

Table A-8a. Age-adjusted percentages (with standard errors) of feelings of nervousness, feelings of restlessness, and serious psychological distress among adults aged 18 and over, by selected characteristics: United States, 2018

Selected characteristic	Felt nervous all or most of the time ¹	Felt nervous some of the time ¹	Felt restless all or most of the time ¹	Felt restless some of the time ¹	Serious psychological distress ¹
Total	6.0 (0.20)	14.9 (0.31)	7.7 (0.24)	14.2 (0.30)	3.9 (0.15)
Sex					
Male	4.5 (0.26)	12.6 (0.40)	6.8 (0.33)	13.4 (0.42)	2.9 (0.21)
Female	7.3 (0.30)	17.1 (0.44)	8.5 (0.33)	14.9 (0.41)	4.8 (0.23)
Age (years)					
18–44	6.7 (0.31)	17.0 (0.49)	8.5 (0.38)	15.3 (0.47)	3.8 (0.24)
45–64	5.6 (0.31)	13.6 (0.48)	7.6 (0.34)	14.1 (0.47)	4.5 (0.26)
65–74	4.7 (0.41)	11.2 (0.56)	5.7 (0.42)	10.7 (0.54)	3.2 (0.36)
75 and over	3.8 (0.46)	10.5 (0.68)	4.3 (0.48)	11.4 (0.74)	3.1 (0.44)
Race					
One race ²	5.9 (0.20)	14.8 (0.31)	7.5 (0.24)	14.1 (0.30)	3.8 (0.15)
White	6.3 (0.23)	15.6 (0.36)	8.0 (0.27)	14.7 (0.34)	3.9 (0.18)
Black or African American	4.8 (0.48)	12.4 (0.77)	6.4 (0.62)	12.2 (0.77)	3.8 (0.42)
American Indian or Alaska Native	7.0 (1.55)	9.8 (1.78)	11.3 (2.10)	17.4 (4.06)	4.5 (1.24)
Asian	2.6 (0.50)	13.0 (1.09)	2.5 (0.41)	10.7 (1.01)	2.1 (0.54)
Native Hawaiian or Other Pacific Islander	*	*	*	*	*
Two or more races ³	8.5 (1.46)	17.4 (2.13)	14.8 (1.88)	17.5 (2.09)	7.4 (1.56)
Black or African American, white	*	15.8 (4.15)	10.5 (2.73)	20.0 (5.33)	*
American Indian or Alaska Native, white	7.9 (1.96)	18.4 (4.55)	22.9 (4.62)	14.3 (4.13)	*
Hispanic or Latino origin ⁴ and race					
Hispanic or Latino	6.9 (0.54)	12.2 (0.73)	7.8 (0.56)	11.4 (0.70)	4.6 (0.42)
Mexican or Mexican American	5.8 (0.54)	13.2 (1.04)	7.4 (0.67)	11.2 (0.87)	3.7 (0.45)
Not Hispanic or Latino	5.8 (0.21)	15.6 (0.34)	7.7 (0.27)	14.8 (0.33)	3.8 (0.17)
White, single race	6.2 (0.26)	16.6 (0.41)	8.2 (0.31)	15.6 (0.37)	3.8 (0.19)
Black or African American, single race	4.8 (0.50)	12.6 (0.80)	6.3 (0.63)	12.3 (0.80)	3.7 (0.44)

Table A-8a. Age-adjusted percentages (with standard errors) of feelings of nervousness, feelings of restlessness, and serious psychological distress among adults aged 18 and over, by selected characteristics: United States, 2018

