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AMERICAN  
PSYCHIATRIC  
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Medical leadership for mind, brain and body.

# HEALTHY MINDS MONTHLY

## INNOVATION & MENTAL HEALTH

Polling Presentation

AUGUST 2023

# KEY FINDINGS

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1. Adults remain consistently **anxious about inflation** (76%), **gun violence** (69%), and **a recession** (68%). However, adults are more anxious about **climate change** (61%) since June 2023.
2. Awareness of innovative mental health diagnosis, treatment, and research tools is generally low. Despite this, half of adults say they would be likely to consider **brain imaging** (51%) and **genetic testing** (49%) if it was recommended by a medical professional.
3. Adults are **split on whether they are comfortable** (39%) or **uncomfortable** (41%) with the **use of augmented intelligence** in mental health care. Younger adults are twice as likely as older adults to say they are comfortable with it.

***Methodology:** This poll was conducted between August 1-August 3, 2023 among a sample of 2203 adults. The interviews were conducted online and the data were weighted to approximate a target sample of adults based on age, gender, race, educational attainment, region, gender by age, and race by educational attainment. Results from the full survey have a margin of error of plus or minus 2 percentage points.*

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CURRENT EVENTS - TRACKING

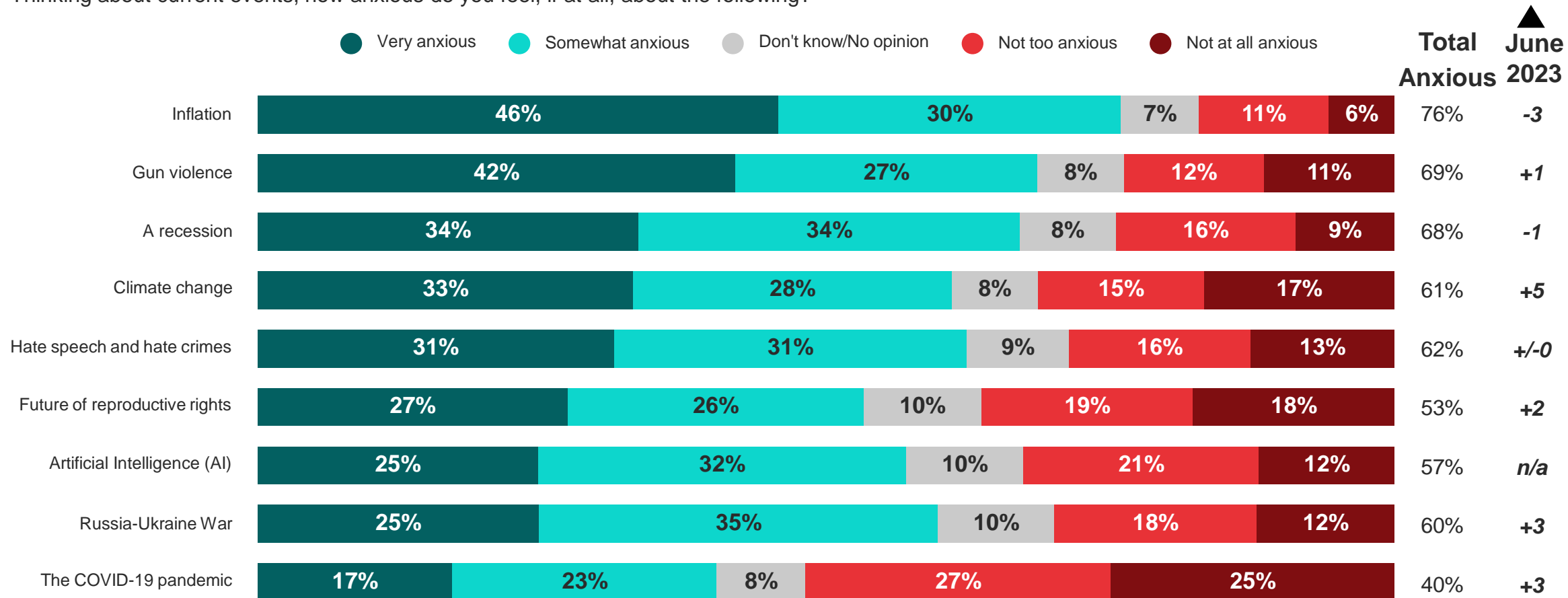
INNOVATION & MENTAL HEALTH



CURRENT EVENTS - TRACKING

Thinking about current events, adults have remained consistently anxious about *inflation* (76%), *gun violence* (69%), and *a recession* (68%). Anxiety about *climate change* (61%) has increased 5 percentage points since June 2023.

