

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:	B-D,EF,G-I
Date Range:	(04/18/25 - 04/22/25)

Segment Definitions

Total	(ALL)	n=1076
High school diploma or less	(Q2146.r1 or Q2146.r2 or Q2146.r3)	n=307
Some post-HS education	(Q2146.r4 or Q2146.r70 or Q2146.r71)	n=380
Bachelor's or Higher	(Q2146.r5 or Q2146.r6 or Q2146.r7)	n=388
Employed	(netEmploy.r1)	n=655
Not employed	(netEmploy.r2)	n=421
Less than \$50K	(Q2157.r4 or Q2157.r1 or Q2157.r2 or Q2157.r3)	n=260
\$50K - \$99.9K	(Q2157.r5 or Q2157.r6)	n=294
\$100K+	(Q2157.r7 or Q2157.r8 or Q2157.r9 or Q2157.r10 or Q2157.r11)	n=513

Weighting

Total	nweight.q041825_24_hourdemo.val	q041825_24_hourdemo
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QS1Q1: In general, how impactful are each of the following on your mental health?

Finances

		Education Level			Employment Status		Household Income		
	Total A	High school diploma or less B	Some post-HS education C	Bachelor's or Higher D	Employed E	Not employed F	Less than \$50K G	\$50K - \$99.9K H	\$100K+ I
Total	N=1076	N=307	N=380	N=388	N=655	N=421	N=260	N=294	N=513
Total (Unweighted)	N=1076	N=285	N=360	N=431	N=646	N=430	N=354	N=305	N=408
Impactful : Net	78%	73%	80% b	79%	83% F	70%	79%	78%	77%
Very impactful	44%	42%	47%	44%	48% F	38%	45%	41%	47%
Somewhat impactful	33%	31%	33%	35%	35%	31%	35%	38% i	31%
Not impactful : Net	22%	27% c	20%	21%	17%	30% E	21%	22%	23%
Not very impactful	14%	17%	14%	12%	11%	19% E	14%	17%	13%
Not at all impactful	8%	10%	6%	8%	6%	11% E	7%	5%	10% H

Table Base: US RESPONDENTS

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

Physical health

	Total A	Education Level			Employment Status		Household Income		
		High school diploma or less B	Some post-HS education C	Bachelor's or Higher D	Employed E	Not employed F	Less than \$50K G	\$50K - \$99.9K H	\$100K+ I
Total	N=1076	N=307	N=380	N=388	N=655	N=421	N=260	N=294	N=513
Total (Unweighted)	N=1076	N=285	N=360	N=431	N=646	N=430	N=354	N=305	N=408
Impactful : Net	81%	71%	84% B	85% B	83% F	76%	79%	79%	83%
Very impactful	46%	41%	47%	49% b	50% F	41%	41%	46%	49% g
Somewhat impactful	35%	30%	37%	35%	34%	36%	37%	33%	34%
Not impactful : Net	19%	29% CD	16%	15%	17%	24% E	21%	21%	17%
Not very impactful	13%	18% cD	12%	10%	11%	16% e	13%	15%	12%
Not at all impactful	6%	11% CD	4%	5%	5%	8%	8% i	6%	5%

Table Base: US RESPONDENTS

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

Relationships (e.g., family, friends)

		Education Level			Employment Status		Household Income		
	Total A	High school diploma or less B	Some post-HS education C	Bachelor's or Higher D	Employed E	Not employed F	Less than \$50K G	\$50K - \$99.9K H	\$100K+ I
Total	N=1076	N=307	N=380	N=388	N=655	N=421	N=260	N=294	N=513
Total (Unweighted)	N=1076	N=285	N=360	N=431	N=646	N=430	N=354	N=305	N=408
Impactful : Net	80%	74%	82% b	83% B	84% F	74%	75%	77%	85% GH
Very impactful	49%	49%	47%	51%	51%	45%	40%	45%	56% GH
Somewhat impactful	31%	26%	35% B	32%	33%	29%	35%	32%	29%
Not impactful : Net	20%	26% cD	18%	17%	16%	26% E	25% I	23% I	15%
Not very impactful	10%	10%	11%	10%	8%	14% E	12% i	13% i	8%
Not at all impactful	9%	16% CD	7%	7%	8%	12% e	13% I	10%	7%

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)

		Education Level			Employment Status		Household Income		
	Total A	High school diploma or less B	Some post-HS education C	Bachelor's or Higher D	Employed E	Not employed F	Less than \$50K G	\$50K - \$99.9K H	\$100K+ I
Total	N=1076	N=307	N=380	N=388	N=655	N=421	N=260	N=294	N=513
Total (Unweighted)	N=1076	N=285	N=360	N=431	N=646	N=430	N=354	N=305	N=408
Impactful : Net	73%	70%	73%	75%	80% F	61%	71%	71%	75%
Very impactful	37%	39%	35%	38%	42% F	30%	36%	36%	39%
Somewhat impactful	36%	31%	38%	37%	38% f	32%	35%	34%	37%
Not impactful : Net	27%	30%	27%	25%	20%	39% E	29%	29%	25%
Not very impactful	16%	17%	18%	13%	11%	24% E	19%	17%	14%
Not at all impactful	11%	13%	9%	11%	8%	15% E	10%	12%	10%

Table Base: US RESPONDENTS

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

Finances

		Education Level			Employment Status		Household Income		
	Total A	High school diploma or less B	Some post-HS education C	Bachelor's or Higher D	Employed E	Not employed F	Less than \$50K G	\$50K - \$99.9K H	\$100K+ I
Total	N=1076	N=307	N=380	N=388	N=655	N=421	N=260	N=294	N=513
Total (Unweighted)	N=1076	N=285	N=360	N=431	N=646	N=430	N=354	N=305	N=408
Positive	40%	30%	37%	52% BC	40%	41%	27%	35% G	50% GH
Neutral	35%	38%	35%	33%	36%	34%	30%	45% GI	32%
Negative	24%	32% D	28% D	15%	24%	25%	43% HI	20%	17%

Table Base: US RESPONDENTS

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

Mental health

	Total A	Education Level			Employment Status		Household Income		
		High school diploma or less B	Some post-HS education C	Bachelor's or Higher D	Employed E	Not employed F	Less than \$50K G	\$50K - \$99.9K H	\$100K+ I
Total	N=1076	N=307	N=380	N=388	N=655	N=421	N=260	N=294	N=513
Total (Unweighted)	N=1076	N=285	N=360	N=431	N=646	N=430	N=354	N=305	N=408
Positive	51%	39%	48% b	62% BC	50%	51%	40%	44%	60% GH
Neutral	33%	41% cD	33%	27%	33%	32%	39% I	40% I	26%
Negative	16%	19% D	19% D	12%	16%	17%	21% I	16%	14%

