



Estimates of Mental Health Symptomatology, by Month of Interview: United States, 2019

This table shows percentages and 95% confidence intervals for estimates of selected mental health indicators for the adult population aged 18 and over, disaggregated by month of interview, based on data from the 2019 National Health Interview Survey. The indicators are based on self-report of the frequency of anxiety and depression symptoms. They are derived from responses to the first two questions of the eight-item Patient Health Questionnaire (PHQ-2) and the seven-item Generalized Anxiety Disorder (GAD-2) scale. Estimates for symptoms of anxiety disorder and/or depressive disorder represent the percentage of adults with either type of disorder or both. Please see additional notes at the end of the table.

Table. Percentages (and 95% confidence intervals) of selected mental health indicators for adults aged 18 and over, by month of interview: National Health Interview Survey, United States, 2019

Month of Interview	Symptoms of anxiety disorder ¹	Symptoms of depressive disorder ²	Symptoms of anxiety disorder and/or depressive disorder
Full year 2019	8.1 (7.7–8.5)	6.5 (6.2–6.9)	10.8 (10.4–11.3)
January	8.2 (6.9–9.6)	6.5 (5.5–7.8)	10.8 (9.4–12.4)
February	8.2 (6.9–9.6)	5.9 (4.8–7.1)	10.5 (9.0–12.2)
March	8.6 (7.3–10.1)	7.5 (6.3–8.8)	11.7 (10.2–13.3)
April	8.3 (6.9–9.9)	6.7 (5.6–7.9)	11.0 (9.5–12.6)
May	8.1 (6.8–9.5)	6.8 (5.6–8.1)	11.0 (9.5–12.6)
June	7.8 (6.6–9.2)	6.0 (5.1–7.2)	10.9 (9.4–12.4)
July	7.5 (6.4–8.8)	5.9 (5.0–7.0)	9.5 (8.3–10.9)
August	8.1 (6.7–9.6)	7.0 (5.7–8.5)	11.0 (9.4–12.8)
September	7.4 (6.3–8.7)	6.4 (5.3–7.7)	9.9 (8.6–11.4)
October	7.8 (6.7–9.1)	6.8 (5.7–8.1)	10.8 (9.4–12.2)
November	8.3 (7.0–9.9)	6.3 (5.0–7.8)	11.7 (10.0–13.6)
December	8.6 (7.2–10.2)	6.7 (5.3–8.2)	11.3 (9.7–13.1)

¹ Estimates of symptoms of an anxiety disorder are based on the first two questions of the seven-item Generalized Anxiety Disorder (GAD-2) scale. In the GAD-2, survey respondents are asked about how often the respondent has been bothered by 1) feeling nervous, anxious, or on edge, and 2) not being able to stop or control worrying. Answers are assigned a numerical value: not at all = 0, several days = 1, more than half the days = 2, and nearly every day = 3. The two responses are added together. Estimates of symptoms of an anxiety disorder include adults who had reported symptoms of anxiety that resulted in scale scores equal to three or greater. These adults have symptoms that generally occur more than half the days or nearly every day. Adults with missing responses to one or both questions in the scale are not included in the calculation of the percentages.

² Estimates of symptoms of a depressive disorder are based on the first two questions of the eight-item Patient Health Questionnaire (PHQ-2) scale. In the PHQ-2, survey respondents are asked about how often the respondent has been bothered by 1) having little interest or pleasure in doing things, and 2) feeling down, depressed, or hopeless. Answers are assigned a numerical value: not at all = 0, several days = 1, more than half the days = 2, and nearly every day = 3. The two responses are added together. Estimates of symptoms of a depressive disorder include adults who had reported symptoms of depression that resulted in scale scores equal to three or greater. These adults have symptoms that generally occur more than half the days or nearly every day. Adults with missing responses to one or both questions in the scale are not included in the calculation of the percentages.

NOTE: Data are based on household interviews of a sample of the civilian noninstitutionalized population.

SOURCE: National Center for Health Statistics, National Health Interview Survey, 2019.

Suggested citation:

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