

**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, 2013**

Selected characteristic	Felt nervous all or most of the time <sup>1</sup>	Felt nervous some of the time <sup>1</sup>	Felt restless all or most of the time <sup>1</sup>	Felt restless some of the time <sup>1</sup>	Serious psychological distress <sup>1</sup>
Total	5.3 (0.18)	12.9 (0.26)	6.6 (0.20)	12.8 (0.26)	3.8 (0.15)
Sex					
Male	4.3 (0.24)	10.8 (0.34)	6.2 (0.28)	11.6 (0.37)	3.1 (0.19)
Female	6.3 (0.25)	14.8 (0.37)	7.0 (0.27)	13.9 (0.36)	4.4 (0.22)
Age (years)					
18–44	5.3 (0.26)	14.4 (0.39)	6.8 (0.29)	13.3 (0.39)	3.4 (0.22)
45–64	6.2 (0.30)	12.7 (0.41)	7.8 (0.34)	13.4 (0.42)	4.9 (0.26)
65–74	4.4 (0.38)	8.3 (0.54)	4.4 (0.41)	10.3 (0.59)	3.2 (0.38)
75 and over	3.6 (0.43)	8.8 (0.66)	3.5 (0.40)	9.6 (0.68)	2.7 (0.35)
Race					
One race <sup>2</sup>	5.3 (0.18)	12.9 (0.26)	6.5 (0.20)	12.8 (0.26)	3.7 (0.15)
White	5.5 (0.20)	13.3 (0.30)	6.8 (0.23)	13.2 (0.30)	3.8 (0.18)
Black or African American	4.4 (0.38)	11.6 (0.63)	6.6 (0.48)	11.7 (0.64)	3.6 (0.32)
American Indian or Alaska Native	*3.1 (1.15)	12.9 (2.80)	5.1 (1.40)	15.5 (2.71)	*2.5 (0.84)
Asian	3.6 (0.55)	9.9 (0.79)	2.3 (0.40)	8.7 (0.78)	2.2 (0.42)
Native Hawaiian or Other Pacific Islander	*	*9.6 (3.78)	*11.3 (4.61)	*17.4 (7.36)	*
Two or more races <sup>3</sup>	9.4 (1.50)	15.4 (1.93)	13.4 (1.73)	13.6 (1.62)	8.8 (1.48)
Black or African American, white	*10.1 (4.03)	*11.6 (3.73)	*9.2 (3.57)	10.7 (3.02)	*8.1 (3.21)
American Indian or Alaska Native, white	10.2 (1.90)	18.8 (2.94)	16.8 (2.66)	14.6 (2.40)	11.3 (2.18)
Hispanic or Latino origin <sup>4</sup> and race					
Hispanic or Latino	5.1 (0.37)	11.2 (0.52)	5.7 (0.40)	11.2 (0.53)	4.2 (0.33)
Mexican or Mexican American	5.1 (0.46)	10.8 (0.64)	5.0 (0.42)	11.0 (0.69)	4.5 (0.47)
Not Hispanic or Latino	5.5 (0.20)	13.3 (0.30)	6.9 (0.23)	13.1 (0.29)	3.7 (0.17)
White, single race	5.8 (0.24)	14.0 (0.35)	7.2 (0.27)	13.8 (0.35)	3.8 (0.20)
Black or African American, single race	4.3 (0.38)	11.3 (0.64)	6.6 (0.49)	11.4 (0.65)	3.5 (0.32)

