NSDUH Data Brief

CBHSQ Center for Behavioral Health Statistics and Quality

National Survey on Drug Use and Health

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Symptoms of Generalized Anxiety Disorder among Adults

This data brief presents findings from the 2024 National Survey on Drug Use and Health (NSDUH) on symptoms of generalized anxiety disorder (GAD) among adults aged 18 or older in the noninstitutionalized, civilian U.S. population. The seven-item generalized anxiety disorder (GAD-7) screener was added to the 2024 NSDUH questionnaire for adolescents aged 12 to 17 and adults. The GAD-7 is a validated self-report measure to screen for GAD and assess symptoms of GAD in the past 2 weeks.[1,2] Symptoms of GAD include feeling nervous or on edge, excessively worrying about different things, having difficulty controlling thoughts of worry, having trouble relaxing, being restless, feeling irritable, and feeling that something awful might happen. The purpose of this brief is to examine how the severity of symptoms of GAD in the past 2 weeks among adults relates to selected sociodemographic and geographic characteristics, substance use, and receipt of mental health treatment or other services to help with mental health.

Anxiety symptoms can negatively affect people's daily functioning at work or school, their relationships, and their overall quality of life.[3] Moreover, heightened anxiety over time can be a precursor to a range of chronic cardiovascular, respiratory, digestive, and cognitive diseases.[4] A cyclical association between anxiety symptoms and substance use disorders (SUDs) also has been well documented. In this pattern, people use substances to cope with heightened anxiety, in turn worsening their anxiety symptoms once the effects of the substances wear off. The worsened anxiety symptoms may then require a higher dose of substances, leading to continuation of the cycle and the development of SUDs.[5,6] The percentage of adults who had mild, moderate, or severe anxiety symptoms in the past 2 weeks increased from 15.6% in 2019 to 18.2% in 2022.[7]

The data collected through NSDUH provide a useful resource for understanding symptoms of GAD, but it is important to recognize certain limitations. Notably, the GAD-7 is a screening tool, not a diagnostic instrument. Although high scores on the GAD-7 may suggest the presence of anxiety symptoms, scores cannot determine whether people would meet diagnostic criteria for GAD.

Responses to the GAD-7 questions were compiled into a score ranging from 0 to 21 for the severity of symptoms of GAD, with higher scores indicating greater symptom severity. NSDUH respondents with scores of 0 to 4 were classified as having **no or minimal** symptoms of GAD, 5 to 9 as having **mild** symptoms, and 10 to 21 as having **moderate or severe** symptoms.[2]

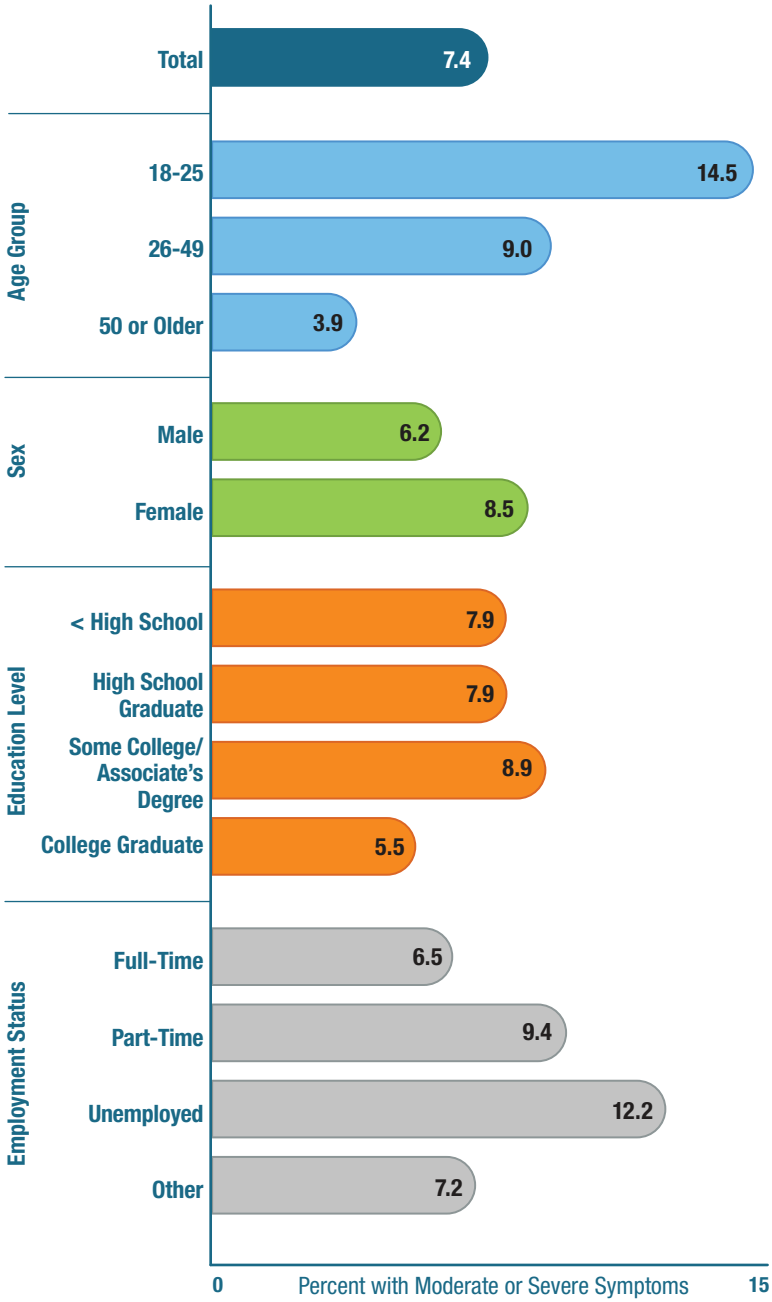
Moderate or Severe Symptoms of GAD in the Past 2 Weeks among Adults Aged 18 or Older; by Selected Demographic Characteristics Other Than Race/Ethnicity, 2024

