

Data Brief 444. Mental Health Treatment Among Adults Aged 18–44: United States, 2019–2021

Data table for Figure 1. Percentage of adults aged 18 and over who had received any treatment for their mental health in the past 12 months, by age group and year: United States, 2019–2021

Year and age group	Percent (95% confidence interval)	Standard error
2019		
Total	19.2 (18.7–19.8)	0.29
18–44.	18.5 (17.6–19.3)	0.43
45–64.	20.2 (19.3–21.2)	0.49
65 and over	19.4 (18.4–20.4)	0.51
2020		
Total	20.3 (19.6–20.9)	0.33
18–44.	20.9 (19.9–21.9)	0.52
45–64.	20.5 (19.5–21.5)	0.48
65 and over	18.7 (17.7–19.7)	0.50
2021		
Total	21.6 (21.0–22.2)	0.30
18–44.	23.2 (22.3–24.2)	0.48
45–64.	21.2 (20.2–22.1)	0.48
65 and over	18.9 (17.9–19.9)	0.50

NOTES: Adults were considered to have received any treatment for their mental health if they reported taking prescription medication for their mental health, receiving counseling or therapy from a mental health professional, or both in the past 12 months. Adults were asked separately if they took medication for feelings of anxiety, for feelings of depression, or to help with any other emotions or with their concentration, behavior, or mental health. Adults who responded yes to any of these questions were considered to have taken prescription medication for their mental health in the past 12 months. Confidence intervals are calculated using the Korn–Graubard method for complex surveys. Estimates are based on household interviews of a sample of the civilian noninstitutionalized population.

SOURCE: National Center for Health Statistics, National Health Interview Survey, 2019–2021.

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Data table for Figure 2. Percentage of adults aged 18–44 who had received any treatment for their mental health in the past 12 months, by sex and year: United States, 2019–2021

Year and sex	Percent (95% confidence interval)	Standard error
2019		
Men	13.1 (12.1–14.1)	0.51
Women	23.8 (22.6–25.1)	0.64
2020		
Men	15.8 (14.5–17.1)	0.67
Women	26.0 (24.6–27.5)	0.73
2021		
Men	17.8 (16.6–19.0)	0.62
Women	28.6 (27.3–30.0)	0.71

NOTES: Adults were considered to have received any treatment for their mental health if they reported taking prescription medication for their mental health, receiving counseling or therapy from a mental health professional, or both in the past 12 months. Adults were asked separately if they took medication for feelings of anxiety, for feelings of depression, or to help with any other emotions or with their concentration, behavior, or mental health. Adults who responded yes to any of these questions were considered to have taken prescription medication for their mental health in the past 12 months. Confidence intervals are calculated using the Korn–Graubard method for complex surveys. Estimates are based on household interviews of a sample of the civilian noninstitutionalized population.

SOURCE: National Center for Health Statistics, National Health Interview Survey, 2019–2021.

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Data table for Figure 3. Percentage of adults aged 18–44 who had received any treatment for their mental health in the past 12 months, by race and Hispanic origin and year: United States, 2019–2021

Year and race and Hispanic origin	Percent (95% confidence interval)	Standard error
2019		
Hispanic.	11.7 (10.1–13.4)	0.83
Non-Hispanic White.	23.8 (22.6–25.0)	0.60
Non-Hispanic Black.	12.4 (10.5–14.6)	1.04
Non-Hispanic Asian.	6.0 (4.4–8.1)	0.92
2020		
Hispanic.	11.8 (10.0–13.9)	0.98
Non-Hispanic White.	26.9 (25.5–28.3)	0.69
Non-Hispanic Black.	17.0 (14.2–20.1)	1.47
Non-Hispanic Asian.	8.2 (6.1–10.6)	1.11
2021		
Hispanic.	12.8 (11.3–14.5)	0.79
Non-Hispanic White.	30.4 (29.1–31.8)	0.69
Non-Hispanic Black.	14.8 (12.4–17.4)	1.26
Non-Hispanic Asian.	10.8 (8.4–13.7)	1.29

NOTES: Adults were considered to have received any treatment for their mental health if they reported taking prescription medication for their mental health, receiving counseling or therapy from a mental health professional, or both in the past 12 months. Adults were asked separately if they took medication for feelings of anxiety, for feelings of depression, or to help with any other emotions or with their concentration, behavior, or mental health. Adults who responded yes to any of these questions were considered to have taken prescription medication for their mental health in the past 12 months. Adults categorized as Hispanic may be of any race or combination of races. Adults categorized as non-Hispanic White, non-Hispanic Black, or non-Hispanic Asian indicated one race only. Confidence intervals are calculated using the Korn–Graubard method for complex surveys. Estimates are based on household interviews of a sample of the civilian noninstitutionalized population.

SOURCE: National Center for Health Statistics, National Health Interview Survey, 2019–2021.

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Data table for Figure 4. Percentage of adults aged 18–44 who had received any treatment for their mental health in the past 12 months, by urbanization level and year: United States, 2019–2021

Year and urbanization level	Percent (95% confidence interval)	Standard error
2019		
Large metropolitan	16.8 (15.7–17.9)	0.56
Medium or small metropolitan	21.1 (19.5–22.8)	0.81
Nonmetropolitan	20.0 (17.7–22.6)	1.22
2020		
Large metropolitan	19.9 (18.7–21.2)	0.65
Medium or small metropolitan	22.7 (20.8–24.6)	0.95
Nonmetropolitan	21.4 (17.9–25.3)	1.83
2021		
Large metropolitan	22.2 (21.0–23.4)	0.61
Medium or small metropolitan	24.6 (22.8–26.3)	0.89
Nonmetropolitan	25.2 (22.0–28.5)	1.63

NOTES: Adults were considered to have received any treatment for their mental health if they reported taking prescription medication for their mental health, receiving counseling or therapy from a mental health professional, or both in the past 12 months. Adults were asked separately if they took medication for feelings of anxiety, for feelings of depression, or to help with any other emotions or with their concentration, behavior, or mental health. Adults who responded yes to any of these questions were considered to have taken prescription medication for their mental health in the past 12 months. Confidence intervals are calculated using the Korn–Graubard method for complex surveys. Estimates are based on household interviews of a sample of the civilian noninstitutionalized population.

SOURCE: National Center for Health Statistics, National Health Interview Survey, 2019–2021.