Sacred Heart UNIVERSITY

Post-Election Poll

Poll of Registered Voters in CT, NY, and NJ

greatblue
WHAT'S NEXT.

Report of Findings

November 13, 2026

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Sacred Heart UNIVERSITY

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WHAT'S NEXT.

Our Story

Sacred Heart University and GreatBlue Research partner to research salient issues facing the United States. This collaboration combines the academic excellence of a top-rated private University and the research design, analysis and reporting expertise of GreatBlue Research.

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Areas of Investigation

Sacred Heart University leveraged a quantitative digital research approach to address the following areas of investigation:

- Voter participation and behavior in the 2026 midterm elections
- Perceptions of state and national direction
- Key voting issues, motivations, and political influences
- Election outcomes, voter satisfaction, and governing priorities
- Confidence in election integrity and vote counting accuracy
- Election information sources, media consumption, and trust
- Artificial intelligence, political misinformation, and voter concerns
- Perceived accuracy and credibility of pre-election polling
- Trust in election polling across different organizations and institutions

Research Methodology | Snapshot

Methodology Digital survey*	No. of Completes 500	No. of Questions 33**	Sample Registered Voters
Target Market Connecticut, New York, New Jersey***	Margin of Error +/- 4.4%	Confidence Level 95%	Research Dates November 4-5, 2026

* Data quality personnel, in addition to computer-aided interviewing platforms, ensure the integrity of the data is accurate.
** This represents the total possible number of questions; not all respondents will answer all questions based on skip patterns and other instrument bias.
***The original sample invitations were stratified by State to ensure geographic representation. The final sample was weighted according to age, gender, education, and political affiliation. Demographic weighting targets were originally derived from the U.S. Census Bureau's 2025 American Community Survey (ACS) 1-Year Estimates.

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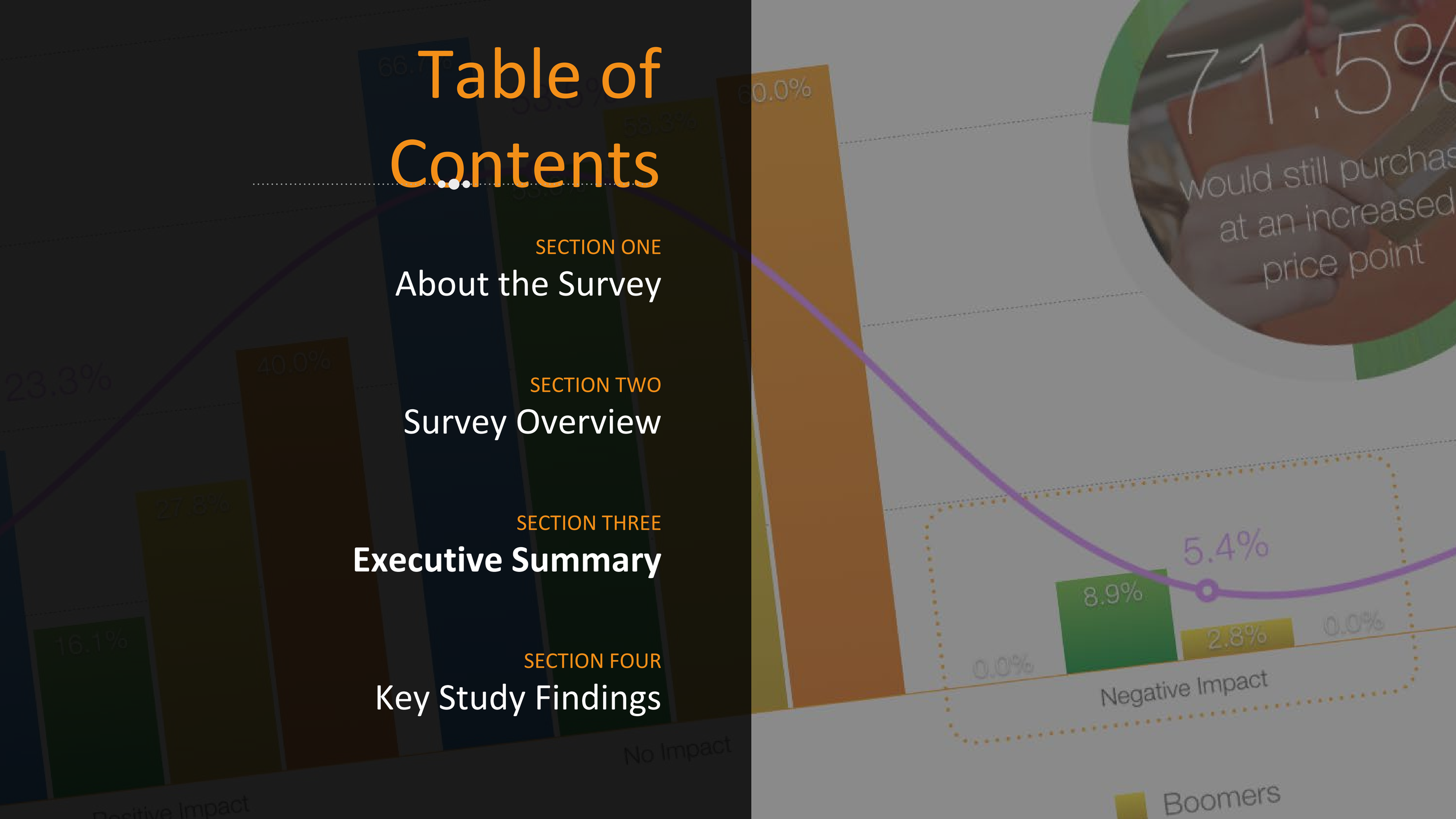
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2026 Post-Midterm Election Poll | Executive Summary

This report provides an in-depth analysis of the views held by registered voters across Connecticut, New York, and New Jersey following the November 2026 midterm elections. The following are the key themes and insights:

- Voters express greater pessimism about the nation's direction than their respective states. Six-in-ten registered voters (60.8%) believe the country is headed on the wrong track, compared to 48.1% who feel similarly about their respective states. National pessimism is particularly pronounced among Independents (67.9%) and rural voters (87.1%).
- Candidate support drives voting decisions, though opposition to Trump plays a significant role in congressional races. A majority of voters (57.8%) characterized their vote as primarily supporting their preferred candidate, compared to 20.4% who described their vote as opposition to another candidate. However, nearly half (48.2%) indicated their congressional vote was intended to express opposition to Donald Trump. Opposition to Trump was particularly pronounced among Democrats (67.0%) and voters aged 65+ (57.3%).
- Affordability dominates election priorities, with Democrats holding a substantial advantage on the issue. Cost of living and affordability emerged as the leading influence on voting decisions (38.9%) and the most frequently cited priority for newly elected officials (44.8%). Voters also expressed considerably greater trust in the Democratic Party (49.8%) than the Republican Party (23.2%) to address cost-of-living challenges. Notably, Independents were also more likely to trust Democrats (40.5%) than Republicans (9.9%) on this issue.
- Voters maintain broad confidence in election accuracy and express general satisfaction with the results. Nearly eight-in-ten voters (79.7%) were confident votes were counted accurately in their respective states, compared to 72.3% who expressed confidence in nationwide vote counting. Similarly, 68.5% of respondents across all three states expressed satisfaction with the nationwide U.S. House election results. Satisfaction with the nationwide U.S. House election results varied considerably by political affiliation, with 85.3% of Democrats expressing satisfaction. However, despite Republican losses nationally, 44.4% of Republicans also reported being satisfied with the outcome.
- Traditional news sources maintain stronger voter trust, while AI-generated political content raises widespread concern. Local (54.0%) and national (50.8%) television news were the most frequently cited sources of election information, with 78.6% and 75.1%, respectively, expressing trust in these sources. Meanwhile, more than seven-in-ten voters (71.2%) expressed concern about misleading AI-generated political content, and 58.0% believed they encountered AI-created or altered political material during the campaign. Younger voters aged 18–34 were particularly likely to suspect exposure to AI-generated content (67.4%) and identify social media as their most influential election information source (28.0%).
- Confidence in election polling remains relatively strong, though credibility varies by polling organization. Approximately two-thirds of voters believed pre-election polling was generally close to actual election results (66.5%). Independent research firms (68.6%), news organizations (64.8%), and universities (61.0%) received greater trust than political campaigns (44.7%) or partisan and advocacy groups (44.7%). Trust in university polling was particularly divided along party lines, with 74.2% of Democrats expressing trust compared to 49.1% of Republicans.

