



Mental Health America Attitudinal Survey December 2006

Part 2: Findings on Holiday Stress Executive Summary

Mental Health America
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About Mental Health America

Mental Health America (formerly known as the National Mental Health Association) is the country's leading nonprofit dedicated to helping ALL people live mentally healthier lives. With our more than 320 affiliates nationwide, we represent a growing movement of Americans who promote mental wellness for the health and well-being of the nation – everyday and in times of crisis.

About the Survey

The “Mental Health America Attitudinal Survey” was conducted by International Communications Research, an independent research company. Interviews were conducted via telephone and the Internet from October 10 to November 1, 2006 among a nationally representative sample of 3,040 respondents age 18 and older. The poll has a margin of error of +/- 1.75%.

“Part 2: Findings on Holiday Stress” is the second in a series of releases from the Mental Health America Attitudinal Survey. In the next few months, Mental Health America will release additional survey findings addressing the stigma surrounding mental illness, veterans, perceptions of America's health care systems, doctor-patient relationships and more.

EXECUTIVE SUMMARY

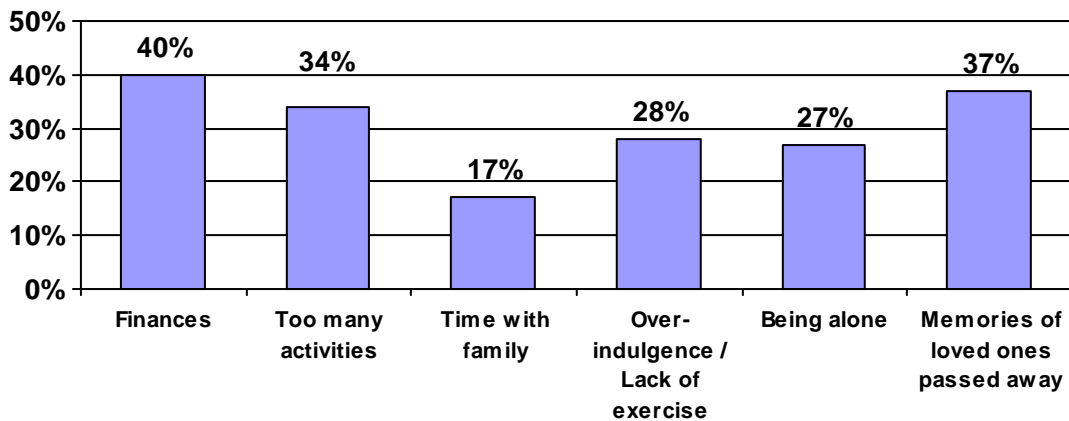
This summary provides details on the mental health status of survey respondents and analyzes significant differences between specific sub-segments including overall holiday stress, holiday stress factors and stress factors heightened by the holidays.

Holiday Stress & Stressors

Finances were noted as the most common holiday stressor. Females were more likely than men to feel financial stress during the holidays.

Native Americans and Hispanics/Latinos were more likely to feel spending time with family was a stressful event during the holidays.