Thinking about current events, how anxious do you feel, if at all, about the following?



▲ = change in very/somewhat anxious since June 2023

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CURRENT EVENTS - TRACKING

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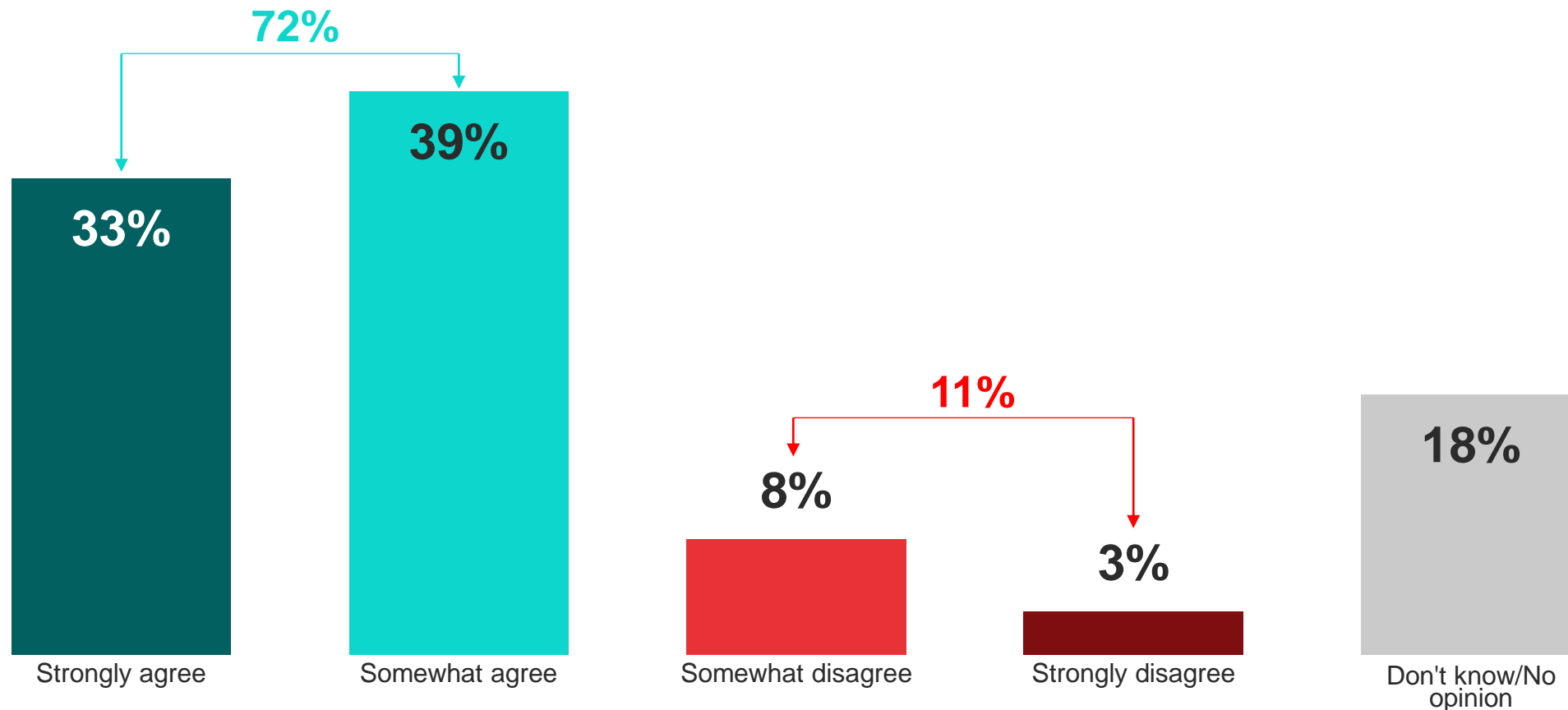


INNOVATION & MENTAL HEALTH

Nearly three-fourths (72%) of adults agree psychiatry is an innovative field that will help people’s mental health.

How much do you agree or disagree with the following statement?

