YouGov Survey: Boundaries and Therapy

YouGov

Sample   2000 U.S. Adult Citizens
Conducted   July 11 - 18, 2023
Margin of Error ±2.7%

1. Have you ever been in a romantic relationship?

Yes 89%
No 11%

2. Are you currently in a romantic relationship?

Yes 53%
No 47%

3. Which of the following comes closest to your view on boundaries and romantic relationships?

You set boundaries on your own behavior, not partners' 42%
It's fine to ask partners to change their behaviors according to your boundaries 36%
Not sure 22%

4. How important do you think it is to set personal boundaries in romantic relationships?

Very important 57%
Somewhat important 32%
Not very important 3%
Not at all important 1%
Not sure 7%

5. How comfortable do you feel setting boundaries in romantic relationships?
Among people who have been in a romantic relationship

Very comfortable 40%
Somewhat comfortable 42%
Not very comfortable 9%
Not at all comfortable 1%
Not sure 7%

6. How often do you set boundaries in romantic relationships?
Among people who have been in a romantic relationship

Very often 21%
Somewhat often 33%
Not very often 30%
Never 5%
Not sure 12%

YouGov Survey: Boundaries and Therapy

7. How often have your partners set boundaries in your romantic relationships with them?
Among people who have been in a romantic relationship

Very often 16%
Somewhat often 33%
Not very often 30%
Never 8%
Not sure 13%

8. Do you think that the following is an acceptable or unacceptable boundary for someone to set in a romantic relationship?

	Acceptable	Unaccept-able	Not sure
Telling your partner who they are allowed to spend time with	15%	70%	15%
Telling your partner what they are allowed to wear	14%	74%	12%
Telling your partner what they are allowed to post about themselves on social media	21%	64%	16%
Telling your partner you need personal space	80%	8%	12%
Telling your partner you need to spend time with your friends and without your partner	70%	15%	15%
Telling your partner you want to remain private on social media	63%	17%	20%

9. In general, would you say your mental health is. . . ?

Excellent 18%
Very good 26%
Good 26%
Fair 17%
Poor 7%
Very poor 3%
Prefer not to say 3%

10. In the past month, have you experienced a significant amount of the following, which has interfered with your daily activities?

	Yes	No	Prefer not to say
Anxiety	42%	55%	4%
Stress	53%	44%	3%
Depression	32%	64%	4%

11. Do you personally know anyone who has ever been in therapy?

Yes, me 35%
Yes, a family member 42%
Yes, a close friend 34%
None of the above 25%
Prefer not to say 6%

12. Do you personally know anyone who is currently in therapy?

Yes, me 11%
Yes, a family member 19%
Yes, a close friend 18%
None of the above 55%
Prefer not to say 8%

13. Do you think that therapy generally has a positive or negative effect on a person's mental health?

Very positive 26%
Somewhat positive 41%
Neither positive nor negative 15%
Somewhat negative 3%
Very negative 2%
Not sure 13%

14. Do you think that therapy has generally had a positive or negative effect on your own mental health?
Among people who have been to therapy

Very positive 34%
Somewhat positive 36%
Neither positive nor negative 19%
Somewhat negative 4%
Very negative 3%
Not sure 2%
Prefer not to say 2%

15. At what level of self-described mental health do you think it would be beneficial for a person to start receiving therapy?

Excellent mental health 5%
Very good mental health 5%
Good mental health 11%
Fair mental health 26%
Poor mental health 26%
Very poor mental health 6%
Receiving therapy is never beneficial 2%
Not sure 18%

YouGov Survey: Boundaries and Therapy

16. Do you generally agree or disagree with the following?

	Strongly agree	Somewhat agree	Somewhat disagree	Strongly disagree	Not sure
People today spend too much time dwelling on their problems	19%	38%	18%	10%	14%
Seeking therapy is a sign of weakness	4%	7%	17%	66%	6%
Everyone can benefit from therapy, regardless of their mental health status	28%	36%	15%	7%	15%
Going to therapy improves people's relationships	21%	44%	8%	3%	24%

Interviewing Dates	July 11 - 13, 2023 | July 12 - 18, 2023
Target population	U.S. citizens, aged 18 and over.
Sampling method	Respondents were selected from YouGov's opt-in Internet panel using sample matching. A random sample (stratified by gender, age, race, education, geographic region, and voter registration) was selected from the 2019 American Community Survey.
Weighting	The sample was weighted according to gender, age, race, education, 2020 election turnout and Presidential vote, baseline party identification, and current voter registration status. Demographic weighting targets come from the 2019 American Community Survey. Baseline party identification is the respondent's most recent answer given prior to March 15, 2022, and is weighted to the estimated distribution at that time (33% Democratic, 28% Republican). The weights range from 0.075 to 6.51, with a mean of 1 and a standard deviation of 0.713.
Number of respondents	2000
Margin of error	$\pm$ 2.7% (adjusted for weighting)
Survey mode	Web-based interviews
Questions not reported	64 questions not reported.

YouGov Survey: Boundaries and Therapy
July 11 - 18, 2023 - 2000 U.S. adult citizens

YouGov

1. Ever Been in a Romantic Relationship
Have you ever been in a romantic relationship?

	Total	Gender		Age (4 category)				Race (4 category)			
		Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
Yes	89%	86%	91%	70%	89%	95%	97%	92%	81%	83%	81%
No	11%	14%	9%	30%	11%	5%	3%	8%	19%	17%	19%
Totals	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Unweighted N	(1,997)	(920)	(1,077)	(314)	(448)	(816)	(419)	(1,289)	(256)	(326)	(126)

	Total	Party ID			2020 Vote		Family Income (3 category)			Region			
		Dem	Ind	Rep	Biden	Trump	< $50K	$50-100K	$100K+	Northeast	Midwest	South	West
Yes	89%	87%	87%	93%	90%	96%	86%	93%	97%	90%	89%	89%	88%
No	11%	13%	13%	7%	10%	4%	14%	7%	3%	10%	11%	11%	12%
Totals	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Unweighted N	(1,997)	(690)	(778)	(529)	(750)	(702)	(842)	(533)	(418)	(335)	(441)	(764)	(457)

YouGov Survey: Boundaries and Therapy
July 11 - 18, 2023 - 2000 U.S. adult citizens

2. Currently in a Romantic Relationship
Are you currently in a romantic relationship?

	Total	Gender		Age (4 category)				Race (4 category)			
		Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
Yes	53%	51%	55%	47%	60%	54%	50%	57%	42%	47%	52%
No	47%	49%	45%	53%	40%	46%	50%	43%	58%	53%	48%
Totals	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Unweighted N	(1,993)	(919)	(1,074)	(313)	(447)	(815)	(418)	(1,287)	(254)	(326)	(126)

	Total	Party ID			2020 Vote		Family Income (3 category)			Region			
		Dem	Ind	Rep	Biden	Trump	< $50K	$50-100K	$100K+	Northeast	Midwest	South	West
Yes	53%	49%	52%	59%	53%	62%	42%	61%	79%	55%	55%	51%	54%
No	47%	51%	48%	41%	47%	38%	58%	39%	21%	45%	45%	49%	46%
Totals	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Unweighted N	(1,993)	(688)	(776)	(529)	(748)	(701)	(840)	(532)	(418)	(335)	(439)	(762)	(457)

YouGov Survey: Boundaries and Therapy
July 11 - 18, 2023 - 2000 U.S. adult citizens

3. Boundaries and Relationships

Which of the following comes closest to your view on boundaries and romantic relationships?

