



 MORNING CONSULT®

# MENTAL HEALTH AT NEW YEAR'S

Polling Presentation

DECEMBER 2021



## BACKGROUND

These findings are from The American Psychiatric Association's (APA) Healthy Minds Monthly, a poll conducted by Morning Consult. This poll was fielded between Dec. 6-8, 2021, among a nationally representative sample of 2,119 adults. APA's Healthy Minds Monthly tracks timely mental health issues throughout the year. APA also releases its annual Healthy Minds Poll each May in conjunction with Mental Health Awareness Month.

## RESEARCH OBJECTIVE

The research conducted by Morning Consult on behalf of the American Psychiatric Association (APA) seeks to measure the public's levels of anxiety, stress, and other key mental health aspects related to New Year's to take a pulse on American life at the end of 2021.

# KEY POINTS

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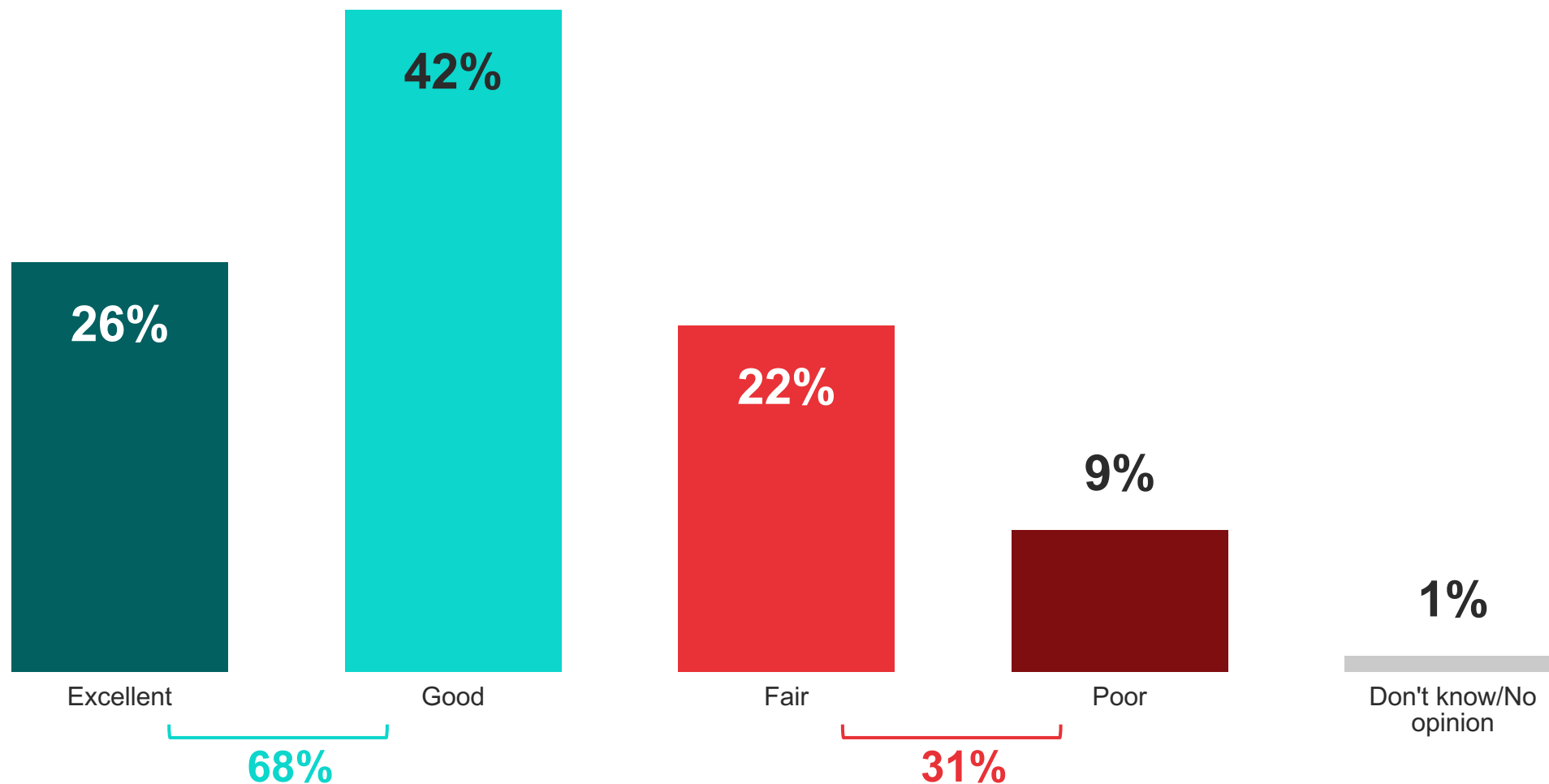
- **Adults have generally positive views on the state of their mental health in the last year;** about two-thirds of adults (68%) grade their mental health in 2021 as *excellent or good*, where just 9% say their mental health was *poor*.
  - Moms are more than twice as likely as dads to say their mental health in 2021 was *fair or poor* (42% vs. 17%), while dads are far more likely than moms to grade their mental health in 2021 as *excellent* (44% vs. 14%).
- **Some adults plan to make a New Year's resolution related to mental health, but more opt for resolutions based on physical health or finances;** a quarter plan to make a *mental-health* related resolution (26%), where more say their resolutions are based on *physical fitness* (42%) or *finances* (36%).
- **Among adults focusing their New Year's resolution on mental health, adults are more likely to try meditation than seeing a mental health professional;** about half (53%) say their resolution is about *meditation*, where smaller shares plan to *see a therapist* (37%) or *see a psychiatrist* (20%).
- **COVID-19 and finances are the biggest drivers of anxiety overall and across demographic groups;** when thinking about the start of the new year, adults are most likely to say they are *anxious* about their *personal finances* (58%), *uncertainty of the next year* (54%), and the *state of the COVID-19 pandemic* (55%).
  - Vaccinated adults (57%) and those who are unvaccinated and have no plans to get the vaccine (60%) are about equally as *anxious* about their *personal finances*, although vaccinated adults are much more anxious about the *state of the COVID-19 pandemic* (62%) (+34%).

*This poll was conducted between December 6-8, 2021 among a sample of 2,119 adults. The interviews were conducted online and the data were weighted to approximate a target sample of adults based on gender, educational attainment, age, race, and region. Results from the full survey have a margin of error of plus or minus 2 percentage points.*

## MENTAL HEALTH AT NEW YEAR'S

About two-thirds of adults grade their mental health in 2021 as *excellent or good* (68%), including 26% who say it is *excellent*; just 9% say their mental health in 2021 was *poor*.