Selected characteristic	Felt nervous all or most of the time ¹	Felt nervous some of the time ¹	Felt restless all or most of the time ¹	Felt restless some of the time ¹	Serious psychological distress ¹
Education ⁵					
Less than a high school diploma	8.0 (0.63)	11.6 (0.80)	9.8 (0.77)	12.0 (0.87)	7.2 (0.62)
High school diploma or GED ⁶	7.2 (0.49)	14.9 (0.67)	9.8 (0.60)	14.8 (0.66)	5.5 (0.44)
Some college	6.4 (0.36)	14.8 (0.58)	8.6 (0.46)	15.3 (0.57)	4.3 (0.30)
Bachelor's degree or higher	3.6 (0.25)	14.8 (0.48)	4.7 (0.29)	13.4 (0.46)	1.8 (0.17)
Current employment status ⁷					
Employed	4.2 (0.21)	14.4 (0.40)	5.9 (0.27)	13.2 (0.37)	2.2 (0.15)
Full-time	3.9 (0.30)	13.5 (0.46)	5.7 (0.37)	12.8 (0.43)	1.6 (0.14)
Part-time	5.9 (0.54)	16.1 (0.95)	7.2 (0.68)	14.2 (0.90)	4.4 (0.56)
Not employed but has worked previously	11.0 (0.60)	17.5 (0.77)	13.1 (0.63)	17.3 (0.73)	9.0 (0.54)
Not employed and has never worked	8.3 (1.22)	13.5 (1.33)	8.6 (1.19)	11.5 (1.27)	5.4 (0.85)
Family income ⁸					
Less than \$35,000	10.7 (0.49)	16.6 (0.57)	12.5 (0.53)	16.8 (0.57)	8.1 (0.41)
\$35,000 or more	4.6 (0.22)	14.7 (0.37)	6.2 (0.27)	13.8 (0.37)	2.6 (0.17)
\$35,000–\$49,999	8.0 (0.67)	15.6 (0.92)	10.4 (0.79)	15.9 (0.93)	5.3 (0.54)
\$50,000–\$74,999	5.7 (0.50)	14.3 (0.75)	8.4 (0.62)	14.1 (0.75)	3.5 (0.40)
\$75,000–\$99,999	4.2 (0.49)	15.5 (0.85)	5.1 (0.54)	13.9 (0.77)	2.5 (0.41)
\$100,000 or more	3.2 (0.34)	14.2 (0.58)	4.3 (0.36)	12.7 (0.55)	1.4 (0.22)
Poverty status ⁹					
Poor	12.2 (0.76)	16.9 (0.86)	14.1 (0.81)	16.5 (0.80)	9.8 (0.66)
Near poor	9.1 (0.58)	16.0 (0.73)	11.0 (0.62)	16.3 (0.70)	6.6 (0.45)
Not poor	4.5 (0.21)	14.6 (0.37)	6.0 (0.27)	13.8 (0.36)	2.5 (0.16)

Table A-8a. Age-adjusted percentages (with standard errors) of feelings of nervousness, feelings of restlessness, and serious psychological distress among adults aged 18 and over, by selected characteristics: United States, 2018

Selected characteristic	Felt nervous all or most of the time ¹	Felt nervous some of the time ¹	Felt restless all or most of the time ¹	Felt restless some of the time ¹	Serious psychological distress ¹
Health insurance coverage ¹⁰					
Under 65:					
Private	4.5 (0.24)	15.7 (0.44)	6.3 (0.30)	14.5 (0.41)	2.3 (0.17)
Medicaid	13.9 (0.89)	16.3 (0.94)	15.0 (0.92)	17.9 (1.00)	10.7 (0.75)
Other coverage	10.4 (1.42)	19.2 (2.09)	13.6 (1.70)	17.9 (1.77)	7.6 (1.33)
Uninsured	7.1 (0.65)	14.8 (0.92)	10.2 (0.74)	12.6 (0.85)	5.8 (0.57)
65 and over:					
Private	2.9 (0.36)	10.8 (0.68)	4.2 (0.45)	10.4 (0.62)	1.5 (0.26)
Medicare and Medicaid	10.0 (1.43)	12.2 (1.61)	10.6 (1.47)	12.8 (1.71)	9.2 (1.43)
Medicare Advantage	3.8 (0.56)	10.8 (0.85)	4.3 (0.60)	10.1 (0.84)	2.7 (0.50)
Medicare only	6.8 (1.13)	11.4 (1.16)	5.2 (0.93)	12.2 (1.33)	4.9 (0.98)
Other coverage	3.2 (0.99)	9.7 (1.47)	6.2 (1.24)	13.7 (1.60)	4.4 (1.30)
Uninsured	*	*	*	*	*
Marital status					
Married	4.2 (0.23)	14.2 (0.44)	6.1 (0.29)	13.0 (0.41)	2.4 (0.18)
Widowed	9.8 (2.85)	19.0 (5.22)	15.9 (4.31)	15.8 (3.32)	*
Divorced or separated	9.3 (0.74)	16.1 (0.89)	11.8 (0.86)	17.3 (0.97)	8.0 (0.69)
Never married	7.4 (0.53)	16.2 (0.68)	8.8 (0.58)	14.0 (0.63)	5.4 (0.47)
Living with a partner	8.8 (0.91)	14.0 (1.02)	9.9 (0.87)	16.5 (1.15)	4.4 (0.58)
Place of residence ¹¹					
Large MSA	5.8 (0.27)	15.0 (0.41)	6.7 (0.30)	13.9 (0.39)	3.5 (0.20)
Small MSA	5.7 (0.31)	14.7 (0.55)	8.3 (0.41)	14.5 (0.56)	4.0 (0.26)
Not in MSA	7.6 (0.60)	15.5 (0.88)	10.7 (0.85)	15.0 (0.77)	5.3 (0.48)
Region					
Northeast	5.3 (0.47)	14.6 (0.75)	6.0 (0.56)	14.8 (0.85)	3.5 (0.38)
Midwest	6.2 (0.43)	16.2 (0.70)	8.1 (0.49)	14.8 (0.59)	3.9 (0.35)
South	6.0 (0.32)	13.5 (0.46)	8.4 (0.42)	13.5 (0.48)	3.9 (0.25)
West	6.1 (0.41)	16.0 (0.67)	7.4 (0.46)	14.2 (0.60)	4.0 (0.30)

