

# Asking Questions About Youth Mental Health

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# What is Mental Health?

- **Mental Health**
  - Includes our emotional, psychological, and social well-being
- **Mental Health Conditions**
  - Spectrum of illnesses or disorders that affect a person's thinking, mood, and/or behavior (e.g. depression, anxiety disorders, bipolar disorder, schizophrenia)
- In 2019, 1 in 8 people around the world were living with a mental illness<sup>1</sup>
  - This has only increased because of the COVID-19 pandemic
- Influenced by many factors such as:
  - Biological factors (genes, brain chemistry)
  - Life experiences (trauma or abuse)
  - Family history of mental health conditions

**1:** Incidence estimates from <https://www.who.int/news-room/fact-sheets/detail/mental-disorders>

# Examples of Mental Health Conditions



- **Depression Disorders**

- Persistent feeling of sadness and loss of interest
- Can decrease your ability to function day-to-day
- Approximately 4.4%, or 2.7 million, children 3-17 have a diagnosis of depression<sup>2</sup>
- Examples: major depression and seasonal affective disorder

- **Anxiety Disorders**

- Having intense, excessive, and persistent worry and fear
- Feelings interfere with daily activities, are difficult to control, and are out of proportion to the actual danger
- Approximately 9.4%, or 5.8 million, children 3-17 have a anxiety disorder<sup>2</sup>
- Examples: generalized anxiety, panic disorders, OCD, phobias, and social anxiety



2: Incidence estimates from <https://www.cdc.gov/childrensmentalhealth/data.html#ref>



# Navigating the Datasets

- 1. National Survey on Drug Use and Health (NSDUH)
  2. National Health Interview Survey (NHIS)








# Navigating the Datasets

- 1. **National Survey on Drug Use and Health (NSDUH)**
  2. National Health Interview Survey (NHIS)








# National Survey on Drug Use and Health (NSDUH)

- Annual survey that provides information on substance use and mental health
  - Collects data on both adolescents (12 - 17) and adults (18 and older)
  - Can provide insight on:
    - Major depressive episodes (MDE)
    - Mental health treatment
    - Suicidality
- 
- 



For more information:

<https://www.samhsa.gov/data/data-we-collect/nsduh-national-survey-drug-use-and-health>





# NSDUH - Navigating Detailed Tables



<https://www.samhsa.gov/data/nsduh/national-releases>

The link should take you to a page that looks like this:

Each year of the survey has its own page.

An official website of the United States government. [Here's how you know](#)

**SAMHSA**  
Substance Abuse and Mental Health Services Administration

In Crisis? Call or Text 988 >>

Search SAMHSA.gov Search

Find Help Practitioner Training Public Messages Grants **Data** Programs Newsroom About Us Publications

DAWN  
Drug Abuse Warning Network

MH-CLD  
Mental Health Client-Level Data

N-MHSS  
National Mental Health Services Survey

N-SSATS  
National Survey of Substance Abuse Treatment Services

N-SUMHSS  
National Substance Use and Mental Health Services Survey

**NSDUH**

### NSDUH National Releases

The National Survey on Drug Use and Health (NSDUH), conducted annually by the Substance Abuse and Mental Health Services Administration (SAMHSA), provides nationally representative data on the use of tobacco, alcohol, and illicit drugs; substance use disorders; receipt of substance use treatment; mental health issues; and the use of mental health services among the civilian, noninstitutionalized population aged 12 or older in the United States.

Currently, the annual national releases consist of three main products.

1. A National Report, which presents high-level and particularly notable information in an approachable format. It includes both text and graphs, along with basic explanations for the measures included.
2. A comprehensive set of detailed tables covering topics and demographic breakdowns beyond those covered in the National Report.
3. A Methodological Summary and Definitions report, which explains the way that the data was collected and the creation of the measures that are used in the other two products. The report also includes comparisons to other surveys for context.

## Available Years

- 2022 National Release
- 2021 National Release
- 2020 National Release
- 2019 National Release
- 2018 National Release
- 2017 National Release
- 2016 National Release
- 2015 National Release
- 2014 National Release

**SCROLL DOWN to find the Available Years**



# Example Research Question:

Does poverty level influence the prevalence of Major Depressive Episode (MDE)?

We will work the 2022 National Release for this example

## Available Years

- 2022 National Release
- 2021 National Release
- 2020 National Release
- 2019 National Release
- 2018 National Release
- 2017 National Release
- 2016 National Release
- 2015 National Release
- 2014 National Release

Click "Detailed Tables"

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## 2022 National Survey on Drug Use and Health (NSDUH) Releases

Conducted annually, the National Survey on Drug Use and Health (NSDUH) provides nationally representative data on tobacco, alcohol, and drugs; substance use disorders; mental health issues; and receipt of substance use and mental health treatment among the civilian, noninstitutionalized population aged 12 or older in the United States. NSDUH estimates are used by researchers, clinicians, policymakers, and the general public to better understand and improve the nation's behavior and health. These reports and detailed tables present estimates from the 2022 National Survey on Drug Use and Health (NSDUH).

Jump to: [Annual National Report](#) [Infographic](#) [Highlighted Pop Slides](#) [Detailed Tables](#) [Methodology](#)

### 2022 NSDUH Highlights

[Overall Highlights for 2022 NSDUH \(PDF\)](#)

[Highlights for 2022 NSDUH by Race and Ethnicity \(PDF\)](#)

### 2022 NSDUH Frequently Asked Questions

## Detailed Tables

The [2022 NSDUH Detailed Tables](#) present national estimates of substance use, tobacco, alcohol, and drug use among youth and adults in the United States. They present indicators for youths aged 12 to 17 and adults aged 18 and older. The tables include information on the initial and subsequent major depressive episodes, and the impact of the pandemic on mental health. The tables are available in two versions: the 2022 Detailed Tables and the 2021 Detailed Tables. The 2022 Detailed Tables are based on weights that were adjusted to allow for comparison with the 2021 Detailed Tables. The 2021 Detailed Tables may be different from the 2021 estimates presented in the [Methodological Summary and Definitions](#) report for more information.

