

## 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:	,BC
Date Range:	(05/03/24 - 05/21/24)

### Segment Definitions

Total	(ALL)	n=1088
Yes	(netParentalR.r1)	n=312
No	not (netParentalR.r1)	n=776

### 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.**

	Total A	Parent of a Child Under 18	
		Yes B	No C
<b>Total</b>	N=1088	N=312	N=776
<b>Total (Unweighted)</b>	N=1088	N=303	N=785
<b>Entertainment</b>	68%	65%	69%
<b>Connection</b>	55%	55%	55%
<b>Accessibility</b>	45%	39%	47% b
<b>Distraction</b>	40%	39%	41%
<b>Creativity</b>	38%	43%	37%
<b>Opportunity</b>	35%	37%	34%
<b>Community</b>	32%	34%	31%
<b>Special interests</b>	31%	33%	30%
<b>Independence</b>	26%	25%	27%
<b>Boredom</b>	24%	28%	22%
<b>Drama</b>	18%	24% C	16%
<b>Anxiety</b>	17%	24% C	14%
<b>Stress</b>	16%	20%	15%
<b>Loneliness</b>	15%	16%	15%
<b>Depression</b>	12%	15%	11%
<b>Missing out</b>	9%	11%	9%

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**

		Parent of a Child Under 18	
	Total A	Yes B	No C
<b>Total</b>	N=1060	N=306	N=754
<b>Total (Unweighted)</b>	N=1061	N=296	N=765
<b>Positive (Net)</b>	34%	42% C	30%
Very positive impact	11%	18% C	9%
Somewhat positive impact	22%	24%	21%
<b>No impact</b>	34%	29%	36% b
<b>Negative (Net)</b>	25%	25%	26%
Somewhat negative impact	19%	19%	18%
Very negative impact	7%	6%	7%
<b>N/A- This does not apply to me or I don't remember</b>	7%	4%	8% 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**

		Parent of a Child Under 18	
	Total A	Yes B	No C
<b>Total</b>	N=1060	N=306	N=754
<b>Total (Unweighted)</b>	N=1061	N=296	N=765
<b>Positive (Net)</b>	48%	55% C	45%
Very positive impact	20%	27% C	17%
Somewhat positive impact	28%	28%	28%
<b>No impact</b>	34%	30%	35%
<b>Negative (Net)</b>	15%	14%	15%
Somewhat negative impact	12%	12%	12%
Very negative impact	3%	2%	3%
<b>N/A- This does not apply to me or I don't remember</b>	4%	1%	5% 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 video games**

		Parent of a Child Under 18	
	Total A	Yes B	No C
<b>Total</b>	N=1060	N=306	N=754
<b>Total (Unweighted)</b>	N=1061	N=296	N=765
<b>Positive (Net)</b>	33%	42% C	29%
Very positive impact	14%	22% C	10%
Somewhat positive impact	19%	20%	19%
<b>No impact</b>	39%	36%	40%
<b>Negative (Net)</b>	12%	13%	11%
Somewhat negative impact	8%	10%	7%
Very negative impact	4%	4%	4%
<b>N/A- This does not apply to me or I don't remember</b>	16%	9%	20% 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)**

		Parent of a Child Under 18	
	Total A	Yes B	No C
<b>Total</b>	N=1060	N=306	N=754
<b>Total (Unweighted)</b>	N=1061	N=296	N=765
<b>Positive (Net)</b>	37%	50% C	32%
Very positive impact	13%	20% C	10%
Somewhat positive impact	24%	30% C	22%
<b>No impact</b>	41%	32%	45% B
<b>Negative (Net)</b>	12%	12%	12%
Somewhat negative impact	8%	8%	8%
Very negative impact	4%	4%	3%
<b>N/A- This does not apply to me or I don't remember</b>	10%	6%	12% 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**

		Parent of a Child Under 18	
	Total A	Yes B	No C
<b>Total</b>	N=1060	N=306	N=754
<b>Total (Unweighted)</b>	N=1061	N=296	N=765
<b>Positive (Net)</b>	14%	21% C	11%
Very positive impact	6%	11% C	4%
Somewhat positive impact	8%	10%	7%
<b>No impact</b>	26%	19%	29% B
<b>Negative (Net)</b>	57%	58%	57%
Somewhat negative impact	31%	27%	33%
Very negative impact	26%	31% C	24%
<b>N/A- This does not apply to me or I don't remember</b>	3%	2%	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?**

