



# Mental Health in the United States: New Estimates from the National Center for Health Statistics

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NCHS Webinar  
September 23, 2020

# An Overview of the National Health Interview Survey

Anjel Vahratian, PhD, MPH

# NCHS Data Systems



National Vital  
Statistics  
System



National  
Survey of  
Family  
Growth

NSFG

National  
Health  
Interview  
Survey



National  
Health and  
Nutrition  
Examination  
Survey



National  
Health Care  
Surveys



# What is the National Health Interview Survey?

- The National Health Interview Survey (NHIS) is the principal source of information on the health of the civilian noninstitutionalized population of the United States.
- It is the nation's oldest household health survey.



# NHIS – A Gold Standard



Health Insurance

Health Care Access

Functioning and Disability

in-person interviewing | validated questions | robust sample sizes  
good response rates | well-documented data files

# 2019 NHIS

## Roster

- Completed by any adult household member

## Sample Adult Interview

- Self-response (unless unable)

## Sample Child Interview

- Knowledgeable adult responds for child



Basic demographics  
Family identification



Detailed demographics  
Family-level information  
Health status  
Health conditions  
Functioning and disability  
Health insurance  
Health care access and use  
Health-related behaviors  
Mental health

# 2019 NHIS – At a Glance

## Sample size:

- 31,997 sample adults and 9,193 sample children from 33,138 households

## Response rates:

- Sample adult: 59.1%
- Sample child: 59.1%

<https://www.cdc.gov/nchs/nhis/2019nhis.htm>



## 2019 NHIS

### Sample Adult Interview

- [Summary](#) [PDF - 278 KB]
- [Codebook](#) [PDF - 1.7 MB]
- [Codebook for restricted-use variables](#) [PDF - 613 KB]
- [ASCII data file](#) [ZIP - 3 MB]
- [CSV data file](#) [ZIP - 3.4 MB]
- [SAS input statements](#) [SAS - 137 KB]
- [SPSS input statements](#) [SPS - 209 KB]
- [Stata input statements](#) [DO - 124 KB]

### Sample Child Interview

- [Summary](#) [PDF - 227 KB]
- [Codebook](#) [PDF - 1.2 MB]
- [Codebook for restricted-use variables](#) [PDF - 590 KB]
- [ASCII data file](#) [ZIP - 305 KB]
- [CSV data file](#) [ZIP - 340 KB]
- [SAS input statements](#) [SAS - 41 KB]
- [SPSS input statements](#) [SPS - 46 KB]
- [Stata input statements](#) [DO - 35 KB]

### Imputed Income - Sample Adult

- [Summary](#) [PDF - 227 KB]
- [ASCII data file](#) [ZIP - 305 KB]
- [CSV data file](#) [ZIP - 340 KB]
- [SAS input statements](#) [SAS - 41 KB]
- [SPSS input statements](#) [SPS - 46 KB]
- [Stata input statements](#) [DO - 35 KB]

### Imputed Income - Sample Child

- [Summary](#) [PDF - 227 KB]
- [ASCII data file](#) [ZIP - 305 KB]
- [CSV data file](#) [ZIP - 340 KB]
- [SAS input statements](#) [SAS - 41 KB]
- [SPSS input statements](#) [SPS - 46 KB]
- [Stata input statements](#) [DO - 35 KB]

### Paradata

- [Summary](#) [PDF - 227 KB]
- [Codebook](#) [PDF - 1.2 MB]
- [Codebook for restricted-use variables](#) [PDF - 109 KB]
- [ASCII data file](#) [ZIP - 901 KB]
- [CSV data file](#) [ZIP - 998 KB]
- [SAS input statements](#) [SAS - 25 KB]
- [SPSS input statements](#) [SPS - 20 KB]
- [Stata input statements](#) [DO - 21 KB]

### Using the NHIS

- [Survey description document](#) [PDF - 1.1 MB]
- [Weighting guidance](#) [PDF - 266 KB]
- [Imputed income technical document](#) [PDF - 372 KB]
- [Restricted-use variable access](#)
- [File record length and size summary](#) [PDF - 100 KB]
- [Paradata Survey description document](#) [PDF - 511 KB]
- [Notice for data users](#) [PDF - 91 KB]
- [Checksum](#) [PDF - 101 KB]

### Survey Implementation Materials

- [Survey questionnaire - English](#) [PDF - 3.6 MB]
- [Survey questionnaire - Spanish](#) [PDF - 3.7 MB]
- [Field Representative Manual](#) [PDF - 2.3 MB]
- [NHIS Instrument flowchart](#) [PDF - 350 KB]
- [NHIS Sponsored content](#) [PDF - 263 KB]
- [Survey brochure](#) [PDF - 343 KB]
- [Advance Letter](#) [PDF - 286 KB]

# NHIS SAMPLE ADULT QUESTIONNAIRE

# ADULT

Administered to one randomly selected adult in each household

	2019	2020	2021	2022	2023	2024	2025	2026	2027
<b>ANNUAL CORE</b>	<p><b>Chronic Conditions:</b> Hypertension, High cholesterol, Cardiovascular conditions, Asthma, Cancer, Diabetes, Other chronic conditions, Height and weight</p> <p><b>Functioning and Disability:</b> Vision, Hearing, Mobility, Communication, Cognition, Self-care and upper-body limitations, Anxiety, Depression, Social functioning</p> <p><b>Health Insurance:</b> Coverage status, Sources of coverage, Characteristics of coverage, Continuity of coverage, Reasons for no health insurance</p> <p><b>Health Care Access and Use:</b> Primary and urgent care, Financial barriers to care, Prescription medication, Flu and pneumonia immunization</p> <p><b>Health-related Behaviors:</b> Cigarettes and E-cigarettes</p> <p><b>Demographics:</b> Marital status, Sexual orientation, Veterans status, Nativity, Schooling, Employment, Family income, Food-related program participation, Housing, Telephone use</p>								
<b>ROTATING CORE</b>	Service Utilization: Dental care, Mental health care, Other services		Allergies and Other Conditions	Service Utilization: Dental care, Mental health care, Other services		Allergies and Other Conditions	Service Utilization: Dental care, Mental health care, Other services		Allergies and Other Conditions
			Psychological Distress			Psychological Distress			Psychological Distress
	Mental Health Assessment <sup>1</sup>	Industry and Occupation		Mental Health Assessment <sup>1</sup>	Industry and Occupation		Mental Health Assessment <sup>1</sup>	Industry and Occupation	
		Injuries			Injuries			Injuries	
Chronic Pain: Severity and impact, Locations	Health-related Behaviors: Physical activity, Walking, Sleep, Fatigue, Smoking history and cessation, Alcohol use	Chronic Pain: Severity and impact, Locations	Health-related Behaviors: Physical activity, Walking, Sleep, Fatigue, Smoking history and cessation, Alcohol use	Chronic Pain: Severity and impact, Locations	Health-related Behaviors: Physical activity, Walking, Sleep, Fatigue, Smoking history and cessation, Alcohol use	Chronic Pain: Severity and impact, Locations	Health-related Behaviors: Physical activity, Walking, Sleep, Fatigue, Smoking history and cessation, Alcohol use	Chronic Pain: Severity and impact, Locations	Health-related Behaviors: Physical activity, Walking, Sleep, Fatigue, Smoking history and cessation, Alcohol use
Preventive Services: Screening tests, Aspirin use		Preventive Services: Screening tests, Aspirin use		Preventive Services: Screening tests, Aspirin use		Preventive Services: Screening tests, Aspirin use		Preventive Services: Screening tests, Aspirin use	
<b>SPONSORED CONTENT</b>	Sustaining sponsors* add content every year. Annual sponsored content will include cancer control and prevention (NCI and NCCDPHP), immunizations (NCIRD), noncigarette tobacco product use (FDA), food security (USDA), and insulin use (NIDDK and NCCDPHP).								
	Other sponsors* add content for selected years. Sponsorships include expanded content on arthritis in 2019 (NCCDPHP and NIAMS), asthma in 2020 (NCCDPHP), diabetes in 2020 and insulin affordability in 2021 (NCCDPHP), prescription opioid use and pain management in 2020 (NCIPC), age of onset of disability in 2020 (ACL), epilepsy in 2021 (NCCDPHP), occupational health in 2021 (NIOSH), and complementary and integrative health in 2022 (NCCIH).								
<b>EMERGING TOPICS</b>	New topics of growing interest may be added by the National Center for Health Statistics, generally for 1 year. In 2019, NCHS added prescription opioid use and pain management.								

\*As of March 2020, sponsors include the National Cancer Institute (NCI), National Center for Chronic Disease Prevention and Health Promotion (NCCDPHP), National Center for Immunization and Respiratory Diseases (NCIRD), Food and Drug Administration (FDA), United States Department of Agriculture (USDA), National Institute of Arthritis and Musculoskeletal and Skin Diseases (NIAMS), National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK), National Center for Injury Prevention and Control (NCIPC), Administration for Community Living (ACL), National Institute for Occupational Safety and Health (NIOSH), and National Center for Complementary and Integrative Health (NCCIH). NCCDPHP, NCIRD, NCIPC, and NIOSH are part of the Centers for Disease Control and Prevention. NCI, NIAMS, NIDDK, and NCCIH are part of the National Institutes of Health.

<sup>1</sup>Questions come from the Patient Health Questionnaire and the Generalized Anxiety Disorder scale.

<https://www.cdc.gov/nchs/data/nhis/Sample-Adult-Questionnaire-Summary-508.pdf>

# NHIS Expanded Mental Health Content

## Rotating Core

### Assessment

- Generalized Anxiety Disorder (GAD-7)
- Patient Health Questionnaire (PHQ-8)

### Service Utilization

- Prescription medication
- Counseling or therapy
- Unmet mental health care need

	2019	2020	2021
ANNUAL CORE	<b>Chronic Conditions:</b> Hypertension, High cholesterol, Cardiovascular conditions <b>Functioning and Disability:</b> Vision, Hearing, Mobility, Communication, Cognitive <b>Health Insurance:</b> Coverage status, Sources of coverage, Characteristics of co <b>Health Care Access and Use:</b> Primary and urgent care, Financial barriers to ca <b>Health-related Behaviors:</b> Cigarettes and E-cigarettes <b>Demographics:</b> Marital status, Sexual orientation, Veterans status, Nativity, Sc		
ROTATING CORE	<b>Service Utilization:</b> Dental care, Mental health care, Other services		<b>Allergies and Other Conditions</b>
			<b>Psychological Distress</b>
	<b>Mental Health Assessment<sup>1</sup></b>	<b>Industry and Occupation</b>	
		<b>Injuries</b>	
	<b>Chronic Pain:</b> Severity and impact, Locations  <b>Preventive Services:</b> Screening tests, Aspirin use	<b>Health-related Behaviors:</b> Physical activity, Walking, Sleep, Fatigue, Smoking history and cessation, Alcohol use	<b>Chronic Pain:</b> Severity and impact, Locations  <b>Preventive Services:</b> Screening tests, Aspirin use

# Agenda for Today

- Symptoms of Generalized Anxiety Disorder Among Adults: United States, 2019
- Symptoms of Depression Among Adults: United States, 2019
- Mental Health Treatment Among Children Aged 5-17 Years: United States, 2019
- Mental Health Treatment Among Adults: United States, 2019
  - All four reports are available at: <https://www.cdc.gov/nchs/nhis/index.htm>
- Recent Experimental Data on Mental Health from the Household Pulse Survey
  - <https://www.cdc.gov/nchs/covid19/health-care-access-and-mental-health.htm>
- Q & A

# Symptoms of Generalized Anxiety Disorder Among Adults

Emily P. Terlizzi, MPH

## Symptoms of Generalized Anxiety Disorder Among Adults: United States, 2019

Emily P. Terlizzi, M.P.H., and Maria A. Villarroel, Ph.D.