In 2024, 7.4% of adults aged 18 or older (or 19.4 million adults) had moderate or severe symptoms of GAD in the past 2 weeks. The percentage of adults in each age group who had moderate or severe symptoms of GAD was highest among young adults aged 18 to 25 (14.5%), followed by adults aged 26 to 49 (9.0%), then by adults aged 50 or older (3.9%). Adult females were more likely than adult males to have had moderate or severe symptoms (8.5% vs. 6.2%).

The percentage of adults with a 4-year college degree or higher who had moderate or severe symptoms of GAD in the past 2 weeks (5.5%) was lower than that of adults who had completed less education. Adults who were high school graduates also were less likely than those who completed some college or had an associate's degree to have had moderate or severe symptoms of GAD (7.9% vs. 8.9%).

In addition, the percentage of adults who had moderate or severe symptoms of GAD in the past 2 weeks varied by employment status. The percentage was highest among adults who were unemployed (12.2%) and was higher among adults who were employed part time (9.4%) than among those who were employed full time (6.5%) or who were in the other employment category (7.2%). Percentages did not differ significantly between adults who were employed full time and those in the other employment category.

Employment status refers to whether people worked in the past week, and if not, whether they had a job despite not working. **Full-time** and **part-time** employment refer to people who had a job and usually work 35 or more hours per week (full time) or fewer than 35 hours per week (part time). Being **unemployed** refers to people who did not have a job and made specific efforts to find work in the past 30 days, such as sending resumes or filling out job applications. **Other** employment refers to people who were not in the labor force, including people who were students, keeping house or caring for children full time, retired, disabled, or unemployed and not looking for work.



GAD = generalized anxiety disorder.

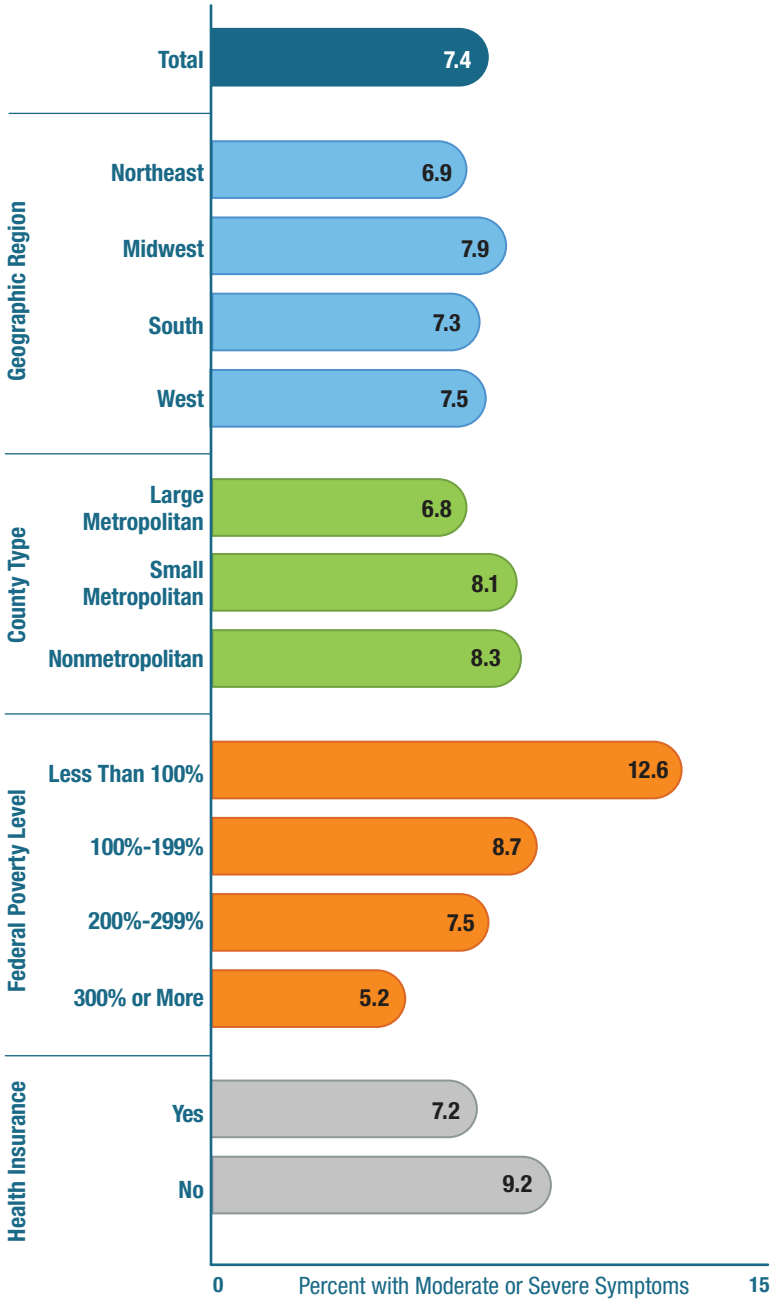
Note: Statistically significant differences are shown in Appendix Table 1.