**Lockdowns related to COVID-19 pandemic**

		Parent of a Child Under 18	
	Total A	Yes B	No C
<b>Total</b>	N=1060	N=306	N=754
<b>Total (Unweighted)</b>	N=1061	N=296	N=765
<b>Positive (Net)</b>	15%	20% C	13%
Very positive impact	6%	12% C	4%
Somewhat positive impact	9%	8%	10%
<b>No impact</b>	30%	24%	32% B
<b>Negative (Net)</b>	52%	54%	51%
Somewhat negative impact	30%	28%	31%
Very negative impact	22%	26%	20%
<b>N/A- This does not apply to me or I don't remember</b>	3%	2%	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?**

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

		Parent of a Child Under 18	
	Total A	Yes B	No C
<b>Total</b>	N=1060	N=306	N=754
<b>Total (Unweighted)</b>	N=1061	N=296	N=765
<b>Positive (Net)</b>	15%	20% C	13%
Very positive impact	6%	9% C	5%
Somewhat positive impact	8%	11%	8%
<b>No impact</b>	30%	27%	31%
<b>Negative (Net)</b>	50%	50%	50%
Somewhat negative impact	29%	27%	30%
Very negative impact	21%	23%	20%
<b>N/A- This does not apply to me or I don't remember</b>	5%	2%	6% 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?**

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

		Parent of a Child Under 18	
	Total A	Yes B	No C
<b>Total</b>	N=1060	N=306	N=754
<b>Total (Unweighted)</b>	N=1061	N=296	N=765
<b>Positive (Net)</b>	20%	27% C	17%
Very positive impact	8%	10% c	6%
Somewhat positive impact	13%	17% C	11%
<b>No impact</b>	30%	27%	31%
<b>Negative (Net)</b>	46%	43%	47%
Somewhat negative impact	31%	25%	33% b
Very negative impact	15%	18%	14%
<b>N/A- This does not apply to me or I don't remember</b>	4%	2%	5% 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?**

**My body**

		Parent of a Child Under 18	
	Total A	Yes B	No C
<b>Total</b>	N=1060	N=306	N=754
<b>Total (Unweighted)</b>	N=1061	N=296	N=765
<b>Positive (Net)</b>	25%	34% C	21%
Very positive impact	12%	17% C	9%
Somewhat positive impact	13%	17%	12%
<b>No impact</b>	40%	28%	44% B
<b>Negative (Net)</b>	32%	35%	30%
Somewhat negative impact	21%	22%	21%
Very negative impact	11%	13%	10%
<b>N/A- This does not apply to me or I don't remember</b>	4%	2%	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)**

		Parent of a Child Under 18	
	Total A	Yes B	No C
<b>Total</b>	N=1060	N=306	N=754
<b>Total (Unweighted)</b>	N=1061	N=296	N=765
<b>Positive (Net)</b>	13%	23% C	9%
Very positive impact	6%	10% C	4%
Somewhat positive impact	7%	12% C	5%
<b>No impact</b>	40%	32%	43% B
<b>Negative (Net)</b>	25%	31% C	22%
Somewhat negative impact	10%	13%	9%
Very negative impact	15%	18%	13%
<b>N/A- This does not apply to me or I don't remember</b>	22%	15%	25% 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?**

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

		Parent of a Child Under 18	
	Total A	Yes B	No C
<b>Total</b>	N=1060	N=306	N=754
<b>Total (Unweighted)</b>	N=1061	N=296	N=765
<b>Positive (Net)</b>	29%	39% C	25%
Very positive impact	12%	18% C	9%
Somewhat positive impact	17%	21%	16%
<b>No impact</b>	34%	28%	36% B
<b>Negative (Net)</b>	24%	29% c	23%
Somewhat negative impact	16%	16%	15%
Very negative impact	9%	12% C	7%
<b>N/A- This does not apply to me or I don't remember</b>	13%	5%	16% 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?**

**The U.S. economy**

		Parent of a Child Under 18	
	Total A	Yes B	No C
<b>Total</b>	N=1060	N=306	N=754
<b>Total (Unweighted)</b>	N=1061	N=296	N=765
<b>Positive (Net)</b>	17%	25% C	14%
Very positive impact	7%	13% C	5%
Somewhat positive impact	10%	12%	9%
<b>No impact</b>	20%	17%	21%
<b>Negative (Net)</b>	61%	56%	63% b
Somewhat negative impact	34%	27%	38% B
Very negative impact	26%	29%	25%
<b>N/A- This does not apply to me or I don't remember</b>	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?**

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

		Parent of a Child Under 18	
	Total A	Yes B	No C
<b>Total</b>	N=1060	N=306	N=754
<b>Total (Unweighted)</b>	N=1061	N=296	N=765
<b>Positive (Net)</b>	14%	26% C	10%
Very positive impact	5%	9% C	4%
Somewhat positive impact	9%	17% C	6%
<b>No impact</b>	24%	27%	23%
<b>Negative (Net)</b>	57%	44%	63% B
Somewhat negative impact	31%	23%	34% B
Very negative impact	26%	20%	29% B
<b>N/A- This does not apply to me or I don't remember</b>	4%	3%	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?**

