

YouGov Survey: Therapy-Related Terms



Sample 1000 U.S. Adult Citizens
 Conducted August 25 - September 4, 2023
 Margin of Error ±3.8%

1. Which, if any, of the following terms are you familiar with? Select all that apply.
Respondents were asked about a randomly selected sample of 10 of the 20 terms

Active listening	31%
Boundary setting	34%
Burnout	38%
Codependency	33%
Comfort zone	41%
Coping mechanism	35%
Emotional blackmail	30%
Emotional labor	15%
Gaslighting	34%
Grooming	41%
Holding space	11%
Mindfulness	36%
Narcissism	39%
Processing	33%
Projection	30%
Self-care	41%
Toxic	42%
Trauma	40%
Triggered	34%
Validation	39%
None of the above	5%

2. Which of the following terms have you personally ever used before? Select all that apply.

Among people who say they are familiar with each term

Active listening	14%
Boundary setting	17%
Burnout	25%
Codependency	13%
Comfort zone	28%
Coping mechanism	17%
Emotional blackmail	7%
Emotional labor	3%
Gaslighting	16%
Grooming	16%
Holding space	3%
Mindfulness	18%
Narcissism	19%
Processing	17%
Projection	14%
Self-care	24%
Toxic	23%
Trauma	24%
Triggered	18%
Validation	19%
None of the above	17%

3. Do you think that the following term is more often used. . . ?

Among people who say they are familiar with each term

	Correctly	Incorrectly	Not sure
Active listening	53%	18%	29%
Boundary setting	59%	19%	21%
Burnout	73%	13%	14%
Codependency	51%	29%	21%
Comfort zone	74%	11%	15%
Coping mechanism	60%	14%	26%
Emotional blackmail	43%	27%	30%
Emotional labor	35%	31%	34%
Gaslighting	43%	35%	22%
Grooming	56%	24%	20%
Holding space	37%	21%	42%
Mindfulness	58%	20%	22%
Narcissism	53%	32%	15%
Processing	64%	13%	23%
Projection	51%	21%	28%

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Self-care	67%	16%	17%
Toxic	63%	24%	14%
Trauma	60%	24%	15%
Triggered	50%	32%	17%
Validation	63%	15%	22%

Interviewing Dates	August 25 - September 4, 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 0.091 to 6.501, with a mean of 1 and a standard deviation of 0.702.
Number of respondents	1000
Margin of error	± 3.8% (adjusted for weighting)
Survey mode	Web-based interviews
Questions not reported	80 questions not reported.

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1. Heard of Therapy-Speak Terms

Which, if any, of the following terms are you familiar with? Select all that apply.

Respondents were asked about a randomly selected sample of 10 of the 20 terms

	Total	Gender		Age (4 category)				Race (4 category)			
		Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
Active listening	31%	27%	35%	32%	31%	33%	28%	32%	29%	26%	36%
Boundary setting	34%	34%	34%	37%	33%	37%	28%	35%	28%	34%	37%
Burnout	38%	34%	42%	34%	32%	44%	40%	37%	40%	36%	45%
Codependency	33%	30%	36%	26%	27%	39%	37%	36%	19%	39%	26%
Comfort zone	41%	41%	42%	40%	37%	46%	41%	41%	40%	39%	51%
Coping mechanism	35%	34%	37%	34%	34%	38%	35%	36%	41%	33%	28%
Emotional blackmail	30%	24%	35%	29%	25%	33%	31%	30%	24%	31%	37%
Emotional labor	15%	18%	12%	24%	20%	11%	5%	15%	4%	20%	23%
Gaslighting	34%	33%	35%	35%	34%	34%	32%	34%	26%	34%	45%
Grooming	41%	42%	40%	31%	43%	44%	42%	44%	30%	32%	43%
Holding space	11%	11%	12%	11%	11%	14%	10%	12%	13%	9%	11%
Mindfulness	36%	35%	37%	35%	36%	41%	30%	35%	30%	41%	42%
Narcissism	39%	39%	39%	35%	43%	41%	35%	40%	27%	43%	42%
Processing	33%	32%	35%	29%	34%	36%	33%	35%	27%	30%	33%
Projection	30%	31%	28%	26%	30%	33%	29%	31%	18%	34%	36%
Self-care	41%	37%	44%	37%	38%	45%	42%	42%	34%	37%	44%
Toxic	42%	45%	39%	33%	46%	42%	45%	43%	34%	43%	40%
Trauma	40%	38%	43%	37%	35%	43%	45%	41%	38%	41%	40%
Triggered	34%	30%	38%	33%	37%	35%	33%	34%	35%	38%	30%
Validation	39%	39%	39%	42%	37%	40%	39%	40%	33%	37%	48%
None of the above	5%	5%	4%	8%	3%	3%	6%	5%	4%	4%	7%
Unweighted N	(1,000)	(440)	(560)	(141)	(226)	(406)	(227)	(588)	(133)	(153)	(126)