### Key findings

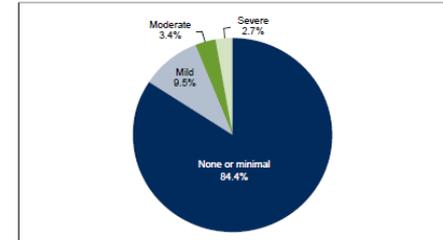
#### Data from the National Health Interview Survey

- During 2019, 9.5%, 3.4%, and 2.7% of adults experienced mild, moderate, or severe symptoms of anxiety in the past 2 weeks, respectively, while 84.4% experienced no or minimal symptoms.
- The percentage of adults who experienced mild, moderate, or severe symptoms of anxiety was highest among those aged 18–29 and decreased with age.
- Women were more likely to experience mild, moderate, or severe symptoms of anxiety than men.
- Non-Hispanic Asian adults were least likely to experience mild, moderate, or severe symptoms of anxiety compared with Hispanic, non-Hispanic white, and non-Hispanic black adults.

Generalized anxiety disorder (GAD) is characterized by excessive worry that is difficult to control accompanied by physical symptoms including restlessness, being easily fatigued, difficulty concentrating, irritability, muscle tension, or sleep disturbance (1). The GAD-7 scale is a validated brief self-report measure to screen for GAD and assess the severity of symptoms (2). Adults with GAD-7 scores of 0–4 are considered to have no or minimal symptoms of GAD, while those with scores of 5–9, 10–14, or 15–21 are considered to have mild, moderate, or severe symptoms, respectively (2). This report examines the percentage of adults aged 18 and over who experienced symptoms of anxiety in the past 2 weeks, by severity of symptoms and select demographic characteristics, using the GAD-7 scale.

**Over 15% of adults experienced symptoms of anxiety that were either mild, moderate, or severe in the past 2 weeks.**

Figure 1. Percent distribution of severity of anxiety symptoms in the past 2 weeks among adults aged 18 and over: United States, 2019



NOTES: Severity of anxiety symptoms was based on the seven-item Generalized Anxiety Disorder scale (GAD-7) and summarized into none or minimal (values 0–4), mild (values 5–9), moderate (values 10–14), and severe (values 15–21). Estimates are based on household interviews of a sample of the civilian noninstitutionalized population. Access data table for Figure 1 at: <https://www.cdc.gov/nchs/data/datafiles/37814data1-2020.pdf>. SOURCE: National Center for Health Statistics, National Health Interview Survey, 2019.



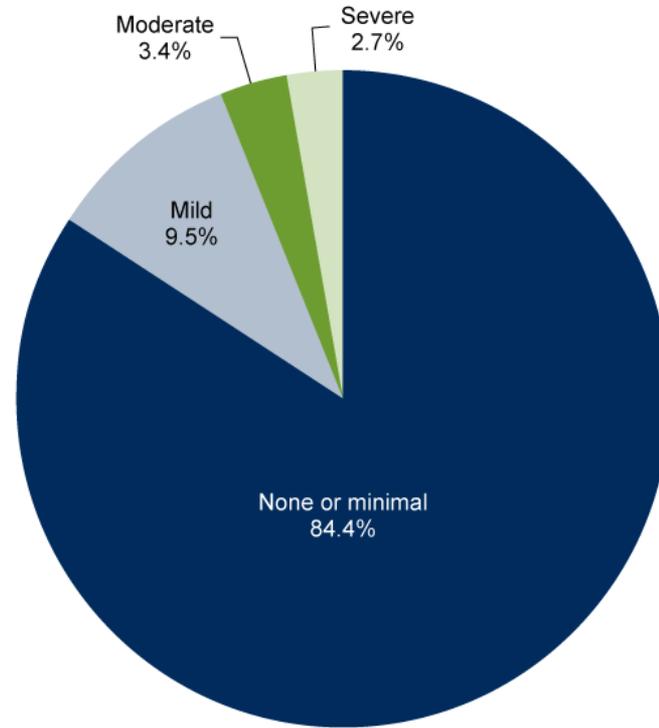
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Centers for Disease Control and Prevention  
National Center for Health Statistics



# What is Generalized Anxiety Disorder (GAD)?

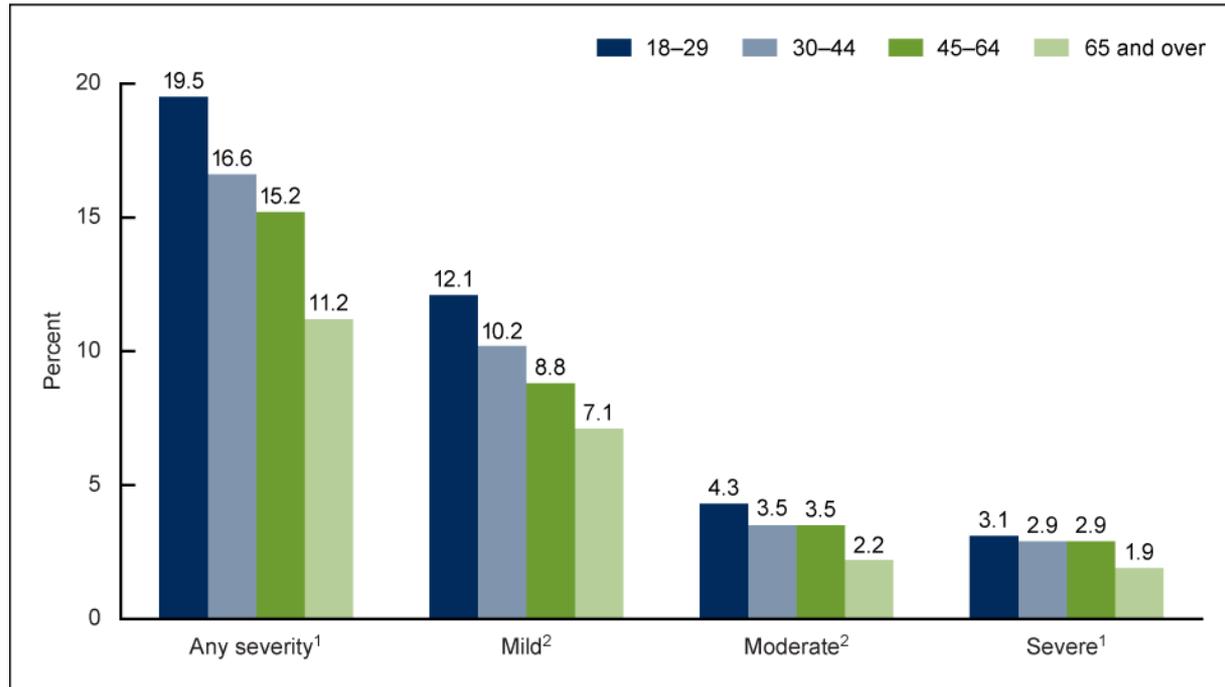
- Excessive worry that is difficult to control accompanied by physical symptoms
- GAD-7 – the seven-item Generalized Anxiety Disorder scale
  - A validated scale to screen for and assess the severity of symptoms of anxiety in the past 2 weeks (range: 0-21)
  - Severity: none or minimal (0-4), mild (5-9), moderate (10-14), or severe (15-21)

## Results: Severity of Anxiety Symptoms in the Past 2 Weeks Among Adults Aged 18 and Over



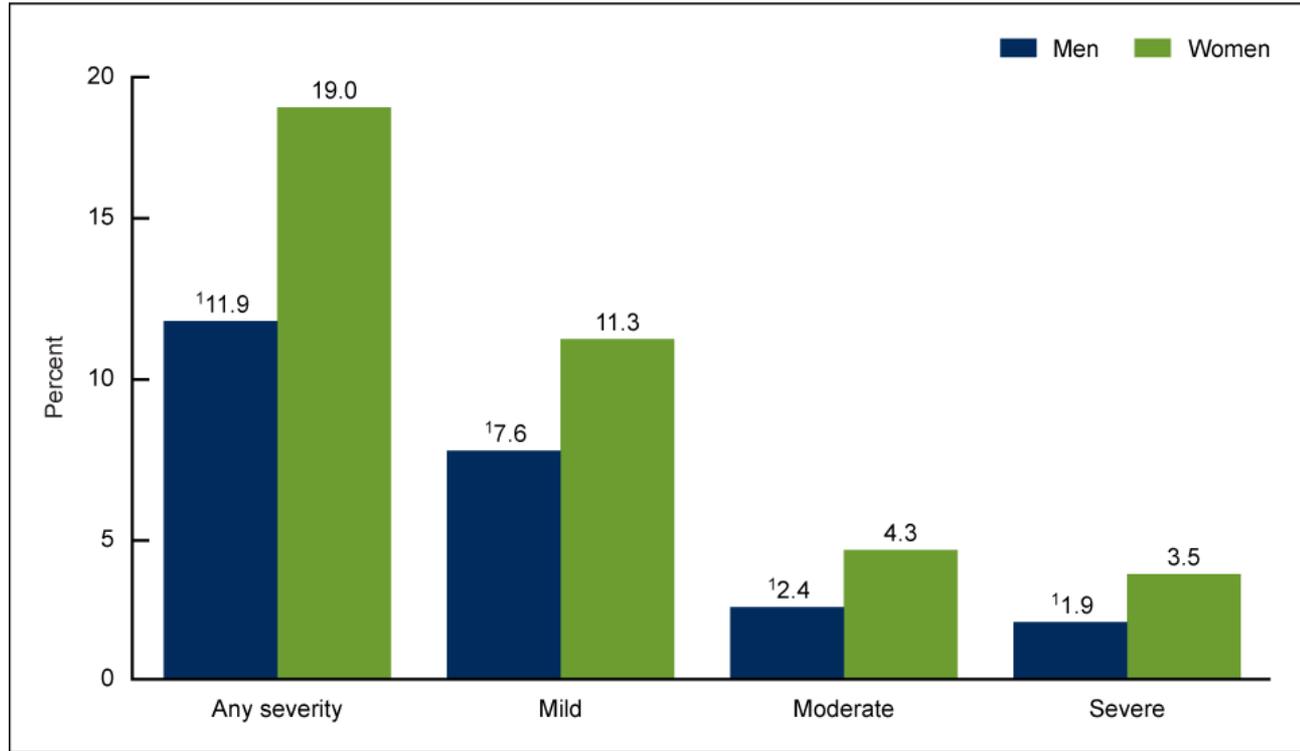
In 2019, 15.6% of U.S. adults experienced symptoms of anxiety in the past 2 weeks

## Percent of Adults who Experienced Symptoms of Anxiety in the Past 2 Weeks, by Symptom Severity and Age Group



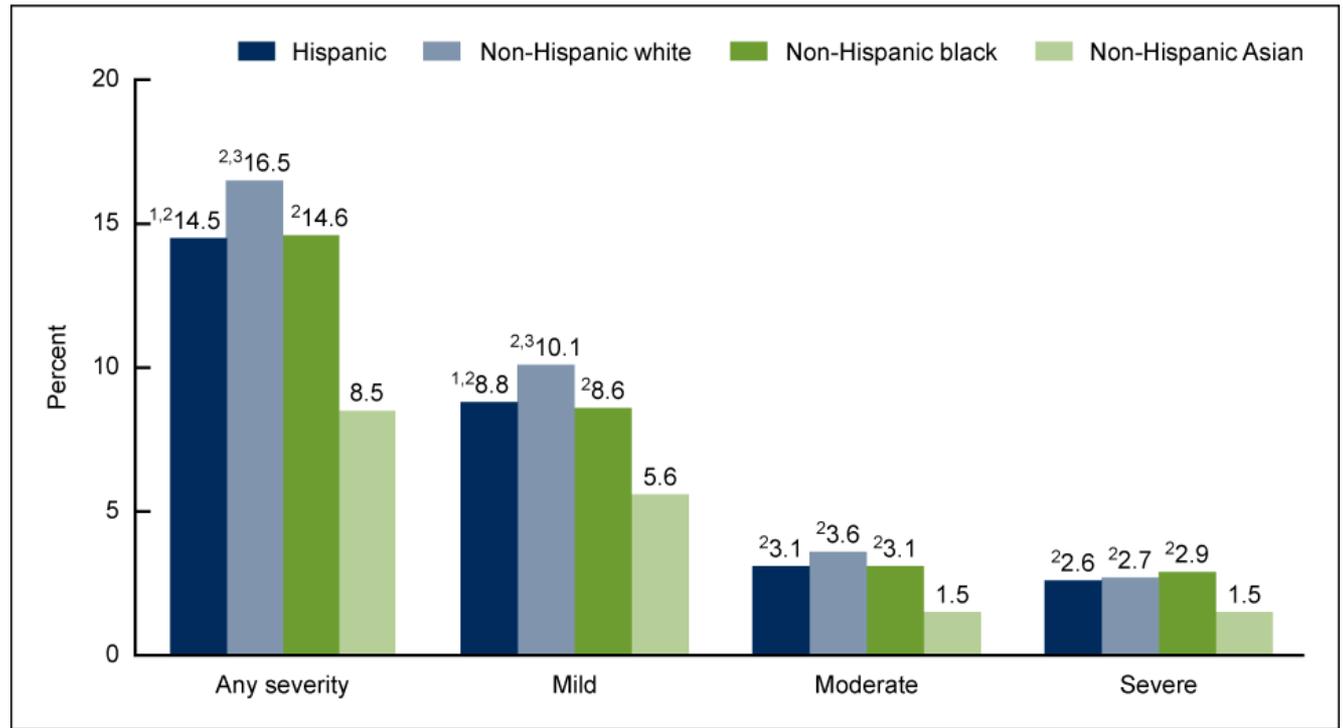
The total percentage of adults who experienced any anxiety symptoms in the past 2 weeks decreased with age.

