

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, 2016

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	5.2 (0.17)	13.5 (0.27)	6.7 (0.20)	12.9 (0.28)	3.5 (0.16)
Sex					
Male	3.9 (0.23)	11.3 (0.37)	6.4 (0.28)	11.5 (0.37)	2.9 (0.21)
Female	6.5 (0.25)	15.6 (0.40)	6.9 (0.28)	14.2 (0.39)	4.2 (0.23)
Age (years)					
18–44	5.5 (0.27)	15.5 (0.43)	7.1 (0.32)	13.7 (0.42)	3.3 (0.23)
45–64	5.7 (0.29)	12.7 (0.44)	7.2 (0.31)	13.5 (0.43)	4.7 (0.27)
65–74	3.9 (0.39)	9.2 (0.53)	4.6 (0.39)	10.4 (0.59)	2.2 (0.27)
75 and over	3.5 (0.39)	8.1 (0.58)	3.9 (0.38)	8.9 (0.56)	2.3 (0.35)
Race					
One race ²	5.1 (0.17)	13.4 (0.28)	6.6 (0.20)	12.8 (0.28)	3.5 (0.16)
White	5.5 (0.21)	14.5 (0.32)	6.9 (0.24)	13.3 (0.31)	3.6 (0.18)
Black or African American	4.0 (0.45)	9.6 (0.65)	6.6 (0.56)	11.8 (0.70)	3.7 (0.41)
American Indian or Alaska Native	5.0 (1.31)	9.8 (1.82)	6.0 (1.52)	10.7 (2.10)	3.9 (1.14)
Asian	3.2 (0.61)	9.0 (0.97)	2.9 (0.51)	9.0 (0.99)	2.1 (0.50)
Native Hawaiian or Other Pacific Islander	*	*	*	*	*
Two or more races ³	9.4 (1.53)	16.1 (2.03)	10.8 (1.59)	19.0 (2.08)	5.4 (1.26)
Black or African American, white	24.2 (6.87)	*	*	20.8 (6.14)	*
American Indian or Alaska Native, white	14.0 (3.53)	14.3 (2.85)	18.6 (3.65)	18.6 (3.46)	*
Hispanic or Latino origin ⁴ and race					
Hispanic or Latino	5.0 (0.46)	12.1 (0.79)	5.6 (0.55)	10.7 (0.68)	3.4 (0.37)
Mexican or Mexican American	4.8 (0.62)	11.9 (1.02)	5.7 (0.68)	10.5 (0.92)	3.2 (0.48)
Not Hispanic or Latino	5.4 (0.20)	13.9 (0.30)	6.9 (0.22)	13.5 (0.30)	3.6 (0.18)
White, single race	5.8 (0.24)	15.4 (0.35)	7.3 (0.27)	14.3 (0.34)	3.7 (0.21)
Black or African American, single race	4.0 (0.47)	9.6 (0.68)	6.7 (0.58)	11.7 (0.72)	3.7 (0.42)

