

## 041825 - 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,D-F,GH             |
| Date Range:        | (04/18/25 - 04/22/25) |

### Segment Definitions

|                     |                        |        |
|---------------------|------------------------|--------|
| Total               | (ALL)                  | n=1076 |
| Male                | (dmGenM.r1)            | n=521  |
| Female              | (dmGenM.r2)            | n=543  |
| 18-34               | (dmAge.check('18-34')) | n=303  |
| 35-54               | (dmAge.check('35-54')) | n=354  |
| 55+                 | (dmAge.check('>54'))   | n=419  |
| White Only (NH/L)   | (net2RaceMUS.r1)       | n=661  |
| All People of Color | (net2RaceMUS.r6)       | n=415  |

### Weighting

|       |                                 |                     |
|-------|---------------------------------|---------------------|
| Total | nweight.q041825_24_hourdemo.val | q041825_24_hourdemo |
|-------|---------------------------------|---------------------|

**QS1Q1: In general, how impactful are each of the following on your mental health?**

**Finances**

|                                | Total<br>A | Gender    |             | Age        |            |           | Race & Ethnicity          |                             |
|--------------------------------|------------|-----------|-------------|------------|------------|-----------|---------------------------|-----------------------------|
|                                |            | Male<br>B | Female<br>C | 18-34<br>D | 35-54<br>E | 55+<br>F  | White Only<br>(NH/L)<br>G | All People of<br>Color<br>H |
| <b>Total</b>                   | N=1076     | N=521     | N=543       | N=303      | N=354      | N=419     | N=661                     | N=415                       |
| <b>Total<br/>(Unweighted)</b>  | N=1076     | N=499     | N=566       | N=301      | N=338      | N=437     | N=691                     | N=385                       |
| <b>Impactful :<br/>Net</b>     | 78%        | 76%       | 80%         | 82%<br>F   | 87%<br>F   | 67%       | 76%                       | 80%                         |
| Very impactful                 | 44%        | 41%       | 47%         | 49%<br>F   | 55%<br>F   | 32%       | 40%                       | 51%<br>G                    |
| Somewhat impactful             | 33%        | 34%       | 33%         | 33%        | 32%        | 35%       | 36%<br>h                  | 29%                         |
| <b>Not impactful<br/>: Net</b> | 22%        | 24%       | 20%         | 18%        | 13%        | 33%<br>DE | 24%                       | 20%                         |
| Not very impactful             | 14%        | 17%<br>C  | 11%         | 15%<br>E   | 8%         | 19%<br>E  | 15%                       | 13%                         |
| Not at all impactful           | 8%         | 7%        | 9%          | 3%         | 5%         | 14%<br>DE | 9%                        | 7%                          |

**Table Base: US RESPONDENTS**

**QS1Q1: In general, how impactful are each of the following on your mental health?**

**Physical health**

|                                | Total<br>A | Gender    |             | Age        |            |          | Race & Ethnicity          |                             |
|--------------------------------|------------|-----------|-------------|------------|------------|----------|---------------------------|-----------------------------|
|                                |            | Male<br>B | Female<br>C | 18-34<br>D | 35-54<br>E | 55+<br>F | White Only<br>(NH/L)<br>G | All People of<br>Color<br>H |
| <b>Total</b>                   | N=1076     | N=521     | N=543       | N=303      | N=354      | N=419    | N=661                     | N=415                       |
| <b>Total<br/>(Unweighted)</b>  | N=1076     | N=499     | N=566       | N=301      | N=338      | N=437    | N=691                     | N=385                       |
| <b>Impactful :<br/>Net</b>     | 81%        | 81%       | 81%         | 81%        | 83%        | 78%      | 80%                       | 81%                         |
| Very impactful                 | 46%        | 45%       | 47%         | 49%<br>f   | 48%        | 42%      | 43%                       | 51%<br>g                    |
| Somewhat impactful             | 35%        | 35%       | 34%         | 32%        | 35%        | 36%      | 37%<br>h                  | 30%                         |
| <b>Not impactful :<br/>Net</b> | 19%        | 19%       | 19%         | 19%        | 17%        | 22%      | 20%                       | 19%                         |
| Not very impactful             | 13%        | 14%       | 12%         | 14%        | 12%        | 14%      | 15%                       | 11%                         |
| Not at all impactful           | 6%         | 6%        | 7%          | 5%         | 5%         | 8%       | 5%                        | 8%<br>g                     |

**Table Base: US RESPONDENTS**

**QS1Q1: In general, how impactful are each of the following on your mental health?**

**Relationships (e.g., family, friends)**

|                                | Total<br>A | Gender    |             | Age        |            |           | Race & Ethnicity          |                             |
|--------------------------------|------------|-----------|-------------|------------|------------|-----------|---------------------------|-----------------------------|
|                                |            | Male<br>B | Female<br>C | 18-34<br>D | 35-54<br>E | 55+<br>F  | White Only<br>(NH/L)<br>G | All People of<br>Color<br>H |
| <b>Total</b>                   | N=1076     | N=521     | N=543       | N=303      | N=354      | N=419     | N=661                     | N=415                       |
| <b>Total<br/>(Unweighted)</b>  | N=1076     | N=499     | N=566       | N=301      | N=338      | N=437     | N=691                     | N=385                       |
| <b>Impactful :<br/>Net</b>     | 80%        | 78%       | 83%<br>b    | 85%<br>F   | 86%<br>F   | 72%       | 81%                       | 79%                         |
| Very impactful                 | 49%        | 45%       | 53%<br>B    | 57%<br>F   | 50%<br>f   | 42%       | 46%                       | 53%<br>g                    |
| Somewhat impactful             | 31%        | 32%       | 30%         | 28%        | 36%<br>d   | 30%       | 35%<br>H                  | 26%                         |
| <b>Not impactful<br/>: Net</b> | 20%        | 22%<br>c  | 17%         | 15%        | 14%        | 28%<br>DE | 19%                       | 21%                         |
| Not very impactful             | 10%        | 14%<br>C  | 6%          | 8%         | 8%         | 14%<br>DE | 11%                       | 10%                         |
| Not at all impactful           | 9%         | 8%        | 11%         | 7%         | 6%         | 14%<br>DE | 8%                        | 11%                         |

**Table Base: US RESPONDENTS**

**QS1Q1: In general, how impactful are each of the following on your mental health?**

**Daily obligations (e.g., work, school, homemaking)**

|                                | Total<br>A | Gender          |                 | Age             |                 |                  | Race & Ethnicity          |                             |
|--------------------------------|------------|-----------------|-----------------|-----------------|-----------------|------------------|---------------------------|-----------------------------|
|                                |            | Male<br>B       | Female<br>C     | 18-34<br>D      | 35-54<br>E      | 55+<br>F         | White Only<br>(NH/L)<br>G | All People of<br>Color<br>H |
| <b>Total</b>                   | N=1076     | N=521           | N=543           | N=303           | N=354           | N=419            | N=661                     | N=415                       |
| <b>Total<br/>(Unweighted)</b>  | N=1076     | N=499           | N=566           | N=301           | N=338           | N=437            | N=691                     | N=385                       |
| <b>Impactful :<br/>Net</b>     | 73%        | 68%             | 77%<br><b>B</b> | 84%<br><b>F</b> | 80%<br><b>F</b> | 59%              | 70%                       | 78%<br><b>G</b>             |
| Very impactful                 | 37%        | 33%             | 40%<br><b>b</b> | 49%<br><b>F</b> | 45%<br><b>F</b> | 22%              | 32%                       | 46%<br><b>G</b>             |
| Somewhat impactful             | 36%        | 34%             | 37%             | 35%             | 35%             | 37%              | 38%<br><b>h</b>           | 31%                         |
| <b>Not impactful :<br/>Net</b> | 27%        | 32%<br><b>C</b> | 23%             | 16%             | 20%             | 41%<br><b>DE</b> | 30%<br><b>H</b>           | 22%                         |
| Not very impactful             | 16%        | 21%<br><b>C</b> | 12%             | 12%             | 12%             | 23%<br><b>DE</b> | 19%<br><b>H</b>           | 12%                         |
| Not at all impactful           | 11%        | 11%             | 11%             | 4%              | 8%              | 18%<br><b>DE</b> | 12%                       | 10%                         |

**Table Base: US RESPONDENTS**

**QS1Q2: In general, how do you feel about the following aspects of your life right now?**

**Finances**

|                               | Total<br>A | Gender    |             | Age        |            |           | Race & Ethnicity          |                             |
|-------------------------------|------------|-----------|-------------|------------|------------|-----------|---------------------------|-----------------------------|
|                               |            | Male<br>B | Female<br>C | 18-34<br>D | 35-54<br>E | 55+<br>F  | White Only<br>(NH/L)<br>G | All People of<br>Color<br>H |
| <b>Total</b>                  | N=1076     | N=521     | N=543       | N=303      | N=354      | N=419     | N=661                     | N=415                       |
| <b>Total<br/>(Unweighted)</b> | N=1076     | N=499     | N=566       | N=301      | N=338      | N=437     | N=691                     | N=385                       |
| <b>Positive</b>               | 40%        | 46%<br>C  | 35%         | 35%        | 34%        | 50%<br>DE | 43%                       | 37%                         |
| <b>Neutral</b>                | 35%        | 34%       | 37%         | 39%        | 36%        | 32%       | 34%                       | 37%                         |
| <b>Negative</b>               | 24%        | 20%       | 29%<br>B    | 26%<br>F   | 30%<br>F   | 18%       | 23%                       | 26%                         |

**Table Base: US RESPONDENTS**

**QS1Q2: In general, how do you feel about the following aspects of your life right now?**

**Mental health**

|                               | Total<br>A | Gender    |             | Age        |            |           | Race & Ethnicity          |                             |
|-------------------------------|------------|-----------|-------------|------------|------------|-----------|---------------------------|-----------------------------|
|                               |            | Male<br>B | Female<br>C | 18-34<br>D | 35-54<br>E | 55+<br>F  | White Only<br>(NH/L)<br>G | All People of<br>Color<br>H |
| <b>Total</b>                  | N=1076     | N=521     | N=543       | N=303      | N=354      | N=419     | N=661                     | N=415                       |
| <b>Total<br/>(Unweighted)</b> | N=1076     | N=499     | N=566       | N=301      | N=338      | N=437     | N=691                     | N=385                       |
| <b>Positive</b>               | 51%        | 59%<br>C  | 43%         | 41%        | 48%        | 61%<br>DE | 53%<br>h                  | 46%                         |
| <b>Neutral</b>                | 33%        | 31%       | 35%         | 38%<br>F   | 35%<br>f   | 28%       | 30%                       | 38%<br>G                    |
| <b>Negative</b>               | 16%        | 10%       | 23%<br>B    | 22%<br>F   | 17%<br>f   | 12%       | 17%                       | 16%                         |

**Table Base: US RESPONDENTS**

**QS1Q2: In general, how do you feel about the following aspects of your life right now?**

**Physical health**

|                               | Total<br>A | Gender    |             | Age        |            |          | Race & Ethnicity          |                             |
|-------------------------------|------------|-----------|-------------|------------|------------|----------|---------------------------|-----------------------------|
|                               |            | Male<br>B | Female<br>C | 18-34<br>D | 35-54<br>E | 55+<br>F | White Only<br>(NH/L)<br>G | All People of<br>Color<br>H |
| <b>Total</b>                  | N=1076     | N=521     | N=543       | N=303      | N=354      | N=419    | N=661                     | N=415                       |
| <b>Total<br/>(Unweighted)</b> | N=1076     | N=499     | N=566       | N=301      | N=338      | N=437    | N=691                     | N=385                       |
| <b>Positive</b>               | 47%        | 52%<br>C  | 41%         | 42%        | 48%        | 49%      | 48%                       | 45%                         |
| <b>Neutral</b>                | 36%        | 36%       | 36%         | 38%        | 35%        | 35%      | 33%                       | 40%<br>G                    |
| <b>Negative</b>               | 17%        | 12%       | 23%<br>B    | 20%        | 17%        | 16%      | 19%                       | 15%                         |