Click "Section 7" Youth Mental Health Tables"

Sections of the 2022 Detailed Tables:

Please refer to the related [README](#) file for instructions on how to use the tables.

- [Clickable Table of Contents](#)
- [Section 1: Illicit Drug Use/Misuse Tables - 1.1 to 1.134](#)
- [Section 2: Tobacco Product Use, Nicotine Vaping, and Alcohol Use](#)
- [Section 3: Risk and Protective Factor Tables - 3.1 to 3.18](#)
- [Section 4: Incidence Tables - 4.1 to 4.11](#)
- [Section 5: Substance Use Disorder and Treatment Tables - 5.1 to 5.134](#)
- [Section 6: Adult Mental Health Tables - 6.1 to 6.87](#)
- [Section 7: Youth Mental Health Tables - 7.1 to 7.39](#)
- [Section 8: Miscellaneous Tables - 8.1 to 8.134](#)
- [Section 9: Sample Size and Population Tables - 9.1 to 9.8](#)



# Example Research Question:

Does poverty level influence the prevalence of Major Depressive Episode (MDE)?

Scroll Down to Table 7.22A

230724  
**Table 7.22A – Major Depressive Episode (MDE) or MDE with Severe Impairment among People Aged 12 to 17 with MDE and among People Aged 12 to 17 with MDE with Severe Impairment, 2021 and 2022**

Geographic/Socioeconomic/ Health Characteristic	Had MDE (2021)	Had MDE (2022)
<b>TOTAL</b>	5,186	4,823
<b>GEOGRAPHIC REGION</b>		
Northeast	811	713
Midwest	1,214 <sup>b</sup>	954
South	1,791	1,888

Geographic/Socioeconomic/ Health Characteristic	Had MDE (2021)	Had MDE (2022)	Had MDE with Severe Impairment <sup>1</sup> (2021)	Had MDE with Severe Impairment <sup>1</sup> (2022)
<b>TOTAL</b>	5,186	4,823	3,773	3,595
<b>GEOGRAPHIC REGION</b>				
Northeast	811	713	537	510
Midwest	1,214 <sup>b</sup>	954	884	735
South	1,791	1,888	1,310	1,428
West	1,370	1,268	1,041	923
<b>COUNTY TYPE</b>				
Large Metro	2,654	2,771	1,938	2,091
Small Metro	1,707	1,524	1,261	1,129
Nonmetro	826 <sup>b</sup>	529	573 <sup>b</sup>	375
<b>POVERTY LEVEL</b>				
Less Than 100%	963	833	709	616
100-199%	1,168	1,149	865	901
200% or More	3,055	2,841	2,198	2,079
<b>HEALTH INSURANCE<sup>2</sup></b>				
Private	2,835	2,700	2,065	1,955
Medicaid/CHIP	2,053	1,989	1,495	1,552

Number in thousands of 12-17 year olds who had MDE

MDE prevalence by poverty level ranging from less than 100% (below the poverty level) to 200% or more (living 2x or more above the poverty level)

# Example Research Question:

Does poverty level influence the prevalence of Major Depressive Episode (MDE)?

You can also look at the data in percentages (%) with Table 7.22B

Geographic/Socioeconomic/Health Characteristic	Had MDE (2021)	Had MDE (2022)	Had MDE with Severe Impairment <sup>1</sup> (2021)	Had MDE with Severe Impairment <sup>1</sup> (2022)
<b>TOTAL</b>	20.5	17.8	10.8	11.8
<b>GEOGRAPHIC REGION</b>				
Northeast	20.7	18.3	13.7	13.1
Midwest	23.0 <sup>b</sup>	18.3	16.8	14.1
South	18.3	19.4	13.4	14.7
West	23.0	21.6	17.7	15.7
<b>COUNTY TYPE</b>				
Large Metro	19.8	19.4	14.5	14.7
Small Metro	22.0	20.0	16.4	14.8
Nonmetro	21.9	18.8	15.3	13.3
<b>POVERTY LEVEL</b>				
Less Than 100%	18.4	16.6	13.6	12.3
100-199%	21.6	20.7	16.1	16.3
200% or More	21.4	20.1	15.4	14.7
<b>HEALTH INSURANCE<sup>3</sup></b>				

Percentage of 12-17 year olds who had MDE

MDE prevalence by poverty level ranging from less than 100% (below the poverty level) to 200% or more (living 2x or more above the poverty level)

# Example Research Question:

Does poverty level influence the prevalence of Major Depressive Episode (MDE)?

You might be asking, “How did these researchers define poverty level?”

You will find that information within the “Methodological Summary and Definitions”

Each year’s National Release will have a section labeled “Methodology”

## 2022 National Survey on Drug Use and Health (NSDUH) Releases

Conducted annually, the National Survey on Drug Use and Health (NSDUH) provides nationally representative data on the use of tobacco, alcohol, and drugs; substance use disorders; mental health issues; and receipt of substance use and mental health treatment among the civilian, noninstitutionalized population aged 12 or older in the United States. NSDUH estimates allow researchers, clinicians, policymakers, and the general public to better understand and improve the nation’s behavioral health. These reports and detailed tables present estimates from the 2022 National Survey on Drug Use and Health (NSDUH).

Jump to: [Annual National Report](#) [Infographic](#) [Highlighted Pop Slides](#) [Detailed Tables](#) [Methodology](#)

### 2022 NSDUH Highlights

[Overall Highlights for 2022 NSDUH \(PDF\)](#)

## Methodology

The [2022 Methodological Summary and Definitions](#) report provides estimates related to substance use and mental health. This report provides information on overall methodology, key definitions, and some analysis of these measures and of the survey as a whole. The report is organized into five chapters.

- [Chapter 1](#) is an introduction to the report.
- [Chapter 2](#) describes the survey, including information about the sample design; data collection; questionnaire changes; and key aspects of data processing, such as development of analysis.
- [Chapter 3](#) presents technical details on the statistical methods and measurement, such as

Under “Methodology,” click “Methodological Summary and Definitions”

# Example Research Question:

Does poverty level influence the prevalence of Major Depressive Episode (MDE)?