	Total	Gender		Age (4 category)				Race (4 category)			
		Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
You set boundaries on your own behavior, not partners'	42%	42%	43%	32%	36%	46%	53%	42%	46%	40%	45%
It's fine to ask partners to change their behaviors according to your boundaries	36%	32%	39%	42%	45%	32%	25%	35%	38%	39%	30%
Not sure	22%	26%	19%	26%	19%	22%	21%	23%	16%	21%	25%
Totals	100%	100%	101%	100%	100%	100%	99%	100%	100%	100%	100%
Unweighted N	(1,996)	(919)	(1,077)	(314)	(448)	(814)	(420)	(1,289)	(256)	(326)	(125)

	Total	Party ID			2020 Vote		Family Income (3 category)			Region			
		Dem	Ind	Rep	Biden	Trump	< $50K	$50-100K	$100K+	Northeast	Midwest	South	West
You set boundaries on your own behavior, not partners'	42%	43%	38%	47%	44%	48%	41%	49%	42%	37%	42%	46%	41%
It's fine to ask partners to change their behaviors according to your boundaries	36%	39%	36%	32%	41%	33%	34%	36%	43%	36%	36%	34%	39%
Not sure	22%	18%	26%	21%	16%	19%	25%	15%	15%	27%	22%	21%	20%
Totals	100%	100%	100%	100%	101%	100%	100%	100%	100%	100%	100%	101%	100%
Unweighted N	(1,996)	(692)	(774)	(530)	(751)	(702)	(840)	(534)	(418)	(334)	(441)	(765)	(456)

4. Importance of Boundaries in Romantic Relationships

How important do you think it is to set personal boundaries in romantic relationships?

	Total	Gender		Age (4 category)				Race (4 category)			
		Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
Very important	57%	48%	65%	58%	60%	55%	55%	55%	67%	56%	56%
Somewhat important	32%	36%	28%	30%	30%	33%	35%	34%	23%	32%	26%
Not very important	3%	5%	1%	3%	2%	3%	4%	3%	2%	4%	4%
Not at all important	1%	1%	1%	1%	1%	1%	1%	1%	2%	1%	1%
Not sure	7%	9%	5%	8%	7%	9%	5%	7%	6%	7%	13%
Totals	100%	99%	100%	100%	100%	101%	100%	100%	100%	100%	100%
Unweighted N	(1,998)	(921)	(1,077)	(314)	(449)	(816)	(419)	(1,288)	(258)	(326)	(126)

	Total	Party ID			2020 Vote		Family Income (3 category)			Region			
		Dem	Ind	Rep	Biden	Trump	< $50K	$50-100K	$100K+	Northeast	Midwest	South	West
Very important	57%	58%	55%	58%	64%	57%	58%	57%	57%	55%	60%	57%	56%
Somewhat important	32%	33%	32%	31%	28%	33%	31%	34%	35%	34%	31%	33%	31%
Not very important	3%	3%	2%	3%	3%	3%	3%	4%	3%	2%	4%	3%	3%
Not at all important	1%	1%	1%	1%	1%	1%	1%	1%	1%	0%	1%	1%	2%
Not sure	7%	4%	10%	7%	4%	6%	8%	4%	4%	8%	5%	7%	8%
Totals	100%	99%	100%	100%	100%	100%	101%	100%	100%	99%	101%	101%	100%
Unweighted N	(1,998)	(691)	(777)	(530)	(750)	(703)	(842)	(533)	(418)	(336)	(439)	(765)	(458)

YouGov Survey: Boundaries and Therapy
July 11 - 18, 2023 - 2000 U.S. adult citizens

5. Comfort Setting Boundaries in Romantic Relationships
How comfortable do you feel setting boundaries in romantic relationships?

Among people who have been in a romantic relationship

		Gender		Age (4 category)				Race (4 category)			
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
Very comfortable	40%	37%	44%	45%	43%	38%	38%	37%	53%	48%	40%
Somewhat comfortable	42%	44%	40%	43%	38%	43%	43%	45%	31%	33%	45%
Not very comfortable	9%	10%	8%	7%	8%	9%	11%	9%	8%	11%	6%
Not at all comfortable	1%	1%	1%	2%	1%	1%	2%	1%	1%	2%	1%
Not sure	7%	8%	7%	3%	10%	8%	6%	8%	6%	6%	8%
Totals	99%	100%	100%	100%	100%	99%	100%	100%	99%	100%	100%
Unweighted N	(1,812)	(818)	(994)	(229)	(398)	(778)	(407)	(1,206)	(214)	(283)	(109)

		Party ID			2020 Vote		Family Income (3 category)			Region			
	Total	Dem	Ind	Rep	Biden	Trump	< $50K	$50-100K	$100K+	Northeast	Midwest	South	West
Very comfortable	40%	40%	37%	46%	40%	43%	41%	44%	40%	37%	42%	40%	42%
Somewhat comfortable	42%	43%	42%	40%	43%	40%	40%	42%	44%	43%	41%	44%	38%
Not very comfortable	9%	11%	9%	8%	10%	8%	10%	9%	8%	10%	10%	8%	9%
Not at all comfortable	1%	2%	1%	2%	2%	2%	1%	2%	2%	2%	1%	1%	2%
Not sure	7%	4%	12%	5%	5%	7%	9%	3%	6%	8%	5%	7%	9%
Totals	99%	100%	101%	101%	100%	100%	101%	100%	100%	100%	99%	100%	100%
Unweighted N	(1,812)	(619)	(692)	(501)	(688)	(673)	(742)	(502)	(400)	(299)	(402)	(695)	(416)

YouGov Survey: Boundaries and Therapy
July 11 - 18, 2023 - 2000 U.S. adult citizens

6. Frequency of Setting Boundaries in Romantic Relationships
How often do you set boundaries in romantic relationships?
Among people who have been in a romantic relationship

