

**NPR/ROBERT WOOD JOHNSON FOUNDATION/HARVARD SCHOOL OF PUBLIC HEALTH**  
**THE BURDEN OF STRESS IN AMERICA**

*This survey was conducted for National Public Radio, the Robert Wood Johnson Foundation, and the Harvard School of Public Health via telephone by SSRS, an independent research company. Interviews were conducted March 5 – April 8, 2014, among a nationally representative sample of 2,505 adults age 18 and older. The margin of error for total respondents is +/-2.4percentage points at the 95% confidence level.*

**I. Stress This Month**

3. Overall, how much stress have you experienced in the past month? Would you say...?

NET	Stressed			No stress at all	Don't know/Refused
	A great deal	Some	Not very much		
86	26	37	23	14	*

**(Asked of stressed respondents)**

4. Has the stress you experienced in the past month had a major effect, a minor effect, or no effect at all on your (INSERT ITEM)?

a. Health (among stressed respondents)

NET	EFFECT		No effect at all	Don't know/Refused
	Major	Minor		
45	12	33	54	1

b. Family life (among stressed respondents)

NET	EFFECT		No effect at all	Don't know/Refused
	Major	Minor		
52	15	37	48	*

c. Social life with friends (among stressed respondents)

NET	EFFECT		No effect at all	Don't know/Refused
	Major	Minor		
44	14	30	56	*

d. Work life (among stressed respondents who are employed; n = 1156)

EFFECT			No effect at all	Don't know/Refused
NET	Major	Minor		
49	10	39	51	*

e. Participation in community or volunteer organizations (among stressed respondents who ever participate in community or volunteer organizations; n = 1764)

EFFECT			No effect at all	Don't know/Refused
NET	Major	Minor		
30	10	20	70	*

4/5. Has the stress you experienced in the past month had a major effect, a minor effect, or no effect at all on your health? (If had an effect of their health, ask:) Do you think your stress this past month has (INSERT), or not?

3/4a/5a-f. Combo Table

Stressed in the past month	86
Had an effect on health	39
Had a bad effect on your emotional well-being, such as feelings of anxiety, nervousness, or depression	28
Made it difficult for you to think clearly, concentrate or make decisions	21
Given you problems with sleep, such as insomnia, nightmares or night walking	24
Given you headaches	19
Given you stomach problems, like indigestion	15
Given you muscle pain, such as back aches	19
Had no effect on health	47
Not stressed at all in the past month	14

3/4a/5g-h. Combo Table (among chronically ill or disabled respondents; n=747)

Stressed in the past month	91
Had an effect on health and have a chronic illness	54
Made the symptoms of your chronic illness/disability worse	30
Made it harder for you to manage your chronic illness/disability	39
Had no effect on health	36
Don't know/refused if had an effect	1
Not stressed at all in the past month	9

- 4/6. Has the stress you experienced in the past month had a major effect, a minor effect, or no effect at all on your family life? (If had an effect of their health, ask:) Do you think your stress this past month has (INSERT), or not?

**3/4b/6. Combo Table**

Stressed in the past month	86
Had an effect on family life	44
Made it harder to get along with family members	23
Caused more arguments with family members	22
Prevented you from spending enough time with family members	19
Prevented you from handling household tasks like housecleaning/repairs	19
Prevented you from taking care of family members the way you want to	18
Had no effect on family life	41
Don't know/Refused if had an effect	1
Not stressed at all in the past month	14

- 4/7. Has the stress you experienced in the past month had a major effect, a minor effect, or no effect at all on your social life with friends? (If had an effect of their health, ask:) Do you think your stress this past month has (INSERT), or not?

**3/4c/7. Combo Table**

Stressed in the past month	86
Had an effect on social life with friends	38
Made it harder to get along with your friends	11
Caused more arguments with your friends	7
Prevented you from spending enough time with your friends	23
Prevented you from taking care of your friends the way you want to	16
Had no effect on social life with friends	48
Not stressed at all in the past month	14

- 4/8. Has the stress you experienced in the past month had a major effect, a minor effect, or no effect at all on your work life? (If had an effect of their health, ask:) Do you think your stress this past month has (INSERT), or not?

**S6/3/4d/8. Combo Table (among employed respondents; n=1286)**

Stressed in the past month	88
Had an effect on work life	43
Made it harder to get along with co-workers	14
Made it harder to concentrate at work	27
Increased the number of errors you made at work	13
Made it harder to get all your work done on time	20
Made it harder to take on any extra tasks/responsibilities that could help advance your career	19
Had no effect on work life	45
Not stressed at all in the past month	12

- 4/9. Has the stress you experienced in the past month had a major effect, a minor effect, or no effect at all on your participation in community or volunteer organizations? (If had an effect of their health, ask:) Do you think your stress this past month has (INSERT), or not?