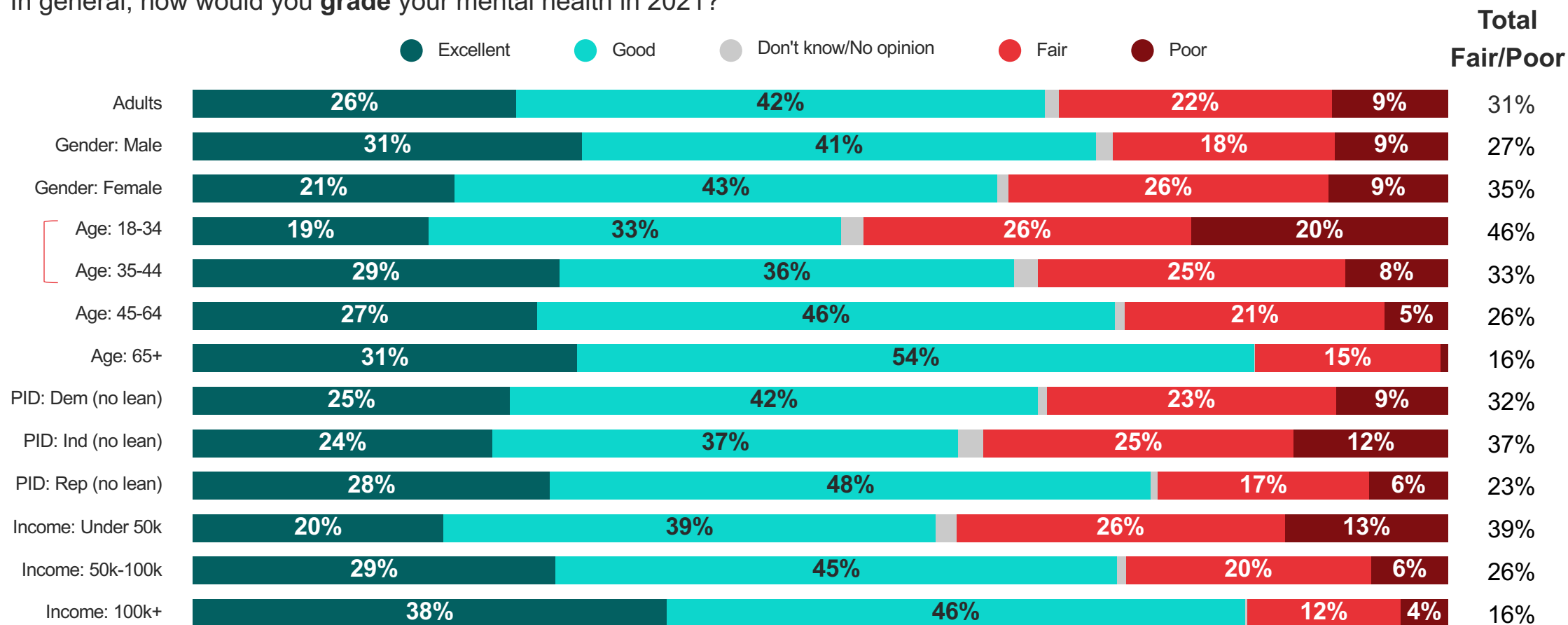
In general, how would you **grade** your mental health in 2021?



MENTAL HEALTH AT NEW YEAR'S

Younger adults are more likely than older adults to grade their mental health in 2021 as *fair or poor* – including a fifth of adults ages 18-34 who grade their mental health in 2021 was *poor* (20%).

In general, how would you **grade** your mental health in 2021?

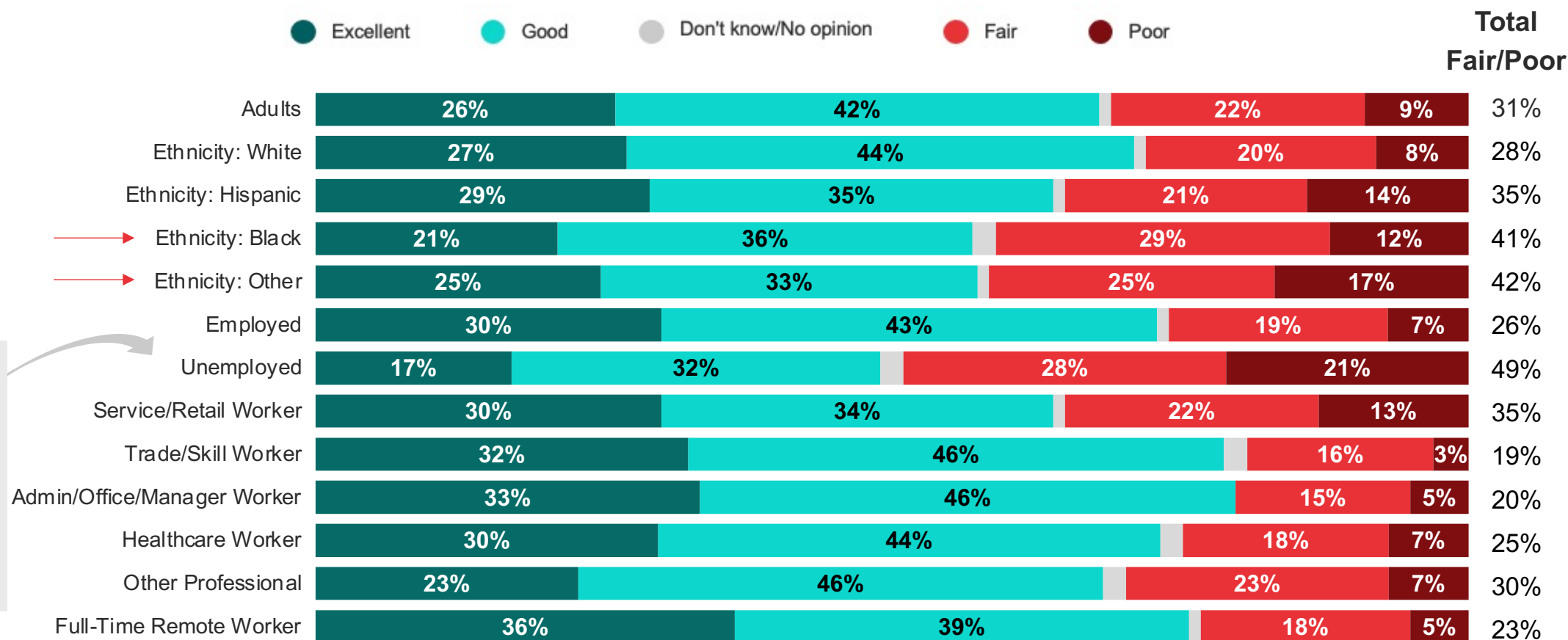


Adults with incomes under \$50k (39%) are more than 2x as likely as those with an income of \$100k+ (16%) to grade their mental health in 2021 as *fair or poor*.

MENTAL HEALTH AT NEW YEAR'S

Adults who are Black (41%) or of another race or ethnicity (42%) are more likely than adults of other racial or ethnic backgrounds to grade their mental health in 2021 as *fair or poor*.

In general, how would you **grade** your mental health in 2021?