Table Base: US RESPONDENTS

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

Physical health

		Education Level			Employment Status		Household Income		
	Total A	High school diploma or less B	Some post-HS education C	Bachelor's or Higher D	Employed E	Not employed F	Less than \$50K G	\$50K - \$99.9K H	\$100K+ I
Total	N=1076	N=307	N=380	N=388	N=655	N=421	N=260	N=294	N=513
Total (Unweighted)	N=1076	N=285	N=360	N=431	N=646	N=430	N=354	N=305	N=408
Positive	47%	34%	46% B	57% BC	49%	43%	34%	45% G	55% GH
Neutral	36%	40% D	37%	31%	36%	36%	43% I	38% i	30%
Negative	17%	26% CD	17% d	12%	15%	21% E	23% hl	17%	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)

		Education Level			Employment Status		Household Income		
	Total A	High school diploma or less B	Some post-HS education C	Bachelor's or Higher D	Employed E	Not employed F	Less than \$50K G	\$50K - \$99.9K H	\$100K+ I
Total	N=1076	N=307	N=380	N=388	N=655	N=421	N=260	N=294	N=513
Total (Unweighted)	N=1076	N=285	N=360	N=431	N=646	N=430	N=354	N=305	N=408
Positive	62%	55%	60%	69% BC	61%	63%	55%	58%	68% GH
Neutral	28%	30% d	31% D	23%	28%	27%	31% I	32% I	23%
Negative	11%	15% cD	9%	8%	11%	10%	15% hl	10%	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 A	Education Level			Employment Status		Household Income		
		High school diploma or less B	Some post-HS education C	Bachelor's or Higher D	Employed E	Not employed F	Less than \$50K G	\$50K - \$99.9K H	\$100K+ I
Total	N=1076	N=307	N=380	N=388	N=655	N=421	N=260	N=294	N=513
Total (Unweighted)	N=1076	N=285	N=360	N=431	N=646	N=430	N=354	N=305	N=408
Positive	47%	39%	43%	57% BC	49%	44%	41%	45%	51% G
Neutral	41%	47% D	44% D	34%	39%	45% e	45%	42%	39%
Negative	12%	14% d	13%	9%	12%	11%	14% i	13%	10%

Table Base: US RESPONDENTS

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

Overall

		Education Level			Employment Status		Household Income		
	Total A	High school diploma or less B	Some post-HS education C	Bachelor's or Higher D	Employed E	Not employed F	Less than \$50K G	\$50K - \$99.9K H	\$100K+ I
Total	N=1076	N=307	N=380	N=388	N=655	N=421	N=260	N=294	N=513
Total (Unweighted)	N=1076	N=285	N=360	N=431	N=646	N=430	N=354	N=305	N=408
Positive	52%	39%	49% B	66% BC	53%	52%	41%	46%	62% GH
Neutral	36%	46% D	38% D	26%	37%	34%	43% I	42% I	29%
Negative	12%	15% D	13% d	8%	10%	14% e	16% I	11%	10%

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

		Education Level			Employment Status		Household Income		
	Total A	High school diploma or less B	Some post-HS education C	Bachelor's or Higher D	Employed E	Not employed F	Less than \$50K G	\$50K - \$99.9K H	\$100K+ I
Total	N=1076	N=307	N=380	N=388	N=655	N=421	N=260	N=294	N=513
Total (Unweighted)	N=1076	N=285	N=360	N=431	N=646	N=430	N=354	N=305	N=408
Better	28%	28%	27%	28%	33% F	19%	25%	31%	28%
About the same	52%	50%	50%	54%	45%	61% E	48%	47%	55% gh
Worse	21%	21%	23% d	17%	21%	19%	27% I	22%	17%

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

		Education Level			Employment Status		Household Income		
	Total A	High school diploma or less B	Some post-HS education C	Bachelor's or Higher D	Employed E	Not employed F	Less than \$50K G	\$50K - \$99.9K H	\$100K+ I
Total	N=1076	N=307	N=380	N=388	N=655	N=421	N=260	N=294	N=513
Total (Unweighted)	N=1076	N=285	N=360	N=431	N=646	N=430	N=354	N=305	N=408
Better	27%	24%	28%	28%	32% F	19%	22%	27%	29% g
About the same	52%	47%	55% b	55% b	49%	58% E	56%	50%	52%
Worse	21%	30% CD	18%	17%	19%	24%	21%	23%	19%

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

		Education Level			Employment Status		Household Income		
	Total A	High school diploma or less B	Some post-HS education C	Bachelor's or Higher D	Employed E	Not employed F	Less than \$50K G	\$50K - \$99.9K H	\$100K+ I
Total	N=1076	N=307	N=380	N=388	N=655	N=421	N=260	N=294	N=513
Total (Unweighted)	N=1076	N=285	N=360	N=431	N=646	N=430	N=354	N=305	N=408
Better	29%	28%	30%	28%	33% F	22%	27%	33%	28%
About the same	55%	50%	54%	60% B	50%	62% E	49%	51%	60% GH
Worse	16%	21% D	16%	12%	16%	16%	24% HI	16%	12%

Table Base: US RESPONDENTS

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

	Total A	Education Level			Employment Status		Household Income		
		High school diploma or less B	Some post-HS education C	Bachelor's or Higher D	Employed E	Not employed F	Less than \$50K G	\$50K - \$99.9K H	\$100K+ I
Total	N=1076	N=307	N=380	N=388	N=655	N=421	N=260	N=294	N=513
Total (Unweighted)	N=1076	N=285	N=360	N=431	N=646	N=430	N=354	N=305	N=408
Comfortable : Net	83%	72%	88% B	88% B	84%	82%	78%	79%	89% GH
Very comfortable	46%	38%	50% B	48% B	46%	46%	39%	41%	53% GH
Somewhat comfortable	38%	34%	38%	40%	38%	36%	40%	38%	36%
Not comfortable : Net	17%	28% CD	12%	12%	16%	18%	22% I	21% I	11%
Not very comfortable	13%	22% CD	11%	10%	12%	16%	16% I	18% I	9%
Not at all comfortable	3%	6% CD	1%	2%	4%	2%	5% I	2%	2%

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)