**Personal finances**

		Parent of a Child Under 18	
	Total A	Yes B	No C
<b>Total</b>	N=1060	N=306	N=754
<b>Total (Unweighted)</b>	N=1061	N=296	N=765
<b>Positive (Net)</b>	28%	34% C	26%
Very positive impact	10%	14% C	9%
Somewhat positive impact	18%	20%	17%
<b>No impact</b>	29%	22%	31% B
<b>Negative (Net)</b>	39%	41%	38%
Somewhat negative impact	24%	21%	26%
Very negative impact	15%	20% C	13%
<b>N/A- This does not apply to me or I don't remember</b>	4%	3%	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.**

		Parent of a Child Under 18	
	Total A	Yes B	No C
<b>Total</b>	N=901	N=249	N=652
<b>Total (Unweighted)</b>	N=913	N=247	N=666
<b>The U.S. economy</b>	38%	35%	39%
<b>The U.S.'s political climate</b>	36%	22%	41% B
<b>Personal finances</b>	28%	34% C	26%
<b>My body</b>	20%	21%	19%
<b>COVID-19 pandemic in general</b>	15%	21% C	13%
<b>Social media</b>	13%	12%	13%
<b>Lifestyle changes related to COVID-19 pandemic (e.g., socialization, work)</b>	12%	16%	11%
<b>My career (e.g., current job, job prospects)</b>	12%	16%	11%
<b>Closures related to COVID-19 pandemic (e.g., schools, businesses)</b>	10%	13%	8%
<b>Lockdowns related to COVID-19 pandemic</b>	10%	13% C	8%
<b>Substance use (e.g., alcohol, illicit drugs)</b>	9%	15% C	7%
<b>Smartphones</b>	6%	6%	5%
<b>Online video games</b>	3%	3%	3%

continued...

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

		Parent of a Child Under 18	
	Total A	Yes B	No C
Online communities (e.g., forums, groups)	3%	3%	3%
N/A - None of these factors currently negatively affect my mental health	19%	13%	22% B

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.**

		Parent of a Child Under 18	
	Total A	Yes B	No C
<b>Total</b>	N=768	N=244	N=524
<b>Total (Unweighted)</b>	N=789	N=243	N=546
<b>Smartphones</b>	37%	44% C	34%
<b>Social media</b>	25%	29%	23%
<b>Online communities (e.g., forums, groups)</b>	24%	29% C	21%
<b>Online video games</b>	22%	27% C	19%
<b>My career (e.g., current job, job prospects)</b>	20%	21%	20%
<b>Personal finances</b>	18%	14%	21% B
<b>My body</b>	17%	19%	16%
<b>Lifestyle changes related to COVID-19 pandemic (e.g., socialization, work)</b>	10%	11%	10%
<b>The U.S. economy</b>	7%	8%	7%
<b>COVID-19 pandemic in general</b>	5%	7%	4%
<b>Substance use (e.g., alcohol, illicit drugs)</b>	4%	7% C	3%
<b>The U.S.'s political climate</b>	4%	5%	3%
<b>Closures related to COVID-19 pandemic (e.g., schools, businesses)</b>	4%	7% C	2%

continued...

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

		Parent of a Child Under 18	
	Total A	Yes B	No C
<b>Lockdowns related to COVID-19 pandemic</b>	3%	5% C	2%
<b>N/A - None of these factors currently positively impact my mental health</b>	17%	13%	19% b

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.**

		Parent of a Child Under 18	
	Total A	Yes B	No C
<b>Total</b>	N=1060	N=306	N=754
<b>Total (Unweighted)</b>	N=1061	N=296	N=765
<b>Agree (Net)</b>	88%	84%	89%
Strongly agree	37%	37%	37%
Somewhat agree	51%	47%	52%
<b>Disagree (Net)</b>	12%	16%	11%
Somewhat disagree	8%	11%	8%
Strongly disagree	4%	5%	4%

**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.**

		Parent of a Child Under 18	
	Total A	Yes B	No C
<b>Total</b>	N=1060	N=306	N=754
<b>Total (Unweighted)</b>	N=1061	N=296	N=765
<b>Agree (Net)</b>	73%	66%	76% <b>B</b>
Strongly agree	25%	23%	26%
Somewhat agree	48%	43%	50%
<b>Disagree (Net)</b>	27%	34% <b>C</b>	24%
Somewhat disagree	17%	23% <b>C</b>	15%
Strongly disagree	10%	11%	10%