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, 2016

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 (0.63)	12.3 (0.86)	8.8 (0.66)	12.9 (0.93)	6.1 (0.57)
High school diploma or GED ⁶	5.9 (0.40)	11.8 (0.54)	7.9 (0.50)	12.8 (0.59)	4.7 (0.38)
Some college	5.6 (0.33)	13.8 (0.49)	8.1 (0.39)	14.6 (0.54)	4.1 (0.31)
Bachelor's degree or higher	2.6 (0.20)	13.0 (0.48)	3.0 (0.21)	11.3 (0.40)	1.2 (0.16)
Current employment status ⁷					
Employed	3.5 (0.19)	12.4 (0.34)	4.9 (0.23)	12.2 (0.38)	1.8 (0.13)
Full-time	3.1 (0.21)	11.1 (0.33)	4.5 (0.24)	11.7 (0.49)	1.6 (0.15)
Part-time	5.1 (0.48)	16.4 (0.89)	6.4 (0.66)	14.1 (0.84)	2.8 (0.36)
Not employed but has worked previously	8.8 (0.44)	16.4 (0.63)	10.7 (0.52)	15.6 (0.61)	7.5 (0.46)
Not employed and has never worked	9.1 (1.05)	11.4 (1.21)	9.4 (1.12)	11.8 (1.24)	5.8 (0.90)
Family income ⁸					
Less than \$35,000	9.2 (0.39)	16.6 (0.53)	10.9 (0.40)	16.1 (0.51)	7.8 (0.37)
\$35,000 or more	4.0 (0.21)	12.7 (0.35)	5.3 (0.25)	12.2 (0.35)	2.1 (0.17)
\$35,000–\$49,999	5.9 (0.59)	13.4 (0.89)	8.3 (0.79)	14.7 (0.83)	3.2 (0.41)
\$50,000–\$74,999	4.3 (0.37)	13.3 (0.69)	6.4 (0.49)	12.5 (0.63)	2.3 (0.31)
\$75,000–\$99,999	3.3 (0.38)	12.9 (0.76)	4.9 (0.51)	13.0 (0.77)	1.8 (0.38)
\$100,000 or more	3.3 (0.37)	11.8 (0.54)	3.7 (0.36)	10.7 (0.55)	1.6 (0.30)
Poverty status ⁹					
Poor	11.1 (0.63)	17.9 (0.77)	12.3 (0.67)	16.8 (0.73)	9.7 (0.60)
Near poor	7.8 (0.47)	15.4 (0.76)	10.7 (0.62)	14.9 (0.71)	6.3 (0.46)
Not poor	3.9 (0.20)	12.5 (0.33)	5.0 (0.22)	12.1 (0.34)	2.0 (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, 2016

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	3.8 (0.21)	14.1 (0.38)	5.0 (0.24)	12.7 (0.37)	1.9 (0.16)
Medicaid	12.2 (0.74)	15.5 (0.91)	14.6 (0.89)	17.6 (0.95)	10.0 (0.71)
Other coverage	9.9 (1.20)	22.0 (2.02)	15.9 (1.63)	18.8 (1.89)	10.8 (1.44)
Uninsured	6.2 (0.61)	13.5 (0.82)	8.4 (0.68)	12.7 (0.81)	5.2 (0.54)
65 and over:					
Private	3.4 (0.43)	8.0 (0.57)	3.7 (0.43)	8.5 (0.58)	1.8 (0.28)
Medicare and Medicaid	8.1 (1.41)	14.2 (1.75)	8.6 (1.40)	15.6 (1.81)	5.7 (1.09)
Medicare Advantage	2.9 (0.43)	7.5 (0.76)	3.3 (0.47)	8.7 (0.74)	1.7 (0.36)
Medicare only	4.4 (0.76)	8.9 (0.97)	4.3 (0.63)	10.9 (1.11)	2.6 (0.52)
Other coverage	2.7 (0.60)	10.7 (1.64)	5.4 (1.07)	10.7 (1.50)	*
Uninsured	*	*	*	*	*
Marital status					
Married	3.6 (0.21)	12.2 (0.38)	5.1 (0.24)	11.4 (0.37)	2.3 (0.17)
Widowed	6.5 (1.78)	13.6 (3.98)	9.6 (2.34)	16.3 (4.29)	6.2 (1.77)
Divorced or separated	7.4 (0.57)	15.6 (0.84)	9.4 (0.65)	15.8 (0.80)	5.7 (0.48)
Never married	6.8 (0.43)	14.2 (0.57)	7.4 (0.45)	13.8 (0.63)	5.0 (0.41)
Living with a partner	6.7 (0.73)	15.5 (1.07)	8.8 (0.81)	17.3 (1.13)	4.7 (0.70)
Place of residence ¹¹					
Large MSA	4.5 (0.23)	13.2 (0.39)	5.7 (0.28)	12.4 (0.39)	3.0 (0.21)
Small MSA	5.7 (0.29)	13.9 (0.43)	7.6 (0.34)	13.3 (0.47)	3.8 (0.27)
Not in MSA	7.5 (0.57)	13.8 (0.64)	8.9 (0.61)	14.2 (0.64)	5.3 (0.50)
Region					
Northeast	5.2 (0.43)	13.8 (0.61)	5.8 (0.47)	12.6 (0.61)	3.2 (0.38)
Midwest	5.3 (0.35)	15.3 (0.59)	7.3 (0.43)	13.9 (0.58)	3.4 (0.34)
South	5.2 (0.30)	11.7 (0.44)	6.8 (0.33)	12.2 (0.49)	3.6 (0.26)
West	5.3 (0.36)	14.2 (0.58)	6.5 (0.43)	13.3 (0.56)	3.7 (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, 2016

