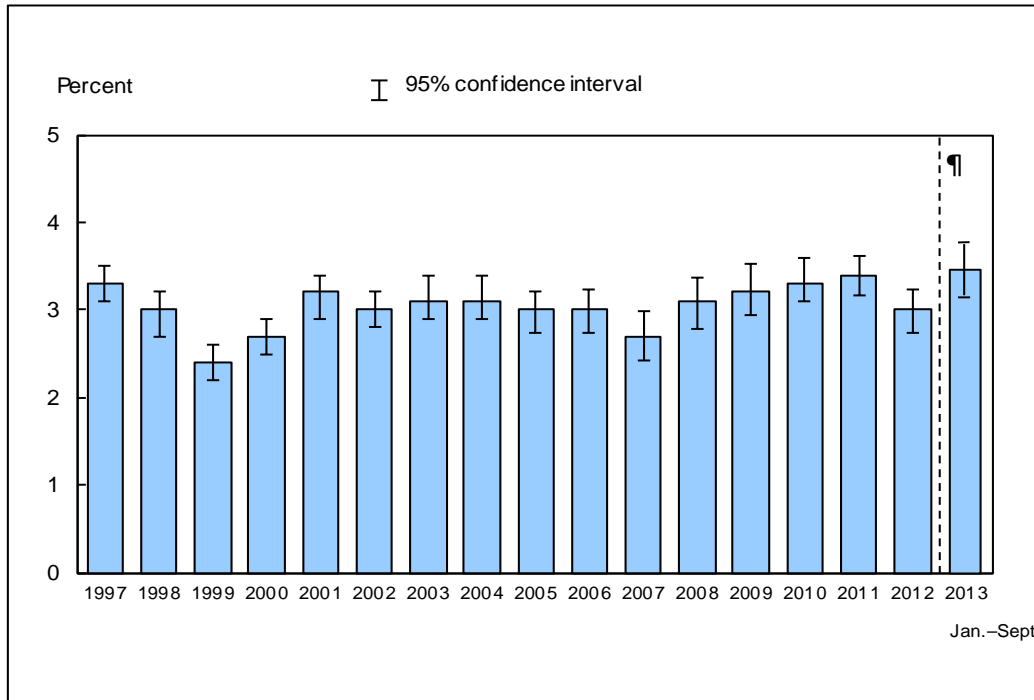


Figure 13.1. Percentage of adults aged 18 and over who experienced serious psychological distress during the past 30 days: United States, 1997–September 2013



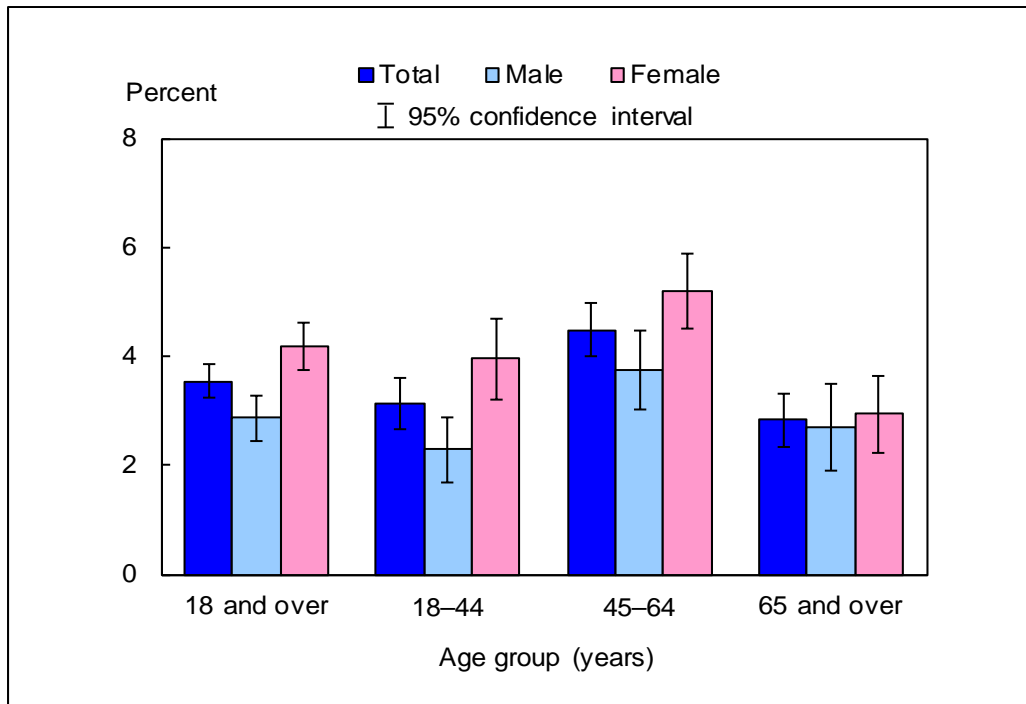
DATA SOURCE: CDC/NCHS, National Health Interview Survey, 1997–September 2013, Sample Adult Core component.

