

**AARP Music and Brain Health Survey
Annotated Topline April 2020**

- N3185 respondents, Age 18+
- 24-minute survey

MAIN QUESTIONNAIRE

a. COGNITIVE FUNCTION/HEALTH

Q1 How would you describe each of the following at this point in time? Would you say it is excellent, very good, good, fair, or poor?

Your ability to remember things such as names, dates, grocery lists, etc.

	Total
<i>Base Unweighted</i>	3185
<i>Base Weighted</i>	3185
Excellent/Very good/Good (net)	81%
Excellent/Very good (net)	47%
Excellent	14%
Very good	33%
Good	33%
Fair/Poor (net)	19%
Fair	15%
Poor	3%
REFUSED	1%

Your ability to remember things such as recipes, to take medication, and to pay your bills

	Total
<i>Base Unweighted</i>	3185
<i>Base Weighted</i>	3185
Excellent/Very good/Good (net)	90%
Excellent/Very good (net)	64%
Excellent	25%

Very good	39%
Good	26%
Fair/Poor (net)	10%
Fair	8%
Poor	2%
REFUSED	1%

Your ability to make decisions

	Total
Base Unweighted	3185
Base Weighted	3185
Excellent/Very good/Good (net)	91%
Excellent/Very good (net)	64%
Excellent	23%
Very good	41%
Good	27%
Fair/Poor (net)	8%
Fair	7%
Poor	1%
REFUSED	1%

Your problem-solving skills

	Total
Base Unweighted	3185
Base Weighted	3185
Excellent/Very good/Good (net)	91%
Excellent/Very good (net)	64%

Excellent	22%
Very good	42%
Good	27%
Fair/Poor (net)	8%
Fair	7%
Poor	1%
REFUSED	1%

Your ability to focus

	Total
Base Unweighted	3185
Base Weighted	3185
Excellent/Very good/Good (net)	85%
Excellent/Very good (net)	52%
Excellent	16%
Very good	36%
Good	33%
Fair/Poor (net)	14%
Fair	11%
Poor	3%
REFUSED	1%

Your wisdom

	Total
Base Unweighted	3185
Base Weighted	3185
Excellent/Very good/Good (net)	91%

Excellent/Very good (net)	57%
Excellent	17%
Very good	40%
Good	34%
Fair/Poor (net)	8%
Fair	8%
Poor	1%
REFUSED	1%

Your ability to learn new things in general

	Total
Base Unweighted	3185
Base Weighted	3185
Excellent/Very good/Good (net)	91%
Excellent/Very good (net)	60%
Excellent	18%
Very good	41%
Good	31%
Fair/Poor (net)	9%
Fair	8%
Poor	1%
REFUSED	1%

Your happiness

	Total
Base Unweighted	3185
Base Weighted	3185

Excellent/Very good/Good (net)	83%
Excellent/Very good (net)	53%
Excellent	17%
Very good	36%
Good	30%
Fair/Poor (net)	17%
Fair	13%
Poor	4%
REFUSED	1%

Your quality of life

	Total
Base Unweighted	3185
Base Weighted	3185
Excellent/Very good/Good (net)	87%
Excellent/Very good (net)	56%
Excellent	17%
Very good	39%
Good	31%
Fair/Poor (net)	12%
Fair	10%
Poor	2%
REFUSED	1%

Your ability to finish projects/tasks that you start

	Total
Base Unweighted	3185

Base Weighted	3185
Excellent/Very good/Good (net)	85%
Excellent/Very good (net)	54%
Excellent	19%
Very good	36%
Good	31%
Fair/Poor (net)	14%
Fair	12%
Poor	2%
REFUSED	1%

Q2. How would you describe your overall health at this point in time? Would you say it is excellent, very good, good, fair, or poor?

	Total
Base Unweighted	3185
Base Weighted	3185
Excellent/Very good/Good (net)	86%
Excellent/Very good (net)	52%
Excellent	12%
Very good	40%
Good	34%
Fair/poor (net)	13%
Fair	11%
Poor	2%
REFUSED	1%

Q3. How would you describe your brain health or mental sharpness at this point in time? Would you say it is excellent, very good, good, fair, or poor?

	Total
<i>Base Unweighted</i>	3185
<i>Base Weighted</i>	3185
Excellent/Very good/Good (net)	89%
Excellent/Very good (net)	60%
Excellent	16%
Very good	44%
Good	29%
Fair/poor (net)	10%
Fair	9%
Poor	1%
REFUSED	-

b. MENTAL WELL-BEING

Q4. Below are some statements about feelings and thoughts. Please select what best describes your experience over the last two weeks.

I've been feeling optimistic about the future

	Total
<i>Base Unweighted</i>	3185
<i>Base Weighted</i>	3185
None of the time	3%
Some of the time/Rarely (net)	46%
Rarely	12%
Some of the time	35%
Often/All of the time (net)	50%
Often	36%

All of the time	15%
REFUSED	1%

I've been feeling useful

	Total
Base Unweighted	3185
Base Weighted	3185
None of the time	2%
Some of the time/Rarely (net)	37%
Rarely	9%
Some of the time	28%
Often/All of the time (net)	60%
Often	40%
All of the time	20%
REFUSED	1%

I've been feeling relaxed

	Total
Base Unweighted	3185
Base Weighted	3185
None of the time	3%
Some of the time/Rarely (net)	51%
Rarely	13%
Some of the time	38%
Often/All of the time (net)	46%
Often	35%
All of the time	10%

REFUSED	1%
---------	----

I've been feeling interested in other people

	Total
Base Unweighted	3185
Base Weighted	3185
None of the time	4%
Some of the time/Rarely (net)	46%
Rarely	12%
Some of the time	34%
Often/All of the time (net)	50%
Often	35%
All of the time	15%
REFUSED	1%

I've had energy to spare

	Total
Base Unweighted	3185
Base Weighted	3185
None of the time	4%
Some of the time/Rarely (net)	60%
Rarely	19%
Some of the time	40%
Often/All of the time (net)	36%
Often	27%
All of the time	9%
REFUSED	1%

I've been dealing with problems well

	Total
<i>Base Unweighted</i>	3185
<i>Base Weighted</i>	3185
None of the time	1%
Some of the time/Rarely (net)	34%
Rarely	6%
Some of the time	28%
Often/All of the time (net)	64%
Often	47%
All of the time	17%
REFUSED	1%

I've been thinking clearly

	Total
<i>Base Unweighted</i>	3185
<i>Base Weighted</i>	3185
None of the time	1%
Some of the time/Rarely (net)	25%
Rarely	3%
Some of the time	22%
Often/All of the time (net)	73%
Often	47%
All of the time	26%
REFUSED	1%

I've been feeling good about myself

	Total
<i>Base Unweighted</i>	3185
<i>Base Weighted</i>	3185

None of the time	2%
Some of the time/Rarely (net)	37%
Rarely	8%
Some of the time	29%
Often/All of the time (net)	61%
Often	41%
All of the time	19%
REFUSED	1%

I've been feeling close to other people

	Total
<i>Base Unweighted</i>	3185
<i>Base Weighted</i>	3185
None of the time	3%
Some of the time/Rarely (net)	45%
Rarely	13%
Some of the time	33%
Often/All of the time (net)	51%
Often	35%
All of the time	16%
REFUSED	1%

I've been feeling confident

	Total
<i>Base Unweighted</i>	3185
<i>Base Weighted</i>	3185
None of the time	2%

Some of the time/Rarely (net)	39%
Rarely	9%
Some of the time	30%
Often/All of the time (net)	58%
Often	41%
All of the time	17%
REFUSED	1%

I've been able to make up my own mind about things

	Total
<i>Base Unweighted</i>	3185
<i>Base Weighted</i>	3185
None of the time	1%
Some of the time/Rarely (net)	20%
Rarely	3%
Some of the time	17%
Often/All of the time (net)	78%
Often	42%
All of the time	36%
REFUSED	1%

I've been feeling loved

	Total
<i>Base Unweighted</i>	3185
<i>Base Weighted</i>	3185
None of the time	2%
Some of the time/Rarely (net)	27%

Rarely	7%
Some of the time	21%
Often/All of the time (net)	70%
Often	34%
All of the time	36%
REFUSED	1%

I've been interested in new things

	Total
Base Unweighted	3185
Base Weighted	3185
None of the time	2%
Some of the time/Rarely (net)	48%
Rarely	12%
Some of the time	37%
Often/All of the time (net)	49%
Often	34%
All of the time	15%
REFUSED	1%

I've been feeling cheerful

	Total
Base Unweighted	3185
Base Weighted	3185
None of the time	2%
Some of the time/Rarely (net)	46%
Rarely	10%

Some of the time	36%
Often/All of the time (net)	52%
Often	39%
All of the time	13%
REFUSED	1%

c. STRESS

Q5. Have you experienced any of the following in the last year?