# Percentage of Adults who Experienced Symptoms of Anxiety in the Past 2 Weeks, by Symptom Severity and Sex



Women were more likely than men to experience mild, moderate, or severe anxiety symptoms in the past 2 weeks.

# Percentage of Adults who Experienced Symptoms of Anxiety in the Past 2 Weeks, by Symptom Severity and Race



Non-Hispanic Asian adults were least likely to experience symptoms of anxiety compared with Hispanic, non-Hispanic white, and non-Hispanic black adults.

## Symptoms of Depression Among Adults: United States, 2019

Maria A. Villarroel, Ph.D., and Emily P. Terizzi, M.P.H.

## Key findings

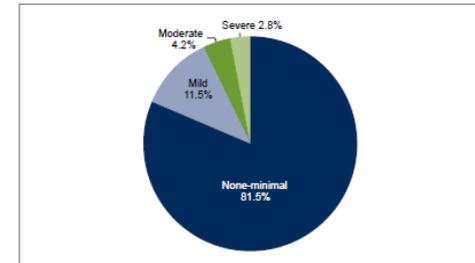
## Data from the National Health Interview Survey

- In 2019, 2.8% of adults experienced severe symptoms of depression, 4.2% experienced moderate symptoms, and 11.5% experienced mild symptoms in the past 2 weeks.
- The percentage of adults who experienced any symptoms of depression was highest among those aged 18–29 (21.0%), followed by those aged 45–64 (18.4%) and 65 and over (18.4%), and lastly, by those aged 30–44 (16.8%).
- Women were more likely than men to experience mild, moderate, or severe symptoms of depression.
- Non-Hispanic Asian adults were least likely to experience mild, moderate, or severe symptoms of depression compared with Hispanic, non-Hispanic white, and non-Hispanic black adults.

Depression is characterized by the presence of feelings of sadness, emptiness, or irritability, accompanied by bodily and cognitive changes lasting at least 2 weeks that significantly affect the individual's capacity to function (1). The eight-item Patient Health Questionnaire (PHQ-8) is a validated diagnostic and severity measure of symptoms of depressive disorders (2,3). Adults with scores of 0–4 are considered to have no or minimal symptoms of depression, while those with scores of 5–9, 10–14, or 15–24 are considered to have mild, moderate, or severe symptoms, respectively (2,3). This report examines the percentage of adults aged 18 and over with symptoms of depression in the past 2 weeks in 2019, by symptom severity and select demographic characteristics, using the PHQ-8 scale.

**In 2019, about 18.5% of adults had symptoms of depression that were either mild, moderate, or severe in the past 2 weeks.**

Figure 1. Percent distribution of severity of depression symptoms, in the past 2 weeks, among adults aged 18 and over: United States, 2019



NOTES: Severity of depression symptoms was based on the eight-item Patient Health Questionnaire depression scale (PHQ-8), and summarized into none-minimal (values 0–4), mild (values 5–9), moderate (values 10–14), and severe (values 15–24). Estimates are based on household interviews of a sample of the civilian noninstitutionalized U.S. population. Access data table for Figure 1 at: <https://www.cdc.gov/nchs/data/tables/nchs-ds379-tables-503.pdf>. SOURCE: National Center for Health Statistics, National Health Interview Survey, 2019.

# Symptoms of Depression Among Adults

Maria A. Villarroel, PhD



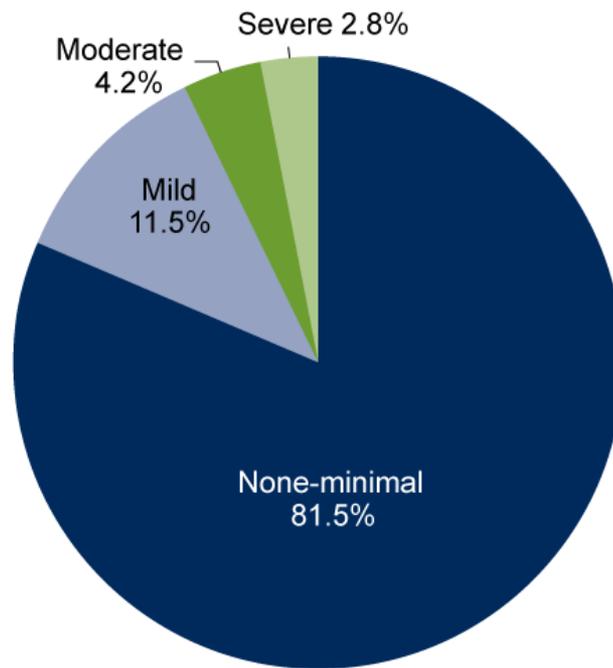
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Centers for Disease Control and Prevention  
National Center for Health Statistics



# What is Depression?

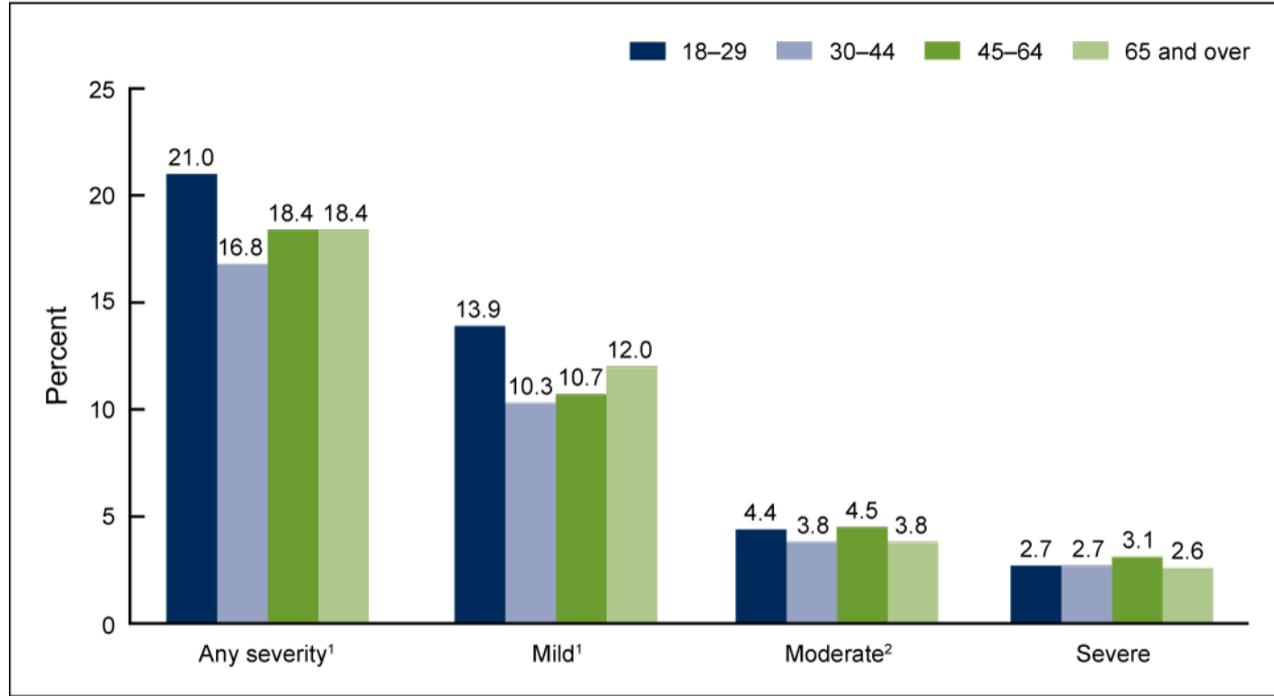
- Feelings of sadness, emptiness, or irritability, accompanied by bodily and cognitive changes lasting at least 2 weeks that significantly affect the individual's capacity to function
- PHQ-8 - the eight-item Patient Health Questionnaire
  - A validated diagnostic and severity measure of symptoms of depressive disorders in the past 2 weeks
  - Severity: no or minimal (0-4), mild (5-9), moderate (10-14), or severe (15-24)

## Results: Severity of depression symptoms in the past 2 weeks among adults aged 18 and over



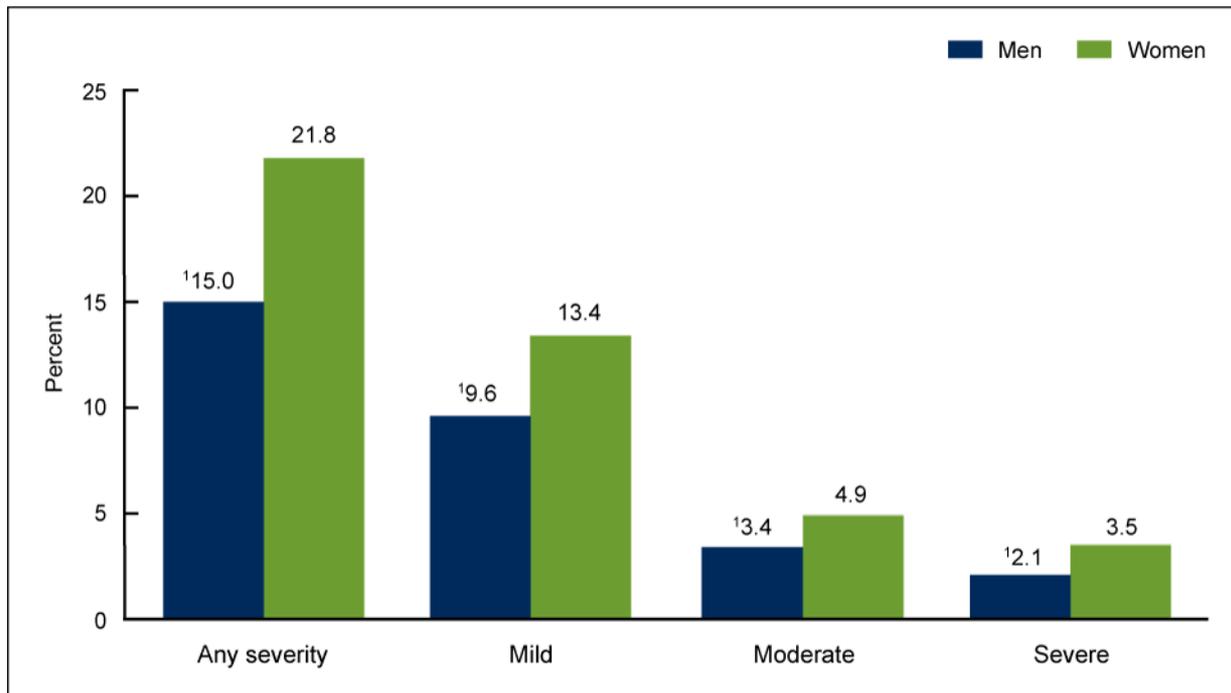
In 2019, 18.5% of adults had depression symptoms that were either mild, moderate or severe in the past 2 weeks.

