

## 050324 - HOD FLASH (24 HOUR) SURVEY

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### 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:	,B-E
Date Range:	(05/03/24 - 05/07/24)

### Segment Definitions

Total	(ALL)	n=1088
Adult Gen Z (18-27)	(dmAge.check('18-27'))	n=183
Millennials (28-42)	(dmAge.check('28-42'))	n=281
Gen X (43-58)	(dmAge.check('43-58'))	n=271
Boomers (59-77)	(dmAge.check('59-77'))	n=308

### Weighting

Total	nweight.q050324_24_hourdemo.val	q050324_24_hourdemo
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**QS1Q1: Which of the following do you associate technology (e.g., smartphones, social media, video games) with?  
Please select all that apply.**

		Generation (Age)			
	Total A	Adult Gen Z (18-27) B	Millennials (28-42) C	Gen X (43-58) D	Boomers (59-77) E
<b>Total</b>	N=1088	N=183	N=281	N=271	N=308
<b>Total (Unweighted)</b>	N=1088	N=220	N=303	N=190	N=319
<b>Entertainment</b>	68%	68%	68%	69%	69%
<b>Connection</b>	55%	50%	54%	55%	58%
<b>Accessibility</b>	45%	36%	42%	47% b	50% Bc
<b>Distraction</b>	40%	38%	43%	38%	43%
<b>Creativity</b>	38%	55% CDE	41% E	35%	31%
<b>Opportunity</b>	35%	34%	42% dE	33%	31%
<b>Community</b>	32%	43% dE	35% E	32% e	23%
<b>Special interests</b>	31%	35% e	36% de	27%	27%
<b>Independence</b>	26%	24%	27%	24%	27%
<b>Boredom</b>	24%	32% dE	31% E	23% E	15%
<b>Drama</b>	18%	25% dE	26% DE	17% e	10%
<b>Anxiety</b>	17%	22% dE	25% DE	14% e	8%
<b>Stress</b>	16%	21% E	24% dE	16% E	8%

continued...

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

		Generation (Age)			
	Total A	Adult Gen Z (18-27) B	Millennials (28-42) C	Gen X (43-58) D	Boomers (59-77) E
<b>Loneliness</b>	15%	18% E	17% E	18% E	9%
<b>Depression</b>	12%	17% dE	18% DE	10%	6%
<b>Missing out</b>	9%	18% CDE	9%	9%	6%

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**

		<b>Generation (Age)</b>			
	Total A	Adult Gen Z (18-27) B	Millennials (28-42) C	Gen X (43-58) D	Boomers (59-77) E
<b>Total</b>	N=1060	N=172	N=279	N=262	N=303
<b>Total (Unweighted)</b>	N=1061	N=209	N=301	N=186	N=312
<b>Positive (Net)</b>	34%	37% <b>E</b>	44% <b>DE</b>	31%	26%
Very positive impact	11%	12% <b>E</b>	19% <b>E</b>	13% <b>E</b>	3%
Somewhat positive impact	22%	25%	26% <b>d</b>	17%	24%
<b>No impact</b>	34%	24%	25%	37% <b>BC</b>	43% <b>BC</b>
<b>Negative (Net)</b>	25%	35% <b>cdE</b>	26%	25%	20%
Somewhat negative impact	19%	28% <b>CE</b>	17%	20%	14%
Very negative impact	7%	8%	9%	5%	6%
<b>N/A- This does not apply to me or I don't remember</b>	7%	3%	4%	8% <b>b</b>	11% <b>BC</b>