**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, 2013**

Selected characteristic	Felt nervous all or most of the time <sup>1</sup>	Felt nervous some of the time <sup>1</sup>	Felt restless all or most of the time <sup>1</sup>	Felt restless some of the time <sup>1</sup>	Serious psychological distress <sup>1</sup>
Education <sup>5</sup>					
Less than a high school diploma	8.6 (0.56)	12.9 (0.65)	10.0 (0.57)	13.5 (0.65)	7.9 (0.56)
High school diploma or GED <sup>6</sup>	6.5 (0.43)	12.0 (0.50)	8.6 (0.48)	13.0 (0.52)	5.3 (0.40)
Some college	5.9 (0.33)	12.3 (0.47)	6.9 (0.32)	13.0 (0.50)	3.9 (0.27)
Bachelor's degree or higher	2.7 (0.21)	12.2 (0.43)	3.5 (0.26)	11.2 (0.44)	1.3 (0.14)
Current employment status <sup>7</sup>					
Employed	3.2 (0.17)	11.6 (0.38)	4.6 (0.22)	11.3 (0.39)	1.6 (0.13)
Full-time	3.0 (0.28)	10.9 (0.41)	4.2 (0.22)	10.8 (0.37)	1.5 (0.17)
Part-time	4.7 (0.50)	14.5 (0.86)	6.1 (0.56)	12.1 (0.84)	2.4 (0.32)
Not employed but has worked previously	10.2 (0.48)	16.6 (0.58)	11.6 (0.50)	16.5 (0.58)	8.7 (0.47)
Not employed and has never worked	7.1 (0.89)	12.7 (1.09)	8.6 (0.97)	10.6 (0.97)	6.7 (0.82)
Family income <sup>8</sup>					
Less than \$35,000	8.9 (0.38)	15.6 (0.44)	11.0 (0.42)	15.1 (0.42)	7.8 (0.34)
\$35,000 or more	3.9 (0.21)	11.9 (0.32)	4.9 (0.22)	11.9 (0.32)	2.2 (0.16)
\$35,000–\$49,999	5.9 (0.48)	13.3 (0.72)	6.4 (0.47)	13.4 (0.67)	3.4 (0.36)
\$50,000–\$74,999	5.0 (0.47)	11.2 (0.58)	5.6 (0.46)	12.9 (0.61)	2.8 (0.39)
\$75,000–\$99,999	3.0 (0.37)	11.5 (0.75)	5.1 (0.52)	11.0 (0.73)	2.1 (0.31)
\$100,000 or more	2.5 (0.29)	12.0 (0.63)	3.7 (0.36)	10.7 (0.59)	1.2 (0.24)
Poverty status <sup>9</sup>					
Poor	11.4 (0.63)	16.8 (0.66)	13.1 (0.68)	16.9 (0.66)	10.8 (0.61)
Near poor	8.1 (0.47)	14.9 (0.60)	9.7 (0.49)	14.0 (0.57)	6.4 (0.42)
Not poor	3.7 (0.20)	11.9 (0.33)	4.8 (0.22)	12.1 (0.33)	2.0 (0.15)

