

Data table for Figure 1. Percentage of working adults aged 18–64 reporting serious psychological distress in the past 30 days, by type of work shift: United States, 2021

Work shift	Percent reporting serious psychological distress	Standard error	95% confidence interval
All who worked in the last week	2.7	0.1	2.4–3.0
Worked day shift.	2.3	0.2	2.0–2.6
Worked evening or night shift	4.8	0.7	3.5–6.4
Worked rotating or other shift	3.9	0.6	2.9–5.2

NOTES: Serious psychological distress was determined by responses to the six questions comprising the Kessler 6 nonspecific distress scale. Serious psychological distress, defined as a score of 13 or higher on the scale, includes mental health problems severe enough to cause moderate-to-serious impairment in social and occupational functioning and to require treatment. Estimates are based on household interviews of a sample of the U.S. civilian noninstitutionalized population.

SOURCE: National Center for Health Statistics, National Health Interview Survey, 2021.



Data table for Figure 2. Percentage of working adults aged 18–64 reporting serious psychological distress in the past 30 days, by variation in earnings and perceived job insecurity: United States, 2021

Earnings variation and perceived job insecurity	Percent reporting serious psychological distress	Standard error	95% confidence interval
No monthly change in earnings	2.4	0.2	2.0–2.8
Earnings change a small amount monthly	2.8	0.3	2.2–3.3
Earnings change a moderate amount or more monthly	3.5	0.4	2.6–4.5
Not at all likely to lose job in next 12 months	2.2	0.2	1.9–2.5
At least somewhat likely to lose job in next 12 months	5.4	0.6	4.3–6.6

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SOURCE: National Center for Health Statistics, National Health Interview Survey, 2021.

Data table for Figure 3. Percentage of working adults aged 18–64 reporting serious psychological distress in the past 30 days, by work schedule characteristics: United States, 2021

Work schedule variation and difficulty changing schedule	Percent reporting serious psychological distress	Standard error	95% confidence interval
Work schedule does not change	2.6	0.2	2.3–3.0
Work schedule changes on a regular basis	2.9	0.4	2.2–3.7
Easy or somewhat easy to change work schedule	2.2	0.2	1.9–2.6
Difficult or somewhat difficult to change work schedule	4.2	0.4	3.4–5.0

NOTES: Serious psychological distress was determined by responses to the six questions comprising the Kessler 6 nonspecific distress scale. Serious psychological distress, defined as a score of 13 or higher on the scale, includes mental health problems severe enough to cause moderate-to-serious impairment in social and occupational functioning and to require treatment. Estimates are based on household interviews of a sample of the U.S. civilian noninstitutionalized population.

SOURCE: National Center for Health Statistics, National Health Interview Survey, 2021.

Data table for Figure 4. Percentage of working adults aged 18–64 reporting serious psychological distress in the past 30 days, by availability of paid sick leave and report of working when physically ill: United States, 2021

Paid sick leave availability and report of working when physically ill	Percent reporting serious psychological distress	Standard error	95% confidence interval
Job offers paid sick leave	2.2	0.2	1.9–2.5
No paid sick leave available	3.9	0.4	3.2–4.6
Did not work when physically ill in past 3 months	1.9	0.1	1.6–2.2
Worked at least 1 day when physically ill in past 3 months	5.8	0.5	4.9–6.9

NOTES: Serious psychological distress was determined by responses to the six questions comprising the Kessler 6 nonspecific distress scale. Serious psychological distress, defined as a score of 13 or higher on the scale, includes mental health problems severe enough to cause moderate-to-serious impairment in social and occupational functioning and to require treatment. Estimates are based on household interviews of a sample of the U.S. civilian noninstitutionalized U.S. population.

SOURCE: National Center for Health Statistics, National Health Interview Survey, 2021.