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	Total	Party ID			2020 Vote		Family Income (3 category)			Region			
		Dem	Ind	Rep	Biden	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
Active listening	31%	31%	32%	30%	32%	31%	27%	32%	38%	25%	35%	34%	27%
Boundary setting	34%	32%	38%	31%	37%	34%	31%	36%	38%	40%	34%	34%	30%
Burnout	38%	41%	38%	33%	40%	37%	43%	36%	39%	38%	35%	36%	43%
Codependency	33%	32%	36%	30%	36%	36%	32%	36%	34%	30%	37%	33%	31%
Comfort zone	41%	37%	43%	45%	35%	45%	43%	39%	46%	44%	41%	41%	41%
Coping mechanism	35%	35%	42%	28%	38%	32%	34%	37%	37%	33%	38%	33%	38%
Emotional blackmail	30%	31%	28%	30%	35%	29%	28%	32%	30%	32%	28%	30%	29%
Emotional labor	15%	18%	17%	8%	16%	9%	12%	13%	22%	24%	13%	11%	16%
Gaslighting	34%	32%	32%	38%	32%	36%	31%	33%	41%	38%	28%	31%	41%
Grooming	41%	38%	44%	40%	42%	45%	42%	41%	44%	46%	37%	42%	39%
Holding space	11%	11%	12%	11%	13%	11%	11%	12%	12%	11%	16%	11%	9%
Mindfulness	36%	36%	36%	35%	40%	35%	34%	38%	41%	44%	32%	35%	35%
Narcissism	39%	35%	42%	39%	36%	43%	36%	41%	42%	38%	40%	40%	38%
Processing	33%	36%	34%	29%	37%	30%	28%	36%	39%	39%	31%	34%	29%
Projection	30%	27%	28%	36%	27%	38%	27%	32%	36%	34%	30%	26%	34%
Self-care	41%	43%	38%	41%	43%	43%	41%	45%	36%	39%	41%	42%	40%
Toxic	42%	38%	46%	40%	44%	41%	39%	42%	44%	45%	43%	41%	38%
Trauma	40%	38%	39%	44%	41%	44%	40%	43%	41%	41%	38%	42%	38%
Triggered	34%	36%	34%	33%	32%	35%	34%	31%	43%	37%	35%	35%	31%
Validation	39%	35%	40%	43%	36%	45%	36%	42%	45%	40%	33%	40%	43%
None of the above	5%	6%	5%	3%	6%	3%	6%	1%	2%	2%	6%	6%	4%
Unweighted N	(1,000)	(351)	(386)	(263)	(348)	(345)	(422)	(277)	(186)	(175)	(220)	(383)	(222)

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2. Use of Terms

Which of the following terms have you personally ever used before? Select all that apply.

Among people who say they are familiar with each term

	Gender		Age (4 category)				Race (4 category)				
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
Active listening	14%	12%	16%	15%	15%	15%	13%	15%	12%	13%	18%
Boundary setting	17%	16%	17%	20%	19%	16%	11%	18%	9%	19%	10%
Burnout	25%	23%	28%	26%	18%	31%	25%	25%	24%	24%	37%
Codependency	13%	10%	16%	12%	11%	16%	12%	12%	7%	22%	16%
Comfort zone	28%	25%	31%	29%	23%	33%	26%	27%	26%	25%	42%
Coping mechanism	17%	13%	22%	22%	17%	14%	18%	16%	22%	20%	17%
Emotional blackmail	7%	6%	8%	9%	5%	7%	7%	6%	9%	9%	7%
Emotional labor	3%	4%	3%	7%	7%	1%	0%	3%	1%	10%	2%
Gaslighting	16%	16%	16%	26%	16%	14%	8%	15%	7%	21%	27%
Grooming	16%	16%	15%	13%	15%	17%	17%	16%	11%	19%	19%
Holding space	3%	3%	4%	3%	4%	4%	1%	2%	4%	6%	4%
Mindfulness	18%	16%	20%	18%	21%	21%	10%	17%	20%	22%	21%
Narcissism	19%	17%	20%	18%	17%	22%	15%	20%	11%	20%	18%
Processing	17%	17%	18%	20%	15%	20%	15%	18%	16%	15%	21%
Projection	14%	15%	13%	15%	17%	14%	8%	13%	10%	21%	13%
Self-care	24%	17%	31%	22%	24%	25%	25%	24%	26%	24%	22%
Toxic	23%	25%	22%	22%	25%	25%	20%	22%	19%	33%	30%
Trauma	24%	22%	25%	24%	24%	23%	24%	24%	23%	26%	23%
Triggered	18%	15%	21%	23%	20%	18%	10%	15%	19%	30%	17%
Validation	19%	16%	22%	26%	17%	18%	17%	20%	15%	17%	25%
None of the above	17%	22%	13%	13%	20%	16%	21%	20%	13%	10%	15%
Unweighted N	(960)	(419)	(541)	(133)	(220)	(393)	(214)	(567)	(128)	(145)	(120)

