

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, 2017

Selected characteristic	Felt nervous all or most of the time ¹	Felt nervous some of the time ¹	Felt restless all or most of the time ¹	Felt restless some of the time ¹	Serious psychological distress ¹
Total	5.4 (0.19)	14.6 (0.29)	6.9 (0.21)	13.9 (0.29)	3.3 (0.14)
Sex					
Male	4.0 (0.23)	12.2 (0.41)	6.1 (0.29)	12.8 (0.41)	2.5 (0.17)
Female	6.8 (0.28)	16.8 (0.42)	7.7 (0.29)	15.0 (0.40)	4.1 (0.21)
Age (years)					
18–44	6.1 (0.29)	17.0 (0.47)	7.5 (0.32)	14.9 (0.45)	3.0 (0.20)
45–64	5.5 (0.29)	13.1 (0.45)	7.3 (0.34)	14.1 (0.48)	4.5 (0.27)
65–74	3.2 (0.30)	10.7 (0.58)	4.7 (0.36)	11.3 (0.58)	2.6 (0.29)
75 and over	3.6 (0.47)	8.1 (0.61)	4.0 (0.47)	9.7 (0.63)	2.0 (0.36)
Race					
One race ²	5.4 (0.19)	14.5 (0.29)	6.9 (0.21)	13.8 (0.30)	3.2 (0.14)
White	5.8 (0.22)	15.3 (0.33)	7.3 (0.24)	14.5 (0.34)	3.4 (0.16)
Black or African American	4.4 (0.44)	11.0 (0.71)	6.3 (0.53)	10.7 (0.71)	3.2 (0.37)
American Indian or Alaska Native	*	13.6 (2.40)	4.3 (1.05)	13.8 (2.74)	*
Asian	2.4 (0.48)	13.0 (1.17)	2.8 (0.52)	11.3 (1.15)	1.2 (0.31)
Native Hawaiian or Other Pacific Islander	*	*	*	*	*
Two or more races ³	8.3 (1.39)	16.6 (2.19)	9.3 (1.60)	19.1 (2.24)	8.8 (1.57)
Black or African American, white	*	28.2 (6.25)	*	16.8 (4.55)	*
American Indian or Alaska Native, white	9.6 (2.50)	15.7 (3.00)	11.2 (2.75)	17.4 (3.31)	*
Hispanic or Latino origin ⁴ and race					
Hispanic or Latino	5.6 (0.50)	11.2 (0.69)	6.2 (0.53)	10.2 (0.66)	3.7 (0.37)
Mexican or Mexican American	4.7 (0.65)	11.4 (0.94)	5.6 (0.72)	9.4 (0.82)	2.8 (0.39)
Not Hispanic or Latino	5.5 (0.20)	15.4 (0.32)	7.2 (0.24)	14.8 (0.32)	3.4 (0.15)
White, single race	5.9 (0.24)	16.6 (0.37)	7.8 (0.28)	15.9 (0.38)	3.4 (0.18)
Black or African American, single race	4.3 (0.45)	11.2 (0.74)	6.2 (0.53)	10.7 (0.74)	3.2 (0.37)

