

Q1 How much do you agree or disagree with each of the following statements?
Summary Of Strongly/Somewhat Agree

Base: All Respondents

	Total
Unweighted Base	2083
Weighted Base	2083
The holidays are a time to forget our political differences.	1720 83%
I hope to avoid discussing politics with family over the holidays.	1492 72%
Celebrating the holidays this year will be a welcome distraction from my stress.	1480 71%
I am not worried that political discussions will hurt my relationship with my family members during the holidays.	1349 65%
I am stressed by the thought of politics coming up at holiday gatherings.	819 39%
I am avoiding family I disagree with over the holidays.	788 38%
I am looking forward to talking about politics with family over the holidays.	674 32%

Q1 How much do you agree or disagree with each of the following statements?

Summary Of Strongly/Somewhat Disagree

Base: All Respondents

	Total
Unweighted Base	2083
Weighted Base	2083
I am looking forward to talking about politics with family over the holidays.	1409 68%
I am avoiding family I disagree with over the holidays.	1295 62%
I am stressed by the thought of politics coming up at holiday gatherings.	1264 61%
I am not worried that political discussions will hurt my relationship with my family members during the holidays.	734 35%
Celebrating the holidays this year will be a welcome distraction from my stress.	603 29%
I hope to avoid discussing politics with family over the holidays.	591 28%
The holidays are a time to forget our political differences.	363 17%

Q1_1 How much do you agree or disagree with each of the following statements?
I hope to avoid discussing politics with family over the holidays.

Base: All Respondents

Total	
Unweighted Base	2083
Weighted Base	2083
Strongly/Somewhat Agree (Net)	1492 72%
Strongly agree	826 40%
Somewhat agree	666 32%
Strongly/Somewhat Disagree (Net)	591 28%
Somewhat disagree	341 16%
Strongly disagree	249 12%
Sigma	2083 100%

Q1_2 How much do you agree or disagree with each of the following statements?
The holidays are a time to forget our political differences.

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Base: All Respondents

Total	
Unweighted Base	2083
Weighted Base	2083
Strongly/Somewhat Agree (Net)	1720 83%
Strongly agree	1022 49%
Somewhat agree	697 33%
Strongly/Somewhat Disagree (Net)	363 17%
Somewhat disagree	216 10%
Strongly disagree	147 7%
Sigma	2083 100%

Q1_3 How much do you agree or disagree with each of the following statements?
I am stressed by the thought of politics coming up at holiday gatherings.

Base: All Respondents

Total	
Unweighted Base	2083
Weighted Base	2083
Strongly/Somewhat Agree (Net)	819 39%
Strongly agree	305 15%
Somewhat agree	514 25%
Strongly/Somewhat Disagree (Net)	1264 61%
Somewhat disagree	570 27%
Strongly disagree	694 33%
Sigma	2083 100%

Q1_4 How much do you agree or disagree with each of the following statements?
I am looking forward to talking about politics with family over the holidays.

Base: All Respondents

Total	
Unweighted Base	2083
Weighted Base	2083
Strongly/Somewhat Agree (Net)	674 32%
Strongly agree	260 12%
Somewhat agree	415 20%
Strongly/Somewhat Disagree (Net)	1409 68%
Somewhat disagree	552 27%
Strongly disagree	856 41%
Sigma	2083 100%

Q1_5 How much do you agree or disagree with each of the following statements?
I am avoiding family I disagree with over the holidays.

Base: All Respondents

Total	
Unweighted Base	2083
Weighted Base	2083
Strongly/Somewhat Agree (Net)	788 38%
Strongly agree	337 16%
Somewhat agree	452 22%
Strongly/Somewhat Disagree (Net)	1295 62%
Somewhat disagree	503 24%
Strongly disagree	792 38%
Sigma	2083 100%

Q1_6 How much do you agree or disagree with each of the following statements?

I am not worried that political discussions will hurt my relationship with my family members during the holidays.

Base: All Respondents

Total	
Unweighted Base	2083
Weighted Base	2083
Strongly/Somewhat Agree (Net)	1349 65%
Strongly agree	724 35%
Somewhat agree	625 30%
Strongly/Somewhat Disagree (Net)	734 35%
Somewhat disagree	428 21%
Strongly disagree	306 15%
Sigma	2083 100%

Q1_7 How much do you agree or disagree with each of the following statements?
Celebrating the holidays this year will be a welcome distraction from my stress.

Base: All Respondents

Total	
Unweighted Base	2083
Weighted Base	2083
Strongly/Somewhat Agree (Net)	1480 71%
Strongly agree	619 30%
Somewhat agree	861 41%
Strongly/Somewhat Disagree (Net)	603 29%
Somewhat disagree	373 18%
Strongly disagree	230 11%
Sigma	2083 100%

Base: All Respondents

Q1a Which of the following, if any, do you do to cope with the stress of the holiday season? Please select all that apply.