## 2022 Methodological Summary And Definitions

### Description:

Use this summary report to properly interpret 2022 NSDUH estimates related to substance use, mental health, and treatment. The report accompanies the [annual detailed tables and reports](#) covers overall methodology, key definitions for measures and terms used in the reports and tables, and selected analyses of the measures and how they were interpreted.

The report is organized into five chapters:

1. Introduction.
2. Description of the survey, including information about the sample collection procedures and questionnaire changes, and key aspects such as development of the analysis weights.
3. Technical details on the statistical methods and measurement, such as criteria for unreliable estimates, statistical testing procedures, revisions to 2021 to account for data collection mode, and issues around selection of mental health measures.
4. Special topics related to prescription psychotherapeutic drugs.
5. Description of other sources of data on substance use and mental health in the United States, including data sources for populations outside the general population.

An appendix covers key definitions used in NSDUH reports and tables.

View/Download Files

More Like This

Report Resources

 [2022 Methodological Summary and Definitions](#) (PDF | 3.55 MB)

 [2022 Methodological Summary and Definitions](#) (HTM | 1.06 MB)

### Poverty Level

Poverty level was defined by comparing a respondent's total family income with the U.S. Census Bureau's poverty thresholds (both measured in dollar amounts) in order to determine the

A-65

You can find how the researchers determined poverty level on page A-65.

You can access a PDF of the "Methodological Summary and Definitions" at the bottom of the page

Information on family income, size, and composition (e.g., number of children) was used to determine the respondent's poverty level. The poverty level was calculated as a percentage of the poverty threshold by dividing a respondent's reported total family income by the appropriate poverty threshold amount. Three categories for poverty level were defined relative to the poverty threshold: (1) less than 100 percent (i.e., total family income was less than the poverty threshold); (2) 100 to 199 percent (i.e., total family income was at or above the poverty threshold but less than twice the poverty threshold); and (3) 200 percent or more (i.e., total family income was twice the poverty threshold or greater). In addition, the measure for poverty level excluded respondents aged 18 to 22 who were living in a college dormitory.

**\*\*This handbook can also be helpful when trying to define other variables in this survey, such as what U.S. states are included in each defined geographic region\*\***



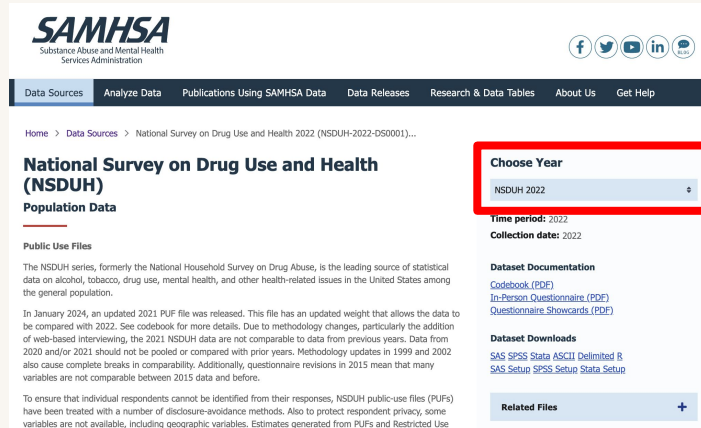
# NSDUH - How to Download Data

CLICK HERE 

<https://www.datafiles.samhsa.gov/dataset/national-survey-drug-use-and-health-2022-nsduh-2022-ds0001>

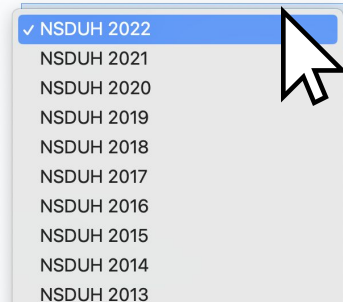
The link above should take you to a page that looks like this:

Each year of the survey has its own page that you can select with the dropdown menu on the right.



The screenshot shows the SAMHSA website page for the National Survey on Drug Use and Health (NSDUH) 2022 data. The page includes a navigation bar with links like 'Data Sources', 'Analyze Data', and 'Publications Using SAMHSA Data'. The main content area features a 'Choose Year' dropdown menu, which is highlighted with a red box. Below the dropdown, there are sections for 'Time period', 'Collection date', 'Dataset Documentation', 'Dataset Downloads', and 'Related Files'. The SAMHSA logo is visible in the top left corner.

## Choose Year



A close-up of the 'Choose Year' dropdown menu. The menu is open, showing a list of years from 2013 to 2022. The year 2022 is selected and highlighted in blue. A mouse cursor is pointing at the 2022 option. The list includes: NSDUH 2022 (selected), NSDUH 2021, NSDUH 2020, NSDUH 2019, NSDUH 2018, NSDUH 2017, NSDUH 2016, NSDUH 2015, NSDUH 2014, and NSDUH 2013.



# NSDUH - How to Download Data

You will also find the downloadable dataset files on the right hand side of this webpage

The dataset can be downloaded in many different formats, which require the usage of software such as SAS, Stata, or R

The screenshot shows the SAMHSA website for the National Survey on Drug Use and Health (NSDUH). The page includes a navigation menu with options like 'Data Sources', 'Analyze Data', and 'Publications Using SAMHSA Data'. The main content area is titled 'National Survey on Drug Use and Health (NSDUH) Population Data'. On the right side, there are filters for 'Choose Year' (set to NSDUH 2022), 'Time period: 2022', and 'Collection date: 2022'. Below these filters, there are sections for 'Dataset Documentation' (Codebook, In-person Questionnaire, Questionnaire Showcards) and 'Dataset Downloads'. The 'Dataset Downloads' section is highlighted with a red box and contains links for 'SAS SPSS Stata ASCII Delimited R' and 'SAS Setup SPSS Setup Stata Setup'. A 'Related Files' section with a plus sign is also visible at the bottom.