**Table Base: US RESPONDENTS**

**QS1Q2: In general, how do you feel about the following aspects of your life right now?**

**Relationships (e.g., family, friends)**

|                               | Total<br>A | Gender    |             | Age        |            |           | Race & Ethnicity          |                             |
|-------------------------------|------------|-----------|-------------|------------|------------|-----------|---------------------------|-----------------------------|
|                               |            | Male<br>B | Female<br>C | 18-34<br>D | 35-54<br>E | 55+<br>F  | White Only<br>(NH/L)<br>G | All People of<br>Color<br>H |
| <b>Total</b>                  | N=1076     | N=521     | N=543       | N=303      | N=354      | N=419     | N=661                     | N=415                       |
| <b>Total<br/>(Unweighted)</b> | N=1076     | N=499     | N=566       | N=301      | N=338      | N=437     | N=691                     | N=385                       |
| <b>Positive</b>               | 62%        | 67%<br>C  | 57%         | 57%        | 56%        | 70%<br>DE | 63%                       | 60%                         |
| <b>Neutral</b>                | 28%        | 22%       | 33%<br>B    | 32%<br>F   | 29%        | 23%       | 25%                       | 31%                         |
| <b>Negative</b>               | 11%        | 11%       | 10%         | 11%        | 15%<br>F   | 7%        | 11%                       | 9%                          |

**Table Base: US RESPONDENTS**

**QS1Q2: In general, how do you feel about the following aspects of your life right now?**

**Daily obligations (e.g., work, school, homemaking)**

|                               | Total<br>A | Gender    |             | Age        |            |           | Race & Ethnicity          |                             |
|-------------------------------|------------|-----------|-------------|------------|------------|-----------|---------------------------|-----------------------------|
|                               |            | Male<br>B | Female<br>C | 18-34<br>D | 35-54<br>E | 55+<br>F  | White Only<br>(NH/L)<br>G | All People of<br>Color<br>H |
| <b>Total</b>                  | N=1076     | N=521     | N=543       | N=303      | N=354      | N=419     | N=661                     | N=415                       |
| <b>Total<br/>(Unweighted)</b> | N=1076     | N=499     | N=566       | N=301      | N=338      | N=437     | N=691                     | N=385                       |
| <b>Positive</b>               | 47%        | 49%       | 45%         | 38%        | 46%<br>d   | 54%<br>De | 48%                       | 45%                         |
| <b>Neutral</b>                | 41%        | 44%       | 39%         | 47%<br>ef  | 39%        | 39%       | 39%                       | 45%                         |
| <b>Negative</b>               | 12%        | 7%        | 16%<br>B    | 15%<br>F   | 15%<br>F   | 7%        | 13%                       | 10%                         |

**Table Base: US RESPONDENTS**

**QS1Q2: In general, how do you feel about the following aspects of your life right now?**

**Overall**

|                               |            | Gender    |             | Age        |            |           | Race & Ethnicity          |                             |
|-------------------------------|------------|-----------|-------------|------------|------------|-----------|---------------------------|-----------------------------|
|                               | Total<br>A | Male<br>B | Female<br>C | 18-34<br>D | 35-54<br>E | 55+<br>F  | White Only<br>(NH/L)<br>G | All People of<br>Color<br>H |
| <b>Total</b>                  | N=1076     | N=521     | N=543       | N=303      | N=354      | N=419     | N=661                     | N=415                       |
| <b>Total<br/>(Unweighted)</b> | N=1076     | N=499     | N=566       | N=301      | N=338      | N=437     | N=691                     | N=385                       |
| <b>Positive</b>               | 52%        | 58%<br>C  | 47%         | 40%        | 52%<br>D   | 61%<br>DE | 56%<br>H                  | 47%                         |
| <b>Neutral</b>                | 36%        | 34%       | 38%         | 46%<br>EF  | 34%        | 31%       | 32%                       | 42%<br>G                    |
| <b>Negative</b>               | 12%        | 8%        | 15%<br>B    | 14%<br>F   | 14%<br>F   | 8%        | 12%                       | 11%                         |

**Table Base: US RESPONDENTS**

**QS1Q3: Do you think each of the following are better, worse, or about the same now compared to one year ago?**

**Your mental health**

|                               | Total<br>A | Gender    |             | Age        |            |           | Race & Ethnicity          |                             |
|-------------------------------|------------|-----------|-------------|------------|------------|-----------|---------------------------|-----------------------------|
|                               |            | Male<br>B | Female<br>C | 18-34<br>D | 35-54<br>E | 55+<br>F  | White Only<br>(NH/L)<br>G | All People of<br>Color<br>H |
| <b>Total</b>                  | N=1076     | N=521     | N=543       | N=303      | N=354      | N=419     | N=661                     | N=415                       |
| <b>Total<br/>(Unweighted)</b> | N=1076     | N=499     | N=566       | N=301      | N=338      | N=437     | N=691                     | N=385                       |
| <b>Better</b>                 | 28%        | 32%<br>C  | 24%         | 40%<br>eF  | 32%<br>F   | 15%       | 23%                       | 35%<br>G                    |
| <b>About the<br/>same</b>     | 52%        | 53%       | 50%         | 39%        | 45%        | 66%<br>DE | 56%<br>H                  | 45%                         |
| <b>Worse</b>                  | 21%        | 16%       | 26%<br>B    | 20%        | 23%        | 19%       | 21%                       | 21%                         |

**Table Base: US RESPONDENTS**

**QS1Q3: Do you think each of the following are better, worse, or about the same now compared to one year ago?**

**Your physical health**

|                               | Total<br>A | Gender    |             | Age        |            |           | Race & Ethnicity          |                             |
|-------------------------------|------------|-----------|-------------|------------|------------|-----------|---------------------------|-----------------------------|
|                               |            | Male<br>B | Female<br>C | 18-34<br>D | 35-54<br>E | 55+<br>F  | White Only<br>(NH/L)<br>G | All People of<br>Color<br>H |
| <b>Total</b>                  | N=1076     | N=521     | N=543       | N=303      | N=354      | N=419     | N=661                     | N=415                       |
| <b>Total<br/>(Unweighted)</b> | N=1076     | N=499     | N=566       | N=301      | N=338      | N=437     | N=691                     | N=385                       |
| <b>Better</b>                 | 27%        | 30%<br>C  | 24%         | 36%<br>F   | 31%<br>F   | 16%       | 22%                       | 34%<br>G                    |
| <b>About the<br/>same</b>     | 52%        | 50%       | 54%         | 42%        | 50%<br>d   | 62%<br>DE | 57%<br>H                  | 45%                         |
| <b>Worse</b>                  | 21%        | 19%       | 22%         | 21%        | 18%        | 22%       | 21%                       | 21%                         |

**Table Base: US RESPONDENTS**

**QS1Q3: Do you think each of the following are better, worse, or about the same now compared to one year ago?**

**Your life overall**

|                               | Total<br>A | Gender    |             | Age        |            |           | Race & Ethnicity          |                             |
|-------------------------------|------------|-----------|-------------|------------|------------|-----------|---------------------------|-----------------------------|
|                               |            | Male<br>B | Female<br>C | 18-34<br>D | 35-54<br>E | 55+<br>F  | White Only<br>(NH/L)<br>G | All People of<br>Color<br>H |
| <b>Total</b>                  | N=1076     | N=521     | N=543       | N=303      | N=354      | N=419     | N=661                     | N=415                       |
| <b>Total<br/>(Unweighted)</b> | N=1076     | N=499     | N=566       | N=301      | N=338      | N=437     | N=691                     | N=385                       |
| <b>Better</b>                 | 29%        | 32%       | 26%         | 40%<br>eF  | 31%<br>F   | 19%       | 25%                       | 35%<br>G                    |
| <b>About the<br/>same</b>     | 55%        | 55%       | 55%         | 45%        | 50%        | 67%<br>DE | 59%<br>H                  | 48%                         |
| <b>Worse</b>                  | 16%        | 13%       | 19%<br>B    | 15%        | 19%        | 15%       | 16%                       | 17%                         |

**Table Base: US RESPONDENTS**

**QS1Q4: In general, how comfortable are you talking about your mental health?**

|                                  |            | Gender    |             | Age        |            |          | Race & Ethnicity          |                             |
|----------------------------------|------------|-----------|-------------|------------|------------|----------|---------------------------|-----------------------------|
|                                  | Total<br>A | Male<br>B | Female<br>C | 18-34<br>D | 35-54<br>E | 55+<br>F | White Only<br>(NH/L)<br>G | All People of<br>Color<br>H |
| <b>Total</b>                     | N=1076     | N=521     | N=543       | N=303      | N=354      | N=419    | N=661                     | N=415                       |
| <b>Total<br/>(Unweighted)</b>    | N=1076     | N=499     | N=566       | N=301      | N=338      | N=437    | N=691                     | N=385                       |
| <b>Comfortable :<br/>Net</b>     | 83%        | 83%       | 84%         | 77%        | 86%<br>D   | 86%<br>D | 86%<br>H                  | 80%                         |
| Very comfortable                 | 46%        | 44%       | 48%         | 39%        | 49%<br>D   | 48%<br>D | 46%                       | 46%                         |
| Somewhat comfortable             | 38%        | 39%       | 36%         | 38%        | 37%        | 38%      | 40%<br>h                  | 33%                         |
| <b>Not comfortable :<br/>Net</b> | 17%        | 17%       | 16%         | 23%<br>EF  | 14%        | 14%      | 14%                       | 20%<br>G                    |
| Not very comfortable             | 13%        | 14%       | 13%         | 19%<br>EF  | 10%        | 12%      | 12%                       | 17%<br>g                    |
| Not at all comfortable           | 3%         | 3%        | 3%          | 4%         | 4%         | 2%       | 3%                        | 4%                          |

**Table Base:** US RESPONDENTS

## QS1Q5: How comfortable would you be talking to each of the following about your mental health?

Family (e.g., significant other, parents)

|                                  | Total<br>A | Gender    |             | Age        |            |           | Race & Ethnicity          |                             |
|----------------------------------|------------|-----------|-------------|------------|------------|-----------|---------------------------|-----------------------------|
|                                  |            | Male<br>B | Female<br>C | 18-34<br>D | 35-54<br>E | 55+<br>F  | White Only<br>(NH/L)<br>G | All People of<br>Color<br>H |
| <b>Total</b>                     | N=1076     | N=521     | N=543       | N=303      | N=354      | N=419     | N=661                     | N=415                       |
| <b>Total<br/>(Unweighted)</b>    | N=1076     | N=499     | N=566       | N=301      | N=338      | N=437     | N=691                     | N=385                       |
| <b>Comfortable :<br/>Net</b>     | 81%        | 83%       | 78%         | 71%        | 79%<br>D   | 89%<br>DE | 83%<br>H                  | 77%                         |
| Very comfortable                 | 49%        | 51%       | 48%         | 40%        | 52%<br>D   | 53%<br>D  | 52%<br>H                  | 44%                         |
| Somewhat comfortable             | 31%        | 32%       | 30%         | 30%        | 27%        | 36%<br>E  | 31%                       | 32%                         |
| <b>Not comfortable :<br/>Net</b> | 17%        | 14%       | 20%<br>B    | 28%<br>EF  | 17%<br>F   | 9%        | 15%                       | 21%<br>G                    |
| Not very comfortable             | 11%        | 9%        | 13%         | 18%<br>EF  | 11%<br>F   | 6%        | 9%                        | 15%<br>G                    |
| Not at all comfortable           | 6%         | 5%        | 7%          | 10%<br>F   | 6%         | 3%        | 5%                        | 6%                          |
| <b>Not at all sure</b>           | 2%         | 3%        | 2%          | 1%         | 4%         | 2%        | 3%                        | 2%                          |

