

Topline

KFF/CNN Mental Health in America

October 2022



KFF

METHODOLOGY

This *KFF CNN Mental Health Survey* was designed and analyzed by public opinion researchers at the Kaiser Family Foundation (KFF) and CNN. The survey was conducted July 28-August 9, 2022, online and by telephone among a nationally representative sample of 2,004 U.S. adults. Interviews were conducted in English ($n=1,942$) and in Spanish ($n=62$). Sampling, data collection, weighting and tabulation were managed by SSRS of Glen Mills, PA in close collaboration with KFF researchers. Teams from KFF and CNN worked together to develop the questionnaire and analyze the data, and both organizations contributed financing for the survey.

The sample includes 1,603 adults reached online through the SSRS Opinion Panel, including an oversample of parents ($n=398$). The SSRS Opinion Panel is a nationally representative probability-based panel where panel members are recruited randomly in one of two ways: (a) Through invitations mailed to respondents randomly sampled from an Address-Based Sample (ABS) provided by Marketing Systems Groups (MSG) through the U.S. Postal Service's Computerized Delivery Sequence (CDS); (b) from a dual-frame random digit dial (RDD) sample provided by MSG. For the online panel component, invitations were sent to panel members by email followed by up to 4 reminder emails. Another 401 interviews were conducted from a random digit dial telephone sample of prepaid cell phone numbers obtained through MSG. Phone numbers used for the prepaid cell phone component were randomly generated from a cell phone sampling frame with disproportionate stratification aimed at reaching Hispanic and non-Hispanic Black respondents. Stratification was based on incidence of the race/ethnicity groups within each frame.

The combined cell phone and panel samples were weighted to match the sample's demographics to the national U.S. adult population using data from the Census Bureau's 2021 Current Population Survey (CPS). Weighting parameters included sex, age, education, race/ethnicity, region, parental status, party ID, and education. The sample was also weighted to match patterns of civic engagement from the September 2017 Volunteering and Civic Life Supplement data from the CPS. The sample was also weighted to match frequency of internet use from the National Public Opinion Reference Survey (NPORS) for Pew Research Center. The weights take into account differences in the probability of selection for each sample type (prepaid cell phone and panel). The party ID parameter is from an SSRS benchmarking study run in June and July 2022. This includes adjustment for the sample design and geographic stratification of the cell phone sample, within household probability of selection, and the design of the panel-recruitment procedure.

The margin of sampling error including the design effect for the full sample is plus or minus 3 percentage points. Numbers of respondents and margins of sampling error for key subgroups are shown in the table below. Sample sizes and margins of sampling error for other subgroups may be higher and are available by request. Sampling error is only one of many potential sources of error and there may be other unmeasured error in this or any other public opinion poll. KFF public opinion and survey research is a charter member of the [Transparency Initiative of the American Association for Public Opinion Research](#).

Group	N (unweighted)	M.O.S.E.
Total	2,004	± 3 percentage points
Race/Ethnicity		
White, non-Hispanic	1,199	± 4 percentage points
Black, non-Hispanic	364	± 7 percentage points
Hispanic	299	± 8 percentage points
Party identification		
Democrat	796	± 5 percentage points
Republican	456	± 6 percentage points
Independent	626	± 5 percentage points
Other key groups		
Total parents	509	± 6 percentage points
LGBT adults	192	± 10 percentage points

Notes for reading the topline:

- Percentages may not always add up to 100 percent due to rounding.
- Values less than 0.5 percent are indicated by an asterisk (*).
- "Vol." indicates a response was volunteered by the respondent, not offered as an explicit choice
- Questions are presented in the order asked; question numbers may not be sequential.

AGE. What is your age?
 AGE2. (ASK IF DON'T KNOW OR REFUSED AGE) Could you please tell me if you are between the ages of... (READ LIST)

RECA2 VARIABLE

	8/22
18-29	20
30-49	33
50-64	24
65+	22
Don't know/Refused/Web blank (NET)	*

RGENDER. Do you describe yourself as a man, a woman, or in some other way?

	8/22
Man	47
Woman	52
Some other way	1
Don't know	-
Refused/Web blank	-

CHILD. Are you the parent or guardian of any child under the age of 18 living in your household?

