



National Survey of American Adults March 26-30, 2026

N = 1,000 American Adults

The sample has an adjusted margin of error of +/-4.05 percentage points

See <http://uml.edu/polls> for full questionnaire/topline results and detailed methodology disclosure.

Survey design and analysis by John Cluverius, director of survey research, and Rodrigo Castro Cornejo, associate director, University of Massachusetts Lowell Center for Public Opinion.

Do you have a question about this poll? If so, reach out to us on social media via Bluesky or Instagram (@umlcpo)

HIGHLIGHTS

1. Majority believes Iran war not worth cost

“The Iran war is an unmitigated public opinion disaster for the Trump administration. Most wars start out popular, get more popular with strategic victories, but then lose popularity over time. Not only does the war appear to be dragging down Trump’s approval rating, but he seems to have skipped the typical surge of popularity for military action and gone straight to the decline. Foreign policy blunders can affect public opinion even after the conflict is over, and escalation of the conflict would only worsen the political situation at home for the president,” said John Cluverius, director of survey research at the Center for Public Opinion.

As the president reveals a new budget request with large increases in defense spending, a new poll from the University of Massachusetts Lowell and YouGov reveals almost two-thirds of Americans believe the country is spending too much on the Iran war. Sixty-five percent of respondents in the poll say that the U.S. is spending too much on the Iran war, while 6% say the country is spending too little, and 28% say the country is spending the right amount. The poll shows broad negative perceptions of the country’s foreign policy and traditional alliances: 45% of respondents say they feel a lot or a great deal of frustration with the Trump administration’s foreign policy, while 17% say they feel a moderate amount, and 38% say they feel a little or no frustration at all. Respondents are also skeptical of American alliances in the Middle East. When asked whether the U.S.’s close relationship with Israel does more to help or hurt American interests, 42% says it does more to hurt, while 29% says it does more to help and 29% says it does not help or hurt. When asked the same question about Saudi Arabia, 29% say the U.S.’s close relationship with the country does more to hurt U.S. interests, 29% say it does more to help, and 42% say it does not help or hurt.

2. Trump job approval at 39%

Donald Trump's job approval stands at 39%, similar to a UMass Lowell / YouGov poll released in October 2025 that showed Trump's job approval at 42%. Perceptions of the economy, however have worsened slightly. In October 2025, 52% of poll respondents said it had become somewhat or much harder to pay for basic necessities in the last six months; now, a slightly larger 57% of respondents say the same. When asked about the level of frustration they feel about broad categories of Trump administration policies, 49% of Americans surveyed in the new poll say they feel a great deal or a lot of frustration with the administration's economic policies, while 45% say they feel a great deal or a lot of frustration with the administration's foreign policy.

Despite the rough perceptions of Trump in the poll, Democrats seem hard-pressed to find an advantage. The generic House ballot shows a close race between Democratic and Republican candidates with 38% of respondents preferring the Democratic candidate and 35% preferring the Republican candidate. This is an identical result to the October 2025 UMass Lowell/YouGov poll. In the current survey, a hypothetical matchup between California Gov. Gavin Newsom and Vice President JD Vance is close, as is a matchup between Vance and New York U.S. Rep. Alexandria Ocasio-Cortez (D-NY). The poll asked respondents about their perceptions of a wide swath of public figures and political leaders, including Cabinet secretaries, governors and members of Congress. Of those currently in office, only independent U.S. Sen. Bernie Sanders of Vermont has a net positive favorability rating among respondents, with 39% viewing him favorably, 33% viewing him unfavorably, 23% having no opinion and 5% having never heard of him.

As in the October 2025 UMass Lowell/YouGov poll, only one person in the current survey received a favorable rating of greater than 50% from Democrats, Republicans and independents: country music superstar Dolly Parton.

3. Public turns on Trump administration immigration policies

Americans' views on immigration remain divided, with opinions on migrant assistance and legal immigration levels largely stable since the October 2025 survey. When asked whether the government is doing too much or too little to help migrants find jobs and housing, 37% of respondents said too little and 34% said too much, within the margin of error of the October 2025 poll, which found 35% saying too little and 32% saying too much. On legal immigration levels, nearly half of respondents in the current poll — 46% — said they would keep the number about the same, while 31% said to decrease it and 23% said to increase it, figures nearly identical to the center's October 2025 survey. Opposition to immigration enforcement measures, however, runs high: 62% of respondents in the current poll said they would oppose an Immigration and Customs Enforcement detention center being built in their community, including 48% who said they would strongly oppose it. In addition, 56% of respondents said they oppose the deployment of ICE agents to U.S. commercial airports.

“Immigration continues to divide Americans along familiar partisan lines, but our findings also point to a clear majority of respondents who express opposition with aggressive enforcement measures, including a majority of independents. Even in a polarized environment, there are limits to the policies the American public is willing to support,” said UMass Lowell’s Rodrigo Castro Cornejo, the center’s associate director and an assistant professor of political science.

4. As Justice Department transitions, respondents remain skeptical of Epstein scandal

Despite the release of large numbers of documents related to the investigation of Jeffrey Epstein, the poll shows broad support for further investigation, alongside divided views on responsibility. Nearly two-thirds of respondents (63%) say they strongly support criminal investigations of Americans named in the Epstein files, with an additional 24% saying they somewhat support such investigations, indicating overwhelming bipartisan backing for further probes. At the same time, a majority of Americans believe President Donald Trump has a personal interest in withholding the release of the files, with 47% saying definitely yes and 18% saying probably yes. When assigning blame for the lack of additional prosecutions, 41% of respondents say Trump is most responsible, compared to 29% who blame other people and 30% who say no one in particular is responsible. Additionally, 70% of respondents say it is at least somewhat likely that Epstein was connected to intelligence services, including 30% who say it is very likely, underscoring widespread suspicion about the broader circumstances surrounding the case.