**S9/3/4e/9. Combo Table (among respondents who ever participate in community or volunteer organizations; n=2003)**

Stressed in the past month	89
Had an effect on participation in community/volunteer organizations	26
Made it harder to get along with others involved in community/volunteer organizations	7
Made it harder to give as much effort as you would like to community/volunteer organizations	18
Reduced the amount of energy you have for community/volunteer organizations	20
Reduced the quality of work in community/volunteer organizations	14
Reduced the amount of time you give to community/volunteer organizations	18
Had no effect on participation in community/volunteer organizations	62
Don't know/refused if had an effect	1
Not stressed at all in the past month	11

## II. Response to Stress (not necessarily stress management)

10. I am going to read you a short list of things that some people do because of stress and others do not. For each, please tell me whether or not there were any times in the past month when you did this because of your stress.  
How about (INSERT)? In the past month, were there any time when you did this in response to stress or not? (**Asked of split samples of stressed respondents; n=912-1006**)

- a. Eating more than you usually do (**among stressed respondents**)

Yes, were times when you did it in response to stress	No, were not times when you did it in response to stress	Don't know/ Refused
30	70	*

- b. Eating less than you usually do (**among stressed respondents**)

Yes, were times when you did it in response to stress	No, were not times when you did it in response to stress	Don't know/ Refused
28	72	*

- c. Sleeping more than you usually do (**among stressed respondents**)

Yes, were times when you did it in response to stress	No, were not times when you did it in response to stress	Don't know/ Refused
25	74	1

- d. Sleeping less than you usually do (**among stressed respondents**)

Yes, were times when you did it in response to stress	No, were not times when you did it in response to stress	Don't know/ Refused
51	49	*

- e. Having more sex than you usually do (**among stressed respondents**)

Yes, were times when you did it in response to stress	No, were not times when you did it in response to stress	Did not do this at all (vol)	Don't know/ Refused
5	91	3	1

- f. Having less sex than you usually do (**among stressed respondents**)

Yes, were times when you did it in response to stress	No, were not times when you did it in response to stress	Did not do this at all (vol)	Don't know/ Refused
23	71	5	1

g. Smoking more than you usually do (among stressed respondents)

Yes, were times when you did it in response to stress	No, were not times when you did it in response to stress	Did not do this at all (vol)	Don't know/ Refused
15	61	24	--

h. Drinking alcohol more than you usually do (among stressed respondents)

Yes, were times when you did it in response to stress	No, were not times when you did it in response to stress	Did not do this at all (vol)	Don't know/ Refused
10	77	13	--

i. Exercising or playing sports more than you usually do (among stressed respondents)

Yes, were times when you did it in response to stress	No, were not times when you did it in response to stress	Did not do this at all (vol)	Don't know/ Refused
25	73	1	1

j. Exercising or playing sports less than you usually do (among stressed respondents)

Yes, were times when you did it in response to stress	No, were not times when you did it in response to stress	Did not do this at all (vol)	Don't know/ Refused
29	67	3	1

k. Watching TV or playing videogames more than you usually do (among stressed respondents)

Yes, were times when you did it in response to stress	No, were not times when you did it in response to stress	Did not do this at all (vol)	Don't know/ Refused
25	73	2	--

l. Gambling more than you usually do (among stressed respondents)

Yes, were times when you did it in response to stress	No, were not times when you did it in response to stress	Did not do this at all (vol)	Don't know/ Refused
1	85	13	1

- m. Attending religious services or prayed more than you usually do (among stressed respondents)

Yes, were times when you did it in response to stress	No, were not times when you did it in response to stress	Did not do this at all (vol)	Don't know/ Refused
31	68	1	*

- n. Shopping more than you usually do (among stressed respondents)

Yes, were times when you did it in response to stress	No, were not times when you did it in response to stress	Did not do this at all (vol)	Don't know/ Refused
12	86	2	--

- o. Using social media more than you usually do (among stressed respondents)

Yes, were times when you did it in response to stress	No, were not times when you did it in response to stress	Did not do this at all (vol)	Don't know/ Refused
14	81	4	1

- p. Using social media less than you usually do (among stressed respondents)

Yes, were times when you did it in response to stress	No, were not times when you did it in response to stress	Did not do this at all (vol)	Don't know/ Refused
16	76	7	1

(Asked of stressed respondents; n = 2154)

11. Overall, how much time have you had to relax this month? Would you say...?

A GREAT DEAL/SOME			NOT VERY MUCH/NO TIME			Don't know/ Refused
NET	A great deal	Some	NET	Not very much	No time to relax at all	
64	20	44	35	28	7	1

### III. Drivers of Stress in a Given Month

- 12/12a. In the past month, have (INSERT ITEM), or not? (If yes) Did that contribute to your stress in the past month or didn't it? **(except where noted, each item was asked of a split sample of those who were stressed)**
- a. You experienced any health problems
  - b. People in your immediate family experienced any health problems
  - c. You experienced any problems at work, such as too much work **(asked of stressed respondents who are employed)**
  - d. You experienced any changes at work, such as a promotion or new responsibilities **(asked of stressed respondents who are employed)**
  - e. You experienced problems finding a new job **(asked of stressed respondents who are employed)**
  - f. You experienced problems at school, such as too much to get done **(asked of stressed respondents who are students)**
  - g. You experienced problems with family members
  - h. You experienced changes in your family situation, such as a new baby or getting married
  - i. You experienced problems with friends
  - j. You experienced problems with finances
  - k. You experienced problems with your neighbors
  - l. You had too many responsibilities overall
  - m. You been unhappy with the way you look

