050324 - HOD FLASH (24 HOUR) SURVEY

050324 - HOD FLASH (24 HOUR) SURVEY

Report Settings

Respondents:	Qualified Only
Additional Filter:	None
Table Set:	All
Percentage Base:	Total Answering
Stat Test Levels:	95 / 90 (z-test)
Stat Test Groups:	,BC,D-F,GH
Date Range:	(05/03/24 - 05/07/24)

Segment Definitions

Total	(ALL)	n=1088
Male	(dmGenM.r1)	n=524
Female	(dmGenM.r2)	n=546
18-34	(dmAge.check('18-34'))	n=318
35-54	(dmAge.check('35-54'))	n=352
55+	(dmAge.check('>54'))	n=418
White Only (NH/L)	(net2RaceMUS.r1)	n=659
All People of Color	(net2RaceMUS.r6)	n=429

Weighting

Total	nweight.q050324_24_hourdemo.val	q050324_24_hourdemo

QS1Q1: Which of the following do you associate technology (e.g., smartphones, social media, video games) with? Please select all that apply.

		Gender		Age			Race & Ethnicity	
	Total A	Male B	Female C	18-34 D	35-54 E	55+ F	White Only (NH/L) G	All People of Color H
Total	N=1088	N=524	N=546	N=318	N=352	N=418	N=659	N=429
Total (Unweighted)	N=1088	N=507	N=563	N=417	N=243	N=428	N=701	N=387
Entertainment	68%	70%	67%	68%	67%	68%	69%	67%
Connection	55%	55%	56%	53%	55%	57%	56%	54%
Accessibility	45%	45%	45%	38%	46% d	49% D	45%	43%
Distraction	40%	38%	43%	43%	37%	41%	41%	40%
Creativity	38%	39%	38%	51% EF	37%	31%	32%	49% G
Opportunity	35%	39% c	32%	39% f	36%	31%	32%	40% G
Community	32%	29%	35% b	40% eF	32%	25%	27%	39% G
Special interests	31%	30%	31%	36% F	31%	26%	28%	36% G
Independence	26%	26%	26%	24%	25%	29%	26%	26%
Boredom	24%	20%	28% B	32% F	27% F	15%	23%	26%
Drama	18%	17%	19%	25% F	20% F	11%	16%	21% g
Anxiety	17%	16%	16%	23% F	19% F	9%	15%	18%
Stress	16%	16%	17%	24% F	19% F	8%	15%	18%

continued...

QS1Q1: Which of the following do you associate technology (e.g., smartphones, social media, video games) with? Please select all t apply.

		Gender		Age			Race & Ethnicity	
	Total A	Male B	Female C	18-34 D	35-54 E	55+ F	White Only (NH/L) G	All People of Color H
Loneliness	15%	15%	15%	19% F	16% f	11%	15%	15%
Depression	12%	12%	11%	18% F	13% F	7%	11%	14%
Missing out	9%	11%	8%	15% eF	9%	6%	8%	11%

Table Base: U.S. RESPONDENTS

QS1Q2: What type of impact has each of the following had on your mental health (e.g., stress levels, self-image) in the past ten years?

Social media

	Total A	Gender		Age			Race & Ethnicity	
		Male B	Female C	18-34 D	35-54 E	55+ F	White Only (NH/L) G	All People of Color H
Total	N=1060	N=511	N=532	N=306	N=343	N=411	N=644	N=417
Total (Unweighted)	N=1061	N=495	N=549	N=404	N=239	N=418	N=688	N=373
Positive (Net)	34%	32%	35%	39% F	38% F	26%	29%	40% G
Very positive impact	11%	10%	13%	13% F	17% F	5%	9%	15% G
Somewhat positive impact	22%	23%	22%	26%	21%	20%	21%	24%
No impact	34%	33%	36%	25%	31%	43% DE	38% H	28%
Negative (Net)	25%	27%	22%	32% F	25%	20%	25%	26%
Somewhat negative impact	19%	21% c	16%	22% F	20%	14%	19%	18%
Very negative impact	7%	6%	7%	10% f	5%	6%	6%	8%
N/A- This does not apply to me or I don't remember	7%	7%	7%	4%	5%	10% DE	7%	6%

Table Base: CONSENTS TO MENTAL HEALTH QUESTIONS

QS1Q2: What type of impact has each of the following had on your mental health (e.g., stress levels, self-image) in the past ten years?

