

# Evangelicals Report Better Wellbeing than Non-Christians



## What we did

Teleios conducted a wellbeing survey on two Instagram accounts frequented by adolescents and millennials; one being mostly followed by Christians and another by the general population.

### The majority of responses were:

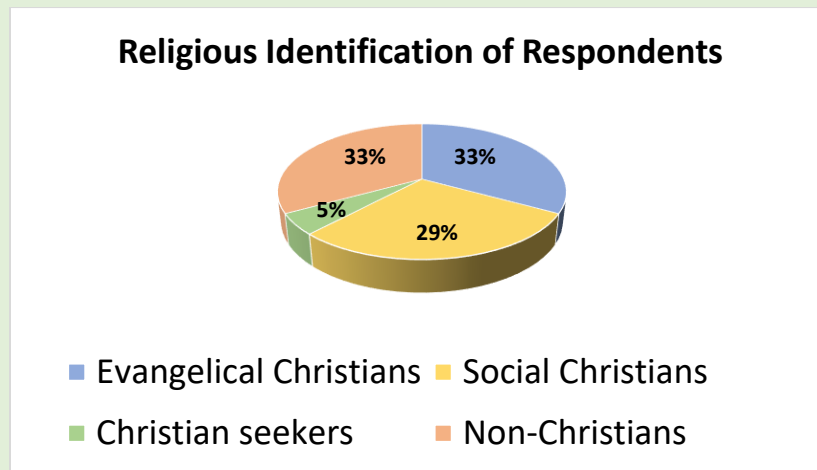
*There were 1,186 responses*

Female (68%)

<30 years (76%)

From the United States (40%)

From Europe (16%)



## What we found

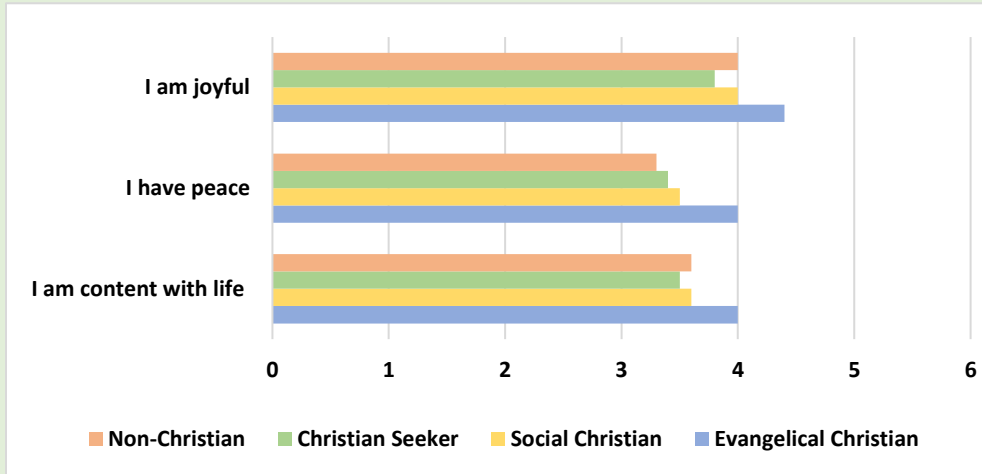
Respondents were asked to rate their wellbeing on a scale of 0-6, with 6 being highest.

### Average wellbeing ratings

Evangelical Christians.....	4.6
Social Christians.....	4.1
Christian Seekers.....	4.0
Non-Christians.....	4.3

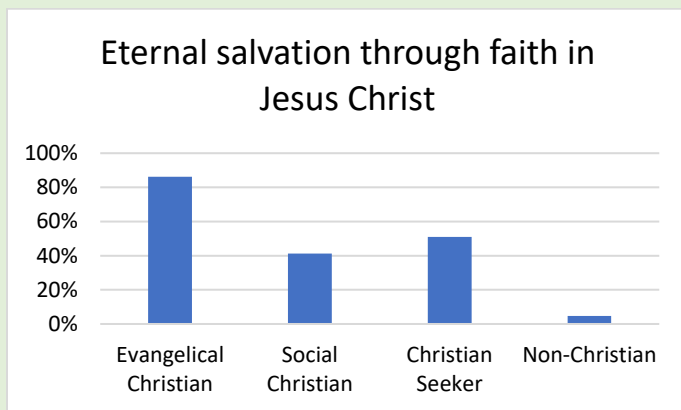
**Findings for wellbeing were supported further by results that evangelicals were more content, at peace and joyful than the other groups.**

**Figure: Respondent self-rankings in agreement to questions (scale 0-6, with 6 being highest)**

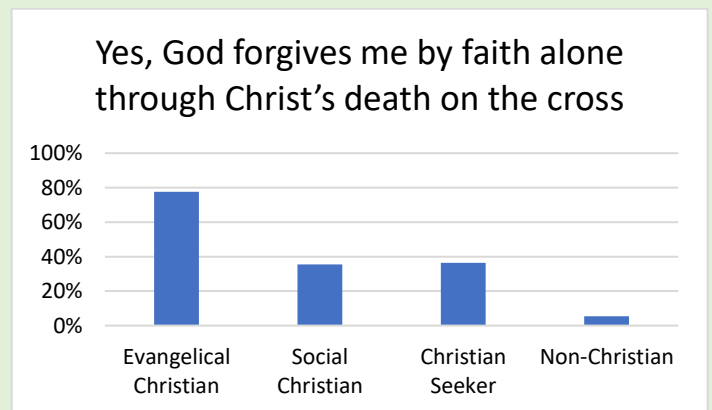


**Additionally, evangelicals were more confident of their salvation and aware it is a gift by faith in Christ alone.**

**What gives you hope for the future?**



**When I die I will go to heaven?**



**These findings support that evangelical Christians are most confident and hopeful in salvation through faith alone.**

**In summary, Christianity may help wellbeing, which is associated with greater confidence in one's salvation and eternal life.**





***Establishing evidence for the positive  
results of a God-based lifestyle***

If you are not a Christian or do not understand that salvation is a gift from God ... keep reading!

- Each person has done misdeeds (sin) that deserve punishment from a perfect and just God. However, God being loving, sent his Son, Jesus Christ, to die on the cross for our sins to take the punishment we deserve.
- Consequently, when we simply accept, through faith alone, the forgiveness that Christ provided by his death on the cross, we receive a permanent relationship with God and eternal life!

(Ephesians 2:8-9, Romans 10:9-10, and Romans 3:21-26).

If you have questions/insecurities about your faith, or general comments, we welcome you to contact us at [teleiosresearch@outlook.com](mailto:teleiosresearch@outlook.com).

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