**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, 2013**

Selected characteristic	Felt nervous all or most of the time <sup>1</sup>	Felt nervous some of the time <sup>1</sup>	Felt restless all or most of the time <sup>1</sup>	Felt restless some of the time <sup>1</sup>	Serious psychological distress <sup>1</sup>
Health insurance coverage <sup>10</sup>					
Under 65:					
Private	3.6 (0.20)	13.0 (0.38)	4.9 (0.24)	12.5 (0.37)	1.8 (0.15)
Medicaid	13.1 (0.86)	16.8 (0.89)	15.8 (1.00)	16.9 (0.88)	11.9 (0.88)
Other	9.2 (1.02)	15.5 (1.37)	12.7 (1.27)	13.8 (1.17)	8.5 (0.94)
Uninsured	7.6 (0.49)	14.5 (0.61)	9.0 (0.50)	13.6 (0.59)	5.9 (0.41)
65 and over:					
Private	3.1 (0.36)	7.9 (0.57)	3.1 (0.35)	8.9 (0.64)	1.9 (0.28)
Medicare and Medicaid	9.1 (1.34)	12.4 (1.47)	6.5 (1.01)	15.6 (1.68)	7.2 (1.22)
Medicare only	4.1 (0.52)	8.2 (0.73)	3.8 (0.49)	10.2 (0.78)	3.3 (0.50)
Other	3.9 (1.01)	10.0 (2.12)	7.6 (1.58)	9.2 (1.52)	3.9 (1.15)
Uninsured	*8.5 (3.20)	*8.6 (2.98)	*6.5 (2.63)	*24.3 (8.19)	*4.4 (1.94)
Marital status					
Married	4.3 (0.24)	11.5 (0.35)	5.6 (0.26)	11.0 (0.36)	2.7 (0.19)
Widowed	*9.8 (3.49)	12.9 (3.09)	*9.8 (3.46)	15.4 (3.17)	*8.6 (3.45)
Divorced or separated	8.0 (0.57)	14.4 (0.70)	9.7 (0.56)	15.5 (0.71)	7.0 (0.54)
Never married	5.6 (0.39)	14.5 (0.67)	6.5 (0.41)	14.3 (0.70)	4.4 (0.37)
Living with a partner	7.1 (0.74)	14.6 (1.17)	9.7 (0.88)	14.8 (1.06)	5.6 (0.75)
Place of residence <sup>11</sup>					
Large MSA	4.9 (0.24)	12.9 (0.35)	5.9 (0.26)	12.2 (0.34)	3.4 (0.20)
Small MSA	5.7 (0.32)	12.4 (0.44)	7.2 (0.37)	12.8 (0.44)	3.9 (0.27)
Not in MSA	6.1 (0.47)	14.0 (0.74)	8.3 (0.51)	14.2 (0.74)	4.6 (0.37)
Region					
Northeast	5.1 (0.44)	13.3 (0.69)	5.7 (0.45)	12.7 (0.67)	3.2 (0.32)
Midwest	5.3 (0.37)	14.3 (0.60)	6.8 (0.44)	14.3 (0.59)	4.2 (0.36)
South	5.6 (0.31)	11.8 (0.40)	7.4 (0.36)	12.1 (0.41)	4.1 (0.27)
West	5.2 (0.31)	13.0 (0.48)	6.0 (0.33)	12.4 (0.52)	3.3 (0.25)

**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, 2013**

Selected characteristic	Felt nervous all or most of the time <sup>1</sup>	Felt nervous some of the time <sup>1</sup>	Felt restless all or most of the time <sup>1</sup>	Felt restless some of the time <sup>1</sup>	Serious psychological distress <sup>1</sup>
Hispanic or Latino origin <sup>4</sup> , race, and sex					
Hispanic or Latino, male	4.2 (0.57)	8.3 (0.65)	5.2 (0.66)	9.0 (0.71)	3.2 (0.43)
Hispanic or Latina, female	6.1 (0.51)	13.8 (0.80)	6.3 (0.51)	13.1 (0.73)	5.1 (0.48)
Not Hispanic or Latino:					
White, single race, male	4.3 (0.30)	12.0 (0.46)	6.7 (0.37)	12.8 (0.51)	3.0 (0.25)
White, single race, female	7.1 (0.36)	16.0 (0.51)	7.7 (0.37)	14.7 (0.48)	4.5 (0.30)
Black or African American, single race, male	4.6 (0.66)	9.4 (0.81)	7.4 (0.82)	9.1 (0.90)	3.9 (0.53)
Black or African American, single race, female	4.2 (0.42)	12.8 (0.90)	6.1 (0.59)	13.2 (0.88)	3.3 (0.38)

\* Estimates are considered unreliable. Data preceded by an asterisk have a relative standard error (RSE) greater than 30% and less than or equal to 50% and should be used with caution. Data not shown have an RSE greater than 50%.

- Quantity zero.

<sup>1</sup>In 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 was 3.4%, 3.5%, 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 3.7%.

<sup>2</sup>In accordance with the 1997 standards for federal data on race and Hispanic or Latino origin, the category "One race" refers to persons who indicated only a single race group. Persons who indicated a single race other than the groups shown are included in the total for "One race" but are not shown separately due to small sample sizes. Therefore, the frequencies for the category "One race" will be greater than the sum of the frequencies for the specific groups shown separately. Persons of Hispanic or Latino origin may be of any race or combination of races. The tables in this report use the current (1997) Office of Management and Budget race and Hispanic origin terms, and the text uses shorter versions of these terms for conciseness. For example, the category "One race, Black or African American" in the tables is referred to as "black persons" in the text.

<sup>3</sup>Refers to all persons who indicated more than one race group. Only two combinations of multiple race groups are shown due to small sample sizes for other combinations. Therefore, the frequencies for the category "Two or more races" will be greater than the sum of the frequencies for the specific combinations shown separately.