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)	11.0 (1.05)	5.1 (0.73)	10.4 (0.91)	3.0 (0.58)
Hispanic or Latina, female	6.1 (0.62)	13.2 (1.16)	6.1 (0.79)	11.1 (0.97)	3.7 (0.48)
Not Hispanic or Latino:					
White, single race, male	4.3 (0.31)	12.4 (0.46)	7.2 (0.37)	12.7 (0.46)	3.0 (0.27)
White, single race, female	7.3 (0.36)	18.2 (0.53)	7.5 (0.35)	15.8 (0.51)	4.5 (0.32)
Black or African American, single race, male	3.1 (0.70)	8.6 (1.06)	6.4 (0.96)	9.2 (1.07)	3.0 (0.62)
Black or African American, single race, female	4.8 (0.60)	10.5 (0.89)	6.9 (0.71)	13.8 (0.97)	4.4 (0.58)

* 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.

** Complement of the 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).

- 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 were both 3.1%.

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 3.5%.

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, Villarreal MA. Tables of Summary Health Statistics for U.S. Adults: 2016 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, 2016.

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, 2016

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	245,142	12,347	31,341	15,665	30,438	8,419
Sex						
Male	118,223	4,475	12,688	7,365	13,160	3,291
Female	126,920	7,872	18,653	8,301	17,278	5,128
Age (years)						
18–44	113,401	6,005	16,982	7,842	14,988	3,573
45–64	83,703	4,614	10,295	5,843	10,919	3,810
65–74	28,532	1,066	2,548	1,255	2,862	607
75 and over	19,507	662	1,516	725	1,669	429
Race						
One race ²	240,410	11,910	30,568	15,144	29,541	8,179
White	192,455	10,154	26,243	12,635	24,493	6,695
Black or African American	30,105	1,158	2,754	1,943	3,390	1,078
American Indian or Alaska Native	2,460	97	241	131	269	81
Asian	14,853	473	1,309	407	1,310	303
Native Hawaiian or Other Pacific Islander	538	*	*	*	*	*
Two or more races ³	4,732	437	772	521	897	240
Black or African American, white	816	*	*	*	181	*
American Indian or Alaska Native, white	1,763	228	234	308	307	*
Hispanic or Latino origin ⁴ and race						
Hispanic or Latino	38,782	1,833	4,607	2,122	3,980	1,248
Mexican or Mexican American	23,240	1,026	2,726	1,287	2,356	696
Not Hispanic or Latino	206,360	10,514	26,733	13,543	26,458	7,171
White, single race	157,505	8,504	22,031	10,729	20,973	5,604
Black or African American, single race	28,757	1,120	2,629	1,866	3,205	1,047

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, 2016

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	26,459	1,932	3,138	2,265	3,330	1,587
High school diploma or GED ⁶	51,932	2,989	5,621	3,815	6,301	2,320
Some college	61,937	3,400	8,237	4,871	8,783	2,500
Bachelor's degree or higher	74,100	1,896	9,417	2,175	8,219	883
Current employment status⁷						
Employed	150,236	5,429	19,204	7,575	18,183	2,847
Full-time	120,071	3,847	14,269	5,635	13,938	1,993
Part-time	27,966	1,441	4,621	1,809	3,904	782
Not employed but has worked previously	81,641	5,845	10,729	6,949	10,841	4,906
Not employed and has never worked	13,099	1,059	1,382	1,118	1,402	664
Family income⁸						
Less than \$35,000	66,236	5,757	10,348	6,788	10,120	4,777
\$35,000 or more	153,049	5,826	18,736	7,849	18,258	3,040
\$35,000–\$49,999	24,929	1,384	3,154	1,928	3,530	738
\$50,000–\$74,999	38,167	1,578	4,875	2,339	4,630	870
\$75,000–\$99,999	27,484	881	3,448	1,299	3,453	449
\$100,000 or more	62,469	1,983	7,260	2,282	6,645	983
Poverty status⁹						
Poor	28,852	3,005	4,983	3,375	4,612	2,587
Near poor	40,911	3,033	5,981	4,126	5,875	2,407
Not poor	162,870	5,974	19,319	7,753	18,860	3,178

