

Mental Health Measures on the National Health Interview Survey

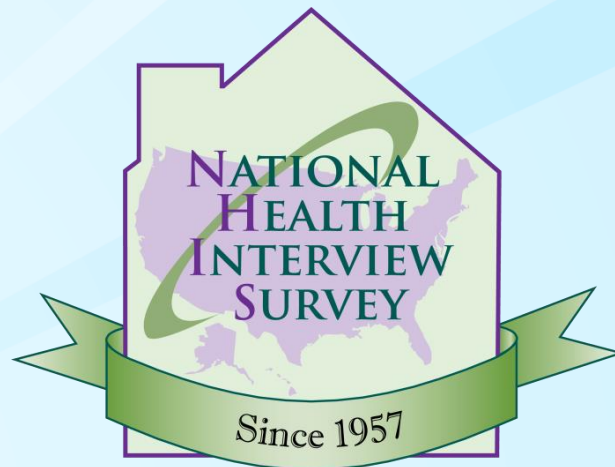


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CNSTAT Workshop on Measuring
Specific Mental Illness Diagnoses with Functional Impairment
September 24, 2015

National Health Interview Survey

- ❑ Collects data on the health status and health care access of US population
- ❑ Addresses specific issues of ongoing and emergent public health concern
- ❑ Provides estimates for monitoring progress toward public health goals, for research, and for evaluation



National Health Interview Survey

- ❑ **Sample:** Multi-stage, clustered national sample of housing units from every state, to be representative of the civilian noninstitutionalized US population
- ❑ **Oversampled groups:** Black, Hispanic, and Asian persons; and adults 65+ years or older
- ❑ **Mode:** In-person interviews by Census interviewers
- ❑ **Data collection:** Continuous, with annual data files
- ❑ **Goal:** Complete interviews for 35,000+ households
- ❑ **Random selection:** One adult and one child (if any) are selected from each family for additional questions
 - ❑ 28,000+ adults; 11,500+ children

NHIS Survey Domains

- ❑ **Core questions remain basically unchanged year to year**
 - Health status and functional limitations
 - Health conditions
 - Health behaviors and risk factors
 - Injuries
 - Health insurance coverage
 - Health care access, utilization, and barriers
 - Demographic and SES characteristics

- ❑ **Annual supplements collect data on current issues of national importance**

Basic Content and Structure of the NHIS Questionnaire Since 1997

□ Family Core

- Demographic, general health, and insurance coverage data
- For all family members
- Proxy responses allowed

□ Sample Adult Core

- Health conditions, risk behaviors, and health care utilization data
- For one randomly selected adult in each family
- Self-response only

□ Sample Child Core

- Health conditions and health care utilization data
- For one randomly selected child in each family
- Knowledgeable adult responds for child

Serious Psychological Distress, Measured Using the K6

- ❑ K6 was developed for the 1997 NHIS questionnaire redesign**
- ❑ Short dimensional measure of non-specific psychological distress**
- ❑ Developed using Item Response Theory methods**
- ❑ Self-report of feelings during the month prior to the interview**