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	Total	Party ID			2020 Vote		Family Income (3 category)			Region			
		Dem	Ind	Rep	Biden	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
Active listening	14%	15%	13%	15%	16%	15%	14%	13%	18%	11%	14%	16%	14%
Boundary setting	17%	18%	15%	16%	22%	16%	17%	16%	18%	18%	21%	15%	14%
Burnout	25%	29%	26%	21%	28%	25%	27%	24%	32%	24%	20%	25%	33%
Codependency	13%	16%	14%	8%	18%	11%	13%	12%	16%	10%	16%	12%	14%
Comfort zone	28%	29%	28%	27%	28%	30%	28%	27%	35%	27%	29%	28%	29%
Coping mechanism	17%	19%	19%	13%	23%	14%	17%	19%	19%	10%	20%	17%	20%
Emotional blackmail	7%	7%	7%	7%	10%	5%	6%	8%	10%	6%	6%	6%	10%
Emotional labor	3%	4%	5%	1%	5%	1%	3%	4%	4%	4%	4%	1%	6%
Gaslighting	16%	18%	14%	16%	18%	15%	13%	14%	25%	19%	13%	11%	23%
Grooming	16%	17%	16%	14%	19%	17%	14%	20%	17%	15%	15%	17%	16%
Holding space	3%	2%	4%	4%	3%	3%	4%	3%	2%	1%	4%	3%	3%
Mindfulness	18%	21%	17%	18%	26%	14%	18%	19%	22%	18%	16%	18%	21%
Narcissism	19%	15%	19%	22%	20%	23%	14%	21%	23%	18%	18%	20%	17%
Processing	17%	20%	14%	18%	20%	18%	14%	16%	22%	19%	16%	19%	14%
Projection	14%	13%	15%	13%	16%	13%	13%	13%	20%	14%	15%	10%	18%
Self-care	24%	29%	21%	22%	29%	23%	27%	28%	16%	19%	25%	26%	23%
Toxic	23%	22%	28%	19%	28%	20%	22%	22%	31%	23%	24%	23%	23%
Trauma	24%	25%	22%	24%	28%	24%	21%	25%	30%	24%	24%	25%	21%
Triggered	18%	19%	19%	15%	20%	16%	18%	16%	24%	19%	16%	17%	20%
Validation	19%	20%	18%	20%	23%	19%	17%	18%	26%	18%	15%	18%	25%
None of the above	17%	15%	20%	16%	12%	16%	22%	13%	10%	20%	16%	18%	16%
Unweighted N	(960)	(337)	(369)	(254)	(337)	(332)	(399)	(274)	(181)	(171)	(208)	(367)	(214)

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3A. Correct Use of Terms — Active listening

Do you think that the following term is more often used. . . ?

Among people who say they are familiar with each term

	Gender			Age (4 category)				Race (4 category)			
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
Correctly	53%	53%	54%	*	*	45%	*	50%	*	*	*
Incorrectly	18%	18%	17%	*	*	23%	*	19%	*	*	*
Not sure	29%	29%	29%	*	*	32%	*	30%	*	*	*
Totals	100%	100%	100%	*	*	100%	*	99%	*	*	*
Unweighted N	(321)	(122)	(199)	(49)	(78)	(132)	(62)	(187)	(43)	(41)	(50)

	Party ID			2020 Vote		Family Income (3 category)			Region				
	Total	Dem	Ind	Rep	Biden	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
Correctly	53%	66%	47%	*	59%	42%	47%	*	*	*	*	51%	*
Incorrectly	18%	12%	17%	*	18%	20%	22%	*	*	*	*	16%	*
Not sure	29%	22%	36%	*	23%	37%	31%	*	*	*	*	33%	*
Totals	100%	100%	100%	*	100%	99%	100%	*	*	*	*	100%	*
Unweighted N	(321)	(115)	(132)	(74)	(118)	(100)	(123)	(89)	(69)	(46)	(74)	(132)	(69)

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3B. Correct Use of Terms — Boundary setting

Do you think that the following term is more often used. . . ?

Among people who say they are familiar with each term

	Gender			Age (4 category)				Race (4 category)			
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
Correctly	59%	59%	59%	*	*	55%	*	59%	*	*	*
Incorrectly	19%	20%	18%	*	*	24%	*	19%	*	*	*
Not sure	21%	20%	22%	*	*	20%	*	22%	*	*	*
Totals	99%	99%	99%	*	*	99%	*	100%	*	*	*
Unweighted N	(344)	(144)	(200)	(52)	(75)	(151)	(66)	(208)	(37)	(56)	(43)

	Total	Party ID			2020 Vote		Family Income (3 category)			Region			
		Dem	Ind	Rep	Biden	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
Correctly	59%	62%	62%	*	64%	48%	56%	*	*	*	*	69%	*
Incorrectly	19%	19%	18%	*	18%	27%	21%	*	*	*	*	15%	*
Not sure	21%	19%	21%	*	19%	25%	23%	*	*	*	*	16%	*
Totals	99%	100%	101%	*	101%	100%	100%	*	*	*	*	100%	*
Unweighted N	(344)	(121)	(140)	(83)	(136)	(111)	(136)	(96)	(71)	(67)	(75)	(130)	(72)

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3C. Correct Use of Terms — Burnout

Do you think that the following term is more often used. . . ?

