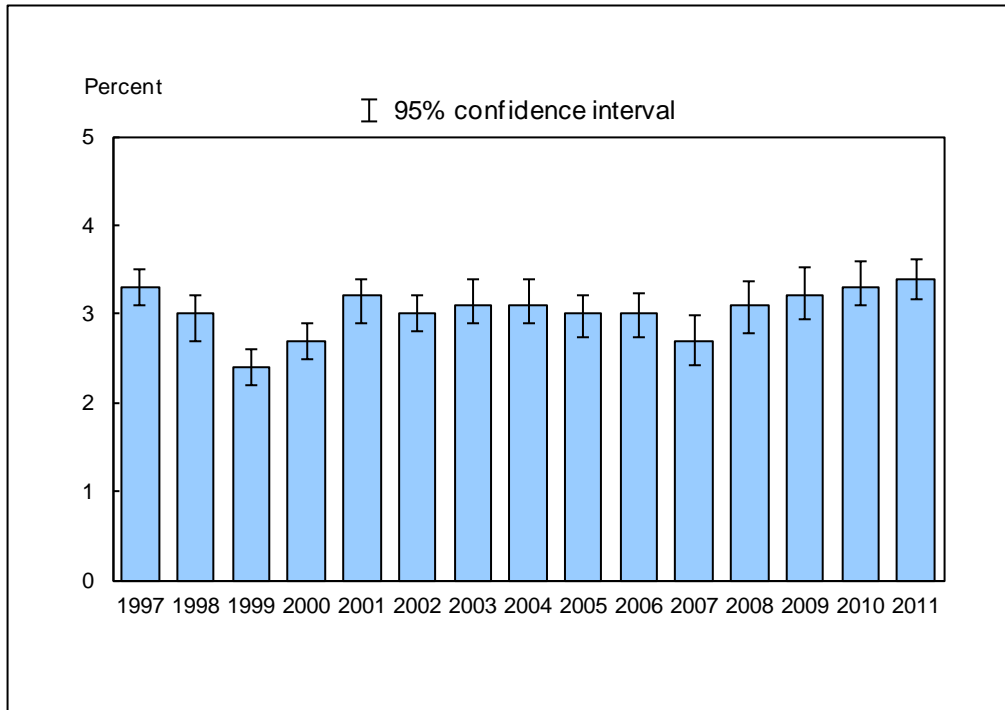


**Figure 13.1. Percentage of adults aged 18 and over who experienced serious psychological distress during the past 30 days: United States, 1997–2011**