	Total
Base Unweighted	3185
Base Weighted	3185
Job loss	8%
Money problems not related to job loss, money is just tight	27%
Major family conflict (excluding spouse/partner/significant other)	8%
Recent retirement, within the last five years	8%
Separation or divorce (break-up of spouse/partner relationship)	3%
Personal health problems- A major personal injury, illness, or disease diagnosis	16%
Health problems of others- A major illness, injury, disease diagnosis, end-of-life issues, of a spouse, close family member, or close friend	18%
Provide (or provided) unpaid care of a loved one or friend over the age of 18 who needs help caring for themselves	8%
Moving from one location to another or having someone move in with you	11%
Death of a spouse, close family member, or close friend	13%
Another major life stressor in the last year (please specify)	11%
REFUSED	32%

d. SOCIAL SUPPORT

Q6. Thinking back over the past year, how often has someone?

Been right there with you (physically) in a stressful situation

	Total
Base Unweighted	3185
Base Weighted	3185
Very/Fairly often (net)	64%
Very often	34%
Fairly often	31%
Once in a while/Never (net)	35%
Once in a while	26%
Never	9%
REFUSED	1%

Comforted you by showing you physical affection

	Total
Base Unweighted	3185
Base Weighted	3185
Very/Fairly often (net)	59%
Very often	29%
Fairly often	29%
Once in a while/Never (net)	40%
Once in a while	30%
Never	10%
REFUSED	1%

Listened to you talk about your private feelings

	Total
Base Unweighted	3185

Base Weighted	3185
Very/Fairly often (net)	58%
Very often	27%
Fairly often	31%
Once in a while/Never (net)	41%
Once in a while	33%
Never	8%
REFUSED	1%

Expressed interest and concern in your well-being

	Total
Base Unweighted	3185
Base Weighted	3185
Very/Fairly often (net)	70%
Very often	36%
Fairly often	34%
Once in a while/Never (net)	29%
Once in a while	24%
Never	5%
REFUSED	1%

e. Satisfaction with Life (SLS)

Q7. Below are five statements that you may agree or disagree with. Using the scale below, indicate your agreement with each item. Please be open and honest in your responding.

In most ways my life is close to my ideal

	Total
Base Unweighted	3185
Base Weighted	3185

Disagree (net)	24%
Strongly disagree	5%
Disagree	9%
Slightly disagree	10%
Neither agree nor disagree	16%
Agree (net)	59%
Slightly agree	21%
Agree	30%
Strongly agree	9%
REFUSED	1%

The conditions of my life are excellent

	Total
Base Unweighted	3185
Base Weighted	3185
Disagree (net)	19%
Strongly disagree	4%
Disagree	6%
Slightly disagree	9%
Neither agree nor disagree	15%
Agree (net)	65%
Slightly agree	21%
Agree	32%
Strongly agree	12%
REFUSED	1%

I am satisfied with my life

	Total
<i>Base Unweighted</i>	3185
<i>Base Weighted</i>	3185
Disagree (net)	15%
Strongly disagree	3%
Disagree	5%
Slightly disagree	7%
Neither agree nor disagree	12%
Agree (net)	72%
Slightly agree	18%
Agree	38%
Strongly agree	17%
REFUSED	1%

So far I have gotten the important things I want in life

	Total
<i>Base Unweighted</i>	3185
<i>Base Weighted</i>	3185
Disagree (net)	14%
Strongly disagree	3%
Disagree	5%
Slightly disagree	6%
Neither agree nor disagree	12%
Agree (net)	74%
Slightly agree	19%
Agree	38%

Strongly agree	17%
REFUSED	1%

If I could live my life over, I would change almost nothing

	Total
Base Unweighted	3185
Base Weighted	3185
Disagree (net)	37%
Strongly disagree	7%
Disagree	13%
Slightly disagree	17%
Neither agree nor disagree	14%
Agree (net)	48%
Slightly agree	17%
Agree	22%
Strongly agree	9%
REFUSED	1%

f. Changes in personality-mini-markers, with underlying dimensions

Q8. Please tell me how strongly you agree or disagree with the following statements:

I'm most comfortable with people who aren't much different from me

	Total
Base Unweighted	3185
Base Weighted	3185
Disagree (net)	33%
Disagree strongly	4%
Disagree	30%

Agree (net)	65%
Agree	58%
Agree strongly	8%
REFUSED	1%

I'm comfortable with people, whether they are different from me or not

	Total
Base Unweighted	3185
Base Weighted	3185
Disagree (net)	16%
Disagree strongly	2%
Disagree	14%
Agree (net)	83%
Agree	64%
Agree strongly	19%
REFUSED	1%

I get my energy from being around other people

	Total
Base Unweighted	3185
Base Weighted	3185
Disagree (net)	51%
Disagree strongly	8%
Disagree	43%
Agree (net)	48%
Agree	41%
Agree strongly	7%

REFUSED	1%
---------	----

I don't necessarily get my energy from being around other people

	Total
Base Unweighted	3185
Base Weighted	3185
Disagree (net)	30%
Disagree strongly	4%
Disagree	26%
Agree (net)	69%
Agree	55%
Agree strongly	14%
REFUSED	1%

I am open to new ideas and activities

	Total
Base Unweighted	3185
Base Weighted	3185
Disagree (net)	10%
Disagree strongly	1%
Disagree	9%
Agree (net)	89%
Agree	69%
Agree strongly	20%
REFUSED	1%

I really prefer to stick with ideas and activities that are already familiar to me

	Total
Base Unweighted	3185
Base Weighted	3185

Disagree (net)	29%
Disagree strongly	1%
Disagree	27%
Agree (net)	70%
Agree	63%
Agree strongly	7%
REFUSED	1%

I see success as having money and the things I want

	Total
<i>Base Unweighted</i>	3185
<i>Base Weighted</i>	3185
Disagree (net)	52%
Disagree strongly	9%
Disagree	43%
Agree (net)	47%
Agree	40%
Agree strongly	7%
REFUSED	1%

I see few joys greater than getting the things I want when I want them

	Total
<i>Base Unweighted</i>	3185
<i>Base Weighted</i>	3185
Disagree (net)	64%
Disagree strongly	13%
Disagree	51%

Agree (net)	35%
Agree	31%
Agree strongly	5%
REFUSED	1%

During the past year, I've been able to make the most of my talents and abilities

	Total
Base Unweighted	3185
Base Weighted	3185
Disagree (net)	32%
Disagree strongly	4%
Disagree	28%
Agree (net)	67%
Agree	57%
Agree strongly	10%
REFUSED	1%

