

Mental Health Generations Banner Percentages

QS3Q1: [res transfer_2]For each of the following people, do you think that their personal mental health has become better, worse, or stayed about the same over the last 5 years?

Me personally

	Total (A)	Gen Z 18-24 (B)	Millennials 25-40 (C)	Gen X 41-56 (D)	Boomers 57-75 (E)	Silent 76-93 (F)
Total	N=1028	N=110	N=304	N=265	N=274	N=75 *
Total (Unweighted)	N=1028	N=113	N=252	N=258	N=316	N=89 *
Better	20% dE	30% aDEF	31% ADEF	14%	14%	14%
About the same	57% BC	34%	48% b	61% BC	69% ABC	72% ABC
Worse	22%	36% ACEF	21%	25% e	17%	15%

* Table Base:

U.S. RESPONDENTS

People around my age

	Total (A)	Gen Z 18-24 (B)	Millennials 25-40 (C)	Gen X 41-56 (D)	Boomers 57-75 (E)	Silent 76-93 (F)
Total	N=1028	N=110	N=304	N=265	N=274	N=75 *
Total (Unweighted)	N=1028	N=113	N=252	N=258	N=316	N=89 *
Better	12% E	12%	21% ADEF	10%	6%	5%
About the same	60% B	39%	57% B	62% B	67% aBc	69% B
Worse	29%	49% ACDEF	23%	29%	28%	26%

* Table Base:

U.S. RESPONDENTS

The generation before mine

	Total (A)	Gen Z 18-24 (B)	Millennials 25-40 (C)	Gen X 41-56 (D)	Boomers 57-75 (E)	Silent 76-93 (F)
Total	N=1028	N=110	N=304	N=265	N=274	N=75 *
Total (Unweighted)	N=1028	N=113	N=252	N=258	N=316	N=89 *
Better	17% f	19% f	22% EF	16%	13%	8%
About the same	55%	53%	53%	50%	61% D	69% abCD
Worse	28%	28%	25%	34% c	26%	24%

* Table Base:

U.S. RESPONDENTS

The generation after mine

	Total (A)	Gen Z 18-24 (B)	Millennials 25-40 (C)	Gen X 41-56 (D)	Boomers 57-75 (E)	Silent 76-93 (F)
Total	N=1028	N=110	N=304	N=265	N=274	N=75 *
Total (Unweighted)	N=1028	N=113	N=252	N=258	N=316	N=89 *
Better	11% Ef	14% Ef	18% ADEF	9%	6%	4%
About the same	48%	39%	47%	45%	52% b	55% b
Worse	42%	47%	35%	46% c	43%	41%

* Table Base:

U.S. RESPONDENTS

Americans overall

	Total (A)	Gen Z 18-24 (B)	Millennials 25-40 (C)	Gen X 41-56 (D)	Boomers 57-75 (E)	Silent 76-93 (F)
Total	N=1028	N=110	N=304	N=265	N=274	N=75 *
Total (Unweighted)	N=1028	N=113	N=252	N=258	N=316	N=89 *
Better	10% EF	12% EF	20% ADEF	10% Ef	2%	2%
About the same	38%	38%	43% d	33%	36%	46% d
Worse	51% C	51% c	37%	57% C	62% AC	52% c

* Table Base:

U.S. RESPONDENTS

QS3Q2: In general, do you think that mental health among today's young people (i.e., those currently under the age of 18) is better, worse, or about the same compared to previous generations of young people?

	Total (A)	Gen Z 18-24 (B)	Millennials 25-40 (C)	Gen X 41-56 (D)	Boomers 57-75 (E)	Silent 76-93 (F)
Total	N=1028	N=110	N=304	N=265	N=274	N=75 *
Total (Unweighted)	N=1028	N=113	N=252	N=258	N=316	N=89 *
Better	7% e	4%	14% ABDEF	6%	4%	2%
About the same	32% E	35% e	41% aE	32%	24%	29%
Worse	50% C	50%	40%	49% c	59% ACd	62% aC
Not at all sure	10% c	11%	5%	13% C	14% C	7%

* Table Base: U.S. RESPONDENTS

QS3Q5: Based on what you know about young people today (i.e., those currently under the age of 18), how much of a positive or negative impact do you think their personal mental health will have on the upcoming school year (Fall 2021)?

