak at home?

	Total
Base	704
Only Spanish	9%
Spanish more than English	14%
Spanish and English equally	29%
English more than Spanish	17%
Only English	30%
Decline to answer	1%

BASE: LATINO/A RESPONDENTS**QH2.** Would you say you can carry on a conversation in Spanish, both understanding and speaking...?

	Total
Base	704
TOP 2 BOX (NET)	66%
Very well	45%
Pretty well	20%
BOTTOM 2 BOX (NET)	34%
Just a little	21%
Not at all	13%

BASE: LATINO/A RESPONDENTS**QH3.** Would you say you can carry on a conversation in English, both understanding and speaking...?

	Total
Base	704
TOP 2 BOX (NET)	81%
Very well	68%
Pretty well	13%
BOTTOM 2 BOX (NET)	19%
Just a little	14%
Not at all	4%

BASE: LATINO/A RESPONDENTS**QH4.** Would you say you can read a newspaper or book in Spanish...?

	Total
Base	704
TOP 2 BOX (NET)	61%
Very well	40%
Pretty well	21%
BOTTOM 2 BOX (NET)	39%
Just a little	20%
Not at all	19%

BASE: LATINO/A RESPONDENTS**QH5.** Would you say you can read a newspaper or book in English...?

	Total
Base	704
TOP 2 BOX (NET)	84%
Very well	70%
Pretty well	14%
BOTTOM 2 BOX (NET)	16%
Just a little	11%
Not at all	6%

BASE: LATINO/A RESPONDENTS

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

	Total
Base	704
Mexico	49%
Central or South America	16%
Puerto Rico	15%
Cuba	9%
Another country or region	13%
Decline to answer	3%

BASE: ALL NON-LATINO/A RESPONDENTS

QA1. Which language do you usually speak at home?

	Total
Base	2,481
Only a language other than English	6%
Another language more than English	2%
Another language and English equally	2%
English more than another language	5%
Only English	85%
Decline to answer	*

BASE: SPEAKS OTHER THAN ENGLISH ONLY

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

	Total
Base	442
TOP 2 BOX (NET)	94%
Very well	82%
Pretty well	12%
BOTTOM 2 BOX (NET)	6%
Just a little	3%
Not at all	3%

BASE: SPEAKS OTHER THAN ENGLISH ONLY**QA3.** Would you say you can carry on a conversation in English, both understanding and speaking...?

	Total
Base	442
TOP 2 BOX (NET)	96%
Very well	83%
Pretty well	13%
BOTTOM 2 BOX (NET)	4%
Just a little	3%
Not at all	1%

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

	Total
Base	402
China	23%
Philippines	18%
South Asia	16%
Japan	15%
Other Southeast Asia country	11%
Korea	9%
Arab world/West Asia	2%
Another country or region	6%
Decline to answer	2%

BASE: ALL QUALIFIED RESPONDENTS**US REGION.** Census Region (US Net)

	Total
Base	3,185
Northeast	17%
Midwest	21%
South	39%
West	24%

BASE: ALL QUALIFIED RESPONDENTS**Education.** What is the highest level of education you have completed?

	Total
Base	3,185
LESS THAN HIGH SCHOOL (NET)	5%
Less than high school	1%
Completed some high school	4%
HIGH SCHOOL TO LESS THAN 4 YEAR COLLEGE DEGREE (NET)	59%
High school graduate	31%
Job-specific training program(s) after high school	3%
Some college, but no degree	15%
Associate degree	10%
4 YEAR COLLEGE DEGREE OR MORE (NET)	36%
Bachelor's degree (such as B.A., B.S.)	22%
Some graduate school, but no degree	1%
Graduate degree (such as MBA, MS, M.D., Ph.D.)	12%

BASE: ALL QUALIFIED RESPONDENTS**Income.** How much total combined income did all members of your household earn before taxes last year?

	Total
Base	3,185
Less than \$15,000	6%
\$15,000 to \$24,999	6%
\$25,000 to \$34,999	6%
\$35,000 to \$49,999	10%
\$50,000 to \$74,999	15%
\$75,000 to \$99,999	13%
\$100,000 OR MORE (NET)	39%
\$100,000 to \$124,999	15%
\$125,000 to \$149,999	10%
\$150,000 to \$199,999	9%
\$200,000 to \$249,999	2%
\$250,000 or more	3%
Prefer not to answer	5%