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, 2017

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	7.8 (0.70)	11.9 (0.83)	10.4 (0.72)	13.8 (0.91)	6.2 (0.57)
High school diploma or GED ⁶	6.3 (0.41)	12.3 (0.62)	8.5 (0.48)	13.3 (0.59)	4.6 (0.35)
Some college	5.9 (0.34)	13.8 (0.58)	8.0 (0.43)	14.3 (0.55)	3.7 (0.27)
Bachelor's degree or higher	2.9 (0.21)	14.7 (0.48)	3.5 (0.22)	12.7 (0.44)	1.3 (0.14)
Current employment status ⁷					
Employed	3.9 (0.23)	13.7 (0.38)	5.2 (0.22)	12.9 (0.38)	1.7 (0.13)
Full-time	3.5 (0.25)	13.2 (0.46)	5.0 (0.26)	12.3 (0.50)	1.4 (0.13)
Part-time	5.5 (0.60)	16.7 (0.91)	6.9 (0.60)	16.5 (0.94)	3.1 (0.41)
Not employed but has worked previously	10.1 (0.56)	17.9 (0.74)	11.1 (0.58)	17.7 (0.70)	7.5 (0.41)
Not employed and has never worked	6.5 (0.83)	12.2 (1.22)	7.6 (0.95)	10.1 (1.15)	4.8 (0.72)
Family income ⁸					
Less than \$35,000	9.4 (0.41)	17.2 (0.53)	11.3 (0.46)	17.0 (0.54)	7.3 (0.36)
\$35,000 or more	4.0 (0.20)	13.9 (0.36)	5.4 (0.23)	13.2 (0.37)	2.0 (0.15)
\$35,000–\$49,999	6.0 (0.53)	13.9 (0.80)	7.5 (0.62)	14.7 (0.85)	3.7 (0.40)
\$50,000–\$74,999	4.9 (0.44)	14.2 (0.67)	7.1 (0.52)	13.7 (0.67)	2.6 (0.34)
\$75,000–\$99,999	3.3 (0.42)	13.7 (0.85)	5.5 (0.58)	12.1 (0.75)	2.2 (0.39)
\$100,000 or more	3.0 (0.30)	13.8 (0.60)	3.7 (0.30)	12.7 (0.61)	1.1 (0.18)
Poverty status ⁹					
Poor	11.6 (0.63)	17.0 (0.82)	13.3 (0.72)	16.4 (0.80)	9.3 (0.59)
Near poor	7.6 (0.50)	15.4 (0.72)	9.6 (0.59)	15.7 (0.69)	5.5 (0.41)
Not poor	4.0 (0.20)	14.1 (0.36)	5.3 (0.22)	13.3 (0.37)	2.0 (0.14)

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, 2017

Selected characteristic	Felt nervous all or most of the time ¹	Felt nervous some of the time ¹	Felt restless all or most of the time ¹	Felt restless some of the time ¹	Serious psychological distress ¹
Health insurance coverage ¹⁰					
Under 65:					
Private	4.1 (0.23)	15.6 (0.41)	5.5 (0.25)	14.2 (0.41)	1.9 (0.15)
Medicaid	11.4 (0.80)	17.7 (0.91)	13.9 (0.81)	17.8 (0.93)	9.0 (0.69)
Other coverage	10.7 (1.31)	15.0 (1.57)	14.1 (1.46)	14.2 (1.29)	8.7 (1.10)
Uninsured	8.0 (0.68)	13.6 (0.93)	9.4 (0.77)	13.2 (0.86)	5.5 (0.54)
65 and over:					
Private	2.3 (0.31)	9.9 (0.65)	3.0 (0.35)	11.2 (0.64)	1.3 (0.22)
Medicare and Medicaid	7.0 (1.23)	13.6 (1.82)	9.1 (1.41)	14.2 (1.77)	8.3 (1.55)
Medicare Advantage	3.6 (0.63)	8.6 (0.79)	4.1 (0.62)	9.8 (0.84)	1.9 (0.51)
Medicare only	3.6 (0.62)	9.0 (0.99)	5.0 (0.71)	8.7 (0.93)	2.7 (0.51)
Other coverage	5.5 (1.26)	7.5 (1.27)	7.9 (1.45)	11.0 (1.55)	3.2 (0.87)
Uninsured	*	*	*	*	*
Marital status					
Married	3.8 (0.23)	13.1 (0.40)	5.0 (0.24)	12.2 (0.37)	1.9 (0.14)
Widowed	8.7 (2.33)	17.6 (4.76)	6.1 (1.58)	16.8 (4.67)	7.3 (1.76)
Divorced or separated	8.0 (0.71)	15.1 (0.87)	11.4 (0.83)	15.5 (0.97)	6.6 (0.56)
Never married	7.1 (0.49)	15.4 (0.62)	8.0 (0.46)	14.7 (0.66)	4.3 (0.35)
Living with a partner	5.6 (0.65)	15.7 (1.20)	9.1 (0.83)	15.9 (1.08)	3.8 (0.56)
Place of residence ¹¹					
Large MSA	5.0 (0.24)	14.5 (0.40)	5.8 (0.28)	13.3 (0.40)	2.9 (0.18)
Small MSA	5.5 (0.30)	14.8 (0.46)	7.8 (0.37)	14.6 (0.51)	3.7 (0.23)
Not in MSA	7.5 (0.67)	14.2 (0.82)	9.9 (0.68)	15.2 (0.87)	4.7 (0.47)
Region					
Northeast	5.1 (0.44)	14.8 (0.73)	5.3 (0.44)	15.0 (0.79)	2.8 (0.32)
Midwest	5.7 (0.39)	15.2 (0.56)	7.7 (0.44)	14.6 (0.54)	3.4 (0.31)
South	5.5 (0.31)	13.2 (0.47)	7.4 (0.37)	12.8 (0.47)	3.6 (0.23)
West	5.3 (0.38)	15.7 (0.60)	6.6 (0.43)	14.1 (0.62)	3.2 (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, 2017