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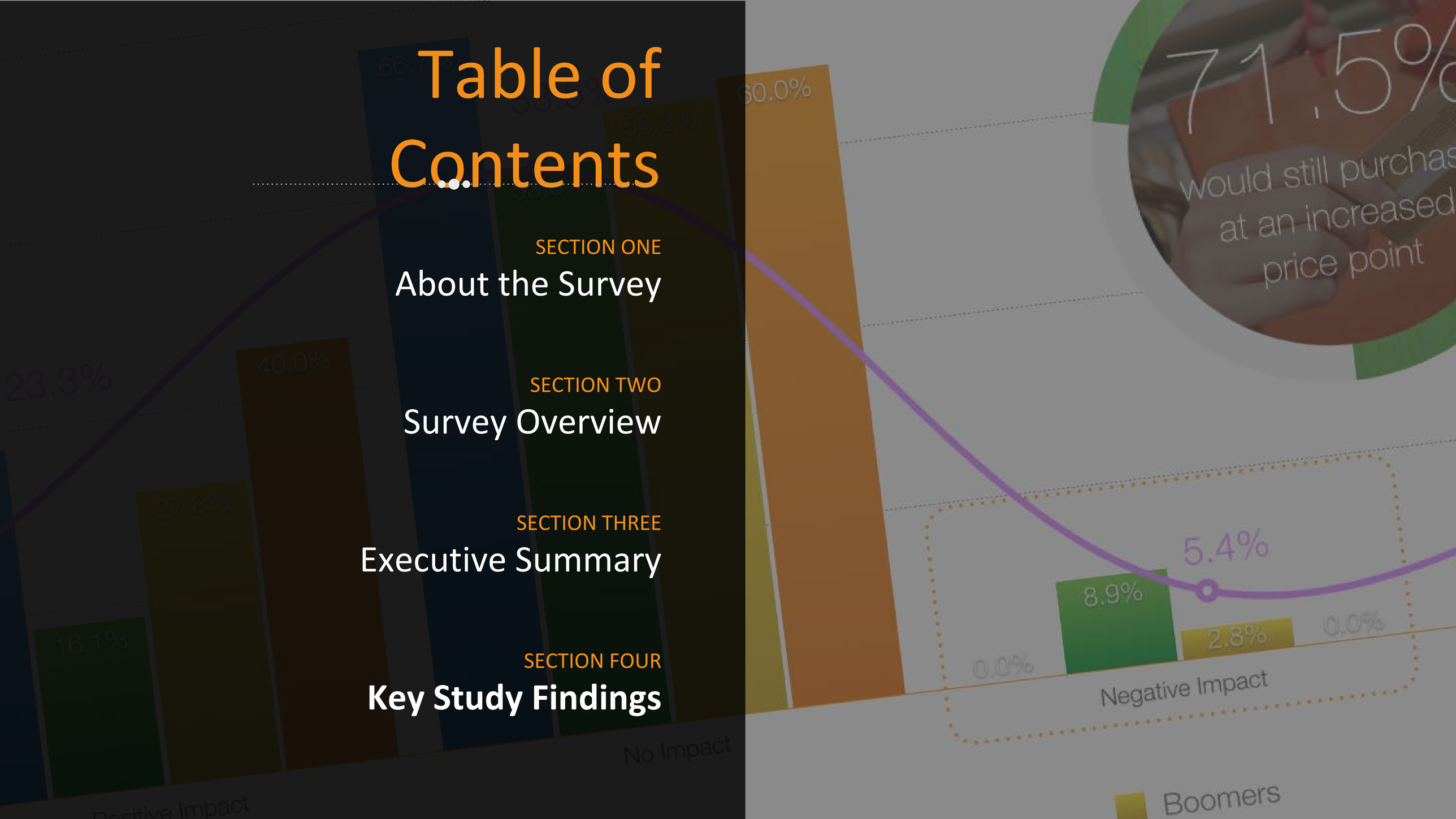
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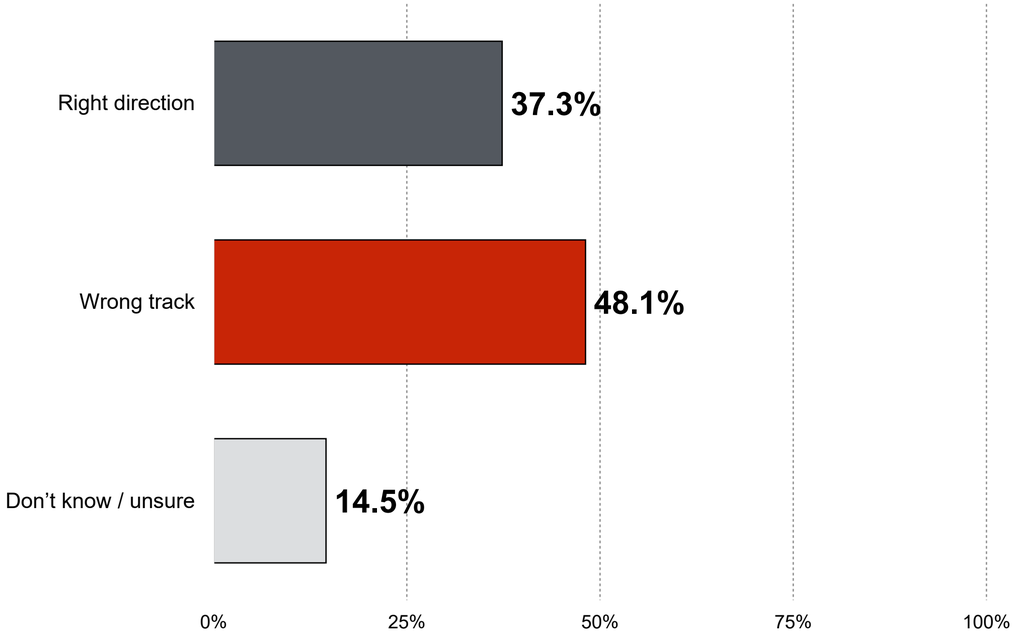


Voting & Election Drivers | Right Track/Wrong Track

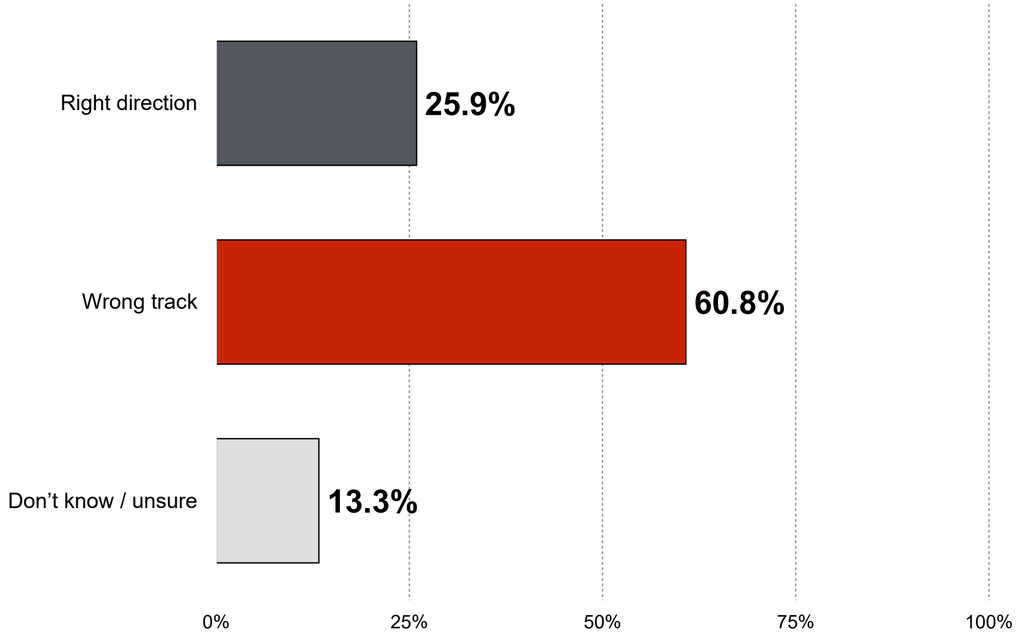
In the immediate aftermath of the November 2026 midterm elections, registered voters across Connecticut, New York, and New Jersey expressed greater dissatisfaction with the direction of the country than with their respective states. Six-in-ten voters (60.8%) believe the country is headed on the wrong track, compared to just 25.9% who believe it is headed in the right direction. While perceptions of state direction are somewhat more favorable, pessimism remains prevalent. Nearly half of voters (48.1%) believe their respective state is headed on the wrong track, compared to 37.3% who believe it is moving in the right direction.

- Urbanicity:
  - Rural voters were substantially more likely to believe the country is headed on the wrong track (87.1%) compared to suburban (63.3%) and urban voters (47.1%).
- Political party:
  - Independents were most likely to believe the country is headed on the wrong track (67.9%), compared to 62.0% of Democrats and 49.1% of Republicans.
- Age:
  - Voters aged 65+ were most likely to believe the country is headed on the wrong track (71.7%), compared to 61.0% of those aged 35–64 and 51.4% of voters aged 18–34.
- State:
  - Wrong-track sentiment for their state was highest among New York voters (51.5%), followed by New Jersey (47.8%) and Connecticut (45.8%); outpacing optimism across all three states.

State (CT, NY, NJ): Right Direction vs. Wrong Track



National: Right Direction vs. Wrong Track



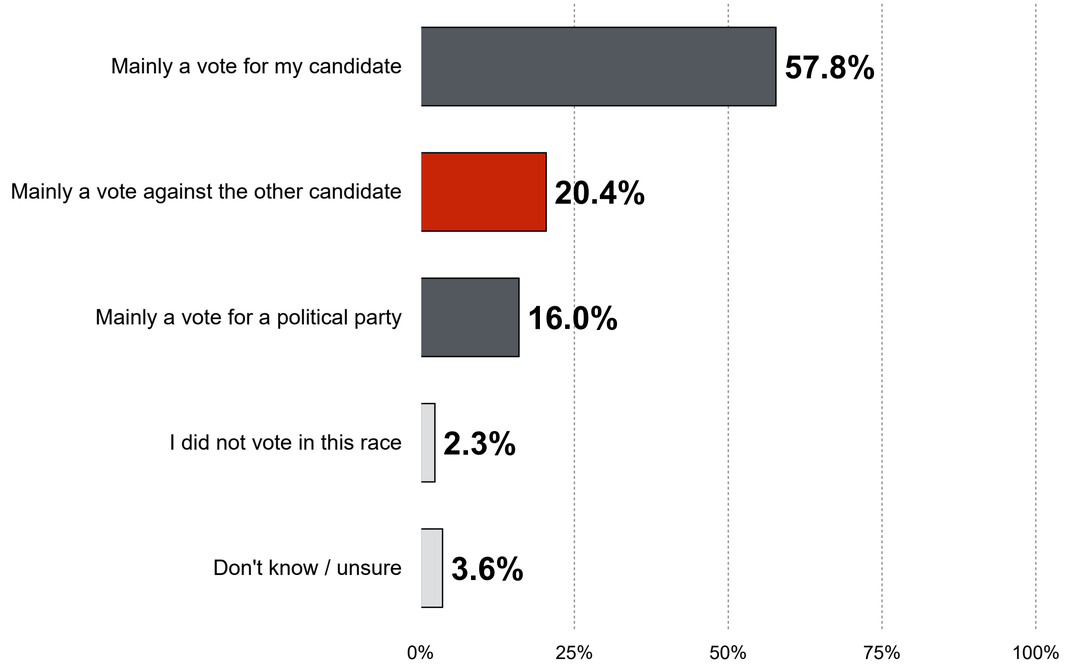
N=500 (November 2026)
Q: Generally speaking, do you think things in **#PIPE [state]** are headed in the right direction, or are they on the wrong track?
Q: Generally speaking, do you think things in the country are headed in the right direction, or are they on the wrong track?

