

**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, 2015**

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	5.2 (0.17)	13.5 (0.30)	6.7 (0.20)	13.1 (0.27)	3.6 (0.15)
Sex					
Male	3.6 (0.22)	11.6 (0.40)	5.9 (0.28)	12.5 (0.39)	2.9 (0.20)
Female	6.6 (0.27)	15.2 (0.42)	7.4 (0.28)	13.6 (0.37)	4.3 (0.22)
Age (years)					
18–44	5.5 (0.26)	15.1 (0.45)	7.3 (0.30)	13.8 (0.39)	3.7 (0.23)
45–64	5.6 (0.29)	12.9 (0.45)	7.2 (0.34)	13.4 (0.46)	4.1 (0.26)
65–74	3.7 (0.39)	9.8 (0.59)	3.6 (0.36)	11.5 (0.65)	2.6 (0.34)
75 and over	2.9 (0.35)	9.1 (0.70)	3.8 (0.47)	8.7 (0.66)	2.2 (0.39)
Race					
One race <sup>2</sup>	5.1 (0.17)	13.4 (0.30)	6.6 (0.21)	13.0 (0.27)	3.5 (0.15)
White	5.4 (0.20)	13.8 (0.34)	6.9 (0.24)	13.3 (0.31)	3.5 (0.16)
Black or African American	4.3 (0.42)	12.8 (0.66)	6.3 (0.50)	13.2 (0.65)	3.5 (0.38)
American Indian or Alaska Native	8.0 (1.82)	20.7 (3.38)	11.1 (2.49)	18.2 (3.57)	14.0 (3.54)
Asian	3.2 (0.54)	9.8 (0.82)	3.4 (0.63)	8.4 (0.73)	2.1 (0.46)
Native Hawaiian or Other Pacific Islander	*	*15.4 (6.34)	*	*12.8 (6.38)	-
Two or more races <sup>3</sup>	7.2 (1.55)	18.8 (2.21)	9.7 (1.69)	17.6 (1.98)	8.3 (1.78)
Black or African American, white	*13.4 (5.03)	21.3 (5.39)	*12.9 (5.30)	19.8 (5.61)	*12.2 (5.23)
American Indian or Alaska Native, white	*9.5 (3.59)	22.2 (3.92)	14.7 (3.81)	19.6 (3.34)	*12.8 (4.28)
Hispanic or Latino origin <sup>4</sup> and race					
Hispanic or Latino	5.4 (0.37)	10.6 (0.55)	6.4 (0.42)	9.5 (0.50)	4.0 (0.32)
Mexican or Mexican American	4.7 (0.42)	9.6 (0.66)	5.8 (0.52)	8.8 (0.62)	3.9 (0.42)
Not Hispanic or Latino	5.2 (0.20)	14.2 (0.35)	6.8 (0.23)	13.8 (0.31)	3.6 (0.17)
White, single race	5.5 (0.23)	14.8 (0.42)	7.3 (0.28)	14.4 (0.37)	3.6 (0.19)
Black or African American, single race	4.2 (0.42)	12.8 (0.67)	6.1 (0.50)	13.3 (0.68)	3.4 (0.39)