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	3.8 (0.64)	8.8 (0.92)	4.8 (0.74)	8.2 (0.84)	2.1 (0.39)
Hispanic or Latina, female	7.4 (0.79)	13.5 (1.05)	7.6 (0.72)	12.0 (1.02)	5.2 (0.67)
Not Hispanic or Latino:					
White, single race, male	4.5 (0.31)	13.6 (0.52)	7.2 (0.38)	14.9 (0.54)	2.7 (0.23)
White, single race, female	7.2 (0.36)	19.4 (0.54)	8.4 (0.38)	16.8 (0.53)	4.2 (0.26)
Black or African American, single race, male	3.2 (0.60)	9.9 (1.22)	5.3 (0.81)	9.5 (1.12)	2.6 (0.56)
Black or African American, single race, female	5.3 (0.67)	12.2 (1.00)	6.9 (0.73)	11.7 (0.99)	3.7 (0.54)

* Estimate is considered unreliable, as specified in National Center for Health Statistics Data Presentation Standards for Proportions (available from: https://www.cdc.gov/nchs/data/series/sr_02/sr02_175.pdf), and is not shown.

¹In two separate questions, respondents were asked how often they felt nervous or restless in the past 30 days. Respondents could choose among five response categories: "All of the time," "Most of the time," "Some of the time," "A little of the time," or "None of the time." For this table, "All" and "Most" are combined, and "Some" is shown separately. The weighted percentages of unknown with respect to feelings of nervousness and restlessness among adults aged 18 and over were both 3.3%.

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>).

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SOURCE: NCHS, National Health Interview Survey, 2017.

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, 2017

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	246,657	12,723	33,946	16,275	32,887	8,039
Sex						
Male	118,990	4,539	13,843	6,911	14,650	2,912
Female	127,667	8,184	20,103	9,363	18,238	5,127
Age (years)						
18–44	113,636	6,697	18,799	8,241	16,457	3,340
45–64	83,494	4,411	10,545	5,914	11,356	3,581
65–74	29,454	923	3,051	1,347	3,214	734
75 and over	20,073	693	1,551	773	1,860	385
Race						
One race ²	241,760	12,336	33,168	15,845	31,978	7,626
White	192,033	10,509	27,487	13,351	26,628	6,312
Black or African American	30,560	1,290	3,217	1,874	3,140	949
American Indian or Alaska Native	2,944	*	399	130	412	*
Asian	15,675	358	1,987	418	1,720	180
Native Hawaiian or Other Pacific Islander	548	*	*	*	*	*
Two or more races ³	4,897	387	777	430	910	413
Black or African American, white	1,183	*	237	166	191	*
American Indian or Alaska Native, white	1,863	182	277	203	330	136
Hispanic or Latino origin ⁴ and race						
Hispanic or Latino	39,416	2,151	4,343	2,340	3,883	1,303
Mexican or Mexican American	23,657	1,096	2,647	1,267	2,119	605
Not Hispanic or Latino	207,242	10,572	29,603	13,934	29,005	6,736
White, single race	157,443	8,567	23,733	11,287	23,343	5,162
Black or African American, single race	29,127	1,197	3,109	1,738	2,989	902