*Psychiatry is an innovative field and new diagnostic tools and treatments are being developed that will help people’s mental health.*



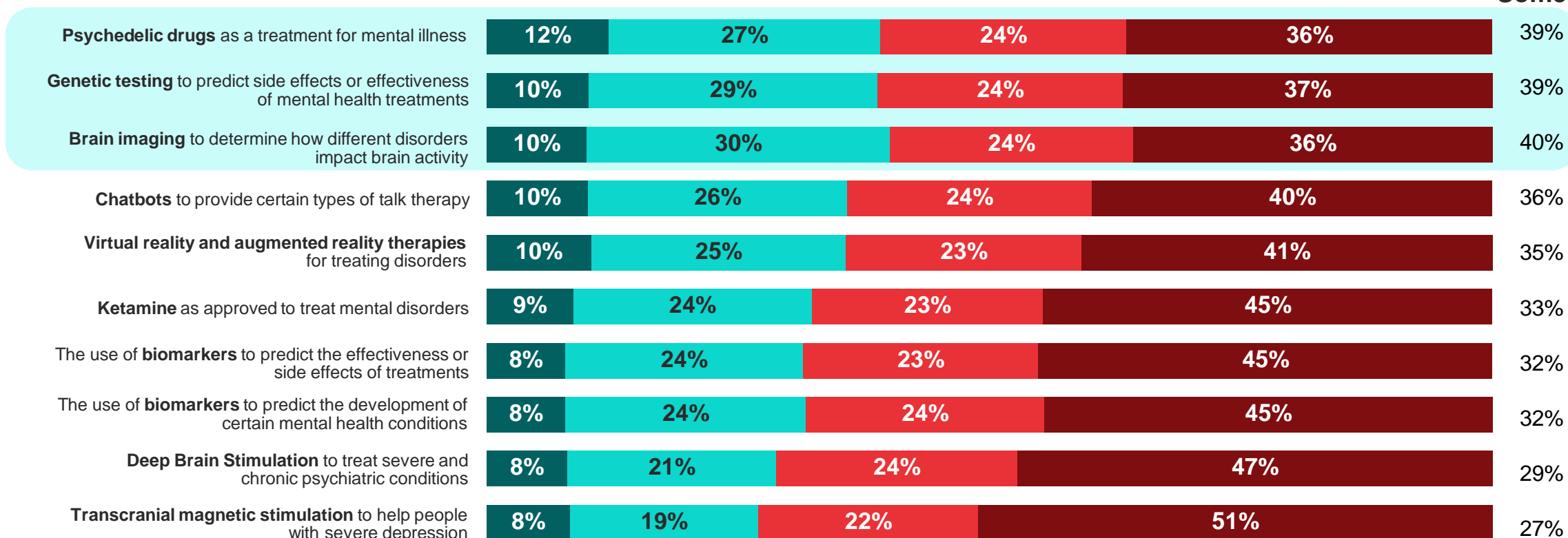
INNOVATION & MENTAL HEALTH

Adults are most likely to have seen, read, or heard about *brain imaging* (40%), *genetic testing* (39%), and *psychedelic drugs* (39%) as they relate to mental health diagnosis, treatment, and research.

How much have you seen, read, or heard about each of the following as it relates to mental health diagnosis, treatment, and research?

● A lot    ● Some    ● Not much    ● Nothing at all

**A lot +  
Some**



INNOVATION & MENTAL HEALTH

# Adults ages 18-44 are more likely than those ages 45+ to say they have seen, read, or heard about each of the tested innovative mental health diagnostic tests or treatments.

How much have you seen, read, or heard about each of the following as it relates to mental health diagnosis, treatment, and research? % A LOT + SOME