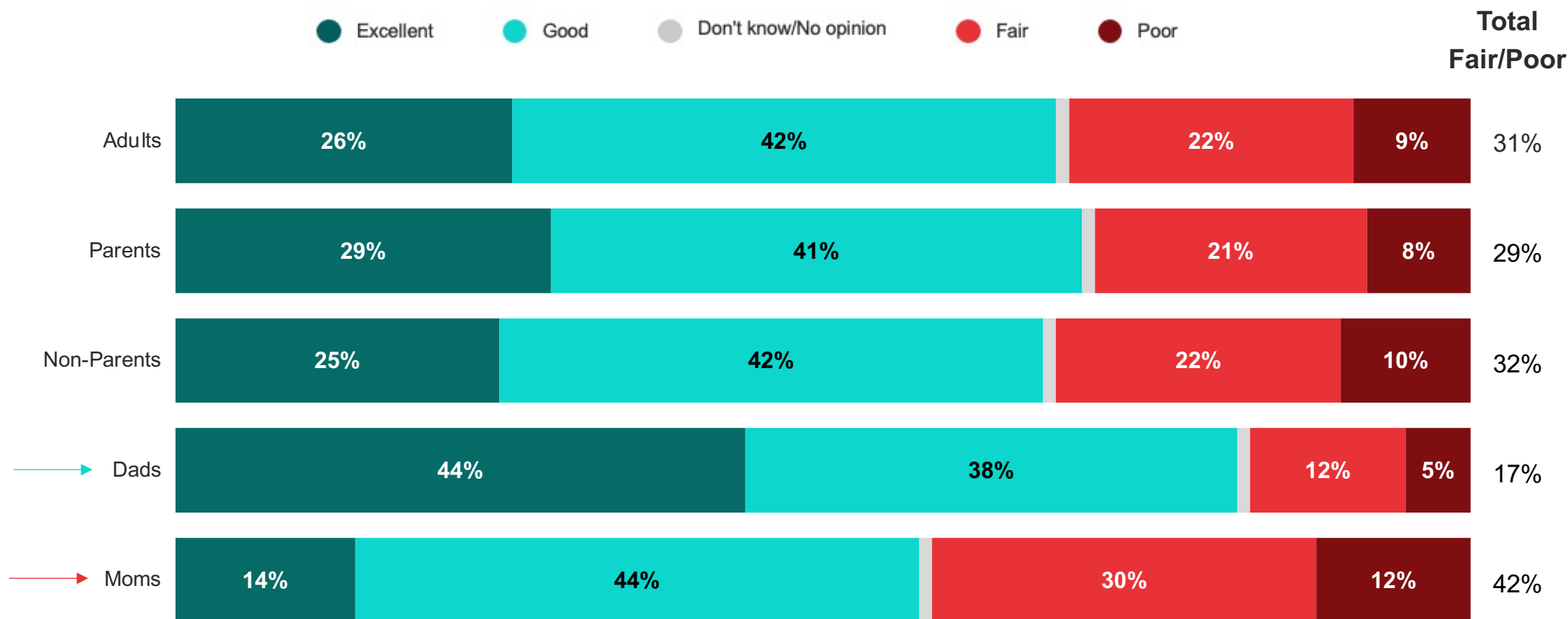


Unemployed adults (49%) are about 2x as likely as employed adults (26%) to say their mental health was *fair or poor* in 2021.

MENTAL HEALTH AT NEW YEAR'S

Moms are more than 2x as likely as dads to grade their mental health in 2021 as *fair or poor* (42% vs. 17%), where dads are more than 3x as moms to say their mental health was *excellent* in 2021 (44% vs. 14%).

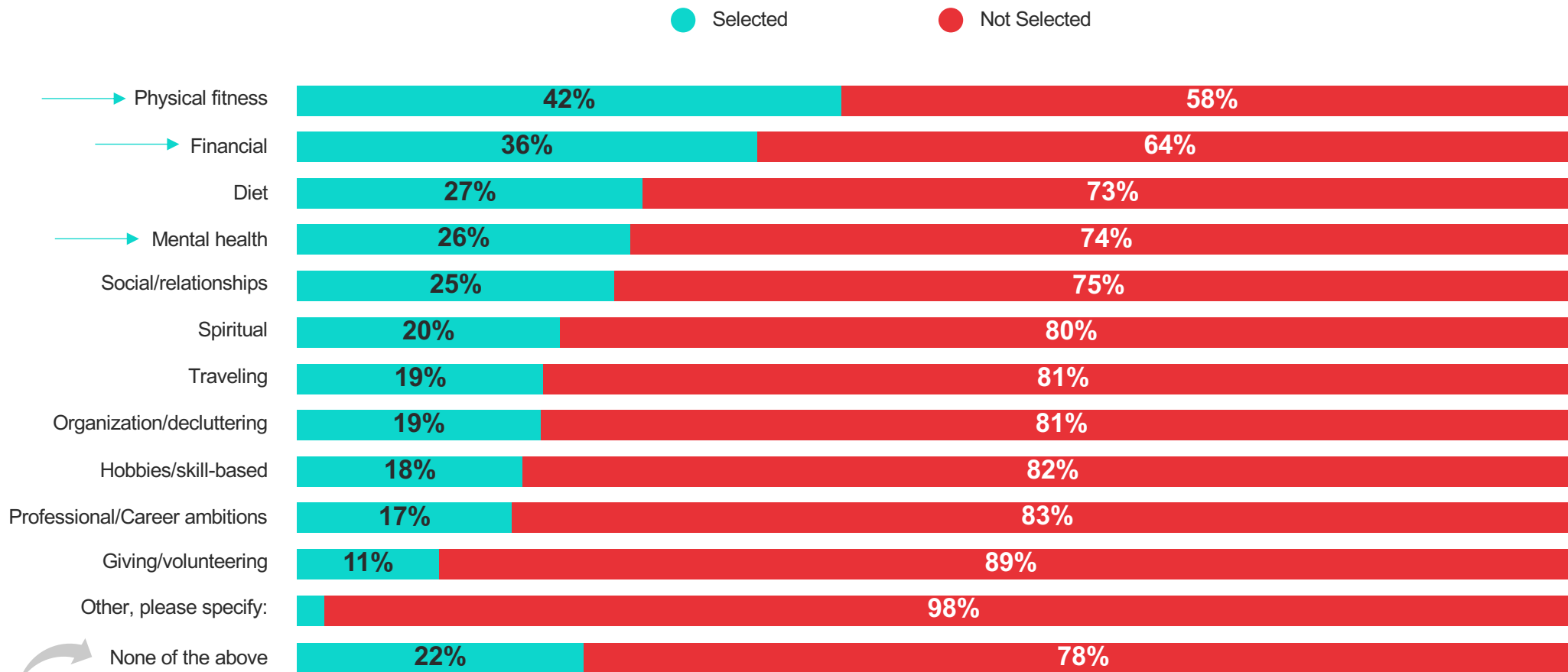
In general, how would you **grade** your mental health in 2021?



MENTAL HEALTH AT NEW YEAR'S

Adults are most likely to make a New Year's resolution focused on *physical fitness* (42%) or *finances* (36%), and a quarter plan to focus their resolution on *mental health* (26%).

Thinking about the start of 2022, do you plan to **make a New Year's resolution** in any of the following categories? Select all that apply.



About a fifth say plan to make a New Year's resolution in *none of the above* categories (22%).



## MENTAL HEALTH AT NEW YEAR'S

Adults ages 18-34 (42%) are more than 4x as likely as those ages 65+ (9%) to make a New Year's resolution related to *mental health*

Thinking about the start of 2022, do you plan to **make a New Year's resolution** in any of the following categories? Select all that apply.