I have hobbies and special activities that allow me to feel creative

	Total
Base Unweighted	3185
Base Weighted	3185
Disagree (net)	24%
Disagree strongly	3%
Disagree	21%
Agree (net)	75%
Agree	58%
Agree strongly	17%

REFUSED	1%
---------	----

I have the opportunity to use my most important talents and abilities

	Total
Base Unweighted	3185
Base Weighted	3185
Disagree (net)	26%
Disagree strongly	3%
Disagree	22%
Agree (net)	73%
Agree	61%
Agree strongly	12%
REFUSED	1%

I feel grateful for things I have in my life

	Total
Base Unweighted	3185
Base Weighted	3185
Disagree (net)	3%
Disagree strongly	1%
Disagree	2%
Agree (net)	96%
Agree	47%
Agree strongly	49%
REFUSED	1%

There is not much going on in my life that I feel grateful for

	Total
Base Unweighted	3185
Base Weighted	3185

Disagree (net)	84%
Disagree strongly	39%
Disagree	45%
Agree (net)	15%
Agree	12%
Agree strongly	3%
REFUSED	1%

g. ENGAGEMENT IN MUSIC OR DANCE

Q9. Do you currently engage in any of the following activities or was your engagement only in the past?

Singing by yourself (without dancing or playing a musical instrument)

	Total
Base Unweighted	3185
Base Weighted	3185
I have never done this	27%
I currently engage in this activity	58%
My engagement was only in the past	13%
REFUSED	1%

Singing with a community choir/chorus

	Total
Base Unweighted	3185
Base Weighted	3185
I have never done this	69%
I currently engage in this activity	5%
My engagement was only in the past	25%
REFUSED	1%

Singing with a church choir (or any type of religious organization)

	Total
<i>Base Unweighted</i>	3185
<i>Base Weighted</i>	3185
I have never done this	67%
I currently engage in this activity	8%
My engagement was only in the past	24%
REFUSED	1%

Singing with any other type of vocal group (i.e., non-choral)

	Total
<i>Base Unweighted</i>	3185
<i>Base Weighted</i>	3185
I have never done this	77%
I currently engage in this activity	5%
My engagement was only in the past	17%
REFUSED	1%

Dancing by yourself (without singing)

	Total
<i>Base Unweighted</i>	3185
<i>Base Weighted</i>	3185
I have never done this	42%
I currently engage in this activity	38%
My engagement was only in the past	19%
REFUSED	1%

Dancing with a group (without singing)

	Total
<i>Base Unweighted</i>	3185
<i>Base Weighted</i>	3185

I have never done this	59%
I currently engage in this activity	10%
My engagement was only in the past	30%
REFUSED	1%

Both singing and dancing at the same time (with or without a group, including participating in musical theater)

	Total
Base Unweighted	3185
Base Weighted	3185
I have never done this	67%
I currently engage in this activity	14%
My engagement was only in the past	18%
REFUSED	1%

Playing a musical instrument by yourself, without singing

	Total
Base Unweighted	3185
Base Weighted	3185
I have never done this	54%
I currently engage in this activity	12%
My engagement was only in the past	34%
REFUSED	1%

Playing a musical instrument with a group, without singing

	Total
Base Unweighted	3185
Base Weighted	3185
I have never done this	68%
I currently engage in this activity	4%

My engagement was only in the past	27%
REFUSED	1%

Both singing and playing a musical instrument at the same time, by yourself

	Total
Base Unweighted	3185
Base Weighted	3185
I have never done this	79%
I currently engage in this activity	7%
My engagement was only in the past	12%
REFUSED	1%

Both singing and playing a musical instrument at the same time, with a group

	Total
Base Unweighted	3185
Base Weighted	3185
I have never done this	86%
I currently engage in this activity	3%
My engagement was only in the past	10%
REFUSED	1%

Composing/creating music

	Total
Base Unweighted	3185
Base Weighted	3185
I have never done this	84%
I currently engage in this activity	5%
My engagement was only in the past	10%
REFUSED	1%

Attending a musical performance or concert (i.e., ballet, opera, rock concert, musical theater, etc.)

	Total
Base Unweighted	3185
Base Weighted	3185
I have never done this	21%
I currently engage in this activity	34%
My engagement was only in the past	45%
REFUSED	1%

Focused listening to recorded music

	Total
Base Unweighted	3185
Base Weighted	3185
I have never done this	18%
I currently engage in this activity	67%
My engagement was only in the past	14%
REFUSED	1%

Attending church or a place of worship

	Total
Base Unweighted	3185
Base Weighted	3185
I have never done this	17%
I currently engage in this activity	38%
My engagement was only in the past	43%
REFUSED	1%

Q9a. Approximately, for how many years have you engaged in the following activities at least one time per year? (note: if you took a break from the activity, exclude those years in your overall count)

Base: Those who currently engaged in activity or in the past
#'s shown are mean # of years

	Total
Base Unweighted	

Base Weighted	
Singing by yourself (without dancing or playing a musical instrument) (n=2321)	24.9
Singing with a community choir/chorus (n=982)	5.3
Singing with a church choir (or any type of religious organization) (n=1065)	9.8
Singing with any other type of vocal group (i.e., non-choral) (n=709)	5.3
Dancing by yourself (without singing) (n=1778)	20.4
Dancing with a group (without singing) (n=1294)	8.7
Both singing and dancing at the same time (with or without a group, including participating in musical theater) (n=1036)	13.5
Playing a musical instrument by yourself, without singing (n=1477)	10.1
Playing a musical instrument with a group, without singing (n=1006)	6.4
Both singing and playing a musical instrument at the same, by yourself (n=640)	11.0
Both singing and playing a musical instrument at the same, with a group (n=428)	7.0
Composing/creating music (n=435)	8.7
Attending a musical performance or concert (n=2622)	16.2
Focused listening to recorded music (n=2681)	27.7
Attending church or a place of worship (n=2695)	24.0

Q9b. How likely are you to take music lessons in the future?

Base: Those who have never played a musical instrument or played only in the past

	Total
Base Unweighted	2795
Base Weighted	2782
Extremely/Very/Somewhat likely (net)	13%
Extremely/Very likely (net)	4%
Extremely likely	2%

Very likely	2%
Somewhat likely	9%
Not very/Not at all likely (net)	87%
Not very likely	30%
Not at all likely	58%
REFUSED	-

Q9c. Which of the following musical instruments have you played in the past or do you currently play satisfactorily?

Base: Those who currently or in the past played a musical instrument or created music

	Total
Base Unweighted	1598
Base Weighted	1577
Violin	11%
Viola	2%
Cello	2%
Bass	5%
Acoustic guitar	23%
Ukulele	6%
Electric guitar	12%
Banjo	2%
Mandolin	1%
Harp	-
Piccolo	2%
Flute	12%
Clarinet	11%

Oboe	1%
Recorder	10%
Saxophone	7%
Bassoon	1%
Trumpet	9%
Trombone	4%
French horn	2%
Tuba	2%
Drums, any kind	13%
Cymbals	3%
Xylophone	3%
Other percussion	3%
Piano/Keyboard	42%
Organ	6%
Synthesizer	3%
Accordion	2%
Harmonica	5%
Other	6%
REFUSED	5%

Q9d. In general, over the years when you have played a musical instrument or created music, how much of the time would you say you were fully immersed in the activity, that is – in the “zone?” (Include practicing/rehearsing as well as performing in your answer.)

Base: Those who currently or in the past played a musical instrument or created music

	Total
Base Unweighted	1598

Base Weighted	1577
0	2%
1 to 10	15%
11 to 20	10%
21 to 30	11%
31 to 40	7%
41 to 50	10%
51 to 60	8%
61 to 70	7%
71 to 80	9%
81 to 90	8%
91 to 100	7%
REFUSED	6%
Mean	44.8

Q9e. While you are playing your musical instrument or creating music, what percentage of the time would you say you are/were improvising?