**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**

		<b>Generation (Age)</b>			
	Total A	Adult Gen Z (18-27) B	Millennials (28-42) C	Gen X (43-58) D	Boomers (59-77) E
<b>Total</b>	N=1060	N=172	N=279	N=262	N=303
<b>Total (Unweighted)</b>	N=1061	N=209	N=301	N=186	N=312
<b>Positive (Net)</b>	48%	49%	54% E	48%	44%
Very positive impact	20%	19%	27% bE	21% e	13%
Somewhat positive impact	28%	30%	27%	27%	30%
<b>No impact</b>	34%	24%	26%	36% Bc	42% BC
<b>Negative (Net)</b>	15%	25% DE	19% E	13% e	7%
Somewhat negative impact	12%	20% DE	14% E	11%	6%
Very negative impact	3%	5% E	4% E	2%	1%
<b>N/A- This does not apply to me or I don't remember</b>	4%	1%	2%	4%	7% BC

**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**

		<b>Generation (Age)</b>			
	Total A	Adult Gen Z (18-27) B	Millennials (28-42) C	Gen X (43-58) D	Boomers (59-77) E
<b>Total</b>	N=1060	N=172	N=279	N=262	N=303
<b>Total (Unweighted)</b>	N=1061	N=209	N=301	N=186	N=312
<b>Positive (Net)</b>	33%	51% <b>DE</b>	42% <b>DE</b>	31% <b>E</b>	19%
Very positive impact	14%	20% <b>E</b>	22% <b>dE</b>	14% <b>E</b>	3%
Somewhat positive impact	19%	31% <b>CDE</b>	20%	16%	16%
<b>No impact</b>	39%	29%	33%	42% <b>Bc</b>	45% <b>BC</b>
<b>Negative (Net)</b>	12%	18% <b>DE</b>	15% <b>de</b>	8%	9%
Somewhat negative impact	8%	10%	10%	6%	6%
Very negative impact	4%	7% <b>De</b>	4%	2%	3%
<b>N/A- This does not apply to me or I don't remember</b>	16%	2%	10% <b>B</b>	19% <b>BC</b>	27% <b>BCd</b>

**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)**

		<b>Generation (Age)</b>			
	Total A	Adult Gen Z (18-27) B	Millennials (28-42) C	Gen X (43-58) D	Boomers (59-77) E
<b>Total</b>	N=1060	N=172	N=279	N=262	N=303
<b>Total (Unweighted)</b>	N=1061	N=209	N=301	N=186	N=312
<b>Positive (Net)</b>	37%	44% <b>E</b>	50% <b>DE</b>	39% <b>E</b>	23%
Very positive impact	13%	18% <b>E</b>	18% <b>E</b>	16% <b>E</b>	4%
Somewhat positive impact	24%	27% <b>e</b>	32% <b>dE</b>	23%	19%
<b>No impact</b>	41%	37% <b>c</b>	28%	41% <b>C</b>	53% <b>BCD</b>
<b>Negative (Net)</b>	12%	16% <b>E</b>	16% <b>E</b>	10%	8%
Somewhat negative impact	8%	12%	9%	7%	7%
Very negative impact	4%	4% <b>E</b>	7% <b>E</b>	3%	1%
<b>N/A- This does not apply to me or I don't remember</b>	10%	2%	6%	9% <b>B</b>	15% <b>BC</b>

**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**

		<b>Generation (Age)</b>			
	Total A	Adult Gen Z (18-27) B	Millennials (28-42) C	Gen X (43-58) D	Boomers (59-77) E
<b>Total</b>	N=1060	N=172	N=279	N=262	N=303
<b>Total (Unweighted)</b>	N=1061	N=209	N=301	N=186	N=312
<b>Positive (Net)</b>	14%	20% <b>E</b>	19% <b>E</b>	16% <b>E</b>	4%
Very positive impact	6%	6% <b>E</b>	10% <b>E</b>	8% <b>E</b>	1%
Somewhat positive impact	8%	14% <b>E</b>	9% <b>E</b>	9% <b>E</b>	3%
<b>No impact</b>	26%	13%	21% <b>b</b>	29% <b>Bc</b>	33% <b>BC</b>
<b>Negative (Net)</b>	57%	61% <b>d</b>	58%	51%	61% <b>d</b>
Somewhat negative impact	31%	25%	26%	27%	41% <b>BCD</b>
Very negative impact	26%	37% <b>DE</b>	32% <b>E</b>	24%	20%
<b>N/A- This does not apply to me or I don't remember</b>	3%	6% <b>c</b>	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?**

