

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, 2014

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	4.5 (0.15)	12.2 (0.28)	5.9 (0.21)	12.1 (0.28)	3.1 (0.12)
Sex					
Male	3.4 (0.18)	10.2 (0.39)	5.0 (0.24)	11.1 (0.36)	2.6 (0.17)
Female	5.5 (0.23)	14.0 (0.39)	6.8 (0.32)	13.0 (0.40)	3.5 (0.17)
Age (years)					
18–44	4.4 (0.21)	13.8 (0.43)	6.1 (0.33)	12.8 (0.41)	2.9 (0.17)
45–64	5.3 (0.27)	11.4 (0.38)	6.5 (0.30)	12.8 (0.42)	4.1 (0.22)
65–74	3.6 (0.38)	8.2 (0.50)	4.5 (0.41)	8.2 (0.53)	2.2 (0.27)
75 and over	3.1 (0.35)	8.5 (0.69)	4.2 (0.51)	9.0 (0.67)	1.6 (0.25)
Race					
One race ²	4.4 (0.15)	12.1 (0.28)	5.9 (0.21)	11.9 (0.28)	3.0 (0.12)
White	4.6 (0.18)	12.5 (0.32)	6.1 (0.24)	12.2 (0.33)	3.0 (0.14)
Black or African American	4.0 (0.36)	10.8 (0.65)	5.6 (0.40)	11.9 (0.63)	3.3 (0.33)
American Indian or Alaska Native	7.4 (1.91)	13.7 (2.76)	9.2 (2.21)	12.2 (3.35)	8.2 (2.08)
Asian	2.3 (0.47)	10.2 (0.91)	3.7 (0.87)	8.9 (0.85)	1.6 (0.29)
Native Hawaiian or Other Pacific Islander	-	*21.3 (7.36)	*	*11.2 (4.71)	-
Two or more races ³	9.9 (1.75)	13.4 (1.85)	10.1 (1.68)	18.0 (2.22)	8.9 (1.77)
Black or African American, white	*	*9.6 (4.08)	*	*12.8 (4.81)	*
American Indian or Alaska Native, white	12.3 (2.96)	17.8 (3.31)	15.4 (3.28)	22.5 (3.76)	11.5 (3.23)
Hispanic or Latino origin ⁴ and race					
Hispanic or Latino	5.3 (0.39)	10.5 (0.53)	7.0 (0.46)	10.3 (0.52)	4.8 (0.36)
Mexican or Mexican American	5.6 (0.54)	10.5 (0.70)	7.0 (0.60)	10.1 (0.64)	4.7 (0.48)
Not Hispanic or Latino	4.4 (0.17)	12.6 (0.31)	5.8 (0.24)	12.5 (0.32)	2.8 (0.13)
White, single race	4.6 (0.20)	13.2 (0.38)	6.0 (0.28)	12.8 (0.39)	2.7 (0.15)
Black or African American, single race	4.0 (0.37)	10.7 (0.66)	5.4 (0.40)	11.8 (0.64)	3.3 (0.34)