	8/22
Yes	25
No	75
Don't know/Refused/Web blank	*

Q16. In general, do you feel (optimistic) or (pessimistic) about each of the following? (ROTATE ITEMS IN PARENTHESIS; ROTATE ITEMS A-C)

	Optimistic	Pessimistic	Don't know	Refused/Web blank
a. Your own future 8/22	80	17	2	*
b. The future of the country 8/22	36	61	3	*
c. The future of the planet 8/22	46	50	3	*

IF CATI: This survey asks about your views and experiences with the topic of mental health. Your responses are confidential. If you are uncomfortable answering any question, you can just skip it.

Q1. Do you think there is or is not a mental health crisis in the U.S today?

	8/22
Yes, there is a mental health crisis	90
No, there is not a mental health crisis	9
Don't know/Refused/Web blank	1

Q2. In the U.S. today, do you think each of the following are a crisis, a problem but not a crisis, or not a problem at all? (ROTATE ITEMS A-F)

	Crisis	Problem, but not a crisis	Not a problem	Don't know/Refused/ /Web blank
a. Anxiety or depression in adults 8/22	45	52	3	*
b. The opioid epidemic 8/22	69	26	3	2
c. Mental health issues in children and teenagers 8/22	55	41	3	1
d. Severe mental illness in adults 8/22	51	44	5	*
e. Loneliness 8/22	25	62	11	1
f. Anxiety or stress caused by political events 8/22	39	52	8	1

Q11. Do you think that most people in the following groups are able or not able to get the mental health services they need?

	Yes	No	Don't know/Refused/ Web blank
a. Adults in the U.S. 8/22	48	51	1
ITEM B HELD FOR FUTURE RELEASE			
c. People like you 8/22	66	32	1

Q3. Thinking about mental health in the U.S., how big of a problem, if at all, is each of the following? (ROTATE ITEMS A-F; ALWAYS SHOW A & C TOGETHER WITH A ALWAYS FIRST)

	A problem (NET)	A big problem	A small problem	Not a problem	Don't know/Refused /Web blank
a. Not enough mental health care providers, such as therapists or counselors 8/22	87	55	33	11	2
b. The cost of mental health care 8/22	95	80	15	3	2
c. Not enough mental health care providers, such as therapists or counselors, who take insurance 8/22	89	63	26	10	2
d. Stigma or shame associated with mental health problems 8/22	92	62	30	7	2
e. Lack of diversity among mental health care workers 8/22	73	39	35	25	2
f. Health insurance companies not covering mental health services like they do physical health 8/22	93	74	19	6	1

Q4. How much of a role, if any, should each of the following play in helping address mental health problems in U.S. society today? (SCRAMBLE ITEMS A-F)

	A role (NET)	Major role	Minor role	No role at all	Don't know/Refused /Web blank
a. Government 8/22	83	54	29	17	*
b. Individuals and families 8/22	98	84	15	2	*
c. Employers 8/22	90	44	46	10	*
d. Churches and other religious organizations 8/22	85	39	46	15	1
e. Schools 8/22	95	64	31	4	*
f. Family doctors or other health care providers 8/22	98	83	15	2	*

Q9. If you or a loved one was having a mental health crisis, would you (INSERT ITEM)? (ROTATE ITEMS A-B)

	Yes	No	Don't know/Refused/ Web blank
a. Know who to call or how to seek help 8/22	72	27	*
b. Know where to find mental health services 8/22	69	30	*

Q8. Have you ever called 9-1-1 or another hotline while you or a loved one was having a mental health, alcohol or drug, or suicide crisis?

	8/22
Yes	20
No	80
Don't know/Refused/Web blank	*

Q9c. If you or a loved one was having a mental health crisis, do you think calling 9-1-1 would do more to (help), do more to (hurt), or have no impact on the situation? (ROTATE TEXT IN PARENTHESIS)

	8/22
Hurt	27
Help	52
No impact	19
Don't know/Refused/Web blank	1

Q9d HELD FOR FUTURE RELEASE

Q6. How much, if anything, have you heard about the new 9-8-8 mental health hotline that will help connect people with mental health services?