Smartphones

		Gender		Age			Race & Ethnicity	
	Total A	Male B	Female C	18-34 D	35-54 E	55+ F	White Only (NH/L) G	All People of Color H
Total	N=1060	N=511	N=532	N=306	N=343	N=411	N=644	N=417
Total (Unweighted)	N=1061	N=495	N=549	N=404	N=239	N=418	N=688	N=373
Positive (Net)	48%	52% C	44%	47%	55% dF	42%	42%	56% G
Very positive impact	20%	23% c	17%	18%	29% DF	14%	15%	27% G
Somewhat positive impact	28%	30%	26%	29%	27%	29%	27%	29%
No impact	34%	29%	39% B	28%	29%	43% DE	39% H	26%
Negative (Net)	15%	14%	14%	23% EF	15% F	8%	15%	14%
Somewhat negative impact	12%	11%	11%	17% F	13% F	7%	12%	11%
Very negative impact	3%	3%	3%	6% EF	2%	1%	2%	3%
N/A- This does not apply to me or I don't remember	4%	4%	3%	2%	1%	7% DE	4%	3%

Table Base: CONSENTS TO MENTAL HEALTH QUESTIONS

QS1Q2: What type of impact has each of the following had on your mental health (e.g., stress levels, self-image) in the past ten years?

Online video games

	Total A	Gender Male B	Female C	Age 18-34 D	35-54 E	55+ F	Race & Ethnicity White Only (NH/L) G	All People of Color H
Total	N=1060	N=511	N=532	N=306	N=343	N=411	N=644	N=417
Total (Unweighted)	N=1061	N=495	N=549	N=404	N=239	N=418	N=688	N=373
Positive (Net)	33%	37% C	28%	44% F	39% F	19%	28%	41% G
Very positive impact	14%	16% c	11%	19% F	20% F	4%	10%	19% G
Somewhat positive impact	19%	21%	17%	25% F	19%	15%	17%	22% g
No impact	39%	38%	41%	33%	36%	45% De	42% h	35%
Negative (Net)	12%	12%	11%	16% F	11%	9%	11%	13%
Somewhat negative impact	8%	8%	7%	10% f	8%	6%	7%	8%
Very negative impact	4%	4%	4%	6% F	3%	3%	3%	4%
N/A- This does not apply to me or I don't remember	16%	13%	20% B	6%	14% D	27% DE	20% H	11%

Table Base: CONSENTS TO MENTAL HEALTH QUESTIONS

QS1Q2: What type of impact has each of the following had on your mental health (e.g., stress levels, self-image) in the past ten years?

Online communities (e.g., forums, groups)

		Gender		Age			Race & Ethnicity	
	Total A	Male B	Female C	18-34 D	35-54 E	55+ F	White Only (NH/L) G	All People of Color H
Total	N=1060	N=511	N=532	N=306	N=343	N=411	N=644	N=417
Total (Unweighted)	N=1061	N=495	N=549	N=404	N=239	N=418	N=688	N=373
Positive (Net)	37%	36%	38%	44% F	45% F	25%	32%	45% G
Very positive impact	13%	13%	12%	17% F	18% F	5%	9%	19% G
Somewhat positive impact	24%	22%	25%	27% F	27% f	19%	23%	26%
No impact	41%	45% c	38%	35%	36%	51% DE	46% H	35%
Negative (Net)	12%	12%	11%	17% F	12% f	8%	11%	13%
Somewhat negative impact	8%	8%	8%	12% F	7%	6%	8%	8%
Very negative impact	4%	3%	3%	6% F	5% F	1%	3%	4%
N/A- This does not apply to me or I don't remember	10%	7%	13% B	4%	7%	17% DE	12% h	8%

Table Base: CONSENTS TO MENTAL HEALTH QUESTIONS

QS1Q2: What type of impact has each of the following had on your mental health (e.g., stress levels, self-image) in the past ten years?

COVID-19 pandemic in general

		Gender		Age			Race & Ethnicity	
	Total A	Male B	Female C	18-34 D	35-54 E	55+ F	White Only (NH/L) G	All People of Color H
Total	N=1060	N=511	N=532	N=306	N=343	N=411	N=644	N=417
Total (Unweighted)	N=1061	N=495	N=549	N=404	N=239	N=418	N=688	N=373
Positive (Net)	14%	15%	12%	20% F	20% F	4%	8%	23% G
Very positive impact	6%	5%	6%	8% F	10% F	1%	3%	10% G
Somewhat positive impact	8%	9% c	6%	12% F	10% F	3%	5%	13% G
No impact	26%	27%	25%	18%	24%	33% DE	28%	23%
Negative (Net)	57%	55%	60%	58%	54%	60%	61% H	53%
Somewhat negative impact	31%	29%	32%	25%	24%	41% DE	34% h	27%
Very negative impact	26%	25%	28%	32% F	31% F	19%	27%	25%
N/A- This does not apply to me or I don't remember	3%	3%	3%	5%	2%	3%	4%	2%

Table Base: CONSENTS TO MENTAL HEALTH QUESTIONS

QS1Q2: What type of impact has each of the following had on your mental health (e.g., stress levels, self-image) in the past ten years?