% Selected	Adults	Gender: Male	Gender: Female	Age: 18-34	Age: 35-44	Age: 45-64	Age: 65+
Physical fitness	42%	41%	44%	49%	48%	40%	31%
Financial	36%	37%	35%	50%	48%	27%	19%
Diet	27%	23%	30%	29%	27%	28%	22%
Mental health	26%	24%	28%	42%	34%	18%	9%
Social/relationships	25%	25%	25%	36%	32%	18%	13%
Spiritual	20%	16%	24%	23%	25%	19%	16%
Organization/decluttering	19%	12%	25%	19%	23%	18%	17%
Traveling	19%	21%	18%	21%	25%	16%	16%
Hobbies/skill-based	18%	21%	14%	29%	24%	10%	8%
Professional/career ambitions	17%	19%	15%	29%	23%	12%	2%
Giving/volunteering	11%	10%	12%	11%	13%	11%	10%
Other, please specify	2%	2%	2%	1%	4%	2%	1%
None of the above	22%	21%	24%	9%	13%	28%	40%

Men and women also vary widely in the type of New Year's resolutions they plan to make – particularly in *diet, spirituality, organization/decluttering, hobbies, and professional/career ambitions.*

## MENTAL HEALTH AT NEW YEAR'S

Black adults (42%) are more likely than those from all other racial and ethnic groups to plan to make a New Year's resolution related to *mental health*.

Thinking about the start of 2022, do you plan to **make a New Year's resolution** in any of the following categories? Select all that apply.

% Selected	Adults	Income: Under 50k	Income: 50k-100k	Income: 100k+	Ethnicity: White	Ethnicity: Hispanic	Ethnicity: Black	Ethnicity: Other
Physical fitness	42%	38%	46%	49%	41%	49%	51%	44%
Financial	36%	35%	36%	36%	33%	44%	53%	39%
Diet	27%	26%	27%	28%	26%	32%	30%	28%
Mental health	26%	29%	23%	24%	23%	35%	42%	32%
Social/relationships	25%	26%	24%	23%	22%	31%	38%	31%
Spiritual	20%	21%	20%	19%	18%	24%	37%	22%
Organization/decluttering	19%	19%	19%	19%	19%	22%	18%	24%
Traveling	19%	15%	22%	26%	17%	27%	24%	27%
Hobbies/skill-based	18%	17%	19%	18%	16%	22%	26%	20%
Professional/career ambitions	17%	15%	18%	19%	15%	18%	27%	21%
Giving/volunteering	11%	10%	13%	11%	10%	13%	13%	14%
Other, please specify	2%	3%	2%	1%	2%	3%	0%	4%
None of the above	22%	24%	22%	16%	25%	10%	13%	15%

## MENTAL HEALTH AT NEW YEAR'S

More parents (34%) than non-parents (23%) plan to make their New Year's resolution about *mental health*; among parents, moms (40%) are especially likely to focus their resolution on *mental health*.

Thinking about the start of 2022, do you plan to **make a New Year's resolution** in any of the following categories? Select all that apply.

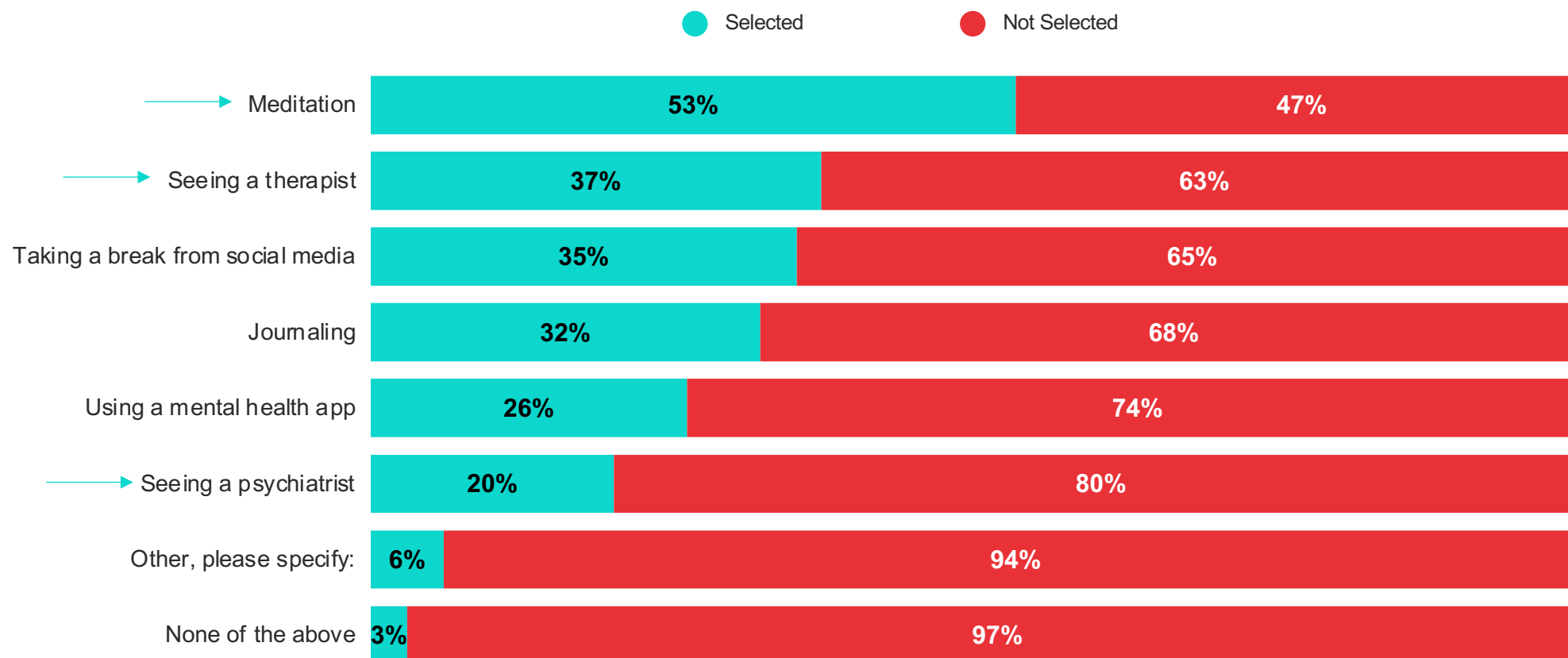
% Selected	Adults	Parents	Not Parents	Moms	Dads
Physical fitness	42%	49%	40%	54%	43%
Financial	36%	47%	32%	49%	45%
Diet	27%	29%	26%	37%	21%
Mental health	26%	34%	23%	40%	29%
Social/relationships	25%	33%	22%	34%	32%
Spiritual	20%	25%	19%	34%	16%
Organization/decluttering	19%	24%	17%	32%	15%
Traveling	19%	24%	17%	19%	30%
Hobbies/skill-based	18%	23%	16%	22%	24%
Professional/career ambitions	17%	25%	14%	21%	29%
Giving/volunteering	11%	15%	10%	15%	15%
Other, please specify	2%	2%	2%	2%	2%
None of the above	22%	10%	27%	9%	11%

MENTAL HEALTH AT NEW YEAR'S

Adults planning to make a mental health-based New Year's resolution are most likely to focus on *meditation* (53%) and are less likely to see a mental health professional, like a *therapist* (37%) or *psychiatrist* (20%).

Which of the following **steps related to mental health**, if any, are you planning to **start** in the new year?