Serious Psychological Distress, Measured Using the K6

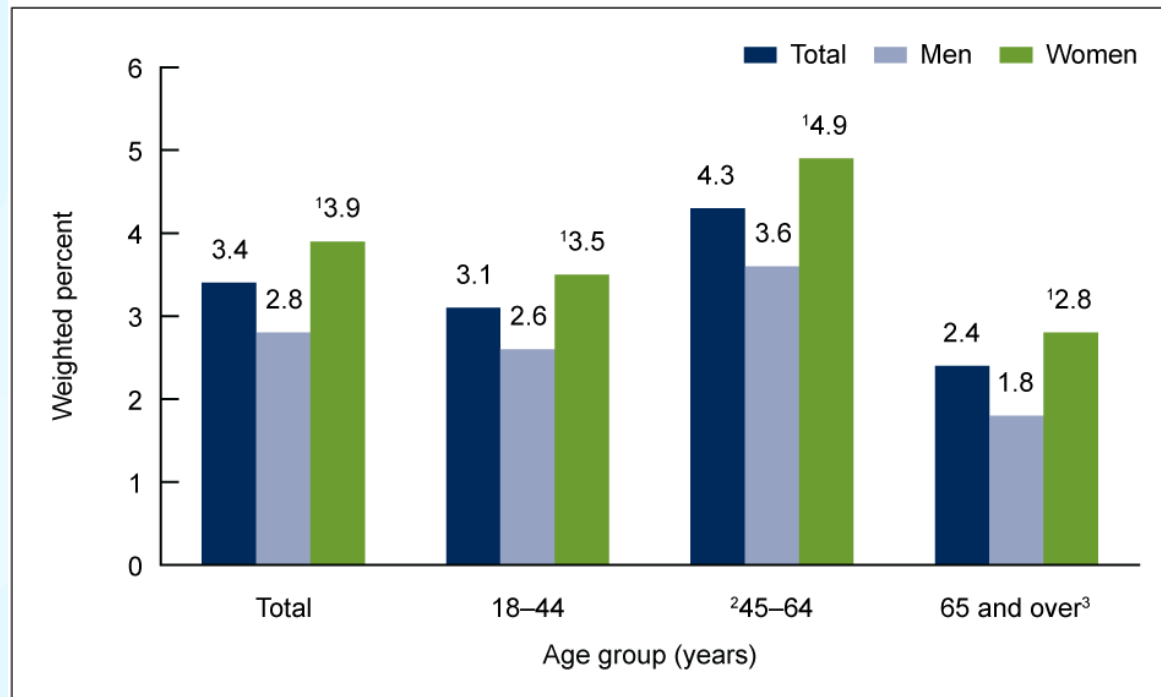
□ **Now I am going to ask you some questions about feelings you may have experienced over the past 30 days. During the past 30 days, how often did you feel...**

- **So sad that nothing could cheer you up?**
- **Nervous?**
- **Restless or fidgety?**
- **Hopeless?**
- **That everything was an effort?**
- **Worthless?**

**ALL of the time, MOST of the time, SOME of the time,
A LITTLE of the time, or NONE of the time**

Percentage of Adults with Serious Psychological Distress, by Sex and Age: National Health Interview Survey, 2009–2013

Figure 1. Percentage of adults aged 18 and over at interview with serious psychological distress, by sex and age: United States, 2009–2013



¹Significantly higher percentage of women with serious psychological distress than men.

²Significantly higher percentage with serious psychological distress than other age groups.

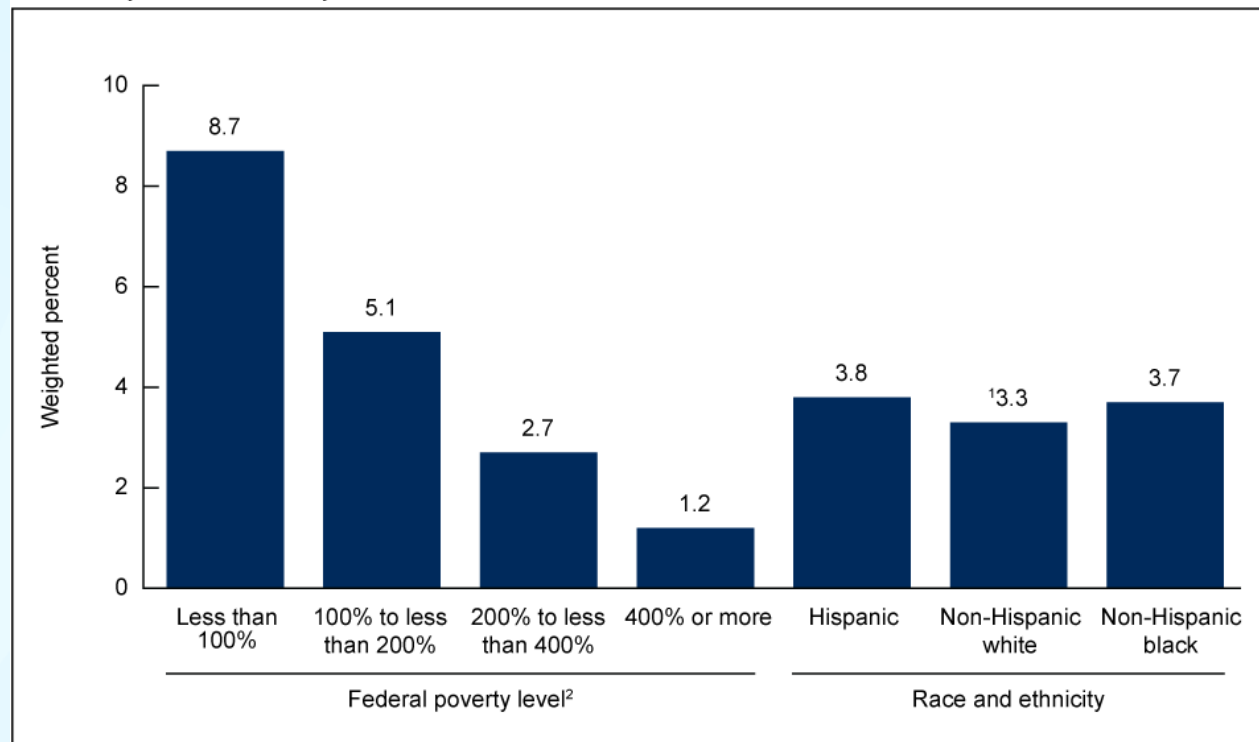
³Significantly lower percentage with serious psychological distress than other age groups.