Lockdowns related to COVID-19 pandemic

		Gender		Age			Race & Ethnicity	
	Total A	Male B	Female C	18-34 D	35-54 E	55+ F	White Only (NH/L) G	All People of Color H
Total	N=1060	N=511	N=532	N=306	N=343	N=411	N=644	N=417
Total (Unweighted)	N=1061	N=495	N=549	N=404	N=239	N=418	N=688	N=373
Positive (Net)	15%	16%	13%	19% F	22% F	7%	11%	22% G
Very positive impact	6%	5%	7%	6% F	11% dF	2%	4%	10% G
Somewhat positive impact	9%	11% C	6%	13% F	11% F	5%	7%	13% G
No impact	30%	29%	31%	23%	28%	36% De	31%	29%
Negative (Net)	52%	52%	52%	53%	47%	55%	55% H	47%
Somewhat negative impact	30%	29%	31%	29%	23%	37% dE	33% H	25%
Very negative impact	22%	23%	20%	24% f	24%	18%	22%	21%
N/A- This does not apply to me or I don't remember	3%	2%	4%	4%	2%	3%	3%	3%

Table Base: CONSENTS TO MENTAL HEALTH QUESTIONS

QS1Q2: What type of impact has each of the following had on your mental health (e.g., stress levels, self-image) in the past ten years?

Closures related to COVID-19 pandemic (e.g., schools, businesses)

		Gender		Age			Race & Ethnicity	
	Total A	Male B	Female C	18-34 D	35-54 E	55+ F	White Only (NH/L) G	All People of Color H
Total	N=1060	N=511	N=532	N=306	N=343	N=411	N=644	N=417
Total (Unweighted)	N=1061	N=495	N=549	N=404	N=239	N=418	N=688	N=373
Positive (Net)	15%	14%	15%	16% F	22% F	8%	11%	21% G
Very positive impact	6%	7%	7%	9% F	10% F	2%	3%	11% G
Somewhat positive impact	8%	7%	9%	8%	12% F	6%	8%	10%
No impact	30%	33%	28%	27%	27%	35% de	32%	27%
Negative (Net)	50%	51%	49%	51%	49%	50%	52%	47%
Somewhat negative impact	29%	29%	30%	26%	27%	34% D	31%	27%
Very negative impact	21%	22%	20%	25% F	22%	17%	21%	20%
N/A- This does not apply to me or I don't remember	5%	3%	7% B	6%	2%	6% e	5%	4%

Table Base: CONSENTS TO MENTAL HEALTH QUESTIONS

QS1Q2: What type of impact has each of the following had on your mental health (e.g., stress levels, self-image) in the past ten years?

Lifestyle changes related to COVID-19 pandemic (e.g., socialization, work)

	Gender			Age			Race & Ethnicity	
	Total A	Male B	Female C	18-34 D	35-54 E	55+ F	White Only (NH/L) G	All People of Color H
Total	N=1060	N=511	N=532	N=306	N=343	N=411	N=644	N=417
Total (Unweighted)	N=1061	N=495	N=549	N=404	N=239	N=418	N=688	N=373
Positive (Net)	20%	21%	19%	22% F	27% F	13%	16%	27% G
Very positive impact	8%	7%	8%	10% F	10% F	3%	4%	14% G
Somewhat positive impact	13%	14%	11%	12%	17% F	10%	12%	14%
No impact	30%	32%	28%	26%	28%	35% D	32% h	26%
Negative (Net)	46%	44%	47%	47%	42%	48%	47%	44%
Somewhat negative impact	31%	32%	30%	28%	26%	36% DE	30%	31%
Very negative impact	15%	12%	17% b	19% F	16%	11%	16%	13%
N/A- This does not apply to me or I don't remember	4%	3%	6% b	5%	3%	5%	5% h	2%

Table Base: CONSENTS TO MENTAL HEALTH QUESTIONS

QS1Q2: What type of impact has each of the following had on your mental health (e.g., stress levels, self-image) in the past ten years?

My body

	Total A	Gender Male B	Gender Female C	Age 18-34 D	Age 35-54 E	Age 55+ F	Race & Ethnicity White Only (NH/L) G	Race & Ethnicity All People of Color H
Total	N=1060	N=511	N=532	N=306	N=343	N=411	N=644	N=417
Total (Unweighted)	N=1061	N=495	N=549	N=404	N=239	N=418	N=688	N=373
Positive (Net)	25%	27%	23%	34% F	29% F	14%	19%	33% G
Very positive impact	12%	12%	11%	14% F	16% F	6%	8%	16% G
Somewhat positive impact	13%	15%	12%	20% F	14% f	8%	11%	17% G
No impact	40%	44% c	37%	29%	32%	54% DE	45% H	31%
Negative (Net)	32%	26%	37% B	33%	36% f	28%	32%	32%
Somewhat negative impact	21%	18%	24% B	20%	20%	22%	23%	19%
Very negative impact	11%	8%	13% B	13% F	15% F	5%	9%	13%
N/A- This does not apply to me or I don't remember	4%	3%	4%	5%	3%	4%	3%	4%

Table Base: CONSENTS TO MENTAL HEALTH QUESTIONS

QS1Q2: What type of impact has each of the following had on your mental health (e.g., stress levels, self-image) in the past ten years?