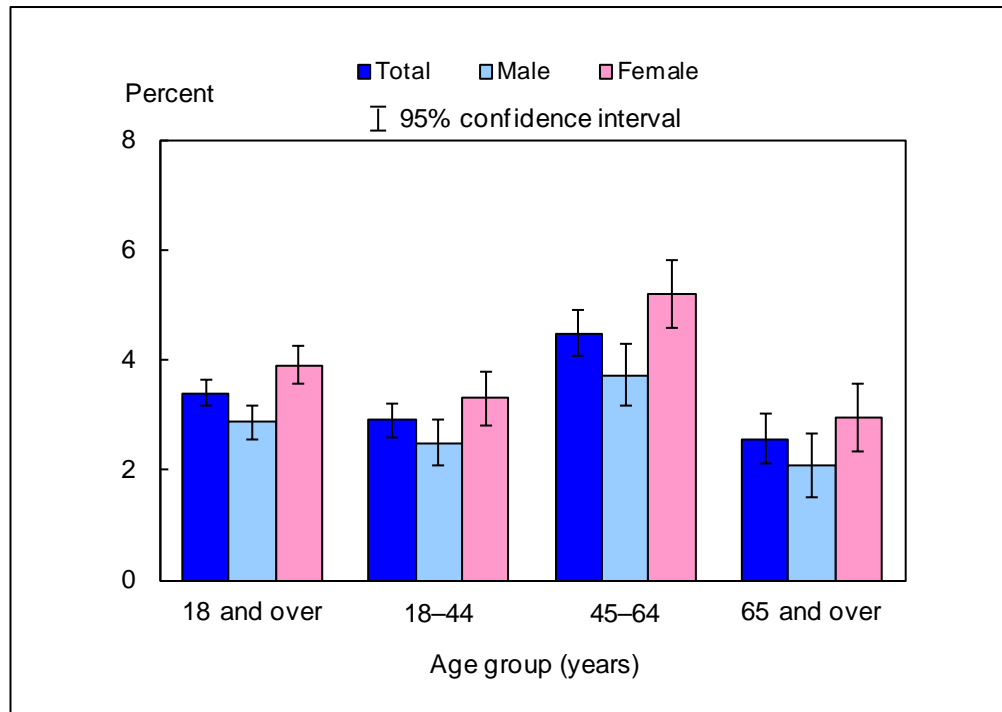


DATA SOURCE: CDC/NCHS, National Health Interview Survey, 1997–2011, Sample Adult Core component.

- For 2011, 3.4% (95% confidence interval = 3.16%–3.62%) of adults aged 18 and over experienced serious psychological distress during the past 30 days, which was not significantly different from the 2010 estimate of 3.3%.
- The percentage of adults who experienced serious psychological distress during the past 30 days was highest in 2011 (3.4%) and lowest in 1999 (2.4%).

NOTES: Data are based on household interviews of a sample of the civilian noninstitutionalized population. • 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 (9). • See "[Technical Notes](#)" for more details.

**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, 2011**

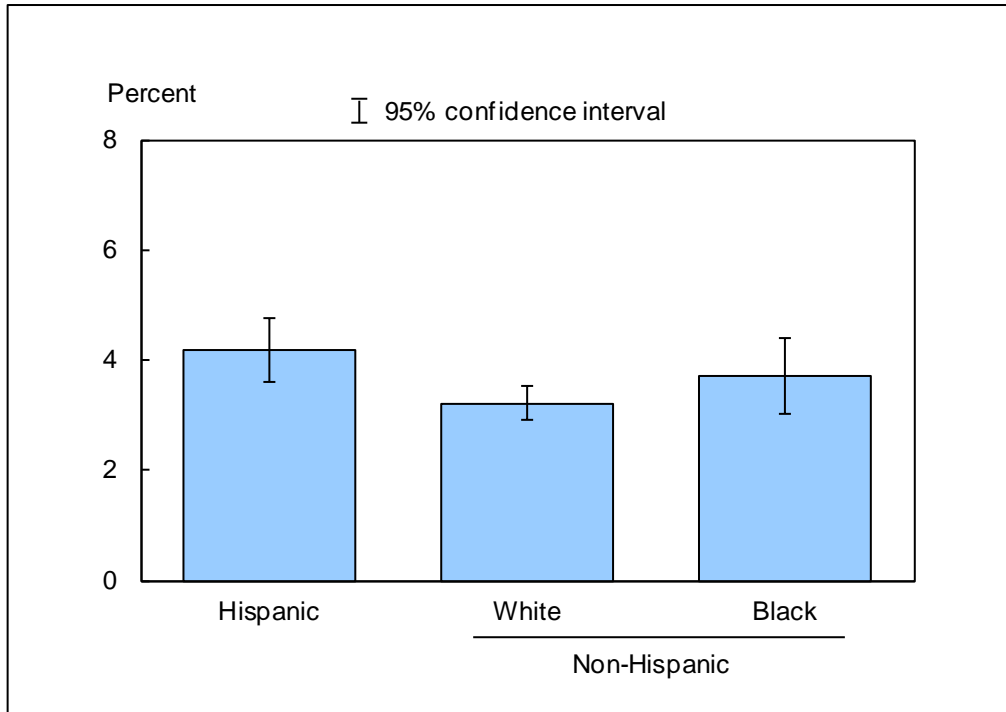


DATA SOURCE: CDC/NCHS, National Health Interview Survey, 2011, Sample Adult Core component.