Source: SAMHSA, Center for Behavioral Health Statistics and Quality, National Survey on Drug Use and Health, 2024.

Moderate or Severe Symptoms of GAD in the Past 2 Weeks among Adults Aged 18 or Older; by Selected Geographic and Socioeconomic Characteristics, 2024

Adults aged 18 or older who lived in large metropolitan areas (6.8%) were less likely than adults living in small metropolitan areas (8.1%) or nonmetropolitan areas (8.3%) to have had moderate or severe symptoms of GAD in the past 2 weeks. Adults with family incomes below the federal poverty level (FPL) (12.6%) were more likely than adults with higher incomes to have had moderate or severe symptoms of GAD, and adults with incomes of 300% or more of the FPL (5.2%) were less likely than adults with lower incomes to have had moderate or severe symptoms. Percentages of adults with moderate or severe symptoms did not differ significantly between adults with incomes of 100% to 199% of the FPL and adults with incomes of 200% to 299% of the FPL. In addition, adults who had some type of health insurance coverage (7.2%) were less likely than those who did not have health insurance (9.2%) to have had moderate or severe symptoms of GAD. The percentage of adults who had moderate or severe symptoms of GAD did not differ significantly by region.

Federal poverty level (FPL) is defined based on family size, number of children in the household, and total family income. The FPL is calculated as a percentage of the U.S. Census Bureau's poverty level amount by dividing the total family income by the appropriate poverty threshold amount. Adults aged 18 to 22 who were living in a college dormitory were excluded from the FPL calculations.



GAD = generalized anxiety disorder.

Note: For definitions of geographic region and county type, see Appendix A in *Results from the 2024 National Survey on Drug Use and Health: Detailed Tables*.

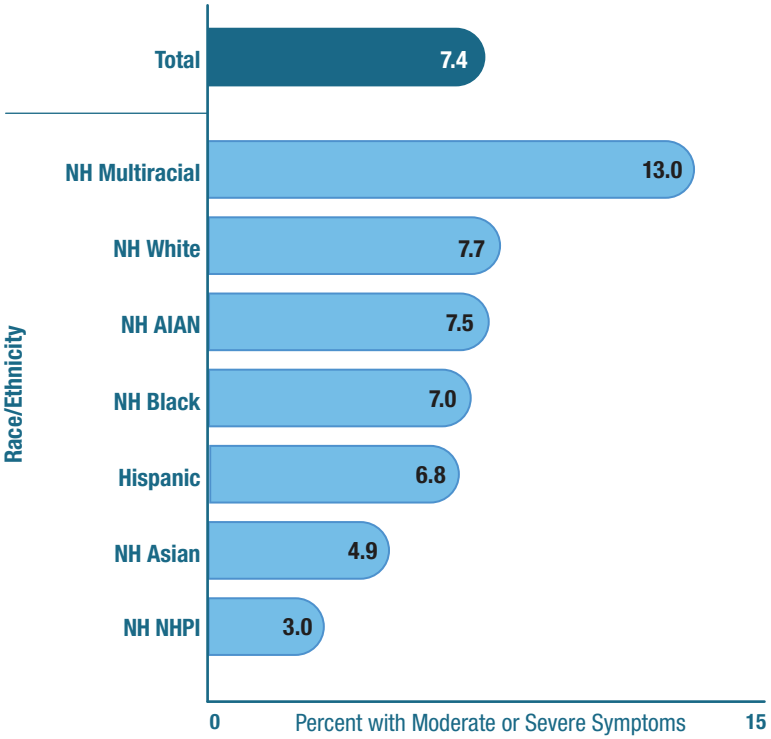
Note: Statistically significant differences are shown in Appendix Table 2.

Source: SAMHSA, Center for Behavioral Health Statistics and Quality, National Survey on Drug Use and Health, 2024.

Moderate or Severe Symptoms of GAD in the Past 2 Weeks among Adults Aged 18 or Older; by Race/Ethnicity, 2024

The percentage of Multiracial adults who had moderate or severe symptoms of GAD in the past 2 weeks (13.0%) was greater than the percentages among adults in all other racial or ethnic groups.[8] Percentages were lower among Native Hawaiian/Pacific Islander (NHPI) or Asian adults (3.0% and 4.9%, respectively) than among adults in other racial or ethnic groups except for American Indian or Alaska Native (AIAN) adults. Percentages did not differ significantly between Asian or NHPI adults. Percentages also did not differ significantly between adults who were AIAN, Black, White, or Hispanic.

Estimates for **race/ethnicity** are based on federal standards for reporting these data.[9] These racial and ethnic groups are mutually exclusive. **Racial groups** in the figure are preceded by "NH" to indicate that people in these groups were not of Hispanic or Latino ethnicity. **Multiracial** refers to people who reported two or more races and were not of Hispanic or Latino ethnicity. People who were of **Hispanic or Latino** ethnicity could be of any race.



AIAN = American Indian or Alaska Native; Black = Black or African American; GAD = generalized anxiety disorder; Hispanic = Hispanic or Latino; NH = Not Hispanic or Latino; NHPI = Native Hawaiian/Pacific Islander.

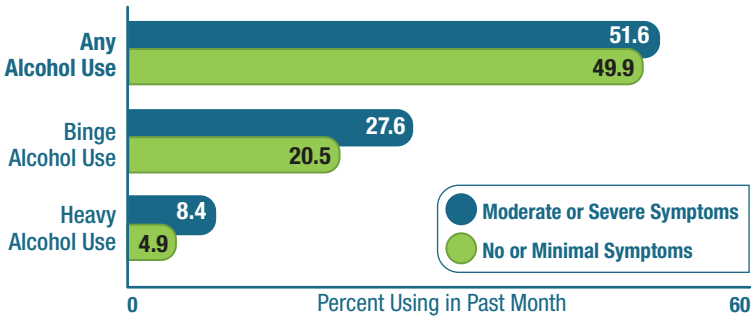
Note: Statistically significant differences are shown in Appendix Table 3.

