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Interviews: 1,004 US Adults
Dates: September 14-16, 2020

Please note: all results are shown as percentages unless otherwise stated.

Q1. How anxious are you about each of the following?

Ranked by highest percentage.

		Combined Extremely/ Somewhat Anxious	Extremely anxious	Somewhat anxious	Not that anxious	Not anxious at all
Keeping myself or my family safe....	2020	80	45	35	15	5
	2019	66	32	34	25	9
	2018	68	36	31	24	8
	2017	63	29	34	27	10
COVID-19 (coronavirus).....	2020	75	44	31	17	8
My health.....	2020	73	33	39	21	7
	2019	64	24	40	25	11
	2018	68	28	39	24	9
	2017	63	20	42	27	10
Gun violence in America.....	2020	73	38	35	18	9
The upcoming 2020 presidential election.....	2020	72	37	35	17	11
	2020	67	37	30	21	13
Paying my bills or expenses.....	2019	66	33	33	22	12
	2018	67	35	32	22	11
	2017	56	24	32	27	17
	2020	67	34	33	20	13
The impact of climate change on the planet.....	2020	67	34	33	20	13
The impact of politics on my daily life	2020	61	22	39	27	12
	2019	51	13	38	32	17
	2018	56	20	36	28	17
	2017	51	16	36	35	14
My relationships with family, friends, and coworkers.....	2020	59	28	31	23	18
	2019	49	18	31	31	20
	2018	48	20	27	30	22
	2017	46	16	30	35	19
The impact of climate change on my mental health.....	2020	55	24	31	26	19
Discussions about the 2020 election at work or in my personal life.....	2020	51	20	31	26	23

Q2. In general, are you more or less anxious than you were at this time last year?

	2017	2018	2019	2020
More anxious.....	36	39	32	62
Less anxious.....	20	19	24	11
About the same.....	41	39	43	24
Not sure.....	3	3	2	2

Q3. Please indicate how much you agree or disagree with each of the following statements.

Ranked by highest percentage.

		Combined Strongly/ Somewhat Agree	Strongly Agree	Somewhat Agree	Neither agree nor disagree	Somewhat Disagree	Completely Disagree	Refused
Someone's mental health has an impact on their physical health.....	2020	83	51	32	12	3	2	/
	2019	84	51	33	11	3	1	1
	2018	86	56	30	9	2	2	1
	2017	80	49	31	14	3	1	2
Untreated mental illness has a significant negative impact on the U.S. economy.....	2020	69	35	34	22	6	3	/
	2019	71	33	38	22	4	1	1
	2018	75	39	36	18	4	2	1
	2017	65	31	35	26	4	2	2
There is less stigma against people with mental illness than there was 10 years ago.....	2020	57	20	36	26	11	6	/
	2019	54	15	39	25	13	7	1
	2018	50	16	34	24	15	10	2
	2017	48	12	36	31	12	6	3
People with mental illness are far more likely to be victims of violence than be perpetrators of violence.....	2020	51	22	29	35	10	4	/
	2019	43	15	27	37	15	5	1
	2018	46	21	25	37	10	5	2
	2017	40	14	26	43	12	4	2
I would not vote for a candidate for elected office who has been diagnosed with a mental illness, even if the candidate had been treated for it....	2020	41	18	22	33	14	13	/
	2019	34	15	19	32	17	15	2
	2018	35	19	16	31	16	15	2
	2017	31	13	18	39	15	12	3
The mental health needs of military veterans are being met under the current mental health system.....	2020	33	16	17	21	24	23	/
	2019	20	10	10	19	27	34	1
	2018	20	7	12	18	24	36	2
	2017	13	5	9	24	28	31	3

Q4. How would you define your benefit status as an employee?

	2019	2020
Full-time with benefits	35	33
Part-time with benefits	3	5
Employed without benefits.....	14	10
Self-employed.....	6	6
Not employed.....	43	46

Q5. Do you agree or disagree with the following statements about mental health in the workplace?

Ranked by highest percentage.

