

PREPARED FOR:



**AMERICAN
PSYCHOLOGICAL
ASSOCIATION**

PREPARED BY:



Research Method and Reading the Report

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

The research was conducted online in the United States by The Harris Poll on behalf of the American Psychological Association (APA) among 3132 adults age 18+ who reside in the U.S. ("national sample"). In addition, oversamples allowed for increased totals by race/ethnicity: 801 Black, 803 Latine, and 827 Asian. For Latine, interviews were conducted in English and Spanish. The survey was conducted 7/29-8/24, 2026.

Data are weighted where necessary to reflect their proportions in the population based on the March 2025 Current Population Survey (CPS) by the U.S. Census Bureau, PEW NPORS 2025 (for frequency of internet use and political party affiliation), and PEW 2023 (for language use). Weighting variables included age by gender, race/ethnicity, education, region, household income, frequency of internet use, and political party affiliation to bring them in line with their actual proportions in the population. Latine 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 Latine and Asian subgroups.

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 Gen Pop sample data 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 is accurate to within ± 4.4 percentage points using a 95% confidence level.
- The sample data for the Latine sample is accurate to within ± 5.0 percentage points using a 95% confidence level.
- The sample data for the Asian sample is accurate to within ± 4.6 percentage points using a 95% confidence level.
- The sample data for the Gen Z sample is accurate to within ± 5.7 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.

Q268C. Gender

Base: All Qualified Respondents

Total	
Unweighted Base	3132
Weighted Base	3132
Female/Woman	1581 50%
Male/Man	1525 49%
Nonbinary	18 1%
Two-spirit	1 *
Prefer to self-describe:	3 *
Prefer not to answer	10 *
Sigma	3137 100%

Base: All Qualified Respondents

Q268D. Do you identify as transgender?

Total	
Unweighted Base	3132
Weighted Base	3132
Yes	54 2%
No	3056 98%
Prefer not to answer	22 1%
Sigma	3132 100%

Base: All Qualified Respondents

AGE: What is your age?

	Total
Unweighted Base	3132
Weighted Base	3132
18-34	903 29%
35-45	620 20%
46-64	931 30%
65+	678 22%
MEAN	47.3
STD. DEV.	17.51
STD. ERR.	0.31
MEDIAN	47
Sigma	3132 100%

Base: All Qualified Respondents

MARITAL STATUS: What is your current marital status?

Total	
Unweighted Base	3132
Weighted Base	3132
Never married	947 30%
MARRIED / LIVING WITH PARTNER (NET)	1783 57%
Married or civil union	1508 48%
Living with partner	275 9%
DIVORCED / SEPARATED / WIDOWED (NET)	402 13%
Divorced	234 7%
Separated	49 2%
Widowed	120 4%
Sigma	3132 100%

ADULTS IN HH: Including yourself, how many people age 18 or older live in your household?

Base: All Qualified Respondents

Total	
Unweighted Base	3132
Weighted Base	3132
1	656 21%
ANY OTHER THAN RESPONDENT (NET)	2476 79%
2	1536 49%
3	542 17%
4+	398 13%
MEAN	2.3
STD. DEV.	1.10
STD. ERR.	0.02
MEDIAN	2
Sigma	3132 100%

CHILDREN IN HH: How many people under the age of 18 live in your household?

Base: All Qualified Respondents

Total	
Unweighted Base	3132
Weighted Base	3132
0	2099 67%
ANY (NET)	1033 33%
1	536 17%
2	340 11%
3	117 4%
4+	40 1%
MEAN (INCLUDING ZERO)	0.6
STD. DEV.	0.97
STD. ERR.	0.02
MEAN (EXCLUDING ZERO)	1.7
STD. DEV.	0.97
STD. ERR.	0.03
MEDIAN (EXCLUDING ZERO)	1
Sigma	3132 100%

Base: All Qualified Respondents

HOUSEHOLD SIZE: Size of Household (Net)

	Total
Unweighted Base	3132
Weighted Base	3132
1 HH member	533 17%
2 HH members	1026 33%
3 HH members	659 21%
4 HH members	522 17%
5+ HH members	392 13%
Sigma	3132 100%

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?

20 Oct 2026
Table 8

Total	
Unweighted Base	1146
Weighted Base	1033
0	79 8%
1	495 48%
2	322 31%
3	105 10%
4	19 2%
5	7 1%
6	2 *
8	1 *
Blank	4 *
MEAN (INCLUDING ZERO)	1.5
STD. DEV.	0.92
STD. ERR.	0.03
MEDIAN (INCLUDING ZERO)	1
MEAN (EXCLUDING ZERO)	1.7
STD. DEV.	0.84
STD. ERR.	0.03
MEDIAN (EXCLUDING ZERO)	1
Sigma	1033 100%

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.

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Table 9

Base: All Qualified Respondents

	Total
Unweighted Base	3132
Weighted Base	3132
EVER PROVIDED CARE (NET)	1918 61%
CURRENTLY PROVIDE CARE (SUB-NET)	1234 39%
My child(ren) under the age of 18	538 17%
My spouse or partner	392 13%
My parent or parent-in-law	265 8%
My child(ren) 18 or older	133 4%
A friend	70 2%
My grandparent or grandparent-in-law	66 2%
My sibling or sibling-in-law	66 2%
Another family member	54 2%
Other	17 1%
None - I do not currently serve as a caregiver, but I have in the past	683 22%
N/A - I have never served as a caregiver	1214 39%
Sigma	3498 112%

EMPLOYMENT: Which of the following best describes your employment status?

20 Oct 2026
Table 10

Base: All Qualified Respondents

	Total
Unweighted Base	3132
Weighted Base	3132
EMPLOYED (NET)	1904 61%
Employed full time	1435 46%
Employed part time	269 9%
Self-employed full time	130 4%
Self-employed part time	70 2%
NOT EMPLOYED (NET)	1228 39%
Not employed, but looking for work	176 6%
Not employed and not looking for work	42 1%
Not employed, unable to work due to a disability or illness	84 3%
Retired	638 20%
Student	104 3%
Stay-at-home spouse or partner	184 6%
Sigma	3132 100%

Base: All Qualified Respondents

RACE: What is your race?

	Total
Unweighted Base	3132
Weighted Base	3132
White	1586 51%
Latino/a	593 19%
Black or African American	394 13%
ASIAN (NET)	238 8%
South Asian	63 2%
Chinese	56 2%
Filipino	38 1%
Japanese	24 1%
Korean	17 1%
Vietnamese	13 *
Arab / West Asian	1 *
Asian (multiple)	5 *
Other Asian	21 1%
More than one race / Mixed Race	183 6%
Native American or Alaskan Native	105 3%
Native Hawaiian or Pacific Islander / Pacific Islander	13 *
Some other race	21 1%
Prefer not to answer	- -
Sigma	3132 100%

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

20 Oct 2026
Table 12

Base: All Qualified Respondents

	Total
Unweighted Base	3132
Weighted Base	3132
HAS CHRONIC ILLNESS (NET)	2169 69%
High blood pressure	922 29%
High cholesterol	725 23%
Depression	617 20%
An anxiety disorder (such as generalized anxiety disorder, panic disorder or PTSD)	598 19%
Overweight	525 17%
Arthritis	522 17%
Type 2 Diabetes	344 11%
Asthma or other respiratory disease	334 11%
Chronic pain	326 10%
Obesity	295 9%
Cancer	152 5%
Heart disease or heart attack	141 4%
Stroke	80 3%
Type 1 Diabetes	64 2%
None of the above	919 29%
Decline to answer	45 1%
Sigma	6609 211%

Base: All Qualified Respondents

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

20 Oct 2026
Table 13

Total	
Unweighted Base	3132
Weighted Base	3132
TOP 3 BOX (NET)	2560 82%
TOP 2 BOX (SUB-NET)	1196 38%
Excellent	356 11%
Very good	840 27%
Good	1364 44%
BOTTOM 2 BOX (NET)	572 18%
Fair	498 16%
Poor	74 2%
Sigma	3132 100%

Base: All Qualified Respondents

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

20 Oct 2026
Table 14

Total	
Unweighted Base	3132
Weighted Base	3132
TOP 3 BOX (NET)	2504 80%
TOP 2 BOX (SUB-NET)	1453 46%
Excellent	588 19%
Very good	865 28%
Good	1051 34%
BOTTOM 2 BOX (NET)	628 20%
Fair	501 16%
Poor	127 4%
Sigma	3132 100%

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?

20 Oct 2026
Table 15

Base: All Qualified Respondents

	Total
Unweighted Base	3132
Weighted Base	3132
8-10 (NET)	686 22%
(10) A great deal of stress	167 5%
(9)	123 4%
(8)	396 13%
4-7 (NET)	1457 47%
(7)	392 13%
(6)	320 10%
(5)	522 17%
(4)	222 7%
1-3 (NET)	955 30%
(3)	339 11%
(2)	302 10%
(1) Little or no stress	314 10%
Blank	34 1%
MEAN	5.2
STD. DEV.	2.59
STD. ERR.	0.05
MEDIAN	5
Sigma	3132 100%

Q4035. 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?

20 Oct 2026
Table 17

Base: All Qualified Respondents

	Total
Unweighted Base	3132
Weighted Base	3132
8-10 (NET)	227 7%
(10) A great deal of stress	70 2%
(9)	36 1%
(8)	120 4%
4-7 (NET)	1842 59%
(7)	184 6%
(6)	228 7%
(5)	898 29%
(4)	531 17%
1-3 (NET)	1063 34%
(3)	599 19%
(2)	226 7%
(1) Little or no stress	238 8%
MEAN	4.4
STD. DEV.	1.96
STD. ERR.	0.03
MEDIAN	4
Sigma	3132 100%

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.

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Table 18

Base: Variable Bases

SUMMARY TABLE OF SIGNIFICANT (TOP 2 BOX)

	Total
HEALTH-RELATED (NET)	2334 75%
My physical health	1861 59%
Health problems (physical and/or mental) affecting my family	1727 55%
My mental health	1716 55%
Work [FOR THOSE EMPLOYED]	1381 73%
Money	2226 71%
Family responsibilities	1971 63%
Relationships (e.g., spouse, kids, girl/boyfriend)	1701 54%
Job stability	1572 50%
Personal safety	1361 43%
Discrimination	948 30%

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.

20 Oct 2026
Table 19

Base: Variable Bases

SUMMARY TABLE OF NOT SIGNIFICANT (BOTTOM 2 BOX)

	Total
Discrimination	2184 70%
Personal safety	1771 57%
Job stability	1560 50%
Relationships (e.g., spouse, kids, girl/boyfriend)	1431 46%
My mental health	1416 45%
Health problems (physical and/or mental) affecting my family	1405 45%
My physical health	1271 41%
Family responsibilities	1161 37%
Money	906 29%
Work [FOR THOSE EMPLOYED]	523 27%

Q625_1. 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.

20 Oct 2026
Table 20

Base: All Qualified Respondents

1. Money

Total	
Unweighted Base	3132
Weighted Base	3132
TOP 2 BOX (NET)	2226 71%
Very significant	1192 38%
Somewhat significant	1034 33%
BOTTOM 2 BOX (NET)	906 29%
Not very significant	559 18%
Not at all significant	347 11%
Sigma	3132 100%

Q625_2. 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.

20 Oct 2026
Table 21

Base: Employed Respondents

2. Work

Total	
Unweighted Base	1982
Weighted Base	1904
TOP 2 BOX (NET)	1381
	73%
Very significant	589
	31%
Somewhat significant	791
	42%
BOTTOM 2 BOX (NET)	523
	27%
Not very significant	331
	17%
Not at all significant	192
	10%
Sigma	1904
	100%

Q625_4. 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.

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Table 22

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

Base: All Qualified Respondents

Total	
Unweighted Base	3132
Weighted Base	3132
TOP 2 BOX (NET)	1701
	54%
Very significant	753
	24%
Somewhat significant	948
	30%
BOTTOM 2 BOX (NET)	1431
	46%
Not very significant	706
	23%
Not at all significant	725
	23%
Sigma	3132
	100%

Q625_5. 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.

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Table 23

Base: All Qualified Respondents

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

Total	
Unweighted Base	3132
Weighted Base	3132
TOP 2 BOX (NET)	1727
	55%
Very significant	674
	22%
Somewhat significant	1052
	34%
BOTTOM 2 BOX (NET)	1405
	45%
Not very significant	813
	26%
Not at all significant	593
	19%
Sigma	3132
	100%

Q625_6. 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.

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Table 24

Base: All Qualified Respondents

6. Family responsibilities

Total	
Unweighted Base	3132
Weighted Base	3132
TOP 2 BOX (NET)	1971
	63%
Very significant	793
	25%
Somewhat significant	1177
	38%
BOTTOM 2 BOX (NET)	1161
	37%
Not very significant	594
	19%
Not at all significant	568
	18%
Sigma	3132
	100%

Q625_9. 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.

20 Oct 2026
Table 25

Base: All Qualified Respondents

9. Job stability

Total	
Unweighted Base	3132
Weighted Base	3132
TOP 2 BOX (NET)	1572 50%
Very significant	735 23%
Somewhat significant	836 27%
BOTTOM 2 BOX (NET)	1560 50%
Not very significant	572 18%
Not at all significant	989 32%
Sigma	3132 100%

Q625_10. 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.

20 Oct 2026
Table 26

Base: All Qualified Respondents

10. Personal safety

Total	
Unweighted Base	3132
Weighted Base	3132
TOP 2 BOX (NET)	1361 43%
Very significant	587 19%
Somewhat significant	774 25%
BOTTOM 2 BOX (NET)	1771 57%
Not very significant	862 28%
Not at all significant	909 29%
Sigma	3132 100%

Q625_11. 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.