# Percentage of adults with symptoms of depression in the past 2 weeks, by symptom severity and age group



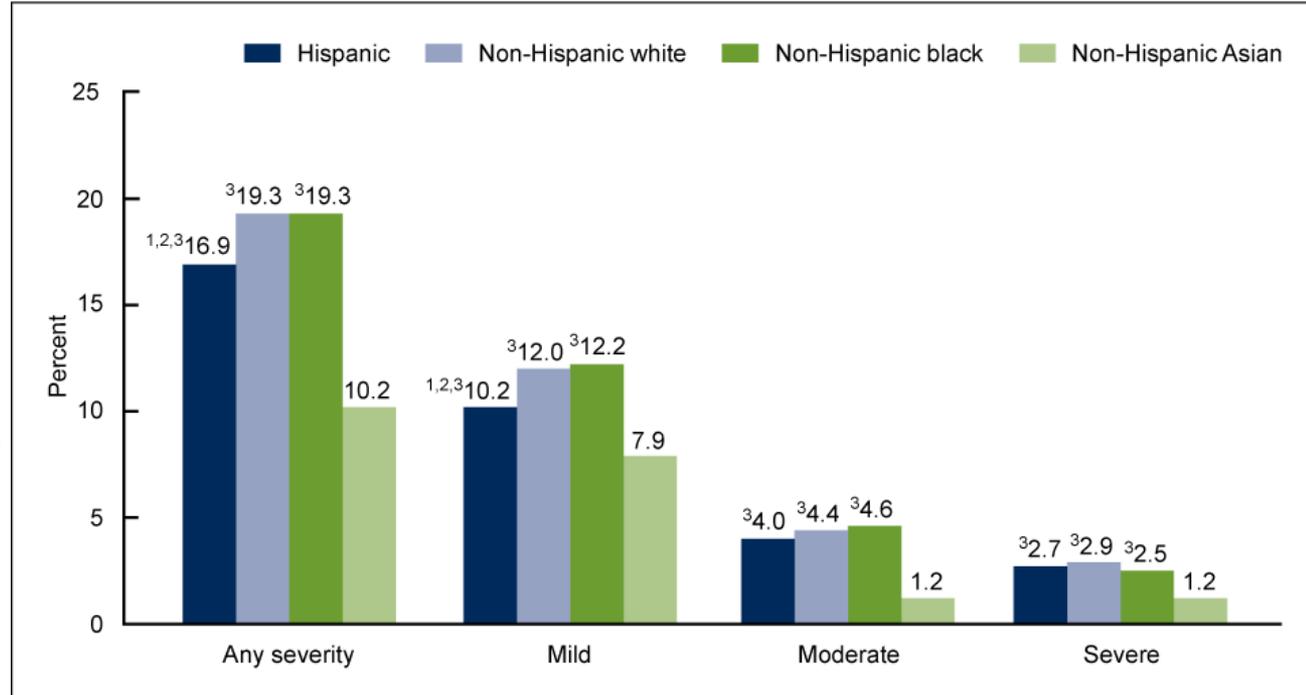
Severity of depression symptoms in the past 2 weeks varied by age.

## Percentage of adults with symptoms of depression in the past 2 weeks, by symptom severity and sex



Women were more likely than men to experience mild, moderate, and severe depression symptoms in the past 2 weeks.

# Percentage of adults with symptoms of depression in the past 2 weeks, by symptom severity and race and Hispanic origin



Non-Hispanic Asian adults were least likely to experience mild, moderate, or severe symptoms of depression.

# Mental Health Treatment Among Children Aged 5-17 Years

Benjamin Zablotsky, PhD

## Mental Health Treatment Among Children Aged 5–17 Years: United States, 2019

Benjamin Zablotsky, Ph.D., and Emily P. Terlizzi, M.P.H.

### Key findings

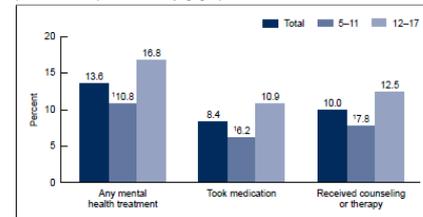
#### Data from the National Health Interview Survey

- Children aged 12–17 years were more likely to have received any mental health treatment (including having taken prescription medication and received counseling or therapy from a mental health professional) in the past 12 months (16.8%) compared with children aged 5–11 years (10.8%).
- Boys (9.8%) were more likely than girls (7.0%) to have taken medication for their mental health in the past 12 months.
- Non-Hispanic white children were more likely than Hispanic or non-Hispanic black children to have received any mental health treatment in the past 12 months.
- As the level of urbanization decreased, the percentage of children who received any mental health treatment or had taken medication for their mental health increased.

About 16.5% of school-aged children had been diagnosed with a mental health disorder in the United States in 2016 (1). The most common mental health disorders among children include attention-deficit/hyperactivity disorder, anxiety, and behavioral disorders (2). This report describes the percentage of U.S. children aged 5–17 years who have taken prescription medication for mental health or have received counseling or therapy from a mental health professional in the past 12 months by select characteristics, based on data from the 2019 National Health Interview Survey (NHIS). Estimates are also presented for any mental health treatment, defined as having taken medication for mental health, received counseling or therapy, or both in the past 12 months.

### Older children were more likely to have received any mental health treatment.

Figure 1. Percentage of children aged 5–17 years who had received any mental health treatment, taken medication for their mental health, or received counseling or therapy from a mental health professional in the past 12 months, by age group: United States, 2019



<sup>1</sup>Significantly different from children aged 12–17 years ( $p < 0.05$ ).  
NOTES: Children were considered to have received any mental health treatment if they were reported to have taken medication for their mental health, received counseling or therapy from a mental health professional, or both in the past 12 months. Estimates are based on household interviews of a sample of the U.S. civilian noninstitutionalized population. Access data tables for Figure 1 at: <https://www.cdc.gov/nchs/data/databriefs/db381-09ves-008.pdf>.  
SOURCE: National Center for Health Statistics, National Health Interview Survey, 2019.



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NCHS reports can be downloaded from: <https://www.cdc.gov/nchs/products/index.htm>.

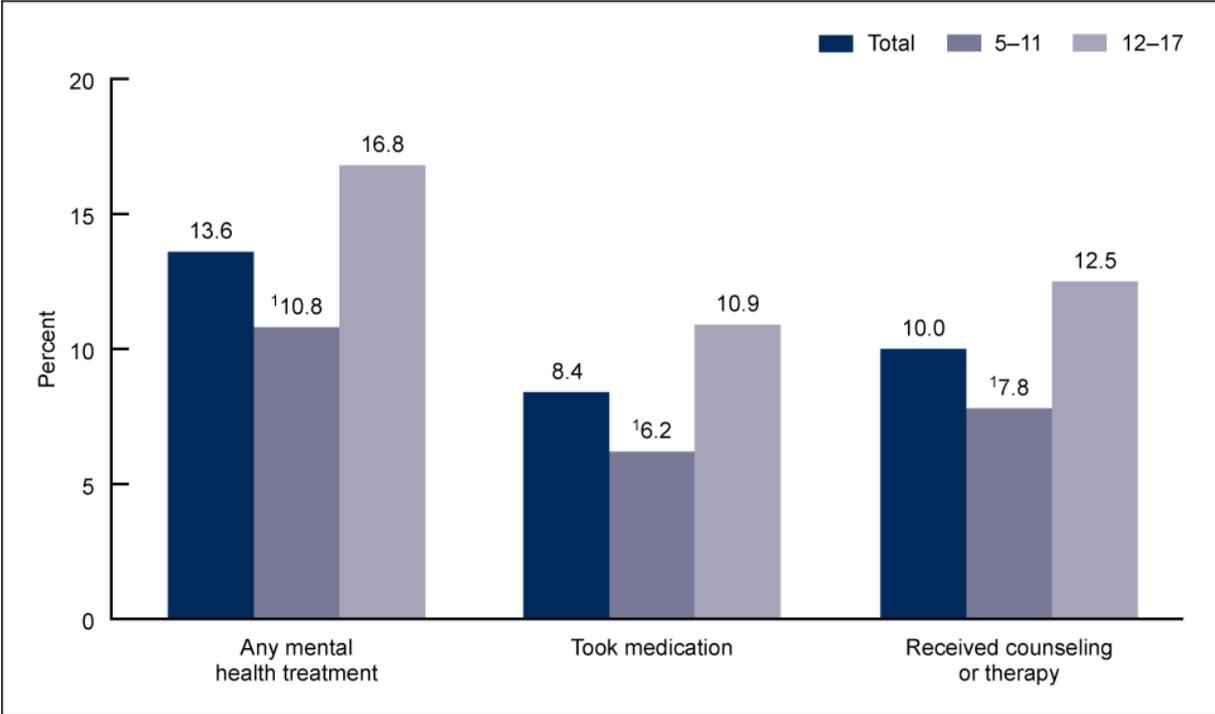
## Background

- Approximately 1 in 6 school-aged children have been diagnosed with a mental health disorder
- Typical frontline treatment for mental health disorders among children include psychotropic medication and counseling and therapy
- Timely and nationally representative estimates of treatment usage help to gauge adequacy of services available

# Mental Health Treatment

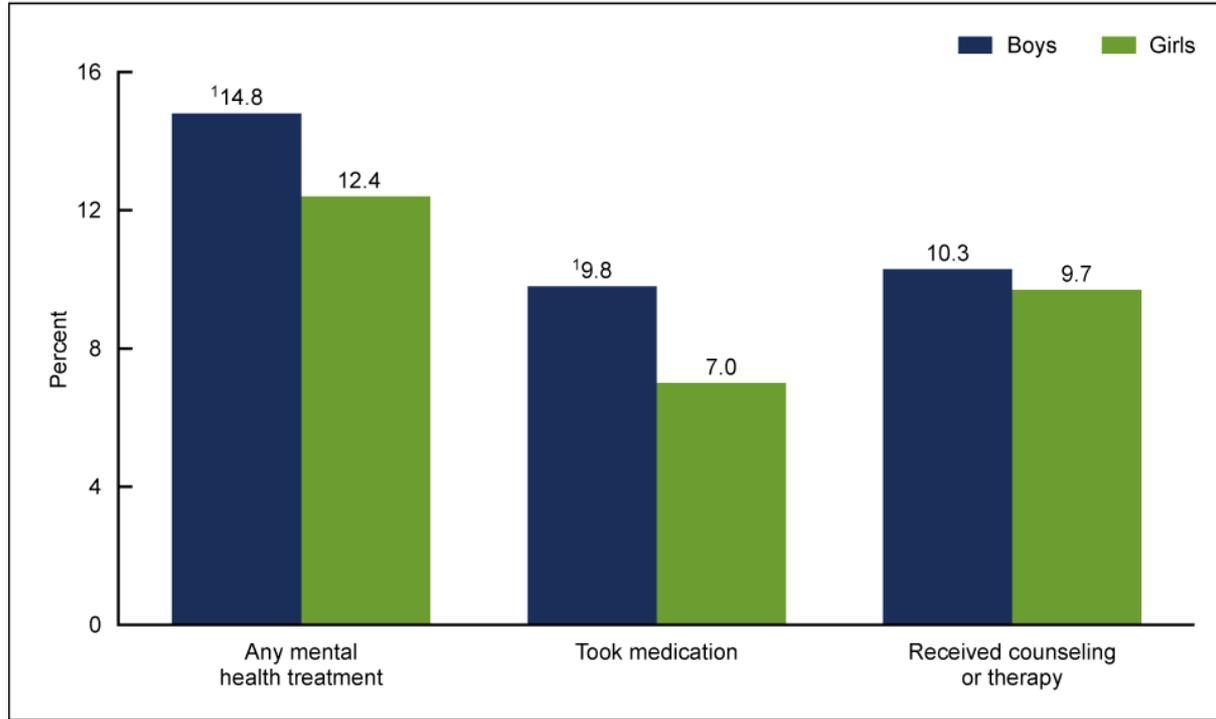
- *Took medication*: Child has taken prescription medication to help with their emotions, concentration, behavior or mental health in the past 12 months
- *Received counseling or therapy*: Child has received counseling or therapy from a mental health professional, such as a psychiatrist, psychologist, psychiatric nurse, or clinical social worker in the past 12 months
- *Any mental health treatment*: Child has taken medication, received counseling or therapy, or both, in the past 12 months

