

## Topline questionnaire: Parents survey

**2024 PEW RESEARCH CENTER'S TEENS SURVEY  
SEPTEMBER 18 - OCTOBER 10, 2024  
PARENTS OF TEENS AGES 13-17  
TOTAL N=1,391**

**THE QUESTIONS PRESENTED BELOW ARE PART OF A LARGER SURVEY CONDUCTED ON THE IPSOS KNOWLEDGE PANEL. OTHER QUESTIONS ON THIS SURVEY HAVE BEEN PREVIOUSLY RELEASED OR ARE BEING HELD FOR FUTURE RELEASE.**

**NOTE: ALL NUMBERS ARE PERCENTAGES UNLESS OTHERWISE NOTED. THE PERCENTAGES LESS THAN 0.5% ARE REPLACED BY AN ASTERISK (\*). ROWS/COLUMNS MAY NOT TOTAL 100% DUE TO ROUNDING.**

**PN = Programming note**

|                                  | <b>Sample size</b> | <b>Margin of error at 95% confidence level</b> |
|----------------------------------|--------------------|--|
| U.S. parents of teens ages 13-17 | 1,391              | +/- 3.2 percentage points                      |

**ASK ALL:**

PTMHCONC

How concerned are you about the mental health of teens these days?

[ **PN: ROTATE RESPONSES 1-5 OR 5-1 FOR HALF** ]

Sep 18-Oct 10, 2024

|    |                      |
|----|----------------------|
| 19 | Extremely concerned  |
| 36 | Very concerned       |
| 34 | Somewhat concerned   |
| 7  | Not too concerned    |
| 3  | Not at all concerned |
| *  | No answer            |

**ASK THOSE WHO SAID AT LEAST SOMEWHAT CONCERNED (PTMHCONC=1-3) [N=1,254]:**

PTMHREAS

In a couple of words, what is the ONE THING you think most negatively impacts the mental health of teens these days? [ **PN: SHORT OPEN-END** ]

Sep 26-Oct 23, 2023

|    |                             |
|----|-----------------------------|
| 44 | Social media                |
| 14 | Technology generally, other |
| 9  | Bullying                    |
| 8  | Pressures and expectations  |
| 5  | The state of society        |
| 3  | Mental health               |
| 3  | Family life                 |
| 2  | Violence                    |
| 1  | Alcohol, smoking, drugs     |
| 8  | Other                       |
| 3  | No answer                   |

**ASK ALL:**  
PTTALKMH

How comfortable would you be talking to your teen about their mental health?  
**[ PN: ROTATE RESPONSES 1-5 OR 5-1 TO MATCH PTMHCONC ]**

Sep 18-Oct 10, 2024

|    |                        |
|----|------------------------|
| 40 | Extremely comfortable  |
| 40 | Very comfortable       |
| 18 | Somewhat comfortable   |
| 2  | Not too comfortable    |
| *  | Not at all comfortable |
| *  | No answer              |

## Topline questionnaire: Teens survey

**2024 PEW RESEARCH CENTER'S TEENS SURVEY  
SEPTEMBER 18 - OCTOBER 10, 2024  
TEENS AGES 13-17  
TOTAL N=1,391**

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**NOTE: ALL NUMBERS ARE PERCENTAGES UNLESS OTHERWISE NOTED. THE PERCENTAGES LESS THAN 0.5% ARE REPLACED BY AN ASTERISK (\*). ROWS/COLUMNS MAY NOT TOTAL 100% DUE TO ROUNDING.**

**PN = Programming note**

|                       |                    |  |
|-----------------------|--------------------|--|
|                       | <b>Sample size</b> | <b>Margin of error at 95%<br/>confidence level</b> |
| U.S. teens ages 13-17 | 1,391              | +/- 3.3 percentage points                          |

