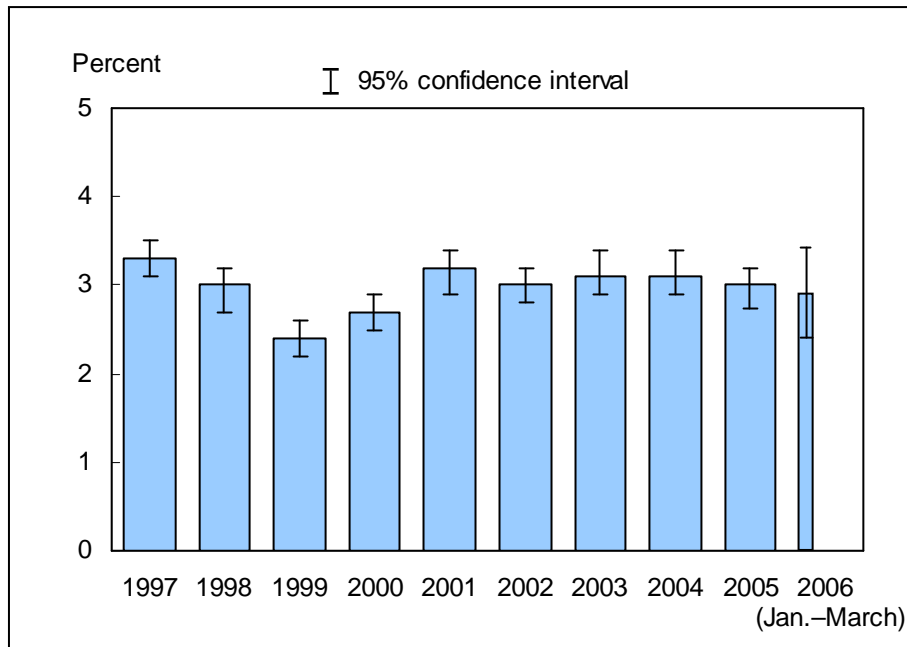


Figure 13.1. Percentage of adults aged 18 years and over who experienced serious psychological distress during the past 30 days: United States, 1997–March 2006



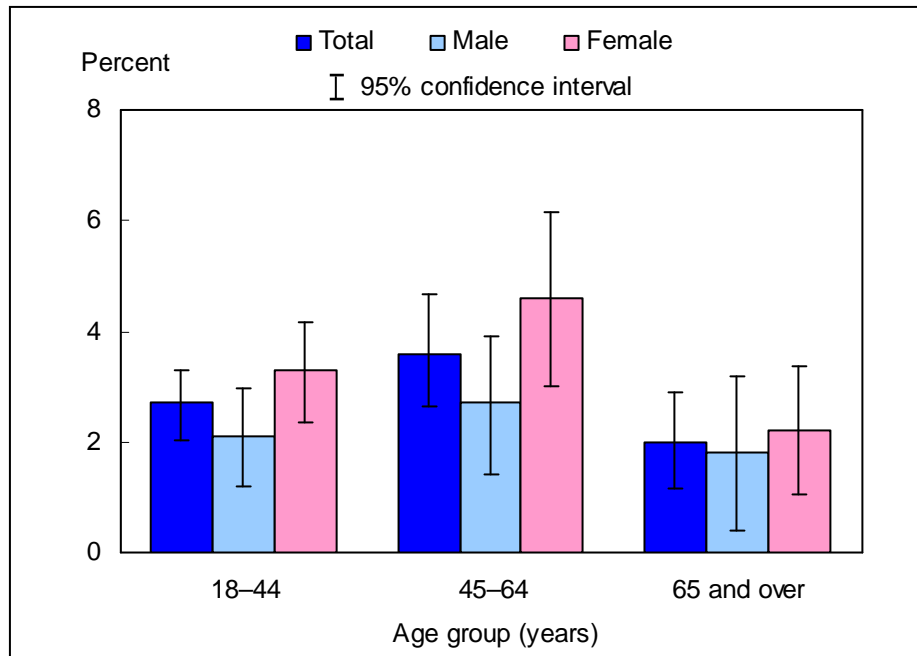
NOTES: Six psychological distress questions are included in the Sample Adult Core component. These questions ask how often a respondent experienced certain symptoms of psychological distress during the past 30 days. The response codes (0–4) of the six items for each person are summed to yield a scale with a 0–to–24 range. A value of 13 or more for this scale is used here to define serious psychological distress (13). 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 Release” and Table III in the Appendix for more details.

DATA SOURCE: Sample Adult Core component of the 1997–2006 NHIS. The estimate for 2006 was based on data collected from January through March. Data are based on household interviews of a sample of the civilian noninstitutionalized population.

■ In early 2006, 2.9% (95% confidence interval = 2.39–3.41%) of adults aged 18 years and over experienced serious psychological distress during the past 30 days, which was not significantly different from the 2005 estimate of 3.0%.

■ The annual percentage of adults who experienced serious psychological distress during the past 30 days declined significantly from 3.3% in 1997 to 2.4% in 1999, increased from 2.4% in 1999 to 3.2% in 2001, and has shown no upward or downward trend in more recent years.

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 2006



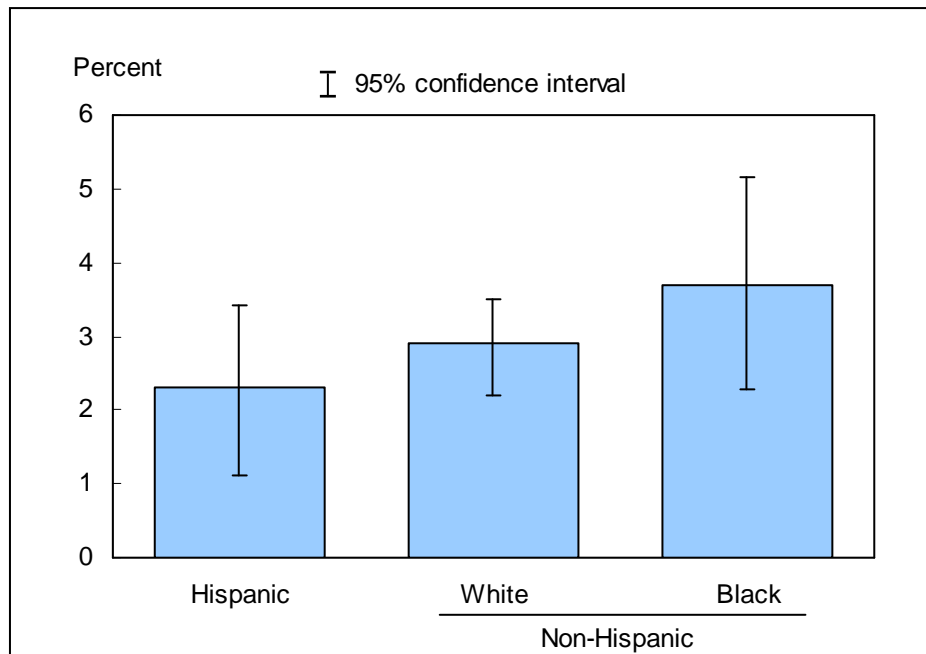
NOTES: Six psychological distress questions are included in the Sample Adult Core component. These questions ask how often a respondent experienced certain symptoms of psychological distress during the past 30 days. The response codes (0–4) of the six items for each person are summed to yield a scale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

DATA SOURCE: Based on data collected from January through March in the Sample Adult Core component of the 2006 National Health Interview Survey. Data are based on household interviews of a sample of the civilian noninstitutionalized population.

■ For both sexes combined, persons aged 45–64 years (3.6%) were more likely to have experienced serious psychological distress during the past 30 days compared with persons aged 65 years and over (2.0%).

■ For all three age groups, there was no significant difference between women and men in the percentage of adults who experienced serious psychological distress during the past 30 days.

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 2006



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 (13). Estimates are age-sex adjusted using the projected 2000 U.S. population as the standard population 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 2006 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 2.3% for Hispanic persons, 2.9% for non-Hispanic white persons, and 3.7% for non-Hispanic black persons.

■ The percentages of adults who experienced serious psychological distress during the past 30 days did not differ significantly across the three race/ethnicity groups.

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 2006

Year	Percent	95% confidence interval
1997	3.3	3.1-3.5
1998	3.0	2.7-3.2
1999	2.4	2.2-2.6
2000	2.7	2.5-2.9
2001	3.2	2.9-3.4
2002	3.0	2.8-3.2
2003	3.1	2.9-3.4
2004	3.1	2.9-3.4
2005	3.0	2.74-3.20
January–March 2006	2.9	2.39-3.41

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 Release” and Table III in the Appendix for more details.

DATA SOURCE: NHIS, 1997–March 2006. 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 2006

Age and sex	Percent	95% confidence interval
18–44 years		
Total	2.7	2.04-3.30
Male	2.1	1.19-2.97
Female	3.3	2.37-4.16
45–64 years		
Total	3.6	2.63-4.66
Male	2.7	1.40-3.91
Female	4.6	2.99-6.17
65 years and over		
Total	2.0	1.16-2.91
Male	*	*
Female	2.2	1.05-3.35
18 years and over: crude¹		
Total	2.9	2.39-3.41
Male	2.2	1.55-2.91
Female	3.5	2.78-4.25
18 years and over: age-adjusted²		
Total	2.9	2.35-3.35
Male	2.2	1.53-2.88
Female	3.5	2.76-4.19

*Figure 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 using three age groups: 18–44 years, 45–64 years, and 65 years and over.

DATA SOURCE: National Health Interview Survey, 2006. 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 2006

Race/ethnicity	Percent ¹	95% confidence interval
Hispanic or Latino	2.3	1.12-3.41
Not Hispanic or Latino:		
White, single race	2.9	2.21-3.51
Black, single race	3.7	2.27-5.15

¹Estimates are age-sex adjusted using the projected 2000 U.S. population as the standard population 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, 2006. Data are based on household interviews of a sample of the civilian noninstitutionalized population.