#### 3/12a/12aa. Combo Table (n = 1685)

Stressed in the past month	86
Experienced own health problems	24
Contributed to stress in past month	18
Did not contribute to stress in past month	6
Did not experience own health problems	62
Not stressed at all in the past month	14
Don't know/Refused	*

**3/12b/12ab.Combo Table (n = 1614)**

Stressed in the past month	86
Experienced health problems of people in immediate family	26
Contributed to stress in past month	20
Did not contribute to stress in past month	6
Did not experience health problems of people in immediate family	59
Don't know/ref if experienced health problems of people in immediate family	1
Not stressed at all in the past month	14
Don't know/Refused	*

**S6/3/12c/12ac. Combo Table (n = 1286 employed)**

Stressed in the past month	88
Experienced problems at work, such as too much work	26
Contributed to stress in past month	24
Did not contribute to stress in past month	2
Did not experience problems at work, such as too much work	62
Not stressed at all in the past month	11
Don't know/Refused	1

**S6/3/12d/12ad. Combo Table (n = 1286 employed)**

Stressed in the past month	88
Experienced any changes at work, such as a promotion/new responsibilities	21
Contributed to stress in past month	13
Did not contribute to stress in past month	8
Did not experience any changes at work, such as a promotion/new responsibilities	67
Not stressed at all in the past month	11
Don't know/Refused	1

**S6/3/12e/12ae. Combo Table (n = 1286 employed)**

Stressed in the past month	88
Experienced problems finding a new job	8
Contributed to stress in past month	6
Did not contribute to stress in past month	2
Did not experience problems finding a new job	80
Not stressed at all in the past month	11
Don't know/Refused	1

**S6/3/12c-e/12ac-ae Summary. Combo Table (n = 1286 employed)**

Stressed in the past month	88
Experienced any of three problems at work (items c-e)	42
Contributed to stress in past month	34
Did not contribute to stress in past month	8
Did not experience any of these problems	46
Not stressed at all in the past month	11
Don't know/Refused	1

**S8/3/12f/12af. Combo Table (n = 220 students)**

Stressed in the past month	91
Experienced problems at school, such as too much to get done	42
Contributed to stress in past month	41
Did not contribute to stress in past month	1
Did not experience problems at school, such as too much to get done	49
Not stressed at all in the past month	9
Don't know/Refused	--

**3/12g/12ag. Combo Table (n = 1671)**

Stressed in the past month	86
Experienced problems with family members	20
Contributed to stress in past month	18
Did not contribute to stress in past month	2
Did not experience problems with family members	66
Not stressed at all in the past month	13
Don't know/Refused	1

**3/12h/12ah. Combo Table (n =1658 )**

Stressed in the past month	86
Experienced any changes in family situation, such as a new baby/getting married	7
Contributed to stress in past month	5
Did not contribute to stress in past month	2
Did not experience changes in family situation, such a a new baby/getting married	79
Not stressed at all in the past month	14
Don't know/Refused	*

**3/12i/12ai. Combo Table (n = 1660)**

Stressed in the past month	86
Experienced problems with friends	9
Contributed to stress in past month	7
Did not contribute to stress in past month	2
Did not experience problems with friends	77
Not stressed at all in the past month	14
Don't know/Refused	*

**3/12j/12aj. Combo Table (n = 1701)**

Stressed in the past month	86
Experienced problems with finances	29
Contributed to stress in past month	26
Did not contribute to stress in past month	3
Did not experience problems with finances	57
Not stressed at all in the past month	14
Don't know/Refused	*

**3/12k/12ak. Combo Table (n = 1680)**

Stressed in the past month	87
Experienced problems with neighbors	4
Contributed to stress in past month	3
Did not contribute to stress in past month	1
Did not experience problems with neighbors	83
Not stressed at all in the past month	13
Don't know/Refused	*

**3/12l/12al. Combo Table (n = 1699)**

Stressed in the past month	86
Experienced having too many responsibilities overall	30
Contributed to stress in past month	27
Did not contribute to stress in past month	3
Did not experience having too many responsibilities overall	56
Not stressed at all in the past month	13
Don't know/Refused	1

**3/12ml/12am. Combo Table (n = 1662)**

Stressed in the past month	86
Experienced being unhappy with the way you look	27
Contributed to stress in past month	15
Did not contribute to stress in past month	12
Did not experience being unhappy with the way you look	58
Don't know/refused if experienced being unhappy with the way you look	1
Not stressed at all in the past month	14
Don't know/Refused	*

**(Items a-c asked of total stressed respondents; n = 2154)**

**(Items d-e asked of total stressed respondents who are parents/legal guardians; n = 1530)**

13/13a. In the past month, how concerned have you been about (INSERT ITEM)? Would you say very concerned, somewhat concerned, not very concerned or not at all concerned? (if yes) Did that contribute to your stress in the past month, or didn't it?