Source: SAMHSA, Center for Behavioral Health Statistics and Quality, National Survey on Drug Use and Health, 2024.

Use of Alcohol in the Past Month among Adults Aged 18 or Older; by Severity of Symptoms of GAD in the Past 2 Weeks, 2024

Adults aged 18 or older who had moderate or severe symptoms of GAD in the past 2 weeks were more likely than those who had no or minimal symptoms to have engaged in binge drinking (27.6% vs. 20.5%) or to have engaged in heavy drinking in the past month (8.4% vs. 4.9%). Percentages of adults who used any alcohol in the past month did not differ significantly between adults who had moderate or severe symptoms and those who had no or minimal symptoms in that period.

It cannot be determined from NSDUH data whether moderate or severe symptoms of GAD in the past 2 weeks were contributing to adults engaging in binge or heavy drinking in the past month, or if these levels of excessive alcohol use preceded adults' anxiety symptoms. Nevertheless, the association between anxiety disorders and alcohol use disorder has been well documented.[5,6]



GAD = generalized anxiety disorder.

Note: Statistically significant differences are shown in Appendix Table 4.

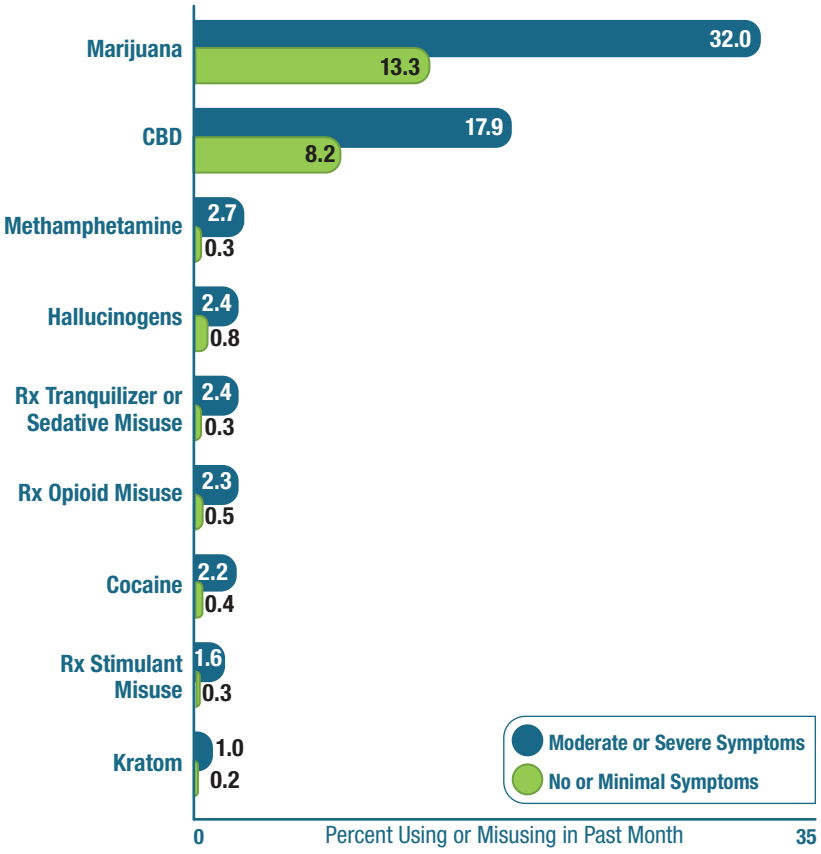
Source: SAMHSA, Center for Behavioral Health Statistics and Quality, National Survey on Drug Use and Health, 2024.

Binge alcohol use refers to the consumption of four or more drinks on the same occasion for females and five or more drinks on the same occasion for males on at least 1 day in the past 30 days. **Heavy alcohol use** refers to binge drinking on 5 or more days in the past 30 days.

Use or Misuse of Selected Drugs in the Past Month among Adults Aged 18 or Older; by Severity of Symptoms of GAD in the Past 2 Weeks, 2024

Analyses also examined relationships between the severity of GAD symptoms in the past 2 weeks and use or misuse of selected drugs that can cause or exacerbate anxiety symptoms (e.g., hallucinogens, psychoactive stimulants such as methamphetamine)[10,11] or that people might take to relieve anxiety symptoms (e.g., prescription tranquilizers or sedatives).[12] Adults aged 18 or older who had moderate or severe symptoms of GAD in the past 2 weeks were more likely than those who had no or minimal symptoms to have used or misused the selected drugs in the past month that are discussed in this data brief. For example, adults who had moderate or severe symptoms were more than twice as likely as adults who had no or minimal symptoms to have used marijuana in the past year (32.0% vs. 13.3%). The estimate for the use of cannabidiol (CBD) or hemp products in the past year among adults who had moderate or severe symptoms was about twice the estimate among adults who had no or minimal symptoms (17.9% vs. 8.2%). Although there were some large relative differences in estimates for the other drugs discussed in this data brief between adults who had moderate or severe symptoms and adults who had no or minimal symptoms, fewer than 5% of adults who had moderate or severe symptoms used or misused these other drugs in the past year. Percentages for the use or misuse of these other drugs among adults who had moderate or severe symptoms ranged from 1.0% for kratom use to 2.7% for methamphetamine use.