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, 2016

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	136,020	4,914	18,235	6,474	16,641	2,582
Medicaid	28,037	3,282	4,183	3,933	4,748	2,668
Other coverage	8,873	989	1,698	1,375	1,586	991
Uninsured	22,734	1,343	2,967	1,825	2,783	1,098
65 and over:						
Private	20,020	655	1,555	727	1,670	322
Medicare and Medicaid	3,360	255	453	272	497	181
Medicare Advantage	12,135	334	882	399	1,024	193
Medicare only	8,167	363	730	345	884	205
Other coverage	3,891	115	383	214	402	117
Uninsured	336	*	*	*	*	*
Marital status						
Married	130,447	4,567	14,701	6,428	14,234	2,928
Widowed	14,066	765	1,505	782	1,597	538
Divorced or separated	27,343	2,083	3,995	2,541	4,143	1,710
Never married	54,432	3,679	8,284	4,275	7,316	2,450
Living with a partner	18,527	1,249	2,830	1,621	3,126	792
Place of residence ¹¹						
Large MSA	137,266	5,921	17,381	7,484	16,413	3,957
Small MSA	73,222	4,005	9,533	5,267	9,359	2,697
Not in MSA	34,654	2,421	4,427	2,914	4,667	1,765
Region						
Northeast	44,851	2,187	5,729	2,480	5,430	1,401
Midwest	54,359	2,768	7,923	3,776	7,222	1,819
South	87,402	4,378	9,630	5,704	10,206	3,076
West	58,531	3,013	8,059	3,704	7,580	2,122

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, 2016

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	19,292	715	2,075	977	1,882	587
Hispanic or Latina, female	19,489	1,118	2,533	1,145	2,098	661
Not Hispanic or Latino:						
White, single race, male	76,525	3,111	8,734	5,194	9,145	2,178
White, single race, female	80,980	5,393	13,297	5,535	11,827	3,425
Black or African American, single race, male	12,928	376	1,044	809	1,116	364
Black or African American, single race, female	15,829	745	1,585	1,058	2,088	683

* 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), so the frequency is not shown.

** Complement of the 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).

- 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 were both 3.1%.

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 3.5%.

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: 2016 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, 2016.

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, 2016

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	5.2 (0.17)	13.2 (0.26)	6.6 (0.19)	12.8 (0.27)	3.6 (0.16)
Sex					
Male	3.9 (0.22)	11.1 (0.35)	6.4 (0.27)	11.5 (0.36)	2.9 (0.20)
Female	6.4 (0.24)	15.2 (0.38)	6.8 (0.26)	14.1 (0.38)	4.2 (0.22)
Age (years)					
18–44	5.5 (0.27)	15.5 (0.43)	7.1 (0.32)	13.7 (0.42)	3.3 (0.23)
45–64	5.7 (0.29)	12.7 (0.44)	7.2 (0.31)	13.5 (0.43)	4.7 (0.27)
65–74	3.9 (0.39)	9.2 (0.53)	4.6 (0.39)	10.4 (0.59)	2.2 (0.27)
75 and over	3.5 (0.39)	8.1 (0.58)	3.9 (0.38)	8.9 (0.56)	2.3 (0.35)
Race					
One race ²	5.1 (0.17)	13.1 (0.26)	6.5 (0.19)	12.7 (0.27)	3.5 (0.16)
White	5.4 (0.19)	14.1 (0.30)	6.8 (0.22)	13.1 (0.30)	3.6 (0.17)
Black or African American	4.0 (0.45)	9.6 (0.65)	6.8 (0.56)	11.8 (0.69)	3.8 (0.42)
American Indian or Alaska Native	4.1 (1.03)	10.1 (1.91)	5.5 (1.42)	11.3 (2.21)	3.4 (0.93)
Asian	3.3 (0.62)	9.1 (0.98)	2.8 (0.50)	9.1 (1.01)	2.1 (0.52)
Native Hawaiian or Other Pacific Islander	*	*	*	*	*
Two or more races ³	9.6 (1.69)	16.9 (2.21)	11.4 (1.79)	19.6 (2.34)	5.3 (1.41)
Black or African American, white	*	*	*	22.9 (6.12)	*
American Indian or Alaska Native, white	13.7 (3.52)	14.1 (2.72)	18.5 (3.68)	18.4 (3.37)	*
Hispanic or Latino origin ⁴ and race					
Hispanic or Latino	4.9 (0.45)	12.2 (0.80)	5.6 (0.57)	10.6 (0.68)	3.3 (0.37)
Mexican or Mexican American	4.6 (0.60)	12.1 (1.01)	5.7 (0.68)	10.5 (0.91)	3.1 (0.48)
Not Hispanic or Latino	5.3 (0.18)	13.4 (0.28)	6.8 (0.21)	13.3 (0.28)	3.6 (0.17)
White, single race	5.6 (0.22)	14.4 (0.32)	7.0 (0.23)	13.7 (0.32)	3.7 (0.19)
Black or African American, single race	4.1 (0.47)	9.6 (0.67)	6.8 (0.58)	11.7 (0.71)	3.8 (0.43)