SOURCE: CDC/NCHS, National Health Interview Survey, 2009–2013.

From Weissman J, Pratt LA, Miller EA, Parker JD. Serious psychological distress among adults: United States, 2009–2013. NCHS data brief, no 203. Hyattsville, MD: National Center for Health Statistics. 2015.

Percentage of Adults with Serious Psychological Distress, by Income and Race/Ethnicity: National Health Interview Survey, 2009–2013

Figure 2. Age-adjusted percentage of adults with serious psychological distress, by income relative to federal poverty level and by race and ethnicity: United States, 2009–2013



¹Significantly lower than for other races and ethnicities.

²Significant decreasing linear trend by poverty level.

SOURCE: CDC/NCHS, National Health Interview Survey, 2009–2013.

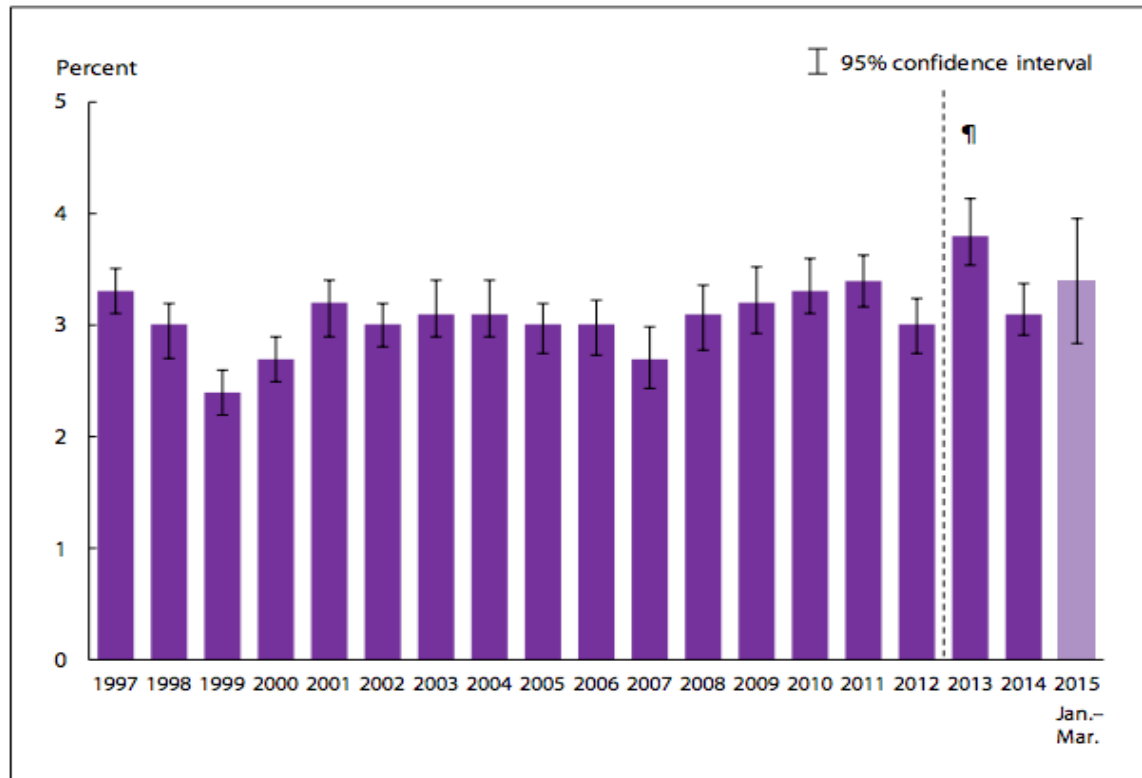
From Weissman J, Pratt LA, Miller EA, Parker JD. Serious psychological distress among adults: United States, 2009–2013. NCHS data brief, no 203. Hyattsville, MD: National Center for Health Statistics. 2015.