Table Base: US RESPONDENTS

**QS1Q5: How comfortable would you be talking to each of the following about your mental health?**

**Friends**

|                              |            | Gender    |             | Age        |            |          | Race & Ethnicity          |                             |
|------------------------------|------------|-----------|-------------|------------|------------|----------|---------------------------|-----------------------------|
|                              | Total<br>A | Male<br>B | Female<br>C | 18-34<br>D | 35-54<br>E | 55+<br>F | White Only<br>(NH/L)<br>G | All People of<br>Color<br>H |
| <b>Total</b>                 | N=1076     | N=521     | N=543       | N=303      | N=354      | N=419    | N=661                     | N=415                       |
| <b>Total (Unweighted)</b>    | N=1076     | N=499     | N=566       | N=301      | N=338      | N=437    | N=691                     | N=385                       |
| <b>Comfortable : Net</b>     | 81%        | 80%       | 82%         | 83%        | 81%        | 80%      | 81%                       | 81%                         |
| Very comfortable             | 41%        | 40%       | 42%         | 43%        | 44%        | 38%      | 43%                       | 39%                         |
| Somewhat comfortable         | 40%        | 39%       | 41%         | 40%        | 37%        | 42%      | 39%                       | 41%                         |
| <b>Not comfortable : Net</b> | 17%        | 18%       | 16%         | 16%        | 17%        | 18%      | 17%                       | 17%                         |
| Not very comfortable         | 12%        | 13%       | 11%         | 12%        | 11%        | 13%      | 11%                       | 13%                         |
| Not at all comfortable       | 5%         | 5%        | 5%          | 4%         | 6%         | 6%       | 5%                        | 5%                          |
| <b>Not at all sure</b>       | 2%         | 2%        | 2%          | 2%         | 3%         | 2%       | 2%                        | 2%                          |

**Table Base: US RESPONDENTS**

## QS1Q5: How comfortable would you be talking to each of the following about your mental health?

### Healthcare providers (e.g., doctor, therapist)

|                              | Total<br>A | Gender    |             | Age        |            |          | Race & Ethnicity          |                             |
|------------------------------|------------|-----------|-------------|------------|------------|----------|---------------------------|-----------------------------|
|                              |            | Male<br>B | Female<br>C | 18-34<br>D | 35-54<br>E | 55+<br>F | White Only<br>(NH/L)<br>G | All People of<br>Color<br>H |
| <b>Total</b>                 | N=1076     | N=521     | N=543       | N=303      | N=354      | N=419    | N=661                     | N=415                       |
| <b>Total (Unweighted)</b>    | N=1076     | N=499     | N=566       | N=301      | N=338      | N=437    | N=691                     | N=385                       |
| <b>Comfortable : Net</b>     | 84%        | 85%       | 85%         | 76%        | 86%<br>D   | 89%<br>D | 88%<br>H                  | 79%                         |
| Very comfortable             | 53%        | 53%       | 52%         | 43%        | 53%<br>D   | 60%<br>D | 55%<br>h                  | 48%                         |
| Somewhat comfortable         | 32%        | 31%       | 33%         | 33%        | 33%        | 30%      | 32%                       | 31%                         |
| <b>Not comfortable : Net</b> | 13%        | 13%       | 13%         | 22%<br>EF  | 12%        | 9%       | 10%                       | 19%<br>G                    |
| Not very comfortable         | 9%         | 8%        | 10%         | 17%<br>EF  | 7%         | 5%       | 6%                        | 14%<br>G                    |
| Not at all comfortable       | 5%         | 5%        | 4%          | 5%         | 5%         | 4%       | 4%                        | 5%                          |
| <b>Not at all sure</b>       | 2%         | 2%        | 2%          | 2%         | 2%         | 2%       | 2%                        | 2%                          |

Table Base: US RESPONDENTS

## QS1Q5: How comfortable would you be talking to each of the following about your mental health?

Acquaintance (e.g., coworker, neighbor)

|                                  | Total<br>A | Gender    |             | Age        |            |          | Race & Ethnicity          |                             |
|----------------------------------|------------|-----------|-------------|------------|------------|----------|---------------------------|-----------------------------|
|                                  |            | Male<br>B | Female<br>C | 18-34<br>D | 35-54<br>E | 55+<br>F | White Only<br>(NH/L)<br>G | All People of<br>Color<br>H |
| <b>Total</b>                     | N=1076     | N=521     | N=543       | N=303      | N=354      | N=419    | N=661                     | N=415                       |
| <b>Total<br/>(Unweighted)</b>    | N=1076     | N=499     | N=566       | N=301      | N=338      | N=437    | N=691                     | N=385                       |
| <b>Comfortable :<br/>Net</b>     | 49%        | 53%<br>c  | 46%         | 54%<br>F   | 51%        | 45%      | 46%                       | 55%<br>G                    |
| Very comfortable                 | 19%        | 22%<br>C  | 15%         | 26%<br>EF  | 17%        | 14%      | 16%                       | 22%<br>G                    |
| Somewhat comfortable             | 31%        | 31%       | 31%         | 28%        | 33%        | 31%      | 30%                       | 32%                         |
| <b>Not comfortable :<br/>Net</b> | 46%        | 43%       | 50%<br>b    | 42%        | 45%        | 51%<br>d | 50%<br>H                  | 41%                         |
| Not very comfortable             | 28%        | 28%       | 28%         | 25%        | 27%        | 32%<br>d | 32%<br>H                  | 23%                         |
| Not at all comfortable           | 18%        | 14%       | 22%<br>B    | 17%        | 18%        | 19%      | 18%                       | 19%                         |
| <b>Not at all sure</b>           | 4%         | 4%        | 4%          | 4%         | 4%         | 4%       | 4%                        | 4%                          |

Table Base: US RESPONDENTS

## QS1Q5: How comfortable would you be talking to each of the following about your mental health?

A direct or indirect supervisor (e.g., manager, teacher)

|                                  | Total<br>A | Gender    |             | Age        |            |          | Race & Ethnicity          |                             |
|----------------------------------|------------|-----------|-------------|------------|------------|----------|---------------------------|-----------------------------|
|                                  |            | Male<br>B | Female<br>C | 18-34<br>D | 35-54<br>E | 55+<br>F | White Only<br>(NH/L)<br>G | All People of<br>Color<br>H |
| <b>Total</b>                     | N=1076     | N=521     | N=543       | N=303      | N=354      | N=419    | N=661                     | N=415                       |
| <b>Total<br/>(Unweighted)</b>    | N=1076     | N=499     | N=566       | N=301      | N=338      | N=437    | N=691                     | N=385                       |
| <b>Comfortable :<br/>Net</b>     | 45%        | 52%<br>C  | 39%         | 44%        | 52%<br>F   | 40%      | 42%                       | 51%<br>G                    |
| Very comfortable                 | 20%        | 23%<br>C  | 16%         | 19%        | 25%<br>F   | 15%      | 15%                       | 27%<br>G                    |
| Somewhat comfortable             | 26%        | 30%<br>C  | 22%         | 26%        | 27%        | 25%      | 27%                       | 24%                         |
| <b>Not comfortable :<br/>Net</b> | 48%        | 41%       | 55%<br>B    | 52%<br>e   | 42%        | 51%<br>E | 50%                       | 46%                         |
| Not very comfortable             | 25%        | 23%       | 27%         | 28%<br>e   | 21%        | 27%      | 26%                       | 24%                         |
| Not at all comfortable           | 23%        | 18%       | 28%<br>B    | 23%        | 21%        | 25%      | 24%                       | 22%                         |
| <b>Not at all sure</b>           | 6%         | 7%        | 6%          | 4%         | 6%         | 9%<br>D  | 8%<br>H                   | 4%                          |

Table Base: US RESPONDENTS

## QS1Q5: How comfortable would you be talking to each of the following about your mental health?

### An artificial intelligence chatbot

|                                  | Total<br>A | Gender          |                 | Age             |                 |                  | Race & Ethnicity          |                             |
|----------------------------------|------------|-----------------|-----------------|-----------------|-----------------|------------------|---------------------------|-----------------------------|
|                                  |            | Male<br>B       | Female<br>C     | 18-34<br>D      | 35-54<br>E      | 55+<br>F         | White Only<br>(NH/L)<br>G | All People of<br>Color<br>H |
| <b>Total</b>                     | N=1076     | N=521           | N=543           | N=303           | N=354           | N=419            | N=661                     | N=415                       |
| <b>Total<br/>(Unweighted)</b>    | N=1076     | N=499           | N=566           | N=301           | N=338           | N=437            | N=691                     | N=385                       |
| <b>Comfortable :<br/>Net</b>     | 43%        | 48%<br><b>C</b> | 38%             | 52%<br><b>F</b> | 54%<br><b>F</b> | 26%              | 38%                       | 50%<br><b>G</b>             |
| Very comfortable                 | 20%        | 22%             | 18%             | 26%<br><b>F</b> | 26%<br><b>F</b> | 10%              | 16%                       | 26%<br><b>G</b>             |
| Somewhat comfortable             | 23%        | 26%<br><b>C</b> | 20%             | 26%<br><b>F</b> | 28%<br><b>F</b> | 16%              | 22%                       | 24%                         |
| <b>Not comfortable :<br/>Net</b> | 48%        | 45%             | 52%<br><b>b</b> | 41%             | 38%             | 63%<br><b>DE</b> | 52%<br><b>H</b>           | 42%                         |
| Not very comfortable             | 18%        | 18%             | 19%             | 21%<br><b>E</b> | 12%             | 22%<br><b>E</b>  | 18%                       | 19%                         |
| Not at all comfortable           | 30%        | 27%             | 33%<br><b>b</b> | 20%             | 25%             | 41%<br><b>DE</b> | 34%<br><b>H</b>           | 24%                         |
| <b>Not at all sure</b>           | 9%         | 7%              | 10%             | 7%              | 9%              | 11%              | 10%                       | 7%                          |