**ASK ALL:**  
TTALKMH

If you wanted to, how comfortable would you be talking about your mental health with each of the following? [ **PN: RANDOMIZE ITEMS BUT ITEM E CAN NEVER COME BEFORE ITEM B; ROTATE RESPONSE OPTIONS 1-5 OR 5-1 TO MATCH GOALS\_V2**]

|    |   | <u>Extremely<br/>comfortable</u> | <u>Very<br/>comfortable</u> | <u>Somewhat<br/>comfortable</u> | <u>Not too<br/>comfortable</u> | <u>Not at all<br/>comfortable</u> | <u>No<br/>answer</u> |
|----|---|----------------------------------|-----------------------------|---------------------------------|--------------------------------|-----------------------------------|----------------------|
| a. | A friend                                      |                                  |                             |                                 |                                |                                   |                      |
|    | Sep 18-Oct<br>10, 2024                        | 14                               | 34                          | 37                              | 12                             | 3                                 | *                    |
| b. | A parent                                      |                                  |                             |                                 |                                |                                   |                      |
|    | Sep 18-Oct<br>10, 2024                        | 20                               | 32                          | 31                              | 12                             | 4                                 | *                    |
| c. | A mental health<br>therapist                  |                                  |                             |                                 |                                |                                   |                      |
|    | Sep 18-Oct<br>10, 2024                        | 10                               | 20                          | 38                              | 22                             | 9                                 | *                    |
| d. | A teacher                                     |                                  |                             |                                 |                                |                                   |                      |
|    | Sep 18-Oct<br>10, 2024                        | 3                                | 9                           | 34                              | 35                             | 19                                | *                    |
| e. | A family member<br>other than your<br>parents |                                  |                             |                                 |                                |                                   |                      |
|    | Sep 18-Oct<br>10, 2024                        | 6                                | 20                          | 41                              | 23                             | 10                                | *                    |

**ASK ALL:**  
TMHCONC

How concerned are you about the mental health of teens these days?  
**[ PN: ROTATE RESPONSE OPTIONS 1-5 OR 5-1 TO MATCH GOALS\_V2 ]**

Sep 18-Oct 10, 2024

|    |                      |
|----|----------------------|
| 9  | Extremely concerned  |
| 26 | Very concerned       |
| 42 | Somewhat concerned   |
| 18 | Not too concerned    |
| 5  | Not at all concerned |
| *  | No answer            |

**ASK THOSE WHO SAID AT LEAST SOMEWHAT CONCERNED (TMHCONC=1-3) [N=1,059]:**

TMHREAS

In a couple of words, what is the ONE THING you think most negatively impacts the mental health of teens these days? **[ PN: SHORT OPEN-END ]**

Sep 18-Oct 10, 2024

|    |                             |
|----|-----------------------------|
| 22 | Social media                |
| 17 | Bullying                    |
| 16 | Pressures and expectations  |
| 8  | Technology generally, other |
| 5  | School                      |
| 4  | The state of society        |
| 3  | Family life                 |
| 2  | Alcohol, smoking, drugs     |
| 2  | Violence                    |
| 2  | Mental health               |
| 12 | Other                       |
| 7  | No answer                   |

**ASK ALL:**  
SMTIME

Overall, would you say the amount of time you spend on social media is...  
**[ PN: DISPLAY RESPONSE OPTIONS 1-2 FOR HALF OF SAMPLE AND 2-1 FOR HALF OF SAMPLE, WITH 3 ALWAYS LAST ]**

Sep 18-Oct 10, 2024

|    |             |
|----|-------------|
| 45 | Too much    |
| 6  | Too little  |
| 49 | About right |
| *  | No answer   |

Sep 26-Oct 23, 2023

|    |
|----|
| 27 |
| 8  |
| 64 |
| 1  |

Apr 14-May 4, 2022

|    |
|----|
| 36 |
| 8  |
| 55 |
| *  |

**ASK ALL:**

TCUTBACK

Have you ever chosen to cut back on the amount of time you spend on the following? [ **PN: RANDOMIZE ITEMS** ]

|                     | <u>Yes, I have done this</u> | <u>No, I have not done this</u> | <u>No answer</u> |
|---------------------|------------------------------|---------------------------------|------------------|
| a. Your smartphone  |                              |                                 |                  |
| Sep 18-Oct 10, 2024 | 44                           | 55                              | 1                |
| Sep 26-Oct 23, 2023 | 36                           | 63                              | 1                |
| b. Social media     |                              |                                 |                  |
| Sep 18-Oct 10, 2024 | 44                           | 55                              | 1                |
| Sep 26-Oct 23, 2023 | 39                           | 60                              | 1                |

**NO ITEM c****ASK ALL:**

SOC1

Overall, what effect would you say social media has had on people your age?

| <u>Sep 18-Oct 10, 2024</u> |                               | <u>Apr 14-May 4, 2022</u> |
|----------------------------|-------------------------------|---------------------------|
| 11                         | Mostly positive               | 24                        |
| 48                         | Mostly negative               | 32                        |
| 41                         | Neither positive nor negative | 45                        |
| *                          | No answer                     | 0                         |