<sup>4</sup>Persons of Hispanic or Latino origin may be of any race or combination of races. Similarly, the category "Not Hispanic or Latino" refers to all persons who are not of Hispanic or Latino origin, regardless of race.

<sup>5</sup>Shown 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.

<sup>6</sup>GED is General Educational Development high school equivalency diploma.

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

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

<sup>9</sup>"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.

<sup>10</sup>Based 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.

<sup>11</sup>MSA 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>). Suggested citation: Blackwell DL, Villarreal MA, Clarke TC. Tables of Summary Health Statistics for U.S. Adults: 2013 National Health Interview Survey. 2015. Available from: <http://www.cdc.gov/nchs/nhis/SHS/tables.htm>.

SOURCE: CDC/NCHS, National Health Interview Survey, 2013.

**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, 2013**

Selected characteristic	All adults aged 18 and over	Felt nervous all or most of the time <sup>1</sup>	Felt nervous some of the time <sup>1</sup>	Felt restless all or most of the time <sup>1</sup>	Felt restless some of the time <sup>1</sup>	Serious psychological distress <sup>1</sup>
Total	237,394	12,305	29,195	15,264	29,154	8,756
Sex						
Male	114,334	4,771	11,926	6,965	12,760	3,548
Female	123,061	7,534	17,270	8,299	16,394	5,208
Age (years)						
18–44	111,717	5,710	15,534	7,366	14,397	3,637
45–64	82,286	4,910	10,129	6,226	10,603	3,884
65–74	25,086	1,052	1,997	1,065	2,481	770
75 and over	18,305	634	1,535	607	1,674	466
Race						
One race <sup>2</sup>	233,678	11,948	28,642	14,752	28,683	8,451
White	189,484	10,188	23,877	12,431	23,950	7,064
Black or African American	28,503	1,198	3,189	1,844	3,205	1,002
American Indian or Alaska Native	1,970	*56	258	101	302	*48
Asian	13,236	463	1,286	303	1,138	291
Native Hawaiian or Other Pacific Islander	485	*	*30	*74	*	*
Two or more races <sup>3</sup>	3,716	357	554	512	471	305
Black or African American, white	801	*96	*88	*94	87	*71
American Indian or Alaska Native, white	1,570	167	292	273	209	177
Hispanic or Latino origin <sup>4</sup> and race						
Hispanic or Latino	35,704	1,694	3,918	1,922	3,874	1,379
Mexican or Mexican American	22,277	1,082	2,373	1,059	2,388	883
Not Hispanic or Latino	201,690	10,611	25,277	13,342	25,280	7,377
White, single race	156,858	8,684	20,418	10,748	20,529	5,840
Black or African American, single race	27,415	1,140	2,979	1,774	3,002	944

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Selected characteristic	All adults aged 18 and over	Felt nervous all or most of the time <sup>1</sup>	Felt nervous some of the time <sup>1</sup>	Felt restless all or most of the time <sup>1</sup>	Felt restless some of the time <sup>1</sup>	Serious psychological distress <sup>1</sup>
Education <sup>5</sup>						
Less than a high school diploma	27,749	2,357	3,373	2,611	3,644	2,118
High school diploma or GED <sup>6</sup>	52,621	3,202	5,962	4,221	6,557	2,619
Some college	60,000	3,408	7,146	4,092	7,526	2,317
Bachelor's degree or higher	65,758	1,762	7,828	2,313	7,282	834
Current employment status <sup>7</sup>						
Employed	144,126	4,813	16,916	6,872	16,484	2,428
Full-time	117,101	3,453	13,072	5,267	13,181	1,733
Part-time	24,980	1,190	3,649	1,515	2,984	601
Not employed but has worked previously	78,659	6,631	10,573	7,363	11,219	5,571
Not employed and has never worked	14,364	855	1,691	1,022	1,423	752
Family income <sup>8</sup>						
Less than \$35,000	72,188	6,028	10,569	7,303	10,366	5,221
\$35,000 or more	149,560	5,824	17,350	7,316	17,507	3,214
\$35,000–\$49,999	30,855	1,775	3,932	1,921	4,027	1,041
\$50,000–\$74,999	40,797	1,968	4,442	2,212	5,126	1,087
\$75,000–\$99,999	27,096	846	3,099	1,405	2,980	584
\$100,000 or more	50,812	1,235	5,877	1,778	5,375	502
Poverty status <sup>9</sup>						
Poor	29,822	3,173	4,859	3,731	4,763	2,950
Near poor	38,468	2,972	5,505	3,527	5,197	2,313
Not poor	148,428	5,407	16,833	6,975	17,326	2,873