- a. Problems in the world
- b. Problems in the United States
- c. Problems in your community
- d. Problems your children face
- e. Problems your children may face in the future

**3/13a/13aa. Combo Table (based on total respondents)**

Stressed in the past month	86
Concerned about problems in the world	63
Contributed to stress in past month	17
Did not contribute to stress in past month	46
Not concerned about problems in the world	23
Not stressed at all in the past month	14

**3/13b/13ab. Combo Table (based on total respondents)**

Stressed in the past month	86
Concerned about problems in the United States	62
Contributed to stress in past month	18
Did not contribute to stress in past month	44
Not concerned about problems in the United States	24
Not stressed at all in the past month	14

**3/13c/13ac. Combo Table (based on total respondents)**

Stressed in the past month	86
Concerned about problems in your community	33
Contributed to stress in past month	11
Did not contribute to stress in past month	22
Not concerned about problems in your community	53
Not stressed at all in the past month	14

**S2aa/S2ab/3/13d/13ad. Combo Table (based on parents/legal guardians; n=1787)**

Stressed in the past month	85
Concerned about problems your children face	59
Contributed to stress in past month	37
Did not contribute to stress in past month	22
Not concerned about problems your children face	26
Not stressed at all in the past month	15

**S2aa/S2ab/3/13e/13ae. Combo Table (based on parents/legal guardians; n=1787)**

Stressed in the past month	85
Concerned about problems your children may face in the future	64
Contributed to stress in past month	31
Did not contribute to stress in past month	33
Not concerned about problems your children may face in the future	21
Not stressed at all in the past month	15

14. I am going to read a short list of daily events that may or may not contribute to stress for different people. Please tell me, for each, whether you think it contributed to your stress this month or did not. If you did not experience this event, please just say so. How about [INSERT] – do you think this contributed to your stress this month or didn't it? (except where noted, each item was asked of a split sample of those who were stressed; n=1434-1504)

a. Juggling schedules of family members (among stressed respondents)

Yes, did contribute	No, did not contribute	Did not experience	Don't know/Refused
31	67	2	--

b. Running errands (among stressed respondents)

Yes, did contribute	No, did not contribute	Did not experience	Don't know/Refused
25	74	1	*

c. Handling household repairs (among stressed respondents)

Yes, did contribute	No, did not contribute	Did not experience	Don't know/Refused
21	75	3	1

d. Handling car problems (among stressed respondents)

Yes, did contribute	No, did not contribute	Did not experience	Don't know/Refused
23	69	8	--

e. Household tasks, such as cooking and cleaning (among stressed respondents)

Yes, did contribute	No, did not contribute	Did not experience	Don't know/Refused
30	69	1	*

f. Watching, reading or listening, to the news (among stressed respondents)

Yes, did contribute	No, did not contribute	Did not experience	Don't know/Refused
32	66	2	*

- g. Hearing about what the government or politicians are doing (**among stressed respondents**)

Yes, did contribute	No, did not contribute	Did not experience	Don't know/ Refused
39	60	*	1

- h. Following sports (**among stressed respondents**)

Yes, did contribute	No, did not contribute	Did not experience	Don't know/ Refused
5	90	5	*

- i. Using social media (**among stressed respondents**)

Yes, did contribute	No, did not contribute	Did not experience	Don't know/ Refused
9	84	7	1

- j. Losing something important like your keys or your cell phone (**Among stressed respondents**)

Yes, did contribute	No, did not contribute	Did not experience	Don't know/ Refused
20	73	7	*

- k. Commuting to work (**among stressed respondents who are employed; n = 928**)

Yes, did contribute	No, did not contribute	Did not experience	Don't know/ Refused
27	71	2	--

#### IV. Views of People without Stress this Past Month

(Asked of total who have experienced no stress at all in the past month; n = 344)

15. Which, if any, of the following are reasons that you did not experience any stress in the past month? How about [INSERT ITEM]? Was this a reason you did not experience any stress this past month, or wasn't it?

	Yes, it was a reason	No, it was not a reason	Don't know/Refused
a. Your personality	66	27	7
b. Activities you do in order to reduce stress	52	45	3
c. There were no stressful events in your life in the past month	51	45	4
d. Your religion or faith	43	54	3

(Asked of total who have experienced no stress at all in the past month; n = 344)

- 15a. Overall, how much time have you had to relax this month? Would you say...?