		Education Level			Employment Status		Household Income		
	Total A	High school diploma or less B	Some post-HS education C	Bachelor's or Higher D	Employed E	Not employed F	Less than \$50K G	\$50K - \$99.9K H	\$100K+ I
Total	N=1076	N=307	N=380	N=388	N=655	N=421	N=260	N=294	N=513
Total (Unweighted)	N=1076	N=285	N=360	N=431	N=646	N=430	N=354	N=305	N=408
Comfortable : Net	81%	73%	82% B	85% B	79%	84% e	72%	80% G	85% G
Very comfortable	49%	39%	51% B	55% B	49%	50%	38%	45%	58% GH
Somewhat comfortable	31%	34%	31%	30%	30%	33%	34% i	35% i	28%
Not comfortable : Net	17%	25% CD	15%	12%	20% F	13%	23% l	18%	13%
Not very comfortable	11%	17% cD	11% d	7%	13%	9%	14% l	14% l	8%
Not at all comfortable	6%	9% C	4%	5%	7%	4%	9% Hi	4%	5%
Not at all sure	2%	2%	2%	3%	2%	3%	5% hl	2%	1%

Table Base: US RESPONDENTS

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

Friends

	Total A	Education Level			Employment Status		Household Income		
		High school diploma or less B	Some post-HS education C	Bachelor's or Higher D	Employed E	Not employed F	Less than \$50K G	\$50K - \$99.9K H	\$100K+ I
Total	N=1076	N=307	N=380	N=388	N=655	N=421	N=260	N=294	N=513
Total (Unweighted)	N=1076	N=285	N=360	N=431	N=646	N=430	N=354	N=305	N=408
Comfortable : Net	81%	75%	82% b	85% B	81%	80%	73%	82% G	85% G
Very comfortable	41%	36%	42%	45% B	43%	39%	36%	38%	46% GH
Somewhat comfortable	40%	39%	40%	39%	38%	42%	36%	45% g	38%
Not comfortable : Net	17%	22% D	17%	14%	17%	17%	22% I	16%	15%
Not very comfortable	12%	16% D	11%	9%	12%	12%	17% I	12%	10%
Not at all comfortable	5%	6%	5%	4%	6%	5%	5%	5%	5%
Not at all sure	2%	3%	1%	1%	1%	3%	5% HI	1%	1%

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 A	Education Level			Employment Status		Household Income		
		High school diploma or less B	Some post-HS education C	Bachelor's or Higher D	Employed E	Not employed F	Less than \$50K G	\$50K - \$99.9K H	\$100K+ I
Total	N=1076	N=307	N=380	N=388	N=655	N=421	N=260	N=294	N=513
Total (Unweighted)	N=1076	N=285	N=360	N=431	N=646	N=430	N=354	N=305	N=408
Comfortable : Net	84%	76%	85% B	90% Bc	83%	86%	78%	85% G	88% G
Very comfortable	53%	43%	52% B	61% BC	52%	54%	42%	49%	60% GH
Somewhat comfortable	32%	33%	33%	29%	31%	32%	35% I	37% I	27%
Not comfortable : Net	13%	22% CD	11%	9%	15%	11%	18% hI	12%	11%
Not very comfortable	9%	14% CD	8% d	5%	10%	7%	13% I	9%	7%
Not at all comfortable	5%	8% Cd	3%	4%	5%	4%	5%	3%	5%
Not at all sure	2%	2%	3% D	1%	2%	3%	4% I	2%	1%

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)

		Education Level			Employment Status		Household Income		
	Total A	High school diploma or less B	Some post-HS education C	Bachelor's or Higher D	Employed E	Not employed F	Less than \$50K G	\$50K - \$99.9K H	\$100K+ I
Total	N=1076	N=307	N=380	N=388	N=655	N=421	N=260	N=294	N=513
Total (Unweighted)	N=1076	N=285	N=360	N=431	N=646	N=430	N=354	N=305	N=408
Comfortable : Net	49%	47%	55% bd	47%	53% F	44%	47%	53%	49%
Very comfortable	19%	18%	18%	20%	20%	17%	16%	21%	19%
Somewhat comfortable	31%	29%	37% bD	26%	33% f	27%	31%	32%	30%
Not comfortable : Net	46%	49%	41%	50% C	44%	50%	46%	43%	49%
Not very comfortable	28%	28%	24%	33% C	28%	29%	28%	25%	31%
Not at all comfortable	18%	21%	17%	17%	16%	22% E	18%	17%	18%
Not at all sure	4%	5%	4%	3%	3%	6% E	7% I	4%	3%

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 A	Education Level			Employment Status		Household Income		
		High school diploma or less B	Some post-HS education C	Bachelor's or Higher D	Employed E	Not employed F	Less than \$50K G	\$50K - \$99.9K H	\$100K+ I
Total	N=1076	N=307	N=380	N=388	N=655	N=421	N=260	N=294	N=513
Total (Unweighted)	N=1076	N=285	N=360	N=431	N=646	N=430	N=354	N=305	N=408
Comfortable : Net	45%	38%	50% B	46% b	50% F	38%	45%	48%	44%
Very comfortable	20%	12%	20% B	25% B	24% F	13%	16%	20%	21%
Somewhat comfortable	26%	26%	30% D	21%	26%	25%	28%	28%	23%
Not comfortable : Net	48%	53% C	45%	48%	48%	49%	47%	48%	49%
Not very comfortable	25%	26%	25%	25%	26%	24%	23%	28%	25%
Not at all comfortable	23%	27%	20%	23%	21%	26%	24%	20%	24%
Not at all sure	6%	8%	5%	6%	2%	12% E	8%	4%	6%

Table Base: US RESPONDENTS

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

An artificial intelligence chatbot

		Education Level			Employment Status		Household Income		
	Total A	High school diploma or less B	Some post-HS education C	Bachelor's or Higher D	Employed E	Not employed F	Less than \$50K G	\$50K - \$99.9K H	\$100K+ I
Total	N=1076	N=307	N=380	N=388	N=655	N=421	N=260	N=294	N=513
Total (Unweighted)	N=1076	N=285	N=360	N=431	N=646	N=430	N=354	N=305	N=408
Comfortable : Net	43%	41%	39%	47% C	52% F	29%	39%	45%	43%
Very comfortable	20%	20%	17%	22%	25% F	11%	16%	21%	22%
Somewhat comfortable	23%	21%	22%	25%	26% F	17%	23%	25%	22%
Not comfortable : Net	48%	47%	50%	48%	43%	57% E	50%	45%	49%
Not very comfortable	18%	17%	21%	17%	17%	19%	17%	20%	18%
Not at all comfortable	30%	31%	29%	31%	25%	38% E	33% H	25%	32% h
Not at all sure	9%	11% D	11% D	5%	5%	14% E	11%	9%	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)