Voting & Election Drivers | Vote Motivation & the Trump Factor

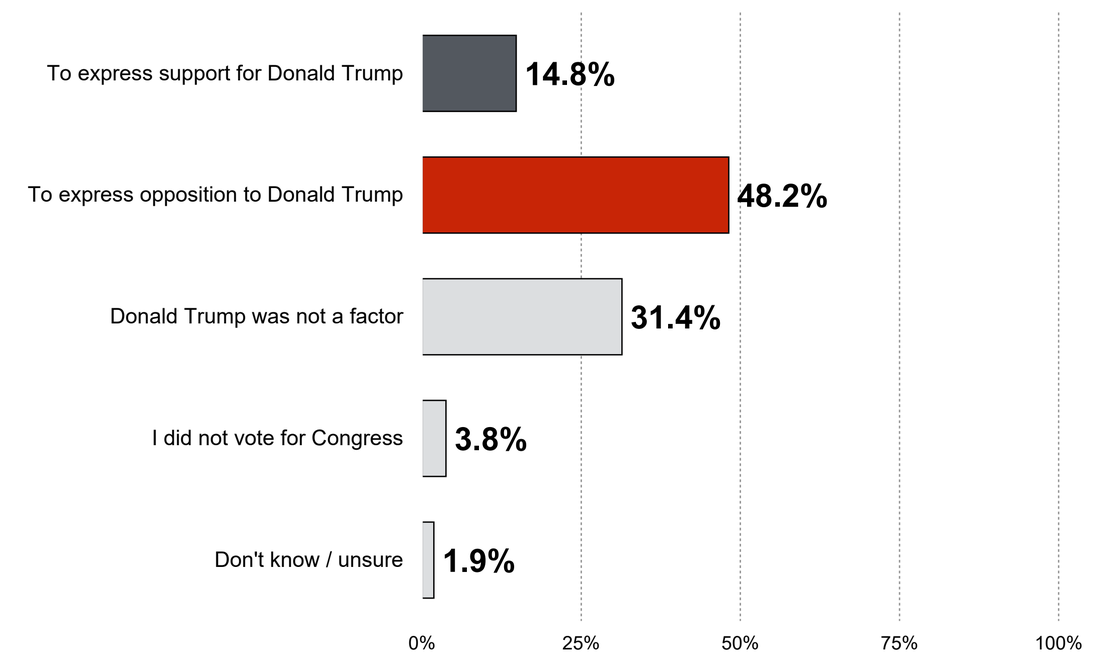
Among registered voters who participated in the November 2026 midterm elections, a majority (57.8%) characterized their vote as primarily supporting their preferred candidate, compared to 20.4% who described their vote as opposition to the other candidate and 16.0% who cited political party affiliation. However, Donald Trump remained a significant factor in congressional voting decisions, with nearly half (48.2%) indicating their vote was intended to express opposition to Trump, compared to just 14.8% who voted to express support for him. Nearly one-third (31.4%) indicated Trump was not a factor in their congressional vote.

- State:
  - Voters in Connecticut (50.9%) and New Jersey (50.4%) were more likely to cite opposition to Trump as a motivating factor in their congressional vote than voters in New York (43.2%).
- Age:
  - Voters aged 65+ were most likely to cite opposition to Trump (57.3%), compared to 46.3% of those aged 35–64 and 43.3% of voters aged 18–34.
- Political party:
  - Democrats overwhelmingly cited opposition to Trump (67.0%) as a motivating factor, while nearly half of Independents (48.7%) indicated Trump was not a factor in their congressional vote.
- Urbanicity:
  - Rural voters were substantially more likely to cite opposition to Trump (60.4%) compared to suburban (48.1%) and urban voters (44.0%).

Primary Motivation Behind 2026 Vote (*2026 voters only, n=443*)



Influence of Donald Trump on Congressional Voting (*2026 voters only, n=443*)



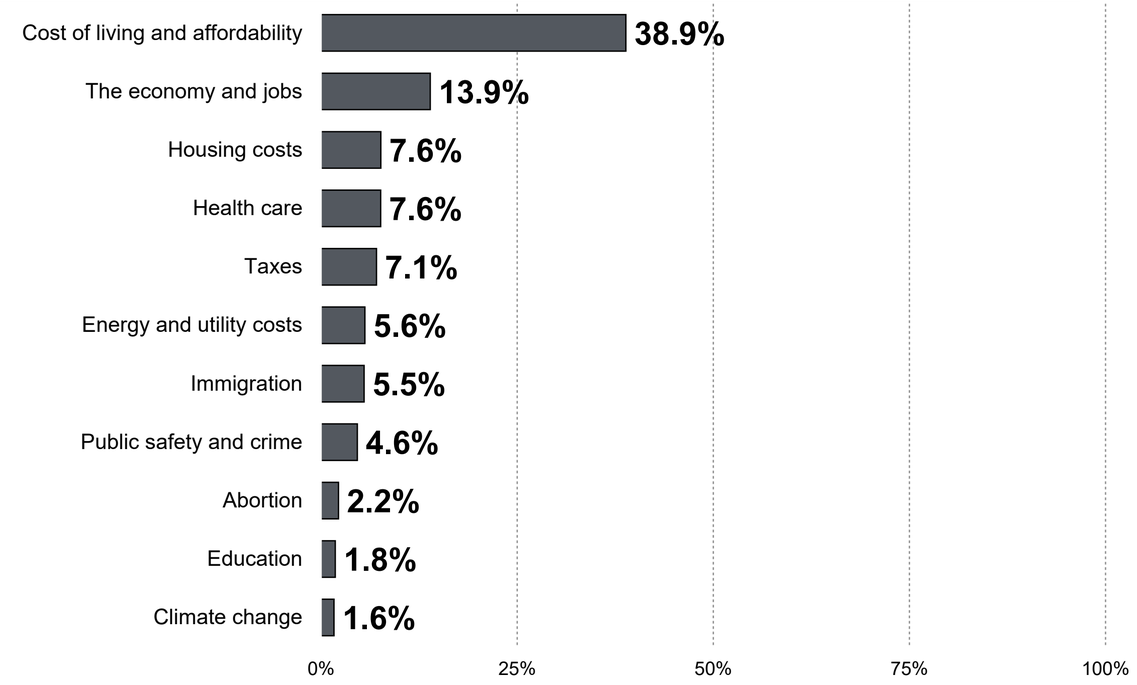
N=443 (2026 voters only)
Q: Thinking about #PIPE [top_race] on your ballot this year, was your vote mainly a vote for your candidate, a vote against the other candidate, or a vote for a political party?
Q: Thinking about your vote for U.S House of Representatives, was one reason for your vote to express **support** for Donald Trump, to express **opposition** to Donald Trump, or was Donald Trump **not a factor** in your vote?

Voting & Election Drivers | Cost of Living and Party Trust

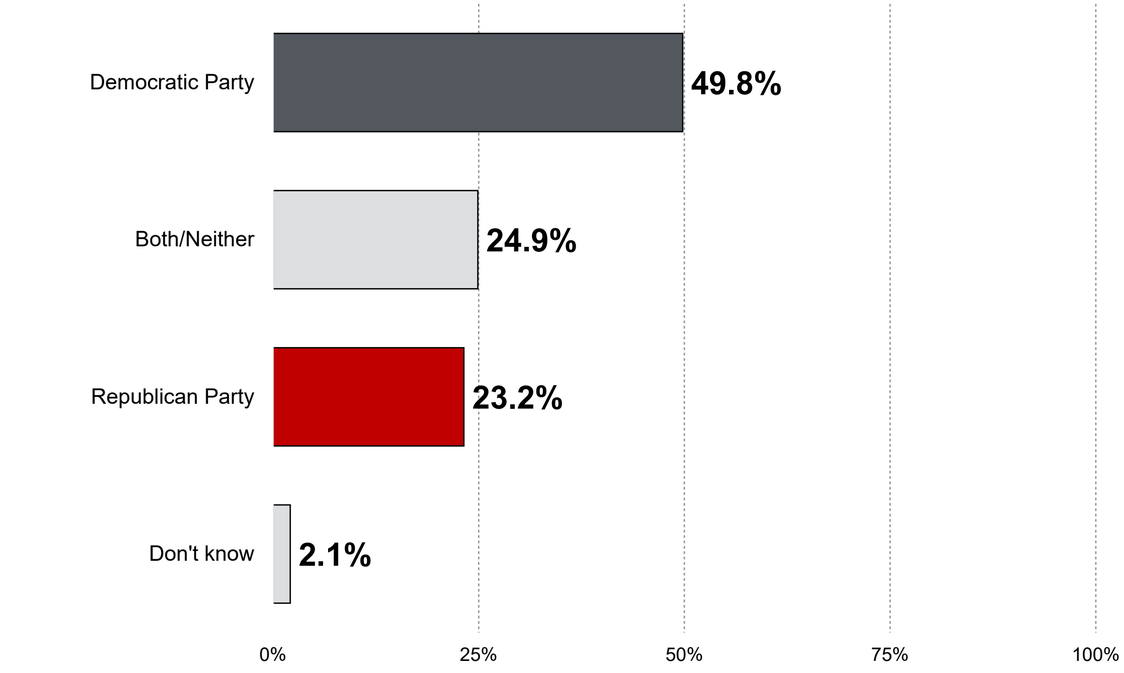
Economic concerns were the dominant influence on voting decisions in the November 2026 midterm elections, with cost of living and affordability (38.9%) emerging as the most frequently cited issue, nearly three times the proportion selecting the economy and jobs (13.9%). Housing costs (7.6%), taxes (7.1%), and energy and utility costs (5.6%) further underscore the importance of household financial pressures. Against this backdrop, registered voters expressed considerably greater trust in the Democratic Party (49.8%) than the Republican Party (23.2%) to address cost-of-living challenges, representing a 26.6-percentage-point advantage.

- State:
  - Connecticut voters expressed the lowest trust in the Democratic Party to address cost-of-living concerns (44.1%), compared to New Jersey (53.8%) and New York (51.8%). Connecticut also reported the highest trust in Republicans (26.0%).
- Age:
  - Voters aged 65+ were substantially more likely to trust Democrats on cost-of-living issues (61.7%) compared to those aged 35–64 (47.2%) and 18–34 (44.4%).
- Political party:
  - Independents were more likely to trust Democrats (40.5%) than Republicans (9.9%) on cost-of-living issues, although more than one-quarter (28.2%) trusted neither party.

Most Influential Issue in 2026 Voting Decisions (*2026 voters only, n=443*)



Party Trusted More on Cost of Living



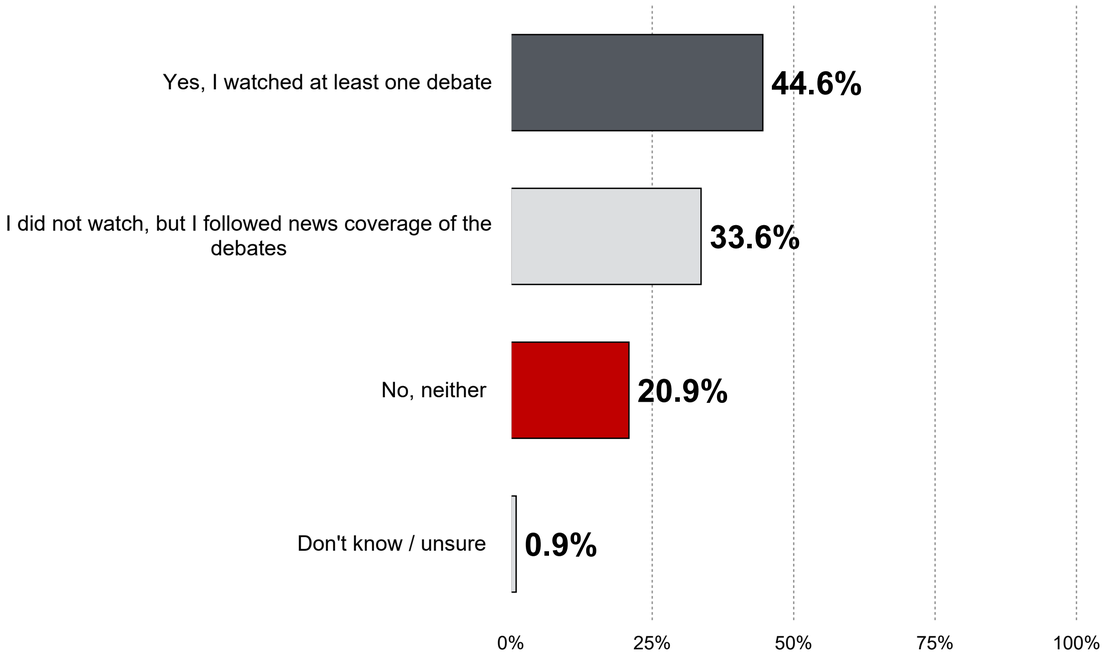
N=500 (November 2026)
Q: Which ONE of the following issues had the most influence on how you voted in the November 2026 election?
Q: Which party do you trust more to handle the cost of living in **#PIPE [state]**, such as housing, groceries, and utility bills?