	Total	Gender		Age (4 category)				Race (4 category)			
		Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
Very often	21%	18%	24%	25%	27%	18%	16%	18%	27%	33%	20%
Somewhat often	33%	30%	35%	39%	40%	30%	24%	32%	35%	33%	33%
Not very often	30%	34%	25%	26%	20%	34%	36%	32%	22%	22%	34%
Never	5%	6%	4%	2%	3%	6%	7%	5%	2%	4%	1%
Not sure	12%	12%	12%	8%	10%	13%	17%	13%	13%	9%	13%
Totals	101%	100%	100%	100%	100%	101%	100%	100%	99%	101%	101%
Unweighted N	(1,814)	(819)	(995)	(229)	(399)	(779)	(407)	(1,207)	(214)	(284)	(109)

	Total	Party ID			2020 Vote		Family Income (3 category)			Region			
		Dem	Ind	Rep	Biden	Trump	< $50K	$50-100K	$100K+	Northeast	Midwest	South	West
Very often	21%	22%	20%	22%	22%	22%	22%	20%	23%	20%	20%	21%	22%
Somewhat often	33%	37%	29%	31%	34%	26%	31%	31%	34%	31%	29%	35%	33%
Not very often	30%	29%	29%	31%	31%	33%	26%	36%	33%	30%	32%	27%	31%
Never	5%	5%	5%	4%	3%	5%	6%	4%	3%	5%	7%	5%	2%
Not sure	12%	7%	17%	12%	10%	14%	14%	9%	7%	14%	12%	13%	12%
Totals	101%	100%	100%	100%	100%	100%	99%	100%	100%	100%	100%	101%	100%
Unweighted N	(1,814)	(620)	(693)	(501)	(688)	(672)	(747)	(502)	(400)	(299)	(405)	(695)	(415)

YouGov Survey: Boundaries and Therapy
July 11 - 18, 2023 - 2000 U.S. adult citizens

YouGov

7. Frequency of Partner Setting Boundaries in Romantic Relationship
How often have your partners set boundaries in your romantic relationships with them?

Among people who have been in a romantic relationship

		Gender		Age (4 category)				Race (4 category)			
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
Very often	16%	18%	14%	22%	20%	14%	9%	14%	24%	18%	16%
Somewhat often	33%	35%	31%	41%	40%	29%	27%	32%	30%	41%	36%
Not very often	30%	29%	31%	24%	24%	32%	36%	33%	26%	19%	27%
Never	8%	6%	9%	6%	4%	10%	11%	8%	9%	8%	6%
Not sure	13%	12%	15%	6%	12%	16%	16%	14%	11%	14%	15%
Totals	100%	100%	100%	99%	100%	101%	99%	101%	100%	100%	100%
Unweighted N	(1,812)	(818)	(994)	(229)	(398)	(778)	(407)	(1,205)	(214)	(284)	(109)

		Party ID			2020 Vote		Family Income (3 category)			Region			
	Total	Dem	Ind	Rep	Biden	Trump	< $50K	$50-100K	$100K+	Northeast	Midwest	South	West
Very often	16%	18%	13%	17%	16%	14%	17%	11%	20%	15%	18%	15%	15%
Somewhat often	33%	37%	32%	30%	34%	29%	32%	35%	33%	35%	29%	34%	34%
Not very often	30%	27%	29%	34%	28%	35%	26%	37%	33%	27%	32%	29%	32%
Never	8%	8%	8%	7%	8%	8%	10%	7%	5%	9%	8%	8%	7%
Not sure	13%	10%	17%	12%	14%	14%	15%	10%	9%	14%	13%	14%	12%
Totals	100%	100%	99%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Unweighted N	(1,812)	(617)	(694)	(501)	(686)	(673)	(746)	(501)	(399)	(298)	(405)	(694)	(415)

YouGov Survey: Boundaries and Therapy
July 11 - 18, 2023 - 2000 U.S. adult citizens

YouGov

8A. Acceptability of Boundaries — Telling your partner who they are allowed to spend time with
Do you think that the following is an acceptable or unacceptable boundary for someone to set in a romantic relationship?

		Gender		Age (4 category)				Race (4 category)			
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
Acceptable	15%	18%	12%	25%	21%	9%	6%	11%	24%	24%	15%
Unacceptable	70%	65%	74%	55%	59%	78%	84%	74%	60%	61%	63%
Not sure	15%	17%	14%	20%	20%	13%	10%	15%	15%	15%	21%
Totals	100%	100%	100%	100%	100%	100%	100%	100%	99%	100%	99%
Unweighted N	(1,986)	(916)	(1,070)	(311)	(447)	(813)	(415)	(1,278)	(257)	(326)	(125)

		Party ID			2020 Vote		Family Income (3 category)			Region			
	Total	Dem	Ind	Rep	Biden	Trump	< $50K	$50-100K	$100K+	Northeast	Midwest	South	West
Acceptable	15%	16%	12%	17%	13%	15%	15%	15%	17%	11%	11%	18%	14%
Unacceptable	70%	70%	71%	69%	77%	73%	68%	76%	70%	72%	77%	64%	71%
Not sure	15%	15%	17%	13%	11%	12%	17%	9%	13%	16%	11%	17%	15%
Totals	100%	101%	100%	99%	101%	100%	100%	100%	100%	99%	99%	99%	100%
Unweighted N	(1,986)	(691)	(771)	(524)	(749)	(696)	(836)	(530)	(416)	(333)	(439)	(759)	(455)

YouGov Survey: Boundaries and Therapy
July 11 - 18, 2023 - 2000 U.S. adult citizens

8B. Acceptability of Boundaries — Telling your partner what they are allowed to wear
Do you think that the following is an acceptable or unacceptable boundary for someone to set in a romantic relationship?

		Gender		Age (4 category)				Race (4 category)			
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
Acceptable	14%	19%	9%	28%	19%	7%	6%	10%	28%	21%	16%
Unacceptable	74%	66%	82%	58%	66%	83%	85%	79%	62%	65%	64%
Not sure	12%	15%	9%	15%	15%	10%	9%	10%	11%	15%	20%
Totals	100%	100%	100%	101%	100%	100%	100%	99%	101%	101%	100%
Unweighted N	(1,992)	(921)	(1,071)	(313)	(446)	(815)	(418)	(1,284)	(257)	(325)	(126)

		Party ID			2020 Vote		Family Income (3 category)			Region			
	Total	Dem	Ind	Rep	Biden	Trump	< $50K	$50-100K	$100K+	Northeast	Midwest	South	West
Acceptable	14%	19%	9%	15%	12%	12%	13%	13%	18%	14%	10%	17%	14%
Unacceptable	74%	71%	74%	78%	80%	79%	75%	80%	72%	71%	82%	72%	73%
Not sure	12%	10%	17%	7%	8%	9%	13%	8%	10%	15%	8%	11%	13%
Totals	100%	100%	100%	100%	100%	100%	101%	101%	100%	100%	100%	100%	100%
Unweighted N	(1,992)	(690)	(775)	(527)	(750)	(700)	(840)	(533)	(416)	(335)	(439)	(761)	(457)

YouGov Survey: Boundaries and Therapy
July 11 - 18, 2023 - 2000 U.S. adult citizens

YouGov

8C. Acceptability of Boundaries — Telling your partner what they are allowed to post about themselves on social media
Do you think that the following is an acceptable or unacceptable boundary for someone to set in a romantic relationship?