As with associations between binge or heavy alcohol use and symptoms of GAD, it cannot be determined from NSDUH data whether moderate or severe symptoms of GAD in the past 2 weeks contributed to adults' use or misuse of these drugs in the past month, or if drug use or misuse preceded adults' anxiety symptoms.



CBD = cannabidiol; GAD = generalized anxiety disorder; Rx = prescription.

Note: Statistically significant differences are shown in Appendix Table 4.

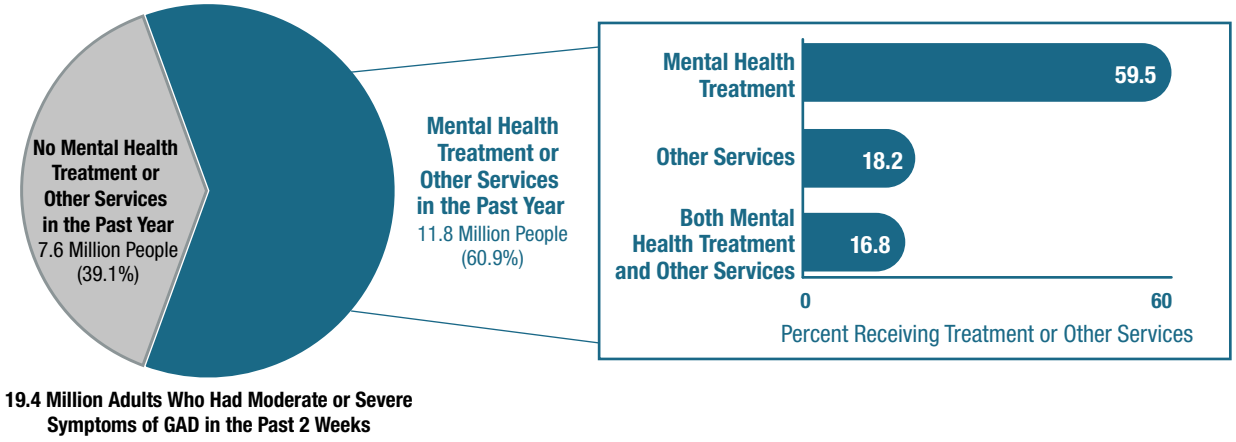
Source: SAMHSA, Center for Behavioral Health Statistics and Quality, National Survey on Drug Use and Health, 2024.

Misuse of prescription drugs means use in any way not directed by a doctor, such as use without a prescription of one's own, or use in greater amounts, more often, or longer than told to take a drug. **Prescription opioids** include drugs such as hydrocodone (e.g., Vicodin®), oxycodone (e.g., OxyContin®), or morphine. NSDUH respondents were asked about their misuse of prescription pain relievers. Respondents were not counted as having misused prescription opioids in the past month if the only prescription pain relievers they misused in the past year were nonopioids. Logically, these respondents also did not misuse prescription opioids in the past month.

Receipt of Mental Health Treatment or Other Services in the Past Year among Adults Aged 18 or Older Who Had Moderate or Severe Symptoms of GAD in the Past 2 Weeks, 2024

Among adults aged 18 or older who had moderate or severe symptoms of GAD in the past 2 weeks, about three fifths (60.9%) received mental health treatment or other services in the past year, and about two fifths (39.1%) did not receive any treatment or other services to help with their mental health. An estimated 59.5% of these adults received any mental health treatment, 18.2% received any other services, and 16.8% received both mental health treatment and other services.

Mental health treatment refers to treatment or counseling received as an inpatient or as an outpatient; use of prescription medication; telehealth treatment; or treatment received in a prison, jail, or juvenile detention center to help with mental health. **Other services** to help with mental health include services that were received from a support group, from a peer support specialist or recovery coach, or in an emergency department or emergency room.



GAD = generalized anxiety disorder.

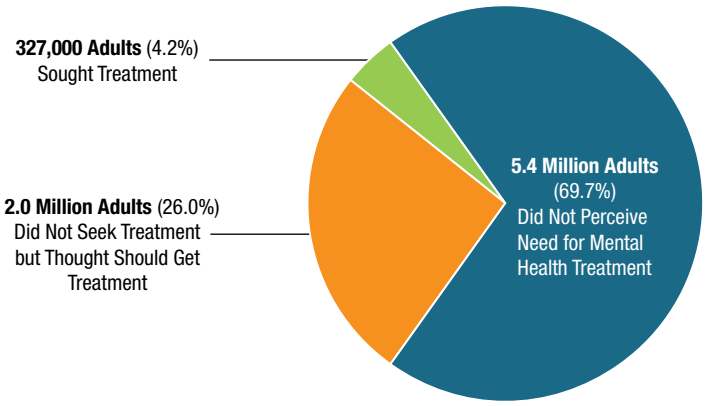
Note: Receipt of mental health treatment and receipt of other services to help with mental health are not mutually exclusive.

Source: SAMHSA, Center for Behavioral Health Statistics and Quality, National Survey on Drug Use and Health, 2024.