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Table 27

Base: All Qualified Respondents

11. Discrimination

Total	
Unweighted Base	3132
Weighted Base	3132
TOP 2 BOX (NET)	948 30%
Very significant	383 12%
Somewhat significant	565 18%
BOTTOM 2 BOX (NET)	2184 70%
Not very significant	823 26%
Not at all significant	1360 43%
Sigma	3132 100%

Q625_14. 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.

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Table 28

Base: All Qualified Respondents

14. My physical health

Total	
Unweighted Base	3132
Weighted Base	3132
TOP 2 BOX (NET)	1861 59%
Very significant	772 25%
Somewhat significant	1089 35%
BOTTOM 2 BOX (NET)	1271 41%
Not very significant	785 25%
Not at all significant	485 15%
Sigma	3132 100%

Q625_15. 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.

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Table 29

Base: All Qualified Respondents

15. My mental health

Total	
Unweighted Base	3132
Weighted Base	3132
TOP 2 BOX (NET)	1716 55%
Very significant	802 26%
Somewhat significant	914 29%
BOTTOM 2 BOX (NET)	1416 45%
Not very significant	700 22%
Not at all significant	716 23%
Sigma	3132 100%

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.

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Table 30

SUMMARY TABLE OF VERY/SOMEWHAT SIGNIFICANT (TOP 2 BOX)

Base: All Qualified Respondents

	Total
Unweighted Base	3132
Weighted Base	3132
The economy	2319 74%
Healthcare (e.g., access, affordability, finding time for appointments, etc.)	1885 60%
U.S. politics	1848 59%
Global tension/conflict	1755 56%
Violence and crime	1665 53%
The environment (e.g., climate change, natural disasters, sustainability, etc.)	1485 47%
Education	1353 43%
Social issues (i.e., issues related to race, sexual orientation, gender identity, religion, etc.)	1316 42%
Immigration	1297 41%
Gun laws and regulations	1294 41%
Abortion laws	1101 35%
Online gambling	619 20%

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 TABLE OF NOT AT ALL/NOT VERY SIGNIFICANT (BOTTOM 2 BOX)

Base: All Qualified Respondents

	Total
Unweighted Base	3132
Weighted Base	3132
Online gambling	2513 80%
Abortion laws	2031 65%
Gun laws and regulations	1838 59%
Immigration	1835 59%
Social issues (i.e., issues related to race, sexual orientation, gender identity, religion, etc.)	1816 58%
Education	1779 57%
The environment (e.g., climate change, natural disasters, sustainability, etc.)	1647 53%
Violence and crime	1467 47%
Global tension/conflict	1377 44%
U.S. politics	1284 41%
Healthcare (e.g., access, affordability, finding time for appointments, etc.)	1247 40%
The economy	813 26%

Q3222_6. 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.

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Table 32

6. Violence and crime

Base: All Qualified Respondents

Total	
Unweighted Base	3132
Weighted Base	3132
TOP 2 BOX (NET)	1665 53%
Very significant	646 21%
Somewhat significant	1019 33%
BOTTOM 2 BOX (NET)	1467 47%
Not very significant	862 28%
Not at all significant	605 19%
Sigma	3132 100%

Q3222_7. 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.

7. Global tension/conflict

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Table 33

Base: All Qualified Respondents

Total	
Unweighted Base	3132
Weighted Base	3132
TOP 2 BOX (NET)	1755
	56%
Very significant	612
	20%
Somewhat significant	1143
	36%
BOTTOM 2 BOX (NET)	1377
	44%
Not very significant	769
	25%
Not at all significant	609
	19%
Sigma	3132
	100%

Q3222_8. 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.

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Table 34

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

Base: All Qualified Respondents

Total	
Unweighted Base	3132
Weighted Base	3132
TOP 2 BOX (NET)	1885
	60%
Very significant	788
	25%
Somewhat significant	1097
	35%
BOTTOM 2 BOX (NET)	1247
	40%
Not very significant	693
	22%
Not at all significant	554
	18%
Sigma	3132
	100%

Q3222_9. 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.

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Table 35

9. Abortion laws

Base: All Qualified Respondents

Total	
Unweighted Base	3132
Weighted Base	3132
TOP 2 BOX (NET)	1101
	35%
Very significant	442
	14%
Somewhat significant	659
	21%
BOTTOM 2 BOX (NET)	2031
	65%
Not very significant	814
	26%
Not at all significant	1217
	39%
Sigma	3132
	100%

Q3222_10. 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.

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Table 36

10. Immigration

Base: All Qualified Respondents

Total	
Unweighted Base	3132
Weighted Base	3132
TOP 2 BOX (NET)	1297
	41%
Very significant	493
	16%
Somewhat significant	804
	26%
BOTTOM 2 BOX (NET)	1835
	59%
Not very significant	858
	27%
Not at all significant	977
	31%
Sigma	3132
	100%

Q3222_13. 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.

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Table 37

13. The economy

Base: All Qualified Respondents

Total	
Unweighted Base	3132
Weighted Base	3132
TOP 2 BOX (NET)	2319
	74%
Very significant	1062
	34%
Somewhat significant	1257
	40%
BOTTOM 2 BOX (NET)	813
	26%
Not very significant	491
	16%
Not at all significant	323
	10%
Sigma	3132
	100%

Q3222_15. 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.

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Table 38

Base: All Qualified Respondents

15. Education

Total	
Unweighted Base	3132
Weighted Base	3132
TOP 2 BOX (NET)	1353 43%
Very significant	498 16%
Somewhat significant	855 27%
BOTTOM 2 BOX (NET)	1779 57%
Not very significant	728 23%
Not at all significant	1051 34%
Sigma	3132 100%

Q3222_16. 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.

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Table 39

16. Social issues (i.e., issues related to race, sexual orientation, gender identity, religion, etc.)

Base: All Qualified Respondents

Total	
Unweighted Base	3132
Weighted Base	3132
TOP 2 BOX (NET)	1316 42%
Very significant	481 15%
Somewhat significant	835 27%
BOTTOM 2 BOX (NET)	1816 58%
Not very significant	862 28%
Not at all significant	954 30%
Sigma	3132 100%

Q3222_17. 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.

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Table 40

17. The environment (e.g., climate change, natural disasters, sustainability, etc.)

Base: All Qualified Respondents

Total	
Unweighted Base	3132
Weighted Base	3132
TOP 2 BOX (NET)	1485 47%
Very significant	566 18%
Somewhat significant	919 29%
BOTTOM 2 BOX (NET)	1647 53%
Not very significant	867 28%
Not at all significant	780 25%
Sigma	3132 100%

Q3222_18. 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.

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Table 41

18. Gun laws and regulations

Base: All Qualified Respondents

Total	
Unweighted Base	3132
Weighted Base	3132
TOP 2 BOX (NET)	1294 41%
Very significant	495 16%
Somewhat significant	799 26%
BOTTOM 2 BOX (NET)	1838 59%
Not very significant	805 26%
Not at all significant	1034 33%
Sigma	3132 100%

Q3222_19. 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.

19. U.S. politics

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Table 42

Base: All Qualified Respondents

Total	
Unweighted Base	3132
Weighted Base	3132
TOP 2 BOX (NET)	1848
	59%
Very significant	700
	22%
Somewhat significant	1148
	37%
BOTTOM 2 BOX (NET)	1284
	41%
Not very significant	748
	24%
Not at all significant	536
	17%
Sigma	3132
	100%

Q3222_20. 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.

20. Online gambling

20 Oct 2026
Table 43

Base: All Qualified Respondents

Total	
Unweighted Base	3132
Weighted Base	3132
TOP 2 BOX (NET)	619 20%
Very significant	244 8%
Somewhat significant	375 12%
BOTTOM 2 BOX (NET)	2513 80%
Not very significant	543 17%
Not at all significant	1970 63%
Sigma	3132 100%

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.

20 Oct 2026
Table 44

SUMMARY TABLE OF VERY/SOMEWHAT SIGNIFICANT (TOP 2 BOX)

Base: All Qualified Respondents

	Total
Unweighted Base	3132
Weighted Base	3132
The cost of living (e.g., rent/mortgage, groceries, child/family care, transportation, etc.)	2415 77%
The future of our nation	2316 74%
The spread of inaccurate or misleading information (e.g., misinformation, disinformation, deepfakes, etc.)	1994 64%
Mass shootings	1941 62%
Social divisiveness in our nation	1819 58%
Rise of artificial intelligence (AI)	1763 56%
Conflict in the Middle East	1748 56%
Impact of law enforcement practices on communities	1586 51%
The current state of race relations	1513 48%
The current state of LGBTQ+ inclusivity and acceptance	1017 32%

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.

20 Oct 2026
Table 45

Base: All Qualified Respondents

SUMMARY TABLE OF NOT AT ALL/NOT VERY SIGNIFICANT (BOTTOM 2 BOX)

	Total
Unweighted Base	3132
Weighted Base	3132
The current state of LGBTQ+ inclusivity and acceptance	2115 68%
The current state of race relations	1619 52%
Impact of law enforcement practices on communities	1546 49%
Conflict in the Middle East	1384 44%
Rise of artificial intelligence (AI)	1369 44%
Social divisiveness in our nation	1313 42%
Mass shootings	1191 38%
The spread of inaccurate or misleading information (e.g., misinformation, disinformation, deepfakes, etc.)	1138 36%
The future of our nation	816 26%
The cost of living (e.g., rent/mortgage, groceries, child/family care, transportation, etc.)	717 23%

Q3226_4. 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.

20 Oct 2026
Table 46

4. Rise of artificial intelligence (AI)

Base: All Qualified Respondents

Total	
Unweighted Base	3132
Weighted Base	3132
TOP 2 BOX (NET)	1763 56%
Very significant	728 23%
Somewhat significant	1035 33%
BOTTOM 2 BOX (NET)	1369 44%
Not very significant	798 25%
Not at all significant	571 18%
Sigma	3132 100%

Q3226_5. 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.
5. The spread of inaccurate or misleading information (e.g., misinformation, disinformation, deepfakes, etc.)

20 Oct 2026
Table 47

Base: All Qualified Respondents

Total	
Unweighted Base	3132
Weighted Base	3132
TOP 2 BOX (NET)	1994 64%
Very significant	850 27%
Somewhat significant	1143 37%
BOTTOM 2 BOX (NET)	1138 36%
Not very significant	697 22%
Not at all significant	441 14%
Sigma	3132 100%

Q3226_8. 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.

20 Oct 2026
Table 48

Base: All Qualified Respondents

8. The future of our nation	
	Total
Unweighted Base	3132
Weighted Base	3132
TOP 2 BOX (NET)	2316 74%
Very significant	1110 35%
Somewhat significant	1205 38%
BOTTOM 2 BOX (NET)	816 26%
Not very significant	484 15%
Not at all significant	333 11%
Sigma	3132 100%

Q3226_9. 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.
9. Social divisiveness in our nation

20 Oct 2026
Table 49

Base: All Qualified Respondents

Total	
Unweighted Base	3132
Weighted Base	3132
TOP 2 BOX (NET)	1819 58%
Very significant	783 25%
Somewhat significant	1036 33%
BOTTOM 2 BOX (NET)	1313 42%
Not very significant	735 23%
Not at all significant	577 18%
Sigma	3132 100%

Q3226_10. 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.

20 Oct 2026
Table 50

Base: All Qualified Respondents

10. The current state of race relations

Total	
Unweighted Base	3132
Weighted Base	3132
TOP 2 BOX (NET)	1513 48%
Very significant	560 18%
Somewhat significant	953 30%
BOTTOM 2 BOX (NET)	1619 52%
Not very significant	870 28%
Not at all significant	749 24%
Sigma	3132 100%

Q3226_11. 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.

20 Oct 2026
Table 51

Base: All Qualified Respondents

11. The current state of LGBTQ+ inclusivity and acceptance

Total	
Unweighted Base	3132
Weighted Base	3132
TOP 2 BOX (NET)	1017 32%
Very significant	355 11%
Somewhat significant	661 21%
BOTTOM 2 BOX (NET)	2115 68%
Not very significant	816 26%
Not at all significant	1299 41%
Sigma	3132 100%

Q3226_12. 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.

20 Oct 2026
Table 52

Base: All Qualified Respondents

12. Mass shootings

Total	
Unweighted Base	3132
Weighted Base	3132
TOP 2 BOX (NET)	1941 62%
Very significant	839 27%
Somewhat significant	1102 35%
BOTTOM 2 BOX (NET)	1191 38%
Not very significant	724 23%
Not at all significant	467 15%
Sigma	3132 100%

Q3226_13. 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.

20 Oct 2026
Table 53

13. Conflict in the Middle East

Base: All Qualified Respondents

Total	
Unweighted Base	3132
Weighted Base	3132
TOP 2 BOX (NET)	1748
	56%
Very significant	660
	21%
Somewhat significant	1088
	35%
BOTTOM 2 BOX (NET)	1384
	44%
Not very significant	813
	26%
Not at all significant	571
	18%
Sigma	3132
	100%

Q3226_14. 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.

20 Oct 2026
Table 54

Base: All Qualified Respondents

14. Impact of law enforcement practices on communities

Total	
Unweighted Base	3132
Weighted Base	3132
TOP 2 BOX (NET)	1586
	51%
Very significant	626
	20%
Somewhat significant	959
	31%
BOTTOM 2 BOX (NET)	1546
	49%
Not very significant	818
	26%
Not at all significant	728
	23%
Sigma	3132
	100%

Q3226_15. 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.