Base: Those who currently or in the past played a musical instrument or created music

	Total
Base Unweighted	1598
Base Weighted	1577
0	8%
1 to 10	25%
11 to 20	12%
21 to 30	9%

31 to 40	6%
41 to 50	7%
51 to 60	6%
61 to 70	3%
71 to 80	4%
81 to 90	3%
91 to 100	4%
REFUSED	14%
Mean	30.5

Q9f. In general, over the years when you do non-choral singing, dance, or participate in musical theater, how much of the time would you say you were fully immersed in the activity, that is – in the “zone?” (Include practicing/rehearsing as well as performing in your answer.)

Base: Those who currently or in the past did non-choral singing, dance or musical theater

	Total
<i>Base Unweighted</i>	2572
<i>Base Weighted</i>	2533
0	7%
1 to 10	21%
11 to 20	10%
21 to 30	8%
31 to 40	5%
41 to 50	8%
51 to 60	5%
61 to 70	4%

71 to 80	6%
81 to 90	5%
91 to 100	7%
REFUSED	13%
Mean	37.2

Q9g. In general, over the years when you sang with a community choir/chorus, how much of the time would you say you were fully immersed in the activity, that is – in the “zone?” (Include practicing/rehearsing as well as performing in your answer.)

Base: Those who currently or in the past sang with a community choir/chorus

	Total
Base Unweighted	982
Base Weighted	960
0	3%
1 to 10	15%
11 to 20	8%
21 to 30	7%
31 to 40	5%
41 to 50	8%
51 to 60	7%
61 to 70	6%
71 to 80	6%
81 to 90	8%
91 to 100	14%
REFUSED	10%

Mean	48.8

Q9h. In general, over the years when you sang with a church choir (or any type of religious organization), how much of the time would you say you were fully immersed in the activity, that is – in the “zone?” (Include practicing/rehearsing as well as performing in your answer.)

Base: Those who currently or in the past sang with a church or any type of religious organization

	Total
Base Unweighted	1065
Base Weighted	1022
0	3%
1 to 10	13%
11 to 20	8%
21 to 30	8%
31 to 40	5%
41 to 50	8%
51 to 60	7%
61 to 70	6%
71 to 80	7%
81 to 90	8%
91 to 100	17%
REFUSED	10%
Mean	51.6

Q9i. In general, over the years when you sang with any other type of non-choral or vocal group (excluding a community or church choir), how much of the time would you say you were fully immersed in the activity, that is – in the “zone?” (Include practicing/rehearsing as well as performing in your answer.)

Base: Those who currently or in the past sang with any other type of non-choral or vocal group

	Total
Base Unweighted	709
Base Weighted	693
0	4%
1 to 10	15%
11 to 20	9%
21 to 30	7%
31 to 40	4%
41 to 50	10%
51 to 60	8%
61 to 70	5%
71 to 80	7%
81 to 90	7%
91 to 100	13%
REFUSED	11%
Mean	47.1

Q9j. In general, over the years when you have attended a musical performance or concert (i.e., ballet, opera, rock concert, musical theater, etc.), how much of the time would you say you were fully immersed in the activity, that is – in the “zone?”

Base: Those who currently or in the past attended a musical performance or concert

	Total
Base Unweighted	2622
Base Weighted	2495
0	1%
1 to 10	8%

11 to 20	6%
21 to 30	4%
31 to 40	4%
41 to 50	7%
51 to 60	6%
61 to 70	6%
71 to 80	11%
81 to 90	14%
91 to 100	27%
REFUSED	6%
Mean	64.8

Q9k. In general, over the years when you have listened to recorded music in a focused way, how much of the time would you say you were fully immersed in the activity, that is – in the “zone?”
Base: Those who currently or in the past listened to recorded music in a focused way

	Total
Base Unweighted	2681
Base Weighted	2585
0	1%
1 to 10	6%
11 to 20	5%
21 to 30	6%
31 to 40	5%
41 to 50	11%
51 to 60	8%

61 to 70	9%
71 to 80	13%
81 to 90	13%
91 to 100	17%
REFUSED	5%
Mean	61.1

Q9I. In general, over the years when you have engaged in worship in church or another religious organization, how much of the time would you say you were fully immersed in the activity, that is – in the “zone?”

Base: Those who currently or in the past engaged in worship in church or another

	Total
Base Unweighted	2695
Base Weighted	2607
0	3%
1 to 10	12%
11 to 20	8%
21 to 30	6%
31 to 40	4%
41 to 50	8%
51 to 60	6%
61 to 70	6%
71 to 80	9%
81 to 90	10%
91 to 100	20%

REFUSED	9%
Mean	55.2

Q10. What percentage of your day are you passively listening to music (i.e., have music on in the background) while you are engaged in everyday activities? For example, when you are in the car, at home, while you are reading or studying, while exercising, while you are falling asleep, etc.

	Total
Base Unweighted	3185
Base Weighted	3185
Never/Rarely (net)	31%
Never	4%
Rarely (up to about 25% of the time)	27%
Sometimes (more than 25% of the time up to about 50% of the time)	33%
Often/Most (net)	34%
Often (more than 50% of the time up to about 75% of the time)	23%
Most of the time (more than 75% of the time to 100% of the time)	12%
REFUSED	1%

Q11. How often were you exposed to music in your elementary school classrooms?

	Total
Base Unweighted	3185
Base Weighted	3185
Often/Sometimes (net)	65%
Often	26%
Sometimes	39%
Rarely/Never (net)	34%
Rarely	24%

Never	10%
REFUSED	1%

Q12. Thinking about musical, artistic, or athletic ability, in general, what percentage do you think each of the following factors contribute to an individual's talent? (Total should add up to 100%)

	Total
Base Unweighted	3185
Base Weighted	3185
Environment (nurture)	20.2
Genetics (nature)	20.3
Inspiration	15.2
A divine gift	14.0
Practice	30.4

h. HEALTHY HABITS

Q13. Below is a list of the ways you might have felt or behaved. Please tell me how often you have felt this way during the past week.

I ate nutritious and well-balanced meals

	Total
Base Unweighted	3185
Base Weighted	3185
Rarely/Some (net)	32%
Rarely or none of the time (less than 1 day)	9%
Some or a little of the time (1-2 days)	24%
Occasionally/Most (net)	66%
Occasionally or a moderate amount of time (3-4 days)	35%
Most or all of the time (5-7 days)	32%
REFUSED	1%

I exercised

	Total
<i>Base Unweighted</i>	3185
<i>Base Weighted</i>	3185
Rarely/Some (net)	53%
Rarely or none of the time (less than 1 day)	24%
Some or a little of the time (1-2 days)	28%
Occasionally/Most (net)	46%
Occasionally or a moderate amount of time (3-4 days)	26%
Most or all of the time (5-7 days)	20%
REFUSED	2%

I socialized with family, friends or others

	Total
<i>Base Unweighted</i>	3185
<i>Base Weighted</i>	3185
Rarely/Some (net)	44%
Rarely or none of the time (less than 1 day)	20%
Some or a little of the time (1-2 days)	24%
Occasionally/Most (net)	54%
Occasionally or a moderate amount of time (3-4 days)	28%
Most or all of the time (5-7 days)	27%
REFUSED	2%

I managed stress effectively

	Total
<i>Base Unweighted</i>	3185
<i>Base Weighted</i>	3185
Rarely/Some (net)	31%
Rarely or none of the time (less than 1 day)	9%

Some or a little of the time (1-2 days)	23%
Occasionally/Most (net)	67%
Occasionally or a moderate amount of time (3-4 days)	34%
Most or all of the time (5-7 days)	34%
REFUSED	2%