**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, 2015**

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	8.8 (0.70)	12.8 (0.81)	12.7 (0.79)	12.0 (0.71)	8.3 (0.70)
High school diploma or GED <sup>6</sup>	5.5 (0.39)	12.7 (0.57)	8.1 (0.48)	13.1 (0.60)	4.2 (0.37)
Some college	5.4 (0.33)	13.6 (0.58)	6.9 (0.38)	14.5 (0.54)	3.6 (0.28)
Bachelor's degree or higher	3.0 (0.23)	12.4 (0.45)	3.2 (0.23)	12.0 (0.47)	1.4 (0.16)
Current employment status <sup>7</sup>					
Employed	3.5 (0.20)	12.3 (0.39)	4.4 (0.22)	12.4 (0.39)	1.8 (0.15)
Full-time	3.0 (0.18)	11.8 (0.39)	3.9 (0.20)	12.3 (0.59)	1.4 (0.12)
Part-time	5.0 (0.52)	14.1 (0.90)	5.6 (0.54)	14.0 (0.82)	2.9 (0.39)
Not employed but has worked previously	9.5 (0.50)	16.7 (0.67)	12.6 (0.59)	15.3 (0.59)	8.1 (0.45)
Not employed and has never worked	8.0 (0.97)	13.0 (1.19)	8.9 (0.99)	11.1 (1.07)	6.6 (0.85)
Family income <sup>8</sup>					
Less than \$35,000	8.9 (0.39)	16.5 (0.53)	11.1 (0.43)	16.2 (0.51)	7.3 (0.37)
\$35,000 or more	3.8 (0.20)	12.4 (0.38)	5.0 (0.24)	12.2 (0.34)	2.2 (0.17)
\$35,000–\$49,999	5.7 (0.55)	13.0 (0.75)	7.7 (0.69)	13.3 (0.78)	3.6 (0.45)
\$50,000–\$74,999	3.9 (0.42)	12.7 (0.73)	5.9 (0.51)	13.0 (0.69)	2.8 (0.39)
\$75,000–\$99,999	3.7 (0.46)	11.9 (0.79)	5.1 (0.53)	10.8 (0.72)	1.8 (0.31)
\$100,000 or more	3.0 (0.31)	12.1 (0.61)	3.4 (0.32)	11.7 (0.58)	1.4 (0.23)
Poverty status <sup>9</sup>					
Poor	11.0 (0.64)	17.0 (0.83)	13.3 (0.71)	16.6 (0.78)	9.4 (0.62)
Near poor	6.8 (0.46)	15.5 (0.62)	9.6 (0.55)	14.7 (0.61)	5.6 (0.44)
Not poor	3.9 (0.20)	12.6 (0.37)	4.9 (0.22)	12.4 (0.33)	2.2 (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, 2015**

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	3.9 (0.21)	14.0 (0.40)	5.3 (0.25)	12.9 (0.36)	2.2 (0.17)
Medicaid	11.9 (0.75)	16.9 (0.93)	14.9 (0.87)	17.0 (0.92)	10.1 (0.73)
Other coverage	9.5 (1.32)	20.2 (1.93)	13.2 (1.57)	17.5 (1.71)	6.6 (1.03)
Uninsured	6.5 (0.58)	13.2 (0.78)	9.5 (0.72)	12.7 (0.80)	5.7 (0.54)
65 and over:					
Private	2.4 (0.35)	9.1 (0.70)	2.6 (0.40)	10.6 (0.75)	1.6 (0.29)
Medicare and Medicaid	10.9 (1.98)	15.7 (2.00)	11.2 (1.74)	14.8 (1.97)	10.8 (1.89)
Medicare Advantage	3.1 (0.49)	8.9 (0.89)	3.4 (0.55)	8.6 (0.79)	1.9 (0.44)
Medicare only	2.9 (0.55)	8.4 (1.09)	3.7 (0.68)	9.1 (1.15)	*2.0 (0.73)
Other coverage	3.0 (0.85)	9.8 (1.63)	3.6 (0.87)	11.1 (1.67)	*2.1 (0.74)
Uninsured	*7.2 (3.36)	*	*	*15.0 (6.36)	*
Marital status					
Married	3.9 (0.22)	12.1 (0.41)	5.0 (0.26)	12.0 (0.38)	2.3 (0.17)
Widowed	4.0 (0.58)	12.2 (2.84)	5.5 (1.32)	*16.2 (5.17)	2.9 (0.46)
Divorced or separated	8.1 (0.70)	14.7 (0.83)	11.0 (0.88)	14.8 (0.79)	6.9 (0.72)
Never married	6.1 (0.48)	15.4 (0.69)	7.7 (0.46)	13.9 (0.66)	4.6 (0.45)
Living with a partner	6.5 (0.69)	15.0 (1.20)	8.3 (0.81)	17.5 (1.30)	4.3 (0.60)
Place of residence <sup>11</sup>					
Large MSA	4.8 (0.23)	13.1 (0.39)	6.0 (0.27)	12.6 (0.37)	3.2 (0.20)
Small MSA	5.3 (0.33)	14.0 (0.53)	6.9 (0.34)	13.3 (0.48)	3.7 (0.29)
Not in MSA	6.5 (0.49)	14.1 (0.93)	9.2 (0.66)	14.4 (0.72)	4.9 (0.44)
Region					
Northeast	4.8 (0.37)	13.8 (0.80)	5.6 (0.45)	12.4 (0.70)	3.0 (0.33)
Midwest	5.0 (0.33)	15.4 (0.74)	7.0 (0.40)	14.0 (0.64)	3.8 (0.34)
South	5.3 (0.29)	12.5 (0.43)	7.2 (0.37)	12.7 (0.39)	3.6 (0.23)
West	5.4 (0.39)	13.0 (0.54)	6.3 (0.40)	13.1 (0.54)	3.9 (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, 2015**