National Health Interview Survey (NHIS) Early Release (ER) Program

- ❑ **NHIS is conducted throughout the year based on monthly random samples.**
- ❑ **Annual files released six months after the completion of data collection.**
- ❑ **Early Release Products are developed prior to final processing and weighting to provide early access to the most recent information.**
- ❑ **Every three months, the ER Program produces:**
 - **A report on 15 key health indicators**
 - **A report on health insurance coverage**
 - **Web tables with quarterly health insurance estimates**
 - **Preliminary microdata file used for these reports**

Percentage of Adults with Serious Psychological Distress, by Year: National Health Interview Survey, 1997–March 2015

Figure 13.1. Percentage of adults aged 18 and over who experienced serious psychological distress during the past 30 days: United States, 1997–March 2015



From Clarke TC, Ward BW, Freeman G, Schiller JS. Early Release of Selected Estimates from the January-March 2015 National Health Interview Survey. September 2015.

K6 Follow-Up Question

- We just talked about a number of feelings you had during the past 30 days. Altogether, how much did these feelings interfere with your life or activities?**
 - A lot, some, a little, or not at all**
- Asked of all sample adults who reported that at least one feeling was experienced at least some of the time**

NHIS Survey Domains

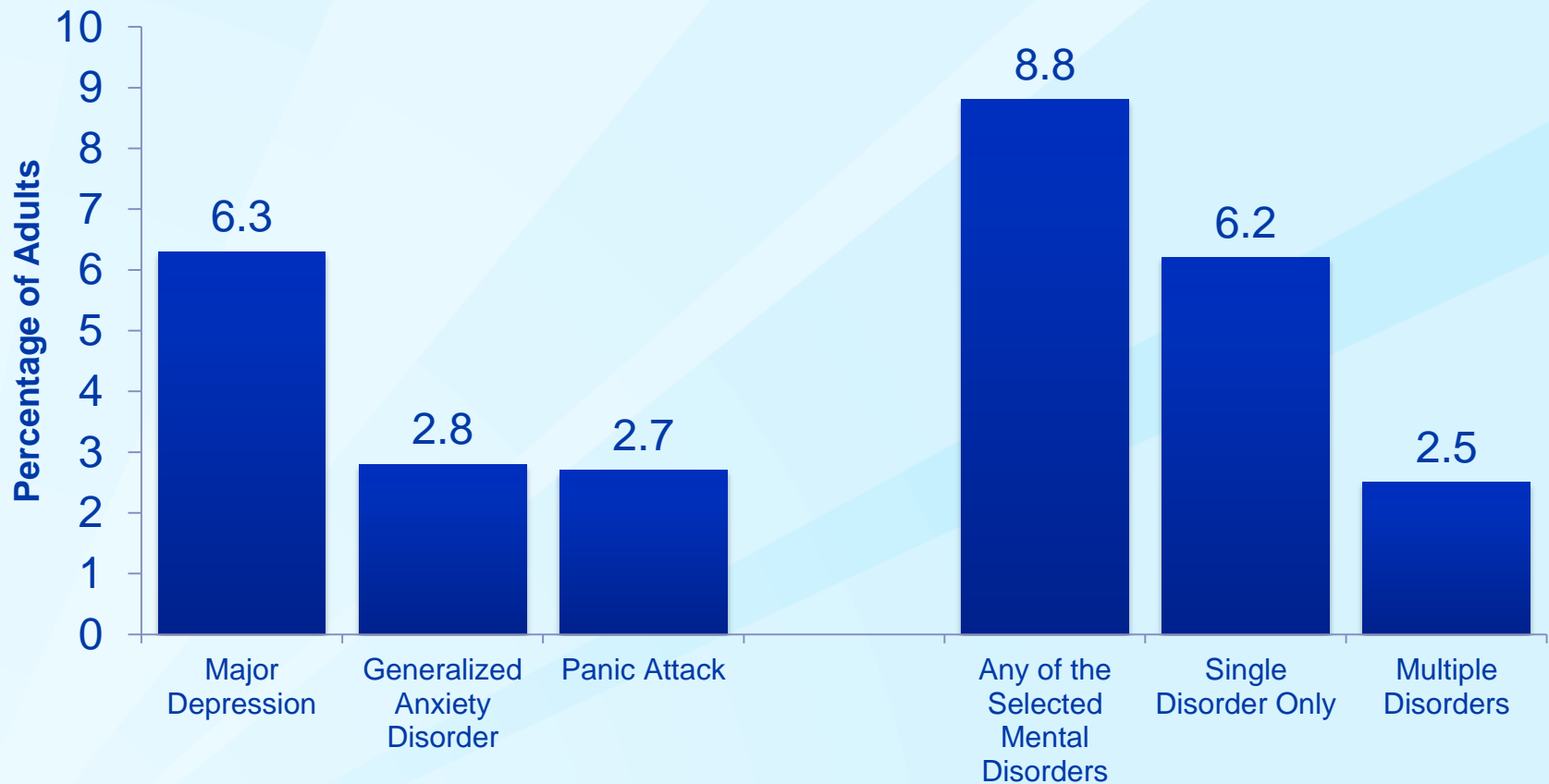
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Short Form of the Composite International Diagnostic Interview (CIDI-SF)