I was well-rested

	Total
Base Unweighted	3185
Base Weighted	3185
Rarely/Some (net)	34%
Rarely or none of the time (less than 1 day)	10%
Some or a little of the time (1-2 days)	24%
Occasionally/Most (net)	65%
Occasionally or a moderate amount of time (3-4 days)	35%
Most or all of the time (5-7 days)	30%
REFUSED	2%

I felt a sense of belonging

	Total
Base Unweighted	3185
Base Weighted	3185
Rarely/Some (net)	33%
Rarely or none of the time (less than 1 day)	12%
Some or a little of the time (1-2 days)	21%
Occasionally/Most (net)	65%
Occasionally or a moderate amount of time (3-4 days)	30%

Most or all of the time (5-7 days)	35%
REFUSED	2%

I engaged in mentally-stimulating activities other than music

	Total
Base Unweighted	3185
Base Weighted	3185
Rarely/Some (net)	43%
Rarely or none of the time (less than 1 day)	17%
Some or a little of the time (1-2 days)	26%
Occasionally/Most (net)	55%
Occasionally or a moderate amount of time (3-4 days)	30%
Most or all of the time (5-7 days)	25%
REFUSED	2%

I engaged in hobbies other than music

	Total
Base Unweighted	3185
Base Weighted	3185
Rarely/Some (net)	49%
Rarely or none of the time (less than 1 day)	20%
Some or a little of the time (1-2 days)	28%
Occasionally/Most (net)	50%
Occasionally or a moderate amount of time (3-4 days)	29%
Most or all of the time (5-7 days)	21%
REFUSED	2%

I was involved in groups such as service, civic, volunteer, etc

	Total
--	--------------

Base Unweighted	3185
Base Weighted	3185
Rarely/Some (net)	81%
Rarely or none of the time (less than 1 day)	65%
Some or a little of the time (1-2 days)	16%
Occasionally/Most (net)	17%
Occasionally or a moderate amount of time (3-4 days)	12%
Most or all of the time (5-7 days)	5%
REFUSED	2%

I prayed

	Total
Base Unweighted	3185
Base Weighted	3185
Rarely/Some (net)	51%
Rarely or none of the time (less than 1 day)	36%
Some or a little of the time (1-2 days)	15%
Occasionally/Most (net)	47%
Occasionally or a moderate amount of time (3-4 days)	15%
Most or all of the time (5-7 days)	32%
REFUSED	2%

I meditated

	Total
Base Unweighted	3185
Base Weighted	3185
Rarely/Some (net)	80%
Rarely or none of the time (less than 1 day)	61%

Some or a little of the time (1-2 days)	19%
Occasionally/Most (net)	19%
Occasionally or a moderate amount of time (3-4 days)	12%
Most or all of the time (5-7 days)	7%
REFUSED	2%

Q13a. Do you pray with music playing?

Base: Those who pray

	Total
Base Unweighted	3143
Base Weighted	3133
No	62%
Yes	14%
Not applicable	24%
REFUSED	-

Q13b. Do you meditate with music playing?

Base: Those who meditate

	Total
Base Unweighted	3142
Base Weighted	3133
No	52%
Yes	20%
Not applicable	28%
REFUSED	-

Q14. In a typical night, how many hours of sleep do you get?

	Total
Base Unweighted	3185

Base Weighted	3185
0	-
Under 7	36%
7 - 7.49	27%
7.5 - 7.99	1%
8	25%
8.01 - 8.99	-
9.00 - 9.99	5%
10	2%
10+	1%
REFUSED	2%
Mean	6.9

Q15. On a scale of 1 to 10, where 1 is extremely low and 10 is extremely high, please rate the overall level of stress in your life today.

	Total
Base Unweighted	3185
Base Weighted	3185
9 - 10 (net)	8%
10 - Extremely high	4%
9	4%
8	12%
4 - 7 (net)	53%
7	16%
6	13%

5	14%
4	10%
1 - 3 (net)	27%
3	12%
2	8%
1 - Extremely low	7%
REFUSED	1%
Mean	6.9

i. DEPRESSION

Q16. Below is a list of some ways you may have felt or behaved. Please indicate how often you have felt this way during the last week.

I was bothered by things that usually don't bother me

	Total
Base Unweighted	3185
Base Weighted	3185
Rarely/Some (net)	74%
Rarely or none of the time (less than 1 day)	40%
Some or a little of the time (1-2 days)	35%
Occasionally/Most (net)	24%
Occasionally or a moderate amount of time (3-4 days)	19%
Most or all of the time (5-7 days)	5%
REFUSED	1%

I did not feel like eating, my appetite was poor

	Total
Base Unweighted	3185

Base Weighted	3185
Rarely/Some (net)	87%
Rarely or none of the time (less than 1 day)	65%
Some or a little of the time (1-2 days)	21%
Occasionally/Most (net)	12%
Occasionally or a moderate amount of time (3-4 days)	9%
Most or all of the time (5-7 days)	2%
REFUSED	1%

I felt that I could not shake off the blues even with help from my family or friends

	Total
Base Unweighted	3185
Base Weighted	3185
Rarely/Some (net)	82%
Rarely or none of the time (less than 1 day)	59%
Some or a little of the time (1-2 days)	23%
Occasionally/Most (net)	16%
Occasionally or a moderate amount of time (3-4 days)	12%
Most or all of the time (5-7 days)	5%
REFUSED	2%

I felt I was just as good as other people

	Total
Base Unweighted	3185
Base Weighted	3185
Rarely/Some (net)	28%
Rarely or none of the time (less than 1 day)	11%
Some or a little of the time (1-2 days)	18%

Occasionally/Most (net)	70%
Occasionally or a moderate amount of time (3-4 days)	26%
Most or all of the time (5-7 days)	44%
REFUSED	2%

I had trouble keeping my mind on what I was doing

	Total
Base Unweighted	3185
Base Weighted	3185
Rarely/Some (net)	75%
Rarely or none of the time (less than 1 day)	45%
Some or a little of the time (1-2 days)	30%
Occasionally/Most (net)	24%
Occasionally or a moderate amount of time (3-4 days)	18%
Most or all of the time (5-7 days)	6%
REFUSED	2%

I felt depressed

	Total
Base Unweighted	3185
Base Weighted	3185
Rarely/Some (net)	81%
Rarely or none of the time (less than 1 day)	58%
Some or a little of the time (1-2 days)	23%
Occasionally/Most (net)	17%
Occasionally or a moderate amount of time (3-4 days)	11%
Most or all of the time (5-7 days)	6%

REFUSED	2%
---------	----

I felt that everything I did was an effort

	Total
Base Unweighted	3185
Base Weighted	3185
Rarely/Some (net)	75%
Rarely or none of the time (less than 1 day)	45%
Some or a little of the time (1-2 days)	30%
Occasionally/Most (net)	23%
Occasionally or a moderate amount of time (3-4 days)	17%
Most or all of the time (5-7 days)	7%
REFUSED	2%

I felt hopeful about the future

	Total
Base Unweighted	3185
Base Weighted	3185
Rarely/Some (net)	37%
Rarely or none of the time (less than 1 day)	12%
Some or a little of the time (1-2 days)	25%
Occasionally/Most (net)	61%
Occasionally or a moderate amount of time (3-4 days)	32%
Most or all of the time (5-7 days)	29%
REFUSED	2%

I thought my life had been a failure

	Total
Base Unweighted	3185
Base Weighted	3185

Rarely/Some (net)	88%
Rarely or none of the time (less than 1 day)	73%
Some or a little of the time (1-2 days)	15%
Occasionally/Most (net)	10%
Occasionally or a moderate amount of time (3-4 days)	7%
Most or all of the time (5-7 days)	3%
REFUSED	2%