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, 2014

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	7.7 (0.54)	11.6 (0.73)	9.3 (0.65)	11.9 (0.64)	6.5 (0.48)
High school diploma or GED ⁶	5.2 (0.36)	11.4 (0.54)	6.4 (0.43)	12.1 (0.55)	4.1 (0.32)
Some college	5.0 (0.32)	12.0 (0.49)	6.3 (0.35)	13.2 (0.52)	3.7 (0.26)
Bachelor's degree or higher	2.4 (0.21)	11.3 (0.44)	3.5 (0.29)	10.0 (0.41)	1.0 (0.12)
Current employment status ⁷					
Employed	3.1 (0.19)	10.6 (0.32)	4.2 (0.22)	11.2 (0.38)	1.7 (0.13)
Full-time	2.8 (0.30)	10.0 (0.36)	3.7 (0.24)	10.8 (0.50)	1.3 (0.11)
Part-time	4.5 (0.42)	12.3 (0.75)	5.6 (0.52)	13.0 (1.00)	2.8 (0.37)
Not employed but has worked previously	8.0 (0.40)	15.5 (0.69)	10.4 (0.65)	14.8 (0.59)	6.9 (0.37)
Not employed and has never worked	6.6 (0.75)	12.7 (1.21)	7.1 (0.82)	10.8 (1.02)	4.7 (0.61)
Family income ⁸					
Less than \$35,000	8.1 (0.31)	14.3 (0.45)	9.7 (0.38)	14.9 (0.48)	6.6 (0.29)
\$35,000 or more	3.1 (0.17)	11.3 (0.36)	4.2 (0.21)	11.3 (0.36)	1.7 (0.13)
\$35,000–\$49,999	4.9 (0.48)	12.2 (0.75)	6.8 (0.56)	12.9 (0.72)	3.0 (0.35)
\$50,000–\$74,999	3.5 (0.38)	11.9 (0.70)	4.7 (0.49)	11.6 (0.64)	2.3 (0.31)
\$75,000–\$99,999	3.0 (0.41)	10.7 (0.78)	3.9 (0.48)	11.8 (1.09)	1.5 (0.27)
\$100,000 or more	2.0 (0.24)	10.9 (0.59)	2.8 (0.31)	10.0 (0.59)	0.8 (0.16)
Poverty status ⁹					
Poor	9.2 (0.49)	14.8 (0.66)	11.0 (0.56)	15.3 (0.67)	8.0 (0.47)
Near poor	7.0 (0.44)	13.8 (0.61)	8.7 (0.50)	14.3 (0.62)	5.1 (0.36)
Not poor	3.0 (0.17)	11.3 (0.34)	4.1 (0.22)	11.2 (0.36)	1.7 (0.13)

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, 2014

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	3.0 (0.19)	12.4 (0.40)	4.2 (0.29)	12.1 (0.40)	1.6 (0.13)
Medicaid	10.4 (0.69)	15.5 (0.83)	12.7 (0.79)	16.3 (0.81)	8.6 (0.59)
Other	8.8 (1.19)	15.3 (1.58)	12.5 (1.29)	14.3 (1.47)	8.8 (1.23)
Uninsured	6.5 (0.47)	12.8 (0.79)	8.1 (0.59)	12.8 (0.70)	5.2 (0.42)
65 and over:					
Private	2.5 (0.32)	9.1 (0.64)	3.5 (0.38)	8.3 (0.60)	1.1 (0.22)
Medicare and Medicaid	5.8 (1.37)	12.3 (1.58)	6.7 (1.49)	11.6 (1.38)	3.9 (0.85)
Medicare only	4.2 (0.50)	7.3 (0.71)	5.1 (0.65)	8.5 (0.72)	2.7 (0.38)
Other	3.1 (0.66)	5.0 (1.06)	5.0 (1.06)	9.1 (1.69)	1.8 (0.54)
Uninsured	*	*	*	*	*
Marital status					
Married	3.4 (0.20)	10.6 (0.36)	4.6 (0.28)	10.8 (0.35)	2.0 (0.14)
Widowed	7.1 (1.60)	20.0 (4.32)	9.1 (2.44)	14.6 (3.04)	6.7 (1.75)
Divorced or separated	7.6 (0.50)	14.2 (0.76)	9.4 (0.64)	15.2 (0.84)	6.4 (0.50)
Never married	4.7 (0.34)	12.4 (0.57)	6.0 (0.40)	12.4 (0.60)	3.6 (0.29)
Living with a partner	5.6 (0.66)	14.3 (1.36)	8.6 (1.11)	13.1 (1.00)	4.3 (0.64)
Place of residence ¹¹					
Large MSA	3.9 (0.19)	12.4 (0.39)	5.3 (0.28)	11.4 (0.34)	2.7 (0.15)
Small MSA	5.0 (0.28)	11.8 (0.49)	6.4 (0.39)	13.0 (0.59)	3.5 (0.23)
Not in MSA	5.7 (0.43)	12.0 (0.62)	7.5 (0.55)	12.5 (0.72)	3.8 (0.33)
Region					
Northeast	4.1 (0.35)	12.5 (0.72)	5.5 (0.56)	11.4 (0.70)	2.4 (0.26)
Midwest	4.7 (0.32)	13.9 (0.64)	6.6 (0.53)	13.4 (0.70)	3.0 (0.26)
South	4.5 (0.25)	10.6 (0.42)	6.0 (0.30)	11.0 (0.41)	3.3 (0.19)
West	4.6 (0.30)	12.8 (0.53)	5.7 (0.35)	12.8 (0.55)	3.5 (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, 2014

