

Mental Health Workgroup Recommendations

The workgroup reviewed several domains for mental health questions – telehealth, mental distress measurement, health related quality of life (HRQOL), children’s mental health treatment, parent efficacy and parent confidence of young children, loneliness, tobacco products, technology use, substance use, and resiliency (see appendix).

Telehealth: The group reviewed questions asking about different modes of healthcare visits and respondents’ satisfaction on those experiences, noted that satisfaction questions should be taken off from the adult questionnaire.

Mental distress measurement: The group reviewed PHQ-4 which captures depression and anxiety and compared that with K6 scale in CHIS, certain parts of K6 already covers those domains, the group decided not to replace K6 with PHQ-4.

Health related quality of life (HRQOL): The group reviewed questions from CDC HRQOL-4 scale and considered expanding current general health condition question (AB1) with CDC HRQOL 4-item questionnaire.

Children’s mental health treatment: The group discussed adding treatment use questions from the National Survey for Children’s Health (NSCH) to child questionnaire.

Parent efficacy/Parent confidence: The group reviewed current scales estimating parent efficacy and parent confidence of young children (age 0-3) and proposed adding one question on parent confidence.

UCLA 3 item loneliness scale: The group discussed adding the 3-item loneliness scale from previous CHIS adult questionnaire to current teen questionnaire. Previous surveys show validity measuring loneliness among teens (age 12-17).

Tobacco products: The group discussed asking Zyn (nicotine pouch) in adult and teen questionnaire. The California Tobacco Control Program (CTCP) is aware of adding Zyn or modifying current questions on tobacco products.

Technology use: The group discussed adding back previous CHIS questions on technology use, social media app, and sleep time questions.

Substance use: The group agreed to explore questions on cocaine use, ketamine or other phencyclidines use among teens.

Resiliency: The group reviewed previous CHIS questions on resiliency, connectedness, engagement, and positive childhood experiences.

Recommendations.

Recommendation 1. Telehealth. Keep asking about modes of healthcare visits. Drop off satisfaction on different modes of healthcare visits.

Recommendation 2. Health related quality of life (HRQOL). Consider adding the rest of CDC HRQOL 4-item questions after the general health question (AB1).

Recommendation 3. Children’s mental health treatment. add treatment use questions from National Survey for Children’s Health (NSCH) to child questionnaire.

Recommendation 4. Parent confidence. Explore questions suitable for parents of young children (age 0-3) to report their confidence. Proposed questions are listed in the appendix.

Recommendation 5. UCLA 3-item loneliness scale. Add 3-item loneliness scale to teen questionnaire.

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Recommendation 6. Tobacco products. Add Zyn (nicotine pouch) to the tobacco products question (AC135) in adult questionnaire. Teen TBD.

Recommendation 7. Technology use. Rotate back questions on technology use, social media app and sleep time to adult and teen questionnaire.

Recommendation 8. Resiliency, Teen TBD.

Appendix

Proposed questions:

#	Measure	Potential questions (Source)	Response options	Notes
Mental Health				
Questions to add				
1	HRQOL	Now thinking about your physical health, which includes physical illness and injury, for how many days during the past 30 days was your physical health not good?	_____ days	From CDC HRQOL-4
2	HRQOL	Now thinking about your mental health, which includes stress, depression, and problems with emotions, for how many days during the past 30 days was your mental health not good?	_____ days	From CDC HRQOL-4
3	HRQOL	During the past 30 days, for about how many days did poor physical or mental health keep you from doing your usual activities, such as self-care, work, or recreation?	_____ days	From CDC HRQOL-4
4	Treatment use	DURING THE PAST 12 MONTHS, has this child received any treatment or counseling from a mental health professional? Mental health professionals include psychiatrists, psychologists, psychiatric nurses, and clinical social workers	Yes/No, but this child needed to see a mental health professional/No, this child did not need to see a mental health professional	From NSCH 2023, children ages 0-17 years
5	Treatment use	How difficult was it to get the mental health treatment or counseling that this child needed?	Not difficult/Somewhat difficult/Very difficult/It was not possible to obtain care	From NSCH 2023, children ages 0-17 years
6	Treatment use	DURING THE PAST 12 MONTHS, has this child taken any medication because of difficulties with their emotions, concentration, or behavior?	Y/N	From NSCH 2023, children ages 0-17 years
7	Parent confidence	How confident are you to support your child to stay healthy/safe? How confident are you to support your child's well-being?		Parents of young children ages 0-3 years

