



Ipsos U.S. Mental Health 2021 Report

Research published May 21, 2021





Key findings from the research

The pandemic and events of 2020 has had a big impact on people's lives. The physical and financial impacts are often more apparent, but another important aspect is how the pandemic has impacted the mental health of Americans. More than a year into the pandemic, we have entered Mental Health Awareness month, established in 1949, making this a prime opportunity to take a measurement on how America's mental health is fairing in 2021.

A recent Ipsos poll on mental health conducted on the KnowledgePanel® shows that:



About two in five Americans are flourishing while one in five Americans are languishing as defined by Dr. Keyes. Millennials are the group most likely to be languishing, while Baby Boomers are flourishing.



Many Americans worry about the direction society is moving. Only about half of Americans say the way society works makes sense to them or that they think society is a good place, or becoming a better place, for all people at least once a week in the past month.



Three in four Americans say COVID has impacted their physical health, financial situation, job, or prospects for career advancement. Those who are languishing are significantly more likely to have been impacted by COVID-19 in at least one aspect of their life.

Checking in on American

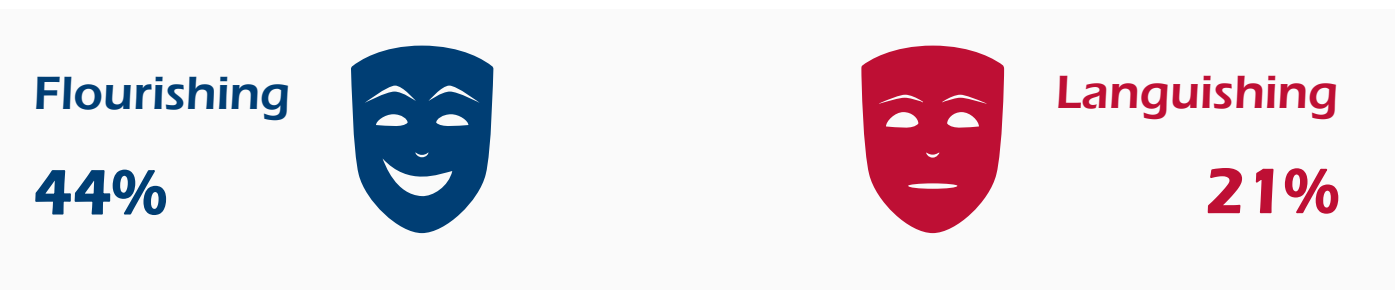
Most Americans feel engaged and that they are managing their daily lives. Three in four say they are interested in their life everyday (45%) or almost everyday (29%) and three in four say they are good at managing the responsibilities of daily life everyday (37%) or almost everyday (36%).

About two in three say they are confident expressing their ideas and opinions (67%), liked most parts of their personality (65%), are happy (65%), have warm and trusting relationships with others (65%), and are satisfied with their life (62%) every day or almost every day.

Only about one in five Americans say everyday or almost every day they think society is a good place, or becoming a good place, for all people (19%) or that they understand the way our society works (22%).

