

Behavioral Risk Factor Surveillance System (BRFSS)

Mental Illness & Stigma Optional Module

- 2007 (Administered in the following states: Alaska, Arkansas, California, Connecticut, District of Columbia, Georgia, Hawaii, Illinois, Indiana, Iowa, Kentucky, Louisiana, Minnesota, Mississippi, Missouri, Montana, Nevada, New Hampshire, New Mexico, Oklahoma, Puerto Rico, Rhode Island, South Carolina, Vermont, Virginia, Wyoming)
- 2009 (Administered in the following states: Georgia, Hawaii, Mississippi, Missouri, Nevada, South Carolina, Vermont, Wyoming)
- Access to data: [2007](#), [2009](#)

Questions:

The first 6 questions make up the Kessler 6, used as a measure of non-specific psychological distress.

About how often (all of the time, most of the time, some of the time, a little of the time, or none of the time) during the past 30 days did you feel ...

1. Nervous?
2. Hopeless?
3. Restless or fidgety?
4. So depressed that nothing could cheer you up?
5. That everything was an effort?
6. Worthless?

The next two questions address the respondent's mental health:

7. (The next question asks if any type of mental health condition or emotional problem has recently kept you from doing your work or other usual activities.) During the past 30 days, for about how many days did a mental health condition or emotional problem keep you from doing your work or other usual activities?
8. Are you now taking medicine or receiving treatment from a doctor or other health professional for any type of mental health condition or emotional problem?

The final two questions address stigma associated with mental illness:

9. Treatment can help people with mental illness lead normal lives. Do you – agree slightly or strongly, or disagree slightly or strongly?
10. People are generally caring and sympathetic to people with mental illness. Do you – agree slightly or strongly, or disagree slightly or strongly?