Substance use (e.g., alcohol, illicit drugs)

		Gender		Age			Race & Ethnicity	
	Total A	Male B	Female C	18-34 D	35-54 E	55+ F	White Only (NH/L) G	All People of Color H
Total	N=1060	N=511	N=532	N=306	N=343	N=411	N=644	N=417
Total (Unweighted)	N=1061	N=495	N=549	N=404	N=239	N=418	N=688	N=373
Positive (Net)	13%	17% C	9%	20% F	20% F	3%	8%	21% G
Very positive impact	6%	7%	5%	8% F	11% F	0%	3%	10% G
Somewhat positive impact	7%	10% C	4%	12% F	9% F	3%	5%	10% G
No impact	40%	41%	40%	30%	33%	53% DE	43% H	34%
Negative (Net)	25%	25%	24%	31% F	29% F	16%	24%	26%
Somewhat negative impact	10%	11%	9%	13% F	11% f	7%	10%	10%
Very negative impact	15%	14%	15%	18% F	18% F	10%	13%	16%
N/A- This does not apply to me or I don't remember	22%	18%	27% B	19%	18%	28% DE	24%	19%

Table Base: CONSENTS TO MENTAL HEALTH QUESTIONS

QS1Q2: What type of impact has each of the following had on your mental health (e.g., stress levels, self-image) in the past ten years?

My career (e.g., current job, job prospects)

		Gender		Age			Race & Ethnicity	
	Total A	Male B	Female C	18-34 D	35-54 E	55+ F	White Only (NH/L) G	All People of Color H
Total	N=1060	N=511	N=532	N=306	N=343	N=411	N=644	N=417
Total (Unweighted)	N=1061	N=495	N=549	N=404	N=239	N=418	N=688	N=373
Positive (Net)	29%	33% C	25%	33% F	39% F	17%	24%	36% G
Very positive impact	12%	12%	11%	15% F	16% F	5%	9%	16% G
Somewhat positive impact	17%	20% C	15%	18% F	23% F	12%	15%	21% g
No impact	34%	34%	34%	29%	27%	42% DE	37% h	30%
Negative (Net)	24%	24%	24%	31% F	29% F	15%	24%	25%
Somewhat negative impact	16%	16%	14%	19% F	17%	12%	17%	14%
Very negative impact	9%	7%	10%	12% F	12% F	3%	7%	11% g
N/A- This does not apply to me or I don't remember	13%	10%	17% B	6%	5%	25% DE	15% H	9%

Table Base: CONSENTS TO MENTAL HEALTH QUESTIONS

QS1Q2: What type of impact has each of the following had on your mental health (e.g., stress levels, self-image) in the past ten years?

The U.S. economy

	Total A	Gender Male B	Female C	Age 18-34 D	35-54 E	55+ F	Race & Ethnicity White Only (NH/L) G	All People of Color H
Total	N=1060	N=511	N=532	N=306	N=343	N=411	N=644	N=417
Total (Unweighted)	N=1061	N=495	N=549	N=404	N=239	N=418	N=688	N=373
Positive (Net)	17%	17%	17%	17%	23% dF	12%	13%	23% G
Very positive impact	7%	7%	7%	7% F	12% dF	3%	5%	11% G
Somewhat positive impact	10%	10%	9%	9%	11%	9%	8%	12%
No impact	20%	23% C	16%	23%	17%	19%	21%	18%
Negative (Net)	61%	57%	64% b	56%	57%	67% DE	63% h	57%
Somewhat negative impact	34%	32%	36%	31%	26%	44% DE	36%	32%
Very negative impact	26%	25%	28%	24%	31% f	23%	27%	25%
N/A- This does not apply to me or I don't remember	3%	2%	3%	4% f	3%	2%	3%	3%

Table Base: CONSENTS TO MENTAL HEALTH QUESTIONS

QS1Q2: What type of impact has each of the following had on your mental health (e.g., stress levels, self-image) in the past ten years?