AMONG THOSE MAKING A MENTAL HEALTH-RELATED RESOLUTION [N=547]



## MENTAL HEALTH AT NEW YEAR'S

Among those making a New Year's resolution focused on mental health, men are more likely than women to say they plan to see a *therapist* or *psychiatrist* in the new year.

Which of the following **steps related to mental health**, if any, are you planning to **start** in the new year?

### AMONG THOSE MAKING A MENTAL HEALTH-RELATED RESOLUTION [N=547]

% Selected	Adults	Gender: Male	Gender: Female	Age: 18-34	Age: 35-44	Age: 45-64	*Age: 65+
Meditation	53%	55%	51%	53%	58%	52%	39%
Seeing a therapist	37%	42%	33%	46%	33%	33%	18%
Taking a break from social media	35%	38%	32%	37%	37%	34%	23%
Journaling	32%	25%	38%	37%	32%	29%	18%
Using a mental health app	26%	30%	22%	25%	34%	23%	11%
Seeing a psychiatrist	20%	25%	16%	23%	24%	16%	5%
Other, please specify	6%	4%	7%	3%	4%	7%	20%
None of the above	3%	2%	4%	2%	2%	3%	11%

\*Note: Small sample size among adults ages 65+ [N=44].

Younger adults are more likely than older adults to say they are planning to take all of the tested steps in the new year as a part of their mental health-focused resolution.

## MENTAL HEALTH AT NEW YEAR'S

Adults planning a mental health-related resolution who earn \$100k+ are more likely than lower-earning adults to *use a mental health app* (37%), and less likely than lower-earning adults to *journal*.

Which of the following **steps related to mental health**, if any, are you planning to **start** in the new year?

### AMONG THOSE MAKING A MENTAL HEALTH-RELATED RESOLUTION [N=547]

% Selected	Adults	Income: Under 50k	Income: 50k-100k	Income: 100k+	Ethnicity: White	*Ethnicity: Hispanic	*Ethnicity: Black	*Ethnicity: Other
Meditation	53%	48%	58%	56%	50%	56%	59%	69%
Seeing a therapist	37%	37%	36%	38%	37%	38%	37%	40%
Taking a break from social media	35%	32%	35%	40%	33%	32%	35%	45%
Journaling	32%	33%	38%	22%	32%	35%	37%	24%
Using a mental health app	26%	19%	28%	37%	27%	30%	17%	28%
Seeing a psychiatrist	20%	21%	21%	17%	20%	21%	22%	14%
Other, please specify	6%	7%	6%	3%	6%	5%	7%	3%
None of the above	3%	3%	4%	3%	3%	2%	1%	5%

\*Note: Small sample size among Ethnicity: Hispanic [N=63].  
 Small sample size among Ethnicity: Black adults [N=82].  
 Small sample size among Ethnicity: Other [N=58].

## MENTAL HEALTH AT NEW YEAR'S

Among those planning a mental health-related resolution, dads are more likely than moms to *take a break from social media* and *use a mental health app*, while moms are more likely than dads to *journal*.

Which of the following **steps related to mental health**, if any, are you planning to **start** in the new year?

**AMONG THOSE MAKING A MENTAL HEALTH-RELATED RESOLUTION [N=547]**

% Selected	Adults	Parents	Not Parents	Moms	Dads
Meditation	53%	56%	51%	58%	53%
Seeing a therapist	37%	35%	39%	31%	39%
Taking a break from social media	35%	38%	33%	30%	47%
Journaling	32%	33%	32%	42%	22%
Using a mental health app	26%	35%	20%	26%	45%
Seeing a psychiatrist	20%	25%	17%	21%	29%
Other, please specify	6%	5%	7%	7%	2%
None of the above	3%	2%	4%	4%	1%

## MENTAL HEALTH AT NEW YEAR'S

In an open-ended environment, the most common response for a mental health-related resolution among those who selected 'other' is *exercise*.

Which of the following **steps related to mental health**, if any, are you planning to **start** in the new year? **Other, please specify**  
[OPEN-END]

AMONG THOSE MAKING A MENTAL HEALTH-RELATED RESOLUTION [N=547]



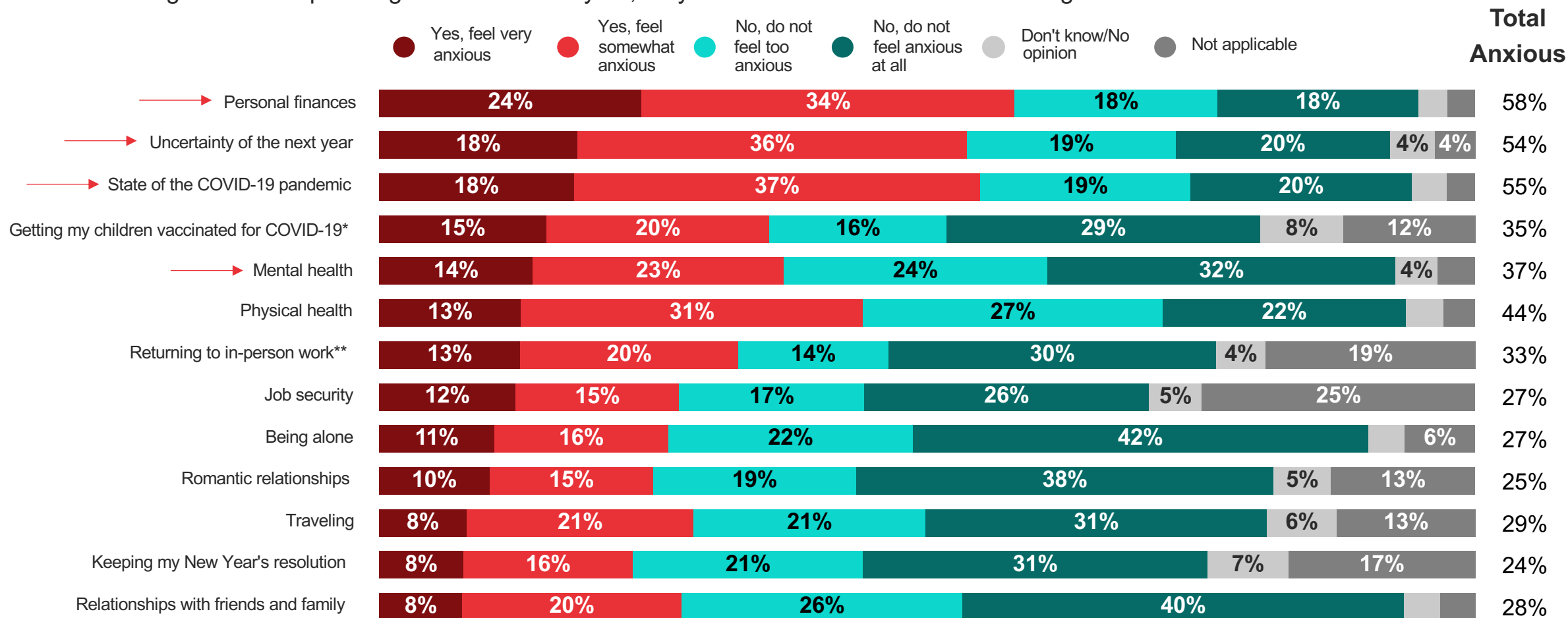
\*Note: Only 4% of respondents selected 'Other, please specify' for this question.