Perceived Unmet Need for Mental Health Treatment in the Past Year among Adults Aged 18 or Older Who Had Moderate or Severe Symptoms of GAD in the Past 2 Weeks and Did Not Receive Mental Health Treatment, 2024

Among adults aged 18 or older who had moderate or severe symptoms of GAD in the past 2 weeks and did not receive any mental health treatment in the past year, 30.3% perceived an unmet need for mental health treatment in the past year, including 4.2% who sought treatment (or additional treatment) and 26.0% who did not seek treatment but thought they should get it. This estimate of 30.3% for perceived unmet need for mental health treatment among adults who had moderate or severe symptoms of GAD and did not receive mental health treatment in the past year is in the range of estimates for perceived unmet need among adults who were classified as having any mental illness in the past year (21.0%) or who had a major depressive episode in that period (33.5%).[13]

Conversely, nearly 70% of adults who had moderate or severe symptoms of GAD in the past 2 weeks and did not receive any mental health treatment in the past year did not think that they needed treatment to help with their mental health. However, some caution also is advised in interpreting this high percentage. The GAD-7 questions are a screener for symptoms of GAD in the past 2 weeks. Therefore, some adults who had moderate or severe symptoms in that period might not have met diagnostic criteria for GAD. In addition, information is not available on whether people's symptoms of anxiety in the past 2 weeks were typical of their experience over the past 6 months. Adults whose moderate or severe symptoms in the past 2 weeks were worse than their typical symptoms over a longer period may not have come to the point of thinking that they needed professional help with their anxiety.



7.7 Million Adults with Moderate or Severe Symptoms of GAD Who Did Not Receive Mental Health Treatment

GAD = generalized anxiety disorder.

Note: Individual percentages might not sum to the values for larger percentages because of rounding.

Note: The estimate of 7.7 million adults who did not receive mental health treatment includes adults who received other services but not mental health treatment. For this reason, this estimate of 7.7 million adults differs slightly from the estimate of 7.6 million adults who did not receive mental health treatment or other services in the preceding figure.

Source: SAMHSA, Center for Behavioral Health Statistics and Quality, National Survey on Drug Use and Health, 2024.

Perceived unmet need for mental health treatment refers to people who did not receive mental health treatment in the past year, but they sought or thought they should get treatment or counseling to help with mental health. NSDUH respondents who received other services in the past year to help with mental health but did not receive mental health treatment were considered to have a perceived unmet need if they sought or thought they should get additional treatment or counseling to help with their mental health.

Summary

This data brief noted sociodemographic and geographic differences in the presence of moderate or severe symptoms of GAD in the past 2 weeks among the estimated 19.4 million adults aged 18 or older who had moderate or severe symptoms. Adults who had moderate or severe symptoms of GAD also were more likely than adults who had no or minimal symptoms to have engaged in past month binge drinking or the use or misuse of drugs that can contribute to a vicious cycle of anxiety, substance use, recurring anxiety, and continued substance use. For example, adults who had moderate or severe symptoms of GAD in the past 2 weeks were 8 times more likely than adults who had no or minimal symptoms to have misused prescription tranquilizers or sedatives in the past month. About 2 in 5 adults who had moderate or severe symptoms of GAD in the past 2 weeks did not receive treatment or other services in the past year to help with their mental health. Only about 30% of adults who had moderate or severe symptoms but did not receive mental health treatment in the past year thought that they needed treatment.

As noted previously, estimates are for the severity of anxiety symptoms in the past 2 weeks and do not estimate the prevalence of GAD among adults in the past 6 months. The order in which anxiety symptoms and substance use occur among adults also cannot be established from NSDUH data. Despite these limitations, this brief provides important insights into the characteristics of adults in the United States who had moderate or severe symptoms of GAD, including the clearly higher prevalence of binge and heavy alcohol use and the use or misuse of other drugs.

Data Source: The **National Survey on Drug Use and Health** (NSDUH) is a household survey of people aged 12 or older. NSDUH collects information on substance use, mental health, and receipt of substance use and mental health treatment in the United States. NSDUH uses a complex sampling method. Interviews are conducted in person and via the web. Estimates presented are weighted to represent the noninstitutionalized, civilian U.S. population.

Endnotes

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8. For consistency with the typical criteria for statistical testing in NSDUH, differences other than for race/ethnicity were considered statistically significant at the .05 level of significance. For testing among racial or ethnic groups, a more conservative level of .01 was used for considering differences to be statistically significant.
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12. National Institute on Drug Abuse. (2023, June). *Misuse of prescription drugs research report: What classes of prescription drugs are commonly misused?* https://nida.nih.gov/publications/research-reports/misuse-prescription-drugs/what-classes-prescription-drugs-are-commonly-misused
13. Center for Behavioral Health Statistics and Quality. (2025). *Key substance use and mental health indicators in the United States: Results from the 2024 National Survey on Drug Use and Health* (HHS Publication No. PEP25-07-007, NSDUH Series H-60). Substance Abuse and Mental Health Services Administration. https://www.samhsa.gov/data/report/2024-nsduh-annual-national-report

Appendix Tables

Table 1. Moderate or Severe Symptoms of GAD in the Past 2 Weeks: Among Adults Aged 18 or Older; by Selected Demographic Characteristics Other Than Race/Ethnicity, Numbers in Thousands, Percentages, and Corresponding 95% Confidence Intervals (CIs) of Percentages, 2024

Demographic Characteristic	Number	Percentage	95% CI of Percentage
18 or Older	19,374	7.4	(7.0-7.7)
Age Group			
18-25	5,079	14.5[bc]	(13.7-15.5)
26-49	9,514	9.0[ac]	(8.5-9.6)
50 or Older	4,781	3.9[ab]	(3.4-4.5)
Sex			
Male	7,931	6.2[d]	(5.7-6.7)
Female	11,444	8.5[d]	(8.0-9.0)
Education Level			
< High School	1,891	7.9[h]	(6.8-9.1)
High School Graduate	5,561	7.9[gh]	(7.2-8.7)
Some College/Associate's Degree	6,969	8.9[fh]	(8.3-9.7)
College Graduate	4,953	5.5[efg]	(5.0-6.0)
Employment Status			
Full-Time	7,861	6.5[jk]	(6.1-6.9)
Part-Time	3,053	9.4[ikl]	(8.5-10.4)
Unemployed	1,567	12.2[ijl]	(10.4-14.1)
Other	6,893	7.2[jk]	(6.6-7.9)

GAD = generalized anxiety disorder.