The U.S.'s political climate

		Gender		Age			Race & Ethnicity	
	Total A	Male B	Female C	18-34 D	35-54 E	55+ F	White Only (NH/L) G	All People of Color H
Total	N=1060	N=511	N=532	N=306	N=343	N=411	N=644	N=417
Total (Unweighted)	N=1061	N=495	N=549	N=404	N=239	N=418	N=688	N=373
Positive (Net)	14%	15%	13%	17% F	24% dF	4%	9%	23% G
Very positive impact	5%	5%	5%	7% F	9% F	1%	2%	10% G
Somewhat positive impact	9%	10%	8%	10% F	16% dF	3%	6%	14% G
No impact	24%	26%	23%	32% EF	23%	20%	24%	25%
Negative (Net)	57%	55%	59%	44%	50%	72% DE	64% H	46%
Somewhat negative impact	31%	27%	34% B	22%	24%	43% DE	35% H	24%
Very negative impact	26%	28%	25%	21%	27%	30% D	29% H	22%
N/A- This does not apply to me or I don't remember	4%	3%	5%	8% EF	2%	3%	3%	6% g

Table Base: CONSENTS TO MENTAL HEALTH QUESTIONS

QS1Q2: What type of impact has each of the following had on your mental health (e.g., stress levels, self-image) in the past ten years?

Personal finances

		Gender		Age			Race & Ethnicity	
	Total A	Male B	Female C	18-34 D	35-54 E	55+ F	White Only (NH/L) G	All People of Color H
Total	N=1060	N=511	N=532	N=306	N=343	N=411	N=644	N=417
Total (Unweighted)	N=1061	N=495	N=549	N=404	N=239	N=418	N=688	N=373
Positive (Net)	28%	31% c	25%	30% f	34% F	23%	24%	36% G
Very positive impact	10%	12%	9%	11% F	14% F	6%	8%	13% G
Somewhat positive impact	18%	19%	16%	18%	19%	17%	16%	22% G
No impact	29%	31%	27%	23%	21%	40% DE	32% H	23%
Negative (Net)	39%	35%	43% B	43% F	43% F	33%	40%	37%
Somewhat negative impact	24%	25%	24%	22%	22%	27%	29% H	18%
Very negative impact	15%	10%	20% B	21% F	21% F	5%	12%	20% G
N/A- This does not apply to me or I don't remember	4%	3%	5%	4%	3%	4%	4%	4%

Table Base: CONSENTS TO MENTAL HEALTH QUESTIONS

QS1Q3: Which of the following continue to negatively impact your mental health today? Please select all that apply.

		Gender		Age			Race & Ethnicity	
	Total A	Male B	Female C	18-34 D	35-54 E	55+ F	White Only (NH/L) G	All People of Color H
Total	N=901	N=432	N=451	N=264	N=271	N=366	N=556	N=345
Total (Unweighted)	N=913	N=425	N=471	N=348	N=194	N=371	N=603	N=310
The U.S. economy	38%	37%	39%	32%	41% d	39%	40%	34%
The U.S.'s political climate	36%	38%	33%	22%	35% D	46% DE	41% H	27%
Personal finances	28%	24%	32% B	28% F	38% dF	20%	27%	29%
My body	20%	15%	23% B	21% F	25% F	15%	20%	19%
COVID-19 pandemic in general	15%	17%	13%	21% F	20% F	8%	14%	18%
Social media	13%	14%	11%	20% F	15% F	6%	12%	13%
Lifestyle changes related to COVID-19 pandemic (e.g., socialization, work)	12%	10%	14%	17% F	12%	9%	10%	16% g

continued...

QS1Q3: Which of the following continue to negatively impact your mental health today? Please select all that apply.

		Gender		Age			Race & Ethnicity	
	Total A	Male B	Female C	18-34 D	35-54 E	55+ F	White Only (NH/L) G	All People of Color H
My career (e.g., current job, job prospects)	12%	13%	12%	16% F	16% F	7%	12%	13%
Closures related to COVID-19 pandemic (e.g., schools, businesses)	10%	10%	10%	11% f	12% f	7%	7%	13% G
Lockdowns related to COVID-19 pandemic	10%	11%	9%	16% eF	9%	5%	8%	12%
Substance use (e.g., alcohol, illicit drugs)	9%	10%	8%	11% F	14% F	4%	8%	10%
Smartphones	6%	6%	5%	8% F	7% F	2%	6%	5%
Online video games	3%	4%	2%	4%	4%	2%	4%	2%
Online communities (e.g., forums, groups)	3%	3%	3%	4%	3%	2%	3%	3%
N/A - None of these factors currently negatively affect my mental health	19%	19%	21%	11%	15%	29% DE	21%	16%

Table Base: ONE FACTOR HAS NEGATIVELY IMPACTED THEIR MENTAL HEALTH

QS1Q4: Which of the following continue to positively impact your mental health today? Please select all that apply.