Among people who say they are familiar with each term

	Gender			Age (4 category)				Race (4 category)			
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
Correctly	73%	68%	77%	*	*	78%	*	78%	*	*	*
Incorrectly	13%	16%	10%	*	*	7%	*	10%	*	*	*
Not sure	14%	15%	13%	*	*	15%	*	12%	*	*	*
Totals	100%	99%	100%	*	*	100%	*	100%	*	*	*
Unweighted N	(394)	(162)	(232)	(53)	(77)	(175)	(89)	(228)	(58)	(52)	(56)

	Party ID			2020 Vote		Family Income (3 category)			Region				
	Total	Dem	Ind	Rep	Biden	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
Correctly	73%	72%	74%	*	77%	80%	72%	78%	*	*	*	73%	*
Incorrectly	13%	16%	12%	*	12%	8%	12%	12%	*	*	*	14%	*
Not sure	14%	12%	15%	*	10%	11%	16%	10%	*	*	*	14%	*
Totals	100%	100%	101%	*	99%	99%	100%	100%	*	*	*	101%	*
Unweighted N	(394)	(152)	(149)	(93)	(149)	(133)	(178)	(110)	(72)	(73)	(75)	(147)	(99)

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3D. Correct Use of Terms — Codependency

Do you think that the following term is more often used. . . ?

Among people who say they are familiar with each term

	Gender			Age (4 category)				Race (4 category)			
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
Correctly	51%	54%	48%	*	*	48%	*	48%	*	*	*
Incorrectly	29%	26%	31%	*	*	32%	*	31%	*	*	*
Not sure	21%	20%	21%	*	*	20%	*	21%	*	*	*
Totals	101%	100%	100%	*	*	100%	*	100%	*	*	*
Unweighted N	(353)	(144)	(209)	(41)	(67)	(158)	(87)	(218)	(32)	(61)	(42)

	Party ID			2020 Vote		Family Income (3 category)			Region				
	Total	Dem	Ind	Rep	Biden	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
Correctly	51%	57%	49%	*	55%	48%	39%	61%	*	*	*	47%	*
Incorrectly	29%	24%	30%	*	27%	26%	38%	17%	*	*	*	38%	*
Not sure	21%	19%	21%	*	18%	26%	23%	23%	*	*	*	15%	*
Totals	101%	100%	100%	*	100%	100%	100%	101%	*	*	*	100%	*
Unweighted N	(353)	(127)	(144)	(82)	(136)	(129)	(137)	(108)	(70)	(65)	(87)	(123)	(78)

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3E. Correct Use of Terms — Comfort zone

Do you think that the following term is more often used. . . ?

Among people who say they are familiar with each term

	Gender			Age (4 category)				Race (4 category)			
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
Correctly	74%	70%	78%	*	*	74%	*	74%	*	*	*
Incorrectly	11%	13%	10%	*	*	12%	*	12%	*	*	*
Not sure	15%	18%	12%	*	*	14%	*	15%	*	*	*
Totals	100%	101%	100%	*	*	100%	*	101%	*	*	*
Unweighted N	(422)	(182)	(240)	(60)	(86)	(184)	(92)	(247)	(55)	(55)	(65)

	Party ID			2020 Vote		Family Income (3 category)			Region				
	Total	Dem	Ind	Rep	Biden	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
Correctly	74%	88%	70%	66%	87%	67%	68%	76%	*	*	*	70%	*
Incorrectly	11%	5%	14%	14%	5%	14%	16%	9%	*	*	*	13%	*
Not sure	15%	7%	16%	20%	8%	19%	16%	15%	*	*	*	17%	*
Totals	100%	100%	100%	100%	100%	100%	100%	100%	*	*	*	100%	*
Unweighted N	(422)	(141)	(161)	(120)	(130)	(158)	(179)	(112)	(87)	(79)	(91)	(160)	(92)

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3F. Correct Use of Terms — Coping mechanism

Do you think that the following term is more often used. . . ?