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, 2016

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 (0.59)	12.3 (0.78)	8.9 (0.62)	13.1 (0.84)	6.3 (0.55)
High school diploma or GED ⁶	6.0 (0.38)	11.2 (0.48)	7.6 (0.44)	12.6 (0.54)	4.6 (0.35)
Some college	5.6 (0.32)	13.7 (0.48)	8.1 (0.38)	14.6 (0.53)	4.2 (0.30)
Bachelor's degree or higher	2.6 (0.21)	13.1 (0.48)	3.0 (0.21)	11.4 (0.40)	1.2 (0.15)
Current employment status ⁷					
Employed	3.7 (0.19)	13.2 (0.34)	5.2 (0.23)	12.5 (0.34)	2.0 (0.14)
Full-time	3.3 (0.20)	12.3 (0.35)	4.8 (0.24)	12.0 (0.36)	1.7 (0.15)
Part-time	5.3 (0.51)	17.0 (0.93)	6.7 (0.69)	14.4 (0.85)	2.9 (0.38)
Not employed but has worked previously	7.4 (0.32)	13.6 (0.43)	8.8 (0.36)	13.7 (0.44)	6.2 (0.33)
Not employed and has never worked	8.6 (1.04)	11.2 (1.13)	9.0 (1.12)	11.3 (1.15)	5.4 (0.90)
Family income ⁸					
Less than \$35,000	9.0 (0.37)	16.2 (0.50)	10.6 (0.39)	15.8 (0.49)	7.5 (0.36)
\$35,000 or more	3.9 (0.20)	12.6 (0.34)	5.3 (0.24)	12.2 (0.34)	2.0 (0.16)
\$35,000–\$49,999	5.7 (0.58)	13.1 (0.85)	8.0 (0.75)	14.6 (0.82)	3.1 (0.39)
\$50,000–\$74,999	4.2 (0.36)	13.1 (0.67)	6.3 (0.47)	12.4 (0.62)	2.3 (0.30)
\$75,000–\$99,999	3.3 (0.37)	12.9 (0.74)	4.9 (0.49)	12.9 (0.76)	1.7 (0.32)
\$100,000 or more	3.3 (0.35)	11.9 (0.52)	3.7 (0.33)	10.9 (0.54)	1.6 (0.28)
Poverty status ⁹					
Poor	10.8 (0.64)	18.0 (0.78)	12.2 (0.68)	16.6 (0.73)	9.4 (0.61)
Near poor	7.7 (0.46)	15.1 (0.74)	10.4 (0.60)	14.9 (0.69)	6.1 (0.44)
Not poor	3.8 (0.18)	12.2 (0.31)	4.9 (0.21)	11.9 (0.32)	2.0 (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, 2016