Voting & Election Drivers | Debate Impact

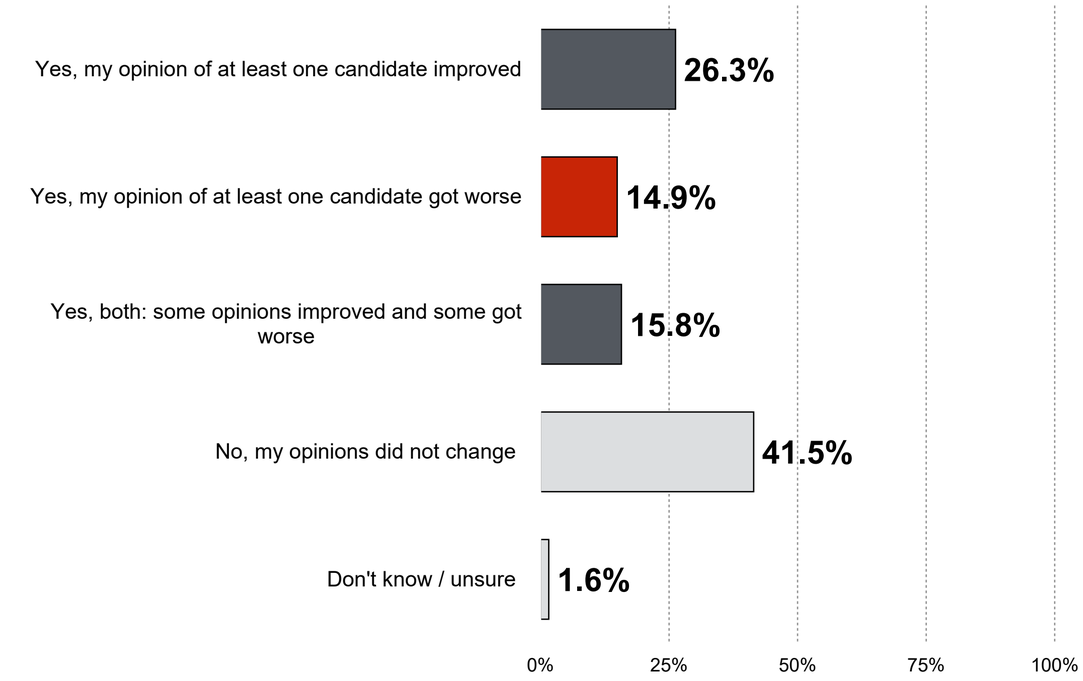
Among registered voters in Connecticut and New York, nearly eight-in-ten (78.2%) reported watching at least one gubernatorial debate (44.6%) or following news coverage of the debates (33.6%). Among those exposed to the debates, a majority (57.0%) indicated that their opinions of at least one candidate changed, including 26.3% whose opinions improved, 14.9% whose opinions worsened, and 15.8% who reported a mix of both. However, more than four-in-ten (41.5%) indicated the debates did not change their opinions.

- Age:
  - Younger voters in Connecticut and New York aged 18–34 were most likely to have watched a gubernatorial debate (58.0%), compared to 39.9% of those aged 35–64 and 35.7% of those aged 65+. Younger voters were also more likely to report improved opinions of candidates following the debates (35.0%), while voters aged 65+ were most likely to report no change (58.7%).
- Gender:
  - Men were more likely than women to have watched at least one debate (51.6% vs. 37.7%) and to report improved opinions of candidates (32.4% vs. 20.9%). Conversely, women were more likely to report no change in their opinions (49.6% vs. 35.3%).
- Political party:
  - Republicans (53.6%) were more likely to have watched a gubernatorial debate than Democrats (46.4%). Independents were the least likely to watch a debate (32.6%) and most likely to report no change in their candidate opinions (51.4%)

Gubernatorial Debate Viewership and Exposure (*CT/NY registered voters, n=333*)



Impact of Debates on Candidate Perceptions (*Debate Viewers/Followers, n=257*)



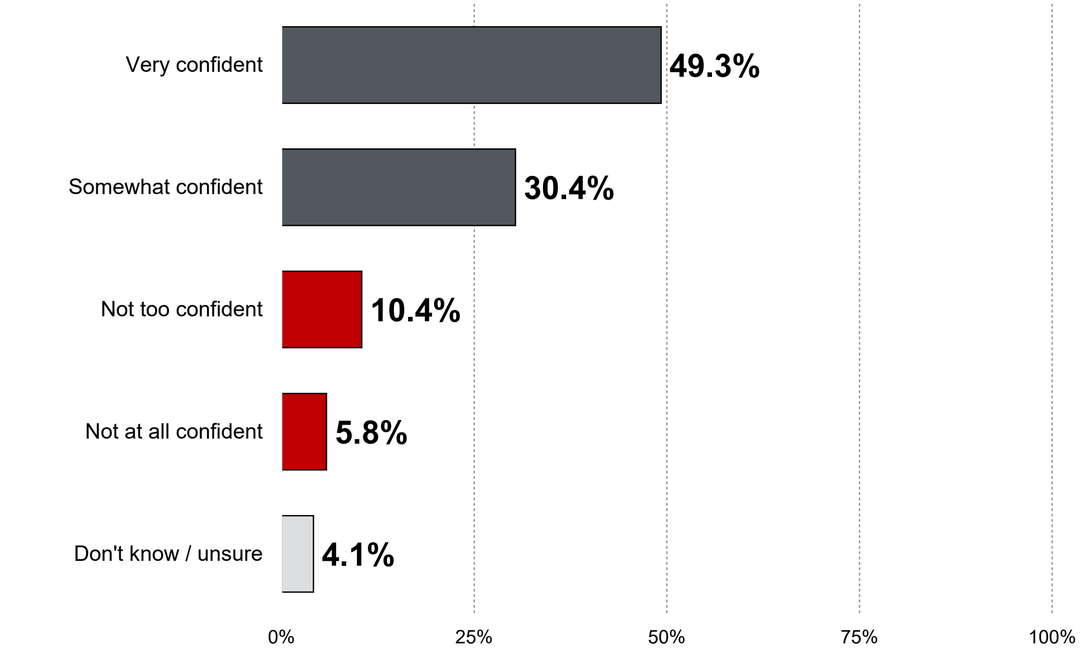
N=333 (CT/NY registered voters); n=257 (respondents who watched at least one gubernatorial debate or followed debate news coverage).
Q: Did you watch any of the debates between the candidates for governor, or follow news coverage of them?
Q: Did what you saw or heard about the debates change your opinion of any of the candidates?

Election Outcomes | Confidence in Results

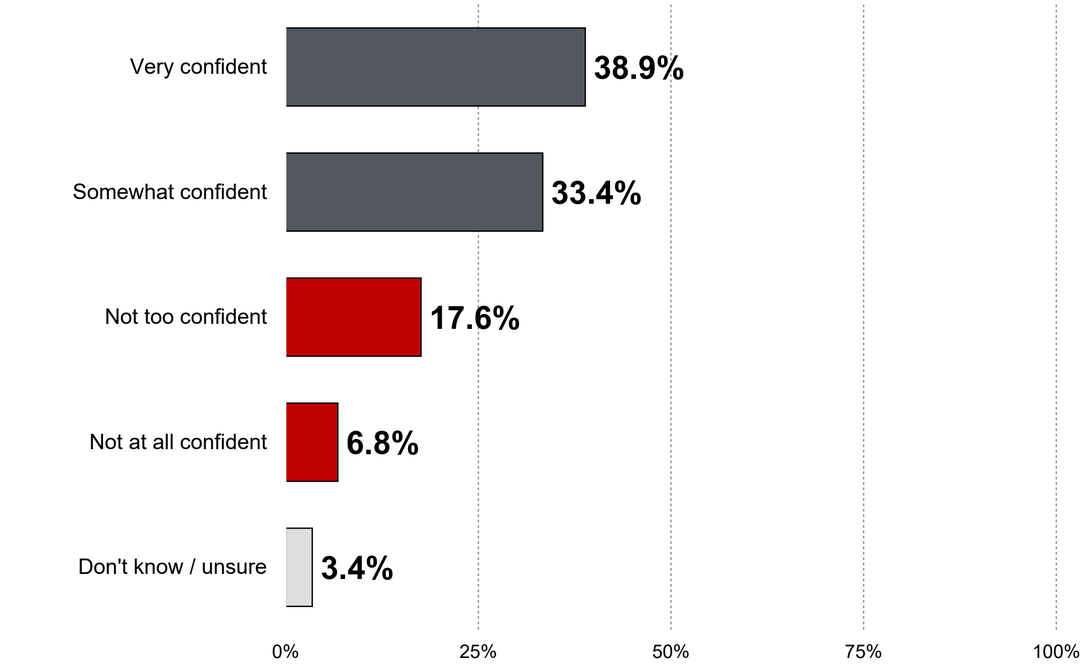
In the immediate aftermath of the November 2026 midterm elections, registered voters across Connecticut, New York, and New Jersey expressed broad confidence in the accuracy of vote counting, particularly within their respective states. Nearly eight-in-ten voters (79.7%) reported being very or somewhat confident that votes were counted accurately in their state, compared to 72.3% who expressed similar confidence in vote counting nationwide. Notably, nearly one-quarter (24.4%) expressed limited or no confidence in nationwide vote counting, compared to 16.2% at the state level.

