

Mott Poll Questions



Young Adults and Healthcare

The following questions were answered by parents with children age 18-25 years old.

Q1. Please indicate if the following health-related topics are a problem for your [x]-year-old adult child.

Health and healthcare

	Currently a problem	May become a problem	Not a problem
a. Mental health conditions (anxiety, depression)			
b. Chronic medical conditions			

Having a healthy lifestyle

	Currently a problem	May become a problem	Not a problem
a. Unhealthy diet			
b. Not enough sleep			
c. Lack of physical activity			
d. Unable to manage stress / anxiety			
e. Loneliness / not enough friendships			
f. Cost of having a healthy lifestyle			

Behaviors

	Currently a problem	May become a problem	Not a problem
a. Too much screen time / use of devices			
b. Vaping / smoking			
c. Use of legal substances (alcohol, marijuana)			
d. Use of illegal substances			

Q2. Does your [x]-year-old adult child do the following things related to health care?

	Young adult mainly does this themselves	Young adult sometimes does this themselves	Parent mainly does this
a. Decide when a healthcare visit is needed			
b. Schedule a doctor's appointment			
c. Arrange transportation to the appointment			
d. Provide insurance information and family health history			
e. Communicate with providers (e.g., describe symptoms, answer questions)			
f. Understand and follow the provider's instructions after the visit			

Q3. What are the biggest barriers to your [x]-year-old adult child becoming more responsible for their own health and healthcare? *Select all that apply.*

1. Not mature enough
2. Doesn't want to take responsibility
3. Lack of knowledge about what to do
4. Not enough practice doing it
5. Not capable due to medical/mental health condition
6. Doesn't care about health
7. Parents doing too much
8. Other
9. No barriers

Q4. How well did you prepare your [x]-year-old adult child to be responsible for their own healthcare? Rate yourself:

1. Excellent
2. Very good
3. Good
4. Fair
5. Poor

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