

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

Responses of those who said they had experienced a great deal of stress in the past month

*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. **Shown in this topline are the responses of the 633 who said they had experienced a great deal of stress in the past month.** The margin of error for this group is +/-4.6 percentage points.*

I. Stress This Month

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

A great deal	Some	Not very much	No stress at all	Don't know/Refused
100	--	--	--	--

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

EFFECT			No effect at all	Don't know/Refused
NET	Major	Minor		
74	33	41	24	2

b. Family life

EFFECT			No effect at all	Don't know/Refused
NET	Major	Minor		
75	39	36	23	2

c. Social life with friends

EFFECT			No effect at all	Don't know/Refused
NET	Major	Minor		
68	36	32	31	1

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d. Work life (among employed; n = 306)

EFFECT			No effect at all	Don't know/ Refused
NET	Major	Minor		
70	27	43	30	--

e. Participation in community or volunteer organizations (among those who ever participate in community or volunteer organizations; n = 497)

EFFECT			No effect at all	Don't know/ Refused
NET	Major	Minor		
56	26	30	44	*

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- 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

Had an effect on health	74
Had a bad effect on your emotional well-being, such as feelings of anxiety, nervousness, or depression	63
Made it difficult for you to think clearly, concentrate or make decisions	50
Given you problems with sleep, such as insomnia, nightmares or night walking	56
Given you headaches	43
Given you stomach problems, like indigestion	39
Given you muscle pain, such as back aches	46
Had no effect on health	24
Don't know/refused	2

3/4a/5g-h. Combo Table (among chronically ill or disabled; n = 416)

Had an effect on health and have a chronic illness	82
Made the symptoms of your chronic illness or disability worse	53
Made it harder for you to manage your chronic illness or disability	52
Had no effect on health	15
Don't know/Refused	3

- 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

Had an effect on family life	75
Made it harder to get along with family members	45
Caused more arguments with family members	42
Prevented you from spending enough time with family members	44
Prevented you from handling household tasks like housecleaning/repairs	40
Prevented you from taking care of family members the way you want to	39
Had no effect on family life	23
Don't know/Refused	2

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- 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

Had an effect on social life with friends	68
Made it harder to get along with your friends	25
Caused more arguments with your friends	14
Prevented you from spending enough time with your friends	49
Prevented you from taking care of your friends the way you want to	38
Had no effect on social life with friends	31
Don't know/Refused	1

- 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; n=306)

Had an effect on work life	70
Made it harder to get along with co-workers	25
Made it harder to concentrate at work	51
Increased the number of errors you made at work	26
Made it harder to get all your work done on time	37
Made it harder to take on any extra tasks/responsibilities that could help advance your career	41
Had no effect on work life	30

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- 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)

Had an effect on participation in community/volunteer organizations	56
Made it harder to get along with others involved in community/volunteer organizations	18
Made it harder to give as much effort as you would like to community/volunteer organizations	44
Reduced the amount of energy you have for community/volunteer organizations	47
Reduced the quality of work in community/volunteer organizations	35
Refused the amount of time you give to community/volunteer organizations	43
Had no effect on participation in community/volunteer organizations	44
Don't know/Refused	*

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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)

a. Eating more than you usually do (n = 275)

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
39	61	--

b. Eating less than you usually do (n = 283)

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
44	56	*

c. Sleeping more than you usually do (n = 300)

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
41	59	*

d. Sleeping less than you usually do (n = 269)

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
70	28	2

e. Having more sex than you usually do (n = 285)

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
8	86	4	--

f. Having less sex than you usually do (n = 270)

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
40	52	7	1

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g. Smoking more than you usually do (n = 268)

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
24	53	23	--

h. Drinking alcohol more than you usually do (n = 253)

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	72	13	--

i. Exercising or playing sports more than you usually do (n = 268)

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
26	72	1	1

j. Exercising or playing sports less than you usually do (n = 293)

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
43	51	6	--

k. Watching TV or playing videogames more than you usually do (n = 292)

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
33	64	3	--

l. Gambling more than you usually do (n = 281)

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	87	12	--

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m. Attending religious services or prayed more than you usually do (n = 279)

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
41	58	1	--

n. Shopping more than you usually do (n = 281)

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
18	79	3	--

o. Using social media more than you usually do (n = 269)

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
19	77	4	*

p. Using social media less than you usually do (n = 283)