- Age:
  - Voters aged 65+ were most likely to express confidence in nationwide vote counting (79.2%), compared to 74.7% of those aged 35–64 and 61.8% of voters aged 18–34.
- Political party:
  - Democrats expressed the highest confidence in nationwide vote counting (85.8%), compared to 69.2% of Independents and 64.7% of Republicans.
- Education:
  - College-educated voters were more likely to be “very confident” in nationwide vote counting (45.8%) than non-college voters (34.4%).

Confidence in State-Level Vote Counting



Confidence in Nationwide Vote Counting



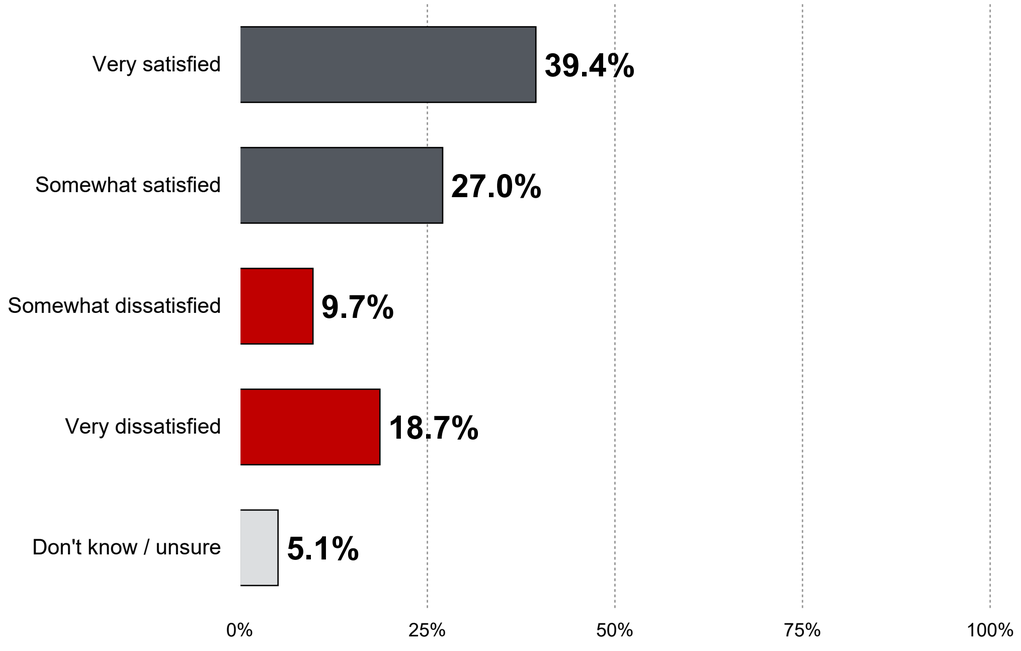
N=500 (November 2026)
Q: How confident are you that votes in the November 2026 election were counted accurately in each of the following?

Election Outcomes | Satisfaction with Results

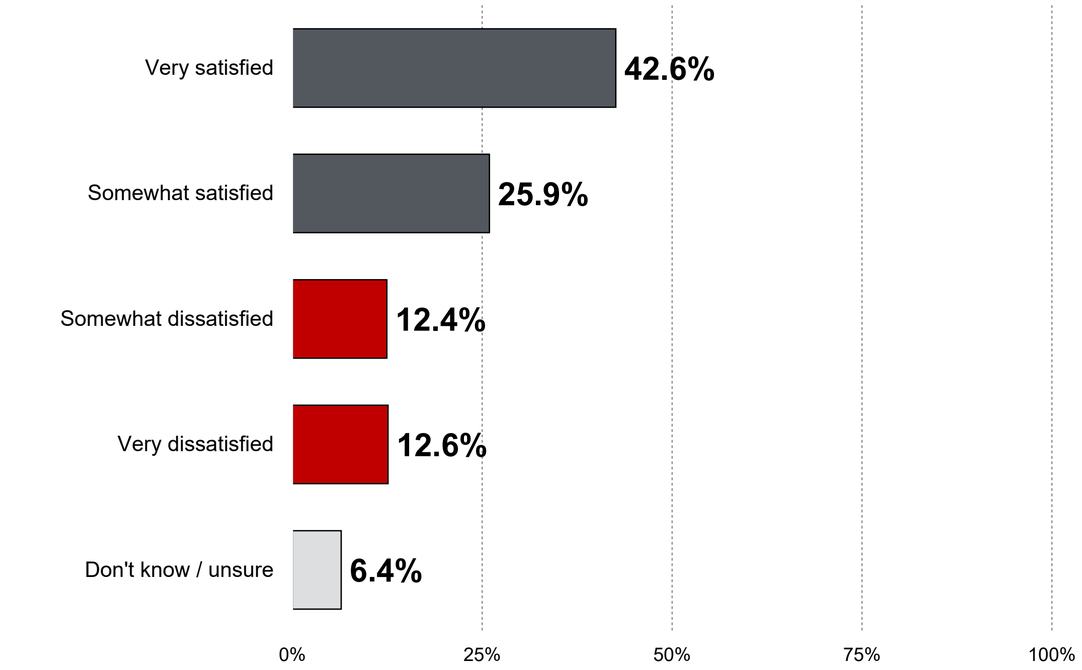
Registered voters expressed broad satisfaction with election outcomes, both in gubernatorial races and for the U.S. House of Representatives. Among voters in Connecticut and New York, approximately two-thirds (66.4%) reported being very or somewhat satisfied with their state's gubernatorial election results, compared to 28.4% who expressed dissatisfaction. Similarly, 68.5% of voters across all three states expressed satisfaction with the outcomes of the U.S. House elections, including 42.6% who were very satisfied.

- State (Governor):
  - Satisfaction with gubernatorial election results was relatively consistent between Connecticut (68.3%) and New York (64.0%), although New York voters were more likely to be very dissatisfied (21.0% vs. 16.4%).
- Age:
  - Voters aged 65+ were most likely to be very satisfied with U.S. House election results (50.4%), compared to 40.7% of those aged 35–64 and 38.9% of voters aged 18–34.
- Political party:
  - Democrats (85.3%) and Independents (73.0%) expressed substantially greater satisfaction with U.S. House election results than Republicans (44.4%).
- Urbanicity:
  - Urban voters expressed the highest overall satisfaction with U.S. House election results (74.2%), followed by suburban (65.5%) and rural voters (66.1%).

Satisfaction with Gubernatorial Election Results (*CT/NY registered voters, n=333*)



Satisfaction With House Election Results



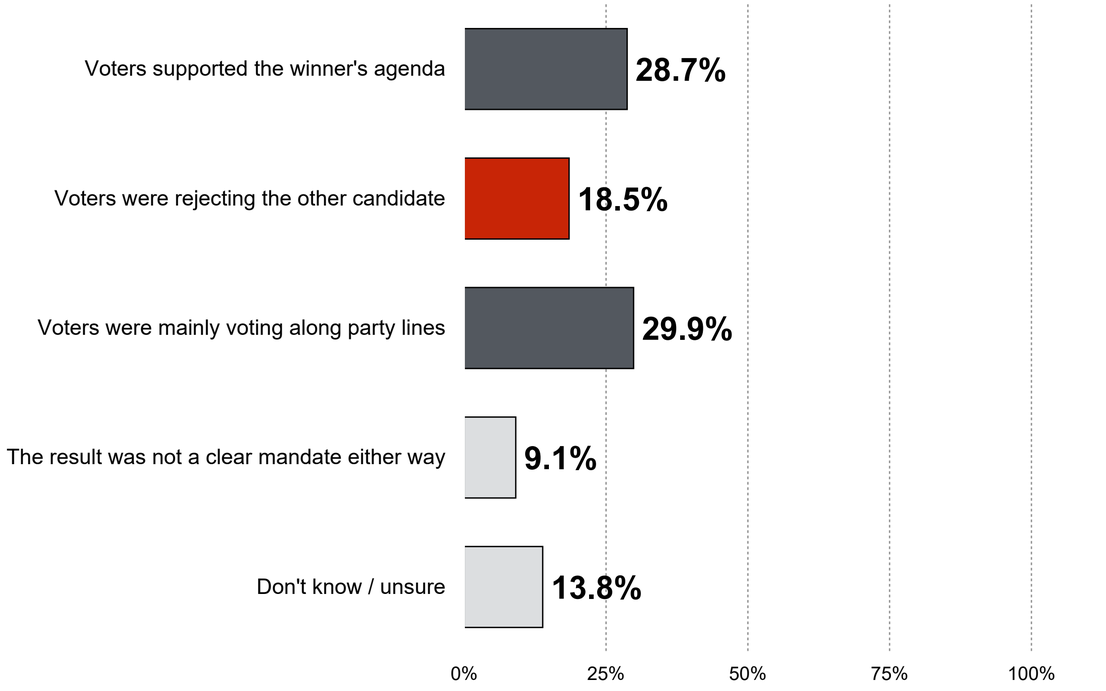
N=500 (November 2026)
Q: How satisfied are you with the outcome of the election for governor in #PIPE [state]? Would you say you are...
Q: How satisfied are you with the outcome of this year's elections for the U.S. House of Representatives? Would you say you are...

Election Outcomes | Voter Interpretations and Top Priorities

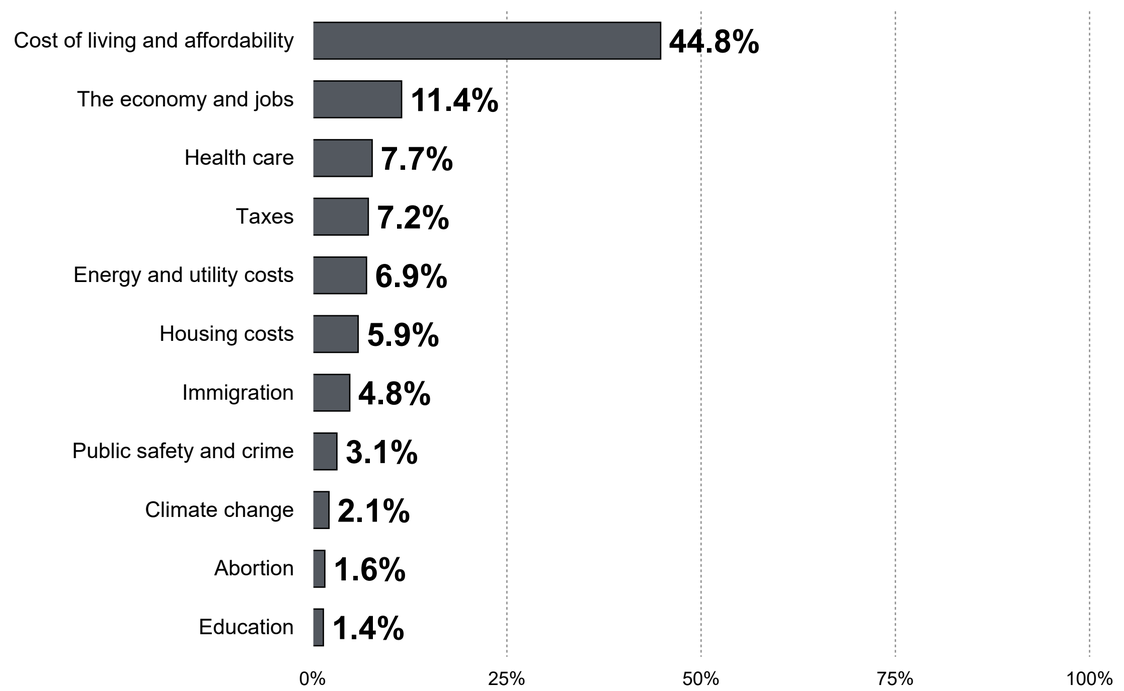
Registered voters across Connecticut, New York, and New Jersey expressed mixed interpretations of the November 2026 election results, with nearly equal proportions viewing the outcomes as a reflection of party-line voting (29.9%) or support for the winning candidate's agenda (28.7%), while another 18.5% interpreted the results as a rejection of the opposing candidate. Despite these differing interpretations, voters expressed a clear priority for newly elected officials, with cost of living and affordability (44.8%) overwhelmingly identified as the most important issue.

