

Reporting Summary

Nature Portfolio wishes to improve the reproducibility of the work that we publish. This form provides structure for consistency and transparency in reporting. For further information on Nature Portfolio policies, see our [Editorial Policies](#) and the [Editorial Policy Checklist](#).

Statistics

For all statistical analyses, confirm that the following items are present in the figure legend, table legend, main text, or Methods section.

n/a Confirmed

- | | | |
|-------------------------------------|-------------------------------------|--|
| ☐ | ☒ | The exact sample size (n) for each experimental group/condition, given as a discrete number and unit of measurement |
| ☒ | ☐ | A statement on whether measurements were taken from distinct samples or whether the same sample was measured repeatedly |
| ☐ | ☒ | The statistical test(s) used AND whether they are one- or two-sided
<i>Only common tests should be described solely by name; describe more complex techniques in the Methods section.</i> |
| ☐ | ☒ | A description of all covariates tested |
| ☐ | ☒ | A description of any assumptions or corrections, such as tests of normality and adjustment for multiple comparisons |
| ☐ | ☒ | A full description of the statistical parameters including central tendency (e.g. means) or other basic estimates (e.g. regression coefficient) AND variation (e.g. standard deviation) or associated estimates of uncertainty (e.g. confidence intervals) |
| ☐ | ☒ | For null hypothesis testing, the test statistic (e.g. F , t , r) with confidence intervals, effect sizes, degrees of freedom and P value noted
<i>Give P values as exact values whenever suitable.</i> |
| ☐ | ☒ | For Bayesian analysis, information on the choice of priors and Markov chain Monte Carlo settings |
| ☐ | ☒ | For hierarchical and complex designs, identification of the appropriate level for tests and full reporting of outcomes |
| ☐ | ☒ | Estimates of effect sizes (e.g. Cohen's d , Pearson's r), indicating how they were calculated |

Our web collection on [statistics for biologists](#) contains articles on many of the points above.

Software and code

Policy information about [availability of computer code](#)

Data collection

Data analysis

For manuscripts utilizing custom algorithms or software that are central to the research but not yet described in published literature, software must be made available to editors and reviewers. We strongly encourage code deposition in a community repository (e.g. GitHub). See the Nature Portfolio [guidelines for submitting code & software](#) for further information.

Data

Policy information about [availability of data](#)

All manuscripts must include a [data availability statement](#). This statement should provide the following information, where applicable:

- Accession codes, unique identifiers, or web links for publicly available datasets
- A description of any restrictions on data availability
- For clinical datasets or third party data, please ensure that the statement adheres to our [policy](#)

All data was obtained with permission from Gallup. The raw data (.dta) and the processed data can be made available upon request to the corresponding author (Karthik Akkiraju) after obtaining permission from Gallup. The datasets may also be directly obtained from Gallup.

Human research participants

Policy information about [studies involving human research participants and Sex and Gender in Research](#).

Reporting on sex and gender

Gender is based on the response to the question, 'I am required to ask, are you male or female'. Of those that answered as refused, Gallup codes gender as male or female. (Male/Female)

Population characteristics

NA

Recruitment

NA

Ethics oversight

NA

Note that full information on the approval of the study protocol must also be provided in the manuscript.

Field-specific reporting

Please select the one below that is the best fit for your research. If you are not sure, read the appropriate sections before making your selection.

☐ Life sciences

☒ Behavioural & social sciences

☐ Ecological, evolutionary & environmental sciences

For a reference copy of the document with all sections, see [nature.com/documents/nr-reporting-summary-flat.pdf](https://www.nature.com/documents/nr-reporting-summary-flat.pdf)

Behavioural & social sciences study design

All studies must disclose on these points even when the disclosure is negative.

Study description

Data are quantitative based on surveys

Research sample

Nationally representative dataset for the United States

Sampling strategy

Describe the sampling procedure (e.g. random, snowball, stratified, convenience). Describe the statistical methods that were used to predetermine sample size OR if no sample-size calculation was performed, describe how sample sizes were chosen and provide a rationale for why these sample sizes are sufficient. For qualitative data, please indicate whether data saturation was considered, and what criteria were used to decide that no further sampling was needed.

Data collection

Data came from the Gallup Daily tracking survey (<https://www.gallup.com/224855/gallup-poll-work.aspx>) conducted by asking 1000 U.S adults questions about political, economic, and well-being questions for the years 2008-2017. The respondents span the 50 U.S. states with standard demographics of race, sex, political affiliation, and occupation, and the weights have been designed to match targets reported by the U.S. Census Bureau. The survey uses a random-digit (RDD) list-assisted landline sample and random-digit-dialing (RDD) wireless phone sampling provided by Survey Sampling International (SSI). Gender is based on the prompt, 'Gender'. The combined race and ethnicity variable made available in the dataset is used here.

Timing

Data came from the Gallup Daily tracking survey (<https://www.gallup.com/224855/gallup-poll-work.aspx>) conducted by asking 1000 U.S adults questions about political, economic, and well-being questions for the years 2008-2017.

Data exclusions

All data analysis was conducted after filtering out entries with no household income, age, stress, and life satisfaction, and other well-being metrics reported.

Non-participation

The contact rate is 37% for the well-being track and 38% for the Politics and Economics track with a response rate of 9% and 12% respectively. The completion rate was 86% for the well-being track and 93% for the Economics and Political track. Complete details can be obtained from the Gallup Daily Methodology document from Gallup, Inc.

Randomization

NA

Reporting for specific materials, systems and methods

We require information from authors about some types of materials, experimental systems and methods used in many studies. Here, indicate whether each material, system or method listed is relevant to your study. If you are not sure if a list item applies to your research, read the appropriate section before selecting a response.

Materials & experimental systems

n/a	Involved in the study
☒	☐ Antibodies
☒	☐ Eukaryotic cell lines
☒	☐ Palaeontology and archaeology
☒	☐ Animals and other organisms
☒	☐ Clinical data
☒	☐ Dual use research of concern

Methods

n/a	Involved in the study
☒	☐ ChIP-seq
☒	☐ Flow cytometry
☒	☐ MRI-based neuroimaging