# Percentage of children who received mental health treatment in the past 12 months, by treatment and age group



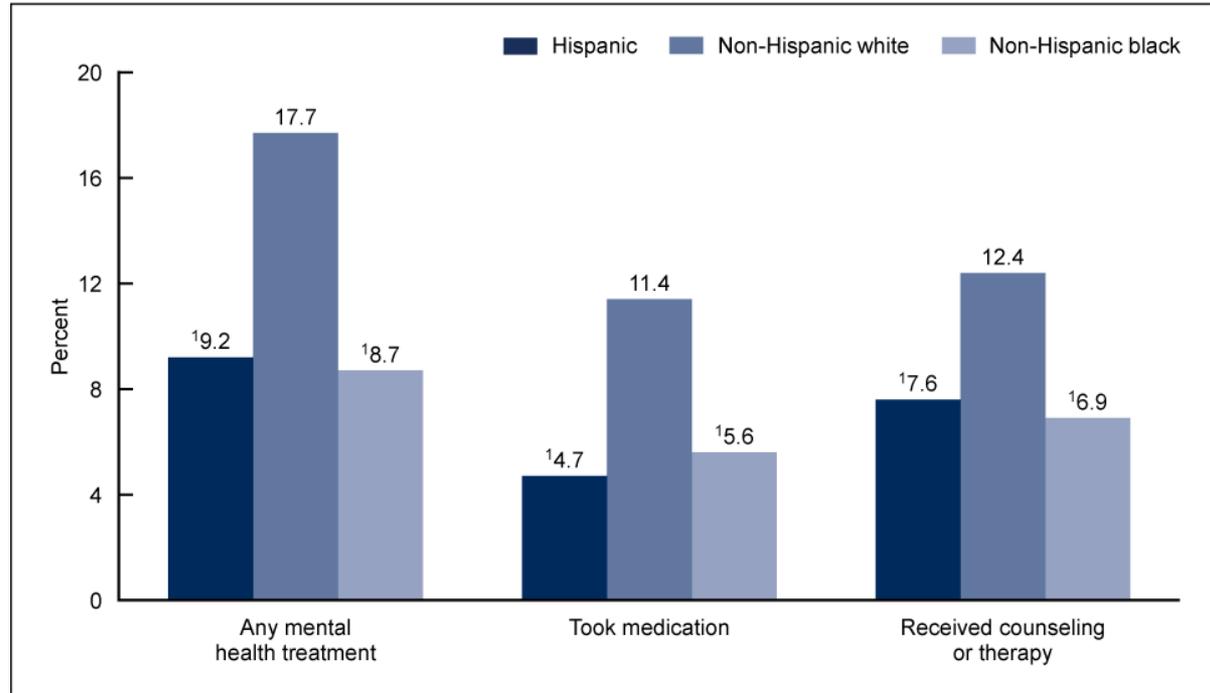
Older children were more likely to have received any mental health treatment.

# Percentage of children who received mental health treatment in the past 12 months, by treatment and sex



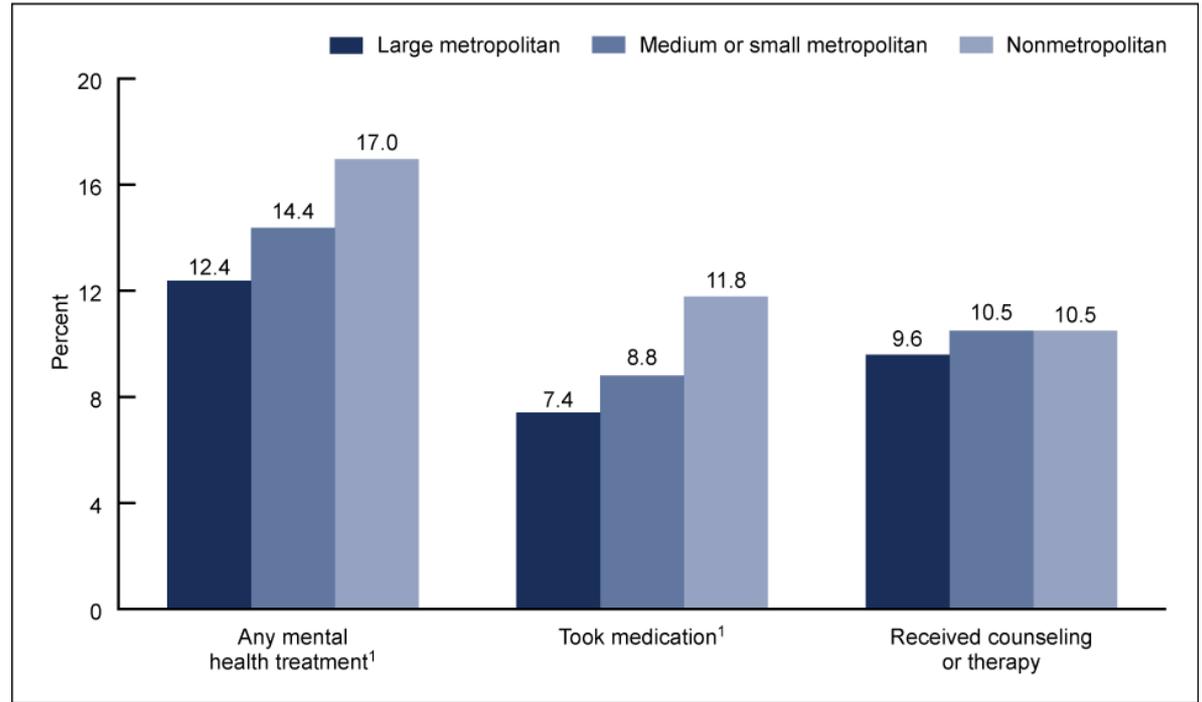
Boys were more likely than girls to have received any mental health treatment.

# Percentage of children who received mental health treatment in the past 12 months, by treatment and race and Hispanic origin



The percentage who had received any mental health treatment was highest among non-Hispanic white children.

# Percentage of children who received mental health treatment in the past 12 months, by treatment and urbanization level



As the level of urbanization decreased, the percentage of children who received any mental health treatment increased.

## Mental Health Treatment Among Adults: United States, 2019

Emily P. Terlizzi, M.P.H., and Benjamin Zablotzky, Ph.D.

## Key findings

## Data from the National Health Interview Survey

- In 2019, 19.2% of adults had received any mental health treatment in the past 12 months, including 15.8% who had taken prescription medication for their mental health and 9.5% who received counseling or therapy from a mental health professional.
- Women were more likely than men to have received any mental health treatment.
- Non-Hispanic white adults (23.0%) were more likely than non-Hispanic black (13.6%) and Hispanic (12.9%) adults to have received any mental health treatment.
- Overall, as the level of urbanization decreased, the percentage of adults who had taken medication for their mental health increased, and the percentage who had received counseling or therapy decreased.

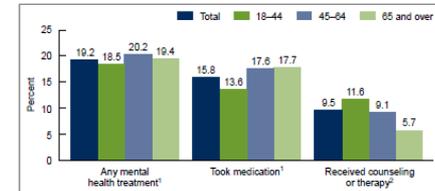
# Mental Health Treatment Among Adults

Emily P. Terlizzi, MPH

In 2018, about 19% of adults experienced any mental illness in the past year, defined as having any mental, behavioral, or emotional disorder in the past year that met criteria of the *Diagnostic and Statistical Manual of Mental Disorders*, fourth edition, or DSM-IV, excluding developmental or substance use disorders (1,2). This report describes the percentage of U.S. adults who have taken prescription medication for their mental health or have received counseling or therapy from a mental health professional in the past 12 months by select characteristics, based on data from the 2019 National Health Interview Survey (NHIS). Estimates are also presented for any mental health treatment, defined as having taken medication for mental health, received counseling or therapy, or both in the past 12 months.

## The percentage of adults who had received any mental health treatment varied by age group.

Figure 1. Percentage of adults aged 18 and over who had received any mental health treatment, taken medication for their mental health, or received counseling or therapy from a mental health professional in the past 12 months, by age group: United States, 2019



<sup>1</sup>Significant quadratic trend by age group ( $p < 0.05$ ).

<sup>2</sup>Significant linear trend by age group ( $p < 0.05$ ).

NOTE: Adults were considered to have received any mental health treatment if they reported having taken medication for their mental health, received counseling or therapy from a mental health professional, or both in the past 12 months. Adults were asked separately if they took prescription medication for feelings of anxiety, for depression, or to help with any other emotions or with their concentration, behavior, or mental health. Adults who responded positively to any of these three questions were considered to have taken medication for their mental health in the past 12 months. Estimates are based on household interviews of a sample of the U.S. civilian noninstitutionalized population. Access data table for Figure 1 at: <https://www.cdc.gov/nchs/data/tables/0310-tables-038.pdf>.

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



U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES  
Centers for Disease Control and Prevention  
National Center for Health Statistics



NCHS reports can be downloaded from: <https://www.cdc.gov/nchs/products/index.htm>.

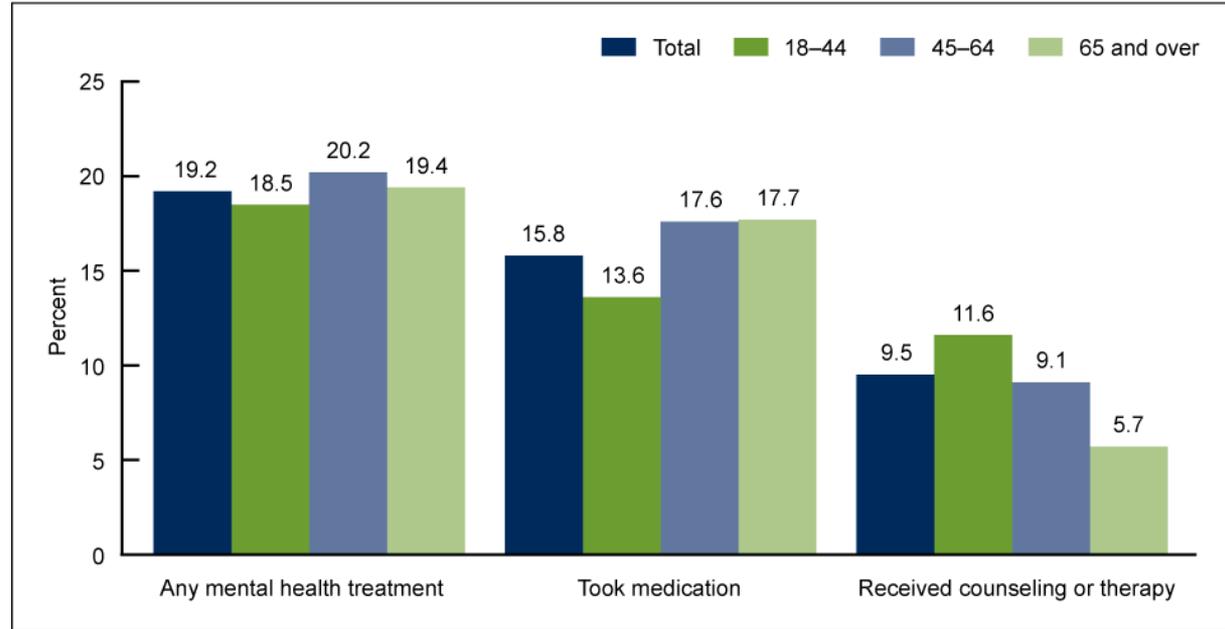
# Background

- Approximately 1 in 5 U.S. adults experienced any mental illness in the past year
  - Any mental, behavioral or emotional disorder in the past year that met DSM-IV criteria other than developmental or substance use disorders
- Common treatments may include prescription medications or counseling or therapy with a mental health professional
  - Disparities in access to mental health care exist - not all those who could benefit from this type of care can obtain it