**ASK ALL:**

SOC1b

Overall, what effect would you say social media has had on YOU, PERSONALLY?

| <u>Sep 18-Oct 10, 2024</u> |                               | <u>Apr 14-May 4, 2022</u> |
|----------------------------|-------------------------------|---------------------------|
| 28                         | Mostly positive               | 32                        |
| 14                         | Mostly negative               | 9                         |
| 58                         | Neither positive nor negative | 59                        |
| *                          | No answer                     | *                         |

## [ PN: RANDOMIZE ORDER OF SOC2POS AND SOC2NEG ]

**ASK ALL:**

SOC2POS

In general, does what you see on social media make you feel...

## [ PN: RANDOMIZE ITEMS ]

| <b>NO ITEM a</b>  | <u>Yes, a lot</u> | <u>Yes, a little</u> | <u>No</u> | <u>No answer</u> |
|---|-------------------|----------------------|-----------|------------------|
| b. Like you have a place where you can show your creative side  |                   |                      |           |                  |
| Sep 18-Oct 10, 2024   | 22                | 41                   | 36        | 1                |
| Apr 14-May 4, 2022  | 29                | 42                   | 29        | *                |
| c. More connected to what's going on in your friends' lives     |                   |                      |           |                  |
| Sep 18-Oct 10, 2024   | 28                | 45                   | 26        | 1                |
| Apr 14-May 4, 2022  | 33                | 47                   | 20        | *                |
| d. Like you have people who can support you through tough times |                   |                      |           |                  |
| Sep 18-Oct 10, 2024   | 15                | 36                   | 48        | 1                |
| Apr 14-May 4, 2022  | 22                | 45                   | 33        | *                |
| e. More accepted  |                   |                      |           |                  |
| Sep 18-Oct 10, 2024   | 14                | 38                   | 47        | 1                |
| Apr 14-May 4, 2022  | 15                | 42                   | 42        | *                |

**ASK ALL:**  
SOC2NEG

In general, does what you see on social media make you feel...  
[ PN: RANDOMIZE ITEMS ]

|   | <u>Yes, a lot</u> | <u>Yes, a little</u> | <u>No</u> | <u>No answer</u> |
|---|-------------------|----------------------|-----------|------------------|
| a. Worse about your life  |                   |                      |           |                  |
| Sep 18-Oct 10, 2024   | 6                 | 21                   | 72        | 1                |
| Apr 14-May 4, 2022  | 5                 | 19                   | 77        | *                |
| b. Overwhelmed because of all the drama                             |                   |                      |           |                  |
| Sep 18-Oct 10, 2024   | 9                 | 30                   | 60        | 1                |
| Apr 14-May 4, 2022  | 8                 | 31                   | 61        | *                |
| c. Pressure to post content that will get lots of comments or likes |                   |                      |           |                  |
| Sep 18-Oct 10, 2024   | 7                 | 24                   | 68        | 1                |
| Apr 14-May 4, 2022  | 7                 | 23                   | 71        | *                |

**NO ITEM d**

|  |   |    |    |   |
|--|---|----|----|---|
| e. Like your friends are leaving you out of things |   |    |    |   |
| Sep 18-Oct 10, 2024                                | 6 | 25 | 68 | 1 |
| Apr 14-May 4, 2022                                 | 6 | 25 | 69 | * |

**ASK IF SOCIAL MEDIA USER (TSNSUSE=1) [N=1,116]:**

SMEFFECT

Do you think using social media has helped or hurt...

[ PN: RANDOMIZE ITEMS; ROTATE RESPONSES 1-5 OR 5-1 FOR HALF ]