Flourishing/Languishing

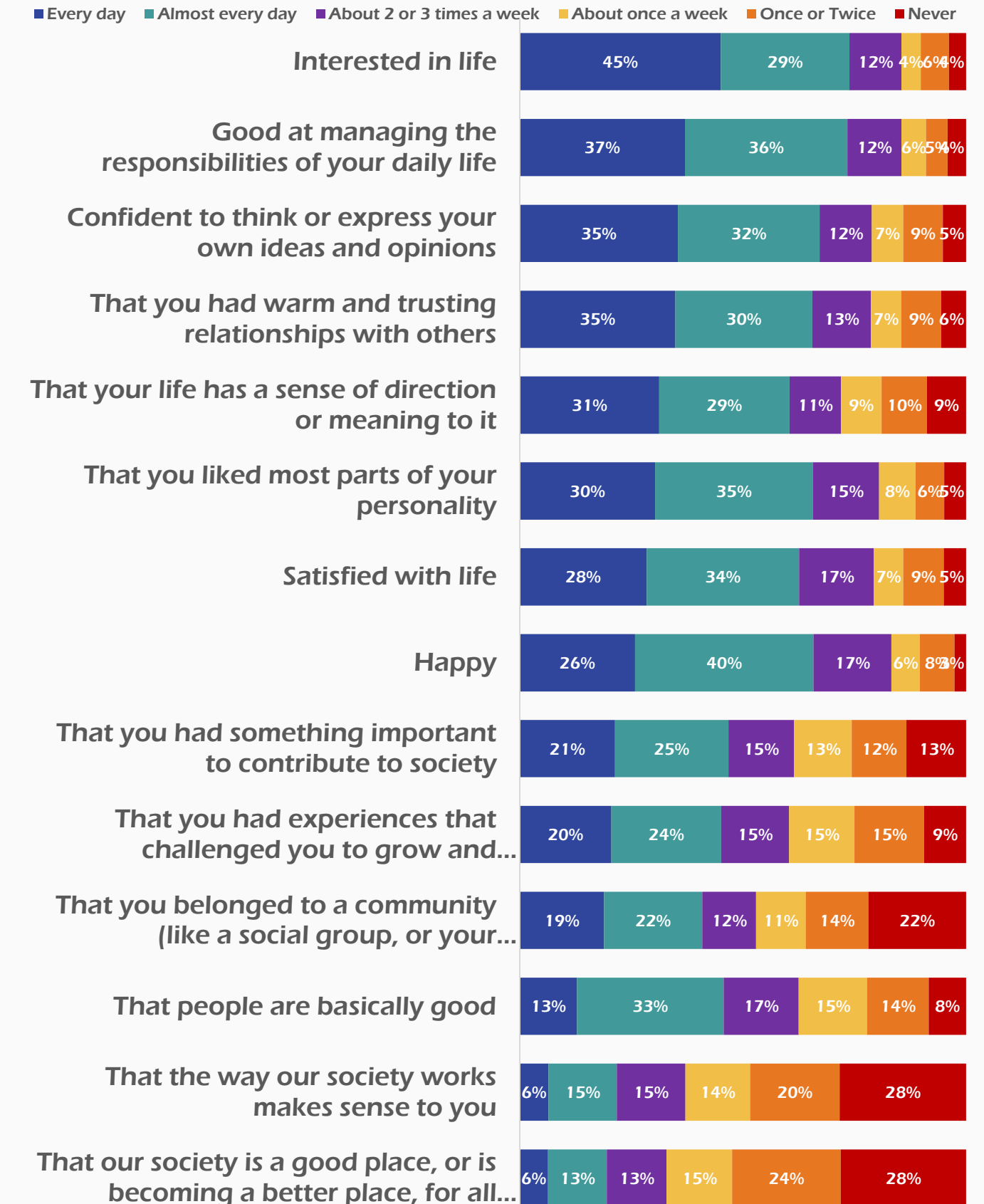
Based on their responses to the battery of how they have felt in the past month, two in five Americans are flourishing (44%) while one in five Americans are languishing (21%) as defined by Dr. Keyes¹. The remaining two-fifths of Americans fall somewhere in the middle either on the upper end (10%) or on the lower end (25%).



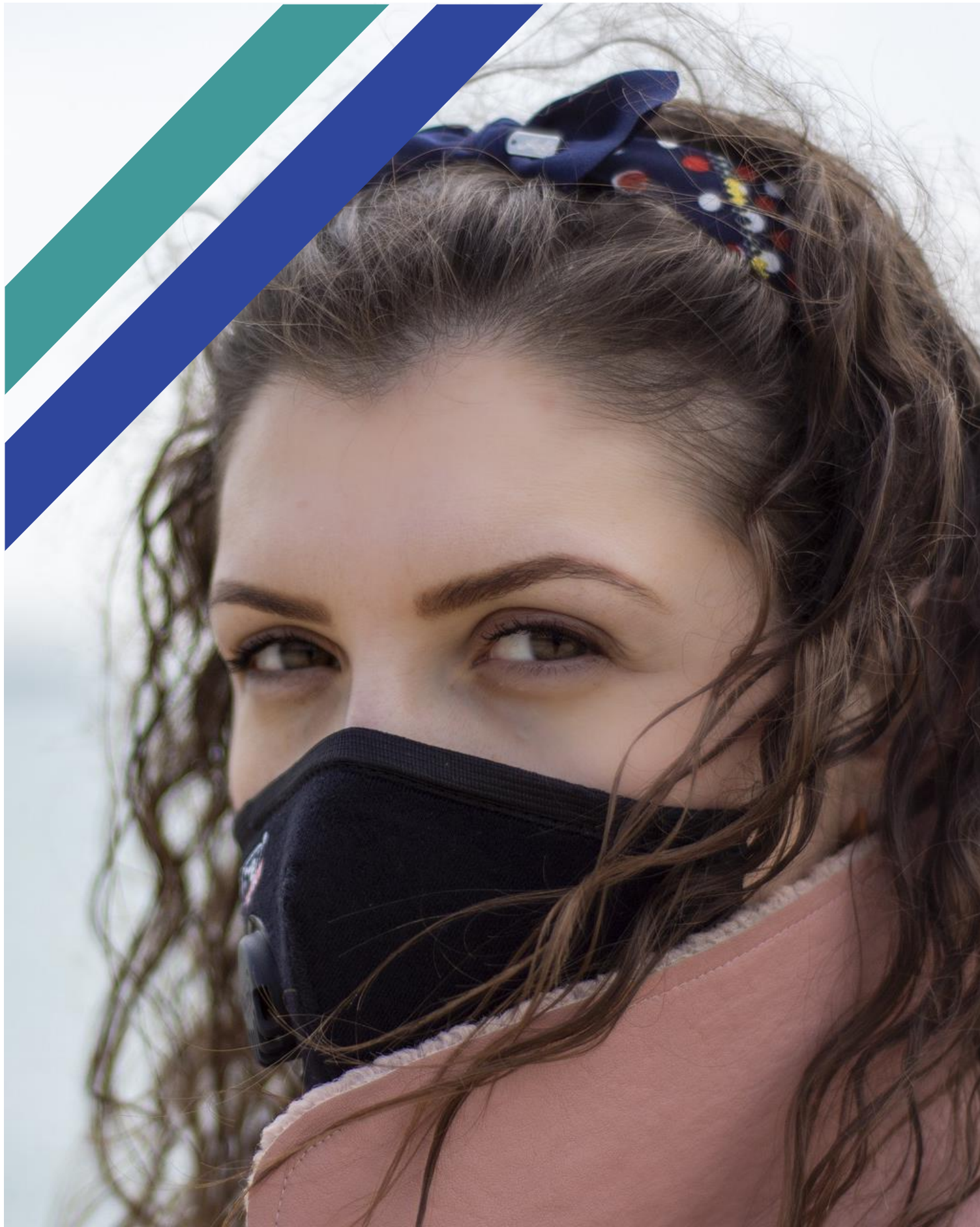
Millennials (30%) and Gen Z (26%) are more likely to be languishing than their Gen X (21%) or Baby Boomer (14%) counterparts. Baby Boomers are the group most likely to be flourishing (51%) compared to Gen X (43%), Millennials (34%), or Gen Z (41%).