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Selected characteristic	All adults aged 18 and over	Felt nervous all or most of the time <sup>1</sup>	Felt nervous some of the time <sup>1</sup>	Felt restless all or most of the time <sup>1</sup>	Felt restless some of the time <sup>1</sup>	Serious psychological distress <sup>1</sup>
Health insurance coverage <sup>10</sup>						
Under 65:						
Private	125,224	4,334	15,477	5,963	15,165	2,145
Medicaid	19,711	2,455	3,167	2,956	3,185	2,206
Other	9,247	968	1,484	1,264	1,423	974
Uninsured	38,942	2,809	5,449	3,321	5,112	2,143
65 and over:						
Private	21,580	650	1,617	650	1,829	395
Medicare and Medicaid	3,185	281	380	198	475	219
Medicare only	14,960	589	1,191	548	1,470	475
Other	3,159	117	300	236	299	122
Uninsured	411	*50	*42	*39	*79	*25
Marital status						
Married	125,149	5,251	13,544	6,734	13,317	3,359
Widowed	14,432	803	1,409	792	1,718	637
Divorced or separated	27,632	2,190	3,857	2,658	4,175	1,924
Never married	52,816	2,829	7,767	3,456	7,324	1,947
Living with a partner	16,910	1,213	2,575	1,608	2,562	872
Place of residence <sup>11</sup>						
Large MSA	127,881	6,083	15,781	7,332	15,075	4,263
Small MSA	73,440	4,037	8,674	5,083	9,120	2,813
Not in MSA	36,074	2,185	4,741	2,849	4,959	1,680
Region						
Northeast	41,590	2,025	5,158	2,240	4,962	1,291
Midwest	53,833	2,689	7,290	3,478	7,340	2,155
South	87,664	4,837	9,935	6,331	10,300	3,559
West	54,307	2,754	6,813	3,215	6,552	1,751

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Selected characteristic	All adults aged 18 and over	Felt nervous all or most of the time <sup>1</sup>	Felt nervous some of the time <sup>1</sup>	Felt restless all or most of the time <sup>1</sup>	Felt restless some of the time <sup>1</sup>	Serious psychological distress <sup>1</sup>
Hispanic or Latino origin <sup>4</sup> , race, and sex						
Hispanic or Latino, male	17,870	654	1,526	812	1,639	515
Hispanic or Latina, female	17,834	1,040	2,392	1,110	2,235	864
Not Hispanic or Latino:						
White, single race, male	75,979	3,231	8,491	4,908	9,226	2,317
White, single race, female	80,880	5,453	11,927	5,840	11,302	3,523
Black or African American, single race, male	12,321	542	1,162	881	1,103	470
Black or African American, single race, female	15,094	598	1,818	893	1,898	474

\* Estimates are considered unreliable. Data preceded by an asterisk have a relative standard error (RSE) greater than 30% and less than or equal to 50% and should be used with caution. Data not shown have an RSE greater than 50%.

- Quantity zero.

<sup>1</sup>In 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 was 3.4%, 3.5%, 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 3.7%.

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

<sup>3</sup>Refers 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.

<sup>4</sup>Refers 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.

<sup>5</sup>Shown only for adults aged 25 and over.

<sup>6</sup>GED is General Educational Development high school equivalency diploma.

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

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

<sup>9</sup>"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.

<sup>10</sup>Based 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.

<sup>11</sup>MSA 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>). Suggested citation: Blackwell DL, Villarreal MA, Clarke TC. Tables of Summary Health Statistics for U.S. Adults: 2013 National Health Interview Survey, 2015. Available from: <http://www.cdc.gov/nchs/nhis/SHS/tables.htm>.