		Education Level			Employment Status		Household Income		
	Total A	High school diploma or less B	Some post-HS education C	Bachelor's or Higher D	Employed E	Not employed F	Less than \$50K G	\$50K - \$99.9K H	\$100K+ I
Total	N=1076	N=307	N=380	N=388	N=655	N=421	N=260	N=294	N=513
Total (Unweighted)	N=1076	N=285	N=360	N=431	N=646	N=430	N=354	N=305	N=408
Comfortable : Net	42%	40%	46% d	39%	49% F	30%	42%	47% I	38%
Very comfortable	19%	19%	16%	21%	23% F	11%	15%	22% G	19%
Somewhat comfortable	23%	21%	29% bD	18%	26% F	19%	27% i	25%	20%
Not comfortable : Net	52%	51%	48%	58% C	47%	60% E	50%	48%	56% h
Not very comfortable	22%	23%	20%	22%	21%	22%	22%	21%	22%
Not at all comfortable	30%	28%	28%	35% bc	26%	37% E	28%	27%	34% h
Not at all sure	6%	9% D	7%	4%	4%	10% E	9%	5%	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 A	Education Level			Employment Status		Household Income		
		High school diploma or less B	Some post-HS education C	Bachelor's or Higher D	Employed E	Not employed F	Less than \$50K G	\$50K - \$99.9K H	\$100K+ I
Total	N=1076	N=307	N=380	N=388	N=655	N=421	N=260	N=294	N=513
Total (Unweighted)	N=1076	N=285	N=360	N=431	N=646	N=430	N=354	N=305	N=408
Comfortable : Net	82%	73%	85% B	87% B	83%	82%	76%	82%	86% G
Very comfortable	48%	42%	50%	53% B	50%	46%	44%	43%	54% GH
Somewhat comfortable	34%	31%	35%	34%	32%	36%	32%	39% i	32%
Not comfortable : Net	14%	21% CD	12%	12%	15%	13%	19% hl	13%	13%
Not very comfortable	10%	13% d	9%	8%	10%	8%	12%	10%	8%
Not at all comfortable	5%	8% Cd	3%	4%	5%	5%	7% h	3%	4%
Not at all sure	3%	6% D	4% D	1%	2%	5% E	6% l	5% l	1%

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 A	Education Level			Employment Status		Household Income		
		High school diploma or less B	Some post-HS education C	Bachelor's or Higher D	Employed E	Not employed F	Less than \$50K G	\$50K - \$99.9K H	\$100K+ I
Total	N=1076	N=307	N=380	N=388	N=655	N=421	N=260	N=294	N=513
Total (Unweighted)	N=1076	N=285	N=360	N=431	N=646	N=430	N=354	N=305	N=408
Comfortable : Net	82%	76%	84% B	84% B	84% f	79%	76%	83% g	84% G
Very comfortable	44%	41%	45%	46%	48% F	38%	40%	43%	47%
Somewhat comfortable	38%	35%	40%	39%	36%	41%	36%	40%	37%
Not comfortable : Net	14%	16%	13%	14%	13%	16%	16%	13%	14%
Not very comfortable	10%	7%	10%	11%	9%	11%	10%	9%	10%
Not at all comfortable	5%	8% CD	3%	3%	4%	6%	5%	5%	4%
Not at all sure	4%	8% CD	3%	2%	3%	5%	8% hl	4%	2%

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)

		Education Level			Employment Status		Household Income		
	Total A	High school diploma or less B	Some post-HS education C	Bachelor's or Higher D	Employed E	Not employed F	Less than \$50K G	\$50K - \$99.9K H	\$100K+ I
Total	N=1076	N=307	N=380	N=388	N=655	N=421	N=260	N=294	N=513
Total (Unweighted)	N=1076	N=285	N=360	N=431	N=646	N=430	N=354	N=305	N=408
Comfortable : Net	56%	54%	62% D	53%	62% F	47%	56%	56%	57%
Very comfortable	22%	21%	23%	22%	26% F	17%	22%	22%	23%
Somewhat comfortable	34%	33%	39% D	30%	36%	31%	33%	34%	34%
Not comfortable : Net	37%	37%	32%	43% C	33%	44% E	37%	37%	38%
Not very comfortable	23%	18%	20%	29% BC	22%	23%	21%	23%	23%
Not at all comfortable	15%	19% c	13%	14%	11%	21% E	16%	14%	14%
Not at all sure	6%	9% d	6%	5%	4%	9% E	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?

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

		Education Level			Employment Status		Household Income		
	Total A	High school diploma or less B	Some post-HS education C	Bachelor's or Higher D	Employed E	Not employed F	Less than \$50K G	\$50K - \$99.9K H	\$100K+ I
Total	N=1076	N=307	N=380	N=388	N=655	N=421	N=260	N=294	N=513
Total (Unweighted)	N=1076	N=285	N=360	N=431	N=646	N=430	N=354	N=305	N=408
Comfortable : Net	48%	45%	52%	46%	55% F	37%	49%	50%	46%
Very comfortable	19%	14%	23% B	19%	22% F	13%	15%	23% G	18%
Somewhat comfortable	29%	31%	29%	28%	32% F	24%	33%	27%	28%
Not comfortable : Net	43%	44%	39%	47% c	41%	47% e	40%	41%	46%
Not very comfortable	23%	22%	23%	25%	24%	23%	19%	25% g	25% g
Not at all comfortable	20%	22% c	16%	22% c	17%	24% E	21%	16%	21%
Not at all sure	9%	11%	9%	7%	5%	16% E	12% i	9%	7%

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)

		Education Level			Employment Status		Household Income		
	Total A	High school diploma or less B	Some post-HS education C	Bachelor's or Higher D	Employed E	Not employed F	Less than \$50K G	\$50K - \$99.9K H	\$100K+ I
Total	N=1076	N=307	N=380	N=388	N=655	N=421	N=260	N=294	N=513
Total (Unweighted)	N=1076	N=285	N=360	N=431	N=646	N=430	N=354	N=305	N=408
Comfortable : Net	43%	43%	46%	42%	51% F	32%	46%	48% i	40%
Very comfortable	18%	14%	19%	19%	22% F	12%	14%	19%	19% g
Somewhat comfortable	25%	28%	27%	22%	29% F	20%	32% l	28% l	20%
Not comfortable : Net	47%	47%	44%	51%	43%	54% E	42%	44%	52% Gh
Not very comfortable	23%	20%	25%	23%	22%	23%	17%	24% g	25% G
Not at all comfortable	25%	27% C	19%	28% C	21%	31% E	25%	20%	27%
Not at all sure	9%	11%	10%	8%	6%	14% E	12%	8%	8%

Table Base: US RESPONDENTS

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

		Education Level			Employment Status		Household Income		
	Total A	High school diploma or less B	Some post-HS education C	Bachelor's or Higher D	Employed E	Not employed F	Less than \$50K G	\$50K - \$99.9K H	\$100K+ I
Total	N=1076	N=307	N=380	N=388	N=655	N=421	N=260	N=294	N=513
Total (Unweighted)	N=1076	N=285	N=360	N=431	N=646	N=430	N=354	N=305	N=408
I can think of a time I withheld information about my mental health (e.g., from friends, from a healthcare provider).	38%	37%	40%	37%	44% F	29%	37%	37%	40%
I can think of a time I shared information about my mental health openly (i.e., without being asked about my mental health).	34%	24%	41% B	36% B	40% F	25%	25%	32%	41% GH

continued...

