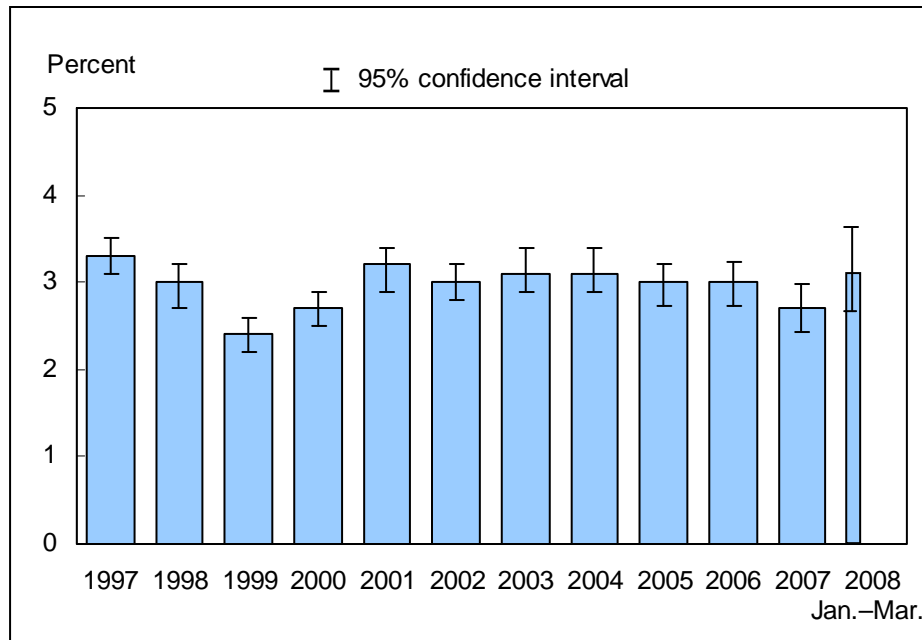


Figure 13.1. Percentage of adults aged 18 years and over who experienced serious psychological distress during the past 30 days: United States, 1997–March 2008

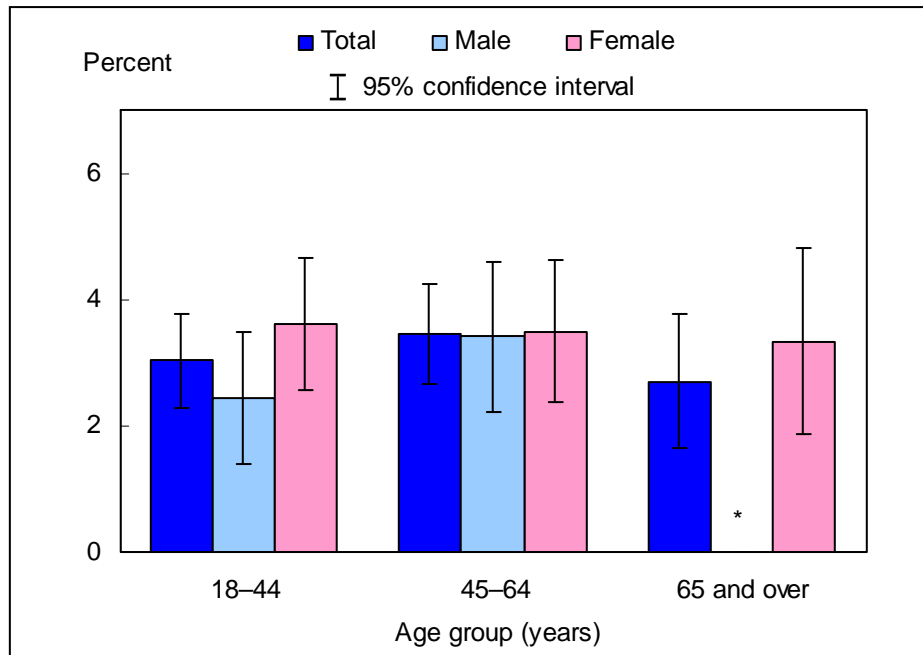


NOTES: Six psychological distress questions are included in the Sample Adult Core component. These questions ask how often a respondent experienced certain symptoms of psychological distress during the past 30 days. The response codes (0–4) of the six items for each person are summed to yield a scale with a 0–to–24 range. A value of 13 or more for this scale is used here to define serious psychological distress (16). Beginning with the 2003 data, the National Health Interview Survey (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.

DATA SOURCE: Sample Adult Core component of the 1997–March 2008 NHIS. Data are based on household interviews of a sample of the civilian noninstitutionalized population.