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
28	64	7	1

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	
48	16	32	52	36	16	*

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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)**

- 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 **(among employed)**
- d. You experienced any changes at work, such as a promotion or new responsibilities **(among employed)**
- e. You experienced problems finding a new job **(among employed)**
- f. You experienced problems at school, such as too much to get done **(among 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 = 432)

Experienced own health problems	45
Contributed to stress in past month	38
Did not contribute to stress in past month	7
Did not experience own health problems	55

3/12b/12ab. Combo Table (n = 401)

Experienced health problems of people in immediate family	44
Contributed to stress in past month	37
Did not contribute to stress in past month	7
Did not experience health problems of people in immediate family	55
Don't know/Refused	1

S6/3/12c/12ac. Combo Table (based on employed; n = 306)

Experienced problems at work, such as too much work	39
Contributed to stress in past month	37
Did not contribute to stress in past month	2
Did not experience problems at work, such as too much work	60
Don't know/Refused	1

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S6/3/12d/12ad. Combo Table (based on employed; n = 306)

Experienced any changes at work, such as a promotion/new responsibilities	32
Contributed to stress in past month	23
Did not contribute to stress in past month	9
Did not experience any changes at work, such as a promotion/new responsibilities	68

S6/3/12e/12ae. Combo Table (based on employed; n = 306)

Experienced problems finding a new job	12
Contributed to stress in past month	9
Did not contribute to stress in past month	3
Did not experience problems finding a new job	88

S6/3/12c-e/12ac-ae Summary. Combo Table (based on employed; n=306)

Experienced any of three problems at work (items c-e)	61
Contributed to stress in past month	53
Did not contribute to stress in past month	8
Did not experience any of these problems	39

S8/3/12f/12af. Combo Table (based on students; n = 58)

Experienced problems at school, such as too much to get done	Not enough cases for analysis (n<75)
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3/12g/12ag. Combo Table (n = 425)

Experienced problems with family members	35
Contributed to stress in past month	32
Did not contribute to stress in past month	3
Did not experience problems with family members	65

3/12h/12ah. Combo Table (n =409)

Experienced any changes in family situation, such as a new baby/getting married	14
Contributed to stress in past month	10
Did not contribute to stress in past month	4
Did not experience changes in family situation, such a a new baby/getting married	86

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3/12i/12ai. Combo Table (n = 422)

Experienced problems with friends	18
Contributed to stress in past month	15
Did not contribute to stress in past month	3
Did not experience problems with friends	81
Don't know/Refused	1

3/12j/12aj. Combo Table (n = 431)

Experienced problems with finances	57
Contributed to stress in past month	53
Did not contribute to stress in past month	4
Did not experience problems with finances	43

3/12k/12ak. Combo Table (n = 418)

Experienced problems with neighbors	7
Contributed to stress in past month	5
Did not contribute to stress in past month	2
Did not experience problems with neighbors	93

3/12l/12al. Combo Table (n = 449)

Experienced having too many responsibilities overall	57
Contributed to stress in past month	54
Did not contribute to stress in past month	3
Did not experience having too many responsibilities overall	43

3/12ml/12am. Combo Table (n = 411)

Experienced being unhappy with the way you look	45
Contributed to stress in past month	28
Did not contribute to stress in past month	17
Did not experience being unhappy with the way you look	54
Don't know/Refused	1

**Responses of those who said they had experienced
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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 (**among parents/legal guardians**)
- e. Problems your children may face in the future (**among parents/legal guardians**)

3/13a/13aa. Combo Table

Concerned about problems in the world	76
Contributed to stress in past month	29
Did not contribute to stress in past month	47
Not concerned about problems in the world	23
Don't know/Refused	1

3/13b/13ab. Combo Table

Concerned about problems in the United States	75
Contributed to stress in past month	31
Did not contribute to stress in past month	44
Not concerned about problems in the United States	24
Don't know/Refused	1

3/13c/13ac. Combo Table

Concerned about problems in your community	48
Contributed to stress in past month	21
Did not contribute to stress in past month	27
Not concerned about problems in your community	52

S2aa/S2ab/3/13d/13ad. Combo Table (among parents/legal guardians; n=457)

Concerned about problems your children face	76
Contributed to stress in past month	56
Did not contribute to stress in past month	20
Not concerned about problems your children face	23
Don't know/Refused	1

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S2aa/S2ab/3/13e/13ae. Combo Table (among parents/legal guardians; n=457)