**Lockdowns related to COVID-19 pandemic**

		<b>Generation (Age)</b>			
	Total A	Adult Gen Z (18-27) B	Millennials (28-42) C	Gen X (43-58) D	Boomers (59-77) E
<b>Total</b>	N=1060	N=172	N=279	N=262	N=303
<b>Total (Unweighted)</b>	N=1061	N=209	N=301	N=186	N=312
<b>Positive (Net)</b>	15%	23% E	19% E	20% E	5%
Very positive impact	6%	6% E	9% E	10% E	1%
Somewhat positive impact	9%	17% cE	11% E	10% E	4%
<b>No impact</b>	30%	18%	28% B	30% B	36% Bc
<b>Negative (Net)</b>	52%	53%	51%	46%	56% d
Somewhat negative impact	30%	28%	25%	28%	37% bCd
Very negative impact	22%	25%	26% e	19%	19%
<b>N/A- This does not apply to me or I don't remember</b>	3%	6% C	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?**

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

	Total A	Generation (Age)			
		Adult Gen Z (18-27) B	Millennials (28-42) C	Gen X (43-58) D	Boomers (59-77) E
<b>Total</b>	N=1060	N=172	N=279	N=262	N=303
<b>Total (Unweighted)</b>	N=1061	N=209	N=301	N=186	N=312
<b>Positive (Net)</b>	15%	19% E	17% E	22% E	6%
Very positive impact	6%	9% E	9% E	9% E	1%
Somewhat positive impact	8%	10% e	8%	13% E	5%
<b>No impact</b>	30%	22%	29%	29%	34% B
<b>Negative (Net)</b>	50%	52%	51%	45%	53%
Somewhat negative impact	29%	27%	26%	26%	36% bCd
Very negative impact	21%	25% e	25% e	19%	17%
<b>N/A- This does not apply to me or I don't remember</b>	5%	7% c	3%	4%	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?**

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

	<b>Generation (Age)</b>				
	Total A	Adult Gen Z (18-27) B	Millennials (28-42) C	Gen X (43-58) D	Boomers (59-77) E
<b>Total</b>	N=1060	N=172	N=279	N=262	N=303
<b>Total (Unweighted)</b>	N=1061	N=209	N=301	N=186	N=312
<b>Positive (Net)</b>	20%	25% <b>E</b>	24% <b>E</b>	25% <b>E</b>	11%
Very positive impact	8%	12% <b>E</b>	9% <b>E</b>	10% <b>E</b>	3%
Somewhat positive impact	13%	14%	15% <b>E</b>	16% <b>E</b>	8%
<b>No impact</b>	30%	20%	29% <b>b</b>	30% <b>b</b>	35% <b>B</b>
<b>Negative (Net)</b>	46%	48%	45%	41%	49%
Somewhat negative impact	31%	28%	24%	32% <b>c</b>	36% <b>C</b>
Very negative impact	15%	21% <b>De</b>	21% <b>DE</b>	8%	13%
<b>N/A- This does not apply to me or I don't remember</b>	4%	7% <b>c</b>	2%	4%	5%