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	3.7 (0.48)	8.2 (0.69)	4.7 (0.54)	8.5 (0.69)	3.2 (0.48)
Hispanic or Latina, female	7.0 (0.57)	12.9 (0.82)	8.0 (0.62)	10.4 (0.71)	4.7 (0.45)
Not Hispanic or Latino:					
White, single race, male	3.8 (0.28)	12.7 (0.55)	6.6 (0.39)	13.6 (0.53)	2.7 (0.23)
White, single race, female	7.2 (0.37)	16.7 (0.58)	7.8 (0.39)	15.1 (0.52)	4.5 (0.30)
Black or African American, single race, male	3.1 (0.59)	11.1 (0.97)	4.7 (0.65)	12.8 (1.06)	2.9 (0.51)
Black or African American, single race, female	5.1 (0.59)	14.0 (0.92)	7.3 (0.71)	13.7 (0.90)	3.9 (0.53)

\* 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 were both 4.2%.

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 4.5%.

<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. 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. Tables of Summary Health Statistics for U.S. Adults: 2015 National Health Interview Survey. National Center for Health Statistics. 2016. Available from: <http://www.cdc.gov/nchs/nhis/SHS/tables.htm>.

SOURCE: NCHS, National Health Interview Survey, 2015.

**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, 2015**

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	242,501	11,919	30,894	15,353	30,228	8,348
Sex						
Male	116,875	4,094	12,876	6,578	13,887	3,219
Female	125,625	7,824	18,019	8,774	16,340	5,129
Age (years)						
18–44	112,760	5,959	16,359	7,932	14,900	3,999
45–64	83,239	4,454	10,295	5,761	10,710	3,258
65–74	27,297	981	2,580	957	3,027	689
75 and over	19,204	525	1,661	704	1,591	403
Race						
One race <sup>2</sup>	238,301	11,622	30,123	14,943	29,515	8,013
White	191,218	9,758	24,642	12,418	24,163	6,456
Black or African American	29,796	1,238	3,620	1,799	3,752	998
American Indian or Alaska Native	2,307	184	433	255	376	*285
Asian	14,360	440	1,338	460	1,152	274
Native Hawaiian or Other Pacific Islander	619	*	*90	*	*	-
Two or more races <sup>3</sup>	4,200	297	771	410	713	335
Black or African American, white	851	*62	195	*73	156	*61
American Indian or Alaska Native, white	1,647	*156	338	240	315	*204
Hispanic or Latino origin <sup>4</sup> and race						
Hispanic or Latino	37,755	1,963	3,895	2,366	3,499	1,445
Mexican or Mexican American	22,992	1,047	2,158	1,332	1,984	842
Not Hispanic or Latino	204,746	9,955	26,999	12,987	26,729	6,903
White, single race	157,410	8,076	21,281	10,501	21,066	5,289
Black or African American, single race	28,418	1,139	3,441	1,670	3,590	936

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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	26,648	2,112	3,227	3,072	2,993	1,999
High school diploma or GED <sup>6</sup>	50,847	2,608	6,041	3,737	6,253	1,966
Some college	61,605	3,225	7,975	4,033	8,631	2,153
Bachelor's degree or higher	72,373	2,086	8,597	2,280	8,353	1,003
Current employment status <sup>7</sup>						
Employed	148,914	5,142	18,337	6,753	18,333	2,632
Full-time	121,609	3,784	14,536	5,174	14,523	1,843
Part-time	25,508	1,264	3,614	1,419	3,566	737
Not employed but has worked previously	79,530	5,749	10,808	7,390	10,467	4,832
Not employed and has never worked	13,899	1,028	1,725	1,195	1,427	868
Family income <sup>8</sup>						
Less than \$35,000	66,342	5,445	10,242	6,788	10,015	4,441
\$35,000 or more	148,656	5,495	17,629	7,156	17,584	3,086
\$35,000–\$49,999	25,114	1,360	3,100	1,813	3,136	855
\$50,000–\$74,999	37,018	1,387	4,430	2,058	4,642	977
\$75,000–\$99,999	27,607	1,023	3,180	1,346	2,970	475
\$100,000 or more	58,917	1,725	6,919	1,939	6,835	779
Poverty status <sup>9</sup>						
Poor	28,022	2,926	4,565	3,542	4,423	2,437
Near poor	42,375	2,702	6,228	3,793	5,873	2,228
Not poor	159,450	5,855	18,815	7,428	18,823	3,339