		Gender		Age			Race & Ethnicity	
	Total A	Male B	Female C	18-34 D	35-54 E	55+ F	White Only (NH/L) G	All People of Color H
Total	N=768	N=381	N=370	N=241	N=261	N=265	N=435	N=333
Total (Unweighted)	N=789	N=380	N=394	N=329	N=186	N=274	N=482	N=307
Smartphones	37%	43% C	32%	34%	43% d	35%	35%	40%
Social media	25%	26%	24%	29% F	26%	19%	23%	26%
Online communities (e.g., forums, groups)	24%	21%	26%	23%	28% f	19%	23%	24%
Online video games	22%	25% C	17%	34% EF	20%	13%	20%	23%
My career (e.g., current job, job prospects)	20%	22%	18%	21%	22%	17%	21%	19%
Personal finances	18%	21%	16%	16%	17%	22% d	20%	17%
My body	17%	18%	16%	22% F	18% f	11%	15%	20%

continued...

QS1Q4: Which of the following continue to positively impact your mental health today? Please select all that apply.

	Total A	Gender		Age			Race & Ethnicity	
		Male B	Female C	18-34 D	35-54 E	55+ F	White Only (NH/L) G	All People of Color H
Lifestyle changes related to COVID-19 pandemic (e.g., socialization, work)	10%	11%	10%	10%	13%	8%	7%	15% G
The U.S. economy	7%	11% C	4%	9%	8%	6%	7%	8%
COVID-19 pandemic in general	5%	5%	4%	6% F	8% F	1%	2%	8% G
Substance use (e.g., alcohol, illicit drugs)	4%	7% C	2%	6% F	6% F	1%	5%	4%
The U.S.'s political climate	4%	6% C	2%	4%	7% F	1%	3%	5%
Closures related to COVID-19 pandemic (e.g., schools, businesses)	4%	2%	4%	4% F	7% F	0%	2%	5% g
Lockdowns related to COVID-19 pandemic	3%	4%	2%	4% F	5% F	0%	1%	5% G

QS1Q4: Which of the following continue to positively impact your mental health today? Please select all that apply.

	Total A	Gender		Age			Race & Ethnicity	
		Male B	Female C	18-34 D	35-54 E	55+ F	White Only (NH/L) G	All People of Color H
N/A - None of these factors currently positively impact my mental health	17%	17%	18%	11%	16%	23% D	21% H	12%

Table Base: ONE FACTOR HAS POSITIVELY IMPACT THEIR MENTAL HEALTH

QS1Q5: How much do you agree or disagree with each of the following statements?

I usually have a good understanding of what factors are influencing my mental health.

		Gender		Age			Race & Ethnicity	
	Total A	Male B	Female C	18-34 D	35-54 E	55+ F	White Only (NH/L) G	All People of Color H
Total	N=1060	N=511	N=532	N=306	N=343	N=411	N=644	N=417
Total (Unweighted)	N=1061	N=495	N=549	N=404	N=239	N=418	N=688	N=373
Agree (Net)	88%	86%	90%	78%	89% D	93% D	90% H	84%
Strongly agree	37%	33%	41% B	27%	40% D	41% D	37%	37%
Somewhat agree	51%	53%	48%	51%	49%	52%	53%	47%
Disagree (Net)	12%	14%	10%	22% EF	11%	7%	10%	16% G
Somewhat disagree	8%	10%	7%	14% EF	8%	5%	7%	10%
Strongly disagree	4%	5%	3%	7% eF	3%	2%	3%	6% G

Table Base: CONSENTS TO MENTAL HEALTH QUESTIONS

QS1Q5: How much do you agree or disagree with each of the following statements?

Mental health is too complex to link struggles to one specific factor.

	Total A	Gender		Age			Race & Ethnicity	
		Male B	Female C	18-34 D	35-54 E	55+ F	White Only (NH/L) G	All People of Color H
Total	N=1060	N=511	N=532	N=306	N=343	N=411	N=644	N=417
Total (Unweighted)	N=1061	N=495	N=549	N=404	N=239	N=418	N=688	N=373
Agree (Net)	73%	74%	72%	64%	72% d	81% DE	76% H	68%
Strongly agree	25%	25%	26%	19%	29% D	27% D	26%	24%
Somewhat agree	48%	48%	47%	45%	42%	54% DE	50%	44%
Disagree (Net)	27%	26%	28%	36% eF	28% F	19%	24%	32% G
Somewhat disagree	17%	18%	17%	24% eF	17%	12%	15%	20%
Strongly disagree	10%	8%	11%	12% f	11%	7%	8%	12% g

Table Base: CONSENTS TO MENTAL HEALTH QUESTIONS

QS1Q5: How much do you agree or disagree with each of the following statements?

Technology (e.g., smartphones, social media, video games) has made information about my mental health more accessible to me.