- For January–September 2013, 3.5% (95% confidence interval = 3.24%–3.85%) of adults aged 18 and over had experienced serious psychological distress during the past 30 days.
- The percentage of adults who had experienced serious psychological distress during the past 30 days increased from 2.7% in 2007 to 3.4% in 2011.

NOTES: Data are based on household interviews of a sample of the civilian noninstitutionalized population. • Six psychological distress questions are included in the Sample Adult Core component of the National Health Interview Survey (NHIS). 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 (9). • See [Technical Notes](#) for more details.

¶ In 2013, the six psychological distress questions were moved to the Adult Sexual Identity and Lifestyle section of the Sample Adult questionnaire. This change is indicated by a dashed line in the figure. Differences observed in estimates based on the 2012 and earlier NHIS and the 2013 and later NHIS may be partially or fully attributable to this change in placement of the six psychological distress questions on the NHIS questionnaire.

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–September 2013

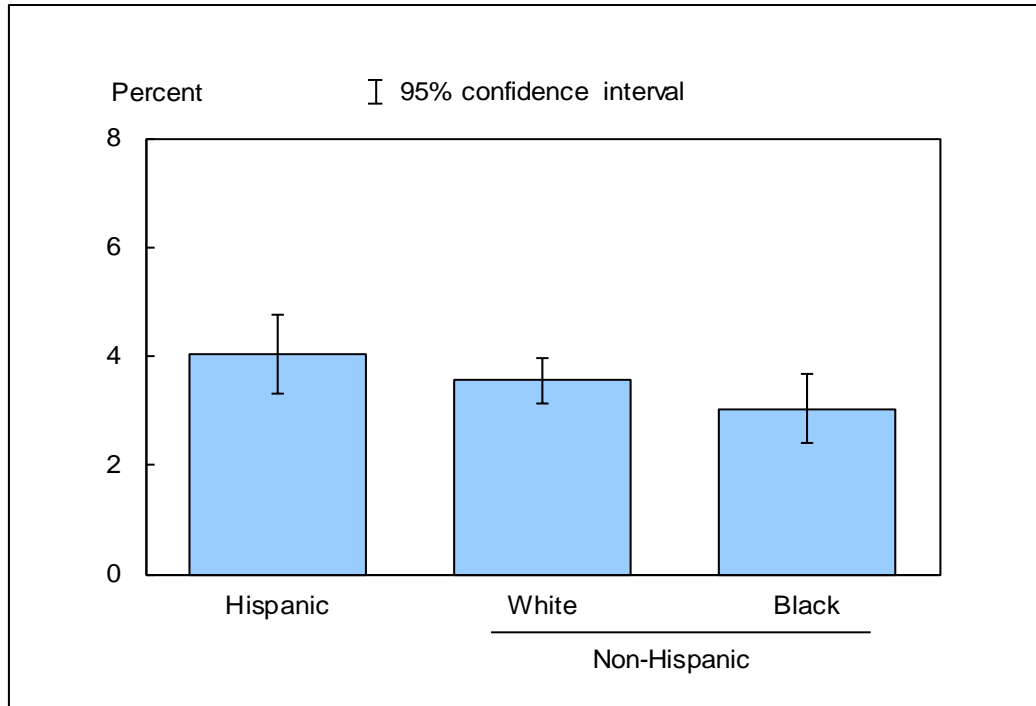


DATA SOURCE: CDC/NCHS, National Health Interview Survey, January–September 2013, Sample Adult Core component.

- For both sexes combined, the percentage of persons who had experienced serious psychological distress during the past 30 days was 3.1% for adults aged 18–44, 4.5% for adults aged 45–64, and 2.8% for adults aged 65 and over.
- For adults aged 18 and over and for the age groups 18–44 and 45–64, women were more likely than men to have experienced serious psychological distress during the past 30 days.

NOTES: Data are based on household interviews of a sample of the civilian noninstitutionalized population. • Six psychological distress questions are included in the Sample Adult Core component of the National Health Interview Survey (NHIS). 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 (9). • In 2013 the six psychological distress questions were moved to the Adult Sexual Identity and Lifestyle section of the Sample Adult questionnaire. Differences observed in estimates based on the 2012 and earlier NHIS and the 2013 and later NHIS may be partially or fully attributable to this change in placement of the six psychological distress questions on the NHIS questionnaire. • See [Technical Notes](#) for more details.

Figure 13.3. Age-sex-adjusted percentage of adults aged 18 and over who experienced serious psychological distress during the past 30 days, by race/ethnicity: United States, January–September 2013



DATA SOURCE: CDC/NCHS, National Health Interview Survey, January–September 2013, Sample Adult Core component.

- The age-sex-adjusted prevalence of serious psychological distress was 4.1% for Hispanic persons, 3.6% for non-Hispanic white persons, and 3.0% for non-Hispanic black persons.
- Non-Hispanic black persons were less likely than Hispanic persons to have experienced serious psychological distress during the past 30 days.

