American Psychological Association: Stress in America 2026 Survey

SCREENING QUESTIONS

BASE: ALL RESPONDENTS
scrIntroTitle [INSERT LANDING PAGE TITLE]

scrIntro
During the survey, please do not use your browser's *FORWARD* and *BACK* buttons. Instead, please always use the button below to move through the survey. Please be aware that once you've answered a question, you might not be able to go back and change your answer.

The progress bar below indicates approximately what portion of the survey you have completed.

Simply click on the button at the bottom of the page to begin the survey.

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.

As noted above, your views are important. To ensure the authenticity of responses, please share your own opinions without using assistance from other people, search engines, AI tools or automated assistance. Your genuine input is crucial for the success of our study. Noncompliance could lead to removal from the survey results and may disqualify you from receiving your incentive, if applicable.

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

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

[DISPLAY IN DROP DOWN LIST]

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

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: US RESPONDENTS
dmAge [Age] What is your age?

Please enter a numeric response only.

[RANGE 0 -120]

|_|_|_|

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

BASE: US RESPONDENTS
Q270 HIDDEN: CALCULATED YOB

[RANGE 1898 -2025. SUBTRACT DMAGE FROM 2026.]

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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. ALLOW Q3017/1 AND 3 OR 2 AND 3 TO BE SELECTED TOGETHER. DO NOT ALLOW 1 AND 2 TO BE SELECTED TOGETHER.]
[PN: PLEASE DISPLAY THE NUMBER OF CHILDREN ROWS BELOW AS MENTIONED AT Q3004]

[Column headings]:	**Q3016** "Age"	**Q3017** 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

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

BASE: ALL QUALIFIED RESPONDENTS

Q100 For which of the following people do you **currently** serve as a caregiver? *Please select all that apply.*

By 'caregiver', we mean providing paid or unpaid long-term care to a family member or friend with an episodic, permanent, or temporary condition who needs help taking care of themselves. Please do not consider basic duties of parenting.

[MULTIPLE RESPONSE; ONLY SHOW CODE 5 IF Q3004/1 or more; HOLD 1-7 TOGETHER RANDOMIZE WITHIN AND ANCHOR 7 AT THE BOTTOM OF THE SET; RANDOMIZE; ANCHOR 96-98; EXCLUSIVE CODE 97-98]

1. My parent or parent-in-law
2. My grandparent or grandparent-in-law
3. My spouse or partner
4. My sibling or sibling-in-law
5. My child(ren) under the age of 18
6. My child(ren) 18 or older
7. Another family member
8. A friend
96. Other, please specify: [TEXT BOX]
97. None – I do not currently serve as a caregiver, but I have in the past
98. N/A – I have never served as a caregiver

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: MAIN TREND QUESTIONS

BASE: ALL QUALIFIED RESPONDENTS

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

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

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

BASE: ALL US RESPONDENTS

Q2105 Have you ever been told by a health care 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: CORE TRENDED STRESS QUESTIONS

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]

BASE: ALL QUALIFIED RESPONDENTS
Q403~~5~~10 In your opinion, on a scale of 1 to 10, where 1 means a person has "little or no stress" and 10 means they have "a great deal of stress," what do you feel is a “normal” level of stress for a person to live with?

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

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; ACCORDIAN GRID]

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,] [ONLY SHOW CODE 2 IF EMPLOYED (DMEMPLOY/1-4)] [ONLY SHOW CODE 13 IF ADULT STUDENT (DMAGE 18+ AND DMEMPLOY/09); SUPPRESS CODE 3,7, 8, 12, 13]
(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

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; ACCORDIAN GRID]

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

[ROWS; RANDOMIZE,] [SUPPRESS CODES 1 – 5, 11-12, 14] [ADD CODE 20 IN 2026]

1. 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
14. U.S. debt (e.g., debt ceiling, government spending, etc.)
15. Education
16. Social issues (i.e., issues related to race, sexual orientation, gender identity, religion, etc.)
17. The environment (e.g., climate change, natural disasters, sustainability, etc.)
18. Gun laws and regulations
19. U.S. politics
20. Online gambling

BASE: ALL QUALIFIED RESPONDENTS

Q3226 Now we would like you to think about specific news, topics, and events. For each one, please indicate how significant a source of stress it is in your life.