		Gender		Age (4 category)				Race (4 category)			
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
Acceptable	21%	25%	17%	29%	26%	15%	16%	18%	26%	27%	26%
Unacceptable	64%	58%	69%	57%	57%	70%	66%	67%	56%	57%	53%
Not sure	16%	18%	14%	14%	17%	15%	17%	15%	18%	16%	22%
Totals	101%	101%	100%	100%	100%	100%	99%	100%	100%	100%	101%
Unweighted N	(1,986)	(915)	(1,071)	(313)	(446)	(815)	(412)	(1,279)	(255)	(326)	(126)

		Party ID			2020 Vote		Family Income (3 category)			Region			
	Total	Dem	Ind	Rep	Biden	Trump	< $50K	$50-100K	$100K+	Northeast	Midwest	South	West
Acceptable	21%	22%	18%	23%	19%	21%	23%	20%	19%	20%	20%	23%	18%
Unacceptable	64%	63%	64%	63%	69%	64%	59%	69%	68%	65%	67%	60%	65%
Not sure	16%	15%	18%	13%	13%	15%	19%	12%	13%	16%	12%	17%	16%
Totals	101%	100%	100%	99%	101%	100%	101%	101%	100%	101%	99%	100%	99%
Unweighted N	(1,986)	(688)	(771)	(527)	(748)	(695)	(838)	(529)	(415)	(333)	(439)	(758)	(456)

YouGov Survey: Boundaries and Therapy
July 11 - 18, 2023 - 2000 U.S. adult citizens

8D. Acceptability of Boundaries — Telling your partner you need personal space
Do you think that the following is an acceptable or unacceptable boundary for someone to set in a romantic relationship?

		Gender		Age (4 category)				Race (4 category)			
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
Acceptable	80%	75%	85%	78%	79%	83%	79%	83%	73%	74%	75%
Unacceptable	8%	11%	6%	8%	9%	7%	9%	7%	12%	14%	10%
Not sure	12%	14%	9%	14%	12%	9%	12%	10%	15%	13%	16%
Totals	100%	100%	100%	100%	100%	99%	100%	100%	100%	101%	101%
Unweighted N	(1,988)	(917)	(1,071)	(313)	(446)	(811)	(418)	(1,282)	(255)	(325)	(126)

		Party ID			2020 Vote		Family Income (3 category)			Region			
	Total	Dem	Ind	Rep	Biden	Trump	< $50K	$50-100K	$100K+	Northeast	Midwest	South	West
Acceptable	80%	82%	77%	82%	86%	82%	78%	85%	80%	79%	85%	80%	77%
Unacceptable	8%	8%	8%	9%	7%	10%	8%	8%	10%	10%	6%	10%	7%
Not sure	12%	10%	15%	9%	7%	8%	14%	7%	10%	10%	9%	10%	16%
Totals	100%	100%	100%	100%	100%	100%	100%	100%	100%	99%	100%	100%	100%
Unweighted N	(1,988)	(688)	(774)	(526)	(747)	(697)	(840)	(530)	(414)	(332)	(440)	(761)	(455)

YouGov Survey: Boundaries and Therapy
July 11 - 18, 2023 - 2000 U.S. adult citizens

8E. Acceptability of Boundaries — Telling your partner you need to spend time with your friends and without your partner
Do you think that the following is an acceptable or unacceptable boundary for someone to set in a romantic relationship?

		Gender		Age (4 category)				Race (4 category)			
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
Acceptable	70%	63%	76%	71%	71%	69%	69%	74%	59%	63%	64%
Unacceptable	15%	17%	13%	13%	11%	17%	17%	12%	25%	20%	13%
Not sure	15%	20%	11%	16%	18%	14%	14%	14%	17%	16%	23%
Totals	100%	100%	100%	100%	100%	100%	100%	100%	101%	99%	100%
Unweighted N	(1,989)	(917)	(1,072)	(313)	(447)	(811)	(418)	(1,284)	(255)	(325)	(125)

		Party ID			2020 Vote		Family Income (3 category)			Region			
	Total	Dem	Ind	Rep	Biden	Trump	< $50K	$50-100K	$100K+	Northeast	Midwest	South	West
Acceptable	70%	75%	67%	68%	77%	69%	67%	75%	73%	72%	74%	68%	67%
Unacceptable	15%	14%	14%	18%	14%	16%	16%	14%	15%	13%	14%	16%	16%
Not sure	15%	11%	19%	14%	9%	15%	16%	11%	12%	16%	12%	16%	17%
Totals	100%	100%	100%	100%	100%	100%	99%	100%	100%	101%	100%	100%	100%
Unweighted N	(1,989)	(688)	(773)	(528)	(748)	(698)	(838)	(532)	(415)	(332)	(441)	(760)	(456)

YouGov Survey: Boundaries and Therapy
July 11 - 18, 2023 - 2000 U.S. adult citizens

8F. Acceptability of Boundaries — Telling your partner you want to remain private on social media
Do you think that the following is an acceptable or unacceptable boundary for someone to set in a romantic relationship?

	Total	Gender		Age (4 category)				Race (4 category)			
		Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
Acceptable	63%	60%	66%	65%	62%	62%	64%	62%	63%	65%	64%
Unacceptable	17%	18%	17%	14%	17%	20%	19%	17%	20%	17%	18%
Not sure	20%	22%	17%	21%	21%	19%	17%	20%	17%	17%	19%
Totals	100%	100%	100%	100%	100%	101%	100%	99%	100%	99%	101%
Unweighted N	(1,993)	(921)	(1,072)	(312)	(448)	(815)	(418)	(1,285)	(257)	(325)	(126)

	Total	Party ID			2020 Vote		Family Income (3 category)			Region			
		Dem	Ind	Rep	Biden	Trump	< $50K	$50-100K	$100K+	Northeast	Midwest	South	West
Acceptable	63%	65%	60%	66%	68%	65%	59%	67%	68%	61%	66%	61%	65%
Unacceptable	17%	15%	18%	19%	15%	20%	18%	18%	16%	20%	16%	18%	16%
Not sure	20%	20%	22%	15%	17%	15%	23%	15%	16%	19%	18%	21%	19%
Totals	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Unweighted N	(1,993)	(689)	(775)	(529)	(749)	(701)	(840)	(534)	(417)	(333)	(441)	(762)	(457)