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	4.4 (0.55)	9.4 (0.73)	6.0 (0.67)	10.4 (0.81)	3.7 (0.48)
Hispanic or Latina, female	6.3 (0.56)	11.7 (0.72)	8.1 (0.60)	10.2 (0.69)	5.9 (0.52)
Not Hispanic or Latino:					
White, single race, male	3.3 (0.23)	11.2 (0.51)	5.1 (0.32)	11.8 (0.48)	2.4 (0.21)
White, single race, female	5.8 (0.31)	15.1 (0.57)	6.9 (0.48)	13.8 (0.59)	3.0 (0.21)
Black or African American, single race, male	3.2 (0.49)	8.6 (1.03)	4.4 (0.54)	9.9 (0.99)	2.7 (0.49)
Black or African American, single race, female	4.6 (0.53)	12.4 (0.88)	6.3 (0.59)	13.5 (0.83)	3.7 (0.46)

* 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.

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 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%.

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>). Suggested citation: Blackwell DL, Lucas JW. Tables of Summary Health Statistics for U.S. Adults: 2014 National Health Interview Survey. 2015. Available from: <http://www.cdc.gov/nchs/nhis/SHS/tables.htm>.

SOURCE: CDC/NCHS, National Health Interview Survey, 2014.

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, 2014

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	239,688	10,467	27,737	13,746	27,771	7,258
Sex						
Male	115,541	3,819	11,217	5,623	12,305	2,983
Female	124,148	6,648	16,520	8,122	15,466	4,275
Age (years)						
18–44	112,149	4,743	15,060	6,684	13,877	3,131
45–64	82,605	4,258	9,086	5,160	10,200	3,280
65–74	26,362	923	2,083	1,161	2,102	557
75 and over	18,573	543	1,509	741	1,592	290
Race						
One race ²	235,831	10,118	27,241	13,395	27,102	6,958
White	190,462	8,475	22,454	11,077	22,286	5,634
Black or African American	29,355	1,184	3,072	1,632	3,361	949
American Indian or Alaska Native	1,948	152	264	182	*231	165
Asian	13,733	306	1,369	491	1,181	210
Native Hawaiian or Other Pacific Islander	333	-	*82	*	*	-
Two or more races ³	3,858	349	496	351	669	301
Black or African American, white	760	*64	*40	*67	*98	*
American Indian or Alaska Native, white	1,590	177	249	219	312	166
Hispanic or Latino origin ⁴ and race						
Hispanic or Latino	36,571	1,819	3,804	2,443	3,695	1,626
Mexican or Mexican American	22,326	1,058	2,371	1,421	2,190	906
Not Hispanic or Latino	203,117	8,648	23,933	11,303	24,077	5,633
White, single race	157,364	6,869	19,137	8,954	19,052	4,192
Black or African American, single race	27,875	1,095	2,873	1,484	3,170	898

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, 2014

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
Education ⁵						
Less than a high school diploma	27,612	2,009	3,170	2,447	3,209	1,662
High school diploma or GED ⁶	52,697	2,599	5,605	3,176	6,107	2,010
Some college	59,919	2,923	6,970	3,738	7,732	2,195
Bachelor's degree or higher	67,940	1,612	7,376	2,292	6,571	654
Current employment status ⁷						
Employed	146,624	4,470	16,008	6,201	16,414	2,442
Full-time	117,112	3,098	12,329	4,481	12,576	1,573
Part-time	27,205	1,254	3,405	1,540	3,531	770
Not employed but has worked previously	79,316	5,251	10,099	6,687	10,072	4,301
Not employed and has never worked	13,623	735	1,626	849	1,284	510
Family income ⁸						
Less than \$35,000	69,793	5,372	9,468	6,380	9,918	4,341
\$35,000 or more	144,503	4,383	15,696	6,037	15,834	2,449
\$35,000–\$49,999	28,044	1,340	3,291	1,856	3,486	817
\$50,000–\$74,999	35,733	1,204	4,081	1,639	4,052	807
\$75,000–\$99,999	27,053	785	2,766	1,047	3,054	407
\$100,000 or more	53,673	1,053	5,558	1,496	5,241	418
Poverty status ⁹						
Poor	31,383	2,784	4,512	3,362	4,618	2,408
Near poor	42,675	2,847	5,663	3,539	5,863	2,072
Not poor	152,199	4,423	16,138	6,060	16,205	2,484