[COLUMNS; ACCORDIAN GRID]

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

[ROWS; RANDOMIZE;]
[SUPRESS CODES 1-2 & 6 IN 2025]
[NEW CODES 13-14 ADDED IN 2025; CODE 5 CHANGED IN 2025]
[SUPPRESS CODE 3 & 7 IN 2026]

1. The Israel-Hamas war
2. The 2024 U.S. presidential election
3. The state of diversity, equity, and inclusion (DEI) practices
4. Rise of artificial intelligence (AI)
5. The spread of inaccurate or misleading information (e.g., misinformation, disinformation, deepfakes, etc.)
6. Police violence toward minorities
7. Housing costs (e.g., mortgage or rent)
8. The future of our nation
9. Social divisiveness in our nation
10. The current state of race relations
11. The current state of LGBTQ+ inclusivity and acceptance
12. Mass shootings
13. Conflict in the Middle East
14. Impact of law enforcement practices on communities
15. The cost of living (e.g., rent/mortgage, groceries, child/family care, transportation, etc.)

SECTION: IMPACTS OF STRESS

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

BASE: ALL QUALIFIED RESPONDENTS

Q4001 How often do you feel each of the following?

[COLUMNS; ACCORDIAN GRID]
1. Hardly ever
2. Some of the time
3. Often

[ROWS; RANDOMIZE]
1. That I lack companionship
2. Left out
3. Isolated from others

SECTION: CHRONIC STRESS AS THE NEW NORMAL

BASE: ALL QUALIFIED RESPONDENTS
Q980 Please indicate the extent to which you agree or disagree with the following statements.

[COLUMNS; ONLY DISPLAY COLUMN 5 FOR ROWS15]

1. Strongly disagree
2. Somewhat disagree
3. Somewhat agree
4. Strongly agree
5. Not applicable

[ROWS; RANDOMIZE; DISPLAY SCALE AT BOTTOM] [SUPPRESS ROWS 1-2, 4-5, 7-10 IN 2026; INCLUDE NEW ROWS 11-15 IN 2026]

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.
11. I no longer expect life to feel stable.
12. Bad news no longer shocks me the way it used to.
13. I feel confident I can cope with change.
14. I have become accustomed to living with uncertainty.
15. It is difficult to imagine a time when my life will feel less stressful.

SECTION: CONSEQUENCES OF CHRONIC STRESS

BASE: ALL QUALIFIED RESPONDENTS
Q4030 How much has stress affected each of the following areas of your life?

[COLUMNS – ACCORDIAN GRID]

1. Not at all
2. Not much
3. Somewhat
4. Significantly

[ROWS; RANDOMIZE; HOLD CODES 1-2, 6-7 TOGETHER AND RANDOMIZED WITHIN]

1. My relationships with family
2. My friendships
3. My motivation
4. My productivity
5. My sleep
6. My physical health
7. My mental/emotional well-being
8. My ability to focus
9. My sense of optimism about the future

BASE: ALL QUALIFIED RESPONDENTS
Q4031 How often, if at all, do you experience each of the following?

[COLUMNS – ACCORDIAN GRID]

1. Never
2. Rarely
3. Sometimes
4. Often
5. Regularly

[ROWS; RANDOMIZE]

1. Avoiding thinking too much about the future
2. Difficulty imagining what a positive future looks like
3. Feeling stuck in "survival mode"
4. Feeling like life has become more about managing stress than pursuing goals
5. Feeling compelled to try new things
6. The need to travel/get away from your day-to-day life

BASE: ALL QUALIFIED RESPONDENTS
Q4032 As a result of stress, uncertainty, or feeling overwhelmed, have you done any of the following in the past year? *Please select all that apply.*

[RANDOMIZE; MULTIPLE RESPONSE; HOLD CODES 2, 6-7, 8-9 TOGETHER – RANDOMIZED WITHIN; ANCHOR CODE 96-97; EXCLUSIVE 97]

1. Avoided watching or reading the news
2. Pulled back from social activities or gatherings
3. Delayed major life decisions (e.g., changing careers, buying a house, having a child)
4. Avoided engaging with political or societal issues
5. Chosen comfort, distraction, or escape over productivity
6. Reduced participation in hobbies or activities I previously enjoyed
7. Reduced participation in community activities (e.g., volunteering, activism, serving in community organizations)
8. Taken more time off work (e.g., PTO, short or long-term leave)
9. Called in sick to work
10. Take more vacations/traveled more
11. Stopped planning for the future (e.g., next career move, buying a home, having a family)
96. Other
97. None

BASE: ALL QUALIFIED RESPONDENTS

Q711A How much do you agree or disagree that each of the following statements describes you?