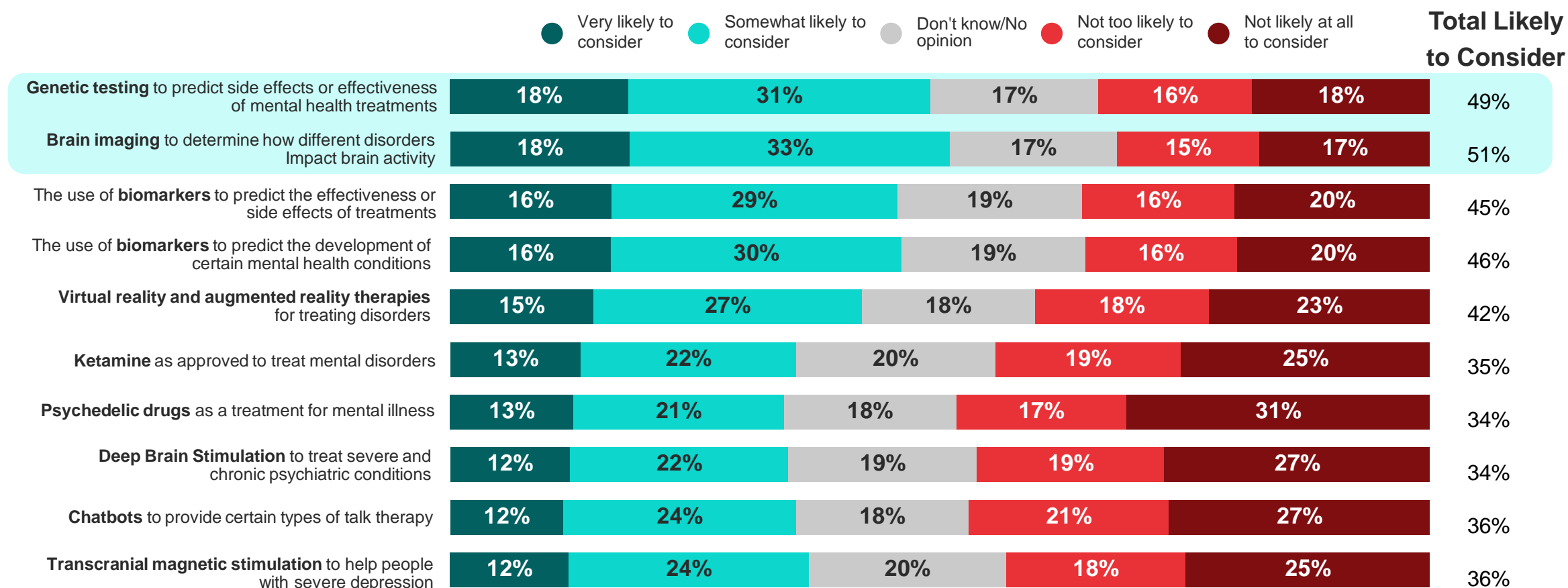
	Adults	Gender: Male	Gender: Female	Age: 18-34	Age: 35-44	Age: 45-64	Age: 65+	Community : Urban	Community : Suburban	Community : Rural
<b>Brain imaging</b> to determine how different disorders impact brain activity	40%	40%	40%	48%	49%	36%	30%	42%	41%	35%
<b>Psychedelic drugs</b> as a treatment for mental illness	39%	42%	36%	50%	47%	34%	28%	45%	37%	35%
<b>Genetic testing</b> to predict side effects or effectiveness of mental health treatments	39%	39%	39%	47%	45%	36%	28%	45%	39%	31%
<b>Chatbots</b> to provide certain types of talk therapy	36%	39%	33%	51%	42%	30%	19%	44%	35%	27%
<b>Virtual reality and augmented reality therapies</b> for treating disorders	35%	38%	33%	47%	45%	31%	21%	43%	33%	30%
<b>Ketamine</b> as approved to treat mental disorders	33%	35%	30%	42%	40%	30%	18%	38%	30%	29%
The use of <b>biomarkers</b> to predict the development of certain mental health conditions	32%	34%	30%	42%	36%	29%	19%	36%	32%	26%
The use of <b>biomarkers</b> to predict the effectiveness or side effects of treatments	32%	34%	30%	42%	40%	27%	17%	35%	31%	26%
<b>Deep Brain Stimulation</b> to treat severe and chronic psychiatric conditions	29%	28%	30%	39%	39%	24%	16%	33%	27%	26%
<b>Transcranial magnetic stimulation</b> to help people with severe depression	27%	27%	27%	38%	34%	22%	14%	34%	25%	22%



INNOVATION & MENTAL HEALTH

If it was recommended by a medical professional, adults say they would be most likely to consider *brain imaging* (51%) and *genetic testing* (49%) as a mental health diagnostic test or treatment.

If recommended by a medical professional, how likely would you be to consider a mental health diagnostic test or treatment involving each of the following?



INNOVATION & MENTAL HEALTH

Adults ages 18-44, males, and those living in urban communities are especially likely to say they would consider each of the tested innovative mental health diagnostic tests or treatments if they were recommended by a medical professional.

If recommended by a medical professional, how likely would you be to consider a mental health diagnostic test or treatment involving each of the following?