Among people who say they are familiar with each term

	Gender			Age (4 category)				Race (4 category)			
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
Correctly	60%	55%	64%	*	*	57%	*	58%	*	*	*
Incorrectly	14%	12%	14%	*	*	14%	*	15%	*	*	*
Not sure	26%	32%	21%	*	*	29%	*	27%	*	*	*
Totals	100%	99%	99%	*	*	100%	*	100%	*	*	*
Unweighted N	(357)	(148)	(209)	(53)	(81)	(147)	(76)	(213)	(52)	(52)	(40)

	Party ID			2020 Vote		Family Income (3 category)			Region				
	Total	Dem	Ind	Rep	Biden	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
Correctly	60%	65%	57%	*	66%	59%	61%	58%	*	*	*	58%	*
Incorrectly	14%	15%	11%	*	11%	18%	13%	19%	*	*	*	18%	*
Not sure	26%	20%	32%	*	23%	23%	26%	23%	*	*	*	25%	*
Totals	100%	100%	100%	*	100%	100%	100%	100%	*	*	*	101%	*
Unweighted N	(357)	(129)	(147)	(81)	(136)	(112)	(143)	(106)	(71)	(61)	(84)	(125)	(87)

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3G. Correct Use of Terms — Emotional blackmail

Do you think that the following term is more often used. . . ?

Among people who say they are familiar with each term

	Gender			Age (4 category)				Race (4 category)			
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
Correctly	43%	45%	42%	*	*	37%	*	41%	*	*	*
Incorrectly	27%	22%	31%	*	*	34%	*	31%	*	*	*
Not sure	30%	33%	28%	*	*	30%	*	28%	*	*	*
Totals	100%	100%	101%	*	*	101%	*	100%	*	*	*
Unweighted N	(306)	(118)	(188)	(45)	(60)	(134)	(67)	(175)	(32)	(48)	(51)

	Total	Party ID			2020 Vote		Family Income (3 category)			Region			
		Dem	Ind	Rep	Biden	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
Correctly	43%	43%	47%	*	51%	35%	44%	*	*	*	*	39%	*
Incorrectly	27%	30%	23%	*	28%	30%	28%	*	*	*	*	29%	*
Not sure	30%	26%	31%	*	21%	35%	28%	*	*	*	*	31%	*
Totals	100%	99%	101%	*	100%	100%	100%	*	*	*	*	99%	*
Unweighted N	(306)	(116)	(115)	(75)	(121)	(107)	(119)	(85)	(66)	(61)	(65)	(112)	(68)

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3H. Correct Use of Terms — Emotional labor

Do you think that the following term is more often used. . . ?

Among people who say they are familiar with each term

	Total	Gender		Age (4 category)				Race (4 category)				
		Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other	
Correctly	35%	*	*	*	*	*	*	*	*	*	*	*
Incorrectly	31%	*	*	*	*	*	*	*	*	*	*	*
Not sure	34%	*	*	*	*	*	*	*	*	*	*	*
Totals	100%	*	*	*	*	*	*	*	*	*	*	*
Unweighted N	(136)	(61)	(75)	(32)	(45)	(48)	(11)	(80)	(11)	(26)	(19)	

	Total	Party ID			2020 Vote		Family Income (3 category)			Region			
		Dem	Ind	Rep	Biden	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
Correctly	35%	*	*	*	*	*	*	*	*	*	*	*	*
Incorrectly	31%	*	*	*	*	*	*	*	*	*	*	*	*
Not sure	34%	*	*	*	*	*	*	*	*	*	*	*	*
Totals	100%	*	*	*	*	*	*	*	*	*	*	*	*
Unweighted N	(136)	(51)	(60)	(25)	(55)	(33)	(51)	(38)	(31)	(38)	(25)	(39)	(34)

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3I. Correct Use of Terms — Gaslighting

Do you think that the following term is more often used. . . ?

Among people who say they are familiar with each term

	Gender			Age (4 category)				Race (4 category)			
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
Correctly	43%	37%	48%	*	*	40%	*	41%	*	*	*
Incorrectly	35%	36%	34%	*	*	36%	*	35%	*	*	*
Not sure	22%	26%	18%	*	*	24%	*	24%	*	*	*
Totals	100%	99%	100%	*	*	100%	*	100%	*	*	*
Unweighted N	(326)	(141)	(185)	(54)	(73)	(136)	(63)	(186)	(36)	(55)	(49)

	Party ID			2020 Vote		Family Income (3 category)			Region				
	Total	Dem	Ind	Rep	Biden	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
Correctly	43%	48%	46%	*	50%	37%	42%	*	*	*	*	44%	*
Incorrectly	35%	36%	32%	*	33%	35%	34%	*	*	*	*	37%	*
Not sure	22%	16%	22%	*	17%	28%	24%	*	*	*	*	19%	*
Totals	100%	100%	100%	*	100%	100%	100%	*	*	*	*	100%	*
Unweighted N	(326)	(106)	(125)	(95)	(115)	(111)	(132)	(89)	(67)	(60)	(62)	(119)	(85)

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3J. Correct Use of Terms — Grooming

Do you think that the following term is more often used. . . ?