	Total (A)	Gen Z 18-24 (B)	Millennials 25-40 (C)	Gen X 41-56 (D)	Boomers 57-75 (E)	Silent 76-93 (F)
Total	N=1028	N=110	N=304	N=265	N=274	N=75 *
Total (Unweighted)	N=1028	N=113	N=252	N=258	N=316	N=89 *
Positive (Net)	20% EF	26% EF	31% ADEF	16%	13%	9%
Very positive	7% f	9% F	11% DF	4%	6%	1%
Somewhat positive	13% E	17% E	20% AdEF	12% e	6%	8%
Neither positive nor negative	26%	21%	29%	28%	22%	26%
Negative (Net)	44% C	48% C	32%	47% C	52% aC	53% C
Somewhat negative	35% C	36%	26%	38% C	38% C	45% C
Very negative	9%	12%	6%	9%	14% C	8%
Not at all sure	10%	5%	8%	10%	13% b	12%

* Table Base: U.S. RESPONDENTS

Mental Health Generations Banner Counts

QS3Q1: [res transfer_2]For each of the following people, do you think that their personal mental health has become better, worse, or stayed about the same over the last 5 years?

Me personally

	Total (A)	Gen Z 18-24 (B)	Millennials 25-40 (C)	Gen X 41-56 (D)	Boomers 57-75 (E)	Silent 76-93 (F)
Total	1,028	110	304	265	274	75 *
Total (Unweighted)	1,028	113	252	258	316	89 *
Better	210	33	93	36	37	10
About the same	589	37	147	162	190	54
Worse	229	40	65	67	47	11

* Table Base: U.S. RESPONDENTS

People around my age

	Total (A)	Gen Z 18-24 (B)	Millennials 25-40 (C)	Gen X 41-56 (D)	Boomers 57-75 (E)	Silent 76-93 (F)
Total	1,028	110	304	265	274	75 *
Total (Unweighted)	1,028	113	252	258	316	89 *
Better	121	13	63	26	15	4
About the same	612	42	173	163	182	52
Worse	295	54	69	76	76	19

* Table Base: U.S. RESPONDENTS

The generation before mine

	Total (A)	Gen Z 18-24 (B)	Millennials 25-40 (C)	Gen X 41-56 (D)	Boomers 57-75 (E)	Silent 76-93 (F)
Total	1,028	110	304	265	274	75 *
Total (Unweighted)	1,028	113	252	258	316	89 *
Better	171	20	66	43	36	6
About the same	570	58	162	132	166	51
Worse	287	31	76	90	72	18

* Table Base: U.S. RESPONDENTS

The generation after mine

	Total (A)	Gen Z 18-24 (B)	Millennials 25-40 (C)	Gen X 41-56 (D)	Boomers 57-75 (E)	Silent 76-93 (F)
Total	1,028	110	304	265	274	75 *
Total (Unweighted)	1,028	113	252	258	316	89 *
Better	113	16	55	24	16	3
About the same	488	43	143	120	142	41
Worse	427	51	107	122	117	30

* Table Base: U.S. RESPONDENTS

Americans overall

	Total (A)	Gen Z 18-24 (B)	Millennials 25-40 (C)	Gen X 41-56 (D)	Boomers 57-75 (E)	Silent 76-93 (F)
Total	1,028	110	304	265	274	75 *
Total (Unweighted)	1,028	113	252	258	316	89 *
Better	106	13	60	26	6	2
About the same	393	41	130	88	99	34
Worse	529	56	114	151	169	39

* Table Base: U.S. RESPONDENTS

QS3Q2: In general, do you think that mental health among today's young people (i.e., those currently under the age of 18) is better, worse, or about the same compared to previous generations of young people?

	Total (A)	Gen Z 18-24 (B)	Millennials 25-40 (C)	Gen X 41-56 (D)	Boomers 57-75 (E)	Silent 76-93 (F)
Total	1,028	110	304	265	274	75 *
Total (Unweighted)	1,028	113	252	258	316	89 *
Better	76	5	43	15	11	1
About the same	332	39	124	84	65	22
Worse	513	54	121	131	161	46
Not at all sure	106	12	16	35	37	5

* Table Base: U.S. RESPONDENTS

QS3Q5: Based on what you know about young people today (i.e., those currently under the age of 18), how much of a positive or negative impact do you think their personal mental health will have on the upcoming school year (Fall 2021)?

	Total (A)	Gen Z 18-24 (B)	Millennials 25-40 (C)	Gen X 41-56 (D)	Boomers 57-75 (E)	Silent 76-93 (F)
Total	1,028	110	304	265	274	75 *
Total (Unweighted)	1,028	113	252	258	316	89 *
Positive (Net)	205	28	93	42	35	7
Very positive	71	10	32	11	17	1
Somewhat positive	134	18	61	31	18	6
Neither positive nor negative	265	23	89	73	61	19
Negative (Net)	455	53	98	124	141	39
Somewhat negative	358	39	80	101	104	33
Very negative	98	14	18	23	37	6
Not at all sure	102	6	25	26	37	9

* Table Base: U.S. RESPONDENTS