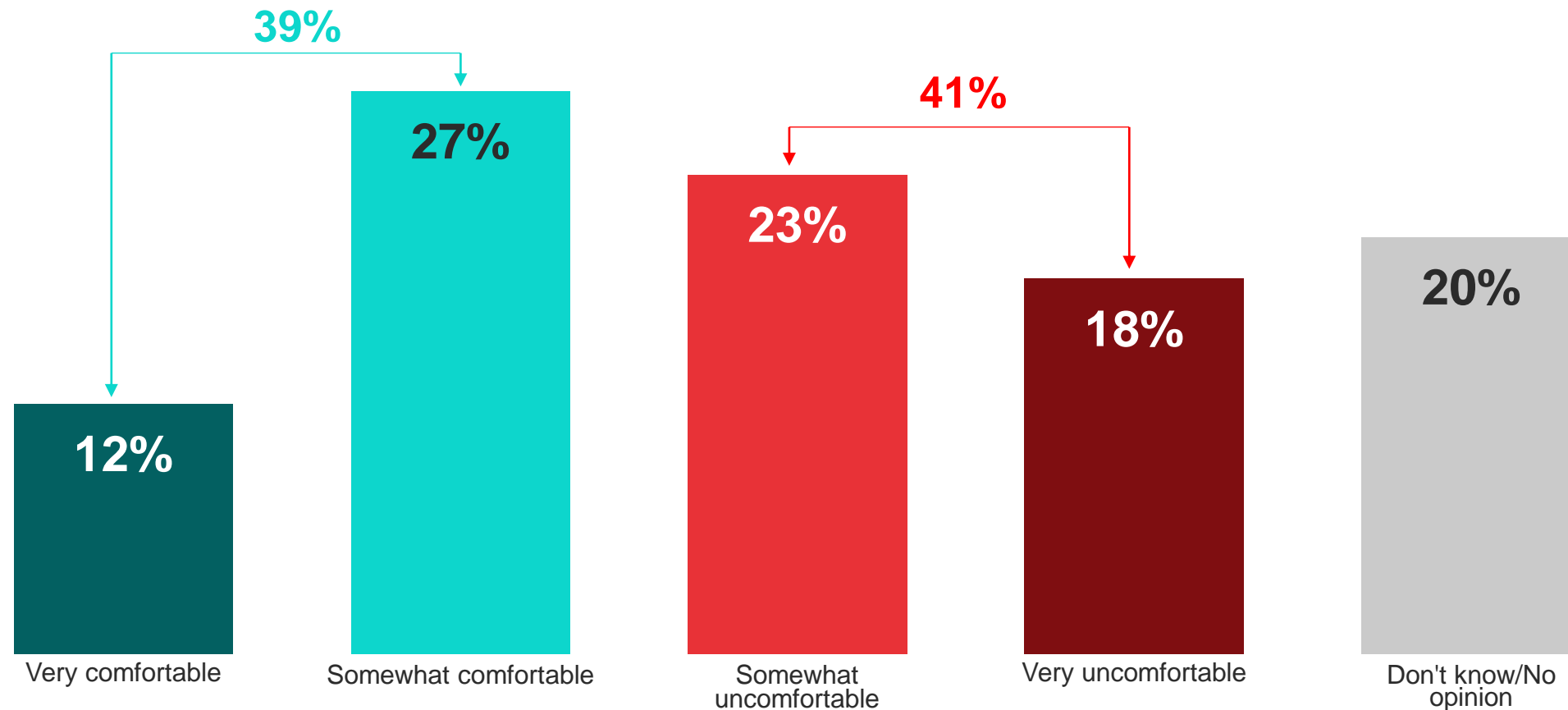
% LIKELY TO CONSIDER

	Adults	Gender: Male	Gender: Female	Age: 18-34	Age: 35-44	Age: 45-64	Age: 65+	Community : Urban	Community : Suburban	Community : Rural
<b>Brain imaging</b> to determine how different disorders impact brain activity	51%	53%	48%	55%	55%	47%	48%	57%	49%	47%
<b>Genetic testing</b> to predict side effects or effectiveness of mental health treatments	49%	50%	48%	53%	55%	46%	44%	54%	49%	42%
The use of <b>biomarkers</b> to predict the development of certain mental health conditions	46%	49%	44%	50%	50%	43%	42%	49%	49%	37%
The use of <b>biomarkers</b> to predict the effectiveness or side effects of treatments	45%	47%	44%	50%	50%	42%	41%	51%	47%	37%
<b>Virtual reality and augmented reality therapies</b> for treating disorders	42%	46%	38%	52%	48%	37%	31%	49%	41%	35%
<b>Transcranial magnetic stimulation</b> to help people with severe depression	36%	41%	33%	45%	44%	33%	26%	42%	35%	31%
<b>Chatbots</b> to provide certain types of talk therapy	36%	42%	29%	45%	42%	29%	27%	43%	34%	26%
<b>Ketamine</b> as approved to treat mental disorders	35%	40%	31%	47%	42%	30%	23%	42%	32%	32%
<b>Deep Brain Stimulation</b> to treat severe and chronic psychiatric conditions	34%	39%	31%	45%	44%	30%	21%	39%	34%	28%
<b>Psychedelic drugs</b> as a treatment for mental illness	34%	38%	30%	49%	43%	29%	16%	40%	32%	29%

## INNOVATION &amp; MENTAL HEALTH

Adults are split on whether they are *comfortable* (39%) or *uncomfortable* (41%) with the use of augmented intelligence in mental health care.

