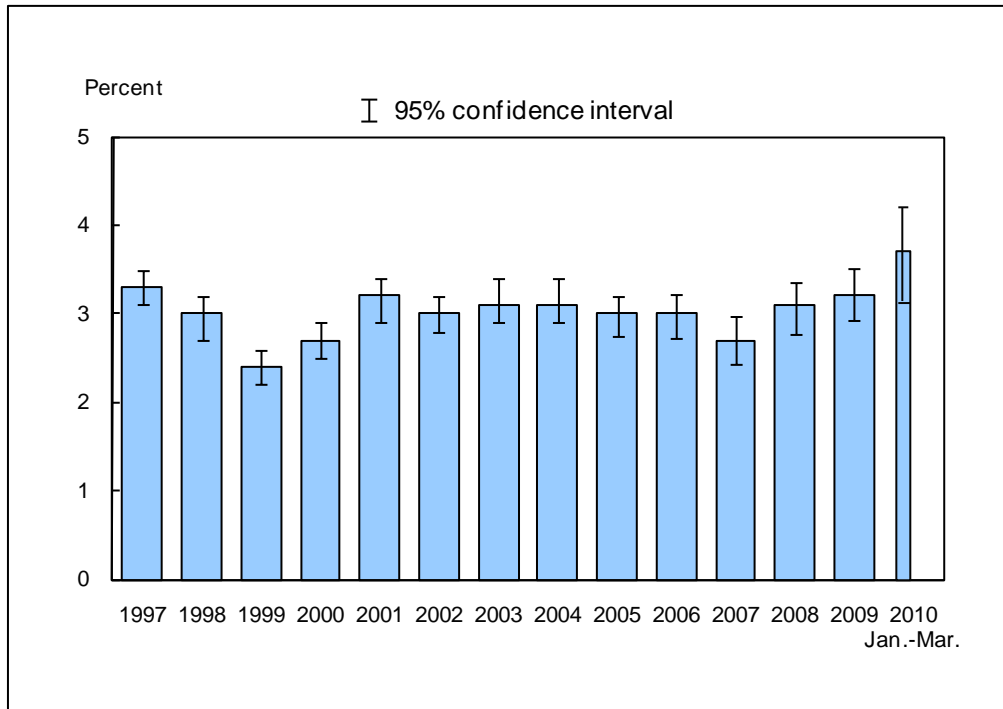


**Figure 13.1. Percentage of adults aged 18 years and over who experienced serious psychological distress during the past 30 days: United States, 1997-March 2010**

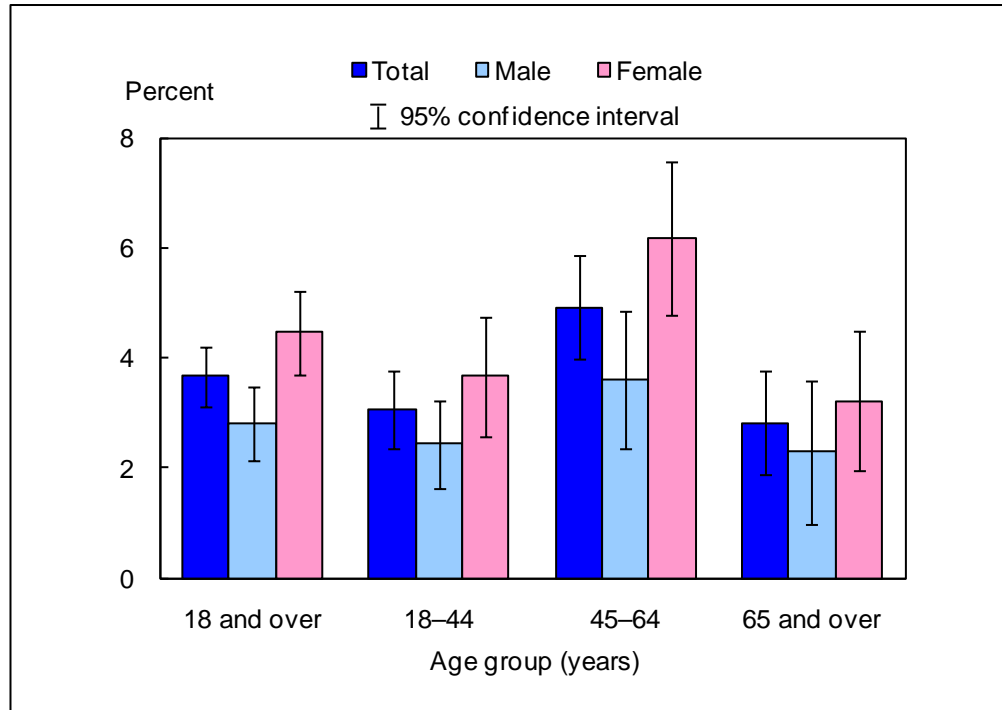


NOTES: Six psychological distress questions are included in the National Health Interview Survey's (NHIS) Sample Adult Core component. These questions ask how often a respondent experienced certain symptoms of psychological distress during the past 30 days. The response codes (0-4) of the six items for each person are summed to yield a scale with a 0-24 range. A value of 13 or more for this scale is used here to define serious psychological distress (16). Beginning with the 2003 data, NHIS transitioned to weights derived from the 2000 census. In this Early Release, estimates for 2000-2002 were recalculated using weights derived from the 2000 census. See "About This Early Release" for more details.

