

YouGov Survey: New-Age Beliefs and Practices



Sample 1000 U.S. Adult Citizens
 Conducted August 18 - 22, 2022
 Margin of Error ±3.4%

1. Which of the following comes closest to describing your beliefs?

Both religious and spiritual	41%
Religious but not spiritual	7%
Spiritual but not religious	24%
Neither religious nor spiritual	18%
Not sure	10%

2. How important is spirituality in your life?

Very important	40%
Somewhat important	31%
Not too important	16%
Not at all important	13%

3. Which comes closest to your views on the relationship between spirituality and science?

Science and spirituality contradict one another	23%
Science and spirituality do NOT contradict one another	47%
Not sure	31%

4. Do you agree or disagree with the following statements?

	Strongly agree	Somewhat agree	Somewhat disagree	Strongly disagree	Not sure
Everything happens for a reason	34%	34%	13%	10%	9%
Nothing is as it seems	16%	36%	22%	12%	15%
Everything is interconnected	29%	40%	10%	5%	15%
We create our own reality	24%	41%	14%	11%	10%
Everything is god and god is everything	28%	22%	10%	24%	15%

5. Do you ever engage in any of the following? Select all that apply.

Mind-body exercises	15%
Yoga	16%
Tai Chi	5%
Meditation	26%
Mindfulness	21%
Vision boards	6%
Pilates	6%
None of the above	52%

6. Now we're going to ask you about a variety of practices. Do you believe in the healing power of each of the following?

	Yes, I believe	No, I do not believe	Not sure	Not familiar with this
Alternative medicine	42%	16%	34%	8%
Herbal medicine	50%	16%	27%	7%
Energetic or vibrational healing	18%	30%	29%	23%
Acupuncture	44%	16%	31%	9%
Aromatherapy	31%	27%	31%	11%
Essential oils	30%	30%	32%	8%
Healing crystals	14%	46%	27%	13%
Homeopathy	31%	21%	30%	18%
Reiki	11%	21%	21%	47%

7. Now we're going to ask you about a variety of beliefs. Do you believe in each of the following?

	Yes, I believe	No, I do not believe	Not sure	Not familiar with this
Manifesting (also known as the law of attraction)	29%	29%	26%	16%
Psychic readings	17%	53%	26%	3%
Astrology	26%	46%	25%	3%
Tarot-card readings	15%	56%	24%	4%
Reincarnation	27%	37%	33%	3%
The presence of spiritual energy in physical objects	31%	33%	29%	8%
Extraterrestrials and UFOs	39%	25%	32%	4%
Mysticism	16%	37%	26%	21%
Karma	55%	22%	19%	3%
Paganism	17%	43%	24%	16%
Miracles	65%	16%	17%	2%
Astral projection	16%	35%	26%	23%
Dream catchers	18%	46%	30%	6%
Numerology	16%	45%	24%	15%
Fairies	12%	63%	20%	6%
Mediums or channeling	21%	45%	28%	5%
Fortune-telling	13%	59%	24%	4%
Spirit possession	34%	32%	26%	8%
Parallel realities	24%	35%	30%	11%
Telepathy	24%	40%	30%	7%
Hypnosis	41%	25%	30%	4%
Chakras	20%	27%	23%	30%

8. How important are each of the following to you personally?

	Very important	Somewhat important	Not very important	Not important at all
Detoxifying your body and mind	28%	40%	21%	11%
Achieving spiritual growth	40%	34%	16%	10%
Eating organic foods	16%	36%	32%	16%
Living in harmony with nature	32%	47%	15%	7%
Evolving into greater states of consciousness	19%	37%	25%	19%
Using natural and sustainable products	27%	50%	14%	8%

9. Do you do any of the following on social media? Select all that apply.

Belong to wellness-related groups or communities	12%
Consume wellness-related content	18%
Follow or subscribe to wellness influencers	15%
None of the above	69%

10. Have you ever received spiritual guidance from a guru, shaman, or other spiritual leader?

Yes	15%
No	78%
Not sure	7%

11. Do you believe the following are true or false?

	True	False	Not sure
Regardless of who is officially in charge of the government and other organizations, there is a single group of people who secretly control events and rule the world together	29%	37%	34%
Vaccines have been shown to cause autism	18%	48%	34%
Many mass shootings have been faked by groups trying to promote stricter gun control laws	13%	64%	23%
A large group of elite politicians and celebrities are currently involved in child sex-trafficking rings	34%	31%	35%
The moon landing was faked	12%	68%	20%
There is a secret program for aircraft to release toxic chemicals to the atmosphere in a way that forms visible plumes in the sky, also known as chemtrails	15%	49%	36%
Joe Biden was not the legitimate winner of the 2020 election	34%	45%	21%

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Interviewing Dates	August 18 - 22, 2022
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 0.394 to 5.877, with a mean of 1 and a standard deviation of 0.465.
Number of respondents	1000
Margin of error	± 3.4% (adjusted for weighting)
Survey mode	Web-based interviews
Questions not reported	55 questions not reported.