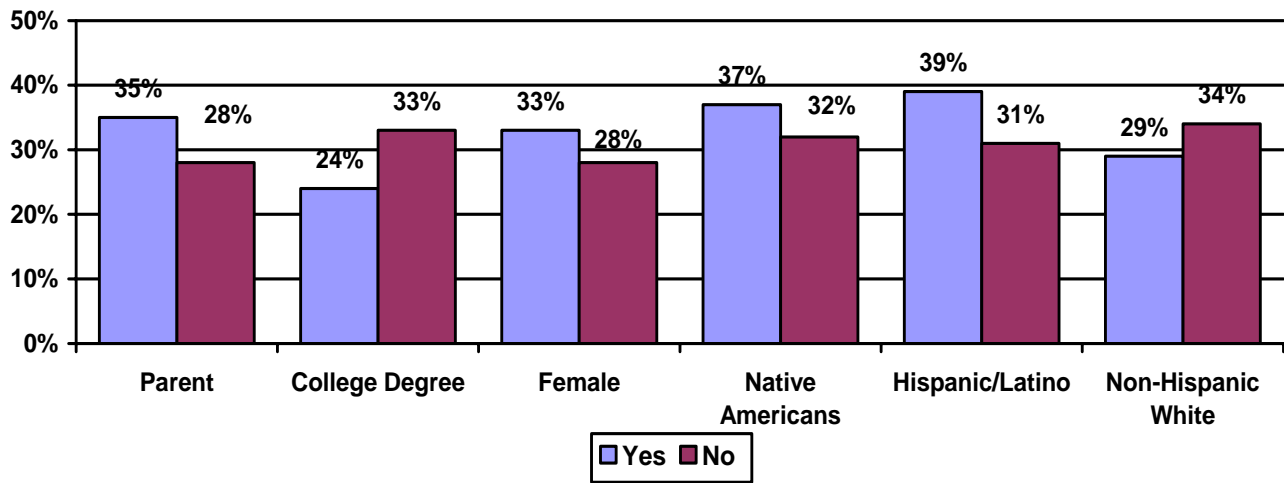
Holiday Stressors



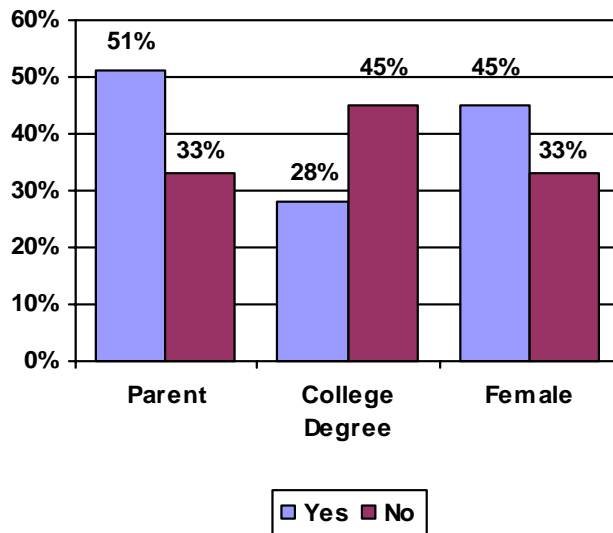
Overall Holiday Stress

Overall holiday stress combines all stress sources: finances, too many activities, spending time with family, lack of exercise, being apart from friends and family, and memories of those who have passed away.

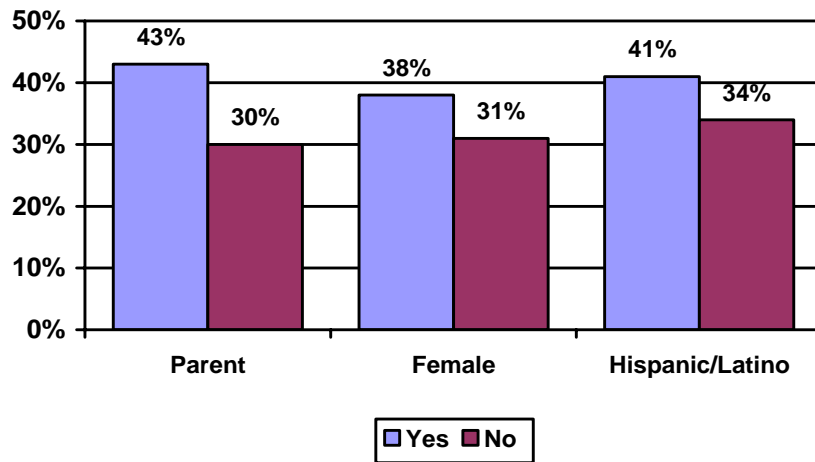
Parents were the most consistent group reporting stress, even specific to the holidays. Like stress in general, holiday stress was most prevalent in certain ethnic minorities - this time, Native Americans and Hispanics/Latinos. Non-Hispanic Whites showed less stress than minorities. Those with a college degree also showed less holiday stress than those without a college degree. And finally, in opposition to overall stress, females showed more holiday stress than males.



