



## TOPLINE & METHODOLOGY

**Two in three have felt happy almost everyday in the past month**  
Ipsos polling finds that habits and routines are important in keeping people's balance.

### Topline Findings

**Washington, DC, May 20, 2022** – Ipsos polling finds that many Americans feel good about their life and mood, though fewer feel positively about society. Even as people remain pessimistic about the world at large, many have done things for their mental wellbeing, like eating with friends or family and going out of their way to help others or spend time in nature. During the pandemic, Americans shifted how they spent their time and many had major life events happen. Through it all, finding habits and routines has helped many keep their balance.

- When asked in February, two in three American have felt happy almost every day in the past month, unchanged from when the question was last asked in April 2021. Three in four felt interested in life during the same period.
  - Fewer felt that they had something important to contribute to society (47%) or felt like they belonged to a community (41%). Fewer still believe that our society is a good place, or is becoming a better place, for all people (21%). Similarly, one in five (22%) feel that the way our society works makes sense to people.
  - Most Americans (78%) made a point to eat meals with their family and friends in the past month, and eat healthy (73%). Most also went out of their way to help others and spent time in nature.
- Because of the pandemic, many Americans shifted how they spend their time.
  - Over the course of the pandemic, Americans reported spending extra time with their pets (28%), more time in nature (26%), and more time exercising on their own (25%).
  - Over that same period, people report decreasing the amount of time they spend practicing moments of prayer, meditation, or mindfulness (21%). People report decreasing the amount of time they spend with a civic group or social community (17%), a religious or spiritual community (16%), and reconnecting with old friends or family members (15%).
- Americans have experienced many big life changes since the start of the pandemic.
  - Half of people (52%) report someone in their family or close friends dying since the start of the pandemic.
  - One in three report that someone in their family or close circles of friends had a child (36%) or got married (31%).
  - One in five report that someone in their household temporarily lost a job due to the pandemic.
  - Through all this change, most Americans report finding habits and routines to keep their balance (79%) and developing effective coping mechanisms to get them through the pandemic (75%). Half report (49%) feeling really up and down during the course of the pandemic.





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### Ipsos Mental Health Poll

Conducted by Ipsos using KnowledgePanel®  
A survey of the American general population (ages 18+)

Interview dates: February 11–13, 2022  
Number of interviews: 1024

Margin of error: +/-3.3 percentage points at the 95% confidence level

NOTE: All results show percentages among all respondents, unless otherwise labeled. Reduced bases are unweighted values.

NOTE: \* = less than 0.5%, - = no respondents

#### Annotated Questionnaire:

1. During the PAST MONTH, how often did you feel...?

a. Happy

	Feb 2022	Apr 2021
Never	3%	3%
Once or twice	8%	8%
About once a week	7%	6%
About 2 or 3 times a week	16%	17%
Almost every day	37%	40%
Every Day	30%	26%
Skipped	1%	1%

b. Interested in life

	Feb 2022	Apr 2021
Never	5%	4%
Once or twice	7%	6%
About once a week	5%	4%
About 2 or 3 times a week	11%	12%
Almost every day	26%	29%
Every Day	46%	45%
Skipped	1%	1%



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c. Satisfied with life

	Feb 2022	Apr 2021
Never	6%	5%
Once or twice	10%	9%
About once a week	7%	7%
About 2 or 3 times a week	14%	17%
Almost every day	29%	34%
Every Day	33%	28%
Skipped	1%	1%

d. That you had something important to contribute to society

	Feb 2022	Apr 2021
Never	14%	13%
Once or twice	16%	12%
About once a week	9%	13%
About 2 or 3 times a week	13%	15%
Almost every day	25%	25%
Every Day	22%	21%
Skipped	1%	1%

e. That you belonged to a community (like a social group, or your neighborhood)

	Feb 2022	Apr 2021
Never	23%	22%
Once or twice	15%	14%
About once a week	11%	11%
About 2 or 3 times a week	10%	12%
Almost every day	19%	22%
Every Day	22%	19%
Skipped	1%	1%

f. That our society is a good place, or is becoming a better place, for all people

