



NEWSLETTER

MONITORING THE FUTURE - A SPECIAL THANKS!

DECEMBER 2022

YOU CANNOT BE REPLACED!

You were scientifically selected to be included in the follow-up sample so that your responses represent the views of thousands of people your age. If we lose contact with you, no substitution can be made, and the views of adults similar to you will not be as well represented by this national study. The success of the study depends upon your willingness to continue to complete and return the questionnaire to Monitoring the Future. For this reason, we work hard to keep track of you and other participants around the country and the world. We are indeed grateful for your cooperation. Please know that your individual responses are kept completely confidential.



THANKS TO OUR RESPONDENTS

Thank you! As a Monitoring the Future study participant, you have completed many questionnaires for us since you graduated from high school. Your participation has contributed to the success of this research project.

The transitions you have experienced from high school until now provide a unique perspective for us to see how behaviors and attitudes change as people progress through their adult years.

This newsletter represents our commitment to distributing results of the study to our participants. We are also committed to distributing the findings from this study to policymakers and the public.

This important study is designed to look at changing behaviors and preferences of younger Americans as they grow into their middle years. We believe that studying how adults change over time will tell us a lot about how early events and characteristics affect later health and wellbeing.



Visit our website at:

monitoringthefuture.org



Follow us on Twitter
[@ysi_news](https://twitter.com/ysi_news)



Like
University of Michigan
Youth and Social Issues Program
on Facebook

MONITORING THE FUTURE
IS FUNDED BY





Megan Patrick, MTF Panel
Study Director

Dear Valued MTF Participants:

From all of us at the Monitoring the Future (MTF) Study, I want to thank you for your participation in the study! Whether you have been with us since 1976 or are relatively new, we appreciate the time you take to complete the surveys and your loyalty over the years.

We also want to share a few very important things that you should know.

1. The longitudinal MTF study includes more than 100,000 people selected from the high school classes of 1976 to 2022 who are now about 19 to 65 years old.
2. As a member of the study, you are part of a scientific sample of people, which means you represent thousands of other people across the United States. You are irreplaceable and your participation is crucial for making sure we accurately represent people like you.
3. Your contact information is always stored securely and separately from the answers you give. We never share it and only contact you about the study.

4. The study has been continuously funded by the National Institutes of Health. All MTF staff are professionally trained employees of the University of Michigan.
5. Researchers use the compiled information from participants' responses to help understand how life changes as we get leave high school and move through adulthood.

For more information, visit monitoringthefuture.org. Please feel free to contact us with any questions or concerns.

We truly appreciate the time you take to complete the surveys and your loyalty over the years! I am honored to be the new Director of the study and look forward to learning from you all.

Many thanks,

A handwritten signature in black ink that reads "Megan E. Patrick".

Megan Patrick, MTF Panel Study Director

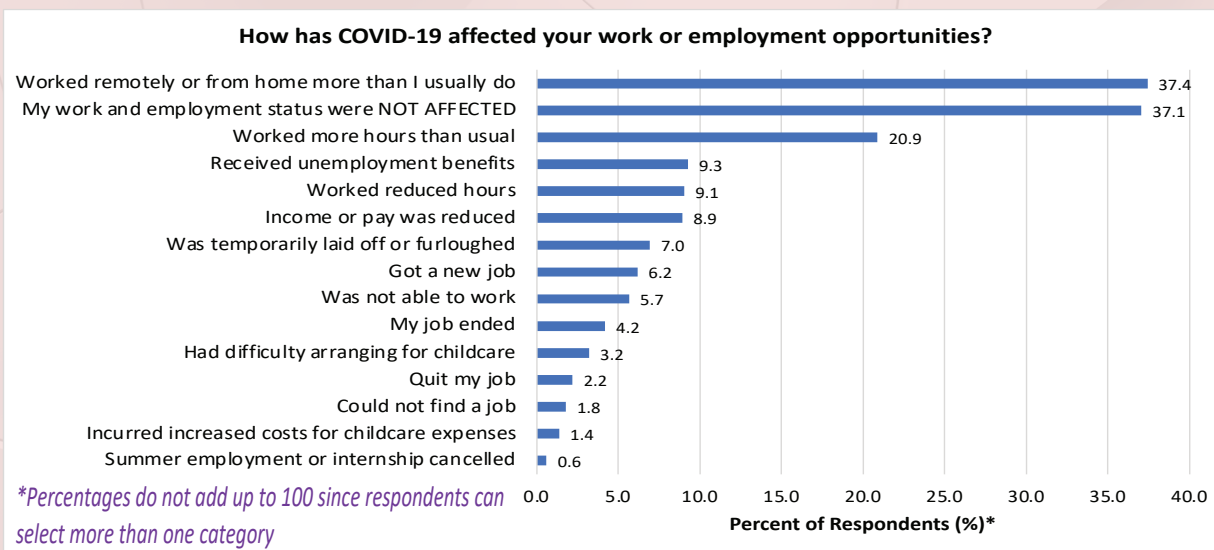
We appreciate you sharing with us how the pandemic has affected your personal lives—and for your continued participation in the Monitoring the Future surveys. Your responses and participation have been important in informing the nation about how people handled and coped with the pandemic differently and the effects these major changes can have on various health outcomes.