Table Base: US RESPONDENTS

## QS1Q5: How comfortable would you be talking to each of the following about your mental health?

Someone I don't know personally (e.g., chance encounter, online chat)

|                                  | Total<br>A | Gender    |             | Age        |            |           | Race & Ethnicity          |                             |
|----------------------------------|------------|-----------|-------------|------------|------------|-----------|---------------------------|-----------------------------|
|                                  |            | Male<br>B | Female<br>C | 18-34<br>D | 35-54<br>E | 55+<br>F  | White Only<br>(NH/L)<br>G | All People of<br>Color<br>H |
| <b>Total</b>                     | N=1076     | N=521     | N=543       | N=303      | N=354      | N=419     | N=661                     | N=415                       |
| <b>Total<br/>(Unweighted)</b>    | N=1076     | N=499     | N=566       | N=301      | N=338      | N=437     | N=691                     | N=385                       |
| <b>Comfortable :<br/>Net</b>     | 42%        | 45%<br>c  | 38%         | 54%<br>F   | 47%<br>F   | 28%       | 36%                       | 50%<br>G                    |
| Very comfortable                 | 19%        | 21%       | 17%         | 25%<br>F   | 24%<br>F   | 10%       | 16%                       | 22%<br>g                    |
| Somewhat comfortable             | 23%        | 24%       | 22%         | 30%<br>F   | 23%        | 18%       | 20%                       | 28%<br>G                    |
| <b>Not comfortable :<br/>Net</b> | 52%        | 49%       | 55%         | 40%        | 48%        | 64%<br>DE | 56%<br>H                  | 45%                         |
| Not very comfortable             | 22%        | 20%       | 22%         | 20%        | 20%        | 24%       | 23%                       | 20%                         |
| Not at all comfortable           | 30%        | 29%       | 33%         | 20%        | 28%<br>d   | 40%<br>DE | 33%<br>H                  | 26%                         |
| <b>Not at all sure</b>           | 6%         | 6%        | 7%          | 5%         | 6%         | 8%        | 7%                        | 5%                          |

Table Base: US RESPONDENTS

**QS1Q20: How comfortable do you think each of the following would be speaking to you about their mental health?**

Family (e.g., significant other, parents)

|                                      | Total<br>A | Gender    |             | Age        |            |           | Race & Ethnicity          |                             |
|--------------------------------------|------------|-----------|-------------|------------|------------|-----------|---------------------------|-----------------------------|
|                                      |            | Male<br>B | Female<br>C | 18-34<br>D | 35-54<br>E | 55+<br>F  | White Only<br>(NH/L)<br>G | All People of<br>Color<br>H |
| <b>Total</b>                         | N=1076     | N=521     | N=543       | N=303      | N=354      | N=419     | N=661                     | N=415                       |
| <b>Total<br/>(Unweighted)</b>        | N=1076     | N=499     | N=566       | N=301      | N=338      | N=437     | N=691                     | N=385                       |
| <b>Comfortable :<br/>Net</b>         | 82%        | 84%       | 81%         | 75%        | 85%<br>D   | 86%<br>D  | 83%                       | 82%                         |
| Very<br>comfortable                  | 48%        | 50%       | 47%         | 43%        | 58%<br>DF  | 44%       | 49%                       | 47%                         |
| Somewhat<br>comfortable              | 34%        | 34%       | 34%         | 32%        | 27%        | 41%<br>DE | 33%                       | 35%                         |
| <b>Not<br/>comfortable :<br/>Net</b> | 14%        | 14%       | 14%         | 22%<br>EF  | 13%        | 9%        | 14%                       | 15%                         |
| Not very<br>comfortable              | 10%        | 9%        | 10%         | 13%<br>F   | 10%        | 6%        | 9%                        | 10%                         |
| Not at all<br>comfortable            | 5%         | 5%        | 5%          | 9%<br>EF   | 3%         | 3%        | 5%                        | 5%                          |
| <b>Not at all sure</b>               | 3%         | 2%        | 5%<br>b     | 3%         | 2%         | 5%<br>e   | 3%                        | 4%                          |

**Table Base: US RESPONDENTS**

## QS1Q20: How comfortable do you think each of the following would be speaking to you about their mental health?

### Friends

|                                  | Total<br>A | Gender          |                 | Age             |                 |                  | Race & Ethnicity          |                             |
|----------------------------------|------------|-----------------|-----------------|-----------------|-----------------|------------------|---------------------------|-----------------------------|
|                                  |            | Male<br>B       | Female<br>C     | 18-34<br>D      | 35-54<br>E      | 55+<br>F         | White Only<br>(NH/L)<br>G | All People of<br>Color<br>H |
| <b>Total</b>                     | N=1076     | N=521           | N=543           | N=303           | N=354           | N=419            | N=661                     | N=415                       |
| <b>Total<br/>(Unweighted)</b>    | N=1076     | N=499           | N=566           | N=301           | N=338           | N=437            | N=691                     | N=385                       |
| <b>Comfortable :<br/>Net</b>     | 82%        | 77%             | 87%<br><b>B</b> | 81%             | 86%<br><b>f</b> | 79%              | 82%                       | 82%                         |
| Very comfortable                 | 44%        | 41%             | 46%             | 47%<br><b>F</b> | 53%<br><b>F</b> | 34%              | 43%                       | 46%                         |
| Somewhat comfortable             | 38%        | 36%             | 40%             | 34%             | 32%             | 46%<br><b>DE</b> | 39%                       | 36%                         |
| <b>Not comfortable :<br/>Net</b> | 14%        | 20%<br><b>C</b> | 9%              | 14%             | 12%             | 16%              | 15%                       | 13%                         |
| Not very comfortable             | 10%        | 13%<br><b>C</b> | 6%              | 7%              | 9%              | 12%              | 10%                       | 8%                          |
| Not at all comfortable           | 5%         | 7%<br><b>C</b>  | 3%              | 7%<br><b>E</b>  | 3%              | 4%               | 5%                        | 5%                          |
| <b>Not at all sure</b>           | 4%         | 3%              | 5%              | 4%              | 3%              | 5%               | 3%                        | 5%                          |

Table Base: US RESPONDENTS

**QS1Q20: How comfortable do you think each of the following would be speaking to you about their mental health?**

Acquaintance (e.g., coworker, neighbor)

|                                  | Total<br>A | Gender    |             | Age        |            |          | Race & Ethnicity          |                             |
|----------------------------------|------------|-----------|-------------|------------|------------|----------|---------------------------|-----------------------------|
|                                  |            | Male<br>B | Female<br>C | 18-34<br>D | 35-54<br>E | 55+<br>F | White Only<br>(NH/L)<br>G | All People of<br>Color<br>H |
| <b>Total</b>                     | N=1076     | N=521     | N=543       | N=303      | N=354      | N=419    | N=661                     | N=415                       |
| <b>Total<br/>(Unweighted)</b>    | N=1076     | N=499     | N=566       | N=301      | N=338      | N=437    | N=691                     | N=385                       |
| <b>Comfortable :<br/>Net</b>     | 56%        | 59%       | 54%         | 57%<br>f   | 64%<br>F   | 50%      | 54%                       | 61%<br>g                    |
| Very comfortable                 | 22%        | 24%       | 21%         | 28%<br>F   | 27%<br>F   | 14%      | 19%                       | 28%<br>G                    |
| Somewhat comfortable             | 34%        | 35%       | 33%         | 29%        | 37%        | 35%      | 35%                       | 33%                         |
| <b>Not comfortable :<br/>Net</b> | 37%        | 36%       | 39%         | 38%        | 32%        | 42%<br>E | 40%<br>h                  | 33%                         |
| Not very comfortable             | 23%        | 21%       | 24%         | 22%        | 19%        | 26%<br>e | 25%<br>H                  | 18%                         |
| Not at all comfortable           | 15%        | 15%       | 15%         | 17%        | 12%        | 16%      | 15%                       | 15%                         |
| <b>Not at all sure</b>           | 6%         | 5%        | 7%          | 4%         | 5%         | 9%<br>de | 6%                        | 6%                          |

Table Base: US RESPONDENTS

**QS1Q20: How comfortable do you think each of the following would be speaking to you about their mental health?**

**A direct or indirect supervisor (e.g., manager, teacher)**

|                                  | Total<br>A | Gender    |             | Age        |            |           | Race & Ethnicity          |                             |
|----------------------------------|------------|-----------|-------------|------------|------------|-----------|---------------------------|-----------------------------|
|                                  |            | Male<br>B | Female<br>C | 18-34<br>D | 35-54<br>E | 55+<br>F  | White Only<br>(NH/L)<br>G | All People of<br>Color<br>H |
| <b>Total</b>                     | N=1076     | N=521     | N=543       | N=303      | N=354      | N=419     | N=661                     | N=415                       |
| <b>Total<br/>(Unweighted)</b>    | N=1076     | N=499     | N=566       | N=301      | N=338      | N=437     | N=691                     | N=385                       |
| <b>Comfortable :<br/>Net</b>     | 48%        | 53%<br>C  | 43%         | 55%<br>F   | 54%<br>F   | 37%       | 43%                       | 56%<br>G                    |
| Very comfortable                 | 19%        | 21%       | 17%         | 23%<br>F   | 24%<br>F   | 11%       | 16%                       | 22%<br>G                    |
| Somewhat comfortable             | 29%        | 32%<br>c  | 26%         | 32%        | 30%        | 26%       | 26%                       | 33%<br>g                    |
| <b>Not comfortable :<br/>Net</b> | 43%        | 40%       | 46%<br>b    | 40%        | 40%        | 48%<br>de | 46%<br>H                  | 38%                         |
| Not very comfortable             | 23%        | 22%       | 25%         | 19%        | 23%        | 27%<br>D  | 25%                       | 21%                         |
| Not at all comfortable           | 20%        | 18%       | 22%         | 21%        | 17%        | 21%       | 21%                       | 18%                         |
| <b>Not at all sure</b>           | 9%         | 7%        | 11%<br>b    | 6%         | 6%         | 14%<br>DE | 11%<br>H                  | 6%                          |

**Table Base: US RESPONDENTS**

**QS1Q20: How comfortable do you think each of the following would be speaking to you about their mental health?**

Someone I don't know personally (e.g., chance encounter, online chat)

|                                  | Total<br>A | Gender    |             | Age        |            |           | Race & Ethnicity          |                             |
|----------------------------------|------------|-----------|-------------|------------|------------|-----------|---------------------------|-----------------------------|
|                                  |            | Male<br>B | Female<br>C | 18-34<br>D | 35-54<br>E | 55+<br>F  | White Only<br>(NH/L)<br>G | All People of<br>Color<br>H |
| <b>Total</b>                     | N=1076     | N=521     | N=543       | N=303      | N=354      | N=419     | N=661                     | N=415                       |
| <b>Total<br/>(Unweighted)</b>    | N=1076     | N=499     | N=566       | N=301      | N=338      | N=437     | N=691                     | N=385                       |
| <b>Comfortable :<br/>Net</b>     | 43%        | 45%       | 43%         | 55%<br>F   | 49%<br>F   | 31%       | 40%                       | 49%<br>G                    |
| Very comfortable                 | 18%        | 19%       | 17%         | 23%<br>F   | 22%<br>F   | 11%       | 17%                       | 20%                         |
| Somewhat comfortable             | 25%        | 25%       | 26%         | 32%<br>F   | 27%<br>f   | 20%       | 23%                       | 29%                         |
| <b>Not comfortable :<br/>Net</b> | 47%        | 48%       | 46%         | 39%        | 44%        | 55%<br>DE | 50%<br>h                  | 43%                         |
| Not very comfortable             | 23%        | 24%       | 21%         | 17%        | 23%<br>d   | 26%<br>D  | 25%                       | 20%                         |
| Not at all comfortable           | 25%        | 25%       | 25%         | 23%        | 21%        | 29%<br>E  | 26%                       | 23%                         |
| <b>Not at all sure</b>           | 9%         | 7%        | 11%<br>b    | 6%         | 7%         | 14%<br>DE | 10%                       | 9%                          |