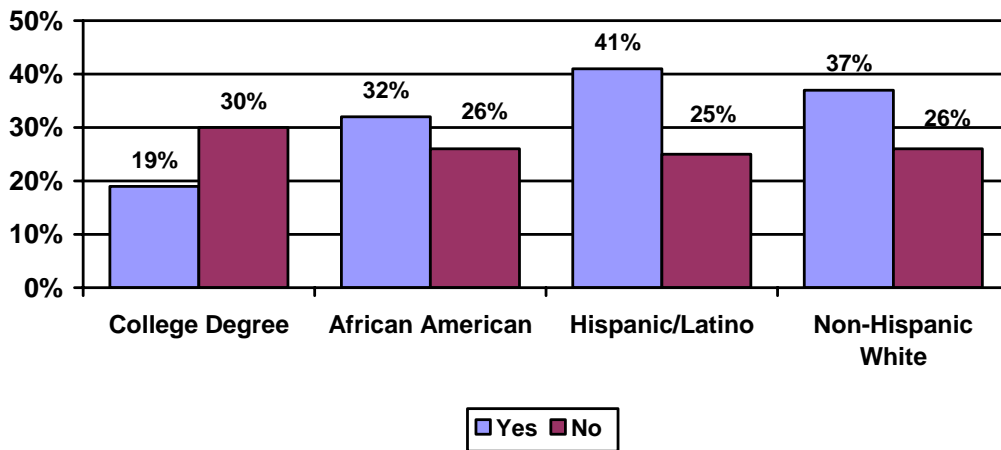
Holiday Stress from Finances



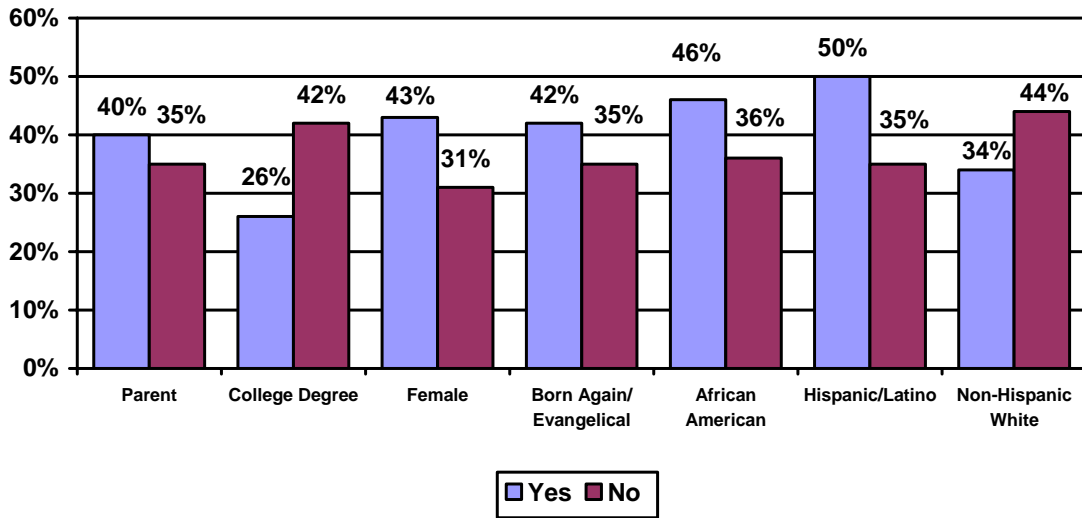
Holiday Stress from Too Much to Do



Holiday Stress from Being Alone



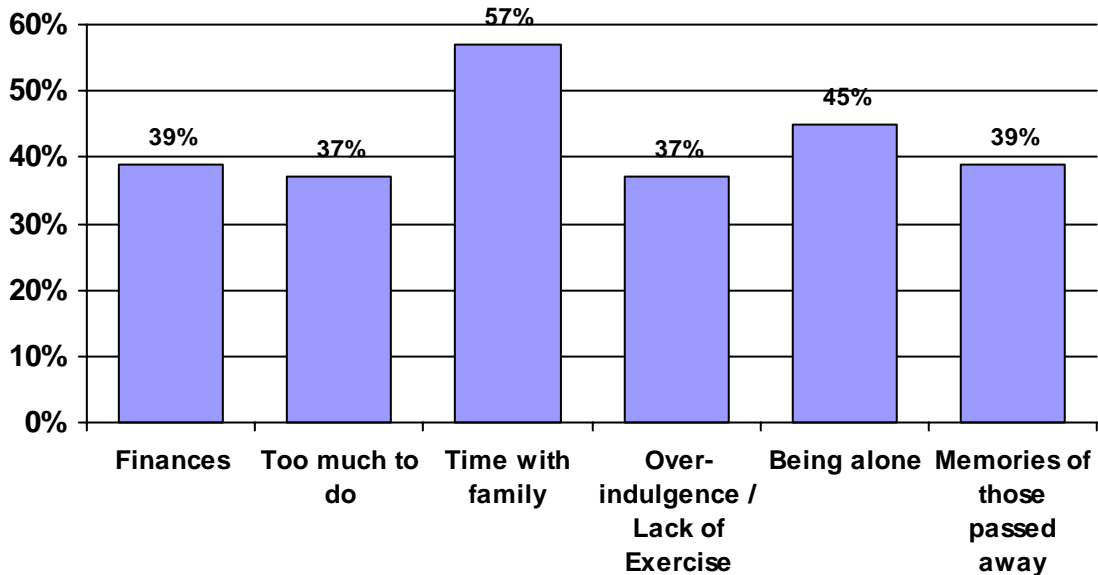
Holiday Stress from Memories of Those Passed Away



Stressors Heightened by the Holidays

People with high levels of overall stress were most likely to exhibit such stress specific to the holidays. For example, those who found family relationships stressful in general found such relationships particularly stressful during the holidays:

Holiday Stress for Those with Stressful Family Relationships



Holiday Stress for Those with Stress from Finances

The same was true for finances:

