



AMERICAN
PSYCHOLOGICAL
ASSOCIATION

TOPLINE FINDINGS

STRESS IN AMERICA™

January 2021 Stress Snapshot

This survey was conducted online within the United States by The Harris Poll on behalf of APA from January 21-25, 2021 among 2,076 U.S. adults ages 18 and older. Results are weighted for age within gender, region, race/ethnicity, household income, education, marital status, and size of household where necessary to align them with their actual proportions in the population. Propensity score weighting is also used to adjust for respondents' propensity to be online.

All sample surveys and polls, whether or not they use probability sampling, are subject to multiple sources of error, which are most often not possible to fully estimate and control, including sampling error, coverage error, error associated with nonresponse, error associated with question wording and response options, and post-survey weighting and adjustments. Therefore, The Harris Poll avoids the words "margin of error" as they are misleading. All that can be calculated are different possible sampling errors with different probabilities for unweighted, random samples with 100 percent response rates. These are only theoretical because no published polls – whether conducted by telephone or online – come close to the ideal probability sample given the sources of error previously noted. Because the sample is based on those who were invited and agreed to participate in an online research panel, no estimates of theoretical sampling error can be calculated.

Q605

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?

| | |
|------------------------|------------|
| <i>All respondents</i> | |
| 8-10 (Net) | 28% |
| 4-7 (Net) | 44% |
| 1-3 (Net) | 26% |
| Mean | 5.6 |

Q625A

Below is a list of other 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 VERY/SOMEWHAT SIGNIFICANT

| | |
|---|-----|
| <i>All respondents</i> | |
| The future of our nation | 81% |
| The coronavirus pandemic | 80% |
| Political unrest around the nation | 74% |
| The current political climate | 72% |
| The breach of the U.S. Capitol on January 6 | 66% |

SUMMARY OF NOT AT ALL/NOT VERY SIGNIFICANT

| | |
|---|-----|
| <i>All respondents</i> | |
| The breach of the U.S. Capitol on January 6 | 34% |
| The current political climate | 28% |
| Political unrest around the nation | 26% |
| The coronavirus pandemic | 20% |
| The future of our nation | 19% |

Q1085

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

SUMMARY OF STRONGLY/SOMEWHAT AGREE

| | |
|---|-----|
| <i>All respondents</i> | |
| I hope the United States moves toward unity. | 90% |
| The United States has serious societal issues we need to address. | 84% |
| The U.S. will overcome its current challenges as it has done in the past. | 80% |
| This is the lowest point in our nation's history that I can remember. | 78% |
| The current social divisiveness (i.e., hostility) in the nation causes me stress. | 70% |
| I feel hopeful about the future of our nation. | 70% |
| The number of issues America is facing currently is overwhelming to me. | 67% |
| I feel worried about the safety of the people in my community. | 61% |
| The political climate has caused strain between my family members and me. | 43% |

SUMMARY OF STRONGLY/SOMEWHAT DISAGREE

| | |
|---|-----|
| <i>All respondents</i> | |
| The political climate has caused strain between my family members and me. | 57% |
| I feel worried about the safety of the people in my community. | 39% |
| The number of issues America is facing currently is overwhelming to me. | 33% |
| I feel hopeful about the future of our nation. | 30% |
| The current social divisiveness (i.e., hostility) in the nation causes me stress. | 30% |
| This is the lowest point in our nation's history that I can remember. | 22% |
| The U.S. will overcome its current challenges as it has done in the past. | 20% |
| The United States has serious societal issues we need to address. | 16% |
| I hope the United States moves toward unity. | 10% |

Q1095

Have you felt any of the following ways within the past two weeks? Please select all that apply.

| | |
|---------------------------|-----|
| <i>All respondents</i> | |
| Any (Net) | 84% |
| Anxious | 47% |
| Sad | 44% |
| Angry | 39% |
| On edge | 33% |
| Like I want to escape | 31% |
| Scared | 26% |
| Unsafe | 24% |
| Like I can't trust anyone | 22% |
| Numb | 17% |
| Guilty | 10% |
| Other | 3% |
| None | 16% |