[COLUMNS; ACCORDIAN GRID]

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

[ROWS; RANDOMIZE, KEEP 3 AND 4 TOGETHER ROTATED] [SUPPRESS ROWS 2, 5-6 IN 2026] [INCLUDE NEW STATEMENTS 8-9 IN 2026]

1. I stay connected to family, friends, and others around me.
2. I am lonely.
3. If something were to happen to me, I have someone whom I can regularly rely on.
4. If I needed advice, I have someone whom I can regularly rely on.
5. I feel that I spend enough time involved in social activities.
6. I have hobbies and interests that I regularly participate in.
7. I feel that my relationships with others are not meaningful.
8. I feel too emotionally drained to stay engaged with everything happening in the world.
9. I believe getting involved (e.g., in my community, social issues, politics, etc.) can make a difference in my future.

SECTION: STABILITY, SECURITY, LIFE MILESTONES

BASE: ALL QUALIFIED RESPONDENTS

Q4022 What causes you the most stress when thinking about the future of the country? *Please select all that apply.*

[RANDOMIZE; MULTIPLE RESPONSE; ANCHOR CODE 96-97; EXCLUSIVE 97] [DISPLAY IN TWO COLUMNS]

1. Housing/housing market
2. Health care system
3. The economy
4. Artificial intelligence (AI)
5. Climate change
6. Social inequality, inequity, and discrimination
7. Education system
8. National security
9. The United States' reputation
10. Immigration policies
11. Violence and crime within the United States
12. Global tension/conflict
13. The mental health and well-being of Americans
14. Civic engagement and voter participation
96. Other
97. Nothing

BASE: ALL QUALIFIED RESPONDENTS

Q4013 Thinking about your dreams or goals for the future, what are the biggest challenges standing in your way of achieving them? *Please select all that apply.*

[RANDOMIZE; MULTIPLE RESPONSE; ANCHOR CODE 96-99; EXCLUSIVE 97-99; HOLD CODES 2, 11-12 TOGETHER – RANDOMIZED WITHIN; HOLD CODES 3-5, 8-9 TOGETHER – RANDOMIZED WITHIN] [DISPLAY IN TWO COLUMNS]

1. Housing/housing market
2. Getting the health care I and/or my family need
3. Debt
4. Job security
5. Economic instability
6. Lack of education or lack of access to education
7. Lack of knowledge on how to achieve my dreams or goals
8. Anxiety/fear
9. Lack of confidence
10. Lack of social interactions or connections
11. My physical health
12. My mental health
13. Social inequality, inequity, and discrimination
14. Lack of support
15. Uncertainty of the future
16. The current political climate in this country
96. Other, please specify [TEXT BOX]
97. None, there are no challenges to achieving my dreams or goals for the~~my~~ future
98. None, I have already achieved my dreams or goals for the future
99. Not applicable – I do not have any dreams or goals for the future

BASE: ALL QUALIFIED RESPONDENTS

Q4005a To what extent do you believe your generation will be better or worse off than your parents' generation?

1. Much worse
2. Somewhat worse
3. Neither better nor worse
4. Somewhat better
5. Much better

BASE: ALL QUALIFIED RESPONDENTS

Q4016 How much control do you feel you have over your future?

1. None
2. Not much
3. Some
4. A great deal

BASE: ALL QUALIFIED RESPONDENTS

Q4017 How much do you agree or disagree with each of the following statements?

[COLUMNS; ACCORDIAN GRID]

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

[ROWS; RANDOMIZE] [SUPPRESS ROW 3 IN 2026] (NCLUDE ROW 7] WHICH IS A TRENDED STATEMENT FROM Q4008/ ROW 4 LAST ASKED IN 2025)(INCLUDE ROWS 7-8 IN 2026)

1. I feel like I'm doing everything "right" and still falling behind.
2. I've had to lower my expectations for what I can achieve in life.
3. Hard work is no longer enough to get ahead in life.
4. I feel confident that my efforts will lead to success.
5. There is no challenge I cannot overcome.
6. I am optimistic about the direction my life is heading.
7. I believe I can still build a good life, even if it looks different from past generations.
8. Future generations are going to inherit a better world than we did.

SECTION: AI – RELIEF OR ESCAPE

BASE: ALL QUALIFIED RESPONDENTS

Q4024 How often do you intentionally use generative artificial intelligence (AI) tools (e.g., ChatGPT, Microsoft Copilot, image generators, etc.)?