	Feb 2022	Apr 2021
Never	32%	28%
Once or twice	21%	24%
About once a week	13%	15%
About 2 or 3 times a week	13%	13%
Almost every day	14%	13%
Every Day	7%	6%
Skipped	1%	1%

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g. That people are basically good

	Feb 2022	Apr 2021
Never	11%	8%
Once or twice	17%	14%
About once a week	11%	15%
About 2 or 3 times a week	20%	17%
Almost every day	26%	33%
Every Day	15%	13%
Skipped	1%	1%

h. That the way our society works makes sense to you

	Feb 2022	Apr 2021
Never	31%	28%
Once or twice	19%	20%
About once a week	15%	14%
About 2 or 3 times a week	12%	15%
Almost every day	14%	15%
Every Day	8%	6%
Skipped	1%	1%

i. That you liked most parts of your personality

	Feb 2022	Apr 2021
Never	6%	5%
Once or twice	8%	6%
About once a week	7%	8%
About 2 or 3 times a week	13%	15%
Almost every day	33%	35%
Every Day	33%	30%
Skipped	1%	1%

j. Good at managing the responsibilities of your daily life

	Feb 2022	Apr 2021
Never	3%	4%
Once or twice	8%	5%
About once a week	7%	6%
About 2 or 3 times a week	12%	12%
Almost every day	29%	36%
Every Day	41%	37%
Skipped	1%	1%

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k. That you had warm and trusting relationships with others

	<b>Feb 2022</b>	<b>Apr 2021</b>
Never	5%	6%
Once or twice	10%	9%
About once a week	7%	7%
About 2 or 3 times a week	13%	13%
Almost every day	28%	30%
Every Day	37%	35%
Skipped	1%	1%

l. That you had experiences that challenged you to grow and become a better person

	<b>Feb 2022</b>	<b>Apr 2021</b>
Never	9%	9%
Once or twice	17%	15%
About once a week	12%	15%
About 2 or 3 times a week	15%	15%
Almost every day	23%	24%
Every Day	23%	20%
Skipped	1%	1%

m. Confident to think or express your own ideas and opinions

	<b>Feb 2022</b>	<b>Apr 2021</b>
Never	6%	5%
Once or twice	8%	9%
About once a week	7%	7%
About 2 or 3 times a week	13%	12%
Almost every day	27%	32%
Every Day	39%	35%
Skipped	1%	1%

n. That your life has a sense of direction or meaning to it

	<b>Feb 2022</b>	<b>Apr 2021</b>
Never	10%	9%
Once or twice	12%	10%
About once a week	8%	9%
About 2 or 3 times a week	11%	11%
Almost every day	24%	29%
Every Day	35%	31%
Skipped	1%	1%

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2. During the PAST MONTH, have you done any of the following?

	<u>Yes</u>	<u>No</u>	<u>Don't know</u>
Spent time outside enjoying nature	67%	30%	2%
Practiced moments of prayer, meditation, or mindfulness	55%	41%	3%
Exercised on your own	62%	35%	2%
Exercised in a group or class	13%	84%	1%
Made a point to eat healthy	73%	23%	4%
Made a point to eat meals with your family or friends	78%	19%	2%
Spent extra time with a pet	53%	44%	2%
Donated money or time to a charity	43%	53%	2%
Went out of your way to help others	71%	22%	6%
Worked on a hobby or developing a skill	56%	40%	3%
Spent time with a religious or spiritual community	29%	69%	2%
Spent time with a civic group or social community	18%	79%	2%
Worked on a personal or work project that is satisfying or fulfilling to you	63%	33%	3%
Talked with a professional mental health or spiritual counselor	11%	85%	2%
Reconnected with an old friend or family member	47%	50%	3%

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3. Since the BEGINNING OF THE PANDEMIC, has the amount of time you spend doing the following increased, decreased, or stayed about the same?