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, 2017

Selected characteristic	All adults aged 18 and over	Felt nervous all or most of the time ¹	Felt nervous some of the time ¹	Felt restless all or most of the time ¹	Felt restless some of the time ¹	Serious psychological distress ¹
Education⁵						
Less than a high school diploma	24,473	1,772	2,796	2,358	3,208	1,475
High school diploma or GED ⁶	51,376	3,049	5,958	4,063	6,588	2,264
Some college	61,418	3,378	8,104	4,717	8,473	2,245
Bachelor's degree or higher	78,981	2,189	11,260	2,659	9,778	1,006
Current employment status⁷						
Employed	154,311	6,002	21,239	8,289	19,976	2,796
Full-time	126,572	4,430	16,704	6,365	15,521	1,920
Part-time	25,582	1,405	4,215	1,800	4,178	804
Not employed but has worked previously	79,750	6,005	11,142	7,120	11,703	4,745
Not employed and has never worked	12,466	717	1,558	866	1,188	498
Family income⁸						
Less than \$35,000	62,681	5,487	9,961	6,539	9,936	4,234
\$35,000 or more	158,267	6,024	21,200	8,301	20,234	3,127
\$35,000–\$49,999	24,774	1,414	3,330	1,783	3,542	883
\$50,000–\$74,999	38,018	1,775	5,162	2,584	4,989	948
\$75,000–\$99,999	28,310	886	3,720	1,488	3,340	604
\$100,000 or more	67,166	1,949	8,988	2,446	8,364	692
Poverty status⁹						
Poor	27,569	3,038	4,592	3,489	4,328	2,372
Near poor	39,410	2,850	5,750	3,579	5,905	2,035
Not poor	167,503	6,288	22,238	8,494	21,310	3,272

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, 2017

Selected characteristic	All adults aged 18 and over	Felt nervous all or most of the time ¹	Felt nervous some of the time ¹	Felt restless all or most of the time ¹	Felt restless some of the time ¹	Serious psychological distress ¹
Health insurance coverage ¹⁰						
Under 65:						
Private	136,430	5,324	20,106	7,116	18,609	2,528
Medicaid	25,831	2,827	4,424	3,437	4,426	2,179
Other coverage	9,334	1,007	1,457	1,336	1,502	895
Uninsured	24,357	1,887	3,240	2,219	3,134	1,271
65 and over:						
Private	20,155	425	1,946	589	2,163	244
Medicare and Medicaid	3,643	245	468	317	490	285
Medicare Advantage	13,349	455	1,113	522	1,272	248
Medicare only	8,457	294	788	407	732	210
Other coverage	3,578	188	271	275	403	119
Uninsured	261	*	*	*	*	*
Marital status						
Married	129,268	4,632	15,737	6,326	15,252	2,507
Widowed	14,492	809	1,582	812	1,772	646
Divorced or separated	27,735	2,009	3,880	2,705	4,124	1,807
Never married	55,574	4,097	9,558	4,603	8,537	2,375
Living with a partner	19,212	1,155	3,175	1,826	3,172	691
Place of residence ¹¹						
Large MSA	142,082	6,726	19,612	7,962	18,213	4,035
Small MSA	73,127	3,834	10,108	5,379	10,122	2,569
Not in MSA	31,448	2,164	4,226	2,933	4,552	1,436
Region						
Northeast	45,169	2,200	6,194	2,270	6,362	1,243
Midwest	53,793	2,893	7,743	3,940	7,575	1,785
South	89,318	4,666	11,205	6,358	10,988	3,208
West	58,377	2,964	8,804	3,707	7,963	1,804

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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	19,584	706	1,766	902	1,597	370
Hispanic or Latina, female	19,832	1,445	2,577	1,439	2,286	933
Not Hispanic or Latino:						
White, single race, male	76,561	3,184	9,604	4,992	10,704	1,972
White, single race, female	80,881	5,383	14,129	6,295	12,638	3,190
Black or African American, single race, male	13,175	381	1,253	672	1,185	320
Black or African American, single race, female	15,952	816	1,856	1,066	1,804	582

* Corresponding crude percentage for the frequency is considered unreliable, as specified in National Center for Health Statistics Data Presentation Standards for Proportions (available from: https://www.cdc.gov/nchs/data/series/sr_02/sr02_175.pdf), and is not shown.