	8/22
Have heard at least a little (NET)	44
A lot	7
Some	16
A little	21
Nothing at all	56
Don't know/Refused/Web blank	*

Q7. (IF RESPONDENT HAS NOT HEARD A LOT: As you may have heard,) 9-8-8 is the new three-digit number that helps callers reach services like the National Suicide Prevention Lifeline and other mental health services.

How likely, if at all, would you be to call a 9-8-8 number if you or a loved one were experiencing a mental health crisis? (ROTATE 1-4/4-1)

	8/22
Very/Somewhat likely (NET)	85
Very likely	45
Somewhat likely	40
Not very/Not at all likely (NET)	15
Not very likely	10
Not likely at all	5
Don't know/Refused/Web blank	*

READ/DISPLAY TO ALL: Moving onto another topic...

Q12. How would you describe your own (INSERT ITEM) at this time?

	Excellent/ Very good (NET)	Excellent	Very good	Good	Only fair/Poor (NET)	Only fair	Poor	Don't know/Refused /Web blank
a. Physical health								
8/22	42	11	30	36	22	18	4	*
b. Mental health or emotional well being								
8/22	46	17	29	32	22	17	4	*

Q13. How well, if at all, do you feel you are able to cope with things that are currently affecting your mental health or emotional well-being right now? (ROTATE 1-4/4-1)

Based on those whose mental health or emotional well-being is good, only fair, or poor

	8/22
Very/Somewhat well (NET)	78
Very well	13
Somewhat well	65
Not too/Not at all well	22
Not too well	19
Not at all well	3
Don't know/Refused/Web blank	-
	n=1,058

Q15. Is each of the following a major source of stress, a minor source of stress, or not a source of stress for you? (ROTATE ITEMS A-D)

	A source of stress (NET)	Major source of stress	Minor source of stress	Not a source of stress	Don't know/Refused/Web blank
a. Your personal situation such as relationships with family members and friends					
8/22	65	24	41	35	*
b. Your work					
8/22	56	24	33	41	2
c. Your personal finances					
8/22	76	39	37	24	*
d. Politics and current events					
8/22	73	32	41	27	*

Q18. The next questions are about how you feel about different aspects of your life. For each one, tell me how often you have felt that way in the past 12 months. (SCRAMBLE A-C; ROTATE 1-5/5-1)

	Always/Often (NET)	Always	Often	Sometimes	Rarely/ Never (NET)	Rarely	Never	Don't know/Refused/Web blank
a. Lonely								
8/22	21	7	14	28	51	29	23	*
b. Depressed								
8/22	21	6	15	33	46	29	18	*
c. Anxious								
8/22	33	11	22	34	33	23	10	*

Q23. How comfortable, if at all, do you feel talking to relatives and friends about your mental health? (ROTATE 1-4/4-1)

	8/22
Very/Somewhat comfortable (NET)	64
Very comfortable	26
Somewhat comfortable	38
Not too/Not comfortable at all	35
Not too comfortable	23
Not comfortable at all	12
Don't know/Refused/Web blank	1

Q23a. What is the MAIN reason why you don't feel comfortable talking to your relatives and friends about your mental health? (OPEN-END)

Based on those who are not too or not at all comfortable talking to relatives and friends about their mental health

	8/22
I'm a private person/Don't like sharing feelings	15
Shame/Stigma associated with mental health issues	14
Lack of understanding/Compassion	11
Fear of being judged	11
Don't want to be a burden or cause worry/Should deal with my own problems	8
They are not qualified to help, would not be able to help/Prefer to talk to professional	5
Don't want to admit weakness/Supposed to be strong	4
They don't believe in this/Would not listen	4
Hard to talk about/Don't like talking about it	4
They have their own problems	3
Don't have anyone/Not close enough to others	3
Feel nervous/Anxious/Afraid	2
Worried they would gossip/Tell others	1
Worried about their response	1
Hard to trust people	1
I don't want to sound like I'm complaining/Whining	1
Don't want to be made fun of	1
They're the reason for stress/Mental health issues	*
Other	10
Don't have mental health issues	1
Don't Know/Refused/Web Blank (NET)	2
	<i>n=693</i>

Q22alt-Q22followup HELD FOR FUTURE RELEASE

Q19. In the past 12 months, have you ever been unable to work or engage in other activities due to a mental health condition?