20 Oct 2026
Table 53

Base: All Qualified Respondents

15. The cost of living (e.g., rent/mortgage, groceries, child/family care, transportation, etc.)

Total	
Unweighted Base	3132
Weighted Base	3132
TOP 2 BOX (NET)	2415 77%
Very significant	1340 43%
Somewhat significant	1075 34%
BOTTOM 2 BOX (NET)	717 23%
Not very significant	460 15%
Not at all significant	257 8%
Sigma	3132 100%

Q810. Which of the following, if any, have you experienced in the last month as a result of stress? Please select all that apply.

Base: All Qualified Respondents

	Total
Unweighted Base	3132
Weighted Base	3132
ANY (NET)	2426 77%
Feeling nervous or anxious	1201 38%
Fatigue	1198 38%
Headache	1174 37%
Feeling depressed or sad	1099 35%
Lack of interest, motivation, or energy	999 32%
Irritability or anger	995 32%
Feeling as though I could cry	800 26%
Upset stomach or indigestion	724 23%
Change in appetite	625 20%
Muscular tension	585 19%
Teeth grinding	500 16%
Change in sex drive	427 14%
Feeling faint or dizzy	426 14%
Tightness in my chest	423 13%
Change in menstrual cycle [FOR FEMALES]	176 11%
Erectile dysfunction [FOR MALES]	132 9%
Other	59 2%
Nothing	671 21%
Decline to answer	35 1%

Q4001. How often do you feel each of the following?
SUMMARY TABLE OF EVER

20 Oct 2026
Table 57

Base: All Qualified Respondents

Total	
Unweighted Base	3132
Weighted Base	3132
Isolated from others	1613 51%
Left out	1543 49%
That I lack companionship	1499 48%

Q4001. How often do you feel each of the following?
SUMMARY TABLE OF OFTEN

20 Oct 2026
Table 58

Base: All Qualified Respondents

Total	
Unweighted Base	3132
Weighted Base	3132
Isolated from others	497 16%
That I lack companionship	449 14%
Left out	438 14%

Q4001. How often do you feel each of the following?
SUMMARY TABLE OF HARDLY EVER

20 Oct 2026
Table 59

Base: All Qualified Respondents

Total	
Unweighted Base	3132
Weighted Base	3132
That I lack companionship	1633 52%
Left out	1589 51%
Isolated from others	1519 49%

Q4001_1. How often do you feel each of the following?
1. That I lack companionship

20 Oct 2026
Table 60

Base: All Qualified Respondents

Total	
Unweighted Base	3132
Weighted Base	3132
EVER (NET)	1499 48%
Often	449 14%
Some of the time	1049 33%
Hardly ever	1633 52%
Sigma	3132 100%

Q4001_2. How often do you feel each of the following?
2. Left out

20 Oct 2026
Table 61

Base: All Qualified Respondents

Total	
Unweighted Base	3132
Weighted Base	3132
EVER (NET)	1543 49%
Often	438 14%
Some of the time	1104 35%
Hardly ever	1589 51%
Sigma	3132 100%

Q4001_3. How often do you feel each of the following?
3. Isolated from others

20 Oct 2026
Table 62

Base: All Qualified Respondents

Total	
Unweighted Base	3132
Weighted Base	3132
EVER (NET)	1613 51%
Often	497 16%
Some of the time	1116 36%
Hardly ever	1519 49%
Sigma	3132 100%

Base: All Qualified Respondents

Q4001B. LONELINESS SCORE	
	Total
Unweighted Base	3132
Weighted Base	3132
3	1121 36%
4	393 13%
5	392 13%
6	597 19%
7	256 8%
8	191 6%
9	182 6%
Sigma	3132 100%

Q980. Please indicate the extent to which you agree or disagree with the following statements.
SUMMARY TABLE OF STRONGLY / SOMEWHAT AGREE (TOP 2 BOX)

20 Oct 2026
Table 64

Base: All Qualified Respondents

	Total
Unweighted Base	3132
Weighted Base	3132
I feel confident I can cope with change.	2577 82%
I have healthy ways I manage my stress.	2493 80%
Bad news no longer shocks me the way it used to.	2260 72%
Stress is just something I have to live with.	2240 72%
I have become accustomed to living with uncertainty.	2121 68%
It is difficult to imagine a time when my life will feel less stressful.	1655 53%
I no longer expect life to feel stable.	1629 52%

Q980. Please indicate the extent to which you agree or disagree with the following statements.
SUMMARY TABLE OF STRONGLY / SOMEWHAT DISAGREE (BOTTOM 2 BOX)

Base: All Qualified Respondents

	Total
Unweighted Base	3132
Weighted Base	3132
I no longer expect life to feel stable.	1503 48%
It is difficult to imagine a time when my life will feel less stressful.	1318 42%
I have become accustomed to living with uncertainty.	1011 32%
Stress is just something I have to live with.	892 28%
Bad news no longer shocks me the way it used to.	872 28%
I have healthy ways I manage my stress.	639 20%
I feel confident I can cope with change.	555 18%

Q980_3. Please indicate the extent to which you agree or disagree with the following statements.
3. I have healthy ways I manage my stress.

20 Oct 2026
Table 66

Base: All Qualified Respondents

Total
Unweighted Base
Weighted Base
TOP 2 BOX (NET)
Strongly agree
Somewhat agree
BOTTOM 2 BOX (NET)
Somewhat disagree
Strongly disagree
Sigma

Q980_6. Please indicate the extent to which you agree or disagree with the following statements.
6. Stress is just something I have to live with.

Base: All Qualified Respondents

Total	
Unweighted Base	3132
Weighted Base	3132
TOP 2 BOX (NET)	2240 72%
Strongly agree	826 26%
Somewhat agree	1415 45%
BOTTOM 2 BOX (NET)	892 28%
Somewhat disagree	554 18%
Strongly disagree	338 11%
Sigma	3132 100%

Q980_11. Please indicate the extent to which you agree or disagree with the following statements.
11. I no longer expect life to feel stable.

20 Oct 2026
Table 68

Base: All Qualified Respondents

Total	
Unweighted Base	3132
Weighted Base	3132
TOP 2 BOX (NET)	1629 52%
Strongly agree	573 18%
Somewhat agree	1056 34%
BOTTOM 2 BOX (NET)	1503 48%
Somewhat disagree	838 27%
Strongly disagree	665 21%
Sigma	3132 100%

Q980_12. Please indicate the extent to which you agree or disagree with the following statements.
12. Bad news no longer shocks me the way it used to.

20 Oct 2026
Table 69

Base: All Qualified Respondents

Total	
Unweighted Base	3132
Weighted Base	3132
TOP 2 BOX (NET)	2260 72%
Strongly agree	859 27%
Somewhat agree	1401 45%
BOTTOM 2 BOX (NET)	872 28%
Somewhat disagree	620 20%
Strongly disagree	252 8%
Sigma	3132 100%

Q980_13. Please indicate the extent to which you agree or disagree with the following statements.
13. I feel confident I can cope with change.

Base: All Qualified Respondents

Total	
Unweighted Base	3132
Weighted Base	3132
TOP 2 BOX (NET)	2577 82%
Strongly agree	1152 37%
Somewhat agree	1425 45%
BOTTOM 2 BOX (NET)	555 18%
Somewhat disagree	434 14%
Strongly disagree	121 4%
Sigma	3132 100%

Q980_14. Please indicate the extent to which you agree or disagree with the following statements.
14. I have become accustomed to living with uncertainty.

20 Oct 2026
Table 71

Base: All Qualified Respondents

Total	
Unweighted Base	3132
Weighted Base	3132
TOP 2 BOX (NET)	2121 68%
Strongly agree	663 21%
Somewhat agree	1459 47%
BOTTOM 2 BOX (NET)	1011 32%
Somewhat disagree	665 21%
Strongly disagree	346 11%
Sigma	3132 100%

Q980_15. Please indicate the extent to which you agree or disagree with the following statements.
15. It is difficult to imagine a time when my life will feel less stressful.

20 Oct 2026
Table 72

Base: All Qualified Respondents

Total	
Unweighted Base	3132
Weighted Base	3132
TOP 2 BOX (NET)	1655 53%
Strongly agree	713 23%
Somewhat agree	942 30%
BOTTOM 2 BOX (NET)	1318 42%
Somewhat disagree	744 24%
Strongly disagree	573 18%
Not applicable	160 5%
Sigma	3132 100%

Q980. Please indicate the extent to which you agree or disagree with the following statements.
SUMMARY TABLE OF STRONGLY / SOMEWHAT AGREE (TOP 2 BOX)

Base: Excluding N/A

		Total
I feel confident I can cope with change.	2577	82%
I have healthy ways I manage my stress.	2493	80%
Bad news no longer shocks me the way it used to.	2260	72%
Stress is just something I have to live with.	2240	72%
I have become accustomed to living with uncertainty.	2121	68%
It is difficult to imagine a time when my life will feel less stressful.	1655	56%
I no longer expect life to feel stable.	1629	52%

Q980. Please indicate the extent to which you agree or disagree with the following statements.
SUMMARY TABLE OF STRONGLY / SOMEWHAT DISAGREE (BOTTOM 2 BOX)

20 Oct 2026
Table 74

Base: Excluding N/A

		Total
I no longer expect life to feel stable.	1503	48%
It is difficult to imagine a time when my life will feel less stressful.	1318	44%
I have become accustomed to living with uncertainty.	1011	32%
Stress is just something I have to live with.	892	28%
Bad news no longer shocks me the way it used to.	872	28%
I have healthy ways I manage my stress.	639	20%
I feel confident I can cope with change.	555	18%

Q980_3. Please indicate the extent to which you agree or disagree with the following statements.
3. I have healthy ways I manage my stress.

Base: Excluding N/A

Total	
Unweighted Base	3132
Weighted Base	3132
TOP 2 BOX (NET)	2493 80%
Strongly agree	1041 33%
Somewhat agree	1452 46%
BOTTOM 2 BOX (NET)	639 20%
Somewhat disagree	486 16%
Strongly disagree	153 5%
Sigma	3132 100%

Q980_6. Please indicate the extent to which you agree or disagree with the following statements.
6. Stress is just something I have to live with.

20 Oct 2026
Table 76

Base: Excluding N/A

Total
Unweighted Base
Weighted Base
TOP 2 BOX (NET)
Strongly agree
Somewhat agree
BOTTOM 2 BOX (NET)
Somewhat disagree
Strongly disagree
Sigma

Q980_11. Please indicate the extent to which you agree or disagree with the following statements.
11. I no longer expect life to feel stable.

20 Oct 2026
Table 77

Base: Excluding N/A

Total	
Unweighted Base	3132
Weighted Base	3132
TOP 2 BOX (NET)	1629
	52%
Strongly agree	573
	18%
Somewhat agree	1056
	34%
BOTTOM 2 BOX (NET)	1503
	48%
Somewhat disagree	838
	27%
Strongly disagree	665
	21%
Sigma	3132
	100%

Q980_12. Please indicate the extent to which you agree or disagree with the following statements.
12. Bad news no longer shocks me the way it used to.

20 Oct 2026
Table 78

Base: Excluding N/A

Total	
Unweighted Base	3132
Weighted Base	3132
TOP 2 BOX (NET)	2260 72%
Strongly agree	859 27%
Somewhat agree	1401 45%
BOTTOM 2 BOX (NET)	872 28%
Somewhat disagree	620 20%
Strongly disagree	252 8%
Sigma	3132 100%

Q980_13. Please indicate the extent to which you agree or disagree with the following statements.
13. I feel confident I can cope with change.

20 Oct 2026
Table 79

Base: Excluding N/A

Total	
Unweighted Base	3132
Weighted Base	3132
TOP 2 BOX (NET)	2577 82%
Strongly agree	1152 37%
Somewhat agree	1425 45%
BOTTOM 2 BOX (NET)	555 18%
Somewhat disagree	434 14%
Strongly disagree	121 4%
Sigma	3132 100%

Q980_14. Please indicate the extent to which you agree or disagree with the following statements.
14. I have become accustomed to living with uncertainty.

20 Oct 2026
Table 80

Base: Excluding N/A

Total	
Unweighted Base	3132
Weighted Base	3132
TOP 2 BOX (NET)	2121
	68%
Strongly agree	663
	21%
Somewhat agree	1459
	47%
BOTTOM 2 BOX (NET)	1011
	32%
Somewhat disagree	665
	21%
Strongly disagree	346
	11%
Sigma	3132
	100%

Q980_15. Please indicate the extent to which you agree or disagree with the following statements.
15. It is difficult to imagine a time when my life will feel less stressful.