- In early 2008, 3.1% (95% confidence interval = 2.62–3.63%) of adults aged 18 years and over experienced serious psychological distress during the past 30 days, which was higher than, but not significantly different from, the 2007 estimate of 2.7%.
- 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 2008



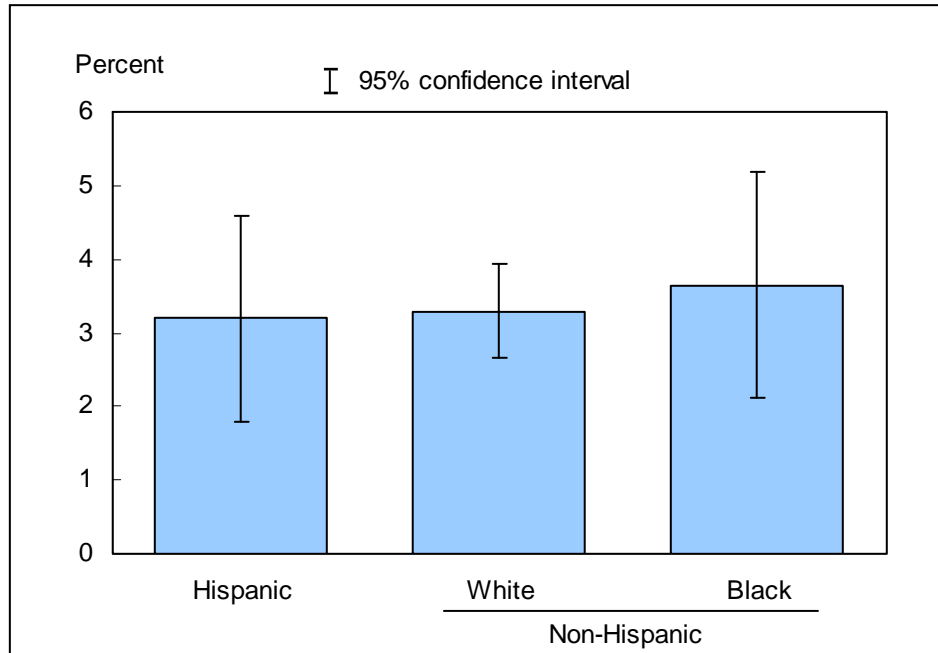
*Estimate does not meet standards of reliability or precision.

NOTES: Six psychological distress questions are included in the 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–to–24 range. A value of 13 or more for this scale is used here to define serious psychological distress (16).

DATA SOURCE: Based on data collected from January through March in the Sample Adult Core component of the 2008 National Health Interview Survey. Data are based on household interviews of a sample of the civilian noninstitutionalized population.

- There was no significant difference in the prevalence of serious psychological distress between adults aged 18–44 years, 45–64 years, and 65 years and over.

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 2008



NOTES: Six psychological distress questions are included in the 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–to–24 range. A value of 13 or more for this scale is used here to define serious psychological distress (16). 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: Based on data collected from January through March in the Sample Adult Core component of the 2008 National Health Interview Survey. Data are based on household interviews of a sample of the civilian noninstitutionalized population.

- The age-sex-adjusted prevalence of serious psychological distress was 3.2% for Hispanic persons, 3.3% for non-Hispanic white persons, and 3.6% for non-Hispanic black persons.
- There was no significant difference in the prevalence of serious psychological distress between Hispanic persons, non-Hispanic white persons and 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 2008

| 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) |
| January–March 2008 | 3.1 (2.62-3.63) | 3.1 (2.59-3.61) |

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 years, 45–64 years, and 65 years and over.

NOTES: Beginning with the 2003 data, the National Health Interview Survey (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.

DATA SOURCE: NHIS, 1997–March 2008. 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 2008

| Age and sex | Percent | 95% confidence interval |
|--|---------|-------------------------|
| 18–44 years, total | 3.0 | 2.28-3.78 |
| 18–44 years, male | 2.4 | 1.40-3.48 |
| 18–44 years, female | 3.6 | 2.58-4.66 |
| 45–64 years, total | 3.5 | 2.66-4.25 |
| 45–64 years, male | 3.4 | 2.23-4.59 |
| 45–64 years, female | 3.5 | 2.37-4.62 |
| 65 years and over, total | 2.7 | 1.64-3.77 |
| 65 years and over, male | * | * |
| 65 years and over, female | 3.3 | 1.86-4.82 |
| 18 years and over (crude ¹), total | 3.1 | 2.62-3.63 |
| 18 years and over (crude ¹), male | 2.7 | 2.03-3.35 |
| 18 years and over (crude ¹), female | 3.5 | 2.79-4.27 |
| 18 years and over (age-adjusted ²), total | 3.1 | 2.59-3.61 |
| 18 years and over (age-adjusted ²), male | 2.6 | 1.97-3.29 |
| 18 years and over (age-adjusted ²), female | 3.5 | 2.79-4.28 |

* Estimate does not meet standards of reliability or precision.

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 years, 45–64 years, and 65 years and over.

DATA SOURCE: National Health Interview Survey, January–March 2008. 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 2008

| Race/ethnicity | Percent ¹ | 95% confidence interval |
|---|----------------------|-------------------------|
| Hispanic or Latino | 3.2 | 1.79-4.59 |
| Not Hispanic or Latino, single race white | 3.3 | 2.65-3.94 |
| Not Hispanic or Latino, single race black | 3.6 | 2.11-5.19 |

¹Estimates 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.

DATA SOURCE: National Health Interview Survey, January–March 2008. Data are based on household interviews of a sample of the civilian noninstitutionalized population.