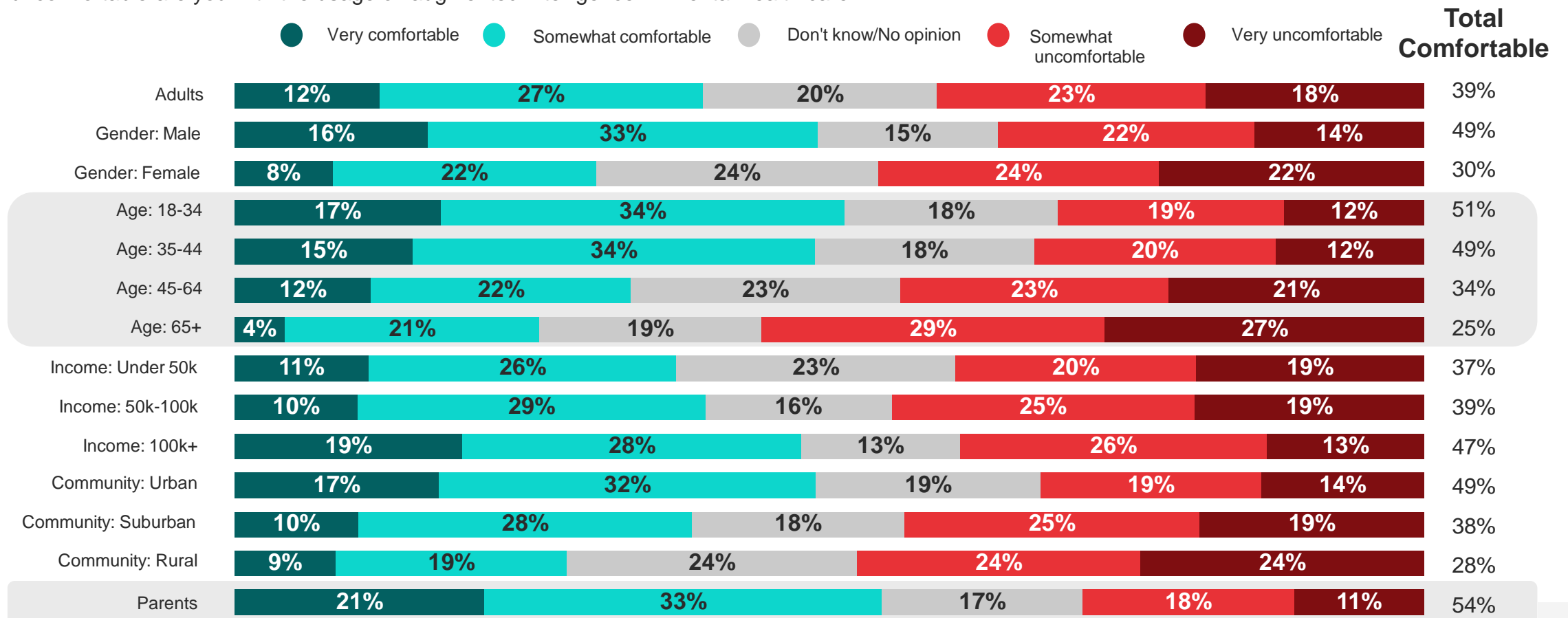
As you may know, **augmented intelligence** is the use of artificial intelligence to enhance human intelligence rather than replace it. How comfortable or uncomfortable are you with the usage of 'augmented intelligence' in mental health care?



INNOVATION & MENTAL HEALTH

Adults ages 18-44 are twice as likely as those ages 65+ to say they are comfortable with the use of augmented intelligence in mental health care. Half of parents (54%) say they are comfortable with it, including one-fifth who say they are *very comfortable* (21%).

As you may know, **augmented intelligence** is the use of artificial intelligence to enhance human intelligence rather than replace it. How comfortable or uncomfortable are you with the usage of 'augmented intelligence' in mental health care?





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