	Total
Unweighted Base	2083
Weighted Base	2083
Any (Net)	1583 76%
Talk to those around me (e.g., friends, family, spouse)	841 40%
Prioritize my well-being	732 35%
Manage my expectations	640 31%
Try to remind myself that the holidays will pass	480 23%
Isolate myself (e.g., minimize interactions with others, avoid gatherings, make myself unavailable, etc.)	388 19%
Volunteer/help others in need	367 18%
Change my eating habits (e.g., overindulge, restrict myself from eating, etc.)	329 16%
Rely on/use substances to make me feel better (e.g., alcohol, nicotine/vaping, other substances)	313 15%
Seek help (e.g., talking to a therapist/counselor)	240 12%
Other	27 1%
Nothing - I don't do anything to cope with stress during the holiday season	170 8%
N/A - I do not experience stress during the holiday season	330 16%
Sigma	4857 233%

Base: Experience Stress During Holiday Season

Q1a Which of the following, if any, do you do to cope with the stress of the holiday season? Please select all that apply.

	Total
Unweighted Base	1757
Weighted Base	1753
Any (Net)	1583 90%
Talk to those around me (e.g., friends, family, spouse)	841 48%
Prioritize my well-being	732 42%
Manage my expectations	640 37%
Try to remind myself that the holidays will pass	480 27%
Isolate myself (e.g., minimize interactions with others, avoid gatherings, make myself unavailable, etc.)	388 22%
Volunteer/help others in need	367 21%
Change my eating habits (e.g., overindulge, restrict myself from eating, etc.)	329 19%
Rely on/use substances to make me feel better (e.g., alcohol, nicotine/vaping, other substances)	313 18%
Seek help (e.g., talking to a therapist/counselor)	240 14%
Other	27 2%
Nothing - I don't do anything to cope with stress during the holiday season	170 10%
Sigma	4527 258%

Base: All Respondents

Q3 Regardless of if you voted in the 2024 U.S. presidential election, did your preferred candidate win?

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Total	
Unweighted Base	2083
Weighted Base	2083
Yes	1020 49%
No	831 40%
N/A - I did not have a preferred candidate	231 11%
Sigma	2083 100%

Base: All Respondents

Q4 Are you more or less stressed about the future of our nation now than you were leading up to the 2024 U.S. presidential election?

Total	
Unweighted Base	2083
Weighted Base	2083
More stressed now	726 35%
No change in the amount of stress	509 24%
Less stressed now	668 32%
N/A - I was not stressed then or now about the future of our nation	179 9%
Sigma	2083 100%

Q4 Are you more or less stressed about the future of our nation now than you were leading up to the 2024 U.S. presidential election?
Base: Were Stressed Then And Now About The Future Of Our Nation

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Total	
Unweighted Base	1897
Weighted Base	1904
More stressed now	726 38%
No change in the amount of stress	509 27%
Less stressed now	668 35%
Sigma	1904 100%

Base: All Respondents

Q7 Which of the following, if any, have you experienced in the last month because of stress related to the future of our nation? Please select all that apply.

	Total
Unweighted Base	2083
Weighted Base	2083
Any (Net)	1349 65%
Feeling nervous or anxious	642 31%
Negative thoughts	462 22%
Feeling depressed or sad	439 21%
Irritability or anger	335 16%
Headache	320 15%
Lack of interest, motivation or energy	309 15%
Change in sleep habits (e.g., oversleeping, difficulty falling asleep, night waking)	294 14%
Agitation, inability to relax	272 13%
A sense of loneliness and isolation	236 11%
Inability to concentrate	213 10%
Upset stomach or indigestion	203 10%
Using alcohol, cigarettes, or drugs to relax	186 9%
Crying	175 8%
Change in appetite (i.e., eating more or less than usual)	163 8%
Tightness in my chest	137 7%
Something else	40 2%
N/A - I haven't experienced stress related to the future of our nation in the last month	659 32%
Decline to answer	74 4%
Sigma	5159 248%

Q7 Which of the following, if any, have you experienced in the last month because of stress related to the future of our nation? Please select all that apply.
Base: Have Experienced Stress Related To The Future Of Our Nation In The Last Month

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	Total
Unweighted Base	1410
Weighted Base	1424
Any (Net)	1349 95%
Feeling nervous or anxious	642 45%
Negative thoughts	462 32%
Feeling depressed or sad	439 31%
Irritability or anger	335 24%
Headache	320 22%
Lack of interest, motivation or energy	309 22%
Change in sleep habits (e.g., oversleeping, difficulty falling asleep, night waking)	294 21%
Agitation, inability to relax	272 19%
A sense of loneliness and isolation	236 17%
Inability to concentrate	213 15%
Upset stomach or indigestion	203 14%
Using alcohol, cigarettes, or drugs to relax	186 13%
Crying	175 12%
Change in appetite (i.e., eating more or less than usual)	163 11%
Tightness in my chest	137 10%
Something else	40 3%
Decline to answer	74 5%
Sigma	4500 316%

Fielding Period: November 25 - 27, 2024
 American Psychological Association
 Weighted To The U.S. General Adult Population

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