DATA SOURCE: CDC/NCHS, National Health Interview Survey, 1997-March 2010, Sample Adult Core component. Data are based on household interviews of a sample of the civilian noninstitutionalized population.

- In early 2010, 3.7% (95% confidence interval = 3.12%-4.21%) of adults aged 18 years and over experienced serious psychological distress during the past 30 days, which was higher than, but not significantly different from, the 2009 estimate of 3.2%.
- The percentage of adults who experienced serious psychological distress during the past 30 days ranged from 2.4% in 1999 to 3.7% in early 2010.

**Figure 13.2. Percentage of adults aged 18 years and over who experienced serious psychological distress during the past 30 days, by age group and sex: United States, January-March 2010**

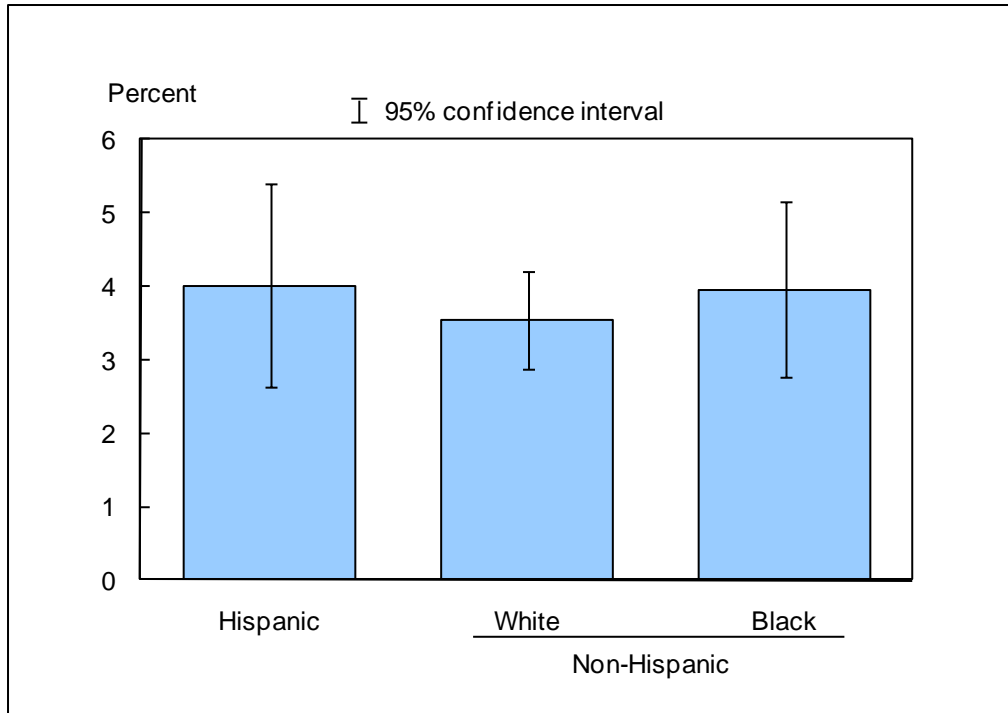


NOTES: Six psychological distress questions are included in the National Health Interview Survey's Sample Adult Core component. These questions ask how often a respondent experienced certain symptoms of psychological distress during the past 30 days. The response codes (0-4) of the six items for each person are summed to yield a scale with a 0-24 range. A value of 13 or more for this scale is used here to define serious psychological distress (16).

DATA SOURCE: CDC/NCHS, National Health Interview Survey, January-March 2010, Sample Adult Core component. Data are based on household interviews of a sample of the civilian noninstitutionalized population.

- For both sexes combined, the percentage of persons who experienced serious psychological distress during the past 30 days was 3.1% for adults aged 18-44 years, 4.9% for adults aged 45-64, and 2.8% for adults aged 65 and over.
- For the age group 45-64 years, women were more likely than men to have experienced serious psychological distress during the past 30 days.

**Figure 13.3. Age-sex-adjusted percentage of adults aged 18 years and over who experienced serious psychological distress during the past 30 days, by race/ethnicity: United States, January-March 2010**



NOTES: Six psychological distress questions are included in the National Health Interview Survey's Sample Adult Core component. These questions ask how often a respondent experienced certain symptoms of psychological distress during the past 30 days. The response codes (0-4) of the six items for each person are summed to yield a scale with a 0-24 range. A value of 13 or more for this scale is used here to define serious psychological distress (16). Estimates are age-sex adjusted using the projected 2000 U.S. population as the standard population and using three age groups: 18-44 years, 45-64 years, and 65 years and over.