	8/22
Yes	20
No	80
Don't know/Refused/Web blank	*

Q20. Has a doctor or other health professional ever told you that you have a mental health condition such as depression or anxiety?

	8/22
Yes	36
No	64
Don't know/Refused/Web blank	-

COVERAGE. Are you, yourself, now covered by any form of health insurance or health plan or do you not have health insurance at this time? (READ IF NECESSARY: A health plan would include any private insurance plan through your employer or a plan that you purchased yourself, as well as a government program like Medicare or [Medicaid/Medi-CAL])?

	8/22
Covered by health insurance	87
Not covered by health insurance	13
Don't know/Refused/Web blank	*

AGECOV VARIABLE

	8/22
Insured less than 65	84
Uninsured less than 65	16
	n=1,522

COVTYPE. Which of the following is your MAIN source of health insurance coverage? Is it a plan through your employer, a plan through your spouse's employer, a plan you purchased yourself either from an insurance company or a state or federal marketplace, are you covered by Medicare or (Medicaid/[INSERT STATE-SPECIFIC MEDICAID NAME]), or do you get your health insurance from somewhere else? [INTERVIEWER NOTE: IF R SAYS THEY GOT INSURANCE THROUGH HEALTHCARE.GOV, OBAMACARE, OR A STATE HEALTH INSURANCE MARKETPLACE/EXCHANGE, CODE AS 3].

Based on those who are insured

	8/22
Plan through your employer	34
Plan through your spouse's employer	12
Plan you purchased yourself	6
Medicare	23
Medicaid/[state-specific medicaid name]	18
Somewhere else (specify)	4
Plan through your parents/mother/father (Vol.)	4
Don't know/Refused/Web blank	*
	<i>n=1,801</i>

Q24. In the past 12 months have (INSERT ITEM) received mental health services from a doctor, counselor, or other mental health professional?

Item b based on those who are a parent or guardian of a child under the age of 18

	Yes	No	Don't know/ Refused/Web blank	
a. You				
8/22	21	79	-	<i>n=2,004</i>
ITEM B HELD FOR FUTURE RELEASE				

Q25. Did you receive mental health services mostly by phone or online, or mostly in-person?

Based on those who received mental health services in the past 12 months

	8/22
By phone or online only	40
In-person only	39
About an even mix of in-person and online or by phone	22
Don't know/Refused/Web blank	-
	<i>n=450</i>

Q28. Was there a time in the past 12 months when you thought (INSERT ITEM) might need mental health services or medication, but didn't get them?

Item b based on those who are a parent or guardian of a child under the age of 18

	Yes	No	Don't know/Refused/ Web blank	
a. You				
8/22	27	73	*	<i>n=2,004</i>
ITEM B HELD FOR FUTURE RELEASE				

Q29a. What was the main reason you did not get mental health services or medication? (SCRAMBLE CODES 1-6)

Based on those who thought they might have needed mental health services or medication but didn't get them

	8/22
You couldn't afford the cost	20
You were afraid or embarrassed to seek care	20
You were too busy or couldn't get the time off work	20
You couldn't find a provider	13
Your insurance wouldn't cover it	8
You didn't know how to find services	7
You felt better/Dealt with it on your own (Vol.)	3
You didn't think it was urgent or necessary (Vol.)	2
You didn't think it would help (Vol.)	1
You had a long wait for an appointment (Vol.)	1
You were overwhelmed/Found it daunting (Vol.)	*
Or some other reason (Please specify)	6
Don't know/Refused/Web blank	*
	n=531

Q29b HELD FOR FUTURE RELEASE

Q27. Generally speaking, if you needed mental health services, would you prefer to receive them ...?

