



TOPLINE & METHODOLOGY

National Alliance on Mental Illness (NAMI) Parent Survey conducted by Ipsos

Conducted by Ipsos using KnowledgePanel®
A survey of U.S. Adults (ages 18+) who are parents to children 0-17 years old

Interview dates: November 9-17, 2021
Number of interviews: 1,010

Margin of error: +/-3.5 percentage points at the 95% confidence level

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

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

Annotated Questionnaire:

1. About how often would you say you think about the following? Your best guess is fine.

Your own mental health	Total
Often	25%
Sometimes	39%
Rarely	27%
Never	9%
Skipped	*
<i>Often/Sometimes (net)</i>	63%
<i>Rarely/Never (net)</i>	36%

Your child(ren)'s mental health	Total
Often	38%
Sometimes	39%
Rarely	16%
Never	6%
Skipped	*
<i>Often/Sometimes (net)</i>	77%
<i>Rarely/Never (net)</i>	23%

2. How would you rate each of the following right now?

Your own mental health	Total
Excellent	22%
Good	51%
Fair	23%
Poor	4%
Skipped	*
<i>Excellent/Good (net)</i>	73%
<i>Fair/Poor (net)</i>	27%

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2. How would you rate each of the following right now?

Your child(ren)'s mental health	Total
Excellent	35%
Good	54%
Fair	9%
Poor	2%
Skipped	*
<i>Excellent/Good (net)</i>	89%
<i>Fair/Poor (net)</i>	11%

3. How concerned are you, if at all, about the following?

Your own mental health	Total
Very concerned	9%
Somewhat concerned	28%
Not very concerned	42%
Not at all concerned	21%
Skipped	*
<i>Very/Somewhat concerned (net)</i>	37%
<i>Not very/Not at all concerned (net)</i>	63%

Your child(ren)'s mental health	Total
Very concerned	13%
Somewhat concerned	31%
Not very concerned	38%
Not at all concerned	18%
Skipped	*
<i>Very/Somewhat concerned (net)</i>	44%
<i>Not very/Not at all concerned (net)</i>	56%

4. Consider the time before the COVID-19 pandemic (prior to March 2020) and now. Would you say you **do** the following things more frequently, less frequently, or about the same now compared to before the pandemic?

Total more than before the pandemic summary	Total
Exercise	19%
Make time for yourself to do something you enjoy	18%
Eat healthy meals	17%
Spend time with family and friends	15%
Get a full night of sleep	14%
Drink alcohol	11%
Take recreational drugs	5%

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4. Consider the time before the COVID-19 pandemic (prior to March 2020) and now. Would you say you **do** the following things more frequently, less frequently, or about the same now compared to before the pandemic?

Exercise	Total
More than before the pandemic	19%
Less than before the pandemic	29%
About the same	52%
Skipped	1%

Eat healthy meals	Total
More than before the pandemic	17%
Less than before the pandemic	17%
About the same	65%
Skipped	*

Get a full night of sleep	Total
More than before the pandemic	14%
Less than before the pandemic	22%
About the same	64%
Skipped	1%

Make time for yourself to do something you enjoy	Total
More than before the pandemic	18%
Less than before the pandemic	31%
About the same	51%
Skipped	*

Drink alcohol	Total
More than before the pandemic	11%
Less than before the pandemic	18%
About the same	67%
Skipped	4%

Take recreational drugs	Total
More than before the pandemic	5%
Less than before the pandemic	14%
About the same	71%
Skipped	11%

Spend time with family and friends	Total
More than before the pandemic	15%
Less than before the pandemic	40%
About the same	45%
Skipped	*

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5. Consider the time before the COVID-19 pandemic (prior to March 2020) and now. Would you say you **feel** the following things more frequently, less frequently, or about the same now compared to before the pandemic?

Total more than before the pandemic summary	Total
Stressed	36%
Anxious	32%
Irritated	30%
Less interested in social activities	25%
Sad	20%
Unable to concentrate	18%
Out of control	11%

Irritated	Total
More than before the pandemic	30%
Less than before the pandemic	12%
About the same	56%
Skipped	2%

Stressed	Total
More than before the pandemic	36%
Less than before the pandemic	11%
About the same	51%
Skipped	1%

Sad	Total
More than before the pandemic	20%
Less than before the pandemic	12%
About the same	65%
Skipped	2%

Anxious	Total
More than before the pandemic	32%
Less than before the pandemic	10%
About the same	56%
Skipped	2%

Less interested in social activities	Total
More than before the pandemic	25%
Less than before the pandemic	14%
About the same	58%
Skipped	2%

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5. Consider the time before the COVID-19 pandemic (prior to March 2020) and now. Would you say you **feel** the following things more frequently, less frequently, or about the same now compared to before the pandemic?