DATA SOURCE: CDC/NCHS, National Health Interview Survey, January-March 2010, Sample Adult Core component. Data are based on household interviews of a sample of the civilian noninstitutionalized population.

- The age-sex-adjusted prevalence of serious psychological distress was 4.0% for Hispanic persons, 3.5% for non-Hispanic white persons, and 4.0% for non-Hispanic black persons.



**Data tables for Figures 13.1-13.3:**

**Data table for Figure 13.1. Percentage of adults aged 18 years and over who experienced serious psychological distress during the past 30 days: United States, 1997-March 2010**

Year	Crude <sup>1</sup> percent (95% confidence interval)	Age-adjusted <sup>2</sup> percent (95% confidence interval)
1997	3.3 (3.1-3.5)	3.3 (3.1-3.6)
1998	3.0 (2.7-3.2)	3.0 (2.8-3.2)
1999	2.4 (2.2-2.6)	2.4 (2.2-2.6)
2000	2.7 (2.5-2.9)	2.7 (2.5-2.9)
2001	3.2 (2.9-3.4)	3.2 (2.9-3.4)
2002	3.0 (2.8-3.2)	3.0 (2.8-3.2)
2003	3.1 (2.9-3.4)	3.1 (2.9-3.4)
2004	3.1 (2.9-3.4)	3.0 (2.8-3.3)
2005	3.0 (2.74-3.20)	2.9 (2.72-3.17)
2006	3.0 (2.73-3.23)	2.9 (2.68-3.17)
2007	2.7 (2.43-2.98)	2.7 (2.39-2.93)
2008	3.1 (2.78-3.36)	3.0 (2.74-3.32)
2009	3.2 (2.93-3.52)	3.2 (2.90-3.49)
January-March 2010	3.7 (3.12-4.21)	3.6 (3.02-4.12)

<sup>1</sup>Crude estimates are presented in the figure.

<sup>2</sup>Estimates are age adjusted using the projected 2000 U.S. population as the standard population and using three age groups: 18-44 years, 45-64 years, and 65 years and over.

NOTES: Beginning with the 2003 data, the National Health Interview Survey transitioned to weights derived from the 2000 census. In this Early Release, estimates for 2000-2002 were recalculated using weights derived from the 2000 census. See "About This Early Release" for more details.

DATA SOURCE: CDC/NCHS, National Health Interview Survey, 1997-March 2010, Sample Adult Core component. Data are based on household interviews of a sample of the civilian noninstitutionalized population.



**Data table for Figure 13.2. Percentage of adults aged 18 and over who experienced serious psychological distress during the past 30 days, by age group and sex: United States, January-March 2010**

Age and sex	Percent	95% confidence interval
18-44 years, total	3.1	2.34-3.76
18-44 years, male	2.4	1.62-3.23
18-44 years, female	3.7	2.58-4.76
45-64 years, total	4.9	3.97-5.86
45-64 years, male	3.6	2.35-4.84
45-64 years, female	6.2	4.78-7.56
65 years and over, total	2.8	1.88-3.75
65 years and over, male	2.3	0.99-3.59
65 years and over, female	3.2	1.94-4.50
18 years and over (crude <sup>1</sup> ), total	3.7	3.12-4.21
18 years and over (crude <sup>1</sup> ), male	2.8	2.15-3.49
18 years and over (crude <sup>1</sup> ), female	4.5	3.69-5.22
18 years and over (age-adjusted <sup>2</sup> ), total	3.6	3.02-4.12
18 years and over (age-adjusted <sup>2</sup> ), male	2.8	2.10-3.41
18 years and over (age-adjusted <sup>2</sup> ), female	4.3	3.58-5.11

<sup>1</sup>Crude estimates are presented in the figure.

<sup>2</sup>Estimates are age adjusted using the projected 2000 U.S. population as the standard population and using three age groups: 18-44 years, 45-64 years, and 65 years and over.

DATA SOURCE: CDC/NCHS, National Health Interview Survey, January-March 2010, Sample Adult Core component. Data are based on household interviews of a sample of the civilian noninstitutionalized population.

**Data table for Figure 13.3. Age-sex-adjusted percentage of adults aged 18 years and over who experienced serious psychological distress during the past 30 days, by race/ethnicity: United States, January-March 2010**

Race/ethnicity	Percent <sup>1</sup>	95% confidence interval
Hispanic or Latino	4.0	2.62-5.41
Not Hispanic or Latino, single race, white	3.5	2.88-4.20
Not Hispanic or Latino, single race, black	4.0	2.76-5.15

<sup>1</sup>Estimates are age-sex adjusted using the projected 2000 U.S. population as the standard population and using five age groups: 18-24 years, 25-34 years, 35-44 years, 45-64 years, and 65 years and over.

DATA SOURCE: CDC/NCHS, National Health Interview Survey, January-March 2010, Sample Adult Core component. Data are based on household interviews of a sample of the civilian noninstitutionalized population.