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

	Total A	Education Level			Employment Status		Household Income		
		High school diploma or less B	Some post-HS education C	Bachelor's or Higher D	Employed E	Not employed F	Less than \$50K G	\$50K - \$99.9K H	\$100K+ I
I would not feel comfortable asking for accommodations related to my mental health (e.g., at work, in school).	29%	25%	32%	30%	32% f	25%	25%	30%	32% g
My mental health has negatively impacted other aspects of my life.	28%	32% D	32% D	23%	31% f	25%	29%	31%	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%	21%	24%	25%	29% F	14%	20%	29% G	23%

continued...

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

		Education Level			Employment Status		Household Income		
	Total A	High school diploma or less B	Some post-HS education C	Bachelor's or Higher D	Employed E	Not employed F	Less than \$50K G	\$50K - \$99.9K H	\$100K+ I
I am more comfortable talking about my mental health virtually (e.g., online, over the phone) compared with in-person.	23%	20%	24%	26%	30% F	13%	17%	29% G	24% G
I would not feel comfortable asking for accommodations related to my physical health (e.g., at work, in school).	21%	20%	25% D	17%	23%	19%	20%	24%	20%
None of the above	22%	27% C	17%	23% c	14%	33% E	26% H	15%	23% H

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.

	Total A	Education Level			Employment Status		Household Income		
		High school diploma or less B	Some post-HS education C	Bachelor's or Higher D	Employed E	Not employed F	Less than \$50K G	\$50K - \$99.9K H	\$100K+ I
Total	N=1076	N=307	N=380	N=388	N=655	N=421	N=260	N=294	N=513
Total (Unweighted)	N=1076	N=285	N=360	N=431	N=646	N=430	N=354	N=305	N=408
Too personal	57%	52%	62% B	55%	54%	62% E	54%	52%	61% H
Concern about how they are perceived	51%	39%	57% B	54% B	51%	51%	41%	48%	58% GH
Concern about being misunderstood	49%	43%	54% B	48%	48%	50%	44%	48%	52% G
Shame	48%	44%	52%	47%	49%	46%	44%	50%	49%
Unsure how to express their struggles	40%	38%	47% BD	35%	40%	41%	38%	40%	42%
Previous negative experiences	38%	31%	43% B	40% B	40%	37%	36%	36%	42%
Potential consequences (e.g., lose an opportunity, excluded)	37%	28%	37% B	43% B	39%	33%	27%	32%	45% GH

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.

		Education Level			Employment Status		Household Income		
	Total A	High school diploma or less B	Some post-HS education C	Bachelor's or Higher D	Employed E	Not employed F	Less than \$50K G	\$50K - \$99.9K H	\$100K+ I
Concern about my problems being disregarded (e.g., ignored, minimized)	35%	27%	41% Bd	34%	37% f	31%	32%	33%	37%
Inappropriate to share	31%	24%	35% B	32% B	29%	33%	27%	24%	36% GH
Unable to find someone to share with	29%	27%	36% bD	24%	30%	28%	30%	30%	29%
Does not want to seek treatment	26%	27% d	32% D	20%	24%	30% e	27%	26%	27%
Sharing about mental health doesn't seem helpful	23%	19%	24%	27% B	24%	22%	23%	23%	24%
Sharing about mental health doesn't seem necessary	20%	18%	20%	22%	19%	23%	20%	18%	22%

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.

		Education Level			Employment Status		Household Income		
	Total A	High school diploma or less B	Some post-HS education C	Bachelor's or Higher D	Employed E	Not employed F	Less than \$50K G	\$50K - \$99.9K H	\$100K+ I
Direction from another person (i.e., directly or indirectly told not to)	17%	13%	18%	20% B	18%	15%	16%	14%	20% h
Something else not listed here	5%	8% D	5%	3%	5%	5%	6%	5%	4%
Not at all sure	7%	9% c	5%	7%	6%	7%	9% H	4%	7% h

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 A	Education Level			Employment Status		Household Income		
		High school diploma or less B	Some post-HS education C	Bachelor's or Higher D	Employed E	Not employed F	Less than \$50K G	\$50K - \$99.9K H	\$100K+ I
Total	N=1076	N=307	N=380	N=388	N=655	N=421	N=260	N=294	N=513
Total (Unweighted)	N=1076	N=285	N=360	N=431	N=646	N=430	N=354	N=305	N=408
Feel safe doing so	55%	43%	63% B	58% B	56%	54%	47%	54% g	61% G
Relief or release	54%	50%	57%	53%	53%	56%	49%	51%	58% G
Think it would solve a problem	40%	29%	46% B	43% B	39%	42%	34%	37%	45% Gh
General openness about mental health	38%	36%	38%	40%	38%	39%	36%	35%	41%
Get input on a situation from someone else	36%	30%	39% b	37%	38%	33%	33%	30%	41% GH
Require urgent assistance	34%	27%	36% B	39% B	35%	33%	33%	32%	36%
To connect with others	33%	30%	39% bD	29%	35%	29%	35%	30%	33%

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.

		Education Level			Employment Status		Household Income		
	Total A	High school diploma or less B	Some post-HS education C	Bachelor's or Higher D	Employed E	Not employed F	Less than \$50K G	\$50K - \$99.9K H	\$100K+ I
Responding to a direct question	28%	17%	31% B	34% B	28%	29%	27%	22%	32% H
Seeking validation	28%	21%	33% B	29% b	30% f	24%	24%	26%	32% G
Unintentional sharing	21%	19%	24%	21%	22%	20%	20%	17%	25% H
Set an example for others	20%	18%	25% bD	17%	22%	17%	21%	19%	20%
Part of another conversation	20%	13%	24% B	21% B	22%	17%	14%	17%	24% Gh
Seeking attention	20%	17%	22%	19%	20%	19%	18%	20%	20%
Follow an example set by someone else	19%	20%	21%	17%	23% F	12%	17%	20%	20%
Social pressure	13%	14%	14%	12%	16% F	9%	14%	14%	13%
Something not listed here	4%	6% D	4% D	1%	3%	4%	5%	3%	3%
Not at all sure	6%	9% c	5%	6%	6%	8%	8% H	3%	7% H

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.