Concerned about problems your children may face in the future	80
Contributed to stress in past month	50
Did not contribute to stress in past month	30
Not concerned about problems your children may face in the future	19
Don't know/Refused	1

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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)

a. Juggling schedules of family members (n = 453)

Yes, did contribute	No, did not contribute	Did not experience	Don't know/ Refused
48	51	2	--

b. Running errands (n = 422)

Yes, did contribute	No, did not contribute	Did not experience	Don't know/ Refused
38	61	1	--

c. Handling household repairs (n = 422)

Yes, did contribute	No, did not contribute	Did not experience	Don't know/ Refused
32	65	3	--

d. Handling car problems (n = 425)

Yes, did contribute	No, did not contribute	Did not experience	Don't know/ Refused
36	53	11	--

e. Household tasks, such as cooking and cleaning (n = 429)

Yes, did contribute	No, did not contribute	Did not experience	Don't know/ Refused
39	59	1	1

f. Watching, reading or listening, to the news (n = 439)

Yes, did contribute	No, did not contribute	Did not experience	Don't know/ Refused
40	58	2	*

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g. Hearing about what the government or politicians are doing (n = 434)

Yes, did contribute	No, did not contribute	Did not experience	Don't know/Refused
44	55	*	*

h. Following sports (n = 424)

Yes, did contribute	No, did not contribute	Did not experience	Don't know/Refused
6	89	5	*

i. Using social media (n = 440)

Yes, did contribute	No, did not contribute	Did not experience	Don't know/Refused
14	77	8	1

j. Losing something important like your keys or your cell phone (n = 439)

Yes, did contribute	No, did not contribute	Did not experience	Don't know/Refused
30	64	6	*

k. Commuting to work (among employed; n = 249)

Yes, did contribute	No, did not contribute	Did not experience	Don't know/Refused
35	65	1	--

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IV. Views of People without Stress this Past Month

These questions were not asked of those who said they had experienced a great deal of stress in the past month.

V. Longer Term Stress

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

A great deal	Some	Not very much	No stress at all	Don't know/ Refused
71	22	7	--	--

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

Yes, did	No, did not	Don't know/ Refused
75	25	*

(Total asked who had a major stressful event/experience in the past year; n = 478)

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

	4/8/14
HEALTH-RELATED (NET)	44
ILLNESS, DISEASE, INJURY (SUBNET)	31
Personal health problems (illness/injury)	15
Family member's health problems (illness/injury)	14
Other health-related mentions	2
DEATH OF LOVED ONE	13
JOB-RELATED (NET)	12
Job loss/being unemployed	5
Family member losing job	*
Changing jobs (job hunting & interviewing process/starting a new job/etc.)	1
On-the-job/work-related stress	4
Job insecurity	1
Other job-related mentions	*
LIFE CHANGES/TRANSITIONAL (NET)	8
Moved	5
Bought/sold a house	1
Pregnancy/childbirth/having a child	1
Other life changes/transitional mentions	1
FAMILY-RELATED ISSUES (NET)	11
NEGATIVE CHILD RELATED ISSUES/PROBLEMS (SUBNET)	4

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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.)	1
Separation/divorce	2
A breakup/end of relationship (general)	1
Other personal relationship-related issues mentions	2
Other family-related issues mentions	3
GENERAL EVERYDAY LIFE (NET)	5
Personal finances	4
Repairs needed (car/house)	1
Interaction with/getting along with certain people (neighbors/friends/etc.)	*
Other general everyday life mentions	*
OTHER (NET)	13
Got in trouble with the law	2
Loss of personal property (home/car)	2
School	2
Other general personal-related issues mentions	1
Car accident	2
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	1

(Asked of total who have 2+ people in household; n = 485)

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
48	33	18	--	1

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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 asked of split samples)

a. Regularly gotten a full night's sleep (n = 310)

Yes, have done	No, have not done	Don't know/ Refused
46	54	*

b. Regularly exercised (n = 285)

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

c. Regularly eaten healthfully (n = 306)

Yes, have done	No, have not done	Don't know/ Refused
55	44	1

d. Regularly spent time on a hobby (n = 274)

Yes, have done	No, have not done	Don't know/ Refused
46	54	--

e. Gotten professional help (n = 306)

Yes, have done	No, have not done	Don't know/ Refused
35	64	1

f. Used prescription medication (n = 284)