(Q5-Q7 shown to currently full or part time paid employees)

		Combined completely/ somewhat agree	Completely agree	Somewhat agree	Somewhat disagree	Completely disagree	Not sure
I know how to access mental health care services through work if I need it.....	2020	70	39	31	14	7	9
	2019	70	38	32	14	10	6
My employer offers sufficient mental health care resources/benefits.....	2020	68	36	32	13	9	11
	2019	61	27	33	17	10	13
I feel comfortable utilizing mental health services with my current employer.....	2020	67	31	36	15	8	11
	2019	62	28	34	16	12	10
I can discuss mental health openly and honestly with my coworkers.....	2020	65	29	36	15	11	9
	2019	51	21	30	18	20	11
I can discuss mental health openly and honestly with my supervisors....	2020	62	32	31	15	11	11
	2019	51	20	30	19	19	11
I worry about retaliation, or being fired, if I take time off for my mental health	2020	52	22	29	20	22	7
	2019	43	20	23	23	29	6
I worry about retaliation, or being fired, if I seek mental health care.....	2020	43	20	23	23	29	6
	2019	35	15	20	22	38	6

Q6. Which of the following types of mental health resources are offered by your employer?
Ranked by highest percentage.

	2019	2020
Employee Assistance Program (EAPs).....	41	39
Primary care that offers sufficient mental health coverage.....	36	34
Telehealth services that offer virtual mental health care (e.g., through an app or videoconferencing system)	/	27
Mental health days.....	14	18
On-site mental health care – such as a clinic with therapists on staff.....	14	16
Mental Health First Aid training.....	12	17
Holistic wellness programs.....	12	15
Virtual coaching – such as Headspace.....	8	13
Other.....	1	5
Don't know.....	17	9
None of the above.....	11	17

Q7. Beyond what is normally offered, which of the following services or benefits has your workplace offered to help during the coronavirus pandemic?

	2020
Offering access to additional health services...	41
Offering access to additional mental health services.....	35
None of these.....	23
I don't know what my workplace is offering	18

Q8. In the past 6 months, how often have you worn a face mask when leaving your home?

	2020
Always.....	66
Usually.....	20
About half of the time.....	8
Rarely.....	3
Never.....	3

Q9. Why did you not wear a face mask when leaving your home?

Ranked by highest percentage.

(This question was shown to participants who did not select "Always" in Q8)

	2020
I was not close to other people.....	54
I was outdoors.....	49
They are uncomfortable	26
They are not required.....	20
They are not effective in preventing the spread of coronavirus.....	19
They make me anxious.....	14
I don't own a face mask or know how to make one.....	3
Another reason.....	10
None of the above.....	6

Q10. How much do you agree or disagree with the following statements?

Ranked by highest percentage.

		Combined strongly/ somewhat agree	Strongly agree	Somewhat agree	Neutral	Somewhat disagree	Strongly Disagree
I am anxious about the possibility of getting coronavirus.....	2020	47	21	26	19	13	20
I am anxious about the possibility of my family members and loved ones getting coronavirus.....	2020	56	27	29	15	12	17
I am anxious that I will become seriously ill or die if I get coronavirus.....	2020	42	21	21	18	16	24
I am anxious that I will spread coronavirus to my family and loved ones.....	2020	41	20	21	19	17	23

Q11. Please select the statement(s) below that describes you.

'If I was exposed to or started exhibiting symptoms of coronavirus, I would be concerned...'

Ranked by highest percentage.

	2020
that I would be quarantined or isolated from my family.....	42
to tell people I had recently been in contact with.....	37
to tell my friends and family.....	34
to tell a health care provider or seek care.....	32
to tell my job or school.....	22
that others in my community might find out and treat me differently.....	19
None of the above.....	29

Q12. How much do you agree or disagree with the following statements?

		Combine d strongly/ somewh at agree	Strongly agree	Somewh at agree	Neutral	Somewh at disagree	Strongly Disagree
The coronavirus pandemic is having a serious impact on my mental health...	2020	37	13	24	23	15	25
I am concerned about running out of food/medicine/supplies.....	2020	30	11	19	18	22	29

Q13. In what ways has the coronavirus impacted your day-to-day life?

Ranked by highest percentage.