	8/22
Only in person	44
Only online or via telehealth	10
Have no preference	38
Don't want mental health services	8
Don't know/Refused/Web blank	*

Q27a. Why would you prefer to receive mental health services in-person? [OPEN-END]

Based on those who would prefer mental health services in-person

	8/22
Prefer or are more comfortable in person/One-to-one	17
Feels more personal, more human contact	16
Want to see them/Be face to face/Eye-to-eye	14
Easier to express self/Communicate	13
Better to establish a relationship, connection, and build trust	10
More effective/Provider can better evaluate and diagnose	10
Offers more privacy, confidentiality, and security	5
Can better assess body language and reactions	4
Don't like or trust technology/Telehealth services	4
Easier (unspecified)	2
More likely to stay engaged/Less distracted	2
Better experience/Interaction	1
Dealing with serious issues/Topics	1
More confident that the provider is listening/Paying attention/Focused on you	1
More personalized attention	1
Want to be able to evaluate the provider	1
More meaningful	*
Can leave the house/Go to their office	*
Other	10
Don't know/Refused/Web blank	3
	<i>n=829</i>

Q27b. Why would you prefer to receive mental health services online or via telehealth? [OPEN-END]

Based on those who would prefer mental health services online

	8/22
Convenience (NET)	40
Can do it from home/Don't have to go out/Commute	17
Convenience (unspecified)	15
Saves time/Fits busy schedule	7
Don't drive or have a car/Transportation	2
Have kids/Family to take care of	2
Easier access	2
Less stressful/Would feel less anxiety	14
Online/Telehealth (unspecified)	13
Easier or more comfortable to talk to someone online	10
More privacy	6
Easier (unspecified)	5
Avoid COVID-19 exposure	4
Safer	2
Feel less embarrassed/Judged	2
Other	18
Don't know/Refused/Web blank	1
	<i>n=216</i>

Q33 HELD FOR FUTURE RELEASE

Q37. Do you have any family members who have ever (INSERT ITEM)? (ROTATE ITEMS A-F; ALWAYS ASK G LAST)

	Yes	No	Don't know/Refused/ Web blank
a. Run away from home and lived on the streets because of mental health problems 8/22	14	86	*
b. Experienced homelessness because of mental health problems 8/22	16	84	*
c. Had a severe eating disorder requiring hospitalization or in-person treatment 8/22	8	92	*
d. Received in-person treatment because they were thought to be a threat to themselves or others 8/22	28	72	*
e. Had a drug overdose requiring an ER visit or hospitalization 8/22	21	79	*
f. Engaged in cutting or other self-harming behaviors 8/22	26	73	*
g. Committed suicide 8/22	16	84	*

Q37 Summary Table

	8/22
Yes to any item	51

Q38. How much of an impact, if any, did that family member's mental health issues have on (INSERT ITEM)?

Based on those who answered yes to any Q37 item

	Total impact (NET)	A major impact	A minor impact	No impact	Don't know/Refused/ Web blank	
a. You, including your mental health 8/22	83	46	37	17	-	<i>n=1,019</i>
b. You or your family's financial situation 8/22	57	22	35	43	*	<i>n=1,019</i>
c. Your family's relationship 8/22	77	42	35	22	1	<i>n=1,019</i>

READ TO ALL: Now we have a few questions we will use to describe the people who took part in our survey...

EDUC. What is the highest level of school you have completed or the highest degree you have received? (DO NOT READ LIST) [INTERVIEWER NOTE: Enter code 3-HS graduate if R completed vocational, business, technical, or training courses after high school that did NOT count toward an associate degree from a college, community college or university (e.g., training for a certificate or an apprenticeship)]

	8/22
HS grad or less (NET)	36
Less than high school (Grades 1-8 or no formal schooling)	3
High school incomplete (Grades 9-11 or Grade 12 with no diploma)	6
High school graduate (Grade 12 with diploma or GED certificate)	28
Some college (NET)	28
Some college, no degree (includes some community college)	18
Two-year associate degree from a college or university	10
College grad+ (NET)	36
Four-year college or university degree/Bachelor's degree	18
Some postgraduate or professional schooling, no postgraduate degree	4
Postgraduate or professional degree, including master's, doctorate, medical or law degree	14
Don't know/Refused/Web blank	*

HISPANIC. Are you, yourself, of Hispanic or Latino background, such as Mexican, Puerto Rican, Cuban, or some other Spanish background?