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	3.7 (0.20)	13.8 (0.37)	4.9 (0.23)	12.6 (0.36)	2.0 (0.16)
Medicaid	12.1 (0.74)	15.5 (0.91)	14.5 (0.89)	17.6 (0.96)	9.9 (0.71)
Other coverage	11.5 (1.14)	19.7 (1.55)	15.9 (1.27)	18.4 (1.47)	11.5 (1.15)
Uninsured	6.1 (0.60)	13.5 (0.83)	8.3 (0.67)	12.7 (0.82)	5.0 (0.53)
65 and over:					
Private	3.4 (0.43)	8.0 (0.56)	3.8 (0.44)	8.7 (0.58)	1.7 (0.27)
Medicare and Medicaid	8.1 (1.40)	14.3 (1.79)	8.6 (1.39)	15.7 (1.83)	5.7 (1.10)
Medicare Advantage	2.8 (0.42)	7.5 (0.74)	3.4 (0.47)	8.7 (0.74)	1.6 (0.35)
Medicare only	4.6 (0.82)	9.3 (1.03)	4.4 (0.64)	11.3 (1.16)	2.6 (0.54)
Other coverage	3.0 (0.67)	10.1 (1.50)	5.7 (1.11)	10.6 (1.49)	3.1 (1.01)
Uninsured	*	*	*	*	*
Marital status					
Married	3.6 (0.19)	11.6 (0.34)	5.1 (0.22)	11.2 (0.35)	2.3 (0.16)
Widowed	5.6 (0.56)	11.1 (0.72)	5.8 (0.51)	11.8 (0.73)	4.0 (0.47)
Divorced or separated	7.9 (0.54)	15.2 (0.72)	9.7 (0.60)	15.7 (0.64)	6.5 (0.50)
Never married	7.0 (0.46)	15.8 (0.63)	8.2 (0.52)	14.0 (0.61)	4.7 (0.40)
Living with a partner	6.9 (0.71)	15.7 (1.00)	9.0 (0.80)	17.4 (1.11)	4.4 (0.61)
Place of residence ¹¹					
Large MSA	4.5 (0.22)	13.1 (0.38)	5.6 (0.27)	12.4 (0.39)	3.0 (0.20)
Small MSA	5.7 (0.28)	13.5 (0.41)	7.4 (0.32)	13.2 (0.46)	3.8 (0.28)
Not in MSA	7.2 (0.53)	13.2 (0.59)	8.7 (0.53)	13.9 (0.59)	5.3 (0.45)
Region					
Northeast	5.1 (0.39)	13.3 (0.56)	5.7 (0.42)	12.6 (0.58)	3.3 (0.34)
Midwest	5.2 (0.34)	15.0 (0.57)	7.1 (0.41)	13.7 (0.56)	3.5 (0.34)
South	5.2 (0.29)	11.5 (0.42)	6.8 (0.32)	12.1 (0.48)	3.7 (0.25)
West	5.3 (0.35)	14.1 (0.57)	6.5 (0.42)	13.3 (0.54)	3.7 (0.33)

Table A-8c. Crude percentages (with standard errors) of feelings of nervousness, feelings of restlessness, and serious psychological distress among adults aged 18 and over, by selected characteristics: United States, 2016

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 (0.63)	11.1 (1.09)	5.2 (0.76)	10.0 (0.89)	3.1 (0.61)
Hispanic or Latina, female	5.9 (0.62)	13.4 (1.18)	6.1 (0.82)	11.1 (0.98)	3.5 (0.45)
Not Hispanic or Latino:					
White, single race, male	4.2 (0.28)	11.7 (0.41)	7.0 (0.33)	12.3 (0.42)	2.9 (0.24)
White, single race, female	6.9 (0.32)	17.0 (0.47)	7.1 (0.31)	15.1 (0.47)	4.4 (0.30)
Black or African American, single race, male	3.0 (0.64)	8.5 (1.05)	6.5 (0.95)	9.0 (1.05)	3.0 (0.59)
Black or African American, single race, female	4.9 (0.62)	10.5 (0.88)	7.0 (0.71)	13.8 (0.98)	4.5 (0.60)

* 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.

** Complement of the 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).

- 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 were both 3.1%.

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 3.5%.

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: 2016 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, 2016.