Those without a high school education are more likely to be languishing than those with more formal education (32% and 20%, respectively). Those who have never married are more likely to be languishing (32%) compared to those who are currently married (14%) or those who were married in the past (24%). Democrats (19%) and Independents (27%) are more likely to be languishing than Republicans (12%).

In the past month, Americans felt...



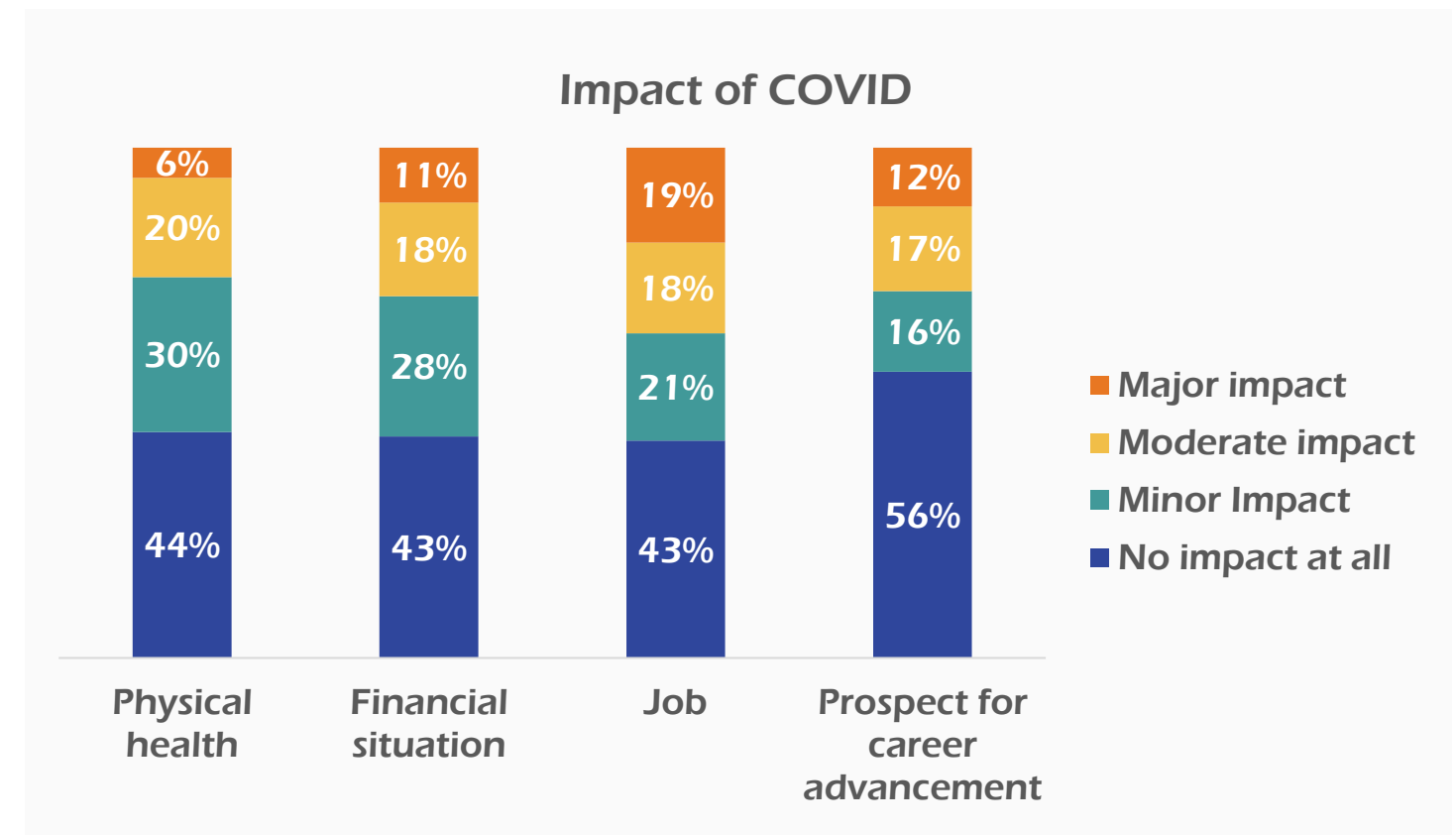
¹Keyes, C.L.M. (2006). Mental health in adolescence: Is America's youth flourishing? American Journal of Orthopsychiatry, 76, 395-402.