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, 2014

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	129,666	3,734	15,166	5,168	15,017	2,018
Medicaid	23,239	2,314	3,477	2,842	3,648	1,906
Other	9,095	934	1,417	1,307	1,358	906
Uninsured	31,587	1,960	3,927	2,444	3,885	1,558
65 and over:						
Private	22,525	559	1,964	765	1,809	242
Medicare and Medicaid	2,951	168	345	194	325	107
Medicare only	15,536	613	1,081	755	1,251	406
Other	3,513	113	179	165	298	*70
Uninsured	313	*	*	*	*	*
Marital status						
Married	126,926	4,206	12,699	5,702	13,163	2,602
Widowed	14,312	744	1,555	853	1,555	532
Divorced or separated	26,802	1,982	3,529	2,360	3,816	1,599
Never married	53,788	2,567	7,182	3,193	6,890	1,816
Living with a partner	17,497	949	2,737	1,625	2,313	702
Place of residence ¹¹						
Large MSA	130,402	4,985	15,495	6,719	14,402	3,398
Small MSA	73,885	3,516	8,323	4,549	9,161	2,514
Not in MSA	35,402	1,966	3,918	2,478	4,208	1,346
Region						
Northeast	41,490	1,623	4,849	2,155	4,507	963
Midwest	55,095	2,490	7,201	3,422	7,099	1,579
South	89,270	3,937	8,974	5,173	9,483	2,867
West	53,834	2,417	6,713	2,996	6,683	1,849

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, 2014

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	18,309	737	1,692	1,020	1,863	613
Hispanic or Latina, female	18,262	1,083	2,112	1,423	1,832	1,013
Not Hispanic or Latino:						
White, single race, male	76,277	2,418	7,738	3,711	8,439	1,772
White, single race, female	81,087	4,451	11,399	5,243	10,613	2,420
Black or African American, single race, male	12,626	410	1,050	548	1,191	347
Black or African American, single race, female	15,249	685	1,823	936	1,979	551

* 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.

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 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%.

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>). Suggested citation: Blackwell DL, Lucas JW. Tables of Summary Health Statistics for U.S. Adults: 2014 National Health Interview Survey. 2015. Available from: <http://www.cdc.gov/nchs/nhis/SHS/tables.htm>.

SOURCE: CDC/NCHS, National Health Interview Survey, 2014.