## Dataset Downloads

[SAS](#) [SPSS](#) [Stata](#) [ASCII](#) [Delimited R](#)  
[SAS Setup](#) [SPSS Setup](#) [Stata Setup](#)

If you do not have access to these softwares, you can email [datajam@thedatajam.org](mailto:datajam@thedatajam.org) and let us know what dataset you would like. We can download it for you and send it to you as an Excel file or Google Sheets file.



# NSDUH - How to Download Data

The dataset when downloaded should look like this:  
(This screenshot is from the software R)

	QUESTID2	filedate	ANALWT2_C	VESTR_C	verep	PDEN10	COUTYP4	MAIIN102	AIIND1
	All	All	All	All	All	All	All	All	All
1	10000330	10/19/2023	298.00402	40030	2	1	1	2	
2	10000425	10/19/2023	2292.37770	40002	1	2	2	2	
3	10002771	10/19/2023	216.60434	40041	2	1	1	2	
4	10005250	10/19/2023	13828.21837	40012	2	2	1	2	
5	10005432	10/19/2023	6282.61206	40037	1	2	2	2	
6						2	2	2	
7						2	2	2	
8						2	2	2	
9						2	2	2	
10						1	1	2	
11						2	3	2	
12	10008482	10/19/2023	2919.33657	40048	2	2	3	2	
13	10008535	10/19/2023	2024.20576	40044	1	1	1	2	
14	10008655	10/19/2023	6768.47531	40012	2	2	2	1	

Each participant is represented with an ID code and their responses to the survey questions are defined by numbers in that row

Along the top are variables corresponding to each question from the survey

The numbers listed under each variable correspond to a specific answer. You will need to Codebook to interpret the numbers seen here (see next slide)



# NSDUH - Using the Codebook

You will find the “Codebook” on the right hand side of the webpage where we downloaded the dataset

**SAMHSA**  
Substance Abuse and Mental Health  
Services Administration

Data Sources | Analyze Data | Publications Using SAMHSA Data | Data Releases | Research & Data Tables | About Us | Get Help

Home > Data Sources > National Survey on Drug Use and Health (NSDUH-2022-050001)...

## National Survey on Drug Use and Health (NSDUH)

### Population Data

**Public Use Files**

The NSDUH series, formerly the National Household Survey on Drug Abuse, is the leading source of statistical data on alcohol, tobacco, drug use, mental health, and other health-related issues in the United States among the general population.

In January 2024, an updated 2021 PUF file was released. This file has an updated weight that allows the data to be compared with 2022. See codebook for more details. Due to methodology changes, particularly the addition of web-based interviewing, the 2021 NSDUH data are not comparable to data from previous years. Data from 2020 and/or 2021 should not be pooled or compared with prior years. Methodology updates in 1999 and 2002 also cause complete breaks in comparability. Additionally, questionnaire revisions in 2015 mean that many variables are not comparable between 2015 data and before.

To ensure that individual respondents cannot be identified from their responses, NSDUH public-use files (PUFs) have been treated with a number of disclosure-avoidance methods. Also to protect respondent privacy, some variables are not available, including geographic variables. Estimates generated from PUFs and Restricted Use

**Choose Year**  
NSDUH 2022

**Time period:** 2022  
**Collection date:** 2022

**Dataset Documentation**  
[Codebook \(PDF\)](#)  
[In-Person Questionnaire \(PDF\)](#)  
[Questionnaire Showcards \(PDF\)](#)

**Dataset Downloads**  
[SAS SPSS Stata ASCII Delimited R](#)  
[SAS Setup SPSS Setup Stata Setup](#)

**Related Files** +

## Dataset Documentation

[Codebook \(PDF\)](#)

[In-Person Questionnaire \(PDF\)](#)

[Questionnaire Showcards \(PDF\)](#)

The codebook shows what question each variable at the top of a column corresponds to (An example can be seen on the next slide)





# NSDUH - Using the Codebook

We seen on page 47/711 of the Codebook that the variable "NOMARR2" represents the question "How many times have you been married?"

How many times have you been married?

(QD08)  
NOMARR2

Len: 2 NUMBER OF TIMES MARRIED

- 1 = One time .....
- 2 = Two or more times .....
- 94 = DON'T KNOW .....
- 97 = REFUSED .....
- 99 = LEGITIMATE SKIP .....

	QUESTID2	filedate	ANALWT2_C	VESTR_C	verep	AIIND102	AGE3	NOMARR2	
1	10000330	10/19/2023	298.00402	40030	2	2	6	1	
2	10000425	10/19/2023	2292.37770	40002	1	2	9	99	
3	10002771	10/19/2023	216.60434	40041	2	2	6	1	
4	10005250	10/19/2023	13020.21037	40012	2	2	7	1	
5	10005452	10/19/2023	6282.61206	40037	1	2	10	1	
6	10005739	10/19/2023	1890.64214	40048	1	2	9	1	
7	10006882	10/19/2023	78.51126	40004	1	2	9	1	
8	10007000	10/19/2023	502.02303	40013	1	2	6	99	

Therefore, by looking at the number "1" under "NOMARR2" we see that participant 10005250 has been married one time.



# Navigating the Datasets

- 1. National Survey on Drug Use and Health (NSDUH)
- 2. **National Health Interview Survey (NHIS)**





# National Health Interview Survey (NHIS)

- Annual survey that monitors the health of the U.S. population
- Collects data on both children (4 - 17) and adults (18 and older)
- Can provide insight on:
  - Children's mental health
  - Diagnoses of mental disorders (ex. ADHD, depression and anxiety)
  - Use and need for mental health services/treatment

For more information: <https://www.cdc.gov/nchs/nhis/index.htm>

# NHIS - Navigating the Interactive Data Query System

CLICK HERE

[https://wwwn.cdc.gov/NHISDataQueryTool/SHS\\_child/index.html](https://wwwn.cdc.gov/NHISDataQueryTool/SHS_child/index.html)