MENTAL HEALTH AT NEW YEAR'S

Thinking about the start of 2022, adults are most likely to feel anxious about their *personal finances* (58%), *uncertainty of the next year* (54%), and the *state of the COVID-19 pandemic* (55%); just over a third say they are *anxious about their mental health* (37%)

Thinking about the upcoming start of the new year, do you feel **anxious** about the following?



\*Note: Getting my children vaccinated for COVID-19 [N= 599] was only shown to parents.

\*\*Note: Returning to in-person work [N=222] was only shown to those who work in a fully-remote environment.

## MENTAL HEALTH AT NEW YEAR'S

Women are more likely than men to be *anxious* about their *personal finances* and the *uncertainty of the next year*.

Thinking about the upcoming start of the new year, do you feel **anxious** about the following? % **Total Anxious**

% Total Anxious	Adults	Gender: Male	Gender: Female	Age: 18-34	Age: 35-44	Age: 45-64	Age: 65+
Personal finances	58%	52%	64%	70%	65%	54%	40%
State of the COVID-19 pandemic	55%	54%	56%	56%	54%	54%	56%
Uncertainty of the next year	54%	46%	60%	56%	54%	54%	49%
Physical health	44%	42%	46%	48%	50%	41%	39%
Mental health	37%	34%	39%	53%	48%	30%	16%
Getting my children vaccinated for COVID-19*	35%	38%	34%	37%	39%	29%	16%
Traveling	29%	29%	28%	30%	32%	27%	28%
Relationships with friends and family	28%	28%	27%	39%	37%	22%	13%
Job security	27%	30%	25%	43%	36%	22%	4%
Being alone	27%	25%	27%	39%	32%	21%	13%
Romantic relationships	25%	26%	24%	37%	35%	20%	7%
Keeping my New Year's resolution	24%	24%	23%	32%	32%	19%	8%

Adults ages 65+ are most likely to be *anxious* about the *state of the COVID-19 pandemic* (56%), alongside equal shares of adults from all age groups who say the same.

\*Note: Getting my children vaccinated for COVID-19 [N= 599] was only shown to parents.

## MENTAL HEALTH AT NEW YEAR'S

Hispanic adults are more likely than white or Black adults to report feeling *anxious* across six of the twelve tested areas, including 70% who say they are *anxious* about their *personal finances*.

Thinking about the upcoming start of the new year, do you feel **anxious** about the following? % Total Anxious

% Total Anxious	Adults	Income: Under 50k	Income: 50k-100k	Income: 100k+	Ethnicity: White	Ethnicity: Hispanic	Ethnicity: Black	Ethnicity: Other
Personal finances	58%	65%	54%	45%	57%	70%	62%	62%
State of the COVID-19 pandemic	55%	55%	54%	58%	56%	63%	46%	63%
Uncertainty of the next year	54%	57%	51%	47%	55%	55%	41%	58%
Physical health	44%	48%	43%	38%	44%	45%	45%	46%
Mental health	37%	41%	33%	30%	35%	45%	39%	49%
Getting my children vaccinated for COVID-19	35%	33%	34%	44%	37%	43%	20%	42%
Traveling	29%	26%	29%	36%	26%	32%	34%	43%
Relationships with friends and family	28%	30%	25%	22%	26%	40%	33%	40%
Job security	27%	30%	26%	22%	25%	42%	33%	37%
Being alone	27%	29%	25%	19%	25%	30%	32%	33%
Romantic relationships	25%	28%	23%	19%	24%	34%	29%	33%
Keeping my New Year's resolution	24%	26%	21%	22%	21%	32%	31%	33%

\*N Size: Getting my children vaccinated for COVID-19 [N= 599].

## MENTAL HEALTH AT NEW YEAR'S

Moms are more likely than dads to feel anxious about their *personal finances*, the *uncertainty of the next year*, and their *mental health*.

Thinking about the upcoming start of the new year, do you feel **anxious** about the following? % **Total Anxious**

% Total Anxious	Adults	Parents	Not Parents	Moms	Dads
Personal finances	58%	68%	55%	77%	59%
State of the COVID-19 pandemic	55%	58%	54%	58%	58%
Uncertainty of the next year	54%	59%	51%	71%	46%
Physical health	44%	49%	42%	54%	45%
Mental health	37%	47%	33%	54%	39%
Getting my children vaccinated for COVID-19	35%	35%	0%	34%	38%
Traveling	29%	33%	27%	31%	36%
Relationships with friends and family	28%	36%	24%	38%	36%
Job security	27%	37%	24%	34%	39%
Being alone	27%	29%	25%	32%	28%
Romantic relationships	25%	31%	23%	33%	29%
Keeping my New Year's resolution	24%	35%	19%	36%	32%

\*Note: Getting my children vaccinated for COVID-19 [N= 599] was only shown to parents.

## MENTAL HEALTH AT NEW YEAR'S

Vaccinated adults feel more *anxious* than unvaccinated adults without plans to get the vaccine when it comes to COVID-19 – particularly on the *state of the COVID-19 pandemic* (62%) (+34%).

Thinking about the upcoming start of the new year, do you feel **anxious** about the following? % **Total Anxious**

% Total Anxious	Vaccinated [N=1,518]	Unvaccinated without plans to get vaccine [N=383]
State of the COVID-19 pandemic	62%	28%
Getting my children vaccinated for COVID-19*	39%	16%
Job security	24%	27%
Personal finances	57%	60%
Physical health	46%	36%
Mental health	37%	35%
Relationships with friends and family	27%	28%
Romantic relationships	23%	26%
Being alone	24%	25%
Keeping my New Year's resolution	22%	21%
Uncertainty of the next year	55%	48%
Traveling	31%	18%