Table A-8a. Age-adjusted percentages (with standard errors) of feelings of nervousness, feelings of restlessness, and serious psychological distress among adults aged 18 and over, by selected characteristics: United States, 2018

Selected characteristic	Felt nervous all or most of the time ¹	Felt nervous some of the time ¹	Felt restless all or most of the time ¹	Felt restless some of the time ¹	Serious psychological distress ¹
Hispanic or Latino origin ⁴ , race, and sex					
Hispanic or Latino, male	5.8 (0.79)	11.0 (1.02)	6.4 (0.84)	11.4 (1.05)	3.5 (0.62)
Hispanic or Latina, female	7.8 (0.73)	13.3 (1.00)	9.1 (0.76)	11.2 (0.93)	5.5 (0.59)
Not Hispanic or Latino:					
White, single race, male	4.5 (0.33)	13.4 (0.49)	7.4 (0.42)	14.4 (0.50)	2.8 (0.24)
White, single race, female	7.8 (0.41)	19.7 (0.62)	9.0 (0.44)	16.8 (0.54)	4.8 (0.30)
Black or African American, single race, male	2.7 (0.53)	12.4 (1.33)	5.3 (1.02)	11.0 (1.13)	2.5 (0.55)
Black or African American, single race, female	6.5 (0.80)	12.6 (1.03)	7.0 (0.77)	13.2 (1.15)	4.7 (0.66)

* Estimate does not meet NCHS standards of reliability.

¹In two separate questions, respondents were asked how often they felt nervous or restless in the past 30 days. Respondents could choose among five response categories: "All of the time," "Most of the time," "Some of the time," "A little of the time," or "None of the time." For this table, "All" and "Most" are combined, and "Some" is shown separately. The weighted percentages of unknown with respect to feelings of nervousness and restlessness among adults aged 18 and over were 2.5% and 2.9%, respectively. Responses to the questions regarding feelings of sadness, hopelessness, worthlessness, that everything is an effort, nervousness, and restlessness were combined to create an indicator of serious psychological distress. The weighted percentage of unknown with respect to serious psychological distress among adults aged 18 and over was 2.9%.

²Refers to persons who indicated only a single race group, including those of Hispanic or Latino origin.

³Refers to persons who indicated more than one race group, including those of Hispanic or Latino origin. Only two combinations of multiple race groups are shown due to small sample sizes for other combinations.

⁴Refers to persons who are of Hispanic or Latino origin and may be of any race or combination of races. "Not Hispanic or Latino" refers to persons who are not of Hispanic or Latino origin, regardless of race.

⁵Shown only for adults aged 25 and over. Estimates are age adjusted to the projected 2000 U.S. population as the standard population using four age groups: 25-44, 45-64, 65-74, and 75 and over.

⁶GED is General Educational Development high school equivalency diploma.

⁷"Full-time" employment is 35 or more hours per week. "Part-time" employment is 34 or fewer hours per week.

⁸Includes persons in families that reported either a dollar amount or would not provide a dollar amount but provided an income interval.

⁹"Poor" persons live in families defined as below the poverty threshold. "Near poor" persons live in families with incomes of 100% to less than 200% of the poverty threshold. "Not poor" persons live in families with incomes that are 200% of the poverty threshold or greater.

¹⁰Based on a hierarchy of mutually exclusive categories. Adults with more than one type of health insurance were assigned to the first appropriate category in the hierarchy. "Uninsured" includes adults who had no coverage as well as those who had only Indian Health Service coverage or had only a private plan that paid for one type of service such as accidents or dental care.

¹¹MSA is metropolitan statistical area. Large MSAs have a population size of 1 million or more; small MSAs have a population size of less than 1 million. "Not in MSA" consists of persons not living in a metropolitan statistical area.

NOTES: Estimates are based on household interviews of a sample of the civilian noninstitutionalized population. This table is based on data from the Sample Adult file and was weighted using the Sample Adult weight. Unknowns for the columns were not included in the denominators when calculating percentages. Percentages may not add to totals due to rounding. "Total" includes other races not shown separately and persons with unknown education, family income, poverty status, and health insurance characteristics. Unless otherwise specified, estimates are age-adjusted using the projected 2000 U.S. population as the standard population and using four age groups: 18-44, 45-64, 65-74, and 75 and over. Estimates for age groups are not age-adjusted. For more information on the data source, methods, and definitions used for this table, refer to Technical Notes for Summary Health Statistics Tables: National Health Interview Survey (available from <http://www.cdc.gov/nchs/nhis/SHS/tables.htm>).

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SOURCE: NCHS, National Health Interview Survey, 2018.