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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	135,220	5,060	17,670	6,727	16,694	2,866
Medicaid	25,313	2,829	4,018	3,539	4,061	2,386
Other coverage	9,086	871	1,616	1,146	1,557	627
Uninsured	24,896	1,540	3,174	2,225	3,071	1,341
65 and over:						
Private	19,581	451	1,710	471	2,033	279
Medicare and Medicaid	3,267	338	489	350	459	335
Medicare Advantage	11,634	348	1,016	383	980	226
Medicare only	7,890	230	642	292	685	*151
Other coverage	3,808	116	367	140	425	*82
Uninsured	249	*	*	*	*36	*
Marital status						
Married	128,583	4,769	14,658	6,159	14,791	2,883
Widowed	14,720	693	1,586	778	1,497	525
Divorced or separated	27,858	2,070	3,694	2,640	3,851	1,774
Never married	53,374	3,170	8,412	4,245	7,189	2,410
Living with a partner	17,665	1,185	2,531	1,518	2,886	741
Place of residence <sup>11</sup>						
Large MSA	134,062	6,140	16,587	7,637	16,175	4,162
Small MSA	74,299	3,710	9,792	4,830	9,430	2,584
Not in MSA	34,140	2,068	4,515	2,886	4,623	1,603
Region						
Northeast	42,320	1,902	5,469	2,187	4,983	1,206
Midwest	54,367	2,551	7,805	3,620	7,214	1,915
South	90,015	4,537	10,601	6,116	10,938	3,096
West	55,798	2,928	7,020	3,430	7,093	2,131

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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	18,798	684	1,561	894	1,608	594
Hispanic or Latina, female	18,957	1,279	2,334	1,473	1,891	851
Not Hispanic or Latino:						
White, single race, male	76,483	2,714	8,940	4,733	9,691	1,920
White, single race, female	80,927	5,362	12,341	5,768	11,374	3,369
Black or African American, single race, male	12,771	384	1,364	584	1,543	352
Black or African American, single race, female	15,647	755	2,077	1,085	2,047	584

\* 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 were both 4.2%.

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 4.5%.

<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. Tables of Summary Health Statistics for U.S. Adults: 2015 National Health Interview Survey. National Center for Health Statistics. 2016. Available from: <http://www.cdc.gov/nchs/nhis/SHS/tables.htm>.

SOURCE: NCHS, National Health Interview Survey, 2015.