COVID-19 Impact on Life

More than a year into the pandemic, about three in four Americans are reporting some kind of impact on their physical health, financial situation, job, or prospects for career advancement (76%). About three in five say that COVID has had some kind of impact on their physical health (56%) and financial situation (57%) and among those who are working three in five say it has impacted their job (57%) and two in five say it has impacted their prospects for career advancement (44%).

Among these different aspects of their daily lives, Americans were most likely to report COVID having a major impact on the job (19%), while the impact on their physical health (30%) and financial situation (28%) are more likely to have been minor.

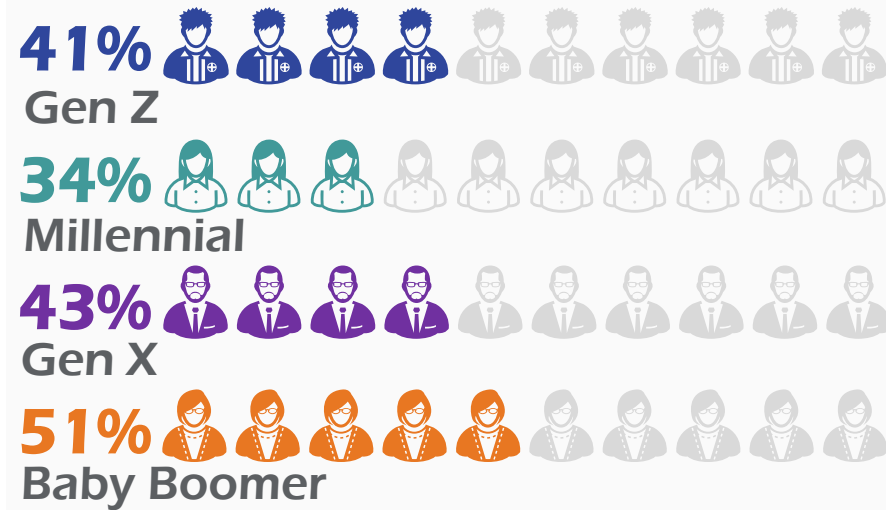


Those who are languishing are more likely to say COVID has impacted their life than those who are flourishing. They are more likely to say COVID has had an impact on their physical health (72% languishing and 45% flourishing), financial situation (65% languishing and 51% flourishing), job (60% languishing and 53% flourishing), and their prospects for career advancement (59% languishing and 36% flourishing).