I felt fearful

	Total
Base Unweighted	3185
Base Weighted	3185
Rarely/Some (net)	79%
Rarely or none of the time (less than 1 day)	52%
Some or a little of the time (1-2 days)	27%
Occasionally/Most (net)	19%
Occasionally or a moderate amount of time (3-4 days)	14%
Most or all of the time (5-7 days)	5%
REFUSED	2%

My sleep was restless

	Total
Base Unweighted	3185
Base Weighted	3185
Rarely/Some (net)	69%
Rarely or none of the time (less than 1 day)	34%
Some or a little of the time (1-2 days)	35%

Occasionally/Most (net)	29%
Occasionally or a moderate amount of time (3-4 days)	20%
Most or all of the time (5-7 days)	9%
REFUSED	2%

I was happy

	Total
Base Unweighted	3185
Base Weighted	3185
Rarely/Some (net)	24%
Rarely or none of the time (less than 1 day)	7%
Some or a little of the time (1-2 days)	17%
Occasionally/Most (net)	74%
Occasionally or a moderate amount of time (3-4 days)	33%
Most or all of the time (5-7 days)	41%
REFUSED	2%

I talked less than usual

	Total
Base Unweighted	3185
Base Weighted	3185
Rarely/Some (net)	75%
Rarely or none of the time (less than 1 day)	45%
Some or a little of the time (1-2 days)	30%
Occasionally/Most (net)	24%
Occasionally or a moderate amount of time (3-4 days)	17%
Most or all of the time (5-7 days)	6%

REFUSED	2%
---------	----

I felt lonely

	Total
Base Unweighted	3185
Base Weighted	3185
Rarely/Some (net)	80%
Rarely or none of the time (less than 1 day)	56%
Some or a little of the time (1-2 days)	24%
Occasionally/Most (net)	18%
Occasionally or a moderate amount of time (3-4 days)	12%
Most or all of the time (5-7 days)	7%
REFUSED	2%

People were unfriendly

	Total
Base Unweighted	3185
Base Weighted	3185
Rarely/Some (net)	90%
Rarely or none of the time (less than 1 day)	70%
Some or a little of the time (1-2 days)	20%
Occasionally/Most (net)	8%
Occasionally or a moderate amount of time (3-4 days)	6%
Most or all of the time (5-7 days)	2%
REFUSED	2%

I enjoyed life

	Total
Base Unweighted	3185
Base Weighted	3185

Rarely/Some (net)	26%
Rarely or none of the time (less than 1 day)	7%
Some or a little of the time (1-2 days)	19%
Occasionally/Most (net)	72%
Occasionally or a moderate amount of time (3-4 days)	29%
Most or all of the time (5-7 days)	42%
REFUSED	2%

I had crying spells

	Total
Base Unweighted	3185
Base Weighted	3185
Rarely/Some (net)	90%
Rarely or none of the time (less than 1 day)	76%
Some or a little of the time (1-2 days)	13%
Occasionally/Most (net)	8%
Occasionally or a moderate amount of time (3-4 days)	6%
Most or all of the time (5-7 days)	3%
REFUSED	2%

I felt sad

	Total
Base Unweighted	3185
Base Weighted	3185
Rarely/Some (net)	83%
Rarely or none of the time (less than 1 day)	54%
Some or a little of the time (1-2 days)	29%

Occasionally/Most (net)	16%
Occasionally or a moderate amount of time (3-4 days)	11%
Most or all of the time (5-7 days)	5%
REFUSED	2%

I felt that people disliked me

	Total
<i>Base Unweighted</i>	3185
<i>Base Weighted</i>	3185
Rarely/Some (net)	89%
Rarely or none of the time (less than 1 day)	73%
Some or a little of the time (1-2 days)	16%
Occasionally/Most (net)	9%
Occasionally or a moderate amount of time (3-4 days)	7%
Most or all of the time (5-7 days)	3%
REFUSED	2%

I could not get going

	Total
<i>Base Unweighted</i>	3185
<i>Base Weighted</i>	3185
Rarely/Some (net)	82%
Rarely or none of the time (less than 1 day)	54%
Some or a little of the time (1-2 days)	28%
Occasionally/Most (net)	16%
Occasionally or a moderate amount of time (3-4 days)	12%
Most or all of the time (5-7 days)	4%

REFUSED	2%
---------	----

j. PURPOSE (MEANING IN LIFE)

Q17. Please tell me how strongly you agree or disagree with the following statements:

I have a system of values and beliefs that guide my daily activities

	Total
Base Unweighted	3185
Base Weighted	3185
Disagree (net)	11%
Disagree strongly	2%
Disagree	9%
Agree (net)	87%
Agree	53%
Agree strongly	34%
REFUSED	2%

I have a philosophy of life that helps me understand who I am

	Total
Base Unweighted	3185
Base Weighted	3185
Disagree (net)	20%
Disagree strongly	3%
Disagree	16%
Agree (net)	79%
Agree	55%
Agree strongly	24%
REFUSED	2%

I feel like I am living fully

	Total
<i>Base Unweighted</i>	3185
<i>Base Weighted</i>	3185
Disagree (net)	31%
Disagree strongly	6%
Disagree	26%
Agree (net)	67%
Agree	49%
Agree strongly	17%
REFUSED	2%

I feel I have found a really significant meaning in my life

	Total
<i>Base Unweighted</i>	3185
<i>Base Weighted</i>	3185
Disagree (net)	25%
Disagree strongly	5%
Disagree	21%
Agree (net)	73%
Agree	51%
Agree strongly	22%
REFUSED	2%

In my life, I have clear goals and aims

	Total
<i>Base Unweighted</i>	3185
<i>Base Weighted</i>	3185
Disagree (net)	22%

Disagree strongly	4%
Disagree	18%
Agree (net)	76%
Agree	55%
Agree strongly	22%
REFUSED	2%

I have a sense of direction and purpose in life

	Total
Base Unweighted	3185
Base Weighted	3185
Disagree (net)	17%
Disagree strongly	3%
Disagree	14%
Agree (net)	81%
Agree	56%
Agree strongly	25%
REFUSED	2%

I feel good when I think of what I have done in the past

	Total
Base Unweighted	3185
Base Weighted	3185
Disagree (net)	22%
Disagree strongly	4%
Disagree	18%
Agree (net)	76%

Agree	57%
Agree strongly	19%
REFUSED	2%

I am at peace with my past

	Total
Base Unweighted	3185
Base Weighted	3185
Disagree (net)	21%
Disagree strongly	4%
Disagree	16%
Agree (net)	78%
Agree	55%
Agree strongly	23%
REFUSED	2%

k. ANXIETY

Q18. Over the last 2 weeks, how often have you been bothered by the following problems?