- For both sexes combined, the percentage of persons who experienced serious psychological distress during the past 30 days was 2.9% for adults aged 18–44, 4.5% for adults aged 45–64, and 2.6% for adults aged 65 and over.
- For age groups 18–44 and 45-64, women were more likely than men to have experienced serious psychological distress during the past 30 days.

NOTES: Data are based on household interviews of a sample of the civilian noninstitutionalized population. • 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 (9). • See “[Technical Notes](#)” for more details.

**Figure 13.3. Age-sex-adjusted percentage of adults aged 18 and over who experienced serious psychological distress during the past 30 days, by race/ethnicity: United States, 2011**



DATA SOURCE: CDC/NCHS, National Health Interview Survey, 2011, Sample Adult Core component.

- The age-sex-adjusted prevalence of serious psychological distress was 4.2% for Hispanic persons, 3.2% for non-Hispanic white persons, and 3.7% for non-Hispanic black persons.
- Hispanic persons were more likely than non-Hispanic white persons to have experienced serious psychological distress during the past 30 days.

NOTES: Data are based on household interviews of a sample of the civilian noninstitutionalized population. • 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 (9). • Estimates are age-sex-adjusted using the projected 2000 U.S. population as the standard population and using three age groups: 18–44, 45–64, and 65 and over. • See "[Technical Notes](#)" for more details.



**Data tables for Figures 13.1–13.3:**

**Data table for Figure 13.1. Percentage of adults aged 18 and over who experienced serious psychological distress during the past 30 days: United States, 1997–2011**

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)
2009	3.2 (2.93-3.52)	3.2 (2.90-3.49)
2010	3.3 (3.10-3.60)	3.3 (3.02-3.51)
2011	3.4 (3.16-3.62)	3.3 (3.08-3.54)

<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, 45–64, and 65 and over.

NOTES: Data are based on household interviews of a sample of the civilian noninstitutionalized population. 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 "[Technical Notes](#)" for more details.

DATA SOURCE: CDC/NCHS, National Health Interview Survey, 1997–2011, Sample Adult Core component.



**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, 2011**

Age (years) and sex	Percent	95% confidence interval
18-44, total	2.9	2.59-3.21
18-44, male	2.5	2.09-2.90
18-44, female	3.3	2.81-3.79
45-64, total	4.5	4.06-4.90
45-64, male	3.7	3.16-4.28
45-64, female	5.2	4.58-5.80
65 and over, total	2.6	2.11-3.02
65 and over, male	2.1	1.51-2.66
65 and over, female	2.9	2.33-3.56
18 and over (crude <sup>1</sup> ), total	3.4	3.16-3.62
18 and over (crude <sup>1</sup> ), male	2.9	2.54-3.18
18 and over (crude <sup>1</sup> ), female	3.9	3.55-4.24
18 and over (age-adjusted <sup>2</sup> ), total	3.3	3.08-3.54
18 and over (age-adjusted <sup>2</sup> ), male	2.8	2.47-3.11
18 and over (age-adjusted <sup>2</sup> ), female	3.8	3.46-4.15

<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, 45–64, and 65 and over.

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

DATA SOURCE: CDC/NCHS, National Health Interview Survey, 2011, Sample Adult Core component.

**Data table for Figure 13.3. Age-sex-adjusted percentage of adults aged 18 and over who experienced serious psychological distress during the past 30 days, by race/ethnicity: United States, 2011**

Race/ethnicity	Percent <sup>1</sup>	95% confidence interval
Hispanic or Latino	4.2	3.60-4.76
Not Hispanic or Latino, single race, white	3.2	2.92-3.52
Not Hispanic or Latino, single race, black	3.7	3.03-4.40

<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, 25–34, 35–44, 45–64, and 65 and over.

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

DATA SOURCE: CDC/NCHS, National Health Interview Survey, 2011, Sample Adult Core component.