Unable to concentrate	Total
More than before the pandemic	18%
Less than before the pandemic	10%
About the same	69%
Skipped	3%

Out of control	Total
More than before the pandemic	11%
Less than before the pandemic	15%
About the same	70%
Skipped	4%

6. Consider the time before the COVID-19 pandemic (prior to March 2020) and now. Would you say your child(ren) **does** the following things more frequently, less frequently, or about the same now compared to before the pandemic?

Total more than before the pandemic summary	Total
Spends time on screens	41%
Exercise or play outside	15%
Performs well at school <i>[Base: Child is in school]</i>	12%
Gets enough sleep	10%
Participates in social activities	10%
Eats a well-balanced diet	8%

Exercise or play outside	Total
More than before the pandemic	15%
Less than before the pandemic	25%
About the same	59%
Skipped	1%

Spends time on screens	Total
More than before the pandemic	41%
Less than before the pandemic	8%
About the same	50%
Skipped	1%

Eats a well-balanced diet	Total
More than before the pandemic	8%
Less than before the pandemic	16%
About the same	75%
Skipped	1%

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6. Consider the time before the COVID-19 pandemic (prior to March 2020) and now. Would you say your child **feels** the following things more frequently, less frequently, or about the same now compared to before the pandemic?

Gets enough sleep	Total
More than before the pandemic	10%
Less than before the pandemic	16%
About the same	74%
Skipped	1%

Participates in social activities	Total
More than before the pandemic	10%
Less than before the pandemic	37%
About the same	52%
Skipped	1%

Performs well at school <i>[Only shown to respondents who have a child in school]</i>	Total (N=784)
More than before the pandemic	12%
Less than before the pandemic	16%
About the same	71%
Skipped	1%

7. Consider the time before the COVID-19 pandemic (prior to March 2020) and now. Would you say your child **feels** the following things more frequently, less frequently, or about the same now compared to before the pandemic?

Total more than before the pandemic summary	Total
Stressed	20%
Anxious	20%
Irritated	19%
Sad	14%
Unable to concentrate	13%
Less interested in social activities	12%
Out of control	10%

Irritated	Total
More than before the pandemic	19%
Less than before the pandemic	9%
About the same	69%
Skipped	3%

Stressed	Total
More than before the pandemic	20%
Less than before the pandemic	9%
About the same	68%
Skipped	3%

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7. Consider the time before the COVID-19 pandemic (prior to March 2020) and now. Would you say your child **feels** the following things more frequently, less frequently, or about the same now compared to before the pandemic?

Sad	Total
More than before the pandemic	14%
Less than before the pandemic	10%
About the same	73%
Skipped	3%

Anxious	Total
More than before the pandemic	20%
Less than before the pandemic	9%
About the same	68%
Skipped	3%

Less interested in social activities	Total
More than before the pandemic	12%
Less than before the pandemic	13%
About the same	72%
Skipped	3%

Unable to concentrate	Total
More than before the pandemic	13%
Less than before the pandemic	10%
About the same	74%
Skipped	3%

Out of control	Total
More than before the pandemic	10%
Less than before the pandemic	11%
About the same	76%
Skipped	4%

8. Again, consider the time before the COVID-19 pandemic (prior to March 2020) and now. Would you say you think about the following things more frequently, less frequently, or about the same now compared to before the pandemic?

Your own mental health	Total
More than before the pandemic	27%
Less than before the pandemic	7%
About the same	65%
Skipped	1%

Your child(ren)'s mental health	Total
More than before the pandemic	35%
Less than before the pandemic	6%
About the same	58%
Skipped	1%

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9. Please indicate how much you agree or disagree with the following statements.