- Political party:
  - Democrats were substantially more likely to interpret the election results as support for the winning candidate's agenda (38.0%) than Republicans (13.8%). Conversely, Republicans were more likely to view the results as primarily reflecting party-line voting (40.5%).
- Age:
  - Voters aged 65+ were most likely to interpret the results as support for the winner's agenda (34.2%), compared to those aged 18–34 (28.0%) and 35–64 (26.3%). Younger voters were more likely to believe the results did not represent a clear mandate either way (15.4% vs. 5.8% among those 65+).
- Gender:
  - Men were more likely than women to view the election results as support for the winner's agenda (32.1% vs. 26.0%), while women were more likely to interpret the results as a rejection of the opposing candidate (20.9% vs. 16.5%).

Voter Interpretations of Election Results



Top Priorities for Newly Elected Officials



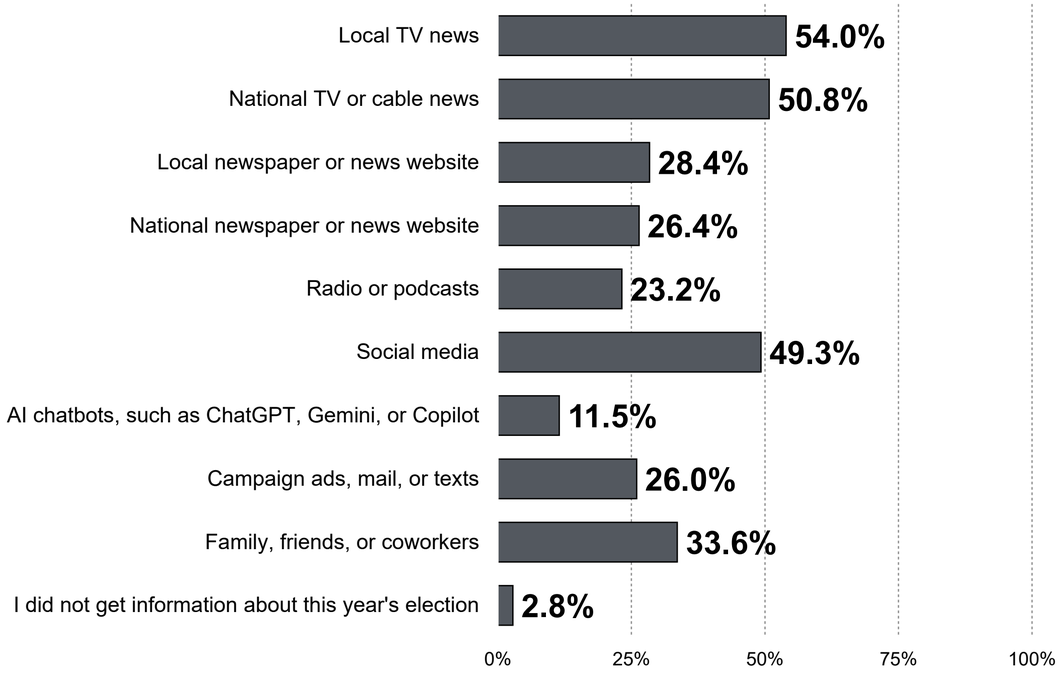
N=500 (November 2026)
Q: Thinking about the outcome of #PIPE [top_race] in #PIPE [state], which comes closest to your view of what the result means?
Q: Which ONE of the following issues should #PIPE [officeholder] focus on first in their next term?

Media Trust | Sources of Info and Influence

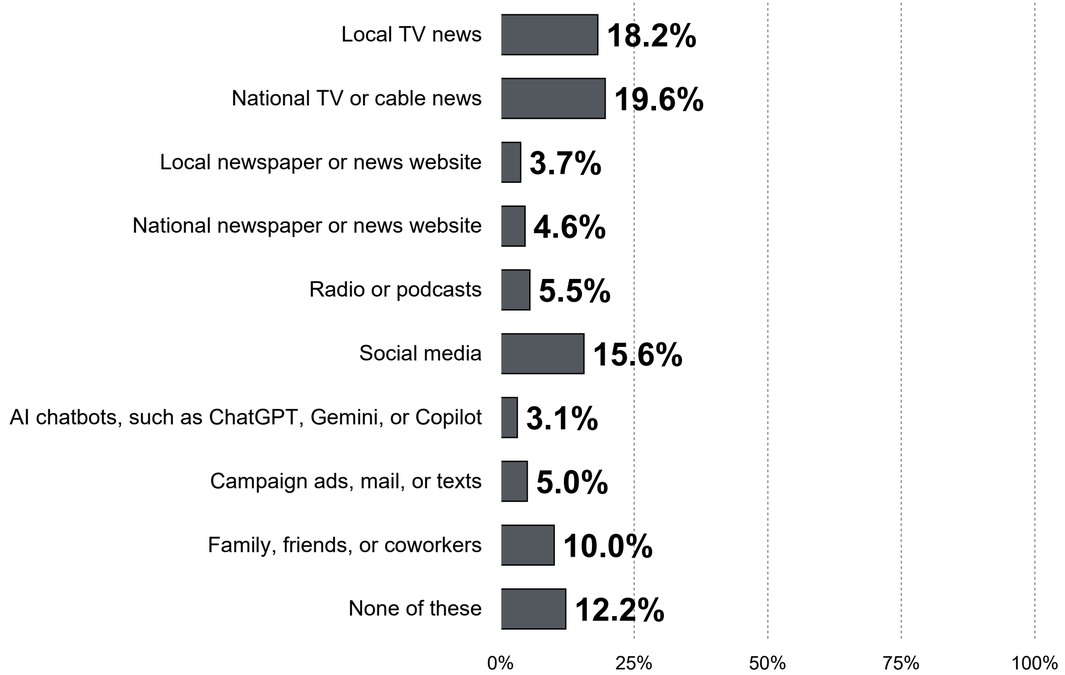
Television news remained a leading source of election information among registered voters across Connecticut, New York, and New Jersey, with local (54.0%) and national (50.8%) TV news most frequently cited. These sources also held the greatest influence on voting decisions, with 18.2% and 19.6%, respectively, identifying local and national TV news as their most influential source. Social media also played a role, with nearly half of respondents (49.3%) reporting using it for election information, and 15.6% identifying it as their most influential source.

- Age:
  - Younger voters aged 18–34 were substantially more likely to identify social media as their most influential source of election information (28.0%), compared to 14.6% of those aged 35–64 and just 2.8% of voters aged 65+.
- Education:
  - College-educated voters were more likely to identify national TV or cable news as their most influential source of election information (25.9%) compared to non-college voters (15.7%), while non-college voters were more likely to cite social media (18.8% vs. 10.6%).
- Urbanicity:
  - Rural voters were more likely to identify national TV or cable news as their most influential source (34.0%), compared to suburban (18.5%) and urban voters (15.9%).

Sources of Election Information (*Multiple Responses*)



Most Influential Sources on Voting Decisions (*2026 voters only, n=436*)



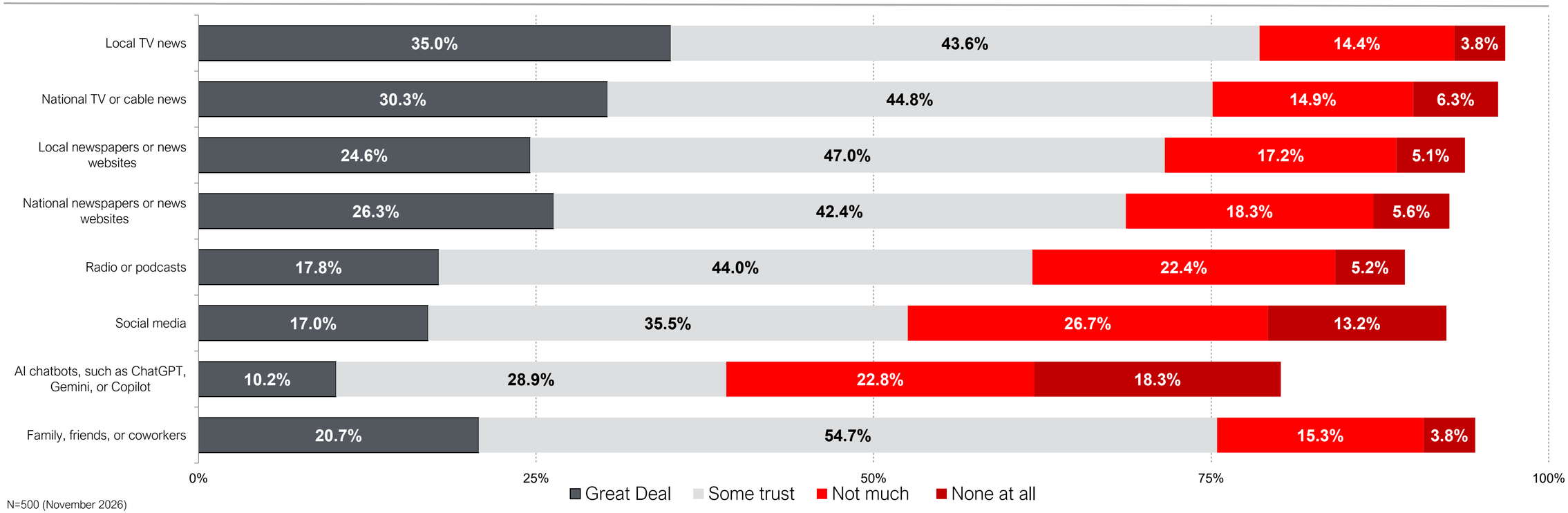
N=500 (November 2026)
Q: Where did you get information about this year's election? (Select all that apply)
Q: Of the sources you used, which ONE had the greatest influence on how you voted this year?