		Education Level			Employment Status		Household Income		
	Total A	High school diploma or less B	Some post-HS education C	Bachelor's or Higher D	Employed E	Not employed F	Less than \$50K G	\$50K - \$99.9K H	\$100K+ I
Total	N=1076	N=307	N=380	N=388	N=655	N=421	N=260	N=294	N=513
Total (Unweighted)	N=1076	N=285	N=360	N=431	N=646	N=430	N=354	N=305	N=408
Agree (Net)	88%	83%	89% B	91% B	88%	88%	87%	83%	92% gH
Strongly agree	55%	52%	57%	57%	57%	53%	56%	51%	58%
Somewhat agree	33%	31%	32%	34%	31%	35%	31%	32%	34%
Disagree (Net)	12%	17% CD	11%	9%	12%	12%	13% i	17% I	8%
Somewhat disagree	8%	11% D	7%	6%	9%	7%	8%	12% I	5%
Strongly disagree	4%	6%	3%	3%	3%	6% E	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 A	Education Level			Employment Status		Household Income		
		High school diploma or less B	Some post-HS education C	Bachelor's or Higher D	Employed E	Not employed F	Less than \$50K G	\$50K - \$99.9K H	\$100K+ I
Total	N=1076	N=307	N=380	N=388	N=655	N=421	N=260	N=294	N=513
Total (Unweighted)	N=1076	N=285	N=360	N=431	N=646	N=430	N=354	N=305	N=408
Agree (Net)	84%	74%	88% B	89% B	83%	86%	78%	82%	89% GH
Strongly agree	33%	32%	32%	35%	36% f	29%	34%	32%	34%
Somewhat agree	51%	42%	57% B	54% B	48%	57% E	44%	50%	55% G
Disagree (Net)	16%	26% CD	12%	11%	17%	14%	22% I	18% I	11%
Somewhat disagree	10%	17% CD	8%	6%	11%	9%	15% I	13% I	6%
Strongly disagree	5%	9% Cd	3%	5%	6%	5%	7%	5%	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.

		Education Level			Employment Status		Household Income		
	Total A	High school diploma or less B	Some post-HS education C	Bachelor's or Higher D	Employed E	Not employed F	Less than \$50K G	\$50K - \$99.9K H	\$100K+ I
Total	N=1076	N=307	N=380	N=388	N=655	N=421	N=260	N=294	N=513
Total (Unweighted)	N=1076	N=285	N=360	N=431	N=646	N=430	N=354	N=305	N=408
Agree (Net)	35%	28%	32%	44% BC	39% F	29%	38%	32%	36%
Strongly agree	10%	13% c	8%	10%	13% F	6%	14% hi	9%	9%
Somewhat agree	25%	15%	24% B	33% BC	26%	23%	24%	23%	27%
Disagree (Net)	65%	72% D	68% D	56%	61%	71% E	62%	68%	64%
Somewhat disagree	30%	27%	32%	30%	27%	34% E	26%	30%	31%
Strongly disagree	35%	45% cD	37% D	26%	34%	36%	36%	38%	34%

Table Base: US RESPONDENTS

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

		Education Level			Employment Status		Household Income		
	Total A	High school diploma or less B	Some post-HS education C	Bachelor's or Higher D	Employed E	Not employed F	Less than \$50K G	\$50K - \$99.9K H	\$100K+ I
Total	N=1076	N=307	N=380	N=388	N=655	N=421	N=260	N=294	N=513
Total (Unweighted)	N=1076	N=285	N=360	N=431	N=646	N=430	N=354	N=305	N=408
I have sought out and received professional mental health care	36%	30%	42% Bd	34%	39% F	31%	35%	34%	38%
I have sought out, but have not received, professional mental health care	9%	11%	7%	9%	12% F	5%	9%	14% gl	7%
I have not sought out professional mental health care, but want to in the future	17%	17%	16%	18%	20% F	13%	17%	19%	16%

continued...

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

		Education Level			Employment Status		Household Income		
	Total A	High school diploma or less B	Some post-HS education C	Bachelor's or Higher D	Employed E	Not employed F	Less than \$50K G	\$50K - \$99.9K H	\$100K+ I
I have not sought out professional mental health care and do not want to	34%	33%	33%	37%	27%	45% E	32%	29%	38% h
Prefer not to say	4%	8% CD	3%	2%	3%	6% e	7% l	4%	2%

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 A	Education Level			Employment Status		Household Income		
		High school diploma or less B	Some post-HS education C	Bachelor's or Higher D	Employed E	Not employed F	Less than \$50K G	\$50K - \$99.9K H	\$100K+ I
Total	N=664	N=181	N=246	N=237	N=459	N=205	N=158	N=195	N=309
Total (Unweighted)	N=662	N=169	N=234	N=259	N=453	N=209	N=217	N=203	N=240
Receive a diagnosis	39%	40% d	48% D	30%	39%	39%	43%	36%	40%
Explore treatment options related to medication or medical procedures (e.g., antidepressants, brain stimulation)	48%	45%	47%	53%	50%	45%	48%	47%	50%
Explore treatment options related to therapy (e.g., talk therapy, art therapy)	70%	67%	74%	70%	73%	66%	62%	77% G	71% g
Something else not listed here	9%	10%	7%	10%	9%	9%	11%	7%	10%

continued...

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

		Education Level			Employment Status		Household Income		
	Total A	High school diploma or less B	Some post-HS education C	Bachelor's or Higher D	Employed E	Not employed F	Less than \$50K G	\$50K - \$99.9K H	\$100K+ I
Prefer not to say	2%	2%	2%	2%	2%	3%	3%	3%	1%

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.

		Education Level			Employment Status		Household Income		
	Total A	High school diploma or less B	Some post-HS education C	Bachelor's or Higher D	Employed E	Not employed F	Less than \$50K G	\$50K - \$99.9K H	\$100K+ I
Total	N=482	N=127	N=186	N=169	N=331	N=151	N=113	N=140	N=228
Total (Unweighted)	N=475	N=114	N=174	N=187	N=321	N=154	N=154	N=144	N=176
Uncertainty about how to find a provider	19%	20%	21%	15%	21%	14%	19%	18%	18%
Uncertainty about my treatment needs	24%	28%	20%	27%	26%	21%	27%	22%	25%
Uncertainty about insurance coverage (e.g., copays, network)	24%	18%	28% b	23%	28% F	14%	23%	20%	26%
Issues finding a provider in my area	23%	17%	25%	26%	28% F	13%	20%	26%	23%
Issues finding a provider in my insurance network	25%	25%	24%	25%	28% F	16%	18%	23%	29% g

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.