**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, 2015**

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	5.1 (0.17)	13.3 (0.29)	6.6 (0.20)	13.0 (0.27)	3.6 (0.15)
Sex					
Male	3.7 (0.22)	11.5 (0.39)	5.9 (0.28)	12.4 (0.39)	2.9 (0.20)
Female	6.5 (0.26)	15.0 (0.40)	7.3 (0.26)	13.6 (0.36)	4.3 (0.21)
Age (years)					
18–44	5.5 (0.26)	15.1 (0.45)	7.3 (0.30)	13.8 (0.39)	3.7 (0.23)
45–64	5.6 (0.29)	12.9 (0.45)	7.2 (0.34)	13.4 (0.46)	4.1 (0.26)
65–74	3.7 (0.39)	9.8 (0.59)	3.6 (0.36)	11.5 (0.65)	2.6 (0.34)
75 and over	2.9 (0.35)	9.1 (0.70)	3.8 (0.47)	8.7 (0.66)	2.2 (0.39)
Race					
One race <sup>2</sup>	5.1 (0.17)	13.2 (0.29)	6.5 (0.20)	12.9 (0.27)	3.5 (0.15)
White	5.3 (0.19)	13.4 (0.33)	6.8 (0.23)	13.2 (0.30)	3.5 (0.16)
Black or African American	4.4 (0.43)	12.9 (0.66)	6.4 (0.51)	13.3 (0.66)	3.6 (0.39)
American Indian or Alaska Native	8.4 (2.05)	19.7 (3.35)	11.6 (2.66)	17.1 (3.66)	13.0 (3.65)
Asian	3.2 (0.55)	9.8 (0.83)	3.4 (0.62)	8.4 (0.74)	2.0 (0.44)
Native Hawaiian or Other Pacific Islander	*	*14.7 (6.40)	*	*	-
Two or more races <sup>3</sup>	7.2 (1.61)	18.8 (2.24)	10.0 (1.77)	17.3 (1.92)	8.2 (1.86)
Black or African American, white	*7.6 (3.32)	23.9 (6.13)	*9.0 (3.61)	19.2 (4.98)	*7.6 (3.36)
American Indian or Alaska Native, white	*9.6 (3.35)	20.7 (3.64)	14.7 (3.63)	19.3 (3.20)	*12.6 (4.01)
Hispanic or Latino origin <sup>4</sup> and race					
Hispanic or Latino	5.4 (0.38)	10.7 (0.54)	6.5 (0.44)	9.6 (0.51)	4.0 (0.33)
Mexican or Mexican American	4.7 (0.43)	9.7 (0.63)	6.0 (0.54)	8.9 (0.62)	3.8 (0.40)
Not Hispanic or Latino	5.1 (0.19)	13.8 (0.33)	6.6 (0.22)	13.6 (0.30)	3.5 (0.16)
White, single race	5.3 (0.22)	14.1 (0.38)	6.9 (0.27)	13.9 (0.35)	3.5 (0.18)
Black or African American, single race	4.3 (0.43)	12.9 (0.68)	6.2 (0.51)	13.4 (0.68)	3.5 (0.40)

**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, 2015**

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	8.4 (0.64)	12.8 (0.78)	12.2 (0.73)	11.9 (0.70)	8.0 (0.64)
High school diploma or GED <sup>6</sup>	5.4 (0.36)	12.4 (0.54)	7.7 (0.44)	12.9 (0.54)	4.1 (0.34)
Some college	5.5 (0.32)	13.5 (0.57)	6.8 (0.38)	14.6 (0.54)	3.6 (0.26)
Bachelor's degree or higher	3.0 (0.24)	12.3 (0.45)	3.3 (0.24)	12.0 (0.48)	1.4 (0.17)
Current employment status <sup>7</sup>					
Employed	3.6 (0.18)	12.8 (0.35)	4.7 (0.21)	12.8 (0.34)	1.8 (0.14)
Full-time	3.2 (0.19)	12.5 (0.38)	4.4 (0.22)	12.5 (0.37)	1.6 (0.14)
Part-time	5.2 (0.54)	14.7 (0.92)	5.8 (0.54)	14.5 (0.86)	3.0 (0.40)
Not employed but has worked previously	7.5 (0.34)	14.2 (0.49)	9.7 (0.39)	13.7 (0.45)	6.4 (0.32)
Not employed and has never worked	7.7 (0.97)	13.0 (1.15)	9.0 (1.03)	10.7 (1.03)	6.7 (0.90)
Family income <sup>8</sup>					
Less than \$35,000	8.6 (0.37)	16.2 (0.51)	10.7 (0.41)	15.8 (0.48)	7.0 (0.35)
\$35,000 or more	3.8 (0.20)	12.3 (0.36)	5.0 (0.23)	12.2 (0.34)	2.1 (0.16)
\$35,000–\$49,999	5.6 (0.54)	12.9 (0.73)	7.5 (0.68)	13.0 (0.76)	3.6 (0.45)
\$50,000–\$74,999	3.9 (0.41)	12.4 (0.70)	5.8 (0.49)	13.0 (0.69)	2.7 (0.38)
\$75,000–\$99,999	3.8 (0.46)	11.8 (0.79)	5.0 (0.52)	11.1 (0.72)	1.8 (0.30)
\$100,000 or more	3.0 (0.31)	12.1 (0.59)	3.4 (0.32)	12.0 (0.58)	1.4 (0.22)
Poverty status <sup>9</sup>					
Poor	10.9 (0.64)	17.1 (0.85)	13.2 (0.72)	16.5 (0.79)	9.2 (0.62)
Near poor	6.6 (0.44)	15.3 (0.60)	9.3 (0.53)	14.5 (0.59)	5.5 (0.42)
Not poor	3.8 (0.19)	12.2 (0.35)	4.8 (0.22)	12.2 (0.32)	2.2 (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, 2015**