Total Agree Summary	Total
I feel less stressed now that my child(ren) has returned to in-person learning <i>[Base: Respondents with children in in-person learning or in a mixture of both in-person learning and remote/online learning]</i>	59%
I am worried about my child(ren) getting sick from COVID-19	59%
Remote learning was/is really hard on me as a parent <i>[Base: Respondents with children in remote/online learning]</i>	53%
I am stressed because I am afraid my child(ren) has fallen behind academically <i>[Base: Respondents with children in school]</i>	39%

I feel less stressed now that my child(ren) has returned to in-person learning <i>[Base: Respondents with children in in-person learning or in a mixture of both in-person learning and remote/online learning]</i>	Total (N=763)
Strongly agree	19%
Somewhat agree	40%
Somewhat disagree	21%
Strongly disagree	15%
Skipped	4%
<i>Agree (net)</i>	59%
<i>Disagree (net)</i>	36%

I am worried about my child(ren) getting sick from COVID-19	Total
Strongly agree	22%
Somewhat agree	37%
Somewhat disagree	20%
Strongly disagree	21%
Skipped	1%
<i>Agree (net)</i>	59%
<i>Disagree (net)</i>	41%

Remote learning was/is really hard on me as a parent <i>[Base: Respondents with children in remote/online learning]</i>	Total (N=202)
Strongly agree	26%
Somewhat agree	27%
Somewhat disagree	21%
Strongly disagree	26%
Skipped	-
<i>Agree (net)</i>	53%
<i>Disagree (net)</i>	47%

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9. Please indicate how much you agree or disagree with the following statements.

I am stressed because I am afraid my child(ren) has fallen behind academically [Base: Respondents with children in school]	Total (N=784)
Strongly agree	11%
Somewhat agree	27%
Somewhat disagree	25%
Strongly disagree	36%
Skipped	1%
<i>Agree (net)</i>	39%
<i>Disagree (net)</i>	61%

10. Please indicate how much you agree or disagree with the following statements.

Total Agree Summary	Total
My child(ren) was excited to go back to school [Base: Respondents with children in in-person learning or in a mixture of both in-person learning and remote/online learning]	84%
My child(ren) has shown a lot of resilience during the pandemic	84%
Schools should allow students to take days off to support and/or treat their mental health	70%
My child(ren) struggled being away from their friends for so long [Base: Respondents with children ages 3 and up]	58%
Remote learning was/is really hard on my child(ren) [Base: Respondents with children currently or at the end of last school year (Spring 2021) in remote/online learning]	51%
My child(ren) experienced fear/anxiety that they would become very sick from COVID-19 [Base: Respondents with children ages 3 and up]	31%
My child(ren) struggled with the transition back to in-person learning/childcare [Base: Respondents with children in school or childcare]	24%
My child(ren) is suffering from stress because they have fallen behind in school [Base: Respondents with children in school]	23%

Remote learning was/is really hard on my child(ren) [Base: Respondents with children currently or at the end of last school year (Spring 2021) in remote/online learning]	Total (N=202)
Strongly agree	21%
Somewhat agree	30%
Somewhat disagree	27%
Strongly disagree	22%
Skipped	-
<i>Agree (net)</i>	51%
<i>Disagree (net)</i>	49%

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10. Please indicate how much you agree or disagree with the following statements.

My child(ren) is suffering from stress because they have fallen behind in school [<i>Base: Respondents with children in school</i>]	Total (N=784)
Strongly agree	6%
Somewhat agree	18%
Somewhat disagree	26%
Strongly disagree	50%
Skipped	1%
<i>Agree (net)</i>	23%
<i>Disagree (net)</i>	76%

My child(ren) experienced fear/anxiety that they would become very sick from COVID-19 [<i>Base: Respondents with children ages 3 and up</i>]	Total (N=950)
Strongly agree	7%
Somewhat agree	24%
Somewhat disagree	23%
Strongly disagree	45%
Skipped	1%
<i>Agree (net)</i>	31%
<i>Disagree (net)</i>	68%

My child(ren) struggled being away from their friends for so long [<i>Base: Respondents with children ages 3 and up</i>]	Total (N=950)
Strongly agree	19%
Somewhat agree	40%
Somewhat disagree	23%
Strongly disagree	18%
Skipped	1%
<i>Agree (net)</i>	58%
<i>Disagree (net)</i>	41%

My child(ren) struggled with the transition back to in-person learning/childcare [<i>Base: Respondents with children in school or childcare</i>]	Total (N=855)
Strongly agree	5%
Somewhat agree	18%
Somewhat disagree	26%
Strongly disagree	50%
Skipped	1%
<i>Agree (net)</i>	24%
<i>Disagree (net)</i>	76%

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10. Please indicate how much you agree or disagree with the following statements.