¹In two separate questions, respondents were asked how often they felt nervous or restless in the past 30 days. Respondents could choose among five response categories: "All of the time," "Most of the time," "Some of the time," "A little of the time," or "None of the time." For this table, "All" and "Most" are combined, and "Some" is shown separately. The weighted percentages of unknown with respect to feelings of nervousness and restlessness among adults aged 18 and over were both 3.3%.

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, Villarroel MA. Tables of Summary Health Statistics for U.S. Adults: 2017 National Health Interview Survey. National Center for Health Statistics. 2018. Available from:

<http://www.cdc.gov/nchs/nhis/SHS/tables.htm>.

SOURCE: NCHS, National Health Interview Survey, 2017.

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, 2017

Selected characteristic	Felt nervous all or most of the time ¹	Felt nervous some of the time ¹	Felt restless all or most of the time ¹	Felt restless some of the time ¹	Serious psychological distress ¹
Total	5.3 (0.18)	14.2 (0.27)	6.8 (0.20)	13.8 (0.28)	3.4 (0.13)
Sex					
Male	3.9 (0.22)	12.0 (0.40)	6.0 (0.28)	12.7 (0.40)	2.5 (0.17)
Female	6.6 (0.27)	16.3 (0.40)	7.6 (0.28)	14.8 (0.39)	4.2 (0.21)
Age (years)					
18–44	6.1 (0.29)	17.0 (0.47)	7.5 (0.32)	14.9 (0.45)	3.0 (0.20)
45–64	5.5 (0.29)	13.1 (0.45)	7.3 (0.34)	14.1 (0.48)	4.5 (0.27)
65–74	3.2 (0.30)	10.7 (0.58)	4.7 (0.36)	11.3 (0.58)	2.6 (0.29)
75 and over	3.6 (0.47)	8.1 (0.61)	4.0 (0.47)	9.7 (0.63)	2.0 (0.36)
Race					
One race ²	5.3 (0.18)	14.2 (0.27)	6.8 (0.20)	13.7 (0.29)	3.3 (0.13)
White	5.6 (0.20)	14.8 (0.31)	7.2 (0.23)	14.3 (0.32)	3.4 (0.16)
Black or African American	4.4 (0.44)	11.0 (0.72)	6.4 (0.53)	10.8 (0.71)	3.3 (0.37)
American Indian or Alaska Native	*	14.1 (2.51)	4.6 (1.13)	14.5 (2.86)	*
Asian	2.4 (0.49)	13.2 (1.20)	2.8 (0.52)	11.4 (1.17)	1.2 (0.29)
Native Hawaiian or Other Pacific Islander	*	*	*	*	*
Two or more races ³	8.2 (1.38)	16.5 (2.23)	9.1 (1.57)	19.3 (2.30)	8.8 (1.61)
Black or African American, white	*	20.6 (5.48)	14.4 (4.34)	16.6 (4.21)	*
American Indian or Alaska Native, white	10.0 (2.40)	15.2 (2.82)	11.2 (2.46)	18.2 (3.43)	7.6 (2.19)
Hispanic or Latino origin ⁴ and race					
Hispanic or Latino	5.6 (0.50)	11.3 (0.70)	6.1 (0.53)	10.2 (0.67)	3.4 (0.37)
Mexican or Mexican American	4.7 (0.65)	11.5 (0.97)	5.5 (0.71)	9.2 (0.80)	2.6 (0.37)
Not Hispanic or Latino	5.3 (0.19)	14.8 (0.30)	7.0 (0.22)	14.5 (0.31)	3.4 (0.15)
White, single race	5.6 (0.22)	15.5 (0.34)	7.4 (0.25)	15.3 (0.36)	3.4 (0.17)
Black or African American, single race	4.3 (0.44)	11.2 (0.75)	6.3 (0.54)	10.8 (0.74)	3.3 (0.38)