Flourishing

44%

Generation



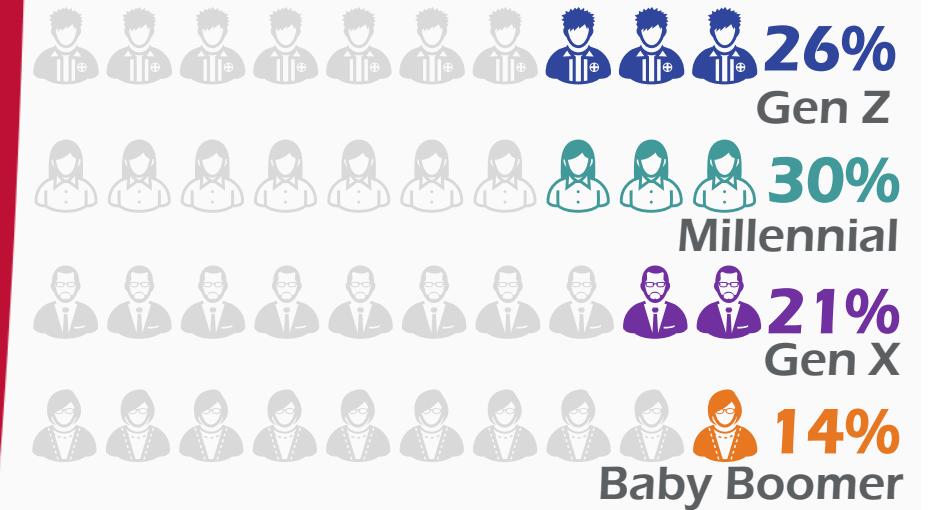
COVID-19 has impacted...