**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.**

		Parent of a Child Under 18	
	Total A	Yes B	No C
<b>Total</b>	N=1060	N=306	N=754
<b>Total (Unweighted)</b>	N=1061	N=296	N=765
<b>Agree (Net)</b>	79%	81%	79%
Strongly agree	27%	32% C	24%
Somewhat agree	53%	49%	54%
<b>Disagree (Net)</b>	21%	19%	21%
Somewhat disagree	14%	13%	14%
Strongly disagree	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).**

		Parent of a Child Under 18	
	Total A	Yes B	No C
<b>Total</b>	N=1088	N=312	N=776
<b>Total (Unweighted)</b>	N=1088	N=303	N=785
<b>Agree (Net)</b>	52%	59% C	50%
Strongly agree	15%	21% C	13%
Somewhat agree	37%	38%	37%
<b>Disagree (Net)</b>	48%	41%	50% B
Somewhat disagree	33%	27%	36% B
Strongly disagree	14%	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.**

		Parent of a Child Under 18	
	Total A	Yes B	No C
<b>Total</b>	N=1088	N=312	N=776
<b>Total (Unweighted)</b>	N=1088	N=303	N=785
<b>Agree (Net)</b>	34%	44% C	30%
Strongly agree	11%	12%	11%
Somewhat agree	23%	32% C	19%
<b>Disagree (Net)</b>	66%	56%	70% B
Somewhat disagree	30%	26%	32%
Strongly disagree	36%	30%	39% B

**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	Parent of a Child Under 18	
		Yes B	No C
<b>Total</b>	N=1088	N=312	N=776
<b>Total (Unweighted)</b>	N=1088	N=303	N=785
<b>Agree (Net)</b>	64%	62%	65%
Strongly agree	31%	29%	32%
Somewhat agree	33%	34%	32%
<b>Disagree (Net)</b>	36%	38%	35%
Somewhat disagree	24%	20%	26% b
Strongly disagree	12%	18% C	9%

**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.

		Parent of a Child Under 18	
	Total A	Yes B	No C
<b>Total</b>	N=1088	N=312	N=776
<b>Total (Unweighted)</b>	N=1088	N=303	N=785
<b>Agree (Net)</b>	43%	51% C	41%
Strongly agree	9%	15% C	7%
Somewhat agree	34%	36%	34%
<b>Disagree (Net)</b>	57%	49%	59% B
Somewhat disagree	38%	31%	40% B
Strongly disagree	19%	18%	19%

**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.**

		Parent of a Child Under 18	
	Total A	Yes B	No C
<b>Total</b>	N=1088	N=312	N=776
<b>Total (Unweighted)</b>	N=1088	N=303	N=785
<b>Agree (Net)</b>	80%	75%	82% <b>B</b>
Strongly agree	34%	30%	36%
Somewhat agree	46%	45%	47%
<b>Disagree (Net)</b>	20%	25% <b>C</b>	18%
Somewhat disagree	14%	15%	13%
Strongly disagree	6%	10% <b>C</b>	5%

**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	Parent of a Child Under 18	
		Yes B	No C
<b>Total</b>	N=1088	N=312	N=776
<b>Total (Unweighted)</b>	N=1088	N=303	N=785
<b>Agree (Net)</b>	87%	85%	88%
Strongly agree	54%	55%	54%
Somewhat agree	33%	30%	34%
<b>Disagree (Net)</b>	13%	15%	12%
Somewhat disagree	9%	11%	8%
Strongly disagree	4%	5%	4%

**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.**

		Parent of a Child Under 18	
	Total A	Yes B	No C
<b>Total</b>	N=1088	N=312	N=776
<b>Total (Unweighted)</b>	N=1088	N=303	N=785
<b>Agree (Net)</b>	84%	84%	85%
Strongly agree	43%	43%	43%
Somewhat agree	41%	41%	42%
<b>Disagree (Net)</b>	16%	16%	15%
Somewhat disagree	10%	11%	10%
Strongly disagree	5%	5%	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).

		Parent of a Child Under 18	
	Total A	Yes B	No C
<b>Total</b>	N=1088	N=312	N=776
<b>Total (Unweighted)</b>	N=1088	N=303	N=785
<b>Agree (Net)</b>	65%	69%	64%
Strongly agree	24%	29% C	22%
Somewhat agree	41%	40%	42%
<b>Disagree (Net)</b>	35%	31%	36%
Somewhat disagree	27%	24%	28%
Strongly disagree	8%	7%	8%

**Table Base:** U.S. RESPONDENTS