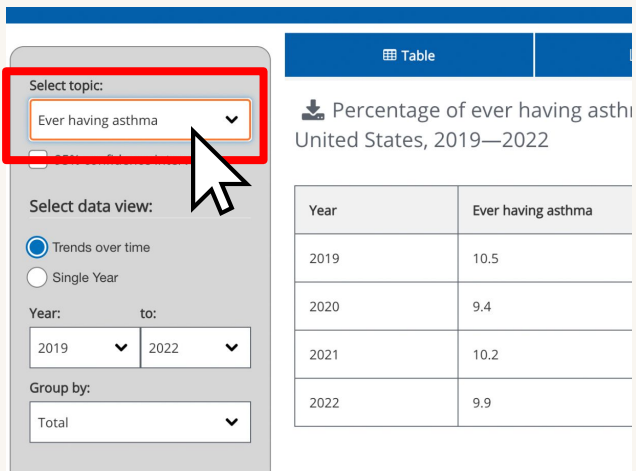
The link above should take you to a page that looks like this:

The screenshot shows the CDC National Center for Health Statistics website. At the top, the CDC logo and name are displayed. Below that is a blue header for the National Center for Health Statistics. The main content area is titled "Interactive Summary Health Statistics for Children" and includes a brief description of the tool and a "Group by" dropdown menu. A large orange circular icon with a white cross and a stethoscope is positioned to the right of the text. Below the text are three tabs: "Table", "Charts", and "Technical Notes". The "Table" tab is selected, showing the title "Percentage of ever having asthma for children under age 18 years, United States, 2019—2022". On the left side of the interface, there is a "Select topic" dropdown menu with "Ever having asthma" selected, and a checkbox for "95% confidence intervals".

# Example Research Question:

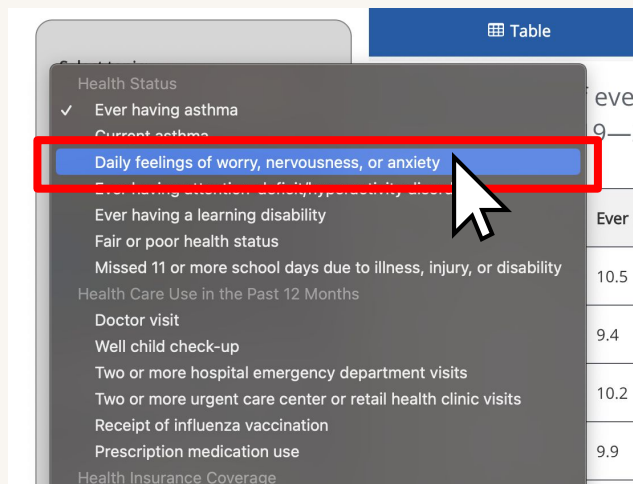
What is the relationship between family structure (parents in the household) and feelings of anxiety in children?

Navigate to the left panel



The screenshot shows the left panel of a data tool. The 'Select topic:' dropdown menu is highlighted with a red box, and a mouse cursor is pointing to it. The dropdown menu is currently set to 'Ever having asthma'. Below the dropdown, there are options for 'Select data view:' (Trends over time and Single Year), 'Year:' (2019 to 2022), and 'Group by:' (Total).

Use the drop down menu for "Select topic:" to select "Daily feelings of worry, nervousness, or anxiety"



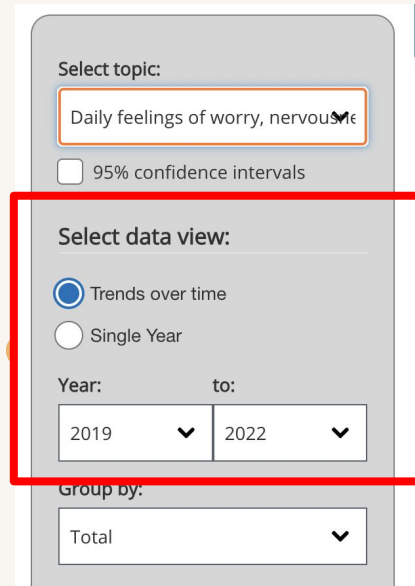
The screenshot shows the right panel of the data tool. The 'Select topic:' dropdown menu is open, and 'Daily feelings of worry, nervousness, or anxiety' is highlighted with a red box and a mouse cursor. The dropdown menu lists various health status topics, including 'Ever having asthma', 'Current asthma', 'Daily feelings of worry, nervousness, or anxiety', 'Ever having attention deficit/hyperactivity disorder', 'Ever having a learning disability', 'Fair or poor health status', 'Missed 11 or more school days due to illness, injury, or disability', 'Health Care Use in the Past 12 Months', 'Doctor visit', 'Well child check-up', 'Two or more hospital emergency department visits', 'Two or more urgent care center or retail health clinic visits', 'Receipt of influenza vaccination', 'Prescription medication use', and 'Health Insurance Coverage'.

Percentage of ever having asthma  
United States, 2019—2022

Year	Ever having asthma
2019	10.5
2020	9.4
2021	10.2
2022	9.9

# Example Research Question:

What is the relationship between family structure (parents in the household) and feelings of anxiety in children?



Select topic:  
Daily feelings of worry, nervousness

95% confidence intervals

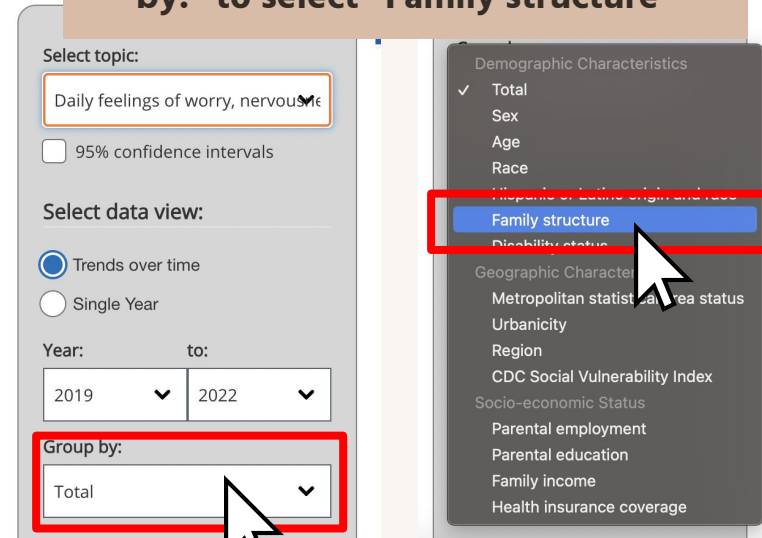
Select data view:  
 Trends over time  
 Single Year

Year: to:  
2019 ▼ 2022 ▼

Group by:  
Total ▼

You can select what year(s) to analyze here. Data is available from 2019-2022. We will compare multiple years ("Trends over time") for this example.