[a] The difference between this estimate and the estimate for adults aged 18 to 25 is statistically significant at the .05 level.

[b] The difference between this estimate and the estimate for adults aged 26 to 49 is statistically significant at the .05 level.

[c] The difference between this estimate and the estimate for adults aged 50 or older is statistically significant at the .05 level.

[d] The difference between the estimate for males and the estimate for females is statistically significant at the .05 level.

[e] The difference between this estimate and the estimate for less than high school is statistically significant at the .05 level.

[f] The difference between this estimate and the estimate for high school graduate is statistically significant at the .05 level.

[g] The difference between this estimate and the estimate for some college/associate's degree is statistically significant at the .05 level.

[h] The difference between this estimate and the estimate for college graduate is statistically significant at the .05 level.

[i] The difference between this estimate and the estimate for full-time is statistically significant at the .05 level.

[j] The difference between this estimate and the estimate for part-time is statistically significant at the .05 level.

[k] The difference between this estimate and the estimate for unemployed is statistically significant at the .05 level.

[l] The difference between this estimate and the estimate for other is statistically significant at the .05 level.

Source: SAMHSA, Center for Behavioral Health Statistics and Quality, National Survey on Drug Use and Health, 2024.

Table 2. Moderate or Severe Symptoms of GAD in the Past 2 Weeks: Among Adults Aged 18 or Older; by Selected Geographic and Sociodemographic Characteristics, Numbers in Thousands, Percentages, and Corresponding 95% Confidence Intervals (CIs) of Percentages, 2024

Demographic Characteristic	Number	Percentage	95% CI of Percentage
18 or Older	19,374	7.4	(7.0-7.7)
Geographic Region[a]			
Northeast	3,138	6.9	(6.1-7.8)
Midwest	4,230	7.9	(7.2-8.6)
South	7,347	7.3	(6.7-7.8)
West	4,659	7.5	(6.7-8.4)
County Type			
Large Metropolitan	9,956	6.8[cd]	(6.3-7.3)
Small Metropolitan	6,792	8.1[b]	(7.5-8.8)
Nonmetropolitan	2,627	8.3[b]	(7.5-9.2)
Federal Poverty Level (FPL)			
Less Than 100%	5,139	12.6[fgh]	(11.4-13.8)
100%-199%	4,373	8.7[eh]	(7.9-9.6)
200%-299%	2,962	7.5[eh]	(6.6-8.5)
300% or More	6,874	5.2[efg]	(4.8-5.7)
Health Insurance			
Yes	17,156	7.2[i]	(6.8-7.6)
No	2,218	9.2[i]	(8.1-10.5)

GAD = generalized anxiety disorder.

[a] Percentages did not differ significantly by geographic region.

[b] The difference between this estimate and the estimate for large metropolitan is statistically significant at the .05 level.

[c] The difference between this estimate and the estimate for small metropolitan is statistically significant at the .05 level.

[d] The difference between this estimate and the estimate for nonmetropolitan is statistically significant at the .05 level.

[e] The difference between this estimate and the estimate for less than 100% of the FPL is statistically significant at the .05 level.

[f] The difference between this estimate and the estimate for 100%-199% of the FPL is statistically significant at the .05 level.

[g] The difference between this estimate and the estimate for 200%-299% of the FPL is statistically significant at the .05 level.

[h] The difference between this estimate and the estimate for 300% or more of the FPL is statistically significant at the .05 level.

[i] The difference between the estimate for adults who had health insurance and the estimate for adults who did not have health insurance is statistically significant at the .05 level.

Source: SAMHSA, Center for Behavioral Health Statistics and Quality, National Survey on Drug Use and Health, 2024.

Table 3. Moderate or Severe Symptoms of GAD in the Past 2 Weeks: Among Adults Aged 18 or Older; by Race/Ethnicity, Numbers in Thousands, Percentages, and Corresponding 95% Confidence Intervals (CIs) of Percentages, 2024

Demographic Characteristic	Number	Percentage	95% CI of Percentage
18 or Older	19,374	7.4	(7.0-7.7)
Race/Ethnicity			
NH AIAN	86	7.5[f]	(5.1-10.7)
NH Asian	836	4.9[cefg]	(3.9-6.2)
NH Black	2,230	7.0[bdf]	(6.2-8.0)
NH NHPI	34	3.0[cefg]	(1.3-6.7)
NH White	12,242	7.7[bdf]	(7.3-8.2)
NH Multiracial	706	13.0[abcdeg]	(10.3-16.2)
Hispanic	3,239	6.8[bdf]	(6.0-7.6)

AIAN = American Indian or Alaska Native; Black = Black or African American; GAD = generalized anxiety disorder; Hispanic = Hispanic or Latino; NH = Not Hispanic or Latino; NHPI = Native Hawaiian/Pacific Islander.

[a] The difference between this estimate and the estimate for NH AIAN is statistically significant at the .01 level.

[b] The difference between this estimate and the estimate for NH Asian is statistically significant at the .01 level.