Table A-8b. Frequencies (in thousands) of feelings of nervousness, feelings of restlessness, and serious psychological distress among adults aged 18 and over, by selected characteristics: United States, 2018

Selected characteristic	All adults aged 18 and over	Felt nervous all or most of the time ¹	Felt nervous some of the time ¹	Felt restless all or most of the time ¹	Felt restless some of the time ¹	Serious psychological distress ¹
Total	249,456	14,245	35,466	18,258	34,050	9,417
Sex						
Male	120,442	5,222	14,573	7,797	15,586	3,428
Female	129,014	9,022	20,893	10,462	18,464	5,990
Age (years)						
18–44	115,008	7,504	18,980	9,570	17,152	4,223
45–64	83,038	4,574	11,003	6,114	11,400	3,609
65–74	30,809	1,410	3,372	1,705	3,218	973
75 and over	20,601	757	2,111	869	2,280	612
Race						
One race ²	243,677	13,734	34,442	17,410	33,022	8,961
White	193,454	11,627	28,438	14,719	27,160	7,321
Black or African American	30,813	1,446	3,694	1,948	3,641	1,139
American Indian or Alaska Native	2,810	202	254	299	461	120
Asian	15,960	394	1,976	394	1,619	290
Native Hawaiian or Other Pacific Islander	640	*	*	*	*	*
Two or more races ³	5,779	511	1,024	848	1,028	456
Black or African American, white	1,567	*	296	155	371	*
American Indian or Alaska Native, white	1,879	145	309	398	243	*
Hispanic or Latino origin ⁴ and race						
Hispanic or Latino	40,749	2,786	4,975	3,127	4,654	1,770
Mexican or Mexican American	24,415	1,416	3,229	1,785	2,754	872
Not Hispanic or Latino	208,706	11,459	30,491	15,131	29,396	7,647
White, single race	157,289	9,067	24,073	11,948	23,182	5,731
Black or African American, single race	29,089	1,348	3,515	1,789	3,465	1,071

Table A-8b. Frequencies (in thousands) of feelings of nervousness, feelings of restlessness, and serious psychological distress among adults aged 18 and over, by selected characteristics: United States, 2018

Selected characteristic	All adults aged 18 and over	Felt nervous all or most of the time ¹	Felt nervous some of the time ¹	Felt restless all or most of the time ¹	Felt restless some of the time ¹	Serious psychological distress ¹
Education⁵						
Less than a high school diploma	24,710	2,020	2,843	2,293	2,991	1,781
High school diploma or GED ⁶	52,455	3,563	7,286	4,811	7,308	2,675
Some college	62,770	3,783	8,868	5,099	9,254	2,550
Bachelor's degree or higher	78,964	2,760	11,397	3,670	10,328	1,442
Current employment status⁷						
Employed	158,301	6,843	22,655	9,562	21,298	3,532
Full-time	129,152	5,023	17,851	7,398	17,022	2,269
Part-time	27,087	1,598	4,326	1,953	3,876	1,191
Not employed but has worked previously	78,269	6,450	11,055	7,622	11,347	5,252
Not employed and has never worked	12,669	951	1,721	1,067	1,373	634
Family income⁸						
Less than \$35,000	58,573	5,830	9,178	6,793	9,371	4,449
\$35,000 or more	166,985	7,337	23,636	10,027	22,397	4,207
\$35,000–\$49,999	24,817	1,880	3,723	2,443	3,776	1,245
\$50,000–\$74,999	38,139	2,046	5,236	3,005	5,219	1,257
\$75,000–\$99,999	30,794	1,229	4,558	1,517	4,190	722
\$100,000 or more	73,236	2,182	10,120	3,062	9,213	983
Poverty status⁹						
Poor	24,028	2,848	3,963	3,291	3,851	2,258
Near poor	40,315	3,504	6,210	4,185	6,336	2,507
Not poor	173,576	7,299	24,083	10,012	22,860	4,198

Table A-8b. Frequencies (in thousands) of feelings of nervousness, feelings of restlessness, and serious psychological distress among adults aged 18 and over, by selected characteristics: United States, 2018