		Education Level			Employment Status		Household Income		
	Total A	High school diploma or less B	Some post-HS education C	Bachelor's or Higher D	Employed E	Not employed F	Less than \$50K G	\$50K - \$99.9K H	\$100K+ I
Issues finding a provider that meets my treatment needs	28%	30%	28%	27%	31% f	21%	32%	24%	29%
Issues finding a provider I connect with	36%	35%	36%	37%	39% f	28%	32%	36%	38%
Issues finding a provider accepting new clients	17%	19%	20%	14%	19%	13%	20%	18%	16%
Cost concerns (e.g., high copays, out-of-pocket expense)	29%	22%	30%	32%	32% f	22%	27%	27%	30%
Scheduling conflicts	22%	17%	25%	22%	24%	18%	18%	23%	23%
Insurance claim issues (e.g., rejected claim, change in coverage)	15%	11%	18%	15%	19% F	5%	11%	17%	16%

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.

		Education Level			Employment Status		Household Income		
	Total A	High school diploma or less B	Some post-HS education C	Bachelor's or Higher D	Employed E	Not employed F	Less than \$50K G	\$50K - \$99.9K H	\$100K+ I
None of the above	16%	10%	19% b	19% b	12%	26% E	17%	14%	17%

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.

		Education Level			Employment Status		Household Income		
	Total A	High school diploma or less B	Some post-HS education C	Bachelor's or Higher D	Employed E	Not employed F	Less than \$50K G	\$50K - \$99.9K H	\$100K+ I
Total	N=482	N=127	N=186	N=169	N=331	N=151	N=113	N=140	N=228
Total (Unweighted)	N=475	N=114	N=174	N=187	N=321	N=154	N=154	N=144	N=176
Negative feelings about myself	26%	28%	30% d	20%	23%	31%	29%	30%	22%
Negative feelings about the situation	24%	28% d	28% d	17%	24%	24%	26%	30% i	20%
Negative responses from others	17%	20% d	21% d	11%	16%	19%	13%	21%	17%
Positive feelings about myself	45%	44%	37%	54% C	44%	45%	38%	43%	49% g
Positive feelings about the situation	40%	35%	37%	48% b	41%	37%	29%	39%	46% G
Positive responses from others	37%	31%	35%	44% b	41% F	29%	32%	38%	39%

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.

		Education Level			Employment Status		Household Income		
	Total A	High school diploma or less B	Some post-HS education C	Bachelor's or Higher D	Employed E	Not employed F	Less than \$50K G	\$50K - \$99.9K H	\$100K+ I
Active support from others (e.g., assistance finding care, financial support)	31%	26%	31%	35%	33%	27%	33%	27%	33%
Active opposition from others (e.g., refusal to accommodate schedule, denial of symptoms)	13%	16%	12%	12%	14%	9%	14%	11%	13%
None of the above	11%	10%	12%	11%	10%	14%	15%	9%	10%

Table Base: HAS SOUGHT OUT PROFESSIONAL MENTAL HEALTH TREATMENT

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

	Total A	Education Level			Employment Status		Household Income		
		High school diploma or less B	Some post-HS education C	Bachelor's or Higher D	Employed E	Not employed F	Less than \$50K G	\$50K - \$99.9K H	\$100K+ I
Total	N=1076	N=307	N=380	N=388	N=655	N=421	N=260	N=294	N=513
Total (Unweighted)	N=1076	N=285	N=360	N=431	N=646	N=430	N=354	N=305	N=408
Important : Net	96%	94%	96%	98% B	96%	96%	93%	95%	98% Gh
Very important	63%	57%	63%	67% B	66% F	57%	60%	57%	68% GH
Somewhat important	33%	37%	33%	31%	30%	39% E	33%	38% I	30%
Not important :Net	4%	6% D	4%	2%	4%	4%	7% I	5% i	2%
Not very important	4%	5%	3%	2%	4%	3%	6% I	5% i	2%
Not at all important	0%	1% d	0%	0%	0%	1%	1%	0%	0%

Table Base: ALL QUALIFIED

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

		Education Level			Employment Status		Household Income		
	Total A	High school diploma or less B	Some post-HS education C	Bachelor's or Higher D	Employed E	Not employed F	Less than \$50K G	\$50K - \$99.9K H	\$100K+ I
Total	N=1076	N=307	N=380	N=388	N=655	N=421	N=260	N=294	N=513
Total (Unweighted)	N=1076	N=285	N=360	N=431	N=646	N=430	N=354	N=305	N=408
Engaged in Self-care(Weekly+) : Net	63%	58%	63%	67% B	65%	60%	60%	61%	66%
At least once a day	31%	28%	32%	31%	29%	34%	31%	26%	33% h
At least once a week	33%	30%	31%	36%	36% F	27%	30%	35%	33%
Not engaged in self-care (<Monthly) : Net	29%	32%	29%	26%	31%	26%	29%	32%	27%
At least once a month	18%	18%	17%	17%	19%	16%	17%	22% i	16%
Less often than once a month	11%	13%	12%	9%	12%	10%	13%	10%	11%
N/A - I don't do this.	8%	10%	7%	7%	4%	14% E	10%	7%	7%

Table Base: ALL QUALIFIED

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

	Total A	Education Level			Employment Status		Household Income		
		High school diploma or less B	Some post-HS education C	Bachelor's or Higher D	Employed E	Not employed F	Less than \$50K G	\$50K - \$99.9K H	\$100K+ I
Total	N=990	N=276	N=352	N=362	N=629	N=361	N=233	N=274	N=478
Total (Unweighted)	N=993	N=255	N=335	N=403	N=620	N=373	N=319	N=286	N=382
Physical exercise	49%	32%	50% B	61% BC	52% F	44%	39%	39%	59% GH
Engaging in activities you enjoy (e.g., cooking, watching TV, shopping, etc.)	53%	43%	56% B	57% B	53%	53%	45%	49%	59% GH
Meditation	28%	26%	32% d	25%	30%	24%	31%	31%	25%
At-home spa treatments (e.g., face mask, bubble bath)	16%	14%	16%	17%	19% F	11%	17%	12%	17%
Professional spa treatments (e.g., facial, massage)	13%	9%	13%	16% B	15%	11%	8%	10%	17% GH

continued...