- ❑ Developed for the 1997 NHIS questionnaire redesign to estimate the prevalence of adults meeting DSM-III-R criteria for several psychiatric outcomes
- ❑ Short series of symptom questions to follow diagnostic stem questions (if endorsed)
- ❑ Scripted for 12-month prevalence
- ❑ Included in the 1999 “Periodic” Adult Mental Health Supplement
 - Only major depression, generalized anxiety disorder, and panic attack

Prevalence Rates for Selected Mental Disorders Among Adults, Past 12 Months: National Health Interview Survey, 1999



From Dickey WC, Blumberg SJ. Prevalence of Mental Disorder and Contacts with Mental Health Professionals Among Adults in the United States: National Health Interview Survey, 1999. in Mental Health, United States, 2002 (Chapter 8).

Short Form of the Composite International Diagnostic Interview (CIDI-SF)

- ❑ **1999 “Periodic” Adult Mental Health Supplement was never repeated**
- ❑ **CIDI-SF validation studies were never funded**
 - Calibrated only to baseline NCS data
 - Confirmatory clinical follow-up interviews and other methodological studies have not been carried out
 - Kessler recommends other short diagnostic interviews

Washington Group on Disability Statistics

- ❑ Formed in 2001 following the United Nations International Seminar on Measurement of Disability**
- ❑ Authorized by UN Statistical Commission**
- ❑ To develop a small set of general disability measures to be used in censuses and sample-based national surveys throughout the world**
- ❑ Structured within framework of the International Classification of Functioning, Disability, and Health (ICF)**

Washington Group on Disability Statistics

- ❑ **Do you have difficulty...**
 - Seeing, even if wearing your glasses?
 - Hearing, even when using a hearing aid?
 - Walking or climbing steps?
 - Remembering or concentrating?
 - With self-care, such as washing all over or dressing?
 - Communicating, for example, understanding or being understood?
- ❑ **Would you say no difficulty, some difficulty, a lot of difficulty, or cannot do at all?**

Washington Group – Extended Question Set on Functioning

- ❑ How often do you feel worried, nervous, or anxious?**
 - Daily, weekly, monthly, a few times a year, or never?
- ❑ Do you take medication for these feelings?**
- ❑ Thinking about the last time you felt worried, nervous, or anxious, how would you describe the level of these feelings?**
 - A little, a lot, or somewhere in between a little and a lot?

- ❑ These 3 questions are repeated for “depressed”**

Washington Group – Extended Question Set on Functioning

- ❑ **Field tested in 9 countries**
 - US, Canada, South Africa, Cambodia, Kazakhstan, Maldives, Mongolia, Philippines, Sri Lanka
- ❑ **Cognitively tested in 15 countries**
 - Above nine plus six countries in western Europe
- ❑ **Results: The questions on frequency and intensity of affect are well understood and yield a continuum that correlates well with functioning difficulties**

Included in NHIS as a supplement since 2010

2018 NHIS Questionnaire Redesign

□ **Goals of the redesign:**

- Improve the measurement of covered health topics
- Reduce respondent burden by shortening the questionnaire
- Harmonize overlapping content with other federal health surveys
- Establish a long term structure of ongoing and periodic topics
- Incorporate advances in survey methodology and measurement

□ **Timeline**

- 2014 – 2015: Stakeholder engagement, outreach
- 2015 – 2016: Qualitative and quantitative assessments
- Summer 2016 – Spring 2017: OMB review and public comment
- Late Spring 2017: Revised questionnaire programmed
- January 2018: Revised questionnaire fielded

□ **Suggestions? E-mail healthsurveys@cdc.gov**