Joy and Stress During the COVID-19 Pandemic

Dec 2021/Jan 2022

Q1. Generally, how much JOY do you feel these days?

1. A lot
2. Some
3. Very little
4. None

Q2. Generally, how much STRESS do you feel these days?

1. A lot
2. Some
3. Very little
4. None

Q3. Since March 2020, to what extent have the following relationships been a source of JOY for you?

	A lot	Some	Very little	Not at all	Not applicable
Spouse/partner					
Children					
Grandchildren					
Friends					
Neighbors					
Co-workers [If working]					

Q4. Since March 2020, to what extent have the following relationships been a source of STRESS for you?

	A lot	Some	Very little	Not at all	Not applicable
Spouse/partner					
Children					
Grandchildren					
Friends					
Neighbors					
Co-workers [If working]					

Q5. Since March 2020, to what extent have the following activities been a source of JOY for you?

	A lot	Some	Very little	Not at all	Not applicable
Connecting with others by phone or virtually					
Connecting with others in person					
New or strengthened friendships or relationships					
Spending time on social media (e.g., Facebook, Instagram, Twitter)					

Q6. To what extent do you currently feel STRESS when doing or thinking about doing the following activities?

	A lot	Some	Very little	Not at all	Not applicable
Leaving your home					
Having visitors inside your home					
Receiving medical care in person					
Being in a crowded indoor space					
Being in a crowded outdoor space					

Q7. Since March 2020, to what extent have the following activities been a source of JOY for you?

	A lot	Some	Very little	Not at all	Not applicable
Physical activity					
Being outdoors					
Work					
Pets					
Being alone					

Q8. Since March 2020, to what extent have the following caused you STRESS?

	A lot	Some	Very little	Not at all	Not applicable
Your health					
Your ability to get health care					
Getting COVID-19					
Money					
Well-being of family/friends					
National events/politics					

Q9. Since March 2020, to what extent have the following activities been a source of JOY for you?

	A lot	Some	Very little	Not at all	Not applicable
Attending online events					
Spending time on hobbies, skills, or projects					
Volunteering or helping others					
Attending spiritual or religious activities					

Q10. Since March 2020, to what extent have you felt a sense of LOSS over missing the following activities or not doing them like normal?

	A lot	Some	Very little	Not at all
Going on vacation				
Spending time with family in person				
Spending time with friends in person				
Attending large events (e.g., concerts, festivals, sports)				
Attending celebrations (e.g., birthday parties, weddings)				

Q11. How much JOY do you feel when thinking about the future?

1. A lot
2. Some
3. Very little
4. None

Q12. How much STRESS do you feel when thinking about the future?

1. A lot
2. Some
3. Very little
4. None

Q13. Compared to before the pandemic, how resilient (e.g., able to overcome challenges, recover, "bounce back") do you feel?

1. More
2. About the same
3. Less

Data Source and Methods

This National Poll on Healthy Aging report presents findings from a nationally representative household survey conducted exclusively by NORC at the University of Chicago for the University of Michigan's Institute for Healthcare Policy and Innovation. National Poll on Healthy Aging surveys are conducted using NORC's AmeriSpeak probability-based panel. This survey module was administered online and via phone in August 2021 to a randomly selected, stratified group of U.S. adults age 50–80 (n=2,110). The sample was subsequently weighted to reflect population figures from the U.S. Census Bureau. The completion rate was 64% among panel members contacted to participate. The margin of error is ±1 to 3 percentage points for questions asked of the full sample and higher among subgroups.

Findings from the National Poll on Healthy Aging do not represent the opinions of the University of Michigan. The University of Michigan reserves all rights over this material.

National Poll on Healthy Aging Team

Preeti Malani, MD, MSJ, MS, Director

Jeffrey Kullgren, MD, MS, MPH, Associate Director

Erica Solway, PhD, MPH, MSW, Associate Director

Lindsay Kobayashi, PhD, MSc, Faculty Collaborator

Jessica Finlay, PhD, Faculty Collaborator

Dianne Singer, MPH, Production Manager

Matthias Kirch, MS, Data Analyst

Emily Smith, MA, Multimedia Designer