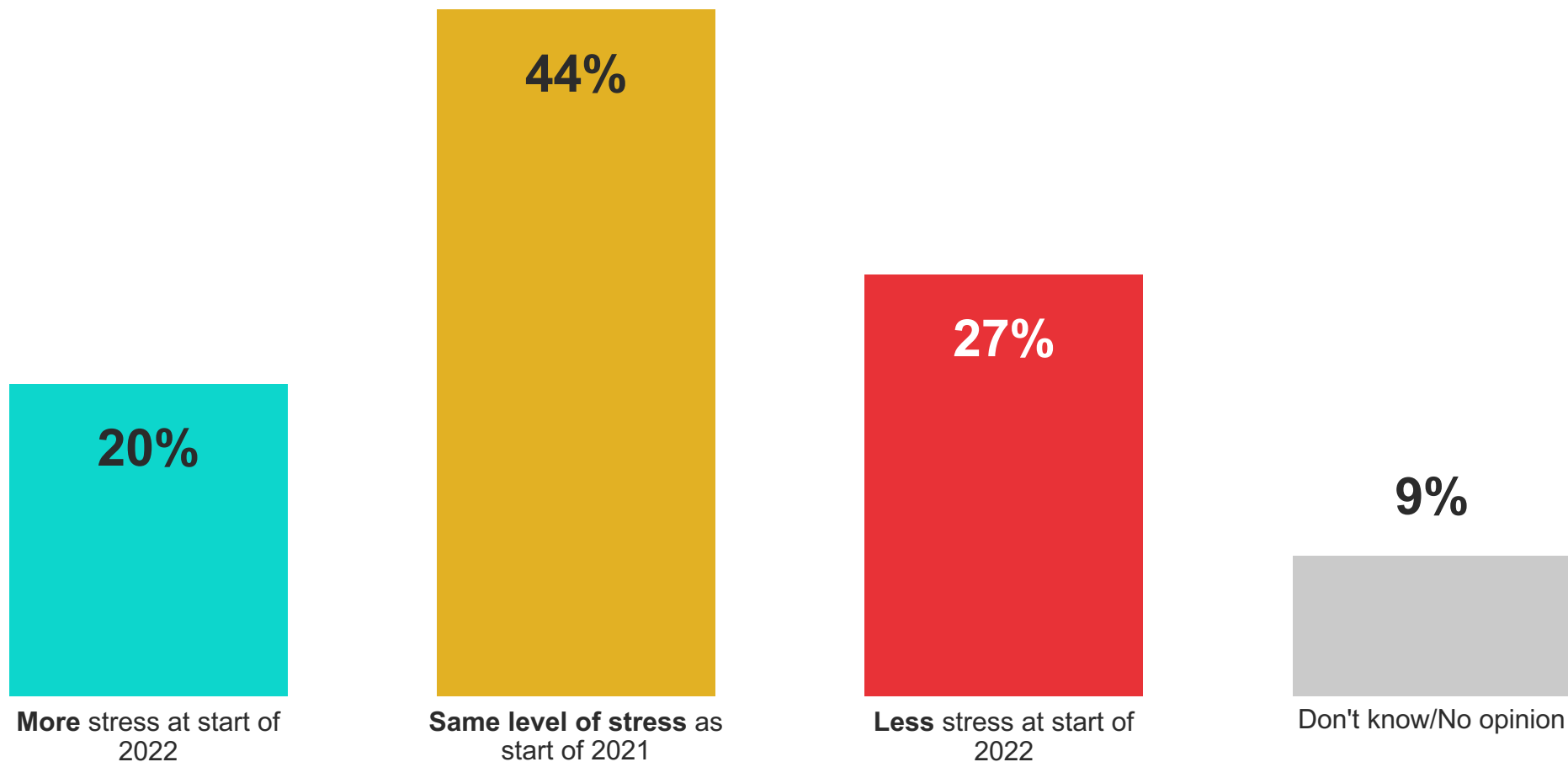
Similar shares of vaccinated and unvaccinated adults report feeling *anxious* about seven of the twelve tested issues, including majorities of vaccinated (57%) and unvaccinated (60%) adults who are *anxious* about their *personal finances*.

Note: Getting my children vaccinated for COVID-19 [N= 599] was only shown to parents.

## MENTAL HEALTH AT NEW YEAR'S

Adults are most likely to say they anticipate experiencing the *same level of stress* (44%) at New Year's this year compared to 2021, where fewer expect experiencing *more* (20%) or *less* (27%) stress.

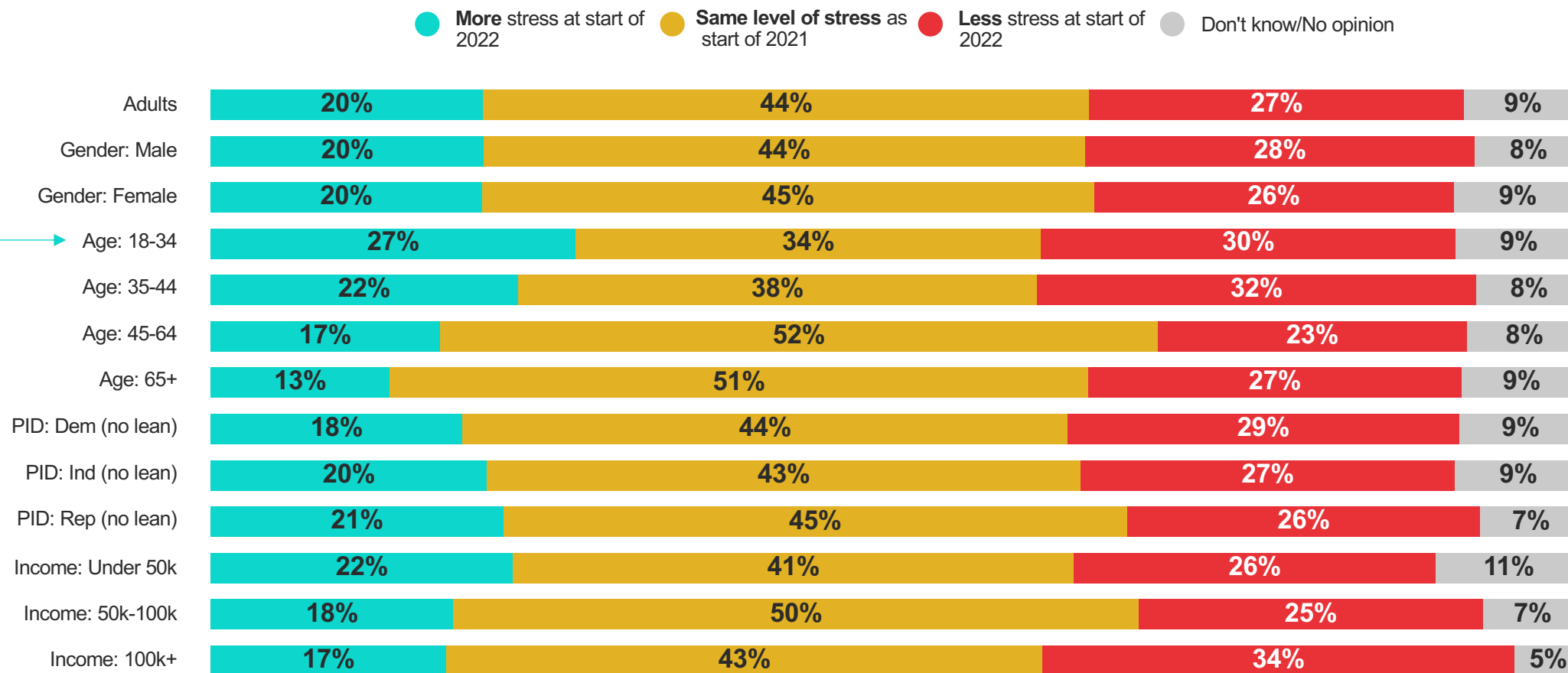
In comparison to the start of the new year in 2021, do you anticipate experiencing **more**, **less**, or the **same amount of stress** at the start of 2022?



MENTAL HEALTH AT NEW YEAR'S

Adults ages 18-34 (27%) are more likely than older adults to anticipate experiencing *more stress* at the start of 2022 than they did at the start of 2021.