Base: Excluding N/A

Total	
Unweighted Base	3003
Weighted Base	2972
TOP 2 BOX (NET)	1655 56%
Strongly agree	713 24%
Somewhat agree	942 32%
BOTTOM 2 BOX (NET)	1318 44%
Somewhat disagree	744 25%
Strongly disagree	573 19%
Sigma	2972 100%

Q4030. How much has stress affected each of the following areas of your life?
SUMMARY TABLE OF SIGNIFICANTLY (TOP BOX)

20 Oct 2026
Table 82

Base: All Qualified Respondents

Total	
Unweighted Base	3132
Weighted Base	3132
My sleep	728 23%
My sense of optimism about the future	684 22%
My motivation	633 20%
My mental/emotional well-being	620 20%
My productivity	586 19%
My ability to focus	570 18%
My relationships with family	511 16%
My physical health	483 15%
My friendships	435 14%

Q4030. How much has stress affected each of the following areas of your life?
SUMMARY TABLE OF SIGNIFICANTLY / SOMEWHAT (TOP 2 BOX)

20 Oct 2026
Table 83

Base: All Qualified Respondents

Total	
Unweighted Base	3132
Weighted Base	3132
My sleep	1879 60%
My sense of optimism about the future	1849 59%
My mental/emotional well-being	1765 56%
My motivation	1737 55%
My ability to focus	1636 52%
My physical health	1582 51%
My productivity	1575 50%
My relationships with family	1431 46%
My friendships	1211 39%

Q4030. How much has stress affected each of the following areas of your life?
SUMMARY TABLE OF NOT AT ALL / NOT MUCH (BOTTOM 2 BOX)

20 Oct 2026
Table 84

Base: All Qualified Respondents

Total	
Unweighted Base	3132
Weighted Base	3132
My friendships	1921 61%
My relationships with family	1701 54%
My productivity	1557 50%
My physical health	1550 49%
My ability to focus	1496 48%
My motivation	1395 45%
My mental/emotional well-being	1367 44%
My sense of optimism about the future	1283 41%
My sleep	1253 40%

Q4030_1. How much has stress affected each of the following areas of your life?
1. My relationships with family

20 Oct 2026
Table 85

Base: All Qualified Respondents

Total	
Unweighted Base	3132
Weighted Base	3132
TOP 2 BOX (NET)	1431 46%
Significantly	511 16%
Somewhat	920 29%
BOTTOM 2 BOX (NET)	1701 54%
Not much	810 26%
Not at all	891 28%
Sigma	3132 100%

Q4030_2. How much has stress affected each of the following areas of your life?
2. My friendships

20 Oct 2026
Table 86

Base: All Qualified Respondents

		Total
Unweighted Base		3132
Weighted Base		3132
TOP 2 BOX (NET)		1211
		39%
Significantly		435
		14%
Somewhat		776
		25%
BOTTOM 2 BOX (NET)		1921
		61%
Not much		918
		29%
Not at all		1002
		32%
Sigma		3132
		100%

Q4030_3. How much has stress affected each of the following areas of your life?
3. My motivation

20 Oct 2026
Table 87

Base: All Qualified Respondents

		Total
Unweighted Base		3132
Weighted Base		3132
TOP 2 BOX (NET)		1737
		55%
Significantly		633
		20%
Somewhat		1104
		35%
BOTTOM 2 BOX (NET)		1395
		45%
Not much		712
		23%
Not at all		683
		22%
Sigma		3132
		100%

Q4030_4. How much has stress affected each of the following areas of your life?

20 Oct 2026
Table 88

4. My productivity

Base: All Qualified Respondents

Total	
Unweighted Base	3132
Weighted Base	3132
TOP 2 BOX (NET)	1575
	50%
Significantly	586
	19%
Somewhat	989
	32%
BOTTOM 2 BOX (NET)	1557
	50%
Not much	788
	25%
Not at all	769
	25%
Sigma	3132
	100%

Q4030_5. How much has stress affected each of the following areas of your life?
5. My sleep

20 Oct 2026
Table 89

Base: All Qualified Respondents

		Total
Unweighted Base		3132
Weighted Base		3132
TOP 2 BOX (NET)		1879
		60%
Significantly		728
		23%
Somewhat		1151
		37%
BOTTOM 2 BOX (NET)		1253
		40%
Not much		711
		23%
Not at all		543
		17%
Sigma		3132
		100%

Q4030_6. How much has stress affected each of the following areas of your life?
6. My physical health

20 Oct 2026
Table 90

Base: All Qualified Respondents

		Total
Unweighted Base		3132
Weighted Base		3132
TOP 2 BOX (NET)		1582
		51%
Significantly		483
		15%
Somewhat		1099
		35%
BOTTOM 2 BOX (NET)		1550
		49%
Not much		887
		28%
Not at all		662
		21%
Sigma		3132
		100%

Q4030_7. How much has stress affected each of the following areas of your life?
7. My mental/emotional well-being

20 Oct 2026
Table 91

Base: All Qualified Respondents

Total	
Unweighted Base	3132
Weighted Base	3132
TOP 2 BOX (NET)	1765
	56%
Significantly	620
	20%
Somewhat	1145
	37%
BOTTOM 2 BOX (NET)	1367
	44%
Not much	710
	23%
Not at all	657
	21%
Sigma	3132
	100%

Q4030_8. How much has stress affected each of the following areas of your life?
8. My ability to focus

20 Oct 2026
Table 92

Base: All Qualified Respondents

Total	
Unweighted Base	3132
Weighted Base	3132
TOP 2 BOX (NET)	1636
	52%
Significantly	570
	18%
Somewhat	1065
	34%
BOTTOM 2 BOX (NET)	1496
	48%
Not much	783
	25%
Not at all	714
	23%
Sigma	3132
	100%

Q4030_9. How much has stress affected each of the following areas of your life?
9. My sense of optimism about the future

20 Oct 2026
Table 93

Base: All Qualified Respondents

Total	
Unweighted Base	3132
Weighted Base	3132
TOP 2 BOX (NET)	1849 59%
Significantly	684 22%
Somewhat	1164 37%
BOTTOM 2 BOX (NET)	1283 41%
Not much	688 22%
Not at all	595 19%
Sigma	3132 100%

Q4031. How often, if at all, do you experience each of the following?
SUMMARY TABLE OF REGULARLY / OFTEN

Base: All Qualified Respondents

	Total
Unweighted Base	3132
Weighted Base	3132
The need to travel/get away from your day-to-day life	1017 32%
Feeling stuck in "survival mode"	970 31%
Feeling like life has become more about managing stress than pursuing goals	962 31%
Avoiding thinking too much about the future	887 28%
Difficulty imagining what a positive future looks like	873 28%
Feeling compelled to try new things	841 27%

Q4031. How often, if at all, do you experience each of the following?
SUMMARY TABLE OF AT LEAST SOMETIMES

Base: All Qualified Respondents

	Total
Unweighted Base	3132
Weighted Base	3132
The need to travel/get away from your day-to-day life	2063 66%
Feeling compelled to try new things	1945 62%
Avoiding thinking too much about the future	1942 62%
Feeling like life has become more about managing stress than pursuing goals	1863 59%
Feeling stuck in "survival mode"	1833 59%
Difficulty imagining what a positive future looks like	1785 57%

Q4031. How often, if at all, do you experience each of the following?
SUMMARY TABLE OF EVER

Base: All Qualified Respondents

	Total
Unweighted Base	3132
Weighted Base	3132
Feeling compelled to try new things	2726 87%
Avoiding thinking too much about the future	2621 84%
The need to travel/get away from your day-to-day life	2609 83%
Feeling like life has become more about managing stress than pursuing goals	2512 80%
Difficulty imagining what a positive future looks like	2488 79%
Feeling stuck in "survival mode"	2477 79%

Q4031_1. How often, if at all, do you experience each of the following?
1. Avoiding thinking too much about the future

Base: All Qualified Respondents

Total	
Unweighted Base	3132
Weighted Base	3132
EVER (NET)	2621 84%
AT LEAST SOMETIMES (SUB-NET)	1942 62%
REGULARLY / OFTEN (SUB-SUB-NET)	887 28%
Regularly	300 10%
Often	588 19%
Sometimes	1054 34%
Rarely	679 22%
Never	511 16%
Sigma	3132 100%

Q4031_2. How often, if at all, do you experience each of the following?
2. Difficulty imagining what a positive future looks like

Base: All Qualified Respondents

		Total
Unweighted Base		3132
Weighted Base		3132
EVER (NET)		2488
		79%
AT LEAST SOMETIMES (SUB-NET)		1785
		57%
REGULARLY / OFTEN (SUB-SUB-NET)		873
		28%
Regularly		358
		11%
Often		516
		16%
Sometimes		911
		29%
Rarely		704
		22%
Never		644
		21%
Sigma		3132
		100%

Q4031_3. How often, if at all, do you experience each of the following?

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Table 99

Base: All Qualified Respondents

3. Feeling stuck in "survival mode"

Total	
Unweighted Base	3132
Weighted Base	3132
EVER (NET)	2477 79%
AT LEAST SOMETIMES (SUB-NET)	1833 59%
REGULARLY / OFTEN (SUB-SUB-NET)	970 31%
Regularly	407 13%
Often	563 18%
Sometimes	863 28%
Rarely	643 21%
Never	655 21%
Sigma	3132 100%

Q4031_4. How often, if at all, do you experience each of the following?
4. Feeling like life has become more about managing stress than pursuing goals

Base: All Qualified Respondents

Total	
Unweighted Base	3132
Weighted Base	3132
EVER (NET)	2512 80%
AT LEAST SOMETIMES (SUB-NET)	1863 59%
REGULARLY / OFTEN (SUB-SUB-NET)	962 31%
Regularly	353 11%
Often	610 19%
Sometimes	901 29%
Rarely	648 21%
Never	620 20%
Sigma	3132 100%

Q4031_5. How often, if at all, do you experience each of the following?
5. Feeling compelled to try new things

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Table 101

Base: All Qualified Respondents

Total	
Unweighted Base	3132
Weighted Base	3132
EVER (NET)	2726 87%
AT LEAST SOMETIMES (SUB-NET)	1945 62%
REGULARLY / OFTEN (SUB-SUB-NET)	841 27%
Regularly	267 9%
Often	574 18%
Sometimes	1104 35%
Rarely	781 25%
Never	406 13%
Sigma	3132 100%

Q4031_6. How often, if at all, do you experience each of the following?
6. The need to travel/get away from your day-to-day life

Base: All Qualified Respondents

Total	
Unweighted Base	3132
Weighted Base	3132
EVER (NET)	2609 83%
AT LEAST SOMETIMES (SUB-NET)	2063 66%
REGULARLY / OFTEN (SUB-SUB-NET)	1017 32%
Regularly	353 11%
Often	664 21%
Sometimes	1047 33%
Rarely	545 17%
Never	523 17%
Sigma	3132 100%

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.

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Table 103

Base: All Qualified Respondents

	Total
Unweighted Base	3132
Weighted Base	3132
ANY (NET)	2305 74%
REDUCED PARTICIPATION (SUB-NET)	1469 47%
Pulled back from social activities or gatherings	967 31%
Reduced participation in hobbies or activities I previously enjoyed	830 27%
Reduced participation in community activities (e.g., volunteering, activism, serving in community organizations)	502 16%
DISENGAGED FROM CIVIC LIFE (SUB-NET)	1144 37%
Avoided watching or reading the news	872 28%
Avoided engaging with political or societal issues	646 21%
Chosen comfort, distraction, or escape over productivity	979 31%
DELAYED FUTURE PLANNING (SUB-NET)	817 26%
Stopped planning for the future (e.g., next career move, buying a home, having a family)	530 17%
Delayed major life decisions (e.g., changing careers, buying a house, having a child)	515 16%
TAKEN TIME OFF / CALLED IN SICK FROM WORK (SUB-NET)	717 23%
Taken more time off work (e.g., PTO, short or long-term leave)	468 15%
Called in sick to work	451 14%
Take more vacations/traveled more	495 16%
Other	30 1%
None	827 26%
Sigma	8114 259%

Q711A. How much do you agree or disagree that each of the following statements describes you?
SUMMARY TABLE OF STRONGLY/SOMEWHAT AGREE (TOP 2 BOX)

Base: All Qualified Respondents

	Total
Unweighted Base	3132
Weighted Base	3132
I stay connected to family, friends, and others around me.	2535 81%
If something were to happen to me, I have someone whom I can regularly rely on.	2532 81%
If I needed advice, I have someone whom I can regularly rely on.	2407 77%
I believe getting involved (e.g., in my community, social issues, politics, etc.) can make a difference in my future.	1977 63%
I feel too emotionally drained to stay engaged with everything happening in the world.	1610 51%
I feel that my relationships with others are not meaningful.	1058 34%

Q711A. How much do you agree or disagree that each of the following statements describes you?
SUMMARY TABLE OF STRONGLY/SOMEWHAT DISAGREE (BOTTOM 2 BOX)

Base: All Qualified Respondents

	Total
Unweighted Base	3132
Weighted Base	3132
I feel that my relationships with others are not meaningful.	2074 66%
I feel too emotionally drained to stay engaged with everything happening in the world.	1522 49%
I believe getting involved (e.g., in my community, social issues, politics, etc.) can make a difference in my future.	1155 37%
If I needed advice, I have someone whom I can regularly rely on.	725 23%
If something were to happen to me, I have someone whom I can regularly rely on.	600 19%
I stay connected to family, friends, and others around me.	597 19%

Q711A_1. How much do you agree or disagree that each of the following statements describes you?
1. I stay connected to family, friends, and others around me.

Base: All Qualified Respondents

Total	
Unweighted Base	3132
Weighted Base	3132
TOP 2 BOX (NET)	2535 81%
Strongly agree	1201 38%
Somewhat agree	1334 43%
BOTTOM 2 BOX (NET)	597 19%
Somewhat disagree	427 14%
Strongly disagree	170 5%
Sigma	3132 100%

Q711A_3. How much do you agree or disagree that each of the following statements describes you?
3. If something were to happen to me, I have someone whom I can regularly rely on.

Base: All Qualified Respondents

Total	
Unweighted Base	3132
Weighted Base	3132
TOP 2 BOX (NET)	2532 81%
Strongly agree	1338 43%
Somewhat agree	1193 38%
BOTTOM 2 BOX (NET)	600 19%
Somewhat disagree	376 12%
Strongly disagree	225 7%
Sigma	3132 100%

Q711A_4. How much do you agree or disagree that each of the following statements describes you?
4. If I needed advice, I have someone whom I can regularly rely on.