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8	Loneliness	The next questions are about how you feel about different aspects of your life. For each one, please tell me how often you feel that way. First, how often do you feel that you lack companionship? Is it..	Hardly ever/Some of the time, or/Often?	Asked in CHIS 2015, 2016, 2018, 2019, 2020 Adult questionnaire
9	Loneliness	How often do you feel left out? Is it...	Hardly ever/Some of the time, or/Often?	Asked in CHIS 2015, 2016, 2018, 2019, 2020 Adult questionnaire
10	Loneliness	How often do you feel isolated from others? Is it...	Hardly ever/Some of the time, or/Often?	Asked in CHIS 2015, 2016, 2018, 2019, 2020 Adult questionnaire
11	Tobacco products	During the past 30 days, on how many days did you use chewing tobacco, snuff, or snus?		Currently asked in CHIS 2023-2024 Adult questionnaire
12	Technology use	The next questions are about your use of technology. People may use the internet for streaming video/music, playing games, checking social media, using apps, browsing the web, etc, on a computer or on a phone or mobile device. On a typical day, how often do you use the internet?	Almost constantly/Many times a day/A few times a day/Less than a few times a day	Asked in CHIS 2021 adult and teen questionnaire
13	Technology use	On a typical day, how often do you use a computer or mobile device for social media? Social media may include Facebook, Instagram, Twitter, Snapchat, YouTube, etc	Almost constantly/Many times a day/A few times a day/Less than a few times a day	Asked in CHIS 2021 adult and teen questionnaire
14	Technology use	In the past 12 months, have you tried to get help from an on-line tool, including mobile apps or texting services, for problems with your mental health, emotions, nerves, or your use of alcohol or drugs?	Y/N	Asked in CHIS 2021 adult and teen questionnaire

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15	Technology use	How useful was this?	Very/Somewhat/Not at all	Asked in CHIS 2021 adult and teen questionnaire
16	Technology use	What is the main reason you did not try to get support from an on-line tool, including mobile apps or texting services?	Got better/ no longer needed/Wanted to handle problem myself/Don't own a smartphone or computer/Didn't know about these apps/Don't trust mobile apps/Concerns about privacy and security of data/Don't think it would be helpful or work/Cost/Don't have time/Received traditional/ face-to-face services/Don't think I needed it/Don't have enough space to download new apps/Other (Specify: _____)	Asked in CHIS 2021 adult and teen questionnaire
17	Technology use	In the past 12 months, have you connected online with people that have mental health or alcohol/drug concerns similar to yours through methods such as social media, blogs, and online forums? Include online forums or closed social media groups on specific issues, doing hashtag searches on social media, or following people with similar health conditions.	Y/N	Asked in CHIS 2021 adult and teen questionnaire
18	Technology use	In the last 12-months, have you used online tools to find, be referred to, contact, or connect with a mental health professional? For example, by texting, on-line messaging, video chat, or a mental health or health-related mobile app	Y/N	Asked in CHIS 2021 adult and teen questionnaire

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19	Sleep time	During the past week, on nights when you had school the next day, what time did you usually go to bed?	____TIME(HR)/____TIME(MIN)/____(AM/PM)	Asked in CHIS 2018 Teen questionnaire
20	Sleep time	Do you have rules in your home about when you are supposed to turn off or put away computers, phones or other electronics, such as during meal times or a specific time at night?	Y/N	Asked in CHIS 2018 Teen questionnaire
21	Sleep time	Did your doctor talk to you about your on-line technology use, such as social media use, gaming or other internet use?	Y/N	Asked in CHIS 2018 Teen questionnaire
Questions to drop				
1	Telehealth	How satisfied are you with the in-person visit?	Very satisfied/Somewhat satisfied/Somewhat dissatisfied/Very dissatisfied	Currently asked in CHIS 2023-2024 Adult questionnaire
2	Telehealth	How satisfied were you with the video visit?	Very satisfied/Somewhat satisfied/Somewhat dissatisfied/Very dissatisfied	Currently asked in CHIS 2023-2024 Adult questionnaire
3	Telehealth	How satisfied were you with the telephone visit?	Very satisfied/Somewhat satisfied/Somewhat dissatisfied/Very dissatisfied	Currently asked in CHIS 2023-2024 Adult questionnaire
4	Telehealth	Think about your most recent video visit with your mental health provider. How would you rate the experience compared to an in-person visit? Would you say the video appointment was....	Much worse/Somewhat worse/About the Same/Somewhat better/Much better/I did not have a video visit	Currently asked in CHIS 2023-2024 Adult questionnaire
5	Telehealth	Think about your most recent telephone visit with your mental health provider. How would you rate the experience compared to an in-person visit? Would you say the telephone appointment was....	Much worse/Somewhat worse/About the Same/Somewhat better/Much better/I did not have a telephone visit	Currently asked in CHIS 2023-2024 Adult questionnaire