Use the drop down menu for "Group by:" to select "Family structure"



Select topic:  
Daily feelings of worry, nervousness

95% confidence intervals

Select data view:  
 Trends over time  
 Single Year

Year: to:  
2019 ▼ 2022 ▼

Group by:  
Total ▼

- Demographic Characteristics
  - Total
  - Sex
  - Age
  - Race
  - Hispanic or Latino origin and race
  - Family structure**
  - Disability status
- Geographic Characteristics
  - Metropolitan statistical area status
  - Urbanicity
  - Region
  - CDC Social Vulnerability Index
- Socio-economic Status
  - Parental employment
  - Parental education
  - Family income
  - Health insurance coverage

# Example Research Question:

What is the relationship between family structure (parents in the household) and feelings of anxiety in children?

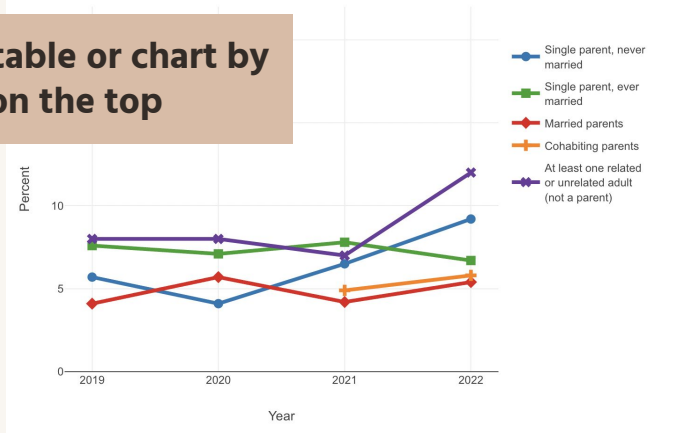
Table Charts Technical Notes

Percentage of daily feelings of worry, nervousness, or anxiety for children aged 5-17 years, United States, 2019—2022

Year	Single parent, never married	Single parent, ever married	Married parents	Cohabiting parents	At least one related or unrelated adult (not a parent)
2019	5.7	7.6	4.1	*	
2020	4.1	7.1	5.7	*	
2021	6.5	7.8	4.2	4.9	
2022	9.2	6.7	5.4	5.8	

Can view results as a table or chart by using the tabs on the top

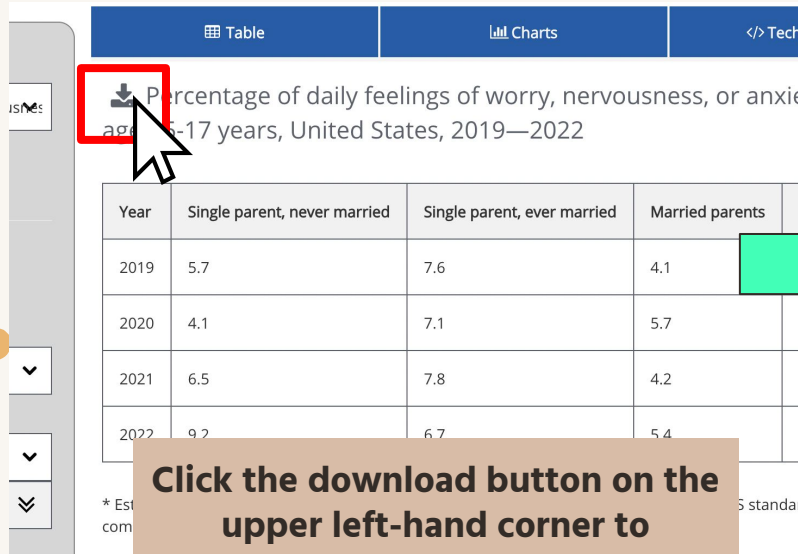
Percentage of daily feelings of worry, nervousness, or anxiety for children aged 5-17 years, United States, 2019—2022



\* Estimate does not meet NCHS standards of reliability / \*\*While the estimate meets NCHS standards of reliability, its complement does not / -Quantity zero

# Example Research Question:

What is the relationship between family structure (parents in the household) and feelings of anxiety in children?



Table

Charts

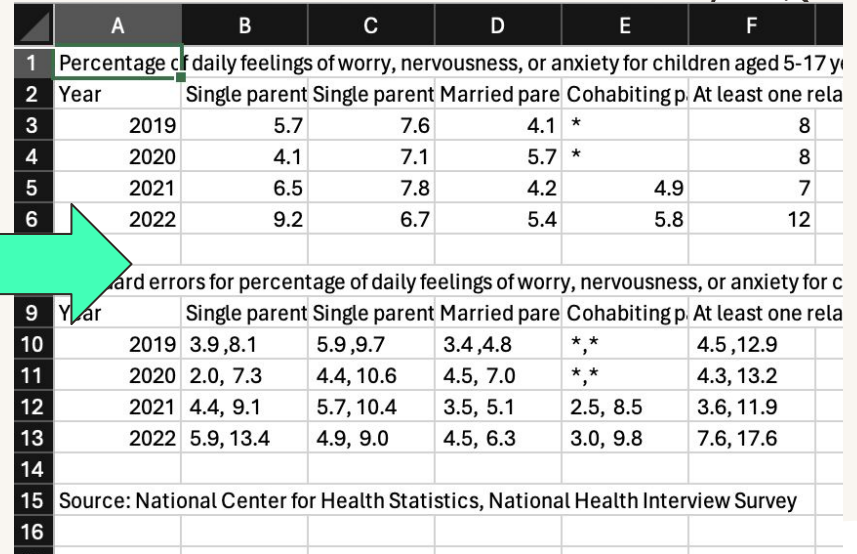
</> Tech

Percentage of daily feelings of worry, nervousness, or anxiety for children aged 5-17 years, United States, 2019—2022