Among people who say they are familiar with each term

	Gender			Age (4 category)				Race (4 category)			
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
Correctly	56%	60%	52%	*	*	50%	*	56%	*	*	*
Incorrectly	24%	23%	26%	*	*	30%	*	22%	*	*	*
Not sure	20%	17%	22%	*	*	21%	*	22%	*	*	*
Totals	100%	100%	100%	*	*	101%	*	100%	*	*	*
Unweighted N	(419)	(195)	(224)	(50)	(89)	(181)	(99)	(259)	(45)	(55)	(60)

	Party ID			2020 Vote		Family Income (3 category)			Region				
	Total	Dem	Ind	Rep	Biden	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
Correctly	56%	53%	57%	58%	50%	58%	58%	55%	*	*	*	59%	*
Incorrectly	24%	34%	22%	17%	34%	18%	28%	22%	*	*	*	22%	*
Not sure	20%	14%	21%	24%	17%	23%	14%	23%	*	*	*	19%	*
Totals	100%	101%	100%	99%	101%	99%	100%	100%	*	*	*	100%	*
Unweighted N	(419)	(142)	(161)	(116)	(150)	(163)	(170)	(118)	(88)	(81)	(83)	(168)	(87)

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3K. Correct Use of Terms — Holding space

Do you think that the following term is more often used. . . ?

Among people who say they are familiar with each term

	Total	Gender		Age (4 category)				Race (4 category)				
		Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other	
Correctly	37%	*	*	*	*	*	*	*	*	*	*	*
Incorrectly	21%	*	*	*	*	*	*	*	*	*	*	*
Not sure	42%	*	*	*	*	*	*	*	*	*	*	*
Totals	100%	*	*	*	*	*	*	*	*	*	*	*
Unweighted N	(122)	(50)	(72)	(18)	(27)	(57)	(20)	(74)	(18)	(14)	(16)	

	Total	Party ID			2020 Vote		Family Income (3 category)			Region			
		Dem	Ind	Rep	Biden	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
Correctly	37%	*	*	*	*	*	*	*	*	*	*	*	*
Incorrectly	21%	*	*	*	*	*	*	*	*	*	*	*	*
Not sure	42%	*	*	*	*	*	*	*	*	*	*	*	*
Totals	100%	*	*	*	*	*	*	*	*	*	*	*	*
Unweighted N	(122)	(42)	(50)	(30)	(48)	(37)	(50)	(35)	(21)	(19)	(32)	(45)	(26)

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3L. Correct Use of Terms — Mindfulness

Do you think that the following term is more often used. . . ?

Among people who say they are familiar with each term

	Gender			Age (4 category)				Race (4 category)			
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
Correctly	58%	56%	60%	*	*	52%	*	56%	*	*	*
Incorrectly	20%	18%	21%	*	*	23%	*	21%	*	*	*
Not sure	22%	26%	19%	*	*	25%	*	23%	*	*	*
Totals	100%	100%	100%	*	*	100%	*	100%	*	*	*
Unweighted N	(372)	(157)	(215)	(48)	(86)	(171)	(67)	(215)	(42)	(63)	(52)

	Party ID			2020 Vote		Family Income (3 category)			Region				
	Total	Dem	Ind	Rep	Biden	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
Correctly	58%	66%	47%	*	64%	55%	61%	54%	*	*	*	53%	*
Incorrectly	20%	17%	22%	*	21%	21%	22%	22%	*	*	*	19%	*
Not sure	22%	16%	31%	*	15%	24%	17%	24%	*	*	*	29%	*
Totals	100%	99%	100%	*	100%	100%	100%	100%	*	*	*	101%	*
Unweighted N	(372)	(134)	(140)	(98)	(145)	(122)	(149)	(102)	(81)	(82)	(75)	(135)	(80)

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3M. Correct Use of Terms — Narcissism

Do you think that the following term is more often used. . . ?

Among people who say they are familiar with each term

	Gender			Age (4 category)				Race (4 category)			
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
Correctly	53%	57%	50%	*	*	57%	*	49%	*	*	*
Incorrectly	32%	28%	35%	*	*	29%	*	35%	*	*	*
Not sure	15%	15%	15%	*	*	14%	*	16%	*	*	*
Totals	100%	100%	100%	*	*	100%	*	100%	*	*	*
Unweighted N	(384)	(172)	(212)	(52)	(86)	(165)	(81)	(237)	(38)	(61)	(48)

	Party ID			2020 Vote		Family Income (3 category)			Region				
	Total	Dem	Ind	Rep	Biden	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
Correctly	53%	58%	53%	48%	59%	48%	46%	56%	*	*	*	56%	*
Incorrectly	32%	28%	30%	39%	29%	37%	35%	36%	*	*	*	26%	*
Not sure	15%	14%	17%	13%	12%	15%	19%	9%	*	*	*	18%	*
Totals	100%	100%	100%	100%	100%	100%	100%	101%	*	*	*	100%	*
Unweighted N	(384)	(126)	(155)	(103)	(137)	(143)	(149)	(110)	(77)	(62)	(90)	(146)	(86)

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3N. Correct Use of Terms — Processing

Do you think that the following term is more often used. . . ?

