

**Table 10.37A Serious Psychological Distress in Past Year: Among People Aged 18 or Older; by Demographic Characteristics, Numbers in Thousands, 2005-2020**

Demographic Characteristic	2005	2006	2007	2008	2009	2010	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020
<b>TOTAL</b>	23,103	23,743	22,901	23,314	23,243	23,567	23,511	25,312	25,209	25,505	25,018	26,023	27,570	28,690	31,190	33,336
<b>AGE GROUP</b>																
18-25	5,875	5,668	5,731	5,951	5,863	6,026	5,993	6,405	6,238	6,838	7,111	7,311	8,318	8,610	9,179	9,936
26 or Older	17,228	18,075	17,170	17,364	17,380	17,541	17,517	18,907	18,971	18,668	17,907	18,712	19,252	20,081	22,011	23,400
26-49	11,810	12,602	11,677	11,525	11,999	11,596	11,526	11,910	11,800	11,258	11,793	12,132	12,758	13,218	14,997	15,605
50 or Older	5,418	5,472	5,493	5,839	5,382	5,945	5,991	6,997	7,171	7,410	6,114	6,580	6,494	6,863	7,015	7,795
<b>GENDER</b>																
Male	8,292	9,057	8,531	8,551	8,526	9,000	9,096	9,982	9,377	9,436	9,516	10,067	10,459	11,152	12,010	12,572
Female	14,811	14,686	14,370	14,763	14,717	14,566	14,415	15,329	15,832	16,070	15,502	15,956	17,111	17,538	19,181	20,763
<b>HISPANIC ORIGIN AND RACE</b>																
Not Hispanic or Latino	19,965	20,673	19,941	20,288	20,248	20,250	20,577	21,299	21,220	21,898	21,438	21,920	23,730	23,968	26,153	27,926
White	16,017	16,373	16,154	16,412	16,598	16,229	16,138	16,204	16,495	17,023	17,045	17,465	18,566	18,697	20,069	21,996
Black or African American	2,651	2,652	2,606	2,518	2,499	2,721	2,486	3,282	2,960	2,901	2,620	2,607	2,974	3,047	3,572	3,199
AIAN	230	281	151	96	140	135	211	288	199	176	160	177	166	224	162	*
NHOPI	*	96	50	*	72	*	*	*	49	122	79	84	110	146	100	42
Asian	628	745	632	795	578	685	954	920	951	1,041	955	953	1,210	1,183	1,309	1,209
Two or More Races	355	526	349	366	361	400	584	436	565	636	579	634	706	671	941	1,142
Hispanic or Latino	3,138	3,070	2,960	3,026	2,996	3,317	2,933	4,013	3,989	3,607	3,580	4,102	3,840	4,723	5,037	5,410

\* = low precision; -- = not available; da = does not apply; nc = not comparable due to methodological changes; nr = not reported due to measurement issues.

NOTE: Estimates in the 2020 column are italicized to indicate caution should be used when comparing estimates between 2020 and prior years because of methodological changes for 2020. Due to these changes, significance testing between 2020 and prior years was not performed. See the *2020 National Survey on Drug Use and Health: Methodological Summary and Definitions* for details.

NOTE: Estimates in this table for 2020 exclude a subset of respondents who did not complete the questionnaire. The analysis weights and estimates were adjusted for the reduced sample size. See the *2020 National Survey on Drug Use and Health: Methodological Summary and Definitions* for details.

NOTE: Some 2006 to 2010 estimates may differ from previously published estimates due to updates (see Chapter 3 of the *2020 National Survey on Drug Use and Health: Methodological Summary and Definitions*).

NOTE: Estimates for 2005 to 2007 are based on an adjusted SPD variable and may differ from estimates published in prior NSDUH reports.

Definitions: Measures and terms are defined in Appendix A.

Source: SAMHSA, Center for Behavioral Health Statistics and Quality, National Survey on Drug Use and Health, 2005-2019, and Quarters 1 and 4, 2020.

**Table 10.37B Serious Psychological Distress in Past Year: Among People Aged 18 or Older; by Demographic Characteristics, Percentages, 2005-2020**

Demographic Characteristic	2005	2006	2007	2008	2009	2010	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020
<b>TOTAL</b>	10.6	10.8	10.3	10.4	10.2	10.3	10.1	10.8	10.6	10.6	10.3	10.6	11.2	11.5	12.5	<i>13.2</i>
<b>AGE GROUP</b>																
18-25	18.1	17.3	17.5	18.1	17.5	17.7	17.5	18.5	17.9	19.6	20.4	21.1	24.2	25.3	27.2	<i>29.7</i>
26 or Older	9.3	9.6	9.0	9.0	9.0	9.0	8.8	9.4	9.4	9.1	8.6	8.9	9.0	9.3	10.2	<i>10.7</i>
26-49	11.8	12.5	11.7	11.5	12.1	11.8	11.8	12.2	12.1	11.5	12.0	12.2	12.7	13.1	14.8	<i>15.4</i>
50 or Older	6.4	6.3	6.1	6.3	5.7	6.2	6.0	6.8	6.8	6.9	5.6	5.9	5.8	6.0	6.1	<i>6.7</i>
<b>GENDER</b>																
Male	7.9	8.5	7.9	7.9	7.8	8.1	8.1	8.8	8.2	8.2	8.1	8.5	8.8	9.3	9.9	<i>10.3</i>
Female	13.1	12.9	12.5	12.7	12.5	12.3	11.9	12.6	12.9	12.9	12.3	12.6	13.4	13.6	14.8	<i>15.9</i>
<b>HISPANIC ORIGIN AND RACE</b>																
Not Hispanic or Latino	10.5	10.8	10.3	10.4	10.3	10.3	10.4	10.6	10.5	10.8	10.5	10.6	11.4	11.5	12.5	<i>13.3</i>
White	10.5	10.7	10.5	10.6	10.7	10.4	10.4	10.4	10.6	10.9	10.8	11.1	11.8	11.9	12.7	<i>13.9</i>
Black or African American	10.7	10.5	10.3	9.8	9.5	10.2	9.3	12.1	10.7	10.3	9.2	9.0	10.1	10.3	11.9	<i>10.5</i>
AIAN	20.9	25.6	13.7	10.2	12.8	12.6	16.3	22.2	16.0	13.8	12.6	12.8	12.8	14.9	11.6	*
NHOPI	*	11.6	7.8	*	9.8	*	*	*	6.4	13.3	13.2	7.7	11.0	15.4	10.1	<i>4.5</i>
Asian	6.9	8.0	6.6	8.1	5.8	6.6	8.5	7.9	7.9	8.2	7.1	7.2	8.7	8.3	9.0	<i>8.4</i>
Two or More Races	16.1	23.6	15.1	14.6	14.8	15.1	17.8	12.7	16.0	17.4	15.0	15.8	16.8	15.5	21.5	<i>24.2</i>
Hispanic or Latino	11.3	10.6	10.0	10.0	9.6	10.4	8.6	11.5	11.2	9.8	9.5	10.7	9.7	11.6	12.2	<i>12.9</i>

\* = low precision; -- = not available; da = does not apply; nc = not comparable due to methodological changes; nr = not reported due to measurement issues.

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