|                           | <u>Helped a lot</u> | <u>Helped a little</u> | <u>Neither helped nor hurt</u> | <u>Hurt a little</u> | <u>Hurt a lot</u> | <u>No answer</u> |
|---------------------------|---------------------|------------------------|--------------------------------|----------------------|-------------------|------------------|
| a. Your friendships       |                     |                        |                                |                      |                   |                  |
| Sep 18-Oct 10, 2024       | 11                  | 26                     | 53                             | 7                    | 1                 | 1                |
| b. Your grades            |                     |                        |                                |                      |                   |                  |
| Sep 18-Oct 10, 2024       | 3                   | 7                      | 63                             | 22                   | 4                 | *                |
| c. Your mental health     |                     |                        |                                |                      |                   |                  |
| Sep 18-Oct 10, 2024       | 3                   | 9                      | 63                             | 21                   | 3                 | 1                |
| d. How much sleep you get |                     |                        |                                |                      |                   |                  |
| Sep 18-Oct 10, 2024       | 2                   | 3                      | 39                             | 43                   | 13                | 1                |
| e. How productive you are |                     |                        |                                |                      |                   |                  |
| Sep 18-Oct 10, 2024       | 2                   | 9                      | 39                             | 39                   | 11                | *                |
| f. Your confidence        |                     |                        |                                |                      |                   |                  |
| Sep 18-Oct 10, 2024       | 3                   | 20                     | 58                             | 15                   | 4                 | *                |

**BASED ON ALL TEENS:**  
SMEFFECT

|    |   | Helped<br><u>a lot</u> | Helped<br><u>a little</u> | Neither<br>helped<br><u>nor hurt</u> | Hurt<br><u>a little</u> | Hurt<br><u>a lot</u> | Does not<br>use social<br><u>media</u> | No<br>answer to<br><u>TSNSUSE</u> | No<br>answer to<br><u>SMEFFECT</u> |
|----|---|------------------------|---------------------------|--------------------------------------|-------------------------|----------------------|--|-----------------------------------|------------------------------------|
| a. | Your friendships<br>Sep 18-Oct<br>10, 2024          | 9                      | 21                        | 43                                   | 6                       | 1                    | 19                                     | *                                 | *                                  |
| b. | Your grades<br>Sep 18-Oct<br>10, 2024               | 2                      | 6                         | 51                                   | 18                      | 4                    | 19                                     | *                                 | *                                  |
| c. | Your mental health<br>Sep 18-Oct<br>10, 2024        | 3                      | 8                         | 50                                   | 17                      | 2                    | 19                                     | *                                 | *                                  |
| d. | How much sleep<br>you get<br>Sep 18-Oct<br>10, 2024 | 2                      | 2                         | 32                                   | 34                      | 10                   | 19                                     | *                                 | 1                                  |
| e. | How productive<br>you are<br>Sep 18-Oct<br>10, 2024 | 2                      | 7                         | 31                                   | 31                      | 9                    | 19                                     | *                                 | *                                  |
| f. | Your confidence<br>Sep 18-Oct<br>10, 2024           | 3                      | 16                        | 46                                   | 12                      | 3                    | 19                                     | *                                 | *                                  |

[ PN: DISPLAY SMMHRES AND SMMHRES2 ON THE SAME SCREEN ]

**ASK IF SOCIAL MEDIA USER (TSNSUSE=1) [N=1,116]:**

SMMHRES How often do you get information about mental health on social media?  
[ PN: ROTATE RESPONSES 1-5 OR 5-1 TO MATCH GOALS\_V2 ]

Sep 18-Oct 10, 2024

|    |                 |
|----|-----------------|
| 3  | Extremely often |
| 9  | Fairly often    |
| 31 | Sometimes       |
| 33 | Rarely          |
| 24 | Never           |
| *  | No answer       |



**BASED ON ALL TEENS:**

SMMHRES

Sep 18-Oct 10, 2024

|    |                           |
|----|---------------------------|
| 2  | Extremely often           |
| 7  | Fairly often              |
| 25 | Sometimes                 |
| 27 | Rarely                    |
| 19 | Never                     |
| 19 | Does not use social media |
| *  | No answer to TSNSUSE      |
| *  | No answer to SMMHRES      |

**ASK IF SOCIAL MEDIA USER (TSNSUSE=1) [N=1,116]:**

SMMHRES2                      How important is social media to you as a way to get information about mental health?

Sep 18-Oct 10, 2024

|    |  |
|----|--|
| 6  | The most important way                       |
| 37 | An important way, but not the most important |
| 57 | Not an important way                         |
| *  | No answer                                    |

**BASED ON TEENS WHO SAID THEY GET INFORMATION ABOUT MENTAL HEALTH ON SOCIAL MEDIA AT LEAST SOMETIMES (SMMHRES=1-3) [N=484]:**

SMMHRES2

Sep 18-Oct 10, 2024

|    |  |
|----|--|
| 10 | The most important way                       |
| 53 | An important way, but not the most important |
| 37 | Not an important way                         |
| *  | No answer                                    |