Among people who say they are familiar with each term

	Gender			Age (4 category)				Race (4 category)			
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
Correctly	64%	63%	65%	*	*	60%	*	64%	*	*	*
Incorrectly	13%	11%	15%	*	*	19%	*	12%	*	*	*
Not sure	23%	26%	20%	*	*	22%	*	23%	*	*	*
Totals	100%	100%	100%	*	*	101%	*	99%	*	*	*
Unweighted N	(340)	(143)	(197)	(45)	(75)	(149)	(71)	(209)	(40)	(45)	(46)

	Party ID			2020 Vote		Family Income (3 category)			Region				
	Total	Dem	Ind	Rep	Biden	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
Correctly	64%	68%	57%	*	61%	61%	62%	65%	*	*	*	69%	*
Incorrectly	13%	13%	13%	*	12%	20%	17%	10%	*	*	*	13%	*
Not sure	23%	19%	30%	*	27%	19%	21%	25%	*	*	*	19%	*
Totals	100%	100%	100%	*	100%	100%	100%	100%	*	*	*	101%	*
Unweighted N	(340)	(129)	(133)	(78)	(129)	(108)	(124)	(106)	(71)	(67)	(74)	(130)	(69)

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30. Correct Use of Terms — Projection

Do you think that the following term is more often used. . . ?

Among people who say they are familiar with each term

	Gender			Age (4 category)				Race (4 category)			
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
Correctly	51%	54%	48%	*	*	46%	*	50%	*	*	*
Incorrectly	21%	18%	24%	*	*	30%	*	22%	*	*	*
Not sure	28%	28%	28%	*	*	24%	*	27%	*	*	*
Totals	100%	100%	100%	*	*	100%	*	99%	*	*	*
Unweighted N	(319)	(143)	(176)	(42)	(68)	(142)	(67)	(187)	(32)	(53)	(47)

	Party ID			2020 Vote		Family Income (3 category)			Region				
	Total	Dem	Ind	Rep	Biden	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
Correctly	51%	55%	46%	*	56%	47%	53%	*	*	*	*	52%	*
Incorrectly	21%	16%	24%	*	22%	25%	20%	*	*	*	*	16%	*
Not sure	28%	29%	30%	*	23%	27%	26%	*	*	*	*	32%	*
Totals	100%	100%	100%	*	101%	99%	99%	*	*	*	*	100%	*
Unweighted N	(319)	(104)	(123)	(92)	(104)	(128)	(126)	(94)	(64)	(60)	(71)	(110)	(78)

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3P. Correct Use of Terms — Self-care

Do you think that the following term is more often used. . . ?

Among people who say they are familiar with each term

	Gender			Age (4 category)				Race (4 category)			
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
Correctly	67%	59%	73%	*	*	63%	*	64%	*	*	*
Incorrectly	16%	18%	15%	*	*	17%	*	17%	*	*	*
Not sure	17%	23%	12%	*	*	21%	*	19%	*	*	*
Totals	100%	100%	100%	*	*	101%	*	100%	*	*	*
Unweighted N	(428)	(168)	(260)	(54)	(94)	(185)	(95)	(257)	(52)	(61)	(58)

	Total	Party ID			2020 Vote		Family Income (3 category)			Region			
		Dem	Ind	Rep	Biden	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
Correctly	67%	73%	67%	58%	73%	58%	69%	67%	*	*	*	63%	62%
Incorrectly	16%	15%	19%	15%	15%	20%	16%	20%	*	*	*	20%	21%
Not sure	17%	12%	14%	27%	12%	22%	16%	12%	*	*	*	17%	16%
Totals	100%	100%	100%	100%	100%	100%	101%	99%	*	*	*	100%	99%
Unweighted N	(428)	(157)	(160)	(111)	(158)	(150)	(176)	(135)	(71)	(69)	(86)	(173)	(100)

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3Q. Correct Use of Terms — Toxic

Do you think that the following term is more often used. . . ?

Among people who say they are familiar with each term

	Gender			Age (4 category)				Race (4 category)			
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
Correctly	63%	63%	62%	*	58%	63%	67%	61%	*	*	*
Incorrectly	24%	25%	23%	*	31%	24%	14%	25%	*	*	*
Not sure	14%	12%	16%	*	12%	13%	19%	15%	*	*	*
Totals	101%	100%	101%	*	101%	100%	100%	101%	*	*	*
Unweighted N	(432)	(202)	(230)	(46)	(109)	(173)	(104)	(260)	(54)	(62)	(56)

	Party ID			2020 Vote		Family Income (3 category)			Region				
	Total	Dem	Ind	Rep	Biden	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
Correctly	63%	70%	58%	61%	65%	59%	60%	61%	*	*	*	66%	*
Incorrectly	24%	15%	26%	29%	18%	30%	22%	27%	*	*	*	17%	*
Not sure	14%	15%	15%	10%	17%	11%	17%	12%	*	*	*	17%	*
Totals	101%	100%	99%	100%	100%	100%	99%	100%	*	*	*	100%	*
Unweighted N	(432)	(150)	(180)	(102)	(169)	(139)	(171)	(124)	(86)	(89)	(95)	(157)	(91)

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3R. Correct Use of Terms — Trauma

Do you think that the following term is more often used. . . ?