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	3.9 (0.21)	13.6 (0.39)	5.2 (0.24)	12.9 (0.36)	2.2 (0.16)
Medicaid	11.8 (0.76)	16.8 (0.93)	14.8 (0.87)	17.0 (0.92)	10.0 (0.72)
Other coverage	10.0 (1.12)	18.6 (1.46)	13.2 (1.28)	17.9 (1.48)	7.3 (0.95)
Uninsured	6.5 (0.57)	13.3 (0.78)	9.3 (0.70)	12.9 (0.82)	5.7 (0.53)
65 and over:					
Private	2.4 (0.34)	9.1 (0.69)	2.5 (0.38)	10.8 (0.76)	1.5 (0.26)
Medicare and Medicaid	10.8 (2.00)	15.7 (2.00)	11.2 (1.75)	14.7 (2.02)	10.8 (1.93)
Medicare Advantage	3.1 (0.50)	9.1 (0.89)	3.4 (0.55)	8.7 (0.80)	2.0 (0.46)
Medicare only	3.0 (0.59)	8.5 (1.06)	3.9 (0.70)	9.0 (1.08)	*2.0 (0.68)
Other coverage	3.2 (0.91)	10.2 (1.75)	3.9 (0.98)	11.7 (1.84)	*2.3 (0.82)
Uninsured	*9.7 (4.71)	*	*	*14.9 (6.29)	*
Marital status					
Married	3.9 (0.21)	11.8 (0.39)	5.0 (0.26)	12.0 (0.37)	2.3 (0.16)
Widowed	5.0 (0.48)	11.3 (0.80)	5.6 (0.54)	10.7 (0.74)	3.8 (0.47)
Divorced or separated	7.8 (0.54)	13.9 (0.67)	10.0 (0.63)	14.5 (0.65)	6.7 (0.53)
Never married	6.2 (0.43)	16.5 (0.67)	8.3 (0.48)	14.1 (0.60)	4.7 (0.40)
Living with a partner	7.0 (0.73)	15.0 (0.97)	9.0 (0.81)	17.1 (1.10)	4.4 (0.58)
Place of residence <sup>11</sup>					
Large MSA	4.8 (0.23)	12.9 (0.39)	6.0 (0.26)	12.6 (0.37)	3.3 (0.20)
Small MSA	5.2 (0.32)	13.7 (0.52)	6.8 (0.33)	13.2 (0.47)	3.6 (0.27)
Not in MSA	6.3 (0.44)	13.7 (0.82)	8.8 (0.64)	14.0 (0.69)	4.9 (0.42)
Region					
Northeast	4.7 (0.37)	13.6 (0.75)	5.4 (0.43)	12.3 (0.68)	3.0 (0.33)
Midwest	4.9 (0.32)	15.0 (0.71)	6.9 (0.40)	13.9 (0.63)	3.7 (0.32)
South	5.3 (0.29)	12.3 (0.41)	7.1 (0.36)	12.7 (0.40)	3.6 (0.23)
West	5.4 (0.38)	13.0 (0.54)	6.3 (0.40)	13.1 (0.54)	4.0 (0.34)

**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, 2015**

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 (0.50)	8.6 (0.72)	4.9 (0.58)	8.8 (0.73)	3.3 (0.51)
Hispanic or Latina, female	7.0 (0.59)	12.8 (0.80)	8.1 (0.64)	10.4 (0.70)	4.7 (0.45)
Not Hispanic or Latino:					
White, single race, male	3.7 (0.27)	12.2 (0.52)	6.5 (0.37)	13.2 (0.51)	2.6 (0.22)
White, single race, female	6.9 (0.34)	15.9 (0.53)	7.4 (0.35)	14.6 (0.48)	4.3 (0.28)
Black or African American, single race, male	3.2 (0.62)	11.4 (0.99)	4.9 (0.67)	12.9 (1.06)	2.9 (0.53)
Black or African American, single race, female	5.1 (0.58)	14.1 (0.92)	7.4 (0.72)	13.9 (0.91)	4.0 (0.53)

\* 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 were both 4.2%.

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 4.5%.

<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. Tables of Summary Health Statistics for U.S. Adults: 2015 National Health Interview Survey. National Center for Health Statistics. 2016. Available from: <http://www.cdc.gov/nchs/nhis/SHS/tables.htm>.

SOURCE: NCHS, National Health Interview Survey, 2015.