A GREAT DEAL/SOME			NOT VERY MUCH/NO TIME			Don't know/Refused
NET	A great deal	Some	NET	Not very much	No time to relax at all	
80	52	28	19	12	7	1

#### V. Longer Term Stress

16. Overall, how much stress have you experienced in the past year? Would you say...?

STRESSED				No stress at all	Don't know/Refused
NET	A great deal	Some	Not very much		
95	32	38	25	5	*

17. Has the stress you experienced in the past YEAR had a major effect, a minor effect, or no effect at all on your (INSERT ITEM)? (except where noted, each item was asked of a split sample of those who have experienced stress in the past year; n=1568-1617)

- a. Health (among those who have experienced any stress in the past year)

EFFECT			No effect at all	Don't know/Refused
NET	Major	Minor		
49	15	34	50	1

- b. Family life (among those who have experienced any stress in the past year)

EFFECT			No effect at all	Don't know/ Refused
NET	Major	Minor		
58	18	40	42	*

- c. Social life with friends (among those who have experienced any stress in the past year)

EFFECT			No effect at all	Don't know/ Refused
NET	Major	Minor		
46	14	32	54	*

- d. Work life (among those who have experienced any stress in the past year and who are employed; n = 1252)

EFFECT			No effect at all	Don't know/ Refused
NET	Major	Minor		
53	13	40	47	*

- e. Participation in community or volunteer organizations (among those who have experienced any stress in the past year and ever participate in community or voluntary organizations; n = 1934)

EFFECT			No effect at all	Don't know/ Refused
NET	Major	Minor		
38	11	27	62	*

(Asked of those who have experienced any stress in the past year; n = 2356)

18u. In the past year, did you have any major stressful event or experience?

Yes, did	No, did not	Don't know/ Refused
51	49	*

16/18u. Combo Table (based on total respondents)

Stressed in the past year and had a major stressful event/ experience	Stressed in past year and did not have a major stressful event/ experience	Not stressed at all in the past year	Don't know/ Refused
49	46	5	*

(Asked of those who had a major stressful event/experience in the past year; n = 1224)

18v. What was the MOST stressful event or experience in the past year?

HEALTH-RELATED (NET)	43
ILLNESS, DISEASE, INJURY (SUBNET)	27
Personal health problems (illness/injury)	15
Family member's health problems (illness/injury)	11
Other health-related mentions	1
DEATH OF LOVED ONE	16
JOB-RELATED (NET)	13
Job loss/being unemployed	4
Family member losing job	*
Changing jobs (job hunting & interviewing process/starting a new job/etc.)	2
On-the-job/work-related stress	4
Job insecurity	1
Other job-related mentions	1
LIFE CHANGES/TRANSITIONAL (NET)	9
Moved	5
Bought/sold a house	2
Pregnancy/childbirth/having a child	2
Other life changes/transitional mentions	1
FAMILY-RELATED ISSUES (NET)	9
NEGATIVE CHILD RELATED ISSUES/PROBLEMS (SUBNET)	3
My children/grandchildren engaging in negative behaviors (sex/drugs/arrests/etc.)	1
My children having marital/custody problems	*
Issues/problems regarding my children (non-specific)	1
Other negative child related issues/problems mentions positive events in children's lives (graduation/ wedding/childbirth/etc.)	1

Other family member (mother/sister/etc.) having problems (financial/divorce/etc.)	1
Family member in military was deployed	*
Family member(s) moved in with me	1
Family/family issue/problems (nonspecific)	2
(Usually) positive events in children's lives (graduation/wedding/childbirth/etc.)	1
PERSONAL RELATIONSHIP-RELATED ISSUES (NET)	6
Marital/partner issues/problems (infidelity/fighting/etc.)	2
Separation/divorce	2
A breakup/end of relationship (general)	1
Other personal relationship-related issues mentions	1
Other family-related issues mentions	2
GENERAL EVERYDAY LIFE (NET)	5
Personal finances	3
Repairs needed (car/house)	1
Interaction with/getting along with certain people (neighbors/friends/etc.)	1
Other general everyday life mentions	*
OTHER (NET)	11
Got in trouble with the law	1
Loss of personal property (home/car)	1
School	2
Other general personal-related issues mentions	2
Car accident	1
Family member in car accident	*
Misc. personal traumatic events (fires/robberies/etc.)	1
Misc. family member traumatic events (fires/robberies/caused personal harm/etc.)	1
Other negative traumatic events mentions	1
Concerns about the government/politics	1
Don't know/Refused	4

(Asked of total who have 2+ people in household; n = 1866)

19. Briefly, I want to ask about your household, meaning you and all the people who regularly live with you. In the past year, how much stress did your household, as a whole, experience? Would you say...?

A great deal	Some	Not very much	No stress at all	Don't know/Refused
21	39	35	3	2

## VI. Stress Management

21. In the past year, which, if any, of the following things have you done to reduce your stress level? Have you [INSERT ITEM], or not? (Items a-m were asked of split samples)

a. Regularly gotten a full night's sleep (n = 1182)

Yes, have done	No, have not done	Don't know? Refused
58	42	*

b. Regularly exercised (n = 1185)

Yes, have done	No, have not done	Don't know/ Refused
51	49	*

c. Regularly eaten healthfully (n = 1204)

Yes, have done	No, have not done	Don't know/ Refused
57	42	1

d. Regularly spent time on a hobby (n = 1167)

Yes, have done	No, have not done	Don't know/ Refused
51	48	1

e. Gotten professional help (n = 1172)

Yes, have done	No, have not done	Don't know/ Refused
17	82	1

f. Used prescription medication (n = 1178)