**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**

	<b>Generation (Age)</b>				
	Total A	Adult Gen Z (18-27) B	Millennials (28-42) C	Gen X (43-58) D	Boomers (59-77) E
<b>Total</b>	N=1060	N=172	N=279	N=262	N=303
<b>Total (Unweighted)</b>	N=1061	N=209	N=301	N=186	N=312
<b>Positive (Net)</b>	25%	41% <b>CDE</b>	29% <b>E</b>	23% <b>e</b>	15%
Very positive impact	12%	15% <b>E</b>	16% <b>E</b>	11%	6%
Somewhat positive impact	13%	26% <b>CDE</b>	13%	12%	9%
<b>No impact</b>	40%	24%	30%	40% <b>Bc</b>	54% <b>BCD</b>
<b>Negative (Net)</b>	32%	30%	39% <b>bE</b>	32%	29%
Somewhat negative impact	21%	17%	21%	22%	23%
Very negative impact	11%	13% <b>E</b>	17% <b>dE</b>	10%	6%
<b>N/A- This does not apply to me or I don't remember</b>	4%	5%	3%	6% <b>e</b>	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?**

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

	<b>Generation (Age)</b>				
	Total A	Adult Gen Z (18-27) B	Millennials (28-42) C	Gen X (43-58) D	Boomers (59-77) E
<b>Total</b>	N=1060	N=172	N=279	N=262	N=303
<b>Total (Unweighted)</b>	N=1061	N=209	N=301	N=186	N=312
<b>Positive (Net)</b>	13%	23% dE	19% E	15% E	3%
Very positive impact	6%	10% E	8% E	8% E	0%
Somewhat positive impact	7%	13% dE	11% E	6%	3%
<b>No impact</b>	40%	24%	32%	42% Bc	53% BCd
<b>Negative (Net)</b>	25%	31% dE	35% DE	22%	16%
Somewhat negative impact	10%	13% E	15% dE	8%	6%
Very negative impact	15%	18% E	20% E	13%	10%
<b>N/A- This does not apply to me or I don't remember</b>	22%	22% c	14%	22% c	28% C

**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)**

		<b>Generation (Age)</b>			
	Total A	Adult Gen Z (18-27) B	Millennials (28-42) C	Gen X (43-58) D	Boomers (59-77) E
<b>Total</b>	N=1060	N=172	N=279	N=262	N=303
<b>Total (Unweighted)</b>	N=1061	N=209	N=301	N=186	N=312
<b>Positive (Net)</b>	29%	37% E	35% E	34% E	18%
Very positive impact	12%	15% E	16% E	11% e	6%
Somewhat positive impact	17%	22% E	18% e	22% E	12%
<b>No impact</b>	34%	27%	26%	34%	42% BCd
<b>Negative (Net)</b>	24%	29% E	35% DE	23% E	14%
Somewhat negative impact	16%	19% E	19% E	17%	11%
Very negative impact	9%	11% E	16% DE	6%	3%
<b>N/A- This does not apply to me or I don't remember</b>	13%	7%	4%	10% C	25% BCD

**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**

		<b>Generation (Age)</b>			
	Total A	Adult Gen Z (18-27) B	Millennials (28-42) C	Gen X (43-58) D	Boomers (59-77) E
<b>Total</b>	N=1060	N=172	N=279	N=262	N=303
<b>Total (Unweighted)</b>	N=1061	N=209	N=301	N=186	N=312
<b>Positive (Net)</b>	17%	19% <b>E</b>	20% <b>E</b>	19% <b>E</b>	11%
Very positive impact	7%	7% <b>E</b>	12% <b>E</b>	7% <b>E</b>	2%
Somewhat positive impact	10%	12%	9%	11%	8%
<b>No impact</b>	20%	24%	18%	18%	19%
<b>Negative (Net)</b>	61%	53%	58%	60%	68% <b>BC</b>
Somewhat negative impact	34%	35% <b>C</b>	25%	36% <b>C</b>	42% <b>C</b>
Very negative impact	26%	18%	34% <b>Bde</b>	24%	26% <b>b</b>
<b>N/A- This does not apply to me or I don't remember</b>	3%	4%	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?**