SOURCE: CDC/NCHS, National Health Interview Survey, 2013.



**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, 2013**

Selected characteristic	Felt nervous all or most of the time <sup>1</sup>	Felt nervous some of the time <sup>1</sup>	Felt restless all or most of the time <sup>1</sup>	Felt restless some of the time <sup>1</sup>	Serious psychological distress <sup>1</sup>
Total	5.4 (0.18)	12.7 (0.25)	6.7 (0.20)	12.7 (0.26)	3.8 (0.15)
Sex					
Male	4.3 (0.23)	10.8 (0.34)	6.3 (0.28)	11.6 (0.37)	3.2 (0.20)
Female	6.3 (0.25)	14.5 (0.36)	7.0 (0.26)	13.8 (0.35)	4.4 (0.21)
Age (years)					
18–44	5.3 (0.26)	14.4 (0.39)	6.8 (0.29)	13.3 (0.39)	3.4 (0.22)
45–64	6.2 (0.30)	12.7 (0.41)	7.8 (0.34)	13.4 (0.42)	4.9 (0.26)
65–74	4.4 (0.38)	8.3 (0.54)	4.4 (0.41)	10.3 (0.59)	3.2 (0.38)
75 and over	3.6 (0.43)	8.8 (0.66)	3.5 (0.40)	9.6 (0.68)	2.7 (0.35)
Race					
One race <sup>2</sup>	5.3 (0.18)	12.7 (0.25)	6.5 (0.20)	12.7 (0.26)	3.8 (0.15)
White	5.6 (0.20)	13.0 (0.29)	6.8 (0.22)	13.1 (0.29)	3.9 (0.17)
Black or African American	4.4 (0.38)	11.7 (0.63)	6.8 (0.49)	11.7 (0.65)	3.7 (0.32)
American Indian or Alaska Native	*2.9 (1.00)	13.4 (3.08)	5.3 (1.48)	15.9 (2.90)	*2.5 (0.87)
Asian	3.6 (0.56)	10.1 (0.81)	2.4 (0.42)	8.9 (0.81)	2.3 (0.43)
Native Hawaiian or Other Pacific Islander	*	*6.4 (2.56)	*15.6 (6.89)	*	*
Two or more races <sup>3</sup>	10.0 (1.66)	15.5 (1.90)	14.3 (1.89)	13.2 (1.50)	8.5 (1.40)
Black or African American, white	*12.6 (5.30)	*11.6 (4.35)	*12.4 (5.19)	11.5 (3.33)	*9.4 (4.28)
American Indian or Alaska Native, white	11.0 (2.02)	19.2 (3.03)	17.9 (2.78)	13.7 (2.24)	11.7 (2.18)
Hispanic or Latino origin <sup>4</sup> and race					
Hispanic or Latino	4.9 (0.35)	11.3 (0.53)	5.6 (0.36)	11.2 (0.54)	4.0 (0.31)
Mexican or Mexican American	5.0 (0.44)	10.9 (0.64)	4.9 (0.38)	11.0 (0.70)	4.1 (0.40)
Not Hispanic or Latino	5.5 (0.19)	13.0 (0.28)	6.9 (0.22)	13.0 (0.28)	3.8 (0.16)
White, single race	5.7 (0.23)	13.5 (0.33)	7.1 (0.26)	13.6 (0.33)	3.9 (0.19)
Black or African American, single race	4.3 (0.38)	11.4 (0.64)	6.8 (0.50)	11.4 (0.65)	3.6 (0.33)