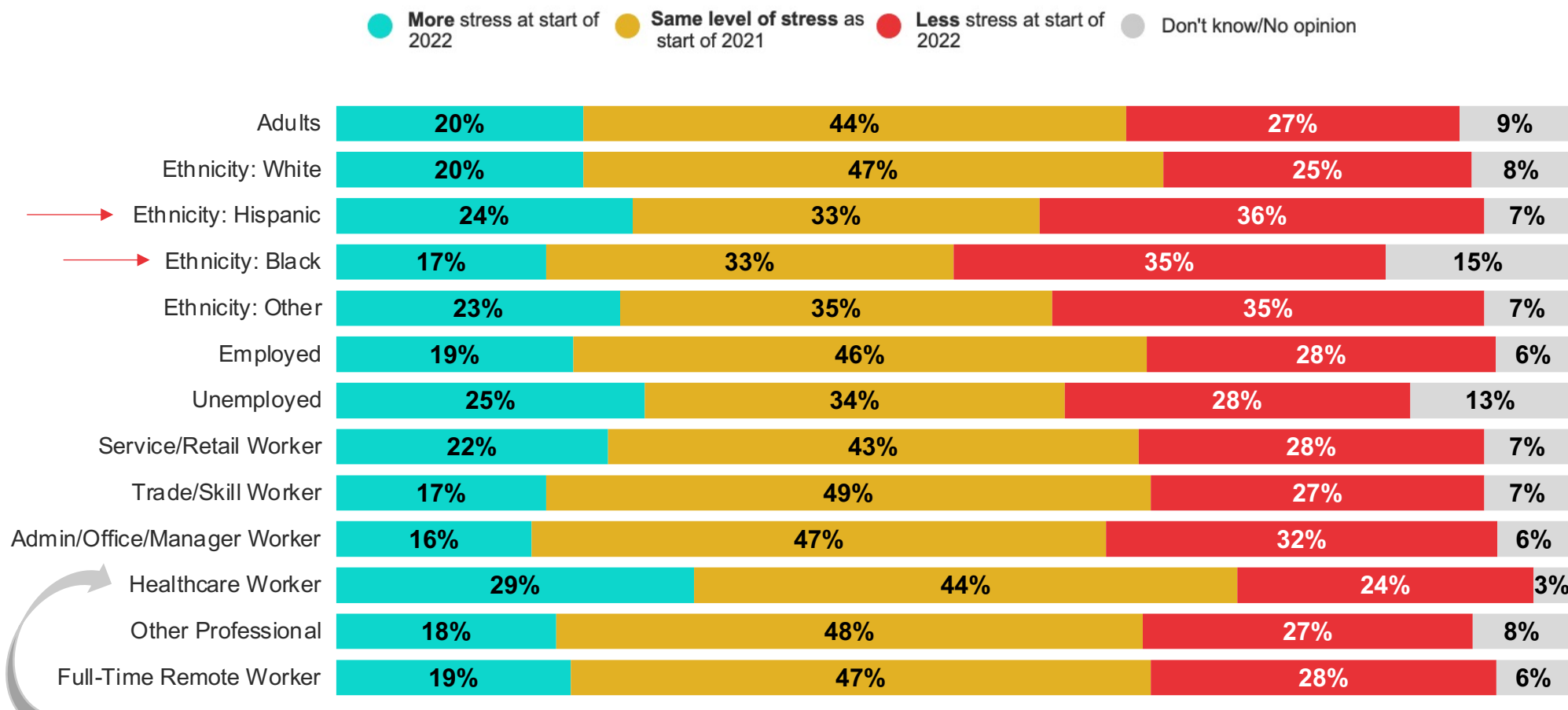
In comparison to the start of the new year in 2021, do you anticipate experiencing **more**, **less**, or the **same amount of stress** at the start of 2022?



MENTAL HEALTH AT NEW YEAR'S

Roughly a third of Hispanic (36%) and Black (35%) adults anticipate experiencing *less stress* at the start of 2022 compared to the start of the new year in 2021.

In comparison to the start of the new year in 2021, do you anticipate experiencing **more**, **less**, or the **same amount of stress** at the start of 2022?



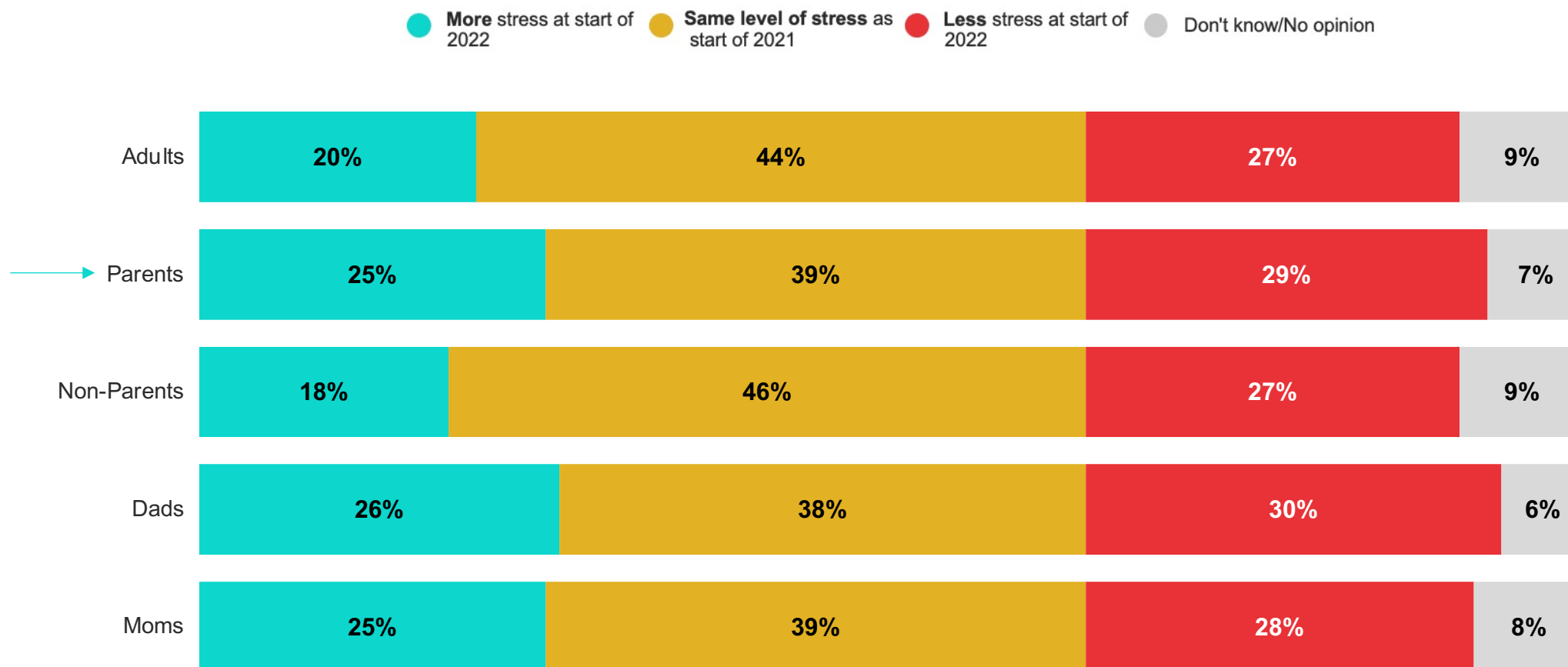
Twenty-nine percent of healthcare workers expect experiencing *more stress* this year.



MENTAL HEALTH AT NEW YEAR'S

Parents (25%) are more likely than non-parents (18%) to anticipate experiencing *more stress* at the start of 2022 compared to the start of the new year in 2021.

In comparison to the start of the new year in 2021, do you anticipate experiencing **more**, **less**, or the **same amount of stress** at the start of 2022?





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