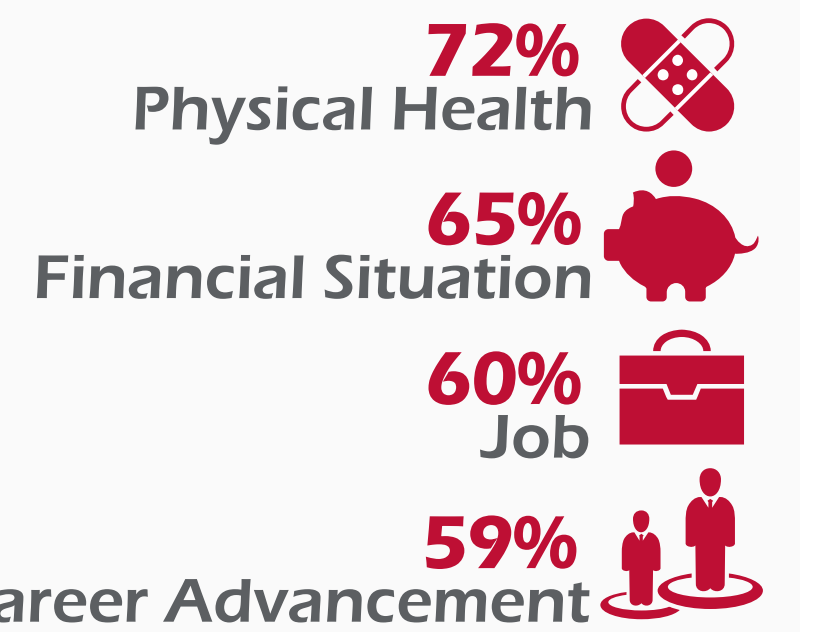
Languishing

21%

Generation



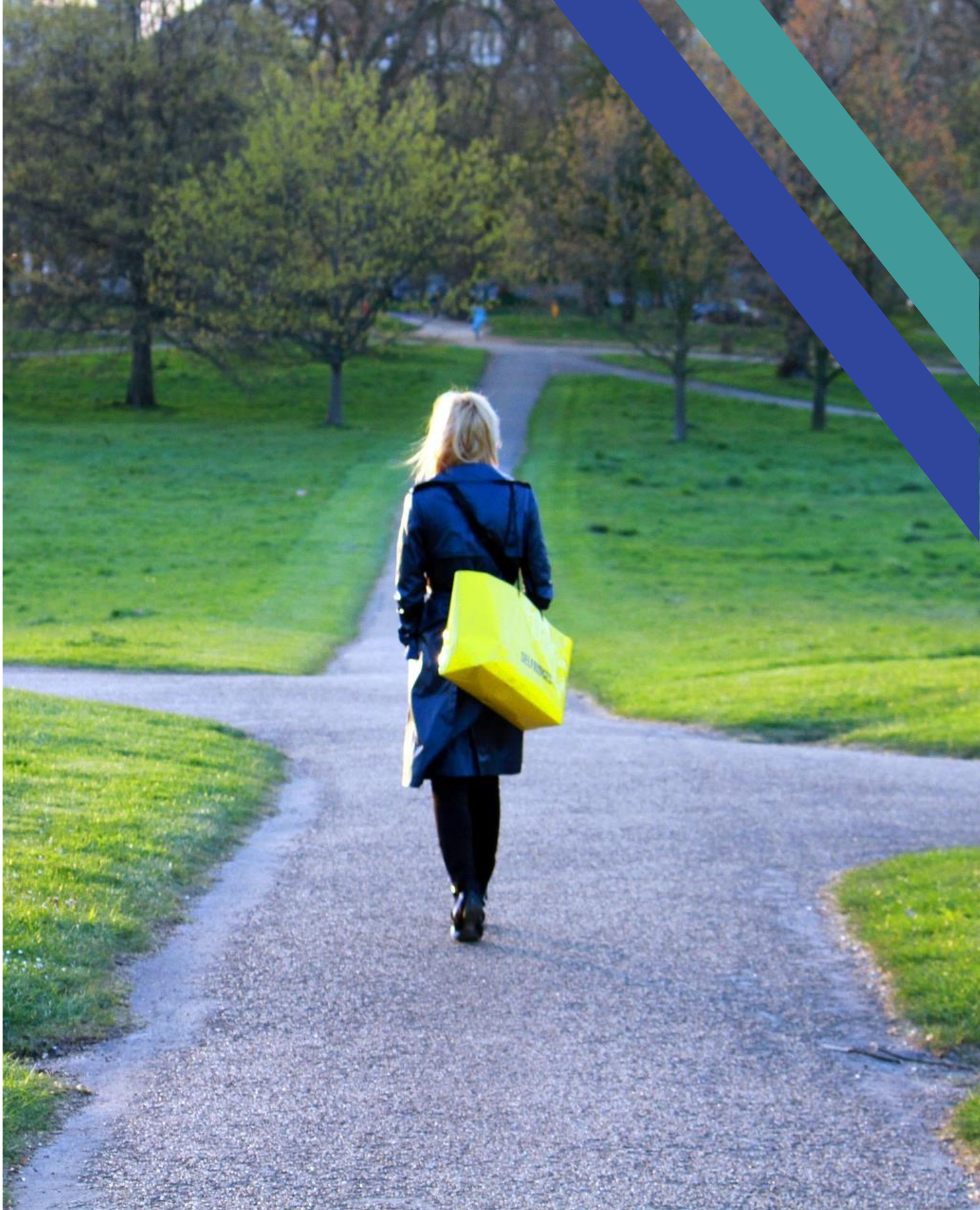
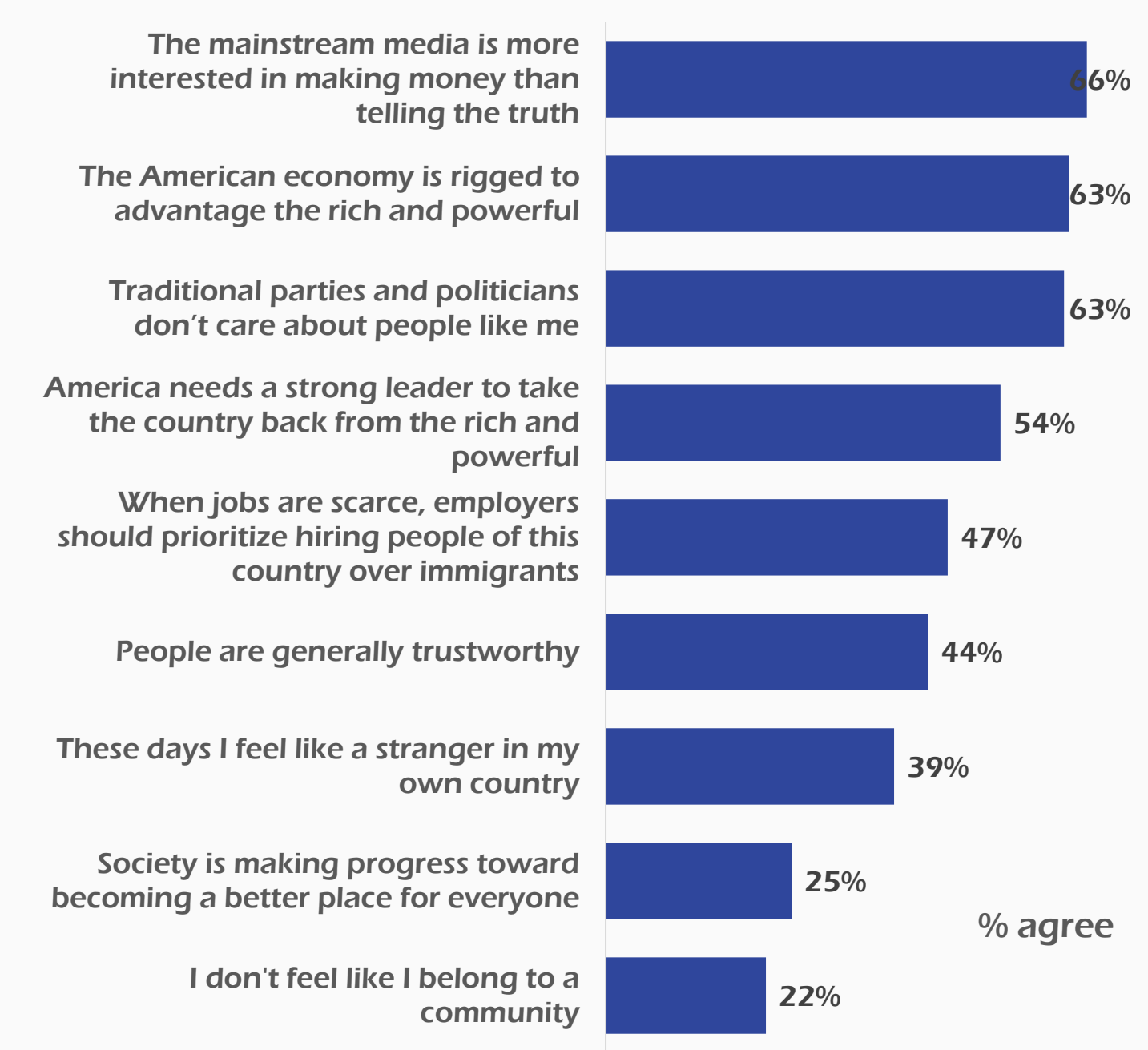
COVID-19 has impacted...