My child(ren) was excited to go back to school <i>[Base: Respondents with children in in-person learning or in a mixture of both in-person learning and remote/online learning]</i>	Total (N=763)
Strongly agree	53%
Somewhat agree	31%
Somewhat disagree	7%
Strongly disagree	5%
Skipped	4%
<i>Agree (net)</i>	84%
<i>Disagree (net)</i>	12%

My child(ren) has shown a lot of resilience during the pandemic	Total
Strongly agree	48%
Somewhat agree	36%
Somewhat disagree	9%
Strongly disagree	5%
Skipped	2%
<i>Agree (net)</i>	84%
<i>Disagree (net)</i>	14%

Schools should allow students to take days off to support and/or treat their mental health	Total
Strongly agree	26%
Somewhat agree	44%
Somewhat disagree	20%
Strongly disagree	10%
Skipped	1%
<i>Agree (net)</i>	70%
<i>Disagree (net)</i>	29%

11. How confident are you, if at all, that you could recognize the signs of a mental health condition in yourself or your child(ren)?

	Total
Very confident	33%
Somewhat confident	55%
Not very confident	10%
Not at all confident	1%
Skipped	1%
<i>Very/Somewhat Confident (net)</i>	88%
<i>Not very/Not at all confident (net)</i>	11%

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12. Please indicate how much you agree or disagree with the following statements.

Total Agree Summary	Total
My child(ren)'s mental health matters more than their academic achievement [Base: Respondents with children in school]	89%
Mental health education should be taught in school	87%
I know where to find information/resources to support my own mental health	85%
I know where to find information/resources to support my child(ren)'s own mental health	84%
My child(ren)'s school has been supportive of my child(ren)'s overall mental health [Base: Respondents with children in school]	83%
I want to know more about the signs of mental illness in children	74%

I know where to find information/resources to support my own mental health	Total
Strongly agree	38%
Somewhat agree	48%
Somewhat disagree	12%
Strongly disagree	2%
Skipped	1%
<i>Agree (net)</i>	85%
<i>Disagree (net)</i>	14%

I know where to find information/resources to support my child(ren)'s mental health	Total
Strongly agree	34%
Somewhat agree	50%
Somewhat disagree	13%
Strongly disagree	2%
Skipped	1%
<i>Agree (net)</i>	84%
<i>Disagree (net)</i>	16%

I want to know more about the signs of mental illness in children	Total
Strongly agree	24%
Somewhat agree	50%
Somewhat disagree	19%
Strongly disagree	6%
Skipped	1%
<i>Agree (net)</i>	74%
<i>Disagree (net)</i>	25%

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12. Please indicate how much you agree or disagree with the following statements.

My child(ren)'s school has been supportive of my child(ren)'s overall mental health [<i>Base: Respondents with children in school</i>]	Total (N=784)
Strongly agree	25%
Somewhat agree	58%
Somewhat disagree	12%
Strongly disagree	5%
Skipped	1%
<i>Agree (net)</i>	83%
<i>Disagree (net)</i>	16%

My child(ren)'s mental health matters more than their academic achievement [<i>Base: Respondents with children in school</i>]	Total (N=784)
Strongly agree	48%
Somewhat agree	41%
Somewhat disagree	9%
Strongly disagree	1%
Skipped	1%
<i>Agree (net)</i>	89%
<i>Disagree (net)</i>	11%

Mental health education should be taught in school	Total
Strongly agree	44%
Somewhat agree	43%
Somewhat disagree	9%
Strongly disagree	3%
Skipped	1%
<i>Agree (net)</i>	87%
<i>Disagree (net)</i>	12%

13. Where would you be most likely to turn to for help if you thought your child(ren) needed extra support for their mental health?

[Open-ended verbatim responses provided separately]



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14. Below is a list of places/ is a list of places/people/organizations where some people may go to find information about mental health. Please indicate if you have ever gone to any of the below looking for information concerning your child(ren)'s mental health or your own mental health.

Total Yes Summary (Yes, for myself + Yes, for my child(ren))	Total
Primary care doctor	56%
Mental health professional (psychologist, counselor, or psychiatrist, etc.)	53%
Friends and family	49%
Websites dedicated to health in general	37%
A teacher or administrator <i>[Respondent can only select "Yes, for my child(ren)" or "No"]</i>	25%
A spiritual leader	21%
Non-profit organizations dedicated to mental health	17%
Online therapy services (e.g. Talkspace, BetterHelp)	16%
Blogs	10%
Social media	9%

Non-profit organizations dedicated to mental health	Total
Yes, for myself	13%
Yes, for my child(ren)	14%
No	79%
Skipped	4%

Mental health professional (psychologist, counselor, or psychiatrist, etc.)	Total
Yes, for myself	40%
Yes, for my child(ren)	39%
No	45%
Skipped	3%

Primary care doctor	Total
Yes, for myself	39%
Yes, for my child(ren)	46%
No	42%
Skipped	2%

Social media	Total
Yes, for myself	7%
Yes, for my child(ren)	6%
No	87%
Skipped	4%



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14. Below is a list of places/ is a list of places/people/organizations where some people may go to find information about mental health. Please indicate if you have ever gone to any of the below looking for information concerning your child(ren)'s mental health or your own mental health.