Year	Single parent, never married	Single parent, ever married	Married parents
2019	5.7	7.6	4.1
2020	4.1	7.1	5.7
2021	6.5	7.8	4.2
2022	9.2	6.7	5.4

\* Estimated  
com

Click the download button on the upper left-hand corner to download the table as a CSV file



	A	B	C	D	E	F
1	Percentage of daily feelings of worry, nervousness, or anxiety for children aged 5-17 years, United States, 2019—2022					
2	Year	Single parent	Single parent	Married pare	Cohabiting p.	At least one rela
3	2019	5.7	7.6	4.1 *		8
4	2020	4.1	7.1	5.7 *		8
5	2021	6.5	7.8	4.2	4.9	7
6	2022	9.2	6.7	5.4	5.8	12
7	Standard errors for percentage of daily feelings of worry, nervousness, or anxiety for children aged 5-17 years, United States, 2019—2022					
8	Year	Single parent	Single parent	Married pare	Cohabiting p.	At least one rela
9	2019	3.9, 8.1	5.9, 9.7	3.4, 4.8	*, *	4.5, 12.9
10	2020	2.0, 7.3	4.4, 10.6	4.5, 7.0	*, *	4.3, 13.2
11	2021	4.4, 9.1	5.7, 10.4	3.5, 5.1	2.5, 8.5	3.6, 11.9
12	2022	5.9, 13.4	4.9, 9.0	4.5, 6.3	3.0, 9.8	7.6, 17.6
13	Source: National Center for Health Statistics, National Health Interview Survey					
14						
15						
16						



# NHIS - How to Download Data

CLICK HERE

<https://www.cdc.gov/nchs/nhis/data-questionnaires-documentation.htm>

The screenshot shows the CDC National Center for Health Statistics website. The main heading is "National Health Interview Survey" with a sub-heading "NHIS Data, Questionnaires and Related Documentation". Below this, there is a section for "Since 2019" with a grid of buttons for each year from 2019 to 2024. A "Print" link is visible above the grid. The left sidebar contains navigation options like "About NHIS", "2019 Redesign", "What's New", "Webinar", and "Questionnaires, Datasets, and Related Documentation".

Spanish | Other Languages

Search Search NCHS

National Center for Health Statistics

CDC > NCHS > National Health Interview Survey > Questionnaires, Datasets, and Related Documentation

National Health Interview Survey

About NHIS

2019 Redesign

What's New

Webinar

Questionnaires, Datasets, and Related Documentation

Survey Instruments

Data, Questionnaires, and Related Documentation

2023 Data Release

2022 Data Release

2021 Data Release

2020 Data Release

2019 Data Release

2018 Data Release

NHIS Data, Questionnaires and Related Documentation

Print

Since 2019

2024 NHIS

2023 NHIS

2022 NHIS

2021 NHIS

2020 NHIS

[Learn more about changes in the data files.](#)

2019 NHIS

Prior to 2019

This webpage links NHIS data for each year

# NHIS - How to Download Data



National Health Interview Survey

Print

## 2022 NHIS

### Sample Adult Interview

- [Summary](#) [PDF - 384 KB]
- [Codebook](#) [PDF - 20 MB]
- [Codebook for restricted-use variables](#) [PDF - 697 KB]
- [ASCII data file](#) [ZIP - 3.6 MB]
- [CSV data file](#) [ZIP - 3.5 MB]
- [SAS input statements](#) [SAS - 170 KB]
- [SPSS input statements](#) [SPS - 196 KB]
- [Stata input statements](#) [DO - 125 KB]

### Sample Child Interview

- [Summary](#) [PDF - 305 KB]
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### Imputed Income - Sample Adult

- [Summary](#) [PDF - 118 KB]
- [ASCII data file](#) [ZIP - 935 KB]
- [CSV data file](#) [ZIP - 767 KB]

### Imputed Income - Sample Child

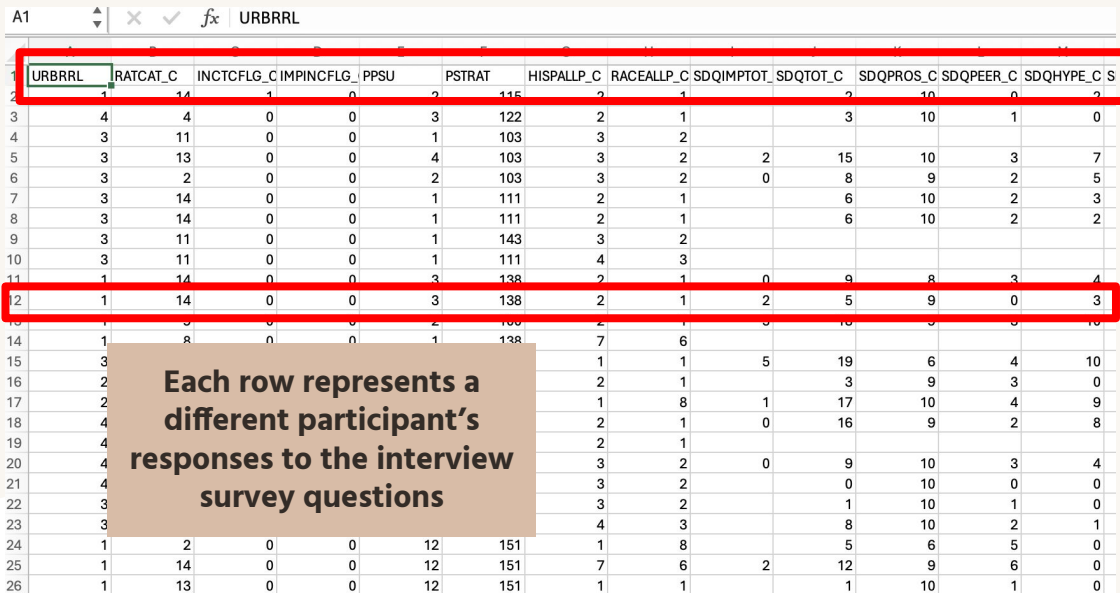
- [Summary](#) [PDF - 103 KB]
- [ASCII data file](#) [ZIP - 248 KB]
- [CSV data file](#) [ZIP - 241 KB]

Within each year, there will be Sample Child Interview files that can be downloaded in different formats

We will download the "CSV data file" under "Sample Child Interview"

# NHIS - How to Download Data

This is how the dataset will look like when you download it!