Yes, have done	No, have not done	Don't know/ Refused
36	64	--

g. Taken time off work (n = 303)

Yes, have done	No, have not done	Don't know/ Refused
25	72	3

h. Paid a person or service to handle household tasks (n = 307)

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

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i. Regularly spent time outdoors (n = 310)

Yes, have done	No, have not done	Don't know/ Refused
57	43	--

j. Regularly spent time with a pet (n = 311)

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

k. Meditated or prayed regularly (n = 283)

Yes, have done	No, have not done	Don't know/ Refused
57	43	--

l. Followed a formal self-help program (n = 285)

Yes, have done	No, have not done	Don't know/ Refused
15	84	1

m. Regularly spent time with family or friends (n = 287)

Yes, have done	No, have not done	Don't know/ Refused
71	28	1

n. Done something else I haven't mentioned (n=633)

Yes, have done	No, have not done	Don't know/ Refused
39	61	--

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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 = 148)

Yes, was effective	No, was not effective	Don't know
76	23	1

- b. Regularly exercising (among those who have done this in the past year to reduce their stress level; n = 139)

Yes, was effective	No, was not effective	Don't know
89	9	2

- c. Regularly eating healthfully (among those who have done this in the past year to reduce their stress level; n = 165)

Yes, was effective	No, was not effective	Don't know
63	34	3

- d. Regularly spending time on a hobby (among those who have done this in the past year to reduce their stress level; n = 135)

Yes, was effective	No, was not effective	Don't know
93	7	--

- e. Getting professional help (among those who have done this in the past year to reduce their stress level; n = 108)

Yes, was effective	No, was not effective	Don't know
65	34	1

- f. Using prescription medication (among those who have done this in the past year to reduce their stress level; n = 108)

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

- g. Taking time off work (among those who have done this in the past year to reduce their stress level; n = 82)

Yes, was effective	No, was not effective	Don't know
79	21	--

- 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 = 59)

Not enough cases for analysis (n<75)

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- i. Regularly spending time outdoors (among those who have done this in the past year to reduce their stress level; n = 177)

Yes, was effective	No, was not effective	Don't know
94	4	2

- j. Regularly spending time with a pet (among those who have done this in the past year to reduce their stress level; n = 150)

Yes, was effective	No, was not effective	Don't know
87	13	*

- k. Meditating or praying regularly (among those who have done this in the past year to reduce their stress level; n = 165)

Yes, was effective	No, was not effective	Don't know
85	15	*

- l. Following a formal self-help program (among those who have done this in the past year to reduce their stress level; n = 43)

Not enough cases for analysis (n<75)

- m. Regularly spending time with family or friends (among those who have done this in the past year to reduce their stress level; n = 200)

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

- n. Doing something else I haven't mentioned (among those who have done this in the past year to reduce their stress level; n = 257)

Yes, was effective	No, was not effective	Don't know
94	6	--

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a great deal of stress in the past month**

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
37	63	--

- b. A family member

Yes	No	Don't know/ Refused
52	48	*

- c. A friend

Yes	No	Don't know/ Refused
48	52	*

- d. A religious advisor

Yes	No	Don't know/ Refused
14	86	*

- e. Someone you work with (among employed; n = 306)

Yes	No	Don't know/ Refused
32	68	--

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
60	11	28	1

**Responses of those who said they had experienced
a great deal of stress in the past month**

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

Stress has contributed to a major problem in your life	55
A major health problem for you	35
A major problem in your family	38
A major problem in your social life with friends	29
A major problem in your work life	27
A major problem for you in participating in community/ volunteer organizations	25
A major problem for you in school	22
A major problem in another aspect in your life	27
Stress has not contributed to a major problem in your life	43
Don't know/Refused	2

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

In the future , stress will contribute/keep contributing to a major problem in your life	39
A major health problem	28
A major problem in your family	22
A major problem in your social life with friends	20
A major problem in your work life	19
A major problem for you in participating in community/ volunteer organizations	18
A major problem for you in school	10
A major problem in another aspect in your life	19
In the future, stress will not contribute/keep contributing to a major problem in your life	58
Don't know/Refused	3