Feeling nervous, anxious or on edge

	Total
Base Unweighted	3185
Base Weighted	3185
Not at all/Several days (net)	79%
Not at all	45%
Several days	34%
More than half the days/Nearly Every Day (net)	19%
More than half the days	12%

Nearly every day	7%
REFUSED	2%

Not being able to stop or control worrying

	Total
Base Unweighted	3185
Base Weighted	3185
Not at all/Several days (net)	81%
Not at all	54%
Several days	27%
More than half the days/Nearly Every Day (net)	17%
More than half the days	11%
Nearly every day	6%
REFUSED	2%

Worrying too much about different things

	Total
Base Unweighted	3185
Base Weighted	3185
Not at all/Several days (net)	77%
Not at all	41%
Several days	36%
More than half the days/Nearly Every Day (net)	22%
More than half the days	14%
Nearly every day	8%
REFUSED	2%

Trouble relaxing

	Total
--	--------------

Base Unweighted	3185
Base Weighted	3185
Not at all/Several days (net)	81%
Not at all	50%
Several days	31%
More than half the days/Nearly Every Day (net)	17%
More than half the days	11%
Nearly every day	6%
REFUSED	2%

Being so restless that it is hard to sit still

	Total
Base Unweighted	3185
Base Weighted	3185
Not at all/Several days (net)	87%
Not at all	65%
Several days	22%
More than half the days/Nearly Every Day (net)	12%
More than half the days	8%
Nearly every day	3%
REFUSED	2%

Becoming easily annoyed or irritable

	Total
Base Unweighted	3185
Base Weighted	3185
Not at all/Several days (net)	81%
Not at all	46%

Several days	34%
More than half the days/Nearly Every Day (net)	18%
More than half the days	12%
Nearly every day	6%
REFUSED	2%

Feeling afraid as if something awful might happen

	Total
Base Unweighted	3185
Base Weighted	3185
Not at all/Several days (net)	81%
Not at all	52%
Several days	29%
More than half the days/Nearly Every Day (net)	17%
More than half the days	10%
Nearly every day	7%
REFUSED	2%

I. WISDOM-FOSTERING EVENTS

Q19. Have you experienced any of the following situations?

	Total
Base Unweighted	3185
Base Weighted	3185
Any (net)	50%
A life-threatening event such as an accident or near-death experience (not an illness or serious health condition)	10%
An illness or serious health condition	23%

A tragic and/or unexpected death of someone very close to you (e.g., parent, spouse, child, very close friend)	26%
Victimization that made/makes you feel vulnerable (i.e., victim of a crime, assault, or a scam)	13%
A major personal setback (i.e., a period where you feel hit rock bottom)	21%
None of the above	48%
REFUSED	2%

Q19a. At what age did you experience each situation? If you experienced this more than once, think of the time it was most significant for you.

Base: Those who have experienced this situation

A life-threatening event such as an accident or near-death experience (not an illness or serious health condition)

	Total
Base Unweighted	346
Base Weighted	328
As a very young child (up to kindergarten age)	6%
Elementary school (approximately age 4-11)	6%
Middle school/junior high (approximately age 11-14)	6%
High school (approximately age 14-18)	9%
Adulthood, age 18 or older	71%
REFUSED	2%

An illness or serious health condition

	Total
Base Unweighted	781
Base Weighted	726
As a very young child (up to kindergarten age)	3%
Elementary school (approximately age 4-11)	4%
Middle school/junior high (approximately age 11-14)	3%

High school (approximately age 14-18)	5%
Adulthood, age 18 or older	84%
REFUSED	1%

A tragic and/or unexpected death of someone very close to you (e.g., parent, spouse, child, very close friend)

	Total
Base Unweighted	879
Base Weighted	834
As a very young child (up to kindergarten age)	1%
Elementary school (approximately age 4-11)	5%
Middle school/junior high (approximately age 11-14)	4%
High school (approximately age 14-18)	8%
Adulthood, age 18 or older	81%
REFUSED	1%

Victimization that made/makes you feel vulnerable (i.e., victim of a crime, assault, or a scam)

	Total
Base Unweighted	395
Base Weighted	402
As a very young child (up to kindergarten age)	5%
Elementary school (approximately age 4-11)	13%
Middle school/junior high (approximately age 11-14)	10%
High school (approximately age 14-18)	12%
Adulthood, age 18 or older	58%
REFUSED	1%

A major personal setback (i.e., a period where you feel you hit rock bottom)

	Total
Base Unweighted	667

Base Weighted	680
As a very young child (up to kindergarten age)	1%
Elementary school (approximately age 4-11)	2%
Middle school/junior high (approximately age 11-14)	2%
High school (approximately age 14-18)	10%
Adulthood, age 18 or older	85%
REFUSED	1%

Q19b. At what specific age in adulthood did you experience this situation?

Base: Experienced situation as adult

#'s shown are mean ages

	Total
Base Unweighted	3185
Base Weighted	3185
A life-threatening event such as an accident or near-death experience (n=259)	37.0
An illness or serious health condition (n=676)	45.8
A tragic and/or unexpected death of someone very close to you (n=722)	41.5
Victimization that made/makes you feel vulnerable (n=239)	35.3
A major personal setback (i.e., a period where you feel hit rock bottom) (n=584)	34.2

m. HEALTH CONDITIONS

Q20. To what extent do diseases, conditions, or illnesses limit your ability to engage in activities you would like to do? (i.e., physical activity, socializing, shopping, doing yard work, etc.)

	Total
Base Unweighted	3185
Base Weighted	3185
Great extent/Some extent (net)	29%
To a great extent	10%
To some extent	19%

Little extent/No extent at all (net)	69%
To a little extent	21%
To no extent at all	49%
REFUSED	2%

Q21. Do you currently have any of the following conditions or illnesses?

	Total
Base Unweighted	3185
Base Weighted	3185
Any (net)	63%
High blood pressure	24%
High cholesterol	18%
Diabetes	10%
Depression	15%
Anxiety	20%
Heart disease	5%
Arthritis	17%
Obesity	15%
Pain	20%
Hearing impairment	7%
Vision impairment	11%
None of the above	35%
REFUSED	2%

Q22. Are you currently taking any action related to depression?

	Total
--	--------------

Base Unweighted	3185
Base Weighted	3185
I am taking medication	15%
I am seeing a counselor	6%
I am dealing with it mainly on my own	17%
This is not an issue for me	66%
REFUSED	1%

Q23. Are you currently taking any action related to anxiety?

	Total
Base Unweighted	3185
Base Weighted	3185
I am taking medication	11%
I am seeing a counselor	5%
I am dealing with it mainly on my own	21%
This is not an issue for me	66%
REFUSED	2%

n. Retrospective reference point

Q24. What is the earliest period in your life you can remember enjoying/appreciating music?

	Total
Base Unweighted	3185
Base Weighted	3185
A very young child (up to kindergarten age)	33%
In elementary school (approximately age 4 to 11)	32%
In middle school/junior high school (approximately age 11 to 14)	16%
In high school (approximately age 14 to 18)	11%

An adult younger than you are now (approximately age 18 and older)(please specify an approximate age)	6%
REFUSED	2%

Q24_ adult age

	Total
Base Unweighted	177
Base Weighted	205
18-29	57%
30-49	16%
50-64	2%
65+	0%
REFUSED	24%
Mean age	25.4
Median age	21.8

Q25. What is the earliest period in your life you can accurately recall most of the aspects of your personality such as your happiness, whether you were open to experiences or not, how you felt about different groups of people, etc.

	Total
Base Unweighted	3185
Base Weighted	3185
A very young child (up to kindergarten age)	21%
In elementary school (approximately age 4 to 11)	39%
In middle school/junior high school (approximately age 11 to 14)	17%
In high school (approximately age 14 to 18)	13%

An adult younger than you are now (approximately age 18 and older)(please specify an approximate age)	9%
REFUSED	-

Q25_ adult age

	Total
Base Unweighted	287
Base Weighted	290
18-29	60%
30-49	17%
50-64	2%
65+	0%
REFUSED	21%
Mean age	25.4
Median age	22.4

Q26. Thinking about when you were [pipe in answer from Q25 (example “a very young child” or “in elementary school”)], how would you describe your life at that time?