URBRRLL	RATCAT_C	INCTCFLG_C	IMPINCFLG_C	PPSU	PSTRAT	HISPALLP_C	RACEALLP_C	SDQIMPTOT	SDQTOT_C	SDQPROS_C	SDQPEER_C	SDQHYPE_C	S
1	14	1	0	3	135	2	1	2	2	10	0	2	
3	4	4	0	0	3	122	2	1	3	10	1	0	
4	3	11	0	0	1	103	3	2					
5	3	13	0	0	4	103	3	2	2	15	10	3	7
6	3	2	0	0	2	103	3	2	0	8	9	2	5
7	3	14	0	0	1	111	2	1		6	10	2	3
8	3	14	0	0	1	111	2	1		6	10	2	2
9	3	11	0	0	1	143	3	2					
10	3	11	0	0	1	111	4	3					
11	1	14	0	0	3	138	2	1	0	9	8	3	4
2	1	14	0	0	3	138	2	1	2	5	9	0	3
14	1	8	0	0	1	138	2	1	5	10	5	8	10
15	3												
16	2								5	19	6	4	10
17	2								3	9	3	0	
18	4								1	17	10	4	9
19	4								2	1	0	16	8
20	4								2	1			
21	4								3	2	0	9	10
22	3								3	2	0	10	0
23	3								3	2	1	10	1
24	1	2	0	0	12	151	1	8	5	6	5	0	0
25	1	14	0	0	12	151	7	6	2	12	9	6	0
26	1	13	0	0	12	151	1	1	1	10	1	0	

Along the top are variables corresponding to each question from the interview survey

The numbers listed under each variable column correspond to a specific answer to a survey question. You will need to Codebook to interpret the numbers seen here (see next slide)

Each row represents a different participant's responses to the interview survey questions

# NHIS - Using the Codebook



Law Survey

National Health Interview Survey

Print

## 2022 NHIS

### Sample Adult Interview

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The data is made up of numbers that indicate specific responses to interview survey questions.

You will need to download the Codebook to determine what variable(s) you want to use and what the data is telling you

Back at the 2022 NHIS page, you can find the PDF “Codebook” under “Sample Child Interview”

# NHIS - Using the Codebook

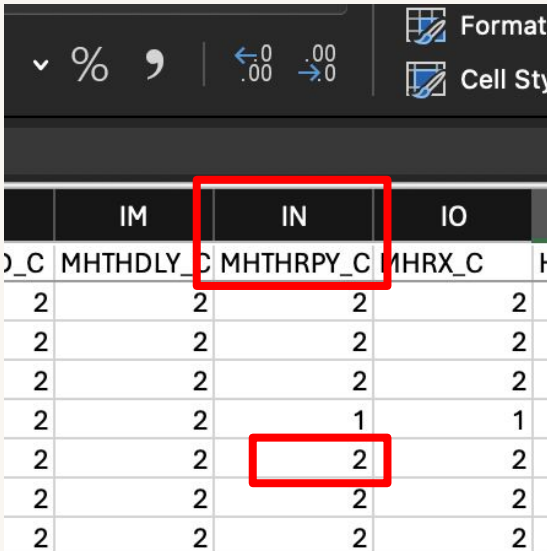
The codebook shows what question each variable at the top of a column corresponds to

For example, we see on page 253/435 of the codebook that the variable "MHTHRPY\_C" (found in column IN on the dataset) represents whether or not participants received mental health counseling in the last 12 months

Unweighted frequencies:

Code	Description	Freq
1	Yes	
2	No	
7	Refused	
8	Not Ascertained	
9	Don't Know	

Frequency Missing: 831



	IM	IN	IO
MHTHRPY_C	MHTHDLY_C	MHTHRPY_C	MHRX_C
2	2	2	2
2	2	2	2
2	2	2	2
2	2	1	1
2	2	2	2
2	2	2	2

That means the highlighted participant with "2" did NOT receive mental health counseling in the last 12 months



# Crisis Resources

- If you or someone you know needs immediate support, please use the following 24/7 resources:
  - 988 Suicide & Crisis Lifeline
    - **Call or text 988**
    - Chat on [988lifeline.org](https://988lifeline.org)
  - Crisis Text Line
    - **Text HOME to 741741** to reach a volunteer Crisis Counselor



# Other Resources

- You are not alone. If you are struggling with your mental health, please refer to the following resources:
  - **NAMI Teen & Young Adult (T&YA) HelpLine**
    - Offers information, resources, and support with direct connection with another young person
    - Call 1-800-950-6264, text "Friend" to 62640, or email [helpline@nami.org](mailto:helpline@nami.org)
  - **SAMHSA National Helpline**
    - Referral and information service for those facing mental and/or substance use disorders
    - Call 1-800-662-HELP (4357)



# Learn More

Learn more about youth depression and anxiety disorders:

- <https://www.mayoclinic.org/diseases-conditions/anxiety/symptoms-causes/syc-20350961>
- <https://www.mayoclinic.org/diseases-conditions/depression/symptoms-causes/syc-20356007>
- <https://www.psychiatry.org/patients-families/depression/what-is-depression>
- <https://www.psychiatry.org/Patients-Families/Anxiety-Disorders/What-are-Anxiety-Disorders>

Learn more about adolescent mental health:

- <https://www.who.int/news-room/fact-sheets/detail/adolescent-mental-health#:~:text=It%20is%20estimated%20that%203.6,%E2%80%9319%2Dyear%2Dolds>