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, 2017

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	7.5 (0.64)	11.9 (0.75)	10.0 (0.66)	13.7 (0.82)	6.3 (0.55)
High school diploma or GED ⁶	6.2 (0.39)	12.0 (0.58)	8.2 (0.45)	13.3 (0.55)	4.6 (0.35)
Some college	5.7 (0.32)	13.7 (0.56)	8.0 (0.41)	14.3 (0.55)	3.8 (0.26)
Bachelor's degree or higher	2.9 (0.21)	14.7 (0.48)	3.5 (0.22)	12.8 (0.44)	1.3 (0.14)
Current employment status ⁷					
Employed	4.0 (0.20)	14.2 (0.36)	5.5 (0.23)	13.3 (0.37)	1.9 (0.14)
Full-time	3.6 (0.22)	13.6 (0.40)	5.2 (0.24)	12.6 (0.40)	1.6 (0.14)
Part-time	5.7 (0.58)	17.0 (0.92)	7.3 (0.63)	16.9 (0.96)	3.3 (0.43)
Not employed but has worked previously	7.8 (0.36)	14.5 (0.49)	9.3 (0.39)	15.2 (0.47)	6.2 (0.30)
Not employed and has never worked	6.0 (0.79)	13.0 (1.28)	7.2 (0.89)	9.9 (1.12)	4.2 (0.66)
Family income ⁸					
Less than \$35,000	9.1 (0.39)	16.6 (0.51)	10.9 (0.43)	16.5 (0.51)	7.1 (0.34)
\$35,000 or more	3.9 (0.19)	13.7 (0.35)	5.4 (0.23)	13.1 (0.36)	2.0 (0.14)
\$35,000–\$49,999	5.8 (0.51)	13.8 (0.77)	7.4 (0.60)	14.6 (0.83)	3.7 (0.40)
\$50,000–\$74,999	4.8 (0.43)	14.0 (0.65)	7.0 (0.51)	13.5 (0.65)	2.6 (0.34)
\$75,000–\$99,999	3.2 (0.40)	13.5 (0.81)	5.4 (0.56)	12.1 (0.73)	2.2 (0.39)
\$100,000 or more	3.0 (0.28)	13.7 (0.58)	3.7 (0.28)	12.7 (0.57)	1.1 (0.16)
Poverty status ⁹					
Poor	11.5 (0.64)	17.4 (0.84)	13.2 (0.72)	16.4 (0.81)	9.1 (0.59)
Near poor	7.5 (0.49)	15.1 (0.70)	9.4 (0.57)	15.5 (0.67)	5.4 (0.40)
Not poor	3.9 (0.19)	13.6 (0.34)	5.2 (0.21)	13.1 (0.35)	2.0 (0.13)