9. Self-Rated Mental Health
In general, would you say your mental health is...?

	Total	Gender		Age (4 category)				Race (4 category)			
		Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
Excellent	18%	22%	15%	15%	15%	17%	27%	18%	22%	16%	18%
Very good	26%	25%	26%	17%	19%	27%	39%	28%	22%	23%	18%
Good	26%	25%	27%	26%	28%	28%	21%	26%	20%	29%	33%
Fair	17%	15%	20%	20%	22%	18%	10%	17%	20%	17%	14%
Poor	7%	6%	7%	10%	11%	5%	1%	7%	2%	6%	11%
Very poor	3%	3%	3%	5%	3%	3%	0%	2%	6%	5%	2%
Prefer not to say	3%	4%	3%	8%	3%	2%	0%	2%	8%	4%	4%
Totals	100%	100%	101%	101%	101%	100%	98%	100%	100%	100%	100%
Unweighted N	(1,999)	(922)	(1,077)	(314)	(448)	(817)	(420)	(1,289)	(258)	(326)	(126)

	Total	Party ID			2020 Vote		Family Income (3 category)			Region			
		Dem	Ind	Rep	Biden	Trump	< $50K	$50-100K	$100K+	Northeast	Midwest	South	West
Excellent	18%	15%	15%	26%	14%	29%	13%	22%	26%	19%	18%	17%	20%
Very good	26%	25%	23%	31%	26%	34%	25%	26%	33%	23%	29%	25%	26%
Good	26%	27%	26%	24%	27%	22%	26%	26%	25%	27%	23%	26%	26%
Fair	17%	21%	18%	12%	21%	11%	21%	17%	11%	15%	21%	18%	15%
Poor	7%	6%	10%	4%	7%	3%	8%	4%	4%	9%	5%	7%	7%
Very poor	3%	3%	3%	1%	4%	1%	5%	2%	0%	3%	2%	3%	3%
Prefer not to say	3%	3%	5%	1%	2%	2%	2%	1%	1%	4%	2%	4%	3%
Totals	100%	100%	100%	99%	101%	102%	100%	98%	100%	100%	100%	100%	100%
Unweighted N	(1,999)	(692)	(777)	(530)	(751)	(703)	(843)	(534)	(418)	(335)	(441)	(765)	(458)

YouGov Survey: Boundaries and Therapy
July 11 - 18, 2023 - 2000 U.S. adult citizens

YouGov

10A. Stress, Anxiety, or Depression in Past Month — Anxiety
In the past month, have you experienced a significant amount of the following, which has interfered with your daily activities?

	Total	Gender		Age (4 category)				Race (4 category)			
		Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
Yes	42%	35%	48%	54%	48%	40%	25%	42%	38%	47%	36%
No	55%	59%	51%	40%	46%	57%	74%	55%	57%	50%	56%
Prefer not to say	4%	6%	2%	6%	6%	2%	1%	3%	5%	3%	8%
Totals	101%	100%	101%	100%	100%	99%	100%	100%	100%	100%	100%
Unweighted N	(1,983)	(915)	(1,068)	(313)	(442)	(812)	(416)	(1,281)	(256)	(321)	(125)

	Total	Party ID			2020 Vote		Family Income (3 category)			Region			
		Dem	Ind	Rep	Biden	Trump	< $50K	$50-100K	$100K+	Northeast	Midwest	South	West
Yes	42%	47%	40%	37%	44%	32%	49%	38%	34%	44%	43%	42%	39%
No	55%	51%	54%	61%	54%	67%	49%	60%	62%	50%	53%	56%	58%
Prefer not to say	4%	2%	6%	2%	3%	2%	3%	2%	4%	7%	3%	2%	4%
Totals	101%	100%	100%	100%	101%	101%	101%	100%	100%	101%	99%	100%	101%
Unweighted N	(1,983)	(684)	(773)	(526)	(745)	(697)	(834)	(531)	(414)	(333)	(439)	(760)	(451)

YouGov Survey: Boundaries and Therapy
July 11 - 18, 2023 - 2000 U.S. adult citizens

10B. Stress, Anxiety, or Depression in Past Month — Stress
In the past month, have you experienced a significant amount of the following, which has interfered with your daily activities?

	Total	Gender		Age (4 category)				Race (4 category)			
		Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
Yes	53%	49%	57%	63%	63%	54%	31%	52%	53%	59%	49%
No	44%	46%	41%	33%	33%	43%	68%	45%	42%	38%	42%
Prefer not to say	3%	5%	2%	5%	4%	3%	1%	2%	4%	3%	9%
Totals	100%	100%	100%	101%	100%	100%	100%	99%	99%	100%	100%
Unweighted N	(1,989)	(920)	(1,069)	(313)	(444)	(816)	(416)	(1,282)	(257)	(324)	(126)

	Total	Party ID			2020 Vote		Family Income (3 category)			Region			
		Dem	Ind	Rep	Biden	Trump	< $50K	$50-100K	$100K+	Northeast	Midwest	South	West
Yes	53%	57%	52%	50%	55%	44%	58%	52%	43%	54%	54%	55%	48%
No	44%	41%	43%	47%	43%	54%	40%	47%	53%	41%	43%	43%	48%
Prefer not to say	3%	2%	4%	3%	2%	2%	2%	2%	4%	5%	3%	2%	4%
Totals	100%	100%	99%	100%	100%	100%	100%	101%	100%	100%	100%	100%	100%
Unweighted N	(1,989)	(690)	(772)	(527)	(748)	(697)	(841)	(531)	(413)	(335)	(438)	(760)	(456)

YouGov Survey: Boundaries and Therapy
July 11 - 18, 2023 - 2000 U.S. adult citizens

10C. Stress, Anxiety, or Depression in Past Month — Depression
In the past month, have you experienced a significant amount of the following, which has interfered with your daily activities?

		Gender		Age (4 category)				Race (4 category)			
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
Yes	32%	27%	36%	43%	37%	30%	19%	31%	33%	36%	32%
No	64%	68%	61%	51%	59%	67%	79%	66%	62%	60%	60%
Prefer not to say	4%	5%	3%	6%	5%	3%	2%	3%	6%	4%	8%
Totals	100%	100%	100%	100%	101%	100%	100%	100%	101%	100%	100%
Unweighted N	(1,986)	(915)	(1,071)	(313)	(444)	(811)	(418)	(1,282)	(255)	(323)	(126)

		Party ID			2020 Vote		Family Income (3 category)			Region			
	Total	Dem	Ind	Rep	Biden	Trump	< $50K	$50-100K	$100K+	Northeast	Midwest	South	West
Yes	32%	34%	34%	26%	31%	23%	41%	27%	20%	33%	32%	31%	32%
No	64%	62%	61%	72%	66%	76%	56%	71%	76%	61%	65%	65%	64%
Prefer not to say	4%	4%	6%	2%	3%	2%	3%	2%	4%	6%	3%	3%	4%
Totals	100%	100%	101%	100%	100%	101%	100%	100%	100%	100%	100%	99%	100%
Unweighted N	(1,986)	(687)	(772)	(527)	(747)	(699)	(837)	(531)	(414)	(333)	(439)	(760)	(454)