**The U.S.'s political climate**

		<b>Generation (Age)</b>			
	Total A	Adult Gen Z (18-27) B	Millennials (28-42) C	Gen X (43-58) D	Boomers (59-77) E
<b>Total</b>	N=1060	N=172	N=279	N=262	N=303
<b>Total (Unweighted)</b>	N=1061	N=209	N=301	N=186	N=312
<b>Positive (Net)</b>	14%	19% <b>E</b>	23% <b>DE</b>	14% <b>E</b>	5%
Very positive impact	5%	7% <b>E</b>	8% <b>E</b>	7% <b>E</b>	1%
Somewhat positive impact	9%	12% <b>E</b>	16% <b>DE</b>	7% <b>e</b>	3%
<b>No impact</b>	24%	34% <b>CE</b>	22%	26%	21%
<b>Negative (Net)</b>	57%	38%	51% <b>B</b>	55% <b>B</b>	73% <b>BCD</b>
Somewhat negative impact	31%	21%	24%	30% <b>b</b>	41% <b>BCD</b>
Very negative impact	26%	17%	27% <b>B</b>	24%	32% <b>B</b>
<b>N/A- This does not apply to me or I don't remember</b>	4%	8% <b>cE</b>	4%	5% <b>e</b>	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?**

**Personal finances**

		<b>Generation (Age)</b>			
	Total A	Adult Gen Z (18-27) B	Millennials (28-42) C	Gen X (43-58) D	Boomers (59-77) E
<b>Total</b>	N=1060	N=172	N=279	N=262	N=303
<b>Total (Unweighted)</b>	N=1061	N=209	N=301	N=186	N=312
<b>Positive (Net)</b>	28%	32%	33% E	26%	24%
Very positive impact	10%	13% E	13% E	11% e	6%
Somewhat positive impact	18%	19%	20%	15%	18%
<b>No impact</b>	29%	23%	18%	28% C	39% BCD
<b>Negative (Net)</b>	39%	41%	47% E	39%	35%
Somewhat negative impact	24%	23%	22%	24%	29%
Very negative impact	15%	18% E	25% DE	14% E	6%
<b>N/A- This does not apply to me or I don't remember</b>	4%	5%	2%	7% CE	2%

**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.**

		Generation (Age)			
	Total A	Adult Gen Z (18-27) B	Millennials (28-42) C	Gen X (43-58) D	Boomers (59-77) E
<b>Total</b>	N=901	N=152	N=235	N=205	N=272
<b>Total (Unweighted)</b>	N=913	N=184	N=254	N=151	N=279
<b>The U.S. economy</b>	38%	25%	41% B	45% B	38% B
<b>The U.S.'s political climate</b>	36%	17%	28% B	39% Bc	49% BCd
<b>Personal finances</b>	28%	21%	39% BE	35% BE	20%
<b>My body</b>	20%	21%	23% e	23% e	15%
<b>COVID-19 pandemic in general</b>	15%	24% dE	20% E	14% e	8%
<b>Social media</b>	13%	23% CdE	14% E	14% E	5%
<b>Lifestyle changes related to COVID-19 pandemic (e.g., socialization, work)</b>	12%	14%	18% DE	8%	9%
<b>My career (e.g., current job, job prospects)</b>	12%	12% e	21% bdE	12% e	6%
<b>Closures related to COVID-19 pandemic (e.g., schools, businesses)</b>	10%	10%	15% DE	6%	7%
<b>Lockdowns related to COVID-19 pandemic</b>	10%	14% E	13% E	7%	5%

continued...

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

		Generation (Age)			
	Total A	Adult Gen Z (18-27) B	Millennials (28-42) C	Gen X (43-58) D	Boomers (59-77) E
<b>Substance use (e.g., alcohol, illicit drugs)</b>	9%	11% E	15% E	10% E	3%
<b>Smartphones</b>	6%	8% e	8% E	5%	3%
<b>Online video games</b>	3%	3%	4%	3%	2%
<b>Online communities (e.g., forums, groups)</b>	3%	3%	4%	3%	2%
<b>N/A - None of these factors currently negatively affect my mental health</b>	19%	11%	12%	20% bc	28% BCd