	Total
Base Unweighted	3185
Base Weighted	3185
Distressing (net)	21%
Very distressing	4%
Somewhat distressing	16%
Joyful (net)	78%
Somewhat joyful	40%

Very joyful	38%
REFUSED	1%

Q27. Please answer the following questions thinking about how you felt when you were [pipe in the answer to Q25] and tell me how strongly you agree or disagree with the following statements:

I was most comfortable with people who weren't much different from me

	Total
Base Unweighted	3185
Base Weighted	3185
Disagree (net)	26%
Disagree strongly	5%
Disagree	21%
Agree (net)	64%
Agree	47%
Agree strongly	17%
Not applicable /Don't recall	8%
REFUSED	2%

I was comfortable with people, whether they were different from me or not

	Total
Base Unweighted	3185
Base Weighted	3185
Disagree (net)	19%
Disagree strongly	3%
Disagree	16%
Agree (net)	75%
Agree	47%
Agree strongly	28%

Not applicable /Don't recall	4%
REFUSED	2%

I got my energy from being around other people

	Total
Base Unweighted	3185
Base Weighted	3185
Disagree (net)	38%
Disagree strongly	6%
Disagree	32%
Agree (net)	53%
Agree	37%
Agree strongly	16%
Not applicable /Don't recall	7%
REFUSED	2%

I didn't necessarily get my energy from being around other people

	Total
Base Unweighted	3185
Base Weighted	3185
Disagree (net)	31%
Disagree strongly	5%
Disagree	26%
Agree (net)	61%
Agree	45%
Agree strongly	15%
Not applicable /Don't recall	7%

REFUSED	2%
---------	----

I was open to new ideas and activities

	Total
Base Unweighted	3185
Base Weighted	3185
Disagree (net)	9%
Disagree strongly	2%
Disagree	8%
Agree (net)	83%
Agree	51%
Agree strongly	32%
Not applicable /Don't recall	5%
REFUSED	2%

I really preferred to stick with ideas and activities that were already familiar to me

	Total
Base Unweighted	3185
Base Weighted	3185
Disagree (net)	26%
Disagree strongly	3%
Disagree	23%
Agree (net)	65%
Agree	48%
Agree strongly	17%
Not applicable /Don't recall	6%
REFUSED	2%

I saw success as having money and the things I wanted

	Total
Base Unweighted	3185
Base Weighted	3185
Disagree (net)	39%
Disagree strongly	11%
Disagree	29%
Agree (net)	48%
Agree	33%
Agree strongly	15%
Not applicable /Don't recall	10%
REFUSED	2%

I saw few joys greater than getting the things I wanted when I wanted them

	Total
Base Unweighted	3185
Base Weighted	3185
Disagree (net)	46%
Disagree strongly	10%
Disagree	36%
Agree (net)	44%
Agree	33%
Agree strongly	11%
Not applicable /Don't recall	8%
REFUSED	2%

I felt grateful for things I had in my life

	Total
Base Unweighted	3185
Base Weighted	3185

Disagree (net)	10%
Disagree strongly	1%
Disagree	8%
Agree (net)	83%
Agree	47%
Agree strongly	36%
Not applicable /Don't recall	6%
REFUSED	2%

There was not much going on in my life that I felt grateful for

	Total
Base Unweighted	3185
Base Weighted	3185
Disagree (net)	68%
Disagree strongly	24%
Disagree	44%
Agree (net)	23%
Agree	18%
Agree strongly	6%
Not applicable /Don't recall	6%
REFUSED	2%

o. Change in SLS

Q28. Thinking back when you were [pipe in answer to Q25], indicate your agreement with each item. Please be open and honest in your responding.

In most ways my life was close to my ideal

	Total
--	-------

Base Unweighted	3185
Base Weighted	3185
Disagree (net)	26%
Strongly disagree	5%
Disagree	10%
Slightly disagree	10%
Neither agree nor disagree	25%
Agree (net)	47%
Slightly agree	14%
Agree	25%
Strongly agree	7%
REFUSED	2%

The conditions of my life were excellent

	Total
Base Unweighted	3185
Base Weighted	3185
Disagree (net)	26%
Strongly disagree	5%
Disagree	9%
Slightly disagree	12%
Neither agree nor disagree	19%
Agree (net)	53%
Slightly agree	16%
Agree	27%
Strongly agree	9%

REFUSED	2%
---------	----

I was satisfied with my life

	Total
Base Unweighted	3185
Base Weighted	3185
Disagree (net)	19%
Strongly disagree	4%
Disagree	7%
Slightly disagree	8%
Neither agree nor disagree	18%
Agree (net)	61%
Slightly agree	16%
Agree	34%
Strongly agree	11%
REFUSED	2%

Q31. As you see it, would you say that you come from a musical family?

	Total
Base Unweighted	3185
Base Weighted	3185
No	76%
Yes	23%
REFUSED	1%

Q32. Do you enjoy music from generations other than your own generation?

	Total
Base Unweighted	3185
Base Weighted	3185

Yes (net)	90%
Yes, I like music from before my generation	81%
Yes, I like music from after my generation	49%
No, I only enjoy music from my generation	9%
REFUSED	1%

Q33. On what type of device do you consume music?

	Total
Base Unweighted	3185
Base Weighted	3185
Smart phone	63%
MP3 player, such as an iPod	15%
Laptop or desk top computer	40%
iPad or tablet	19%
Electric or battery-operated radio	15%
Car radio	71%
Stand-alone stereo system	25%
Other	9%
REFUSED	2%

Q34. To what extent do you agree with the following?

I do not identify with any faith tradition (e.g., Christianity, Islam, Judaism, etc.)

	Total
Base Unweighted	3185
Base Weighted	3185
Disagree (net)	66%
Disagree strongly	40%

Disagree	26%
Agree (net)	32%
Agree	15%
Agree strongly	17%
REFUSED	2%

I do not hold religious beliefs

	Total
Base Unweighted	3185
Base Weighted	3185
Disagree (net)	71%
Disagree strongly	42%
Disagree	29%
Agree (net)	27%
Agree	14%
Agree strongly	13%
REFUSED	2%

I do not hold spiritual beliefs

	Total
Base Unweighted	3185
Base Weighted	3185
Disagree (net)	78%
Disagree strongly	45%
Disagree	33%
Agree (net)	20%
Agree	11%

Agree strongly	9%
REFUSED	2%

I am spiritual but not religious

	Total
Base Unweighted	3185
Base Weighted	3185
Disagree (net)	58%
Disagree strongly	30%
Disagree	28%
Agree (net)	40%
Agree	30%
Agree strongly	10%
REFUSED	2%

Religion/spirituality do not matter to me

	Total
Base Unweighted	3185
Base Weighted	3185
Disagree (net)	75%
Disagree strongly	43%
Disagree	33%
Agree (net)	22%
Agree	14%
Agree strongly	9%
REFUSED	2%

I do not engage in any religious activities

	Total
--	--------------

Base Unweighted	3185
Base Weighted	3185
Disagree (net)	58%
Disagree strongly	34%
Disagree	24%
Agree (net)	40%
Agree	24%
Agree strongly	16%
REFUSED	2%

Q35. How concerned would you say you are about the coronavirus disease, COVID-19? Very concerned, somewhat concerned, not very concerned, or not at all concerned?

	Total
Base Unweighted	3185
Base Weighted	3185
Very/Somewhat concerned (net)	86%
Very concerned	51%
Somewhat concerned	35%
Not very/Not at all concerned (net)	11%
Not very concerned	8%
Not at all concerned	3%
Don't know	2%
REFUSED	1%

Q36. Have you, anyone in your household, a close friend or relative been affected by the coronavirus, COVID-19 in any of the following ways?

	Total
Base Unweighted	3185

Base Weighted	3185
Any (net)	34%
Officially diagnosed	5%
Tested and negative results	4%
Tested and waiting for results	2%
Needs to be tested (suspected case)	4%
Having a very difficult time dealing with worries about coronavirus, COVID-19	17%
Having a very difficult time getting essentials such as food and medication (not including soap, hand sanitizer, or toilet paper)	13%
None of the above	65%
REFUSED	1%

END OF QUESTIONNAIRE