RECENT HEALTH DATA

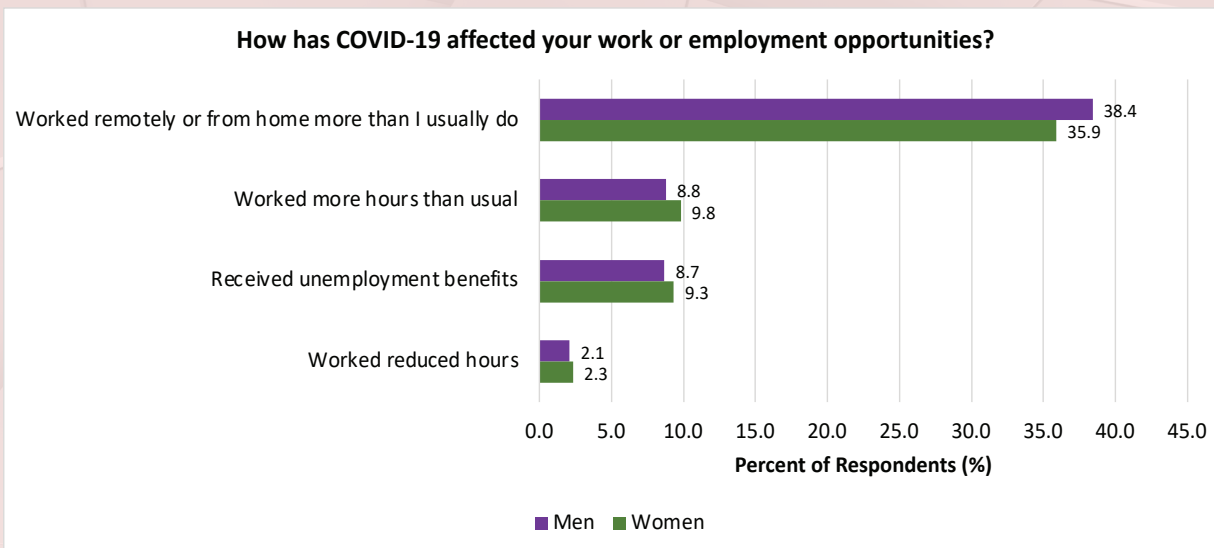
from the Monitoring the Future Study

CHANGES TO WORK AND EMPLOYMENT DURING COVID-19

For many of us, the COVID-19 pandemic has continued to alter our lives and has greatly impacted our society as a whole. In 2021 we included a set of questions about changes to work and employment during the COVID-19 pandemic. We asked 5,626 respondents ages 35–60 to select all of the work and employment changes that applied to them.