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, 2017

Selected characteristic	Felt nervous all or most of the time ¹	Felt nervous some of the time ¹	Felt restless all or most of the time ¹	Felt restless some of the time ¹	Serious psychological distress ¹
Health insurance coverage ¹⁰					
Under 65:					
Private	4.0 (0.22)	15.2 (0.39)	5.4 (0.24)	14.1 (0.41)	1.9 (0.15)
Medicaid	11.4 (0.80)	17.8 (0.92)	13.8 (0.82)	17.8 (0.94)	8.8 (0.69)
Other coverage	11.2 (1.16)	16.2 (1.52)	14.9 (1.32)	16.7 (1.37)	10.0 (1.09)
Uninsured	8.0 (0.68)	13.7 (0.95)	9.4 (0.77)	13.2 (0.87)	5.4 (0.53)
65 and over:					
Private	2.2 (0.29)	10.0 (0.65)	3.0 (0.34)	11.1 (0.63)	1.3 (0.22)
Medicare and Medicaid	7.2 (1.25)	13.7 (1.83)	9.3 (1.44)	14.4 (1.77)	8.5 (1.58)
Medicare Advantage	3.5 (0.61)	8.7 (0.79)	4.1 (0.60)	9.9 (0.84)	1.9 (0.49)
Medicare only	3.7 (0.61)	9.8 (1.11)	5.1 (0.70)	9.1 (0.99)	2.6 (0.49)
Other coverage	5.4 (1.18)	7.8 (1.32)	8.0 (1.41)	11.7 (1.66)	3.4 (0.96)
Uninsured	*	*	*	*	*
Marital status					
Married	3.7 (0.21)	12.6 (0.37)	5.0 (0.23)	12.2 (0.35)	2.0 (0.15)
Widowed	5.9 (0.66)	11.5 (0.85)	5.9 (0.62)	12.9 (0.85)	4.7 (0.60)
Divorced or separated	7.5 (0.48)	14.6 (0.67)	10.2 (0.58)	15.5 (0.71)	6.8 (0.47)
Never married	7.6 (0.46)	17.7 (0.67)	8.5 (0.48)	15.8 (0.67)	4.4 (0.33)
Living with a partner	6.2 (0.71)	17.1 (1.22)	9.8 (0.89)	17.1 (1.10)	3.7 (0.54)
Place of residence ¹¹					
Large MSA	4.9 (0.23)	14.3 (0.39)	5.8 (0.27)	13.3 (0.39)	3.0 (0.18)
Small MSA	5.4 (0.29)	14.3 (0.43)	7.6 (0.36)	14.3 (0.49)	3.6 (0.22)
Not in MSA	7.1 (0.59)	13.9 (0.76)	9.6 (0.62)	14.9 (0.80)	4.7 (0.44)
Region					
Northeast	5.1 (0.42)	14.3 (0.70)	5.3 (0.42)	14.7 (0.78)	2.9 (0.32)
Midwest	5.5 (0.38)	14.8 (0.53)	7.5 (0.43)	14.5 (0.52)	3.4 (0.30)
South	5.4 (0.29)	13.0 (0.45)	7.4 (0.36)	12.7 (0.46)	3.7 (0.23)
West	5.2 (0.37)	15.5 (0.59)	6.5 (0.42)	14.0 (0.60)	3.2 (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, 2017

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	3.7 (0.59)	9.2 (0.99)	4.7 (0.72)	8.3 (0.88)	1.9 (0.38)
Hispanic or Latina, female	7.6 (0.83)	13.5 (1.06)	7.5 (0.73)	12.0 (1.02)	4.9 (0.66)
Not Hispanic or Latino:					
White, single race, male	4.3 (0.28)	12.9 (0.47)	6.7 (0.34)	14.4 (0.50)	2.7 (0.22)
White, single race, female	6.9 (0.33)	18.0 (0.49)	8.0 (0.35)	16.1 (0.49)	4.1 (0.25)
Black or African American, single race, male	3.1 (0.56)	10.1 (1.27)	5.4 (0.83)	9.5 (1.12)	2.6 (0.55)
Black or African American, single race, female	5.3 (0.67)	12.1 (0.99)	7.0 (0.72)	11.8 (0.99)	3.8 (0.55)

* Estimate is considered unreliable, as specified in National Center for Health Statistics Data Presentation Standards for Proportions (available from: https://www.cdc.gov/nchs/data/series/sr_02/sr02_175.pdf), and is not shown.

¹In two separate questions, respondents were asked how often they felt nervous or restless in the past 30 days. Respondents could choose among five response categories: "All of the time," "Most of the time," "Some of the time," "A little of the time," or "None of the time." For this table, "All" and "Most" are combined, and "Some" is shown separately. The weighted percentages of unknown with respect to feelings of nervousness and restlessness among adults aged 18 and over were both 3.3%.

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, Villarreal MA. Tables of Summary Health Statistics for U.S. Adults: 2017 National Health Interview Survey. National Center for Health Statistics. 2018. Available from: <http://www.cdc.gov/nchs/nhis/SHS/tables.htm>.

SOURCE: NCHS, National Health Interview Survey, 2017.