Among people who say they are familiar with each term

	Gender			Age (4 category)				Race (4 category)			
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
Correctly	60%	59%	61%	*	*	56%	*	60%	*	*	*
Incorrectly	24%	21%	27%	*	*	24%	*	26%	*	*	*
Not sure	15%	19%	12%	*	*	20%	*	13%	*	*	*
Totals	99%	99%	100%	*	*	100%	*	99%	*	*	*
Unweighted N	(418)	(185)	(233)	(56)	(87)	(178)	(97)	(246)	(50)	(62)	(60)

	Party ID			2020 Vote		Family Income (3 category)			Region				
	Total	Dem	Ind	Rep	Biden	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
Correctly	60%	67%	55%	61%	63%	58%	61%	62%	*	*	*	56%	*
Incorrectly	24%	21%	27%	25%	25%	28%	23%	22%	*	*	*	27%	*
Not sure	15%	13%	19%	15%	12%	15%	17%	16%	*	*	*	18%	*
Totals	99%	101%	101%	101%	100%	101%	101%	100%	*	*	*	101%	*
Unweighted N	(418)	(145)	(158)	(115)	(152)	(149)	(168)	(122)	(81)	(79)	(87)	(164)	(88)

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3S. Correct Use of Terms — Triggered

Do you think that the following term is more often used. . . ?

Among people who say they are familiar with each term

	Gender			Age (4 category)				Race (4 category)			
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
Correctly	50%	52%	49%	*	*	56%	*	48%	*	*	*
Incorrectly	32%	29%	35%	*	*	29%	*	35%	*	*	*
Not sure	17%	19%	16%	*	*	15%	*	17%	*	*	*
Totals	99%	100%	100%	*	*	100%	*	100%	*	*	*
Unweighted N	(351)	(143)	(208)	(51)	(92)	(135)	(73)	(205)	(47)	(57)	(42)

	Party ID			2020 Vote		Family Income (3 category)			Region				
	Total	Dem	Ind	Rep	Biden	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
Correctly	50%	53%	50%	*	53%	50%	59%	*	*	*	*	57%	*
Incorrectly	32%	26%	32%	*	32%	34%	29%	*	*	*	*	28%	*
Not sure	17%	20%	17%	*	14%	16%	12%	*	*	*	*	15%	*
Totals	99%	99%	99%	*	99%	100%	100%	*	*	*	*	100%	*
Unweighted N	(351)	(129)	(134)	(88)	(121)	(119)	(148)	(91)	(76)	(66)	(76)	(138)	(71)

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3T. Correct Use of Terms — Validation

Do you think that the following term is more often used. . . ?

Among people who say they are familiar with each term

	Gender			Age (4 category)				Race (4 category)			
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
Correctly	63%	57%	68%	*	*	56%	*	62%	*	*	*
Incorrectly	15%	15%	15%	*	*	22%	*	15%	*	*	*
Not sure	22%	28%	17%	*	*	21%	*	23%	*	*	*
Totals	100%	100%	100%	*	*	99%	*	100%	*	*	*
Unweighted N	(390)	(169)	(221)	(59)	(84)	(160)	(87)	(228)	(45)	(63)	(54)

	Party ID			2020 Vote		Family Income (3 category)			Region				
	Total	Dem	Ind	Rep	Biden	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
Correctly	63%	70%	57%	63%	71%	58%	66%	59%	*	*	*	62%	*
Incorrectly	15%	12%	16%	17%	12%	24%	13%	19%	*	*	*	15%	*
Not sure	22%	18%	27%	20%	17%	18%	21%	22%	*	*	*	23%	*
Totals	100%	100%	100%	100%	100%	100%	100%	100%	*	*	*	100%	*
Unweighted N	(390)	(127)	(157)	(106)	(129)	(149)	(152)	(113)	(83)	(67)	(77)	(154)	(92)

YouGov Survey: Therapy-Related Terms

August 25 - September 4, 2023 - 1000 U.S. adult citizens



Interviewing Dates	August 25 - September 4, 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 0.091 to 6.501, with a mean of 1 and a standard deviation of 0.702.
Number of respondents	1000
Margin of error	± 3.8% (adjusted for weighting)
Survey mode	Web-based interviews
Questions not reported	80 questions not reported.