# Mental Health Treatment

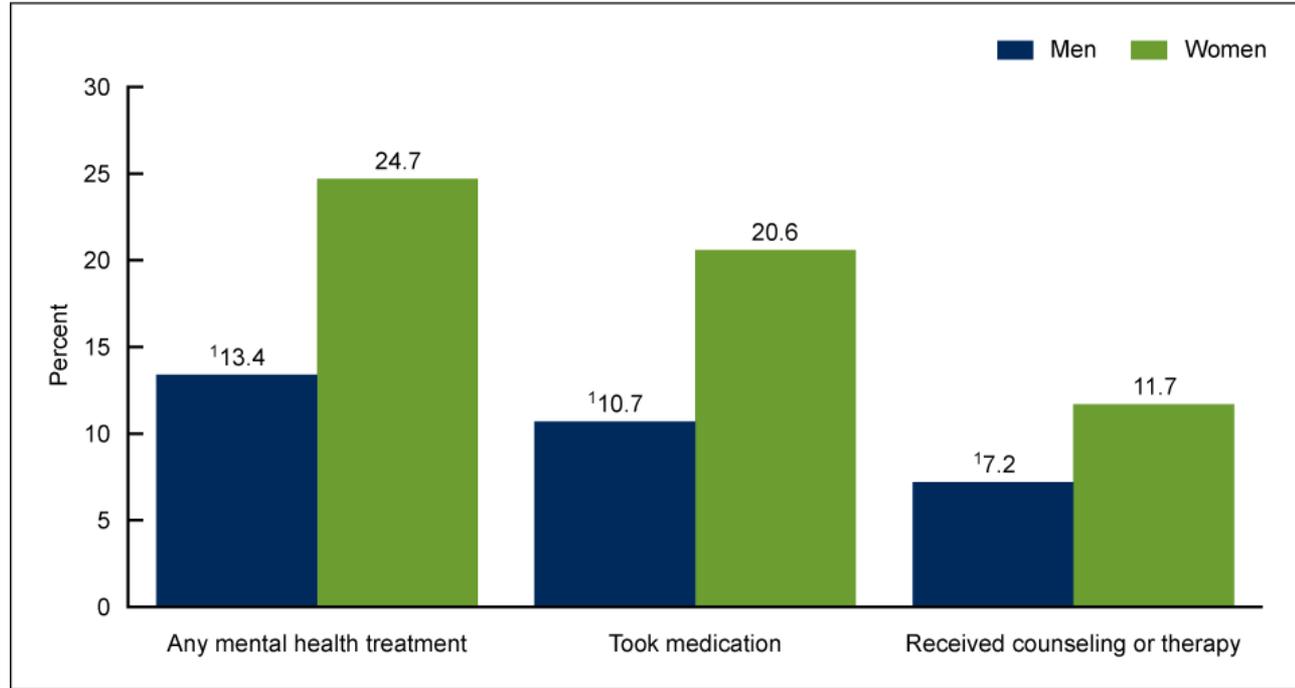
- *Took medication*: Adult had reported taking prescription medication for feelings of anxiety, for depression, or to help with emotions, concentration, behavior, or mental health.
- *Received counseling or therapy*: Adult had reported receiving counseling or therapy from a mental health professional such as a psychiatrist, psychologist, psychiatric nurse, or clinical social worker
- *Any mental health treatment*: Adult had reported taking medication, receiving counseling/therapy, or both

# Percentage of adults who received mental health treatment in the past 12 months, by treatment and age group



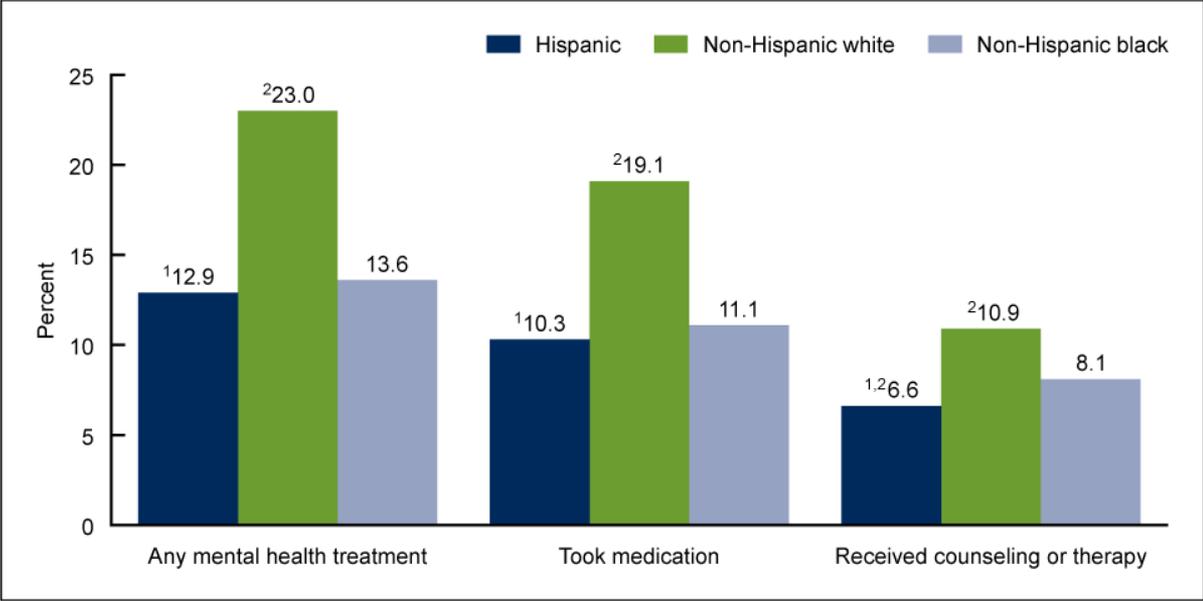
In 2019, 19.2% of adults had received any mental health treatment in the past 12 months

# Percentage of adults who received mental health treatment in the past 12 months, by treatment and sex



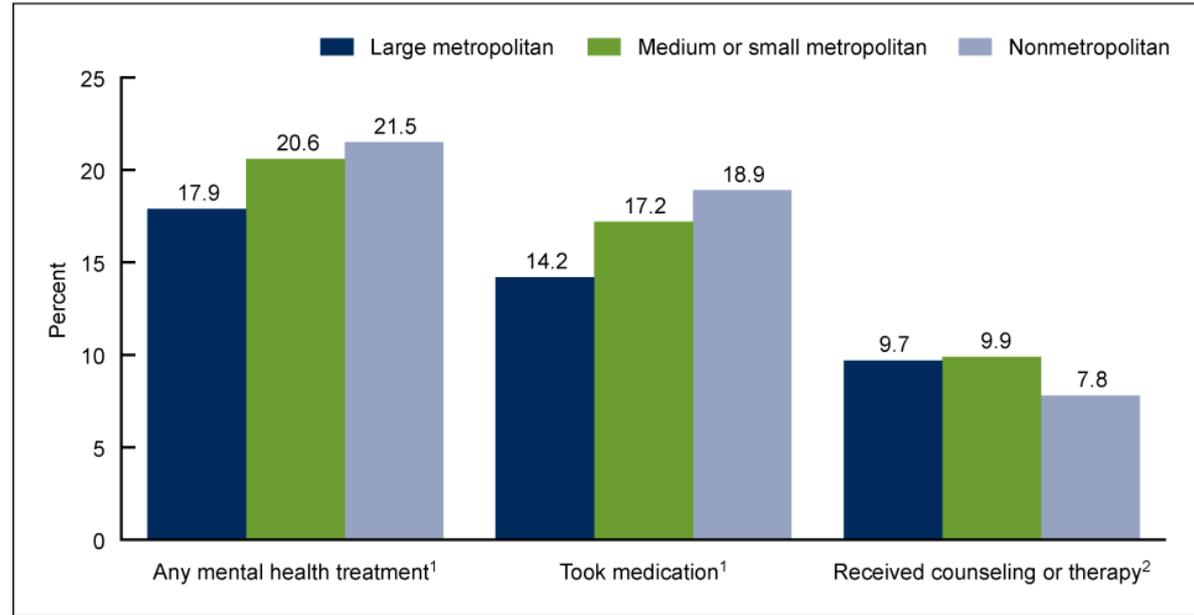
Women were more likely than men to have received any mental health treatment.

# Percentage of adults who received mental health treatment in the past 12 months, by treatment and race and Hispanic origin



The percentage who had received any mental health treatment was highest among non-Hispanic white adults.

# Percentage of adults who received mental health treatment in the past 12 months, by treatment and urbanization level



As urbanization decreased, the percentage of adults who had taken **medication** for their mental health **increased**, and the percentage who had received **counseling or therapy decreased**.

# Recent Experimental Data on Mental Health from the Household Pulse Survey

Stephen J. Blumberg, PhD

# Household Pulse Survey

- **Developed and conducted by the U.S. Census Bureau**
- **Partners:** NCHS, Bureau of Labor Statistics, National Center for Education Statistics, Department of Housing and Urban Development, and USDA Economic Research Service



# Household Pulse Survey

- **Recruitment:** Email and text invitations to take an online survey
- **Frames:** Email and cell-phone contact frames matched to Census Bureau's Master Address File (MAF) records
- **Phase 2 sample size:** Nearly 100,000 adults every 2 weeks
- **Phase 2 response rate:** About 10%



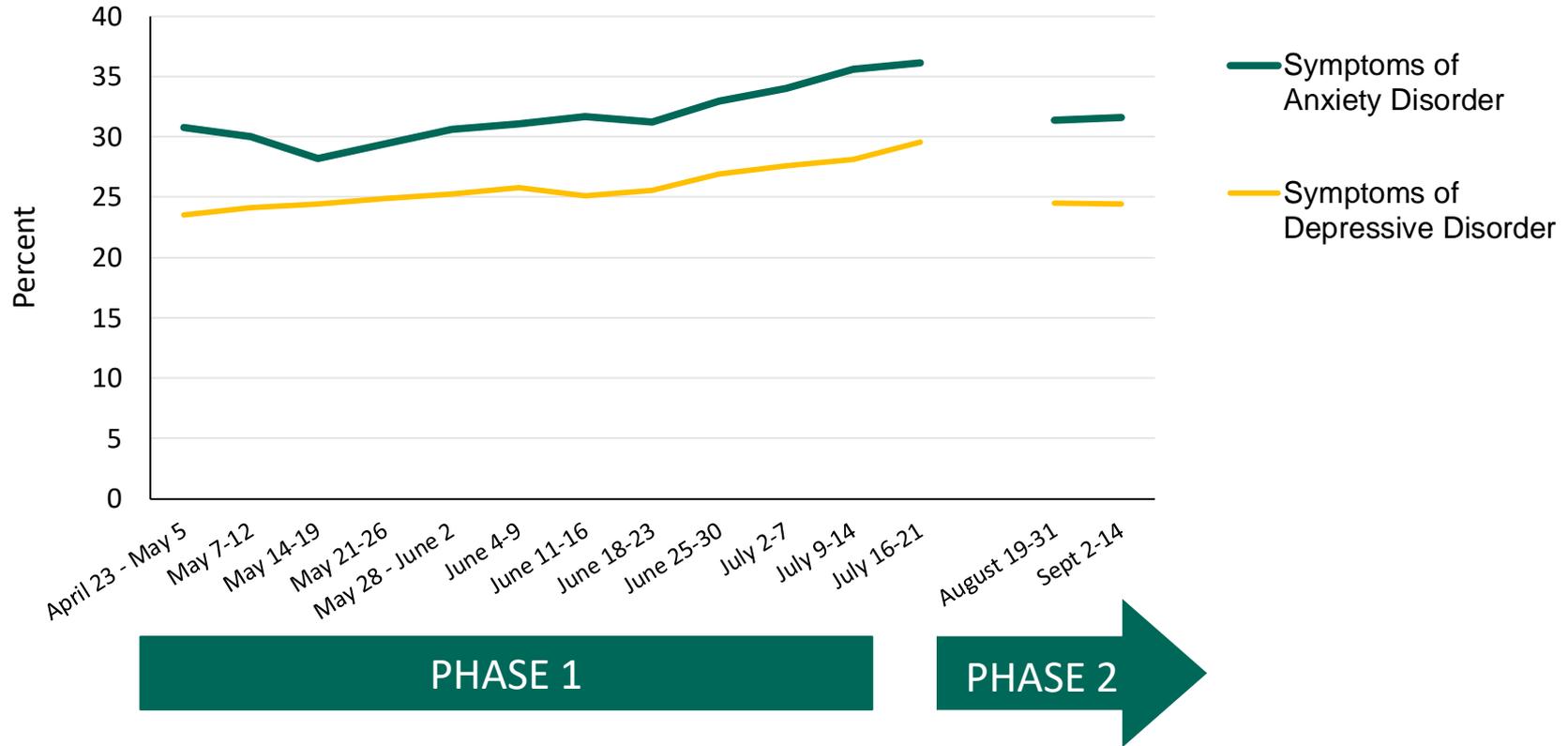
# Symptoms of Anxiety or Depression

	Household Pulse Survey GAD-2 and PHQ-2* Sept 2-14, 2020	NHIS GAD-7 and PHQ-8 “moderate or severe” Jan – Dec 2019
Symptoms of <b>Anxiety</b> Disorder	31.6%	6.1%
Symptoms of <b>Depressive</b> Disorder	24.4%	7.0%