	8/22
Yes	17
No	83
Don't know	*
Refused/Web blank	*

RACE. What is your race? Are you white, Black, Asian or some other race? (IF RESPONDENT SAYS HISPANIC ASK: Do you consider yourself a white Hispanic or a Black Hispanic? CODE AS WHITE (1) OR BLACK (2). IF RESPONDENTS REFUSED TO PICK WHITE OR BLACK HISPANIC, RECORD HISPANIC AS "OTHER," CODE 97)

Race/Hispanic Combo Table

Based on total

	8/22
White, non-Hispanic	63
Black or African-American, non-Hispanic	12
Hispanic	17
Asian, non-Hispanic	6
Other/Mixed race, non-Hispanic	3
Undesignated	1

NATIVITY. Were you born in the United States, on the island of Puerto Rico, or in another country?

Based on Hispanic adults

	8/22
U.S.	50
Puerto Rico	4
Another country	46
Don't know	-
Refused/Web blank	-
	n=299

EMPLOY. What best describes your employment situation today?

	8/22
Employed (NET)	57
Employed full-time	45
Employed part-time	11
Unemployed (NET)	7
Unemployed and currently seeking employment	6
Unemployed and not seeking employment	2
A student	4
Retired	20
On disability and can't work	6
A homemaker or stay at home parent	6
Don't know/Refused/Web blank (NET)	*
Don't know	-
Refused/Web blank	*

PARTYCNN. In politics, as of today, do you consider yourself a Republican, a Democrat, or an independent?

	8/22
Republican	29
Democrat	33
Independent	31
Other party	5
Don't know/Undecided/Refused	3
Web blank	*

PARTYCNN2. As of today, do you lean more to the Democratic Party or the Republican Party?

	8/22
Democratic	27
Republican	29
Neither/Other	38
Don't know/Undecided/Refused/Web blank	5
	n=752

PARTLEANCNN

	8/22
Republican	40
Independent	17
Democrat	43
Undesignated	-

IDEOLOGY. Would you say your views in most political matters are liberal, moderate, or conservative?

	8/22
Liberal	25
Moderate	40
Conservative	32
Don't know/Refused/Web blank	3

LGBT. Do you consider yourself to be gay, lesbian, bisexual, or transgender?

	8/22
Yes	9
No	90
Don't know	-
Refused/Web blank	*

Q39. Do you or does anyone in your house own a gun?

	8/22
Yes (NET)	36
Yes, me	17
Yes, another household member	11
Yes, me and another household member	8
No	63
Don't know/Refused/Web blank	1

CARE. Today, what kind of place, if any, do you usually go to when you are sick or when you need advice about your health? Is it:

	8/22
A private doctor's office	60
A neighborhood clinic or health center	18
A retail clinic at a place like CVS or Walgreens	2
A hospital emergency room	7
VA/Veterans' hospital/Military clinic (Vol.)	1
Urgent care (Vol.)	1
Hospital (Vol.)	*
Telehealth/online (Vol.)	*
University clinic/health center (Vol.)	*
Indian Health Service (IHS)/Native American clinic (Vol.)	-
Some other type of place	1
Do not have a usual source of care	9
Don't know	*
Refused/Web blank	-

CARE2. Do you have a health care provider that you trust to answer questions about your child's mental health, or not?

Based on those who are a parent or guardian of a child under the age of 18

	8/22
Yes	69
No	30
Don't know/Refused/Web blank	*
	<i>n=509</i>

CARE3. Do you have a health care provider that you trust to answer questions about your own mental health, or not?

	8/22
Yes	66
No	34
Don't know/Refused/Web blank	*

HHADULTS. How many adults, age 18 and over, currently live in your household including yourself?

	8/22
1	21
2	48
3	18
4	9
5	2
6 or greater	2
Don't know/Refused/Web blank	*

INCOME. Last year – that is, in 2021– what was your total family income from all sources, before taxes? Just stop me when I get to the right category. (READ LIST)

	8/22
Less than \$20,000	13
\$20,000 to less than \$30,000	10
\$30,000 to less than \$40,000	10
\$40,000 to less than \$50,000	9
\$50,000 to less than \$75,000	17
\$75,000 to less than \$90,000	10
\$90,000 to less than \$100,000	5
\$100,000 or more	21
Don't know/Refused/Web blank	5



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This publication is available at kff.org.

Filling the need for trusted information on national health issues, KFF (Kaiser Family Foundation) is a nonprofit organization based in San Francisco, California.