**Table Base: US RESPONDENTS**

**QS1Q6: Which of the following statements are true for you? Please select all that apply.**

|   |            | Gender    |                 | Age              |                 |          | Race & Ethnicity          |                             |
|---|------------|-----------|-----------------|------------------|-----------------|----------|---------------------------|-----------------------------|
|   | Total<br>A | Male<br>B | Female<br>C     | 18-34<br>D       | 35-54<br>E      | 55+<br>F | White Only<br>(NH/L)<br>G | All People of<br>Color<br>H |
| <b>Total</b>  | N=1076     | N=521     | N=543           | N=303            | N=354           | N=419    | N=661                     | N=415                       |
| <b>Total<br/>(Unweighted)</b>   | N=1076     | N=499     | N=566           | N=301            | N=338           | N=437    | N=691                     | N=385                       |
| <b>I can think of a time I withheld information about my mental health (e.g., from friends, from a healthcare provider).</b>        | 38%        | 35%       | 42%<br><b>b</b> | 52%<br><b>EF</b> | 42%<br><b>F</b> | 25%      | 35%                       | 43%<br><b>G</b>             |
| <b>I can think of a time I shared information about my mental health openly (i.e., without being asked about my mental health).</b> | 34%        | 31%       | 37%<br><b>b</b> | 41%<br><b>F</b>  | 39%<br><b>F</b> | 26%      | 30%                       | 40%<br><b>G</b>             |

QS1Q6: Which of the following statements are true for you? Please select all that apply.

|   |            | Gender    |             | Age        |            |          | Race & Ethnicity          |                             |
|---|------------|-----------|-------------|------------|------------|----------|---------------------------|-----------------------------|
|   | Total<br>A | Male<br>B | Female<br>C | 18-34<br>D | 35-54<br>E | 55+<br>F | White Only<br>(NH/L)<br>G | All People of<br>Color<br>H |
| I would not feel comfortable asking for accommodations related to my mental health (e.g., at work, in school).                                | 29%        | 31%       | 27%         | 39%<br>EF  | 27%        | 25%      | 29%                       | 30%                         |
| My mental health has negatively impacted other aspects of my life.  | 28%        | 24%       | 32%<br>B    | 39%<br>F   | 32%<br>F   | 17%      | 29%                       | 27%                         |
| I would rather talk about my mental health anonymously (i.e., without someone being able to personally identify me) than with someone I know. | 23%        | 26%       | 21%         | 30%<br>F   | 29%<br>F   | 14%      | 22%                       | 25%                         |

continued...

QS1Q6: Which of the following statements are true for you? Please select all that apply.

|  | Gender     |           | Age         |            |            | Race & Ethnicity |                           |                             |
|--|------------|-----------|-------------|------------|------------|------------------|---------------------------|-----------------------------|
|  | Total<br>A | Male<br>B | Female<br>C | 18-34<br>D | 35-54<br>E | 55+<br>F         | White Only<br>(NH/L)<br>G | All People of<br>Color<br>H |
| I am more comfortable talking about my mental health virtually (e.g., online, over the phone) compared with in-person. | 23%        | 23%       | 23%         | 37%<br>eF  | 28%<br>F   | 10%              | 19%                       | 30%<br>G                    |
| I would not feel comfortable asking for accommodations related to my physical health (e.g., at work, in school).       | 21%        | 22%       | 20%         | 28%<br>F   | 22%<br>F   | 15%              | 20%                       | 22%                         |
| None of the above  | 22%        | 22%       | 21%         | 11%        | 14%        | 36%<br>DE        | 25%<br>H                  | 16%                         |

Table Base: US RESPONDENTS

**QS1Q7: In your opinion, which of the following are reasons why someone would decide to withhold information about their mental health? Please select all that apply.**

|   |            | Gender    |             | Age        |            |          | Race & Ethnicity          |                             |
|---|------------|-----------|-------------|------------|------------|----------|---------------------------|-----------------------------|
|   | Total<br>A | Male<br>B | Female<br>C | 18-34<br>D | 35-54<br>E | 55+<br>F | White Only<br>(NH/L)<br>G | All People of<br>Color<br>H |
| <b>Total</b>  | N=1076     | N=521     | N=543       | N=303      | N=354      | N=419    | N=661                     | N=415                       |
| <b>Total (Unweighted)</b>   | N=1076     | N=499     | N=566       | N=301      | N=338      | N=437    | N=691                     | N=385                       |
| <b>Too personal</b>   | 57%        | 56%       | 58%         | 52%        | 57%        | 60%<br>d | 61%<br>H                  | 49%                         |
| <b>Concern about how they are perceived</b>                         | 51%        | 49%       | 52%         | 45%        | 50%        | 56%<br>D | 53%                       | 47%                         |
| <b>Concern about being misunderstood</b>                            | 49%        | 46%       | 52%         | 46%        | 47%        | 52%      | 50%                       | 47%                         |
| <b>Shame</b>  | 48%        | 42%       | 53%<br>B    | 47%        | 48%        | 48%      | 49%                       | 45%                         |
| <b>Unsure how to express their struggles</b>                        | 40%        | 38%       | 43%         | 42%        | 40%        | 38%      | 39%                       | 42%                         |
| <b>Previous negative experiences</b>                                | 38%        | 31%       | 45%<br>B    | 40%        | 43%<br>F   | 34%      | 38%                       | 39%                         |
| <b>Potential consequences (e.g., lose an opportunity, excluded)</b> | 37%        | 37%       | 37%         | 34%        | 38%        | 38%      | 38%                       | 34%                         |

continued...

**QS1Q7: In your opinion, which of the following are reasons why someone would decide to withhold information about their mental health? Please select all that apply.**

|   |            | Gender    |                 | Age              |                 |                  | Race & Ethnicity          |                             |
|---|------------|-----------|-----------------|------------------|-----------------|------------------|---------------------------|-----------------------------|
|   | Total<br>A | Male<br>B | Female<br>C     | 18-34<br>D       | 35-54<br>E      | 55+<br>F         | White Only<br>(NH/L)<br>G | All People of<br>Color<br>H |
| <b>Concern about my problems being disregarded (e.g., ignored, minimized)</b>   | 35%        | 27%       | 42%<br><b>B</b> | 40%<br><b>F</b>  | 35%             | 30%              | 34%                       | 36%                         |
| <b>Inappropriate to share</b>   | 31%        | 31%       | 31%             | 26%              | 29%             | 35%<br><b>De</b> | 33%                       | 27%                         |
| <b>Unable to find someone to share with</b>                                     | 29%        | 27%       | 32%             | 34%<br><b>F</b>  | 32%<br><b>F</b> | 24%              | 28%                       | 32%                         |
| <b>Does not want to seek treatment</b>  | 26%        | 22%       | 30%<br><b>B</b> | 28%              | 24%             | 27%              | 28%                       | 23%                         |
| <b>Sharing about mental health doesn't seem helpful</b>                         | 23%        | 22%       | 25%             | 28%<br><b>e</b>  | 20%             | 23%              | 21%                       | 27%<br><b>g</b>             |
| <b>Sharing about mental health doesn't seem necessary</b>                       | 20%        | 20%       | 20%             | 27%<br><b>EF</b> | 17%             | 19%              | 20%                       | 21%                         |
| <b>Direction from another person (i.e., directly or indirectly told not to)</b> | 17%        | 12%       | 22%<br><b>B</b> | 23%<br><b>eF</b> | 16%             | 13%              | 15%                       | 20%                         |
| <b>Something else not listed here</b>   | 5%         | 4%        | 6%              | 8%<br><b>F</b>   | 5%              | 3%               | 4%                        | 7%<br><b>g</b>              |

continued...

QS1Q7: In your opinion, which of the following are reasons why someone would decide to withhold information about their mental health? Please select all that apply.

|                        |            | Gender    |             | Age        |            |          | Race & Ethnicity          |                             |
|------------------------|------------|-----------|-------------|------------|------------|----------|---------------------------|-----------------------------|
|                        | Total<br>A | Male<br>B | Female<br>C | 18-34<br>D | 35-54<br>E | 55+<br>F | White Only<br>(NH/L)<br>G | All People of<br>Color<br>H |
| <b>Not at all sure</b> | 7%         | 7%        | 7%          | 6%         | 6%         | 8%       | 6%                        | 9%                          |

Table Base: US RESPONDENTS

**QS1Q8: In your opinion, which of the following are reasons why someone would decide to share information about their mental health? Please select all that apply.**

|   | Total<br>A | Gender    |             | Age        |            |          | Race & Ethnicity          |                             |
|---|------------|-----------|-------------|------------|------------|----------|---------------------------|-----------------------------|
|   |            | Male<br>B | Female<br>C | 18-34<br>D | 35-54<br>E | 55+<br>F | White Only<br>(NH/L)<br>G | All People of<br>Color<br>H |
| <b>Total</b>  | N=1076     | N=521     | N=543       | N=303      | N=354      | N=419    | N=661                     | N=415                       |
| <b>Total<br/>(Unweighted)</b>                             | N=1076     | N=499     | N=566       | N=301      | N=338      | N=437    | N=691                     | N=385                       |
| <b>Feel safe<br/>doing so</b>                             | 55%        | 50%       | 61%<br>B    | 55%        | 55%        | 56%      | 56%                       | 55%                         |
| <b>Relief or<br/>release</b>                              | 54%        | 53%       | 55%         | 50%        | 58%        | 53%      | 57%<br>H                  | 49%                         |
| <b>Think it would<br/>solve a<br/>problem</b>             | 40%        | 40%       | 39%         | 38%        | 41%        | 41%      | 42%<br>h                  | 36%                         |
| <b>General<br/>openness<br/>about mental<br/>health</b>   | 38%        | 37%       | 40%         | 38%        | 42%        | 36%      | 39%                       | 37%                         |
| <b>Get input on a<br/>situation from<br/>someone else</b> | 36%        | 33%       | 39%<br>b    | 37%        | 35%        | 36%      | 38%                       | 33%                         |
| <b>Require<br/>urgent<br/>assistance</b>                  | 34%        | 32%       | 36%         | 32%        | 33%        | 37%      | 37%<br>H                  | 30%                         |
| <b>To connect<br/>with others</b>                         | 33%        | 26%       | 39%<br>B    | 39%<br>F   | 35%<br>F   | 26%      | 32%                       | 34%                         |
| <b>Responding<br/>to a direct<br/>question</b>            | 28%        | 22%       | 34%<br>B    | 25%        | 28%        | 30%      | 30%<br>h                  | 24%                         |
| <b>Seeking<br/>validation</b>                             | 28%        | 24%       | 31%<br>B    | 33%<br>f   | 27%        | 25%      | 28%                       | 27%                         |

continued...