Worry Over Societal Change

While overall people are relatively happy in their lives, there is a plurality of Americans that are feeling skeptical and not trusting the direction American society is moving in. Two in three Americans say the economy is rigged to benefit the rich and powerful (63%) and don't feel like the traditional parties and politicians care about people like them (63%).

Only about one in four say society is making progress to be come a better place for everyone (25%), two in five say they feel like a stranger in their own country (39%), and one in four say, in general, they don't feel like people are trustworthy (24%).



Community & Trust

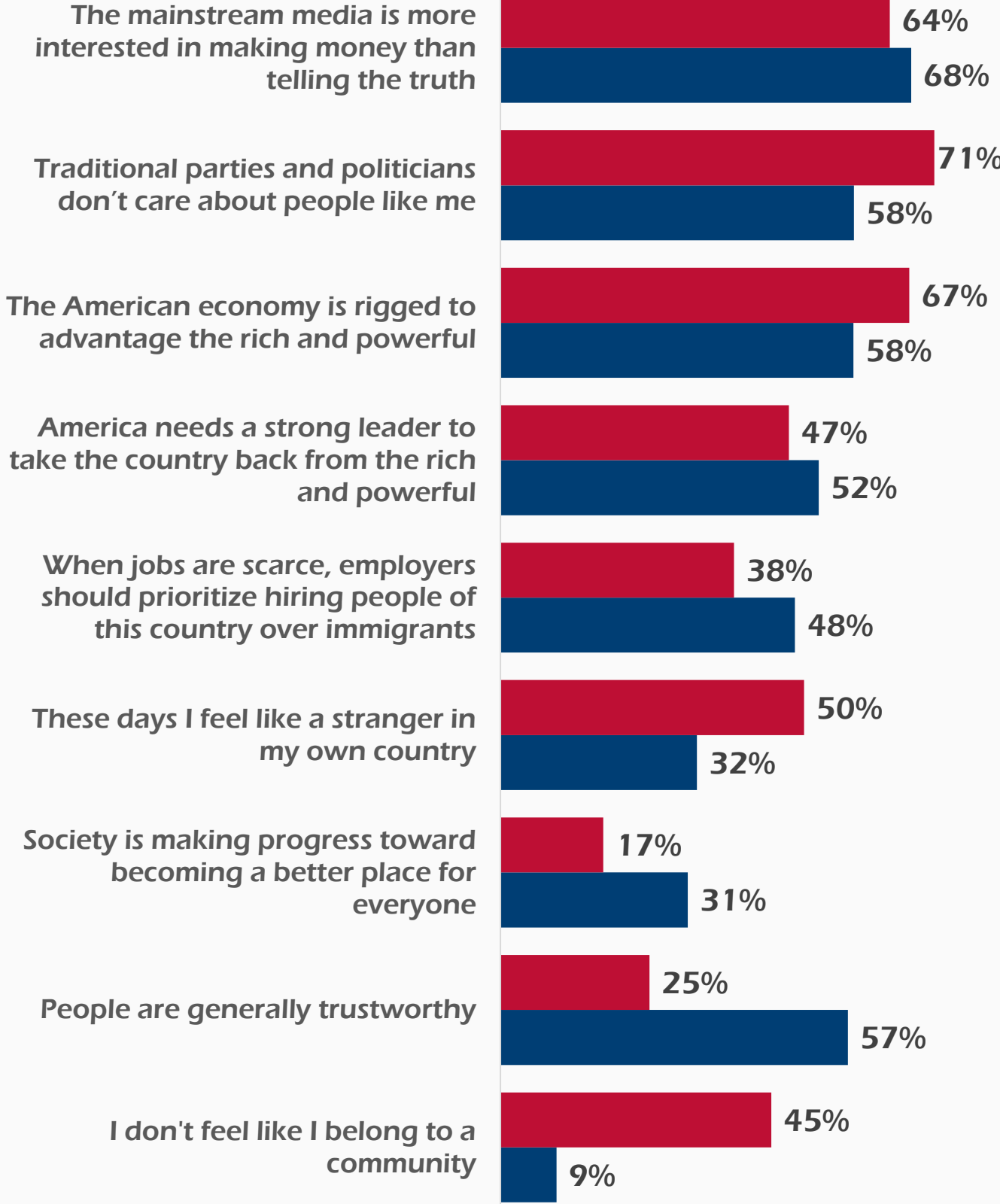
Those who are languishing in their lives are more skeptical on a number of different attitudes. Compared to those who are flourishing, those who are languishing are:

- more likely to say they don't belong to a community (45% languishing and 9% flourishing),
- less likely to feel they can trust people in general (25% languishing and 57% flourishing),
- less likely to feel like society is becoming a better place for everyone (17% languishing and 31% flourishing),
- more likely to say they feel like a stranger in their own country (50% languishing and 32% flourishing),
- more likely to say they feel like the American economy is rigged for the rich and powerful (67% languishing and 58% flourishing),
- more likely to say traditional parties and politicians don't care about people like them (71% languishing and 58% flourishing).



 Flourishing

 Languishing



Research methodology

About the study

This poll was conducted April 23 - 26, 2021, by Ipsos using the probability-based KnowledgePanel®. This poll is based on a nationally representative probability sample of 1,014 general population adults age 18 or older. The sample includes 104 Gen Z, 216 Millennials, 257 Gen X, and 437 Baby Boomers. Generation Z includes ages 18-25, Millennials include ages 26-39, Generation X includes ages 40-55, and Baby Boomers include ages older than 55.

The margin of sampling error is plus or minus 3.2 percentage points at the 95% confidence level, for results based on the entire sample of adults. The margin of sampling error takes into account the design effect, which was 1.10. The margin of sampling error is higher and varies for results based on other sub-samples. In our reporting of the findings, percentage points are rounded off to the nearest whole number. As a result, percentages in a given table column may total slightly higher or lower than 100%. In questions that permit multiple responses, columns may total substantially more than 100%, depending on the number of different responses offered by each respondent.

The survey was conducted using KnowledgePanel, the largest and most well-established online probability-based panel that is representative of the adult US population. Our recruitment process employs a scientifically developed addressed-based sampling methodology using the latest Delivery Sequence File of the USPS – a database with full coverage of all delivery points in the US. Households invited to join the panel are randomly selected from all available households in the U.S. Persons in the sampled households are invited to join and participate in the panel. Those selected who do not already have internet access are provided a tablet and internet connection at no cost to the panel member. Those who join the panel and who are selected to participate in a survey are sent a unique password-protected log-in used to complete surveys online. As a result of our recruitment and sampling methodologies, samples from KnowledgePanel cover all households regardless of their phone or internet status and findings can be reported with a margin of sampling error and projected to the general population.

The data were weighted to adjust for gender by age, race/ethnicity, education, Census region, metropolitan status, household income, race/ethnicity by gender, race/ethnicity by age, and race/ethnicity by education. The demographic benchmarks came from the 2019 March supplement of the U.S. Census Bureau's Current Population Survey (CPS). The weighting categories were as follows:

- Gender (Male, Female) by Age (18–25, 26–39, 40-54 and 55+)
- Race/Hispanic Ethnicity (White Non-Hispanic, Black Non-Hispanic, Other or 2+ Races Non-Hispanic, Hispanic)
- Education (High School graduate or less, Some College, Bachelor and beyond)
- Census Region (Northeast, Midwest, South, West)
- Metropolitan status (Metro, non-Metro)
- Household Income (Under \$25,000, \$25,000-\$49,999, \$50,000-\$74,999, \$75,000-\$99,999, \$100,000-\$149,999, \$150,000+)
- Race/ethnicity (White/Other Non-Hispanic, Black Non-Hispanic, Hispanic) by Gender (Male, Female)
- Race/ethnicity (White/Other Non-Hispanic, Black Non-Hispanic, Hispanic) by Age (18-44, 45+)
- Race/ethnicity (White/Other Non-Hispanic, Black Non-Hispanic, Hispanic) by Education (Some College or less, Bachelor and beyond)



About Ipsos

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Our passionately curious research professionals, analysts and scientists have built unique multi-specialist capabilities that provide true understanding and powerful insights into the actions, opinions and motivations of citizens, consumers, patients, customers or employees. We serve more than 5000 clients across the world with 75 business solutions.

Founded in France in 1975, Ipsos is listed on the Euronext Paris since July 1st, 1999. The company is part of the SBF 120 and the Mid-60 index and is eligible for the Deferred Settlement Service (SRD).

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