		Gender		Age			Race & Ethnicity	
	Total A	Male B	Female C	18-34 D	35-54 E	55+ F	White Only (NH/L) G	All People of Color H
Total	N=1060	N=511	N=532	N=306	N=343	N=411	N=644	N=417
Total (Unweighted)	N=1061	N=495	N=549	N=404	N=239	N=418	N=688	N=373
Agree (Net)	79%	80%	80%	80%	81%	77%	78%	82%
Strongly agree	27%	25%	29%	30% F	32% F	20%	22%	34% G
Somewhat agree	53%	55%	51%	50%	50%	58% de	55% h	49%
Disagree (Net)	21%	20%	20%	20%	19%	23%	22%	18%
Somewhat disagree	14%	14%	14%	12%	12%	16%	16% H	10%
Strongly disagree	7%	6%	6%	8%	7%	6%	6%	8%

Table Base: CONSENTS TO MENTAL HEALTH QUESTIONS

QS1Q6: How much do you agree or disagree with each of the following statements?

I wish I spent less time using technology (e.g., smartphones, social media, video games).

	Total A	Gender Male B	Gender Female C	Age 18-34 D	Age 35-54 E	Age 55+ F	Race & Ethnicity White Only (NH/L) G	Race & Ethnicity All People of Color H
Total	N=1088	N=524	N=546	N=318	N=352	N=418	N=659	N=429
Total (Unweighted)	N=1088	N=507	N=563	N=417	N=243	N=428	N=701	N=387
Agree (Net)	52%	49%	54%	61% F	58% F	41%	50%	56%
Strongly agree	15%	13%	17% b	23% F	18% F	6%	12%	20% G
Somewhat agree	37%	37%	37%	37%	40%	35%	38%	36%
Disagree (Net)	48%	51%	46%	39%	42%	59% DE	50%	44%
Somewhat disagree	33%	38% C	30%	26%	29%	43% DE	35%	31%
Strongly disagree	14%	13%	15%	14%	13%	15%	15%	14%

Table Base: U.S. RESPONDENTS

QS1Q6: How much do you agree or disagree with each of the following statements?

I'm worried about getting addicted to my smartphone.

		Gender		Age			Race & Ethnicity	
	Total A	Male B	Female C	18-34 D	35-54 E	55+ F	White Only (NH/L) G	All People of Color H
Total	N=1088	N=524	N=546	N=318	N=352	N=418	N=659	N=429
Total (Unweighted)	N=1088	N=507	N=563	N=417	N=243	N=428	N=701	N=387
Agree (Net)	34%	34%	33%	52% EF	41% F	14%	25%	47% G
Strongly agree	11%	11%	11%	18% F	14% F	4%	7%	18% G
Somewhat agree	23%	24%	22%	33% F	27% F	11%	18%	29% G
Disagree (Net)	66%	66%	67%	48%	59% D	86% DE	75% H	53%
Somewhat disagree	30%	31%	29%	27%	23%	38% DE	35% H	22%
Strongly disagree	36%	35%	38%	21%	36% D	47% DE	40% H	31%

Table Base: U.S. RESPONDENTS

QS1Q6: How much do you agree or disagree with each of the following statements?

Smartphones should not be allowed in schools.

	Total A	Gender		Age			Race & Ethnicity	
		Male B	Female C	18-34 D	35-54 E	55+ F	White Only (NH/L) G	All People of Color H
Total	N=1088	N=524	N=546	N=318	N=352	N=418	N=659	N=429
Total (Unweighted)	N=1088	N=507	N=563	N=417	N=243	N=428	N=701	N=387
Agree (Net)	64%	69% C	59%	48%	64% D	75% DE	68% H	58%
Strongly agree	31%	34%	30%	18%	33% D	40% D	34% H	27%
Somewhat agree	33%	35% c	30%	30%	32%	35%	33%	31%
Disagree (Net)	36%	31%	41% B	52% EF	36% F	25%	32%	42% G
Somewhat disagree	24%	20%	28% B	31% eF	24%	20%	24%	25%
Strongly disagree	12%	11%	12%	21% EF	12% F	4%	8%	17% G

Table Base: U.S. RESPONDENTS

QS1Q6: How much do you agree or disagree with each of the following statements?

Concerns about technology (e.g., smartphones, social media, video games) negatively impacting mental health are overblown.