Base: All Qualified Respondents

Total	
Unweighted Base	3132
Weighted Base	3132
TOP 2 BOX (NET)	2407 77%
Strongly agree	1191 38%
Somewhat agree	1215 39%
BOTTOM 2 BOX (NET)	725 23%
Somewhat disagree	453 14%
Strongly disagree	273 9%
Sigma	3132 100%

Q711A_7. How much do you agree or disagree that each of the following statements describes you?
7. I feel that my relationships with others are not meaningful.

Base: All Qualified Respondents

Total	
Unweighted Base	3132
Weighted Base	3132
TOP 2 BOX (NET)	1058 34%
Strongly agree	307 10%
Somewhat agree	751 24%
BOTTOM 2 BOX (NET)	2074 66%
Somewhat disagree	883 28%
Strongly disagree	1191 38%
Sigma	3132 100%

Q711A_8. How much do you agree or disagree that each of the following statements describes you?
8. I feel too emotionally drained to stay engaged with everything happening in the world.

Base: All Qualified Respondents

Total	
Unweighted Base	3132
Weighted Base	3132
TOP 2 BOX (NET)	1610 51%
Strongly agree	476 15%
Somewhat agree	1134 36%
BOTTOM 2 BOX (NET)	1522 49%
Somewhat disagree	795 25%
Strongly disagree	727 23%
Sigma	3132 100%

Q711A_9. How much do you agree or disagree that each of the following statements describes you?
9. I believe getting involved (e.g., in my community, social issues, politics, etc.) can make a difference in my future.

Base: All Qualified Respondents

		Total
Unweighted Base		3132
Weighted Base		3132
TOP 2 BOX (NET)		1977
		63%
Strongly agree		608
		19%
Somewhat agree		1369
		44%
BOTTOM 2 BOX (NET)		1155
		37%
Somewhat disagree		796
		25%
Strongly disagree		358
		11%
Sigma		3132
		100%

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

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Table 112

Base: All Qualified Respondents

	Total
Unweighted Base	3132
Weighted Base	3132
ANY (NET)	2863 91%
The economy	1857 59%
Health care system	1257 40%
Violence and crime within the United States	1232 39%
Global tension/conflict	1065 34%
Housing/housing market	986 31%
Artificial intelligence (AI)	961 31%
The mental health and well-being of Americans	937 30%
Immigration policies	866 28%
National security	836 27%
Climate change	834 27%
Social inequality, inequity, and discrimination	748 24%
The United States' reputation	682 22%
Education system	681 22%
Civic engagement and voter participation	373 12%
Other	141 4%
Nothing	269 9%
Sigma	13726 438%

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.

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Table 113

Base: All Qualified Respondents

	Total
Unweighted Base	3132
Weighted Base	3132
HAVE DREAMS OR GOALS FOR FUTURE (NET)	2823 90%
HAVE ANY CHALLENGES STANDING IN THE WAY (SUB-NET)	2489 79%
ECONOMIC (SUB-SUB-NET)	1658 53%
Economic instability	1037 33%
Debt	889 28%
Job security	569 18%
HEALTH/HEALTH CARE (SUB-SUB-NET)	1257 40%
My physical health	735 23%
My mental health	721 23%
Getting the health care I need and/or my family need (SUB-SUB-NET)	407 13%
PERSONAL	1041 33%
Anxiety/fear	832 27%
Lack of confidence	611 19%
Uncertainty of the future	806 26%
The current political climate in this country	559 18%
Housing/housing market	526 17%
Lack of support	486 16%
Lack of knowledge on how to achieve my dreams or goals	441 14%
Lack of social interactions or connections	365 12%
Social inequality, inequity, and discrimination	327 10%
Lack of education or lack of access to education	224 7%
Other	56 2%

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.

20 Oct 2026
Table 113

Base: All Qualified Respondents

Total	
Weighted Base	3132
None, there are no challenges to achieving my dreams or goals for the future	334 11%
None, I have already achieved my dreams or goals for the future	179 6%
Not applicable - I do not have any dreams or goals for the future	130 4%
Sigma	10234 327%

Q4005A. To what extent do you believe your generation will be better or worse off than your parents' generation?

Base: All Qualified Respondents

Total	
Unweighted Base	3132
Weighted Base	3132
TOP 2 BOX (NET)	931 30%
Much better	278 9%
Somewhat better	653 21%
Neither better nor worse	802 26%
BOTTOM 2 BOX (NET)	1399 45%
Somewhat worse	887 28%
Much worse	512 16%
Sigma	3132 100%

Base: All Qualified Respondents

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

Total	
Unweighted Base	3132
Weighted Base	3132
TOP 2 BOX (NET)	2260 72%
A great deal	832 27%
Some	1429 46%
BOTTOM 2 BOX (NET)	872 28%
Not much	661 21%
None	211 7%
Sigma	3132 100%

Q4017. How much do you agree or disagree with each of the following statements?
SUMMARY TABLE OF STRONGLY/SOMEWHAT AGREE (TOP 2 BOX)

Base: All Qualified Respondents

	Total
Unweighted Base	3132
Weighted Base	3132
I believe I can still build a good life, even if it looks different from past generations.	2588 83%
I feel confident that my efforts will lead to success.	2402 77%
I am optimistic about the direction my life is heading.	2265 72%
There is no challenge I cannot overcome.	2174 69%
I feel like I'm doing everything "right" and still falling behind.	1860 59%
I've had to lower my expectations for what I can achieve in life.	1755 56%
Future generations are going to inherit a better world than we did.	1313 42%

Q4017. How much do you agree or disagree with each of the following statements?
SUMMARY TABLE OF STRONGLY/SOMEWHAT DISAGREE (BOTTOM 2 BOX)

Base: All Qualified Respondents

	Total
Unweighted Base	3132
Weighted Base	3132
Future generations are going to inherit a better world than we did.	1819 58%
I've had to lower my expectations for what I can achieve in life.	1377 44%
I feel like I'm doing everything "right" and still falling behind.	1272 41%
There is no challenge I cannot overcome.	958 31%
I am optimistic about the direction my life is heading.	867 28%
I feel confident that my efforts will lead to success.	730 23%
I believe I can still build a good life, even if it looks different from past generations.	544 17%

Q4017_1. How much do you agree or disagree with each of the following statements?
1. I feel like I'm doing everything "right" and still falling behind.

Base: All Qualified Respondents

Total	
Unweighted Base	3132
Weighted Base	3132
TOP 2 BOX (NET)	1860 59%
Strongly agree	582 19%
Somewhat agree	1278 41%
BOTTOM 2 BOX (NET)	1272 41%
Somewhat disagree	850 27%
Strongly disagree	421 13%
Sigma	3132 100%

Q4017_2. How much do you agree or disagree with each of the following statements?
2. I've had to lower my expectations for what I can achieve in life.

Base: All Qualified Respondents

Total	
Unweighted Base	3132
Weighted Base	3132
TOP 2 BOX (NET)	1755 56%
Strongly agree	524 17%
Somewhat agree	1231 39%
BOTTOM 2 BOX (NET)	1377 44%
Somewhat disagree	835 27%
Strongly disagree	542 17%
Sigma	3132 100%

Q4017_4. How much do you agree or disagree with each of the following statements?
4. I feel confident that my efforts will lead to success.

Base: All Qualified Respondents

Total	
Unweighted Base	3132
Weighted Base	3132
TOP 2 BOX (NET)	2402 77%
Strongly agree	852 27%
Somewhat agree	1550 49%
BOTTOM 2 BOX (NET)	730 23%
Somewhat disagree	563 18%
Strongly disagree	167 5%
Sigma	3132 100%

Q4017_5. How much do you agree or disagree with each of the following statements?
5. There is no challenge I cannot overcome.

Base: All Qualified Respondents

Total	
Unweighted Base	3132
Weighted Base	3132
TOP 2 BOX (NET)	2174 69%
Strongly agree	758 24%
Somewhat agree	1416 45%
BOTTOM 2 BOX (NET)	958 31%
Somewhat disagree	709 23%
Strongly disagree	249 8%
Sigma	3132 100%

Q4017_6. How much do you agree or disagree with each of the following statements?
6. I am optimistic about the direction my life is heading.

Base: All Qualified Respondents

Total	
Unweighted Base	3132
Weighted Base	3132
TOP 2 BOX (NET)	2265 72%
Strongly agree	798 25%
Somewhat agree	1467 47%
BOTTOM 2 BOX (NET)	867 28%
Somewhat disagree	632 20%
Strongly disagree	236 8%
Sigma	3132 100%

Q4017_7. How much do you agree or disagree with each of the following statements?
7. I believe I can still build a good life, even if it looks different from past generations.

Base: All Qualified Respondents

Total	
Unweighted Base	3132
Weighted Base	3132
TOP 2 BOX (NET)	2588
	83%
Strongly agree	958
	31%
Somewhat agree	1630
	52%
BOTTOM 2 BOX (NET)	544
	17%
Somewhat disagree	412
	13%
Strongly disagree	131
	4%
Sigma	3132
	100%

Q4017_8. How much do you agree or disagree with each of the following statements?
8. Future generations are going to inherit a better world than we did.

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Table 124

Base: All Qualified Respondents

Total	
Unweighted Base	3132
Weighted Base	3132
TOP 2 BOX (NET)	1313 42%
Strongly agree	420 13%
Somewhat agree	893 29%
BOTTOM 2 BOX (NET)	1819 58%
Somewhat disagree	1115 36%
Strongly disagree	704 22%
Sigma	3132 100%

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

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Table 125

Base: All Qualified Respondents

		Total
Unweighted Base		3132
Weighted Base		3132
KNOW WHAT AI TOOLS ARE (NET)		2981
EVER (SUB-NET)		2191
ONCE A WEEK OR MORE OFTEN (SUB-SUB-NET)		1411
ONCE A DAY OR MORE OFTEN (SUB-SUB-SUB-NET)		609
Several times a day		198
Once a day		538
Several times a week		264
Once a week		779
SEVERAL TIMES A MONTH OR LESS OFTEN (SUB-SUB-NET)		379
Several times a month		400
Once a month or less		790
Never		790
N/A - I don't know what AI tools are		151
Sigma		3132
		100%

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?

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Table 126

SUMMARY TABLE OF REGULARLY / OFTEN

Base: Use AI

Total
Unweighted Base
Weighted Base
To help me organize my thoughts
Engage in conversations as a friend
Help make day-to-day decisions
Discuss my physical health
Get input on treatment(s)
Have a casual conversation about my day-to-day life
Discuss my mental health
Discuss my relationship(s)
Self-diagnose
Act as a mental health professional (e.g., practice therapy exercises, get a second opinion on suggestions a therapist gives me)

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?

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Table 127

SUMMARY TABLE OF AT LEAST SOMETIMES

Base: Use AI

Total
Unweighted Base
Weighted Base
To help me organize my thoughts
Help make day-to-day decisions
Get input on treatment(s)
Discuss my physical health
Self-diagnose
Have a casual conversation about my day-to-day life
Engage in conversations as a friend
Discuss my mental health
Discuss my relationship(s)
Act as a mental health professional (e.g., practice therapy exercises, get a second opinion on suggestions a therapist gives me)

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?

20 Oct 2026
Table 128

SUMMARY TABLE OF EVER

Base: Use AI

	Total
Unweighted Base	2353
Weighted Base	2191
Help make day-to-day decisions	1429 65%
To help me organize my thoughts	1383 63%
Get input on treatment(s)	1348 62%
Self-diagnose	1322 60%
Discuss my physical health	1303 59%
Have a casual conversation about my day-to-day life	1122 51%
Discuss my mental health	1096 50%
Engage in conversations as a friend	1083 49%
Discuss my relationship(s)	1067 49%
Act as a mental health professional (e.g., practice therapy exercises, get a second opinion on suggestions a therapist gives me)	1032 47%

Q4033_1. How often do you use generative artificial intelligence (AI) tools (e.g., ChatGPT, Microsoft Copilot, image generators, etc.) to do each of the following?
1. Discuss my mental health

20 Oct 2026
Table 129

Base: Use AI

		Total
Unweighted Base		2353
Weighted Base		2191
EVER (NET)		1096
		50%
AT LEAST SOMETIMES (SUB-NET)		795
		36%
REGULARLY / OFTEN (SUB-SUB-NET)		401
		18%
Regularly		127
		6%
Often		273
		12%
Sometimes		394
		18%
Rarely		301
		14%
Never		1095
		50%
Sigma		2191
		100%

Q4033_2. How often do you use generative artificial intelligence (AI) tools (e.g., ChatGPT, Microsoft Copilot, image generators, etc.) to do each of the following?
2. Discuss my physical health

20 Oct 2026
Table 130

Base: Use AI

		Total
Unweighted Base		2353
Weighted Base		2191
EVER (NET)		1303
		59%
AT LEAST SOMETIMES (SUB-NET)		956
		44%
REGULARLY / OFTEN (SUB-SUB-NET)		466
		21%
Regularly		162
		7%
Often		304
		14%
Sometimes		491
		22%
Rarely		347
		16%
Never		888
		41%
Sigma		2191
		100%

Q4033_3. How often do you use generative artificial intelligence (AI) tools (e.g., ChatGPT, Microsoft Copilot, image generators, etc.) to do each of the following?
3. Discuss my relationship(s)