**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, 2013**

Selected characteristic	Felt nervous all or most of the time <sup>1</sup>	Felt nervous some of the time <sup>1</sup>	Felt restless all or most of the time <sup>1</sup>	Felt restless some of the time <sup>1</sup>	Serious psychological distress <sup>1</sup>
Education <sup>5</sup>					
Less than a high school diploma	8.9 (0.57)	12.7 (0.61)	9.8 (0.55)	13.7 (0.63)	8.0 (0.56)
High school diploma or GED <sup>6</sup>	6.3 (0.39)	11.8 (0.48)	8.3 (0.45)	13.0 (0.50)	5.2 (0.36)
Some college	5.9 (0.32)	12.3 (0.46)	7.1 (0.33)	13.0 (0.49)	4.0 (0.27)
Bachelor's degree or higher	2.8 (0.22)	12.3 (0.43)	3.6 (0.26)	11.4 (0.45)	1.3 (0.14)
Current employment status <sup>7</sup>					
Employed	3.5 (0.17)	12.1 (0.31)	4.9 (0.22)	11.8 (0.32)	1.7 (0.13)
Full-time	3.1 (0.18)	11.6 (0.33)	4.7 (0.24)	11.7 (0.35)	1.5 (0.13)
Part-time	4.9 (0.53)	15.1 (0.85)	6.3 (0.58)	12.3 (0.80)	2.5 (0.34)
Not employed but has worked previously	8.7 (0.37)	13.9 (0.43)	9.7 (0.37)	14.8 (0.44)	7.4 (0.35)
Not employed and has never worked	6.2 (0.85)	12.3 (1.03)	7.5 (0.92)	10.4 (0.97)	5.5 (0.69)
Family income <sup>8</sup>					
Less than \$35,000	8.7 (0.37)	15.2 (0.43)	10.5 (0.40)	14.9 (0.41)	7.6 (0.33)
\$35,000 or more	4.0 (0.21)	11.9 (0.32)	5.0 (0.22)	12.0 (0.31)	2.2 (0.16)
\$35,000–\$49,999	5.9 (0.48)	13.1 (0.71)	6.4 (0.47)	13.5 (0.66)	3.5 (0.36)
\$50,000–\$74,999	5.0 (0.46)	11.2 (0.57)	5.6 (0.46)	12.9 (0.60)	2.7 (0.37)
\$75,000–\$99,999	3.2 (0.38)	11.8 (0.76)	5.3 (0.55)	11.3 (0.74)	2.2 (0.33)
\$100,000 or more	2.5 (0.28)	11.8 (0.57)	3.6 (0.33)	10.8 (0.55)	1.0 (0.17)
Poverty status <sup>9</sup>					
Poor	11.1 (0.63)	16.9 (0.67)	13.0 (0.71)	16.6 (0.66)	10.3 (0.61)
Near poor	7.9 (0.46)	14.7 (0.60)	9.4 (0.48)	13.9 (0.57)	6.2 (0.41)
Not poor	3.7 (0.20)	11.7 (0.31)	4.8 (0.21)	12.0 (0.31)	2.0 (0.14)