**Responses of those who said they had experienced
a great deal of stress in the past month**

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
24	76	*

b. Family life

Yes, it has	No, it has not	Don't know/ Refused
26	73	1

c. Social life with friends

Yes, it has	No, it has not	Don't know/ Refused
23	76	1

d. Work life

Yes, it has	No, it has not	Does not apply/do not do this (vol)	Don't know/ Refused
41	55	3	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
22	76	1	1

f. School

Yes, it has	No, it has not	Don't know/ Refused
30	69	1

g. Some other aspect of your life

Yes, it has	No, it has not	Don't know/ Refused
25	74	1

Combo table 30a-g

Have done one or more of these things	Have done none/Don't know/refused
67	33

**Responses of those who said they had experienced
a great deal of stress in the past month**

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	
74	34	40	26	17	9	--

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			No effect at all	Don't know/ Refused
NET	Major	Minor		
93	72	21	4	3

b. Family life

EFFECT			No effect at all	Don't know/ Refused
NET	Major	Minor		
91	69	22	6	3

c. Social life with friends

EFFECT			No effect at all	Don't know/ Refused
NET	Major	Minor		
86	42	44	10	4

d. Work life

EFFECT			No effect at all	Don't know/ Refused
NET	Major	Minor		
88	56	32	7	5

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

EFFECT			No effect at all	Don't know/ Refused
NET	Major	Minor		
78	34	44	17	5

**Responses of those who said they had experienced
a great deal of stress in the past month**

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+
14	32	19	20	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+
17	51	16	12	3	1	--	--

S4. Gender

Male	Female
42	58

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

18-29	30-49	50-64	65+
17	39	30	14

S6. Are you currently...?

Employed (NET)	49
Employed full-time	38
Employed part-time	12
Unemployed and currently seeking employment	10
Unemployed and not seeking employment	4
A student	5
Retired	12
Disabled and can't work, or	14
A homemaker or stay at home parent	6
Don't know	*
Refused	--

**Responses of those who said they had experienced
a great deal of stress in the past month**

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

Yes	No	Don't know/ Refused
30	69	1

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
48	51	1

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

Yes	No	Don't know/ Refused
12	88	--

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
5	33	19	14	5	23	1

**Responses of those who said they had experienced
a great deal of stress in the past month**

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
34	66	--

(Asked of parents/legal guardians; n = 176)

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

Yes	No	Don't know/Refused
39	60	1

(Asked of parents/legal guardians; n = 176)

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

Yes	No	Don't know/Refused
54	45	1

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

Yes	No	Don't know/Refused
53	47	--

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
11	23	31	21	14	*

Responses of those who said they had experienced a great deal of stress in the past month

(Asked of employed; n = 306)

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
26	28	46	--

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

Currently employed	49
Often face potentially dangerous situations in work	13
Sometimes face potentially dangerous situations in work	14
Never face potentially dangerous situations in work	23
Currently unemployed	51
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	Don't know/Refused
*	3	96	*

(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
4	18	1	77

Responses of those who said they had experienced a great deal of stress in the past month

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

HS OR LESS	40
Less than high school	13
High school graduate or equivalent	27
Some college but no degree	32
COLLEGE+	28
College graduate	19
Postgraduate	9
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
42	7	14	5	8	22	1

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	2
Hispanic	13
Other	3
Don't know/Refused	*

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
36	19	24	15	6

**Responses of those who said they had experienced
a great deal of stress in the past month**

(Asked of landline respondents; n = 322)

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 = 311)

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	38	*

(Asked of cell phone respondents or LL respondents who have a cell phone; n = 583)

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
83	12	1	1	1	*	*	*	2

(Asked of landline respondents or cell phone respondents who have a home phone; n = 456)

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
88	7	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	39
Roman Catholic/Catholic	22
Christian	10
Jewish	2
Muslim/Islam	1
Mormon	1
Orthodox Church	*
Buddhist	*
Hindu	*
Other, not Christian	2

Responses of those who said they had experienced a great deal of stress in the past month

Atheist	3
Agnostic	2
Nothing in particular	17

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
8	19	14	22	18	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)	28
LESS THAN \$15,000	19
\$15,000 BUT LESS THAN \$20,000	9
\$20K-49.9K (NET)	29
\$20,000 BUT LESS THAN \$30,000	13
\$30,000 BUT LESS THAN \$40,000	9
\$40,000 BUT LESS THAN \$50,000	8
\$50K+ (NET)	33
\$50,000 BUT LESS THAN \$75,000	11
\$75,000 BUT LESS THAN \$100,000	9
\$100,000 OR MORE	13
Don't know	3
Refused	7