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.**

		Generation (Age)			
	Total A	Adult Gen Z (18-27) B	Millennials (28-42) C	Gen X (43-58) D	Boomers (59-77) E
<b>Total</b>	N=768	N=143	N=223	N=180	N=198
<b>Total (Unweighted)</b>	N=789	N=178	N=242	N=134	N=205
<b>Smartphones</b>	37%	30%	47% BD	29%	38%
<b>Social media</b>	25%	25%	36% bDE	17%	19%
<b>Online communities (e.g., forums, groups)</b>	24%	22%	28% E	28% E	17%
<b>Online video games</b>	22%	37% CDE	25% E	18%	13%
<b>My career (e.g., current job, job prospects)</b>	20%	24%	19%	22%	17%
<b>Personal finances</b>	18%	19%	14%	15%	24% Cd
<b>My body</b>	17%	28% CDE	16%	15%	11%
<b>Lifestyle changes related to COVID-19 pandemic (e.g., socialization, work)</b>	10%	12%	11%	13%	8%
<b>The U.S. economy</b>	7%	9% e	8%	6%	4%
<b>COVID-19 pandemic in general</b>	5%	6% E	6% E	6% E	1%
<b>Substance use (e.g., alcohol, illicit drugs)</b>	4%	8% E	6% E	4%	1%

continued...

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

		Generation (Age)			
	Total A	Adult Gen Z (18-27) B	Millennials (28-42) C	Gen X (43-58) D	Boomers (59-77) E
<b>The U.S.'s political climate</b>	4%	5% e	5% e	4%	1%
<b>Closures related to COVID-19 pandemic (e.g., schools, businesses)</b>	4%	4% E	4% E	6% E	0%
<b>Lockdowns related to COVID-19 pandemic</b>	3%	4% E	4% E	4% E	0%
<b>N/A - None of these factors currently positively impact my mental health</b>	17%	11%	11%	23% BC	23% BC

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.**

		<b>Generation (Age)</b>			
	Total A	Adult Gen Z (18-27) B	Millennials (28-42) C	Gen X (43-58) D	Boomers (59-77) E
<b>Total</b>	N=1060	N=172	N=279	N=262	N=303
<b>Total (Unweighted)</b>	N=1061	N=209	N=301	N=186	N=312
<b>Agree (Net)</b>	88%	76%	85% <b>B</b>	91% <b>Bc</b>	93% <b>BC</b>
Strongly agree	37%	27%	36% <b>b</b>	38% <b>B</b>	42% <b>B</b>
Somewhat agree	51%	49%	49%	53%	51%
<b>Disagree (Net)</b>	12%	24% <b>CDE</b>	15% <b>dE</b>	9%	7%
Somewhat disagree	8%	16% <b>DE</b>	10% <b>E</b>	6%	5%
Strongly disagree	4%	8% <b>DE</b>	5%	3%	2%

**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.**

		<b>Generation (Age)</b>			
	Total A	Adult Gen Z (18-27) B	Millennials (28-42) C	Gen X (43-58) D	Boomers (59-77) E
<b>Total</b>	N=1060	N=172	N=279	N=262	N=303
<b>Total (Unweighted)</b>	N=1061	N=209	N=301	N=186	N=312
<b>Agree (Net)</b>	73%	64%	67%	74% <b>b</b>	81% <b>BCd</b>
Strongly agree	25%	19%	24%	28% <b>b</b>	28% <b>b</b>
Somewhat agree	48%	45%	43%	46%	54% <b>bC</b>
<b>Disagree (Net)</b>	27%	36% <b>dE</b>	33% <b>E</b>	26% <b>e</b>	19%
Somewhat disagree	17%	25% <b>E</b>	19% <b>E</b>	18% <b>E</b>	11%
Strongly disagree	10%	11%	14% <b>E</b>	8%	8%