YouGov Survey: Boundaries and Therapy
July 11 - 18, 2023 - 2000 U.S. adult citizens

11. Know Someone Who Ever Attended Therapy
Do you personally know anyone who has ever been in therapy?

	Total	Gender		Age (4 category)				Race (4 category)			
		Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
Yes, me	35%	28%	42%	32%	41%	40%	26%	36%	28%	35%	39%
Yes, a family member	42%	37%	48%	38%	39%	47%	43%	48%	21%	40%	35%
Yes, a close friend	34%	31%	37%	37%	36%	34%	31%	37%	26%	26%	40%
None of the above	25%	30%	21%	28%	22%	24%	28%	23%	37%	29%	22%
Prefer not to say	6%	7%	4%	6%	8%	5%	4%	5%	8%	4%	11%
Unweighted N	(2,000)	(922)	(1,078)	(314)	(449)	(817)	(420)	(1,290)	(258)	(326)	(126)

	Total	Party ID			2020 Vote		Family Income (3 category)			Region			
		Dem	Ind	Rep	Biden	Trump	< $50K	$50-100K	$100K+	Northeast	Midwest	South	West
Yes, me	35%	43%	35%	27%	50%	24%	37%	35%	35%	41%	38%	31%	36%
Yes, a family member	42%	42%	42%	43%	48%	42%	40%	47%	49%	47%	45%	38%	43%
Yes, a close friend	34%	40%	32%	31%	43%	31%	29%	39%	44%	43%	37%	28%	35%
None of the above	25%	24%	25%	28%	18%	28%	27%	24%	22%	20%	25%	29%	24%
Prefer not to say	6%	4%	8%	4%	4%	4%	5%	3%	3%	5%	5%	6%	7%
Unweighted N	(2,000)	(692)	(778)	(530)	(751)	(703)	(843)	(534)	(418)	(336)	(441)	(765)	(458)

12. Know Someone Currently Attending Therapy
Do you personally know anyone who is currently in therapy?

	Total	Gender		Age (4 category)				Race (4 category)			
		Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
Yes, me	11%	8%	13%	11%	16%	10%	6%	11%	10%	13%	7%
Yes, a family member	19%	16%	21%	18%	18%	20%	17%	20%	12%	20%	17%
Yes, a close friend	18%	15%	20%	22%	22%	14%	14%	19%	10%	14%	24%
None of the above	55%	58%	52%	50%	47%	57%	64%	54%	63%	55%	45%
Prefer not to say	8%	11%	6%	11%	11%	7%	6%	7%	12%	5%	18%
Unweighted N	(1,994)	(918)	(1,076)	(314)	(447)	(814)	(419)	(1,287)	(256)	(325)	(126)

	Total	Party ID			2020 Vote		Family Income (3 category)			Region			
		Dem	Ind	Rep	Biden	Trump	< $50K	$50-100K	$100K+	Northeast	Midwest	South	West
Yes, me	11%	15%	9%	8%	15%	6%	13%	12%	6%	12%	12%	9%	12%
Yes, a family member	19%	18%	19%	19%	23%	19%	17%	21%	24%	26%	18%	16%	18%
Yes, a close friend	18%	21%	16%	15%	24%	14%	13%	23%	24%	26%	19%	12%	19%
None of the above	55%	54%	54%	56%	49%	61%	58%	51%	55%	49%	56%	60%	50%
Prefer not to say	8%	6%	11%	7%	8%	6%	8%	6%	4%	7%	7%	9%	11%
Unweighted N	(1,994)	(691)	(774)	(529)	(750)	(699)	(842)	(532)	(417)	(336)	(440)	(762)	(456)

13. Therapy - Positive or Negative Effects
Do you think that therapy generally has a positive or negative effect on a person's mental health?

		Gender		Age (4 category)				Race (4 category)			
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
Very positive	26%	20%	31%	25%	31%	24%	22%	23%	38%	26%	22%
Somewhat positive	41%	40%	42%	41%	40%	38%	46%	43%	25%	45%	38%
Neither positive nor negative	15%	17%	14%	16%	15%	17%	12%	16%	14%	14%	15%
Somewhat negative	3%	5%	2%	5%	2%	4%	3%	4%	1%	2%	7%
Very negative	2%	2%	1%	1%	2%	2%	1%	1%	2%	2%	1%
Not sure	13%	16%	10%	12%	10%	14%	17%	12%	20%	10%	17%
Totals	100%	100%	100%	100%	100%	99%	101%	99%	100%	99%	100%
Unweighted N	(1,997)	(921)	(1,076)	(314)	(446)	(817)	(420)	(1,289)	(258)	(325)	(125)

		Party ID			2020 Vote		Family Income (3 category)			Region			
	Total	Dem	Ind	Rep	Biden	Trump	< $50K	$50-100K	$100K+	Northeast	Midwest	South	West
Very positive	26%	34%	22%	21%	37%	18%	23%	29%	29%	26%	23%	26%	27%
Somewhat positive	41%	42%	38%	45%	43%	42%	39%	41%	49%	38%	44%	41%	39%
Neither positive nor negative	15%	11%	20%	14%	9%	19%	18%	14%	11%	16%	14%	16%	15%
Somewhat negative	3%	2%	3%	6%	1%	5%	4%	4%	2%	3%	4%	3%	4%
Very negative	2%	1%	2%	2%	1%	3%	2%	1%	1%	2%	2%	2%	1%
Not sure	13%	10%	16%	12%	10%	13%	14%	11%	8%	15%	13%	13%	13%
Totals	100%	100%	101%	100%	101%	100%	100%	100%	100%	100%	100%	101%	99%
Unweighted N	(1,997)	(691)	(776)	(530)	(751)	(703)	(841)	(534)	(417)	(335)	(441)	(764)	(457)

YouGov Survey: Boundaries and Therapy
July 11 - 18, 2023 - 2000 U.S. adult citizens

14. Therapy - Positive or Negative Effect on Self
Do you think that therapy has generally had a positive or negative effect on your own mental health?
Among people who have been to therapy

		Gender		Age (4 category)				Race (4 category)			
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
Very positive	34%	30%	36%	29%	32%	34%	42%	32%	*	38%	*
Somewhat positive	36%	36%	36%	29%	34%	40%	36%	37%	*	30%	*
Neither positive nor negative	19%	21%	17%	26%	19%	16%	17%	20%	*	16%	*
Somewhat negative	4%	3%	5%	7%	6%	3%	1%	3%	*	5%	*
Very negative	3%	6%	2%	5%	3%	3%	2%	4%	*	7%	*
Not sure	2%	3%	2%	1%	4%	3%	1%	2%	*	4%	*
Prefer not to say	2%	2%	2%	3%	2%	1%	1%	2%	*	0%	*
Totals	100%	101%	100%	100%	100%	100%	100%	100%	*	100%	*
Unweighted N	(738)	(282)	(456)	(114)	(191)	(323)	(110)	(489)	(79)	(120)	(50)