Media Trust | Most Trusted Sources of News

Registered voters across Connecticut, New York, and New Jersey expressed the highest trust in traditional television news, with 78.6% reporting a great deal or some trust in local TV news, followed by 75.1% for national TV or cable news. Local newspapers and news websites (71.6%) also maintained relatively strong trust levels. In contrast, social media received considerably lower trust ratings (52.5%), with nearly four-in-ten voters (39.9%) expressing little or no trust. AI chatbots faced even greater skepticism as 41.1% reported little or no trust.

- Age:
  - Younger voters aged 18–34 express substantially greater trust in social media (72.9%) than voters aged 35–64 (50.4%) and 65+ (33.1%). Younger voters also report higher trust in radio and podcasts (64.6%) compared to those aged 65+ (56.7%).
- Political party:
  - Democrats consistently express greater trust in traditional news sources than Republicans, particularly national newspapers and news websites (81.1% vs. 56.9%) and national TV or cable news (84.3% vs. 64.9%).
- Independents:
  - Independent voters express particularly low trust in social media, with just 38.5% reporting at least some trust, compared to 58.8% of Democrats and 52.6% of Republicans.

Trust Levels Across Various News Sources



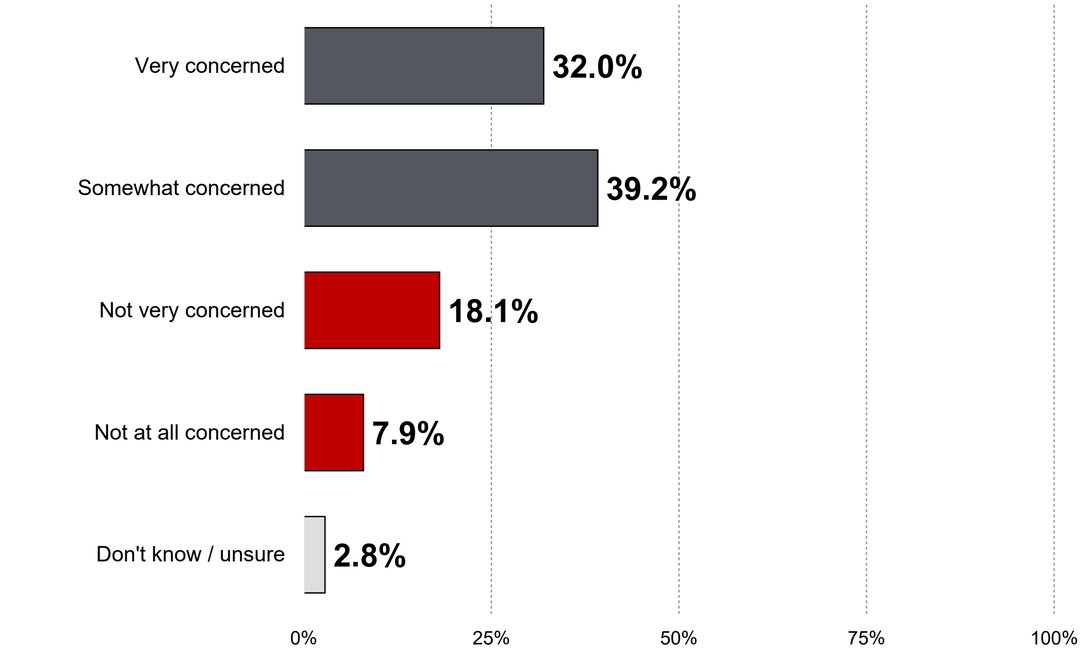
N=500 (November 2026)
Q: How much do you trust each of the following as a source of information about this year's election?

Media Trust | Impact of AI

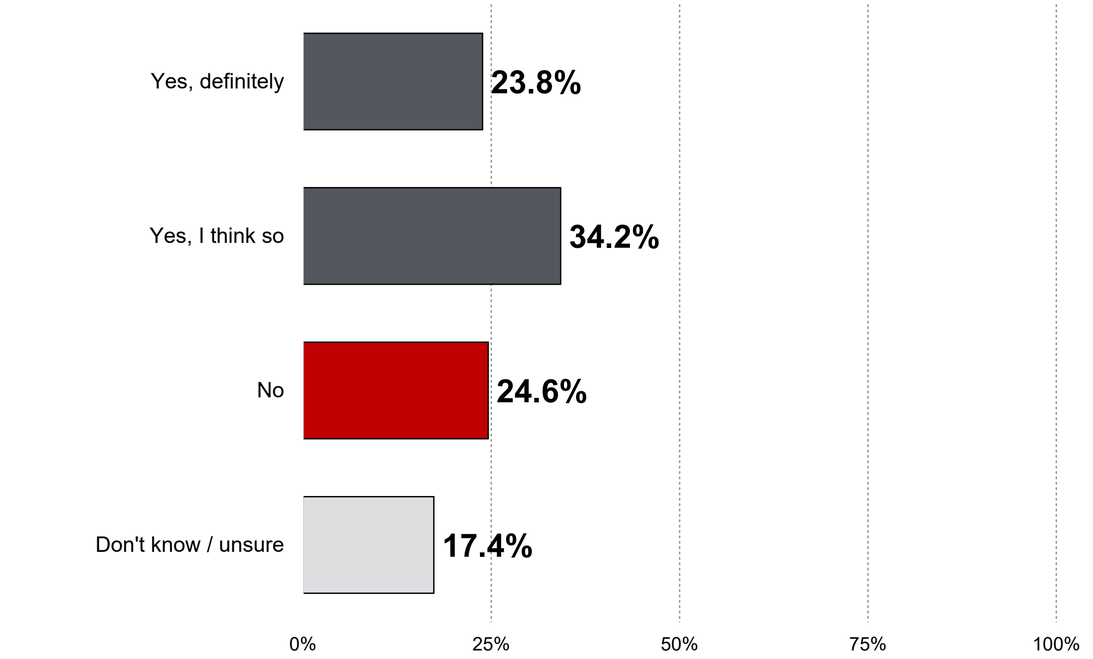
Registered voters across Connecticut, New York, and New Jersey expressed widespread concern about the use of artificial intelligence to generate misleading political content during the 2026 election cycle. More than seven-in-ten voters (71.2%) reported being very or somewhat concerned about AI-generated images, audio, or videos, compared to 26.0% who expressed little or no concern. Meanwhile, a majority (58.0%) believed they encountered political content created or altered using AI during the campaign, including 23.8% who were certain of their exposure.

- Age:
  - Voters aged 18–34 were most likely to be very concerned about misleading AI-generated campaign content (40.3%), compared to those aged 35–64 (28.9%) and 65+ (28.3%). Younger voters were also more likely to suspect exposure to AI-generated content (67.4% vs. 57.2% and 49.1%, respectively).
- Urbanicity:
  - Urban voters were more likely to be very concerned about AI-generated campaign content (38.6%) than suburban (29.2%) and rural voters (25.4%). However, rural voters were most likely to report at least some concern (69.8% combined with 44.4% somewhat concerned).
- Political party:
  - Concern about AI-generated campaign content was widespread across party lines, with 69.6% of Democrats, 76.7% of Republicans, and 73.2% of Independents reporting being “very” or “somewhat concerned.”

Concern About AI-Generated Election Misinformation



Perceived Exposure to AI-Generated Campaign Content



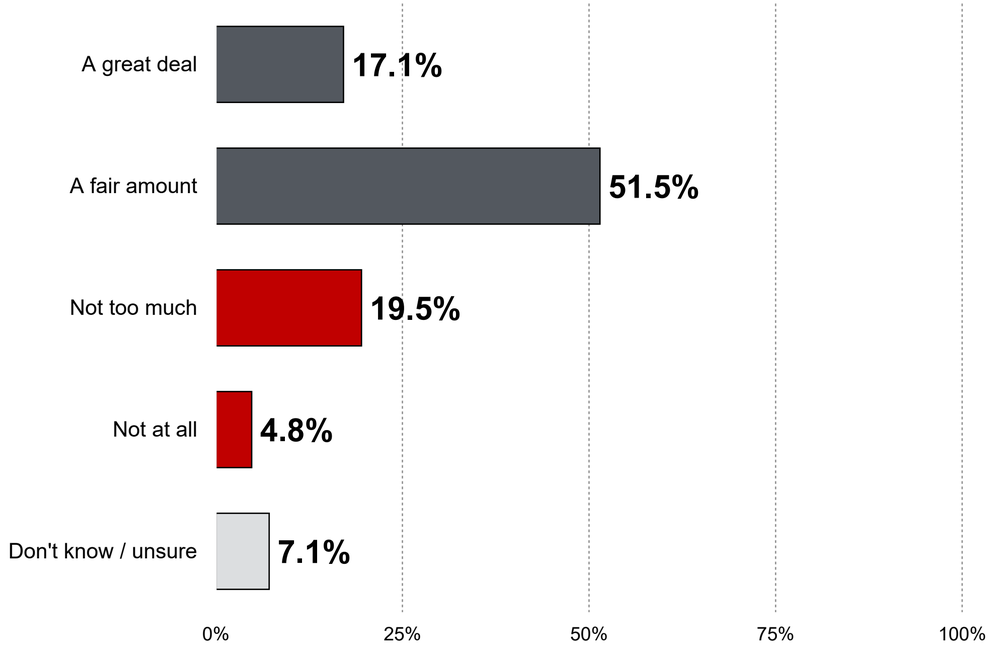
N=500 (November 2026)
Q: How concerned were you about fake images, audio, or videos made with artificial intelligence (AI) during this year's campaign?
Q; During this year's campaign, did you see or hear any political content, such as images, audio, or video, that you suspected was created or altered using artificial intelligence (AI)?

