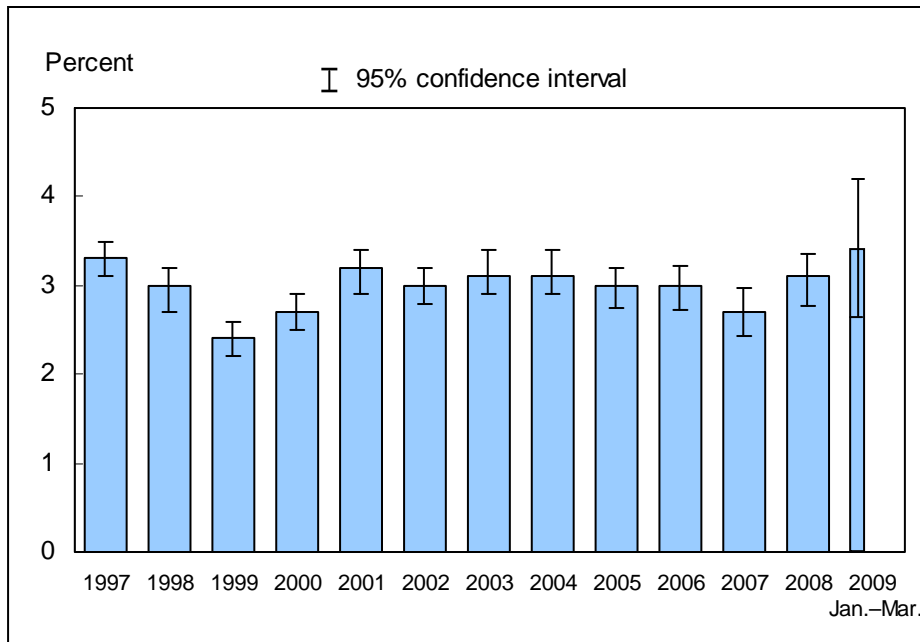


**Figure 13.1. Percentage of adults aged 18 years and over who experienced serious psychological distress during the past 30 days: United States, 1997–March 2009**

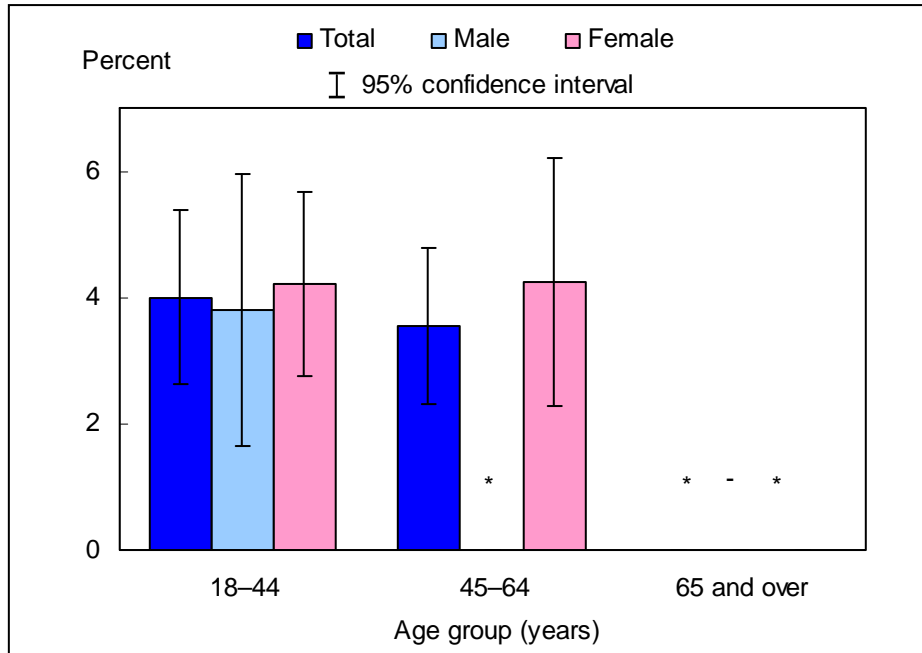


NOTES: Six psychological distress questions are included in the National Health Interview Survey's (NHIS) Sample Adult Core component. These questions ask how often a respondent experienced certain symptoms of psychological distress during the past 30 days. The response codes (0–4) of the six items for 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 (15). Beginning with the 2003 data, the 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. Estimates for January–March 2009 are based on approximately half the usual quarterly sample. Estimates based on this smaller sample size for the first quarter have larger variances, making it more difficult to detect significant differences between estimates. Observed changes between the last two data points should be reevaluated when the next quarter of data becomes available.

DATA SOURCE: CDC/NCHS, National Health Interview Survey, 1997–March 2009, Sample Adult Core component. Data are based on household interviews of a sample of the civilian noninstitutionalized population.

- In early 2009, 3.4% (95% confidence interval = 2.64%–4.18%) of adults aged 18 years and over experienced serious psychological distress during the past 30 days, which was not significantly different from the 2008 estimate of 3.1%.
- The annual percentage of adults who experienced serious psychological distress during the past 30 days ranged from 2.4% in 1999 to 3.3% in 1997.