	<u>Increased</u>	<u>Stayed the same</u>	<u>Decreased</u>	<u>Don't know/ not applicable</u>
Time spent outside enjoying nature	26%	52%	15%	7%
Practicing moments of prayer, meditation, or mindfulness	21%	21%	21%	21%
Exercising on your own	25%	49%	14%	12%
Exercising in a group or class	5%	32%	15%	48%
Making a point to eat healthy	27%	55%	9%	9%
Making a point to eat meals with your family or friends	18%	61%	12%	9%
Spending extra time with a pet	28%	36%	3%	34%
Donating money or time to a charity	13%	55%	10%	23%
Working on a hobby or developing a skill	16%	63%	9%	12%
Working on a hobby or developing a skill	24%	51%	9%	17%
Spending time with a religious or spiritual community	7%	40%	16%	37%
Spending time with a civic group or social community	5%	35%	17%	44%
Working on a personal or work project that is satisfying or fulfilling to you	22%	53%	9%	17%
Talking with a professional mental health or spiritual counselor	6%	32%	5%	56%
Reconnecting with old friends or family members	17%	53%	15%	15%

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

	<u>Strongly agree</u>	<u>Somewhat agree</u>	<u>Somewhat disagree</u>	<u>Strongly disagree</u>	<u>Total agree</u>	<u>Total disagree</u>
The pandemic has not impacted my mental health or well-being	26%	28%	31%	14%	<b>54%</b>	<b>45%</b>
I've found habits and routines to keep my balance	21%	58%	15%	5%	<b>79%</b>	<b>20%</b>
I've been really up and down during the course of the pandemic	13%	36%	27%	23%	<b>49%</b>	<b>50%</b>
New hobbies or interests have helped me feel better	14%	49%	25%	10%	<b>63%</b>	<b>35%</b>
I've felt stuck during the pandemic	14%	40%	25%	20%	<b>54%</b>	<b>46%</b>
I have developed effective coping mechanisms to get me through the pandemic.	22%	53%	16%	7%	<b>75%</b>	<b>23%</b>

## POLITICAL DEMOGRAPHICS

5. Of the choices listed below, which is your main source of news about current events and politics? (Select one)

FOX News	10%
CNN	5%
MSNBC	2%
ABC / CBS / NBC News	18%
Local TV news or local newspaper	14%
Public Television or radio (e.g. PBS or NPR)	5%
Conservative media (e.g. Newsmax or OAN)	3%
National newspaper (e.g. New York Times, Wall Street Journal, USA Today, or Washington Post)	4%
News talk radio	1%
Social media	11%
Digital or online news aggregators (e.g. Apple, Yahoo, Google News)	10%
Other	6%
None of the above	12%



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6. On average, how many hours a day, if any, do you spend doing the following...

	<u>None or almost none</u>	<u>1</u>	<u>2-3</u>	<u>4-5</u>	<u>6-8</u>	<u>9+</u>
Watching, reading, or listening to cable news	49%	26%	17%	5%	1%	1%
Reading online news sites	39%	41%	14%	4%	1%	1%
Reading or posting on social media	37%	33%	20%	6%	2%	1%
Using a computer or tablet device	14%	15%	27%	18%	14%	11%
Using a smartphone	12%	17%	31%	20%	9%	11%

7. In the last two years, since the start of 2020, have you experienced the following?

	<u>Yes</u>	<u>No</u>	<u>Don't know</u>
You or someone in your household had a severe case of covid-19	16%	80%	3%
Death of someone in your family or among close friends	52%	45%	2%
Loss or disruption of childcare/adult care for members of your household	8%	88%	4%
You or someone in your household temporarily lost a job due to the pandemic	20%	77%	2%
You or someone in your household permanently lost a job	12%	85%	2%
Someone in your family or close circle of friends separated or got a divorce	16%	79%	5%
Someone in your family or close circle of friends had a child	36%	61%	2%
Someone in your family or close circle of friends got married	31%	66%	2%



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### About the Study

This poll was conducted February 11-13, 2022, by Ipsos using the probability-based KnowledgePanel®. This poll is based on a nationally representative probability sample of 1,024 general population adults age 18 or older.

The margin of sampling error is plus or minus 3.3 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 1.17. 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 2021 March supplement of the U.S. Census Bureau's Current Population Survey (CPS). The weighting categories were as follows:

- Gender (Male, Female) by Age (18–29, 30-44, 45-59 and 60+)
- 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+)





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### About Ipsos

Ipsos is the world's third largest Insights and Analytics company, present in 90 markets and employing more than 18,000 people.

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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