Yes, have done	No, have not done	Don't know/ Refused
17	83	*

g. Taken time off work (n = 1195)

Yes, have done	No, have not done	Don't know/ Refused
25	73	2

h. Paid a person or service to handle household tasks (n = 1208)

Yes, have done	No, have not done	Don't know/ Refused
13	87	*

i. Regularly spent time outdoors (n = 1189)

Yes, have done	No, have not done	Don't know/ Refused
60	40	*

j. Regularly spent time with a pet (n = 1171)

Yes, have done	No, have not done	Don't know/ Refused
44	56	*

k. Meditated or prayed regularly (n = 1118)

Yes, have done	No, have not done	Don't know/ Refused
53	47	*

l. Followed a formal self-help program (n = 1167)

Yes, have done	No, have not done	Don't know/ Refused
11	88	1

m. Regularly spent time with family or friends (n = 1156)

Yes, have done	No, have not done	Don't know/ Refused
70	29	1

n. Done something else I haven't mentioned

Yes, have done	No, have not done	Don't know/ Refused
30	70	*

21a. And was that effective in reducing your overall stress level or not?

- a. Regularly getting a full night's sleep (among those who have done this in the past year to reduce their stress level; n = 707)

Yes, was effective	No, was not effective	Don't know/Refused
83	16	1

- b. Regularly exercising (among those who have done this in the past year to reduce their stress level; n = 620)

Yes, was effective	No, was not effective	Don't know/Refused
87	11	2

- c. Regularly eating healthfully (among those who have done this in the past year to reduce their stress level; n = 720)

Yes, was effective	No, was not effective	Don't know/Refused
69	25	6

- d. Regularly spending time on a hobby (among those who have done this in the past year to reduce their stress level; n = 618)

Yes, was effective	No, was not effective	Don't know/Refused
93	6	1

- e. Getting professional help (among those who have done this in the past year to reduce their stress level; n = 199)

Yes, was effective	No, was not effective	Don't know/Refused
74	24	2

- f. Using prescription medication (among those who have done this in the past year to reduce their stress level; n = 219)

Yes, was effective	No, was not effective	Don't know/Refused
70	29	1

- g. Taking time off work (among those who have done this in the past year to reduce their stress level; n = 288)

Yes, was effective	No, was not effective	Don't know/Refused
88	11	1

- h. Paying a person or service to handle household tasks (among those who have done this in the past year to reduce their stress level; n = 192)

Yes, was effective	No, was not effective	Don't know/ Refused
83	17	--

- i. Regularly spending time outdoors (among those who have done this in the past year to reduce their stress level; n = 726)

Yes, was effective	No, was not effective	Don't know/ Refused
93	6	1

- j. Regularly spending time with a pet (among those who have done this in the past year to reduce their stress level; n = 521)

Yes, was effective	No, was not effective	Don't know/ Refused
88	10	2

- k. Meditating or praying regularly (among those who have done this in the past year to reduce their stress level; n = 596)

Yes, was effective	No, was not effective	Don't know/ Refused
92	7	1

- l. Following a formal self-help program (among those who have done this in the past year to reduce their stress level; n = 144)

Yes, was effective	No, was not effective	Don't know/ Refused
87	11	2

- m. Regularly spending time with family or friends (among those who have done this in the past year to reduce their stress level; n = 809)

Yes, was effective	No, was not effective	Don't know/ Refused
87	12	1

- n. Doing something else I haven't mentioned (among those who have done this in the past year to reduce their stress level; n = 804)

Yes, was effective	No, was not effective	Don't know/ Refused
95	5	*

25. In the past year, has (INSERT) told you that you needed to take steps to try to reduce your stress level, or not? And in the past year has (INSERT) told you that you needed to take steps to try to reduce your stress level, or not?

a. A health professional, such as a doctor, nurse or therapist

Yes	No	Don't know/ Refused
18	82	*

b. A family member

Yes	No	Don't know/ Refused
28	72	*

c. A friend

Yes	No	Don't know/ Refused
24	76	*

d. A religious advisor

Yes	No	Don't know/ Refused
7	93	*

e. Someone you work with (Asked of employed; n = 1286)

Yes	No	Don't know/ Refused
18	82	*

26. Over the last few years, do you think your stress level has increased, decreased or stayed about the same?

Increased	Decreased	Stayed about the same	Don't know/ Refused
31	22	46	1

## VII. Stress in the Very Long Term

28/28a. Has your stress ever contributed to a major problem in your life, or hasn't it? (If yes) Did stress contribute to [INSERT], or not?

### 28/28a. Combo Table (based on total respondents)

Stress has contributed to a major problem in your life	36
A major health problem for you	18
A major problem in your family	22
A major problem in your social life with friends	16
A major problem in your work life	16
A major problem for you in participating in community/ volunteer organizations	12
A major problem for you in school	13
A major problem in another aspect in your life	14
Stress has not contributed to a major problem in your life	63
Don't know/ Refused	1

29/29a. Thinking about your future, do you think your stress will [contribute/keep contributing] to a major problem in your life or won't it? (If yes) Do you think your stress will contribute to [INSERT], or not?