20 Oct 2026
Table 131

Base: Use AI

		Total
Unweighted Base		2353
Weighted Base		2191
EVER (NET)		1067
		49%
AT LEAST SOMETIMES (SUB-NET)		787
		36%
REGULARLY / OFTEN (SUB-SUB-NET)		392
		18%
Regularly		126
		6%
Often		267
		12%
Sometimes		394
		18%
Rarely		281
		13%
Never		1124
		51%
Sigma		2191
		100%

Q4033_4. How often do you use generative artificial intelligence (AI) tools (e.g., ChatGPT, Microsoft Copilot, image generators, etc.) to do each of the following?
4. Have a casual conversation about my day-to-day life

20 Oct 2026
Table 132

Base: Use AI

Total	
Unweighted Base	2353
Weighted Base	2191
EVER (NET)	1122 51%
AT LEAST SOMETIMES (SUB-NET)	846 39%
REGULARLY / OFTEN (SUB-SUB-NET)	431 20%
Regularly	162 7%
Often	269 12%
Sometimes	415 19%
Rarely	276 13%
Never	1069 49%
Sigma	2191 100%

Q4033_5. How often do you use generative artificial intelligence (AI) tools (e.g., ChatGPT, Microsoft Copilot, image generators, etc.) to do each of the following?
5. Self-diagnose

20 Oct 2026
Table 133

Base: Use AI

Total	
Unweighted Base	2353
Weighted Base	2191
EVER (NET)	1322 60%
AT LEAST SOMETIMES (SUB-NET)	890 41%
REGULARLY / OFTEN (SUB-SUB-NET)	378 17%
Regularly	124 6%
Often	254 12%
Sometimes	512 23%
Rarely	432 20%
Never	869 40%
Sigma	2191 100%

Q4033_6. How often do you use generative artificial intelligence (AI) tools (e.g., ChatGPT, Microsoft Copilot, image generators, etc.) to do each of the following?
6. To help me organize my thoughts

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Table 134

Base: Use AI

Total	
Unweighted Base	2353
Weighted Base	2191
EVER (NET)	1383 63%
AT LEAST SOMETIMES (SUB-NET)	1122 51%
REGULARLY / OFTEN (SUB-SUB-NET)	569 26%
Regularly	177 8%
Often	392 18%
Sometimes	553 25%
Rarely	261 12%
Never	808 37%
Sigma	2191 100%

Q4033_7. How often do you use generative artificial intelligence (AI) tools (e.g., ChatGPT, Microsoft Copilot, image generators, etc.) to do each of the following?
7. Get input on treatment(s)

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Table 135

Base: Use AI

Total	
Unweighted Base	2353
Weighted Base	2191
EVER (NET)	1348 62%
AT LEAST SOMETIMES (SUB-NET)	958 44%
REGULARLY / OFTEN (SUB-SUB-NET)	433 20%
Regularly	147 7%
Often	286 13%
Sometimes	525 24%
Rarely	390 18%
Never	843 38%
Sigma	2191 100%

Q4033_8. How often do you use generative artificial intelligence (AI) tools (e.g., ChatGPT, Microsoft Copilot, image generators, etc.) to do each of the following?
8. Help make day-to-day decisions

20 Oct 2026
Table 136

Base: Use AI

		Total
Unweighted Base		2353
Weighted Base		2191
EVER (NET)		1429
		65%
AT LEAST SOMETIMES (SUB-NET)		1024
		47%
REGULARLY / OFTEN (SUB-SUB-NET)		479
		22%
Regularly		159
		7%
Often		320
		15%
Sometimes		545
		25%
Rarely		406
		19%
Never		761
		35%
Sigma		2191
		100%

Q4033_9. How often do you use generative artificial intelligence (AI) tools (e.g., ChatGPT, Microsoft Copilot, image generators, etc.) to do each of the following?
9. Engage in conversations as a friend

20 Oct 2026
Table 137

Base: Use AI

Total	
Unweighted Base	2353
Weighted Base	2191
EVER (NET)	1083 49%
AT LEAST SOMETIMES (SUB-NET)	837 38%
REGULARLY / OFTEN (SUB-SUB-NET)	479 22%
Regularly	162 7%
Often	318 14%
Sometimes	358 16%
Rarely	246 11%
Never	1108 51%
Sigma	2191 100%

Q4033_10. How often do you use generative artificial intelligence (AI) tools (e.g., ChatGPT, Microsoft Copilot, image generators, etc.) to do each of the following?
10. Act as a mental health professional (e.g., practice therapy exercises, get a second opinion on suggestions a therapist gives me)

20 Oct 2026
Table 138

Base: Use AI

		Total
Unweighted Base		2353
Weighted Base		2191
EVER (NET)		1032
		47%
AT LEAST SOMETIMES (SUB-NET)		733
		33%
REGULARLY / OFTEN (SUB-SUB-NET)		353
		16%
Regularly		112
		5%
Often		241
		11%
Sometimes		380
		17%
Rarely		299
		14%
Never		1158
		53%
Sigma		2191
		100%

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.

20 Oct 2026
Table 139

Base: Use AI

	Total
Unweighted Base	2353
Weighted Base	2191
ANY (NET)	1289 59%
POSITIVE IMPACT (SUB-NET)	1120 51%
It gives me support when I need it	476 22%
It has helped me feel better	427 19%
It has affirmed my thoughts/feelings/decisions	388 18%
It helps me process stress or emotions	360 16%
It helps reduce feelings of anxiety	341 16%
It helps me utilize healthy coping skills	335 15%
It helps me feel less alone	299 14%
NEGATIVE IMPACT (SUB-NET)	636 29%
It makes me feel more emotionally dependent on technology	258 12%
I rely on it more than I rely on friends and family for advice	210 10%
It makes me feel more disconnected from other people	202 9%
It has steered me in the wrong direction	178 8%
It has made me feel worse about myself	153 7%
Other	80 4%
It has not meaningfully impacted me	901 41%
Sigma	4608 210%

Base: All Qualified Respondents

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

Total	
Unweighted Base	3132
Weighted Base	3132
In a suburban area next to a city	1483 47%
In an urban or city area	973 31%
In a small town or rural area	676 22%
Sigma	3132 100%

Q3055. Do you currently... ?

Base: All Qualified Respondents

	Total
Unweighted Base	3132
Weighted Base	3132
Own your own home and pay mortgage on your own or with a spouse	1023 33%
Own your home and are not paying a mortgage	748 24%
Rent on your own	563 18%
Rent with someone else	413 13%
Live in your parents' home	223 7%
Own your home and pay mortgage with others (excluding a spouse)	100 3%
Live in your adult children's home	22 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]	5
Other	36 1%
Sigma	3132 100%

Q6521. Which of the following income categories best describes your total 2025 household income before taxes?

20 Oct 2026
Table 142

Base: All Qualified Respondents

	Total
Unweighted Base	3132
Weighted Base	3132
\$15,000 or less	164 5%
\$15,001-\$31,300	236 8%
\$31,301-\$42,300	187 6%
\$42,301-\$53,300	224 7%
\$53,301-\$64,300	182 6%
\$64,301-\$75,300	195 6%
\$75,301-\$86,300	192 6%
\$86,301-\$97,300	111 4%
\$97,301-\$108,300	262 8%
\$108,301-\$119,300	181 6%
\$119,301-\$130,300	216 7%
\$130,301-\$141,300	115 4%
\$141,301-\$152,300	184 6%
\$152,301-\$163,300	84 3%
\$163,301-\$174,300	47 2%
\$174,301-\$175,000	17 1%
\$175,001-\$200,000	118 4%
\$200,001-\$225,000	80 3%
\$225,001-\$250,000	43 1%
\$250,001-\$275,000	38 1%
\$275,001-\$300,000	31 1%
\$300,001-\$325,000	23 1%
\$325,001-\$350,000	9 *
\$350,001-\$375,000	4 *

Q6521. Which of the following income categories best describes your total 2025 household income before taxes?

Base: All Qualified Respondents

	Total
Weighted Base	3132
\$375,001-\$400,000	10
\$400,001-\$425,000	13
\$425,001-\$450,000	8
\$450,001-\$475,000	3
\$475,001-\$500,000	6
\$500,001 or more	38 1%
Not sure	44 1%
Decline to answer	69 2%
Sigma	3132 100%

Base: All Qualified Respondents

Q6522. POVERTY LEVEL	
	Total
Unweighted Base	3132
Weighted Base	3132
200% POVERTY OR BELOW	710 23%
ABOVE 200% LEVEL	2310 74%
NOT SURE/DECLINE TO ANSWER	112 4%
Sigma	3132 100%

Base: All Qualified Respondents

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

20 Oct 2026
Table 144

Total	
Unweighted Base	3132
Weighted Base	3132
Heterosexual (straight)	2826 90%
LGBTQIA+ (NET)	249 8%
Bisexual	127 4%
Gay	51 2%
Lesbian	36 1%
Pansexual	18 1%
Queer	8 *
Asexual	5 *
Other sexual orientation	5 *
Not sure	12 *
Decline to answer	45 1%
Sigma	3132 100%

Q1550. Do you, or does anyone in your household, have any of the following conditions?
SUMMARY TABLE OF YES, MYSELF ONLY

Base: All Qualified Respondents

	Total
Unweighted Base	3132
Weighted Base	3132
ANY (NET)	846 27%
A long-lasting condition that substantially limits one or more basic physical activities, such as walking, climbing stairs, reaching, lifting, or carrying	437 14%
A long-lasting physical, mental, or emotional condition that increases the difficulty of learning, remembering, or concentrating	362 12%
Deafness or hard of hearing in either ear	267 9%
Blindness or a severe visual impairment in either eye	180 6%

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

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Base: All Qualified Respondents

SUMMARY TABLE OF YES

	Total
Unweighted Base	3132
Weighted Base	3132
ANY (NET)	1341 43%
A long-lasting condition that substantially limits one or more basic physical activities, such as walking, climbing stairs, reaching, lifting, or carrying	869 28%
A long-lasting physical, mental, or emotional condition that increases the difficulty of learning, remembering, or concentrating	746 24%
Deafness or hard of hearing in either ear	628 20%
Blindness or a severe visual impairment in either eye	437 14%

Q1550_1. Do you, or does anyone in your household, have any of the following conditions?
1. Blindness or a severe visual impairment in either eye

Base: All Qualified Respondents

Total	
Unweighted Base	3132
Weighted Base	3132
YES (NET)	437 14%
Yes, myself only	180 6%
Yes, both myself and someone else	103 3%
Yes, someone else only	155 5%
No	2662 85%
Decline to answer	33 1%
Sigma	3132 100%

Q1550_2. Do you, or does anyone in your household, have any of the following conditions?
2. Deafness or hard of hearing in either ear

Base: All Qualified Respondents

Total	
Unweighted Base	3132
Weighted Base	3132
YES (NET)	628 20%
Yes, myself only	267 9%
Yes, both myself and someone else	126 4%
Yes, someone else only	236 8%
No	2473 79%
Decline to answer	30 1%
Sigma	3132 100%

Q1550_3. Do you, or does anyone in your household, have any of the following conditions?

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

Base: All Qualified Respondents

Total	
Unweighted Base	3132
Weighted Base	3132
YES (NET)	869 28%
Yes, myself only	437 14%
Yes, both myself and someone else	171 5%
Yes, someone else only	262 8%
No	2227 71%
Decline to answer	35 1%
Sigma	3132 100%

Q1550_4. Do you, or does anyone in your household, have any of the following conditions?

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

Base: All Qualified Respondents

		Total
Unweighted Base		3132
Weighted Base		3132
YES (NET)		746 24%
Yes, myself only		362 12%
Yes, both myself and someone else		180 6%
Yes, someone else only		204 6%
No		2343 75%
Decline to answer		43 1%
Sigma		3132 100%

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

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Base: All Qualified Respondents

	Total
Unweighted Base	3132
Weighted Base	3132
ANY (NET)	1283 41%
Anxiety disorder (such as generalized anxiety disorder, social anxiety disorder, or panic attacks)	815 26%
Depression (including major depressive disorder)	758 24%
Attention-deficit/hyperactivi ty disorder (ADD/ADHD)	288 9%
Sleep disorder (such as insomnia or hypersomnia)	226 7%
Post-traumatic stress disorder (PTSD)	199 6%
Addiction (such as substance use or gambling)	198 6%
Bipolar disorder	188 6%
Eating disorder (such as anorexia, bulimia nervosa, or binge eating)	130 4%
Obsessive-compulsive disorder (OCD)	130 4%
Autism spectrum disorder	104 3%
Personality disorder (such as borderline personality disorder, anti-social personality disorder, or dependent personality disorder)	96 3%
Impulse control disorder	55 2%
Schizophrenia	42 1%
Tic disorder	20 1%
Other mental health disorder	48 2%
I have not been diagnosed with a mental health disorder but think that I may have one	108 3%
I have not been diagnosed with a mental health disorder	1627 52%
Decline to answer	114 4%
Sigma	5146 164%

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

Base: All Qualified Respondents

Total	
Unweighted Base	3132
Weighted Base	3132
YES (NET)	1100 35%
Yes, I am currently being treated or in therapy	508 16%
Yes, but I am not currently being treated or in therapy	592 19%
No	1985 63%
Decline to answer	46 1%
Sigma	3132 100%

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

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Base: All Qualified Respondents

	Total
Unweighted Base	3132
Weighted Base	3132
Health insurance provided by current or former employer	989 32%
Medicare	741 24%
Medicaid	366 12%
Health insurance provided by family member's employer	325 10%
Individual insurance policy bought by myself/my family	283 9%
Veterans benefits (active military, veterans, TriCare, reserve, etc.)	57 2%
Health insurance provided to students	17 1%
Health insurance from an exchange	38 1%
Other	20 1%
I have health insurance, but I don't know what type of organization provides it and/or how it is obtained	48 2%
None; do not have health insurance	249 8%
Sigma	3132 100%

Base: All Qualified Respondents

Q1554a. What political party are you currently registered as?