**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, 2013**

Selected characteristic	Felt nervous all or most of the time <sup>1</sup>	Felt nervous some of the time <sup>1</sup>	Felt restless all or most of the time <sup>1</sup>	Felt restless some of the time <sup>1</sup>	Serious psychological distress <sup>1</sup>
Health insurance coverage <sup>10</sup>					
Under 65:					
Private	3.6 (0.20)	12.7 (0.37)	4.9 (0.24)	12.5 (0.36)	1.8 (0.14)
Medicaid	13.0 (0.86)	16.8 (0.89)	15.7 (1.00)	16.9 (0.88)	11.7 (0.88)
Other	10.8 (1.05)	16.5 (1.24)	14.1 (1.23)	15.8 (1.24)	10.9 (1.06)
Uninsured	7.5 (0.48)	14.5 (0.62)	8.9 (0.50)	13.6 (0.59)	5.7 (0.41)
65 and over:					
Private	3.1 (0.36)	7.8 (0.55)	3.1 (0.35)	8.8 (0.63)	1.9 (0.28)
Medicare and Medicaid	9.2 (1.37)	12.5 (1.48)	6.6 (1.02)	15.7 (1.69)	7.2 (1.22)
Medicare only	4.1 (0.53)	8.3 (0.74)	3.8 (0.49)	10.3 (0.78)	3.3 (0.50)
Other	3.9 (0.99)	10.1 (2.05)	7.9 (1.61)	10.0 (1.70)	4.2 (1.23)
Uninsured	*13.3 (5.21)	*11.2 (4.46)	*10.6 (4.31)	*21.1 (6.61)	*6.6 (3.07)
Marital status					
Married	4.3 (0.22)	11.2 (0.33)	5.6 (0.25)	11.0 (0.34)	2.8 (0.18)
Widowed	5.8 (0.57)	10.2 (0.70)	5.8 (0.57)	12.5 (0.78)	4.7 (0.53)
Divorced or separated	8.3 (0.51)	14.6 (0.63)	10.1 (0.52)	15.8 (0.62)	7.3 (0.47)
Never married	5.6 (0.38)	15.3 (0.60)	6.8 (0.44)	14.4 (0.59)	3.8 (0.31)
Living with a partner	7.4 (0.73)	15.7 (1.03)	9.8 (0.81)	15.6 (0.99)	5.3 (0.64)
Place of residence <sup>11</sup>					
Large MSA	4.9 (0.24)	12.8 (0.35)	5.9 (0.26)	12.2 (0.34)	3.5 (0.20)
Small MSA	5.7 (0.32)	12.2 (0.43)	7.2 (0.36)	12.8 (0.43)	4.0 (0.27)
Not in MSA	6.3 (0.48)	13.6 (0.71)	8.2 (0.50)	14.2 (0.75)	4.8 (0.40)
Region					
Northeast	5.1 (0.42)	12.9 (0.64)	5.6 (0.42)	12.4 (0.62)	3.2 (0.31)
Midwest	5.2 (0.36)	14.1 (0.58)	6.7 (0.43)	14.2 (0.58)	4.2 (0.36)
South	5.7 (0.31)	11.7 (0.39)	7.5 (0.36)	12.2 (0.41)	4.2 (0.27)
West	5.2 (0.31)	12.9 (0.49)	6.1 (0.34)	12.4 (0.52)	3.3 (0.25)

**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, 2013**

Selected characteristic	Felt nervous all or most of the time <sup>1</sup>	Felt nervous some of the time <sup>1</sup>	Felt restless all or most of the time <sup>1</sup>	Felt restless some of the time <sup>1</sup>	Serious psychological distress <sup>1</sup>
Hispanic or Latino origin <sup>4</sup> , race, and sex					
Hispanic or Latino, male	3.8 (0.45)	8.8 (0.70)	4.7 (0.49)	9.5 (0.75)	3.0 (0.39)
Hispanic or Latina, female	6.0 (0.51)	13.8 (0.78)	6.4 (0.52)	12.9 (0.72)	5.0 (0.47)
Not Hispanic or Latino:					
White, single race, male	4.4 (0.29)	11.6 (0.44)	6.7 (0.36)	12.6 (0.49)	3.2 (0.24)
White, single race, female	7.0 (0.33)	15.3 (0.47)	7.5 (0.34)	14.5 (0.45)	4.5 (0.28)
Black or African American, single race, male	4.6 (0.66)	9.8 (0.84)	7.4 (0.82)	9.3 (0.92)	4.0 (0.53)
Black or African American, single race, female	4.2 (0.42)	12.6 (0.90)	6.2 (0.60)	13.2 (0.87)	3.3 (0.38)

\* Estimates are considered unreliable. Data preceded by an asterisk have a relative standard error (RSE) greater than 30% and less than or equal to 50% and should be used with caution. Data not shown have an RSE greater than 50%.

- Quantity zero.

<sup>1</sup>In 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 was 3.4%, 3.5%, 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 3.7%.

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

<sup>3</sup>Refers 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.

<sup>4</sup>Refers 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.

<sup>5</sup>Shown only for adults aged 25 and over.

<sup>6</sup>GED is General Educational Development high school equivalency diploma.

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

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

<sup>9</sup>"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.

<sup>10</sup>Based 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.

<sup>11</sup>MSA 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: Blackwell DL, Villarreal MA, Clarke TC. Tables of Summary Health

Adults: 2013 National Health Interview Survey, 2015. Available from: <http://www.cdc.gov/nchs/nhis/SHS/tables.htm>.

SOURCE: CDC/NCHS, National Health Interview Survey, 2013.