	2020
I have been having trouble sleeping because I'm anxious about coronavirus.....	22
I have been having a hard time concentrating on other things because I'm thinking about coronavirus.....	20
I have been fighting more with my partner or loved ones (e.g., because we are stuck at home together).....	17
I have been consuming more alcohol or other substances/drugs than I normally do.....	14
None of the above.....	52

Q14. Which of the following best describes your experience with telehealth?

	2020
I have never heard of telehealth before taking this survey.....	27
I have heard of telehealth, but I have not personally used it.....	42
I have used telehealth services.....	31

Q15. When was the first time you used telehealth services?

(This question was shown to participants who selected "I have used telehealth services" in Q14)

	2020
Within the past 6 months.....	72
6-11 months ago.....	14
1-4 years ago.....	7
5 or more years ago.....	7

Q16. Do you agree or disagree with the following statements?

Ranked by highest percentage.

(This question was shown to participants who selected “I have used telehealth services” or “I have heard of telehealth, but I have not personally used it” in Q14)

		Combined strongly/ somewhat agree	Strongly agree	Somewhat agree	Neither agree nor disagree	Somewhat disagree	Strongly Disagree
Telehealth is convenient.....	2020	71	34	37	22	3	3
Telehealth is private.....	2020	62	27	35	29	6	3
I would use telehealth for a physical health concern or illness.....	2020	59	21	38	23	12	7
I would use telehealth or telepsychiatry for a mental health concern or illness.....	2020	49	21	29	27	11	12
I would use a support line or ‘warm line’ during a time of need.....	2020	47	16	31	39	7	7
The quality of care received in a telehealth session can be the same as that of an in-person office visit.....	2020	40	14	26	28	21	11
Telehealth is less expensive than in- person, doctor’s office visits.....	2020	38	15	23	49	7	6
I prefer telehealth compared to in- person, doctor’s office visits.....	2020	31	12	19	28	19	22
Chatbots are a quick and easy way to receive mental health care services.....	2020	27	10	17	44	14	15

Q17. Do you agree or disagree with the following statements?

Ranked by highest percentage.

		Combined strongly/ somewhat agree	Strongly agree	Somewhat agree	Somewhat disagree	Strongly Disagree	Not Sure
Gun violence, including violence from mass shootings, is a public health threat.....	2020	83	49	34	11	6	/
	2019	84	56	29	11	5	/
	2018	87	64	23	8	5	/
Congress should do more to address the issue of gun violence, including violence from mass shootings.....	2020	78	47	31	14	8	/
	2019	82	55	26	11	7	/
	2018	85	64	21	9	6	/
Systematic racism impacts the mental health of Americans, especially people of color.....	2020	76	41	34	15	9	/
Climate change is already impacting the health of Americans...	2020	72	37	36	17	10	/
	2019	65	26	39	14	11	11
Climate change is already impacting the mental health of Americans.....	2020	67	31	37	20	12	/
	2019	48	17	30	21	14	17
The state of law enforcement in the U.S. today directly/indirectly impacts my mental health.....	2020	57	23	34	26	17	/
The state of racial injustice today directly/indirectly impacts my mental health.....	2020	54	22	32	25	21	/

Q18. Compared to previous election years, are you more or less anxious for the outcome of the 2020 presidential election than you were in previous election years?

	2020
More anxious.....	57
Less anxious.....	9
About the same.....	30
Not sure.....	4

Q19. How much of a priority do you think policymakers in Washington, D.C. consider mental health? Do they consider mental health to be...?

	2017	2018	2019	2020
A top priority.....	9	12	10	16
Somewhat of a priority.....	21	22	20	29
Somewhat less of a priority.....	38	33	35	34
Not a priority.....	31	31	34	21
Refused.....	2	2	2	/

Q20. When it comes to politics, as of today, do you consider yourself to be...

	2017	2018	2019	2020
Combined Republican/leans Republican.....	35	33	34	36
A Republican.....	22	23	23	30
An independent who leans Republican.....	12	10	11	6
An independent.....	22	23	22	19
Combined Democrat/leans Democrat.....	39	41	41	42
An independent who leans Democrat.....	13	11	11	9
A Democrat.....	26	30	30	33
Some other party.....	4	3	3	3