		Party ID			2020 Vote		Family Income (3 category)			Region			
	Total	Dem	Ind	Rep	Biden	Trump	< $50K	$50-100K	$100K+	Northeast	Midwest	South	West
Very positive	34%	44%	25%	31%	41%	33%	29%	34%	44%	31%	38%	34%	32%
Somewhat positive	36%	31%	37%	43%	33%	47%	31%	42%	40%	36%	34%	34%	40%
Neither positive nor negative	19%	14%	26%	14%	15%	13%	24%	17%	9%	21%	18%	19%	17%
Somewhat negative	4%	2%	8%	2%	4%	2%	5%	2%	5%	8%	1%	4%	5%
Very negative	3%	3%	3%	6%	1%	3%	6%	2%	1%	2%	6%	4%	1%
Not sure	2%	3%	1%	3%	3%	2%	4%	2%	1%	3%	1%	3%	2%
Prefer not to say	2%	3%	1%	0%	2%	0%	1%	0%	0%	0%	1%	2%	3%
Totals	100%	100%	101%	99%	99%	100%	100%	99%	100%	101%	99%	100%	100%
Unweighted N	(738)	(313)	(279)	(146)	(370)	(178)	(336)	(184)	(156)	(132)	(168)	(260)	(178)

15. Therapy Necessary Mental Health

At what level of self-described mental health do you think it would be beneficial for a person to start receiving therapy?

	Total	Gender		Age (4 category)				Race (4 category)			
		Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
Excellent mental health	5%	6%	5%	8%	8%	4%	2%	4%	10%	7%	9%
Very good mental health	5%	5%	4%	7%	6%	3%	3%	3%	8%	6%	7%
Good mental health	11%	10%	12%	12%	19%	9%	5%	10%	12%	15%	10%
Fair mental health	26%	23%	29%	25%	26%	29%	24%	28%	27%	21%	22%
Poor mental health	26%	28%	25%	24%	17%	27%	38%	28%	17%	28%	24%
Very poor mental health	6%	6%	7%	6%	5%	6%	8%	6%	5%	8%	6%
Receiving therapy is never beneficial	2%	3%	1%	1%	2%	2%	2%	2%	3%	1%	1%
Not sure	18%	19%	17%	17%	17%	19%	19%	19%	18%	13%	22%
Totals	99%	100%	100%	100%	100%	99%	101%	100%	100%	99%	101%
Unweighted N	(1,997)	(921)	(1,076)	(313)	(448)	(816)	(420)	(1,289)	(256)	(326)	(126)

	Total	Party ID			2020 Vote		Family Income (3 category)			Region			
		Dem	Ind	Rep	Biden	Trump	< $50K	$50-100K	$100K+	Northeast	Midwest	South	West
Excellent mental health	5%	7%	5%	4%	8%	4%	4%	5%	6%	7%	5%	5%	5%
Very good mental health	5%	5%	3%	6%	5%	5%	5%	5%	6%	4%	3%	4%	7%
Good mental health	11%	15%	10%	8%	13%	8%	11%	11%	16%	14%	8%	11%	12%
Fair mental health	26%	28%	26%	26%	32%	26%	24%	29%	33%	26%	28%	26%	25%
Poor mental health	26%	24%	27%	29%	23%	30%	27%	25%	24%	22%	29%	27%	25%
Very poor mental health	6%	5%	6%	8%	4%	8%	7%	8%	4%	4%	8%	6%	7%
Receiving therapy is never beneficial	2%	2%	2%	2%	1%	3%	2%	1%	1%	1%	3%	2%	1%
Not sure	18%	14%	22%	18%	15%	17%	20%	15%	10%	22%	17%	18%	17%
Totals	99%	100%	101%	101%	101%	101%	100%	99%	100%	100%	101%	99%	99%

continued from previous page

	Total	Party ID			2020 Vote		Family Income (3 category)			Region			
		Dem	Ind	Rep	Biden	Trump	< $50K	$50-100K	$100K+	Northeast	Midwest	South	West
Unweighted N	(1,997)	(692)	(777)	(528)	(751)	(702)	(841)	(534)	(417)	(334)	(440)	(765)	(458)

16A. Agree or Disagree Mental Health Statements — People today spend too much time dwelling on their problems
Do you generally agree or disagree with the following?

	Total	Gender		Age (4 category)				Race (4 category)			
		Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
Strongly agree	19%	25%	14%	20%	17%	22%	18%	18%	20%	24%	22%
Somewhat agree	38%	38%	39%	37%	32%	39%	46%	41%	31%	37%	32%
Somewhat disagree	18%	16%	20%	19%	22%	17%	17%	20%	13%	18%	17%
Strongly disagree	10%	8%	12%	12%	14%	9%	5%	9%	16%	12%	8%
Not sure	14%	13%	15%	13%	16%	13%	14%	13%	21%	9%	22%
Totals	99%	100%	100%	101%	101%	100%	100%	101%	101%	100%	101%
Unweighted N	(1,986)	(915)	(1,071)	(313)	(446)	(812)	(415)	(1,283)	(254)	(324)	(125)

	Total	Party ID			2020 Vote		Family Income (3 category)			Region			
		Dem	Ind	Rep	Biden	Trump	< $50K	$50-100K	$100K+	Northeast	Midwest	South	West
Strongly agree	19%	13%	19%	28%	11%	29%	19%	19%	19%	14%	19%	21%	20%
Somewhat agree	38%	34%	36%	48%	33%	47%	37%	43%	42%	34%	39%	41%	37%
Somewhat disagree	18%	24%	18%	11%	25%	11%	19%	17%	20%	25%	18%	17%	17%
Strongly disagree	10%	18%	7%	5%	16%	4%	10%	10%	10%	10%	11%	9%	11%
Not sure	14%	11%	20%	9%	15%	9%	15%	11%	9%	17%	13%	12%	16%
Totals	99%	100%	100%	101%	100%	100%	100%	100%	100%	100%	100%	100%	101%
Unweighted N	(1,986)	(686)	(775)	(525)	(747)	(696)	(837)	(530)	(415)	(331)	(440)	(761)	(454)

YouGov Survey: Boundaries and Therapy
July 11 - 18, 2023 - 2000 U.S. adult citizens

16B. Agree or Disagree Mental Health Statements — Seeking therapy is a sign of weakness
Do you generally agree or disagree with the following?