QS1Q8: In your opinion, which of the following are reasons why someone would decide to share information about their mental health? Please select all that apply.

|  |            | Gender    |             | Age        |            |          | Race & Ethnicity          |                             |
|--|------------|-----------|-------------|------------|------------|----------|---------------------------|-----------------------------|
|  | Total<br>A | Male<br>B | Female<br>C | 18-34<br>D | 35-54<br>E | 55+<br>F | White Only<br>(NH/L)<br>G | All People of<br>Color<br>H |
| <b>Unintentional sharing</b>                 | 21%        | 16%       | 27%<br>B    | 28%<br>F   | 21%        | 17%      | 20%                       | 23%                         |
| <b>Set an example for others</b>             | 20%        | 20%       | 20%         | 23%<br>F   | 23%<br>F   | 16%      | 19%                       | 22%                         |
| <b>Part of another conversation</b>          | 20%        | 17%       | 23%<br>b    | 25%<br>F   | 21%<br>f   | 15%      | 18%                       | 23%<br>g                    |
| <b>Seeking attention</b>                     | 20%        | 20%       | 20%         | 19%        | 21%        | 19%      | 19%                       | 20%                         |
| <b>Follow an example set by someone else</b> | 19%        | 18%       | 20%         | 23%<br>F   | 23%<br>F   | 12%      | 18%                       | 21%                         |
| <b>Social pressure</b>                       | 13%        | 13%       | 14%         | 19%<br>F   | 15%<br>F   | 8%       | 13%                       | 15%                         |
| <b>Something not listed here</b>             | 4%         | 4%        | 4%          | 6%<br>eF   | 3%         | 2%       | 3%                        | 5%                          |
| <b>Not at all sure</b>                       | 6%         | 5%        | 8%<br>b     | 5%         | 7%         | 7%       | 6%                        | 7%                          |

Table Base: US RESPONDENTS

**QS1Q9: How much do you agree or disagree with each of the following statements?**

Having a mental health disorder is nothing to be ashamed of.

|                           | Total<br>A | Gender    |             | Age        |            |          | Race & Ethnicity          |                             |
|---------------------------|------------|-----------|-------------|------------|------------|----------|---------------------------|-----------------------------|
|                           |            | Male<br>B | Female<br>C | 18-34<br>D | 35-54<br>E | 55+<br>F | White Only<br>(NH/L)<br>G | All People of<br>Color<br>H |
| <b>Total</b>              | N=1076     | N=521     | N=543       | N=303      | N=354      | N=419    | N=661                     | N=415                       |
| <b>Total (Unweighted)</b> | N=1076     | N=499     | N=566       | N=301      | N=338      | N=437    | N=691                     | N=385                       |
| <b>Agree (Net)</b>        | 88%        | 85%       | 91%<br>B    | 84%        | 90%<br>d   | 90%<br>D | 89%                       | 87%                         |
| Strongly agree            | 55%        | 49%       | 61%<br>B    | 52%        | 58%        | 56%      | 54%                       | 57%                         |
| Somewhat agree            | 33%        | 36%<br>c  | 30%         | 31%        | 32%        | 34%      | 35%                       | 29%                         |
| <b>Disagree (Net)</b>     | 12%        | 15%<br>C  | 9%          | 16%<br>eF  | 10%        | 10%      | 11%                       | 13%                         |
| Somewhat disagree         | 8%         | 11%<br>C  | 5%          | 12%<br>eF  | 7%         | 6%       | 6%                        | 11%<br>G                    |
| Strongly disagree         | 4%         | 4%        | 3%          | 5%         | 3%         | 4%       | 5%                        | 3%                          |

**Table Base: US RESPONDENTS**

**QS1Q9: How much do you agree or disagree with each of the following statements?**

The term "mental illness" carries a stigma.

|                               | Total<br>A | Gender    |             | Age        |            |           | Race & Ethnicity          |                             |
|-------------------------------|------------|-----------|-------------|------------|------------|-----------|---------------------------|-----------------------------|
|                               |            | Male<br>B | Female<br>C | 18-34<br>D | 35-54<br>E | 55+<br>F  | White Only<br>(NH/L)<br>G | All People of<br>Color<br>H |
| <b>Total</b>                  | N=1076     | N=521     | N=543       | N=303      | N=354      | N=419     | N=661                     | N=415                       |
| <b>Total<br/>(Unweighted)</b> | N=1076     | N=499     | N=566       | N=301      | N=338      | N=437     | N=691                     | N=385                       |
| <b>Agree (Net)</b>            | 84%        | 84%       | 85%         | 79%        | 85%<br>d   | 88%<br>D  | 86%                       | 82%                         |
| Strongly agree                | 33%        | 32%       | 34%         | 35%        | 36%<br>f   | 29%       | 30%                       | 38%<br>G                    |
| Somewhat agree                | 51%        | 53%       | 51%         | 44%        | 49%        | 59%<br>DE | 56%<br>H                  | 45%                         |
| <b>Disagree (Net)</b>         | 16%        | 16%       | 15%         | 21%<br>eF  | 15%        | 12%       | 14%                       | 18%                         |
| Somewhat disagree             | 10%        | 9%        | 11%         | 13%        | 9%         | 9%        | 9%                        | 12%                         |
| Strongly disagree             | 5%         | 7%        | 4%          | 8%<br>F    | 6%         | 3%        | 6%                        | 5%                          |

**Table Base: US RESPONDENTS**

**QS1Q9: How much do you agree or disagree with each of the following statements?**

**I would view someone differently if I knew they had a mental health disorder.**

|                           | Total<br>A | Gender    |             | Age        |            |           | Race & Ethnicity          |                             |
|---------------------------|------------|-----------|-------------|------------|------------|-----------|---------------------------|-----------------------------|
|                           |            | Male<br>B | Female<br>C | 18-34<br>D | 35-54<br>E | 55+<br>F  | White Only<br>(NH/L)<br>G | All People of<br>Color<br>H |
| <b>Total</b>              | N=1076     | N=521     | N=543       | N=303      | N=354      | N=419     | N=661                     | N=415                       |
| <b>Total (Unweighted)</b> | N=1076     | N=499     | N=566       | N=301      | N=338      | N=437     | N=691                     | N=385                       |
| <b>Agree (Net)</b>        | 35%        | 43%<br>C  | 28%         | 40%<br>f   | 34%        | 32%       | 33%                       | 39%                         |
| Strongly agree            | 10%        | 13%<br>C  | 8%          | 16%<br>F   | 12%<br>F   | 4%        | 7%                        | 15%<br>G                    |
| Somewhat agree            | 25%        | 31%<br>C  | 20%         | 25%        | 22%        | 27%       | 26%                       | 24%                         |
| <b>Disagree (Net)</b>     | 65%        | 57%       | 72%<br>B    | 60%        | 66%        | 68%<br>d  | 67%                       | 61%                         |
| Somewhat disagree         | 30%        | 30%       | 29%         | 23%        | 25%        | 39%<br>DE | 32%                       | 26%                         |
| Strongly disagree         | 35%        | 27%       | 43%<br>B    | 37%<br>f   | 41%<br>F   | 29%       | 35%                       | 35%                         |

**Table Base: US RESPONDENTS**

**QS1Q10: Which of the following best describes your relationship with professional mental health care (e.g., therapy, medication)?**

|   |            | Gender    |             | Age        |            |           | Race & Ethnicity          |                             |
|---|------------|-----------|-------------|------------|------------|-----------|---------------------------|-----------------------------|
|   | Total<br>A | Male<br>B | Female<br>C | 18-34<br>D | 35-54<br>E | 55+<br>F  | White Only<br>(NH/L)<br>G | All People of<br>Color<br>H |
| <b>Total</b>  | N=1076     | N=521     | N=543       | N=303      | N=354      | N=419     | N=661                     | N=415                       |
| <b>Total<br/>(Unweighted)</b>   | N=1076     | N=499     | N=566       | N=301      | N=338      | N=437     | N=691                     | N=385                       |
| <b>I have sought out and received professional mental health care</b>                   | 36%        | 31%       | 39%<br>B    | 43%<br>F   | 41%<br>F   | 26%       | 34%                       | 38%                         |
| <b>I have sought out, but have not received, professional mental health care</b>        | 9%         | 12%<br>C  | 7%          | 16%<br>F   | 11%<br>F   | 3%        | 6%                        | 14%<br>G                    |
| <b>I have not sought out professional mental health care, but want to in the future</b> | 17%        | 16%       | 18%         | 22%<br>F   | 19%<br>F   | 11%       | 14%                       | 22%<br>G                    |
| <b>I have not sought out professional mental health care and do not want to</b>         | 34%        | 37%       | 32%         | 14%        | 25%<br>D   | 57%<br>DE | 42%<br>H                  | 22%                         |

continued...

**QS1Q10: Which of the following best describes your relationship with professional mental health care (e.g., therapy, medication)?**

|                          |            | <b>Gender</b> |             | <b>Age</b> |            |          | <b>Race &amp; Ethnicity</b> |                             |
|--------------------------|------------|---------------|-------------|------------|------------|----------|-----------------------------|-----------------------------|
|                          | Total<br>A | Male<br>B     | Female<br>C | 18-34<br>D | 35-54<br>E | 55+<br>F | White Only<br>(NH/L)<br>G   | All People of<br>Color<br>H |
| <b>Prefer not to say</b> | 4%         | 4%            | 5%          | 6%         | 3%         | 4%       | 4%                          | 4%                          |

**Table Base: US RESPONDENTS**

**QS1Q13: In a previous question, you indicated that you have sought out or want to seek out professional mental health care. Which of the following goals did (or do) you want to achieve through seeking out professional mental health care? Please select all that apply.**

|   | Total<br>A | Gender    |             | Age        |            |           | Race & Ethnicity          |                             |
|---|------------|-----------|-------------|------------|------------|-----------|---------------------------|-----------------------------|
|   |            | Male<br>B | Female<br>C | 18-34<br>D | 35-54<br>E | 55+<br>F  | White Only<br>(NH/L)<br>G | All People of<br>Color<br>H |
| <b>Total</b>  | N=664      | N=310     | N=345       | N=243      | N=253      | N=167     | N=357                     | N=307                       |
| <b>Total<br/>(Unweighted)</b>   | N=662      | N=293     | N=361       | N=238      | N=240      | N=184     | N=380                     | N=282                       |
| <b>Receive a<br/>diagnosis</b>  | 39%        | 35%       | 43%         | 41%<br>f   | 42%<br>f   | 32%       | 38%                       | 40%                         |
| <b>Explore<br/>treatment<br/>options<br/>related to<br/>medication or<br/>medical<br/>procedures<br/>(e.g., antidepressants, brain<br/>stimulation)</b> | 48%        | 44%       | 52%         | 49%<br>f   | 56%<br>F   | 38%       | 50%                       | 47%                         |
| <b>Explore<br/>treatment<br/>options<br/>related to<br/>therapy (e.g.,<br/>talk therapy,<br/>art therapy)</b>   | 70%        | 71%       | 70%         | 76%<br>F   | 73%<br>F   | 59%       | 67%                       | 75%<br>g                    |
| <b>Something<br/>else not listed<br/>here</b>   | 9%         | 9%        | 10%         | 7%         | 7%         | 16%<br>DE | 12%<br>h                  | 6%                          |
| <b>Prefer not to<br/>say</b>  | 2%         | 3%        | 2%          | 2%         | 1%         | 3%        | 2%                        | 2%                          |

**Table Base:** HAS SOUGHT OUT/WANTS TO SEEK OUT PROFESSIONAL MENTAL HEALTH TREATMENT

**QS1Q11: Which of the following, if any, have you experienced while seeking or receiving professional mental health care (e.g., therapy, medication)? Please select all that apply.**

|   |            | Gender    |             | Age        |            |          | Race & Ethnicity          |                             |
|---|------------|-----------|-------------|------------|------------|----------|---------------------------|-----------------------------|
|   | Total<br>A | Male<br>B | Female<br>C | 18-34<br>D | 35-54<br>E | 55+<br>F | White Only<br>(NH/L)<br>G | All People of<br>Color<br>H |
| <b>Total</b>  | N=482      | N=225     | N=249       | N=178      | N=184      | N=119    | N=267                     | N=214                       |
| <b>Total<br/>(Unweighted)</b>   | N=475      | N=203     | N=264       | N=166      | N=175      | N=134    | N=281                     | N=194                       |
| <b>Uncertainty<br/>about how to<br/>find a<br/>provider</b>                             | 19%        | 22%<br>C  | 15%         | 23%<br>f   | 18%        | 13%      | 20%                       | 16%                         |
| <b>Uncertainty<br/>about my<br/>treatment<br/>needs</b>                                 | 24%        | 29%       | 21%         | 30%<br>F   | 24%        | 17%      | 23%                       | 26%                         |
| <b>Uncertainty<br/>about<br/>insurance<br/>coverage<br/>(e.g., copays,<br/>network)</b> | 24%        | 24%       | 23%         | 25%<br>F   | 29%<br>F   | 13%      | 25%                       | 22%                         |
| <b>Issues finding<br/>a provider in<br/>my area</b>                                     | 23%        | 24%       | 22%         | 25%<br>F   | 29%<br>F   | 12%      | 20%                       | 27%                         |
| <b>Issues finding<br/>a provider in<br/>my insurance<br/>network</b>                    | 25%        | 21%       | 28%         | 30%<br>F   | 24%        | 17%      | 22%                       | 28%                         |

continued...