Online therapy services (e.g. Talkspace, BetterHelp)	Total
Yes, for myself	13%
Yes, for my child(ren)	11%
No	80%
Skipped	4%

Blogs	Total
Yes, for myself	8%
Yes, for my child(ren)	6%
No	85%
Skipped	5%

Websites dedicated to health in general	Total
Yes, for myself	31%
Yes, for my child(ren)	26%
No	60%
Skipped	3%

A spiritual leader	Total
Yes, for myself	19%
Yes, for my child(ren)	13%
No	75%
Skipped	4%

Friends and family	Total
Yes, for myself	39%
Yes, for my child(ren)	38%
No	48%
Skipped	3%

A teacher or administrator <i>[Respondent can only select "Yes, for my child(ren)" or "No"]</i>	Total
Yes, for myself	NA
Yes, for my child(ren)	25%
No	70%
Skipped	5%

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15. How would you rate the quality of the information you found concerning your child(ren)'s mental health?

Base: Respondent used resource to find information concerning their child(ren)'s mental health	Total (N=691)
Excellent	19%
Good	59%
Fair	19%
Poor	3%
Skipped	*
<i>Excellent/Good (net)</i>	78%
<i>Fair/Poor (net)</i>	21%

16. How would you rate the quality of information you found concerning your own mental health?

Base: Respondent used resource to find information concerning their <u>own</u> mental health	Total (N=691)
Excellent	21%
Good	56%
Fair	21%
Poor	2%
Skipped	*
<i>Excellent/Good (net)</i>	77%
<i>Fair/Poor (net)</i>	22%

17. Since the COVID-19 pandemic began, have you sought treatment or specific support for your child(ren)'s or your own mental health? Select all that apply.

	Total
Yes, for myself	14%
Yes, for my child	16%
No	74%
Skipped	1%



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18. Which of the following reasons describes why you have not sought help for mental health for you or your child(ren)? Select all that apply.

Base: Have not sought treatment or specific support for child(ren)'s or own mental health since the COVID-19 pandemic began	Total (N=735)
We have not needed it	81%
Cost of services	8%
I don't have enough time	7%
Not sure where I should go for services	6%
It's not the right time for me	4%
I don't think the services could help me/my child(ren)	3%
My child(ren) refuses to get help	2%
My community does not have these services	1%
Transportation problems	1%
I am worried what friends or family may think	1%
Skipped	1%



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About the Study

This poll was conducted November 9-17, 2021, by Ipsos on behalf of the National Alliance on Mental Illness (NAMI) using the KnowledgePanel®. This poll is based on a representative sample of 1,010 U.S. Adults (ages 18 and over), who are parents to children 0-17 years old.

The study was conducted in English. The data were weighted to adjust for gender by age, race/ethnicity, education, census region, metropolitan status, and household income. The demographic benchmarks came from the 2021 March Supplement of the Current Population Survey (CPS). The weighting categories were as follows:

- Gender (Male, Female) by Age (18–34, 35-39, 40-44, 45-49 and 50+)
- Race/Hispanic Ethnicity (White Non-Hispanic, Black Non-Hispanic, Other Non-Hispanic Hispanic, 2+ races Non-Hispanic)
- Education (Less than High School graduate, High School graduate, Some College, Bachelor and beyond)
- Census Region (Northeast, Midwest, South, West)
- Metropolitan Status (Metro, Non-Metro)
- Household Income (Less than \$25,000, \$25,000-\$49,999, \$50,000-\$74,999, \$75,000-\$99,999, \$100,000-\$149,000, \$150,000 and above)

The margin of sampling error is plus or minus 3.5 percentage points at the 95% confidence level, for results based on the entire sample of adults. The margin of error takes into account the design effect, which was 1.29. In our reporting of the findings, percentage points are rounded off to the nearest whole number. As a result, percentages in a given table column may total slightly higher or lower than 100%. In questions that permit multiple responses, columns may total substantially more than 100%, depending on the number of different responses offered by each respondent.



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About Ipsos

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

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

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