	Total	Gender		Age (4 category)				Race (4 category)			
		Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
Strongly agree	4%	6%	2%	6%	6%	2%	2%	3%	8%	6%	6%
Somewhat agree	7%	11%	4%	11%	10%	6%	3%	7%	7%	12%	7%
Somewhat disagree	17%	20%	13%	18%	15%	18%	15%	18%	9%	17%	16%
Strongly disagree	66%	57%	75%	58%	61%	69%	76%	68%	65%	59%	64%
Not sure	6%	6%	5%	7%	7%	4%	4%	4%	11%	5%	7%
Totals	100%	100%	99%	100%	99%	99%	100%	100%	100%	99%	100%
Unweighted N	(1,989)	(918)	(1,071)	(312)	(448)	(813)	(416)	(1,285)	(254)	(325)	(125)

	Total	Party ID			2020 Vote		Family Income (3 category)			Region			
		Dem	Ind	Rep	Biden	Trump	< $50K	$50-100K	$100K+	Northeast	Midwest	South	West
Strongly agree	4%	4%	3%	5%	5%	4%	3%	4%	5%	3%	2%	6%	3%
Somewhat agree	7%	7%	7%	8%	3%	9%	8%	6%	10%	7%	5%	8%	8%
Somewhat disagree	17%	13%	18%	20%	11%	22%	18%	16%	17%	16%	16%	17%	17%
Strongly disagree	66%	74%	63%	63%	79%	60%	65%	71%	64%	69%	73%	63%	64%
Not sure	6%	2%	9%	4%	3%	6%	7%	3%	3%	5%	4%	6%	7%
Totals	100%	100%	100%	100%	101%	101%	101%	100%	99%	100%	100%	100%	99%
Unweighted N	(1,989)	(687)	(774)	(528)	(747)	(699)	(836)	(531)	(417)	(332)	(441)	(760)	(456)

YouGov Survey: Boundaries and Therapy
July 11 - 18, 2023 - 2000 U.S. adult citizens

YouGov

16C. Agree or Disagree Mental Health Statements — Everyone can benefit from therapy, regardless of their mental health status
Do you generally agree or disagree with the following?

	Total	Gender		Age (4 category)				Race (4 category)			
		Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
Strongly agree	28%	21%	34%	40%	36%	24%	13%	22%	52%	33%	30%
Somewhat agree	36%	34%	37%	34%	39%	35%	35%	37%	22%	42%	35%
Somewhat disagree	15%	18%	11%	12%	9%	17%	19%	17%	6%	10%	16%
Strongly disagree	7%	10%	4%	1%	6%	9%	10%	8%	3%	5%	9%
Not sure	15%	16%	13%	12%	10%	15%	22%	16%	17%	10%	10%
Totals	101%	99%	99%	99%	100%	100%	99%	100%	100%	100%	100%
Unweighted N	(1,986)	(917)	(1,069)	(312)	(445)	(812)	(417)	(1,282)	(255)	(324)	(125)

	Total	Party ID			2020 Vote		Family Income (3 category)			Region			
		Dem	Ind	Rep	Biden	Trump	< $50K	$50-100K	$100K+	Northeast	Midwest	South	West
Strongly agree	28%	39%	24%	20%	39%	15%	27%	27%	31%	32%	25%	28%	28%
Somewhat agree	36%	38%	35%	34%	38%	33%	36%	37%	37%	33%	39%	32%	40%
Somewhat disagree	15%	11%	14%	21%	9%	21%	14%	16%	16%	12%	13%	18%	13%
Strongly disagree	7%	2%	8%	11%	2%	15%	7%	7%	8%	7%	9%	7%	6%
Not sure	15%	11%	19%	13%	11%	16%	17%	14%	7%	15%	15%	15%	13%
Totals	101%	101%	100%	99%	99%	100%	101%	101%	99%	99%	101%	100%	100%
Unweighted N	(1,986)	(687)	(772)	(527)	(746)	(698)	(834)	(534)	(416)	(333)	(441)	(756)	(456)

26

YouGov Survey: Boundaries and Therapy
July 11 - 18, 2023 - 2000 U.S. adult citizens

YouGov

16D. Agree or Disagree Mental Health Statements — Going to therapy improves people's relationships
Do you generally agree or disagree with the following?

	Total	Gender		Age (4 category)				Race (4 category)			
		Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
Strongly agree	21%	16%	26%	30%	27%	19%	11%	18%	34%	27%	23%
Somewhat agree	44%	42%	46%	44%	47%	39%	47%	46%	35%	44%	42%
Somewhat disagree	8%	10%	5%	7%	5%	10%	8%	8%	4%	12%	8%
Strongly disagree	3%	5%	2%	1%	3%	4%	4%	3%	3%	4%	2%
Not sure	24%	27%	21%	18%	17%	29%	30%	26%	23%	14%	24%
Totals	100%	100%	100%	100%	99%	101%	100%	101%	99%	101%	99%
Unweighted N	(1,989)	(920)	(1,069)	(312)	(446)	(814)	(417)	(1,280)	(257)	(326)	(126)

	Total	Party ID			2020 Vote		Family Income (3 category)			Region			
		Dem	Ind	Rep	Biden	Trump	< $50K	$50-100K	$100K+	Northeast	Midwest	South	West
Strongly agree	21%	30%	16%	18%	32%	13%	19%	22%	26%	20%	20%	21%	25%
Somewhat agree	44%	45%	43%	44%	45%	45%	43%	43%	49%	46%	41%	45%	43%
Somewhat disagree	8%	5%	8%	10%	3%	11%	9%	8%	8%	6%	7%	9%	8%
Strongly disagree	3%	3%	3%	4%	2%	6%	3%	4%	3%	4%	3%	3%	2%
Not sure	24%	17%	30%	23%	18%	25%	26%	23%	15%	25%	28%	22%	22%
Totals	100%	100%	100%	99%	100%	100%	100%	100%	101%	101%	99%	100%	100%
Unweighted N	(1,989)	(688)	(775)	(526)	(747)	(699)	(839)	(532)	(414)	(336)	(438)	(759)	(456)

YouGov Survey: Boundaries and Therapy
July 11 - 18, 2023 - 2000 U.S. adult citizens

YouGov

Interviewing Dates	July 11 - 13, 2023 | July 12 - 18, 2023
Target population	U.S. citizens, aged 18 and over.
Sampling method	Respondents were selected from YouGov's opt-in Internet panel using sample matching. A random sample (stratified by gender, age, race, education, geographic region, and voter registration) was selected from the 2019 American Community Survey.
Weighting	The sample was weighted according to gender, age, race, education, 2020 election turnout and Presidential vote, baseline party identification, and current voter registration status. Demographic weighting targets come from the 2019 American Community Survey. Baseline party identification is the respondent's most recent answer given prior to March 15, 2022, and is weighted to the estimated distribution at that time (33% Democratic, 28% Republican). The weights range from 0.075 to 6.51, with a mean of 1 and a standard deviation of 0.713.
Number of respondents	2000
Margin of error	$\pm$ 2.7% (adjusted for weighting)
Survey mode	Web-based interviews
Questions not reported	64 questions not reported.