Selected characteristic	All adults aged 18 and over	Felt nervous all or most of the time ¹	Felt nervous some of the time ¹	Felt restless all or most of the time ¹	Felt restless some of the time ¹	Serious psychological distress ¹
Health insurance coverage ¹⁰						
Under 65:						
Private	136,568	5,815	20,460	8,198	19,156	3,045
Medicaid	24,908	3,344	3,929	3,607	4,294	2,549
Other coverage	9,857	1,086	1,702	1,323	1,819	779
Uninsured	25,525	1,779	3,693	2,520	3,139	1,429
65 and over:						
Private	21,274	604	2,238	886	2,143	318
Medicare and Medicaid	3,529	351	408	374	427	310
Medicare Advantage	13,113	480	1,407	545	1,290	339
Medicare only	7,945	535	900	407	935	370
Other coverage	5,181	176	498	332	698	227
Uninsured	274	*	*	*	*	*
Marital status						
Married	130,518	5,152	17,281	7,425	16,207	3,147
Widowed	14,263	814	1,658	907	1,844	648
Divorced or separated	27,100	2,328	3,930	2,881	4,244	1,994
Never married	58,300	4,239	9,830	5,098	8,506	2,782
Living with a partner	18,856	1,684	2,743	1,915	3,201	845
Place of residence ¹¹						
Large MSA	142,041	7,822	20,506	9,149	19,002	4,901
Small MSA	75,044	4,131	10,461	5,889	10,372	2,889
Not in MSA	32,370	2,292	4,500	3,221	4,676	1,627
Region						
Northeast	43,262	2,195	5,986	2,465	6,026	1,497
Midwest	54,818	3,202	8,454	4,198	7,838	2,070
South	92,043	5,309	11,840	7,358	12,005	3,533
West	59,333	3,539	9,187	4,238	8,180	2,317

Table A-8b. Frequencies (in thousands) of feelings of nervousness, feelings of restlessness, and serious psychological distress among adults aged 18 and over, by selected characteristics: United States, 2018

Selected characteristic	All adults aged 18 and over	Felt nervous all or most of the time ¹	Felt nervous some of the time ¹	Felt restless all or most of the time ¹	Felt restless some of the time ¹	Serious psychological distress ¹
Hispanic or Latino origin ⁴ , race, and sex						
Hispanic or Latino, male	20,279	1,208	2,257	1,290	2,350	694
Hispanic or Latina, female	20,470	1,577	2,718	1,837	2,304	1,076
Not Hispanic or Latino:						
White, single race, male	76,416	3,222	9,513	5,211	10,355	2,026
White, single race, female	80,872	5,845	14,560	6,737	12,827	3,705
Black or African American, single race, male	13,250	346	1,592	696	1,446	333
Black or African American, single race, female	15,840	1,003	1,923	1,093	2,019	738

* Corresponding crude percentage for the frequency does not meet NCHS standards of reliability, so the frequency is not shown.

¹In two separate questions, respondents were asked how often they felt nervous or restless in the past 30 days. Respondents could choose among five response categories: "All of the time," "Most of the time," "Some of the time," "A little of the time," or "None of the time." For this table, "All" and "Most" are combined, and "Some" is shown separately. The weighted percentages of unknown with respect to feelings of nervousness and restlessness among adults aged 18 and over were 2.5% and 2.9%, respectively. Responses to the questions regarding feelings of sadness, hopelessness, worthlessness, that everything is an effort, nervousness, and restlessness were combined to create an indicator of serious psychological distress. The weighted percentage of unknown with respect to serious psychological distress among adults aged 18 and over was 2.9%.

²Refers to persons who indicated only a single race group, including those of Hispanic or Latino origin.

³Refers to persons who indicated more than one race group, including those of Hispanic or Latino origin. Only two combinations of multiple race groups are shown due to small sample sizes for other combinations.

⁴Refers to persons who are of Hispanic or Latino origin and may be of any race or combination of races. "Not Hispanic or Latino" refers to persons who are not of Hispanic or Latino origin, regardless of race.

⁵Shown only for adults aged 25 and over.

⁶GED is General Educational Development high school equivalency diploma.

⁷"Full-time" employment is 35 or more hours per week. "Part-time" employment is 34 or fewer hours per week.

⁸Includes persons in families that reported either a dollar amount or would not provide a dollar amount but provided an income interval.

⁹"Poor" persons live in families defined as below the poverty threshold. "Near poor" persons live in families with incomes of 100% to less than 200% of the poverty threshold. "Not poor" persons live in families with incomes that are 200% of the poverty threshold or greater.

¹⁰Based on a hierarchy of mutually exclusive categories. Adults with more than one type of health insurance were assigned to the first appropriate category in the hierarchy. "Uninsured" includes adults who had no coverage as well as those who had only Indian Health Service coverage or had only a private plan that paid for one type of service such as accidents or dental care.

¹¹MSA is metropolitan statistical area. Large MSAs have a population size of 1 million or more; small MSAs have a population size of less than 1 million. "Not in MSA" consists of persons not living in a metropolitan statistical area. NOTES: Estimates are based on household interviews of a sample of the civilian noninstitutionalized population. This table is based on data from the Sample Adult file and was weighted using the Sample Adult weight. Unknowns for the columns were not included in the frequencies, but they are included in the "All adults aged 18 and over" column. "Total" includes other races not shown separately and persons with unknown education, family income, poverty status, and health insurance characteristics. For more information on the data source, methods, and definitions used for this table, refer to Technical Notes for Summary Health Statistics Tables: National Health Interview Survey (available from <http://www.cdc.gov/nchs/nhis/SHS/tables.htm>).