### 29/29a. Combo Table (based on total respondents)

In the future , stress will contribute/keep contributing to a major problem in your life	18
A major health problem	12
A major problem in your family	9
A major problem in your social life with friends	7
A major problem in your work life	8
A major problem for you in participating in community/ volunteer organizations	7
A major problem for you in school	5
A major problem in another aspect in your life	8
In the future, stress will not contribute/keep contributing to a major problem in your life	80
Don't know/ Refused	2

30. Sometimes people talk about stress as helping them achieve more or perform well. Have you ever felt that stress has had a **positive** effect in each of the following aspects of your life or haven't you?

a. Health

Yes, it has	No, it has not	Don't know/Refused
18	81	1

b. Family life

Yes, it has	No, it has not	Don't know/Refused
20	79	1

c. Social life with friends

Yes, it has	No, it has not	Don't know/Refused
17	82	1

d. Work life

Yes, it has	No, it has not	Does not apply/do not do this (vol)	Don't know/Refused
38	59	2	1

e. Participation in community or volunteer organization

Yes, it has	No, it has not	Does not apply/do not do this (vol)	Don't know/Refused
18	81	1	*

f. School

Yes, it has	No, it has not	Don't know/Refused
28	71	1

g. Some other aspect of your life

Yes, it has	No, it has not	Don't know/Refused
16	83	1

Combo table 30a-g

Have done one or more of these things	Have done none/Don't know/refused
58	42

**VIII. Attitudes Toward Stress**

31 (2). In your current situation, how much do you think you can control the stress in your life? Would you say...?

A GREAT DEAL/SOME			NOT VERY MUCH/NOT AT ALL			Don't know/Refused
NET	A great deal	Some	NET	Not very	Not at all	
84	50	34	15	9	6	1

32 (1). And, in your view, does stress have a major effect, a minor effect or basically no effect at all on most people's [INSERT ITEM]?

a. Health

EFFECT			Basically no effect at all	Don't know/Refused
NET	Major	Minor		
87	57	30	10	3

b. Family life

EFFECT			Basically no effect at all	Don't know/Refused
NET	Major	Minor		
85	53	32	11	4

c. Social life with friends

EFFECT			Basically no effect at all	Don't know/Refused
NET	Major	Minor		
78	30	48	17	5

d. Work life

EFFECT			Basically no effect at all	Don't know/Refused
NET	Major	Minor		
83	50	33	12	5

e. Participation in community or volunteer organizations [READ IF NECESSARY: these include religious, sports-related, school, civic, political or social organizations]

EFFECT			Basically no effect at all	Don't know/Refused
NET	Major	Minor		
71	24	47	24	5

## IX. Demographics

- S1. Now I'd like to ask a few questions about your household: How many people, including yourself, live in your household, counting adults and children?

1	2	3	4	5	6	7	8+
15	33	19	18	9	3	2	1

- S2. How many adults, age 18 or older, live in your household? Please be sure to include yourself.

1	2	3	4	5	6	7	8+	Refused
17	53	18	8	2	1	*	*	*

- S4. Gender

Male	Female
48	52

- S5. Just to confirm: What is your current age?

18-29	30-49	50-64	65+
22	34	26	18

- S6. Are you currently...?

Employed (NET)	55
Employed full-time	43
Employed part-time	12
Unemployed and currently seeking employment	6
Unemployed and not seeking employment	3
A student	6
Retired	17
Disabled and can't work, or	8
A homemaker or stay at home parent	5
Don't know/Refused	*

S7. Does any disability or handicap keep you from participating fully in work, school, housework, or other activities?

Yes	No	Don't know/ Refused
18	82	*

S7a. Has a doctor or other health care provider ever told you that you have a chronic illness, such as heart disease, lung disease, cancer, diabetes, high blood pressure, asthma or a mental health condition, or haven't they?

Yes	No	Don't know/ Refused
35	64	1

S8. Do you currently attend any school or college, or don't you?

Yes	No	Don't know/ Refused
13	87	--

S9. How often do you participate in unpaid activities in community or volunteer organizations, such as religious, sports-related, school, civic, political or social organizations?

Every day	Not every day but at least once a week	Not every week but at least once a month	Not every month but at least once a year	Less than once a year	Never	Don't know/ Refused
6	33	19	14	5	22	1

S2aa. Are you the parent or legal guardian of a child under the age of 18, or aren't you?

Yes	No	Don't know/ Refused
31	69	*

(Asked of parents/legal guardians; n = 619)

D6a. Are any of your children 5 years old or younger?

Yes	No	Don't know/ Refused
41	59	.*

(Asked of parents/legal guardians; n = 619)

D6b. Are any of your children between the ages of 13 and 17?

Yes	No	Don't know/ Refused
46	54	*

S2ab. And do you have any children age 18 or older, or don't you?

Yes	No	Don't know/ Refused
48	51	1

Z1. In general, how would you describe your own health – excellent, very good, good, fair, or poor?