Polling Trust | Overall Trust and Accuracy

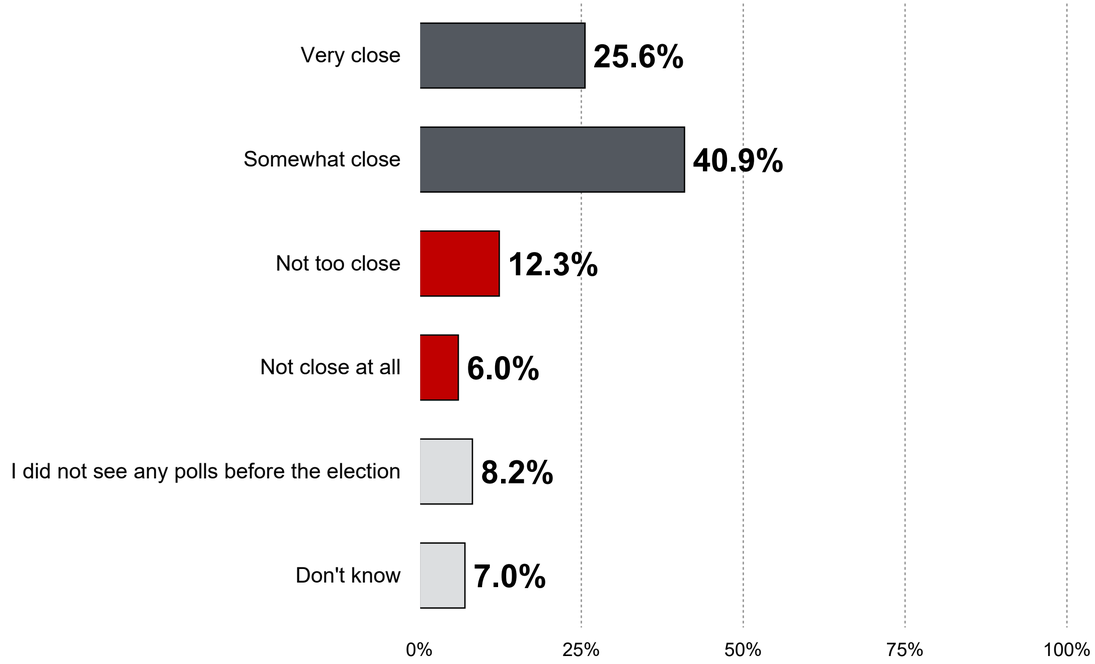
Confidence in election polling remained relatively strong following the November 2026 midterms, with more than two-thirds of registered voters (68.6%) reporting a great deal or fair amount of trust that survey respondents share their true opinions. However, just 17.1% expressed a great deal of trust, suggesting some reservations about respondent honesty. Similarly, approximately two-thirds (66.5%) believed pre-election polls were very or somewhat close to the actual election results in their respective states.

- Political party:
  - Democrats express greater trust that poll respondents share their true opinions (79.7%) than Independents (71.8%) and Republicans (52.6%).
  - Democrats were also more likely to believe pre-election polls accurately reflected election outcomes (76.3% vs. 62.9% of Republicans and 60.8% of Independents).
- State:
  - Connecticut voters were slightly more likely to believe pre-election polls accurately reflected election outcomes (72.8%), compared to New York (67.0%) and New Jersey (58.6%).
- Age:
  - Voters aged 65+ were most likely to trust that poll respondents share their true opinions (73.3%), compared to those aged 35–64 (67.8%) and 18–34 (65.8%). Older voters were also most likely to believe pre-election polls were accurate (75.0%).

Trust in Respondent Honesty in Election Polling



Perceived Accuracy of Pre-Election Polling



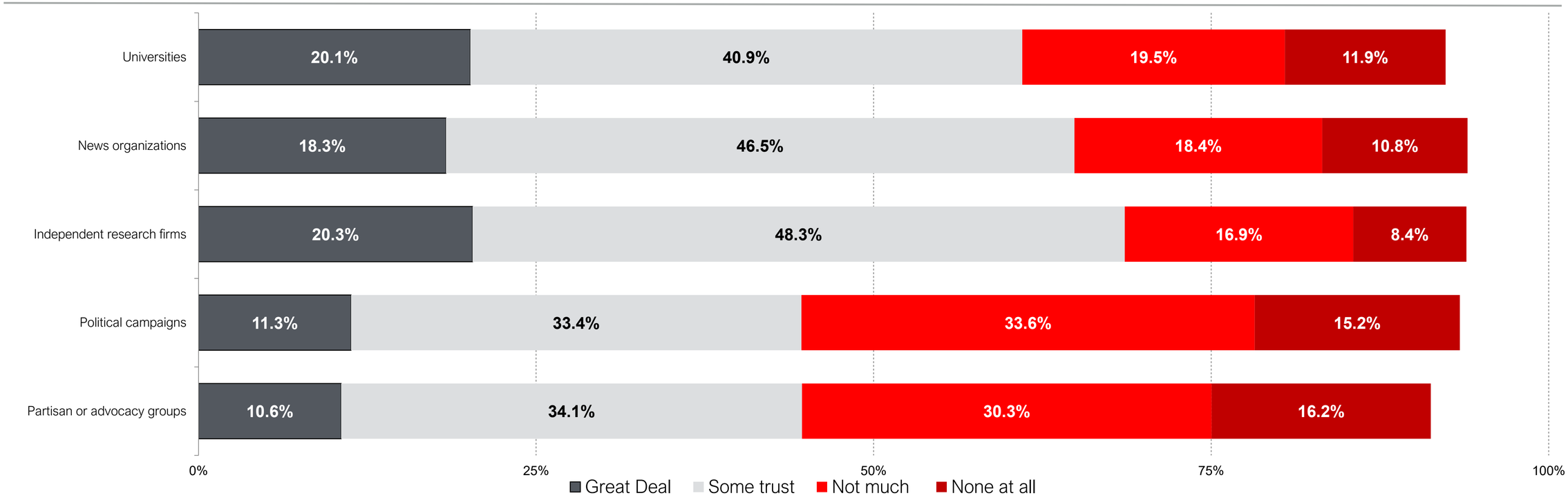
N=500 (November 2026)
Q: In general, how much do you trust that people who take part in election polls share their true opinions?
Q; Thinking about the polls released before the election, how close do you think they were to the actual results in #PIPE [state]?

Polling Trust | Trust in Public Polls

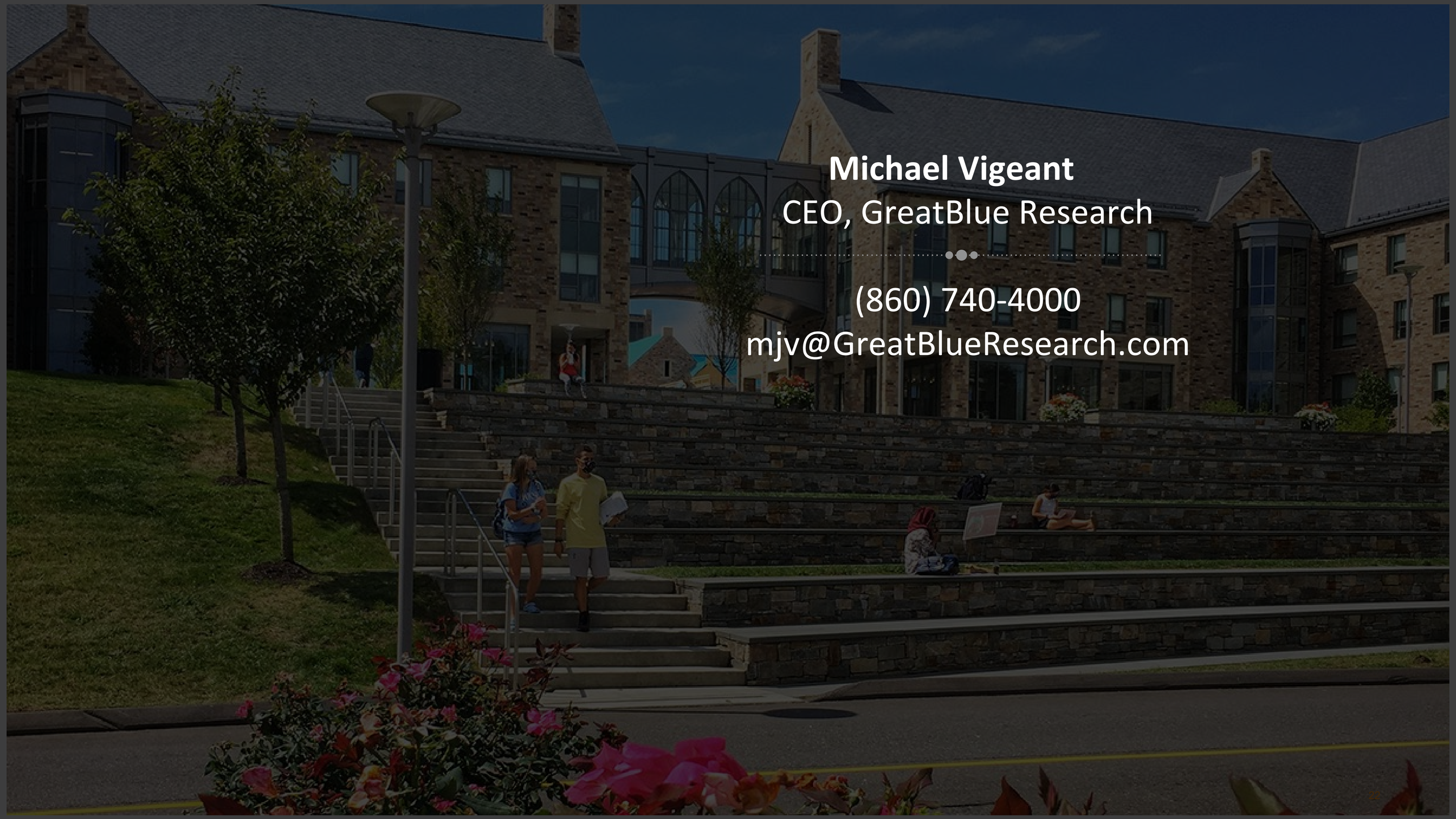
Registered voters expressed greater trust in polling conducted by independent research firms, universities, and news organizations than by politically affiliated groups. Independent research firms received the highest overall trust rating (68.6%), followed by news organizations (64.8%) and universities (61.0%). In contrast, fewer than half of voters expressed trust in polling conducted by political campaigns (44.7%) or partisan and advocacy groups (44.7%).

- Political party:
  - Democrats express substantially greater trust in university polls (74.2%) than Independents (57.7%) and Republicans (49.1%). Similar partisan differences emerge for polls conducted by news organizations, with 78.8% of Democrats expressing trust compared to 54.3% of Republicans.
- Age:
  - Voters aged 18–34 were more likely to express trust in polls conducted by political campaigns (49.6%) than those aged 35–64 (47.4%) and 65+ (32.2%). Younger voters also expressed greater trust in partisan or advocacy group polling (53.5%) compared to voters aged 65+ (32.5%).
- Education:
  - College-educated voters expressed greater trust in independent research firms (76.6%) than non-college voters (63.6%), with a similar gap emerging for polls conducted by news organizations (71.3% vs. 60.9%).

Trust Levels Across Public Polling Sources



N=500 (November 2026)
Q: How much do you trust each of the following as a source of information about this year's election?



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