QS1Q11: Which of the following, if any, have you experienced while seeking or receiving professional mental health care (e.g., therapy, medication)? Please select all that apply.

|   | Gender     |           | Age         |            |            | Race & Ethnicity |                           |                             |
|---|------------|-----------|-------------|------------|------------|------------------|---------------------------|-----------------------------|
|   | Total<br>A | Male<br>B | Female<br>C | 18-34<br>D | 35-54<br>E | 55+<br>F         | White Only<br>(NH/L)<br>G | All People of<br>Color<br>H |
| Issues finding a provider that meets my treatment needs           | 28%        | 29%       | 27%         | 34%<br>f   | 26%        | 23%              | 25%                       | 32%                         |
| Issues finding a provider I connect with                          | 36%        | 33%       | 39%         | 37%        | 37%        | 33%              | 39%                       | 33%                         |
| Issues finding a provider accepting new clients                   | 17%        | 17%       | 17%         | 20%<br>F   | 20%<br>F   | 9%               | 15%                       | 21%                         |
| Cost concerns (e.g., high copays, out-of-pocket expense)          | 29%        | 25%       | 32%         | 27%        | 32%        | 27%              | 31%                       | 26%                         |
| Scheduling conflicts  | 22%        | 21%       | 23%         | 29%<br>F   | 22%<br>F   | 11%              | 20%                       | 24%                         |
| Insurance claim issues (e.g., rejected claim, change in coverage) | 15%        | 15%       | 14%         | 21%<br>F   | 15%<br>f   | 7%               | 14%                       | 17%                         |
| None of the above   | 16%        | 14%       | 19%         | 8%         | 17%<br>D   | 28%<br>De        | 21%<br>H                  | 10%                         |

Table Base: HAS SOUGHT OUT PROFESSIONAL MENTAL HEALTH TREATMENT

**QS1Q12: Which of the following, if any, have you experienced while seeking or receiving professional mental health care (e.g., therapy, medication)? Please select all that apply.**

|  |            | Gender    |             | Age        |            |          | Race & Ethnicity          |                             |
|--|------------|-----------|-------------|------------|------------|----------|---------------------------|-----------------------------|
|  | Total<br>A | Male<br>B | Female<br>C | 18-34<br>D | 35-54<br>E | 55+<br>F | White Only<br>(NH/L)<br>G | All People of<br>Color<br>H |
| <b>Total</b>   | N=482      | N=225     | N=249       | N=178      | N=184      | N=119    | N=267                     | N=214                       |
| <b>Total<br/>(Unweighted)</b>  | N=475      | N=203     | N=264       | N=166      | N=175      | N=134    | N=281                     | N=194                       |
| <b>Negative<br/>feelings about<br/>myself</b>  | 26%        | 27%       | 25%         | 37%<br>EF  | 18%        | 21%      | 24%                       | 29%                         |
| <b>Negative<br/>feelings about<br/>the situation</b>   | 24%        | 28%       | 22%         | 40%<br>EF  | 18%        | 11%      | 18%                       | 32%<br>G                    |
| <b>Negative<br/>responses<br/>from others</b>  | 17%        | 18%       | 16%         | 27%<br>EF  | 11%        | 11%      | 16%                       | 19%                         |
| <b>Positive<br/>feelings about<br/>myself</b>  | 45%        | 46%       | 43%         | 42%        | 43%        | 52%      | 47%                       | 41%                         |
| <b>Positive<br/>feelings about<br/>the situation</b>   | 40%        | 40%       | 41%         | 34%        | 42%        | 46%<br>d | 46%<br>H                  | 33%                         |
| <b>Positive<br/>responses<br/>from others</b>  | 37%        | 38%       | 37%         | 40%<br>F   | 41%<br>F   | 26%      | 35%                       | 39%                         |
| <b>Active<br/>support from<br/>others (e.g.,<br/>assistance<br/>finding care,<br/>financial<br/>support)</b> | 31%        | 31%       | 31%         | 35%        | 30%        | 27%      | 30%                       | 32%                         |

continued...

QS1Q12: Which of the following, if any, have you experienced while seeking or receiving professional mental health care (e.g., therapy, medication)? Please select all that apply.

|  |            | Gender    |             | Age        |            |          | Race & Ethnicity          |                             |
|--|------------|-----------|-------------|------------|------------|----------|---------------------------|-----------------------------|
|  | Total<br>A | Male<br>B | Female<br>C | 18-34<br>D | 35-54<br>E | 55+<br>F | White Only<br>(NH/L)<br>G | All People of<br>Color<br>H |
| <b>Active opposition from others (e.g., refusal to accommodate schedule, denial of symptoms)</b> | 13%        | 15%       | 11%         | 19%<br>F   | 12%<br>F   | 4%       | 12%                       | 14%                         |
| <b>None of the above</b>   | 11%        | 10%       | 13%         | 6%         | 16%<br>D   | 10%      | 12%                       | 10%                         |

Table Base: HAS SOUGHT OUT PROFESSIONAL MENTAL HEALTH TREATMENT

**QS1Q14: In your opinion, how important is it to engage in self-care activities?**

|                               |            | Gender    |             | Age        |            |          | Race & Ethnicity          |                             |
|-------------------------------|------------|-----------|-------------|------------|------------|----------|---------------------------|-----------------------------|
|                               | Total<br>A | Male<br>B | Female<br>C | 18-34<br>D | 35-54<br>E | 55+<br>F | White Only<br>(NH/L)<br>G | All People of<br>Color<br>H |
| <b>Total</b>                  | N=1076     | N=521     | N=543       | N=303      | N=354      | N=419    | N=661                     | N=415                       |
| <b>Total<br/>(Unweighted)</b> | N=1076     | N=499     | N=566       | N=301      | N=338      | N=437    | N=691                     | N=385                       |
| <b>Important :<br/>Net</b>    | 96%        | 96%       | 96%         | 92%        | 97%<br>D   | 98%<br>D | 98%<br>H                  | 93%                         |
| Very<br>important             | 63%        | 58%       | 67%<br>B    | 56%        | 68%<br>D   | 63%      | 63%                       | 61%                         |
| Somewhat<br>important         | 33%        | 37%<br>C  | 29%         | 36%        | 29%        | 35%      | 34%                       | 32%                         |
| <b>Not important<br/>:Net</b> | 4%         | 4%        | 4%          | 8%<br>EF   | 3%         | 2%       | 2%                        | 7%<br>G                     |
| Not very<br>important         | 4%         | 4%        | 3%          | 8%<br>EF   | 2%         | 2%       | 2%                        | 6%<br>G                     |
| Not at all<br>important       | 0%         | 0%        | 1%          | 0%         | 1%         | 0%       | 0%                        | 1%<br>g                     |

**Table Base:** ALL QUALIFIED

**QS1Q15: About how often do you engage in self-care activities?**

|  |            | Gender    |             | Age        |            |           | Race & Ethnicity          |                             |
|--|------------|-----------|-------------|------------|------------|-----------|---------------------------|-----------------------------|
|  | Total<br>A | Male<br>B | Female<br>C | 18-34<br>D | 35-54<br>E | 55+<br>F  | White Only<br>(NH/L)<br>G | All People of<br>Color<br>H |
| <b>Total</b>                                       | N=1076     | N=521     | N=543       | N=303      | N=354      | N=419     | N=661                     | N=415                       |
| <b>Total (Unweighted)</b>                          | N=1076     | N=499     | N=566       | N=301      | N=338      | N=437     | N=691                     | N=385                       |
| <b>Engaged in Self-care(Weekly+): Net</b>          | 63%        | 65%       | 61%         | 66%        | 64%        | 61%       | 62%                       | 65%                         |
| At least once a day                                | 31%        | 30%       | 31%         | 32%        | 25%        | 35%<br>E  | 28%                       | 35%<br>G                    |
| At least once a week                               | 33%        | 35%       | 30%         | 34%<br>f   | 39%<br>F   | 26%       | 34%                       | 30%                         |
| <b>Not engaged in self-care (&lt;Monthly): Net</b> | 29%        | 25%       | 33%<br>B    | 27%        | 32%        | 27%       | 28%                       | 30%                         |
| At least once a month                              | 18%        | 14%       | 21%<br>B    | 18%        | 19%        | 16%       | 17%                       | 19%                         |
| Less often than once a month                       | 11%        | 11%       | 12%         | 9%         | 13%        | 11%       | 11%                       | 11%                         |
| <b>N/A - I don't do this.</b>                      | 8%         | 10%<br>C  | 6%          | 7%         | 4%         | 12%<br>DE | 9%<br>h                   | 6%                          |

**Table Base:** ALL QUALIFIED

**QS1Q16: Which of the following, if any, do you do to cope with stress? Please select all that apply.**

|  |            | Gender    |             | Age        |            |           | Race & Ethnicity          |                             |
|--|------------|-----------|-------------|------------|------------|-----------|---------------------------|-----------------------------|
|  | Total<br>A | Male<br>B | Female<br>C | 18-34<br>D | 35-54<br>E | 55+<br>F  | White Only<br>(NH/L)<br>G | All People of<br>Color<br>H |
| <b>Total</b>   | N=990      | N=470     | N=508       | N=283      | N=339      | N=368     | N=599                     | N=391                       |
| <b>Total<br/>(Unweighted)</b>  | N=993      | N=450     | N=532       | N=284      | N=323      | N=386     | N=631                     | N=362                       |
| <b>Physical<br/>exercise</b>   | 49%        | 51%       | 47%         | 44%        | 49%        | 52%<br>d  | 49%                       | 48%                         |
| <b>Engaging in<br/>activities you<br/>enjoy (e.g.,<br/>cooking,<br/>watching TV,<br/>shopping,<br/>etc.)</b> | 53%        | 50%       | 55%         | 49%        | 50%        | 59%<br>DE | 57%<br>H                  | 47%                         |
| <b>Meditation</b>  | 28%        | 31%       | 25%         | 32%<br>F   | 30%<br>F   | 22%       | 24%                       | 34%<br>G                    |
| <b>At-home spa<br/>treatments<br/>(e.g., face<br/>mask, bubble<br/>bath)</b>                                 | 16%        | 10%       | 21%<br>B    | 25%<br>eF  | 17%<br>F   | 7%        | 13%                       | 19%<br>G                    |
| <b>Professional<br/>spa<br/>treatments<br/>(e.g., facial,<br/>massage)</b>                                   | 13%        | 9%        | 17%<br>B    | 19%<br>F   | 15%<br>F   | 7%        | 11%                       | 16%                         |
| <b>Cleaning</b>  | 33%        | 27%       | 40%<br>B    | 38%<br>F   | 41%<br>F   | 22%       | 32%                       | 35%                         |
| <b>Spending<br/>time outside</b>   | 49%        | 47%       | 52%         | 49%        | 49%        | 50%       | 50%                       | 49%                         |

continued...