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SOURCE: NCHS, National Health Interview Survey, 2018.

Table A-8c. Crude percentages (with standard errors) of feelings of nervousness, feelings of restlessness, and serious psychological distress among adults aged 18 and over, by selected characteristics: United States, 2018

Selected characteristic	Felt nervous all or most of the time ¹	Felt nervous some of the time ¹	Felt restless all or most of the time ¹	Felt restless some of the time ¹	Serious psychological distress ¹
Total	5.9 (0.19)	14.6 (0.29)	7.5 (0.22)	14.0 (0.29)	3.9 (0.15)
Sex					
Male	4.4 (0.25)	12.4 (0.39)	6.6 (0.31)	13.3 (0.40)	2.9 (0.20)
Female	7.2 (0.28)	16.6 (0.41)	8.3 (0.31)	14.7 (0.38)	4.8 (0.23)
Age (years)					
18–44	6.7 (0.31)	17.0 (0.49)	8.5 (0.38)	15.3 (0.47)	3.8 (0.24)
45–64	5.6 (0.31)	13.6 (0.48)	7.6 (0.34)	14.1 (0.47)	4.5 (0.26)
65–74	4.7 (0.41)	11.2 (0.56)	5.7 (0.42)	10.7 (0.54)	3.2 (0.36)
75 and over	3.8 (0.46)	10.5 (0.68)	4.3 (0.48)	11.4 (0.74)	3.1 (0.44)
Race					
One race ²	5.8 (0.19)	14.5 (0.30)	7.3 (0.22)	13.9 (0.29)	3.8 (0.15)
White	6.1 (0.22)	15.0 (0.33)	7.8 (0.25)	14.4 (0.32)	3.9 (0.17)
Black or African American	4.9 (0.49)	12.5 (0.77)	6.6 (0.62)	12.3 (0.77)	3.9 (0.44)
American Indian or Alaska Native	7.3 (1.64)	9.2 (1.82)	10.9 (2.03)	16.8 (3.77)	4.4 (1.25)
Asian	2.6 (0.50)	12.9 (1.08)	2.6 (0.42)	10.6 (1.00)	1.9 (0.50)
Native Hawaiian or Other Pacific Islander	*	*	*	*	*
Two or more races ³	9.1 (1.61)	18.3 (2.38)	15.1 (1.99)	18.3 (2.24)	8.1 (1.78)
Black or African American, white	*	19.3 (4.43)	10.1 (2.86)	24.2 (5.13)	*
American Indian or Alaska Native, white	8.0 (1.89)	17.0 (3.86)	22.0 (4.03)	13.4 (3.49)	*
Hispanic or Latino origin ⁴ and race					
Hispanic or Latino	7.0 (0.56)	12.4 (0.76)	7.8 (0.57)	11.6 (0.73)	4.4 (0.42)
Mexican or Mexican American	5.9 (0.57)	13.5 (1.09)	7.4 (0.69)	11.5 (0.93)	3.6 (0.44)
Not Hispanic or Latino	5.6 (0.20)	15.0 (0.31)	7.5 (0.24)	14.5 (0.30)	3.8 (0.16)
White, single race	5.9 (0.24)	15.7 (0.37)	7.8 (0.28)	15.1 (0.34)	3.7 (0.18)
Black or African American, single race	4.8 (0.50)	12.6 (0.80)	6.4 (0.63)	12.4 (0.79)	3.8 (0.45)

Table A-8c. Crude percentages (with standard errors) of feelings of nervousness, feelings of restlessness, and serious psychological distress among adults aged 18 and over, by selected characteristics: United States, 2018