Excellent	Very good	Good	Fair	Poor	Don't know/ Refused
17	31	31	14	6	1

**(Asked of employed; n = 1286)**

Z2. In your current work, how often do you personally face potentially dangerous situations, such as those that could cause physical or mental injury, violence, or crime? Would you say...?

Often	Sometimes	Never	Don't know/ Refused
17	25	58	*

**S6/Z2.Combo Table (based on total respondents)**

Currently employed	55
Often face potentially dangerous situations in work	9
Sometimes face potentially dangerous situations in work	14
Never face potentially dangerous situations in work	32
Currently unemployed	45
Don't know/ Refused	*

**(Asked of unemployed and not seeking employment)**

Z3. Are you currently not looking for work because of stress you have experienced, or because of something else?

**S6/Z3.Combo Table (based on total respondents)**

Unemployed and not seeking employment because of stress	Unemployed and not seeking employment because of something else	Not unemployed/ not seeking employment
*	3	97

**(Asked of those who have never participated in community/volunteer organizations)**

Z4. Are you currently not participating in community or volunteer organizations because of stress you have experienced, or because of something else?

**S9/Z4. Combo Table (based on total respondents)**

Have never participated in community/volunteer organizations because of stress	Have never participated in community/volunteer organizations because of something else	Have never participated in community/volunteer organizations, don't know why not	Have ever participated in community/volunteer organizations
2	19	1	77

D1. What is the last grade or class that you completed in school?

HS OR LESS	41
Less than high school	12
High school graduate or equivalent	29
Some college but no degree	29
COLLEGE+	30
College graduate	20
Postgraduate	10
Don't know/Refused	*

D1a. Are you currently married, living with a partner, divorced, separated, widowed or have you never been married?

Married	Living with a partner	Divorced	Separated	Widowed	Never been married	Refused
48	6	10	3	8	23	2

D2. Are you, yourself, of Latino or Hispanic origin or descent, such as Mexican, Puerto Rican, Cuban, or some other Latin American background?

**(Asked of non-Hispanics)**

D3. What is your race? Are you white, black or African American, Asian, American Indian or Alaska Native, or Native Hawaiian or other Pacific Islander?

**Race Summary Table (based on total respondents)**

White non Hispanic	64
Black non-Hispanic	11
Asian	4
American Indian or Alaska Native	2
Native Hawaiian or other Pacific Islander	1
Hispanic	14
Other	2
Don't know/Refused	2

D5. In politics today, do you consider yourself a (Republican), a (Democrat), an Independent, or something else?

Democrat	Republican	Independent	Something else	Don't know/Refused
32	20	27	14	7

**(Asked of landline respondents; n = 1306)**

L1. Now thinking about your telephone use. . . Does anyone in your household including yourself, have a working cell phone?

**(Asked of cell phone respondents; n = 1199)**

C1. Now thinking about your telephone use, is there at least one telephone INSIDE your home that is currently working and is not a cell phone?

**L1/C1. Combo Table (based on total respondents)**

Landline only	Both LL and Cell	Cell phone only	Don't know/refused
7	55	37	*

**(Asked of cell phone respondents or LL respondents who have a cell phone; n = 2307)**

C3. How many different cell phone numbers do you personally answer calls on?

1	2	3	4	5	6	7	8+	Don't know/Refused
85	9	1	*	1	*	*	*	3

**(Asked of landline respondents or cell phone respondents who have a home phone; n = 1863)**

C4. How many telephone numbers does your household have that I could have reached you on? Not extensions, but different telephone numbers, not counting cell phones?

1	2	3	4	5	6	7	8+	Don't know/Refused
91	6	2	1	--	*	--	*	1

D7. What is your religion, if any? Protestant, Roman Catholic, Jewish, Muslim, some other religion, atheist, agnostic, or nothing in particular?

**(Asked of other religion, dk/ref)**

D7a. Do you think of yourself as Christian, or not?

**D7/D7a. Combo Table (based on total respondents)**

Protestant	38
Roman Catholic/Catholic	21
Christian	11
Jewish	2
Muslim/Islam	1
Mormon	1
Orthodox Church	*

Buddhist	1
Hindu	1
Other, not Christian	1
Atheist	3
Agnostic	3
Nothing in particular	18

D8. Aside from weddings and funerals, how often do you attend religious services – more than once a week, once a week, once or twice a month, a few times a year, seldom, or never?

More than once a week	Once a week	Once or twice a month	A few times a year	Seldom	Never	Don't know/Refused
9	22	14	19	17	18	1

D9. What is your total family income from all sources, BEFORE taxes? Just stop me when I get to the right category.

<\$20K (NET)	20
LESS THAN \$15,000	14
\$15,000 BUT LESS THAN \$20,000	7
\$20K-49.9K (NET)	26
\$20,000 BUT LESS THAN \$30,000	10
\$30,000 BUT LESS THAN \$40,000	8
\$40,000 BUT LESS THAN \$50,000	8
\$50K+ (NET)	42
\$50,000 BUT LESS THAN \$75,000	14
\$75,000 BUT LESS THAN \$100,000	11
\$100,000 OR MORE	18
Don't know	5
Refused	7