	Total A	Gender Male B	Female C	Age 18-34 D	35-54 E	55+ F	Race & Ethnicity White Only (NH/L) G	All People of Color H
Total	N=1088	N=524	N=546	N=318	N=352	N=418	N=659	N=429
Total (Unweighted)	N=1088	N=507	N=563	N=417	N=243	N=428	N=701	N=387
Agree (Net)	43%	45%	41%	53% F	47% F	33%	40%	49% G
Strongly agree	9%	10%	8%	15% F	12% F	2%	6%	14% G
Somewhat agree	34%	35%	33%	38% f	35%	31%	34%	35%
Disagree (Net)	57%	55%	59%	47%	53%	67% DE	60% H	51%
Somewhat disagree	38%	38%	37%	32%	32%	47% DE	40%	34%
Strongly disagree	19%	17%	21%	15%	21%	20%	20%	17%

Table Base: U.S. RESPONDENTS

QS1Q6: How much do you agree or disagree with each of the following statements?

Technology (e.g., smartphones, social media, video games) has changed how people socialize, rather than stopped people from socializing.

		Gender		Age			Race & Ethnicity	
	Total A	Male B	Female C	18-34 D	35-54 E	55+ F	White Only (NH/L) G	All People of Color H
Total	N=1088	N=524	N=546	N=318	N=352	N=418	N=659	N=429
Total (Unweighted)	N=1088	N=507	N=563	N=417	N=243	N=428	N=701	N=387
Agree (Net)	80%	79%	81%	72%	82% D	85% D	82%	78%
Strongly agree	34%	33%	36%	33%	37%	33%	32%	37%
Somewhat agree	46%	47%	46%	39%	45%	52% D	49% H	41%
Disagree (Net)	20%	21%	19%	28% EF	18%	15%	18%	22%
Somewhat disagree	14%	16%	12%	21% EF	9%	12%	13%	15%
Strongly disagree	6%	5%	7%	7%	8% F	4%	5%	8%

Table Base: U.S. RESPONDENTS

QS1Q7: How much do you agree or disagree with each of the following statements?

Young people today are too dependent on technology.

	Total A	Gender Male B	Female C	Age 18-34 D	35-54 E	55+ F	Race & Ethnicity White Only (NH/L) G	All People of Color H
Total	N=1088	N=524	N=546	N=318	N=352	N=418	N=659	N=429
Total (Unweighted)	N=1088	N=507	N=563	N=417	N=243	N=428	N=701	N=387
Agree (Net)	87%	86%	88%	77%	88% D	93% De	88%	85%
Strongly agree	54%	49%	57% B	39%	61% D	59% D	54%	53%
Somewhat agree	33%	37% c	30%	38% E	27%	34%	34%	32%
Disagree (Net)	13%	14%	12%	23% EF	12% f	7%	12%	15%
Somewhat disagree	9%	10%	8%	15% EF	7%	5%	8%	10%
Strongly disagree	4%	4%	5%	8% F	4%	2%	4%	5%

Table Base: U.S. RESPONDENTS

QS1Q7: How much do you agree or disagree with each of the following statements?

I worry about the effect social media has on the mental health of today's young people.

	Total A	Gender Male B	Gender Female C	Age 18-34 D	Age 35-54 E	Age 55+ F	Race & Ethnicity White Only (NH/L) G	Race & Ethnicity All People of Color H
Total	N=1088	N=524	N=546	N=318	N=352	N=418	N=659	N=429
Total (Unweighted)	N=1088	N=507	N=563	N=417	N=243	N=428	N=701	N=387
Agree (Net)	84%	84%	85%	79%	84%	88% D	85%	84%
Strongly agree	43%	38%	47% B	35%	46% D	47% D	43%	43%
Somewhat agree	41%	45% C	38%	44%	38%	42%	42%	41%
Disagree (Net)	16%	16%	15%	21% F	16%	12%	15%	16%
Somewhat disagree	10%	11%	10%	13% ef	8%	9%	10%	11%
Strongly disagree	5%	5%	6%	7% F	7% F	3%	6%	5%

Table Base: U.S. RESPONDENTS

QS1Q7: How much do you agree or disagree with each of the following statements?

I wish I could go back to a time before everyone was "plugged in" (i.e., widespread access to social media, smartphones, and other technologies).

	Total A	Gender		Age			Race & Ethnicity	
		Male B	Female C	18-34 D	35-54 E	55+ F	White Only (NH/L) G	All People of Color H
Total	N=1088	N=524	N=546	N=318	N=352	N=418	N=659	N=429
Total (Unweighted)	N=1088	N=507	N=563	N=417	N=243	N=428	N=701	N=387
Agree (Net)	65%	63%	68%	61%	72% DF	62%	64%	67%
Strongly agree	24%	21%	27% b	27% F	27% f	19%	21%	28% G
Somewhat agree	41%	42%	42%	34%	45% D	43% D	43%	38%
Disagree (Net)	35%	37%	32%	39% E	28%	38% E	36%	33%
Somewhat disagree	27%	29% c	24%	31% E	19%	31% E	28%	25%
Strongly disagree	8%	8%	8%	8%	9%	7%	8%	8%

Table Base: U.S. RESPONDENTS