1. Never
2. Once a month or less often
3. Several times a month
4. Once a week
5. Several times a week
6. Once a day
7. Several times a day
99. N/A - I don't know what AI tools are

BASE: AMONG THOSE WHO USE AI (Q4024/2-7)

Q4033 How often do you use generative artificial intelligence (AI) tools (e.g., ChatGPT, Microsoft Copilot, image generators, etc.) to do each of the following?

[COLUMNS; ACCORDIAN GRID]

1. Never
2. Rarely
3. Sometimes
4. Often
5. Regularly

[ROWS; RANDOMIZE; HOLD AND RANDOMIZE ROWS 1-3]

1. Discuss my mental health
2. Discuss my physical health
3. Discuss my relationship(s)
4. Have a casual conversation about my day-to-day life
5. Self-diagnose
6. To help me organize my thoughts
7. Get input on treatment(s)
8. Help make day-to-day decisions
9. Engage in conversations as a friend
10. Act as a mental health professional (e.g., practice therapy exercises, get a second opinion on suggestions a therapist gives me)

BASE: AMONG THOSE WHO USE AI (Q4024/2-7)

Q4034 How has using generative artificial intelligence (AI) tools (e.g., ChatGPT, Microsoft Copilot, image generators, etc.) for personal support, advice, or conversation impacted you, if at all? *Please select all that apply.*

[RANDOMIZE; MULTIPLE RESPONSE; ANCHOR CODE 96-97; EXCLUSIVE CODE 97]

1. It helps me feel less alone
2. It helps me process stress or emotions
3. It gives me support when I need it
4. It helps reduce feelings of anxiety
5. It makes me feel more emotionally dependent on technology
6. I rely on it more than I rely on friends and family for advice
7. It makes me feel more disconnected from other people
8. It helps me utilize healthy coping skills
9. It has steered me in the wrong direction
10. It has made me feel worse about myself
11. It has helped me feel better
12. It has affirmed my thoughts/feelings/decisions
96. Other
97. It has not meaningfully impacted me

SECTION: CUSTOM DEMOGRAPHICS

[SUPPRESS Q1220 AND 1222 IN 2026]

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 2025 household income before taxes?

[SHOW IN 2 COLUMNS]

1. $15,000 or less
2. $15,001-$31,300
3. $31,301-$42,300
4. $42,301-$53,300
5. $53,301-$64,300
6. $64,301-$75,300
7. $75,301-$86,300
8. $86,301-$97,300
9. $97,301-$108,300
10. $108,301-$119,300
11. $119,301-$130,300
12. $130,301-$141,300
13. $141,301-$152,300
14. $152,301-$163,300
15. $163,301-$174,300
16. $174,301-$175,000
17. $175,001-$200,000
18. $200,001-$225,000
19. $225,001-$250,000
20. $250,001-$275,000
21. $275,001-$300,000
22. $300,001-$325,000
23. $325,001-$350,000
24. $350,001-$375,000
25. $375,001-$400,000
26. $400,001-$425,000
27. $425,001-$450,000
28. $450,001-$475,000
29. $475,001-$500,000
30. $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+ (4 RE)

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

[COLUMN; ACCORDIAN GRID]

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

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; IF CODE Q2105/11 IS SELECTED, THEN ADD CODE Q2106/5 ON THE BTS RECORD; IF Q2105/12 IS SELECTED; THEN ADD CODE Q2106/1 ON THE BTS RECORD; CAN BE RECORDED ALONGSIDE EXCLUSIVE OPTIONS]

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

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 with any political party
7. I am not registered to vote
6. Decline to answer

BASE: ALL U.S. RESPONDENTS 18+
dmPolAff [Political Party Affiliation] Regardless of how you may vote, what do you usually consider yourself?

[RANDOMIZE]

1. Republican
2. Democrat
3. Independent
6. Other ANCHOR

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 Which of the following affiliations do you most identify with?

1. Christianity
2. Judaism
3. Islam
4. Buddhism
5. Hinduism
9. Atheist
10. Agnostic
13. Spiritual, but not religious
11. Something else, specify: [TEXT BOX]
12. I do not identify with a religious/spiritual tradition
14. Prefer not to answer

SECTION: 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 – 2026]
[MUST BE GREATER THAN OR EQUAL TO 2026-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, 4, 5, 6. DO NOT RANDOMIZE; SUPPRESS CODE 3]

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
5. Non-immigrant (e.g., visiting students, business visitors, or temporary protected status, etc.)
6. 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; CODE 9 IS EXCLUSIVE]

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: 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]