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, 2014

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	4.5 (0.15)	12.0 (0.27)	5.9 (0.20)	12.0 (0.28)	3.1 (0.12)
Sex					
Male	3.4 (0.19)	10.0 (0.37)	5.0 (0.24)	11.0 (0.36)	2.7 (0.17)
Female	5.5 (0.23)	13.7 (0.38)	6.8 (0.30)	12.9 (0.39)	3.6 (0.17)
Age (years)					
18–44	4.4 (0.21)	13.8 (0.43)	6.1 (0.33)	12.8 (0.41)	2.9 (0.17)
45–64	5.3 (0.27)	11.4 (0.38)	6.5 (0.30)	12.8 (0.42)	4.1 (0.22)
65–74	3.6 (0.38)	8.2 (0.50)	4.5 (0.41)	8.2 (0.53)	2.2 (0.27)
75 and over	3.1 (0.35)	8.5 (0.69)	4.2 (0.51)	9.0 (0.67)	1.6 (0.25)
Race					
One race ²	4.4 (0.15)	11.9 (0.27)	5.9 (0.20)	11.9 (0.28)	3.1 (0.12)
White	4.6 (0.18)	12.2 (0.31)	6.0 (0.22)	12.1 (0.32)	3.1 (0.14)
Black or African American	4.2 (0.38)	10.9 (0.66)	5.8 (0.41)	11.9 (0.64)	3.4 (0.35)
American Indian or Alaska Native	8.1 (2.15)	14.0 (2.86)	9.5 (2.24)	12.1 (3.41)	8.8 (2.28)
Asian	2.3 (0.48)	10.3 (0.91)	3.7 (0.89)	8.9 (0.86)	1.6 (0.28)
Native Hawaiian or Other Pacific Islander	-	*25.1 (8.96)	*	*13.5 (6.29)	-
Two or more races ³	9.6 (1.75)	13.7 (1.86)	9.7 (1.62)	18.5 (2.32)	8.4 (1.76)
Black or African American, white	*9.1 (3.63)	*5.7 (2.04)	*9.6 (3.62)	*14.1 (5.88)	*
American Indian or Alaska Native, white	12.3 (2.93)	17.4 (3.19)	15.3 (3.27)	21.8 (3.61)	11.6 (3.11)
Hispanic or Latino origin ⁴ and race					
Hispanic or Latino	5.1 (0.37)	10.7 (0.55)	6.9 (0.45)	10.4 (0.53)	4.6 (0.34)
Mexican or Mexican American	4.9 (0.46)	10.9 (0.71)	6.5 (0.56)	10.1 (0.62)	4.2 (0.42)
Not Hispanic or Latino	4.4 (0.16)	12.2 (0.29)	5.8 (0.22)	12.3 (0.31)	2.9 (0.12)
White, single race	4.5 (0.19)	12.6 (0.35)	5.9 (0.25)	12.5 (0.36)	2.8 (0.15)
Black or African American, single race	4.1 (0.39)	10.7 (0.66)	5.6 (0.41)	11.9 (0.64)	3.4 (0.36)

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, 2014

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	7.6 (0.51)	12.0 (0.70)	9.2 (0.61)	12.1 (0.62)	6.3 (0.44)
High school diploma or GED ⁶	5.1 (0.34)	11.1 (0.50)	6.3 (0.39)	12.1 (0.54)	4.0 (0.30)
Some college	5.0 (0.32)	12.0 (0.50)	6.4 (0.36)	13.3 (0.52)	3.8 (0.27)
Bachelor's degree or higher	2.4 (0.21)	11.2 (0.44)	3.5 (0.29)	10.0 (0.41)	1.0 (0.12)
Current employment status ⁷					
Employed	3.1 (0.17)	11.3 (0.33)	4.4 (0.22)	11.6 (0.35)	1.7 (0.12)
Full-time	2.7 (0.18)	10.9 (0.38)	4.0 (0.24)	11.1 (0.34)	1.4 (0.11)
Part-time	4.7 (0.45)	12.9 (0.79)	5.8 (0.54)	13.4 (1.07)	2.9 (0.38)
Not employed but has worked previously	6.8 (0.31)	13.2 (0.47)	8.7 (0.43)	13.1 (0.46)	5.6 (0.27)
Not employed and has never worked	5.6 (0.61)	12.4 (1.21)	6.5 (0.72)	9.8 (0.90)	3.9 (0.49)
Family income ⁸					
Less than \$35,000	7.9 (0.30)	14.0 (0.43)	9.4 (0.36)	14.7 (0.47)	6.5 (0.28)
\$35,000 or more	3.1 (0.17)	11.2 (0.35)	4.3 (0.21)	11.3 (0.36)	1.7 (0.13)
\$35,000–\$49,999	4.9 (0.48)	12.0 (0.73)	6.8 (0.56)	12.8 (0.71)	3.0 (0.34)
\$50,000–\$74,999	3.5 (0.37)	11.7 (0.68)	4.7 (0.47)	11.6 (0.64)	2.3 (0.31)
\$75,000–\$99,999	3.0 (0.41)	10.5 (0.74)	4.0 (0.47)	11.6 (1.06)	1.6 (0.29)
\$100,000 or more	2.0 (0.24)	10.7 (0.55)	2.9 (0.31)	10.0 (0.56)	0.8 (0.15)
Poverty status ⁹					
Poor	9.2 (0.50)	14.9 (0.68)	11.1 (0.57)	15.3 (0.67)	8.0 (0.48)
Near poor	6.8 (0.43)	13.6 (0.59)	8.5 (0.49)	14.1 (0.60)	5.0 (0.35)
Not poor	3.0 (0.17)	10.9 (0.32)	4.1 (0.21)	11.0 (0.34)	1.7 (0.12)

