

| <b>1) Thinking of the past year, how often have you felt lonely?</b> | US adults | Millennial | Gen X | Baby Boomer |
|--|-----------|------------|-------|-------------|
| 1) Always  | 7%        | 12%        | 6%    | 1%          |
| 2) Often   | 20%       | 22%        | 19%   | 18%         |
| 3) Sometimes   | 31%       | 34%        | 30%   | 29%         |
| 4) Rarely  | 23%       | 18%        | 21%   | 27%         |
| 5) Never   | 18%       | 11%        | 23%   | 24%         |
| 6) Don't know  | 1%        | 1%         | 0%    | 0%          |
| 7) Prefer not to say   | 0%        | 1%         | 0%    | 0%          |
| Unweighted N   | 1200      | 379        | 329   | 339         |
| Weight   | Nat Rep   |            |       |             |

**2) Do you tend to feel more lonely or less lonely during the holiday season, or is there no difference?**

|   | All  | Millennial | Gen X | Baby Boomer |
|---|------|------------|-------|-------------|
| 1) I feel much more lonely during the holiday season              | 16%  | 22%        | 17%   | 12%         |
| 2) I feel a little more lonely during the holiday season          | 25%  | 23%        | 27%   | 30%         |
| 3) I don't feel any more or less lonely during the holiday season | 45%  | 36%        | 45%   | 52%         |
| 4) I feel a little less lonely during the holiday season          | 5%   | 6%         | 5%    | 0%          |
| 5) I feel much less lonely during the holiday season              | 6%   | 7%         | 4%    | 5%          |
| 6) Don't know   | 4%   | 6%         | 2%    | 0%          |
| Unweighted N  | 1010 | 343        | 266   | 268         |

Weight Nat Rep

**3) Thinking of this 2020 holiday season specifically, do you anticipate you will feel any more or less lonely than usual, or will there be no difference?**

|  | All  | Millennial | Gen X | Baby Boomer | Those who say they are always or often lonely |
|--|------|------------|-------|-------------|---|
| 1) I think I will feel much more lonely              | 19%  | 20%        | 17%   | 20%         | 44%   |
| 2) I think I will feel a little more lonely          | 24%  | 28%        | 26%   | 22%         | 27%   |
| 3) I don't think I will feel any more or less lonely | 42%  | 33%        | 46%   | 49%         | 20%   |
| 4) I think I will feel a little less lonely          | 5%   | 6%         | 5%    | 4%          | 4%  |
| 5) I think I will feel much less lonely              | 3%   | 3%         | 2%    | 4%          | 4%  |
| 6) Don't know  | 6%   | 10%        | 4%    | 0%          |   |
|  | 1010 |            |       |             |   |

Weight Nat Rep

**4) Which of the following are reasons why you think you will feel more lonely during this holiday season? Please select all that apply.**

|   | All | Millennial | Gen X | Baby Boomer |
|---|-----|------------|-------|-------------|
| 1) I won't be able to spend time with loved ones because of the COVID-19 pandemic   | 66% | 58%        | 66%   | 79%         |
| 2) I won't be able to spend time with loved ones for logistical reasons unrelated to the COVID-19 pandemic (e.g., I have to work) | 15% | 22%        | 14%   | 5%          |
| 3) I don't have people I would consider family  | 7%  | 12%        | 4%    | 4%          |
| 4) I am estranged from my family  | 9%  | 9%         | 10%   | 9%          |
| 5) I don't feel emotionally close to my family  | 14% | 16%        | 9%    | 19%         |
| 6) I don't have people I would consider friends   | 8%  | 11%        | 7%    | 4%          |
| 7) I don't feel close to my friends   | 9%  | 12%        | 6%    | 8%          |
| 8) I don't have a romantic partner  | 13% | 12%        | 10%   | 16%         |
| 9) My romantic partner and I won't be celebrating the holiday together  | 5%  | 5%         | 5%    | 1%          |
| 10) Someone I usually celebrate the holidays with has passed away   | 16% | 16%        | 16%   | 19%         |
| 11) Other   | 7%  | 4%         | 12%   | 7%          |
| 12) None of these   | 1%  | 2%         | 0%    | 1%          |
| 13) Don't know  | 1%  | 1%         | 0%    | 0%          |
| Unweighted N  | 435 | 153        | 115   | 113         |

Weight Nat Rep