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	Total
Unweighted Base	3132
Weighted Base	3132
REGISTERED WITH A POLITICAL PARTY (NET)	2658 85%
Democrat	885 28%
Republican	936 30%
Independent	809 26%
Other	28 1%
I am not registered with any political party	201 6%
I am not registered to vote	168 5%
Decline to answer	106 3%
Sigma	3132 100%

Base: All Qualified Respondents

DMPOLAFF. Regardless of how you may vote, what do you usually consider yourself?

Total	
Unweighted Base	3132
Weighted Base	3132
Independent	1000 32%
Republican	990 32%
Democrat	925 30%
Other	218 7%
Sigma	3132 100%

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

Base: All Qualified Respondents

	Total
Unweighted Base	3132
Weighted Base	3132
CONSERVATIVE (NET)	933 30%
Strong Conservative	402 13%
Somewhat Conservative	531 17%
Moderate	1049 33%
LIBERAL (NET)	797 25%
Somewhat Liberal	443 14%
Strong Liberal	354 11%
None of the above/not sure	240 8%
Decline to answer	114 4%
Sigma	3132 100%

Base: All Qualified Respondents

Q1560. Which of the following affiliations do you most identify with?

Total	
Unweighted Base	3132
Weighted Base	3132
IDENTIFY WITH A RELIGIOUS/SPIRITUAL TRADITION (NET)	2570 82%
Christianity	1815 58%
Spiritual, but not religious	166 5%
Agnostic	157 5%
Atheist	136 4%
Judaism	69 2%
Islam	62 2%
Buddhism	50 2%
Hinduism	35 1%
Something else	79 3%
I do not identify with a religious/spiritual tradition	461 15%
Prefer not to answer	101 3%
Sigma	3132 100%

Q1554. Which of the following best describes you?

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Base: All Qualified Respondents

Total	
Unweighted Base	3132
Weighted Base	3132
I was born outside of the U.S.	450 14%
I was born in the U.S.	2648 85%
Decline to answer	34 1%
Sigma	3132 100%

Base: All Qualified Respondents

Q1555. Which of the following best describes your parents?

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Total	
Unweighted Base	3132
Weighted Base	3132
One of my parents was born outside of the U.S.	262 8%
Both of my parents were born outside of the U.S.	563 18%
Both of my parents were born in the U.S.	2240 72%
Decline to answer	67 2%
Sigma	3132 100%

Base: Born Outside The US

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

Total	
Unweighted Base	735
Weighted Base	450
Before 1965	20 5%
1965-1969	9 2%
1970-1979	37 8%
1980-1989	63 14%
1990-1999	82 18%
2000-2009	89 20%
2010-2026	149 33%
Sigma	450 100%

Q1556. Count of Years Since Moved to U.S.

Base: Born Outside The US

Total	
Unweighted Base	735
Weighted Base	450
Less Than 1 Year	2 1%
1-2	18 4%
3-4	26 6%
5-7	19 4%
8-10	26 6%
11-15	38 8%
16-20	43 10%
More than 20 years	277 62%
Sigma	450 100%

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

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Table 162

Base: All Qualified Respondents

	Total
Unweighted Base	3132
Weighted Base	3132
U.S. citizen	2904 93%
Permanent resident / Lawful Permanent Resident (LPR) (e.g., Permanent Resident Alien, Permanent Resident, Resident Alien, Resident Alien Permit Holder, and Green Card Holder)	117 4%
Lawful Permanent Resident (LPR) (e.g., Permanent Resident Alien, Permanent Resident, Resident Alien, Resident Alien Permit Holder, and Green Card Holder)	- -
Undocumented Individual	22 1%
Non-immigrant (e.g., visiting students, business visitors, or temporary protected status, etc.)	16 1%
Decline to answer	73 2%
Sigma	3132 100%

Base: Latino/a Respondents

Q1570. Is English your native language?

Total	
Unweighted Base	772
Weighted Base	593
Yes	374 63%
No	219 37%
Sigma	593 100%

QH1. Which language do you usually speak at home?

Base: Latino/a Respondents

Total	
Unweighted Base	772
Weighted Base	593
Only Spanish	50 9%
Spanish more than English	79 13%
Spanish and English equally	156 26%
English more than Spanish	121 20%
Only English	184 31%
Decline to answer	1 *
Sigma	593 100%

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

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Table 165

Base: Latino/a Respondents

Total	
Unweighted Base	772
Weighted Base	593
TOP 2 BOX (NET)	386 65%
Very well	261 44%
Pretty well	124 21%
BOTTOM 2 BOX (NET)	207 35%
Just a little	126 21%
Not at all	81 14%
Sigma	593 100%

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

Base: Latino/a Respondents

Total	
Unweighted Base	772
Weighted Base	593
TOP 2 BOX (NET)	488 82%
Very well	394 67%
Pretty well	94 16%
BOTTOM 2 BOX (NET)	104 18%
Just a little	80 14%
Not at all	24 4%
Sigma	593 100%

Base: Latino/a Respondents

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

Total	
Unweighted Base	772
Weighted Base	593
TOP 2 BOX (NET)	359 61%
Very well	261 44%
Pretty well	98 16%
BOTTOM 2 BOX (NET)	234 39%
Just a little	131 22%
Not at all	102 17%
Sigma	593 100%

Base: Latino/a Respondents

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

Total	
Unweighted Base	772
Weighted Base	593
TOP 2 BOX (NET)	491 83%
Very well	399 67%
Pretty well	92 16%
BOTTOM 2 BOX (NET)	101 17%
Just a little	77 13%
Not at all	24 4%
Sigma	593 100%

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

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Table 169

Base: Latino/a Respondents

		Total
Unweighted Base		772
Weighted Base		593
Mexico		268
		45%
Puerto Rico		119
		20%
Central or South America		108
		18%
Cuba		41
		7%
Another country or region		60
		10%
Decline to answer		10
		2%
Sigma		606
		102%

QA1. Which language do you usually speak at home?

Base: All Non-Latino/a Respondents

Total	
Unweighted Base	2360
Weighted Base	2539
Only a language other than English	122 5%
Another language more than English	58 2%
Another language and English equally	61 2%
English more than another language	133 5%
Only English	2156 85%
Decline to answer	10 *
Sigma	2539 100%

Base: Speaks Other Than English Only

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

Total	
Unweighted Base	557
Weighted Base	384
TOP 2 BOX (NET)	363 95%
Very well	293 76%
Pretty well	70 18%
BOTTOM 2 BOX (NET)	20 5%
Just a little	13 3%
Not at all	7 2%
Sigma	384 100%

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

Base: Speaks Other Than English Only

Total	
Unweighted Base	557
Weighted Base	384
TOP 2 BOX (NET)	366
	96%
Very well	308
	80%
Pretty well	59
	15%
BOTTOM 2 BOX (NET)	17
	4%
Just a little	17
	4%
Not at all	1
	*
Sigma	384
	100%

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

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Table 173

Base: Asian Respondents

Total	
Unweighted Base	609
Weighted Base	238
South Asia	63 26%
China	51 21%
Philippines	39 17%
Japan	25 11%
Other Southeast Asia country	25 10%
Korea	18 7%
Arab world/West Asia	2 1%
Another country or region	12 5%
Decline to answer	8 4%
Sigma	243 102%

Base: All Qualified Respondents

US REGION: Census Region (US Net)

Total	
Unweighted Base	3132
Weighted Base	3132
Northeast	551 18%
Midwest	624 20%
South	1226 39%
West	731 23%
Sigma	3132 100%

Base: All Qualified Respondents

EDUCATION: What is the highest level of education you have completed?

	Total
Unweighted Base	3132
Weighted Base	3132
LESS THAN HIGH SCHOOL (NET)	146 5%
Less than high school	40 1%
Completed some high school	106 3%
HIGH SCHOOL TO LESS THAN 4 YEAR COLLEGE DEGREE (NET)	1801 58%
High school graduate	992 32%
Job-specific training program(s) after high school	88 3%
Some college, but no degree	398 13%
Associate degree	324 10%
4 YEAR COLLEGE DEGREE OR MORE (NET)	1184 38%
Bachelor's degree (such as B.A., B.S.)	738 24%
Some graduate school, but no degree	70 2%
Graduate degree (such as MBA, MS, M.D., Ph.D.)	375 12%
Sigma	3132 100%

INCOME: How much total combined income did all members of your household earn before taxes last year?

Base: All Qualified Respondents

Total	
Unweighted Base	3132
Weighted Base	3132
Less than \$15,000	157 5%
\$15,000 to \$24,999	139 4%
\$25,000 to \$34,999	165 5%
\$35,000 to \$49,999	258 8%
\$50,000 to \$74,999	441 14%
\$75,000 to \$99,999	375 12%
\$100,000 OR MORE (NET)	1490 48%
\$100,000 to \$124,999	488 16%
\$125,000 to \$149,999	372 12%
\$150,000 to \$199,999	332 11%
\$200,000 to \$249,999	137 4%
\$250,000 or more	161 5%
Prefer not to answer	107 3%
Sigma	3132 100%

1	1	Q268C. Gender
2	2	Q268D. Do you identify as transgender?
3	3	AGE: What is your age?
4	4	MARITAL STATUS: What is your current marital status?
5	5	ADULTS IN HH: Including yourself, how many people age 18 or older live in your household?
6	6	CHILDREN IN HH: How many people under the age of 18 live in your household?
7	7	HOUSEHOLD SIZE: Size of Household (Net)
8	8	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?
9	9	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.
10	10	EMPLOYMENT: Which of the following best describes your employment status?
11	11	RACE: What is your race?
12	12	Q2105. Have you ever been told by a health care provider that you have any of the following conditions? Please select all that apply.
13	13	Q2250. In general, would you say your physical health is ...
14	14	Q2255. In general, would you say your mental health is ...
15	15	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?
16	17	Q4035. 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?
17	18	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 TABLE OF SIGNIFICANT (TOP 2 BOX)
18	19	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 TABLE OF NOT SIGNIFICANT (BOTTOM 2 BOX)
19	20	Q625 1. 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. 1. Money
20	21	Q625 2. 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. 2. Work
21	22	Q625 4. 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. 4. Relationships (e.g., spouse, kids, girl/boyfriend)
22	23	Q625 5. 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. 5. Health problems (physical and/or mental) affecting my family
23	24	Q625 6. 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. 6. Family responsibilities
24	25	Q625 9. 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. 9. Job stability
25	26	Q625 10. 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. 10. Personal safety
26	27	Q625 11. 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. 11. Discrimination
27	28	Q625 14. 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. 14. My physical health
28	29	Q625 15. 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. 15. My mental health
29	30	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 TABLE OF VERY/SOMEWHAT SIGNIFICANT (TOP 2 BOX)
30	31	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 TABLE OF NOT AT ALL/NOT VERY SIGNIFICANT (BOTTOM 2 BOX)
31	32	Q3222 6. 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. 6. Violence and crime

32	33	Q3222_7. 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. 7. Global tension/conflict
33	34	Q3222_8. 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. 8. Healthcare (e.g., access, affordability, finding time for appointments, etc.)
34	35	Q3222_9. 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. 9. Abortion laws
35	36	Q3222_10. 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. 10. Immigration
36	37	Q3222_13. 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. 13. The economy
37	38	Q3222_15. 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. 15. Education
38	39	Q3222_16. 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. 16. Social issues (i.e., issues related to race, sexual orientation, gender identity, religion, etc.)
39	40	Q3222_17. 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. 17. The environment (e.g., climate change, natural disasters, sustainability, etc.)
40	41	Q3222_18. 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. 18. Gun laws and regulations
41	42	Q3222_19. 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. 19. U.S. politics
42	43	Q3222_20. 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. 20. Online gambling
43	44	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. SUMMARY TABLE OF VERY/SOMEWHAT SIGNIFICANT (TOP 2 BOX)
44	45	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. SUMMARY TABLE OF NOT AT ALL/NOT VERY SIGNIFICANT (BOTTOM 2 BOX)
45	46	Q3226_4. 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. 4. Rise of artificial intelligence (AI)
46	47	Q3226_5. 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. 5. The spread of inaccurate or misleading information (e.g., misinformation, disinformation, deepfakes, etc.)
47	48	Q3226_8. 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. 8. The future of our nation
48	49	Q3226_9. 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. 9. Social divisiveness in our nation
49	50	Q3226_10. 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. 10. The current state of race relations
50	51	Q3226_11. 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. 11. The current state of LGBTQ+ inclusivity and acceptance
51	52	Q3226_12. 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. 12. Mass shootings
52	53	Q3226_13. 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. 13. Conflict in the Middle East
53	54	Q3226_14. 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. 14. Impact of law enforcement practices on communities
54	55	Q3226_15. 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. 15. The cost of living (e.g., rent/mortgage, groceries, child/family care, transportation, etc.)
55	56	Q810. Which of the following, if any, have you experienced in the last month as a result of stress? Please select all that apply.
56	57	Q4001. How often do you feel each of the following? SUMMARY TABLE OF EVER
57	58	Q4001. How often do you feel each of the following? SUMMARY TABLE OF OFTEN
58	59	Q4001. How often do you feel each of the following? SUMMARY TABLE OF HARDLY EVER
59	60	Q4001_1. How often do you feel each of the following? 1. That I lack companionship