\*Adults classified by the GAD-2 and PHQ-2 as having symptoms of anxiety or depressive disorder have symptom frequency levels similar to “moderate or severe” symptoms on the GAD-7 and PHQ-8 on NHIS. For more information on scoring, see <https://www.cdc.gov/nchs/covid19/pulse/mental-health.htm>

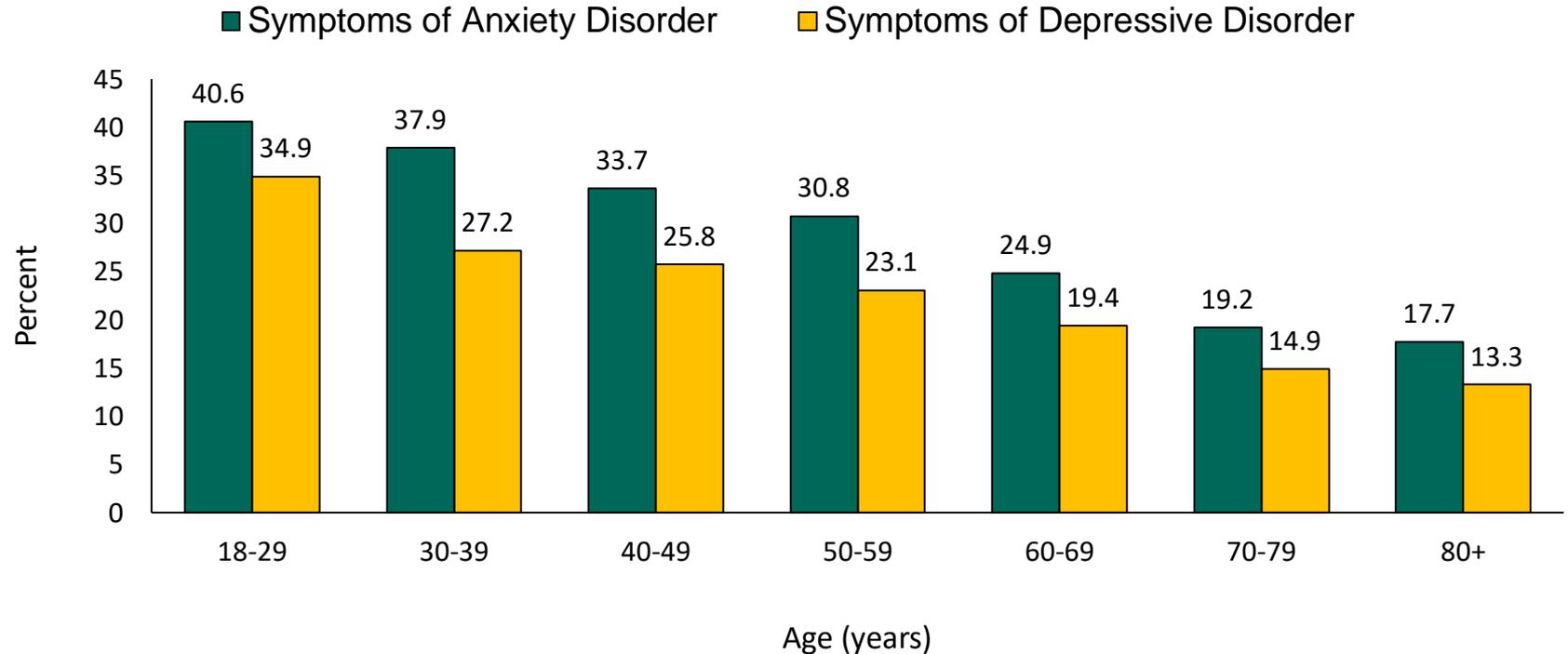
# Symptoms of Anxiety or Depression Over Time

Household Pulse Survey, April 23 – September 14



# Symptoms of Anxiety or Depression by Age

Household Pulse Survey, September 2-14

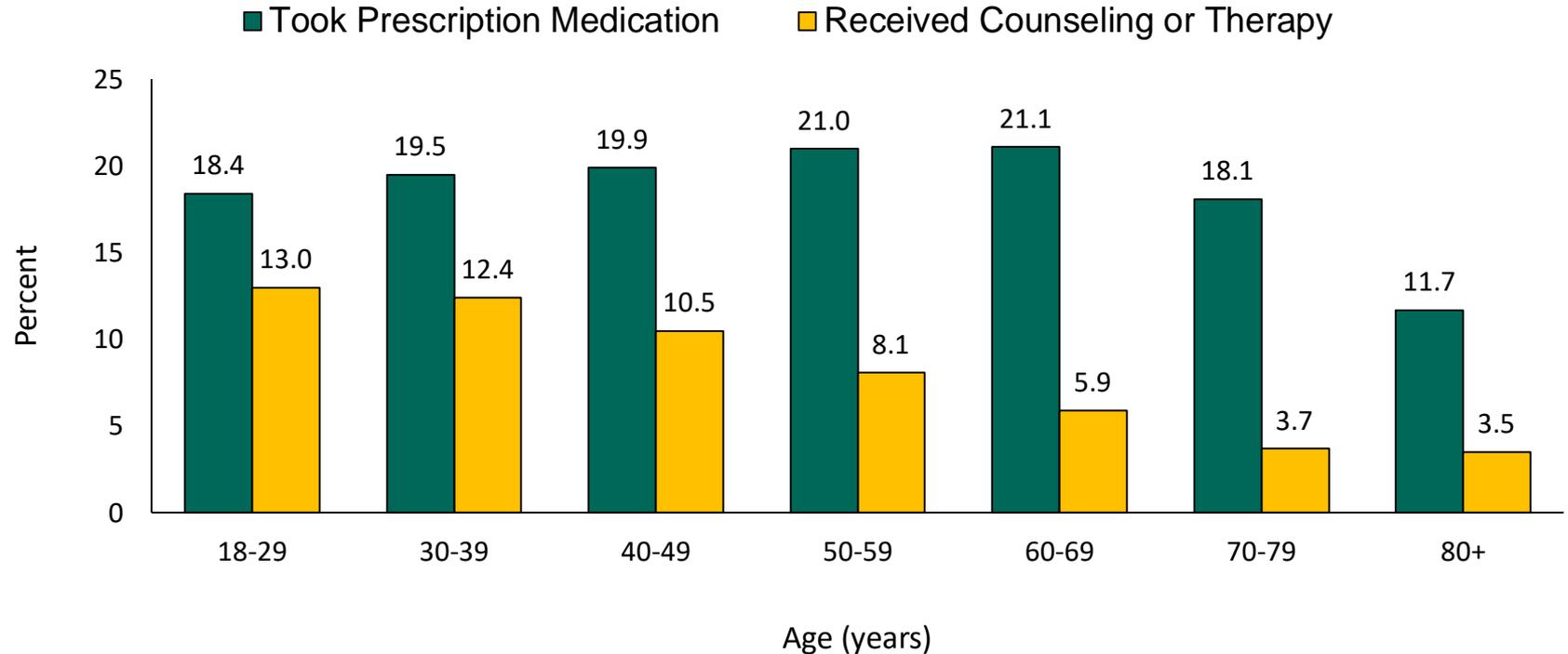


# Mental Health Treatment

	Household Pulse Survey “Last 4 weeks” Sept 2-14, 2020	NHIS “Past 12 months” Jan – Dec 2019
Took Prescription Medication	19.6%	15.8%
Received Counseling or Therapy	9.1%	9.5%
Any Mental Health Treatment	22.8%	19.2%

# Mental Health Treatment by Age

Household Pulse Survey, September 2-14

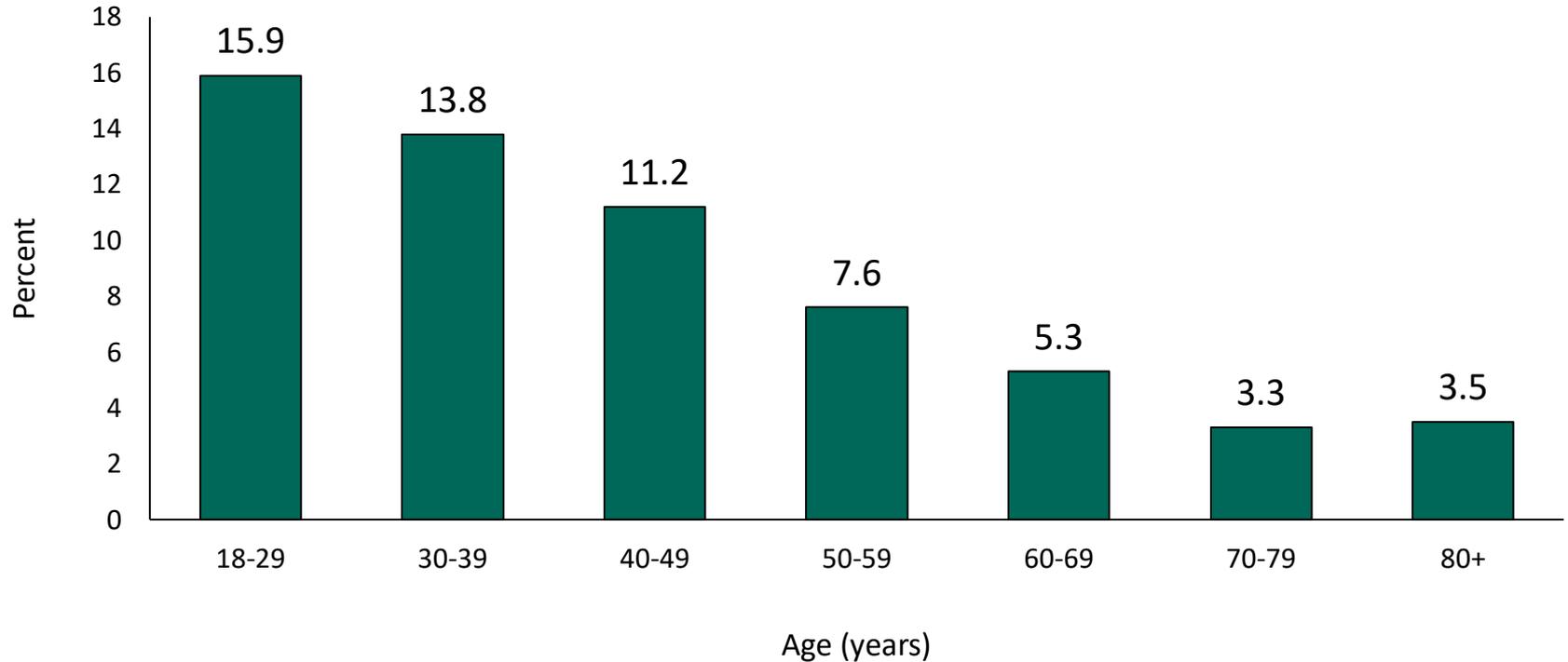


# Unmet Need for Counseling or Therapy

	Household Pulse Survey “Last 4 weeks, for any reason” Sept 2-14, 2020	NHIS “Past 12 months, due to cost” Jan – Dec 2019
Needed Counseling or Therapy, But Did Not Get It	9.7%	4.3%*

