

Employed U.S. Adults' Experiences of and Views About Working from Home

* TOPLINE RESULTS *

Interviews for this study were conducted on the SSRS Opinion Panel Omnibus, **June 20 – 22 and August 1 – 4, 2025**, among a nationally representative sample of **1,275 employed adults**. The margin of error for total respondents is +/- 3.1 percentage points at the 95% confidence level. The design effect is 1.26.

The SSRS Opinion Panel Omnibus is a multi-client probability-based survey that fields twice a month. It delivers a nationally representative sample of 1000+ adults age 18 or older. Data collection is conducted online and via phone (for non-internet and web-reluctant respondents) using the SSRS Opinion Panel. More information about SSRS is available at www.ssrs.com

WFH1. Regardless of your current work arrangement, would you say that, for the most part, the responsibilities of your job...

Based on employed adults (n=1275)

	%
Can be done from home	34
Cannot be done from home	66
Don't know/refused/web blank	*

WFH2. Are you currently working from home...

Based on employed adults who say that for the most part the responsibilities of their job can be done from home (n=441)

	%
Ever work from home (NET)	85
All of the time/All of the time (Subnet)	49
All of the time	27
Most of the time	22
Some of the time/Rarely (subnet)	36
Some of the time	25
Rarely	11
Never	15
Don't know/refused/web blank	*

Combo WFH1/WFH2

WFH1. Regardless of your current work arrangement, would you say that, for the most part, the responsibilities of your job...can be done from home or cannot be done from home? **WFH2.** (*If can be done from home*) Are you currently working from home...all the time, most of the time, some of the time, rarely, or never?

Based on employed adults (n=1275)

	%
<i>The responsibilities of your job can for the most part be done from home</i>	34
Ever work from home (NET)	29
All of the time	9
Most of the time	8
Some of the time	9
Rarely	4
Never	5
Don't know/refused/web blank	*
<i>Cannot be done from home</i>	66
<i>Don't know/refused/web blank</i>	*

Note: "Ever work from home" includes employed adults who say they are currently working from home all, most, or some of the time, or rarely, and excludes those who say never or that the responsibilities of their job cannot for the most part be done from home.

WFH3. On average, how many days per week do you work from home?

Based on employed adults who say they ever work from home (n=382)

	%
1 day or less	16
2 days	21
3 days	17
4 days	8
5 days or more	39
Don't know/refused/web blank	-

WFH4. For how many years have you been working from home, in any capacity? (If you have been working from home for less than 1 year, please enter 0.)

Based on employed adults who say they ever work from home (n=382)

	%
0 years/Less than 1 year	9
1-5 years (NET)	63
1 year	8
2 years	12
3 years	12
4 years	10
5 years	21
More than 5 years	27
Don't know/refused/web blank	-

WFH5. Which of the following best describes your situation when you work from home?

Based on employed adults who say they ever work from home (n=382)

	%
I have a dedicated office, desk, or other type of workspace that I work at	74
I work at a table, couch, or some other area in my home that is not a dedicated workspace	26
Don't know/refused/web blank	-

WFH6A. Do you have the option of working from home *more often*, if you wanted to?

Based on employed adults who say that for the most part the responsibilities of their job can be done from home and do not currently work from home all the time (n=326)

	%
Yes	48
No	52
Don't know/refused/web blank	-

WFH7A. If you had the option to work from home *more often*, would you?

Based on employed adults who say that for the most part the responsibilities of their job can be done from home, do not currently work from home all the time and do not have the option of working from home more often (n=170)

	%
Yes	74
No	26
Don't know/refused/web blank	-

WFH6B. Do you have the option of working from home *less often*, if you wanted to?

Based on employed adults who say they ever work from home (n=382)

	%
Yes	68
No	32
Don't know/refused/web blank	-

WFH7B. If you had the option to work from home *less often*, would you?

Based on employed adults who say that for the most part the responsibilities of their job can be done from home, ever work from home and do not have the option of working from home less often (n=121)

	%
Yes	25
No	75
Don't know/refused/web blank	-