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

	Total A	Education Level			Employment Status		Household Income		
		High school diploma or less B	Some post-HS education C	Bachelor's or Higher D	Employed E	Not employed F	Less than \$50K G	\$50K - \$99.9K H	\$100K+ I
Cleaning	33%	34%	37% d	29%	35% f	29%	35%	35%	31%
Spending time outside	49%	47%	51%	49%	50%	49%	49%	44%	53% h
Going out (e.g., for a meal, to a show)	35%	31%	34%	40% B	39% F	28%	29%	31%	41% GH
Eating indulgent food	31%	30%	30%	33%	32%	30%	32%	31%	31%
Spending time with loved ones (e.g., friends, family)	45%	43%	46%	46%	44%	48%	42%	43%	47%
Spending time alone	54%	53%	57%	53%	57% F	49%	54%	52%	56%
Connecting with your community	12%	11%	12%	13%	15% F	8%	10%	13%	13%
Disconnecting from technology	22%	19%	23%	23%	23%	19%	18%	24% g	23%
Something not listed here	8%	8%	9%	6%	6%	11% E	9% h	5%	9% h

continued...

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

		Education Level			Employment Status		Household Income		
	Total A	High school diploma or less B	Some post-HS education C	Bachelor's or Higher D	Employed E	Not employed F	Less than \$50K G	\$50K - \$99.9K H	\$100K+ I
N/A - I do not do anything to cope with stress.	2%	3%	2%	1%	1%	3% e	1%	3%	2%

Table Base: ENGAGES IN SELF-CARE

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

	Total A	Education Level			Employment Status		Household Income		
		High school diploma or less B	Some post-HS education C	Bachelor's or Higher D	Employed E	Not employed F	Less than \$50K G	\$50K - \$99.9K H	\$100K+ I
Total	N=1076	N=307	N=380	N=388	N=655	N=421	N=260	N=294	N=513
Total (Unweighted)	N=1076	N=285	N=360	N=431	N=646	N=430	N=354	N=305	N=408
Spending time on self-care makes me feel selfish.	15%	16%	17%	13%	19% F	9%	16%	16%	14%
I wish I had more time to spend on self-care.	30%	28%	32%	30%	37% F	19%	31%	32%	29%
Spending money on self-care usually doesn't fit in my budget.	25%	28% D	29% D	18%	26%	23%	32% I	29% I	19%
Self-care is not the same as mental health care.	26%	25%	27%	27%	28%	24%	24%	31%	25%

continued...

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

		Education Level			Employment Status		Household Income		
	Total A	High school diploma or less B	Some post-HS education C	Bachelor's or Higher D	Employed E	Not employed F	Less than \$50K G	\$50K - \$99.9K H	\$100K+ I
Not every mental health situation requires professional mental health care.	38%	32%	41% b	39%	36%	40%	30%	32%	45% GH
Self-care is not a priority for me.	14%	16%	13%	14%	14%	15%	12%	15%	15%
Struggling with mental health is more complicated than being sad or anxious.	41%	34%	45% B	41%	42%	39%	38%	38%	44%
None of the above	12%	13%	12%	13%	11%	15% e	15%	11%	12%

Table Base: US RESPONDENTS

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

		Education Level			Employment Status		Household Income		
	Total A	High school diploma or less B	Some post-HS education C	Bachelor's or Higher D	Employed E	Not employed F	Less than \$50K G	\$50K - \$99.9K H	\$100K+ I
Total	N=1076	N=307	N=380	N=388	N=655	N=421	N=260	N=294	N=513
Total (Unweighted)	N=1076	N=285	N=360	N=431	N=646	N=430	N=354	N=305	N=408
I feel guilty when I take time for myself, even when I know I need it.	21%	20%	21%	22%	26% F	15%	23%	23%	20%
I am often uncomfortable asking others for help.	41%	40%	46% D	36%	42%	40%	45% i	46% I	37%
When I'm not busy, I often don't know what to do with myself.	25%	31% D	26% D	19%	28% F	20%	26%	30% I	22%
The number of tasks I have to do is not usually the main cause of my stress.	25%	22%	28%	24%	26%	23%	22%	24%	27%

continued...

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

		Education Level			Employment Status		Household Income		
	Total A	High school diploma or less B	Some post-HS education C	Bachelor's or Higher D	Employed E	Not employed F	Less than \$50K G	\$50K - \$99.9K H	\$100K+ I
The amount of time it takes me to do tasks is not usually the main cause of my stress.	22%	18%	29% BD	19%	23%	21%	21%	24%	22%
I often view myself as lazy (e.g., not trying hard, not doing my best) when I'm stressed.	27%	33% D	28% D	20%	28%	25%	31% i	30%	23%
Emotions (i.e., my own or someone else's) are common conversation topics in my social circle.	24%	25%	23%	24%	29% F	15%	23%	27%	22%
None of these	19%	17%	17%	22%	14%	27% E	17%	13%	22% H

Table Base: US RESPONDENTS

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

		Education Level			Employment Status		Household Income		
	Total A	High school diploma or less B	Some post-HS education C	Bachelor's or Higher D	Employed E	Not employed F	Less than \$50K G	\$50K - \$99.9K H	\$100K+ I
Total	N=1076	N=307	N=380	N=388	N=655	N=421	N=260	N=294	N=513
Total (Unweighted)	N=1076	N=285	N=360	N=431	N=646	N=430	N=354	N=305	N=408
For me, self-care is usually just finding ways to relax and de-stress.	52%	41%	59% B	55% B	52%	52%	46%	49%	58% Gh
I usually associate the term "self-care" with women.	16%	13%	17%	17%	19% F	12%	16%	13%	18%
Certain types of activities don't feel like they "count" as self-care, even though they are beneficial.	28%	23%	29%	31% B	33% F	20%	29%	23%	31% h

continued...

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

	Total A	Education Level			Employment Status		Household Income		
		High school diploma or less B	Some post-HS education C	Bachelor's or Higher D	Employed E	Not employed F	Less than \$50K G	\$50K - \$99.9K H	\$100K+ I
The term "self-care" over-complicates a simple human need.	19%	18%	17%	21%	22% F	14%	18%	17%	21%
The term "self-care" makes it easier to prioritize one's own mental and physical health.	31%	26%	36% B	31%	35% F	25%	32%	35%	29%
Being able to "power through" stress is a valuable skill.	37%	34%	39%	38%	43% F	28%	31%	38% g	40% G
It feels odd to schedule time specifically for self-care.	21%	21%	19%	22%	24% F	16%	21%	22%	20%
None of the above	12%	16% C	9%	12%	7%	19% E	13%	9%	12%

Table Base: US RESPONDENTS