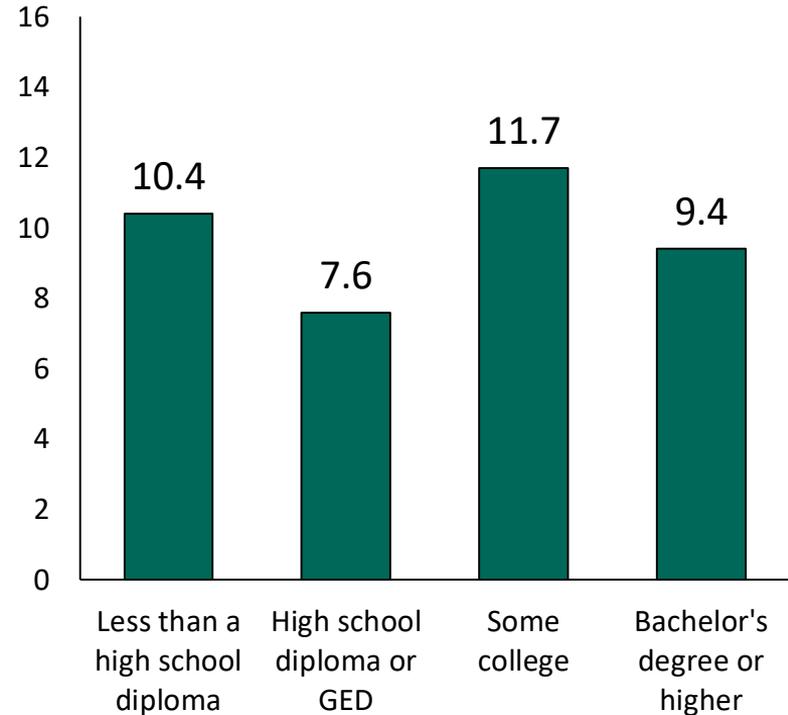
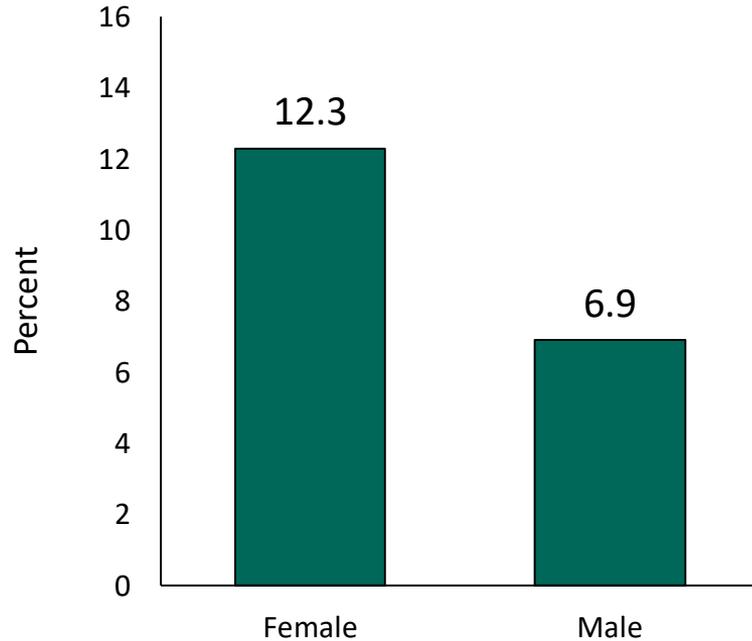
# Unmet Need for Counseling or Therapy

Household Pulse Survey, September 2-14



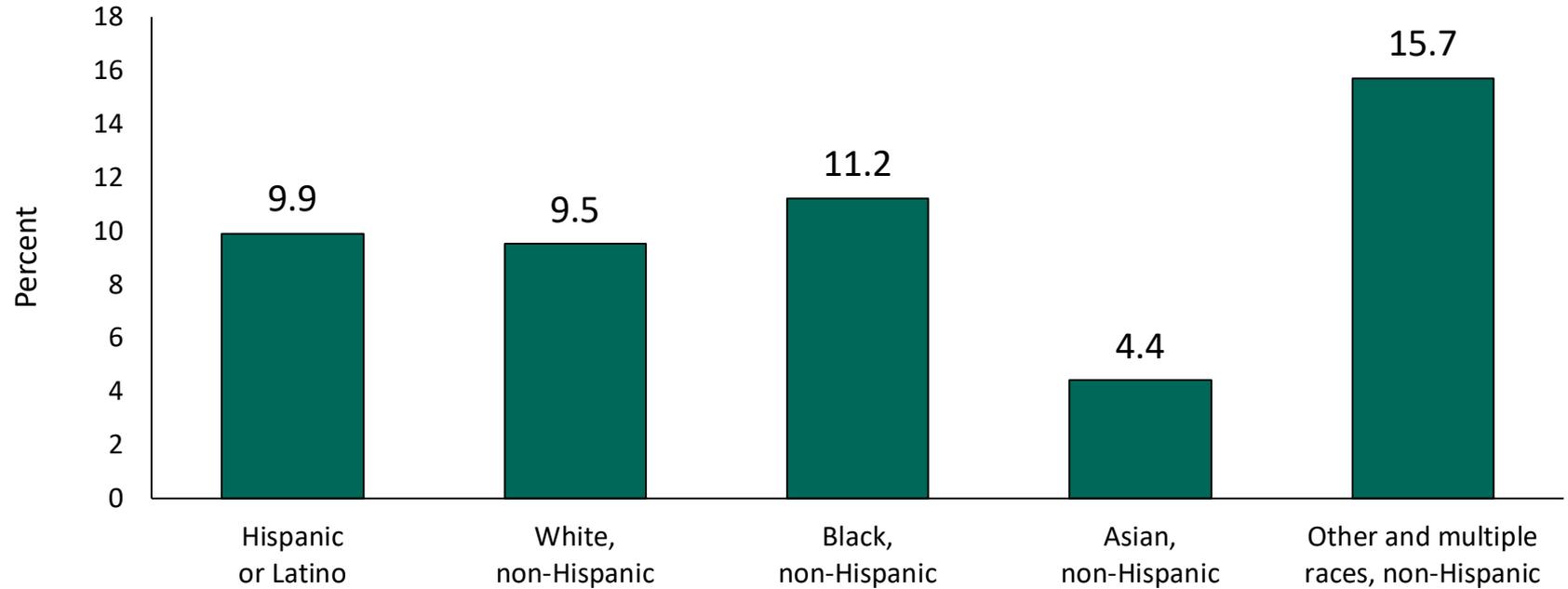
# Unmet Need for Counseling or Therapy

Household Pulse Survey, September 2-14



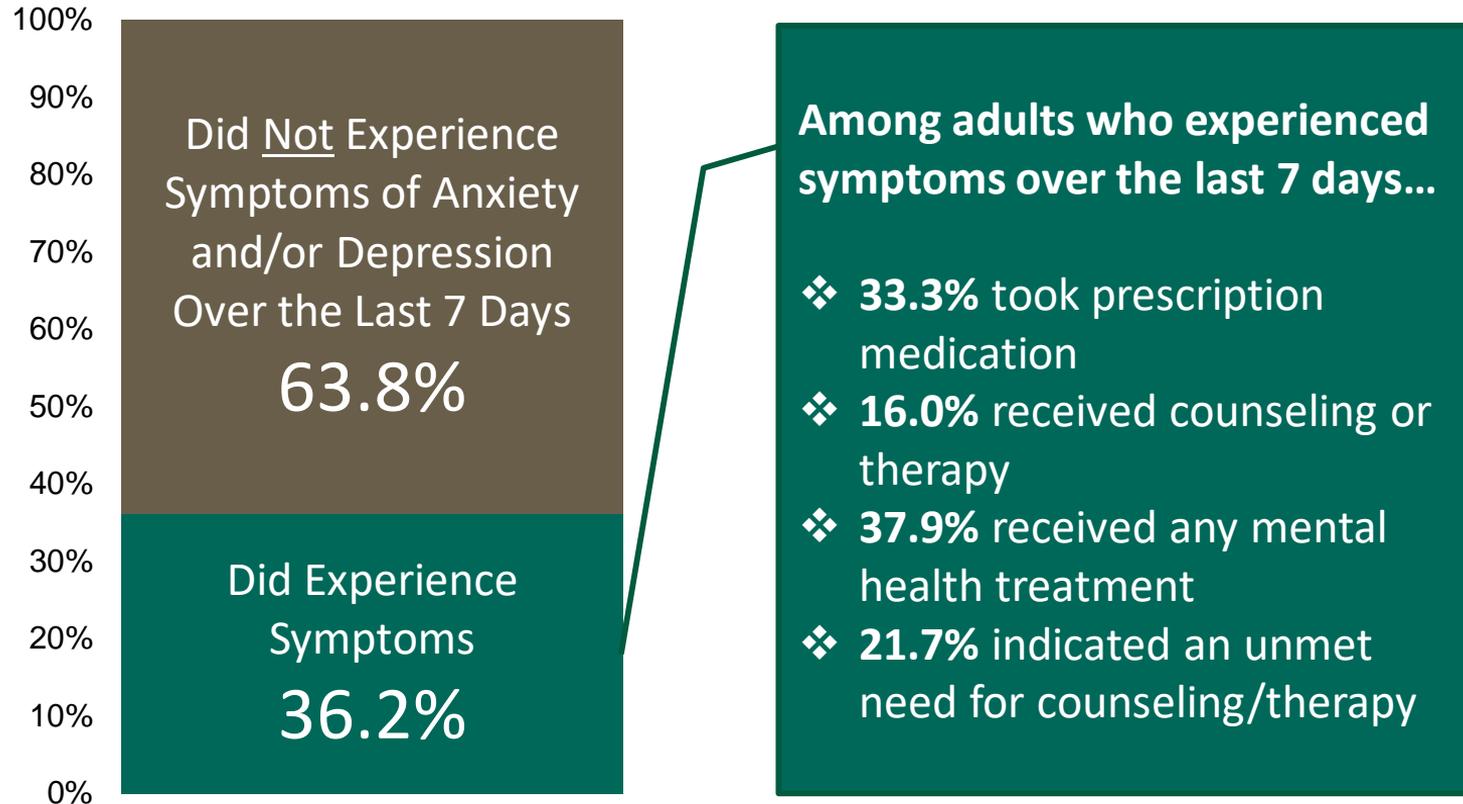
# Unmet Need for Counseling or Therapy

Household Pulse Survey, September 2-14



# Treatment For Adults with Anxiety and/or Depression

Household Pulse Survey, September 2-14



# Household Pulse on the NCHS Website

**Health Care Access and Mental Health**

To monitor trends in mental health, health insurance coverage, and problems accessing care, NCHS partnered with the U.S. Census Bureau on an experimental data system called the **Household Pulse Survey**. This 20-minute online survey was designed to complement the ability of the federal statistical system to rapidly respond and provide relevant information about the scope of the impact of COVID-19 in the United States.

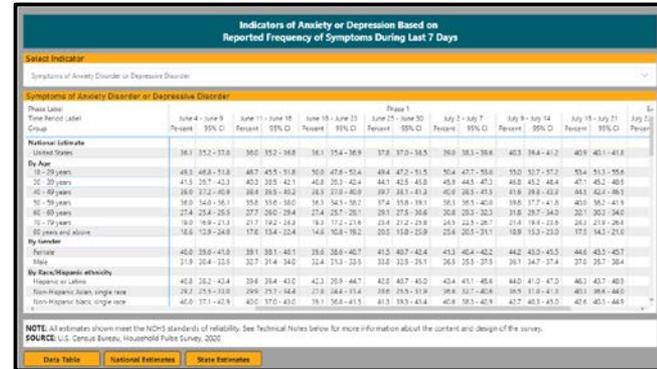
Information from NCHS' survey systems will be provided as soon as available.

**Household Pulse Survey**

**Mental Health**  
 Tabulated data updated on a weekly basis, monitoring symptoms of anxiety and depressed mood. Data is available by age, education, gender, and race and Hispanic origin.  
 Updated weekly

**Health Insurance Coverage**  
 Tabulated data are updated on a weekly basis, involving health insurance coverage (e.g. uninsured, public coverage, private coverage) for adults 18-64. Data is available by age, education, gender, and race and Hispanic origin.  
 Updated weekly

**Reduced Access to Care**  
 Tabulated data are updated on a weekly basis, involving problems accessing care due to COVID-19. Data is available by age, education, gender, and race and Hispanic origin.  
 Updated weekly



<https://www.cdc.gov/nchs/covid19/health-care-access-and-mental-health.htm>

# Questions?

- Please submit your questions via the Q&A feature in the Zoom application
- The facilitator will address questions as time allows. Questions not answered may be forwarded to [paoquery@cdc.gov](mailto:paoquery@cdc.gov)

<https://www.cdc.gov/nchs>

<https://www.cdc.gov/nchs/nhis>