[c] The difference between this estimate and the estimate for NH Black is statistically significant at the .01 level.

[d] The difference between this estimate and the estimate for NH NHPI is statistically significant at the .01 level.

[e] The difference between this estimate and the estimate for NH White is statistically significant at the .01 level.

[f] The difference between this estimate and the estimate for NH Multiracial is statistically significant at the .01 level.

[g] The difference between this estimate and the estimate for Hispanic is statistically significant at the .01 level.

Source: SAMHSA, Center for Behavioral Health Statistics and Quality, National Survey on Drug Use and Health, 2024.

Table 4. Use of Alcohol or Selected Drugs in the Past Month: Among Adults Aged 18 or Older; by Severity of Symptoms of GAD in the Past 2 Weeks, Numbers in Thousands, Percentages, and Corresponding 95% Confidence Intervals (CIs) of Percentages, 2024

	Total Population, 18 or Older			Moderate or Severe Symptoms			No or Minimal Symptoms		
Substance	Number	Percentage	95% CI of Percentage	Number	Percentage	95% CI of Percentage	Number	Percentage	95% CI of Percentage
Alcohol	132,605	50.6	(49.7-51.4)	9,990	51.6	(49.1-54.0)	102,462	49.9	(48.9-50.8)
Binge Alcohol Use	56,963	21.7	(21.1-22.3)	5,346	27.6[a]	(25.6-29.7)	42,215	20.5[a]	(19.9-21.3)
Heavy Alcohol Use	14,443	5.5	(5.2-5.9)	1,635	8.4[a]	(7.3-9.7)	10,012	4.9[a]	(4.5-5.3)
Illicit Drugs	46,273	17.6	(17.0-18.3)	6,839	35.3[a]	(33.1-37.6)	29,344	14.3[a]	(13.7-14.9)
Marijuana	42,712	16.3	(15.7-16.9)	6,192	32.0[a]	(29.8-34.2)	27,416	13.3[a]	(12.8-13.9)
Cocaine	1,658	0.6	(0.5-0.8)	431	2.2[a]	(1.5-3.3)	861	0.4[a]	(0.3-0.5)
Hallucinogens	2,660	1.0	(0.9-1.2)	466	2.4[a]	(1.7-3.3)	1,570	0.8[a]	(0.6-0.9)
Methamphetamine	1,383	0.5	(0.4-0.7)	531	2.7[a]	(2.0-3.8)	556	0.3[a]	(0.2-0.4)
Rx Opioid Misuse	1,845	0.7	(0.6-0.9)	436	2.3[a]	(1.7-3.0)	948	0.5[a]	(0.3-0.6)
Rx Tranquilizer or Sedative Misuse	1,442	0.5	(0.5-0.7)	457	2.4[a]	(1.7-3.2)	624	0.3[a]	(0.2-0.4)
Rx Stimulant Misuse	1,206	0.5	(0.4-0.6)	304	1.6[a]	(1.1-2.3)	612	0.3[a]	(0.2-0.4)
Other Drugs									
CBD	26,098	9.9	(9.5-10.4)	3,463	17.9[a]	(16.2-19.6)	16,821	8.2[a]	(7.7-8.7)
Kratom	878	0.3	(0.3-0.4)	189	1.0[a]	(0.7-1.4)	390	0.2[a]	(0.1-0.3)

CBD = cannabidiol; GAD = generalized anxiety disorder; Rx = prescription.

[a] The difference between the estimate for adults who had moderate or severe symptoms and the estimate for adults who had no or minimal symptoms is statistically significant at the .05 level.

Source: SAMHSA, Center for Behavioral Health Statistics and Quality, National Survey on Drug Use and Health, 2024.

Table 5. Receipt of Mental Health Treatment or Other Services in the Past Year: Among Adults Aged 18 or Older Who Had Moderate or Severe Symptoms of GAD in the Past 2 Weeks, Numbers in Thousands, Percentages, and Corresponding 95% Confidence Intervals (CIs) of Percentages, 2024

Receipt of Treatment or Other Services	Number	Percentage	95% CI of Percentage
Mental Health Treatment or Other Services	11,798	60.9	(58.5-63.3)
Mental Health Treatment	11,525	59.5	(57.1-61.9)
Other Services	3,533	18.2	(16.4-20.3)
Both Mental Health Treatment and Other Services	3,260	16.8	(15.0-18.8)
No Mental Health Treatment or Other Services	7,576	39.1	(36.7-41.5)

GAD = generalized anxiety disorder.

Source: SAMHSA, Center for Behavioral Health Statistics and Quality, National Survey on Drug Use and Health, 2024.

Table 6. Perceived Unmet Need for Mental Health Treatment in the Past Year: Among Adults Aged 18 or Older Who Had Moderate or Severe Symptoms of GAD in the Past 2 Weeks and Did Not Receive Mental Health Treatment, Numbers in Thousands, Percentages, and Corresponding 95% Confidence Intervals (CIs) of Percentages, 2024

Perceived Unmet Need for Mental Health Treatment	Number	Percentage	95% CI of Percentage
Any Perceived Unmet Need	2,329	30.3	(27.2-33.5)
Sought Treatment	327	4.2	(3.2-5.6)
Did Not Seek Treatment but Thought Should Get Treatment	1,996	26.0	(23.0-29.1)
Did Not Perceive Need for Mental Health Treatment	5,366	69.7	(66.5-72.8)

GAD = generalized anxiety disorder.

Source: SAMHSA, Center for Behavioral Health Statistics and Quality, National Survey on Drug Use and Health, 2024.