NOTES: Data are based on household interviews of a sample of the civilian noninstitutionalized population. • Six psychological distress questions are included in the Sample Adult Core component of the National Health Interview Survey (NHIS). 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 (9). • In 2013 the six psychological distress questions were moved to the Adult Sexual Identity and Lifestyle section of the Sample Adult questionnaire. Differences observed in estimates based on the 2012 and earlier NHIS and the 2013 and later NHIS may be partially or fully attributable to this change in placement of the six psychological distress questions on the NHIS questionnaire. • Estimates are age-sex adjusted using the projected 2000 U.S. population as the standard population and using three age groups: 18–44, 45–64, and 65 and over. • See [Technical Notes](#) for more details.



Data tables for Figures 13.1–13.3:

Data table for Figure 13.1. Percentage of adults aged 18 and over who experienced serious psychological distress during the past 30 days: United States, 1997–September 2013

Year	Crude ¹ percent (95% confidence interval)	Age-adjusted ² 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)
2010	3.3 (3.10–3.60)	3.3 (3.02–3.51)
2011	3.4 (3.16–3.62)	3.3 (3.08–3.54)
2012	3.0 (2.74–3.24)	2.9 (2.69–3.19)
January–September 2013 ³	3.5 (3.24–3.85)	3.5 (3.18–3.80)

¹Crude estimates are presented in the figure.

²Estimates are age adjusted using the projected 2000 U.S. population as the standard population and using three age groups: 18–44, 45–64, and 65 and over.

³In 2013, the six psychological distress questions were moved to the Adult Sexual Identity and Lifestyle section of the Sample Adult questionnaire. Differences observed in estimates based on the 2012 and earlier National Health Interview Survey (NHIS) and the 2013 and later NHIS may be partially or fully attributable to this change in placement of the six psychological distress questions on the NHIS questionnaire.

NOTES: Data are based on household interviews of a sample of the civilian noninstitutionalized population. Beginning with the 2012 data, the National Health Interview Survey (NHIS) transitioned to weights derived from the 2010 census. For 2003–2011 data, weights were derived from the 2000 census. In this Early Release, estimates for 2000–2002 were recalculated using weights derived from the 2000 census. For 1997–1999 data, weights were derived from the 1990 census. See [Technical Notes](#) for more details.

DATA SOURCE: CDC/NCHS, National Health Interview Survey, 1997–September 2013, Sample Adult Core component.



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–September 2013

Age (years) and sex	Percent	95% confidence interval
18–44, total	3.1	2.65–3.61
18–44, male	2.3	1.70–2.88
18–44, female	4.0	3.22–4.70
45–64, total	4.5	3.99–4.99
45–64, male	3.7	3.01–4.48
45–64, female	5.2	4.49–5.88
65 and over, total	2.8	2.33–3.33
65 and over, male	2.7	1.90–3.49
65 and over, female	2.9	2.22–3.65
18 and over (crude ¹), total	3.5	3.24–3.85
18 and over (crude ¹), male	2.9	2.45–3.28
18 and over (crude ¹), female	4.2	3.73–4.63
18 and over (age-adjusted ²), total	3.5	3.18–3.80
18 and over (age-adjusted ²), male	2.8	2.38–3.21
18 and over (age-adjusted ²), female	4.2	3.68–4.62

¹Crude estimates are presented in the figure.

²Estimates are age adjusted using the projected 2000 U.S. population as the standard population and using three age groups: 18–44, 45–64, and 65 and over.

NOTES: Data are based on household interviews of a sample of the civilian noninstitutionalized population. In 2013, the six psychological distress questions were moved to the Adult Sexual Identity and Lifestyle section of the Sample Adult questionnaire. Differences observed in estimates based on the 2012 and earlier National Health Interview Survey (NHIS) and the 2013 and later NHIS may be partially or fully attributable to this change in placement of the six psychological distress questions on the NHIS questionnaire.

DATA SOURCE: CDC/NCHS, National Health Interview Survey, January–September 2013, Sample Adult Core component.

Data table for Figure 13.3. Age-sex-adjusted percentage of adults aged 18 and over who experienced serious psychological distress during the past 30 days, by race/ethnicity: United States, January–September 2013

Race/ethnicity	Percent ¹	95% confidence interval
Hispanic or Latino	4.1	3.33–4.77
Not Hispanic or Latino, single race, white	3.6	3.13–3.97
Not Hispanic or Latino, single race, black	3.0	2.40–3.66

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

NOTES: Data are based on household interviews of a sample of the civilian noninstitutionalized population. In 2013, the six psychological distress questions were moved to the Adult Sexual Identity and Lifestyle section of the Sample Adult questionnaire. Differences observed in estimates based on the 2012 and earlier National Health Interview Survey (NHIS) and the 2013 and later NHIS may be partially or fully attributable to this change in placement of the six psychological distress questions on the NHIS questionnaire.

DATA SOURCE: CDC/NCHS, National Health Interview Survey, January–September 2013, Sample Adult Core component.