**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 2009**



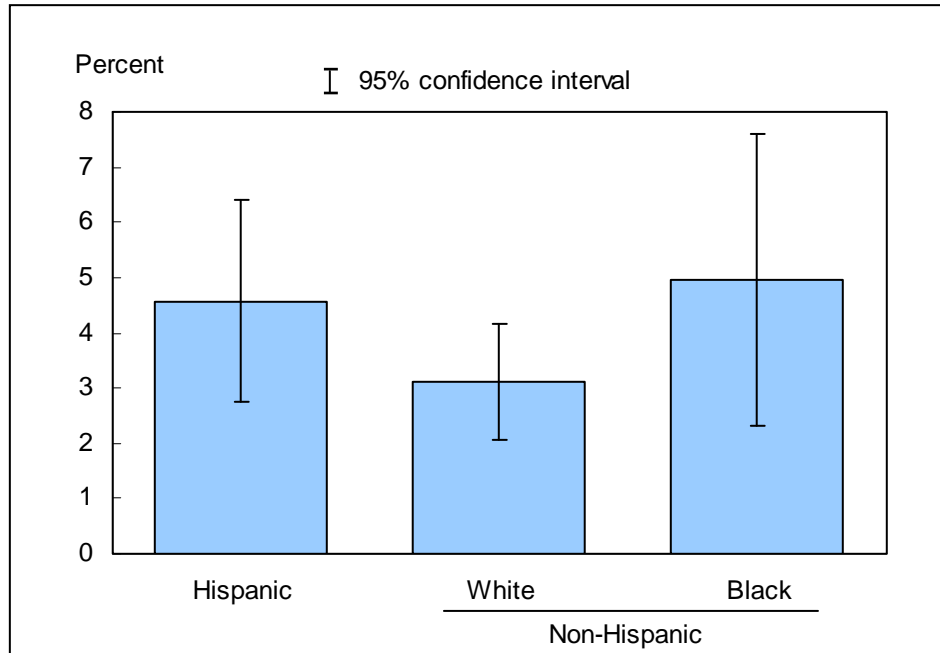
\*Estimate does not meet standards of reliability or precision.  
 -Quantity zero.

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 (15). Estimates are based on approximately half the usual quarterly sample. Estimates based on this smaller sample size for the first quarter have larger variances, making it more difficult to detect significant differences between estimates. Observed changes between data points should be reevaluated when the next quarter of data becomes available.

DATA SOURCE: CDC/NCHS, National Health Interview Survey, January–March 2009, 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 4.0% for adults aged 18–44 years and 3.5% for adults aged 45–64.

**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 2009**



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 (15). Estimates are based on approximately half the usual quarterly sample. Estimates based on this smaller sample size for the first quarter have larger variances, making it more difficult to detect significant differences between estimates. Observed changes between data points should be reevaluated when the next quarter of data becomes available. 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 2009, 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 4.6% for Hispanic persons, 3.1% for non-Hispanic white persons, and 5.0% 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 2009**

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)
January–March 2009	3.4 (2.64-4.18)	3.4 (2.63-4.20)

<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. Estimates for January–March 2009 are based on approximately half of the usual quarterly sample. Estimates based on this smaller sample size for the first quarter have larger variances, making it more difficult to detect significant differences between estimates. Observed changes between the last two data points should be reevaluated when the next quarter of data becomes available.

DATA SOURCE: CDC/NCHS, National Health Interview Survey, 1997–March 2009, 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 2009**

Age and sex	Percent	95% confidence interval
18–44 years, total	4.0	2.64-5.37
18–44 years, male	3.8	1.64-5.97
18–44 years, female	4.2	2.75-5.66
45–64 years, total	3.5	2.31-4.79
45–64 years, male	*	*
45–64 years, female	4.2	2.28-6.22
65 years and over, total	*	*
65 years and over, male	-	-
65 years and over, female	*	*
18 years and over (crude <sup>1</sup> ), total	3.4	2.64-4.18
18 years and over (crude <sup>1</sup> ), male	2.9	1.62-4.15
18 years and over (crude <sup>1</sup> ), female	3.9	2.94-4.86
18 years and over (age-adjusted <sup>2</sup> ), total	3.4	2.63-4.20
18 years and over (age-adjusted <sup>2</sup> ), male	2.9	1.58-4.14
18 years and over (age-adjusted <sup>2</sup> ), female	3.9	2.95-4.87

\*Estimate does not meet standards of reliability or precision.

-Quantity zero.

<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: Estimates are based on approximately half of the usual quarterly sample. Estimates based on this smaller sample size for the first quarter have larger variances, making it more difficult to detect significant differences between estimates. Observed changes between data points should be reevaluated when the next quarter of data becomes available.

DATA SOURCE: CDC/NCHS, National Health Interview Survey, January–March 2009, 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 2009**

<b>Race/ethnicity</b>	<b>Percent<sup>1</sup></b>	<b>95% confidence interval</b>
Hispanic or Latino	4.6	2.75-6.40
Not Hispanic or Latino, single race, white	3.1	2.06-4.15
Not Hispanic or Latino, single race, black	5.0	2.31-7.59

<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.

NOTES: Estimates are based on approximately half of the usual quarterly sample. Estimates based on this smaller sample size for the first quarter have larger variances, making it more difficult to detect significant differences between estimates. Observed changes between data points should be reevaluated when the next quarter of data becomes available.

DATA SOURCE: CDC/NCHS, National Health Interview Survey, January–March 2009, Sample Adult Core component. Data are based on household interviews of a sample of the civilian noninstitutionalized population.