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, 2014

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	3.0 (0.18)	12.1 (0.38)	4.1 (0.27)	12.0 (0.38)	1.6 (0.13)
Medicaid	10.3 (0.69)	15.5 (0.83)	12.7 (0.79)	16.3 (0.82)	8.6 (0.59)
Other	10.5 (1.16)	15.9 (1.35)	14.7 (1.25)	15.3 (1.36)	10.2 (1.13)
Uninsured	6.4 (0.46)	12.8 (0.81)	8.0 (0.59)	12.7 (0.70)	5.1 (0.41)
65 and over:					
Private	2.6 (0.34)	9.0 (0.63)	3.5 (0.39)	8.3 (0.59)	1.1 (0.22)
Medicare and Medicaid	6.0 (1.47)	12.3 (1.58)	6.9 (1.56)	11.6 (1.36)	3.9 (0.82)
Medicare only	4.1 (0.49)	7.3 (0.67)	5.1 (0.61)	8.4 (0.70)	2.8 (0.39)
Other	3.3 (0.73)	5.3 (1.10)	4.9 (1.01)	8.7 (1.55)	*2.1 (0.64)
Uninsured	*	*	*	*	*
Marital status					
Married	3.4 (0.20)	10.3 (0.33)	4.6 (0.25)	10.7 (0.34)	2.1 (0.14)
Widowed	5.4 (0.64)	11.3 (0.76)	6.2 (0.63)	11.3 (0.73)	3.9 (0.45)
Divorced or separated	7.7 (0.44)	13.7 (0.61)	9.2 (0.50)	14.8 (0.69)	6.2 (0.39)
Never married	4.9 (0.33)	13.8 (0.60)	6.1 (0.38)	13.2 (0.64)	3.5 (0.27)
Living with a partner	5.6 (0.64)	16.1 (1.62)	9.6 (1.37)	13.6 (0.96)	4.1 (0.54)
Place of residence ¹¹					
Large MSA	3.9 (0.19)	12.3 (0.39)	5.3 (0.27)	11.4 (0.34)	2.7 (0.16)
Small MSA	4.9 (0.28)	11.7 (0.47)	6.4 (0.37)	12.8 (0.57)	3.5 (0.23)
Not in MSA	5.7 (0.43)	11.4 (0.54)	7.2 (0.49)	12.3 (0.70)	3.9 (0.33)
Region					
Northeast	4.0 (0.34)	12.0 (0.66)	5.4 (0.52)	11.2 (0.67)	2.4 (0.26)
Midwest	4.7 (0.32)	13.6 (0.63)	6.4 (0.51)	13.4 (0.68)	3.0 (0.25)
South	4.6 (0.25)	10.4 (0.41)	6.0 (0.30)	11.0 (0.41)	3.3 (0.20)
West	4.6 (0.30)	12.8 (0.53)	5.7 (0.35)	12.8 (0.55)	3.5 (0.26)

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, 2014

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	4.1 (0.51)	9.5 (0.75)	5.7 (0.66)	10.4 (0.81)	3.4 (0.44)
Hispanic or Latina, female	6.1 (0.55)	11.9 (0.74)	8.0 (0.60)	10.3 (0.70)	5.7 (0.51)
Not Hispanic or Latino:					
White, single race, male	3.3 (0.23)	10.5 (0.47)	5.0 (0.30)	11.4 (0.45)	2.4 (0.21)
White, single race, female	5.7 (0.30)	14.5 (0.51)	6.7 (0.41)	13.5 (0.53)	3.1 (0.19)
Black or African American, single race, male	3.4 (0.52)	8.6 (1.03)	4.5 (0.55)	9.8 (0.96)	2.9 (0.52)
Black or African American, single race, female	4.7 (0.54)	12.5 (0.87)	6.4 (0.60)	13.6 (0.84)	3.8 (0.47)

* 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.

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 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%.

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: Blackwell DL, Lucas JW. Tables of Summary Health Statistics for U.S. Adults: 2014 National Health Interview Survey, 2015. Available from: <http://www.cdc.gov/nchs/nhis/SHS/tables.htm>. SOURCE: CDC/NCHS, National Health Interview Survey, 2014.