Selected characteristic	Felt nervous all or most of the time ¹	Felt nervous some of the time ¹	Felt restless all or most of the time ¹	Felt restless some of the time ¹	Serious psychological distress ¹
Education ⁵					
Less than a high school diploma	8.4 (0.64)	11.8 (0.74)	9.5 (0.70)	12.4 (0.81)	7.5 (0.62)
High school diploma or GED ⁶	7.0 (0.45)	14.3 (0.60)	9.5 (0.54)	14.4 (0.60)	5.3 (0.39)
Some college	6.2 (0.34)	14.5 (0.57)	8.3 (0.43)	15.1 (0.56)	4.2 (0.28)
Bachelor's degree or higher	3.6 (0.25)	14.7 (0.48)	4.8 (0.29)	13.4 (0.45)	1.9 (0.17)
Current employment status ⁷					
Employed	4.4 (0.20)	14.7 (0.38)	6.2 (0.27)	13.8 (0.37)	2.3 (0.15)
Full-time	4.0 (0.23)	14.2 (0.40)	5.9 (0.28)	13.5 (0.39)	1.8 (0.15)
Part-time	6.1 (0.56)	16.5 (0.98)	7.4 (0.71)	14.8 (0.95)	4.6 (0.58)
Not employed but has worked previously	8.4 (0.38)	14.5 (0.48)	10.0 (0.38)	14.9 (0.46)	6.9 (0.35)
Not employed and has never worked	7.8 (1.16)	14.0 (1.39)	8.7 (1.21)	11.2 (1.21)	5.2 (0.84)
Family income ⁸					
Less than \$35,000	10.2 (0.46)	16.1 (0.53)	11.9 (0.49)	16.4 (0.53)	7.9 (0.38)
\$35,000 or more	4.5 (0.21)	14.4 (0.36)	6.1 (0.26)	13.7 (0.36)	2.6 (0.16)
\$35,000–\$49,999	7.7 (0.62)	15.2 (0.88)	10.0 (0.74)	15.4 (0.88)	5.1 (0.51)
\$50,000–\$74,999	5.5 (0.47)	14.0 (0.72)	8.0 (0.58)	14.0 (0.71)	3.4 (0.38)
\$75,000–\$99,999	4.1 (0.46)	15.0 (0.80)	5.0 (0.50)	13.8 (0.74)	2.4 (0.37)
\$100,000 or more	3.0 (0.32)	14.1 (0.56)	4.3 (0.34)	12.8 (0.55)	1.4 (0.21)
Poverty status ⁹					
Poor	12.2 (0.76)	17.0 (0.87)	14.1 (0.82)	16.5 (0.81)	9.7 (0.67)
Near poor	8.9 (0.57)	15.8 (0.70)	10.7 (0.60)	16.1 (0.68)	6.4 (0.44)
Not poor	4.3 (0.20)	14.2 (0.35)	5.9 (0.25)	13.5 (0.34)	2.5 (0.15)

Table A-8c. Crude percentages (with standard errors) of feelings of nervousness, feelings of restlessness, and serious psychological distress among adults aged 18 and over, by selected characteristics: United States, 2018

Selected characteristic	Felt nervous all or most of the time ¹	Felt nervous some of the time ¹	Felt restless all or most of the time ¹	Felt restless some of the time ¹	Serious psychological distress ¹
Health insurance coverage ¹⁰					
Under 65:					
Private	4.4 (0.23)	15.3 (0.43)	6.1 (0.28)	14.4 (0.40)	2.3 (0.16)
Medicaid	13.9 (0.89)	16.3 (0.95)	15.0 (0.92)	17.8 (1.01)	10.6 (0.75)
Other coverage	11.4 (1.30)	17.8 (1.62)	13.9 (1.44)	19.1 (1.56)	8.2 (1.15)
Uninsured	7.2 (0.65)	14.8 (0.92)	10.2 (0.74)	12.6 (0.86)	5.8 (0.57)
65 and over:					
Private	2.9 (0.35)	10.7 (0.65)	4.3 (0.44)	10.3 (0.61)	1.5 (0.26)
Medicare and Medicaid	10.3 (1.50)	12.0 (1.55)	11.0 (1.54)	12.6 (1.67)	9.4 (1.48)
Medicare Advantage	3.7 (0.55)	11.0 (0.85)	4.3 (0.59)	10.1 (0.84)	2.6 (0.48)
Medicare only	6.9 (1.11)	11.6 (1.17)	5.2 (0.89)	12.0 (1.23)	4.8 (0.92)
Other coverage	3.5 (1.12)	9.9 (1.47)	6.6 (1.38)	13.8 (1.58)	4.5 (1.32)
Uninsured	*	*	*	*	*
Marital status					
Married	4.0 (0.21)	13.5 (0.39)	5.8 (0.26)	12.7 (0.38)	2.5 (0.17)
Widowed	5.9 (0.65)	11.9 (0.84)	6.5 (0.63)	13.3 (0.86)	4.7 (0.56)
Divorced or separated	8.8 (0.57)	14.9 (0.66)	11.0 (0.64)	16.1 (0.67)	7.6 (0.56)
Never married	7.5 (0.50)	17.4 (0.70)	9.0 (0.57)	15.1 (0.66)	5.0 (0.42)
Living with a partner	9.1 (0.86)	14.9 (1.06)	10.4 (0.86)	17.4 (1.13)	4.6 (0.58)
Place of residence ¹¹					
Large MSA	5.6 (0.26)	14.8 (0.40)	6.6 (0.29)	13.7 (0.38)	3.6 (0.20)
Small MSA	5.6 (0.30)	14.3 (0.53)	8.0 (0.39)	14.2 (0.54)	4.0 (0.26)
Not in MSA	7.3 (0.56)	14.3 (0.76)	10.2 (0.73)	14.9 (0.74)	5.2 (0.46)
Region					
Northeast	5.2 (0.43)	14.3 (0.69)	5.9 (0.50)	14.4 (0.76)	3.6 (0.36)
Midwest	6.0 (0.41)	15.8 (0.68)	7.8 (0.46)	14.6 (0.58)	3.9 (0.33)
South	5.9 (0.30)	13.2 (0.44)	8.2 (0.39)	13.4 (0.46)	4.0 (0.24)
West	6.1 (0.40)	15.8 (0.65)	7.3 (0.46)	14.1 (0.59)	4.0 (0.30)