QS1Q16: Which of the following, if any, do you do to cope with stress? Please select all that apply.

|  | Gender     |           | Age         |            |            | Race & Ethnicity |                           |                             |
|--|------------|-----------|-------------|------------|------------|------------------|---------------------------|-----------------------------|
|  | Total<br>A | Male<br>B | Female<br>C | 18-34<br>D | 35-54<br>E | 55+<br>F         | White Only<br>(NH/L)<br>G | All People of<br>Color<br>H |
| Going out<br>(e.g., for a meal, to a show)               | 35%        | 33%       | 37%         | 41%<br>F   | 38%<br>F   | 29%              | 34%                       | 37%                         |
| Eating indulgent food                                    | 31%        | 25%       | 37%<br>B    | 44%<br>EF  | 31%<br>F   | 22%              | 30%                       | 33%                         |
| Spending time with loved ones<br>(e.g., friends, family) | 45%        | 43%       | 47%         | 45%        | 41%        | 49%<br>e         | 45%                       | 45%                         |
| Spending time alone                                      | 54%        | 53%       | 56%         | 59%<br>F   | 58%<br>F   | 47%              | 54%                       | 54%                         |
| Connecting with your community                           | 12%        | 14%       | 11%         | 19%<br>EF  | 10%        | 9%               | 10%                       | 16%<br>G                    |
| Disconnecting from technology                            | 22%        | 22%       | 21%         | 28%<br>F   | 24%<br>F   | 15%              | 22%                       | 22%                         |
| Something not listed here                                | 8%         | 8%        | 7%          | 6%         | 7%         | 10%<br>d         | 10%<br>H                  | 5%                          |
| N/A - I do not do anything to cope with stress.          | 2%         | 2%        | 3%          | 1%         | 2%         | 3%               | 2%                        | 2%                          |

Table Base: ENGAGES IN SELF-CARE

**QS1Q17: Which of the following statements do you agree with? Please select all that apply.**

|  |            | Gender    |                 | Age              |                 |                  | Race & Ethnicity          |                             |
|--|------------|-----------|-----------------|------------------|-----------------|------------------|---------------------------|-----------------------------|
|  | Total<br>A | Male<br>B | Female<br>C     | 18-34<br>D       | 35-54<br>E      | 55+<br>F         | White Only<br>(NH/L)<br>G | All People of<br>Color<br>H |
| <b>Total</b>   | N=1076     | N=521     | N=543           | N=303            | N=354           | N=419            | N=661                     | N=415                       |
| <b>Total<br/>(Unweighted)</b>  | N=1076     | N=499     | N=566           | N=301            | N=338           | N=437            | N=691                     | N=385                       |
| <b>Spending<br/>time on<br/>self-care<br/>makes me<br/>feel selfish.</b>                                   | 15%        | 13%       | 17%<br><b>b</b> | 28%<br><b>EF</b> | 16%<br><b>F</b> | 5%               | 13%                       | 18%<br><b>g</b>             |
| <b>I wish I had<br/>more time to<br/>spend on<br/>self-care.</b>   | 30%        | 32%       | 29%             | 40%<br><b>F</b>  | 38%<br><b>F</b> | 16%              | 27%                       | 34%<br><b>g</b>             |
| <b>Spending<br/>money on<br/>self-care<br/>usually<br/>doesn't fit in<br/>my budget.</b>                   | 25%        | 22%       | 27%             | 34%<br><b>F</b>  | 30%<br><b>F</b> | 13%              | 21%                       | 30%<br><b>G</b>             |
| <b>Self-care is<br/>not the same<br/>as mental<br/>health care.</b>  | 26%        | 27%       | 25%             | 26%              | 27%             | 26%              | 27%                       | 26%                         |
| <b>Not every<br/>mental health<br/>situation<br/>requires<br/>professional<br/>mental health<br/>care.</b> | 38%        | 40%       | 35%             | 28%              | 35%             | 47%<br><b>DE</b> | 41%<br><b>H</b>           | 32%                         |

continued...

QS1Q17: Which of the following statements do you agree with? Please select all that apply.

|   |            | Gender    |             | Age        |            |          | Race & Ethnicity          |                             |
|---|------------|-----------|-------------|------------|------------|----------|---------------------------|-----------------------------|
|   | Total<br>A | Male<br>B | Female<br>C | 18-34<br>D | 35-54<br>E | 55+<br>F | White Only<br>(NH/L)<br>G | All People of<br>Color<br>H |
| <b>Self-care is not a priority for me.</b>  | 14%        | 18%<br>C  | 11%         | 21%<br>EF  | 13%        | 11%      | 13%                       | 17%                         |
| <b>Struggling with mental health is more complicated than being sad or anxious.</b> | 41%        | 36%       | 45%<br>B    | 45%<br>F   | 43%<br>f   | 35%      | 41%                       | 41%                         |
| <b>None of the above</b>  | 12%        | 10%       | 15%<br>B    | 8%         | 12%        | 16%<br>D | 13%                       | 12%                         |

Table Base: US RESPONDENTS

**QS1Q18: Which of the following statements are true for you? Please select all that apply.**

|   |            | Gender          |                 | Age              |                 |          | Race & Ethnicity          |                             |
|---|------------|-----------------|-----------------|------------------|-----------------|----------|---------------------------|-----------------------------|
|   | Total<br>A | Male<br>B       | Female<br>C     | 18-34<br>D       | 35-54<br>E      | 55+<br>F | White Only<br>(NH/L)<br>G | All People of<br>Color<br>H |
| <b>Total</b>  | N=1076     | N=521           | N=543           | N=303            | N=354           | N=419    | N=661                     | N=415                       |
| <b>Total<br/>(Unweighted)</b>   | N=1076     | N=499           | N=566           | N=301            | N=338           | N=437    | N=691                     | N=385                       |
| <b>I feel guilty when I take time for myself, even when I know I need it.</b>       | 21%        | 19%             | 24%<br><b>b</b> | 33%<br><b>EF</b> | 23%<br><b>F</b> | 12%      | 20%                       | 23%                         |
| <b>I am often uncomfortable asking others for help.</b>                             | 41%        | 40%             | 42%             | 43%              | 45%<br><b>f</b> | 37%      | 41%                       | 40%                         |
| <b>When I'm not busy, I often don't know what to do with myself.</b>                | 25%        | 21%             | 28%<br><b>B</b> | 39%<br><b>EF</b> | 28%<br><b>F</b> | 13%      | 21%                       | 30%<br><b>G</b>             |
| <b>The number of tasks I have to do is not usually the main cause of my stress.</b> | 25%        | 27%<br><b>C</b> | 22%             | 28%              | 23%             | 24%      | 21%                       | 30%<br><b>G</b>             |

continued...

QS1Q18: Which of the following statements are true for you? Please select all that apply.

|   |            | Gender    |             | Age        |            |           | Race & Ethnicity          |                             |
|---|------------|-----------|-------------|------------|------------|-----------|---------------------------|-----------------------------|
|   | Total<br>A | Male<br>B | Female<br>C | 18-34<br>D | 35-54<br>E | 55+<br>F  | White Only<br>(NH/L)<br>G | All People of<br>Color<br>H |
| The amount of time it takes me to do tasks is not usually the main cause of my stress.        | 22%        | 22%       | 22%         | 25%        | 22%        | 20%       | 20%                       | 25%                         |
| I often view myself as lazy (e.g., not trying hard, not doing my best) when I'm stressed.     | 27%        | 22%       | 31%<br>B    | 39%<br>EF  | 29%<br>F   | 16%       | 26%                       | 29%                         |
| Emotions (i.e., my own or someone else's) are common conversation topics in my social circle. | 24%        | 22%       | 26%         | 39%<br>EF  | 26%<br>F   | 11%       | 19%                       | 31%<br>G                    |
| None of these   | 19%        | 21%       | 18%         | 8%         | 15%<br>D   | 30%<br>DE | 22%<br>H                  | 14%                         |

Table Base: US RESPONDENTS

**QS1Q19: Which of the following statements are true for you? Please select all that apply.**

|  |            | Gender    |             | Age        |            |           | Race & Ethnicity          |                             |
|--|------------|-----------|-------------|------------|------------|-----------|---------------------------|-----------------------------|
|  | Total<br>A | Male<br>B | Female<br>C | 18-34<br>D | 35-54<br>E | 55+<br>F  | White Only<br>(NH/L)<br>G | All People of<br>Color<br>H |
| <b>Total</b>   | N=1076     | N=521     | N=543       | N=303      | N=354      | N=419     | N=661                     | N=415                       |
| <b>Total<br/>(Unweighted)</b>  | N=1076     | N=499     | N=566       | N=301      | N=338      | N=437     | N=691                     | N=385                       |
| <b>For me,<br/>self-care is<br/>usually just<br/>finding ways<br/>to relax and<br/>de-stress.</b>  | 52%        | 50%       | 55%         | 49%        | 49%        | 58%<br>dE | 53%                       | 51%                         |
| <b>I usually<br/>associate the<br/>term<br/>"self-care"<br/>with women.</b>  | 16%        | 14%       | 18%<br>b    | 19%<br>f   | 17%        | 13%       | 15%                       | 17%                         |
| <b>Certain types<br/>of activities<br/>don't feel like<br/>they "count"<br/>as self-care,<br/>even though<br/>they are<br/>beneficial.</b> | 28%        | 29%       | 27%         | 37%<br>eF  | 30%<br>F   | 20%       | 27%                       | 30%                         |
| <b>The term<br/>"self-care" ov<br/>er-complicate<br/>s a simple<br/>human need.</b>  | 19%        | 20%       | 18%         | 26%<br>F   | 23%<br>F   | 10%       | 18%                       | 21%                         |

continued...

QS1Q19: Which of the following statements are true for you? Please select all that apply.

|  |            | Gender    |             | Age        |            |          | Race & Ethnicity          |                             |
|--|------------|-----------|-------------|------------|------------|----------|---------------------------|-----------------------------|
|  | Total<br>A | Male<br>B | Female<br>C | 18-34<br>D | 35-54<br>E | 55+<br>F | White Only<br>(NH/L)<br>G | All People of<br>Color<br>H |
| The term "self-care" makes it easier to prioritize one's own mental and physical health. | 31%        | 31%       | 31%         | 37%<br>F   | 34%<br>F   | 24%      | 28%                       | 36%<br>G                    |
| Being able to "power through" stress is a valuable skill.                                | 37%        | 39%       | 35%         | 41%<br>f   | 39%        | 33%      | 37%                       | 38%                         |
| It feels odd to schedule time specifically for self-care.                                | 21%        | 17%       | 25%<br>B    | 29%<br>F   | 22%<br>F   | 14%      | 20%                       | 22%                         |
| None of the above  | 12%        | 10%       | 14%         | 10%        | 10%        | 15%<br>e | 13%<br>h                  | 9%                          |

Table Base: US RESPONDENTS