**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.

	Generation (Age)				
	Total A	Adult Gen Z (18-27) B	Millennials (28-42) C	Gen X (43-58) D	Boomers (59-77) E
<b>Total</b>	N=1060	N=172	N=279	N=262	N=303
<b>Total (Unweighted)</b>	N=1061	N=209	N=301	N=186	N=312
<b>Agree (Net)</b>	79%	82%	80%	81%	76%
Strongly agree	27%	30% <b>E</b>	34% <b>E</b>	28% <b>e</b>	19%
Somewhat agree	53%	52%	46%	54%	56% <b>C</b>
<b>Disagree (Net)</b>	21%	18%	20%	19%	24%
Somewhat disagree	14%	10%	13%	12%	18% <b>b</b>
Strongly disagree	7%	8%	7%	6%	7%

**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).**

		<b>Generation (Age)</b>			
	Total A	Adult Gen Z (18-27) B	Millennials (28-42) C	Gen X (43-58) D	Boomers (59-77) E
<b>Total</b>	N=1088	N=183	N=281	N=271	N=308
<b>Total (Unweighted)</b>	N=1088	N=220	N=303	N=190	N=319
<b>Agree (Net)</b>	52%	62% dE	62% DE	51%	42%
Strongly agree	15%	25% DE	25% DE	9%	7%
Somewhat agree	37%	37%	37%	42%	36%
<b>Disagree (Net)</b>	48%	38%	38%	49% bC	58% BC
Somewhat disagree	33%	24%	25%	35% BC	42% BC
Strongly disagree	14%	14%	13%	14%	15%

**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.**

		<b>Generation (Age)</b>			
	Total A	Adult Gen Z (18-27) B	Millennials (28-42) C	Gen X (43-58) D	Boomers (59-77) E
<b>Total</b>	N=1088	N=183	N=281	N=271	N=308
<b>Total (Unweighted)</b>	N=1088	N=220	N=303	N=190	N=319
<b>Agree (Net)</b>	34%	56% DE	52% DE	28% E	13%
Strongly agree	11%	21% DE	19% DE	7% e	3%
Somewhat agree	23%	35% DE	32% DE	21% E	10%
<b>Disagree (Net)</b>	66%	44%	48%	72% BC	87% BCD
Somewhat disagree	30%	26%	23%	31% c	36% BC
Strongly disagree	36%	19%	26%	41% BC	51% BCd

**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.

	Generation (Age)				
	Total A	Adult Gen Z (18-27) B	Millennials (28-42) C	Gen X (43-58) D	Boomers (59-77) E
<b>Total</b>	N=1088	N=183	N=281	N=271	N=308
<b>Total (Unweighted)</b>	N=1088	N=220	N=303	N=190	N=319
<b>Agree (Net)</b>	64%	43%	62% <b>B</b>	61% <b>B</b>	78% <b>BCD</b>
Strongly agree	31%	15%	29% <b>B</b>	30% <b>B</b>	43% <b>BCD</b>
Somewhat agree	33%	28%	33%	31%	35%
<b>Disagree (Net)</b>	36%	57% <b>CDE</b>	38% <b>E</b>	39% <b>E</b>	22%
Somewhat disagree	24%	32% <b>cE</b>	24%	27% <b>e</b>	19%
Strongly disagree	12%	25% <b>CDE</b>	14% <b>E</b>	12% <b>E</b>	3%

**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.

	Generation (Age)				
	Total A	Adult Gen Z (18-27) B	Millennials (28-42) C	Gen X (43-58) D	Boomers (59-77) E
<b>Total</b>	N=1088	N=183	N=281	N=271	N=308
<b>Total (Unweighted)</b>	N=1088	N=220	N=303	N=190	N=319
<b>Agree (Net)</b>	43%	51% <b>E</b>	56% <b>DE</b>	41% <b>E</b>	28%
Strongly agree	9%	16% <b>DE</b>	16% <b>DE</b>	6% <b>e</b>	2%
Somewhat agree	34%	35% <b>E</b>	39% <b>E</b>	35% <b>E</b>	25%
<b>Disagree (Net)</b>	57%	49%	44%	59% <b>C</b>	72% <b>BCD</b>
Somewhat disagree	38%	36% <b>C</b>	25%	41% <b>C</b>	48% <b>BC</b>
Strongly disagree	19%	14%	20%	18%	24% <b>B</b>