Table A-8c. Crude percentages (with standard errors) of feelings of nervousness, feelings of restlessness, and serious psychological distress among adults aged 18 and over, by selected characteristics: United States, 2018

Selected characteristic	Felt nervous all or most of the time ¹	Felt nervous some of the time ¹	Felt restless all or most of the time ¹	Felt restless some of the time ¹	Serious psychological distress ¹
Hispanic or Latino origin ⁴ , race, and sex					
Hispanic or Latino, male	6.1 (0.83)	11.4 (1.07)	6.5 (0.84)	11.8 (1.10)	3.5 (0.64)
Hispanic or Latina, female	7.8 (0.76)	13.5 (1.03)	9.1 (0.78)	11.4 (0.96)	5.4 (0.58)
Not Hispanic or Latino:					
White, single race, male	4.3 (0.30)	12.7 (0.44)	7.0 (0.38)	13.9 (0.47)	2.7 (0.22)
White, single race, female	7.4 (0.36)	18.4 (0.54)	8.5 (0.38)	16.3 (0.48)	4.7 (0.28)
Black or African American, single race, male	2.7 (0.53)	12.5 (1.34)	5.5 (1.02)	11.4 (1.16)	2.6 (0.55)
Black or African American, single race, female	6.6 (0.81)	12.6 (1.03)	7.2 (0.78)	13.3 (1.14)	4.9 (0.69)

* Estimate does not meet NCHS standards of reliability.

¹In two separate questions, respondents were asked how often they felt nervous or restless in the past 30 days. Respondents could choose among five response categories: "All of the time," "Most of the time," "Some of the time," "A little of the time," or "None of the time." For this table, "All" and "Most" are combined, and "Some" is shown separately. The weighted percentages of unknown with respect to feelings of nervousness and restlessness among adults aged 18 and over were 2.5% and 2.9%, respectively. Responses to the questions regarding feelings of sadness, hopelessness, worthlessness, that everything is an effort, nervousness, and restlessness were combined to create an indicator of serious psychological distress. The weighted percentage of unknown with respect to serious psychological distress among adults aged 18 and over was 2.9%.

²Refers to persons who indicated only a single race group, including those of Hispanic or Latino origin.

³Refers to persons who indicated more than one race group, including those of Hispanic or Latino origin. Only two combinations of multiple race groups are shown due to small sample sizes for other combinations.

⁴Refers to persons who are of Hispanic or Latino origin and may be of any race or combination of races. "Not Hispanic or Latino" refers to persons who are not of Hispanic or Latino origin, regardless of race.

⁵Shown only for adults aged 25 and over.

⁶GED is General Educational Development high school equivalency diploma.

⁷"Full-time" employment is 35 or more hours per week. "Part-time" employment is 34 or fewer hours per week.

⁸Includes persons in families that reported either a dollar amount or would not provide a dollar amount but provided an income interval.

⁹"Poor" persons live in families defined as below the poverty threshold. "Near poor" persons live in families with incomes of 100% to less than 200% of the poverty threshold. "Not poor" persons live in families with incomes that are 200% of the poverty threshold or greater.

¹⁰Based on a hierarchy of mutually exclusive categories. Adults with more than one type of health insurance were assigned to the first appropriate category in the hierarchy. "Uninsured" includes adults who had no coverage as well as those who had only Indian Health Service coverage or had only a private plan that paid for one type of service such as accidents or dental care.

¹¹MSA is metropolitan statistical area. Large MSAs have a population size of 1 million or more; small MSAs have a population size of less than 1 million. "Not in MSA" consists of persons not living in a metropolitan statistical area.

NOTES: Estimates are based on household interviews of a sample of the civilian noninstitutionalized population. This table is based on data from the Sample Adult file and was weighted using the Sample Adult weight. Unknowns for the columns were not included in the denominators when calculating percentages. Percentages may not add to totals due to rounding. "Total" includes other races not shown separately and persons with unknown education, family income, poverty status, and health insurance characteristics. For more information on the data source, methods, and definitions used for this table, refer to Technical Notes for Summary Health Statistics Tables: National Health Interview Survey (available from <http://www.cdc.gov/nchs/nhis/SHS/tables.htm>).

Suggested citation: Villarroel MA, Blackwell DL, Jen A. Tables of Summary Health Statistics for U.S. Adults: 2018 National Health Interview Survey. National Center for Health Statistics. 2019. Available from: <http://www.cdc.gov/nchs/nhis/SHS/tables.htm>.

SOURCE: NCHS, National Health Interview Survey, 2018.