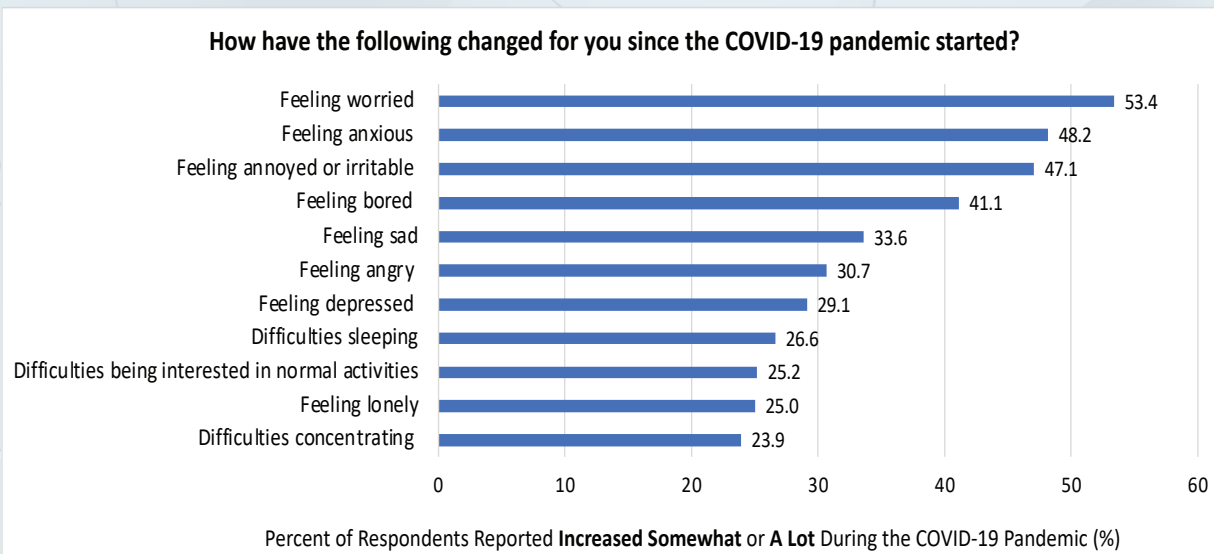
The table above shows the overall results. 37% of respondents said they were working remotely or from home more than they usually do. 37% of respondents said their work or employment status were not affected during the pandemic. 21% of respondents said they were working more hours than usual during the pandemic.



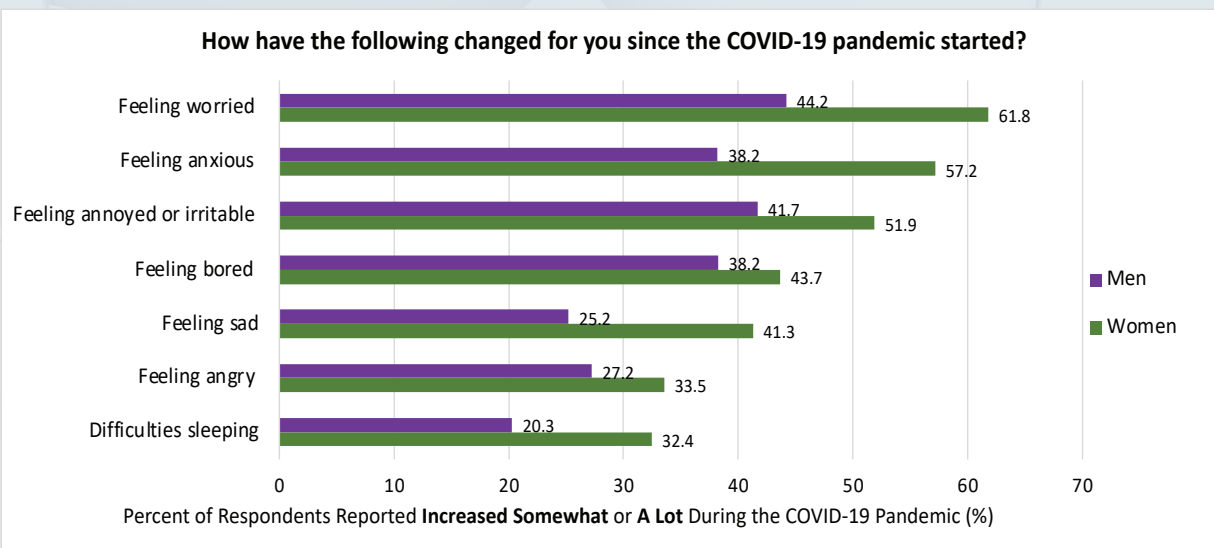
The table above shows the largest differences we found between men and women in work and employment changes during COVID-19. For instance, we found that more men reported working remotely or from home than usual compared to women.

THE EMOTIONAL IMPACT OF COVID-19

We understand that another big impact of COVID-19 has been on our mental health. In 2021, we asked respondents how their feelings and emotions changed since the pandemic started in early 2020. Respondents were asked to report whether certain feelings decreased a lot, decreased somewhat, did not change or stay the same, increased somewhat, or increased a lot since the pandemic started.



The table above shows percentages of respondents who reported an increase on each item. Overall, most said the pandemic had a negative impact on their mental health: 53% of respondents reported feeling more worried since the pandemic started, 48% reported feeling more anxious, and 47% reported feeling more annoyed or irritable.



The table above shows the largest differences we found between men and women in the reported changes in their mental health during the pandemic. More women reported that their negative feelings or emotions increased since the pandemic started: 62% of women reported feeling more worried since the pandemic started (compared to 44% of men), 57% of women reported feeling more anxious (compared to 38% of men), and 52% of women reported feeling annoyed or irritable (compared to 42% of men).