**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.**

		<b>Generation (Age)</b>			
	Total A	Adult Gen Z (18-27) B	Millennials (28-42) C	Gen X (43-58) D	Boomers (59-77) E
<b>Total</b>	N=1088	N=183	N=281	N=271	N=308
<b>Total (Unweighted)</b>	N=1088	N=220	N=303	N=190	N=319
<b>Agree (Net)</b>	80%	72%	79%	81% b	84% B
Strongly agree	34%	36%	34%	33%	34%
Somewhat agree	46%	36%	45% b	48% B	50% B
<b>Disagree (Net)</b>	20%	28% dE	21%	19%	16%
Somewhat disagree	14%	23% CDE	14%	9%	13%
Strongly disagree	6%	5%	7%	10% E	3%

**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.

		Generation (Age)			
	Total A	Adult Gen Z (18-27) B	Millennials (28-42) C	Gen X (43-58) D	Boomers (59-77) E
<b>Total</b>	N=1088	N=183	N=281	N=271	N=308
<b>Total (Unweighted)</b>	N=1088	N=220	N=303	N=190	N=319
<b>Agree (Net)</b>	87%	76%	85% <b>B</b>	87% <b>B</b>	94% <b>BCD</b>
Strongly agree	54%	33%	58% <b>B</b>	55% <b>B</b>	63% <b>B</b>
Somewhat agree	33%	42% <b>CdE</b>	27%	33%	31%
<b>Disagree (Net)</b>	13%	24% <b>CDE</b>	15% <b>E</b>	13% <b>E</b>	6%
Somewhat disagree	9%	16% <b>dE</b>	11% <b>E</b>	8%	4%
Strongly disagree	4%	9% <b>E</b>	5%	4%	2%

**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.**

		<b>Generation (Age)</b>			
	Total A	Adult Gen Z (18-27) B	Millennials (28-42) C	Gen X (43-58) D	Boomers (59-77) E
<b>Total</b>	N=1088	N=183	N=281	N=271	N=308
<b>Total (Unweighted)</b>	N=1088	N=220	N=303	N=190	N=319
<b>Agree (Net)</b>	84%	77%	85% <b>b</b>	82%	91% <b>BcD</b>
Strongly agree	43%	33%	42% <b>b</b>	46% <b>B</b>	50% <b>Bc</b>
Somewhat agree	41%	44%	43%	35%	41%
<b>Disagree (Net)</b>	16%	23% <b>cE</b>	15% <b>e</b>	18% <b>E</b>	9%
Somewhat disagree	10%	15% <b>E</b>	10%	10%	8%
Strongly disagree	5%	8% <b>E</b>	6% <b>E</b>	9% <b>E</b>	1%

**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).

	Generation (Age)				
	Total A	Adult Gen Z (18-27) B	Millennials (28-42) C	Gen X (43-58) D	Boomers (59-77) E
<b>Total</b>	N=1088	N=183	N=281	N=271	N=308
<b>Total (Unweighted)</b>	N=1088	N=220	N=303	N=190	N=319
<b>Agree (Net)</b>	65%	59%	71% Be	67%	63%
Strongly agree	24%	25%	33% DE	20%	19%
Somewhat agree	41%	34%	38%	47% B	43% b
<b>Disagree (Net)</b>	35%	41% C	29%	33%	37% c
Somewhat disagree	27%	32% cd	23%	22%	31% cd
Strongly disagree	8%	9%	6%	11%	6%

Table Base: U.S. RESPONDENTS