60	61	Q4001_2. How often do you feel each of the following? 2. Left out
61	62	Q4001_3. How often do you feel each of the following? 3. Isolated from others
62	63	Q4001B. LONELINESS SCORE
63	64	Q980. Please indicate the extent to which you agree or disagree with the following statements. SUMMARY TABLE OF STRONGLY / SOMEWHAT AGREE (TOP 2 BOX)
64	65	Q980. Please indicate the extent to which you agree or disagree with the following statements. SUMMARY TABLE OF STRONGLY / SOMEWHAT DISAGREE (BOTTOM 2 BOX)
65	66	Q980_3. Please indicate the extent to which you agree or disagree with the following statements. 3. I have healthy ways I manage my stress.
66	67	Q980_6. Please indicate the extent to which you agree or disagree with the following statements. 6. Stress is just something I have to live with.
67	68	Q980_11. Please indicate the extent to which you agree or disagree with the following statements. 11. I no longer expect life to feel stable.
68	69	Q980_12. Please indicate the extent to which you agree or disagree with the following statements. 12. Bad news no longer shocks me the way it used to.
69	70	Q980_13. Please indicate the extent to which you agree or disagree with the following statements. 13. I feel confident I can cope with change.
70	71	Q980_14. Please indicate the extent to which you agree or disagree with the following statements. 14. I have become accustomed to living with uncertainty.
71	72	Q980_15. Please indicate the extent to which you agree or disagree with the following statements. 15. It is difficult to imagine a time when my life will feel less stressful.
72	73	Q980. Please indicate the extent to which you agree or disagree with the following statements. SUMMARY TABLE OF STRONGLY / SOMEWHAT AGREE (TOP 2 BOX)
73	74	Q980. Please indicate the extent to which you agree or disagree with the following statements. SUMMARY TABLE OF STRONGLY / SOMEWHAT DISAGREE (BOTTOM 2 BOX)
74	75	Q980_3. Please indicate the extent to which you agree or disagree with the following statements. 3. I have healthy ways I manage my stress.
75	76	Q980_6. Please indicate the extent to which you agree or disagree with the following statements. 6. Stress is just something I have to live with.
76	77	Q980_11. Please indicate the extent to which you agree or disagree with the following statements. 11. I no longer expect life to feel stable.
77	78	Q980_12. Please indicate the extent to which you agree or disagree with the following statements. 12. Bad news no longer shocks me the way it used to.
78	79	Q980_13. Please indicate the extent to which you agree or disagree with the following statements. 13. I feel confident I can cope with change.
79	80	Q980_14. Please indicate the extent to which you agree or disagree with the following statements. 14. I have become accustomed to living with uncertainty.
80	81	Q980_15. Please indicate the extent to which you agree or disagree with the following statements. 15. It is difficult to imagine a time when my life will feel less stressful.
81	82	Q4030. How much has stress affected each of the following areas of your life? SUMMARY TABLE OF SIGNIFICANTLY / SOMEWHAT (TOP BOX)
82	83	Q4030. How much has stress affected each of the following areas of your life? SUMMARY TABLE OF SIGNIFICANTLY / SOMEWHAT (TOP 2 BOX)
83	84	Q4030. How much has stress affected each of the following areas of your life? SUMMARY TABLE OF NOT AT ALL / NOT MUCH (BOTTOM 2 BOX)
84	85	Q4030_1. How much has stress affected each of the following areas of your life? 1. My relationships with family
85	86	Q4030_2. How much has stress affected each of the following areas of your life? 2. My friendships
86	87	Q4030_3. How much has stress affected each of the following areas of your life? 3. My motivation
87	88	Q4030_4. How much has stress affected each of the following areas of your life? 4. My productivity
88	89	Q4030_5. How much has stress affected each of the following areas of your life? 5. My sleep
89	90	Q4030_6. How much has stress affected each of the following areas of your life? 6. My physical health
90	91	Q4030_7. How much has stress affected each of the following areas of your life? 7. My mental/emotional well-being
91	92	Q4030_8. How much has stress affected each of the following areas of your life? 8. My ability to focus

92	93	Q4030_9. How much has stress affected each of the following areas of your life? 9. My sense of optimism about the future
93	94	Q4031. How often, if at all, do you experience each of the following? SUMMARY TABLE OF REGULARLY / OFTEN
94	95	Q4031. How often, if at all, do you experience each of the following? SUMMARY TABLE OF AT LEAST SOMETIMES
95	96	Q4031. How often, if at all, do you experience each of the following? SUMMARY TABLE OF EVER
96	97	Q4031_1. How often, if at all, do you experience each of the following? 1. Avoiding thinking too much about the future
97	98	Q4031_2. How often, if at all, do you experience each of the following? 2. Difficulty imagining what a positive future looks like
98	99	Q4031_3. How often, if at all, do you experience each of the following? 3. Feeling stuck in "survival mode"
99	100	Q4031_4. How often, if at all, do you experience each of the following? 4. Feeling like life has become more about managing stress than pursuing goals
100	101	Q4031_5. How often, if at all, do you experience each of the following? 5. Feeling compelled to try new things
101	102	Q4031_6. How often, if at all, do you experience each of the following? 6. The need to travel/get away from your day-to-day life
102	103	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.
103	104	Q711A. How much do you agree or disagree that each of the following statements describes you? SUMMARY TABLE OF STRONGLY/SOMEWHAT AGREE (TOP 2 BOX)
104	105	Q711A. How much do you agree or disagree that each of the following statements describes you? SUMMARY TABLE OF STRONGLY/SOMEWHAT DISAGREE (BOTTOM 2 BOX)
105	106	Q711A_1. How much do you agree or disagree that each of the following statements describes you? 1. I stay connected to family, friends, and others around me.
106	107	Q711A_3. How much do you agree or disagree that each of the following statements describes you? 3. If something were to happen to me, I have someone whom I can regularly rely on.
107	108	Q711A_4. How much do you agree or disagree that each of the following statements describes you? 4. If I needed advice, I have someone whom I can regularly rely on.
108	109	Q711A_7. How much do you agree or disagree that each of the following statements describes you? 7. I feel that my relationships with others are not meaningful.
109	110	Q711A_8. How much do you agree or disagree that each of the following statements describes you? 8. I feel too emotionally drained to stay engaged with everything happening in the world.
110	111	Q711A_9. How much do you agree or disagree that each of the following statements describes you? 9. I believe getting involved (e.g., in my community, social issues, politics, etc.) can make a difference in my future.
111	112	Q4022. What causes you the most stress when thinking about the future of the country? Please select all that apply.
112	113	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.
114	114	Q4005A. To what extent do you believe your generation will be better or worse off than your parents' generation?
115	115	Q4016. How much control do you feel you have over your future?
116	116	Q4017. How much do you agree or disagree with each of the following statements? SUMMARY TABLE OF STRONGLY/SOMEWHAT AGREE (TOP 2 BOX)
117	117	Q4017. How much do you agree or disagree with each of the following statements? SUMMARY TABLE OF STRONGLY/SOMEWHAT DISAGREE (BOTTOM 2 BOX)
118	118	Q4017_1. How much do you agree or disagree with each of the following statements? 1. I feel like I'm doing everything "right" and still falling behind.
119	119	Q4017_2. How much do you agree or disagree with each of the following statements? 2. I've had to lower my expectations for what I can achieve in life.
120	120	Q4017_4. How much do you agree or disagree with each of the following statements? 4. I feel confident that my efforts will lead to success.
121	121	Q4017_5. How much do you agree or disagree with each of the following statements? 5. There is no challenge I cannot overcome.
122	122	Q4017_6. How much do you agree or disagree with each of the following statements? 6. I am optimistic about the direction my life is heading.
123	123	Q4017_7. How much do you agree or disagree with each of the following statements? 7. I believe I can still build a good life, even if it looks different from past generations.
124	124	Q4017_8. How much do you agree or disagree with each of the following statements? 8. Future generations are going to inherit a better world than we did.
125	125	Q4024. How often do you intentionally use generative artificial intelligence (AI) tools (e.g., ChatGPT, Microsoft Copilot, image generators, etc.)?
126	126	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? SUMMARY TABLE OF REGULARLY / OFTEN

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127	127	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? SUMMARY TABLE OF AT LEAST SOMETIMES
128	128	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? SUMMARY TABLE OF EVER
129	129	Q4033 1. How often do you use generative artificial intelligence (AI) tools (e.g., ChatGPT, Microsoft Copilot, image generators, etc.) to do each of the following? 1. Discuss my mental health
130	130	Q4033 2. How often do you use generative artificial intelligence (AI) tools (e.g., ChatGPT, Microsoft Copilot, image generators, etc.) to do each of the following? 2. Discuss my physical health
131	131	Q4033 3. How often do you use generative artificial intelligence (AI) tools (e.g., ChatGPT, Microsoft Copilot, image generators, etc.) to do each of the following? 3. Discuss my relationship(s)
132	132	Q4033 4. How often do you use generative artificial intelligence (AI) tools (e.g., ChatGPT, Microsoft Copilot, image generators, etc.) to do each of the following? 4. Have a casual conversation about my day-to-day life
133	133	Q4033 5. How often do you use generative artificial intelligence (AI) tools (e.g., ChatGPT, Microsoft Copilot, image generators, etc.) to do each of the following? 5. Self-diagnose
134	134	Q4033 6. How often do you use generative artificial intelligence (AI) tools (e.g., ChatGPT, Microsoft Copilot, image generators, etc.) to do each of the following? 6. To help me organize my thoughts
135	135	Q4033 7. How often do you use generative artificial intelligence (AI) tools (e.g., ChatGPT, Microsoft Copilot, image generators, etc.) to do each of the following? 7. Get input on treatment(s)
136	136	Q4033 8. How often do you use generative artificial intelligence (AI) tools (e.g., ChatGPT, Microsoft Copilot, image generators, etc.) to do each of the following? 8. Help make day-to-day decisions
137	137	Q4033 9. How often do you use generative artificial intelligence (AI) tools (e.g., ChatGPT, Microsoft Copilot, image generators, etc.) to do each of the following? 9. Engage in conversations as a friend
138	138	Q4033 10. How often do you use generative artificial intelligence (AI) tools (e.g., ChatGPT, Microsoft Copilot, image generators, etc.) to do each of the following? 10. Act as a mental health professional (e.g., practice therapy exercises, get a second opinion on suggestions a therapist gives me)
139	139	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.
140	140	Q2000. Which of the following best describes the area where you currently reside?
141	141	Q3055. Do you currently... ?
142	142	Q6521. Which of the following income categories best describes your total 2025 household income before taxes?
144	143	Q6522. POVERTY LEVEL
145	144	Q498. Of the following, which do you consider yourself to be?
146	145	Q1550. Do you, or does anyone in your household, have any of the following conditions? SUMMARY TABLE OF YES, MYSELF ONLY
147	146	Q1550. Do you, or does anyone in your household, have any of the following conditions? SUMMARY TABLE OF YES
148	147	Q1550 1. Do you, or does anyone in your household, have any of the following conditions? 1. Blindness or a severe visual impairment in either eye
149	148	Q1550 2. Do you, or does anyone in your household, have any of the following conditions? 2. Deafness or hard of hearing in either ear
150	149	Q1550 3. Do you, or does anyone in your household, have any of the following conditions? 3. A long-lasting condition that substantially limits one or more basic physical activities, such as walking, climbing stairs, reaching, lifting, or carrying
151	150	Q1550 4. Do you, or does anyone in your household, have any of the following conditions? 4. A long-lasting physical, mental, or emotional condition that increases the difficulty of learning, remembering, or concentrating
152	151	Q2106. Have you ever been diagnosed with any of the following? Please select all that apply.
153	152	Q1540. Have you ever received treatment or therapy from a psychologist or other mental health professional?
154	153	Q1553 (Q31). What is the primary way you receive health insurance today?
155	154	Q1554a. What political party are you currently registered as?
156	155	DMPOLAFF. Regardless of how you may vote, what do you usually consider yourself?
157	156	Q1555a. In politics today, which of the following best describes your political ideology on most issues?
158	157	Q1560. Which of the following affiliations do you most identify with?
159	158	Q1554. Which of the following best describes you?
160	159	Q1555. Which of the following best describes your parents?
161	160	Q1556. You mentioned you were born outside of the U.S. In which year did you move to the U.S.?
162	161	Q1556. Count of Years Since Moved to U.S.
163	162	Q1557. Which of the following best describes your status in the U.S.? Please keep in mind your results are confidential.
164	163	Q1570. Is English your native language?
165	164	QH1. Which language do you usually speak at home?
166	165	QH2. Would you say you can carry on a conversation in Spanish, both understanding and speaking...?
167	166	QH3. Would you say you can carry on a conversation in English, both understanding and speaking...?

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168	167	QH4. Would you say you can read a newspaper or book in Spanish...?
169	168	QH5. Would you say you can read a newspaper or book in English...?
170	169	QH6. You indicated that you consider yourself Latino/a. From what country or region did you or your ancestors come? Please select all that apply.
171	170	QA1. Which language do you usually speak at home?
172	171	QA2. Would you say you can read a newspaper or book in English...?
173	172	QA3. Would you say you can carry on a conversation in English, both understanding and speaking...?
174	173	QA4. You indicated that you consider yourself Asian. From what country or region did you or your ancestors come? Please select all that apply.
175	174	US REGION: Census Region (US Net)
176	175	EDUCATION: What is the highest level of education you have completed?
177	176	INCOME: How much total combined income did all members of your household earn before taxes last year?